What We Ate

2011-2015

Or, Things You Might Like To Eat (C/H, D/E)

Or, What You Might Like To Cook Once Moonbeam Leaves the House and You Finally Have the Time

Or, Mostly White People Food, With Some Spice (R/A)

Eric and Virginia

Personalized intro

First vow – share meals together

Can’t wait to see where we’re at in 4 more years!

Eggplant – vegan

Altitude adjustments

Intro/guide/notes/rules of thumb

Highlighting for Kentucky v Wisconsin

Don’t do your cooking by the book!

Make notes

Always sub out meat, especially fats (but for other fats)

Conserve (dishes, water, energy)

Cornucopia

Seasonality

Bricolage

Table of contents

Fall

For the morning

Johnny cakes with maple syrup

*From:* The Kentucky Housewife, *Lettice Bryan*, 1839, p. 315

cornmeal

lukewarm water or buttermilk

butter

salt

maple syrup

Make a thin dough of sifted Indian meal [corn meal] and lukewarm water or sweet milk (buttermilk), adding a teaspoonful of salt, and a large spoonful of butter to each quart of meal. Work it well, as Indian meal, in whatever way it is prepared, should be worked thoroughly. Having ready a piece of board planed smooth, wet it with water, and put on a cake of the dough about three quarters of an inch thick, make it smooth and even round the edges, brush it over with sweet cream, and brown it lightly before a clear fire, propping it on one edge by setting something behind it, to support it. Then run the blade of a knife or a sewing thread between the bread and board, to loose it turn it over, brown the other side in the same manner, first moistening it with sweet cream, and then cut it across in small cakes, split them, lay a slice of firm butter on one half of each piece, put them together again, and send them immediately to the table.

Translation: get some corn meal (maybe a couple of cups), and mix it with some water or buttermilk, as well as some melted butter, till you get a moist but not sticky dough. Now work that dough! Grab some of the dough, enough to make a patty three quarters of an inch thick (think biscuit size, maybe smaller), smooth it out, brush some of the buttermilk on it, and put it on a hot griddle. The recipe is having you make all the dough at once, but you should just make one patty or cake at a time, like you would pancakes. Brown them, take em off the griddle, and butter them up! Don’t forget to serve it with a sweet topping. We like maple syrup. But really, this recipe can be as simple as frying (in butter) a dough made from corn meal, water, and salt.

Corn mush with apples

*From:* The Kentucky Housewife*, Lettice Bryan, 1839, p. 316*

cornmeal

water

apples

Like many other of our receipts, the process of making mush is quite plain and simple, yet it is often badly prepared and to the inexperienced some instructions are necessary. Sift some fine Indian meal [corn meal], make a smooth batter of it by stirring in a sufficiency of cold water. Having ready a pot of boiling water, throw in a handful of salt, and stir in your batter till it is like very thick soup. Boil it till of the proper consistence, and stir it frequently to prevent its being lumpy, and to keep it from burning at the bottom. Mush, made in this manner, will never fail to be thoroughly done and clear of lumps, which are two common failures. Cold mush maybe sliced and fried brown in butter. They are very good for breakfast.

Translation: Though a tad condescending, Lettice is right: two common failures for corn mush are making it lumpy or undercooked. We say give this recipe a shot (adding apples in while you boil it to the proper “consistence”), but you can also do this more simply, usually without “failure”: boil a couple of cups of water in a pot, add a cup or so of corn meal and as many apple chunks as you wish, simmer it and stir regularly till done. Also see the recipes for grits.

Paw paw pancakes

Quick sourdough waffles

Cheesy grits and tomato gravy

Pumpkin chocolate chip pancakes

Snacks and stuff

Fried green tomatoes

Beets and goat cheese

Sweet potato biscuits

From: How to Cook Everything Vegetarian, Mark Bittman, 2007, p. 695

Follow the standard Bittman Biscuit recipe on page (XXXX), with the butter-flour mixture in hand. Grease the baking sheets. Stir 1 cup cooked, drained, and pureed sweet potato or winter squash into the butter-flour mixture. Add only enough yogurt or buttermilk to form the dough into a ball, usually between ½ and ¾ cups (if your potatoes are very dry, you may need the whole 7/8 cup. Roll the dough a little thinner – about ½ inch thick. Cut as directed, into about 24 biscuits, and bake at 450F for 12 to 15 minutes.

Curried turnips

Parmesean roasted cauliflower

Acorn squash with maple and soy sauce

Quince and cranberry chutney

Cranberry biscuits

Roast brussels sprouts and delicata squash

Creamy carrot casserole

Hot toddy

Main course

Corfu rooster

Beet green quiche

Okra stew

From: http://www.ca.uky.edu/HES/fcs/FACTSHTS/KY\_Recipe\_Cards\_32.pdf, http://www.food.com/recipe/kentucky-style-okra-corn-and-tomato-stew-387334

4 corn, ear, husks and silk removed, large

2 cups okra, trimmed, and cut into 1/2 inch rounds

2 tablespoons cornmeal

2 tablespoons butter, unsalted

4 lbs tomatoes, cored and chopped coarse

1 cup water

1 teaspoon salt

1/2 teaspoon pepper

4 medium potatoes

Onions

Fry potatoes

Fry onions

Fry cornmeal'd okra

Add corn, tomatoes, water, salt

Cook for a while

Rooster gumbo

Mole de olla

From: *The Cuisines of Mexico Revised Edition*, Diane Kennedy, 1972 (1986), p. 160.

3 pounds pork neck bones

2 quarts water

2 tsp salt

A comal or griddle

4 chiles anchos

4 chiles pasilla

Blender

1cup tomates verdes

½ medium onion

2 cloves garlic, peeled

A pinch of cumin seed

A small frying pan

3 tbsp peanut or safflower oil

½ lb zucchini (2 medium)

¼ lb green beans

1 large ear of corn

1 small chayote (1/2 lb)

3 small potatoes (1/2 lb)

3 sprigs epazote

This is a substantial peasant soup, wonderfully savory and a great favorite in Mexico. It is slightly picante, and has a predominating flavor of epazote. This is just one of many variations of this recipe.

Have the butcher cut the meat and bones into serving pieces. Cover them with the water, add the salt and bring to ab oil. Lower the lfame and simmer the meat, uncovered, until it is tender – about 50 minutes.

Meanwhile prepare the chiles. Heat the comal and toast the chiles well, turning them frequently so that they do not burn. When they are cool enough to handle, remove the seeds and veins – do not soak them – and put them into the blender. Blend the chiles with the rest of the ingredients until smooth.

Heat the oil and fry the sauce for about 5 minutes. Add it to the meat in the pan.

Clean and trim the squash and cut them into halves, then into fours lengthwise. Trim the beans and cut them into halves. Cut the corn into 6 pieces. Cut the chayote open and remove the core, then cut into 1/4-inch wedges. Skin the potatoes and cut them into cubes.

When the meat is tender, add the vegetables and cook the mole slowly, uncovered, for about 30 minutes, or until the vegetables are cooked. Add the epazote about 5 minutes before the mole is ready and add salt as necessary.

Serve in large, deep soup bowls, with hot tortillas, wedges of lime, and finely chopped onion on the side.

Traditionally, two acid, green prickly pears called zoconostles are cut up and boiled with the meat. Though there is really no substitute, the acidity of the lime with help. The epazote growing wild here is not as strong as the Mexican plant; you will, therefore, need to use 3 large sprigs. Do not soak the chiles before blending htme, or they will lose the flavor and piquancy needed in this sort of dish. Some Mexicans prefer to have the vegetables cooked separately and then added to the mole; otherwise, they say, it is too sweet. If you like a more pungent chili flavor, then use all chiles pasillas, or chiles guajillos, and do not use the anchos.

Burgoo

Sweet potato boulangerie

Green tomato pie

Himmel und erde (Heaven and Earth)

From: *‘Round the world cooking library: German Cooking*, 1973, p. 65.

