

Let's Eat with Jim & Nancy!



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Let's Eat with Jim and Nancy



Many of our friends and family love nothing better than to peruse through a new cookbook. It's the same with personal recipe files, except chances are they have sampled one or several of the offerings at some time or another.

In the case of our families, we have been sharing and re-sharing the same recipes for years now. We never let a good one slip through the cracks. Along side the classics passed down generation to generation, there are many influenced by cruising friends and cultural experiences that Jim and I find satisfying enough to include in this "tried and true" file. At home, we print these out on a recipe card for easy access. Not to be too shameless, we've tried to note original sources wherever possible.

Here are 185 recipes extracted from a huge master file. The list would have been quite different last year and it will evolve as we cross new borders share with those we break bread with. The criteria for this particular file are 1.) Tasty to delicious flavors, 2.) Generally easy-to-find ingredients, 3.) Ease of preparation, and 4.) Variety. Also, the ability to prepare and freeze or store for an ocean passage is a big plus for us, especially one-dish meals that include meat and veggies. Finally, good value for a tight cruising kitty budget helps choose homemade stuff over imported store-bought stuff.

So, you asked for it! Here's our first published cookbook. 🍡

NOTES

Here's the spot where:

1. You jot down titles of meals you want to share.
2. To tell me where my typo really screwed things up.
3. You request something you we served you, but don't see here.
4. You want to note a recipe you want to try again.

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Avocado Dressing

Serves 8

1 ripe avocado
2 cloves garlic
1 tsp lemon juice pinch cayenne pepper
1/4 cup cooking oil
1/2 cup sour cream

Blenderize all. Makes almost 2 cups

Almond Cookies

Serves 10

2 cups flour
1/2 tsp vanilla extract
1/2 tsp baking powder
2 egg yolks
1/2 cup each, butter and lard, softened
1/3 cup (approx) blanched almonds
1 cup sugar
2 tsp water
1 tsp almond extract

1. In a medium-sized bowl stir together flour and baking powder to combine thoroughly; set aside. Preheat oven to 350 F.
2. In mixer bowl combine butter and lard; beat until fluffy. Add sugar and beat until well combined. Blend in almond and vanilla extracts, then 1 egg yolk. Gradually add flour mixture, beating until well combined.
3. Shape dough into 1-inch balls. Place about 1 1/2 inches apart on lightly greased baking sheets. Slightly flatten each cookie with fingertips; press almond into center.
4. In a small bowl beat remaining egg yolk with the 2 tsp water until blended. Lightly brush top of each cookie with egg yolk mixture.
5. Bake until cookies are golden brown and feel firm when touched lightly (15 to 18 minutes). Let stand on baking sheets for 1 to 2 minutes, then transfer to wire racks to cool.

Makes about forty-two 2-inch cookies.

Apple Omelet

Serves 4

1/4 cup plus 1 TBSP flour
1/4 cup skim milk
1/2 tsp baking powder
1 TBSP plus 1-1/2 tsp lemon juice
1/8 tsp salt
1 apple (medium) cut into thin wedges
3 eggs - separated
1/4 tsp cinnamon
2 TBSP sugar - divided

Combine flour, baking powder and salt in large bowl. Beat egg white (room temp) until soft peaks form. Gradually add 1 TBSP sugar until stiff peaks form. Combine egg yolks and milk. Mix well. Put egg yolk mixture into flour mixture. Stir to moisten dry ingredients. Fold egg white into flour mixture. Stir in lemon juice. Spray 10" skillet and heat in oven 10 minutes at 375 F until hot. Pour into hot skillet. Arrange apple wedges on top. Sprinkle remaining sugar and cinnamon on top. Bake 15 minutes at 375 F.

When we RVED through Michigan in '02, Ray and Laura from S/V Ariel served up this treat for breakfast.

Asparagus with Lemon, Tomato, and Onions

Serves 4

1 lb asparagus
2 TBSP snipped fresh chives
1 small sweet new onions or 4 green onions, minced
2 tomatoes, peeled, seeded, and diced
2 TBSP fresh lemon juice
Salt and freshly ground pepper, to taste
1/2 cup extra virgin olive oil
Grated rind of 1 lemon

1. Bring a large pot of salted water to a boil. Add asparagus and cook until barely tender, about 5 minutes. Transfer with tongs to a bowl of ice water. When cool, drain and dry well. Transfer to a serving platter with all tips facing the same direction.
2. Combine onion, lemon juice, olive oil, lemon rind, and half the chives. Whisk well, then stir in tomatoes. Season to taste with salt and pepper. Spoon sauce over asparagus, then garnish with remaining chives.

Serve at room temperature. Cooking A to Z.

Baked Garlic

Serves 12

6 whole heads garlic
3 TBSP olive oil
Crusty French bread and
1 TBSP unsalted butter
Cream cheese to serve
2 TBSP water

1. Preheat oven to 325F. Slice top from heads of garlic and trim roots even with base of bulbs. Remove some of the papery skin from the outside but do not separate cloves. Place heads in a 6-inch gratin dish, and drizzle each head with 1/2 TBSP olive oil. Dot heads with butter and drizzle water over them.
2. Cover dish with aluminum foil and bake 1 hour and 15 minutes. Remove foil and bake 15 minutes more. Cool briefly before serving

Makes about 24 hors d'oeuvres

Baking Powder Biscuits

Serves 6

2 cups flour
1/2 cup shortening
4 tsp baking powder
3/4 cup milk
1 tsp salt

Sift together dry ingredients. Cut Crisco into flour mixture. Add milk and mix well. Pat out and cut with floured glass edge or cutter. Put on ungreased cookie sheet and bake at 400 degrees for 20 minutes or until lightly browned.

Grammie Cooke.

Banana Clafouti

Serves 2

1/3 cup plus 1 TBSP sugar
1/4 tsp salt
2 Tbsp all purpose flour
1 large banana, cut into 1/2 inch slices
2 lg eggs
1 Tbsp unsalted butter, cut into bits
2/3 cup milk
2 tsp vanilla

In a blender, blend together 1/3 cup sugar, flour, eggs, milk, and vanilla, and the salt until mixture is smooth. Arrange banana slices in one layer in a buttered 3-cup gratin dish or flameproof shallow baking dish, pour the pudding over them, and bake the clafouti in the middle of a preheated 400 degree oven for 20 minutes, or until top is puffed and springy to the touch. Sprinkle the top with the remaining 1 Tbsp sugar, dot it with the butter, and broil under preheated broiler about 3 inches from the heat for 1 - 2 minutes, or until browned.

Cruising Chef

Basic Pancakes

Serves 4

1 3/4 cup flour
1/4 cup sugar
For large batch of dry mix:
2 tsp baking powder
7 cups flour
1/2 tsp salt
1 cup sugar
2 eggs
8 tsp baking powder
4 Tbsp butter, melted
2 tsp salt
1 1/4 cup milk
Butter and warm maple syrup for topping

Breakfast for 2: Combine 1 cup dry mix with 1 egg, 2 TBSP butter and 3/4 cup milk. Fry on hot skillet until bubbles come to the top. Flip and brown other side.
(Large batch dry ingredients makes approximately 8 cups dry mix) Dry mix can be used for Basic Waffles too.

Basmati Rice

Serves 4

1 Tbsp oil

1 pint stock

1 cup Basmati Rice

Rinse rice 3 times and soak for 30 minutes; drain for 20 minutes.

Heat oil in pan. Coat the Brown rice well and cook 3 to 4 minutes. Pour in stock.

Heat to boil, turn down. Cover and simmer 25 minutes.

Serve with any Indian food.

Batching Vegetable Stir Fry

Serves 4

1/2 cup each of the various uniformly chopped vegetables

Because of length of cooking times, add veggies in the following order:

First Batch: Carrots, Cauliflower, Onions, Peppers

Second Batch: Asparagus, Green Beans, Broccoli, Butternut Squash

Third Batch: Cabbage, Celery, Mushrooms, Peas, Sugar Snaps, Summer Squash, Zucchini

Forth Batch: Fresh Herbs (basil, mint), Scallions, Tender Greens, Tomatoes

BBQ Ribs

Serves 6

3/4 cup beer
2 Tbsp minced garlic
1/3 cup hoisin sauce
1 Tbsp cider vinegar
1/3 cup soy sauce
6 lbs pork spareribs
1/3 cup honey (trimmed of excess fat)
1/3 cup thin-sliced scallions
1 tsp ground ginger

Marinade: In small saucepan mix beer, hoisin, soy sauce, honey, scallions, ginger, and vinegar. Bring to boil over medium heat. Reduce heat and simmer, uncovered, 5 minutes. Remove from heat. Cool to room temp. Place ribs in shallow, non-metal pan large enough to hold them in one layer. Pour marinade over ribs, cover and let stand at least 1 hour, turning once. To cook: Heat oven to 475 degrees. Transfer ribs to rack in roasting pan large enough to hold ribs in one layer. Reserve marinade. Bake 20 minutes. Reduce heat to 300 degrees and bake 1 to 1 1/2 hours, turning twice and basting with marinade during last 30 minutes, until ribs are tender when pierced.

Beef Bulgogi

Serves 4

1 1/2 lbs rib-eye steak, trimmed of excess fat
1 medium red onion, halved and cut into 1 inch wedges
1/4 cup soy sauce
1 green bell pepper, seeds and ribs removed, sliced into 1/2 inch strips
1 TBSp Asian chili-garlic sauce
4 tsp vegetable oil 1 tsp sesame oil
1 sm hd Boston lettuce, separated into leaves
2 TBSp dark-brown sugar
Asian chili-garlic sauce to serve
1 TBSp finely grated fresh peeled ginger

Freeze beef 20 minutes; transfer to a clean work surface. Slice diagonally (across the grain) into 3/8 inch thick strips. In a small bowl, whisk together the soy sauce, chili-garlic sauce, sesame oil, brown sugar, and ginger. Place onions and peppers in a small bowl; toss with half the soy marinade. Toss steak with remaining marinade; let stand 15 minutes.

Heat 2 tsp vegetable oil in a large nonstick skillet over medium high heat. Add onions and peppers; cook until softened, about 5 minutes. Transfer to a plate. Wipe skillet clean with a paper towel.

Heat remaining 2 tsp vegetable oil over high heat. Cook half the meat, turning often, until browned, about 2 minutes. Transfer to a plate. Cook remaining meat. Return first batch and any accumulated juices to pan; add onion mixture. Cook, tossing, until heated through, about 1 minute. Serve over white rice.

Our Friday nights out to dinner in South Korea consisted of Bulgogi (BBQ beef) on a stick, served up out of a wok of hot fat set up on a street side. So good we had to hunt down this recipe. Even with the side veggies and rice (and added health and hygiene) this one still captures the flavors well.

Beef Rib Roast with Creamy Horseradish Sauce

Serves 4

3 cloves garlic, minced
3 oz prepared white horseradish
3/4 teaspoons dried thyme
1/4 cup mayonnaise
1/2 teaspoon freshly ground tri-color pepper
1/2 tsp sugar
1 beef rib roast (2-3 pounds), small end, backbone removed and well trimmed
1/4 tsp salt
Salt
1/4 cup heavy cream

For the Sauce:

Heat oven to 350 degrees. Combine garlic, thyme and pepper. Press onto roast. Place roast fat side up in a shallow roasting pan. Insert ovenproof meat thermometer so tip is in thickest part of beef, not resting in fat or touching bone. Do not add water or cover.

Roast until meat thermometer registers 135 for medium rare, about 20 minutes per pound (internal temp of meat will rise to 145F). Tent with foil. Let stand 20 minutes.

Carve roast. Season with salt.

Horseradish Sauce:

In small bowl, mix 3 oz prepared white horseradish, drained, 1/4 cup mayonnaise, 1/2 teaspoon sugar, and 1/4 teaspoon salt. Whip 1/4 cup heavy or whipping cream; fold into horseradish mixture. Makes about 1 cup.

Beef Satay

Serves 6

3 tbsp peanut oil
1 lemon's zest, grated
1 onion, sliced
1 1/2 lb flank steak strips
3 cloves garlic, crushed
1 bunch scallions, thin sliced
1 tbsp minced ginger
1/2 cup water

Sauce:

1/2 cup smooth peanut butter
1/4 cup peanut butter
3 tbsp soy sauce
1/2 tsp soy sauce,
1 tsp sesame oil
1 tsp ginger
1/4 tsp cayenne pepper
3 tbsp brown sugar

Cut steak into 2x1/2x1/4in strips. Heat oil in saucepan. Add onion, garlic, and ginger and sauté 5 minutes. Stir in water, peanut butter, soy sauce, sesame oil, cayenne, brown sugar, and lemon zest. Simmer 3 minutes, stirring till smooth. Cool to room temperature. Thread beef on skewers, one piece per skewer, and arrange in shallow dish; marinate in peanut mixture. Refrigerate, covered, at least 2 hours. Broil about 10 minutes.

Peanut sauce: Put peanut butter in mixing bowl. Slowly whisk in water until smooth. Add remaining ingredients and whisk until combined.

I must have half dozen recipes for Satay, this one is both the nicest and easiest.

Beef Steaks Marchand de Vin

Serves 4

2 lbs tender beef steak (filet mignon, strip, sirloin) 3/4 to 1 inch thick
4 Tbsp butter
Salt and freshly ground pepper
1/2 cup red wine
2 Tbsp minced shallot

1. In a heavy skillet over medium-high heat, rub a piece of fat trimmed from the steaks. Cook, turning once, and season after turning with salt and pepper. Test for doneness by pushing on steak with finger. A rare steak offers slight resistance; when medium rare, it springs back lightly. Remove steaks to warm plates.
2. Cook shallot in meat juices until translucent. Add a little of the butter if the pan is nearly dry. Add wine, bring to a boil, and reduce by two-thirds. Remove pan from heat, swirl in butter, check seasoning, and spoon the sauce over the steaks.

The title is jazzy, but it's just a nice tasty steak cooked with red wine.

Beets and Horseradish

Serves 6

2 cups beets, cooked and ground 2 TBSP sugar
1/2 cup prepared horseradish 1/3 cup vinegar
1 tsp salt
1/4 tsp pepper

Mix all ingredients well. Put in fridge overnight (tightly covered). Next day taste it and adjust seasoning if required. Put in jars and keep in fridge.

Nana Walczak. This one is steeped in Ukrainian Easter Dinner tradition.

Belgium Waffles

Serves 4

2 cups Basic Pancake Mix Pinch cream of tartar (optional)
2 scant cups milk Butter and warm maple syrup for topping
3 eggs, separated
6 TBSP butter, melted

1. Sift dry mix into a medium bowl. In another bowl combine egg yolks, milk, and melted butter. Pour into well in dry mix. Stir until smooth and creamy; do not overwork.
2. Preheat waffle iron until drop of water sizzles and dances.
3. In another bowl beat egg whites to soft peaks (add pinch of cream of tartar to whites when just foamy). Fold 1/3 of beaten egg whites to lighten, and then fold in remaining whites.
4. Pour enough batter to lightly oiled waffle iron to spread to corners (about 1 cup batter). Cook 2 min and turn iron over. Cook another 2 minutes after steam stops escaping.
5. When waffles are cooked sufficiently, iron should release easily.

Makes 4 cups batter or 4 large waffles.

Black Bean Soup with Pork

Serves 8

1 lg onion, diced and chopped
1 hot pepper

The sautéed pork:

1 bay leaf
1 1/2 lb pork cubes, cut in one-inch squares
1 1/2 quarts pork stock
1 Tbsp cumin
1 hot pepper 1 bay leaf
1/2 tsp lemon juice
1 hot pepper or pepper sauce
1 cup celery with leaves, uncut
3 TBSP olive oil
2 cups black beans, soaked 4+ hours
1/2 cup brandy
1 cup white rice
1 cup beer
1 tsp each cumin, oregano, sage
1 bulb garlic, whole

Fry onion and hot pepper in pressure cooker until golden. Add remaining 9 items. Pressure cook for fifteen minutes, Simmer thereafter until beans are tender and soup is thick. To further thicken, make a roux, add a little soup to it and then put the mixture into the pot.

The sautéed pork:

Brown pork sprinkled with cumin in oil in a small pot. Add all other ingredients. Half cover with liquid and simmer over low heat about one hour or until tender. This meat is traditionally served on the side with black beans and rice.

Cruising Chef. Jim gives this one a 5 star outstanding. It has a lot of zing!

Blue Cheese Dressing

Serves 6

1 1/2 cups mayonnaise
1/2 tsp garlic powder
1/2 cup sour cream
1/2 tsp onion powder
1/4 cup vinegar 4 oz blue cheese, crumbled
4 tsp sugar
1/2 tsp dry mustard

In a bowl, combine first seven ingredients. Stir in blue cheese. Cover and chill at least 2 hours. Store in refrigerator. Yield is 2 cups.

We haven't found any dressing as exotic as blue cheese here in NZ, so I always make my own. We like it extra chunky anyway.

Blue Cheese Stuffed Pears

Serves 4

4 canned pear halves
4 TBsp blue cheese, crumbled

Preheat oven to 400 F. Place 4 pear halves, cut side up, in a greased baking dish. Spoon 1 Tbsp of cheese into cavity of each pear. Bake 4 minutes or until cheese is lightly browned.

Great with steaks.

Blue Cheese Vinaigrette

Serves 4

1 Tbsp Dijon Mustard
Fresh ground pepper
1 Tbsp champagne or white wine vinegar
4 oz Blue Cheese - good quality, crumbled
1 head Iceberg Lettuce
1/2 cup extra-virgin olive oil
Course salt

Combine mustard, vinegar, and half of the blue cheese in a bowl. Slowly drizzle in the olive oil, whisking until mixture thickens. Season with salt and fresh pepper. Place a wedge of lettuce on each serving plate. Drizzle with dressing and garnish with crumbled blue cheese remains.

Olga Cooke. Try any other kind of lettuce. The elegant dressing is really the key—not as heavy as the classic mayo/sour cream blue cheese.

Blueberry Muffins

Serves 12

1 3/4 cups all-purpose flour
1/3 cup vegetable oil
1/2 cup sugar
1 cup fresh blueberries
2 1/2 tsp baking powder
1/4 cup chopped walnuts
3/4 tsp salt muffin pan cups
1 egg
3/4 cup milk

Preheat oven 375 degrees. Put cups into muffin pan. Stir together flour, sugar, baking powder, and salt in medium bowl until well combined. Beat together egg, milk and oil in small bowl until blended. Add liquid ingredients all at once to dry ingredients. Stir lightly until just moistened. Gently stir in blueberries and walnuts. Divide batter evenly among muffin cups, filling each two-thirds full. Bake at 375 degrees for 25 minutes or until cake-tester comes out clean. Cool slightly.

