

# Food I Can Make in Less Than an Hour

Jonathan Emery, et al.

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# Welcome

This is a book of recipes using the Bookdown package for making books and long-form reports.

## Contribute a Recipe

You can contribute a recipe by following the instructions on the GitHub repository. **Enjoy!**

Download the Book

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# Chapter 1

## 5 Ingredient Peanut Sauce

*from Becca Greenstein*

5 Ingredient Peanut Sauce

5 servings

5 minutes

- |   |          |  |  |
|---|----------|--|--|
| 1 | 1/2 cups | salted peanut butter (or almond butter, or sunflower butter)                 | To a medium mixing bowl add (starting with the amount at the lower end of the measurement range where applicable) peanut butter, tamari, maple syrup, lime juice, chili sauce, and whisk to combine. |
|   | 2-3 Tbsp | gluten free tamari (or soy sauce, or coconut aminos)                         |  |
|   | 1-2 Tbsp | maple syrup (or another sweetener of choice)                                 |  |
|   | 1 tsp    | chili garlic sauce( or 1 Thai red chili, minced, or 1/4 tsp red pepper flake |  |
|   | 2-3 Tbsp | lime juice   |  |
| 2 | 1/4 cups | water  | Add water a little at a time until a thick but pourable sauce is achieved.   |
| 3 |          |  | Taste and adjust seasonings as needed (i.e. maple syrup for sweetness, chili garlic sauce for heat). If too thin, add more nut butter. If too thick, add more water.                                 |
| 4 |          |  | Serve over pad thai, spring rolls, stir fry, etc.  |

## Chapter 2

# 5 Layer Pie

*from Kate Flom Derrick*

5 Layer Pie

8

2.5 hours

*Preheat oven to 325 degrees*

- |   |           |                           |
|---|-----------|---------------------------|
| 1 | 1 cup     | flour                     |
|   | 1 stick   | butter                    |
|   | 1/2 cup   | chopped pecans            |
| 2 | 1 cup     | sugar                     |
|   | 8 ounces  | soft cream cheese         |
|   | 1 cup     | Cool Whip                 |
| 3 | 1 package | chocolate instant pudding |
| 4 | 1 cup     | Cool Whip                 |
| 5 | 1/2 cup   | coconut shavings          |

First Layer: Mix butter with flour with fork; press down into baking dish. Make crust, then sprinkle pecans on top of crust. Bake for 20-25 minutes.

Second Layer: Mix sugar and cream cheese until smooth, then add Cool Whip. Put mixture on top of crust.

Third Layer: Make instant pudding as direct on package. Spread on top of second layer.

Fourth Layer: spread Cool Whip on top of third layer. Chill for 2 hours.

Fifth Layer: sprinkle coconut shavings on top of fourth layer. Serve!

## Chapter 3

# Anna's Banana Bread (from ATK)

from Anna Luce

Anna's Banana Bread

10 Servings

2 hours

*Be sure to use very ripe, heavily speckled (or even black) bananas in this recipe. This recipe can be made using 5 thawed frozen bananas; since they release a lot of liquid naturally, they can bypass the microwaving in step 2 and go directly into the fine-mesh strainer. Do not use a thawed frozen banana in step 4; it will be too soft to slice. Instead, simply sprinkle the top of the loaf with sugar. The test kitchen's preferred loaf pan measures 8½ by 4¼-inch inches; if you use a 9 by 5-inch loaf pan, start checking for doneness five minutes earlier than advised in the recipe. The texture is best when the loaf is eaten fresh, but it can be stored (cool completely first), covered tightly with plastic wrap, for up to 3 days.*

1

Adjust oven rack to middle position and heat oven to 350 ° F. Spray 8½ by 4¼-inch loaf pan with nonstick cooking spray.

2

1¾ cups unbleached AP flour  
1 tsp baking soda  
1½ table salt

Whisk flour, baking soda, and salt together in large bowl.

