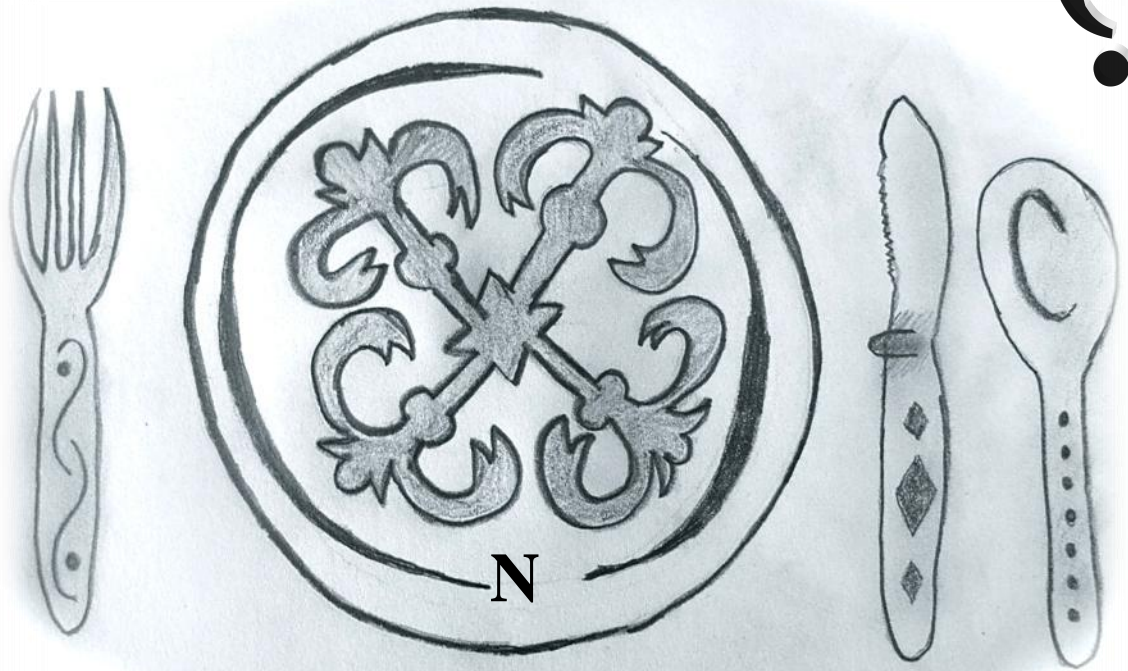


Отур! Ич! Же!



Eating Well in Kyrgyzstan

Peace Corps Kyrgyzstan Cookbook

Тамакөнг Таттуу болсун!

Cooking in Kyrgyzstan can be an all-day adventure: procuring ingredients at the hectic bazaars, finagling substitutions for American ingredients, sniffing at things to ascertain their freshness, and then the massive task of putting food together in hap-hazard kitchens where svet jok and cyy jok often spice up the process... but don't be defeated, cooking for yourself is a great way to maintain control of your diet, to unwind after a long day at work, or to learn a skill you might not have honed of in America.

These recipes are made from local ingredients, with plausible substitutions suggested where necessary. Recipes come from the collections of Peace Corps Volunteers and Kyrgyz Nationals who have graciously hosted us and fed us. Be adventurous. Stock up on spices you've never tried before. Watch your host mother make plov. Buy that strange looking vegetable. Buy an oven. Experiment! Make the most of the incredibly delicious and abundant produce available in Kyrgyzstan - the most delicious fruits and vegetables abound in the summer, and canning is a great way to keep the momentum going through the winter. Play around with these recipes, develop a personal style, and stay healthy (or at least, satisfied) during your service! Bon appétit!

This edition was edited by Stephanie Smith and Lola Dupuy (K-18's).

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BREAKFAST

Anything Goes Quiche

(8 Servings)

Pie Crust:

1 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ cup cold butter
 $\frac{1}{2}$ tsp salt
3 tbs cold water

Filling:

$\frac{1}{2}$ cup milk or cream
 $\frac{1}{2}$ cup diced onion
1 clove garlic,
6 eggs

Add-in ideas:

about $\frac{1}{2}$ cup of grated
cheese, canned mushrooms,
minced olives, spinach, ham
broccoli, cubes of sausage,

Pie Crust: Preheat oven to 220° C (425° F). Mix flour and salt together. Cut in butter and mash with a fork until you have pea-sized clumps. Add the cold water and continue mixing with fork. Gently form dough into a ball, wrap in plastic bag and refrigerate for 30 minutes. Flour a clean surface and roll out dough into a 12" circle. Keeping dough and rolling pin well-floured, gently wrap dough around rolling pin and transfer to pie plate. Bake empty pie crust until just golden (about 10 min) then cool slightly.

Filling: Preheat oven to 180° C (350° F). Whisk all ingredients together and fill in cooled crust. Bake for 20-30 minutes or until slightly browned.

Buttery Home Fries

(6 servings)

4 tbs butter
1 small onion, sliced
2 cloves garlic, minced
 $\frac{1}{2}$ kilogram potatoes cut into cubes

Heat butter in large skillet over medium heat. Add onions and garlic and sauté until soft, about 5 minutes. Add potatoes. Cover and cook, stirring often, until potatoes are golden and cooked through, about 30 minutes.

Eggs

Boiled:

Cook desired number of eggs in large pot of salted boiling water for 13 minutes.

Fried:

1 tsp butter
2 eggs

Melt butter in skillet over medium-high heat. Crack eggs into skillet and cook until whites are cooked through and yolks are at desired consistency. Sprinkle with salt and pepper and serve.

Poached:

2 eggs

Bring to boil salted water in large pot over high heat. Crack 1 egg into teacup. Gently pour egg into boiling water. Cook until white is firm and yolk is desired consistency, about 30 seconds. Remove with slotted spoon and repeat with remaining egg.

Scrambled:

Scrambled eggs are good with chopped onion, bell pepper, or other vegetables. You can also try adding fresh herbs.

1 tsp butter

2 eggs

1 tbs milk or water

Melt butter in skillet over low heat. Combine eggs and milk in small bowl and whisk with fork. Season to taste with salt and pepper or other spices. Pour eggs into skillet and cook until firm, stirring every so often.

Egg, Potato and Onion Tortilla

(4 Servings)

½ kilogram potatoes, peeled and thinly sliced

3 tbs olive oil

1 large onion, thinly sliced

4 eggs, beaten

Heat oil in large oven-proof skillet over high heat. Add potatoes and sauté until browned, about 10 minutes. Add onions and sauté 10 minutes longer. Remove from heat. Season to taste with salt and pepper. Pour eggs over potato mixture and spread into even layer. Season to taste with salt and pepper. Cover and cook over low heat until eggs are firm in center, about 20 minutes. Cut into wedges and serve.

French Toast

(5 servings)

To increase recipes, just add more eggs and bread. Each egg accounts for about three pieces of bread.

1 loaf “Russian” bread, sliced or any soft absorbent bread

4 eggs

½ cup sugar

2 tbs cinnamon

½ tsp salt

½ cup milk

Mix eggs and spices together in a large bowl add some milk to the batter. Heat up skillet before you start cooking. Dip each piece of bread into the egg mixture and

place into skillet. Cook for about two minutes on each side. Serve with butter, powdered sugar and cinnamon.

Granola

(10 servings)

You can also add peanut butter, dried fruit (cranberries, raisins, mangos... etc.), nuts (almonds, walnuts, pecans, apricot pits)

1 kilo oats
¾ cup sugar
¼ tsp salt
1 tsp cinnamon
½ cup vegetable oil
2 tbs honey
½ tsp vanilla powder

Preheat oven to 250° F. In a bowl mix the oats, brown sugar, salt and cinnamon. In a saucepan warm the oil and honey. Whisk in vanilla. Carefully pour the liquid over the oat mixture. Stir gently with a wooden spoon; finish mixing by hand. Spread granola in a baking pan. Bake 40 minutes, stirring carefully every 15 minutes. Transfer granola-filled pan to a rack to cool completely. Store granola in an airtight container or self-sealing plastic bag.

Old Fashioned Doughnuts

(1 dozen)

½ cup milk
1 ¾ cup flour
½ cup sugar
2 tsp baking powder
¼ tsp nutmeg
½ tsp salt
1 egg
1 tbs melted butter
1 quart vegetable oil

Mix milk, sugar, baking powder, salt, egg, and butter in a large bowl. Add flour gradually, just enough to make the dough firm enough to handle, yet soft as possible. Cover dough and chill 1 hr. Lightly flour surface and knead dough for a few minutes. Roll dough ½ inch thick. Cut into doughnut shapes. Set aside and let rise 5 minutes. Heat 3-4 inches of oil in pot. Drop doughnuts into oil and fry. When one side looks brown turn over with fork. Don't fry too long, but make sure insides are cooked. Place on napkins to drain oil and cool slightly. While still warm, shake in bowl (with lid) with sugar, cocoa, etc.

Pancakes, Original

(8 small pancakes)
1 ¼ cup flour
1 tbs sugar
1 beaten egg
2 tbs oil
3 tsp baking powder
½ tsp salt
1 cup milk

Sift together dry ingredients. Combine egg, milk, and oil. Mix with dry ingredients until just moistened. Cook on preheated skillet.

Pancakes, Apple and Oatmeal

(1 dozen)
1 basic pancake recipe (above)
2-3 apples
½ cup oatmeal
½ cup milk

Peel and dice apples. Sauté in butter until soft. Add apples to pancake batter. Add oatmeal. Add milk if batter is too thick. Make as usual and enjoy!

Pancakes, Cocoa

(1 dozen)
1 egg
¾ cup milk
1 tbs margarine or butter, melted
¾ cup flour
¼ cup sugar
4 tbs baking cocoa
1 tsp baking powder
⅛ tsp salt
¼ tsp ground nutmeg
¼ tsp ground cinnamon
1 cup sliced strawberries for garnish (optional)

Beat egg in medium bowl until fluffy. Beat in milk and margarine until smooth. Stir in remaining ingredients, except strawberries. Melt a small amount of butter in the skillet to prevent sticking, over medium heat. To test griddle, sprinkle a few drops of water. If bubbles jump around, heat is just right. For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes until puffed and dry around the edges. Flip and cook other side until golden brown. Serve with strawberries.

Pancakes, Cornmeal

(1 dozen)
1 ¼ cup cornmeal
1 tsp salt
1-2 tbs honey or sugar
1 cup boiling water

1 egg
½ cup milk
1-2 tbs melted butter
½ cup flour
2 tsp baking powder

Combine the first four ingredients and let the mixture soak for ten minutes. In a separate pan, combine the egg, milk and melted butter. Add to the first mixture and stir. Stir in the flour and baking powder. Drop onto a hot skillet and flip when edges start to bubble. Great with honey & cinnamon syrup, or serve with dinner as a bread.

Rice Kasha

(4 servings)
1 cup rice
1 ½ cup milk
1 cup water
Sugar to taste
Apricots/raisins to taste (optional)
Butter to taste

Put the rice in a pot with the milk and water. Bring to a boil and simmer until the rice is soft, about 15 minutes. Add butter and fruit and stir. Serve with sugar.

Bread & Muffins

Sweet

Apple Bread

(1 loaf)
Shredded carrots can be substituted for the apples in this recipe, which is also delicious. This recipe calls for a 8- x 4- x 2-inch loaf pan. Use a pie-plate-size pan or double the recipe for a larger pan.

1½ cups flour
1 tbs cinnamon
½ tsp baking soda
¼ tsp baking powder
¼ tsp salt
1 cup sugar
1 cup finely shredded, peeled apple
¼ cup sunflower oil
1 egg, beaten
¼ cup water
¼ tsp lemon peel or lemon crystals in small package
½ cup chopped nuts (optional)

Preheat oven 180°C (350°F). Combine first 5 ingredients in medium bowl. Mix together sugar, shredded apple, oil, egg and lemon peel in separate bowl. Add flour mixture to apple mixture, stir until just combined. Fold in nuts if desired. Pour batter into

greased pan. Bake until firm and golden, about 40 minutes. Serve warm with butter or sour cream.

Banana Fritters

(1 dozen)

1 cup sifted flour

1 tbs sugar

½ tsp salt

1 tsp baking powder

2 eggs

½ cup milk

2 tbs vegetable oil

6 medium firm, ripe bananas

Oil for frying

Powdered sugar for dusting

Into a small bowl mix flour, sugar, baking powder and salt. In another bowl, beat eggs, milk and oil together with a fork or a whisk. Combine liquid ingredients with dry ingredients; stir until all flour is moistened. Slice bananas in half lengthwise; dip into batter. Drop bananas into at least 2 inches hot oil (375° F) in a deep skillet. Fry a few at a time, turning once, 2 to 3 minutes or until golden brown. Drain on paper towels. Serve immediately, sprinkled with powdered sugar.

Basic Muffin Mix

(1 dozen)

Add 1 cup of fresh fruit, dried nuts, raisins, ½ cup dried fruit, lemon zest or any other ingredient that sounds good.

2 cups flour

3 tsp baking powder

⅓ cup sugar

½ tsp salt

1 cup milk

1 egg, slightly beaten

¼ cup melted butter or oil

Preheat oven to 190°C (375°F). Mix together flour, baking powder, sugar and salt in large bowl. Mix together milk, egg and butter in separate bowl. Gently stir milk mixture into dry ingredients, until just combined. Do not over-mix. Spoon into greased muffin pans. Bake until golden, about 25 minutes.

Brooke's Honey Cornbread

(1 loaf)

½ cup sugar

1 ½ tb baking powder

1 ⅓ cup cream/milk

½ cup vegetable oil

½ cup honey
3 eggs
1 ⅓ cup flour
1 ⅓ cup cornmeal

Preheat oven to 180°C (350°F). Grease baking sheet. In mixing bowl mix together sugar, cream, oil, honey, eggs. Mix in dry ingredients until batter is moist. Pour into baking sheet. Bake for 15 min. or until golden brown.

Crepes

(1 dozen)
¾ cup flour
⅓ cup milk
2 eggs
2 tbs sugar
4 tsp cooking oil
caramel apple sauce, nuts, nutella, etc.

In a blender combine flour, ⅓ cup water, milk, eggs, sugar, and oil. Cover and blend until smooth, stopping and scraping the sides of container as necessary. In a good frying pan, pour half a cup (estimate) of batter and turn the pan quickly so the dough forms a thin crepe on the bottom of the pan. Fill with caramel apple sauce, nuts, and ice cream, or nutella and bananas, or strawberries and kaimak,

Churros

(8 churros)
Oil
1 cup water
½ cup butter
¼ tsp salt
1 cup flour
3 eggs
¼ cup sugar
¼ tsp cinnamon

Heat oil to 180°C (350°F). Heat water, butter, and salt to rolling boil in a pan. Stir in flour on low heat until mixture forms a ball about a minute. Remove from heat. Beat eggs until smooth then add them to mixture. Stir eggs into mixture. Either roll out the dough into 4 inch strips or try using a plastic bag with an end cut off and squeeze the mixture into the oil. Cook until golden brown. Drain and then top with cinnamon and sugar and take a trip to Mexico.

Cinnamon Raisin Bread

(1 loaf)
1 ½ cups milk
1 cup warm water
1 tbs active dry yeast
3 eggs
½ cup sugar
1 tsp salt

½ cup butter, softened
1 cup raisins
8 cups flour:
2 tbs butter, melted
¾ cup sugar
2 tbs cinnamon
2 tbs milk

Preheat oven to 180°C (350°F). Warm the milk in a small saucepan until it bubbles, then remove from heat. Let cool until lukewarm. Dissolve yeast in warm water, and set aside until yeast is foamy. Mix in eggs, sugar, butter, salt and raisins. Stir in yeast mixture. Add the flour gradually to make a stiff dough. Knead dough on a lightly floured surface for a few minutes. Place in a large, greased mixing bowl and lightly grease the surface of the dough. Cover with a damp cloth and allow to rise until doubled. Roll out on lightly floured surface into a large rectangle ½ inch thick. Moisten dough with 2 tbs milk. Mix together ¾ cup sugar and 2 tbs cinnamon and sprinkle mixture on top of the moistened dough. Roll up tightly; the roll should be about 3 inches in diameter. Cut into thirds and tuck under ends. Place loaves into well greased 9 x 5 inch pans and using butter, lightly grease the tops of the loaves. Let rise again for 1 hour. Bake for 45 minutes or until loaves are slightly browned and a toothpick inserted comes out clean. Remove from pans and brush with melted butter; cool before slicing.

Fastest Cinnamon Rolls

(1 dozen)

Dough:

2 tables yeast
½ cup warm water
½ cup warm milk
¼ cup sugar
⅓ cup butter
1 tsp salt
1 egg
3 ½ to 4 cups all-purpose flour

Filling:

½ cup melted butter, plus more for pan
¾ cup sugar, plus more for pan
2 tbs ground cinnamon
¾ cup raisins, walnuts, or pecans, optional

Glaze:

4 tbs butter
2 cups powdered sugar
1 tsp vanilla extract
3 to 6 tbs hot water

Preheat oven to 180° C (350°F). In a small bowl, dissolve yeast in warm water and set aside. In a large bowl mix milk, sugar, melted butter, salt and egg. Add 2 cups of flour and mix until smooth. Add yeast mixture. Mix in remaining flour until dough is easy to handle. Knead dough on lightly floured surface for 5 to 10 minutes. Place in well-greased bowl, cover and let rise until doubled in size, usually 1 to 1 1/2 hours.

When doubled in size, punch down dough. Roll out on a floured surface into a 15 by 9-inch rectangle. Spread melted butter all over dough. Mix sugar and cinnamon and sprinkle over buttered dough. Sprinkle with walnuts, pecans, or raisins if desired.

Beginning at the 15-inch side, role up dough and pinch edge together to seal. Cut into 12 to 15 slices.

Coat the bottom of baking pan with butter and sprinkle with sugar. Place cinnamon roll slices close together in the pan and let rise until dough is doubled, about 45 minutes. Bake for about 30 minutes or until nicely browned.

Meanwhile, mix butter, powdered sugar, and vanilla. Add hot water 1 tbs at a time until the glaze reaches desired consistency. Spread over slightly cooled rolls.

Monkey Balls

(1 loaf)

These are kind of like cinnamon buns but in ball form.

1 basic bread recipe (pg. 22)

½ block of butter

2 cups sugar

2-3 tbs cinnamon

Preheat oven to 180° C (350° F). When the bread dough rises, melt butter on the stove. In a different bowl, mix sugar and cinnamon. Break off pieces of the bread and roll into balls (about the size of a golf ball). Roll each ball in the melted butter. Next roll into the cinnamon sugar mixture. Place balls side by side in a baking dish. Bake for 25 minutes or until done.

Morning Rolls

(1 dozen)

4 cups flour, plus extra for dusting

2 tsp salt

½ tbs yeast

2/3 cup warm milk

2/3 cups warm water

Grease two baking sheets. Sift flour and salt into large bowl and make a well in center. Mix yeast, milk, and water in small bowl; mixture will be foamy. Pour yeast mixture into center of flour. Mix with hands, adding more flour until dough forms. Knead dough in bowl for about 5 minutes, adding more flour if necessary. Place dough in greased bowl and let rise in warm place, until doubled in size, about 1 hour. Punch dough down and divide into 10 pieces. Press dough into flat ovals, place on sheet, cover and let rise in warm place an additional 30 minutes. Preheat oven to 205° C (400° F). Bake until golden, about 15 minutes. Serve warm.

Nutella Banana Bread

(1 loaf)

2 cups flour

1 tsp baking soda

1 tsp salt

1 stick butter

1 cup sugar

2 eggs

1 tsp vanilla extract

3 mashed very ripe bananas

1 tsp cinnamon

¼ cup nutella concoction (looks like nutella and is widely sold, sometimes with a milky swirl)

Preheat oven to 350. Combine flour, baking soda and salt in a medium bowl. Beat sugar and butter in a separate bowl until the mixture is fluffy. Stir in the eggs and the vanilla, the cinnamon and nutmeg. Alternating, add banana and dry ingredients, stirring well. Pour into a greased pan. With a fork, trace the nutella into the top of the mixture so that it does not clump but does not quite combine with the batter. Bake for about 40 minutes, or until golden brown.

Pumpkin Quick Bread

(1 loaf)

3 cups sugar

1 cup vegetable oil

4 eggs, lightly beaten

2 cups unsweetened cooked pumpkin

3 ½ cups flour

2 tsp salt

2 tsp baking soda

1 tsp baking powder

1 tsp each nutmeg, allspice and cinnamon

½ tsp clove

2/3 cup water

Preheat oven to 180°C (350°F). Butter and flour 2 9x5 loaf pans. Mix oil and sugar. Add pumpkin and eggs. Combine dry ingredients in different bowl. Mix wet and dry ingredients alternately. Divide mixture into 2 loaf pans. Bake for 30-40 minutes or until tester comes out clean. Cool and remove from pans.

Super Scones

(1 dozen)

Scones:

2 cups all-purpose flour

¼ cup granulated white sugar

2 tsp baking powder

⅛ tsp salt

⅓ cup cold butter

1 large egg, lightly beaten

1 tbs vanilla

½ cup cream

½ cup chopped dried fruit, fresh fruit, or nuts (optional)

Glaze:

1 large egg, lightly beaten

1 tbs cream or milk

Preheat oven to 180°C (350°F). In a large bowl whisk together flour, sugar, baking powder, and salt. Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives until it looks like coarse crumbs. Separately, combine cream, egg, and vanilla. Add to flour mixture, stir to combine. Knead on a lightly floured surface. Roll into a thick (1.5 in/3.75 cm) circle and cut into triangles or rounds. Add fruit, etc. if desired. Brush with glaze before baking. Bake for about

15-18 minutes, or until a toothpick inserted in the center comes out clean. Serve with варения or clotted cream or каймак/сметана.

Clotted Cream

Begin by taking unpasteurized cream and letting it stand for about 12 hours (during the winter months) or 6 hours (during the warm summer months). Then to sterilize the cream; place the cream over very low heat (do not boil) until rings form on the surface of the cream. Store in a cold place for at least 12 hours and then skim the thick clotted cream from the surface of the cream.

Thai Style Roti

(2 dozen)

2 cups wheat flour

1 egg

¼ tsp salt

¼ cup ice cold water

1 tbs melted butter

sugar for sprinkling

sweetened condensed milk for drizzling

oil for frying

Sift the flour into a hill on a clean surface. Make a well in the middle and add in egg, melted butter, ice water and salt. Use your hand to incorporate the mixture into a dough. Knead until the dough is soft and form into balls about the size of a duck's egg. Roll lightly in oil and let rest for three hours. When you are ready to make the roti, roll each ball of dough as thin as it will go, forming a flat disk. Make a pile as you go. Warm frying pan at high heat. Add in oil. Place in the roti, flatten with heavy plate if it puffs up. Fry until light golden brown on both sides. Remove the roti from the pan, sprinkle with a little sugar and drizzle with the sweetened condensed milk.

Savory

Bagels

(1 dozen small or ½ dozen regular sized)

4 ½ cups flour

3 tbs sugar

1 ½ tsp salt

2 ¼ tsp yeast

1 2/3 cup warm water

2 tbs butter

1 tbs sugar

Preheat oven to 190°C (375°F). Combine 1 ½ cup flour, sugar, salt and yeast. Mix together. Heat butter and water together until simmering. Add to flour mixture, kneed together. Add ½ cup flour, kneed. Add remaining flour. Knead for 8-10 minutes. Cover and let rise until double in size. Punch down, cover, let rest for 15 minutes. Divide into 12 pieces. Shape into balls with 1 inch hole in the center. In

skillet combine 1 inch water with 1 Tbs sugar, bring to a simmer. Cook each bagel in simmering water for 3 minutes. Turn the bagel over and cook additional 2 minutes. Turn once more, cooking for 1 minutes. Repeat until all bagels are boiled. Drain on towels. When dry place on greased cookie sheet. Bake for 20-25 minutes or until nice and bagel brown.

Toppings: combine 1 egg white with 1 tbs water. Use this to coat each bagel and then top with desired topping such as poppy seeds, caramelized onion and garlic, salt or sesame seeds

Basic Bread

(1 loaf)

5 cups flour, plus extra

2 tsp salt

½ tbs yeast

1 ⅓ cups warm water

Preheat oven to 220° C (425° F). Sift flour and salt into large bowl and make a well in center. Mix yeast and warm water in small bowl; mixture will be foamy. Pour yeast mixture into center of flour. Mix with hands, adding more flour until dough forms. Place dough on clean surface and knead for about 10 minutes until dough is smooth and elastic, adding more flour if necessary. Place dough in greased bowl and let rise in warm place, until doubled in size, about 1 hour. Punch dough down and form into a rectangular loaf. Place into loaf pan. Cover and let rise in warm place an additional 20-30 minutes. Bake until golden, about 35 minutes.

Note: Don't have a loaf pan? Bread can be baked in most pans and even in ovenproof skillets. The bread will bake faster when the dough is spread out so watch it carefully. Don't have an oven? Shape dough into a round, place into deep skillet and cover. Cook over high heat, flipping bread after 10-15 minutes.

Cheese Scones

(1 dozen)

1 ½ cups flour

2 tsp baking powder

⅛ tsp salt

¼ c cold butter

½-⅓ cups cheese (any kind)

1 large egg, lightly beaten

⅓ cup cream or milk

Glaze:

1 large egg, lightly beaten

1 tbs cream or milk

Preheat oven to 180° C (350° F). In a large bowl whisk together flour, baking powder, and salt. Cut the butter into small pieces and blend into the flour mixture with a pastry blender or two knives until it looks like coarse crumbs. Separately, combine cream, and egg. Add to flour mixture, stir to combine. Add in cheese. Knead on a lightly floured surface. Roll into a thick (1.5 in/3.75 cm) circle and cut into triangles

or rounds. Brush with glaze before baking. Bake for about 15-18 minutes, or until a toothpick inserted in the center comes out clean. Serve with варения or clotted cream.

Drop Biscuits

(1 dozen)

2 cups flour

1 tsp salt

2 ½ tsp baking powder

¼ cup chilled butter, cut into cubes

¾ cup milk

Preheat oven to 190°C (375°F). Sift together flour, salt and baking powder into a large bowl. Using your fingers, blend in butter until coarse meal forms. Gently stir in milk until mixture is just damp and dough forms, about 1 minute. Drop dough by spoonfuls onto a non greased baking sheet. Bake at medium heat until biscuits are light golden on the top, about 12 minutes.

English Muffins

(1 dozen)

¾ cup water

1 cup milk

1 tbs butter or shortening

1 tbs sugar

2 tsp salt

1 tsp yeast

3 cups flour

Boil ½ cup water in saucepan over medium heat. Remove from heat. Combine with milk, butter, sugar, and salt in large bowl. Set aside and cool until lukewarm. In a separate bowl dissolve yeast in remaining ¼ cup warm water. Stir and let stand until foamy. Add yeast and 2 cups flour to milk mixture; stir vigorously. Cover and let rise in warm place until double in size. Knead in remaining flour. Cover and let rise in warm place until double in size. Place dough on floured surface and press into 1/2 inch thick square. Cut into 3-inch rounds. Cover muffins and let rise in warm place until double in size. Melt additional butter in large skillet over medium heat. Add muffins and cook about 10 minutes on each side, turning once, until browned. Split and serve.

Focaccia

(1 loaf)

1 tbs sugar

1 tbs yeast

1 ½ cups warm water

4 ⅛ cups flour

2 tsp salt

½ cup onion, chopped

2 tsp olive oil

2 tbs rosemary, crushed

Preheat oven to (400°F). Combine sugar, yeast and water. Stir until yeast is dissolved. Stir in flour, 120 grams at a time. Stir in 1 ½ tsp salt and all of the onion. Mix well then kneed until smooth. Let rise until doubled in size. Punch down the dough, and then flatten onto an oiled sheet. Dough should be 1 inch thick. Brush top of dough with olive oil and allow to double again (15 minutes). Sprinkle rosemary and remaining salt on top of the dough. Bake until lightly browned, about 20 minutes.

