

## **MESSAGE FROM THE EMPLOYEE DIVERSITY TEAM**

Thank you for visiting our display at the 2006 Research Festival. Our hope is you have learned a little something about our committee and our programs. Although efforts were made to include recipes from all countries and cultures, we realize this is a small sampling. Hope you enjoy this edition of our cookbook. Please visit our website at <http://diversity.ncifcrf.gov>. All recipes will be posted on our web site.

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# **APPETIZERS**

## CRAB DIP

1 lb. crabmeat	16 oz. cream cheese
½ pint sour cream	4 heaping Tbsp. mayonnaise
Juice from ½ lemon (1 ½ Tbsp.)	3 tsp. Worcestershire sauce
1 tsp. dry mustard	3 shakes garlic salt
1 C grated cheddar cheese (reserve ½ C)	paprika

Set aside crabmeat and ½ cup of the shredded cheese. Mix the other ½ cup of the cheese with rest of the ingredients and then fold in crabmeat. Pour in 1 ½ quart casserole dish. Sprinkle with remaining ½ cup of cheese and some paprika. Bake uncovered at 325 for 35 minutes. Serve hot with chips or crackers.

Tim Sakemiller

## BELGIAN MEATBALLS BRAISED IN BEER

1 C bread crumbs	¾ C milk
1 lb. ground beef	½ lb. ground pork
1 large egg	1 medium shallot, finely chopped
1 tbsp. fresh parsley, finely chopped	salt and pepper to taste
1 pinch nutmeg	2 tbsp. flour
2 tbsp. unsalted butter	1 tbsp. olive oil
1 medium onion, finely chopped	1 tsp. sugar
3 medium Belgian endive, cored and chopped	salt and pepper to taste
1 ½ tbsp. flour	1 C beer
½ C chicken stock	2 tbsp. fresh parsley, finely chopped

Soak bread crumbs in milk and squeeze dry. In mixing bowl, combine bread, ground meats, egg, shallots, parsley, salt, pepper and nutmeg. Mix well. Form into 2 inch diameter meatballs. Dust with flour. In deep Dutch oven heat the butter and oil, add meatballs and sauté until well browned, about 5 minutes. Remove to a platter and set aside. Add onion and endives to pan, cook over low heat stirring constantly for 10 minutes. Sprinkle with sugar, salt, pepper and flour. Cook stirring for 1 minute. Add beer and broth, bring to a quick boil. Reduce heat to a simmer and return meatballs to the pan. Simmer partially covered, until the meat is cooked through and has absorbed the flavors of the sauce, 45 minutes. Sprinkle with parsley and serve.

SPANAKOPETES (Bourrek)  
(Greece)

1 ½ C feta cheese, crumbled  
½ tsp. pepper  
1 tsp. oregano  
1 egg yolk, beaten

1 C spinach, chopped  
1 tsp. dried basil  
1 box phyllo dough

Preheat oven to 400. Mix all but eggs together in bowl, set aside. Roll out phyllo to ¼ inch thickness. Work quickly or dough will dry out. Cut into 3 inch squares. Put a spoonful of filling in the center of each, wet edges and fold over and press together firmly. Brush outside of each with egg yolk. Bake 13 minutes, lower heat to 350 bake 20 more minutes.

BAKED CURRIED RICE  
(India)

1 ¼ C converted rice  
1 tsp. curry powder  
¼ C butter

2 ½ C water  
1 tsp. salt

In a 2 quart casserole pan, place rice, water, salt, butter and curry powder. Cover and bake at 400 degrees in oven for 45 minutes.

MINI BEEF AND PROVOLONE CRESCENTS

8 oz. refrigerated crescent dinner rolls  
2 slices provolone cheese, each cut  
into 8 strips  
3 oz. thinly sliced cooked deli roast beef  
cut into 16 pieces

1 tbsp. Italian salad dressing  
2 tbsp. chopped roasted red bell  
peppers

Heat oven to 350. Spray cookie sheet with cooking spray. Unroll dough and separate into 8 triangles; press out each triangle so shortest side measures 4 inches. Cut each triangle in half lengthwise from tip end to short side to make 16 triangles. Brush each triangle with salad dressing. Top each with 1 cheese strip, scant ½ tsp. roasted peppers and 2 pieces of beef, folding to fit on triangle. Roll up each, starting at shortest side of triangle and rolling to opposite point; place point side down on cookie sheet. Bake 13-18 minutes or until golden brown. Immediately remove from cookie sheet. Serve warm.

## SOUTHWEST NACHO CASSEROLE

2 lb. lean ground beef	1 cup water
2 (1.25 oz.) envelopes taco seasoning mix	1 (4.5 oz) can chopped green chiles
2 (16 oz) can refried beans	8 oz. shredded Cheddar cheese
1 cup chopped tomato	½ cup chopped green onions
1 (2.5 oz) can sliced ripe olives, drained	12 oz. gold tortilla chips
Sour cream, optional	

Heat oven to 350. Spray 13x9 inch glass baking dish with cook spray. In 12-inch nonstick skillet, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain. Stir in water and taco seasoning mix. Bring to a boil; cook 2-4 minutes, stirring occasionally, until thickened. Stir in chiles. Spread refried beans in baking dish. Top with ground beef mixture. Cover tightly with foil. Bake 30-40 minutes or until bubbly around edges. Remove from oven. Uncover; sprinkle with cheese, tomato, onions and olives. Arrange 18-20 tortilla chips around outside edges of baking dish. Return to oven; bake uncovered about 10 minutes longer or until cheese is melted. If desired, top with sour cream. Serve with remaining tortilla chips for scooping.

## CRAB DIP

1 lb. crab	2 (8 oz. ea) pkg. of cream cheese
1 cup cheddar cheese	1 cup of mayonnaise
2 tbsp. Worcestershire sauce	1 tsp. dry mustard
1-2 tbsp. Old Bay or to taste	

Mix all ingredients together in a crock pot and cook until everything is melted. Serve with toasted French bread slices or crackers.

Julie Hartman

## BUFFALO CHICKEN DIP

1 lb. chicken, cooked and shredded	8 oz. cream cheese
12 oz. ranch dressing	6 oz. buffalo wing sauce
2 cups shredded cheddar cheese	

Cook and shred chicken. Combine all ingredients in a crock pot and simmer together on low/medium heat. Serve with bread or tortilla chips.

Julie Hartman

## CRAB CANAPES

7 oz. crab  
½ cup butter (1 stick)  
½ tsp. season salt  
6 English muffins (sourdough best)

1 jar Old English Sharp Cheddar  
1 ½ tbsp. mayonnaise  
¼ tsp. garlic powder or 3-4 fresh  
cloves, pressed

Mix all ingredients (except muffins) together. It doesn't hurt to melt the butter/cheese a little in the microwave. Chill mixture for approximately 1 hour (depending on how much you melted the cheese/butter). It should be slightly firm – easier to work with. Cut muffins into quarters. Spread mixture on muffin quarters. Bake at 375 for approximately 10-15 minutes, until they're golden and bubbly.

*Note: These freeze great! After spreading the mixture on the muffins, put them on a cookie sheet, and stick them in the freezer for bout 2 hours. Then dump them into a ziplock bag and back into the freezer. They keep for about 6 months.*

Elizabeth Binns-Roemer

## SUMMER BRUSCHETTA

1 tbsp. balsamic vinegar  
¼ cup fresh basil leaves, cut into  
thin strips  
8 slices sourdough wheat whole grain bread  
toasted or grilled and cut diagonally into  
quarters

1 tbsp. olive oil  
1 tbsp. minced garlic  
8 plum tomatoes, seeded, chopped  
¼ cup shredded Parmesan cheese

Mix vinegar, oil, basil and garlic. Stir in tomatoes. Divide tomato mixture among bread quarters. Top with cheese.

## PINEAPPLE, HAM AND SWISS APPETIZER

1 cup pineapple preserves	24 parsley leaves
24 wheat wafer crackers	4 slices deli cooked ham, each cut into 6 (1 ¼ inch ) strips
4 slices deli Swiss cheese, each cut into 6 (1 ¼ inch) strips	

Spread 1 teaspoon preserves onto each cracker; top with 1 folded strip of ham and 1 folded strip of cheese. Garnish with parsley.

## HOT SWISS AND HAM DIP

¼ lb Swiss cheddar, shredded	¼ lb. deli ham, finely chopped
½ cup mayonnaise	2 tsp. Dijon-style mustard
¼ sliced green onions	whole wheat crackers

Heat oven to 350. Combine all ingredients except crackers in medium bowl. Spread onto bottom of 8-inch shallow dish or pie plate. Bake for 20-25 minutes or until heated through and bubbly around edges. Serve with crackers.

## MEDITERRANEAN KABOBS

15 uncooked fresh refrigerated cheese-filled spinach tortellini	¼ cup Italian vinaigrette dressing
¼ lb. Provolone or Mozzarella cheese, cubed ½ inch	½ cup red bell pepper, cut into ¾-inch pieces
15 extra large pitted ripe olives	6 oz. marinated artichoke hearts, drained, cut into pieces

Cook tortellini according to package directions. Drain. Place cooked tortellini, dressing, red pepper, cheese, drained artichokes and olives in large resealable plastic food bag. Tightly seal bag. Turn bag several times to coat ingredients well. Place in 13x9 inch pan. Refrigerate, turning occasionally, at least 2 hours or overnight. Remove all ingredients from marinade; discard marinade. Thread 1 piece red pepper, 1 piece artichoke heart, 1 olive, 1 cube cheese and 1 tortellini on each 4-inch skewer.



## VEGGIE WRAP-UPS

4 (8-inch) whole wheat tortillas	7 oz. roasted red pepper hummus
¼ cup chopped Kalamata olives	4 lettuce leaves
8 slices Swiss cheese	¼ cup roasted red pepper strips
1 cup cucumber, cut into 2x1/8-inch strips	

To assemble wraps, spread each tortilla with 3 tablespoons hummus. Sprinkle 1 tablespoon olives over hummus. Place 1 lettuce leaf on bottom half of tortilla. Top with 2 slices cheese. Place 1 tablespoon roasted red pepper strips and ¼ cup cucumber strips onto cheese. Roll up. Wrap each in plastic food wrap. Refrigerate at least 1 hour. Cut each wrap into 8 pieces. Secure each piece with toothpick, if desired.

## BRUSCHETTA WITH CREAMY CHEESE SPREAD (Italy)

8 slices French bread loaf, toasted	½ cup ricotta cheese, fat free
2 tbsp. cream cheese, fat free	2 tbsp. nonfat yogurt
2 tbsp. Parmesan cheese, grated	2 medium scallions, finely chopped
1 small roasted red bell pepper, chopped	

In food processor, combine cheese and yogurt. Whip until smooth. Stir in scallions and red pepper. Spread on toast and serve or serve as a dip.

## TAHINI AND CUMIN DIP (Syria)

1 cup tahini	2 cloves garlic, finely chopped
juice from 1 lemon	½ cup water
½ tsp. cumin	½ tsp. cumin seed
1 tbsp. parsley, finely chopped	

Put tahini in a bowl and whisk until smooth. Stir in garlic and lemon juice. Add water slowly, while whisking until dip is a consistency to your liking. Stir in ground cumin and sprinkle with cumin seed and parsley. Serve with pita bread for dipping.

CHICKPEAS AND OLIVE APPETIZER  
(Palastine)

1 can chickpeas, drained	½ cup black olives, chopped
2 medium scallions, finely chopped	2 tbsp. cilantro, finely chopped
1 clove garlic, finely chopped	salt and pepper to taste
1 tsp. paprika	½ tsp. chili powder
1 tbsp. olive oil	2 tbsp. lemon juice

Mix all ingredients and serve.

ONION CHILE-CHEESE APPETIZER  
(Brazil)

2 medium red onions, thinly sliced	2 large Malagueta chiles, chopped
¾ cup sour cream	½ tsp. lime juice
12 shells puff pastry shells	6 tbsp. parmesan cheese, grated
Salt and pepper to taste	

Combine onions with chiles, sour cream and lime juice. Cover and refrigerate. Bake the puff pastry according to package directions until ¾ done. Then remove from oven and let the pastry cool on baking sheet. Then evenly spread onion mixture in each shell. Sprinkle cheese, salt and pepper over each. Place the pastry lid on each shell and finish baking until the shell is light brown.

WALNUT GARLIC SPREAD WITH HOT SWEET PEPPERS (Muhammara)  
(Turkey)

2 large sweet red peppers, roasted	1 tbsp. water
2/3 cup walnuts	1 tbsp. garlic
2/3 cup sourdough bread crumbs, toasted	2 medium red jalepenos, chopped
¼ cup olive oil	2 tsp. cumin
½ tsp. red pepper flakes	2 tbsp. lemon juice

Roast peppers and chop. In food processor, grind peppers and water to a paste and set aside. Pound walnuts with garlic. Stir in bread crumbs and jalapenos. Continue mixing until all ingredients are finely crushed and well mixed. Add in pepper paste and olive oil. Season with cumin, red pepper flakes, and lemon juice. Let stand in refrigerator overnight to allow flavors to blend. Serve on pita points or crackers.

## ARTICHOKE COCKTAIL BALLS (Greece)

3 can artichoke hearts, chopped	3 medium eggs
salt and pepper to taste	1 clove garlic, finely chopped
4 large scallions, finely chopped	¼ cup fresh dill, finely chopped
¼ cup Kefalotiri cheese or Romano, grated	1 cup fine bread crumbs
1 cup oil for frying	

Add eggs, seasonings, scallions and dill to artichokes. Mix well. Shape into balls and roll in bread crumbs. Fry in hot oil until golden brown. Drain on paper towels and serve with Skordalia (garlic sauce).

### Skordalia:

6 cloves garlic, chopped	2 cups potato, cooked and mashed
salt to taste	1 cup olive oil
½ cup white wine vinegar	

In food processor, mince garlic then add potatoes and salt and process until smooth. Slowly add vinegar and oil in alternating thin streams. Blend until thick and creamy. If sauce is too thick add some water. Variation: Combine ½ cup garlic sauce with 1 cup yogurt and teaspoon of almond extract. Mix well and chill. Serve as dip with an assortment of crackers. Other serving suggestions: Good on seafood, vegetables such as fried zucchini, cauliflower or steamed Swiss chard. Make canapés using pita bread triangles and cocktail shrimp.

## SPANISH MEATBALLS

½ lb. lamb, ground	1 lb. pork, ground
3 cloves garlic	¼ cup fresh bread crumbs
1 hard boiled egg, chopped	salt and pepper
¼ cup flour	oil for frying
½ tsp. paprika	½ cup white wine
½ cup beef broth	2 tbsp. tomato puree
1 tsp. parsley	

Combine meat, garlic, bread crumbs, egg, salt and pepper. Form into balls, roll in flour. Heat oil in pan, fry balls until golden. In another pan, combine wine, paprika and stock and boil then add puree. Put balls in pan, cover with sauce and cook for 20 minutes. Sprinkle with parsley and serve.

## AJI APPETIZER MEATBALLS (Uruguay)

5 tbsp. olive oil  
1 large Aji chile, chopped  
1 tsp. light brown sugar  
1 lb. ground pork  
¼ cup Parmesan cheese  
½ tsp. cinnamon  
milk  
salsa for dipping

1 medium onion, finely chopped  
1 large tomato, chopped  
salt and pepper to taste  
1 cup fresh bread crumbs  
¼ cup currants  
2 medium eggs, beaten  
flour

Sauté onion in 2 tablespoons of oil until onion is translucent. Add chile, tomato, brown sugar, salt and pepper. Cook until the mixture becomes thick and dry. Remove from heat and allow to cool. In bowl, combine pork, bread crumbs, parmesan cheese, currants, cinnamon and sautéed tomato mixture. Stir well. Add eggs and mix thoroughly. If mixture is too dry add some milk. Form into small meatballs. Roll them in flour. Heat the remaining oil in skillet and fry until they are lightly browned. Drain on paper towels and serve with salsa.

## SWEDISH SMORGASBOARD MEATBALLS

4 slices white bread, stale  
2 ½ lb. ground beef  
1 large onion, diced  
½ tsp. allspice  
½ tsp. pepper  
2 cups beef bouillon  
¼ cup flour  
1/3 fresh fill, chopped

2/3 cup milk  
2 eggs  
½ tsp. nutmeg  
2 tsp. salt  
4 tbsp. olive oil  
¼ cup margarine  
1 cup sour cream

Soak bread in milk, mash with fork. Add meat, eggs, onion, dry spices. Shape into balls. Brown in heated oil on all sides. Add bouillon and bring to boil. Lower heat and cook for 30 minutes, covered. Remove meatballs to a pie pan and keep warm. Strain and reserve liquid. Melt butter in large saucepan, add flour, and cook 1 minute. Gradually add liquid and cook slowly until smooth and thick. Add meatballs and heat through. Stir in the sour cream and dill. Cook for 5 minutes more.

# **BREADS**

## GINGER'S BRAN MUFFIN

¾ cup raisins	1 ½ cups sugar
½ cup Crisco	2 eggs
2 cups Kellogg's All Bran	1 cup Bran Flakes
2 cups buttermilk	2 ½ cups flour
2 ½ tsp. baking soda	1 ½ tsp. salt

Pour 1 cup boiling water on the All Bran (set aside). Crème Crisco and sugar, add eggs, buttermilk and dry ingredients. Add All Bran and raisins. Pour in tightly covered container and store in fridge. (Keeps for 1-2 months). Bake in muffin pan or tins for 25 minutes at 400 degrees.

Elizabeth Binns-Roemer

## ANZAC BISCUITS (Australia)

4 oz. butter	1 tbsp. golden syrup
2 tbsp. boiling water	1 cup rolled oats
1 ½ tsp. bicarbonate soda	¾ cup desiccated coconut
1 cup flour	1 cup sugar

Melt butter and syrup over low heat. Add boiling water mixed with bicarbonate soda. Pour into mixed dry ingredients and mix well. Drop teaspoonfuls of mixture onto greased baking trays, leaving room for spreading. Bake in a preheated oven (300 degrees) for 20 minutes. Cool on racks for a few minutes, then remove to wire racks. Store in air tight containers. Makes 48 biscuits.

These biscuits are an Australian favorite, made popular during World War I, when there were egg shortages. Sent in food parcels to the troops who became famous as Anzacs (Australia, New Zealand Army Corps.)

## SCONES (England)

8 oz. self raising flour  
6 oz. buttermilk or soured milk

2 oz. butter, chilled and diced

Preheat oven to 400 degrees. Rub the flour and butter together in a bowl. Stir in enough liquid to make a soft, pliable dough. Transfer to a floured board, and knead it lightly. Roll and cut out scones. Bake for approximately 15 minutes. Makes 10.

## PARMESAN GARLIC BREAD

1 loaf (8 oz.) French bread  
2 cloves garlic, minced  
¼ cup grated parmesan cheese

2 tbsp. margarine or butter softened  
½ cup shredded mozzarella cheese

Preheat oven to 350. Cut bread lengthwise in half. Place, cut sides up, in shallow baking pan. Mix margarine and garlic until well blended. Spread evenly onto bread halves; sprinkle with cheeses. Bake 15 minutes or until cheese is melted. Cut each bread half crosswise into 6 slices.

## ZUCCHINI BREAD

3 eggs  
1 ½ cups sugar  
1 cup applesauce  
2 cups flour  
½ tsp. baking powder

2 tsp. baking soda  
2 tsp. cinnamon  
2 cups grated zucchini  
2 tsp. vanilla

Beat eggs. In separate bowl, mix together flour, baking powder, baking soda and cinnamon. Beat in each ingredient separately in this order: sugar, applesauce, dry ingredients, zucchini and vanilla. Bake at 350 degrees in a greased bread pan for one hour. Test with toothpick in center of loaf.

Jessica DeMarte

## CARROT MUFFINS

Whisk together thoroughly:

1 ½ cups flour	½ tsp. ground nutmeg
1 tsp. baking powder	¼ tsp. ground cloves
1 tsp. baking soda	¼ tsp. ground allspice
1 tsp. ground cinnamon	½ tsp. salt

Whisk together in a large bowl:

2 large eggs	¾ cup sugar
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Stir in and let stand for 10 minutes:

1 ½ cups packed shredded carrots	¼ cup orange juice
5 tbsp. vegetable oil	½ cup chopped walnuts (optional)
½ cup golden raisins (optional)	

Preheat the oven to 400 degrees. Grease a standard 12-muffin pan or line with paper cups. Fold the flour mixture in with the moist ingredients. Do not over mix; the batter should not be smooth. Divide the batter amongst the muffin cups. Bake until a toothpick inserted in 1 or 2 of the muffins comes out clean, 15-18 minutes. Let cool for 2-3 minutes before removing from the pan. If not serving hot, let cool on a rack.

Kerry McLaughlin

## AMARANTH AND ORANGE BREAD (Brazil)

2 ¼ tsp. active dry yeast	2 ½ cup bread flour
1/3 cup whole wheat flour	¾ cup Amaranth flour
3 tbsp. powdered milk	3 tbsp. honey
3 tbsp. ground orange zest	¾ tsp. salt
1 ½ tbsp. vegetable oil	1 ¼ cup water

Add all ingredients in order suggested by your bread machine manual. Process on bread cycle.



## CHOCOLATE CINNAMON ROLLS

2 loaves (1 lb. each) frozen white yeast bread dough, thawed, divided	¼ cup sugar
12 oz. pkg. semi-sweet chocolate morsels	1 tbsp. ground cinnamon
1 cup powdered sugar, sifted	1 cup chopped nuts, divided
	3 tbsp. milk

Grease two 9-inch round baking pans. Roll 1 bread loaf into 16 x 10 inch rectangle on lightly floured surface. Combine sugar and cinnamon in small bowl; sprinkle 2 tablespoons over dough leaving ½ inch border around sides. Sprinkle with 1 cup morsels and ½ cup nuts. Roll up dough starting at short end; seal edges. Cut into 6 slices; place cut side up in prepared baking pan. Repeat with remaining bread loaf, sugar mixture, morsels and nuts; place in second prepared baking pan. Cover; let rise in warm place until dough almost fills pans. Preheat oven to 350. Bake for 25-30 minutes or until deep golden brown. Cool slightly in pans on wire racks. Combine powdered sugar and milk in small bowl to make a stiff glaze. Drizzle over cinnamon rolls.

