

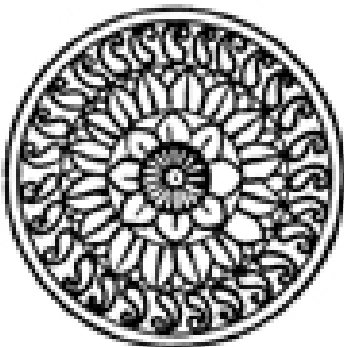


A NALWO Recipe Collection

from
25
Years
of
Cooking
Demonstrations

by the
Women
of
Fermilab

May 2011





This collection of recipes from past NALWO cooking demonstrations was selected and edited by Mady Newfield and Selitha Raja, with assistance from Annamaria Feher.

This book is dedicated to Barbara Oddone, for her continuing support and encouragement, and to all those women in the history of Fermi National Accelerator Laboratory who helped, learned from, and befriended each other through NALWO, the National Accelerator Laboratory Women's Organization.



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A Chronological List of the past 25 years of NALWO cooking demonstrations and recipes

date	Title/Ethnicity	Participants
January 14, 1986	Chinese Cooking Demonstration	unknown
March 18, 1986	Japanese Cooking Demonstration	unknown
March 13, 1987	Chinese Cooking Demonstration	unknown
April 21, 1987	Hispanic Cooking (Mexico, Argentina, Dominican Republic)	Dolores Henestoza, Letty and Jaime Stein, Diana Calvo, Maria Elena Vignoni, Tita Jensen
May 26, 1987	Introducing the Flavours of India	Selitha Raja, Swapna Mondal, Karuna Joshi-Peters
April 25, 1988	Turkish Cooking	Diane Cihangir
May 23, 1988	German Cooking	Vreny Caspers, Madeleine Dittus, Roswitha Lindner, Avril Quarrie, Selitha Raja, Regine Roser
April 3, 1989	American Jewish Dairy Cooking	Sue Mendelsohn, Mady Newfield
November 20, 1989	Appetizers Around the World	Bok-Yung Ahn, Greta Anema, Elaine Fachin, Annamaria Feher, Mann-Mei Hsiung, Tita Alvarez Jensen, Ruth Johnson, Adrienne Kolb, Sue Mendelsohn, Meenakshi Narasimham, Mady Newfield, Tanya, Terentyeva, Francoise Tiesserant, Jola Tkaczyk, Gabriella Turco, Nina Vasilyeva, Urshula Wood, Mari Yamanada
April 15, 1991	Korean Cooking	Mi-Ja Lee, Myung-Sook Yun, Bok-Yung Ahn, Eun-Sun Yu, Hyeryun Park, Kyung-Hee Kim, Seung-yun Park, Jungran Kim, You-Mie Chung
September 23, 1991	Russian Cooking	unknown
April 1, 1993	The Cooking of Eastern Europe	Annamaria Feher, Barbara Kuzminski, Mady Newfield, Liliana Popovic
May 19, 1993	Chinese Dumplings	Yingbo ?
May 28, 1993	The Flavors of India	Mamta Kohli, Tanuja Mishra, Selitha Raja
February 24, 1995	Meals on the Run - Quick Culinary Basics and Favorites of	Tita Jensen the chef of Chez Leon
June 23, 1995	A Demonstration of Armenian and Turkish Cooking	Isabella Oganessian, Leyla Harfoush
September 29, 1995	Soup and Bread	Tita Jensen
November 6, 1995	Thanksgiving Across America	Rose Moore, Louise Johnson, Sue Mendelsohn
April 24, 1998	Mexican Cooking Demonstration	Trinidad Castilla, Maricela Reyes

February 8, 2002	Russian Cooking Demonstration	unknown
November, 2002	Spanish Cooking Demonstration	Empar Cassanova I Plana
April 4, 2003	Russian Lowfat Cooking Demonstration Tatiana Terentieva and Friends	
August 9, 2004	Lewis & Clark Expedition - Recipes of the American Frontier Rose Moore, Pat Read, Sandy Spiegel, Pauline Berberian	
April 24, 2006	The Flavours of India Shraddha Dube, Mady Newfield, Madhumita Paul, Selitha Raja	
March 12, 2007	German Cooking Demonstration Angela Jostlein, Petra Naujokat, Selitha Raja, Claudia Schaefer	
April 14, 2008	Native American Cooking of the Southwest Indian Nations Julianna Greer, Susan Kayser, Rose Moore, Mady Newfield	
November 17, 2008	Thanksgiving Across America Cynthia Albright, Rose Moore, Margie Nagaitsev, Mady Newfield, Pat Read	
April 24, 2009	A Demonstration of Mexican Cuisine Laura Erandi Robles Roman, Liliana Hernandez	
April 16, 2010	Recipe Exchange Potluck Lunch	various

Appetizers

Cilantro (Dhaniya) Chutney

Ingredients:

1 large bunch of cilantro (dhaniya in Hindi, coriander in English)

¼ onion, chopped

2 cloves of garlic, chopped

1 inch piece of ginger, peeled and sliced

½ cup of yogurt

1 cup coconut powder (unsweetened desiccated coconut, available in Indian grocery stores or in some general grocery stores in the international section).

Salt and chili powder to taste

Preparation:

Wash and chop cilantro and put in a blender together with onion, garlic and ginger. Add yogurt and blend (you may have to add a little more yogurt or water). Using a spatula, pause a few times and push down cilantro. Blend until it is all liquid. Transfer to a bowl and stir in the coconut powder and then salt and chili powder depending on how hot you want the chutney to be. For a thicker consistency add more coconut. Let it stand overnight; the next day the coconut will have absorbed the liquid and the consistency will be a little thicker.

If used as a condiment, the chutney should be more liquid; if used as a sandwich spread it needs to be fairly thick.

For chutney sandwiches spread butter on slices of white bread, add cilantro chutney, place another slice with butter and chutney on top and cut off the crust. Cut double slices into four triangles.

Indian Cooking Demonstration, April 2006, presented by Selitha Raja



Armenian Eggplant Caviar

Ingredients:

4 thin eggplants
1 red pepper
1 green pepper
1 large onion, chopped
½ pound carrots, peeled and shredded
1 tomato, sliced
½ bunch cilantro, chopped
salt and pepper to taste
olive oil for frying

Preparation:

Line a pan with foil, place eggplants and peppers on it. Cook on low setting, turning from time to time, until vegetables are blackened and cooked through. (This can also be done under a broiler or on a grill.) Peel the peppers, core and chop. Scoop the eggplant out of the blackened skin, chop and mash with fork.

Fry the onion in olive oil until golden. Add tomato and fry briefly, then add prepared eggplant and peppers and fry a few minutes more. Add salt and pepper to taste. Chill the mixture and add chopped cilantro before serving.

Armenian Cooking Demonstration, June 1995, presented by Leyla Harfoush

Chopped Herring

Chopped herring is often served as an appetizer on crackers, bread or matzo. It can be the filling for a sandwich or a luncheon salad.

Ingredients:

1 pint jar of pickled herring, including the onions in the jar
1 tart unpeeled apple
1 medium onion
1 slice of bread (preferably challah) dipped in white vinegar
2 hard boiled eggs

Preparation:

Drain liquid from jar of herring. Chop everything fine and mix well. (Simply put it all in a food processor and blend, if you have one! When I was young, we put it all through a hand-cranked meat chopper. When I was younger, my grandmother used a hand-held chopper with a curved blade and a shallow wooden bowl.) Chill. Eat.

American/Jewish Cooking Demonstration, April 1989, presented by Sue Mendelsohn

Fish with Marinade from Russia

Serves 6

Ingredients:

1 pound fish fillets (any firm, white fish)
1 cup olive oil
 $\frac{2}{3}$ cup wine vinegar
 $\frac{1}{2}$ pound onions, thinly sliced
 $\frac{1}{2}$ pound carrots, peeled and shredded
1 teaspoon salt
 $1\frac{1}{2}$ tablespoon sugar
1 tablespoon tomato paste
 $\frac{1}{3}$ cup of water

Preparation:

In a heavy skillet heat oil and sauté onion until lightly golden. Add carrot and tomato paste and sauté for about 5-7 minutes more. Stir well. Then transfer this mixture into a medium saucepan, add salt, sugar, vinegar and water. Stir well and cook over low heat about 20 minutes, stirring occasionally.

