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1 Breakfast

1.1 Granola

baking half-sheet

275°F

60–75 min.

Source: adapted from [The Kitchn](#)

serves 8

This granola is simple and flexible. We usually pick 2–3 from each category:

- *nuts: cashews, almonds, walnuts, sesame seeds*
- *dried fruits: cranberries, apricots, dates, tamarind, raisins*
- *ground spices: ginger, citrus peel, chipotle, cinnamon, allspice, nutmeg, cloves, cardamom*

3 cups rolled oats
1 cup nuts
½ cup wheat germ
½ cup flax seeds
1–2 tsp. salt
2–3 tsp. each spice

1. Mix dry ingredients (except fruit!) in a large bowl.

⅓ cup olive oil
⅓ cup honey

2. Mix the honey and olive oil into the dry ingredients.

3. Bake in an oiled pan, stirring every 30 min. until granola has browned. Let cool in pan.

1 cup dried fruit

4. Sprinkle dried fruit over the cool granola. Transfer to an airtight container. Enjoy with milk or yogurt.

Notes:

- *If you prefer, you can use chia instead of flax seeds. Molasses is quite tasty instead of honey, but makes it hard to judge when the granola is done.*
- *Definitely measure the oil before the honey. Definitely don't use steel-cut or instant oats.*

1.2 Frittata

cast iron pan

15–30 min.

serves 2

We are Team Frittata: so much less fussy than omelettes! Use a combination of leftovers and staples: carrots, peppers, mushrooms, greens, cauliflower, broccoli, potatoes... If you're awake enough, add some coordinating herbs and spices; if you're hungover enough, skip the onion and definitely add the cheese.

1 onion
2–3 cups veggies
1 tbsp. garlic

1. Sauté the onion and raw veggies, in order of toughness. Add garlic, salt, pepper, and cooked veggies and sauté 5 min. more, until heated through.

4 eggs
1 handful (herbs)

2. Beat the eggs in a bowl. Season with salt, pepper, and any herbs you're using.

3. Pour the eggs into the skillet. Turn the heat to medium if it isn't already. Cook until the edges are set and bubbles start to form in the middle.

½ cup cheese

4. Grate cheese over top, if using. Broil until frittata is puffed and brown on top, checking every 5 min.

Notes:

- Follow your nose: the eggs can burn quickly if the stove is too high or you forget them under the broiler.
- Leftover roasted potatoes, refried and covered in eggs and cheese, is great for starting off a busy day.
- Cabot Seriously Sharp Cheddar is our go-to topping cheese; goat cheese, low-moisture mozzarella, and Gruyere also have their moments.

1.3 Oatmeal

measuring cup

5 min.

serves 1

If you think oatmeal is boring, have you considered savory oatmeal?

1 cup rolled oats
1 cup boiling water

1. Mix the oats and water in a bowl. Wait 5 min.

Gather ye garnishes while ye wait:

2 Soups & Stews

2.1 Veggie Chili

pressure cooker

stovetop

1.5 hrs.

serves 8

This recipe is very flexible, so use a mix of beans and vegetables that suits you! As written it is fairly mild.

2–3 cups dry beans: black, kidney,
pinto, white, garbanzo

6–8 cups water

2 tbsp. salt

2 bay leaves

4 dried red peppers

1–2 tbsp. cumin

1–2 tbsp. coriander

1–2 dried red peppers or flakes

2 onions, peeled & chopped

3 carrots

6–10 cloves garlic, peeled & chopped

1 green pepper

½ cup wine or beer

28 oz. diced tomatos (any flavor)

2 tbsp. oregano

2 tbsp. basil

1 can (water chestnuts)

1 cup (TVP)

1. Start beans in the pressure cooker with aromatics. While they cook, chop vegetables, bake cornbread, and/or start rice cooking.

2. Optional: Toast whole spices in a skillet. When they smell good, grind them in the mortar.

3. Saute onions, carrots, and spices (untoasted and whole) in a skillet. When the onion is brown, add the garlic, green peppers. and spices (toasted and ground).

4. When vegetables have started to soften, add the skillet contents, water chestnuts, herbs, and canned tomatos to the beans. Deglaze the skillet with wine, beer, or tomato juice and add the results to the beans. Stir and return to a simmer.

5. Simmer the chili until the flavors and consistency are correct or your patience runs out. Add wine, water, or stock if it's too dry; add TVP or boil down if it's too wet. Adjust seasonings with more of what's missing: salt, tomato paste, hot sauce / chipotle, cocoa powder...

6. Serve chili in bowls, with grated cheese, yogurt, cornbread, and/or rice.

Notes:

- 1–2 cups frozen corn can go in any time. Kale or other greens should go in 5–10 minutes before serving.
- If you want to use canned beans, aim for 6 cups cooked beans total—3 large cans should do it.

2.2 Zucchini Rosemary Soup

soup pot, immersion blender

Source: Susan Friedman

serves 8

This recipe has gained zucchini over the years. Here's how we do it.

- | | | |
|-----------|-----------------|-----------------------------------------------------------------------------------------------------------------------|
| 2 tbsp. | butter | 1. Saute onion in butter and oil until translucent, about 5 min. Add garlic and rosemary and fry until fragrant. |
| 1 tbsp. | oil | |
| 1 large | onion, chopped | |
| 2 cloves | garlic, sliced | |
| 12 inches | rosemary | |
| 6 cups | stock | 2. Add the stock and chopped potato; bring to a boil, then simmer 10 min. |
| 1 large | potato, cubed | |
| 5 med. | zucchini, cubed | 3. Add the zucchini and simmer another 15 min. until potato and zucchini are tender. |
| 1 med. | zucchini, cubed | 4. Puree the soup and correct the seasonings. Serve with small zucchini cubes, croutons, and/or scallions as garnish. |

Notes:

- If your zucchini are fresh and/or the soup is piping hot, you can parboil them right in the bowl. Otherwise, parboil the zucchini for garnish for 30 s. in a saucepan of salted water or in a strainer right on top of the soup.

2.3 Mushroom Barley Soup

pressure cooker

Source: adapted from Molly Katzen, *The New Moosewood Cookbook*

serves 6

- | | | |
|-----------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup | pearl barley | 1. Pressure cook the barley for 20 min. |
| 2 cups | water or stock | |
| 2 tbsp. | butter | 2. Saute the onions in the butter, about 5 min. Add the garlic, mushrooms, and salt and saute until browned, another 10 min. |
| 1 | onion, chopped | |
| 2 cloves | garlic, chopped | |
| 1/2 lb. | mushrooms, sliced | |
| 1/2 tsp. | salt | |
| 4 tbsp. | soy sauce | 3. Add the mushrooms to the cooked barley. Deglaze the pan with the wine and soy sauce, and add them to the barley. |
| 4 tbsp. | dry sherry | |
| to taste, | black pepper | 4. Add 3–4 cups water or stock, to reach the desired consistency. Grind in plenty of pepper, then simmer 20 min. Correct seasonings and serve. |

Notes:

- You can use dried shiitakes for part or all of the mushrooms in this recipe; rehydrate them in the pressure cooker with the barley, adding an extra 2–3 cups of water. Then slice and saute as written.
- NancyLee used to make this in the crock pot by sauteeing the vegetables the night before, then adding barley, water, and broth concentrate in the morning before going off to school.

3 Entrees

3.1 Tofu Salad

Source: adapted from Molly Katzen, *The New Moosewood Cookbook*

serves 6–8

Another recipe that we routinely cook our way, not as printed.