3

5 of 6 large very ripe banana

Place 5 bananas in microwave-safe bowl; cover with plastic wrap and cut several steam vents in plastic with paring knife. Microwave on high power until bananas are soft and have released liquid, about 5 minutes. Transfer bananas to fine-mesh strainer placed over medium bowl and allow to drain, stirring occasionally, 15 minutes (you should have ½ to ¾ cup liquid).

4

Transfer liquid to medium saucepan and cook over medium-high heat until reduced to ¼ cup, about 5 minutes. Remove pan from heat, stir reduced liquid into bananas, and mash with potato masher until fairly smooth.

- 5      **8 T**      unsalted butter, melted and cooled slightly      Whisk in butter, eggs, brown sugar, and vanilla.
- 2 large**      eggs
- $\frac{3}{4}$  cup**      packed light brown sugar
- 1 tsp**      vanilla extract
- 6       **$\frac{1}{2}$  cup**      toasted and coarsely chopped walnuts      Pour banana mixture into flour mixture and stir until just combined with some streaks of flour remaining. Gently fold in walnuts, if using. Scrape batter into prepared pan.
- 7      **1 of 6 large**      very ripe banana
- 2 tsp**      granulated sugar      Slice remaining banana diagonally into  $\frac{1}{4}$ -inch-thick slices. Shingle banana slices on top of either side of loaf, leaving  $1\frac{1}{2}$ -inch-wide space down center to ensure even rise. Sprinkle granulated sugar evenly over loaf.
- 8                Bake until toothpick inserted in center of loaf comes out clean, 55 to 75 minutes. Cool bread in pan on wire rack 15 minutes, then remove loaf from pan and continue to cool on wire rack. Serve warm or at room temperature.



## Chapter 4

# Banana Bread

*from Jonathan Emery*

J. Wolff Banana Bread

1 loaf

90 min (30 min prep, 60 min bake)

*This recipe makes one loaf of banana bread. Bake it in a J. Wolff bread baker — although other stone breadpans should work, presumably.*

1			Preheat oven to 350 °F.
2	2-3	overripe bananas	Mash bananas in a mixing bowl until relatively smooth.
3	3/4 cup 1 tsp 2 tbs 1/3 cup	sugar vanilla oil (canola or olive) milk)	Beat sugar, vanilla, olive oil, and milk into the mashed bananas.
4	1 1/2 cup 1/3 tsp 3/4 tsp 3/4 tbs 1/4 tsp	flour baking soda salt ground cinnamon nutmeg	Add flour, baking soda, salt, cinnamon, and nutmeg. Gently mix just to incorporate — do not overmix.
5	1/2 cup	chocolate chips or walnuts	Fold in walnuts or chocolate chips (or both).
6	1/3 cup	boiling water	Pour in boiling water and mix until batter is smooth. It may be a bit watery.
7			Grease stoneware baker and pour in batter. Cook for 60-70 min (check frequently) or until a knife inserted into the bread comes out clean.

## Chapter 5

# Brown Butter Rice Crispies Treats

*from Cecile Sison*

Brown Butter Rice Crispies Treats

12 Portions

15 minutes

*Adapted from: <https://smittenkitchen.com/2009/11/salted-brown-butter-crispy-treats>*

*Grease an 8x8 pan, set aside*

- 
- |   |   |   |
|---|---|---|
| 1 | [ | ]cupRice Crispies (or generic puffed rice cereal)   |
| 2 | [ | ]pinchGourmet Kosher Sea Salt (preferably Redmond Real Salt, pink and coarse) Mix together in large bowl with your (cleaned hands) and set aside.   |
| 3 | [ | ]stickUnsalted Butter On medium low heat, in a 1 4quart or higher pot (I suggest one that has white enamel so you can see when the butter has browned), melt butter while watching carefully. It will melt, then foam, then turn clear golden and finally start to turn brown and smell nutty. Stir frequently with a wooden spoon, scraping the bottom of the pot to make sure nothing sticks (the brown flecks). Don't be impatient and keep watching because there is a small window from when the butter browns and when it starts to burn. |

4 [

.5]ozMini Marshmallows When there is a good amount of brown flecks, turn the oven to its lowest setting and pour in marshmallows. Immediately start stirring until the marshmallow mixture doesn't look lumpy. Add crispie/salt mixture into the marshmallow/butter mixture in the pot and begin incorporating (you can turn off the heat at this point if you want but it doesn't usually take more than 30 seconds to blend the crispies with the melted marshmallows). Once blended, pour the mixture into your greased pan.

