



# **2003 Holiday Cookbook**

**Southwest Educational  
Development Laboratory**



**A Celebration  
of Holidays**

A variety of ethnic cuisines were included in this year's cookbook. The ethnicities represented were based on staff participation. Thanks to all who contributed to the 2003 Holiday Cookbook.

HAPPY EATING!!

*Jill and Shaila*

---

The Story of Chanukah, and The Story of Kwanza have been reprinted with permission.  
Copyright 2003 Louie Volpe  
Holidays on the Net - [www.holidays.net](http://www.holidays.net)

## Table of Contents



### Christmas

The Story of Christmas	4
Traditional Irish Christmas Recipes	6
Traditional Mexican Christmas Recipes	10
Traditional German Christmas Recipes	16
Traditional Chinese Christmas Recipes	20
Traditional English Christmas Recipes	24
Traditional Greek Christmas Recipes	28
Cajun Christmas Recipes	30
Low-Fat Christmas Recipes	36
Other SEDL favorites	40



### Hannukah

The Story of Chanukah	46
Traditional Chanukah Recipes	48



### Kwanza

The Story of Kwanza	52
Traditional Kwanza Recipes	54



### Eid

The Story of Eid	59
Traditional Eid Recipes	60

# Christmas

The word Christmas comes from the words Cristes maesse, or "Christ's Mass." Christmas is the celebration of the birth of Jesus for members of the Christian religion. Most historians peg the first celebration of Christmas to Rome in 336 A.D.

Christmas is both a holiday and a holy day. In America it is one of the biggest event of the year (especially for kids), and for members of the Christian religions it is an important day on the religious calendar.

## The Birth of Jesus

an excerpt from Luke 2:1-20 NIV

In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. (This was the first census that took place while Quirinius was governor of Syria.) And everyone went to his own town to register.

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

## The Shepherds and the Angels

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger.

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests."

When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart. The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told.

## Nollaig Shona Duit (Happy Christmas in Irish)

### Irish Soda Bread

3 cups whole wheat flour  
1 cup all-purpose flour  
2 tsp salt  
1 tsp baking soda  
3/4 tsp baking powder  
1 1/2 cups buttermilk, or more

Combine the flours, salt, baking soda and baking powder in a bowl. Mix thoroughly. Add the buttermilk, working with your hands to make a dough firm enough to hold its shape. Add more buttermilk if necessary. Knead the dough on a lightly floured board for 2 to 3 minutes. The texture should be smooth and velvety. Form into a round loaf. Place on a well buttered baking sheet. Cut a cross into the top of the loaf with a sharp knife. Bake in a preheated 375°F oven for 35 to 40 minutes. The loaf is done when it is browned and has a hollow sound when tapped. Cool on a wire rack.

### Creamed Brussels Sprouts

1 1/2 quarts Brussels sprouts  
salt and pepper  
2 Tbsp butter, melted  
3/4 cup heavy cream  
2 Tbsp butter

Cut a cross in the base of each sprout. Drop into boiling salted water. Boil slowly, uncovered, for 6 to 8 minutes. Drain. Lay the sprouts in one layer on a towel to cool. Butter a shallow baking dish. Arrange the sprouts in two layers in the dish. Sprinkle lightly with salt and pepper and melted butter. Set over moderate heat, cover and cook until the sprouts begin to sizzle. Transfer to a preheated 350 deg F oven for 10 minutes. Bring the cream to a boil. Pout boiling cream into the dish and continue to bake for 10 minutes more. Dot the sprouts with butter and serve.

### Mincemeat Pie

1 large apple	juice of 1 orange
2 cups raisins	juice of 1 lemon
2 cups currants	1/4 cup Irish whiskey
1 cup sultana raisins	1/2 cup butter, melted
1/2 cup candied fruit peel	2 cups all-purpose flour
1/2 cup almonds	1/2 tsp salt
grated rind from 1 orange	1/4 tsp sugar
grated rind from 1 lemon	1/4 pound chilled butter, cut into
1 cup sugar	1/2-inch pieces
1/4 tsp salt	3 Tbsp chilled shortening
1/4 tsp ground cloves	3 Tbsp, or more, cold water
1/4 tsp cinnamon	
1/4 tsp allspice	

Core the apple but do not peel. Mince the apple, raisins, currants, candied peel and almonds. Combine in a large mixing bowl. Combine the orange and lemon rind, sugar and spices in a small bowl. Stir with a fork to blend thoroughly. Sprinkle over the minced fruit and almonds. Blend with a fork. Combine the juices and whiskey. Pour over the minced fruit mixture. Pour the butter over the ingredients and blend. Pour the filling into a glass jar, cover tightly and refrigerate overnight. Combine the flour, salt and sugar in a bowl. Cut in the butter and shortening. Mix with a pastry blender until the mixture resembles coarse meal. Add the water to the dough, a little at a time, while gathering the dough into a ball. Wrap with waxed paper and refrigerate for 2 hours.

**Assembling the pie:** Roll out the dough 1/8 inch thick on a lightly floured surface and line a 9-inch pie pan allowing a 1-inch overhang. Cover and chill. Roll the remaining dough into a rectangle 1/4 inch thick and 12 inches long. Cut the dough into 1/2 inch wide strips. Fill the shell with the mincemeat. Lay the strips of dough over the pie in a lattice pattern. Turn up the edges and crimp decoratively. Bake in a preheated 425° F oven for 20 minutes. Reduce heat to 350° F and bake for 30 min. until golden.

## Roast Turkey with Chestnut and Sausage Stuffing

1 20 to 12-pound turkey  
salt and pepper

Wash the turkey under cold water. Pat dry. Lightly salt and pepper inside and outside of the bird. Set aside.

### For the Stuffing:

1-1/2 pounds fresh chestnuts	3/4 pound ground pork
1 cup beef bouillon	3/4 pound ground veal
1 celery	1/2 pound ground pork fat
2 sprigs parsley	2 eggs beaten
1/2 bay leaf	1-1/2 tsp salt
2 Tbsp butter	1/2 tsp thyme
1/2 chopped onion	pinch of pepper
the turkey liver, minced	pinch of allspice
1/2 cup port or Madeira wine	1 cup butter, melted

Set the chestnuts in a pan and cover with cold water. Boil for 1 min. Remove from heat. Remove 3 chestnuts at a time from the hot water. Peel and remove the inner skins. Place the chestnuts in a saucepan. Add the bouillon and water to cover the nuts by 1-1/2 inches. Add the celery, parsley and bay leaf. Simmer, uncovered, for 45-60 min. or until the chestnuts are cooked through. Drain. Heat the butter in a skillet. Add the onion. Cook for 8-10 min. until soft. Transfer the onion to a mixing bowl. Put the turkey liver into the skillet. Saute until just browned. Add to the onion. Pour the wine into the skillet. Boil until the wine is reduced to 1/4 cup. Add to the onion. Add the pork, veal, pork fat, eggs, salt thyme, pepper and allspice to the onion. Stir with a wooden spoon until thoroughly blended. Stuff the turkey neck and body cavities loosely with alternate layers of the meat mixture and chestnuts. Close the cavities with skewers and lace with kitchen string. Brush the turkey generously with the melted butter. Fold the cheesecloth in half crosswise, forming a square. Dip the cheesecloth into the remaining melted butter and lay over the turkey breast. Set the turkey on a rack in a shallow roasting pan. Roast in a preheated 325° F oven, basking occasionally. (A 10-12 lb. bird will take about 4 to 4 1/2 hours to roast.

## Gravy for Roast Turkey with Chestnut and Sausage Stuffing

(the turkey stock)  
3 Tbsp vegetable oil  
the turkey giblets, chopped  
1 onion, chopped  
2 carrots, chopped  
1 cup dry white wine  
2 cups chicken stock  
1 bay leaf  
1/2 tsp thyme  
3 Tbsp cornstarch  
1/4 cup port wine

Prepare the gravy while the turkey is roasting. Heat oil in a large saucepan. Stir in the giblets. Brown on all sides and transfer to a side dish. Put the onion and carrots in the pan. Cover and cook slowly for 5 min. Uncover and brown lightly for 5 min. Add the browned giblets, wine, chicken stock, bay leaf and thyme. Add water to cover ingredients by 1 inch. Simmer, partially covered, for 2-1/2 to 3 hours. Strain the stock. Skim the fat from the surface. Blend the cornstarch and port wine in a bowl. Stir in the stock. Simmer for 2-3 min. until thickened. Set aside. Transfer the turkey to a heated platter when it is done. Remove the strings and skewers, cover loosely and let stand 20-30 min. Scoop the stuffing into a warm dish when ready to serve. Spoon excess fat from the roasting pan. Pour the turkey stock into the roasting pan. Stir over moderately high heat, scraping up the turkey bits from the bottom. Skim any fat from the surface of the gravy. Pour into a warm sauceboat and serve with the turkey and stuffing.

## Feliz Navidad (Merry Christmas in Spanish)

### Ponche Navideño: Punch

12 quarts water  
10 oz tejocotes  
6 oz walnuts  
5 oranges juiced  
8 guavas  
4 sugar canes  
10 oz prunes  
3 sticks cinnamon  
2 lb. sugar  
1 quart brandy (optional)

Wash fruit. Cut the sugar cane into strips. Cut guava. Boil everything together, except the sugar. When cooked add the sugar and brandy.

### Atole (4 servings)

5 oz. tortilla- masa dough  
2 tbsp. cornstarch  
3 cups milk  
3 cups water  
7 oz sugar  
2 cinnamon sticks  
1 tsp vanilla extract

Dissolve the dough in the water. Strain the mixture, add the cinnamon sticks, and heat. When boiling add the milk, sugar, cornstarch. and vanilla. Let it boil, stirring constantly until it thickens. If too thick, add milk to achieve preferred consistency. Remove cinnamon stick and serve.

### Dessert Turnovers--Empanadas

2 cups regular all-purpose flour	Filling (recipes follow for 3
1/2 teaspoon of salt	different types)
2/3 cup shortening	Butter
4 tablespoons cold water	Sugar and cinnamon

Sift flour, measure, and sift with salt into a bowl. Cut shortening into the flour with a pastry blender until the pieces are about the size of large peas. Sprinkle water by tablespoonfuls over the top of the mixture and toss dough with a fork to moisten evenly. Pour out onto waxed paper, press the dough into a ball, and wrap it in the paper. Chill in the refrigerator.

Roll out the chilled dough 1/8 inch thick and cut it into 4 or 5-inch circles. Spoon filling on one side of each circle. Dampen the edges of the dough, fold over, and press edges together with a fork. Brush with melted butter.

Bake in a 400 degree oven for about 20 minutes, or until browned. Roll the hot empanadas in sugar mixed with a little cinnamon.