## HOMESTYLE BISCUITS

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

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

## PANETONNE (Italy)

2 pkg. active dry yeast	¼ cup lukewarm water
¾ cup boiling water	¼ lb. butter, softened
½ cup sugar	2 tsp. salt
4 eggs, beaten	2 tsp. anise extract
6 cups sifted flour	1 cup seedless golden raisins
1/3 cup candied cherries, halves	1/3 cup candied orange or lemon peel, chopped
1/3 cup chopped candied citron	
Melted butter	

Soften yeast in lukewarm water in small bowl. Set aside. Pour boiling water over butter, sugar and salt in large mixing bowl. Stir until butter melts and sugar dissolves. Cool to lukewarm. Add eggs and anise and beat until well blended. Stir in half the flour, add yeast mixture and stir. Add enough remaining flour to form a soft dough. Turn out on lightly floured board, knead until smooth and elastic. Put into greased bowl, turn to grease top of dough. Cover with cloth, let rise in warm place free from draft, until double in bulk. About 2 hours. Shape into 2 loaves. Place on a greased baking sheet, brush with melted butter. Let rise until double in bulk. About 1 hour. With sharp knife, do slashes on top. Bake in a preheated 350 degree oven for 50 minutes, or until done. Brush again with melted butter. Cool on wire racks.

## PUMPKIN BREAD

1 cup firmly packed brown sugar	½ cup sugar
1 cup cooked or canned pumpkin	½ cup vegetable oil
2 eggs, beaten	2 cups flour
1 tsp. baking soda	½ tsp. salt
½ tsp. nutmeg	½ tsp. cinnamon
½ tsp. ginger	1 cup golden raisins
½ cup chopped walnuts	¼ cup water

Preheat oven to 350. Oil a loaf pan. In a mixing bowl, stir together brown sugar, sugar, pumpkin, oil and eggs. Beat until blended. In a separate bowl, stir together flour, soda, salt and spices. Add to pumpkin mixture; blend well. Stir in raisins, nuts, and water. Spoon into prepared loaf pan. Bake for 65-75 minutes or until a wooden pick inserted near the center comes out clean. Cool in the pan for 10 minutes. Turn out on a wire rack to cool completely.

## PEACH YOGURT MUFFINS

### Muffins:

1 2/3 cups flour	1/2 cup sugar
2 tsp. baking powder	1/4 tsp. baking soda
1/4 tsp. salt	1/2 cup butter, melted
1 cup peach yogurt	1 egg, slightly beaten
2 tbsp. fat free half and half	1/2 tsp. almond extract
1/4 cup slivered almonds, coarsely chopped	

### Glaze:

2/3 cup powdered sugar	2 -3 tsp. lemon juice
1/4 tsp. almond extract	

Heat oven to 400. Combine butter, yogurt, egg, half and half and almond extract in large bowl. Stir together flour, sugar, baking powder, baking soda and salt in medium bowl. Stir flour mixture into butter mixture just until moistened. Stir in almonds. Spoon batter into 12 greased or paper-lined muffin cups. Bake for 16-19 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Meanwhile, stir together all glaze ingredients. Spoon glaze mixture over warm muffins.

*Tip: Reduce oven temperature to 375 if muffins are baked in dark nonstick muffin cups.*

## QUICK CLOVERLEAF HERB ROLLS

1/4 cup butter, melted	1 tbsp. chopped fresh parsley
1 1/2 tsp. chopped fresh rosemary*	1 1/2 tsp. chopped fresh thyme leaves**
1 lb. loaf frozen bread dough, thawed	

Stir together butter, parsley, rosemary and thyme in 9-inch pie plate. Cut bread dough into 36 (about 1-inch) pieces using kitchen shears. Shape each piece into a ball; roll in herb mixture. Place 3 balls in each of 12 ungreased muffin cups. Cover; let rise until double in size (about 30 minutes). Heat oven to 400. Bake for 15-20 minutes or until golden brown.

\* *Substitute 1/2 tsp. dried rosemary leaves, crushed*

\*\* *Substitute 1/2 tsp. dried thyme leaves*

## HOT CROSS BUN SURPRISES

### Buns:

1/3 cup dried currants  
3 tbsp. butter, softened  
1/2 tsp. ground allspice  
3 tbsp. butter, melted

3 tbsp. packed brown sugar  
1 tsp. grated orange peel  
1 lb. loaf frozen bread dough,  
thawed

### Frosting:

1/2 cup powdered sugar  
2-3 tsp. milk

1 tbsp. butter, softened

Combine currants, brown sugar, 3 tablespoons softened butter, orange peel and allspice in small bowl; mix well. Separate thawed dough into 16 pieces. Press 1 teaspoon currant mixture into center of each piece drawing dough around it to form ball. Dip ball into melted butter. Place into ungreased 8-inch square baking pan, seam-side down. Drizzle with melted butter. Let rise in warm place until double in size (about 45 minutes). Heat oven to 350. Bake for 25-30 minutes or until golden brown. Cool completely. Combine all frosting ingredients in small bowl; mix well. Place buns on serving platter. Place frosting in resealable plastic food bag. Cut very small tip from one corner. Decorate top of each bun with cross.

## CHOCOLATE CINNAMON BREAD (Columbia)

1 1/4 cups hot brewed coffee  
2 1/4 tsp. active dry yeast  
2/3 cup whole wheat flour  
3/4 tsp. salt  
3 tbsp. vegetable oil

1/4 cup unsweetened cocoa powder  
2 1/3 cup bread flour  
6 tbsp. sugar  
1 1/2 tsp. cinnamon

Pour hot coffee into a small bowl. Add cocoa powder and stir until totally dissolved. Let cool to room temperature. Add all ingredients to bread machine in order suggested by your manual. Process on the bread cycle.

FLAT BREAD (chapatis)  
(India)

3 cups flour, divided	1 – 1 ½ tsp. salt
1 tbsp. ghee or vegetable oil (optional)	1 cup lukewarm water

Whisk together 2 ½ cups flour with the salt, reserving ½ cup flour for rolling chapattis. Next rub in the ghee or oil, if desired. Add water all at once and mix to make a soft but pliable dough. (Dough should not be stiff). Knead dough on a lightly floured surface for at least 10 minutes (the more it is kneaded, the lighter the bread will be). Form dough into a ball, cover with clear plastic wrap and stand for 1 hour or longer. If left overnight, the chapattis will be very light and tender. Shape dough into balls about the size of a large walnut. Roll out each one on a lightly floured board (using reserved flour) to a circular shape as thin as a French crepe. Heat a griddle or heavy well-seasoned iron skillet until very hot, and cook the chapattis, starting with those that were rolled first. Cook for about 1 minute, turn and cook the other side, pressing lightly around the edges of the chapattis with a folded tea towel, this encourages bubbles to form and makes the chapattis light. Wrap in a clean tea towel until all are ready to use. Serve immediately.

*Note: In India chapattis are cooked on the tawa or griddle and are held for a moment or two right over the fire. This makes them puff up like balloons. You can do this over a gas flame holding them with kitchen tongs.*

BELGIAN ALMOND BREAD

2 ¼ tsp. active dry yeast	3 cups bread flour
¾ tsp. cinnamon	¾ cup brown sugar
1 ½ tsp. salt	6 tbsp. unsalted butter
¾ cup ground almonds	¾ tsp. almond extract
1 ½ tbsp. orange peel, grated	1 cup water

Place all ingredients in bread machine according to manual instructions. Process using bread cycle.

OLIVE BISCUIT  
(Greece)

2 cups black olives, chilled  
2 large onions, grated  
1 ½ cups water  
2 tbsp. sugar

4 cups flour  
1 ½ cups olive oil  
2 tsp. dried mint  
2 tbsp. baking powder

Preheat oven to 350. Combine all ingredients. Fill muffin tins half full and bake 45 minutes.

SAGE BREAD  
(Native American)

2 ¼ tsp. active dry yeast  
¾ cup whole wheat flour  
1 ½ tsp. salt  
2 cloves garlic, finely chopped  
1/3 cup onion, finely chopped  
1 cup water

2 2/3 cups bread flour  
1 ½ tbsp. sugar  
1 ½ tsp. dried sage or  
1 tbsp. fresh sage  
1 ½ tbsp. oil  
2 tbsp. water

Place all ingredients in machine according to manual directions. Process on bread cycle following instructions.

POT BREAD  
(South Africa)

2 tsp. yeast  
¾ cup warm water  
2 tsp. salt

2 tsp. honey  
2 lb. bread flour  
3 tsp. oil

Dissolve yeast and honey in water, add 3 teaspoons of flour and leave in warm place until foamy. Combine water mixture, flour and salt, add remaining warm water and oil and knead together. Cover and let rise. Knead again. Grease a cast iron dutch oven and place dough inside and allow to rise to twice it's original size. Cover and bake in 400 degree oven for 45 minutes.

## KANSAS SUNFLOWER BREAD

2 cups hot water	2 $\frac{3}{4}$ cups bread flour
1 tbsp. sugar	2 pkg. yeast
2 cups whole wheat flour	1 cup rolled oats
1/3 cup dry milk	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup honey	2 tsp. salt
1 cup sunflower seeds	

Combine water, bread flour, sugar and yeast. Beat for 3 minutes. Cover and let rise for 30 minutes. Stir in wheat flour, oats, dry milk, butter, honey, and salt. Mix well and stir in seeds. Knead for 8 minutes. Shape into a ball. Cover and let rise for 30 minutes. Punch the dough down and divide in half. Cover and let rest for 10 minutes. Shape into 2 loaves and place into loaf pans. Cover and let rise for 30 minutes. Bake for 35 minutes in 375 degree oven. Remove and let cool. Serve.

## ARGENTINE CHIMICHURRI BREAD

1 $\frac{3}{4}$ tsp. active dry yeast	3 cups bread flour
3 tbsp. wheat bran	1 tbsp. sugar
1 $\frac{1}{2}$ tsp. salt	3 tbsp. parsley, chopped
3 tbsp. onion, chopped	1 $\frac{1}{2}$ cloves garlic, finely chopped
$\frac{1}{4}$ tsp. dried oregano	$\frac{1}{8}$ tsp. cayenne
3 tbsp. olive oil	1 $\frac{1}{2}$ tbsp. white wine vinegar
1 cup water	

Add all ingredients in order suggested by bread machine manual. Process on bread cycle.

## BLACK OLIVE BREAD (zeytinli ekme) (Turkey)

1 cup black olives, halved	2 $\frac{1}{2}$ tsp. active dry yeast
1 pinch sugar	1 cup milk
3 tbsp. milk	3 $\frac{3}{4}$ cups flour
1 small onion, finely chopped	$\frac{1}{3}$ cup mint, finely chopped
$\frac{1}{3}$ cup olive oil	1 tsp. salt

Add all ingredients suggested by bread machine manual. Process on bread cycle.

FLEMISH CINNAMON BUNS  
(Belgium)

1 pkg. active dry yeast	4 tbsp. sugar
3 ½ cups flour	1 cup warm milk
1 large egg yolk	1 tbsp. cinnamon
1 tsp. salt	6 tbsp. unsalted butter
1 medium egg, beaten	

Whisk yeast, 1 tablespoon of sugar, 1 tablespoon flour and milk together. Let rest for 5 minutes. In large mixing bowl, sift flour and add yeast mixture, egg yolk, remaining sugar, cinnamon and salt. Add butter and work in. Transfer dough to lightly floured surface and knead until the dough is smooth and elastic about 5 minutes. Roll the dough into a ball and place into lightly oiled bowl. Cover with a kitchen towel and let rise 1 hour. Punch down the dough and remove to a lightly floured surface. Divide dough into 16 pieces. Shape them into balls, cover with a kitchen towel and let rise for 30 minutes. Lightly butter 2 baking sheets. To shape the buns, place your thumb in the center of the bun and press down through it to the work surface. Form into doughnut-like shape including the hole. Brush with egg and let rise, uncovered for 1 hour. Preheat oven to 450 degrees. Bake the buns until nicely browned on top about 10 minutes.

SWEDISH RYE

2 ¼ tsp. active dry yeast	2 ¼ cups bread flour
1 cup rye flour	2 tbsp. rye flour
3 tbsp. powdered milk	¾ tsp. salt
1 tbsp. sugar	1 ½ tsp. anise seed
1 ½ tsp. orange zest, grated	1 ½ tbsp. vegetable oil
1/3 cup dark corn syrup	1 ¼ cups water

Add all ingredients in order recommended by bread machine. Process on bread cycle.



## **MISCELLANEOUS**

## LUAU TACOS

18 oz. refrigerated honey hickory BBQ  
sauce with shredded pork  
3 C shredded Monterey Jack or  
Mexican 4-cheese blend  
1 C tomato, diced

15 can pineapple tidbits, drained  
12 flour tortillas for soft tacos  
¼ C chopped fresh cilantro  
3 C shredded lettuce  
sour cream, if desired

In a 1 ½ quart saucepan, cook BBQ sauce with shredded pork and 2/3 cup of the pineapple tidbits over medium-high heat for 6-8 minutes, stirring occasionally, until thoroughly heated. In 10-inch skillet, cook each tortilla over medium-high heat for 20-30 seconds, turning once, until thoroughly heated. Onto each warm tortilla, spoon about 3 tablespoons pork mixture, ¼ cup cheese, 1 tsp. cilantro, ¼ cup lettuce, heaping tablespoon tomato and scant tablespoon remaining pineapple tidbits. Top each with sour cream.

## GREEK QUESADILLAS

### Dipping Sauce:

6 oz. plain yogurt  
1 tsp. extra-virgin olive oil  
1 clove garlic, minced

1 tbsp. chopped fresh dill  
1 tsp. lemon juice

### Quesadillas:

1 C crumbled feta cheese  
1 cup diced peeled cucumber  
½ C chopped pitted kalamata olives  
8 flour tortillas for burritos

1 C shredded mozzarella cheese  
1 C finely chopped tomato  
1/8 tsp. salt

In small bowl, mix all dipping sauce ingredients; set aside. In large bowl, mix feta cheese, mozzarella cheese, cucumber, tomato, olives, and salt and pepper. Heat 12-inch nonstick skillet over medium heat until hot. Sprinkle ½ cup cheese mixture onto half of each tortilla. Fold untopped half of each tortilla over cheese mixture; gently press down with pancake turner. Cook quesadillas, 3 at a time, in hot skillet about 2 minutes on each side, gently pressing down with pancake turner, until tortillas are lightly browned and crisp and cheese is melted. Remove from skillet; place on cutting board. Cut each quesadilla in half. Serve warm with dipping sauce.

## SAUSAGE GRAVY

16 oz. fresh breakfast sausage  
6 tbsp. flour  
1 C water  
10 hot biscuits, split

2 tbsp. finely chopped onion  
2 (12 oz. ea) cans evaporated milk  
¼ tsp. hot pepper sauce

Combine sausage and onion in large skillet. Cook over medium-low heat, stirring occasionally, until sausage is no longer pink. Stir in flour; mix well. Stir in milk, water, salt and hot pepper sauce. Cook, stirring occasionally, until mixture comes to a boil. Cook for 1-2 minutes. Serve immediately over hot biscuits.

## GRANDMA'S STUFFING

2 loaves of white bread  
½ cup celery, chopped

1 cup of milk  
2 eggs

Take the bread out of the plastic wrapper and put it in a covered pan overnight. Then break it up into small pieces. Fry the bread in hot Crisco over medium heat until brown. Stir it frequently. Put it in a large bowl and add the eggs and enough milk so that the bread is very soft and will mash together. Add the celery and mix. Bake it beside the turkey or chicken and ladle broth over it until it's brown and crispy.

*Note: Grandma is 92 years old and has lived in Frederick County her entire life.*

Pam Young

JILEBI  
(India)

¾ cup refined flour

1 cup water

Frying and soaking:

2 ¼ cups oil

sugar

syrup

2 ¼ cups sugar

1 cup water

1 tsp. saffron

1 tsp. green cardamom powder

1 oz. milk

Pre-preparation: Make a spongy batter of refined flour and water and allow to ferment 4 hours.

Sugar syrup: In a pan put sugar, water and milk, cook it and clear the froth from the top. Cook to a simmer, stirring consistently. Add green cardamom powder and strain through a muslin cloth. Add saffron and mix. Set aside.

Frying and soaking: Heat refined oil in a brass pan. Knock the fermented batter and pour in a piping bag. Pipe the mixture in hot oil in the form of coiled strands. Cook to a golden brown and lift with a tong and dip it in sugar syrup for one minute.

LEMON WHIPPERSNAPPER COOKIES

1 box lemon cake mix

1 egg

2 cups thawed cool whip

1 cup powdered sugar

Mix cake mix with one egg and 2 cups of cool whip (mixture will be really sticky). Drop by teaspoonful into powdered sugar and roll into round balls. Place on ungreased cookie sheet and bake for 10-15 minutes (could be longer for some ovens).

Connie Champion

HONEY-DIPPED COOKIES (Finikia)  
(Greece)

7 cups flour	2 tbsp. baking powder
2 cups oil	1 cup butter, melted
1 cup orange juice	1 cup sugar
½ cup walnuts, c hopped	1 oz. cognac or brandy
12 oz. honey	2 cups sugar
1 ½ cups water	juice of ½ lemon, strained

Preheat oven to 400 degrees. Sift together the flour and baking powder. In a large bowl combine oil and butter. Add the orange juice, sugar, nuts, and cognac. Gradually mix flour into batter by hand and knead until a dough is formed that does not stick to the hands. Add more flour if necessary. Shape dough into small ovals, and place on ungreased baking sheets. Bake for 10 minutes. Lower oven temperature and bake for 25 more minutes or until well browned. Meanwhile, make the syrup. Combine the remaining ingredients in a saucepan. Bring to a boil and boil vigorously for 15 minutes. Keep saucepan simmering. Dip 7 or 8 cookies at a time into the warm syrup, letting them remain for 2 or 3 minutes. Remove and place on baking sheets to drain.

SPICE AND WINE COOKIES (Soetkoekies)  
(South Africa)

2 cups flour	½ tsp. baking soda
½ tsp. cream of tartar	1 tsp. ground cinnamon
½ tsp. ground ginger	½ tsp. ground nutmeg
¼ tsp. ground cloves	1 cup brown sugar
4 oz. chopped almonds	½ cup chilled butter, cut into small pieces
2 eggs, lightly beaten	1 egg white, beaten
¼ cup port or sherry	

Combine the flour, baking soda, cream of tartar, cinnamon, ginger, nutmeg, ground cloves, brown sugar, and almonds in a large bowl. Add the butter and cut into the flour mixture. Add the beaten eggs and red wine and mix dough together vigorously until it can be formed into a ball. Preheat oven to 350 degrees. On a lightly floured surface, roll the dough into a rough circle about ¼” thick. With a cookie cutter, cut the dough into 2” rounds. Arrange the rounds about 1” apart on a buttered cookie sheet. Continue cutting cookies, then brush each gently with the egg white. Bake for 15 minutes – until golden brown. Remove to a rack to cool completely.

CHEESE PUFFS (Gougeres)  
(France)

1 cup flour	½ tsp. salt
½ tsp. black pepper	½ tsp. thyme
Pinch cayenne pepper	1 cup whole milk
4 oz. unsalted butter, cut into ½” cubes	5 extra large eggs, at room temperature
6 oz. Parmesan cheese, freshly grated	
½ cup grated Gruyere cheese	

Preheat oven to 425 degrees. In a medium bowl, combine the flour with the salt, black pepper, thyme, and cayenne. Set aside. In a large saucepan, combine the milk and the butter. Bring to a boil over high heat. Remove the pan from the heat when the butter melts and add the seasoned flour all at once. With a wooden spoon, stir vigorously just until the dough masses into a ball and does not cling to the sides of the pan. Transfer the dough to a large mixer bowl. On medium speed, beat in the eggs, one at a time. Stir after each addition until the egg is completely absorbed. Continue this process until 4 of the eggs have been used. The dough should be smooth and satiny. Add the Parmesan and Gruyere cheeses to the dough and beat in thoroughly. Spoon 2 tsp. of dough about 1” in diameter onto buttered baking sheets, setting the gougers about 1-1/2” apart. Beat the remaining egg and with a pastry brush, lightly brush the tops to glaze. Bake for 10 minutes, rotating the baking sheets halfway through, until the gougers reach a rich golden brown. Let cool slightly. Serve immediately.

STRAWBERRY JAM

4 cups strawberries	2 tbsp. lemon juice
1 pkg. powdered fruit pectin	1 ½ cups honey

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

## PLUM JAM

5 cups peeled, pitted and chopped  
plums  
1 ½ cups honey

2 tbsp. lemon juice  
1 pkg. powdered fruit pectin

Mix the plums, lemon juice and pectin in a heavy-bottomed, stainless-steel pot. Stir over high heat and bring to a boil. The plums begin to render liquid quickly, which prevents the mixture from burning. Stir in the honey. Return to a boil and stir slowly for 4-6 minutes. The mixture will resemble a thick syrup when done. Let cool, then pour into a storage container, cover and refrigerate.

## CABBAGE KIMCHEE (Korea)

1 lb. Chinese cabbage  
3 tbsp. salt  
1 ½ tbsp. minced garlic  
1 tbsp. cayenne or hot Korean red pepper  
1 tsp. sugar

1 lb. white radish  
2 tbsp. finely minced ginger  
5 scallions, cut into fine rounds,  
including green tops

Slice cabbage in either bite-sized chunks or strips about 2 inches in length. Peel radish, cut in half lengthwise then cross wise into 1/8 inch slices. In a large bowl, put 5 cups water and 2 tablespoons plus 2 teaspoons of the salt. Mix. Add cabbage and radish and dunk a few times, as they have a tendency to float. Leave in the salty water, cover loosely and set aside for 12 hours, turning veggies over a few times. After the soak period, take the ginger, garlic, scallions, cayenne, sugar and remaining 1 teaspoon of salt in another large bowl. Mix well. Take the cabbage out of the soaking liquid with a slotted spoon (save the liquid) and add to the bowl with the seasonings and mix well. Put this mixture in a 2 quart jar or crock. Pour enough of the salt water over to cover veggies. Leave at least 1 inch space atop of jar. Cover loosely with a clean cloth and set aside for 3-7 days to ferment. Stir/turn veggies over daily.