5 tbsp.	rice or cider vinegar	1. Combine marinade ingredients in a large serving bowl.
4 tbsp.	sesame oil	
3 tbsp.	soy sauce	
2 tbsp.	rice wine or sherry	
1 tbsp.	sugar	
3 cloves	garlic, chopped	
1 tsp.	ginger, chopped	
to taste,	crushed red pepper	
1 lb.	extra firm tofu, cubed	2. Mix tofu and vegetables into marinade, gently. Cover and chill. Stir
8–10	mushrooms, sliced	every 6–12 hrs. and again before serving.
3–4	carrots, shredded	
2 cups	red cabbage, shredded	
1	red bell pepper, sliced	
2	scallions, chopped	

Notes:

- *Optional garnishes, if this isn't fancy enough: sesame seeds, sunflower seeds, chopped peanuts, chopped cilantro*

3.2 Peanut Noodles

Source: *The Enchanted Broccoli Forest*, by way of Gaia's Kitchen

serves 6–8

This is one of those recipes that has diverged so much from its published form, I just had to write down our preferred way.

1½ cup	peanut butter	1. Heat sauce ingredients over medium heat, stirring constantly, until they form a smooth mixture. Bring to a boil, then simmer gently until sauce thickens and darkens. Set aside.
1 cup	water	
4 tbsp.	cider vinegar	
6 tbsp.	soy sauce	
6 tbsp.	molasses	
1 lb.	extra firm tofu	2. Cut the tofu into cubes and fry until golden brown on at least 3 sides. Dump into a large serving bowl and mix with the peanut sauce.
2 tbsp.	ginger, chopped	3. Saute the aromatics after the tofu, then add to the bowl of fried tofu.
4 cloves	garlic, chopped	
1	onion, sliced	
1 lb.	pasta	4. Boil pasta as directed in salted water. (Steam veggies over top if desired.)
4–6 cups	veggies, trimmed	5. Stir-fry, roast, or steam the vegetables: carrots, peppers, broccoli are perennial favorites; or try cauliflower, snap peas, green beans, mushrooms, eggplant, or any leftover veggies in the fridge.
		6. Add the vegetables and noodles to the saucy tofu. Mix carefully but thoroughly. Serve, optionally garnished with scallions and/or chopped peanuts.

4 Sides & Snacks

4.1 Apple Rice Salad

Source: Donia Kirchman, via *Better Homes and Gardens*

serves 6

This recipe won a prize in January 1998 in the Healthful Side Dishes category. Since I hate celery, we usually leave it out.

2 cups	brown & wild rice, cooked	1. In a large mixing bowl, combine salad components.
2	apples, chopped	
1/4 cup	sunflower seeds	
1/2 cup	dried cranberries	

2 tbsp.	balsamic vinegar	2. In a small bowl, whisk together the dressing.
1 tbsp.	olive oil	
2 tsp.	honey	
2 tsp.	brown or Dijon mustard	
1 clove	garlic, chopped	
1/4 tsp.	salt	

3. Pour the dressing over the salad, stirring gently to coat.

Notes:

- If the salad will not be served immediately, dip the apples in lemon juice water, or chop and add them just before serving. The salad will keep well, covered and chilled.

4.2 Carrot Salad with Harissa, Feta, and Mint

grater

Source: Cuisine via [Smitten Kitchen](#)

serves 8

Our harissa is not very spicy, definitely adjust to your taste and your harissa.

3/4 lb.	carrots, grated	1. Coarsely grate the carrots and put them in a large mixing bowl.
4 tbsp.	olive oil	2. Optionally, dry-toast the cumin and caraway and grind them before proceeding. Sauté the spices and sugar in the olive oil until fragrant, 1–2 min.
2 cloves	garlic, crushed	
1 tsp.	harissa	
1 tsp.	cumin seeds	
1/2 tsp.	caraway seeds	
1/2 tsp.	paprika	
1/2 tsp.	sugar	
3 tbsp.	lemon juice	3. Off the heat, mix the lemon juice with the spices and pour the dressing over the carrots. Stir to combine, then add the herbs and feta and stir again. Let sit for an hour, then serve.
2 tbsp.	parsley, chopped	
2 tbsp.	mint, chopped	
100 g.	feta, crumbled or chopped	

5 Holidays

5.1 Apple Matzo Charlotte

9" × 13" baking dish

350° F

45 min.

Source: adapted from Leah Leonard, *Jewish Cookery*, Matzo Charlotte #2

serves 12

A perennial favorite at Passover.

4	matzos	1. Soak matzos in water until soft. Drain and squeeze out excess water.
6	eggs, separated	2. Mix matzos with beaten egg yolks, sugar, apples, nuts, raisins, and cinnamon.
1/4 cup	sugar	
4	apples, sliced	
1/2 cup	(almonds)	
1/2 cup	(raisins)	
1 tbsp	cinnamon	
1/4 cup	butter	3. Add butter, melted or chopped into small pieces.
6	egg whites	4. Whip egg whites until stiff. Fold gently into apple-matzo mixture.
		5. Bake in a well-greased casserole until golden brown on top.

Notes:

- The original recipe suggests this can be served plain or “with lemon sauce,” whatever that is.
- Chop the apples while the matzos soak in the baking dish; dry and grease the baking dish later, while the egg whites are whipping.

5.2 Bread Stuffing

food processor, 9" × 13" baking dish

350°F

30–60 min.

Source: Chutatip ‘Nok’ Santaranon, [Kalaya Thai Kitchen](#)

serves 8

A good sausage stuffing recipe, veganized.

4 stalks	celery	1. In a food processor, finely chop the celery, carrots, onion, and garlic. Set aside.
2 med.	carrots	
1 med.	onion	
1–2 cloves	garlic	
12 oz.	chestnuts, raw	2. If using raw chestnuts: blanch and peel. Coarsely chop 6–7 oz. chestnuts, retaining a few whole chestnuts for garnish.
6 slices	vege bacon, chopped	3. Saute the bacon in a large skillet over high heat, in olive oil. Remove the bacon and reserve for garnish, leaving the oil in the pan.
1 tbsp.	butter	4. Return the skillet to medium heat and add butter. Saute the chopped aromatics until softened and fragrant, 3–5 minutes. Add the mushrooms and saute until they release their liquid, 5 min. Add the sausage bits and saute over high heat, smashing them into smaller chunks, until liquid has been absorbed and browning has started, 10–15 min. Stir frequently and add oil as needed.
10 oz.	mushrooms, chopped	
1 lb.	sweet Italian seitan, crumbled	
1 lb.	hot Italian vege sausage	
12 oz.	bread crumbs	5. Remove skillet from heat and add bread crumbs, 2 cups stock, and dried cranberries. Stir and toss to combine. Season with salt and pepper, then fold in chestnuts. Transfer to a baking dish and refrigerate for up to 2 days. (Stuffing may be frozen at this point, and thawed before continuing.)
2+ cups	vegetable stock	
1 cup	dried cranberries	
7 oz.	chestnuts, chopped	
1 bunch	parsley, chopped	6. Mix the parsley into the stuffing; reserve a handful for garnish. Add salt, pepper, and stock to taste. Bake until hot in the middle and browned on top. Stuffing may be held at 200°F until serving.
		7. Garnish with reserved chestnuts, bacon bits, fresh cranberries, sprigs of parsley, rosemary, thyme, lavender, and marigold petals.

Notes:

- We doubled this recipe for Thanksgiving 2019 and it yielded way too much stuffing. Beware.
- We used [Upton's Naturals Italian Seitan](#) and [Beyond Sausage Hot Italian Sausage](#). Removing the sausage casings is a bit of a faff. Field Roast [Italian](#), [Mexican Chipotle](#), and/or [Apple Sage Sausage](#) would probably suit, or skip right to something already crumbled.
- Hazelnuts make a delightful replacement for some or all of the chestnuts.
- We skipped most of the garnishes and it was ok. I would try this again with better presentation and bread chunks instead of crumbs.

