

Contents

1 Breakfast	1	Ginger Cake Bars	12
Granola	2	Key Lime Cookie Bars	13
Frittata	2	Lemon-Blueberry Squares	13
Oatmeal	3	Mint Chocolate Chip Bars	13
2 Soups & Stews	3	Oreo Rice Krispie Treats	14
Veggie Chili	3	Peppermint Cookie Bars	14
Zucchini Rosemary Soup	3	S'mores Bars	14
Mushroom Barley Soup	4	Watergate Cake	14
3 Entrees	4	Nanaimo Bars	15
Tofu Salad	4	7 Our Parents' Cooking	16
Peanut Noodles	5	Ken's Granola	16
4 Sides & Snacks	5	Sourdough Starter	16
Apple Rice Salad	5	Sourdough Biscuits	16
Carrot Salad with Harissa, Feta, and Mint	6	Goulash	17
5 Holidays	6	Sweet & Sour Cabbage	17
Apple Matzo Charlotte	6	Curried Eggs	17
Bread Stuffing	7	Toasted Seeds	18
Cornbread Stuffing	8	Oven-Roasted Potatoes	18
Cranberry Sauce	8	Broiled Potatoes	18
Eggnog I	8	Delicious Mashed Potatoes	18
Eggnog II	8	Onion Hashbrowns	19
Orange-Glazed Tofu	9	Swiss Potatoes	19
Spinach Matzo Pie	9	Potato-Sausage Skillet	19
6 Desserts	10	Baked Creamed Potatoes	19
Butterscotch Brownies	10	Two-Step Potatoes	19
Caramel Chocolate Pretzel Brownies	10	Potatoes Chantilly	20
Cocoa Sour Cream Cookies	11	Oven-Fried Potatoes	20
Cookies'n'Cream Bars	11	Cheese French Fries	20
Crumb Cake Bars	12	Corn & Potato Chowder	20
Espresso Chocolate Cookie Bars	12	Zucchini Nut Bread	21
		Zucchini Loaf	21
		Apple Gingerbread Flan	21

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 oats, nuts, and seeds in a large bowl. **also salt & flavors

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: adapted from The Inn at Perry Cabin, St. Michaels, MD via *Bon Appetit*, June 1995

serves 8

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

2 tbsp. butter
 1 tbsp. oil
 1 large onion, chopped
 2 cloves garlic, sliced
 12 inches rosemary

6 cups stock
 1 large potato, cubed
 5 med. zucchini, cubed
 1 med. zucchini, cubed

1. Sauté onion in butter and oil until translucent, about 5 min. Add garlic and rosemary and fry until fragrant.
2. Add the stock and chopped potato; bring to a boil, then simmer 10 min.
3. Add the zucchini and simmer another 15 min. until potato and zucchini are tender.
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
 2 cups water or stock
 2 tbsp. butter
 1 onion, chopped
 2 cloves garlic, chopped
 ½ lb. mushrooms, sliced
 ½ tsp. salt
 4 tbsp. soy sauce
 4 tbsp. dry sherry
 to taste, black pepper

1. Pressure cook the barley for 20 min.
2. Sauté the onions in the butter, about 5 min. Add the garlic, mushrooms, and salt and sauté until browned, another 10 min.
3. Add the mushrooms to the cooked barley. Deglaze the pan with the wine and soy sauce, and add them to the barley.
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 sauté as written.
- NancyLee used to follow this recipe until the sautéed mushrooms, then assembled the soup the next day in the crock pot.

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
- 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
- 8–10 mushrooms, sliced
- 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*

1. Combine marinade ingredients in a large serving bowl.

2. Mix tofu and vegetables into marinade, gently. Cover and chill. Stir every 6–12 hrs. and again before serving.

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.

- 1 1/3 cup peanut butter
- 1 cup water
- 4 tbsp. cider vinegar
- 6 tbsp. soy sauce
- 6 tbsp. molasses
- 1 lb. extra firm tofu
- 2 tbsp. ginger, chopped
- 4 cloves garlic, chopped
- 1 onion, sliced
- 1 lb. pasta
- 4–6 cups veggies, trimmed

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.

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.

3. Saute the aromatics after the tofu, then add to the bowl of fried tofu.

4. Boil pasta as directed in salted water. (Steam veggies over top if desired.)

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 skip it.