Greek Pita Wedges

(6 wedges)

1 pita type bread - lavash and regular tandoor naan work fine

Extra-light olive oil

Oregano

Garlic powder (optional)

Salt

Pepper

Preheat oven to 180°C (350°F). Slice the bread into small wedges. Lay them on a flat pan. Sprinkle/brush on a little olive oil, oregano, garlic powder, salt and pepper. Bake for 3-5 minutes. Serve with hummus or any other dip

Herb and Onion Bread

(1 loaf)

1 ½ cups milk

1 tbs butter

½ tbs dry yeast

¼ cup warm water

5 cups flour

2 tsp salt

½ cup diced onion

2 tbs mixed chopped fresh herbs

Preheat oven to 220°C (425°F). Warm milk in saucepan over medium heat. Do not boil. Stir in butter until melted. Meanwhile, dissolve yeast in warm water in teacup. Add dissolved yeast to milk. Sift flower and salt into large bowl and make a well in center. Pour milk-yeast mixture into well. Mix with hands, adding onion, herbs, and more flour until dough forms. Place dough on clean surface and knead for about 10 minutes until dough is smooth and elastic, adding more flour if necessary. Place dough in greased bowl and let rise in warm place, until doubled in size, about 1 hour. Punch dough down and form into a rectangular loaf. Place into loaf pan. Cover and let rise in warm place an additional 20-30 minutes. Bake until golden, about 35 minutes.

Hush Puppies

(2 dozen)

2 quarts vegetable oil for frying

3 cups cornmeal

2 tsp baking powder

1 ½ tsp salt

1 ½ cups milk

½ cup water

1 egg, beaten

1 small onion, minced

Heat vegetable oil to 185° C. In a large mixing bowl, combine corn meal, baking powder, salt, milk, and water. Mix in egg and chopped onion. Shape the batter into small balls, approximately 1 tbs each. Use a long handled spoon to gently slide the hush puppies into the hot oil. Cook 8 or 10 at a time, until golden brown. Remove from the oil with a slotted spoon, and roll on paper towels to briefly drain. Serve hot.

Pizza Dough

(2 small pizzas)

4 cups flour, plus extra for dusting

2 tsp salt

4 ½ tsp yeast

2 cups warm water

3 tsp oil (olive oil is best)

Preheat oven to 180°C (350°F). Mix together 2 tbs flour, yeast and 1 cup warm water in small bowl; mixture will be foamy. Sift remaining flour and salt into large bowl and make a well in center. Pour yeast mixture and oil into center of flour. Add more water until dough is moist enough to stick together, but not too sticky. Knead 3 minutes. Place dough in greased bowl and let rise in warm place, until doubled in size, about 45 minutes. Remove from bowl and roll out into 2 rounds. Add toppings and back for 30 minutes or until dough is done and toppings are melted.

Tortilla Megan

(8 tortillas)

2 cups flour

1 tsp baking powder

pinch of baking soda (tiny bit or they get fluffy and weird)

½ tsp salt

4 tbs oil

½ - ¾ cup water

Mix dry ingredients separately from oil and water. Pour in oil and water and mix until you have a somewhat dry consistency. Separate into 5 pieces and roll on a floured surface until very thin. Fry on preheated very hot griddle. Cook until it turns a light tan color, then flip and repeat with the other side. Try adding seasoning to your tortillas to spice them up.

Traditional Dinner Rolls

(1 dozen)

1 package yeast

¼ cup warm water

½ cup lukewarm milk

¼ cup sugar

1 tsp salt

1 egg

¼ cup shortening or butter

3 ⅓ cups flour

Preheat oven to (400°F). Mix everything together, working in flour. Knead until smooth. Cover and rest for 10 minutes. Shape into rolls. Let rise. Bake for 20 minutes.

Appetizers, Dips & Snacks

Baked Onion Rings

2 eggs whites
1 large onion cut into rings
⅓ cup bread crumbs
Salt and Pepper to taste

Preheat oven to 220°C (425°F). Mix egg whites, salt and pepper. Dip onion rings into mixture and then coat with bread crumbs. Place on a greased baking sheet and bake for 10 min.

Onion Straws (similar to baked onion rings just less healthy)

Oil for frying
2-3 Onions
Flour

Heat oil to (400°F). Slice onions about 1/4 inch thick or if you desire them thinner then cut thin. Drench onions in flour coating the whole thing. Shake off excess flour. Fry onions until they are golden brown. Works great as a side or garnish for salads.

Bean Dip

(2 cups)
Try adding chopped tomatoes, bell pepper or chilies to this recipe.

½ kilogram cooked pinto beans
1 cup sour cream
1 onion, chopped
1 tsp hot pepper sauce (optional)

Mash beans until smooth. Stir in remaining ingredients and season to taste with salt and pepper. Chill 1 hour and serve.

Bruschetta

(3 cups)
Several liposhka naan breads, buttered
3 tbs olive oil
1 kilo firm-ripe tomatoes
1 ½ tbs lemon juice
bunch of fresh basil, chopped
2 cloves garlic minced
salt and pepper to taste
any soft cheese to spread (optional)

Broil or toast stovetop halved and broken apart pieces of naan, buttered. Meanwhile, rinse, stem and core tomatoes; cut crosswise and squeeze to discard seeds. Chop tomatoes, drain juice in colander. In a bowl, mix 3 tbs olive oil and lemon juice. Stir in tomatoes, basil and garlic. Add salt and pepper to taste. Spread cheese on toasted naan, mound the tomato mixture on top and enjoy.

Eggplant Dip

(2 cups)

2 medium eggplants, peeled and chopped

½ cup tahini

3 garlic cloves, minced

4 tbs lemon juice

Sauté eggplant in large skillet over high heat until very soft. Mash eggplant in large bowl, adding distilled water by tbs, until smooth. Stir in tahini. Add remaining ingredients and season to taste with salt and pepper. Chill 1 hour and serve.

Fake-Crab Dip

(1 cup)

“Mister Crab” (“Мистер Краб”) fake crab meat is not hard to find: look in the freezers where they keep the pelmeni.

1 medium-sized container sour cream

4 or 5 sticks of “Mister Crab,” diced

1 clove garlic, diced

Salt and Pepper to taste

Mix all ingredients together and spice to your personal taste. Goes excellently with crackers or “pizza” snack wedges.

Gougeres

(2 dozen)

1 cup water

8 tb unsalted butter

1 ½ tsp salt

1 ½ cups flour

5 eggs

1 cup diced gruyere (grunzel) cheese

pepper to taste

½ cup grated gruyere cheese

Preheat oven to 190°C (375°F). Combine water, butter and tsp of salt in saucepan and bring to a boil, stirring until butter melts. Remove the pan from the heat, let cool slightly stir in the flour and mix well. Return the pan to the heat and stir with a wooden spoon over high heat until the mixture comes away from the sides of the pan. Remove from the heat. Stir in the eggs, one at a time until well combined. Add the diced cheese, the remaining ½ tsp salt and pepper, stirring well. Drop the dough by rounded tbs onto a well-buttered baking pan. Smooth the top and sides of each

gougere with a knife, and sprinkle with the grated cheese. Bake in batches for 25 minutes, or until puffed and golden. Serve immediately.

Green Dip

(2 cups)

1 ½ cups plain yogurt

½ cup sour cream

1 cup fresh greens herbs, chopped (parsley, dill or cilantro)

2 green onions, chopped

1 garlic clove, minced

½ tsp hot pepper sauce

Stir together yogurt and sour cream. Add remaining ingredients and mix well. Chill.

Hummus and Veggies

(1 cup)

1 cup of chickpeas, boiled until soft

Juice of 1 lemon

2 - 4 cloves of garlic, minced as finely as possible

¼ cup olive oil

1 tbs tahini, or crushed sesame seeds, or peanut butter will work too!

½ cup ayran

Veggies - carrots, peppers, cucumbers, radishes, tomatoes, etc

Combine the ingredients and smash thoroughly, or if you have access to a blender, blend until soft. Slice the vegetables and serve. The trick is to get the ratio of ingredients to best match your flavor For kicks: Try combining new flavors, such as toasted pine nuts or roasted red peppers. This is the perfect portable snack for long hikes!

Jalal-Abad Onion Dip

(2 cups)

Try with fresh veggies or atop toasted bread with fresh tomato.

2 tsp oil

1 large onion, minced

1 garlic clove, minced

1 cup sour cream

¼ cup milk

1 tsp cumin or paprika

Heat oil in medium skillet over medium-low heat. Add onion and sauté until brown and caramelized, about 25 minutes. Add garlic and sauté 1 minute. Cool. Meanwhile combine remaining ingredients in medium bowl. Add onions and garlic. Season generously with salt and pepper.

Simple Candied Jalapeño Peppers

4 jalapeño peppers, cut into rings

1 cup granulated sugar
1 - 2 cups water

In a saucepan, add sugar and water. Heat over low heat until the mixture forms a syrup. Add jalapeno slices and heat 3-4 minutes. Remove the jalapenos and allow to cool. Repeat by adding the pepper slices to the syrup until the jalapeno peppers are thickly candied. Cool and serve.

Talas Vegas Cheese Sticks

200 grams Cheese (Preferably cheese that doesn't melt at a low temperature)

½ cup corn meal

½ cup flour

1 egg

½ cup milk

2 tsp baking powder

1 tbs Italian seasoning (oregano, basil, parsley)

½ tsp pepper

½ tsp salt

Oil for frying

First heat oil over medium heat in a small pot about an inch of oil. Mix all ingredients except cheese in a bowl. You want mixture to be wet but not runny. Cut cheese to desired thickness and size. Coat cheese in mixture, then using a fork or shaslik skewer place cheese in oil be sure to not to let it touch the bottom at first then gently drop it in oil. Cook until golden brown then place on paper towel to dry. Serve with pasta sauce or whatever you like.

Tortilla Chips & Chunky Salsa

1 Tortilla Megan recipe, uncooked (pg. 25)

Oil

Salt

Cut the tortilla dough into chip-sized pieces. Brush oil over both sides of the chips. Top with salt. Bake in oven until crisp. For the less health-conscious, heat oil in skillet and fry chips. Sprinkle with salt afterwards. Using either method, the chips will keep for about a week.

Chunky Salsa

(3 cups)

1 kilogram tomatoes, chopped with juices

2 garlic cloves, minced

2 small onions, diced

1 - 2 bell peppers, diced

½ tsp fresh lemon or lime juice (optional)

1 small jalapeño, stemmed, seeded, and diced

Combine all ingredients in a large bowl. Season generously with salt and pepper. Let stand 1 hour.

Salads & Dressings

Vegetable Salads

Carrot Salad

(4 servings)

½ kilogram carrots, thinly julienne

3 cloves garlic, minced

¼ cup olive oil

¼ tsp diluted vinegar

Combine carrots and garlic in a large bowl. Whisk together oil and vinegar in small teacup; drizzle over carrot garlic mixture. Season to taste with salt and pepper. Chill and serve.

Cucumber Kimchi

(4 servings)

6 cucumbers (carrots optional)

2 - 4 tbs of red pepper powder

1 tbs vinegar

1 tbs water

1 tbs soy sauce (optional)

1 tsp salt

Cut the cucumbers into cubes or shred (your preference). Pour in all the liquids and powders and mix well. Let sit for 10 to 20 minutes to soak. Then enjoy, usually with steamed rice

Cucumber & Tomato Salad - Chinese Style

(4 servings)

This recipe comes from Continental Restaurant, Bishkek.

4 cucumbers, diced

4 tomatoes, diced

1 - 2 cloves fresh garlic, minced

1 tbs soy sauce (or to taste)

1 tbs vinegar (diluted, to taste)

Black pepper to taste

Mix soy sauce, garlic, vinegar, and black pepper (this can be made in advance). Immediately before serving, add dressing to cucumbers and tomatoes and mix well. Serve. Vegetables may get soggy if left for a long time in the dressing.

Dilled Potato Salad

(4 servings)

½ kilogram potatoes, peeled

1 small onion, very thinly sliced

4 radishes, thinly sliced
½ cup mayonnaise
2 pickles, thinly sliced
3 tbs chopped fresh dill

Cook potatoes in large pot boiling water until tender, about 30 minutes. Drain. Cool completely. Cut potatoes into ½-inch cubes and place in medium bowl. Season to taste with salt and pepper. Add remaining ingredients and mix well. Let stand 1 hour. Serve.

Dutch Inspired Coleslaw

(5 servings)
½ cabbage
1 carrot
1 apple
raisins (lots)
1 cup yogurt
sugar (to taste)
vinegar (small dash)

Grate cabbage, carrot and 1/2 apple. Cut up rest of apple, mix ingredients and add raisins, mix in yogurt till all is moist (not wet). Add vinegar and sugar to taste.

Fresh Beet Salad

(4 servings)
1 kilogram beets, peeled
4 tbs olive oil
2 tbs balsamic vinegar
2 tbs chopped fresh herbs (cilantro, dill, or mint)

Cook beets in large pot of boiling water until just tender. Remove. Cut beets into ½-inch cubes and place in large bowl. Cool. Whisk together oil and vinegar. Add dressing and fresh herbs to beets. Season to taste with salt and pepper. Serve at room temperature.

Tomato & Bean Salad in Basil Oil

(4 servings)
½ cup fresh basil, chopped
5 tbs olive oil
5 small tomatoes, chopped (about 1 ½ cups)
1 ½ cups kidney beans, soaked overnight and cooked until tender

Heat oil in small skillet over medium heat. Add half the basil and sauté until just wilted, about 1 minute. Combine tomatoes and kidney beans in medium bowl. Drizzle with basil oil and remaining fresh basil. Stir gently to combine. Season to taste with salt and pepper. Let stand 20 minutes at room temperature.

Traditional Coleslaw

(6 servings)

1 $\frac{1}{3}$ cup mayonnaise
3 tbs vinegar (use diluted Kyrgyz vinegar)
2 tbs plus 2 tsp sugar
2 tbs milk
8 cups of shredded cabbage
 $\frac{1}{2}$ cup carrots
Pepper to taste

Combine mayonnaise, vinegar, sugar and milk in a large bowl. Mix ingredients until smooth. Add carrots and cabbage and toss well. Season to taste with pepper. Cover and chill before serving.

Waldorf Salad

(4 servings)

$\frac{1}{2}$ cup mayonnaise
3 apples; peeled, cored, and chopped
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ cup raisins
1 cup chopped celery (optional)
1 tbs white sugar
1 tsp lemon juice
 $\frac{1}{8}$ tsp salt

In a medium bowl, whisk together the mayonnaise, sugar, lemon juice and salt. Stir in the apples, celery, walnuts and raisins. Chill until ready to serve.

Bean Salads

Curried Lentil Salad

(5 servings)

Try substituting crushed boiled eggs for the lentils to make a delicious curried egg salad. If you do this, omit onion, raisins, oil, and vinegar.

5 cups water
1 $\frac{1}{2}$ cups uncooked red lentils
1 cup finely chopped onion
 $\frac{1}{2}$ cup golden raisins
2 tsp chopped fresh parsley
 $\frac{1}{4}$ cup red wine vinegar
1 $\frac{1}{2}$ tbs mustard
1 $\frac{1}{2}$ tbs curry powder
 $\frac{1}{2}$ tbs turmeric
 $\frac{1}{2}$ cup oil

Bring water to boil in large pot over high heat. Add lentils and cook 5 minutes. Remove from heat; let stand 5 minutes. Drain. Rinse in cold water until cool. Place lentils in large bowl. Season generously with salt and pepper. Stir in onion, golden

raisins and parsley. In separate bowl, stir together vinegar, mustard, and spices. Slowly pour in oil, whisking constantly. Drizzle dressing over lentils and mix well. Chill 30 minutes.

Garbanzo Salad

(4 servings)

½ kilogram cooked garbanzo beans
¼ cup chopped onions
3 tbs vinegar
1 tbs plus 2 tsp oil
1 clove garlic, minced
1 tsp sugar
2 tbs water
Salt and pepper to taste

Mix beans and onion. In a separate bowl whisk together remaining ingredients, and add to beans. Chill 30 minutes and serve.

Middle Eastern Chickpeas

(6 servings)

2 tbs oil
2 onions, diced
4 carrots, diced
2 cups cooked chickpeas
¼ cup raisins
3 tbs chopped fresh parsley
1 tsp cinnamon
1 ½ cups broth
3 tbs honey
2 tbs diluted vinegar
2 tbs flour

Preheat oven to 180°C (350°F). Heat oil over medium heat in large skillet. Add onions and carrots and sauté until onions are translucent, about 5 minutes. Transfer to large bowl and add next 4 ingredients. Heat broth in skillet over medium heat. Whisk honey, vinegar and flour into warm broth until smooth. Add warm sauce to chickpea mixture, mix well. Pour into greased oven-proof dish, cover, and bake until chickpeas and vegetables are tender, about 1 hour.

Rejoyce's Mom's Marinated (Greek-style) Chickpeas

(6 servings)

Use these to dress up salads, or toss with pasta, or just eat as is.

2 cups of dried chickpeas, soaked overnight
1 cup diluted vinegar
½ cup oil
2 - 4 cloves garlic minced
1 small onion minced
1 tsp dried oregano
1 tsp dried mint

Salt and pepper

Cook the beans in 4-6 cups of salted water. Depending on the age of the beans, this can take 1 to 3 hours. Make sure the beans remain covered with water. The beans are done when soft to the touch. While the beans are cooking prepare the dressing in a large bowl, by mixing all the ingredients allow them to blend. Drain the beans and add the hot beans to the dressing. Taste and adjust seasonings, especially salt. The beans might also need more vinegar and oil as they dry.

Other Salads

Tabbouleh

(6 servings)

1 cup uncooked bulgur

1 ½ cups chopped fresh parsley

3 medium tomatoes, chopped

5 medium green onions, thinly sliced

2 tbs chopped fresh or 2 tsp crumbled dried mint leaves

¼ cup olive oil or vegetable oil

¼ cup lemon juice

¾ tsp salt

¼ tsp pepper

Whole ripe olives, if desired

Cover bulgur with cold water. Let stand 30 minutes; drain. Press out as much water as possible. Place bulgur, parsley, tomatoes, onions and mint in medium bowl. Whisk together remaining ingredients except olives. Pour over bulgur mixture; toss. Cover and refrigerate at least 1 hour to blend flavors. Garnish with olives.

Yogurt Salad

(4 servings)

This is a popular salad in both Turkish and Indian cooking. Serve alongside a spicy dish because of its cooling effect.

2 cups plain yogurt

4 cloves garlic, minced

5 small cucumbers, chopped or thinly sliced

½ tsp dried herbs or 1 tbs fresh herbs (dill, cilantro, mint)

Combine all ingredients in medium bowl and mix very well. Season to taste with salt. Chill to let flavors blend for 1 hour.

Dressings

Basic Salad Dressing

(¾ cup)

1 tbs diluted vinegar, red wine vinegar, apple cider vinegar, or lemon juice

¾ cup olive oil

Pour vinegar into medium bowl. Pour oil slowly into bowl, whisking constantly. Season to taste with salt and pepper.

Creamy Garlic & Onion Dressing

(1 ½ cups)

1 cup mayonnaise
2 tbs minced parsley
1 tbs white vinegar
1 tbs milk (more if desired)
1 clove garlic (minced or pressed)
½ tsp sugar
¼ tsp salt
¼ cup sour cream
1 tbs grated onion

Stir together all ingredients. Cover and chill, storing for up to 3 days.

Garlic Dressing

(1 cup)

1 cup oil
1 tbs finely chopped onion
1 bulb garlic
Salt
1 spicy pepper
Black pepper to taste
Oregano, dill, basil to taste

Chop garlic very fine and crush with a spoon. Add to oil, with salt, onion, and spices. Let stand 1-2 hours, stirring occasionally. Store for up to 3 days.

Ginger-Orange Dressing

(⅓ cup)

¼ cup fresh orange juice
4 tsp vegetable oil
1 tbs minced scallions
1 tsp minced peeled fresh ginger
½ tsp grated orange zest
¼ tsp minced garlic
Salt and pepper to taste

In a small bowl, whisk orange juice, oil, scallions, ginger, orange zest, garlic, salt, and pepper until well-blended. (Alternatively, combine ingredients in a small jar, secure lid, and shake.)

Honey Herb Vinaigrette

(¾ cup)

6 tbs olive oil
¼ cup fresh lemon juice
2 tbs honey
½ tsp Dijon mustard

½ tbs minced fresh garlic
½ tbs chopped green onion
½ tbs minced fresh parsley
¼ tsp salt
Dash of pepper

In a small bowl, whisk together oil, lemon juice, honey, and mustard. Mix in garlic, green onion, parsley, salt, and pepper. Let stand 20 minutes before using.

Honey Mustard Dressing

(1 ¼ cup)
¾ cup mayonnaise
3 tbs honey
3 tbs prepared mustard
1 tbs lemon juice
Salt and freshly ground pepper to taste
Combine ingredients in small bowl and whisk together until blended well. Keep refrigerated and store for up to 3 days.

Ranch Dressing

(2 cups)
1 cup mayonnaise
1 cup buttermilk
1 tsp garlic salt (or minced garlic + ½ tsp salt)
⅛ tsp pepper

Stir together all ingredients. Cover and chill. Store for up to 3 days.

Thousand Island Dressing

(2 cups)
1 cup mayonnaise
¼ cup ketchup
2 boiled eggs, chopped
Chopped green onions to taste
Pickle relish (optional)

Mix in a jar and chill before serving.

Sauces & Stocks

Sauces

Barbeque Sauce

(1 cup)
1 onion, chopped
2 garlic cloves, minced
4 tbs butter
3 tbs Worcestershire sauce or soy sauce

1 cup water
2 tbs vinegar (diluted)
4 tbs brown sugar
1 cup ketchup
1 tsp mustard
⅓ cup lemon juice
1 tsp paprika
2 tsp chili powder

Brown onion and garlic in butter. Add remaining ingredients and simmer over low heat until desired thickness.

Classic Tomato Sauce

(4 cups)
3 tbs cup oil
1 bulb garlic, minced
1 large onion, finely diced
2 tbs tomato paste
1 ½ kilograms ripe tomatoes
½ cup chopped fresh basil leaves
2 tbs chopped fresh oregano

Heat oil in large saucepan. Add garlic and onions and sauté until just soft, about 3 minutes. Add tomato paste, tomatoes and herbs; simmer over low heat until sauce is thick, about 30 minutes.

Classic White Sauce

(1 ½ cups)
1 ½ cups milk
1 tbs butter
2 tbs flour

Warm milk in small saucepan over medium heat; do not boil. Melt butter in separate saucepan over medium heat. Whisk in flour and stir until thick paste forms, about 1 minute. Slowly whisk in milk until sauce is smooth. Bring to gentle boil, stirring constantly, and cook until sauce thickens. Season to taste with salt and pepper.

Creamy Gravy

(2 cups)
2 tbs chicken drippings or chicken fat
2 tbs butter
4 tbs flour
1 cup milk
1 cup hot water
Salt and pepper to taste

In a pan, heat chicken drippings. Add butter and flour; blend and cook until golden brown. Gradually stir in milk and hot water. Stir until smooth and thickened. Add salt and pepper to taste.

Garlic Alfredo Sauce

(3 cups)

½ cup butter

3 garlic cloves, diced

2 cups milk

½ cup flour

2 cups Parmesan cheese

Sauté butter and garlic for 5 minutes. Add flour stir quickly, immediately add milk. Bring to a boil. Then add cheese and reduce to simmer. Add cajun spices and chili pepper for a spicy alfredo sauce.

Grandma Lee's Taco Sauce

(4 cups)

15 ounce can tomato sauce/paste

7 ounces water

1 bay leaf (optional)

½ cup vinegar (if using strong vinegar, use ¼ cup vinegar and ¼ cup water)

1 cup brown sugar

½ tsp powdered garlic

½ tsp salt

½ tsp onion powder (or onion juice)

2 tbs chili powder

Mix all in a saucepan. Bring to a boil. Lower heat and simmer for up to 1 ½ hours.

Peanut Pepper Sauce

(1 cup)

½ cup milk

½ cup stock

5 tbs peanut butter (chunky works the best)

2 tsp soy sauce

1 tsp sour cream

1 clove garlic, minced

3 tbs minced peppers

2 tsp sugar

Combine all ingredients and simmer over low heat until thick. For a simpler version, just combine soy sauce, peanut butter, and spices.

Pesto Sauce

(4 cups)

3 cups fresh basil leaves, chopped finely

1 ½ cups chopped walnuts, pine nuts or sunflower seeds

4 cloves garlic, peeled

¼ cup grated Parmesan cheese

1 cup olive oil

Salt and pepper to taste

Whisk together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.

Sweet & Sour Sauce

(1 ½ cups)

½ cup packed brown sugar

1 tbs corn starch

1 can (8 ounces) crushed pineapple in juice, drained and juice reserved (optional)

⅓ cup white vinegar or apple cider vinegar

1 tbs soy sauce

¼ cup finely chopped green bell pepper (optional)

2 tbs olive oil

Heat oil in a saucepan. Add brown sugar and stir. Add enough water to reserved pineapple juice to measured ½ cup; stir into sugar mixture. Stir in vinegar and soy sauce. Heat to boiling over medium heat, stirring constantly. Add cornstarch, boil, and stir 1 minute. Stir in pineapple and bell pepper. Use sauce immediately, or cover and refrigerate up to 1 week.

Teriyaki Sauce

(2/3 cup)

¼ cup vegetable oil

¼ cup soy sauce

2 tbs ketchup

1 tbs white vinegar

¼ tsp pepper

2 cloves garlic, finely chopped

Mix all ingredients. Use sauce immediately, or cover and refrigerate up to 1 week.

Tzaziki Greek Yogurt Sauce

(4 servings)

2 cups plain yogurt

½ peeled, grated cucumber

2 minced garlic cloves

3 tbs olive oil

1 tsp salt

Line a colander with a cheesecloth or a coffee filter, and set over a bowl. Pour in the yogurt and allow to drip 1-2 hours. After the yogurt has drained, combine it in a small bowl with all other ingredients. Cover the bowl tightly with plastic wrap and refrigerate until serving. Serve with pita wedges, souvlaki or have as a side.

Stocks

Stocks will keep for at least six months in the freezer. For ease, all the recipes in this book call for chicken broth or beef broth, which you can make with bouillon. Bouillon cubes are widely available, cheap and easy to find. In Bishkek, you can find vegetarian (mushroom) bouillon. 1 cube + 1 cup water = 1 cup broth.

Beef or Mutton Stock

(4 cups)

For a richer-tasting stock, roast the bones in an oven until browned, about 45 minutes at a high heat. Replace the herbs with what's available.

1 kilogram beef or mutton bones
2 onions, quartered
2 large carrots, quartered
½ bunch parsley
1 bay leaf
Sprigs of thyme

Use string to tie together the herbs. Combine all ingredients in large pot with 8 cups cold water. Sprinkle generously with salt and pepper. Bring to a boil. Reduce heat and simmer over low heat, partially covered, until reduced by half, about 3 hours. Strain stock into a large bowl and store up to 3 days in the refrigerator.

Chicken Stock

(4 cups)

For a richer-tasting stock, roast the chicken carcass in an oven until browned, about 45 minutes at a high heat. Most herbs work nicely.

1 large chicken carcass
2 onions, quartered
2 large carrots, quartered
3 bay leaves

Combine all ingredients in large pot with 8 cups cold water. Sprinkle generously with salt and pepper. Bring to a boil. Reduce heat and simmer over low heat, partially covered, until reduced by half, about 1½ hours. Turn chicken carcass several times while simmering. Strain stock into a large bowl. As stock cools, fat will rise to the surface; remove with a spoon. Store up to 2 days in the refrigerator.

Vegetable Stock

(4 cups)

3 cups coarsely chopped mild vegetables (bell peppers, carrots, mushrooms, potatoes, spinach)
1 small onion, coarsely chopped (⅓ cup)
⅓ cup parsley sprigs
4 cups cold distilled water
2 tbs chopped fresh or 2 tsp dried herbs
2 cloves garlic, finely chopped
1 bay leaf
salt and pepper to taste

Combine all ingredients in large pot with 4 cups cold water. Sprinkle generously with salt and pepper. Bring to a boil. Reduce heat and simmer over low heat, partially covered, until reduced, about 1 hour. Cool about 10 minutes and strain stock into a large bowl. Use broth immediately, or cover and refrigerate up to 24 hours or freeze for up to 6 months.

Soups & Stews

Bean Soups

Central Asian Rice and Bean Stew

(8 servings)

3 tbs vegetable oil or rendered lamb fat

3 medium onions, coarsely chopped

2 medium potatoes, cubed

2 medium carrots, coarsely chopped

4 medium ripe tomatoes, coarsely chopped

1 tsp cumin seed, ground

$\frac{3}{4}$ tsp dried chile pepper flakes or crumbled dried red chile

2 tsp salt

$\frac{1}{2}$ tsp freshly ground black pepper

2 - 3 cups boiling water or mild stock

1 cup mung dal, soaked overnight in water to cover

2 $\frac{1}{2}$ cups cooked long-grain white rice (or 1 cup uncooked rice, cooked while mung beans cook)

In a large heavy pot, heat the oil or fat until very hot. Add the onions, lower the heat to medium, and cook, stirring occasionally, until lightly golden, about 10 minutes. Add the potatoes and carrots and cook, stirring occasionally, for 10 minutes. Stir in the tomatoes, then add the cumin, chile, salt, and pepper and stir well. Add 2 cups of the boiling water or stock and bring to a boil. Let boil vigorously for several minutes, then stir in the dal. Once the mixture has again returned to the boil, lower the heat, cover, and simmer until the mung beans are tender, 30 to 40 minutes, stirring every 10 minutes or so to prevent sticking. Add more boiling water or stock if necessary.