5.3 Cranberry Sauce 3qt. saucepot stovetop 15 min.

Source: Sharon McCullough serves 12

A simple but delicious cranberry sauce recipe.

- | | |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 oz. cranberries (1 bag)
1 orange, peeled
1 cup sugar | 1. Place cranberries, orange peel, and sugar in a sauce pot, with water to cover.

2. Heat to a boil and simmer until cranberries start to burst, stirring occasionally.
3. Cool, remove orange peel, and serve (warm or cold). |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

5.4 Eggnog I large bowl, mixer chill after mixing 30 min.

Source: Prof. Serge Lang, Princeton University serves 12

This epic libation was reconstructed by Phil Bergey at Thanksgiving 2018.

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 eggs, separated

1 lb. sugar
2 qt. milk
1 qt. heavy cream
700 mL Remy Martin VSOP cognac

12 egg whites
nutmeg | 1. Separate the eggs; put the yolks into a large serving bowl and the whites into a mixer bowl.
2. Mix the sugar, milk, and cream into the egg yolks, then add the cognac.

3. Whip the egg whites and fold gently into the eggnog.
4. Grate nutmeg over top, stir gently, and serve. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Notes:

- Ingredients should be chilled before starting, and the finished eggnog should be kept cool; no one likes warm eggnog.

5.5 Eggnog II stand mixer chill after mixing 30 min.

Source: Alton Brown serves 4

At Thanksgiving 2019, Phil presented this alternative eggnog, made in advance.

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 eggs, separated
1/3 cup sugar

1 pint whole milk
1 cup heavy cream
1 1/4 oz. bourbon
1 1/4 oz. dark rum
1 tsp. nutmeg, freshly grated | 1. In the bowl of a stand mixer, beat together egg yolks and sugar until the yolks lighten in color and the sugar is completely dissolved.
2. Add the milk, cream, bourbon, rum, and nutmeg. Stir to combine. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

4 egg whites
1 tbsp. sugar

3. Beat egg whites to soft peaks. While mixing, add the sugar and beat until stiff peaks form.
4. Gently fold egg whites into the eggnog. Chill and serve.

Notes:

- Alton Brown makes no recommendations as to the bourbon; Phil chose to make this with Smith & Cross Traditional Jamaican Rum and Bulleit 90 Proof Bourbon.

5.6 Orange-Glazed Tofu

9" × 9" baking dish

350°F

1 hr.

Source: inspired by [PPK's Orange Ginger Baked Tofu](#)

serves 4

Easy, tasty, hands-off, suitable for hanging out in the oven indefinitely - this was our first go-to vegetarian holiday centerpiece.

1/2 can orange juice concentrate
1/4 cup molasses
1/4 cup soy sauce
2 tbsp. sesame or olive oil
2 tbsp. ginger, chopped
3 cloves garlic, chopped
1 tsp. crushed red pepper

1 block tofu

1. Mix marinade ingredients together in a bowl.
2. If this is a centerpiece: keep the tofu in a single brick. Otherwise, slice or cube tofu to your preference. Place tofu in an oiled baking dish and pour marinade over top.
3. Marinade the tofu at least 30 min., then bake until marinade has thickened to a sauce and tofu edges have browned, at least 1 hr. If you have time, baste the tofu with the sauce every 20–30 min. so the top stays moist.

Notes:

- Tofu can be baked quicker at 400°F or even 450°F; once baked, it can be held at 200°F until the rest of the feast is ready.
- The marinade/sauce can also be made on the stovetop, optionally thickened with 1 tbsp. cornstarch.
- Tofu texture can be improved by frying or broiling the tofu before adding the sauce, or possibly even freezing. But the simple dump-and-bake version is quite respectable.
- This recipe appears to be superseded by [Sweet & Smoky Glazed Tofu Ham](#), which looks cute but mostly leads to burnt orange slices.

5.7 Spinach Matzo Pie

9" × 13" baking dish

400°F

30–35 min.

Source: Melissa Roberts, [Gourmet](#), April 2008

serves 8–12

This is a contender for best vegetarian Passover entree. There's matzo right in the name, how can you beat that? But honestly, this matzo lasagna concept is presumably a whole genre, we just haven't looked past this spanakopita-inspired dish.

16 oz. cottage cheese
2 cups whole milk
3 eggs
1/4 tsp. nutmeg, grated

6 matzos

1 med. onion, chopped
3 tbsp. olive oil

1. In a large bowl or blender, puree the cottage cheese, milk, eggs, and nutmeg.
2. Place matzos in a 8" × 8" baking dish and pour cottage cheese mixture over to cover. Let sit 15 min. until matzo have softened.
3. Saute the onion in the olive oil until golden, 12–15 min.

20 oz.	spinach, thawed	4. Press the spinach in a sieve to remove as much water as possible. Add it to the fried onion and saute 5 min.
1/3 cup	dill, chopped	5. Remove spinach from heat and stir in dill, salt, and pepper.
3/4 tsp.	salt	
1/2 tsp.	pepper	
1 cup	feta, crumbled	6. Combine the remaining cottage cheese mixture and feta with the spinach.
1/2 cup	feta, crumbled	7. Grease a 9" × 13" baking dish and place two softened matzos in the bottom. Spread half the spinach filling over them, then cover with two more matzos. Repeat with the rest of the spinach and top with the last two matzos. Pour any cottage cheese mixture that remains from soaking over top. Sprinkle with feta.
2 tbsp.	dill, chopped	8. Bake, uncovered, until golden and set. Cool 10 min., then sprinkle with dill and serve.

Notes:

- This dish can be assembled ahead of time, chilled and covered until ready to bake. Add 10–15 min. cook time and follow your nose.

6 Desserts

6.1 Double Chocolate Cookies

mixer

350°F

10 min.

Source: Cook's Illustrated

makes 30

Every year I bake a few batches of cookies for the winter holidays. This is one of my go-to recipes.

2 cups	flour	1. Sift together dry ingredients in a medium bowl.
1/2 cup	Dutch cocoa	
2 tsp.	baking powder	
1 tsp.	salt	
16 oz.	semisweet chocolate	2. Melt the chocolate in the microwave, stirring frequently. Set aside.
4	eggs	3. Lightly beat the eggs and vanilla in a small bowl. Sprinkle with the coffee powder and set aside.
2 tsp.	vanilla	
2 tsp.	espresso powder	
10 tsp.	butter	4. Beat butter until smooth and creamy. Add sugars, then eggs, then chocolate, beating well between additions. Add dry ingredients and mix on low just until combined – less than a minute.
1 1/2 cups	brown sugar	5. Cover bowl with plastic wrap and let stand 30 min.
1/2 cup	sugar	6. Preheat oven to 350°F and grease or line two cookie sheets. Scoop dough by heaping tablespoons 1 1/2" apart.
		7. Bake cookies until the edges are set and the centers are soft, about 10 min. Switch the cookie trays halfway through baking. Cool on trays for 10 minutes, then move onto cooling racks.

6.2 Molasses Cookies

mixer

375°F

10 min.

Source: Cook's Illustrated

makes 24

It's a bit of a production to roll the cookies in sugar, but it's worth it to get that crinkly outside. At least you didn't have to use a rolling pin.