### Pumpkin-raisin filling:

Combine in a pan 1 cup of canned pumpkin, 1/4 cup sugar, 1/2 cup raisins, 2 teaspoons anise seed, and 1/4 teaspoon of salt. Bring to a boil and simmer for 10 minutes. Cool before using.

### Sweet Potato-Pineapple filling:

Combine 1 cup cooked and mashed sweet potatoes with 1/2 cup chopped blanched almonds, one 9-ounce can of drained crushed pineapple, 1/2 teaspoon of salt, and 1 tablespoon or more of sugar.

### Cheese-Currant Filling:

Mash 1 cup of country-style large curd cottage cheese with the back of a spoon. Blend in one very-well-beaten egg, 1/2 cup of sugar, 1/4 teaspoon each of salt and cinnamon. Mix in 1/2 cup dried currants and 1/4 cup golden raisins. Spoon into the Empanadas.

*Contributed by Victor Rodriguez*

## Lin Harris' Tortilla Soup

2 bunches of green onions with most of stems - minced (2-3 small onions finely minced or onion flakes can be used but the taste is not as satisfactory)

1 jalapeno - minced (1 tablespoon for mild and 2 tablespoons for not so mild)

6 medium cloves of fresh garlic minced (garlic powder and/or garlic salt do not give the desired results)

2 lbs. boned chicken (or 6-7 chicken breasts cut into strips not chunks). A whole chicken skinned and boiled down tastes the best (except the neck and wings - leave the skin) \*\*\* **see directions on next page**

2 Tbsp. vegetable oil (to saute chicken, onions, jalapeno, garlic)

1 can Del Monte Mexican Recipe Stewed Tomatoes (16 oz.)

1 can Hunts Diced Choice Cut Tomatoes (10oz.)

2 cups Chicken Stock (reserved from boiling down chicken) or 1 [10 oz.] canned chicken broth and 1 1/2 cups of water

1 can Campbells Tomato Soup

1 can Whole Corn - drained

1 carton Pico de Guillo from grocer's fresh vegetable section (mild or hot). Bottled salsa such as Pace Picante, Red Devil, El Paso, etc. is NOT a recommended substitute.

1 tsp. Cumin

1 tsp. Chili Powder

1 tsp. Salt

1 Tbsp. Coarse Ground Pepper

3 Tbsp. Cilantro, fresh - minced (dried cilantro changes flavor)

1/2 cup Cheddar Cheese - grated. Garnish before serving

1 Avocado - sliced thin for garnish

Saute onions, jalapeno, garlic, and boned chicken in vegetable oil. \*\* At this point, you could simple add enough chicken stock to cover the onions, jalapeno, garlic, chicken, plus the spices (cumin, chili powder, salt and pepper), bring it to a boil, then let it simmer about 5 minutes. Either way, sauteed or boiled, it flavors the chicken before the other ingredients are added. Add tomatoes (hand crush the large chunks), chicken stock, soup, corn, pico de guillo, spices (if not already added), and cilantro. Bring to a boil. Reduce

heat, cover, and simmer. If the chicken has been boiled down the simmering time will be short. However, if chicken breasts are used then the simmering time will be about an hour. Garnish with cheddar cheese and slices of avocado. Serve wisoft tortillas and/or tortilla chips (cornbread is good, too).

## \*\* \*Whole Chicken instructions

The dark and light meat plus the neck, and wings make a better tasting stock. Do not use the heart , gizzard, and liver because they are bitter. To boil down: cover chicken pieces with cold water and bring to a boil. Do not add any spices at this time. Keep boiling water level over the chicken by adding more water as needed until the chicken easily separates from the bone - about 45 minutes. Regularly, skim off the foam that may form on the top. Remove the neck and wings before deboning. Refrigerate stock until the fat congeals on top, then remove it with a slotted spoon or paper towel. Reserve the broth to use in the soup.

## Black Bean Soup

3 cans of black beans

1 medium onion - chopped

2-3 potatoes - cut in small chunks

2 cans of chicken broth

cilantro - chopped - amount to taste

1 tsp. Chili powder

1 tsp. Cayenne pepper

Garnish

1 carton of fresh hot sauce - pico de guillo, sour cream,cheese

one can of black beans - puree (this will add to the liquid content)

one can of black beans - lightly puree so it has small chunks of beans

one can of black beans - leave whole

Boil the potatoes in the chicken broth until tender. Add all of the black beans. Add the spices, cilantro. Bring all ingredients to a boil. Garnish with sour cream and cheese, pico de gallo.

*Contributed by Lin Harris*



## Tamales

5 lbs. lean pork or beef, cooked and shredded  
 6 to 7 lbs. fresh masa  
 1 1/2 lbs lard  
 1 tbs. salt  
 1 1/2 pts. red chili sauce  
 1 bundle oujas (corn shucks)

To make tamales, cook meat by boiling in a large covered pot with enough water to cover completely. Add salt to taste and slow boil till completely done. Cool meat and save broth. When meat has cooled, shred and mix in the chili sauce. Clean oujas (corn shucks or outer husk) in warm water. (make masa by hand or with mixer) Mix the masa, lard, salt and enough broth to make a smooth paste. Beat till a small amount (1 tsp) will float in a cup of cool water. Spread masa (1/8 to 1/4 inch thick layer, or to preference) on ouja, add a small amount of meat and roll up. Fold up ends of ouja and place (fold down) on a rack in a pan deep enough to steam. Add 1 to 2 inches water, cover with a tight fitting lid and steam about 1 1/2 hours. (a cloth can be used under the lid to make a tighter fit)

*Contributed by Victor Rodriguez*

## Cilantro Cream Sauce

1 (8 ounce) package cream cheese, softened	1/2 teaspoon ground cumin
1 tablespoon sour cream	2 teaspoons garlic powder
1 (7 ounce) can tomatillo salsa	1 bunch fresh cilantro,
1 teaspoon freshly ground black pepper	chopped
1 teaspoon celery salt	1 tablespoon fresh lime juice

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

## Brunch Enchiladas

1 pound cooked ham, chopped	2 cups half-and-half cream
3/4 cup sliced green onions	1/2 cup milk
3/4 cup chopped green bell peppers	1 tablespoon all-purpose flour
3 cups shredded Cheddar cheese	1/4 teaspoon garlic powder
10 (7 inch) flour tortillas	1 dash hot pepper sauce
5 eggs, beaten	

Place ham in food processor, and pulse until finely ground. Mix together ham, green onions, and green peppers. Spoon 1/3 cup of the ham mixture and 3 tablespoons shredded cheese onto each tortilla, then roll up. Carefully place filled tortillas, seam side down, in a greased 9x13 baking dish. In a medium bowl, mix together eggs, cream, and milk, flour, garlic powder, and hot pepper sauce. Pour egg mixture over tortillas. Cover, and refrigerate overnight. The next morning, preheat oven to 350 degrees F (175 degrees C). Bake, uncovered, in preheated oven for 50 to 60 minutes, or until set. Sprinkle casserole with remaining 1 cup shredded cheese. Bake about 3 minutes more, or until cheese melts. Let stand a least 10 minutes before serving.

## Cabrito en Sangre

3lb. Cabrito meat, cubed  
 1/4 c oil  
 2 to 3 cloves garlic, chopped fine  
 1 onion, chopped  
 1 bell pepper, chopped  
 2 fresh tomatoes, chopped  
 1/4 tsp. Black pepper, ground  
 1/4 tsp. Cumin, ground  
 Pinch of oregano  
 1 1/2 c. cabrito blood, strained

Sauté meat chunks in oil. Add spices and tomatoes and cook over low heat until meat is tender. Add blood and continue cooking, stirring well, about 8 to 10 minutes. Makes 8 to 10 servings

*Submitted by Sean Claes*



## Froehliche Weihnachten (Merry Christmas in German)

### Roast Goose with Apple Stuffing (6-8 servings)

1 goose, giblets reserved (8-10 lb.)	1/4 cup butter or margarine, melted
2 cups water	2 teaspoons salt
1 small onion, sliced	1 teaspoon ground sage
1 1/4 teaspoons salt	1/2 teaspoon ground thyme
6 cups soft bread crumbs	1/4 teaspoon pepper
3 tart apples, chopped	1 teaspoon salt
2 stalks celery (with leaves), chopped	1/4 cup all-purpose flour
1 medium onion, chopped	

Trim excess fat from goose. Heat giblets, water, sliced onion and 1 1/4 teaspoons salt to boiling; reduce heat. Cover and simmer until giblets are done, about 1 hour. Strain broth; cover and refrigerate. Chop giblets; toss with remaining ingredients except 1 teaspoon salt and the flour. Rub cavity of goose with 1 teaspoon salt. Fold wings across back with tips touching. Fill neck and body cavities of goose lightly with stuffing. Fasten neck skin of goose to back with skewers. Fasten opening with skewers; lace with string. Tie drumsticks to tail. Prick skin all over with fork. Place goose, breast side up, on rack in shallow roasting pan. Roast uncovered at 350 degrees F until done, 3 to 3 1/2 hours, removing excess fat from pan occasionally. Place a tent of aluminum foil loosely over goose during last hour to prevent excessive browning. Goose is done when drumstick meat feels very soft. Place goose on heated platter. Let stand 15 minutes for easier carving. Pour off all but 1/4 cup drippings from pan. Stir in flour. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat. Add enough water to reserved broth if necessary to measure 2 cups. Stir into flour mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve goose with apple stuffing and gravy.

### German Apple Stuffing

1 loaf(1 lb.) day-old white bread, cut into 1/2-inch cubes  
 1/3 cup butter or margarine  
 1/2 cup chopped onion (about 1 medium)  
 1/2 cup chopped celery  
 1/4 cup chopped celery leaves  
 2 tablespoons chopped fresh parsley  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 2 cups milk  
 2 eggs (lightly beaten)  
 3 cups chopped apple, red delicious (about 2 medium)  
 1/4 cup raisins

Preheat oven to 375° F. Grease a 6-cup baking dish. Bake bread cubes til dry and lightly toasted (about 5 minutes). Transfer to a large bowl and lower oven to 350°F. Melt butter in saucepan. Stir in onion, celery, celery leaves, parsley, salt and pepper. Cook and stir for about 3 minutes. Pour over bread. Add milk and eggs. Stir to moisten. Gently stir in apples and raisins. Spoon into prepared baking dish. Cover. Bake for 1 hour.

## Gingerbread Recipe

1/2 cup molasses  
 1/2 cup sugar  
 1/2 cup melted fat  
 1/2 cup sour milk  
 1 egg  
 1/2 teaspoon soda  
 1 cup flour  
 1 teaspoon ginger  
 2 teaspoons cinnamon  
 Nutmeg

Mix ingredients in order given, sifting the soda with the flour before adding it. Bake in a slow oven in a greased shallow pan or in muffin tins. Care must be taken to prevent burning.