When the beans are done, stir in the cooked rice. The mixture should be moist; add a little hot water or stock if necessary. Taste for seasoning. Serve hot, garnished with sprigs of fresh mint (if available) and accompanied by plain yogurt.

Alternative: An Uzbek version of this stew includes lamb: Cut $\frac{1}{2}$ pound lean lamb into small cubes. Add the meat several minutes after you begin sautéing the onions. You may wish to increase the salt and pepper

Chickpea Pear Mint Soup

(6 servings)

1 cup dried chickpeas, softened

$\frac{1}{2}$ cup white beans, softened

4 very ripe pears, peeled, quartered, and cut into thirds

1 vegetable bouillon cube

2 tbs mint

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

Combine half the pears and all other ingredients except the milk. Cover with water and bring to a boil. Transfer to blender, or mash them by hand. Return to low heat, add milk and remaining pears, cook a few minutes more. Serve with crusty bread.

Red Lentil Soup with Lemon

(8 servings)

1 large onion, diced
4 tbs butter
1 tsp ground mustard
2 cups red lentils, uncooked
1 tbs turmeric
2 tsp salt
1 bunch fresh cilantro, chopped and divided in two
2 lemons, juiced
1 bunch fresh spinach, chopped
1 cup white rice, cooked
6 tbs plain yogurt (for garnish)

Melt 2 tbs butter in large saucepan over medium heat. Add onion and mustard and sauté until soft, about 5 minutes. Add next 3 ingredients and 4 cups water. Bring to boil. Reduce heat and simmer until lentils are soft, about 25 minutes. Stir in half of cilantro, lime juice, and rice. Meanwhile, melt remaining butter in large skillet. Add spinach and sauté until wilted. Season to taste with salt. Divide spinach among 4 bowls, placing around the sides. Divide soup among bowls. Garnish with remaining cilantro and yogurt.

Spicy Black Bean Soup

(4 servings)

Canned black beans can be found in Bishkek. Pinto beans make a good substitute and are easier to find. If you substitute, cook in large pot of boiling water until just tender. Drain. Also increase broth by ½ cup.

2 tbs oil
1 onion, chopped
1 carrot, chopped
4 garlic cloves chopped
2 tsp ground cumin
1 tsp chopped green chili pepper
2 15-ounce cans black beans, undrained (1 ½ to 2 cups cooked pinto beans, if substituting)
3 tomatoes, chopped with juices
1 ½ cups broth
½ cup fresh cilantro, chopped
2 green onions, sliced

Mash one half of the beans and set aside. Heat oil in large pot over medium heat. Add next 3 ingredients, and sauté until just soft, about 5 minutes. Stir in cumin and chili pepper. Add mashed and whole beans, tomatoes, and broth, and bring to boil. Reduce heat to medium; cook until carrots are tender and soup thickens, about 30 minutes. Season to taste with salt and pepper. Garnish with cilantro and green onions.

Spicy Lentilles Marocaines

(6 servings)

½ kilo lentils (or yellow split peas)

1 red onion, sliced

2 cloves garlic, chopped

3 plump round tomatoes or 5 roma

1 very hot pepper

Cayenne, paprika, celery salt, garlic salt, a hint of herbs de Provence

Simmer onion and garlic in olive oil with salt and pepper until. Add the lentils and enough water to cover them, then bring to a boil. Add very thinly sliced tomatoes and as much spicy pepper as you can handle. Toss in your spices and let simmer for 30 - 45 minutes, or until smooth and soft.

Split Pea Soup, a la Française

(6 servings)

Sausage links, generally available in the Russian sections of bazaars, would be a tasty addition, or cubes of salt pork (the stuff that looks like bacon but isn't quite)

½ kilo of split peas (or lentils)

2 medium yellow onion, sliced

5 carrots, cut into medallions

2 cloves garlic, chopped

1 bouillon cube

1 head of fresh parsley, when available

Saute onion in olive oil with salt and pepper and the chopped parsley till the onions are translucent. Add the chopped garlic, peas, and bouillon cube. Bring to a boil and add the sliced carrots. Simmer for 30 - 45 minutes, or until it has reached the consistency you desire. This is delicious with applesauce cornbread and sausage links.

Split Peas a l'indienne

(6 servings)

Yellow peas take longer to cook than lentils, so allow extra time with this substitution, or pre-cook the peas till half-soft.

1 large onion, sliced

2 cloves garlic, minced

2 medium potatoes, cubed

3 carrots, cubed

Cumin seed, curry, fenugreek, hot pepper, anise, fennel (any of the above in any combination, to taste)

1 cup lentils (or peas)

1 bouillon cube

Sautee onions and garlic with salt and pepper till onions are translucent. Add lentils, potatoes, carrots, spices, water, and bouillon cube. Bring to a boil and sustain until the lentils become smooth and creamy (about 45 minutes).

Vegetable Soups

Butternut Squash Soup

(6 servings)

1 large squash

1 large yellow onion, sliced

1 handful of almonds (or hazlenuts)

2 tbs ground sage, or 6 to 8 fresh leaves

4 cups chicken stock (alternatively chicken bouillon cubes can be used)

Make two incisions into the butternut squash and bake it in the oven at 180°C (350°F) for about forty five minutes, or until soft. Spread your handful(s) of almonds on a baking sheet and bake them for about ten minutes. Reserve. While squash cools, simmer onion with the sage in olive oil or butter. When the squash is cool enough to handle, slice it in half, remove seeds, cube it and add to the soup pan. Add the chicken stock and bring to a boil. If you have a blender, blend it! If not, smash it as best you can to reach the smoothest texture possible. Plate with a fresh sage leaf, and top with your toasted nuts.

Crab Cakes & Corn Chowder

(6 servings)

Crab Cakes:

1 cup bread crumbs

1 ¼ cups crab meat (mister crab)

¼ cup diced red bell pepper

¼ cup minced fresh chives

1 tsp old boy seasoning

½ tsp red pepper flakes

½ tsp salt

⅓ cup mayo or tahini

1 egg

Juice of ½ lemon

Soup:

2 cups diced onion

¼ cup flour

2 tsp thyme

¼ tsp cayenne pepper

¼ tsp ground turmeric

salt, pepper and celery salt to taste

6 cups chicken broth (bouillon cube)

½ kilo potatoes, washed and cubed

2 cans of corn

1 cup milk

1 oz shredded cheese (grunzel is great)

2 oz cream cheese (or sour cream)

fresh chopped chives

Crab Cakes: Preheat oven to 180°C (350°F). Combine crabmeat, bread crumbs, chives, pepper, old bay, pepper flakes, and salt in a large bowl. Whisk tahini, egg, and lemon juice together in a small bowl, then gently fold in crab mixture. Form crab cakes on prepared baking sheet, chill for 30 minutes and bake for 25 minutes or until browned.

Soup: Sautée onion with celery salt until translucent. Stir in flour, thyme, salt, cayenne, and turmeric; cook 2 minutes. Add broth, potatoes, and corn and bring to a boil. Reduce heat to medium and simmer until potatoes are tender, about 12 minutes. Stir in milk, cheese, cream cheese, simmer until cheese melts. Do not let it boil or it will curdle. Garnish with chives.

Creamed Beet Soup

(6 servings)

¼ cup butter
2 large onions, finely chopped
1 - 2 carrots, chopped
½ kilogram cooked beets, diced
1 - 2 tbs lemon juice
3 ½ cups stock
1 ¼ cups milk
Salt and pepper to taste

Melt the butter in a saucepan. Add onions and carrots and fry until just beginning to color. Add beets, 1 tbs lemon juice, stock, and seasoning and bring to a boil. Cover and simmer for 30 minutes, until tender. Cool slightly, and then press through a strainer. Pour into a clean pot. Add milk and bring to a boil. Adjust the seasoning and add extra lemon juice, if necessary. Top with grated beet or heavy cream.

Potato Soup

(5 servings)

¼ cup butter
1 large onion, diced
6 large potatoes, peeled and diced
2 carrots, diced
3 cups water
3 tbs flour
½ bouillon cube
3 cups milk
1 tbs parsley
¼ tsp thyme
Salt and pepper to taste

In a large pot, melt butter and add onions. Cook over medium heat until onions are translucent. In another pot, combine potatoes, carrots, water, and bouillon. Bring to a boil. Cook for 10 minutes until vegetables are tender but do not overcook. Season with salt and pepper. Add flour to the onions and make a paste. Gradually add milk to the onion mixture and stir well. Cook over low heat, stirring constantly, until it is completely warmed through. Add in potato mixture. Stir in spices and serve hot.

Pumpkin Pizazz Soup

(6 servings)

1 medium pumpkin
2 cups rice
2 large onions, sliced
200 grams walnuts, crushed
1 tbs cooking oil
2 tsp nutmeg
2 tsp salt
1 tsp black pepper
1 tsp parsley
½ tsp oregano

3 chicken bouillon cubes
(optional 1 tbs shashlyk spice)

Slice pumpkin into 4 parts and remove seeds. Carefully cut away from the rind and cut into handful chunks. Turn frying pan onto medium heat and place chunks inside. Cover pan for 15 minutes or until chunks are easily mashed with fork. Repeat until entire pumpkin is cooked and mashed. In separate large pot, fill $\frac{1}{3}$ with water, add salt and oil to boil. Add rice. Bring down to simmer for 10 minutes or until rice is almost cooked, but a little hard in the middle. Bring back up to boil. Add diced onions and crushed walnuts. Add 2 bouillon cubes Slowly add pumpkin. While stirring and adding pumpkin, gradually add nutmeg, pepper, parsley, and oregano. Still stirring, add 3rd bouillon cube and shashlyk spice. Add $\frac{1}{2}$ cup more water. Bring down to simmer and enjoy.

Simple Onion Soup

(4 servings)

$\frac{1}{2}$ cup butter
1 kilogram onions, thinly sliced
4 cups broth (preferably beef)
 $\frac{1}{2}$ tsp black pepper
4 thin slices stale or toasted bread
 $\frac{1}{2}$ cup cheese, grated

Melt butter in large pot over low heat. Add onions and sauté until they begin to brown and caramelize, about 20 minutes. Increase heat to medium. Add beef broth, and pepper; bring to boil. Reduce heat and simmer 20 minutes. Divide soup among 4 bowls. Top each with a slice of bread and grated cheese.

Summer Corn & Red Pepper Soup

(4 servings)

$\frac{1}{2}$ cup salt pork, diced
3 large shallots, diced
2 red bell peppers, diced
4 large ears fresh corn, kernels cut off
1 potato, diced
6 cups broth
1 cup milk

Sauté salt pork in large pot over medium heat until fat renders, about 5 minutes. Remove salt pork. Add shallots to pork fat, and sauté until just soft, about 2 minutes. Add pepper and sauté 5 more minutes. Add remaining ingredients. Bring to gentle boil. Stir. Simmer until vegetables are tender, about 30 minutes. Season to taste with salt and pepper.

Tomato Soup & Apple/Pear Grilled Cheese

(6 servings)

Soup:

1 kilo tomatoes
3 onions, sliced
5 cloves garlic, minced

Grilled Cheese:

12 slices of white or wheat bread
300 grams melting cheese
2 apples/pears

½ kilo red bell peppers
 1 tsp Cayenne
 ½ tsp Cinnamon
 3 bay leaves
 2 tbs herbes de provence, or Italian seasoning
 Bouillon cube
 Tabasco sauce or hot sauce (optional)
 3 tbs of flour
 2 - 3 cups milk

Dice the tomatoes and peppers. Sautee garlic and onion in olive oil with salt and pepper. Add flour and stir until incorporated. When the onions are translucent, add the tomatoes and peppers and a few cups of water. Add remaining ingredients except milk. When the vegetables are stewed nicely, transfer to a blender, or mash as best you can by hand. Return to a low heat. Add milk and or water to achieve desired consistency; add more flour if soup is too thin. For the grilled cheese, slice and butter the bread, slice the cheese, and add thin slices of apples or pears. Grill in a frying pan and serve with soup.

Spanish Tomato Soup with Garlic Bread

(4 servings)

Soup:

4 tbs olive oil
 1 onion chopped
 3 garlic cloves, crushed
 1 green bell pepper, seeded and chopped
 ½ tsp chili powder
 ½ kilogram tomatoes, seeded and chopped
 8 loaf fresh bread, cubed
 4 cups stock

Garlic Bread:

1 tandoor bread cut
 into medium pieces
 4 tbs olive oil
 2 garlic cloves, crushed
 ¼ cup grated cheese
 1 tsp chili powder

Heat the olive oil in a large skillet. Add the onion, garlic and bell pepper and sauté, stirring frequently, for 2-3 minutes, or until the onion has softened. Add the chili powder and tomatoes and cook over a medium heat until the mixture has thickened. Stir in the bread cubes and stock and cook for 10-15 minutes, until the soup is thick and fairly smooth. Meanwhile, make the garlic bread. Toast the bread slices in the oven. Drizzle the oil over the top of the bread, rub with the garlic, sprinkle with the cheese and return to the broiler for 2-3 minutes, until the cheese has melted. Sprinkle with chili powder and serve with the soup.

Summer Minestrone

(4 servings)

In winter, make a heartier version of this soup by replacing the summer ingredients (basil, zucchini, and spinach) with 2 cups uncooked pasta, a few cloves of garlic, and dried oregano.

3 tbs olive oil
 1 medium onion, chopped
 6 cups broth
 2 carrots cut into ½-inch slices

3 small potatoes, diced
3 small zucchini, diced
2 cups white beans, soaked overnight and cooked until tender
2 tomatoes, chopped
1 bunch fresh spinach, chopped
½ cup basil, thinly sliced

Heat oil in large pot over medium heat. Add onions and sauté until soft, about 4 minutes. Add next 7 ingredients; increase heat and bring to boil. Reduce heat to medium-low, cover partially, and simmer until potatoes are tender, about 10 minutes. Stir in spinach and basil; simmer 3 more minutes. Serve.

Vegetable Soup

(6 servings)

2 cans of corn
1 can green beans
1 can peas
½ head cabbage
1 ½ cup diced carrots
2 peppers, diced
5 large potatoes, diced
1 can tomato paste
5 large tomatoes, diced
1 small onion, diced
1 tbs oil
1 clove garlic, minced
Salt and pepper to taste
Spices to taste (parsley, basil, bay leaf)

Fill a large stockpot with water. Add potatoes, carrots, and salt and cook over medium heat until vegetables are tender. Add in the rest of the ingredients. Stir and add water for desired consistency. Simmer over low heat for 1 hour, stirring frequently. Let stand for several hours for flavors to blend.

Veggie Curry Soup

(4 servings)

2 cups dried beans, soaked
2 tbs curry
1 ½ tsp ginger
3 large carrots
½ head cabbage
3 medium onions
4 cloves of garlic
1 salted red bell pepper (soaked over night to remove salt)
1 cup rice or gretchka
1 can of corn (optional)
1 can of mushrooms (optional)
1 tbs chili paste (optional)
2 tbs dill
Salt, to taste

Bring beans to a boil with curry, ginger, garlic, and chili paste (if extra spice is desired) in 5 cups of water. After 30 minutes, add rice or gretchka. Add carrots, chopped, then cabbage and diced onions. Slice the pepper and add last with the corn and mushrooms. Taste before adding salt. Simmer over low heat for 20 minutes after beans are cooked all the way. Tastes even better on the second day!

Meat Soups

Beef Stew

(4 servings)

½ kilogram beef, cut into ½-inch pieces
2 tbs flour
2 tbs butter or salt pork drippings
1 small onion, chopped
2 cloves garlic, minced
6 cups beef broth
3 potatoes, peeled and cut into 1-inch cubes
3 carrots, peeled and cut into ½-inch rounds
¼ cup tomato paste
3 tbs chopped fresh parsley

Combine flour with salt and pepper in shallow dish. Dip beef into flour and coat evenly. Heat oil in large pan over medium heat. Add beef and brown on all sides. Add onion and garlic and sauté 5 more minutes. Add next 5 ingredients and bring to boil. Reduce heat and simmer until meat and vegetables are tender (about 2 hours). Add parsley and simmer 5 more minutes. Serve.

Chili con Carne

(4 servings)

If you like your chili hotter, either increase the chili powder, add ½ tsp red pepper paste, or add a green or red chili, seeded and chopped. Add some cinnamon or chocolate for a more unique flavor.

½ kilo ground lean beef
1 medium onion, chopped
1 clove garlic, minced
3 medium sized tomatoes, diced
1 can (8 ounces) tomato paste
1 tbs chili powder
¾ tsp ground cumin
¼ tsp salt
¼ tsp pepper
1½ - 2 cups cooked kidney or pinto beans, rinsed, and drained

Cook beef, onion, and garlic in a 3-quart saucepan over medium heat for 8-10 minutes, stirring occasionally, until beef is brown; drain. Stir in remaining ingredients except beans. Heat to boiling; reduce heat. Cover and simmer 1 hour, stirring occasionally.

Stir in beans. Heat to boiling; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally until desired thickness.

Egg Drop Soup

(6 servings)

8 ounces noodles or ¼ cup cleaned rice, uncooked (optional)

5 cups broth (4 cups chicken, 1 cup beef, if available)

1 tbs soy sauce

2 large eggs

4 tbs water

Salt and pepper to taste

In a medium saucepan, bring broth to a boil. Stir in the noodles (or rice) and cook until tender. Meanwhile, beat the eggs and water together until blended. Pour the egg mixture into the soup slowly while stirring constantly with a fork. Cook 30 seconds. Season as desired and serve hot.

Meat Stew

(6 servings)

1 kilo meat (beef or mutton)

3 tbs flour

2 tsp salt

1 tsp pepper

1 ½ tsp sugar

3 tbs oil

2 garlic cloves

6 small onions (1 minced, 5 quartered)

6 - 8 potatoes cut up

3 - 4 carrots cut up

fresh dill

2 bay leaves

½ bottle Baltika 6

Roll meat in mix of flour, salt and pepper. Brown meat in hot oil in stew pot, add garlic and minced onion. Add water to cover the meat and 2 bay leaves, simmer covered till meat is tender (hour+). Add veggies and water to cover, simmer covered 30-45 minutes. Add dill and stir in beer; drink rest of beer. Cook until veggies are tender (at least 15 minutes).

Ohioan Chili

(6 servings)

For kicks, add dark chocolate, a variety of fresh herbs, smetana, or grated cheese.

½ kilo beans

5 roma tomatoes, 3 plump big round ones

2 onions, thinly sliced

5 cloves of garlic, minced

3 red bell peppers

1 hot pepper

½ kilo ground beef (optional)

Bouillon cube, dash of cinnamon, dash of tobacco, dash of cumin
2 bay leaves
2 tbs crushed red pepper

Precook the beans until they are soft (allow a day, at least!). Sautee the onion and garlic with the ground beef until the onions are translucent and the meat is just browned. Strain off the extra fat. Cut the tomatoes and peppers in half, and then slice them. Add to the meat mixture, add the beans and bouillon cube, and cover with water. Bring to a boil. Add seasonings to taste. Allow to simmer long enough for the flavors to blend.

Pasta e Fagioli

(4 servings)

½ cup chopped onion
1 small carrot, grated
1 clove garlic, minced
100 grams bacon or ham, finely chopped (optional)
1 tbs olive oil
6 cups chicken broth
3 cups tomato juice
2 cups cooked red beans
1 tbs dried parsley
2 tsp dried basil
⅛ tsp ground cayenne pepper
1 tbs distilled white vinegar
2 tsp white sugar
Salt and pepper to taste
2 cups of any small pasta

In a large stockpot, sauté onions, carrots, garlic and bacon in olive oil until onion is transparent. Add chicken broth, tomato juice, red beans, parsley, basil, red pepper, vinegar, sugar and season with salt and pepper. Simmer for 1 hour. Fill a separate stockpot ¾ full of water and bring to a boil. Add pasta; cook until tender and drain. Place pasta into bowls and ladle soup on top.

Soup Naryn

(4 servings)

This mouth-watering recipe is a legacy of the first edition of the Peace Corps Kyrgyz Republic Cook Book.

Place some old meat bones in a good sized pot and fill it about ¾ of the way with water. You can use sheep or cow bones, but try to get a lot of small bones rather than one big one. There should be some good leftover meats on the bones, but try to get a lot of the fat off or it will form an irritating film. Sprinkle a generous amount of salt and pepper in the pot while you turn the heat up and let it boil. While it's boiling, chop up your carrots, onions, garlic, and any other vegetables you have. You can also take this time to wash, peel and quarter the potatoes. You can leave the skins on, but they can get kind of mushy. After the pot boils for an hour and a half, put in the carrots, onions and garlic. Let them boil for 20 minutes, and then put in the potatoes. Let those boil for 20 more minutes. If you want your soup to be thick, you can add any

type of pasta noodles for another 20 minutes. Taste and add any additional seasonings such as red pepper or salt if needed.

Zuppa Toscana

(6 servings)

Olive Garden recipe

½ kilo ground pork
2 cups bacon (optional)
½ cup butter
2 cups flour or ½ cup corn starch
5 cloves of garlic
2 onions diced
½ kilo potatoes chopped
4 cups broth
1 tbs Oregano and Basil (you can substitute Italian seasoning)
½ head of kale or lettuce

Brown pork and bacon. When that is done set aside drain fat. Using same pot sauté butter onions and garlic until onions are clear. Then add potatoes and 4 cups broth. Whisk in flour while still cool. This will help it thicken later. Add spices. Bring to boil and simmer for about 30 min. then add the pork. Simmer for another 10 min. Add kale or lettuce right before serving.

Main Dishes

Traditional Kyrgyz & Russian

Акрошка --- Akroshka (Cold Kefir Soup)

(6 servings)

2 bottles kefir
2 - 3 cooked potatoes, diced
6 radishes, sliced
3 medium sized tomatoes, chopped
4 cucumbers, diced
1 cup diced ham or sausage (optional)
½ - 1 cup chopped dill or cilantro
Mix all ingredients and serve.

Борщ --- Borscht (Beet Soup)

(6 servings)

For veggie Borscht, leave out beef.

½ kilo beef, cut into chunks
1 tbs of sunflower oil
½ kilogram raw beets, peeled and grated
2 carrots, finely chopped
1 large onion, finely chopped
1 garlic clove, crushed

¼ head of cabbage, finely chopped
1 basil leaf
5 cups stock
2 - 3 tsp lemon juice
Salt and pepper to taste
2/3 cup sour cream, to serve

Cover beef chunks with flower, cook in oil until evenly browned. Add stock and bring to a boil. Add beets, carrots, onion, garlic, cabbage, basil, and lemon juice to broth and season to taste with salt and pepper. Bring to a boil again, cover, and simmer for 45 minutes. Taste and adjust the seasoning and add extra lemon juice, if necessary. Bring to a boil and simmer for 1-2 minutes. Serve with a spoonful of sour cream swirled through.

Щи Постные --- Cabbage Soup

(6 servings)

Add diced tomatoes or chopped potatoes to make this soup heartier.

3 - 4 liters of any soup stock
Several carrots, sliced
1 large onion, sliced
½ kilogram cabbage, shredded
Salt, pepper and other spices to taste

Bring stock to a boil. Sauté carrots and onions in a frying pan for about 10 minutes. Add cabbage to stock. Bring to a boil again and add sautéed vegetables. Reduce heat and simmer for 30 to 40 minutes. 5 to 10 minutes before it is finished, season with salt, pepper, and other seasonings.

Беш бармак --- Besh Barmak

(12 servings)

This dish is translated literally as “five fingers” because it’s traditionally eaten by hand and served for guests. The meat is brought out first and several guests will slice it. Meanwhile the noodles are boiled in the mutton stock for about 2 minutes and then served immediately on a large deep platter with the stock. Guests will place their meat atop the noodles and usually eat from a communal dish by hand.

3 kilograms mutton with bones
1 ½ kilograms onions, thinly sliced
4 cups flour
1 ½ tsps salt
1 egg, beaten
¼ - ½ cup of warm water

Place mutton and onion in large pot or kazan and cover with water. Sprinkle with salt to taste. Boil until tender, about 2 hours. Meanwhile, prepare noodles. Sift flour and salt into large bowl and make a well in center. Pour egg and ¼ cup water into center of flour. Mix with hands, adding water by the tbs until dough forms but is not sticky. Knead 3 minutes. Let rest 10 minutes. Roll into long, thin noodles, adding more flour if necessary. Remove mutton from pot or kazan. Drop noodles into mutton stock and

cook until just tender, about 2 minutes. Remove with slotted spoon. Place noodles in deep dish with stock. Top with mutton and serve.

Фынчоза --- Funchoza (Starch Noodle Salad)

(6 servings)

½ kilo meat of choice, cut into small pieces
1 package funchoza noodles (starch noodles)
2 - 3 tomatoes, chopped
2 carrots, finely julienne
2 sweet peppers, chopped
1 onion, chopped
1 clove of garlic, finely chopped
1 turnip, chopped
2 - 3 tbs vegetable oil
Salt, pepper, and other spices to taste

Heat oil in a fry pan, and fry meat, adding onions after 5 minutes. Add carrots and turnips and fry for 10-15 minutes. Add pepper, garlic, tomatoes, and spices. Fry for 5 minutes. Boil ½ liter of water and pour into a pot (not on the stove). Add funchoza noodles and cook for 5-7 minutes. Combine noodles, vegetables, and meat mixture. Serve at room temperature.

Лажман --- Lagman

(4 servings)

¼ cup vegetable oil
½ kilogram beef or mutton, cut into thin strips
2 carrots, julienne
1 onion, sliced
1 medium green turnip, julienne
1 red chili pepper, diced
½ bell pepper, julienne
2 cloves of garlic, minced
½ cup chopped green onion tops or other greens
8 cups water
3 tsp lagman spice package
3 tbs tomato paste
1 12-ounce package spaghetti noodles or fresh noodles
Hot chili paste

Heat oil over high heat in large heavy pot. Add meat and sauté until just browned, about 3 minutes. Add next 7 ingredients and sauté until crisp tender, about 20 minutes. Add water to vegetable mixture and bring to boil. Stir in spices and tomato paste. Season to taste with salt. Reduce heat and simmer until paste dissolves, about 3 more minutes. Meanwhile cook pasta in large pot of salted boiling water until just tender but still firm to bite. Drain. Divide pasta among bowls and top with vegetable mixture. Serve.

Манты --- Manti (Steamed Dumplings)

(8 servings)

These dumplings can be filled with diced pumpkin or potatoes if you'd like. You'll need a tiered steamer, made of bamboo or aluminum, which is available at most bazaars.

1 kilo mutton or beef, finely diced (You can substitute pumpkin filling to make veggie manti)

2 onions, finely diced

½ cup mutton or beef fat, diced, or sunflower oil

5 cups flour

1 ½ tsp salt

1 egg, beaten

½ - ¾ cup of warm water

Combine meat, onions and fat in large bowl. Season to taste with salt and pepper. Set aside. Sift flour and salt into large bowl and make a well in center. Pour egg and ½ cup water into center of flour. Mix with hands, adding remaining water by the tbs until dough forms but is not sticky. Knead dough 1 minute; let rest 30 minutes. Transfer dough to floured board or table and divide into 4 equal pieces. Roll each piece to ⅛-inch thickness. Cut into squares, 4 inches by 4 inches. Place about 1 tbs meat mixture atop each square. To make dumplings: fold 2 diagonal corners together and press to hold. Repeat with remaining 2 corners. Next, press 2 newly created corners on the same side together. Repeat with 2 corners on other side. Repeat with remaining dough squares. Fill bottom of steamer with water. Place dumplings on steaming trays, spaced evenly apart, and steam over medium-high heat until cooked through, about 40 minutes.

Пельмени --- Pelmeni (Boiled Dumplings)

(8 servings)

Most Kyrgyz families own a hand-cranked meat grinder, so it's easy to buy a good cut of meat and make your own ground beef or mutton. To make Potato Vareniki, replace the meat with mashed potatoes and omit 1 onion.