Place fish fillets, lightly salted, in a medium baking dish and cover with sauce mixture. Cover pan with foil and bake in 400° F preheated oven for 20 minutes.

Chill well and serve.

Russian Cooking Demonstration, November 1989, presented by Nina Vasilyeva

Salmon Spread

Ingredients:

8 ounce can of salmon (pink is fine)	$\frac{1}{2}$ teaspoon dill weed
1 teaspoon hickory smoke	2 teaspoons lemon juice
$\frac{1}{2}$ cup walnuts, chopped	7-9 drops Tabasco sauce
8 ounces cream cheese	

Preparation:

Drain salmon, remove bone and skin. Mix everything together.

You can use a Cuisinart, then add walnuts later.

Serve with chunks of celery, or crackers. (I usually use a pound can of salmon and double everything else)

Appetizers Around the World Cooking Demonstration, Nov. 20, 1989, presented by Greta Anema

Man Doo - Mixed Meat and Vegetables Wrapped in Wonton Skin

Ingredients for dish:

2 packages of wonton skins
(3½ inch circle or 4 inch square)
½ pound lean ground beef
½ pound lean ground pork
2 medium onions, chopped
1 medium cabbage, chopped
1 teaspoon salt

Ingredients for seasoning:

2 tablespoons peanut butter
1 tablespoon soy-sauce
1 tablespoon cornstarch
2 green onions, chopped
¼ teaspoon pepper
1 teaspoon salt

Ingredients for dipping sauce:

1 teaspoon soy sauce
1 teaspoon rice wine
½ teaspoon vinegar

Preparation:

Sprinkle the vegetables with salt. Mix well and set aside. After 10-15 minutes, wrap the vegetables in cheese cloth or thin kitchen towel, twist and squeeze tightly so that the liquids are extracted.

Place the meat and vegetables in a large bowl, add seasoning ingredients, mix all together (by hand is the best) so the mixture is smooth and homogenous.

Moisture the edges of the circles or squares of the wonton skin with water. Place a teaspoon of the filling in the center, fold the square in half on a diagonal. Press together to seal them.

For Frying:

Heat the oil in the deep-fryer or wok to 340° F and fry a few mandooos at a time about 2-3 minutes or until golden brown. Serve with a dipping sauce.

For Boiling:

Prepare the mandooos into crown shaped pieces.

Bring the water to a boil, and add the pieces to cook about 5-7 pieces. Drain well and serve immediately with the sauce

Korean Cooking Demonstration, April 1991, presented by Bok-Yung Ahn

Classic Chopped Liver

Ingredients:

½ pound liver; I prefer calf or beef; chicken or other liver can be also used
2 medium onions, sliced
chicken fat - oil or butter can be also used
2 hard-boiled eggs
cinnamon, salt, black pepper to taste

Preparation:

Broil or sauté liver. Sauté onions in chicken fat. Put liver, onions and eggs into food processor and chop; or chop fine using curved blade and wooden bowl (like grandma). Add cinnamon, salt, pepper and mix well. Chill.

Serve with crackers or thinly sliced dark pumpernickel or rye bread. Grandpa likes a dab of mustard on top - yummy!

If you like, it is easily shaped (use hands, wooden spoons or spatulas) and decorated with red, yellow, green peppers, black olives, etc.

Leftovers make delicious sandwiches. Use mustard, lettuce and tomato ... or try some New York delicatessen specials:

Chopped liver and corned beef, chopped liver and pastrami,
chopped liver and Bermuda onion, chopped liver and turkey breast.

American/Jewish Cooking Demonstration, November 1989, presented by Sue Mendelsohn

Mushroom Appetizer

Ingredients:

1 pound of (small) mushrooms
1 cup water
½ cup white wine vinegar
¼ cup olive oil
½ teaspoon sugar

1 teaspoon tarragon
½ teaspoon thyme
1 bay leaf
2 shallots, sliced thin
dash of salt

Preparation:

Wipe the mushrooms clean with a damp cloth. Combine the remaining ingredients and bring them to a boil. Add mushrooms to above mixture, reduce heat, and simmer 30 minutes. Let the mushrooms cool in the liquid. Remove mushrooms, chill, serve. (The liquid may be saved and used as a base for salad dressings, etc.)

Appetizers Around the World Cooking Demonstration, November 1989, presented by Sue Mendelsohn



Pastelitos

Makes about 70 pastelitos

Ingredients for dough:

1 pound flour
¾ cup plus 1 tablespoon water
2 egg yolks
2 teaspoons salt
2 ounces butter
½ teaspoon baking powder

Ingredients for marinade:

2 cloves garlic, minced
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon oregano
½ teaspoon Worcestershire sauce
1 onion, diced
2 teaspoons vinegar
1 bay leaf

Ingredients for filling:

1 pound chicken breast
2 tablespoons tomato paste
½ cup water
1 parsley sprig
2 ounces ham, diced
2 tablespoons corn oil
1 tablespoon capers
8 olives, diced
2 tablespoons raisins
2 hard-boiled eggs, chopped
1 tablespoon pimentos, chopped
oil for frying

Preparation of marinade:

Mix all ingredients for marinade. Add ham and chicken pieces and marinate in refrigerator up to 24 hours (the longer the better).

Preparation of dough:

Beat yolks with butter. Add water. Mix in dry ingredients. Knead until well-mixed and smooth. Wrap in plastic-wrap and refrigerate for 30 minutes.

Preparation of filling:

Heat corn oil and lightly brown chicken and ham pieces. Add liquid, water, and tomato paste. Cover and cook for 25 minutes. Remove chicken pieces, remove meat from bones and dice, and add chicken meat back to liquid. Also add capers, pimentos and raisins. Cook for 6 minutes. Add olives and eggs. Cool.

Preparation of Pastelitos:

Roll pastry and cut into 2 inch rounds. Put a teaspoon of filling on each round. Fold in half. Dab water on the edge and press closed. Press with tines of fork on edges.

Deep-fry in hot oil for a few minutes. Drain on paper towels.

Appetizers Around the World Cooking Demonstration, November 1989, Dominican, presented by Tita Jensen

Yingbo's Chinese Dumplings

Dough:

About 6 cups flour

2 or more cups water to make a solid dough

Mix and knead thoroughly; cover with plastic wrap and let rest.

Filling:

About one pound ground pork (we used a bit more)

1 tablespoon mushroom soy sauce

3 cloves finely chopped garlic

2 teaspoon salt

1 tablespoon finely chopped green onions

1 egg

8 ounces raw shrimp, shelled and finely chopped (but save about 6 shrimp whole)

8 big leaves Chinese cabbage, finely chopped and water squeezed out well

1 teaspoon sesame oil, drizzled on

Mix well

To make dumplings:

Shape about a cup of dough into a long rope, about 1½ inches in diameter. Cut rope crosswise into ½ inch wide pieces. Dust with flour and flatten with hand into circles. Roll out circles, using small wooden rolling pin and putting thumb in center and turning dough with each short roll.

Fill with pork/shrimp mixture in center of dough; pinch edges together well. For plain technique fold circle into a half-moon shape and crimp edges together; for double-circle technique use slightly more filling and pinch 2 circles together around diameter, fold bits of edges to look sort of like braid.

Bring a big pot of water to a boil, adding reserved shrimp and any leftover bits of filling for flavoring. Boil dumplings in batches, about 12 -15 minutes. Serve with:

Sauce:

6 cloves garlic, finely chopped

2 tablespoons soy sauce

4 teaspoons black vinegar

2 teaspoons sesame oil

Mix together.

