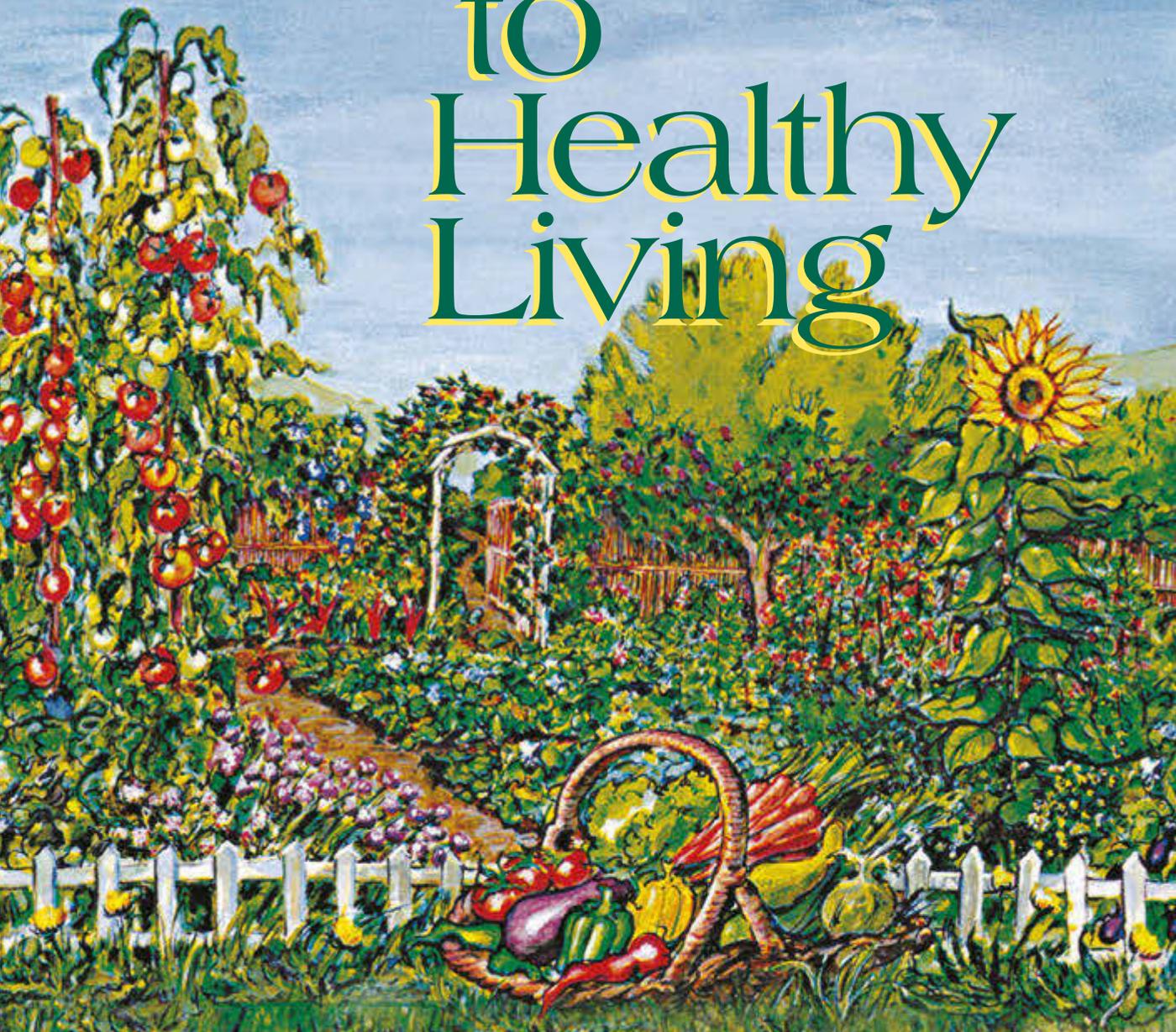


The Green Way to Healthy Living

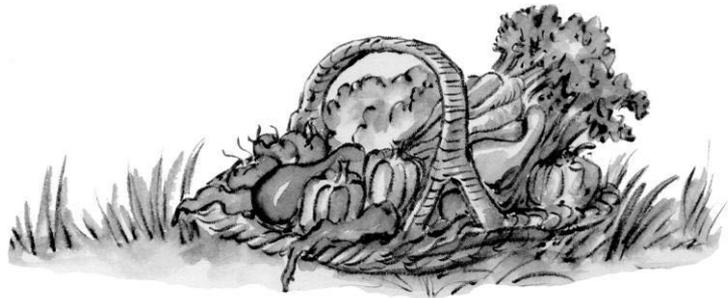


Science of the Soul Research Centre

The Green Way to Healthy Living



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Science of the Soul Research Centre

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Introduction

*All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
the Lord God made them all.*

-C.F. Alexander

We share the earth with millions and millions of species of plant and animal life, and all creatures—from ants building a colony in a tropical rain forest to a family of elephants sashaying through an African savannah—have a critical role to play in the ecosystem. While scientists continue to record new forms of life, countless species disappear every day. The focus of biologists and environmentalists is on the preservation of endangered species, but, in fact, all animals are endangered—by the darling of creation (and greatest predator of all)—man, himself. We significantly impact the balance of nature by the choices we make at the dinner table.

By eating low on the food chain, we not only support conservation efforts, but we also improve the ethical treatment of animals. In earlier times, the quest for survival put our ancestors into daily contact with “the hunt” and “the kill.” Today, this is left to anonymous middlemen, and our food comes to us sanitized and wrapped in plastic. We are so far removed from the cruel act that we overlook the reality that to sustain ourselves we are constantly taking life. Animals are no more immune to suffering and pain than we are. Although their behavior is instinctual, they often display remarkable intelligence when it comes to preserving life. Observe how a dog puts itself in great danger to save the life of its owner, or how any animal will protect itself or its young when it feels its life threatened. We all want to live.

Humans are also animals. Although we have mastered many of the forces of nature, we are still subject to the same process of birth, growth, and death as other organisms. But it is our ability to think, discriminate, and to choose that sets us apart from the lower species. What we choose to eat not only affects our own physical, spiritual, and emotional health, but it also affects the world in which we live. The relationship between humans, animals, and plants forms an interconnected web which is fundamental to life. The first step in healthy living is to maintain this fragile web by living in harmony with nature. Respect for the creation is not just an ethical imperative. It is a necessity of life.

The order of nature is this: life must subsist on other life. Only plants draw their sustenance directly from light, water, and soil. When we choose to eat plants, we are still taking life, but it is the simplest form of life. Even human law provides a different punishment for snipping a neighbor's rose, killing her chicken, taking the life of her dog, or murdering her child. Although the penalty varies according to the level of consciousness, a balance sheet is kept and plays itself out. The wheel of life turns; we do reap what we sow. The animals we eat in this life may be eating us in the next.

Francis of Assisi used to call animals our brothers and sisters, but many of us have difficulty in acknowledging this kinship because we see only the body which is different for all. We have been in this world before and we have had other bodies. We are hardly free of one, before another stands ready to replace it. It is only after many births that we receive a human birth. If, because of our karmas, we are born as a cow or a goat, we are not eager to be slaughtered in order to satisfy someone's palate.

As humans, we have the unique ability to look beyond the body to the soul within and, in this way, to consciously experience God. The soul, which is the essence of our being, remains largely unknown to us. It is like living in a house where the light is never turned on. The soul has the same relationship to the body as the light or other source of energy has to the house. We depend upon it to supply light and energy to our existence. The available power is always there, but when we turn it on, we become connected to our source and we feel energized and well balanced. We feel alive.

The body is like a garden. An inverted tree is growing in the center of the garden. It is the Tree of Life. It represents an infinite and indestructible source of life. Plato described man as a plant with roots in heaven and branches to earth. It is the same tree from which the ancients took the symbol of the caduceus, the winged staff, that physicians still use as the symbol of healing. The mystics tell us that the roots of this tree are in the head, where the soul and mind are knotted together between and behind the two eyes. If we are able to concentrate our attention at this level, we experience the spirit that is our life. This spirit is a sound; a vibration; the music of the spheres. But twin serpents are coiled around the tree. Their purpose is to keep our attention scattered into the world and away from the source of energy and life which supports us.

Health, to the early physicians, was a state of balance between body, mind, and soul. Healing involved a reorientation of this downward and outward tendency of the mind. Energy flowed from above downward and man was nourished by his "heavenly roots." The ancients and mystics are supported in many respects by the

theories of modern physicists who describe the universe as—vibrating energy—a reminder that man is not simply a crust of matter suspended randomly in space. We are fields of energy; part of an organic whole, and, like other organisms, we maintain life by the constant exchange of energy between ourselves and the larger universe. Physicians are beginning to examine the relationship between food and health, at least in part, based on this more dynamic understanding of the body.

Einstein, the most pre-eminent of physicists, offered his view that “nothing will benefit human health and increase chances for survival of life on earth as much as the evolution of a vegetarian diet.” It is clear that life is, in fact, moving in this direction. The shape of the optimum diet has changed from the meat-centered “four foods group” to the grain- and plant-based “food pyramid.” Scientific studies now support the value of a vegetarian diet, and there is evidence to suggest that it lowers the risk of many diseases, including cancer and heart disease. People are turning to it in ever greater numbers for its health benefits and its effects on animal welfare and the environment, as well as for its spiritual benefits.

Abstention from animal foods is not a new idea. One finds instances of it in ancient Egypt, Persia, India, and Greece. The word “diet” itself comes from the Greek *diata*, meaning way of life. People of very diverse philosophical and spiritual paths have given up the use of meat in order to raise their consciousness. A lacto-vegetarian diet, rich in natural fruits, vegetables, grains, and legumes, as well as nuts, seeds, and dairy products, is suitable for this purpose.

The Green Way to Healthy Living offers a compendium of recipes to assist those who are interested in this way of life. It does not recommend any particular vegetarian diet or “health food.” Its objective is only to show that in every country in the world there is an extraordinary variety of fruits and vegetables from which to choose. Health continues to be a question of balance. The ideal diet is one that is non-violent and promotes inner equilibrium. It helps to balance the body, mind, and soul. It is the foundation which supports a balanced and healthy life



Planning a Vegetarian Menu

If you are new to vegetarianism, planning a well-balanced meal may seem a bit daunting at first. What to serve for the “main course” or focal point of the meal?

The “main course” is primarily a Western concept derived from a meat-centered approach to eating. Vegetables, which can serve as the basis for a nutritious meal, have always been considered the “side course” simply because they are vegetables. There are many ways of presenting a meal. In parts of Europe, a sequence of courses is offered one after the other. In Asia, a variety of small dishes is brought to the table at the same time. There is no “main” focus except perhaps rice or noodles.

Try different ways of presenting a meal. One approach to vegetarian dining is simply to move those vegetables back to the center. Baked potatoes and green beans, two favorite “side vegetables,” for example, make a complete light meal when served with a salad. Or try the Asian approach, and serve a few small dishes at the same meal. Still looking for the “centerpiece?” There are plenty from which to choose: casseroles, savory pies, *gratins*, and nut loaves. Stews and soups served with a hearty bread are other possibilities. If you keep a few guidelines in mind, you will have a vegetarian meal on the table in no time.

GO WITH THE GRAIN-The idea of putting carbohydrates or grains at the center of your meal is a "secret" most of the world has already discovered. Rice is a staple of three-fourths of the world's population. In Asia, rice is the center of the meal. Everything else simply accompanies the rice. To express well-being in China, one says “my rice bowl is full.” In Japan, “*gohan*” is the word for both rice and meal.

In Europe, the traditional foods that form the basis of the diet are grain-based. In Italy, it is pasta, risotto (rice), and *polenta* (cornmeal). In Spain, it is rice. In Eastern and Northern Europe, dumplings and *crêpes* or pancakes are an important part of the culinary repertoire. In the Americas, corn was the grain of survival for the Native Americans, as it was for the newly arriving colonists. It continues to be a frequent addition to the table in both North and South America. Bread is the staff of life almost everywhere - from the griddle-breads of the Middle East and India to the hearty country loaves of Europe.

Grains are high in fiber, fat free, satisfying, and delicious. They are much better suited to a healthy diet than meat. Rice, wheat, and corn are the most important and commonly used grains in the world, but there are also many lesser known grains from which to choose. Select from bulgur, buckwheat, millet, oats, rye, *quinoa*, couscous, teff, amaranth, *barley*, and wheat berries.

CONSIDER THE BEAN-Beans have been around since the Bronze Age and have spent a good deal of that time overcoming bad press. They are a staple for most of the world: the *rice'n'beans* of the Caribbean, *frijoles de olla* of Mexico, *hummus* of the Middle East, the *dals* of India, tofu of China and Japan, and the *cassoulet* of France. The variety is endless. Since beans are low in fat and contain no cholesterol, they make a nutritious and economical addition to any vegetarian diet. Be sure to include bean dishes in your weekly menu plan. They may be combined with rice, pasta, or other grains to make a satisfying and complete meal. Beans also make excellent additions to soups and salads and can even be made into bean cakes or "burgers."

KEEP IT GREEN-No vegetarian meal would be complete without the star of the table - VEGETABLES! Leafy green vegetables, fragrant herbs, potatoes, winter squash, vine-ripened tomatoes—the natural world offers extraordinary inspiration for a wealth and abundance of meatless meals. Plan your meals around seasonal fresh produce. If you have a garden, grow as many fresh vegetables, fruits, and herbs as you can. If you are unable to maintain a garden, purchase fresh locally grown fruits and vegetables from a farmer's market. Have a windowsill garden of herbs. Pick them fresh and use them to enliven your food. Use spices to add zest and flavor, as well as to aid digestion.

THE DAIRY OPTION-Cheese and other dairy products are enjoyed as a traditional part of many cuisines. In moderation, or for special dinners, they offer a rich addition to the diet. Be sure to select cheeses that are available without animal rennet. If you choose not to eat dairy products, simply leave them out or substitute tofu and other soy products.

BE GRATEFUL-Prepare and eat your food in a happy and relaxed state of mind after duly thanking the Giver.

How to Use This Book

All of the recipes in this book are organized around regional cuisines to make it easier to plan a menu and shop for ingredients. At the end of each section you will find suggestions for menu planning. The recipes and menus are meant to be guides. Be creative and make any substitutions that suit your personal taste. Do not hesitate to combine compatible foods from different regions. Here are a few guidelines that will make using this book easier:

Shop for ingredients in “ethnic” markets. The proprietor will help you to understand what the ingredients are and how to use them.

Check the index when you are looking for a particular recipe or recipes for a particular vegetable.

Look for unfamiliar foods or words in the glossary (p. 525) or the section on Herbs and Spices (p. 513).

All measurements are written in US/UK and Metric equivalents. If you would like to make your own conversions, check Conversions (p. 525).

Read the entire recipe before beginning to cook.

Measure dry ingredients in nesting cups that can be leveled with a knife, or measure them on an accurate scale.

Measure liquid ingredients in volume measuring cups.

Salt and pepper are always to taste, but don’t forget to use them. Salt perks up the flavor of foods.

Quantities for other herbs and spices are given as guides, but they are also to taste, particularly chilies. Always taste and adjust seasonings.

Africa

Africa

A is for Africa....and the beginning of things. It is said that homo sapiens was first spotted here several million years ago...foraging for food, no doubt. It is also thought that fire was first used in Africa to prepare the family meal. Human history is, in many respects, the history of man's search for food. The ability to control the environment in order to sustain the species is at the heart of civilized living.

The vastness of the African continent, stretching from the Mediterranean to the Cape of Good Hope, encompasses a diverse topography, supporting no vegetation at all in some desert regions and dense forest in others. In areas with little or no vegetation, one meal a day (sometimes two) is standard. Why begin a cookbook here?

Why not? It is probably here that our earliest ancestors began making choices about how to survive and what to eat. The progression from hominid to fully developed human with reason and imagination must have been beset with challenge and difficulty. Dental records of our hominid predecessors show them to be peace-loving herbivores, but by the time homo erectus began roaming around, he was carrying an ax. What happened? Archaeologists speculate that in response to climatic changes the earth became cooler and drier and the grasslands expanded, causing the first humans to compete with other species for the food supply.

Why and how man started to hunt (and whether all early humans even made this choice) is by no means a settled issue. In any case, killing for food does not seem to have been taken lightly in primitive societies. Early hunters engaged in all sorts of rituals before the hunt and appear to have thought of animals as living creatures with a spirit not unlike their own. The Pygmies of the Congo and the Bushmen of the Kalahari Desert were hunters, but many other tribes preferred not to kill their animals for food. They kept them as a mark of wealth and social position.

Vegetables, pulses, and grains were, and still are, the mainstay of the diet. Africans have been making use of what the earth offers from the earliest of times. Even when food is plentiful, they do not take it for granted. Fresh vegetables and tropical fruits are dried for long storage or preserved in mouth-watering jams and chutneys. Nothing is wasted. "Wen na rege," they say. "Thank you, Lord." No one knows more about economy and creativity in the kitchen than the African cook.

With over fifty countries and hundreds of languages, Africa has many variations in cooking styles. The major differences are marked by the Sahara Desert, which divides the country into north and south.

North African cooking sets the region apart from the rest of Africa and aligns it with Middle Eastern and Mediterranean cooking. A tajine, or stew of vegetables and fruits, is served with couscous or Arabic bread. Unique spice blends flavored with olive oil, parsley, mint, saffron, and rose water provide the seasoning. Try the Couscous with Seven Vegetables and the Moroccan Carrot Salad.



Africa

The Portuguese, Spanish, French, Dutch, and English have all left their mark on the food of Eastern, Central, and Southern Africa. Indian and Malaysian influences are also pronounced, with curries, chutney, and chilies brightening up the meal. West African cooking tends to be simpler, usually a one-dish stew and a porridge served with spicy sauces. Groundnuts (peanuts) grow everywhere in West Africa and are a favorite addition to soups, sauces, and stews—the Groundnut Stew is excellent!

While cooking styles vary, the staples of the African diet remain the same: millet, cornmeal (referred to as nsima, mealie-meal, ugali, putu, or sadza in different regions), rice, pulses, yams, sweet potatoes, cassava, bananas, plantains, okra, and an unusual assortment of leafy greens. The Yam or Sweet Potato Balls and the Plantains in their Skins make good openers or “sides” for any meal. The Tofu Bobotie, Green Bean and Tomato Bredie and the Curried Black-Eyed Peas and Potatoes can take center stage. Old Cape Date Pudding, Melktert, or Grandmother’s Carrot Cake make sweet endings.

The key to African cooking is creativity and improvisation. This is the “soul food” of the world: simple, honest, direct, and spicy. Food is always served with legendary African hospitality. If you haven’t tried African food before, you will be pleasantly surprised.



Africa

African Recipes

Curries, Stews, and Casseroles

Curried Black-Eyed Peas and Potatoes

Green Bean and Tomato Bredie

Tofu Bobotie

Groundnut Stew

Corn, Millet, and Couscous

Sadza with Zimbabwe Rape

Couscous with Seven Vegetables

Savory Millet Cakes

Mealie (Cornmeal) Pancakes

Vegetables

Yam or Sweet Potato Balls

Plantains in their Skins

Spicy Stuffed Okra

Salads

Warm Lentil Salad

Moroccan Carrot Salad

Condiments

Green Bean Atjar

Apricot Blatjan

Sauces

Harissa Sauce

Sweets

Grandmother's Carrot Cake

Old Cape Date Pudding

Soetkoekies (Spice Cookies)

Melktert (Milk Tart)

Suggested Menus

Curried Black-Eyed Peas and Potatoes

Curries are almost as widely served in Africa as they are in India. The use of canned black-eyed peas in this recipe makes it the perfect choice for curry in a hurry.

3 tablespoons (1½ fl oz or 45 ml) vegetable oil
1 teaspoon (5 g) cumin seeds
1 stick cinnamon
½ bay leaves
1 medium onion (about 4 oz or 115 g), chopped
1½ lbs (680 g) potatoes, chopped into cubes
½-¾ cup (4-6 fl oz or 120-180 ml) water
¾ lb (340 g) tomatoes, finely chopped
1 teaspoon (6 g) salt
½ teaspoon (2½ g) turmeric powder
1 tablespoon (½ oz or 15 g) coriander powder
¼ teaspoon (1¼ g) red chili powder (optional)
2 cups (1 lb or 455 g) cooked or canned black-eyed peas
Fresh coriander, finely chopped

Heat the oil in a saucepan. Add the cumin seeds, cinnamon, and bay leaves. Stir to coat with oil, then add the chopped onions. When the onions begin to look pinkish in color, stir in the chopped potatoes. Cover the pot with a lid. Make sure the flame is on medium heat. Add water 1 tablespoon (½ fl oz or 15 ml) at a time if potatoes begin to stick.

After 8 to 10 minutes, uncover the lid and add the chopped tomatoes. Cook on medium heat for about 15 minutes, or until tender. Add salt, turmeric powder, coriander powder, red chili (if you are using it), and ½-¾ cup (4-6 fl oz or 120-180 ml) of water, depending on whether you want your gravy thick or thin. Bring to a boil and add the black-eyed peas. Reduce heat and cook for about 5 minutes. Garnish with fresh coriander.

serves four to six

Green Bean and Tomato Bredie

A *bredie* is a Cape stew. This stew is very different from the typical meat-laden *bredie*. Green beans are simmered with tomatoes, potatoes, chunks of carrots, and a few chard leaves. Substitute any vegetables you like. You can even add tofu or sliced gluten. Serve with rice and a fresh salad.

1 tablespoon (½ fl oz or 15 ml) vegetable oil
2 cloves garlic, chopped
1 teaspoon (5 g) ginger, grated
1 small chili, chopped
1 teaspoon (5 g) ground coriander
2 onions (8 oz or 225 g), chopped
2 carrots (8 oz or 225 g), cut into large chunks
1½ lbs (680 g) potatoes, cut into large chunks
2 lbs (1 kg) tomatoes, peeled and chopped
Pinch of sugar
1 lb (455 g) green beans, cut into 2-3 pieces
Salt
Freshly ground black pepper
3-4 chard leaves, torn into a few pieces



Heat the oil in a pot. Add the garlic, ginger, chili, and coriander. Cook about 1 minute. Add the onions and cook until browned. Stir in the carrots and potatoes and cook 3 to 4 minutes, then add the tomatoes and a pinch of sugar. Cover the pan and cook about 20 minutes.

Remove the cover and stir in the green beans. Continue to cook until the vegetables are very tender, about another 10 minutes. Add salt and freshly ground black pepper. Stir in the chard leaves and heat through until the chard becomes limp. If too much liquid remains, simmer until liquid is reduced.

serves four to six

Tofu Bobotie

Bobotie is a typical South African curried dish with a strong Malay influence. It is a nourishing mélange of fruit, vegetables, and tofu, and makes a delicious one-course meal. Ground spices are used in this recipe but you can substitute whole spices if you like.

1/3 cup (2 2/3 fl oz or 80 ml) peanut oil
2 onions (about 1/2 lb or 225 g), chopped
2 cloves garlic, minced
1 tablespoon (1/2 oz or 15 g) ground cumin
1 tablespoon (1/2 oz or 15 g) ground coriander
1/2 teaspoon (2 1/2 g) ground ginger
1/2 teaspoon (2 1/2 g) turmeric
1 teaspoon (5 g) cinnamon
3 tablespoons (1 1/2 fl oz or 45 ml) vinegar
3 tablespoons (1 1/2 fl oz or 45 ml) tamari soy sauce
3 tablespoons (2 oz or 60 g) Apricot Blatjan (p. 36) or Mango Chutney (p. 148)
2 lbs (1 kg) firm tofu, cut in chunks
1 slice bread (about 3/4 oz or 20 g)
1/2 cup (4 fl oz or 120 ml) milk
1/2 cup (3 oz or 85 g) raisins
1/2 cup (2 oz or 60 g) almonds, chopped
Salt
Freshly ground black pepper
1 lb (455 g) ripe tomatoes, chopped
1 large (about 6 oz or 170 g) apple, chopped
4 bay leaves
1 cup (1/2 lb or 225 g) yogurt

Heat 2 tablespoons (1 fl oz or 30 ml) of the oil in a large skillet and sauté the onions slowly until browned, about 20 minutes. Stir in the garlic, cumin, coriander, ginger, turmeric, and cinnamon. Cook for another 1 to 2 minutes, stirring to keep the spices from burning. Add the vinegar, soy sauce, and chutney. Stir to combine, then remove from the heat.

In another pan, sauté the tofu in the remaining oil (add more if necessary) until browned. Set aside. Soak the bread in the milk, then mash with a fork. Add raisins, almonds, and browned tofu. Season with salt and pepper to taste.

Pour the tofu/bread mixture into the greased casserole. Put half of the tomatoes over the tofu/bread mix, then add the chopped apple. Pour half of the onion/spice mixture over the apple. Add the remaining tomatoes and the remaining onion/spice mixture. Season with salt and pepper between each layer.

Tuck the 4 bay leaves into the casserole and bake for about 45 minutes at 350° F (180° C or 4 G). Pour the yogurt over the casserole and bake an additional 15 minutes. Remove the bay leaves before serving. Serve with rice and additional chutney

serves six to eight



Groundnut Stew

Groundnuts (peanuts) are grown everywhere in West Africa and they give this stew its distinctive taste. It is delicious with rice or cornmeal porridge.

½ cup (4 oz or 115 g) freshly made groundnut paste (peanut butter)
2 cups (16 fl oz or 475 ml) boiling water
4 tablespoons (2 fl oz or 60 ml) vegetable oil (or as needed)
1 large onion (about 8 oz or 225 g), chopped
1 tablespoon (½ oz or 15 g) crushed red chili pepper, or according to taste
1 teaspoon (5 g) ginger
½ teaspoon (2½ g) cardamom
½ teaspoon (2½ g) coriander
¼ teaspoon (1¼ g) nutmeg
¼ teaspoon (1¼ g) cloves
¼ teaspoon (1¼ g) cinnamon
Dash allspice
2 crushed garlic cloves
3 lbs (1½ kg) yams, peeled and diced
1 lb (455 g) parsnips, peeled and sliced
½ cup (4 fl oz or 120 ml) soy sauce
Juice of 2 limes (about 4 tablespoons, 2 fl oz or 60 ml) (or to taste)
3 plum tomatoes (about ¾ lbs or 340 g), diced
½ lb (225 g) fresh leafy greens

Blend the groundnut paste (peanut butter) and boiling water and set aside.

Heat the oil in a large saucepan. Sauté the onion until browned. Add red pepper, ginger, cardamom, coriander, nutmeg, cloves, cinnamon, allspice, garlic, yams, and parsnips. Continue sautéing until all ingredients are lightly browned.

Stir in the groundnut paste (peanut butter) and water mix, soy sauce, lime juice, tomatoes, and leafy greens. Cover the pot and simmer 20 minutes, or until vegetables are tender. Adjust seasoning. Serve over brown or basmati rice.

serves six to eight

Sadza with Zimbabwe Rape

Sadza is a maize porridge similar to *polenta*. The porridge can be served with any African stew or one-dish meal. It also makes a great breakfast porridge with a tad of butter, maple syrup, or honey. Here, it is combined with Zimbabwe rape or spinach relish.

For the Sadza (Cornmeal Porridge)

3 cups (24 fl oz or 710 ml) water

¼ cup (2 oz or 60 g) butter

2 teaspoons (½ oz or 15 g) salt

2 cups (8 oz or 225 g) sadza (cornmeal)

For the Zimbabwe Rape (Spinach Relish)

1½ lbs (680 g) fresh rape spinach, stalks removed and finely chopped

1 onion (about 8 oz or 225 g), finely chopped

2 cloves garlic, finely chopped

¾ lb (340 g) tomatoes, finely chopped

2 tablespoons (1 oz or 30 g) unsalted butter

Salt

Freshly grated black pepper

1-2 fresh chilies (or to taste), finely chopped

Lemon juice

To make the *sadza* (cornmeal porridge), boil 2 cups (16 fl oz or 475 ml) of water and add the butter and salt. Mix 1 cup (4 oz or 115 g) of cornmeal into the remaining cup of water and add to the boiling water. Slowly add the remaining cornmeal, stirring well. Replace the lid on the pan and cook over a very low heat for 15 minutes or until a porridge-like consistency has formed.

For the Zimbabwe rape, steam or boil the spinach for 3 minutes, or until tender. Drain.

In another skillet, fry the onion, garlic, and tomato in butter until soft. Add salt, pepper, and chilies to taste. Mix in the spinach and stir in lemon juice to taste. Serve over the *sadza*.

serves four

Couscous with Seven Vegetables

Seven is a lucky number in Fez, Morocco, and this stew with seven vegetables is characteristic of the region. Couscous is typically cooked in a *couscouillère* over the stew cooking below it. You may improvise a steamer basket over a regular kettle or simply cook the stew and the couscous separately if you find it easier. You may also substitute quick-cooking couscous, available in most supermarkets. Just follow package directions.

For the Couscous

2 cups (16 oz or 455 g) couscous

6 cups (1½ qt or 1½ L) water

For the Vegetables

¼ cup (2 fl oz or 60 ml) vegetable oil

1 onion (about 8 oz or 225 g), finely chopped

3 stalks celery (about 8 oz or 225 g), chopped

1 red bell pepper (about 4 oz or 115 g), seeded and chopped

1 teaspoon (5 g) ground coriander

½ teaspoon (2½ g) ground cinnamon

2 turnips (about 4 oz or 115 g), cut into cubes

1 lb (455 g) sweet potatoes, peeled and cut into 1-in (2½-cm) cubes

¾ lb (340 g) tomatoes, peeled and chopped

1 zucchini (about 8 oz or 225 g), chopped

1 cup (8 fl oz or 240 ml) Vegetable Broth (p. 411)

½ teaspoon (2½ g) saffron threads (optional)

Salt

2 cups (about 1 lb or 455 g) cooked or canned chick peas

Lemon juice

⅓ cup (2 oz or 60 g) raisins

Butter

Harissa Sauce (p. 37)

To prepare the couscous, wash it twice with the water. Strain. Let the grains swell, turning with a wooden spoon every 5 minutes for half an hour. Meanwhile, begin to prepare the stew.

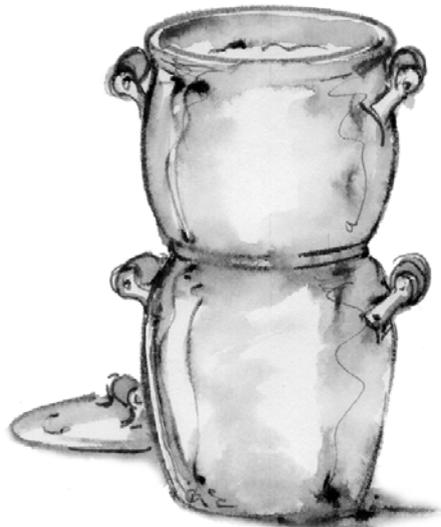
Heat the oil in the bottom of a *couscouillère* or in a large kettle over medium heat. Add the onion, celery, bell pepper, coriander, and cinnamon. Cook, stirring occasionally, until the onion is soft, about 5 minutes.

Stir in the turnips and sweet potatoes. Cook, stirring often, for 2 minutes. Add tomatoes, zucchini, vegetable broth, saffron, and salt to taste. Cover, reduce heat, and simmer for 20 more minutes. Add the chick peas and cook, covered, until sweet potatoes are tender, about 5 more minutes. Add lemon juice to taste, raisins, and more salt if desired.

While the vegetables are cooking, put the couscous in the top of a *couscoussière* or the basket part of a steamer above the stew. Let cook for 30 minutes on low heat. Every 10 minutes turn the couscous to prevent the grains from sticking together. After 30 minutes, dot the couscous with butter, turn, add salt, and turn again.

Serve the stew on a deep platter with the vegetable mixture in the center, surrounded by the couscous. Pour some of the broth from the stew over the couscous. Serve with *Harissa* Sauce.

serves six



Savory Millet Cakes

Millet makes an excellent alternative to rice. It may be used in pilafs, to stuff vegetables, or made into sweet puddings. These savory cakes are excellent appetizers, luncheon dishes, or tasty sandwich fillings.

1 tablespoon (½ fl oz or 15 ml) vegetable oil
¼ teaspoon (¼ g) Harissa Sauce (p. 37) (or to taste)
1 cup (6 oz or 170 g) millet
3 cups (24 fl oz or 710 ml) boiling water
1 teaspoon (6 g) salt
1 large carrot (about 6 oz or 170 g), grated
1 onion (about 6 oz or 170 g), minced
½ cup (2 oz or 60 g) parsley, minced
½ cup (2¼ oz or 65 g) whole-wheat flour
¼ cup (about 1 oz or 30 g) chick pea flour
1 teaspoon (5 g) ground coriander
¼ teaspoon (¼ g) cardamom
Salt
Freshly ground black pepper
Oil for frying

Heat the oil in a saucepan. Add the *Harissa* Sauce and millet and stir for about 2 to 3 minutes. Add the boiling water and salt and reduce the heat. Simmer, covered, for 35 to 40 minutes. About 5 minutes before it is finished, add the carrot, onion, and parsley. Remove from the heat.

Mix the whole-wheat and chick pea flours with the coriander and cardamom. Season generously with salt and freshly ground black pepper. Add to the millet and stir well to mix. Let the mixture sit for 20 minutes or until cool enough to handle.

Heat the oil in a skillet over medium heat. Shape the millet into patties with your hands. Pan-fry 3 to 4 minutes on each side or until lightly browned. Serve with Moroccan Carrot Salad (p. 34) and Apricot *Blatjan* (p. 36).

makes 10 to 12 millet cakes

Mealie (Cornmeal) Pancakes

These tasty little corn cakes can be served as a breakfast treat with fresh fruit compote, or as a savory dish with a hot sauce. The mealie pancakes are thin, and, if they are made larger, make excellent *crêpes* in which to wrap vegetables or fruits.

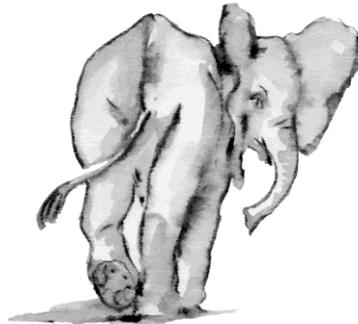
4 teaspoons (½ oz or 15 g) baking powder
¾ cup (3 oz or 85 g) all-purpose flour
Pinch salt
¾ cup (6 fl oz or 180 ml) milk
¼ cup (2 fl oz or 60 ml) melted butter
1 tablespoon (½ fl oz or 15 ml) golden syrup or molasses
1½ cups (5½ oz or 155 g) mealie meal (cornmeal)
1½ cups (12 fl oz or 350 ml) boiling water

Sift the baking powder, flour, and salt together. Beat the milk, butter, and syrup together.

Put the mealie meal (cornmeal) in a bowl and scald by pouring the boiling water over it. Whisk briskly with a stainless steel whip as you pour in the water. Stir in the milk, butter, and syrup. Add flour, salt, and baking powder mixture. Mix very well.

Heat a griddle over medium heat and pour 2 tablespoons (1 oz or 30 g) of batter (use more batter if you want larger cornmeal pancakes) onto the hot griddle. When bubbles appear, turn and cook a few minutes on the other side. Serve hot.

makes 2 dozen



Yam or Sweet Potato Balls

Yams are white-fleshed vegetables with a chestnut-like flavor. They are often served quite plain with spicy stews or sauces. They may be boiled or baked, but frying (as in this recipe) is the favorite treatment. Sweet potatoes (with which they are often confused) make a good substitute if yams are not available.

1 lb (455 g) yams or sweet potatoes
3 tablespoons (1½ fl oz or 45 ml) vegetable oil (plus additional for frying)
3 tablespoons (1½ oz or 45 g) onion, chopped
1 large tomato (about 8 oz or 225 g), peeled and chopped
1 teaspoon (5 g) ground coriander
½ teaspoon (2½ g) turmeric
¼ teaspoon (1¼ g) cayenne pepper
Salt
Freshly ground black pepper
3 tablespoons (1 oz or 30 g) flour (plus additional for coating)

Peel the yams or sweet potatoes. Cut into cubes and boil for about 30 minutes, or until tender. Drain and mash.

Heat the oil in a skillet. Add the onions and fry until limp. Add the tomatoes and fry a few more minutes until all the juice has been absorbed. Stir in the coriander, turmeric, cayenne pepper, salt, and freshly ground pepper. Remove from the heat. Add the yams or sweet potatoes and the flour. Mix well to blend.

Shape the mixture into small balls (about 2 dozen). Roll the balls in additional flour to coat. Fry in hot oil until golden brown.

makes 2 dozen

Plantains in their Skins

Plantains, unlike bananas, must be cooked before they are eaten. Green and yellow plantains are cooked in the same way as potatoes. They are served as a starchy vegetable dish. Ripe black plantains, which are used here, are baked in their skins and given a savory treatment. They may also be cooked as bananas and served as a sweet dish.

2 ripe black plantains (about ½ lb or 225 g each)

Salt

Butter

Lime juice

Chilies, chopped

Preheat the oven to 375° F (190° C or 5 G). Rinse the plantains and trim the tips. Cut a long slit in each plantain.

Cover a baking pan with foil and put the plantains in the baking pan, slit side up. Bake until the plantain can be easily pierced with a fork, about 40 minutes.

Sprinkle with salt, butter, lime juice, and chopped chilies. Serve in the skin.

serves two



Spicy Stuffed Okra

These slippery African pods are also called lady's fingers or *bhindi*. This Indian-inspired dish is stuffed with fragrant ground spices.

3/4 lb (340 g) whole fresh okra
1 tablespoon (1/2 oz or 15 g) coriander seeds
1 tablespoon (1/2 oz or 15 g) cumin seeds
1/2 teaspoon (3 g) salt
Pinch black pepper, freshly ground
1/4 teaspoon (1 1/2 g) red chili powder
1 tablespoon (1/2 oz or 15 g) ground amchoor (p. 513)
or 2 teaspoons (1/4 fl oz or 8 ml) lemon juice
1 small onion (about 3 oz or 85 g), cut into fine half rings
1/3 cup (2 2/3 fl oz or 80 ml) vegetable oil

Wash and pat the okra dry. Snip off the top cone and bottom tips.

To make the stuffing, combine the coriander, cumin, salt, black pepper, chili powder, and *amchoor* or lemon juice in a bowl and mix.

Slit the okra lengthwise with a knife. Holding the slit open, take a few generous pinches of the stuffing and push them into the opening. Stuff all the okra in this way.

Fry the onion in the oil. When the onion turns brown, add the okra and cook the pods until all sides are browned. This should take about 15 minutes over a medium-low heat. Cover the pan, turn the heat to low and cook for another 5 minutes.

serves six

Warm Lentil Salad

Lentils are served throughout Africa, either in soups, stews, or spicy curries. Here, they are combined with apples, sweet gherkins, and a simple vinaigrette dressing to make a luncheon salad. The salad is delicious warm, but it can be served cold if you prefer.

For the Lentil Salad

1 cup (½ lb or 225 g) lentils, washed
1 onion (about 4 oz or 115 g), finely chopped
Salt and freshly ground black pepper
1 clove garlic, crushed
3 gherkins (about 1 oz or 30 g), finely chopped
1 apple (about 4 oz or 115 g), diced
Dressing (recipe follows)
Green olives
¾ lb (340 g) tomatoes, sliced

For the Dressing

2 tablespoons (1 fl oz or 30 ml) vinegar
6 tablespoons (3 fl oz or 90 ml) olive oil
Salt and freshly ground black pepper
1 tablespoon (½ fl oz or 15 ml) lemon juice

Put the lentils in a soup pot and add water to cover by about 3-in (7½-cm). Bring to a boil. Lower the heat to medium and cook until they are tender, about 20 minutes.

Drain the lentils and mix with the onion. Add salt and pepper to taste, garlic, gherkins, apple, and dressing.

Prepare the dressing by mixing all the ingredients for the dressing in a small bowl or a blender. Toss with the lentil salad and let marinate for about 1 hour or until serving time.

If you would like to serve the salad cold, allow it to marinate in the refrigerator. Garnish with the olives and tomato slices.

serves four

Moroccan Carrot Salad

Salads of all kinds are served at the beginning of a meal in North Africa. Carrot salads are especially popular, particularly in Morocco. Adjust the quantity of sugar according to taste.

2 cups (16 fl oz or 475 ml) water
1 lb (455 g) carrots, peeled and thinly sliced
2 cloves garlic
2 tablespoons (1 fl oz or 30 ml) olive oil
3 tablespoons (1½ fl oz or 45 ml) red vinegar
Salt
1 tablespoon (½ oz or 15 g) sugar (or to taste)
1 teaspoon (5 g) ground cinnamon
½ teaspoon (2½ g) ground cumin
½ teaspoon (2½ g) paprika
¼ cup (1 oz or 30 g) fresh parsley, finely chopped

Bring the water to a boil in a medium saucepan. Lower the heat and add the carrots and garlic. Cook about 10 minutes or until carrots are tender. Drain. Discard garlic.

Put the remaining ingredients (except for the parsley) in a serving bowl and stir to blend. Add the carrots, tossing to coat with the dressing. Chill until serving time. Just before serving, add the chopped parsley.

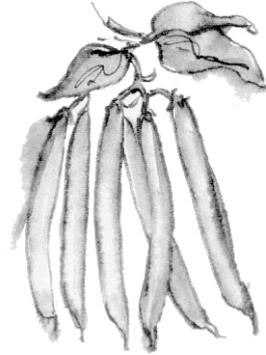
serves four



Green Bean Atjar

If you have a lot of green beans in your garden, use some for this pickled condiment. Serve it on its own as a salad, or in combination with other salads as part of a buffet.

2 lbs (1 kg) fresh green beans
3 medium onions (about ¾ lb or 340 g), chopped
1½ cups (11 fl oz or 325 ml) white vinegar
1½ cups (12 fl oz or 350 ml) water
¾ cup (6 oz or 170 g) sugar
4 teaspoons (¾ oz or 20 g) salt
1 tablespoon (½ oz or 15 g) mustard seed
1 tablespoon (½ oz or 15 g) whole black peppercorns
1 stick cinnamon
2 cloves garlic, chopped



String and cut green beans into 2-in (5-cm) diagonal pieces. Put in a pot of salted water. Add the onions and cook until tender, about 20 minutes. Drain.

Put the vinegar, water, sugar, and salt into a pot. Tie the spices and chopped garlic in a cheesecloth bag. Submerge in the vinegar solution. Cover, bring to a boil, and simmer for 15 minutes. Add the drained green beans and onions.

Pack into hot sterilized jars, leaving ½-in (13-mm) head room. Continue simmering while packing into jars. Cover with the vinegar solution, making sure it covers the green beans. Seal jars at once.

makes 2½ pints

Apricot Blatjan

Africans have an amazing gift for preserving every kind of fruit and vegetable. This tasty chutney uses dried apricots. Serve it with curries, rice, or simply spread on bread.

1 lb (455 g) dried apricots
1½ lbs (680 g) onions, chopped
1 lb (455 g) seedless raisins or sultanas, minced
½ cup (1½ oz or 45 g) ground almonds
1 teaspoon (5 g) cayenne pepper (or to taste)
Salt
1 garlic clove, minced
1 tablespoon (½ oz or 15 g) ground ginger
3 cups (24 fl oz or 710 ml) vinegar
1 cup (8 oz or 225 g) sugar (or to taste)

Cover the apricots with water and soak for 12 hours. Drain. Parboil the onions. Drain.

Put the apricots in a large pot, add the raisins, ground almonds, onions, cayenne, salt, garlic, ground ginger, vinegar, and sugar. Boil slowly until you have a fine, smooth paste that is not runny, about 1 hour. While it is still warm, pour into quart or pint jars and seal.

makes 2½ quarts



Harissa Sauce

Algeria and Tunisia are the homes of this North African hot sauce. Serve it on the side or add directly to soups, stews, or other North African dishes like Couscous with Seven Vegetables (p. 26). Depending on the type of chilies you use, this sauce can be very hot! Use only a very small amount and dilute it in vegetable broth. Be sure to wear rubber gloves when working with the chilies.

6-8 dried red New Mexican (or other red chilies) chilies (or to taste)

1-2 garlic cloves, finely chopped

½ teaspoon (2½ g) ground cumin

½ teaspoon (2½ g) ground caraway seeds

½ teaspoon (2½ g) ground coriander seeds

Salt

½ cup (4 fl oz or 120 ml) olive oil

Seed the chilies and cover with warm water. Soak for about 30 minutes, then drain. Cut the chilies into small pieces.

Place the chilies, garlic, cumin, ground caraway, ground coriander, and salt in a mortar and pestle or blender. Process to a paste. Pour into a small serving cup and cover with the olive oil. Use the sauce as is or dilute with vegetable broth. Pass at the table.

makes ½ cup



Grandmother's Carrot Cake

This is a very moist, spicy cake that will remain moist for three or four days. A glaze and a cream cheese frosting are offered to finish the cake. You can use one or the other, or if you really want to gild the lily, use both. You may substitute other dried fruits or candied peel to make a fruit cake.

For the Carrot Cake

1 cup (8 oz or 225 g) white sugar
½ cup (4 oz or 115 g) brown sugar
1¼ cups (10 fl oz or 295 ml) vegetable oil
3 cups (13½ oz or 385 g) all-purpose flour
½ teaspoon (3 g) salt
3 teaspoons (½ oz or 15 g) baking powder
2 teaspoons (8.8 g) baking soda
1½ teaspoons (¼ oz or 8 g) cinnamon
Dash of nutmeg
1½ cups (12 fl oz or 350 ml) milk
2 teaspoons (¼ fl oz or 8 ml) vanilla
¼ teaspoon (1¼ ml) black walnut extract (optional)
2 cups (8 oz or 225 g) raw grated carrots
1 cup (4 oz or 115 g) chopped pecans or walnuts
1 cup (6 oz or 170 g) raisins (optional)

For the Buttermilk Glaze (makes 3½ cups)

¾ cup (6 fl oz or 180 ml) light buttermilk
1½ tablespoons (¾ fl oz or 20 ml) light corn syrup
1½ cups (12 oz or 340 g) sugar
1½ teaspoons (6.6 g) baking soda
2 teaspoons (¼ fl oz or 8 ml) vanilla

Preheat the oven to 350° F (180° C or 4 G). Grease and flour an angel food cake, *bundt*, or a 9-x-13-in (23-x-33-cm) pan.