1 kilo mutton or beef, ground

2 onions, finely diced

½ cup mutton or beef fat, diced, or sunflower oil

5 cups flour

1 ½ tsp salt

1 egg, beaten

½ - ¾ cup of warm water

Combine meat, onions and fat in large bowl. Season to taste with salt and pepper. Set aside. Sift flour and salt into large bowl and make a well in center. Pour egg and ½ cup water into center of flour. Mix with hands, adding remaining water by the tbs until dough forms but is not sticky. Knead dough 2 minutes; let rest 30 minutes. Transfer dough to floured board or table and divide into 4 equal pieces. Roll each piece to ⅛-inch thickness. Use a small glass to cut dough into circles. Place ½ tbs meat mixture atop dough. Dip fingers in warm water and fold dough into half moon shape. Bring corners together pinch to hold. Cook in large pot of boiling salted water until they

float to the top, about 10 minutes. Serve in a broth or separately topped with sour cream or butter or chili paste.

Плов --- Plov

(4 servings)

3 tbs sunflower oil

½ kilogram beef or mutton, cut into small cubes

caraway seeds (opt.)

1 large onion, sliced

½ kilogram carrots, julienne

4 cups water

3 garlic cloves, whole

½ kilogram of rice, cleaned and soaked for 30 minutes (uzgen rice for best quality)

Heat oil in kazan or deep skillet over medium high heat. Add meat and sauté until browned, about 10 minutes. Add onion and sauté until soft, about 8 minutes. Add carrots to mixture and sauté 15 more minutes. Add water and rice; bring to boil. Reduce heat and simmer partially covered for about 30 minutes. Add garlic. Simmer until rice is just tender, about 15 more minutes.

Плов --- Mile's Southern Plov

5 cups uzgen rice

5 tsp salt

¼- ½ cup sunflower oil

½ cup diced carrots, onions and peppers

2 legs of chicken, broken down into thighs, wings, etc.

6 cloves garlic, peeled

½ raisins

1 pineapple, chopped (optional)

¼ cup maple syrup or honey

1 bay leaf

Soak rice in salt water for 2 hours. Fill large pot with 2-3 centimeters with oil. Heat on high, add carrots, onions, peppers and chicken. Let soak in oil for 15 minutes until browned and cooked almost all the way through (chicken is no longer bloody). Drain uncooked rice and add so it's covering all ingredients. Add whole cloves of a garlic and golden raisins. Add pineapple (if using) and maple syrup or honey. Add cold water so rice is covered and bay leaf. Cover and don't stir for 10 minutes. At this point, rice and cloves should be getting soft. Stab into rice with fork and cover and simmer for another 10 minutes. Serve hot.

Самсы --- Samsa

(8 servings)

2 cups of flour

1 egg

Melted butter

2 onions, finely chopped

crushed red pepper (kalampir)

3 - 4 cups ground beef or mutton

10 cloves garlic, finely chopped

Salt
Black pepper

Dissolve 2 tbs salt in warm water. Beat egg and mix with flour. Gradually add the salt water to the flour until the dough holds together and doesn't stick. Set aside in a covered bowl for 20 minutes. Mix meat, onions, garlic, salt, black pepper and kalampir together. Roll the dough out into a large disk about ¼-inch thick. Spread a thin layer of butter onto disk, and then roll up into a long tube (as if you were making cinnamon rolls). Cut tube into 3 inch sections, and roll each out with a rolling pin. Each section should be an ⅛ to ¼-inch thick. This will create fine layers in the pastry. Put 1-2 tbs of the meat mixture onto the dough and fold opposite ends together to make a little triangle package. Repeat with remaining sections of dough. Bake on a greased cookie dough sheet at medium heat for 40-50 minutes, or until the meat is cooked through and the dough is brown.

Шашлык --- Shashlik

(6 servings)

1 kilo chicken, pork or beef

"Shashlik" or "Roast Chicken" seasoning packet

1 bottle of kefir

shashlik accoutrement (pokers, grill, fire, etc.)

Cut the meat into medium-sized to bite-sized chunks. Put them in a large bowl and add the spices and Kefir. Let the meat marinate for two to four hours. Then fill as many shashlik pokers as you have meat. Shashlik is best cooked over coals. Feel free to make them more like shish-kabobs, adding vegetables or fruits. Serves well over rice.

Chicken

Akash's Persian Chicken

(4 servings)

1 kilo chicken breast, cut into one inch cubes

1 onion, sliced thin

3 cloves garlic

5 tomatoes, sliced thin

Pinch of saffron

1-2 tbs curry powder (to taste)

Prepared white rice

Brown the chicken on both sides, set aside, reserving the fat. Sauté onions in chicken fat (or olive oil). When translucent, add the garlic and sauté 30 seconds more. Add tomatoes with juices, saffron, salt and pepper to taste, and curry powder. Bring to a boil. Add the chicken pieces and cook a few more minutes; serve over white rice.

Chicken in Creamy Paprika Sauce

(4 servings)

2 ½ tbs butter

1 kilo chicken pieces, such as breast, legs and thighs

1 onion, diced
1 tbs flour
2 cups chicken broth
1 - 2 tbs paprika
1 cup sour cream

Melt butter in large heavy skillet over medium heat. Brown chicken and remove. Add onion and sauté until soft and translucent. Whisk in flour until paste forms. Slowly add broth, stirring until smooth. Bring to boil. Add paprika; stir to dissolve. Add chicken. Reduce heat and simmer until sauce thickens and chicken is cooked through, about 40 minutes. Place chicken on plate. Slowly stir in sour cream to paprika sauce and heat through, about 5 minutes. Do not boil or cream will separate. Pour over chicken. Serve with rice or pasta.

Chicken Curry

(4 servings)

Coconut milk is the key to making a great chicken curry. It can be found in Bishkek and though it is pricey, it is worth it.

3 - 4 chicken pieces
2 tsp curry powder
½ tsp salt
½ tsp black pepper
¼ tsp chili powder
1 cup onion, chopped
5 cloves of garlic, minced
2 jalapeno peppers, seeded and finely chopped
1 tbs olive oil
1 14 ounce can of coconut milk
1 tbs cornstarch
3 tbs snipped fresh basil
Hot cooked rice to serve with the chicken curry

Skin the chicken and cube into 1 inch pieces, set aside in a bowl. In a small bowl stir together curry powder, salt, black pepper, and chili powder. Sprinkle spice mixture over chicken, tossing to coat evenly. Cover and chill for 1 to hours to let chicken permeate spices. In a large nonstick wok or kazaan, cook and stir onions, garlic, and jalapeno in hot oil over medium heat for 2 minutes. Remove onion mixture from pan. Add half the chicken into the pan and cook and stir for 3 to 4 minutes or until chicken is no longer pink. Remove chicken from pan. Repeat with the remaining half of the chicken. Combine coconut milk and cornstarch. Carefully add to pan. Cook and stir until slightly thickened and bubbly. Return chicken and onion mixture to pan. Stir in basil. Cook and stir about 2 minutes more or until heated through. Serve over hot rice.

Chicken L'orange

(6 servings)

1 kilo chicken
2 tbs butter
1 cup orange juice
¼ cup honey

2 tbs lemon juice
½ tsp curry powder
1 tsp salt
Strips of orange rind

Brown chicken in butter. Mix remaining ingredients and pour over chicken in an uncovered dish. Bake for 20 minutes. Turn chicken over and baste with fruit sauce. Bake additional 30 minutes. Serve over rice.

Chicken Parmesan

(6 servings)

1 kilo chicken preferably breast (if using legs cook chicken for a lot longer and lower heat)
3 eggs
2 cups milk
4 cups flour
3 bags of chips or croutons
2 tbs oil
tomato sauce
parmesan cheese or other cheese that melts

Pound out chicken to about a half inch thick. Mix eggs and milk for a milk wash. Crush chips or croutons. First coat chicken in flour then into the milk wash then finally coat chicken with the crushed chips or croutons. Place chicken in a hot sauté pan. Cook chicken until it is done about 5 min each side. When chicken is done top with sauce and cheese and serve over desired pasta.

Chicken and Rice with Spinach Tomato Sauce

(6 servings)

1 tbs oil
1 onion, chopped
1 clove garlic, chopped
Salt and pepper to taste
1 can tomato sauce (or use fresh tomatoes if in season)
1 bushel of fresh spinach
1 kilo chicken, cooked and cut into small pieces
2 cups rice, cooked

Heat olive oil in a pan. Add onion and garlic and sauté. Add salt, pepper and tomato sauce (or fresh tomatoes). Next add fresh spinach and chicken. Simmer until spinach is cooked and chicken is heated through. Spoon mixture over rice.

Easy Feta Chicken Bake

(6 servings)

6 boneless skinless chicken breast halves
2 tbs lemon juice divided
¼ tsp salt
¼ tsp pepper
4 ounces crumbled feta cheese
¼ cup diced red bell peppers

¼ cup parsley

Preheat oven to 180°C (350°F). Arrange chicken in pan and drizzle 1 tbs lemon juice over chicken. Season with salt and pepper. Top with feta cheese. Drizzle remaining lemon juice over cheese/chicken. Bake for 35-40 minutes or until chicken is cooked. Sprinkle red bell pepper and parsley on top.

Fried Chicken

(6 servings)

Try this with cream gravy.

Vegetable oil for frying

1 kilo chicken, cut into pieces

2 cups flour

1 tsp salt

¼ tsp pepper

Heat about 2 inches of oil in a large, deep frying pan. In a bowl, combine flour, salt and pepper; sift onto a plate or in a bowl. Roll each piece of chicken in flour mixture and place in the hot oil (about 180°C (350°F)). The oil should be deep enough to cover the pieces when it boils up. Put the largest pieces in first, in the hottest part of the skillet. When all pieces are in the skillet and heat is regulated, cover and cook for 5 minutes. Remove top and turn chicken pieces when the bottom side is browned. About 30 to 35 minutes in all will be required for cooking chicken as long as it is not too large. Try to turn the chicken only one time.

Garlic Roasted Chicken

(6 servings)

One of the best ways to infuse flavor into roast chicken is to place herbs and spices beneath the skin. Try lemon and oregano, cilantro and jalapeño.

2 kilogram chicken

3 tbs butter or olive oil

1 head of garlic, cloves sliced thinly

Preheat oven to 205°C (400°F). To separate the skin from the meat: Using a small knife, make a small incision across the breast and along the chicken legs. Gently run your fingers beneath the skin to loosen it from the meat. Rub the butter or olive oil under the skin and place the sliced garlic cloves beneath the skin. Press the skin back against the meat. Sprinkle generously with salt and pepper. Place the chicken in a roasting pan (or any shallow pan) and roast until the thickest part of the thigh is cooked through and juices run completely clear, about 1½ hours.

Jia's Autumn Ragout

(4 servings)

1 chicken breast, cubed

1 onion, diced

3 cloves garlic, diced

3 tbs flour

¼ squash, peeled and cubed

4 medium carrots, peeled and cut into rounds
2 large potatoes, skin on, washed and cubed
8 oz mushrooms
herbs to taste (rosemary, basil, oregano, thyme)
1 tsp celery salt
1 chicken bouillon cube
½ cup milk (optional)

Brown the chicken on both sides, set aside, reserving the fat. Sauté onions and garlic in chicken fat (or olive oil). Add the flour and stir until well incorporated into the onion mixture. Add cubed squash and cover with water. Bring to a boil, cook for 5 minutes, then add potatoes, carrots, bouillon cube, celery salt, and herbs. Cook until carrots are tender, about 15 minutes. Add chicken, cook 3 more minutes. Add milk before serving.

Lemon Garlic Rosemary Roasted Chicken

(6 servings)

1 cup butter (enough to coat chicken after herb butter is made, maybe less)
1 bulb garlic
2 tbs rosemary
1 lemon, thinly sliced
salt and pepper to taste
1 kilo chicken, with skin

Preheat oven to 180°C (350°F). Soften butter. Mix in diced garlic, lemon, rosemary, salt and pepper to make herb butter. Slide the slices of lemon under the skin of the chicken. Spread herb butter underneath skin as well. Cook until chicken is cooked through and skin is crispy, about 45 minutes.

Lola's Crepes aux Champignons

(4 servings)

1 recipe crepes, hold the sugar (pg. 17)
2 chicken breast, cubed into half inch pieces
capers
1 can mushrooms chopped
1 onion, diced
2 cloves of garlic, diced
1 ½ cups milk
2 ½ tbs flour
1 tbs butter
1 chicken bouillon cube
salt, pepper and nutmeg to taste
1 cup gruyere cheese (any strong cheese will do), grated

Sauté onions and garlic and cubed chicken until chicken is brown, seasoning with salt and pepper. Set aside. In a small saucepan, heat milk to almost boiling, then add the flour, butter, bouillon cube, and nutmeg to taste. Stir continuously until sauce has thickened. Add mushrooms, capers, onions, chicken, and cheese immediately and stir. Spoon into prepared crepes, roll up, and serve.

Sautéed Chicken with Spiced Yogurt

(2 servings)

1 cup plain yogurt
2 tbs olive oil
1 tbs fresh lemon juice
1 ½ tbs chili powder
½ tsp ground cumin
½ tsp ground coriander
¼ tsp cinnamon
2 chicken breast halves

Whisk together ½ cup yogurt, 1 tbs oil, ½ tbs lemon juice, and spices in medium bowl. Season with salt. Add chicken and turn to coat. Let sit 20 minutes. Meanwhile, whisk together remaining yogurt and ½ tbs lemon juice and salt to taste. Heat remaining oil in skillet over medium heat. Add chicken breast and cook, turning over occasionally, until just cooked through, about 12 minutes total. Drizzle chicken with yogurt sauce and serve.

Slouvaki

(3 servings)

½ kilo boneless, skinless chicken breasts or thighs
1 tsp minced garlic
1 tsp lemon juice
1 tsp extra-virgin olive oil
½ tsp dried oregano
¼ tsp salt
¼ tsp pepper

Cut chicken into 1 inch pieces. Put all ingredients into zip-lock bag and let marinade for at least 1 hour. Skewer the meat and put on the shashlik grill or in the oven until thoroughly cooked. Turn skewers several times while cooking.

Sweet Chicken with Nuts

(6 servings)

1 kilo chicken
3 tbs butter
1 onion, chopped
1 cup ground walnuts
½ cup pomegranate or ¼ cup lemon juice
2 ¼ cups chicken stock
2 tsp sugar

Cook chicken until almost done in 2 tbs butter and set aside. Brown onions in 1 tbs butter and stir in walnuts. Add juice and stock. Stir until sauce thickens and season to taste with salt and pepper. Add sugar and chicken. Simmer and stir gently.

Tahini Chicken Salad

(6 servings)

6 chicken breast halves with skin and bones (about 2 kilos)
2 tbs olive oil

2/3 cup well-stirred tahini
½ cup water
½ cup fresh lemon juice
4 garlic cloves, chopped
½ tsp sugar
1 cup sugar-snap peas, cut in half, and blanched for 1 minute (if available)
1 red bell pepper, cut into ¼ inch thick strips

Preheat oven to 230°C (450°F). Rub chicken with oil in a shallow baking pan and sprinkle with salt and pepper. Roast chicken until just cooked through, 40 to 45 minutes. Or, place chicken in skillet over medium heat, and cook covered, turning every so often, until cooked through, about 40 minutes. Meanwhile, stir together tahini, water, lemon juice, garlic, sugar in medium bowl until very smooth. Season dressing to taste with salt. When chicken is cool enough to handle, remove skin and discard. Remove meat from bones in large pieces, then pull meat into small strips and transfer to a large bowl. Add sugar snaps, bell pepper, and dressing and toss to coat.

Thai Fried Rice

(2 servings)

1 tbs vegetable oil
1 egg
1 breast of chicken, cut into small pieces
1 tbs chopped onion
1 tbs chopped tomato
Assorted chopped vegetables, to taste
1 cup cold, cooked rice
½ tsp sugar
pepper to taste
5 tsp soy sauce

Add oil to a very hot skillet. Break egg in pan, and scramble until cooked. Add one breast of chicken, onion, and vegetables (snow peas, onions, left over veggies). Add cold rice, sugar, pepper and soy sauce. Stir over stove until rice is dry, and starts to turn clear and shiny.

Beef

Beef Patties with Caramelized Onions

(4 servings)

½ kilo ground beef
2 garlic cloves, minced
1 onion, finely chopped
3 onions, thinly sliced
¼ cup oil
Salt and pepper to taste

Combine beef, garlic, and chopped onion. Mix well. Season mixture generously with salt and pepper. Form 4 patties. Heat oil in medium skillet over medium heat. Add patties and quickly brown on both sides. Reduce heat to very low. Add onions and 2

tbs water. Cover and simmer until patties are cooked through and onions caramelize, about 25 minutes. Remove from heat. Season to taste with salt and pepper.

Meatballs

(1 dozen)

1 kilo ground beef
2 onion, chopped fine
½ cup bread crumbs
2 tbs dried parsley
1 tbs salt and pepper
2 eggs
4 cups Classic Tomato Sauce (pg. [37](#))

Mix first 6 ingredients together in large bowl and mold into 12 meatballs. Heat tomato sauce in large saucepan. Fry meatballs lightly in dry skillet for 1 minute on each side. Place in tomato sauce and simmer for ½ hour.

Meatloaf

(4 servings)

¼ cup chopped onions
½ kilo ground beef
¼ cup oil
1 egg
¼ tsp salt and pepper
1 tsp dried parsley
1 can mushrooms chopped (optional)
¼ cup tomato paste

Preheat oven to 180°C (350°F). Mix first 7 ingredients together. Place in loaf pan and top with tomato paste. Bake for 45-60 minutes, until cooked thru.

Pot Roast with Vegetables

(4 servings)

1 kilo beef
2 tsp thyme
3 tbs butter or oil
1 cup beef broth
1 tsp tomato paste
4 potatoes cut into fourths
4 carrots, peeled, cut lengthwise and in half
2 small onions, sliced
Salt and pepper to taste

Sprinkle beef with salt, pepper and thyme. Heat oil over medium heat in large heavy pan. Add meat and brown on all sides. Whisk together broth and tomato paste in small bowl. Pour into pan with beef. Reduce heat to low and add remaining ingredients. Simmer until cooked through and tender, turning every so often, about 1½ hours.

Savory Country Pot Pie

(4 servings)

Double Crust:

2 ½ cups all-purpose flour
1 tsp salt
1 cup chilled butter
½ tsp baking powder
6 tbs ice water

Filling:

¼ cup butter
½ kilogram beef, mutton, or chicken, cut into small pieces
5 tbs flour
1 ½ cups beef broth
1 onion, chopped
4 carrots, chopped
3 potatoes, chopped
1 bell pepper, chopped

Crust: Sift flour and salt together in large bowl. Using your fingers, blend in butter until coarse meal forms. Add ice water and press dough together with hands until dough holds together. If dough is dry, add additional ½ tbs water. Handling gently, divide dough and shape into 2 disks; refrigerate 1 hour. Soften slightly and roll into two crusts. Place one into a 9-inch pie dish.

Filling: Preheat oven to 190°C (375°F). Sprinkle meat with salt and pepper. Melt butter in large skillet over medium heat. Add meat and quickly brown on all sides. Remove. Whisk flour into butter and meat drippings until thick paste forms. Slowly add broth, stirring constantly, until mixture is smooth. Bring to boil. Simmer gravy until thick enough to coat a spoon. Add remaining ingredients. Stir. Pour into prepared pie dish. Top with remaining crust. Crimp edges closed and use a fork to poke holes in the top of the crust. Cook until crust browns and vegetables are tender, about 1 hour.

Other Meat

Kerben Sausage Sandwich

(1 serving)

1 potato, boiled and mashed
1 tsp sour cream
1 tsp butter
1 tsp oil
1 pork sausage
1 small tandoor bread, sliced
Ketchup

Combine mashed potato, butter and sour cream in small bowl until creamy. Season to taste with salt and pepper. Heat oil in medium skillet over medium heat. Cut sausage lengthwise and sauté in skillet until browned and cooked through, about 7 minutes. Spread mashed potato onto bread slice. Top potato with sausage strips and ketchup. Top with remaining bread slice and serve.

Moroccan Lamb

(2 servings)

Any meat can be substituted

¼ kilogram lamb or mutton, cut into ½-inch cubes

½ cup dried apricots, halved and quartered

1 large onion, thinly sliced

3 large cloves of garlic, thinly sliced

½ cup dried plums

1 tbs olive oil

1 tbs paprika

3 small tomatoes, peeled and diced with juices

Heat oil over high heat in large deep skillet. Add meat and sauté until brown, about 3 minutes. Remove from skillet. Add onion and garlic and sauté until just soft, about 5 minutes. Add remaining ingredients and 1½ cups water. Bring to a boil. Reduce heat to low and simmer, partially covered, until fruit softens and sauce thickens, about 30 minutes. Add meat and warm, about 3 minutes. Serve over rice.

Rosemary with White Wine Fish

(2 servings)

1 can fish ('skumpriya' is recommended)

White wine

1 - 2 tbs rosemary

Open and drain oil and liquid from can of fish. Put fish in a saucepan and leave it in chunks, as the heat will break it up. Cover the bottom of the pan with white wine and sprinkle the rosemary on top. Bring to a boil. Reduce heat to a simmer, allow enough time for wine to reduce. Great served over a bed of rice or with a ramen packet.

Spicy Pork with Peppers

(4 servings)

The pork can be replaced with your choice of meat. This dish is great served over rice.

½ kilogram lean pork, cut into chunks

2 tbs oil

4 bell peppers, seeded and cut into thick strips

3 tbs spice

2 tomatoes, diced

½ cup tomato paste

Sprinkle pork with salt and pepper. Brown on all sides in large skillet over medium heat. Remove. Heat oil in skillet. Add peppers and sauté until just beginning to soften, about 5 minutes. Add remaining ingredients and 1 cup water. Bring to boil. Reduce heat to low, cover, and simmer until pork is cooked through and sauce thickens, about 30 minutes.

Vegetarian

Beans

Falafel

(4 servings)

1 cup chickpeas, cooked and drained
1 onion, finely chopped
½ cup fresh parsley, finely chopped
2 cloves garlic, minced
1 egg
2 tsp ground cumin
1 tsp ground coriander
1 tsp salt
1 dash pepper
1 pinch cayenne pepper
1 tsp lemon juice
1 tsp baking powder
1 tbs olive oil
1 cup dry bread crumbs
Oil for frying

In a large bowl mash chickpeas until thick and pasty. Combine onion, parsley and garlic. Stir into mashed chickpeas. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties. Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides. Serve in pita wedges with yogurt sauce.

Meatless Meatloaf

(8 servings)

4 cups cooked kidney beans, mashed
1 cup cooked split peas or lentils
2 cloves garlic, minced
2 large tomatoes, chopped, without juices
1 large onion, finely diced
1 pepper, finely diced (optional)
1 egg, beaten
½ cup breadcrumbs or oats

Preheat oven to 190°C (375°F). Combine all ingredients in large bowl. Sprinkle generously with salt and pepper. Using hands, form mixture into loaf and place in lightly greased pan. Bake until browned and cooked through, about 50 minutes.

Moon Time's Bean Burger

(4 servings)

Try adding curry powder or chili powder to this recipe for variety.

1 cup dried pinto beans
1 tbs olive oil, plus more as needed
¼ cup onion, diced
¼ cup red bell pepper, diced
¼ cup green bell pepper, diced
¼ cup carrots, diced
1 tsp cumin
½ tsp cayenne pepper
Salt and pepper to taste
1 egg
1 cup dried bread crumbs

Cook the beans in water for approximately 1 hour, until soft but not mushy. Drain (but don't rinse) and cool. Heat 1 tbs olive oil in a frying pan. Sauté the onion, bell peppers and carrot until soft, about 10 minutes. Cool. Coarsely break up the beans using your hands. Mash the sautéed vegetables, and combine beans and vegetables in a large mixing bowl. Season with cumin, cayenne pepper, salt, and pepper to taste. Add the egg and then work the bread crumbs into the bean mixture, starting with small amounts and gradually adding more. It should hold together and have a texture similar to pie dough. If the mixture seems a little dry, add up to 1 tbs additional olive oil. Form four patties. Sauté with 1 tbs olive oil until golden, approximately 3 minutes on each side. Add a slice of cheese and serve with mayonnaise.

Tamale Pie

(6 servings)

Cornbread Crust:

1 cup cornmeal
1 cup flour
1 tsp baking powder
1 tsp salt
1 egg, beaten
½ cup milk
1 tbs oil
¼ kilogram kidney beans, soaked overnight and cooked until just tender

Bean Filling:

¼ cup oil
2 garlic cloves, minced
1 large onion, diced
2 green peppers, diced
½ kilogram tomatoes, diced with juices
¼ cup chicken stock
2 tbs paprika or other chili powder

Crust: Combine first 4 ingredients in bowl. Gently stir in remaining ingredients; do not over-mix. Set aside.

Filling: Heat oil in large shallow pot over medium heat. Add the next 3 ingredients and sauté until crisp tender, about 8 minutes. Stir in remaining ingredients and simmer until mixture thickens slightly, about 10 minutes. Season to taste with salt and pepper. Spoon dollops of cornbread dough over bean mixture. Cover tightly and cook until cornbread is firm and golden, about 15 minutes. Serve with sour cream alongside.

Vegetables

Cheesy Potato Casserole

(6 servings)

6 medium potatoes, cooked and mashed

1 cup cheese, grated

½ cup milk

2 tbs butter

1 tsp salt

1 cup sour cream (smetana)

¼ tsp pepper

¼ cup onion, finely chopped

Preheat oven to 180°C (350°F). Melt cheese, milk and butter together. Stir in salt, sour cream, pepper and onions. Add milk mixture to mashed potatoes in a greased 2 quart casserole. Mix together well. Bake uncovered for 45 minutes. Top with more grated cheese and serve.

Ratatouille Provençale

(6 servings)

½ kilo eggplant, chopped

2 onions, chopped

5 cloves garlic, minced

3 tbs oil

1 tsp salt and pepper

1 ½ kilos tomatoes, chopped

½ kilo peppers, chopped

½ kilo zucchini, chopped

3 bay leaves

Herbs to taste (parsley, thyme, rosemary)

1 bouillon cube

Dash of cayenne

Sautee onions, garlic and eggplant in oil with salt and pepper. When the onions are translucent, add the tomatoes and peppers and zucchini, bouillon cube, cayenne, bay leaves, and herbs. Cover and let cook on medium heat until all the vegetables are combined and saucy and good. This is good with kara naan, with a fried egg on top, with chicken, in chili, or over rice (or as a pasta sauce).

Stuffed Cabbage Rolls

(6 servings)

Instead of using shredded potatoes, you can substitute with 1 ½ cups cooked rice.

1 cabbage

Sauce:

4 cups tomato sauce

¼ cup lemon juice

3 tbs sugar

1 cup chopped onions

Filling:

1 ½ cup shredded carrots

1 ½ cup peeled shredded potatoes

2 tbs lemon juice

1 tbs oil

1 cup chopped cabbage	¼ cup plus 2 tbs flour
½ cup raisins	½ tsp cinnamon
1 apple, shredded	¼ tsp ginger
Salt and pepper to taste	

Preheat oven to 180°C (350°F). Remove 12 outside cabbage leaves and boil in water for 5 minutes. Drain and cool. For the sauce, mix all sauce ingredients and bring to a boil. Reduce heat, cover and simmer for 15 minutes. For the filling, mix all the ingredients, plus ⅓ of the sauce. For assembly of rolls, place ¼ cup filling near base of each cabbage leaf. Roll tightly, folding sides as you roll. Place rolls, seam side down, in greased pan. Spoon remaining sauce over the rolls. Cover tightly and bake for 1 hr.

Sun-dried Tomato Mushroom Bread Pudding

(6 servings)

4 cups of two day old bread, cut into 1" cubes (kara naan will work great here)
½ cup of mushrooms
Handful of sun-dried tomatoes, sliced
½ cup of shallots or yellow onion thinly sliced
2 cloves of garlic, minced
2 cups milk
4 eggs
½ cup mozzarella-type cheese (don't hesitate to double if you're feeling gluttonous)
hint of nutmeg

Preheat oven to 180°C (350°F). Fill a pan with the cubed bread. Sauté the garlic, shallots, mushrooms, and tomatoes in olive oil. In a separate bowl, combine the milk, eggs, mozzarella cheese, and nutmeg. Pour the mushroom mixture onto the bread, top it with the egg mixture. Mix it up so that it becomes evenly combined. Let the bread pudding sit for 20 minutes, and then bake for 30 minutes. If bread is fresh, bake immediately.