Chinese Cooking Demonstration, May 1993, presented by Yingbo

Soups

Autumn Squash Soup

Serves 12 (10 cups)

Ingredients:

1 large acorn squash (1¾ pound) - do not substitute
1 medium butternut squash (1¾ pound) - do not substitute
1 medium spaghetti squash (2 pounds) -- can be substituted by other types of squash
3 tablespoon olive oil
1 cup chopped onion
1½ tablespoon minced garlic
1 teaspoon each: thyme, rosemary
½ teaspoon grated nutmeg
salt, ground pepper and/or cayenne pepper to taste
4-5 cups chicken stock or broth

Preparation:

Put rack in center of oven and heat to 350° F.

Halve squashes. Use large spoon to remove seeds from cavities. Rub the cut surfaces with 1 tablespoon of oil. Place cut side down on jelly roll pan. Bake until tender, about 1 hour.

Meanwhile heat remaining 2 tablespoons of oil in a 4-quart pot. When hot add onions and garlic, cook gently until softened but not browned, about 5 minutes, stirring often. Add herbs, nutmeg and broth, then set aside, off from the heat.

When squash is cool enough to handle, scoop flesh from the shells and add to pot (about 5½ cups of solid-packed squash). Simmer, covered about 30 minutes, stirring often to prevent sticking.

Puree soup in batches in blender or food processor until smooth or use a blender stick. If soup is too thick then thin with broth. Adjust seasoning to taste. Serve hot or chilled.

Can be made 3 days ahead and refrigerated or frozen for up to 6 months.

Thanksgiving Across America Cooking Demonstration, November 1995, presenter unknown

Chicken and Corn Chowder

Serves 2

Ingredients:

3 slices of bacon, chopped
1 medium onion, chopped
1 can of chicken broth (14½ ounce)
1 large russet potato, peeled, cut into ½ inch pieces
2 cups of corn kernels (fresh or frozen)
1 cup skinless, boneless chicken thighs, cut into ½ inch pieces
2 tablespoons chopped fresh thyme or 1½ teaspoon dried
1 cup half-and-half

Preparation:

Cook bacon in heavy, large saucepan until brown and crisp, about 5 minutes. Transfer bacon to paper towels and drain. Discard all but 2 tablespoons drippings from the pan; add onion and sauté to soften. Add broth and potato. Cover pan and simmer 5 minutes. Then add corn, chicken and thyme. Partially cover pan and simmer until chicken is cooked through and vegetables are tender, about 8-10 minutes. Add half-and-half and bring to simmer, about 2 minutes. Season chowder to taste with salt and pepper. Sprinkle with bacon pieces and serve.

Lewis & Clark Cooking Demonstration, August 2004, presented by Rose Moore



Lentil (or Split Pea) Soup

Ingredients:

1 pound dry lentils, washed
2 onions, whole
6 cloves garlic
3-4 carrots, sliced
1 bay leaf, salt, pepper, other herbs to taste
1 large can of whole peeled tomatoes
2 quarts of water

Optional:

1 pound Polish sausage, cut into slices at an angle
1 green pepper, chopped
1 tablespoon vinegar (I like balsamic vinegar)

Preparation:

Combine all ingredients in a pot with water. Bring to boil and simmer 90 minutes to 2 hours, stirring occasionally.

Serve with salad and bread for complete meal, or as a first course.

The same recipe can be used with yellow or green split peas.

Meals on the Run Cooking Demonstration, February 1995, presented by Tita Jensen

Sopa de Tortilla

Ingredients:

Corn tortilla chips
2 tablespoons cooking oil
1 can of peeled tomatoes (16 ounce)
2 tablespoons tomato puree
1 quart (about a liter) chicken stock
2 whole green chilies (optional)
½ onion, finely chopped
1 cup shredded mozzarella cheese
5 tablespoons sour cream
1 small avocado, cubed
Chicharron (pork skin) bits (optional)

Preparation:

Sauté onions in hot oil. Liquidize tomatoes (with juice) and tomato puree, add to the onions and cook for a few minutes. Add the chicken stock, pepper and green chilies. Bring to boil and simmer uncovered for 15-20 minutes.

Just before serving, add corn chips to simmering soup and boil for 5-10 minutes, but watch that corn chips don't become too soft. Serve individually by sprinkling top with cheese, cream, avocado and chopped onions. Eat immediately.

You can also serve soup bare, serve the topping ingredients on a plate and let people add to soup to taste.

Remember to remove chilies before serving.

Hispanic Cooking Demonstration, April 1987, unknown presenter



Spas (Cold Yogurt Soup from Armenia)

Ingredients:

1 cup barley
4 cups salted water
2 medium onions, chopped
oil for frying
1 egg
1-2 tablespoons flour
pinch of salt
4 cups yogurt
8 cups water
fresh tarragon or oregano

Preparation:

Boil the barley in the salted water until the tender, about 1 hour.

Sauté the onions in oil.

Beat the egg with flour and salt (add enough flour to achieve desired consistency.) Add the yogurt, water and onions. Place this mixture on the stove and cook, stirring occasionally, over low heat until thickened. When near boiling, add barley and let it come to a boil. Stir constantly. Add salt and oregano.

Chill the soup and add chopped fresh herb(s). Serve cold.

Armenian and Turkish Cooking Demonstration, June 1995, presented by Isabella Oganessian

Yogurt Corbasi (Yogurt Soup)

Ingredients:

25 ounces of yogurt
3 cups water
2 tablespoons flour
2 teaspoons salt
1 tablespoon ground beef
1 tablespoon mint flakes
1 small onion
3 tablespoons olive oil
¼ cup rice

Preparation:

Cook the rice with 2 cups water in large pot until tender. Mix flour in large bowl with salt and small amount of water. Add yogurt and stir. Pour into pot with rice. Stir until all is mixed smoothly and let boil. Add a dash of salt and pepper to the ground beef and mix together. Make tiny meatballs and put into boiling pot of soup. As these cook, sauté onions in olive oil in frying pan. Brown the onions all over and near the end add mint to fry for a minute or two. When meatballs are cooked, turn off heat and add onions to soup. This should be done just before serving. Serve hot before the rest of the meal.

Turkish Cooking Demonstration, April 1988, presented by Diane Cihangir

Salads

Cucumber and Seaweed Salad

Ingredients:

1 to 1½ tablespoon sugar (according to taste)
1 tablespoon soy sauce
¼ teaspoon salt
1 tablespoon fish stock or sake (Japanese rice wine)
½ cucumber, thinly sliced
1 cup moistened wakame seaweed
1 cup cooked bean thread
2 sticks imitation crab meat

Preparation:

Mix sugar, soy sauce, salt and stock (or sake). Salt the thinly sliced cucumber and set aside. When wilted, lightly squeeze excess liquids before using in salad. Chop wakame seaweed into small pieces. Cut the bean thread. Cut the fish cake. Mix all together.

Japanese Cooking Demonstration, March 1987, presenter unknown

Bavarian Potato Salad

4 Servings

Ingredients:

8-10 medium sized red potatoes
1 medium sized onion
3 tablespoons olive oil
2 tablespoons white balsamic vinegar
½ cup of vegetarian broth (from ½ cube)
Pinch of salt to taste

Preparation:

Scrub potatoes and boil whole with skin on for 40 min.
Let potatoes cool. Peel and finely chop onion. Peel potatoes and slice finely. Add onion and oil. Mix thoroughly. Then add vinegar, broth and salt. (It is important that potatoes are first coated with the oil before adding liquids).

German Cooking Demonstration, May 1988, presented by Selitha Raja

Cucumber Raita (yogurt with grated cucumber)

Ingredients:

1 medium size cucumber
1 pound plain yogurt
¼ teaspoon salt (optional)
1 tablespoon chopped cilantro
freshly grated black or red pepper (according to taste)

Preparation:

Peel and grate cucumber. Mix with the yogurt. Add cilantro and salt if desired. Sprinkle pepper over the top. Refrigerate. Raita is served cold as an accompaniment to an Indian meal.