## Wine Pastries

1/2 lb (3 cups) butter  
 1/2 lb (2 1/2 cups) sugar  
 1 lemon  
 6 tablespoons wine  
 1 lb (4 cups) flour  
 1 egg, beaten  
 coarse sugar, or chopped nuts (for decoration)

Grate the rind from the lemon, squeeze and reserve the juice. Mix together the butter, sugar, lemon juice and rind until well combined, then blend in the wine and flour. Knead well the dough and let rest in a warm place for two hours.

Pinch off portions of the dough, roll into long strands and form into fancy pastries. Allow the formed pastries to rest overnight.

Preheat oven to 350° F. Brush each pastry with beaten egg, then sprinkle with the coarse sugar. Bake until cookies have a dark golden color.

## Tres Leches Cake from Café Central, El Paso

### Cake:

9 eggs (room temperature)	1 cup milk
1 1/2 cups sugar	1 tsp vanilla
12 tbsp butter, softened	1 tsp cream of tartar
1 1/2 tsp baking powder	2 cups flour

Preheat oven to 350 degrees. Separate egg yolks and whites, keeping whites at room temperature. In bowl of an electric mixer, cream sugar and butter together until pale yellow and fluffy. Add egg yolks, beat until fluffy again, 2 to 3 minutes on medium high speed. In a separate bowl, combine flour and baking powder. In a third bowl, mix milk and vanilla. Alternately add the flour mixture and the milk mixture to the butter mixture (one-fourth at a time) until all are combined. Beat until smooth after each addition. Beat egg whites with cream of tartar until soft peaks form and using a large spatula, gently but thoroughly fold into the flour and butter mixture. Grease bottom of a 9 x 13 inch metal baking pan. Pour in batter and bake for approximately 25 minutes until golden brown. Allow to cool.

### Three Milks

2 cups heavy cream  
 1 five-ounce can evaporated milk  
 1 fourteen-ounce can sweetened condensed milk

Stir the milks together thoroughly but do not beat. Do not refrigerate canned milks before using.

### Cream Icing

2 cups heavy cream  
 1/3 cup sugar

Whip cream and sugar together until stiff. When cake is cool, slice or peel off the thin top crust. Ice sides first, creating a small lip on top to catch milk mixture. Pour milk mixture evenly over top of cake (if necessary poke holes in the cake with a toothpick or skewer to facilitate soaking. You will probably only need 3/4 of mixture). Finish icing top. Refrigerate.

*Contributed by Leslie Blair*

## Sheng Tan Kuai Loh! (Merry Christmas in Chinese)

### Jook (Chinese-Hawaiian Soup Using Leftover Turkey)

Turkey carcass  
1 cup rice  
Whiskey to cover  
Water and stock to make 3 quarts  
1/2 cup chopped celery  
1 cup chopped carrots  
1 small ginger root  
1 tablespoon salt  
Instant bouillon (optional)  
Chopped green onion (optional)

Cover turkey carcass with water. Boil 2 to 3 hours. Remove all bones and skim off fat.

While carcass is boiling, cover 1 cup of rice with whiskey and let soak.

Add water to stock to make about 3 quarts.

Add meat from carcass, rice, 1 small ginger root, crushed, and 1 Tablespoon of salt. Add about half a cup of chopped celery and 1 cup of chopped carrots.

Cook until the rice is tender. A lot of liquid will be absorbed and the soup will be thick. Taste and season. You may need to add about 2 teaspoons of instant bouillon.

Serve in bowls with chopped green onion garnish

*Contributed by Laurie Born*

### "Honeyed" Walnuts

1 pound shelled walnut halves  
1-1/2 cups sugar  
About 1-1/2 cups water  
2 tablespoons corn oil

Wash the walnuts in lots of running water. Soak them for 10 to 15 minutes in water to cover; drain well. Fill a large pot with water and bring to a boil. Add the nuts and cook for 10 minutes, or until the water turns dark and the nuts are beige-white in color. Drain and rinse under cool water until the water runs clear; drain.

Bring the sugar and the 1-1/2 cups water to boil in a medium pot over medium high heat, stirring to dissolve the sugar. Add the walnuts, reduce the heat to low and stir well with a wooden spoon. Simmer the nuts in the syrup for about 15 minutes, stirring often until they are well coated with the syrup. Add 1/4 cup hot water if the syrup becomes too sticky. Turn off the heat and let the nuts cool in the syrup for another 10 minutes.

Preheat the oven to 350 degrees F.

Strain off the excess syrup and toss the nuts with the oil. Spread the nuts on a large nonstick baking sheet.

Bake the nuts for 30 to 35 minutes, stirring occasionally, or until they are crisp and dry. If they are not yet crisp, bake them a little longer.

## Pork Dumpling With Soy-Ginger Sauce

1 pound pork butt, coarsely ground  
 1 cup finely chopped scallions  
 3 tablespoons soy sauce  
 1 tablespoon Asian sesame oil  
 1 tablespoon peeled, grated ginger root  
 1/2 pound Chinese napa cabbage, finely chopped  
 1 1-pound package round dumpling wrappers (gyoza), 3 inches in diameter

In a large bowl, combine the pork, scallions, soy sauce, sesame oil and ginger root. Mix well so that the flavors will penetrate the meat. Then add the cabbage and mix until all the ingredients are thoroughly combined. The filling will not taste right if you try to combine all the ingredients at once. Place 1 dumpling wrapper on a plate or a board. Place 1 scant tablespoon of pork mixture in the center. Moisten the edges of the wrapper with a little water; then fold them over the filling to form a half-moon shape. Pinch the center together first, then stand the dumpling up on its base and pleat one of the sides of the half-moon twice, halfway between the outer edge and the center. Pleat the other side in the same way and leave the dumpling standing up. Stand the finished dumpling on a baking sheet lined with wax paper. Do not allow the sides of the dumpling to touch each other, or they will stick together. Repeat, using the remaining dumpling wrappers and pork filling. The dumpling can be made in advance and frozen for up to 3 months (defrost frozen dumpling before cooking or they will burn), or they may be cooked immediately. To pan-fry dumpling: Pan-fried dumpling are known as "pot stickers" because one side sticks to the bottom of the pot, becoming delightfully crisp. Heat about 1 tablespoon corn oil in a large nonstick skillet. Add as many dumpling as can fit in a single layer. Pour 1/2 cup cold water over the dumpling. Cover the skillet and cook over low heat for about 10 minutes, without turning or stirring, until the water has evaporated and the dumpling are golden and crisp on the bottom. If the dumpling are not browned enough, keep cooking until they are. Remove the dumpling to a heated platter and repeat with the remaining dumpling. Serve hot, with Soy-Ginger Sauce on the side.

## Soy-Ginger Sauce

1/4 cup soy sauce  
 1/4 cup balsamic vinegar  
 2 tablespoons water  
 1 tablespoon peeled, julienne ginger root, soaked in ice water

Combine all the ingredients in a small bowl. Mix thoroughly and serve. This sauce will keep for up to 1 week in the refrigerator, without the ginger root. Add the ginger root when ready to serve.

## Shiitake Mushrooms

1 pound small fresh shiitake mushrooms, preferably 1-1/2 inches in diameter  
 1/2 cup olive oil  
 3 garlic cloves, minced  
 1 tablespoon Asian sesame oil  
 1 tablespoon soy sauce  
 1 teaspoon fresh lemon juice  
 2 scallions, white part only, chopped  
 1/2 fresh jalapeno pepper, finely diced (optional)  
 Coarse or kosher salt  
 Freshly ground pepper

Remove stems from the shiitake mushrooms and wipe the caps with a damp cloth. If the mushrooms are small, leave them whole; if large, cut them into halves or quarters. Heat the olive oil in a large skillet. Add the garlic and cook over high heat, stirring, until it is golden 2 to 3 minutes. Add the mushrooms and the sesame oil. Stir well, cover and continue cooking over high heat for 3 to 5 minutes, or until the mushrooms are tender. Add the soy sauce, lemon juice, scallions, jalapeno pepper, if using, and salt and pepper to taste. Cook for 1 minute, or until the mushrooms have absorbed the sauce. Remove from the heat. Spoon the mushrooms and the sauce into a serving bowl. Serve at room temperature or cold.

## Happy Christmas from England

### Beef Wellington & Yorkshire Pudding

#### Roast Beef:

3lbs. joint of sirloin of beef  
2oz beef dripping

#### Yorkshire Pudding:

10oz of plain flour (sifted)  
1 large egg  
A large pinch of salt  
5oz water  
5oz milk  
Beef dripping or cooking fat

Combined method for cooking the Roast Beef and the Yorkshire Pudding:  
Heat the oven to 350°. Put the joint of beef into a shallow baking tray or tin. Season the meat to taste with a little salt or a sprinkle of rosemary or a little black pepper. Melt half of the beef dripping and pour over the meat and seasoning. Place in the middle of the oven for 70 minutes. After 70 minutes, keep the meat in the oven, but turn up the heat to 425°F .

Pour the remainder of the beef dripping into a cake baking tray (The type of baking tray used to make small cakes / muffins). Put the tray, with a little bit of dripping in each of the depressions in the tray, into the oven for 3 minutes or until you see the dripping smoke. Remove from the oven and pour 2 tablespoons of the Yorkshire Pudding batter (see next page for batter recipe) into each cake depression and bake for 15 to 20 minutes in the same oven as the beef. 10 minutes after you have taken out the cooked Yorkshire puddings you can take out the beef. Leave to stand another 10 minutes to allow to cool a little before carving.

*Contributed by Annette Taft*

### Yorkshire Pudding Mixture (Batter)

(This will make about 6 or so puddings).

Sift the flour into a large bowl . Break the egg into the centre of the heap of flour. Mix the water and the milk together in a jug. Pour the mixture slowly onto the flour and egg. As you start to pour the water/milk slowly beat the mixture together with a whisk. Add the salt and continue to beat. The puddings will be lighter if the batter includes a little air. Once all the ingredients have been beaten together leave to stand, covered by a cloth, for 40 minutes or so. 5. Now you are at 'step 8' in the main cooking method. Your oven should be very hot and your tray for the puddings very hot.

### English Shortbread

1 cup of Butter  
3 cups plain Flour  
1 Egg  
1/2 cup Sugar  
1 tsp Baking powder

Makes about 45 to 50 shortbread squares - store any excess in an old biscuit tin. Cream together the butter and sugar, with a wooden spoon, until the mixture is light and fluffy. Beat in the egg. Sift together the flour and baking powder and add to the creamed butter along with the remaining ingredients. Still well with your wooden spoon until all are blended together. Again you should end up with a doughy mixture. Roll out the dough on a floured surface until it makes a square about 14" on each side. Cut this into lots of 2" squares. Put the little squares about 2" apart on to a baking sheet and prick each square a number of times with a fork. (The lines of 'fork holes' on top of the completed biscuit is a 'trademark' of real gingerbread). Bake in a pre-heated oven 325°F for about 10 - 12 minutes or until lightly browned. Place onto a rack to cool.