In a large bowl, mix the white sugar, brown sugar, and oil. Beat until light and fluffy. In another bowl, sift the flour, salt, baking powder, baking soda, cinnamon, and nutmeg. Add the flour mixture to the sugar and oil, alternating with ¼ cup (2 fl oz or 60 ml) milk at a time. Beat well after each addition.

Add enough milk so the batter does not clump. Add vanilla and black walnut extract, if using. Mix in the carrots.

Gently fold in the nuts and raisins. Pour into the prepared pan and bake for about 1 hour and 10 minutes. DO NOT OVERBAKE! A toothpick should be barely moist if inserted into the middle of the cake.

Combine all the glaze ingredients in a saucepan. Cook on medium heat until the sugar is dissolved and the mixture is foamy, stirring constantly (or sugar will burn). Mixture will foam up in the pot and triple in size.

Make a few holes in the top of the cake with a toothpick for the glaze to seep into the cake. Take a knife and separate the cake edges from the pan. Pour the glaze over the cake. Let the glaze ooze down around it. Let stand until the glaze is absorbed into the cake, about 1 hour. Remove from the pan to finish cooling. Add the cream cheese frosting if desired.

For the Cream Cheese Frosting (makes 1 cup) (optional)

3½ oz (100 g) cream cheese

¼ cup (2 oz or 60 g) unsalted butter

1 teaspoon (5 g) finely grated lemon peel

2¼ cups (9 oz or 255 g) powdered sugar

In a saucepan, heat cream cheese, butter, and lemon peel over low heat until the butter is melted and the cream cheese is very soft.

Sift the powdered sugar into a bowl. Add cream cheese/butter mixture. Blend with mixer to make it very smooth. Spread over cake when cooled or slightly warm.

makes 1 cake

Old Cape Date Pudding

In some parts of the world this *pudding* is called a cake - moist and delicious whatever you call it!

For the Pudding

1 cup (8 fl oz or 240 ml) boiling water

1½ cups (7 oz or 200 g) chopped dates

1 teaspoon (4.4 g) baking soda

1 cup (8 oz or 225 g) sugar

½ cup (4 oz or 115 g) unsalted butter

1½ cups (7 oz or 200 g) all-purpose flour

¼ teaspoon (1 g) baking powder

Pinch salt

For the Syrup

1½ cups (12 oz or 340 g) sugar

1¼ cups (10 fl oz or 295 ml) water

1 tablespoon (½ oz or 15 g) unsalted butter

1 teaspoon (5 ml) vanilla essence

Pour the boiling water over the dates and let settle. Add the baking soda. Cream the sugar and butter together, then fold in the flour, baking powder, and salt. Beat this mixture well and then add the date mixture. Mix thoroughly.

Pour it into an 8-in (20-cm) greased loaf tin. Bake the pudding for 1 hour at 350° F (180° C or 4 G).

When cooked, remove from the oven and cool before pouring the desired amount of syrup over the pudding. It can be eaten as it is, or decorated with whipped cream and cherries.

To make the syrup, boil the sugar and water together for 5 minutes. Then stir in the butter and vanilla essence.

serves six to eight

Soetkoekies (Spice Cookies)

The South African grandmother, who keeps her cookie jar filled with these spicy cookies, always has lots of little guests. Adjust the spices according to taste.

2½ cups (11¼ oz or 320 g) all-purpose flour
1½ teaspoons (6.6 g) baking soda
½ teaspoon (3 g) salt
1 tablespoon (½ oz or 15 g) ground ginger
1 teaspoon (5g) ground cinnamon
½ teaspoon (2½ g) ground cloves
¼ teaspoon (1¼ g) ground nutmeg
1 cup (8 oz or 225 g) unsalted butter, softened
1 cup (8 oz or 225 g) sugar
¼ cup (2 fl oz or 60 ml) golden syrup or molasses
2 tablespoons (1 fl oz or 30 ml) milk (or as needed)



Preheat the oven to 350° F (180° C or 4 G).

Sift the flour, soda, salt, ginger, cinnamon, cloves, and nutmeg into a mixing bowl.

In a separate bowl, beat the butter and sugar with an electric mixer. When light and fluffy, beat in the golden syrup or molasses.

Stir in the flour mixture. If the mixture seems dry, add a few tablespoons of milk.

Roll the dough into 1-in (2½-cm) balls. The dough can also be rolled out and cut into shapes. Bake for about 10 to 12 minutes on a lightly greased cookie sheet. Cool on pan, then remove to wire rack.

makes 2½ dozen

Melktert (Milk Tart)

This creamy, rich tart is the quintessential South African dessert. If you have prepared the tart shell ahead, it is relatively quick to make. The Milk Tart can be used as a master recipe for any custard tart. Add bananas for a banana cream pie, or coconut for a coconut custard pie.

½ cup (2 oz or 60 g) cornstarch
½ cup (2½ oz or 75 g) sugar
Pinch salt
2¾ cups (22 fl oz or 650 ml) milk
1 stick cinnamon
2 tablespoons (1 oz or 30 g) unsalted butter
1 teaspoon (5 ml) vanilla
1 teaspoon (5 ml) almond extract
1 tablespoon (½ oz or 15 g) cinnamon sugar
9 inch single crust baked tart shell (p. 352)

Preheat the oven temperature to 350° F (180° C or 4 G).

Prepare the custard by mixing the cornstarch, sugar, and salt together in a saucepan. Slowly whisk in the milk. Add the cinnamon stick. Cook over medium heat until mixture comes to a boil. Let boil 1 minute. Remove the custard from the heat and remove the cinnamon stick, Add the butter, vanilla, and almond extract.

Spread the custard into the prepared tart shell. Sprinkle the cinnamon sugar over the top and bake 15 to 20 minutes. Serve warm or at room temperature.

makes 1 milk tart

Suggested Menu

A nourishing stew and a grain with a spicy sauce are the makings of a typical African meal. Rice, millet, cornmeal porridge, and bread (chapattis in Southern Africa and Arabic bread in the North) are all eaten. For a West African meal, combine the stew and starch into a one-dish meal. Round out an East African menu with selections from the Indian section and complete a North African menu with selections from the Middle East. In South Africa, the meal can either follow the pattern of porridge and a spicy stew, or it can be served more in the European style.

Simple South African Dinner

*Tofu Bobotie
Basmati Rice
Apricot Blatjan
Melktert*

Tuesday Night Zimbabwe Supper

*Sadza with Zimbabwe Rape
Warm Lentil Salad
Fresh Fruit*

West African Family Dinner

*Groundnut Stew
Cornmeal Porridge (p. 25)
Sliced Bananas and Papaya*

Indian-Style East African Dinner

*Curried Black-Eyed Peas and Potatoes
Basmati Rice
Chapatti (p. 162)
Apricot Blatjan
Kulfi (p. 191)*

North African Dinner

*Couscous with Seven Vegetables
Arabic Bread
Mint Tea*

Sweet Snack

*Old Cape Date Pudding
Tea*



The Americas

The Americas

It is hard to imagine what the Old World was like before Columbus took his little voyage: no tomatoes for the sauce; no potatoes for the stew; not a vanilla ice creamor chocolate cake...in sight...

Besides tomatoes, potatoes, vanilla, and chocolate, the culinary contribution of the Americas includes: corn, beans (except fava), squash, avocados, cashew nuts, brazil nuts, peanuts, pineapple, papaya, wild rice, quinoa, amaranth, blueberries, blackberries, Jerusalem artichokes, jicama, sweet potatoes, nasturtiums, allspice, arrowroot, and, of course, the chili pepper.

The Americas are believed to be the site of one of the world's oldest agricultural developments. Native Americans had a very sophisticated system of agriculture already in place by the time Columbus stumbled upon American shores. Corn, squash, and beans were the trinity of staples used by the Aztec, Inca, and Mayan civilizations. These foods still form the basis of both the Mexican and South American diets.

Some New World foods made their way quickly around the world and into European and Asian kitchens. Beans and maize, for example, had some kinship to Old World foods and were quickly adopted. The chili pepper had an early and enthusiastic reception because spices were important in medieval cookery and commerce. The tomato, on the other hand, was unfamiliar and viewed with suspicion. The story of the potato is similar. It has been cultivated in South America since prehistoric times (Peru has more than 100 varieties of potato), but was adopted slowly by the Old World. Europeans began to accept the potato only when food was in short supply. It was economic necessity that finally brought it such widespread appeal.

Africans, Europeans, and Asians have all added to the melting pot. To this day, American cooking is marked by a willingness to experiment, and an ability to fuse the foods and cooking styles of diverse cultures into something new. It is this receptivity that allows Americans to consider alternative eating patterns, and they are turning to a vegetarian life style in ever greater numbers for health and ethical reasons. With so many Americans currently reconsidering the benefits of a vegetable and grain-based diet, the staples of the Native American have once again become a vital part of a well-balanced diet. Despite regional differences, the countries of the New World are irrevocably linked by their ancient beginnings.

Canada combines a rural heartiness with a French Canadian accent. The Canadian sweet tooth is rewarded by the inclusion of maple syrup on Pancakes with Maple Syrup, Maple Syrup Muffins, and Maple Walnut Pie. Wild Rice and Exotic Mushroom Salad and Quebec Pea Soup are other regional favorites.



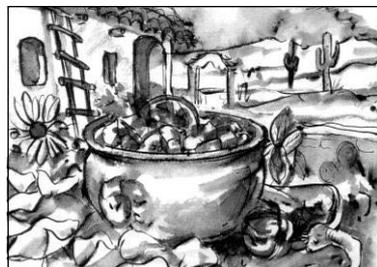
Canada

The United States is a nation of immigrants. America's gift for welcoming all can be appreciated at the table. You are as likely to dine on pizza and sushi as corn on the cob. Sometimes at the same meal! The focus here, however, is on more traditional foods: Quick Buttermilk Biscuits, Skillet Corn Bread, Louisiana Gumbo, Black Bean Chili, Tamale Pie, and everybody's favorite: Chocolate Layer Cake.



The United States

Mexico provides us with the quintessential American food. Corn is the staff of life and chilies are its spice. Masa (corn) is pressed and rolled into an amazing repertoire of tortilla dishes. A few in this chapter are: Enchiladas with Tomato Sauce, Burritos and Chimichangas, Chilaquiles, and Quesadillas. Frijoles (Beans) and rice are served at every meal.



Mexico

Caribbean and Latin American cooking is a lively mix of indigenous foods and creole cuisine. One-dish stews and rice and beans are at the center of the vegetarian table. The Chick Pea and Olive Empanadas are special, as are the Venezuelan Hallacas. An exuberant use of chilies perks up the meal. Exotic fruits add fresh tropical flavor.



Caribbean and Latin America

Enjoy your culinary tour of the New World!



Canada

Canadian Recipes

Muffins, Granola, and Pancakes

Maple Syrup Muffins
Blueberry Streusel Muffins
Fruit-Filled Bran Muffins
Crunchy Homemade Granola
Pancakes with Maple Syrup

Soups

Quebec Pea Soup
Hearty Cabbage Soup
Cream of Broccoli-Leek Soup

Casseroles and Savory Pies

Creamy Potato and Cheese Casserole
Garden Vegetable Pie
The Essential Macaroni and Cheese

Vegetables

Cauliflower with Mustard-Cheese Sauce
Maple-Glazed Acorn Squash
Baked Stuffed Potatoes
Broccoli and Pine Nut Purée

Salads

Wild Rice and Exotic Mushroom Salad
Spinach Salad with Lemon-Honey Dressing
Sprout Salad with Cucumber-Citrus Vinaigrette

Sweets

Maple Walnut Pie
White Chocolate Raspberry Tart
The Ultimate Chocolate Chip Cookie
Peanut Butter Cookies
Oatmeal Cookies

Suggested Menus

Maple Syrup Muffins

Sweet! Serve with a fruit compote for breakfast or glaze-topped for an afternoon snack.

For the Maple Syrup Muffins

1 cup (8 oz or 225 g) white sugar

1 teaspoon (6 g) salt

½ cup (4 oz or 115 g) unsalted butter

4 teaspoons (½ oz or 15 g) baking powder

1½ cups (4½ oz or 130 g) rolled oats

2½ cups (11¼ oz or 320 g) all-purpose flour

1 cup (8 fl oz or 240 ml) milk

1 cup (8 fl oz or 240 ml) maple syrup

For the Maple Glaze (optional) (makes 2 cups)

2 cups (16 oz or 455 g) confectioners' sugar

4 tablespoons (2 fl oz or 60 ml) maple syrup

8 tablespoons (4 oz or 115 g) unsalted butter

Preheat the oven to 350° F (180° C or 4 G).

Rub the sugar and salt into the butter with your fingertips. Combine the remaining dry ingredients and add to the butter/sugar. Mix well to obtain a crumbly texture.

Mix the milk and syrup together and pour it over the mixture, stirring it only to moisten. Pour the mixture into greased muffin tins or a small bread tin, and bake in the oven for 25 to 30 minutes.

To make the glaze, blend all of the ingredients and spread over the muffins when they are cool.

makes 1 dozen muffins

Blueberry Streusel Muffins

These streusel-topped muffins bursting with blueberries are irresistible for breakfast or afternoon snack.

For the Blueberry Streusel Muffins

2¾ cups (12 ½ oz or 355 g) unbleached all-purpose flour

½ teaspoon (4.4 g) baking soda

2 teaspoons (¼ oz or 7 g) baking powder

½ teaspoon (2½ g) ground cinnamon

Pinch of salt

1 cup (8 oz or 225 g) light brown sugar, firmly packed

½ cup (4 fl oz or 120 ml) vegetable oil

1 tablespoon (½ oz or 15 g) minced lemon zest

1¼ cup (10 fl oz or 295 ml) buttermilk

2 teaspoons (¼ fl oz or 8 ml) vanilla extract

1¾ cups (10 oz or 285 g) fresh or frozen blueberries

Streusel topping (recipe follows)

For the Streusel Topping

⅓ cup (2½ oz or 75 g) brown sugar

½ teaspoon (2½ g) cinnamon

1 tablespoon (½ oz or 15 g) unsalted butter

½ cup (2 oz or 60 g) chopped walnuts

Heat the oven to 400° F (200° C or 6 G). Lightly grease muffin tins. Whisk the flour with baking soda, baking powder, cinnamon, salt, and brown sugar. Set aside.

Whisk together oil, zest, buttermilk, and vanilla. Gently whisk dry ingredients into wet ingredients. Fold in blueberries. Fill muffin cups to the top. Sprinkle streusel over muffins. Bake 20 to 25 minutes. Let cool in pan 5 minutes then transfer to wire rack.

For the topping, mix sugar and cinnamon in a small bowl or food processor. Add butter and mix until it looks like small peas. Stir in the nuts.

makes 1 dozen muffins

Fruit-Filled Bran Muffins

Molasses and brown sugar sweeten these fruit-filled bran muffins. Other dried fruits may substitute for the raisins and dates. Walnuts and pecans may also be added if you like a nutty muffin.

¼ cup (2 oz or 60 g) unsalted butter, softened
½ cup (4 oz or 115 g) light brown sugar, firmly packed
¼ cup (2 fl oz or 60 ml) molasses
½ cup (4 oz or 115 g) nonfat yogurt
1 cup (8 fl oz or 240 ml) milk
1 cup (1¾ oz or 50 g) bran
1 cup (5 oz or 140 g) wheat germ
1 cup (4½ oz or 130 g) all-purpose flour
1 teaspoon (4 g) baking powder
2½ teaspoons (½ oz or 15 g) baking soda
½ teaspoon (3 g) salt
1 cup (6 oz or 170 g) raisins (or to taste)
½ cup (3 oz or 85 g) dates, coarsely chopped (or to taste)

Preheat the oven to 400° F (200° C or 6 G). Grease a muffin pan.

Cream the butter and sugar together. Add molasses and yogurt and beat well. Add milk. Sift bran and wheat germ into the milk. Stir to blend.

Sift flour, baking powder, baking soda, and salt together. Mix with the creamed ingredients, just enough to combine. Fold in raisins and dates. Fill muffin cups to the top. Make sure to use up all the batter, even if it looks like the muffin cups are too full. Bake for 20 to 25 minutes.

makes 1 dozen muffins

Crunchy Homemade Granola

This crunchy granola takes a long time in the oven, but the actual hands-on time is short. Make a big batch on days when you are home. Seal in an airtight container and serve for breakfast throughout the week.

4½ cups (1 lb or 455 g) rolled oats
1½ cups (6 oz or 170 g) skim milk powder
¾ cup (4 oz or 115 g) wheat germ
½ cup (2 oz or 60 g) sunflower seeds
½ cup (2 oz or 60 g) pecans, coarsely chopped
½ cup (3 oz or 85 g) raisins
½ cup (3 oz or 85 g) dates, coarsely chopped
1 cup (4 oz or 115 g) unsweetened shredded coconut
¼ cup (2 fl oz or 60 ml) honey
¼ cup (2 fl oz or 60 ml) maple syrup
½ cup (4 fl oz or 120 ml) vegetable oil
½ cup (4 fl oz or 120 ml) water

Preheat the oven to 250° F (120° C or ½ G).

Combine all the dry ingredients in a large bowl. Heat the honey, maple syrup, vegetable oil, and water. Stir until well blended.

Add the liquid ingredients to the dry ingredients and mix until all the dry ingredients are moistened.

Place the ingredients on a foil-lined cookie sheet and bake for 1½ hours. Stir every 15 minutes to toast evenly.

makes 8 cups



Pancakes with Maple Syrup

Pancakes make an excellent breakfast choice on a cold winter morning. Or serve them for a leisurely Sunday brunch. This is a simple batter that can be varied by adding bananas, fresh berries, other fresh fruit, or nuts. Pancakes may also be served with fruit compote.

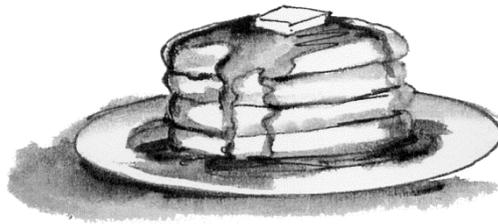
½ cup (4 oz or 115 g) unsalted butter
1 tablespoon (½ fl oz or 15 ml) cider vinegar or lemon juice
2 cups (16 fl oz or 475 ml) milk
2 cups (9 oz or 255 g) all-purpose flour or whole-wheat flour
3 teaspoons (½ oz or 15 g) baking powder
Rind of 1 lemon, finely grated (optional)
Maple syrup

Heat a griddle. Melt the butter in a small pan and set aside. Add the cider vinegar or lemon juice to the milk and let stand for 5 minutes.

Sift the flour and baking powder together. Add the lemon rind if you are using it. Mix the melted butter and the milk with the dry ingredients. Blend to a thickish cream. A few lumps in the batter are fine.

Lightly butter the griddle and drop the batter onto it about ¼-½ cup (2-3 fl oz or 60-90 ml) at a time, according to the size you want. Cook over medium flame until the surface bubbles. Turn to cook the other side. Serve hot with maple syrup.

makes 10 to 12 pancakes



Quebec Pea Soup

Whole dried yellow peas are traditional in this soup, but they are difficult to find in some areas. If yellow peas are not available, dried whole green peas make an excellent substitute.

2½ cups (1 lb or 455 g) whole dried yellow peas

10 cups (2½ qt or 2½ L) water

Salt

1 large onion (about 7 oz or 200 g), finely chopped

¼ cup (2 oz or 60 g) unsalted butter

1 teaspoon (5 g) savory

Wash and drain the peas. Cover with cold water and soak overnight. The next day, drain the peas and cover with 10 cups (2½ qt or 2½ L) fresh water. Bring the peas to a boil and add the salt.

Meanwhile, sauté the onion in 1-2 tablespoons (½-1 oz or 15-30 g) of the butter until tender. Add the sautéed onion to the peas along with the remaining butter and savory. Simmer the soup for 1½ hours (or until peas are tender) with the pot slightly uncovered.

Purée the peas in batches (in a blender or by hand) to the desired thickness. You can leave some peas whole or you can blend the entire batch if you like. Return the mashed peas to the soup. Add more salt if necessary, and simmer the soup for another 15 minutes before serving.

serves four to six

Hearty Cabbage Soup

A big hit on rainy days! This soup is a meal in itself. Serve it over a hearty homemade bread or with crackers and a wedge or two of cheese.

2 tablespoons (1 fl oz or 30 ml) olive oil
1 tablespoon (½ oz or 15 g) unsalted butter
1 large onion (about 6 oz or 170 g), chopped
2 lbs (1 kg) cabbage, roughly sliced
6 cups (1½ qt or 1½ L) water
2 stalks celery (about 6 oz or 170 g), chopped
2 carrots (about 6 oz or 170 g), sliced
4 cloves garlic, chopped
1 large potato (about 8 oz or 225 g), grated
1 lb (455 g) tomatoes, chopped
Salt
1 tablespoon (½ fl oz or 15 ml) tamari
1 cup (8 oz or 225 g) cooked or canned white beans
2 tablespoons (1 oz or 30 g) parsley, chopped (or to taste)
2 tablespoons (1 oz or 30 g) dill, chopped (or to taste)
¼ teaspoon (1¼ g) paprika
2 tablespoons (1 fl oz or 30 ml) apple cider vinegar (or to taste)
Freshly ground black pepper
6-8 slices bread

Heat the oil and the butter in a soup pot. Add the onion and the cabbage and sauté until browned. Add the water, celery, carrots, garlic, grated potato, and chopped tomato. Stir in the salt and tamari.

Bring to a boil, lower the heat, and simmer for 30 minutes. Add the cooked beans, the parsley, dill, paprika, vinegar, freshly ground black pepper, and additional salt if needed. Taste and adjust seasoning, adding more vinegar or herbs if desired. Place a slice of bread in each soup bowl. Pour the soup over the bread and serve.

serves six

Cream of Broccoli-Leek Soup

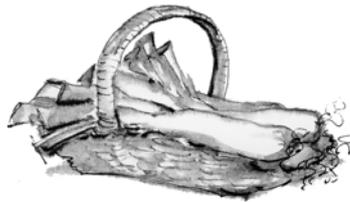
This soup tastes like a green salad in a bowl. Be sure to season very well with salt, pepper, and fresh lovage. If lovage is not available substitute any fresh herbs of your choice. Serve with Nut Pasties (p. 268), savory turnovers, or fresh bread.

For the Quick Bouillon Broth

1 large (¼ oz or 8 g) vegetable bouillon
5 cups (1¼ L) water

For the Soup

3 leeks (about 9 oz or 255 g), cleaned and chopped
2 tablespoons (1 oz or 30 g) unsalted butter
*2 large stalks celery (about ½ lb or 225 g),
chopped*
2 potatoes (about ½ lb or 225 g), chopped
1½ lbs (680 g) broccoli, trimmed weight
Salt
Freshly grated black pepper
½ cup (4 fl oz or 120 ml) cream
¼ cup (1 oz or 30 g) lovage, chopped



To prepare the broth, dissolve the bouillon cube in the hot water.

To make the soup, sauté the leeks in the butter for 1 to 2 minutes. Add the chopped celery and potatoes. Cover the pan and cook on medium heat for 5 minutes, stirring occasionally. Add the broccoli, lower the heat, and cook for another 10 minutes. Stir in 4 cups (1 qt or 1 L) vegetable broth. Add salt and pepper to taste.

Purée the soup in a blender and return to the pot. If the soup is too thick add the other cup of broth. Stir in the cream and heat through. Top with fresh lovage and serve.

serves four to six

Creamy Potato and Cheese Casserole

This is a rich and comforting casserole that is very easy to make and very easy to eat. Children love it and can help make it by layering the potatoes. The flavors can be varied by substituting different cheeses. Serve with a spinach salad and fresh bread.

3 lbs (1½ kg) potatoes

4 cups (1 lb or 455 g) grated Swiss cheese

Salt

Freshly ground black pepper

1 tablespoon (½ oz or 15 g) ground nutmeg

2 cups (16 fl oz or 475 ml) milk

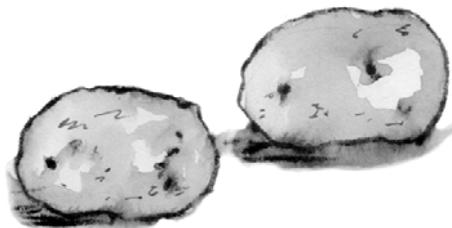
Preheat oven to 350° F (180° C or 4 G).

Wash and peel the potatoes. Slice them thinly.

Place one layer of potato slices in a 9-x-13-in (23-x-33-cm) oven-to-table baking dish. Spread about one-quarter of the cheese over this. Sprinkle with salt, freshly ground black pepper, and nutmeg. Repeat the layering until you reach the top of the casserole dish (or until you run out of ingredients). Pour milk over all.

Bake for about 50 to 60 minutes or until potatoes are soft. You may want to cover with tinfoil for the first half of the baking. Let the casserole cool several minutes before serving.

serves six



Garden Vegetable Pie

This “quiche-like” pie makes a terrific main course. If made in tiny muffin cups, it makes an excellent appetizer. Tofu gives firmness to the filling, and can be used to make a variety of savory pies.

1 lb (455 g) tofu
½ cup (4 fl oz or 120 ml) milk
4 heaping tablespoons (1 oz or 30 g) arrowroot
½ teaspoon (2½ g) each nutmeg, garlic salt, honey
2 tablespoons (1 oz or 30 g) unsalted butter
1 medium onion (about 4 oz or 115 g), chopped
¾ lb (340 g) fresh mushrooms, sliced
1 zucchini (about 10 oz or 285 g), chopped
½ cup (4 oz or 115 g) carrots, shredded
1 cup (8 oz or 225 g) cooked spinach, drained and chopped
Salt and freshly ground black pepper
Tamari (to taste)
1 cup (4 oz or 115 g) Gruyère cheese, shredded
1 cup (4 oz or 115 g) Emmenthaler cheese, shredded
8-9-in (20-23-cm) unbaked pie shell (p. 352)
Paprika

Pour tofu, milk, arrowroot, nutmeg, garlic salt, and honey into a blender. Whiz until creamy. Taste and adjust seasoning, adding more nutmeg, garlic, salt, or honey if necessary.

Heat the butter. Sauté the onion until soft. Add the mushrooms, zucchini, and carrots and sauté for about 10 to 15 minutes. Finally, add the spinach, salt, pepper, and tamari to taste. Stir to blend and cook for 5 additional minutes. Raise the heat to evaporate any remaining liquid.

Preheat the oven to 350° F (180° C or 4 G). Remove the vegetables from the heat and add the Gruyère and Emmenthaler cheeses. Add the blended tofu. Pour into an unbaked pie shell. Sprinkle with paprika and bake 50 to 60 minutes. Allow to sit a few minutes before serving.

serves six

The Essential Macaroni and Cheese

This is the classic macaroni and cheese with the addition of a few chilies. You may vary the dish by substituting other macaroni for the elbows and other cheeses for the cheddar.

1 lb (455 g) elbow macaroni
8 tablespoons (4 oz or 115 g) unsalted butter
½ onion (about 2 oz or 60 g), chopped
3 jalapeno chilies, chopped (optional)
4 tablespoons (1¼ oz or 35 g) all-purpose flour
4 cups (1 qt or 1 L) warm milk
1 lb (455 g) cheddar cheese, shredded
Salt
Freshly ground black pepper
1 cup (4 oz or 115 g) bread crumbs

Heat the oven to 400° F (200° C or 6 G). Butter a 3-qt (3-L) baking pan.

Bring a large pot of salted boiling water to a boil. Add the elbow macaroni and cook until just tender. Drain.

Melt 4 tablespoons (2 oz or 60 g) of the butter in a saucepan. Add the onion and sauté a few minutes. Add the jalapeno chilies and sauté another minute. Finally, add the flour and cook over medium-low heat for 3 to 4 minutes, stirring constantly. Slowly pour in the milk, continuing to stir until the sauce thickens. Stir in the cheese and cook until it melts. Add salt and pepper to taste.

Toss the elbow macaroni with the sauce and pour into the greased baking dish. Melt the remaining butter and mix with the bread crumbs. Spread on top of the casserole. Bake about 30 minutes or until the top is nicely browned.

serves six to eight

Cauliflower with Mustard-Cheese Sauce

A large head of cauliflower is crowned with a mustard-cheese sauce for an elegant and unusual vegetable course. The cauliflower is cut like a pie before serving.

1 head cauliflower (about 3 lbs or 1½ k)
3 tablespoons (1½ oz or 45 g) unsalted butter
3 tablespoons (1 oz or 30 g) all-purpose flour
2 tablespoons (1 oz or 30 g) stone ground mustard (or to taste)
2 cups (16 fl oz or 475 ml) milk
1 cup (4 oz or 115 g) cheddar cheese, shredded
½ teaspoon (3 g) salt

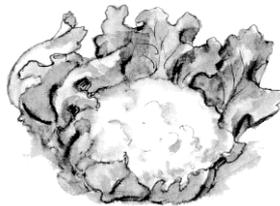
Wash the cauliflower and cut off the stalk and leaves, but leave the head of cauliflower whole. Place in a pot with about 3-4 in (7½-10 cm) of water. Cover, bring to a boil, then steam on medium heat until done, about 5 to 7 minutes, or longer if necessary. Do not overcook. The cauliflower shouldn't fall apart. Drain.

To make the mustard-cheese sauce, melt the butter in a saucepan. Add the flour and mix. Cook on medium-low heat about 5 minutes, stirring. Add the mustard. Then slowly stir in the milk. Stir or whisk until the mixture becomes thick, pressing out any remaining lumps of flour. Add the cheese and salt. Stir until the cheese is melted.

Preheat the oven to 400° F (200° C or 6 G).

Place the cauliflower in an oven-proof serving dish and pour the desired amount of cheese sauce over it. Bake for 5 minutes. To serve, cut like a pie into quarters and pour additional sauce over it.

serves four



Maple-Glazed Acorn Squash

This very simple treatment of acorn squash maintains all the sweetness of the squash, accented with pure maple syrup and a tad of butter. Serve it with wild rice and a spinach salad for a fall or winter dinner. Any hard-shelled or winter squash may be substituted for the acorn squash.

2 acorn squash (about 1½ lbs or 680 g each), cut in half
¾ cup (6 fl oz or 180 ml) water (for baking pan)
1 red onion (about 3 oz or 85 g), finely chopped
3 tablespoons (1½ oz or 45 g) unsalted butter
½ cup (4 fl oz or 120 ml) maple syrup

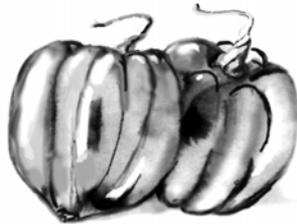
Preheat the oven to 350° F (180° C or 4 G).

Cut acorn squash in half and pierce the skins with a fork or something sharp. Put the water in the baking pan and place the squash face down in the pan. Bake for 45 minutes or until semi-soft.

Meanwhile, sauté the onion in the butter until golden brown. When the squash is semi-soft, scoop out the flesh, leaving enough so that the shell does not collapse. Add the squash flesh to the onion mixture and sauté for 5 minutes.

Add maple syrup and sauté for 5 more minutes. Spoon the mixture into the squash shell and bake for 15 minutes. Serve hot.

serves four



Baked Stuffed Potatoes

Baked potatoes are often served as an accompaniment to other foods, but they make a substantial and delicious main course offering when served with a fresh, crisp green salad. A pat of butter, sour cream, or yogurt cheese, along with chopped chives and scallions, make terrific toppings.

For the Potatoes

4 baking potatoes (about 10 oz or 285 g each)

For the Toppings

Butter

Grated cheese

Yogurt cheese (p.505)

Scallions, finely chopped

Chives, finely chopped

Green vegetables, cooked and finely chopped

Truffle paste (available in specialty stores)

Sliced truffles (available in specialty stores)

Preheat the oven to 400° F (200° C or 6 G).

Scrub the potatoes with a vegetable brush and poke with a fork to make a few holes. Place on a baking sheet and bake for about 1 hour or until the potatoes are tender when pierced with a fork.

Remove from the heat and make a cross on each potato. Push the potato toward the center and add the toppings of your choice. You may also scrape out the potato and mix with the topping of your choice, then put the stuffing back into the skins. Return to the oven and heat through.

serves four

Broccoli and Pine Nut Purée

This is one of those dishes that it is impossible to wreck, and it works well with fresh or frozen broccoli. It is a good place to use broccoli tops and all those leftover ends. Serve as an accompaniment to nut roasts or casseroles or as a dip with chips. Any leftovers are great on toast or stuffed into pita with sprouts for the next day's lunch.

2 lbs (1 kg) broccoli

½ cup (3 oz or 85 g) pine nuts

½ cup (4 oz or 115 g) nonfat sour cream

4 oz (115 g) shredded cheddar cheese

6 tablespoons (3 fl oz or 90 ml) fresh lemon juice (or to taste)

Salt

Freshly ground black pepper

Wash the broccoli and trim off any tough parts from the stems. Steam the broccoli for about 8 to 10 minutes or until the peak green color is reached. If using frozen broccoli, steam for 2 to 3 minutes, or until it can be easily pierced with a fork.

Place broccoli, pine nuts, sour cream, cheddar cheese, and lemon juice in a blender or food processor for about 30 seconds or until creamy. Add salt and pepper to taste. Place back in pan and reheat until warm, then serve.

serves six



Wild Rice and Exotic Mushroom Salad

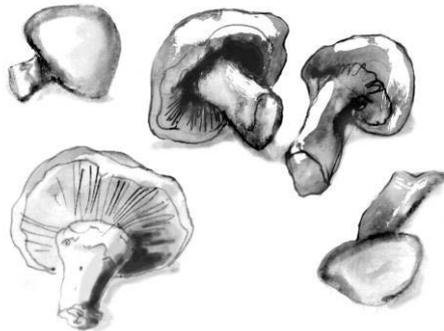
Wild rice is an aquatic grass, and not a rice at all. Harvested in lakes and streams by Native Americans, it has a smoky chewiness that is delicious in soups, salads, and rice dishes. It is relatively expensive, but combines well with brown or *basmati* rice and the two can be eaten together.

1 cup (6 oz or 170 g) wild rice
4 cups (1 qt or 1 L) Vegetable Broth (p. 411) or water
1 teaspoon (6 g) salt
2 tablespoons (1 fl oz or 30 ml) vegetable oil
4 oz (115 g) shiitake mushrooms, coarsely chopped (or other mushroom)
6 oz (170 g) chanterelle mushrooms, coarsely chopped (or other mushroom)
½ cup (2 oz or 60 g) pecans, toasted and coarsely chopped
2 scallions (¾ oz or 20 g), finely diced
1 apple (8 oz or 225 g), cored and chopped
Salt
Freshly ground black pepper
Vinaigrette dressing (p. 347)

Rinse and drain the rice. Combine the rice, vegetable broth, and salt in a pan. Bring to a boil. Lower the heat and cook, covered, until tender, about 45 to 60 minutes. Remove from the heat and drain excess water. Set aside.

Heat the oil in a pan and sauté the mushrooms over high heat for 2 to 3 minutes. Add the nuts, scallions, and apple. Toss two or three times and remove from the heat. Toss the rice and mushrooms together and add salt and freshly ground black pepper. Toss again with the desired amount of dressing. Serve warm or cold.

serves four to six



Spinach Salad with Lemon-Honey Dressing

A deliciously fresh salad! The lemon-honey dressing will keep very well in the refrigerator and may be used for other favorite salads.

For the Spinach Salad

10 oz (285 g) fresh spinach
2-4 tablespoons (1-2 oz or 30-60 g) of sesame seeds
½ red onion (about 2 oz or 60 g), thinly sliced
11 oz (310 g) canned mandarin oranges, drained
Handful of slivered almonds
Handful of croutons
Lemon-Honey Dressing (recipe follows)

For the Lemon-Honey Dressing (makes about 1 qt or 1 L)

¼ cup (1 oz or 30 g) red onion
1 cup (8 fl oz or 240 ml) red wine vinegar
4 tablespoons (2 fl oz or 60 ml) fresh lemon juice
4 tablespoons (3½ oz or 100 g) honey
Salt
Freshly ground black pepper
3 cups (24 fl oz or 710 ml) salad oil

Wash the spinach thoroughly to remove any dirt. Pat or spin dry. Lightly toast the sesame seeds in a low oven 250° F (120° C or ½ G).

Put the spinach and sesame seeds in a salad bowl. Add the very thin slices of red onion, the can of mandarin oranges, the slivered almonds, and the croutons. Toss with the lemon-honey dressing to taste.

Prepare the dressing by chopping the onion in a blender. Add the next five ingredients and mix well. Slowly pour in the oil while the blender is running. Toss desired amount with the salad. Refrigerate the rest for later use.

serves six

Sprout Salad with Cucumber-Citrus Vinaigrette

Sprouts are delicious as well as nutritious. They are easy to grow at home. Follow the directions (p. 212) to make your own, or simply buy them from your health food store and add them to your salads.

For the Salad

1½ lbs (680 g) sprouts (e.g. radish, red clover, sunflower, buckwheat, mung bean)
3 carrots (12 oz or 340 g), finely grated
½ bunch (about 2 oz or 60 g) basil
½ bunch (about 2 oz or 60 g) dill
½ bunch (about 2 oz or 60 g) cilantro
Dash of cayenne pepper
Cucumber-Citrus Vinaigrette (recipe follows)

For the Cucumber-Citrus Vinaigrette

1 cucumber (about 8 oz or 225 g)
1 avocado (about 6 oz or 170 g)
1 small red onion (about 3 oz or 85 g)
1 cup (8 fl oz or 240 ml) orange juice
9 sun-dried tomatoes (about 2 oz or 60 g), soaked for 3 to 4 hours in water
2 tablespoons (1 fl oz or 30 ml) Bragg's liquid amino (or substitute tamari)

Wash all the sprouts, carrots, and fresh herbs. Chop the herbs and toss with the sprouts and cayenne pepper. Toss with the dressing and serve the salad chilled or at room temperature.

To make the dressing, place the cucumber, avocado, red onion, orange juice, sun-dried tomatoes, and Bragg's liquid amino in a blender and process until creamy.

serves four to six



Maple Walnut Pie

This double-crust Canadian pie is cousin to the pecan pie that is popular in the United States. You may use the same recipe to make both. Just leave off the top crust to make the pecan pie (and, of course, substitute pecans). Serve warm with a dollop of whipped cream.

1 cup (8 fl oz or 240 ml) pure maple syrup

1 cup (8 fl oz or 240 ml) water

6 tablespoons (1½ oz or 45 g) cornstarch mixed with ⅓ cup (3 fl oz or 90 ml) water

2 tablespoons (1 oz or 30 g) unsalted butter

2 cups (8 oz or 225 g) shelled walnuts, coarsely chopped

8 in (20-cm) double-crust unbaked pie shell (p352)

Prepare the filling by bringing the maple syrup and water to a boil. Add the cornstarch, stirring constantly for 2 minutes or until the mixture thickens. Remove from the heat and stir in the butter. Let it cool.

Preheat the oven to 400° F (200° C or 6 G). Roll out half the pie pastry on a lightly floured board and line an 8-in (20-cm) pie dish.

Fill the pie shell with the walnuts and pour the syrup over the nuts. Roll out the other half of pastry and place over the top, sealing and crimping the edges. Poke a few holes in the top crust to allow steam to escape. Bake for 30 minutes.

makes 1 pie

White Chocolate Raspberry Tart

White chocolate, fresh raspberries, and chopped pistachios - the perfect ending to a company meal.

1 lb (455 g) white baking chocolate
¼ cup (2 oz or 60 g) unsalted butter
½ cup (4 fl oz or 120 ml) whipping cream
2 cups (about 12 oz or 340 g) fresh raspberries
½ cup (2 oz or 60 g) chopped unsalted pistachio nuts
9-to-10-in (23-to-25-cm) baked pie shell (p.352)

Preheat the oven to 400° F (200° C or 6 G).

To prepare the filling, melt the chocolate and the butter in a pan or in the top of a double boiler. Add the whipping cream and mix. Remove it from the heat and let it cool.

Arrange the raspberries on the baked pie shell and spoon the chocolate mixture over them. Sprinkle the tart with pistachios, and chill at least 2 hours before serving.

makes 1 pie



The Ultimate Chocolate Chip Cookie

You will want more than one batch of these cookies. Make the batter in advance and freeze it. Defrost when ready to bake.

2¼ cups (10 oz or 285 g) all-purpose flour
1 teaspoon (4.4 g) baking soda
1 teaspoon (6 g) salt
1 cup (8 oz or 225 g) unsalted butter
¾ cup (6 oz or 170 g) white sugar
½ cup (4 oz or 115 g) brown sugar, firmly packed
1 teaspoon (5 ml) vanilla
2 tablespoons (1 fl oz or 30 ml) milk, if necessary
2 cups (14 oz or 396 g) semi-sweet chocolate morsels
1 cup (4 oz or 115 g) chopped walnuts (optional)

Preheat oven to 375° F (190° C or 5 G).

Combine flour, baking soda, and salt in a small bowl.

In a large mixing bowl, cream butter, sugar, and vanilla. Cream until very smooth. Gradually add the flour mixture, beating until all of the mixture is well blended. Add milk 1 tablespoon (½ fl oz or 15 ml) at a time if the batter seems too dry. Stir in chocolate morsels and nuts.

Drop batter by 1 rounded tablespoon (½ oz or 15 g) onto an ungreased cookie sheet. Keep remaining dough cold to prevent cookies from spreading too thin. Bake for 9 to 11 minutes or until golden. Do not overbake.

makes 6 dozen cookies

Peanut Butter Cookies

Definitely the very best *peanutiest* peanut butter cookie you will ever eat!

2½ cups (11¼ oz or 320 g) all-purpose flour
1 teaspoon (4 g) baking powder
½ teaspoon (2.2 g) baking soda
½ teaspoon (3 g) salt
6 oz (170 g) unsalted butter, softened
1 cup (8 oz or 225 g) brown sugar, firmly packed
½ cup (4 oz or 115 g) granulated sugar, plus extra for topping
1 teaspoon (5 ml) vanilla
1 cup (8 oz or 225 g) creamy peanut butter
Milk, as needed

Preheat oven to 350° F (180° C or 4 G).

In a small bowl combine flour, baking powder and salt. In a larger mixing bowl, cream butter, brown sugar, granulated sugar and vanilla. When blended, add peanut butter. Cream until smooth. Gradually add flour mixture. If the batter is dry, add milk 1 tablespoon (½ fl oz or 15 ml) at a time until proper consistency.

Roll the batter into small balls about the size of golf balls. Place on an ungreased cookie sheet. Dip a fork in the extra sugar and press each cookie down with a fork in a crisscross design to flatten. Bake for 10 to 12 minutes or until golden.

Let the cookies sit on cookie sheet for about 5 minutes. Remove carefully to a cooling rack and let them stand until completely cool.

makes 2 dozen cookies



Oatmeal Cookies

Chewy or crisp, these cookies go way beyond morning oatmeal. Tuck them into lunch boxes, and bring them out for after-school snacks. Everybody loves them. You can add walnuts and/or chocolate and butterscotch chips to the batter for a richer cookie.

1 cup (8 oz or 225 g) unsalted butter, softened
¾ cup (6 oz or 170 g) brown sugar, firmly packed
½ cup (4 oz or 115 g) granulated sugar
2 tablespoons (1 fl oz or 30 ml) milk, or more if needed
1 teaspoon (5 ml) vanilla
1½ cups (7 oz or 200 g) all-purpose flour
1 teaspoon (4.4 g) baking soda
1 teaspoon (5 g) ground cinnamon
¼ teaspoon (1¼ g) nutmeg
½ teaspoon (3 g) salt
3 cups (9 oz or 255 g) uncooked rolled oats
1 cup (6 oz or 170 g) raisins

Heat the oven to 375° F (190° C or 5 G).

Cream butter, brown sugar, and granulated sugar until smooth. Add milk and vanilla and beat well.

Gradually add flour, baking soda, spices, and salt. Mix well. Stir in oats and raisins. If the batter is too dry, add more milk a little at a time until the proper consistency is reached.

When well mixed, drop the batter by rounded tablespoons onto an ungreased cookie sheet. Bake for 9 to 10 minutes for a chewy cookie, or 12 to 13 minutes for a crisper cookie.

makes 4 dozen cookies

Suggested Menus

Wake up to a terrific Canadian breakfast. Select from muffins, pancakes, or granola. Don't forget the maple syrup! It will get you through a busy winter day. For a very special luncheon or dinner, be sure to include wild rice or Quebec Pea Soup. Choose the Garden Vegetable Pie for a company dinner or for a picnic, and keep the cookie jar full for after-school sweet treats. Round out your Canadian menu by making selections from any other section of this book

Canadian Breakfast or Brunch

Freshly Squeezed Orange Juice

Pancakes with Maple Syrup

or

Assorted Muffins

Strawberry Preserves (p. 460)

Marmalade (p. 460)

Freshly Brewed Coffee

After-Skating Luncheon

Hearty Cabbage Soup

Homemade Bread

Assorted Cookies

Autumn Dinner with Friends

Maple-Glazed Acorn Squash

Wild Rice and Exotic Mushroom Salad

Spinach Salad with Lemon-Honey Dressing

White Chocolate Raspberry Tart

Winter Dinner

Quebec Pea Soup

Creamy Potato and Cheese Casserole

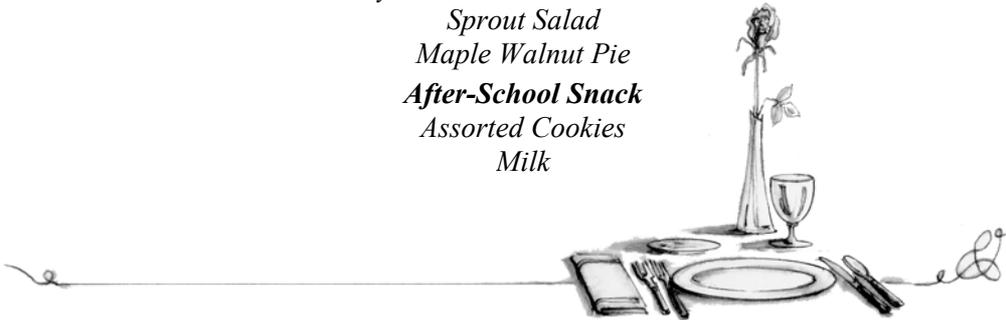
Sprout Salad

Maple Walnut Pie

After-School Snack

Assorted Cookies

Milk





The United States

The United States Recipes

Breads

Quick Buttermilk Biscuits

Skillet Corn Bread

Cranberry Nut Bread

Soups, Gumbos, and Chili

Summer Tomato, Basil, and Corn Soup

Louisiana Gumbo

Black Bean Chili

Loaves, Pies, and Burgers

Savory Cheese and Nut Loaf

Winter Pot Pie with Biscuit Crust

Tamale Pie

Nutty Burger

Vegetables

Pecan-Crusted Sweet Potatoes

Collard Greens with Caramelized Turnips

Buttered Green Beans

Roasted Jerusalem Artichokes

Grilled Corn on the Cob with Cilantro Butter

Salads

Potato Salad with Eggless Mayonnaise

Salad of Mixed Lettuces and Edible Flowers

Hoppin' John Salad

Sauces and Condiments

Zesty Barbecue Sauce

Cranberry Relish

Hot Pepper Vinegar

Sweets

Chocolate Layer Cake

Pumpkin Pie

Scrumptious Chocolate Brownies

Beautiful Blondies

Suggested Menus

Quick Buttermilk Biscuits

These quick biscuits may be cut in half and served with butter and jam, or they may be served without the jam to accompany any soup or stew. The biscuit dough also makes a tasty topping for the Winter Pot Pie (p. 86).