Some alternatives:

Boiled, pureed spinach, boiled, diced potatoes, chopped onions and tomatoes, finely chopped mint, or small pieces of fried eggplant will combine well with plain yogurt to make a different raita. A pinch of salt and pepper (red or black), or paprika, or ground roasted cumin seeds are some of the spices that can be used to add interest to a raita.

Indian Cooking Demonstration, May 1987, presented by Karuna Joshi-Peters

Piyaz - Bean Salad

Ingredients for salad:

1 pound dried northern beans or black eyed peas
1 large red onion, chopped
1 bunch green onions, sliced
½ package radishes, sliced

Ingredients for dressing:

¼ cup olive oil
¼ cup lemon juice
2-3 tablespoons dried dill
salt to taste

Preparation:

Soak beans for a few hours. Drain, then boil 20-30 minutes with fresh water. Drain, rinse with cold water. Add other salad ingredients. Mix all ingredients for dressing then add to salad. Serve cold.

Armenian and Turkish Cooking Demonstration, June 1995, presented by Diane Cihangir

Spinach Salad With Black Sesame Dressing

Ingredients:

4 tablespoons black sesame seeds, toasted and ground
1 tablespoon soy sauce
1 to 1½ tablespoon sugar (according to taste)
1 bunch of spinach (green beans can be substituted)
pinch of salt

Preparation:

Mix sesame seeds, soy sauce and sugar. Cook spinach in boiling water with a pinch of salt. Drain well. Cut into 1 inch long pieces. Mix vegetable with sesame mixture.

Chinese Cooking Demonstration, January 1986, presenter unknown

Sze-Chuan Cucumber Relish

Ingredients:

1¼ pounds cucumbers (about 7 pieces)
15 slices garlic
1 teaspoon brown peppercorns (Szechuan peppercorns)
1 teaspoon hot bean paste
2 tablespoons hot oil (hot red pepper oil, if available)
1 tablespoon salt
2 teaspoons sugar
1 tablespoon brown vinegar
2 tablespoons sesame oil

Preparation:

Cut off and discard both tips of cucumbers, then cut into diagonal or triangle shapes (or cut into 2 inch pieces). Sprinkle with salt and let it stand in bowl 2-3 hours.

Wash cucumber pieces with cold water, drain well and put them back in the bowl.

Mix with other ingredients and soak at least 3 hours.

Can be kept in refrigerator for up to one week, covered.

Chinese Cooking Demonstration, March 1987, unknown presenter

Sweet and Sour Cabbage Salad Peking Style

Ingredients:

2 pounds Chinese cabbage, cut into 1½ inch shreds
⅓ cup red, hot peppers, shredded
1 tablespoon ginger, shredded
½ tablespoon brown peppercorn
1½ tablespoons salt
5 tablespoons sugar
5 tablespoons vinegar
5 tablespoons sesame oil

Preparation:

Sprinkle salt on cabbage, mix well and soak about 4 hours. Squeeze out the brine then mix cabbage with peppers and ginger.

Heat sesame oil, add brown peppercorn and fry until darkened and smells good. Add sugar and vinegar and bring to a boil. Pour this liquid mix over cabbage immediately and mix well. Cover with lid and soak for at least 4 hours.

Can be kept in refrigerator for up to one week.

Chinese Cooking Demonstration, March 1987, unknown presenter

Vinaigrette Salad

Ingredients:

3-4 hearty garlic pickles, preferably "Claussen" brand
3-4 baked potatoes (allow 1/2 potato per person)
1 medium carrot, cooked
2 beets, cooked
1 small onion, finely chopped
2 tablespoons olive oil
salt and mustard to taste

Preparation:

Peel potatoes, carrot and beets. Cut vegetables and pickles into small cubes. Add onion and salt.

Mix oil and mustard with 2-3 tablespoons of the marinade from the pickle jar. Pour mixture over vegetables. Mix well.

Russian Lowfat Cooking Demonstration, April 2003, presented by Tatiana Terentieva

Side Dishes

Blini - Russian Crepes with Yeast

Ingredients:

1 cup warm milk
¼ cup hot milk
1¼ cups all-purpose flour
2 tablespoons sugar
⅓ teaspoon salt
3 eggs
2 teaspoons dry yeast
1 stick of butter, melted
oil or oil spray for frying

Preparation:

Mix the warm milk, one third of the flour, yeast, sugar and salt, and set aside in a warm place for 20-30 minutes.

Add eggs, the remainder of the flour and mix until smooth. If mixture seems too thin, add more flour. Put in a warm place to rise.

Add the hot milk and mix thoroughly. Let rest for 10 minutes.

On a well-greased, heated frying pan drop about ¼ cup of the batter into the center and tilt it in all directions. The batter should cover the pan with a light coating. After 30 seconds or so, turn it and brown lightly.

Transfer the crepes as done to the plate or rack and coat with melted butter. Serve alone or with different fillings.

Suggestions for fillings: sour cream, honey, jam, caviar, salted salmon, fried bacon, chopped hard cooked eggs with melted butter.

Russian Cooking Demonstration, February 2002, unknown presenter

California Chipotle Sweet Potatoes

Serves 8

Ingredients:

5 pounds sweet potatoes, peeled and cooked
1½ to 2 cans chipotle chilis in adobo sauce, minced and mashed to a paste
3 tablespoons unsalted butter, cut into pieces and softened
salt and pepper to taste

Preparation:

With an electric mixer, beat the potatoes with chili paste, butter, salt and pepper, until smooth. Spread in a buttered 2-quart shallow baking dish.

Preheat oven to 350° F. Bake potatoes in middle of oven until hot, about 20-25 minutes.

Thanksgiving Across America Cooking Demonstration, November 1995, unknown presenter

Mexican Zucchini

Serves 4

Ingredients:

3 zucchinis, chopped
½ of a small onion, finely chopped
kernels removed from 1 fresh corn cob
4 Roma tomatoes, chopped (seedless and skinless)
2 bay leaves
1 serrano pepper
oregano and salt to taste
2 tablespoons butter or margarine
Fresh cheese, cubed (optional)

Preparation:

In a large frying pan melt the butter or margarine and sauté the onions until they become transparent. Add the corn kernels and sauté for a few minutes, then add the zucchinis and the serrano pepper and sauté for about 5 minutes. Add the tomatoes, salt and oregano, cover tightly and cook on a very low heat for about 10 minutes. Mix in the small cubes of cheese (optional).
Serve hot.

Mexican Cooking Demonstration, April 1998, presenter unknown

Mexican Rice

Serves 4-6

Ingredients:

1 cup Riceland rice
1 tablespoon oil
3 Roma tomatoes
1 clove of garlic
¼ cup onion, chopped
1 handful of cilantro, chopped
1 small carrot, chopped
½ cup fresh corn grains
½ cup green peas
2½ cups chicken stock

Preparation:

In a food processor blend the tomatoes, onion and garlic. Set aside

Rinse the rice in warm running water.

In a large frying pan heat the oil and sauté the rice until slightly yellow-brown. Add the processed tomato mix and cook for a few minutes, mixing carefully with the rice. Add the chicken stock, bring to a boil, then lower the heat to the minimum. Add the vegetables and the cilantro. Let it simmer for about 20 minutes or until the liquid has been absorbed.

If you use frozen peas, add them a few minutes before the rice is done. When using fresh peas, precook them in a cup of water until soft, and mix with the rice at the end.

Mexican Cooking Demonstration, April 1998, unknown presenter



Chole - Indian Garbanzo Beans

Serves 4-6 persons

Ingredients:

2 cans of garbanzo beans
½ inch piece of ginger, coarsely chopped
1 medium potato, boiled and diced (optional)
3 cups water
fresh cilantro leaves, washed and chopped
1 small tomato, chopped

Spices:

1 cinnamon stick
2 black cardamom pods
1 teaspoon pomegranate seeds
2 bay leaves
2 teaspoon garam masala
½ teaspoon salt

Preparation:

Drain and wash the garbanzo beans. Combine beans, ginger and spices, except garam masala, in a large pot and bring to boil over medium heat. Reduce heat, stir and cook covered for one hour. When the beans are completely soft, almost falling apart, mix in garam masala. If using potato, add at this point. Add chopped tomato and mix well. Turn off heat, cover and let it sit for 15 minutes, allowing the flavors to blend.