2¼ cups flour
 1½ tsp. cinnamon, ground
 1½ tsp. ginger, ground
 ½ tsp. cloves, ground
 ½ tsp. allspice, ground
 ¼ tsp. black pepper, ground
 1 tsp. baking soda
 ½ tsp. salt

 12 tbs. butter, softened
 ⅓ cup white sugar
 ⅓ cup brown sugar

 1 egg
 1 tsp. vanilla
 ½ cup molasses

1. In a medium bowl, stir together dry ingredients.
2. Beat the butter and sugars together until light and fluffy.
3. Add egg and vanilla, then molasses, mixing thoroughly between additions. Reduce speed to low and add dry ingredients, scraping the sides to mix well.
4. Roll dough into balls and dip in white sugar. Set them 2" apart on a greased cookie sheet.
5. Bake 1 sheet at a time until cookies are puffy and edges are set, about 10 min. Rotate the cookie tray halfway through baking. Do not over-bake! Cool on trays for 5 minutes, then move onto cooling racks.

6.3 Snickerdoodles

mixer

400°F/350°F

10 min.

Source: [Serious Eats](#)

makes 24

What can I say, I love a cookie with a chewy center and crisp edges. The coconut oil makes these subtly different and really delicious.

4 oz. butter
 3 oz. virgin coconut oil
 10½ oz. sugar
 1¼ tsp. kosher salt
 1 tsp. baking powder
 1 tbs. vanilla

 1 egg

 10½ oz. flour
 2 oz. sugar
 2¾ tsp. cinnamon, ground
 1½ tsp. cinnamon, grated

1. Mix butter, coconut oil, sugar, salt, baking powder, and vanilla on low, then medium, until the mixture is soft, fluffy, and pale.
2. Add the egg and continue beating until smooth. Scrape the bowl as necessary.
3. Reduce speed to low and add the flour, mixing to form a stiff dough.
4. Mix sugar and cinnamons in a small bowl. Roll 2 tbs. of dough into a ball, roll in the cinnamon sugar, then flatten on a greased baking tray, leaving 1½" between cookies. Optionally, sprinkle the remaining cinnamon sugar on top for extra crinkly cookies.
5. Bake at 400°F until the cookies spread, about 5 min., then reduce the temperature to 350°F. Continue baking until firm around the edges and soft in the middle, 5–6 min. longer. Cool at least 10 min. on the tray, then move onto cooling racks.

6.4 Butterscotch Brownies

9" × 13" baking dish

350° F

40 min.

Source: Dustin, Brooklyn Community Choir

serves 24

1 cup butter
 4 oz. cream cheese

 1 box brownie mix (19.5 oz.)
 1 egg

1. Melt the butter and cream cheese over low heat.
2. Add the brownie mix and egg to the butter and cream cheese. Mix thoroughly.

- | | | |
|--------|----------------------------|-----------------------------------------------------------------------------------------------------------------|
| 12 oz. | butterscotch chips (1 bag) | 3. Pour the brownie mix into a greased baking dish. Sprinkle butterscotch chips on top and swirl them in a bit. |
| | | 4. Bake for 40 min. Let cool 45–60 min. before slicing and serving. |

Notes:

- The original recipe calls for 1 package / 4 oz. cream cheese; my cream cheese usually comes in 8 oz. bricks
- It also specifies Pillsbury Family Fudge Brownie Mix but suggests any brownie mix will do.

6.5 Caramel Chocolate Pretzel Brownies

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

- | | | |
|---------|----------------------------|-------------------------------------------------------------------------------------|
| 1 cup | butter | 1. Mix butter and cream cheese over low heat until melted. |
| 4 oz. | cream cheese | |
| 1 box | brownie mix (19.5 oz.) | 2. Add brownie mix and egg and mix thoroughly. |
| 1 | egg | |
| | | 3. Pour brownie mix into greased baking dish and bake, 40 min. Let cool, 45–60 min. |
| 12 oz. | semi-sweet chocolate chips | 4. Mix chocolate chips and shortening over low heat until melted and smooth. |
| 2 tbsp. | vegetable shortening | |
| 11 oz. | Kraft Caramel Bits (1 bag) | 5. Mix caramel, shortening, and milk over low heat until melted and smooth. |
| 2 tbsp. | vegetable shortening | |
| 1/2 cup | milk or cream | |
| 60 | mini pretzels | 6. Spread caramel over cooled brownies. Crush pretzels and sprinkle them on top. |
| | | 7. Once caramel has cooled, top with melted chocolate. Cool, slice, and serve. |

6.6 Cocoa Sour Cream Cookies

cookie sheets

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

- | | | |
|------------|-------------------|------------------------------------------------------------------------------------------------------------------|
| 3 cups | all-purpose flour | 1. In a medium bowl, sift together dry ingredients. |
| 3/4 cup | cocoa powder | |
| 1 tsp. | baking powder | |
| 1/2 tsp. | baking soda | |
| 1/2 tsp. | salt | |
| 1 cup | butter | 2. Melt butter in a large bowl, then mix in sugar until smooth. |
| 1 1/2 cups | white sugar | |
| 2 | eggs | 3. Beat eggs, sour cream, and vanilla into the butter and sugar. |
| 1 cup | sour cream | |
| 1 tsp. | vanilla | |
| | | 4. Add the dry ingredients gradually, mixing well. Roll the dough into balls and bake until golden on top. (???) |
| 1/2 cup | powdered sugar | 5. Let cool 45–60 min., dust with powdered sugar, and serve. |

6.7 Cookies'n'Cream Bars

9" × 13" baking dish

350° F

40 min.

Source: Dustin, Brooklyn Community Choir

serves 24

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|------------|--------------------------------------------|--------------------------------------------------------------------------------------|
| 2 1/4 cups | flour | 1. In one bowl, mix dry ingredients. |
| 1 tsp. | baking soda | |
| 1/2 tsp. | salt | |
| 1 cup | butter | 2. In another bowl, melt the butter and mix it thoroughly with the |
| 1/4 cup | brown sugar | brown sugar, white sugar, and pudding mix. |
| 1/4 cup | white sugar | |
| 1 box | vanilla or cookies'n'cream instant pudding | |
| 2 | eggs | 3. Beat in the eggs and vanilla. Add the dry ingredients in 3 parts, mixing well. |
| 1 tsp. | vanilla | |
| 12 oz. | white chocolate chips (1 bag) | 4. Stir in white chocolate and Oreos. Pour mix into a greased baking dish. |
| 15 | Oreos, coarsely chopped | 5. Bake for 40 min. or until golden. Let cool 45–60 min. before slicing and serving. |

Notes:

- The original recipe calls for 1 package / 4 oz. cream cheese; my cream cheese usually comes in 8 oz. bricks.
- It also specifies Pillsbury Family Fudge Brownie Mix but suggests any brownie mix will do.

6.8 Crumb Cake Bars

9" × 13" baking dish

350° F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

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|------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 2 2/3 cups | flour | 1. Combine flour, brown sugar, oats, and cinnamon, then stir in the melted butter. Let sit until cake is ready. |
| 1 1/3 cups | brown sugar | |
| 2/3 cups | oats | |
| 1 1/2 tsp. | cinnamon | |
| 1 cup | butter, melted | |
| 2 1/4 cups | flour | 2. Combine flour, baking soda, and salt. |
| 1/2 tsp. | baking soda | |
| 1/2 tsp. | salt | |
| 1 cup | butter | 3. Melt butter and cream cheese together, then mix in sugar until smooth. |
| 4 oz. | cream cheese | |
| 1 cup | sugar | |
| 2 | eggs | 4. Mix eggs and vanilla into wet ingredients until smooth. |
| 1 tbsp. | vanilla | |
| | | 5. Add dry ingredients to wet ingredients and mix thoroughly. Pour batter into a greased baking dish. |
| | | 6. Gently sprinkle crumb topping over cake batter. Bake for 40 min. or until crust is golden brown. Let cool 1–2 hrs., slice and serve. |

