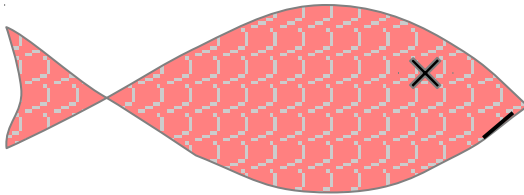




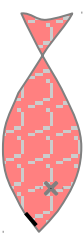
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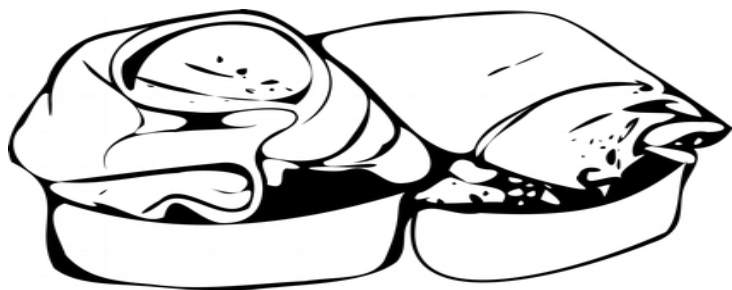
*Tuna Fish*



*...And Now I Dream of Tuna Fish*



## *Appetizers*



## **Black Olive Tapenade**

*Double recipe for parties.*

### **Ingredients**

20 pitted Kalamata olives, coarsely chopped	1 tsp fresh lemon juice
1 TBS rinsed, drained, and chopped capers	2 tsp olive oil
	fresh cracked black pepper

### **Instructions**

1. Combine Kalamata olives, capers, lemon juice, olive oil and pepper.
2. Mix well. Refrigerate and use within two weeks.
3. Serve with fresh bread or crackers.

## **Goat Cheese Torta with Pesto & Sun-dried Tomato**

*From Cyber-kitchen.com Serves 20-25 with other appetizers.*

### **Ingredients**

6 oz Goat Cheese	dried tomatoes
4 oz cream cheese	1-2 tsp of sun dried tomato oil
6-8 cloves of chopped garlic	Decorate with fresh herbs
½ cup pesto	(thyme, oregano, rosemary or
½ cup chopped oil-packed sun	parsley)

### **Instructions**

1. Mix goat cheese and cream cheese. Add chopped garlic.
2. Add salt and black pepper to taste.
3. Line a small glass bowl with plastic wrap.
4. Put 1/3 cup of goat cheese mixture into bowl.
5. Top cheese with pesto.
6. Put another 1/3 cup of goat cheese mixture into bowl.
7. Put the sun dried tomatoes on top of cheese mixture.
8. Top with rest of goat cheese mixture.
9. Refrigerate for at least 2 hours and up to 4 days.
10. To serve, invert bowl on a serving dish.
11. Carefully remove the plastic wrap and decorate with herbs.
12. Serve with baguettes.

## **Caramelized Onion, Pear & Blue Cheese Bites**

***Preheat oven to 400° F***

### **Ingredients**

1 Lb Package Puff Pastry, Thawed	3 Tbs finely chopped Parsley
1 medium onion	2¼ cup chopped, lightly toasted Walnuts
2 Medium Ripe Pears, peeled, cored & cut into small diced pieces	1/3 cup blue cheese crumbles
3 Tbs olive oil	Salt & Pepper to Taste
3 Tbs Butter	Egg Wash: 1 Med Egg Beaten with 1 tsp water

### **Instructions**

1. In a medium sized frying pan, heat 1 ½ Tbs of both the oil and butter until hot over medium heat, then add the onions and stir well. Reduce the heat to medium low and cook stirring often, until the onions are very soft and lightly browned, about 12 min.
2. Remove the onions from the pan, season with salt and pepper and set aside.
3. Add the remaining oil and butter to the pan and heat over medium heat, then add the pears.
4. Cook the pears, stirring often until soft; about 5-7 minutes.
5. Combine the onions and pears along with the parsley in a bowl.
6. Line a baking sheet with parchment paper, and cut the puff pastry into 2 ½ inch squares.
7. Arrange the puff pastry squares on the baking sheet, and brush the tops with the beaten egg mixture.
8. Take ¾ tsp of pear & onion mixture and mound it into the center of each square of puff pastry. Sprinkle the chopped nuts over the pear mixture, then blue cheese crumbles.
9. Bake until golden brown.

## **Cranberry-Avocado Salsa**

### **Ingredients**

1 Tbs fresh lime juice	2-4 avocados, cut into cubes-
2 Tbs honey	diced size
1 jalapeno, minced (remove	$\frac{3}{4}$ cup fresh cranberries
seeds for less spicy)	2 Tbs fresh cilantro, chopped
$\frac{1}{4}$ cup finely chopped red onion	Coarse Salt & pepper

### **Instructions**

1. In a large bowl, whisk together lime juice, honey, jalapeno and red onion.
2. Add ripe avocados.
3. Cut each cranberry in half or chop them into 3-4 pieces – drain them on a paper towel to remove extra moisture. Then add cranberries and cilantro to mixture.
4. Season with coarse salt & pepper. Toss gently to combine.
5. Serve with tortilla chips or Pita Crisps.

## **Mousse de Saumon Fumé**

### **Ingredients**

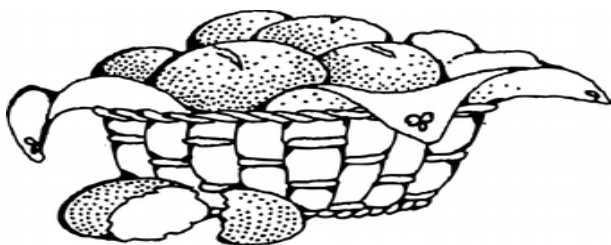
½ lb (8 oz) smoked salmon	Tabasco sauce to taste
½ lb (8 oz) cream cheese	2 Tbs aquavit, optional
1/3 cup chopped green onions	chopped raw onions
¼ cup finely chopped dill	Drained capers
Juice of half of lemon	

### **Instructions**

1. Combine all the ingredients, except the toast, chopped onion and capers in the container of a food processor blender.
2. Blend to a purée.
3. Pour the mixture into a serving dish. Smooth the top and chill.
4. Serve with buttered toast, chopped onion and drained capers on the side.



# Breads



# Yeast Bread

## **Leah's Challah**

*Leah Jaffee's on-line YouTube video.*

*Pre-heat oven to 400° F when ready to bake.*

### **Ingredients**

12 cups flour	6 eggs
$\frac{3}{4}$ cup sugar	1 cup Oil
1.5 Tbs salt	2 Tbs Vanilla
4 packages yeast	3 $\frac{1}{2}$ cups water
additional flour as needed	

### **Instructions**

1. In a large bowl, add the dry ingredients and mix well.
2. Add eggs, oil, vanilla and water and mix.
3. Add a little more flour and put on then kneed the dough for about 10 min.
4. Put in an oiled bowl. Cover with a tea towel. Let it double in size ~ 2 hours.
5. Punch down the dough, kneed the dough and form into loafs/rolls.
6. Put egg wash on bread and bake at 400° until light brown.

# **Focaccia Bread with Rosemary**

*From Simply Recipes on line*

*Pre-heat oven to 400° F when ready to bake.*

## **Ingredients**

1 package dry yeast	7 ½ cups unbleached flour
1/3 cup warm water, about 100 degrees	1 Tbs salt, plus coarse salt for sprinkling over the top
2 ¼ cups tepid water	2-3 Tbs finely chopped fresh rosemary.
2 Tbs good quality olive oil, plus more for pan and top	

## **Instructions**

1. Stir the yeast into the 1/3 cup of slightly warm-to-the-touch water and let it rest for 10 minutes until the mixture is foamy.
2. In a large bowl, pour in 2 1/4 cups of tepid water and 2 tablespoons olive oil. After the yeast has rested for 10 minutes and has begun to froth, pour it into the water-oil mixture.
3. Whisk in 2 cups of flour and the tablespoon of salt. Add the rosemary.
4. Then add the rest of the flour slowly. All of this is much easier with a kitchen aid mixer. Flour a wooden board and place dough and kneed the dough and form into a loaf.
5. In a large clean bowl, pour in about a tablespoon of oil and put the dough on top of it. Spread the oil all over the dough. Cover the bowl with plastic wrap and set aside to rise for an hour and a half. It should just about double in size.
6. Spread a little olive oil in your baking pan (9"x15") and spread out into the baking pan. Dimple the breads with your thumb. Cover again and leave it to rise for its final rise, about 1-2 hours.
7. Gently paint the top with olive oil. Then sprinkle the coarse salt on top.
8. Bake for a total of 20-25 minutes. Spritz a little water in the oven right before you put the bread in to create steam, and then a couple of times while the bread is baking.

## **Basic Home-Style Bread**

***Pre-heat oven to 400° F when ready to bake***

### **Ingredients**

1 package active dry yeast	1 Tbs salt
2 cups warm milk (100°-115°F)	5-6 cups flour
2 Tbs granulated sugar	1 egg white
¼ cup melted butter	additional flour as needed
1 package yeast	

### **Instructions**

1. Add yeast to ½ cup warm milk & 2 Tbl sugar. Mix until dissolved. Allow yeast to proof.
2. Place remaining milk, the melted butter, and salt in bowl. Stir in flour 1 cup at a time until 3 cups have been added.
3. After the 3<sup>rd</sup> cup of flour, add the yeast mixture.
4. Continue stirring in the flour until the mixture is rather firm.
5. Remove dough to floured board and knead until no longer sticky, adding flour as needed.
6. Place into oiled bowl and cover with tea towel. Let it double in size (1 ½ – 2 hours). Punch down bread.
7. Divide into 2 loaves and put into bread pans. Brush with egg white & water. Bake 400° for 40-45 min.

## **French Bread Style**

*Pre-heat oven to 400° F when ready to bake*

### **Ingredients**

1 heaping Tbs butter	2 cups boiling water
1 heaping Tbs salt	1 Tbs dry yeast
1 heaping Tbs sugar	2/3 cup luke-warm water
About 6-6 ½ cups unbleached hard wheat flour	Yellow corn meal or pulverized rice

### **Instructions**

1. Combine butter, salt, sugar and 2 cups of boiling water. Stir a little as it dissolves.
2. Sprinkle the yeast over 2/3 cups of lukewarm water and dissolve.
3. When butter mixture is lukewarm, combine the two and mix well.
4. Slowly add the flour until 4 cups have been added and the dough is thick and too difficult to mix with a wooden spoon.
5. Turn onto floured board and knead until satiny smooth and elastic.
6. Form ball and place into oiled bowl and put in warm place to rise (about 1 ½ hours). Dough should be doubled in size.
7. Punch it down and let it rise for another hour.
8. Prepare a baking sheet (or French pan) lining it with butter and sprinkling corn meal on it.
9. Divide the dough into 3 parts and shape into a long slender loaf by rolling out each part into a rectangle (14"X 8") and then rolling into a loaf. Seal ends by pinching.
10. Cover and let rise until double. Use a sharp knife and make 3-4 diagonal slashes across the top of each one.
11. Bake in pre-heated 400° oven for about 1 hour. Every 15-20min, bush the tops with cold water to make it crisp and hard.

## **Savory Soda Breads**

## **Parmesan Biscuits with Jalapeño Pepper**

*Preheat oven to 400°*

### **Ingredients:**

2 cups flour	½ cup fresh-grated Parmesan cheese
1 tsp baking soda	
2 tsp baking powder	1 ½ cups buttermilk
1 tsp salt	1 Jalapeño pepper chopped
4 Tbs chilled butter	

### **Instructions:**

1. Mix the dry ingredients in a bowl (flour, baking powder, salt & Parmesan cheese).
2. Using a Pastry Blender (or food processor), blend the butter into the dry ingredients
3. Mix in the chopped Jalapeño pepper to the butter/flour mixture
4. Heat the buttermilk in the microwave.
5. Add buttermilk to dry ingredients with the pastry blender.
6. Put parchment paper on a flat cookie tray.
7. Add large Tablespoons of batter onto tray.
8. Bake at 400° F for 25 minutes or until lightly browned.



## **Cornbread**

***Preheat oven to 400°F. Put parchment in an 8" square pan***

### **Ingredients:**

¼ cup butter or margarine (1/2 stick)	1 cup all-purpose flour
1 cup milk	½ cup granulated sugar
1 large egg	1 Tbs baking powder
1 ¼ cups yellow, white or blue cornmeal	½ teaspoon salt
	Optional: 1 cup fresh, thawed or canned corn

### **Instructions:**

1. In a 1-quart saucepan, heat the butter over low heat until melted..
2. In a large bowl, beat the melted butter, milk and egg with a fork or wire whisk until well mixed. Add the cornmeal, flour, sugar, baking powder and salt all at once; stir just until the flour is moistened (batter will be lumpy). Add corn. Pour batter into the pan; use a rubber spatula to scrape batter from bowl. Spread batter evenly in pan and smooth top of batter.
3. Bake 25 to 30 minutes or until golden brown and a toothpick inserted in the center comes out clean. Serve warm.

## **Savory Summer Squash Quick Bread**

*Preheat oven to 350°F. Put parchment in a loaf pan.*

### **Ingredients:**

¼ cup olive oil	2 large eggs
2 cups flour	¾ cup buttermilk
¼ cup finely ground yellow cornmeal	2 cups grated summer squash, such as round zucchini, pattypan, or crookneck (from about 1 pound squash)
2 tsp baking powder	2/3 cup finely crumbled feta cheese (about 3 ounces)
1 ¼ teaspoons dried oregano	
¾ tsp fine salt	
½ t tsp baking soda	
½ tsp freshly ground black pepper	

### **Instructions:**

1. Place flour, cornmeal, baking powder, oregano, salt, baking soda, and pepper in a large bowl and whisk until combined.
2. Place eggs, buttermilk, and 1/4 cup olive oil in a separate large bowl and whisk until smooth.
3. Using a rubber spatula, fold in squash and feta until evenly combined. Pour squash mixture into flour mixture and stir until flour is just incorporated, being careful not to over mix (a few streaks of flour are OK)
4. Scrape the batter into the prepared loaf pan, pushing it into the corners and smoothing the top.
5. Bake until the bread is golden brown all over and a toothpick inserted into it comes out clean (test several spots, because you may hit a pocket of cheese), about 60 - 65 minutes.
6. Cool for 15 minutes, then turn the bread out onto the rack and cool for at least 15 minutes more before serving.

# Sweet Breads

## **Buttermilk Pancakes**

***Preheat oven to 350°***

### **Ingredients:**

1 ½ cups flour	1 Tbs butter
½ cup sugar	2 eggs
1 ¾ tsp baking powder	2 cups of buttermilk
1 tsp salt	fresh berries (optional)

### **Instructions:**

1. Mix the dry ingredients in a bowl (flour, sugar, baking powder, salt).
2. Heat the buttermilk & butter in the microwave. Butter should be melted.
3. Add eggs to liquid and beat slightly.
4. Add liquid to dry ingredients.
5. Heat pan and pour large spoonfuls of pancake batter into the pan. Cook on one side until you see bubbles. Flip pancake and cook until done.
6. Serve with fresh fruit or syrup.
7. Can mix dry ingredients and put away for when you want to use it.

## **Cranberry Nut Bread**

***Makes 1 loaf. Can easily double***

### **Ingredients:**

2 cups flour	1 tsp grated orange peel
1 cup sugar	2 Tbs butter
1 ½ tsp baking powder	1 egg well beaten
1 tsp salt	1 ½ cups fresh cranberries, coarsely chopped
½ tsp baking soda	½ cup chopped nuts
¾ cup orange juice	

### **Instructions:**

1. Preheat oven to 350°.
2. Line a 9 x 5-inch loaf pan with parchment paper.
3. Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl.
4. Stir in orange juice, orange peel, butter and egg.
5. Mix until well blended. Stir in cranberries and nuts.
6. Spread evenly in loaf pan .
7. Bake in preheated oven for 55 minutes or until a toothpick inserted in the center comes out clean.
8. Cool on a rack for 15 minutes. Remove from pan; cool completely.
9. Wrap and store overnight.
10. Makes 1 loaf (16 slices).

## **Banana Bread**

### **Ingredients:**

2 cups flour	1-1½ cups mashed ripe bananas
1 tsp baking powder	(2-3 bananas)
½ cup butter	¼ tsp baking soda
1 cup sugar	½ cup coarsely chopped walnuts
2 eggs	¼ tsp salt
1 Tbs water	1 tsp vanilla (optional)

### **Instructions:**

1. Preheat oven to 350°.
2. Cream butter and sugar.
3. Beat in eggs one at a time.
4. Add mashed bananas.
5. Dissolve baking soda in water and stir into mixture. (Add optional vanilla here)
6. Add dry ingredients (sifted flour, baking powder, salt) all at one time.
7. Beat only until smooth.
8. Fold in walnuts.
9. Turn into greased loaf pan (or pan with parchment paper).
10. Bake for 1 hour in preheated oven or until a toothpick comes out clean.

## **Zucchini Walnut Bread**

### **Ingredients:**

4 eggs	$\frac{3}{4}$ tsp salt
1 $\frac{1}{2}$ cup brown sugar	2 tsp cinnamon
$\frac{3}{4}$ cup vegetable oil	2 cups grated zucchini (don't
3 cups unsifted unbleached flour	peel)
1 $\frac{1}{2}$ tsp baking soda	1 cup coarsely chopped walnuts
$\frac{3}{4}$ tsp baking powder	1 tsp vanilla

### **Instructions**

1. Preheat oven to 350°.
2. Beat eggs. Gradually beat in sugar, then oil.
3. Combine dry ingredients.
4. Add to egg mixture alternately with the zucchini.
5. Turn into 2 loaf pans lined with parchment paper.
6. Bake for 50 minutes in preheated oven.
7. Let stand 10 minutes and then turn out and cool.

# **Pumpkin Bread**

*Makes 1 loaf, can easily double*

*Prep time: 20 min; cooking time 60-75 min.*

## **Ingredients**

3 cups sugar	2 tsp baking soda
1 cup vegetable oil	1 tsp cinnamon
4 eggs, lightly beaten	1 tsp nutmeg
16 oz unsweetened pumpkin	½ tsp ginger
3 ½ cups flour	2/3 cups water
1 ½ tsp salt	1 cup dried cranberries (optional)

## **Instructions**

1. Preheat oven to 350°.
2. In a large bowl, combine the flour, salt, baking soda, baking powder and spices.
3. In another bowl, combine the eggs, pumpkin, oil, sugars and vanilla. Blend at low speed for 1 minute
4. Stir into dry ingredients just until moistened. Add cranberries.
5. Put parchment paper in loaf pan and pour the batter in.
6. Bake for 60-75 minutes preheated oven until a toothpick comes out clean.
7. Remove loaf holding onto parchment paper and let cool.



# Salads



## **Israeli Salad**

***Prep Time: 20 minutes; Chill for 2 hours***

### **Ingredients**

1 lb Persian cucumbers (~6)	<u>Dressing</u>
1 lb fresh ripe tomatoes, seeded and diced	3 Tbs olive oil
1/3 cup red onion	3 Tbs lemon juice
1/2 cup minced fresh parsley	1 Tbs dried mint
Optional: 1 bell pepper chopped (red or green)	1/2 tsp salt

### **Instructions**

1. Slice each half into 4 slices lengthwise, so you have 8 long, thin pieces total.
2. Hold the long, thin pieces together with one hand, and slice the bunch into very small pieces with the other hand.
3. Mix the cucumbers with the diced tomatoes, onions and parsley.
4. Dressing: Mix the olive oil, lemon juice, salt and mint.
5. Pour dressing over the vegetables and mix until vegetables are well coated.