1 cup (4½ oz or 130 g) plus 2 tablespoons (½ oz or 15 g) all-purpose flour

¼ teaspoon (1.1 g) baking soda

1 teaspoon (4 g) baking powder

½ teaspoon (3 g) salt

4 tablespoons (2 oz or 60 g) unsalted butter, softened

½ cup (4 fl oz or 120 ml) buttermilk

Preheat the oven to 500° F (260° C or 10 G). Combine the flour, baking soda, baking powder, and salt. Add the butter and buttermilk.

Knead the dough on a floured board or floured counter three or four times. Roll out about 1-in (2½-cm) thick. Cut with biscuit cutter or a cup.

Place the biscuits on a cookie sheet and bake for about 10 minutes or until done.

makes 8 biscuits

Skillet Corn Bread

Corn bread is a favorite quick bread both north and south of the border. To vary the bread, add chilies or fresh corn to the batter.

4 tablespoons (2 oz or 60 g) unsalted butter
1½ cups (6 oz or 170 g) cornmeal
1½ cups (7 oz or 200 g) all-purpose flour
¼ cup (2 oz or 60 g) sugar
1½ teaspoons (¼ oz or 6.6 g) baking soda
1 teaspoon (6 g) salt
2 teaspoons (¼ oz or 8 g) baking powder
2½ cups (20 fl oz or 595 ml) buttermilk, at room temperature

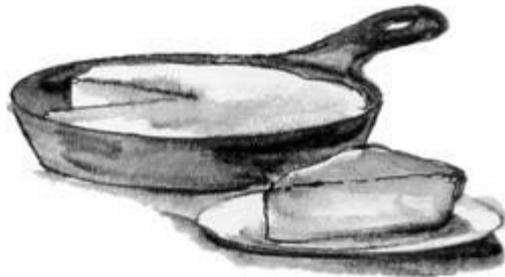
Preheat the oven to 425° F (220° C or 7 G).

Melt the butter in a 10-in (25-cm) heavy cast iron skillet. A 10-in (25-cm) pie plate may substitute, if a skillet is not available. Pour the melted butter into a cup, leaving enough butter in the skillet so that it is well greased. Set aside.

Place the cornmeal, flour, sugar, baking soda, salt, and baking powder in a mixing bowl. Combine the buttermilk, including all but 2 tablespoons (1 fl oz or 30 ml) of the melted butter. Mix with the dry ingredients. The batter should be pourable and not quite as thick as muffin batter.

Spread the batter in the skillet and pour the remaining butter over the batter. Bake for about 25 minutes or until golden. Serve hot.

serves six to eight



Cranberry Nut Bread

The crunchy combination of cranberries and nuts makes this the perfect quick bread for an autumn breakfast. It is also a good accompaniment to savory supper dishes.

2¾ cups (12½ oz or 355 g) unbleached all-purpose flour
1 teaspoon (4.4 g) baking soda
2 teaspoons (¼ oz or 8 g) baking powder
½ teaspoon (2½ g) cinnamon
Pinch of salt
1¼ cups (10 oz or 285 g) light brown sugar, firmly packed
⅔ cup (5⅓ fl oz or 160 ml) vegetable oil
1 tablespoon (½ oz or 15 g) orange zest
1 cup (8 fl oz or 240 ml) nonfat buttermilk
¼ cup (2 oz or 60 g) nonfat yogurt
2 teaspoons (¼ fl oz or 10 ml) vanilla extract
1 cup (4 oz or 115 g) cranberries, coarsely chopped
1 cup (4 oz or 115 g) walnuts, coarsely chopped

Heat the oven to 350° F (180° C or 4 G). Lightly grease a loaf pan. Combine flour with baking soda, baking powder, cinnamon, pinch of salt, and sugar. Set aside.

Combine oil, zest, buttermilk, yogurt, and vanilla. Gently whisk dry ingredients into wet ingredients. Fold in cranberries and walnuts.

Fill a loaf pan. Bake 1 hour and 10 minutes or until a toothpick comes out clean. Let cool in pan 5 to 10 minutes, then transfer to wire rack.

makes 1 loaf

Squash Bisque with Spiced Yogurt

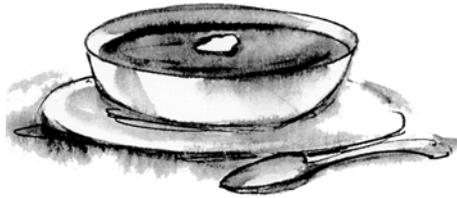
A great autumn soup - squash and spicy yogurt. All it needs is a slice of thick corn bread and a green salad to round out the meal.

For the Squash Bisque

2 onions (about 8 oz or 225 g), chopped
2 tablespoons (1 oz or 30 g) unsalted butter
2 lbs (1 kg) butternut squash, peeled, seeded, and cut into large cubes
1 Granny Smith apple (about 4 oz or 115 g), peeled and chopped
3 cups (24 fl oz or 710 ml) Vegetable Broth (p. 411)
1 teaspoon (5 g) curry powder (or to taste)
Salt
Freshly grated black pepper

For the Spiced Yogurt (makes about 2 cups)

1 tablespoon (½ oz or 15 g) unsalted butter or ghee
2 cloves garlic, minced
½ teaspoon (2½ g) turmeric
Salt
½ teaspoon (2½ g) paprika
1 teaspoon (5 g) fresh cilantro
2 cups (1 lb or 455 g) yogurt



Sauté the onions in butter until soft. Stir in the squash and sauté for 5 minutes. Add the apple, broth, and curry powder. Simmer 20 to 30 minutes or until the squash is very tender.

Purée the soup in a blender. Return to the pot. Add salt and pepper to taste. Thin out the soup with additional broth or water if it becomes too thick. Pour into individual bowls and swirl some of the spiced yogurt into each bowl. Pass additional spiced yogurt at the table.

To prepare the spiced yogurt, heat the butter or ghee and sauté the garlic, turmeric, and salt for 2 minutes. Add the paprika and fresh cilantro. Remove from the heat and stir in the yogurt.

serves six

Summer Tomato, Basil, and Corn Soup

All the fragrance and fresh flavor of summer is in this soup. Even if you are not a big tomato soup fan, you will love it! It is even better the second day. Serve with buttermilk biscuits for a light meal.

1 tablespoon (½ oz or 15 g) unsalted butter
1 carrot (about 4 oz or 115 g), diced
1 red onion (about 3 oz or 85 g), diced
1 large clove garlic, minced
4 cups (1 qt or 1 L) Vegetable Broth (p. 411)
Kernels from medium-sized ear of fresh corn
(about ¼ cup or 2 oz or 60 g)
2 lbs (1 kg) fresh or canned tomatoes, diced
Pinch oregano
¼ cup (1 oz or 30 g) fresh basil leaves
½ cup (2½ oz or 75 g) cooked rice
Salt
Freshly ground black pepper
8 oz (225 g) Swiss cheese, grated

Melt the butter in the bottom of a large soup pot. Add the carrot, onion, and garlic. Sauté over low to medium heat until the onion is tender, about 5 minutes.

Add the broth. Cover and bring to a boil, then add the corn. Cover again and simmer for 10 minutes. Add the tomatoes and oregano and simmer for 15 minutes.

Transfer half of the soup to a blender. Add the basil and blend until well mixed. Return the blended mixture to the pot and add the rice. Season with salt and pepper to taste and heat through. Pour into soup bowls and add Swiss cheese.

serves eight

Louisiana Gumbo

A gumbo is a thick soup. The influence is African, but the style is 100% New Orleans! Okra is almost always included, but a soy product or gluten can substitute for the mushrooms.

3 tablespoons (1½ oz or 45 g) unsalted butter
1 onion (about 4 oz or 115 g), chopped
1 lb (455 g) okra, stemmed and chopped
1 lb (455 g) fresh or canned plum tomatoes with their juice, chopped
½ cup (4 fl oz or 120 ml) vegetable oil
⅓ cup (1⅓ oz or 38 g) all-purpose flour
6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411)
1 bell pepper (about 4 oz or 115 g), chopped
3 cloves garlic, chopped
2 cups (about 6-8 oz or 170-225 g) mushrooms, sliced
¼ teaspoon (¼ g) thyme
¼ teaspoon (¼ g) allspice
½ teaspoon (2½ g) cayenne pepper
Pinch of cloves
Salt
2 tablespoons (1 oz or 30 g) parsley, chopped
½ cup (1½ oz or 45 g) scallions, chopped

Melt the butter in a heavy soup pot. Add the onions and sauté until they go limp, then add the okra and sauté a few additional minutes. Stir in the tomatoes and allow to cook uncovered for about 30 minutes.

Prepare the roux by blending the oil and flour in a heavy skillet. Cook over low heat, stirring frequently for about half an hour. It should brown but not burn. Add 2 cups (16 fl oz or 500 ml) of the broth to the roux. Stir well, scraping all the brown bits from the skillet. Transfer to the tomato-okra mixture.

Add the remaining broth, vegetables, herbs, spices, and salt to taste. Simmer 45 minutes to 1 hour. Sprinkle with parsley and scallion tops. Serve over brown rice.

serves six to eight

Black Bean Chili

TVP (textured vegetable protein) adds interest and texture to this chili. This recipe uses chili powder, but you can substitute fresh chilies. Start adding chilies or chili powder in small quantities. Taste, and add more if you like it hotter.

For the Black Bean Chili

1½ cups (6 oz or 170 g) dried black beans

10 cups (2½ qt or 2½ L) water

1 bay leaf

Salt

3 onions (about 12 oz or 340 g), chopped

3 tablespoons (1½ fl oz or 45 ml) corn oil

4 cloves garlic, chopped

3 tablespoons (1½ oz or 45 g) chili powder (or to taste)

1 tablespoon (½ oz or 15 g) cumin

2 tablespoons (1 oz or 30 g) oregano

½ teaspoon (2½ g) cayenne pepper

3 carrots (about 9 oz or 255 g), finely chopped

3 red or green bell peppers (about 12 oz or 340 g), chopped

1½ lbs (680 g) fresh or canned tomatoes, chopped

1 cup (3 oz or 85 g) TVP (or any soy granule) soaked in 1 cup (8 fl oz or 250 ml) water

1 tablespoon (½ oz or 15 g) brown sugar

1 tablespoon (½ fl oz 15 ml) vinegar

For the Garnish

Muenster cheese, shredded

Sour cream

Cilantro, chopped

Scallions, chopped

Green chilies, chopped

Pick through the beans and remove any stones. Rinse, cover with water, and let them soak overnight. The next day, drain, cover with about 10 cups (2½ qt or 2½ L) fresh water. Add the bay leaf and bring to the boil. Lower the heat and let simmer until tender (1 to 2 hours). Add salt. Drain, remove the bay leaf, and set aside.

In a large pot, sauté the onions in the corn oil until soft. Add the garlic, chili powder, cumin, oregano, and cayenne. Sauté another 4 or 5 minutes. Add the chopped carrots, bell pepper, the tomatoes with their juice, and the TVP. Simmer for 15 more minutes. Add the cooked beans and simmer for 15 to 20 minutes.

Add water if needed, but the chili should be nice and thick. Stir in the brown sugar and vinegar. Taste and adjust seasoning, adding additional cumin or chili powder if necessary.

To serve, sprinkle a little Muenster cheese into individual chili bowls. Ladle the chili over the cheese and serve with a dollop of sour cream and the fresh chopped cilantro. Pass the chopped green scallions and green chilies at the table.

serves eight



Savory Cheese and Nut Loaf

This savory loaf makes an excellent holiday meal served with Shiitake Mushroom Gravy and Cranberry Relish (p. 98). Any leftovers make a delicious sandwich filling or a great stuffing for vegetables. Shiitake mushrooms add a rich earthiness to the gravy, but other wild or exotic mushrooms (or even cultivated mushrooms) may be used if shiitake are not available.

For the Savory Cheese and Nut Loaf

2 tablespoons (1 oz or 30 g) unsalted butter
1 large onion (about 8 oz or 225 g), chopped
3 stalks celery (about 8 oz or 225 g), chopped
1½ cups (6 oz or 170 g) walnuts, chopped
1 cup (4 oz or 115 g) cashews, coarsely chopped
¼ cup (¾ oz or 20 g) rolled oats
1½ cups (about 12 oz or 340 g) cottage cheese
½ cup (2 oz or 60 g) almonds, ground to flour
1¼ cups (6 oz or 170 g) cooked brown rice
¼ teaspoon (1¼ g) thyme
¼ teaspoon (1¼ g) oregano
½ teaspoon (2½ g) sage
3 tablespoons (1½ oz or 45 g) fresh parsley, finely chopped
2 tablespoons (½ oz or 15 g) arrowroot mixed with ⅓ cup (3 fl oz or 90 ml) water
Salt
Freshly ground black pepper

For the Shiitake Mushroom Gravy (makes 3½ cups)

3 tablespoons (1½ oz or 45 g) unsalted butter
8 oz (225 g) fresh shiitake mushrooms (or mushroom of your choice)
2 tablespoons (1 oz or 30 g) scallions
¼ cup (1 oz or 30 g) all-purpose flour
3 cups (24 fl oz or 710 ml) Porcini Broth (p. 311) (or other broth)
3 tablespoons (1½ oz or 45 ml) tamari sauce (or to taste)
2 teaspoons (¼ oz or 8 g) fresh tarragon (1 teaspoon or 5 g dried)
1 tablespoon (½ fl oz or 15 ml) fresh lemon juice
1 tablespoon (½ fl oz or 15 ml) balsamic vinegar
Pinch of ground red pepper

Preheat the oven to 375° F (190° C or 5 G). Grease a loaf pan. Heat the butter in a skillet and sauté the onion and celery until tender. Remove from heat.

Add the walnuts, cashews, rolled oats, cottage cheese, almond flour, cooked brown rice, thyme, oregano, sage, fresh parsley, arrowroot/water mix, salt, and pepper. Mix very well. Turn into the greased loaf pan and bake for 1 hour or until set. Let the loaf sit for at least 15 minutes before serving. Serve with Shiitake Mushroom Gravy.

To make the Shiitake Mushroom Gravy, heat the butter in a large skillet. Add the sliced mushrooms and scallions. Cook for about 10 minutes until the mushrooms release their juices.

Place the flour in a bowl. Add ½ cup (4 fl oz or 120 ml) of the broth and whisk briskly until very well blended.

Add the remaining broth to the skillet mixture. Stir in the flour/broth mixture and bring to a boil. Reduce heat and simmer uncovered until mixture thickens, about 15 minutes. Stir in the tamari sauce to taste. Add the fresh or dried tarragon, lemon juice, balsamic vinegar, and ground red pepper.

makes 1 nut loaf



Winter Pot Pie with Biscuit Crust

Just like mom used to make! Vary the vegetables according to what you have on hand. The gravy is made with nutritional yeast, which is available in health food stores. If you are unable to find it, make your gravy with all-purpose flour.

For the Winter Pot Pie

1 cup (3 oz or 85 g) broccoli florets, cut into small pieces
½ cup (4 oz or 115 g) celery, diced
1 cup (about 8 oz or 225 g) carrots, diced
1 cup (4 oz or 115 g) fresh or frozen string beans, cut into small pieces
½ cup (2½ oz or 75 g) fresh or frozen peas
1½ lbs (680 g) potatoes, peeled and cubed
1 onion (about 3 oz or 85 g), diced
8 oz (225 g) seitan, cubed (optional)

For the Nutritional Yeast Gravy (makes about 3 cups)

1 cup (3 oz or 85 g) nutritional yeast (available in health food stores)
½ cup (2¼ oz or 65 g) whole-wheat pastry flour
⅔ cup (5 ⅓ fl oz or 160 ml) vegetable oil
3-4 cups (24 fl oz-1 qt or 710 ml-1 L) water
3 tablespoons (1½ fl oz or 45 ml) soy sauce
Freshly ground black pepper

For the Biscuit Crust

1 recipe Quick Buttermilk Biscuits (p. 76)

Preheat the oven to 350° F (180° C or 4 G) and lightly grease a casserole dish or 10-in (25-cm) pie plate. Prepare the vegetables by steaming or sautéing lightly in oil. Sauté the seitan, if using.

Meanwhile, prepare the gravy by combining the nutritional yeast and flour in a large skillet. Cook over medium heat until aromatic. Add the oil and whisk until smooth.

Add water slowly, stirring constantly with a whisk until the gravy thickens. Add as much water as necessary to achieve either a thick or a thin gravy, according to preference. Stir in the soy sauce and some black pepper.

Add as much of the gravy as desired to the sautéed vegetables and simmer about 5 minutes. Pour the vegetable/gravy mix into the prepared pie dish or casserole dish.

Prepare the biscuit dough and roll out to fit over the pie plate or casserole dish. Lay the biscuit crust over the filling. Poke a few holes in the top and bake at 350° F (180° C or 4 G) for about 30 minutes or until the crust is golden. Serve hot. Pass the additional gravy at the table.

serves six



Tamale Pie

Tamale pie is the North American cousin of the tamale. Much quicker to put together, it is a classic on its own.

1 cup (4 oz or 115 g) masa harina or yellow cornmeal
1 cup (8 fl oz or 240 ml) milk
3 cups (24 fl oz or 710 ml) boiling salted water
1 teaspoon (5 g) cayenne
2 tablespoons (1 fl oz or 30 ml) vegetable oil
1 onion (about 4 oz or 115 g), chopped
2 cloves garlic, chopped
2 teaspoons (¼ oz or 8 g) cumin
1 jalapeño chili, chopped
1 teaspoon (5 g) oregano
3 stalks celery (about 8 oz or 225 g), chopped
1 green bell pepper (about 5 oz or 140 g), chopped
2 cups (1 lb or 455 g) fresh or canned tomatoes, coarsely chopped
Salt
3 cups (1½ lbs or 680 g) cooked pinto beans
2 cups (about 1 lb or 455 g) fresh or frozen corn kernels
½ cup (2 oz or 60 g) pitted black olives, coarsely chopped
1 cup (4 oz or 115 g) cheddar cheese, shredded

Preheat the oven to 350° F (180° C or 4 G). Meanwhile, whisk the *masa harina* or cornmeal and milk together. In the top of a double boiler, stir the cornmeal, boiling salted water, and cayenne together. Cook until thickened, about 25 minutes, stirring occasionally.

To prepare the vegetables, heat the oil in a sauté pan and sauté the onion until golden. Add the garlic, cumin, jalapeño chili, oregano, celery, and green pepper. Sauté another 5 minutes and add the tomatoes. Cook for about 10 minutes, adding salt to taste. Stir in the beans, corn, and olives. Cook until the juices evaporate. Mix in the cheese, reserving a few tablespoons.

Mix the cornmeal with the vegetables. Pour into a 2-qt (2-L) baking pan. Top with the reserved cheese and bake for about 1 hour and 15 minutes.

serves six to eight

Nutty Burger

Burgers may be made from any combination of nuts, grains, vegetables, and beans. Make use of whatever you have on hand. Be sure to add enough grains or beans to make a firm burger, especially if you plan to cook them on the grill.

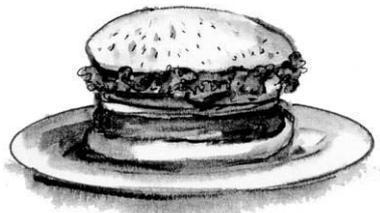
1 cup (3 oz or 85 g) uncooked oats
1 cup (4 oz or 115 g) seasoned bread crumbs
1 onion (about 4 oz or 115 g), finely chopped and sautéed
1 cup (4 oz or 115 g) walnuts, finely chopped
¼ cup (1 oz or 30 g) sunflower seeds
¼ cup (1 oz or 30 g) whole-wheat flour
2 tablespoons (1 oz or 30 g) tahini or other nut butter
2-3 fresh basil leaves, chopped
Handful of fresh parsley, chopped
Salt
Freshly ground black pepper
Boiling water
Oil for frying

Place all of the ingredients (except the oil) in a large bowl. Add just enough boiling water to hold the mixture together, no more than $\frac{3}{4}$ cup (6 fl oz or 180 ml). Mix well. While the mixture is still warm, shape into burger-size patties, using $\frac{1}{2}$ -cup measure.

Heat the oil in a heavy skillet, and pan-fry the burgers until brown on both sides. Alternately, you may coat the patties with oil and grill on a very clean, well-oiled grill.

Serve on burger buns with the condiments of your choice or with gravy.

makes 6 burgers



Pecan-Crusted Sweet Potatoes

These streusel-topped sweet potatoes are almost sweet enough to bring to the dessert table.

3½ lbs (1¾ kg) sweet potatoes
6 tablespoons (3 oz or 85 g) unsalted butter, softened
Salt
1 tablespoon (½ oz or 8 g) all-purpose flour
½ cup (2 ½ oz or 75 g) brown sugar
½ teaspoon (2.5 g) cinnamon
1 cup (4 oz or 115 g) pecans, coarsely chopped

Bake sweet potatoes until tender, about 1 hour. Purée potatoes by hand or in a food processor. Mix 4 tablespoons (2 oz or 60 g) of the softened butter into the warm potatoes. Season with salt. Combine well. Put the sweet potatoes in a 10-in (25-cm) gratin or pie dish.

Preheat the oven to 350° F (180° C or 4 G).

Mix the flour, sugar, and cinnamon in a small bowl. Toss with the chopped pecans. Sprinkle over the top of the sweet potatoes. Cut the remaining butter into small pieces and toss here and there over the topping. Bake about 20 minutes or until nicely browned.

serves six

Collard Greens with Caramelized Turnips

Collard greens are a southern standby, but you may prepare any greens this way. The turnips are a perfect complement.

2 lbs (1 kg) turnips

2 lbs (1 kg) fresh collard greens (other bitter greens may be substituted)

2 tablespoons (1 oz or 30 g) unsalted butter

Pinch of sugar

Salt

Freshly ground black pepper

Olive oil

Hot Pepper Vinegar (to taste) (p. 98)

Wash and peel the turnips. Cut into slices and blanch 1 to 2 minutes in boiling water to remove any strong taste. Drain.

Wash the collard greens thoroughly, removing all dirt. Tear the leaves from the tough central vein and tear again into a few pieces.

Melt the butter in a saucepan. Add the sliced turnips and a pinch of sugar. Braise slowly over low heat until they are nicely browned, about 20 minutes.

Add the collard greens to the saucepan. Cover and cook until tender. Season with salt and pepper to taste. Drizzle with olive oil just before serving. Serve at once with Skillet Corn Bread (p. 77). Pass the Hot Pepper Vinegar at the table and let guests add their own.

serves four



Buttered Green Beans

Green beans tossed with butter make a good accompaniment to any meal. They are particularly tasty with nut roasts, and are a good side dish for the Thanksgiving table.

1½ lbs (680 g) green beans
3 tablespoons (1½ oz or 45 g) unsalted butter
Salt
Freshly ground black pepper
2 tablespoons (1 oz or 30 g) parsley, chopped (to taste)

Steam green beans until tender. Remove from heat. While still hot, toss with butter. Add salt, freshly ground black pepper, and parsley to taste. Toss to combine. Serve hot.

serves four



Roasted Jerusalem Artichokes

The knobby sunchoke, a North American tuber, is a Jerusalem artichoke. It is a member of the sunflower family and not an artichoke at all.

2 lbs (1 kg) Jerusalem artichokes, scrubbed and peeled
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
Salt and freshly ground black pepper

Preheat the oven to 425° F (220° C or 7 G). Toss the whole Jerusalem artichokes with the oil in a baking dish. Sprinkle with salt. Bake 45 minutes or until tender. Sprinkle with additional salt and black pepper. Serve hot.

serves four

Grilled Corn on the Cob with Cilantro Butter

Fresh sweet corn may be grilled with or without its husk. When the husks are removed, as in this recipe, it adds a smoky, charcoal flavor to the corn. Refrigerate or freeze any leftover cilantro butter and add to soups or sandwiches.

For the Corn

6 ears fresh corn

For the Cilantro Butter (makes ½ cup)

½ cup (4 oz or 115 g) unsalted butter, softened

1-2 tablespoons (½-1 fl oz or 15-30 ml) fresh lime juice

3 tablespoons (1½ oz or 45 g) fresh cilantro, minced

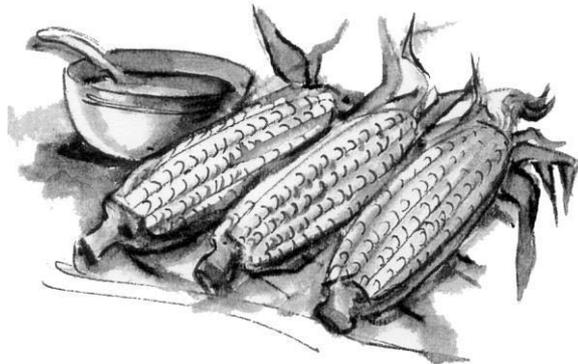
Salt

Freshly ground black pepper

Husk the corn and cook in salted boiling water for just 1 to 2 minutes. Drain and rinse in cold water. When ready, put the corn on the grill and baste lightly with a little cilantro butter. Grill until lightly charred.

To make the cilantro butter, cream the softened butter. Beat in the fresh lime juice. Add the fresh cilantro, salt, and pepper to taste. Use the desired amount for the corn and refrigerate or freeze the remainder for other uses.

serves six



Potato Salad with Eggless Mayonnaise

A quick recipe for a tasty eggless mayonnaise accompanies this traditional potato salad. Leftover mayonnaise may be jarred and refrigerated for use in any recipe that calls for mayonnaise.

For the Potato Salad

1 quantity Warm Austrian Potato Salad (p. 449)
3 scallions (about 1½ oz or 45 g), chopped
1 celery stalk (about 2½ oz or 75 g), chopped
1 small green bell pepper (about 3 oz or 85 g), chopped
¼ cup (about 1 oz or 30 g) gherkins, chopped
¾ cup (6 oz or 170 g) mayonnaise (or to taste)
1 tablespoon (½ oz or 15 g) stone-ground mustard

For the Eggless Mayonnaise (makes 2 cups)

½ teaspoon (2½ g) dry mustard
Dash cayenne pepper
¼ teaspoon (1¼ g) paprika
½ teaspoon (2½ g) salt
¾ cup (6 fl oz or 180 ml) evaporated milk
3 tablespoons (1½ oz or 45 ml) cider vinegar
1 cup (8 fl oz or 240 ml) salad oil

Prepare the mayonnaise by placing dry ingredients and evaporated milk in a blender. Mix at low speed for about 30 seconds. Add the vinegar and continue to blend for about 30 seconds. Turn blender to high speed and add salad oil slowly in a thin stream until the mixture thickens, about 1 minute.

Gently toss all of the ingredients for the potato salad with the desired amount of mayonnaise. Refrigerate any remaining mayonnaise for other uses. Refrigerate the salad several hours before serving.

serves eight to ten

Salad of Mixed Lettuces and Edible Flowers

This salad works best when it is composed primarily of leafy greens. Chicory, radicchio, and arugula are all tossed in the mix. The kinds of lettuce and amounts are only suggestions. Use any that you like, but be sure to use a variety. Nasturtiums or other edible flowers add a colorful accent.

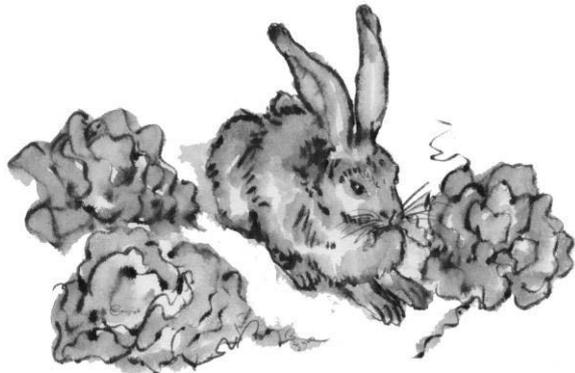
Small head leaf lettuce (about 6 oz 170 g)
Handful chicory or escarole (2 oz or 60 g)
Handful radicchio (about 2 oz or 60 g)
1 small bunch arugula (about 3 oz or 85 g)
Handful of mesclun or field greens (about 2 oz or 60 g)
½ sweet red onion (about 2 oz or 60 g), sliced
½ head fennel (about 12 oz or 340 g), finely sliced
Salt
Freshly ground black pepper
Vinaigrette Dressing (p. 347)
Handful of nasturtiums or other edible flower

Wash all the greens thoroughly to remove any sand. Spin the lettuces dry in a lettuce spinner or shake in a colander and pat dry with a paper towel or cloth.

Mix all the greens together in a big salad bowl. Add the red onion and the sliced fennel.

Dress the salad with salt and pepper to taste and toss with the desired amount of vinaigrette. Scatter the nasturtiums on top just before serving.

serves six



Hoppin' John Salad

In the southern United States, black-eyed peas are eaten on New Year's Day to bring good luck. Hoppin' John is usually a stew. Here the peas are taken out of the stew pot and tossed in a salad bowl for a meal that is as good on a summer afternoon as it is on the first of the year!

1½ cups (7½ oz or 215 g) cooked brown rice
2 cups (1 lb or 455 g) cooked or canned black-eyed peas, drained
½ chayote squash (about 2 oz or 60 g), peeled, diced, and steamed for 20 minutes
¼ large red bell pepper (about 1½ oz or 45 g), diced
¼ large green bell pepper (about 1½ oz or 45 g), diced
3 tablespoons (1½ oz or 45 g) sweet red onion, finely chopped
1 stalk celery (2½ oz or 75 g), diced
1 tablespoon (½ oz or 15 g) fresh cilantro, finely chopped
Salt
Freshly ground black pepper
Fresh lime juice
Vinaigrette Dressing (p. 347)

Mix the cooked brown rice with the drained black-eyed peas. Add the *chayote* squash, the red and green bell pepper, onion, celery, and the fresh cilantro.

Add salt, pepper, and lime juice to taste. Toss with the vinaigrette dressing to taste. Chill.

Before serving, taste and adjust the seasoning. Add more lime juice or vinaigrette dressing if needed.

serves four to six

Zesty Barbecue Sauce

This sauce is indispensable for a barbecue. Spread it on grilled nutty burgers or use it as a marinade for burgers, tofu, or grilled vegetables.

2 tablespoons (1 fl oz or 30 ml) vegetable oil
1 onion (about 4 oz or 115 g), chopped
1 jalapeño chili, chopped (or to taste)
2 cloves garlic, chopped
2½ cups (1¼ lbs or 566 g) tomato sauce
¼ cup (2 fl oz or 60 ml) water
1 cup (8 oz or 225 g) brown sugar
1 tablespoon (½ fl oz or 15 ml) molasses
½ cup (4 fl oz or 115 ml) mustard
Salt
1 teaspoon (5 g) allspice
¼ teaspoon (1¼ g) cayenne pepper (or to taste)
1 tablespoon (½ oz or 15 g) parsley, chopped
½ cup (4 fl oz or 120 ml) lemon juice
2 tablespoons (1 fl oz or 30 ml) soy sauce

Heat the oil in a saucepan and sauté the onion until translucent. Add the jalapeño and the garlic and cook an additional minute. Stir in the tomato sauce, water, brown sugar, molasses, mustard, salt to taste, allspice, cayenne pepper, and parsley.

Bring to a boil, reduce the heat, and simmer for about 1 hour. Add the lemon juice and soy sauce and simmer another few minutes.

makes 3 cups



Cranberry Relish

A traditional accompaniment to Thanksgiving dinner, but it also makes a very refreshing dessert.

1 orange (about 6 oz or 170 g)
2 tart apples (about 8 oz or 225 g)
½ cup (2 oz or 60 g) walnuts
2 stalks celery (about 6 oz or 170 g)
12 oz (340 g) fresh or frozen cranberries
1 cup (8 oz or 225 g) sugar
⅓ cup (2⅔ fl oz or 80 ml) water

Chop the orange and apples into small pieces. Coarsely chop the walnuts and finely dice the celery. Rinse the cranberries in cold water.

Mix the sugar and water and bring to a boil. Drop the cranberries into the boiling sugar/water and cook until they start to crackle and pop (don't let them get mushy). Add the fruit, nuts, and celery to the hot cranberries. Let the mixture cool. Refrigerate before serving.

makes 5 cups

Hot Pepper Vinegar

4 cups (1 qt or 1 L) apple cider vinegar
3-4 hot peppers or a few dashes of hot sauce



Pour the vinegar in a glass jar. Add the hot peppers. Seal and store in a cool dark place for 2 to 3 weeks. After that time, remove the hot peppers and use the vinegar. Or alternately, if you are in a hurry, add a few dashes of hot sauce to the vinegar. Use with collard greens and other dishes to add a little zest.

makes 1 quart

Chocolate Layer Cake

A very versatile recipe to have on hand! One batter will make a layer cake, *bundt* cake, sheet cake, or cupcakes. Make a white cake by removing the cocoa and adding a few extra tablespoons of flour. You can also frost with Chocolate Icing (p. 286).

For the Chocolate Cake

3 cups (13½ oz or 385 g) unbleached all-purpose flour
2 cups (1 lb or 455 g) sugar
2 teaspoons (¼ oz or 8.8 g) baking soda
½ cup (about 2 oz or 60 g) cocoa
1 teaspoon (6 g) salt
2 tablespoons (1 fl oz or 30 ml) white vinegar
2 teaspoons (¼ oz or 8 ml) vanilla
¾ cup (6 fl oz or 180 ml) vegetable oil
2 cups (16 fl oz or 475 ml) whole milk

For the Butter Cream Frosting

½ cup (4 oz or 115 g) unsalted butter, softened
1 lb (455 g) confectioners' (powdered) sugar
3 tablespoons (1½ fl oz or 45 ml) milk
1 teaspoon (5 ml) vanilla

Preheat the oven to 350° F (180° C or 4 G). Put all the dry ingredients into a large bowl and stir with a wooden spoon until mixed completely. Make 3 dents in the dry ingredients. Pour the vinegar into the first dent, vanilla into the second, and oil into the third. Pour the milk over all. Mix until smooth.

Grease two 8-in (20-cm) baking pans and pour in the batter. Bake until a toothpick inserted in the center comes out dry, about 25 to 30 minutes.

To make the butter cream frosting, put the butter in a large bowl and beat until fluffy, then add half of the powdered sugar and beat again. Add the milk, vanilla, and the remaining sugar and beat until smooth. Add a few more drops of milk, if necessary, to make the frosting of spreading consistency.

makes 1 layer cake

Pumpkin Pie

Pie is almost synonymous with dessert in the United States. Pumpkin is an autumn favorite. It is easily prepared using fresh or canned pumpkin.

1 cup (8 oz or 225 g) light brown sugar
2 cups (1 lb or 455 g) pumpkin purée
1½ cups (12 fl oz or 350 ml) evaporated milk
3 tablespoons (1 oz or 30 g) flour
½ cup (2⅔ fl oz or 80 ml) milk or cream
½ teaspoon (3 g) salt
1½ teaspoons (7½ g) cinnamon
½ teaspoon (2½ g) ginger
½ teaspoon (2½ g) nutmeg
¼ teaspoon (1¼ g) ground cloves
9-in (23-cm) unbaked pastry shell (p. 352)

Preheat the oven to 425° F (220° C or 7 G).

Blend the brown sugar, pumpkin purée, and evaporated milk.

Beat the flour and the milk or cream together. Add it to the pumpkin mixture. Add the salt and spices and beat until smooth or blend in a blender.

Pour into the unbaked pie shell and bake for 15 minutes, then lower the heat to 350° F (180° C or 4 G) and bake for 50 to 60 minutes more or until set. Serve with whipped cream.

makes 1 pie



Scrumptious Chocolate Brownies

These brownies have been tested and enthusiastically recommended by a California swim team. "Cake-like brownies," they say. Not "fudgie." "Mmmm!"

½ cup (4 oz or 115 g) unsalted butter
2 squares (2 oz or 60 g) unsweetened chocolate
⅓ cup (1½ oz or 45 g) all-purpose flour
1¼ cups (10 fl oz or 295 ml) cool water
½ teaspoon (3 g) salt
2 teaspoons (¼ fl oz or 8 ml) vanilla
½ cup (2 oz or 60 g) cocoa
2 cups (8 oz or 225 g) all-purpose flour
2 teaspoons (8 g) baking powder
2 cups (1 lb or 455 g) sugar
1 cup (4 oz or 115 g) walnuts, coarsely chopped (or to taste)

Grease an 8-x-12-in (20 x-30-cm) pan. Preheat the oven to 350° F (180° C or 4 G).

Melt the butter and the chocolate squares in a small heavy pan over low heat until well blended. Set aside.

In a small saucepan, mix ⅓ cup (⅓ oz or 38 g) of flour with a little water to make a paste, then add the remaining water and cook over moderate heat. Whisk constantly until thickened, about 5 minutes (a few lumps are okay). Remove from heat and stir in salt, vanilla, and chocolate mixture.

Sift the cocoa, flour, and baking powder into a large bowl. Mix in sugar, liquid mixture, and nuts. Blend very well. The mixture will be very thick. Spread into the pan and bake for 30 to 40 minutes, or until it starts to leave the edges of the pan. For moist brownies, a knife inserted in the middle will not come out completely clean. Cool completely before cutting.

makes 16 large or 30 small brownies

Beautiful Blondies

Terrific! Great to make *for* or *with* kids. Stuff in a lunch box, picnic basket, or prepare for teenage parties.

2 tablespoons (1 oz or 30 g) unsalted butter
1 cup (3½ oz or 100 g) graham cracker crumbs
1 cup (7 oz or 220 g) semi-sweet chocolate chips
1 cup (4 oz or 115 g) coconut, shredded
1 cup (4 oz or 115 g) walnuts, chopped
14 ounces (396 g) sweetened condensed milk

Preheat the oven to 350° F (180° C or 4 G).

Melt the butter in a small pan. Set aside.

Place graham cracker crumbs, chocolate chips, coconut, and chopped nuts in a mixing bowl. Mix in the condensed milk and butter. Blend together very well and place in an 8-in (20-cm) square pan.

Bake for 30 minutes. Cool and cut into 16 squares.

makes 16 blondies



Suggested Menus

Nothing could be easier than putting together a menu from the United States. The style of dining and entertaining tends to be casual and informal...anything goes...from a casual backyard barbecue to an elaborate Thanksgiving dinner. The Nut Loaf, Pot Pie, and Tamale Pie are good for family or company dinners. The Black Bean Chili is a definite crowd pleaser, as are the Scrumptious Chocolate Brownies and the Beautiful Blondies. Feel free to mix and match from other chapters of the book.

Teenage Birthday Party

Black Bean Chili

Skillet Corn Bread

Salad of Mixed Lettuces and Edible Flowers

Chocolate Layer Cake

Backyard Barbecue

Nutty Burger

Potato Salad with Eggless Mayonnaise

Grilled Corn on the Cob with Cilantro Butter

Salad of Mixed Lettuces and Edible Flowers

Zesty Barbecue Sauce

Scrumptious Chocolate Brownies

Fresh Fruit

Thanksgiving Dinner

Squash Bisque with Spiced Yogurt

Savory Cheese and Nut Loaf

Shiitake Mushroom Gravy

Pecan-Crusted Sweet Potatoes

Buttered Green Beans

Roasted Jerusalem Artichokes

Salad of Mixed Lettuces

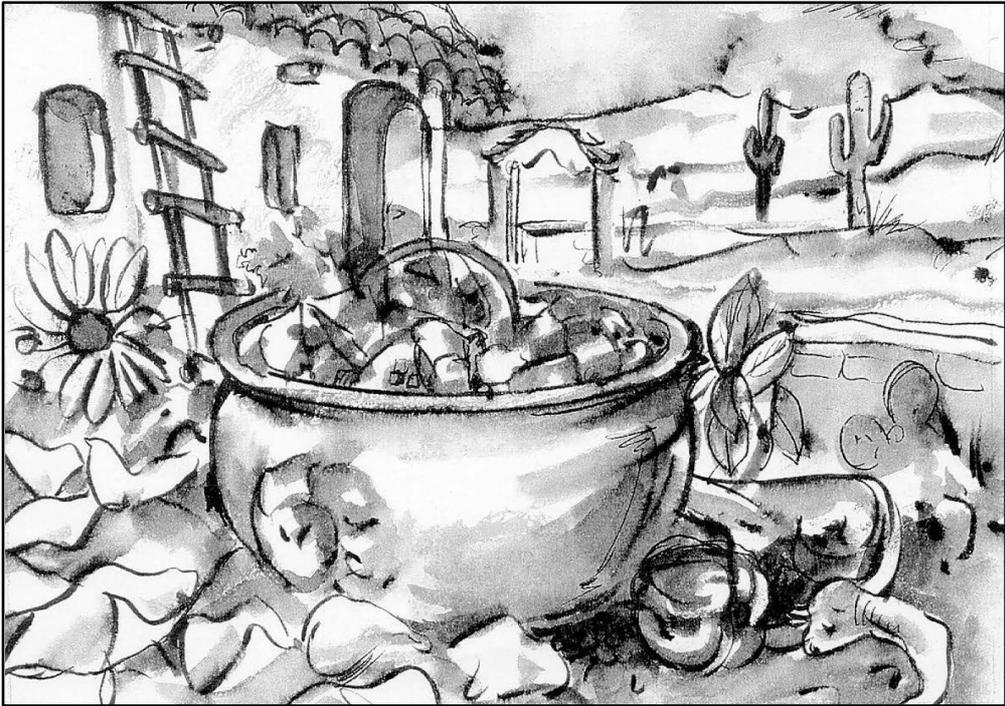
Cranberry Nut Bread

Cranberry Relish

Pumpkin Pie

Freshly Brewed Coffee





Mexico

Mexican Recipes
Appetizers and Snacks

Nachos
Guacamole

Sopas

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Chayotes with Tomatoes
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Christmas Eve Salad

Salsas

Salsa Cruda
Tomatillo Salsa

Postres (Sweets)

Flan (Caramel-Coated Custard)
Polvorones (Mexican Wedding Cookies)

Suggested Menus

Nachos

Nachos make a delicious Mexican snack for kids, or an appetizer for adults. Add jalapeño chilies if you like it spicy, leave them off for kids. Add guacamole on top as a variation.

4 cups (about 10 oz or 285 g) tortilla chips
4 cups (2 lbs or 1 kg) Refried Beans, (p. 117)
1 cup (8 fl oz or 240 ml) cooking liquid from the beans
1 lb (455 g) fresh tomatoes, chopped
½ onion (about 2 oz or 60 g), chopped
½ lb (225 g) Monterey Jack or cheddar cheese, grated
½ cup (4 oz or 115 g) sour cream (or to taste)
Jalapeño chilies, cut in rings (optional)
½ cup (4 oz or 115 g) Salsa Cruda (p. 122)

Spread the tortilla chips on a baking tray. Blend the refried beans and the cooking liquid in a blender. Stir the beans a few times to thoroughly mix everything. Spoon a layer on top of the chips. Add the chopped tomatoes and onions. Top with a generous layer of grated cheese.

Put in oven and broil for 1 minute or until cheese melts. Watch it carefully because the chips burn easily. Take out of the broiler and top with sour cream. Add jalapeño chilies if you are using them. Top with salsa according to taste.

serves four

Guacamole

One of the stars of the Mexican kitchen - creamy avocado - brightened with lime juice and chilies and served with crisp tortilla chips.

4 ripe avocados (about 2½ lbs or 1¼ kg)

Juice of 1 lime

2 cloves garlic, crushed

1 tomato (about 5 oz or 140 g), diced

½ cup (4 oz or 115 g) Salsa Cruda (p. 122)

2 scallions (about 1 oz or 30 g), finely chopped

1 fresh or canned jalapeño, seeded and finely chopped

Salt

Freshly ground black pepper

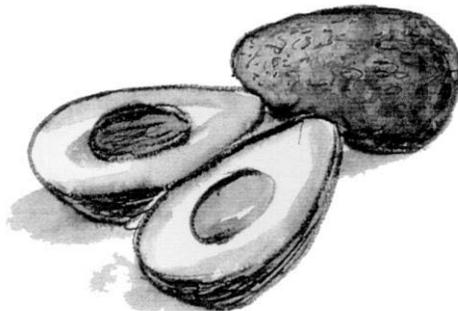
Few sprigs cilantro, chopped

Sour cream (optional)

Halve the avocados, discard the pits, and scoop out the pulp. Mash with a fork. You can leave it smooth or chunky, depending on how you like it.

Add the remaining ingredients (except for the cilantro and sour cream) and mix well. Garnish with chopped cilantro and serve with sour cream if desired.

makes 4 cups



Delicious Corn Chowder

Unlike *Sopa de Elote*, which is a very light, brothy corn soup, this is a very thick, hearty, and rich chowder! With corn bread or a salad, it is a complete meal.