Olga Cooke

Boiled Dinner

Serves 4

4 large white potatoes, quartered
1 TBSP caraway seed
1 large white onion, quartered
1 TBSP dried tarragon
4 medium carrots, peeled and halved crosswise
1.5 kilo silverside beef (corned beef)
1/2 head medium cabbage, divided

Rinse beef to remove brine. In a pressure cooker, place rack and approximately 2-3 inches of water. Add tarragon and caraway. Add beef and cover, bring to pressure. Cook until beef is tender, about 30 minutes. Slow release. Add potatoes and onion, carrots and cabbage, Cover and bring to pressure. Cook 7 minutes. Serve with hot mustard or horseradish sauce.

To be honest, I don't know where I copied this classic from, but it is most definitely matched to my mom's old Sunday night special.

Bran Muffins

Serves 12

1 1/4 cups all-purpose flour
1 1/4 cups milk
1/2 cup sugar
1 egg
1 TBSP baking powder
1/4 cup vegetable oil
1/4 tsp salt Oil for muffin tins
2 cups All Bran cereal

Sift together flour, sugar, baking powder and salt. In a large mixing bowl, combine All Bran and milk. Let stand about 5 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion batter into twelve greased muffin pan cups. Bake at 400F about 20 minutes or until lightly browned. Serve warm.

Yield: 12 muffins.

This was one of our dieting staples until the low-carb craze. Still a yummy high-fiber breakfast.

Bread Pudding

Serves 6

1 cup brown sugar
1 tsp vanilla
1/4 lb butter, softened
4 slices bread
2 eggs, beaten
2 cups milk

In top of double boiler, put brown sugar. Butter 4 slices bread; cut into cubes and scatter on top of brown sugar. Beat eggs and add milk and vanilla. Pour egg mixture over bread. Do not stir, but push the bread down so it gets wet. Boil over water for 1 hour or until knife inserted in center comes out clean. Serve warm with whipped cream; spoon sauce over it first.

Grammie Cooke. I forgot all about how heavenly this was until my sister Carol slipped it in behind dinner on one visit home.

Breaded Pork Tenderloin

Serves 3

3/4 lb pork tenderloin
1/8 tsp pepper
1 egg 3/4 cup dried breadcrumbs
2 tbsp water
3 tbsp salad oil
1/2 tsp salt
1/4 tsp rosemary, crushed

With sharp knife, cut tenderloin lengthwise almost in half, being careful not to cut all the way through. Open and flatten to butterfly. On cutting board, with meat mallet, pound meat to about 1/4 in thickness; cut into three serving pieces. Beat egg and add water, salt, crushed rosemary and pepper. Place crumbs on wax paper. With tongs, dip meat into egg mixture. Repeat until each piece is coated twice. In 12 in skillet over medium high heat, in hot oil, cook meat until well browned and fork tender, about 10 minutes, turning once.

Gourmet.

Broccoli Salad

Serves 6

1 head broccoli, chopped
1/2 cup celery, chopped

Dressing:

1 medium red onion, chopped
1 cup mayonnaise
3/4 lb bacon, fried crisp and crumbled
1/4 cup sugar
3/4 to 1 cup raisins
2 TBSP vinegar
1 cup sun flower seeds, toasted

Can prepare everything ahead of time, but assemble close to serving time so it will stay crisp.

Trisha Houser. A succulent salad that is rapidly becoming a cruiser favorite in the South Pacific.

Brownies

Serves 12

1/2 cup Crisco shortening
1 cup sugar
2 oz chocolate
1 tsp vanilla
3/4 cup flour
1 cup nuts, chopped
3/4 tsp salt
2 Tbsp corn syrup
2 eggs, beaten

Melt shortening and chocolate in a small pan over hot water. Cool. Sift dry ingredients. Beat eggs until light; add sugar and chocolate mixture. Blend. Add syrup and vanilla. Blend well. Add nuts. Put in 8 X 8 greased pan. Bake 35 minutes at 350 degrees. If using Pyrex bake at 325.

Grammie Cooke. Some things just can't be improved on. A good substitute if you can't get "Crisco" is "Shreddo", but corn syrup is hard to find in some places.

Buffalo Chicken French Dip

Serves 4

1/2 cup hot wings sauce (Frank's)
1/2 cup mayonnaise (a Tabasco-butter sauce)
Juice of 1/2 lemon
1/2 cup chicken broth
4 french rolls, split, buttered
2 TBsp unsalted butter
4 leaves lettuce
1 rotisserie chicken (2-3 lbs) pepper to taste
1/2 cup celery, minced

Warm dipping sauce
1/2 cup blue cheese, crumbled

Preheat oven to 450F. In a small saucepan, bring wings sauce, broth and butter to a boil; reduce heat to low and keep warm for serving. Remove meat from chicken. Combine celery, blue cheese, mayonnaise, and lemon juice in a small bowl. Toast rolls in oven until crisp. Spread each half of roll with some of the blue cheese mixture. Place lettuce on the bottom half of the rolls, top with some chicken, then season with pepper. Cover each with a top portion of roll and serve with warm wings sauce for dipping.

Franks hot wings sauce is sold in US markets.

Buttered Orzo

Serves 4

2 1/2 cups chicken broth Salt and pepper
1 cup dry orzo (risone pasta)
2 TBSp unsalted butter

Bring broth to a boil. Stir in orzo and cook 9 minutes, or until broth has evaporated. Remove from heat and stir in butter, salt and pepper to taste.

A simple but nice side dish substitute for potatoes or rice.

Butternut Squash with Sage

Serves 4

2 Tbsp Butter ground pepper
2 lbs Butternut Squash, peeled, seeded and cut into 3/4 inch chunks
1 Tbsp chopped fresh sage
Coarse salt

Melt butter in a 12-in skillet over medium heat. Add squash. Season with salt and pepper. Cook, tossing frequently, until squash is lightly browned, 5 to 6 minutes. Add 1/4 cup water, and reduce heat to simmer. Cover, and cook until squash is fork-tender, 8 to 10 minutes. Toss with fresh sage (or 1/2 tsp dried).

Martha Stewart.

Cajun Gravy

Serves 8

3/4 chopped onion
1/2 tsp black pepper
1/2 cup chopped bell pepper
2 bay leaves
1/4 cup chopped celery
1 tsp minced garlic
1/4 cup vegetable oil
3 cups beef stock
1/4 cup minced jalapenos
1 tbsp flour
3/4 tsp cayenne pepper

Combine onion, bell pepper, and celery and set aside. In 2 quart saucepan heat oil to 250. Whisk in flour a little at a time until smooth; whisk constantly until roux is light brown; remove from heat and immediately stir in vegetable mixture and red, white, and black peppers. Return pan to high heat and stir constantly. Add bay leaves, jalapeno, and garlic. Cook two minutes and remove. In a separate stockpot, bring stock to a boil. Add roux mix by the spoonful and dissolve between additions. Boil then reduce to simmer and cook until sauce reduces to 3 1/2 cups (about 15 minutes).

Paul Prudhome. This is essentially served along side the Cajun Meatloaf recipe. Be prepared--it's firey!

Cajun Meatloaf

Serves 8

:::seasoning mix:::

1 tsp cayenne pepper
4 tbsp butter
1 tsp black pepper
1 tbsp Tabasco sauce
1/2 tsp white pepper
1 tbsp Worcestershire
1/2 tsp ground cumin
1/2 tsp ground nutmeg

:::Meatloaf:::

2 whole bay leaves
1/2 cup evaporated milk
8 oz can tomato sauce

:::vegetable mix:::

1 1/2 lb ground beef
3/4 cup fine chopped onion
1/2 lb ground pork
1/2 cup fine chopped celery
2 lightly beaten eggs
1/2 cup fine chopped bell pepper
1 cup fine/dry breadcrumbs
2 tsp minced garlic

Prepare Cajun seasoning mix. Combine seasoning mix, vegetable mix, butter, Tabasco, and Worcestershire and sauté over medium heat until it starts to stick to the pan. Meatloaf: Stir milk and tomato sauce into sautéed mixture. Cool and remove bay leaves. Mix beef, pork eggs, breadcrumbs, and sautéed mixture (by hand). Bake in loaf pans uncovered at 350F for 25 minutes; then raise heat to 400F and continue cooking for another 35 minutes.

May use 2 lbs ground beef and omit the ground pork.

Serve with Cajun Gravy. Also, makes an outstanding cold meatloaf sandwich.

Carnitas

Serves 4

2 lb boneless pork shoulder (remove most of the fat and cut into 6 inch cubes)

Bay leaves

1 orange

1 cup brown sugar

½ lemon

10.5 oz Canola Oil

3 cloves garlic

½ oz salt

1. Heat oil to medium temperature. Place all ingredients in oil except sugar. Cook on medium temperature for 2 ½ to 3 ½ hours.
2. Take sugar and caramelize in small pan over medium heat almost to burn.
3. Turn meat mixture heat to high and add caramelized sugar, stir and cook for an additional 15 minutes.
4. Drain meat thoroughly and serve with pico de gallo salsa, fresh homemade tortillas, frijoles and margaritas.

This is a large amount of meat, good for a Mexican theme party. We would make one last stop at the shop with the big cauldron in La Paz Mexico to get a quantity of this melt-in-your-mouth meat. Then we head up the Sea of Cortez for a few months away from civilization.

Cashew Chicken

Serves 4

1 1/2 lbs boneless, skinless chicken breast, cut into 1 inch cubes
2 Tbsp rice vinegar
1 Tbsp cornstarch
3 Tbsp hoisin sauce
coarse salt and ground pepper
1/4 cup water
2 Tbsp vegetable oil
3/4 cups raw cashews (4 oz)
6 cloves garlic, minced
Jasmine rice for serving
8 scallions, white and green parts separated, each cut into 1 inch pieces

Spread cashews on baking sheet and cook at 350F until golden (10 min). In a medium bowl, toss chicken with cornstarch until chicken is coated; season with 3/4 tsp salt and 1/4 tsp pepper. In a large non-stick skillet, heat 1 TBSp oil over medium high heat. Cook half the chicken, tossing often, until chicken is browned, about 3 minutes. Transfer to a plate.

Add remaining oil and chicken to skillet along with the garlic and white parts of the scallion, tossing again until the chicken is browned. Return first batch of chicken to pan. Add vinegar, cook until evaporated, about 30 seconds. Add hoisin sauce and 1 water; cook, tossing, until chicken is cooked through, about 1 minute. Remove from heat. Stir in scallion greens and cashews. Serve immediately over rice.

Cauliflower Puree

Serves 4

4 cups cauliflower florets
Pinch salt
2 Tbsp butter
Pinch freshly ground black pepper
1 oz Half & Half

Steam or microwave the cauliflower until soft. Puree in food processor, adding the butter and half & half to taste. Season with salt and pepper.

The South Beach Diet substitute for mashed potatoes (if made with lo-fat dairy). My meat-and-potatoes dad thought this was quite tasty.

Cesar Salad

Serves 3

1/2 oz wine vinegar
1/4 oz lemon juice
2 oz olive oil
1 tbsp Parmesan, grated
2 garlic cloves
1/2 cup croutons
1/2 head Romaine lettuce
1/2 tomato, wedged
1/2 egg, coddled
anchovy paste
1/4 oz Worcestershire sauce

Mix vinegar and oil. Add garlic and let sit overnight. Wash lettuce and tear into small pieces. Mix coddled egg and anchovy paste into oil and vinegar. Mix in Worcestershire and lemon juice. Pour over lettuce--or toss in zip-lock bag. Add tomato, Parmesan and croutons. Toss and serve.

One of the dishes Jim impressed me with when we were dating.

Chesapeake Shrimp Salad

Serves 4

1 1/2 lbs fresh shrimp, shelled, deveined, split
1/2 tsp dried red pepper flakes
1 clove garlic, coarsely chopped
1 small head romaine lettuce
1 cup olive oil (divided)
1 medium Bermuda onion, thinly sliced
1/4 cup fresh lemon juice
1 large orange, thinly sliced
1 tsp salt
1 Tbsp fresh minced parsley
Ground white pepper
Pinch of cayenne to taste

Sauté shrimp and garlic in 1/4 cup of the oil in a large, heavy skillet for about 5 minutes. Turn shrimp carefully with tongs while sautéing. Pour off oil into a large bowl. Mix remaining olive oil, the lemon juice, salt, and peppers well. Fold in shrimp. Cover tightly and refrigerate for 1 hour.

Toss shrimp and dressing lightly but well and turn onto Romaine leaves. Garnish with slices of onion and orange. Sprinkle with parsley before serving.

Elegante.

Chicken and Avocado Quesadillas

Serves 6

1 cup diced, cooked chicken
4 Tbsp salsa
1 cup shredded Monterey jack cheese
4 Tbsp sour cream
1 diced avocado 6 flour tortillas
1/4 cup green onion, chopped

Combine chicken, cheese, avocado, and green onion. Fill each tortilla with its share and fold in half. Heat a non-stick skillet, sprayed with oil, and brown the filled tortillas on both sides. Serve warm with sour cream and salsa to taste.

Chicken And Rice Soup

Serves 6

1 small chopped onion
3/4 cup rice
1 stalk chopped celery
1 tsp cumin seed
1 small whole chicken
pinch salt
3 tbsp butter
1 can whole tomatoes

Fry onion and celery in butter until golden brown. Add chicken and enough water to cover chicken. Add salt. When chicken is done take out and debone. Add cut-up tomatoes, rice, and cumin to stock. Put chicken back in 10 minutes before done. Add more salt to taste.

Mary Costa. Probably the first time I ever tasted cumin seed. Simple and classic.

Chicken Breast Sauté

Serves 4

2 chicken breasts, skinned and boned
1/4 shallots or green onion, chopped
Dash salt
2 tsp fresh herbs
Black pepper
1 Tbsp cream
1/4 cup butter
1 Tbsp red wine vinegar

Salt and pepper chicken breasts. In skillet, melt butter and heat. Add chicken breasts and cook very fast over moderately high heat; turn so as to lightly brown both sides. Remove to heated platter; keep warm. Add wine vinegar and shallots to drippings in skillet. Heat to boiling, stirring. Add cream. Pour sauce over chicken and serve.

Chicken Breasts with Grapes

Serves 6

3 lbs whole chicken breasts halved, boned and skinned
1 green onion, thinly sliced (use part of top)
Salt and freshly grated nutmeg
1/3 cup dry white wine
2 Tbsp butter
1 cup seedless grapes
1 Tbsp orange marmalade
1/4 cup whipping cream
1/4 tsp dried tarragon (or 3/4 fresh)

Sprinkle breasts with salt and nutmeg. In a large frying pan, heat butter over med-high heat and brown chicken lightly. Add marmalade, tarragon (if dried), green onion, and wine. Cover, reduce heat, and simmer 10 minutes; add grapes (and tarragon if fresh), cover again, and continue cooking until chicken is cooked through (about 10 minutes longer; test in thickest part with a small, sharp knife.)

Using a slotted spoon, remove chicken and grapes to a heated serving dish; keep warm. Add cream to liquid in pan. Bring to a boil, stirring; cook until sauce is reduced and slightly thickened. Salt to taste. Pour sauce over chicken.

Cooking A to Z. (I hope I give this cookbook enough credit. It's my ALL-TIME favorite reference book)

Chicken Cacciatore

Serves 4

2 lbs chicken pieces
1 tbsp parsley, chopped
1 cup onion, sliced
1/2 tsp crushed oregano
1/2 cup green pepper, chopped
1/4 tsp thyme
1/4 cup peanut oil
3/4 tsp salt,
dash of pepper
1 med clove garlic
1/4 lb fresh mushrooms, sliced
1 lb can tomato puree

Heat oil in large skillet. Add chicken pieces, brown and set aside. Add onion, green pepper, and garlic. Cook until onion is tender. Add tomato, parsley, oregano, thyme, salt and pepper to skillet. Cook over low heat for 15 minutes; stirring occasionally. Add chicken. Cover and cook over low heat 45 minutes. Stir occasionally. Add mushrooms and cook uncovered another 15 minutes or until sauce is desired consistency.

Version II: Use the sauce prepared for "Meatballs" recipe. Lightly brown boneless, skinless chicken breasts or thighs and add to sauce. Add the fresh mushrooms and simmer until chicken is cooked through, about 30 minutes. Serve over vermicelli pasta.

Chicken Curry with Condiments

Serves 8

6 boneless, skinless chicken breasts
1 jalapeno, minced (or 1 tsp dried red pepper flakes)
2 Tbsp vegetable oil
2 Tbsp curry powder
3 Tbsp unsalted butter
1/4 cup flour
1 medium onion, diced
1 1/2 to 2 cups chicken stock
2 cloves garlic, minced
1/2 tsp salt 1 apple, diced
1 green bell pepper, diced

1. Cut chicken breasts into 2-inch cubes. Heat oil in a 14-inch skillet and sauté chicken pieces over medium heat until lightly browned (about 12 minutes). Remove and reserve.
2. Melt butter in the same 14-inch skillet over medium heat. Stir in onion, and garlic and sauté until lightly browned (6 to 8 minutes). Stir in chicken pieces, apple, bell pepper, chili, curry powder and flour. Cook for 5 minutes. Stir in Chicken stock and simmer for 20 minutes to meld the flavors. Season with salt.

Condiments: chopped cilantro, cucumbers in yogurt, mango chutney, minced green onion, coarsely chopped peanuts, toasted coconut, deep fried garlic chips, diced green bell pepper, dried currents, and always lots of steamed basmati rice.

Not too spicy but good authentic flavor

Chicken Enchiladas

Serves 6

12 oz cooked chicken
Dash of salt
2 10-oz can tomatoes and chilies
Dash of Tabasco
1 lb grated Monterey jack cheese
1 pint sour cream
1/2 lb grated cheddar cheese
12 soft corn tortillas
1 medium onion, chopped
2 TBSP olive oil
4 oz can chopped black olives

Sauté chicken, use leftover chicken, or open a can of chicken (drained). Mix onion, chopped olives, sour cream, chicken, Monterey jack, salt and Tabasco in a large bowl. Heat oil in frying pan. Dip tortilla one at a time in oil to soften. Put one can of tomatoes and chilies in baking dish. Place tortillas in sauce to keep soft. Load each with the mixture. Continue until you are out of tortillas, mixture or space. Spread next can of tomatoes and chilies on top. Sprinkle Cheddar cheese on top. Bake at 350 for 30 minutes, and then serve.