## **Tabouli**

***Prep time: 20 min; Cool 2-3 hours***

### **Ingredients:**

1 cup dry bulghar wheat	2 medium Tomatoes chopped
1 ½ cups boiling water	½ cup chopped green onions
1 ½ tsp salt	
¼ cup lemon or lime juice	Optional:
1 heaping tsp crushed fresh garlic	½ cup chickpeas or
¼ cup olive oil	1 cup green pepper or
½ tsp dried mint	1 chopped cucumber, or
1 cup packed chopped parsley	½ cup grated carrots.

### **Instructions:**

1. Combine bulghar, boiling water and salt in a bowl. Cover and let stand 15-20 minutes until bulghar is *chewable*.
2. Add lemon juice, garlic, oil and mint and mix thoroughly. Refrigerate for 2-3 hours.
3. Just before serving, add the vegetables and mix gently.
4. Garnish with feta cheese and olives.

# **Kale, Quinoa Salad with Walnuts Grapes and Lemon Honey Dressing**

***Prep time: 20 min; Cool 2-3 hours***

## **Ingredients:**

1 bunch Kale, stems removed & thinly sliced	<b>Dressing:</b> ½ cup fresh lemon juice
4 cups cooked Quinoa (1 cup dry)	1/3 cup virgin olive oil
½ lb red grapes, halved	1 heaping Tbs Dijon mustard
½ small red onion, finely chopped	1 Tbs honey
½ cup coarsely chopped walnuts (can toast)	2 cloves garlic, minced
	½ tsp cumin
	¼ tsp coriander
	Salt & Black Pepper

## **Instructions:**

1. Ellen Spitz <ejanspitz@gmail.com>pepper in a large bowl. Gently massage the kale to soften and wilt if slightly.
2. Add Quinoa, grapes, onion and walnuts and toss to combine.
3. Dressing: Whisk together dressing ingredients in a small bowl. Pour over salad and mix well.
4. Serve with additional chopped walnuts sprinkled over the salad.

## **Black Beans and Corn Salsa**

***Prep Time: 20 minutes; Cool 2 hours***

### **Ingredients**

2 cans of black beans (15 oz)	Dressing:
1 lb frozen corn	6 Tbs lime juice
½ cup chopped tomatoes	6 Tbs vegetable oil
¼ cup red onions	1 ½ tsp cumin
½ cup fresh chopped cilantro	Optional: 2 avocados cut into small pieces

### **Instructions**

1. Mix black beans, frozen corn, tomatoes and onions in a bowl.
2. Mix dressing (lime juice, oil and cumin)
3. Pour dressing over the bean mixture.
4. Cool for 2 hours.

## **Coleslaw with Mustard-Ginger Dressing**

*From Bon Appetite magazine Jul 1995*

### **Ingredients:**

1 large head green cabbage	Dressing
1 cup shredded red cabbage	½ cup sugar
1 cup shredded peeled carrots	½ cup vegetable oil
½ cup chopped green bell pepper	½ cup distilled vinegar
½ cup chopped red bell pepper	1 tsp dry mustard
½ cup chopped onion	¾ tsp ground ginger

### **Instructions:**

1. Combine first 6 ingredients.
2. Whisk sugar, oil, vinegar, mustard and ginger in medium bowl to blend.
3. Pour dressing over vegetables and toss to coat.
4. Cover and refrigerate at least 2 hours, tossing occasionally.

# **Spinach Salad with Bosc Pears, Cranberries, Red Onion and toasted Hazelnuts**

***Prep time: 20 min***

## **Ingredients:**

Dressing	½ cup dried cranberries
½ cup olive oil	8 cups of lightly packed fresh
2 Tbl balsamic vinegar	baby spinach leaves, stems
2 tsp whole-grain mustard	removed if needed
1 tsp sugar	2 firm, but ripe Bosc pears,
1 tsp kosher or sea salt	quartered lengthwise, cored and
Freshly ground pepper	cut int long thin slices
Salad Ingredients	2/3 cups of roasted hazelnuts
1 cup thinly sliced red onions	chopped

## **Instructions:**

1. To make the dressing, in a small jar with a tight-fitting lid, combine the olive oil, vinegar, mustard, sugar, salt, and pepper to taste. Cover tightly and shake vigorously to blend. Taste and adjust the seasoning. Set aside.
2. Place the onions in a medium bowl and cover with cold water. Let stand for 30 minutes. This crisps the onion and takes away the raw onion taste. Drain well and pat dry on paper towels..
3. In a small bowl, toss the cranberries with 2 tablespoons of the dressing to soften them. Set aside for at least 20 minutes or until ready to serve the salad..
4. To assemble the salad, place the spinach, onions, and pears in a large bowl. Give the remaining dressing a last-minute shake and pour over the salad. Toss to coat evenly. Arrange the salad in a large serving bowl or divide it evenly among 8 salad plates. Scatter the cranberries and hazelnuts over the top(s). Serve immediately.

## **Roasted Hazelnuts:**

*To toast, spread the hazelnuts in a single layer on a rimmed baking sheet and place in a preheated 375°F oven. Toast for about 12 minutes until lightly browned.*

## **Spinach Salad**

*Serves 4-6 (with extra dressing)*

### **Ingredients:**

#### *Dressing*

½ cup balsamic vinegar (cheap  
kind is fine)  
¾ cup olive oil  
1 Tbs sugar  
½ tsp kosher salt  
1/8 tsp fresh ground pepper

#### *Salad Ingredients*

6 cups fresh baby spinach  
½ cup chopped walnuts  
¼ cup crumbled feta  
¼ cup dried fruit like cranberries  
or raisins

### **Instructions:**

1. Put vinegar, olive oil, sugar, salt and pepper in a bottle and shake well to combine.
2. Toss spinach with nuts, feta and fruit. Give dressing another shake and drizzle over individual servings.



## **Summer Barley Salad**

***Serves 6-8***

### **Ingredients:**

5 cups cooked pearl barley (1 cup raw)	1 garlic clove, finely minced
1 cup red pepper, diced	½ cup olive oil
1 ½ cups fresh, cooked corn kernels	Salt and pepper
1 cup zucchini, diced	¼ cup fresh basil, finely chopped
½ cup red onion, diced	¼ cup fresh parsley, finely chopped
¼ cup lemon juice	2 Tbs mint, finely chopped

### **Instructions**

1. Toss the vegetables with the barley.
2. Mix the vinegar, garlic and oil in a bowl and pour over the barley and vegetables.
3. Sprinkle on salt and fresh ground pepper to taste, and the herbs and toss again until everything is combined.
4. Taste for seasoning. Serve room temperature or chilled.

## **Potato Salad**

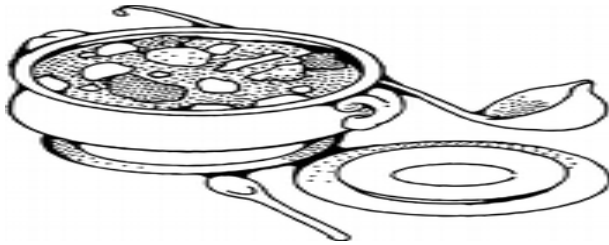
### **Ingredients:**

Potatoes	onions
Yellow mustard	salt
white vinegar	Eggs
celery	Mayonnaise

### **Instructions**

1. Cook potatoes a day ahead. Refrigerate.
2. Peel potatoes and marinate in a little bit of vinegar & salt.
3. Let stand ½ hour or longer.
4. Add chopped celery, onion and mustard.
5. Mix thoroughly. Add mayonnaise and season to taste.

# Soups



## **Guillermina's Lentil Soup**

*From New Vegetarian Epicure by Anna Thomas*

*Prep Time: 60 minutes;*

### **Ingredients**

1 lb lentils	3-4 leeks, white only (~3 cups chopped)
2 tsp salt, more to taste	2-3 ripe tomatoes, chopped
3 medium carrots	2 Tbs olive oil
2 stalks celery	4 cloves garlic, minced
½ bunch cilantro	2 Tbs cumin seeds
6 green onions	fresh-ground black pepper to taste
8-10 chard, spinach or kale leaves	pinch of cayenne
2 medium potatoes (1 ¼ lb)	juice 1 lemon
1 large bell pepper	

### **Instructions**

1. Boil the lentils in 3 ½ quarts of water (14 cups), with a tsp of salt for 30 min.
2. Meanwhile: peel & slice the carrots; trim and slice the celery; wash the cilantro and remove the leaves; slice the onions, wash the chard, removing tough stems and chop; scrub the potatoes and cut into ¾-inch pieces; chop the tomatoes; trim and seed the bell pepper and coarsely dice; clean and chop the leeks.
3. Heat the oil and sauté the leeks, green onions and garlic, stirring until softened and beginning to color. Add the chard and cook a few minutes more. Add the sautéed mixture as well as the other vegetables and another tsp salt to the lentils. Simmer 30 min. more.
4. Toast the cumin seeds in a small skillet, stirring constantly until they release fragrance. Grind them and add to soup along with the pepper, cayenne and lemon juice. Note: Can use ground cumin instead of seeds.

## **Quick Chicken Barley Soup**

***Prep Time: 30 minutes***

### **Ingredients**

1 chicken breast	2 bouillon cubes
2 quarts of chicken broth	curry powder, pepper
1/3 cup barley	frozen corn & peas
1-2 chopped onions	1 bunch of kale
3 medium carrots	curry powder
2 pieces of celery	

### **Instructions**

1. Sauté the chicken and chopped onions until cooked.
2. Add chicken broth and barley. Let cook 10 minutes.
3. Add carrots, celery, bouillon cubes and let cook 10 more minutes.
4. Add the kale, frozen corn and peas and curry powder.
5. Serve when barley is soft. About 10 more minutes.

## **Butternut Squash and Pear Soup**

***Prep Time: 15 minutes    Cook Time: 60 minutes***

### **Ingredients**

1lb butternut squash (~10 oz trimmed and seeded)	2 Tbs butternut
1 large yam (~10 oz)	2 medium onions, sliced
2 cups vegetable broth	3 large Anjou or Bartlett pears
1 ½ cups water	1/3 cup dry white wine
1 stick cinnamon	¼ cup half and half
¾ tsp salt	white pepper to taste

### **Instructions**

1. Peel, seed, and dice the squash.
2. Peel and dice the yam.
3. Put both the yam and squash in a pot with broth, water, cinnamon stick and salt, and simmer until tender, about 40 minutes.
4. Melt the butter and gently cook the onions in it, stirring occasionally, until it begins to caramelize. Peel, core, and thinly slice the pears and add them to the onions. Continue cooking for about 5 minutes, stirring often.
5. Add the wine and cover and simmer for 10 minutes.
6. Add the pear mixture to the soup and puree everything in a blender in batches.
7. Add the cream and some white pepper and bit more salt, only if needed.
8. Heat the soup again just to a simmer, but do not boil.
9. Serve with chopped chives or springs of cilantro.
10. Serves 6-8 people.

## Corn and Squash Soup

*From New Vegetarian Epicure by Anna Thomas;*

*Prep Time: 60 minutes;*

### Ingredients

4-5 kale leaves	1 medium green bell pepper
1 large potato, cut into 1/2-inch pieces	1 medium red bell pepper
3-4 cups cubed Tahitian squash	4 large ears sweet corn (~4 cups)
1 cup fresh tomatoes, peeled and coarsely chopped	3 cups vegetable broth
¾ cups green onions	1 ½ Tbs cumin seeds, lightly toasted & ground
1 tsp salt, more to taste	½ cup coarsely chopped fresh cilantro
1 ½ onions	<i>Garnish: fresh lime or lemon wedges</i>
1 Tbs olive oil	

### Instructions

1. Trim Kale, cut leaves lengthwise, then slice thickly.
2. Combine the kale, potato, squash, tomatoes & green onions in large pot and add enough water to cover. Add 1 tsp salt.
3. Simmer until potatoes & squash are tender. (~20 min).
4. Meanwhile, chop the onions and sauté in olive oil. Trim the peppers and cut them into ½ in diced pieces and add to the onions.
5. Sauté the vegetables, stirring often until the onions begin to brown. Slice the kernels off the corn.
6. When the potatoes are tender, add sautéed vegetables and corn to the soup as well as the vegetable broth.
7. Continue simmering for 10 minutes.
8. Lightly toast the cumin seeds, then grind and put into the soup. Stir in the cilantro leaves and tastes & correct the seasoning.
9. Serve with a squeeze of fresh lime or lemon and pas Chile salsa around or Chile flakes.

## **Gazpacho**

***20-30 minutes to prepare; 2 hours to chill; Serves 6***

### **Ingredients:**

4 cups cold tomato juice	basil & tarragon
1 small well minced red onion	2 tsp or more cumin
4 cups freshly diced tomatoes	¼ cup freshly chopped parsley
2 tsp honey	dash or to taste of Tabasco sauce
1 medium cucumber seeded & coarsely chopped	2 Tbs olive oil
2 scallions, chopped	2 tsp salt
juice of ½ lemon + 1 lime	1 cloves garlic, crushed
1 tsp each dry or 2 Tbs fresh	2 Tbs balsamic vinegar

### **Instructions**

1. Put onion in processor & chop. Combine all other ingredients and chill for at least 2 hours.



# Vegetarian



*All American*

# **Ratatouille**

*From realsimple.com*

***Prep Time: 10 minutes; Cook for 30 min***

## **Ingredients**

3 Tbs olive oil	1 red pepper, cut into slivers
1 onion , thinly sliced	4 plum tomatoes, coarsely
4 garlic cloves, peeled & sliced	chopped (~1 ¼ cups)
1 small bay leaf	1 tsp kosher salt
1 small eggplant, cut into ½ in	½ cup shredded fresh basil leaves
pieces (3 cups)	(can use ¼ cup dry)
1 small zucchini, halved	ground black pepper
lengthwise and cut into thin	
slices	

## **Instructions**

5. Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened.
6. Add eggplant and cook, stirring occasionally, for 8 min. or until the eggplant has softened. Stir in the zucchini, red bell pepper, tomatoes, and salt. Cook over medium heat, stirring occasionally for 5-7 min until the vegetables are tender. Stir in the basil and black pepper.

## **Eggplant Parmesan**

***Prep Time: 1 ½-2 hours; May want to make sauce day before***

### **Eggplant prep ingredients**

2 large eggplants	1 cup green pepper
flour in a bowl	2 tsp basil
2 beaten eggs in bowl	1 tsp oregano
2 cups panko or Italian bread	2 bay leaves
crumbs mixed with ¼ cup fresh	2 tsp salt
Parmesan cheese	1 lb 13 oz tomato puree
	1 6 oz can tomato paste

### **Tomato Sauce Ingredients**

3 Tbs olive oil	2 Tbs dry red wine
1 red / Spanish onion, diced	1 cup freshly chopped tomatoes
1 Tbs minced garlic	¼ tsp black pepper
	1 lb mozzarella cheese shredded

### **Instructions**

1. Slice the eggplant in ¼ inch slices and salt both sides of the eggplant with kosher salt. Place on paper towels and let water drain out of both sides, turning over as needed. ~1 hour
2. Dip each slice of eggplant into the flour, then beaten egg, then breadcrumb + Parmesan cheese mixture.
3. After each slice is coated, place onto an oiled baking sheet or a sheet lined with parchment paper.
4. Bake at 450° for 12-15 minutes until slices are browned on both sides.
5. After all eggplant is baked, lower the oven temperature to 375°.
6. Sauté, onions, garlic, green pepper, basil, oregano, bay leaves & salt until onions are soft.
7. Add tomato puree, tomato paste, wine, fresh tomatoes and black pepper. Simmer 45 minutes.
8. In an oiled 9”X13” pan, put thin layer sauce, eggplant, then sauce, cheese and repeat. End with sauce and spread Parmesan cheese & bread crumb mixture on top.
9. Bake 30-40 min, uncovered last 15 min. Let sit 10 min.

## **Vegetarian Chili**

*From The Moosewood by Molly Katzen; 6-8 servings*

*Start beans 4-5 hours early; several hours to prepare if not using canned*

### **Ingredients**

2 ¼ cups raw kidney beans or 2	2 cups chopped fresh tomatoes
15 oz cans	juice of ½ lemon
1 cup raw cracked wheat (Bulgar wheat)	1 tsp ground cumin
	1 tsp basil
1 cup tomato juice	1 Tbs chili powdered
4 cloves crushed garlic	salt & pepper
1 ½ cups chopped onion	3 Tbs tomato sauce
1 cup each, chopped:	3 Tbs dry red wine
celery	dash of cayenne
carrots	3 Tbs olive oil for sauté
green peppers	

### **Instructions**

1. If using raw beans, put in sauce pan and cover them with 6 cups of water. Soak 3-4 hours. Add extra water and 1 tsp salt. Cook until tender (~1 hour.) Watch the water level, and add more, if necessary.
2. Heat the tomato juice to a boil. Pour over raw Bulgar. Cover and let stand at least 15 minutes. (It will be crunchy, so it can absorb more later.)
3. Sauté onions and garlic in olive oil. Add carrots, celery and spices. When vegetables are almost done, add peppers. Cook until tender.
4. Combine all ingredients and heat together gently. Best to use non-stick pot. Can also bake covered in oven. Serve topped with cheese & parsley.

## **Black Bean Chili with Red Onion Salsa**

*From Still Life with Menu by Molly Katzen;*

*Highly seasoned chili and tangy fresh salsa; The salsa can be prepared while the chili simmers.*

### **Ingredients**

4 cups dry black beans	1 Tbs fresh lime juice
or 3 (15 oz cans)	2 medium sized green pepper,
5-6 cloves garlic, crushed	chopped
2 tsp ground cumin	2 Tbs olive oil
2 ¼ tsp salt	½ cup tomato puree
black pepper to taste	2 4 oz cans dried green chilies
2 tsp dried basil	Red Onion Salsa (recipe follows)
½ tsp dried oregano	grated cheese and sour cream, for
crushed red pepper or cayenne	the topping

### **Instructions**

1. If using raw beans, soak the beans in plenty of water for several hours or overnight. Drain off the soaking water and cook in fresh boiling water, partly covered, until tender (1-1 ½ hours.) Check the water level during cooking; add more as necessary. Transfer the cooked beans to a large kettle or saucepan. Include about 2-3 cups of their cooking water.
2. In a heavy skillet, sauté garlic, seasonings, lime juice, and bell peppers in olive oil over medium-low heat until the peppers are tender (10-15 minutes).
3. Add the sauté' to the cooked beans, along with the tomato puree and minced green chilies. Simmer, covered, over very low heat, stirring every now and then, for about 45 minutes. (Make Red Onion Salsa during this time. Recipe follows.)
4. Serve topped with Red Onion Salsa and if desired grated cheese and sour cream.

## **Red Onion Salsa**

### **Ingredients**

2 cups chopped red onion	tomatoes
½ cup (packed) minced fresh cilantro	½ tsp salt
2 cups minced fresh ripe	1 cup (packed) minced parsley
	black pepper to taste

### **Instructions**

1. Combine all ingredients and mix well. For a finer consistency, give the mixture a brief whirl or two in a food processor.