Thai Veggie Curry

(6 servings)

1 medium yellow onion, thinly sliced
1 green bell pepper, sliced
4 zucchini, chopped into medallions (substitute eggplant or squash as desired)
3 roma tomatoes
4 carrots, sliced
1 tsp sesame oil, or olive oil with sesame seeds, or just plain olive oil
handful of peanuts, crushed
1 bunch of cilantro (substitute 1 tsp crushed coriander)
1 tbs brown sugar
1 can of coconut water, milk, or ½ cup of grated coconut
3 tbs curry (at least)
1 spicy pepper (optional)
red pepper flakes, salt and pepper, to taste
½ cup rice
1 package of tofu (optional)

Combine all of the vegetables into a wok with the sesame oil and turn the heat on. Add the can of coconut water into the wok. Chop the coriander and add it into the curry. Add the brown sugar, curry, and sliced hot pepper if you're feeling adventurous. Cook for about 10 to 15 minutes, until the veggies seem done. If you use eggplant, cook the eggplant a bit first, and then add the other vegetables (eggplant is a slower cooker). Serve over rice or with tofu. Finish with the peanuts and fresh coriander. For kicks, add a dash of orange juice to it, or cut up a roasted chicken and toss that in too!

Tomates/Poivrons Farcis (Stuffed Tomatoes/Peppers)

as many tomatoes or bell peppers as you want to stuff

stuffing variations

prepared rice or coarse bread crumbs

Preheat oven to 180°C (350°F). Cut tomatoes or peppers in half. Scoop out the seeds and replace with the stuffing. Bake peppers for 10 minutes. Remove from the oven and fill with the stuffing. Bake for 10-15 minutes.

Variation 1: Add grated cheese to prepared rice, along with sliced mushrooms and dried herbs.

Variation 2: Brown some ground beef with onions and garlic, Italian seasoning, salt and pepper. Add prepared rice.

Variation 3: Dice softened chickpeas, add fresh parsley and garlic and onion until a stuffing texture is achieved. If no parsley is available, substitute with raisins, figs, or dates.

Variation 4: Slice a carrot and mushrooms (jar variety or dehydrated is fine), onions and garlic, plump up some raisins or dates in a cup of white wine. Sauté in olive oil with Italian seasoning. Add prepared rice.

Eggs & Meat Substitutes

Egg Salad

(2 servings)

4 eggs, boiled, peeled and chopped

¼ cup mayonnaise

1 tbs mustard

2 tbs chopped green onion

2 tbs chopped bell pepper (optional)

Salt and pepper to taste

Combine all ingredients in medium bowl and mix well. Season to taste with salt and pepper.

Eggs with Spicy Tomato Sauce

(3 servings)

To peel tomatoes, dip them in boiling water for 30 to 60 seconds or until the skins begin to split. Then dip in cold water and slip off skins.

2 tbs oil
1 large bell pepper, diced
1 medium onion, chopped
1 hot chili pepper, minced
1 tbs finely chopped fresh parsley
1 kilo tomatoes, peeled and chopped
5 eggs, beaten

Heat oil in medium skillet over medium heat. Add bell pepper and sauté until just browned, about 2 minutes. Add next 3 ingredients and sauté 5 minutes longer. Add tomatoes, cover, and cook until tomatoes reduce to sauce, about 25 minutes. Add eggs to tomato sauce and cook until eggs are firm, about 5 more minutes. Serve alone or atop bread.

Veggie “Lagman” Stir-fry

(4 servings)

1 pkg dehydrated soy meat, or fresh soy
2 tbs vegetable oil
1 large turnip, diced
3 large carrots, diced
3 onions, diced
4 cloves garlic, minced
½ head of cabbage, chopped
1 salted red bell pepper (soaked overnight), chopped
1 packet Lagman seasoning
2 cups cooked rice
1 can mushrooms (optional)
2 eggs (optional)
1 - 2 tbs chili paste (optional)
Soy sauce to taste

To hydrate the soy meat, cover in boiling water and mix with Lagman seasoning packet. Cover and let stand for 10 minutes. Chop or dice the vegetables as you like. In oil, sauté the turnip, garlic, carrots, cabbage, onion, mushrooms, and red pepper, in that order. Mix soy meat with sautéed vegetables and add chili paste, if desired. Serve over rice. For more of a fried rice taste, mix rice with the vegetables and crack the eggs over entire mixture. Great with soy sauce on top.

Walnut Burgers

(5 patties)

1 ½ - 2 cups walnuts
2 cups oats
3 - 4 eggs
½ cup milk
1 onion, diced
4 green onions, chopped
1 tsp salt
pepper to taste
¼ cup oil for cooking
3 cups vegetarian broth

Grind walnuts with the bottom of a jar or whatever works. Mix with all ingredients. Form into patties and brown them in a oiled skillet. Add broth, cover, and simmer on medium/low heat for 25 minutes.

Pasta

Cold Spicy Peanut Sesame Noodles

(4 servings)

Noodles (ramen works fine)

½ cup peanut butter, crunchy or smooth

4 tbs tahini paste

¼ milk, more if needed for thinning

2 tsp hot chili oil

2 tsp sesame oil

4 green onions

2 tbs sesame seeds

In a saucepan on low heat cook together peanut butter, tahini paste, milk, hot chili oil and sesame oil. Simmer until desired consistency. Cook noodles. In large bowl combine noodles and sauce. While noodle mixture is still warm add sesame seeds, stir to coat. Set aside to cool. Once cool add green onion.

Variation: Add cooked, shredded chicken with green onion.

Lasagna

(6 servings)

Noodles:

2 cups of flour

1 egg

Water

Filling:

1 cup grated cheese

1 cup of cottage cheese or homemade ricotta (pg. [112](#))

1 cup sour cream (Smetana or Kefir)

1 ½ cup of tomato sauce

Ground meat, browned (optional)

Italian Spices- basil, oregano, thyme

Noodles: Combine flour and egg in a bowl. Add water until consistency is dough-like. Knead dough and roll out on a cutting board, using flour to prevent from sticking to your hands. Cut dough into noodle-like strips, 3x5 inches or the length of your pan.

Filling: Cover the bottom of a baking pan or dish with noodles. Mix spices, cheese, tvorog & smetana into a “ricotta cheese” mixture. Spread mixture evenly over noodles in pan. Add another layer of noodles & top with tomato sauce & meat if you prefer, and then sprinkle with grated cheese. Cover with more noodles and repeat layering process until lasagna is of desired thickness. Sprinkle top with grated cheese. Bake for 45 minutes to an hour, or until cheese is melted and sauce is bubbling.

Macaroni & Cheese

(4 servings)

Try topping this with crunchy bread crumbs. Or add diced tomato and onion.

- 1 12-ounce package penne or similar pasta
- 4 tbs butter
- 4 tbs flour
- 2 ½ cups warm milk
- 1 cup melting cheese, grated

Preheat oven to 190°C (375°F). Cook pasta in large pot of salted boiling water until just tender but still firm to bite. Drain. Meanwhile, melt butter in large saucepan. Whisk flour into butter until thick paste forms. Slowly add warm milk, stirring constantly, until sauce is smooth and thick enough to coat spoon, about 15 minutes. Add cheese slowly and stir until melted. Add uncooked pasta and stir until coated. Pour mixture into square pan and cook until bubbly and browned on top, about 30 minutes.

Pasta with Tomatoes & Onions

(4 servings)

- 1 12-ounce package spaghetti
- ½ cup olive oil
- ½ kilogram onions, thinly sliced
- ½ kilogram tomatoes, chopped

Cook pasta in large pot of salted boiling water until just tender but still firm to bite. Drain. Meanwhile, heat olive oil in large skillet over medium heat. Add onions and sauté until tender, about 8 minutes. Add tomatoes and cook until tomatoes are tender and juicy. Season generously with salt and pepper. Toss with pasta and serve.

Pasta with White Beans & Caramelized Onions

(4 servings)

- 2 tbs olive oil
- 2 small onions, halved lengthwise and cut lengthwise into thin slices
- 1 large garlic clove, finely chopped
- 1 large red bell peppers, cut lengthwise into ⅛-inch-wide strips (4 cups)
- 1 ½ tsp finely chopped fresh jalapeño, or to taste
- ½ cup water
- 1 12-ounce package pasta such as penne
- 1 ½ cups cooked white beans
- 1 tsp finely chopped fresh parsley

Heat 1 tbs oil in skillet over high heat. Add onions and sauté until golden, about 10 minutes. Add garlic and sauté, 1 minute. Transfer onions and garlic to bowl. Add remaining tbs oil to skillet with bell peppers and jalapeño, and sauté until bell peppers are tender, about 8 minutes. Add onions and water and bring to a boil. Remove from heat. Meanwhile, cook pasta in pot of boiling salted water, until tender but still firm to bite. Reserve ¾ cup cooking water, then drain pasta well and return to pot. Add onion mixture, reserved cooking water, beans, and parsley and toss well.

Ravioli

(4 servings)

Noodles:

2 cups of flour
1 egg
Water

Filling:

1 cup grated cheese
1 cup of cottage cheese or homemade Ricotta (pg. 112)
1 cup sour cream (Smetana or Kefir)
Italian Spices- Basil, Oregano, Thyme

Noodles: Combine flour and egg in a bowl. Add water until consistency is dough-like. Knead dough and roll out on a cutting board, using flour to prevent from sticking to your hands. Roll them out into flat, 1-inch by 3 or 4-inch strips.

Filling: Mix “ricotta cheese” from other ingredients and spoon by large tbs-full onto half of each strip. Fold strip over and press edges closed with your fingers. Cook in boiling water until ravioli float to the top. Ravioli are excellent with butter and grated cheese, or spiced tomato sauce.

Spaghetti Al Carbonara

(2 servings)

½ kilo spaghetti or vermicelli
3 tbs butter
4 ounces ham or mild kielbasa
2 eggs
pepper to taste
salt (just a pinch in spaghetti water)
½ cup Parmesan cheese or mild white cheese

Lightly brown meat in 2 tbs butter. Remove from pan. Cook spaghetti, drain, and return to kettle. Quickly add eggs and cheese, stirring rapidly. Add meat and continue cooking until egg mixture coats the spaghetti and is no longer raw. Serve hot with bread.

Squash Ravioli with Browned Butter & Garlic Sauce

(4 servings)

Dough:

2 eggs
3 cups flour
water

Filling:

2 cups cooked squash
2 tbs melted butter
salt, pepper, herbs

Sauce:

2 tbs butter
2 tbs olive oil
2 bulbs garlic, minced
½ cup melting cheese
¼ cup milk

Filling: Mash squash into puree and add butter, enough to make smooth. Season generously with salt and pepper. Add thyme or different herb if desired.

Dough: Combine eggs and flour, mix well. Add water slowly until dough ball forms. Roll out on floured surface until desired very thin. Cut into strips double the size of desired ravioli size (the dough will be folded over to close the ravioli). Spoon filling onto one side of dough strip. Fold over and seal edges using a bit of water if

necessary. Using a fork press all 4 sides down to seal and decorate. Cook in boiling, salted water until the pieces float. Coat with sauce and serve.

Sauce: Sauté garlic slowly in butter and olive oil. Add more butter if needed to increase amount of sauce. Cook sauce over medium heat until butter browns. Stir constantly so garlic doesn't burn. Add cheese and milk right before serving.

Thanksgiving

Holiday Turkey & Gravy

(12 servings)

Be creative with what's available at the local bazaar. The turkey cavity can be infused with a variety of herbs and vegetables. You can also place herbs beneath the turkey skin. Prepare the gravy base while the turkey roasts. Make and bake the dressing separately. Stuffing the bird increases the risk of salmonella bacteria because it's challenging to heat the stuffed cavity to 165° F (which is required to kill all bacteria) without overcooking the rest of the turkey. Use a meat thermometer to ensure that the white meat is cooked to 165° F and the dark meat to 180° F. You'll need a roasting rack and large pan. If you don't have a roasting rack, twist aluminum foil into a coil, 1-inch thick and 3-feet long. Make an oval-shaped spiral with the foil and place it in the roasting pan.

Turkey

1 7 - 8 kilogram turkey (neck, heart, liver & gizzard removed & reserved)
1 cup butter, plus 2 tbs
1 onion, quartered
3 garlic cloves, halved
1 small bunch fresh herbs
4 cups chicken broth
¼ cup flour

Gravy Base

2 tbs butter
1 turkey neck, heart & gizzard
3 large shallots, finely chopped
1 bay leaf
1 cup white wine
1 tsp fresh herbs
4 cups chicken broth

Turkey: Set rack to lowest position in oven. Preheat oven to 165° C (325° F). Rinse turkey and pat dry. Using fingers loosen turkey skin and spread ½ cup butter over turkey meat beneath skin and ½ cup butter over outside of turkey. Sprinkle generously with salt and pepper. Place turkey on roasting rack or aluminum foil coil inside large pan. Place next 3 ingredients loosely inside turkey cavity. Tuck wings under and tie legs together. Roast turkey for 1½ hours. Remove from oven. Add 2 cups chicken broth to pan. Tent turkey with foil. Return to oven, and roast until thermometer reads 175° F when inserted into the thickest part of the thigh, about 2 more hours. While roasting, baste turkey occasionally (add more broth if necessary). Transfer turkey to platter and let sit 30 minutes (internal temperature will rise 5 to 10 °). While turkey rests, strain pan juices into large bowl. Skim fat from top. Add gravy base to pan juices. Add remaining chicken broth to make 5 cups liquid total. Melt remaining 2 tbs butter in large pot over medium heat. Whisk in flour until smooth, about 1 minute. Slowly add pan juice mixture, whisking constantly. Boil until thickened, whisking often, about 5 minutes. Season gravy to taste with salt and pepper.

Gravy: Melt butter in large pot over medium-high heat. Add next 3 ingredients and sauté until brown, about 20 minutes. Add wine and herbs; boil until reduced and thick, about 3 minutes. Add broth; bring to boil. Reduce heat to low and simmer, about 1 hour. Remove bay leaf and herbs. Transfer neck, heart and gizzard to cutting board, finely chop to make 1 cup. Place chopped meat back into gravy base. Chill.

Classy Thanksgiving Stuffing

(8 servings)

1 loaf day old French bread (or other bread), cut into ¾-inch cubes (about 10-12 cups)

1 cup walnuts, chopped

2 cups chopped onion

6 tbs butter

1 green apple, peeled, cored, chopped

¾ cup raisins (better stemmed and soaked)

Stock from the turkey giblets (1-2 cups) (can substitute chicken stock/bullion cubes, or just water)

¼ cup chopped fresh parsley

1 tsp ground sage (to taste)

Salt and pepper (to taste)

Toast the walnuts by heating them in a frying pan on medium for a few minutes, stirring till slightly browned (not burned). Heat a large sauté pan on medium heat, melt 3 tbs butter in the pan, add the bread cubes, and stir to coat the bread pieces with the melted butter. Let the bread toast, turn them only when they are slightly browned on a side. (you should be working with somewhat dried out bread, if not, bake the bread cubes for about 10 min to dry them out). Sauté chopped onions with the remaining 3 tbs butter until cooked, 5-10 min. Add bread. Add cooked chopped walnuts. Add chopped green apple, raisins, parsley. Add one cup of stock (enough to keep stuffing moist while you're cooking it). Add sage, salt and pepper and any other spices of your choosing. Cover and turn heat to low. Cook for an hour or until apples are cooked through. Check every 10 min to add stock or water as needed to keep moist and unstuck to the bottom of the pan.

Issyk-Kul Thanksgiving Stuffing

(8 servings)

2-3 loafs bread

2 medium onions, diced

1 bulb garlic, minced

½ green radish, diced (to replace celery)

4-5 apples, peeled, diced

½ cup craisins (or raisins) soaked in hot water until plump

rosemary and thyme to taste

black pepper

½ meat or chicken flavored seasoning packet ПОЛЛТОН in 1 liter hot water

Preheat oven to 180°C (350°F). Cube the bread and let dry for 2 days before making stuffing. Sautee onions, garlic and green radish in oil on medium heat. When onion is translucent add apples. Sautee until soft but apples are still cube shaped. Add pepper and herbs to taste. May add a pinch of salt however the seasoning packet is very salt so be careful. Put stale bread in large bowl and mix in sautéed veggie

mixture. Mix together well. Fold in drained raisins. Pour in broth until mixture is moist, but there is no extra liquid at the bottom of the bowl. Transfer mixture to 1 or 2 greased baking dishes and bake until cooked through and top is crispy, about 30-45 minutes.

Simple Holiday Dressing

(10 servings)

5 cups ½-inch cubes crust less white bread

4 tbs butter

4 cups chopped onions

2 cups peeled, chopped apple (optional)

4 tbs minced fresh herbs

1 cup chicken broth

1 egg, beaten

Preheat oven to 180°C (350°F). Bake bread cubes until dry and golden, about 10 minutes. Place in bowl and cool. Melt butter in large skillet over high heat. Add onions and sauté until tender, about 10 minutes. Add apple and sauté 10 minutes longer. Add to bread cubes. Stir in herbs. Season to taste with salt and pepper. Place dressing in greased oven-proof dish. Combine broth and egg in small bowl. Mix broth into dressing. Bake until cooked through and browned on top, about 35 minutes.

Side Dishes

Rice & Beans

Baked Beans

(6 servings)

2 cups red beans, cooked and drained

1 tsp vegetable oil

1 large onion, chopped

1 tsp salt

1 6-ounce can tomato paste

⅓ cup packed brown sugar

⅛ cup sugar

¼ cup maple syrup

Pepper to taste

Preheat oven to 180°C (350°F). In a medium saucepan, heat oil over medium heat. Add onion and cook until they begin to soften. Transfer into a casserole dish. Add beans and mix. Combine tomato paste, salt, sugars, and syrup and stir into bean mixture. Bake for about 1 hour or until heated through. Add water if necessary to give desired consistency.

Baked Beans, Alternative

(8-10 servings)

1 kg navy beans (small, white, round) - any bean will do in a pinch

2 onions, chopped

3 cloves garlic, minced
2 tsp oil
1 small tin (100g) tomato paste
2 tb vinegar
4 tsp salt
½ cup sugar (brown if possible)
1 cube beef stock
2 tb cornstarch

Soak beans in warm water until plump (overnight best). Drain this water and refill until beans are covered. Cut and fry onion and garlic in oil. Add all other ingredients except sugar and starch. Cook on simmer or low boil for 4 hours, or 1 hour in pressure cooker, add water as needed to keep beans well covered. When beans are tender, add sugar and then cornstarch.

Green Herb Rice

(6 servings)

1 ½ cups cooked rice
1 cup milk
4 tbs butter, melted
½ cup grated cheese
½ cup finely chopped herbs (parsley, spinach, dandelion greens, etc.)
1 egg, beaten
Salt to taste

Preheat oven to 180°C (350°F). Butter a large baking dish. Combine all ingredients and pour into the dish. Bake at medium heat for 40 minutes.

New Orleans Red Beans & Rice

(6 servings)

1 cup soaked kidney beans
6 cups water
½ kilogram tomatoes, chopped
2 cups onions, chopped
1 cup peppers, chopped
1 bay leaf
2 tsp dried basil, or 2 tbs fresh
¾ tsp dried thyme
¼ tsp pepper
A few drops of hot sauce (chili sauce)
3 cups cooked rice
Salt to taste

Bring 4 cups of water and beans to a boil. Boil 2 minutes, remove from heat, cover and let stand 1-2 hours. Drain beans. Add remaining ingredients (except rice), including 2 cups of water. Bring to a boil, reduce heat, cover, and simmer for 1 ½ hours, or until beans are tender. Remove bay leaf. Serve over rice.

Refried Beans

(3 cups)

1 medium onion, peeled and halved
3 whole cloves of garlic, peeled
3 cups cooked pinto beans, mashed
tiny dash of baking soda (to reduce gas)
2 tbs oil
1-2 tbs cumin
1 tsp salt
1 tbs hot pepper sauce or chili powder

Boil onion, garlic and beans in big pot of water until beans are soft (approximately 2 hours). Drain most of the liquid (leave onion and garlic) and set aside in case you need to add later. Add baking soda and mash until desired consistency. Add rest of ingredients and mix.

Spanish Rice

(2 servings)

4 tbs oil
1 onion, diced
1 green pepper, diced
3 cloves garlic, minced
3 large tomatoes, chopped
1 cup uncooked white rice
2 ½ broth (preferably chicken)

Heat the oil in medium saucepan over high heat. Add onion, green pepper and garlic. Sauté until just soft, about 8 minutes. Season to taste with salt and pepper. Add remaining ingredients and bring to boil, reduce heat and cook, covered, until rice is tender, about 35 minutes.

Vegetables

Baked Spiced Eggplant with Yogurt

(4 servings)

¼ cup olive oil
¼ cup chopped cilantro
3 tsp chili powder
½ kilogram eggplant, sliced
1 onion, sliced
1 tomato, chopped
½ cup yogurt
Salt and pepper to taste

Preheat oven 180°C (350°F). Whisk together first three ingredients in small bowl. Layer eggplant and onion in oven-proof dish. Sprinkle with chopped tomato. Drizzle with oil mixture. Season generously with salt and pepper. Bake until eggplant is tender, about 40 minutes. Serve with dollops of yogurt.

Beets with Toasted Sunflower Seeds

(2 servings)

As a main course, serve this salad atop fresh spinach with toasted bread alongside.

½ kilogram beets
¼ cup raw sunflower seeds
1 tbs finely chopped shallot
½ tbs cider vinegar
tiny pinch of sugar
1 tbs olive oil

Preheat oven to 220°C (425°F). Place beets on baking sheet and roast until tender, 40 to 45 minutes. Cool slightly. While beets roast, toast sunflower seeds in a pie plate or a small baking pan in lower third of oven, shaking occasionally, until seeds are golden, about 10 minutes. Whisk together shallot, vinegar, and sugar in large bowl, then add oil in a stream, whisking. Season to taste with salt and pepper. When beets are cool enough to handle, slip off and discard skins. Cut beets lengthwise into ¼ inch thick slices. Add beets and sunflowers seeds to vinaigrette and gently toss.

Fried Green Tomatoes

(3 servings)

6 green tomatoes, sliced ¼ inch thick
2 eggs, beaten
1 cup cornmeal or breadcrumbs
Flour for dusting
Vegetable oil for frying
Salt and pepper to taste

Salt and pepper the tomato slices; dust lightly with flour. Dip slices in beaten eggs, letting excess drip off. Then coat well with cornmeal or breadcrumbs. Fry in hot grease or oil until browned, turning gently (about 3 minutes per side).

Glazed Carrots

(2 servings)

6 medium carrots, thinly sliced (3 cups)
2 tbs packed brown sugar (can substitute honey)
2 tbs margarine or butter
½ tsp ground cinnamon

Heat 1 inch of water to boiling in 3 quart saucepan; add carrots. Heat to boiling; reduce heat to medium. Cover and simmer about 5 minutes or until crisp-tender; drain and set aside in a bowl. Cook brown sugar, margarine and cinnamon in same saucepan over medium heat; stirring constantly until bubbly. Stir in carrots. Cook 2 to 4 minutes over low heat, stirring occasionally until carrots are glazed and hot.

Honey Mustard Roasted Potatoes

(4 servings)

1 kilogram potatoes
½ cup Dijon mustard
¼ cup honey

½ tsp dried thyme leaves
1 tbs butter
Salt and pepper to taste

Preheat oven to 180°C (350°F). Peel potatoes and cut each into 6 or 8 pieces. Cover potatoes with salted water in a large saucepan. Bring to a boil over medium-high heat. Cook potatoes 15 to 20 minutes or until just tender. Drain. Combine mustard, honey, and thyme in a small bowl. Toss potatoes with honey mixture in a large bowl until evenly coated. Melt butter on the a baking pan and then arrange the potatoes on the pan. Bake for 20 minutes or until potatoes begin to brown around the edges. Season to taste with salt and pepper.

Legumes béchamel

(4 servings)

1 head of cauliflower, or carrots, potatoes, squash, whatever vegetable is available
2 eggs
1 cup milk
2 - 3 tbs flour
1 - tbs butter
dash of nutmeg
1 ½ cups grated cheese
1 cup bread crumbs

Preheat oven to 180°C (350°F). Boil the cauliflower until al dente. Hard boil the eggs. In the meantime, combine milk, flour, butter, nutmeg, salt and pepper in a small saucepan, whisking constantly until the mixture thickens. Put the cauliflower in the pan and cover with bechamele sauce. Slice the hard boiled eggs and place, sunny side up, in the dish. Top with grated cheese and bread crumbs. Bake for 15 minutes or until cheese is brown and bubbly.

Mashed Potatoes

(3 servings)

Add chives, onions, and/or garlic to spice it up.
½ kilogram potatoes, peeled and quartered
¼ cup whole milk
1 tbs butter

Cook potatoes in large pot of salted boiling water until very soft. Drain. Using a fork, mash potatoes in large bowl. Stir in milk. Add butter and stir until melted and potatoes are smooth. Season to taste with salt and pepper.

Potato Croquettes

(8 croquettes)

2 cups mashed potatoes
4 tbs flour
1 cup bread crumbs
2 eggs
½ cup oil
spices as desired (parsley, pepper, basil)

Put potatoes in one bowl and mix in flour. In a separate bowl, lightly beat one egg then add to potato mixture. Shape into 8 balls and cover and chill. Beat the second egg and dip each ball in the egg then in the bread crumbs. Heat oil over medium high heat. Add potato balls and heat for several minutes browning on all sides.

Potato Gnocchi

(6 servings)

This a great recipe for an ambitious cook

1 kilo potatoes

1 tsp salt

½ tsp baking powder

1 egg white

1 ½ cups unbleached all-purpose flour

Preheat oven to 200°C (400°F). Pierce the potatoes several times so that moisture can escape during baking. Bake the potatoes for 1 hour or until fork tender. Peel the potatoes while they are still hot and julienne them finely. Put the potatoes in a large bowl with salt, baking powder, and egg white. Add the flour a little at a time and mix with your hands until the mixture forms a rough dough. Do not over-work the dough. Transfer the dough to a lightly floured surface. Gently knead the dough for 1 or 2 minutes until smooth, adding a little bit more flour, if necessary, to keep it from sticking. On a well-floured work surface, turn out the potato dough, and divide into 6 equal parts. With the palms of both hands gently roll each part into a "rope" ¾-inch in diameter. Using a sharp knife cut each "rope" on an angle into ¾-inch-long pieces. Shape the gnocchi: Hold a salad fork in one hand so it rests on the work surface at a 45-degree angle with the tines curving up. Place a piece of the dough at the top of the tines and hold it in place with your free thumb. In one gentle motion, quickly press and roll the dough along the tines. The gnocchi should have a small dent in one side and shallow grooves on the other, perfectly suited for holding a sauce. Repeat with the remaining pieces and transfer to a lightly floured baking sheet pan. Store in the refrigerator for at least 1 hour and up to 24 hours before cooking. Boil the gnocchi in batches in plenty of salted water. The gnocchi are done about 2 minutes after they float to the surface, remove with a slotted spoon, and serve. If not cooking immediately, place the gnocchi in a single layer on a baking pan dusted with flour. Cover with plastic wrap and refrigerate for up to 12 hours.

Note: If the gnocchi start to feather and fall apart in boiling water, you need more flour. If the gnocchi don't float after 2 minutes and are hard, you used too much flour.

Potato Latkes

(8 latkes)

2 cups raw potatoes, grated

2 tbs flour

1 egg, beaten

½ cup diced onion

½ cup oil

Combine all ingredients in large bowl and mix well. Season generously with salt and pepper. Heat oil in heavy skillet until sizzling, but not smoking, over medium heat. Drop potato mixture by spoonful into oil. Cook until golden, about 2 minutes per side.

Roasted Rosemary & Thyme Potatoes

(4 servings)

4 large potatoes
¼ cup finely chopped onion
2 tbs olive or vegetable oil
2 tsp dried rosemary leaves
1 tsp dried thyme
Salt and pepper to taste

Preheat oven to 200°C (400°F). Grease baking pan. Cut potatoes into 1 inch chunks. Mix onion, oil, rosemary, thyme, salt and pepper in large bowl. Add potatoes; toss to coat. Spread potatoes in single later on pan. Bake uncovered 30 to 35 minutes, turning occasionally until potatoes are light brown and tender when pierced with a fork.

Roasted Winter Vegetables

(4 servings)

¼ kilogram potatoes, peeled and thinly sliced
1 turnip, peeled and thinly sliced
2 carrots, thinly sliced
1 onions, thinly sliced and separated into rings
2 cups chopped pumpkin, if available
½ cup olive oil
½ tsp dried thyme
½ tsp dried rosemary
½ cup grated cheese

Preheat oven to 190°C (375°F). Combine first 7 ingredients in large bowl and toss to coat evenly. Pour chicken broth over all. Season generously with salt and pepper. Bake until vegetables are just tender, about 40 minutes. Remove from oven. Sprinkle with cheese. Place back in oven until cheese melts, about 5 minutes.

Sautéed Pumpkin

(2 servings)

¼ kilogram pumpkin, peeled and cut into ½-inch cubes
1 small onion, sliced
4 tbs oil

Heat oil in large skillet over medium heat. Add onion and pumpkin and sauté until tender and golden, about 30 minutes. Season to taste with salt and pepper and serve.