5 cups (2½ lbs or 1¼ kg) fresh or frozen corn kernels
1 onion (about 4 oz or 115 g), chopped
2 tablespoons (1 oz or 30 g) unsalted butter
1 cup (8 oz or 225 g) celery, chopped
1 poblano chili or bell pepper (about 4 oz or 115 g), roasted, peeled, and minced
1 lb (455 g) potatoes, scrubbed, peeled, and cubed
¼ teaspoon (1½ g) salt
Freshly ground black pepper
1 teaspoon (5 g) dried summer savory
1 cup (8 fl oz or 240 ml) water or Vegetable Broth (p. 411)
3 cups (24 fl oz or 710 ml) milk
½ cup (4 fl oz or 120 ml) half-and-half or evaporated milk

If you are using fresh corn, husk the corn and remove the kernels from the cob with a serrated knife or bread knife.

In a 4-qt (4-L) saucepan, sauté the onion in the butter for about 3 to 4 minutes, stirring now and then. Add celery and *poblano* chili or bell pepper and continue to sauté and stir. Add a little more butter or oil if needed.

Stir in the fresh or frozen corn, potatoes, salt, black pepper, and summer savory. Add the vegetable broth and milk and simmer for 15 minutes.

Purée about 1 cup (8 fl oz or 240 ml) of the chowder in a blender and return it to the pot. Right before serving, stir in the half-and-half or evaporated milk and heat through.

serves eight

Avocado Soup

Everything about this soup is thoroughly enjoyable---the taste, texture, even the look of it. It is delicious hot or cold. It cooks up very quickly, but is an elegant first course or an entire summer luncheon.

2 tablespoons (1 fl oz or 30 ml) lemon juice (or as needed)
3 ripe avocados (about 2 lbs or 1 kg), peeled, seeded, and cut in cubes
Salt
Freshly ground white pepper
1 jalapeño chili, seeded and finely chopped (or to taste)
1 cup (8 fl oz or 240 ml) evaporated milk
4 cups (1 qt or 1 L) Vegetable Broth (p. 411)
¼ cup (1 oz or 30 g) cilantro, chopped

Sprinkle the lemon juice on the avocado cubes. Set aside about half an avocado for garnish. Place the rest of the avocado, salt, white pepper, jalapeño, and ½ cup (4 fl oz or 120 ml) of the evaporated milk in a blender or food mill. Blend until smooth. Add the remaining milk and blend until just combined.

Heat the vegetable broth in a soup pot. Bring to a boil, then lower the heat and stir in the avocado purée, whisking to avoid any lumping.

Remove from the heat. Add the remaining avocado cubes and chopped cilantro. You may thin out the soup with additional broth or water if desired. Serve hot or cold.

serves four



Tortilla Soup

This very simple soup is made with a tomato broth which may be used as a foundation broth in other soups. Two unusual ingredients, *epazote* and *crema*, may be purchased in Mexican grocery stores. There is no substitute for *epazote*. Sour cream may substitute for the *crema*.

For the Tomato Broth

1 tablespoon (½ fl oz or 15 ml) oil
1 onion (about 4 oz or 115 g), finely chopped
2 cloves garlic, chopped
1 lb (455 g) fresh or canned tomatoes
4 cups (1 qt or 1 L) Vegetable Broth (p. 411)
Salt and freshly ground black pepper
Epazote (to taste) (if available)

For the Tortilla Soup

6-8 corn tortillas
Oil for frying
6 oz (170 g) mild cheddar or Monterey Jack cheese
¼ cup (1 oz or 30 g) fresh cilantro, chopped
Sour cream or crema

Prepare the broth by heating the oil in a soup pot. Add the onion and sauté until translucent. Stir in the garlic and cook for another minute. Purée the tomatoes in a blender or food mill and add to the soup pot. Add the vegetable broth and bring to a boil. Reduce the heat and simmer for 15 minutes. Season with salt, pepper, and *epazote* to taste.

Meanwhile, cut the tortillas into wide strips. Let them dry on a baking sheet for 4 to 5 hours, or place them in a very low oven for about 20 minutes. When the strips are dry, fry them in a pan with hot oil until golden and crisp.

Place a handful of the tortilla chips in the bottom of each soup bowl. Ladle the soup into the bowls and top with the grated cheddar or Monterey Jack cheese. Add the chopped cilantro and serve with *crema*.

serves four

Enchiladas with Tomato Sauce

A very satisfying main course, especially popular with teenagers. Black bean chili and cheese are used to stuff the *enchiladas*, but plain black beans, spinach, mushrooms, and onions are other good choices. If you use a vegetable filling, serve refried beans on the side.

For the Mexican Tomato Sauce

2 lbs (1 kg) fresh or canned tomatoes

3 garlic cloves, chopped

Salt

1-2 serrano chilies (or to taste)

2 tablespoons (1 fl oz or 30 ml) corn oil

For the Enchiladas

½ cup (4 fl oz or 120 ml) corn oil

12 corn tortillas

3 cups (1½ lbs or 680 g) Black Bean Chili (p. 82)

6 oz (170 g) Monterey Jack cheese, grated

Few sprigs of cilantro

For the tomato sauce, blend the tomatoes, garlic, salt, and chilies in a blender. Strain through a fine sieve to remove any seeds. Heat the oil in a heavy skillet. Add the tomatoes. Bring to a simmer and cook for 10 minutes.

In another skillet, heat the corn oil and immerse each of the tortillas, one at a time, in the oil. Cook 30 seconds to 1 minute on each side. Do not crisp. Remove with tongs and drain on paper towels.

Preheat the oven to 350° F (180° C or 4 G). Spread about ½ cup (4 oz or 115 g) of the sauce on the bottom of a 3-qt (3-L) baking pan. Dip one tortilla at a time into the sauce. Spread about 2 tablespoons (1 oz or 30 g) of the chili and some cheese in the center of each tortilla. Roll up, and place the filled rolls, seam-side down, in the baking pan. Pour the remaining sauce over the top and sprinkle with remaining cheese. Bake for about 20 minutes. Garnish with cilantro and serve hot with sour cream and salsa.

serves six

Burritos and Chimichangas

Burritos are flour tortillas that have been filled and rolled. They are popular in northern Mexico where wheat is grown. *Chimichangas* are burritos that have been fried. Both get high marks with teenagers. Serve with guacamole.

For the Burritos (makes 8)

3½ cups (1¾ lbs or 795 g) Refried Beans (p. 117)

8 flour tortillas

12 oz (340 g) cheddar cheese, grated

For the Chimichangas (makes 8)

Oil for frying

1 recipe burritos

For the Garnish

4 cups (1½ lbs or 680 g) shredded lettuce or alfalfa sprouts

½ lb (225 g) tomatoes, diced

Crema or sour cream

Salsa

Put the beans in a small saucepan or frying pan and warm over a low flame, stirring occasionally. Preheat a *comal* or griddle over high heat. Lower the heat to medium high before dropping the tortillas onto the pan one at a time. Cook only long enough to soften the tortilla, turning once.

Fill the tortillas with no more than ¼ cup (2 oz or 60 g) of the heated refried beans. Sprinkle with cheese. Roll the tortilla toward the center, fold a little of each end toward the center and continue to roll.

The burritos may be placed on a cookie sheet or baking pan, tightly covered with foil, and held in a 250° F (120° C or ½ G) oven while the remaining burritos are being prepared. Serve immediately, allowing your guests to select the condiments of their choice for garnish.

To make the *chimichangas*, heat the oil in a skillet. Fasten each rolled burrito with a toothpick and fry, turning once, until golden and crisp. Drain on paper towels. Remove toothpicks, and garnish as for burritos.

Tofu Rancheros

This is a vegetarian adaptation of a typical Mexican breakfast food, using tofu to replace eggs. Serve with a tortilla or slice of warm toast. Mushrooms or tomatoes may be added as a variation.

3 tablespoons (1½ fl oz or 45 ml) vegetable oil (or more if needed)

1 cup (4 oz or 115 g) onion, chopped

1 jalapeño chili, finely chopped (or to taste)

1 red or green bell pepper (about 4 oz or 115 g), chopped

1 lb (455 g) tofu, crumbled

Salt

Freshly ground black pepper

Salsa (to taste)

Cheddar cheese, shredded (optional or to taste)

Cover the bottom of a heavy skillet with oil. Heat the oil and add the onions and jalapeño. Sauté for a few minutes, until the onions are lightly browned.

Mix in the red or green bell pepper and cook until soft and tender. Add the tofu and scramble with a fork. Season with salt and pepper to taste. Cook another 5 minutes, stirring now and then.

Serve with salsa and grated cheddar cheese if desired.

serves four

Chilaquiles

Chilaquiles means "broken-up, old sombrero." It is the name given to any concoction that uses pieces of old refried tortillas. Of course, the tortillas don't have to be old. This is often served as a brunch dish in Mexico, but it is rich enough for dinner.

12 corn tortillas, cut into quarters
½ cup (4 fl oz or 120 ml) corn oil
1 cup (4 oz or 115 g) chopped onion
2 lbs (1 kg) tomatoes, seeded and chopped
1-2 serrano chilies, chopped (or to taste)
1 teaspoon (5 g) pressed garlic
2 lbs (1 kg) Monterey Jack cheese, shredded
8 oz (225 g) sour cream (or more to taste)
Cilantro, finely chopped

Cut the 12 tortillas into quarters, and fry the pieces in the corn oil until they get limp but not crisp (about 30 seconds or less on each side). Set aside on a plate.

Sauté the onion in the remaining oil until light brown. Add the tomatoes and the chilies and cook down to make a sauce. Add the garlic last.

Grate the cheese on a cheese grater with large holes. Place a layer of tortilla pieces in the bottom of a 2-qt (2-L) baking dish. Cover with the tomato mixture, then a layer of grated cheese. Keep making alternate layers, finishing with grated cheese on top.

Bake at 350° F (180° C or 4 G) for 15 to 20 minutes, until cheese is hot and bubbling. Top with sour cream and sprinkle with chopped cilantro before serving.

serves six

Quesadillas

Quesadillas are the Mexican cheese sandwich. Directions are given here for the basics, but many combinations are possible. Refried beans may be added or served on the side. Other cheeses may substitute for the cheddar or Monterey Jack. Although not traditional, the *quesadillas* may also be baked in the oven. Serve with salsa.

For the Quesadillas

12 corn or flour tortillas

8 oz (225 g) Monterey Jack or mild cheddar cheese, cut into strips

12 strips of roasted and seeded poblano chilies or canned mild green chilies, rinsed

For the Garnish

Sour cream

Cilantro

Scallions

Avocado slices

Preheat a heavy skillet or *comal* over medium heat. Stack the tortillas in the skillet and cover to soften them. Remove the cover, turn the tortillas, and heat through. Do not crisp them.

Remove the tortillas and place on a work surface. Fill each one with a strip of cheese and a strip of chili or any other desired filling.

Fold each tortilla in half and place back in the hot skillet. You may lightly grease the skillet with a drop of oil or butter if you like. Cook until the cheese melts and the tortilla is golden on both sides. Garnish with sour cream, cilantro, scallions, and avocado. Serve hot.

makes 12 *quesadillas*



Beans from the Pot

Mexicans prefer the long slow cooking of beans to an overnight soak, which they consider undesirable. *Frijoles de olla* (either from the pot or refried) are served every day--alone--or as an accompaniment to other dishes. Do not add salt until the end of cooking time. Adding salt too early hardens beans. The refried beans make an excellent filling for burritos.

For the Beans

1½ cups (6 oz or 170 g) dry pinto or black beans

8-10 cups (2-2½ qt or 2-2½ L) water

2 tablespoons (1 fl oz or 30 ml) olive oil

Salt

For Garnish

Sliced jalapeño chilies

Sour cream

Minced onion

Grated cheese

Pick through and wash the beans, discarding any stones or discolored beans. Place the beans, water, and oil in a large pot. Bring to a boil. Reduce the heat, cover, and simmer until almost tender, about 1 to 2 hours (depending on the freshness of the beans). Add salt to taste and continue to cook until the beans are very tender.

If the water evaporates before the beans are tender, add more water. Place in small bowls. Garnish, if desired, with sliced jalapeño chilies, sour cream, minced onion, and grated cheese.

makes 3 to 3½ cups

Refritos (Refried Beans)

“Refried” refers to beans that are well fried, and not to beans that are fried twice. The beans are cooked into a thick paste and make a good accompaniment to many vegetable dishes, Mexican or otherwise.

For the Refritos

¼ cup (2 fl oz or 60 ml) olive oil

5 cups (2½ lbs or 1¼ kg) cooked pinto or black beans, drained (reserve the broth)

1 clove garlic, crushed

For the Garnish

Queso fresco (or substitute feta cheese)

Muenster cheese

Sour cream

Heat the oil in a heavy skillet. Reduce the heat and add 1 cup (8 oz or 225 g) of the cooked beans, mashing thoroughly. Stir in the garlic. Add the remaining beans, 1 cup (8 oz or 225 g) at a time, mashing after each addition.

Reduce the heat and allow the beans to cook into a thick paste. Add a little bean broth if needed. Garnish with *queso fresco*, Muenster cheese, or sour cream. Serve, or use as a filling for burritos.

makes 3 cups



Chiles Rellenos (Stuffed Chilies)

There is nothing comparable to the flavor of *poblano* chilies, but they are difficult to find in many areas. Whole green chilies or long green Italian peppers may be treated in this way if *poblanos* are not available, but you will lose the wonderful smoky flavor.

For the Chiles Rellenos

8 poblano chilies (about 4 oz or 115 g each) (substitute canned whole green chilies)

8 oz (225 g) Muenster cheese, cut into strips

Flour for dredging

Oil for frying

For the Batter

1 cup (8 fl oz or 240 ml) water

2/3 cup (3 oz or 85 g) all-purpose flour

To roast the chilies, place them on a grill, a gas burner, or under the broiler. Allow the skins to blister a little, but do not let them burn through. Turn to blister all sides. Remove from the heat and put them into a paper bag for about 20 minutes.

When the chilies are cool remove them from the bag and peel the skins. Slit the skinned chili on one side from top to bottom and remove the seeds and veins. Cut the cheese into strips that will fit into the *poblano* chilies. Stuff each chili with 3 to 4 pieces of cheese and close the chili over the stuffing. Dust the chilies with flour.

Make the batter by mixing the water and flour in a small bowl or plate. Mix with a fork. Dip the chilies carefully into the batter.

Heat the oil in a heavy skillet and put the chilies in one at a time. Fry until golden on all sides. Drain on paper towels and serve immediately. Serve with salsa or in Tomato Broth (p.110).

makes 8 stuffed chilies

Chayotes with Tomatoes

Chayote is a native Central American squash with a hard skin that must be peeled. The large central core is edible. Combined with tomatoes, it makes a tasty side dish. Served over rice, it is a main course offering. If *chayote* squash is not available, substitute zucchini. The texture will be completely different, but this treatment works well for most squashes.

3 chayote squash (about 2¼ lbs or 1¼ kg)
1 lb (455 g) tomatoes, broiled
1 garlic clove, finely chopped
3 tablespoons (1½ fl oz or 45 ml) safflower oil
2 tablespoons (1 oz or 30 g) onion, chopped
2 chilies de arbol, chopped (or to taste) (p. 515)
1 teaspoon (5 g) oregano
½ cup (4 fl oz or 120 ml) water
Salt
Pinch of sugar
Cilantro, chopped
2 tablespoons (1 oz or 30 g) grated cheese (of your choice)

Peel the *chayote* squash with a vegetable peeler. Cut into thin strips, including the core and seed. Set aside. Blend the tomatoes and garlic in a blender or food mill until fairly smooth.

Heat the oil in a skillet and sauté the onion and the chilies for about 2 minutes. Add the blended tomato/garlic mixture and oregano. Continue cooking for about 3 minutes.

Finally, add the *chayote*, water, salt to taste, and a pinch of sugar. Cover and cook over medium heat until tender, stirring from time to time to prevent sticking, about 20 minutes. Stir in the cilantro. Sprinkle with cheese and serve.

serves four to six

Sautéed Rajas

Rajas are thinly sliced chili strips. They accompany many dishes including rice and beans. They are particularly good stuffed into *Quesadillas* (p. 115).

2 lbs (1 kg) poblano chilies

3 tablespoons (1½ fl oz or 45 ml) vegetable oil

1 onion (about 4 oz or 115 g), sliced

Salt

Roast the chilies over hot coals, in a broiler, or on top of the stove. When the chilies are charred all over, place them in a paper bag and set aside for about 20 minutes. When they are cool, peel them and remove the seeds and veins. Cut the chilies into ¼-in (6-mm) strips.

Heat the oil in a skillet. Add the onion and salt to taste. Sauté until soft. Add the *poblano* strips and sauté an additional 5 minutes.

serves four



Christmas Eve Salad

The crisp taste of *jicama*, a root vegetable use frequently in Mexico, combines well with the sweetness of oranges, pineapples, and bananas. Pumpkin seeds provide another bit of crunch.

¾ lb (340 g) fresh jicama, peeled and chopped
2 oranges (about 8 oz or 225 g each), peeled and quartered
6 slices (12 oz or 340 g) fresh pineapple, peeled and chopped
2 bananas (about 6 oz or 170 g each), sliced
4 tablespoons (2 fl oz or 60 ml) safflower oil
2 tablespoons (1 fl oz or 30 ml) orange juice
¼ teaspoon (1¼ g) chili powder
½ teaspoon (2½ ml) vinegar
Salt
Freshly ground black pepper
½ cup (2 oz or 60 g) pumpkin seeds

Mix the *jicama*, oranges, and pineapple. Chill for at least 1 hour. Add the sliced banana just before serving.

Prepare the dressing by whisking the oil, orange juice, chili powder, vinegar, salt, and freshly ground black pepper (to taste) in a small bowl.

Arrange the fruit on a serving platter and toss with the dressing. Garnish with pumpkin seeds.

serves six

Salsa Cruda

This is the classic raw tomato salsa that is served with minor variations throughout Mexico as a snack or appetizer with tortilla chips.

4 tomatoes (about 1¼ lbs or 566 g), peeled, seeded, and chopped
½ yellow onion (about 2 oz or 60 g), finely diced
2 cloves garlic, chopped
1 serrano or jalapeño chili (or to taste), thinly sliced
Few sprigs of cilantro, chopped
1 tablespoon (½ fl oz or 15 ml) lime juice
Salt and freshly ground black pepper

Toss the tomatoes, onion, garlic, and chili with the cilantro. Add lime juice, salt, and pepper. Let stand for 30 minutes.

makes 2 cups



Tomatillo Salsa

Tomatillos, a husk-covered, small green fruit resembling tomatoes, are available in Mexican grocery stores and in many supermarkets.

4 scallions (about 2 oz or 60 g), finely chopped
1 lb (455 g) fresh tomatillos, husked, cored, and cut into ¼-in (6-mm) cubes
3-4 serrano chilies, seeded and finely diced (or to taste)
2 tablespoons (1 fl oz or 30 ml) fresh lime juice
Salt
Fresh cilantro, chopped (to taste)
4 large garlic cloves, baked and mashed to a paste (p.344)

Mix the scallions, *tomatillos*, chilies, lime juice, salt, and cilantro (to taste). Add the baked and mashed garlic to the *tomatillo* mix and blend well.

makes 2 cups

Flan (Caramel-Coated Custard)

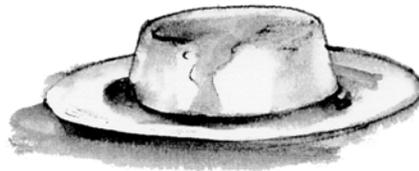
This satiny-smooth custard is the perfect finale for a hot and spicy Mexican meal.

For the Caramel

¾ cup (6 oz or 170 g) sugar
3 tablespoons (1½ fl oz or 45 ml) water

For the Custard

⅓ cup (2½ oz or 75 g) sugar
⅓ cup (2 oz or 60g) cornstarch
⅛ teaspoon (¾ g) salt
1 cinnamon stick
2¾ cups (22 fl oz or 650 ml) milk
2 tablespoons (1 oz or 30 g) unsalted butter
1 teaspoon (5 ml) vanilla



To make the caramel, mix the sugar with the water and cook over low heat until the sugar is completely dissolved. Remove from the heat.

Cover the pan, return to the heat, and boil for a few minutes over moderately high heat until the sugar bubbles. Uncover and boil a few more seconds, shaking the pan by its handle.

Remove from the heat, shaking the pan a few more times. Pour into 6 individual ramekins or custard cups. Allow the caramel to run over the bottom and halfway up the sides. Set aside.

Meanwhile, prepare the custard by mixing the sugar, cornstarch, salt, and cinnamon stick together. Put in a saucepan and gradually stir in the milk. Cook over medium heat until mixture comes to a boil. Let boil 1 minute. Remove from the heat, take out the cinnamon stick, and stir in the butter and vanilla. Pour into the ramekins and chill until set.

serves six

Polvorones (Mexican Wedding Cookies)

Cinnamon-flavored, pecan-studded little cookies are a treat not only for weddings, but any day of the year.

1 cup (½ lb or 225 g) unsalted butter, at room temperature

1 cup (4 oz or 115 g) confectioners' sugar

1 teaspoon (5 g) cinnamon

½ teaspoon (3 g) salt

2 teaspoons (¼ fl oz or 8 ml) vanilla

½ cup (2 oz or 60 g) pecans, finely chopped

2 cups (9 oz or 255 g) all-purpose flour

Cream the butter with half of the sugar until light and smooth. Add half of the cinnamon, then add salt, vanilla, and pecans. Fold in the flour and blend but do not overmix. Refrigerate for about 1 hour.

Preheat the oven to 350° F (180° C or 4 G). Pinch off small pieces of dough and roll into 1-in (2½-cm) balls. Bake on a greased cookie sheet for about 10 to 15 minutes or until lightly browned. Cool on a cookie rack.

Mix the other half of sugar and the other half of cinnamon together and roll the cookies in the mixture, coating well.

makes 3 dozen cookies



Suggested Menus

The midday meal or “comida Mexicana” is the main meal of the day in Mexico. It usually consists of appetizer, soup, rice, entrada (vegetable course), platillo fuerte (main course), and frijoles (bean course), followed by dessert and coffee. Mexican foods are popular with everyone, particularly teenagers. There are many selections here to please a young crowd, including: quesadillas, enchiladas, and burritos. Fresh tropical fruit is a good ending to a Mexican meal, as well as a popular snack food that is eaten at any time of the day

Mexican Brunch

Chilaquiles

Beans from the Pot

Fresh Tropical Fruit

La Comida Mexicana (Midday Meal)

Nachos

Enchiladas with Tomato Sauce

Rice

Flan (Caramel-Coated Custard)

Merienda (Afternoon Snack)

Nachos

or

Guacamole

Light Evening Meal

Tortilla Soup

Quesadillas

Sautéed Rajas

Watermelon

Favorite Teenage Dinner

Nachos

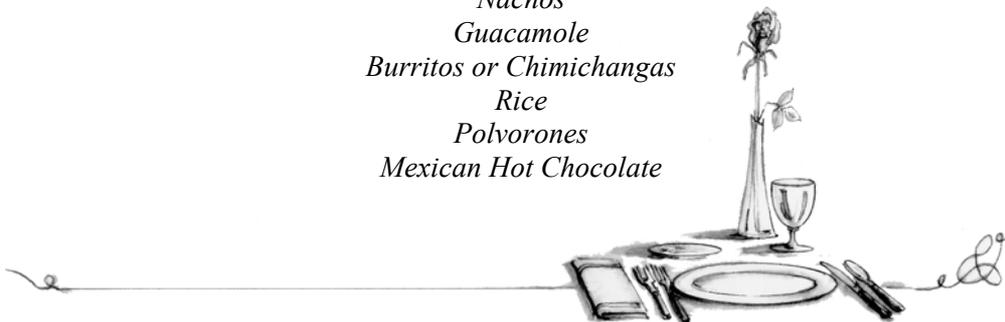
Guacamole

Burritos or Chimichangas

Rice

Polvorones

Mexican Hot Chocolate





Caribbean and Latin America

Caribbean and Latin American Recipes

Appetizers and Snacks

Chick Pea and Olive Empanadas

Phulowrie (Split Pea Snacks)

Plantain Chips

Yucca Fries

Soups and Stews

Crema de Apio (Cream of Celeriac Soup)

Porotos Grandos (Chilean Succotash)

Caribbean Pumpkin Soup

Red Bean Stew

Callaloo

Stuffed Vegetables

Chayote Squash Stuffed with Quinoa

Venezuelan Hallacas

Papas Rellenas (Stuffed Potatoes)

Corn

Creamy Corn Pudding

Cornmeal Coo-Coo with Okra

Salads and Relishes

Red and Green Bean Salad with Avocado Dressing

Coleslaw with Oranges and Raisins

Salsas, Sauces, and Condiments

Mango Chutney

Onion Relish

Paw Paw (Papaya) Salsa

Pebre Sauce

Achiote Oil

Sweets and Beverages

Old-Fashioned Bread Pudding

Sweet and Easy Banana Cake

Tropical Fruit Salad with Mango Cream

Batidos (Fruit Shakes)

Suggested Menus

Chick Pea and Olive Empanadas

Empanadas are Spain's gift to the New World. They may be large or small, sweet or savory. The pastry may be made from cornmeal, plantain, or even yucca. All-purpose flour, which is readily available, is used in this recipe. Chick peas and olives are typical fillers, but other vegetables may be used.

For the Dough

3 cups (13½ oz or 385 g) all-purpose flour
1 teaspoon (6 g) salt
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
¾ cup (6 fl oz or 180 ml) warm water (or enough to make a smooth dough)

For the Filling

1 cup (6 oz or 170 g) canned or cooked chick peas
2 tablespoons (1 fl oz or 30 ml) olive oil
1 onion (about 4 oz or 115 g), chopped
2 cloves garlic, chopped
1 tomato (about 4 oz or 115 g), chopped
1 green chili, chopped (or to taste)
1 tablespoon (½ oz or 15 g) scallions, chopped
2 tablespoons (1 oz or 30 g) capers
3 tablespoons (1½ oz or 45 g) raisins
Salt
16 green Spanish olives

To make the dough, mix the flour and salt. Make a well in the center and add the oil. Add enough water to make a smooth dough that does not stick to your hands. Knead until well mixed, about 10 minutes. Let the dough rest for at least half an hour while you prepare the filling.

For the filling, coarsely mash the chick peas in a blender, leaving some larger pieces. Set aside. Heat the olive oil in a skillet. Add the chopped onion. Sauté until translucent, then add the garlic, tomato, and chilies. Sauté briefly until any juice released from the tomato has evaporated.

Remove the filling from the heat and add chopped scallions, capers, and raisins. Add salt to taste.

Form the *empanada* dough into a log and cut into $\frac{3}{4}$ -in (19-mm) thick slices. Roll each piece out thinly into a 4-in (10-cm) circle.

Fill each circle with a spoonful of the mixture and add 1 small olive. Fold the circle in half and press closed with a little water. Use a fork to make sure the half circle is securely closed. Bake at 375° F (190° C or 5 G) on a lightly oiled baking sheet for about 20 minutes or until golden.

makes 16 *empanadas*



Phulowrie (Split Pea Snacks)

Fritters and fries are typically served as appetizers and snacks throughout the Caribbean. Serve these bite-sized puffs with chutney, hot sauce, or even ketchup.

2 cups (12 oz or 340 g) split peas, soaked overnight, then ground

1 clove garlic

Salt

Freshly ground black pepper

2 teaspoons (¼ oz or 8 g) curry powder

1 teaspoon (5 g) saffron powder

2 teaspoons (¼ oz or 8 g) baking powder

½ cup (2¼ oz or 65 g) all-purpose flour

Water

Oil for frying

Mix the ground split peas and all the other ingredients except water and oil. Add enough of the water to make a thick batter.

Heat the oil in a deep fryer. Test to see if the oil is hot enough by dropping a cube of bread into the oil. If the bread browns in 40 seconds, the oil is ready. Drop the batter by teaspoons into the hot oil. Cook until slightly brown.

Drain and break one open. If it is too dry, add more water to the mixture. If the batter is too thin, add more flour. Serve with mango chutney or hot pepper sauce.

makes 6 dozen

Plantain Chips

If you haven't tried plantains before, this is a good starter recipe. It is the Caribbean version of potato chips.

2 large green plantains (about ¾ lb or 340 g each)

Oil for frying

Salt

1 cup Paw Paw (Papaya) Salsa (p. 149)

Peel the plantains and slice crosswise into paper-thin rounds. Deep fry a dozen or so at a time for 3 to 4 minutes, until they are golden brown on both sides. Let drain on a paper towel. Sprinkle with salt and serve hot with Papaya Salsa.

makes 2½ cups chips



Yucca Fries

Yucca (cassava) is a starchy root vegetable with a bark-like covering that is cultivated in South America, Central America, the Caribbean, and Asia. As ubiquitous as the potato, it is used in stews, dumplings, main dishes, side dishes, and sweets. It can be found in Latin American grocery stores.

1 lb (455 g) yucca

Oil for frying

Salt

Cut the yucca into rounds. Peel off the bark and the pink under-layer of skin. Put in a pot with enough cold water to cover and simmer for about 25 minutes or until tender (test with a fork).

When done, remove from the heat and drain. Cut into quarters and remove the fibrous core, then cut into thin sticks. Heat the oil in a skillet or deep fryer and fry the yucca until golden. Sprinkle with salt and serve with Papaya Salsa (p. 149) or Mango Chutney (p. 148).

makes about 20 fries

Crema de Apio (Cream of Celeriac Soup)

Root vegetables of all kinds are popular throughout South America. Celeriac, also called celery root, is a particular favorite in Venezuela. Celeriac can be used on its own or it can be combined with potato to add richness to the soup.

2 lbs (1 kg) celeriac (celery root)
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
1 onion (about 4 oz or 115 g), chopped
2 leeks (about 6 oz or 170 g), washed and chopped
2 garlic cloves, chopped
½ green pepper (about 2 oz or 60 g), chopped
6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411)
Salt
Freshly ground black pepper
1 cup (8 fl oz or 240 ml) milk or cream
Parsley, chopped (to taste)

Trim and rinse the celery root and slice it about ⅛-in (3-mm) thick. Heat the oil in a large saucepan and sauté the onion until soft. Add the leeks and garlic and sauté for another minute.

Finally, stir in the green pepper and celery root. Sauté for about 10 minutes. Add the vegetable broth, cover, and bring to a slow boil over a low flame. Simmer for about 30 minutes.

When the vegetables are soft, purée with the liquid in a blender or food processor. Return to the saucepan and heat through. Add salt and pepper to taste. Stir in milk or cream gradually, but do not boil. Garnish with chopped parsley and serve.

serves four

Porotos Granados (Chilean Succotash)

Fresh cranberry beans (don't confuse them with cranberries) combine with pumpkin and corn in this vegetarian stew. It is the national dish of Chile. If fresh cranberry beans are not available, substitute 1½ cups (7½ oz or 235 g) dried cranberry (or other dried) beans. Serve with *Pebre Sauce* (p. 150).

2 lbs (1 kg) fresh cranberry beans
6 cups (1½ qt or 1½ L) water
4 tablespoons (2 fl oz or 60 ml) safflower oil
1 large onion (about 7 oz or 200 g), chopped
3 cloves garlic, chopped
½ red and ½ green pepper (about 4 oz or 115 g in all), diced
1½ lbs (680 g) fresh or canned tomatoes, peeled and chopped
1½ teaspoons (¼ oz or 8 g) oregano
½ teaspoon (2½ g) thyme
Salt and freshly ground black pepper
1¼ lbs (566 g) calabasa (substitute any winter squash), peeled and cut into cubes
1½ cups (12 oz or 340 g) fresh or frozen corn kernels
Pebre Sauce (to taste), (p. 150)

Bring the fresh cranberry beans and water to a boil, reduce the heat, and simmer for about 40 minutes. If you have substituted dry beans, be sure to soak them overnight and adjust the cooking time (about 1 hour or until tender). Drain.

Meanwhile, in another soup pot heat the oil over medium heat. Add the onion and sauté until translucent. Add the garlic and sauté another minute, then add the peppers and sauté for about 5 more minutes. Stir in the tomatoes, oregano, thyme, salt, and pepper. Cook for 5 minutes.

Finally, add the squash and a little water if necessary. Cook for about 20 minutes or until the squash is almost tender. Stir in the corn and cook an additional 5 minutes. Add the beans. Stir gently to mix everything together. Taste and adjust seasoning. Serve hot with the *Pebre Sauce*.

serves six

Caribbean Pumpkin Soup

You may use winter squash as well as pumpkin for this deliciously creamy soup. For a special presentation, make the soup right in the pumpkin. You may want to double or even triple the recipe if you decide to make it in the pumpkin.

1 lb (455 g) pumpkin, peeled and cut into small pieces

1 medium onion (about 4 oz or 115 g), sliced

Salt

Freshly ground black pepper

3 cups (24 fl oz or 710 ml) Vegetable Broth (p. 411)

½ cup (4 fl oz or 120 ml) evaporated milk

Parsley, chopped (to taste)

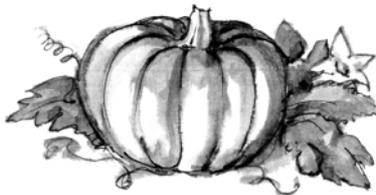
Boil pumpkin, onion, salt, and pepper in vegetable broth until pumpkin is soft and tender. Mash with potato crusher, or pour into blender and purée.

Return to the pot and gradually stir in the evaporated milk. Cook on low heat until thoroughly heated, about 5 minutes. Taste, and adjust seasoning by adding more salt and black pepper if desired. Add more broth to thin out the soup if needed. Before serving, sprinkle chopped parsley on the soup.

If you want to make the soup in the pumpkin, double or triple the amount of broth and evaporated milk, according to your needs. Pick a firm, round pumpkin large enough to hold the liquid. Remove the seeds and strings. (Omit the cut pumpkin. You will scrape it directly from the big pumpkin).

Fill the pumpkin with the seasoned broth and bake in a 400° F (200° C or 6 G) oven until the pumpkin is tender. Gradually stir in evaporated milk. To serve, ladle the soup into bowls, scraping some of the pumpkin flesh along with it.

serves four



Red Bean Stew

Beans of all kinds, particularly black beans, pigeon peas, and red beans (as in this recipe), are paired with rice for the indispensable one-dish meal of the Caribbean and Latin America. If you use brown rice, be sure to increase the cooking time.

2 tablespoons (1 fl oz or 30 ml) olive oil
1 medium onion (about 4 oz or 115 g), finely chopped
2 garlic cloves, minced
1 medium green pepper (about 4 oz or 115 g), coarsely diced
2 teaspoons (¼ oz or 8 g) ground cayenne (or to taste)
1 cup (8 oz or 225 g) fresh or canned plum tomatoes, chopped
1 bay leaf
2 cups (10 oz or 285 g) kidney beans, picked over, washed, and soaked overnight
4-5 cups (1-1¼ qt or 1-1¼ L) Vegetable Broth (p. 411)
Salt
Freshly ground black pepper
1 cup (6 oz or 170 g) long-grain white or brown rice
2-3 tablespoons (1-1½ oz or 30-45 g) chives or scallions, finely chopped

Heat the oil in a soup pot over medium heat. Toss in the onion, garlic, green pepper, and cayenne (if using). Sauté for 4 to 5 minutes. Add the tomatoes and bay leaf. Cook for about 5 additional minutes. Finally, add the beans and 4 cups (1 qt or 1 L) of broth and bring to a boil.

Reduce the heat and simmer for 1½ hours or until tender. Remove the bay leaf and add salt and pepper to taste.

Add the additional cup (8 fl oz or 240 ml) of broth (and more if necessary). Stir in the rice, cover, and cook over low heat until the rice is tender and the liquid is absorbed, about 20 to 30 minutes for white rice or 45 minutes to 1 hour for brown rice. Top with chives or scallions.

serves four to six

Callaloo

Callaloo is a soup made of the green leaves of the malanga and dasheen tubers. If they are not available in your area, spinach or a combination of spinach and Swiss chard may be substituted. Winter squash may be substituted for the pumpkin.

2 lbs (1 kg) dasheen leaves (or spinach and Swiss chard leaves)
8 okra (about ½ lb or 225 g)
1 green pepper (about 4 oz or 115 g), chopped
1 cup (8 oz or 225 g) pumpkin, diced
1 onion (about 4 oz or 115 g), chopped
1 sprig thyme
6 cloves garlic, chopped
2 cups (16 fl oz or 475 ml) boiling water
Salt
1 cup (8 fl oz or 240 ml) coconut milk
Freshly ground black pepper
1 tablespoon (½ oz or 15 g) butter

Strip the stalks and midrib from the dasheen leaves (or the Swiss chard and spinach leaves). Wash very well.

Wash the okra and cut into thin rounds. Put the okra, green pepper, pumpkin, onion, thyme, and garlic in a soup pot with the boiling water. Add salt to taste. Simmer until everything is soft, about 25 to 30 minutes.

Add the greens and cook until limp. You may purée the greens in a blender before adding to the soup if you prefer. Finally, add the coconut milk and the freshly ground pepper and heat through. Add the butter and serve hot with rice.

serves four

Chayote Squash Stuffed with Quinoa

Chayote squash and *quinoa* are two ancient Native American foods that are becoming increasingly known to the rest of the world. The Incas considered *quinoa* the Mother Grain. It is not a grain at all, but the fruit of an herb. Millet or rice may substitute for the *quinoa*. Any firm squash may substitute if the *chayote* is not available.

½ cup (3 oz or 85 g) quinoa (available in health food stores)
1 bouillon cube (¼ oz or 8 g)
1 cup (8 fl oz or 240 ml) hot water
4 chayote squash (about ¾ lb or 340 g each)
3-4 cloves garlic, chopped
2 tablespoons (1 fl oz or 30 ml) oil
6 scallions, chopped
2 chili de arbol (p. 515) or serrano chili (p. 516), chopped
3-4 plum tomatoes (about 1 lb or 455 g), chopped
½ cup (3 oz or 90 g) currants soaked in ½ cup (4 fl oz or 120 ml) water
½ cup (2 oz or 60 g) blanched almonds
Pinch each of cloves and nutmeg
1 teaspoon (5 g) grated orange rind
1 teaspoon (5 g) ginger
Salt
Freshly ground black pepper
¾ cup (3 oz or 85 g) Parmesan cheese (or to taste)

Wash the *quinoa* in two or three changes of water until the water becomes clear. Dissolve the bouillon cube in the hot water. Put the *quinoa* in a saucepan with the water and the dissolved bouillon cube. Bring to a boil, reduce the heat, and simmer for about 10 to 15 minutes until the water is absorbed and the grains turn translucent.

Cut the *chayote* squash in half lengthwise and remove and discard the seed. Cook the squash in lightly salted water until tender, about 20 minutes. Drain and scoop out the flesh, leaving a firm shell.

Preheat the oven to 375° F (190° C or 5 G). Meanwhile, prepare the filling by sautéing the garlic in the oil. Add the scallions and the chilies. Sauté for 1 minute, then add the tomatoes, the squash pulp, currants, almonds, cloves, nutmeg, orange rind, and ginger. Add salt and pepper to taste. Cook for about 10 to 15 minutes.

Remove from the heat and drain if there are any remaining juices. Mix in half of the Parmesan cheese and the *quinoa*. Add additional salt and pepper if needed.

Fill the *chayote* shells with the mixture. Sprinkle the remaining Parmesan cheese on top and bake for 15 minutes until heated through and cheese melts.

serves eight



Venezuelan Hallacas

Banana-leaf packages tied up with string - these are a few of the favorite things for Christmas in Venezuela. Very time-consuming to prepare, but the broth, sauce, and filling may be prepared a day or two ahead. In Mexico and other parts of Latin America, *hallacas* are called tamales. You can substitute Swiss chard, avocado leaves, or corn husks for the banana leaves if you would like to prepare different varieties. The fillings may also be varied with other vegetables or cheese.

For the Dough

3 cups (12 oz or 340 g) *masa harina* (cornmeal)

8 cups (2 qt or 2 L) Tomato Broth (p. 110)

Soy sauce

Salt

$\frac{3}{4}$ cup (6 oz or 170 g) butter

4 cloves garlic, chopped

3 tablespoons (1½ fl oz or 45 ml) *Achiote Oil* (p. 150)

For the Sauce

2 tablespoons (1 fl oz or 30 ml) vegetable oil

1 large onion (about 8 oz or 225 g), chopped

4 garlic cloves, pressed

2 red or green bell peppers (about 8 oz or 225 g), finely chopped

1 lb (455 g) tomatoes, chopped

Oregano

Cumin

Soy sauce

Salt

Freshly ground black pepper

To prepare the dough, mix the *masa harina*, broth (to which soy sauce has been added to taste), and salt in a saucepan and let stand about 10 minutes. Mix again and cook over low heat, stirring constantly, for about 25 minutes.

Melt the butter over a low flame. Heat the garlic until golden and add the *achiote* oil. Remove from the heat and let cool, then add the oil to the dough and knead until smooth. Set aside.

For the sauce, heat the oil in a heavy saucepan. Add the onion and cook until golden. Add the garlic and cook an additional minute, but do not burn. Stir in the chopped bell pepper and sauté until tender.

Pour the tomatoes into a blender or food processor and purée until smooth. Add to the pot and cook over low heat for about 45 minutes until it becomes a thick sauce. Season with oregano, cumin, soy sauce, salt, and black pepper to taste.

For the Filling

½ lb (225 g) mushrooms, coarsely chopped
2 tablespoons (1 fl oz or 30 ml) vegetable oil
½ cup (2 oz or 60 g) parsley, chopped
1 green chili, chopped (or to taste)
Soy sauce as desired

To Assemble the Hallacas

Banana leaves (about 2 lbs or 1 kg), available frozen in Asian or Latin markets
Vegetable Oil
String

For the Garnish

1 small onion (about 3 oz or 85 g), cut in round pieces
Almonds
Raisins
Capers
Small Spanish olives, pitted

To prepare the filling, sauté the mushrooms in the oil for about 10 minutes. Add the parsley and green chili and sauté a few minutes longer. Add soy sauce to taste and raise the heat to cook off any remaining juices. Set aside.

To assemble the *hallacas*, clean the banana leaves. Boil them with a bit of oil if you are using fresh leaves. Dry each one by hand. If you are using frozen banana leaves, make sure they are defrosted before using them. Cut the leaves into 10-x-14-in (25-x-35-cm) pieces. Oil each leaf. Cut pieces of string or strips of banana leaf to tie up the *hallacas*.

Press each leaf out lightly with your hands. Put a small amount of dough on the leaf. Add a portion of the sauce, a small portion of the filling, and the

garnishes, including: onion, almonds, a few raisins, capers, and an olive or two. Press a little more dough on top to seal.

Wrap with care and tie up each bundle with a strip of banana leaf or with a piece of string. Steam or boil the packages for about 20 to 30 minutes. Remove from the water, cut the string, and serve hot.

makes about 1 dozen *hallacas* or tamales



Papas Rellenas (Stuffed Potatoes)

South America has an extraordinary variety of potatoes - everything from blue to freeze-dried. This recipe for stuffed potatoes uses regular baking potatoes and is great for a main course. Serve with pickled vegetables or a simple salad and accompany with onion relish.

For the Stuffed Potatoes

3 lbs (1½ kg) potatoes

1 tablespoon (½ oz or 15 g) butter

1 teaspoon (5 ml) Achiote Oil (p.150) (optional)

1 onion (about 4 oz or 115 g), chopped

½ red pepper (about 2 oz or 60 g), finely chopped

1 jalapeño chili, seeded and chopped (or to taste)

2 garlic cloves, chopped

Pinch of ground cumin

2 tablespoons (1 oz or 30 g) raisins

8-10 small pimento-stuffed olives (about ½ oz or 15 g)

2 oz (60 g) queso fresco (feta cheese may be substituted)

Parsley, chopped (to taste)

Salt

For the Dipping Batter

½ cup (1½ oz or 45 g) whole-wheat flour

Garlic powder

Salt

¾ cup (5 fl oz or 150 ml) water

Bread crumbs

Oil for frying

Peel the potatoes and boil in salted water until tender.

Meanwhile, prepare the stuffing by heating the butter in a heavy skillet. Add the *achiote* oil (if using), the onion, and red pepper. Sauté about 5 minutes before stirring in the chopped jalapeño, garlic, and cumin.

Cook 1 to 2 additional minutes. Stir in the raisins. Remove from the heat and stir in the olives, the *queso fresco* or *feta* cheese, and the parsley.

When the potatoes are tender, mash them and season well with salt or other seasonings of your choice. Divide the mashed potatoes into equal portions and place one portion at a time in the palm of your hand.

Shape the potato with the other hand and make an opening so that you can add the filling. Place a little of the filling in the opening and then close the potato around the filling. Continue with all the potatoes.

Make the dipping batter by mixing the flour with the garlic powder and salt to taste. Add the water and mix. Dip each stuffed potato in the batter, then roll in the bread crumbs. Heat oil in a deep fryer and fry stuffed potatoes until golden.

makes 8 to 10 stuffed potatoes



Creamy Corn Pudding

Corn, fresh from the cob, makes the most delectable corn pudding, but if time is short, canned or frozen corn will do. If fresh chilies are not available, you may use canned green chilies for this dish.

1/3 cup (3 fl oz or 90 ml) vegetable oil
1/2 cup (2 oz or 60 g) bread crumbs
4 cups (1 lb or 455 g) corn kernels
3/4 cup (6 fl oz or 180 ml) milk
3 tablespoons (3/4 oz or 20 g) cornstarch
1/4 cup (2 fl oz or 60 ml) light cream
3/4 cup (3 oz or 85 g) cornmeal
1/2 teaspoon (2 g) baking powder
1-2 jalapeño chilies, seeded and chopped (or to taste)
1/2 large red bell pepper (about 3 oz or 85 g), diced
1 cup (4 oz or 115 g) grated cheddar cheese

Preheat oven to 350° F (180° C or 4 G).

Lightly oil a soufflé pan or oven-to-table baking dish. Coat with bread crumbs.

Set aside half of the corn kernels. Put the rest in a blender or food processor with the milk. Process to make a smooth purée.

In a separate bowl whisk together the cornstarch and the light cream. Add the cornstarch/cream mixture to the puréed corn and blend again.

