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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5 Ingredient Peanut Sauce

from Becca Greenstein

5 Ing	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 measure-	
	2-3 Tbsp	gluten free tamari (or soy sauce, or coconut aminos)	ment range where applicable) peanut butter, tamari, maple syrup, lime juice, chili sauce,	
	1-2 Tbsp	maple syrup (or another sweetener of choice)	and whisk to combine.	
	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.	

5 Layer Pie

 $from\ Kate\ Flom\ Derrick$

1/2 cup

coconut shavings

5 Layer Pie

5

2.5 hours Preheat oven to 325 degrees 1 cupFirst Layer: Mix butter with flour with fork; flour $\mathbf{1}$ stick butter press down into baking dish. Make crust, 1/2 cup chopped pecans then sprinkle pecans on top of crust. Bake for 20-25 minutes. 2 Second Layer: Mix sugar and cream cheese 1 cup sugar 8 ounces soft cream cheese until smooth, then add Cool Whip. Put mix-1 cup Cool Whip ture on top of crust. 3 1 package chocolate instant pudding Third Layer: Make instant pudding as direct on package. Spread on top of second layer. 4 1 cup Cool Whip Fourth Layer: spread Cool Whip on top of third layer. Chill for 2 hours.

8

Fifth Layer: sprinkle coconut shavings on

top of fourth layer. Serve!

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 $8^{1/2}$ by $4^{1/4}$ -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

3 **5 of 6** large very ripe banana

Adjust oven rack to middle position and heat oven to 350 ° F. Spray $8^{1/2}$ by $4^{1/4}$ -inch loaf pan with nonstick cooking spray.

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

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 $^{1}/_{2}$ to $^{3}/_{4}$ cup liquid).

Transfer liquid to medium saucepan and cook over medium-high heat until reduced to $^{1}/_{4}$ cup, about 5 minutes. Remove pan from heat, stir reduced liquid into bananas, and mash with potato masher until fairly smooth.

4

5	8 T 2 large ³ /4 cup 1 tsp	unsalted butter, melted and cooled slightly eggs packed light brown sugar vanilla extract	Whisk in butter, eggs, brown sugar, and vanilla.
6	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 2 tsp	very ripe banana granulated sugar	Slice remaining banana diagonally into ¹ / ₄ - inch-thick slices. Shingle banana slices on top of either side of loaf, leaving 1 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.

Banana Bread

from Jonathan Emery

J. Wolff Banana Bread 1 loaf

 $90 \min (30 \min \text{prep}, 60 \min \text{bake})$

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	1½ cup ½ tsp 3//4 tsp 3//4 tbs ½//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.

Brown Butter Rice Crispies Treats

from Cecile Sison

2

Brown Butter Rice Crispies Treats

 ${f 1}$ stick

12 Portions

15 minutes

Adapted from: https://smittenkitchen.com/2009/11/salted-brown-butter-crispy-treats Grease an 8x8 pan, set aside

1	6 cup	Rice Crispies (or generic puffed
		rice cereal)
	6 pinch	Gourmet Kosher Sea Salt
		(preferably Redmond Real
		Salt, pink and coarse)

Unsalted Butter

Mix together in large bowl with your (cleaned hands) and set aside.

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 smal window from when the butter browns and when it starts to burn.

10.5 oz Mini Marshmallows

3

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.

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 1 V
1	2	heads of cauliflower	Remove stem and leaves, cut into bite-sized pieces
2	3/4 cup 1 cup 1/2 tsp 1/2 tsp 1/4 tsp	baking flour water garlic powder salt ground black pepper	Whisk until batter is smooth, toss with cauliflower, bake for 20 to 25 minutes (until lightly browned)
3	2 tbsp ¹ / ₂ cup 1 tsp	butter Frank's RedHot pepper sauce honey	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.

 $Allow\ cauliflower\ to\ cool\ before\ serving,\ about\ 10\ minutes.$

Chickpea Salad

 $from\ Lauren\ McKeen$

Chickpea Salad			
			30 hr
This i	recipe is easy	and delicious!	
1	1/2 cups	uncooked quinoa	Boil the quinoa according to package directions.
2	2 TBSP 1	lemon juice avocado	Dice the avocado and put it in a large bowl with the lemon juice.
3	1 2 1 1	cucumber green onions roma tomato carrot red bell pepper	Chop the vegetables and add them into the bowl.
4	1 can	chickpeas	Drain and rinse the chickpeas and put them in the bowl.
5	1 TBSP 2 TBSP 1 TBSP	olive oil red wine vinegar ground cumin salt and pepper to taste	Mix olive oil, vinegar, and cumin together and put it in the bowl. Mix all the in- gredients together thoroughly. Enjoy with friends.

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 tablespoobutter, 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.

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 bow.
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 the 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 posta. Toss with arugula, basil, and remaining olive oil.
6	¹ / ₂ cup	shaved parmesan	Top with parmesan cheese and serve warm or cold.

nomnomnomnom!