1 tsp grated lemon rind

2 ½ cups applesauce

2 cups mashed hot potatoes

¼ lb bacon, diced

2 large onions, sliced

½ tsp salt

1/8 tsp black pepper

Stir lemon rind into applesauce. Mix with hot potatoes. Keep hot. Fry bacon in large skillet. Add sliced onions, cook over medium heat until transparent and golden brown. Stir into hot potato mixture. Add salt and peper. Serve hot with hot blood sausage slices or liver.

**Panfried Pumpkin with Tomato Sauce**

From: How to Cook Everything Vegetarian, Mark Bittman, 2007, p. 366-367.

¼ cup neutral oil, like grapeseed or corn, plus more if needed

2 lbs pumpkin, peeled, seeded, and cut into large chunks

Salt and freshly ground black pepper

1 large onion, chopped

2 tbsp minced garlic

2 tbsp minced fresh chile, or to taste, or hot red peper flakes or cayenne to taste

½ cup red wine, any vegetable stock, or water

3 cuppes chopped ripe tomato (canned is fine; don’t bother to drain), more or less

Chopped parsley leaves for garnish

Put the ¼ cup oil in a deep dutch oven or other pot with a tight-fitting lid over medium-high heat. Add some fo the pumpkin, taking care not to overcrowd; you’ll need to work in batches. Spring with salt and pepper. Cook until the pumpkin is well browned and releases from the pan easily, 5 minutes or so. Then turn and cook the other side the same way. As the chunks cook, transwer them to a plate and add more pumpkin to the pan. Add more oil if necessary to keep the pumpkin from sticking.

When all the pumpkin is cooked, pour off all but 2 or 3 tablespoons of the oil and add the onion, garlic, and chile. Cook, stirring frequently, until softened, about 3 minutes.

Pour in the wine, scraping up any browned bits from the bottom of the pan. Let the liquid boil off for a few minutes and thicken, then stir in the tomato and its juice. Bring the sauce to a boil, then lower the heat a bit so it bubbles along nicely. Cook, stirring ocassionally, until thickens, about 10 minutes.

Return the pumpkin to the pot and let the mixture come back to a boil. Cover and turn the heat to low. Cook, stirring once or twice, until the sauce has thickened even more and the pumpkin is tender but not mushy, about 10 minutes. Taste and adjust the seasoning, garnish and serve.

Butternut squash pasta sauce w/ pasta

Apple rutabaga soup

Espresso chili

Stamppot

Baked cabbage with cream

Borscht

Spinatesuppe

Shakshuka

Vegetarian sushi

Encocoada

Tomatillo eggplant curry

**Pozole de Jalisco (pork and hominy soup)**

From: *The Cuisines of Mexico Revised Edition*, Diane Kennedy, 1972 (1986), p. 162.

1 32 oz can of cooked hominy

1 ½ lbs pork, tenderloin or butt without bone

½ pig’s head (not more than 3 pounds)(optional)

1 pound pork neck bones

Cold water to cover

2 cups chiles de arbol

1 ½ tbsp. salt

For serving:

Finely chopped onion

Sliced radishes

Finely shredded lettuce

Wedges of lime

The salsa picante

Cut the pork into large serving pieces and put it, with the head and bones, in cold water to soak overnight. Change the water as often as is practical.

Cover the chiles with cold water and let them soak overnight.

On serving day:

If using dried then soaked hominy: cover the hominy with the cold, unsalted water. Bring to a boil and cook, uncovered, over a brisk flame until it opens up like a flower – about 1 hour. DO NOT STIR THE CORN during this time, but, if necessary, skim the surface of the water from time to time.

Cover the head with cold, unsalted water. Bring to a boil, then lower the flame and let it simmer, uncovered, until the flesh can be rmoved from the bone – but do not overcook – about 1 hour. Set it aside to cool.

When the head is cool enough to handle, remove all the meat, skin, etc. and cut it into serving pieces. Cut the ear up (there should be a piece for everyone) and set the eye aside for the honored guest. Add the pieces of head, and the broth in which it was cooked, to the corn in its pot.

Add the salt. Place the meat on top of the corn and let the pozole cook, uncovered, over a gentle flame for about 4 hours. Throughout the cooking time skim the fat from the surface. Keep some water boiling in a kettle at the side to add to the liquid in the pan. On no account should cold water be added. The liquid should be maintained at almost the same level from start to finish.

Salsa picante: blend the chiles with the water in which they were soaking. Strain the sauce through a sieve. Do not add salt.

To serve: Place the meat onto a serving dish so it can be divided up more easily and everyone can have the part that he likes best. Serve the pozole with the corn in large, deep bowls, with the following small side dishes to which everyone can help himself: the salsa picante, onion, radishes, lettuce, and lime.

Note: Pozole de Jalisco is not served with oregano, as it is in the neighboring state of michoacan.

The chili used for the sauce in Jalisco is chilie de arbol, a long, thin, dried, bright red chili.

The pozole should be cooked with plenty of salt; you may need to add more just before the end of the cooking time.

Only those who know the wonderful flavor and consistency of a soup made with the specially prepared corn will appreciate ho hard it is for me to say: if you can’t get the real corn, use canned. In that case, cook the had first, add the rest of the meat, and an hour later add the drained canned hominy.

Finnish pasties

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 226.

5 cups flour

2 cups shortening

1 tbsp salt

1 cup water

2 lbs pork diced small

2 medium onions, diced

6 small carrots, diced

½ rutabaga, diced

10 small potatoes, peeled and diced

Salt and pepper

4 tbsp butter, cut into bits (optional)

Pasties also had – and have – a presence in far northern Wisconsin, near Michigan’s Upper Pennisula, another place besides southweatern Wisconsin where eighteenth-century Cornish miners emigrated to find jobs. Other Europeans who worked the lead mines there, particularly Finns and Italians, embraced the pasty, and eventually the little meat pies gained status as a regional specialty. Today, residents and visitors can get a taste of local flavor at pasty shops, small-town bakeries, and community fundraisers.

Mix flour, shortening, and 1 tbsp salt with a fork until mixture resembles cornmeal in texture. Add water and stir just until pastry holds together.

Combine pork, onions, carrots, rutabaga, and potatoes, and season well with salt and pepper.

Roll out dough into 6 to 8 circles. For each pasty, place meat filling on half the pastry, dot with butter, fold over and press dough firmly together, and crimp to seal. Bake in pie pan at 325F 1 to 1 ¼ hours. Makes 6 to 8 servings.

Winter squash leaves with coconut milk

Latkes

Roast turkey

Kale and date sourdough stuffing

Portugese kale and sausage soup

Dessert

Spoonbread

From: <http://www.youtube.com/watch?v=1iEzVknecSI>

2 cups fresh milk

3/4 cup yellow cornmeal

1/2 cup self-rising white cornmeal mix

1 teaspoon salt

1/2 teaspoon baking powder

2 well-beaten eggs

1/2 stick butter, melted

In a small bowl, thoroughly mix 3/4 cup yellow cornmeal, 1/4 cup white cornmeal mix, 1 teaspoon salt, and 1/2 teaspoon baking powder. Bring milk to a boil. Reduce heat to low, and quickly add the cornmeal mixture. Stir the cornmeal mixture rapidly into the milk, so that no clumps form. Cook for about 3 minutes, or until it forms a medium-thick mush. Remove the cornmeal mush from the stove, and transfer it to a large mixing bowl. Add 1/2 stick butter or margarine, melted. Stir. Add 2 well-beaten eggs, and stir thoroughly. Now, use an electric mixer to beat the spoonbread mixture for about 5 minutes, until it is quite smooth and has a lot of air incorporated into it. Spray a 1-quart sized casserole dish with oil spray. Pour the spoonbread mixture into the casserole dish and bake in a hot oven (400 degrees) for 20 minutes, or until it puffs up and is delicately brown. Serve immediately with butter. Yum! This dish is steeped in Southern tradition. I wanted all of the Kentucky Derby party givers to have this recipe, in case they want to use it at a Derby party!!!

paw paw bread

bourbon pumpkin pie w/ bourbon whipped cream

apple tart

lemon cake with thyme and ginger

Apple pudding

cinnamon quick bread

Bourbon apple cake

Apple caramel cake

Melt in your mouth blueberry cake

lemon ginger macaroons

carrot cake

chai cranberry cupcakes

double apple pie

danish kringle

Winter

For the morning

pumpkin grits w/ brown butter

rice cakes

Biscuits a la Bittman

*From:* How to Cook Everything Vegetarian*, Mark Bittman, 2007, p. 695*

2 cups all-purpose or cake flour, plus more as needed

1 scant tsp salt

1 tbsp baking powder

1 tsp baking soda

2 to 5 tbsp cold butter (more is better)

7/8 cup yogurt or buttermilk

Preheat the oven to 450F.