Combine the mixture with the cornmeal, baking powder, chilies, bell pepper, cheese, and the remaining corn. Pour it into the oiled soufflé pan. Bake for 1 hour or until lightly browned and set. Let rest a few minutes before serving.

serves four to six

Cornmeal Coo-Coo with Okra

Coo-coo is a cornmeal dish that owes its heritage to the older African *ugali*, *sadza*, and *mealie-meal* porridge. It may be baked, fried, or made into dumplings for soup. Here, it is made with fresh coconut milk, but canned coconut milk or vegetable stock may be substituted.

For the Coconut Milk (makes 2 cups)

1 coconut (about 2 lbs or 1 kg)

2 cups (16 fl oz or 475 ml) boiling water

For the Coo-Coo

½ lb (225 g) okra

Salt

Freshly ground white pepper

1 cup (4 oz or 115 g) cornmeal

3 tablespoons (1½ oz or 45 g) butter

Prepare the coconut milk by grating the coconut by hand or in a food processor. Pour boiling water over the grated coconut and let stand until cool. Strain in a fine sieve, pressing out all of the milk. Use the shredded coconut for some other purpose.

Wash the okra and slice into ¼-in (6-mm) rounds. Place the okra, coconut milk, salt, and pepper into a soup pot and bring to a boil. Lower the heat and let simmer for about 6 to 8 minutes.

Pour the cornmeal into the pot in a thin stream, stirring constantly until the mixture starts to move away from the sides of the pan. Add some water if additional liquid is needed. Stir in the butter.

When the *coo-coo* can hold a peak, pour it into a buttered bowl and shake it around. Turn out of the bowl and slice like a cake to serve. Serve with tomato or hot sauce.

serves four

Red and Green Bean Salad with Avocado Dressing

The avocado dressing provides a creamy complement to the green beans and red beans of the salad. Great for a picnic or family dinner!

For the Avocado Dressing

1 avocado (about 12 oz or 340 g), peeled and cut into pieces

1 large ripe tomato (about 6 oz or 170 g), peeled, seeded, and chopped

1 tablespoon (½ oz or 15 g) onion, chopped

1 tablespoon (½ fl oz or 15 ml) lime juice or vinegar

3 tablespoons (1½ fl oz or 45 ml) vegetable oil

¼ teaspoon (¼ g) paprika

Salt

¼ teaspoon (¼ g) cayenne pepper (or to taste)

For the Red and Green Bean Salad

2 cups (1 lb or 455 g) cooked red beans

2 cups (10 oz or 285 g) cooked green beans

1 cup (8 oz or 225 g) celery (about 2 large stalks), chopped

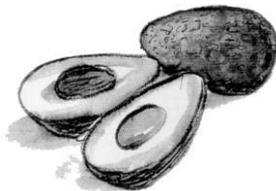
Lettuce leaves

To make the avocado dressing, place the avocado, tomato, onion, lime juice, oil, paprika, salt, and cayenne pepper in an electric blender and process to a smooth purée.

To make the salad, mix the red beans, green beans, and celery together. Mix some of the avocado dressing with the beans and celery.

Arrange the lettuce leaves attractively on a platter. Place the salad over the leaves and arrange the remainder (or the desired amount) of the avocado dressing on top.

serves eight



Coleslaw with Oranges and Raisins

The bright taste of citrus and a few tablespoons of raisins perk up this coleslaw and give an ordinary cabbage new life.

For the Salad

8 oz (225 g) cabbage, finely shredded

2 carrots (about 8 oz or 225 g), finely shredded

1 orange, cut into small pieces or 6 oz (170 g) can mandarin oranges, drained

3 tablespoons (1½ oz or 45 g) seedless raisins

1 onion (about 4 oz or 115 g), finely chopped

½ cup (3 oz or 85 g) sour cream or yogurt

Salt

For the Dressing

½ cup (3 fl oz or 90 ml) vegetable or corn oil

1 tablespoon (½ fl oz or 15 ml) maple syrup

3 tablespoons (1½ fl oz or 45 ml) vinegar

Salt

Freshly ground black pepper

To make the coleslaw, combine the cabbage and carrots with the oranges and raisins. Blend together the onion and the sour cream or yogurt. Fold into the salad and add salt to taste. Set aside to marinate for an hour.

Meanwhile, prepare the dressing by mixing all the ingredients for the dressing in a jar or blender. Toss with the coleslaw and chill until ready to serve.

serves four

Mango Chutney

This is a delicious but very tart chutney. If you would like more of a sweet/sour flavor, add more sugar.

3 lbs (1½ kg) green mangoes

Salt

6 tablespoons (2½ oz or 75 g) sugar (or to taste)

1½ cups (12 fl oz or 350 ml) water

¾ teaspoon (3 g) cayenne pepper

½ teaspoon (2½ g) kalonji (onion seeds)

½ teaspoon (2½ g) peppercorns, coarsely crushed

1-in (2½-cm) stick cinnamon

6 cloves

2 cardamom pods

2 bay leaves

4 tablespoons (2 oz or 60 g) golden raisins

3 cloves garlic

3 tablespoons (1½ fl oz or 45 ml) distilled vinegar

Peel and cut the mangoes into 1-in (2½-cm) pieces. Scrape off as much flesh from the seeds as possible, then discard the seeds. Toss the mango pieces with the salt and let stand, uncovered, at room temperature for 2 hours. Pat the pieces dry with a towel.

Bring the sugar and water to a boil in a large saucepan over high heat. Reduce the heat to low and add all the ingredients except the vinegar. Cover and cook until the mango pieces are tender and the sauce is thick, about 20 to 25 minutes.

Remove from the heat and let cool. Remove the bay leaf, cinnamon stick, and cardamom pods, then mix in the vinegar. This chutney should last about a month in an airtight container in the refrigerator.

makes ¾ cup

Onion Relish

Onion relish is a common table condiment in Latin America. It accompanies many potato dishes. Serve it with the *Papas Rellenas* (p. 142).

1 lb (455 g) onions, sliced into very thin rounds
1 teaspoon (6 g) salt
1 tablespoon (½ fl oz or 15 ml) vinegar (or to taste)
1 tablespoon (½ fl oz or 15 ml) vegetable or corn oil (or to taste)
½ teaspoon (2 g) sugar
¼ teaspoon (2½ g) cayenne pepper (optional)
6-8 green olives, sliced

Combine the onions and salt and let stand for about 30 minutes. Rinse onions and drain well. Combine with the vinegar, oil, sugar, cayenne (if you are using it), and the olives. Let stand an additional 30 minutes. Chill until ready to serve.

makes 2 cups



Paw Paw (Papaya) Salsa

2 hot chilies (or to taste)
4-5 cloves garlic
½ cup (4 fl oz or 120 ml) vinegar or lime juice
½ cup (3 oz or 85 g) green paw paw (papaya), peeled and chopped
Salt
2 teaspoons (¼ oz or 8 g) prepared mustard

Combine all the ingredients in a mortar and pestle, an electric blender, or food processor. Process until the salsa is either smooth or chunky, according to taste.

makes 1 cup

Pebre Sauce

In both the Caribbean and Latin America, hot sauces are typically served with the meal. Sometimes as many as twelve chilies are added to the sauce. We have reduced the number considerably, but add according to taste. The *habanero* chilies are very, very hot! Serve with Chilean Succotash (p. 133).

3 tablespoons (1½ fl oz or 45 ml) olive oil
2 tablespoons (1 fl oz or 30 ml) red vinegar
1 tablespoon (½ fl oz or 15 ml) lemon juice
½ cup (1 oz or 30 g) scallions, minced
3 tomatoes (about 12 oz or 340 g), finely chopped
½ cup (2 oz or 60 g) cilantro, finely chopped
1 clove garlic, chopped
1 habanero chili, seeded and chopped (or to taste)
Salt and freshly ground black pepper

Combine the oil, vinegar, and lemon juice. Stir in the remaining ingredients and mix well. Allow to stand for a few hours before using.

makes 1½ cups



Achiote Oil

Achiote seeds are used frequently in Latin American kitchens to color foods. They are available in Latin grocery stores and some specialty stores.

½ cup (4 fl oz or 120 ml) safflower oil
3 tablespoons (1½ oz or 45 g) annato seeds
1 bay leaf

Pour the oil into a small saucepan. Add the *annato* seeds and the bay leaf and let sit for about 20 minutes. Bring to a boil and remove from the heat. Strain to remove the seeds and the bay leaf.

makes ½ cup

Old-Fashioned Bread Pudding

The pudding is delicious made with a good-quality white bread but *spectacular* if you add cookie or cake crumbs.

12 oz (340 g) good-quality white bread
4 tablespoons (2 oz or 60 g) butter, softened
¾ cup (3 oz or 85 g) grated coconut
½ cup (3 oz or 85 g) raisins
2½-3 cups (20-24 fl oz or 595-710 ml) milk
½ cup (4 oz or 115 g) packed dark brown sugar
½ teaspoon (2½ g) nutmeg
½ teaspoon (2½ g) cinnamon
1 teaspoon (5 ml) vanilla

Grease an 8-in (20-cm) square baking pan. Preheat the oven to 350° F (180° C or 4 G).

Cut the crusts from the bread. Butter the bread and cut it into cubes or strips. Place a layer of bread in the greased baking dish. Add a layer of coconut and raisins. Repeat the layering, alternating the bread with the coconut and raisins, until all of these ingredients are used.

Mix ½ cup (4 fl oz or 120 ml) of the milk with the brown sugar, nutmeg, cinnamon, and vanilla. Blend well and add to the remaining milk. Pour the milk mixture over the bread/coconut/raisin layers. Let rest for half an hour or more until the bread absorbs the milk.

Bake for about 45 minutes or until the pudding is firm and golden. Serve with whipped cream or ice cream.

serves eight

Sweet and Easy Banana Cake

Chocolate and bananas have a great affinity for each other. In this recipe the chocolate morsels melt into the bananas for a deliciously smooth cake. The cake can easily be transformed into a bread. Simply omit the chocolate chips and the glaze. Substitute walnuts or pecans and serve.

For the Sweet and Easy Banana Cake

3/4 cup (6 oz or 170 g) butter

3/4 cup (6 oz or 170 g) sugar

2 teaspoons (1/4 oz or 8 g) baking soda

1/4 cup (2 oz or 60 g) yogurt or sour cream

1 1/2 lbs (680 g) ripe bananas, mashed

3 cups (13 1/2 oz or 385 g) all-purpose flour

1 teaspoon (6 g) salt

1 1/2 teaspoons (1/4 fl oz or 7 1/2 ml) vanilla

1 cup (about 7 oz or 200 g) chocolate chips

For the Cocoa Glaze (optional)

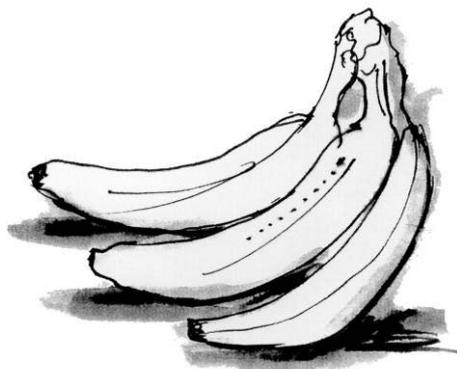
1/2 cup (2 oz or 60 g) powdered

(confectioners') sugar

2 tablespoons (1/4 oz or 8 g) cocoa

1/4 teaspoon (1 1/4 ml) vanilla

2 tablespoons (1 fl oz or 30 ml) water



Preheat the oven to 350° F (180° C or 4 G). Cream the butter and sugar until light and fluffy.

Mix the baking soda and the yogurt or sour cream and stir until dissolved. Add this to the butter and sugar. Beat well, then add the bananas, flour, salt, and vanilla. Fold in the chocolate chips. Pour the batter into a well-buttered and floured loaf pan and bake for 45 to 50 minutes.

To make the optional glaze, sift the sugar and cocoa together. Add the vanilla and water. Add more water if needed. Drizzle over cake.

makes 1 cake

Tropical Fruit Salad with Mango Cream

Mango, papaya, and coconut are only a few of the fruits that give tropical flavor to this salad. Try passion fruit and cherimoya. Add whatever is available. Serve it as a main course or as a sweet ending to a meal.

For the Tropical Fruit Salad

3 medium bananas (about ½ lb or 225 g each), peeled and sliced

Lemon juice

1 ripe mango (about ¾ lb or 340 g)

1 ripe papaya (about ¾ lb or 340 g)

3 kiwi fruits (about ¼ lb or 115 g each)

1 fresh pineapple (about 18 oz or 510 g) (trimmed weight)

1 star fruit (¼ lb or 115 g)

1 cup (4 oz or 115 g) shredded coconut, toasted

1 cup (about 4 oz or 115 g) unsalted macadamia nuts, chopped

For the Mango Cream

2 mangoes (about 2¼ lbs or 1 kg in all)

½ cup (4 fl oz or 120 ml) heavy cream

Sugar

Toss the sliced bananas with lemon juice to keep them from turning brown. Peel and slice all the other fruits and gently toss them together. Place the fruits in one large or several small serving bowls. Sprinkle with toasted coconut and chopped macadamia nuts. Chill. Add the bananas just before serving.

To prepare the mango cream, peel and slice the mango. Purée in a food processor or electric blender. Add a little water if the blades stick.

Whip the heavy cream in a separate bowl until it holds soft peaks. Fold the cream into the puréed mango. Add sugar to taste. Spoon over the fruit salad and serve chilled.

serves six

Batidos (Fruit Shakes)

Batidos are fruit drinks that are enjoyed as tropical refreshers throughout the Caribbean and Latin America. They are thickened with milk, condensed milk, yogurt, or simply the fruit itself. Substitute any fruits you like.

Melon Smoothy (4 cups)

2½ lbs (1¼ kg) ripe melon

1 cup (8 oz or 225 g) plain yogurt

1-2 tablespoons (½-1 fl oz or 15-30 ml) lime juice (or to taste)

Sugar

Fresh mint (garnish)

Lime (garnish)

Mango Nectar (6 cups)

1 large ripe mango (1¼-1½ lbs or 566-680 g)

Sugar

1-2 tablespoons (½-1 fl oz or 15-30 ml) fresh lime juice (or to taste)

4 cups (1 qt or 1 L) water

Banana-Strawberry Batido (2 cups)

2 cups (1 lb or 455 g) hulled strawberries, plus 2 large berries for garnish

2 bananas (about ½ lb or 225 g each)

2 tablespoons (1 fl oz or 30 ml)

sweetened condensed milk

2 tablespoons (1 fl oz or 30 ml) fresh
lime juice (or to taste)

Cut the fruits and remove any seeds or rind.

Combine all of the ingredients except the garnish in a blender and purée until smooth. You may have to do this in a few batches.

Taste for sweetness, adding sugar or lime juice as necessary. Add ice cubes if desired. Pour the *batidos* into glasses or a pitcher and garnish with fruit or mint.



Suggested Menus

The Caribbean and Latin America tables have tremendous variety. A meal may be served in several courses as in the European tradition, or a substantial stew may serve as the basis for a one-course meal. Curries and Indian breads are an important part of Caribbean dining and may be selected from the Indian chapter. Yams and plantains may be selected from Africa. Selections may also be made from Europe, particularly Spain. Tropical fruits of all kinds can be a meal in themselves, or may accompany any meal.

Caribbean Buffet

Melon Smoothy

Plantain Chips

Phulowrie (Split Pea Snacks)

Cornmeal Coo-Coo with Okra

Mango Chutney

Coleslaw with Oranges and Raisins

Tropical Fruit Salad with Mango Cream

Elegant Company Dinner

Cream of Celeriac Soup

Creamy Corn Pudding

Black Beans (p. 116)

Coleslaw with Oranges and Raisins

Coconut Ice Cream (p. 258)

Venezuelan Christmas Dinner

Plantain Chips

Chick Pea and Olive Empanadas

Cream of Celeriac Soup

Venezuelan Hallacas

Black Beans (p. 116)

Rice

Sweet and Easy Banana Cake

Family Supper

Papas Rellenas

Onion Relish

Red and Green Bean Salad



Asia

Asia

Exotic, fascinating, mysterious Asia! Hunger for its spices initiated a quest that resulted in the accidental discovery of new worlds and in the pivotal contact between East and West which continues to this day. It is not an exaggeration to say that the fate of empires hung on who put the pepper in the pot.

The quest continues, but explorers now come to satisfy a more subtle hunger. The tradition of mysticism and the great religions of Asia, with their deep reverence for life, have established a strong foundation of vegetarianism on the continent. The relationship between food and mental, physical, and spiritual well-being has always been widely recognized throughout Asia, where diet is a way of life, and ancient practice in medicine is based on philosophical principles that reflect a holistic view of the world. The universe and humans, alike, are defined in terms of energy and are subject to the same physical laws.

It is in Asia, particularly India, that vegetarianism is linked to its spiritual foundations. Mysticism, which has a long history in India, encourages a vegetarian diet as a prerequisite for keeping the body fit for the practice of meditation. The belief in karma and reincarnation makes it impossible to kill what lives in order to satisfy one's stomach. Kabir, the renowned Muslim Saint of India, poses this question: "If the goat who only eats grass is flayed, what will be the fate of those who eat the goat?"

Although vegetarianism is not as widely practiced in China as in India, it spread to China via Buddhist teachings. Buddha taught that the path to transcendence from sorrow includes, among other things, right action or the abstention from killing. Buddhism is also responsible for the flowering of vegetarianism in Japan. Shojin Ryori, or Japanese vegetarian cuisine, was formally established by Zen sects of Buddhist monks as a way to train the mind and "have the goodness." Vegetarianism was the court cuisine in Kyoto during the Edo period (1600-1861). Even today, Kyoto remains a center of fine vegetarian food.

In India, and to a lesser extent in other Asian cultures, vegetarianism has long been an accepted and respected dietary choice, possibly because it was practiced by both emperor and priest, and did not threaten the established order quite as much as it did in other parts of the world. The great teachers of the continent remind us that the best way to develop a discriminating palate is to follow Buddha's advice and, "feed on happiness."

India is proof to the world that the vegetarian diet need not be dull. The Indian inventiveness with spices and spice blends (masalas) created an amazing cuisine that gives endless variety to vegetables, dals and grains. There is an extraordinary array of unusual vegetables which are unknown outside India, but the focus here is on more familiar vegetables and a stunning assortment of dals. Griddle-baked breads, yogurt, chutneys, and pickles round out the repertoire.



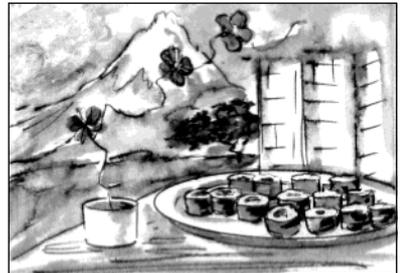
India

China Besides rice, the soybean (including soy sauce, bean paste, and tofu) is the single most important part of the diet. Fresh and dried mushrooms, lotus root, bok choy, Chinese turnips, water chestnuts, taro root, and bean sprouts are some of the exceptional Chinese vegetables. Dim sum or snacks are served with green tea



China

Japan Rice or “gohan” and soybean products, including miso (a soybean paste that is used as seasoning in sauce and soup), soy sauce, and tofu are as important in the diet here as they are in China. Sea vegetables, including kombu, wakame, and nori, provide nutrition and energy from the sea that is unique to Japanese food.



Japan

Southeast Asia is a mosaic of cultures, with many indigenous cuisines, each reflecting varying degrees of Chinese and Indian influence. Europeans have also left their mark on the food. Chilies, curry pastes, coconut milk, lemon grass, and lime leaves give a unique and distinctive accent to the food. Peanut sauces are enjoyed everywhere, as are rice and noodles



Southeast Asia



India

Indian Recipes

Breads

Chapatti (Flat Whole-Wheat Bread)

Puris (Fried Whole-Wheat Bread)

Naan (Leavened Tandoor Bread)

Snacks

Pakorras (Deep-Fried Vegetables in Batter)

Samosas

Dosas (Rice Crêpes)

Vegetables

Sookhi Gobi (Dry Cauliflower)

Karhi (Chick Pea Flour Stew with Dumplings)

Shahi Paneer

Mattar Paneer (Cheese and Peas)

Aloo Bhaji (Spicy Potatoes)

Chawal (Rice)

Chawal (Plain Rice)

Matter Chawal (Rice and Peas)

Shahi Pulao (Nut and Raisin Pulao)

Dal and Dal Soups

Channa (Chick Peas)

Mixed Dal

Rajmah (Red Bean Curry)

Sambar

Chutneys and Pickles

Coriander, Mint, Tamarind, and Coconut Chutney

Lime Pickle, Carrot Pickle

Yogurt and Paneer

Aloo Raita (Fancy Potato Yogurt)

Paneer

Sweets

Gajar Halwa (Carrot Pudding)

Kulfi (Indian Nutty Ice Cream)

Phirni (Indian Custard)

Gulab Jamun

Suggested Menus

Chapatti (Flat Whole-Wheat Bread)

Chapatti is a staple food across India. It can accompany virtually any dish to complete a meal. It is made with whole-wheat *chapatti* flour, available in any Indian grocery store. The *chapatti* is cooked on a *tava* or griddle and then puffed over an open fire. *Chapattis* will stay warm for half an hour if wrapped in aluminum foil.

2 cups (8 oz or 225 g) chapatti flour

½ teaspoon (3 g) salt (optional)

¾ cup (5⅓ fl oz or 160 ml) warm water (or as needed for a semi-soft dough)

Flour for dusting

2-3 tablespoons (1-1½ oz or 30-45 ml) melted ghee or butter (optional)

Combine flour and salt in a bowl. Add water, mix, and knead well to make a firm dough. Divide the dough into 14 balls.

Preheat a *tava*, cast iron skillet, or griddle over medium heat. Turn a second burner on and place a cake rack over it.

Take a ball of dough, roll it in the dusting flour, and flatten it into a patty. On a lightly floured board, using a rolling pin, roll it out thinly and evenly to form a 5-to-6-in (13-to-15-cm) circle.

Place the *chapatti* on the preheated *tava*/griddle. Cook for about 30 seconds. Turn the *chapatti* over and cook the other side 30 seconds to 1 minute.

Place this half-cooked *chapatti* directly on top of the cake rack. With a pair of tongs turn it over a few times. The *chapatti* should puff up. Place the cooked *chapatti* on a plate and brush one side with a little ghee or melted butter (optional). Serve hot.

makes 14 *chapattis*

Puris (Fried Whole-Wheat Bread)

Puris start out in very much the same way as *chapattis*, but they puff up when they are fried in hot fat. There are many variations on the *puri*. The dough can be made with *chapatti* flour or a blend of flours. Even mashed potatoes may be used. This simple recipe uses the *chapatti* flour. The *puris* are served with vegetables or *dals* in Uttar Pradesh. In the Punjabi kitchen, *puris* are the bread of festivals. They are usually served with curried potatoes or chick peas.

2 cups (8 oz or 225 g) chapatti flour

2/3 cup (5 1/3 fl oz or 160 ml) lukewarm water (as needed)

Flour for dusting

Ghee or oil for deep frying

Put flour in a bowl and make a semi-hard workable dough by mixing in a little water at a time. Knead for 4 to 5 minutes. Leave it aside for 30 minutes to 1 hour. Knead it again for another 2 to 3 minutes before making the *puris*.

Divide the dough into small balls. Put one ball at a time onto a lightly floured surface and roll it out with a rolling pin to form about a 4-in (10-cm) circle. Sprinkle a little flour over and under the ball as you are rolling to prevent sticking (alternately, a little oil could be used instead of flour for dusting).

Heat the oil in a deep fryer until it reaches 365° F (185° C or 5 G). Slip a *puri* into the oil, making sure that it doesn't fold over. It will sink to the bottom of the fryer, and then rise to the surface. Keep the *puri* under the surface of the oil with a slotted spoon. Continue holding it down until the *puri* puffs up.

After a few seconds, when it has turned a light golden color, turn the *puri* over to cook on the other side. Lift the *puri* out of the oil with the slotted spoon and drain in a large colander. Continue in this way for all the *puris*. Serve immediately, or keep in a preheated 275° F (140° C or 1 G) oven, wrapped in aluminum foil for 1 to 2 hours if necessary.

makes 14 to 16 *puris*

Naan (Leavened Tandoor Bread)

Naan is the leavened bread of North India that is typically cooked on the side of a *tandoor* or clay oven. Directions are given here for cooking in a broiler oven.

1 package (¼ oz or 7 g) active dry yeast
1 teaspoon (4 g) sugar
2 tablespoons (1 fl oz or 30 ml) warm water
¼ cup (2 fl oz or 60 ml) warm milk or half-and-half
¼ cup (2 oz or 60 g) plain yogurt at room temperature
4 tablespoons (2 fl oz or 60 ml) vegetable oil
3 cups (13½ oz or 385 g) all-purpose flour
1 teaspoon (6 g) salt
½ teaspoon (2 g) baking powder
½ teaspoon (2½ g) poppy seeds
Melted butter



Combine the yeast, sugar, and warm water in a bowl. Let stand for 10 minutes, until it starts to foam. In another bowl mix the warm milk, yogurt, and oil.

In a larger bowl mix the flour, salt, baking powder, and poppy seeds. Add the yogurt mixture and the yeast mixture to the flour and knead with your hands until the mixture starts to leave the sides of the bowl and becomes a smooth, non-sticky dough. Cover with a damp cloth and let stand in a warm place for about 4 hours or until it rises to almost twice its size.

Preheat the oven to broil. Divide the dough into balls. Roll the balls flat to form 6-to-7-in (15-to-17-cm) circles. Place the rolled *naan* (4 or 5 at a time) in the broiler part of the oven.

Cook until the top starts forming light brown spots. Turn them over and cook the other side in the same way. Take them out and brush some melted butter on one side. Serve hot.

makes 10 *naan*

Pakoras (Deep-Fried Vegetables in Batter)

Pakoras make delicious appetizers or between-meal snacks. In addition to using potatoes, other vegetables, such as cauliflower, mushrooms, and zucchini may be dipped in the batter. Tofu and *Paneer* (p. 189) also make excellent *pakoras*. Serve with the traditional Tamarind Chutney (p. 185).

¾ cup (6 fl oz or 180 ml) water
1 cup (3 oz or 85 g) besan (gram or chick pea flour)
1 medium onion (about 4 oz or 115 g), sliced into thin slivers
3 medium-sized potatoes (about 1½ lbs or 680 g in all), finely chopped
1 cup (about 2 oz or 60 g) fresh spinach, chopped
2-3 fresh chilies, finely chopped (or to taste)
2 teaspoons (½ oz or 15 g) salt
1½ teaspoons (¼ oz or 8 g) coarsely ground coriander seeds
½ teaspoon (2½ g) cumin seeds
1 teaspoon (5 g) ajwain (p.513)
⅓ cup (1½ oz or 45 g) fresh coriander, chopped
Vegetable oil for frying

Make a smooth batter of the water and the gram (chick pea) flour. Then stir in the onions, potatoes, spinach, chilies, salt, ground coriander seeds, cumin seeds, *ajwain*, and fresh coriander. Taste and add more salt if required.

Heat the oil in a deep fryer. For each *pakora*, scoop up 1 tablespoon (½ oz or 15 g) of the batter and with a second spoon scrape the batter directly into the hot oil. Deep fry half of the *pakoras* at a time. Turn them over for 3 to 4 minutes or until they are light pink on all sides.

Just before serving, fry the *pakoras* again until they are golden brown on all sides.

makes 20 *pakoras*

Samosas

Samosas are a very popular appetizer or snack. They are usually served warm with tamarind (*imli*), coriander, or mint chutney, but they are also delicious with ketchup. A bit time-consuming to prepare, but well worth the effort. *Garam masala* is used in many Indian dishes. You can use the recipe given here or buy it prepared in Indian markets.

For the Potato Filling

2 lbs (1 kg) potatoes
2 teaspoons ($\frac{1}{2}$ oz or 15 g) ginger, finely chopped
 $\frac{1}{2}$ teaspoon ($\frac{2}{2}$ g) green chilies, finely chopped
2 tablespoons (1 fl oz or 30 ml) vegetable oil
 $\frac{1}{4}$ teaspoon ($\frac{1}{4}$ g) cumin seeds
1 teaspoon (5 g) crushed coriander seeds
 $\frac{1}{2}$ teaspoon (3 g) salt
 $\frac{1}{2}$ cup (3 oz or 85 g) green peas
1 tablespoon ($\frac{1}{2}$ fl oz or 15 ml) water
1 tablespoon ($\frac{1}{2}$ oz or 15 g) fresh coriander, finely chopped
1 teaspoon (5 g) *amchoor* (p. 513) or *anardana* (p. 514)
 $\frac{1}{2}$ teaspoon ($\frac{2}{2}$ g) *Garam Masala* (recipe follows)

For the Pastry

3 cups ($13\frac{1}{2}$ oz or 385 g) plus 1 tablespoon ($\frac{1}{3}$ oz or 8.5 g) all-purpose flour
1 teaspoon (6 g) salt
3 tablespoons ($1\frac{1}{2}$ fl oz or 45 ml) vegetable oil
 $\frac{3}{4}$ to 1 cup (6-8 fl oz or 180-240 ml) cold water
3 tablespoons ($1\frac{1}{2}$ fl oz or 45 ml) water
Vegetable oil for deep frying

Prepare the potato filling by boiling the potatoes in their skins until they are tender. Drain, peel and cut them into $\frac{1}{2}$ -in (13-mm) cubes.

Fry the ginger and fresh chilies in the vegetable oil. Add the cumin, coriander seeds, and salt. Stir for 1 minute, then add the peas and water and cook for 5 minutes. Stir in the fresh coriander and continue to cook until the peas are tender. Add *amchoor* and mix.

Take the pan off the heat and mix in the potatoes and *garam masala*. Taste, and adjust seasoning. Allow the potato mixture to cool before using it.

Meanwhile, prepare the pastry by combining the 3 cups (13½ oz or 385 g) flour, salt, and oil and mix well. Pour ¾ cup (6 fl oz or 180 ml) of water into the mixture and knead to form a semi-hard dough. Add more water if needed. Cover with a damp kitchen towel to keep the dough moist.

Take a small piece of dough and roll it into a ball about 1-in (2½-cm). On a lightly floured surface, roll the ball into a circle 3-to-4-in (7½-to-10-cm) in diameter. Cut the circle in half with a knife.

Make a flour paste by mixing 1 tablespoon (½ oz or 15 g) of flour with the 3 tablespoons (1½ fl oz or 45 ml) of water. Shape each semicircle into a cone and fill it with about 1 to 2 teaspoons (5-10 g) of potato mixture. Moisten each cone and seal by pressing the edges closed with the flour paste.

Preheat the deep fryer and fry the *samosas* 4 or 5 at a time until they are light pink on all sides. Transfer them to a serving dish.

Before serving, fry again until golden on all sides. Take them out with a slotted spoon and place on paper towels to absorb the excess oil. Serve hot with any chutney.

For the Garam Masala (makes 2-3 tablespoons or 1-1½ oz or 30-45 g)

5 large black cardamom pods

2-in (5-cm) stick cinnamon

2 teaspoons (10 g) cumin seeds

8 cloves

2 teaspoons (10 g) black peppercorns

½ average-sized nutmeg (optional)

Grind all the ingredients for the *garam masala* together in a clean coffee grinder or nut grinder until they are reduced to a fine powder.

makes 5 dozen *samosas*



Dosas (Rice Crêpes)

This crisp South Indian *crêpe* may be made with spicy potatoes or left plain. Serve with *Sambar* (p. 182) and Coconut Chutney (p.186).

2 cups (13 oz or 370 g) long-grain rice, washed and soaked overnight
2²/₃ cups (21 fl oz or 625 ml) water
½ cup (3½ oz or 100 g) urad dal (skinned) (p. 525), washed and soaked overnight
1 teaspoon (5 g) methi (fenugreek seeds)
1 teaspoon (6 g) salt
¾ cup (6 fl oz or 180 ml) vegetable oil
Spicy Potatoes (p. 174)

Drain the rice and blend in a food processor until it breaks into tiny semolina-like grains. Slowly add about ¾ cup (6 fl oz or 180 ml) of water and blend again. Set aside.

Drain the *urad dal*. Add the fenugreek seeds and blend with ⅔ cup (5⅓ fl oz or 160 ml) water to form a light and frothy consistency. Empty this into the rice batter. Add salt and mix gently. Allow this batter to rest in a warm place for 8 to 10 hours or overnight. Once the batter has fermented, thin it out with about 1 to 1¼ cups (8 to 10 fl oz or 240 to 295 ml) water. It should flow like *crêpe* batter.

Heat 1 teaspoon (5 ml) of oil in a non-stick frying pan over medium-low heat. Place ½ cup (4 oz or 115 g) of the batter in the center of the pan. Immediately place the rounded bottom of a soup spoon on the center of the batter and spread the batter outwards until the *crêpe* measures about 8-in (20-cm). Dribble another spoon of oil over the *crêpe*. Cover and cook 2 minutes on each side until golden brown.

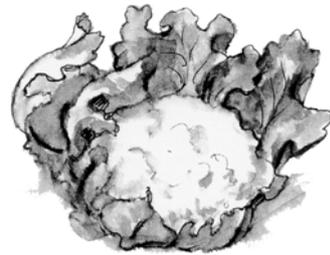
Put ½ cup (2 oz or 60 g) of Spicy Potatoes in the center of the *dosa*. Fold into a half moon. Place on a serving platter and serve with *Sambar* (p. 182) and Coconut Chutney (p. 186).

makes 10 *dosas*

Sookhi Gobi (Dry Cauliflower)

Indian cooking distinguishes between "wet" and "dry" dishes. This ginger-flavored cauliflower is cooked with only droplets of water and falls into the "dry" category.

6 tablespoons (3 fl oz or 90 ml) vegetable oil
1/8 teaspoon (3/4 g) cumin seeds
1-in (2½-cm) fresh ginger, peeled and finely chopped
1/2 teaspoon (2½ g) fresh green chilies, finely chopped
4 teaspoons (3/4 oz or 20 g) ground coriander seeds
1 teaspoon (5 g) ground turmeric
1½ teaspoons (1/4 oz or 8 g) salt
2 lbs (1 kg) cauliflower, cut into 1-in (2½-cm) florets
and washed
4 tablespoons (2 fl oz or 60 ml) water (or more)
1/2 teaspoon (2½ g) Garam Masala (p. 167)
1 teaspoon (5 g) ground amchoor (p. 513) or lemon
juice (optional)



Heat the oil and cumin seeds together. When the seeds begin to sizzle, add the chopped ginger. When the ginger begins to brown, add the green chilies, coriander, and turmeric.

Stir once and add salt and cauliflower florets. Stir the cauliflower for about 1 minute, then add 4 tablespoons (2 fl oz or 60 ml) water and cover the pan.

Turn heat to low and cook until the cauliflower is just done. Add more water as needed, a tablespoon at a time, if the cauliflower dries out.

When the cauliflower is done, if any liquid remains, remove the lid and turn up the heat to boil off the water. Sprinkle the *garam masala* and *amchoor* over the top and stir to mix.

serves six

Karhi (Chick Pea Flour Stew with Dumplings)

Karhis are stew-like dishes made with yogurt/chick pea flour sauces. The *karhi* tastes better if the yogurt is at least one week old. Buttermilk is sometimes used in place of the yogurt. The dumplings vary from kitchen to kitchen. Some are spongy and others are added to the *karhi* just before serving to maintain their crispness. The *karhi* may be served with any Indian bread, but tastes especially good with plain rice. It takes a bit of time to prepare, but you can substitute potatoes or other mixed vegetables for the dumplings if you like. You will still have a delicious and nourishing stew.

For the Karhi

2 cups (1 lb or 455 g) plain yogurt (one week old)
9 cups (2¼ qt or 2¼ L) water
1 cup (3 oz or 85 g) besan (gram or chick pea flour)
2 tablespoons (1 fl oz or 30 ml) vegetable oil
1 teaspoon (5 g) cumin seeds
1 onion (about 4 oz or 115 g), chopped
5-6 cloves of garlic, finely chopped
2-in (5-cm) piece of ginger, grated
2-3 black cardamom pods
2 sticks (about 2-in or 5-cm each) cinnamon
3-4 bay leaves
½ teaspoon (2½ g) methi (fenugreek seeds)
3 teaspoons (½ oz or 15 g) salt
1½ teaspoons (¼ oz or 8 g) red chili powder
1 teaspoon (5 g) turmeric
1 tablespoon (½ oz or 15 g) coriander powder

To make the *karhi*, whisk the plain yogurt until smooth and creamy. Slowly add the water and mix. Strain the gram flour into the yogurt mixture and mix well. Make sure there are no lumps.

Heat 2 tablespoons (1 fl oz or 30 ml) oil in a pot and add the cumin seeds, chopped onion, garlic, ginger, cardamom, cinnamon sticks, bay leaf, and fenugreek seeds. Sauté until the onions are light brown.

Add salt, chili powder, turmeric, and coriander powder. Mix for a few seconds, then add the yogurt and gram flour mixture. Turn the heat to low and simmer for half an hour.

For the Dumplings

1 cup (3 oz or 85 g) gram flour (chick pea flour)

½ teaspoon (2½ g) ajwain (p. 513)

2 teaspoons (½ oz or 15 g) salt

2-3 green chilies, finely chopped

1 teaspoon (5 g) coriander seeds, coarsely crushed

½ teaspoons (2½ g) chili powder

2 onions (about 8 oz or 225 g in all), thinly sliced

¾ cup (6 fl oz or 180 ml) water

Oil for frying

1 tablespoon (½ oz or 15 g) garam masala (p. 167)

3-4 tablespoons (1½-2 oz or 45-60 g) fresh coriander, chopped

While the *karhi* is cooking, make the dumplings by sifting the gram flour in a bowl. Add the *ajwain*, salt, green chilies, coriander seeds, chili powder, and thinly sliced onions. Add ¾ cup (6 fl oz or 180 ml) of water and mix well to avoid lumps. This should be a thick but dropable paste. Add more water if needed.

Heat some oil in a deep frying pan. Take a blob of the dumpling batter on the tip of a teaspoon and drop it into the frying pan with the help of a second spoon. Fry the dumplings on medium heat until light brown on all sides. Repeat until all the batter is used.

Put these dumplings in the simmering *karhi* and let simmer for another half hour on low heat. Remove from the heat when the dumplings are a little softer and the *karhi* is of thick soup consistency. Mix in the *garam masala*. Garnish with chopped coriander and serve hot with plain rice or any Indian bread.

serves six

Shahi Paneer

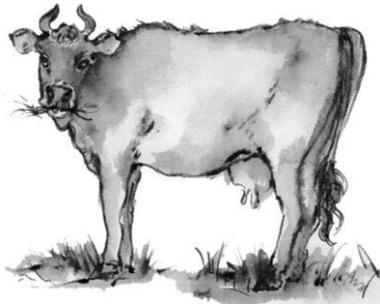
This delicious dish is simple to make once you have the *paneer* on hand. It goes well with all Indian breads. It is especially served when one is having guests.

3 tablespoons (1½ fl oz or 45 ml) vegetable oil
½ teaspoon (2½ g) cumin seeds
2 medium onions (about 8 oz or 225 g), thinly sliced
Salt
Chili powder (to taste)
¼ teaspoon (1¼ g) black pepper
1 green pepper (about 4 oz or 115 g), cut into ¼-in (6-mm) squares
1 red pepper (about 4 oz or 115 g), cut into ¼-in (6-mm) squares
4-5 tomatoes (about 1¼ lbs or 566 g)
¼ cup (2 fl oz or 60 ml) water
4 oz (115 g) Paneer cubes (p. 189)
1 cup (8 fl oz or 240 ml) whipping cream
2-3 tablespoons (1-1½ oz or 30-45 g) fresh coriander, chopped

Heat the oil and cumin seeds in a frying pan set over medium heat. Add sliced onions and cook for 2 to 3 minutes. Add salt, chili powder, and black pepper. Mix and cook, covered, for 2 to 3 minutes. Add the green pepper, red pepper, tomatoes, and the water. Cook for 15 minutes.

If the *paneer* cubes are frozen, soak them in 4 cups (1 qt or 1 L) boiling water for 5 to 6 minutes. Drain and add to the cooking dish. Cook uncovered for 2 minutes, then add the whipping cream. Cook for another 2 to 3 minutes. Remove from the heat and garnish with the coriander.

serves four



Mattar Paneer (Cheese and Peas)

Cubes of homemade cheese (*paneer*) and peas are a favorite combination throughout India. This dish is usually served with *chapattis* or rice. You may use the same recipe to make a *subji* by substituting vegetables such as carrots, cauliflower, and potatoes for the *paneer*. If you use the vegetables, add them along with the peas.

1 cup (4 oz or 115 g) onion, finely chopped
2 tablespoons (1 oz or 30 g) ginger, finely chopped
1 tablespoon (½ oz or 15 g) garlic, finely chopped
½ teaspoon (2½ g) fresh green chilies, finely chopped
5 tablespoons (2½ fl oz or 75 ml) vegetable oil
2 cups (1 lb or 455 g) fresh tomatoes
1 teaspoon (6 g) salt (or to taste)
¼ teaspoon (1¼ g) chili powder
½ teaspoon (2½ g) turmeric
2 cups (16 fl oz or 475 ml) warm water
2 cups (10 oz or 285 g) fresh or frozen peas
8½ ounces (240 g) Paneer (p. 189)
1 tablespoon (½ oz or 15 g) garam masala (p. 167)
3 tablespoons (1½ oz or 45 g) fresh coriander, finely chopped



Fry the onions, ginger, garlic, and green chilies in oil. When the onions are soft and golden brown, add the tomatoes, salt, chili powder, and turmeric. Mix until the tomatoes are blended together. Add water, reduce the heat to low, and allow to simmer for 10 minutes. Add the peas and taste for seasoning, adding more salt if required. Simmer for 15 minutes.

Add the *paneer* cubes, *garam masala*, and half of the coriander. Simmer for another 15 minutes or until peas are tender. Garnish with the remaining coriander before serving.

serves six

Aloo Bhaji (Spicy Potatoes)

These spicy potatoes are a typical filling for the *dosas* but they are tasty enough to stand on their own. You could eat them with *puris* or serve as a *subji*.

8 potatoes (about 4 lbs or 2 kg)

2-3 onions (about 8-12 oz or 225-340 g)

3-4 tablespoons (1½-2 fl oz or 45-60 ml) vegetable oil

1 teaspoon (5 g) mustard seeds

1 tablespoon (½ oz or 15 g) skinned urad dal (p. 525) (available in Indian markets)

Salt

Red chili powder

2 green chilies, finely chopped

1 tablespoon (½ fl oz or 15 ml) lemon juice

3- 4 tablespoons (1½-2 oz or 45-60 g) fresh coriander, finely chopped

Boil the potatoes until they are soft. Peel and cut them into ½-in or (13-mm) cubes. Peel and thinly slice the onions. Set aside.

Heat the oil in a pan and add the mustard seeds. When the seeds start popping, add the *urad dal*. Stir for a few seconds, then add the sliced onions. Stir-fry until the onions turn light brown.

Add salt, chili powder, and chopped green chilies. Stir-fry for 1 minute. Add the cubed potatoes. Stir to combine the ingredients. Cover and cook on medium heat for 5 minutes.

Add the lemon juice and chopped fresh coriander and serve. If the potatoes are to be used for *dosas*, leave the pan on the stove with the flame turned low so that they remain warm when served.

makes filling for 10 *dosas*



Chawal (Plain Rice)

1 cup (6 oz or 170 g) basmati or long-grain rice
2 cups (16 fl oz or 475 ml) water
½ teaspoon (3 g) salt
3-4 cloves
1 teaspoon (5 g) cumin seeds
½-in (13-mm) cinnamon stick
1-2 whole cardamom pods
2 tablespoons (1 fl oz or 30 ml) vegetable oil
2 bay leaves

Wash the rice in several changes of water and drain. Place all of the ingredients in a pot. Bring to a boil on high heat. Boil for 1 to 2 minutes, reduce the heat to medium low, and cover with a tight lid. Cook for 10 minutes. Do not open to stir. Turn off the heat and let sit for 10 more minutes. Serve hot.

serves two to four



Mattar Chawal (Rice and Peas)

1 tablespoon (½ fl oz or 15 ml) vegetable oil
¼ teaspoon (1¼ g) cumin seeds
2 bay leaves
1 small onion (about 3 oz or 85 g), sliced
¼ teaspoon (1½ g) salt
¾ cup (4½ oz or 130 g) basmati or long-grain rice, washed and drained
10 ounces (285 g) fresh or frozen peas, rinsed and drained
1½ cups (12 fl oz or 350 ml) water

Heat the oil in a saucepan. Add the cumin seeds and bay leaves. After a few seconds, add the onion. When it begins to brown, add salt, then the rice, peas, and water. Bring to a boil, cover, and turn the heat to low. After 6 minutes turn the heat off and let stand for 15 minutes. Serve hot.

serves two to four

Shahi Pulao (Nut and Raisin Pulao)

Nuts, raisins, and fragrant spices make any rice look festive. This lovely *shahi pulao* is perfect for holiday meals and festive occasions. Almost any nut or vegetable may be combined with rice for variety.

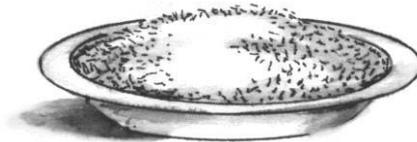
2 cups (12 oz or 340 g) basmati or long-grain rice
4 tablespoons (2 oz or 60 g) butter or ghee
1-in (2½-cm) cinnamon stick
2 large cardamom pods
6 small cardamom pods
2 bay leaves
6 cloves
1 teaspoon (6 g) salt
4 cups (1 qt or 1 L) water
4 tablespoons (2 oz or 60 g) nuts, chopped
4 tablespoons (2 oz or 60 g) raisins

Wash the rice in four or five changes of water. Drain.

Heat the butter or ghee in a saucepan and fry the cinnamon, cardamom pods, bay leaves, and cloves for half a minute. Then add the drained rice, salt, and 4 cups (1 qt or 1 L) water. Bring the rice to a boil on high heat, stirring once or twice.