- | | | |
|----------|---------------------------|------------------------------------------------------|
| 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
6 egg whites

3. Add butter, melted or chopped into small pieces.
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’ Suntaranon, *Kalaya Thai Kitchen*

serves 8

A good sausage stuffing recipe, veganized.

4 stalks celery
2 med. carrots
1 med. onion
1–2 cloves garlic

12 oz. chestnuts, raw

6 slices vege bacon, chopped

1 tbsp. butter
10 oz. mushrooms, chopped
1 lb. sweet Italian seitan, crumbled
1 lb. hot Italian vege sausage

12 oz. bread crumbs
2+ cups vegetable stock
1 cup dried cranberries
7 oz. chestnuts, chopped

1 bunch parsley, chopped

1. In a food processor, finely chop the celery, carrots, onion, and garlic. Set aside.
2. If using raw chestnuts: blanch and peel. Coarsely chop 6–7 oz. chestnuts, retaining a few whole chestnuts for garnish.
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.
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.
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.)
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 Cornbread Stuffing

Historically, Christalee's family makes a cornbread stuffing, with mushrooms, peppers, kielbasa, and sage. Eventually she might find the recipe and put it here.

5.4 Cranberry Sauce

3qt. saucepot

stovetop

15 min.

Source: Sharon Bergey

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).

5.5 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.*

5.6 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
 $\frac{1}{3}$ cup sugar

1 pint whole milk
1 cup heavy cream
 $1\frac{1}{4}$ oz. bourbon
 $1\frac{1}{4}$ oz. dark rum
1 tsp. nutmeg, freshly grated

4 egg whites
1 tbsp. sugar

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.
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.

5.7 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.

5.8 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
- 20 oz. spinach, thawed
- 1/3 cup dill, chopped
- 3/4 tsp. salt
- 1/2 tsp. pepper

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. Sauté the onion in the olive oil until golden, 12–15 min.
4. Press the spinach in a sieve to remove as much water as possible. Add it to the fried onion and sauté 5 min.
5. Remove spinach from heat and stir in dill, salt, and pepper.

1 cup	feta, crumbled	6. Combine the remaining cottage cheese mixture and feta with the spinach.
½ 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 Butterscotch Brownies		9" × 13" baking dish	350° F	40 min.
Source: Dustin, Brooklyn Community Choir				serves 24
1 cup	butter	1. Melt the butter and cream cheese over low heat.		
4 oz.	cream cheese			
1 box	brownie mix (19.5 oz.)	2. Add the brownie mix and egg to the butter and cream cheese. Mix thoroughly.		
1	egg			
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.

6.2 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			
½ 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.

6.3 Cocoa Sour Cream Cookies

cookie sheets

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

3 cups all-purpose flour
3/4 cup cocoa powder
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

1. In a medium bowl, sift together dry ingredients.

1 cup butter
1 1/2 cups white sugar

2. Melt butter in a large bowl, then mix in sugar until smooth.

2 eggs
1 cup sour cream
1 tsp. vanilla

3. Beat eggs, sour cream, and vanilla into the butter and sugar.

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.

6.4 Cookies'n'Cream Bars

9" × 13" baking dish

350° F

40 min.

Source: Dustin, Brooklyn Community Choir

serves 24

2 1/4 cups flour
1 tsp. baking soda
1/2 tsp. salt

1. In one bowl, mix dry ingredients.

1 cup butter
1/4 cup brown sugar
1/4 cup white sugar
1 box vanilla or cookies'n'cream instant pudding

2. In another bowl, melt the butter and mix it thoroughly with the brown sugar, white sugar, and pudding mix.

2 eggs
1 tsp. vanilla

3. Beat in the eggs and vanilla. Add the dry ingredients in 3 parts, mixing well.

12 oz. white chocolate chips (1 bag)
15 Oreos, coarsely chopped

4. Stir in white chocolate and Oreos. Pour mix into a greased baking dish.

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.

6.5 Crumb Cake Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

2²/₃ cups flour
1¹/₃ cups brown sugar
2²/₃ cups oats
1¹/₂ tsp. cinnamon
1 cup butter, melted

1. Combine flour, brown sugar, oats, and cinnamon, then stir in the melted butter. Let sit until cake is ready.

2¹/₄ cups flour
1¹/₂ tsp. baking soda
1¹/₂ tsp. salt

2. Combine flour, baking soda, and salt.

1 cup butter
4 oz. cream cheese
1 cup sugar

3. Melt butter and cream cheese together, then mix in sugar until smooth.

2 eggs
1 tbsp. vanilla

4. Mix eggs and vanilla into wet ingredients until smooth.

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.