QUEEN'S PUNCH  
(Denmark)

2 cups water	2 cups sugar
1 lemon zest	1 bottle Maraschino cherries
2 cups pineapple juice	2 quarts club soda
8 oz. peppermints, optional	6 lemons

Boil water, sugar and lemon rind for 5 minutes. Strain, and while the liquid is hot, add the cherries and pineapple juice. When ready to serve, add ice, club soda and peppermints. Mix in lemon juice and stir well.

MILK AND PAPAYA DRINK  
(Dominican Republic)

1 ripe papaya	6 tbsp. coconut milk, or milk
5 tbsp. lime juice	½ tsp. grated lime rind
4 tbsp. sugar	1 tsp. vanilla
½ cup finely crushed ice	

Peel the papaya, cut in half and remove the black seeds, chop fruit coarsely. Combine the papaya, coconut milk, lime juice and rind, sugar, vanilla and ice in an electric mixer blender and blend at high speed until mixture is smooth and thick. Serve in chilled tumbler.

GARLIC AND HERB BUTTER

1 cup butter	1 tsp. Italian seasoning
½ tsp. garlic powder	

Cream butter until smooth in a medium bowl. Add Italian seasoning and garlic powder; blend well.



## CHILI AND SPICE SEASONING

¼ cup paprika	2 tbsp. dried oregano, crushed
2 tsp. chili powder	1 tsp. garlic powder
1 tsp. black pepper	½ tsp. cayenne pepper
½ tsp. dry mustard	

Mix together all ingredients. Store in airtight container.

## APPLE CIDER PUNCH

2 quarts apple cider	4 cups cranberry juice
2 cups orange juice	2 cans apricot nectar
2 cups sugar	4 sticks cinnamon
Orange slices studded with whole cloves	

In a large kettle, combine all ingredients except orange slices. Simmer for 15-20 minutes. Garnish punch with floating clove-studded orange slices. Serve hot.

## MINI MATZOH BALLS (Jewish/Kosher)

4 tbsp. canola oil	4 eggs
1 cup matzoh meal	1/3 cup seltzer
1 tsp. salt	freshly ground black pepper

In a large mixer or mixing bowl, beat the eggs and add salt and pepper. Add the seltzer and continue mixing. Add the oil and gradually add the matzoh meal. Cover and refrigerate at least one hour or overnight. Bring a large pot of salted water to a boil. With very wet hands take a small amount of dough and form a small ball, about 1 ½” round. Continue until all the dough is used (~ 16). Drop the matzoh balls into the boiling water, cover and bring back to a boil. Cook for about 15 minutes. Remove the cover from the pot and with a long handled slotted spoon, turn over each ball. Remove the matzoh balls with a slotted spoon into heated chicken soup.

CINNAMON COOKIES (mantecados)  
(Morocco)

2 cups sifted flour	½ cup oil
1 cup superfine sugar	grated rind of ½ lemon
ground cinnamon	

Put the flour into a large bowl. Make a well in the center. Add oil, sugar and grated lemon rind. Knead the dough. Grease a baking sheet, sprinkle with some flour. Gently form small balls from dough and flatten a little. Arrange them on the sheet. Let stand for 20 minutes. Turn the oven to 350. Sprinkle the cookies with cinnamon. Bake for 20 minutes.

FRESH CRANBERRY RELISH

2 lb. fresh cranberries	1 cup sugar
¼ cup grand marnier liqueur	1 orange, zested and juiced

Place all the ingredients in the bowl of a food processor. Pulse several times to breakdown the cranberries and incorporate the ingredients; it should be a bit chunky. Allow the cranberry relish to sit at room temperature for at least 30 minutes, so the flavors can marry.

FRENCH TOAST (pain perdu)

6 large eggs	1 ½ cups milk
1 ½ tsp. vanilla extract	2 tbsp. sugar
½ tsp. ground cinnamon	10-12 slices day-old French or Italian bread
4 tbsp. unsalted butter	maple syrup (optional)
powdered sugar	

In a large bowl, whisk the eggs, milk, vanilla, sugar, and cinnamon until blended. Arrange the bread in a large shallow baking dish, layering or slightly overlapping the slices, if necessary. Pour the milk mixture over the bread and let stand for at least 30 minutes, carefully turning the bread with a wide spatula and rearranging it so it is evenly moistened halfway through the standing time. Position one oven rack in the upper third of the oven and one in the lower third and preheat the oven to 400. Put 2 tablespoons of the butter on each of two baking sheets with sides and place in the oven until the butter melts and pans are hot, about 5 minutes. Tilt the pans so the butter covers them evenly. Remove from the oven. Place 5-6 slices of the soaked bread on each of the hot pans, spacing them evenly. Bake for 15 minutes. Take the pans out of the oven and turn each piece of bread over with a wide spatula. Return the pans to the oven, placing the one from the top rack on the bottom rack on the top, and bake until the bread is puffed and evenly browned, 15-20 minutes more. Transfer to a platter, dust with powdered sugar and serve with maple syrup, if desired.



### THAI ICED COFFEE (kah-fe yen)

4 cups water	¼ cup Thai coffee powder (oliang powder)
1 cup water mixed with 4 tbsp. sugar	1 cup evaporated milk
Ice	

Bring 4 cups water to a rolling boil. Stir in coffee powder and return to a boil. Remove pan from heat and set aside. When coffee reaches room temperature, strain through coffee filter into a pitcher. Add water and sugar and stir to dissolve. Cover and chill. To serve fill glasses with ice, add ¾ cup of the chilled coffee to the glass, top with 3 tablespoons of evaporated milk. Serve.

### THAI VINAIGRETTE

¼ cup olive oil	2 tbsp. sugar
2 tbsp. white vinegar	¼ tsp. crushed red pepper
¼ tsp. salt	1 clove garlic, chopped

Add all ingredients to food processor and mix well.

### APPLE MILK SHAKE (Tunisia)

1 medium sweet apple, peeled and chopped	1 cup cold milk
1 tbsp. caster sugar	1 tbsp. rose water
shaved ice	

Put apples, milk and sugar into blender and mix until smooth; add rose water, stir well, pour over shaved ice and serve.

## TUNISIAN DOUGHNUTS

3 medium eggs	2 cups oil
¼ cup orange juice	2 tbsp. coconut
1 ¼ cup sugar	2 ½ cups flour
1 ½ tsp. baking powder	2 cups water
2 tbsp. lemon juice	1 cup honey

Place the eggs, ¼ cup of the oil, orange juice, 1 tablespoon of the coconut and ¼ cup of the sugar in a blender. Blend until smooth. Transfer to bowl, then sift in flour and baking soda and knead until the mixture is soft. Cover bowl with a towel, then set aside to rest for 1 hour. Make a syrup by placing the remaining sugar, water and lemon juice in a pan. Boil over high heat until the sugar dissolves, stirring constantly. Reduce heat to low and add honey and the remaining coconut. Simmer for 10 minutes, then turn heat to very low to keep warm. Place remaining oil in small sauce pan, then heat to moderately hot. Divide dough into walnut sized balls then flatten slightly. Hold the doughnut in your hand and punch a hole through the middle with a floured finger. Fry a few at a time for about 5 minutes, until golden brown on both sides. With tongs pick up doughnuts and dip into warm syrup and serve.

## RASPBERRY FLAPJACKS WITH HOT MAPLE SYRUP (Navajo Region of U.S.)

1 ½ cups fine cornmeal	¼ cup flour
½ tsp. salt	½ tsp. baking powder
2 cups buttermilk	2 tbsp. raspberry jam
1 medium egg, beaten	

Place dry ingredients in a medium bowl. Warm the buttermilk in a small saucepan, dissolve the jam into the buttermilk. Then combine with the dry ingredients. Allow to cool and rest for a few minutes or until the egg won't cook from the heat of the buttermilk. When cool, add egg and stir. Drop batter onto a griddle and cook. Serve with more jam or hot maple syrup.

SPICED WINE (ypocras)  
(England)

2 bottles red wine	½ cup sugar
1 stick cinnamon	1 inch ginger, peeled
½ inch galangal, peeled	4 whole cloves
¼ tsp. nutmeg	1/8 tsp. marjoram
1/8 tsp. cardamom	¼ tsp. Grains of Paradise, optional

In large container, add sugar to wine, stir until dissolved. Grind herbs and spices. Add to wine. Mix well. Refrigerate overnight or up to 4 days. Strain and serve.

FAT-FREE MATZA BALLS  
(Israel)

½ cup matza meal	½ tsp. salt
¾ tsp. powdered instant broth (chicken or vegetable)	2 tsp. chopped parsley
3 egg whites	1 dash onion powder
	3 tbsp. cold club soda

Stir the dry ingredients together. Stir egg whites, club soda, and parsley slightly with a fork and pour over the dry ingredients. Mix well and refrigerate at least one hour. Form into 8 balls (1 ½ inch diameter) and drop into a large pot of boiling broth. Reduce the heat and simmer, covered, for 30 minutes. Do not remove the lid during cooking period. Remove matza balls with a slotted spoon and serve in soup.

AUSTRIAN CREPES

1 ¾ cups flour	1 cup milk
2 tsp. powdered sugar	1 pinch salt
3 medium eggs	oil for frying

Whisk the flour, milk, sugar and salt until smooth. Then whisk in the eggs. Heat 2 tablespoons of oil in a pan over medium heat and pour in 4 tablespoons of batter. Allow to brown slightly, turn and brown the other side. Remove and continue until batter is gone.

## TART GREEK SALAD DRESSING

2 cloves garlic  
3 tbsp. lemon juice  
salt and pepper to taste

3 tbsp. red wine vinegar  
1 cup olive oil

Whoosh.

## FETA CHEESE DRESSING

(Greece)

1 cup feta cheese, crumbled  
½ tsp. garlic powder  
½ tsp. dried oregano  
1 tbsp. olive oil

1 cup mayonnaise  
¼ cup wine vinegar  
2 tsp. soy sauce

Combine all ingredients in a food processor fitted with a metal blade. Blend 5 seconds.  
Good with most salads.

## TAHINI DRESSING

(Middle East)

¼ cup olive oil  
2 tbsp. lemon juice

¼ cup water  
1 tsp. garlic salt

Combine all ingredients and mix well.

# **VEGETABLES**



## ITALIAN VEGETABLE SAUTE

2 tbsp. shortening	1 clove garlic, minced
1/14 tsp. dried oregano leaves	¼ tsp. dried marjoram leaves
2 C julienne-cut zucchini	1 small onion, thinly sliced and separated into rings
16 oz. whole tomatoes, drained, cut up	½ tsp. salt
2 tbsp. sliced pitted black olives (optional)	2 tbsp. grated Parmesan cheese
1/8 tsp. pepper	

Melt shortening in large skillet. Add garlic, oregano and marjoram. Sauté over moderate heat until garlic is light brown. Add zucchini and onion. Stir to coat. Sauté 5-7 minutes, or until tender. Stir in tomatoes, olives (optional), salt and pepper. Cook until heated through. Stir in Parmesan cheese.

## LEMON HERB GREEN BEANS

1 ½ lb. fresh green beans, trimmed	2 tbsp. butter or margarine
1 tsp. basil leaves	½ tsp. oregano leaves
½ tsp. finely shredded fresh lemon peel	

Rinse and trim green beans. Add beans to boiling salted water. Cook, uncovered, on medium-high heat 7 minutes. Drain. Return beans to saucepan. Stir in remaining ingredients. Let stand 5 minutes before serving. Season to taste.

## ROSEMARY GREEN PEAS

1 tbsp. butter	12 oz. frozen green peas, thawed and drained on paper towels
¼ tsp. rosemary leaves, crushed	
¼ tsp. garlic salt	

Heat a large skillet over medium-high heat. Add butter and heat until melted. Tilt skillet to coat bottom; add peas, rosemary, and garlic salt and cook 1 minute or until heated thoroughly, stirring frequently. Remove from heat and serve immediately.

## ROASTED PEPPERS

6 red bell peppers	¼ cup canola oil
¼ cup extra virgin olive oil	½ cup golden raisins
6 tbsp. pine nuts	10-15 cloves garlic, peeled
2 tbsp. chopped Italian parsley	½ tsp. crushed red pepper
salt and fresh ground black pepper to taste	

Soak raisins in warm water for 30 minutes or until softened and plump. Broil peppers over a flame or under broiler until skins are black on all sides. This must be done quickly so peppers don't become too soft or mushy. When skins are black, remove peppers from heat and place in a paper bag to cool. After cooled, remove from bag and peel off burnt skins. Remove stems and seeds, tear into strips, and place the strips in a bowl. In a measuring cup whisk together the canola oil and olive oil. Put ¼ cup of the oil blend in a small frying pan over medium heat. When the oil is hot, add the garlic cloves. Let the garlic sauté on all sides. When the garlic is golden, add the pine nuts. Turn off the heat and, with a fork remove the garlic and pine nuts. Place the garlic and pine nuts in the bowl with the roasted peppers. Discard the cooking oil. When the raisins are plump, add them to the pepper strips. Add the remaining oil blend, parsley, and crushed red pepper. Season with salt and fresh ground black pepper to taste and toss to mix. Serve at room temperature.

## CHESAPEAKE CORN AND TOMATOES

1 ½ tbsp. butter or margarine	3 cups corn
½ cup fresh tomatoes, diced	¼ cup chopped green bell pepper
1 ½ tsp. Old Bay seasoning	1 tsp. parsley flakes

Melt butter in medium skillet. Add corn and sauté 4-5 minutes. Add tomatoes, bell pepper and seasonings. Cook until tomatoes are just hot.

## GLAZED ASPARAGUS AND CARROTS

1 cup water	1 lb. fresh asparagus, trimmed
2 cups carrots, sliced diagonally ¼ inch	¼ cup butter
1 tbsp. lemon juice	3 tbsp. water
1 tsp. freshly grated lemon peel	1 tsp. cornstarch
	2 tbsp. chopped pecans, toasted

Place 1 cup water in 10-inch skillet. Bring to a full boil over medium heat; add asparagus and carrots. Cover; continue cooking, stirring occasionally, until asparagus and carrots are crisply tender (7-9 minutes). Drain. Remove from skillet; keep warm. Melt butter in same skillet. Stir together 3 tablespoons water, lemon juice and cornstarch in small bowl; stir into butter. Cook over medium heat, stirring constantly, until sauce thickens (2-3 minutes). Stir in lemon peel. To serve spoon sauce over warm asparagus and carrots. Sprinkle with pecans.

## ASPARAGUS ORIENTAL

1 ½ lb. fresh asparagus	1 tbsp. vegetable oil
½ tsp. seasoned salt	1/8 tsp. ground ginger
dash ground white pepper	1 tsp. soy sauce

Wash asparagus and break off stalks as far down as they snap easily. Cut asparagus diagonally into ½" thick slices. Heat oil in large skillet. Add asparagus and remaining ingredients except soy sauce. Cover and cook over high heat 3 minutes or until crisp-tender, stirring 2 or 3 times. Add soy sauce and mix well.

## GRILLED VEGETABLE MEDLEY

2 lb. assorted vegetables like zucchini, squash and bell peppers	¼ cup butter or margarine, melted
	1 tsp. seasoned salt

Preheat grill. Cut each vegetable into 4-6 pieces. Combine butter and seasoned salt. Brush over vegetables. Place around outer edges of grill rack. Grill 8-12 minutes or until fork tender, brushing with remaining butter mixture.

GREEN BEANS IN TOMATO SAUCE (Fasolakia)  
(Greece)

2-3 clove garlic, chopped  
1 large onion, chopped  
1 pinch pepper to taste  
2-3 pinch salt to taste  
4 medium tomatoes

2 lb. green beans, fresh  
1 bunch parsley, chopped  
4 medium potatoes  
little sugar to taste

Clean and wash beans. Warm oil in a pot and simmer the onions. Add the rest of the ingredients (except the potatoes) with a little water and slowly cook for 20 minutes. Cut each potato into 4 wedges and put them in the pot last. If needed, add more water and let the food boil for a while. Serve hot.

PEAS AND PROSCIUTTO

2 tbsp. olive oil  
2 garlic cloves, minced  
1 lb. bag frozen peas, thawed  
¼ cup chopped fresh Italian parsley

3 shallots, chopped  
salt and freshly ground black pepper  
4 oz. prosciutto, diced (1/8 inch thick slices)

Heat the oil in a heavy large skillet over medium-low heat. Add the shallots, garlic, and pepper, and sauté until tender, about 1 minute. Add the peas and sauté until heated through, about 5 minutes. Stir in the prosciutto and cook for 1-2 minutes. Add the parsley and remove from the heat. Season, to taste, with salt and pepper, and serve.

IRISH BAKED PARSNIPS

2 ½ lb. parsnips  
salt and pepper to taste  
¼ cup butter or bacon fat

3 tbsp. stock (any flavor)  
pinch nutmeg

Peel parsnips, quarter, and remove any woody core. Place in a saucepan, cover with water; bring to a boil and cook for 15 minutes. Remove from heat and drain well. Place parboiled parsnips in an ovenproof dish. Add stock and sprinkle with salt, pepper and nutmeg. Dot with butter or bacon fat and bake, uncovered, for 30 minutes on a low shelf in a 350 degree oven.

MUSHROOMS WITH GARLIC  
(Spain)

2 lb. mushrooms	juice from ½ lemon
5 oz. olive oil	3 cloves garlic
salt and pepper to taste	2 tbsp. fresh parsley

Sauté garlic, add mushrooms season and cook for about 10 minutes. Squirt with lemon juice and sprinkle with parsley and serve.

LIMA BEANS WITH AJI CHILES  
(Peru)

2 tbsp. butter	1 tbsp. olive oil
1 large onion, finely chopped	2 medium chopped Aji chiles
1 lb. lima beans	½ cup water
1 tbsp. lime juice	1 tsp. lime zest
¼ tsp. salt	¼ tsp. pepper
hot sauce to taste	

Melt 1 tablespoon butter with the olive oil. Add onion and chiles, sauté for 5 minutes. Add lima beans, water and citrus juice. Bring to a boil and then lower heat, simmer 10 minutes. Mix remaining butter with citrus zest and salt and pepper. When beans are tender, drain and add butter mixture. Simmer for 1 minute to coat beans.

PEAS WITH HAM (ilareak baionakeo urdai azpikoarekin)  
(Spain)

3 tbsp. olive oil	1 small onion, chopped
1 oz. ham, sliced	4 cups green peas
1 tsp. sugar	1 tsp. salt
½ tsp. pepper	2 tbsp. butter
2 tbsp. parsley, chopped	

Sauté onion and ham in oil for 3 minutes. Add peas, sugar, salt, pepper and butter. Sauté for 5 minutes. Sprinkle with parsley and serve.

## BAKED ONIONS

4 large red onions, sliced  
2 cloves garlic, chopped  
1 can cream of chicken soup  
2 tsp. soy sauce  
½ cup bread crumbs

1 tbsp. olive oil  
¼ cup chicken broth  
¼ cup parmesan cheese  
salt and pepper to taste

Sauté onion and garlic in olive oil until tender. Add broth and simmer for 10 minutes and transfer to baking dish. Add remaining ingredients except bread and mix well. Sprinkle bread on top and bake at 350 degrees for 30 minutes.

## BEETS ETOUFFEE

1 tsp. butter  
3 medium beets, shoestringed  
salt and pepper to taste  
½ tsp. vinegar

1 small red onion, chopped  
¾ cup water  
½ tsp. sugar

Sauté onion in butter until soft. Add remaining ingredients. Cover, simmer 20 minutes.

## TURNIP COLCANNON (England)

5 medium potato, peeled and halved  
1 tsp. salt  
6 tbsp. unsalted butter  
2 tsp. wine vinegar

7 medium turnips, quartered  
½ cup milk  
2 cups cabbage, chopped  
salt and pepper to taste

In sauce pan, cover potatoes with water. Bring to a boil and add turnips and salt. Simmer for 30 minutes. Drain and mash. Return to pan and add milk and 4 tablespoons butter. Steam cabbage for 5 minutes and then toss with vinegar. Beat into the puree, add salt and pepper. Top with remaining butter and serve.

## BELGIAN SPINACH IN CHEESE SAUCE

1 lb. fresh spinach	¼ tsp. salt
5 tbsp. unsalted butter	2 tbsp. flour
½ cup milk	½ cup Swiss cheese, grated
pepper to taste	nutmeg to taste
4 slice white bread, crusts removed	

Rinse spinach and place in dutch oven. Sprinkle with salt. Cook, partially covered over medium heat until the spinach is completely wilted about 5 minutes. Drain and chop spinach. Melt 2 tablespoons butter in saucepan. Whisk in flour and cook until bubbly. Gradually whisk in milk and bring to quick boil. Cook, stirring constantly over medium heat until you have a smooth sauce 1 minute. Remove from heat stir in cheese, salt, pepper and nutmeg. Add spinach to the sauce and mix well.

## BRUSSEL SPROUTS IN SOUR CREAM (Belgium)

1 ½ lb. brussel sprouts	3 slices bacon, crumbled
1 large onion, chopped	1 cup sour cream
½ tsp. pepper	

Fry bacon, sauté onion, add to cooked sprouts, mix in remaining ingredients and serve warm.

## PICKLED VEGETABLES

1 lb. green beans	½ lb. pearl onions
½ lb. button mushrooms	1 English cucumber
3 cups cider vinegar	3 cups water
2 tbsp. whole coriander	1 tbsp. whole black peppercorns
1 tsp. whole cloves	3 bay leaves
1 ½ cups sugar	¼ cup kosher salt
2 cloves garlic	

Clean green beans, peel pearl onions, quarter mushrooms and slice cucumbers. Blanch green beans and pearl onions. Heat vinegar and water with remaining ingredients and pour over vegetables in separate dishes or bowls. Cover and refrigerate for at least 6 hours to several days.

