

Acknowledgments

Thanks to the creators of the original *Our Kitchen Resource Guide*. It has served many PCVs in Morocco and was a good prototype for this version. Thanks to Team Cookbook 2007 for their new and thoughtful additions. Thank you to everyone who helped with this effort: Mandy Gardner (SBD) who co-chaired the project and who revised the Breads and Desserts sections, Robert Revere (SBD) who revised the Meat Main Dishes, Sharron Keld (SBD) who edited the Soup section, Heather Jasper (YD) who revised the Sauces section, Reema Patel (SBD) who edited the Introduction, and Lindsay Kurlak (SBD) who co-chaired the project and revised the Vegetarian Main Dishes, Sides, and Salads Sections. Thank you to all who submitted recipes for this cookbook, including Cybele Cochran (SBD) Reema Patel (SBD), and Rebecca Robeson (YD).

Thank you to PCVs in the past who helped type the original cookbook and are responsible for what the cookbook is today. A big thanks to Carmen Redlin, PCMO, Stacy Sabraw (HE), Cybele Cochran (SBD), Joshua Haynes (SBD), thanks for the beautiful cover, Amber Lancaster (YD), Heather O'Neill (SBD) and Danielle Pinkston (YD), Alyson Rose-Wood (HE), Peter Hubbard (HE), Zachary Burt (HE), Erin O'Brien (HE), Jeff Ziegler (SBD), Bailey Skiles (SBD), Lee Wilbur (SBD), Shauna Steadman (SBD), and Jen and Dan Sopoci (ENV).

As with most creative efforts, this one doesn't feel quite finished, but we thought getting the info out was more important than perfection. Here are some ideas for future editors to consider:

- update Darija translations
- double check the spice information
- include more information on hard-to-identify vegetables that appear at the souq
- get Berber translations
- create menus and/or recipes for "American" dinners including holiday menus
- include how to pick good fruits and vegetables
- perhaps mark easy recipes with an icon
- perhaps convert all pounds measurements into kilos
- try to layout recipes so they don't break across pages so much
- do another letter-by-letter edit
- determine how much food each recipe makes

We hoped to include recipes that PCVs would like and be able to easily make using widely available ingredients in Morocco. However, if you cannot find a recipe that you are looking for, here are some good websites to check:

www.allrecipes.com
www.marthastewart.com
www.cookinglight.com
www.foodnetwork.com
www.epicurious.com

Happy Cooking!

TABLE OF CONENTS

INTRODUCTION	2
SAUCES AND DIPS.....	23
SALADS AND DRESSINGS.....	46
SIDE DISHES.....	57
VEGETARIAN MAIN DISHES.....	67
MAIN DISHES – FISH, CHICKEN AND MEAT	82
BREADS	102
DESSERTS AND SPREADS	112
DRINKS.....	125
THE ENVIRONMENTALLY-FRIENDLY KITCHEN	127

INTRODUCTION

COOKING PHILOSOPHY	3
GENERAL RULES OF THUMB	3
MEASUREMENTS AND CONVERSIONS	3
EQUIVALENTS.....	4
WEIGHTS.....	4
METRIC CONVERSIONS	4
TIMING	4
COOKING IN MOROCCO	4
MOROCCO FLAVOR	5
GENERAL OVERVIEW OF MOROCCAN SPICES	5
HERBS	6
FRAGRANT WATERS.....	7
OLIVES.....	7
MILK PRODUCTS	8
COUSCOUS GRAIN.....	8
CHICKPEAS	8
COOKING AND BAKING HINTS.....	8
BEANS.....	8
BEEF.....	9
BREAD	9
CHEESE	10
CHICKEN.....	10
EGGS	10
FISH.....	10
FLOUR	11
GRAINS	11
NUTS AND SEEDS.....	11
RISING AGENTS	12
STARCHES.....	12
VEGETABLES	12
PRESSURE COOKING	13
HIGH ALTITUDE COOKING.....	13
FOOD SURVIVAL.....	14
WHERE THERE IS NO FRIDGE	14
DEFINITIONS.....	14
FOODS YOU CAN BUY IN LARGE CITIES	16
KITCHEN SET-UP	16
TRANSLATIONS	17
FRUITS AND VEGETABLES	17
PROTEINS	18
GRAINS, FLOURS, SUGARS, BAKING INGREDIENTS.....	18
FISH.....	19
SPICES AND HERBS.....	20
SUBSTITUTIONS.....	21

COOKING PHILOSOPHY

Cooking is like chemistry or algebra—things need to balance out! What are these things? They are the quantities used in cooking with regard to flavor and consistency. When looking at a recipe, note the “foundation” of the recipe—flour, protein, baking powder, liquids. These are the bases for your concoction. Now, look at how the recipe enhances flavor: sugar, salt, herbs, spices and cheeses, for example. The ingredients listed are *suggestions* from the author/creator of the recipe. After you get the hang of cooking, you can begin to look at recipes and use them simply as guidelines to create your own version. You can also decipher if you really need an ingredient or not. Many times you can do without something, such as Parmesan cheese, capers, dill, wine or vanilla, because the recipe uses this ingredient merely for flavor. It also could be substituted, and you will find a list of substitutions in this section.

Knowing the “foundations” and knowing the basics—sweet, sour, spicy/hot, bland/subtle and consistency—you can balance the basics to your own taste and preference. If you like chewy cookies, you will learn that chewiness comes from more fats and liquids. Conversely, adding more solids (flour) will make the same cookie recipes more cake-like. In any unbalanced recipe, there are ways to remedy and balance your dish for optimal flavor and favorable end results. These concepts can be summarized:

COOKING RULE #1: BE FLEXIBLE—thereby, **CREATIVE**.

COOKING RULE #2: There is no substitute for **PRACTICE** and **EXPERIENCE**. As with life, every situation is different and has a different solution. Patterns can make judgments easier. Experience can help generalize concepts.

COOKING RULE #3: LET YOUR OWN TASTE BE YOUR GUIDE. Let your experience lead you to define and thereby refine, your own personal tastes for optimal personal pleasure. Don't be afraid. Know beforehand that you will try and fail and absolutely ruin some dishes. But, you will, in the process, learn a thing or two so that you will never make that same mistake again. And, if you persist, you will succeed.

GENERAL RULES OF THUMB

Consistency: The liquid for stock, soups and gravies will be thinner than cream soups and cream sauces. Pancake and crepe batters are thinner than cake batter, which is \leq cake batter \leq quick-bread batter (pumpkin bread) \leq cookie dough \leq bread dough. What is the difference? The balance of liquids to thickening agents. In applying this logic, if you want your soup to be thicker, you want to lessen the amount of liquid.

This can be done either by increasing cooking time so the liquid reduces through evaporation, or by adding a thickening agent (flour, cornstarch, arrowroot, etc.) to absorb the excess liquid. The rule of thumb applies to everything from custards and pie fillings to stuffings and casseroles. A thickening agent is a starch, therefore, this principle applies when cooking with other starches such as potatoes, rice, beans, and pasta. You can control your recipes' equations by just balancing these basic ingredients for what suits your needs.

Seasonings: You can put seasonings in, but you can't take them out. On that note, try seasoning your dishes lightly and taking little taste-tests while you create. Even experienced cooks can mess up a dish by dumping in their standard amount of spices for a recipe, only to find out that the new pepper they bought is a lot stronger than the pepper they just replaced. This goes for dried and fresh herbs. I've found, for example, that the garlic in Morocco is very mild compared to the fresh garlic available in the United States and also that the garlic in the bled is a lot milder than the garlic I've bought in the cities in Morocco. Pay attention and taste-test while creating. Also, bouillon cubes are an excellent flavor-enhancer for dishes utilizing meat juices. Vegetable, chicken and fish bouillon are also available.

MEASUREMENTS AND CONVERSIONS

A cup (c) – refers to 8 ounces (oz). To find a cup in your house that is 8 oz, buy a 12 oz soda or beer in a can. Pour it evenly into 3 glasses. Then pour two of the glasses into a cup. This is your 8 oz measurement. It is also possible to find half liter cups. One 8 oz cup is about $\frac{1}{4}$ of a liter. The bottom line on a large Sidi Ali bottle is equal to 1 cup. If all else fails, ask someone back home to send measuring cups and spoons.

An egg – means a large or med one. Size varies a lot. Two large eggs make $\frac{1}{2}$ c, but it takes 3 small eggs to make $\frac{1}{2}$ c. So if you're using small eggs, use 3 for every 2 required by the recipe.

Tablespoon (T) – refers to a large soup spoon.

Teaspoon (t) – refers to a very small coffee spoon.



Equivalents

Weights

1 oz	30 g
2 oz	60 g
3 oz	90 g
4 oz (1/4 lb)	125 g
5 oz (1/3 lb)	155 g
6 oz	185 g
7 oz	220 g
8 oz (1/2 lb)	250 g
10 oz	315 g
12 oz (3/4 lb)	375 g
14 oz	440 g
16 oz (1 lb)	500 g
1 1/2 lb	750 g

2 lbs	1 kg
3 lbs	1.5 kg

Liquids

2 T	30 ml	1 fl oz
1/4 c	60 ml	2 fl oz
1/3 c	80 ml	3 fl oz
1/2 c	125 ml	4 fl oz
2/3 c	160 ml	5 fl oz
3/4 c	180 ml	6 fl oz
1 c	250 ml	8 fl oz
1 1/2 c	375 ml	12 fl oz
2 c	500 ml	16 fl oz
4 c/1 qt	1 liter	32 fl oz

Accuracy is important while learning to cook, so use a level cup or spoonful to measure things at first. Your experience and preference can guide you later on. Don't stress out if you mess up—just keep in mind how to balance your recipes' equation and you can fix most problems caused by inaccuracies.

To measure 1/2 c butter or margarine, put 1/2 c water in 1 c measuring device and add butter until the water level reaches full cup mark. If the recipe calls for sifted flour, sift the flour after measuring the amount. In measuring brown sugar, always pack it down firmly.

Make yourself familiar with measuring devices and you can throw ingredients all over the place with no formal measuring tools like people who have been cooking for years.

Metric Conversions

From Celsius to Fahrenheit:

50 °C = 122 °F	100 °C = 212 °F
150 °C = 300 °F	175 °C = 350 °F
200 °C = 392 °F	250 °C = 482 °F
300 °C = 525 °F	

TIMING

Your timing will come with experience, so *pay attention* to what you do and how long it takes you to do it. After a few weeks, observations and judgments can be made regarding flame height, temperature and knowing that cooking in thicker or bigger pans makes cooking time longer. Your friend's oven will probably not bake things the same way your own oven does. Be aware.

COOKING IN MOROCCO

Cooking in Morocco is a delight. Everything is fresh—no additives or preservatives. Fresh fruits, vegetables, meat and eggs are plentiful and relatively inexpensive. Staples like flour, sugar, butter, baking soda, baking powder, salt, vanilla sugar, yeast and pasta are readily available. Quite a few spices can be found at any *souq* (market). Two great investments for someone who likes to cook are a pressure cooker and an oven. The pressure cooker speeds up cooking time and has a very thick bottom that distributes heat evenly and prevents burning. A later section covers pressure cooking in depth. An oven allows you to bake multiple dishes and provides an even temperature for consistent baking and even in the *bled* you can find the “normal” one-piece stovetop with the oven on bottom. If you're the parsimonious type, then a few pieces of equipment that will become very important to you are the *couscouisier* and the *mjmar*.

Couscouisiers/kisskess are used primarily for the preparation of couscous, but they can be used as a general pot. The bottom is used for cooking the meat, vegetables and sauce for the couscous. The top of the *couscouisier* is basically a steamer and can be used with its lid over a regular saucepan to steam vegetables, fish or meat. It also makes an excellent strainer for fruits and vegetables. The lid can be used for steaming and for all other purposes. Try to find a skillet to fit it.

Mjmars are charcoal braziers made of clay—the Moroccan grill. You will need to buy charcoal and a wire grate in order to use this for cooking.

Broiling meat The charcoal must be dry. It will absorb moisture so keep it well-wrapped if you're going to keep it on hand. Paper placed under the charcoal in the *mjmar* will help start the fire. Begin by placing the charcoal in a cone shape in the *mjmar*. After it has caught fire nicely, spread the coals around and place some new charcoal on top. Let the coals burn down to a grayish color as red hot coals will char the outside flesh of meat without cooking the inside enough.

MOROCCO FLAVOR

General overview of Moroccan spices

Allspice, *nooura*: This reddish-brown berry has a rich flavor combination resembling cloves, nutmeg and cinnamon and is used in chicken and kefta recipes as well as some old recipes for couscous and pastilla.

Cinnamon: There are two kinds, **Ceylon cinnamon, *dar l'cini***, light tan and delicate; and **cassia cinnamon, *qrfa***, reddish brown, which usually comes from Saigon and has a stronger flavor. Cinnamon is used frequently in Morocco in soups, salads, pastilla, couscous and desserts.

Cloves, *Lqrnfl*: Appears in century old recipes of couscous.

Cumin, *kamun*: An indispensable spice in Morocco. Used in fish, chicken or kefta dishes, on brochettes, meshoui and eggs. Cumin seeds smell like old hay, but when they are ground, the released aroma is sensational. Grown all along North African coast and also in Mexico where the taste is the same but the aroma different.

Turmeric, *xrkum*: Turmeric comes from the root of a tropical plant of the ginger family and has a clean, bitter taste. In Moroccan cooking it is sometimes mixed with saffron to extend the quality of the taste.

Ginger, *skinjbir*: Ginger has a sweet, peppery flavor and is used in many Moroccan dishes, especially tajines, harira and dishes with a *makalli* sauce.

Black pepper, *lbzar*: This spice, so familiar and so good, is always added early in Moroccan cooking so the coarse taste has time to blend and mellow.

Paprika, *tHmira*: There are many varieties of paprika throughout the world, but Hungarian paprikas are among the best. Spanish paprika is also quite good, readily available in America and the most common variety used in Morocco. Great in tajines, salads, meat and egg dishes. The best quality paprikas are a rich, red color with a full-bodied flavor; however, they become stale easily and turn dark into shades of brown. Always check for freshness by smell and taste. Store in a cool, dark place in a jar with a tight-fitting lid. A special paprika mixture called *febla Harra* is made up of equal parts sharp paprika, cayenne, and long peppers and is used in dishes featuring lentils.

Sesame seeds, *jijnlan*: Cultivated in Moroccan and Far Eastern countries as a source of oil. Used in many Moroccan dishes, breads and desserts.

Secondary Aromatics and Flavorings

Aniseed, *naf3a* or *habbt helawa*: Most popular is green aniseed from Spain, which has a strong, warm flavor tasting like licorice. Used in breads, cookies and some fish dishes.

Caraway, *karwiya*: It is not often used but can be found in harissa sauce and in the famous snail dish called boubbouche.

Gum Arabic, *mska*: A popular spice with a strong scent, it is used in pastries and milk and egg dishes.

Fenugreek, *Helba*: A nice, pungent spice popular with Berbers. Smells a little like celery and has a burnt sugar taste when heated. Berbers traditionally use it in the making of their flatbread *therfist* and believe it makes their women pleasingly plump.

Licorice, *3rqsus*: Used in squid recipes and boubbouche.

Saffron, *zafran*: A very small amount of saffron will totally change aroma, flavor and color of a dish and happily, only a small amount is needed since saffron is the most expensive spice. (To harvest one ounce, one needs to raise more than 5,000 crocus flowers, as each supplies only 3 tiny threads of *stigmas* of saffron. Collecting crocus stigmas was once a specialty of the Moroccan Jewish community.) Saffron threads should be brittle before pulverized, else some of their potency will be lost and they will give a bitter taste. To make them brittle, place in a flat pan over boiling water or dry in a warm oven. Pulverize with mortar and pestle or in your hand before using. Some Moroccan recipes call for "saffron water." Soak ¼ t pulverized saffron threads in ½ c hot water. This will keep for about a week in the refrigerator if covered. If a recipe calls for a pinch of saffron, you can use 2 T of the water instead.

Honey date, *nabka*: Reddish sweet-tasting seasoning found in Central Morocco, usually turns up in lamb tajines.

Orrisroot, *amber l'dor*: White rhizomes that taste a little like coffee when roasted and are sometimes used to sweeten the breath. Used as an aroma and color preservative when drying herbs and flowers.



Ras el hanout: This collection of spices, literally called “top of the shop” may contain as many as 30 different spices, blended for the best flavor and aroma possible to enhance Moroccan dishes. It is used in game dishes, lamb tajines with raisins, honey and almonds, hashish candy called *majoun*, rice and couscous stuffings, and even in the traditional pigeon pastilla recipes. Ras el hanout may contain all or any of the following: allspice, ash berries, anise, belladonna leaves, bergamot, black cumin seeds, black peppercorns, cantharides, cardamom, cayenne, cassia cinnamon, cloves, Ceylon cinnamon, coriander seeds, cubebe pepper, earth almonds, galingale, ginger, grains of paradise, long pepper, lavender, mace, monk’s pepper, nutmeg, rosemary, orrisroot and turmeric. Ras el hanout mixtures vary from shop to shop and are dominant in certain strong flavors. Some are even like pumpkin pie spice. Smell and taste the difference! See *Translations* for more definitions.

Herbs

Many important herbs are used in Moroccan cooking on a daily basis. Fresh parsley *m3dnus* and cilantro *qzbur* are routinely used together in soups, tajines and other main dishes. Mint *n3n3a* and verbena *lwiza* are the most popular teas made daily; however wormwood *shiba* is also a favorite tea. Rosemary grows in abundance throughout Morocco and flavors meat dishes nicely. *Z3Tr* is a blended mixture of thyme, oregano and marjoram. More varieties of fresh and dried herbs are available in the larger cities.

Herbs

Basil (leaves, ground)

Flavor and Uses

Sweet with clove-like, pungent tang

Bay leaves (leaves, ground)

Eggs, meats, salads, sauces, soups, stews, tomato dishes

Cilantro/Coriander (leaves, ground)

Pungent, aromatic

Meats, pickling, sauces, soups, stews, vegetables

Dill weed (whole, ground)

Aromatic, parsleylike

Mexican, Chinese and Italian dishes, garnishes

Lemon grass (leaves)

Pungent, tangy

Breads, cheese, fish, salads, sauces, vegetables

Mint (leaves, flakes)

Delicate, light

Asian dishes, soups, stews, salads, sauces

Oregano (leaves, ground)

Strong, sweet with cool aftertaste

Beverages, desserts, fish, lamb, sauces, soups

Parsley (leaves, freeze-dried)

Strong, aromatic with pleasantly bitter undertone

Cheese, eggs, fish, Italian dishes, meats, sauces, soups, vegetables

Rosemary (leaves)

Slightly peppery

Garnishes, herb mixtures, sauces, stews, soups

Sage (leaves, rubbed, ground)

Fresh, sweet flavor

Casseroles, fish, lamb, salads, seafood, soups, vegetables

Tarragon (leaves)

Aromatic, slightly bitter

Dressings, fish, meats, poultry, salads, sausages, soups, stuffings

Thyme (leaves, ground)

Piquant, reminiscent of anise

Eggs, meats, pickling, poultry, salads, sauces, tomatoes

Spices

Allspice (whole, ground)

Flavor and Uses

Reminiscent of a combination of cloves and cinnamon

Chili powder (ground—blend of chili peppers and spices)

Cakes, cookies, fruits, pies, stews

Spicy, hot

Cinnamon (stick, ground)

Cocktail sauces, cottage cheese, eggs, Mexican soups, other stews, vegetables

Aromatic, pungent, sweet

Cloves (whole, ground)

Cakes, cookies, fruit desserts, pies, pickling, puddings

Aromatic, strong, pungent, sweet

Crushed red pepper (dried pepper flakes)

Desserts, fruits, meats, pickling, stews, vegetables, sauces

Hot pungent flavor

Meats, casseroles, soups, stews

Curry powder (ground—blend of many ground spices)	Pungent, mild to hot
Garlic (whole, minced, powdered, dehydrated)	Eggs, fish meats, salads, sauces, vegetables
Ginger (whole, cracked, bits, grounds)	Pungent aroma and taste
Nutmeg (whole, ground)	Fish, meats, salads, sauces, sausages, soups, vegetables
Pepper (whole, ground)	Pungent, spicy
Saffron (strands, powdered)	Fish, fruits, meats, sauces, sausages, soups, vegetables, desserts
	Fragrant, sweet with spicy undertone
	Beverages, cakes, cookies, puddings, sauces, vegetables
	Hot, biting, very pungent
	Meats, casseroles, soups, salads, vegetables, pickling
	Softly bitter, distinctive flavor
	Poultry, rice, rolls, sauces, seafood, Spanish dishes

Seeds

Caraway (whole, seeds)	<u>Flavor and Uses</u> Intense, aromatic
Cardamom (whole pod, seeds, ground)	Cabbage, cheese, meats, pickling, rye bread, sauerkraut, soups, stews
Celery seed (whole, ground)	Pungent with slight menthol flavor
Coriander (whole, ground)	Coffee, custard, curry, fruit, sausages, Scandinavian breads
Cumin (whole, ground)	Concentrated celery flavor
Fennel seed (whole, ground)	Dressings, meats, pickling, salads, sauces, soups, stuffings
Mustard (whole, seed, ground)	Mildly fragrant, like a cross between lemon peel and sage
	Breads, cakes, cookies, curry powder, sausages, seafood, Mexican and Spanish dishes, pastries
	Pungent, savory, slightly bitter
	Cheese, pickling, pork, sauerkraut
	Aromatic, sweet, resembles licorice
	Breads, fish, Italian dishes, sauces, sausages, soups, sweet pickles
	Hot, pungent, with dry aftertaste
	Casseroles, meats, pickling, relishes, salads, vegetables

Fragrant Waters

Moroccans use both orange flower water and rose water in cakes, confections, tajines and salads and as a refreshing body splash after traveling or dining.

It takes approximately 4 kilos of rosebuds or Bergamot orange blossoms to make about 1 gallon of fragrant waters. Orange water is more popular in Fés, while people in Marrakech favor rosewater. Roses grown in the Valley de Dadés can be found in souqs around Morocco and the fragrant waters are exported throughout the world.

Olives

An olive's color depends upon the moment in the ripening cycle that it is picked. As it ripens on the tree, it turns from pale green to green-tan to tan-violet to violet-red to deep wine red to reddish black and finally to coal black. After that it loses its glistening appearance and begins to shrivel in the sun.

A freshly picked olive is inedible; it must be pickled or cured, and the way this is done will determine whether it is tangy, bitter salty, lemony, or sweet. Other variables affect its final flavor, including the size of the pit, its shape, its meatiness, and the conditions of the soil and the climate.

Basically three types of olives are used in Moroccan cuisine.

Green, cracked olives: Used in the "smothering" dishes; so unripe when the olives are picked that they must be soaked in a strong brine to draw out their bitterness. You must wash, drain and boil them at least three times to get rid of the excessive bitterness. To use them in salads you must also pit them and then marinate them for a few hours in a sauce that contains lemon juice, a clove or two of slightly crushed garlic, some chopped fresh herbs (parsley and coriander), paprika and cumin in a ratio of 2 to 1, cayenne, and salt to taste.

The amounts depend on the type of olive—a very bitter Nafpiou, a less bitter Agrinon (both of which are sold cracked), or the Spanish or California unripened green olives, which you can crack yourself. Use a good-sized olive, but stay away from American jumbos and colossal—they are too big.

Ripe or "midway" olives: These can be green, but the best ones are tan, russet, violet or deep purple.

Recommended are Italian Greek Kalamatas, and Greek Royal-Victorias, which are a little more pungent.



You can even use the enormous brown Alfonsos from Spain, but stay clear of Italian colossal and Spanish and American ripe green olives—though excellent for eating, they just don't work in Moroccan tajine.

You don't have to do anything to these ripe olives except rinse them before adding them to the pot. If you buy them by the quart from barrels, drain them and then store in a solution of the juice of 3 lemons, 1 cup olive oil, a little salt, and sufficient water to cover for 1 quart of olives. I am advised by fastidious Moroccans that under no circumstances should you reach into this brine; they claim that fingers will spoil the brine and that the olives must be removed with a spoon. My favorite recipe comes from Hassan in Ain Leuh, who combines the ripe olives with hot sauce, fresh coriander and parsley, harissa, a few preserved lemons and lots and lots of garlic chunks. Eaten with cheese, it's like pizza!

Cured, black olives: These are readily available and, as a matter of fact, the salt-cured, shriveled olives sold under the house name of a famous Italian food packager are actually from Morocco. In the olive stalls you often find these olives either partially coated or totally covered with the hot relish called *harissa*.

Oil

Salad, vegetable or peanut oil is used mainly for cooking and olive oil for cold dishes such as salads. One of the best oils is homemade by Berbers, who extract it from unripened green olives. When scented with wild thyme, this green olive oil is exquisite.

Some dishes (with tomatoes and other vegetables) have all liquid cooked away until only oil is left in the pan. This procedure follows a principle of Moroccan cooking: the vegetables have been thoroughly stewed, are allowed, in the final min, to fry, producing a firmed texture and a crisper taste.

In the Souss region (the southwest) the people often cook with an oil extracted from the nuts of the Argan tree, a plant unique to that region and famous for its attractiveness to goats, who literally climb up into its branches. Argan oil can be mixed with almond paste and honey (fresh walnut oil maybe the closest available substitute) to make a delicious almond butter called *amalou*, or kneaded with grilled wheat germ and honey to make a breakfast gruel called *zematar*.

Argan oil also works well in stir-fries, as a compliment to olive oil for dipping, and as a salad dressing.

Milk Products

Moroccan *zebda* (a kind of fresh country butter) is pungent but should not be confused with even more potent *smen* (a form of preserved butter that is prepared like the Indian butter-oil called ghee), or the rancid butter called *boudra*. *Leben*, or buttermilk, is the product of churned milk. During the churning process, butter particles will settle and the remaining liquid is leben, a thirst quencher or delicious when eaten with couscous.

Couscous Grain

The best-tasting couscous is sold loose and if kept in an airtight container, can be kept for years. Two types of couscous, *smeeda* and *dshisha*, are available in Morocco as well as a variety of other pre-packaged and "instant" products.

Chickpeas

The chickpea is popular throughout the Middle East, especially in the form of *hummous*, and in Morocco it appears over and over in couscous dishes, harira and tajines. As for peeling chickpeas, it is not necessary, but for aesthetic reasons can be done, especially if you use chickpeas that are canned. Dried chickpeas are soaked in water and then drained and rubbed against the sides of a reed basket to facilitate the removal of the skins.

COOKING AND BAKING HINTS

Beans

Regular cooking: Wash beans in cold water, and soak overnight in three times the volume of water to beans (take out beans that float—they're rotten); or bring the beans and water to a boil, cover tightly and let sit for 2 hours. Simmer beans, partially covered, adding water if necessary, for about 2 hours, depending on the type of beans and consistency you want. Do not add salt while cooking, as this will increase cooking time. If you want to mash or purée the beans, you will want to cook them until quite soft.

Pressure cooking: Pressure cooking gives you a more tender bean. Soaking or precooking save a little time but with pressure cooking it is not necessary. Bring the washed beans and 3 to 4 times their volume in water

to a boil. Cover and bring to pressure. Cook beans for 25 to 45 min. Cool immediately. When cooking beans that end to foam, such as split peas, chickpeas, fava beans and lentils, take care to notice that the steam release valve is not clogged. Clean it periodically.

Roasting: Cook beans by one of the above methods for a firm bean. Spread the beans on a lightly oiled baking sheet. Sprinkle with salt, if desired, and bake at a med oven for about an hour, until they are well browned. When they are hot, they will be crunchy outside and tender inside. When they are cool, they will be hard and crunchy throughout. You can also roast the beans in a lightly oiled frying pan over med heat on top of the the stove. Stir constantly. Soybeans, when roasted, or when chopped or ground in a blender, can be eaten alone. They make a garnish to be sprinkled on a variety of dishes; or use them when nuts or nutmeal are called for.

Cooking times for beans

Bean type (minutes after reaching full pressure)	Presoaked	Unsoaked
Aduk	6 to 8	15 to 20
Black-eye peas*	-----	9 to 11
Chickpeas	10 to 12	32 to 38
Fava	12 to 18	22 to 28
Great Northern	8 to 11	25 to 30
Kidney	9 to 11	20 to 25
Lentils (brown or green)*	-----	8 to 12
Lentils (red)*	-----	3 to 4
Lima	4 to 7	12 to 15
Navy	5 to 8	18 to 25
Pinto	5 to 7	22 to 27
Red	4 to 6	22 to 25
Soybeans	10 to 12	28 to 35

*not necessary to presoak

Beef

Cook meat thoroughly to ensure that any contaminates have been killed. For braised meats, allow 20 min per pound. The liquid should be calculated at 1 c for the first pound and ½ c for each additional pound.

All meats (except seafood) can be pressure-cooked with very little liquid. Brown the meat first, then add liquid to keep it from sticking. For a standard cooking time of 30 min, generally allow 1½ cups liquid. Early salting of the meat brings the juices of the flesh to the surface and into the pan. These juices, which are themselves quite salty, are retained if the meat is seared before seasoning. Searing is done by 'scorching' each side of the meat at a high temperature to seal in the juices. You then cook the meat normally—most effective on lgr, boneless cuts of meat like steaks, roasts, etc.

Ground beef can be “stretched” by adding some grated raw potato to it.

Generally, the quality of beef in Morocco is decent. Most Moroccans like to cook with a lot of fat and bones—watch what the butcher is giving you. Other ways of to accentuate flavor of meat include rubbing meat with garlic, onion, herbs or spices or to insert slivers of garlic or onion near the bone of the roast. In meat heavy with fat, pour off any excess grease after the first half-hour of cooking.

About cooking tough meats: Tenderness in raw meats depends not only on the comparative youth of the animal but also on the strain of cattle to which it belongs and the way it was fed.

Toughness is due to the presence of connective tissues and lack of fat in the muscle. The best way to convert stringy, tough meat to a tender, less-chewy state is by very long and very slow covered cooking in the presence of moisture (ex: pressure cooking).

Any meat can be made more palatable by seasonings and by added fats and dressings. Pounding and scoring are a help in cuts that are normally treated by dry heat methods, like pan-frying and searing. Another favorite technique is marinating, although it sometimes involves nutritive losses that can be recaptured if the marinade itself is subsequently used in making up the dish.

Bread

Save leftovers for bread crumbs, bread pudding, croutons or animals.



Bread crumbs: Place in a med oven until dry (or in the sun if you don't mind flies!) Place dry bread in heavy plastic bag. Crush with rolling pin or mallet into very sm pieces.

Croutons: Cut bread into ½” slices and spread one side with softened butter. Cut into ½” cubes. Sprinkle with chopped herbs, grated Parmesan cheese or spices, if desired. Place in ungreased heavy skillet. Cook over med heat, stirring frequently 4 to 7 min or until golden brown.

Coating meats: Place desired seasonings and bread crumbs in a plastic bag. Add a few pieces of meat at a time; shake until evenly coated.

Cheese

A vinegar-soaked cloth wrapped around cheese will prevent mold growth. Cheese also stays good for 2 to 3 days in a mika as long as the weather is not extremely hot.

Chicken

In Morocco there are two kinds of chicken: the country or “bildee,” which forages for itself and requires a longer cooking time and the grain-fed “romi,” which is tender and cooks quickly. A “bildee” is more flavorful and, generally, is more expensive. If you buy a “romi” chicken, remove it from the sauce and allow the sauce to continue cooking. Reintroduce the chicken to the sauce just before serving, allowing enough time for it to warm up.

How to prepare a chicken: Wash the chicken well in cold water. Remove any feathers or quills still attached. Wash the inside, checking to be sure all the innards have been removed. Dry the chicken well before attempting to cut it. You'll need a very sharp knife with at least a 4” blade. Placing the breast side down, cut out the oil sack at the tail. Sever the neck close to the body of the bird. Pull a wing back from the body and cut where the joint is (it will crack when you pull it back). Snip the sm wing piece off, if you want. If the feet are still on the bird, cut them off before you cut off the thigh and drumstick. You can see where they join the leg. Pull the thigh back as you did the wing, and cut it away. When the legs and wings have been removed, you'll have the back and the breast remaining. Before you cute the breast, lay the chicken on its back, following the line of where the breast joins the back, cut through along this line with a diagonal cut. Now, carefully sever the breast bone and flatten it. Cut it into two. You can separate the thigh and drumstick for faster frying. Pull it apart and cut at the joint. For bigger pieces, cut slits in to the flesh to cook it more thoroughly. *Giblets:* Throw away the lung, the kidneys and the gall bladder (a green sack—be careful in disposing of it, its contents are very bitter). The liver should be firm; throw out a yellow liver, unless you know that the bird is one year or older. Cut the membranes around the heart away along with any protruding veins. The gizzard has a sm sack inside it that is removed by making a sm slit along the curved part of the gizzard. Push and it should pop out. Chicken is cooked when the meat is not longer pink near the bone.

Eggs

Fresh eggs will lie flat in a pan of water. Old, but edible eggs stand vertically. Rotten eggs float. To make hard-boiled eggs easier to peel, plunge them into cold water immediately after boiling (5 to 7 min).

Separating eggs: Crack room-temperature egg. Slip egg back and forth between shell halves over a bowl, allowing the white to drop into the bowl. Place yolk in a separate bowl. Any yolk remaining in whites will keep them from whipping stiffly.

Fish

Buying: When buying fish, smell it. Eyes should be bright, clear and not sunken. Look at the gills to see if they're red; they should never be brown. The scales should shine and the body feel firm and spring back when pressed.

Cleaning: When cleaning, was the fish under cold, running water. With knife or fingernails, scrape toward the head. Next, on the underside, split the fish from tail to head to remove the entrails Clip the fins off of the fish body. Remove the head, if desired. To do so, place the fish on its back and cut just under the gills. Some fish have a boney structure on top. Cut on the top side the length of the fish next to the bone. Take hold of it at the end and give it a quick pull. Wash again and dry.

Some smaller fish such as sole are skinned rather than scaled. Cut the spiny part from the top and bottom. Make a split all round the fish by the head, behind the gills, Gently pull back the skin all the way around. Now, pull as if you're removing a tight glove. Cut off the skin and tail. There are also worker at the fish market who will clean your fish for only a few dirhams!

Cooking: Fish cooks very quickly in comparison with chicken and red meats. Avoid overcooking or fish will be dry and tough. Baste often and frequently with the fish's own juices, butter or sauce. Cook until the fish loses its opacity and/or flakes easily with a fork.

Flour

There are a variety of flours in Morocco that can be used for baking bread and pastries. The all-purpose white flour that we use in the States is not available in Morocco, but you can create a substitute by mixing available flours. The type of flour that you use to make breads or pastries affects how your breads will look, taste, and handle. Breads need to be made from flours that contain gluten, which is a stretchy substance that allows dough to rise, while pastries need very little gluten.

White pastry flour- dgig forS- This flour contains very little gluten and therefore needs to be combined with another flour if being used for breads. Is best used for pastries, although you may find your cookies a little flat if you use it alone.

Yellow corn flour- dgig gmH- This flour can be used by itself to create breads but works best if combined with the white pastry flour. It works well in pastries, pancakes, and sweet breads if you combine it with white flour (use it to replace either $\frac{1}{4}$ or $\frac{1}{2}$ of the total flour called for in the recipe).

Wheat flour- dgig kaml- This flour can be used in breads and contains a lot of gluten, which makes it unsuitable for pastries. Wheat flour needs to be combined with white flour in order to result in an elastic and soft bread, you can use wheat (or other kind) flour for at least half of the amount called for in a recipe with the rest as white flour. When used by itself, your breads will become too thick.

Other - Many Moroccans actually make their own flour by buying the whole grains from the souq and taking them to a flour grinder (referred to as *makina* in Arabic) to be ground into flour. You can use these grinders to make specialty flour from oats, rice, barley, soy, chickpeas, wheat, etc. and specify the size of the grind (very fine to coarse).

Flour Combinations To Try:

all white pastry flour- sweet breads, delicate pancakes

$\frac{1}{2}$ white pastry flour and $\frac{1}{2}$ yellow flour- white bread, pizza dough, bagels

$\frac{1}{2}$ white pastry flour and $\frac{1}{2}$ wheat flour- wheat bread

$\frac{3}{4}$ white pastry flour and $\frac{1}{4}$ yellow flour- pastries, pancakes, crepes, sweet breads

Grains

Regular cooking: Wash the grains in cold water. Bring stock or water, equal to twice the volume of the grains, to a boil (for millet or buckwheat, use three times the volume). Put in the grains, bring to a boil again, lower the heat and simmer (covered) for 30 to 45 min, until all the is absorbed.

Pressure cooking: Instead of simmering the grain, bring to pressure and cook for about 20 min. Cool under very cool water when cooking time is up. You may wish to vary the amount of water in order to create the texture of the grain you prefer. If you have trouble with sticking, here's a trick: Place about 1" water in the bottom of the pressure cooker. Put the grain in a stainless steel bowl that will fit easily into the pressure cooker (such as a steamer basket that should come with your pressure cooker purchase). Add water to about $\frac{3}{4}$ " above the level of the grain. Put the bowl inside the cooker, cover and begin cooking. This method is also handy when cooking grains and beans at the same time.

Sautéing: This method is most frequently used in cooking bulgur wheat (*herbir*) and buckwheat oats, but can be used with any grain to produce a nutty flavor. Wash the grains and put in a dry saucepan or pressure cooker over low heat. Stir until dry. Add just enough oil to coat each kernel. Sauté, stirring constantly, until all of the grains are golden. Stir in boiling water or stock and bring the mixture to a boil. Cover and simmer 30 to 45 min; or, if using a pressure cooker, bring to pressure and cook 20 min. Cool cooker immediately.

Nuts and Seeds

Roasting whole seeds or nuts: Place in a dry pan and roast over med flame until they have the desired brownness; or spread them on a baking sheet and toast them in a med oven. Use the seeds whole, or grind them in a blender, a few at a time, or with mortar and pestle. Add salt if desired.



Roasting or toasting ground seeds or nuts: Buy the meal, or to make it yourself, grind the seeds or nuts in a blender or with a mortar and pestle. Then roast the meal in a dry pan, stirring constantly, adding salt if desired. Or spread the meal on a baking sheet and bake at med flame, stirring often.

Nut and seed butters: It is easy to make your own fresh nut and seed butters if you have a blender or mortar and pestle. From whole roasted or raw seeds and nuts, grind as for meal, adding a little oil to 'start' the butter; continue adding as many nuts or seeds; stir a little oil, and honey if desired, into the meal and you will have a creamy nut or seed butter.

Rising Agents

There are a few different types of ways to make bread and other baked goods depending on the type of rising agent you want to use. Here is an outline of the different ones used in this book.

Yeast (xmira) – Yeast takes more time than the other methods because the dough must be left to rise (usually at least 1 hour). There are two main types of yeast, live active and dried yeast. Live active can be found in most hanuts in Morocco, is stored in the refrigerator and comes in a large block (you can ask the hanut owner to cut you a smaller portion since the block is big). It is very fickle depending on time and temperature and does not keep for very long (6 months at the most). To check if the yeast is still good, first stir the amount needed into a small amount of warm water, after about 10 minutes it should start foaming and this means it is still good and you can add it to your dough. If it does not start foaming this means it is past its due date and you will need new yeast.

The other type of yeast is dried and is much more user-friendly but not always as easy to find (usually in larger hanuts, ask for xmira dyal khubz en poudre, most common brand is rafia). This is the type that comes in an air tight package and can be kept in the refrigerator for much longer. In recipes use half the amount if substituting dried yeast for fresh yeast, that is if your recipe calls for 1 T fresh yeast, you can use ½ T dried yeast and vice versa.

Baking Powder (levure chemeque, xmira dyal hlwa) – Using baking powder does not require the bread to rise, so you can make it only shortly ahead of eating. You can find baking powder in almost every hanut, it comes in small packets and you can ask for it by its French name, usually printed on the package, or ask for xmira dyal hluwa, yeast for sweets.

Baking Soda (bicarbonate de soude) – Another quick leavener that does not require time to rise as yeast. It can be found in the pharmacy under its French name, bicarbonate de soude.

Starches

Pasta: One oz of dried pasta will generally yield approximately ½ c cooked pasta. Always cook pasta at a fast boil, putting a bit of salt and a little oil in the water to keep the noodles from sticking (the salt enhances the flavor).

The pasta should move freely in the boiling water to promote even cooking. Water should be boiling before adding pasta to cook. Put a lid on water to expedite boiling water. If you're at a high-altitude and water will not boil properly, water heated on a high flame for a half-hour will cook the pasta.

Pasta should be tender, but firm to the bite. Do not overcook pasta to a mushy or a pasty state. Pasta is usually rinsed after cooking if to be used in a salad.

Rice: For standard rice, bring water to a boil, add rice, seal, and cook for 6 to 7 min. Brown rice will take approximately 18 min. For pilafs, heat oil in cooker and stir rice until it takes on a nutty brown color (add vegetables if desired at this point and fry until softened). Add water or broth, bring to a boil, and cook for 6 to 7 min. If presoaking brown rice, reduce cooking time to about 12 min and reduce liquid by ½ c. Note: brown rice is higher in fiber, protein and vitamins—so give it a try.

Vegetables

Once again, the pressure cooker is the most efficient way to cook vegetables. How? By steaming them. Use the steamer basket (or a trivet or metal bowl placed in the bottom of the pressure cooker) whenever possible to keep the vegetables out of the water, so that the vitamins are not washed away in the water. An additional benefit to pressure cooking is the fact that fewer nutrients are lost from evaporation due to the sealed container.

- Vegetables cook very quickly, so watch the time closely and keep the cooking time to a minimum, usually $\frac{1}{3}$ the regular amount of time. Remove from heat, and use immediately for best results.
- When steaming vegetables, always use the least amount of water necessary and bring the water to a boil before sealing to avoid overcooking.
- It is best to distribute the vegetables evenly in the steamer basket to insure even cooking. (If possible, place a lettuce leaf over other vegetables. Don't know why, but veggies taste better!)

Peeling tomatoes: Place tomato in boiling water for 30 seconds; remove with a slotted spoon and plunge into cold water. The skin will slip off easily.

PRESSURE COOKING

Pressure cookers are energy-efficient; reducing cooking temperatures and time spent cooking. Invest (especially you bleedies) in a lg pressure cooker to heat up bath water in min!

Pressure cooking has a tenderizing effect, which enables you to utilize low-cost cuts of meat efficiently. Because of reduced cooking time, fewer nutrients are lost and less fat and oil are needed due to the steaming effect, using less butagas—saving money as well as time.

Tips

- Be sure to use the minimum amount of liquid required.
- Never exceed the fill line on your pressure cooker. Generally at $\frac{2}{3}$ full.
- Make sure your lid is on properly and locked into position. If it is not on properly, steam will release around the edges of the lid instead of at the pressure valve.

Generally bring the mixture to a boil before sealing, cooking at a high to med high heat. This helps bring the cooker up to pressure faster, which helps prevent burning. Once the pressure cooker reaches the desired pressure, it is necessary to reduce the heat (to the lowest possible setting) until the valve no longer releases steam, but shows pressure. After this point, you should begin to count your time but it is not necessary to watch the pot.

When the cooking is complete, remove the pressure cooker from the heat. Release the steam by pushing the release valve or by removing the valve—this generally takes about 30 seconds. The lid cannot be removed until all the steam is released. Another option that is popular for food that have a tendency to sputter (beans, rice, applesauce, etc.) is to run cold water over the lid to allow it to come to pressure naturally, which takes between 3 to 20 min. Note: If for some reason the lid won't budge, it probably means there is vapor lock. If this happens, return the pot to heat for a short while, and then try to release the steam and remove the lid again.

When cleaning your pressure cooker, make sure the valves are not clogged and periodically check rubber gaskets to make sure they are not worn. If scorches get stuck on bottom of pan, add soapy water to the pressure cooker, seal and heat water. The scorches should cook right off.

Always store the lid of your pressure cooker upside down to save on gasket wear and tear. Don't place the lid on a hot stove or over a burner because the heat may damage the gasket.

A general rule for high-altitude pressure cooking is to use the same cooking time but increase the pressure $\frac{1}{2}$ lb for every 1000 ft above sea level (if your cooker has a specially calibrated gauge).

Adapting your own recipes

Cut cooking time down to $\frac{1}{3}$ the original cooking time.

Allow $\frac{1}{2}$ c liquid for each 10 min cooking time. If you exceed 30 min cooking time, increase liquid by $\frac{1}{2}$ c.

Make sure that you do not exceed the maximum fill line with your total food volume.

Heat oil and brown meat slowly over med heat to avoid burning.

HIGH ALTITUDE COOKING

People who live in a high-altitude area, 3500ft or higher, face some unique cooking challenges. Air pressure is lower, so liquid evaporates faster and water has a lower boiling point. Recipes must be adjusted.

Unfortunately, trial and error is the only way to make improvements because no set rules apply. The following guidelines will be of help:

1. Foods that require boiling, such as vegetables or eggs take longer to cook.
2. Meats cooked in boiling liquid or steam can sometimes take up to 50 to 100 percent longer. Large meat cuts such as roasts cooked in the oven also need more time.
3. Most baked goods leavened with baking powder or baking soda (not yeast) will be improved by one or more of the following adjustments: increased temperature, increased liquid, decreased leavening, decreased



sugar, and/ or a lgr pan size. For very rich recipes such as pound cakes, decreasing the fat will improve results. Quick breads and cookies usually require fewest adjustments.

4. Yeast and dough rise more rapidly at high altitudes and can over-rise easily. Allow dough to rise for a shorter time, just until doubled. Flour rises out more quickly at high altitudes. Use the minimum amount the recipe calls for, or $\frac{1}{4}$ to $\frac{1}{2}$ c less than the total amount.

5. Boiled candy and cooked frostings (sugar mixtures) become concentrated more rapidly because of the faster evaporation of water. Watch cooking closely to prevent scorching.

Use the cold water test for candy (instead of thermometer), by dropping mixture in water to see if little balls form (and if they're 'hard' or 'soft' ball).

FOOD SURVIVAL

With the exception of oranges and bananas, fresh fruits and vegetables are seasonal. The availability of produce during the winter is unpredictable. It varies from year to year and by region, but for the most part consists of potatoes, turnips, onions, carrots, and tomatoes.

1. Potatoes, onions, garlic, apples and pumpkin keep for 3 months or more if stored in a cool, dry place. The potatoes may sprout, but just remove the sprouts.

2. Carrots and turnips can be kept for 2 weeks to a month. Carrots are best kept in plastic bags, which let in a little air. Even if they sprout, they are OK. Turnips can be stored out of the fridge for a month or so as well.