*Contributed by Annette Taft*

## Christmas Plum Pudding

1 cup finely chopped beef suet	1 cup dried currants
2 cups fine bread crumbs	1 cup chopped almonds
1 cup sugar	1/2 cup citron, sliced thin
1 cup milk	1 tsp salt
1 pint flour	1 tsp cloves
1 cup seedless raisins	2 tsp cinnamon
1 tsp of baking soda dissolved in 1 tbsp warm water	1 tsp nutmeg
	4 well-beaten eggs

Flour the fruit thoroughly. In a large bowl, mix the eggs, sugar, spices, and salt in the milk. Stir in the fruit, nuts, bread crumbs, and suet. Then stir in the dissolved baking soda. Then add in the flour. Boil or steam for 4 hours. Serve with wine or brandy (which may be flambeed) or any well-flavored sauce.

## Mulled Wine

1 orange, sliced and seeded  
 1/2 cup sugar  
 2 cups water  
 1 teaspoon ground cloves  
 2 teaspoons cinnamon  
 1 bottle red wine

Combine the orange, sugar, water, and spices in a large stainless steel or enameled pot. Slowly bring to a boil, reduce the heat, and simmer for 15 minutes. Reduce the heat, add the wine, and slowly reheat but do not boil. Serve warm in mugs. Serves 8.

*Contributed by Joyce Pollard*

## Scone

2 cups all-purpose flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1/4 teaspoon baking soda  
 6 tablespoons unsalted cold butter  
 1/2 cup currants or white raisins  
 1/2 cup buttermilk  
 1 egg  
 1 tablespoon cream  
 1 tablespoon sugar

Preheat the oven to 400° F. Lightly grease a large baking sheet. Combine flour, baking powder, salt, and soda. With a pastry blender, cut in butter, mixing it until the mixture resembles coarse crumbs. Mix in currants.

Whisk buttermilk and egg together, then add to flour mixture. Stir together until a soft ball of dough forms. Turn onto a lightly floured surface and knead gently, turning five or six times.

Roll out dough with a floured rolling pin to about 1/2 inch thickness. Using a heart-shaped cookie cutter, cut scone out and place on the baking sheet. Brush the tops lightly with cream and sprinkle with sugar.

Bake 10 to 12 minutes or until light brown. Serve warm with lemon curd, clotted cream, or preserves. Makes one dozen scone.



## Kala Christougena (Merry Christmas in Greek)

### Baklava

1.5 lbs. of finely chopped pecans  
 0.5 lbs. of finely chopped walnuts  
 1.0 cups sugar  
 1.5 tsp cinnamon (fresh ground is best)  
 0.5 tsp nutmeg (fresh ground is best)  
 2.0 lbs. melted unsalted butter (remove the cream layer),  
 don't use margarine (it's too oily!)  
 2.0 lbs. fila (fillo or phylo pastry sheets)

It is best to grind the nuts in a coffee grinder. Grinding more than a handful at a time tends to make the nuts more like a meal or paste than finely chopped, so be careful not to over grind them. Mix nuts, sugar, and spices. Brush the bottom of a 11"x16" baking pan with butter. Place 3 fila in the bottom of the pan, making sure to brush each layer with butter. Cover with 3 tbsps. of nut mixture. Place 2 layers of fila, brushing each layer with melted butter over nuts. Cover with 1/4 nut mixture. Continue this procedure until all nut mixture is gone. Finish the top with 3 layers of fila. Cut into 1 inch diamonds with a serrated knife by starting in diagonal cuts in the corner of the pan before you bake. Cook at 300° for 1.5 hours until lightly browned. Completely cool pastry (over night works best). Pour warm syrup over pastry. Makes 75 pieces.

Syrup: Place 5 cups of sugar, 3 cups of water, 1 cup of honey, and juice of 1 lemon in a stew pot. Stir and gently boil this mixture to a light/medium consistency. Pour the warm syrup over the pastry. Let cool and place in cup cake baking cups for easy serving.

*Contributed by Nikki Hanegan (A.K.A. Dr. Baklava)*

### Greek Holiday Vegetables

(fresh green beans, potatoes, and carrots in a very light tomato base)

Two servings of fresh green beans (cleaned and cut in about 2" lengths)  
 Two medium russet potatoes (cut into quarters)  
 Four medium carrots (cleaned and cut into 1/4" rounds)  
 One medium sweet onion (chopped )  
 One tablespoon chopped garlic  
 Three tablespoons Extra Virgin Olive Oil  
 1/2 small can tomato paste  
 Salt and pepper to taste

Saute the onions and garlic in the olive oil until onions are translucent in a large stock pot. Add 6 cups of water and bring to a boil. Add green beans and cook al dante, about 15 minutes. Add potatoes and continue to boil for 10 minutes. Add carrots and continue to boil until carrots are done, about 10 minutes. Stir in 1/2 can of small tomato paste. Boil for an additional 10 minutes and serve. Enjoy this colorful dish with any meats or salads.

*Contributed by Nikki Hanegan*

### Spanakopita

2 - 1 lb pkg. frozen Spinach	Salt, pepper
7 Eggs	oregano
1/2 lb Feta cheese	Olive oil
1 lb Onion	1 lb Filo dough
chopped garlic clove minced	Butter

Squeeze remained liquid from spinach and place in large bowl, tear into small pieces. Beat eggs, crumble feta cheese, and add to spinach. Saute onion and garlic in olive oil until brown, add to spinach, season with pepper and oregano. Butter large oblong baking dish. Place one sheet of filo in pan, and brush with melted butter. Continue until only three or four sheets of filo are left, letting the edges of the sheets hang over the sides of the pan. Pour in the filling, and fold ends of pastry over it, brushing with more butter. Then put the remaining sheets on top, brushing with butter. Cut three or four steam vent slits in the top, down to the filling. Bake at 375 for 50 min.



## Cajun Christmas Recipes

### Deep Fried Turkey

1 12-16 lb Whole Wild Turkey  
 1/3 cup Red Wine Vinegar  
 1/3 cup Olive Oil  
 1/3 cup Dry sherry  
 6 tsp Garlic powder  
 5 tsp Lemon pepper  
 5 tsp Onion powder  
 2-3 tsp Cayenne Pepper  
 2 tsp paprika, 1 tsp cumin  
 2 tsp black pepper  
 1 tsp sugar  
 1 tsp oregano  
 1 tsp basil  
 5 gallons Peanut oil

Blend all the ingredients well and let stand 2 hours. Strain marinade and place in an injection needle. Inject the marinade into all parts of the bird.

Place the bird in a large plastic bag and allow the marinade to disperse throughout the bird for at least 2 hours. Turn the bag and massage the bird occasionally.

Preheat the cooking oil to 350-375 in a kettle large enough to hold the entire bird. Tie the legs of the bird together with wire. (It helps hold the bird together and provides a way to lift it in and out of the oil.) Carefully place the bird into the oil and fry 3-1/2 to 4 minutes per pound. You can try using a sturdy broomstick, or even an oar to lift the bird.

Be careful when frying a turkey! It is VERY hot. It helps to have two people to lift the bird.

### Aline's Chicken-Andouille Gumbo

1 6-lb. hen  
 1/2 cup vegetable oil  
 1/2 cup flour. 1 large onion, chopped  
 1 red bell pepper, chopped  
 2 cloves garlic, chopped  
 3 sprigs chopped flat-leaf parsley  
 1 Tbsp. salt  
 1 tsp. black pepper  
 1/4 tsp. Tabasco  
 2 bay leaves  
 1/4 tsp. dried thyme  
 1 lb. andouille or smoked sausage  
 2 green onions, chopped  
 2-3 cups cooked rice  
 File powder

Cut up the chicken and fry the pieces in 2 Tbsp. of the oil in a large kettle or Dutch oven over fairly high heat. Keep turning the chicken pieces until they brown on the outside; they should not cook through. Remove the chicken and reserve. Add the flour and the rest of the oil to the pot and make as dark a roux as you can. The critical instruction about making a roux is to avoid burning it. This is accomplished by constant stirring and watching the heat. Add the onion, bell pepper, and garlic. Saute them in the roux over medium heat until the onions begin to brown. Return the chicken to the pot, along with a gallon of water, parsley, salt, pepper, Tabasco, bay leaves, and thyme. Bring to a low boil. Slice the andouille into one-inch-thick discs and add to the pot. Skim excess fat thrown off by the sausage as it rises. Cook the gumbo for at least one hour (to as much as two hours). Stir every now and then. When ready to serve, remove the chicken and strip the meat off. Slice into bite-size pieces and return the to pot. (You can also just leave the pieces as is if you're among family.) Add the green onions and simmer for another three or four minutes. Serve over cooked long-grain rice with a pinch or two of file at the table.

*Contributed by John Hanley & Dallas Picou*

## Dirty Rice

1 pound lean ground beef  
 1 pound beef sausage  
 1 onion, finely diced  
 1 (8 ounce) package dirty rice mix  
 2 cups water  
 1 (10 ounce) can diced tomatoes with green chile peppers  
 2 (15 ounce) cans kidney beans, drained  
 salt and pepper to taste

In a skillet over medium heat, brown the ground beef, sausage, and onion; drain.

In a 2 quart saucepan, combine rice mix and 2 cups water. Add diced tomatoes and chilies. Stir in the kidney beans. Bring to a boil, then add meat mixture. Season with salt and pepper. Return to boil, reduce heat, and cover, stirring occasionally. Cook for 25 minutes, until rice is easily fluffed with a fork.

## Gator Tail with Lemon Butter Recipe

### Lemon Butter:

1 1/2 tsp Lemon juice	1/2 tsp Onion powder
1 1/2 tsp Parsley; dried	1/4 lb Butter/margarine
1 1/2 tsp Salt	2 lb Alligator tail; slice thin
1 tbsp Parsley; fresh chopped	Cayenne pepper to taste

**Lemon Butter:** Over low heat in small saucepan, melt margarine or butter and stir in the remaining ingredients; DON'T LET IT BOIL. Let heat through, then serve immediately. Yield: About 1/2 cup

**Broiled Alligator Tail:** Lay alligator slices on a flat broiler pan, and place about 6 inches from the heating element. Broil for 10 to 15 minutes or until done. Remove the pan from the oven and brush the top of the meat with the lemon-butter sauce, making sure to coat the entire surface.