Mix the dry ingredients together ina bowl or food processor. Cut the butter into bits and either pulse it in the food processor (easier) or pick up a bit of the dry ingredients, rub them with the butter between your fingers, and drop them again. Make sure all the butter is thoroughly blended into the flour mixture before proceeding.

Use a large spoon to stir in the yogurt just until the mixture forms a ball. Turn the dough out onto a lightly floured surface and knewad it 10 times; no more. If it is very sticky, add a little flour, but very little; it should still stick to your hands a little.

Press the dough into a ¾ inch-thick rectangle and cut into 2-inch rounds with a biscuit cutter or glass. Put the rounds on an ungreased baking sheet. Gently reshape the leftover dough and cut again.

Bake for 7 to 9 minutes, or until the biscuits are a beautiful golden brown. Serve within 15 minutes for them to be at their best.

See also Bittman’s sweet potato biscuits, here on page (XXXX)

Biscuits a la Betty

From: <http://www.youtube.com/watch?v=p4YHCk6QmKQ>

**breakfast veggies: beets, carrots, red cabbage**

**breakfast veggies: canned tomatoes and cabbage**

whole wheat waffles

Snacks and stuff

**V's cornbread**

popovers

maple bourbon glazed parsnips

From: *Heartland: The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 76.

2 lbs parsnips

2 tbsp butter

½ cup maple syrup

½ tsp dry mustard

½ tsp dried marjoram

Salt and pepper

This white root vegetable that is first cousin to the carrot has long been popular with Midwestern country cooks. Parsnps are an exceedingly hardy vegetable and will winter over in the ground through even the harshest of Iowa seasons. In fact, frost or very cold weather improves their flavor, changing their starch content to sugar. Ideally the parsnips should all be the same size so they will cook eevenly in your pan, but Mother Nature rarely cooperates. Cut the larger parnsips into halves or fourths, and if they are really large, cut out the cores, for they will be woody.

The sauce, with its hint of marjoram, cooks down to a pleasing glaze.

Preheat the oven to 400F. Peel the parsnips and slice them approximately 7/8 inch thick. Transfer the parnsips to a medium saucepan with water to cover. Bring to ab oil and cook, covered, for about 5 minutes, or until just tender – don’t let them get mushy. Drain the parsnips and transfer to a greased 1 quart casserole.

In a small saucepan, combine the rest of the ingredients and bring to a boil over low heat. Pour over the parsnips and bake uncovered for 40 minutes, or until the sauce is cooked down and the parsnfips begin to brown.

coconut cornbread

danish dark bread

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 307-308.

3 cups flour

½ cup butter, softened

1 cup sugar

1 cup molasses

1 tsp baking soda

1 cup strong coffee, cold

½ tsp salt

½ lb chopped raisin

½ lb currants

Brown flour in a shallow pan in a moderate oven (350F), watching carefully; cool and set aside.

Cream butter and sugar; add molasses and beat well. Dissolve baking soda in coffee and add to creamed mixture alternately with browned flour and salt. Stir in raisins and currants and blend well. Pour into greased and floured bread pan and bake at 350F for 1 ½ hours – or until done. Cool and wrap well and store for a few days to mellow the flavor.

(submitted by Mrs. Jean S. Hesse, Sheboygan. Her grandmother’s recipe was also known as Poor Man’s Fruitcake. “Years ago” she noted, “thin slices of this cake were often served with strong cups of tea, diluted as Danes like it with milk and sugar.”

**red cabbage w/ apples**

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 256.

1 medium red cabbage

1 or 2 tart apples

2 tbsp butter

1 onion, sliced

2 cups water

½ cup vinegar

½ cup sugar

½ tsp salt

¼ tsp pepper

2 to 3 tbsp flour

Wash cabbage; drain and shred as for slaw. Wash, core, and peel apples; chop or cut coarsely. Melt butter and saute onions and apples a few minutes. Add water, vinegar, sugar, and salt and peper. Stir well, bring to a boil, and add cabbage. Simmer, covered, until tender, about 30 or 40 minutes. Just before serving, sprinkle flour on top and cook briefly to thicken.

egg nog

From: *The Kentucky Housewife*, Lettice Bryan, 1839, p. 408

6 eggs

1 cup rum

Quart of buttermilk

½ lb of powdered sugar

Nutmeg

Break six eggs, separating the whites from the yolks; beat the whites to a tiff froth, put the yolks in a bowl and beat them light. Stir into it slowly, that the spirits may cook the egg, half a pint of rum, or threegills of common brandy; add a quart of rich sweet milk [buttermilk] and half a pound of powered sugar; then stir in the egg froth, and finish by grating nutmeg on the top.

Main meal

Jansson’s Temptation (potatoes with anchovies)

From: *Heartland: The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 14.

3 tbsp butter

2 medium onions, chooped

1 3-oz can anchovies, drained, and mashed with a fork

1 cup half-and-half, approximately

5 medium potatoes, peeled and thinly cut, like finely cut French fries

Freshly ground black pepper

Scandinavian immigrants tended to set up their own societies in the new country, almost to the exclusion of outsiders. Today Swedish neclaves remain in several Midwestern states, including Iowa, Minnesota, and Wisconsin, as well as Illinois. Bishop Hill in Illinoi was settled in 1846 by a group of religious colonists, called Janssonists after their leader Erik Jansson.

This potato dish is familiar to Scandinavians but deserves wider exposure. Anchovies give these creamy potatoes a most delectable but unidentifiable flavor. It is a traditional smorgasbord offering and would be ideal for any buffet table, for it is good served at room temperature.

Preheat the oven to 350F. In a medium skillet, melt the butter; add the onions and saute until golden, about 10 minutes. In a small saucepan, combine the anchovies and 1 cup half-and-half, and cook together over medium heat until the mixture bubbles around the edges of the pan.

Grease a 9x13 inch baking dish and layer the potatoes and onions in it, grinding a bit of black pepper over each layer. Pour the warm cream mixture over all, distributing the anchovy bits equally among the potatoes. Add more half-and-half, if necessary so the cream barely covers the potatoes. Bake uncovered for 1 ½ hours, or until the potatoes are tender and golden brown.

Coq au Vin (Chicken in Red Wine)

*From:* Time-Life: Poultry*, 1978 (originally:* The French Menu Cookbook*, Richard Olney)*

6 lb chicken, preferably a cock 10 to 12 months old, cut into serving pieces

salt and pepper

2 strips lean salt pork with the rind removed, sliced 2/3 inch thick and cut into cubes

2 to 3 tbsp oil or butter

3 medium-sized carrots cut into sections 1 to 2 inches long

3 medium-sized onions, coarsely chopped

2 tbsp. flour

¼ cup brandy

3 cups dry red wine

1 bouquet garni made up of a pinch of thyme, a bay leaf and a few sprigs parsley

½ lb mushrooms

10 to 11 tbsp butter

25 or 30 small boiling onions, peeled

6 slices firm-textured white bread with the crusts removed, halved diagonally

1 garlic clove

chopped fresh parsley

Parboil the pieces of salt pork for 2 minutes, drain, and dry them in a towel. Put them to fry over low heat in a large, heavy sauteuse or skillet with a bit of oil or butter. When the pieces are golden brown, remove them and put them aside.