## TRADITIONAL BLACKEYED PEAS

1 lb. black eyed peas  
1 onion, chopped  
1 carrot, chopped  
½ tsp. basil  
2 cloves garlic  
½ tsp. oregano

2 oz. ham, diced  
2 stalks celery, chopped  
1 whole bay leaf  
1 tsp. peppercorns  
½ tsp. salt  
1 tsp. Cajun seasoning

Combine all ingredients in large soup kettle with 3 quarts water. Bring to a boil and simmer, uncovered, for two hours or until black eyed peas are tender. Drain, remove whole bay leaves, garlic, peppercorns, and ham bone. Remove ham from bone, chop and add back to beans. Serve at once.

## PROVENCAL VEGETABLE GRATIN

5 tbsp. extra-virgin olive oil,  
plus more for dish  
2 ½ tsp. kosher salt  
2 tsp. chopped fresh thyme leaves  
2 medium zucchini, sliced into  
¼-inch rounds  
½ cup finely grated Parmesan

2 medium onions, thinly sliced  
3 medium cloves, garlic, minced  
¼ cup fresh basil leaves, torn  
5-6 medium plum tomatoes, sliced  
¼-inch rounds  
2 medium yellow summer squash,  
sliced into ¼-inch rounds

Preheat oven to 375. Lightly grease a 7 x 11 inch baking dish with olive oil. Heat 2 tablespoons of the olive oil in a large skillet over medium low heat. Add onions, garlic and 1 tsp. of the salt. Cook, stirring occasionally, for 5 minutes, until completely softened and cooked but not browned. Stir in the basil and thyme. Spread on the bottom of the prepared baking dish. Toss the sliced vegetables with the remaining olive oil and salt, and pepper. With the long side of the baking dish facing you, alternate the sliced vegetables in compact upright rows on top of the onion mixture. Cover the dish with aluminum foil and bake until the vegetables are softened, about 30-35 minutes. Uncover and sprinkle with the Parmesan. Continue baking until cheese begins to brown, about 20 minutes or so. Serve hot or at room temperature.



WINTER VEGETABLE MELANGE  
(Belgium)

2 oz. bacon, diced	3 cloves garlic, finely chopped
2 medium onions, chopped	1 medium leeks, chopped
¼ head cabbage, shredded	2 medium carrots, cubed
2 medium turnips, cubed	½ lb. brussel sprouts, halved
½ lb. celeriac, cube	2 cup chicken broth
½ bouquet garni	salt and pepper to taste
nutmeg to taste	½ lb. red potatoes, peeled and cubed
1 tbsp. parsley, finely chopped	1 splash sherry

Fry bacon until crisp in dutch oven. Remove and set aside. Add onions, leeks, cabbage, carrots, turnips, brussel sprouts, garlic and celery root. Sauté for 12 minutes. Add chicken broth, bouquet garni, salt, pepper and nutmeg. Cover and cook for 30 minutes. Add potatoes, sherry and bacon to pan. Cover and cook for 15 minutes or until potatoes are done and liquid has evaporated. Discard bouquet garni. Stir and sprinkle with parsley. Serve.

BROCCOLI, CAULIFLOWER AND CARROTS WITH PARMESAN

1 ½ bunches broccoli	1 large head cauliflower
1 lb. carrots, peeled and cut into ¼-inch slices on a diagonal	1 tbsp. vegetable oil
2 cups very coarse dry bread crumbs	4 tbsp. unsalted butter
½ tsp. cayenne	½ cup grated Parmesan

Trim broccoli, reserving stems for another use, and cut florets into 1-inch pieces. (There should be about 5 cups). Trim cauliflower and cut florets into 1-inch pieces. (There should be about 5 cups). In a large saucepan of boiling salted water cook vegetables until crisp-tender, 2-5 minutes. In a colander drain vegetables and refresh under cold water to stop cooking. Drain vegetables well. Vegetables may be prepared up to this point 1 day ahead and chilled, covered. In a large heavy skillet heat oil and 2 tablespoons butter over moderately high heat until foam begins to subside and sauté bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste and sauté, stirring, until crisp. Bread crumbs may be prepared 3 days ahead and kept in an airtight container. Preheat oven to 350 degrees. In skillet melt remaining tablespoon butter over moderate heat and in it toss vegetables with salt and pepper to taste. Sprinkle vegetables with bread crumbs and toss to combine. Transfer mixture to a baking dish and bake, uncovered, 10 minutes, or until just heated through.

## **SOUPS, SALADS AND SAUCES**

## MOROCCAN SWEET POTATO STEW

1 ½ C chopped onion	2 cloves minced garlic
1 tsp. turmeric	¾ tsp. cinnamon
½ tsp. curry powder	½ tsp. cumin
¼ tsp. nutmeg	¼ tsp. red pepper flakes
½ tsp. salt	½ tsp. pepper
2-3 sweet potatoes, peeled and cubed	1 medium red bell pepper, coarsely chopped
1 small eggplant, cubed	1 can diced tomatoes, undrained
½ C vegetable broth	½ C raisins
1 can garbanzo beans, drained	
chopped cilantro as garnish	

Combine onions and garlic, a little water if needed, and cook covered until tender (about 10 minutes). Stir in turmeric, cinnamon, curry powder, cumin, nutmeg, red pepper flakes, salt and pepper and cook for 3 minutes. Stir in sweet potatoes, red bell pepper, eggplant and vegetable broth, bring to boil, reduce to simmer, cover and cook 5 minutes. Add tomatoes, raisins and cilantro and simmer covered, until sweet potatoes are tender (about 5 minutes). Sprinkle cilantro garnish and serve.

## MEXICAN BEEF STEW

3 lb. stew beef, cut into 1-inch pieces	2 tbsp. vegetable oil
1 C beef broth	½ tsp. salt
1 C chunky salsa	2 medium zucchini, halved, sliced (¾ inch)
15 oz. black beans, rinsed and drained	2 tbsp. cornstarch, dissolved in 3 tbsp. water
½ C frozen corn	

Heat oil in large deep pot over medium. Brown beef in batches; pour off drippings. Return beef to pan; season with salt. Stir in broth and salsa; bring to a boil. Reduce heat to simmer; cover tightly and cook 1 ½ hours. Stir in zucchini, beans and corn; cover and cook 15-20 minutes or until beef is fork tender. Add cornstarch mixture and stir one minute or until thickened.

Serving suggestion: Top with tomato, fresh cilantro and sour cream.

## JAPANESE GINGER SALAD WITH EDAMAME AND PECANS

2 tbsp. pickled ginger, finely chopped	1 cucumber, peeled, seeded and sliced
1 red onion, julienned	1 yellow bell pepper, stem removed, seeded and sliced
1 lime	1 oz. shitake mushrooms, stems removed and cut in half
1 oz. enoki mushrooms, separated	1 carrot, peeled and sliced
¼ C pecans, toasted	½ C edamame (fresh soy beans)
2 tbsp. sake	black pepper, to taste
1 oz. low sodium soy sauce	
1 tsp. fresh, chopped dill	
½ tsp. olive oil	
8 C mixed greens (mizuna, mache, arugla, Japanese greens, baby oak and spinaches, Radicchio), washed and torn	

Toss the cucumber with the ginger in a large bowl and set aside. In a smaller bowl toss the julienned onion with the lime and set aside to marry. Cut the enokis in ½ inch lengths and set aside. Cut the bell pepper into thin 1 inch slices. Toast the pecans in a dry skillet for approximately 2 minutes, tossing occasionally. Then set the pecans aside. Add the oil to the same sauté pan and over a medium-high heat, sauté the shitakes with a tablespoon of the sake and a splash of the soy sauce. Cook approximately 3-4 minutes or until the mushrooms are soft. Blanche the carrots in boiling water for 30 seconds, then place in a bowl with the remaining sake and the dill. Set aside to marry. Return the water to a boil and blanche the edamame for approximately 4-5 minutes. Drain and set out on a sheet pan to cool. Shell the edamame and drizzle with the olive oil and season with salt and pepper. Toss the mixed greens in a large bowl with the cucumbers. Add the onions, carrots, enokis and bell pepper. Top with the pecans, edamame and shitakes.

## BEAN SOUP (Fassoulada) (Greece)

1 lb. black-eyed peas, or white beans	½ C olive oil
2 large carrots, chopped	1 large onion, chopped
2 tbsp. parsley, chopped	3 celery stalk, chopped
3 cloves garlic, minced	½ tsp. mint
½ tsp. oregano	½ tsp. basil
1 C tomato sauce	beef stock, as desired
Salt and pepper, to taste	

Soak the beans as directed if using dried, otherwise buy canned. Sauté all but the beans, tomato sauce and stock 8 minutes. Add remaining ingredients, stir well. Boil, cover reduce heat, simmer if dried beans 1 hour, longer if white beans) or 25 minutes if using canned beans. **Serve** with a plate of sliced onions, tomatoes and feta covered in olive oil, oregano and vinegar.

## CALICO VEGETABLE RICE SALAD

2 ½ C water	1 tbsp. chicken bouillon granules
½ tsp. onion salt	½ tsp. pepper
¼ tsp. thyme, crushed	¼ tsp. turmeric
18 tsp. ground cumin	1 C converted rice
¼ C Italian dressing	1 C celery sliced
1 jar pimiento drained and sliced	1/3 C olives, sliced
2 tbsp. chives, minced	salad greens as desired
2 medium tomatoes cut into 6 wedges each	

Combine water, bouillon granules, onion salt, pepper, thyme, turmeric and cumin in medium saucepan. Bring to a boil. Stir in rice. Cover tightly and simmer 20 minutes. Remove from heat. Let stand covered until all liquid is absorbed, about 5 minutes. Transfer to large bowl, cool to room temperature. Add dressing, celery, pimiento, olives and chives; toss lightly. Cover and chill. Serve on salad greens garnished with tomato wedges.

## QUICK POTATO SOUP

2 tbsp. butter or margarine	2 tbsp. finely chopped onion
2 ½ C boiling water	12 oz. evaporated milk
1 1/3 C instant mashed potato flakes	1 ½ tsp. seasoned salt
¼ tsp. dill weed	

Melt butter in medium saucepan over medium heat. Add onion; cook, stirring occasionally, for 1-2 minutes or until onion is tender. Stir in water, milk, potato flakes, salt and dill weed. Heat until mixture just comes to a boil. Season with pepper.

BYELORUSSIAN WILD MUSHROOM AND NOODLE SOUP  
(Russia)

2 oz. porcini mushrooms, dried  
2 large potatoes, cubed  
3 tbsp. olive oil  
1 large onion, finely chopped  
1 tbsp. flour  
Sour cream, garnish

2 quarts chicken stock  
salt and pepper to taste  
1 large carrot, julienned  
1 large leek, finely chopped  
½ C egg noodles  
dill, garnish

Bring mushrooms and stock to boil. Cover, reduce heat, simmer 1 hour. Remove mushrooms, chop fine and set aside. Return stock to boil. Add potatoes, salt and pepper, cover, reduce heat, simmer 15 minutes. Meanwhile, sauté in oil carrot, onion, leek and mushrooms, about 15 minutes. Stir in flour, sauté one minute. Add ½ cup stock, stir to blend. Add contents of skillet to stock, along with noodles. Simmer 7 minutes. Remove from heat, serve garnished with sour cream and dill.

PAPAYA SOUP  
(Tahiti)

2 papayas (~ 3 lb.)  
2 tbsp. chopped ginger  
2 oz. butter  
4 mint leaves

1 large onion  
salt and pepper to taste  
2 oz. olive oil  
8 cups water

Peel the papayas and take out the seeds. Cut the papayas into big cubes. Chop the onion and ginger. Put the butter, olive oil, and chopped onion in a pan and cook over medium heat until onion becomes translucent. Add the chopped ginger and cook for 2 minutes more. Add papaya cubes, mint, salt, pepper and water and cook over high heat until the mixture boils. Cover and continue boiling for 20 minutes. When it is cooked, stir the soup and break up any large pieces. Serve hot, warm or iced.

## NUT-CRUSTED CAMEMBERT AND PEAR SALAD

2 small wedges Camembert cheese (1 oz. each)	3 Tbsp. honey Dijon dressing, divided
2 Tbsp. honey roasted peanuts, finely chopped	3 cups mixed baby salad greens ½ of medium pear, cut into 8 slices

Preheat oven to 325. Toss cheese with 1 tsp. of the dressing in small bowl. Place in small resealable plastic bag. Add peanuts; seal bag. Shake to evenly coat cheese with the peanuts; place on ungreased baking sheet. Reserve any remaining peanuts in bag. Bake 7-8 minutes or until cheese is slightly softened. Meanwhile, toss greens with remaining dressing and reserved peanuts. Divide evenly between two salad plates. Arrange four pear slices on each salad; top with one of the warm cheese wedges.

## AZTEC SOUP

2 tbsp. oil	2 lb. top round steak, cut into ½ inch cubes
1 large onion, cut into wedges	1 tsp. cumin
2 garlic cloves, minced	2 (14.5 oz) can Mexican-style stewed tomatoes, undrained
3 tsp. chili powder	1 oz. unsweetened chocolate
2 chipotle chiles in adobo sauce, chopped	

Heat oil in Dutch oven over medium-high heat until hot. Add steak, onion, garlic, cumin and chili powder; cook and stir until steak is browned. Add all remaining ingredients; mix well. Cover; cook 1 ½ to 2 hours or until steak is fork-tender, stirring occasionally. If desired, top individual servings with sour cream.

## SLOW COOKED HUNGARIAN STEW

2 lb. lean boneless chuck roast, cut into $\frac{3}{4}$ inch pieces	2 cups fresh baby carrots
1 medium green bell pepper, sliced	1 medium onion, sliced
3 tsp. paprika	$\frac{1}{3}$ cup flour
$\frac{1}{2}$ tsp. dried thyme leaves	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup chili sauce	$\frac{1}{4}$ tsp. pepper
2 cups sliced fresh mushrooms	1 (14.5 oz) can beef broth
8 oz. sour cream	16 oz. uncooked wide egg noodles
	2 tbsp. chopped fresh parsley

In  $3\frac{1}{2}$  to 4 quart slow cooker, combine beef, carrots, onion and bell pepper. Add flour, paprika, salt, thyme and pepper; toss beef and vegetables to coat. Add chili sauce and broth; mix well. Cover; cook on low setting for 7-8 hours or until beef is tender. Add mushrooms; mix well. Cover; cook an additional 20 – 30 minutes or until mushrooms are tender. Meanwhile, cook noodles to desired doneness as directed on package. Drain. Stir sour cream into stew until well mixed. To serve, spoon noodles into shallow bowls. Top with stew; sprinkle with parsley.

## HAMBURGER SOUP

1 lb. lean ground beef	$\frac{1}{4}$ cup chopped onion
2 cups diced peeled potatoes	1 cup sliced celery
1 lb. bag frozen mixed vegetables	3 cups water
2 (10.5 oz) cans condensed beef broth	1 (14.5 oz.) can diced tomatoes, undrained
1 tbsp. Worcestershire sauce	

In large saucepan or Dutch oven, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently. Drain. Add all remaining ingredients; mix well. Bring to a boil. Reduce heat to low; cover and simmer 18-20 minutes or until vegetables are tender, stirring occasionally.



## BRUSSELS SPROUTS AND TOASTED PECAN SALAD

For vinaigrette:

3 tbsp. white-wine vinegar  
1 tbsp. Dijon mustard  
½ tsp. salt  
6 tbsp. olive oil

2 tbsp. water  
¼ cup minced shallots  
¼ tsp. black pepper

For salad:

½ stick (¼ cup) unsalted butter,  
cut into pieces  
½ cup pecan halves  
Bag of mixed baby greens

1 lb. fresh Brussels sprouts, trimmed  
and halved  
1 tsp. salt

Whisk together vinegar, water, mustard, shallot, salt, pepper in bowl and slowly add oil while whisking. Preheat oven to 400. Melt butter in a large shallow baking dish and toss sprouts with butter, pecans, and salt. Arrange sprouts cut side down and roast in oven until sprouts are golden and nuts are fragrant. 12-15 min. Whisk vinaigrette and then add warm Brussels sprouts and nuts together and toss with baby greens. Serve warm.

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## THREE MELON RICE SALAD

2 ½ cup water  
1 tsp. salt  
2 tbsp. lemon juice  
¼ cup vegetable oil  
1 tsp. orange zest  
1 cup watermelon balls  
1 cup cantaloupe small balls

1 cup rice  
1/3 cup orange juice  
2 tbsp. sugar  
1 tsp. poppy seeds  
1 tsp. mint leaves, finely chopped  
1 cup honeydew melon balls

Cook rice according to package directions. Remove from heat. Let stand covered until all water is absorbed, about 5 minutes. Transfer to large bowl; cool. Meanwhile, combine orange juice, lemon juice and sugar in blender or food processor container. Blend 1-2 minutes. Gradually add, if desired, poppy seed and blend 10 seconds. Stir dressing into rice. Cover and chill several hours. Add melon balls; mix well.

## LATIN SLAW

½ cup mayonnaise  
1 tsp. hot pepper sauce  
2 cups each: shredded green and  
red cabbage  
8 slices bacon, cooked, crumbled

¼ cup lime juice  
1 cup canned whole kernel corn,  
drained  
2 Serrano chiles, seeded, minced  
½ cup slice green onions

Combine mayonnaise, lime juice, hot pepper sauce and salt; set aside. Cook corn in large skillet on medium-high heat until golden brown, stirring frequently. Place in large bowl. Add cabbage, chiles, bacon and onions; mix lightly. Stir in mayonnaise mixture. Serve immediately or cover and refrigerate until ready to serve.

## BEER-CHEESE SOUP IN BREAD BOWLS

2 oven baked frozen crusty French  
mini-loaves  
1 cup chicken broth  
6 oz. cheese, cut into ½" cubes  
¼ cup beer or nonalcoholic beer

2 tbsp. butter or margarine  
¼ cup all purpose flour  
¼ cup half and half  
1 tsp. Worcestershire sauce  
chopped fresh chives

Bake mini loaves. In 2 quart saucepan, melt butter over medium heat. Stir in flour; cook 1 minute, stirring constantly. Gradually add broth and half-and-half, cooking and stirring until thickened. Add cheese, Worcestershire sauce and beer. Reduce heat to low; cook 8-10 minutes, stirring occasionally, until cheese is melted and flavors are blended. Remove loaves from oven; cool 10 minutes. Cut top off each loaf of bread. Lightly press centers of loaves down to form bowls. Place each bread bowl in individual shallow soup plate. Spoon soup into each bread bowl. Sprinkle with chives. Place top of each loaf next to filled bread bowl.

## DRY APPLE'S OXTAIL STEW

2 ½ lb. Oxtail (cut at joints) (may substitute with beef brisket)	1 large Kula onion, coarsely chopped
2 carrots	2 large potatoes
1 (12 oz.) can tomato paste	1 large branch of celery, cut into 1" pieces
½ tsp. black pepper	2 tsp. Hawaiian sea salt
1 tsp. oregano	3 large garlic cloves
1 tsp. sugar	

Place meat in a large pot. Add water to cover meat. Add all ingredients except potatoes and carrots. Boil 3-3 1/2 hours or until just tender, stirring frequently to prevent from burning. Add more water as needed while boiling. Add potatoes and carrots and cook until vegetables are done. To store, cool and refrigerate. Skim off excess oil before warming. Serve over rice or with poi, and/or pineapple coleslaw.

## PUEBLO GREEN CHILI STEW

2 lb. sirloin pork roast, cubed	1 tbsp. vegetable oil
4 cups chicken broth	3 cans (12 oz. ea) corn, drained
2 stalks celery, diced	2 medium potatoes, diced
2 medium tomatoes, coarsely chopped	3 cans diced green chilies, 4 oz. each
2 tsp. ground cumin	1 tsp. dried oregano

Heat oil in large deep pot over medium-high. Add pork and cook until lightly browned. Add remaining ingredients to pot; add salt to taste. Cover and simmer 1 hour. Serve hot with fresh corn or flour tortillas.

*Note: The Pueblos are a tribe of American Indians who inhabit northwestern New Mexico and northeastern Arizona. During early times, corn was one of their most important agricultural crops.*

RUJAK MEDAN (spiced fruit salad)  
(Sumatra)

1 small cucumber, sliced thin  
1 cup cubed firm ripe papaya  
1-2 cups cubed fresh or canned pineapple  
1 firm tart apple, cubed

1 cup thinly sliced jicama  
1 star apple (carambola), sliced  
1 firm green pear, cubed

Sauce:

3 tbsp. dry roasted peanuts  
½ cup brown sugar  
1 small green banana, sliced, optional

1-2 hot red chilies, sliced and seeded  
1 tbsp. tamarind paste, dissolved in  
½ cup water and strained

Arrange the cucumber and any 3 or more of the fruits in separate heaps on a serving platter. In a food processor chop fine the peanuts, then blend in the chilies, brown sugar, tamarind, liquid, and banana, if used, to form a paste. It is traditional to serve the sauce and fruit separately. Each diner may then select the fruit and dip it into the thick sauce. The modern method is to toss the fruit and sauce together and serve the salad at room temperature.

WARMER KARTOFFELSALAT (hot potato salad)  
(Germany)

3 medium potatoes, boiled in skins  
¼ cup onion, chopped  
2 tsp. sugar  
¼ tsp. celery seeds  
3/8 cup water

3 slices bacon  
1 tbsp. unbleached flour  
¾ tsp. salt  
¼ tsp. pepper  
2 ½ tbsp. vinegar

Peel potatoes and slice paper thin. Sauté bacon slowly in a frypan, then drain on paper towels. Sauté onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery seeds, and pepper. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil for 1 minute. Carefully stir in the potatoes and crumbled bacon bits. Remove from heat, cover and let stand until ready to serve.

## POLYNESIAN CHILI

1 ½ lb. boneless pork, cut into 1-inch cubes	2 (15 ½ oz.) cans northern beans, drained
1 (14 ½ oz.) can Mexican-style stewed tomatoes, undrained	1 cup chopped onion
2/3 cup chopped green pepper	1 (6 oz.) can tomato paste
2 cloves garlic, minced	1 tbsp. chili powder
2 tsp. ground cumin	1/8 tsp. black pepper
	1 (20 oz.) can pineapple chunks, Drained

Place all ingredients except pineapple in 3 ½ quart slowcooker. Mix until well-combined. Cover. Cook on low heat setting 6-7 hours or until pork is tender, stirring once halfway through cooking time, if possible. Stir in pineapple just before serving.