6.6 Espresso Chocolate Cookie Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

3¹/₂ cups all-purpose flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
4 tsp. instant coffee

1. Combine dry ingredients in a large mixing bowl.

1 cup butter
2 cups dark brown sugar
1¹/₂ cup white sugar

2. Melt the butter in a large mixing bowl. Add the brown and white sugar and mix until smooth.

2 eggs
4 tsp. vanilla extract

3. Mix the eggs and vanilla into the butter and sugar.

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.

6.7 Ginger Cake Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

2¹/₄ cups flour
1 tsp. baking soda
2 tsp. ginger, ground
3³/₄ tsp. cinnamon, ground
1¹/₂ tsp. cloves, ground
1¹/₄ tsp. salt

1. Combine flour, baking soda, spices, and salt in a small bowl.

1 cup butter
 1½ cup white sugar
 1 egg
 1 tbsp. water
 ⅓ cup molasses

2. Melt the butter in a large mixing bowl, then mix in the sugars until smooth.
3. Mix the egg into the butter and sugar until fluffy. Add the water and molasses and mix thoroughly.
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.

6.8 Key Lime Cookie Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

2¼ cups all-purpose flour
 ½ tsp. baking soda
 ½ tsp. salt
 1 cup butter
 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

1. Combine dry ingredients in a large mixing bowl.
2. Melt the butter in a large mixing bowl. Add the sugar and mix until smooth.
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.

6.9 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.

6.10 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)

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.

12 oz. chocolate chips

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.

6.11 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)

1. Melt the butter and marshmallows over low heat.

3½ cups Rice Krispies
16 Oreos

2. Add Rice Krispies and Oreos, and mix well.

3. Spread mixture in a greased tray and let cool before slicing; refrigerate if needed.

6.12 Peppermint Cookie Bars

9" × 13" baking dish

350°F

40 min.

Source: Dustin, Brooklyn Community Chorus

serves 24

2 cups flour
1 tsp. baking soda
½ tsp. salt

1. Combine flour, baking soda, and salt in a small bowl.

1 cup butter
½ cup white sugar
½ cup light brown sugar

2. Melt the butter in a large mixing bowl, then mix in the sugars until smooth.

1 egg
1 tsp. vanilla

3. Mix the egg and vanilla into the butter and sugar until fluffy.

12 oz. Ghirardelli peppermint chunks

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.

6.13 S'mores Bars

9" × 13" baking dish

chill after mixing

20 min.

Source: Dustin, Brooklyn Community Choir

serves 24

1 cup butter
10 oz. marshmallows (1 bag)

1. Melt the butter and marshmallows together over low heat.

12 oz. semisweet chocolate chips (1 bag)
6 cups graham cracker crumbs

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.

6.14 Watergate Cake

bundt pan

350°F

35–45 min.

Source: Jill, Brooklyn Community Choir

serves 12

Remember, it's not the cake, it's the cover-up!

¾ cup butter
1⅓ cup sugar
3 eggs
1 tsp. vanilla

1. Cream butter, sugar, eggs, and vanilla.

1 box instant pistachio pudding
 1¼ cups water
 2¼ cups flour
 2 tsp. baking powder

2. Add remaining ingredients and mix until batter is smooth.

3. Pour batter into greased pan and bake. Let cool before icing.

6.15 Nanaimo Bars

food processor, 8" × 8" baking dish

350°F

15 min.

Source: adapted from [Humblebee & Me](#) and [Rock Recipes](#)

serves 25

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!

1 cup flaked unsweetened coconut
 ½ cup almonds
 ½ cup butter
 1½ cups graham cracker crumbs
 ¼ cup white sugar
 5 tbsp cocoa powder
 ¼ tsp salt
 1 egg

1. Toast the coconut and almonds at 350°F, stirring every 5 minutes until they smell delicious.

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.

3. Add the remaining ingredients. Pulse a few more times to combine.

4. Press the crust into the greased baking dish and bake at 350°F for 15 minutes.

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.