6.9 Espresso Chocolate Cookie Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

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|---------|-------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 3½ cups | all-purpose flour | 1. Combine dry ingredients in a large mixing bowl. |
| 1 tsp. | baking soda | |
| 1 tsp. | baking powder | |
| 1 tsp. | salt | |
| 4 tsp. | instant coffee | |
| 1 cup | butter | 2. Melt the butter in a large mixing bowl. Add the brown and white sugar and mix until smooth. |
| 2 cups | dark brown sugar | |
| ½ cup | white sugar | |
| 2 | eggs | 3. Mix the eggs and vanilla into the butter and sugar. |
| 4 tsp. | vanilla extract | |
| 9 oz. | Nestle Espresso Chips (1 bag) | 4. Add the dry ingredients gradually, stirring to combine. Mix in the espresso chips. |
| | | 5. Pour espresso bars into a greased baking dish. Bake for 40 min. or until golden. Cool 45–60 min., slice, and serve. |

6.10 Ginger Cake Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

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|---------|------------------|------------------------------------------------------------------------------------------------------------------------|
| 2¼ cups | flour | 1. Combine flour, baking soda, spices, and salt in a small bowl. |
| 1 tsp. | baking soda | |
| 2 tsp. | ginger, ground | |
| ¾ tsp. | cinnamon, ground | |
| ½ tsp. | cloves, ground | |
| ¼ tsp. | salt | |
| 1 cup | butter | 2. Melt the butter in a large mixing bowl, then mix in the sugars until smooth. |
| 1½ cup | white sugar | |
| 1 | egg | 3. Mix the egg into the butter and sugar until fluffy. Add the water and molasses and mix thoroughly. |
| 1 tbsp. | water | |
| ⅓ cup | molasses | |
| | | 4. Gradually mix the dry ingredients into the wet ingredients and stir to combine. |
| | | 5. Pour the batter into a greased baking dish. Bake for 40 min. or until golden. Let cool 45–60 min., slice and serve. |

6.11 Key Lime Cookie Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

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|---------|-------------------|--------------------------------------------------------------------------------|
| 2¼ cups | all-purpose flour | 1. Combine dry ingredients in a large mixing bowl. |
| ½ tsp. | baking soda | |
| ½ tsp. | salt | |
| 1 cup | butter | 2. Melt the butter in a large mixing bowl. Add the sugar and mix until smooth. |
| 1¼ cup | white sugar | |

- 1 egg
- 1 tsp. vanilla
- 3 tbsp. key lime juice
- 1 tsp. lime extract
- 6 oz. white chocolate chips (½ bag)
- 3 graham crackers, crushed

3. Mix the egg, vanilla, lime juice, and lime extract into the butter and sugar.
4. Add the dry ingredients gradually, stirring to combine. Mix in the white chocolate chips and graham cracker chunks.
5. Pour key lime bars into a greased baking dish. Bake 40 min. or until golden. Cool 45–60 min., slice, and serve.

6.12 Lemon-Blueberry Squares

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Choir

serves 24

- 1 cup butter
- 4 oz. cream cheese
- 1 box lemon cake mix (19.5 oz.)
- 1 egg
- 12 oz. blueberries, fresh or frozen

1. Melt the butter and cream cheese over low heat.
2. In a medium bowl, mix lemon cake mix, egg, and melted butter and cream cheese.
3. Mix in the blueberries.
4. Pour batter into a greased baking dish. Bake 40 min. Let cool 45–60 min. before slicing and serving.

6.13 Mint Chocolate Chip Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Choir

serves 24

- 1 cup butter
- 4 oz. cream cheese
- 1 box Pillsbury White Cake Mix (18 oz.)
- 1 egg
- ½ tsp. peppermint extract
- 20–25 drops (green food coloring)
- 12 oz. chocolate chips

1. Over low heat, melt butter and cream cheese together.
2. In a medium bowl, add melted butter and cream cheese to the cake mix, egg, peppermint extract, and food coloring. Mix thoroughly.
3. Mix in chocolate chips. Pour mix into a greased baking dish.
4. Bake until golden. Let cool 45–60 min. before slicing and serving.

6.14 Oreo Rice Krispie Treats

9" × 13" baking dish

Chill after mixing

20 min.

Source: Dustin, Brooklyn Community Choir

serves 24

- 1 cup butter
- 10 oz. marshmallows (1 bag)
- 3½ cups Rice Krispies
- 16 Oreos

1. Melt the butter and marshmallows over low heat.
2. Add Rice Krispies and Oreos, and mix well.
3. Spread mixture in a greased tray and let cool before slicing; refrigerate if needed.

6.15 Peppermint Cookie Bars	9" × 13" baking dish	350°F	40 min.
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Source: Dustin, Brooklyn Community Chorus	serves 24
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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 cups flour
1 tsp. baking soda
1/2 tsp. salt

1 cup butter
1/2 cup white sugar
1/2 cup light brown sugar

1 egg
1 tsp. vanilla

12 oz. Ghirardelli peppermint chunks | <ol style="list-style-type: none"> 1. Combine flour, baking soda, and salt in a small bowl. 2. Melt the butter in a large mixing bowl, then mix in the sugars until smooth. 3. Mix the egg and vanilla into the butter and sugar until fluffy. 4. Gradually mix the dry ingredients into the wet ingredients. Stir in the peppermint chunks. 5. Pour the peppermint bars into a greased baking dish. Bake for 40 min. or until golden. Let cool 45–60 min., slice and serve. |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

6.16 S'mores Bars	9" × 13" baking dish	chill after mixing	20 min.
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Source: Dustin, Brooklyn Community Choir	serves 24
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|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup butter
10 oz. marshmallows (1 bag)

12 oz. semisweet chocolate chips (1 bag)
6 cups graham cracker crumbs | <ol style="list-style-type: none"> 1. Melt the butter and marshmallows together over low heat. 2. Mix graham crumbs and chocolate chips into the melted marshmallows until uniform. 3. Spread mixture in a greased tray and let cool before slicing; refrigerate if needed. |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

6.17 Watergate Cake	bundt pan	350°F	35–45 min.
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Source: Jill, Brooklyn Community Choir	serves 12
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Remember, it's not the cake, it's the cover-up!

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3/4 cup butter
1 1/3 cup sugar
3 eggs
1 tsp. vanilla

1 box instant pistachio pudding
1 1/4 cups water
2 1/4 cups flour
2 tsp. baking powder | <ol style="list-style-type: none"> 1. Cream butter, sugar, eggs, and vanilla. 2. Add remaining ingredients and mix until batter is smooth. 3. Pour batter into greased pan and bake. Let cool before icing. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

6.18 Nanaimo Bars	food processor, 8" × 8" baking dish	350°F	15 min.
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Source: adapted from Humblebee & Me and Rock Recipes	serves 25
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This recipe abandons the 100% stovetop nature of the traditional Nanaimo bar, but I think it's worth it. Key features: toasted nuts & coconut, a thicker cookie layer, a custard layer without custard powder, and a chocolate topping that's sliceable right out of the fridge!