## VILLAGE SALAD (Cyprus)

3 tomatoes	2 oz. feta cheese
8 black olives	1 large cucumber
1 onion, peeled and chopped	4 tbsp. olive oil
1 tbsp. lemon juice	dried mint
Salt	few washed lettuce leaves

Cut the cucumber and tomatoes into ¼ inch dice. Place the lettuce in a salad bowl and add the diced vegetables and the onion. Cut the cheese into small cubes. Prepare the dressing with lemon juice, oil, mint and salt. Mix throughout, pour the dressing over the salad in the bowl, toss. Arrange the olives around the side and the cheese in the center.

## TATTIE SOUP (Scotland)

2 pints chicken stock	2 lb. potatoes, chopped
1 large onion, chopped	3 medium carrots, chopped
1 bunch chives, chopped	salt and pepper to taste

Bring stock to a boil, add everything but chives. Simmer for 20 minutes. Sprinkle with chives and serve.

## WARM MASHED POTATO SALAD (Peru)

1 medium onion, finely chopped	salt and pepper to taste
1 tsp. ground ancho pepper	juice from 4 lemons
12 medium red potatoes, peeled	1 tbsp. olive oil
3 medium jalapeno, seeded and sliced	3 medium hard boiled egg, quartered
12 large black olives	1 lb. queso fresco, cubed

Combine onion, salt, pepper, ground chili and lemon juice and allow mixture to stand while potatoes are prepared. Peel the potatoes and boil them until they are soft. Drain them well and mash them until they are smooth. Add onion and lemon juice mixture and beat into potatoes. Add olive oil, gently fold in the jalapeno slices and place the mixture in a mold or serving dish. Garnish with eggs, olives and cheese. Other garnishes include small shrimp or avocado slices.

## RUSSIAN BEET SALAD

3 medium beets, boiled and sliced	2 medium carrots
2 medium potatoes	2 small dill pickles
2 tbsp. onion, diced	7 oz. sauerkraut
salt to taste	1 dash sunflower oil

Boil beets and carrots, peel and dice. Boil potatoes, peel and dice. Mix together in large bowl, pour sunflower oil over it, toss and refrigerate.

## CORN AND WATERCRESS SOUP (Brazil)

4 cups beef stock	1 tsp. marjoram
1 bunch parsley, chopped	2 cups corn
1 bunch Watercress, chopped	salt and pepper to taste
1 medium hard boiled egg, garnish	

Combine all ingredients, except egg. Simmer for 15 minutes. Serve with a slice of boiled egg floating on top.

SIMPLE SALAD (sangchu kutjuri)  
(Korea)

1 head red leaf lettuce, torn	2 large scallions, chopped
2 tsp. cider vinegar	1 tbsp. soy sauce
¼ tsp. sugar	2 tsp. sesame oil
½ tsp. crushed red pepper	

Place all ingredients in bowl and toss.

ISRAELI MUSHROOM AND BARLEY SOUP

7 cups chicken stock	4 oz. porcini mushrooms, chopped
½ cup barley	2 tbsp. butter
1 large onion, chopped	2 stalks celery, chopped
2 medium carrots, chopped	1 medium parsnip, chopped
3 tsp. soy sauce	8 oz. mushrooms, chopped
1 cup white wine	1 can tomato paste
1 tbsp. dill	2 medium bay leaf
½ tsp. basil	½ tsp. thyme
½ tsp. oregano	salt and pepper to taste

Sauté onion in butter for 5 minutes. Add celery, carrots, and parsnip. Cook for 3 minutes. Add soy sauce and simmer for 2 minutes. Add all remaining ingredients. Bring to a boil and simmer for 30 minutes. Serve.

YELLOW SPLIT PEA SOUR (kalapei hincho)  
(Burma)

2 cups yellow split peas	3 tbsp. olive oil
1 medium onion, chopped	3 cloves garlic, chopped
½ tsp. turmeric	6 cups chicken broth
1 medium bay leaf	1 tbsp. cumin
½ tsp. cumin	½ tsp. coriander
½ tsp. cardamom	½ tsp. paprika
1 tbsp. black mustard seed	1 tsp. salt
¼ cup tamarind juice	1 tbsp. butter

Sauté onion, garlic and turmeric in oil for 10 minutes. Add broth, split peas, bay leaf, cumin, coriander, cardamom, paprika, mustard seed, salt and tamarind juice. Stir well and bring to a simmer. Simmer for 30 minutes. Stir in butter and serve.

## TOMATO SOUP WITH LITTLE MEATBALLS (Belgium)

2 tbsp. unsalted butter	1 medium onion, chopped
1 medium leek, chopped	2 small carrots, chopped
2 stalks celery, chopped	3 ½ cup beef broth
2 lb. tomatoes, chopped	1 large baking potato, peeled and cubed
2 tbsp. parsley, finely chopped	1 tsp. sugar
1 medium bay leaf	½ cup half and half
salt and pepper to taste	1 tbsp. parsley, finely chopped
6 oz. ground pork	salt and pepper to taste
nutmeg to taste	

Melt butter in a large saucepan, add the onion, leek, carrot, and celery. Cook stirring until the vegetables are softened about 10 minutes. Add the beef broth, tomatoes, potato, parsley and bay leaf. Bring to a boil and reduce the heat to low. Cover and simmer until the vegetables are very soft 40-50 minutes. Remove from heat and allow the soup to cool slightly. Discard the bay leaf, then puree the soup in batches in a blender or food processor. Return the pureed soup to the saucepan and taste for seasoning. Add a little sugar if necessary. Add salt and pepper. While the soup is simmering, mix meat, parsley, nutmeg, salt and pepper. Form into 20 meatballs. Bring a pot of water to a boil. Drop the meatballs into the boiling water and poach until they float to the surface 2-3 minutes. Remove the meatballs with a slotted spoon and set aside. When ready to serve, heat the soup but do not let it boil. Whisk in the cream if using. Add the meatballs to the soup just before serving.

## TEN THOUSAND MIXTURE SOUP (laksa) Malaysia

6 medium shallots, sliced	6 cloves garlic, sliced
3 medium jalapeno, chopped	1 tbsp. lemon grass
1 whole star anise	1 inch cinnamon stick
4 pods cardamom	2 whole cloves
5 cups water	3 tbsp. olive oil
2 cups coconut milk	2 tsp. salt
1 lb. shrimp, cooked	1 cup cooked chicken, shredded
½ lb. rice noodles, soaked for 15 min.	2 cup bean sprouts
¼ cup shallots, crisp fried	2 medium scallions, finely chopped

Process shallots, garlic, chiles, lemongrass, star anise, cinnamon, cardamom and cloves with ¼ cup water into a smooth paste. Heat oil in large pan and stir-fry over low heat for 3 minutes to a light brown color. Add water and bring to a boil. Add coconut milk and salt. Simmer over low heat for 10 minutes. Add shrimp, chicken, noodles, and bean sprouts. Portion out laksa and garnish with shallots and scallions.



## **MAIN DISHES**

HEUVOS RANCHEROS (eggs ranch style)  
(Mexico)

10 fried or poached eggs	2 tbsp. vegetable oil
1 small onion, cut into thin wedges	1 C sliced green or red bell pepper
2 cloves garlic, finely chopped	16 oz. Salsa (mild)
4 oz. diced green chiles	10 Tostada Shells
1 C shredded mild cheddar cheese	

Heat vegetable oil in large skillet over medium-high heat. Add onion, bell pepper and garlic; cook, stirring occasionally, for 304 minutes or until vegetables are tender and onion is slightly golden. Add salsa and chiles. Bring to a boil. Remove from heat. Top each tostada shell with 1/3 cup sauce, 1 egg and cheese.

CHILE-GLAZED PORK RIBS

3 lb. pork spareribs, cut into pieces	2 tsp. ground cumin
2 tsp. ground cinnamon	1 jar (17.5 oz.) enchilada sauce
¼ C honey	

Rub spareribs with cumin and cinnamon. Arrange in 13"x9" baking dish. Bake at 400 for 30 minutes. Turn ribs over and bake 15 minutes. Mix enchilada sauce and honey. Pour enchilada sauce mixture over ribs. Bake 30 minutes or until tender, basting occasionally. To serve, stir sauce and spoon over ribs. Serves 6.

CRISPY CATFISH  
(Southern United States)

4 catfish fillets	1/3 C cornmeal
1/3 C flour	1 tsp. salt
½ tsp. paprika	½ tsp. onion powder
1/8 tsp. black pepper	1 egg, slightly beaten
1 tbsp. water	1 C oil

Rinse fish; pat dry. Combine cornmeal, flour, salt, paprika, onion powder and pepper in a small shallow dish or pie plate. Combine egg and water in shallow dish or pie plate. Dip fish in egg mixture. Coat with cornmeal mixture. Heat oil to 365 in electric skillet or on medium-high heat in large heavy skillet. Fry fish for 5-7 minutes on each side or until crisp and browned. Drain on paper towels. Serve with tartar sauce, if desired.

## GRILLED BISON

6 bison filet (6 oz. ea.)  
black pepper

salt to taste

Preheat the grill on high. Season the bison with salt and pepper on both sides. Grill the bison for 3-4 minutes on each side, depending on thickness and the desired degree of doneness. Serve with onion relish or roasted tomatoes and cipollino onions with ancho chilis.

## SMOKED SALMON CREPES WITH CREAM CHEESE (France)

Crepes:

$\frac{3}{4}$  C flour  
pinch of salt  
3 large eggs

3 tsp. sugar  
1  $\frac{1}{4}$  C 1% milk  
1 tbsp. melted butter

Whisk together the flour, sugar and salt in a medium-sized bowl. Make a well in the center of the mixture and pour in the milk. Whisk the milk into the flour mixture until the batter is smooth and well blended. Whisk in the eggs until blended. Strain the batter through a sieve into another medium-sized bowl. Cover with plastic wrap and refrigerate for at least 2 hours to give the batter time to rest. Heat an 8 inch nonstick skillet or crepe pan over medium heat. Lightly brush the pan with melted butter. Ladle about  $\frac{1}{4}$  cup of the batter into the skillet and tilt the pan in all directions to evenly coat the bottom. Cook the crepes for about 30 seconds or until the bottom is lightly brown. Loosen the edges with a spatula and flip the crepe over. Cook the underside for 10-15 seconds or until it is set, dry and browned in spots. Slide the crepe onto a flat plate and cover with a piece of wax paper. Repeat with the remaining batter, brushing the pan with more butter as needed, and stacking the crepes between wax paper. The crepes may be made up to 3 days ahead. Cover with plastic wrap and refrigerate. Bring to room temperature before using.

Filling:

2 oz. low fat cream cheese, softened  
Salt and pepper to taste

1 tbsp. fresh lemon juice  
 $\frac{1}{2}$  lb. thinly sliced smoked salmon

Put the cream cheese in a small bowl with 2 teaspoons of the lemon juice. Mix well and season with salt and pepper. Using a 3 inch round cookie cutter, stamp out 4 rounds of the smoked salmon and 5 rounds of crepes. Place 1 crepe on a work surface and top with a salmon round. Spread about 1 tablespoon of the cream cheese over the salmon. Continue the layering, ending with a plain crepe on top. Cut the stack of salmon crepes into 6 wedges and serve.

## ITALIAN STYLE STUFFED PEPPERS

4 whole green or red peppers	1 cup rice
¾ lb. ground beef, turkey, or veal	1 medium onion, chopped
½ C marinara sauce	1 C ricotta cheese
½ C grated mozzarella cheese	1 clove garlic, minced
salt, pepper and garlic powder to taste	

Boil rice in 2 ½ cups of water till water is gone. “Core” the peppers and scald them in boiling water for about 5 minutes or until tender. Remove from heat but let the peppers simmer in the water. On high heat, cook the meat in an ungreased, non-stick or well seasoned skillet. When the meat is about half way done, add the chopped onion, and continue cooking till the meat is done. Lower to medium heat and stir in the garlic, cooking long enough for the garlic to brown. Remove from heat. In a large mixing bowl, combine marinara sauce, ricotta and salt. Add the rice followed by the meat mixture. Pepper and garlic powder to taste. Fill the pepper shells with the mixture and arrange standing up in a casserole dish. Top with mozzarella cheese. Bake at 350 for 20 minutes or until the cheese is bubbly and golden. Serve immediately.

## ALL AMERICAN BURGERS

1 lb. lean ground beef	¼ C ketchup
1 tbsp. Grill Mates hamburger seasoning	1 tsp. Worcestershire sauce
4 slices cheese (optional)	8 slices cooked bacon (optional)

Mix ground beef, ketchup, hamburger seasoning and Worcestershire sauce in a bowl. Shape into four patties. Grill patties over medium heat 4-6 minutes per side or until burgers reach an internal temperature of 160. Add cheese slices to each burger one minute before cooking is completed, and toast buns on the grill, open side for about 30 seconds. Serve burgers with bacon slices on toasted buns.

## GRILLED CARIBBEAN STEAK WITH TROPICAL FRUIT RICE

1 ½ lb. flank steak	¼ C soy sauce
1 ¼ C orange juice, divided	1 tsp. ground ginger
1 can pineapple chunks in juice	¼ tsp. allspice
1 C converted rice	1 can mandarin orange segments, drained

In a small bowl, combine soy sauce, ¼ cup of the orange juice and ginger. Place mixture and steak in a large plastic food storage bag. Seal bag, turning to coat steak with marinade. Refrigerate steak, turning bag occasionally, 8-24 hours. For rice, drain pineapple, reserving juice. Combine remaining 1 cup orange juice and pineapple juice; add enough water to make 2 ¼ cups liquid. In a medium saucepan, combine juice mixture, allspice and salt to taste. Bring to a boil; stir in rice. Cover; reduce heat to low and simmer 20 minutes. Remove from heat and let stand, covered, 5 minutes. Meanwhile, remove steak from marinade; discard marinade. Grill or broil steak 7 minutes on each side for medium or until desired doneness. Cut steak diagonally across the grain into thin slices. Place rice in serving bowl. Gently stir in pineapple chunks and mandarin oranges. Serve with steak.

## EASY FETA CHICKEN BAKE (Greece)

6 boneless skinless chicken breast halves	2 tbsp. lemon juice, divided
¼ tsp. black pepper	¼ tsp. salt
¼ C finely chopped red pepper	4 oz. crumbled feta cheese with basil and tomato
¼ C finely chopped fresh parsley	

Preheat oven to 350. Arrange chicken in 13x9 inch baking dish. Drizzle with one tablespoon of the lemon juice. Season with salt and black pepper. Top with feta cheese; drizzle with remaining one tablespoon lemon juice. Bake 35-40 minutes or until chicken is cooked through. Sprinkle with red pepper and parsley.

## ARMENIAN PIZZA

2 medium onions, finely chopped  
2 C tomato puree  
3 tsp. dried oregano  
Salt and cayenne pepper to taste  
1 lb. Monterey Jack cheese, grated

½ C tomato paste  
1 ½ tsp. dried thyme  
1 tsp. garlic powder  
olive oil  
refrigerated buttermilk biscuit,  
Dough, enough for 20 biscuits

Heat oil in heavy saucepan. Add the onions and sauté until golden brown. Add tomato puree, tomato paste, thyme, oregano, garlic powder, salt and pepper. Mix well and cook over low heat for 45 minutes. Remove from the heat and cool. Add the grated cheese and mix well. Preheat oven to 400. Place the biscuits on a baking sheet and lightly flatten with the back of a spoon. Spoon topping on the dough and bake until the cheese and dough lightly browns, about 10 minutes.

## TUTTI-FRUITY CHICKEN KABOBS

1 pkg. fresh chicken breast tenders,  
cut into 1-inch pieces  
1 tbsp. chopped fresh ginger  
24 bamboo skewers  
2 oranges, peeled, quartered and cut  
into 1-inch pieces  
3 C steamed white rice

½ C vegetable oil  
½ C honey  
1 tbsp. soy sauce  
½ pineapple, cut into 1-inch cubes  
2 peaches, peeled, quartered and cut  
into 1-inch pieces

Combine oil, honey, ginger and soy sauce. Reserve ¼ cup of marinade for basting. Place chicken and remaining marinade in a resealable plastic bag; refrigerate 3 hours. Soak bamboo skewers in water. Spray cooking grate with nonstick cooking spray. Preheat grill to medium. Drain chicken; discard leftover marinade. Thread chicken and fruit on skewers. Grill kabobs, turning once and basting occasionally with reserved marinade, 20-30 minutes or until done (internal temperature 170).

**Serve** with steamed rice.

NAVIAVIA CHICKEN  
(Fiji)

2 boneless, skinless chicken breasts  
½ tsp. crushed ginger  
1 tsp. garam masala  
¼ cup chicken stock  
1 chopped tomato  
½ cup coconut cream  
½ tsp. salt  
½ cup steamed long grain rice

1 small onion, thinly sliced  
½ tsp. crushed garlic  
½ tsp. turmeric powder  
½ glass of white wine  
1 tsp. chopped cilantro  
1 tbsp. cooking oil  
1 tsp. tamarind chutney

Sautee onion, garlic, and ginger with the oil in a sauté pan, till a bit brown. Then add turmeric powder, the garam masala and the chicken breast. Sauté it for one minute, turning the breast over. Add chicken stock and white wine. Cover with lid and simmer it for 10 minutes. The sauce will thicken at this stage. Add coconut cream, salt and cilantro. Serve over steamed rice with tamarind chutney.

PAPAYA CHICKEN AND COCONUT MILK  
(Tahiti)

8 chicken breasts  
1 ¾ cups coconut milk  
Salt and pepper to taste

1 papaya  
1 onion  
2 oz. olive oil

Peel the papaya and remove the seeds. Cut the papaya into thin slices. Chop the onion and the chicken breasts into ¾ inch cubes. In a frying pan, heat the olive oil and cook over high heat until chicken cubes are almost cooked. Add the chopped onion and cook until the onion becomes translucent. After 5 minutes add the papaya slices and cook for 5 more minutes. Remove mixture from heat and add the coconut milk.

## SHRIMP AND PASTA

4 oz. linguine, uncooked  
2 medium tomatoes, chopped  
1-1/2 cups torn cleaned spinach

1 cup cleaned medium fresh shrimp  
½ cup cream cheese spread

Cook linguine as directed on package. Meanwhile, heat large skillet on medium-high heat. Add shrimp, tomatoes and cream cheese spread; cook and stir 3-4 minutes or until shrimp are cooked through and mixture is well blended. Drain pasta; place in large bowl. Add spinach; toss lightly. Stir in shrimp mixture.

Serves 2.

## SKILLET FRANKS AND POTATOES

1 pkg (16 oz.) dinner franks  
4 medium red potatoes, chopped, cooked and drained  
1 tsp. ground dried sage leaves  
½ tsp. salt  
2 tbsp. chopped fresh parsley, optional

3 tbsp. vegetable oil, divided  
1 large onion, chopped  
1 medium green bell pepper, chopped  
¼ tsp. ground black pepper

Make shallow cuts in franks (no more than halfway through) about every inch. Heat 1 tbsp of the oil in large nonstick skillet over medium heat. Add franks; heat 5 minutes, or until browned, turning occasionally. Remove franks from skillet; set aside. Add remaining 2 tbsp. oil, potatoes, onion and bell pepper to same skillet. Cook and stir 12 minutes, or until potatoes are golden brown. Stir in sage, salt and pepper; mix well. Return franks to skillet. Cook 5 minutes, or until heated through, turning franks once halfway through cooking time. Sprinkle with parsley, if desired.

For more color use a half and half combination of red and green bell peppers. For added flavor top with ½ cup shredded cheddar cheese, before serving. Serve with corn bread muffins and fruit salad to complete your meal.



## SLOW COOKED BEEF AND TOMATOES OVER NOODLES

2 tbsp. margarine or butter, melted  
1 tsp. beef base  
¼ tsp. pepper  
8 oz. uncooked wide egg noodles  
4 plum (Roma) tomatoes, chopped

1 medium onion, chopped  
½ tsp. salt  
1 ½ lb. beef stew meat, cut  
into 1 ½ inch cubes  
1 tbsp. chopped fresh rosemary  
leaves

In 4-6 quart slow cooker, mix margarine, onion, beef base, salt, pepper and beef. Cover; cook on low setting 9-10 hours. About 15 minutes before serving, cook and drain noodles as directed on package. Meanwhile, add tomatoes and rosemary to beef mixture; mix well. Increase heat setting to high; cover and cook 10 minutes longer. Serve beef mixture over noodles.

Serves 4.

## ROASTED TURKEY BREAST

2 large garlic cloves, minced  
½ tsp. salt  
3-3.5 lb. whole bone-in fresh turkey breast

1 tsp. poultry seasoning  
1/8 tsp. pepper

Heat oven to 500. Line 13x9-inch metal baking pan with foil; spray with nonstick cooking spray. In small bowl, combine garlic, poultry seasoning, salt and pepper; mix to form a paste. Rub mixture inside turkey breast and neck cavity and sparingly over skin. Pull skin from ribs and neck tightly to underside of turkey breast. Place turkey, breast side up, in sprayed foil-lined pan, making sure turkey is resting on skin to prevent charring of bone. Bake at 500 for 20 minutes or until deep golden brown. Cover loosely with heavy duty foil to prevent spatters; bake an additional 20-30 minutes or until turkey is no longer pink and juices run clear.

## LASAGNA (Italy)

6 uncooked lasagna noodles	1 lb. lean ground beef (at least 80%)
½ lb. bulk Italian pork sausage	¾ cup chopped onions
1 can (28 oz.) Italian-style peeled whole tomatoes, undrained	1 can (6 oz) tomato paste
½ tsp. sugar	1 tsp. dried basil leaves
¼ tsp. salt	½ tsp. dried oregano leaves
2 eggs	¼ tsp. garlic powder
1 cup cottage cheese	15 oz. ricotta cheese
16 oz. shredded mozzarella cheese	½ cup chopped fresh parsley

Cook and drain lasagna noodles as directed on package; place in cold water to cool. Meanwhile, in 4-quart saucepan or Dutch oven, cook beef, sausage and onions over medium-high heat 5-7 minutes, stirring frequently, until beef and sausage are thoroughly cooked; drain. Stir in tomatoes, tomato paste, basil, sugar, oregano, salt and garlic powder, breaking up tomatoes. Heat to boiling. Reduce heat to low; simmer uncovered 30-45 minutes, stirring occasionally, until very thick. In medium bowl, beat eggs. Stir in ricotta, cottage and Parmesan cheeses and parsley; set aside. Heat oven to 350. In ungreased 13x9" (3-quart) glass baking dish, spread about ½ cup beef mixture. Top beef mixture with 3 noodles, half of the cheese mixture, half of the remaining beef mixture and half of the mozzarella cheese. Repeat layers, starting with noodles and ending with mozzarella cheese. Bake 35-45 minutes or until lasagna is bubbly and top is golden brown. Cover with foil; let stand 10-15 minutes before serving.