4 tbsp cornstarch
 1 cup whole milk
 1 cup heavy cream
 2 tsp vanilla extract

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.

4 eggs
 ½ 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.

8. Let the custard cool slightly, then spread it over the baked crust. Set aside to cool.

6 oz. bittersweet chocolate
 ½ 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 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.

7.1 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. Mix all ingredients together. Spread $\frac{1}{2}$ " deep in a large baking pan. |
| 1 cup | wheat germ | |
| 1 cup | sesame seeds and/or nuts | |
| $\frac{1}{2}$ cup | (shredded coconut) | |
| $\frac{1}{2}$ cup | bran | |
| $\frac{1}{4}$ cup | oil | |
| $\frac{3}{4}$ cup | honey, molasses, or corn syrup | |
| | | 2. Bake until golden brown, stirring occasionally. Remove and cool. Add [1 cup] raisins, dates, and/or dried fruits. Store in [airtight] jars. |

7.2 Sourdough Starter

Source: Ann Williams

- | | | |
|---------|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 med. | potatoes, cubed | 1. Boil potatoes until tender. Remove potatoes for another use, reserving the broth. |
| 3 cups | water | |
| 2 cups | potato broth | 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. |
| 2 cups | flour | |
| 1 tbsp. | sugar | |

7.3 Sourdough Biscuits	8" round pan	425°F	[15 min.]
Source: Ann Williams			serves 8

- | | | |
|--------|-------------|---------------------------------------------------|
| 3 cups | flour | 1. Sift dry ingredients into a large mixing bowl. |
| 1 tsp. | salt | |
| 1 tsp. | sugar | |
| 1 tsp. | baking soda | |

1 cup **sourdough starter**
1 tbsp. shortening, melted

1–2 tbsp. shortening, melted

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].

7.4 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.

7.5 Sweet & 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.

7.6 Curried Eggs

stovetop

15 min.

Source: Ken Bieber

serves 3–6

4 tbsp. butter
1/2 cup onion, chopped
1 clove garlic, minced

1 tbsp. curry powder
1 tsp. tomato paste

1. Saute onion and garlic in butter.

2. Blend in curry powder and tomato paste and cook for 1 min.

1½ 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	

7.7 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.

7.8 Oven-Roasted Potatoes 9" × 13" baking dish 350°F 1.5 hrs.

Source: Madhu Bieber

serves 6

- | | |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ½ cup butter

6–8 med. potatoes, peeled
½ tsp. salt
1 dash pepper

1 tsp. paprika
2 tsp. (parsley, chopped) | 1. Place butter in a shallow baking dish. Heat in the oven until butter is melted.

2. Roll potatoes in melted butter. Sprinkle with salt and pepper. Cover pan tightly with foil. Return to oven and bake 1¼ hrs.

3. Transfer potatoes to serving dish and pour over butter from baking dish. Sprinkle with paprika and parsley, if desired. |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Notes:

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

7.9 Broiled Potatoes broiling rack broil 20 min.

Source: Madhu Bieber

serves 4

- | | |
|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 med. potatoes

⅓ cup oil
½ tsp. salt
paprika, to taste | 1. Scrub potatoes but do not peel. Cut into ¼" crosswise slices.

2. Dip slices in oil and place in a single layer on broiler rack. Sprinkle with salt and paprika.

3. Broil until potatoes are golden brown on one side, 7 min. Flip and continue broiling until brown. Serve hot. |
|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

7.10 Delicious Mashed Potatoes 10 min.

Source: Madhu Bieber

serves 4

- | | |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 srvs. instant mashed potatoes

½ cup sour cream
¼ tsp. onion salt
1 dash black pepper | 1. Prepare potatoes as directed on package, omitting butter.

2. Stir in sour cream, onion salt, and pepper. Heat until piping hot and serve. |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|

7.11 Onion Hashbrowns	large skillet	stovetop	30 min.
------------------------------	---------------	----------	---------

Source: Madhu Bieber	serves 8
----------------------	----------

- | | |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 cups potatoes, cubed
¼ cup butter

1 pkg. onion soup mix (1.5 oz.)
1 cup water | 1. Lightly brown potatoes in butter in a large skillet.