Garnish with fresh cilantro. Serve with rice or bread.

Indian Cooking Demonstration, May 1987, presented by Karuna Joshi-Peters



Madhumita Paul, 2006 Indian Cooking Demonstration

Main Dishes



Avial - South Indian Vegetable Dish

Serves 4-6 persons

Ingredients:

2 pounds of crisp vegetables (carrots, beans, bell peppers, celery, tindora, kohlrabi, etc)

2 teaspoons salt

½ teaspoon turmeric

1 inch piece of ginger, coarsely chopped

1½ cup desiccated coconut (dried coconut powder) without added sugar

¾ cup plain yogurt

serrano peppers to taste (2-3 for mild, more if you like it hot)

6-8 curry leaves

1 teaspoon black mustard seeds

2 tablespoons oil

Preparation:

Cut the washed vegetables into 1" long pieces. Combine with turmeric, salt and 1-2 cups of water - use as little water as possible. Boil covered until the vegetables are done, about 15-20 minutes.

Grind coconut, yogurt and serrano peppers to a fine paste. Add a little water if necessary. Add to cooked vegetables and let it simmer for 2 minutes.

In a small saucepan heat oil, add the mustard seeds and curry leaves. When the mustard seeds begin to pop, pour the hot oil over the vegetables. Mix and serve.

Indian Cooking Demonstration, May 1987, presented by Selitha Raja

Beef Rouladen with Braised Red Cabbage

Ingredients for meat roll-ups:

4 sandwich steaks
4 baby dills
4 slices of bacon
2 medium onions, sliced
1 tablespoon mustard
½ teaspoon ground pepper
Maggi seasoning
4 toothpicks or thread
water
cornstarch or flour

Ingredients for braised red cabbage:

1 small red cabbage, finely shredded
2 medium onions, sliced
3 apples, sliced
¼ cup red wine vinegar (to taste)
3 tablespoon brown sugar (to taste)
8-10 caraway seeds (to taste)
salt, pepper to taste
oil or margarine for frying
1 tablespoon red currant jelly or
cranberry sauce (optional)

Preparation of meat roll-ups:

Spread mustard and pepper onto one side of the steaks. Place one slice of bacon on top. Place the dill at one end of the meat and roll up. Secure with a toothpick or thread and set aside.

Fry onions lightly in oil or margarine. Remove from pot and set aside.

Brown the rolled-up meat on all sides, then return the fried onions to the pot. Add a little water (about halfway up the meat pieces), add the Maggi seasoning to taste. Cover and allow to cook gently for about one hour. (This can also be done in the oven at 350° F). Thicken the sauce with cornstarch or a flour-water mixture.

Preparation of cabbage:

Fry the onions gently in a pot, add the red cabbage and fry for another few minutes. Add the apple slices, caraway seeds, salt and pepper and mix well. Add the vinegar and sugar (adjust amounts as needed). Cover and simmer for one hour. Check often and add water if needed, but never cover the cabbage completely with liquids.

After it is done, add redcurrant jelly or cranberry sauce if available and mix well.

German Cooking Demonstration, May 1988, presented by Avril Quarrie

Chop Chae - (Mixed Vegetables with Noodles)

Ingredients for dish:

¼ pound lean beef
6 ounces transparent noodles
½ of a medium carrot
1 medium onion
1 medium green pepper
2 green onions
5 pieces of dried mushrooms
3 tablespoons cooking oil
1 egg pancake

Ingredients for beef seasoning sauce:

2 teaspoons soy sauce
2 teaspoons sugar
2 teaspoons sesame oil
2 teaspoon rice wine
¼ teaspoon pepper

Seasoning ingredients for dish:

1 tablespoon soy sauce
2 tablespoons sesame oil
salt and pepper to taste

Ingredients for egg pancake:

1 egg
small amount of cooking oil

Preparation:

Cut the meat into very narrow strips. Place in a bowl, add seasoning sauce, mix well and set aside.

In a separate bowl soak the mushrooms in cold water for 20 minutes. Then rinse, remove the stems and slice into ⅛ inch thin strips.

Peel the onion, cut in half lengthwise, then slice lengthwise again into thin strips. Peel and slice the carrot into thin strips. Cut the green pepper the same length as the carrot.

Separately stir-fry the meats and vegetables in small amount of oil, over medium heat, for one minute.

Bring one quart of water to boil. Add the transparent noodles and cook for 5 minutes. Rinse the noodles with cold water and drain well.

Prepare the egg pancake as follows: Beat the egg. Put a small amount of oil into a frying pan over low-medium heat. Pour in beaten egg, smooth egg out with a spoon to make it even. Cook until egg is set, then turn over to fry the other side.

Place the meat, vegetables and noodles in a large mixing bowl. Add the seasoning ingredients and mix thoroughly. Garnish with thin strips of egg pancake and serve.

Korean Cooking Demonstration, April 1991, presented by Kyung-Hee Kim

Hungarian Stuffed Potatoes

Ingredients:

10 large potatoes
1 pound ground beef
1 egg and 1 yolk
1 pound sour cream
2 tablespoons oil
3-4 cloves of garlic, finely chopped
1 small onion, finely chopped
1 teaspoon red pepper
salt and pepper to taste
a few springs of parsley, chopped
½ cup of water

Preparation:

Scrub potatoes and boil in salted water until partly cooked. Drain, cool slightly and peel. When cool, cut potatoes in half lengthwise, scoop out and reserve the inside.

Sauté onion in oil until lightly golden. Add beef and fry, stirring frequently, until browned. Add salt, water and cover. Cook on low heat for about 30 minutes, stirring occasionally. Let it cool, then add garlic, the whole egg, paprika, pepper and mix well.

In a greased oven-proof dish, place the reserved insides of the potatoes which have been coarsely chopped. Stuff the hollows of the potato halves with meat mixture and arrange on top.

Bake at 350° F for 20 minutes.

Mix sour cream, egg yolk and a little salt. Pour this over the whole dish of potatoes and return it to the oven for 10 more minutes. When done, the top should be slightly speckled with brown.

Serve hot with chopped parsley sprinkled on top.

East European Cooking Demonstration (Hungarian), November 1989, presented by Annamaria Feher

Kasha Varnishkes

Kasha Varnishkes is, loosely translated, buckwheat groats and pasta. It is a traditional Purim dish (spring Feast of Esther) from Russia and Poland.

Ingredients:

2 cups kasha (buckwheat groats)
2 cups varnishkes (bowtie-shaped noodles)
4 tablespoons olive or vegetable oil
4 cups water
2 large onions, diced
salt and black pepper to taste

Preparation:

Heat 2 tablespoons of oil in a large heavy frying pan; sauté kasha until the grains are dry and crunchy, stirring occasionally. Add water, salt, and pepper; cover and cook over low heat for about 30 minutes. You may need to add more water; it should stay moist. Cook and drain the bowties according to package directions. Sauté onions in remaining oil until soft and golden. Mix kasha, bowties, and onions together. Serve hot.

American/Jewish Cooking Demonstration, April 1989, presented by Sue Mendelsohn

Minted Trout

Ingredients:

1 trout
One handful of mint (wild or garden variety)
1 tablespoon salt
½ cup olive or cooking oil
2 strips of bacon

Preparation:

Mix the mint with the salt and oil. Mash the mint with a spoon to release the flavor to the oil. Fill the cavity of the trout with the oily mint leaves. Also wrap the trout with the mint leaves and bind with one or two strips of bacon (according to the size of the trout). Secure the bacon with a toothpick. Broil over charcoal, or under a broiler until the bacon is cooked. The bacon will baste the trout with its oils and flavor, and the mint will release its herbal taste to the trout, too. To serve, remove the mint from the trout. The dish will not taste sweet, but will have a delicious herbal taste.