*Contributed by John Hanley & Dallas Picou*

## Jambalaya

1 1/2 lbs.. smoked Cajun sausage, sliced 1/4" thick  
 1/2 lbs.. mild smoked sausage, sliced 1/4" thick  
 1 lb cooked chicken breast, cubed  
 1 large onion, chopped  
 1 roasted red bell pepper, chopped  
 1/4 cup fresh parsley, chopped  
 2 ribs celery, chopped  
 5 cloves garlic, chopped  
 1 14-oz. can diced tomato, slightly drained  
 1 teaspoon dried thyme  
 2 bay leaves  
 1 teaspoon Cajun seasoning, or to taste  
 salt and black pepper  
 2 cups uncooked long-grain rice  
 2 1/2 cups chicken stock or water  
 1/2 cup dry red wine (optional)

In a large heavy-bottomed skillet with a tight cover, brown the sausage. Pour off the excess drippings. Add the onion and stir over medium heat until slightly soft, about 3 minutes. Add the chicken, roasted red pepper, parsley, celery, garlic, tomato, thyme, bay leaves, Cajun seasoning, salt and pepper. Bring to a boil and cook, stirring, for about 5 minutes.

Add the rice and chicken stock or water and stir well. Cover and simmer over low heat for 20 minutes, or until the rice is almost done. Do not uncover until you check for doneness, near the end.

Add the wine, if you're using it (if you're not, you may or may not have to add a bit more water). Simmer over medium heat for another 5 minutes, stirring constantly. Fluff with a fork and serve.

## Louisiana Alligator Chili

3lbs. alligator meat, diced	1-16oz can pinto beans
1/2 cup oil	38oz cans tomato sauce
2 cups diced onions	1 cup chicken stock
1 cup diced celery	1 teaspoon chili powder
1 cup diced bell pepper	1 teaspoon cumin
2 tablespoons diced garlic	salt and black pepper to taste
2 tablespoons diced jalapenos	

In a heavy Dutch oven, heat oil over medium high heat. Add alligator and sauté twenty minutes to render juices. Add onions, celery, bell pepper garlic and jalapenos. Sauté until vegetables are wilted, approximately three to five minutes. Add pinto beans, tomato sauce, and chicken stock, bring to a low boil and reduce to simmer. Add chili powder and cumin, stir well into mixture and allow to cook one hour, stirring occasionally. once alligator is tender, season to taste using salt and black pepper.

*Contributed by John Hanley & Dallas Picou*

## Creole Coffee Ice Cream Punch

6 eggs  
 1/2 cup sugar  
 3 cups CDM Coffee & Chicory, strongly brewed and cooled  
 1/4 cup bourbon  
 1 pint vanilla or coffee ice cream

In a large bowl, beat eggs at high speed until slightly thickened. Gradually add sugar, beating until the mixture is smooth and quite thick. Add the coffee with chicory and the bourbon; mix thoroughly. Pour mixture into punch bowl or pitcher. Spoon in ice cream; stir well. Allow the ice cream to melt slightly to flavor the punch, then serve it immediately. Makes about 14 servings.

## Holiday Pecan Pralines

2 cups sugar plus 1 heaping kitchen spoon  
 1/3 stick butter  
 2 1/2 cups pecans  
 3/4 cup milk  
 1 pinch baking soda  
 1 tsp. Vanilla

Mix 2 cups sugar & milk in large pan (4 quarts or larger). In small iron skillet caramelize 1 heaping kitchen spoon (approximately 1/4 cup) of sugar on low to medium heat. Heat the sugar and milk mixture on high. When sugar/milk mixture begins to boil add a pinch of baking soda. After this mixture bubbles up and again comes to a boil add liquid caramelized sugar. Cook several minutes. When mixture makes a soft ball in cold water add butter, vanilla and pecans. Remove from fire and BEAT until it hardens around the edges (usually about 5 minutes). Do not use an electric mixer, since it would break pecans. You may want to have a helper available to take turns beating. Drop by teaspoon onto waxed paper. Pralines should continue to harden as they cool.

## Cafe Au Lait

2 cup Milk  
 Sugar  
 1 cup Louisiana coffee w/chicory

Put milk in saucepan; bring to a boil

Pour hot freshly brewed coffee and milk simultaneously into cups; sweeten with sugar to taste.

## Low Fat Christmas Recipes

### Low-Fat Pumpkin Mousse Pie

- 1 reduced-fat graham pie crust (readymade kind)
- 2 cups skim milk
- 1 cup canned pumpkin
- 1 pkg (4 serving size) lowfat or sugar-free instant vanilla pudding
- 1 tbsp pumpkin pie spice
- 1 8oz tub Cool Whip, thawed and divided in half (use light version)

Mix tog. milk, pumpkin pudding mix (dry), spice in bowl with electric mixer till smooth. Fold in half the Cool Whip and spoon into crust. Layer top with rest of the Cool Whip (should be about 1/4-1/2" thick on top). Chill in refrigerator 2 hours minimum before servings.

### Bar-BQ Glazed Turkey Meatballs

50 small meatballs

- 1 - 1 1/4 pounds Fresh Ground Turkey
- 1 cup sauerkraut, drained, finely chopped
- 1/4 cup original flavored barbecue sauce
- 1/2 cup currant jelly
- 3 tablespoons original flavored barbecue sauce

Heat oven to 375° F. Combine turkey, sauerkraut and the 1/4 cup barbecue sauce in a medium bowl. Shape turkey mixture into small meatballs, about 1-inch in diameter. Place in a 15-1/2" x 10-1/2" x 1" jelly-roll pan sprayed with cooking oil spray. Bake 12 to 15 minutes or until no longer pink in the center. Meanwhile, heat jelly and the 3 tablespoons barbecue sauce in large skillet over medium-low heat until jelly melts. Add meatballs, turning to coat with glaze. Continue heating until meatballs are hot and glazed.

### Classic Roast Tenderloin of Beef

- 1 trimmed beef sirloin, about 3 pounds
- 1 tablespoon olive oil
- freshly ground black pepper
- salt to taste

Preheat the oven to 425°F. Rub the tenderloin with olive oil and sprinkle it with a generous amount of black pepper. Place the tenderloin on a rack in a shallow roasting pan or baking sheet. Roast the tenderloin for 30 minutes before sprinkling it with a generous amount of salt. Return it to the oven and continue to cook or 10 to 20 minutes more, depending on the exact size and the desired degree of doneness. Remove it from the oven and let rest for at least 10 minutes before slicing. Serve the beef warm, at room temperature or cold. (If you plan to serve the beef cold, you can prepare it in advance and store it in the refrigerator for up to 3 days.)

### Horseradish-Mustard Sauce

- 1/2 cup freshly shredded horseradish
- 1 tablespoon Dijon mustard
- 1 cup non-fat sour cream
- 1 teaspoon sugar
- salt to taste

Mix all of the ingredients together in a small bowl. Chill well before serving. Serve with beef.

TIP: This can be made in advance and stored in the refrigerator for up to 3 days.

## Stuffed Mushroom Caps

(about 40 caps)

40 large fresh button mushrooms, cleaned  
 3/4 teaspoon olive oil  
 2 teaspoons garlic, minced  
 3/4 teaspoon oregano  
 6 ounces chopped, frozen spinach, thawed, drained and squeezed dry  
 1/3 cup fat-free cottage cheese  
 1/4 cup green onions, minced  
 2 Tablespoons grated Parmesan cheese  
 3 ounces cooked tiny shrimp  
 1/4 cup seasoned Italian bread crumbs  
 1 tablespoon Dijon mustard  
 1/2 teaspoon Tabasco sauce

Preheat oven to 400° F. Remove stems from mushrooms and chop finely. Place mushroom caps on baking sheets with the trimmed stem-side up. Set them aside.

In a skillet, heat oil and add chopped mushroom stems, garlic, and oregano. Cook over medium heat for 5 minutes, stirring often. Transfer mixture to a mixing bowl.

After spinach has thawed, squeeze until all moisture has been removed. Add spinach to cooked mushrooms along with cottage cheese, onions, Parmesan cheese, shrimp, breadcrumbs, mustard and Tabasco. Mix well. Top mushrooms generously with filling. Bake at 400° F. for 15 minutes until mushrooms are tender. Serve warm.

## Parmesan Shrimp Peppers

1/2 cup diced celery  
 2 cups sliced mushrooms  
 1/2 cup grated carrots  
 1/4 cup sliced scallions, no tops  
 1/4 cup chopped fresh parsley  
 1 can (14.5 ounces) diced stewed tomatoes  
 1 can (16 ounces) reduced sodium chicken broth  
 3/4 cup uncooked long grain rice  
 1 teaspoon dried basil  
 1 teaspoon coarse kosher salt  
 1 teaspoon Mrs. Dash lemon-pepper  
 2 tablespoons white wine Worcestershire sauce  
 1 teaspoon crushed garlic  
 Fresh ground pepper to taste  
 A few drops Tabasco (optional)  
 3 yellow and 3 red peppers sliced in half, length-wise, washed and seeded  
 2 cups precooked, peeled and deveined shrimp, tails removed  
 3/4 parmesan cheese  
 Olive oil cooking spray  
 1 1/2 cup fat free sour cream or plain yogurt  
 1/8 cup chopped garlic chives  
 1/2 teaspoon Mrs. Dash original blend

Heat medium-sized pan with cooking spray. Saute, celery, carrots and onions until about half done. Add mushrooms and saute until they are slightly soft. Add more cooking spray as needed. When mushrooms are ready, add tomatoes, chicken broth, garlic, Worcestershire sauce, basil, salt, pepper and Tabasco (if desired). Add rice and bring to a boil. Gently reduce heat and cover. Cook for approximately 20 minutes, until rice is done and broth absorbed. While the rice mixture cooks, use a three-quart pan to boil water. Add peppers and cook gently for approximately seven minutes. Remove from water and drain. When broth is absorbed and rice is cooked, remove from heat and add shrimp to mixture. Place peppers in baking dish, stuff with rice mixture and sprinkle with the Parmesan cheese. Bake at 325° F for 20 minutes or until cheese melts.

## Other SEDL Favorites

### M&M Cookies

1 cup shortening	2 eggs
1 cup firmly packed brown sugar	1 tsp baking soda
2 1/4 cups sifted all-purpose flour	1 tsp salt
1/2 cup granulated sugar	3/4 lb. M&M's
2 tsp. vanilla	

Mix shortening, brown sugar, and sugar. Beat in vanilla and eggs. In another bowl, sift flour, baking soda, and salt. Add dry ingredients to sugar-egg mixture. Mix well. Stir in 1/2 cup M&M's (save remaining candies). Drop rounded teaspoons 2 inches apart on ungreased cookie sheet. Decorate tops with remaining M&M's. Bake at 375° F for 10 minutes or until golden brown.

*Contributed by Lori Foradory*

### Popovers

6 tbsp. butter  
 6 eggs  
 2 cups milk  
 2 cups flour  
 1 tsp. salt  
 chopped onion chives

Preheat oven to 375°F. Melt butter. Grease eight deep 7 ounce custard cups. Set them on a cookie sheet for easier handling. In a large bowl add eggs and milk - blend, slowly add butter, then flour until batter is smooth. Pour in onions and mix well. Fill each custard cup three-quarters full with batter. Bake one hour. Remove and serve with hot melted butter.