 $\% From \ Real Simple$

Fish Curry Sauce

from Pat Fise

Fish Curry Sauce 4

15 minutes

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

1 Shallot 1 cup coconut milk 2 tablespoooi

1.5 cups coconut milk

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.

Garnish with cilantro and serve with white wine.

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
	$oldsymbol{1}$ 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 flower 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
	$oldsymbol{1}$ cup	sugar
	2 qty.	egg yolks
	$oldsymbol{1}$ 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 on low speed to form a dough. Remove bowl from mixer and orm 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.

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

from Aaron Grecius

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 $0 \le r < a$.
- If r = 0, a is gcd(a, b).
- Otherwise, discard b, rename a as b, rename r as a and return to Step 1.

Guten Appetit!

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.

elbow macaroni, cooked (or other tubular pasta)	salt and pepper to taste
p extra virgin olive oil	
p unsalted butter	
all purpose flour	
os whole milk	
heavy whipping cream	
os sharp cheddar cheese shredded	
os Gruyere cheese shredded	
p butter melted	
os Parmesan cheese shredded	
sp smoked paprika	
	other tubular pasta) pp extra virgin olive oil pp unsalted butter all purpose flour whole milk heavy whipping cream sharp cheddar cheese shredded Gruyere cheese shredded butter melted Parmesan cheese shredded

Add final notes, such as serving suggestions.

Moroccan Lamb (or Turkey) Stew

From Jonathan Emery

Moroccan Lamb (or Turkey) Stew			4 Portions	
One	of my absolut	te favorite meals.	1 hour	
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 11/2 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.	

One-Pot Chickpea Tiki Masala

From Jonathan Diel

One-Pot Chickpea Tiki Masala

4

40 minut

This recipe is one of my go to when I want Idian food pretty quickly. It's very easy to make espicially if using canned beans and tomatoes. Original recipe from https://www.makingthymeforhealth.com/one-pot-chickpea-tiki-masala/

1	2 Tbsp 1 medium 1 tsp 2	extra virgin olive oil onion, diced sea salt jalepeños, cored and finely chopped	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
	4 in	fresh ginger, minced (approx. 4 Tbsp	masala, cumin, curry, paprika, cayenne) and the tomato paste then stir together and cook
	6	garlic cloves, minced, approx 3	for 2 more minutes.
		Tbsp	Pour the cans of diced tomatoes with their
	$oldsymbol{1}$ tsp	garam masala	juices and 1 cup vegetable broth into the pot.
	$oldsymbol{1}$ tsp	ground cumin	Bring to a boil and cook for 10 minutes, stir-
	$oldsymbol{1}$ tsp	curry powder	ring intermittently.
fr	12 tsp	smoked paprika	Reduce heat to a simmer then stir in the co-
	3 Tbps	tomato paste	conut milk and chickpeas. Cook until heated
	2	(15-oz) cans diced fire roasted tomatoes	through. Serve warm with brown basmati rice, fresh cilantro, plain yogurt and naan.
	1 c	vegetable broth	Leftovers can be stored in an airtight con-
	1	(15-oz) can chickpeas, drained and rinsed	tainer in the refrigerator for up to 3 days.
	1 c	unsweetened cocounut milk	
	4 c	cooked brown rice or naan for serving	

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.

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 vinai-grette. 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.

 ${\it Jon's\ recipe\ is\ the\ best!!!}$

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 [С	

2 1 cup to taste

> 1 package firm tofu, drained and pressed to remove moisture, and cut into cubes.

to taste salt smooth peanut butter, plus more . 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.

Spinach-Ricotta Pie

 $from\ Shelby\ Hatch$

Spinach-Ricotta Pie

opina	cii iticotta i		1.0
			3 hours
from	The Moosew	ood Cookbook by Molly Katzen	
Prehe	eat oven to 3'	75	
The C	Crust		
1	1 cup 1/3 cup	flour 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 I	Filling		
4	1 lb 3 1 small 3 Tbsp 1/2 cup 1 dash	ricotta cheese beaten eggs diced onion flour grated sharp cheese 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

4-6

piping hot.

Creamy Turkey Noodle Soup

from Jonathan Emery

Creamy Turkey Noodle Soup			6 Servings	
A soup that Mimi makes after Thanksgiving.				
1	3 cups	turkey	Use leftover Thanksgiving turkey (or bake). Set aside.	
2	5 tbsp 2 1 1 tbsp	butter carrots shallot celery ceeds	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 sautéd vegetebles 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.	

Good to eat for... weeks?

Yorkshire Pudding

from Jonathan Emery

Yorshire Pudding			4 portions		
			$1^{1/2}$ hours		
Thi	This recipe was taken from the cuisine package examples of Ben Cohen.				
1	1/2 pt 2 oz 5 oz	milk butter self-raising flour	Heat the milk and butter until nearly boiling. Add flour and allow to seeth over.		
2	3 to taste	eggs salt and pepper	Add the remaining eggs and whisk again. Cook at 200°C for about 1 hour.		