In the same cooking fat, place the carrots and chopped onions. Keep the heat between medium and low, and allow them to cook, stirring regularly to avoid overbrowning, for 20 to 30 minutes. Remove the vegetables, put them aside and replace them with the chicken pieces, previously salted. Cook the chicken over a somewhat higher heat until gently browned on all sides, spring with flour and continue to cook, turning the pieces as necessary. Return the sautéed onions and carrots ot the pan. When the flour has cooked for a few minutes, pour in the brandy, carefully set it alight and stir. When the flames have died, add the wine and raise the heat. Stir the chicken pieces and move them around until the liquid comes to a boil.

At this point, if the skillet is already overfull of the hciken, or if perhaps you have had to use two skillets and both seem too full to permit adding the vegetables, keep the carrots and onions aside and add them later when the chickens goes into the oven dish.

Transfer the chicken pieces and vegetables to an earthenware, copper or enameled cast-iron casserole with a lid. Stir and scarpe the first pan with a wooden spoon to loosen and dissolve the fryin adherents, then pour the liquid over the chicken pieces. If they are not completely covered, add enough wine, water or good stock (water is better than indifferent stock) to barely, but entirely, cover them. Add the bouquet garni (or simply sprinkle with thyme, and add the bay leaf and parsley sprigs untied). Put to cook, covered, in the oven, regulating the heat so that the sauce hardly simmers. The length of cooking time depends on the bird’s age and “past” – from 30 to 45 minutes for a fryer that has never exercised to 1 ½ hours for a 10-month-old rooster, and an hour loner still for one that may be too old to have a fine flesh but will produce a marvelous sauce.

Meanwhile cook the boiling onions, seasoned, in butter over very low heat, shaking the pan from time to time, for 20 to 30 minutes. Kepp them covered and avoid browning them; if the sauce pan is not heavy enough, you may have to use a fireproof pad over the heat source. Remove the oninos when they are done and use the same pany to fry the mushrooms. Trim the mushroom stems and cut the caps into two or four pieces (if they are small, leave them whole). Toss them in butter over high heat for 2 or 3 minutes; season with salt and freshly ground pepper.

Transfer the hciken pieces and the carrots to a platter. Pass the cooking liquid through a fine sieve into a saucepan, using a pestle to work the residue. Discard the remains of the bouquet garni. In the saucepan, skim as much fat from the surface of the liquid as pssible and bring it to a boil, then position the saucepan over the heat so as to permit its contents to simmer only on one side. Carefully skim off all fat and impurities as they surface over the next 30 minutes or so. If, at this point, the sauce is still too thin, turn up the heat to create a fast boil, stirring constantly until you achieve the right consistency.

Put the hciken pieces and the carrots back in the oven dish, distribute the garnish (sautéed mushrooms, glazed boilin onions, and fired pork sections) on top and pour over the sauce. Cover and return to the oven to simmer gently for 15 to 20 minutes.

Brown the triangles of bread in butter over low heat until golden and cirsp. (They may be prepared ahead of time and rewarmed in the oven.)

To serve, place the chicken pieces more or less symmetrically on a large, warmed platter. Rub the crouton tirangles with the clove of garlic, dip a corner of each triangle in the sauce, then in the chopped parsley, and arrange them around the edge of the platter, parslied tips pointing out. Pour sauce and garnish over the chicken and sprinkle with a bit of chopped parsley. Serve with steamed potatoes.

barley mushroom soup

Maine Baked Beans

From: *Cooking Down East: Favorite Maine Recipes*, Marjorie Standish (with Melissa Kelly), 1968 (2010), p. 99

1 lb dry beans (2 cups)

2 tbsp granulated sugar

1 tsp salt

black peper

½ tsp dry mustard

2 tbsp molasses

½ lb salt pork

About 2 ½ cups boiling water

Pick over the dry beans. Wash them. Palce in a good-size bowl. Cover with cold water and allow to soak overnight. Forget to do it? Never mind. IN the morning parboil them in water to cover, just until skins wrinkle. I never parboil beans unless I forget to soak them; just overnight soaking is enough.

In the morning, drain beans. Place in a beanpot. Mix all seasonings together in small bowl. Turn into beanpot on top of soaked,, drained beans and mix toether until all beans are coated with seasonings. Bean careful not to add too much molasses, as it can cause beans to harden as they bake.

Add boiling water, about 2 ½ cups, or enouh to cover beans in pot. Score salt pork by making gashes in it. Wash pork in hot water. Place it on top of beans. Cover beanpot. Beans are now ready to go into oven. A low temperature is needed, around 250F for 8 hours of baking; although they should not be stirred, they do need attention ocassionally, for they need to be kept covered with boiling water at all times. The beanpot itself needs to be kept covered until the last hour of baking; then, remove cover so the beans will brown on top.

Are you longin for baked beans, yet salt pork is eliminated from your diet? Then do exactly as given above, only in place of ½ pound of salt pork, use 4 tablespoons cookin oil per pound dry beans, or 2 tablespoons cooking oil per cup of dry beans.

hot browns (w/ turkey leftovers)

**hoppin john**

cabbage and beet pizza

spaghetti squash bread pudding

sweet potato black bean bulgar soup

smoked trout brandade

butternut celeriac bean cabbage lasagna

bourbon chili

sweet potato tofu enchiladas w/ red mole

chicken pot pie

Potato baked salmon

uppama

quebcois feves au lard

french lentil soup with kabocha and parsnips

pirukad

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 227-228

1 cake (2 ounces compressed yeast)

¼ c lukewarm water

1 ½ cups milk, scalded and cooled

1 tablespoon sugar

¼ lb butter or margarine, melted

Salt

1 egg

Up to 8 cups flour

Filling:

2 lbs carrots, cooked, cooled, and then finely diced

About 4 tbsp butter or margarine cut into bits

½ tbsp. sugar

Salt and pepper

½ cup cooked rice

Brushing:

1 egg, beaten, or sweetened black coffee

Many Eastern European meat pie recipes call for a bread dough instead of pastry. This version is Estonian and was as often filled with cabbage, mushroom, vegetable or berry mixtures.

Dissolve yeast in lukewarm water. Add milk, sugar, melted butter, ¼ tsp salt, and eg. Mix well. Add enough flour to make a soft dough that is easy to handle. Turn out on floured board and knead until smooth. Let rise in a covered, greased bowl until double in bulk; punch down and let rise again.

While dough is rising, make the filling by combining all the filling ingredients and mixing well.

Divide dough into three or four pieces. Roll out, one piece at a time, on a floured surface until very thin. With a medium-sized glass, cut out circles. Place some of the carrot mixture on half of the circle, fold over other half, and seal with fingers dipped in water or a fork, pressing edges together. Do not fill circles too full of mixture or they will break apart during baking. Place on greased baking sheet, 2 inches apart, and let rise until doubled.

Brush tops with beaten egg or black coffee. Bake at 375F for 20 minutes or until nicely browned.

dessert

currant scones

sauerkraut chocolate cake

From: *Heartland: The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 199.

1 16-oz can sauerkraut, rinsed and well drained

2/3 cup margarine

1 ½ cups sugar

3 eggs

2 tsp vanilla

½ cup unsweetened cocoa powder

1 tsp baking powder

1 tsp salt

1 tsp baking soda

2 1/4 cups all-purpose flour

1 cup cold water

Yes, you read correctly – sauerkraut cake. This recipe is very old and very wonderful. It probably came into being because some grufal housewife had some extra kraut to use up and tossed it in a cake that she was stirring up at the time. The kraut creates a very moist cake, though you will not be able to taste it. If you refrigerate it, be sure to bring it to room temperature before serving.

Squeeze all excess moisture from the kraut with your hands. Chop it finely with a knife or pulse 4 or 5 times in a food processor bowl; set aside. Preheat the oven to 350F.