## **Veggie burgers**

*Prep time: 1 hour; Makes about 15.*

*From Bon Appetite magazine – unsure of date*

### **Ingredients:**

3 cups Water	1 Tbs Basil, fresh, chopped or 1
2/3 cup Pearl barley	tsp dried, crumbled
2/3 cup Brown lentils	2 tsp Thyme, fresh, chopped or
2/3 cup Long grain brown rice	1/2 tsp dried, crumbled
1/4 cup Vegetable oil	2 tsp Oregano, fresh, chopped or
2 cups Carrots, grated	1/2 tsp dried, crumbled
1 cup chopped small Onion	4 Eggs, large beaten to blend
1 cup chopped Celery	7 Tbs flour
1 Tbs Garlic, minced	

### **Instructions:**

1. Bring 3 c water to a boil in a heavy large pot.
2. Stir in barley, lentils, and rice. Reduce heat to low. Cover and cook until grains are tender, about 40 minutes. Transfer to a large bowl. Drain, cool.
3. Heat 1/4 c oil. Add carrots, onion, celery, sunflower seeds, and garlic and saute until vegetables are tender, about 12 minutes.
4. Add vegetables to grains and cool. Mix in basil, thyme, and oregano. Season with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
5. Stir beaten eggs and flour into grain mixture. Press ½ cup mixture between palms of hands to form patty and fry in heavy non-stick oiled pan. Patties should be fried about 5 minutes per side. Repeat with remaining mixture.



## **Easy Black Bean Burgers**

***Prep time: 15 min; Cook time: 20 min; Makes 4 burgers***

***Bake at 375°***

Ingredients:

1 (16 ounce) can black beans, drained and rinsed	1 egg
½ green bell pepper, cut into 2 inch pieces	1 Tbs Chili powder
½ onion, cut into wedges	1 Tbs Cumin
3 cloves garlic, peeled	1 tsp Thai chili sauce or hot sauce
	½ cup bread crumbs

### **Instructions:**

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375° F (190° C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

## **Marinated Silken Tofu**

*Cold dish – Serve with warm rice.*

### **Ingredients:**

¼ cup dry sherry or Chinese Rice wine	1 Tbs sesame oil
¼ cup soy sauce	2 tsp sugar
1 large clove garlic, crushed	black pepper to taste
	2 green onions chopped

### **Instructions:**

1. Mix together all ingredients.
2. Remove tofu from cardboard container. Place tofu on plate and slice the tofu, then cut the slices in half.
3. Pour marinate over the tofu and cover with chopped green onions. Will have enough marinate for several dinners. Refrigerate remaining mixture.
4. Let tofu sit and marinate for 15 minutes or more.
5. Serve with hot rice and side vegetable.

## **Baked Tofu**

Preheat oven to 400°F.

### **Ingredients:**

1 lb firm tofu

### **Instructions:**

1. Wrap tofu snugly in 4 or 5 layers of paper towels and arrange on a plate. Cover with a second plate and balance a heavy can or two on top to weigh down the plate and press down on the tofu; set aside to let drain for 30 minutes. Remove and discard paper towels, then replace with dry paper towels and repeat process a second time.
2. Cut tofu into (1-inch) cubes and arrange them in a single layer on a large parchment paper-lined baking sheet. Lightly spray tofu all over with cooking spray and bake, flipping halfway through, until golden brown and just crisp, about 40 minutes total.

## **Frying Firm Tofu**

*Use with stir fry.*

### **Ingredients:**

1 lb firm tofu	cumin
balsamic vinegar	black pepper
Sesame oil	

### **Instructions**

1. Cut tofu into squares.
2. Pour about 1 Tbs Sesame oil into a frying pan. Keep the temperature at a low heat.
3. Add the tofu and fry. Rotate the tofu and fry at least 2 sides. It will take a while at the low temperature – maybe 20 min.
4. Add balsamic vinegar and allow it to be absorbed into the tofu. Turn and add more vinegar.
5. Sprinkle cumin and black pepper on top.

# *Middle Eastern Food*

## **Hummus**

***Prep time: 20 min;***

### **Ingredients**

1 ½ cups of raw garbanzo beans,	¾ cup tahini
soaked 1 ½ hours and boiled	¼ cup (lightly packed) parsley
until very soft or 3 15 oz cans	fresh black pepper
3 medium cloves of garlic	1 ½ tsp salt
dash of tamari or soy sauce	¼ cup green onion
juice from 2 medium lemons	1-2 tsp cumin (optional)

### **Instructions**

1. Grind all ingredients together in a food processor.

## **Tahini-Lemon Sauce**

***Prep time: 20 min;***

***Use for sauce over falafel***

### **Ingredients**

1 ½ cups tahini	salt to taste
1 ½ cups yogurt or buttermilk	dash or two of cayenne
1 med. clove of garlic, crushed	dash or two of paprika
½ cup juice fresh lemon juice	½ tsp cumin (more, to taste)
¼ cup minced green onions	dash or two of soy sauce
¼ cup finely minced parsley	

### **Instructions**

1. Beat well, using either a whisk, wooden spoon or even electric mixer. The more you whip it, the thicker it will be
2. Serve room temperature on hot falafel or vegetables.

## **Falafel #1**

*Prep time: 55 min – 15 min to prepare;*

*Makes about 12 falafel*

### **Ingredients**

15 oz can garbanzo beans, rinsed and drained	2 tsp coriander	1 tsp red pepper flakes
4 medium cloves of garlic		½ tsp black pepper
4 Tbs parsley		½ tsp salt
4 Tbs cilantro		4 Tbs flour
¾ cup shallots (~2 large)		1 tsp baking powder
2 tsp cumin		

### **Instructions**

1. Add chickpeas, shallots and garlic to a food processor. Pulse until combined (keep chunky).
2. Add cilantro, parsley, cumin, coriander, salt and pepper. Mix until slightly smoother.
3. Sprinkle baking powder and flour over the mixture as needed so that the dough is not too sticky.
4. Line a baking sheet with parchment paper. Spread a little oil onto paper.
5. Form dough into roughly golfball-sized balls, flatten into thick disks, and place them onto the oiled parchment paper.
6. Bake at 375° for 20 min/side. Both sides should be brown.



## **Falafel #2**

***Prep time: 45 min;***

***Makes about 6 servings with several falafel in each pocket of bread***

### **Ingredients**

2 cups of raw garbanzo beans,	½ tsp turmeric
soaked 1 ½ hours and boiled	¼ tsp cayenne;
until very soft or 2-3 15 oz cans	dash of black pepper
3 medium cloves of garlic	1 ½ tsp salt
½ cup finely minced celery	2 beaten eggs
½ cup finely minced green	3 Tbs tahini
onions	3 Tbs flour or fine breadcrumbs
½ tsp cumin	

### **Instructions**

1. Mash the garbanzo beans.
2. Combine beans with other ingredients.
3. Chill well.
4. With floured hands, make the batter into 1 inch diameter balls.
5. Dust each ball with flour.
6. Heat a 2-inch pool of oil in a heavy skillet to 365°;
7. Fry the falafel until golden and serve immediately.
8. Serve with Tahini-lemon sauce and Israeli cucumber salad in pita. You can also eat with Armenian rice and chicken.

## **Baba Ganouj**

***Prep time: 20 min;***

### **Ingredients**

2 medium-small eggplants	¼ cup minced green onions
½ cup chopped parsley	3 medium cloves of minced
juice from 1 large lemons	garlic
1 tsp salt	1 Tbs good olive oil
½ cup tahini	fresh black pepper

### **Instructions**

1. Cut off the stems of the eggplants, and prick them all over with a fork. Place them on an oven rack directly, and let them roast slowly until completely pooped (~45 minutes).
2. When they are sagging, wrinkled, crumpled and totally soft, you'll know that they're ready.
3. When cool, scoop the insides out and put in the grinder. Combine all other ingredients, except olive oil.
4. Chill and drizzle the oil over the top just before serving.

## Armenian Rice

*Prep time: 45 min;*

### Ingredients

¼ cup orzo, small vermicelli	1 ½ cups of chicken stock or vegetable broth
1 cup long-grain rice	coarse salt to taste
3 Tbs unsalted butter or oil and butter	¼ cup chopped parsley

### Instructions

1. Put oil or butter in pan, sauté vermicelli until golden brown, about 4 min.
2. Add rice, and stir in the stock and salt.
3. Bring to a boil, reduce heat and let simmer, covered until liquid has been absorbed and rice is tender, about 16 min with white rice.
4. Let stand covered for 10 min.
5. Fluff with a fork. Serve with chopped parsley.

## Couscous with Eggplant

*Prep time: 45 min;*

### Ingredients

1 - 1½ cups of pearl couscous	½ tsp ground cumin
2 cups cubed eggplant with skin (~1 small eggplant)	¼ tsp ground cayenne
1 medium yellow or white onion	¼ tsp smoked paprika
2 cloves garlic, minced	1/3 cup olive oil
1 Tbs tomato paste	¼ cup chopped parsley
1 medium tomato or 1 cup canned diced tomatoes	1 tsp kosher salt
1 tsp ground cinnamon	¼ ground pepper
	Yogurt for serving

### Instructions

1. In a small bowl, combine cinnamon, cumin, cayenne and ½ tsp salt
2. Heat a heavy pot (2-3 quarts) with a tight-fitting lid over medium until hot, but not smoking. Add couscous and toast, stirring often, until golden and fragrant, about 3 minutes. Transfer toasted couscous into a bowl.
3. Add oil to pot and raise heat to medium-high. When it shimmers, add eggplant, onion, ½ tsp salt and ¼ tsp pepper and cook stirring often, until onions are softened and golden and the eggplant is browned and slightly shrunken, 8-10 minutes. Add garlic and stir just until fragrant.
4. Add tomato paste and the prepared spice mixture and cook, stirring 1 minute. Stir in toasted couscous, tomato and 1 ½ cups water, cover, reduce the heat to low and simmer until the couscous has absorbed all the liquid, 8-12 minutes. Turn off the heat and let rest 2 minutes. Uncover, stir in paprika and parsley, then taste and adjust the seasoning with salt. Serve immediately and dollop with yogurt, if desired.

# **Mexican Food**

## **Every Day Black Beans**

***Prep time: 20 min;***

***From The New Vegetarian Epicure by Anna Thomas***

### **Ingredients**

2-3 cans of black beans (usually use 2, but it is good with 3) or 1 lb cups dried, (soaked overnight, rinsed and cooked with water, 1 peeled onion, 2-3 cloves of garlic and a handful of cilantro).	4-5 cloves garlic ¼ cup packed parsley 1 ½ Tbs olive oil 1 large green pepper 2 Tbs cumin seeds (or 2 Tbs cumin powder) 1 Tbs sweet paprika salt to taste
2 onions (3 if making from raw beans)	

### **Instructions:**

1. Soak dry beans in water overnight with a pinch of baking soda. Rinse the beans and put in pot with water 2 inches above the beans. Put in a handful of cilantro, 2-3 pieces of garlic and 1 peeled onion. Add water as needed and add a tsp of salt at the end and remove vegetables.
2. Chop 2 onions & garlic and sauté them in olive oil in large pot until limp. Add bell pepper and continue cooking, stirring often until the vegetables begin to color.
3. Toast cumin seeds in small pan and then grind up in spice grinder
4. Add cumin & paprika to onions & pepper and cook for a few minutes
5. Add beans and cook for a few minutes until thick.
6. Serve with Spanish Rice, tortillas, tomatoes, shredded lettuce & cheddar cheese.

## **Mexican Rice**

***Prep time: 40 min;***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients**

2 large onions	¼ tsp black pepper
3-4 cloves garlic, minced	2 cups long-grain rice
¼ cup olive oil	3 cups pureed tomatoes
½ tsp ginger	2 tsp salt
½ tsp ground coriander	1 ½ cups boiling water
¼ tsp cloves	

### **Instructions**

1. Peel and coarsely chop the onions, mince the garlic and sauté them both in the olive oil until the onions are golden.
2. Add the ginger, coriander, cloves and pepper, stir, then add the rice.
3. Continue sautéing the mixture, stirring often, until the rice is slightly colored.
4. Add the pureed tomatoes, the salt, and the boiling water.
5. Stir the mixture once, then cover and simmer the rice over low heat for another 25 minutes.
6. All the liquid should be absorbed.
7. Serve rice with black beans, cheese, salsa or enchiladas.

## **Refried Beans (Refritos)**

*From Moosewood by Mollie Katzen*

### **Ingredients**

2-3 cans of black beans (usually use 2, but it is good with 3) <b><u>or</u></b>	4-5 cloves garlic
1 lb cups dried, (soaked overnight, rinsed and cooked with water, 1 peeled onion, 2-3 cloves of garlic and a handful of cilantro).	¼ cup packed parsley
2 onions	1 ½ Tbs olive oil
	1 large green pepper
	2 Tbs cumin seeds (or 2 Tbs cumin powder)
	1 Tbs sweet paprika
	salt to taste

### **Instructions**

1. Boil dry soaked beans for 1 hour with a pinch of baking soda, if using dry beans.
2. Chop onions & garlic and sauté them in olive oil in large pot until limp. Add bell pepper and continue cooking, stirring often until the vegetables begin to color.
3. Toast cumin seeds in small pan and then grind up in spice grinder
4. Add cumin & paprika to onions & pepper and cook for a few minutes
5. Add beans and cook for a few minutes until thick.
6. Serve with Spanish Rice, tortillas, tomatoes, shredded lettuce & cheddar cheese.



# Indian Food

## **Mushroom & Pea Curry**

***Prep time: 20 min;***

***From A Taste of India by Bibiji Inderjit Kaur***

### **Ingredients**

¼ cup vegetable oil or ghee	¼ tsp nutmeg
2 large onions, sliced	1 tsp salt
5 cloves garlic, chopped	3 medium tomatoes, chopped or
1 inch piece fresh chopped	2 Tbs tomato paste
ginger, peeled & chopped fine	½ lb of sliced mushrooms
½ tsp turmeric	1 cup water
½ tsp red chili powder	½ lb frozen green peas or 1½ cup
1 Tbs Garam Masala	fresh

### **Instructions**

1. In a large, thick-bottomed saucepan or wok, heat the oil or ghee and sauté the onions, garlic and ginger until golden brown. Add Turmeric, red Chili powder, Garam Masala, nutmeg and salt and stir well. Then add the tomatoes or paste and continue cooking and stirring until the oil begins to separate out.
2. Add the mushrooms and mix well. Then add 1 cup water and cook until the mushrooms are half done. Add the peas, mix well and cover. Simmer on low heat being careful not to let the mixture burn.
3. After the liquid is gone, continue cooking, stirring continuously, until the oil starts to separate out. Remove from the heat and serve.

## **Dal**

***Preparation Time: ~1 hour (mostly for lentils to cook)***

***From The Vegetarian Epicure (modified), book 2 by Anna Thomas***

### **Ingredients**

1 cup lentils	¼ tsp crushed dried red pepper
4 cups water	1 heaping tsp cumin
2 Tbs chopped or grated fresh ginger	1 heaping tsp coriander
½ tsp ground turmeric	1 tsp salt
1/8 tsp cardamom	2 ½ tsp butter
1/8 tsp Fenugreek (optional)	2 Tbs fresh cilantro
¼ tsp cayenne pepper	Juice from 1 lemon

### **Instructions**

1. Combine the lentils and water in a medium pot with the water, salt and grated ginger for about 1 hour – until it is about the consistency of oatmeal. The lentils may darken but don't worry; the lemon will correct this.
2. Melt the butter with the spices (turmeric, cardamom, cayenne pepper, crushed peppers, cumin & coriander) in the microwave.
3. Add the spices to the cooked lentils. Stir the mixture.
4. Add the juice of 1 lemon.
5. Serve with rice & vegetable curries.

## **Cauliflower Curry**

***Preparation Time: ~40 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients**

1 large head cauliflower	½ tsp cayenne pepper
1 small potato (6-8 oz)	1 clove garlic, minced or crushed
4 Tbs vegetable or olive oil	1 small onion, slivered
1 Tbs black mustard seeds	1 tsp salt
1 tsp turmeric	¼ – ½ cup water
½ tsp cumin	1 medium sized tomato chopped
½ tsp coriander	2 Tbs lemon juice

### **Instructions**

1. Trim and wash the cauliflower and break it up into very small flowerettes.
2. Scrub the potato and boil it in salted water until nearly tender.
3. Heat oil in a fairly large skillet over medium low heat and add the mustard seeds. Cover and allow the seeds to pop in a few minutes.
4. When the seeds have completed popping, add the turmeric, cumin, coriander, cayenne, garlic and onions.
5. Sauté this mixture over medium heat, stirring constantly for 3-4 minutes.
6. Add the cauliflower and sauté, stirring often for 4-5 minutes.
7. Add the salt and water and cover. Allow the curry to simmer for 5 minutes.
8. Cut up the parboiled potato into 1" cubes and add to mixture and allow to simmer for 10 minutes.
9. Add the tomato and lemon juice and allow to simmer for a few more minutes
10. Serve hot with rice, raita, chutneys and other condiments.

## **Indian Plain Pilau**

***Preparation Time: ~40 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients**

4 Tbs butter	½ cup raisins
2 cups white rice	1 cup frozen peas
¼ tsp cinnamon	4 cups hot water (~4 ½ for brown rice)
cardamom seeds from 8 pods or about 1/8 tsp powdered	1 ½ tsp salt
¾ cup slivered almonds	

### **Instructions**

1. Melt butter in large pan and fry the rice over low heat until it starts to color.
2. Add the cinnamon and cardamom. Stir and continue frying for 1-2 minutes.
3. Add remaining ingredients and stir briefly.
4. Bring water to a boil, then lower the heat.
5. Cover tightly and let rice steam for 20 minutes (longer for brown rice).
6. All the water should be absorbed and the rice tender, but not mushy.

## **Saffron Rice**

***Preparation Time: ~40 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients**

½ tsp crushed saffron threads	1 ½ cups white rice
3 Tbs warm milk	¼ tsp cinnamon
2 Tbs butter	3 cups water
1/3 cup currants	1 tsp salt
1/3 cup shelled chopped pistachio nuts	1 Tbs sugar
	pinch of cinnamon

### **Instructions**

1. Dissolve the saffron in the warm milk.
2. Melt the butter in a large saucepan and add the currants, pistachio nuts and rice to it.
3. Stir over low heat for several minutes, then add the water, salt, sugar, cinnamon, and dissolved saffron.
4. Stir at once, raise the heat and bring the water to a boil, then lower the heat, cover and barely simmer for 25 minutes.
5. Serve immediately.

## **Cucumber Raita**

***Preparation Time: ~10 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients**

1 large English cucumber or 4	¼ tsp ground cumin
small Persian cucumbers	½ tsp cayenne pepper
2-3 Tbs finely chopped onions	salt to taste
2 cups plain yogurt	chopped fresh cilantro

### **Instructions**

1. Coarsely grate cucumber.
2. Add the onions, yogurt, all spices (except cilantro), salt and stir.
3. Add the cilantro at the end and serve.

## **Samosa (filling)**

*From A Taste of India by Bibiji Inderjit Kaur*

*Pre-heat oven to 350°; Cooking time 15-20 minutes*

### **Ingredients**

4 medium potatoes	½ tsp ground black pepper
3 Tbs melted ghee or butter or oil	1 tsp fresh cilantro chopped
3 tsp coriander	2 Tbs dry pomegranate seeds
3 tsp cumin powder	1 tsp salt
1 tsp crushed dry red pepper	1/2 cup green peas (fresh or frozen)
6 green chilies (mild or hot), chopped finely	16 puffed square pastry sheets

### **Instructions**

1. Boil the potatoes until tender. Then peel and dice them into small cubes.
2. In a large, thick-bottomed frying pan, heat the butter or oil and add the coriander, cumin, crushed red pepper, green chilies, black pepper, cilantro, pomegranate seeds and 1 tsp of salt along with the potatoes & peas.
3. Cook on low heat for 2 minutes, stirring continuously.
4. Cool the mixture.
5. Roll out pastry into squares and cut edges to form a roughly 6 inch dia. circle. Cut this in half to make two samosa pockets. Join the corners of each half at its centerline so that the straight edges overlap to form a triangular cone-shaped pocket with a seam. Moisten the overlapping seam to glue it together.
6. Add 1-2 Tbs mixture to the pocket. Overlap and seal the pocket's open edges with water as with the seam.
7. Place on baking sheet with parchment paper. Continue for all 16 squares.
8. Bake at 350° until lightly brown; about 15-20 min. Serve warm.