If you can't find canned tomatoes and chilies, lightly sauté fresh chopped tomatoes and green chilies in oil, with just a touch of chili powder.

Chicken Fricassee

Serves 8

1 whole chicken, cut up 1 bouillon cube
1 large onion
Salt and pepper
2 ribs celery
Flour
Fresh tarragon
Mashed potatoes
1 carrot (optional)

Just barely cover chicken parts with water in pressure cooker. Slice onion and add. Cut celery into pieces and add. Carrot, chopped fine, may be added for color, but not too much because it will change the flavor. Add bouillon cube. Cook under pressure until meat will come off bone. Debone chicken.

To make gravy: preshake flour with water to make a paste and add to stock a little at a time to thicken. Add tarragon and salt and pepper to taste. Mix cooked chicken into gravy. Served over mashed potatoes, noodles or toast, Grammie's fricassee is one of my favorite "one bowl" ocean passage meals.

Chicken in Mustard-Cream Sauce

Serves 4

4 boneless, skinless chicken breasts (6 oz ea)
1/2 cup heavy cream
1/4 tsp each salt and pepper
2 Tbsp Dijon mustard
2 Tbsp olive oil
1 tsp dried tarragon or 1 Tbsp fresh, chopped
1/4 cup dry white wine

Sprinkle chicken with the salt and pepper. In a large skillet, heat 2 Tbsp olive oil over medium-high heat. Add chicken, sauté until cooked through, 10-12 minutes, turning once. Transfer to a plate; keep warm. Pour dry white wine or chicken broth into hot skillet; cook, stirring until reduced by half, about 1 minute. Whisk in heavy cream, Dijon mustard, and tarragon. Cook whisking, until thickened, about 2 minutes. Pour any accumulated chicken juices into sauce. Right before serving, drizzle the cream sauce over the chicken. Also a great sauce for seared salmon.

Chicken Pot Pie

Serves 4

1 whole chicken
2 tsp salt
2 tsp chicken bouillon
Water

Dough: Salt and freshly ground pepper 2 cups flour. Cover chicken with cold water and cook until done. Remove from pot. Remove meat from bones and set aside. Add bouillon to broth.

Dough: Mix flour, salt and enough water to knead into manageable dough. Cut dough into 4 pieces and put in plastic bag or wrap in fridge for 30 minutes or more. Take one section of dough at a time and roll out into a thin circle. Cut into strips about 2 inches wide. Put those pieces into the boiling broth. Give a stir and roll out another piece, until all dough is in pot*

Cook on low boil for about 20 minutes, stirring every so often. Add quite a bit of pepper to the broth after the dough is cooked and salt to taste. Add the cleaned chicken meat to warm the meat up. Ready to eat!

Grammie Cooke. *If there will be leftovers, I keep 1/2 the dough in the fridge to add the next time so it doesn't go soggy. Use pasta machine setting no. 5.

Chicken Satay

Serves 4

1 1/2 lb skinless/boneless chicken
1 tbsp brown sugar
1 lg wedged yellow onion
3/4 tsp ground coriander
2 lg garlic cloves
1/2 tsp ground turmeric
1/2 inch cube fresh ginger
1/4 tsp ground cumin
1/4 cup teriyaki sauce
1/8 tsp cayenne
1 tbsp soy sauce
1 tbsp lime juice

Pound chicken breasts flat. Cut across grain into 3 inch strips about 1/2 in wide Mix remaining ingredients in blender or food processor until smooth. Pour over chicken and let stand in refrigerator 24 hours, covered. Thread chicken on skewers and broil 3-4 inches from heat, (grilling outdoors works best). Baste with leftover marinade. Cook a maximum of 5 minutes. Serve with any good peanut/pecan sauce.

Marinating takes 24 hours; the rest takes only minutes. Note: There is a huge flavor difference in dry spices when they are nice and fresh. Avoid using old spices.

Chicken Schnitzel

Serves 4

2 lg eggs
1 Tbsp butter
1 garlic clove, minced
1/4 cup dry white wine
1/2 tsp minced fresh parsley
1/2 cup chicken broth
coarse salt and ground pepper
1 Tbsp fresh lemon juice
1 cup fresh breadcrumbs (3 slices fresh bread)
Fresh parsley and lemon wedges, to serve
1/2 cup grated Parmesan cheese
4 chicken cutlets (about 6 oz ea) pounded to an even 1/4 in thickness
4 Tbsp olive oil

In a wide, shallow bowl, beat eggs with garlic, parsley, and 1/2 tsp each salt and pepper. In a separate bowl, combine breadcrumbs and parmesan. Dip each cutlet into egg mixture to coat completely, then dredge in breadcrumb mixture, patting it on with your fingers. Heat 2 Tbsp oil in a large non-stick skillet over medium-high heat. Cook 2 cutlets until golden brown and cooked through, about 3 minutes per side. Transfer to a platter.

Add remaining 2 TBSp oil to pan, reduce heat to medium, and repeat with remaining 2 cutlets. Wipe skillet with a paper towel; heat butter until melted. Add wine; heat 30 seconds. Stir in broth and lemon juice; simmer 2 minutes. Season with salt and pepper. To serve, pour broth mixture over cutlets. Serve with buttered noodles.

Chicken with 40 Cloves of Garlic

Serves 6

1 lemon
4 Tbsp unsalted butter
1 roasting chicken (2 1/2 to 3 lbs)
2 TBSP olive oil
1 tsp salt
1 cup chicken stock
1/2 tsp freshly ground pepper
1 small bunch parsley, minced, for garnish 40 cloves of garlic (about 3 heads)

1. Preheat oven to 375F. Cut lemon in half and squeeze juice over chicken. Sprinkle salt and pepper over chicken and rub in. Marinate 30 minutes.
 2. Remove papery husk from garlic heads. Separate cloves from heads but do not peel. In a 4 to 5 quart Dutch oven or heatproof casserole, brown chicken (breast side down) in butter and oil over medium heat (about 5 minutes). Add garlic cloves and stock to pan. Stir to coat with oil. Cover and roast 60 to 70 minutes.
 3. Remove chicken to serving platter. Discard some of fat on surface of pan juices. Puree garlic cloves and remaining pan juices through a food mill or sieve (skin will be trapped there). Pour this sauce over chicken and sprinkle with parsley.
- Garlic freaks adore this one. Note that the chicken must marinate 30 minutes before roasting.

Chili Con Carne

Serves 6

2 Tbsp fat
1 2-lb can tomatoes
1 cup onion, chopped
1 2-lb can red kidney beans
1 green pepper, chopped
2 tsp salt
1 red pepper, chopped
1 tsp chili powder
2 cloves garlic, chopped
1 lb ground beef

Sauté onion, peppers, and garlic in fat, using a heavy skillet over low heat, for about 3 minutes or until soft and lightly browned. Add ground beef and scramble. Add remaining ingredients.

Cover and simmer over low heat for about 1 hour or place in slow oven (around 300 degrees) and bake for 2 hours.

Good leftovers. Olga Cooke.

Chili Rellenos

Serves 4

1/2 lb cheddar cheese, grated
1/2 tsp salt
1/2 lb Monterey jack cheese, sliced
Paprika
1 6 oz can whole green chilies
Black pepper
5 large eggs
Hot sauce
1/4 cup flour
1 1/4 cups milk

Mix eggs, milk, and seasonings together. Fold in flour. Seems to taste better if you let this goop set overnight in the fridge. Drain green chilies and rinse to get rid of seeds. Dry on paper towel. Fold sliced jack into chilies; lay in bottom of baking dish. Add liquid egg/flour/seasoned goop over the chilies. Cover with grated cheese and bake at 350 degrees for 45 minutes.

Canned green chilies are hard to find outside the US. We used to smuggle them down to Mexico for this favorite.

Chimichangas

Serves 4

1 pkg 10-inch flour tortillas
2 cups oil for deep fry
1 lb ground beef, lean Serve on the side, chopped:
1 onion,
Chopped jalapenos
Tomatoes
Cheddar cheese
2 Tbsp chili powder
Onions
Refried beans
1/4 tsp ground cumin
Taco chips
1/2 tsp garlic powder
Salsa
1 10 oz can tomato & green chilies
Lettuce
1/2 lb grated sharp cheddar cheese

Meat Filling: Heat 1 tsp oil in pan and sauté 1/4 cup chopped onion until soft and translucent. Add ground beef. Scramble into small chunks. Add garlic powder, chili, and cumin. Add the can of tomatoes/chilies. Cook off moisture. Moisten tortillas as directed on package. Place meat filling in middle of tortillas. Add chopped onions, tomatoes, and cheese. Fold tortillas into a rectangle--making sure it is closed so no good parts get lost in frying. Deep fry in hot 350 degree oil. Serve with shredded lettuce, grated cheese, and salsa. Serve on side: chopped jalapenos, chopped tomatoes, grated cheddar, chopped onions, refried beans, and taco chips.

Chocolate Chip Cookies

Serves 20

1 1/3 cup flour 1 tsp baking soda dissolved in 1/2 tsp salt 1/4 cup hot water
2 cups oatmeal
1 tsp vanilla
1/2 cup coconut
1 6-oz pkg semisweet chocolate chips
1 cup shortning
1 egg
1 cup brown sugar

Cream together brown sugar, egg and shortning. Dissolve baking soda in hot water and add to sugar and egg. Add vanilla. Sift flour and salt and add oatmeal, coconut and chocolate chips. Cook about 10-12 minutes at 375 degrees. Makes about 64 cookies.

Grammie would bake these up for me when I was a college scarfie home on weekends. Still my favorite cookie.

Chocolate Fudge

Serves 8

2 cups sugar
1 tsp vanilla
3 tsp rounded cocoa
2/3 cup evaporated milk
1 stick butter
1 cup pecans, chopped

Mix sugar and cocoa. Melt butter in fairly deep saucepan over medium heat. Add milk, stirring, and continue to stir throughout process. When milk is almost hot, add sugar/cocoa mixture. When mixture comes to a boil, lower heat to med-low, and cook 5 minutes. Remove from heat; stir/beat until slightly cooled; add vanilla. When mixture begins to thicken, stir in nuts. When mixture is thick and heavy, pour into buttered pan (about 7X9). Cut into small squares.

Wally the boss' secretary could always make a winner treat for the office. This is definitely one.

Chocolate Pecan Tart

Serves 8

1 pkg refrigerated/frozen 9-inch pie crust dough
3/4 tsp vanilla extract
2 large eggs
1/4 cup semisweet chocolate chunks
2/3 cup sugar
1 1/3 cups pecan halves
1/2 cup light corn syrup
1 Tbsp bourbon
4 tsp unsalted butter, melted, plus 2 tsp, chilled and cut into small pieces

Preheat oven to 350F, with rack in center. On a lightly floured surface, roll out pie dough to a 12 inch round, about 1/8 in thick. Wrap dough around rolling pin, and unwrap over a 9 inch tart pan with removable bottom. Press dough into bottom and up sides of pan, trimming edges. In a large bowl, whisk together eggs, sugar, corn syrup, 4 tsp melted butter, and the vanilla. Scatter chocolate evenly over tart shell. Pour filling over chocolate. Arrange pecans on top. Dot with chilled butter.

Place tart pan on a rimmed baking sheet. Bake until filling is set, 45 to 60 minutes. If pecans are browning too quickly, tent pan with foil. Remove from oven. While still hot, drizzle with bourbon, if desired. Let tart cool completely before serving.

I took this one to David and Susan's Christmas dinner in Russel, Bay of Islands in Dec 04. Eight thumbs up.

Chocolate Pudding

Cake Serves 10

1 chocolate cake mix
1 large cool whip
1 chocolate pudding mix

Prepare 9 x 12 pan, make the cake and let it cool. Make chocolate pudding and let it cool, then pour over cake. Put in fridge at least 1/2 hour and spread cool whip all over top.

Olga Cooke

Chopped Salad with Tuna

Serves 1

1 can (6 oz) water-packed tuna Dressing:

1/3 cup chopped cucumber

4 tsp extra-virgin olive oil

1/3 cup chopped tomato

2 Tbsp fresh lime juice

1/3 cup chopped avocado

2 cloves garlic, finely chopped

1/3 cup chopped celery

1/2 tsp black pepper

1/3 cup chopped radishes

1 cup chopped romaine lettuce

To make salad: layer the tuna, cucumber, tomato, avocado, celery, radishes, and lettuce in a glass bowl. To make the dressing: Mix the olive oil, lime juice, garlic, and pepper. Drizzle over salad.

South Beach.

Cilantro Mayonnaise

Serves 6

3/4 cup mayonnaise
Sliced turkey breast or boiled ham
3/4 cup loosely packed cilantro leaves
Boston lettuce leaves
1 Tbsp fresh lime juice
Scallions (1 per serving)
1 tsp light soy sauce
Red bell pepper strips (1 per serving)
1 small clove garlic

For Artichoke bowls: 2 medium artichokes

For Roll-up snacks:

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a food processor.
Blend until smooth.

To make roll-ups: place 1 slice of meat on a lettuce leaf spread with Cilantro Mayonnaise.
Add scallion and pepper strip. Fold like a cigar.

To make artichoke bowls: Wash artichokes and cut off stem, removing the small bottom leaves. Stand artichokes upright in 2-3 inches of salted water (may add a slice of lemon and 2 halved garlic cloves). Cover and boil gently 34-40 minutes. Drain.
Spread leaves and carefully remove the center petals and fuzzy choke. Fill with Cilantro Mayonnaise to dip leaves.

Clam Chowder

Serves 4

1 large onion
1 tsp msg
4 slices bacon
freshly ground black pepper
2 cups diced potatoes
1 Tbsp flour
2 dozen steamed clams, ground (with
broth)
1 quart milk plus 1/4 cup

Cut bacon fine and fry together with onion until onion is golden yellow and translucent. Add potatoes to cooked onion and bacon and cover all with water. Boil until potatoes are done. Add clam meat and broth to chowder. Immediately pour in 1 quart milk and add 1 tsp msg plus 1/4 tsp black pepper. Heat only to simmer (while making roux with 1/4 cup milk and flour). Slowly stir in roux into chowder and continue to stir until slightly thickened (about 10 minutes). Simmer, do not boil.

Yule Gibbons

Clam Fritters

Serves 4

1 cup warm beer
3 cups chopped prepared clams
1/2 tsp pepper white wine for steaming clams
1 tsp cooking oil vegetable oil for frying
1 egg, well beaten see note 2
1-1/2 cup sifted flour

Batter notes:

1. Minimize beating or stirring. Try to stay below 20 strokes.
2. Use eggs specified, but only 1/2 the white (more yolk makes the batter crustier)

Combine thoroughly the beer, pepper, oil, and egg. 1 Tbsp flour at a time until the final batter has a consistency of heavy motor oil. To test, batter should hang about 2 inches off the spoon before breaking. Let rest at least 1-2 hours, even overnight. Steam clams in white wine for about 15 minutes. Chop and form into 16 little mounds. The mounds must cling together. A small amount of flour may be dusted over clams to assist the process.

Prepare to get gooey fingers. Immerse clams in batter, coating thoroughly. Transfer to small skillet containing 1/2 inches of very hot vegetable oil, 365 degrees. Fry until golden brown, turning occasionally. Do not permit fritters to stick to the pan. Do not try to cook too many at once because it cools the oil down too much. Drain on paper towels. Sprinkle with a little salt if desired. Serve with your favorite dipping sauce. The butter clams were so plentiful in Bahia Los Angeles (Mexico) you could dig your toes in the sand and at once come up with 2 or 3 at a time. We ate them every night for a week.

Clams Casino

Serves 6

1 green pepper, diced fine
1 tsp Italian seasoning
1 onion, diced fine
4 TBSP butter, divided
1 quart cherrystone clams with juices and shells on 2 cups bread crumbs
1 tsp celery salt
4 strips bacon
1 tsp garlic salt

Dice green pepper and onions as fine as possible. Open clams, reserving clam juice. Set aside. Sauté pepper and onion in half the butter, then add clam juice, which has been strained. Let all this come to a boil and add ground up clams and enough breadcrumbs to make desired consistency. Adjust seasoning if necessary. Fill half clam shell with the dressing and place a little piece of bacon on top. Place shells on cookie sheet. Bake in moderate oven until hot and bacon is cooked.

Olga Cooke. These have always been the first things to disappear at cocktail parties.

Cool Hand Cuke

Serves 6

2 cucumbers
1 cup walnut halves or
4 oz blue cheese
1/2 lb small shrimps
Rye crisp crackers

Seed cucumber with a spoon. Pack hollow cuke with blue cheese. Chill 45 minutes. Cut into 1/4 in thick rounds. Place on cracker and top with walnut halves or shrimp.

Cruising World.

Coriander-Honey Chicken

Serves 6

Sauce: 1 tbsp honey
4 tbsp peanut butter
1 tbsp ground coriander
4 tbsp soy sauce
2 garlic cloves, mashed
2 tbsp fresh lemon juice
2 tsp grated gingerroot
1 tbsp packed brown sugar
1/4 tsp turmeric
1 1/2 tsp cayenne
1/4 tsp cayenne
4 lbs chicken parts, cut up
6 tbsp soy sauce

Mix together peanut butter, soy sauce, fresh lemon juice, brown sugar and cayenne. This sauce can be made well ahead. Cut each breast half crosswise into 2 pieces and cut 2 parallel diagonal slits on the meat side of each drumstick, thigh, and breast, cutting all the way through to the bone but being careful not to cut through an edge. In a large bowl, whisk together the soy sauce, honey, coriander, garlic, gingerroot, turmeric, and cayenne. Add chicken turning it to coat it with the marinade, and marinate, turning occasionally, at room temp for 1 hour (chilled for 2 hours). Broil the chicken, skin sides down, on an oiled rack of broiler pan, 6 inches from heat, turning once and basting, for 15 minutes or until golden brown and cooked through. Transfer to platter and serve with sauce.

Corn Bread

Serves 6

3/4 cup course cornmeal
1/4 tsp oil
1 1/4 cup flour
1 egg, beaten
1/2 cup sugar
1 cup milk
1 Tbsp baking powder
1 tsp salt

Mix dry together, then wet, then together. Stir just to moisten. Pour into well-greased pan. Bake 400F for 30 minutes. Serve topped with SOS or on the side with pepper jelly.