In a large mixer bowl, beat the margarine and sugar until fluffy, about 3 minutes. Add the eggs one at a time, mixing well after each addition. Add the vanilla, cocoa, baking powder, salt, and baking soda; blend. Add the flour alternately with the water, beginning and ending with the flour. Fold in the sauerkraut. Pour into a greased 9x13-inch pan and bake for 30 minutes or until the center of the cake springs bake when you touch it with your finger.

canned peach pie

bourbon cookies

beet chocolate cake

buttermilk bourbon pie

From: *Heartland:* *The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 119.

9-inch pastry shell

3 eggs

¾ cup sugar

3 tbsp all-purpose flour

1 ½ cups buttermilk

1 tsp vanilla

3 tbsp bourbon

3 tbsp butter, melted (no substitutes)

Grated nutmeg

Heavy yellow buttermilk, flecked with bits of golden butter left over from churning, often found its way into cakes, muffins, bread, and pies. Buttermilk pie with a splash of bourbon stands on its own, though, as a very unique cream pie. No one is quite sure what it is, but everyone eats it with unmitigated pleasure.

Bake the well-pricked pie shell ina 400F oven for just 10 minutes. Reduce the oven temperature to 350F. In a mixer bowl, beat the eggs and sugar until light and fluffy. Add the flour and beat again. With the beater running slowly, pour in the buttermilk. Add the vanilla, bourbon, and melted butter; blend. Pour the filling into the partially baked pie shell and dust the surface with nutmeg. Bake until the filling just sets, about 20 minutes, then turn off the oven and leave the pie in for 10 minutes longer. Remove the pie to a rack; it will continue to set as it cools. (Custard pies should not bake too long or the custard will curdle.)

chocolate chess pie

indian no egg strawberry cake

apple chocolate chip cookies

**apple crisp**

Spring

For the morning

garlic cheese grits

corn pone

From: *Native Harvests: Recipes and Botanicals of the American Indian*, Barrie Kavasch, 1979, p. 119.

1 cup cornmeal

½ cup nut milk or water

1 tsp baking powder

2 tbsp bacon drippings or butter

Mix the cornmeal, nut milk (or water), and baking powder together thoroughly. Grease a hot skillet with the fat. Drop the batter into the skillet by tablespoonfuls, shaping into 6 pone cakes. Brown for 10 minutes on each side. Serve hot.

Indian women were creative and expiermental cooks. They sweetened their cornmeal batters with fresh or dried fruits and berries if available or with fragrant herbs, powdered roots, or small quantities of wood ashes.

buttermilk pancakes a la bittman

rhubarb sauce

Ramp and spinach egg benedict

Snacks and stuff

Breakfast veggies: canned tomato and stewed kale

soda bread

**mint julep**

lefse

From: The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State, Harva Hachten and Terese Allen, 2009, p. 226.

5 large potatoes

½ cup heavy cream

3 tbsp melted butter

1 tsp salt

Flour

Potato pancakes can be made in many ways. Probably every cook who makes them has his or her special recipe that makes them just a bit different than the neighbor’s. Some recipes call for mashed potatoes, the best known of that variety being lefse. Some recipes submitted noted that the secret of making lefse was the same as for pie crusts: handling the dough as little as possible. Others call for kneading the thick batter until it is no longer sticky. The ingredients are minimal: mashed potatoes, salt, cream or condensed milk, and shortening.

Boil potatoes, peel, and put through a ricer. Add cream, butter, and salt. Cool. Add ½ cup flour for each cup of mashed potatoes and mix until smooth.

For each lefse, form about ¼ cup of dough into a small ball. Roll out as thinly as possible on a floured board.

Bake on an ungreased lefse griddle over moderate heat (about 400F) until light brown. Turn and brown other side. Place on a cloth until cold.

For serving, cut each lefse into four pieces. May be spread with butter or cinnamon and sugar.

Funeral potatoes

nettle egg soup

Kale maple syrup salad

dandelion jelly

couscous, asparagus, pac choi cold salad

fried plantains

rhubarb and turnips and white wine vinegar

creamed turnips

dolmades

miso greens

Main meal

vegan MI cassoulet w/ sweet potatoes, tempeh

Adapted from: *Heartland: The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 110.

1 lb dried Michigan navy beans

1 celery stalk

2 bay leaves

Handful of parsley sprigs

½ cup chopped celery

½ cup chopped onion

½ cup chopped carrot

1 cup chopped sweet potatoes

½ - 1 lb tempeh, cut into squares

1 tsp minced garlic

Olive oil

1 14-oz can tomatoes, drained

½ cup dry white wine

2 tbsp chopped fresh parsley

½ tsp dried thyme

¼ tsp dried savory

¼ tsp freshly ground black pepper

2 thick slices French bread

2 tsp finely minced fresh parsley

Even the plainest of Midwestern cooks hs been making a stripped-down version of cassoulet for years – what she calls ham and beans. And generally it is a rather good dish.

The beloved French provincial casserole of white beans and assorted meats and either duck or goose requires several days’ labor and umpteen mixing boards; this simplified version uses a slow cooker and rquires no watching. Start the beans by soaking them the night before cooking, and be sure to save the bean cooking liquid.

Place the beans in a large kettle with water to cover; soak overnight. The next morning, add the celery stalk, 1 bay leaf, and parsley to the beans, cover and bring to a boil. Lower the heat and simmer, partially covered, for 30 minutes. Drain, reserving 2 cups of the cooking liquid. Discard the celery and herbs and transfer the beans to the slow-cooker.

Cook the chopped celery, onion, carrot, and arlic in the live oil over medium heat until the onion begins to brown, about 3 to 5 minutes. Transfer to the cooker. Then add some more olive oil and start the sweet potatoes. When they start to soften, add the tempeh and tomatoes, wine, parsley and seasonsings. Add to the bean mixture in the cooker. Mix gently to avoid breaking up the beans. Add enough of the reserved cooking liquid to come within 1 inch of the top of the beans.

Cover, turn temperature to high, and cook for 1 hour. Turn to low and continue cooking for 3 to 4 hours; do not stir while cooking. The cooking time is imprecise, for this depends on the age of the beans, their growing locale, and even the hardness of the water. Do not let beans overcook and get mushy. If necessary, add more of the reserved cooking water to keep the water level at 1 inch below the top of the beans.

Meanwhile, toast the bread in a flat plan in a 160F oven for 2 hours. Break into large pieces and process until fine crumbs are formed – you need a scant ½ cup. Stir in the parsley. About 30 minutes before the beans are done, sprinkle the crumbs on top and then, using a wooden spoon, gently push them deep down into the beans to thicken the juices. When the beans have reached the desired texture, turn off the cooker. Serve hot.

Champurrado (chocolate-flavored atole)

From: *The Cuisines of Mexico Revised Edition*, Diane Kennedy, 1972 (1986), p. 350

½ cup prepared tortilla masa, or scant ½ cup masa harina mixed with 1/3 cup water

2/3 cup water

1 ½ cups warm milk

1 ½ cups warm water

1 ½-ounce tablet drinking chocolate

3-inch cinnamon stick

3 tbsp brown sugar, or to taste

This is traditionally cooked in an earthenware pot. It can be made with either milk or water or a mixture of both.

Put the masa into the pan with the 2/3 cup water and cook over a low flame, stirring constantly, until it thickens – about 5 minutes.

Gradually stir in the milk and water and cook until it begins to bubble. Add the chocolate, broken into pieces, the cinnamon stick, and the sugar and cook slowly, stirring, until the mixture thickens – about 15 minutes.

According to one of my neighbors, one sign that atole is done is that a spoonful slides noiselessly rather than plops back into the mixture.

bnut squash tian

egg bake

*From:* The Kentucky Housewife, *Lettice Bryan*, 1839, p. 226

Cut some small slices from a loaf of light bread, toast them lightly, and put them in the bottom and round the sides of a small, deep dish. Grate fine some of the crust of the loaf, and mix with it four ounces of butter, broken up. Boil one dozen eggs till hard enough to slice, and peel and slice them. Put them in the dish on the toasts in alternate layers with the bread crumbs and butter, seasoning them with salt and pepper; pour in a cup of rich sweet cream; sprinkle on the top some grated bread and small bits of butter, and brown it in a Dutch oven.

chard pie w/ bittman crust

From: *Time-Life: Vegetables*, 1979, p.98. (originally: *The Great Green Chili Cooking Classic*, Mrs. L.V. Housewright)

30 swiss chard leaves, torn into pieces

1 small onion, chopped

4 tbsp butter

2 eggs, lightly beaten

½ cup freshly grated Cheddar cheese

½ cup stemmed, seeded, and chopped green chilies (optional)

Bittman savory piecrust (see page XXX)

Preheat the oven to 350F. Saute the onion in the butter until transparent. Add the chard and cook for 1 minute or until wilted. Be sure the chard is covered with butter.