Reduce the heat and add nuts and raisins. Cover and cook the rice for 10 to 12 more minutes or until the water is absorbed and the rice is tender. Put the rice in a serving dish and serve warm.

serves six



Channa (Chick Peas)

Chick peas are most often served with *bhaturas* or *puris*. However, they can be served with any Indian bread or with rice. Canned chick peas are an acceptable substitute for the dried ones if you are in a hurry.

2 cups (12 oz or 340 g) dried chick peas

Salt

1 medium onion (about 4 oz or 115 g), chopped

2 tablespoons (1 fl oz or 30 ml) vegetable oil

1 large tomato (about 6 oz or 170 g), chopped

½ cup (4 fl oz or 120 ml) water

1 teaspoon (5 g) ground coriander

½ teaspoon (2½ g) cumin seeds

½ teaspoon (2½ g) red chili powder

¼ teaspoon (1¼ g) turmeric

1½ teaspoons (7½ g) garam masala (p. 167)

Fresh coriander

Soak the chick peas overnight in enough water to cover. Drain and fill a pot with enough fresh water to cover to a depth of 2-in (5-cm). Simmer for 2 hours or longer until the chick peas are quite tender. Add salt to taste. Drain the chick peas but reserve about 1 cup (8 fl oz or 240 ml) of the cooking liquid.

Meanwhile, in another pot, heat the onion in the oil until it starts to wilt. Add the tomato, water, ground coriander, cumin seeds, red chili powder, turmeric, and *garam masala*.

Add the chick peas and ½ cup (4 fl oz or 120 ml) of the cooking liquid to the mixture and simmer for 30 minutes or longer. If it seems dry, add the additional ½ cup (4 fl oz or 120 ml) of reserved cooking liquid. Garnish with coriander before serving.

serves six

Mixed Dal

Don't let the long list of ingredients intimidate you! This is an easy dish to put together once you have all of the *dals* and spices. They may be purchased in any Indian grocery store.

In India, *dal* refers to all types of dried beans, lentils, and split peas. They are an important part of every Indian meal. Cooked spices are particularly important when serving *dals*. They not only enhance the flavor but aid in digestion.

½ cup (¾ oz or 105 g) whole moong dal (p. 525)
½ cup (¾ oz or 105 g) whole masoor dal (p. 525)
½ cup (¾ oz or 105 g) channa dal (a small relative of the chick pea)
10 cups (2½ qt or 2½ L) water (more if needed)
1-in (2½-cm) piece of ginger, grated
Salt
½ teaspoon (2½ g) red chili powder
1 teaspoon (5 g) turmeric
2 tablespoons (1 fl oz or 30 ml) vegetable oil
1 medium onion (about 4 oz or 115 g), chopped finely
1 teaspoon (5 g) ground coriander
1 teaspoon (5 g) ground black pepper
1 small bunch (about 2 oz or 60 g) fresh coriander, chopped

Pick over the *dals* and discard any hard *dals* or foreign matter. Wash the *dal* in several changes of water until the water is clear.

Fill a large pot with 10 cups (2½ qt or 2½ L) of water. Add the washed *dals*, ginger, salt, chili powder, and turmeric. Cover with a lid and bring to a boil.

Reduce the heat and cook, covered, on medium heat for about 1 hour, or until the *dals* are soft. Cooking times may vary. When the *dals* are soft, remove from the heat.

Alternately, *dal* and beans can be cooked in a pressure cooker. The whole *dal* and beans (chick peas, kidney beans, etc.) cook much faster if they are first cooked in a pressure cooker for 10 to 15 minutes after the whistle (or according to manufacturer's directions), and then cooked uncovered in an ordinary pot.

To make the seasoning mix, heat the oil in a frying pan. When the oil is hot, add the onion and sauté until light brown. Add the ground coriander and black pepper and cook for another 3 seconds.

Stir the cooked spices into the *dal* and simmer for a few minutes. Garnish the mixed *dal* with the chopped fresh coriander and serve.

serves six



Rajmah (Red Bean Curry)

The *pyaz masala* called for in this Punjabi specialty is the starter for most Indian curries. The onions can be prepared ahead, frozen, and taken out when needed, but they are easily prepared fresh. You may substitute black-eyed peas for the kidney beans or canned beans for the dry ones. Serve with plain rice.

For the Rajmah

2 cups (8 oz or 225 g) red kidney beans

8 cups (2 qt or 2 L) water

Salt

1 tablespoon (½ fl oz or 15 ml) vegetable oil

½ teaspoon (2½ g) cumin seeds

Pyaz masala of 2 large onions (recipe follows)

1 teaspoon (5 g) fresh garlic, crushed

½ teaspoon (2½ g) turmeric

1 teaspoon (5 g) chili powder

Salt

1 teaspoon (5 g) garam masala (p. 167)

3-4 tomatoes (about 1¼ lbs or 566 g in all), chopped; or 4-5 tablespoons (2-2½ oz or 60-75 g) tomato sauce

3-4 tablespoons (1½-2 oz or 45-60 g) fresh coriander, chopped

If you are using the dry kidney beans, wash and soak them in 10 cups (2½ qt or 2½ L) water for 8 to 10 hours. Drain the beans and place in a pot with 8 cups (2 qt or 2 L) fresh water. Bring them to a boil on high heat. Cook, covered, on medium heat for about 1 hour or until beans are very soft. Add salt to taste.

Heat the oil in a saucepan over medium heat. Add the cumin seeds and the *pyaz masala*. Mix for half a minute and add crushed garlic. Cook for 1 to 2 minutes and add turmeric, chili powder, salt, and half of the *garam masala*.

Add the fresh tomatoes, if you are using them. Cook, covered, until very soft. If you are using the canned sauce, add it, and cook for a few minutes. Finally, add the cooked or canned kidney beans with their liquid. Stir to mix and let cook for an additional 10 minutes on low to medium heat. It should neither be too liquid nor too thick. Add remaining *garam masala* and chopped coriander and serve.

Pyaz Masala (Puréed Onion)

2 large onions (about 12 oz or 340 g)

3-4 cloves of garlic

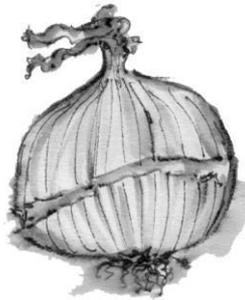
1-in (2½-cm) piece of fresh ginger

3-4 tablespoons (1½-2 fl oz or 45-60 ml) vegetable oil

To prepare the *pyaz masala*, wash and cut onions, garlic, and ginger. Make a coarse paste either in the food processor or by finely grating. If using a grater, the ingredients should be left whole and the bottom of the onions should be left attached for ease in grating.

In a frying pan, heat the oil and add the onion paste. Cook on medium heat, stirring occasionally for the first few minutes and then almost constantly to keep the paste from sticking to the pan and burning. Cook the paste until the oil starts to separate. Cook for another 2 to 3 minutes until it is medium brown. AND IT IS DONE!

serves six



Sambar

This flavorful *dal* soup is the typical accompaniment to breakfast *dosas* but it makes a substantial meal any time of the day.

For the Sambar

- 1 cup (6 oz or 170 g) *toor dal* (p. 525) (available in Indian markets)
- 6 cups (1½ qt or 1½ L) water
- 2 teaspoons (½ oz or 15 g) salt
- 3-4 medium tomatoes (about 1-1¼ lbs or 455-566 g), chopped
- 2 carrots (about 8 oz or 225 g), diced
- 3 onions (about 12 oz or 340 g), finely chopped
- 2 zucchini (about 20 oz or 566 g), diced
- 2 eggplants (about 1¾ lbs or 795 g), diced
- 5 tablespoons (2½ fl oz or 75 ml) vegetable oil
- 1 teaspoon (5 g) dark brown mustard seeds
- 1 tablespoon (½ oz or 15 g) tamarind pulp, soaked in ¼ cup (2 fl oz or 60 ml) water
- 1 teaspoon (5 g) red chili powder
- 2 tablespoons (1 oz or 30 g) sambar powder (recipe follows)
- 2 tablespoons (1 oz or 30 g) fresh coriander, finely chopped

To prepare the *sambar*, pick over and wash the *toor dal* in several changes of water. Fill a large pot with the water. Add the *dal*, salt, and tomatoes. Bring to a boil and cover the pan. Reduce the heat to medium, and simmer for 30 minutes or until the *dal* is soft but not mushy. Turn the heat to low and let simmer.

In another pan sauté the carrots, 2 of the chopped onions, zucchini, and eggplant in 2 tablespoons (1 fl oz or 30 ml) of the vegetable oil. Cook for about 10 minutes on medium heat. Add the vegetables to the simmering *dal*.

In a small skillet, heat 2 tablespoons (1 fl oz or 30 ml) of oil on medium heat. Add the mustard seeds. When the seeds start to crack, add the remaining onion and cook until light brown. Add the tamarind pulp, chili powder, and sambar powder. Stir for a few seconds, then add this mixture to the simmering *dal*.

Simmer on low heat until soup-like consistency is reached. Add more water if required. Taste and add more salt if needed. Garnish with chopped fresh coriander before serving.

For the Sambar Powder

2 tablespoons (1 oz or 30 g) flaked coconut

½ teaspoon (2½ g) fenugreek seeds

1 teaspoon (5 g) coriander seeds

½-in (13-mm) cinnamon stick

1 tablespoon (½ fl oz or 15 ml) vegetable oil

Prepare the *sambar* powder by combining the coconut, fenugreek seeds, coriander seeds, and cinnamon in 1 tablespoon (½ fl oz or 15 ml) vegetable oil. With a mortar and pestle (or any other suitable device) grind the mixture until it is very fine.

serves six



Coriander Chutney

No Indian meal is complete without chutneys and pickled foods. Chutneys add a boost of flavor to the food and are served on the side or as a garnish. They can be made ahead and stored in the freezer.

¼ cup (2 fl oz or 60 ml) fresh lemon juice
½ cup (4 fl oz or 120 ml) water
2 cups (8 oz or 225 g) fresh coriander (cilantro), coarsely chopped
2 teaspoons (¼ oz or 8 g) red or green chili, chopped
¼ cup (1 oz or 30 g) shredded coconut
¼ cup (1 oz or 30 g) onion, finely chopped
2 tablespoons (1 fl oz or 30 ml) ginger, peeled and finely chopped
1 teaspoon (4 g) sugar
1 teaspoon (6 g) salt
¼ teaspoon (1¼ g) ground black pepper

Combine the lemon juice, water, and 1 cup (4 oz or 115 g) of coriander. Blend in a blender until it reduces to a purée. Add another cup of coriander and the chopped chilies. Blend again. Stir in the coconut, onion, ginger, sugar, salt, and pepper. When smooth, taste, and add more sugar or salt if desired.

makes 2 cups



Mint Chutney *makes ¼ cup*

1 cup (4 oz or 115 g) fresh mint leaves, firmly packed
2 onions (about 8 oz or 225 g)
1 teaspoon (6 g) salt
1 fresh chili
2 tablespoons (1 fl oz or 30 ml) lemon juice

Place the mint leaves and onions in a blender and purée. Add the salt, chili, and lemon juice and blend again. Taste and adjust seasoning. Refrigerate until served.

Tamarind Chutney

The sweet/sour taste of tamarind (*imly*) and Indian jaggery (or brown sugar) make a tangy chutney to accompany *pakor*as, *samos*as, and other snacks. It may also be served with chick pea dishes or yogurt and is a zesty garnish for almost any dish.

1 cup (8 fl oz or 240 ml) boiling water

¼ cup (2 oz or 60 g) tightly packed tamarind pulp

1 tablespoon (½ oz or 15 g) fresh ginger, peeled and finely chopped

1 teaspoon (4 g) gur (Indian jaggery) or brown sugar, crumbled

1 teaspoon (5 g) roasted ground cumin

½ teaspoon (2½ g) Garam Masala (p. 167) (optional)

1 teaspoon (6 g) salt (or more to taste)

2 tablespoons (1 oz or 30 g) fresh coriander, chopped

To make the tamarind chutney, pour boiling water over the tamarind pulp and mash with a spoon. Let the tamarind soak for 1 hour or until the pulp separates and dissolves in the water, mashing occasionally to help it along. Rub the tamarind through a fine sieve and discard the seeds and fibers.

Add the ginger, jaggery (or brown sugar), roasted ground cumin, *garam masala* (if you are using it) and salt. Stir vigorously. Taste and adjust seasoning. Before serving, garnish with fresh coriander.

makes 1 cup

Coconut Chutney

This South Indian chutney, made with fresh coconut, is the typical accompaniment for *Dosas* (p. 168).

¼ cup (2 oz or 60 g) channa dal (available in Indian grocery stores)

1 tablespoon (½ fl oz or 15 ml) vegetable oil

1 cup (8 fl oz or 240 ml) water

1 fresh coconut, peeled and finely chopped

2 cups (16 oz or 455 g) plain yogurt

2-3 green chilies, chopped

Salt

Chili powder (to taste)

1-2 tablespoons (½-1 fl oz or 15-30 ml) lemon juice

To make the coconut chutney, sauté the *dal* on medium heat in the oil until light brown. Add 1 cup (8 fl oz or 240 ml) water and set aside for 1 to 2 hours. Drain. Wash the *dal* with fresh water to wash off the oil.

Put the fresh coconut, plain yogurt, green chilies, salt, chili powder, lemon juice, and *dal* in a blender and blend until a coarse paste is achieved. Taste, and add more salt, chilies, lemon juice, and yogurt if required. The chutney should neither be too liquidy nor too thick.

makes 3 cups

Lime Pickle makes 9 pickles

Pickles, like chutneys, give a flavor boost to food. If the food is prepared mild for guests, a spicy pickle can make individual plates hotter, accommodating everyone's tastes.

9 large limes, cut into quarters
3-4 tablespoons (1½-2 oz or 45-60 g) salt
2 tablespoons (1 oz or 30 g) whole cumin seeds
2-in (5-cm) cinnamon stick
8 peppercorns
4 bay leaves
1 cup (8 oz or 225 g) sugar
1 tablespoon (½ oz or 15 g) paprika
1 teaspoon (5 g) red chilies, chopped (optional)

Sprinkle the limes with salt and leave for a few hours. In a saucepan, cook the limes and the rest of the ingredients on low heat until the rind is tender. Add a little water if needed. Remove from the heat. Pack in jars and seal. Store in a dark place for 2 weeks, shaking once a day.



Carrot Pickle makes 2 quarts

1 tablespoon (½ fl oz or 15 ml) oil
½ teaspoon (2 g) turmeric powder
2 lbs (1 kg) carrots, cut into 2-x-1¼-in (5-x-3-cm) pieces, washed and dried
2 tablespoons (1 oz or 30 g) mustard seeds, crushed
3 tablespoons (2 oz or 60 g) coarse salt
1 tablespoon (½ oz or 15 g) red chilies, chopped
½ cup (4 fl oz or 120 ml) white vinegar

In a small saucepan, warm the oil and turmeric on medium heat. Set aside. In a small bowl, mix the carrots, mustard seeds, salt, red chilies, white vinegar, and the heated oil. Seal in 2 (1-qt or 1-L) jars and leave for 2 days. Shake well, occasionally, to allow the carrots to absorb the spices.

Aloo Raita (Fancy Potato Yogurt)

Raita acts as a cool down during a spicy Indian meal. The potatoes can be replaced with grated cucumber, onion, and tomatoes, or fruits such as bananas, apples, or grapes. Garnish with mint.

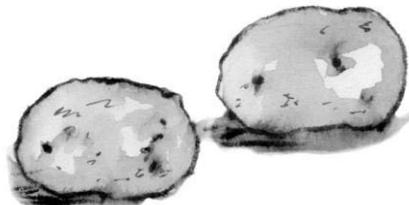
3 potatoes (about 1½ lbs or 680 g in all)
1 teaspoon (5 g) mustard seeds
1 teaspoon (5 g) cumin seeds
2 tablespoons (1 fl oz or 30 ml) vegetable oil
3 tablespoons (1½ oz or 45 g) onions, finely chopped
1 teaspoon (5 g) red or green chili, finely chopped
1 tablespoon (½ oz or 15 g) fresh coriander, chopped
½ teaspoon (3 g) salt
1½-2 cups (12-16 oz or 340-455 g) plain yogurt

Boil the potatoes in their skins in enough water to cover them. When they are tender, peel them and chop them into 1-in (2½-cm) cubes.

Heat the oil in a frying pan. When the oil is hot add the mustard seeds and cumin seeds. When the seeds begin to "pop," add the onions, chilies, coriander, and potatoes. Cook over medium heat until the potato cubes are coated with the mixture.

Stir in the salt and add the potato mixture to the yogurt. Mix together. Add more salt if required. Refrigerate and serve chilled.

serves four



Paneer

In Indian vegetarian households, dishes made with *paneer* are an important part of the menu, particularly when cooking for guests or for special occasions. You may add the fresh cheese to dishes just before serving and omit the frying if you prefer. *Paneer* can be prepared ahead and frozen.

8 cups (2 qt or 2 L) milk

¼ cup (2 fl oz or 60 ml) vinegar or lemon juice

Oil for deep frying

Bring the milk to a boil. Add vinegar or lemon juice and stir gently until curds begin to form and separate from the liquid whey. An indication that the curds are ready is that the liquid will look a little greenish.

Place a colander in the kitchen sink and spread a piece of fine mesh cheesecloth over the colander. Press cloth down, and pour the contents of the pot into it. Drain for 2 to 3 minutes and then join the corners of the cloth with the curds in it. Gather the top of the cloth together and twist tightly to squeeze out the excess water. Tie a knot.

Place the cloth containing the curds on a cutting board. Press the curds down with weights (a heavy pot of water will do) for 4 to 5 hours or until the cheese is firm and compact. The pot should be at least twice the diameter of the curds and the cloth. The weight will remove the excess water and set the cheese into solid form.

Remove the weight when the *paneer* is ready and place in the refrigerator for 1 hour before cutting into pieces. Cut the cheese into ¾-in (19-mm) cubes, and deep fry them in hot oil until light brown on all sides.

makes about ¾ pound

Gajar Halwa (Carrot Pudding)

The humble carrot is given royal treatment here. Fresh carrots are mixed with sweet spices, pistachios, and almonds. The *halwa* is often wrapped in gold and silver foil. Serve this *halwa* warm as a dessert or as a snack with tea.

2 lbs (1 kg) carrots

2 cups (16 fl oz or 475 ml) evaporated milk

¾ cup (6 oz or 170 g) fine granulated sugar

1-in (2½-cm) cinnamon stick

½ cup (4 oz or 115 g) unsalted butter

Seeds from 8 green cardamoms, crushed

3 tablespoons (1½ oz or 45 g) almonds, blanched and chopped

1½ tablespoons (¾ oz or 20 g) pistachio nuts, chopped

Peel and grate the carrots. Begin cooking the grated carrots with the evaporated milk and sugar on low heat. Add the cinnamon stick and cook until the milk has almost completely evaporated. Add butter and cardamom seeds. Cook over gentle heat, stirring continuously to prevent sticking.

When the ghee separates from the butter (after about 1 hour), spread the mixture in a flat dish and fold in the chopped nuts. Garnish with additional chopped nuts before serving. Serve hot, warm or cold.

serves six



Kulfi (Indian Nutty Ice Cream) serves ten to twelve

This *kulfi* is a little bit quicker to make than the typical version, but it is still a terrific Indian ice cream.

- 2 cups (16 fl oz or 475 ml) whipping cream
- 1¼ cups (10 fl oz or 295 ml) sweetened condensed milk
- 10 tablespoons (5 fl oz or 150 ml) milk
- 1 slice white or whole-wheat bread (about ¾ oz or 20 g)
- 10 - 15 almonds
- 5-6 cardamom pods, peeled
- 15-20 pistachios (optional)
- 1 cup (about 6-8 oz or 170-225 g) fresh or canned mango pulp (optional)

Mix all the ingredients in a blender and blend at maximum speed for 2 minutes. If you are using the mango pulp (available at most Indian groceries), blend it into the *kulfi* mixture. Pour into a container that seals or into popsicle molds. Freeze overnight.



Phirni (Indian Custard) serves five

This is the custard of urban India...the common man's custard. It is usually made the night before and set in earthenware containers of individual serving size. The moisture evaporates through the container and the custard sets like jelly and cools at the same time.

- 4 cups (1 qt or 1 L) half-and-half cream
- 6 green cardamom pods, peeled and crushed
- ½ cup (3 oz or 85 g) rice flour
- 2 cups (16 fl oz or 475 ml) cold milk
- 1 cup (8 oz or 225 g) sugar
- ½ cup (2 oz or 60 g) almonds or pistachios, chopped and roasted

Mix the cream and cardamoms and bring to a boil over medium-low heat. Mix the rice flour and milk and pour into the cream, stirring continuously to prevent lumps. Add the sugar, stirring over low heat until thick, about 20 minutes. Refrigerate for 5 to 6 hours. Serve cold sprinkled with nuts.

Gulab Jamun

Gulab jamun may be made well in advance and stored in the refrigerator but is best served warm or at room temperature.

For the Syrup

9 cups (2¼ qt or 2¼ L) water

6 cups (3 lbs or 1½ kg) sugar

½ teaspoon (2½ g) cardamom seeds, crushed

For the Dough

5 cups (20 oz or 566 g) dry milk powder

1½ cups (6 oz or 170 g) all-purpose flour

1⅔ level teaspoons (¼ oz or 8 g) baking powder

2¼ cups (18 fl oz or 535 ml) whipping cream

Oil for frying

Make the syrup by boiling the water in a deep pan. Add sugar and cardamom seeds and stir. Boil for 10 to 15 minutes. Reduce the heat to low and let simmer.

To make the dough, place all the dry ingredients in a food processor and mix for 30 seconds. If you do not have a food processor, combine by hand. Put the mixture into a bowl and fold in the whipping cream with a fork. Knead the mixture well to form a smooth and firm dough. Shape into 1-in (2½-cm) balls by rolling between the palms of your hands.

Heat 2-to-3-in (5-to-7½-cm) of oil over medium heat in a deep frying pan. Add one ball. If it browns too quickly, lower the heat. Add a few balls at a time and cook over low heat until dark brown on all sides.

Remove with a slotted spoon and drain on a paper towel. Put them in the syrup and bring to a boil over medium heat. Turn off the heat and allow to stand at least 2 to 3 hours in the syrup before serving.

makes 5 dozen *gulab jamun*

Suggested Menus

All the dishes of an Indian meal are put on the table at the same time. Sometimes the food is arranged on large metal platters called thalis, which include everything from snacks, chutney, and raitas to sweets. The wetter dishes are served in small bowls called katoris. Rice and/or bread are an important part of every Indian meal. If you are new to Indian cooking, try one or two of the simple curried vegetables and the mixed dal served with rice. For the more ambitious, try the chapatti or puri. The chutneys and pickles can be prepared ahead and taken out at meal time.

South Indian Breakfast or Brunch

Aloo Bhaji (Spicy Potatoes)

Dosas (Rice Crêpes)

Sambar

Coconut Chutney

Family Dinner

Karhi (Chick Pea Flour Stew with Dumplings)

Chawal (Plain Rice)

Raita

Gajar Halwa (Carrot Pudding)

Festive Company Dinner

Chapatti

Shahi Pulao (Nut and Raisin Pulao)

Sookhi Gobi (Dry Cauliflower)

Mixed Dal

Lime Pickle

Aloo Raita

Gulab Jamun

Late-Afternoon Company Tea

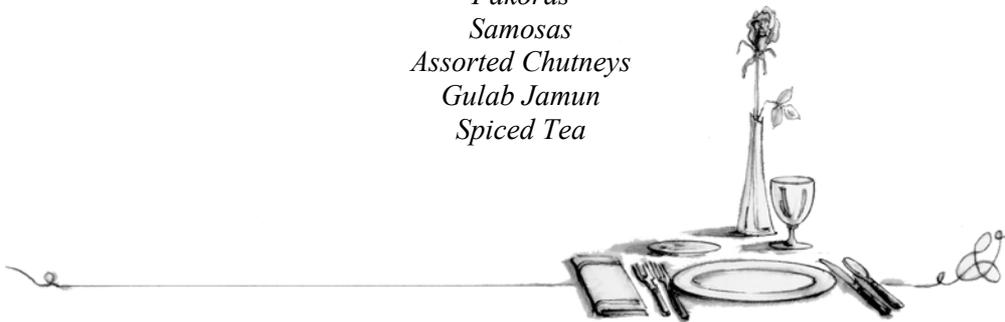
Pakorras

Samosas

Assorted Chutneys

Gulab Jamun

Spiced Tea





China

Chinese Recipes

Dim Sum

Chinese Dumplings
Savory Onion Cakes

Soups

Hot and Sour Soup
Chinese Corn Soup

Choi (Vegetables)

Chinese White Cabbage Hearts with Mushrooms
Braised Eggplant
Black Mushrooms with Broccoli
Stir-Fried Carrots with Watercress
Mixed Stir-Fried Vegetables
Snow Peas and Asparagus with Garlic and Ginger

Bean Curd and Gluten

Fried Bean Curd Balls
Gluten

Rice and Noodles

Vegetable Fried Rice
Sesame Noodles

Salads

Sprouts
Cold-Tossed Bean Sprouts

Sweets

Sugar-Glazed Walnuts
Crackling Bananas
Almond Curd

Suggested Menus

Chinese Dumplings

Dumplings, plumped with savory fillings, are favorite *dim sum* snacks. They may be boiled, steamed, or fried. The dumplings are traditionally served in the bamboo baskets in which they are steamed. You may buy dumpling skins already prepared in Asian markets, but many have eggs. Be sure to read the labels before making your selection.

For the Dumpling Dough

Pinch of salt

1 cup (4½ oz or 130 g) all-purpose flour

¼ cup (2 fl oz or 60 ml) lukewarm water (or enough for a semi-soft dough)

For the Filling

1 tablespoon (½ fl oz or 15 ml) oil

¼ red chili, finely chopped (or to taste)

1 teaspoon (5 g) garlic paste

½ teaspoon (2½ g) ginger, grated

1 cup (3½ oz or 100 g) cabbage, finely shredded

¼ teaspoon (1¼ ml) dark soy sauce

¼ teaspoon (1¼ ml) light soy sauce

To Cook the Dumplings

Salted boiling water

Drop of oil

For the Individual Dipping Sauce

1 teaspoon (5 ml) dark soy sauce

1 tablespoon (½ fl oz or 15 ml) light soy sauce

½ teaspoon (2½ ml) distilled white vinegar

½ teaspoon (2½ g) chili, chopped

To make the dumplings, add salt to the flour and knead with enough water to form a semi-soft dough. Set the dough aside for a few hours, then roll the dough out very thinly, and cut into 3-to-4-in (7½-to-10-cm) round circles.

Prepare the filling by heating the oil and sautéing the red chili, garlic paste, and ginger. Add the finely shredded cabbage and stir-fry a few minutes. Stir in the dark soy sauce and the light soy sauce and blend well.

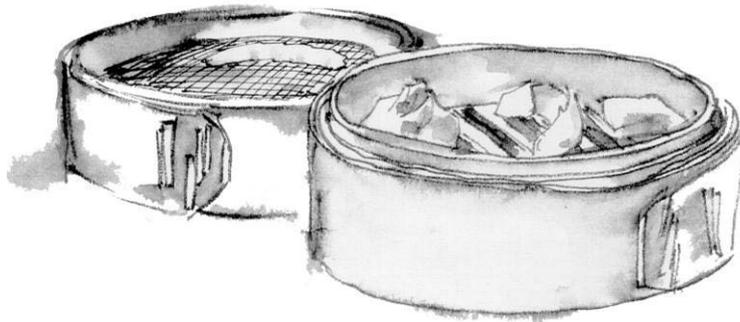
Allow the cabbage filling to cool. When cool, put 1 teaspoon (5 g) of the filling on each of the rounded dough shapes. Fold the shapes in half and seal the edges with water to form a semi-circle. You can fold a few pleats on one side of the dumpling before sealing, if you like.

To cook the dumplings, bring a large pot of salted water to a boil. Add a drop of oil to the pot. Cook the dumplings in the boiling water for 5 minutes. Strain the dumplings and serve hot.

Alternately, cook the dumplings in a bamboo steamer over boiling water. The dumplings can be shallow-fried on one side once they are boiled or steamed. Serve with the fried side up if you prepare them this way.

To make the individual dipping sauce, mix all the sauce ingredients together. The dipping sauce is enough for one serving. Increase the quantity according to the number of guests. Pour the sauce into individual dipping plates and serve with the dumplings.

makes 8 to 10 dumplings



Savory Onion Cakes

Onion cakes or scallion cakes, as they are sometimes called, are typically served on their own as a between-meal snack, but they also make a good accompaniment to any stir-fry.

1½ cups (7 oz or 200 g) all-purpose or self-rising flour

¾ cup (6 fl oz or 180 ml) hot water

2-3 tablespoons (1-1½ fl oz or 30-45 ml) cold water

6 spring onions or scallions (about 3 oz or 85 g), chopped

1½ teaspoons (¼ fl oz or 8 ml) sesame oil

¾ teaspoon (4 g) white pepper

Salt

Oil for frying

Knead the flour with the hot water for a few minutes. Add the cold water and knead well. Set aside for 1 hour.

Marinate the spring onions or scallions with the sesame oil, white pepper, and salt. Set aside.

Divide the dough into 4 to 6 portions. Roll out each portion of dough to a ¼ in (6 mm) thickness. Spread the onion mixture onto the dough and roll it up like a mat.

Take one end of the rolled dough and fold it into a coil. Give a few twists to stretch the coil. Flatten the dough slightly. Deep fry the onion cake until it is golden brown.

serves four to six

Hot and Sour Soup

Hot! Very satisfying on a cold night! The long list of ingredients is simply an assortment of Chinese vegetables artfully shredded or cut into matchsticks and paired with fresh chili and chili oil. The Chinese black mushrooms, fungus mushrooms, bamboo shoot, and the Chinese seasonings can all be purchased in a Chinese grocery store. The chilies make the soup very hot! Add according to taste.

4 Chinese black mushrooms (about 1¼ oz or 35 g), sliced
2 black fungus mushrooms, sliced
1 clove garlic
1 fresh red chili (about 1 oz or 30 g) (or to taste)
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
1 teaspoon (5 g) fresh ginger, peeled and grated
1 small bamboo shoot (about 4 oz or 115 g), shredded
½ carrot (about 2 oz or 60 g), cut into matchstick size
4 cups (1 qt or 1 L) water
3 tablespoons (¾ oz or 20 g) cornstarch, dissolved in ½ cup (4 fl oz or 120 ml) water
½ lb (225 g) soft bean curd, cubed
2½ teaspoons (½ fl oz or 15 ml) light soy sauce
4 tablespoons (2 fl oz or 60 ml) white vinegar
2 teaspoons (¼ fl oz or 8 ml) dark soy sauce
1 tablespoon (½ oz or 15 g) sugar
½ teaspoon (2½ g) white pepper
Salt
1 tablespoon (½ oz or 15 g) fresh coriander, chopped
1 tablespoon (½ fl oz or 15 ml) sesame oil
2 teaspoons (¼ fl oz or 8 ml) chili oil (or to taste) (optional)
1 stalk spring onion (about ½ oz or 15 g), chopped

Soak the black mushrooms and fungus mushrooms separately in hot water for about 15 minutes. Drain and reserve ½ cup (4 fl oz or 120 ml) of the mushroom water.

Crush the garlic and fresh chili together. Heat the oil in a wok and fry the crushed chili and garlic. Add the ginger, bamboo shoot, and black mushrooms. Stir-fry them for 1 to 2 minutes.

Add the carrots and the fungus mushrooms. Sauté these ingredients a few minutes to coat with the oil, chili, and garlic.

Add ½ cup (4 fl oz or 120 ml) of the mushroom water along with 4 cups (1 qt or 1 L) of water. Thicken with the cornstarch mixture. Finally, add the bean curd.

Season the soup with light soy sauce, vinegar, dark soy sauce, sugar, and white pepper. Allow the soup to boil for 5 minutes then add the salt and coriander.

Just before serving, add the sesame oil, chili oil (if you are using it), and the spring onions. Serve piping hot.

serves four



*O God,
I am as one hungry for rice,
parched as one thirsty for tea.
Fill my so empty heart.*

-Chinese Prayer

Chinese Corn Soup

This classic soup is made with fresh corn on the cob, but if you prefer a quicker dish, it also works very well with canned cream-style corn.

4 fresh corn on the cob (about 1¾ lbs or 795 g) or 1 (1 lb or 455 g) can cream-style corn

4 cups (1 qt or 1 L) water

2 tablespoons (½ oz or 15 g) cornstarch mixed with

1 cup (8 fl oz or 240 ml) cold water

½ teaspoon (2½ ml) soy sauce

Salt

Green chilies in vinegar, finely chopped (available in Chinese markets)

Chili Sauce (available in Chinese markets)

If you are using fresh corn, boil it for a few minutes in the water. Drain and reserve the liquid to use for the soup stock.

Remove the corn kernels from the cobs. Put the corn kernels or the canned corn into a soup pot with the reserved corn liquid and simmer for about 10 minutes. Then remove from the heat and purée in a blender or food processor for 15 to 20 seconds.

Mix the cornstarch with cold water and stir it into the soup. Add the soy sauce and salt. Cook for 10 to 15 minutes or until thick. Serve hot with chilies in vinegar and chili sauce.

serves four



Chinese White Cabbage Hearts with Mushrooms

Dried black Chinese mushrooms have a wonderful earthy taste. They need to be soaked in water before they can be used. Here, they are quickly stir-fried, combined with cabbage hearts, and artfully arranged on a plate to look like a blooming flower.

10 large dried Chinese black mushrooms (about 3 oz or 85 g)
1 cup (8 fl oz or 240 ml) warm water
3 teaspoons (½ fl oz or 15 ml) peanut oil
1½ lbs (680 g) Chinese white cabbage, washed and cut into 4-in (10-cm) pieces
½ teaspoon (3 g) salt
1 teaspoon (2½ g) cornstarch, dissolved in a little water
30 fresh button mushrooms (about ½ lb or 225 g)

Wash the black mushrooms and soak them in the warm water for 15 minutes. Drain the mushrooms and squeeze out excess water. Strain this water through a sieve and discard the debris. Reserve the mushroom water and set aside.

Heat a wok over high heat. Add 2 teaspoons (¼ fl oz or 8 ml) of oil. When smoke rises, add the cabbage and stir-fry for 1 minute. Add the reserved mushroom water and salt. Blend and stir-fry for a minute or two. Cover and simmer for 3 minutes. Remove the lid and stir in the dissolved cornstarch. Remove the cabbage and arrange on a serving platter like flower petals.

Heat the remaining 1 teaspoon (5 ml) of oil in the wok. Add the drained black mushrooms, button mushrooms, and a pinch of salt. Stir-fry 1 minute and remove from wok.

Heap the black mushrooms in the center of the plate with the cabbage pieces radiating around them. Arrange the button mushrooms in a circle along the rim of the plate.

serves four to six

Braised Eggplant

Eggplant is seared over high heat to seal in the flavor and then combined with a garlic-soy sauce. If the skin of the eggplant is smooth and firm, do not peel it. It will save time in the preparation and it adds a variety of textures to the dish. Serve with Vegetable Fried Rice (p. 210).

1 lb (455 g) eggplant

4 cups (1 qt or 1 L) vegetable oil for frying

2 tablespoons (1 oz or 30 g) garlic, peeled and finely chopped

2 tablespoons (¾ oz or 20 g) sugar

3 tablespoons (1½ fl oz or 45 ml) soy sauce

¼ teaspoon (1¼ g) salt

¾ cup (6 fl oz or 180 ml) Vegetable Broth (p. 411)

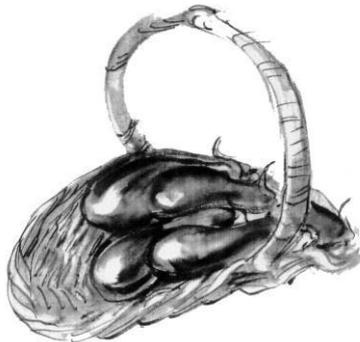
2 teaspoons (5¼ g) cornstarch, dissolved in 2 tablespoons (1 fl oz or 30 ml) water

Wash the eggplant and cut into ½-in (13-mm) slices. Heat the oil in a wok over medium heat. When the smoke rises, add the eggplant. Deep fry over high heat until the eggplant slices are soft and brown. Remove the eggplant and drain. Pour the hot oil out of the wok and set aside.

Pour 2 tablespoons (1 fl oz or 30 ml) of the hot oil back into the wok and stir-fry half the garlic. When the garlic is softened, add the eggplant, sugar, soy sauce, and salt. Stir and add the remaining garlic and the vegetable broth.

Stir-fry 1 minute and add the dissolved cornstarch. Stir to thicken the sauce. Serve immediately.

serves four



Black Mushrooms with Broccoli

Black mushrooms and broccoli are a colorful combination. Broccoli, the color of jade, represents youth and wealth to the Chinese. Serve with steamed or boiled rice for a quick, nutritious dinner.

For the Sauce

1 cup (8 fl oz or 240 ml) water
1 tablespoon (½ fl oz or 15 ml) dark soy sauce
1 tablespoon (½ fl oz or 15 ml) light soy sauce
1 tablespoon (½ fl oz or 15 ml) vinegar
1½ tablespoons (½ oz or 15 g) cornstarch

For the Black Mushrooms with Broccoli

10 dried Chinese black mushrooms (3 oz or 85 g)
½ cup (4 fl oz or 120 ml) peanut oil
6 cloves garlic, crushed
½-in (13-mm) piece of ginger, crushed
1 teaspoon (5 g) chili paste or fresh red chilies
Pinch of baking soda
1 cup (about 3½ oz or 100 g) broccoli florets
Salt



Prepare the sauce by mixing together the water, dark soy sauce, light soy sauce, vinegar, and cornstarch. Set aside.

Soak the mushrooms for 30 minutes and cut into halves, discarding the stems. Heat the oil in a wok. Add the garlic, ginger, chili paste or chilies, and baking soda. Fry them for 1 minute.

Add the broccoli and stir-fry on high heat for a few minutes. Add mushrooms, salt, and the sauce. Cook until it thickens, stirring occasionally. Serve with rice.

serves four

Stir-Fried Carrots with Watercress

Watercress is frequently used in the Chinese kitchen, either alone or in combination with other vegetables. Here it is combined with carrots for a very colorful stir-fry. Serve with rice and one or two other vegetables.

2 scallions (about 1 oz or 30 g)
4 medium carrots (about 16 oz or 455 g)
1 bunch watercress (about 4 oz or 115 g)
2 teaspoons (1/4 fl oz or 8 ml) vegetable oil
1 tablespoon (1/2 fl oz or 15 ml) soy sauce
Salt
1 tablespoon (1/2 oz or 15 g) sesame seeds

Wash the scallions and slice them very finely. Scrape and wash the carrots and cut them into matchsticks. Wash the watercress. Remove the long stems and chop coarsely.

Heat the oil in a wok or frying pan. Add the scallions and carrots and stir-fry on high heat for 1 to 2 minutes. At this point, add the watercress and stir-fry for another 3 to 4 minutes. Add the soy sauce and a little salt. Sprinkle with sesame seeds and serve immediately.

serves two to four



Mixed Stir-Fried Vegetables

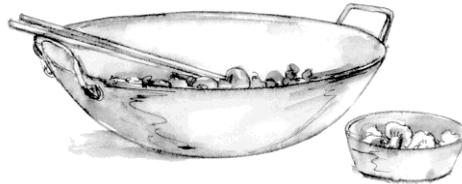
Stir-frying is an ancient and preferred method of cooking in the Chinese kitchen. The short cooking time makes it quick, convenient, and nutritious. A mélange of garden vegetables is tossed together in this dish. Other vegetables may be substituted according to what you have on hand.

For the Vegetables

1 red pepper (about 5 oz or 140 g), seeds removed
1 green pepper (about 5 oz or 140 g), seeds removed
1 zucchini (about 10 oz or 285 g)
3-4 celery stalks (about 8 oz or 225 g)
1 bunch scallions (about 3 oz or 85 g)
½ lb (225 g) mushrooms, wiped clean
½ cup (4 fl oz or 120 ml) peanut oil
Sweet and Sour Sauce (recipe follows)
1 cup (4 oz or 115 g) blanched almonds

Sweet and Sour Sauce

2 garlic cloves, crushed
¼ cup (2 fl oz or 60 ml) soy sauce
¼ cup (about 1 oz or 30 g) ginger, grated
1 tablespoon (½ fl oz or 15 ml) vinegar
2 tablespoons (45 g) honey



Cut the red pepper, green pepper, zucchini, and celery stalks into 2-in (5-cm) matchsticks. Trim the scallions, leaving 1-in (2-½ cm) of the green part. Slice the mushrooms.

Heat the oil in a wok, then stir-fry the vegetables over high heat for 2 minutes. Add the Sweet and Sour Sauce and almonds and stir-fry for another 2 minutes.

Make the sauce by blending the garlic, soy sauce, ginger, vinegar, and honey by hand or in a blender.

serves four

Snow Peas and Asparagus with Garlic and Ginger

Snow peas and asparagus appear in your local market around the same time in the spring. They are a terrific combination in this quick but very tasty dish! Serve with rice.

For the Sauce

2 tablespoons (1 fl oz or 30 ml) light soy sauce
2 teaspoons (¼ fl oz or 8 ml) rice vinegar
1 teaspoon (5 ml) sesame oil
½ teaspoon (2 g) sugar
2 teaspoons (5¼ g) cornstarch
2 tablespoons (1 fl oz or 30 ml) water

For the Vegetables

3 tablespoons (1½ fl oz or 45 ml) peanut oil
3 very thin slices of ginger
4 garlic cloves, minced
2 scallions (about 1 oz or 30 g), thinly sliced on the diagonal
¼ lb (115 g) snow peas, stems and strings removed
1 lb (455 g) asparagus, washed and stalks cut on the diagonal into 2 to 3 pieces



Combine the ingredients for the sauce in a small bowl. Set aside.

Heat the peanut oil in a wok over medium-high heat. When it begins to smoke, add the ginger, garlic, and scallions. Stir-fry for 10 seconds. Add the snow peas and asparagus and stir-fry for another 30 seconds.

Stir the sauce and pour it over the vegetables. Lower the heat and cook for 1 minute. Add 1 to 2 additional tablespoons (½-1 fl oz or 15-30 ml) water if necessary. Remove from the heat and serve hot with rice.

serves four

Fried Bean Curd Balls

Dofu (tofu or bean curd) is mixed here with fresh lotus root, carrots, and ginger. It is deep fried and seasoned with Szechuan pepper-salt for an exceptionally good dish.

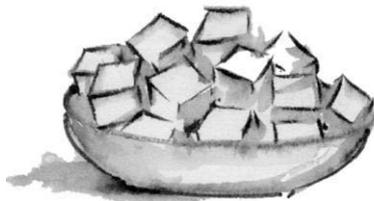
3½ oz (100 g) fresh lotus root (available in Asian markets)
2 carrots (about 6 oz or 170 g)
6-7 oz (170-200 g) bean curd
2 teaspoons (¼ oz or 8 g) ginger, peeled and finely chopped
½ teaspoon (3 g) salt
3½ tablespoons (1 oz or 30 g) cornstarch, sieved
2 cups (16 fl oz or 475 ml) peanut oil
Dash of Szechuan pepper-salt (optional)

Wash and peel the lotus root and carrots. Cut them into pea-sized pieces and blanch them in a pot of boiling water. When blanched, remove from the water and allow to cool.

If you have soft bean curd, squeeze out any excess water between the palms of your hands. Mash the bean curd with a potato masher and add it to the carrots and lotus root. Blend in the ginger, salt, and cornstarch.

Heat the peanut oil in a wok. Form small balls from the bean curd mixture and fry until they are golden brown and crisp on the outside. Test one first. If it falls apart during frying, add more cornstarch to the bean curd mixture. Serve hot with Szechuan pepper-salt.

serves four



Gluten

Gluten was developed by very strict vegetarian Buddhists as a “meat substitute.” It can be added to vegetarian stews, soups, and casseroles, or it can be ground and mixed with beans or nuts for roasts. You can prepare the gluten ahead and refrigerate for a few days submerged in water, or it can be frozen and made ready for use when needed.

10 cups (2½ lbs or 1¼ kg) gluten or whole-wheat flour

4 cups (1 qt or 1 L) warm water

8 cups (2 qt or 2 L) Vegetable Broth (p. 411)

Oil for frying

Put the flour in a bowl. Add the water and mix into a simple dough with a spoon, then knead it by hand for about 5 minutes. Cover with water and let stand for 2 to 3 hours.

With the dough still in the water, gently and carefully squeeze it like a sponge to work the starch out. Take care not to lose the ball - it's rather like squeezing bananas at first.

As the water becomes cloudy, discard and add fresh water. Keep repeating this process, carefully working the ball and replacing the water, until the gluten has a clear and spongy texture. This should take about 15 to 20 minutes or longer. If your hands get tired, set it aside for half an hour, then finish until the water is clear. Let drain.

You must boil or fry the gluten before using. To boil, twist off the gluten into small pieces. Spread them out a little and drop them carefully into vegetable broth. Boil until they float on top of the water.

To deep fry the gluten, break into small pieces, stretch out, and drop into hot oil until browned. Turn and brown the other side. The gluten is now ready for use in other recipes.

makes 1¼ pounds

Vegetable Fried Rice

For a quick meal, use leftover rice for this dish. The fried rice tastes better when the rice is a day old. The vegetables listed here are only suggestions. Use any vegetables you have on hand.

5 tablespoons (2½ fl oz or 75 ml) peanut oil
1 onion (about 4 oz or 115 g), cut into thin slices
1 carrot (about 4 oz or 115 g), peeled and cut into small cubes
1 celery stalk (about 2½ oz or 75 g), cut into ½-in (13-mm) dice
1 green bell pepper (about 4 oz or 115 g), cut into ½-in (13-mm) dice
2 tomatoes (about 10 oz or 285 g), cut into ½-in (13-mm) dice
½ cup (3 oz or 85 g) green peas
4 oz (115 g) cabbage, thinly sliced
2 scallions (about 1 oz or 30 g), finely chopped
Salt
4 cups (1¼ lbs or 566 g) cooked rice
¼ cup (2 fl oz or 60 ml) soy sauce

Heat the oil in a wok. Add the onion, carrot, and celery. Stir and heat for 1 minute. Add the bell pepper, tomatoes, peas, cabbage, scallions, and salt. Stir-fry for 1 minute.