## **Indian Spice Greens**

***From BBC Good Food (but slightly modified)***

***Preparation Time: 10 min; Cooking time 10 minutes***

### **Ingredients**

1 Tbs oil	Sprouts, Bok Choy, etc)
1 tsp cumin seed	½ – 1 cup peas
½ tsp black mustard seed	Juice from 1 lemon
1-2 Jalapeño peppers chopped	½ tsp ground coriander
1-1½ inch fresh ginger, grated	small bunch of cilantro
¼ tsp turmeric	2 Tbs unsweetened coconut
1 lb greens (Kale, Brussel	pinch of salt

### **Instructions**

1. Heat the oil in large non-stick pan or wok, sizzle the cumin and mustard seeds for 1 min (or until they pop), then add the Jalapeño peppers, grated ginger and turmeric. Fry until aromatic (~1-2 min), then add the greens, a pinch of salt and a little water and the peas.
2. Cover the pan and cook for 4-5 minutes until the greens have wilted. Add the lemon juice, ground coriander and half the fresh cilantro and 1 Tbs coconut.
3. Serve and sprinkle the remaining cilantro and coconut.

# Thai Dishes

## Thai Red Curry with Vegetables

*Recipe yields 4 servings; Serve with rice*

### Ingredients:

1 small onion, chopped	1 ½ tsp Turbinado or brown sugar
1 Tbs peeled and minced ginger	1 ½ cups packed thinly sliced kale or collards (ribs removed)
2 tsp peeled minced garlic	1 lb fried tofu or (1½ lb diced chicken)
½ tsp ground coriander	2 tsp rice vinegar or fresh lime juice
½ tsp ground cumin	1 Tbs fish sauce or soy sauce
3 carrots, peeled and sliced	salt to taste
1 large red pepper, sliced into 2-inch strips	
2-3 Tbs Thai red curry paste	
2 Tbs creamy peanut butter	
14 oz coconut milk	

### Instructions:

1. Warm skillet and add oil and onion and fry until translucent.
2. Add the garlic & ginger, until fragrant (~30 sec).
3. Note: If using chicken, add it here and cook until tender.
4. Add cumin & coriander.
5. Add the carrots and cook a couple of minutes.
6. Add the red pepper and cook for a couple of minutes
7. Add the Thai curry paste and peanut butter and blend into the mixture.
8. Add coconut milk, kale, tofu (if not using chicken) & sugar and cook until carrots & kale are cooked to desired softness.
9. Add vinegar or lime juice after removed from heat.
10. Add salt as needed.
11. Garnish with fresh basil or cilantro or chopped unsalted peanuts.
12. Note: 3 Tbs Thai red curry paste makes it very spicy.

## Pasta Dishes

## **Peanut Ginger Noodles**

*From Allrecipes on line*

*Preparation Time: 10 min; Cooking time 10 minutes*

### **Ingredients**

1 pound spaghetti	2/3 cup peanut butter
2 bunch green onions, sliced (white parts only); save greens for garnish	1/2 cup soy sauce 1/2 cup hot water 2 Tbs cider or rice vinegar
1 small chopped red pepper	1 Tbs white sugar
4 Tbs sesame oil	1/2 tsp crushed red pepper flakes
1 Tbs minced fresh ginger root	1 chicken breast (optional)

### **Instructions**

1. Cook pasta in a large pot of boiling water until done. Drain.
2. Meanwhile, combine oil & chicken and cook until chicken is no longer pink.
3. If making vegetarian, cook onions & red pepper for 1-2 minutes.
4. Add ginger; cook and stir for 1 to 2 minutes.
5. Mix peanut butter, soy sauce, water, vinegar, sugar, and red pepper flakes.
6. Pour into vegetables and remove from heat..
7. Pour sauce over noodles and serve.
8. Spread the green onion greens on top.

## **Pesto Pasta**

*From Moosewood by Mollie Katzen*

*Preparation Time: 10 min for Pasta; Make pesto while pasta cooks*

### **Ingredients**

3 cups packed fresh Basil leaves	$\frac{3}{4}$ cup fresh grated Parmesan
2 large cloves fresh garlic	$\frac{1}{2}$ cup olive oil
$\frac{1}{2}$ cup pine nuts or toasted	salt to taste or you can use
slivered almonds (from TJs)	additional dried powdered
$\frac{3}{4}$ cup packed fresh chopped	Parmesan
parsley	1 lb pasta

### **Instructions**

1. Combine everything (other than Pasta) in a blender on low, then medium speed to make a paste/sauce.
2. Cook Pasta to package instructions and drain.
3. Put Pasta in bowl and add Pesto sauce and mix thoroughly.
4. Sprinkle dried Parmesan on top and serve with a salad or vegetable.

## **Italian Tomato Sauce & Pasta**

*From Moosewood by Mollie Katzen*

*Preparation Time: ~20 min;*

### **Ingredients**

3 Tbs olive oil	1 6 oz can tomato paste
1 cup chopped onion	2 Tbs red wine
1 Tbs minced garlic	1 cup fresh tomatoes
1 cup chopped green pepper	¼ tsp black pepper
2 tsp dried basil	½ cup fresh chopped parsley
1 tsp dried oregano	Optional: ½ lb coarsely chopped mushrooms; Parmesan
2 bay leaves	1 lb pasta
2 tsp salt	
1 lb-13 oz can tomato puree	

### **Instructions**

1. In a large pot, sauté oil, onions, garlic, green pepper, basil, oregano, bay leaves & salt together. (Add mushrooms here if using.)
2. When onions are clear and very soft add, tomato puree, tomato paste, red wine, fresh tomatoes and black pepper.
3. Turn the heat way down, cover and simmer at least 45 minutes, stirring occasionally.
4. Add parsley and additional salt & pepper, if needed. Cook Pasta. Can add Parmesan on top.

# **Lasagna**

*From Moosewood by Mollie Katzen*

*Preparation Time: ~20 min;*

## **Ingredients**

12 lasagna noodles, ½ cooked,	Romano cheese
drained, rinsed in cold water	Optional: ½ lb raw spinach,
2 cups ricotta/cottage cheese	chopped, nutmeg & 2 Tbs wheat
2 eggs beaten	germ
1 lb shredded mozzarella cheese	salt & pepper
½ cup grated Parmesan or	9X13" pan

## **Instructions**

1. Filling: Combine ricotta cheese, plus beaten eggs, salt & pepper, spinach, nutmeg & wheat germ
2. Spread a little sauce over the bottom of the pan.
3. Cover with a layer of noodles (~1/3 of the noodles)
4. Put a blotch of filling here and there. Use ½ of the filling.
5. Spread 1/3 of the remaining sauce
6. Spread ½ of the mozzarella, hither & thither
7. Put down another 1/3 noodles
8. Spread remaining filling.
9. Spread another 1/3 of sauce
10. Add the remaining mozzarella
11. Put down remaining noodles
12. Put remaining 1/3 sauce
13. Put the Parmesan or Romano on top.
14. Bake 45 minutes at 375°
15. Let stand 10 minutes before serving.



*Stuffing*

## **Porcini stuffing with Leeks**

***Pre-heat oven to 350° F; Prep & Cook Time: 1 hour 20 min***

### **Ingredients**

1 lb Challah	
2 large carrots (chopped)	3Tbs Italian parsley
2 $\frac{3}{4}$ cups broth (or water)	5 Tbs butter (can use olive oil)
1 lb Crimini mushrooms (sliced)	5 medium leeks chopped
1 cup Madeira wine	1 Tbs fresh sage, thyme &
2 large shallots	rosemary
2 oz dried Porcini mushrooms	4 large eggs

### **Instructions**

1. Cut Challah into cubes and bake at 350° for about 20 min until cubes are toasted.
2. Combine broth & 1/3 cup Madeira in a large sauce pan & simmer 5 minutes. Remove from heat and add the Porcini mushrooms. Soak 15 minutes, drain and reserve liquid.
3. Melt 2 Tbs butter (or oil). Add leeks & carrots and sauté ~ 6 minutes. Transfer to bowl.
4. Melt 3 Tbs butter & sauté mushrooms ~6 minutes.
5. Add shallots and Porcini and sauté 1 minute more.
6. Add remaining Madeira wine (2/3 cup) and cook until liquid evaporates ~2 minutes.
7. Add herbs & sauté 1 minute.
8. Add to bowl with leeks and carrots.
9. Add vegetable mixture to bread. Season with salt & pepper.
10. Mix eggs into stuffing.
11. Use mushroom broth to moisten.
12. Bake for 30 minutes at 350°.

## **Wild Rice Stuffing with Hazelnuts and Dried Cranberries**

***Pre-heat oven to 350° F; Prep & Cook Time: 1 hour***

### **Ingredients**

½ cup butter (1 stick)	2 cups dried cranberries
2 large onions	½ cup chopped fresh parsley
1 garlic clove, minced	2 Tbs chopped fresh thyme
6 ¾ cups of low salt chicken or vegetable broth	1 ½ cups hazelnuts, toasted, husked, coarsely chopped
2 cups wild rice	1 cup chopped green onions
2 cups long grain brown rice	

### **Instructions**

1. Melt ½ cup butter in heavy large pot over medium-high heat.
2. Add onions and garlic and sauté until tender, about 4 minutes.
3. Add chicken broth. Bring to boil.
4. Add wild rice.
5. Reduce heat to medium low.
6. Cover and simmer 30 minutes.
7. Mix in brown rice; cook and simmer until rice is just tender and most liquid is absorbed, about 30 minutes longer.
8. Stir cranberries, parsley and thyme into rice.
9. Cover and cook until liquid is absorbed, about 5 minutes longer.
10. Mix in hazelnuts and green onions.
11. Season generously with salt & pepper.
12. Butter 15X10X2 inch glass or ceramic baking dish.
13. Cover dish with buttered foil, buttered side down for about 40 minutes.

## ***Vegetable Sides***

## **Roasted Potatoes with Rosemary**

***Prep time: 10 min; Cook time: 35 min; Servings: 4***

### **Ingredients**

3 Tbs Olive Oil	2 lbs small potatoes (red skin,
2 Tbs fresh Rosemary	Yukon Gold, fingerling)
½ tsp garlic powder (optional)	¾ tsp Kosher salt & ½ tsp pepper to taste

### **Instructions**

1. Heat the oven to 400 deg F. Either coat baking sheet with non-stick spray or oil or put down parchment paper.
2. Stir olive oil, rosemary, garlic powder, salt & pepper in large bowl. Add potatoes & toss well until all potatoes are coated.
3. Put potatoes on baking sheet.
4. Bake 30-35 minutes, stirring occasionally until potatoes are fork-tender and golden brown.

## **Cold Herb-Flavored Marinated Green Beans**

***Prep time: 50 min; Servings: 6***

### **Ingredients**

2 Tbs chopped fresh parsley	2 cloves garlic, peeled & crushed
2 Tbs fresh Basil chopped	1 lb green beans
1 tsp fresh oregano	1/3 cup virgin olive oil
5 Tbs white wine vinegar	Salt to taste
2 lbs finely chopped onion	Fresh ground pepper to taste.

### **Instructions**

1. Choose a large bowl and place parsley, basil, oregano & vinegar in it. Let it steep for 10 minutes. Add onion, garlic & mix well. Let steep for another 30 minutes.
2. Snap off ends of green beans, rinse in cold water and drop into boiling salt water. Drain beans while still very firm.
3. Add warm beans to bowl with vinegar & herbs.
4. Serve beans at room temperature, adding olive oil & salt & pepper to taste just before serving. 6 servings.

# Cereals

## **Granola**

***Prep time: 50 min; Makes 8-10 cups***

### **Ingredients**

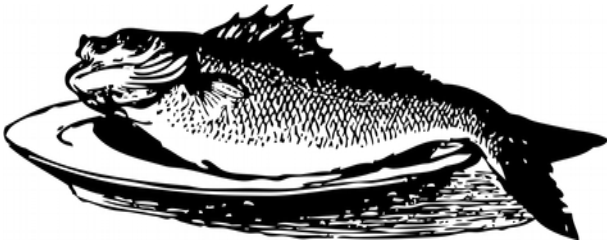
6 cups rolled oats (old-fashioned slow-cooking kind)	1/2 tsp. Cinnamon
1 cup roasted unsalted almonds	3/4 cup olive oil
1/4 cup sunflower seeds (raw or roasted)	1 tsp. vanilla
1/4 cup raw Pepitas (pumpkin seeds, TJ carries them)	Enough of the following sweeteners to equal 3/4 cup:
1/2 cup chopped walnuts	Maple syrup
1/2 cup shredded unsweetened coconut	Honey
1/2 tsp. salt	Molasses
	Mia usually uses mostly syrup and the rest (3-4 Tablespoons) honey/molasses

### **Instructions**

1. Mix ingredients (oats, almonds, sunflower seeds, Pepitas, chopped walnuts, coconut, salt and cinnamon) well in a large baking pot with high sides.
2. Stir in and coat well remaining ingredients..
3. Bake at 350 for about 25-30 minutes. Stir well every 10 minutes, being sure to turn over bits near the edges and bottom of pan. The oats will look brown when it's done. After you remove the pan from the oven you can stir in 1/2 cup dried fruit. The granola will not harden until after it cools down. It will stick to the pan after it cools, so scoop it out while it's still warm and put it in a bowl.



Fish



## White Fish Dishes

## **Orange Roughy Marinade**

***Pre-heat oven to 400° F;***

### **Ingredients**

1/3 cup sherry or vermouth	1 tsp grated ginger
3 Tbs soy sauce	1 tsp chopped garlic
2 tsp sesame oil	1 lb orange Roughy
¼ cup green onions (~3)	

### **Instructions**

1. Mix the sherry, soy sauce, sesame oil, ginger and garlic together.
2. Pour over the fish. Sprinkle the onions over the fish.
3. Bake 12 minutes. Serve over rice.

## **Baked Orange Roughy Italian Style**

***Pre-heat oven to 400° F;***

### **Ingredients**

1/4 cup Italian seasoned bread crumbs	1/4 teaspoon garlic powder
2 tablespoons grated Parmesan cheese	1/2 teaspoon salt, or to taste
2 tablespoons grated Romano cheese	1 pound orange roughy fillets
	1/4 cup butter, melted
	1 tablespoon chopped fresh parsley

### **Instructions**

1. Coat a medium baking dish with non-stick cooking spray.
2. In a shallow bowl, mix bread crumbs, Parmesan cheese, Romano cheese, garlic powder, and salt.
3. Brush both sides of orange roughy fillets with butter, and dredge in the bread crumb mixture. Arrange fillets in a single layer in the prepared baking dish, and sprinkle with parsley.
4. Bake in preheated oven 10 to 15 minutes, or until the fish flakes easily with a fork.

## Salmon & Tuna

## **Fish Marinade for Kebabs**

### **Ingredients:**

2 green onions	2 Tbs Sherry
2 slices of ginger root	2 tsp sugar
1 clove of garlic	Few drops of sesame oil
4 Tbs soy sauce	2-3 lbs of Tuna or Sword Fish

### **Instructions:**

1. Cube the fish.
2. Marinate fish for 1 hour or longer.
3. Put fish on skewers and grill.

## **Salmon with Honey, Soy Sauce & Ginger**

### **Ingredients**

1 cup soy sauce	3 cloves garlic, chopped
1/4 cup honey	4 salmon fillets, about 1 1/2
2 tablespoons lemon juice	pounds
1 inch peeled chopped ginger	

### **Instructions**

1. Whisk soy sauce, honey, lemon juice, ginger, and garlic together until honey dissolves. Reserve 1/4 cup of marinade in separate bowl, then place salmon fillets, skin-side up, in marinade. Allow to marinate for at least 30 minutes, but no longer than 1 hour.
2. Heat coals or gas grill. Remove salmon from marinade; reserve marinade. Place salmon, skin side down, on grill. Cover and grill over medium heat 10 to 20 minutes, brushing 2 or 3 times with marinade, until salmon flakes easily with fork. Discard any remaining marinade.

## **Baked Salmon with Parmesan Herb Crust Recipe**

***Preheat oven to 425° F***

### **Ingredients**

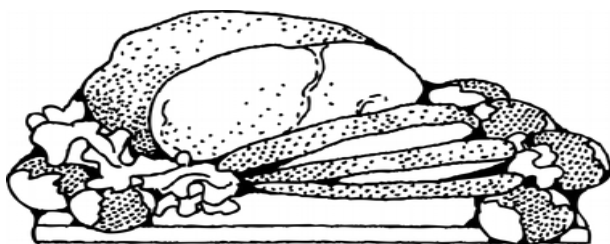
1 salmon filet, about 2 pounds,	3 cloves garlic, finely minced
left whole	¼ cup chopped parsley
Parmesan Herb Crust:	½ cup chopped Parmesan cheese

### **Instructions**

1. Line rimmed baking sheet with parchment paper or aluminum foil for easiest cleanup.
2. Place salmon, skin side down, onto lined baking sheet. Cover salmon with another piece of parchment paper. Bake salmon for 10 minutes. Remove from oven and remove top piece of parchment paper. Top with garlic, Parmesan and parsley mixture.
3. Return to oven uncovered and allow to bake until done. The Parmesan cheese should have melted and lightly browned.
4. Allow to rest about 5 minutes and serve.



## Poultry/Meats



## Poultry Dishes

## **Country Captain Chicken**

***Pre-heat oven to 350° F;***

### **Ingredients**

1 whole chicken or cut up pieces	1/8 tsp red pepper
2 medium onions chopped	½ cup currents
1 clove garlic chopped	½ cup blanched toasted almonds
1 Bell Pepper, chopped	1 tsp curry powder
3 Tbs olive oil	1 tsp powdered tyme
1 large can of tomatoes	2 cups brown rice
1 tsp salt	Ground Peanuts & Shredded
1 tsp sugar	coconut for garnish

### **Instructions**

1. Cook the rice.
2. Cook hen or chicken pieces in salted water over low heat until tender. Cool & bone the chicken into bite sized pieces. Save the chicken stock.
3. Soak the currents in ½ cup chicken stock.
4. Sauté onions, garlic and bell pepper in olive oil.
5. Add tomatoes & cook 5 minutes.
6. Add curry powder, thyme, salt, sugar and red pepper & cook 10 minutes.
7. Put vegetable mixture into a 9”X13” glass pan. Add the chicken and bake for 45 minutes in the oven at 350° F
8. Add the currents & almonds to the mixture. Cook 5 minutes.
9. Serve Chicken over the rice and add garnish.

## **Chicken Wings (or legs) Piquant**

***Pre-heat oven to 350° F***

### **Ingredients**

#### **Basic Fennel Dressing**

½ cup olive oil	salt & pepper to taste
½ cup peanut oil	
½ cup red wine vinegar	24 chicken wings or 12 chicken
½ cup white wine vinegar	legs
1 Tbs dry mustard	1 cup Basic Fennel Dressing
1 tsp ground fennel	1 tsp oregano
2 Tbs lemon Juice	3 Tbs Parmesan cheese
1/8 cup dry parsley	

### **Instructions**

1. Marinate the chicken in the dressing for ½ hour
2. Drain and place on oiled baking sheet.
3. Sprinkle with oregano, cheese, salt & pepper
4. Bake in oven at 375 for 35-40 minutes until brown and tender or grill.