Pour the chard into cooked (?) piecrust. Mix the eggs with the green chilies and pour over the chard. Stir with a fork. Spread the Cheddar cheese on top and bake for 20 to 30 minutes or until firm.

steamed chard w/ sorghum/vinegar

ham poddage

*From:* The Kentucky Housewife, *Lettice Bryan*, 1839, p. 109

Fry as many pieces of ham and eggs as you want; make some mashed potatoes into cakes the same size of the slices of ham; fry them brown, lay them in a dish with a slice of ham on each toast, and an egg on each slice of ham. Stir into the gravy a little brown flour and sweet cream; pour it round them, garnish with small bunches of tongue-grass, and eat them warm. This is a dish chiefly used for breakfast.

ham truffle

*From:* The Kentucky Housewife, *Lettice Bryan*, 1839, p. 110.

Cut some slices of bread from a fine loaf, having them all of equal size; spread them over with butter, and grate some cold boiled ham thickly on each of them. They are chiefly eaten at supper or luncheon. Sides and shoulders of bacon should always be boiled in plenty in plenty of water with suitable vegetable.

Pan blackened catfish

Salmon Wiggle

Adapted from: *Cooking Down East: Favorite Maine Recipes*, Marjorie Standish (with Melissa Clark), 1968 (2010), p. 30.

4 tbsp butter

4 tbsp flour

¼ tsp pepper

½ tsp salt

2 cups milk

1 can salmon

1 can peas, drained, or 1 package frozen peas, cooked

Prepare cream sauce by melting butter, adding flour and salt and pepper. Stir until smooth. Add 2 cups milk, gradually. Cook over low heat, stirring constantly, until smooth and thickened. Add drained peas. Add salmon that has been picked over, bones, and skin removed. Keep salmon in fairly large pieces. Served on butter toast, toast cups, patty shells, on crackers, or baked potatoes. Serves 4 to 6.

stewed rabbit w/ cornmeal dumplings

From: *Native Harvests: Recipes and Botanicals of the American Indian*, Barrie Kavasch, 1979, p. 90.

One 5-lb wild rabbit, dressed, and cut up for stewing.

Rabbit:

¾ cup corn oil

1 ½ cups fine cormeal

2 quarts water

2 tbsp wood ashes or ¼ cup cider vinegar

12 dried juniper berries

12 small onions

8 carrots

2 sprigs fresh dill

Dumplings:

2 cups fine cornmeal

1 tbsp wood ashes (optional)

1 egg, beaten

1 tablespoon nut butter

1 cup water

Rub each piece of rabbit with a little oil and lightly dust with the cornmeal. Brown each piece in hot oil, in a large kettle, turning until evenly seared. Add the water and ashes (or vinegar) and simmer, covered, for 1 ½ hours. Add the remaining ingredients and simmer for 30 minutes more.

Dumplings: thoroughly blend all ingredients together. Drop the dumpling batter by spoonfuls into the simmering rabbit gravy. Cover and steam for 15 more minutes. Serve hot.

rabbit skillet pie

*Adapted from:* The Kentucky Housewife, *Lettice Bryan*, 1839, p. 134.

To stew rabbits: cut into joints, rinse, season and stew them in a very little water, keeping the vessel covered. When they are done quite tender, add four ounces of butter, a large spoonful of lour, a tea-spoonful of pepper, a handful of chopped parsley, two or three sliced biscuits and a glass of sweet cream. Just let it raise the simmer, stirring it all the time. Then toss it in a Bittman pie crust and bake for a while (see page XX)

salad w/ salatsauce

From: <http://germanfood.about.com/od/saladsandsides/r/lettucedressing.htm>

1/4 c cream

2 tsp sugar

2 tsp vinegar

Mix!

Spinach casserole

*From:* Cooking Down East: Favorite Maine Recipes*, Marjorie Standish (with Melissa Clark), 1968 (2010), p. 108.*

1 package frozen chopped spinach or 1 lb fresh spinach

1 cup hot cooked rice

1 tsp grated onion

1 cup grated or ½ cup Cheez Whiz

2 tbsp butter

Preheat oven to 350F. Cook spinach, drain and chop. Mix hot, cooked rice with cheese, onion, and butter so that it blends, then fold in spinach. Turn into casserole. Bake for 25 minutes. Serves 4.

This way of spinach is a popular ‘company’ dinner at our house. Combined with cooked rice, plus cheese for extra flavor, it is good with meat or fish. It was a prize-winning recipe and I can see why; it has so many good things about it, like preparing it ahead.

salmon hotdish

French onion soup

panfried whitefish

southern sour curry

pierogi with cabbage filling and prune filling

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 276.

4 cups flour

1 tsp salt

4 eggs

1 cup cold water

Cabbage filling:

1 large cabbae

1 medium onion, chopped

Butter

Salt and pepper to taste

Prune filling

1 cup prunes

1 tsp lemon juice

1 tsp sugar

Bread crumbs browned in butter

Combine flour and salt in a large bowl. Cut in egs with pastry blender, one at a time. Add water, ¼ cup at a time. Blend well. Knead on a floured board until dough is elastic. Let rest under a bowl for 30 minutes.

Divide into 3 or 4 portions and roll out as needed on a floured board as for pie crust. Cut 3-inch circles (using a glass with rim dipped in flour) and place 1 tbsp (or more) of filling on one side. Fold over to form half-circle; moisten edges with water and seal well.

Drop pierogi, a few at a time, into large kettle of salted boiling water; when they rise to the surface, remove with slotted spoon and rain well on a cake rack set over a large roasting pan; remove to buttered waxed paper; do not stack.

To serve, fry until crisp in half shortening and half butter. Or saute onions, in butter, then add pierogi and cover.

Cabbage filling: Quarter cabbage and remove core. Boil until tender and drain well; chop as for cole slaw. Press out as much liquid as possible. Saute onion in butter until well browned. Add cabbae and stir and fry until almost dry. Season to taste. Cool before using to fill pierogi.

Prune filling: soak prunes overnight. Cook in water with lemon juice and sugar. Cool and drain. Remove pits. Fill each pierogi with a prune, boil, and serve topped with bread crumbs.

gravy seitan broccoli

Dandelion Greens

*Adapted from:* Cooking Down East: Favorite Maine Recipes*, Marjorie Standish (with Melissa Clark), 1968 (2010), p. 99*

a bunch of dandelion greens, washed and picked over

canned tomatoes

salt and pepper

(potatoes)

Cut up the greens as you might spinach or kale. Thrown in a saute pan with butter or your fat of choice. Cook just for a few minutes before adding some canned tomatoes, an amount that feels right. Season with salt and pepper and stir. Cooking for maybe 10-15 minutes depending on how liquidy the tomatoes are. You can eat this as is or with steamed potato cubes.

Frijoles Borrachos with Dandelion Greens

Adapted from: The Cuisines of Mexico Revised Edition, Diane Kennedy, 1972 (1986)

A bean pot

¼ lb pork rind

½ lb pink or pinto beans

¼ oion, sliced

2 mall cloves garlic, peeled and sliced

6 cups water

1/3 small bottle of beer

1 ¼ tsp salt

A frying pan

3 thick strips bacon (1/4 lb)

2 tbsp melted lard or pork drippings

2 medium tomatoes (about ¾ lb)

3 chiles serranos, finely chopped

2 large whole sprigs fresh coriander

The beans

Firjoes a la charra: this is the Nuevo Leon version of firjoles de olla. Literally it means: beans cooked in the way the lady charro would prepare them (the churros are the elegant horsemen of Mexico).