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|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup flaked unsweetened coconut
1/2 cup almonds | <ol style="list-style-type: none"> 1. Toast the coconut and almonds at 350°F, stirring every 5 minutes until they smell delicious. |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|

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|------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/2 cup | butter | 2. Put the butter in the food processor and pour the hot almonds and coconut directly on top. Pulse a few times to melt the butter. |
| 1 1/2 cups | graham cracker crumbs | 3. Add the remaining ingredients. Pulse a few more times to combine. |
| 1/4 cup | white sugar | |
| 5 tbsp | cocoa powder | |
| 1/4 tsp | salt | |
| 1 | egg | 4. Press the crust into the greased baking dish and bake at 350°F for 15 minutes. |
| 4 tbsp | cornstarch | 5. In a small bowl, mix half a cup of milk with the cornstarch. Heat the remaining milk and cream until steaming, not boiling. Stir in the vanilla. |
| 1 cup | whole milk | |
| 1 cup | heavy cream | |
| 2 tsp | vanilla extract | |
| 4 | eggs | 6. In a bowl, whisk the eggs and sugar and salt. Add the hot milk to the eggs, stirring it in one spoonful at a time until the eggs are warm. |
| 1/2 cup | sugar | |
| pinch | salt | 7. Pour the tempered eggs back into the saucepot, and heat on low, stirring constantly, until the custard starts to thicken. Stir the cornstarch slurry and add it quickly, continuing to stir, especially in the corners, to produce an extremely thick custard. |
| 6 oz. | bittersweet chocolate | 8. Let the custard cool slightly, then spread it over the baked crust. Set aside to cool. |
| 1/2 cup | heavy cream | 9. Heat the cream and chocolate on low, stirring constantly, until the chocolate starts to melt. Turn off the heat and keep stirring, until the ganache is smooth and glossy. |
| | | 10. Spread the chocolate over the custard, smoothing it as best you can. Chill, slice, and serve. |

Notes:

- If you use the baking dish to toast the nuts and coconut, you won't have to grease it! But you can if you want to, or add a layer of foil.
- Custard is tricky; feel free to turn the stove off if you feel it's going too fast. If your custard curdles, feel free to sieve it or just go with it—it'll be delicious either way.
- To make these mint instead of vanilla, use 1 tsp. mint extract and 10–15 drops green food coloring.
- Since these are very rich and prone to squishing, cut them into bite-size pieces—5 × 5 or even 6 × 6 if you can manage it.
- TODO: figure out an all-cornstarch or all-custard powder custard layer; also this makes too much, too thick custard??

7 Menus

Like most families, we have a motley set of traditions that collide around the various holidays. Over the years, we've developed some favorites and a decent repertoire of vegetarian entrees. Here follows some inspiration for celebration.

Sukkot

Cheeses and Crackers

Zucchini Soup

Quinoa Tabouli ♦ [Apple Rice Salad](#)
Pumpkin, Cranberry-Walnut, Zucchini Bread (Phil) ♦ Challah
Veggie Chili ♦ Beef Stew ♦ [Brisket Chickpeas](#)
Eggplant and Chickpeas
Kale Salad (feta, grilled peppers, tomatoes, fresh peppers, carrots, peapods, olives, capers?) ♦ Kale Salad (dried
cranberries, red onion, toasted pecans)
Brussels, Squash, Tempeh with [Maple-Balsamic Glaze](#)
[Zucchini Fritters](#)
Apple Cobbler (Christalee)
Ice Cream (Beki)

Thanksgiving

Nibbles

Cheese, Crackers, Dried Fruit, Crudités, Olives

Drinks

[Lemon Rosemary Gin Sparkler](#) ♦ [Eve's Addiction \(mulled cider\)](#) ♦ [Drunk Uncle](#) ♦ [Eggnog I](#) ♦ [Eggnog II](#)

Entrees

Turkey, brined, then deep-fried or smoked (Uel & Phil)

[Seitan Loaf](#) ♦ [Seitan Roulade](#) ♦ [Orange-Glazed Tofu](#) ♦ [Honey-Baked Tofu](#) ♦ [Black Pepper Tofu & Eggplant](#)

reqs: not too fussy, reheats/holds well, juicy/saucy, super delicious

Traditional Sides

[Bread](#) ♦ [Cornbread Stuffing](#)

Mods: Field Roast sage sausage, green peppers, mushrooms, no celery

[Mashed Potatoes](#)

Turkey ♦ [Mushroom Gravy](#) (Uel)

[Cranberry Sauce](#)

Pumpkin Nut Bread (Phil) ♦ Rolls (Beki)

Vegetables

[Apple Rice Salad](#) (NancyLee)

[Brussels Sprouts w/ Maple-Balsamic Glaze](#) ♦ [Brussels Sprouts w/ Honey-Sriracha Sauce](#)

[Kale w/ Pistachios](#) ♦ [Green Beans w/ Almonds](#) (Sharon) ♦ [Turnips w/ Poppy Seeds](#)

[Roasted Root Veges \(+ Tempeh\)](#)

[Kale-Mushroom Salad](#)

Desserts

[Maple Cookies](#)

[Pumpkin-Gingersnap Cheesecake](#)

[Pecan](#) (Bruce) ♦ [Pumpkin, Apple-Ginger, Sweet Potato Pie](#) (Beki)

[Ice Cream](#) (Beki)

Under Consideration

[Brussels with Pancetta](#) ♦ [Chocolate Gingersnap Tart](#) ♦ [Sauteed Broccoli Rabe](#)

Christmas

Brussels Sprouts w/ Hazelnuts
Couscous/Fruit Stuffing
Cornish Hens w/ Jalapeno-Currant Glaze
Lentil & Mushroom Shepherd's Pie
[Crispy Potatoes w/ Duck Fat](#)
Rice Pilaf w/ Apricots & Cashews
Sweet Potato Gratin (pecans, cumin, breadcrumbs/butter/cheese?, sage)
Roasted Cauliflower w/ Pomegranate Seeds

Passover

Appetizers

Crudites: Carrots, Celery, Cucumber, Peppers
Pre-packaged dips (Baba Ganoush, Hummus, Roasted Peppers, etc.)
Matzo & KfP Crackers
Cheeses

Seder Plate

Parsley (cut)
Salt Water
Horseradish (match-sticked)
Romaine (cut)
Egg (roasted)
Shank Bone? (roasted)
Haroset
Matzo

Haroset

Classic (NancyLee)
Fig ♦ Tamarind ♦ Mango ♦ Date + Port (kids)
Dried mango, blood orange, toasted slivered almonds, dry wine/sherry
“seven-fruit” ♦ chocolate & strawberries ♦ piedmontese ♦ apricot-pistachio
[Sephardic Charoset](#)

Firsts

Gefilte Fish & Horseradish (jar)
Eggs and Salt Water
Matzo Ball Soup (Phil)

Entrees

Lamb (grilled?) ♦ Brisket w/ potatoes & carrots (Amy / Beki) ♦ [Lamb Stew](#)
[Spinach-Matzo Pie](#) (add mushrooms?!) ♦ [Kugel-Quiche](#) (see also)

Sides

Romanian Stuffed Mushrooms (feta & chives)
[Potato Kugel](#) ♦ [Potato-Vegetable Kugel](#)
[Carrot Harissa Salad](#)
[Apple Charlotte](#)
Carrot Tzimmes ♦ Grilled Asparagus

Desserts

Berry Salad
[Chocolate-Caramel Matza](#) ♦ [Almond Cookies](#) ♦ [Almond Horn Cookies](#) ♦ [Ugly But Good Cookies](#)
Ice Cream ♦ Sorbet (Beki)

8 Our Parents' Cooking

The following recipes are more faithful to the originals than the preceding ones; for example, sugar quantities have been left as-is, rather than halved as I would. Commentary is indicated by [].

I was sent off to college with my parents' copy of Joy of Cooking, ca. 1975 (a wedding gift), including recipes clipped out of newspapers and jotted down on used UW punchcards. Here are transcriptions of the enclosed ephemera.

8.1 Ken's Granola

half-sheet pan

250°F

2 hrs.