American Indian Cooking Demonstration, April 2008, presented by Mady Newfield

Ma-Po's Tofu

Ingredients:

- 1 cube tofu (3 inches x 4 inches)
- 2 ounce ground meat (beef or pork)
- ½ teaspoon chopped garlic
- 1 tablespoon chopped green onion
- 1 teaspoon hot bean paste
- 1 tablespoon soy sauce
- ¼ teaspoon sugar
- 1 cup soup stock
- 1 teaspoon salt
- 2 teaspoons cornstarch, mixed with
- 2 teaspoons cold water to make paste
- 1 teaspoon sesame oil
- 1 teaspoon brown (Szechuan) peppercorns, ground (optional)
- 3 tablespoons cooking oil

Preparation:

1. Cut the tofu into ½ inch cubes. Rinse it in the boiling water, then drain and dry.
2. Make cornstarch paste with 2 teaspoons of cornstarch and 2 teaspoons of cold water.
3. Heat the cooking oil. Stir fry the ground meat well, then add garlic, hot bean paste, soy sauce, salt, sugar, soup stock and tofu. Boil for 3 minutes.
4. Thicken with cornstarch paste, then sprinkle with chopped green onion and sesame oil. Place on plate and sprinkle with brown peppercorn powder and serve.

Chinese Cooking Demonstration, January 14, 1986, unknown presenter



Spices for Indian cuisine

Masala Variations

Masala is a thick spicy sauce which is the base for most curry dishes.

Ingredients:

4-5 medium size onions, finely chopped.

1-2 inch piece of ginger, grated

4-5 cloves garlic, grated

1 teaspoon ground cumin

2 teaspoon ground coriander

5 tomatoes, liquidized in a blender or finely chopped (or a 15 ounce can of diced tomatoes,

½ teaspoon turmeric

1 teaspoon salt

1 teaspoon garam masala (spice mixture available at Indian stores)

¼ teaspoon hot chili powder (or to taste)

(Instead of the above dry spices, you can use 3 - 4 teaspoons of ready-made curry powder from an Indian store)

3 tablespoons of oil

Preparation:

In a saucepan or skillet fry onions over medium heat for 10-15 minutes until light brown. Add ginger, garlic and ground cumin and coriander and fry for another 2 minutes. Add tomatoes, turmeric and salt. Let simmer over medium heat, stirring occasionally until liquid evaporates and oil separates. Add garam masala and cook while stirring frequently for another 6-8 minutes over low heat.

This masala can be used for:

Meat:

Two pounds of cut-up chicken (skin removed) or lamb. Add ¾ cup of yogurt to the masala after it has cooled down a bit and stir in vigorously (if masala is too hot, yogurt will curdle) then add meat and simmer on low flame till done.

Fish:

Marinate fish in masala and char broil.

Vegetables:

Spinach and Potatoes: Use 2 bunches of fresh spinach, (or two packages of frozen spinach) cooked, and 4 medium size potatoes, boiled and cut in 8 pieces. Use half of the above amount of masala, simmer for 5 minutes then let stand covered for at least 2 hours for vegetables to absorb flavors .

Cauliflower and Peas: Add half of the masala amount above to one cauliflower, cut into flowerets, and cook partially covered over medium heat for 10 minutes. Add 1 cup of frozen peas and cook for another 10 minutes or until done. For both curries add lime or lemon juice and cilantro at the end.

Lentils (the Indian word is dahl)

Add masala to cooked lentils like chickpeas, brown lentils, yellow split pea, moong dahl or any other lentil type you like and simmer for 10 minutes.

To cook lentils: Soak 1 cup of dry lentils overnight, discard soaking water, boil in water that covers the lentils plus ½ inch more and with salt until soft, (e.g. 50 min for lentils, 2 hours for chickpeas -- here a pressure cooker comes in handy).

Add lemon or lime juice at the end.

Indian Cooking Demonstration, April 2006, presented by Selitha Raja

Tikki (Potato Cutlets)

Serves 4

Ingredients:

2 large boiled potatoes
3 slices of white bread
3 tablespoons of peas
2 tablespoons of peanuts
1½ teaspoon salt
½ teaspoon black pepper
½ teaspoon red paprika
1 cup of oil for frying

Preparation:

Boil potatoes and mash them well. Mix into the mash the peas, peanuts, salt, black pepper and red pepper. Soak the bread slices in little water for a few seconds and squeeze them. Now mix bread slices into the potato mash. Form it into a dough. Shape a small ball then flatten it.

Make 5-6 cutlets at a time. Put oil into a non-stick pan and let it heat up. Now reduce the heat, put the cutlets into the pan and fry on both sides until they are red.

Serve hot with ketchup.

This can be served with evening tea.

Indian Cooking Demonstration, May 1993, presented by Mamta Kohli

Murgh Thal Frez (Spicy Chicken)

Serves 6-8

Ingredients:

1½ cups plain yogurt
grated together in blender:
½ onion
3-4 cloves of garlic
2 inch piece ginger
½ tomato
1¼ teaspoons ground cumin
1½ teaspoon garam masala
1¼ teaspoons salt
¾ teaspoon turmeric
¾ teaspoon finely minced ginger
3 pounds chicken drumsticks and thighs, skin removed
¼ cup ghee (butter or margarine can be substituted)
2 large yellow onions, thinly sliced
4 cloves garlic, finely minced
2½ teaspoons tomato paste
½ teaspoon cayenne pepper (use more if you like it hot)

Preparation:

Combine ½ cup yogurt with onion, garlic, ginger and tomato, cumin, garam masala, salt, turmeric and ginger in a bowl. Add chicken pieces to this marinade and turn until all pieces are well coated. Cover and let chicken marinate for 2-4 hours at room temperature, or (best) overnight in the refrigerator.

Heat ghee in a large frying pan and fry onions until they are lightly golden. Push onions to one side of the pan, add garlic and tomato paste and cook gently for 1 minute. Add chicken and cook, stirring constantly, another minute. Cover and simmer on low heat for 40 minutes or until tender. Stir in remaining cup of yogurt, cayenne pepper and simmer for another 20 minutes, stirring occasionally.

Indian Cooking Demonstration, May 1993, presented by Tanuja Mishra

Raspberry Chicken Breast

Ingredients:

2 whole chicken breasts (about 2 pounds)
4 tablespoons butter
pinch of sugar
¼ cup yellow onion, chopped
¼ cup raspberry vinegar
¼ cup chicken stock
¼ cup cream
1 tablespoon canned crushed tomatoes
16 fresh raspberries for garnish

Preparation:

Separate breast halves, clean of fat and tendons and slice each horizontally into thinner “steaks”. Melt 2 tablespoons of butter in skillet, add pinch of sugar, and sauté chicken pieces in hot butter on both sides until just cooked through. Remove chicken pieces from pan and keep warm. Add the rest of the butter and sauté onion until translucent. Add vinegar, chicken stock and reduce slightly. Add cream, tomatoes and heat liquid. Coat chicken with sauce and serve garnished with raspberries.

Meals on the Run Cooking Demonstration, February 1995, presented by Tita Jensen



Spinach and Feta Cheese Börek (from Turkey)

Serves 12-15

Ingredients for liquid mixture:

1 stick of margarine, melted
3 eggs
½ cup milk
½ cup water
¼ cup vegetable oil

1 box phyllo dough

Ingredients: for filling

8 ounces feta cheese
½ bag spinach

Preparation:

Preheat oven to 325° F

Rinse feta cheese and crumble in a bowl.

Wash spinach. Cut off the stems and chop the spinach into medium size pieces. Put in a separate bowl.

Mix all ingredients for liquid mixture.

Choose a baking pan 13 inch x9 inch x2 inch or larger. Spoon a little of the liquid mixture into the bottom of the pan. Lay the phyllo sheets into the pan, one by one, brushing each sheet with the liquid mixture. When half of the sheets are in the pan, spread the spinach first and then the feta cheese on top. Make sure the spinach and cheese are spread completely around the pan. Continue laying phyllo sheets and brushing each with liquid mixture, until the phyllo dough is used up. Bake until the top is golden brown (about 45-50 minutes).