*Contributed by Lin Harris*

### Peanut Brittle

1 cup Karo syrup  
 1 cup water  
 1 cup sugar  
 Dash of salt

Place a cast iron skillet over highest heat setting on stove top. Pour mixture into skillet. Boil until the mixture begins to thicken. Drop a dot of the mixture into a cup of cool water. If you can form a soft ball with your finger, it's time to pour in the peanuts.

Stir in 1 cup of raw peanuts. Add 1 heaping tablespoon of butter or margarine. Stir until the foam turns to light golden. (You will hear the peanuts popping as you stir.) Stir in 1 heaping teaspoon of baking soda. Immediately pour into a greased pie pan or cookie sheet. If using pie pans, you will need two. Allow to harden and break into pieces.

*Contributed by Lin Harris*

## Spicy Corn & Pumpkin Soup

Courtesy of H-E-B

4 slices H-E-B Jalapeño or Regular Bacon, chopped  
 2 cups frozen Hill Country Fare Fajita Blend Vegetables  
 2 cups Hill Country Fare Frozen Super Sweet Corn  
 1 (15 oz.) can Hill Country Fare Solid Pumpkin  
 3 (14 oz.) cans chicken broth  
 1 (5 oz.) can Hill Country Fare Evaporated Milk  
 1 pkg. Jalapeño cheese - shredded

Heat a large soup pot over medium-high heat for 2 minutes. Add bacon and cook for 3-5 minutes or until crisp. Remove bacon and place on paper towels to drain. Reserve 1-Tablespoon bacon drippings in soup pot.

Heat drippings over medium-high heat. Add Fajita Blend and stir-fry for 5 minutes or until golden brown. Add corn, pumpkin and chicken broth; stir to combine. Bring soup mixture to a boil and reduce heat to medium-low heat. Cover and cook for 20 minutes.

Add evaporated milk and cooked bacon to soup and stir to combine. Cook soup over medium low heat for 2 more minutes and serve.

Add-on: For a spicier flavor add 1/4 teaspoon crushed red pepper;  
 1 tablespoon of minced Jalapeños.

Serving Suggestions: garnish with shredded Jalapeño cheese.

*Contributed by Lin Harris*

## Potato Chowder with Green Chiles

4 large Poblano chile peppers with stems (helps handling)  
 5 cups chicken broth  
 3 large potato, peeled and cubed  
 1 large onion, chopped  
 1 jalapeño, seeded and chopped  
 1 teaspoon salt  
 1/4 to 1/2 tsp freshly ground pepper

### White sauce

1/4 cup butter or margarine  
 1/3 cup all-purpose flour  
 1 teaspoon salt  
 1 teaspoon dry mustard  
 1/4 to 1/2 teaspoon freshly  
 ground pepper  
 2 cups half-and-half  
 1 cup milk

### Garnish

1 cup (4 ounces) shredded Cheddar  
 cheese  
 6 bacon slices, cooked and crumbled  
 1 bunch green onions, chopped

Broil 4 chile peppers on an aluminum foil-lined baking sheet 5 inches from heat about 5 minutes on each side or until peppers look blistered. Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Coarsely chop peppers. Bring chopped roasted peppers, chicken broth, and next 5 ingredients to a boil in a Dutch oven over medium heat. Reduce heat, and simmer 15 minutes or until potato is tender. Melt butter in a heavy saucepan over low heat; whisk in flour and next 3 ingredients until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in half-and-half. Stir white sauce and milk into chicken broth mixture; cook over medium heat 8 to 10 minutes until thickened and bubbly. Sprinkle each serving evenly with cheese, bacon and green onions.

Yield: 9 cups. Prep: 30 minutes, Cook: 45 minutes

*Contributed by Lin Harris*



## Hot Artichoke Dip

1 can artichokes, drained and chopped (14oz)  
 1 cup mayonnaise  
 1 cup grated parmesan cheese

Combine all above - add a dash of garlic powder, dash of Tabasco, and a dash of Worcestershire.

Place in a casserole dish, sprinkle with paprika.

Bake at 325° till bubbly. (About 20 minutes)

Note: This is a recipe that was given to me in a wedding present a few years back. The woman who gave me the recipe, Laura Oden, passed away this year.

*Contributed by Sean Claes*

## Garlic Green Beans

1 \*bulb\* of garlic  
 2 Tbsp of olive oil  
 1 (15oz) can of green beans (even better with fresh: 1/2 lb?)  
 1/2 c. grated parmesan cheese  
 salt and pepper to taste

Preheat oven to 350° F.

Thinly slice garlic cloves. Gently saute in olive oil over medium heat until golden brown (do not let them burn or it will be very bitter!).

In medium size casserole dish, mix garlic and olive oil with green beans, salt and pepper together.

Top with parmesan cheese. Cover with glass lid and put in 350° F oven. Bake for 20 minutes.

*Contributed by Joann Starks*

## Easy Punch

Mix equal parts white grape juice and Sprite in a punch bowl. Instead of using ice, keep the punch cold by filling a bundt cake pan halfway with white grape juice, arranging seasonal fruit (seedless grapes work well) in the pan of juice, and freezing it to form a mold. Let the mold thaw a little before flipping the pan over and adding it to the punch.

*Contributed by Johanna Gilmore*

## Parmesan Potatoes

2 cups Half & Half  
 1/2 cup butter  
 salt  
 1 32oz. package of Ore Ida Hash Browns  
 Parmesan cheese

Let come to a boil and add hash browns. Let all defrost. Put in buttered casserole dish. Before baking, add melted butter & sprinkle a lot of parmesan cheese on top. Bake at 325° - 350° until brown, about 45 minutes.

Note: This is one of the dishes that I always ask my mother to prepare for the "fancy" Christmas dinner. Not to be consumed often, this one is special.

*Contributed by Sean Claes*

# Chanukah

(Hanuka, Hannuka, Hanukkah, Hanukah, Chanukkah, Channukah, Channuka, and Khaneke)

Every year between the end of November and the end of December, Jewish people around the world celebrate the holiday of Chanukah, the Festival of Lights.

Chanukah begins on the 25th day of the Hebrew month of Kislev, but the starting date on the western calendar varies from year to year. The holiday celebrates the events which took place over 2,300 years ago in the land of Judea, which is now Israel

Long ago in the land of Judea there was a Syrian king, Antiochus. The king ordered the Jewish people to reject their G-d, their religion, their customs and their beliefs and to worship the Greek gods. There were some who did as they were told, but many refused. One who refused was Judah Maccabee

Judah and his four brothers formed an army and chose as their name the word "Maccabee", which means hammer. After three years of fighting, the Maccabees were finally successful in driving the Syrians out of Israel and reclaimed the Temple in Jerusalem. The Maccabees wanted to clean the building and to remove the hated Greek symbols and statues. On the 25th day of the month of Kislev, the job was finished and the temple was rededicated.

When Judah and his followers finished cleaning the temple, they wanted to light the eternal light, known as the N'er Tamid, which is present in every Jewish house of worship. Once lit, the oil lamp should never be extinguished.

Only a tiny jug of oil was found with only enough for a single day. The oil lamp was filled and lit. Then a miracle occurred as the tiny amount of oil stayed lit not for one day, but for eight days.

Jews celebrate Chanukah to mark the victory over the Syrians and the rededication of the Jerusalem Temple. The Festival of the Lights, Chanukah, lasts

for eight days to commemorate the miracle of the oil. The word Chanukah means "rededication."

In America, families celebrate Chanukah at home. They give and receive gifts, decorate the house, entertain friends and family, eat special foods, and light the holiday menorah.



## (Happy Chanukah in Hebrew)

### Crispy Traditional Potato Pancakes (Latkes)

(about 24 pancakes)

2 pounds russet (baking) or Yukon Gold potatoes  
 1 medium onion  
 1/2 cup chopped scallions, including the green part  
 1 large egg, beaten  
 Salt and freshly ground pepper to taste  
 Vegetable oil for frying

Peel the potatoes and put in cold water. Using a grater or a food processor coarsely grate the potatoes and onions. Place together in a fine-mesh strainer or tea towel and squeeze out all the water over a bowl. The potato starch will settle to the bottom; reserve that after you have carefully poured off the water. Mix the potato and onion with the potato starch. Add the scallions, egg, and salt and pepper. Heat a griddle or non-stick pan and coat with a thin film of vegetable oil. Take about 2 tablespoons of the potato mixture in the palm of your hand and flatten as best you can. Place the potato mixture on the griddle, flatten with a large spatula, and fry for a few minutes until golden. Flip the pancake over and brown the other side. Remove to paper towels to drain. Serve immediately. You can also freeze the potato pancakes and crisp them up in a 350° F oven at a later time.

Variation: If you want a more traditional and thicker pancake, you can add an extra egg plus 1/3 cup of matzah meal to the batter.

### Honey Glazed Lamb

1 cup honey  
 1/2 cup dry white wine  
 4 tablespoons minced fresh mint  
 salt and pepper, to taste  
 8 pounds boneless leg of lamb, (2 whole legs)

Combine honey, wine and mint; mix well. Season cut side of boned lamb with salt and pepper, then spread with honey mixture; roll and tie lamb. Brush outer surface with honey mixture. Roast on rack in shallow baking pan at 325° F 1 to 1-1/2 hours or to 160° F on meat thermometer for medium doneness. Baste every 15 minutes. Let stand 10-15 min. before slicing.

### Pickled Herring

3 mild herrings  
 1 large spanish onion sliced  
 1 tsp. mixed pickling spices  
 1 lemon sliced or 2 1/2 tbsp. lemon juice  
 2 bay leaves  
 10 peppercorns or scant 1 tsp. cracked pepper  
 1 cup water  
 1/4 cup vinegar  
 1 tablespoon brown sugar

Wash herrings, removing head, tail and fins. Soak in cold water to cover for several hours. combine spices, lemon, bay leaves, peppercorns with water, vinegar and brown sugar. Bring to boil, set aside to cool. Slice fish into 1 inch slices. Place in sterilized pickling jar. Add sliced onions and cooled liquid to jar and cover. Shake to mix contents.