## **Grilled Chicken in Mustard Sauce**

### **Ingredients:**

½ cup Dijon Mustard	
2-3 Tbs red wine vinegar	1 Tbs Worcestershire sauce
6-8 Tbs olive oil	salt & pepper
1 Tbs fresh Thyme	6 Boneless Breasts of chicken
or ½ Tbs dry Thyme	

### **Instructions:**

1. Marinate chicken for 30 minutes or longer.
2. Grill until browned and completely cooked.

### **David's variation on this recipe (simple and good too):**

### **Ingredients:**

3 Tbs Dijon Mustard	1 Tbs dry Thyme (rubbed)
3 Tbs red wine vinegar	1 Tbs Worcestershire sauce
3 Tbs olive oil (optional)	2-4 Boneless Breasts of chicken

## **Chicken Casserole**

### **Ingredients:**

1-2 cups of leftover chicken	1 qt (4 cups) chicken broth
dark meat (or use 1 breast)	1 lb frozen peas
1 lb Bow-Tie pasta	Fresh ground pepper & salt to
3 Tbs flour	taste

### **Instructions:**

1. Start the pasta water boiling
2. Dice the chicken into ½ inch pieces while waiting
3. Start the pasta cooking.
4. Place flour in a bowl
5. Add some cold chicken broth – just enough to form a paste.
6. After all flour is moistened, add another cup of broth, mix well and set aside.
7. Heat the diced chicken in a large skillet or sauce pan with about 2 cups of broth. If the chicken is raw then make sure it is thoroughly cooked. If it is leftover then all you need to do is heat it up. Season with salt & pepper if you like.
8. When the pasta is nearly done, add the frozen peas to the chicken.
9. Drain the pasta when done.
10. When peas are hot but not overcooked, add the pasta to the chicken and peas. Mix well and keep the pan on the heat.
11. Stir the flour & broth once more, then pour it all over the chicken and pasta.
12. Stir constantly as the sauce thickens. Watch out for thick spots developing.
13. Add the remaining cup of broth to thick spots as needed to thin them down. It is better to be slightly soupy because it will thicken more as it cools.
14. Remove from heat & serve with salt & fresh ground pepper to taste. (Lots!)

## **Roasted Chicken**

***Pre-heat oven to 350° F; Prep & Cook Time: ~1 hour***

### **Ingredients**

1 Chicken	Black Pepper
~1/3 cup water	Paprika
garlic powder	Salt

### **Instructions**

1. Clean chicken – remove fat & remaining blood vessels.
2. Put water in bottom of rectangular pan
3. Put chicken in pan & liberally sprinkle garlic powder, black pepper, Paprika & salt on top of chicken.
4. Bake for 30 minutes, turn chicken over and sprinkle same spices on back side and cook an additional 30 minutes at 350°F.
5. Turn over 1 more time and let skin get crispy. ~ 5-10 min.

## **Armenian Chicken**

***Grill or broil cubes***

### **Ingredients**

½ cup olive oil	½ tsp black pepper
¼ cup (4Tbs) fresh lemon juice	½ cup chopped shallots (or onions)
1 tsp salt	¼ cup snipped parsley
1 tsp thyme	2 lbs boneless chicken cubes
1 tsp marjoram	

### **Instructions**

1. Mix all ingredients together (except meat).
2. Place rinsed and dried meat into a resealable plastic bag and add marinade. Put in the refrigerator for 24 hours.
3. Broil the chicken on a broiler pan, frequently turning or grill, basting with marinade until meat is cooked.
4. Serve with Armenian rice in the Middle Eastern section.



## **Kung Pao Chicken**

*Tastes like China Express or carry-out*

### **Ingredients**

1 pound skinless, boneless chicken breast - cut into chunks	1 tsp distilled white vinegar
2 Tbs white wine	2 tsp brown sugar
2 Tbs soy sauce	4 green onions, chopped
2 Tbs sesame oil	1 Tbs chopped garlic
2 Tbs cornstarch, dissolved in 2 Tbs water	1 medium Zucchini cut into small pieces or 8 oz water chestnuts
1 ounce (1Tbs) hot garlic chili paste	1 small red pepper, chopped
	4 ounces (~3/4 cup) chopped peanuts

### **Instructions**

1. To Make Marinade: Combine 1 Tbs wine, 1 Tbs soy sauce, 1 Tbs sesame oil and 1 Tbs cornstarch, 1 Tbs water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.
2. To Make Sauce: In a small bowl combine 1 Tbs wine, 1 Tbs soy sauce, 1 Tbs sesame oil, 1 Tbs cornstarch, 1 Tbs water mixture, 1 Tbs chili paste, 1 tsp vinegar and 2 tsp brown sugar. Mix together.
3. Sauté garlic, green onions, zucchini & red pepper in oil. Remove from pan.
4. Sauté chicken until white and juices run clear. Add vegetables, peanuts and sauce and simmer until sauce thickens.

## **Slow Cooker White Chicken Chili**

Serves 6 to 8

1 1/2 to 2 pounds boneless, skinless chicken breasts, thighs, or a mix	2 tsp cumin
1 large yellow onion, diced	1 1/2 to 2 tsp kosher salt
2 stalks celery, diced	1/2 tsp coriander
2 (4-ounce) cans diced green chili peppers or roasted jalapenos	1/2 teaspoon dried oregano
3 cloves garlic, minced	1 bay leaf
	4 cups low-sodium chicken broth
	1 (15-ounce) can cannellini or navy beans, drained and rinsed
	1 cup frozen corn kernels

### **Instructions**

1. Combine the chicken, onions, celery, green chili peppers, garlic, cumin, 1 1/2 teaspoons of the salt, coriander, oregano, and bay leaf in a 6-quart or larger slow cooker. Stir to make sure the spices coat everything, and nestle the chicken into the vegetables. Pour the chicken broth over top, covering the chicken and vegetables by an inch or so.
2. Cover and cook until the chicken tends to fall apart a bit more when you shred after cooking, rather than staying in pieces.)
3. About 30 minutes before the end of cooking, remove the lid of the slow cooker and add the beans and corn. Taste and add another 1/2 teaspoon of salt or other seasonings as desired. Cover and cook for the remaining time.
4. Transfer the chicken onto a large plate and shred it into large, bite-sized pieces with 2 forks. Stir the chicken back into the chili and remove the bay leaf. (For a creamier chicken chili, see Recipe Notes below.)
5. Serve with shredded cheese, wedges of lime, chopped cilantro, and sour cream.
6. To serve: shredded Monterey jack cheese, lime wedges, chopped cilantro, sour cream, hot sauce

## **Turkey**

***Pre-heat oven to 450° F***

### **Ingredients**

Turkey – 11-18 pounds	1 large chicken bouillon cube
4 cloves garlic crushed or chopped	½ cup water

### **Instructions**

1. Boil ½ cup of water with 1 bouillon & crushed garlic.
2. Put Turkey on 2 large pieces of Aluminum Foil perpendicular to each other to allow for double wrapping of Turkey.
3. Rub water, bouillon & garlic mixture over the Turkey.
4. Stuff Turkey, if that is your plan.
5. Wrap each piece of foil over the Turkey and put in large pan.
6. Bake 3 hours at 450°F. Open up foil and allow top to brown for 15 minutes.
7. Remove from oven and carve.

## Lamb Dishes

## **Herb-Crusted Lamb with Roast Potatoes**

***Pre-heat oven to 425°F. From The New Basics, Julee Rosso & Sheila Lukins***

### **Ingredients**

1 leg of lamb (7-8lbs w/bone, 4lbs without bone)	pepper
2-4 cloves garlic slivered	2 tsp coriander
5 Tbs olive oil	30 small new potatoes quartered
2 Tbs +2 tsp dried thyme	Carrots (optional)
2-3 Tbs dried rosemary	2 Tbs fresh rosemary
2 Tbs+1 Tsp coarsely ground	1 Tsp coarse kosher salt

### **Instructions**

1. Cut slits over the lamb with a sharp knife and insert garlic slivers and 1 piece of fresh rosemary.
2. Combine 2 Tbs thyme, dried rosemary, 2 Tbs black pepper, and coriander in a small bowl and mix well.
3. Brush lamb with 2 Tbs olive oil and pat the herb mixture all over the lamb to form a crust.
4. Place the lamb in a shallow roasting pan.
5. Place the potatoes in a large mixing bowl. Add the remaining 3 Tbs olive oil, 2 Tbs fresh rosemary, remaining 2 tsp thyme and 1 tsp pepper & coarse salt. Toss to mix well and arrange around the lamb in the pan.
6. Roast for 45 minutes. Then reduce the heat to 375° F, stir the potatoes slightly, so they don't stick to the pan and cook an additional 30-60 minutes until lamb is done. Temperature should be 120° F for rare, 150° F for medium.
7. Let sit 15 minutes, then carve.
8. Note: rare lamb is 12 min/lb, well-done is 18 min/lb.

## **Lamb and Artichoke Stew**

### **Ingredients**

4Tbs butter or olive oil	1 cup dry white wine
2 lbs boneless lamb	2 14 oz cans of drained artichoke
3 large yellow onions peeled & chopped	hearts
2 cloves garlic, chopped	½ tsp dill weed
½ cup parsley	3 Tbs lemon juice
1 6 oz can tomato paste	<i>Optional: potatoes &amp; carrots</i>
	Add 1-2 cups water as needed

### **Instructions**

1. In a large frying pan, melt the butter or heat up the oil. Sauté lamb until lightly browned.
2. Remove the meat.
3. Sauté the onions with garlic and parsley.
4. Put meat, onions, garlic & parsley in heavy pot and add salt & pepper, tomato paste & wine. (If adding carrots & potatoes – add here.)
5. Simmer covered for about 1 ½ hours or until lamb is tender.
6. Add artichokes, dill weed & lemon juice.
7. Simmer 1 ½ hours more.
8. Serve over rice with a fresh green salad.

## **Moroccan Lamb and Couscous**

### **Ingredients**

3/4 cup olive oil	4 pounds well-trimmed boneless
2/3 cup fresh lemon juice	leg of lamb, cut into 2-inch cubes
6 large garlic cloves, minced	16 12-inch-long metal skewers
2 tablespoons chopped fresh mint	32 whole dried apricots
4 teaspoons salt	(preferably Mediterranean),
4 teaspoons grated lemon peel	soaked in boiling water 5
2 teaspoons ground black pepper	minutes, drained
2 teaspoons ground coriander	4 red onions, each cut into 8
1 teaspoon ground cumin	chunks

### **Instructions**

1. Whisk first 9 ingredients in medium bowl to blend. Transfer 1/2 cup marinade to small bowl; cover, chill, and reserve as basting sauce. Add lamb to remaining marinade in medium bowl; toss to coat.
2. Marinate 2 hours at room temperature or cover and refrigerate overnight.
3. Prepare barbecue (medium-high heat). Remove lamb from marinade. Thread lamb cubes onto 8 skewers, dividing equally.
4. Thread apricots and onion chunks alternately on remaining 8 skewers.
5. Brush all skewers with some of reserved 1/2 cup marinade. Sprinkle onion-apricot skewers with salt and pepper.
6. Grill onion-apricot skewers until onions soften and begin to brown, occasionally turning and basting with marinade and moving skewers to cooler part of barbecue if necessary to keep apricots from burning, about 10 minutes.
7. Grill lamb to desired doneness, turning occasionally, about 8 minutes for medium-rare.
8. Mound Golden Couscous on platter. Top with skewers and serve.

## Beef Dishes



## **Grilled Flank Steak with Ginger Marinade**

### **Ingredients**

1 (5-inch) piece ginger, sliced	1 Tbs honey
thinly, then chopped	2 tsp kosher salt
¼ cup sesame oil	1 tsp freshly ground black pepper
8 medium garlic cloves, smashed	1 1/2 lb flank steak, trimmed of
2 tsp freshly squeezed lime juice	fat and sinew

### **Instructions**

1. In a nonreactive dish or large resealable plastic bag, combine all ingredients except steak and mix thoroughly. Add steak and turn to thoroughly coat. Cover dish or close bag and allow to marinate at room temperature for 30 minutes. (If you are making ahead, cover, and place in refrigerator. Can be marinated up to 24 hours in refrigerator.)
2. Once steak has marinated, remove from refrigerator and bring to room temperature for at least 15 minutes. Heat a lightly oiled grilled pan to medium-high heat. When pan is heated, remove steak from marinade, shake off excess, add to pan and cook for about 6 to 8 minutes per side for medium rare. Or, grill.
3. Transfer to a cutting board, season with additional salt and freshly ground black pepper and let rest for 10 to 15 minutes. Slice thinly across the grain and serve.

## **Marinated Flank Steak**

### **Ingredients**

1/2 cup soy sauce	1 ½ Tbs coarsely ground black
1/2 cup olive oil	pepper
4 1/2 tablespoons honey	1 ½ tsp salt
6 large garlic cloves, minced	2 ¼ -pound flank steak
3 Tbs chopped fresh rosemary or	
1 Tbs dried	

### **Instructions**

1. Mix all ingredients except steak in 13 x 9 x 2-inch glass baking dish. Add steak and turn to coat. Cover and refrigerate 2 hours, turning occasionally.
2. Prepare barbecue (medium-high heat) or preheat broiler. Remove meat from marinade; discard marinade. Grill steak to desired doneness, about 4 minutes per side for medium-rare.
3. Transfer steak to work surface. Let stand 5 minutes. Cut across grain into thin strips Arrange on platter and serve.

## **Roast Beef**

***Preheat oven to 375° F***

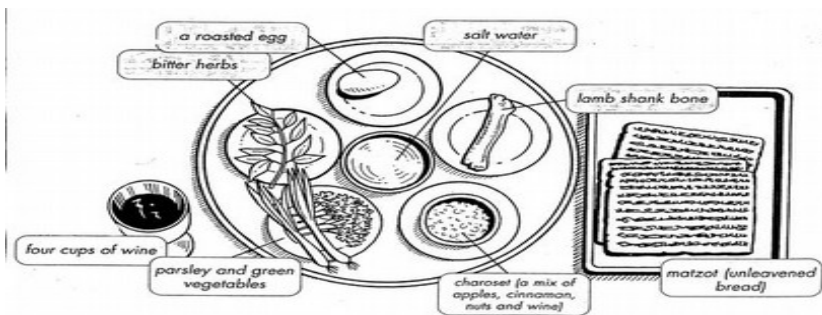
### **Ingredients**

3 lbs rib-eye roast, rump roast, 1/4 tsp freshly ground black  
sirloin roast, or chuck roast pepper  
1/2 teaspoon kosher salt  
1/2 teaspoon garlic powder

### **Instructions**

1. If roast is untied, tie at 3 inch intervals with cotton twine.  
Place roast in pan, and season with salt, garlic powder, and pepper. Add more or less seasonings to taste.
2. Add water to bottom of pan (~1/4 inch)
3. Roast in oven for 60 minutes (20 minutes per pound). Remove from oven, cover loosely with foil, and let rest for 15 to 20 minutes.

# Passover



# *Vegetarian Passover Food*

## **Vegetable Cutlets**

***Created by Norma Schaffer, who won a contest by WOR Radio in New York.***

***Makes 40 patties and serves 6-8***

### **Ingredients**

1 ½ – 2 cups minced red & yellow peppers	6 Tbl grated raw onion (1 large)
2 Tbl olive oil	3 eggs, lightly beaten
1 ½ cups grated carrots	1 ½ tsp salt
½ lb raw spinach, cleaned & chopped without stems	Freshly ground black pepper
1 lb (3 med) potatoes boiled and mashed	1 cup matzo meal
	vegetable oil

### **Instructions**

1. Sauté the peppers in olive oil until soft (15-20 min).
2. Add remaining ingredients except for the oil
3. Let the mixture stand for 30 minutes or overnight, refrigerated.
4. Fry or bake cutlets.
5. To Fry: Form each patty with about ¼ cup of mixture. Flatten the patties slightly and fry in batches for about 6 min/first side & 3-4 min. on opposite side.
6. Drain on towels and serve.
7. To bake: Put patties on lightly greases baking sheet and place in 350° F oven for about 10 min. Turn and bake another 7-10 minutes.

## **Vegetable Cutlets II**

*from “The Complete Passover Cookbook” by Frances Av Rutick*

**Pre-heat oven to 350° F; Serves 9-12**

### **Ingredients**

6 medium potatoes, peeled	1 ½ cups matzo meal, approx
2 cups diced cooked carrots	¼ cup margarine (or butter)
2 onions	1 egg well beaten
2 cups cooked broccoli pieces	2 eggs
¼ lb mushrooms, chopped	Salt & pepper to taste

### **Instructions**

1. In a medium-sized saucepan, cook the potatoes in boiling salted water.
2. Drain and mash them in a bowl.
3. Saute the onions and mushrooms in the butter in a small skillet over medium heat until tender.
4. Pour the mushrooms and onions over the potatoes; Stir
5. Beat in the 2 eggs, salt and pepper until well blended.
6. Stir in the cooked carrots and broccoli pieces.
7. Add matzo meal so you can form into patties – 12 very large or 18 medium-sized ones
8. Brush both sides with the well beaten egg.
9. Bake on a baking sheet (with parchment or greased) for 45 min. turning once.

## **Angel's Family Leek Croquettes**

### **Ingredients:**

12+ very large leeks	3 large eggs
¼ tsp fresh ground black pepper	vegetable oil for frying
3 matzos	1 tsp salt
matzo meal, for dredging	2 lemons, cut in quarters

### **Instructions:**

1. Trim off the roots and all of the tough outer green leaves. Using only the tenderest yellow green center stalk leaves . Split each leek down the middle, then cut in small pieces.
2. Soak in several changes of cold water until leeks are free of sand. Place leeks in a saucepan with unsalted water to cover.
3. Cook for about 45 minutes, or until completely soft and mashable. Drain well. Squeeze out as much water as possible, once cooled. Chop briefly or cut coarsely with a knife.
4. Soak the matzos in warm water for about 10 minutes.
5. Squeeze out as much water as possible. The matzos will be close to a pulp.
6. Beat eggs, salt and pepper into matzohs, then beat in the leek pulp. You should have a mixture that will be sticky and soft, but that can be molded into small patties about 2 inches in diameter and close to ½ inch thick. If mixture is too liquid to mold, add matzo meal by teaspoons until mixture can be shaped.
7. Shape into patties and dredge very lightly on all sides in matzo meal. Fry slowly in hot oil until the first side is golden brown. Turn and fry second side. Total frying time is 10 minutes per batch.
8. Drain on paper towels, then place in baking dish.
9. Cover loosely and store in refrigerator overnight.
10. Before serving preheat the oven to 250°F.
11. Sprinkle the croquettes liberally with lemon juice and bake for 20-30 minutes or until thoroughly warm.
12. Serve at once. Makes about 30 croquettes.



## **Porcini stuffing with Leeks**

**Pre-heat oven to 350° F; Prep & Cook Time: 1 hour**

### **Ingredients**

1 lb of Matzo farfel	3 Tbs Italian (or reg) parsley
2 large carrots (chopped)	5 Tbs butter (can use olive oil)
2 $\frac{3}{4}$ cups broth (or water)	5 medium leeks chopped
1 lb Crimini mushrooms (sliced)	1 Tbs fresh sage, thyme &
1 cup Madeira wine	rosemary
2 large shallots	4 large eggs
2 oz dried Porcini mushrooms	

### **Instructions**

1. Combine broth & 1/3 cup Madeira in a large sauce pan & simmer 5 minutes. Remove from heat and add the Porcini mushrooms. Soak 15 minutes, drain and reserve liquid.
2. Melt 2 Tbs butter (or oil). Add leeks & carrots and sauté ~ 6 minutes. Transfer to bowl.
3. Melt 3 Tbs butter & sauté mushrooms ~6 minutes.
4. Add shallots and Porcini and sauté 1 minute more.
5. Add remaining Madeira wine (2/3 cup) and cook until liquid evaporates ~2 minutes.
6. Add herbs & sauté 1 minute.
7. Add to bowl with leeks and carrots.
8. Add vegetable mixture to bread. Season with salt & pepper.
9. Mix eggs into stuffing.
10. Use mushroom broth to moisten.
11. Bake for 30 minutes at 350°.