Add the rice to the vegetables and stir to mix everything together for an additional minute. Add the soy sauce and continue to stir-fry an additional 5 minutes. Serve hot

serves four to six



Sesame Noodles

In the wheat-growing regions of Northern China, noodles often take the place of rice at the table. Since the Chinese usually use egg noodles, substitute eggless, fettuccine-style noodles or homemade fresh noodles. Sesame paste and peanut butter make the rich, creamy sauce for this tempting dish. The noodles may be served hot, room temperature, or cold.

½ lb (225 g) dried noodles

2 tablespoons (1 fl oz or 30 ml) sesame oil plus a little extra for tossing the noodles

¼ cup (2 fl oz or 60 ml) Vegetable Broth (p. 411)

1 tablespoon (½ oz or 15 g) sesame paste (available in Chinese markets)

3 tablespoons (1½ oz or 45 g) peanut butter

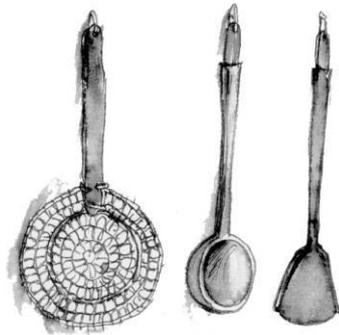
2 teaspoons (¼ fl oz or 8 ml) rice vinegar

2 tablespoons (1 fl oz or 30 ml) light soy sauce

½ teaspoon (2½ g) chili paste (or to taste)

1 tablespoon (½ oz or 15 g) sugar

3 scallions (about 1½ oz or 45 g), finely chopped



Bring a large pot of water to a boil. Add the noodles and cook until tender. Drain. Toss the noodles with the extra oil.

To make the sauce, combine the sesame oil, vegetable broth, sesame paste, peanut butter, rice vinegar, light soy sauce, chili paste, and sugar in a small bowl. Toss the noodles with the sauce and pour them into individual serving dishes. Top with some of the finely chopped scallions.

serves four

Sprouts

Sprouted mung beans and soybeans are used frequently in the Chinese kitchen, but any bean, seed, nut, or grain can be easily sprouted at home. Sprouts are not only inexpensive; they are rich in enzymes, vitamins, and minerals. General directions are given here for sprouting most types of beans or seeds.

Several wide mouth glass jars

Cheesecloth, nylon or fiberglass mesh

Rubber bands or screw-on rings to cover jars

Seeds: choose among the following: alfalfa, clover, mung, peas, lentils, chick peas, fenugreek, radish, adzuki, sunflower, sesame, pumpkin, chia

Soak the seeds by filling the jar with about $\frac{1}{4}$ cup (2 oz or 60 g) of small seeds, a little less for larger seeds. Add enough water to cover the seeds well. Cover the jar with cheesecloth or other mesh, secure with a rubber band or screw-on ring. Soak the small seeds for about 4 to 6 hours, the medium seeds for 8 to 10 hours, and the large seeds for 10 to 12 hours.

After the initial soaking, drain the water, rinse well, and allow to drain once again. Tilt the jar at a 45-degree angle to allow the water to drain off. Rinse the seeds twice a day. In hot weather, keep soaked seeds refrigerated and rinse more frequently, especially chick peas, which ferment easily.

Small seeds take anywhere from 6 to 8 days to mature. Hulls should be removed from alfalfa seeds by rinsing and gently agitating. Place in sunlight so they can turn green.

Medium-sized seeds (mung beans, peas, and lentils) mature in 2 to 3 days. Chick pea sprouts take 2 to 2½ days to mature.

Nuts such as almonds, filberts, walnuts, and pecans are delicious when soaked for 12 hours and rinsed, or sprouted for 2 days.

Cold-Tossed Bean Sprouts

Mung bean sprouts can be cooked in a wok or quickly blanched to remove the raw taste, but you may omit this step if you like your sprouts and vegetables completely raw. The sauce makes a delicious seasoning on raw and cooked sprouts.

For the Cold-Tossed Bean Sprouts

1 lb (455 g) mung bean sprouts
2 tablespoons (1 fl oz or 30 ml) peanut oil
1 garlic clove, chopped
1 teaspoon (5 g) minced ginger
3 scallions (about 1½ oz or 45 g), cut into matchsticks
3 tablespoons (1 oz or 30 g) peanuts
1 carrot (about 4 oz or 115 g), cut into matchsticks
1 green bell pepper (about 4 oz or 115 g), cut into matchsticks

For the Sauce

2 tablespoons (1 fl oz or 30 ml) rice vinegar
4 teaspoons (½ oz or 15 g) sugar
1 teaspoon (5 ml) light soy sauce
2 tablespoons (1 fl oz or 30 ml) sesame oil

Wash the sprouts, removing husks if desired. Drain.

Heat the oil in a wok over high heat. Add the garlic, ginger, and scallions. Stir briskly for about 15 to 20 seconds. Add the peanuts and stir-fry for 15 seconds. Mix in the bean sprouts, carrot, and bell pepper. Stir-fry briskly for about 1 minute.

Mix the sauce ingredients in a small bowl. Place the vegetables in a serving bowl and toss with the sauce. Chill before serving.

serves four to six



Sugar-Glazed Walnuts

You may want to double or triple this recipe if you are having guests. It is impossible to eat just one of these candy-like confections from Shanghai. Serve the sugar-coated walnuts as snacks or hors d'oeuvres. They may also be added to other sweet or savory dishes.

2 cups (½ lb or 225 g) walnut halves or pieces

Boiling water

¼ cup (2 oz or 60 g) sugar

3-4 cups (24 fl oz-1 qt or 710 ml-1 L) peanut oil

Rinse the walnuts in cold water. Place in a mixing bowl, cover with the boiling water and set aside for 5 minutes. Drain, but do not dry completely.

Mix the nuts with the sugar. Spread on a baking sheet and allow to dry for about 20 minutes.

Heat the peanut oil in a wok or deep pan. Add the nuts and fry for about 3 to 4 minutes. Do not let them get too brown. Remove from the oil and drain. When the oil is drained off, spread again on a tray and let dry until sugar hardens.

makes 2 cups



Crackling Bananas

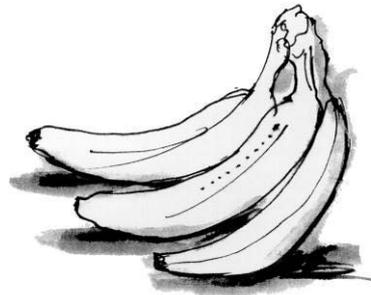
This Peking treat may be prepared with apples as well as bananas. The fruit is fried and dipped in caramel syrup, then plunged into ice water. The change of temperature causes the fruit to make a thin hard shell which crackles when you bite into it. The bananas are also delicious without the caramel syrup, served only with a light sprinkling of confectioners' sugar.

For the Crackling Bananas

1 cup (4 ½ oz or 130 g) all-purpose flour
2 tablespoons (¾ oz or 20 g) sugar
2 teaspoons (¼ oz or 8 g) baking powder
1 cup (8 fl oz or 240 ml) water
1 teaspoon (5 ml) vegetable oil
4 firm bananas (about 1½ lbs or 680 g)
4 cups (1 qt or 1 L) peanut oil for frying

For the Sugar Syrup

½ cup (4 oz or 115 g) sugar
¼ cup (2 fl oz or 60 ml) water
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
Iced water



Combine the flour, sugar, baking powder, water, and oil in a bowl. Mix well. Cut each banana diagonally into 3 to 4 pieces. Dip in the batter and coat evenly.

Heat a wok or deep fryer and add peanut oil. When the oil is hot, add the bananas and fry for about 3 to 4 minutes or until golden brown and crisp. Remove from the wok and drain.

To prepare the syrup, mix the sugar, water, and oil in a saucepan and cook over low heat until the sugar dissolves. Continue to heat until it turns a rich caramel color. Dip the bananas pieces into the syrup and remove to an oiled dish. Plunge each piece into iced water and serve immediately.

serves four to six

Almond Curd

Agar-agar, a vegetable gelatin derived from seaweed, is used to set up this smooth, cooling dessert.

1 cup (4 oz or 115 g) almonds

4 cups (1 qt or 1 L) water

4 tablespoons (¼ oz or 8 g) agar-agar flakes (available in health food stores)

¼ cup (2 oz or 60 g) sugar (or to taste)

½ cup (4 fl oz or 120 ml) cream or evaporated milk

1 teaspoon (5 ml) almond extract (optional)

4 oz (115 g) fresh or canned lychees (available in Chinese markets)

4 oz (115 g) fresh or canned loquat, chilled (available in Chinese markets)

Blanch the almonds by pouring some boiling water over them. After 1 minute slip the skins off with your fingers.

Blend the almonds and the 4 cups (1 qt or 1 L) water in a blender for about 3 minutes. Strain and reserve the pulp.

Add the agar-agar flakes to the blanching water and bring to a boil. Reduce the heat, add the sugar, and simmer for 5 minutes or until the flakes and sugar are dissolved.

Blend the cream, reserved almond pulp, and almond extract (if you are using it) together. Mix well with the agar mixture. Pour into an 8-in (20-cm) square pan. Cool and set until firm.

To serve, cut into diamonds and place in individual glass dishes or a serving bowl. Top with the lychees, loquats and some of the fruit syrup.

serves six to eight

Suggested Menus

China has some wonderfully healthy vegetable dishes that can be prepared very quickly and easily. Try the Mixed Stir-Fried Vegetables or the Braised Eggplant and be sure to serve them with rice. Since cooking time is generally short, the vegetables must be ready for the wok. If your guest list increases, add another dish rather than doubling the quantity of the dish you are preparing. Noodles are typically served with other savory dishes or as a snack. If soup is served, it is sipped throughout the meal, rather than as a first course. Sweets are served along with the rest of the meal or on their own as snacks. Tea is served before and after the meal. A Chinese meal is typically eaten with chopsticks.

Warming Winter Dinner

Hot and Sour Soup

Braised Eggplant

Chinese White Cabbage Hearts with Mushrooms

Vegetable Fried Rice

Tea

Dinner from the Wok

Chinese Corn Soup

Black Mushrooms with Broccoli

Stir-Fried Carrots with Watercress

Plain Rice

Fresh Fruit

Tea

Dim Sum Snacks

Chinese Dumplings

Savory Onion Cakes

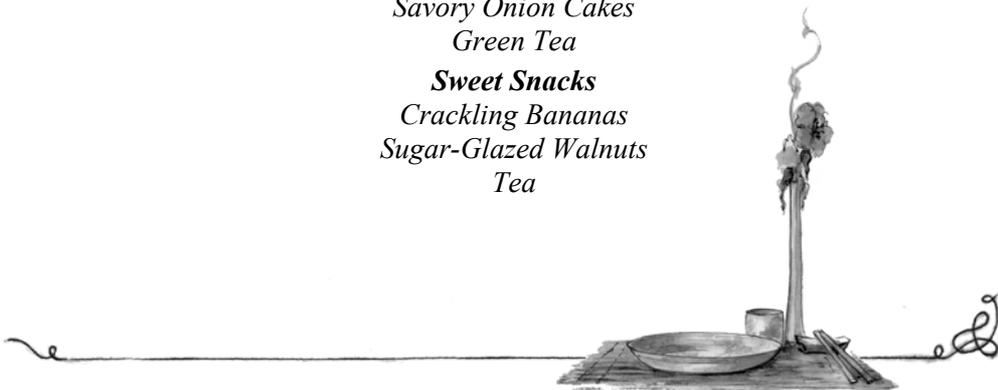
Green Tea

Sweet Snacks

Crackling Bananas

Sugar-Glazed Walnuts

Tea





Japan

Japanese Recipes

Soups

Dashi (Japanese Soup Stock)

Miso-Shiru (Miso Soup with Bean Curd)

Rice and Noodles

Gohan (Plain Rice)

Easy Brown Rice

Brown Rice Donburi

Sushi-Meshi (Vinegared Rice)

Nori Maki (Rolled Sushi)

Zaru Soba (Chilled Buckwheat Noodles)

Tofu

Tofu Teriyaki

Tofu Patties

Vegetables

Misoyaki (Stir-Fried Vegetables)

Tempura (Batter-Fried Vegetables)

Quick Carrot-Burdock Root Sauté

Lotus Root

Sautéed Hiziki

Salads

Wakame Salad with Japanese Vinaigrette

Wilted Cucumber Salad

Sweets

Lemon Kantan with Mixed Berries

Suggested Menus

Dashi (Japanese Soup Stock)

Dashi is a broth that is the basis for many Japanese soups and seasonings. It is typically made with dried fish flakes, so be careful when ordering Japanese food. This vegetarian version uses only *kombu* (a type of seaweed) which gives it a distinctive flavor. *Kombu* is available in Japanese markets and health food stores.

5 dried shiitake mushrooms (about 1½ oz or 45 g) (available in Japanese markets)
7-in (18-cm) piece of dried dashi kombu (seaweed)
5 cups (1¼ qt or 1¼ L) water

To make the *dashi* or soup stock, soak the mushrooms and *kombu* in the water at least 2 to 3 hours before cooking the soup.

Strain and reserve the mushrooms and *kombu* for other recipes, such as *Miso-Shiru* (Miso Soup with Bean Curd) (p. 221).

makes 5 cups



*The goddess of mercy has a thousand hands
- and needs every one.*

Japanese Proverb

Miso-Shiru (Miso Soup with Bean Curd)

Miso soup is a classic Japanese soup and is eaten for breakfast, lunch, and dinner. Other vegetables can be added or substituted. Use whatever you like, including scallions, carrots, snow peas, and *wakame*.

Mushrooms, reserved from Dashi (p. 220)

Kombu, reserved from Dashi (p. 220)

5 cups (1¼ qt or 1¼ L) Dashi (p. 220)

1 potato (8 oz or 225 g), peeled and cut into thin half-moon shapes

10 fresh spinach leaves

1 lb (455 g) soft tofu, cut into small cubes

½ cup (1¾ oz or 50 g) miso, softened in a few tablespoons of water

Cut the mushrooms and *kombu* into small pieces and add to the broth along with the potato slices. Cook for 15 to 20 minutes or until the potatoes are tender.

Add the spinach leaves and tofu. Bring to a boil. Lower the heat and add the miso. Cook for another few minutes to blend flavors. Do not let it boil. Serve hot.

serves four



Gohan (Plain Rice)

Short-grain rice is always used in Japan. White rice is usually used, although brown rice is also prepared. Japanese cooks often use an electric rice cooker, but directions are given here for the stove top method.

1½ cups (10 oz or 285 g) short-grain Japanese white rice

2¼ cups (18 fl oz or 535 ml) water

Rinse the rice in a few changes of water until the water becomes clear. Drain. Let dry in a colander for 40 minutes to 1 hour.

Put the rice in a saucepan with a lid. Add the water and bring to a boil. Lower the heat and simmer about 15 minutes. Do not lift the lid. Set aside for 10 more minutes before serving. Serve in individual bowls, topped with sesame salt or Japanese pickles.

serves six



Easy Brown Rice

1 cup (6 oz or 170 g) short or long-grain brown rice

2 cups (16 fl oz or 475 ml) water

Wash and drain the rice.

Bring the water to a boil in a saucepan. Add the rice, reduce the heat, and simmer for about 45 minutes to 1 hour or until the rice is tender and the liquid is absorbed.

serves two to four

Brown Rice Donburi

Donburi gets its name from the large pot or bowl in which this rice is served. The dish is typically made with Japanese white rice, but brown rice is a good alternative. It is a popular snack or lunchtime dish in Japan, but it is also perfect for a one-pot family meal.

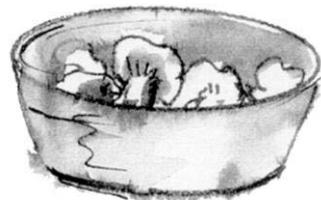
2 cups (6 oz or 170 g) brown rice
½ lb (225 g) shiitake mushrooms, sliced
1 carrot (about 4 oz or 115 g), cut in small pieces
2 oz (60 g) spinach, coarsely chopped
1 tablespoon (½ fl oz or 15 ml) rice vinegar
2 teaspoons (¼ fl oz or 8 ml) soy sauce
4 cups (1 qt or 1 L) Dashi (p. 220) or water
Salt
2 spring onions or scallions (1 oz or 30 g), finely sliced

Rinse the brown rice in cold water and drain.

Combine the shiitake mushrooms, carrot, spinach, rice vinegar, and soy sauce with the rice. Toss to coat well. Place the mushroom/rice mixture in a pot with the water or *dashi* and salt.

Cover the pot and bring to a boil. Lower the heat and simmer until the rice is tender, about 45 minutes to 1 hour. Sprinkle the chopped spring onions or scallions on top. Allow to sit covered for a few minutes before serving.

serves four



Sushi-Meshi (Vinegared Rice)

It is good to enlist the help of a friend when making *sushi-meshi*. One person can fan the rice while it is cooling, and the other can stir in vinegar, sugar, and salt. Japanese short-grain white rice is used to make *sushi-meshi*. Prepare rice in this way to make *nori maki* or any other type of sushi.

2 cups (12 oz or 340 g) white short-grain Japanese rice (Nishiki or Kokuho)

2¼ cups (18 fl oz or 535 ml) water

2½ tablespoons (1¼ fl oz or 40 ml) rice vinegar

1½ tablespoons (1 oz or 30 g) salt

2½ tablespoons (1 oz or 30 g) sugar

Rinse rice in several changes of water until the water becomes clear. Put the rice and water in a cooking pot. Let rice soak for 1 hour before cooking.

Cover the pot and bring to a boil, then reduce the heat to very low and allow it to cook for 15 minutes. Turn off the heat and set the rice aside for 10 minutes.

Mix vinegar, salt, and sugar in a separate bowl. Put the rice in a wide, shallow platter and pour the vinegar mixture over it. Mix with a wet wooden spatula while fanning the rice so that it cools down quickly. Put it in the refrigerator until it cools to room temperature.

serves four

Nori Maki (Rolled Sushi)

Rolled sushi is the Japanese carry-along picnic food. Shiitake mushrooms, cucumber, or any other vegetables may be pressed into the *nori* (seaweed) rolls. *Nori* is available in Japanese markets or in health food stores. Serve with any Japanese pickled vegetables and dipping sauce.

Avocado

Kirby pickles

Sesame seeds

Scallions

Boston lettuce

4 sheets nori (about ¼ oz or 7 g each)

2 cups (10 oz or 285 g) cooked Sushi-Meshi (p.224)

Wasabi paste or powder mixed with water (optional) (p.522)

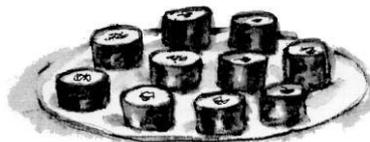
Cut the vegetables in matchstick shapes so that they are easy to roll.

Place a *makisu* (bamboo mat) on the table and place one *nori* sheet on it. Wet your hands and scoop up one-quarter of the Sushi-Meshi and spread it on the *nori*, leaving a ½-in (13-mm) border on each end. Add a little *wasabi* paste or powder, if you are using it.

Make a long indentation in the rice and place the vegetables of your choice in the indentation. Roll the bamboo mat tightly away from you. Keep a firm roll, but do not roll the mat into the rice. Seal the roll with a little water.

When the roll is finished, cut it into 12 equal rounds with a sharp, damp knife. Roll up the other rolls in the same way.

makes 4 rolls



Zaru Soba (Chilled Buckwheat Noodles)

Soba noodles are eaten cold in the summer as a delicious refreshment during hot weather. Serve them on their own or with tofu or tempura vegetables. Although not traditional, they are also good topped with steamed vegetables. *Wasabi*, one of the garnishes, is very, very hot! Use it sparingly.

2 cups (16 fl oz or 475 ml) *Dashi* (p. 220)
¼ cup (2 fl oz or 60 ml) *tamari* (available in health food stores)
2 tablespoons (1 fl oz or 30 ml) rice vinegar
2 teaspoons (¼ oz or 8 g) sugar
12 oz (340 g) dried *soba* (buckwheat noodles) (available in health food stores)
2 tablespoons (1 oz or 30 g) *wasabi* (Japanese horseradish) (available in Japanese markets and health food stores)
2-3 tablespoons (1-1½ fl oz or 30-45 ml) water
2 teaspoons (¼ oz or 8 g) freshly grated ginger
½ cup (3 oz or 85 g) *daikon* radish, grated (available in Japanese markets)
½ cup (1½ oz or 45 g) green onions, finely chopped
1 sheet *nori* seaweed (2½ oz or 75 g) (available in health food stores)

Prepare the broth by combining the *dashi*, *tamari*, rice vinegar, and sugar in a saucepan. Simmer for about 5 minutes, then chill.

Bring a stockpot of water to a boil. Add a third of the noodles at a time, stirring after each addition. When the water comes back to the boil, add 1 cup (8 fl oz or 240 ml) of cold water. Repeat this 2 to 3 times, until the noodles are tender. Drain and rinse in cold water. Separate strands with fingers.

Divide the noodles into individual bowls. Pour the broth into individual dipping bowls, or if you prefer, pour directly into the bowl with the noodles. Mix the *wasabi* and the water to form a paste. Put ginger, *daikon*, green onions, and the *wasabi* into another set of small individual bowls.

Toast the *nori* over a flame for about 30 seconds. Crush the *nori* over the noodles with your hands. To eat, mix the desired garnish into the broth and swish the noodles in the broth.

serves four

Tofu Teriyaki

An easy and tasty tofu dish. Sugar and soy sauce make a very quick teriyaki sauce. Serve hot with stir-fried or steamed vegetables and rice.

For the Tofu

1 lb (455 g) firm or medium tofu

¼ cup (1½ oz or 45 g) potato starch

5 tablespoons (2½ fl oz or 75 ml) vegetable oil

For the Teriyaki Sauce

⅓ cup (2½ oz or 75 g) sugar

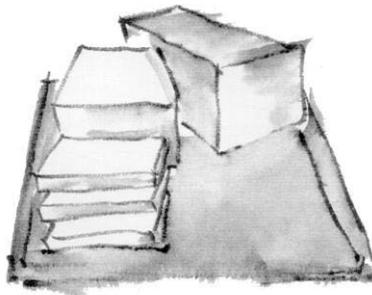
⅓ cup (2⅔ fl oz or 80 ml) soy sauce

Pat tofu thoroughly with a paper towel to remove any moisture. Cut the tofu into 4 blocks. Coat with potato starch to prevent the oil from splashing when frying.

Heat a frying pan, skillet, or wok. Pour in the oil and let it get hot. Add the tofu and fry until it is light brown on both sides. Remove the tofu from the pan and set aside on a plate. Remove any remaining oil from the frying pan.

To make the teriyaki sauce, mix the sugar and soy sauce together in the pan. Stir until it dissolves and allow it to simmer for 30 seconds. Place the tofu in the teriyaki sauce and let simmer over low heat for 2 to 3 minutes, turning gently, once or twice, to coat with the sauce. Place the tofu on a serving plate and pour a little of the sauce over the tofu.

serves two to four



Tofu Patties

These very delicate patties are crispy on the outside and soft and creamy on the inside. If you want a firmer, burger-type patty, add mashed adzuki beans or rice.

3 dried shiitake mushrooms (about 1 oz or 30 g)
2 lbs (1 kg) soft or medium tofu, drained
1 tablespoon (½ fl oz or 15 ml) tamari
2 carrots (about 8 oz or 225 g), grated
1 scallion (about ½ oz or 15 g), finely chopped
1 teaspoon (¼ oz or 8 g) sesame salt
2 tablespoons (1 oz or 30 g) miso
½ teaspoon (2½ g) chili flakes or Japanese seven-spice powder
¼ cup (1 oz or 30 g) all-purpose flour (optional)
Oil for frying

Soak the mushrooms in warm water for 20 minutes to rehydrate. Drain and squeeze out any excess moisture. Remove the stems and cut into small pieces.

Wrap the tofu in a towel and place on a cutting board. Place a weight on top and let stand for about half an hour to remove as much water as possible.

Mash the tofu and knead until it holds together. Add tamari, carrots, scallion, sesame salt, miso, and chili flakes. Knead again. If the mixture doesn't hold together, add the optional flour. Form into 12 patties. Deep fry until lightly colored and drain on paper towels. Serve hot.

makes 12 patties

Misoyaki (Stir-Fried Vegetables)

Use any vegetables you like in this stir-fried mélange. Water chestnuts and fresh lotus are good. Miso is the fermented soybean paste that is used as the basis for this sauce. It is also excellent in marinades and salad dressings. Select miso according to taste. The light color is milder than the dark.

For the Miso Sauce

3 tablespoons (1½ oz or 45 g) miso
1 tablespoon (½ oz or 15 g) ginger, grated
2 tablespoons (1½ oz or 45 g) honey
2 tablespoons (1 fl oz or 30 ml) water

For the Vegetables

3-4 tablespoons (1½-2 fl oz or 45-60 ml) corn oil
1 carrot (about 2 oz or 60 g), thinly sliced
1 green pepper (about 4 oz or 115 g), cut into large slices
5 dried shiitake mushrooms (about 1½ oz or 45 g), soaked
6-8 cultivated mushrooms (about 3 oz or 85 g), sliced
½ onion (about 2 oz or 60 g), chopped
½ bunch broccoli (about 3 oz or 85 g), cut into bite-sized pieces
20 snow peas (about 3 oz or 85 g)
1 lb (455 g) firm tofu, cut into 18-20 pieces
¼ cup (2 fl oz or 60 ml) water

Mix miso, grated ginger, honey, and water to make a miso sauce.

Heat the oil in a frying pan or wok and sauté the carrot, pepper, mushrooms, onion, and broccoli for 5 minutes. Add the snow peas and tofu along with ¼ cup (2 fl oz or 60 ml) of water. Cover and steam cook for 2 to 3 minutes. Mix the miso sauce into the vegetables. Taste, adding additional miso if desired. Serve hot with rice.

serves four



Tempura (Batter-Fried Vegetables)

We think of tempura as one of the most familiar of all Japanese foods, and yet, it was actually introduced into Japan by the Portuguese. Whatever its origin, these batter-fried vegetables are fantastic! The vegetables listed below are only suggestions. Use your favorites, or whatever you have on hand.

For the Tempura Batter

3 cups (13½ oz or 385 g) all-purpose flour

2¾ cups (22 fl oz or 650 ml) water

Pinch of salt (optional)

For the Vegetables

4 oz (115 g) mushrooms, halved or left whole

5 oz (140 g) string beans, string removed and cut in half

10 oz (285 g) asparagus, cut in half

8 oz (225 g) broccoli, cut in spears

8 oz (225 g) cauliflower, cut in spears

1 lb (455 g) firm tofu, cubed

Oil for deep frying

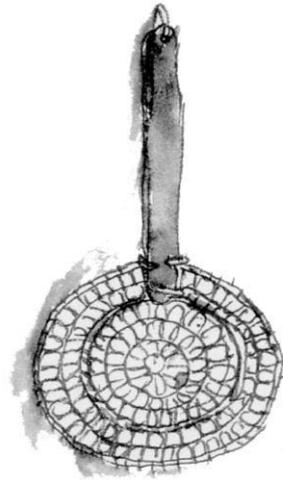
For the Dipping Sauce (makes 2b cups)

⅔ cup (5⅓ fl oz or 160 ml) soy sauce

2 cups (16 fl oz or 475 ml) Dashi (p.220) or hot water

Sugar (to taste, optional)

Fresh ginger (to taste)



Mix the batter lightly with chopsticks. Do not over mix. Dip the vegetables one at a time into the batter. Deep fry in hot oil for 4 to 5 minutes. Remove the tempura and drain on a paper towel. Serve immediately with dipping sauce.

Prepare the dipping sauce by filling a small bowl with soy sauce. Thin the sauce with water or *dashi*. Add sugar to taste, if you are using it. Pour into individual bowls. Grate a little fresh ginger into each bowl.

serves eight to ten

Quick Carrot-Burdock Root Sauté

Burdock root, which is thought to be a blood purifier, is enjoyed in Japan for its crunchy taste and texture as well as its nutritional value. This sauté with carrots is a colorful and healthy mix. Burdock root is available in Japanese markets.

3 burdock roots (about 8 oz or 225 g)
2 carrots (about 8 oz or 225 g)
2 tablespoons (1 fl oz or 30 ml) toasted sesame oil
¼ teaspoon (1½ g) sea salt
1 tablespoon (½ fl oz or 15 ml) tamari
2 teaspoons rice vinegar (¼ fl oz or 8 ml)
1 teaspoon (½ oz or 15 g) honey
Pinch of cayenne or Japanese seven-spice powder
1 tablespoon (½ oz or 15 g) toasted sesame seeds

Scrub the burdock root and peel off the skin. Cut into julienne strips. Put in a bowl of cold water and set aside for about 1 hour, changing the water when it discolors. Cut the carrots into the same size as the burdock root.

Heat 1 tablespoon (½ fl oz or 15 ml) sesame oil in a skillet. Drain the burdock root and sauté over medium heat. Add water, if necessary, to keep it from sticking. Stir in the carrots and the salt and sauté about 5 to 10 minutes.

Combine the other tablespoon (½ fl oz or 15 ml) of sesame oil, the tamari, rice vinegar, honey, and cayenne in a small bowl. Add to the skillet and continue to sauté until all the liquid is absorbed. Sprinkle with sesame seeds and serve hot with rice.

serves four

Lotus Root

Lotus root is typically steamed, simmered, or fried. This recipe calls for baking which is a little more unusual. Lotus root adds a crunchy texture and delicious taste to any meal. You can even serve it as a salad or condiment at a Western-style dinner. Fresh lotus root is available at most Asian markets.

1¼ lbs (566 g) lotus root

2 tablespoons (1 fl oz or 30 ml) water

1 tablespoon (½ fl oz or 15 ml) tamari

1 teaspoon (5 g) fresh ginger, finely grated

1 teaspoon (5 g) garlic, crushed

2 tablespoons (1 fl oz or 30 ml) lemon juice

2 tablespoons (1 fl oz or 30 ml) toasted sesame oil

2 tablespoons (1 fl oz or 30 ml) hot pepper sesame oil (available in Japanese markets)

2 teaspoons (¼ oz or 8 g) black sesame seeds (available in Japanese markets)

Peel the lotus root and cut crosswise into ⅛-in (3-mm) slices. Combine the water, tamari, ginger, garlic, lemon juice, and sesame oils in a large bowl. Mix together well. Add the lotus root and toss it in this mixture until it is well coated.

Preheat the oven to 375° F (190° C or 5 G). Arrange the sliced lotus root in a large shallow baking dish. Cover and bake for 40 minutes.

Remove from the oven and let cool. Serve chilled, topped with the sesame seeds.

serves four

Sautéed Hiziki

Hiziki, like most seaweeds, is available dry and must be rehydrated before using. It grows when it is soaked. It is available in Japanese supermarkets and in health food stores.

1 cup (¾ oz or 20 g) dry hiziki (me-hiziki)
½ lb (225 g) firm tofu
4 tablespoons (2 fl oz or 60 ml) sesame oil or corn oil
1 carrot (about 4 oz or 115 g), very thinly sliced
¼ cup (2 fl oz or 60 ml) soy sauce
3 tablespoons (2¼ oz or 65 g) honey

Soak the *hiziki* in lukewarm water for about 30 minutes or until soft. Be sure to soak it in a large bowl as it will grow to about five times its volume when it is soaked. Drain.

Prepare the tofu by sautéing in a skillet with 2 tablespoons (1 fl oz or 30 ml) of oil until lightly browned. Set aside.

Heat the rest of the oil in the skillet and sauté the carrot until soft. Add the *hiziki* and tofu and sauté for a few more minutes. Add soy sauce and honey. Cover. Simmer about 6 minutes over medium heat. Serve warm or cold.

serves six to eight



Wakame Salad with Japanese Vinaigrette

Wakame is a delicate green seaweed that is available in Japanese supermarkets or health food stores. It is combined here with bean thread noodles, cucumbers, carrots, and sprouts for a very healthy and tasty salad.

For the Salad

¼ cup dry wakame, cut with scissors into 1-in (2½-cm) pieces

3½ oz (100 g) dry bean thread (green mung bean noodles)

2 Chinese or Japanese cucumbers (about 8 oz or 225 g), peeled and thinly sliced

1 stalk celery (about 2½ oz or 75 g), sliced into 3-in (7½-cm) julienne strips

1 carrot (about 4 oz or 115 g), sliced into 3-in (7½-cm) julienne strips

3 cups (9 oz or 255 g) mung bean or alfalfa sprouts

Sesame seeds

For the Japanese Vinaigrette

½ cup (4 fl oz or 120 ml) soy sauce

¼ cup (2 fl oz or 60 ml) rice vinegar

3 tablespoons (2¼ oz or 65 g) honey

2 tablespoons (1 fl oz or 30 ml) sesame oil

Soak the *wakame* in water until it gets soft, about 10 minutes. Drain. Cook the bean thread noodles in boiling water until transparent, about 3 to 5 minutes. Wash the noodles in cold running water and drain.

Arrange the *wakame* and noodles in a large glass bowl or individual serving bowls. Add the cucumbers, celery, carrot, and sprouts. If you are using mung bean sprouts, cook covered with water for a few minutes before using.

Prepare the vinaigrette by mixing the soy sauce, rice vinegar, honey, and sesame oil. Add it to the salad just before serving. Sprinkle sesame seeds on top.

serves four

Wilted Cucumber Salad

Salads or pickled and marinated foods are eaten in Japan at all times of the day. A typical breakfast, for example, includes rice and pickled vegetables. Cucumbers are a frequent ingredient. Seaweed can also be added.

1 cup (8 fl oz or 240 ml) Japanese brown rice vinegar
4 teaspoons (1 oz or 30 g) honey
4 medium cucumbers or 8 Kirby cucumbers (about 2 lbs or 1 kg), thinly sliced
1 teaspoon (6 g) salt
½ cup (1½ oz or 45 g) scallions, very finely chopped
1 or 2 garlic cloves, peeled and sliced in half

Heat the vinegar in a saucepan until hot, but don't boil. Turn off heat and stir in honey. Let it dissolve.

Peel and slice the cucumbers very thinly. Place in a bowl and add all the ingredients except the vinegar/honey. Mix well.

Pour the warm vinegar/honey over the cucumbers and toss. Place in a lidded container and refrigerate. Allow to marinate a few hours or overnight. Taste, and adjust seasoning, adding more oil, vinegar, salt, or pepper as needed. Drain before serving.

serves four



Lemon Kantan with Mixed Berries

Kantan, also known as agar-agar, is a vegetable gelatin derived from seaweed. *Kuzu*, a white powder made from a Japanese wild plant, is used as a thickening agent. Both agar-agar and *kuzu* can be purchased in Japanese supermarkets or in health food stores. *Kantan* sets quickly, even before refrigeration, and it is very useful for making jelled fruit or vegetables dishes. It is a popular summer treat in Japan.

3 cups (24 fl oz or 710 ml) water

1/3 cup (1/2 oz or 15 g) agar-agar flakes

1 tablespoon (1/2 oz or 15 g) kuzu, dissolved in 1/4 cup (2 fl oz or 60 ml) water

2/3 cup (5 oz or 140 g) sugar (or to taste)

Pinch of salt

Juice of 5 lemons (about 8 fl oz or 240 ml)

3 cups (18 oz or 510 g) mixed berries

Pour the water into a soup pot. Stir in the agar-agar flakes. Add the *kuzu* and stir to dissolve. Cook over medium heat and bring to a boil. Lower the flame and add sugar and a pinch of salt. Simmer about 10 minutes until clear. Add lemon juice. Remove from heat.

Lightly grease a mold with a mild-tasting vegetable oil. Put 2 cups (12 oz or 340 g) of the mixed berries into the mold and pour in the *kantan* mix. Cool at room temperature for a few minutes and then put in refrigerator and let set. Chill completely for 2 to 3 hours in the refrigerator.

Before serving, run a knife around the rim of the mold and turn out onto a platter. Garnish with the additional berries.

serves four to six



Suggested Menus

Simplicity and elegance are the hallmarks of a Japanese meal. Rice is an integral part of the meal in Japan, as it is in China. Rice, tofu, and all accompanying vegetables are served at the same time and are eaten with chopsticks. Sea vegetables add interest and a healthy accent. Miso soup, pickles, and green tea round out the meal which is as pleasing to the eye as it is to the palate. Care and attention are given to the color, texture, and cut of the vegetables. Bundles of julienned vegetables, radish lilies, carrot blossoms, elegantly rolled sushi, a scattering of seaweeds, black and white sesame seeds are all artfully plated on beautiful ceramic and lacquered tableware.

Traditional Japanese Breakfast

Gohan (Plain Rice)

Wilted Cucumber Salad

Miso Soup with Bean Curd

Green Tea

Bento (Lacquered Lunch Box)

Nori Maki (Rolled Sushi)

Wilted Cucumber Salad

Lotus Root

Menu for a Summer Evening

Zaru Soba (Chilled Buckwheat Noodles)

Tempura (Batter-Fried Vegetables)

Sautéed Hiziki

Wakame Salad

Green Tea

Family Dinner

Gohan (Plain Rice)

Misoyaki (Stir-Fried Vegetables)

Wakame Salad with Japanese Vinaigrette

Miso Soup with Bean Curd

Green Tea





Southeast Asia

Southeast Asian Recipes

Appetizers and Snacks

Vietnamese Spring Rolls

Ukoy (Mung Bean Fritters)

Curries and Stews

Potato and Red Bean Rendang

Asado (Filipino Stew)

Tempeh and Tofu

Broiled Tempeh

Young Jackfruit with Tempeh

Marinated Tofu

Tofu Satay

Noodles and Rice

Thai Noodle Soup

Thai Fried Noodles

Jasmine Rice

Salads

Gado Gado (Indonesian Salad)

Curried Pineapple

Green Papaya Salad

Sambals, Garnishes, and Sauces

Indonesian Sambal

Garnishes

Peanut Sauce

Sweets

Sticky Rice with Mango

Coconut Ice Cream

Suggested Menus

Vietnamese Spring Rolls

Mung bean noodles are bundled together with vegetables and wrapped in rice paper to make this elegant appetizer. It is so delicious that your guests may never get around to eating the main course! Vietnamese spring rolls are typically fried, but they are excellent even without the frying.

For the Spring Rolls

1 package mung bean noodles (about 1 oz or 30 g)

½ lb (225 g) carrots

½ lb (225 g) cabbage

½ yellow onion (about 2 oz or 60 g)

4 oz (115 g) mushrooms

1 cake soft tofu (about 4 oz or 115 g)

1 teaspoon (6 g) salt

½ teaspoon (2 g) sugar

½ teaspoon (2½ g) black pepper

1 to 2 packages rice paper

For the Vietnamese Dipping Sauce

1 jar (12 oz or 340 g) apple jelly

3 tablespoons (1½ oz or 45 g) fresh or prepared horseradish

2 tablespoons (¼ oz or 8 g) mustard

1 slice (about 2 oz or 60 g) fresh pineapple, chopped

Soak the mung bean noodles in warm water for 15 minutes. Lift them out and drain. Cut into sections about 2- in (5- cm) in length.

Shred the carrots and cabbage into thin julienne strips. Chop the onion and mushroom into small pieces. Mash the tofu and mix with the salt, sugar, and black pepper.

Mix all the ingredients (except the rice paper) together very well. Stir-fry them without oil in a wok or non-stick pan about 10 to 15 minutes or until done. Drain any juices from the filling and let cool before placing on the rice paper.

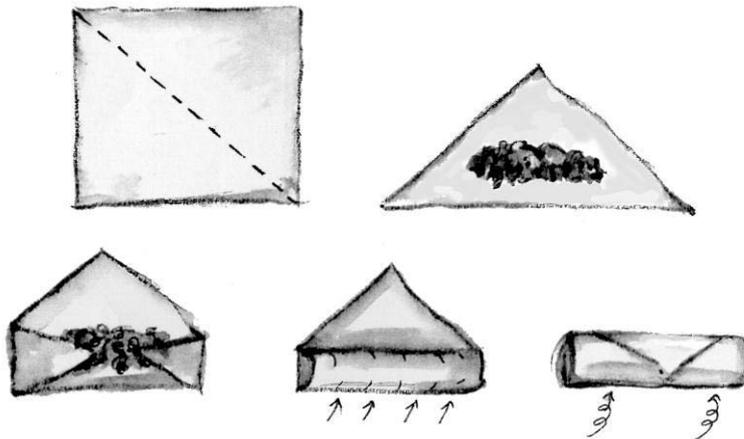
To assemble, stack all the wrappers and cover them with a damp cloth to keep them from drying out. Working with one wrapper at a time, place a

triangle of rice paper with the longest side nearest you. Place a little of the filling at the end near you, fold up the sides, and roll into a log.

Deep-fry in batches over moderate heat until dark yellow or very light brown. Let drain. Serve warm or at room temperature with Vietnamese dipping sauce.

To prepare the sauce, blend apple jelly, horseradish, and mustard in a small bowl or a blender. Add the chopped pineapple. Serve with the spring rolls.

serves ten to twelve



Ukoy (Mung Bean Fritters)

These fritters are a Filipino snack food eaten at *marienda* or tea time. Ground peanuts, used throughout Southeast Asia, are mixed into the batter. Serve them with small bowls of the dipping sauce.

For the Batter

½ cup (2¼ oz or 65 g) all-purpose flour

½ cup (1½ oz or 45 g) ground toasted peanuts

½ cup (4 fl oz or 120 ml) milk (or more if necessary)

Salt

Freshly ground black pepper

For the Ukoy

2 cups (½ lb or 225 g) mung bean sprouts

3 tablespoons (1½ oz or 45 g) green onions, chopped

Vegetable oil for deep-frying

For the Filipino Dipping Sauce

¼ cup (2 fl oz or 60 ml) soy sauce

⅓ cup (2⅔ fl oz or 80 ml) vinegar

3 cloves garlic, chopped

Salt

Freshly ground black pepper

1 hot red pepper (or to taste), finely chopped

Mix all of the ingredients for the batter together.

Add the bean sprouts and green onions to the batter and mix well until the sprouts absorb all of the batter. Heat the oil for deep-frying, then lower the heat slightly and drop the batter by spoonfuls into the hot oil. Serve hot with the Filipino dipping sauce.

Prepare the dipping sauce by combining all the ingredients. Pour into small bowls. Serve with the fritters.

makes 2 dozen

Potato and Red Bean Rendang

This West Sumatra-style curry gets its unique flavor from the Indonesian *sambal* or spice mixture, as well as the lime leaves, turmeric leaves, and lemon grass. All the leaves and spices may be purchased in Indonesian or Thai food stores.

- 3 tablespoons (1½ fl oz or 45 ml) vegetable oil
- 1 recipe Indonesian Sambal (p. 255)
- 3 lbs (1½ kg) small, round potatoes
- 2½ cups (20 fl oz or 595 ml) fresh or canned santan (coconut milk)
- 2 daun jeruk (lime) leaves (p. 518)
- ½ stalk daun kunyit (turmeric leaf) (p. 522)
- 1 stalk (about 2 oz or 60 g) sereh (lemon grass)
- 1-in (2½-cm) piece lengkuas (see galangal p. 517), slightly crushed but left whole, unpeeled (fresh ginger may substitute)
- Salt
- 3 cups (1½ lbs or 680 g) cooked or canned kacang merah (kidney beans)

Heat the oil in a large pot. Add the ground *sambal* or spice mixture and sauté until light brown. If the potatoes are small, leave them whole. If they are large, cut them into bite-sized cubes. Add the potatoes, coconut milk, lime leaves, turmeric leaf, lemon grass, *lengkuas*, and salt. Cover and simmer over medium heat for about 15 minutes, then uncover and continue to cook until the potatoes are tender, about 10 additional minutes.

Make sure the various leaves are covered during the cooking and not sitting on top of the ingredients. A thick sauce should develop. Add a little water if the mixture gets too dry.

Mix in the cooked or canned beans when the potatoes are almost tender. Cook together on low heat for 15 minutes. Remove the leaves. Serve hot with rice.

serves six to eight



Asado (Filipino Stew)

Filipinos are fond of strong, tart tastes. Calamundin, a small lime-like citrus fruit, gives this stew its distinctive taste. The calamundin can be purchased in Asian grocery stores. If it is not available, substitute lime. Serve the stew with rice or noodles, accompanied by fresh pineapple.

1 lb (455 g) Gluten, cut in cubes (p. 209)
3 tablespoons (1½ fl oz or 45 ml) of vegetable oil
6 tablespoons (3 fl oz or 90 ml) soy sauce
1 tablespoon (½ fl oz or 15 ml) calamundin juice (or lime juice)
½ cup (4 oz or 115 g) tomato sauce
½ teaspoon (2 g) brown sugar
1½ cups (12 fl oz or 350 ml) water
3 potatoes (about 1½ lbs or 680 g), peeled and quartered
1 red bell pepper (about 4 oz or 115 g), sliced

Fry the gluten cubes in the oil.

Mix the soy sauce, the calamundin or lime juice, tomato sauce, brown sugar, and water in a soup pot. Stir in the potatoes and bring to a boil.

When the potatoes are almost tender, after about 15 to 20 minutes, add the fried gluten and let the stew continue to boil for another 10 minutes. Put the sliced red bell pepper in last and cook for an additional 5 minutes. Serve hot with rice.

serves four

Broiled Tempeh

Here is a very simple way to prepare tempeh that can be used as is, or as a preparation for many other recipes. The tempeh can be placed in a toaster oven and reheated, or served with hot chili sauce. It is also good with a thin slice of cheddar cheese or chopped and tossed into a salad or stir-fry. It is delicious in sandwiches.

1 block (8 oz or 225 g) tempeh (available in health food stores)

3-4 tablespoons (1½ -2 fl oz or 45-60 ml) soy sauce

1 tablespoon (½ fl oz or 15 ml) vegetable oil

Garlic powder (to taste)

¼ teaspoon (1¼ g) onion powder

Cook the block of *tempeh* whole in boiling water for about 15 minutes. Set aside to cool. If the tempeh is in the shape of a rectangle about 4 x 8-in (or 10 x 20 cm) first cut it in half making 2 thick squares. Then set each piece on its side and cut in half on the flat side, making a thin square slice, like a piece of bread.