3. Buy fresh herbs (i.e., dill or parsley) in season. Tie together with a string and hang upside-down to dry.

4. Stock up on beans, rice, pasta, flour, sugar and canned goods like tomato paste and tuna.

WHERE THERE IS NO FRIDGE

1. An opened tomato can be protected by carefully scraping the contents down from the sides and coating it with a good layer of oil. Add 2 days by adding salt or a clove of garlic. Always completely cover everything—small peaks extending above the oil will mold.

2. Cucumbers, squash, onions, watermelon: Cut off what you will use and immediately place the fresh cut of that portion not to be used on a plate, in a cup or in a bowl. Dehydration from the cut will seal the veggie to the object. Good for two or with luck three days.

3. Always use the worst veggies first. Do not store veggies in a plastic or sealed container. Store veggies out of the light. Before leaving, sort your fresh food stocks. Buy food often and in small quantities.

4. Can't use a whole kilo of squash? Submerge in water until you can—up to 3 days if you change the water.

5. Keep your kitchen clean to avoid marauding ants.

6. BUT remember—Better to throw it out than to throw it up!

Throw out: cans that bulge, slimy cheese eggs, gray tomato sauce, fungusy anything. These are serious mycotoxins.

DEFINITIONS

Baking: This means to cook in an oven above the flame, as does roasting. It is different in usage, but not technique, that one bakes a cake but roasts a turkey.

Baste: basting is to pour liquid over something that is in the process of cooking in order to keep it from drying out. Either the juices from the food itself have collected in the bottom of the pan or extra liquid such as water or wine may be indicated.

Beat: To mix all the ingredients vigorously with a spoon, fork, whisk or beat mix until smooth.

Blanch: Plunge food briefly into boiling water to preserve color, texture, and nutritional value, or to remove skins from fruits or nuts.

Blend: Mix ingredients until they are very smooth and uniform.

Brown: Whether browning is the first step or the last step in the cooking process (the recipe will indicate which) it simply refers to the color of the food. In reference to meat or poultry, this means to cook until the outside is a brown color. Most often, this is the initial step in the cooking process and is achieved by putting the meat in a little fat in a skillet on top of the stove and cooking on all sides until it is brown. The rest of the cooking, aimed at cooking the meat thoroughly, is then done. In relation to casseroles, on the other hand, browning means to cook in the oven, either under the flame or as directed, until the top is a golden color.

Broil: This is cooking in the oven under the flame.

Caramelize: To melt sugar slowly over low heat until it becomes brown in color.

Chop: To chop is to cut into pieces. The size of the pieces is usually indicated by "finely chopped," or "coarsely chopped."

Creamed: 1) One or more foods worked until soft and creamy, using a spoon, fork, or other implement. 2) Applied to foods cooked or served with a white cream sauce.

Crush: Grind into fine particles; for example, crushing a clove of garlic with the flat side of a chef's chopping knife, a garlic press, or a mortar and pestle.

Cube: To cube is to cut into sm pieces the shape of a cube.

Dice: This is the same as to cube except it indicates the pieces should be even smaller.

Dredge: To dredge is to coat with flour. If the direction is to dredge in seasoned flour, this means flour to which salt, pepper, and seasonings have been added. Crumbs, such as bread crumbs or cracker crumbs, may be indicated in place of the flour.

Dust: This is to coat very lightly with flour or sugar or a similar substance.

Flake: To separate into pieces with a fork, as in flaking a fish.

Fold: This is used in the sense of folding in an ingredient, i.e. adding it not by stirring but with a few gentle overlapping strokes.

Fry: To cook on top of the stove in a skillet with fat of some kind.

Garnish: To decorate the food served with additional foods that have distinctive colors or texture, such as parsley, fresh berries, or carrot curls.

Glaze: To brush or drizzle a mixture on a food to give it a glossy appearance, hard finish, or decoration.

Grate: This involves rubbing the food against a grater so that it is shredded into very tiny pieces.

Grill: This is the same as to broil, but usually over an open flame.

Jullienne: To cut fruits, vegetables, or meats, into thin, match-like strips.

Knead: To manipulate with a pressing motion accompanied by folding and stretching to uniformly blend ingredients.

Marinate: To soak food in some liquid, the liquid being referred to as the marinade.

Mince: To chop very fine.

Mix: Combine ingredients in any way that distributes them evenly.

Pan-fry: To cook in a skillet on top of the stove without fat or with a very minimal amount of fat rubbed on the pan and then discarded.

Parboil: This indicates that the food is to be cooked first in boiling water and then cooking will be completed in another form. For instance, roast potatoes are often parboiled first and then put around a roast in the oven to complete their cooking.

Pare: Cut off outer covering with knife or parer; to peel.

Poach: When a food is cooked gently in just enough liquid to cover it.

Reduce: Boil liquid uncovered to evaporate liquid and intensify flavor.

Roast: To cook in an oven.

Sauté: To cook it gently, over med to low flame on top of the stove in a minimal amount of fat.

Scald: Heat liquid to just below the boiling point.

Score: Cut surface of food about ¼" deep with a knife to facilitate cooking, flavoring, or tenderizing.

Sear: This is rapid cooking in a preheated skillet over a high flame and is an initial stage in cooking meat, when indicated in order to seal the juices.

Shred: To shred is to cut into narrow strips.

Simmer: This is gentle, slow cooking, with the food itself or the liquid in which it is being cooked not quite bubbling or bubbling occasionally.

Soften: Let food such as margarine, butter, and cream cheese stand at room temperature until soft.

Steam: To cook by steam with or without pressure. The steam may be applied directly to the food, as in a steamer or pressure cooker or pot, with a sm amount of water allowing steam to cook the food. Nowhere near as much water as used for boiling.

Stir: Mix ingredients with circular or figure-eight motion until uniform consistency.

Stir-fry: A Chinese method of cooking uniform pieces of food in a sm amount of oil over high heat, stirring constantly.

Thicken: To add an ingredient to a mixture that will change it from a thin liquid to one of the consistency of soup or gravy. Flour, cornstarch, arrowroot, and egg yolk are frequently used as thickening agents. The directions to cook until thickened means that the thickening agents are already present and the mixture will become less liquid as it is cooked and stirred. Usually the transition is quick! If adding thickening agents stir frequently to avoid clumping.

Truss: To truss is to tie the legs and wings of a turkey or chicken, or other fowl, close to the body with a piece of string.



FOODS YOU CAN BUY IN LARGE CITIES

In many large cities are some stores where you can buy many of the ingredients you may appreciate having. Several large chains that appear in most cities are: Marjane, Acima, and Askwaq Salam. In Rabat, the underground shopping area at Place Petrie (the flower market) has vendors selling everything from salami to chorizo, brie cheese to blue cheese to capers to canned corn. The 'health food store' in Rabat, which carries oatmeal and raw sugar (works like brown sugar in recipes), is on the same block as the Milano café. You can find spices in the medina, even dry red beans.

Here is a list of some things you should consider stocking-up on for future pleasures!

Oats	Canned spinach
Raw sugar	Tahini paste
Essence extracts (ex. vanilla, lemon, orange)	Rice vinegar
Worcestershire sauce	Baslamic vinegar
Soy sauce	Red wine vinegar
Peanut butter	Fish sauce
Anchovies	Oyster sauce
Capers	Extra virgin olive oil
Canned vegetables	Hot dogs
Sherry/wine	Chinese dried black mushrooms
Condensed milk	Specialty teas
Knorr soup mixes	Rice paper
Cornstarch/Maizena	Vanilla sugar
Spices	Canned bean sprouts
Paper towels	Cheese
Tin foil	Prepared foods
Sesame oil	Cream Cheese
Basmati Rice	Honey
Hot sauce/Tabasco	Cereal
Fresh mushrooms	Museli

KITCHEN SET-UP

To make these recipes and for general cooking convenience, you may want to stock your kitchen with the items listed here. Remember, you'll be here for two years, you might as well make it feel like home. First, if you can, buy an oven. Spend the money and consider it an investment in yourself!

Utensils	Pots and Pans	Spices and Herbs	Condiments
cutting board	pressure cooker	salt	mustard
lg stirring spoon	skillet/frying pan	pepper	pasta
set of silverware	baking pan (9" by 12" for cakes)	red pepper	butter/margarine
lg knife for meats	coffee pot	cilantro	vinegar
bread knife	soup pot	garlic	cooking oil
small sharp knife	small kettle	cinnamon	ketchup
soup ladle	medium kettle	vanilla	beans
strainer/colander	couscousier	bay leaves	cocoa powder
coffee grinder		cloves	yeast
can opener		nutmeg	flour
bottle opener		mint	powdered sugar
plastic spatula		rosemary	sugar
measuring cup		parsley	baking powder
mixing bowls		basil	powdered milk
storage containers		cumin	cornstarch
mortar and pestle		sage	tomato paste
grater		thyme	baking soda
		ginger	rice

TRANSLATIONS

Fruits and Vegetables

English	French	Arabic	Season
apple	pomme	tafaH	winter-summer
apricot	abricot	mishmash	latespring
artichoke	artichaut	qoq	earllyspring
avocado	avocat	lavoka	spring
banana	banan	banan	winter-summer
beets	betterave	barba/lift Hamr	all
cabbage	chou	krumb	winter
carrots	carotte	xizo	all
cauliflower	chou-fleur	shiflour	winter
celery	celery	krafS	winter
cherries	cerise	hblmluk	latespring
chickpeas	pois-chiche	hmmus	all
chili pepper		flfla hrra	all
coconut	noix de coco	koko	spring
cucumber	concombre	lxyar/fgus	spring/summer
dates	date	tmar	fall/winter
eggplant	aubergine	dnjal	summer
fennel	fenouil	bsbas	winter/spring
figs	figue	karmus	summer
grapes	raisin	3nb	summer
grapefruit	pomplemousse	zimbai	winter
green beans	haricot verts	loubia xder	winter
green pepper	poivron	flfla hluwa	all
Japanese plum	prune Japonais	lamzaH	
kiwi	le kiwi	kiwi	
leek	poireau	pwarou	winter
lemon	citron	lHamd	all
lettuce	laitue / salade	xoss	spring
melon	melon	bTix	spring/summer
melon (honeydew)	melon	Sweehlah/lmnun	spring/summer
onion	oignon	bsla	all
orange	orange	limun	winter
peach	peche	xux	summer
peas	petit pois	jilbana	winter
pears	poire	bu3awid/ngas	summer
prickly pears		akanari/hndiya	summer
pineapple	ananas	anana	
plum	prune	brquq d tagine	summer
pomegranate	grenade	rman	fall
potato	pomme de terre	bTaTa	all
prune	pruneau	brquq	summer
quince	coing	sfarjil	summer/fall
radish	radis	lfjal	all
squash	courge	gra3/slawiya	fall/winter
spinach	les epinards	les epinards	spring
strawberries	fraise	tuta/salq	spring
sweet potato	potate douce	bTaTa Hluwa	winter
tomato	tomate	maTisha	all



turnip	navet	lft	winter
watermelon	pasteque	dlaH	summer
zucchini	courgette	gra3	spring/summer

Proteins

English	Darija
meat	lHem
lamb	ganmi
chicken	djaj
brochettes	brushet
fish	lHut
beef	bagri
liver	kbda
ground meat	kefta
egg	bayD
rice	arroz
legumes	lgutmiya
beans	lubia
lentils	l3dis
chickpeas	hmmus
fava beans	ful
peanut	cowcow
almond	luz
walnut	grga3
sunflower seeds	zariah
sesame seeds	janjelen

Grains, Flours, Sugars, Baking Ingredients

English	French	Darija
millet		m'humsa
barley	L'orge	sh3ir
wheat	Le blé	zzra3
bulgar wheat		zzra3 mfrsh
barley grits		belboula
rye	le seigle	sh3ir
white pastry flour	farine pâtisserie	dgig forS
corn flour	farine le blé	dgig gmH
wheat flour	farine complète	dgig kaml
granulated sugar	sucre granulé	skkr sanda
powdered sugar	sucre glacé	skkr glacé
sugar cubes		galb skkr
baking soda	bicarbonate du soude	bikarbunat d sod
yeast	la levure	xmira
baking powder	la levure chimique	xmira d hluwa
vanilla sugar	sucre vanille	skkar vanil
vinegar	le vinaigre	LHal
buttermilk		leben
sunflower oil	huile de tournesol	zhur (the brand name)

Fish

English	French	Darija
shad	alose	shabul
eel	anguille	angil
sole (eye on right side)	sole	sol
turbot (eye on left side)	turbot	turbo
dab (eye on right side)	limande	liman
hake	merlu	merlu
whiting (served biting tail)	merlan	mirlan
forkbeard	mostelle	mustel
poor cod	capelan	capela
cod (scrod)	morue	moru
angler (monk) fish	lotte	lot
conger eel	congra	sgag
moray eel	murene	murin
meager (bass-like)	ombrine	l kureb
sea bass	bass loup (bar)	bushuk
goat fish (red millet)	rouget	rujai
sea robin (gurnard)	grondin	rubiu
john dory	saint-pierre	fronj
rock (scorpion fish)	rascasse	raskas
grouper	merous	meru
pandora	pageot	pajo
red porgy	pagre	pagra
white seabream	sar	shergon
red seabream	dorade	zrida
seabream	bogue	bog
salema	salpa	halaama
sea trout	truite de mer	truit d l bHar
horse mackerel	chinard	shreen
mullet	mulet	burai
blue fish	sargame	tassergal
mackerel	maquereaux	kabayla
sword fish	espadon	kabaya
dog fish	rousset	kelb l3a
shark	requin	qrsh
ray	raie	rai
shrimp	crevette	kemroon
spiny lobster	langoustine	kemroon
spider crab	araigness mer	bujmeba
shore crab	crabe	akrisha
squid	calmar	calmar
octopus	pouple	rutab
cuttle fish	seiche	saish
mussel	moule	buzrug
oyster	huitre	imiha
Snail	escargot	bubush
urchin	oursin	deeb

Spices and Herbs

English	French	Darija
alfalfa		luftsah
allspice	quatre epices	oufah/noioura
aniseed	la graine d'anis	nnaƝ3/habbt helouwa
basil	basilic	lH'baq
bay leaf	Le feuille de l'aurier	Wrqatt saidna moussa
black pepper	poivier	lbzar/flfla khellah
caraway	la carvis	karwiya
cardamom	le cardomone	qzbur bildee
cayenne	le poivre rouge	sudaniya/flfla hrra
celery	celeri	krafS
chervil	le cerveuill	le cerveuill
chamomile	amomiele	bab nooj
chives	la ciboulette	
cilantro	le coriandre	qzbur
cinnamon	la cannelle	qrfa
cloves	le clou de firofle	qrnfl
coriander	le coriandre	qsbur
cumin	le cumin	kamun
curry	le carri	kurkub
dill seeds	aneth	qharwiah
eucalyptus		khaleetoose
fennel	graine de fenouil	bsbas
fenugreek	fenugrec	halba/teefedos
garlic	ail	tuma
ginger	le gingembre	skinjbir
gum Arabic		mska
honey date		nabka
horehound		meroot
hot pepper w/paprika		flfla harra
jasmin		yasmine
juniper		lahrarrh
lemon vervain		louisa
licorice		aarkhsouss
mace	le maci	yoosah
marjoram	le marjolaine	samskh/al mardkhouch/zatar
mint	la menthe	n3na3
mugwort		shih-azree
mustard	la moutarde	muTarde
nutmeg	la noix de muscade	guza
oregano	l'origin	z3tr/zakuni
orrisroot		amber el door
paprika	le piment doux	tHmira
parsley	le persil	m3dnus/rbi3
peppermint	de menthe	fliwiya
pepper mixture		harissa
rosemary	le rosemarin	azir
saffron	le safran	zaafran
sage	le sauge	salmia
salt	le sel	mlHa
savory	sarriette	bakholah

sesame	le sesame	jnjan
shallots, dried	echalote semoule	
spearmint		flio
tarragon	l'estragon	tarkhoun
thyme	le tim	LHaHn/z3tr
tumeric	le curcuma	xrqum
vanilla	la vanille	vanille
wormwood	absinthe	sheeba

SUBSTITUTIONS

1 T cornstarch = 2T flour

1 T flour = ½ T cornstarch

1 c corn syrup = 1 c sugar + ¼ c water OR 1 cup honey

1 c honey = 1 c sugar + ¼ c water

1 oz chocolate = 3 T cocoa + 1 T butter or oil

1 c light cream 20% = 3 T butter + 7/8 c milk

1 c heavy cream 40 % = ½ c butter + ¾ c milk

1 c whole milk = 1 c reconstituted dry milk + 2½ t butter + ½ c water

1 c sour cream = ½ butter + ¾ sour milk/buttermilk OR one container of plain yogurt (preferably green labeled *Jockey* or *Perly*)

1 c buttermilk = 1 c plain yogurt OR 1 T vinegar or lemon juice + enough juice to make one cup

1 c milk = ¾ cup yogurt + ¼ c water

3 oz cream cheese = 2 c sour cream OR 2 cups Kiri brand cheese

2 c tomato sauce = ½ c tomato paste + 1½ water OR 1 c grated, peeled tomatoes with 1 t ketchup

1 c tomato juice = ½ tomato sauce + ½ c water

1 t dried mustard = 1 T prepared mustard

2 t fresh ginger = 1 t dried ginger

Bean sprouts = shredded cabbage

Beer = For light beers, substitute chicken broth, ginger ale or white grape juice. For heavier beers, use a stronger beef, chicken or mushroom broth or stock

Brown sugar = Mix *carmello* (carmel sauce) in a 1:1 or 2:1 ratio with water then add to white sugar until moistened

Canned Tomatoes = 1 kg chopped fresh tomatoes + small can of tomato paste

Celery = Use finely chopped cucumber in place of celery for egg, tuna, and potato salads. If available in your area, celery seeds or bouillon cubes also add celery flavor.

Chili powder = Mix cumin, paprika and hot red pepper in equal amounts. Use with lots of garlic

Chocolate chips = chopped candy bar or chopped baker's chocolate

Crème Fraîche = 1 c cream and 1 t buttermilk. Cover and let sit for 24 hours.

Crushed red pepper = Mix ground dried chili peppers with cayenne according to desired spiciness

Curry powder = Mix equal amounts of crushed coriander seed and cumin, mix in ½ as much tumeric. Opt: Mix ¼ as much ginger, pepper, hot pepper, cloves, fenugreek, chili powder, ground roasted cumin, cardamom and/or cinnamon.

Evaporated milk = whole milk (do not replace with concentrated milk !)

Garam Masala = 1 T cardamon seeds, 1 T coriander seeds, 2 ½ t cumin seeds, 1 ¼ t black peppercorns, ½ t whole cloves. Toast over skillet until fragrant then grind. Add 1 T cinnamon and ¾ t ground nutmeg.

Ground roasted cumin = Roast cumin seeds without oil on top of stove or in oven and grind

Peanut oil = Argan oil

Red wine = beef or chicken broth or stock, diluted red wine vinegar, red grape juice diluted with red wine vinegar or rice vinegar, tomato juice, liquid from canned mushrooms, plain water

Sherry = Orange or pineapple juice

Soy sauce = 1 ½ t beef bouillon granules or 2 cubes + ½ c hot water (or ½ strong beef broth + ½ salt) + ¼ c lemon or lime juice

Sweetened condensed milk 1¼ c (1 can) = ⅔ c sugar boiled in 1½ c milk + 3 T melted butter or margarine

Taco seasoning mix = 2 t dried minced onion + 1 t salt + 1 t chili powder + ½ t cornstarch + ½ t crush dried red pepper + ½ t dried minced garlic + ¼ t dried oregano + ½ t ground cumin



Vanilla extract = vanilla sugar (*sucre vanille*)

White wine = chicken broth or stock, diluted white wine vinegar or cider vinegar, white grape juice diluted with white wine vinegar, ginger ale, canned mushroom liquid, water. For marinades, substitute 1/4 cup vinegar plus 1 Tbsp sugar plus 1/4 cup water

Wine or special vinegars = Use vinegar or lemon juice

Spices Substitutions

Use these spices when you either don't have or don't like the spices in a particular recipe.

Allspice = Cinnamon; cassia; dash of nutmeg or mace; or dash of cloves

Aniseed = Fennel seed or a few drops anise extract

Cardamom = Ginger

Chili Powder = Dash bottled hot pepper sauce plus a combination of oregano and cumin

Cinnamon = Nutmeg or allspice (use only 1/4 of the amount)

Cloves = Allspice; cinnamon; or nutmeg

Cumin = Chili powder

Ginger = Allspice; cinnamon; mace; or nutmeg

Mace = Allspice; cinnamon; ginger; or nutmeg

Nutmeg = Cinnamon; ginger; or mace

Saffron = Dash turmeric (for color)

Herb Substitutions

Basil = Oregano or thyme

Chervil = Tarragon or parsley

Chive = Green onion; onion; or leek

Cilantro = Parsley

Italian Seasoning = Blend of any of these: basil, oregano, rosemary, and ground red pepper

Marjoram = Basil; thyme; or savory

Mint = Basil; marjoram; or rosemary

Oregano = Thyme or basil

Parsley = Chervil or cilantro

Poultry Seasoning = Sage plus blend of any of these: thyme, marjoram, savory, black pepper, and rosemary

Red Pepper = Dash bottled hot pepper sauce or black pepper

Rosemary = Thyme; tarragon; or savory

Sage = Poultry seasoning; savory; marjoram; or rosemary

Savory = Thyme; marjoram; or sage

Tarragon = Chervil; dash fennel seed; or dash aniseed

Thyme = Basil; marjoram; oregano; or savory

SAUCES AND DIPS

SAUCES

APPLE CHUTNEY.....	23
APPLESAUCE.....	23
BASIC MEAT SAUCE.....	23
BBQ SAUCE.....	24
CHILE RELLENO SAUCE.....	24
CORIANDER CHUTNEY.....	24
CURRY SAUCE.....	24
FALAFEL HOT SAUCE.....	24
GOAT CHEESE SAUCE.....	24
HERB BUTTER AND OLIVE OIL SAUCE.....	25
HOLLANDAISE SAUCE.....	25
KETCHUP.....	25
MANGO CHUTNEY.....	25
MAYONNAISE.....	25
ONION-PARSLEY SAUCE FOR BEEF.....	25
ORANGE-GINGER SAUCE.....	26
QUICK-N-RICH GRAVY.....	26
ROASTED PEPPER SAUCE.....	26
SESAME SAUCE OR MARINADE.....	26
SHERMOULA.....	26
SPICY YOGURT SAUCE.....	27
TARTAR SAUCE.....	27
VEGETARIAN GRAVY.....	27

WHITE SAUCE/BECHAMEL.....	27
YOGURT TAHINI SAUCE.....	28

DIPS

ALWAYS SMOOTH CHEESE SAUCE.....	28
ARTICHOKES DIPPING SAUCES.....	28
BABA GHANOUSH.....	28
CILANTRO SALSA.....	28
CHEESE-WALNUT DIP.....	28
CHICKPEA AND YOGURT DIP.....	29
CREAMY HUMMUS.....	29
EGGPLANT DIP.....	29
GUACAMOLE.....	29
NACHO SAUCE.....	29
SALSA MIA CASA.....	30
SALSA YUCATECO.....	30
SPICY CHICKPEA PUREE.....	30
SPICY PEANUT DIP.....	30
SWEET VEGETABLE DIP.....	30
TAHINI.....	31
TAPENADE.....	31
VEGETABLE DIP.....	31

Apple Chutney

750 g apples, peeled and chopped
1 t ginger
1 t cinnamon
1 t salt
1 c cider vinegar

Makes 1 liter

1 med clove garlic, minced
½ c orange juice
1 t ground cloves
1 c honey
cayenne pepper

Combine all ingredients in a lg saucepan. Bring to a boil; lower heat and simmer, uncovered, stirring occasionally for 45 min. Cool.

Applesauce

6-8 apples or desired amount
3 teaspoons cinnamon or to taste

½ cup sugar or to taste
½ cup water

Core and peel apples. Cut into small pieces (½ inch or smaller). Mix apple pieces, sugar, and cinnamon in pot. Pour water over top. Place on stove and simmer for about 40 min, or until apples cook down. Drain excess water and drink as apple cider. Serve applesauce warm or cool. Great one to introduce to Moroccans.

Basic Meat Sauce

1-2 green peppers, chopped
2-3 cloves of garlic, mashed
1 t oregano
1 can of tomato paste
a dash of basil

½ k ground lean meat
1 onion, chopped
6-8 tomatoes, peeled and chopped
1 beef bouillon cube dissolved in ½ c water
a dash of salt and pepper

Fry peppers, meat, garlic, onion and oregano over med heat. Cook until onions begin to turn clear. Add tomatoes and stir. Add tomato paste and 3 T of water. Stir. Add beef bouillon (already dissolved in ½ c of water) to mixture. Let sauce cook down, at least 30 min. Before serving, season with basil, salt, and pepper.

Variations:

Sloppy Joe's: Add 1 T Worcestershire sauce and a dash of hot sauce, with sugar to taste.

Macaroni and Meat: Add 1 T chili pepper and 2 c cooked macaroni.



BBQ Sauce

¼ c sugar	¼ t black pepper
½ c vinegar	½ c water
2 T mustard	2 T onions, grated or minced
1 c ketchup	1 clove garlic, crushed

Whisk sugar and black pepper in a saucepan. Stir in remaining ingredients and bring to a boil. Simmer for 15 to 20 min, stirring occasionally. Try adding a pinch of curry.

Chile Relleno Sauce

1 t oregano	1 t chili powder
1 to 2 med cloves of garlic, mashed	1 med onion, finely chopped
1 kg of tomatoes, peeled, and chopped	salt and pepper

Combine ingredients over med heat. Cook 10 to 15 min. Stir frequently. Serve hot over rellenos.

Coriander Chutney

1 c packed cilantro leaves	½ c water
1 ½ T roasted peanuts	1 t cumin seeds
½ t salt	1 slice fresh ginger
1 lg garlic clove	1 fresh green chili pepper

Puree in blender. Serve.

Curry Sauce

¼ c onion, chopped	¼ c sour (green) apples, chopped
¼ c butter	2 ½ T flour
2 t curry powder	1 c chicken stock or water
1 c cream or plain yogurt	½ t lemon peel, grated
½ t of cayenne/Tabasco (opt)	

Sauté onions and apple in butter; add flour and curry powder. Cook 4 to 5 min. Slowly stir in stock or water, cream or yogurt, and lemon peel. Simmer until well blended. For a perfectly smooth sauce, temporarily omit cream, cook 10 min, and strain through a sieve. Add cream and just bring to a boil. Serve with cayenne if desired.

Falafel Hot Sauce

½ kg tomatoes	1 t sugar
juice of 1 lemon	chili sauce to taste
3 cloves garlic	salt to taste
1 T parsley, finely chopped	

Put all ingredients in a sm, heavy pan, and bring to a boil. Simmer uncovered for about 30 min, or until the tomatoes break up. Try adding cumin.

Goat Cheese Sauce

¾ c soft goat cheese	white pepper (or black)
1 c whole milk or vegetable stock	2 t rosemary, basil or thyme
1 garlic clove, grated with ½ t salt	

On a skillet, mash the cheese with the liquid and garlic until partially smooth. Just before serving, simmer it over medium heat, stirring to blend and melt the cheese. The longer you cook the sauce, the thicker it will be. Taste for salt, season with pepper, stir in the herbs and serve.

Herb Butter and Olive Oil Sauce

¼ c parsley, finely chopped	1 t lemon zest
2 T chives, finely sliced	1 shallot or sm onion
1 T tarragon	5 T butter
2 garlic cloves, grated into paste	3 T olive oil
2 T capers, rinsed (opt)	fresh lemon juice

Place the herbs for 1 minute in boiling water, then drain with a strainer and blot dry. Beat the herbs, garlic, salt, capers, lemon zest, shallot, and butter with a wooden spoon, then gradually mix with olive oil. Taste and season with a pinch of salt and lemon juice to taste.

Hollandaise Sauce

2 lg egg yolks	2 T milk
2 t lemon juice or vinegar	¼ t salt
½ c butter, cut in 8 pieces	dash of cayenne pepper

Put egg yolks in heatproof bowl (or top of double boiler) and beat in the vinegar and cream. Season with salt and a little cayenne. Stand bowl in pan of hot water (or top of double boiler over hot water) over a low fire and whisk until the mixture is as thick as heavy cream. It is important that the water should not boil; add cold water if it gets too hot. Beat in the butter, piece by piece, adding another piece only when the previous one has been absorbed.

Ketchup

1 can tomato paste	¼ to ⅓ c sugar
1 ½ cans water	2-3 T vinegar

Mix all ingredients together in a bowl, adding enough water to reach proper consistency. Pour into a bottle, shake before using. Try: black pepper, garlic salt, cinnamon, cumin, nutmeg, oregano, basil, Tabasco sauce, Worcestershire sauce, curry powder.

Mango Chutney

2 sm or 1 lg hard mangoes, chopped into chunks (about 2 c)	
1 T roasted peanuts	1 T brown or white sugar (to taste)
1 T cilantro	1 t coriander seeds
1 ½ t cumin seeds	1 t salt (or to taste)
1 t hot pepper powder	1 T vegetable oil
½ t sesame seeds	

Puree in a blender the mangoes, peanuts, sugar, cilantro, coriander, 1 t cumin seeds, salt, and pepper powder. In a saucepan, heat vegetable oil and ½ t cumin seeds and ½ t sesame seeds until seeds pop. Add to mango mixture. Stir thoroughly and serve.

Mayonnaise

1 egg	dash of cayenne
5 t vinegar or lemon juice	1 c vegetable oil
½ t salt	1 T hot water
2 t mustard	

Place egg, vinegar and seasonings in a blender or use a whisk. Continue to whisk and add oil drop by drop. Gradually increase the flow of oil to a thin stream. Continue until all oil is used or until mayonnaise is the right consistency. Blend in hot water to stabilize. *Variations:* add herbs, garlic, green onions, or olive oil.

Onion-Parsley Sauce for Beef

¾ c finely chopped onion	¼ c butter
2 T flour	½ t salt
2 T vinegar	1 ⅔ c undiluted evaporated milk



½ c water

1 T snipped fresh parsley

Sauté onion in butter in med saucepan over med heat just until tender. Sprinkle flour and salt over onion: mix to coat. Cook 1 minute. Combine vinegar, evaporated milk, and water. Gradually stir into onion mixture. Stir constantly, until mixture just comes to a boil and thickens. Remove from heat. Stir in parsley. Serve with corned beef or hamburgers.

Orange-Ginger Sauce

⅓ c butter

1 lg clove garlic, minced

1 c milk

1 T soy sauce

1 ½ T ginger, freshly grated

⅓ c flour

1 c orange juice

1 t grated orange rind and black pepper to taste

Melt butter. Add ginger and garlic, sauté a minute or two. Whisk in flour; cook, whisking 3 to 4 min. Gradually add milk, still whisking and cook on lowest heat possible for 5 min. Add orange juice, soy sauce, pepper, and orange rind. Cook 10 min longer, stirring occasionally. Serve over baked fish, or steamed or sautéed vegetables.

Quick-n-Rich Gravy

½ c pan drippings

1 ⅔ c evaporated milk

½ t salt

¼ c flour

⅔ c water

⅛ t nutmeg

Combine sm amount of pan drippings with flour to make a paste. Whisk into remaining drippings. Gradually add evaporated milk, water, salt, and nutmeg, stirring to blend. Cook over med heat, stirring constantly, until mixture just comes to a boil and thickens.

Roasted Pepper Sauce

6 lg or 9 med red bell peppers

1 onion, chopped

3 garlic cloves, finely diced

3 fresh tomatoes, finely diced

2 T chopped basil

3 T olive oil

pepper

¼ c parsley, chopped

Bake peppers in a hot oven for about 20 min, turning them 2 to 3 times to get all sides evenly charred (black and blistered). Put them immediately into a covered bowl. When peppers are cool enough to handle comfortably, peel off skins. Don't worry about removing every little fleck of blackened skin and do not wash peppers or you'll lose the roasted flavor. Remove stems, thick inner membranes, and seeds. Slice into thin strips. Cut long strips in half lengthwise. You should have at least 2 cups. Set aside. In a lg skillet, sauté onions and garlic in olive oil for a few min. Add tomatoes and spices; sauté. Puree about ⅓ of the sauce in a blender/food mill (with the smallest holes) and then return to pan. Add parsley. Serve hot. A good sauce for pasta.

Sesame Sauce or Marinade

2 T Dijon mustard

3 T honey

6 T soy sauce

6 T olive oil or sunflower oil

2 T sesame oil

¼ c sesame seeds, toasted

4 to 6 garlic cloves, smashed

1 t ginger

¼ t pepper

Put all the ingredients in a blender and puree until smooth. Great over vegetables or grains.

Shermoula

2 to 3 T parsley, chopped

2 to 3 garlic cloves

¼ to ½ t cayenne

2 t oil

2 T cilantro, chopped

1 T paprika

2 t cumin

2 to 3 hot chilies

With a mortar and pestle, pound parsley and coriander. Add garlic, paprika, cayenne, and cumin and pound some more. On last round of pounding, add oil and chilies. Pound and mix until it becomes a coarse paste. Apply to fish before it is fried or baked.

Spicy Yogurt Sauce

1 c onions, chopped	1 lg tomato, chopped
1-2 chilies, minced	2 t flour
2 T vegetable oil	1 c plain yogurt
1 t cumin	salt to taste
1 t ground coriander	

Sauté onions and chilies in oil until tender, about 10 min. Add cumin and coriander. Sauté for a minute, stirring constantly. Stir in tomato and flour, cook for 2 min. Finally, stir in yogurt. Heat sauce thoroughly, but don't allow it to boil or yogurt will curdle. Add salt to taste and serve.

Tartar Sauce

1 c mayonnaise (see recipe above)	1 T onions, grated
3 cornichons, minced	10 green olives, chopped
2 t vinegar	Tabasco sauce to taste

Combine all ingredients and chill.

Vegetarian Gravy

¼ cup butter	½ c flour
3 c vegetable stock, heated	1 cube vegetable bouillon
¼ c cream	½ t salt
¼ t pepper	

Melt butter in a saucepan over moderate heat, then whisk in flour and cook, stirring, until pale golden, 2 to 3 min. Add stock in a fast stream, whisking constantly to prevent lumps, and bring to a boil, whisking. Add bouillon. Reduce heat and simmer, whisking frequently, until thickened to desired consistency, 6 to 8 min. Stir in cream, salt, and pepper.

White Sauce/Béchamel

Makes 2 cups

This sauce can be used on pastas or as a blanket that covers a gratin. A thin béchamel can often take the place of crème in some situations. Good over steamed or grilled veggies.

2 c milk	3 ½ T butter
¼ c onion, finely diced	3 ½ T flour

Aromatics: 1 bay leaf, 3 parsley springs, Grated nutmeg, 2 thyme springs

Heat the milk with the onion and aromatics in a heavy saucepan over medium heat. Turn it off just before boiling and set aside for 15 minutes to steep. In another saucepan, melt the butter, adding the flour, and stirring constantly over medium heat for 2 minutes. Quickly pour the milk through a strainer into the butter mixture and whisk until thickened. Stir until the sauce comes to a boil. Set the pan over very low heat and transfer to a double boiler (can be made by stacking two saucepans on top of one another). Cook for 25 to 30 minutes, stirring occasionally. (You need the full time of unattended cooking to cook the flour completely.) Season with salt, pepper, and nutmeg to taste. Remove aromatics.

Variations:

Herb Béchamel: Add 1/3 to ½ c chopped herbs (thyme, tarragon or parsley) to the finished sauce.

Nondairy Béchamel: Replace butter with vegetable oil and vegetable stock for milk.

Basic Cheese Sauce: Add 1 c grated cheese and 1 t of paprika and/or cayenne pepper to the béchamel recipe. Good with cauliflower and cabbage.

Sauce Aurore: Add 2 cloves of crushed garlic and ½ onion to melted butter; before sauce is ready to be served, add 2 T tomato paste and 1 T wine.



Yogurt Tahini Sauce

1 garlic clove, grated	1 c yogurt
salt	2 T fresh lemon juice and zest
2 T tahini	

Combine garlic and salt. Stir in tahini, then gradually stir in yogurt and lemon zest. Season with lemon juice to taste. Great in pita sandwiches and on grilled vegetables.

DIPS

Always Smooth Cheese Sauce

2 T butter	1 T flour
½ t dry mustard	¼ t paprika
¼ t salt	¾ c water
1 ⅓ c whole milk	1 ½ c cheddar cheese
1 T Parmesan cheese	

Melt butter in med saucepan. Stir in flour, dry mustard, paprika, and salt. Cook 1 min over med heat. Gradually stir in water and milk. Continue cooking, stirring constantly, until mixture just comes to a boil and thickens. Add cheese; stir over low heat until melted.

Artichokes Dipping Sauces

Lemon: 2 t olive oil or butter, 2 t lemon juice, 1 t salt

Vinaigrette: 2 t vinegar, 2 t olive oil, ½ t paprika, salt and pepper

Mayonnaise: 2 T mayonnaise, 1 t soy sauce

Artichoke preparation:

Remove tough, outer leaves of artichokes. Cut off stem and snip off points with scissors. Steam for 45 min or until leaves pull off easily. Drain and serve hot or cold with dressing. Alternatively, boil artichokes with ½ cube chicken bouillon, 3 to 4 crushed garlic cloves, and pepper.

Baba Ghanoush

1 lg eggplant	2 cloves garlic
3 T tahini (see below)	3 T lemon juice
2 T sesame seeds	1 ½ T olive oil
salt and pepper to taste	

Preheat oven to high heat. Lightly grease a baking sheet. Place eggplant on baking sheet, and make holes in the skin with a fork. Roast it for 30 to 40 min, turning occasionally, or until soft. Remove from oven, and place into a lg bowl of cold water. Remove from water, and peel skin off. Place eggplant, lemon juice, tahini, sesame seeds, and garlic in a blender, and purée. Season with salt and pepper to taste. Transfer eggplant mixture to a bowl, and slowly mix in olive oil. Chill 3 hours before serving.

Cilantro Salsa

1 green chili	juice of 1 lime
1 lg bunch cilantro, stems removed	½ t cumin
½ c mint leaves	½ t coriander
2 garlic cloves	salt
½ c plus 2 T olive oil	

For a creamy sauce, coarsely chop the chili, mint, and garlic, and then puree in a blender with ¼ c water and the oil. Add the lime juice, cumin, coriander, and salt. Taste and add more spices if needed.

Cheese-Walnut Dip

1 c crumbled goat cheese (or jben)	2 T olive oil
------------------------------------	---------------

½ c milk
dash of cayenne

1 c chopped walnuts
1 t paprika

Combine a sm amount of olive oil, milk, cheese and walnuts. Mix very well and gradually add remaining ingredients. Blend to a smooth paste in blender if desired.

Chickpea and Yogurt Dip

250 g chick peas, cooked
125 g plain yogurt
salt and pepper

1 t mint, crushed
juice of 1 lemon
rind of ½ lemon, grated

Blend together chickpeas, mint, yogurt, and lemon juice. Season the mixture to taste, and thin with water if too thick. Serve garnished with grated lemon peel. Diced green pepper and/or celery add to the dip after it has been made gives it a pleasant, crunchy texture.

Creamy Hummus

¾ c water
6 cloves garlic, peeled
1 T olive oil
½ t salt
¼ kilo chickpeas (soaked overnight and boiled 1 hour)

½ c tahini
2 lemons, juiced
1 t ground cumin (opt)
¼ t pepper

Process water, tahini and garlic in blender until smooth. Add juice and remaining ingredients; process until smooth; scrape sides occasionally.

Eggplant Dip

1 med eggplant
1 lg tomato, peeled, seeded, chopped
1 green pepper, seeded and finely chopped
¼ t pepper
¼ c olive oil
chopped parsley

Serves 2 to 4
1 sm onion, grated
1 lg clove garlic, crushed
½ t salt
3 T vinegar
sliced black olives

Roast eggplant over a gas flame until skin is blackened and crisp. Cool. Rub off skin with damp cloth and discard. Chop the eggplant pulp. Place eggplant in a bowl and add tomato, pepper, onion, and garlic. Combine salt, pepper, vinegar, and oil in a sm bowl. Pour this dressing over vegetables. Toss well. Garnish with olives and parsley. Can also be served as a salad.

Guacamole

2 ripe (med to lg) avocados, mashed
2 to 3 cloves garlic, crushed
½ c cilantro, chopped
1 chili including seeds, minced

juice of 1 lemon
½ t salt
½ c onion, minced

Mash together all ingredients in a bowl with a fork until smooth, adding water for desired consistency. For a smoother dip, puree in a blender.

Nacho Sauce

1 ½ c onions, chopped
¼ c olive oil
½ t cumin
¼ t cayenne
2 med chopped tomatoes
1 t salt

3 med cloves garlic, crushed
¼ c whole wheat (or regular white) flour
½ t ground coriander
1 lg bell pepper, chopped
2 c mild white cheese, grated
¼ t pepper



12 oz beer or ale

2 t sugar

In a saucepan: sauté onions and garlic in olive oil with salt and spices. When onion is translucent add peppers and tomatoes. Sauté 10 min more, and then sprinkle in flour. Stir and cook about 5 to 8 min, then add the beer. Cook over med heat, stirring frequently, for about 15 min. Then turn the heat way down, cover, and let sauce simmer at least an hour, making sure to come back and stir every 15 min or so. If possible, let the sauce simmer for several hours; it gets better and better. Then sprinkle in the sugar, remove from heat, uncover, and let stand about 45 min. To serve, heat gently, sprinkling in the cheese as it heats. Serve very hot with chips.

Salsa Mia Casa

1 kg tomatoes, peeled and chopped

dash of hot sauce

2 med onions, chopped

1 t chili powder

1 to 2 cloves of garlic, minced

1 to 2 green peppers (charred over an open flame)

Mix tomatoes, onions, and spices. Let sit at least one hour. Char green pepper, remove skin, and add to mixture. The longer the salsa sits before being serving, the stronger the flavor.

Salsa Yucateco

1 ½ c diced onions

½ c green olives, chopped

1 lg green pepper, minced

¼ c olive oil

juice from one lg lemon

1 T paprika

1 t coriander

1 c orange juice

salt and pepper

Sauté onions in olive oil until translucent. Add chopped olives and peppers. Sauté 5 min. Add all other ingredients and simmer 5 to 8 min. Spoon over cooked rice. Or, bake with fish.

Spicy Chickpea Puree

1 t cumin seeds

1 ½ c cooked chickpeas

½ t coriander seeds

2 T olive oil, plus extra to finish

1 to 3 garlic cloves

½ c cilantro

salt

juice of 1 lemon

1/8 to ¼ t cayenne

Toast the cumin and coriander seeds in a skillet over low heat. After they become fragrant, turn them on a plate to cool. In a blender, coarsely puree the garlic, ½ t salt, the cayenne, oil, and cilantro with ¼ c water. Add the spices and chickpeas and puree until smooth. Pile the puree onto a dish, make a depression in the middle, and add a spoonful of olive oil. Also tasty as a layer on a sandwich, topped with tomatoes and cucumbers.

Spicy Peanut Dip

1 c peanut butter

2 green chilies, chopped

1 bunch scallions, chopped

1 T soy sauce

½ c cilantro, chopped

juice and zest of 2 limes

1 t turmeric

Combine all the ingredients in a blender and puree until smooth but flecks of green still remain. Add warm water to thin the sauce if needed. Taste and adjust the balance.

Sweet Vegetable Dip

1 lb carrots

1 t cinnamon

1 lb sweet potatoes

¼ cup olive oil

1 c water

3 T wine vinegar

3 cloves garlic, minced

pinch of cayenne pepper

1 t cumin

Peel carrots and sweet potatoes and cut into sm pieces. Place vegetables in a steamer basket in the pressure cooker along wit 1 cup of water. Seal, cook for 10 min. Remove form heat. Puree (or mash by hand) cooked vegetables in a blender and mix wit remaining ingredients. Taste and adjust seasonings to your personal preference.

Tahini

1 cup sesame seeds

1 T olive oil

Coat a flat baking tray with olive oil and sprinkle the seeds. Bake at 350 degrees for 10 min. Sesame seeds burn quickly so keep an eye on them and flip them often during the 10 min. Once lightly browned, remove from oven and place in a blender to create tahini paste.

Tapenade

½ lb mixed olive, mostly Kalamata

¼ c capers, rinsed

¼ c olive oil

2 to 3 garlic cloves, finely chopped

Makes about 2 cups

grated zest and juice of 1 lg lemon

1 t green peppercorns, chopped

1 t red pepper flakes

If the olive are excessively salty, rinse them in several changes of water. Remove the pits, then chop them by hand and mix with the remaining ingredients. Stored in the refrigerator, this will keep well for up to 2 weeks.

Vegetable Dip

2 containers Jockey

1 soup mix (onion, for example)

Mix and let set for 1 hour so dehydrated soup mix can hydrate. Garnish with fresh slices of carrots, cucumber, peppers, cauliflower, etc. Try adding garlic, cheese, or curry powder.



SOUPS

VEGETABLE STOCK.....	32
BASIC CHICKEN STOCK.....	32

VEGETABLE SOUPS

CAULIFLOWER-CHEESE SOUP.....	33
CHEESE SOUP.....	33
CHILLED CUCUMBER-YOGURT SOUP.....	33
CREAM OF CAULIFLOWER SOUP.....	34
CREAM OF PUMPKIN SOUP.....	34
CREAM OF VEGETABLE SOUP.....	35
CREAMY GARLIC SOUP.....	35
CURRY PUMPKIN SOUP.....	35
GAZPACHO.....	36
GYPSY SOUP.....	36
FRESH BERRY SOUP.....	37
FRUIT SOUP.....	37
HARIRA.....	37
LENTIL SPINACH SOUP.....	37
MEXICAN LENTIL SOUP WITH ROASTED GARLIC.....	38
MINISTRONE.....	38

ONION SOUP.....	38
PISARA.....	38
POTATO AND CELERY SOUP.....	39
ROOT VEGETABLE SOUP.....	39
SPICED LENTIL SOUP.....	39
SPLIT PEA SOUP.....	39
SQUASH POTAGE.....	40
SUMMER VEGETABLE SOUP.....	40
VEGETABLE STEW.....	41
VEGETARIAN CHILI.....	41
VICHYSOISE.....	41

FISH, CHICKEN AND MEAT SOUPS

ASIAN CHICKEN NOODLE SOUP.....	42
BEEF SOUP.....	42
CHICKPEA SOUP.....	43
CREAMY FISH CHOWDER.....	43
MULLIGATAWNY SOUP.....	43
SPANISH MEAT SOUP.....	44
TUNA CHOWDER.....	44

Vegetable Stock

Most of these recipes contain stock or water. You can make delicious soups using plain water as the vehicle, but vegetable stock lends a fuller flavor. The best vegetable stock comes from the discarded skins and innards of the following: onions, apples, garlic, potatoes, carrots, pears, pineapples, melons, bell peppers, peas, zucchini, parsley, tomatoes, scallions, spinach, corn, lettuce, green beans, and beets. Avoid cabbages and broccoli, which can overpower a stock, and eggplant, which can make a stock bitter. And don't use citrus or banana peels. Never use items in a stock that are too old or spoiled. Collect your scraps and refrigerate them in plastic bags or tightly-closed containers until you have enough to fill half a kettle. A good basic recipe is below.