*Optional: sprinkle more salt on top*

*Let cool/set for at least a half an hour, cut into squares whenever you serve them.*

<! - Type:Dessert -> <! - Cook:Cecile ->

## Chapter 6

# Buffalo Cauliflower

*from Chris Diaz*

Buffalo Cauliflower

4 servings

55 minutes

*Preheat oven to 450 degrees F. Line baking sheet with parchment paper or foil.*

- |   |         |                             |   |
|---|---------|-----------------------------|---|
| 1 | 2       | heads of cauliflower        | Remove stem and leaves, cut into bite-sized pieces  |
| 2 | 3/4 cup | baking flour                | Whisk until batter is smooth, toss with cauliflower, bake for 20 to 25 minutes (until lightly browned)  |
|   | 1 cup   | water                       |   |
|   | 1/2 tsp | garlic powder               |   |
|   | 1/2 tsp | salt                        |   |
|   | 1/4 tsp | ground black pepper         |   |
| 3 | 2 tbsp  | butter                      | Melt butter in saucepan over medium heat, remove from heat and add pepper sauce and honey. Toss with lightly browned cauliflower. Return cauliflower to oven and bake an additional 10 minutes. |
|   | 1/2 cup | Frank's RedHot pepper sauce |   |
|   | 1 tsp   | honey                       |   |

*Allow cauliflower to cool before serving, about 10 minutes.*

## Chapter 7

# Chickpea Salad

*from Lauren McKeen*

Chickpea Salad

6

30 hr

*This recipe is easy and delicious!*

- |   |          |                          |
|---|----------|--------------------------|
| 1 | 1/2 cups | uncooked quinoa          |
| 2 | 2 TBSP   | lemon juice              |
|   | 1        | avocado                  |
| 3 | 1        | cucumber                 |
|   | 2        | green onions             |
|   | 1        | roma tomato              |
|   | 1        | carrot                   |
|   | 1        | red bell pepper          |
| 4 | 1 can    | chickpeas                |
| 5 | 1 TBSP   | olive oil                |
|   | 2 TBSP   | red wine vinegar         |
|   | 1 TBSP   | ground cumin             |
|   |          | salt and pepper to taste |

Boil the quinoa according to package directions.

Dice the avocado and put it in a large bowl with the lemon juice.

Chop the vegetables and add them into the bowl.

Drain and rinse the chickpeas and put them in the bowl.

Mix olive oil, vinegar, and cumin together and put it in the bowl. Mix all the ingredients together thoroughly. Enjoy with friends.

## Chapter 8

# Cranberry Clafoutis

*from Victoria Getis*

Cranberry Clafoutis

---

1 hr

*Heat the oven to 425 degrees. Butter a deep 9 or 10-inch pie plate. Sprinkle it with a tablespoon or so of sugar, then swirl dish to coat evenly. Invert to remove excess.*

- 1      1 tablespoo**but**ter, for greasing pan  
         1 cup      sugar  
         2          eggs  
         1 cup      flour  
         1 cup      half-and-half or whole milk  
         Pinch      salt

*Beat eggs well, then add remaining sugar. Beat until smooth. Add flour, and beat again until smooth. Add the half-and-half or milk and salt, and whisk until smooth.*

- 2      2 cups      cranberries                      walnuts  
         Scant cup

*Coarsely chop cranberries and walnuts. If using a food processor, do not overprocess – just pulse until chopped. (It's very fast.) Put cranberry mixture in pie plate, and pour batter over it.*

- 3                      Confectioners' sugar

*Bake for about 30 minutes, or until clafoutis is nicely browned on top and a knife inserted into it comes out clean. Sift some confectioners' sugar over it, and serve warm or at room temperature.*

## Chapter 9

# Farmers Market Pasta

*from Jonathan Emery*

Farmers' Market Pasta

6 Portions

30 min

*Grab some stuff from the farmers' market and make this pasta. Eat it hot or cold.*