## Rugelach

(4 dozen)

2 cups all-purpose flour  
 1/4 teaspoon salt  
 1 cup unsalted butter  
 1 (8 ounce) package cream cheese  
 1/3 cup sour cream  
 1/2 cup white sugar  
 1 tablespoon ground cinnamon  
 1 cup finely chopped walnuts  
 1/2 cup raisins

Cut cold butter or margarine and cream cheese into bits. In food processor pulse flour, salt, butter or margarine, cream cheese and sour cream until crumbly. Shape crumbly mixture into four equal disks...wrap each disk and chill 2 hours or up to 2 days. Roll each disk into a 9 inch round keeping other disks chilled until ready to roll them. Combine sugar, cinnamon, chopped walnuts, and finely chopped raisins (may substitute miniature chocolate chips for raisins). Roll each disk into a 9 inch round keeping other disks chilled until ready to roll them. Sprinkle round with sugar/nut mixture. Press lightly into dough. With chef's knife or pizza cutter, cut each round into 12 wedges. Roll wedges from wide to narrow, you will end up with point on outside of cookie. Place on ungreased baking sheets and chill rugelach 20 minutes before baking. Preheat oven to 350° F (180° C). After rugelach are chilled, bake them in the center rack of your oven 22 minutes until lightly golden. Cool on wire racks. Store in airtight containers...they freeze very well.

Variations: Before putting the filling on the dough, use a pastry brush to layer apricot jam as well as brown sugar. Then add the recommended filling. You may also make a mixture of cinnamon and sugar and roll the rugelach in this prior to putting them on the cookie sheets.

## Apple Sauce

2 cups water  
 6 lb apples quartered  
 1/2 each lemon  
 1 dash cinnamon -- to taste  
 3/4 cup sugar -- to taste

In a large heavy pot that has a cover, put the water. Add the quartered apples, unpeeled and uncored. Add the lemon juice if the apples are bland. On a high flame, cook covered until the apples are soft. Remove cover and let some water cook away. Using a food mill, or a colander, press the cooked apples through to separate the puree from the skins and seeds. Heat the puree, and season with cinnamon and sugar as needed. (If you like chunky applesauce, cook the peels and cores and puree them, and add to the cooked chunks. Never throw away the peels and cores as they supply pectin to give the cold sauce a good consistency. )

## Cheesy Potato Kugel

3 pounds peeled and shredded potatoes  
 4 eggs  
 salt and pepper to taste  
 5 tablespoons olive oil  
 1 onion, chopped  
 2 1/2 cups Cheddar cheese, shredded

Preheat oven to 350° F (175° C). Grease a 9x5 inch loaf pan. Place potatoes in a colander and squeeze out moisture. In a large bowl combine eggs, salt, pepper, oil and onion. Place potatoes and cheese in the bowl and mix well. Pour mixture into the prepared loaf pan. Bake at 350° F for 1 hour. Raise heat to 450° F and bake for 5 to 10 minutes until browned, serve hot.

# Kwanzaa

Kwanzaa is a 7 day festival celebrating the African American people, their culture and their history. It is a time of celebration, community gathering, and reflection. A time of endings and beginnings.

Kwanzaa begins on December 26th, the day after Christmas, and continues until New Years Day, January 1st.

Each evening a family member, usually the youngest child, lights candles in a special candleholder and discusses one of the seven principles of Kwanzaa. On the sixth day, which falls on New Years Eve, family and friends get together to enjoy a large feast and to celebrate their history, culture, and the upcoming new year.

The holiday of Kwanzaa was created by Dr. Maulana Karenga in 1966, during the period of US history in which African Americans were involved in struggles for their civil rights. This was the period of Martin Luther King, the Civil Rights movement, and Black Power.

Dr. Karenga wanted to create a holiday that would bring African Americans together in celebration of their black culture. He was inspired by the "first fruit" or harvest festivals that were celebrated throughout Africa. In fact the name he gave to the holiday, "Kwanzaa," comes from the Kiswahili phrase for "first fruit" - matunda ya kwanza. (Kiswahili, or Swahili, is the largest spoken language on the African continent and thus the language of Kwanzaa). When Dr. Karenga chose the word "kwanza" for the name of his festival he added the extra "a" at the end to give the word greater significance.

Dr. Karenga used these first fruit festivals as his model for Kwanzaa because they shared characteristics which he felt were important. These characteristics were:

1. The people gathered together to celebrate their crops and harvest
2. The people would give thanks to their Creator for a good harvest and life.

3. They would remember and celebrate their ancestors and the past.
4. They allowed the people to recommit themselves to their community.
5. They celebrated their history, culture, Creator, and the promise of the next year.

It was these characteristics that inspired Dr. Karenga when he developed the Nguzo Saba, or Seven Principles, of Kwanzaa. (Nguzo Saba is Kiswahili for "Seven Principles") These principles are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. These are the foundation of Kwanzaa.

The dates of the celebration, December 26 - January 1, were chosen to correspond to the end of the year celebrations in America. Kwanzaa begins the day after Christmas. This to bypass the commercial buying period but to take advantage of the seasonal holiday spirit.

## Kwanzaa yenu iwe na heri (Welcome to the celebration of Kwanzaa)

### Jamaican Rice & Peas

1 cup dry red kidney beans, washed  
 1 can (14 oz.) coconut milk  
 1 green onion, crushed  
 1 clove garlic, crushed  
 3 slices hot chili pepper  
 1 sprig fresh thyme  
 Freshly ground black pepper, to taste -to taste  
 2-1/4 cups long-grain rice

In a large bowl, soak beans in water to cover overnight. In a large saucepan with a tight fitting lid, place beans and coconut milk. Bring to a boil. Lower heat and simmer for 3-1/2 hours, or until beans are tender. Add green onion, garlic, hot chili pepper slices, thyme and black pepper. Simmer for 5 minutes. Add rice. Liquid should be about 1-inch above rice - add water if necessary. Cover pan, bring to a boil, then immediately turn heat to low. Cook about 20 minutes, or until liquid is absorbed and rice is tender. Just before serving, stir to distribute rice and beans evenly.

### Ambrosia Fruit

1 can pineapple chunks in light syrup  
 1/4 cup brown sugar, packed  
 1/2 tsp. orange peel, grated  
 2 medium. oranges  
 2 medium apples, unpeeled and diced  
 1 tbsp. coconut

Drain pineapple, reserving 1/4 cup juice in a saucepan; set pineapple aside. Add brown sugar and orange peel to the juice; heat until sugar dissolves. Peel and section oranges into a large bowl, reserving any juice; add the apples and pineapple. Add pineapple juice mixture and stir gently.

### Three Bean and Cornbread Casserole

2 cans (21 oz. each) baked beans  
 2 cans (15 oz. each) kidney beans, drained  
 1 can (8-1/2 oz.) lima beans  
 1 can (8 oz.) tomato sauce  
 1/4 cup catsup  
 2 tbsp. packed brown sugar  
 2 tbsp. minced onion  
 1/2 tsp. dry mustard  
 1/2 tsp. salt  
 1/4 tsp. pepper

### Corn Bread Topping:

2/3 cup flour  
 1/3 cup yellow cornmeal  
 1 tbsp. sugar  
 1 tsp. baking powder  
 1/2 tsp. salt  
 1 egg  
 1/2 cup milk  
 2 tbsp. margarine or butter, softened

Mix all ingredients except Corn Bread Topping; pour into a 13x9-inch baking dish.

Corn Bread Topping: Beat all ingredients until smooth. Spoon evenly over bean mixture to within 1-inch of edges. Bake at 425°F until topping is deep golden brown, 25-30 minutes.

## Zucchini Bread

3-1/3 cups flour  
 2 tsp. baking soda  
 3 cups sugar  
 1-1/2 tsp. salt  
 1 tsp. cinnamon  
 1 tsp. nutmeg  
 3/4 cup oil  
 4 eggs, beaten  
 2 cups grated zucchini  
 (or pumpkin if you want to make pumpkin bread)  
 2/3 cup water

Mix dry ingredients, then beat in the oil, eggs, zucchini and water until batter is smooth. Pour into 2 greased loaf pans, and bake at 350°F for one hour.

## Stew Meat Casserole

2 lb. beef stew  
 4 carrots, chopped  
 4 potatoes, chopped  
 1 large. onion, chopped  
 Salt and pepper, to taste  
 16 fl. oz. tomato juice  
 1 tbsp. tapioca pudding

Place uncooked beef pieces in casserole. Add veggies. Pour tomato juice over to cover veggies. Sprinkle with tapioca, salt and pepper. Cover and bake at 325°F for 2-1/2 to 3 hours.

## Old-Fashioned Sweet Potato Pie

(makes 2 pies)

2-1/4 cups cooked and mashed sweet potatoes  
 1/2 cup butter or margarine  
 1-1/4 cups sugar  
 1 tbsp. all-purpose flour  
 1/2 tsp. salt  
 1/2 tsp. ground nutmeg  
 1/2 tsp. ginger  
 1/2 tsp. cinnamon  
 1/8 tsp. ground cloves  
 2 eggs, beaten  
 2 cans (5-1/3 oz. each) evaporated milk or  
 1 can (13 oz.) evaporated milk  
 2/3 cup milk  
 2 9-inch unbaked pie crusts

Combine sweet potatoes & butter, mixing until blended. In a separate bowl combine sugar, flour, and spices. Mix well. Add to sweet potatoes mixture. Blend eggs and milk. Add to sweet potatoes mixture. Pour mixture into pie crust. Bake at 425°F for 10 minutes. Reduce oven temp to 350°F and continue baking for 40-60 minutes or until knife inserted to center comes out clean.



# The Celebration of Eid

Eid is an Arabic word that means festivity, a celebration, a recurring happiness, or a feast. In Islam, there are two major Eids, namely the Festival of Ramadan (Eid Al-Fitr) and the Festival of Sacrifice (Eid Al-Adha). The Eids are based on the lunar Islamic calendar based on the cycle of the moon. A lunar month is either 29 or 30 days long, and there are twelve months in the Islamic year.

Eid Al-Fitr takes place on the first day of Shawwal, the tenth month of the lunar calendar and is celebrated by Muslims after the month of Ramadan as a gesture of gratitude to God. Al-Fitr literally means breaking of fast. Coming with the new moon, the festival marks the end of Ramadan.

Ramadan in Islam is the ninth month of the Muslim year, during which Muslims fast during the daylight hours. Indulgence of any sort is forbidden during the fast. There are only a few who are exempt, e.g., soldiers, the sick, and the young. Because of the purely lunar calendar, Ramadan falls in different seasons. The first revelation of the Qur'an is commemorated in this month.

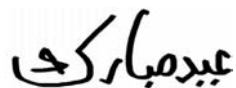
The second major Islamic celebration takes place during the time of the Hajj, or annual pilgrimage to Makkah (Mecca). This week-long event occurs two months and ten days after Ramadan ends, during the Islamic month of Dhul-Hijjah, and its culmination is a holiday known as Eid al-Adha. It is celebrated throughout the Muslim world as a commemoration of Prophet Ibrahim's willingness to sacrifice his son for God.

The Hajj consists of several ceremonies, meant to symbolize the essential concepts of the Islamic faith, and to commemorate the trials of Prophet Abraham and his family. Over two million Muslims perform the pilgrimage annually, and over one billion Muslims worldwide celebrate the Eid holiday

in conjunction with the Hajj.