Fran MacGlaughlin, S/V Aka.

Corn Bread Casserole

Serves 12

6 Tbsp butter
2 eggs, beaten to blend
2 large onions
1 tbsp milk
1 7 oz can diced green chilies
1 cup sour cream
2 17 oz cans creamed corn
3 cups grated cheddar cheese
1 lb pkg cornmeal muffin mix

Preheat oven to 425 degrees. Lightly butter 9 by 13 inch ovenproof glass baking dish. Melt butter in heavy medium skillet over medium-high heat. Add onions and chilies and cook until onions are light brown, stirring frequently, about 8 minutes. Combine corn, cornmeal mix, eggs, and milk in large bowl and blend well. Pour into prepared pan. Spoon onion mixture over. Top with sour cream and then cheese. Swirl through layered mixture with knife. Bake until puffed and golden, about 35 minutes. Cool 10 minutes.

This rich side dish is a little indulgent, but it goes over real well at Mexican-themed dinner parties

Corned-Beef Hash

Serves 4

2 to 3 cups cooked corned beef
4 TBSP butter or shortening
2 to 3 cups boiled potatoes
1/3 cup whipping cream
1 onion, finely chopped
1/4 tsp freshly ground pepper
Chop meat and potatoes coarsely

1. In a large bowl, mix beef, potatoes, onion, and pepper. In a 10-inch skillet (preferably well-seasoned cast-iron) over medium-low heat, melt butter. Spread meat mixture evenly over the bottom, forming a thick cake. Press down firmly all over with the back of a spatula. Cook about 10 minutes, giving the pan a sharp jerk now and then to prevent sticking.
2. Scrape all over bottom of pan with a spatula to loosen the crust, and stir it into the hash. Again, press firmly all over to make a flat cake, and cook 10 minutes more, giving pan a sharp jerk now and then to prevent sticking.
3. Pour cream over hash, then scrape up crust again and stir to incorporate cream. Flatten hash with a spatula and cook another 10 minutes, jerk to keep from sticking. Allow a good 30-40 minutes to cook hash. Roast beef works well too.

Cooking A to Z

Cornish Game Hens with Honey Ginger

Serves 2

2 Cornish game hens
3 tbsp honey
Salt and pepper
1 tbsp dry white wine
Dried thyme, crumbled
1 tsp ground ginger
1/2 sm onion
2 tbsp (1/4 stick) butter

Preheat oven to 450 degrees. Line small baking pan with foil. Place rack in pan. Pat hens dry inside and out. Season cavities with salt, pepper, and thyme. Place onion piece in cavity of each. Tie legs together; tuck wing tips under. Place hens on rack in pan. Melt butter in heavy small saucepan. Brush some over hens. Sprinkle hens with salt, pepper, and generous amount of thyme. Bake 15 minutes. Add honey, wine, and ginger to butter pan and heat until thinned. Brush hens generously with glaze. Bake until last drops of juice from cavities runs yellow, basting hens occasionally with glaze and pan drippings, about 25 minutes.

Bon Appetite.

Crab Appetizers

Serves 8

1 7-oz can crabmeat, picked over
1/2 tsp garlic powder
1 stick soft butter
1/2 tsp seasoned salt
1 jar Old English cheese spread
1 1/2 tsp mayonnaise

Cream together butter, Old English, mayonnaise, garlic powder and seasoned salt. Add crabmeat. Spread on English muffins that have been split in half. Put in freezer until you can easily cut 6 pie shaped wedges from each muffin half, about 30 minutes. Bag and Freeze segments until ready for use. Place on cookie sheet and bake until lightly brown. About 30 minutes.

Olga Cooke. I've been making these for yachtie dock parties since forever. Half way across the world now other yachties are turning up with the exact version.

Crab Spread

Serves 12

1/2 grated onion
2 Tbsp mayonnaise
12 oz cream cheese
3/4 bottle chili sauce
2 tsp Worcestershire sauce
2 cans crabmeat, drained, picked over
Garlic salt parsley
1 Tbsp lemon juice

Grate onion into bowl. Add Worcestershire sauce, lemon juice, mayonnaise, and cream well. Add cream cheese. Mix in garlic salt to taste. Spread mix over large plate. Top with chili sauce, then cover with crabmeat. Top with sprinkle of parsley. Refrigerate overnight, and serve with crackers. Can make ahead and freeze.

Olga Cooke.

Crabby Patties

Serves 4

4 cups crab meat, picked over cracker crumbs
1 egg, slightly beaten
1/2 cup shortening
salt

Add a bit of salt and slightly beaten egg to crabmeat. Shape into little balls with damp hands (1 1/4"). Chill in refer to make firmer. Roll in crumbs. Bake on cookie sheet OR fry in deep or shallow fat about 375 degrees for 3 minutes.

Yule Gibbons. (I modernized the recipe name)

Cranberry Bread

Serves 8

2 cups all purpose flour, sifted
3/4 cup orange juice
1 cup sugar
1 Tbsp orange zest
1 1/2 tsp baking powder
1 egg, well beaten
1/2 tsp baking soda
1/2 cup chopped nuts
1 tsp salt
1 cup cranberries, or reconstituted dry cranberries, cut in half
1/4 cup shortening

Sift together all dry ingredients. Cut in shortening until mixture resembles cornmeal. Combine zest, juice, egg, and pour into dry ingredients. Stir to dampen. Carefully fold in nuts and cranberries. Pour into prepared 9x5x3 loaf pan, spreading corners and sides higher than the middle. Bake 350 degrees for 1 hour.

Olga Cooke. Very Massachusetts.

Creamy Coleslaw

Serves 8

1 cup mayonnaise
1/8 tsp pepper
3 Tbsp milk
1 med head cabbage, finely shredded
3 Tbsp vinegar
1 med carrot, shredded
1 tsp sugar
1 small green bell pepper
1/2 tsp celery seed
1 sm onion, finely chopped
1/2 tsp salt
1/8 tsp paprika

In small bowl, combine first 8 ingredients. Mix well. In large bowl, place cabbage, carrot, pepper and onion. Add mayonnaise mixture; toss gently to mix well. Cover, refrigerate until serving time.

Yields 6 cups

Creamy Polenta

Serves 2

4 cups water
1/4 cup finely grated Parmesan cheese
1 1/2 tsp coarse salt
1 TBSP butter
1/8 tsp freshly ground black pepper
3/4 cup yellow cornmeal

In a large saucepan, bring water, salt and pepper to boil over high heat. Whisking constantly, very gradually add cornmeal. Simmer over medium heat, whisking frequently, until thickened, 10-12 minutes. Remove from heat and stir in cheese and butter until soft.

Crisp Cucumber Salad

Serves 4

1/2 cup rice vinegar
1 small red onion, thinly sliced
1 tsp granulated sugar
1 Tbsp finely chopped fresh mint
1/2 tsp kosher salt
1 seedless cucumber (about 1 lb) peeled and thinly sliced

In a medium bowl, whisk together the vinegar, sugar and salt until dissolved. Add remaining salad ingredients. Toss, cover with plastic wrap and refrigerate until ready to serve.

Crisp Curried Shrimp

Serves 2

2 Tbsp all purpose flour
2 Tbsp olive oil
1/2 tsp curry powder
1 bunch scallions, cut into 2 inch lengths
1/8 tsp cayenne pepper
3/4 lb large shrimp (12), shelled and deveined

In a bowl stir together flour, curry powder, cayenne, and salt to taste. Add shrimp to flour mixture, tossing to coat. In a large heavy skillet heat oil over moderately high heat until hot but not smoking and sauté scallions until well browned and almost tender. Add shrimp to scallions and sauté, stirring occasionally, about 4 minutes, or until shrimp are opaque throughout. Serve with lemon wedges.

Cruising World

Crispy Crusted Fish

Serves 4

1 cup tomato, seeded and chopped
1/2 cup plain potato chips, crushed
1 cup leeks, thinly sliced
1/2 tsp paprika
1/2 cup green bell pepper, chopped
1/4 tsp cayenne
1 Tbsp garlic, minced
2 Tbsp unsalted butter, melted
4 firm fish fillets (6 oz ea), boned & skinned
Sliced scallion and lemon wedges to serve
1/2 cup coarse bread crumbs
1/2 cup parmesan cheese, grated

Preheat oven to 450 F. Combine first four ingredients in a bowl. Spread on a baking sheet coated with cooking spray (makes a relish-y side dish). Arrange fillets on top of vegetables; season with salt and pepper to taste. Combine crumbs and next four ingredients; toss with melted butter. Divide crumb mixture evenly over each fillet, pressing into the fish. Bake 20 minutes, or until fillets flake easily when tested with a fork.

Sprinkle with scallion and serve with lemon wedges.

Date Nut Bread

Serves 8

1 1/2 cup hot water
2 tsp baking soda
1 Tbsp butternuts, chopped
1 1/4 cup sugar maraschino cherries, halved, optional
1 egg, beaten
1 pkg dates
2 3/4 cups flour
1 tsp vanilla
1 tsp salt

Pour hot water over dates, butter. Add sugar and let cool. Add beaten egg, then dry ingredients, nuts (and cherries). Pour into greased pans. Bake at 325 degrees for 1 hour if you use two bread pans.

Olga Cooke.

Deviled Eggs

Serves 2

2 eggs, hard cooked
hot-pepper sauce
1 TBSp mayonnaise
capers or chives
Pinch dry mustard
Splash Worcestershire Sauce

Cut eggs in half lengthwise. Carefully scoop yolks into a small bowl. Add next 4 ingredients. Garnish with capers or chives.

Dutch Babie

Serves 6

4 eggs
1/4 cup butter
1 cup milk Confectioners sugar
fresh lemon juice
1 cup flour
Seasonal fruit, for garnish
Pinch each salt and sugar

Preheat oven to 425F. In a blender combine eggs and milk on high speed. Add flour, salt and sugar in two batches, blending well after each addition until smooth and creamy. Place butter in a 12-14 inch shallow ovenproof pan or skillet and set in oven to melt. Swirl pan to coat evenly with butter and pour in batter. Bake until puffy and golden brown (20-30 minutes).

Serve immediately in baking pan, dusted with confectioners sugar and sprinkled with lemon juice. Accompany each serving with an assortment of fresh, seasonal fruit.

Recipe can be doubled, as long as it is baked in a shallow pan at 425F.

Éclairs or Cream Puffs

Serves 6

1 cup water
Vanilla pudding
1/2 cup butter,
cubed chocolate icing
1 cup flour
Powdered sugar
4 eggs

Boil water and butter then add flour. Mix until smooth. Remove from heat. Add 4 eggs one at a time. Mix until smooth. Drop on lightly greased sheet 1 X 3 inches long. Bake 375 F until lightly brown, approx 1 hour. Cool. Fill with vanilla pudding and top with chocolate icing (éclairs) or top with powdered sugar (cream puffs)

Eggs Benedict

Serves 4

Hollandaise sauce

mix 2 quarts water unsalted butter as required by mix

1 Tbsp distilled white vinegar

2 English muffins, split, toasted, and buttered

4 large eggs

4 thin slices Canadian bacon, pan-fried

Make hollandaise sauce per directions on package and keep warm. Top each muffin half with a bacon slice and keep warm, covered loosely with foil. Bring water to a slow simmer and add vinegar. Break eggs, 1 at a time, into simmering water (don't try to cook more than 4 at a time). Poach eggs about 1 1/2 minutes for runny yolks or 3 to 4 minutes for hard yolks. Remove eggs with a slotted spoon, drain, and carefully place on bacon slices on muffin halves. Pour hollandaise sauce over eggs.

English Muffin Bread

Serves 6

5 1/2 to 6 cups flour

2 cups milk

2 pkg active dry yeast

1/2 cup water

1 TBSp sugar cornmeal

2 tsp salt

1/4 tsp baking soda

Measure by spooning flour lightly into cup. Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquids until very warm (120 F to 130 F). Add to dry mixture. Beat well. Stir in enough more flour to make a stiff batter. Grease and sprinkle with cornmeal 2 8 1/2 X 4 1/2 inch pans. Add batter and sprinkle top with cornmeal. Cover and let rise in warm place for about 45 minutes or so. Bake at 400 F for 25 minutes. Remove from pans immediately and cool. Carol Costa. Some parts of the world never heard of an English muffin.

This warm breakfast bread always makes me think of home.

Evil Rooners

Serves 4

1 lb fresh mushrooms
2 TBSp Worcestershire sauce
2 med bell peppers
1/2 cup brown sugar
1 med onion
3/4 cup mellow red table wine
1/2 cup butter
fresh ground black pepper
seasoned salt

Sauce: 2 Tbsp Dijon mustard. Clean mushrooms with a damp paper towel and cut in half. Wash and seed peppers and cut into 1 inch squares. Peel and chop onion. Melt butter in large saucepan and sauté onion until transparent.

Prepare sauce: Mix together mustard, brown sugar, and Worcestershire until you have a perfectly smooth paste. Add wine, season with pepper and salt, and stir well. When onion is clear, add mushrooms and peppers to pan and sauté a few minutes, stirring often. As mushrooms begin to brown and reduce, add wine sauce. Simmer mixture over medium flame for about 45 minutes, or until sauce is much reduced and thickened. Mushrooms and peppers will be very dark and evil-looking, but smell and taste great.

Serve over steaks and/or mashed potatoes.

Fyllda Pannkaker

Serves 6

Batter: 1 cup cream
3 eggs, slightly beaten
1/2 tsp Worcestershire sauce
1 1/3 flour
1 Tbsp sherry
1/2 tsp salt
2 1/4 cups milk

Shrimp filling: 3/4 cups cream
1 lb (cooked and peeled) shrimp
1/4 cup melted butter
2 Tbsp dill
1/4 cup butter

Mushroom filling: 1/2 cup heavy cream
2 Tbsp butter
1/2 cup milk
1/2 lb sliced mushrooms
1 egg yolk, slightly beaten
2 Tbsp chopped onions
1 Tbsp sherry
1 tsp salt plus 1/2 tsp salt
1/4 tsp pepper
1 Tbsp lemon juice
2 Tbsp flour

Batter: Combine flour and salt and add to eggs all at once, stir until mixed. Gradually stir in milk and cream, beat until blended. Stir in melted butter. Fry in a 6" pan (1/8 to 1/4 cup each). Fill and bake at 350 F until filling is hot, about 10-15 minutes. Top with grated Parmesan cheese.

Mushroom filling: Simmer (covered) mushrooms, onions, salt and pepper. Gradually stir in flour and then cream. Stir in Worcestershire and sherry and remove from heat.

Shrimp filling: Sprinkle shrimp with dill and refrigerate. Melt butter in double boiler, and blend in flour. Gradually stir in cream and milk and continue cooking until thickened. Blend in egg yolk, sherry, salt and lemon juice, then add shrimp. Heat until shrimp is warm and then remove from heat.

Vickie from S/V Adonde brought this family favorite to one of our progressive Mexican Christmas meals. First course--breakfast!

Garden Vegetable

Soup Serves 4

2/3 cup carrot, sliced
1/2 tsp dried basil
1/2 cup onion, diced
1/4 tsp dried oregano
2 cloves garlic, minced
1/4 tsp salt
3 cups chicken broth
1/2 cup zucchini, diced
1 1/2 cups cabbage
Diced grated parmesan cheese, if desired
1/2 cup green beans
1 Tbsp tomato paste

In a large saucepan, sprayed with nonstick cooking spray, sauté the carrot, onion, and garlic over low heat until softened, about 5 minutes. Add broth, cabbage, beans, tomato paste, basil, oregano, and salt; bring to a boil. Lower heat and simmer, covered, about 15 minutes or until beans are tender. Stir in zucchini and heat 3-4 minutes. Serve hot with grated parmesan cheese.

South Beach. Vegetarian light but satisfying lunch

Garlic Cod

Serves 5

1 lb cod fillets
1/4 tsp paprika
1/4 tsp salt
5 large cloves garlic, finely chopped
Dash of pepper
2 Tbsp butter plus 2 Tbsp butter, melted
1 Tbsp olive oil
1 Tbsp lemon juice
5 lemon wedges and snipped parsley to serve
1/2 tsp onion powder

If fish fillets are large, cut into 5 serving pieces. Sprinkle both sides with salt and pepper. Mix 2 Tbsp melted butter, lemon juice, onion powder and paprika. Dip fish into butter mixture. Place in ungreased square pan, 9 x 9 x 2 inches. Pour remaining butter mixture over fish. Cook uncovered in 350F oven until fish flakes easily with a fork, 25 to 30 minutes. Sauté garlic in 2 Tbsp butter and the oil over medium heat until garlic is brown; spoon over fish. Garnish with snipped parsley and lemon wedges.

Fabulous Fish and Seafood.

Garlic Wonders

Serves 6

1 cup white wine vinegar
2 bay leaves
2 cups water
1 tsp green or rose peppercorns
2 tsp salt dry basil, parsley and/or rosemary
4 to 5 Tbsp sugar (less is ok too!)
4 to 5 large heads of garlic
1/2 cup oil

Heat the ingredients (except the oil and garlic) to boil then add garlic. Boil 7 minutes. Add oil and return to boil. Along with the bay leaf and peppercorns, put some dry herbs such as basil, parsley and rosemary in the bottom of a jar. Pack the garlic on top and then pour on brine.

Helka and Ian, S/V Segara. Wonderful for cocktail parties.

Gazpacho

Serves 4

1 clove garlic
2 tsp chili powder
4 ripe tomatoes, quartered
2 Tbsp olive oil
1/2 green bell peppers, seeded and sliced
3 Tbsp red wine vinegar
1/2 small onion, peeled and sliced
1/2 cup ice water
1 cucumber, peeled and coarsely sliced
Chopped vegetables to garnish
1 tsp salt
Chopped cheddar cheese to garnish
1/4 tsp pepper

Add all ingredients to blender or food processor container. Cover and blend on high speed for 3-5 seconds, or until vegetables are coarsely chopped. Chill. Garnish with veggies and cheese.

S/V Nada Mas. Hot Baja summer = chilled soup for lunch. I like this version better than the others.