The green chilies and coriander give the beans a unique and interesting flavor, making them a perfecet complement to the simple broiled meats so popular in Monterrey, the capital of Nuevo Leon: the agujas (ribs of beef) and cabrito (kid) cooked over wood or charcoal. There are many variations of this recipe and the very similar firjoles rancheros and firjoles fronterizos.

Monterrey is an important center for the beer industry - by adding 1/3 small bottle of beer to the recipe they become frijoles borrachos, a very lusty plateful.

Cut the pork rind into small squares and put them, together with the bans, onion, and garlic, into the bean pot.

Add the water and bring toa boil. Lower the flame, cover the pot, and let the beans cook gently until they are tender – about 1 ½ hours. Add the salt and cook them, uncovered, for another 15 minutes.

Cut the bacon into small pieces and cook it gently in the lard until it is slightly browned.

Peel, seed, and chop the tomatoes; strain the seeds and add the juice. Add the tomatoes together with the rest of the ingredients [including the dandelion greens]. Cook the mixture over a fairly high flame for about 10 minutes, until it is well seasoned. Add the tomato mixture to the beans and let them cook together, uncovered, over a low flame for about 15 minutes.

Serve in small individual bowls with broiled meats, or add ome more liquid and serve as a soup.

You should e able to buy pork rind by the pound from the butchers specializing in pork. If not, the shoulder of pork recommended for so many of the recipes here usually has the rind left on. Youc an cut it off and freeze it for this or the occasionaly French recipe that calls for it.

mustard crusted tofu

Nettle aloo

Harira

From: Cooking the North African Way, Mary Winget and Habib Chalbi, 2004, p. 66

4 tbsp olive oil

2 cloves garlic, pressed

2 medium onions, finely chopped

8 oz canned, cooked chickpeas, drained

15 oz canned fava beans

3-4 cups water

½ tsp turmeric

½ tsp ground ginger

½ tsp coriander seeds

½ tsp cinnamon

Salt and pepper to taste

1 lb ripe tomatoes (about 2), quartered

½ cup lentils, washed

2 tbsp, finely chopped parsley

¼ cup white rice, washed

2 eggs, beaten

Juice of 1 lemon

Harira is Morrocan soup eaten year-round but traditionally enjoyed after sunset during Ramadan. A meat version can be made by omitting the fava beans, adding 1 lb lamb cut into cubs and 1 small chicken cut into 8 pieces and doubling the water.

Heat olive oil in a large, heavy frying pan.Brown the garlic and onions. Add chickpeas and water to kettle. Stir in turmeric, ginger, coriander seeds, cinnamon, salt and pepper, tomatoes, and lentils.

Bring to a boil, cover, reduce heat, and simmer for 40 minutes. Add parsley and rice and cook for 20 minutes.

Whisk beaten eggs into soup and cook until eggs form strands. Stir in lemon juice.

aloo shalgam

Moroccan Braised Lamb Shanks with Mint Yogurt

Roast duck with rhubarb and ginger sauce

*Adapted from: “Basic Roast Duckling and Sauce,”* Time-Life: Poultry*, 1978, p. 153 (originally,* Splendid Fare – The Albert Stockli Cookbook*, Albert Stockli)*

4 to 5 lb duckling with the gizzard, heart, and liver reserved and chopped

1 tsp salt

¼ tsp pepper

½ tsp dried rosemary

Basic duck sauce:

1 rib celery, coarsely chopped

1 carrot, coarsely chopped

1 onion, coarsely chopped

1 tomato, coarsely chopped

1 cup beef stock

Rhubarb and ginger sauce

The above basic duck sauce

3 tbsp sugar

1 tbsp butter

1/3 cup cider vinegar

1 cup + chopped rhubarb

3 tbsp brandy

1 tsp finely chopped fresh ginger root

Preheat oven to 450F.

Trim the duck of excess fat at the base of the tail and inside. Rub it inside and out with salt, pepper, and rosemary. Prick the skin on the thighs and breast to allow the fat to drain. Place the duck and giblets in a pan and roast for 1 ½ hours. Remove the duck from the pan and keep it warm.

Pour off all but about 2 tbsp of fat from the roasting pan. Add the chopped vegetables and saute for 10 minutes, stirring constantly. Add the beef stock. Stir, scraping up the brown bits in the pan, then strain the contents into a saucepan.

This basic duck sauce may be served as is, or turned into rhubarb and ginger sauce as follows: melt the sugar and butter in a sauce pan and cook, stirring, until the mixture is brown. Add the vinegar and continue to cook over high heat until the mixture is reduced by half. Stir in the rhubarb pieces, the basic duck sauce, the brandy, and ginger. Lower the heat and simmer until the rhubarb is stewed and the sauce thickens. Taste the sauce and add salt if necessary.

Cut the duck into quarters using poultry shears, pour the sauce over it and serve.

Ham cream mushroom spinach linguine

buckwheat crust asparagus quiche

dessert

lemon, olive oil, molasses vegan cake

raisin crumb pi/coconut oil crust

lemon mint cake w/ syrup

Banana bourbon cake

coconut chocolate pie

bread pudding with whiskey sauce

carrot cake with olive oil, cider

berry medley oatmeal bars

apple ginger muffins

coffee flavored corn cookies

blueberry gingerbread

From: *Cooking Down East: Favorite Maine Recipes*, Marjorie Standish (with Melissa Kelly), 1968 (2010), p. 163.

½ cup shortening

½ tsp salt

1 cup sugar

1 egg

2 cups flour

½ tsp iner

1 tsp cinnamon

1 tsp baking soda

3 tbsp molasses

1 cup sour milk or buttermilk

1 cup Maine blueberries

3 tbsp sugar

Preheat to 350F. Cream shortening. Add salt. Add sugar, gradually. Add unbeaten egg and beat mixture until liht and creamy.

Sift and measure flour. Sift with giner and cinnamon.

Measure soda into buttermilk or sour milk. (If you do not have either and want to ‘sour’ milk, then use 1 cup sweet milk and add 2 tbsp vinegar to this.) Stir soda to dissolve in sour milk.

Add sifted dry ingredients and sour milk alternately to creamed mixture. Add 3 tbsp molasses.

Add blueberries. Use a greased and floured 9 by 9 inch pan. Turn batter into pan. Sprinkle 3 tbsp sugar over top of batter. Bake for 50 to 60 minutes.

**rhubarb cake**

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 301.

1 cup shortening

1 ½ cups brown sugar

1 egg

1 cup sour milk or buttermilk

1 tsp baking soda, divided

2 cups flour

1 tsp vanilla

1 ½ cups finely cut raw rhubarb

¼ cup sugar

1 ½ tsp cinnamon

Whipped cream

Additional cinnamon and sugar

Cream shortening and brown sugar; beat in egg. Stir ½ tsp of the baking soda into the milk or buttermilk and add to shortening mixture. Combine flour and remaining bakin soda and mix into batter with vanilla. Fold in rhubarb. Pour into a butter 9x13 inch pan. Sprinkle with sugar and cinnamon. Bake at 350F for 40 minutes.

Serve topped with whipped cream and sprinkle with additional cinnamon and sugar.

chocolate pudding

Rhubarb barley butterscotch cookies

SUMMER

For the morning

german apple pancakes

From: *Heartland: The Best of the Old and the New from Midwest Kitchens*, Marcia Adams, 1991, p. 12.

2 large cooking apples, such as Yellow Delicious or Granny Smith

¼ cup butter

1 cup all-purpose flour

1 cup milk

6 eggs

1 tsp vanilla

½ tsp salt

¼ tsp ground nutmeg

Confectioners’ sugar

German apple pancakes are sometimes called puff pancakes and can be made without the apples. Either way, this is an unbeatable breakfast or luncheon dish and great for company.