Sautéed Squash with Basil

(4 servings)

2 tbs oil
½ kilogram squash, peeled and cut into ½ inch cubes
2 garlic cloves, finely chopped

½ cup water

¼ cup finely chopped fresh basil

Heat 1 tbs oil in skillet over high heat until hot but not smoking. Add half of squash and sauté, stirring occasionally, until browned, about 5 minutes. Transfer browned squash to a bowl, then heat remaining tbs oil and sauté remaining squash in same manner. Return squash in bowl to skillet. Add garlic and sauté, stirring occasionally, 1 minute. Season to taste with salt and pepper. Add water and simmer, covered, until squash is tender and most of liquid is evaporated, about 8 minutes. Stir in basil.

Scalloped Potatoes

(4 servings)

Try adding cheese on top and between the layers

4 med potatoes, peeled and sliced

3 tbs flour

1 ½ cups milk

4 tbs butter

Salt, pepper

Preheat oven to 180°C (350°F). Butter casserole dish or a heavy pot. Cover the bottom with one layer of potato slices. Sprinkle with salt, pepper and flour, and add a few dots of butter. Preheat until potato is used up. Pour milk over the potato slices until the top is almost covered. Dot the top with butter. Bake for 1 hour or until potatoes are soft.

Smashed Cauliflower

(4 servings)

½ head of cauliflower

1 cup butter

1 cup parmesan cheese

Salt & pepper

Boil cauliflower until soft. Drain then mash. In same pan add butter and cheese. Mix together and then salt and pepper to taste.

Spicy Cabbage Sauté

(4 servings)

¼ cup diluted vinegar

4 cloves garlic, minced

2 tsp chili powder

1 small cabbage, sliced

¼ cup oil

Whisk first 3 ingredients together. Place cabbage in large bowl. Add vinegar mixture and toss to coat. Season with salt and pepper. Let stand 1 hour. Heat oil in large deep skillet over medium heat. Add cabbage and sauté until crisp tender. Serve hot.

Twice Baked Potato

Potatoes

½ cup milk

½ cup smetana

¼ cup butter

cheese, salt and pepper to taste

Preheat oven to 180°C (350°F). Roast potatoes until soft. Cut in half, scoop out the potato, leaving skins intact. Mash with milk, smetana, butter, cheese, salt, and pepper to taste. Return to potato skins and bake until golden.

Desserts

Cookies & Bars

All Butter Cookies

(2 ½ dozen)

2 ½ cups flour

1 cup butter, softened

1 cup sugar

2 tsp vanilla extract or powder

Preheat oven to 205°C (400°F). Mix together flour and sugar until texture is like cornmeal. Add sugar and vanilla and beat until dough forms. Roll into log, about 12 inches long and 2-inches in diameter. Chill until firm, about 1 hour. Slice cookies and place on baking sheet. Bake until golden, about 10 minutes. Let stand 5 minutes. Sprinkle with additional sugar.

Buried Cherry Cookies

(3 ½ dozen)

10 oz maraschino cherries

½ cup butter, softened

1 cup sugar

¼ tsp powder

¼ tsp soda

1 egg

1 ½ tsp vanilla

½ cup cocoa powder

1 ½ cups flour

1 cup semisweet chocolate pieces

½ cup sweetened condensed milk

Preheat oven to 180°C (350°F). Drain cherries and reserve juice. Beat butter with electric mixer on medium for 30 seconds. Add sugar, baking powder, baking soda, and ¼ tsp salt. Beat until combined, scraping bowl, beat in egg and vanilla until combined. Beat in cocoa powder and as much flour as you can with mixer. Stir in any remaining flour. Shape dough into 1 inch balls. Place balls 2 inches apart on cookie sheet. Press thumb into center, place cherry in each center. For frosting, in a small saucepan combine choc pieces and sweetened condensed milk. Cook and stir over low heat until

chocolate melts. Stir in 4 tsp reserved cherry juice. Spoon 1 tsp frosting over each cherry, spreading to cover. Bake for 10 minutes and cool 1 minute. 97 cal/ cookie.

Chocolate Chip Cookies

2 ½ dozen)
1 cup butter
¾ cup sugar
¾ cup brown sugar
2 eggs
1 tsp vanilla extract or powdered vanilla
2 ¼ cups flour
1 tsp salt
1 tsp baking powder
1 tsp baking soda
1 chocolate bar, chopped
½ cup chopped nuts (optional)

Preheat oven to 190°C (375°F). Beat butter and sugar together in large bowl until fluffy. Stir in eggs and vanilla. Combine next 4 ingredients in separate bowl. Stir dry ingredients into butter mixture until dough forms. Fold in chocolate pieces. Place by spoonful on baking sheet, and bake until golden, about 8 minutes.

Chocolate Chip Oatmeal Cookies

(2 dozen)
1 cup butter, softened
1 ¼ cups packed brown sugar
½ cup white sugar
2 eggs
2 tbs milk
1 tsp vanilla extract
1 ¾ cups all-purpose flour
1 tsp baking soda
½ tsp salt
2 ½ cups rolled oats
2 cups semisweet chocolate chips
1 cup chopped walnuts (optional)

Preheat oven to 190°C (375 °F). Beat together butter and sugars until creamy. Add eggs, milk and vanilla; beat well. Add combined flour, baking soda and salt; mix well. Stir in oats, chocolate chips and nuts; mix well. Drop by rounded tbsfuls onto ungreased cookie sheet. Bake 9-10 minutes. Cool for 1 minute on cookie sheet and remove.

Chocolate Peanut Butter Banana Ice Cream Sandwiches

(20 tiny sandwiches)
3 bananas cut into 1 inch slices
½ cup peanut butter
1 chocolate bar, melted

Place ½ of the banana slices on a baking sheet. Spread a thin layer of peanut butter on them then top with another banana slice. Drizzle chocolate over the banana sandwiches then place in the freezer. Freeze for at least an hour.

Date Filled Cookies

(2 dozen)

Try substituting raisins for the dates.

1 cup dates, pitted and chopped
½ cup white sugar
¾ cup water
½ cup butter, softened
½ cup packed brown sugar
1 ½ cups flour
¼ tsp baking soda
1 ¼ cups oats
½ tsp salt

Preheat oven to 190°C (375 °F). In a small saucepan, over low heat, mix dates, sugar and ½ cup water. Bring to a boil and cook for 15 minutes or until thick and smooth. Set aside to cool. In a large bowl, cream butter and brown sugar together until smooth. Gradually mix in flour, baking soda and salt. Add the oatmeal and mix well. Stir in 2 to 4 tbs water. Form the dough into a ball and refrigerate or store in a cool place for 15 minutes. On a floured surface, roll dough to ⅛ inch thickness and cut into 2 inch rounds. Place ½ of the rounds on cookie sheets. Spoon date mixture in the center of each round and top with another round. Press edges firmly together. Bake 15 minutes in the preheated oven, or until browned.

Fudge Ecstasies

(3 dozen)

12 oz chocolate pieces
2 oz unsweetened chocolate
2 tbs butter
2 eggs
2/3 cup sugar
¼ cup flour
1 tsp vanilla
¼ tsp baking powder
1 cup nuts

Preheat oven to 180°C (350 °F). Grease a cookie sheet, set aside. In a heavy saucepan cook and stir 1 cup of the chocolate pieces, unsweetened chocolate, and butter till melted. Remove from heat, add eggs, sugar, flour, vanilla, and baking powder. Beat until combined, scraping pan sides. Stir in remaining 1 cup chocolate pieces and nuts. Drop dough by rounded tsp 2 inches apart onto cookie sheet. Bake for 8-10 min till surfaces are dull and cracked. 103 cal/cookie

Fudgy Cappuccino Crinkles

(3 dozen)

⅓ cup softened butter
1 cup brown sugar
2/3 cup unsweetened cocoa powder
1 tbs instant coffee
1 tsp baking soda
1 tsp cinnamon
2 egg whites
⅓ cup vanilla yogurt
1 ½ cups flour
¼ cup sugar

Preheat oven to 180°C (350 °F). Grease cookie sheet. Beat butter with electric mix on medium for 30 seconds. Add brown sugar, cocoa powder, coffee, baking soda, cinnamon. Beat till combined, scraping bowl. Beat in egg whites and yogurt till combined. Beat in as much flour as you can, stir in remaining flour. Place the sugar in small bowl. Drop dough by tsp into sugar and roll into balls. Bake for 8 - 10 min.
66 cal/crinkle

Giant Ginger Cookies

(2 dozen)

4 ½ cups flour
4 tsp ground ginger
2 tsp baking soda
1 ½ tsp cinnamon
1 tsp cloves
¼ tsp salt
1 ½ cups shortening
2 cups sugar
2 eggs
½ cup molasses
¾ cup sugar

Preheat oven to 180°C (350 °F). Stir flour, ginger, soda, cinnamon, cloves, and salt, set aside. In large mixing bowl beat shortening with electric mixer on low for 30 seconds. Add two cups sugar. Beat until combined, scraping sides of bowl occasionally. Beat in eggs and molasses until combined. Beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture. Shape dough into 2 inch balls using a ¼ cup measure. Roll balls in the ¾ cup sugar. Place 2 ½ inches apart on ungreased cookie sheet. Bake for 11 minutes until tops are puffed. Cool for 2 minutes, transfer to wire and cool. Shape into 1 inch balls, bake 8 minutes for regular cookies.
61 cal/cookie

Goo (Peanut Butter Honey Balls)

(2 dozen)

1 - 12 oz jar creamy peanut butter
⅓ cup honey
½ cup dry milk powder

Mix peanut butter and honey together then add approximately 1/2 cup dry powdered milk. If mixture is too dry, add a bit more honey. Shape into small balls then refrigerate for 3 or 4 hours.

Hershey's Kitchen Fudge

(1 dozen)

3 cups sugar

2/3 cup cocoa

1/8 tsp salt

1 1/2 cups milk

1/4 cup butter

1 tsp vanilla extract

Butter an 8 or 9-inch square pan. Mix sugar, cocoa and salt in a heavy large saucepan; stir in milk. Cook over medium heat, stirring constantly until it comes to a full rolling boil. Boil, without stirring, until small amount of mixture dropped into very cold water forms a soft ball which flattens when removed from water. Remove from heat. Add butter and vanilla, DO NOT STIR. Cool to lukewarm. Beat with a wooden spoon until fudge thickens and begins to lose some gloss. Quickly spread into prepared pan; cool completely, cut into squares.

Honey Oatmeal Bars

(1 dozen)

You can replace the dried apricots with raisins, replace the walnuts with almonds.

3/4 cup butter

2/3 cup honey

1 1/2 cups rolled oats

1/4 cup dried apricots, finely chopped

1/4 cup chopped walnuts

Preheat oven to 180°C (350°F). Melt the butter and honey over medium low heat. Stir in oats, dried apricots and walnuts. Mix thoroughly. Pour into a well greased 8-inch square pan. Bake until just golden, about 18 minutes. Remove and cut into bars.

Jia's Ginger Chocolate Oatmeal Cookies

(2 dozen)

1 cup oatmeal

1 cup flour

1 stick of butter (or half stick and half cup applesauce)

1/2 cup sugar

1 tsp baking soda

2 eggs

1/4 tsp salt

Chocolate, to taste, but let's face it - a lot,

3 tbs finely minced ginger

Preheat oven to 180°C (350 °F). Combine dry ingredients in a bowl. Melt butter and add chocolate; leave chunks of chocolate in the butter. Add the ginger. Combine with dry ingredients. Add two eggs and mix well. If the mixture seems too runny, add a

little flour - it seems to shift continuously in this country. Bake for about 8 minutes. For kicks: substitute anything for ginger/chocolate combination, like dates and almonds, bananas and chocolate, etc.

Luscious Lemon Bars

(3 dozen)

2 cups flour

½ cup powdered sugar

2 tbs corn starch

¼ tbs salt

¾ cup butter

4 slightly beaten eggs

1 ½ cups sugar

3 tbs flour

1 tsp finely shredded lemon peel

¾ cup lemon juice

¼ cup milk

Preheat oven to 180°C (350 °F). Combine 2 cups flour, ½ cup sugar, cornstarch, and salt. Cut in butter until mixture resembles coarse crumbs. Press mixture into the bottom of a greased baking pan and bake for 18 minutes. Stir together eggs, sugar, 3 tbs flour, lemon peel, lemon juice, and milk. Pour filing over hot crust. Bake 15 - 20 minutes till center is set. 114 cal/bar

Missionary Brownies

(1 dozen)

Don't let the 7 eggs and 4 cups of sugar daunt you. Missionary Brownies are out of this world

2 cups margarine (preferably Rama brand), melted

4 cups sugar

1 ½ cup cocoa

1 tsp salt

2 tsp vanilla

7 eggs

2 cups flour

Preheat oven to 180°C (350 °F). Melt margarine. Stir in sugar, cocoa, salt and vanilla. Gradually add eggs and flour. Mix until batter is completely smooth. Butter pan (13x9 inch). Bake for 45-50 minutes.

More Normal-er Brownies

(1 dozen)

½ cup butter

1 chocolate bar, broken up (dark chocolate works best)

2 eggs

1 cup sugar

1 tsp vanilla

¾ cup flour

½ cup chopped nuts or another chocolate bar, broken into chunks

Preheat oven to 180°C (350 °F). Melt butter and chocolate together; remove from heat. Mix in eggs, sugar and vanilla. Lightly beat in flour and nuts or chocolate or other additives. Spread in greased pan and bake for 30 minutes, or until straw inserted in center comes out clean.

No Bake Cookies

(2 ½ dozen)

Optional additions: ½ cup peanut butter, ½ cup coconut flakes, ½ cup chopped nuts

2 cups sugar
½ cup milk
¼ cup butter or margarine
3 tbs powdered cocoa
1 tsp vanilla extract or vanilla powder
3 cups instant oatmeal

Combine sugar and milk in a large saucepan over medium heat and melt in butter stirring constantly. Bring to a rumbling boil for 1 full minute. Remove from heat and mix in vanilla, cocoa, and oats. Add any optional ingredients. Drop by tablespoonfuls onto plastic (old bags work well). Cool until firm.

Peanut Butter Bonbons

(3 dozen)

3 cups oatmeal
1 2/3 cup peanut butter
1 tsp vanilla
1 cup sugar
1 cup brown sugar, packed
½ cup evaporated milk

In a large mixing bowl, combine oats, peanut butter and vanilla. In a small saucepan, combine and stir sugars and evaporated milk. Bring to a rolling boil. Boil 1 minute; pour over oatmeal mixture and mix well. Form mixture into balls.

Pumpkin Bars

(48 bars)

2 cups flour
1 ½ cups sugar
2 tbs baking powder
2 tsp cinnamon
1 tsp soda
¼ tsp salt
¼ tsp cloves
4 eggs, beaten
15 oz pumpkin
1 cup cooking oil
½ cup cream cheese icing (pg. [103](#))

Preheat oven to 180°C (350 °F). In a large bowl stir together flour, sugar, baking powder, cinnamon, baking soda, salt, and cloves. Stir in eggs, pumpkin, oil until combined. Spread on ungreased pan. Bake for 25 - 30 minutes. Cool two hours. Spread with cream cheese icing. 133 cal/ bar

Spiced Apricot Bars

(24 bars)

1 cup flour
½ tsp baking powder
¼ tsp soda
¼ tsp each cardamom and nutmeg
1 slightly beaten egg
½ cup brown sugar
½ cup apricot nectar or orange juice
¼ cup applesauce
2 tbs cooking oil
½ cup finely snipped dried apricots
1 recipe apricot icing (below)

Preheat oven to 180°C (350 °F). In a medium bowl stir flour, baking powder, baking soda, cardamom; set aside. In another bowl stir together egg, baking sugar, nectar, applesauce, and oil until combined. Add egg mixture to flour mixture, stirring just until combined. Stir in apricots. Spread batter in ungreased pan and bake for 20 minutes. Cool 2 hours, drizzle with icing.

Apricot Icing: ½ cup powdered sugar and enough juice to make icing of drizzling consistency (2/3 tsp). 67 cal/bar

Steph's Chocolate Chocolate Chip Cookies

(3 dozen)

2 ¼ cups flour
1 tsp salt
1 tsp baking soda
2 sticks butter, softened
1 cup granulated sugar
1 cup packed brown sugar
2 large eggs, beaten
1 tbs vanilla
½ cup unsweetened cocoa
2 cups chocolate chips, 2 chocolate bars, chopped or M&M'S

Preheat oven to 190°C (375 °F). In a bowl stir together flour, salt, and baking soda. In another large bowl stir together butter, both sugars, eggs, vanilla and cocoa. Gradually stir flour mixture into butter mixture and mix until combined. Stir chocolate chips and walnuts, if using, and stir to distribute evenly.
For cookies: Drop dough by tbs onto greased baking sheets and bake about 10 minutes. Cool on a baking rack.
For bars: Pat dough into a greased 9 inch square baking pan and bake 20 to 25 minutes. Cut into squares when cooled

Sugar Cookies

(2½ dozen)

1 cup butter unsalted

1 cup white sugar

2 eggs

lightly beaten

1 tsp vanilla

3 cups flour

2 tsp baking powder

1 tsp salt

Preheat oven to 180°C (350 °F). In a bowl, cream the butter and sugar. Beat in the eggs and vanilla. In a second bowl, combine and mix well the flour, baking powder, and salt. Stir flour into butter mixture 1 cup at a time. Chill dough for 3 to 4 hours. Roll out dough and cut into shapes with cookie cutters or a knife. Brush with milk and sprinkle with colored sugar. Bake for 10 to 15 minutes depending on the size of the cookie. Remove cookies to a rack to cool completely.

Puddings

Caramel Flan

(4 custards)

⅓ cup sugar

3 beaten eggs

1 ½ cups milk

⅓ cups sugar

1 tsp vanilla, nutmeg and cinnamon

Preheat oven to 180°C (350 °F). Cook ⅓ cup sugar over medium high heat till sugar begins to melt, shaking skillet occasionally to heat sugar evenly. Do not stir. Once the sugar starts to melt, reduce heat to low. Cook five minutes more or until all of sugar is melted and golden, stirring as needed with a wooden spoon. Immediately divide caramelized sugar among four six-oz custard cups that you can put in the oven, or one big metal bowl that your family will definitely have. Let stand ten minutes. Meanwhile, combine eggs, milk, ⅓ cup sugar, and vanilla. Beat until well combined but not foamy. Place custard cups in 2 quart square baking dish. Divide egg mixture among custard cups. If desired sprinkle with nutmeg. Place baking dish on oven rack. Pour boiling water into the baking dish around custard cups to a depth of 1 inch. Bake for 25 - 35 minutes or until a knife comes out clean. Remove from water. Cool slightly on a wire rack. To unmold, loosen edges of flans with a knife. Invert on dessert plates. 227 cal/piece.

Chocolate Pudding

(8 servings)

½ cup sugar

3 tbs cocoa

¼ cup cornstarch

⅛ tsp salt

2 ¾ cups milk

2 tbs butter
1 ½ tsp vanilla

In a saucepan, stir together sugar, cocoa, cornstarch and salt. Place over medium heat and stir in milk. Bring to a boil, and cook, stirring constantly until mixture thickens enough to coat the back of a metal spoon. Remove from heat and stir in butter and vanilla. Let cool briefly and serve warm or chill in refrigerator until serving. For vanilla pudding, hold the cocoa.

Chocolat pot de crème

(8 servings)
2 cups cream
6 oz chocolate, coarsely chopped
1/2 cup sugar
4 egg yolks
1 tsp vanilla

In a medium heavy saucepan combine the whipping cream, chocolate, and sugar. Cook and stir over medium heat about ten min or until moisture comes to a full boil and thickens. If chocolate flecks remain, use a whisk to blend). Remove from heat. Gradually stir all of the hot mixture into the beaten egg yolks, but avoid cooking the eggs, and then stir in vanilla. Divide chocolate mixture evenly into 8 chai chinne, cover and chill for 4 - 24 hours before servings. For mocha, add 1 tbs instant coffee before heating milk. 375 cal/per pot

Cinnamon Banana Bread Pudding

(8 servings)
2 cups of day-old cinnamon bread (white bread will do), cut into 1" cubes
2 very ripe banana, sliced into rounds
2 tbs honey
1 ½ cups milk
3 eggs
1 tsp vanilla
2 tbs brown sugar
2 tbs white sugar
t tbs cinnamon

Put half the bread cubes into the pan and top it with half of the banana slices. Cover with the rest of the bread and the rest of the banana. Drizzle the concoction with honey. Combine the milk, sugar, eggs, cinnamon, and vanilla in a bowl and pour it over the bread. Let it sit 20 minutes, then bake it at 350 ° for approximately 40 minutes, or until it looks done. For kicks: substitute coffee and dark chocolate, or white chocolate and pistachio, vanilla custard and cherry, etc.

Rice Pudding

(8 servings)
1 cup milk
2 cups cooked rice
¼ tsp salt
¼ to ½ cup sugar, according to taste

1 tsp vanilla
3 tsp cinnamon
½ cup raisins (optional)

Put the rice into a saucepan with the milk and bring it to almost boiling. Lower the heat and simmer, covered, for 10-15 minutes or until the milk is absorbed. Remove from heat and add the rest of the ingredients. Stir and serve.

Steamed Pumpkin Pudding

(8 servings)

If you can't find ginger or cloves, increase the cinnamon by 1 tsp.

1 medium pumpkin, peeled and cut into 2-inch pieces
1 cup sugar
1½ tsp cinnamon
1 tsp minced fresh ginger
½ tsp cloves, crushed
¼ tsp vanilla powder
¾ cup cream
4 eggs, gently beaten

Bring about 3 inches water to boil in large pot over medium heat. Add pumpkin cubes and steam until very soft. Place pumpkin in large bowl and mash until smooth. Add remaining ingredients and stir to combine. Adjust seasonings to taste. Pour mixture into greased large teacups. Fill large pot with 2 inches of water. Gently place teacups into pot and bring to gentle boil. Steam until pudding is firm in middle, about 30 minutes.

Pies

Helpful Hint: Don't have a pie dish? Transfer rolled-out pie crust onto a cookie sheet and place pear mixture on top, leaving a 1-inch border. Fold edges over ingredients to make a rustic tart.

Buttery Pie Crust

(1 crust)

1¼ cups all-purpose flour
½ tbs sugar
½ tsp salt
½ cup chilled butter or shortening, cut into chunks
¼ tsp baking powder
3 tbs ice water
1 egg (for a heartier, flakier crust)

Sift flour, sugar, baking powder and salt together in large bowl. Using your fingers, blend in butter until coarse meal forms. Add ice water and press dough together with hands until dough holds together. Add egg if desired. If dough is dry, add additional ½ tbs water. Handling gently, shape dough into disk and refrigerate 1 hour. Soften slightly and roll into a crust.

Pumpkin Pie

(8 servings)

1 Buttery Pie Crust disk (above)
½ kilogram pumpkin, peeled and cut into 2-inch pieces
1 can sweetened condensed milk
½ cup sour cream or ¼ cup milk
2 tsp cinnamon
½ tsp vanilla powder
2 eggs

Preheat oven to 190°C (375°F). Bring about 3 inches water to boil in large pot over medium heat. Add pumpkin cubes and steam until very soft. Place pumpkin in large bowl and mash until smooth. Add next 4 ingredients. Whisk in eggs. Roll out dough disk on floured surface to 13-inch round. Place in 9-inch pie dish; trim overhang and crimp edges. Pour pumpkin mixture into crust. Bake until filling is firm in center, about 55 minutes.

Cherry Pie

(8 servings)

Try substituting black berries or your favorite type of berry in this pie.

2 Buttery Pie Crust disks (above)
1 cup sugar
2 tbs flour
4 cups cherries; washed, pitted and halved

Preheat oven to 180°C (350 °F). Mix the flour and sugar in a large bowl and add the cherries. Toss until well coated. Pour into pie crust and cover with remaining disc. Cut air holes on top or cut the remaining disc into strips and weave into a lattice pattern. Bake for 40 minutes or until crust is golden.

Cinnamon Apple Pie

(8 servings)

In early fall you'll see giant apple trees heavy with fruit. In the summertime, replace the apples with peaches or apricots.

1½ kilograms tart apples, peeled, cored, and thickly sliced
¾ cup sugar
2 tbs flour,
1 tsp lemon juice
1 tsp cinnamon
1 Buttery Pie Crust disk (above)
2 tbs butter, cut into small cubes

Preheat oven to 190°C (375°F). Combine first 5 ingredients in large bowl. Toss to coat apples evenly. Roll out dough disk on floured surface to 13-inch round. Place in 9-inch pie dish; trim overhang and crimp edges. Fill with apple mixture and dot with butter cubes. Bake pie until crust is golden and apples are bubbly, about 60 minutes.

Note: Use 2 Buttery Pie Crust disks to make a double-crust pie. To make lattice topping, roll out a second Buttery Pie Crust and cut dough into ten 1-inch strips. Place 5 strips across filling and weave remaining strips at a right angle into the first strips. Don't have a pie dish? Transfer rolled-out disk onto a cookie sheet and place apple mixture on top, leaving a 1-inch border. Fold edges over apples to make a rustic tart.

Matty B's Chocolate Fudge Fantasy Banana Pie

(8 servings)

1 Buttery Pie Crust (pg. 96)

4 eggs, well beaten

1 cup butter, softened

pinch of salt

2 cups sugar

½ cup cocoa

1 tsp vanilla

½ cup flour

1 banana

¼ cup walnuts (optional)

Preheat oven to 180°C (350 °F). Cream the butter. Add the sugar and beat until smooth and creamy. Mix in salt, cocoa, vanilla and flour. Once fully combined, mix in the egg and nuts. Pour into unbaked pie crust. Cut the banana into small slivers. Fully cover the top of the pie with banana slivers in circular pattern. Bake for 50 minutes or until set. Serve at room temperature.

Nut Pie

(8 servings)

1 Buttery Pie Crust (pg. 96)

3 eggs, beaten

1 cup sugar

1 cup sugar plus ¼ cup water, to make corn syrup

½ tsp salt

1 tsp vanilla

3 tbs softened butter

1 cup chopped nuts

Preheat oven to 180°C (350 °F). Mix eggs, corn syrup, sugar, salt, vanilla, and butter. Add nuts. Pour into pie crust. Bake for 45 minutes or until set.

Note: To make corn syrup, heat water and sugar in a pot until thickened.

Pear & Vanilla Butter Pie

(8 servings)

Feeling ambitious? Here's a pie that's worth the extra effort.

2 tbs butter

½ packet vanilla powder

1½ kilograms pears, peeled, cored, and thickly sliced (about 8 pears)

2/3 cups golden raisins

½ cup packed brown sugar

2 tbs flour

1 tsp lemon juice
1 Buttery Pie Crust (pg. 96)

Preheat oven to 190°C (375°F). Melt butter in small saucepan over medium heat. Add vanilla powder and cook until butter browns, stirring often, about 3 minutes. Cool slightly. Gently combine next 5 ingredients in large bowl. Toss with vanilla butter to coat pears evenly. Roll out dough disk on floured surface to 13-inch round. Place in 9-inch pie dish; trim overhang and crimp edges. Fill with pear mixture. Bake pie until crust is golden and pears are tender and filling is bubbly, about 1 hour and 20 minutes.

Puffs, Pastries & Misc.

Funnel Cake

(1 - 1 ½ dozen)

3 eggs
2 cups milk
¼ cup white sugar
3 2/3 cups all-purpose flour
½ tsp salt
2 tsp baking powder

In a medium bowl, mix salt, baking powder, and half of the flour. Set aside. In a large bowl, cream eggs, sugar and milk. Add flour mixture and beat until smooth. Continue to add remaining flour, but use only enough to achieve desired consistency. Batter will be thin enough to run through a funnel. In an eight inch skillet, heat the oil to 375° F. Put your finger over the bottom opening of the funnel, and fill the funnel with a generous 1/2 cup of the batter. Hold the funnel close to the surface of the oil, and release the batter into the oil while making a circular motion. Fry until golden brown. Use tongs and wide spatula to turn the cake over carefully. Fry the second side one minute. Drain on paper towels, and sprinkle with sifted confectioners' sugar or cinnamon sugar.