Ginger Beer

Serves 6

4 Liters water
1 tsp active dry yeast
2 cups Sugar
250 grams ginger (about a handful, scrubbed and chopped)
1/4 to 1/2 cup Lemon Juice, room temp

Bring to boil half the water with ginger and simmer 5-15 mins. Stand 45-60 minutes. Toss Ginger mix in sugar and stir until sugar dissolves. Mix in lemon juice. When all this cools down to baby bottle warm, add the yeast and stir well. Pour into soda bottles, leaving 2 to 3 inches from the top. Cap off tightly. Leave for 24-48 hrs as soon as the bottles become hard put into icebox. (Note: caps will bulge a little) That's it.

Note this: If you must use plastic soda bottles, these can be dangerous and explode so be careful. Slowly open to let fizz out slowly when ready to drink. Its better to have water on the cooler side when adding the yeast, it will just take a bit longer to proof. You may substitute powdered ginger and lemon essence if the fresh stuff is not available. OK, a little adventurous, but ginger is available in all but the most remote Pacific regions. We picked this one up from Fran and Ed on S/V Aka in Fiji. (We call Ed "jungle boy" behind his back)

Goulash

Serves 8

2 lbs beef stew meat
1 clove crushed garlic (cut into 1 inch squares)
1/4 tsp ground black pepper
1/4 cup cooking oil
1/8 tsp cayenne pepper
2 med onions, chopped fine
1 tsp tomato paste
4 tbsp Hungarian sweet paprika
1 1/2 tsp salt

Sauté onion in oil slowly, until limp. Remove from heat and add paprika. Return to heat for few seconds, stirring with a wooden spoon. Add salted beef cubes and cook on med-high heat for 5 minutes, or until warm without browning it all. Do NOT add water. Turn heat on low, cover and cook approximately 1 hour or until meat is tender. When the stew appears, add garlic, peppers and tomato paste.

Boris Sevchik. A Yugoslavian with a taste for Hungarian.

Green Beans Oriental

Serves 6

1 lb green beans
1 1/2 tsp sesame oil
1 cup water
1 tsp red pepper flakes
1/4 tsp salt
1 red bell pepper, cut into strips

Wash beans, trim ends. Steam in water and salt until crisp-tender. Drain and put in serving bowl. Toss the oil, red bell pepper strips, and crushed red pepper flakes. Serve over beans at room temp or chilled.

Katy Hegland. Exotic and a little unpredictable. The beans are good too.

Guacamole

Serves 4

2 Tbsp lemon juice
3 green chilies, canned/seeded
pinch of salt, to taste
2 ripe avocados, halved seeded
1 small tomato, peeled, cut up peeled and cut into cubes
1/4 medium onion taco chips, plenty
1 clove garlic, minced

Put all ingredients in blender container (except chips of course). Blend all ingredients until smooth. For more colorful dip, reserve half the tomato; add tomato at end and blend only until tomato is coarsely chopped.

Note: Add 1-2 Tbsp hot salsa, fresh or canned, for more zip.

Ham and Bean Soup

Serves 4

1 Tbsp olive oil
1 cup canned chopped tomatoes
1/2 red onion, chopped
Salt and pepper
1/4 tsp fresh rosemary
3 cups lightly packed baby spinach, washed well and dried
2 cups chicken stock or canned broth
2 cups leftover ham cut into 1/2 in pieces
2 cans (14.5 oz ea) white beans, drained and rinsed (red beans work well too).

In a medium saucepan, heat the olive oil over medium heat just until glistening. Add the chopped onion and rosemary, and cook until the onion is soft and translucent, about 5 minutes.

Add the chicken stock, 2 cups of water, the beans, and tomatoes; bring to a boil. Season with 1/8 tsp salt and 1/4 tsp pepper. Add ham. Reduce the heat and simmer, skimming occasionally, until the soup has thickened slightly, about 20 minutes. A handful of macaroni can be thrown in at the last 10 minutes for a heartier soup.

Stir the spinach into the soup, and cook just until it wilts, about 1 minute. Serve with grated Parmesan.

Try this: go to your favorite grocery store deli and ask for a ham leg soup bone. (wink and flirt if you must). I have paid as little as \$3 for a large bone with lots of beautiful sandwich meat still attached. Use the bone for stock instead of the canned broth and you have got really good value.

Ham and Melted Cheese Pudding

Serves 4

2 Tbsp butter
1/2 cup finely minced parsley
8 inch thick slices French bread, left out to dry overnight
1 1/4 cups grated Gruyere cheese
1 cup milk
1 cup diced, cooked country ham
5 large eggs
1 medium leek, white part only, thoroughly rinsed and thinly sliced (about 1 cup)
1 Tbsp Dijon mustard

Generously butter 5-cup Pyrex dish. Make aluminum foil hoist. Butter bread and cut each slice into 2-3 pieces. Arrange 1/3 on the bottom of the dish. In a bowl, combine milk, eggs, and mustard and pour 1/3 of this mixture over the bread, turning the pieces to thoroughly absorb liquid. Distribute 1/3 of the parsley, Gruyere, ham, and leeks on top. Repeat layering in this manner 2 or more times, reserving some parsley and leeks for the top. Cover dish with foil so it fits tightly around the sides, but allow some room on top for pudding to expand. Set aside 10 minutes to allow bread to further soak up liquid. Set steaming rack in pressure cooker and place bowl in. Pour enough water in to reach 1/3 up the dish. Lock lid and bring to hi pressure. Adjust heat and cook 15 minutes. Let pressure drop naturally or use quick release. Remove lid. Let pudding cool slightly before lifting. Cooking Under Pressure.

Hawaiian Baked Pork

Serves 4

4 pork chops salt and pepper
3 kumaras, medium (sweet potatoes)
2 cups crushed pineapple
2 tsp brown sugar
4 strips bacon

Place pineapple in greased casserole dish. Pare and slice kumara and place over pineapple. Sprinkle with brown sugar. Season chops with salt and pepper and lay in dish. On top of chops arrange bacon strips, cover, and bake at 350 F (180 C) until kumara and chops are tender, about 1 hour. Remove cover and increase temp to 450 F (230 C) for the last 10 minutes to brown chops and bacon.

1001 Ways With Food for New Zealand Families.

Hearts of Palm Salad

Serves 4

1 TBsp tarragon vinegar
2 TBSP olive oil
1 TBsp fresh limejuice
1/2 cup vegetable oil
2 tsp Dijon mustard
1 can (14 oz) hearts of palm, drained and sliced into 1/4 inch rounds
1 clove garlic, minced
6 oz small peeled cooked shrimp
3/4 tsp salt
1 head romaine lettuce
1/2 tsp sugar
1 med tomato cut in wedges, for garnish 1/4 tsp dried tarragon
2 hard-cooked eggs, sliced, for garnish
Dash cayenne pepper

1. In a medium bowl mix vinegar, limejuice, mustard, garlic, salt, sugar, tarragon, and cayenne. Using a whisk or fork, gradually beat in oils until mixture is slightly thickened and well blended. Lightly mix in hearts of palm and shrimp. Cover, refrigerate and marinate for at least 1 to several hours to blend flavors.
2. Line salad bowl or individual salad plates with outer leaves of romaine. Shred inner leaves and use to top whole leaves.
3. To serve, spoon hearts of palm mixture on bed of whole and shredded romaine lettuce. Garnish with tomato wedges and egg slices.

If you happen to be in a jungle in Mokokangi Fiji, you can harvest unlimited delicately fresh hearts of palm (a la Jungle Boy). Otherwise, the canned ones work great.

Hearty Corn Chowder

Serves 6

2 medium sliced onions
2 cups drained corn
1 peeled chopped potato
1 can cream of mushroom soup
1/2 lb cooked ham chunks
3 cups milk
4 sprigs parsley
1 tsp salt and
1/8 tsp pepper
3 TBSP butter

Slice onion and sauté in butter in a large saucepan until tender. Chop parsley and set aside. Coarsely chop potatoes and ham. Add potatoes, ham, corn, soup, milk, salt, and pepper. Heat to boiling, reduce heat, and simmer until potatoes are tender, about 20 minutes. To serve, pour chowder into bowls; top each with a dot of butter and chopped parsley.

Great for cruising. Can be made almost totally out of cans with VHT milk.

Hoagies

Serves 2

2 Italian sandwich rolls or 1 9-in loaf of bread
3 Tbsp olive oil
6 slices hard salami
1 TBSP red wine vinegar (preferably balsamic)
6 thin slices ham
1/2 tsp dried oregano, crumbled
4 thin slices provolone
2 bottled hot cherry peppers, to taste, sliced thin
6 thin slices tomato

Halve rolls horizontally, leaving an edge uncut to form a hinge, spread the mayo on cut sides and the bottom halves of rolls layer the lettuce, onion, salami, ham, and provolone and tomato. In small bowl whisk oil, vinegar, oregano and cherry peppers and salt and pepper to taste, drizzle dressing over the fillings, and cover fillings with top halves of rolls. Cut each sandwich in half.

A regatta crew favorite.

Homemade Bread

Serves 6

300 ml water
2 tsp Active Dried Yeast
4 cup Bread mix

Carefully measure ingredients. Knead and let rest until doubled at about 50C. Punch down, place in greased bread pan and rest again at about 50C. Preheat oven to 375F. Bake 20-30 minutes or until crust browns.

It's really just bread maker mix without the bread maker.

Hot Pasta/Cold Sauce

Serves 4

3 lg fresh Italian plum tomato
1 tsp red-wine vinegar
16 black olives, pitted/halved
black pepper
1/2 garlic, minced
1/2 lb penne pasta
12 lg basil leaves (reserve 4)
2 tbsp extra virgin olive oil

Combine tomatoes (cut into 1/2 in cubes), olives and garlic in a large bowl. Place 8 basil leaves in a stack. Roll tightly together and slice diagonally into 1/8 in slivers. Separate slivers; add to tomatoes. Toss mixture with oil vinegar, and pepper. Let rest at room temp for at least 1 hour. Cook pasta according to directions. Divide among 4 shallow bowls or a larger serving bowl. Toss well with sauce; garnish each with basil leaf and serve.

Best with fresh ingredients.

Huevos Rancheros

Serves 4

4 8-inch flour tortillas
1 cup Monterey Jack cheese, shredded
3 Tbsp canola oil, separated
1 avocado, diced
10 large eggs
Sour cream and chopped cilantro to serve
Salt and freshly ground pepper
1 cup salsa (picante to taste), warmed

Preheat oven to 400F. Brush tortillas on both sides with 2 Tbsp canola oil; lay on baking sheet. Bake until crisp and brown around edges but still pliable, 7-10 minutes. In a bowl, beat the eggs with salt and pepper. Heat remaining Tbsp oil in large skillet over medium-low heat. Cook eggs, stirring, until set but still moist, 6-8 minutes. Place tortillas on plates; top with eggs, salsa, and 1 cup shredded Monterey jack cheese and diced avocado. Garnish with sour cream and chopped fresh cilantro.

Individual Beef Wellington

Serves 2

2 filet mignon, about 1 in thick
1 pkg frozen patty shells
salt and pepper
1 egg beaten with 1 tbsp milk or cream
1 small can pate

Thaw patty shells (Pepperidge farm is good). Season filets with salt and pepper. On a board, roll out 2 patty shells thinly. Each should be large enough to wrap around filets. Spread pate on top of each filet. Wrap filets in pastry (pate side up) sealing edges with egg mixture. Brush egg mixture all over pastry to give a glossy sheen. Roll out another shell and cut out decorative shapes to top each wrapped filet with cutouts and brush again with egg mixture. Bake wrapped filets on cookie sheet in a preheated 375F degree oven for about 20 minutes. The pastry will be golden brown.

This is one of our great "thank you" meals for deserving company.

Inside-out Carrot Cake Cookies

Serves 6

1 1/8 cups all purpose flour
1/2 tsp vanilla
1 tsp cinnamon
1 cup coarsely grated carrots (2 medium)
1/2 tsp baking soda
1 scant cup walnuts (3 oz)
1/2 tsp salt
1/2 cup raisins (2 1/2 oz)
1 stick (1/2 cup) unsalted butter, softened
8 oz cream cheese
1/3 cup plus 2 Tbsp packed lt brown sugar
1/4 cup honey
1/3 cup plus 2 Tbsp granulated sugar
1 large egg

Put oven racks in upper and lower thirds of oven and preheat oven to 375F. Butter two baking sheets. Whisk together flour, cinnamon, baking soda, and salt in a bowl. Beat together butter, sugars, egg, and vanilla in a bowl with an electric mixer at medium speed until pale and fluffy, about 2 minutes. Mix in carrots, nuts, and raisins at low speed, then add flour mixture and beat until just combined.

Drop 1 1/2 Tbsp batter per cookie 2 inches apart on baking sheets and bake, switching position of cookies halfway through baking, until cookies are lightly browned and springy to the touch, 12 to 16 minutes total. Cool cookies on sheets on racks 1 minute, then transfer cookies to racks to cool completely. While cookies are baking, blend cream cheese and honey in a food processor until smooth. Sandwich a generous TBsp cream cheese filling between two cookies.

Carol Costa with Mom's endorsement. Indulge.

Jaegerschnitzel

Serves 2

4 pork filets or thin chops
1 heaping tsp beef bouillon
2 onions, sliced
Salt and pepper
1 small can mushrooms
3 Tbsp flour

Salt and pepper filets, then turn in flour until well coated. Fry slowly in butter along with the onions and mushrooms. When done (about 15 minutes each side) remove from pan and keep warm. Pour one cup warm water into the pan and loosen juices. Then add bouillon and more flour if you want a thicker gravy; simmer for one minute. Place filets on serving platter and cover with gravy. Serve with noodles and tossed salad.

Olga Cooke. I'm glad my mom had days at the office. She collected some very nice meals for schedule-impaired people like us.

Jalapeno Cheese Pie

Serves 12

1 lb grated Monterey jack
7 eggs
5 jalapeno (chopped/seeded)
1 lb grated cheddar cheese

Seed and chop jalapenos. Spread Monterey Jack Cheese over bottom of baking dish. Sprinkle peppers over cheese. Spread grated cheddar over peppers. Pour beaten eggs over entire mixture. Bake at 350 for 20 minutes. Let cool and cut into squares. Serve warm or cold.

I'm not a big fan of this one of Jim's, but boy does the cocktail set inhale them.

Kale Soup

Serves 10

1 lg bunch kale or 1 med head of cabbage
1 pkg linguisa (not cured)
2 beef shanks
3 sprigs aflon (mint family)
1 pkg stew beef
4 med potatoes
1 pkg chorizo (not cured)

Put beef shank and stew meat in 1/2 pot water. Cook until fork tender. Add linguisa (cut up into 2 in pieces) and chorizo (cut up into 2 in pieces) and aflon. Cook for about 10 minutes. Add quartered potatoes. Add salt to taste. Cut cabbage to 1/2 in shreds. Add to soup (cabbage will boil down). Cover and cook until the potatoes are done. Skim off excess fat anytime.

Mary Costa. I believe this was the basic survival meal for first and second-generation Portuguese immigrants in the US. If you can find the ingredients, it's packed with protein, nutrients and flavor.

KC Steak Soup

Serves 6

1-1/2 stick butter
3 cups mixed veggies
1-1/2 cup all-purpose flour
1-1/2 can tomatoes
3/4 gallon water
1-1/2 tsp accent
3 cups ground beef
3 Tbsp beef base
1-1/2 cup diced onions
1-1/2 tsp pepper
1-1/2 cup chopped carrots
1-1/2 cup chopped celery

Melt butter and whip in one cup flour to make a smooth paste. Stir in 1/2 gal water. Sauté ground beef, drain and add to soup. Chop onion, carrot, and celery; parboil and add to soup. Add 2 cups mixed veggies (frozen, canned or reconstituted dry) and can of tomatoes. Stir in accent, beef base, and pepper. Bring to a boil and simmer until vegetables are done. Soup may be frozen. DJ Hegland. The king of soups.

Killer Shrimp

Serves 4

2 lb shrimp, shells on
2 dashes Worcestershire sauce
2 lemons
1/2 tsp chili powder
2 sticks butter
Paprika to taste
5 cloves garlic, fine chopped
Salt and pepper to taste
2 tbsp parsley flakes

Arrange shrimp in a large baking dish and squeeze lemon juice over them. Then slice lemons and place on top of shrimp. For the sauce: melt butter; add garlic, parsley, Worcestershire and chili powder and pour over shrimp. Sprinkle with paprika, add salt and a liberal amount of pepper. Bake for 15-20 minutes at 325 degrees, or until shrimp turn pink. Serve shrimp and sauce in large bowl with a fresh loaf of bread for dunking.

Cruising World. I renamed this recipe from BBQ Shrimp because its identical to the meal we would get at the Killer Shrimp restaurant in Marina Del Rey. It was the only main course on the menu.

Lasagna

Serves 8

:::meatballs:::

3 Tbsp Parmesan cheese, grated
1/2 lb ground beef

:::casserole:::

1/4 cup bread crumbs
1/2 lb mozzarella cheese
2 Tbsp parsley, chopped
1 lb ricotta cheese
salt and pepper
4 oz Parmesan cheese, grated
2 Tbsp milk
1 pkg lasagna noodles
1 egg, beaten

Mix ingredients thoroughly into tiny meatballs. Brown in pan with small amount of olive oil. Then add to sauce. Simmer 30 minutes while preparing lasagna noodles (cook noodles by adding slowly to rapidly boiling salted/oiled water). Arrange in casserole in following order and bake 350 degrees for 20 minutes 1. Sauce, 2. Lasagna, 3. Mozzarella cheese, 4. Ricotta cheese, 5. Parmesan cheese.

Olga Cooke. Lots a cheese. I can or freeze the meatballs to pop into other pastas and sandwiches too. They are the best.

Lasagna Sauce

Serves 8

1/4 cup olive oil
3 basil leaves
3 small onions, diced
1 6 oz can tomato paste
1 clove garlic, chopped
salt and pepper
1 2 1/2 lb can Italian tomatoes
1 Tbsp parsley, chopped

Brown onion and garlic lightly in oil in saucepan. Add remaining ingredients and simmer 15 minutes.

Olga Cooke.