2 large onions	2 medium carrots
3 stalks of celery	1 bulb of garlic
10 peppercorns	1 bay leaf

Cover the scraps in the kettle with water, bring to a boil, and simmer (covered) for about an hour. Strain and cool. Taste before using; occasionally a stock will be bitter, and the bitterness will carry through to the soup. An alternative to making your own stock is using store-purchased bouillon.

Basic Chicken Stock

1 kg chicken parts and bones	4 liters water
4 carrots, chopped	2 onions, chopped
1 t thyme	1 c peas
1 t pepper	1 t rosemary
2 cloves garlic	1g bunch parsley
2 bay leaves	3 stalks celery or 1 t celery seed
1 or 2 chicken bouillon cubes	

Place chicken and bones in pressure cooker with water and bring to a boil. If any foam surfaces, skim off. Add remaining ingredients. Seal cooker and let pressure rise; reduce heat to lowest flame and cook 30 min. Remove from heat, remove lid, and strain stock. Discard bay leaves. If desired, purée vegetables and return to stock. Serve as is or as a base for other soup recipes.

VEGETABLE SOUPS

Cauliflower-Cheese Soup

2 c potato, cubed	3 ½ c cauliflower
1 c carrots, chopped	3 med cloves garlic
1 c onion, chopped	1 ½ t salt
4 c water or stock	1 ½ c grated cheese
¾ c milk	¼ t dill weed
¼ t ground dill or caraway seed	¼ dry mustard
black pepper	¾ c buttermilk
½ cup scallions	

Place potatoes, cauliflower, carrots, garlic, onion, salt, and water in a pot. Bring to a boil; cover and simmer 15 minutes. Let cool 10 minutes. Remove 1 ½ c cauliflower and reserve. Puree in blender until smooth and creamy. Return to pot; stirring over low heat, add cheese, milk, dill weed, ground dill or caraway seed, dried mustard, and black pepper. Add reserved cauliflower. When soup is heated for serving, stir in buttermilk. Top with scallions.

Cheese Soup

1 c carrot, finely chopped	1 c celery, finely chopped
¼ c onion, finely chopped	1 ¾ c chicken stock or water
2 c milk	¼ c flour
dash of paprika	1 c cheese (red ball), grated

In med saucepan, combine carrots, celery and onion; add chicken broth. Bring to a boil; reduce heat. Cover and simmer 15 minutes or until vegetables are cooked. Whisk milk, flour, and paprika in a small bowl; add to saucepan. Stir until thickened and bubbly. Add cheese and stir until melted. Serve as is or with grilled vegetables.

Chilled Cucumber-Yogurt Soup

4 c cucumber, peeled, seeded, and chopped	2 c water
2 c yogurt	11 cloves garlic
several mint leaves	1 T honey
1 ½ salt	¼ t dill weed
chopped scallions or chives	

Puree all ingredients except scallions together in blender. Garnish with scallions and serve cold.

Chinese Egg Drop Soup with Noodles

5 cups chicken stock, OR 4 cups chicken broth plus 1 cup water	
1 t soy sauce	1 c dried fine egg noodles (1 oz) (opt)
1 oz (2 inch piece) fresh ginger	1 garlic clove, smashed
2 lg eggs, lightly beaten	1 to 2 scallions, thinly sliced
1 1/2 t sesame oil, or to taste	

Bring stock, soy sauce, ginger, and garlic to a boil in a 2-quart heavy saucepan. Remove ginger and garlic and discard. Stir in noodles and simmer, uncovered, until tender, about 4 minutes. Stirring soup in a circular motion, add eggs in a slow, steady stream. Simmer, undisturbed, until strands of egg are cooked, about 1 minute. Remove from heat and stir in scallions (to taste) and sesame oil. Season with salt.

Corn Potato Chowder

3-4 potatoes	1 onion
15 oz chicken broth + 15 oz water	2 tsp fresh rosemary
2 cups milk	salt and pepper
olive oil	1 can corn, puree in blender



1 can whole corn

Dice potatoes and onion. Cook in olive oil for a few minutes. Add broth and water, rosemary, salt, pepper. Simmer until potatoes are soft. Add corn and simmer a little more. Add milk and simmer. Don't let it boil hard after the milk is added. To make a thicker chowder crush some of the potato against the side of the pan and stir it in.

Cream of Carrot Soup

2 carrots, sliced	1 lg onion, chopped
½ c butter	1 t salt
4 T flour	½ c water
dash cayenne and black pepper	1 clove garlic, minced
1 t sugar	1 med potato, chopped
4 ½ c milk	½ c cream or plain yogurt

Sauté carrot, onion, butter, and salt in lg soup pot. When onions are translucent, add flour, water, pepper, and garlic; let simmer for a few minutes, constantly stirring. Add sugar, potatoes, and milk. Cover and let simmer on very low heat until vegetables are almost tender. Remove half the vegetables and purée. Return purée to soup; add cream or yogurt. Reheat to serve.

Cream of Cauliflower Soup

1 lg cauliflower	4 T flour
1 plus 2 c milk	salt and nutmeg to taste
1 c water or stock	¼ c parsley, chopped
4 T butter	cheese, grated

Cut cauliflower into small pieces and soak for 30 minutes in salted water to remove dirt. Rinse. Boil 1 c milk and water or stock; add the cauliflower and cook until soft. Puree. Melt butter in a lg saucepan; add flour and stir for several min over low heat. Add remaining 2 c milk. Cook for 10 minutes. Add parsley, salt and nutmeg to taste, top with cheese if desired.

Cream of Pumpkin Soup

1 kg pumpkin, peeled and cubed	1/2 c water
1/4 t salt	3 c milk
2 t washed rice	1 t sugar
1 pinch salt	2 oz cream
1/2 bouquet chopped parsley	croutons (opt)

Cook pumpkin, water, and salt in a half-covered pan over med heat for 20 min. Then drain the pumpkin and sieve or purée it. Boil milk and add rice, sugar, and salt. Cook for 20 to 25 min. over low heat, stirring frequently. Remove from heat. Add cream and parsley; serve immediately with croutons.

Cream of Tomato Soup

2 ½ T butter	4 c chopped tomatoes
2 T tomato paste	1 sm onion, chopped
1 celery stalk, chopped	pinch baking soda
1 ½ t dried basil	2 ½ c vegetable stock or water
pinch ground cloves	1 ½ c milk, as needed
2 T flour	salt and pepper

Melt the butter in a saucepan over medium heat. Add the onion, celery, basil and cloves; cook, stirring occasionally, until the onion is limp, about 5 minutes. Stir in the flour, then add the tomatoes, tomato paste, baking soda, and stock; bring to a boil. Lower the heat and simmer, partially covered, for 20 minutes. Let cool briefly, then puree in a blender until smooth. Return the soup to the pot, add the milk, and season with salt. If the soup is too thick, thin it with additional milk or stock. If the tomato flavor is not as rich as you'd like, deepen it by stirring in a little more tomato paste. Reheat and serve hot with a sprinkling of pepper.

Cream of Vegetable Soup

1 ½ c chicken stock	2 T flour
½ onion, chopped	½ t salt
2 c vegetable(s) of choice	dash pepper
2 T butter	1 c milk

In saucepan, combine stock, onion, and vegetable; boil. Reduce heat; cover and simmer until vegetable is tender. Reserving liquid in a bowl, remove vegetable and mash. In same saucepan, melt butter. Stir in flour, salt, and pepper. Add milk all at once. Stir until mixture is thick and bubbly. Add in mashed vegetable. Cook and stir until soup is heated through. Season to taste with additional salt and pepper.

Creamy Garlic Soup

1 qt milk	4 T butter
1 clove garlic, crushed	1 med onion, finely chopped
3 T flour	salt and pepper to taste

In med saucepan, heat milk on low flame. In skillet, sauté garlic and onion in butter until brown. Gradually add flour, stirring constantly. Mixture will immediately lump together; add it to hot milk. Stir until thickened. If not thickening after 2 to 3 min, add more flour as necessary.

Creamy Pumpkin or Winter Squash Soup

3 Tablespoons butter	1 lb pumpkin or squash, peeled, cut into 1-2 inch cubes
1 lb tart apples, chopped	1 lg onion, roughly chopped
Salt and pepper to taste	4 c chicken, beef, or vegetable stock, or water
½ c dry white wine	1 t fresh tarragon or ¼ t dried tarragon
1 c cream or whole milk	

Place the butter in a saucepan, turn the heat to medium. When it melts, add the pumpkin, apples and onion. Cook, stirring, until the onion softens, 10-15 minutes. Season with salt and pepper. Add the rest of the ingredients and bring to a boil. Turn down the heat to a simmer, cover and let cook for 30 minutes or until pumpkin is very soft. Cool slightly then puree in a blender. Return to pot and add the cream or milk and cook for another minute until hot.

Curried Butternut Squash Soup

2 T olive oil	<i>Serves 8</i>
2 T chopped seeded jalapeño pepper	2 c chopped onion
6 c cubed peeled squash (1 ¼ kg)	1 t curry powder
1 t salt	1 liter water
2 T dry sherry	1 c milk

Heat olive oil in a large pot over medium heat. Add onion; cover and cook onion 5 minutes. Stir in jalapeño and curry, and cook 2 minutes. Stir in squash, water, and salt; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 30 minutes or until squash is tender. Place half of the squash mixture in a blender; process until smooth. Pour the puréed squash mixture into a bowl. Repeat procedure with the remaining squash mixture. Return the puréed squash mixture to pan; stir in the milk and sherry. Cook 5 minutes or until soup is thoroughly heated.

Curry Pumpkin Soup

3 lb pumpkin, peeled and cubed	1 bay leaf
1 cup water	½ t curry powder
4 T butter	½ t ginger
1 lg onion, chopped	¼ t nutmeg
4 c chicken stock	white pepper to taste
1 t salt	1 c half-and-half or milk
garlic (opt)	



Place pumpkin in steamer basket in pressure cooker; pour water over. Seal and cook for 12 minutes. Remove from heat and purée pumpkin. Discard water. In pressure cooker, sauté onion in butter until soft. Add pumpkin with remaining ingredients except half-and-half; bring to a boil. Seal and cook 5 minutes. Remove from heat. Discard bay leaf and purée ingredients. Return mixture to pressure cooker. Add half-and-half; heat gently until warm.

Fava Bean Soup

1 kg fresh fava beans, shelled and peeled	2 turnips, peeled and quartered
1 carrot, cut into 1 inch pieces	2 celery stalks, cut into 1 inch pieces
1 sm onion, diced	1 sm potatoes, diced
2 bay leaves	6 c water
1 ½ t cumin	salt and pepper to taste
40 fresh cilantro springs, stemmed	Harissa (opt)

In a large saucepan, combine the fava beans, turnips, carrot, celery, onion, potatoes, bay leaves, and water. Cover and cook until the vegetables are tender, 15 to 20 minutes. Remove the pan from heat and let cook. Discard the bay leaves. In a blender, puree the vegetables and their broth until smooth. Return the mixture to the pan. Season with cumin, salt, and pepper and heat through. Add the cilantro, reserving a few leaves for garnish. Serve with harissa on the side, if you like, and garnish with cilantro.

Gazpacho

4 c tomato juice/purée	1 sm onion, minced
2 c tomatoes, diced	1 c green pepper, minced
1 t honey	1 clove garlic, crushed
1 cucumber, diced	2 scallions, chopped
juice of ½ lemon	juice of 1 lime
2 T vinegar	1 t tarragon
1 t basil	dash of cumin
dash of Tabasco sauce	parsley
2 T olive oil	salt and pepper
½ crushed coriander seed	celery, minced (opt)

Combine all ingredients and chill. Puree if desired.

Gypsy Soup

2 c onion, chopped	2 cloves garlic, crushed
2 c sweet potatoes, peeled and chopped	3 to 4 T olive oil
1 t tumeric	1 t salt
dash of cayenne	2 t paprika
1 t basil	dash of cinnamon
1 bay leaf	1 c tomatoes, chopped
½ c zucchini, chopped	¾ c green pepper, chopped
1 ½ c cooked chickpeas	

In soup pot, sauté onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings except soy sauce and stock or water. Simmer, covered, 15 minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or until all vegetables are tender. Optional: substitute peas for green pepper; carrots or pumpkin squash for sweet potatoes.

French Onion Soup

1 t olive oil	<i>Serves 4</i>
2 c vertically sliced red onions	2 c vertically sliced white onions
¼ t pepper	¼ t sugar
4 c beef broth	1/8 t salt
2 T fresh thyme, chopped	2 T dry white wine (opt- to intensify flavors)
	4 oz (about ½ c) baguette, cut into 1-inch cubes

4 oz Swiss cheese or red ball

Heat olive oil in sauce pan over medium high heat. Add the onions and sauté for 5 minutes or until tender. Stir in sugar, pepper, and salt. Reduce heat to medium; cook 20 minutes, stirring frequently. Increase heat to medium-high and sauté for 5 minutes or until onion is golden brown. Stir in wine, and cook for 1 minute. Add broth and thyme and bring to a boil. Cover, reduce heat, and simmer 2 hours (extended cooking time helps to tenderize the onions). Place bread on single layer on baking sheet, broil 2 minutes or until toasted, turning after 1 minute. Place soup in oven safe bowls, top with bread and 1 cheese slice. Broil 3 minutes or until cheese begins to brown.

Fresh Berry Soup

1 qt fresh orange juice	4 c yogurt, buttermilk, or sour cream
1 T honey (or to taste)	2 T fresh lemon or lime juice
dash of cinnamon	dash of nutmeg
1 ½ pt fresh strawberries	

Whisk together everything except berries. Chill 1 hour. Wash and drain berries. Blueberries, raspberries, or black raspberries should be left whole. Lg strawberries should be sliced. Wild strawberries should be left whole. To serve, divide berries into individual serving bowl. Ladle soup on top. Garnish with sprigs of mint.

Fruit Soup

3 c fruit, puréed	1 banana
1 apple, peeled and chopped	1 peach, peeled and chopped
½ c melon, chopped	1 c yogurt or buttermilk
honey to taste	

Puree all ingredients. Thicken with more bananas if desired; thin with fruit juice. Top each serving with fresh mint.

Harira

2 liters water	1 c lentils
2 t pepper	1 t saffron
2 T olive oil	1 ½ c chick peas, crushed into halves
1 onion, chopped finely	1 bouquet cilantro, chopped
2 heaping T celery, chopped finely	2 tomatoes, grated
2/3 c vermicelli noodles	2 c white flour
3-4 T salt	1 T tomato paste with a little water
1-2 eggs, beaten	

Bring water to a boil. Add lentils, pepper, saffron, oil, and then cover. Prepare the chick peas, add, then recover the pot. Chop and add the onion, then recover. Chop and add cilantro and celery, then recover. Grate tomatoes, add, and recover. Let boil for 1 hour. Add another teapot of water. Mix tomato paste with some water then add. Add the vermicelli. Mix flour with water with finger, let sit. Boil for 15 minutes more. Add flour to the pot and stir. Cook until soft, about 1 hour more. Before serving, pour in the beaten eggs and stir entire mixture.

Lentil Spinach Soup

1 c lentils, cleaned and rinsed	1 bay leaf
7 c stock	½ t plus ½ t salt
2 T olive oil	1 lg onion, finely diced
2 cloves garlic	3 T parsley, chopped
vinegar	pepper
3 med tomatoes, peeled, seeded, chopped; juice reserved	
1 bunch spinach or other green (about ½ kg), stems removed and leaves washed	
grated parmesan cheese or crème fraiche (see substitutions section)	



Put lentils and bay leaf in a soup pot with water, reserved tomato juice, and ½ t salt. Bring to a boil and skim any foam from surface; lower heat to a simmer. While lentils cook, heat oil in a skillet, add onion and ½ t salt; cook briskly for a few min, lower heat; stir in garlic and parsley. Continue cooking until onion is soft. Add tomatoes and cook for 5 minutes; then combine with lentils. Cut spinach leaves into ½” strips; there should be about 4 c. When lentils are soft, stir in spinach by handfuls. Once cooked down, thin soup with water if necessary and taste for salt. Simmer 5 minutes; then add vinegar to taste, to brighten flavors. Serve with freshly-ground pepper and parmesan cheese, or a spoonful of creme fraiche.

Mexican Lentil Soup with Roasted Garlic

1 whole garlic head	2 T plus 1 t olive oil
1 lg onion, chopped	2 medium carrots, chopped
2 stalks celery, chopped	8 c vegetable or chicken broth or water
2 c lentils, rinsed	½ c parsley, chopped
2 bay leaves	1 t cumin
½ t coriander	1 ½ t hot pepper sauce
½ t pepper	1 t sherry vinegar (opt)

Remove papery white skin from garlic head (do not peel or separate the cloves). Rub 1 t oil over garlic head, wrap in foil and bake at 325 F for 1 hour; cool for 10 minutes. Separate the cloves, squeeze to extract garlic pulp. Discard skins. Heat 2 T olive oil over medium heat. Add onion, carrot, and celery; sauté 5 minutes or until softened. Stir in broth lentils, parsley, and bay leaves; bring to a boil. Cover and reduce heat, and simmer 25 minutes or until lentils are tender. Remove and discard bay leaves. Place 2 cups lentil mixture in blender, add cumin, coriander, hot pepper sauce, and pepper. Process until smooth. Return pureed mixture to pot and stir well. Stir in vinegar.

Minestrone

1 ½ c dry white beans	2 c cabbage, finely shredded
2 med carrots, chopped	1 med zucchini, sliced
1 lg onion, chopped	1 c peas
2 stalks celery, chopped	1 t dried basil, crushed
1 clove garlic, minced	½ t ground sage
4 c chopped, peeled tomato	1 ½ c uncooked pasta

Pick over and wash beans well; combine with 9 cups water. Bring to a boil; reduce heat. Simmer 2 minutes. Remove from heat. Cover and let stand at least 1 hour (up to overnight). Do not drain. Add carrots. Cover; simmer 2 ½ to 3 hours. Add next 9 ingredients, 2 t salt and ¼ t pepper. Bring to a boil; stir in pasta. Reduce heat; simmer 25 minutes.

Onion Soup

5 c onions, thinly sliced	2 sm gloves crushed garlic, crushed (opt)
6 T butter	½ t dry mustard
dash of thyme	1 qt stock or water
1 T soy sauce	3 T dry white wine
dash of white pepper	1-2 t salt
1 c grated cheese	croutons

Sauté onions (and garlic, if using) in lg pot with lightly-salted butter over low heat. When brown, add mustard and thyme; stir well. Add remaining ingredients except for croutons and cheese. Simmer over low heat for 30 min. Serve topped with remaining ingredients.

Pisara

2 cups dried fava beans (ful)	4 cups water
1-2 t olive oil	½ t salt

Condiments: Olive oil, lemon wedges, pepper flakes, cumin, salt, sautéed garlic with butter

For this Moroccan favorite, de-skin the beans. Put in pressure cooker with water, salt and oil. Cook 35-40 minutes or until beans are easily mashed. Stir/whisk/mash. Add water if thinner consistency desired. Serve with condiments of your choice on the side.

Potato and Celery Soup

2 T butter	2½ c celery, diced
1 c onion, diced	3 medium potatoes, diced
4 c water	2½ t salt
⅛ t allspice	½ t thyme, opt
½ c cream or milk	

Heat butter in pressure cooker and sauté celery and onion until soft. Add remaining ingredients except cream. Bring to a boil and seal; cook for 5 minutes. Remove from heat. Add cream and reheat but do not boil. Taste to adjust seasonings and serve.

Root Vegetable Soup

10 c water	1 T olive oil
3 carrots (1 ½ c), sliced	1 med onion, chopped
4 cloves garlic, chopped	6 beets, trimmed, peeled, sliced
1 sm cabbage, chopped	3 T tomato paste
3 T sugar	2 T vinegar
salt and pepper to taste	

Heat water and oil in a huge pot over high heat. Add carrots, onion, and garlic. Cover and cook 5 minutes. Add beets and cabbage. Cover and cook 10 minutes. Add tomato paste, sugar, and vinegar; bring to a boil. Reduce heat and simmer for 90 minutes. Add salt and pepper to taste.

Spiced Lentil Soup

2 ½ c lentils	3 ½ liters water
1 ½ t salt	¼ c olive oil
2 onions, chopped	5 cloves garlic, sliced
2 lg bay leaves	½ t cinnamon
½ t ground cloves	½ ginger
1 ½ T cumin	2 ½ T minced chili peppers
¼ c parsley, chopped	2 to 3 T butter
black pepper to taste	paprika (opt)

Put lentils in large pot with water and salt; bring to a boil, then lower the heat and simmer for 1 hour. Heat olive oil in a skillet; sauté onion, garlic, and bay leaves until onion begins to color. Add cinnamon, cloves, ginger, and cumin. Stir over low heat for about 2 minutes. Stir onion-spice mixture into soup along with chilis and parsley. Let soup simmer for another hour, stirring occasionally. When lentils are completely soft, purée at least half the soup. Return puréed soup to pot and stir in butter. Grate a generous amount of pepper over the soup and taste; adjust seasonings as necessary. Serve soup hot with paprika sprinkled on top.

Spinach Potato Soup

5 med potatoes, chopped	<i>Serves 6</i>
4 to 6 c spinach (loosely packed)	1 lg red onion, chopped
1 lg tomato, skin removed and chopped	1 T salt
1 to 2 c milk	4 cloves garlic, minced
	pepper to taste

Put all ingredients in saucepan. Add enough water to cover. Cover and place over high heat. Boil 20 minutes or until potatoes are soft. Ladle mixture into blender and purée. Pour into large bowl; repeat until all soup has been puréed. Return soup to pot. Add milk and heat until almost boiling. Serve immediately.

Split Pea Soup

3 c dry green peas, mashed	7 c water (more if needed)
----------------------------	----------------------------



1 bay leaf	2 t salt
1 c onion, minced	3 cloves garlic, crushed
1 c celery, minced	1 sm potato, thinly-sliced
1 cup carrots, chopped	2 T olive oil
¼ c dry red wine	¼ t dry mustard
¼ thyme	a few drops sesame oil
3 T vinegar	1 cup tomato, chopped
¼ cup parsley, chopped	

Simmer peas in water, bay leaf, and salt for 3 to 4 hours. Remove bay leaf. Saute onion, celery, carrots, garlic, and potato in olive oil. When tender, add to soup. Simmer 15 minutes. Stir in wine, mustard, thyme, and sesame oil. Simmer 15 minutes. Before serving, add remaining ingredients.

Squash Potage

1 kg squash, peeled and chopped	1 lg onion, chopped
½ kg cauliflower, potato, or rice	1 c milk
¼ c cheese, opt	½ t pepper
¼ t nutmeg	salt to taste

In a lg sauce pan, boil squash, onion, and cauliflower, potato, or rice in as little water as necessary. When cooked, blend vegetables and water (add cheese if desired). Return potage to pot and add milk and spices. Heat until potage starts to boil. Serve.

Summer Vegetable Soup

2 lg potatoes	1 c peas
1 sm can corn	1 ½ c onion, diced
2 med carrots, diced into cubes	1 c cauliflower, diced
1 green pepper, diced	2 sm zucchini, diced
3 T butter	2 c water
2 liters milk, warmed	1 ½ t salt
¼ t black pepper	¼ t nutmeg and a dash of thyme

Scrub and dice potatoes. Cook in 2 c water until soft. Mash or purée with cooking water. Add peas and corn to purée. Heat butter in a heavy skillet and sauté onions and salt for 10 minutes. Add other ingredients in order listed, sautéing 8 minutes after each addition. When all vegetables are bright and tender, add potato purée. Slowly add warm milk; season to taste. When heated (not cooked), serve immediately.

Tomato Basil Soup

2 medium carrots, finely chopped	<i>Makes 6 cups</i>
1 lg onion, finely chopped	2 stalks celery, finely chopped
1 T olive oil	6 cloves garlic, minced
1 kg tomatoes, chopped	1 c water
1 t salt	½ c fresh basil OR 2 T dried basil with ½ c fresh parsley
	1 T balsamic vinegar

In a large saucepan, cook carrots, celery, onion, and garlic, covered in hot oil over medium low heat for 10 minutes. Stir occasionally. Then transfer to a blender and add the water. Cover and blend until smooth. Return to pan. Stir in half of the tomatoes, half of the fresh basil or all of the dried basil and the salt. Bring to a boil and then reduce the heat. Simmer, covered, for 15 minutes. Remove from heat. Stir in the remaining tomatoes, the remaining fresh basil or all of the parsley and the balsamic vinegar. Heat through.

Tortilla Soup

¼ c oil	<i>Serves 8 to 10</i>
5 cloves garlic, chopped	2 onions, finely chopped
1 lb tomatoes, peeled and finely chopped	3 qt chicken or beef stock
oil for frying tortillas	8 to 10 corn or flour tortillas
salt to taste	chopped cilantro
	¾ to 1 lb grated cheese

Heat oil in pressure cooker; add onions and garlic. Sauté until golden brown. Stir in broth and tomatoes; heat until boiling. Seal and cook for 15 minutes. Meanwhile, cut tortillas into 1" wedges. Heat frying oil and fry wedges until crisp. Drain on newspaper. When soup is ready, remove from heat and add cilantro and salt. Divide cheese and tortillas evenly among bowls. Pour hot soup on top and serve with lime wedges.

Turnip Chowder

Serves 6 to 8

2 T unsalted butter	1 lg onion, finely chopped
½ kg turnips, peeled and diced	¾ kg rutabaga, peeled
2 med potatoes, peeled and diced	1 liter chicken or vegetable stock
salt and pepper to taste	

Melt butter in med saucepan over med-low heat. Add onion; cook 2 minutes. Stir in turnips, rutabagas, potatoes, and broth. Heat to boiling; reduce heat. Simmer, uncovered, until vegetables are tender, about 20 min. Remove half of the vegetables and purée in a blender or mash with a fork. Add 1 c broth. Return the puréed mixture to soup. Add salt and pepper to taste. Simmer 5 minutes before serving.

Vegetable Stew

2 med onions	3 cloves crushed garlic
2 med potatoes, cubed	1 eggplant, diced
butter for sautéing	salt and pepper
3 carrots, sliced	½ c red wine
2 med-sm zucchini, cubed	3 T tomato paste
3 T honey	1 t dill

In lg pot, begin sautéing onions, garlic, potatoes, and eggplant in butter. Salt and pepper lightly. When potatoes begin to tender, add carrots and wine. Steam until tender; then add zucchini, tomato paste, honey and dill. Cover and simmer over low heat for 20 minutes. Serve hot, topped with sour cream and chopped parsley.

Vegetarian Chili

2 ½ c raw kidney beans	1 c tomato juice
1 c raw bulgar wheat	1 ½ c onion, chopped
4 cloves garlic, crushed	3 T olive oil
1 c each chopped: celery, carrot, green pepper	2 c tomatoes, chopped
juice of ½ lemon	1 t ground cumin
1 t basil	1 t chili powder (or to taste)
salt and pepper	3 T tomato paste
3 T dry red wine	dash of cayenne (more to taste)

Put kidney beans in saucepan; cover with 6 c water. Soak 3 to 4 hours. Add more water and 1 t salt. Cook until tender (about 1 hour). Watch water level; add more if necessary. Heat tomato juice to boil. Pour over bulgar. Cover and let stand at least 15 minutes (it will be crunchy so it can absorb more later). Sauté onions and garlic in oil. Add carrots, celery and spices. When vegetables are almost done, add peppers, tomatoes and lemon juice. Cook until tender. Combine all and heat together gently. Serve topped with cheese and parsley.

Vichyssoise

1 lg onion, chopped	¼ c butter
4 med potatoes, sliced thinly	4 c water
1 ½ to 2 t salt	2 c milk
1 c plus 1 c heavy cream	chopped scallions
fresh pepper	

Lightly brown onions in butter. Put onions and potatoes in pot with water. Boil until potatoes are tender, about 20 min. Add salt. Puree or mash with cooking water. Strain or sieve to remove any chunks. Whisk in



milk, 1 c cream and pepper. Heat just to boiling point but do not boil. Remove from heat and chill. Add remaining cream. Serve topped with scallions.

White Bean, Chard and Noodle Soup

2 T olive oil	1 sm onion, finely diced
½ c celery leaves, chopped	4 c vegetable broth or water
6 oz tomato paste	15 oz can of white beans with their liquid
15 oz can chickpeas with their liquid	1 lb chard or other dark green, finely chopped
20 fresh parsley sprigs, minced	½ c 1 inch long vermicelli noodles
salt and pepper to taste	2 t Harissa
lemon wedges to garnish	

In a large saucepan over medium high heat, heat the oil and cook the onion, stirring occasionally, until tender, about 6 to 8 minutes. Add the celery leaves and stir until wilted. Add the broth and the tomato paste and stir to blend. Bring to a low boil. Add the white beans, chickpeas, chard, parsley, and noodles. Cook, covered, until the vegetables are tender, 10 to 15 minutes. Season with salt, pepper, and harissa. Serve with lemon wedges on the side.

White Bean, Spinach, and Barley Stew

1 c uncooked pearl barley	3 c water
1 t olive oil	1 c chopped yellow onion
2 cloves garlic, minced	1/2 t dried rosemary
3/4 c small mushrooms	15 oz can white beans
2 cups fresh spinach or other green	3 tomatoes, diced
1 pinch red pepper flakes	1 T dried basil
1 T dried oregano	salt and pepper

Bring the barley and water to a boil in a pot. Cover, reduce heat to low, and simmer 30 minutes, or until tender. Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary. Mix the mushrooms, basil, and oregano into the pot, and cook 5 minutes. Stir in the cooked barley, beans, tomatoes, and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.

FISH, CHICKEN AND MEAT SOUPS

Asian Chicken Noodle Soup

4 c chicken broth	<i>Makes 3 servings</i>
¾ c dried egg or spaghetti noodles	1 c water
1 t grated fresh ginger	1 T soy sauce
1 med red pepper, diced	1/8 t crushed red pepper
½ c scallions, thinly sliced	1 med carrot
1 c fresh peas with their pods, halved	1 c cooked chicken, chopped

In a large saucepan, combine chicken broth, water, noodles, soy sauce, ginger, and red pepper. Bring to a boil. Stir in the red pepper, carrot, and scallions. Return to boiling and reduce heat. Simmer, covered for 4 to 6 minutes or until vegetables are crisp-tender and noodles are tender. Stir in chicken, peas, pea pods. Simmer, uncovered, for 1 to 3 minutes or until pea pods are crisp-tender.

Beef Soup

1 T butter	1 c onion, chopped
2 c beets, chopped	½ c carrots, chopped
1 beef bouillon cube	2 c boiling water
1 c cabbage, shredded	salt and pepper to taste
1 T vinegar	1 T sugar
½ t instant coffee (opt)	1 carton plain yogurt

Sauté onions in butter until translucent; add beets, carrots, and boiling water. Simmer, covered, for 20 minutes. Dissolve beef bouillon in boiling water; add with cabbage and seasonings to soup. Simmer for 15 minutes. Serve with a dollop of yogurt in each bowl.

Chicken and Rosemary Soup

1 lg onion, chopped	2 t olive oil
1 c chicken broth or water	1/8 t pepper
3 c milk	4 t cornstarch
1 zucchini, quartered and sliced	1 c peas
1 ½ t rosemary	2 c cooked chicken
½ c Parmesan cheese (opt)	

In a large saucepan, cook onion in hot oil until tender. Stir in chicken broth and pepper. Bring to a boil. Meanwhile, stir together milk and cornstarch until smooth. Add milk mixture to broth mixture. Stir in zucchini, peas, and rosemary. Cook and stir until thickened and bubbly. Reduce heat; cook and stir for 2 minutes more. Stir in chicken and Parmesan cheese and heat through.

Chickpea Soup

1 kg chickpeas, cooked	½ kg meat on bone
½ t saffron	½ t pepper
½ t salt	1 lb pumpkin, diced
2 onions, sliced	1 sprig parsley, chopped
1 ½ liters water	

Heat all ingredients over med heat for 30 min. Remove meat and purée soup. To serve, divide meat in serving bowls and pour soup over.

Creamy Fish Chowder

1 c onion, chopped	1 clove garlic, pressed
3 T butter or olive oil	2 carrots, chopped
2 celery stalks, chopped	2 lg potatoes, chopped
2 sm squash, chopped	1 green pepper, chopped
salt and pepper	½ t marjoram
1 ½ dill	3 c water or vegetable stock
1 ½ lb firm white fish, cubed	1 c milk
chopped parsley	lemon wedges

Sauté onions and garlic in butter until onions are translucent. Add veggies and sauté 15 minutes. Add salt, pepper, herbs, water or stock and fish; simmer until fish is just cooked, about 5 to 10 minutes. Stir in milk and adjust seasonings. Garnish with parsley and lemon wedges.

Meatball Soup

2 T oil	<i>Serves 6 to 8</i>
2 cloves garlic, minced	1 onion, minced
2 ¾ liter beef stock	1 sm can tomato sauce
750 g ground beef	2 carrots, sliced
1 egg, slightly beaten	¾ c rice, uncooked
1 ½ t salt	1 T mint, chopped
	¼ t pepper

Heat oil in pressure cooker; cook onion and garlic until soft. Add tomato sauce, stock, and carrots. In a small bowl, combine beef, rice, egg, mint, salt, and pepper. Form into 1" balls. Bring stock to a boil and drop in meatballs. Seal and cook for 10 minutes.

Mulligatawny Soup

1 liter chicken stock	¼ c chopped green pepper
2 c cooked chicken, chopped	2 c tomatoes, peeled and chopped



1 T parsley	2 t lemon juice
1 med apple, peeled and chopped	1 t sugar
¼ c onion, finely chopped	1 t curry powder
¼ chopped carrot	⅛ t ground cloves
¼ c chopped celery	¾ t salt
dash of pepper	

In lg saucepan, combine all ingredients. Bring to a boil and reduce heat. Cover; simmer 20 min, stirring occasionally.

Sesame Beef and Pea Soup

Makes 6 cups

4 c beef broth or water	1 c water
1 c peas	1/3 c yellow pepper
1/3 c scallions, thinly sliced	1 ½ t sesame oil
1 t grated fresh ginger	8 oz (about 1 ½ c) cooked beef, cut into bite size pieces
1 T rice or white vinegar	2 c hot cooked rice

In a large saucepan, combine beef broth, water, peas, pepper, scallions, sesame oil and ginger. Bring to a boil and then reduce heat. Simmer, covered, for 4 to 5 minutes or until vegetables are crisp-tender. Stir in cooked beef and vinegar and heat through. Serve over rice.

Spanish Meat Soup

1 ¼ kg chicken	1 T salt
250 g beef or lamb, cubed	¼ t nutmeg
1 kg beef bones	lg pinch saffron
2 ¼ liters water	¼ pepper
3 leeks, sliced	2 c chickpeas, soaked overnight
3 to 4 carrots, sliced	¼ c parsley, chopped

Cut chicken into bite-size portions (remove skin to reduce fat content). Place chicken, meat, bones, and water in pressure cooker and boil. Skim any foam that forms on surface. Seal and cook for 20 min. Remove from heat; add remaining ingredients. Stir, reseal, and cook 10 min. Turn off heat and strain off fat. Taste to adjust seasonings.

Tuna Chowder

½ c onion, chopped	1 T plus 3 T butter
1 c carrot, sliced	1 c celery
3 c potatoes, cubed	1 T salt
2 c boiling water	2 to 3 T flour
¼ c plus 1 qt milk	1 can tuna
½ c white wine	2 sprigs chopped parsley

Sauté onion in 1 T butter in lg saucepan until translucent. Add carrot, celery, potatoes, salt, and water. In a sm bowl, cream remaining butter, flour, and ¼ c milk. Add to saucepan along with remaining milk. Heat thoroughly while stirring constantly until thickened. Add tuna, parsley and wine. Serve hot.

Tunisian Fish Soup

Serves 6 to 8

¼ c olive or vegetable oil	2 c onions, chopped
2 garlic cloves, minced	1 carrot, chopped
1 green pepper, chopped	4 c cabbage, finely chopped
1 T ground coriander	½ t ground cumin
3 c tomatoes, finely chopped	1 c tomato juice
2 c vegetable stock or water	⅓ lemon juice
1 c chickpeas, cooked	1 ½ lb firm white fish fillets
Tabasco or other hot sauce	1 lemon, sliced in wedges

Heat oil in lg soup pot. Sauté onions and garlic for 5 min. Add carrots and sauté another 5 min. Add peppers and cabbage; stir vegetables well to coat in oil. Sprinkle in coriander and cumin; stir again. Cover and cook 10 min. Add tomatoes, tomato juice, stock, lemon juice, and chickpeas. Cover and simmer until vegetables are tender. Cut fish into 1" chunks and add to soup. Season with hot sauce. Simmer until fish is white and flaky. Serve with lemon wedges and pita bread.



SALADS AND DRESSINGS

ARTICHOKE WITH DIPPING SAUCE	46	GERMAN POTATO SALAD.....	50
ASIAN VERMICELLI SALAD WITH SLICED CHICKEN	46	GINGER-HONEY DRESSING.....	51
AVOCADO DRESSING	47	GINGER VINAIGRETTE	51
BASIC VINAIGRETTE	47	GREEN GODDESS DRESSING	51
BREAD AND TOMATO SALAD.....	47	LENTIL VINAIGRETTE SALAD	51
BUTTERMILK DRESSING	47	LEVANTINE CARROT SALAD.....	51
CAESAR SALAD	47	MANDARIN AND ONION SLAW	52
CALIFORNIA WALDORF SALAD.....	47	MEXICAN CHICKEN SALAD	52
CARROT AND ORANGE JUICE SALAD	48	MIDDLE EASTERN CARROT SALAD	52
CARROT AND RAISIN SALAD	48	MUSTARD VINAIGRETTE.....	52
CAULIFLOWER AND CARROTS WITH GARLIC.....	48	NEW POTATO SALAD.....	52
CITRUS COUSCOUS SALAD	48	PARSLEY AND TOMATO SALAD	53
CHICKPEA SALAD.....	48	PARTY-IN-YOUR-MOUTH FRUIT SALAD.....	53
CHICKPEAS WITH GINGER VINAIGRETTE .	48	PASTA AND BEAN SALAD	53
CIDER VINAIGRETTE	49	PEAS AND CHEESE SALAD.....	53
CITRUS VINAIGRETTE	49	RICE AND CHICKEN SALAD	54
CRUNCHY CHICKEN RAMEN SALAD	49	RICE SALAD VINAIGRETTE	54
CUCUMBER AND CELERY SALAD WITH YOGURT	49	SALAT TANGIERS.....	54
CURRIED TUNA SALAD.....	50	SPICY BEEF SALAD	55
DANISH WALDORF SALAD	50	THOUSAND ISLAND DRESSING.....	55
FRIED APPLE, PEPPER AND TOMATO SALAD	50	TOMATO AND GREEN PEPPER SALAD	55
		TUNA AND BEAN SALAD	55
		WHITE BEAN AND OLIVE SALAD.....	55

Artichokes with Dipping Sauce

2 artichokes dipping sauce (see below)

Remove tough, outer leaves of artichokes. Cut off stem and snip off points with scissors. Steam for 45 min or until leaves pull off easily. Drain and serve hot or cold with dressing. Alternatively, boil artichokes with ½ cube chicken bouillon, 3 to 4 crushed garlic cloves, and pepper.

Lemon: 2 t olive oil or butter, 2 t lemon juice, 1 t salt

Vinaigrette: 2 t vinegar, 2 t olive oil, ½ t paprika, salt and pepper

Mayonnaise: 2 T mayonnaise, 1 t soy sauce

Asian Vermicelli Salad with Sliced Chicken

2-4 tablespoons of vegetable/argan oil

4 ounces cooked chicken

2 carrots, julienne

2 zucchini, sliced

¼ cup green onions, sliced

Sauce

1 teaspoon freshly grated ginger

3 Tbsp vegetable oil

2 Tbsp rice vinegar (or regular vinegar)

¼ teaspoon salt

Tabasco sauce, to taste

8 ounces vermicelli (1 big package or 2 small packages)

2 garlic cloves, minced

½ medium to small cauliflower cut into small florets

1 red bell pepper cut into short thin strips

½ red onion, sliced

2 Tbsp Peanut butter (or peanut amlou)

¼ cup soy sauce

2 tsp sesame oil

Ground black pepper, to taste

Cook chicken (bake or fry) and break into small pieces. Drop vermicelli into 3 quarts boiling water with 1-1/2 teaspoons salt; cook until al dente (about 3 minutes). Heat the oil in a wok or large skillet over medium high heat. Stir fry vegetables (start with cauliflower for 2 minutes and then add the rest of the vegetables). Add minced garlic for last minute of stir frying for good garlic flavor. Drain the pasta and let cool. Cut vermicelli into smaller strips and add chicken and sautéed vegetable. Toss in a large bowl. Whisk together peanut butter, vegetable oil, soy sauce, vinegar, sesame oil, ginger, salt, pepper, and Tabasco sauce.

Drizzle the mixture over the pasta and toss thoroughly. Serve the salad at room temperature or chilled. Water chestnuts, snow peas and/ or bamboo shoots would be delicious additions. Add a pinch of sugar to the rice vinegar for a sweet and sour salad.

Avocado Dressing

1 lg or 2 sm ripe avocados, mashed	¼ c vegetable or olive oil
pinch of cayenne pepper	⅓ c lemon juice or vinegar
salt to taste	1 clove garlic, pressed
½ cumin	¾ c water

Blend all ingredients, except water, until smooth. Slowly add water, blending, until dressing has a soft mayonnaise-like consistency. Chill 20 min before serving.

Basic Vinaigrette

½ c vinegar or lemon juice	salt and pepper
1 c olive oil	chopped parsley (optional)
1 T mustard	

Bread and Tomato Salad

2 c dry bread cubes	1 T parsley, chopped
2 cloves garlic, minced	1 T lemon juice or vinegar
3 T olive oil	2 c tomatoes, chopped
salt, pepper, sugar to taste	rosemary, thyme, sage (opt)

Sauté bread and garlic in olive oil until garlic is beginning to color and most of the oil has been absorbed. Put bread in dish and add tomatoes. Press lightly so bread absorbs some tomato juice. Season with remaining ingredients.

Buttermilk Dressing

¾ c mayonnaise	½ c buttermilk
1 T parsley, chopped	2 t onion, finely chopped
½ t salt	dash of pepper
1 clove garlic, crushed	

Shake ingredients together in jar with a tight-fitting lid. Refrigerate at least 2 hours. Shake well before serving.

Caesar Salad

¼ c fresh lemon juice	6 oil-packed anchovy fillets, drained, very finely chopped
1 T Dijon mustard	2 garlic cloves, pressed
1 ½ t Worcestershire sauce	1 c olive oil
2 heads lettuce, washed and torn	croutons (see recipe, bread section)

Whisk all ingredients except oil in sm bowl to blend. Gradually whisk in oil. Season to taste with salt and pepper. Pour over lettuce and toss with croutons.

California Waldorf Salad

3 lg apples, cubed	juice from 2 lemons
1 l orange (or 2 mandarins), sectioned	¼ c raisins
½ toasted nuts	1 c yogurt
1 sm avocado	½ t lemon rind
3 to 4 T honey	

Soak apples in lemon juice to prevent browning while making dressing. Puree yogurt, avocado, lemon rind, and honey in sm bowl. Toss all ingredients with dressing.



Carrot and Orange Juice Salad

6 carrots, cored and grated	1 t cinnamon
juice of 1 orange	pinch of salt
2 to 3 t sugar	mint leaves as garnish

Combine all ingredients. Alternatively, purée and serve as a beverage.

Carrot and Raisin Salad

½ c yogurt	½ c mayonnaise
1 T lemon juice	½ t salt
1 T sugar	4 c carrot, grated
1 c raisins	

In lg bowl, whisk together the yogurt, mayonnaise, lemon juice, salt and sugar. Add carrots and raisins; stir until coated.

Cauliflower and Carrots with Garlic

1 med cauliflower	2 med carrots, sliced thin
¾ c olive oil	¾ c vinegar
1 cloved garlic, crushed	salt and pepper
¼ grated cheese	

Break cauliflower into 1" flowerets. Steam with carrots until tender. While hot, toss with remaining ingredients. Serve room temperature.

Citrus Couscous Salad

1 c chicken or vegetable stock, boiling	½ c plus 2 T orange juice
1 c couscous	1 T olive oil
3 T vinegar	¼ c lemon juice
¼ c scallions, chopped	¼ c cilantro, chopped
2 t soy sauce	2 t rated orange peel
2 t fresh ginger, minced	salt and pepper
4 oranges, peeled and sliced	1 T pine nuts, toasted

In med bowl, pour broth and ½ c orange juice over couscous; stir to combine, then cover and set aside. Stir occasionally until broth is absorbed, 5 to 10 min. Meanwhile, in a sm bowl, whisk together remaining orange juice, oil, vinegar, lemon juice, scallions, cilantro, soy sauce, peel, ginger, salt and pepper. Add to couscous, mixing well. Serve immediately or chill 30 min before serving. Mix in oranges and pine nuts just before serving.

Chickpea Salad

¼ c raisins	2 ½ c cooked chickpeas
½ c green pepper, diced	½ c onions, chopped
3 T parsley, chopped	⅓ c olive oil
3 T lemon juice	½ t thyme
¼ t salt	½ t pepper
3 T green olives	

Cover raisins in cold water and soak for 30 min. Drain well. Combine chickpeas, green pepper, raisins, onion, olives, and parsley in salad bowl. Toss. Shake remaining ingredients in a jar with a tight-fitting lid. Pour over salad. Chill 1 ½ hours. Toss again before serving.