To make ahead, layer the ingredients, cover tightly with plastic wrap and refrigerate overnight. To heat, uncover and bake lasagna as directed; adding 5-10 minutes to the baking time.

## GARLIC PORK ROAST

2 ½ lb. boneless rolled pork loin roast	1 tbsp. fennel seed
1 tsp. dried thyme leaves	½ tsp. salt
½ tsp. coarse ground black pepper	2 tbsp. olive oil
3 cloves garlic, finely chopped	

Heat oven to 375. Place pork roast in shallow baking pan. In small bowl, mix all remaining ingredients; spread over roast. Bake 40-50 minutes or until meat thermometer inserted into center of pork reads 155. Remove roast from pan; cover with foil and let stand 10 minutes until thermometer reads 160. Remove string from roast; cut into slices.

PAPAYA-RAISIN STEAK ROLLS IN MOJO SAUCE  
(Puerto Rico)

Steak Rolls:

1 small papaya peeled, seeds removed	1 ½ oz. raisins
3 tsp. garlic powder	1 tsp. salt
½ tsp. pepper	4 thin (1/4 inch) boneless beef top round steaks (ea. 6-8 oz, 10" long and 5" wide)

Mojo Sauce:

12 pimiento-stuffed large Spanish olives, each cut into 4 slices	1 small sweet onion, coarsely
1 can (15 oz) black beans, undrained	1 tbsp. drained capers
	1 can (28 oz) diced tomatoes, drained

In small bowl, mash papaya with fork until fairly smooth but pulpy. Stir in raisins; set aside. In another small bowl, mix garlic powder, salt and pepper. Place steaks side by side on waxed paper-lined work surface. Sprinkle garlic powder mixture evenly over one side of each steak; pat and press into steak. Turn steaks over; spread about 2 tablespoons papaya mixture in center of each steak. Starting with one short side, tightly roll up each steak; secure end with toothpick. Spray 12-inch skillet with cooking spray; heat skillet over medium heat. Add rolls to skillet; cook uncovered over medium heat 5 minutes. Turn rolls; cook 5 minutes longer. Meanwhile, in medium bowl, mix all mojo sauce ingredients. Pour mojo sauce over steak rolls in skillet. Reduce heat to medium-low; simmer uncovered 20-30 minutes, stirring and spooning sauce over rolls occasionally, until meat thermometer inserted in center of rolls reads 140. Remove toothpicks; serve steak rolls topped with mojo sauce.

## CALAMARI STEAK (Tahiti)

8-10 oz. calamari steak	½ cup flour
1 large egg	2 tbsp. cornstarch
1 cup breadcrumbs	¼ cup capers, finely diced
2 tbsp. butter	1 tbsp. olive oil
1 oz. white wine	salt and pepper
lime or lemon	

Mix 1 tablespoon of cornstarch with 1 cup of flour, add salt and pepper and put aside. Scramble on egg and put aside. Set 1 cup of golden brown bread crumbs on a plate and put aside. One by one dip the calamari first in flour, then into the egg, and then into the bread crumbs. Fry with butter and olive oil till golden brown.

Caper sauce:

In a 6 inch skillet melt 2 tablespoons of butter then add 1 teaspoon of finely chopped capers, raise heat when add ½ oz. white wine with a squeeze of fresh lemon. Then pour on top of calamari steak.

## LAL MAAS (India)

2 lbs. mutton leg	2 lb. onions, chopped
14 oz. tomato, chopped/paste	2 oz. ginger paste
2 oz. garlic paste	7 oz. curd
2 tsp. red chili powder	1/3 tsp. turmeric
2 tsp. coriander	5 cloves
.05 oz. bay leaves	4 cardamom black
10-15 black peppers, crushed	7 oz. cooking oil
salt to taste	

Heat oil in a cooking pan over low heat. When simmering the oil, add chopped onions and fry them until they are golden brown. Keep aside a little of the brown onions to use for garnish. Add the garlic and ginger paste, cook for 15 minutes. Add cut portions of mutton and let stand for 30 minutes. Add bay leaves, black pepper, red chili powder, cardamom black, turmeric powder and curd, then add salt to taste. Cook until the spices are well-cooked and mixed. Add tomato paste and cook on low heat for 40 minutes. When ready, remove from the heat and garnish with finely chopped coriander leaves and fried onions before serving.

## ROASTED CHICKEN WITH HERBES DE PROVENCE

3-4 lb. chicken breast	4 tsp. McCormick Gourmet Herbes de Provence, divided
1 tsp. garlic salt, divided	4 cups assorted veggies (potatoes, carrots, and onions) cut into 1-inch pieces
1 tbsp. olive oil	
¼ tsp. coarse grind black pepper (or just plain black pepper)	

Heat oven to 375 degrees. Rinse chicken and pat dry. Place chicken in 13x9 inch baking pan. Combine 2 teaspoons Herbes de Provence and ½ teaspoon garlic salt. Rub over chicken. Toss veggies in a large bowl with oil, remaining Herbes de Provence and remaining garlic salt and black pepper. Arrange veggies around chicken. Bake 1 ¼ hours or until meat thermometer registers 180 degrees and potatoes are tender.

Connie Champion

## SAVORY CRESCENT CHICKEN SQUARES

1 (3 oz.) pkg. cream cheese, softened	3 tbsp. margarine or butter, melted
2 cups cubed cooked chicken	¼ tsp. salt
¼ tsp. pepper	1 tbsp. milk
1 tbsp. chopped chives	1 (8 oz.) can Pillsbury Quick Crescent Dinner Rolls
¾ cup seasoned croutons, crushed	

Heat oven to 350 degrees. In medium bowl, blend cream cheese and 2 tablespoons of the margarine until smooth. Add chicken, salt, pepper, milk, and chives; mix well. Separate dough into 4 rectangles; firmly press perforations and around edges to seal. Spoon ½ cup meat mixture onto center of each rectangle. Pull 4 corners of dough to top center of chicken mixture, twist slightly and seal edges. Place on ungreased cookie sheet. Brush tops with reserved 1 tablespoon margarine; sprinkle with crouton crumbs. Bake at 350 degrees for 20-25 minutes or until golden brown.

Connie Champion

## NEW ZEALAND RUBBED BBQd SADDLE BACK OF LAMB

4 saddle backs of lamb (back straps or loins)	3 roasted red capsicums
4 zucchinis sliced and grilled length ways	8-10 Ureneka potatoes or baby new potatoes, boiled
1 aubergine sliced and grilled in to rounds	12 pikopiko shoots or asparagus spears
5 cloves of garlic, chopped	500 ml virgin olive oil
3 tbsp. kawakawa or chopped herbs (thyme, rosemary, oregano)	2 lemons
100 ml balsamic vinegar	

Marinate lamb by rubbing with the kawakawa or freshly chopped herbs and adding 200 ml of olive oil, one chopped clove of garlic and the juice of 2 lemons. Leave lamb in marinade overnight. Place all the prepared vegetables on the BBQ, season and splash with a little of the olive oil and place on a platter. Remove lamb from the marinade and place on the char-grill of the BBQ for 2 minutes each side. Remove the lamb and slice over the BBQ vegetables. Pour the balsamic over the lamb salad and then a little of the olive oil. Grill the garlic and then place on the salad. Finish with a little more seasoning to taste.

## THAI PORK BURRITOS

1 lb. ground pork	2 tbsp. grated fresh ginger
1 garlic clove, peeled and crushed	1 small onion, thinly sliced
2 cups coleslaw mix	1 tsp. sesame oil
3 tbsp. soy sauce	2 tbsp. lime juice
1 tbsp. honey	2 tsp. ground coriander
½ tsp. crushed red pepper flakes	4 large flour tortillas, 10", warmed

Heat a large nonstick skillet over high. Add pork, breaking up into small crumbles. Cook and stir until pork is no longer pink, about 3-4 minutes. Add ginger, garlic, onion and coleslaw mix. Stir fry with pork 2 minutes or until vegetables are wilted. Combine all remaining ingredients except tortillas in small bowl and add to skillet. Stir constantly to blend well, about 1 minute. Spoon equal portions of mixture onto warm flour tortillas. Garnish with cilantro, roll up and serve.

SULTAN'S DELIGHT  
(Turkey)

1000 gr. Mutton  
2 onions  
½ tbsp. black pepper  
Salt

2 tbsp. margarine  
2 medium tomatoes or 2 tbsp.  
unsalted tomato paste  
2 ½ glasses of water

Eggplant puree

750 gr. Eggplant  
3 tbsp. butter  
¼ glass of grated Kashar cheese

2 ½ tbsp. flour  
1 1/5 glasses of milk

Peel and grate the onions. Pare the tomatoes, scoop out the seeds and dice. Kebab: Put the margarine and grated onions in a saucepan and sauté over moderate heat. Add the meat and sauté with the onions for 3-4 minutes until golden. Cover and cook until the meat absorbs the water while stirring occasionally. Season with ½ tablespoon black pepper and salt. Add the tomatoes or the tomato paste and 2-2 1/2 glasses of hot water, and simmer until the meat is tender. Check occasionally for water and add water if necessary. Eggplant puree: Put the butter and flour in a small saucepan, place over moderate heat and sauté for 2 minutes making sure that the flour doesn't turn golden. Set aside. Grill the eggplants on strong coal or gas heat, burning the skins. Peel the skins of eggplants and blanch them in a bowl containing lemon juice. After blanching for 15 minutes, remove the eggplants from lemon juice and press them with the hand to drain. Put the eggplants in the flour one by one and blend them well with a fork. Place the saucepan on heat, add 1 tablespoon of salt and add 1/5 glasses of hot milk, and blend them well by beating rapidly. Continue beating until the eggplant mixture becomes a dense paste. Add the grated kashar stir well and remove from heat. When both the kebab and the puree are ready, place puree on serving dish, put the meat decoratively in the middle and serve hot.

*Kashar is a sheep cheese similar to cheddar or kashkavale available in Jewish stores.*

Efe Sezgin

CSIRKE PAPRIKAS (chicken)  
(Hungary)

3 lb. boneless chicken	2 tbsp. olive oil
2 small onions, chopped	salt and pepper to taste
2 tbsp. paprika	2 medium tomatoes, chopped
1 medium bell pepper, chopped	1 tbsp. flour
½ cup sour cream	

Sauté chicken, onion and pepper until chicken is browned on both sides. Add all but flour and sour cream. Sauté for 10 minutes longer. Remove chicken from pan and keep warm. Stir in flour and sour cream, simmer until sauce thickens.

SPICY NOODLES WITH GINGER AND FRESH VEGETABLES  
(Thailand)

2 carrots, peeled	1 large zucchini
3 green onions	1 tbsp. vegetable oil
4 tbsp. matchstick-size strips fresh ginger	3 tsp. chopped garlic
1 ¼ cups water	1 tsp. oriental sesame oil
1 tbsp. soy sauce	1 cup canned unsweetened coconut milk
1 ½ tsp. Thai red curry paste	9 oz. somen noodles or rice noodles
½ cup finely chopped toasted peanuts	½ cup chopped fresh mint leaves

Cut carrots, zucchini and green onions into matchstick-size strips. Heat vegetable oil in large skillet over high heat. Add 2 tablespoons ginger and 1 ½ teaspoons garlic; sauté until fragrant, 30 seconds. Add carrots, zucchini, half of green onions and sesame oil; sauté 2 minutes. Add remaining ginger and garlic; sauté until vegetables are crisp-tender, about 1 minute longer. Using slotted spoon, transfer vegetables to bowl. Reduce heat to medium. Add 1 ¼ cups water, coconut milk, soy sauce and curry paste to same skillet. Stir until smooth. Simmer until sauce is reduced to 1 ¼ cups, about 6 minutes. Add sautéed vegetables and remaining onions. Meanwhile cook somen in large pot of boiling water until just tender, about 2 minutes. Drain, transfer to large bowl, add vegetable mixture, toss to coat, sprinkle nuts and mint over it.



KABAK KALYE (zucchini with ground meat)  
(Turkey)

2 lb. zucchini	3 cups boiling water
Salt	½ lb. ground beef or lamb
2 onions, grated	2 tbsp. butter
2 tomatoes, sliced	1 green pepper, seeded and chopped
¼ cup dill, chopped	¼ cup fresh mint, chopped
Salt and pepper to taste	dash cayenne
½ cup broth	

Peel and cut each zucchini crosswise into 4 or more pieces. Cook in 3 cups boiling, salted water for 3 minutes. Drain and place in one layer in a shallow cooking pan. Sauté meat and onion in butter over medium heat for 5 minutes, stirring constantly. Add tomatoes and green peppers and sauté for another 5 minutes. Remove from heat and spread over the zucchini. Place dill and mint on top, add salt, black pepper and cayenne. Add broth. Cover and cook over medium heat for 30-35 minutes. Serve hot with egg noodles.

SOUTHWESTERN PASTA

¼ cup olive oil	2 medium onions, sliced
1 clove garlic, minced	3 ½ cup peeled tomatoes, crushed
¾ tsp. Tabasco or other hot pepper sauce	¼ tsp. salt
2 tbsp. minced fresh cilantro	¼ tsp. sugar
12 oz. angel hair pasta, cooked al dente, drained	

Heat the oil over medium heat, stir in onions and garlic and sauté until tender (10-12 minutes). Add rest of ingredients (except pasta) and bring to boil. Reduce heat to low and simmer uncovered until thickened slightly (30 minutes). Place pasta on platter and top with sauce.

MOO GOO GAI PAN  
(China)

2 tbsp. cornstarch	2 tbsp. water
3 whole boneless chicken breasts, skinned and cut into 1-inch pieces	½ tsp. salt
¼ cup oil	1/8 tsp. pepper
2 cups sliced fresh mushrooms	¼ cup chopped green onions
1 tsp. ground ginger	2 oz. sliced pimiento, drained
2 pkg. (6-7 oz. ea) frozen pea pods	14 ½ oz. can chicken broth
	hot cooked rice

Blend cornstarch and water in small bowl until smooth. Set aside. Sprinkle chicken with salt and pepper. Heat oil in large skillet or wok. Add chicken. Stir-fry over medium-high heat until no longer pink. Remove chicken from skillet. Add onion to skillet. Stir-fry over medium-high heat 1 minute. Stir in mushrooms, pimiento and ginger. Cook, stirring constantly, 2-3 minutes, or until mushrooms are tender. Add chicken broth and pea pods. Heat to boiling, stirring to break apart pea pods. Add cornstarch mixture. Heat to boiling, stirring constantly. Boil 1 minute. Remove from heat. Stir in chicken. Serve with rice. Sprinkle with toasted almonds and serve with soy sauce, if desired.

LA TOURTIERE  
(Canada)

1 lb. ground pork	½ lb. ground veal
6 slices bacon	½ cup chopped onion
½ cup chopped celery	1 clove garlic, minced
2 tsp. dried sage	¼ tsp. salt
¼ tsp. ground black pepper	2 tbsp. cornstarch
2 (9 inch) unbaked pie crusts	1 ¼ cups water

Brown ground veal, pork, and bacon. Drain off fat. Stir in onion, celery, garlic, sage, salt and pepper. Stir in 1 cup of water and bring mixture to boiling. Reduce heat and cover. Simmer for 10-15 minutes, or till onion is tender. Stir frequently. Combine cornstarch and the remaining ¼ cup water. Add to hot meat and vegetable mixture, cooking and stirring till thickened and bubbly. Cook and stir 1-2 minutes more. Remove pan from heat and cool slightly. Fill pastry shell with meat and vegetable mixture. Roll out top crust on top, seal the edges and put patterned slits in top crust. Bake in a preheated 400 degree oven for 40 minutes, or until golden brown. Let stand 15 minutes before serving.

ASPARAGUS FRITTATA (Asparagus Omelet)  
(Italy)

½ lb. fresh asparagus, trimmed	2 tbsp. olive oil
1 small onion, finely chopped	2 cloves garlic, minced
6 eggs, beaten well	salt, pepper
½ cup freshly grated Parmesan cheese	

Cut asparagus spears into ½-inch pieces. Steam or boil asparagus until just tender; set aside. In a large skillet, heat oil over medium heat. Add onion and sauté for 5 minutes. Add garlic and asparagus and cook for one minute. Add beaten eggs, cover skillet, and cook for about 6 minutes. Just before eggs are set, sprinkle on the cheese, and place skillet under the broiler to cook remaining eggs and brown the cheese.

CRAB AU GRATIN

2 cups backfin crab meat	2 tsp. grated onion
1 ½ tbsp. lemon juice	½ tsp. dry mustard
1 tsp. Worcestershire sauce	2 tsp. chopped parsley leaves
½ cup buttered bread crumbs	3 tbsp. flour
½ cup heavy cream	1 cup milk

Combine milk and cream with three tablespoons of flour to create a medium white sauce, add lemon juice, dry mustard, grated onion, parsley, Worcestershire sauce. Gently add crab meat and turn into greased casserole, top with buttered bread crumbs and paprika (add a little grated cheese if desired). Bake at 375 degrees for 25 minutes or until browned.

*Note: Very good.*

Carolyn Etzler

## BAKED CRAB CAKES

1 lb. jumbo lump crab meat  
pinch of cayenne pepper  
1 tbsp. butter  
½ cup finely chopped onion  
2 tsp. Old Bay seasoning  
½ tsp. fresh minced garlic

2 tbsp. fresh lemon juice  
½ cup mayonnaise  
6 saltine crackers, crushed  
1 large egg, beaten  
¼ cup grated cheddar cheese  
¾ tsp. paprika

Toss crab meat with the lemon juice, refrigerate. Sauté onion with butter and olive oil over medium heat until barely limp, about one minute. Transfer to a small bowl to cool. Mix together Old Bay, garlic, tarragon, cayenne pepper, mayonnaise, crackers, and beaten egg. Add the onions and mix well. Fold gently into the crab meat. Divide into 6 portions. Butter a baking dish that will fit your broiler. Roll the crab into 6 large balls, put on buttered dish 2" apart. Bake at 400 degrees for 15 minutes. Remove from oven and flatten each ball a little. Sprinkle each one with cheese and then the paprika. Broil to toast the cheese and serve hot.

*Note: Excellent*

Carolyn Etzler

## SPICY CHICKEN CASSEROLE

1 pkg. corn tortillas, cut into eights  
1 can chili without beans  
1 can cream of chicken soup  
8 oz. shredded cheddar cheese

2 can chunk style chicken  
1 can cream of celery soup  
1 ½ cups salsa

Mix all ingredients in a 4 qt. glass bowl except tortillas and cheese. Make two layers in casserole dish (tortillas, chicken mixture and cheese). Finish with cheese. Bake at 375 for 45 minutes.

*Note: Very easy. All one has to do is open cans. Very good casserole to take to a sick friend, new neighbor, new baby in the family, etc. Carolyn's recipe is published in the QVC Family Cookbook, by Quail Ridge Press.*

Carolyn Etzler

## SHRIMP PASTA PIE

8 oz. uncooked thin spaghetti, cooked  
and drained  
¼ tsp. black pepper  
½ cup chopped bell pepper, optional  
small can of mushrooms, or 1 cup fresh  
sliced, optional  
8 oz or 1 lb. uncooked, medium fresh  
shrimp, peeled and deveined  
½ - 1 cup shredded mozzarella cheese

4 tbsp. margarine, divided  
3 eggs, lightly beaten  
½ cup fresh grated Parmesan cheese  
1 ½ cup small broccoli flowerets  
1/3 cup sliced green onions with  
tops, optional  
10 oz. refrigerated Alfredo pasta  
sauce, divided

Preheat oven to 350. Spray Stone Pie Baker or casserole dish with Pam. Cook spaghetti according to package directions. Drain, transfer to batter bowl, add 3 tablespoons of the margarine, cut into small pieces, stir until melted. Add eggs and black pepper. Grate Parmesan cheese over pasta, mix well. Spoon into pie baker or casserole dish. Spread mixture evenly, forming a 1 inch rim around edge of baker or casserole to make a shell or nest. Bake 10-12 minutes or until set. Melt remaining 1 tablespoon butter in skillet over medium heat. Add vegetables and shrimp; stir fry 4 minutes or until shrimp is opaque. Remove skillet from heat. Stir in ½ cup of the pasta sauce. Spoon shrimp mixture into pasta shell. Shred mozzarella cheese over shrimp mixture. Bake 10 minutes, let stand 5 minutes. Heat remaining sauce in microwave on medium 2-3 minutes or until hot, stirring every minute. Serve over pasta.

*Note: Very good and can be made the day before, only bake the spaghetti then add rest of ingredients when ready to bake. Excellent dish for a covered dish dinner.*

Carolyn Etzler

## **SIDE DISHES**

## SWEET POTATO BAKE

1 can (2 lb. 8 oz.) sweet potatoes,  
drained and cut into 1-inch pieces  
1 tbsp. maple syrup  
chopped pecans, optional

2 tbsp. butter, melted  
2 tbsp. brown sugar  
1 tsp. pumpkin pie spice

Place sweet potatoes in lightly greased 1 ½ quart baking dish. Combine remaining ingredients. Pour over potatoes. Bake 40 minutes in preheated 350 oven, stirring once halfway through cooking time. Top with chopped pecans during last 10 minutes of cooking time, if desired.