Lentil Soup

Serves 8

2 large onions,
sliced 2 bay leaf
2 large carrots, sliced
2 Tbsp paprika
4 ribs celery, sliced
1/2 tsp cayenne pepper
2 1/2 oz butter green onion, chopped
8 oz dried lentils, washed
sour cream
6 cups water w/2 tsp chicken base
2 smoked ham hock, rind removed

Melt butter in cooker and add onion, carrot and celery. Cook slowly, stirring occasionally, until golden brown. Meanwhile, place hock in water with chicken base and boil until all the meat loosens from the bone, a half hour or more. Remove the hocks, clean off the meat bits and reserve for garnish. Add the hock water, lentils, bay leaf, cayenne, and paprika to the sautéed onion, carrot and celery. Remove bay leaf and allow cooling a little, then sieving or liquidizing soup. Reheat to serve. Serve with hock meat bits, sour cream and chopped green onion.

Excellent with cornbread and red pepper jelly!

Linguini with Clams

Serves 8

1 cup olive oil
2 cups fresh parsley, chopped
2 Tbsp olive oil
6 Tbsp Parmesan cheese, grated plus extra for final garnish
6 cloves garlic, pressed
Pimento, chopped
1 cup fresh basil
1 red chili pepper, finely chopped
2 Tbsp oregano
Salt and pepper to taste
4 cans clams or fresh (reserve liquid)
2 lbs linguini (fresh if possible)

Place olive oil in large pan and heat slowly. Add chili pepper, chopped onion, and garlic. Cook slowly for about 30 minutes or until onions are very soft. Add basil, oregano, salt and pepper and liquid from clams. Continue to simmer until some of the liquid is cooked down. Keep warm. Cook pasta. In the meantime, add the clams, parsley, and cheese to the sauce and simmer at low heat for about 5 minutes. Add chopped pimento if desired. After draining pasta, stir into the sauce and toss. Sprinkle generously with grated cheese and serve directly from the skillet.

Marsha Sears, S/V Spirit. Marsha has a way with linguini, especially when there is a good clam harvest as in Bahia Los Angeles.

Linguini with Shrimp

Serves 2

1 Tbsp unsalted butter
1/2 lb linguini (fresh if possible)
1 Tbsp plus 2 tsp olive oil
3/4 lb med shrimp (about 20), shelled and deveined
1/3 cup fresh Parmesan, grated
2 garlic cloves, chopped fine
1 scallion, green part sliced thin
2 Tbsp fresh lemon juice
1/3 cup fresh parsley, chopped
1/4 cup fresh pecorino, grated
1 plum tomato, diced

In large bowl stir butter, 1 Tbsp of oil, Parmesan, scallion, parsley and tomato until combined well. Cook linguini. While it is boiling, in a skillet cook shrimp and garlic in 2 tsp oil over moderate heat for 2 minutes, or until pink and just cooked through. Stir in lemon juice and remove skillet from heat. Drain linguini, add it to butter mixture, and add shrimp mixture, tossing pasta until combined well. Sprinkle pasta with pecorino and divide between 2 plates. Gourmet.

Macaroni and Cheese

Serves 4

2 cups elbow macaroni
Pepper to taste
1/2 cup finely chopped onion
1 8-oz carton sour cream (room temperature)
5 Tbsp butter
1 cup sharp cheddar cheese
1 10-oz can whole tomatoes (use liquid)
Grated Parmesan cheese
1/2 tsp oregano
1/2 tsp salt

Cook macaroni until tender, drain. Meanwhile, sauté onion in 3 Tbsp butter, add tomatoes, oregano, salt and pepper. Cook, stirring to break up the tomatoes, about 10 minutes. Add cooked macaroni, sour cream and cheeses. Mix well. Spoon into a shallow 1 1/2 quart buttered casserole. Top with Parmesan cheese and dabs of butter. Bake at 350 degrees for 25 minutes.

Olga Cooke. Ask any kid what they want for dinner.

Mango Chutney

Serves 6

1 mango (10-12 oz)
1/2 tsp ginger, ground
1/2 cup sugar
1/4 tsp turmeric, ground
1/4 cup red onion, finely chopped
1/8 tsp cloves, ground
2 Tbsp white vinegar
1/8 tsp black pepper
2 Tbsp green pepper, finely chopped
1 Tbsp ginger, grated

Peel, halve and seed mango into 1/2" cubes. Combine mango with all other ingredients in a medium saucepan. Simmer, stirring frequently, 20 to 30 minutes. Cool slightly, cover and refrigerate. Will keep for 1 week.

S/V Dilly Dally. Much better than store bought! And there's the benefit of all that spice aroma drifting through the boat.

Marinated Mushrooms

Serves 15

2 lbs small mushrooms
1 tsp oregano
1 cup olive oil
1 tsp thyme
1/2 cup red wine vinegar
1/2 tsp pepper
2 cloves fresh garlic
1/2 tsp salt
1/2 cup sliced onion

Trim and clean mushrooms with a damp paper towel. Steam in boiling water for one minute. Drain and rinse with cold water. In a large bowl, mix all ingredients. Add mushrooms. Cover and refrigerate for 24 hours. Drain mushrooms prior to serving. Makes approximately 8 cups.

Patricia Cooke. A movable feast classic.

Marinated Salmon with Pepper Crust

Serves 3

2 Tbsp soy sauce skinned and halved
1 garlic clove, pressed
4 tsp coarsely ground pepper
2 tsp fresh lemon juice
2 Tbsp olive oil
1 tsp sugar
3/4 lb center-cut salmon fillet

In sealable plastic bag combine well the soy sauce, the garlic, lemon juice, and sugar, add the salmon, coating it well, and let it marinate, sealed and chilled, for 30 minutes. Remove salmon from bag, discarding marinade, pat it dry and press 2 tsp pepper into each piece of salmon, coating it thoroughly. In a heavy skillet heat the oil over mod-hi heat until it is hot but not smoking and in it sauté the salmon for 2 min each side, or until it just flakes. Transfer salmon with slotted spatula to paper towels and let drain for 30 seconds. Gourmet

Marinated Steak Salad

Serves 6

2 lb sirloin, top round, flank
2 tsp anchovy paste
Salt & pepper
1 garlic clove, pressed
1 lg red onion, thin sliced
1 tbsp Dijon mustard
2 firm ripe tomatoes, wedged
3 tbsp red wine vinegar
1/2 cup chopped fresh parsley
1/2 cup olive oil
Salt & pepper
Dressing

Rub steak with salt and generous amount of pepper. Cook the steak on a grill or pan-broil it in a heavy skillet, about 8 min per side, keeping it rare. Allow steak to cool and cut it across the grain into 1/4 in slices. Cut the slices into 1/2 in lengths and place them in a large mixing bowl. Add the onion, tomatoes, and parsley. Put the dressing ingredients into a container with a tight fitting lid. Shake vigorously, and pour the dressing over the ingredients in the bowl. Toss lightly. Serve on a platter or individual plates.

Yachting Magazine. Make steak sandwiches by tucking the salad into French bread or hard rolls.

Meatballs

Serves 8

Sauce:

1/2 tsp pepper
2 Tbsp olive oil
2 lg onions, chopped

Meatballs:

3 cloves garlic, minced
1 lb ground beef
2 cans (28 oz) tomatoes
1 egg
2 cups water
2/3 breadcrumbs
1 can (8 oz) tomato paste
1/2 cup parmesan/Romano cheese
2 bay leaves
1 small onion, chopped
2 tsp sugar
Salt and pepper
2 tsp oregano leaves, crushed
A little water as needed
1 tsp salt
1 tsp basil leaves, crushed

In 6 qt saucepan over medium hi heat, in hot oil, cook onions and garlic until tender. Stir in remaining ingredients; heat to boiling. Reduce heat to low. Simmer, uncovered, until sauce is desired consistency, stirring occasionally. Discard bay leaves. Mix together ground beef, egg, breadcrumbs, cheeses, onions, garlic, parsley, salt and pepper. Add water if needed to hold them together. Get the sauce bubbly and add meatballs one at a time. Do not stir because they will break up.

Use for Lasagna or Spaghetti. Leftovers make great meatball sandwiches.

Mediterranean Omelet

Serves 2

1 tsp olive oil
1 1/2 Tbsp slivered black olives
3/4 cup quartered grape tomatoes
3 large eggs
1 1/2 Tbsp sliced scallions
1/3 tsp coarse salt
Pinch of dried oregano
3 Tbsp crumbled feta cheese

In a small skillet over medium heat, warm the olive oil. Cook the grape tomatoes, scallions and oregano until tomatoes have softened, about 1 minute. Remove from heat; add feta cheese and black olives. In a small bowl, whisk together eggs and salt until frothy. Add olive oil to heated pan. Pour whisked eggs into pan; let set slightly. With a heatproof spatula, push eggs from the edge toward the center; tilt pan to let egg fill spaces. Repeat until omelet is just set, 1 to 2 minutes.

Place filling over half of the omelet, leaving the half closer to the skillet handle uncovered, to make it easier to remove from the pan. Gently fold omelet over filling. Tilt skillet and slide filled omelet onto a serving plate. Martha Stewart.

Mombasa Chicken

Serves 2

4 Chicken thighs, skinned and washed
Dash soy sauce for each thigh
Curry powder to taste
Dash molasses for each thigh
Garlic powder to taste
Black pepper to taste
Mombasa pepper (or cayenne) to taste

Place each thigh in a square of aluminum foil to make a closed packet. Liberally dust each thigh with curry, garlic, a dash of soy sauce and about a teaspoon of molasses. Place baking paper or foil on cookie sheet and try to use a sheet with lips, since juice sometimes escapes the packets. Place packets on cookie sheet and bake packets at 425F for 45 to 60 minutes. If you like it crisp, open packets for last 10 to 15 minutes of baking. Serve with gravy from chicken over fluffy white rice. To keep the juices that leak out of the foil from burning the pan, put a sheet of baking paper under the packets. Other than that, this dish doesn't dirty a single galley tool.

Mozzarella-Tomato Salad

Serves 4

2 medium ripe tomatoes, sliced
2 Tbsp extra-virgin olive oil
4 oz fresh mozzarella cheese, sliced
2 Tbsp balsamic vinegar
1/4 cup fresh basil leaves
1 tsp cracked black pepper
1 basil rosette

Arrange the tomato, mozzarella, and basil in a rotating pattern on a large serving plate. Combine the oil and vinegar and drizzle over the salad. Sprinkle with the pepper. Use the real fresh Buffalo cheese if available

Mussels in Wine Sauce

Serves 4

24 large mussels (about 2 lbs)
1 cup dry white wine
2 TBSP olive oil
1/2 tsp salt
1/2 cup chopped fresh parsley
1/2 tsp pepper
4 cloves garlic, finely chopped

Discard any broken-shell or open (dead) mussels. Wash remaining mussels, removing any barnacles with a dull paring knife. Remove beards by tugging them away from the shells. Heat oil in 12-in skillet over medium-high heat. Sauté parsley and garlic in oil. Add mussels, wine, salt and pepper. Cover and cook 10 minutes. Discard any unopened mussels. Drizzle liquid from skillet over each serving.

I didn't think I could enjoy something that we scraped off a rock so much. I believe mussels are right up there with lamb for the official New Zealand food.

Mustard-crusted Lamb Chops

Serves 2

4 3/4in-thick loin lamb chops
2 tbsp dry red wine
1 tbsp Dijon mustard
2 tbsp water
All-purpose flour seasoned
1/4 tsp dried tarragon, crumbled w/salt & pepper (to dredge)
1/4 tsp sugar
1 tbsp olive oil
1/2 cup coarsely chopped onion

Pat the lamb chops dry, rub them with the mustard, and dredge them in the flour, shaking off excess. In a heavy skillet heat the oil over moderately high heat until it is hot but not smoking and in it sauté the chops for 4 minutes on each side for medium-rare meat. Transfer the chops to two heated plates and keep them warm, covered. Pour off fat from the skillet and in the skillet cook the onion over low heat, stirring, for 3 minutes. Add the wine, water, tarragon, and sugar and simmer the mixture, stirring, until liquid is almost evaporated. Season the mixture with salt and pepper and spoon it over the chops.

Gourmet

Omelet Fines Herbes

Serves 1

2 eggs
1/2 Tbsp finely grated Parmesan cheese
Salt and freshly ground pepper
1 Tbsp butter for frying
1 tsp EACH chopped fresh chives, parsley, tarragon, and chervil

(Experiment) Whisk the eggs lightly in a bowl, just enough to break them down. Season with salt and pepper, add the herbs and cheese and whisk lightly once again to spread the herbs evenly through the mixture. Heat the butter in an omelet pan. When it starts to brown, pour in the egg mixture. Stir it around for a minute, tipping the pan and lifting the edges as they set, so that the liquid can run underneath. When egg is set and browned underneath, but still creamy and runny on top, flick one half over towards the middle of the omelet and then roll the omelet onto a heated plate so that it is folded in three. It should look like a plump golden cushion. Eat at once: speed is essential for both the cooking and eating of omelets.

Martha Stewart

Open-Faced Grilled Cheese with apple and bacon

Serves 4

4 slices bacon
1 large red apple, quartered, cored and sliced crosswise
4 thick slices whole-wheat sandwich bread
8 oz sliced cheddar cheese

Preheat oven to 350F. Cook 4 slices bacon until crisp. Drain on paper towels; tear each slice into quarters. Place bread slices on clean baking sheet. Top with 8 oz sliced cheddar cheese, apple slices, and bacon. Bake until cheese has melted, 10-12 minutes.

Instead of apples and cheddar; try tomatoes and mozzarella with a little fresh basil.

Pasta with Fresh Tomato Basil Sauce

Serves 4

8 oz fettuccine
1 TBSP butter
3 medium tomatoes, seeded and chopped
2 TBSP grated Parmesan cheese
3 TBSP chopped fresh basil

1. Cook pasta according to package directions; drain
2. Return pasta to pan; stir in tomatoes, basil and butter
3. Cook 2-3 minutes or until heated through, stirring occasionally.
4. Top with Parmesan cheese

Very nice first course

Pasta with Spinach-Basil Sauce

Serves 8

2 Tbsp extra virgin olive oil
1/2 cup ricotta cheese
1/3 cup minced shallots
1/4 tsp ground pepper
1 lb spinach
1/8 tsp ground nutmeg
1 bunch basil
1 1/2 tsp coarse salt
1/2 cup finely grated Parmesan cheese

In a small saucepan, heat oil over medium-low heat. Cook shallots, stirring occasionally, until soft, about 5 minutes. Meanwhile, submerge spinach and basil in a large pot of simmering salted water; drain immediately. Squeeze out as much liquid as possible; transfer spinach and basil to a food processor. Add shallots, ricotta, Parmesan, and nutmeg; season with salt and pepper. Process until smooth. Cook 1 1/2 lbs fettuccine until al dente, according to package instructions. Drain, reserving 1 cup pasta water. Toss pasta with sauce, adding water as needed. Serve with extra grated Parmesan, if desired.

Peanut Chicken Soup

Serves 4

1 onions, chopped fine
1/4 tsp dried hot pepper flakes
1 lg bell pepper, chopped
1/8 tsp black pepper
2 garlic cloves, minced
1/4 cup long grain rice
1 tbsp peanut oil
2-3/4 cup diced cooked chicken
14 oz can Italian tomatoes
1/3 cup creamy peanut butter juice, chopped coarse
4 cups chicken broth

In heavy kettle, cook the onions, bell peppers, and garlic in oil over moderate heat, stirring until the onion just begins to brown, add the tomatoes with the juice, broth, 1/4 tsp red pepper flakes, and black pepper, and simmer the soup, uncovered, for 1 hour. Add rice and chicken and simmer for 10-15 minutes, or until rice is tender. Add peanut butter, stirring until soup is smooth, and stir in salt to taste and the additional red pepper flakes.

Gourmet

Penne Con Piselli E Peperoni

Serves 6

3 red peppers (peeled)

1 cup heavy cream

1 slice prosciutto

1/4in thick

1 pound penne (pasta)

4 Tbsp butter

1 cup parmesan

1 cup tiny peas (cooked)

Cut the peppers into 1/4 inch squares. (may substitute sliced pimientos) Heat the prosciutto in butter, add peas and cook for 1 minute. (may substitute ham if prosciutto is not available) Stir in peppers, cream, salt to taste, pepper. Simmer until cream thickens. Cook Pasta (penne, rigotoni, etc) until al dente'. Drain. Toss pasta with hot sauce and add parmesan cheese.

Perfect Roast Fillet of Beef

Serves 4

1 eye fillet of beef

Salt and freshly ground pepper

Trim beef of all sinew and fat, same thickness throughout without thin ends. Get to room temperature. Preheat oven 220 C. Place meat in a roasting dish and season generously with salt and pepper. Place in hot oven, quickly close door so as not to let too much heat out. Time for EXACTLY 20 minutes. When buzzer goes off, quickly remove roasting dish and tent meat with tinfoil. Rest meat for 10 to 20 minutes like this before serving.

Jean Seager. The resting period finishes cooking the meat. Don't peak! Jim and I were volunteer chefs at the Russel Boating Club and served this to over 50 people one night.

Picnic Ham

Serves 10

1 5 lb fully cooked smoked pork shoulder or picnic ham
1 small orange
1/2 cup orange marmalade
Whole cloves
1 1/2 tsp prepared mustard

1. Place ham on rack in open roasting pan. Bake 325F for 1 1/2 hours.
2. Remove from oven and cut off skin and excess fat, leaving a thin fat covering.
3. Prepare glaze: In 1 quart saucepan over low heat, heat marmalade and mustard until melted. (may substitute 8 oz can crushed pineapple, well drained and 1/2 cup packed brown sugar for glaze).
4. Brush 1/2 the glaze over ham. Bake 20 minutes more to internal temp of 140F.
5. Arrange thin orange half slices with cloves on ham. Brush with remaining glaze. Bake 10 min more. Cool slightly to serve.

This was my contribution to two different holiday dinners we shared with other cruisers. It's lots a meat and its a keeper.

Pistachio Bark

Serves 8

12 squares semisweet chocolate
1 cup pistachio nuts, shelled and toasted

Microwave chocolate in microwavable bowl on high for 2 minutes, stirring after 1 minute. (or heat over double boiler) Stir until completely melted. Stir the nuts into the chocolate. Spoon the chocolate and nut mixture onto a waxed paper-lined baking sheet. Refrigerate for 1 hour until firm. Break into bite-size pieces.

South Beach. We found pistachios sold in a bag already shelled in the US. Its a lot of busywork if you have to shell them yourself.