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. |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

7.12 Swiss Potatoes	large skillet	stovetop	15 min.
----------------------------	---------------	----------	---------

Source: Madhu Bieber	serves 4
----------------------	----------

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 lb. whole white potatoes (1 can)
2 tbsp. bacon drippings or shortening
1 small onion, chopped

½ tsp. salt
⅛ tsp. pepper | 1. Drain potatoes and chop fine. Cook with onion in hot fat until crisp and browned, stirring occasionally.

2. Season with salt and pepper, and serve. |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|

7.13 Potato-Sausage Skillet	large skillet	stovetop	30 min.
------------------------------------	---------------	----------	---------

Source: Madhu Bieber	serves 6
----------------------	----------

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9 oz. frozen hash browns (½ pkg.)
½ lb. pork sausages
1 cup onion, chopped

½ tsp. salt
¼ tsp. celery salt
¼ tsp. ground sage
⅛ tsp. pepper | 1. Prepare potatoes as directed on package. Drain well.

2. Saute onion and sausage together until sausage browns. Drain off all but ¼ cup fat.

3. Add potatoes and seasonings. Cook, stirring occasionally, until golden brown. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

Source: Madhu Bieber	serves 6
----------------------	----------

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup sour cream
½ cup milk
1 tbsp. onion powder
1 tsp. parsley flakes
1 tsp. salt
⅛ tsp. pepper

5 cups potatoes, cooked & sliced

½ cup Cheddar cheese, grated | 1. Mix sour cream, milk, and seasonings in a bowl.

2. Place half the potatoes in a greased baking dish. Top with half the cream sauce. Repeat with another layer of potatoes, then sauce.

3. Sprinkle cheese over top. Bake until bubbly and browned. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

7.15 Two-Step Potatoes	8" × 8" baking dish	350°F	1 hr.
-------------------------------	---------------------	-------	-------

Source: Madhu Bieber	serves 6
----------------------	----------

- | | |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 med. red potatoes | 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. |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|

1 tsp. salt
 1/4 tsp. pepper
 1/2 tsp. onion or garlic salt
 1/2 cup mild Cheddar cheese, grated
 1 cup heavy cream

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.
3. Pour cream over top. Bake until browned, about 1 hr.

7.16 Potatoes Chantilly 8" × 8" baking dish 350°F 20 min.

Source: Madhu Bieber serves 4–6

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

7.17 Oven-Fried Potatoes 2 half-sheet pans 450°F 20–25 min.

Source: Madhu Bieber serves 6

- | | | |
|---------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| 5 med. | potatoes, scrubbed | 1. Cut potatoes into 1/4" crosswise slices. |
| 2/3 cup | oil | 2. Pour half the oil into each baking tray. Add potatoes, turning them to evenly coat with oil. Arrange potatoes into a single layer. |
| | | 3. Bake until potatoes are lightly browned. Sprinkle with salt and pepper and serve hot. |

7.18 Cheese French Fries half-sheet pan 400°F 15 min.

Source: Madhu Bieber serves 6

- | | | |
|----------|-------------------------------|----------------------------------------------------------------------------------------------------------|
| 18 oz. | frozen French fries (2 pkgs.) | 1. Place potatoes in a shallow baking tray. Sprinkle with salt and paprika. Bake as directed on package. |
| 1 tsp. | onion salt | 2. Sprinkle with cheese, shaking pan to coat evenly. Serve immediately. |
| 1/4 tsp. | paprika | |
| 1/3 cup | Parmesan cheese, grated | |

7.19 Corn & Potato Chowder 2qt. saucepan stovetop 30 min.

Source: anon. clipping serves 6–8

- | | | |
|-------------|--------------------------|---------------------------------------------------------------------------------------------|
| 1 1/2 cups | potatoes, peeled & cubed | 1. Boil potatoes in salted water for 8–10 min. Drain, reserving the broth. |
| 1 cup | water | 2. Saute onion and celery in butter until celery is cooked, 5 min. |
| 1/4 tsp. | salt | |
| 3 tbsp. | butter | 3. Remove pan from heat and add flour, stirring vigorously. Cook on low until bubbling. |
| 1/2 cup | onion, chopped | |
| 1/2 cup | celery, chopped | |
| 1 1/2 tbsp. | flour | 4. Stir in potato broth and milk. Bring to a boil and hold for 1 min., stirring constantly. |
| 2 cups | milk | |

14 oz. creamed corn (1 can)
 ¼ tsp. salt
 ¼ tsp. (white) pepper
 1 tsp. (parsley, chopped)

5. Stir in corn, potatoes, salt, and pepper. Heat through and serve, sprinkled with parsley.

7.20 Zucchini Nut Bread

8½" × 4½" loaf pans

350°F

1 hr.