Chickpeas with Ginger Vinaigrette

2 c chickpeas	¾ c olive
1 T fresh ginger, sliced thin	2 T red wine
½ c vinegar	3 cloves garlic, whole

salt and pepper

Soak chickpeas in water for 1 ½ hours. Drain, place in saucepan, cover with water and boil until tender (1 to ½ hours). While they cook, prepare dressing. Combine remaining ingredients in lg bowl. Add drained beans to dressing and toss.

Cider Vinaigrette

½ c cider vinegar	¾ c olive oil
¼ c vegetable oil	1 sm clove garlic
salt and pepper to taste	1 t basil
½ t oregano or marjoram	pinch of celery seed
parsley, finely chopped	juice from ½ lemon
juice from ½ orange	

Whisk together all ingredients. For optimal flavor, chill for an hour before serving. Store refrigerated up to a week if using fresh herbs.

Citrus Vinaigrette

½ c orange juice (about 1 orange)	1 T honey
⅓ c grapefruit juice	1 T Dijon mustard
2 T fresh lemon juice	1 T soy sauce
1 T extra-virgin olive oil	2 t fresh ginger, minced and peeled

Combine all ingredients in a blender; process until smooth. Pour into a bowl; cover and chill. Store in an airtight container in the refrigerator for up to one week.

Cole Slaw

1 large head cabbage, shredded	1 green or red pepper, diced
1 onion, diced	1 cup vinegar
1 cup vegetable oil	1 ½ large carrots, shredded
1 cup sugar	

Combine vegetables. Whisk vinegar, oil, and sugar together. Pour over salad, mix, and refrigerate for 6-8 hours. Drain excess liquid, toss, and serve. For a tangy twist substitute balsamic vinegar for the regular vinegar and whisk in 2 T of Dijon mustard.

Crunchy Chicken Ramen Salad

3 Tbsp olive oil	3 oz pkg chicken-flavor ramen noodle soup mix
2 Tbsp sesame seeds	½ cup roasted peanuts
4 green onions, sliced	Carrots, grated large (to taste)
Cabbage, grated large (to taste)	
Cooked chicken (2 breasts/legs or one of each), baked or fried, and cut into small pieces	

Sauce

¼ cup sugar	¼ cup white wine vinegar
1 Tbsp vegetable oil	¼ tsp pepper

Heat 3 Tbsp olive oil in large skillet over medium heat. Break ramen noodles into bite-size pieces and add to oil in skillet along with seasoning packet. Cook and stir for 2 minutes. Add sesame seed and cook and stir about 2 minutes longer, until noodles and seeds are golden brown. In a large bowl, combine sugar, vinegar, oil and pepper. Add chicken, peanuts, green onion, cabbage, carrots, and browned noodle mixture; toss to combine.

Cucumber and Celery Salad with Yogurt

¼ c plain yogurt	2 med celery stalks, sliced thin
½ cucumber, sliced thin and seeded	2 T parsley or cilantro, chopped
2 T lemon juice	1 t olive oil



In bowl toss together celery, cucumber, yogurt, parsley or cilantro, lemon juice, oil, and salt and pepper to taste.

Curried Tuna Salad

1 can tuna fish in water	3 T golden raisins
3 T nuts, chopped	½ med apple, chopped
2 T mayonnaise	4 T plain yogurt
1 T onion, minced	½ t curry powder
handful basil, minced (opt)	

Mix all ingredients together. Adjust seasonings to taste.

Danish Waldorf Salad

3 lg apples, cubed	1 c melon or pineapple chunks
1 stalk chopped celery	1 c sliced carrot
½ c green pepper, thinly sliced	1 sm mandarin, sectioned
¼ c raisins	1 c yogurt
½ c orange juice	juice from 1 lemon
dash of salt	½ t cinnamon
dash of cardamom	½ roasted nuts

Combine all ingredients and chill 1 hour before serving.

Fried Apple, Pepper and Tomato Salad

4 T olive oil	2 cloves garlic, crushed
3 med apples, cored and quartered	1 med onion, finely sliced
2 green peppers, seeded and diced	4 med tomatoes, quartered
salt and pepper	juice of 1 lemon
2 T parsley, finely chopped	2 T mint, finely chopped

Heat oil in lg heavy frying pan and add garlic, apples, onion, and peppers. Fry until lightly browned. Add tomatoes and heat through. Season to taste with salt and pepper; then pour into serving bowl. Arrange neatly and leave cool. Sprinkle with lemon juice and fresh herbs; serve.

Fruited Wild Rice Salad

¾ c plus ¾ c chicken stock or water	<i>Serves 6</i>
¼ c golden raisins	½ c wild rice
⅓ c dried apricots	¼ c dark raisins
¼ c white rice	1 c boiling water
½ c red and green grapes	1 c walnuts, chopped and toasted
2 T chopped parsley	⅓ c scallions, sliced
juice and zest of 1 lemons	¼ c olive oil
2 t mint, chopped	2 t honey
	salt and pepper

Bring ¾ c stock or water to boil in a pressure cooker. Add wild rice and seal. Cook for 15 min. Meanwhile, place raisins and apricots in bowl with boiling water to plump. Remove cooked rice and set aside to cool. Bring remaining stock or water to boil in pressure cooker, add white rice, seal, and cook for 6 min. When done, combine rices. Mix walnuts, grapes, and green onions with rice. In blender, combine parsley, olive oil, lemon juice and zest, honey, mint, salt and pepper until well-mixed. Add dressing to rice and toss thoroughly. Serve at room temperature.

German Potato Salad

6 med potatoes	dash pepper
1 t celery seed	1 c water
4 T vegetable oil	½ vinegar

2 T flour	2 T sugar
1½ t salt	½ c onion, chopped
2 hard-boiled eggs, sliced	

Boil potatoes in skins until tender but do not overcook. Peel and slice while still warm. In lg skillet, mix together remaining ingredients except onion and eggs. Cook and stir until thickened and bubbly. Stir in potatoes and onion. Cook about 5 min or until heated through, tossing lightly. Add eggs; toss lightly to mix.

Ginger-Honey Dressing

2 T lemon juice	2 T honey
1 T vegetable oil	½ t ground ginger

Shake ingredients together in jar with a tight-fitting lid.

Ginger Vinaigrette

1 T fresh ginger, sliced thin	¾ c olive
½ c vinegar	2 T red wine
salt and pepper	3 cloves garlic, whole

Greek Salad

½ sm green bell pepper, chopped	<i>Serves 6</i>
½ sm red onion, sliced	¼ seedless cucumber, chopped
⅓ cup black olives, rinsed	1 cup cherry tomatoes, halved
2 teaspoons fresh lemon juice	2 teaspoons finely chopped fresh oregano
1 (6-oz) piece feta, quartered	2 tablespoons extra-virgin olive oil

Toss together all ingredients except feta, then season with salt and pepper. Put feta on 4 serving plates and top with salad.

Green Goddess Dressing

1 c mayonnaise	½ c plain yogurt
¼ c scallions, finely chopped	1 T lemon juice
1 clove garlic, minced	salt and pepper
¼ c parsley	1 T vinegar
3 anchovy fillet, minced (opt)	

Combine and serve as a salad dressing or on fish. For a richer sauce, substitute yogurt for mayonnaise.

Lentil Vinaigrette Salad

250 g cooked lentils	1 onion, diced
1 clove garlic, pressed	3 c white wine (or vinegar with lemon juice)
4 t oil	4 t parsley, chopped
1 t lemon juice	2 tomato wedges
½ t thyme	½ head lettuce, washed thoroughly

Combine lentils, onion, garlic, and wine in a saucepan; simmer 3 min. Remove from heat; add remaining ingredients except lettuce. Chill and serve on lettuce.

Levantine Carrot Salad

¾ c dried chickpeas or white beans	250 g carrots
⅓ c olive oil	¼ c red wine vinegar
2 T plus 1 t lemon juice	1 lg clove garlic, crushed
¼ c parsley, minced	3 to 4 slender scallions, minced
⅓ c fresh dill (2 T dried)	1 t salt
pepper	½ t cumin
½ c sesame seeds	¾ c yogurt



2 T parsley, minced
1 sm clove garlic, minced

1 T honey
up to 1/3 c water (opt)

Soak chickpeas or white beans in plenty of water at least 4 hours (or overnight). Cook in gently boiling water until tender, about 30 min. Drain. Peel carrots and cut into thin, match stick-size pieces about 1/2" long and 1/4" wide. Steam until just tender (5 to 10 min); refresh under cold water and drain. Combine olive oil, vinegar, lemon juice, garlic, parsley, scallions, dill, and spices in lg bowl and chill 1 hour. Meanwhile, grind sesame seeds. Combine with remaining ingredients in sm bowl. Thin with water if desired. Chill 30 min. To serve, spoon a dollop of topping onto each salad.

Mandarin and Onion Slaw

Peel mandarins. Using sharp knife, slice off inner edge to remove seeds. Place sections in a dish. Arrange onion over mandarins. Sprinkle with lemon peel. In med bowl, mash garlic with salt, using back of spoon. Stir in mustard and lemon juice. Very slowly whisk in oil; mixture will be quite thick. Add orange juice. Pour over onion-mandarin plate. Sprinkle with pepper to taste. Serve chilled.

Mexican Chicken Salad

1 Tbsp olive oil	2 whole chicken breasts, skinned, boned, cut into 2" strips
1/2 tsp garlic salt	16 oz canned corn, rinsed and drained
1 cup chopped tomatoes	15 oz can red beans, rinsed and drained
1 green onion, chopped	1 red bell pepper, chopped
10 oz lettuce	2 avocados, peeled and chopped
2 cups shredded cheese	3 cups slightly crushed tortilla chips
1 cup sour cream (or sugarless Perly yogurt, 4 packets)	

Homemade salsa

Sauce

1/4 cup cider vinegar	3 Tbsp honey
1-1/2 tsp cumin	1/4 tsp salt
Pepper to taste	

For dressing, combine vinegar, honey, cumin, salt, and pepper and mix well; set aside. Heat oil in large skillet. Sprinkle chicken with garlic salt, then sauté in pan until no longer pink, about 5 minutes. Combine cooked chicken, corn, tomatoes, beans, onions, and red peppers in large bowl. Stir in dressing. Chill at least 1 hour. (I prepare it up to this point and chill until the next day.) When ready to eat, combine chicken mixture with lettuce. Serve along with avocados, cheese, tortilla chips, sour cream and salsa. (Optional)

Middle Eastern Carrot Salad

4 c carrots, grated	3 T lemon juice
3 T vegetable oil	1/2 t coriander seeds
1/4 t salt	2 t fresh mint, chopped
1 T parsley, chopped	1 to 2 t honey or sugar

Combine all ingredients. Chill 1 hour before serving.

Mustard Vinaigrette

1/2 c vegetable oil	1/4 c olive oil
1/3 c vinegar, wine, or lemon juice	2 cloves garlic, pressed
1/4 t salt	1 T mustard
1/8 t pepper	1 T parsley, chopped

Shake ingredients together in jar with a tight-fitting lid. Try adding basil, dill, tarragon, oregano, marjoram, or honey.

New Potato Salad

2 1/2 lb red new potatoes (very sm)	vinegar
1 T Dijon mustard	salt and pepper

2 scallions, sliced	¼ c fresh dill
1 c olive oil	1 cup Jockey (green)

Scrub potatoes but do not peel. Leave sm potatoes whole and cut lgr ones in half. Boil in a sealed pressure cooker 7 to 9 min. Meanwhile, make dressing: in a sm bowl, whisk vinegar, olive oil, mustard, salt and pepper until blended. Place potatoes in cold water to cool; cut in half, add dressing and mix well. Gently stir in onions, dill, and Jockey. Chill 30 min before serving.

Parsley and Tomato Salad

1 bunch parsley, stemmed, and chopped	1 sm bunch scallions, trimmed and finely chopped
4 T cilantro, finely chopped	2 med tomatoes, cut in ½" cubes
½ c green olives, pitted and chopped	1 clove garlic, crushed
1 t dried mint	½ t salt
½ t pepper	3 T olive oil
4 T lemon juice	

In a salad bowl, gently toss parsley, onions, cilantro, tomatoes, and olives. Make sauce with remaining ingredients, then pour over vegetables. Toss before serving.

Party-in-your-Mouth Fruit Salad

1 kg apples, peeled, cored, chopped	1 kg grapes
1 kg bananas, peeled, chopped	½ kg dates, de-seeded, chopped
1 kg mandarins, peeled, chopped	½ liter whipping cream
powdered sugar to taste	lemon juice

Mix fruit. Add a little lemon juice to preserve apples and bananas. Whip the cream. The best technique I found for this (unless you have egg beater) is to pour cream in your Nalgene and shake. Mix in powdered sugar until it tastes like Cool Whip. Add fruit. Chill. Best if eaten on same day.

Pasta and Bean Salad

½ kg white beans, presoaked	2 med onions, quartered
juice of 1 lemon	1 t salt
½ t pepper	3 T parsley, chopped
2 T peas	1 t fresh rosemary
250 g cooked, drained macaroni	¾ c olive oil

Cover beans with water in lg pot, add onions and cook 2 hours or until tender. Drain well. In sm bowl, mix together lemon juice, salt, pepper, parsley, peas, rosemary, and oil. Gently toss pasta, beans, and dressing together.

Peas and Cheese Salad

⅓ to ½ c mayonnaise or salad dressing	½ t salt
½ c Dijon mustard	¼ t sugar
⅛ t pepper	1 lb peas
1 c cheese, diced	1 med stalk celery
3 cornichons, chopped	2 T onion, finely chopped
2 hard-boiled eggs, chopped	

Mix mayonnaise, salt, mustard, sugar and pepper in a lg bowl. Add peas, cheese, celery, cornichons, and onion; toss. Stir in eggs. Cover and refrigerate 1 hour or until chilled. Serve on lettuce leaves.

Potato Salad

6 med potatoes	<i>Serves 8</i>
2 med tomatoes, diced	2 hard-boiled eggs, chopped
1 green pepper, diced	1 red pepper, diced
parsley, chopped	2 scallions, minced
	¾ c mayonnaise



½ t salt	pepper
dash of soy sauce	½ t mustard
½ t tarragon	½ c vinegar (opt)

Scrub potatoes and boil in skins until tender but do not overcook. Drain and cool. Combine with remaining ingredients. Chill before serving.

Rice and Chicken Salad

2 c cooked rice	1 onion, diced and soaked in water
½ cooked chicken breast, diced	¼ c raisins
¼ c peas, cooked	50 grams blanched almonds
¼ c green pepper, diced	¼ c celery
1 ½ T vinegar	½ t Worcestershire sauce
2 ½ T mayonnaise	salt and pepper

Drain onion. In lg bowl, combine rice, onion, chicken, raisins, peas, almonds, green pepper, and celery. Mix remaining ingredients in a sm bowl and pour over salad. Toss and season to taste.

Rice and Vegetable Salad

1 ½ c rice	<i>Serves 6</i>
2 c water	½ c raisins
1 c vinaigrette	1 shallot
1 sm red pepper, sliced in strips	⅓ c peas
1 sm green pepper, sliced in strips	¼ c black olives, chopped
2 T onion, diced	2 T parsley, chopped
3 scallions, finely diced	¼ dill, chopped
	salt and pepper to taste

Place rice and water in pressure cooker and bring water to boil. Seal and cook for 6 min. Remove from heat. Mix hot rice and vinaigrette together. Cool to room temperature. Add remaining ingredients and toss thoroughly. Serve at room temperature.

Rice Salad Vinaigrette

⅓ c carrots, finely diced	¾ c green beans, cut into ¼" bits
¼ c green pepper, diced	3 T parsley, minced
½ c onion, chopped	2 ½ c cooked rice
4 T grated cheese (parmesan if available)	4 T olive oil
3 T vinegar	salt and pepper
pinch of thyme	pinch of oregano
pinch of basil	

Boil carrots and green beans in water until just tender and drain. Combine with green pepper, parsley, onion, and rice. Add remaining ingredients and toss. Try adding chopped tomatoes, coriander, and tuna.

Salat Tangiers

1 ½ c dry couscous	½ t salt
pinch of saffron	1 ¼ c boiling water
1 c carrots, diced	1 lg green pepper, diced
1 c green beans, but	⅓ onion, sliced
½ c almonds, toasted and chopped	⅓ c raisins
½ vegetable or olive oil	4 T lemon juice
½ t salt	¼ t cinnamon
3 T orange juice	4 T parsley, chopped
1 T mint, chopped	pinch of cayenne

Pour couscous, salt and saffron in lg bowl and stir in boiling water. Cover and let sit 1- to 15 min. Meanwhile, steam vegetables until tender but firm. Add to couscous. Stir in onions, currants, and almonds. Whisk remaining ingredients together in sm bowl. Toss with couscous. Let sit 1 hor to blend flavors.

Spicy Beef Salad

1 kg beef	½ med onion, chopped
1 t vegetable oil	750 g green beans, sliced diagonally in half
2 carrots, cut in 2" sticks	2 c bean sprouts

Dressing

½ c olive oil	½ t salt
¼ t black pepper	2 cloves garlic, minced
1 T fresh ginger, minced	3 T cilantro, chopped
2 hot chili peppers, seeded and minced	

In sm bowl, combine dressing ingredients and let stand 30 min. Grill or broil steak until med rare. Transfer the meat to a cutting board and let stand 15 min. Sauté onion in oil, stirring until just brown. Remove from heat and set aside. Steam beans and carrots just until tender. Cut steak across grain in ¼" thick pieces. Arrange steak in center of lg serving platter. Surround meat with beans and carrots. Top vegetables with sprouts, then sprinkle with sautéed onion. Spoon dressing over all.

Thousand Island Dressing

½ clove garlic, minced	¼ t salt plus more to taste
¾ c mayonnaise	¼ cup bottled chili sauce
2 T ketchup or tomato sauce	1 ½ T minced onion
2 t sweet pickle relish	½ hard-boiled egg, finely chopped
freshly ground black pepper	

Make a paste with the garlic and salt by crushing with the side of a knife. In sm mixing bowl, whisk together garlic, mayonnaise, chili sauce, ketchup, onion, relish and egg until combined. Season with salt and pepper to taste. Use now or store covered in the refrigerator for up to 2 days.

Tomato and Green Pepper Salad

1 lg green pepper	2 T olive oil
½ kg tomatoes	1 t vinegar
1 clove garlic, chopped	½ t salt
chopped parsley	pepper

Blacken green peppers over flame until skin chars. Put in plastic bag for about 5 min; peel and chop. Blanch tomatoes (boil for 30 seconds in order to soften skin), then peel, seed, and chop. Combine remaining ingredients and pour over tomatoes and peppers.

Tuna and Bean Salad

½ c olive oil	3 T lemon juice
1 t salt	½ t pepper
2 c cooked beans, drained	1 onion, thinly sliced
8 black olives, pitted and sliced	1 can tuna, drained
2 T parsley, chopped	2 T basil, chopped

Combine olive oil, lemon juice, salt and pepper in a jar with a tight-fitting lid. Cover and shake well. Pour dressing over beans. Add onion slices, black olives, tuna and toss. Sprinkle parsley and basil on top.

White Bean and Olive Salad

2 c dried white beans	½ c onion, chopped
2 med tomatoes, coarsely chopped	6 T olive oil
⅓ to ½ c olives, sliced	6 T vinegar



1 to 2 cloves garlic, minced
¼ t basil
½ c radishes, chopped

½ c parsley, chopped
¾ t salt
2 hard-boiled eggs

Rinse beans and place in a lg pot with several liters water; bring to a boil, then lower heat and simmer 1 to ½ hours or until beans are tender. Combine remaining ingredients and add to cooled beans.

SIDE DISHES

BAKED BEANS.....	57	MEXACALI RICE.....	62
BAKED POTATOES.....	57	MIXED PEPPER SPREAD.....	62
BARLEY MUSHROOM PILAF.....	57	MUTHYA.....	62
BEANS WITH AROMATICS.....	58	ORANGE GLAZED BEETS.....	62
BBQ POTATO CHIPS.....	58	PEAS FRENCH STYLE.....	62
BRAISED GARLIC AND GREEN BEANS.....	58	RICE WITH RAISIN AND PEAS.....	63
CARROT APPLE RICE.....	58	ROASTED TOMATOES WITH CUMIN.....	63
CARROTS WITH RAISINS.....	58	PICKLED BEETS.....	63
CARROTS WITH ONIONS.....	59	PILAF.....	63
CHILE RELLENOS.....	59	POLENTA.....	63
COCONUT RICE.....	59	POTATOES IN LEMON.....	63
CUCUMBER RAITA.....	59	PUMPKIN PUREE.....	63
CUCUMBERS WITH GARLIC YOGURT SAUCE (TZATZIKI).....	59	QUESO BLANCO.....	64
DEVEILED EGGS.....	59	RAJAS (ROASTED PEPPER STRIPS AND ONIONS).....	64
EGGPLANT, YOGURT, AND HERB CUSTARD	60	RICOTTA.....	64
FAVA BEANS IN OLIVE OIL.....	60	SAUTEED ZUCCHINI.....	64
FENNEL WITH TOMATO AND CAULIFLOWER.....	60	SCALLOPED TOMATOES.....	64
FRENCH FRIES.....	60	STUFFED TOMATOES.....	65
FRIED GREEN PEPPERS.....	60	STUFFING.....	65
GREEK PILAF.....	60	SUN PICKLES.....	65
GREEN BEANS ALMANDINE.....	61	SWEET GREEN BEAN PICKLES.....	65
GREEN RICE PILAF.....	61	SWEET POTATO PANCAKES.....	66
HASH BROWNS.....	61	SWEET POTATO PUREE.....	66
LEMON RICE.....	61	SUN-DRIED TOMATOES.....	66
MASHED POTATOES.....	61	TOMATOES ROASTED WITH ROSEMARY AND LEMON.....	66

Baked Beans

2 t mustard	2 T oil
1 t salt	1 sm green pepper, diced
1 t vinegar	1 sm onion, chopped
1 ½-2 T brown sugar	1 ½ T parsley
1 lg can red or white beans, reserve liquid	hot sauce to taste (opt)

Sauté pepper and onion in oil for 2 minutes. Add beans, liquid and remaining ingredients. Simmer for 10 min. Add hot sauce to taste if desired.

Baked Potatoes

Scrub the potatoes and pierce them in a few places with a fork in order to release steam while cooking. Bake at 425 F until tender, about 1 hour, depending on the size. When it's done, slice the potato along its length.

Variation: Stuff Baked Potatoes: After baking the potato, slice the top third off the length of the potato and scoop out the inside from both pieces with a spoon, leaving the skin intact. Mash the potato with milk, season with salt and pepper, and moisten with butter. If desired, mash with either saffron, basil, or roasted garlic. Return the filling to the potato skins and serve.

Barley Mushroom Pilaf

½ c butter	<i>Serves 8</i>
1 ⅓ c barley	1 c white wine
2 c onions, chopped	4 c chicken broth
12 oz (375 g) mushrooms, sliced	salt and pepper to taste
	½ c almonds, toasted

Heat ½ butter in pressure cooker, add barley and sauté until golden brown. Remove from pot and set aside. Melt remaining butter in pot and sauté mushrooms and onions until soft. Return barley to pot with wine,



chicken broth, salt and pepper. Bring to a boil, seal and cook for 25 min. Remove from heat, stir in almonds with a fork.

Beans with Aromatics

1 c beans, cleaned, rinsed, and soaked	1 lg garlic clove
2 bay leaves	1 t olive oil
1 sm onion, quartered	several parsley springs
salt and pepper	

Drain the beans, cover with 6 c fresh water and bring to a boil. Boil uncovered for 10 minutes. Skim off any foam. Lower the heat, add the remaining ingredients except salt, cover and simmer until beans are partially tender, 30 minutes to an hour. Add 1 ½ t salt and continue cooking until tender but not mushy. Let the beans cool in their broth. Remove the aromatics and discard them. Pour off the broth and reserve it for a soup stock. Either eat the beans plain or add to another recipe that calls for beans.

BBQ Potato Chips

2-3 potatoes	oil for frying
¼ t sugar	½ t salt
⅛ t pepper	⅛ t chili powder
¼ t paprika	⅛ t curry powder

Slice potatoes thinly and drop individually into 1" to 2" hot vegetable oil. Fry until slices float and bloat and brown on edges. Drain well. Drop onto newspaper sprinkled with above mixture. Stir chips around until evenly covered.

Braised Garlic and Green Beans

1 lb green beans	3 T butter
4-5 garlic cloves	pinch of sage
1 T parsley, freshly chopped	salt and pepper

Boil green beans in salted water until crisp-tender, about 1 ½ to 2 min. Rinse under cold water; drain. Melt butter over low heat. Add garlic cloves; cook, covered, until lightly golden and soft, 20 to 25 min. Do not let butter burn. Remove cover and mash garlic with a fork until well mixed with butter. Add beans; toss over med heat until warmed through. Add sage, parsley, salt and pepper.

Carrot Apple Rice

1¾ c water	¼ c butter
¾ c apple juice	1 c sliced carrots
¼ t cinnamon	1 lg red apple, unpeeled and chopped
pinch of salt	4 green onions, sliced
⅓ c raisins	2 T sesame seeds, toasted

In pressure cooker, bring water, apple juice, cinnamon and salt to boil. Add rice. Seal and cook for 6 min. While rice is cooking, heat butter in a pan and sauté carrots until tender. Gently stir in cooked carrots, apple pieces, green onion and sesame seeds into rice. Serve immediately.

Carrots with Raisins

5 T butter	1 lb carrots, cut into ¼" rounds
2 med onions, finely chopped	1 t salt
½ t nutmeg	½ c white grape juice
½ c raisins, rinsed	few springs parsley

In frying pan, melt butter and stir-fry carrots over med heat for 5 min. Stir in remaining ingredients except raisins and parsley. Cover and turn heat to low and simmer for 3 min, stirring occasionally. Stir in raisins and simmer for 3 more min or until carrots are well cooked. Place in shallow bowl and decorate with parsley springs. Serve hot.

Carrots with Onions

¼ c butter
3 med onions, sliced
1 T flour
1 ½ lb carrots, julienned

Serves 8

¾ c chicken stock
1 t sugar
salt and pepper to taste

Melt butter in pressure cooker and add onions. Sauté for several min until soft. Add flour and stir for 1 min longer. Add remaining ingredients, seal and cook for 2 to 3 min until carrots are soft.

Chile Rellenos

½ k hard cheese (red ball)
3 eggs, separated
2-3 chilies (per person)

½ t salt
oil for frying
1 T flour

Buy long green chilies (not green peppers). Place over open flame and burn until skins blacken. Place in bag and close tightly so peppers will steam (about 10 min). Rinse in cold water. Carefully slit side of each pepper and remove insides. Dry well. Cut cheese into strips ½" wide. Beat egg whites until very stiff. Fold eggs whites into egg yolk mixture. Dip peppers into egg mixture and fry in oil. (You may have to hold peppers in place.) Turn the peppers over in order to fry evenly. Peppers will puff up and be difficult to turn over once they've begun frying.

Coconut Rice

1 ½ T vegetable oil
1 ½ t turmeric
½ c coconut

2 c uncooked rice
4 c water
½ stick cinnamon

Sauté rice, turmeric and coconut in oil for 2 to 3 min. Stir constantly to coat everything with oil. Add water and cinnamon. Cover pot and increase heat to bring water to rapid boil. When steam escapes from pot, reduce heat and simmer about 40 min.

Cucumber Raita

1 med cucumber
1 t cumin
dash of cayenne

3 c yogurt (6 plain yogurts)
1 t salt
2 T cilantro, chopped

Peel, seed and grate the cucumber. Combine with rest of ingredients.

Cucumbers with Garlic Yogurt Sauce (Tzatziki)

2 lg cucumbers, peeled and grated
2 c plain yogurt
salt and pepper to taste

4-8 cloves garlic, pressed
1 T fresh mint

Lightly salt cucumbers, place in colander and set aside to drain for about ½ hour. In bowl, combine cucumbers with rest of ingredients. Chill 30 min before serving. Use this as a side dish or in a sandwich. Good on spiced lamb.

Deviled Eggs

6 lg eggs, hard-boiled
1 t Dijon mustard
1 T relish, opt
chopped scallion

¼ c mayonnaise
⅛ t cayenne pepper
paprika

Peel eggs and halve lengthwise. Carefully remove yolks and mash in a bowl with a fork. Add mayonnaise, mustard, relish, and cayenne and stir with fork until smooth, then season with salt and pepper. Garnish with paprika and scallion.



Eggplant, Yogurt, and Herb Custard

1 med eggplant
2 eggs
1 plain yogurt
1 T olive oil
juice of ½ lemon

Serves 2
½ t salt
½ t oregano
¼ c parsley, chopped
pepper to taste

Peel eggplant and cut into 1" cubes. Bring 2 qt salted water to boil. Add eggplant, reduce to a simmer and cook until tender (about 15 min). Drain eggplant well, pressing gently to remove some liquid. Transfer to a mixing bowl and beat until smooth. Stir in eggs, yogurt, olive oil, salt, pepper and herbs, beating until mixture is creamy. Pour into greased baking pan and bake over a low flame for 20 min or until custard is set and knife comes out clean. Let rest 15 min before serving.

Fava Beans in Olive Oil

1 ½ lb fava beans
2 T cilantro, finely chopped
1 ½ t salt
½ t pepper
1 ½ c water

4 T olive oil
3 cloves garlic, crushed
½ t paprika
½ t ginger
2 T lemon juice

Place all ingredients except lemon juice in saucepan and bring to a boil. Cover and cook over med heat 30 min or until beans are done. Stir in lemon juice; then remove from heat. Serve hot or cold.

Fennel with Tomato and Cauliflower

1 med onion, chopped
3 T olive oil
1 kg fennel
½ t salt

handful parsley, minced
½ kg cauliflower, chopped
2-3 med tomatoes, skinned, finely chopped

Sauté onion in oil over low heat until translucent. Add remaining ingredients. Cover and cook over low heat for 30 min, stirring occasionally.

French Fries

old potatoes
salt and pepper

oil for frying

You'll need enough oil to cover potatoes as they cook. Pan should be deep enough to allow oil to rise. Peel potatoes. Cut lengthwise and then cut each slice into thin strips. Place in cold water for at least 15 min. Just before using, remove potatoes from water and dry as best you can. Put as many as will fit into pan without crowding. When golden brown, remove from oil. Drain on paper to absorb oil. Lightly salt and pepper. Serve.

Fried Green Peppers

6-8 green peppers
6-8 cloves of garlic, mashed

½ c olive oil
salt and pepper

Slice peppers lengthwise into ¼" strips. Heat olive oil in pan. Add peppers and garlic in stir. Cook 20 to 30 min, stirring often so they don't burn. Serve hot or cold.

Greek Pilaf

1 c onion, minced
2 cloves garlic, crushed
¼ c sunflower seeds
2-3 T olive oil
salt and pepper in taste

Serves 6 to 8
2 ½ c cooked rice
1-2 t mint
juice from 1 lemon
¼ c parsley, chopped

Sauté all ingredients on left first, then mix in rest. This is a rice filling for artichokes, eggplant or cabbage leaves.

Stuffed Cabbage Leaves: Parboil cabbage until its pliable but not mushy; rinse in cool water. Lay out a leaf and place heaping T of filling near base and roll tightly, folding in sides. Bake 20 to 25 min on an oiled tray, covered.

Stuffed Artichokes: Cook artichokes in boiling water until tender enough to pull out leaves easily. Drain and cool. Pull out center leaf section and scoop out cilia (hairy stuff), being careful not to discard the heart. Spread outer leaves and fill with pilaf. Bake covered approx. 20 min.

Green Beans Almandine

½ k green beans	4-6 T butter
¼ c almonds, blanched and slivered	salt

Wash beans and cut diagonally into 1" pieces. Put in just enough boiling, salted water to cover. Cook for 10 to 15 min. Meanwhile, toss almonds in butter until slightly browned. Drain beans, mix with buttered almonds.

Green Rice Pilaf

¼ c butter	<i>Serves 8</i>
2 c uncooked rice	1 T dried parsley
1 qt chicken broth	½ t spearmint (or any mint available)
1 t salt	½ t basil

Heat butter in pressure cooker, add rice and sauté until rice is golden. Add remaining ingredients and bring to a boil. Seal and cook for 6 min. Remove from heat and adjust seasonings.

Hash Browns

4 T butter	6-8 potatoes
salt and pepper	1 t onion, grated – opt

Peel and grate potatoes coarsely; squeeze out water from potatoes. Season to taste with salt and pepper. In fry pan, add potatoes to hot butter; press down with spatula. Sauté over low heat until a golden brown crust forms on bottom. Cut in half and turn with spatula; brown second side. If desired, add parsley and onion before cooking.

Lemon Rice

2 c uncooked rice	2 T butter
4 ½ c water	1 ½ t salt
4 egg yolks	⅓ c lemon juice
3 T parsley, chopped	¾ c grated cheese

Briefly sauté rice in butter. Add water and salt, cover and bring to a boil. Lower heat and simmer until done, 30 to 45 min. Mix egg yolks, lemon juice, parsley and half of cheese. Pour over hot cooked rice, stirring to coat each grain. Top with remaining cheese and serve at once.

Mashed Potatoes

4 T butter	6 med potatoes
1 t salt	⅓ c hot milk
¼ t pepper	parsley or chives – opt

Wash, peel and quarter potatoes. Boil in salted water for about 20 min or until tender. Drain and mash potatoes. Add remaining ingredients and beat until creamy. Sautéed onions, chopped parsley or chives make good garnishes. For richer potatoes, substitute yogurt or sour cream for milk.



Mexacali Rice

1 T butter or oil
 1 onion, chopped
 1 green pepper, chopped
 70 g tomato paste
 2 c water
 ½ c rice

Serves 2

¾ t salt
 ½ t pepper
 ½ t mustard
 ½ t powdered cumin
 ¼ t cayenne pepper – opt

Melt butter in pan and sauté onions and pepper. Add tomato paste and water. Mix well and then add rice, salt and spices. Cover and cook until rice is done. Stir because tomato paste tends to stick to bottom of pot. Add more water as necessary.

Mixed Pepper Spread

1 red bell pepper
 1 green bell pepper
 1 yellow bell pepper
 ½ c water

olive oil to cover bottom to pot
 black pepper to taste
 2 T capers
 1 T anchovy paste

Seed peppers and cut into slivers. Place in steamer basket and set in pressure cooker. Add ½ c water and seal. Cook for 3 min. Remove steamer basket and pour out water. Cover bottom of cooker with olive oil and add steamed pepper mixture. Stir until peppers are browned. Add black pepper, capers and anchovy paste. Taste and adjust seasonings. Serve with warm slices of French bread.

Muthya

1 c cooked rice
 1 c wheat flour
 1 t salt
 1 T oil
 hot pepper, chopped and seeded

Serves 2

1 sm piece ginger, minced
 1 onion, chopped
 ½ t turmeric
 2 T milk or yogurt

Mix rice, flours, vegetables and spices. Add oil and milk. Add more milk if necessary to make a manageable but not sticky dough. Form into 8 to 10 sausage-like shapes (about the size of a D battery). Place metal colander in pot with boiling water making sure the water level is below bottom of colander. Place muthyas in colander, cover and steam until hard, about 30 min. Add more water if the water level gets too low. Good plain or dipped in sauce, such as garlic butter.

Orange Glazed Beets

12 med beets
 1 c water
 2 T butter
 1 T cornstarch

1 t salt
 1 c orange juice
 5 T sugar
 garnish: orange slice or strips of orange zest

Remove tops from beets and place in steamer basket in pressure cooker along with 1 c water. Seal and cook 15 min. Melt butter, add sugar, cornstarch, and salt. Stir. Add orange juice and stir until thickened. When beets have finished cooking, remove skins and cut into desired shapes. Place in dish and cover with orange glaze. Garnish with orange slices or thin strips of orange zest.

Peas French Style

1 head lettuce
 1 k fresh peas, shucked
 parsley, chopped

4 T butter
 2 med onions, chopped

Boil peas in water until tender. Wash and chop lettuce into long strips. Sauté lettuce and onion in butter until translucent. Combine with peas and season. Sprinkle with parsley.

Rice with Raisin and Peas

4 T butter	2 c rice
¼ t cinnamon	1 t cardamom
¾ c almonds, blanched and slivered	½ c raisins
1 c peas	4 c hot water
1 ½ t salt	

Melt butter and fry rice over low heat until it just starts to color. Add cinnamon and cardamom, stir and continue frying 1-2 min. Add remaining ingredients and stir briefly. Bring to a boil, lower heat, cover lightly and let rice steam for 20 min. All water should be absorbed and rice just tender but not mushy.

Roasted Tomatoes with Cumin

3 lg tomatoes, sliced	¼ t cumin
2 T olive oil	¼ t pepper
2 cloves garlic, minced	dash paprika
handful parsley, minced	

Place tomato in baking dish. Mix oil, garlic and spices in sm bowl; drizzle over tomatoes. Sprinkle with parsley. Broil 20 min or until tomatoes start to blacken.

Pickled Beets

Slice beets. Strain reserved juice (or skim off top). Boil with vinegar, then add remaining ingredients. Pour over beets and store, chilled, in covered jar.

Pilaf

¼ c butter or oil	2 c water and 2 bouillon cubes OR
1 onion, chopped	2 c broth (chicken or beef)
1 c rice, bulgur wheat or barley	

Sauté onion and grain in butter. When onion is softened, add liquid. Bring to a boil, cover and cook over low heat for 15 min. Other vegetables (eggplant, zucchini, etc.) can be sautéed with onion and grain or sautéed separately and folded into the pilaf to serve.

Curried Pilaf: Sauté 2 t curry powder with butter. Add ½ c raisins with liquid. Sprinkled sautéed almonds over top and serve.

Polenta

1 ½ c semolina, fine (smeeda)	1 c cold water
1 t salt	3 ½ - 4 c boiling water
1 packed cup cheese	

Mix semolina, cold water and salt into a paste. Add to rapidly boiling water, lower heat and beat with fork (or whisk) until cooked. Cook for 10 to 12 min. It should be consistency thick breakfast cereal. Mix in cheese.

Potatoes in Lemon

½ kg sm potatoes	6 T butter
1 t lemon peel, grated	1 ½ t lemon juice
1 T chives or onion, chopped	salt and pepper

Boil potatoes in salted water until tender about 10 to 12 min. Drain, allow to cool slightly, then remove skins with fingers or knife. Melt butter over low heat. Stir in lemon peel, lemon juice and chives. Add potatoes until well coated with mixture. Sprinkle with salt and pepper to taste.

Pumpkin Purée

2 ½ kg pumpkin	1 T vegetable oil
----------------	-------------------



Cut pumpkin into quarters, scrape out the seeds, and discard. Rub flesh with vegetable oil, and place on a baking sheet, flesh side up. Bake at 350 F until soft, about 1 hour. When cool enough to handle, remove peel and purée in a blender. Can be used for pumpkin pie, pumpkin bread, and other pumpkin dishes.

Queso Blanco

1 gal Nido, milk or buttermilk
cheesecloth or pantyhose

Makes 1lb
¼ c vinegar

Heat milk to 180°, or until really hot. This works best in double boiler system, where pan of milk is submerged into lgr pot with boiling water. Stir milk frequently. Add vinegar. Milk will begin to curdle. Pour curds/milk through colander lined with cheesecloth. Tie cheesecloth in knot and hang to dry. Let drain from 3 to 12 hours. Take out of cheesecloth.

Rajas (Roasted Pepper Strips and Onions)

2 green chilies
2 large peppers- 1 red and 1 green
1 sm onion, thinly sliced
1 t minced garlic

Makes about 1 ½ cups
1 T vegetable oil
salt
fresh lime juice

Roast the green chilies and peppers by first cutting off the tops of the peppers. Then slice them in half lengthwise, remove the seeds and veins, and press down on each half to flatten. Brush the skins with oil, then set then skin side up on a baking sheet. Bake at 400 F for 10 to 20 minutes. Remove and stack peppers on top of each other to steam them for 15 minutes. Then, peel the chilies and peppers and cut them into strips about ½ inch wide. Sauté the onion and garlic in the oil over medium-high heat until the onion begins to brown on the edges. Combine with the pepper strips and season with salt. When ready to serve, add a little lime juice to sharpen the flavors.

Ricotta

1 liter milk

2 T lemon juice or vinegar

Put milk in saucepan over low heat and bring just to boiling point. Remove from heat, stir in lemon juice and milk will begin to curdle. Let mixture sit for at least 1 hour to cool. Strain milk in colander (or if you're feeling adventurous, through some gauze from your med kit) leaving only curds. When curds are dried, they're ready for use.

Sautéed Zucchini

1 k zucchini
¼ c butter
2 tomatoes, peeled and chopped

1 clove garlic, minced
1 onion, sliced
salt and pepper

Wash zucchini and cut into ¼" slices. Heat enough butter to cover bottom of pan well. When hot, add zucchini, garlic and onion, sauté gently, turning to cook both sides. Add tomatoes either when zucchini is half-cooked or when zucchini is finished cooking. Add more butter to keep zucchini from burning.

Scalloped Tomatoes

6 med tomatoes, peeled and cut
1 c celery, chopped
½ c onion, chopped
2 T flour
1 T sugar

½ t dried oregano, crushed
salt and pepper
2 T butter, plus more for frying
4 slices bread
2 T hard cheese (red ball)

In saucepan combine tomatoes, celery and onion. Simmer, covered, about 10 min or until celery is tender. Combine flour, sugar, oregano, ½ t salt and a dash of pepper. Stir in ¼ c water and add to tomatoes. Cook and stir until thickened and bubbly. Cook and stir 1 to 2 min more. Stir in butter until melted. Fry 4 slices bread in additional butter until brown. Cut into cubes; stir into tomato mixture. Serve sprinkled with grated cheese.

Stuffed Tomatoes

6 tomatoes	salt for sprinkling
3 T olive oil	1 lg onion, finely diced
2 carrots, finely diced	2 c vegetable stock (see soups section) or water
1 c rice	15 parsley springs, chopped
4 radishes, finely diced	1 T red or green pepper, diced
1 t lemon zest	1/8 to 1/4 t cayenne pepper
2 T fresh lemon juice	salt and pepper to taste

Cut off the tops of the tomato and scoop out the insides, reserving the pulp. Sprinkle the cavity of each tomato with a little salt and turn them upside down to drain. Finely dice the reserved pulp and set aside. Heat 2 T of olive oil and cook the onion and carrots, stirring occasionally until almost caramelized. Set aside to cool. In a saucepan, bring the vegetable stock or water to a boil and add the rice, stir, and cover. Reduce the heat to medium and cook until rice is tender (12 to 15 minutes). Transfer rice to a bowl, fluff with a fork and let set. Stir in the remaining T of oil. Add the cooked carrots, reserved pulp, parsley, radishes, pepper, lemon zest, cayenne, lemon juice, salt and pepper. Stuff each tomato with equal amounts of the mixture. Chill until ready to serve.

Stuffing

3/4 c finely chopped onion	1 1/2 c chopped celery
1 c margarine or butter	9 c bread cubes
2 t salt	1 1/2 t sage
1 t thyme	1/2 t pepper
1-2 c vegetable or chicken bouillon	

Cook and stir onion and celery in butter in skillet until onion is tender. Stir in about 1/3 of the bread cubes. Turn into a deep bowl. Add the spices. Toss. Add stuffing to baking pan and pour the bouillon over the mixture. Cover with aluminum foil and bake at medium heat for about 1/2 hour. Check periodically to make sure stuffing has not gotten too dry and add more bouillon if needed.

Sun Pickles

3 c water	1 1/2 c vinegar
4 T sugar	4 T salt
5 stems dill or 1 T dill seed	8 cloves garlic
sliced cucumbers packed in jar	

Pack cucumbers in jam jars. Combine ingredients and bring brine to a boil. Pour over cucumbers. Place in sun 4 to 5 days. Make sure cover is tight. Store in cool place. Makes about 7 sm jam jars. If you prefer a less sweet "Claussen-like" taste, use half as much sugar and double the garlic.

Sweet Green Bean Pickles

1 1/2-2 lb green beans	2 c vinegar
1/3 c sugar	1 T whole black peppercorns
1 bay leaf	1 clove garlic
1 lg onion, chopped	1 sm red bell pepper, seeded and chopped
3 sprigs dill	

Boil beans in salted water for 1 min. Rinse under cold water; drain. Place vinegar, sugar and spice in med saucepan. Heat to boiling; reduce heat. Simmer, uncovered 10 min. Add onion and bell pepper; simmer 10 min longer. Discard bay leaf and garlic. Pack beans in upright jar. Divide onions and red peppers evenly among jars and place a dill sprig on top. Pour in hot brine up to 1/2" from top. Close jars tightly. Let stand in a pot of hot water (that has been removed from heat) for 15 min. For better flavor wait a few days before eating. Makes 1 1/2 qt.



Sweet Potato Pancakes

1 c white potato, grated	1 c carrot, grated
1 c sweet potato, grated	4 eggs, beaten
1/3 c flour	black pepper
1 t salt	juice of 1/2 lemon
1 T onion, grated	1/4 c parsley, chopped
dash of nutmeg, grated	yogurt or sour cream – opt
chives, chopped – opt	

Place potatoes in strainer. Lightly salt and let stand for 15 min. Rinse and squeeze out water. Combine all ingredients and mix well. Fry in butter in a skillet until brown and crisp. Serve immediately with yogurt or sour cream and chopped chives. Garnish with tomato wedges and lots of fresh veggies. Try pumpkin to place of sweet potatoes.

Sweet Potato Purée

3 beaten eggs	1 t grated lemon peel
1 1/4 cups cooked sweet potatoes	5 T flour
1 T melted butter	2 t sugar
1/4 c cream	1/8 t salt
3/4 c milk	1/8 t nutmeg
2 t lemon juice	

Purée egg, potatoes, butter, cream, milk, lemon juice and lemon peel until smooth. Mix flour, sugar, salt and nutmeg together and add to purée. Taste and adjust seasonings. Grease a baking dish that can fit inside pressure cooker; pour purée inside. Cover dish, sealing well. Set dish on a trivet on the cooker along with 2 c water. Bring water to a boiler, seal, and cook 15 min. Alternatively, bake in an oven at med heat for 30 min.

Sun-Dried Tomatoes

4 kg small ripe tomatoes

Makes 3 loosely packed cups (about 8 oz)
salt for sprinkling

Cut the tomatoes into 1/4 inch slices. Set them on wire racks and place in full sun. Sprinkle lightly with salt. When they have dried on one side, turn the tomatoes over and again sprinkle lightly with salt. Let dry for 2 or 3 days, or until the tomatoes feel like soft leather. Bring the tomatoes in at night, to avoid dampness. Place the dried tomatoes in self-sealing plastic bags and freeze for up to 6 months.