Remove the pan from the oven, sprinkle lukewarm water on it and cover immediately with a towel. This will help the crust to stay soft. Cut börek into 3 inch pieces and serve warm.

Armenian and Turkish Cooking Demonstration, June 1995, presented by Leyla Harfoush

Desserts

Almond Bavarian Cream

Ingredients for cream:

8 oz cream cheese
½ cup sugar
½ teaspoon almond extract
1 cup milk
1 packet gelatin
¼ cup water
1 cup whipping cream

Ingredients for sauce:

1 cup apricot jam
⅓ cup white wine
(I use Drambuie or some other
liqueur instead)

Fruits of the season

Preparation of cream:

Sprinkle gelatin over the water and allow to become “spongy.” Heat very gently (in microwave oven if available) in a small saucepan until dissolved.

Soften cream cheese slightly. Mix with sugar and almond extract (in blender if possible) until smooth.

Gradually add milk and mix again until smooth. Add the slightly cooled gelatin, beating all the time, to avoid “threads” forming. Put mixture in refrigerator and allow to become almost set. In the meantime, beat the whipping cream until stiff.

Fold the whipped cream into the partially set mixture and pour immediately into a mold or serving dish. Put into the refrigerator to set completely. To remove the cream from the mold, place the mold in warm water for a few seconds. (Be careful not to let any water flow into the cream).

Preparation of sauce:

Blend the apricot jam in blender until smooth. Add the wine (or liqueur) to taste and blend again.

Serve the Almond Bavarian Cream with the sauce and with a fruit salad of fruits of the season.

German Cooking Demonstration, May 1988, presented by Avril Quarrie

Apple Strudel

Serves 10

Ingredients:

1 Pepperidge Farm Pastry Sheet, thawed
¼ cup of flour for rolling
3-4 pounds somewhat sour apples
2 tablespoons fresh lemon juice
2 ounces (4 tablespoons) butter, melted
1½ tablespoon minced garlic
1 ounce finely ground almonds
½ cup raisins
3 tablespoons sugar
¼ teaspoon cinnamon

Preparation:

Preheat oven to 400° F.

Peel and slice apples very thin, add lemon juice and mix.

Spread a plain cloth kitchen towel on counter, sprinkle with flour and place pastry sheet in the middle. Sprinkle pastry sheet with a little flour and roll out, carefully, until it is very thin and almost as long and wide as the kitchen towel. With a pastry brush spread half of the melted butter on the dough, sprinkle ground almonds evenly over the whole surface, then add raisins and apples. Mix cinnamon and sugar together and sprinkle over the apples. By holding the towel with both hands, slowly start rolling up dough and transfer it, while still holding it with the towel, onto the baking sheet and slowly remove towel. Brush the remaining melted butter onto the top of the strudel and place in the oven. Bake for approximately 40 minutes.

You can also use other fillings for strudel, e.g. cherries, blueberries or rhubarb. If the fruits are very moist, sprinkle the dough with a good amount of breadcrumbs instead of the ground almonds.

German Cooking Demonstration, June 2005, presented by Selitha Raja

Black Forest Cake

Ingredients for the dough:

6 eggs
2 cups sugar
1 cup flour
1 cup cornstarch
1 tablespoon cocoa
1 teaspoon baking powder
1 large springform pan

Ingredients for filling:

1½ pounds sour cherries or 2 jars canned cherries
¼ cup sugar
2-3 tablespoons cornstarch
3 Whip It (stabilizer for whipping cream)
4 cups of heavy whipping cream
Shaved chocolate for decoration
Kirschwasser (clear cherry brandy)

Preparation:

Whip the eggs and sugar with a mixer until thick and light, for about 10 minutes. Using a sifter, slowly add the flour, baking powder and cornstarch (folding by hand is preferred). Spoon into a greased and floured springform pan and place it into a preheated oven of 375° F. Bake for about 45-60 minutes, check with toothpick in the center of the cake to see if it is done. Let stand overnight.

The next day, take the cake out of the spring form. Cut the torte horizontally into three layers.

Put the cherries with juice in a pot. Add sugar and bring it to boil. Mix cornstarch, with some cold water or juice and add to the cherries, while stirring, and bring to a boil. Turn off the heat and let it cool completely. (You may add a good shot of Kirschwasser at this time.)

Put strips of wax paper on the final cake plate. Using the bottom layer of the cake first, add several spoons of cherry mixture and heavy cream. Place the next layer of cake on top and do the same. After the top layer added on top spread the remaining whipped cream on top and along the sides. Garnish with saved cherries and shaved chocolate. Carefully pull out the wax paper and chill in the refrigerator at least for 1 hour before serving.

German Cooking Demonstration, June 2005, presented by Angela Jöstlein



Bourbon Southern Pecan Pie

Ingredients for filling:

3 eggs, beaten
1 cup sugar
½ cup light corn syrup
½ cup dark corn syrup
⅓ cup melted unsalted butter
2 tablespoons bourbon
½ teaspoon salt
1 cup chopped pecans

One prepared pie crust

Preparation:

Preheat oven to 375° F
Roll out dough to fit a 9-inch pie plate. Place into plate and crimp edges.

Whisk together the eggs, sugar, corn syrups, butter, bourbon and salt. Place the pecans in the bottom of the pie plate. Pour the filling over the pecans. Bake until set, about 35-40 minutes.

Thanksgiving Across America Cooking Demonstration, November 1995, unknown presenter

Tita's Chocolate Cake

The recipe every mother should have!

Ingredients:

2 sticks (1 cup) butter
1 cup hot water
¼ cup cocoa
2 cups flour
2 cups sugar
1 teaspoon baking soda
½ cup buttermilk (or sour milk)
2 eggs
1 teaspoon vanilla

Preparation:

Combine butter, water and cocoa in a pan and bring to a boil. Combine flour, sugar and soda in a bowl. Pour in the heated liquid and stir. Add buttermilk, eggs and vanilla. Stir well. Pour batter into buttered pans. Bake at 350° F for about 25 minutes. Makes 2 layers or 18 cup cakes.

Optional glaze:

Melt: 12 ounce bag chocolate chips

Stir in: 1-2 tablespoons of cream

Some liquor (could be rum, brandy, or a flavored liqueur like Kahlua, amaretto, etc.)

Meals on the Run Cooking Demonstration, February 1995, presented by Tita Jensen

Easiest Indian Milk-Based Sweet

Ingredients:

1 can sweetened condensed milk
1 cup dry milk powder
½ stick butter, cut into pieces
Cashews or raisins (optional)

Preparation:

Combine these in a large glass bowl. Cook in the microwave for 6 minutes, keeping watch and stirring it each time it bubbles up towards the top of the bowl. Stir down at the end of the cooking, and let cool until you can handle it. Take out a teaspoon of the mixture and form a ball, lay it on waxed paper and slightly flatten it. If desired, press a whole cashew or a cashew and a raisin into the top for decoration. Chill completely.

Indian Cooking Demonstration, April 2006, presented by Mady Newfield

Flan

Ingredients for custard:

3 whole eggs
2 egg yolks
1 can sweetened, condensed milk (14 ounces)
15 ounces pineapple juice
1 teaspoon vanilla extract

Ingredients for caramel:

1 cup of sugar
½ cup water

Preparation of dish or molds:

Boil ingredients for caramel together in a heavy pot until brown. Quickly and carefully pour into mold, tilt to spread over bottom. Let cool.

Preparation of custard:

Mix ingredients. Spray mold(s) with baking spray. Place flan mold(s) in a larger pan of water ("bain-marie") and bake about 1 hour at 325° F. (Time will vary depending on mold size. Test for doneness: a knife inserted near the center should come out clean.) Cool before un-molding.