## **Artichoke, Matzo and Spinach Pie**

*from "The New York Times Passover Cookbook"*

**Pre-heat oven to 400° F; Serves 8**

### **Ingredients**

12 Matzos	2 lbs fresh spinach (no stems)
13 Tbl olive oil, plus oil for pan	1 peperoncino, seeded & minced
1 ½ lbs onions sliced thin	½ tsp grated nutmeg
16-28 oz can of artichoke hearts	1 lb mushrooms, sliced
½ cup lemon juice	margarine or butter for pan
6 cloves of garlic	6 large eggs
¾ tsp minced rosemary	1 cup broth
¾ tsp minced sage	salt and pepper to taste

### **Instructions**

1. Cover unbroken matzos with cold water and let sit until soft. Drain on paper towels.
2. Sauté onions in 3 Tbs olive oil until golden. Set aside.
3. Sauté the artichokes (cut in half) with 1/3 minced garlic, rosemary & sage. Set aside.
4. Sauté the spinach in 3 Tbs olive oil, 1/3 minced garlic, Peperoncino & nutmeg & salt to taste. Set aside.
5. Sauté the mushrooms, remaining olive oil, 1/3 minced garlic in 3 Tbs olive oil, 1/3 minced garlic, & salt to taste.
6. Grease 9"x14 baking dish. Add a layer of 3 matzos, cover with layer of onions. Then put a layer of 3 matzos, artichoke mixture, 3 matzos, the spinach mixture, 3 matzos and finally the mushroom mixture.
7. Beat the eggs and ½ cup lemon juice & pour over the top of the dish, enough to moisten well.
8. Bake in oven for 30 minutes until mixture is set & cooked.

## **Carrot and Apple Kugel**

*from “The Passover Table” by Susan Friedland*

**Pre-heat oven to 350° F; Baking time 30 min; Serves 6-8**

### **Ingredients**

¼ cup oil or melted margarine	½ tsp grated lemon peel
½ tsp ground nutmeg	1 tsp sugar
1 lb carrots (~8)	¾ toasted slivered almonds
½ tsp lemon juice	1/3 cup matzo meal
1 lb apples (~3)	

### **Instructions**

1. Lightly oil a 4 cup pie plate or gratin dish.
2. Scrape the carrots and grate in food processor or by hand. Should have ~ 4 cups.
3. Peel and core the apples and grate them. Should have ~ 1 cup.
4. Combine all ingredients except for ¼ cup toasted almonds and mix well.
5. Transfer contents in prepared baking dish.
6. Spread almonds over the top and bake for 20-30 minutes until heated through and a few brown spots appear on the top.
7. Serve hot or warm.

## **Matzo Spanikopita**

**Prep Time: 10 minutes; Cook Time: 30 minutes**

### **Ingredients**

1 10 ounce box of spinach	1 tsp dried dill or 2Tbl fresh
or ~2 lbs raw cooked spinach	8 ounces Feta cheese, crumbled
6 matzos	5 eggs
½ tsp pepper	Butter or margarine
1 onion, grated	

### **Instructions**

1. Preheat oven to 325° F. Grease sides and bottom of 9"x13" pyrex dish well with butter or margarine.
2. In a medium mixing bowl, gently mix the drained spinach with the crumbled feta, the chopped raw onion, 3 eggs, pepper & dill.
3. Soak 3 matzos in warm water in bowl. When matzo starts to soften, gently squeeze the water out, very carefully, so that you don't crumble the matzo. Then place the matzos in the bottom of the pan to cover it. Do not overlap the matzo; just lay it side by side covering the bottom of the pan the way you would if you were making lasagna.
4. Spread the entire spinach mixture evenly over the matzo, covering the matzo completely.
5. Then soak another 3 matzos in warm water, gently squeeze out excess water, and place matzo over the top of the spinach.
6. Beat remaining 2 eggs and pour over the matzo. Dot with butter or margarine.

## **Eggplant Cutlets**

**Prep Time: 30 minutes; Cook Time: 30 minutes**

### **Ingredients**

1 eggplant	2 cups canned tomatoes
¼ tsp pepper	½ tsp salt
3 eggs	3 Tbs sugar
1 ½ cup matzo meal	Juice of ½ lemon
1 onion, grated	

### **Instructions**

1. Peel the eggplant and cut into 2-inch cubes.
2. Cook in simmering salted water to cover 20 minutes until the eggplant is tender. Drain.
3. Place in large bowl and mash.
4. Mix in beaten eggs, onion, salt, pepper and matzo meal.
5. Heat oil until hot in a frying pan.
6. Form pancakes with eggplant batter and fry in hot oil on both sides.
7. Place cutlets in a baking dish.
8. In a separate bowl, mix tomatoes, sugar and lemon.
9. Pour tomato mixture on top of cutlets
10. Bake at 350° for 30 minutes.

## **Garlic Mushroom Quinoa**

**Prep time: 10 min; Cook time: 25 min; Servings: 6**

### **Ingredients**

1 cup quinoa	thinly sliced
5 cloves garlic, minced	Kosher salt and freshly ground
1 tablespoon olive oil	black pepper, to taste
1/2 teaspoon dried thyme	2 tablespoons grated Parmesan
1 pound Cremini mushrooms,	

### **Instructions**

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat.
3. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes
4. Season with salt and pepper, to taste.
5. Stir in quinoa until well combined.
6. Serve immediately, garnished with Parmesan, if desired.

## Stuffed Cabbage Rolls

**For easier preparation, prepare filling one day in advance and store in the refrigerator in an air-tight container. Serves 4 to 6;**  
**Prep Time: 20 minutes; Cook Time: 1 hour**

### Ingredients

For the Filling:

2 T. olive oil

10 oz chopped crimini mushrooms

1 medium onion, chopped

½ cup dry white wine

1 clove garlic, chopped finely

1 cup ground almonds

¼ cup fresh herbs (thyme or rosemary)

For the Sauce:

2 T. olive oil

1 cup vegetable stock

1 cup chopped white onions

¾ cup (12 T.) tomato paste

1 ½ cup dry white wine

2 T. sugar

2 tsp. Herbs de Provence

Salt and pepper, to taste

8-12 large napa cabbage leaves

### Instructions

1. Steam cabbage in double boiler until tender and slightly wilted, drained in paper towels.
2. Filling: Heat the oil, adding the onion and garlic until hot. Cook until onions are slightly tender (3 min). Add mushrooms and cook until soft (3-4min). Add the wine & herbs and cook until almost all of the liquid is evaporated. Process in food processor until smooth. Add ground almonds and combine.
3. Sauce: In mushroom mixture skillet, heat oil and add onions until translucent. Add wine and bring to a boil and simmer for 3 min or liquid is reduced by 1/3. Add stock, tomato paste, sugar and Herbs de Provence, stirring until well combined. Let sauce simmer while assembling rolls.
4. Assemble Rolls:
5. Place several Tbs of mushroom filling 1" from bottom of cabbage leaf.
6. Fold in sides and roll up like burrito.
7. Repeat, placing rolls seam-side down in sauce.
8. Cook rolls for 30 min. at 350° F.
9. Add salt & pepper to taste.
10. Serve hot, put extra sauce over the top.

## **Roasted Potatoes with Rosemary**

**Prep time: 10 min; Cook time: 35 min; Servings: 4**

### **Ingredients**

3 Tbsp. Olive Oil	2 lbs small potatoes (red skin,
2 Tbs fresh Rosemary	Yukon Gold, fingerling)
½ tsp garlic powder (optional)	¾ tsp Kosher salt & ½ tsp pepper to taste

### **Instructions**

1. Heat the oven to 400 deg F. Either coat baking sheet with non-stick spray or oil or put down parchment paper.
2. Stir olive oil, rosemary, garlic powder, salt & pepper in large bowl. Add potatoes & toss well until all potatoes are coated.
3. Put potatoes on baking sheet.
4. Bake 30-35 minutes, stirring occasionally until potatoes are fork-tender and golden brown.



## **Passover Meat Dishes**

## **Beef Brisket with Prunes in a Wine Sauce**

Total Time: 4 ½ hours, Serves 8-10

Preheat Oven to 350° F

### **Ingredients**

3 T. olive oil	2 head garlic, cloves separated,
3 cloves garlic, minced	unpeeled (Optional)
1 6-8 lbs lean beef brisket	salt
carrots, thinly sliced	Freshly ground pepper
½ cup minced parsley	½ pound pitted prunes (~ 1 cup),
1 (28 oz) can peeled tomatoes	chopped
1 ½ – 2 cups red wine	

### **Instructions**

1. Heat the oil in a large, heavy skillet over medium heat. Add the garlic and onions and cook until soft, about 5 minutes.
2. Transfer the garlic mixture to a large, heavy roasting pot and place the meat on top, the wine and garlic cloves. Season to taste with salt and pepper. Bring to a boil, cover and bake until the meat is tender, 3 to 4 hours. Add the prunes the last 30 minutes of baking.
3. Transfer the beef to a wooden board and slice across the grain. Return to the pot, squeeze the garlic (if using) from the cloves into the sauce and keep warm until serving.

## **Brisket (Gina's mother's way)**

***Preheat Oven to 325° F. Cook Time: 3 hours, 45 minutes.***

### **Ingredients**

6 lbs trimmed Brisket	1-2 Bay Leaves
2 Tbs oil	1 cup red wine (not sweet)
3 onion chopped	salt & pepper to taste
2 cloves garlic, minced	

### **Instructions**

1. Brown both sides of Brisket in pan.
2. Remove the meat and brown onions.
3. Put the meat and the onions in an oven safe pan.
4. Add the wine, garlic and bay leaves and bake for 3 hours.
5. Remove the onions, garlic mixture and blend in a blender until smooth.
6. Put the meat back in the pan and spread the onion/garlic mixture over the meat. Bake at 350 deg for 45 minutes.
7. Add salt and pepper.
8. Can eat immediately or freeze and re-heat when ready to eat.

## **Mina de Pesah (Matzo Chicken Pie)**

**Prep Time: 30 minutes; Cook Time: 40 minutes (prep time depends of if you have cooked chicken pieces available)**

**Serves 6 people max.**

### **Ingredients**

6-7 Tbs Vegetable Oil	salt & pepper to taste
2 cups onion, chopped	1 cup of chopped parsley
2 Tbs minced garlic, (5-6 cloves)	5 eggs, lightly beaten
1 ½ cups thinly sliced	5-6 matzos
mushrooms (~1/3 lb)	1 cup chicken broth
3 cups of cooked chicken pieces	

### **Instructions**

1. Heat 5 Tbs oil. Slowly sauté onions and garlic until softened and translucent, about 10 minutes. Add the mushrooms and sauté until soft, an additional 5 minutes. Let cool. Stir in the chicken, salt, pepper, parsley and eggs.
2. Preheat oven to 375° F. Lightly oil a shallow baking dish (I use glass).
3. Dip 2 of the matzos into the stock until well moistened, but not falling apart. Lay them on the bottom of the dish, breaking to fit. Spoon half the chicken mixture on top, and cover with 1-2 matzos. Put the remaining chicken mixture on top of 2nd layer. Put remaining 2 matzos on top. Pour 2 tsp oil on top and bake for 15 minutes. Sprinkle with remaining oil and bake for an additional 15 minutes, or until top is a rich, crisp brown.
4. Let cool for 10 minutes, then serve.

## **Chicken with Wine Mushrooms and Black Olives**

***Cook Time: 40 minutes***

***Makes 4 servings – increase mushrooms & onions and get larger chicken to serve more people.***

### **Ingredients**

1/4 Tbs Olive Oil	3 sprigs fresh thyme
1 frying chicken, cut up and patted dry	12 black Olives
1 onion, finely chopped	½ cup dry wine
2 large cloves garlic, minced	salt & pepper
¼ lb fresh shiitake mushroom (or any mushrooms is okay)	1 Tbs minced parsley

### **Instructions**

1. Heat oil in large heavy oven proof skillet. Add the chicken pieces and cook over high heat to brown. Remove them to a bowl once brown.
2. Preheat oven to 350 deg F.
3. Lower the heat, add the onions to the fat in pan and saute' until it is tender. Stir in the garlic and cook for another few seconds, then add mushrooms. Increase the heat to medium high until the mushrooms begin to brown. Stir in the thyme, olives and wine, scraping the bottom of the pan to loosen any browned particles.
4. Put chicken in baking pan. Pour over the onion, mushroom, garlic mixture over the chicken. Season with salt and pepper.
5. Cover and bake for 40 minutes, basting once or twice during baking. Sprinkle with parsley and serve.

## **Chicken Breasts with Green Olives & Tomato**

***Preheat oven to 375° F***

***Prep Time: 40 minutes, Cook Time: 20 minutes. Makes 6 servings***

### **Ingredients**

4 Tbs Olive Oil	1 lb canned plum tomatoes, very well drained and chopped
2 large cloves garlic, minced	18 green Olives
Juice of 1 lemon	1 Tbs minced parsley
salt & pepper to taste	1 Tbs fresh thyme or ½ tsp dried thyme
2 ¼ lbs skinless and boneless chicken breasts	
1 onion, chopped	

### **Instructions**

1. In a shallow baking dish, combine 2 Tbs of olive oil with half the garlic, the lemon juice and salt and pepper to taste.
2. Add the chicken breasts, turning them in the dish so they are coated with the marinade. Arrange them in a single layer in the dish, cover with plastic wrap and allow them to marinate at room temperature for 30 minutes.
3. Pace the remaining oil in skillet over medium heat. Add the onion and the remaining garlic and sauté' until tender, but not brown.
4. Add the tomatoes and olives and allow to cook 15 minutes, until the mixture begins to thicken. Still in half the parsley and the thyme and season to taste with salt and pepper.
5. Spread the tomato mixture over the marinated chicken breasts. Place in oven and bake about 20 minutes until chicken is done. Remove from the oven and baste to combine the juices at the bottom of the pan with the tomato mixture on top.
6. Sprinkle with parsley & serve.

## Passover Desserts

## **Brownies for Passover**

*from "The Gourmet Jewish Cookbook" by Judy Zeidler*

**Pre-heat oven to 350° F; Makes 16**

### **Ingredients**

$\frac{3}{4}$ cup vegetable oil	2 Tbs potato starch
2 cups sugar	$\frac{1}{2}$ cup strong black coffee
4 eggs separate	1 cup chopped walnuts
$\frac{1}{2}$ cup powdered cocoa	$\frac{1}{2}$ cup ground walnuts
1 cup matzo cake meal	

### **Instructions**

1. In a bowl, use an electric mixer to blend the oil & sugar. Add egg yolks one at a time, beating after each additional one.
2. Combine the cocoa, matzo cake meal and potato starch. Beat this into the oil mixture, alternating with the coffee.
3. Beat the egg whites until stiff enough to hold a peak.
4. Mix  $\frac{1}{4}$  of the beaten egg whites into the chocolate mixture.
5. Fold the remaining whites gently, but thoroughly into the batter with the chopped nuts.
6. Lightly oil an 8-inch square baking pan and dust with ground nuts.
7. Pour in the batter.
8. Bake 1 hour or until a toothpick inserted in the center comes out dry.
9. Serve plain or with chocolate frosting.



## **Chocolate Victorian Torte**

### **Ingredients for Cake**

6 oz almonds (~1 ¼ cup) (finely ground)	6 eggs separated
¾ cup butter	8 oz semi-sweet (or bittersweet) chocolate
¾ cup sugar	1 tsp vanilla

### **Ingredients for Icing**

½ cup heavy cream	8 oz semi-sweet (or bittersweet) chocolate
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### **Instructions**

1. Grind almonds until consistency of breadcrumbs.
2. Cream together butter & sugar for 2-3 minutes on high speed.
3. Add egg yolks 1 at a time and beat until incorporated.
4. Melt chocolate, add to the mixture. Stir in ground almonds. (It will be the consistency of paste.) Whip egg whites until stiff; fold in.
5. Butter or use parchment paper a 9" spring form pan and line bottom with wax paper or parchment paper.
6. Pour mixture into pan and smooth top. Bake at 375° F for 25 minutes; Lower heat to 350° and bake for 30-50 minutes more. DON'T OVER Bake. Toothpick should come out mostly clean.
7. Frosting: Scald cream (2-3 minutes high). Add chocolate and whip until smooth. Cool partially and then spread on top of cake.

## **Pistachio Macaroons**

*Pre-heat oven to 325° F for 12-15 min; Makes 24-36*

### **Ingredients**

3 cups unsalted pistachios                      3 egg whites, room temp.  
1 cup sugar

### **Instructions**

1. Food processor the pistachios.
2. Mix in the sugar.
3. Add the egg whites.
4. Cover and put in refrigerator for 20 minutes.
5. Stir and drop macaroons onto parchment.
6. Bake until bottom lightly browned.

## **Almond Macaroons**

**Pre-heat oven to 325° F for 12-15 min; Makes 24-36**

### **Ingredients**

3 cups raw almonds

1 cup sugar

3 egg whites, room temp.

Optional: Lemon zest from 1-2 lemons

### **Instructions**

1. Food processor the almonds.
2. Mix in the sugar & zest.
3. Add the egg whites.
4. Cover and put in refrigerator for 20 minutes.
5. Stir and drop macaroons onto parchment.
6. Bake 12-15 minutes until bottom lightly browned.

## **Chocolate-Covered Caramelized Matzo Crunch**

**Makes approximately 30 pieces of candy**

**Preheat Oven Prep: 375° F. (190C) Time: 30 minutes; Cook Time: 30 minutes**

### **Ingredients:**

4 to 6 sheets unsalted matzos	1 cup (160g) semisweet
1 cup (230g) unsalted butter, cut into chunks (can use margarine)	chocolate chips (or chopped bittersweet or semisweet chocolate)
1 cup (215g) firmly-packed light brown sugar	1 cup (80g) toasted sliced almonds (optional)
big pinch of sea salt	
1/2 teaspoon vanilla extract	

### **Instructions:**

1. Line a rimmed baking sheet (approximately 11 x 17") completely with foil, making sure the foil goes up and over the edges. Cover the foil with a sheet of parchment paper
2. Line the bottom of the sheet with matzo, breaking extra pieces as necessary to fill in any spaces.
3. In a 3-4 quart (3-4l) heavy duty saucepan, melt the butter and brown sugar together, and cook over medium heat, stirring, until the butter is melted and the mixture is beginning to boil. Boil for 3 minutes, stirring constantly. Remove from heat, add the salt and vanilla, and pour over matzo, spreading with a heatproof spatula.
4. Put the pan in the oven and reduce the heat to 350° F (175C) degrees. Bake for 15 minutes. As it bakes, it will bubble up but make sure it's not burning every once in a while. If it is in spots, remove from oven and reduce the heat to 325° F (160C), then replace the pan.
5. Remove from oven and immediately cover with chocolate chips. Let stand 5 minutes, then spread with an offset spatula.
6. Optional: Sprinkle with toasted almonds (or another favorite nut, toasted and coarsely-chopped), a sprinkle of flaky sea salt, or roasted cocoa nibs.
7. Cool completely, Break into pieces; Store in airtight container.