Source: Ken Bieber

serves 8

[CB] *This recipe has different proportions to [Granola](#); perhaps you prefer it!*

3 cups rolled oats
1 cup wheat germ
1 cup sesame seeds and/or nuts
1/2 cup (shredded coconut)
1/2 cup bran
1/4 cup oil
3/4 cup honey, molasses, or corn
syrup

1. Mix all ingredients together. Spread 1/2" deep in a large baking pan.

2. Bake until golden brown, stirring occasionally. Remove and cool.
Add [1 cup] raisins, dates, and/or dried fruits. Store in [airtight] jars.

8.2 Sourdough Starter

Source: Ann Williams

2 med. potatoes, cubed
3 cups water

1. Boil potatoes until tender. Remove potatoes for another use, reserving the broth.

2 cups potato broth
2 cups flour
1 tbsp. sugar

2. Cool potato broth to lukewarm. Mix with flour and sugar to form a smooth paste. Set in a warm place until starter rises to double its original size.

8.3 Sourdough Biscuits

8" round pan

425°F

[15 min.]

Source: Ann Williams

serves 8

3 cups flour
1 tsp. salt
1 tsp. sugar
1 tsp. baking soda

1 cup [sourdough starter](#)
1 tbsp. shortening, melted

1–2 tbsp. shortening, melted

1. Sift dry ingredients into a large mixing bowl.

2. Make a well in the center of the flour and add the sourdough starter and shortening. Mix well, adding more flour (up to 1 cup) to make a stiff dough.

3. Pinch off a biscuit's worth of dough, roll it into a ball and coat in melted shortening. Crowd the biscuits in a round pan and let rise in a warm place for 20–30 min. Bake until done [golden].

8.4 Goulash

frying pan

1 hr.

Source: Ken Bieber

serves 4

[CB] This recipe has two variants, one with pork and one with veal.

1 med. onion, chopped
2 tbsp. butter
1 tbsp. paprika
1 tsp. salt

1 green pepper, chopped
1 tomato, chopped
1 lb. veal, cubed

2 tsp. flour
5 oz. stock (1 broth cube)

5 oz. yogurt

1. Saute onion in butter until brown. Stir in paprika and salt.

2. Add vegetables and meat and fry gently until meat changes color.

3. Remove pan from heat and stir in flour, then gradually add stock. Return to a boil and simmer gently until meat is tender, 45 min.

4. Just before serving, blend in yogurt and season as desired. Serve over macaroni.

Notes:

- To make pork goulash, substitute 2–3 cups cubed cooked pork for the veal and 2 cups sauerkraut for the vegetables. Season with 1 tbsp. caraway.

8.5 Sweet and Sour Cabbage

stovetop

10 min.

Source: Natural Foods Cookbook

serves 6

4 cups cabbage, shredded
3 onions, grated
2 lemons, juiced
4 tart apples, diced
1/2 cup seedless raisins
1/4 cup sweet cider
3 tbsp. honey
2 tbsp. oil
1 tbsp. caraway seeds
1 pinch ground allspice

1. Combine all ingredients in a large saucepan. Cover and simmer gently for 10 min.

8.6 Curried Eggs

stovetop

15 min.

Source: Ken Bieber

serves 3–6

- | | | |
|-----------|---------------------------|---------------------------------------------------------------------|
| 4 tbsp. | butter | 1. Sauté onion and garlic in butter. |
| 1/2 cup | onion, chopped | |
| 1 clove | garlic, minced | |
| 1 tbsp. | curry powder | 2. Blend in curry powder and tomato paste and cook for 1 min. |
| 1 tsp. | tomato paste | |
| 1 1/2 cup | milk | 3. Gradually add milk, stirring constantly. Cook on low for 10 min. |
| 6 | eggs, hardboiled & peeled | 4. Add salt and eggs. Serve. |
| 1 tsp. | salt | |

8.7 Toasted Seeds

half-sheet pan

250°F

30 min.

Source: Ken Bieber

- | | | |
|---------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 1 batch | seeds: melon, pumpkin, squash, sunflower | 1. Clean fiber from fresh seeds. Cover with salted water, bring to a boil, and simmer for 2 hrs. |
| | | 2. Drain boiled seeds, dry on paper towels, then deep-fry or roast in the oven: coat with oil, sprinkle with salt, stir occasionally. |

Notes:

CB We roast squash seeds more simply: clean & rinse seeds, lightly oil and salt, bake at 400°F in a single layer for 10–15 min. or until lightly browned.

8.8 Oven-Roasted Potatoes

9" × 13" baking dish

350°F

1.5 hrs.

Source: Madhu Bieber

serves 6

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|----------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 1/2 cup | butter | 1. Place butter in a shallow baking dish. Heat in the oven until butter is melted. |
| 6–8 med. | potatoes, peeled | 2. Roll potatoes in melted butter. Sprinkle with salt and pepper. Cover pan tightly with foil. Return to oven and bake 1 1/4 hrs. |
| 1/2 tsp. | salt | |
| 1 dash | pepper | |
| 1 tsp. | paprika | 3. Transfer potatoes to serving dish and pour over butter from baking dish. Sprinkle with paprika and parsley, if desired. |
| 2 tsp. | (parsley, chopped) | |

Notes:

- *If dinner is delayed, remove foil and continue baking potatoes up to 30 min. longer. They will brown attractively.*

8.9 Broiled Potatoes

broiling rack

broil

20 min.

Source: Madhu Bieber

serves 4

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|----------|-------------------|-----------------------------------------------------------------------------------------------------------------|
| 3 med. | potatoes | 1. Scrub potatoes but do not peel. Cut into 1/4" crosswise slices. |
| 1/3 cup | oil | 2. Dip slices in oil and place in a single layer on broiler rack. Sprinkle with salt and paprika. |
| 1/2 tsp. | salt | |
| | paprika, to taste | 3. Broil until potatoes are golden brown on one side, 7 min. Flip and continue broiling until brown. Serve hot. |

8.10 Delicious Mashed Potatoes 10 min.

Source: Madhu Bieber serves 4

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|----------|-------------------------|---------------------------------------------------------------------------------|
| 4 srvs. | instant mashed potatoes | 1. Prepare potatoes as directed on package, omitting butter. |
| 1/2 cup | sour cream | 2. Stir in sour cream, onion salt, and pepper. Heat until piping hot and serve. |
| 1/4 tsp. | onion salt | |
| 1 dash | black pepper | |

8.11 Onion Hashbrowns large skillet stovetop 30 min.

Source: Madhu Bieber serves 8

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|---------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 cups | potatoes, cubed | 1. Lightly brown potatoes in butter in a large skillet. |
| 1/4 cup | butter | |
| 1 pkg. | onion soup mix (1.5 oz.) | 2. Add onion soup mix and water. Cover and simmer, stirring occasionally, until potatoes are tender, 10 min. Uncover and cook a few minutes more until liquid is absorbed. Serve. |
| 1 cup | water | |

8.12 Swiss Potatoes large skillet stovetop 15 min.

Source: Madhu Bieber serves 4

- | | | |
|----------|-------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1 lb. | whole white potatoes (1 can) | 1. Drain potatoes and chop fine. Cook with onion in hot fat until crisp and browned, stirring occasionally. |
| 2 tbsp. | bacon drippings or shortening | |
| 1 small | onion, chopped | 2. Season with salt and pepper, and serve. |
| 1/2 tsp. | salt | |
| 1/8 tsp. | pepper | |

8.13 Potato-Sausage Skillet large skillet stovetop 30 min.

Source: Madhu Bieber serves 6

- | | | |
|----------|-------------------------------|------------------------------------------------------------------------------------------|
| 9 oz. | frozen hash browns (1/2 pkg.) | 1. Prepare potatoes as directed on package. Drain well. |
| 1/2 lb. | pork sausages | 2. Saute onion and sausage together until sausage browns. Drain off all but 1/4 cup fat. |
| 1 cup | onion, chopped | |
| 1/2 tsp. | salt | 3. Add potatoes and seasonings. Cook, stirring occasionally, until golden brown. |
| 1/4 tsp. | celery salt | |
| 1/4 tsp. | ground sage | |
| 1/8 tsp. | pepper | |

8.14 Baked Creamed Potatoes 8" × 8" baking dish 350°F 20–25 min.

Source: Madhu Bieber serves 6

- | | | |
|----------|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup | sour cream | 1. Mix sour cream, milk, and seasonings in a bowl. |
| 1/2 cup | milk | |
| 1 tbsp. | onion powder | |
| 1 tsp. | parsley flakes | |
| 1 tsp. | salt | |
| 1/8 tsp. | pepper | |
| 5 cups | potatoes, cooked & sliced | 2. Place half the potatoes in a greased baking dish. Top with half the cream sauce. Repeat with another layer of potatoes, then sauce. |

½ cup Cheddar cheese, grated 3. Sprinkle cheese over top. Bake until bubbly and browned.