1	12 oz	cavatappi	Cook pasta according to package directions for <i>al dente</i> . Drain and transfer pasta to large bowl.
2	1 of 4 tbs 2 cup 4 clove 1 tsp 1/2 tsp	olive oil multicolored cherry tomatoes garlic kosher salt ground black pepper	Heat 1 tbs oil in a large skillet at medium heat. Add tomatoes, garlic, salt, and pepper. Cook, stirring often, until tomatoes begin to soften (2-3 min).
3	1 1	zucchini red onion, wedged	Add zucchini and onion and continue cooking until tomatoes burst and zucchini is almost tender (3-4 min).
4	1 cup	corn	Finally, add corn and cook, stirring constantly, for 1 additional minute.
5	2 cups 1 cup 3 of 4 tbs	packed arugula fresh basil, torn olive oil	Add tomato mixture to pasta. Toss with arugula, basil, and remaining olive oil.
6	1/2 cup	shaved parmesan	Top with parmesan cheese and serve warm or cold.

*nomnomnomnomnom!*

%From RealSimple

# Fish Curry Sauce

## Fish Curry Sauce

4

*This is a good recipe for adding some flavor to your favorite fish*

Finely dice and saute shallots in the oil. Add curry paste and coconut milk. Bring to a simmer. Add in salt and any desired seasonings to taste.

Add in the fish and cook for 5-7 minutes until the fish is flakey.

16



# Chapter 11

## Gateau Basque

*from Matthew Tayler*

Gateau Basque

8

2 hours

*This delicious almond flour, pastry cream cake is adapted from the recipe of Basque-native Gerald Hirigoyenis, owner of the restaurants Fringale and Pastis in San Francisco.*

1      2 qty.      egg yolks  
         1/4 cup      sugar  
         3 tbsp      flour  
1 1/4 cups      milk  
         1 bean      vanilla

For the pastry cream, split vanilla bean length-wise. Begin warming milk and vanilla bean in saucepan over low heat to later bring to a boil. In the bowl of a stand mixer, beat egg yolks and sugar together until frothing. Continue mixing, slowly add in flour and mix until combined. Remove bowl from mixer and set convenient to warming milk. Bring milk to boil and remove vanilla bean. Immediately upon boiling, remove from heat and begin pouring half the milk into the flour, egg, and sugar mixture. Blend with a whisk. Bring the remaining milk to a boil. Immediately upon boiling, to whisk in the contents of the mixing bowl into the saucepan, and continue stirring over heat for 1 minute. Remove from heat and allow to begin cooling.

- 2      8 tbsp.      unsalted butter  
          1 cup        sugar  
          2 qty.        egg yolks  
          1 tbsp.       rum  
          2 tsp.        almond extract  
          2 tsp.        vanilla extract  
          2 tsp.        Pastis liqueur, e.g. Pernod  
          pinch        salt  
          1 1/2 cups    flour  
          1/3 cup       ground almonds (in coffee  
                         grinder, e.g.)  
          1 tsp.        baking powder  
          1 qty.        egg, beaten

In stand mixer with the paddle attachment, beat the butter and sugar together until well creamed. Add the egg yolks one at a time, and continue beating well after each addition. Add rum, almond extract, pastis, vanilla extract, and salt. Add dry ingredients: flour, almond powder, and baking powder. Ingredients should mix on low speed to form a dough. Remove bowl from mixer and form the dough into 2 even balls, cover with plastic wrap, and refrigerate for 1 hour or more.

Later, preheat the oven to 350 degrees F. Butter and dust a 9-inch round cake pan with flour. On a flour-dusted work surface, roll balls of dough into 9-inch and 11-inch circles. Take the 11-inch circle, and transfer to the cake pan, and gently press the dough down into the sides of the pan. Take pastry cream prepared in step 1 and spread in an even layer on top of first layer of pastry dough.

Drape 9-inch circle over the cake pan, on top of the pastry cream, to form the top layer of the cake. Firmly seal in the filling by pinching the edges together and then trim off any uneven edges. Brush the top of the cake with a beaten egg.