Pizza Dough-Thin Crisp

Serves 4

- 2 tsp active dry yeast
- 1 tsp olive oil, plus a little more for proofing the dough
- 2 tsp sugar
- 1 tsp salt
- 2/3 cup warm water
- 2 cups all-purpose or bread flour, plus a little extra for kneading and rolling

1. Combine the yeast and sugar in a large mixing bowl. Add the warm water and mix well. Let stand for 5 to 10 minutes to allow the yeast to bloom. A frothy foam will appear when it is ready. Add the flour, 1 tsp olive oil and salt. Mix until dough begins to form.

2. Transfer to a lightly floured work surface and knead for 12 to 15 minutes until a smooth and very strong dough is formed. While kneading, you may adjust the consistency of the dough by adding a little more flour to tighten or a little more water to loosen. The dough should be smooth and elastic but firm. Lightly grease a large mixing bowl with olive oil. Place the dough in the bowl and turn it over so that it is oiled on all sides. Cover loosely with plastic wrap or a lightly dampened towel. Let rise in a warm spot until the dough has doubled in bulk, 45 minutes to 1 hour.

3. Punch the dough down and divide evenly into 4 small balls. Lightly oil the balls, place them several inches apart on a baking sheet and cover as done before. Let rise again in a warm spot until doubled, 30-45 minutes. Punch the dough down again, reshape into balls and wrap each one tightly in plastic wrap. If not using right away, refrigerate until ready to use, up to 6 hours in advance. Prepare Pizza Dough-Thin Crisp, as directed. Prepare and organize toppings. Preheat oven to 450F. Lightly flour your work surface and roll out each dough ball to about 6-8 inches. Don't worry if not perfectly round. After you finish rolling out the 4 balls, roll out the first one to about 11-12 inches. The dough will appear paper-thin. Do the same with remaining 3 rounds. Place each pizza crust on a cookie sheet that has been dusted with cornmeal. If using baking sheets with sides, turn them upside down and put the crusts on the backs of the pans (for easy sliding). Divide toppings evenly among the 4 crusts. Sprinkle with basil and top with mozzarella and Parmigiano-Reggiano. Season with salt and pepper, then drizzle olive oil over each pizza. Place two at a time on the middle racks of the oven and bake for 8-10 minutes or until the crusts are crisp and brown and the cheese is bubbling. Slide pizzas onto a cutting board. Using a large cleaver or pizza cutter, make fast, deliberate motions to cut each pie into 6-7 wedges for hors d'oeuvre or 4-5 wedges for a meal. Serve at once.

Lobster at Home. This is an elegant crispy pizza shell that makes a wicked lobster pizza.

Pizza Sauce with Fresh Tomatoes

Serves 1

3 medium tomatoes (about 1 lb)
1/4 tsp salt
2 Tbsp olive oil
1/4 cup dry white wine
1 clove garlic, minced
1 Tbsp chopped fresh basil or 1/2 tsp dried

Pour boiling water over tomatoes, peel, then chop finely. Heat oil in a medium saucepan over medium-high heat. Add tomatoes and garlic. Mix in basil, salt and wine. Bring to a boil, cover, reduce heat and simmer for 15 minutes. Uncover and cook over medium-high heat, stirring often as sauce begins to thicken, until sauce is thick and reduced to about 1 cup (15 to 20 minutes).

Cooking A to Z

Pork with Apples and Stuffing

Serves 6

1-1/2 lbs pork tenderloin
1/8 cup butter
1 Tbsp oil
1/4 cup chopped onion
1 20oz can pie apples, drained
1/2 tsp salt
1/4 cup packed brown sugar
1/4 tsp ground sage
3 cups herb stuffing mix
1 cup beef broth
1/4 cup chopped celery

Cut meat into 6 slices and flatten. Sprinkle with salt and pepper. Brown meat in skillet in hot oil (well on both sides). Place in baking dish. Combine apples and brown sugar; spoon over meat. Combine stuffing mix, celery, melted butter, onion, salt, and sage; toss with beef broth until moistened. Press into 1/2 cup measure, unmold onto each tenderloin slice. Bake uncovered at 375 degrees for about 1 hour.

To freeze: omit baking and wrap securely. Bake frozen, covered, at 400 degrees for about 1-1/4 hours.

Campbell's. Makes a lean tenderloin moist. Also has good homey flavors.

Pork with Mustard Sauce

Serves 4

1 lb pork tenderloin
1 Tbsp Dijon mustard
2 Tbsp butter
Salt and pepper to taste
1/2 cup beef broth
Hot cooked noodles
3/4 tsp dried tarragon
1/2 cup heavy cream

Cut tenderloin into 8 pieces. Slice each piece again, but do not cut all the way through; open and flatten each piece, pounding slightly with meat mallet. In a large skillet over med-hi heat, cook the pork until no longer pink, 5-6 minutes per side. Remove to serving dish and keep warm; discard drippings. In the same skillet, cook broth and tarragon over high heat until reduced by half. Reduce heat; stir in cream and mustard. Season with salt and pepper. Spoon over pork. Serve with noodles if desired.

Gourmet

Portobello Pizzas

Serves 2

1 tsp extra-virgin olive oil
12 oz mozzarella cheese, sliced or shredded
1 clove garlic, diced
10 fresh basil leaves
1 package (6 oz) Portobello mushroom caps
2 fresh tomatoes, sliced, roasted or grilled
Pinch salt
Oregano leaves
Pinch freshly ground pepper

Combine the oil and garlic in a small bowl and rub the mushroom caps on all sides with the mixture. Place the caps, top side down, in a circle on an oiled baking sheet. Season with salt and pepper. Arrange the cheese, basil, and tomato slices alternately in a circle on top of the mushrooms. Sprinkle with the oregano, if using. Bake at 450 F until the cheese melts, about 3 minutes.

South Beach. A nice little meatless lunch for vegetarian friends.

Pot Roast

Serves 6

7 blade roast
6 small potatoes
Oil
3 sliced carrots
Salt and pepper
1 small cabbage
6 whole small onions

Heat pan, put in oil and brown meat on both sides, then put meat on rack. Turn down gas, Add 1/2 in water. Salt and Pepper meat and add onions. Cover and cook 1 hour. Add carrots and then potatoes, and cabbage. Cover and cook 1-1/2 to 2 hours. Keep checking water.

Carol Costa. 7 blade is very moist and flavorful, but a large chuck steak will work almost as well.

Potato Frittata

Serves 4

2 to 3 cups leftover mashed potatoes
1 cup leftover ham or beef, chopped
Optional Ingredients:
(or 1/2 cup crisp bacon bits)

Tomatoes, chopped
1/2 cup onions, chopped
Cheese, chopped
1 Tbsp butter
2 large eggs

Mix potatoes with chopped meat and optional ingredients. Melt butter in large sauté pan and add chopped onions. Cook until lightly browned. Mix onions with potato-meat mixture. Fry 15 minutes, while pushing edges toward center to make a patty, until brown and crunchy. Flip, make a small well on top of patty and fill with lightly beaten eggs. Cover and cook until eggs are set. Serve with hot sauce or ketchup.

A good reason to make too many mashed potatoes one night a week.

Red Snapper With Tomato, Basil

Serves 2

2 red snapper fillets or any firm white fish such as sea bass or halibut
1 small shallot, minced
4 Mediterranean olives, slivered
3 Tbsp fresh parsley
Olive oil
1/2 tsp dried basil, crumbled
Fresh lemon juice
3 Tbsp olive oil
Pepper
1 Tbsp red wine vinegar
Salt and pepper
12 oz plum tomatoes, chopped

Preheat broiler. Rub fish with olive oil and lemon juice. Season with pepper and let stand while preparing sauce. For sauce: combine all ingredients in small bowl and mix well. Sprinkle fish with salt. Broil flat side down until just opaque, about 9 minutes per inch of thickness. Transfer fish to plates. Spoon sauce over.

Bon Appetit.

Rice Pudding

Serves 4

1/2 cup rice
1/4 tsp nutmeg
4 cups milk
1/2 cup raisins
1/2 tsp salt
2/3 cup brown sugar

Wash rice, add milk, salt, sugar, and put into baking dish. Bake at 300F for 1 hour. Stir several times. Add nutmeg, raisins, and bake 2 to 2-1/2 hours. May substitute 1/2 cup sugar for 2/3 cup brown sugar for less rich dessert.

Lee Hegland. Vintage pudding recipes are the best and they don't have all those additives.

Ricotta Cream Dessert

Serves 2

1 cup part-skim ricotta cheese
1 tsp unsweetened cocoa powder
2 packages sugar substitute (Splenda)
1/2 tsp vanilla extract

And some combo of the following:

Dash espresso powder to dust

Mini chocolate chips to top

1/2 tsp grated lemon or lime zest and 1/2 tsp vanilla extract or

1/2 tsp almond extract and 2 tsp slivered toasted almonds to top

Mix together the ricotta cheese, flavorings and splenda in a dessert bowl. Dress and serve chilled.

South Beach

Roast Poularde

Serves 6

1 Chicken (1.75kg)
3/4 cup stock from giblets,
1 carrot
1 onion
Small bunch tarragon
1/2 cup cream
60 gr butter
Salt and fresh ground pepper
250 g button mushrooms
2 Tbsp sherry

Preheat oven 375F. Put herbs inside chicken and put in casserole with butter. Cover and cook in oven for 1 hour, turning time to time. Stir in cleaned mushrooms and cook further 10 min. Remove chicken and mushrooms. Reduce juices a little and add sherry and stock. Let simmer 2-3 min. Then stir in cream. Simmer 5 minutes then season. Serve with Orzo.

Brillat-Savarin. Oh, so French.

Roasted Potatoes

Serves 2

4 handfuls of new potatoes
Salt and freshly ground pepper
1 inch of butter
1 spoon of olive oil

Preheat oven to 400 F. Half the potatoes and dust with salt and pepper. Put the butter and oil in a large ovenproof pan on medium high heat. Cook the potatoes for a few minutes in order to sufficiently coat them in the butter and oil. When potatoes just begin to brown, put the pan in the oven. The potatoes should be in a single layer. Roast in the oven for about 25 minutes or until the potatoes are done.

Salsa

Serves 6

2 small cans tomato sauce
10 stalks cilantro leaves
2 tomatoes, chopped fine
1/2 tsp salt
6 jalapenos, chopped, seeds removed
1 tsp ground red chili pepper
3 cloves garlic
1/4 cup vinegar

Put everything in a food processor, holding back the chopped tomatoes and 2/3 of the chopped onion. Blend and then mix in tomatoes and onion.

Sausage Soup

Serves 4

1 lb Italian sausage
1 tsp basil
1 onion, chopped salt and pepper
Olive oil
3/4 cup orzo
1 green bell pepper Parmesan cheese
2 cans chicken broth
1 lg can tomatoes (32 oz)

Remove casing from 1 lb Italian sausage, crumble and brown in olive oil. Add one chopped green pepper and 1 chopped onion and saute until soft. Add 2 cans chicken broth and one large can Italian tomatoes. Cook for 3 minutes then add 1 tsp basil and salt and pepper to taste. Then add 3/4 cup orzo and simmer for 20 minutes. Sprinkle with Parmesan.

Patricia Houser. Yummy, hearty, simple ingredients.

Scrod

Serves 4

2 lb scrod or flounder
4 tbsp butter
Garlic salt
1/2 cup bread crumbs

Score fish and lay in greased baking dish. Sprinkle with garlic salt and fresh breadcrumbs. Melt butter in frying pan then pour over fish. Bake in pre-heated 500 degree oven, top shelf, for 10-12 minutes.

Olga Cooke. Sailing off the coast of Miami, I was first in turn for galley duty and wanted to use up the flounder we had. Adam Jasceck, our Polish sailing instructor who often lived off the sea, hailed this as the best fish he'd ever eaten (no brag, just fact).

Seafood Cream Cheese Dip

Serves 8

1 brick (1 cup) cream cheese
1/2 cup chopped onion - green or other
1/2 cup sour cream or mayo or combo
1/4 to 1/2 cup capers
1/2 tsp Tabasco, hot sauce or sweet chili sauce
1/2 to 1 cup salmon, crab, or shrimp

Blend cream cheese and sour cream till fluffy. Add Tabasco, whip. Fold in mashed or flaked seafood, onion and capers. Best to let sit for 1 hour or so. Serve with crackers or veggies.

Dev and Sherry, S/V Blue n' Teak.

Sensational Scones

Serves 8

2 3/4 cups all-purpose flour
1 cup chocolate chips and toasted nuts
1/2 cup sugar
1 cup heavy cream, cold
2 tsp baking powder
1 egg, blended with 1 Tbsp water
1/2 tsp salt
Granulated sugar and toasted coconut
3 Tsp unsweetened coco powder
12 Tbsp unsalted butter, cold 1/2" cubes

Preheat oven to 375 F. Line baking sheet with parchment paper. Combine flour, sugar, baking powder, salt, and coco powder in a lg bowl. Blend in butter cubes with your fingers, smashing cubes into flour. Add chips and nuts; toss to combine. Add cream and mix together with hands until blended. Knead; pat dough into circle, cut into wedges and space 2" apart. Brush with egg and water mixture, then sprinkle with sugar and coconut as desired. Bake 25-30 minutes, or until golden brown and set. Cool briefly on racks and serve warm.

The secret is to leave the butter as big flat pieces, don't let it get too soft. They melt during baking, creating a tender, flaky scone. I cut this recipe in half for Jim and I. Even one scone apiece for two mornings is a little sinful.

Shredded Brussels Sprouts with Bacon

Serves 4

1 lb brussels sprouts, shredded
Salt and pepper
3 slices streaky bacon
1 cup water

Trim sprouts and shred. Set aside. In a large nonstick skillet over medium heat, cook bacon until crisp, 4-5 minutes; and drain. Discard all but 1 Tbsp rendered bacon fat. Add sprouts and water; season, but be careful with the salt. Reduce heat, cover, and cook stirring occasionally until sprouts are tender, 20-25 minutes. (add more water if pan becomes dry). To serve, crumble bacon over sprouts; drizzel with cider vinegar, if desired.

Shrimp in Garlic Sauce

Serves 4

1 1/2 sticks butter
Dash of cayenne pepper
1/2 cup white wine
ground black pepper to taste
1 1/2 pounds cleaned shrimp
pasta to serve
3 cloves garlic, pressed
1 Tbsp celery flakes

Melt butter over low heat. Add all ingredients except shrimp and cayenne pepper. Simmer over low heat, stirring occasionally, for five minutes. Add shrimp and a dash of red pepper. Mix and simmer, for one minute. Uncover and simmer for about 5 minutes more, stirring occasionally. Serve the entire mixture over your favorite plain pasta.

Cruising World

Sizzling Garlic Butter Filets

Serves 2

2 Mahi-mahi or other firm white fillets
1 Tbsp olive oil
2 cloves garlic
1/8 cup butter

In skillet, heat butter, oil and garlic until quite hot; stirring. Add fish and brown well on both sides.

For Love of Baja.

Snetzlers

Serves 4

1 lb ground beef
1 small onion, diced
2 slices bread
3 Tbsp Crisco
1 egg
Salt and pepper

Wet bread under faucet and squeeze out most of the water. Put all together and mix well. Heat about 1/4 inch Crisco in frying pan over medium heat, about 10 minutes on each side or until done.

Olga Cooke. Just like little personal meatloaves. I make three out of 1 lb of ground beef. Two we eat for supper, and the third goes into a breakfast frittata.

SOS

Serves 6

1/2 cup chopped onion
1 quart milk
1 lb ground beef
1 to 2 Tbsp flour/butter roux
3 Tbsp Worcestershire
1/4 cup sherry
1 tsp garlic powder
2 Tbsp butter
1/2 tsp dry mustard
Salt and pepper to taste
Tabasco, a few dashes
1 pint cream

Sauté onion until softened. Brown beef, add Worcestershire, garlic powder, mustard, and Tabasco. Continue to cook until you are sure all the vinegar has boiled out of the Worcestershire. Add cream and milk while stirring. Bring to boil and add roux as required, continue stirring. When at proper consistency, reduce heat to low and let the mixture bubble. Add sherry and mix well. Add salt and pepper to taste, and butter. Adjust seasonings if necessary.

DJ Hegland. Serve over cornbread or toast. Freezes well.

Southern Crab Soup

Serves 4

1/4 cup butter
1/2 tsp salt
1/8 cup all-purpose flour
1/4 tsp pepper
2 cups milk
1/4 tsp ground nutmeg
1 Tbsp onion, chopped
1/4 lb backfin crabmeat, picked over
1 tsp instant chicken bouillon
1/4 lb fresh asparagus tips
1 tsp minced parsley

Melt butter in heavy large saucepan over medium-low heat. Whisk in flour and cook 3 minutes. Gradually whisk in milk. Add onion, bouillon, parsley, salt, pepper, and nutmeg. Increase heat and simmer until soup begins to thicken, stirring occasionally, about 10 minutes. Add crabmeat and cook until soup is creamy, 10-15 minutes. Add asparagus and cook until crisp-tender, 5-7 minutes. Adjust seasoning. Serve immediately

Southern Sportsman restaurant. We found this place in Greenville North Carolina. They served bear, gator, and the like. I can't believe this delicate soup came from such a macho place. It's outstanding!

Spaghetti Carbonara

Serves 4

1 lb spaghetti
1/3 lb cooked bacon or prociutto
2 eggs
2 Tbsp butter, softened
1/2 cup parmesan cheese
1/3 cup heavy cream
4 Tbsp Romano cheese

Sauté bacon or prociutto until not quite crisp. Save 2 tbsp drippings. Cook spaghetti until el dente. Beat eggs, grated cheeses, and dash of pepper. When spaghetti is done, toss with bacon drippings. Quickly add butter, cream and cheese mixture. Toss thoroughly and serve instantly.

Spicy Cabbage

Serves 2

1 Tbsp sugar
1/8 tsp cayenne pepper
1 Tbsp rice wine vinegar
1/2 Tbsp cooking oil
1/2 Tbsp soy sauce
3/8 lb napa cabbage, cut into 1 in squares
1/2 tsp salt

Make a sauce by combining sugar, wine vinegar, soy sauce, salt, cayenne pepper, and set aside. Heat a wok, add the oil, and heat. Add the cabbage and stir-fry for 2 minutes, making sure that all the cabbage has a thin coating of oil. Remove the wok from the heat and stir in the sauce. Serve warm or cold.