Flavor variations:

Ginger - add 1 teaspoon finely grated fresh ginger-root, or 1 tablespoon finely chopped candied ginger;

Orange - substitute orange juice for pineapple juice; add 1 teaspoon grated orange rind;

Mango - substitute mango juice for pineapple juice (or try other "exotic" fruit juices);

Coconut - substitute canned coconut milk for pineapple juice;

Lemon - add 1 tablespoon lemon juice and 2 teaspoons grated lemon rind;

Meals on the Run Cooking Demonstration, February 1995, presented by Tita Jensen

Poppy Seed Cookies

Makes 3-4 dozen

Ingredients:

2 eggs	3 cups flour
1 cup sugar	1 tablespoon baking powder
1 cup oil	2 tablespoons poppy seeds
1 teaspoon vanilla extract	

Preparation:

Cream eggs and sugar. Beat in oil and vanilla. Add flour combined with baking powder and poppy seeds. Drop by teaspoons on a greased cookie sheet. Bake each batch 10-15 minutes in a preheated 350° F oven.

American/Jewish Dairy Cooking Demonstration, April 1989, presented by Sue Mendelsohn and Mady Newfield

Honey Cake

Makes one 10" x 14" rectangle or 2-3 loaves

Ingredients:

4 cups flour

1½ teaspoons baking soda

3 teaspoons baking powder

¼ teaspoon ground cloves

¼ teaspoon ground nutmeg

¼ teaspoon cinnamon

4 eggs

1 cup sugar

½ cup oil

¾ cup black coffee

1 cup honey

¼ cup dark raisins

¼ cup chopped walnuts

Preparation:

Mix or sift the first six dry ingredients. In a separate bowl, cream eggs and sugar, beat until light and fluffy. Combine honey and coffee. Add oil to egg mixture then stir in the honey-coffee mixture. Add the flour mixture and beat until smooth. Stir in raisins and walnuts. Grease pan (or pans), pour in the batter and bake in preheated oven at 350° F for 1 hour.

American/Jewish Cooking Demonstration, April 1989, presented by Sue Mendelsohn and Mady Newfield



Indian sweet seeds to freshen the mouth after eating

Indian Pudding

Serves up to 15

Ingredients:

4 cups of hot milk
½ cup cornmeal
¼ teaspoon baking soda
½ teaspoon salt
½ cup sugar
1 teaspoon ground ginger (optional)
1 teaspoon ground cinnamon (optional)
½ cup molasses
2 cups cold milk

Preparation:

Heat the milk in the top of a double boiler or a large heated saucepan over low heat. Stirring constantly, pour in the cornmeal. Cook for about 15 minutes or until quite thick. Remove from heat.

Combine the baking soda, salt and spices (if used) and spoon into cornmeal mixture. Add molasses and cold milk, blending well. Remove to a casserole baking pan (2 quart capacity) and bake in a preheated oven at 275° F for about 2 hours.

Serve warm with maple syrup, honey or whipped cream and grated nutmeg.

Lewis & Clark Cooking Demonstration, August 2004, presented by Rose Moore

Linzertorte (Jam-tart from Linz)

Ingredients for cake:

1½ cups flour
1 cup (about 4 ounces) very finely ground almonds
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon ground cloves
¼ teaspoon salt
½ cup butter or margarine, softened
¾ cup sugar
1 large egg
2 tablespoon lemon juice
1 teaspoon grated lemon rind

Ingredients for filling:

10 ounce jar raspberry jam
1 tablespoon rum

Ingredients for glaze:

1 egg yolk, beaten
1 teaspoon water

Preparation:

In a mixing bowl or food processor cream the butter and sugar, add egg, lemon juice and rind, and stir in dry ingredients to form a stiff dough. Wrap in a plastic-wrap and chill for 30 minutes, until it has firmed slightly. Press about two thirds of the dough evenly onto the bottom and sides of a 9 inch removable bottom tart or springform pan (go up the sides 1 inch)

Stir the jam with the rum to soften it, then spread it onto this shell. Roll out the remaining dough between sheets of waxed paper and cut into ½ inch strips with a knife or pastry cutter. Crisscross these across the shell to form a lattice. Press the ends of the strips against the pastry shell and trim the overhanging pieces. Brush with the glaze, and bake in 350° F oven for about 45 minutes, until crust is browned and firm.

Cool in pan on a rack for 30 minutes, then remove pan sides and slide the tart off the base to finish cooling.

You may dust the top with sieved, powdered sugar before serving.

Eastern European Cooking Demonstration, April 1993, presented by Mady Newfield

Oregon Cranberry Bread

Serves 8

Ingredients:

1 cup fresh whole cranberries	1 egg
1 cup walnuts, coarsely chopped	2 cups flour
2 tablespoons butter, melted	1½ tablespoons baking powder
1 cup sugar	1 teaspoon baking soda
½ cup orange juice	½ teaspoon salt
2 tablespoons hot water	grated rind of 1 orange

Preparation:

1. Preheat oven to 325° F and grease a 9 inch x 5 inch x 3 inch loaf pan.
2. Combine dry ingredients and set aside
3. Mix beaten egg with orange juice, butter, rind and hot water.
4. Fold flour mixture gently into liquids. Gently fold cranberries and walnuts into batter.
5. Spread batter into pan and bake until top is golden – 60 minutes or until a toothpick inserted in center comes out clean.
6. Let set in pan 15 minutes, unmold onto a wire rack and let cool completely.

Thanksgiving Across America Cooking Demonstration, November 1995, unknown presenter

Yogurt Cake

Ingredients for cake:

1½ cups plain yogurt
6 eggs
¼ cups oil
2 cups sugar
1 teaspoon baking soda
2½ cups flour

Ingredients for syrup:

1¾ cups sugar
1¼ cups water
1 tablespoon lemon juice
1 tablespoon honey

Preparation of Cake:

Cream eggs and sugar. Add other ingredients gradually. Pour batter in greased 9 inch x 13 inch cake pan. Bake at 350° F for 35-45 minutes or until cake is firm.

Preparation of syrup:

Combine all ingredients in saucepan. Stir on medium heat until sugar is dissolved. Increase to high heat. Let it boil briskly for 5 minutes, uncovered. Remove from heat and let cool.

Spoon cooled syrup over warm cake 10 minutes after cake has been removed from oven.

Turkish Cooking Demonstration, April 1988, presented by Diane Cihangir

Miscellaneous

Garam Masala (Mixed dry spices)

Ingredients:

- 1 tablespoon cardamom seeds
- 2 inch stick cinnamon
- 1 teaspoon cumin seeds
- 1 teaspoon whole cloves
- 1 teaspoon black peppercorns

Preparation:

Place all ingredients in a clean electric coffee grinder. Grind for 30-40 seconds or until the spices are finely ground. Store in a jar with a tight fitting lid.

Always add garam masala at the very end of cooking time.

Indian Cooking Demonstration May 1993, presented by Mamta Kohli



Raw Tomatillo Sauce (*Salsa de Tomate Crudo*)

to make 16 ounces

Ingredients:

1 pound tomatillos
1½ cloves of garlic
2 whole fresh serrano peepers (use less if you want it less hot!)
1 bunch of fresh cilantro
⅓ medium size white onion
½ cup of water
salt to taste

Preparation:

1. Put in a blender the green tomatoes, serrano peppers, onion, garlic, water and salt. Mix until the sauce looks uniform.
2. Add cilantro and mix again around 30 seconds. Empty out into a bowl.

Mexican Cooking Demonstration April 2009, presented by Laura Erandi Robles Roman and Liliana Hernandez



Roast Red Tomato Sauce (Salsa de Jitomate Azado)

to make 16 ounces

Ingredients:

5 medium sized plum tomatoes

1½ cloves of garlic

5 dried arbol chili peppers (to make less hot, break the peppers and shake out the seeds)

½ cup of water

salt to taste

Preparation:

1. Heat a dry frying pan. Put in the tomatoes and roast until the skin breaks. Turn the tomatoes so they roast evenly.
2. In another heated, dry pan, roast arbol chili peppers around 30 seconds on a medium heat, moving constantly.
3. Put all ingredients in a blender. Mix until the sauce looks uniform. Empty out into a bowl.

Mexican Cooking Demonstration April 2009, presented by Laura Erandi Robles Roman and Liliana Hernandez