Preheat oven to 475F. Peel, core, and very thinly slice the apples; you should have approximately 1 ½ cups. Melt 2 tbsp of the butter over medium low heat in a small fry pan, and saute the apples until they are just tender, about 3 minutes. Keep warm while preparing the batter. Place a 9 or 10 inch cast-iron skillet or very heavy ovenproof pan in the oven to heat for at least 5 minutes – the pan has to be very hot for this recipe to really work properly. When it is well heated, add the remaining 2 tbsp of butter to melt and put skillet back in oven; the butter should be very hot but not brown when you add the apples and the batter.

While the skillet is heating, place the flour, milk, eggs, vanilla, salt, and nutmeg in a blender, and whiz until smooth. (This can also be done with a rotary beater.) Remove the skillet from the oven, quicky arrange the warm sautéed apple slices over the melted butter, and pour the batter evenly over all. Bake for 15 minutes, reduce heat to 375F, and bake 10 minutes longer. The pancake will puff and climb up the sides of the pan. Sprinkle with confectioners’ sugar, then cut in wedges and serve with maple syrup and crisp bacon.

Buckwheat cornmeal scones

Apple buckwheat cornmeal pancakes

beans on toast

**breakfast veggies: summer squash and kale**

Snacks and stuff

quark/ricotta

yogurt

tomato sandwich

strawberry, scallion, goat cheese sandwich

tamarind lime gin cocktail

zuke fritters

sourdough whole wheat pizza dough

sourdough anadama

red cabbage ginger kraut

baba ganoush

hummus, falalfel

cucumber sandwich

cuke mint yogurt

lavender lemonade

kale salad (yogurt/parmesean, lemon, etc.)

main meal

gazpacho

gazpacho extremaduro

collards lasagna with besciamella

kale frittata

no bake mac and cheese w/ spinach

harput kufte (stuffed lamb meatballs)

tempeh greens miso soup

spiced chicken cooked in milk

*From:* Time-Life: Poultry*, 1978 (originally:* Summer Cooking*, Elizabeth David)*

4 to 4 ½ lb stewing chicken

1 tsp coriander seeds

1 inch slice fresh ginger root

2 or 3 cardamom pods

¼ tsp ground cloves

Salt and ground black pepper

2 lemons

2 quarts milk

2 eggs, beaten

Roast the coriander seeds for 2 or 3 minutes in a moderate oven; peel the ginger root and chop it coarsely; pound both in a mortar with the cardamoms and the ground cloves, after removing the husks of the cardamoms. Add salt and ground black pepper. Prick the chicken all over with a fork, rub it with lemon; then press some of the spices onto the chicken and put some more inside. Place the chicken in a heatproof casserole and leave for an hour or two.

Bring the milk to a boil with the remainder of the spices. Pour it over chicken and cook very slowly for about 2 ½ hours – for the first hour on top of the stove, with the casserole covered; for the remainder of the time in the oven, without the lid. When the chicken is quite thnder, take the casserole out of the oven and leave it to cool.

When cold, cut all the flesh from the chicken in nice pieces, measure about 2 cups of the sauce, heat it up. Add the sauce gradually, through a sieve, to the 2 whole beaten eggs and heat the mixture in a double boiler till thick. Pour this sauce over the chicken.

Serve cold.

**majadra (w/ eggplant)**

lime/coconut milk soup

Watermelon Tomato Salad

half-runner beans and cornbread

Cadiz cucumber salad

From: <http://www.kyproud.com/recipes/recipe.aspx?title=Cadiz%20Cucumber%20Salad>

2 Kentucky Proud green bell peppers, thinly sliced

3 or 4 Kentucky Proud cucumbers, thinly sliced

4 or 5 Kentucky Proud onions, thinly sliced

2 cups white vinegar

1 cup sugar max

1/4 cup salt

1 tablespoon celery seeds

Combine all, put in fridge, let sit 3-4 days

corn chowder/cold corn vichysoisse

spanakopita

calabacitas con crema

From: *The Cuisines of Mexico Revised Edition*, Diane Kennedy, 1972 (1986), p. 259.

1 ½ lbs zucchini

2 medium tomatoes (3/4 lb)

6 peppercorns

4 sprigs fresh coriander

2 sprigs mints, fresh if possible

½-inch stick cinnamon

4 whole cloves

2 whole chiles serranos

½ cup thin cream

½ tsp salt

There are hundreds of ways of cooking squash in Mexico, and every cook has her own method and seasoning. This was our miad Godileva’s way of preparing them, and the dish frequently prepared on our dinner table. It has an exotic flavor, and is quite unlike any other squash dish I have come across.

Clean, trim, and dice the squash; skin, seed, and chop the tomatoes. Put them into the pan together with the other ingredients.

Cover the pan with a tightly fitting lid and cook the mixture over a low flame, scraping the bottom of the pan and stirring the mixture well from time to time so that it does not stick. If the veetables are dryin up too much, add a little water. It will take about 30 minute sto cook.

When cooked the zucchini should be very soft, the cream completely absorbed, and no liquid remaining in the pan. The chilies should remain whole and just flavor the squash – it should not be picante.

This is a very good vegetable dish with meat or fish. It can be prepared ahead of time and it is perhaps even better heated up the next day.

lamb chops a la shoshouska

country spinach

From: *The Flavor of Wisconsin: An Informal History of Food and Eating in the Badger State*, Harva Hachten and Terese Allen, 2009, p. 260.

~2 lbs fresh spinach

4 large potatoes

Cut out the tough green stalks of the spinach. Boil spinach with potatoes until done. Drain and mash potatoes and spinach together.

Submitted by Elizabeth D. Fischer, Stockbridge, who served this with fresh pork cut in large chunks and decorated with hard-boiled eggs.

Spinach salad w/ hot bacon vinagairette

Wild grape and lamb dolmades

pea tempeh orange glaze

grilled chicken with lemon oregano marinade

fennel and bok choi ginger tamarind saute

black bean burgers

feijao de coco

basil/cilantro pesto

Udon noodle "bap"

drunken trout

cold cuke soup

succotash

chicken with cucumbers (poularde a la Charles Monselet)

*From:* Time-Life: Poultry*, 1978 (originally:* Cuisine et vins de France*, Curnonsky)*

2 2 to 3 lb chickens, cut into serving pieces

Salt and pepper

10 tbsp butter

Oil

1 lb fresh mushrooms with the stems removed and the caps quartered

16 boiling onions, finely chopped

6 large, ripe tomatoes, peeled, seeded and chopped

1 cup heavy cream

2 small cucumbers, peeled, halved lengthwise, seeded and trimmed into chunks that resemble olives

Ground thyme

½ tsp finely chopped fresh tarragon

Season the chicken pieces with salt and pper. Heat the butter in a saute pan, add the chicken pieces and cook rapidly until they are golden. Add a little oil if necessary. Remove the pieces and cover with foil to keep them warm.

Toss the mushrooms briefly in the butter remaining in the pan; remove them also and keep them warm.

Place the onions in the pan, put the hciken pieces on top of them and cover with the mushrooms. Cover the pan with a piece of buttered paper before putting on the lid, so that the cooking will take place in a sealed, moist atmosphere and the onions will not color. Place over low heat.

After 15 minutes, add the tomatoes and adjust the seasoning if necessary. After a further 10 to 12 minutes, add the cream, tilting the pan from side to side to mix in the cream thoroughly. Discard the buttered paper but replace the lid and leave the pan at a slow simmer.

While the dish is cooking, blanch the cucumber pieces in boiling water until they are tender. Drain them and add them to the chicken pieces in the pan.

Now comes the final delicate touch: add a pinch of tyme and the tarragon to the pan and simmer for a few minutes. To serve, arrange the chicken pieces on a warmed platter and pour the contents of the saute pan over them.

dessert

orange marmelade cheesecake

Straw barb pie

shortbread w/ rhubarb applesauce (or rhubarb ic)

tapioca

ICE CREAM

lambic ice cream float

carrot juice ice cream

rhubarb ic

mint choc chip ic

coffee ic

lime basil sorbet

chocolate mousse

plum cardamom chocolate cake

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