Tomatoes Roasted with Rosemary and Lemon

1/4 c chopped fresh parsley	1/2 t salt
1 T fresh rosemary, chopped	1/2 t pepper
1 T olive oil	4 lb tomatoes, quartered
2 t grated lemon rind	3 cloves garlic, minced

Preheat oven to 400°. Place ingredients in lg bowl, and toss well. Place tomato mixture in 13" by 9" baking dish. Bake for 30 min, stirring every 10 min. Remove from oven. Preheat broiler. Broil tomatoes for 10 min or until begin to brown. Remove from oven; stir gently to combine.

Note: To serve over pasta, cook 12 oz dried pasta; drain and return to pan. Stir in 3 c roasted tomatoes; cook over low heat until liquid thickens. Serve with grated Parmesan cheese.

VEGETARIAN MAIN DISHES

ALFREDO.....	67	MIXED VEGETABLE STIR-FRY WITH	
ALL-BEAN CHILI.....	67	COCONUT-BASIL SAUCE	74
BARLEY PROVENÇALE.....	68	NOODLES ROMANOFF.....	75
BASIC LENTILS.....	68	OMELETTE.....	75
BUTTERNUT SQUASH STIR-FRY.....	68	PASTA WITH GREEN SAUCE	75
CARROT AND ORANGE STIR FRY.....	68	PENNE ALLA VODKA	75
CAULIFLOWER CHEESE PIE	68	PEPPERONATA	75
CHICK PEAS AND PASTA WITH SIZZLING		PESTO.....	76
SAGE AND GARLIC	69	PIZZA	76
CHINESE VEGETABLE RICE	69	POACHED EGGS	76
CHOW MEIN	69	POTATO AND LEMON CASSEROLE.....	76
COUNTRY RISOTTO	70	QUICHE.....	76
CREAMY PESTO.....	70	RATATOUILLE.....	77
CREAMY VEGETABLE CURRY.....	70	REFRIED BEANS.....	77
CRÊPES- UNSWEETENED AND SWEET	70	RICE WITH ARTICHOKE.....	77
CURRY COUSCOUS	71	SCRAMBLED EGGS	77
DAL.....	71	SESAME NOODLES	77
EGGPLANT PARMESAN	71	SPAGHETTI	78
EGGPLANT ANTIPASTO.....	71	SPANISH OMELETTE.....	78
EGG SALAD	72	SPICY PEPPERS SANDWICH.....	78
FALAFEL	72	SPRING VEGETABLE STEW.....	78
FRIED CHICK PEA SANDWICHES WITH		SQUASH AU GRATIN.....	79
CORIANDER YOGURT	72	SWEET AND SOUR VEGETABLES.....	79
GREEN BEAN CASSEROLE.....	72	SWEET FIERY LENTILS.....	79
HUEVOS RANCHEROS	73	TEMPURA	79
INDIAN POTATOES AND PEAS.....	73	TOMATO CROSTINI.....	80
INDIAN SAUTÉ OF CAULIFLOWER AND		TOMATO-EGG TAJINE.....	80
GREENS	73	VEGETABLE ALMOND MEDLEY	80
JAMBALAYA RICE	74	VEGETABLE FAJITAS	80
MACARONI AND CHEESE.....	74	VEGETABLE MARINADE	81
MEXICAN PEPPER CASSEROLE	74	VEGGIE PASTA	81

Alfredo

2 T butter	4 triangles of Vache Qui Rit
4 cloves garlic, chopped	oregano
1 c milk	salt and pepper
cooked pasta	

Melt butter, sauté garlic until slightly brown. If cooking with chicken, add cut up chicken chunks at this point. Stir in salt, pepper and oregano. When meat is cooked add milk, do not boil. When almost simmering, add cheese, melt but do not let it boil. Pour over pasta.

All-Bean Chili

1 c black, red or white beans	4 t sweet paprika
2 to 3 T ground red chili	2 cumin seeds
2 c tomato, peeled, seeded and chopped	2 t dried oregano
1 to 2 t green chilies, chopped	3 onions, finely died
¼ c chopped cilantro	3 T vegetable oil
4 garlic cloves	dash of red wine vinegar (opt)
Garnish: roasted green chili, cilantro springs	

Drain the beans. Put them in a soup pot, add water to cover the beans by 4 inches and boil for 5 to 10 minutes. Remove any surface scum. Lower the heat and simmer, partially covered. While they're cooking, toast the cumin seeds in a dry skillet. When they turn fragrant, add the oregano for about 5 seconds. Careful not to burn! Put on place to cool. Sauté the onion in the oil for about 7 to 8 minutes. Add the garlic, 1 ½ t salt, the cumin mixture, paprika, and ground chili. Lower the heat and cook until the onions are soft. Add the tomatoes, 1 t green chili, and cilantro. Simmer for another 15 minutes and add to the beans. Continue



cooking beans until they are completely soft, about 30 minutes, and make sure that the water stays at least 1 inch above them. Taste and season with more green chili and salt if needed. Add a dash of vinegar. Serve in bowls and add garnish.

Barley Provençale

1 T olive oil	½ lg onion, chopped (about ¾ c)
2 cloves garlic, minced	¾ c pearl barley, rinsed, drained
1¼ c chicken or vegetable broth	1 lg ripe tomato, peeled, diced
¼ c fresh parsley, chopped	1 T capers, rinsed, drained
salt and pepper to taste	

Heat oil in 2-qt saucepan over med-high heat. Add onion and cook until translucent. Add garlic and barley and cook, stirring, until barley is lightly browned. Add broth, tomato, half of parsley, capers, salt and pepper. Bring to a boil, then cover; cook on low heat until liquid is absorbed, about 35 min. Add remaining parsley.

Basic Lentils

1 ½ c lentils, sorted and rinsed	1 onion, quartered
2 garlic cloves	2 bay leaves
1 carrot, finely diced	1 celery rib, finely diced
Salt and pepper	2 T olive oil or butter
Red wine vinegar	Chopped parsley

Put the lentils in a soup pot, cover with 6 cups cold water, and bring to a boil. Skim off any foam that rises, then add the onion, garlic, bay leaves, carrot, celery, and 1 ½ t salt. Lower the heat and simmer until tender but still a little firm- they shouldn't be mushy- about 25 minutes. Strain (reserve the broth for a soup stock to use later!). Remove the onion, garlic, and bay leaves, taste for salt, and season with pepper. Stir in the oil and add a few drops vinegar to bring up the flavor. Garnish with parsley and serve.

Butternut Squash Stir-Fry

1 kg butternut squash or pumpkin	3 T sunflower or vegetable oil
1 onion	2 cloves garlic, minced
1 t coriander seeds	1 t cumin seeds
2 T cilantro, chopped	generous ½ c coconut milk
½ c water	2/3 c cashews or peanuts

Slice the butternut squash into small, bite size cubes. Heat the oil over high heat and add the squash, onion, and garlic and cook for 5-7 minutes. Stir in the coriander seeds, cumin seeds, and cilantro and cook for another minute. Add the coconut milk and water and bring to a boil. Cover and let simmer for 10-15 minutes or until the squash is tender. Add the cashew nuts and stir to combine. Serve and garnish with lime wedges, grated lime zest, and fresh cilantro.

Carrot and Orange Stir Fry

2 T sunflower or vegetable oil	2 ¼ c carrots, cut into matchsticks
8 oz leeks or dark green lettuce, shredded	2 mandarin oranges, peeled and segmented
1-2 T ketchup	1-2 T brown sugar (or white if unavailable)
2 T light soy sauce	½ c chopped peanuts

Heat the oil over high heat. Add the carrots and leeks and cook for 2-3 minutes or until the vegetables are softened. Add the orange segments and heat through gently and be careful not to break up the orange segments as you stir. Mix the ketchup, brown sugar, and soy sauce together in a small bowl (taste and add more of any flavor if not to your liking- careful not to add too much ketchup!). Add the tomato and sugar mixture to the vegetables and cook for another 2 minutes. Serve and top with chopped peanuts.

Cauliflower Cheese Pie

Crust:

2 ½ c potatoes, grated	½ t salt
------------------------	----------

1 egg, beaten	¼ c onion, grated
<i>Filling:</i>	
1½ c cheese, grated	1 clove garlic, crushed
1 c onion, chopped	3 T butter
dash of thyme	½ t basil
½ t salt	black pepper
2 eggs and ¼ c milk beaten together	paprika
1 med cauliflower, broken into sm flowerets	

Put freshly grated potatoes in strainer. Salt and let drain for 10 min. Squeeze excess water and add remaining crust ingredients. Pat into well-oiled pie pan, building up sides of crust with lightly floured fingers. Bake for 40 to 45 min until browned. After first 30 min, brush crust with a little oil. Sauté onion and garlic, lightly salted in butter for 5 min. Add herbs and cauliflower and cook, covered, 10 min, stirring occasionally. Spread half the cheese into baked crust, add vegetables and top with rest of cheese. Pour egg mixture over and dust with paprika. Bake 35 to 40 min, until set.

Chick Peas and Pasta with Sizzling Sage and Garlic

1 onion, diced	8 oz dried pasta
¼ c olive oil	2 lg garlic cloves
salt and pepper	3 T chopped sage
large pinch red pepper flakes	3 c cooked chickpeas or white beans

In a wide skillet over medium heat, fry the onion in 2 T of the oil until golden. Season with salt, plenty of pepper, and pepper flakes. Add the chickpeas and turn the heat to low. Meanwhile, boil the pasta in salted water until al dente. Blend the chick pea mixture in a blender until smooth. Pour the chickpea mixture over the noodles. Heat the remaining oil over high heat and add the garlic and sage and fry for 20 seconds. Immediately pour over the pasta dish.

Variation: Add tomatoes and spinach to the sage and garlic when frying. Fry until tomatoes are soft and spinach has wilted. Immediately pour over pasta.

Chinese Vegetable Rice

1 ¾ c white rice	1 green chili, finely chopped
1 t turmeric	2 T sunflower oil
½ lb zucchini, sliced	1 red bell pepper, sliced
1 green pepper, sliced	1 medium carrot, grated
1 ½ bean sprouts (opt)	6 scallions, sliced, plus extra to garnish
2 T soy sauce (more to taste)	salt

Place the rice and turmeric in a pan of lightly salted water and bring to a boil. Reduce the heat and let simmer until the rice is just tender. Drain the rice and set aside. Heat the sunflower oil over high heat and then add zucchini and cook for 5 minutes. Add the peppers and the chili and cook until just slightly crunchy. Add the cooked rice to the mixture and mix thoroughly. Add the carrots, bean sprouts and scallions. Add soy sauce and salt to taste and serve garnished with scallions.

Chow Mein

1 lb egg or cellophane noodles	4 T vegetable oil
1 onion, thinly sliced	2 carrots, cut into thin sticks
¼ lb mushrooms (opt)	1 ½ c peas
½ cucumber, cut into sticks	½ lb spinach or other dark green
2 c bean sprouts	2 T soy sauce
1 t salt	1 t sugar
1 t cornstarch (maizena)	1 t sesame oil

Cook the noodles by adding boiling water over noodles. Set sit for 3-5 minutes or until soft. Drain and rise with cold water. Set aside. Heat 3 T of the vegetable oil on high heat in skillet. Add the onion and carrots and stir-fry for 1 minute, then add the mushrooms, peas, and cucumber. Stir in remaining vegetable oil and



add the noodles, spinach and bean sprouts. Blend together the remaining ingredients and pour over the mixture. Stir-fry until mixture is thoroughly heated. Serve.

Country Risotto

4 T oil	3 c rice, well-rinsed
1 onion, chopped	butter
6 c broth	grated cheese
2-3 precooked veggies such as zucchini, green beans, cabbage, peas	

Heat onion in oil until just beginning to brown. Add veggies, broth and rice. Cook over low heat 15 to 20 min or until rice is done. Season to taste. Before serving, stir in butter and grated cheese.

Creamy Pesto

2 slices white bread	½ c skim milk
2 cups basil leaves, loosely packed	½ c walnuts, coarsely chopped
2 T Romano or Parmesan cheese	1 T olive oil
¾ t salt	¼ t black pepper
1 garlic clove, peeled	chopped parsley (opt)
cooked pasta	

Trim crusts from bread. Place bread in a shallow dish; pour milk over bread. Let stand 5 min. Place bread mixture in a blender; add remaining ingredients, except parsley. Add 3 T to basil mixture and process until smooth. Serve over pasta. Sprinkle with parsley, if desired. Serve immediately over pasta.

Creamy Vegetable Curry

2 T sunflower or veg oil	1 onion, sliced
2 t cumin seeds	2 t ground coriander
1 t turmeric	2 t ginger
1 t red chili, chopped	2 garlic cloves, chopped
2 c chopped tomatoes	1 T tomato paste
1 ¼ boiling water	1 sm cauliflower, broken into florets
2 zucchini, sliced	2 carrots, sliced
1 potato, diced	1 ½ canned chickpeas, drained and rinsed
½ c unsweetened yogurt	3 T cilantro, chopped
salt and pepper	

Heat the oil in a pan and cook the onion until soft. Add the cumin, coriander, turmeric, ginger, chili, and garlic, and cook for 1 minute. Add the tomatoes, tomato paste, and water and mix well. Add the cauliflower, zucchini, carrots, diced potato, and chickpeas and season to taste with salt and pepper. Cover and simmer for 20 minutes until vegetables are tender. Stir in the yogurt and cilantro, and heat through gently but do not boil. Serve with rice.

Crêpes- Unsweetened and Sweet

1 c flour	½ c cold water
½ t salt	½ c cold milk
2 eggs	3 T butter, melted
2 t sugar (for dessert crepes only)	

Gradually blend eggs into flour and salt, then slowly beat in liquids. Strain through a sieve. If possible, let batter rest for 2 hours in a cool place. Coat a 6" skillet with oil and place over moderately high flame. When oil is hot, raise pan off heat, add ¼ c batter and tilt pan so batter forms a film over bottom. Cook for 1-2 min.

Variations:

Fresh Veggies: Steam or sauté your favorite veggies and add them with or without a red, white or cheese sauce to crepe.

Ratatouille: Fill crepes with already prepared (and warmed) ratatouille, top with grated cheese.

Apple: Sauté 1 apple (cut into slices) in 3 T of butter with 1 t of lemon juice, 2-3 T of sugar or honey and ½-1 t cinnamon until tender. Top crêpe with yogurt and/or toasted almonds.

Curry Couscous

1 c dry couscous	2 t curry powder
1¼ c hot water	½ c slivered almonds
1 T + ¼ . olive oil	½ c raisins or currants
1 t + 1 t salt	1 c diced carrots
½ c nonfat plain yogurt	¾ c red onion
1 T white or red wine vinegar	1 c parsley, roughly chopped
½ t pepper	

Boil water. Add couscous, olive oil and salt. Cover and let sit for 5 to 10 min. Fluff with fork. Mix yogurt, remaining olive oil, vinegar, remaining salt, pepper and curry powder. Taste for seasoning; add more salt or curry powder to taste. Stir into cooked couscous. Toss with remaining ingredients.

Dal

1 c lentils	1 liter water
1 t salt	2 T ginger, peeled and grated
ground cardamom to taste (approx ½ t)	¼ t cayenne
2 ½ T butter	¼ t turmeric
½ t crushed, dried red pepper	½ t cumin
2 T cilantro, chopped	lemon juice

Rinse lentils and combine in med saucepan with water and salt. Bring to a boil, then lower heat and simmer for 1 hour, skimming off the top as needed. Add ginger, cardamom and cayenne and let simmer. In another saucepan, melt butter and add remaining ingredients. Once lentils are tender, add butter mixture to first pan and let simmer together until ready to serve. Any purée or soup-like dish of spiced lentils, hot or cold, thick or thin, spicy or mild is called dal; it's an Indian dish.

Eggplant Parmesan

2 lg eggplants	<i>Serves 6 to 8</i>
2 T olive oil	1 t basil
1 onion, chopped	1 t oregano
½ c Parmesan cheese, grated	2 cloves garlic, minced
1 8 oz can tomato paste	¼ c dry red wine
½ kg fresh tomatoes, peeled and chopped	6 oz cheese (red ball), grated
	salt and pepper to taste

Slice eggplants into ¼" rounds (leaving skins on). Sprinkle with salt and let drain in colander while preparing sauce. Heat oil in pressure cooker; sauté onion and garlic until soft. Add wine and simmer for 5 min. Add tomato sauce and coarsely chopped tomatoes, basil and oregano. Seal and cook for 15 min. Wipe eggplant slices dry, brush lightly with a little olive oil. Sprinkled with salt and pepper, and broil until lightly browned. Oil a casserole dish (that fits in your pressure cooker). Pour a layer of sauce, then eggplant, sauce, cheeses, and continue layering until all ingredients are used, ending with cheese. Cover with foil, sealing edges well. Place dish on trivet in pressure cooker and add 2 c water. Seal and cook on med flame for 15 to 20 min. Serve hot. If you wish to bake the casserole, cover and bake 375° for 45 min to 1 hour.

Eggplant Antipasto

1 lg eggplant	<i>Serves 8 to 10</i>
¼ c olive oil	¼ c parsley, chopped
1 zucchini, diced	2-3 T tomato paste
1 lg onion, diced	1 ½ t basil
3 cloves garlic, minced	¼ c red wine (preferably) vinegar
½ c celery, chopped	1 t sugar
1 green bell pepper, chopped	¼ c stuffed green olives – opt
1 ½ c tomatoes, drained or ½ fresh tomatoes, peeled and chopped	2 T capers – opt



salt and pepper to taste

Peel eggplant, cut into cubes and sprinkle with salt. Allow to drain in colander for 30 min (this removes excess water and bitterness from eggplant). Heat oil in pressure cooker and sauté eggplant and diced zucchini until lightly browned. Stir in onion, garlic, celery, and carrots; cook for 5 min. Add remaining ingredients and bring to a boil. Seal and cook for 20 min. Remove from heat and adjust seasonings to taste. Serve either hot or cold.

Egg Salad

3 hard-cooked eggs	parsley, chopped
2 or more T mayonnaise	2 t minced chives or 1 scallion, finely chopped
salt and pepper	

Mash the eggs with mayonnaise, leaving as much or as little texture as you want. Season with salt and pepper to taste and stir in the parsley and chives.

Falafel

2 c chickpeas	3 cloves garlic, crushed
½ c celery, finely minced	½ c scallions, finely minced
½ t ground cumin	¼ t cayenne
½ t turmeric	dash of black pepper
salt to taste	2 eggs, beaten
3 T flour or fine bread crumbs	3 T soy sauce

Soak chickpeas for at least 1 ½ hours (preferably overnight), boiled until very soft and drained, about 2 hours. Mash chickpeas well. Combine with remaining ingredients to make batter. Chill well. With floured hands, make batter into 1" balls. Dust lightly with flour. Heat a 2" of oil in heavy skillet. Dry fry balls until golden and serve. Try chopped celery and coriander. Try also adding one sm mashed potato, paprika and cinnamon.

Fried Chick Pea Sandwiches with Coriander Yogurt

2 cups chick-peas, cooked	1 large garlic clove, chopped
1/2 t ground cumin	1 t salt
1/4 cup chopped onion	4 T chopped fresh coriander
2 t sesame seeds	flour for dredging the patties
2 T vegetable oil	2 pita loaves, warmed, halved crosswise
4 slices of tomato	1/4 cup plain yogurt

In a food processor purée the chick-peas with the garlic, the cumin, the salt, and pepper to taste until the mixture is smooth. Transfer the mixture to a bowl, stir in the onion 3 tablespoons of the coriander, and the sesame seeds, and form the mixture into four 1/2-inch-thick patties. Dredge the patties in the flour and freeze them for 10 minutes. In a skillet heat the oil over moderately high heat until it is hot but not smoking and in it sauté the patties, turning them carefully with a spatula, for 3 minutes on each side, or until they are golden brown. (The patties will be very soft.) Transfer each patty to a pita pocket and insert a tomato slice in each pocket. In a small bowl stir together the yogurt, the remaining 1 tablespoon coriander, and salt and pepper to taste and divide the sauce among the sandwiches.

Green Bean Casserole

1 kg green beans	salt and pepper
1 ½ T butter	1/2 loaf crusty bread
1 ½ T chopped fresh chives	1 ½ T chopped fresh thyme leaves
½ T chopped fresh rosemary leaves	2 T freshly grated Parmesan
2 ½ T extra-virgin olive oil	8 oz (250 g) mushrooms, sliced
1 shallot, sliced (or ½ onion, sliced)	½ c heavy cream (whole milk with a little butter added)

Bring a large pot of water to a boil; add a big pinch of salt and the green beans. Cook for about 5 minutes, the beans should still be crisp, as they will be cooked more in the oven. Drain them and set aside. Butter a baking dish large enough to hold the green beans with ½ T butter and set aside. Tear the bread into 2-inch pieces, put them into a bowl, and add ½ T chives, ½ T thyme, ½ T rosemary, 1 T Parmesan, and 1½ T olive oil. Stir well to coat and spread onto a baking sheet. Bake just until the bread just starts to turn golden, about 10 minutes. Remove from the oven and set aside. Meanwhile, melt the remaining butter and olive oil in a large skillet over medium heat. Add the mushrooms and shallots, season with salt and pepper, and cook until the mushrooms have released their liquid, about 10 minutes. Pour in the heavy cream, add the remaining thyme and chives, and cook for another 5 minutes. Add the green beans and stir well. Put the green bean mixture into the prepared baking dish, top with the croutons, and sprinkle on the remaining Parmesan. Bake at 375 degrees until everything is hot and bubbling, about 20 to 25 minutes.

Huevos Rancheros

2 T oil	1 t salt
1 lg onion	2 t chili powder
2 c tomatoes	2-3 green peppers
½ t oregano	garlic to taste
6 eggs	1 t flour
⅛ - ¼ kg cheese	

Heat oil; add onion, green pepper and garlic. Cook 5 min. Add tomatoes and cook over low heat, stirring occasionally for 3 min. Add seasonings, continue to cook. Make 6 depressions in tomato mix, then drop an egg into each. Dot sauce between eggs with grated cheese and bake in over for 12 min. If you don't have an oven, just put a lid on saucepan and cook until done. Best when served with tortillas.

Indian Potatoes and Peas

2/3 c vegetable oil	3 medium onions, sliced
3 garlic cloves, chopped finely	1 t ginger
1 t hot pepper powder	½ t turmeric
1 t salt	2 green chilies, finely chopped
1 ¼ c water	1 ½ lb potatoes
1 c peas	fresh cilantro

Heat the vegetable oil in a large skillet. Add the onions and cook, stirring occasionally, until golden brown. Mix together the garlic, ginger, hot pepper powder, turmeric, salt, and chilies. Add the spice mixture to the pan. Stir in 2/3 cup of the water, then cover and cook until the onions are cooked right through. Meanwhile, cut the potatoes into six slices each. Add the potato slices to the mixture in the pan and cook for 5 minutes. Add the peas and the remaining water to the pan, then cover and cook for 7-10 minutes. Garnish with chopped fresh cilantro and serve.

Indian Sauté of Cauliflower and Greens

3 potatoes, peeled and cubed	¼ c butter (preferably clarified butter)
1 lg onion, thinly sliced	1 sm cauliflower, quartered and thinly sliced
Salt	2 t chopped garlic
½ t turmeric	1 t ground cumin
1 t ground coriander	1 t mustard seeds (opt)
1 bunch spinach or other greens	1 sm carrot, grated
Juice of 1 lime	Several pinches of garam masala (opt)
Cilantro springs for garnish	

Steam the potatoes until tender. Heat 2 T of the butter in a wide sauté pan over medium heat. Add the onion and sauté until well browned, about 12 minutes. Remove and set aside. Melt the remaining butter in the same pan over high heat. Add the cauliflower, season with salt, and sauté until it begins to color in places, after a few minutes. Return the onion to the pan and add the garlic, spices and potatoes. Lower the heat and cook until everything is heated through, about 4 minutes. Add the greens, carrot, and ½ c water. Cover and



cook until the greens are wilted, about 1 minute. Season with lime juice and a few pinches of garam masala, then turn onto a platter and garnish with the springs of cilantro. Serves 4.

Jambalaya Rice

3 c cooked rice	½ t paprika
1 med onion, diced	2 T parsley
2 ½ c mushrooms (opt)	oregano
2 T butter	sweet basil
2 med green pepper, chopped	thyme
1 stalk celery (opt)	½ c butter, melted
2 lg tomatoes, peeled and chopped	

Sauté onion and mushrooms in butter until onion is translucent. Combine all vegetables with rice. Add seasonings and butter and mix well. Place in a 1 qt pan and bake covered, until desired consistency.

Macaroni and Cheese

1 c hot milk	¼ t salt
2 T butter	2 T flour
1 T onion, minced	breadcrumbs
pepper	½-1 c cheese
½ kg macaroni	1-2 cloves garlic, minced

Cook macaroni in boiling water; drain. Melt butter in saucepan over low heat; sauté onion, add flour and cook for a few min longer. Gradually stir in hot milk until thickens. Add grated cheese (any kind) and seasonings; when heated thoroughly, add to macaroni. Sprinkle bread crumbs on top and bake for 20 min.

Mexican Pepper Casserole

6 med bell pepper	1 ½ c onion, sliced
3 cloves garlic, crushed	2 T each butter and olive oil
1 t each: salt, cumin, coriander	½ t dry mustard
¼ t each: black and red pepper	2 T flour
¼ kg cheese	
Custard:	
4 lg eggs	1 ½ c sour cream

Slice peppers into thin slips. Heat butter and olive oil in skillet. Sauté onions and garlic with salt and spices. When onions are translucent, add peppers. Sauté over low heat for about 10 min. Sprinkle in flour. Mix well and sauté until there is no extra liquid. Butter a deep baking pan. Spread in half the sauté; top with half the cheese. Repeat. Pour custard over and sprinkle with paprika. Bake 40 to 45 min.

Bring lentils and water to boil in saucepan. Lower heat and simmer, partly covered for 30 min or until lentils are soft and liquid is gone. Add vinegar and mash.

Mixed Vegetable Stir-Fry with Coconut-Basil Sauce

1 lb vegetables- mushrooms, quartered; carrots; green beans; peas; or water chestnuts, sliced	
6 to 10 dried Chinese black mushrooms	1 bunch of greens, whole
3 garlic cloves	1 T green chilies
1 t finely grated lemon zest	1 15 oz can unsweetened coconut milk
Salt	1 t red pepper flakes
1 T soy sauce	1 T fresh lime juice
10 large basil leaves (or dried if unavailable)	

Parboil (insert vegetables one at a time in boiling water) the harder vegetables (carrots, green beans) one at a time in salted water until tender, then cool (takes a couple minutes for each vegetable). Soak the dried mushrooms in ½ c warm water until soft. Reserve the water, discard the stems, and slice the caps in half or into strips. Using a mortar and pestle, make a paste of the garlic, chilies, lemon zest. Heat on high heat, add the coconut milk and the paste, and simmer for 1 minute. Add the vegetables and the reserved mushroom

water. Season lightly with salt, then add the pepper flakes and simmer for 5 minutes. Stir in the soy sauce, lime juice, and basil leaves and simmer for 1 minute more.

Noodles Romanoff

¼ kg noodles	2 c sour cream
½ c cheese, grated	1 T chives, chopped
½ t salt	¼ t pepper
1 clove garlic, crushed	2 T butter or margarine

Cook noodles; drain. Mix sour cream, ¼ c cheese, chives, salt, pepper and garlic. Stir into hot noodles. Stir in sour cream mixture. Place on warm platter. Sprinkle with ¼ c cheese.

Omelette

2-3 eggs	1 t water or milk
salt and pepper	butter

Beat eggs lightly with water or milk, salt and pepper. Heat butter in pan and pour in egg mixture. As eggs begin to set, gently lift up edges so liquid on top can run underneath and cook. While eggs are still moist on top, spoon some filling onto them, fold over and let filling warm.

Variations:

Papitas con Huevos: Chop 1 med tomato into cubes and quick fry in hot oil with 2-3 T minced onion. Drain and add to almost set omelette.

Cheese and Pepper: Make a mixture of sautéed green peppers and grated Gruyere cheese.

Yogurt and Scallions: Combine one plain yogurt with chopped scallions and use as filling.

Pasta with Green Sauce

⅓ c butter	2 cloves garlic, minced
¾ c parsley	½ c milk
½ to 1 c grated cheese	cooked pasta

Melt butter over low heat and sauté garlic. Add parsley and then milk. Once heated, add cheese. Optional: sauté 1 to 2 T of minced onion with garlic. Pour over pasta.

Penne alla Vodka

1 16-oz box penne	⅔ c heavy cream
1 med onion, diced	1 sm can tomato paste
4 T butter or margarine	1c fresh peas (opt)
¾ kg tomatoes, diced	¼ -½ t crushed red pepper
Parmesan cheese (opt)	⅔ c vodka

Cook pasta. In lg skillet over med-high heat, cook onion in hot butter until tender, about 5 min. Add tomato paste and tomatoes. Add vodka; cook 5 min. Blend in cream; heat to boiling. Add remaining ingredients and heat through. Toss with hot drained pasta. Serve with grated Parmesan cheese.

Pepperonata

4 T olive oil	1 onion, halved and finely sliced
3 red peppers, cut into strips	3 yellow peppers, cut into strips
2 garlic cloves, cut finely	4 c of chopped tomatoes
1 T of tomato paste	2 T chopped cilantro
2 T pitted black olives (opt)	salt and pepper to taste

Heat the olive oil in a large skillet. Add the sliced onion and sauté for 5 minutes, stirring occasionally, until just beginning to color. Add the red and yellow pepper strips and crushed garlic and cook for a further 3-4 minutes. Stir in the tomatoes and chopped cilantro and season to taste with salt and pepper. Cover the skillet and cook the vegetables gently for about 30 minutes or until the mixture is dry. Stir in the pitted olives and serve immediately.



Pesto

¼ c pinenuts or walnuts or pecans	2 c tightly packed basil leaves
½ c olive oil	1 t salt
½ t pepper	1 large garlic clove
1 c parmesan cheese	cooked pasta

Put all ingredients in a blender until at desired consistency. Pour over pasta. If not serving immediately, then put in glass jars in fridge or freezer if possible. Fill the top of the jar with oil if you want to keep it long.

Pizza

2 T olive oil	½ kilo or more chopped tomatoes
2 garlic cloves, minced	1 sm can of tomato paste
salt and pepper	2 t basil or marjoram
1 bay leaf (opt)	1 t oregano
1 dried chili pepper (opt)	hot sauce to taste (opt)
Pizza dough (in breads section)	cheese and other toppings

Pre-bake the pizza crust for 10 minutes, just until it starts to brown. Heat the olive oil and the garlic over med heat until garlic is just starting to brown. Add the bay leaf, basil, oregano and chili pepper and stir frequently. Add the tomato paste and stir to break up. Turn the heat down and add the chopped tomatoes. Mix thoroughly and cook until tomatoes have broken down (about 10 minutes). Remove the bay leaf and the chili pepper. Season with salt and pepper. Good pizza sauce needs to be thick so that the crust does not get soggy. If the sauce is not thick enough, either add more tomato paste or leave on the heat longer to release more of the tomato juices. Experiment with a variety of Italian spices to get the tastiest combination! Spread sauce over the dough and add cheese and other toppings. Bake on medium high heat (about 475 degrees) until crust is brown and cheese is melted, about 7-10 minutes.

Poached Eggs

Bring to a simmer about 3 times as much water as egg volume, salt and 1 T vinegar. Swirl water in pan and add eggs. Let them cook for 3 min.

Potato and Lemon Casserole

½ c olive oil	2 red onions, cut into wedges
3 garlic cloves, cut into tiny pieces	2 t of cumin
2 t of coriander	pinch of hot red pepper powder
1 carrot, sliced	2 small turnips, quartered
1 zucchini, sliced	1 lb potatoes, thickly sliced
juice and rind of 2 large lemons	1 ¼ c of bouillon
2 T of chopped fresh cilantro	salt and pepper to taste

Heat the olive oil in a big soup pan. Add the onion when hot and sauté over medium heat, stirring frequently, for about 3 minutes (or until onions are transparent). Add the garlic and cook for 30 seconds. Stir in the cumin, coriander, and hot pepper and cook, stirring constantly for 1 minute. Add the carrot, turnips, zucchini, and potatoes and stir to coat in the oil. Add the lemon juice and rind and the bouillon. Season to taste with the salt and pepper. Cover with a lid and cook over medium heat, stirring occasionally, for 20-30 minutes or until vegetables are tender. Remove the lid, remove lemon rinds, sprinkle in the chopped cilantro and stir well. Serve immediately.

Quiche

1 9" piecrust	1 ¾ c milk
3-4 eggs	½ t salt
pinch of nutmeg and/or cayenne	1 c Gruyere cheese, grated

Bring milk just to before boiling and let cool. Beat together eggs and seasonings. Sprinkle bottom of piecrust with cheese and pour egg mixture on top. Bake for 1 hour or until egg mixture is set.

Quiche Florentine: Add ½ c chopped, drained spinach.

Shrimp Quiche: Toss 1 c cooked, shelled shrimp in hot butter over moderately high flame for 2 min. Spread over bottom of crust. Add 1 T tomato paste to egg mixture and pour over shrimp. Sprinkle with grated Gruyere and dot top with butter.

Tomato and Onion Quiche: Cut 3 med tomatoes into slices and sauté briefly in butter. Drain and salt lightly. Sauté 1 c finely chopped onion until golden brown, add ¼ t oregano and sprinkle over cheese already in piecrust. Arrange tomato slices, so they overlap, in bottom of crust. Add egg mixture.

Ratatouille

¼ c olive oil	2 onions, sliced
2 cloves garlic, minced	1 eggplant
2 zucchini, sliced	1 lg green pepper, chopped
6 tomatoes, peeled and chopped	2 t salt
¼ t pepper	½ t oregano
2 t parsley, chopped	½ c cheese, grated

Sauté onion and garlic in oil until onions are translucent. While sautéing, place eggplant in bowl of salt water to remove bitterness. Add eggplant, zucchini, green pepper and tomatoes. Season with salt, pepper, oregano and parsley. Cover and simmer for 20 min. Serve hot or cold with grated cheese as a garnish.

Refried Beans

2 cans pinto or kidney beans, cooked and drained	
2-3 c reserved bean liquid	3-4 T olive oil
1 onion, chopped	3 cloves garlic, minced
2 t cumin	1 green chili, chopped
1 ½ t salt	¼ t pepper

Cook beans in boiling water for 40-50 minutes until soft. Drain and set aside reserve liquid. In skillet, sauté onions and garlic in oil until onions are translucent. Add spices and green chili and sauté another minute. Add ¼ of the beans and 2 cups of the reserve liquid. Mash beans in the reserve liquid. Keep adding more beans gradually along with more liquid if needed and continue to cook on med heat until all of the beans are completely mashed. If too much liquid remains, leave on heat until right consistency.

Rice with Artichokes

¼ c olive oil	⅛ t saffron dissolved in 1 T water
2 c raw rice	1 c peas
1 onion, minced	12 artichoke hearts, halved
2-3 cloves garlic, minced	diced red pepper or
3 ¼ c chicken broth	1 jar pimento (2 oz) strips – opt
salt and pepper to taste	

Heat oil pressure cooker, add rice and sauté until lightly browned. Add onion and garlic and cook for several min. Add chicken broth, salt, pepper and saffron; bring to a boil. Seal and cook for 6 min. Remove from heat, taste, and adjust seasonings. Add peas, artichoke hearts and pimento strips. Return to heat and stir gently and until vegetables are heated through.

Scrambled Eggs

Break one or two eggs into a cup and beat them. Add a bit of milk, salt and pepper. Fry in butter over low heat, stirring frequently.

Sesame Noodles

2 T sesame oil	2 T soy sauce
1 T sugar	1 T hot chili oil
2 T balsamic vinegar	1/2 package cooked spaghetti
sesame seeds	chopped scallions



Mix sauce and let spaghetti soak, chill if possible. Before serving sprinkle on roasted sesame seeds and finely chopped scallions.

Spaghetti

2 T olive oil	1 lg onion, chopped
3 clove garlic, crushed	2 t marjoram
1 dried oregano	1 T basil, chopped
salt and pepper	½ kg tomatoes, peeled and chopped
1 sm can tomato paste	4 c spaghetti, cooked

Heat the olive oil and onion of medium heat until onion is completely see-thru and soft. Add the garlic, stirring frequently until slightly browned. Add the herbs and tomato paste and stir for 1 minute. Remove pan from heat, add the tomatoes (do this to keep garlic from burning when you add the tomatoes) and then put back on heat. Bring to a boil and then lower heat and cover. Simmer 30 minutes stirring occasionally. Serve over spaghetti with grated cheese, if desired.

Variations: Use cooked, butter spaghetti for the following.

Spaghetti and Olives: Pit and cut a bunch of olives into slices and add to sauce when adding the herbs.

Spaghetti with Peanuts: Add roasted peanuts when adding herbs.

Spaghetti and Veggies: Chop veggies into small bite-sized pieces: carrots, zucchini, peppers, beans, etc.

Lightly stir-fry in some olive oil, adding garlic, basil, oregano, salt and pepper. When finished, mix into spaghetti.

Spaghetti Primavera: Stir-fry chopped veggies. In separate saucepan, cook chopped onion in butter. Add a little bit of milk to onions, then grated cheese. Finally, stir in a cup of plain yogurt. Don't let it remain on heat long or it will separate and become watery. Add salt, pepper, crushed garlic, garlic, oregano and basil. Serve spaghetti with veggies and sauce.

Spanish Omelette

1 green pepper, diced	1 onion, chopped
½ kg tomatoes, peeled and chopped	2 cloves garlic, minced
salt and pepper	1 T olive oil
Tabasco and/or cayenne pepper to taste	¼ t cumin
Gouda cheese, grated	

Sauté pepper, onion and garlic in hot oil. Add tomatoes and seasonings. Simmer gently at least 30 min. Prepare omelettes, pour sauce into center, fold omelettes and top with cheese.

Spicy Peppers Sandwich

2 lg peppers, sliced	¾ c onions, chopped
½ t cumin	1 T butter
1 T olive oil	dash or two of cayenne
1 clove garlic	1 c cheese, grated
crusty bread	salt and pepper to taste

Sauté onions and garlic, lightly salted, in olive oil and butter. When onion is translucent, add peppers and cumin. Remove from heat and season. Spread onto crusty bread, top with lots of cheese and grill or broil.

Spring Vegetable Stew

Salt and pepper	2 carrots, thinly sliced
¼ kg green beans	2 zucchinis, sliced
6 radishes, halved	6 scallions, cut into 3 inch lengths
2 sm turnips, peeled and cut into sixths	1 rutabaga, peeled and diced
4 T butter	4 thyme springs (z3tr)
1 T lemon juice	1 T chives
2 t chopped parsley	1 t tarragon

Bring 3 quarts water to a boil and add 1 T salt. One type at a time, parboil the vegetables until barely tender (a couple of minutes), then remove to a bowl of cold water to stop the cooking. When all are parboiled, drain and reserve 1 c of the cooking water. In a wide skillet, melt the butter with the thyme sprigs and reserved liquid. Add the vegetables and simmer until they're warmed through. Add the lemon juice and season with salt and pepper. Add the remaining herbs and cook for 1 minute more. Serve at once over noodles or gnocchi.

Variation: Experiment with various green herbs in place of the ones listed.

Squash au Gratin

1 kg squash	1 c water
1 T salt	½ t pepper
2 T butter	2 T olive oil
¼ t freshly grated nutmeg	1 c + ¼ c cheese
4-5 eggs	
1½ c potato, cooked, grated (or 1 c uncooked semolina or rice)	

Put squash, spices, oil, water and potato in saucepan over high heat and cover for 20 to 25 min until squash is cooked. If using semolina, stir frequently; otherwise, stir as necessary. Add water if needed. Preheat oven to 350°. Remove from heat and stir until well mixed. Add butter, eggs and cheese. Pour into casserole. Sprinkle remaining cheese on top. Bake 30 to 40 min (top should be browned).

Sweet and Sour Vegetables

¼ cup sugar	1/3 c ketchup
1 can pineapple chunks	1/3 c cider vinegar
½ tsp garlic powder	2 T cornstarch soaked in 1/3 c. water
2 T vegetable oil	mixed vegetables- green beans, peppers, peas, carrots

Boil sugar, ketchup, pineapple juice, vinegar and garlic. Stir in cornstarch paste until thick. Add pineapple chunks. Heat oil over medium heat. Add vegetables. When vegetables are soft, add the sweet and sour sauce and stir until thoroughly covered and warmed.

Sweet Fiery Lentils

2 T olive oil	<i>Serves 4 to 6</i>
1 red onion, sliced	¼ t red pepper flakes
1 yellow onion, sliced	2 bay leaves
2-3 cloves garlic, minced	2 c lentils
1 T cinnamon	3 ½ c chicken broth
1 T ginger	2 T lemon juice
¼ t cayenne pepper	1 T lemon peel, grated

Heat oil in pressure cooker and sauté onions and garlic until light brown. Add remaining ingredients, except lemon juice and lemon peel. Bring mixture to boil, seal and cook for 10 min. Add lemon juice and peel.

Tempura

A tempura meal consists of batter-fried vegetables (and fruit), rice and usually, a ginger sauce. You can use any combination of vegetables: cauliflower flowerets, onions slices, carrot slices, mushrooms, green beans, green pepper strips, sweet potato, apple, banana, etc. Have the rice ready in advance and start heating oil about 10 min. before you want to begin frying.

Tempura Batter

2 ½ c sifted flour	2 c cold water
3 egg yolks	dash of salt
3-4 c oil for frying	

Beat egg yolks with water. When mixture is smooth, sift in flour gradually, stirring as you go. Stir only until batter is combined. The oil must be med hot. Dip ingredients in batter and carefully drop into oil. Fry until brown and puffy and risen to the surface. Drain.



Beer Batter

1 t baking powder	¾ c cornstarch
½ t salt	¼ c flour
¼ t pepper	1 egg, beaten
½ c cold water or ⅓ c beer	oil for frying

Light Batter

½ c flour	1 egg white, beaten
1 T cornstarch	1 t baking powder

cold water

Combine flour, cornstarch and baking powder. Add egg white and enough cold water to make the batter the consistency of heavy cream. Stir but don't beat it.

Tomato Crostini

bread	garlic
tomatoes	oregano
cheese – opt	olive oil

Put thick slices of bread on baking sheet in a 350° oven for about 20 min or toast in a skillet until bread is crisp and dry but not browned. Cut a garlic clove in half and rub cut side on bread (about ½ clove per slice). Roughly chop fresh tomatoes and lightly squeeze them over to release juices. Closely pack tomatoes on top of bread. Sprinkle lightly with oregano and drizzle with olive oil.

Tomato-Egg Tajine

3-4 tomatoes, peeled and chopped	<i>Serves 2</i>
4 eggs	3-4 cloves garlic, chopped
olive oil	2 t cumin
salt and pepper	parsley and/or cilantro

Chop tomatoes on plate so juice is retained. Chop parsley and/or cilantro. Sauté garlic briefly in fair-sized pool of olive oil. Add tomatoes, parsley/coriander, cumin, salt and pepper. Cook until thickened but still saucelike. Carefully break eggs into sauce and let them cook. They may seem to stay liquid a long time, but this dish tastes best if the yolks are gelled on the bottom and runny on top. Sprinkle the eggs with more cumin before serving.

Vegetable Almond Medley

1 ½ kg of your favorite veggies	1 c onion, chopped
2 cloves garlic, minced	2 c water
5 T butter	3 T flour
dash of hot sauce	½ t mustard
1 T soy sauce	salt and pepper
1 c almonds, chopped and toasted	½ c fine bread crumbs

Sauté onions and garlic in 2 T butter; salt lightly. When onions are translucent, add veggies. Add vegetables that needed longer to cook (like potatoes, cabbage, carrots, etc.) first and add softer veggies (zucchini, peppers, etc.) later. Sauté until all are cooked thoroughly. Toast almonds and then chop them into small pieces. Melt 3 T butter and whisk in 3 T flour. Add almonds and seasoning, stirring constantly over low heat. Simmer for 10 min or until thickened. Combine sautéed veggies with almond sauce. Add salt and pepper to taste. Pour into buttered casserole; sprinkle with almonds and bread crumbs. Bake uncovered for 400° F for 15 minutes.

Vegetable Fajitas

1 T olive oil	8 oz mushrooms (opt)
1 c vertically sliced red onion	2 green peppers, sliced
1 yellow or red pepper (opt)	2 garlic cloves, minced

3 T cilantro, chopped
¼ t salt
1 green chili, minced

1 T lime juice
¼ pepper

Heat oil in skillet over medium high heat. Add mushrooms and sauté for 5 minutes or until almost tender. Add onion peppers, and garlic. Reduce heat to medium, and cook for 4 minutes or until peppers are tender, stirring frequently. Remove from heat, stir in cilantro, lime juice, salt, pepper, and chili. Serve with tortillas, salsa, and cheese.

Vegetable Marinade

½ c vegetable oil
5 T lemon juice
¾ salt
1 T fresh parsley, chopped

½ c olive oil
2 cloves garlic, pressed
dash of black pepper
vegetables of choice

Whisk together all ingredients except vegetables. Steam vegetables, drain, and pour marinade over them while they are still hot. Marinade for at least an hour, spooning the marinade over them occasionally.

Veggie Pasta

1 onion, diced
2 tomatoes, diced
3 T olive oil
cooked pasta

1 sweet pepper, diced
basil or oregano
salt and pepper

Sauté onion in oil until translucent, add tomatoes, pepper and spices. Sauté on high heat until tomatoes dissolve. Add water to prevent burning. Optionally add zucchini or other veggies. Serve over pasta.