Limone Frommage Tartes ala Renee

(8 servings)

1 Buttery Pie Crust (pg. 96)

Lemon Filling:

½ c sugar
⅛ c cornstarch
½ c boiling water
2 egg yolks, lightly beaten
1 tsp. Grated lemon rind
¼ tsp lemon juice
1 tbs butter

Cheese Filling:

1 small tub (190grams) spreadable cheese
(сливочный плавленный сыр)
¾ cup powdered sugar

Preheat oven to 180°C (350 °F). Combine sugar and cornstarch in a medium saucepan; whisk in 1 cup boiling water. Cook over medium heat, whisking constantly, until sugar and cornstarch dissolve (2 minutes). Gradually whisk about ¼ of hot sugar mixture into egg yolks; then take egg mixture and add to remaining hot sugar mixture in pan,

whisking constantly. Whisk in lemon rind and juice. Cook until thickened. Remove from heat, whisk in butter. Let cool completely. DO NOT STIR AFTER IT COOLS! Gel will liquefy again if stirred too much! Cut buttery pie crust into small circles and put into 8 tart tins (available at the bazaar). Cream together cheese and powdered sugar, add ~one rounded tbs to each tart. Bake for 30-35 minutes. [Don't let them brown!] Set aside to cool. Spoon cheese filling onto tartes.

Note: You can use a 9 inch pie plate or light, oven-safe skillet to make one large tarte if tins are not available (or desired).

Lola's Paires Belles Helene

(4 servings)

My all-time favorite dessert

1 ripe pear, peeled, per person
1 tsp vanilla extract
1 tbs sugar
8 oz semisweet baking chocolate, or crushed up chocolate bar
1 cup heavy cream, or whole milk
vanilla ice cream

Boil the peeled pears for 45 minutes in water with vanilla and sugar. Melt chocolate with heavy cream over low heat in a separate sauce pan. Whisk until just combined; do not overcook or chocolate will get nasty. Let the ganache (chocolate) sit for two minutes. During that time, scoop out the vanilla ice cream into bowls and top with a boiled pear. Smother everything in the ganache, serve immediately. For kicks: garnish with a pirouette cookie and fresh mint.

Profiteroles (et éclairs)

(1 dozen)

1 cup water
½ cup butter
⅛ tsp salt
1 cup flour
4 eggs
3 cups whipped cream, pudding or ice cream

Preheat oven to 200°C (400 °F). Combine water, butter, and salt. Bring to boiling. Add flour all at once, stirring vigorously. Cook and stir until mixture forms a ball. Remove from heat. Cool 10 minutes. Add eggs, 1 at a time, beating well with wooden spoon after each addition. Drop 12 heaping tbs of dough onto a greased baking sheet. Bake for 30 - 35 min or until golden. Transfer cream puffs to a wire rack, cool. Cut tops from puffs, remove soft dough from inside, fill with whipped cream. Replace tops. 238 cal/puff

For éclairs, put dough in a pastry bag and pipe 4" long, 1" wide, ¾" high. Bake and cool and split them the same as for the puffs. 361 cal/éclair.

Saucy Apple Dumplings

(6 servings)

2 cups water
1 ¼ cup sugar
1 tsp cinnamon
¼ cup butter
2 cups flour
½ tsp salt
2/3 cup shortening
⅓ cup half and half
2 tbs raisins
2 tbs walnuts
1 tbs honey
2 tbs sugar
6 small cooking apples, cored and peeled
1 tbs butter

Preheat oven to 180°C (350 °F). In a saucepan, combine water, 1 ¼ cup sugar, cinnamon, bring to boil, reduce heat. Simmer for five minutes. Combine flour and salt, cut in shortening until pieces are pea-size. Sprinkle 1 tbs of half and half over part of mixture, gently toss with a fork. Push moistened dough to side of bowl, repeat, using 1 tbs of half and half at a time, until all dough is moistened. Form dough into a ball. On a lightly floured surface, roll dough into 18 x 12 inch rectangle. Using a pastry wheel, cut dough into 6 6-inch squares. Combine raisins, walnuts, and honey. In another bowl stir together remaining cinnamon and 2 tbs sugar. Place an apple on each pastry square. Fill centers of apples with raisin mixture. Sprinkle with sugar/ cinnamon mixture, dot with 1 tbs butter or margarine. Moisten edges of each square with water, fold corners to center, pinch to seal seams. Place dumplings in baking pan, reheat sauce to boiling and pour over dumplings. Bake, uncovered for 1 hour or until apples are tender. 585 cal/ serving

Tartes aux Fruits (in this case pear and pecan)

(6 servings)

1 ½ cups flour
1 stick of unsweetened butter, melted
1 tbs cold water
1 tbs sugar
3 eggs
1 cup milk
1 tsp vanilla extract
6 large pears, peeled, cored, and cut into eight pieces
handful of pecans
2 tbs brown sugar

Preheat oven to 180°C (350 °F). Combine flour, butter, 1 tbs sugar, water, and one egg in a bowl, and mix into a ball. Put the ball at the center of the tart mold, and then thumb the dough outwardly and up the edges (like for a quiche). Bake it for about 10 minutes, until golden brown. In the meantime, combine milk, 2 eggs, vanilla, and brown sugar into a bowl, mixing well. When the dough is ready, place the pears

into a pleasing arrangement on the crust. Cover with the custard mixture. Finally, top the tart off with the pecans. Bake it for approximately 45 minutes.

For kicks: pears can be traded out for anything in this recipe - peaches, plums, apricots, apples, strawberries, raspberries, sliced almonds, pistachios, dates, etc. Serve with a scoop of vanilla ice cream.

Cakes, Crumbles & Crisps

Almond Sponge Cake

(12 servings)

6 eggs
½ cup orange/pineapple juice
½ tsp almond extract
1 tsp vanilla
1 cup sugar
1 ¼ cup flour
½ tsp cream of tartar
½ cup sugar

Preheat oven to 160°C (325°F). Separate eggs. Allow egg whites and yolks to stand at room temp 3 min. In mixing bowl beat egg yolks with a mixer on high about five minutes or until thick and lemon colored. Add orange juice and vanilla, beat on low until combined. Gradually beat in 1 cup sugar at low speed. Increase to medium speed, beat until mixture thickens slightly and doubles in volume (about 5 minutes total.) Sprinkle ¼ cup of flour over egg yolk mixture, fold in until combined. Repeat with remaining flour, ¼ cup at a time. Set egg yolk mixture aside. Thoroughly wash beaters. In a large mixing bowl beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually add half cup sugar, beating on high speed until stiff peaks form. Fold 1 cup of the beaten egg white mixture into the egg yolk mixture, fold egg yolk mixture into remaining egg white mixture. Pour into an ungreased 10 inch tube pan. Bake for 55 min or until cake springs back when lightly touch. Immediately invert cake, cool thoroughly. 184 cal/serving

Autumn Crumbles a l'Elizabeth

(12 servings)

1 stick of unsalted butter at room temperature
1 cup flour
1 tsp brown sugar
1 - 2 tsp cinnamon
1 tsp clove (optional)
1 tsp nutmeg (optional)
5 apples, peeled, quartered, cut into thirds
1 tsp vanilla extract
1 tsp brown sugar

Preheat oven to 180°C (350 °F). Combine apples, vanilla, and 1 tsp brown sugar in a bowl and stir. Let these sit at least one hour. In a bowl, combine flour, cinnamon, clove, nutmeg and 1 tsp brown sugar, mixing well. Slice the butter into very small

pieces and smush them into the flour with your fingers, as if you were making the money sign. This should form small balls of flour and butter mixture. Continue until all of the flour has been converted to little balls. Put your apples into the pan and top it with the flour mixture. Bake it for 30 minutes, or until the flour mixture is golden and delicious looking.

Applesauce Cake

(12 servings)

1 cup raisins, coarsely chopped
1 ½ cups all-purpose flour
1 tsp. ground cinnamon
½ tsp ground cloves
1 tsp. salt
½ cup butter, softened
1 cup white sugar
1 tsp baking soda
1 cup unsweetened applesauce

Preheat oven to 350° F (175° C). Grease and flour a 9 inch square pan. In a medium bowl, combine raisins and flour. Add cinnamon, cloves and salt. Set aside. In a large bowl, cream butter and sugar until light and fluffy. Dissolve baking soda into applesauce and mix into creamed butter. Add flour mixture. Mix until smooth. Pour batter into a 9 inch square pan. Bake for 40 to 50 minutes or until a toothpick inserted into center of cake comes out clean.

Butter Cake

(12 servings)

Top with jam or fresh fruit

1 cup butter, softened
1½ cups sugar
5 eggs, well beaten
1 tsp vanilla, or 1 tsp, lemon crystals for tangier cake
2 cups flour
1 tsp baking powder
½ tsp salt

Preheat oven to 180° C (350° F). Beat butter and sugar together in large bowl until fluffy. Stir in eggs and vanilla. Combine flour, baking powder and salt in separate bowl. Gently fold dry ingredients into butter mixture until just combined. Pour batter into greased oven-proof dish. Bake until firm and golden, about 40 minutes.

Carrot Cake with Cream Cheese Frosting

(12 servings)

Cake:

1 ½ cups sugar
½ cup vegetable oil
½ cup unsweetened applesauce
2 tsp vanilla
3 eggs

Cream Cheese Frosting:

8 oz of cream cheese
½ tsp vanilla
2 cups powdered sugar

2 cups flour
1 $\frac{3}{4}$ tsp ground cinnamon
1 tsp baking soda
 $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp ground nutmeg
3 cups carrots, shredded (about 5 medium carrots)

Cake: Preheat oven to 180°C (350 °F). Grease and flour the bottom and sides of your pan (13 x 9"). In a large bowl, mix sugar, oil, applesauce, vanilla, and eggs until blended, beat with a spoon for one minute. Stir in remaining cake ingredients except carrots and beat with spoon for one minute. Stir in the carrots and pour the mixture into the pan. Bake the cake for 45 minutes or until the toothpick test passes. Cool the cake.

Frosting: In a medium bowl, beat cream cheese and vanilla until it's smooth. Gradually beat in the powdered sugar until the frosting is smooth and spreadable. Spread over cake, serve.

Coffee Cake with Cinnamon Walnut Streusel

(10 servings)

Cake:

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup butter, softened
1 egg, beaten
 $\frac{1}{2}$ cup milk
1 tsp vanilla extract or vanilla powder
2 cups flour
1 tsp salt
1 tsp baking powder

Cinnamon Walnut Streusel:

$\frac{1}{2}$ cup flour
 $\frac{1}{4}$ cup brown sugar
2 tsp cinnamon
3 tbs butter, chilled and cut into cubes
 $\frac{1}{2}$ cup chopped walnuts

Cake: Preheat oven to 190°C (375°F). Beat butter and sugar together in large bowl until fluffy. Stir in egg, milk and vanilla. Combine next 3 ingredients in separate bowl. Fold dry ingredients into cake. Pour batter into small greased pan. Top with cinnamon walnut streusel. Bake until firm and golden, about 30 minutes.

Streusel: Combine first 3 ingredients in medium bowl. Add butter and rub with fingertips to create coarse meal. Stir in walnuts. Set aside.

Devil's Food Cake

(12 servings)

3 eggs
2 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cocoa powder
1 $\frac{1}{2}$ tsp soda
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup shortening
1 $\frac{3}{4}$ cup sugar
1 tsp vanilla
1 $\frac{1}{3}$ cup cold water.

Preheat oven to 180°C (350 °F). Allow eggs to sit at room temp for 30 min. In a bowl stir together flour, cocoa, baking soda, and salt, set aside. In a large mixing bowl beat shortening with an electric mixer on medium speed for 30 seconds. Add sugar and vanilla, beat until well combined. Add eggs one at a time, beating well after each addition. Alternately add flour mixture and water to shortening mixture, beating on low speed after each addition just until combined. Pour batter into prepared pan. Bake for 25-30 minutes. 297 cal/serving

Fruit Cobbler Cake

(12 servings)

2/3 cup flour

½ cup sugar

1 ½ tsp baking powder

¼ tsp salt

2/3 cup milk

1 ½ - 2 cup berries (or jam)

Preheat oven to 160°C (325°F). Combine first 4 ingredients. Add milk. Pour batter into greased pan. Sprinkle berries/jam on top. Bake for 40-45 min.

Gingerbread

(9 servings)

1 ½ cups flour

¾ tsp cinnamon

¾ tsp ginger

½ tsp baking powder

½ sp baking soda

½ cup shortening

¼ cup brown sugar

1 egg

½ cup molasses.

Preheat oven to 180°C (350 °F). Combine flour, cinnamon, ginger, baking powder, baking soda, set aside. Beat shortening with electric mixer on medium speed for 30 seconds. Add brown sugar, beat until fluffy. Add egg and molasses, beat one minute. Alternately add flour mixture and half cup water to shortening mixture, beating on low speed after each addition until combined. Pour into prepared pan. Bake for 35 minutes. 253 cal/serving

Hot Milk Sponge Cake

(9 servings)

1 cup flour

1 tsp baking powder

2 eggs

1 cup sugar

1 tbs vanilla

½ cup milk

2 tbs butter

Preheat oven to 180°C (350 °F). Butter a loaf or small round pan. Allow eggs to sit at room temp for 30 minutes. Stir together flour and baking powder, set aside. In a medium bowl beat eggs with electric mix on high speed for four minutes, or until thick. Gradually add sugar and vanilla, beating on medium speed for four to five minutes or until light and fluffy. Add the flour mixture, beat on low to medium speed just until combined. In a small saucepan heat and stir milk and butter until butter melts, add to the batter, beating until combined. Pour batter into the prepared pan. Bake for 20 min. 180 cal/serving

Lemon Raisin Cake

(12 servings)

2 ½ cups flour

1 2/3 cup sugar

1 ¼ cup butter

½ cup milk

4 eggs

1 package baking powder (about 10 grams)

Zest of a lemon (can use package of lemon crystals)

½ cup raisins

Preheat oven to 180°C (350 °F). Mix all ingredients together. Bake in a greased and floured pan for 35 minutes or until toothpick inserted in the middle comes out dry.

One Bowl Chocolate Cake

(8 servings)

Cake:

1 cup flour

1 cup sugar

½ cup cocoa powder

½ tsp soda

¼ tsp baking powder

¼ tsp salt

¾ cup milk

⅓ cup oil

1 tsp vanilla

1 egg

2 tbs instant espresso (optional)

Chocolate Glaze:

4 oz chocolate

3 tbs butter

1 ½ cups sifted powdered sugar

3 tbs hot water

Cake: Preheat oven to 180°C (350 °F). Combine flour, sugar, cocoa, soda, baking powder, and salt. Add milk, oil, and vanilla. (Add 2 tbs instant espresso to milk for mocha cake). Beat with electric mixer on low until just combined. Beat on medium speed for 2 min. add egg and beat 2 min more. Pour batter into prepared pan. Bake for 30 minutes. Cool cake for 10 min, remove from pan, spoon chocolate glaze over cooled cake.

Glaze: Melt chocolate and butter over low heat, stirring frequently. Remove from heat. Beat in powdered sugar and hot water until smooth. 454 cal/ serving

Orange Rosemary Pound Cake

(12 servings)

½ cup butter

3 eggs

½ cup sour cream

1 ½ cup flour

¼ tsp baking powder

⅛ tsp baking soda

1 cup sugar

½ tsp vanilla

1 ¼ tsp orange peel

1 tsp rosemary

Preheat oven to 160°C (325°F). Allow butter, eggs, and sour cream to stand at room temp for 30 minutes. Stir together flour, baking soda and baking powder, set aside. Beat butter with electric mixer on medium to high for 30 seconds. Gradually add sugar, beating about ten minutes or until very light and fluffy. Beat in vanilla. Add eggs one at a time, beating one minute after each addition and scraping bowl frequently. Alternately add flour mixture and sour cream to butter mixture, beating on low to medium speed after each addition just until combined. Add orange peel and rosemary. Pour batter into prepared pan. Bake for 60-75 minutes.

Pineapple Upside Down Cake

(8 servings)

2 tbs butter

⅓ cup brown sugar

8 oz pineapple slices, drained and halved

4 maraschino cherries, halved

1 ⅓ cup flour

2/3 cup sugar

2 tsp baking powder

2/3 cup milk

¼ cup butter, softened

1 egg

1 tsp vanilla

Preheat oven to 180°C (350°F). Melt 2 tbs butter into cake pan. Stir in brown sugar and 1 tbs water. Arrange pineapple and cherries in pan. Set aside. In medium bowl stir together flour, sugar, baking powder. Add milk, ¼ cup butter, egg, and vanilla. Beat with an electric mixer on low until combined. Beat on medium speed for one minute. Spoon batter over fruit in the prepared pan. Bake for 30 - 35 minutes. Cool on wire rack for 5 minutes, loosen cake from pan, invert onto a plate. 292 cal/serving

Stove Top Apple Crisp

(12 servings)

Substitute any fruit for the apples.

⅓ cup butter, plus 1 tbs

5 cups sliced apples

2 cups sugar

4 tsp cinnamon
2 cups uncooked oats
 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ tsp salt

Melt 1 tbs butter in large saucepan over medium heat. Add apples, 1 cup sugar and 2 tsp cinnamon and sauté until apples are caramelized and tender, about 25 minutes. Meanwhile, melt remaining $\frac{1}{3}$ cup butter separate large skillet over medium heat. Add remaining sugar, cinnamon, oats, flour and salt to butter. Sauté until crunchy and golden. Place apples in bowls and top with oatmeal mixture. Serve.

Strawberry Shortcake

(10 servings)
1 kilo strawberries cut in half
 $\frac{1}{2}$ cup sugar
2 cups flour
2 tsp baking powder
 $\frac{1}{2}$ cup butter
1 beaten egg
 $\frac{2}{3}$ cup milk

Preheat oven to 220°C (425°F). In a small bowl stir together the strawberries and $\frac{1}{4}$ cup of the sugar. Set aside. Stir together remaining sugar, flour, and baking powder. Add butter until mixture has a crumb-like texture. Combine the egg and milk in another bowl. Add the wet mixture to the dry ingredients. Stir for 30 seconds. Spread batter in greased pan. Bake for 15-18 minutes or until center is baked thoroughly. Remove and spoon the strawberries over shortcake. Serve with whipped cream or ice cream.

Yellow cake

(16 servings)
 $\frac{3}{4}$ cup butter, softened
3 eggs
2 $\frac{1}{2}$ cups flour
2 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp salt
1 $\frac{3}{4}$ cup sugar
1 $\frac{1}{2}$ tsp vanilla
1 $\frac{1}{2}$ cups milk

Preheat oven to 190°C (375°F). Allow butter and eggs to stand at room temp for 30 minutes. Meanwhile, grease pans. In a medium bowl combine flour, baking powder, and salt. In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Gradually add sugar, $\frac{1}{4}$ cup at a time, beating on medium speed until well combined and scraping sides of bowl. Beat on medium for 2 minutes more. Add eggs one at a time, beating after each addition (1 minute total). Beat in vanilla. Alternately add flour mixture and milk to butter mixture, beating on low speed after each addition just until combined. Spread batter into the prepared pans. Bake for 25 min. 336 cal/serving

Frosting

Caramel Nut Sauce

(2 cups)

Try this with butter cake or sautéed apples.

½ cup walnuts, chopped

1 ½ cups brown sugar

½ cup water

1 cup cream

½ tsp salt

½ tsp vanilla

Preheat oven to 180°C (350 °F). Toast nuts until golden, about 5 minutes. Combine sugar and water in saucepan and warm over medium heat until sugar dissolves. Add cream, and stir until mixture smooth. Do not boil. Add salt and vanilla. Simmer until sauce thickens, about 5 minutes. Add walnuts.

Chocolate-Yogurt Frosting

(2 cups)

¼ cup butter or margarine

3 tbs unsweetened cocoa powder

3 tbs yogurt

2 ¼ cups powdered sugar

¼ tsp vanilla extract or powder

Stir together first 3 ingredients in medium saucepan over medium heat. Bring to a boil. Remove from heat. Add powdered sugar and vanilla, beat until smooth.

Coconut Frosting

(1 cup)

1 cup sugar

¼ cup butter

¼ cup coconut flakes

½ cup milk, or powdered creamer mixed with distilled water

¼ tsp salt

2 tbs flour

Mix all ingredients together and heat to boil. Boil for about 1 minute. Let cool and beat until fluffy.

Honey Cinnamon Syrup

(1 cup)

This goes well over pancakes, fruit, or with butter cake.

¾ cup honey

½ cup margarine or butter

½ tsp cinnamon

Mix all ingredients in a medium saucepan. Cook over medium heat, stirring occasionally until hot and bubbly.

Honey Glaze

(1 ½ cups)

Try using this with butter cake or over apples.

½ cup sugar
½ cup milk
¼ cup butter
¼ cup honey

Mix all ingredients in a saucepan and bring to a boil.

Fudge Frosting

(1 ½ cups)

1 cup sugar
¼ cup shortening
2 8 oz. chocolate bars, cut up
½ cup milk, or powdered creamer mixed with distilled water
¼ tsp salt
1 tsp vanilla

Mix all ingredients except vanilla in a 2 ½ quart saucepan. Heat to rolling boil, stirring occasionally. Boil 1 minute without stirring. Remove frosting from hot pan to cool. Beat until frosting is smooth and of spreading consistence. Stir in vanilla.

Nutmeg Sauce

(1 ½ cups)

1/2 cup sugar
1 tbs cornstarch
½ tsp nutmeg
1 cup milk
¼ cup butter
1 tsp vanilla

In small pan combine sugar, cornstarch and nutmeg. Stir in milk and margarine. Cook over medium heat until mixture starts to thicken slightly. Add vanilla and stir constantly until thick. Do not boil. Remove from heat and pour over cooled bread pudding.

Pechka de Leche (Poor PCV's Dulce de Leche)

(1 cup)

This would work well over a pechka since it must boil for 3 hours. Buy a can of condensed milk. Immerse in boiling water, unopened (no, it won't explode.) Boil for 3 hours. Cool, open, and enjoy creamy caramel-y goodness.

White Sauce

(1 cup)

1 cup whole milk

2 tbs butter

½ cup granulated sugar

1 tsp vanilla

1 tbs flour

Dash of salt

Mix all ingredients together and bring to a boil for 3-4 minutes, stirring constantly. Set a side for 5 minutes before serving.

Editor's Homemade Corner

Marshmallows

(2 dozen)

Cornstarch or flour to flour baking pan

1 tbs unflavored gelatin

1 cup water

1 ¼ cup sugar

1 cup powdered sugar

Lightly grease a square cake pan and liberally dust it with cornstarch or flour; set aside. In a large bowl, sprinkle the gelatin over ½ cup of the water and let sit to soften for 3 minutes. Grease the sides of a large saucepan and in it combine the granulated sugar, and the remaining ½ cup water in saucepan. Simmer over medium heat until sugar is dissolved then pour the hot syrup over the softened gelatin and stir well; let sit until it cools to the consistency of egg white. Whip mixture with a wire whisk until it stands in stiff peaks. Pour into prepared pan and let sit for 8-12 hours, uncovered, at room temperature to allow the marshmallows to become firm and dry on top. Then turn onto a flat smooth surface that has been liberally dusted with powdered sugar. Cut into 1 inch squares. Roll each square liberally in powdered sugar. Lay finished marshmallows out to dry at room temperature before storing.

Note: You can also use an electric mixer (instead of whisk). Beat until the mixture is white and stiff.

Pastry Cream

1 cup of milk

½ cup sugar

3 egg yolks

4 tbs flour

Bring 1 cup of milk to boil. Set aside. Place flour, sugar and salt in a pan. Add hot milk, and cook until thick and bubbly, stirring constantly. Remove from heat. Beat egg yolks and add a few spoonfuls of hot mixture to them, then add to pan of milk. Put back on heat, and simmer until thickened, stirring constantly. Mix with whipped cream or use in bottom of pie shell and top with fresh fruit.

Plum Chutney

(2 quarts)

Serve over roast pork or with crackers.

1 whole star anise

1 whole clove

1 2-inch piece cinnamon stick

½ cup red wine vinegar

½ cup sugar

1 2-inch piece peeled fresh ginger, cut into ½ inch thick rounds

1 tbs whole mustard seeds

1 tsp ground black pepper

2 pounds red, black, green, or blue plums (tart or sweet; about 5 large), quartered, pitted

Finely grind star anise, clove, and cinnamon stick in spice mill or coffee grinder. Combine spice mixture, vinegar, sugar, ginger, mustard seeds, and pepper in heavy large saucepan. Stir over medium-high heat until sugar dissolves and bring to boil. Add plums; reduce heat to low, cover, and simmer until chutney thickens and chunky sauce forms, stirring occasionally, about 30 minutes. Cool. Season to taste with salt.

Ricotta

(1 cup)

1 quart milk

2 tbs lemon juice from fresh lemon or 2 tbs diluted vinegar

¼ tsp salt (more if you want a saltier taste or if you are not going to use for dessert cheesecloth or thin dish towel)

Combine the milk, cream, and salt in a heavy saucepan. Separately, line a colander with cheesecloth and set it in a large bowl. Measure out the lemon juice and set it aside. Bring the milk mixture to a simmer over medium high heat, stirring occasionally with a spatula to prevent scalding. Once the mixture has reached a steady simmer, add the lemon juice and stir gently with the spatula – quickly, just to blend. Let the mixture sit for about 1 minute, turning down the heat slightly so it stays at a simmer but doesn't reach a hard, rolling boil. Stir with the spatula after about 1 minute, then let it sit another minute until it looks like most of the liquid has separated into curds and whey. Drain the mixture into the cheesecloth-lined colander set over a bowl, and let it drain at room temperature for 1 hour. Transfer the ricotta to an airtight container and refrigerate.

Roasted Red Peppers

As many red peppers as you want to roast

Heat burner on pletka and place a pepper on it. Keep pepper on one side until it turns black then rotate. Rotate until pepper is completely black. Place pepper in paper bag or wrap in newspaper. Let it sweat for at least 10 minutes then peel the skin. Do not rinse the peppers or they will lose their flavor.

Simple Syrup

(2 cups)

Use this to sweeten iced coffee and for Kyrgyz Kahlua

2 cups water

2 cups Sugar

Combine water and sugar in a pan bring to boil let stand.

Yogurt

This recipe can be reduced in size if 1 gallon sounds like too much. This yogurt has a much more pleasant flavor than plain yogurt from the store. And you may use this yogurt for your starter for your next batch instead of buying another carton.

1 gallon milk, any type will work but 2% or whole gives a richer yogurt

½ - 1 cup powdered milk (optional, but makes a thicker yogurt)

2 tbs plain yogurt

Mix milk and powdered milk together in a heavy pot. Then cover and heat slowly to 180°. Remove from heat and cool to about 130°. Then mix about 1/2 cup of the warm milk with yogurt in a small bowl. (Doing this will help assure an even distribution of the yogurt.) Then stir this mixture into the pot of milk. Cover the pot. Get a couple of heavy blankets or tushuks, set the pot in the middle of them and wrap it up well so it retains the heat. Do not disturb for 3-4 hours then check to see if it is done. Gently touch the surface with a spoon. If it is firm, or if it is solid but has a bit of clear yellowish liquid on the surface, it is done. Then unwrap it and cool completely before eating. If it doesn't seem done, rewrap and let it set another hour or so. Try not to let it set too long or it tends to get sour, but it is still usable even though you may not like it as well. For a thicker (greek style yogurt) strain through thin, clean dish towel to remove extra liquid.

Watermelon Molasses

(1/2 liter)

Courtesy of PC Georgia

1 big watermelon

4-5 hours of your life

Cut the watermelon in half- not lengthwise. Start cutting the watermelon into small cubes, and put them through a strainer to remove pulp and seeds. Use a potato masher to speed this along. Once you've gotten a little of the watermelon out, cut up the remaining pink part well, and mash in the rind. This cuts out a lot of mashing and straining time. Pour the semi-mashed pulp through the strainer. Once you've finished that, strain juice again, and set over high heat. Watch carefully, as the juice will foam up and boil over. You can skim off the dark red stuff as it comes up with the foam. Boil until this turns into a thick, brown syrup- about 4 hours. It will coat the spoon, and taste kind of like, well, molasses. At this point you can pour the mixture into a hot, sterilized jar and seal it (you'll need 2 very large watermelons to make a whole liter), or put it in a jar and keep it in the refrigerator indefinitely. It makes good barbeque sauce and cookies.

Drinks

Eggnog

(6 servings)

4 egg yolks, beaten

2 $\frac{1}{3}$ cups milk

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

1 cup cream (16% or 20% works best)

1 tsp vanilla

cinnamon or nutmeg

In large saucepan combine egg yolks, milk and sugar. Cook over medium heat, stirring often. Heat until mixture coats metal spoon. Remove from heat and place pan in a sink or bowl of ice water, stir for 2 minutes. Stir in cream and vanilla. Cover and chill for 4 to 24 hours. Sprinkle with cinnamon or nutmeg to serve.