Bake until golden brown, 40 to 45 minutes. Set aside to cool for 10 minutes before inverting onto a cooling rack. Turn the cake right side up and let it cool completely.

*Transfer to a serving plate, and serve at room temperature.*

## Chapter 12

# Greatest common divisor of $a$ and $b$ , $a \leq b$

*from Aaron Grechius*

**Ingredients** Two positive integers  $a$  and  $b$ ,  $a \leq b$ .

**Cooking Time** Approximately  $\log a$  steps.

**Attribution** From Grampy Euclid's cookbook.

**Recipe**

- Write  $b = aq + r$  with  $0 \leq r < a$ .
- If  $r = 0$ ,  $a$  is  $\text{gcd}(a, b)$ .
- Otherwise, discard  $b$ , rename  $a$  as  $b$ , rename  $r$  as  $a$  and return to Step 1.

Guten Appetit!

## Chapter 13

# Homemade Baked Mac and Cheese

from Borchuluun Yadamsuren

Homemade Baked Mac and Cheese

12 servings

20 min

### Instructions

Preheat oven to 350F. Lightly grease a large 3 qt or 4 qt baking dish and set aside. Combine shredded cheeses in a large bowl and set aside. Cook the pasta one minute shy of al dente according to the package instructions. Remove from heat, drain, and place in a large bowl. Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce. Melt butter in a deep saucepan, dutch oven, or stock pot. Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden. Gradually whisk in the milk and heavy cream until nice and smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes. Whisk in salt and pepper. Add two cups of shredded cheese and whisk until smooth. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick. Stir in the cooled pasta until combined and pasta is fully coated with the cheese sauce. Pour half of the mac and cheese into the prepared baking dish. Top with remaining 2 cups of shredded cheese and then the remaining mac and cheese. In a small bowl, combine panko crumbs, Parmesan cheese, melted butter and paprika. Sprinkle over the top and bake until bubbly and golden brown, about 30 minutes. Serve immediately.

- |   |          |   |                          |
|---|----------|---|--------------------------|
| 1 | 16 oz    | elbow macaroni, cooked (or other tubular pasta) | salt and pepper to taste |
|   | 1 tbsp   | extra virgin olive oil                          |                          |
|   | 6 tbsp   | unsalted butter                                 |                          |
|   | 1/3 cup  | all purpose flour                               |                          |
|   | 3 cups   | whole milk                                      |                          |
|   | 1 cup    | heavy whipping cream                            |                          |
|   | 4 cups   | sharp cheddar cheese shredded                   |                          |
|   | 2 cups   | Gruyere cheese shredded                         |                          |
|   | 4 tbsp   | butter melted                                   |                          |
|   | 1/2 cups | Parmesan cheese shredded                        |                          |
|   | 1/4 tbsp | smoked paprika                                  |                          |

Add final notes, such as serving suggestions.

## Chapter 14

# Moroccan Lamb (or Turkey) Stew

*From Jonathan Emery*

Moroccan Lamb (or Turkey) Stew

4 Portions

1 hour

*One of my absolute favorite meals.*

1	1 lb	lamb or turkey	In a well-oiled pan, sauté meat until over medium-high heat until cooked through. Set cooked meat aside. Deglaze pan if you like, or if meat was fatty.
2	2 cups 1/2 cup	onion carrots	Add oil to pan. Chop onions vertically and carrots diagonally. Add to pan and sauté for 4-5 minutes on medium heat, or until soft.
3	3/4 tps 3/4 tps 1/2 tps 1/4 tps	cumin cinnamon coriander red pepper flakes	Add coriander, cumin, red pepper flakes, and cinnamon to vegetables, quickly mixing in spices. Sauté for 30 seconds, stirring constantly.
4	2 cups 1/2 cup 3 tbs 1 1/2 tbs 1/4 tps 15 oz	Reserved lamb/turkey broth golden raisins tomato paste grated lemon rind salt chick peas (rinsed, drained)	Add reserved meat, broth, raisins, tomato paste, lemon rind, salt, and chick peas. Bring to a boil, then reduce heat and simmer for 4 minutes (or until mixture thickens). Remove from heat
5	1/2 cup 1 tbs	chopped, fresh cilantro fresh lemon juice	Stir in cilantro and lemon juice.