## LOADED MASHED POTATO CASSEROLE

5 ½ C mashed potatoes (~ 4 lb. uncooked)  
8 oz. cream cheese  
2 tsp. parsley flakes  
¼ tsp. ground nutmeg  
½ C crispy cooked and crumbled bacon  
(~ 12 slices)

½ C milk  
1 C sour cream  
1 tsp. garlic salt  
¾ C shredded cheddar cheese

Place all ingredients, except cheese and bacon, in a large bowl. Beat with an electric mixer on medium high speed until potatoes are fairly smooth and creamy. Spoon mixture into a lightly greased 13x9 inch baking dish. Sprinkle with cheese and bacon. In you prefer extra crispy bacon, reserve bacon and sprinkle at the end of cooking. Cover and bake in a 350 oven 30 minutes or until heated through.

Tip: If in a hurry, start with instant or refrigerated prepared mashed potatoes.

## POTATO BACON CASSEROLE

4 C frozen shredded hash brown potatoes  
8 oz. bacon, cooked and crumbled  
12 oz. evaporated milk  
1 ½ tsp. seasoned salt

½ C finely chopped onion  
4 oz. shredded cheddar cheese  
1 large egg, lightly beaten

Preheat oven to 350. Grease 8-inch baking dish. Layer half potatoes, half onion, half bacon and half cheese in prepared baking dish; repeat layers. Combine evaporated milk, egg and seasoned salt in small bowl. Pour evenly over potato mixture; cover. Bake for 55-60 minutes. Uncover; bake for an additional 5 minutes. Let stand for 10-15 minutes before serving.

## THREE BEAN AND FRANKS BAKE

1 tbsp. vegetable oil  
2 cloves garlic, minced  
1 medium green bell pepper, chopped  
1 can (15 oz.) butter beans, drained, rinsed  
½ cup ketchup  
½ cup firmly packed brown sugar  
1 tbsp. deli mustard

1 medium onion, chopped  
1 medium red bell pepper, chopped  
1 can (16oz.) vegetarian baked beans  
1 can (15 oz.) kidney beans, drained, rinsed  
2 tbsp. cider vinegar  
1 pkg. (12 oz) beef franks, cut into 1 inch pieces.

Preheat oven to 350. Cook onion and garlic in hot oil in large saucepan over medium heat for 8 minutes, stirring frequently. Add bell peppers; cook 5 minutes, stirring frequently. Stir in baked beans, butter beans, kidney beans, ketchup, brown sugar, vinegar and mustard; mix well. Stir franks into bean mixture. Remove from heat. Spoon mixture into a 2 quart casserole or 8x8 inch baking dish. Bake 40 minutes, or until hot and bubbly.



## IRISH POTATOES AND CABBAGE

3 tbsp. margarine or butter	2 cups coleslaw blend
½ cup chopped onion	1 ¾ cups water
¾ cup milk	½ tsp. salt
2 cups mashed potato flakes	½ lb. sliced cooked corned beef, chopped
½ cup shredded Cheddar cheese	

Melt margarine in large nonstick skillet over medium heat. Add coleslaw blend and onion; cook 5 to 7 minutes or until crisp-tender, stirring occasionally. Add water, milk and salt. Bring to a boil. Remove from heat; stir in potato flakes until moistened. Add corned beef and cheese; mix well. Spread evenly in skillet. Return skillet to medium heat; cover and cook 8-10 minutes or until thoroughly heated and golden brown on bottom. If desired, invert onto serving plate; sprinkle with additional cheese.

## CORN SOUFFLE

2/3 cups flour	½ cup sugar
4 tsp. baking powder	4 eggs, beaten
½ cup butter, melted	1 cup milk
2 cans whole kernel corn, drained	

Combine flour, sugar and baking powder. Mix in eggs, butter, milk and corn. Pour into well-greased 3-quart casserole. Bake at 350 degrees for 45 minutes until top is golden crusty brown and center firm.

Barbara Birnman

## SINFUL POTATOES

Large bag of shredded hash browns	1 lb. Velveeta cheese
1 cup mayonnaise	½ lb. bacon

Thaw potatoes. Cube cheese and melt. Add mayonnaise to melted cheese. Brown bacon and crumble into thawed potatoes. Mix cheese mixture with potatoes. Bake at 350 for 35-40 minutes or until brown.

Connie Champion

## GINGERED ADZUKI BEANS

2 cups adzuki beans	¼ cup finely chopped pickled
1 tsp. pickled ginger juice	ginger
1 scallion, trimmed and thinly sliced	1 tbsp. tamari
½ avocado, sliced for garnish	

Soak the dried beans overnight in water. Drain the soaked beans. Place the beans in a pot and cover with fresh water. Simmer until tender, about 40 minutes to an hour. Drain. Mix the beans, ginger, ginger juice, scallion and tamari together in a bowl. Let it sit for 10 minutes to develop its full flavor. Serve warm or at room temperature garnished with avocado slices.

## MEXICAN RICE

½ cup tomato sauce	2 cups water
½ tsp. onion salt	¼ tsp. ground cumin
1 cup long grain rice	1 tbsp. margarine or butter

Bring water, tomato sauce, onion salt and cumin to a boil. Add rice and margarine. Stir. Cover saucepan tightly. Immediately reduce heat to a simmer and cook for 20 minutes. Remove from heat. Let stand 5 minutes. Fluff with a fork before serving.

## CORN SOUFFLE (Ecuador)

2 cups fresh corn	1 cup Muenster cheese, cubed
4 tbsp. butter, cut into small pieces	salt and pepper
5 eggs, well beaten	butter

Combine the corn, cheese and butter in a blender or food processor. Season to taste with salt and pepper and add the beaten eggs. Blend on high speed until the mixture is smooth. Pour into a buttered soufflé dish and set the dish in a pan with hot water in a preheated 350 oven. Bake 1 hour or until set.

## CARIBBEAN SKILLET SWEET POTATOES

2 medium sweet potatoes, peeled  
and cut into ½" pieces  
¼ cup finely chopped onion  
¼ cup orange juice  
1 tsp. lime juice

1 tsp. vegetable oil  
¼ cup finely chopped red bell pepper  
¼ cup firmly packed brown sugar  
2 tsp. lemon juice  
1 ½ tsp. jerk seasoning

Cook sweet potatoes in boiling, salted water until just tender. Drain well and set aside. Heat oil in large skillet. Add sweet potatoes, peppers and onions to pan and mix well. Allow vegetables to caramelize in pan. Combine sugar, juices and seasoning in a small bowl. Add juice mixture to pan with vegetables and cook over medium heat to reduce liquid until syrupy.

## BROWNEED BUTTER POTATOES

2 lb. small red, white or Yukon  
gold potatoes, cut into wedges  
¼ cup butter  
½ tsp. salt

4 cups water  
1 tbsp. beef bouillon granules  
1 tbsp. chopped fresh parsley

Place potatoes, water and bouillon in 4-quart saucepan or Dutch oven. Cover; cook over medium-high heat until mixture comes to a boil (6-8 minutes). Reduce heat to low. Cover; cook until potatoes are tender (20-22 minutes) drain. Melt butter in 1-quart saucepan over medium heat. Cook, stirring constantly, until butter foams and just starts to turn a delicate golden color (2-3 minutes). Stir in parsley and salt. Immediately pour over potatoes; gently stir to coat.

## EASY PARMESAN POTATOES

½ cup butter, melted	1 tsp. salt
½ tsp. pepper	6 medium baking potatoes, washed, unpeeled, cut into 1/8-inch slices
¼ cup grated Parmesan cheese	2 tbsp. chopped fresh parsley
¼ cup finely chopped red bell pepper	

Heat oven to 350. Combine, butter, salt and pepper in large bowl. Add potatoes; toss to coat. Layer half of potatoes in ungreased 13x9-inch baking pan; sprinkle with half Parmesan cheese. Layer with remaining potatoes. Cover with aluminum foil. Bake for 30 minutes. Uncover; sprinkle with remaining cheese. Continue baking, uncovered, for 20-30 minutes or until potatoes are crisply tender. Sprinkle with red pepper and parsley before serving.

## CORN PUDDING

1 can creamed corn	1 can whole kernel corn
2 well beaten eggs	1 tbsp. melted butter
2 tbsp. flour	4 tbsp. milk or cream
1 tsp. salt	1 tbsp. sugar

Mix flour, sugar and salt. Gradually add milk, eggs, melted butter and corn. Pour into a greased casserole. Bake at 375 until knife comes out clean.

*Recipe from the Ocean City Museum Society cookbook, Favorite Recipes from our Best Cooks, Ocean City, Maryland.*

Carolyn Etzler

PERSIAN KIDNEY BEANS  
(Iran)

1 tbsp. olive oil	2 large onion, chopped
3 cloves garlic, chopped	1 tsp. salt
1 tsp. cumin	¼ tsp. cinnamon
1 cup orange juice	juice from 1 lime
1 can tomato paste	8 cups kidney beans, cooked
1 medium jalapeno, chopped	pita bread

Sauté onion in oil for 5 minutes. Add garlic, salt, cumin and cinnamon. Sauté for 5 minutes. Stir in orange and lime juice. Mix well. Add tomato paste and simmer for 10 minutes. Add beans and jalapeno and simmer for 20 minutes. The mixture should be fairly dry. Stuff into pita bread and serve.

CABBAGE WITH GREEN PEAS (bund gobi aur matar)  
(India)

1 small head green cabbage	1 ¼ cup frozen peas
¼ cup vegetable oil	2 tsp. whole cumin seeds
2 bay leaves	¼ tsp. ground turmeric
¼ tsp. cayenne pepper	1 fresh hot green chili, finely chopped
¾ tsp. salt	¼ tsp. garam masala
¾ tsp. sugar	

Core the cabbage and slice into fine long shreds. Put the peas in a strainer and hold them under running water until they separate. Preheat the oil over medium-high heat in a large heavy skillet. When hot add the cumin seeds and bay leaves, cooking for just a few seconds. Quickly add the cabbage and peas, stirring to mix well. Add the turmeric and cayenne, mixing well. Cover and reduce heat to a simmer and cook for 5 minutes, or until vegetables are crisp-tender. Add the green chili, salt and sugar, stir to mix; cover and cook an additional 2 minutes. Remove from heat, add the garam masala, stir gently to mix and serve.

EGGPLANT, CORN AND CHEESE CASSEROLE  
(Cajun and Creole)

1 large eggplant, finely chopped	2 cup water
1 stick unsalted butter	1 large onion, finely chopped
1 ½ cup corn, frozen or fresh	2 large eggs, beaten
1 medium bell pepper, finely chopped	1 tsp. garlic, finely chopped
½ tsp. salt	½ tsp. black pepper
½ tsp. cayenne	2 cups cheddar cheese, grated
1 ¼ cups unsalted crackers, finely ground	

Place eggplant and water in a saucepan, cover and bring to a boil. Reduce heat and simmer for about 30 minutes or until eggplant is tender. Drain in colander and reserve 1 cup cooking liquid. Heat butter in dutch oven and sauté onions and corn until onions are well browned about 10 minutes. Remove from heat add eggplant, reserved water, half the cheese, half the crackers and remaining ingredients. Mix well. Pour into 8x8 inch baking dish. Pat mixture down evenly and top with remaining cheese, sprinkle with crackers. Bake at 350 degrees for 40 minutes until crackers are lightly browned. Remove, let stand 10 minutes before serving.

CHICKPEA RICE PILAF  
(Turkey)

1 ½ cups chick peas	4 tbsp. butter
1 small onion, chopped	1 ½ cups rice
1 can tomatoes	1 ½ cups chicken stock
salt and pepper to taste	

Sauté onion in butter for 5 minutes. Add rice, sauté 2 minutes. Add remaining ingredients and simmer for 20 minutes. Serve.

## TUNISIAN MACARONI

2 tbsp. olive oil	1 lb. beef, cubed
2 cloves garlic, finely chopped	¼ cup chickpeas, cooked
2 stalks celery, finely chopped	5 sprigs parsley, finely chopped
1 tsp. salt	¼ tsp. pepper
3 tbsp. tomato paste	3 cups water
1 lb. macaroni	

Heat oil in pan and add beef, garlic, chickpeas, celery, parsley, salt, pepper and tomato paste. Fry over moderate heat for 5 minutes. Add 2 cups water, cover and cook for 30 minutes. Add the rest of the water, bring to a boil and add the pasta. Cook for 15 minutes or until the pasta is cooked. Serve.

## BAKED CINNAMON APPLES

4 baking apples	½ cup brown sugar, packed
4 tsp. margarine	½ tsp. cinnamon

Remove core from apples and place upright in baking dish, placing two tablespoons brown sugar, 1 teaspoon margarine and 1/8 teaspoon cinnamon in the center of each apple. Pour water into baking dish to ¼ inch depth. Bake at 375 for 30-40 minutes, or until tender.

## MACARONI WITH BACON (alpler magrone) (Switzerland)

10 oz. elbow macaroni, cooked	1 lb. potatoes, sliced and cooked
5 oz. bacon, chopped	7 oz. cream
salt and pepper to taste	nutmeg to taste
3 oz. Sbrinz or Swiss cheese, grated	1 medium onion, chopped
2 tbsp. butter	

Sauté bacon until crisp. Add cream, salt, pepper and nutmeg. Mix in macaroni and potatoes. Layer into a baking dish. Sprinkle with cheese and bake for 10 minutes at 350 degrees. Meanwhile sauté onion in butter until golden. Serve sprinkled with the onion.

## TOMATO VEGETABLE CASSEROLE

1 medium potato, peeled and cut into ½-inch pieces  
1 red bell pepper, seeded and cut into ½-inch pieces  
5 tbsp. olive oil  
2 small zucchini, cut crosswise into ¼-inch thick pieces  
½ cup grated Parmesan  
2 tbsp. dried Italian-style bread crumbs

1 medium yam, peeled and cut into ½-inch pieces  
2 carrots, peeled and cut into ½-inch pieces  
1 red onion, thinly sliced into rings  
salt and pepper  
2 large ripe tomatoes, cut crosswise into ¼-inch thick slices  
fresh basil sprigs, garnish

Preheat oven to 400 degrees. Toss the potato, yam, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 x 9 x 2 inch baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over the bottom of the pan. Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion. Drizzle with 2 tablespoons of oil. Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini. Stir the Parmesan and bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs over the vegetables in the baking dish. Drizzle with the last tablespoon of olive oil. Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes. Garnish with fresh basil sprigs, if desired.

## CLAPSHOT (Scotland)

1 lb. potatoes, peeled and chopped  
2 oz. butter

1 lb. turnips, peeled and chopped  
1 tbsp. chives, snipped

Place potatoes and turnips in cold water. Bring to boil and simmer for 20 minutes. Drain and mash with the butter. Season with salt and pepper. Serve sprinkled with chives.



## BAKED BROWN SWEDISH BEANS

2 cups dried brown beans, cooked and drained	1 tsp. salt
½ cup dark corn syrup	½ cup white vinegar
2 tbsp. butter	3 tbsp. brown sugar
	1 stick cinnamon

To the same pot you cooked beans in, add all ingredients. Stir and simmer uncovered for 1 hour. Remove cinnamon stick and serve.

## BRAZILIAN RICE (arroz Brasileiro)

2 cups rice, uncooked	3 tbsp. olive oil
1 medium onion, finely chopped	1 large tomato, chopped
2 cups boiling water	1 tsp. salt

Sauté onion in oil until browned. Add rice and sauté for 5 minutes. Add tomato and sauté for 3 minutes. Pour in water and salt. Bring to a boil, cover and reduce heat to low. Simmer 25 minutes.

## POTATOES CHARLOTTE (Israeli and Jewish)

3 medium carrots, grated	¾ cup water
5 medium potatoes, peeled, grated and drained	¼ cup Matzo meal
salt and pepper to taste	3 medium eggs, separated
3 tbsp. olive oil	1 tsp. sugar

Combine carrots and water in saucepan. Boil, cook 10 minutes. Cool but do not drain. Preheat oven to 350 degrees. Mix undrained carrots with potatoes, egg yolks, Matzo meal, salt, pepper, sugar and oil. Beat the egg whites until stiff and fold in. Pour into greased 1 ½ quart casserole. Bake 1 hour until set and browned on top.

## TOMATOES STUFFED WITH CHICKPEAS (Jordan)

12 medium tomatoes	¼ cup olive oil
2 medium onion, finely chopped	4 cloves garlic, finely chopped
¼ cup pine nuts	½ cup cilantro, finely chopped
1 can chickpeas, drained	salt and pepper to taste
½ tsp. allspice	½ tsp. cumin
1 pinch cayenne	2 tbsp. butter

Cut off tops of tomatoes, then scoop out pulp. Reserve both tops and pulp. In frying pan, heat oil and sauté onion and garlic until they begin to brown. Then add pine nuts and cilantro. Sauté for 5 minutes. Remove from heat and stir in remaining ingredients except salt and pepper. Fill tomatoes with this mixture and cover with tops. Place tomatoes in a baking dish, then mix with tomato pulp with salt and pepper and pour between the tomatoes. Place a little butter on each of the tomatoes and bake at 350 degrees for 30 minutes. Serve.

## POTATOES WITH SESAME SEEDS (til ke aloo) (India)

6-8 medium potatoes	6 tbsp. vegetable oil
2 tsp. whole cumin seeds	2 tsp. black mustard seeds
2 tbsp. sesame seeds	1 tsp. salt
1/8 to ½ tsp. cayenne pepper	1 tbsp. lemon juice

Boil unpeeled potatoes until tender, about 20 minutes. Drain and allow to cool for 3-4 hours. Peel potatoes and dice into ¾ inch cubes. Heat oil in a large frying pan over medium heat. When oil is very hot, put in the cumin seeds, mustard seeds and sesame seeds. As soon as the seed begin to pop, add the diced potatoes. Stir and cook the potatoes for about 5 minutes. Add the salt, cayenne and lemon juice. Stir and cook for another 3-4 minutes.

COLCANNON  
(Ireland)

1 medium cabbage, quartered and core removed	2 lb. potatoes, scrubbed and sliced, skins left on
2 medium leeks, thoroughly washed, sliced	1 cup milk
½ tsp. mace	salt and pepper to taste
2 garlic cloves, finely minced	8 tbsp. butter

Bring a pot of salted water to a boil and boil the cabbage until tender, about 12-15 minutes. Drain off the water and chop the cabbage. Set aside. Bring another pot of water to a boil and boil the potatoes until tender. Drain off the water and set aside. Put the leeks in a saucepan, cover with the milk, bring close to boiling and then turn down to a simmer until tender. Set aside. Add the mace, salt and pepper, and garlic to the pot with the potatoes and mash well with a hand masher. Now add the leeks and their milk and mix in with the potatoes, taking care not to break down the leeks too much. Add a little more milk if necessary to make it smooth. Now mash in the cabbage the butter. The texture that you want to achieve is smooth, buttery potato with interesting pieces of leek and cabbage well distributed in it. Transfer the whole mixture to an oven proof dish, make a pattern on the surface and place under the broiler to brown.

SEASONED POTATOES (kamjanamul)  
(Korean)

2 large potatoes, French fry cut	2 tbsp. soy sauce
2 tsp. sugar	1 tsp. garlic, finely chopped
2 tsp. sesame seeds	2 large scallion, finely chopped
1 tsp. sesame oil	

Put potatoes in a pot and cover with water. Bring to a boil and simmer for 10 minutes. Mix remaining ingredients in a bowl. When potatoes are cooked, drain and add to seasoning mix. Mix well and serve.

## **DESSERTS**

## GREEK WALNUT PIE

Refrigerated pie crust, softened	2 ½ C finely chopped walnuts
¼ C packed brown sugar	2 Tbsp. granulated sugar
1 ½ tsp. ground cinnamon	¾ C butter or margarine, melted, and cooled
¾ C honey	
1 Tbsp. lemon juice	

### Topping:

1 C heavy whipping cream	1 tsp. granulated sugar
1 tsp. vanilla	

Heat oven to 325. Spray 9 inch glass pie plate with cooking spray. Make pie crusts as directed on box for Two-Crust Pie using sprayed pie plate. In medium bowl, mix walnuts, brown sugar, 2 tablespoons granulated sugar and the cinnamon. Pour and evenly spread ¼ cup of the cooled melted butter over bottom of pie crust. Spread walnut mixture evenly over butter. Drizzle another ¼ cup butter evenly over top crust. Top with second crust; seal edge and flute. Cut large slits in several places in top crust for steam to escape. Drizzle remaining ¼ cup butter evenly over top crust. Bake for 45-55 minutes or until golden brown. About 5 minutes before removing pie from oven, in 1-quart saucepan, cook honey and lemon juice over medium heat, stirring frequently, until mixture has a watery consistency. Remove pie from oven; place on wire rack. Slowly pour hot honey mixture evenly over top of hot pie, making sure it seeps into slits in top crust. Cool at least 3 hours before serving. Just before serving, in small bowl with electric mixer, beat topping ingredients on high speed about 2 minutes or until stiff peaks form. Spoon topping onto individual servings of pie.

## BANANAS FLAMBE (Tahiti)

2 full size bananas	1 spoon full of sugar for each banana
1 shot of rum	

Slice open one side of the banana, exposing the inside without removing the banana from the peel. Place one heaping spoon full of sugar along the inside length of each banana. Place bananas in 350 degree oven until bananas start to turn a golden brown. Remove from oven and pour rum over bananas and set a flame. Serve hot and flaming.

## BANANA POE (Tahiti)

2 -2/3 lb. ripe bananas  
6 cups water  
1 cup coconut milk

1/2 vanilla bean  
3/4 cup manioc starch  
2/3 cup sugar

Peel the bananas and place them in a large saucepan with the water and vanilla. Bring to a boil and cook for 15 minutes. Drain the fruit, and once it has cooled, puree in a food processor. Add the starch and mix thoroughly so that the texture of the fruit compote is smooth and creamy. Fill a butter dish with the banana compote. IT should not be more than 1 1/2 inches thick. Place the dish in a medium-hot oven and bake for 30 minutes. When the compote is ready, remove it from the oven and using two knives, cut it into small pieces. Garnish with the sugar and coconut milk. Serve hot.