On the day of Eid Al-Adha, Muslims around the world attend Eid prayers in the morning and visit each other's homes to join family and friends in festive meals with special dishes, beverages, and desserts. The distribution of alms constitute a major part of the Eid highlights.

Eid Mubarak (eed moo-bar-ak) is the greetings among Muslims to congratulate each other on holidays. It literally means, "Blessed Festival!"



## The Celebration of Eid in Arabic

### Samosa

*Deep fried mincemeat rolls*

1 lb minced beef/turkey  
Salt to taste  
1/4 tsp turmeric powder  
1/4 tsp cayenne powder  
1 package egg roll wrappers  
(4 1/2" by 5 1/2")

Put the minced meat along with salt, pepper and turmeric in a pot on medium-low heat until water from the meat dries up, stirring constantly to prevent burning. Add green chilies, onion and cilantro and cook on high heat. Remove. Take the ready-made egg roll wrapper and fill the inside with the mixture and roll into a triangle shape. Seal the edges by using a little flour paste. Serve hot with raita or chutney.

### Aloo Pakora

*Potato fritters*

1 cup chickpea flour (besan)  
1 tsp cumin powder  
1 tsp cayenne powder  
3 potatoes cut in thin rounds

Mix flour, salt, water, cumin and cayenne powder in a food processor to make the batter fluffier. Let batter rest for half an hour in a warm place. Dip potatoes in batter to coat. Deep fry in oil. Drain on paper towel. Serve with tamarind chutney.

TIP: Potato can be substituted for thinly sliced peppers, onion, zucchini, or okra.

### Kofta

*Meatballs in delectable gravy sauce*

#### For the meatballs

1 lb minced beef/turkey  
1 egg beaten  
1 tbsp chopped mint leaves  
3 tbsp finely chopped cilantro  
1/2 finely chopped onion  
1/2 tsp cumin seeds  
1/2 tsp cayenne powder to taste  
1/2 tsp coriander powder  
Salt to taste

After washing the mince, squeeze out the water and mix it with all the other ingredients, make medium sized balls of this mixture and set aside.

#### For the gravy

3 onions finely chopped	1 tsp cayenne powder to taste
3 tomatoes chopped	2 tbsp oil
2 tsp chili powder	3 cloves
2 1/2 tsp coriander powder	2 cardamoms
1/4 tsp turmeric powder	4-5 green chilies finely chopped
1 tsp ginger garlic paste	1 tbsp finely chopped cilantro
salt to taste	

Fry the chopped green chilies and onion along with the cumin seeds, bay leaves, cardamom, cloves, and the ginger garlic paste until golden brown. To this, add the ground tomatoes, salt and other ground spices, with a cup of water and cook on low until the gravy separates from the oil. Bring to a boil and put the meatballs in the gravy and cook on high for 7-10 minutes. Serve hot garnished with cilantro leaves.

*Contributed by Shaila Abdullah*

## Gosht Ki Biryani

*Authentic festive rice dish prepared meticulously with meat*

### For meat curry

2 lbs. goat meat	3 green Serrano, chopped
2 tomatoes, diced	4 potatoes, cubed
2 cloves of garlic, minced	4 onions, sliced fine and deep-fried
1 tbsp ginger, minced	1 cup yogurt
1 tbsp lemon juice	

In a wide saucepan, heat oil. Add ginger and garlic and stir. Add the rest of the ingredients of the meat curry except the potatoes. Simmer on low and covered for an hour or until the meat is tender. Add the potatoes when the meat is halfway done. (Chicken can be substituted for meat. In that case cooking can be reduced to half an hour.)

### For rice

4 cups rice	2 cardamoms
1 stick cinnamon	salt to taste
2 cloves	food color (orange)
2 peppercorns	

In a separate pot bring water to a boil. Add all the ingredients. Parboil rice, run it in the sieve and set aside. Coat the inside of the pot liberally with Pam and add a layer of rice at the bottom. Empty the entire cooked meat curry inside the rice pot and coat the top with leftover rice. In a quarter cup of water, add a half tsp food color and pour over the rice in a circle. Cover. Preheat oven to 350° F. Place the pot in the oven for 45 minutes. Remove and serve.

Tip: Goat meat and fried onion (in a packet) can be purchased from Indian or Pakistani stores. You can even get a premixed Bombay Biryani spice mix to fix the dish quickly.

*Contributed by Shaila Abdullah*

## Gosht Ka Qorma

*Mouth-watering meat dish with thick curry sauce*

2 lbs. goat meat
2 cloves of garlic, minced
1 tbsp ginger, minced
3 green Serrano, chopped
6 onions, sliced fine and deep-fried
1/2 cup yogurt
1 tbsp lemon juice
1 roughly chopped cilantro bunch
2 tbsp olive oil
1 stick cinnamon
2 cloves
2 peppercorns
2 cardamoms
Spices
1 tbsp cumin powder
1 tsp turmeric powder
1 tbsp coriander powder
1 tsp cayenne powder (to taste)
1 tsp paprika

In a wide saucepan, heat oil. Add cinnamon, cloves, cardamoms and peppercorns. When they start to pop and splutter, add ginger and garlic and stir. Add the rest of the ingredients except the cilantro after a minute or so and then cover. Cook covered on low for an hour and 15 minutes or until the meat is done. Garnish with cilantro and serve with pita bread.

Chicken can be substituted for goat meat. In that case cooking will be reduced to 45 minutes.

Tip: Goat meat and fried onion (in a packet) can be purchased from Indian or Pakistani stores. You can even get a premixed Qorma spice mix to fix the dish quickly.

*Contributed by Shaila Abdullah*

## Murgh Musallum

*Fried full chicken in spicy marinade*

1 full chicken	1 tsp ground ginger
4 cloves garlic, chopped	1 tsp ground cinnamon
1 tablespoon poppy seeds	1/2 teaspoon cracked black pepper
1/2 tsp cardamom seeds	1 tsp cayenne powder
1/2 tsp cumin seeds	1 tbsp olive oil
2 tsp ground cumin	3 large onions, thinly sliced
1/4 tsp ground cloves	1 and 3/4 cups yogurt

Cut slits on the chicken for the marinade to penetrate and truss. Grind garlic, poppy seeds, cardamom, cumin seeds, ground cumin, cloves, ginger, cinnamon, pepper and cayenne to a paste with a little water. Marinate the chicken in the paste. Heat oil in a large saucepan, sauté onions until brown. Remove onions and set aside. Add chicken to saucepan, fry on all sides until lightly browned. Return onion to the saucepan with yogurt. Bring to boil, reduce heat to low, cover, simmer for 45 minutes or until chicken is tender. Uncover and cook until liquid has evaporated.

## Gola Kebab

*Spicy barbecue meatballs on skewers*

1/2 lb beef mince	1 tsp ground allspice
1 tsp ginger paste	1 egg beaten
1 tsp. garlic paste	4 tbsp yogurt
1 tbsp. unripe papaya	2 tsp salt
1 tsp cumin	2 onions

Heat the oil in a pan. Add the onions and fry for about 10 minutes to a deep golden color. Put the onions in a food processor with all the other ingredients except beef and blend to paste. Knead the beef and paste mixture in a bowl until the mince is soft and pliable. Break off tennis ball sized mince and shape them into little balls. Insert the skewers in the center of each and carefully wrap with thread. Brush the kebab with olive oil. Barbecue over red hot charcoal. Cook for 5 minutes until pale brown on each side. Serve with raita.

*Contributed by Shaila Abdullah*

## Raan

*Leg of lamb slow roasted in spice*

	1 tbsp ground cumin
1 Whole leg of lamb	1 tbsp ground coriander
1/2 cup yogurt	salt to taste
1 tbsp. unripe papaya	2 tsp ground allspice
1/4 cup. lemon juice	1/4 tsp. ground nutmeg
2 tbsp. cayenne powder	1/2 cup olive oil

Trim the meat and cut slits, about 2cm deep at regular intervals over the surface. Spread lemon juice and unripe papaya all over the meat and rub it into the incision. Put the meat in refrigerator for about 1 hour. Mix cayenne powder, salt, coriander, nutmeg, cumin and allspice. Rub the mixture over meat and put it back in the refrigerator for 6-8 hours or preferably overnight. Two hours before you start to cook, spread yogurt all over the meat and rub well. Steam the leg in a steamer for 1 hour or until the meat is tender. Heat the oil in a large wok and fry the leg of lamb on high heat for about 5 minutes or until the meat is tender and brown. Alternatively, you can barbecue the leg over ash layered charcoal till it is brown. Serve it with Nan and raita.

## Kheer

*Rice Pudding*

1 cup rice
5 cups homogenized milk
2 tbsp sweetened condensed milk
1 1/2 cup sugar
1 tsp ground cardamom
1/2 tsp vanilla or rose extract
3 tbsp almond and pistachio slivers

Bring the water to a boil in a medium saucepan. Add the rice, cover, and reduce heat to low until most of the water has disappeared. Add milk, condensed milk, cardamom and sugar. Simmer, uncovered over low heat until the mixture starts to thicken. Remove from heat and stir in the extract. Sprinkle the almond and pistachio slivers. Serve chilled.

*Contributed by Shaila Abdullah*

**Raita** *Yogurt dip*

1/2 large cucumber, washed and grated  
 1 cup yogurt  
 1 green serrano  
 2 tbsp chopped cilantro  
 1 tsp cumin powder  
 1/2 tsp ground black pepper  
 salt to taste

In a food processor, mix all of the above and serve chilled.

**Imli Ki Chutney** *Tamarind sauce for dipping*

1 cup wet tamarind  
 2 cups water  
 1/2 tsp. red cayenne powder  
 1/2 cumin powder  
 3/4 cup brown sugar  
 salt to taste

Soak the wet tamarind in a cup of water for 15 minutes Place it in deep pan, with brown sugar, sugar, salt, cumin and cayenne powder for about 7-8 minutes. Cool to room temperature. Blend in a food processor. Serve chilled.

**Lassi** *Yogurt Drink*

4 cups yogurt  
 1 cup milk  
 1/2 tsp coarsely ground cumin  
 1/2 tsp ground black pepper

Place all the ingredients into the food processor and blend at high speed until smooth and frothy. Add salt or sugar as desired and lastly add crushed ice to individual glasses. Pour the prepared drink on top and serve.

*Contributed by Shaila Abdullah*

**Nan**

*Indian/Pakistani flatbread*

6 cups white flour  
 6 tsp milk powder  
 1 tbsp oil or margarine  
 1 cup evaporated milk  
 6 tsp sugar  
 2tsp baking powder  
 1 egg  
 3 tsp yeast

Mix all the ingredients and knead into a dough. Cover with a damp cloth and leave at room temperature for 2-3 hours. Then divide it evenly into 12 parts. Roll out into flat rounds which are as thick as pizza crust. Bake in the oven at 350° F till light brown.

*Contributed by Shaila Abdullah*