## Chapter 15

# One-Pot Chickpea Tiki Masala

From Jonathan Diel

One-Pot Chickpea Tiki Masala

4

40 minute

*This recipe is one of my go to when I want Indian food pretty quickly. It's very easy to make especially if using canned beans and tomatoes. Original recipe from <https://www.makingthyme-for-health.com/one-pot-chickpea-tiki-masala/>*

- |    |          |   |
|----|----------|---|
| 1  | 2 Tbsp   | extra virgin olive oil                    |
|    | 1 medium | onion, diced                              |
|    | 1 tsp    | sea salt                                  |
|    | 2        | jalepeños, cored and finely chopped       |
|    | 4 in     | fresh ginger, minced (approx. 4 Tbsp)     |
|    | 6        | garlic cloves, minced, approx 3 Tbsp      |
|    | 1 tsp    | garam masala                              |
|    | 1 tsp    | ground cumin                              |
|    | 1 tsp    | curry powder                              |
| fr | 12 tsp   | smoked paprika                            |
|    | 3 Tbps   | tomato paste                              |
|    | 2        | (15-oz) cans diced fire roasted tomatoes  |
|    | 1 c      | vegetable broth                           |
|    | 1        | (15-oz) can chickpeas, drained and rinsed |
|    | 1 c      | unsweetened coconut milk                  |
|    | 4 c      | cooked brown rice or naan for serving     |

Instructions: In a large pot, warm the oil over medium heat. Add the onion and the salt, stir and cook for 3 minutes. Add the jalapeño, ginger, and garlic then cook for 2 minutes. Lastly, add the spices (garam masala, cumin, curry, paprika, cayenne) and the tomato paste then stir together and cook for 2 more minutes.

Pour the cans of diced tomatoes with their juices and 1 cup vegetable broth into the pot. Bring to a boil and cook for 10 minutes, stirring intermittently.

Reduce heat to a simmer then stir in the coconut milk and chickpeas. Cook until heated through. Serve warm with brown basmati rice, fresh cilantro, plain yogurt and naan. Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

*I've tried making this recipe in a hot pot with mixed results. I think it still works better on the stove. Even still, the recipe is very easy to make despite the long list of ingredients.*

## Chapter 16

# Orzo Salad

*from Jonathan Emery*

Spinach Orzo Salad

20 Portions

30 minutes

*Good to share as a holiday salad!*

---

1	16 oz	Orzo pasta	Cook orzo according to directions on package — slightly al dente is fine as well. Drain and rise with cold water.
2	9 oz 3/4 cup	spinach dried cranberries	Finely chop dried cranberries (craisins) and spinach. Add to orzo in a large serving bowl.
3	3/4 cup 3/4 cup 1/2 tsp 1/4 tsp	feta cheese balsamic vinaigrette dried basil white pepper, ground	Add these ingredients to the mix and toss so that greens are well-coated with the vinaigrette. Flavored vinaigrette is a nice touch (e.g., strawberry). Refrigerate if not serving immediately.
4	1/4 cup	sunflower seeds	Toss in sunflower seeds prior to serving.

---

*Jon's recipe is the best!!!*

## Chapter 17

# Peanut Tofu Soup

*from Rohit Ramanathan, Adapted from Rev Soup in Charlottesville, VA*

Spicy Peanut Tofu Soup

6-8 Servings

1.5 Hours

*This is an adaptation spicy peanut tofu soup served at Revolutionary Soup in Charlottesville, Va.*

1	2	Large Onions, diced	an]coconut milk
	3	Large Carrots, diced	
	2	Medium Jalapenos, seeds	
		removed if desired, and diced	
	2 inches	ginger, minced	
	4 cloves	garlic, minced	
	2 bbsp	Curry Powder, plus more to taste	
	14 oz	canned diced tomatoes, do not	
		drain	
	14 oz	canned crushed tomatoes	
	1 [	c	