## **Raisin Streusel Cake**

**Preheat Oven Prep: 350° F.**

### **Streusel Ingredients:**

¼ Cup (1/2 stick) unsalted margarine, room temperature	4 ½ tsp ground cardamom
2/3 Cup sugar	2 ¼ tsp ground cinnamon
	½ Cup matzo cake meal

### **Cake Ingredients:**

½ cup matzo cake meal	1/3 cup liquid nondairy creamer (almond milk?)
½ cup potato starch	¼ Cup (1/2 stick) unsalted margarine, melted, cooled
½ teaspoon salt	2 tablespoons grated lemon peel
½ teaspoon ground ginger	1 ½ Tbl fresh lemon juice
5 egg whites, room temperature	2/3 cups of raisins
1 1/3 cups sugar	
5 egg yolks	

### **Streusel Instructions:**

1. Coat 9x9-inch pan with 2-inch-high sides generously with margarine. Mix 1/4 cup margarine, sugar and spices in medium bowl. Gradually add matzo meal and mix until crumbly. Spread half of streusel on baking sheet and bake until golden and crisp, about 10 minutes. Cool and break into bits.

### **Cake Instructions:**

1. Combine first 4 ingredients in bowl. Beat egg whites with electric beater until soft peaks form. Gradually add 1 cup sugar and beat until stiff but not dry.
2. Beat egg yolks and remaining 1/3 cup sugar in another bowl until mixture is thick and slowly dissolving ribbon forms when beaters are lifted. At low speed, beat in nondairy creamer, then margarine, lemon peel and lemon juice. Add dry ingredients and stir until well blended. Fold in egg whites in 2 additions.
3. Pour half of batter into prepared pan. Sprinkle baked streusel over. Sprinkle with half of raisins. Spread remaining cake batter over. Sprinkle with unbaked streusel and remaining raisins. Bake until tester inserted into center of cake comes out dry, about 40 minutes. Cool cake in pan on rack. Cover with foil and let stand 1 hour to soften topping. Cut into squares.

## **Betty Katzen's Mile-High Sponge Cake**

**From Still Life with Menu by Molly Katzen**

**Preheat Oven Prep: 325° F. Prep time: 30 min; Bake time: 1 ¼ hours**

### **Ingredients:**

9 eggs	¼ cup matzo cake meal
1/tsp salt	¼ cup potato starch
juice & grated rind of 2 lemons	1 cup sugar
water	

### **Cake Instructions:**

1. Have ready an ungreased standard-sized tube pan.
2. Separate the eggs into two large bowls.
3. Beat the egg whites with an electric mixer at high speed, gradually adding the salt, until the beaten whites form stiff peaks. Set aside.
4. Measure the lemon juice, and add enough water to make ¼ cup liquid. Set aside.
5. Combine the cake meal and potato starch in a small bowl, and stir in the lemon rind. Set aside.
6. Without cleaning the beaters, beat the yolks with the sugar until lightened in color and thick (5-8 minutes at high speed).
7. Add everything else except the egg whites, and beat at medium speed for a few minutes until combined.
8. Add the whites and fold in gently.
9. Turn into the ungreased tube pan.
10. Bake for 1 ¼ hours until top springs back when touched lightly. Turn the pan upside down and cool in this position. Remove from the pan and transfer to a serving plate within a few hours of serving time.

## *Seder Plate Recipes*

## **Fresh Horseradish**

### **Ingredients**

2 cups ½ inch peeled fresh	1/3 cup sugar
horseradish root	½ tsp coarse salt
¼ cup distilled vinegar	

### **Instructions**

1. Food process horseradish chunks fitted with shredder attachment.
2. Remove horseradish and replace food processor with metal blade and food process the shredded horseradish.
3. Add the vinegar, sugar and salt.
4. Place in glass jar and store.



## **Charoset**

***From Still Life with Menu by Molly Katzen***

### ***Ingredients***

2 cups walnuts	2 Tbs honey (optional)
5 medium-sized tart apples	¼ cup sweet red wine + a few
2-3 tsp cinnamon	tablespoons (can use grape juice)

### ***Instructions***

1. Chop nuts to a coarse meal – can use processor.
2. Core the apples, cut into quarters, then eights and chop into coarse pieces.
3. Add the cinnamon, honey and wine.
4. Mix and refrigerate. Store in a tightly fitted container.

## **Roasted Egg for Seder Plate**

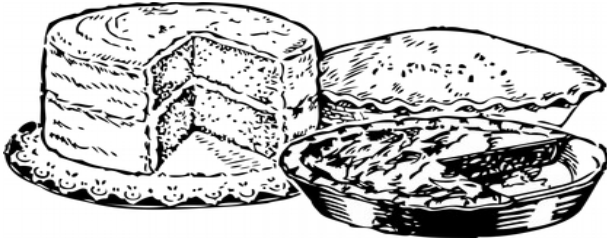
### **Ingredients**

1 egg

### **Instructions**

1. Place the egg in a saucepan with enough water to cover it and bring it to a boil. Immediately turn off the heat, cover the pan, and let the egg sit in the hot water until it is well-cooked, about 13 minutes.
2. Place it directly on the rack of a preheated 350 degree oven, or place it in the toaster oven, where the heating unit is closer to the egg than in the oven.

## Desserts



**Cookies**

## **Cookie Dough Brownies**

***Prep Time: 20 minutes; Cook Time: 30 minutes+chilling***

### **Ingredients**

#### ***Brownies***

1 ½ cups flour  
½ cup baking cocoa  
½ tsp salt  
4 eggs  
2 cups sugar  
2 tsp vanilla  
1 cup oil  
Topping  
2 cups chocolate chips (1 bag)

1Tbs butter

¼ cup chopped walnuts

#### ***Cookie dough filling***

3/8 cup sugar  
3/8 cup brown  
½ cup butter  
½ tsp vanilla extract  
1 cup flour  
2 Tbs milk

### **Instructions:**

1. In a mixing bowl, beat eggs, oil, sugar and vanilla until well blended. Combine flour, cocoa, and salt. Gradually beat into egg mixture.
2. Pour into a greased baking 13X9"pan and bake for 25 – 30 minutes, or until brownies test done (toothpick with moist crumbs). Cool completely.
3. For cookie dough: Cream butter & sugars until light and fluffy. Beat in milk & vanilla. Gradually beat in flour. Spread over brownies. Chill until firm
4. For glaze: In a microwave, melt chocolate chips and butter. Stir until smooth. Spread over cookie dough. Sprinkle with nuts, pressing down slightly. Let stand until set. Yields 3 dozen.

## **Frosted Ginger Cookies**

***Pre-heat oven to 350°F; Prep Time: 15 minutes; Cook Time: 10 minutes***

### **Ingredients**

1 cup sugar, more for rolling	1 tsp cinnamon
$\frac{3}{4}$ cup butter (room temp)	$\frac{1}{2}$ tsp salt
1 egg	$\frac{1}{2}$ tsp cloves
3 Tbs molasses	$\frac{1}{2}$ tsp ground nutmeg
2 cups flour	1 cup powdered sugar
1 tsp baking soda	1 tsp lemon juice
1 $\frac{1}{2}$ tsp ground ginger	

### **Instructions:**

1. In a large bowl, cream 1 cup granulated sugar with butter until light and fluffy, about 3 minutes. Mix in egg and molasses.
2. In a medium bowl, stir together flour, baking soda, and spices. Add to butter mixture and blend well.
3. Fill a shallow bowl with granulated sugar. Break off walnut-size pieces of dough and roll into balls; roll balls in sugar. Arrange on greased cookie sheets and bake until golden brown, about 10 minutes. Transfer to cooling racks.
4. Meanwhile, make glaze: Combine powdered sugar with 1 tbsp. water and stir until smooth, then stir in lemon juice.
5. Meanwhile, make glaze: Combine powdered sugar with 1 tbsp. water and stir until smooth, then stir in lemon juice. Drizzle glaze over cookies.

## **Rogelach**

***Pre-heat oven to 375°F; Prep time: 20 min+refrigerate for 1 day; Cook time: 15 min;***

### **Ingredients:**

¼ lb butter (8 Tbs)	¾ cup sour cream
¼ lb margarine (8 Tbs)	cinnamon sugar
2 cups flour	Raisins
1 egg yolk	Additional flour as needed

### **Instructions:**

1. Cream butter & margarine. Add flour and blend until smooth.
2. Add egg yolk & sour cream and mix until smooth.
3. Put the ball of dough on lightly floured waxed paper and refrigerate overnight.
4. Dough will be moist. Divide up into 4 pieces.
5. Roll each piece into large circle on floured wooden board.
6. Sprinkle the circle generously with cinnamon sugar. Cut into wedges (~16). Put 4 raisins on each wedge and roll up.
7. Put each rolled up wedge on a cookie sheet with parchment paper. Bake for 15 minutes and slightly browned. Remove immediately and allow to cool.

## **Mandel Brot**

***Pre-heat oven to 350°F; Cook time: 45 min***

### **Ingredients:**

3 eggs	1 ½ tsp baking powder
¾ cup sugar	1 cup chopped nuts
¾ cup oil	cinnamon sugar
1 tsp vanilla	
2 ½ cups flour	

### **Instructions:**

1. Mix together eggs, sugar, oil and vanilla.
2. Add flour, baking powder and pinch of salt. Then add the nuts.
3. Put parchment paper on a baking sheet. Make 3 long rows (1/2" - 1" thick by 2" wide). You will need 2 baking sheets.
4. Bake for 15 minutes. Slice rows and lay cut side up. Sprinkle cinnamon sugar. Bake 15 minutes. Turn over, sprinkle with cinnamon sugar. Bake 15 more minutes.



## **Cranberry Orange Cookies**

***Pre-heat oven to 375°; Bake time: 12-14 min.***

### **Ingredients**

1 cup Butter, softened	½ tsp salt
1 cup white sugar	2 cups chopped cranberries
½ cup brown sugar	½ cup chopped walnuts
1 egg	(optional)
1 tsp grated orange zest	<u><b>Icing for top</b></u>
2 Tbs orange juice	½ tsp grated orange zest
1 ½ cups flour	3 Tbs orange juice
½ tsp baking soda	1 ½ cups confectioners' sugar

### **Instructions:**

1. In a large bowl, cream together the butter, white sugar and brown sugar until smooth. Beat in the egg until well blended. Mix in 1 teaspoon orange zest and 2 tablespoons orange juice. Combine the flour, baking soda and salt; stir into the orange mixture. Mix in cranberries and if using, walnuts, until evenly distributed. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Cookies should be spaced at least 2 inches apart.
2. Bake for 12 to 14 minutes in the preheated oven, until the edges are golden. Remove from cookie sheets to cool on wire racks.
3. In a small bowl, mix together 1/2 teaspoon orange zest, 3 tablespoons orange juice and confectioners' sugar until smooth. Spread over the tops of cooled cookies. Let stand until set.

## **Cranberry White Chocolate Almond Cookies**

***Pre-heat oven to 350°F***

### **Ingredients**

1 cup unsalted Butter	$\frac{3}{4}$ tsp Salt
1 cup brown Sugar	$\frac{3}{4}$ tsp Baking Soda
$\frac{3}{4}$ cup granulated Sugar	1 cup dried cranberries
2 whole large eggs	1 cup white Chocolate Chips
1 Tbs vanilla	1 cup sliced Almonds
3 cups Flour	

### **Instructions**

1. Beat butter & sugar in a large mixing bowl until fluffy, about 2-3 minutes.
2. Beat in eggs, one at a time. Then add vanilla and mix..
3. Add dry ingredients until just blended.
4. Add cranberries, chocolate and almonds & incorporate into dough.
5. Refrigerate dough for at least 30 minutes.
6. Form balls of dough and bake on an ungreased baking sheet for about 10-12 minutes.
7. Let rest on baking sheet for 2 minutes, then remove and place on wire racks to cool completely.

## **Decadent Peanut Butter Chocolate Chunk Cookies**

***Oct 1990 Bon Appetit***

***Pre-heat oven to 325°; Baking time 12 min;***

### **Ingredients**

1 ½ cup peanut butter	2 ½ tsp baking powder
½ cup butter (1 stick)	½ tsp salt
2 ½ cups brown sugar	1 ½ chopped peanuts (roasted, blanched)
3 large eggs	1 lb semi-sweet chocolate chunks
1 Tbs vanilla	~1/2" chunks
1 ½ cups flour	

### **Instructions:**

1. Cream peanut butter & butter until creamy.
2. Gradually beat in the brown sugar. Add eggs 1 at a time. Beat in the vanilla.
3. Mix flour, baking powder & salt in a small bowl.
4. Add flour mixture to peanut butter mixture until combined.
5. Mix in peanuts & chocolate chunks. Chill 3 hours in refrigerator.
6. Place 1" diameter balls onto cookie sheets with parchment paper.
7. Bake until tops of cookies are light brown & dry to touch – about 12 minutes.
8. Cool on cookie sheets for 5 minutes.

## **Oatmeal Cookies**

*Double of my Mom's recipe.*

*Pre-heat oven to 375°; Baking time 12-15 mins;*

### **Ingredients**

1 cup butter	1 ½ cups raisins
1 cup brown sugar	<b><u>Dry Ingredients</u></b>
1 cup sugar	2 cups flour
2 eggs	1 tsp baking soda
2 tsp vanilla	1 tsp baking powder
2 Tbs water	1 tsp salt
3 cups oats (not instant)	

### **Instruction:**

1. Combine everything except the oats and raisins.
2. Mix well. Add oats and raisins.
3. Bake on cookie sheet at 375° for 12-15 minutes.
4. Put in a closed container while still warm for extra softness.

## **Spritz (press) Cookies**

***Tools: cookie press & cookie sheet with parchment***

***Pre-heat oven to 350°; Baking time 11-13 mins;***

### **Ingredients**

3 ½ cups flour	1 egg
1 tsp baking powder	2 Tbs milk
1 ½ cup butter	1 tsp vanilla extract
1 cup sugar	½ tsp almond extract

### **Instructions**

1. Combine dry ingredients (flour, baking powder) and set aside.
2. In a large bowl, beat butter & sugar until light & fluffy. Add egg, milk, vanilla & almond extract and mix well.
3. Gradually add flour mixture to butter mixture until combined.
4. Fill cookie press with dough and desired disks and press cookies onto un-greased (or parchment papered) cookie sheet.
5. Bake 10-12 minutes until edges are light golden brown. Cool 2 minutes on cookie sheet on cooling rack. Then remove cookies.

## **Almond Biscotti**

*New Vegetarian Epicure, by Anna Thomas – very low fat*

*Pre-heat oven to 325°;*

### **Ingredients**

2 Tbs butter	2 eggs
3 – 3 ½ cups flour	2 egg whites
1 tsp baking powder	1 cup sugar
½ tsp baking soda	½ tsp almond extract
¼ tsp salt	½ – 1 cup chopped almonds
1 cup dried cherries (optional)	1 orange or lemon zest & juice

### **Instructions:**

1. Melt butter and let cool to lukewarm.
2. Combine 3 cups flour, baking powder, baking soda and salt.
3. Beat eggs & egg whites until foamy. Add sugar and continue beating until thick and creamy. Beat in almond extract, melted butter & chopped almonds. Add in zest & juice
4. Add flour mixture. Put into plastic wrap & cool.
5. Divide dough in halves or thirds and shape into logs on parchment paper. Flatten them slightly.
6. Bake 25 min. at 325°. Remove and let cool 5-10 minutes.
7. Turn oven down to 275°.
8. Using a serrated knife cut logs along diagonal into ½ inch slices.
9. Arrange slices upright on the cookie sheet leaving air between them and cook for 40 minutes at 275°.
10. Remove and let cool. Store in airtight tins.

## **Pain d'amande**

*Adapted from Sweet Miniatures by Flo Braker*

***Pre-heat oven to 325°; Cooking time 30 minutes (15 on each side)***

### **Ingredients**

8Tbs butter (1 stick)	2 1/3 cups flour
1 1/3 cups Turbinado sugar	¼ tsp baking soda
½ tsp cinnamon	1 cup sliced, blanched almonds
1/3 cup water	

### **Instructions:**

1. Melt butter over low heat with sugar, cinnamon and water.
2. Stir until the butter just melts but don't allow to boil. Most of the sugar should not be dissolved.
3. Remove from heat and stir in the flour, baking soda and almonds until well mixed.
4. Line a 9" loaf pan with plastic wrap and press the dough into the pan so the top is smooth. Chill until firm.
5. Using a very sharp knife, slice the dough crosswise, as thin as possible into rectangles. The thinner they are, the more delicate and crisp they will be.
6. Space cookies on parchment lined baking sheet and bake for 10-15 minutes until slightly firm and undersides golden brown. Flip cookies over and bake an additional 10-15 minutes.
7. Cool completely and store in tins until ready to serve.

## **Bar Cookies / Brownies**



## **Jam (Raspberry) Bars**

***Prep time: 20 min; Cook time: 20 min; Bake at 350°***

### **Ingredients:**

$\frac{3}{4}$ cups butter	1 cup unsweetened coconut
1 cup sugar	$\frac{1}{2}$ cup chopped walnuts
1 tsp vanilla	$\frac{3}{4}$ -1 cup jam (raspberry,
1 egg	blackberry)
2 cups flour	

### **Instructions:**

1. Cream butter, sugar, vanilla and egg together.
2. Add flour and then fold in coconut and nuts.
3. Divide the dough in half, with one half slightly larger.
4. Press the dough from the slightly larger piece into a 9”X12” pan.
5. Spread the jam over the dough.
6. Take small pieces of dough and cover the top with some of the jam showing through.
7. Bake for about 20 minutes or until top starts to brown.

## **Brownies**

*New Vegetarian Epicure ; Pre-heat to 350°;*

### **Ingredients**

4 oz unsweetened baking chocolate	2 tsp vanilla
4 oz butter (½ stick)	1 cup flour
3 eggs	1 cup chopped walnuts
½ tsp salt	powdered sugar for dusting, if desired.
2 cups sugar	

### **Instructions**

1. Melt chocolate & butter in double boiler. As soon as melted, remove to cool slightly.
2. Beat the eggs with a pinch of salt until foamy. Gradually add the sugar and keep beating until the mixture is thick & pale.
3. Beat in the vanilla & chocolate. Then flour, salt and walnuts.
4. Line an 8"X8" square pan with parchment and pour batter into it, spreading evenly.
5. Bake at 350° for 25-30 minutes until a toothpick comes out nearly clean. Should be moist and slightly sticky. When done, remove brownies (using the parchment paper) to allow to cool faster.
6. Once the brownies are room temperature, cut them into squares and dust with powdered sugar.

## **Toffee Squares**

***Pre-heat oven to 300°; Bake time 45 minutes.***

### **Ingredients**

1 cup butter – slightly softened	1 Tbs Amaretto
1 cup sugar	2 tsp grated orange peel
¼ tsp salt	2 cups flour
1 egg separated	½ – 1 cup chopped pecans

### **Instructions:**

1. Cream butter, sugar and salt together until creamy.
2. Add egg yolk, Amaretto and orange peel and cream until smooth.
3. Gradually stir in the flour.
4. Push dough into 10”X15” cookie sheet.
5. Beat egg white until foamy and spread with nuts over dough in cookie sheet. Press nuts into dough.
6. Bake at 350° for 45 minutes until firm & lightly brown.
7. Cut into squares while still hot.

## **Lemon Squares**

***Pre-heat oven to 350°F***

### **Ingredients**

#### **Crust**

$\frac{3}{4}$  cup butter

$\frac{1}{2}$  cup powdered sugar

1  $\frac{1}{2}$  cups flour

#### **Topping**

3 eggs

1  $\frac{1}{2}$  cups sugar

3 Tbs flour

3 Tbs lemon juice (~1 lemon)

additional powdered sugar

### **Instructions:**

1. Mix crust ingredients and press on bottom of 9”X13”.
2. Beat the eggs slightly, add sugar, flour and lemon juice.
3. Beat together the topping and pour over the crust..
4. Bake 20 minutes.
5. Sprinkle with powdered sugar.
6. Cut into squares.