8.15 Two-Step Potatoes

8" × 8" baking dish

350°F

1 hr.

Source: Madhu Bieber

serves 6

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>12 med. red potatoes</p> <p>1 tsp. salt</p> <p>¼ tsp. pepper</p> <p>½ tsp. onion or garlic salt</p> <p>½ cup mild Cheddar cheese, grated</p> <p>1 cup heavy cream</p> | <p>1. Boil unpeeled potatoes in water until almost tender, but still firm. Cool, peel, and shred with a wide grater. You should have 4½ cups of potatoes.</p> <p>2. Grease a square baking dish and cover bottom with half the potatoes. Sprinkle with half the seasonings and top with half the cheese. Repeat with another layer of potatoes, seasonings, and cheese.</p> <p>3. Pour cream over top. Bake until browned, about 1 hr.</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

8.16 Potatoes Chantilly

8" × 8" baking dish

350°F

20 min.

Source: Madhu Bieber

serves 4–6

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| <p>1 pkg. instant mashed potatoes (4 servings)</p> <p>1 cup heavy cream</p> <p>½ cup sharp Cheddar cheese, grated</p> | <p>1. Prepare potatoes as directed on package. Place in a greased baking dish.</p> <p>2. Whip cream; fold in cheese. Season with salt and pepper to taste. Spread over potatoes. Bake until golden and serve immediately.</p> |
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8.17 Oven-Fried Potatoes

2 half-sheet pans

450°F

20–25 min.

Source: Madhu Bieber

serves 6

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| <p>5 med. potatoes, scrubbed</p> <p>⅔ cup oil</p> | <p>1. Cut potatoes into ¼" crosswise slices.</p> <p>2. Pour half the oil into each baking tray. Add potatoes, turning them to evenly coat with oil. Arrange potatoes into a single layer.</p> <p>3. Bake until potatoes are lightly browned. Sprinkle with salt and pepper and serve hot.</p> |
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8.18 Cheese French Fries

half-sheet pan

400°F

15 min.

Source: Madhu Bieber

serves 6

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| <p>18 oz. frozen French fries (2 pkgs.)</p> <p>1 tsp. onion salt</p> <p>¼ tsp. paprika</p> <p>⅓ cup Parmesan cheese, grated</p> | <p>1. Place potatoes in a shallow baking tray. Sprinkle with salt and paprika. Bake as directed on package.</p> <p>2. Sprinkle with cheese, shaking pan to coat evenly. Serve immediately.</p> |
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8.19 Corn and Potato Chowder

2qt. saucepan

stovetop

30 min.

Source: anon. clipping

serves 6–8

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| <p>1½ cups potatoes, peeled & cubed</p> <p>1 cup water</p> <p>¼ tsp. salt</p> | <p>1. Boil potatoes in salted water for 8–10 min. Drain, reserving the broth.</p> |
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3 tbsp. butter
 1/2 cup onion, chopped
 1/2 cup celery, chopped
 1 1/2 tbsp. flour
 2 cups milk
 14 oz. creamed corn (1 can)
 1/4 tsp. salt
 1/4 tsp. (white) pepper
 1 tsp. (parsley, chopped)

2. Sauté onion and celery in butter until celery is cooked, 5 min.
3. Remove pan from heat and add flour, stirring vigorously. Cook on low until bubbling.
4. Stir in potato broth and milk. Bring to a boil and hold for 1 min., stirring constantly.
5. Stir in corn, potatoes, salt, and pepper. Heat through and serve, sprinkled with parsley.

8.20 Zucchini Nut Bread

8 1/2" × 4 1/2" loaf pans

350°F

1 hr.

Source: Anonymous

makes 2 loaves

3 cups flour
 1 1/2 tsp. ground cinnamon
 1 tsp. baking soda
 1 tsp. salt
 1/4 tsp. baking powder
 3 eggs
 1 1/2 cups sugar
 1 cup oil
 1 tbsp. vanilla extract
 2 cups zucchini, grated
 1/2 cup walnuts, chopped

1. Sift dry ingredients together in a medium bowl.
2. Beat eggs in a large mixing bowl. Gradually add sugar, oil, and vanilla, mixing well. Add dry ingredients and mix well.
3. Stir in zucchini and walnuts. Pour into greased loaf pans. Bake 1 hr. [or until a toothpick comes out clean]. Remove from pan and cool on racks before serving.

8.21 Zucchini Loaf

8 1/2" × 4 1/2" loaf pan

375°F

50–60 min.

Source:

makes 1 loaf

3/4 cup whole wheat or all-purpose flour
 3/4 cup rolled oats
 1/2 tsp. baking powder
 1/2 tsp. baking soda
 1/2 tsp. salt
 3/4 tsp. ground cinnamon
 2 eggs
 3/4 cup brown sugar
 1/2 cup oil
 1 1/4 cup zucchini, grated
 1/2 cup nuts, chopped
 1 tbsp. (sesame seeds)

1. Sift dry ingredients together in a medium bowl.
2. Beat eggs, sugar, and oil in a large bowl until thoroughly combined. Add dry ingredients and mix well.
3. Stir in zucchini and nuts. Pour into greased loaf pan and sprinkle with sesame seeds. Bake for 50–60 min. or until a toothpick comes out clean.

8.22 Apple Gingerbread Flan

9 1/2" springform pan

350°F

1 hr.

Source: Brenda Blais, West End Vegetarian Restaurant

serves 12

[CB] This recipe comes from a Toronto restaurant, reprinted in *Starweek* by reader request. It sounds amazing.

2 cups unbleached white flour
1 cup brown sugar
2 tsp. baking powder
1/4 tsp. baking soda
2 tsp. ground ginger
1/2 tsp. ground cinnamon
1/8 tsp. ground cloves
1/8 tsp. ground allspice
1/8 tsp. pepper
1/8 tsp. salt

2 eggs
6 tbsp. butter, melted
2 tbsp. molasses

4 large apples, peeled & sliced
1/4 tsp. ground ginger

1/2 cup brown sugar
2 eggs
1/4 cup whipping cream
4 tbsp. lemon juice
2 tbsp. lemon zest
4 tbsp. butter, melted

1. In a large/mixing bowl, sift together the dry ingredients.

2. In a smaller bowl, mix the wet ingredients. Add them to the dry mixture and stir or mix until well blended.

3. Pour the gingerbread into a well-greased cake pan. Arrange the apples in a circle on top of the batter and sprinkle the ginger over top. Bake for 30 min.

4. While the base bakes, whisk together the custard ingredients. Pour this mixture over the cake and bake for another 20–25 min.

5. Cool to room temperature before removing from the pan.

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