Cruising Cuisine

Spicy Cashews

Serves 4

1 cup raw cashews (or nuts)
1/4 tsp cayenne pepper
1/2 tsp peanut oil
1/4 tsp salt
1/4 tsp Paprika

Preheat oven to 350F. In a small bowl, toss the nuts with the oil, spices and salt. Roast on baking sheet for about 10 minutes until they smell nutty. Cool and store in a sealed container. (Keeps for weeks - crisp in 350F oven for 5 minutes.)

Fields of Green

Squash Provincale

Serves 6

1 lb summer squash
4 sprigs thyme
1 med chopped onion
1 Tbsp parsley, chopped
2 cloves garlic, crushed
salt & pepper
2 Tbsp olive oil
1 tsp sugar
4 Tbsp butter
1 1/2 lb tomatoes

Sauté onion and garlic in oil and half the butter. Skin and chop tomatoes and add to onion and garlic with thyme, parsley, salt, pepper, and sugar. Simmer to thickish sauce. Meanwhile, cut squash marrow into 2 X 1 inch pieces, removing seeds. Cook in boiling, salted water until just tender and drain well. Mix cooked squash into sauce and pour into large gratin dish. (May freeze at this point). Heat broiler. Dot top with remaining butter and put under hot broiler until brown and bubbling.

Steak And Mushrooms

Serves 4

3 slices diced bacon
1/2 tsp rubbed sage leaves
1 1/2 lb chuck steak (trimmed)
Salt and a lot of black pepper
1 can beef broth
3 tbsp each butter and flour plus 2 tbsp butter
1/2 cup madeira wine cooked into roux
2 cloves crushed garlic
1 lb fresh mushrooms
2 tbsp chopped onions
1 box ready pie crust OR 3 tbsp chopped parsley with hot mashed potatoes to serve
1 tsp whole thyme leaves

Lightly brown diced bacon in heavy iron pan. Turn up heat and brown beef (in 1/2 inch cubes) well. Add enough beef stock to barely cover and put a lid on the pot. Simmer the meat until tender, about 1/2 hour. Add remaining ingredients except roux. Continue cooking another 15 minutes. Meanwhile, sauté mushrooms in 2 tbsp butter. Thicken meat sauce with the roux. Add mushrooms just after thickening. Makes one large pot pie or 4 individual pot pies, depending on how you fill the defrosted pie crust. Served over mashed potatoes is a little less fancy but quite yummy. Serve with a good dry wine and a big salad.

Steak Au Poivre

Serves 4

3 tbsp black peppercorns
1/2 cup cognac
4 1/2 lb tenderloin steaks
1 cup beef broth
1 1/2 tbsp vegetable oil
2/3 cup heavy cream
1 1/2 tbsp unsalted butter
1/4 cup minced shallot

Press crushed pepper into both sides of steaks and let stand. Heat oil and butter in heavy fry pan and sauté steaks over moderately high heat, seasoning with salt, for 2 1/2 minutes on each side (until just springy for med-rare). Remove steaks and keep warm. Pour off almost all remaining fat and add shallot, stirring until softened. Add cognac and boil until reduced to a glaze. Add broth and boil until reduced by half. Add cream and boil, stirring occasionally, until thickened slightly. Season sauce with salt and pepper. Serve separately with steaks.

Steaks with Mustard Sauce

Serves 4

2 1-1/4 in thick tenderloin steaks
1/4 cup whipping cream
2 Tbsp butter
1 tsp green peppercorns
Salt and pepper
1 Tbsp Dijon mustard
1/2 cup beef stock

Melt butter in heavy skillet; salt and pepper meat, rubbing into meat. Add meat to pan and sear well on both sides. Then reduce heat and cook to desired doneness. Remove steaks and place in oven to keep warm. Pour off all but thin film of fat from skillet; over medium-high heat add stock, cream and peppercorns, boil down for 3 minutes, scraping up bits that stick to the pan. Stir in mustard and cook 1 minute more. Pour over steaks and serve right away.

Stuffed Acorn Squash

Serves 4

1/3 cup butter
3 Tbsp packed brown sugar
2 1-lb acorn squashes
1/2 tsp salt
1/2 cup bread crumbs
1/4 nutmeg
1/3 cup walnuts

Oven: Wash squashes and cut in half lengthwise, remove seeds and fibers. Bake at 350 degrees, cut side down on baking sheet, for 15 minutes. Put crumb mix in squash; bake an additional 35 minutes or until squash is tender.

Microwave: Melt butter. Prepare squash, piercing the skin, and cook cut side down on hi for 8 minutes. While squash cooks, add all other ingredients to butter and mix well. Turn squash cut side up and divide crumb mixture among 4 halves. Cook covered on hi 6-8 minutes more or until squash is tender. Remove cover and let stand 5 minutes before serving.

Olga Cooke. An autumn favorite.

Stuffed Cabbage

Serves 8

1 lb large cabbage
2 Tbsp cooking oil
1 lb ground beef
1 cup water salt pork, cubed and sautéed
1/2 tsp black pepper
2 cups long grain rice, uncooked
4 cups cold water with 2 tsp salt

Sauté salt pork until fat is rendered. Pour off fat. Place rice in large kettle and cover with cold salted water. Boil until almost ready and add raw ground beef and sautéed salt pork. Add pepper. Stir until beef is separated. Remove core from cabbage and cook in lg kettle boiling water until leaves loosen. Lightly pack rice mixture into leaves and secure with picks. Heat pressure cooker; add oil and brown rolls slightly. Stack rolls back into cooker (optionally sprinkle with 2 Tbsp brown sugar). Add 1 cup water. Close lid, bring to pressure, lower heat and pressure cook 10 minutes. Serve with lots of butter and salt and pepper.

Olga Cooke. There is a lot of variety in stuffed cabbages from different countries, but this one which uses salt pork is the only one for me.

Stuffed French Toast

Serves 4

1 loaf French bread
Maple syrup to taste
1 8-oz package cream cheese
1 stick butter
10 eggs
1 TBSP cinnamon
1 pint half and half

Grease a 9 x 12 baking dish (we use the round Pyrex dishes and bake in the pressure cooker) and layer sliced bread and cream cheese. Mix together eggs, half and half, maple syrup and butter and pour over bread. Press down with a spatula until well saturated with the liquid. Sprinkle cinnamon on top. Bake at 350 degrees for 45 minutes to one hour (or pressure cook about half that time).

Cooking Under Pressure

Stuffed Mushrooms

Serves 8

1 lb fresh mushrooms
1 tsp garlic salt
3 Tbsp butter
1/2 cup bread crumbs

Clean mushrooms and pull stems out. Cut stems into tiny pieces and sauté in butter. Add bread crumbs and garlic salt to make a soft dressing like consistency. Heap into mushrooms and place on cookie sheet. Bake at 350 degrees for 10 minutes.

Olga Cooke.

Stuffed Pepper Pie

Serves 6

2 quarts boiling water
1 beaten egg
3 medium green peppers
1 pound pork sausage
1/4 cup chopped onion
1 tomato (wedged)
1 cup water
1 cup shredded mozzarella
1 1/3 cup mashed potato flakes
2 Tbsp butter
1/4 cup milk

Boil water and cook peppers for 15 minutes. Drain and arrange in pie pan. Heat oven to 350. Mix onion, water and butter. Boil. Remove from heat, stir in potato flakes, milk and egg. Mix well. Stir in cooked pork sausage. Spoon mixture into pepper leaves. Arrange tomato wedges on top. Sprinkle on mozzarella cheese. Bake at 350 for 15-20 minutes. This is the original recipe, but I usually whip up some fresh mashed potatoes and wing it from there.

Taco Dip, Cold

Serves 8

8 oz sour cream
2 small chopped tomatoes
8 oz cream cheese
1 small head lettuce
1 envelope taco seasoning
1 pkg taco chips
1 jar salsa
1 16 oz pkg shredded cheddar

Mix together cream cheese, sour cream, and taco seasoning. Spread in bottom of glass pie plate. Next layer the salsa; then a layer of chopped tomato, then lettuce. Chill in fridge for 3-4 hours. Eat with chips.

Olga Cooke

Taco Dip, Hot

Serves 6

1 can refried beans
1/2 chopped green pepper
1 package taco seasoning
1 can green chilies chopped
1 chopped tomato
Grated cheddar cheese
1 can chopped black olives
3 chopped green onions

Mix refried beans and taco seasoning together. Spread in cooking pan. Layer tomatoes, olives, chopped onions, green pepper, and chilies on top of mixture. Sprinkle grated cheese on top of layered ingredients. Bake 30 minutes at 350 degrees.

DJ Hegland

Tamarind Glazed Pork Chops

Serves 4

1/4 cup red wine
1 Tbsp tamarind pulp
1/4 cup brown sugar
4 center-cut pork chops, about 3/4 inch thick
1/4 cup chicken stock
Salt
1 plum tomato, chopped

In a medium nonreactive saucepan, combine vinegar, brown sugar, chicken stock, tomatoes, and tamarind pulp. Cook over medium heat, stirring occasionally, until thickened, about 15 minutes. Strain through a coarse strainer set over a medium bowl and let cool. Preheat broiler. Sprinkle the pork chops on both sides with salt and brush generously with the tamarind glaze. Put the chops on a broiler pan and broil for 6-8 minutes per side, rotating pan as necessary, until deep brown, crusty, and just cooked through but still moist. Serve immediately.

Gourmet.

Tempura Batter

Serves 4

Prawns, sea bass or sole
Peanut oil for frying
Carrot, broccoli, zucchini, eggplant or kumara
1 cup flour

Dipping sauce:

2 tsp baking powder
3/4 cup chicken stock
1 tsp salt
4 Tbsp soy sauce
1 cup ice water
3 Tbsp mirin or dry sherry.
1 egg, beaten

1. In a small bowl sift together flour, baking powder, and salt. Place the ice water in a medium bowl; whisk in beaten egg. Add sifted dry ingredients and whisk together lightly just to combine. (do not over mix- even if small lumps of flour are left in the batter.)

Makes about 1 1/2 cups.

2. Use batter immediately. Make sure food to be dipped is dry. To fry at an even rate, cut food into pieces of the same size. Serve with dipping sauce.

Dipping sauce: In a small saucepan, combine 3/4 cup chicken stock, 4 TBSP Japanese soy sauce, and 3 TBSP mirin (sweet sake) or dry sherry. Bring to a boil. Remove from heat and cool.

Thai Chicken Salad

Serves 6

3 lbs chicken breasts, poached (skinned, boned, shredded)
1/4 cup soy sauce
1/2 cup fresh lime juice
1 cup grated carrot
1 tbsp sugar
2 cucumbers, peeled, seeded, chopped
1 tbsp peanut butter
1 1/4 tsp dried hot red pepper

:::dressing:::

1/4 cup vegetable oil
4 lg garlic cloves
1/3 cup crushed roasted peanuts
1/2 tsp salt

In bowl, combine chicken, carrot and cucumber.

Dressing: Mash garlic with salt. In blender, blend together soy sauce, lime juice, sugar, peanut butter, red pepper, garlic paste. With motor running, add the oil in a stream, and blend the dressing until emulsified. Pour half the dressing over chicken mixture and toss well. Just before serving top with peanuts. Serve remaining dressing separately. Serve over cellophane noodles (bean threads) that have soaked in very water for about 10 minutes.

Three Pepper Pecans

Serves 6

1/2 cup sugar
1/4 tsp black pepper
3 Tbsp water
1/4 tsp ground red pepper
1 tsp garlic salt
3 cups pecan halves
1/2 tsp paprika

Heat oven to 325F. Combine water and all the spices in a large skillet. Bring to boil over medium heat; boil gently, uncovered for 2 minutes. Stir in pecan halves until well coated. Line a 15x10x1 inch baking pan with foil. Spray foil with oil. Spread nuts on foil. Bake for 15 minutes or until browned; stirring occasionally. Cool; break apart large clusters. Makes 3 cups. Spicy like the Spicy Cashew recipe, but with a hint of sweetness.

Toasted Coconut Banana Bread

Serves 1

1 cup grated coconut
1 egg
2 cups flour
1/4 cup milk
1 tsp baking powder
1/3 cup vegetable oil
1 tsp ground cinnamon
1 tsp vanilla extract
1/2 tsp each salt and baking soda
2 soft, ripe bananas (1 cup mashed)
3/4 cup sugar
1 cup finely chopped walnuts

1. Preheat oven to 350F. Grease and lightly flour a 4 1/2 by 8 1/2 inch loaf pan. Spread coconut in a shallow pan and bake, stirring occasionally, until lightly toasted (12-15 min). Set aside to cool.
2. In a large bowl, mix flour, baking powder, cinnamon, salt, baking soda, and sugar. Stir in walnuts and coconut.
3. Beat egg with milk, oil, and vanilla until well combined. Mash bananas; blend with egg mixture. Add banana mixture to dry ingredients, stirring until just blended.
4. Spread in prepared pan and bake until loaf is well browned and wooden skewer inserted in center comes out clean (50-60 minutes).
5. Cool in pan 15 minutes on wire rack; turn out onto wire rack to cool completely. Cooking A - Z. For best flavor, wrap the cooled bread and let it sit at least one day.

If it lasts that long.

Tomato Bruchetta

Serves 4

1 cup chopped ripe tomatoes
1/4 (8 inch) loaf Italian or French bread
1/2 small red onion, diced
1-1/2 Tbsp olive oil
1/8 cup chopped fresh parsley
1/2 large garlic cloves crushed
1 Tbsp red wine vinegar
Flat-leaf parsley sprigs, for garnish
1/2 tsp salt

In medium bowl, combine tomatoes, onion, chopped parsley, vinegar, and salt until well mixed; set aside. Preheat broiler. Cut bread into 1/2 inch-thick slices. In small cup combine olive oil and garlic. Brush bread on one side with oil mixture, and place oil-side up on cookie sheet. Broil 2 to 3 minutes, until bread is lightly browned. Place toasted bread on platter; top with tomato mixture. Garnish with parsley sprigs, and serve.

Tomatoes with Mozzarella and Basil

Serves 4

8 oz fresh whole-milk mozzarella, room temp
1/4 cup shredded fresh basil leaves
4 sweet tomatoes, room temp, thinly sliced
Salt and freshly ground pepper
1/2 cup extra virgin olive oil
Additional basil springs for garnish
Juice of 1 1/2 large or 2 small lemons

1. Slice cheese into rounds about 1/8 inch thick. On a large serving platter or on individual salad plates, arrange alternate sliced of cheese and tomato in a concentric pattern.
2. In a small bowl, combine olive oil, lemon juice, and basil. Whisk well. Spoon over salad. Season with salt and pepper. Garnish and serve immediately.

Tostados

Serves 4

1 lb ground beef
2 cloves garlic, mashed
1 onion, chopped
1 can refried beans
1 cup mild salsa
1/2 head lettuce, chopped
1 cup hot salsa
1 tomato, chopped
Fresh coriander leaves, chopped
1 cup grated cheddar cheese
1 tbsp chili powder
8 corn tortilla shells
1 tsp cumin

Brown beef with onions and garlic. Add a bit of fresh chopped tomatoes or salsa. Add cumin and chili powder. Cook until correct meaty consistency. Heat tortilla shells in oven. Heat refried beans in pan or microwave. Spread beans on/in tortillas. Add meat, chopped onion, cheese, lettuce and salsa. Top with coriander. Alternatively, stuff ingredients into taco shells or use as stuffing in flour tortillas for burritos.

Vegetable Patties

Serves 4

1 Cup Chickpea Flour (Channa Dahl)
1 carrot (grated)
Salt & Pepper
Garlic, minced
Chili Flakes
Sunflower Seeds
1/3 to 1/2 cup water Lime or Lemon juice
Spring onions 1 med onion (diced)
Parmesan Cheese
1 cup kumara (diced size of peas)
1 cup kumara (grated)

Mix first four ingredients to a thick paste (remember that veggies will add more juice to mix, so add more flour or water later!). Leave mixture while you prepare the veggies. Mix remaining ingredients together - try to get a mix that doesn't look too wet (will work through). Too much flour will make patties take longer to cook. Try one in a hot heavy pan - just spoon it in and shape into a pattie. Takes a while for insides to cook -- worth the wait!

Kumara is the New Zealand sweet potato. This is great at BBQs for vegetarian guests.

Vegetable Quiche Cups

Serves 4

1 package (10 oz) frozen chopped spinach
1/4 cup diced onions
3 large eggs
Touch of hot pepper sauce to taste
3/4 cup shredded cheese, Swiss or cheddar
1/4 cup diced green bell peppers

Defrost spinach. Drain the excess liquid. Line a 12-cup muffin pan with foil baking cups (or use Teflon pans). Spray the cups with cooking spray. Combine the eggs, cheese, peppers, onions, spinach and pepper sauce in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350F for 20 minutes, until a knife inserted in the center comes out clean.

South Beach. Quiche cups can be frozen and reheated. Any combination of veggies and cheeses may be used. Good for diets if egg substitute and low-fat cheese are used.

Waldorf Salad

Serves 6

1 head lettuce
Salt and pepper
1 apple
1/2 cup mayonnaise
1/2 cup raisins
2 small shredded carrots

Chop and toss all ingredients with mayonnaise. Good with cheese recipes.

Olga Cooke

Wild Rice Casserole

Serves 8

1 cup wild rice
1/4 lb butter
1 can beef consommé
1 lg can mushrooms or fresh
1 cup diced celery
Salt and pepper to taste
1 cup diced onion

Wash wild rice and soak overnight. Boil rice in consommé until tender, adding mushroom juice if necessary. Sauté celery, pepper, and onion in butter until clear. Combine all ingredients in casserole, dot with butter and bake in a slow oven (about 325) for 15 to 30 minutes.

DJ Hegland

Yogurt

Serves 6

Cold drinking water

1 EasiYo sachet

3 Tbsp sugar (optional)

Boiling water

1. Half-fill the yogurt jar with cold drinking water. Thoroughly mix in sachet contents (add 2-4 Tbsp sugar if required)). Top up with more cold water. Replace lid and reshake.
2. Push the baffle down inside the yogurt maker as far as it will go. Pour boiling water into the yogurt maker to the line at the very top of the baffle.
3. Place jar inside. Put lid on yogurt maker. Leave 7-8 hours or overnight until set. Then store the yogurt jar in the refrigerator (4C).

Note: In extremely hot climates use a little less boiling water inside the yogurt maker (not jar). In extremely cold climates, top up the boiling water inside the yogurt maker. Leaving the jar inside the yogurt maker for longer (up to 24 hours) will not spoil the product. It is important that the water in the jar is clean drinking water. Requires a yogurt maker.