## WHITE CHOCOLATE CUPS

2 squares of white baking chocolate  
1/4 cup thawed whipped topping

2 tsp. grated orange peel  
1/4 cup raspberries

Line each of two medium muffin cups with a piece of foil. Place in freezer 5 minutes. Meanwhile, microwave chocolate in small microwavable bowl on medium (50%) 1-1/2 minutes; stir until chocolate is completely melted. Drizzle chocolate with a spoon onto bottoms and up sides of prepared muffin cups. Freeze 5 minutes. Carefully remove foil cups from pan, gently peel off and discard foil. Stir orange peel into whipped topping; spoon evenly into chocolate cups. Top with the raspberries.

## PEACHES 'N' CREAM BARS

1 tube (8 oz.) refrigerated crescent rolls	8 oz. cream cheese, softened
½ cup sugar	¼ tsp. almond extract
1 can (21 oz.) peach pie filling	½ cup flour
¼ cup packed brown sugar	3 tbsp. cold butter or margarine
½ cup sliced almonds	

Unroll crescent dough into one long rectangle. Press onto the bottom and slightly up the sides of a greased 13"x9"x2" baking pan; seal perforations. Bake at 375 for 5 minutes. Cool completely on a wire rack. In a mixing bowl, beat the cream cheese, sugar and extract until smooth. Spread over the crust. Spoon pie filling over cream cheese layer. In a bowl, combine flour and brown sugar. Cut in butter until the mixture resembles coarse crumbs. Stir in nuts. Sprinkle over peach filling. Bake at 375 for 25-28 minutes or until edges are golden brown. Cool for 1 hour on a wire rack. Store in refrigerator.

Makes about 24 bars.

Connie Champion

## APPLE CAKE (Australia)

1 ½ cups sugar	1 ½ cups butter
7 eggs	½ tsp. salt
½ cup milk	2 ¼ cups flour
1 tbsp. baking powder	½ cup lemon and vanilla flavor
2 lb. apples, sliced and peeled	1 cup raisins

In a large bowl, mix sugar and butter. Sift flour and baking powder together into mixture. Add the rest of the ingredients, except for apples and raisins, and mix together until smooth. Flour and grease two 8 inch pans. Pour batter into pans and top with sliced apples and raisins. Bake for 40 minutes at 375 and serve cool.

MOCHA LADYFINGER CAKE (Tiramisu)  
(Italy)

4 tbsp. espresso coffee  
3 eggs, separated  
8 oz. Marscapone cheese  
1 oz. sweet chocolate, grated

1 tbsp. Grappa  
½ cup sugar  
24 Savoiardi biscuits

In a small bowl, combine the coffee and grappa; set aside. In a medium bowl, beat the egg whites until stiff; set aside. In a large bowl, beat the egg yolks together with the sugar until thick and lemon-colored. Add the marscapone and blend. Gently fold the egg whites into the cheese mixture. Place half of the biscuits in the bottom of a 10-inch square baking dish or larger serving plate. Sprinkle with half of the coffee mixture. Cover with half of the cheese mixture, and repeat process. Refrigerate tiramisu for 4 hours before serving with grated chocolate.

GREEK LEMON CAKE

3 cups cake flour  
1 tsp. baking soda  
¼ tsp. salt  
6 eggs  
2 cups sugar

1 cup butter, softened  
2 tsp. grated lemon zest  
2 tbsp. lemon juice  
1 cup plain yogurt

Preheat oven to 350 degrees. Grease one 10 inch tube pan. Sift the flour, baking soda, and salt together. Set mixture aside. Separate the eggs. In a large bowl beat the egg whites until soft peaks form. Gradually add ½ cup of the sugar beating until stiff glossy peaks form. Set aside. Cream butter or margarine, 1 ½ cups sugar, egg yolks, lemon zest, and lemon juice together until fluffy. Add flour mixture alternately with the yogurt to the egg yolk mixture. Gently fold in the egg whites and pour the batter into the prepared pan. Bake at 350 degrees for 50-60 minutes. Let cake cool in pan for 10 minutes, and then turn out onto a rack to finish cooling. Serves 12.



BRIDES FINGERS (Asabia el Aroos)  
(Middle East)

Sweet syrup  
¼ cup unsalted butter, melted, optional

½ pkg. (16 oz.) frozen filo dough,  
completely defrosted

Sweet syrup:

3 cups sugar  
1 lemon

1 ½ cups water  
1 tsp. orange-blossom water or  
Rosewater

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

Filling:

½ cup almonds or pistachios, pulverized in food processor with 1/3 cup sugar

Glaze:

1 egg, beaten

sugar

Prepare the syrup in advance and chill in the refrigerator. Combine the filling ingredients. Preheat the oven to 375 degrees. Grease 1 or 2 baking sheets. Cut the filo in half crosswise and again in half, stacking the covering with a slightly dampened towel to prevent drying. Lay 2 rectangles on your work surface with the shorter sides facing you, and brush lightly with melted butter. Place a rounded tablespoon of the filling in a line across the shorter side of file that faces you. Fold the longer edges of the pastry inward, sealing in the sides of the filling, and roll the pastry up from the short side, forming a fat cigar shape. Place on the baking sheet with the cut edge down. Repeat with remaining dough. Brush the tops of the pastries lightly with a bit of beaten egg and sprinkle with sugar. Bake for 15-20 minutes, until golden brown. Dip the warm fingers into cool Sweet Syrup and arrange on a serving tray. Serve at room temperature.

RICOTTA CHEESECAKE (Torta di Ricotta)  
(Italy)

½ cup golden raisins  
32 oz. ricotta cheese  
1 cup sugar  
¼ tsp. salt  
½ tsp. nutmeg  
zest of 1 lemon  
½ cup pine nuts, lightly toasted

¼ cup Grand Marnier or cognac  
6 eggs, at room temperature  
1/3 cup flour  
1 tsp. cinnamon  
1 tsp. vanilla extract  
zest of 1 orange

Grease and flour one 9-inch spring form pan. Set aside. Place the raisins in a small bowl. Cover with Grand Marnier and allow to macerate. Preheat the oven to 325 degrees. Meanwhile, beat the ricotta cheese with an electric beater until fluffy. Add the eggs, one at a time. Then add the sugar, flour, salt, cinnamon, nutmeg, vanilla, and zest. Fold in the raisins and pine nuts. Pour batter into the prepared cake pan. Bake until cheesecake is golden and firm in the middle, about 1 hour and 10 minutes. Serve warm.

KARELIAN RICE PASTIES (Karjalanpiirakat)  
(Finland)

Pastry:

¾ cup water  
1 ¼ cups rye flour

1 ½ tsp. salt  
¾ cup white flour

Filling:

Rice pudding or ½ portion mashed  
Potatoes  
3 tbsp. melted butter

1 egg  
¾ cup boiling milk

Prepare the filling and mix in one egg. Mix together the water, salt and flour. Shape the dough into a long rope the thickness of your wrist and cut into 20 equal portions. Shape the pieces into flat round cakes and form into a pile at the side of the baking table. Roll out each cake into a very thin circle. Set aside, but not on top of each other or they will stick together. Fill the center of each with the rice pudding or mashed potatoes, fold over the edges and pinch tightly. Bake 5-7 minutes in 575 degree oven.

## GERMAN CHOCOLATE CAKE

Frosting (make first):

2 cups shredded, sweetened coconut	1 ¼ cups chopped pecans
1 cup evaporated milk	4 egg yolks, form eggs graded large
½ cup firmly packed light brown sugar	½ cup granulated sugar
9 tbsp. unsalted butter, cut into pats	1 tsp. vanilla

Combine coconut and pecans in small bowl and set aside. Pour small amount of evaporated milk into heavy-bottomed, nonreactive 2 quart pot. Add egg yolks. With large spoon, beat to mix well. Gradually and alternatively add remaining evaporated milk and both sugars, beginning with evaporated milk and stirring well after each addition. Add butter pats. Place over medium heat. Stir constantly until mixture just comes to a boil. Remove from heat immediately; mixture will be thin. Stir in coconut and pecans, and then add vanilla. Cool briefly, and then chill. As frosting chills, beat occasionally with large spoon. Frosting should thicken considerable to spreading consistency in 2 ½ - 3 hours.

Cake:

3 cups sifted flour	¾ cup Dutch process unsweetened cocoa powder
1 ¾ tsp. baking powder	1/8 tsp. salt
1 tsp. baking soda	2 cups + 2 tbsp. sugar
1 cup unsalted butter, softened	5 eggs, graded large
2 tsp. vanilla	
2 cups buttermilk	

Cut wax paper rounds to fit the bottoms of two 9" diameter layer cake pans; the pans must be 2" deep. Grease the pans and place the cut-to-fit wax paper in the bottoms. Grease the wax paper, flour the pans, knocking out any excess. Set pans aside. Sift together flour, cocoa powder, baking powder, baking soda, and salt; set aside. Preheat oven to 350 and adjust rack to center of oven. In large bowl of electric mixer, cream softened butter, sugar, and vanilla for 2 minutes at medium speed. Scrape bowl and beaters frequently during mixing process to ensure thorough blending. At low speed, add eggs one at a time; when all eggs have been added, increase speed to medium and beat for 1 minute. At lowest speed, add sifted dry ingredients in fourths and buttermilk in thirds, beginning and ending with dry ingredients and beating after each addition only until blended. Divide batter evenly between prepared pans. Level batter, and then push batter slightly higher up edges of pans, leaving a slight "trench" in the centers. From a height of about 3: drop each pan once onto a sturdy flat surface. Place pans in preheated oven. Bake 35-45 minutes, shifting positions of pans in oven about halfway through baking time. Cakes are done when toothpick inserted in centers of layers emerges with only a few moist crumbs clinging to it. Cook on rack 15 minutes. Gently loosen cakes

## GERMAN CHOCOLATE CAKE (con't)

from pan edges; invert onto cooling rack. Carefully peel wax paper from bottoms of layers and re-invert to cool right side up. Cool completely before frosting.

To assemble, if necessary, trim tops of cooled layers so they are level. Place one layer upside down on serving plate. Top with half the chilled, thickened frosting; spread the frosting almost, but not quite, to the edge of the layer. Top with second layer, right side up. Press gently together to force frosting to edge of first layer. Top second layer with remaining frosting and spread evenly over top. Serve immediately or chill until needed. Refrigerate any leftovers. A large, sharp, heavy knife is needed to cut this cake.

## RICE PUDDING

1/3 cup converted rice	1 ½ cup water
1/3 cup sugar	1 tsp. cornstarch
¼ tsp. salt	1 1/3 cups milk
1 tbsp. butter or margarine	½ tsp. vanilla
2 egg yolks beaten	raisins
Cinnamon	

Combine rice and water in medium saucepan. Bring to a boil. Reduce heat, cover and simmer 25 minutes, or until rice is very tender and most of water is absorbed. Combine sugar, cornstarch and salt. Add milk and sugar mixture to rice. Heat to boiling; boil 1 minute, stirring constantly. Remove from heat. Stir in butter and vanilla. Slowly stir about 1 cup of the hot rice mixture into beaten egg yolks in a bowl. Immediately pour back into saucepan. Cook over medium heat, stirring frequently, just until mixture starts to bubble. Serve warm or chilled, plain or with favorite topping.

## HAWAIIAN VINTAGE CHOCOLATE MOUSSE

4 oz. Kea'au Vintage chocolate	5 egg yolks
1 tbsp. sugar	

Melt the chocolate in a double boiler. Remove bowl from the heat and set aside. Beat the egg yolks and sugar until very fluffy. Combine into melted chocolate. In a mixing bowl beat the egg whites and add progressively the sugar: beat until the egg whites are stiff but not dry. Scoop about ¼ of the beaten whites onto the chocolate mixture and using a large rubber spatula, stir them into the mixture. Gently and quickly fold in the remaining whites. Pour the mousse into serving dishes and refrigerate for at least 4 hours. Can be served with lady fingers, brioche or sponge cakes.

## CHOCOLATE POUND CAKE

2 cups (12 oz. bag) semi sweet chocolate morsels, divided  
½ tsp. salt  
1 cup butter, softened  
4 large eggs, room temperature

3 cups flour  
1 tbsp. baking powder  
2 cups packed light brown sugar  
1 tbsp. vanilla extract  
½ cup milk

Preheat oven to 350. Grease 10-inch Bundt pan. Microwave 1 ½ cups morsels in medium uncovered, microwave-safe bowl on high power for 1 minutes. Stir. The morsels may retain some of their original shape. If necessary, microwave at additional 10-15 second intervals, stirring just until morsels are melted. Cool to room temperature. Combine flour, baking powder and salt in medium bowl. Beat sugar, butter and vanilla extract in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Beat in melted chocolate. Gradually beat in flour mixture alternately with milk. Spoon into prepared Bundt pan. Bake for 55-65 minutes or until wooden pick inserted in cake comes out clean. Cool in pan for 30 minutes. Invert cake onto wire rack to cool completely. Microwave remaining morsels in heavy duty plastic bag on high power for 45 seconds; knead bag. Microwave at additional 10-15 second intervals, kneading until smooth. Cut a small hole in corner of bag; squeeze to drizzle over cake.

## DARK MAIDENS IN SKIRTS (Germany)

1 cup margarine  
3 medium egg yolk  
1 cup milk  
2 tbsp. rum

2/3 cup sugar  
6 oz. semisweet chocolate  
30 Ladyfinger cookies  
½ cup whipped cream

Cream margarine and sugar. Beat in egg yolks. Melt chocolate in double boiler, add milk. Stir to combine thoroughly. Cool. Gradually add milk mixture to sugar mixture, blend well. Sprinkle ladyfingers with rum. In deep casserole dish, alternate ladyfingers with chocolate mixture. Chill for 2 hours and serve with whipped cream.

## APPLE CRISP

4 cups apples  
1 tbsp. cinnamon  
¾ cup flour

1/3 cup butter  
1 cup sugar  
2 tbsp. lemon juice

Butter a 7 x 11 inch pan. Slice apples and place in pan. Sprinkle with cinnamon. Blend flour with butter and sugar with pastry cutter. Then sprinkle over the apples. Bake at 350 degrees for 40 minutes. Serve warm with vanilla ice cream or whipped cream.

## BANANA PINEAPPLE ZUCCHINI CAKE

1 ½ cup sugar  
1 cup oil  
2 eggs  
3 over ripe bananas  
½ tsp. nutmeg  
½ cup crushed pineapple, drained  
1 tsp. vanilla

¾ cup sour milk  
1 tsp. baking soda and powder  
2 cups flour  
½ cup zucchini  
½ tsp. cinnamon  
¼ cup pecans, chopped fine  
1 tsp. butter and butter pecan extract,  
Optional

Cream sugar and oil in bowl until light and fluffy, add eggs, mix well, add bananas, and mix well. Add flour, baking soda, baking powder, extracts, cinnamon, nutmeg and sour milk, mix well. Add pineapple, zucchini and pecans. Spoon into greased and floured tube pan. Bake at 375 for 50-60 minutes. Combine powdered sugar and pineapple juice together to form a thin icing and add 3 tablespoons of crushed pecans to the icing. Drizzle icing over cooled cake.

*Very moist cake, won 1<sup>st</sup> place at Frederick County Fair Sept. 2002. Carolyn combined two different recipes from the Pennsylvania State Grange cookbooks to make this recipe.*

Carolyn Etzler

## BLUBERRY LOAF

1 cup sugar	3 tsp. margarine
2 eggs	½ cup milk
2 cup flour	2 tsp. baking powder
1 tsp. vanilla	1 pint blueberries
2 egg whites, stiffly beaten	

Cream together sugar and margarine. Beat in eggs and milk. Add flour, baking powder, and vanilla. Fold in blueberries and then fold in egg whites.

Pour into a greased and floured loaf pan. Bake at 350 for 2 hours.

*Note: Very moist and very good!!*

*Submitted in memory of a dear friend.*

Carolyn Etzler

## ADAMS APPLE

1 can apple pie filling	cinnamon to taste
1 large egg	1 tsp. vanilla
1 cup sugar	1 cup flour
1 tsp. baking powder	½ cup melted margarine

Empty filling into 8-inch square pan and sprinkle with cinnamon to taste. Beat egg slightly and add vanilla. In another bowl mix the sugar, flour and baking powder. Add egg and mix until crumbly. Sprinkle evenly over pie filling. Pour margarine over top and bake at 375 for 30 minutes or until golden brown.

*Note: Quick and easy.*

Carolyn Etzler

## DOUBLE TOFFEE TREAT

### Cake:

2 cups flour	1 cup sugar
2 tsp. baking powder	1 tsp. salt
1 small box instant vanilla pudding	1 small box instant butterscotch pudding
1 cup water	1 tsp. vanilla
¾ cup oil	
4 eggs	

### Topping:

1 ½ cup brown sugar, packed	1 cup chopped nuts
1 tbsp. cinnamon	

Combine all cake ingredients at low speed and beat 2 minutes at medium speed. Pour 1/3 batter into 9x13x2 inch greased pan. Sprinkle 2/3 topping mix. Pour remaining batter over topping and sprinkle with remaining topping mix. Bake at 350 for 40-50 minutes. Let cool and cut into squares.

*In memory of a dear friend.*

Carolyn Etzler

## APPLE PUMPKIN COFFEE CAKE

18 oz. box spice or carrot cake mix	5 large egg whites or ¾ cup egg substitute
1 cup water	2 oz. pecan chips
1 cup canned solid pumpkin	1 cup apple juice
8 oz. Gala apples, peeled and very thinly sliced	2 tsp. corn starch

Preheat oven to 350. Coat a spring form or bundt pan with cooking spray. In medium mixing bowl, combine cake mix, egg whites, water, and pumpkin. Using an electric mixer on low speed, beat until moistened, about 30 seconds. Scrape sides and beat on medium speed 2 minutes or until smooth. Sprinkle bottom of pan with pecans and lay out apple slices accordion fashion. Carefully pour batter over apples and bake 1 hour or until a wooden toothpick comes out clean. Meanwhile, in small saucepan, combine apple juice and cornstarch and stir until completely dissolved. Bring to a boil and cook 1 minute or until thickened. Remove from heat and cool completely. When cake is done, remove from oven and cool 5 minutes on wire rack. Inverting onto a serving platter, remove sides and bottom of spring form pan, and pour apple glaze all over.

Carolyn Etzler



## BANANA PECAN TORTE

Torte:

1 cup butter or margarine, softened	2 ½ cups sugar
4 eggs	2 cups mashed ripe bananas (~ 4)
2 tsp. vanilla extract*	3 ½ cup flour
2 tsp. baking soda	¾ tsp. salt
½ cup buttermilk	1 cup chopped pecans

Frosting:\*\*

8 oz. cream cheese, softened	½ cup butter or margarine, softened
3 ½ cups powdered sugar	1 tsp. vanilla
chopped pecans	

In mixing bowl, cream butter and sugar. Add the eggs, one at a time, beating well after each addition. Beat in bananas and vanilla. Combine dry ingredients; add to creamed mixture alternately with buttermilk. Stir in pecans. Pour into three greased and floured 9-inch pans. Bake at 350 degrees for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes, remove to wire racks to cool completely. For frosting, beat cream cheese, butter and sugar in a small mixing bowl. Add vanilla. Spread between layers and on top of cake. Sprinkle with pecans.

\* Carolyn uses butternut extract.

\*\*Can use Pillsbury cream cheese icing

Carolyn Etzler

## HONEY RUM MOUSSE (Puerto Rico)

6 egg yolks	1/3 cup honey
1 cup whipping cream	2 tbsp. spiced rum

Beat yolks and honey in a bowl until they have the stiff texture of meringue.

ALMOND RAPSBERRY CAKE  
(Greece)

1/3 cup brown sugar  
1/2 cup Quaker oats  
1/2 cup butter, chopped  
1/2 cup sugar  
1 cup almonds, chopped  
1/2 tsp. almond extract  
Confectioner's sugar

3/4 cup flour  
1/2 cup chocolate chips  
1/2 cup butter  
3 medium eggs  
1/2 tsp. salt  
1/2 cup seedless raspberry preserves

Combine brown sugar, flour, oats and chocolate chips, mix well. Cut in chopped butter. Pat the crumb mixture into 9 inch buttered pan. Cream together butter and sugar, add eggs, beat well, add almonds, salt and almond extract, mix well, spread preserves over crust, pour almond batter over the preserves, bake for 40 minutes at 350 degrees. Dust with Confectioner's sugar and serve.

PUTRID CAKE  
(Portugal)

2 1/2 cups flour  
1 tsp. ground anise  
2/3 cup sugar  
1 1/4 cups honey

1 tsp. ground cinnamon  
6 large eggs, separated  
1 1/4 cups vegetable oil  
1/4 cup Brandy

Preheat oven to 375 degrees; sift together flour, cinnamon and anise; beat egg yolks and sugar to consistency of mayonnaise; drizzle in oil, honey and brandy (in that order) and sifted dry ingredients; beat egg whites to soft peaks, fold into batter; pour into a well buttered tube pan; bake uncovered for 50 minutes.

## COCONUT PIE WITH TROPICAL FRUITS (Brazil)

9 inch pie shell  
4 medium eggs  
¼ tsp. salt  
2 tbsp. butter  
mango, sliced  
guava, sliced

2 cup milk  
½ cup sugar  
½ tsp. vanilla  
½ cup coconut, grated  
papaya, sliced

Chill pie shell for 30 minutes before baking. Preheat oven to 350 degrees. Scald the milk in a double boiler until bubbles form around the outer edge of the pan. Beat the eggs in a bowl and add the sugar, salt, vanilla, butter and grated coconut. Stir in the scalded milk and transfer to the pie shell. Bake for 30 minutes or until the custard sets. Remove from heat and let cool. Transfer to the refrigerator. Cut the pie and decorate with carved fruit slices.

## ENGLISH APPLE CINNAMONCOFFEE CAKE

¾ cup butter  
juice from one lemon  
1 cup flour  
1 tsp. cinnamon  
½ cup raisins  
1 tbsp. honey, warmed  
cinnamon sugar topping

½ cup brown sugar  
3 large eggs  
½ cup whole wheat flour  
½ cup milk  
2 medium apples, peeled and  
sliced

Preheat oven to 350. Beat butter and brown sugar until fluffy. Add lemon juice and eggs, beat well. In another bowl, stir together the flours and cinnamon. Fold flour mixture into brown sugar mixture, add milk and raisins. Pour batter into 9 x 13 springform pan. Arrange apples on top. Bake 1 hour. Brush with warm honey sprinkle with cinnamon sugar.