MAIN DISHES – FISH, CHICKEN AND MEAT

FISH

CROQUETTES	82
DEEP FRIED SARDINES WITH CHEESE STUFFING	83
EASY FISH CAKES	83
FES FISH TAJINE.....	83
FISH AND CHIPS.....	83
FRIED SARDINES FROM SAFI.....	84
POACHED FISH.....	84
SCAMPI.....	84
SHRIMP.....	84
SHRIMP OR FISH JAMBALAYA.....	84
SPANISH BAKED FISH.....	84
STEAMED MUSSELS	85
STUFFED SARDINES	85

CHICKEN

ALMOND CHICKEN	85
BAKED CHICKEN AND STUFFING	85
BASIC ROAST CHICKEN	85
CAJUN CHICKEN	86
CHICKEN AND DUMPLINGS.....	86
CHICKEN WITH EGG AND ALMONDS.....	86
CHICKEN FRICASSEE IN ONE HOUR.....	86
CHICKEN KEFTA AND EGGPLANT CASSEROLE	87
CHICKEN SANDWICHES.....	87
CHICKEN STUFFED WITH DATES AND ALMONDS	87
CHICKEN WITH OLIVES AND PRESERVED LEMONS	88
CREAM CHICKEN SUPREME	88
DUEZ.....	88
EGG FOO YUNG.....	88
FRIED CHICKEN AND MILK GRAVY	89
GRILLED TANDOORI CHICKEN	89
HERBED CHICKEN.....	89
PAELLA UNO.....	89
PASTILLA.....	90
PEANUT CHICKEN	91
POACHED CHICKEN.....	91
QUICK AND EASY CHICKEN BREASTS.....	91
RASPBERRY CHICKEN	91
ROAST CHICKEN	91
SPEEDY GRILLED CHICKEN WITH HONEY-ORANGE GLAZE	92
TOMATO CHICKEN	92

Main Dishes – Fish

Croquettes

2 c fish, flaked and cooked
2 c potatoes, mashed
1 egg, beaten
dash of Worcestershire sauce
bread crumbs or flour

1 T onion, minced
salt and pepper
1 T parsley
oil for frying

MEAT

BEEF MEDALLIONS WITH ROSEMARY SAUCE	92
BEEF STROGANOFF.....	92
BEEF TAJINE WITH PEAS AND ARTICHOKE.....	93
BITOQUES (MEATBALLS).....	93
BROCHETTES.....	93
BULGARIAN HAMBURGERS.....	93
BULGOKI.....	93
CHICKEN FRIED STEAK	94
CHILI CON CARNE	94
CINNAMON MEATBALLS.....	94
COUSCOUS	94
CREAMY TOMATO AND BEEF CASSEROLE.....	95
CURRIED LAMB RIBLETS	95
ENCHILADAS.....	95
FAJITAS	95
FRENCH DIP SANDWICHES	96
GOOD OLE' PLAIN STEW.....	96
INDIAN TACOS.....	96
KEFTA TAJINE WITH TOMATOES AND EGGS.....	96
LAMB AND BEANS	97
LAMB STEW	97
LAMB TAJINE WITH GREEN BEANS	97
LAMB TAJINE WITH PRUNES AND OLIVES.....	97
MEAT AND VEGGIE TAJINE.....	97
MEATBALLS FOR SPAGHETTI	98
POT ROAST.....	98
RIBS: BEEF.....	98
ROAST LAMB, MOROCCAN STYLE	98
SATAY KAMBING MADURA (SKEWERED LAMB IN PEANUT AND RED PEPPER SAUCE).....	98
SHISH KEBOB AND MARINADE	99
SHREDDED BEEF	99
SLOPPY JOES A LA KIRK.....	99
SPANISH HASH.....	99
STEAK AU POIVRE	99
STIR-FRIED ORANGE BEEF	100
STUFFED CABBAGE ROLLS.....	100
STUFFED PEPPERS	100
SYRIAN MEATBALLS	100
TACO / ENCHILADA MEAT	101
TAMALE PIE	101

Tuna or chicken can be substituted for the fish. Combine all ingredients and try to keep as cool as possible. Shape into small, donut-sized patties. Roll in bread crumbs or seasoned flour. If the croquettes are too damp, they won't be crunchy on the outside. Fry in oil over med heat (not butter) until brown. Serve with tartar sauce, a basic white sauce or even ketchup.

Deep Fried Sardines with Cheese Stuffing

750 g fresh sardines	200 ml vinegar
100 g cheese	3 cloves garlic
2 T parsley, chopped	salt and pepper
½ t cumin	2 eggs, beaten
bread crumbs	

Slit sardines open along one side and clean thoroughly, removing backbones but leaving head and tails intact. Open fish and place flat in shallow bowl. Pour vinegar over them and leave to marinate for 2 hours, turning occasionally. Drain sardines. Mix cheese, garlic and parsley with salt, pepper and cumin to taste. Spread over insides of sardines and fold to close. Dip in egg and coat with bread crumbs. Fry sardines in hot oil until brown on both sides. Drain and serve immediately, garnished with parsley.

Easy Fish Cakes

2 c fish, cooked	2 c potatoes, mashed
pepper	1 egg, beaten
1 onion, chopped	

Mix ingredients and form cakes. Fry in hot oil until brown.

Fés Fish Tajine

2 bunches cilantro	4 cloves garlic
1 med fish	3-4 heaping t cumin
1 onion, sliced	1 t cayenne
1 lg potato, sliced very thin	3 t paprika
200 g red olives	juice of 1 lemon
½ t pepper	salt
oil	2 tomatoes, sliced

Wash cilantro and pile live into mortar (the more leaves, the better) along with garlic and 1 t salt. Pound until you have a smooth paste. Mix paste with lemon juice, cumin, cayenne, paprika, and a pinch of salt and pepper. Next, cut 3 diagonal slits into fish on both sides, rub ¾ of the sauce inside these and all over the inside and outside of the fish. Use your hands. Oil your tajine liberally and place fish inside. Arrange potato slices around bottom and sides of tajine, brushing them with oil afterwards. Cover fish with tomato and spread the rest over potatoes. Sprinkle olives around and cover all with a layer of onion rings. Drizzle remaining sauce and a little more olive oil over all. Swish some water around in the sauce bowl and pour that over as well. (You do want to have some liquid in the tajine.) Cook on top of stove until potatoes and fish are cooked.

Fish and Chips

½ kg fish filets	3 potatoes
1 egg	1 c flour
salt and pepper	1 T oil or melted butter
½ - ¾ c flat beer or water	

The lgst turbot is good for this recipe. Make a batch of French fries. Keep hot while you fry fish. Use plenty of oil for both. Mix egg, flour and beer, keeping them as cool as possible. Dip fish into batter right before frying. Serve with vinegar.



Fried Sardines from Safi

16 fresh sardines	flour
2 eggs, beaten	oil

Clean sardines of backbones, heads and tails; dip in egg, then flour. Fry in very hot oil until golden brown.

Poached Fish

4 fish filets, about 3 oz each	2 c water
2 green onions, finely chopped	2 sprigs parsley
1 sm stalk celery	1 bay leaf
1 clove	

Combine water, green onions, celery, bay leaf and clove in a pot. Cover and simmer for 10 min. Strain. Gently add fish to liquid. Cover pot and simmer for 10 more min or until fish is tender.

Scampi

8 cloves garlic, sliced	1 kg lg shrimp, cooked
parsley, minced	3 T oil (not butter)

Heat oil in a frying pan. Add garlic and shrimp, stirring occasionally until shrimp are warmed through. Sprinkle parsley over shrimp and serve.

Shrimp

2 T salt	2-3 sprigs parsley
½ lemon	3-4 cloves garlic
1 chili pepper	1 kg fresh shrimp
1-2 bay leaves	¼ c oil

Place water in lg pot and bring to a boil. Add salt, lemon, pepper, bay leaves, parsley, garlic and oil. Don't shell the shrimp. After water boils again, turn down the heat so water barely simmers. If shrimp are sm, cook 6 to 8 min; med, 7 to 8 min; lg, 8 to 10 min. Drain and serve with ketchup, mayonnaise or tartar sauce.

Shrimp or Fish Jambalaya

4 T butter	2 onions, chopped
1 green pepper, chopped	1 clove garlic
1 bay leaf	dash of basil
dash of oregano	8-10 tomatoes, chopped
¼ kg fish, cut into bite-sized pieces	¼ kg ham or bacon – opt
¼ kg shrimp, cooked and shelled	

Melt butter. Add onions, peppers, and garlic. Sauté until limp. Add spices. Add tomatoes. If using uncooked fish, add it in the last 10 min of cooking time (about 30 min overall). Add shrimp in last few min, giving them enough time to warm up. Serve over rice.

Spanish Baked Fish

250 g Pageot rouge or colin	1 onion, chopped
1 green pepper, chopped	1 bay leaf
1 tomato, chopped	salt and pepper

When preparing fish, leave head and tail intact. Head can be removed after cooking. Grease baking pan, making sure the pan is deep enough for sauce. Place vegetables and spices in pan. When cooked, pour over fish and bake and baste for about 30 min. This can be done on top of stove, but the sauce will not be as thick. Be careful that the bottom doesn't burn. Serve with rice or boiled potatoes.

Steamed Mussels

½ kg mussels	salt
¼ c parsley	¾ c white wine
2-3 cloves garlic, sliced	¾ c water

Put all ingredients in pan with cover. Cover pan and steam mussels for 8 to 10 min. All the shells should be open. Don't force any mussels open after they've been steamed—discard them, they're probably rotten.

Stuffed Sardines

8 lg fresh sardines	100 g bread crumbs
1 clove garlic, crushed	1 T parsley, chopped
8 olives, pitted and chopped	6 T olive oil
50-100 g cheese, grated	salt and pepper

Prepare sardines as in previous recipe. Mix ¾ bread crumbs with garlic, parsley, olives, oil and ½ of cheese. Add salt and pepper to taste. Mix well. Place a little of this mixture inside each sardine and spread evenly. Fold sardines. Place in an oiled ovenproof dish and sprinkle with remaining bread crumbs and cheese. Bake for 20 min.

Main Dishes – Chicken

Almond Chicken

½ c water	1 t oil
¾ c celery, finely chopped	1 c raw, boned chicken breasts, cubed
¼ c almonds, blanched	3 c brown rice
soy sauce to taste	

Sauté celery in water and oil over a low flame for 20 min or until tender. Add chicken and almonds. Continue cooking for 5 min or until chicken is done. Transfer to a serving dish and toss with rice and soy sauce.

Baked Chicken and Stuffing

1 ½-2 kg chicken	2 onions - 1 chopped, 1 whole
2 c water	½ c celery stalks, chopped
2-3 stalks parsley	salt and pepper
¼ c parsley, chopped	1 T butter
1 carrot, sliced	2 c bread, in pieces
½ t thyme	½ t sage, ground
flour	

Clean chicken, including inside. Clean giblets and put in sm saucepan with water, onion, parsley stalks and carrot. Simmer about 30 min. Remove from heat and set aside. In frying pan, melt butter and sauté celery, parsley and onion for 10 min. Add sage and thyme. Add bread in sm pieces. Moisten slightly with some liquid from giblets. Lightly salt and pepper cavity of chicken. Loosely pack in stuffing. Tie legs together with string. Tie wings to bird with string as well. Put some stuffing in neck cavity too. Pull skin flap over stuffing. Cook in med oven, basting with butter every 10 to 15 min for 45 min to an hour. Leg will move easily when chicken is done. For gravy, add flour to grease, stir and let brown. While stirring, add broth from giblets very slowly. As mixture thickens, work bits of chicken and flour from pan. Heat for 10 min over a low flame. Add salt and pepper to taste. *Opt stuffing additions:* chopped, blanched almonds; chopped almonds; mushrooms; celery; and bits of ham.

Basic Roast Chicken

1 small whole chicken	coarse salt
6-8 cloves garlic, minced	black pepper
1-2 T favorite dried herb: oregano or thyme work well	



Olive oil

Clean chicken, inside and out. Cover with coarse salt. Let sit in refrigerator overnight. Cover with olive oil, garlic, herb, and pepper. Roast at highest heat, turning if needed for even cooking. To check progress, cut into thigh area and press with knife. Chicken is fully cooked when juices are clear. Let cool, serve.

Cajun Chicken

1 T oil	2 med onion, chopped
1 clove garlic, crushed	1 green pepper, chopped
¼ t mild chili powder	¼ t ground cumin
¼ t ground coriander	¼ t ground ginger
125 g yogurt	1 T flour
2 ¾ c chicken stock	1 chicken, boiled and meat cut into cubes

Heat oil in frying pan. Add onion and garlic, soften for 5 min. Add green pepper, spices, yogurt and flour. Cook 4 more min, stirring. Add stock and chicken, bring to a boil stirring, cover and simmer for 30 min until chicken cooked. Season to taste.

Chicken and Dumplings

1 chicken, cut up in pieces	bunch of carrots, diced
bunch of scallions, diced	1-2 bay leaves
6-8 onions, cut up	1 T thyme
1 T cumin	2 c flour
½ c milk	2 T margarine
4-5 c water	salt and pepper to taste

Cut flour, baking powder and margarine into corn meal-like consistency. Add water to mixture and stir until moist and sticky. Add salt, pepper, and parsley. You can also make egg dumplings by adding 1-2 eggs and ½ c milk to flour mixture. Set aside. Place chicken pieces, salt, pepper, carrots, scallions and onions into big pot. Also add cumin, thyme, bay leaf and any other spices. Cook for an hour until chicken falls off bone. Prepare dumplings. While chicken is simmering, increase heat to high. Once it is boiling, lower heat again to simmer. Take a spoonful of dumpling and dip into simmering stock. Dumpling should slide right into pot. Do this in quick succession, until top of pot is filled with dumpling, but don't overcrowd. Cover and simmer for about 15 min until dumplings are done (test like a cake). Blend together a little flour and water and stir into chicken and dumplings. It should thicken immediately; simmer for 10 min and then serve with bread or even over rice.

Chicken with Egg and Almonds

1 whole chicken	½ t ginger
2 cloves ginger, minced	1 t pepper
¼ c oil	2 t salt
3 T butter	1 hard-boiled egg (per person)
½ t saffron	100 g almonds

Marinate chicken for several hours in oil and spices, with chicken thoroughly coated. Brown chicken thoroughly coated. Brown chicken, adding butter, turning frequently to avoid scorching. Add water so chicken is half covered. Cover and simmer until tender. Blanch almonds, dry and sauté in a little butter and oil until golden. Cut eggs in half lengthwise. Put chicken and sauce in a tajine dish and garnish with eggs and almonds.

Chicken Fricassee in One Hour

1 c water	½ c onion, chopped
½ t salt	2 chicken bouillon cubes
¼ t rosemary	¼ t marjoram
2 whole cloves	1 ½ - 1 ¾ kg chicken, cut up
¼ c flour	1 ⅔ c evaporated milk

2 t lemon juice

Place water, onion, salt, bouillon, rosemary, marjoram and cloves in saucepan or frying pan. Stir; add chicken. Heat to boiling. Cover and simmer 45 min or until chicken is tender. Remove chicken pieces to heated platter; discard cloves. Combine flour and sm amount of evaporated milk to make a paste. Gradually stir in remaining evaporated milk. Add to pan juices, stirring over med heat until mixture just comes to a boil and thickens. Stir in lemon juice. Pour some of sauce over chicken pieces and pass remainder as gravy. Serve with hot mashed potatoes and vegetables.

Chicken Kefta and Eggplant Casserole

Serves 6

½ kg eggplant, boiled	½ c crème fraiche
1 sm minced onion, sauteed	
Mix eggplant and crème fraiche; spoon into mixing bowl. Fold in onion.	
1 kg ground chicken	saffron
pepper	paprika
cumin	salt
parsley	cilantro
1 egg, beaten	3 T almonds, roasted, ground
½ c shredded cheese	

Sauté all ingredients but egg. Remove from heat and stir in egg. Preheat oven to 400°. In a casserole, create one layer of eggplant mixture. Cover with chicken mixture. Smooth remaining eggplant mixture over chicken layer. Sprinkle cheese and almonds on top. Bake 30 to 40 min.

Chicken Sandwiches

Serves 2

½ kilo of chicken breast	1 onion, diced
1 baguette	4 squares of Kiri
1 lemon	

Remove the chicken from the bone, and cut into strips. Put it in a bowl and let it marinade with lemon juice for at least 30 minutes. Dice the onion and sauté it in a frying pan, until caramelized. In a separate pan cook the chicken strips. Cut the bread length-wise and either toast it in an oven or in the remaining butter from the onions, and then spread the Kiri onto it. When the chicken is almost fully cooked, combine it with the onions and, and fry it together for a minute or two. When finished put it between the slices of bread.

Chicken Stuffed with Dates and Almonds

¼ kg soft dates	1 t cinnamon
pinch of ground cloves	pinch of ground nutmeg
1 T sesame seeds, toasted	1 T butter, softened
1 kg almonds	1 t butter
1 onion, chopped	¼ c oil
1 t each cinnamon, salt, pepper, ginger, saffron	parsley
<i>Fruit and Nut Stuffing:</i>	
For each chicken:	
2-3 c dry bread, cubed	1-2 c broth or chicken bouillon
2 t butter	1 onion, coarsely chopped
½ c dates, chopped and pitted	¼ c raisins
⅛ c walnuts, chopped	parsley
cinnamon	

Blanch almonds (place them in boiling water for 1 min). Drain, rinse and pop off skins. Fry in oil until golden brown. Grind or smash. Chop dates and mix with rest of ingredients. Clean a 2 kg chicken with salt and vinegar; rinse. Stuff with filling and sew up both ends. Heat ingredients in pot, add chicken and a bit of water and cook until done. Brown in oven or fry in a bit of oil. Remove thread and serve with sauce. Sauté onion in butter until translucent. Place bread, fruit, nuts and seasonings into a huge bowl. Toss well. Pour over onion and butter plus enough bouillon mixture to moisten well (start with 1 cup). Mix with your hands.



Bread cubs should mash together somewhat when packed. If they don't, add more water. Stuff chicken cavity completely but do not pack tightly. Tie wings to body with a string wrapped around the breast. Tie legs together in stuffing. Bake uncovered with breasts down, then turn to brown evenly.

Chicken with Olives and Preserved Lemons

1 ½ kg whole, cleaned chicken	1 lg onion, chopped
1-2 cloves garlic	¼ t saffron
1 T parsley	½ t salt
1 t coriander	100 g green or purple olives
½ t ginger	1-2 preserved lemons, quartered
½ t pepper	4 T oil
1 T butter	

Put chicken in stewing pan together with all other ingredients except lemons and olives. Heat slightly, making sure chicken remains coated. Add water so chicken is half covered. Simmer over med flame, turning chicken from time to time to baste it. When chicken is tender, remove and continue cooking sauce until smooth and thick. Add olives and lemon wedges and cook for 10 more min.

Cream Chicken Supreme

½ kg chicken	1 liter milk
200 g macaroni	1 lg onion, chopped
2 green peppers, chopped	2 tomatoes, chopped
1 Knorr crème de volaille soup mix	salt and pepper

Bone and cut chicken into chunks and sauté with butter in frying pan. When chicken is sufficiently cooked, add tomatoes, onions, and green pepper. Continue cooking for about 5 min. While chicken and vegetables cook, warm milk and noodles in lg pot. Add chicken and vegetables and cook over a low heat, stirring constantly.

Duez

1 kg chicken	½ c olive oil
1 sm onion, chopped	1 t paprika
1 t ginger	3-4 lb carrots and potatoes, chopped
½ t pepper	2 jalapeños
1 tomato, skinned, chopped	handful parsley, minced
handful olives, opt	

Put chicken, onion, tomato, oil, paprika, ginger and pepper in saucepan over high heat; cook covered for 15 minutes, stirring occasionally. Add carrots, potatoes, jalapeños, olives and parsley and reduce heat to med for 15 min. Add 3 c water and remaining ingredients. Cook 45 to 60 min.

Egg Foo Yung

6 eggs	1 sm onion, chopped
¼ kg bean sprouts, rinsed and drained	4 mushrooms, chopped (opt)
¼ - ½ kg cooked chicken, chopped	soy sauce
salt	vegetable oil
Egg Foo Yung Sauce – see below	

In lg bowl, beat eggs until foamy. Stir in bean sprouts, onion, mushrooms, chicken, soy sauce and salt. Heat 1 T oil in sm frying pan. Pour ¼ of egg mixture (½ c) into fry pan and cook for 1 to 2 min or until crisp and golden on underside; turn and cook 1 min. Fold in half and arrange on warm serving plate. Keep warm while making 3 more omelettes with remaining egg mixture.

Egg Foo Yung Sauce: Mix 1 T cornstarch and 1 T soy sauce in saucepan. Gradually stir in 1 c chicken broth. Cook, stirring, until sauce simmers and thickens.

Fried Chicken and Milk Gravy

3 T flour	2 chickens, cut up
2 c milk	salt
oil and butter (in a 1:1 ratio)	pepper

Soak chicken parts, covered, in milk for 1 hour. Put parts in bag with flour, salt, pepper, remove and let dry for about 10 to 15 min. Heat oil and butter together. The oil/butter mixture should come up side of pan about 1 ½". When it is very hot (bubbles not smoke), carefully put chicken pieces into fat. Chicken is notorious for splashing and popping so be careful not to burn yourself or to get in on your clothes. Lower heat and cook gently with a cover that will allow steam to escape. Turn parts several times during cooking. The pieces will not cook at the same speed. When nicely browned (after about 20 min, 30 min for lgr pieces) remove from pan and pour off all grease except 4 T. For milk gravy, add flour to grease, stir and let brown. While stirring, add milk very slowly. As mixture thickens, work bits of chicken and flour from pan. Add salt and pepper to taste.

Herbed Chicken: Mix together 1 t salt, ½ t pepper, 1-2 T chopped parsley/cilantro, 1 t each thyme, oregano and basil, ¼ c bread crumbs, and ½ c flour. Use in place of flour mix in above recipe. Shake chicken pieces and then bake in a greased, shallow pan for 45 min to 1 hour in med oven.

Grilled Tandoori Chicken

2 T Dijon mustard	1 ¼ c plain yogurt
2 T fresh ginger, minced	1 t cumin
1 t coriander	1 t turmeric
¼ c lemon juice	½ dried red pepper flakes
1 med onion, chopped	8 to 10 pieces of chicken

In mixing bowl, combine mustard with yogurt. Set aside. In separate sm bowl, mix ginger and spices; add to yogurt mixture, along with lemon juice, chilies and onion. Make several very sm cuts in the meat. Arrange chicken in shallow dish, pour yogurt mixture over and turn chicken to coat. Cover and refrigerate for 6 to 24 hours.

To barbecue: Prepare grill and cook chicken 8 to 12 min on each side.

To bake: Preheat oven to 500°. Lower oven temperature to 400° and bake on lightly-oiled baking sheet for about 20 min per side. Chicken is done when it is crispy outside and cooked through.

Herbed Chicken

2 T margarine or butter	2 T olive or vegetable oil
¼ c onion, finely chopped	¼ c lemon juice
2 T Worcestershire sauce	1 ½ t basil, chopped
¾ t fresh marjoram, chopped	¾ oregano, chopped
2 cloves garlic, chopped	1 ¼-1 ½ kg chicken, cut up

Heat butter and oil in a rectangular pan in oven, until butter is melted. Stir in remaining ingredients, except chicken. Place chicken in pan, turning to coat with herb mixture. Arrange chicken pieces, skin sides up. Bake uncovered 30 min. Turn chicken. Bake 30 min longer or until juices run clear.

Paella Uno

1-1 ½ kg chicken	5 c water
1 celery stalk and leaves, chopped	1 ⅓ c rice, cleaned
2 onions, chopped	½ c pimentos, sliced
3 t salt	½ t saffron
¼ t black pepper	1 c peas, shelled
1-2 hot pepper	½ kg raw shrimp
2-3 cloves garlic	12 mussels
¼ c olive oil	1 hot hard sausage, sliced
½ t oregano	5 sm tomatoes, quartered



Place cut up chicken in a pan. Add water, onions, celery, salt and pepper. Bring to boil and then reduce heat; cover and let simmer for 45 min. Remove chicken and strain. Keep 4 c broth. Sauté rice and garlic in bottom of pan in olive oil until golden brown. Add broth, pimento, oregano and saffron. Simmer. Leave covered about 10 min. Add chickens, peas, shrimp, mussels, sausage and tomatoes. Simmer for 15 min. If you have access to an oven, follow recipe as given until after rice is sautéed. Then, transfer to flat dish and arrange ingredients in pan and bake until rice is fairly dry. Slices of sausages should be ¼"-½" thick.

Pastilla

6 squab pigeons or 2¼ kg chicken legs or thighs	1 c parsley and coriander, chopped
5 cloves garlic, peeled	1 onion, grated
salt	¼ t turmeric
1 t pepper	3 cinnamon sticks
1 t ground ginger	¼ c salad oil
1 c butter	½ powdered sugar
½ kg almonds	¼ c lemon juice
2 t cinnamon	
¼ - ½ kg phyllo leaves, strudel leaves or 40 warqa leaves	
10 eggs	

1. Wash poultry well. Pull out as much fat as is possible from the cavities. Crush the garlic and make a paste of it (with 2 t salt). Rub poultry with paste, then rinse well and drain. Put squabs or chicken in casserole with giblets, herbs, onions, spices, half the butter, a little salt, and 3 c water. Bring to a boil, then lower the heat, cover and simmer 1 hour.
2. Meanwhile, heat vegetable oil in skillet and lightly brown almonds. Drain on towel. When cool, crush with rolling pan until coarsely ground. Combine with ½ c powdered sugar and 2 t ground cinnamon.
3. Remove poultry, giblets and cinnamon sticks and any loose bones from casserole and set aside. By boiling rapidly, uncovered, reduce sauce in casserole to approximately ¾ c, then add lemon juice. Beat eggs until frothy, then pour into simmering sauce and stir continuously until eggs cook and congeal. They should become curdy, stiff and dry. Taste for salt and set aside.
4. Remove all bones from squabs or chickens. Shred meat into 1 ½" pieces and chop giblets coarsely.
5. Heat remaining butter. When foam subsides, clarify butter by pouring off clear liquid butter into sm bowl and discarding milky solids. Preheat oven to 425° (high).
6. Unroll pastry leaves, keeping them under a damp towel to prevent them from drying out. Brush some of clarified butter over bottom and sides of cake pan, then cover bottom of pan with pastry leaf. Arrange 6 more leaves so they half cover bottom of pan and half extend over sides. (The entire bottom of the pan should be covered.) Brush extended leaves with butter so they do not dry out. (If you are using warqa leaves, arrange about 15 to 18 leaves around the bottom and the sides; there is no need to butter the extended leaves.)
7. Fold 4 leaves in half and bake in oven for 30 seconds or until crisp but not too browned or fry the leaves in an oiled skillet. (This is unnecessary if using warqa.)
8. Place chunks of poultry and giblets around inner edges of pan, then work towards center so that pastry is covered with a layer of shredded poultry. Cover this layer with well-drained egg mixture from step 3 and the 4 baked or fried pastry leaves (or warqa leaves).
9. Sprinkle almond-sugar mixture over pastry. Cover with all but 2 of the remaining pastry leaves, brushing each very lightly with butter.
10. Fold overlapping leaves over top to cover pie. Brush lightly with butter. Put remaining leaves over top, lightly buttering each and folding them neatly under the pie. Brush the entire pie again with butter and pour any remaining butter around the edge.
11. Bake the pie until the top pastry leaves are golden brown, about 20 min. Shake the pan to loosen the pie and run a spatula around the edges. If necessary, tilt the pan to pour off excess butter (which should be saved). Invert pie onto a buttered baking sheet. Brush pie with reserved butter and return to oven to continue baking another 10 to 15 min or until golden brown. (If it more traditional to fry the pie over low heat until golden brown on both sides.)

12. Remove the pastille from oven. Tilt to pour off excess butter. Put a serving plate over pie and, holding it firmly, invert. Dust top of pie with powdered sugar and run crisscrossing lines of cinnamon over the top. Serve very hot.

Peanut Chicken

½ kg chicken breast	Sauce: 2 T sugar
1 t salt	2 T vinegar
2 egg whites	3 t flour
4 t flour	water
4 oz peanuts	
½-1 onion	
3 red chilis	
6 T oil	

Dice chicken into small cubes. Mix with salt, egg whites, flour. Crush nuts, cut onions and chop chilis. Mix sauce in a small bowl. Stir-fry chicken in oil and remove. Stir-fry onions and chilies. Add chicken, sauce, nuts, and blend. Serve with rice or noodles.

Poached Chicken

1 bay leaf	1 onion, quartered
1 t salt	1 carrot, quartered
pepper	2-3 sprigs parsley
2 c water	2 chicken bouillon cubes
1 chicken	1 celery stalks with leaves

Place all ingredients in pan lg enough to hold them. Remember bouillon cubes will add a lot of salt. Simmer 30 to 45 min, after water has begun to boil. Remove chicken from pan. Cool and take out meat. Broth can be used to make soup or gravy.

Quick and Easy Chicken Breasts

Remove meat from bone and slice into strips. Sauté in a little olive oil on low to med heat with garlic, salt, pepper, basil and oregano.

Raspberry Chicken

½ c sweet red vine	1 t Dijon mustard
½ c vinegar	1 clove garlic
½-1 c raspberry jam	1 frying chicken, cut into pieces
2 T soy sauce	2-3 T honey

strips of orange zest for garnish

Mix all ingredients together except chicken and orange zest. Taste and adjust sweetness. Pour mixture over chicken and let it marinate at least 4 hours (preferably overnight and in a refrigerator if possible). Place chicken with the marinade in the pressure cooker and bring to a boil. Seal and cook for 12 min. Remove from heat and remove chicken from marinade. To thicken sauce (if desired) boil sauce in uncovered pot. Pour sauce over chicken and sprinkle with orange zest.

Roast Chicken

2½ to 3 pound chicken	salt and pepper
¼ c olive oil	1 lemon, halved
4 bay leaves, torn	2 sprigs of fresh rosemary
3 T of fresh herbs (basil, parsley, etc.), finely chopped	

Preheat oven and a roasting tray to 425 degrees. Wash chicken inside and out and pat it as dry as possible with paper towels. Rub the cavity with salt, then, being very careful, grab the skin at the tip of the chicken breast and pull up gently. With your other hand, gently separate the skin from the breast meat. Sprinkle a little salt in the gaps and push in the chopped herbs. Drizzle in a little olive oil. Then, stuff the chicken with lemon, bay leaf, and rosemary. Pull the skin of the chicken breast forward so that none of the actual flesh is



exposed, tuck the wings under, and tie up as firmly as possible with kitchen twine if it is available. Rub a little olive oil into the skin of the chicken and season generously with salt and pepper. Remove the hot tray from the oven and add a little oil. Put the chicken on one side, breast side down, on the tray and put in the oven. Allow to cook for 5 minutes, then turn it over to the other side, breast side down. Cook for another 5 minutes and place the chicken on its back. Cook for 1 hour.

Speedy Grilled Chicken with Honey-Orange Glaze

¼ c honey	2 T orange juice
1 orange peel, grated	¼ t dry mustard
1 clove garlic, minced	1 chicken, cut-up
salt and pepper to taste	

Blend honey, orange juice, peel, mustard, garlic, salt and pepper. Rinse chicken pieces, pat dry. Grill or fry chicken until tender and juices run clear. Brush with sauce last 5 to 10 min. Brush with remaining sauce just before serving.

Tomato Chicken

2 T pepper	<i>Serves 6</i>
1 t paprika	1 c water
1 t dried ginger	1 kg chicken
salt to taste	4 cloves garlic, minced
3 T fresh parsley, minced	1 lg red onion, finely chopped
2 T olive oil	3 grated tomatoes or 1 16-oz can crushed tomatoes
	1 T butter

Put spices, parsley, oil, 1 c water and chicken in lg pot over high heat and cover. Cook for 10 min, stirring occasionally. Add garlic and tomatoes. Reduce heat to med. Cook 1¼ hours. Stir periodically to prevent sticking. Remove chicken from pot and place on buttered cookie sheet. Broil chicken until brown. Add water to sauce as necessary. To serve, ladle sauce onto plates; place chicken on top.

Main Dishes – Meat

Beef Medallions with Rosemary Sauce

1 lb beef	2 T butter
½ t cocoa	⅛ t salt
1 clove garlic, finely chopped	¼ c dry red wine or beef broth

Cut beef into ¾" slices. Heat 1 T butter in skillet over med high heat. Sauté beef 4 to 5 min each side, turning once, until brown and center is med rare. Remove beef to platter and keep warm. cook and stir 1 T butter, coca, salt, garlic and rosemary in same skillet until bubbly. Gradually stir in wine. Heat to boiling; boil and stir 1 min. Serve sauce over beef.

Beef Stroganoff

1 ½ lb beef	2 T butter
1 ½ c beef broth	2 T ketchup
1 t salt	1 sm clove garlic, finely chopped
8 oz mushrooms, sliced	1 med onion, chopped
3 T flour	1 c sour cream or yogurt (or both)

Cut beef across grain into strips. Cook beef butter over low heat, stirring occasionally, until brown. Reserve ⅓ of broth. Stir remaining broth, ketchup, salt and garlic into skillet. Heat to boiling; reduce heat. Cover and simmer about 10 min or until beef is tender. Stir in mushrooms and onion. Cover and simmer about 5 min or until onion is tender. Shake reserved broth and flour in tightly covered container; gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 min, reduce heat. Stir in sour cream; heat until hot. Serve over hot cooked noodles or rice.

Beef Tajine with Peas and Artichokes

1 kg beef	1 onion, sliced
2 med tomatoes	¼ c oil
¼ c parsley, chopped	¼ t saffron
1 t salt	½ t pepper
¼ t ginger	1 kg fresh peas
8 fresh artichoke hearts	lemon juice

Cut meat into 2" chunks. Peel and chop tomatoes. Heat oil in heavy pan. Add meat and all other ingredients except peas and artichokes. Simmer over med heat turning meat often—add water if necessary. In a separate saucepan, cook artichoke hearts (35 min) and peas (20 min) in boiling water with a little lemon juice. When meat is tender, add vegetables and transfer to hot tajine dish.

Bitouques (Meatballs)

½ kg kefta, lean	2 T onions, finely chopped
3 T bread crumbs	⅛ t ground cloves
½ t salt	butter
⅛ t nutmeg	1 T flour
1 beef bouillon cube in ¾ c water	1 plain yogurt
1-2 T unsweetened condensed milk	

Mix bread crumbs with milk and spices. When milk is absorbed, add meat and onions. Form walnut-size balls. Fry over low to med flame, turning to cook evenly. Cook through but not to the point of becoming crusty. Remove from pan. Brown flour in juices (add butter if necessary). Slowly add bouillon and stir constantly until thickened. Add yogurt (at room temperature). Stir while heating and add meatballs.

Brochettes

1 onion, finely chopped	¼ t pepper
1 clove garlic	2 t paprika
3 T parsley	½ t cayenne
1 T coriander	1 T oil
1 t cumin	1 t vinegar
1 t salt	1 kg steak / lamb / liver, cubed

Mix above ingredients and marinate meat for several hours. Spear 5 or 6 pieces of meat on each skewer and broil over mjmjar. Serve with hot sauce. Try adding chili powder.

Bulgarian Hamburgers

½ kg kefta	2 med potatoes, grated
1 onion, chopped	salt and pepper
2 eggs, beaten	3-4 T cumin
1 green pepper, chopped	2-4 cloves garlic, mashed
flour	eggs for coating

Mix and make into patties. Roll in flour, then in beaten eggs. Sauté until done. Serve with plain yogurt.

Bulgoki

1 kg beef	¼ c wine
½ c soy sauce	1 T ginger
¼ c sugar or honey	4-5 green onions,
1 T sesame seeds	5-6 cloves, mashed

Cut meat in either finger strips or very thin steaks. Prepare marinade and allow meat to marinate overnight. Cook over charcoal. Serve with rice



Chicken Fried Steak

flour or bread crumbs	beefsteak (4 slices, ½" thick)
salt and pepper	oil
onion powder	¾ c milk
1 egg	

Beat egg in lg bowl. Place flour on plate. Add salt and pepper. Dip meat into egg, then into flour. Repeat dipping for a thicker crust. Heat oil (enough to adequately cover bottom of pan) in frying pan over med heat. Cook meat, flipping when juices appear on top of steaks. Remove steaks and keep warm.

Chili Con Carne

1 lb ground beef	1 t dried oregano
1 lb onion, chopped	1 t cocoa
2 cloves garlic, crushed	½ t red pepper sauce
1 t chili powder	1 can whole tomatoes, undrained
½ t salt	1 can red kidney beans, undrained
1 t ground cumin	

Cook ground beef, onion and garlic in 3 qt saucepan, stirring occasionally, until beef is brown; drain. Stir in remaining ingredients except beans; break up tomatoes. Heat to boiling; reduce heat. Cover and simmer 1 hour, stirring occasionally. Stir in beans. Heat to boiling, reduce heat. Simmer uncovered about 20 min, stirring occasionally, until desired thickness.

Cinnamon Meatballs

1 lb ground lamb or beef	½ t cinnamon
1 egg, beaten	½ t sweet basil
1 clove garlic	salt and pepper to taste
oil for sautéing	

Combine meat with egg, seasonings and 2 T olive oil. Form into meatballs. Heat oil and sauté quickly over high heat. Continue to cook all the way through. Serve over rice.

Couscous

Prep. time - approx. 3 hrs

1 kg semoul gros (lg grain semolina)
1 kg beef or lamb with bone and some fat
salt, pepper, smen (fermented butter)
fresh coriander
3-4 med onions, coarsely chopped
4-6 med tomatoes, peeled and grated
3-4 turnips, peeled and quartered
1 kg carrots (or a little less), cut in half lengthwise and cored
4-6 zucchini, cut in half lengthwise
½ to ¾ kg pumpkin, peeled and cut into med chunks
handful chickpeas - soaked overnight and skinned

Chop meat into med to lg pieces. Wash to clean away sm bone chips and dry. Begin cooking in bottom of couscouisiere with ¼ to ½ c oil (don't use olive oil). Add approx. 2 T salt and ½ to ¾ t pepper, sm bunch of tied cilantro, onions, tomatoes. Stir and cover. In approx. 30 min, add 3 liters water—when water boils, add carrots, turnips and chickpeas. Sift and clean couscous grains. Work enough saltwater into it with your hands so that it begins to swell. Sift again and throw out any course pieces. Put into top portion of couscouisiere and place on top of meat and vegetables. Tie a cloth around where sections fit together to block escape of steam. Steam for 30 to 40 min.

1st Fluffing: Work in water and fluff with hands until grains fall separately. Return to steam for 45 min.

2nd Fluffing: Work salted water into couscous and 1-2 T oil and fluff until grains fall separate again. Return to steam for 20 min. Add zucchini and pumpkin and a couple of whole peeled tomatoes on top. Add a few whole cloves.

3rd Fluffing: Add 2-3 T *smen* and fluff again. When vegetables are done, take out cloves and pile couscous into cone shape, push down center and arrange meat and vegetables putting meat in first. Spoon some sauce over all and serve additional sauce on side.

Creamy Tomato and Beef Casserole

1 (8 oz) pkg noodles, cooked	1 c sour cream (Jockey Green)
2 lb lean ground beef	2/3 c green onions
1 (16 oz) can tomato sauce	1-2 T green or red bell pepper
salt and pepper to taste	1/2-3/4 c grated cheese
1 c cottage or goat cheese	8 oz cream cheese (or more Jockey Green)

Brown ground beef in pressure cooker. Stir in tomato sauce and season with salt and pepper. Remove and set aside. In separate bowl, mix cottage cheese, cream cheese, sour cream, green onions and bell pepper. In greased casserole dish (that will fit into pressure cooker), layer 1/2 of noodles and cover with tomato sauce. Sprinkle cheese on top. Cover entire dish with foil and seal edges well. Place dish on trivet in cooker, add 1 c water, and cook for 10 min.

Curried Lamb Riblets

1 sm onion, chopped	1 t salt
1 kg lamb, preferably breast	2 garlic cloves, 1 minced
1/8 t pepper	2 T butter or oil
1 T curry powder	1 plain yogurt

Combine lamb, onion, garlic and salt in a lg pan. Cover with water and bring to boil. Lower heat, keep covered and simmer for 45 min or until tender. Remove meat to plater and cool. In sm pan, sauté garlic and onion until translucent. Add curry and stir. Remove from heat, stir in yogurt, salt and pepper. Cut cooled lamb into rib pieces. Place over charcoal fire about 6" from coals, and base with sauce. Turn meat once. Cooking time is 10 to 15 min.

Enchiladas

1/2 kg meat (see recipe for Taco/Enchilada Meat), or substitute Refried Beans	
1-2 onions, chopped	1-2 green peppers, chopped
1/2 kg cheese	black olives, pitted, sliced
tortillas	

Mix together meat, onions and peppers and half cheese.

3 T oil	1 1/2 c cold water
1 1/3 T flour	2 t cumin
1/2 kg tomatoes, peeled, chopped	1 T chili powder
1 beef bouillon cube OR 1 t salt	2 cloves garlic, mashed

Place oil in saucepan. Add flour, water and bouillon cube. Stir constantly. When thickened, add garlic and tomatoes. Add spices. Cook over low heat until tomatoes have cooked down. Stir several times to keep from burning. Place a couple spoonfuls in each tortilla. Roll up tortilla and place in baking pan. Cover in sauce and bake for 15 min.

Fajitas

1 1/2 lb boneless sirloin beef steak	2 T vegetable oil
about 1 1/2" thick	2 lg onions, sliced
1/4 c vegetable oil	2 med bell peppers, cut into 1/4" strips
1/4 c red wine vinegar	8 oz picante sauce
1 t sugar	1 c shredded cheese
1 t dried oregano leaves	guacamole
1 t chili powder	3/4 c sour cream



½ t garlic powder
½ t salt

12 10" flour tortillas
¼ t pepper

Trim excess fat from beef steak. Prick with fork in several places. Mix ¼ c oil, vinegar, sugar, oregano, chili powder, salt and pepper in ungreased square baking dish. Place beef in dish, turning once to coat. Cover and refrigerate at least 8 hours, turning beef occasionally. Heat oven to med-hot. Wrap tortillas and heat in oven for 15 min or until warm. Remove, but keep wrapped. Remove beef from marinade; keep marinade. Brown beef in pan on stove. Brush beef with marinade and cook until med Heat 2 T oil over med-high heat and sauté onions and peppers for 6 to 8 min or until crisp and tender. Cut beef diagonally into very thin slices. For each serving, place beef, onion mixture, picante sauce, cheese, guacamole and sour cream in center of tortilla. Fold up one end about 1" over beef mixture; fold right and left sides over folded end.

French Dip Sandwiches

¾ c water
butter

½ baguette
½ kg beefsteak, sliced thinly

1 beef bouillon cube

Fry steak until brown. Be careful no to sear. Slice bread lengthwise, then across into sections 4" - 5" wide. When meat is cooked, place in bread. Add water to pan, stirring well to include all drippings. Add bouillon cube. Place gravy in bowl.

Good Ole' Plain Stew

1 kg lean, boneless beef, cubed
2-3 cloves garlic, minced
salt and pepper
1 beef bouillon cube

2 med onions, chopped
1 T flour
1 T butter or oil
1 c hot water

Brown meat and onions in butter or oil. Add garlic. When browned, sprinkle flour over mixture. Dissolve bouillon cube in water and add beef. Add salt and pepper, stirring constantly until mixture looks smooth. Cook at least 45 min. Add water as necessary or use a mixture of wine and water to be added to stew as needed. Use any, all or some of following vegetables: carrots, celery, peas, parsley, sm whole onions, potatoes, mushrooms and tomatoes. You can also add Worcestershire sauce, parsley, coriander, caraway seeds and thyme. Cook until well done.

Indian Tacos

1 kg ground beef
shredded cheese
diced tomatoes
1 sm can tomato paste with 2 cans water

1 can white beans
chopped onions
shredded lettuce

Mix salt, cumin, ginger, turmeric and pepper to taste. Mix with meat. Crumble meat into heated skillet. Cook over moderate heat until loses color. Drain grease. Combine tomato paste and water, beans and spices. Using a masher, mix and mash beans and spices with tomato paste. Add to beef. Bring to boil and simmer covered about 20 min. Serve over Indian Fry Bread. Add avocado, if desired.

Kefta Tajine with Tomatoes and Eggs

500 g kefta
2 onions, chopped
1 t pepper
2 t salt
½ t cayenne
4 T oil

2 T parsley or coriander
2 t paprika
1 kg tomatoes, peeled, chopped
6 eggs
1 t cumin
½ t cinnamon

Form kefta into 1" balls and sauté in oil until well browned. Set aside. Add all other ingredients except eggs and cook until thickened. Add meatballs and continue to cook 10 to 15 min. Place in tajine dish, break eggs into sauce one by one. cover and cook until eggs are poached.

Lamb and Beans

dash cumin	dash thyme
1 kg lamb (shoulder)	6 carrots, thickly sliced
dash parsley	1 lg can white beans
2-3 cloves garlic sliced	2 med onions, sliced
3-4 tomatoes, peeled, finely chopped	

Cut lamb into cubes and brown in skillet. If a lot of grease forms, pour off leaving only a few T. Add onions and cook for 3 to 4 min. Add garlic. Pour beans, partially drained, over meat. Add tomatoes. Add carrots and cook over med-low heat for 20 min or until carrots are tender. Don't let liquid cook away or mixture will begin to stick and burn. Note: If you use cooked dried beans, add and ½ c cooking water and reserve rest in case liquid in pot cooks away.

Lamb Stew

1½ kg lamb	salt and pepper
1-2 onions, sliced	1-2 bay leaves
4 potatoes, sliced	2 T parsley, chopped
6 carrots, sliced	2 c water

In heavy pan, place ingredients in layers starting with meat. Pour water over and cover. Simmer at least 2 hours, occasionally shaking pan to break up vegetables. All the moisture should be absorbed.

Lamb Tajine with Green Beans

1 kg lamb	1 kg green beans
½ kg blanched tomatoes, chopped	¼ c oil
¼ t saffron	1 T paprika
2 t salt	1 clove garlic, minced
1 t lemon juice	

Place all ingredients except beans and lemon juice in heavy pan. Cook slowly for 1 hour, adding water if needed. Add beans and lemon juice—simmer, uncovered, another hour or until meat is tender.

Lamb Tajine with Prunes and Olives

1 kg lamb, cut into chunks	½ t salt
1 onion, sliced	¼ t cinnamon
¼ t each saffron, pepper	2 t sesame seeds
some ginger	200 g almonds
1 T sugar or honey	¼ c butter
300 g prunes	

Cover with water and simmer lamb, onion and spices in lg stew pot until meat is very tender. While meat is cooking, place prunes in another saucepan, cover with water, and cook until plump but not mushy. Add honey or sugar and cinnamon. Simmer until sauce is thick and syrupy. Meanwhile, toast sesame seeds in ungreased pan and brown almonds in butter and oil. Add prune sauce to meat and transfer to tajine dish. Garnish with prunes, almonds and sesame seeds.