Hot Chocolate Mix

(8 servings)

$\frac{1}{4}$ cup baking cocoa

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

1 $\frac{1}{3}$ cups powdered milk or creamer

A dash of salt

1 tsp vanilla (optional)

Mix all ingredients and stir well. To use, put 3 to 4 tsp of mix into a cup, add hot water or hot milk. Stir well.

Indian Spiced Chai (Masala Chai)

(8 servings)

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

1 inch stick of cinnamon or $\frac{1}{2}$ tsp ground cinnamon

8 cardamom pods

8 whole cloves

$\frac{2}{3}$ cup milk

6 tsp sugar (or to taste)

3 tsp any loose black tea

Put water in saucepan. Add the cinnamon, cardamom, and cloves and bring to a boil. Cover, turn heat to low and simmer for 10 minutes. Add the milk and sugar and bring to a simmer again. Throw in the tea leaves, cover, and turn off the heat. After 2 minutes, strain the tea into two cups and serve immediately.

Kyrgyz Kahlua

(10 servings)

4 cups Simple Syrup (pg. 113)

2 cups *****

$\frac{3}{4}$ cup instant coffees

1 tbs vanilla powder

1 tsp cinnamon

Make simple syrup. Add ***** and coffee and rest of the ingredients when simple syrup is done. Whisk and enjoy when cool. Try adding fresh strawberry juice for Strawberry kahlua.

Mocha

(2 servings)

2 tbs instant coffee

2 tsp powdered cocoa

2 tbs sugar

1 cup milk

Warm milk in small saucepan over medium heat until it bubbles around edges. Stir in remaining ingredients until sugar dissolves. Serve.

Sun Tea

(10 servings)

Cold filtered water

4 Tea bags

Place cold filtered water in a jar. Add tea bags. Place jar in the sun for a day. The sun will brew the tea.

Canning and Preserves

Canning is an important, safe method for preserving food if practiced properly. The canning process involves placing foods in jars or similar containers and heating them to a temperature that destroys micro-organisms that cause food to spoil. During this heating process air is driven out of the jar and as it cools a vacuum seal is formed. This vacuum seal prevents air from getting back into the product bringing with it contaminating micro-organisms.

Safe Canning Methods

There are two safe ways of processing food, the boiling water bath method and the pressure canner method. In Kyrgyzstan, it's only possible to use the boiling water bath method, which is safe for tomatoes, fruits, jams, jellies, pickles and other preserves. In this method, jars of food are heated completely covered with boiling water and cooked for a specified amount of time. These foods are safe because they are acidic enough to prevent the growth of the bacteria *Clostridium botulism*, which can be fatal. Certain foods like tomatoes and figs require additional acid such as lemon juice to be processed with the boiling water bath method. Pressure canning is the only safe method of preserving vegetables, meats, poultry and seafood because they are low acid foods. Because pressure cookers are not available in Kyrgyzstan, do not preserve these foods.

How to Process Using a Boiling Water Bath

1. First, sterilize jars and lids. Place lids in a small sauce pan filled with water and boil gently for 10 minutes before using. Do this before you need to place them on jars. Leave in hot water and remove as needed. To prepare jars, wash them in hot soapy water and rinse well. Place in a large pot of water, and boil gently for 10 minutes. Leave in boiling hot water until needed. Then remove a few jars at a time and place upside down to drain. They are ready to use in less than a minute.

2. Use a large kazan or pot as a water bath canner. You'll need enough boiling water in the kazan to completely submerge filled canning jars by 2 inches of water. This can be difficult to determine before the filled jars are placed in the kazan, but after a batch or two you'll know how much water is required. It is always a good idea to have an extra small pot of boiling water in case you need it.

3. Fill jars with preserves and carefully submerge in water. Leave space between the jars. Add additional boiling water if needed, and pour between the jars and not directly onto them. Place lids on jars. When the water returns to a rolling boil, begin to count processing time. Reduce heat slightly and boil gently for the proper time. When processing time is finished, remove jars immediately and place on towels. Space jars a few inches apart so air can circulate.

4. Follow the recipes for processing times. The processing times are for those who live at an altitude of 0 to 1,000 feet. Because water has a lower boiling point at higher altitudes, increase the process time an additional 1 minute for each 1,000 feet in elevation.

5. You must reinforce the lids after the jars are removed from the kazan with a small tool known as a *клооч* locally. Test that the jars are sealed after they cool. The lid should not move when pressed. Tap the lid with a tsp. If the jar is sealed correctly, it will make a high-pitched sound. A dull sound means the lid is not sealed or that the preserves are in contact with the underside of the lid.

Apple Butter

(2 cups)

2 kilos tart apples

2 cups cider or water

2 tsp cinnamon

1 tsp ground cloves

½ tsp allspice

grated rind and juice of 1 lemon

sugar

Wash the apples well with hot water. Cut the apples in pieces without peeling them. Put them into a pot and cover with the cider or water and cook until soft. Push through a sieve or mash until smooth with a fork. Measure how many cups you have. Add ½ cup sugar for each cup of apples. Add the spices and lemon juice and rind. Cover and cook over low heat until the sugar dissolves. Uncover and cook on a higher heat, stirring constantly. Cook until thick and smooth. Pour into hot, sterilized jars and process 20-30 minutes.

Applesauce

(4 cups)

1 kilo tart apples, peeled, cored and cut into ½ inch cubes

1 cup distilled water

½ - 1 cup sugar

juice of ½ lemon

2 tsp cinnamon (optional)

Bring apples to boil in large saucepan over high heat. Reduce heat to medium and cook until apples are very tender, stirring and crushing with a fork often, about 30 minutes. Add sugar and lemon juice to taste. Stir until desired consistency is reached. Pour applesauce into hot, sterilized jars and process for 25 minutes.

Berry Jam

(4 cups)

8 cups raspberries or blackberries, picked over, patted with damp cloth

3 - 4 cups sugar

juice of 1 lemon

Combine ingredients in large pot and bring to boil over medium-high heat. Reduce heat and gently boil steadily until berries break down and sugar dissolves, stirring often, about 30 minutes. Cool. Pour jam into sterilized jars, leaving ½-inch from the top; store in cool dark place.

Heap O'Jalapeno Jelly

(1 cup)

12 - 16 jalapeno peppers, chopped

2 additional jalapeno peppers, diced and seeded

4 ¼ cups granulated sugar

1 ½ cups apple cider vinegar

4 ounces liquid pectin

pinch salt

Add chopped jalapeno peppers and cider vinegar to a sauce pan. Bring it to a boil then reduce heat to low. Simmer 15 to 20 minutes. Strain the mixture through at least 2 layers of cheesecloth and remove the pulp. Add strained liquid back into saucepan. Stir in salt and sugar. Mix to dissolve. Increase heat and boil about 1 minute. Stir in pectin. Add diced jalapeno peppers and mix. Add mixture to sterile jars leaving ¼ inch headspace. Seal jars in a hot water bath and refrigerate.

Orange Marmalade

(4 cups)

2 large oranges, washed

1 lemon, washed

3 ½ cups water

3 - 3 ½ cups sugar

Halve the fruit and juice each half into large saucepan. Spoon out seeds and pulp, place into cheesecloth and tie shut; put into saucepan. Cut orange and lemon rinds into tiny slivers; put into saucepan. Add water. Simmer fruit mixture over low to

medium heat until rinds are very soft, about 2 hours. Remove cheesecloth with seeds and pulp. Add sugar to fruit mixture and gently stir until dissolved. Bring to boil for 15 minutes. Remove a tbs of marmalade and chill for 2 to 3 minutes; it should set. If not, continue to boil and check texture every 2 minutes. Pour warm marmalade into sterilized jars, leaving ½-inch from the top; store in cool dark place.

Preserved Peaches, Pears, Apricots or Plums

(5 quarts)

To remove skin from the fruit, dip it in boiling water for 30 to 60 seconds until skin loosens. Drop quickly in a bowl of cold water and slip off skins.

4 kilos peaches, pears, plums or apricots, peeled
1 cup sugar
2 tbs salt
2 tbs vinegar

Boil water in large saucepan over high heat. Add sugar and stir until dissolved and mixture thickens to light or medium syrup. Set aside. If using peaches or pears, cut into quarters, lengthwise. If using plums or apricots, halve lengthwise. Drop cut fruit into mixture of 1 gallon water, salt and vinegar. This will keep fruit from darkening. When all the fruit has been cut, rinse and drain before packing. Bring sugar syrup to boil. Meanwhile, pack jars with fruit. Cover with boiling sugar syrup, leaving ½ inch space between fruit and lid. Run table knife gently between fruit and jar to release any air bubbles. Add more syrup if needed. Process in hot water bath 25 to 30 minutes. Cool.

Strawberry Jam

(4 cups)

8 cups strawberries, hulled and picked over, patted with damp cloth
3 - 4 cups sugar
juice of 2 lemons

Combine strawberries and sugar and set aside until juices render, about 2 hours. Combine strawberries with juices, sugar and lemon juice in large pot and bring to boil over medium-high heat. Reduce heat and gently boil steadily until berries break down, stirring often, about 30 minutes. Cool. Pour jam into sterilized jars, leaving ½ inch from the top; store in cool dark place.

Dill Pickles

(6-8 quarts)

50 3 - 4inch cucumbers
1 quart vinegar (use Kyrgyz vinegar diluted in water)
¾ cup salt
Fresh dill
Garlic cloves, peeled and minced

Wash the cucumbers with hot water. Let the cucumbers stand in cold water overnight. Pack them in hot, sterilized jars, with some of the dill and garlic, to taste. Combine the vinegar and salt with 2 quarts of water and bring to a boil. Pour over the cucumbers and leave a ¼ inch head space. Process for 15 minutes.

Preprava

(6-8 quarts)

5 cups tomatoes, washed and chopped fine
3 cups chopped onions, chopped fine
3 cups garlic, chopped fine
2 cups peppers, hot and sweet, washed and chopped fine
1 cup broth (beef, chicken or vegetable)
Salt, pepper and calampir to taste

Put all of the ingredients into a pot and bring to a boil. Cook over medium heat for 20 minutes or until thick and thoroughly cooked, and then season to taste. Pour into hot, sterilized jars and process for 20 minutes.

Stewed Tomatoes

(6 quarts)

1 kilo washed, cored and chopped tomatoes
½ cup chopped onions
½ cup chopped green peppers
4 tsp sugar
4 tsp salt

Combine all ingredients in large saucepan over medium heat and bring to boil. Simmer 10 minutes, stirring occasionally, until onions and pepper are tender. Pack jars with hot prepared tomato mixture leaving ½-inch space between tomatoes and lid. Run table knife gently between tomatoes and jar to release any air bubbles. Process 45 minutes.

Sweet Pickles

(3 quarts)

20 6 inch cucumbers
6 cups vinegar (use diluted Kyrgyz vinegar)
2 cups sugar
½ cup salt

Wash the cucumbers with hot water and quarter them lengthwise. Let them stand in cold water overnight. Pack into clean, sterilized jars. Combine the vinegar and sugar with 2 cups of water and boil for 3 minutes, then add the salt. Pour into jars, leaving a ¼ inch head space. Process for 10 minutes.

Whole or Halved Tomatoes

(2 quarts)

To remove skins, dip tomatoes in boiling water for 30 to 60 seconds or until the skins begin to split. Then dip in cold water, slip off skins, core and remove any blemished or discolored parts.

1 kilo tomatoes, washed, peeled and whole or halved
Lemon juice
Salt (optional)

Place prepared tomatoes in a saucepan and cover with water. Heat to a boil and boil gently for 5 minutes. (This step can be skipped. You can place whole or halved raw tomatoes directly into sterilized jars if you wish.) Add ½ tsp lemon juice or citric acid and ½ tsp salt to each quart jar. Pack jars with hot or raw tomatoes and fill with boiling water leaving ½-inch space between tomatoes and lid. Run table knife gently between tomatoes and jar to release any air bubbles. Process 45 minutes.

Kitchen Basics & Tips

Preparing Beans and Chickpeas: Dried beans will double or triple in volume when soaked overnight. Dried beans need to soak overnight. To prepare beans, pick out rocks and dirt, soak overnight in cold water and a tsp of baking soda, then rinse. Cook in large pot of boiling water until tender, 2 to 4 hours.

Talas speckled brown beans (similar to pintos) should be bought at the end of the summer when they are new. If they are dark in color they are old and will not cook well.

This amount:	Equals:
8 ounces dried beans	1 cup uncooked
1 cup dried beans	2 to 3 cups cooked

Approximate cooking times:

Black-eyed peas 1 hour
Chickpeas 2 1/2 - 3 hours
Lentils 35 minutes
Red kidney beans 1 hour
Split peas 45 minutes

Preparing Rice and Other Grains

One cup uncooked grains yields approximately 3 to 4 cups cooked grains. Rinse and pick over grains before cooking. For white rice, add two parts liquid for every part of grain. Brown rice, such as Uzgen, requires a little less than three parts liquid for every part of grain. Grains can be made more flavorful by substituting half the amount of water called for with any of a variety of liquids, including broth (meat or vegetable), tomato juice, fruit juices (for sweet dishes), milk, and wine. Add ½ tsp salt per 1 cup grain, if desired. Heat grains and liquid to the boiling point. Reduce heat to low, cover, and simmer (15 minutes for white rice; 45 to 50 minutes for brown rice).

Cooking Terms

Boil: To cook ingredients in a liquid that's reached the temperature at which it bubbles and turns to steam.

Beat: To stir vigorously.

Chop: To cut into small cubes or pieces.

Dice: To cut into very small cubes.

Fold: To stir in ingredients very gently with limited turns.

Slice: To cut only widthwise or lengthwise.

Roast: To cook ingredients, usually uncovered, in an oven.

Rolling Boil: A rigorous boil with a lot of bubbles.

Sauté: To cook ingredients in a small amount of oil while stirring often.

Simmer: To cook ingredients just below a boil with an occasional bubble breaking.

Steam: To cook ingredients in steam created by a small amount of boiling water in bottom of pan.

Toss: Mix gently.

Whisk: Use a whisk or fork to stir with short quick movements to add air to the ingredients.

Fahrenheit/Celsius Conversation

	FAHRENHEIT	CELSIUS / CENTIGRADE
Coldest area of freezer	-10°	-23°
Warmest area of freezer	0°	-17°
Water freezes at	32°	0°
Water simmers at	115°	46°
Water scalds at	130°	54°
Very low oven	250°-275	121°-133°
Low oven	300°-325°	149°-163°
Moderate oven	350°-375°	177°-190°
Hot oven	400°-425°	204°-218°
Very hot oven	450°-475	232°-246°

To convert Fahrenheit into Centigrade: Subtract 32, multiply by 5, then divide by 9.

To convert Centigrade into Fahrenheit, go into reverse: Multiply by 9, divide by 5, then add 32.

Measurement Conversions

¼ cup = 4 tbs	1 cup = 200 grams
½ cup = 8 tbs	1 cup = 16 Tbs
2 cups = 16 fluid ounces = 1 pint	1 cup = 8 fluid ounces
3 cups = 1 liter	1 cup = 8 fluid ounces = ½ pint
4 cups = 1 quart	1 cup water = 220 grams
5 cups = 1 kilogram	1 cup oil = 200 grams
1 tbs = 3 tsp	1 cup milk = 240 grams
2 tbs = 1 fluid ounce	1 kilogram = 2.2 pounds
4 quarts = 1 gallon	8 tbs = 100 grams

Food Safety

Refrigerators should stay at 40° F (5° C) or less.

Measure the temperature with a thermometer and, if needed, adjust the refrigerator's temperature control dial. A temperature of 40° F (5° C) or less is important because it slows the growth of most bacteria. The temperature won't kill the bacteria, but it will keep them from multiplying, and the fewer there are, the less likely you are to get sick. Freezing at 0° F (minus 18° C) or less stops bacterial growth (although it won't kill bacteria already present). Hot foods should be refrigerated as soon as possible within two hours after cooking.

Never allow raw meat, poultry and fish to come in contact with other foods.

Most often food poisoning comes from cross-contamination. Be careful when using one knife to prepare meals that contain meat and raw vegetables. Cutting boards are notorious for spreading bacteria; to prevent cross-contamination from a cutting board do the following:

- Wash cutting boards with hot water, soap, and a scrub brush to remove food particles. Then sanitize the boards by rinsing them in a solution of 1 tsp of chlorine bleach in 1 quart of water.
- Always wash and sanitize cutting boards after using them for raw foods and before using them for ready-to-eat foods. Consider using one cutting board only for foods that will be cooked, and another only for ready-to-eat foods, such as bread, fresh fruit, and cooked fish.

Cook meat to safe temperatures.

You must cook meat to proper temperatures to kill existing bacteria. Insert a dial thermometer into the thickest part of the meat to test its temperature. Boil smoked meats to be on the safe side.

- beef, lamb and veal—145° F (63° C)
- pork and ground beef—160° F (71° C)
- whole poultry and thighs—180° F (82° C)
- poultry breasts—170° F (77° C)
- ground chicken or ground turkey—165° F (74° C)

Buy safe fish.

Buy fish that is refrigerated or properly iced. (This is practically impossible in Kyrgyzstan.) Once you buy the seafood, immediately put it in the refrigerator or in the freezer. Some other tips for choosing safe seafood:

- Don't buy smoked fish if it is being sold next to raw fish. Cross-contamination can occur.
- If possible, ask where the fish was caught and ensure that it didn't come from a polluted river or lake.
-

Handle and choose fresh produce carefully.

Wash all fruits and vegetables with distilled or boiled water. If possible, peel the fruit. Remember to also wash melon or bacteria may be transferred from the rind into the fruit while slicing it. Melons available early in the season often contain nitrates; sometimes levels are high enough to cause headache or vomiting. It's best to buy melon in late July or August.

Potatoes harvested too early or that grew too close to the surface sometimes have green skin which contains a chemical known as solanine. Solanine is thought to be a carcinogen. If you see green patches, cut them out.

Handle all dairy products carefully.

Milk: Fresh milk can sometimes be infected with brucellosis, a serious chronic disease that causes fever, chills, weakness, fatigue and joint pain. It's important to heat all milk until small bubbles are present. To be on the safe side, bring milk to a boil.

(Bazaar-bought, home-boiled milk is much fattier than what you may be used to in the states and In order to make it somewhat skimmer, place the milk in the refrigerator in

same pot you used to boil it, and leave it for an hour or two. Much of the fat should rise to the top and you can skim it off and throw it away.)

Cheese: Do not eat fresh homemade cheese.

Egg: Salmonella is a bacterium that can be inside shell eggs. Cook eggs or dishes containing eggs to an internal temperature of at least 160° F (71° C) to kill bacteria.

Refrigeration does not kill bacteria so it's safer not to prepare foods containing raw eggs, such as homemade mayonnaise or eggnog. Some other tips to ensure egg safety:

- It's best to know where your eggs come from since they're not refrigerated in the bazaar. In the summer, try not to buy eggs that have been sitting in the sun. Try to keep eggs refrigerated or in a cool place when you get them home. Test for freshness by placing eggs in a bowl of water. If the eggs sink, they're good; if they float, they're bad.
- Cook eggs thoroughly until both the yolk and white are firm, not runny, and scramble until there is no visible liquid egg.

Prevent botulism.

Botulism is a rare but often fatal food poisoning caused by the bacteria *Clostridium botulism*. The bacteria are present in soil, and grow in many meats and vegetables. Its spores are killed by boiling for 30 minutes. Because the spores grow best in the absence of air, improperly canned foods offer a perfect environment for development. You cannot smell or taste botulism, and one of the only signs of botulism is a bulging lid. Throw away any suspicious jars immediately. It's very important to properly process fruits and vegetables and sterilize jars.

Botulism symptoms appear 18 to 36 hours after ingestion. The bacteria affects the central nervous system and symptoms include: difficulty in walking and swallowing, impaired vision and speech, and eventually paralysis of the respiratory muscles, suffocation, and death, all within a few hours or days. If you suspect botulism, seek treatment immediately.

Protect your teeth.

Dried beans and rice often contain pebbles. Be sure to sort rice and beans by hand very carefully before cooking. Chew gently.

Ingredient Substitutions

Allspice	1 tsp = ½ tsp cinnamon + ⅛ tsp ground cloves
Baking Chocolate	1 oz. (2 tbs) = 3 tbs cocoa powder + 1 tbs butter
Baking Powder	1/4 tsp baking soda plus 1/2 cup buttermilk or sour milk (decrease liquid in recipe by 1/2 cup)
Brown Sugar	1 cup = 1 cup granulated sugar + 1 - 2 tbs honey
Buttermilk	1 cup = 1 cup milk + 1 tbs apple cider vinegar or lemon juice. Let stand 10 - 15 minutes before using.
Chicken Broth	2-3 cup = 1 chicken bouillon cube
Cornstarch	1 tbs = 2 tbs flour
Corn Syrup	1 cup = 1 ¼ granulated sugar + ¼ cup water
Cream of Tarter	1 tsp = 1 tsp lemon juice
Egg	1 egg = 2 tbs mayonnaise
Fennel	1 tsp = 1 tsp Tarragon
Fresh Herbs	1 tbs fresh = 1 tsp dried
Honey	1 cup = 1 ¼ cups sugar + ¼ cup water
Lemon Juice	1 tsp = 1 tsp (apple cider) vinegar or lemon crystals
Maple Syrup	1 cup = 1 cup honey
Molasses	1 cup = 1 cup honey
Powdered Sugar	1 cup = 2 cups granulated sugar (ground)
Sugar	1 ¼ cup = 1 cup honey (decrease liquid in recipe)
Tomato Juice	1 cup = ½ cup tomato paste + ½ cup water
Turmeric	1 tsp = 1 tsp dry mustard
Unsalted Butter	same amount salted butter but decrease salt in recipe by ¼ tsp
Vanilla	1 tbs = 1 ½ tsp vanilla powder
Worcester Sauce	Soy Sauce

Produce Availability by Season

FRUITS	MONTHS OF AVAILABILITY
Apple	May-November
Apricot	May-September
Banana	September-May
Black Currant	July-September
Cherry	May-July
Grapes	May-October
Kiwi	All year, Sept-March in the north
Lemon	All Year
Orange	October-February
Peach	May-November
Pear	August-October
Persimmon	September - November
Pineapple	All year, cheapest Nov-Feb.
Plum	May-September
Pomegranate	September-March
Raspberry	June & September
Red Currant	Late May - July
Strawberry	April-June Sept.-Oct. only in Bishkek
Watermelon	July-October
White Melon (Kohn)	July-October

VEGETABLES	MONTHS OF AVAILABILITY
Beet	All Year
Bell Pepper	April-October
Cabbage	All Year
Carrot	All Year
Cauliflower	All year in Bishkek
Chile	All Year
Corn	May
Cucumber	March-November
Eggplant	June-September
Garlic	All Year
Green Onion	All Year
Green Radish	September-March
Lettuce	All Year
Mushroom	March-May
Olive	All Year
Onion	All year
Potato	All Year
Pumpkin	August-March
Radish	March-May
Spinach	November-March
Tomato	March-November
Turnip	October-February

Bishkek & Beta Store Available Products

FOOD

All spices on translation list	Feta Cheese
American Barbecue Sauce	Hot Sauce
American Ketchup	Mangos (seasonal)
Apple Cider Vinegar	Marshmallows
Avocado (seasonal)	Mustard - honey, dijon, brown
Bacon	Olive Bar
Balsamic Vinegar	Olive Oil
Brie Cheese	Parmesan Cheese
Broccoli	Pine Nuts
Capers (expensive)	Red Wine Vinegar
Chickpeas	Sesame Seed Oil
Coffee (whole or ground)	Tahini
Cream Cheese (Turkish)	Whipped Cream
Gruyere Cheese (called Gruntel)	

SUPPLIES

Coffee Grinder (Zoom)	Quality Non-stick cookware
Kitchen Knife/ Chef Knife	Serrated Bread knife
Plastic Ware	Tupper Ware

Basic Ingredient Translations

ENGLISH	RUSSIAN	KYRGYZ
FRUITS	ФРУКТЫ	ЖЕМИШТЕР
Apple	Яблоко	Алма
Apricot	Абрикос	Орук
Banana	Банан	Банан
Black Currant	Черная Смородина	Кара Карагат
Berries	Ягоды	Момо жемиш
Cherry	Вишня	Алча
Grapes	Виноград	Жузум
Kiwi	Киви	Киви
Lemon	Лимон	Лимон
Melon	Дыня	Коон
Orange	Апельсин	Апельсин
Peach	Персик	Шабдалы
Pear	Груша	Алмурут
Pineapple	Ананас	Ананас

Plum	Груша	Алмурут
Pomegranate	Гранат	Анар
Raspberry	Малина	Малина
Red Currant	Красная Смородина	Кызыл Карагат
Strawberry	Клубника	Булдуркон
Watermelon	Арбуз	Дарбыз

VEGETABLES	ОВОЩИ	ЖЕМИШТЕР
Beans	Бобы	Бурчак
Beet	Свекла	Кызылча
Cabbage	Капуста	Капуста
Carrot	Морковь	Сабиз
Cauliflower	Цветная капуста	Гулдуу капуста
Chile	Острый перец	Мурч
Corn	Кукуруза	Жугору
Cucumber	Огурцы	Бадыран
Eggplant	Баклажан	Баклажан
Garbanzo Beans (Chickpeas)	Ноком	Ноком
Garlic	Чеснок	Сарымсак
Green Onion	Зеленый лук	Кыркма пияз
Green radish	Редька	Редка
Mushroom	Гриб	Козу карын
Olive	Олива	Олива
Onion	Лук	Пияз
Potato	Картошка/ Картофель	Картошка
Pumpkin	Тыква	Ашкабак
Radish	Редис	Редис
Spinach	Шпинат	Шпинат
Sweet pepper	Болгарский перец	Перец
Tomatoes	Помидоры	Помидор
Turnip	Репа	Турп

MEAT	МЯСО	ЭТ
Beef	Говядина	Уй эти
Ground Beef	Фарш	Фарш
Chicken	Курица	Тоок эти
Ham	Ветчина	Ветчина
Lamb	Мясо ягненка	Улак эти
Mutton	Баранина	Кой эти
Pork	Свинина	Чочко эти
Sausage	Сосиски	Сосиски
Salt Pork	Свиной жир	Чочко майы
Turkey	Индейка	Индюк эти
Veal	Телятина	Торпок эти

BREAD	ХЛЕБ	НАН
Baking Powder	Разрыхлитель Теста	Разрыхлитель Теста
Baking Soda	Сода	Сода
Cake	Торт	Торт
Cookies	Печенье	Печенье
Corn Flower/Corn Meal	Кукуруза Мика	Жугору Ун
Corn Starch	Крахмал Кукуруза	Жугору Крахмал
Flour	Мука	Ун
Yeast	Дрожжи	Дрожж

DAIRY	МОЛОЧНЫЕ ПРОДУКТЫ	СҮТ
Boiled milk	Кипеченное молоко	Кайнатылган сут
Butter	Масло	Май
Cheese	Сыр	Быштак
Cottage cheese	Творог	Быштак
Cream	Сливки	Каймак
Egg	Яйцо	Жумуртка
Ice-cream	Мороженое	Бал муздак
Kefir	Кефир	Айран

Margarine	Маргарин	Маргарин
Mayonnaise	Майонез	Майонез
Milk	Свежее молоко	Сут
Powder milk	Сухое молоко	Кургак сут
Sour cream	Сметана	Ачыган Каймак
Yogurt	Йогурт	Йогурт

SPICES	СПЕЦИИ	СПЕЦИИ
Allspice	Душистый горошек	Мач
Basil	Базилик	Райхон
Bay leaf	Лавровый лист	Лавровый лист
BBQ spices	Приправа для шашлыка	Приправа для шашлыка
Caraway Seeds	Семена кїмина	Зира
Cardamom	Кардамон	Кардамон
Cilantro	Сайлантро	Сайлантро
Cinnamon	Корица	Корица
Cloves	Гвоздика	Гвоздика
Cumin	Тмин	Зыру
Curry	Карри	Карри
Dill	Укроп	Укроп
Ginger	Имбирь	Занжабил
Mint	Монетный двор	Минт
Mustard	Горчица	Горчица
Nutmeg	Мускатный орех	Мускатный жангак
Oregano	Душица	Душица
Paprika	Красный перец	Паприка
Parsley	Петрушка	Петрушка

Red pepper	Красный перец	Кызыл Мурч / Калемпир
Rosemary	Розмарин	Розмарин
Thyme	Тимьян	Тимьян
Vanilla	Ванилин	Ванильный сахар

NUTRIENTS	АЗЫКТАНДЫРУУ	ПИТАНИЕ
Calories	калория	калория
Carbohydrates	углевод	углевод
Fat	май	жирный
Minerals	минерал	минерал
Protein	протеин	протеин
Sodium	натрий	натрий
Vitamins	витамин	витамин