- 2      1 cup      smooth peanut butter, plus more  
                 to taste
- 1 package firm tofu, drained and pressed to  
                 remove moisture, and cut into  
                 cubes.
- to  
taste      salt

. In a large pot or dutch oven, sautee the onions and carrots together in about 1 tbsp oil until they are soft. Season with salt to taste and add curry powder. 2. Using a small blender or mortal and pestle, combine the jalapenos, ginger, and garlic together with a pinch of salt until a coarse paste forms. 3. Add this paste to the pot with the carrots and onions and continue cooking until fragrant. 4. Add diced tomatoes, crushed tomatoes, coconut milk, and peanut butter. Bring to a boil and reduce to a simmer, stirring to ensure that the peanut butter is completely incorporated. 5. Once the peanut butter is fully incorporated, remove from heat and blend using an immersion blender until smooth. 6. Taste the resulting soup and adjust salt, curry powder, and peanut butter as needed. The soup should be spicy, but not overwhelmingly so, and you should be able to taste the peanut but it should not be sweet. 7. Add tofu to the pot and stir. Bring the soup back to a simmer and cook tofu for 5-10 minutes. 8. Serve immediately with a crusty bread for dipping.

## Chapter 18

# Spinach-Ricotta Pie

*from Shelby Hatch*

Spinach-Ricotta Pie

4-6

3 hours

*from The Moosewood Cookbook by Molly Katzen*

*Preheat oven to 375*

*The Crust*

1      1 cup      flour  
         1/3 cup      cold butter

Cut together 1 cup flour (4/5 white plus 1/5 whole wheat is nice) and 1/3 cup cold butter. Use a pastry cutter or two forks, or a food processor fitted with a steel blade.

2      3 Tbsp      cold buttermilk

When the mixture is uniformly blended, add about 3 tablespoons cold buttermilk - or enough so that the mixture holds together enough to form a ball.

3

Chill the dough at least one hour.

*The Filling*

4      1 lb      ricotta cheese  
         3      beaten eggs  
         1 small      diced onion  
         3 Tbsp      flour  
         1/2 cup      grated sharp cheese  
         1 dash      nutmeg

Mix everything together, blending well. Spread into unbaked pie shell.

5      1 cup      sour cream  
              paprika

Top with 1 cup sour cream spread to the edges of the crust and a generous application of paprika.

6

Bake in 375 oven for 40-45 minutes. Serve piping hot.

## Chapter 19

# Creamy Turkey Noodle Soup

*from Jonathan Emery*

Creamy Turkey Noodle Soup

6 Servings

30 minutes

*A soup that Mimi makes after Thanksgiving.*

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1	3 cups	turkey	Use leftover Thanksgiving turkey (or bake). Set aside.
2	5 tbsp 2 1 1 tbsp	butter carrots shallot celery seeds	Sauté ingredients in butter for 5 minutes.
3	1/3 cup 32 oz 1/2 cup 1/2 cup	flour chicken broth half and half milk	First stir in flour to sautéed vegetables and then add liquids and bring mixture to a boil.
4	6 oz	Reames brand noodles	Add dry noodles to soup and simmer for about 20 minutes. Cook orzo according to directions on package — slightly al dente is fine as well. Drain and rise with cold water.
5	1/4 tsp 1/4 tsp	salt pepper	Add salt and pepper to taste.

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*Good to eat for... weeks?*

## Chapter 20

# Yorkshire Pudding

*from Jonathan Emery*

Yorshire Pudding

4 portions

1½ hours

*This recipe was taken from the cuisine package examples of Ben Cohen.*

- |   |                        |                                      |  |
|---|------------------------|--------------------------------------|--|
| 1 | 1/2 pt<br>2 oz<br>5 oz | milk<br>butter<br>self-raising flour | Heat the milk and butter until nearly boiling.<br>Add flour and allow to seeth over. |
| 2 | 3<br>to taste          | eggs<br>salt and pepper              | Add the remaining eggs and whisk again.<br>Cook at 200°C for about 1 hour.           |