Meat and Veggie Tajine

½ to 1 kg meat	½ t saffron
2 - 4 T oil and butter	1 t cumin
1 t sweet red pepper	1 t ginger
3 cloves garlic, minced	2 onions, chopped
1 t parsley, chopped	1 t coriander, chopped



Combine all ingredients in lg stew pan or tajine. When meat has browned and onions are transparent, add water and simmer until meat is nearly tender. Check periodically to see water has not boiled away. Cover and simmer until done with stirring.

Meatballs for Spaghetti

½ kg ground beef	½ c dry bread crumbs
¼ c milk	½ t salt
½ t Worcestershire sauce	¼ t pepper
1 sm onion, chopped	1 egg

Mix all ingredients and shape into meatballs. Bake 20 to 25 min or until no longer pink inside. You can also deep fry or sauté in skillet if you don't have an oven.

Pot Roast

butter	2 kg beef rump
1 carrot, chopped	1 turnip, chopped
1-2 green peppers, chopped	2-3 stalks celery, chopped
1 sm onion, chopped	2 cloves garlic, minced (opt)
1 cup water	1 beef bouillon cube
2-3 T flour	

Brown meat in sm amount of butter. Add vegetables and continue to cook. Add garlic, if you like. Add water and bouillon. Cover and cook on low heat for 2 to 3 hours. You can substitute red wine for water—if you need to add water as it cooks. When cooked, remove meat and vegetables to platter. Mix flour in enough cold water to make pourable paste.

Ribs: Beef

2-3 kg rib meat	2 T sesame seeds
½ c sugar, preferably brown	juice of 1 lemon
2 T instant coffee	2 t salt
2 T cornstarch	2 c very hot water
2 T mustard	

Have butcher crack each rib at main bone so ribs can be easily separated. In heavy pan, place sugar over very low heat. Stirring frequently, so that it doesn't burn, melt sugar until it darkens in color. Add water. Stir until sugar is dissolved. Add remaining sauce ingredients and simmer about 30 min. Brush over ribs as they grill on mjar. Cooking time is 30 to 45 min.

Roast Lamb, Moroccan Style

1 leg lamb, about 6 lb, fat trimmed	½ clove garlic
2 t salt	2 t ground coriander
2 t cumin	1½ t paprika
1½ t ginger	1 t pepper
1 t oregano	⅛ t cayenne
½ c olive oil	

Make a number of deep slits in leg of lamb then place in baking pan and set aside. Mix remaining ingredients to make paste, then rub heavily on all areas outside of leg and inside slits until all paste is used. Bake uncovered in 350° oven for 2 hours, basting every 30 min with pan juices. Turn leg over once. Place under broiler for a few min on each side to brown.

Satay Kambing Madura (Skewered Lamb in Peanut and Red Pepper Sauce)

½ c Indonesian soy sauce	
(or ½ c regular mixed with 1 t dark molasses)	
½-1 t cayenne	¾ c hot water
⅓ c peanut butter	juice 1 lemon

1 clover garlic, minced

3 lb well-trimmed leg lamb, boned, cut into 1" pieces

Combine all ingredients except lamb in saucepan. Bring to boil and stir until smooth. Cool to room temperature. Pour half sauce over lamb cubes (or whatever needed to coat them well). Mix well and let stand 1 hour. Reserve remaining marinade for later use. Preheat broiler. Arrange lamb on sm skewers, broil quickly on all sides, and serve with remaining sauce.

Shish Kebob and Marinade

1 T paprika

2-3 kg lamb, leg or shoulder

1 T salt

red wine or vinegar

1 T oregano

red pepper, crushed

3-4 tomatoes cut into pieces

3-4 onions, cut into pieces

4-5 cloves garlic, minced

mushrooms

Cut meat into cubes (1" by 1"). Place meat in lg bowl and cover with all ingredients except tomato, green pepper and onion. Mix so meat is covered with marinade. If you need to, add water. Stir often; let meat soak overnight if possible. On long skewers, arrange a piece of meat, green pepper, tomato and then onion (and mushrooms), repeating this once or twice, depending on the size of the skewer. Broil over charcoal and baste with remaining marinade. Broil 15 to 20 min. Serve with rice pilaf. For a vegetarian option, leave out meat and marinade vegetables and broil in same manner as above.

Shredded Beef

5 lb pot roast or stew meat

3 tomatoes, seeded and cut into wedges

oil to cover bottom of pan

½ bunch cilantro, finely chopped

1 onion, diced

1 ½ T cumin

1 red bell pepper, diced

3-4 T salt

1 green bell pepper, diced

1 jalapeno pepper, finely minced

2-3 T black pepper

Remove any visible fat from meat. Heat oil in pressure cooker, add meat and onion. Brown both sides of roast. Add remaining ingredients and stir well. Add enough water to cover meat and bring to boil. Seal, cook for 1 hour. If it does not shred easily after 1 hour, cook longer.

Sloppy Joes á La Kirk

¼ kg kefta

diced onion to taste

4 cloves garlic

handful bread crumbs

sugar, salt, pepper to taste

hot sauce

Cook kefta with onions and garlic. Add tomato paste, bread crumbs and spices.

Spanish Hash

1 lb ground beef

1½ t salt

2½ c tomatoes, peeled, crushed

pepper

½ c washed rice

desired seasonings (chili, oregano, etc.)

Brown meat in a little oil. Add remaining ingredients. Cook in tightly covered skillet 45 min, adding water if needed.

Steak Au Poivre

butter for frying

1-2 T flour

1 beef bouillon cube

1-2 T peppercorns

½ c water

salt and pepper

½ kg tenderloin (¾"-1" thick)



Crush peppercorns, but not too fine. Press into both sides of steak with palm of hand or sm saucepan. Melt butter over med heat. When hot, add steak and cook. Remove from pan and keep hot. Add flour to drippings, stirring. Add more butter if flour is not being absorbed. Slowly, stirring constantly, add water and bouillon cube. Cook until very thick. Pour over steak.

Stir-Fried Orange Beef

½ c cold water	2 T cornstarch
2 T soy sauce	1 lb boneless steak
3 T oil	¼ t ground ginger
2 garlic cloves, chopped	2 T oil
3 c chopped vegetables	1 c orange juice
2 c hot cooked rice	

Mix water, cornstarch and soy sauce; reserve. Trim fat from steak. Cut beef, following lines in striated flesh, into 2" strips. Cut strips across grain into ¼" slices. Heat skillet until 1 or 2 drops of water skitter across pan. Add 3 T oil and rotate pan to coat sides. Add beef, ginger and garlic. Stir-fry about 3 min or until beef is brown. Remove beef. Add 2 T oil to pan and again rotate to coat. Add veggies and stir-fry 1 min. Stir in beef and orange juice; heat to boiling. Stir in cornstarch mixture. Cook and stir about 1 min or until thickened. Serve with rice.

Stuffed Cabbage Rolls

1 lg head cabbage	<i>Serves 6 to 8</i>
1 c shredded cabbage	¼ c carrots, diced
¾ c rice	1 lb ground beef
½ c onions, diced	¾ t salt
¼ c celery, diced	½ t pepper
	Quick Tomato Sauce

Core cabbage and boil for 5 min. Carefully remove outer leaves and boil a few min longer to make pliable. Do not overcook. Mix remaining ingredients. Cup a cabbage leaf in your hand and place some filling inside. Loosely wrap leaf around filling (this will allow rice to expand) and fasten with toothpick. Place cabbage rolls in steamer basket and set in pressure cooker. Pour in 1 c water, seal and cook for 30 min. Remove cabbage rolls and take out toothpicks. Serve with sauce or plain.

Stuffed Peppers

6 lg green or red peppers	1 lb ground beef
2 T onion chopped	1 c cooked rice
1 t salt	1-2 cloves garlic, chopped
1 (15 oz) can tomato sauce	¾ c shredded cheese

Cut thin slice from top of each pepper. Remove seeds and membranes; rinse peppers. Cook in boiling water to cover, about 5 min or until onion is tender. Cook ground beef, garlic and onion in skillet, stirring occasionally, until beef is browned; drain. Stir in rice, salt and 1 c tomato sauce. Heat until hot. Stuff peppers with beef mixture. Stand upright in baking pan. Pour remaining sauce over peppers. Cover and bake 45 min. Uncover and bake 15 min. Sprinkle with cheese. Try mixing spices like cumin in meat mixture. Cooked peas can be used to substitute some meat.

Syrian Meatballs

1 kg ground lamb	½ c walnuts, chopped
2-3 cloves garlic, minced	½ c parsley, chopped
1 egg, lightly beaten	1 T olive oil
salt and pepper	1 t mint, finely chopped

Mix everything except olive oil. Form into sm balls (¾"). Heat oil in skillet over med-hot flame. Place meatballs in skillet. Very carefully shake meatballs so they brown on outside but stay pink on inside. They cook very fast.

Taco / Enchilada Meat

water	6 cloves garlic
1 med onion, chopped	1 t lemon juice
1 t salt	1-2 chili peppers
½ kg ground beef	

Over med heat brown meat with onion, salt and garlic in skillet. Once browned, add enough water to cover. Cut off tops of peppers. Add lemon juice and chili peppers. Simmer for at least 45 min. Do not allow water to evaporate or meat will burn. Remove chilies from meat before serving.

Tamale Pie

2 T vegetable oil	<i>Serves 6</i>
1 lg onion, diced	¼ t cumin
½ kg ground beef	2 T ketchup
1 T chili powder	½ c olives, pitted and sliced
½ t oregano	½ t salt
1 clove garlic, minced	¼ t pepper
	1 ½ c tomatoes, crushed

Heat oil in pressure cooker. Add onion and ground beef. Cook until onions are translucent. Add remaining ingredients and bring to a boil. Stir well to remove sm bits of meat stuck to the bottom. Seal and cook for 10 min.

½ c cornmeal	½ t salt
½ c cold water	1 ½ t chili powder
1 ½ c boiling water	⅓ c cheese, grated

Mix cornmeal and cook water together to avoid clumping. Stir into boiling water in saucepan. Add salt and chili powder and cook for 10 min until thick. Grease a casserole dish that fits your cooker. Spread ⅔ of cornmeal mush in dish. Add meat mixture and cover with remaining mush. Sprinkle with grated cheese. Cover with foil or lid. Place on trivet in pressure cooker. Pour 1 c water in bottom of cooker and bring to a boil. Seal and cook for 10 min.



BREADS

APPLE-CHEESE PANCAKES	102	NAAN BREAD	106
BAGELS	102	OATMEAL AND OTHER QUICK COOKING	
BANANA BREAD	102	GRAINS	106
BREAKFAST COUSCOUS WITH HONEY AND		OATMEAL PANCAKES	107
DATES	103	ORANGE-DATE BREAD.....	107
CHALLAH	103	PANCAKES.....	107
CORN BREAD	103	PASTA.....	107
CROUTONS.....	103	PITA BREAD.....	107
DROP BISCUITS	103	PIZZA DOUGH.....	108
EGG NOODLES.....	104	PUMPKIN STREUSEL BREAD	108
ENGLISH MUFFIN BREAD	104	QUINCE NUT BREAD	108
ER GHAIFS (FLAKY PANCAKES).....	104	SESAME CRACKERS.....	109
FLOUR TORTILLAS	104	SKILLET BISCUITS.....	109
FRENCH TOAST.....	104	SODA CRACKERS.....	109
FRESH BREAD CRUMBS.....	104	SOFT ITALIAN BREAKSTICKS.....	109
GRANOLA	105	SOFT PRETZELS.....	109
HARSHA.....	105	SPAETZLE.....	110
HONEY GRAHAM CRACKERS	105	SWEET ROLLS.....	110
INDIAN FRY BREAD.....	105	SYRUP.....	110
KHOBBS SHMAA	105	VEGAN PANCAKES.....	110
MUESLI.....	106	ZUCCHINI BREAD.....	111

Apple-Cheese Pancakes

1 c ricotta cheese	1 c apples, chopped fine
¾ c flour	1 T honey
1 t lemon juice	1 T chopped almonds
½ t cinnamon	dash of nutmeg
4 eggs, separated	½ t salt

Mix all ingredients in med bowl except egg whites. Beat whites in a sm bowl until stiff and then fold into batter. In a buttered skillet, fry pancakes. Serve with jam, yogurt, or fruit.

Bagels

2 heaping T fresh yeast	3 T plus 1 t sugar
1 ¼ c plus 4 ½ c flour	1 ½ T salt
1 ⅓ c lukewarm water	1 ½ T vegetable oil

Combine yeast and 1 ¼ c flour; add water, 3 T sugar, and salt. Combine all ingredients, scraping sides of bowl. Stir in enough of remaining flour to make a moderately stiff dough. Turn on to a lightly floured surface and knead until smooth. Cover and let sit 15 min. Divide dough into 12 parts and form smooth balls. (If you want to add toppings, such as onions or egg, within the dough, do it at this step.) Gently push a hole through center of each ball with a floured finger. Cover and let rise 30 min. Add remaining sugar to 1 gallon of water and bring to a boil. Reduce to simmer. Cook bagels in simmering water 4 to 5 at a time for 2 min, turning once. Remove and drain on paper towels. Preheat oven to 375°. Sprinkle bagels with toppings (salt, sesame seeds, etc) if desired. Bake on baking sheet for 30 to 35 min.

Banana Bread

2 lg eggs	¾ c sugar
4 smashed ripe bananas	⅓ c buttermilk or milk
1 T vegetable oil	1 T vanilla extract
1 ¾ c flour	2 t baking powder
½ t baking soda	½ t salt

Preheat oven to 325°. Lightly grease baking dish; dust with flour. Beat eggs and sugar in lg bowl until thick and light. Mix in smashed bananas, buttermilk, oil and vanilla. Sift flour, baking powder, baking soda and

salt over mixture; stir until just blended. Transfer batter to prepared pan. Bake bread until golden brown on top and tester inserted into center comes out clean, about 1 hour.

Breakfast Couscous with Honey and Dates

1 c water	½ c fine or regular couscous
½ c milk	4 dates, pitted and chopped
salt	butter, cinnamon, and honey
toasted almonds, chopped (opt)	

Combine the water and the milk in a saucepan with a pinch of salt and bring to a boil. Stir in the couscous and add the dates. Cook for about 30 seconds, then turn off the heat, cover the pan, and let stand until the liquid is absorbed, 10 to 15 minutes. Serve with a pat of butter and a dash of cinnamon and drizzle with honey. Sprinkle with almonds.

Challah

5 c flour	1 ⅓ c water or milk, warmed
2 t salt	1 t oil
2 t dried yeast, 4 t live yeast	3 eggs plus 1 yolk
1 T honey or sugar	

Combine the flour, salt and yeast. Add the sugar or honey, whole eggs, and water or milk until it forms a dough. Place dough in a large bowl greased with the oil and cover with plastic or a towel. Let rise for at least 1 ½ hours until nearly doubled in size. Cut into 3 equal pieces shape them into balls and let sit for 15 minutes. Roll each of the balls into a rope 1 inch thick. Braid them and cover for another 30 minutes. Preheat the oven to 350. Beat the remaining egg yolk with 1 t of water and brush the top of the loaf and sprinkle with salt. Bake 40-50 minutes or until bottom of the loaf sounds hollow when you tap it. Cool on a rack before slicing.

Corn Bread

1 c flour	1 c cornmeal or Moroccan corn flour
3 T sugar or 2 pk vanilla sugar	2 eggs
4 t baking powder	1 c milk OR buttermilk with ½ t baking soda
¾ t salt	¼ c butter, melted

Preheat oven to med-high heat. Sift together flour, sugar, baking powder, and salt. Stir in cornmeal. Combine remaining ingredients in sm bowl and beat together. Fold into dry ingredients with a few quick strokes; do not over-stir. Pour into greased pan and bake until golden brown, 25 to 35 min.

Croutons

Slice baguettes or Moroccan bread about ¼ inch thick. Place on sheet pan and bake at 375 F until crisp and golden.

Variations:

Garlic Croutons : First brush the bread with olive or oil or butter and then rub croutons with garlic when they emerge from the oven.

Seasoned Croutons : While still warm, toss croutons with sea salt and pepper, a little lemon juice, chopped thyme, majoram, basil or spices such as ground chili, parika, curry powder, or toasted cumin.

Drop Biscuits

1 c flour	1 ½ t baking powder
½ t salt	3 T butter or margarine
½ c milk	

Preheat oven to 450°. In med bowl, mix flour, baking powder, and salt. With a pastry blender or two knives, cut butter until mixture resembles coarse crumbs. With fork, stir in milk until just blended. Onto greased baking sheet, drop heaping tablespoon of dough, 2" apart, to make 6 biscuits. Bake about 10 min or until golden.



Egg Noodles

6 egg yolks
3 c flour

6 T water
1 t salt

Beat yolks and water for a few min in lg bowl. Add flour to make dough as stiff as possible. Divide into 4 balls. Roll very thin; lay separately on cloth to dry. They are ready to cut when almost dry and don't stick together. Store in airtight container when completely dry.

English Muffin Bread

3 c plus 3 c flour
2 pkg yeast
1 T sugar
2 t salt

¼ t baking soda
2 c milk, warm
½ c water, warm
semolina

Combine 3 cups flour with yeast, salt, sugar and baking soda. Add milk and water to dry ingredients. Beat well. Stir in remaining flour to make a stiff batter. Grease a loaf pan and sprinkle with semolina. Put dough in pan and sprinkle with more semolina. Cover and let rise in warm place for 45 min. Bake over low heat for 30 min or until lightly browned. Let cool 10 to 15 min before removing from pan. To serve, slice and toast.

Er Ghaifs (Flaky Pancakes)

1 kg flour
1 ¾ c water

1 t salt
butter for frying

Sift flour and salt into lg mixing bowl. Create a well in center; pour water, a little at a time, kneading energetically to form a smooth paste. Take knobs of dough, weighing about 2 oz each, and place on an oiled surface. Spread out one by one with an oiled palm, pulling very gently in each direction until thin. Fold sides in over each other, to form a square about 3" wide. In a buttered frying pan, fry on both sides until golden brown. Serve with honey or sugar.

Flour Tortillas

2 c flour
1 t salt
½ c warm water

½ t baking powder (optional)
¼ c butter

Sift flour, baking powder and salt together (for lg tortillas, omit baking powder, which will keep them from stretching). Work in butter and mix well. Add water and knead until dough is springy. Divide dough into egg-size balls, and place on a clean surface; cover and let stand 20 to 30 min. Roll balls into thin circles, 7 to 8" across, on a lightly floured surface. Bake on a hot un-greased griddle until speckled brown on both sides. If tortilla puffs while cooking, press down.

French Toast

3 thick slices dry bread
1 c milk

1 egg, beaten
cinnamon (opt)

Beat together egg, milk and cinnamon. Dip or soak bread slices in mixture. Fry in buttered skillet until golden on both sides. Serve with jam or syrup.

Fresh Bread Crumbs

Use either fresh or day old bread and tear into small pieces. Add little by little to blender or spice grinder and blend until crumbs are as fine as you want. Great way to use stale bread in Morocco! Add breads crumbs on top of macaroni and cheese, spaghetti, or use in other recipes.

Granola

2 c oats	1 c nuts, chopped
1 c coconut, shredded	1 t salt
1 can sweetened condensed milk	¼ c vegetable or Argan oil
1 ½ c raisins	

Preheat oven to med heat. Combine oats, coconut, nuts and salt in lg mixing bowl. Stir in milk and oil. Pour into baking sheet and bake 20 min, stirring constantly. Granola is done when dry.

Harsha

2 ½ c semolina	⅓ c vegetable oil
1 egg	dash of salt
vanilla or almond essence	1 t baking powder
1 to 2 t sugar and/or cinnamon (opt)	milk or water to form dough

Mix ingredients in Teflon frying pan with hands until just mixed and comes together well in a ball. Remove from pan; coat pan with a light covering of dry semolina. In pan, press dough into flat, round shape to pan's edges. Cook over high heat until bottom is golden brown, then turn on other side. Time is about 2 to 3 min per side. Try adding coconut.

Honey Graham Crackers

2 ½ c flour	¼ c vegetable oil
3 T cold water	⅓ c sugar
1 t salt	½ c butter
1 t baking soda	¼ c honey

Combine ingredients until well blended. Roll out onto 2 lightly greased baking sheets. Score, prick and bake in 425° oven for 8 to 10 min. Cut apart while hot. Cool.

Hot Cereal

½ liter water or milk	<i>Serves 1</i>
125 kg med-fine semolina	½ t salt
	pat of butter

Bring water or milk to a boil; reduce heat to low and add semolina. Stir briskly 10 min. Serve with butter. Try adding raisins, nuts, jam, or honey. Also try replacing semolina with barley or cornmeal.

Indian Fry Bread

4 c flour	1 ½ t salt
2 T baking powder	2 T sugar
2 T oil	1 ¾ c warm water
1 to 2 c vegetable oil for frying	

Combine all ingredients. Let dough stand 30 min. Knead until smooth and elastic. Roll to ⅛" thickness for lg size, ¼" for sm. Cut in circles or rectangles with knife. Heat oil in frying pan. Fry in ½" moderately hot oil until brown on both sides, turning once. Drain on newspaper. Serve with Indian Taco filling or with honey and cinnamon for dessert.

Khobs Shmaa

6 c flour, sifted	1 c ground meat
salt	¼ c onion
2 T olive oil	1 t cumin
warm water	2 T coriander, chopped
½ t yeast	2 T parsley, chopped



Dissolve yeast in warm water, mix with sifted flour and salt in lg bowl or tajine. Knead 15 min, adding water as necessary. Sprinkle with flour and cover with cloth; let sit 1 ½ hours. Meanwhile, sauté meat with onions, coriander, parsley, and cumin Divide in half. Mix oil into dough. Then separate into 4 balls. Flatten dough into squares by pressing finger tips from center until each square spans 8 to 10". Fold in corners to center. Let sit 10 min. Reflatten dough. Place ½ meat mixture on one square; cover with another and seal edges by squeezing tightly. Repeat with remaining dough and meat. Let with 30 min. Preheat oven to med heat after 20 min. Place on greased baking sheet and place on top rack in oven for 30 to 45 min. When bottom is brown, move sheet to lower level. Remove when golden.

Minced Meat Pastries

6 eggs
700 g ground beef
1 sprig coriander, minced
½ t cinnamon
¼ t saffron
1 T vegetable oil

Makes 50 pastries
½ kg *warka* (pasatilla pastry sheets)
1 med onions, minced
1 sprig parsley, minced
¼ t ginger
½ t salt
oil for frying

Combine all ingredients except eggs. Fry over low heat, stirring continuously with spatula until there is no more liquid. Add beaten eggs and stir for a few moments more. Spread sheet of *warka* leaves, folded in two, on flat surface and place spoonful of meat on rounded edge. Roll up sheet to end, pressing tight on meat, which will spread around it. Use egg yolk to seal. With scissors, cut roll across diagonally into pieces about 2" long. Repeat until necessary. Fry pastries in hot oil for 3 to 5 min; serve.

Muesli

2 c oats OR 1 c oats and 1 c mixed barley, rye, or wheat flakes
¼ c sunflower seeds, almonds, or flax seeds ¼ c wheat germ
1 grated apple or ½ c dried fruits

Mix the oats, wheat germ, and seeds on a cookie sheet and bake for 10 minutes. Let cool, then combine with the apple. For one portion, mix ½ c of the toasted grains and top with the grated apple, then add milk. Sweeten to taste with honey or sugar.

Naan Bread

1 t sugar
2/3 c warm water
1 T clarified butter or butter
4 T butter
1 t fresh yeast
1 ½ c flour
1 t salt
1 tsp poppy seeds (opt)

Put the sugar, yeast, and warm water in a small bowl, and mix thoroughly until the yeast has completely dissolved. Let stand for 10 minutes until the mixture is foamy. Place the flour in large mixing bowl. Make a well in the center of the flour, add the clarified butter and salt, and pour in the yeast mixture. Mix thoroughly to form a dough, using your hands and adding more water, if required. Turn the dough out on a floured counter and knead for about 5 minutes, or until smooth. Return the dough to the bowl, cover, and let rise in a warm place for 1 ½ hours or until doubled in size. Turn the dough out on a floured counter and knead for a further 2 minutes. Break off small balls with your hand and pat into rounds about 5 inches diameter and ½ inch thick. Place the dough rounds on a greased sheet of foil and broil under a flame for about 7 to 10 minutes, turning them over twice, and brushing with butter and sprinkling with poppy seeds. Serve warm immediately and keep wrapped in tin foil until ready to eat.

Oatmeal and other Quick Cooking Grains

1 ½ c water
salt
¾ c oats or other grain

Bring the water to a boil, add ¼ t salt, then stir in the grain. Lower the heat and simmer until the cereal is thickened, about 5 minutes. Cover and let stand for 5 minutes before serving.

Oatmeal Pancakes

3/4 c oats
1 c buttermilk
1 egg
1 t vanilla
2 T brown or white sugar

Makes 7 four inch cakes

2 T vegetable or sunflower oil
1/2 t salt
1/4 c flour (preferably whole wheat)
1/4 t ground nutmeg
1/4 t baking soda

Stir the oats and buttermilk and let stand for 20 minutes. Beat the eggs with the vanilla, sugar, and oil, then stir in the soaked oats. Combine the dry ingredients and add them to the oat mixture as well. For each pancake, drop 1/4 c batter onto a heated skillet and cook over medium-low heat until the tops are covered with holes. Because of the moisture in this batter, the cakes need to cook slowly, but turn them only once. Turn the cakes over and cook on the second side.

Orange-Date Bread

2 1/2 c flour
2 t baking powder
3/4 c sugar
1 c orange juice
1 c dates, chopped

1/2 t salt
4 T butter, softened
1 egg
2 T orange rind, grated
1/2 c chopped nuts

Preheat oven to 350°. Sift flour, salt, and baking powder into lg bowl. Cream butter and sugar in sm bowl; beat in egg. Stir in orange juice and rind. Pour into bowl with flour mixture and stir well. Fold in dates and nuts. Pour batter into a greased, floured baking dish. Bake for 1 hour or until a wooden pick inserted in center comes out clean. Let cool in dish 10 min; remove from pan.

Pancakes

1 c all-purpose flour
1 T sugar
2 t baking powder
1/4 t salt

1 beaten egg
1 c milk
2 T cooking oil

In med bowl stir together flour, sugar, baking powder and salt. Make well in center of dry mixture; set aside. In another bowl combine egg, milk and cooking oil. Add egg mixture all at once to dry mixture. Stir just till moistened (batter should be lumpy). For standard-size pancakes, pour about 1/4 c batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, pour about 1 T batter. Cook over med heat about 2 min on each side or till pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve warm.

Buttermilk pancakes: Prepare Pancakes, except reduce baking powder to 1 t and add 1/4 t baking soda to dry mixture; substitute buttermilk or sour milk for milk. Add additional buttermilk to thin batter, if necessary.

Pasta

2 c flour
1/2 t plus 1/4 t salt
1/4 c water
4 1/2 liters water

1 T fresh herbs, chopped (optional)
2 eggs
1 t olive or vegetable oil

Mix flour, herbs and 1/2 t salt. Make well in center of flour mixture. Pour in eggs, water, and oil; mix thoroughly (add water if dough is too sticky). Gather dough into ball. Knead on lightly floured surface for 5 min or until smooth and elastic. Divide into 4 equal parts and cover. Roll one part at a time into paper-thin rectangle on generously floured surface. Loosely fold rectangle into thirds lengthwise. Cut pasta into 1/4" strips. Unfold strips and place on towels or hanger at least 30 min or until dry. Repeat for remaining dough. Bring water to boil. Stir in remaining salt and pasta. Cook 3 to 5 min or until almost tender; drain and serve.

Pita Bread

1 1/2 t dry yeast
1 t plus 2 t honey

1 c warm water
1 1/2 t salt



3 c flour

oil

Dissolve yeast in water with 1 t honey. Let stand 5 min. Add remaining honey, flour and salt, mixing until well combined. Turn out and knead 10 min. Add more flour if dough is sticky. Oil a mixing bowl, place dough in it, and lightly oil dough surface. Let rise in a warm place for 1 ½ hours, covered. Divide into 6 parts. Form each into a smooth ball. Cover balls and let stand 15 min. Preheat oven to high heat. Roll each ball to ½" thickness. Place on baking sheet. Bake on lowest rack for 10 min or until puffed and golden. Remove and wrap in towel; place in a paper bag for 15 min. This maintains the pockets as bread deflates.

Pizza Dough

1 t yeast 1-1 ½ c water
3 c flour 2 T olive oil
2 t salt

Combine the yeast, flour, olive oil and salt. Add the water a little at a time, until a dough is formed. Turn out and knead for 10 minutes, grease a bowl with olive oil and place the dough in it. Cover with plastic or a towel and let rise 1-2 hours until it has doubled in size. You can also substitute ½ cup cornmeal or semolina for ½ cup flour to add a crunch.

Pumpkin Streusel Bread

Topping:

¼ c chopped pecans 2 T sugar
1 ½ T chilled butter, cut into sm pieces ¼ t ground cinnamon

Bread:

2 c flour ½ cup sugar
½ c raisins 1 t baking soda
1 t salt ½ t ground cinnamon
½ t ground cloves ½ t ground nutmeg
1 c cooked pumpkin ½ c plain yogurt
½ c honey ¼ c vegetable oil
1 t vanilla extract 2 lg eggs

Preheat oven to 350°. Combine topping ingredients until crumbly. Set the mixture aside. To prepare bread, combine flour and the next 7 ingredients (flour through nutmeg) in a lg bowl; stir well with a whisk. Make a well in center of mixture. Combine the pumpkin and next 5 ingredients (pumpkin through eggs) in a bowl; add to flour mixture. Stir just until moist. Spoon batter into greased and floured baking dish; sprinkle with topping. Bake for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 min; remove from pan.

Quince Nut Bread

1 c sugar ½ c plain yogurt
1 c oil 1 t cinnamon
3 eggs ½ t ginger
1 pkg vanilla sugar 1 t salt
1 c quince, cooked and puréed 1 t baking powder
2 c flour 1 c walnuts, chopped

Preheat oven to 350°. Cream sugar and butter. Add eggs and vanilla. Mix well. Sift flour with salt and baking powder. Combine gradually with sugar and egg mixture. Add quince, spices, and yogurt. Pour into greased, floured baking dish. Bake for 45 min or until a knife, when inserted, comes out clean. Let sit, covered, for 30 min.

Scones

2 c flour *Makes 8*
5 T butter or margarine, chilled ½ t salt
⅓ c milk 2 eggs, beaten
 1 T baking powder

2 T sugar

Combine all dry ingredients; then cut in butter until mixture looks like fine crumbs. Stir in eggs and milk. Knead about 5 to 6 times on a lightly floured surface. Divide dough in half. Pat each section into a 6" diameter circle. Cut each circle into quarters (scones are triangle-shaped). Bake ½" apart for 25 min.

Sesame Crackers

2 c flour	1 t salt
1 t salt	1 ½ t baking powder
2 T sesame seeds, toasted	1 T butter, melted
¼ c yogurt	⅔ c ice water

Preheat oven to med heat. Sift together flour, salt, and baking powder twice. Cut in yogurt. Add butter and sesame seeds to batter; stir in ice water. Knead lightly. Roll to ⅛" thickness. Prick all over with fork. Bake on lightly greased baking sheet for 10 min or until lightly brown. Cool on rack.

Skillet Biscuits

2 c flour	2 ¾ to 3 c milk
1 t salt	2 to 4 T vegetable oil or butter
melted butter to dip biscuits	3 ½ t baking powder

Whisk flour, salt, and baking powder together in lg mixing bowl; form well in center. Combine oil and milk; pour into well. Stir until mixture forms a dough. Turn onto flat, floured surface. Knead 10 times. Roll to ½" height. Cut dough into rounds with glass. Heat skillet until hot over low-med flame. Dip biscuits into melted butter (not too much). Place in pan side by side. Turn over after 5 to 8 min.

Bread topping: mix ¼ c dry bread crumbs, 1 ½ t melted butter and dash of salt.

Garlic bread topping: mix ¼ c dry bread crumbs, 1 ½ t melted butter, ½ clove crushed garlic, and dash of salt. Try adding ¾ t chopped fresh herbs.

Soda Crackers

1 T fresh yeast	¼ liter warm water
5 c flour	1 ½ t salt
3 T butter	2 T buttermilk
½ baking soda	

Mix yeast, flour, and warm water in lg bowl; let rise overnight. Combine with remaining ingredients to form stiff dough. Roll thin in lightly floured surface and cut into squares. Prick with fork and sprinkle salt on top. Heat baking sheets for 5 min or crackers will stick. Bake in 375° oven for 10 min or until lightly browned.

Soft Italian Breaksticks

1 c warm water	3 T soft butter
1 ½ t salt	3 c flour
2 T sugar	2 t Italian seasoning (mix of herbs; basil oregano, rosemary)
1 t garlic powder or crushed garlic	2 ½ t yeast
1 T melted butter	parmesan cheese

Combine flour, sugar, salt, yeast, herbs and garlic. Work in the butter and then add water to form a dough. Knead the dough for a few minutes then leave covered to rise until doubled in size, at least an hour. Cut into 12 pieces and roll each one into a rope. Let sit another 30 minutes, then brush the top with the butter. Bake for 15 minutes at 350°, once done sprinkle with parmesan cheese. Or if you have enough, add 2 T of parmesan cheese to the dough.

Soft Pretzels

1 1/2 t active dry yeast	1 T baking soda
1/2 t brown sugar (can use white also)	1/4 c warm water
1 dash salt	1 c melted real butter



1 1/2 c 110 degree water
4 c bread flour

toppings

Combine yeast, sugar, salt and water; allow to rest for 5 minutes. Stir flour to mixture and knead for 5 minutes. Place dough in a lightly greased bowl, cover with a damp towel, and allow to rise in a warm place for 1 hour. Divide dough into 8-12 equal-size pieces; roll each piece into a rope; shape each rope into a pretzel. In a shallow dish, stir baking soda into warm water; dip pretzels into mixture (or brush mixture over pretzels); lay coated pretzel onto a lightly greased cookie sheet. Bake in a 550 degree oven for 8 minutes, or until golden brown. Brush melted butter onto hot pretzels. You can also add toppings like chopped garlic, cinnamon sugar, cheese or mustard.

Spaetzle

2 c flour
1 t salt

2 eggs
3/4 c milk

Whisk together flour and salt. Combine eggs and milk in sm bowl; stir into flour mixture. Pour batter into colander with lg holes (top of couscouisière works well). Hold colander over kettle of boiling salted water. Press batter through colander to form spaetzle. Cook and stir 5 min. Drain well. Serve with melted butter or gravy. Try using chicken stock instead of water.

Sweet Rolls

2 c plus 1/2 c flour
1 c milk
1 t salt
2 1/2 c flour

2 T yeast
1/3 sugar
2 eggs, beaten
1/3 c butter

In med mixing bowl, combine 2 c flour and yeast. In sm saucepan, heat milk, sugar, butter, and salt until just warm; stir constantly. Pour into flour mixture and stir. Beat in eggs for at least 5 min. On lightly floured surface, knead with remaining dough to make a moderately stiff dough that is smooth and elastic (6 to 8 min). Shape into a ball in a greased bowl. Cover and let rise in a warm place for 1-2 hours. Punch down center and divide in half. Preheat oven to low heat. Cover and let stand 10 min. Shape into rolls and bake for 20 to 25 min.

Cinnamon Rolls: After the first rise roll out the dough to a 1/2 inch thick rectangle. Brush with melted butter then spread a mixture of 1/2 cup sugar and 2 teaspoons of ground cinnamon. You can also add chopped nuts or rasins. Roll it up lengthwise and cut into 1-1 1/2 inch slices. Place in a buttered pan or muffin tin and let rise for another 30 minutes. Brush with additional butter and sprinkle with sugar before baking.

Carmel Rolls: Same as cinnamon rolls except sprinkle the rolled out dough with brown sugar instead of sugar and cinnamon. Add walnuts if desired.

Syrup

1 c sugar
1 T butter (or more)
dash of salt

1 c water
1 T cinnamon

Boil sugar and water in a saucepan for at least 10 min. For thick syrup, add more sugar. Stir in butter and cinnamon. Try flavoring the syrup with 1/2 t almond or orange extract. Serve on pancakes or use as a substitute for corn syrup.

Vegan Pancakes

1 1/4 c flour
2 t baking powder
1/2 t salt

2 T sugar
2 T oil
1 1/4 c water

Sift dry ingredients in lg bowl. In sm bowl, beat together water and oil. Pour into lg bowl and mix until smooth (don't worry about sm lumps). Grease and heat a skillet; pour batter 1/4 c at a time. When bubbles burst on pancake surface, turn over.

Yogurt Basil Biscuits

2 c flour
1 T baking powder
2 t sugar
1 to 1 ¼ c plain yogurt

Makes 12 to 14 biscuits

1 t salt
½ t baking soda
3 T basil leaves
5 T unsalted butter, melted

Whisk together all dry ingredients; slowly stir in yogurt with wooden spoon, gathering up dough. Do not let dough get sticky; when it just comes together, enough yogurt has been used. Moisten any remaining dry pieces with a little yogurt. On a lightly floured surface, knead dough for about 1 min. Roll out dough until ½" thick. Cut biscuits using a glass 2" in diameter. Preheat oven to high heat. Dip each biscuit, top and bottom, in melted butter and place on baking sheet. Bake for 15 min or until golden. Serve hot.

Zucchini Bread

2 c zucchini, grated
1 ¾ c sugar
1 t salt
¼ t baking powder
3 eggs
1 T vanilla extract

3 c flour
1 t baking soda
1 t cinnamon
¾ c apples, cooked and mashed
½ c vegetable oil

Preheat oven to 350°. Let zucchini stand in bowl 10 min. Tilt bowl to let liquid drip out, pressing down occasionally. Set aside. Combine flour and next 5 ingredients (flour through baking powder) in lg bowl, and stir well; make a well in center of mixture. Combine zucchini, applesauce, eggs, oil, and vanilla; add to dry ingredients, stirring just until dry ingredients are moistened. Pour batter into a greased, floured baking dish. Bake for 1 hour or until a wooden pick inserted in center comes out clean. Let cool in dish 10 min; remove from pan.



DESSERTS AND SPREADS

APPLE BUTTER.....	112	JELLY-FILLED COOKIES.....	118
APPLE CAKE.....	112	JOSHUA'S REALLY CHEAP FUDGE	119
APPLE PIE SLICES.....	113	KEY LIME BARS	119
APPLE WALNUT CAKE.....	113	LEMON BARS.....	119
BAKED APPLES.....	113	MACAROONS.....	119
BAKED QUINCE.....	113	MARBLE CAKE	119
BANANA RAITA	113	MOROCCAN SUGAR COOKIES.....	120
BLINTZES.....	114	NUT BRITTLE	120
BRAZILIAN CHOCOLATE BALLS	114	PEANUT BUTTER	120
BUTTER CREAM FROSTING.....	114	PEANUT BUTTER BROWNIES	120
CARAMEL APPLES.....	115	PEANUT BUTTER COOKIES.....	120
CARROT CAKE	115	PEANUT BUTTER CUPS	121
CHOCOLATE CHIP COOKIES	115	PEAR TART.....	121
CHOCOLATE MOUSSE.....	115	PIE CRUST	121
CHOCOLATE PEANUT NO-BAKE COOKIES	116	PUMPKIN PIE.....	121
CHOCOLATE PUDDING CAKE.....	116	QRISHLAT.....	121
COCOA BROWNIES.....	116	RICE PUDDING.....	122
COUSCOUS PUDDING.....	116	RICOTTA CHEESE CAKE	122
DATE BALLS	116	SHORTBREAD COOKIES	122
FRUIT CRISP.....	117	SOUR CREAM COFFEE CAKE	122
GHOURLIBA (SEMOLINA COOKIES)	117	STEWED FRESH FRUIT OR PIE FILLING.....	123
GOOD OLE' SOUTHERN FUNNEL CAKES ...	117	VANILLA PUDDING.....	123
GRAHAM CRACKER CRUST.....	117	VEGAN VANILLA CAKE	123
HOMEMADE CONFITURE	117	VEGAN CHOCOLATE CAKE	123
HONEY AND DATE NUT BARS	117	WALNUT SPICE KISSES	123
HONEY CHRISTMAS COOKIES	118	YELLOW CAKE.....	123
IN-THE-BLED YOGURT CAKE	118	YOGURT ICING.....	124

Almond Sugar Cookies

3 T plus 1 c sugar

¼ c plus 3 T butter, softened

½ t vanilla

2 ½ c flour

⅛ t salt

Makes 5 dozen cookies

⅛ t cinnamon

½ t almond extract

1 lg egg white

¼ c almonds, ground

Preheat oven to 325°. Whisk 3 T sugar and cinnamon in a bowl; set aside. Cream remaining sugar and butter until light and fluffy. Add milk, extract, and egg white, and beat well. Combine flour, almonds, and salt, and add to creamed mixture, beating well. Divide dough in half; cover and refrigerate half of dough. Shape remaining half of dough into 30 1" balls; roll balls in sugar mixture, coating well. Place 2" apart on lightly greased baking sheets. Flatten each ball with the bottom of a glass. Bake for 14 min. Repeat procedure with remaining dough.

Apple Butter

8 c apples, cored, peeled, cooked and mashed

½ t ground cloves

½ t nutmeg

1 T cinnamon

¼ t allspice

1 c sugar

Mix all ingredients in lg pot. Cover loosely; cook over low heat at least 3 hours (up to 8). Stir occasionally. Apple butter is done when a spoonful dropped on a plate no longer looks watery. Season to taste; use a blender for smooth apple butter.

Apple Cake

1 c sugar or honey

½ c vegetable oil

3 eggs, beaten

2 pkg vanilla sugar

½ t allspice

½ c milk or yogurt

4 t baking powder

1 t salt

1 t cinnamon

½ t nutmeg

3 c flour
1 c walnuts or raisins

2 c apples, finely chopped

Preheat oven to 350°. Cream sugar and oil; add eggs. Add vanilla and milk. Beat until smooth. Sift together remaining ingredients except apples and walnuts. Combine with sugar mixture. Fold in apples. Spread into greased and floured baking dish. Bake 45 to 50 min. Let cool 10 to 15 min before removing from pan.

Apple Pie Slices

pie crust (see recipe, desserts section)
9 apples, peeled, cored, and sliced
½ t ground cinnamon
1 pinch salt
3 T milk

2 egg whites
¾ c white sugar
1 c powdered sugar
1 t vanilla extract

Preheat oven to 350°. Grease and flour a 9" by 13" pan. On a lightly floured surface, roll half of the pie crust dough out to the size of the prepared pan. Cover the inside of the pan with the dough. Spread dough with a light coating of egg white. Fill with sliced apples and sprinkle with cinnamon and sugar on top. Roll out remaining dough and place on top of apples. Brush with a light coating of egg white. Bake for 35 to 40 min, until the crust is golden. In a sm bowl, beat together the powdered sugar, salt, vanilla, and milk until smooth. Drizzle over cooled bars and cut into squares.

Apple Walnut Cake

2 cups peeled diced tart apples
½ cup butter melted (unsalted)
1 egg
1 ¼ cup flour
1 tsp baking soda

1 cup sugar
1 tsp cinnamon
½ tsp salt
½ cup chopped walnuts

Butter and flour baking pan. Mix apples, sugar, butter & egg. Add flour, cinnamon, soda, salt: mix. Stir in walnuts. Spread evenly in pan. Bake until brown and crusty on top, 45 min in oven at 375F.

Baked Apples

6 lg apples, cored
½ c sugar
1 T butter
½ t nutmeg

¾ c raisins
½ c water
½ c walnuts, finely chopped
½ cinnamon

Preheat oven to 350°. Slice off top of apples and discard. Place apples in a buttered baking dish. Fill apples with raisins. In a sm saucepan, combine sugar, water, butter and spices until sugar is dissolved. Stir in nuts. Spoon mixture into apples. Bake 40 to 45 min.

Baked Quince

4 quince, peeled, cored and quartered
½ c sugar

1 orange, sliced
water

Preheat oven to low heat. Arrange quince in a greased baking dish. Sprinkle with sugar. Place an orange slices over quinces. Add enough water to cover. Bake 2 hours. Serve chilled.

Banana Raita

2 med bananas, very ripe
dash of cayenne pepper
dash of cardamom

3 c yogurt
dash of cinnamon
1 t lemon juice

Mash 1 banana and yogurt in med mixing bowl. Chop remaining banana into 1" chunks; stir into bowl. Add remaining ingredients. Chill.



Blintzes

crêpes (see recipe, Mains – Vegetarian section) 1 t lemon rind, grated
1 ½ c ricotta cheese 1 T oil
1 egg yolk 1 T butter, softened
sugar cinnamon

Mix cheese, egg, butter and rind in sm mixing bowl. Spoon 2 T of filling into center of each crêpe. Roll up sides like burritos. Heat oil in skillet and place 2 blintzes, seam side down. Fry to a golden brown and turn over. Serve hot, sprinkled with cinnamon and sugar.

Brazilian Chocolate Balls

1 T butter 1 can sweetened, condensed milk
4 T cocoa powdered sugar
coconut nuts
O'Henry crackers, crushed, opt

Melt butter in saucepan. Add milk and blend in cocoa. Bring to a boil; simmer 3 to 5 min. Stir constantly. Mixture is done when it begins to pull away from edge of pan. Pour into a greased dish and cool. If mixture remains liquid, add O'Henry crackers. Form into 1" balls and roll in powdered sugar, coconut, or nuts.

Bread Pudding

Serves 12

2 ½ c milk ½ c raisins
½ cup sweetened condensed milk 2 t vanilla extract
1 t ground cinnamon ½ t freshly grated nutmeg
¼ t salt 3 lg eggs
8 c old bread, cubed 2 T sugar

Preheat oven to 325°. Combine the first 9 ingredients in a lg bowl. Add bread cubes, tossing to coat. Let stand 30 min, stirring occasionally. Lightly grease an 11" x 7" baking dish. Spoon the bread mixture into dish, and sprinkle with sugar. Bake at 325° for 55 min or until pudding is set. Let pudding stand 15 min before serving.

Brownies

Makes 12

3 oz unsweetened chocolate ¼ t salt
½ c butter 1 c flour
3 eggs 1 ½ c walnuts, chopped (opt)
1 ½ sugar ½ c raspberry jam (opt)
1 ½ vanilla

Preheat oven to 350°. Melt chocolate with butter in a sm saucepan over low heat; cool slightly. Blend eggs, sugar, vanilla, and salt in mixing bowl; stir in chocolate mixture, then add flour. Fold in walnuts. Pour into well-greased 8" pan. Bake for 25 to 35 min. Spoon jam over hot brownies. Let cool.