## **Strudel**

***Pre-heat oven to 350°F; Prep Time: 20 minutes; Cook Time: 50-55 minutes***

### **Ingredients:**

2 cups unsifted flour  
½ lb butter  
1 cup sour cream  
pinch salt  
1 Tbs sugar

Filling:  
1 lb nuts  
12 oz apricot preserves  
7 oz dry coconut  
1 stick of melted butter

### **Instructions:**

1. Mix flour, butter, sour cream, salt and sugar.
2. Wrap in plastic wrap and chill overnight.
3. Cut mixture into 4 pieces.
4. Roll out to 15”X6”. Brush with melted butter and sprinkle with cinnamon and sugar.
5. Add filling, roll, put on cookie sheet. Put melted butter on top.
6. Slit top of strudel long ways.
7. Bake for 50-55 minutes.
8. Slice while hot with sharp knife or electric knife.

## ***Cakes/Tortes/Pies***

## **Chocolate Cocoa Cake (3 layers)**

***Pre-heat oven to 350°; Bake time 45 minutes.***

***Perfect for Birthday Cakes! Icing to follow.***

### **Ingredients**

1 cup butter	3 tsp baking soda
3 cups brown sugar, lightly packed	½ tsp salt
4 eggs	3 cups of cake flour
2 tsp vanilla	1 1/3 cups sour cream
¾ cup unsweetened cocoa pwd	1 1/3 cup boiling water

### **Instructions**

1. Grease & flour 3 9" cake pans. Set aside.
2. In a large mixing bowl, cream butter until smooth. Add brown sugar and eggs.
3. Beat with electric mixer on high speed until light and fluffy ~ 5 minutes.
4. With mixer on low speed, beat in vanilla, cocoa, baking soda and salt.
5. Add flour alternately with the sour cream, beating on low speed until smooth.
6. Pour in boiling water. Stir with spoon until blended.
7. Pour into prepared pans.
8. Bake 35 minutes or until done. Cool in pans 10 minutes.
9. Turn onto racks and cool completely.
10. You can also freeze the layers until you are ready to use or frost.

## **Butter Cream Icing (3 layers)**

### **Ingredients**

1 ½ cups milk

½ cups flour

1 ½ cups butter

1 ½ cups sugar

1 Tbs vanilla

### **Instructions**

1. In a small sauce pan, combine milk & flour. Beat with wire whisk until smooth.
2. Cook over low heat until thick. Cool until room temperature. Be patient to ensure really cool.
3. In a medium mixing bowl cream sugar, butter & vanilla and beat until light and fluffy.
4. Add the milk mixture and keep beating until consistency of a very light butter cream icing. Keep beating until you get desired consistency.



## **Chocolate Victorian Torte**

### **Ingredients for Cake**

6 oz almonds (~1 ¼ cup) (finely ground)	6 eggs separated
¾ cup butter	6 oz semi-sweet (or bittersweet) chocolate
¾ cup sugar	1 tsp vanilla

### **Ingredients for Icing**

½ cup heavy cream	8 oz semi-sweet (or bittersweet) chocolate
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### **Instructions**

1. Grind almonds until consistency of breadcrumbs.
2. Cream together butter & sugar for 2-3 minutes on high speed.
3. Add egg yolks 1 at a time and beat until incorporated.
4. Melt chocolate, add to the mixture. Stir in ground almonds. (It will be the consistency of paste.) Whip egg whites until stiff; fold in.
5. Butter or use parchment paper a 9" spring form pan and line bottom with wax paper or parchment paper.
6. Pour mixture into pan and smooth top. Bake at 375° F for 25 minutes; Lower heat to 350° and bake for 30-50 minutes more. DON'T OVER Bake. Toothpick should come out mostly clean.
7. Frosting: Scald cream (2-3 minutes high). Add chocolate and whip until smooth. Cool partially and then spread on top of cake.

## **Pie Crust 1**

***Pre-heat oven to 350°***

***Prep Time: 20 minutes; Cook Time: 50-55 minutes***

### ***Ingredients:***

2 ½ cups all-purpose flour  
½ tsp salt

5 oz butter (1 ¼ sticks), cut into  
small pieces

### ***Instructions:***

1. Using a food processor, add the flour & salt to the bowl.
2. Add the chilled butter, cut in slices.
3. Pulse until the mixture is like coarse cornmeal.
4. Add a little cold water at a time, through the feeder tube as you process, just until the pastry begins to hold together.
5. Remove pastry, form a ball, wrap it well and chill it.

## **Pie Crust 2**

***Pre-heat oven to 375°***

***Prep Time: 20 minutes; Cook Time: 50-55 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients:**

1 1/3 cups all-purpose flour	½ cup butter (1 sticks), cut into
1/4 teaspoons salt	small pieces
1 Tbs sugar	scant 1/3 cup ice water

### **Instructions**

1. Mix flour, salt and 1 Tbs sugar.
2. Cut the butter into the flour mixture with a pastry blender until the mixture resembles coarse cor meal.
3. Sprinkle the ice water over it and toss quickly until the flour is evenly moistened and the dough is starting to hold together.
4. Form the dough into a ball and chill it for 1 hour.
5. Roll it out and fit into pie pan.
6. Line the pan with aluminum foil and fill with dried beans or rice.
7. Bake in a pre-heated oven at 425° for 8 minutes, then remove the beans and foil. Prick the shells.
8. Bake 4-5 minutes, just until the bottom of the crust begins to color.

## **Pumpkin Pie**

***Pre-heat oven to 400°; Prep Time: 25 minutes; Cook Time: 40-45 minutes***

***From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients:**

Pastry for one 9.5" pie crust	½ tsp ground cloves
¾ cup sugar	1 ½ cup cooked pumpkin
½ tsp salt	3 eggs
½ tsp ginger	1 ½ cups light cream
¼ tsp nutmeg	2 Tbs sweet dark rum
1 tsp cinnamon	

### **Instructions:**

1. Prepare two 9" pastry shells with fluted rims.
2. Preheat the oven to 400 degrees while chilling the shells for about 15 minutes. Line the shells with waxed paper or foil and fill them with dried beans. Bake the shells for 10 minutes. Then remove the paper, prick the shells in several places with a for and then bake for another 10 minutes.
3. Combine the sugar, salt, spices and pureed pumpkin and mix them thoroughly.
4. Beat together the eggs, cream, and rum and then beat together the two mixtures.
5. Divide the filling evenly between the two pastry shells and bake the pies for 10 minutes in the preheated 400 degree oven, then lower the temperature to 350 and bake them for another 25 to 30 minutes, or until a knife inserted near the center comes out clean.
6. Cool the pies on racks and serve with sweetened whipped cream.

## **Apple Tart**

***Pre-heat oven to 425° for crust; Cook Time: 12min for crust, 30-35 minutes for tart; From The Vegetarian Epicure, book 2 by Anna Thomas***

### **Ingredients:**

Pastry for one 9" pie crusts (Pie Crust #2)	3 eggs ½ to 1/3 cups apricot glaze – Boil jam & sugar for a few minutes:
2 lbs firm pippin apples (or Granny Smith)	½ cup apricot jam
Juice of 1 large lemon	1 Tbs sugar
½ cup sugar	

### **Instructions:**

1. Mix flour, salt and 1 Tbs. Sugar.
2. Cut the butter into the flour mixture with a pastry blender until the mixture resembles coarse cornmeal.
3. Sprinkle the ice water over it and toss quickly until the flour is evenly moistened and the dough is starting to hold together.
4. Form the dough into a ball and chill it for 1 hour.
5. Roll it out in a 12" circle and fit into a 10 ½ inch tart pan.
6. Trim off excess, leaving a ¼ inch rim above the pan and flute the rim.
7. Line shell with foil or parchment paper, filled with dried beans and bake for 8 min at 425°. Remove beans and bake for 4-5 minutes longer until brown.
8. Peel & core the apples and cut them in even lengthwise slices, no thicker than 1/4". Put apple slices in a bowl with lemon juice & ½ cup sugar, toss lightly. Leave for 45 min.
9. Drain the apples & reserve liquid.
10. Glaze baked crust with glaze and arrange the apple slices neatly in the crust by very closely overlapping them in concentric circles.
11. Sprinkle 3 Tbs sugar evenly over apples and bake the tart 30-35 minutes at 375°. Apples should be starting to brown.
12. While tart is baking, boil reserved liquid until medium thick, glaze like consistency. When tart is done, brush apples with this glaze or drizzle it over them.

# **French Apple Tart**

***Pre-heat oven to 350°F***

## **Ingredients:**

1 tart shell, 11" (pie crust #1)  
6 large tart apples for the filling,  
2-3 apples more for the top  
 $\frac{3}{4}$  cup sugar, plus a little for  
sprinkling on top  
2 Tbs lemon juice, plus a little  
for the top  
1 Tbs flour



1/4 tsp cinnamon  
2-3 Tbs apricot jam

## **Instructions:**

1. Roll out the pie crust and put it into tart pan. Chill the tart shell for  $\frac{1}{2}$  hour until very cold
2. While the shell chills, peel and roughly chop the apples. Sprinkle with lemon juice so they don't brown..
3. Sprinkle apples with the sugar, flour and cinnamon. Put apples on baking sheet and bake until they start to break down. Mash a bit.
4. Continue baking until tender. Don't let the apples turn to applesauce- should be a chunky texture. Once baked, remove from the oven and set aside.
5. Bake chilled tart shell with pie weights at 400' until the edge of the crust is a light brown. Remove from oven and let rest, weights and all, for 5 minutes.
6. Gently fill the tart shell with the mashed apple filling. Set aside.
7. Peel the remaining apples and squeeze a little lemon juice over them. Quarter apples, remove seeds & arrange thinly sliced apples from the outer edge to the center. Arrange the apple slices, overlapping the outer rim of the tart shell, as well as overlapping each apple slice all around the tart.
8. Brush with butter and sprinkle with sugar.
9. Return to the oven to bake at 375' until the apple edges start to turn black. Remove from oven. Heat apricot jam in microwave with a little water to thin it. Brush over the tart. Cool.

# Puddings/Cobbler

(Note: Sweet *breads* in *Breads* section)

## **Rice Pudding**

***Pre-heat oven to 350°***

### **Ingredients:**

½ cup raw rice	1/8 tsp nutmeg
5 eggs	¼ tsp Cinnamon
4 cups milk	pinch of salt
½ cup sugar	¼ cup raisins
1 tsp vanilla	

### **Instructions**

1. Beat eggs. Add milk, sugar and flavorings (vanilla, nutmeg & Cinnamon). Grease casserole dish.
2. Place rice & liquid ingredients into casserole. Add raisins.
3. Bake at 350°F oven for about 1 hour.
4. Casserole should be placed in pan of water reaching about 1 inch of the way up.
5. Pudding is done when the custard is set.

Note: Use same recipe for bread pudding, except don't use raisins.  
Bread should be dried and cut into chunks. (Use French Bread)



## **Berry Cobbler**

*From The New Vegetarian Epicure by Anna Thomas*

*Pre-heat oven to 400°*

### **Ingredients:**

½ – ¼ cup sugar  
1 Tbs cornstarch  
½ cup water  
2 Tbs lemon juice  
4 cups fresh blackberries  
or other berries

*Topping*  
1 cup flour  
2 Tbs sugar  
½ tsp baking soda  
1 tsp baking powder  
½ tsp salt  
2-3 Tbs butter  
½ cup buttermilk

### **Instructions**

1. In a non-reactive pot, combine ½ cup of sugar, cornstarch, water and lemon juice. Stir to dissolve the cornstarch, then add the fruit.
2. Bring mixture to a boil over medium heat, then simmer for a minute, stirring gently. Taste it, and add more sugar if needed.
3. Pour berry mixture into a 1 ½ quart casserole or 8" square glass baking dish.
4. Combine the dry ingredients for the topping in a bowl. Melt the butter and whisk it into the buttermilk, then stir the liquid into the dry mixture, just until combined.
5. Drop the dough by spoonfuls onto the hot fruit. Bake the cobbler for 20-25 minutes until the biscuit crust is golden.
6. Serve it hot or warm with vanilla ice cream.

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Brownies for Passover	Passover	Passover Desserts	143
Butter Cream Icing (3 layers)	Desserts	Cakes/Tortes/Pies	175
Buttermilk Pancakes	Breads	Sweet Breads	22
Butternut Squash and Pear Soup	Soups	Soups	40
C			
Caramelized Onion, Pear & Blue Cheese Bites	Appetizers	Appetizers	6
Cauliflower Curry	Vegetarian	Indian Food	70
Charoset	Passover	Seder Plate Recipes	152
Chicken Casserole	Poultry/Meats	Poultry Dishes	108
Chicken Wings (or legs) Piquant	Poultry/Meats	Poultry Dishes	106
Chocolate Cocoa Cake (3 layers)	Desserts	Cakes/Tortes/Pies	174
Chocolate Victorian Torte	Desserts	Cakes/Tortes/Pies	144, 176
Chocolate-Covered Caramelized Matzo Crunch	Passover	Passover Desserts	147
Cold Herb-Flavored Marinated Green Beans	Vegetarian	Vegetable Sides	89
Coleslaw with Mustard-Ginger Dressing	Salads	Salads	32
Cookie Dough Brownies	Desserts	Cookies	156
Corn and Squash Soup	Soups	Soups	41
Cornbread	Breads	Savory Soda Breads	19
Country Captain Chicken	Poultry/Meats	Poultry Dishes	105
Couscous with Eggplant	Vegetarian	Middle Eastern Food	62
Cranberry Nut Bread	Breads	Sweet Breads	23
Cranberry Orange Cookies	Desserts	Cookies	160
Cranberry White Chocolate Almond Cookies	Desserts	Cookies	161
Cranberry-Avocado Salsa	Appetizers	Appetizers	7
Cucumber Raita	Vegetarian	Indian Food	73
D			
Dal	Vegetarian	Indian Food	69
Decadent Peanut Butter Chocolate Chunk Cookies	Desserts	Cookies	162
E			
Easy Black Bean Burgers	Vegetarian	All American	51
Eggplant Parmesan	Vegetarian	All American	46
Every Day Black Beans	Vegetarian	Mexican Food	64
F			
Falafel #1	Vegetarian	Middle Eastern Food	58
Falafel #2	Vegetarian	Middle Eastern Food	59
Fish	Fish	Fish	93
Fish Marinade for Kebabs	Fish	Salmon & Tuna	100
Focaccia Bread with Rosemary	Breads	Yeast Bread	13
French Apple Tart	Desserts	Cakes/Tortes/Pies	181
French Bread Style	Breads	Yeast Bread	15
Fresh Horseradish	Passover	Seder Plate Recipes	151
Frosted Ginger Cookies	Desserts	Cookies	157
Frying Firm Tofu	Vegetarian	All American	54

G			
Gazpacho	Soups	Soups	42
Goat Cheese Torta with Pesto & Sun-dried Tomato	Appetizers	Appetizers	5
Granola	Vegetarian	Cereals	92
Grilled Chicken in Mustard Sauce	Poultry/Meats	Poultry Dishes	107
Grilled Flank Steak with Ginger Marinade	Poultry/Meats	Beef Dishes	120
Guillermina's Lentil Soup	Soups	Soups	38
H			
Herb-Crusted Lamb with Roast Potatoes	Poultry/Meats	Lamb Dishes	116
Hummus	Vegetarian	Middle Eastern Food	56
I			
Indian Plain Pila	Vegetarian	Indian Food	71
Indian Spice Greens	Vegetarian	Indian Food	75
Israeli Salad	Salads	Salads	28
Italian Tomato Sauce & Pasta	Vegetarian	Pasta Dishes	82
J			
Jam (Raspberry) Bars	Desserts	Bar Cookies / Brownies	168
K			
Kung Pao Chicken	Poultry/Meats	Poultry Dishes	111
L			
Lamb and Artichoke Stew	Poultry/Meats	Lamb Dishes	117
Lasagna	Vegetarian	Pasta Dishes	83
Leah's Challah	Breads	Yeast Bread	12
Lemon Squares	Desserts	Bar Cookies / Brownies	171
M			
Mandel Brot	Desserts	Cookies	159
Marinated Flank Steak	Poultry/Meats	Beef Dishes	121
Marinated Silken Tofu	Vegetarian	All American	52
Mexican Rice	Vegetarian	Mexican Food	65
Moroccan Lamb and Couscous	Poultry/Meats	Lamb Dishes	118
Mousse de Saumon Fumé	Appetizers	Appetizers	8
Mushroom & Pea Curry	Vegetarian	Indian Food	68
O			
Oatmeal Cookies	Desserts	Cookies	163
Orange Roughly Marinade	Fish	White Fish Dishes	96
P			
Pain d'amande	Desserts	Cookies	166
Parmesan Biscuits with Jalapeño Pepper	Breads	Savory Soda Breads	18
Passover	Passover	Passover	123
Peanut Ginger Noodles	Vegetarian	Pasta Dishes	80
Pesto Pasta	Vegetarian	Pasta Dishes	81
Pie Crust 1	Desserts	Cakes/Tortes/Pies	177
Pie Crust 2	Desserts	Cakes/Tortes/Pies	178
Pistachio Macaroons	Passover	Passover Desserts	145
Porcini stuffing with Leeks	Vegetarian	Stuffing	85
Potato Salad	Salads	Salads	36
Poultry/Meats	Poultry/Meats	Poultry/Meats	103
Pumpkin Bread	Breads	Sweet Breads	26
Pumpkin Pie	Desserts	Cakes/Tortes/Pies	179
Q			
Quick Chicken Barley Soup	Soups	Soups	39
R			
Raisin Streusel Cake	Passover	Passover Desserts	148
Ratatouille	Vegetarian	All American	45
Red Onion Salsa	Vegetarian	All American	49
Refried Beans (Refritos)	Vegetarian	Mexican Food	66
Rice Pudding	Desserts	Puddings/Cobbler	184
Roast Beef	Poultry/Meats	Beef Dishes	122
Roasted Chicken	Poultry/Meats	Poultry Dishes	109
Roasted Egg for Seder Plate	Passover	Seder Plate Recipes	153
Roasted Potatoes with Rosemary	Vegetarian	Vegetable Sides	88
Rogelach	Desserts	Cookies	158
S			
Saffron Rice	Vegetarian	Indian Food	72
Salads	Salads	Salads	27
Salmon with Honey, Soy Sauce & Ginger	Fish	Salmon & Tuna	101
Samosa (filling)	Vegetarian	Indian Food	74

Savory Summer Squash Quick Bread	Breads	Savory Soda Breads	20
Slow Cooker White Chicken Chili	Poultry/Meats	Poultry Dishes	112
Soups	Soups	Soups	37
Spinach Salad	Salads	Salads	34
Spinach Salad with Bosc Pears etc	Salads	Salads	33
Spinach Salad with Bosc Pears, Cranberries, Red Onion and toasted Hazelnuts	Salads	33	Salads
Spritz (press) Cookies	Desserts	Cookies	164
Strudel	Desserts	Bar Cookies / Brownies	172
Summer Barley Salad	Salads	Salads	35
T			
Tabouli	Salads	Salads	29
Tahini-Lemon Sauce	Vegetarian	Middle Eastern Food	57
Thai Red Curry with Vegetables	Vegetarian	Thai Dishes	78
Toffee Squares	Desserts	Bar Cookies / Brownies	170
Turkey	Poultry/Meats	Poultry Dishes	113
V			
Vegetable Cutlets	Passover	Vegetarian Passover Food	125
Vegetable Cutlets II	Passover	Vegetarian Passover Food	126
Vegetarian	Vegetarian	Vegetarian	43
Vegetarian Chili	Vegetarian	All American	47
Veggie burgers	Vegetarian	All American	50
W			
Wild Rice Stuffing with Hazelnuts etc	Vegetarian	Stuffing	86
Z			
Zucchini Walnut Bread	Breads	Sweet Breads	25