Source: Anonymous

makes 2 loaves

3 cups flour
 1½ tsp. ground cinnamon
 1 tsp. baking soda
 1 tsp. salt
 ¼ tsp. baking powder

1. Sift dry ingredients together in a medium bowl.

3 eggs
 1½ cups sugar
 1 cup oil
 1 tbs. vanilla extract

2. Beat eggs in a large mixing bowl. Gradually add sugar, oil, and vanilla, mixing well. Add dry ingredients and mix well.

2 cups zucchini, grated
 ½ cup walnuts, chopped

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.

7.21 Zucchini Loaf

8½" × 4½" loaf pan

375°F

50–60 min.

Source:

makes 1 loaf

¾ cup whole wheat or all-purpose flour
 ¾ cup rolled oats
 ½ tsp. baking powder
 ½ tsp. baking soda
 ½ tsp. salt
 ¾ tsp. ground cinnamon

1. Sift dry ingredients together in a medium bowl.

2 eggs
 ¾ cup brown sugar
 ½ cup oil

2. Beat eggs, sugar, and oil in a large bowl until thoroughly combined. Add dry ingredients and mix well.

1¼ cup zucchini, grated
 ½ cup nuts, chopped
 1 tbs. (sesame seeds)

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.

7.22 Apple Gingerbread Flan

9½" 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.

Index

A

- Apple Gingerbread Flan (7.22) 21
- Apple Matzo Charlotte (5.1) 6
- Apple Rice Salad (4.1) 5

B

- Baked Creamed Potatoes (7.14) 19
- Bread Stuffing (5.2) 7
- Broiled Potatoes (7.9) 18
- Butterscotch Brownies (6.1) 10

C

- Caramel Chocolate Pretzel Brownies (6.2) 10
- Carrot Salad with Harissa, Feta, and Mint (4.2) 6
- Cheese French Fries (7.18) 20
- Cocoa Sour Cream Cookies (6.3) 11
- Cookies'n' Cream Bars (6.4) 11
- Corn & Potato Chowder (7.19) 20
- Cornbread Stuffing (5.3) 8
- Cranberry Sauce (5.4) 8
- Crumb Cake Bars (6.5) 12
- Curried Eggs (7.6) 17

D

- Delicious Mashed Potatoes (7.10) 18

E

- Eggnog I (5.5) 8
- Eggnog II (5.6) 8
- Espresso Chocolate Cookie Bars (6.6) 12

F

- Frittata (1.2) 2

G

- Ginger Cake Bars (6.7) 12
- Goulash (7.4) 17
- Granola (1.1) 2

K

- Ken's Granola (7.1) 16
- Key Lime Cookie Bars (6.8) 13

L

- Lemon-Blueberry Squares (6.9) 13

M

- Mint Chocolate Chip Bars (6.10) 13
- Mushroom Barley Soup (2.3) 4

N

- Nanaimo Bars (6.15) 15

O

- Oatmeal (1.3) 3
- Onion Hashbrowns (7.11) 19
- Orange-Glazed Tofu (5.7) 9
- Oreo Rice Krispie Treats (6.11) 14
- Oven-Fried Potatoes (7.17) 20
- Oven-Roasted Potatoes (7.8) 18

P

- Peanut Noodles (3.2) 5
- Peppermint Cookie Bars (6.12) 14
- Potato-Sausage Skillet (7.13) 19
- Potatoes Chantilly (7.16) 20

S

- S'mores Bars (6.13) 14
- Sourdough Biscuits (7.3) 16
- Sourdough Starter (7.2) 16
- Spinach Matzo Pie (5.8) 9
- Sweet & Sour Cabbage (7.5) 17
- Swiss Potatoes (7.12) 19

T

- Toasted Seeds (7.7) 18
- Tofu Salad (3.1) 4
- Two-Step Potatoes (7.15) 19

V

- Veggie Chili (2.1) 3

W

- Watergate Cake (6.14) 14

Z

- Zucchini Loaf (7.21) 21
- Zucchini Nut Bread (7.20) 21
- Zucchini Rosemary Soup (2.2) 3