Butter Cream Frosting

2 pkg vanilla sugar, or 2 t vanilla extract 4 c powdered sugar
½ c butter, softened 6 T cream or milk

Cream the butter, sugar and vanilla together. Add the milk or cream (if you use milk you can add a few teaspoons of powdered milk to make it creamier) a teaspoon at a time until your desired consistency. Refrigerate and it will thicken as the butter hardens.

Variations:

Chocolate Butter Cream Frosting: Add 2 ounces melted chocolate or cocoa powder, omit vanilla sugar.

Mocha Butter Cream Frosting: Add 1 ounce melted chocolate, substitute 2 tablespoons of very strong coffee for 2 tablespoons of cream or milk.

Lemon or Orange Frosting: Omit cream or milk, instead use one egg yolk and 1 teaspoon of lemon or orange juice. Cut the vanilla in half and stir in grated orange or lemon zest.

Caramel Apples

4 lg apples, peeled and cored	¼ c butter or margarine
½ c sugar	1 t cinnamon
1 c milk	

Chop apples into slices ½” thick. In lg saucepan over med-high heat, melt butter. Whisk in sugar; stir rapidly until mixture turns golden brown (1 to 2 min). Stir in cinnamon. Remove from heat, stirring, until mixture resembles caramel. Add apples and coat. Cover skillet and return to low heat. Simmer until apples are tender, about 5 min. Transfer apples to serving bowl. Over high heat, bring caramel to a boil until thickened. Pour over apples and serve.

Carrot Cake

2 c flour	1 c sugar
2 t baking soda	2 t cinnamon
1 t salt	½ c apples, cooked and mashed
½ c vegetable oil	1 pkg vanilla sugar
3 lg eggs	3 cups carrot, shredded

Cream Cheese Frosting (see below)

Preheat oven to 350°. Combine flour and next 5 ingredients (flour through salt); make a well in center of mixture. Combine mashed apple and next 4 ingredients (apple butter through eggs) in a lg bowl; stir with a whisk. Add apple mixture to flour mixture, stirring just until moist. Fold in carrot. Pour batter into lightly greased and floured cake pan. Bake for 35 min or until a knife inserted in the center comes out clean. Cool completely. Spread frosting over top and sides of cake.

Cream Cheese Frosting:

½ cup La Vache Qui Rit cheese	¼ c butter, softened
1 t grated lemon rind	1 pkg vanilla sugar
1 ½ c powdered sugar	

Beat the first 4 ingredients until smooth. Gradually add sugar to butter mixture.

Chocolate Chip Cookies

2 ¼ c flour	1 t baking soda
1 t salt	1 c butter, softened
¾ c sugar	¾ cup packed brown sugar
1 t vanilla extract	2 eggs
2 c chocolate chips	1 c chopped nuts

Preheat oven to 375°. Combine flour, baking soda and salt in a sm bowl. Beat butter, white sugar, brown sugar and vanilla in a lg mixing bowl. Add eggs one at a time, beating well after each addition; gradually beat in flour mixture. Stir in chips and nuts. Drop by rounded teaspoon onto ungreased cookie sheets. Bake for 9-11 min or until golden brown. Let stand for 2 min; remove to cool completely.

Chocolate Mousse

200 g chocolate, melted	3 eggs, separated
3 T butter, softened	

Beat yolks with chocolate; cream with butter. Fold in egg whites. Serve chilled.

Chocolate-Orange Biscotti

2 c plus 2 T flour	<i>Makes 3 dz</i>
1½ t baking powder	2 lg eggs
¼ t salt	2 T Grand Marnier or other orange liqueur (opt)
¾ c sugar	1 T orange peel, grated
	1 c pecans, lightly toasted, coarsely chopped



½ c butter, room temperature

6 oz bittersweet (not unsweetened) chocolate, chopped

Line lg baking sheet with parchment paper. In med bowl, blend flour, baking powder and salt. In lg bowl, cream sugar and butter. Beat in eggs 1 at a time, then Grand Marnier and orange peel. Add flour mixture and beat until blended. Stir in pecans and chocolate. Gather dough; divide in half. Wrap in plastic and freeze 20 min to firm. Preheat oven to 350°. Using floured hands, form each dough piece into 14" long, 2½" wide log. Transfer logs to prepared baking sheet, spacing 2" apart. Bake until light golden, about 30 min. Transfer parchment with logs to rack. Cool 20 min. Reduce oven temperature to 300°. Place 1 log on cutting board. Using serrated knife, cut on diagonal into 1/2" thick slices. Stand slices upright on baking sheet. Repeat with remaining log. Bake until dry to touch and pale golden, about 30 min. Cool completely on rack. Store in airtight container.

Chocolate Peanut No-Bake Cookies

2 pkg Henry's cookies, crushed

1 ½ c sesame seeds, roasted and ground

1 can sweetened condensed milk

½ c peanuts, crushed

7 to 10 squares dark baking chocolate

1 sm pkg Caobel hot chocolate mix

2 to 3 T vegetable oil

mini cupcake paper cups

In lg mixing bowl, combine dry ingredients. Add milk little by little. Grease hands so dough won't stick. Roll to 1" balls. Melt chocolate and oil in saucepan over low heat; stir frequently. Roll balls of dough in chocolate sauce, then in peanuts; place in paper cups to cool.

Chocolate Pudding Cake

1 c flour

4 T plus 2 T cocoa powder

¼ t cinnamon

¼ t salt

1 pkg vanilla sugar

1 c boiling water

⅔ c plus ⅔ c sugar

2 t baking powder

½ t instant coffee

½ c milk

¼ c oil

Preheat oven to 350°. Whisk together dry ingredients except ⅔ c sugar and 2 T cocoa. Stir in milk and oil. Spread batter into greased pan. In a sm bowl, combine remaining sugar and cocoa. Shake evenly over batter. Pour water on top; do not stir. Bake 30 min; serve warm.

Cocoa Brownies

1 c sugar

2 T water

1 t vanilla extract

1 ½ c cocoa powder (nesquik or caobel)

¼ t salt

¾ c butter, melted

2 large eggs

1 ⅓ c flour

½ t baking powder

¾ c chopped nuts (opt)

Preheat oven to 350°. Combine sugar, butter and water in a bowl, stir well. Stir in the eggs and vanilla. In another bowl combine flour, cocoa powder, salt, and baking powder. Slowly mix this mixture into the other. Stir in nuts then pour into greased 9 x 13 pan. Bake 20-25 minutes or until toothpick inserted into center comes out clean. Cool before cutting and serving.

Couscous Pudding

½ c couscous

2 T sugar

1 c vanilla yogurt

1 c boiling milk

¼ c raisins

cinnamon

In med bowl, combine couscous, milk, sugar, and raisins. Set aside for 20 min or until milk is absorbed. Stir in yogurt. Sprinkle with cinnamon and serve. If pudding becomes too thick, add more yogurt.

Date Balls

½ c butter

¾ c sugar

250 g dates	1 t milk
1 egg, beaten	1 t vanilla sugar
1 t salt	2 c nuts, chopped
powdered sugar	

Cook butter, sugar, and dates in a sm saucepan over low heat until mixture begins to boil. In a mixing bowl, whisk milk, egg, vanilla sugar, and salt. Add to saucepan and cook 2 min. Cool and fold in nuts. Form 1" balls and roll in powdered sugar.

Fruit Crisp

1 c plus 3 T flour	1 c plus ¾ c sugar
1 t baking powder	½ t salt
1 egg, beaten	5 to 6 c sliced fruit of choice
2 t melted butter	

Preheat oven to 350°. Whisk 1 c flour, 1 c sugar, baking powder, and salt into sm mixing bowl. Stir in egg until mixture becomes crumbly. Set aside. Toss fruit in lg mixing bowl with remaining flour and sugar. Pour into greased baking dish. Sprinkle flour mixture on top. Drizzle with butter. Bake 30 min or until fruit is cooled and top is browned.

Ghouriba (Semolina Cookies)

3 eggs	250 g sugar
¼ c oil	¼ c melted butter
500 g semolina	2 t baking powder
1 pkg vanilla sugar	1 ½ c powdered sugar

Preheat oven to high heat. Beat eggs and sugar in lg mixing bowl. Add oil, butter, semolina, baking powder and vanilla. Shape dough to 1" balls on place on greased baking sheet. Flatten with the bottom of a glass. Bake 15 to 20 min. While still hot, roll cookies in powdered sugar.

Good Ole' Southern Funnel Cakes

1 egg	1 t baking powder
⅔ c milk	¼ t salt
2 T sugar	1 c plus ½ c flour
oil for frying	powdered sugar

Mix all ingredients well. Drizzle 1 cup batter into hot oil. Turn over after 2 to 3 min. Drain on newspaper and dust with powdered sugar. Serve hot.

Graham Cracker Crust

2 T sugar	6 T melted butter
1 ½ c of Henry's cookies or similar graham cracker cookies, crushed	

Combine all the ingredients above and press into the bottom and sides of a pie pan. Pre-bake for 8-10 minutes in a 350° F oven until it begins to brown. Cool before filling.

Homemade Confiture

½ kg fruit, chopped (do not discard juice)	½ kg sugar
--	------------

Mix all ingredients. Let sit, covered, overnight. Boil for about 1 hour, uncovered. Spoon into jars and cool.

Honey and Date Nut Bars

2 T melted butter	1 c honey
2 eggs, beaten	¾ c flour
½ t baking powder	dash of salt
½ c dates, chopped finely	½ c chopped nuts
powdered sugar	



Preheat oven to 350°. Butter an 8" square pan. Mix all ingredients except powdered sugar in med mixing bowl, in order listed. Spread in pan and bake 25 min or until firm and lightly golden. Cool 5 to 10 min; cut into bars. Sprinkle with powdered sugar while still warm.

Honey Christmas Cookies

½ c butter	⅓ c sugar
1 egg	⅔ c honey
1 t vanilla	½ almond extract
2 ¾ c sifted flour	1 t baking soda
1 t salt	colored sugar for decoration

Cream together butter and sugar in lg mixing bowl; add egg, honey, vanilla, and extract. In med mixing bowl, whisk flour, baking soda, and salt. Pour into wet mixture; mix well. Chill dough 30 min. Then preheat oven to 375°. Roll out dough to ¼" thickness. Cut with cookie cutters. Bake 8 to 10 min. Cool and decorate.

Honey Custard

4 eggs, slightly beaten	<i>Serves 8</i>
¼ t salt	½ c honey, plus more for topping
½ t vanilla	2 c milk
	toasted flaked coconut

Preheat oven to 350°. Combine eggs, honey, and salt. Slowly stir in milk and vanilla. Pour into 8 custard cups. Place cups in pan of hot water and bake about 50 min or until a knife, when inserted, comes out clean. Serve chilled or warm, which honey and coconut drizzled on top.

Honey Sabayón

1 ½ c half and half	<i>Serves 4</i>
1 T cornstarch	¼ c honey
1 t vanilla	2 eggs, beaten
strawberry jam	½ t grated orange rind
	fresh strawberries as garnish

Combine half and half, honey, and cornstarch; cook over low heat 4 to 5 min. Remove from heat and rapidly stir in eggs; return to heat and simmer until mixture thickens. Stir in vanilla and rind. Remove from heat and cool, stirring occasionally. Pour into serving bowls and decorate with jam and strawberries.

In-the-Bled Yogurt Cake

1 contain plain yogurt	2 containers sugar
2 eggs, beaten	1 t baking powder
1 pkg vanilla sugar	2 containers flour
½ container oil	

Preheat oven to med heat. Combine all ingredients in mixing bowl. Pour into greased and floured baking dish. Bake about 1 hour.

Variation:

Lemon cake: Add 1 T lemon juice and 1 t lemon rind, grated

Chocolate cake: Add ¼ c water, ½ container cocoa, 1 t cinnamon

Nut cake: Add 1 container chopped nuts

Spice cake: Add 1 t cinnamon, ½ t ground cloves, ½ t ginger, ¼ t nutmeg, 1 container raisins, 1 container chopped nuts

Jelly-Filled Cookies

2 c flour	1 t baking powder
¼ t salt	⅓ c butter or margarine
¾ c sugar	1 pkg vanilla sugar
1 egg, beaten	2 T orange juice
¼ c water	1 to ½ c jam (see recipe, desserts section)

Preheat oven to high heat. Whisk flour, baking powder, and salt in lg mixing bowl. In sm bowl, cream butter, vanilla and sugar. Add eggs. Pour butter mixture into flour mixture; stir in juice and water. Roll out dough to 1/8" to 1/4" thickness. Cut cookies with glass to make circles. Spoon 1/2 t jelly onto center; pinch 3 sides together to form triangle. Bake on greased baking sheet 10 to 12 min or until lightly browned.

Joshua's Really Cheap Fudge

1 c water	4 c sugar
2 c flour	big scoop of butter
1 big Maruja (or better) chocolate bar	1/2 small box Caobel chocopowder

Boil water, add sugar and boil for 10 to 15 min. Reduce heat and add butter and let melt. Add chocolate bar and powder. Let melt. Turn off heat. Slowly add flour, spoonful at a time and mix well. Let sit until hard. For added texture and taste add: nuts, raisins, O'Henry's crackers, cinnamon, flavorings, etc.

Key Lime Bars

1 can sweetened condensed milk	1/4 c lime juice
1 T grated lime peel	1 pre-baked graham cracker pie crust
8 oz ocream cheese or 8 packages of Laughing Cow	

Combine the cream cheese/Laughing Cow with the sweetened condensed milk, beat well. Add the lime juice and zest. Pour into the pre-baked crust and bake for 30 minutes at 350 F, or until the middle is set. Place in refrigerator until chilled, about 30 minutes then cut into bars.

Lemon Bars

1/2 c butter, softened	1/4 c powdered sugar
1 c flour, sifted	2 eggs, beaten
3 T lemon juice and zest	1/4 t salt
1 c sugar	1/2 t baking powder
2 T flour	

Preheat oven to 350°. Mix butter, powdered sugar and flour in sm mixing bowl. Press into 8" or 9" baking pan. Bake until golden, about 20 min. Meanwhile, combine remaining ingredients in a sm mixing bowl. Pour over baked crust and bake 20 to 30 min. Dust with powdered sugar when cool.

Macaroons

1/2 c sugar	2 egg whites
2 1/2 c shredded unsweetened coconut	1 t vanilla extract or vanilla sugar
Pinch salt	

Preheat the oven to 350° F. Combine all ingredients in a large bowl and mix well with a spoon or your hands. Wet your hands and make small piles of the mixture, approximately 1-2 tablespoons each, and place an inch apart on a greased baking sheet. Bake until light brown about 15 minutes. Cool at least 30 minutes before removing from the sheet or eating. Place in an airtight container for up to 3 days.

Marble Cake

4 eggs	150 g butter
300 g sugar	3 t milk
2 pkg vanilla sugar	200 g unsweetened chocolate
300 g flour	2 t baking powder

Separate egg yolks and whites; beat egg whites until fluffy. Cream butter and sugar. Beat in yolks one at a time; add milk and vanilla sugar. Sift flour and baking powder over batter and stir. Fold in egg whites. Melt chocolate in either double saucepan or over very low heat. Preheat oven to 350°. Divide batter evenly in two bowls; fold chocolate mixture into one bowl. Pour 1 cup of plain batter into greased cake pan; pour 1 cup



batter from chocolate batter. Continue until no batter remains. Bake for 30 min or until a knife, when inserted, comes out clean.

Moroccan Sugar Cookies

2 ¼ c flour	2 t baking powder
½ t salt	½ c butter
½ c vegetable oil	½ c sugar
1 pkg <i>mska hora</i> , pounded to powder	

Preheat oven to high heat. Whisk flour, baking powder, and salt in lg mixing bowl. In sm bowl, cream butter, oil, sugar and *mska hora*. Roll out dough to ¼" to ½" thickness. Cut cookies with cookie cutter of choice. Bake 20 min or until golden.

Nut Brittle

1 c sugar	pinch of salt
1 ½ c roasted nuts	½ c water
½ corn or sugar syrup (see recipe, desserts section)	

Combine sugar, corn syrup, water and salt in med saucepan. Cook until mixture threads when dropped into cup of cold water. Remove from heat and add nuts. Pour into flat, well-greased pan. Chill.

Oatmeal Raisin Cookies

Makes about 4 dozen cookies

1 c butter, softened	1 c brown sugar, packed
½ c white sugar	2 eggs
1 t vanilla	1 ½ c flour
1 t baking soda	1 t cinnamon
½ t salt	3 cups oats
1 c raisins	

Preheat oven to high heat. Beat butter and sugars until creamy. Add eggs and vanilla; beat well. Whisk flour, baking soda, cinnamon, and salt in med mixing bowl; add to butter mixture. Fold in oats and raisins. Drop spoonfuls of dough onto greased baking sheet. Bake 10 to 12 min.

Peanut Butter

peanuts	sugar or honey to taste
oil	

Heat skillet to high heat. Roast peanuts for 10 min, constantly stirring until skin turn med brown. While still warm, remove skins. In small amounts, grind peanuts with mortar and pestle or in blender and add oil until peanut butter forms. Add honey or sugar to taste.

Peanut Butter Brownies

1 c peanut butter (see recipe, above)	½ baking powder
⅓ c oil	½ t salt
¾ c sugar	2 eggs
1 c flour	1 t vanilla

Preheat oven to 350°. Cream peanut butter and oil. Add sugar, eggs, vanilla, and stir until creamy. Add flour, baking powder and salt; blend until smooth. Spread into greased pan. Bake 20 to 25 min; do not over-bake.

Peanut Butter Cookies

1 c butter or margarine	2 c sugar
2 t vanilla	2 eggs
1 c peanut butter (see recipe, above)	3 c flour
2 t baking soda	dash of salt

Preheat oven to high heat. Cream butter, sugar and vanilla in sm mixing bowl. Beat in eggs; mix well. Stir in peanut butter. In a separate bowl, whisk together remaining ingredients. Combine all thoroughly. Form into 1" balls and place on greased baking sheet. Press each with fork. Bake 10 to 15 min or until golden.

Peanut Butter Cups

1 c margarine or butter, melted	12 oz. chocolate
2 ½ c powdered sugar	1 c peanut butter
1 ¾ c crushed graham crackers (Henry's works great)	

Mix melted margarine/butter, peanut butter, powdered sugar and crushed graham crackers. Press in to greased 9 x 13 pan. Melt chocolate in a double boiler and pour over peanut butter mixture and smooth. Refrigerate until firm. Store in refrigerator.

Pear Tart

¾ c milk	3 ripe pears
2 c flour	½ c plus 2 T sugar
1 ½ t yeast	2 eggs, beaten
2 T white breads crumbs	1 t cinnamon
2 T butter	¾ c heavy cream (opt)

Preheat oven to 400°. In saucepan, warm milk and set aside. Butter a 9" tart or baking dish. Peel pears and cut in halves; remove stems and seeds. In lg mixing bowl, sift flour and make well in center. Place ½ c sugar, eggs, and yeast in well. Stirring continuously, add milk little by little. Combine well; spread into baking dish. Add pears, arranging like flower petals: stem end pointing to the center. Bake for 25 min. Meanwhile, combine bread crumbs, 2 T sugar and cinnamon; set aside. Remove tart from oven and sprinkle crumb mixture. Dot with pats of butter and return to oven for 20 to 25 min, or until top is golden and puffed. Serve with whipped heavy cream.

Pie Crust

1 1/8 c flour	½ t salt
8 T of cold butter, cut into small pieces	3 tablespoons of cold water
1 t sugar (optional, best for sweet pies but omit if using for a savory pie)	

Combine the flour, salt and sugar, then add the butter and blend using your hands until the butter is distributed throughout and the mixture looks like cornmeal. Add the cold water and form into a dough, if it is too dry add more water. Make the dough into a ball, wrap in a plastic bag and flatten it. Place the dough in the freezer for 10 minutes to aid in rolling. Roll the dough into a large circle about 10 inches in diameter, on a large surface, dusting liberally with flour to avoid sticking. Use any ragged edges to repair tears. When finished rolling place the dough onto the pie plate, press it firmly to the bottom and prick it all over with a fork. If you want to pre-bake the dough, place for 15-20 minutes or until brown in a 350 F oven.

Pumpkin Pie

2 eggs, slightly beaten	2 c pumpkin, cooked and mashed
¾ c sugar	½ t salt
1 t cinnamon	½ t ginger
¼ t cloves, ground	1 ½ c evaporated milk or milk
pie crust (see recipe, above)	heavy cream, whipped (opt)

Preheat oven to 425°. Combine filling ingredients in order given; pour into pie crusts. Bake 15 min, reduce temperature to 350°, and bake an additional 30 min or until knife inserted near center comes out clean. Cool; garnish if desired with whipped topping.

Orishlat

500 g flour	1 c sugar
¼ t salt	1 egg white
⅓ c aniseed	⅓ c sesame seeds



¼ liter vegetable oil
enough warm water to form dough

1 t baking powder

Preheat oven to 350°. Knead all ingredients together. Roll dough into strings the width of a string bean. Cut with a scissors on alternating sides to form ½ cm cubes. Drop onto baking sheet. Bake for about 20 min or until cubes are browned, stirring every 5 min.

Rice Pudding

1 c rice, cooked
1 ½ c milk
⅓ c raisins
1 t vanilla sugar
⅛ t nutmeg

3 eggs
½ c sugar
1 T butter
¼ t salt

Preheat oven to 350°. In med mixing bowl, combine all ingredients except nutmeg. Pour into buttered baking dish and sprinkle with nutmeg. Bake 1 hour or until custard is set.

Ricotta Cheese Cake

4 lg eggs, separated
¾ c sugar
1 t vanilla
½ t each orange and lemon rind

4 c ricotta cheese
⅓ c flour
dash of salt
¼ t almond extract

In sm bowl, beat egg whites until stiff. In med mixing bowl, beat together ricotta, egg yolks, sugar, and flour. Stir in extract, salt, and rinds. Gently fold in egg whites. Transfer to pan; bake 50 min. Turn oven off but let cake stand inside 15 min.

Shortbread Cookies

1 c butter
½ c sugar
2 ½ c flour

pinch of salt
½ c nuts, chopped (opt)

Cream butter and sugar. Add flour slowly; knead dough until smooth. Fold in nuts. Form dough into two long rolls (about 2" wide and ½" high). Chill for 2 hours. Then preheat oven to med-low heat. Cut dough into slices and bake for 30 min or until lightly golden.

Sour Cream Coffee Cake

1 c butter
1 ¼ c sugar
2 eggs, beaten
1 c plain yogurt or Jockey (green)

1 t vanilla
2 ½ c flour
1 t baking powder
½ t baking soda

Preheat oven to 350°. Cream butter, sugar and vanilla sugar; add eggs, and yogurt. Gradually add dry ingredients. Place half of batter in greased pan. Sprinkle half of topping (see below) over batter. Add remaining batter. Top with remaining topping. Bake for 45 min.

Topping: In sm bowl, combine ½ c chopped nuts, ½ t cinnamon, and 2 T sugar.

Spiced Figs in Red Wine

⅓ c sugar
2 T lemon juice
½ t vanilla extract
3 black peppercorns
1 (3") thyme sprig
rosemary sprig (opt)

Serves 2
1 c dry red wine
1 T honey
3 dried figs, halved
1 (4") rosemary sprig
½ c vanilla ice cream

Combine first 9 ingredients in a sm heavy saucepan. Bring to a boil; cook 25 min or until reduced to ½ cup. Discard peppercorns, rosemary sprigs, and thyme sprigs.

Spoon ¼ cup sauce onto a dessert plate, and reserve remaining sauce for another use. Arrange figs and yogurt on top of sauce. Garnish with a fresh rosemary sprig, if desired.

Stewed Fresh Fruit or Pie Filling

2 c water	¾ c sugar
2 c chopped fruit of choice	1 pkg vanilla sugar

Bring all ingredients to a boil in med saucepan; simmer 10 min or until fruit is tender. Serve hot or cold. Pie filling: add 2 T cornstarch.

Vanilla Pudding

½ c sugar	1 ½ t vanilla sugar
2 T cornstarch	¼ t salt
2 c milk	2 egg yolks, beaten (or 1 egg)
2 T butter	

In a med saucepan combine sugars, cornstarch and salt. Whisk in milk and cook over low heat, stirring constantly until thick. Cook 2 more min. Remove from heat. Whisk egg yolks into saucepan. Return to heat 2 more min. Stir in butter. Pour into serving bowls and chill. Try adding 100 g chocolate with the milk for chocolate pudding.

Vegan Vanilla Cake

½ c margarine	1 ½ c sugar
3 c flour	3 t baking powder
¾ t salt	2 c water
1 pkg vanilla sugar	

Preheat oven to 350°. Cream margarine and sugar in sm mixing bowl. Sift flour, baking powder, and salt into lg mixing bowl. Add margarine mixture to dry ingredients. Stir in water and vanilla sugar. Pour batter into greased cake pan. Bake for 30 or until a knife, when inserted, comes out clean.

Vegan Chocolate Cake

3 flour, sifted	6 T cocoa
1 t salt	2 t vinegar
2 c sugar	2 t baking powder
¾ c oil	1 pkg vanilla sugar
2 c cold water	

Preheat oven to 350°. Whisk dry ingredients together in lg mixing bowl. Combine with remaining ingredients. Pour batter into greased cake pan. Bake for 30 or until a knife, when inserted, comes out clean.

Walnut Spice Kisses

1 egg white	dash of salt
¼ c sugar	1 t cinnamon
⅛ t nutmeg	⅛ t ground cloves
1 c walnuts, finely chopped	2 c walnut halves

Preheat oven to 250°. Beat egg with salt until stiff but not dry. Mix sugar with spices; gradually beat into egg white. Fold in finely chopped walnuts. Drop by teaspoonfuls onto well-greased baking sheets. Top each with a walnut half. Bake for 35 to 40 min or until crisp and dry. Remove from pan to cool. Store in tightly-covered container.

Yellow Cake

⅔ c oil or butter	1 ¼ c sugar
3 eggs, beaten	1 t salt
2 ½ c flour	2 ½ t baking powder
1 c milk	1 ½ t vanilla or 1 pkg vanilla sugar



DRINKS

JUICES AND SMOOTHIES	125
CHERRY COKE	125
EGG NOG.....	126

LEMONADE	126
MOJITOS	126
PEACH ICED TEA	126

Juices and Smoothies

These recipes require a blender (Molnix) unless you want to spend hours pulverizing or grating the ingredients. Remember to chop harder vegetables into smaller pieces so the blender can process them. While you can probably use any fruits you happen to have, here are some tried and true favorite combinations. All recipes are for a one person serving.

Thick smoothies: use ice instead of water, freeze softer fruits, use yogurt instead of milk. For more refreshing acidic juices add more citrus. Note on cucumbers: if you want the extra vitamins and color leave the peel on but wash it well &/or bleach it. If the seeds are big and look hard remove them.

Without milk or yogurt

Cucumber: One cucumber (peeled or bleached) plus a half cup of water and two table spoons of sugar.

Cucumber/Orange: One cucumber (peeled or bleached) plus the juice of two fresh squeezed oranges per cucumber.

Cucumber/Melon/Orange: one cucumber, half small green melon, juice of one orange.

Carrot/Beet/Orange: Two carrots, peeled and cut into large pieces, one small peeled beet and the juice of two oranges. Note: beets have a less earthy flavor when raw.

Carrot/Beet/Orange/Cucumber: Same as above recipe with a half cucumber per person.

Apple/Spinach: Core and optionally peel two apples, add half cup of water and half cup of spinach or similar green leafy vegetable. Beet tops work.

Orange/Banana: Juice of two oranges and one banana.

Exotic: one banana, two peeled peaches, one kiwi, juice of two oranges

Watermelon: remove the seeds cut the melon into chunks small enough to fit in blender.

With milk or yogurt

Banana/milk: one banana per cup of milk.

Apple/milk: one chopped, unpeeled apple per cup of milk.

Strawberry/yogurt: one cup of cleaned strawberries per cup of yogurt.

Peach/Orange/yogurt: three or four small peaches peeled, juice of one orange, one cup yogurt.

Super Smoothie: 4 ice cubes, frozen banana, 2 peeled peaches, 6 frozen strawberries (or strawberry jam), 1 yogurt, 2 T flax seeds

Cherry Coke

Coca Cola

Cherry or Grenadine flavored syrup



Pour a teaspoon of syrup in a tall glass and fill with coke. Serve over ice. A good syrup to use is the Sport brand syrup (*siro* in Darija) in *Cerise* or *Grenadine* flavors. You can use this syrup to make Cherry Pepsi, Cherry 7-up, Cherry Sprite, etc. The syrups can be bought at bigger hanuts.

Egg Nog

3 eggs, separated	2 T sugar, or to taste
½ t of vanilla extract or vanilla sugar	3 c whole milk or 1 ½ cup milk and 1 ½ cup cream
½ c rum (opt)	Freshly grated nutmeg

Beat the yolks with the sugar until well blended. Stir in the vanilla and the milk and cream and rum (if using). Beat the egg whites and fold them in thoroughly, top with grated nutmeg and serve.

Lemonade

3 c water	1 c lemon juice (about 4 lemons)
½ c sugar	lemon or orange slices
fresh mint	

Mix water, lemon juice and sugar until sugar is dissolved. Serve over ice. Garnish with lemon slices and mint.

Variations:

Limeade: Substitute lime juice (about 10 limes) for the lemon juice and increase sugar to ¾ cup. Garnish with lime slices and strawberries.

Strawberry Lemonade: Blend in ½ cup of strawberries and garnish with strawberry slices.

Mojitos

2-3 oz rum	Juice of one lime/lemon (1 oz)
2 t sugar	2-4 mint sprigs
Soda water	

Lightly stir the mint and sugar with a splash of soda water in a glass until the sugar dissolves and you smell the mint. Squeeze the lime into the glass, add rum and ice then shake/stir. Strain over crushed ice in a glass. Top with soda water, garnish with mint sprig.

Peach Iced Tea

7 peach tea bags (grocery store)	4 c boiling water
3 c cold water	sugar
ice	

Steep tea bags in boiling water for 5 minutes. Pour into old juice bottle or pitcher and add cold water and sugar to taste. Put in refrigerator to chill for a couple hours. Serve over ice with a slice of lemon.

THE ENVIRONMENTALLY-FRIENDLY KITCHEN

Air Fresheners and Deodorizers

Citrus pomanders: Pierce a thin-skinned orange, lemon or lime with a toothpick, and fill with cloves. When fruit is entirely covered with cloves, roll in cinnamon or orris root, wrap in tissue and place on shelf or in cabinet. Can also be set uncovered on saucer in kitchen. The rinds of these fruits also smell wonderful thrown in the fire or added to water used as a humidifier on top of wood-burning stove.

Ventilation: Open windows—air out home and belongings. Musty items can be sunned outdoors.

Vinegar: Place saucers of vinegar around rooms. In the kitchen you can boil a tablespoon of vinegar (white preferred) with a cup of water to get rid of cooking odors.

Clove and cinnamon: Add some to hot water—roses work too.

Potpourri: Mix your favorite herbs and spices and put them into bowls, jars or sachet bags.

Vanilla: Soak a cotton ball and place in a saucer. In medina spice areas there are varieties of oils (citron, rose, lavender, sandalwood) that also work well.

Baking soda: Pour down sink, squat toilet or use in kitty litter. Use to remove odors from dishes and bottles, as well as your own mouth as a toothpaste.

Vinegar/ celery/lemon: Any is good for removing onion or garlic odors from hands, utensils or surfaces.

Salt: Removes onion and garlic odors from wood surfaces.

Sachet: Lavender (½ lb lavender flowers, ½ oz dried mint, ½ oz dried thyme, ¼ oz caraway, ¼ oz ground cloves); Rose (1 oz orris root, 8 oz rose petals, 8 oz lavender flowers, ¼ oz coriander seeds, ¼ oz whole cinnamon). Attar of roses: Pour purified water into glazed earthenware vessel and fill with rose petals and place in sun during day until sm oily globules appear. Absorb oil.

Cleaning Agents

All-purpose cleaners: A mixture of salt, water and vinegar is a good surface cleaner. Four Ts baking soda mixed with 1 liter warm water is a good cleaning and deodorizing agent. “*Fantastic*”- type cleaner: ¼ c vinegar, 2 c hot water.

Glass: Warm water mixed with a couple of Ts lemon juice. Carbonated water cleans glass and mirrors without leaving streak marks. Use paper to buff shine rather than cloth.

1 c strong black coffee with 3 Ts vinegar.

Plastics: Add bleach to hot, soapy water. Soak dishes if needed. Takes the haze out of clear plastics (warning - the heat may make some plastics crack)

Drain/squat cleaners: Pour a handful of baking soda down the drain or squat and add ½ cup vinegar. Seal drain tightly for 1 min (a chemical reaction causes gas; thus blows the drainpipe clear of debris). Rinse well with hot water.

Pour ½ c baking soda and ½ c salt down drain followed by 1 liter hot water.

Pour lots of hot water. Still stuck? Let sit while you boil some more. Repeat.

Use plunger or mechanical snake.

Oven: To prevent spots from occurring, place a foil-covered flat pan on the bottom shelf.

Sprinkle salt on spot while still warm. If spot is dry, wet with water first. When oven is cool scrape off salt (and spot).

Sprinkle oven with baking soda and gently rub spot with very fine steel wool.

Floor: Mop floor with vinegar-water mixture. Ratio is ½ c to ½ gal. respectively.

To remove black heel marks, scrub with baking soda and water paste. Don't use too much water or the soda will lose its abrasiveness.

Spot and Stain Removers

Mineral deposits: For kettles and pots use ½ c vinegar and 1 liter water. Boil and let stand overnight.

Blood: Sponge or wash with *cold* water immediately—may need to soak.

Use club soda immediately or cold salt water.

Make a paste with cornstarch or cornmeal and water. Spread on spot, let dry in sun and brush off.

Coffee and tea: To remove stains from cups, rub with moist salt.

To remove tea stains from fabrics, stretch fabric over basin and pour hot water directly over spot. Wash as usual. This method sometimes can get out fruit stains as well (i.e. grape, tomato).

To remove coffee stains from fabrics, mix egg yolk with warm water and rub into stain. Wash as usual.

Grease: Spread a paste of cornstarch and water on area. Let dry and brush off.



Sprinkle baking soda or cornstarch on grease. Brush off when dry.

Pour salt immediately on the spot.

Ink: Absorb ink that has not set by pouring salt on it.

Mix $\frac{2}{3}$ c warm water and $\frac{1}{3}$ c white vinegar. Apply sm amounts of this to stain and blot.

Perspiration: Apply solution of water and white vinegar OR water and lemon juice. Let soak and wash as usual.

Scorch: Cut an onion in half and rub scorched area with flat side of onion until cloth is wet. Soak in cold water for 3 to 4 hours and wash as usual.

Laundry

Adding $\frac{1}{4}$ c vinegar to your wash will keep articles from bleeding and prevents graying. It will also work as a fabric softener.

To eliminate soap from clothes, add 1 c white vinegar to final rinse.

Add 2 c vinegar to wool and cotton blankets. Warning: Do not use vinegar in your rinse if you use chlorine bleach or a harmful vapor will be produced!

Use $\frac{1}{4}$ to $\frac{1}{2}$ c baking soda per tub of laundry to make clothes clean smelling.

You can reduce the amount of bleach you use by half if you add $\frac{1}{4}$ to $\frac{1}{2}$ c baking soda while you wash and for soaking.

To make your own starch, dissolve 1 T cornstarch to 1 pint cold water. Put mixture in spray bottle to use.

To remove smoke odors from clothes, fill a tub with very hot water and add 1 c white vinegar. Hang clothes above steaming tub.

To remove fruit stains, pour boiling water through spot at a distance of 12 inches.

Metal Polishers

Brass and copper: Polish with Worcestershire sauce or pour some ketchup on the item, let it set and wipe dry.

Dissolve 1 t salt into 1 c vinegar. Add enough flour to create a paste. Spread paste on brass, let sit for 15 min to an hour. Rinse with warm water and let dry.

Make a paste of lemon juice and salt. Use soft cloth to rub paste on item. Rinse with water and dry.

Place item in water that onions have been boiled in. Remove and polish dry.

Pour vinegar on object and sprinkle with salt. Rub in mixture. Rinse with warm water and dry.

Gold: After polishing, rub object with olive oil to retard tarnishing.

Wash object with lukewarm soapy water and dry with cotton cloth.

Using soft toothbrush, lightly scrub with toothpaste.

Silver: Do not use rubber gloves while polishing silver—they promote tarnishing.

Spread a baking soda and water paste on object and lightly scrub. To remove tough tarnished areas, sprinkle baking soda on damp cloth and rub until spot is removed.

Soak items overnight in buttermilk or soured milk (heat milk until frothy, remove from heat and add 1 to 2 t vinegar; stir and let sit and sour). Rinse with cold water and dry well.

In jar cold water add 1 T of rock salt and enough aluminum foil strips to fill jar halfway. Keep jar covered.

Dip items in and leave soaking for 2 min rinse and dry well.

Place sheet of aluminum foil in pan, add 2" to 3" water, 1 t salt and boil. Put items in boiling water for 2 or 3 min. Rinse, dry and buff.

Use toothpaste to remove tarnish spots.

Pesticides

Ants: Wipe up line with a wet sponge. They seem to play follow the leader... No leader, no line.

Sprinkle any of the following around the places ants enter from: chili powder, paprika, dried mint or lemon juice and peel.

Plant mint around your home.

Place cucumber peels or slices around kitchen. Some ants are allergic to them; roaches don't like them.

Cockroaches and silverfish: Seal holes and cracks with caulking, cement or some other kind of screening.

Keep table tops clean, containers of food tightly sealed, and garbage cans emptied.

Trap 1: Wrap a jar in masking tape. Fill with some beer and banana slices for bait. Smear petroleum jelly on inside rim of jar so cockroaches cannot climb out.

Trap 2: Soak a rag in beer and place in a shallow dish. Leave overnight in an infested area. Next morning, dispose of intoxicated insects.

These mixes can be used to kill cockroaches and tier newly hatched eggs by spreading the mixtures around on the floor area in infested regions:

1) Equal parts flour or powdered oatmeal mixed with plaster of Paris.

2) Equal parts baking soda and powdered sugar.

3) Heloise's Boric Acid Roach Exterminating Formula

8 oz powdered boric acid (available at pharmacies)

½ c flour

⅛ c sugar

½ sm onion, chopped (opt)

¼ c oil

Cream oil and sugar. Mix boric acid, flour and onion. Add to sugar and oil. Blend well, then add water to form soft dough. Shape into sm balls. (If balls are placed in sm plastic bags, the dough will stay softer longer.) Place throughout house in places normally inhabited by roaches. When dough becomes brick hard, replace with fresh batch.

Flies

- Close garbage containers tightly. Over one thousand flies a week can be produced in one garbage can during warm weather.
- Sprinkle dry soap into dry trash can as repellent.
- Make a cone out of paper and insert the sm hole of the cone into a baited bottle or jar. The flies will go in but they won't come out.
- Citrus oil acts as a repellent. Scratch the skin of a lemon or orange and leave it out in the open.
- Hang clusters of cloves around room.
- Plant basil in windows. Keep well watered so they remain fragrant.
- Make your own fly paper by spreading a thin coating of honey on a piece of yellow paper. Yellow is the favorite color of flies.
- Beat 1 egg yolk with 1 T molasses and 1 T finely ground black pepper. Leave in sm dish. It's a killer!

Mosquitoes

- Eliminate stagnant bodies of water to reduce their breeding ground.
- Also, leave their natural predators alone. (Mantises, dragon flies, lizards, etc.)
- Candles made from citronella will repel mosquitoes.
- Plant basil or tansy in pots around your house. These plants repel mosquitoes. Keep them well watered so their scent is strong.
- Rub your skin with apple cider vinegar or crushed fresh parsley

Moths

- The moths that you see are not the ones that cause damage to your garments. It's the eggs and larvae that are laid by the moths that eat the fabric.
- Mothballs are available here, but be warned—they are strong and contain hazardous chemical ingredients. I would warn asthmatics not to use mothballs because the scent triggers attacks—also stay away from the DDT-types insecticides and pesticides sold at the souq and the medina. They are bad for your lungs, brain cells and eyes.
- Washing your clothes will kill eggs and larvae.
- Setting your clothes out in the sun will kill larvae.
- Make sachets of the following: dried lavender or equal parts rosemary and mint or a handful each of rosemary, sage and mint added to a little lemon peel and a pinch of cinnamon.
- A moth trap can be made by mixing 1 part molasses with 2 parts vinegar and placing it in a yellow container. Remove trapped moths frequently.
- Cedar oil or cedar chips kept near your clothes will repel moths.

Mice and rats: Place powdered potatoes (dry) or dry rice in places frequented by mice and rats. Near these dishes place a bowl of water. After eating the dry bait, the vermin will drink the water which will cause fatal



bloating. This is the same exact principle used with the poisons you buy, without risking accidental poisoning of animals that may eat the commercially-poisoned rats.

Pet Care

Fleas

- Give your pet regular baths using mild soap.
- Use flea comb (very fine-toothed comb) to groom your pet.
- Feed your pet a sm amount of brewer's yeast (25 mg / 10 lb body weight). Too much yeast will cause a rather unpleasant gas and discomfort to your pet ...you too for that matter! If brewer's yeast is not available, you can substitute a sm amount of B-complex vitamin
- Make a flea bath by cutting up 2 lemons and pour 2 c boiling water over. Let soak overnight. Sponge pet. Citrus peel rubbed on the animal's fur will also repel fleas.

Litter

- To curb the odor emanating from your cat's bedding, spread fennel, rosemary, cedar shavings, eucalyptus or pennyroyal leaves around the bed. This will also repel fleas.
- Change your pet's litter often—it will stay fresh longer.
- Sprinkle a box of baking soda in the litter when it is new. This will absorb odor.
- Pet mess on rugs: blot up, rub with solution of vinegar and warm, sudsy water. Keep blotting. Blot then with Oulmes water, if available. To dry, lay in sun.

Miscellaneous

- To clean hands that are covered with paint or grease, rub in a few drops of baby oil, margarine or butter. Wipe your hands dry and then wash with soap and water.
- To loosen a rusted bolt, soak a cloth in vinegar or some carbonated beverage (carbonated beverages with a high sugar or syrup content not recommended) and lay it over the bolt. Let it sit and remove.
- When lighting candles, stand in sardine can or a sm bowl. As the candle burns, the melted wax will collect at the bottom and leave a wick. Using several candles will leave a bowl of wax with several wicks that's easy to carry around and lasts a long time.
- Traveling toothbrush container: take an empty film canister (wash it out to get rid of the chemicals) and poke a hole in the lid of the canister lg enough to fit the handle of your toothbrush. Push the handle through the lid so that the handle part sticks out when you put the lid back on the canister and the actual brush part is inside. Very convenient and keeps brush part clean!

The Evaporative Cooler

This type of cooler works best in areas of low humidity. It gets cool enough and humid enough to keep your veggies fresh for at least a week. Works well to keep your drinking water cool. It will not work well with meat. To construct a cooler, you need a 30-liter plastic jug (with a collapsible lid), some type of heavy cloth (about 1 sq meter), some nylon string, a few rocks and a lg washtub. Wrap heavy cloth around outside of jug (attaching/sewing it on tightly with heavy nylon string), leaving it open on the bottom with a few inches of extra fabric. Put water jug with cloth wrapping in to washtub with the tub half full of water. The water should draw up in to the cloth about half way up the jug by capillary action. Use a sm cup to daily moisten the rest of the fabric. Take rocks, wash them well with some javel and put them on the bottom of water jug. Add enough water, so you have an inch or so on the bottom of the water jug, but sill does not cover the rocks. Put some fabric on the rocks (plastic screening works best, but anything will do) to keep your food, etc. out of water. Your food or whatever, sits on top of the fabric and the water on the bottom keeps humidity high so your veggies stay crisp rather than rubbery. Make sure the fabric stays moist, close lid and pour a little water on the lid to keep things coolest.

Dehydrating Foods in the Sun

This is a great way to store food for long periods of time. All you need is a warm, dry, sunny location. The idea behind dehydrating food is that when you remove the moisture from food, you also remove the med most organisms need to live in, as well as most of the weight. The main drawback to dehydrated food is that most things will taste different and have a consistency of leather. On the other hand, if you soak your

dehydrated food before using it, it will regain its original, if somewhat mushy, state. To actually do the drying takes a bit of patience but very little skill. To do it properly, you want to achieve a temperature range of about 90 to 140 degree with good air circulation. You can do the drying on any clean surface, but a drying rack is easy to make and greatly improves the process. To build a drying rack, just make a simple frame and stretch some type of mesh across the top. If you can, use nylon mesh since the metal screen will sometimes turn the food black. Once you have the drying surface, cut the food you wish to dry in to 1" or smaller slices and put it out in the sun. Don't crowd things together or they won't dry properly. Cover the food with more mesh or cheese cloths so birds and insects can't get to it. If you start early in the morning, your food should be dry by the end of the day. If it's leathery all the way through, it's dry, but if it has any soft or mushy spots put it out for another day. Don't leave things out over night since they may absorb moisture from the night air or attract unwanted animals. When it's done, put it in an airtight container and it will keep for several months to several years depending on how dry it is. Additional hints:

1. Dripping the food in lemon juice before drying will prevent it from oxidizing (turning brown).
2. Things dry faster if you remove the peels or puncture the skins.
3. Puréed fruit can be dried into fruit leather or be rehydrated later.
4. Cut deeply into chunks of meat and salt over the entire surface heavily.
5. To rehydrate dried foods, pour hot water over, soak briefly and remove from water.

Composting (*The Recycler's Handbook, The Earth-Works*)

Composting is the process of letting living organisms "eat" organic material and turn it into a rich, crumbly soil called humus. How? By first putting down layers of dry stuff, like straw, then wet stuff, like food. You mix the pile every few days so air can circulate, and you add water to keep it damp. It take about one to four months (if you don't stir, the pile can take from six months to a year).

Why compost? Great fertilizer and it puts our leftovers to good use rather than trash.

What to compost? Animal and human waste (such products that may carry disease) are not to be composted. The San Francisco Recycling Program also advises not to compost meat, bones, fat or grease; these take too long to break down, stink, and attract pests. Throw them out for the wild dogs.

How? Pay attention to what you throw away! Set up a special receptacle for paper products (if you don't already save scraps to start your fire), leftovers and scraps. A composting area can be made by digging a pit or building a bin. Cultural sensitivity may require that you ask your neighbors if they want you to give the leftover to their chickens or other animals. That's even a better way to recycle!