Make a marinade of the soy sauce, oil, garlic powder, and onion. Brush the marinade on both sides of the *tempeh* and place on a lightly oiled cookie sheet or on tin foil. Place under the broiler part of your oven, one notch down from the closest position to your flame. Watch carefully so it doesn't burn. When the tempeh starts to get brown, turn over, baste again, and broil on the other side.

When brown, you can either take it out of the broiler or turn it over and baste and broil a second time. Experiment with how dry or moist you like the tempeh. After cooking, make sure the tempeh has cooled completely before placing in the refrigerator or moisture will collect inside the storage container and make it soggy.

serves two

Young Jackfruit with Tempeh

Jackfruit, if not available fresh, can be found canned in most Asian food markets. Make sure you buy "young" or "green" jackfruit (which is a hard vegetable) and not ripe jackfruit. Serve with cooked green leafy vegetables.

2 shallots

2 large cloves garlic

1 piece ginger (about 1 in or 2½ cm square)

¼ teaspoon (1¼ g) turmeric powder

1 teaspoon (5 g) coriander powder or 1 tablespoon (½ oz or 15 g) fresh leaves

1-2 fresh chilies or ½ teaspoon (2½ g) chili powder

Salt

½ cup (4 fl oz or 120 ml) vegetable oil

1 lb (455 g) fresh tempeh, boiled for 15 minutes, then cut into small pieces

1 onion (about 4 oz or 115 g), finely chopped

1 stalk (about 2 oz or 60 g) whole lemon grass (optional)

3 daun salam or curry leaves (p. 517) (2 bay leaves may be substituted)

5 to 6 cups (1¼-1½ qt or 1¼-1½ L) water

2 lbs (1 kg) fresh or canned "green" jackfruit, cut into small pieces

1 cup (8 fl oz or 240 ml) coconut milk

Prepare the spice paste mixture by grinding the shallots, garlic, ginger, turmeric powder, coriander powder, fresh chilies or chili powder, and the salt in a food processor or with a mortar and pestle.

Heat the oil in a soup pot. Fry the *tempeh* in the oil until crisp. Remove and drain. Fry the onion until lightly colored. Stir in the spice paste, the optional lemon grass (whole), and the *daun salam* or curry leaves.

Add the water, the jackfruit, and the *tempeh* and cook for about 15 minutes, or until the jackfruit is tender. Stir every few minutes. Pour in the coconut milk, stir, and keep on low boil for another 5 minutes. There should be a good amount of gravy. Remove the lemon grass and serve hot over plain rice.

serves six

Marinated Tofu

Normally bland tofu is given bold new flavor with this spicy marinade. Adjust any of the spices to suit your own taste. The marinated tofu may be fried, grilled, or baked.

For the Tofu

2 lbs (1 kg) firm or extra-firm tofu

For the Marinade (makes ¾ cup)

½ cup (4 fl oz or 120 ml) vegetable oil

¼ cup (2 fl oz or 60 ml) soy sauce

1 tablespoon (½ oz or 15 g) lemon grass, finely chopped

2 garlic cloves, crushed

1 shallot, chopped

1 teaspoon (5 g) curry powder

1 fresh or dried red chili, crushed (or to taste)

4 teaspoons (½ oz or 15 g) brown sugar

2 teaspoons (¼ oz or 10 ml) rice vinegar

Drain the tofu and press between a few layers of paper towels. Weight the top with a heavy plate or skillet and drain for a few hours. While the tofu is draining, prepare the marinade.

In a food processor or mortar and pestle, combine the vegetable oil, soy sauce, lemon grass, garlic, shallot, curry powder, chili, brown sugar, and vinegar. Process until it forms a paste.

When the tofu has drained, slice each cake lengthwise into 4 strips (or any desired shape). Pour the desired amount of the marinade over the tofu and let marinate for about 1 hour or longer in the refrigerator.

Preheat the oven to 375° F (190° C or 5 G). Lightly grease a cookie sheet. Place the marinated tofu on the cookie sheet. Bake for 10 minutes. Turn over and bake on the other side for 10 additional minutes, or more if you want a drier texture.

serves four

Tofu Satay

Satay is the barbecue of Southeast Asia. It is popular in Thailand, Indonesia, and Malaysia. It is typically served with a rich peanut or *satay* sauce. The grilled tofu is also delicious with other dipping sauces, even barbecue sauce. Serve with Wilted Cucumber Salad (p. 235) or Curried Pineapple (p. 253).

For the Tofu Satay

16 wooden skewers

1 recipe Marinated Tofu (p. 247)

Additional marinade

For the Satay Sauce

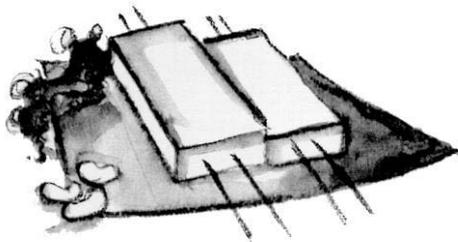
1 recipe Peanut Sauce (p. 256)

Soak 16 wooden skewers in water for about 30 minutes. Insert 2 skewers into each tofu piece, being careful not to break the tofu.

Grease the grill. Cook the skewered tofu over hot coals. Baste with the marinade and grill for about 10 minutes or until browned, turning once.

Prepare the peanut sauce according to directions and serve the satay with additional marinade and peanut sauce.

serves four



Thai Noodle Soup

An incredible combination of tastes and textures! You can substitute the noodle of your choice in this soup. Chili pastes, soy sauce, and additional vegetables can be put into small bowls and passed around with the soup to accommodate individual tastes.

For the Thai Noodle Soup

2 cloves garlic, finely chopped
2 tablespoons (1 fl oz or 30 ml) oil
6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411)
1 dried fungus mushroom (small-sized cloud ears), rinsed, soaked for 10 minutes in hot water, then chopped (available in Chinese markets)
1 cup (6 oz or 170 g) fresh bean curd, or soaked and drained bean curd sheet fragments (available in Chinese or Asian markets)
¼ lb (4 oz or 115 g) vermicelli noodles, coarsely chopped
4 spring onions or scallions (about 2 oz or 60 g), chopped
2 teaspoons (¼ oz or 8 g) tang chi (preserved radish) (available in Chinese markets)
4 tablespoons (2 fl oz or 60 ml) light soy sauce
1 teaspoon (4 g) sugar
1 teaspoon (5 g) ground white pepper

For the Garnish

1 cup (4 oz or 115 g) mung bean sprouts
½ cup (2½ oz or 75 g) roasted unsalted peanuts, coarsely chopped
Fresh cilantro

Heat the garlic in the oil until golden. Set aside. Bring the broth to a boil. Pour in all of the remaining soup ingredients and let simmer for a few minutes. Add the garlic oil.

Pour into soup bowls and garnish with bean sprouts, roasted peanuts, and fresh cilantro.

serves four



Thai Fried Noodles

Fried noodles are a favorite food, not only in Thailand, but throughout Southeast Asia, China, and Japan. The garnishes can be served on the same platter or in small bowls, allowing your guests to select their own. All of the ingredients can be found in Chinese or Thai markets.

For the Thai Fried Noodles

3 tablespoons (1½ fl oz or 45 ml) oil

2 garlic cloves, finely chopped

1 fresh green chili, seeded and finely chopped

2 oz (60 g) ready fried bean curd, cut into (½-in or 13 mm) cubes

4 oz (115 g) dry sen lok (rice noodles), soaked in water for 20 minutes, then rinsed with boiling water, separated with a fork, and drained

½ cup (1½ oz or 45 g) dry roasted peanuts, chopped

1 cup (4 oz or 115 g) fresh bean sprouts

1 teaspoon (4 g) sugar

1 tablespoon (½ fl oz or 15 ml) light soy sauce

1 tablespoon (½ fl oz or 15 ml) lemon juice

For the Garnishes

Lime wedges

Scallions, finely chopped

Roasted peanuts

Small red or green chilies in light soy sauce

Heat the oil in a wok. Add the garlic and chili. Fry for 2 minutes, then add the bean curd. Toss in the drained noodles. Don't let them clump together. Stir in half of the peanuts and half of the bean sprouts. Add sugar, soy sauce, and lemon juice. Stir again to combine all ingredients.

Turn onto a serving platter. Put the remaining bean sprouts and peanuts on the other side of the serving dish. Garnish with lime wedges, scallions, peanuts, and chilies.

serves four

Jasmine Rice

Jasmine rice is an aromatic long-grain rice originally grown only in Thailand but now available in many other parts of the world. Basmati rice may be substituted if jasmine rice is not available.

2 cups (12 oz or 340 g) jasmine rice

2½ cups (20 fl oz or 595 ml) water

Rinse the rice in several changes of cold water, until the water runs clear. Drain. Put in a heavy saucepan with the water, cover, and bring to a boil. Reduce the heat and simmer until rice is tender, about 12 to 15 minutes. Let stand covered about 10 minutes before serving. Fluff with a fork.

serves four



Gado Gado (Indonesian Salad)

This is Indonesia's signature dish. It is enjoyed throughout the world - must be the peanuts! The combination of vegetables and fruits is typical of Southeast Asian cooking. Serve as a festive main course.

2 to 3 scallions (1½ oz or 45 g), minced
1 stalk celery (about 2½ oz or 75 g), finely chopped
2 potatoes (about 1 lb or 455 g), cooked and thinly sliced
2 cups (½ lb or 225 g) fresh mung bean sprouts
1½ cups (4 oz or 115 g) Chinese cabbage, shredded
½ cup (3 oz or 85 g) raisins
¼ cup (1¼ oz or 35 g) peanuts, chopped
¼ cup (1 oz or 30 g) cashews, toasted and chopped
2 tablespoons (1 oz or 30 g) sesame seeds
½ cup (4 oz or 115 g) fresh pineapple, cubed
Few handfuls of fresh snow peas
½ lb (225 g) tofu, lightly sautéed in oil
Small head of lettuce
2 to 3 tomatoes (about 15 oz or 425 g), sliced
1 recipe Peanut Sauce (p.256)

Toss the scallions, celery, and potatoes together. Toss the sprouts and cabbage with the raisins, nuts, seeds, pineapple, snow peas, and tofu.

Line a salad platter with the lettuce and arrange the tossed salad on top. Put the potatoes in the center of the platter. Surround with the sprout/cabbage mixture. Place the sliced tomatoes around the outer rim of the platter.

Prepare the peanut sauce as directed and allow it to cool. Pour it over the salad or pass the sauce separately in its own bowl.

serves four to six

Curried Pineapple

Curried pineapple is served as a side dish and is usually very spicy with lots of chili. This recipe is medium hot. Use more or less chili powder according to taste.

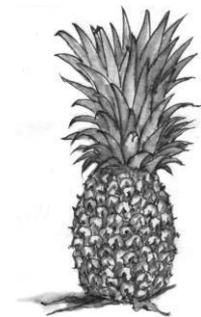
2 shallots (1 oz or 30 g), peeled and chopped
1 clove garlic, peeled and chopped
1 teaspoon (5 g) ground coriander
¼ teaspoon (1¼ g) white pepper
¼ teaspoon (1¼ g) chili powder
1 ripe pineapple (about 4 lbs or 2 kg), cut into ½-in-x-1-in (13-mm-x-2½-cm) pieces
2-in (5-cm) cinnamon stick
4 whole cloves
1 piece star anise (about ½ of a whole star)
1½ tablespoons (½ oz or 15 g) gula merah (palm sugar) (substitute date sugar or brown sugar)

Grind the shallots, garlic, coriander, white pepper, and chili powder into a paste.

Place the cut pineapple and spice paste into a saucepan and bring to a boil over medium heat. Stir every few minutes. Reduce the heat but keep at a low boil.

After 10 minutes, add the cinnamon stick, cloves, star anise, and sugar. Cook for about 15 minutes longer, stirring every few minutes, or until most of the juice has evaporated. Leave a small amount of "gravy." The total cooking time is about 25 to 30 minutes, but the time will vary depending on how juicy the pineapple is.

serves four



Green Papaya Salad

Papayas are plentiful in Thailand and you will find this papaya salad (*som tam*) everywhere. An unripe hard green papaya (available in Asian food markets) is essential for this dish. A ripe papaya is too soft to grate into fine shreds.

1 green papaya (about 1½ lbs or 680 g)
1 tablespoon (½ oz or 15 g) tamarind pulp (p. 521) (available in Asian markets)
¼ cup (2 fl oz or 60 ml) water
2 cloves garlic, chopped
2 small red or green chilies (or to taste), chopped
3 tablespoons (1 oz or 30 g) shelled peanuts, roasted
¼ cup (2 fl oz or 60 ml) lime juice (or to taste)
3 tablespoons (1½ fl oz or 45 ml) light soy sauce
1 tablespoon (½ oz or 15 g) sugar
30 small cherry tomatoes

Peel the skin from the papaya and shred the flesh on a grater or in a food processor. Set aside. Soak the tamarind pulp in the water. Set aside.

Grind the garlic and the chilies to a paste in a mortar and pestle or a food processor. Add 1 tablespoon (¼ oz or 8 g) of the roasted peanuts and grind again. Strain the tamarind and add to the food processor or mortar and pestle. Add the lime juice, soy sauce, and sugar. Process into a paste.

Put the papaya and the garlic/chili/tamarind mix in a large bowl. Add the tomatoes and the remaining peanuts and toss together.

serves six



Indonesian Sambal

Sambals are intensely flavored spice mixtures or sauces that may be added to curries or served in little bowls to accompany a meal. The Indonesian spice mixture is used in the Potato and Red Bean Rendang (p. 243), but may be used in many other recipes. Lengkuas (a type of ginger root), *kemiri*, or candlenuts may all be obtained at Indonesian or Thai food markets.

7 to 10 fresh or dried red chilies (or to taste)

4 shallots, chopped

3 cloves garlic, chopped

2-in (5-cm) piece of fresh ginger, peeled and chopped

1-2 teaspoons (5-10 g) coriander, ground

2 kemiri or candlenuts (3 macadamia nuts may substitute) optional

¼ teaspoon (1¼ g) powdered turmeric

1 teaspoon (5 g) lengkuas (see galangal p. 517), chopped (optional)

2 teaspoons (¼ oz or 8 g) shredded coconut, lightly roasted until light brown

Put the chilies, shallots, garlic, ginger, coriander, *kemiri* or macadamia nuts, turmeric, *lengkuas*, and coconut into a mortar and pestle or a food processor and grind into a paste.

makes ½ cup



Garnishes

Garnishes are a must on Southeast Asian tables. They are placed in small bowls and served along with the meal. The garnishes are added to soups, curries, rice dishes, and salads according to taste.

Roasted peanuts

Desiccated toasted coconut

Chilies, cut into strips, shredded, or cut into flowers

Chilies, marinated in soy sauce and/or vinegar

Deep-fried small onions or shallots

Peanut Sauce

Fiery hot, or sweet and sour peanut sauces punch up the flavors of many Southeast Asian dishes. This recipe uses already prepared peanut butter, but you can grind whole roasted peanuts if you prefer. Use the sauce hot for the Tofu *Satay* (p. 248) or cold for the *Gado Gado* (Indonesian Salad) (p. 252).

1 tablespoon (½ oz or 15 g) tamarind (available in Asian markets)
2 tablespoons (1 fl oz or 30 ml) hot water
½ onion (about 2 oz or 60 g), chopped
2 cloves garlic, crushed
2 teaspoons (¼ oz or 8 g) fresh ginger, grated
1 hot red chili, crushed
3 tablespoons (1½ fl oz or 45 ml) oil
1¾ cups (14 fl oz or 415 ml) water
1 teaspoon (6 g) salt
1 tablespoon (½ oz or 15 g) palm sugar or brown sugar
1 cup (6 oz or 170 g) peanut butter

Prepare the tamarind by dissolving it in the 2 tablespoons (1 fl oz or 30 ml) of hot water. Set aside. When the pulp begins to separate, push through a sieve, retaining the liquid.

In a medium saucepan, sauté the onions, garlic, ginger, and chili in the oil. Add more oil if needed.

When the onions are translucent, add 1 cup (8 fl oz or 240 ml) of water, the chili, tamarind liquid, salt, and brown sugar. Simmer over a low heat for about 10 minutes, stirring occasionally.

Add the peanut butter and simmer an additional 5 minutes. If the sauce becomes too thick, add the rest of the water. Serve hot or cold.

makes 2 cups



Sticky Rice with Mango

Sticky rice is made with glutinous rice, which has a high starch content. Unlike long-grain rice, the grains of the cooked glutinous rice are meant to stick together. It is prepared in a bamboo steamer basket placed in a wok with boiling water.

1 cup (6 oz or 170 g) glutinous rice (available in Asian markets)

½ cup (4 oz or 115 g) sugar (or to taste)

1½ cups (12 fl oz or 350 ml) coconut milk

3 ripe mangoes (about 2½ lbs or 1¼ kg), peeled and cut into slices

2 tablespoons (1 oz or 30 g) coconut cream (available in Asian markets)

Put the rice in a bowl, cover with water, and soak for 3 to 4 hours or overnight. Drain and rinse in several changes of water.

Line a bamboo steamer (or any other improvised steamer) with a double layer of muslin or cheesecloth and spread the rice evenly over it. Bring water to a boil in a wok or deep skillet. Place the steamer in the wok or skillet over the boiling water. Cover and steam the rice for about 25 to 30 minutes. Check the water to see that it does not evaporate.

Meanwhile, heat the sugar and coconut milk until the sugar is completely dissolved. When the rice is done, pour the coconut milk mixture over the warm rice. Allow it to sit for 30 to 40 minutes or until all the liquid is absorbed.

Arrange the sticky rice in the center of a serving plate. Put the sliced mango around the rice. Pour the coconut cream on top of the rice.

serves four to six

Coconut Ice Cream

Coconut is definitely one of the great tropical treats. You will find it in savory and sweet dishes in tropical areas from South America to Southeast Asia. Use fresh coconut, if available, to make this ice cream.

½ cup (4 oz or 115 g) sugar
3 tablespoons (¾ oz or 20 g) arrowroot powder
2 cups (16 fl oz or 475 ml) fresh or canned coconut milk
1 teaspoon (5 ml) coconut or vanilla extract
1 can (12 fl oz or 350 ml) chilled evaporated milk
1 teaspoon (5 ml) lemon juice
1 cup (8 fl oz or 240 ml) heavy cream
½ cup (2 oz or 60 g) finely shredded coconut (or more to taste)

Combine the sugar and arrowroot powder in a saucepan. Add the coconut milk and cook over medium heat until thick (about 10 minutes). Do not boil. Remove from heat. Add coconut or vanilla extract and chill.

Meanwhile, beat the chilled evaporated milk with the lemon juice until stiff. In a separate bowl, beat the heavy cream until thick. Add the evaporated milk and the heavy cream to the chilled coconut custard and combine well. Fold in the shredded coconut and freeze in an ice cream maker according to the manufacturers directions.

If you don't have an ice cream maker, freeze for 1 hour or until it is a stiff mush. Remove from the freezer and beat 2 minutes, preferably with an electric mixer. Put back in the freezer and freeze as quickly as possible.

makes 1 quart

Suggested Menus

Southeast Asia follows the typical Asian pattern of setting the entire meal on the table at once. Rice is always served. Although a variety of curries is typical, a single curry (such as Potato and Red Bean Rendang) with rice makes an excellent choice for family dining. A very rich salad, such as Gado Gado, can also be the basis for a satisfying one-course meal. Noodles are usually served for lunch or as a snack. Fresh tropical fruits are eaten at any time of the day.

Thai Barbecue

Green Papaya Salad

Tofu Satay

Curried Pineapple

Sticky Rice with Mango

Indonesian Dinner

Young Jackfruit with Tempeh

Jasmine Rice

Coconut Ice Cream

Filipino Family Dinner

Ukoy (Mung Bean Fritters)

Asado (Filipino Stew)

Steamed Rice

Southeast Asian Feast

Vietnamese Spring Rolls

Young Jackfruit with Tempeh

Potato and Red Bean Rendang

Curried Pineapple

Jasmine Rice

Sambals and Garnishes

Coconut Ice Cream

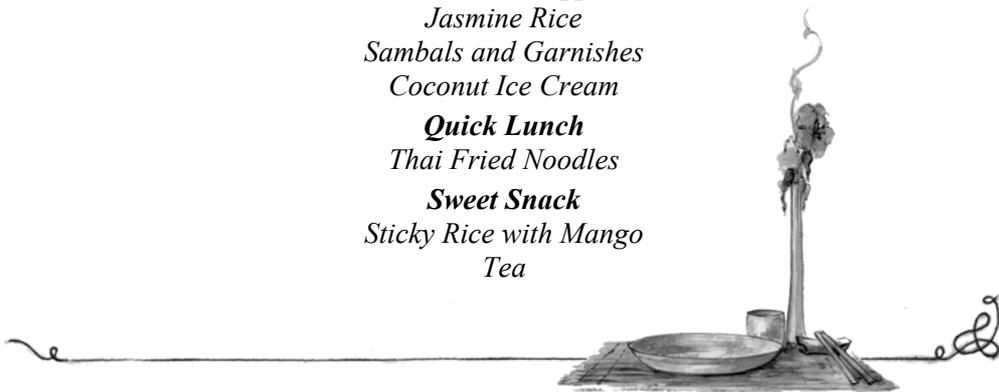
Quick Lunch

Thai Fried Noodles

Sweet Snack

Sticky Rice with Mango

Tea



*Australia
and New Zealand*

Australia and New Zealand

The revolutionary war in America compelled the British to find a new place to empty their overcrowded jails. They settled their convicts on Australia's sunny shores. Some convicts preferred life in the bush to the penal colony. These "bushrangers" could have learned about survival from the Aborigines, who had been foraging for wild seeds, fruits, and vegetables since the Ice Age, but wattleseed, lilly pilly, and Kakadu plums were not considered gourmet treats at the time, and many starved.

Although the newcomers brought seeds from Europe, a sea captain, not a farmer, was left in charge of the early settlement, and it took time to establish an agricultural base. Except for the quandong (a native peach), tetragonia (a type of spinach), and macadamia nuts, Australia has few indigenous foods. There is an exotic assortment of bush foods, but they are difficult to harvest. For a long time, food was imported, dried, and preserved.

As the settlers cleared the land for farming, they moved and carried their food with them, perhaps making Aussies the original purveyors of "fast food" or "food to go." The gold rush, which saw a mass exodus from the cities to the coastal ranges, continued this trend as diggers carried their gold and their food. The diggers cooked outdoors over open fires and served their food with Damper, an Australian bread that was made in the ashes of the fire. "Bush tucker" cooking seems to have anticipated the "barbie," one of the great Australian pastimes.

In the early years of Australia's settlement, immigration was primarily from the British Isles. The Irish came in large numbers after the potato famine and eating habits reflected this heritage. Australians lived on meat and potatoes, fish and chips, pie and tea. The only vegetables were pumpkin, beetroot, and a few over-cooked green vegetables. The Chinese, who came with the gold rush, stayed on to farm and open restaurants. Bok choy, bean sprouts, snow peas, and other Chinese vegetables began to appear at the market. After World War II, immigrants from Greece, Italy, and later from Lebanon added Mediterranean produce. Recent waves of immigration from Vietnam and Thailand have made the Australian table truly Pan-Asian.

Today, Australians are developing a unique cuisine that combines all of these cultural influences. Sadly, native animals are being exploited, and you are likely to find kangaroo filet and wallaby roulade on some menus, but you will also find Turkish bread, kalamata olives, bush tomatoes, pepperleaf pâté, and warrigal spinach spaghetti. Meat pies are still a standard, but pasta, sushi, and yogurt are also available. A choice is possible.

In New Zealand, where sheep outnumber people by about twenty to one, the land is clean and green. Although it is nestled peacefully in the Pacific, New Zealand, like Australia, was settled by the British, and its food preferences are British and Northern European rather than Asian.



Australia and New Zealand

The Maoris, like their Aboriginal counterparts in Australia, were not vegetarian but they were intimately tied to the land. According to Maori philosophy, every living thing has a mauri or life force that links it to the cosmic web, and it is the task of humans to preserve their land. The Maoris, who had arrived long before the Europeans, were skillful farmers. They left Polynesia in canoes packed with plants, seeds, and tubers (including the kumara, a Pacific sweet potato), and set off for the “Land of the Long White Cloud,” where they successfully transplanted these crops on a seasonal basis.

The Europeans, who preferred the more familiar cabbages, turnips, and Swedes (rutabagas), brought their own seeds and initiated modern agricultural practices based on European crops. They also brought cows and sheep and established the beginning of New Zealand’s exceptional dairy industry. Recent waves of immigration from Asia and the Middle East have increased the variety of vegetables and provided welcome relief to vegetarians who would like to dine out.

New Zealand has also become a producer of an incredible variety of fresh fruits, some of them familiar like the strawberry, others more unusual like the pepino, babaco, and the kiwano. Fejoas, tamarillos (tree tomatoes), passion fruit, and, of course, Chinese gooseberries, known the world over as kiwi fruit, are also grown.

Recipes in this section are a cross section of cultural influences from Australia and New Zealand: Anglo-Celtic (Nut Pasties and Pumpkin Scones); indigenous, (Curried Kumara Soup, Macadamia Nut Brittle); Mediterranean (Lasagna Rolls with Spinach and Cheese, Summer Pasta Salad). We have also featured portable foods such as sandwiches, and lunch-box ideas. Both Aussies and Kiwis love sweets. They still serve many traditional British sweets at tea time but claim Anzacs and Lamingtons as their own.



Australia and New Zealand

Australian and New Zealand Recipes

Breads and Scones

Pumpkin Scones

Damper

Sandwiches and Pasties

Nut Pasties

Quicksies and Jaffles

The School Lunch Box

Soups and Stews

Savory Vegetable Stew with Millet

Cream of Fresh Tomato Soup

Curried Kumara Soup

Zucchini Soup with Mint Pesto

Casseroles, Gratins, and Savory Tarts

Asparagus Tart with Yogurt Cheese

Summer Squash Casserole

Creamy Turnips

Pasta and Rice

Lasagna Rolls with Spinach and Cheese

Little Pumpkins with Brown Rice Pilaf

Salads

Summer Pasta Salad

Beetroot Salad with Apples

Sweets

Mango Macadamia Cheesecake

Macadamia Nut Brittle

Anzac Biscuits

Lamingtons

Suggested Menus

Pumpkin Scones

These tempting scones are a little bit of British heritage. Scones are usually served at afternoon tea. Pumpkin scones are a favorite in Queensland.

1 tablespoon (½ oz or 15 g) unsalted butter
¼ cup (2 oz or 60 g) sugar
1 tablespoon (½ fl oz or 15 ml) hot water
1 cup (4½ oz or 130 g) cold, sieved pumpkin
2 cups (9 oz or 255 g) all-purpose flour
3 teaspoons (½ oz or 15 g) baking powder
½ teaspoon (3 g) salt

Preheat the oven to 375° F (190° C or 5 G).

Blend the butter and sugar with hot water. Beat in the pumpkin.

Sift the flour, baking powder, and salt together. Add to the butter/sugar/pumpkin mixture and mix to combine. Spoon or use a ¼-cup (2 fl oz or 60 ml) measure to drop batter onto a greased biscuit tray or cookie sheet. Bake for 10 to 15 minutes. Serve warm.

makes 6 scones



Damper

This simple, crusty bread is the modern variation of a bread which was traditionally cooked in the ashes of a fire. It is rather like a giant biscuit or scone and should be served immediately after it is made. Serve it as you would any quick bread with soups, stews, or salads. Herbs like parsley, chives, or dill can be added to the batter for variety.

3 cups (13½ oz or 385 g) self-rising flour

Salt

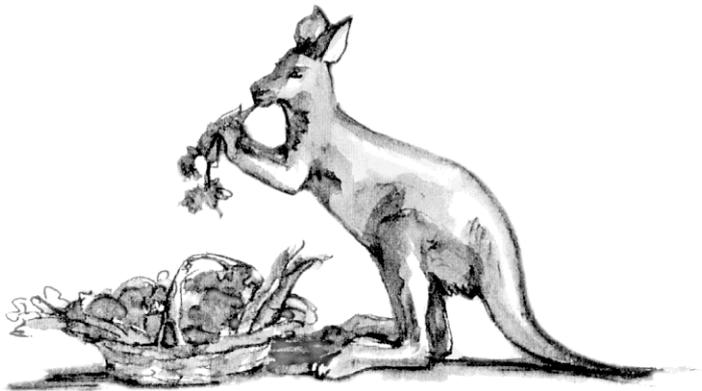
1½ cups (12 fl oz or 350 ml) milk

Preheat the oven to 400° F (200° C or 6 G). Grease a cookie or baking sheet.

Sift the flour and salt together. Add only enough milk to make a soft batter (reserving a few tablespoons for the top). Mix quickly into a dough. With floured hands, shape into a round loaf. Do not knead. Baste the top with the reserved milk.

Place the loaf on the greased baking sheet and bake in the oven until golden, about 45 minutes. While still warm, break into chunks and serve with butter.

makes 1 loaf



Nut Pasties

Pasties are great lunchtime favorites. Children take them to school and workers buy them for lunch. They are usually served with tomato sauce. For convenience, the cooked pastry can be slit and the sauce squirted inside.

For the Pasties

1 cup (4½ oz or 130 g) self-rising flour

½ cup (2¼ oz or 65 g) all-purpose flour

Salt

½ cup (3½ oz or 100 g) unsalted butter

½ cup (4 fl oz or 120 ml) cold water

For the Nut Filling

1½ cups (7 oz or 200 g) finely chopped nuts

¼ carrot (about 1 oz or 30 g), chopped

1 small potato (about 5 oz or 140 g), chopped

¼ turnip (about 1 oz or 30 g), chopped

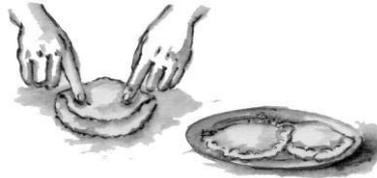
1 tablespoon (½ oz or 15 g) onion, chopped

1 teaspoon (5 g) parsley, chopped

Salt

Freshly ground black pepper

¼ cup (2 fl oz or 60 ml) milk



Preheat the oven to 350° F (180° C or 4 G). Sift the flour and salt into a bowl. Rub in the butter, using fingers. The mixture should resemble bread crumbs. Gradually add the cold water until the mixture forms a dough. Chill while you prepare the filling.

To make the filling, peel, finely chop, and combine the nuts and vegetables. Add salt and pepper to taste.

Place the pastry on a floured surface and lightly knead. Roll out and cut into 6 circles. Place a little filling on one side of the pastry circle. Fold the other half of the pastry over to cover. Pinch the edges together. Brush with milk and prick the tops. Bake on a greased tray for 20 minutes or until browned.

makes 6 pasties

Quicksies and Jaffles

Quicksies and *jaffles* are the sandwiches of New Zealand and Australia. *Jaffles* are toasted sandwiches originally cooked outdoors over an open fire. The *jaffle* iron is a piece of hinged metal with long handles. Two pieces of filled bread are put in and closed tight. The iron is then shoved into the fire and the sandwich is toasted. Sandwich-makers or griddles make good substitutes. The stove top can be used instead of the outdoor “*barbie*.”

4 tablespoons (2 oz or 60 g) unsalted butter
4 slices whole-wheat bread
2 vegeburgers (about 6 oz or 170 g), mashed
2 onion rings, thinly sliced
Tomato chutney or sliced tomato
4 oz (115 g) cheddar cheese, thinly sliced
Salt and freshly ground black pepper (to taste)

Heat the *jaffle* iron, sandwich maker, or griddle. Butter the bread on one side.

Spread a little of the vegeburger, onion, tomato chutney, and cheese on the unbuttered side (unless you want to butter both sides) of the bread. Add salt and pepper to taste. Cover with a second slice of bread, the buttered side on the outside.

Put the *quicksie* or sandwich in the *quicksie* or *jaffle* iron, sandwich maker, or on the griddle. The buttered sides must come in contact with the iron.

If you are using a griddle, put some kind of weight on the sandwich or press down with a spatula. Cook over medium heat until golden on one side. Turn and cook a few minutes on the other.

makes 2 quicksies or jaffles

The School Lunch Box

Here are some suggestions for sandwich combinations. These portable lunches are good for school lunch boxes, office workers, and picnics. For a dynamite duo, pack the lunch box with a homemade soup. Add a few cookies or a piece of fruit to satisfy a sweet tooth.

Cream Cheese

Walnuts and dates, chopped

Honey or maple syrup

Date nut bread

Tomatoes and Cheddar Cheese

Cucumbers

Eggless mayonnaise

Rye bread

Peanut Butter and Jelly

Banana

Soft wheat bread

Avocado and Sprouts

Green onion, chopped

Sesame salt and olive oil

Pita bread

Grilled Tofu and Lettuce

Miso or tamari

Whole-wheat bread

Mashed Tofu

*Green onion and celery,
chopped*

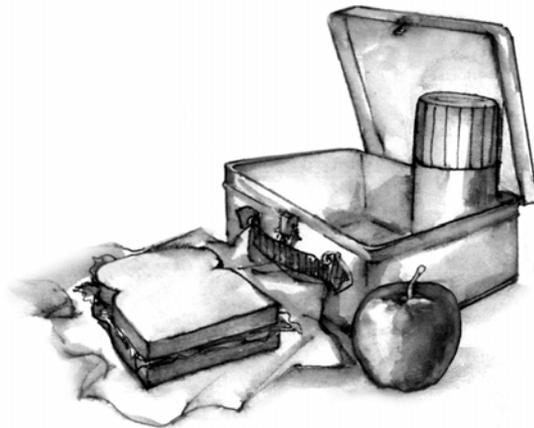
Eggless mayonnaise

Pita bread

Melted Cheddar or Swiss Cheese

Sauerkraut

Rye bread



Savory Vegetable Stew with Millet

This is a virtually indestructible stew. Almost any vegetable or grain can be added. Use whatever you have on hand.

½ cup (3 oz or 85 g) millet
2 cups (16 fl oz or 475 ml) water
½ lb (225 g) potatoes, peeled and cubed
½ lb (225 g) carrots, peeled and cubed
1 can (19 oz or 540 g) whole tomatoes
½ lb (225 g) cauliflower, cut in florets
½ lb (225 g) green beans, cut in half
½ lb (225 g) zucchini, sliced
1 onion (about 4 oz or 115 g), chopped
2 cloves garlic, chopped
1 teaspoon (5 g) dried basil
1 teaspoon (5 g) coriander
2 tablespoons (1 oz or 30 g) tomato paste mixed with ¼ cup (2 fl oz or 60 ml) water
½ lb (225 g) frozen peas
1 cup (8 oz or 225 g) cooked chick peas
1 tablespoon (¾ oz or 20 g) honey
1 tablespoon (½ fl oz or 15 ml) lemon juice

In a deep pot, bring millet to boil in water. Cover, then cook 20 minutes. Add cubed potatoes, carrots, and tomatoes.

Bring to boil again, then lower the heat, and continue cooking over medium-high heat. Add the cauliflower, green beans, and zucchini.

In a separate pan, sauté the onion, and garlic. Stir in the basil and coriander. Add the tomato paste and a little additional water if necessary. Heat thoroughly, then add the contents of the sauté pan to the other pot.

Add the frozen peas, chick peas, honey, and lemon juice. Heat through. Serve hot.

serves six

Cream of Fresh Tomato Soup

Tomato soup is one of the most popular soups in Australia and is served on cold winter days. Serve with croutons as the first course of a light supper or accompany with sandwiches or pasties for lunch.

2 lbs (1 kg) ripe tomatoes
1 small onion (about 3 oz or 85 g), finely chopped
½ cup (4 oz or 115 g) celery, finely chopped
3 whole cloves
1 small bay leaf
Pinch of sugar (optional)
3 tablespoons (1½ oz or 45 g) butter
3 tablespoons (1 oz or 30 g) all-purpose flour
1 teaspoon (6 g) salt
3 cups (24 fl oz or 710 ml) milk

Peel the tomatoes by plunging them into boiling water for about a minute or until the skins crack. Put into cold water and then peel. Coarsely chop the tomatoes.

Combine the tomatoes, onion, celery, cloves, bay leaf, and sugar (if using) in a medium-sized saucepan. Bring to a boil, then lower the heat. Cover and simmer for 15 minutes.

Meanwhile, melt the butter in a large saucepan. Stir in the flour and salt. Cook 1 minute and stir in the milk. Cook, stirring constantly, until the mixture thickens and bubbles, about 2 minutes. Keep warm.

Purée the tomato mixture through a sieve or food mill. Stir the purée slowly into the saucepan with the thickened milk. Heat but don't boil. Serve hot.

serves four

Curried Kumara Soup

This recipe from New Zealand uses its indigenous sweet potato, the *kumara*. It has a mild, sweet, distinctive flavor that makes a smooth purée and a very satisfying soup. Substitute any sweet potato that is available.

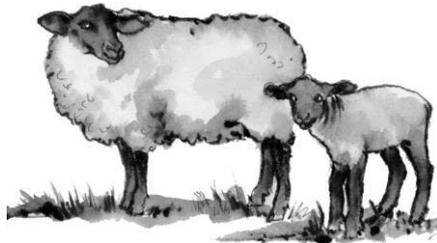
5 tablespoons (2½ oz or 75 g) butter
1 teaspoon (5 g) curry powder
1 lb (455 g) kumara (or other sweet potato)
3 cups (24 fl oz or 710 ml) water
1 cup (8 fl oz or 240 ml) milk
Salt
Freshly ground black pepper

Heat the butter in a large saucepan. Add the curry powder.

Peel the *kumara* (or sweet potato) and slice into 1-in (2½-cm) pieces. Add to the saucepan and cook for 1 to 2 minutes without browning.

Add the water, cover, and cook for 10 minutes or until tender. Purée in a food mill or with a blender. Return to the pot. Add the milk and heat through. Season with salt and freshly ground black pepper to taste. Thin with additional milk or water if necessary.

serves four



Zucchini Soup with Mint Pesto

A *pesto* or herb paste made with fresh mint, parsley, and crushed almonds lends a garden-fresh taste to this soup. Serve it hot or cold.

For the Zucchini Soup

2 tablespoons (1 oz or 30 g) butter
1 onion (about 8 oz or 225 g), chopped
2 small garlic cloves, crushed
1 teaspoon (5 g) curry powder
¼ teaspoon (1¼ g) cayenne pepper
4 medium zucchini (about 2 lbs or 1 kg), sliced
½ teaspoon (2½ g) lemon rind, finely grated
3 cups (24 fl oz or 710 ml) Vegetable Broth (p. 411)
½ cup (4 oz or 115 g) sour cream (optional)

For the Mint Pesto (makes about ⅔ cup)

1 cup (4 oz or 115 g) fresh mint
½ cup (2 oz or 60 g) parsley
2 cloves garlic, chopped
¼ cup (1 oz or 30 g) blanched almonds
3 tablespoons (1½ fl oz or 45 ml) vegetable oil
¼ cup (2 fl oz or 60 ml) lemon juice

In a saucepan, melt the butter over medium heat. Add onion, garlic, curry powder, and cayenne pepper. Cook until the onions are soft.

Stir in zucchini, lemon rind, and vegetable broth. Bring to a boil, then simmer about 10 minutes until zucchini is tender. Purée the soup in a food processor or pass through a food mill. Return to the pot. Stir in the sour cream and heat through.

For the mint *pesto*, put the fresh mint, parsley, garlic, and almonds in a blender or mortar and pestle. Slowly add the oil and lemon juice. Purée until it becomes a smooth mixture. If it is difficult to blend, add a little of the broth or some water. Stir into the soup and heat through.

serves four to six

Asparagus Tart with Yogurt Cheese

This is a wonderful tart to make in spring when asparagus are in season. The yogurt cheese, which shows the influence of the Middle East in the Australian kitchen, gives a wonderful flavor.

Recipe for 10-in (25-cm) single-crust pie (p. 352)

2 lbs (1 kg) fresh asparagus

1 quantity Yogurt Cheese (p. 505)

3 tablespoons (1½ fl oz or 45 ml) vegetable oil

½ cup (4 fl oz or 120 ml) light cream

3 tablespoons (¾ oz or 20 g) cornstarch

2 small pearl onions (about 1 oz or 30 g), chopped

Salt

Freshly ground black pepper

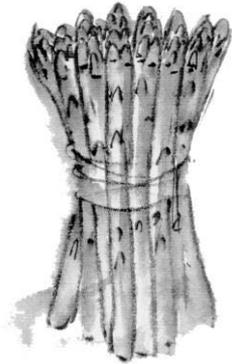
Preheat the oven to 400° F (200° C or 6 G). Prebake the pastry crust for about 10 minutes and set aside. Prepare the filling.

Wash the asparagus and break off the tough ends. Cut into ½-in (13-mm) pieces, leaving some with tips for garnish. Steam the asparagus until cooked but still firm, about 5 minutes. Drain and set aside.

Mix the yogurt cheese with the oil. Mix the light cream with the cornstarch. Add the cream mixture, pearl onions, salt, and pepper to the yogurt cheese. Stir in the asparagus pieces, except those with tips.

Pour the filling into the crust. Garnish with the asparagus tips. Bake for 40 to 50 minutes or until golden and set. Let rest a few minutes before serving.

serves four to six



Summer Squash Casserole

Zucchini or yellow summer squash are perfect for this casserole, which is very easy to put together. Use any cracker with a mild taste for the casserole. Add a green salad or tomato salad for a complete meal.

3-4 yellow or green summer squash (about 1½ lbs or 680 g)

Salt

1 onion (about 4 oz or 115 g), diced

2 tablespoons (1 fl oz or 30 ml) olive oil

1½ cups (¼ lb or 115 g) crackers, crumbled

1½ cups (6 oz or 170 g) Swiss cheese, shredded

Grate the squash on a grater. Sprinkle with salt and let stand in a colander for about 15 minutes. Rinse the squash and squeeze out any remaining liquid. Put it into in a large bowl and set aside.

Preheat the oven to 350° F (180° C or 4 G). Sauté the onion in the oil until translucent. Add the onion to the squash. Add about 1 cup (2½ oz or 75 g) of the cracker crumbs and about 1 cup (4 oz or 115 g) of the Swiss cheese. Mix together very well and pour into an oiled oven-to-table baking dish.

Pour the remainder of the cracker crumbs and the cheese over the top. Bake about 45 minutes or until golden.

serves four to six



Creamy Turnips

The humble turnip is given a very elegant treatment with the addition of rich cream. Serve with country bread and a crisp green salad.

1½ lbs (680 g) turnips

1½ cups (12 fl oz or 350 ml) heavy cream

Salt

Freshly ground black pepper

Freshly ground nutmeg

½ cup (2 oz or 60 g) Gruyère cheese, grated

Peel the turnips and slice into ¼-in (3-mm) rounds. Cook the turnips for about 5 minutes in plenty of salted boiling water. Drain.

Preheat the oven to 375° F (190° C or 5 G).

Pour the cream into a skillet and bring to a boil. Pour the sliced turnips into the skillet and toss gently to mix with the cream. Season with the salt, freshly ground black pepper, and a fresh grating of nutmeg.

Butter a shallow gratin dish and put the turnips and cream into the dish. Cover with the Gruyère cheese. Bake for about 30 minutes or until golden.

serves four

Lasagna Rolls with Spinach and Cheese

Pasta has become a staple in the Australian kitchen. These lasagna rolls, enjoyed by Australia's large Italian community, are an increasingly familiar addition to the table. For a special touch, serve with two sauces: Tomato (p.321) and Béchamel (p.401).

10-12 lasagna noodles

1 tablespoon (½ oz or 15 ml) olive oil

1 onion (about 4 oz or 115 g), finely diced

2 cloves of garlic, minced

1 teaspoon (5 g) oregano

Few fresh basil leaves

Pinch of thyme

1 teaspoon (5 g) red chili, crushed (optional)

½ teaspoon (2½ g) black pepper

2 cups (1 lb or 455 g) cooked spinach, squeezed of excess water and chopped

Salt

½ cup (2 oz or 60 g) Parmesan cheese

½ cup (2 oz or 60 g) grated locatelli or other strong Romano cheese

1 cup (8 oz or 225 g) ricotta cheese

1½ cups (6 oz or 170 g) mozzarella cheese, grated

Bring a large pot of water to a boil. Cook the lasagna noodles until *al denté* (firm to the tooth). Remove carefully and place in a bowl of cool tap water for about 1 to 2 minutes. Lay out the noodles on a clean towel.

Heat the olive oil in a skillet and add the onion. Sauté for few minutes and then add the garlic. Cook for 1 minute.

Add the oregano, basil, thyme, crushed red chili (if using), and black pepper. Cook for 1 additional minute before adding the chopped spinach and salt. Cook 5 to 10 minutes over low heat until all juices have evaporated.

Remove from the heat and set aside to cool for about 5 minutes. When cool, place in a mixing bowl with all the cheeses.

Preheat the oven to 350° F (180° C or 4 G). Lightly oil a deep-sided baking pan.

Take 1 noodle, pat off any excess water, and place it flat on your working surface. Spoon some of the spinach mixture onto the noodle and press it flat and thin, about 1/8-in (3-mm). Leave a little space on each end of the noodle for rolling.

Begin rolling the noodle as tightly as you can from one end to the other. Place the rolled noodle, seam side down, in the baking dish. Repeat with each noodle, placing them close together so that there are no gaps between them.

Bake for about 20 minutes until the noodles heat through and the cheeses blend together. Serve 1 or 2 rolled noodles to each guest with tomato and béchamel sauces.

makes 10 to 12 rolled noodles



Little Pumpkins with Brown Rice Pilaf

Pumpkins are a favorite vegetable in both Australia and New Zealand. Brown rice and dried fruit make a delicious pilaf that can be served on its own or in little pumpkins. Winter squash can substitute for the pumpkin.

1 cup (6 oz or 170 g) brown rice
2 cups (16 fl oz or 475 ml) Vegetable Broth (p. 411)
3 tablespoons (1½ fl oz or 45 ml) olive oil
1 onion (about 4 oz or 115 g), chopped
1 apple (about ½ lb or 225 g), peeled and diced
1 clove garlic, crushed
½ cup (2 oz or 60 g) fresh mushrooms, sliced
½ cup (2 oz or 60 g) dried apricots, diced
½ cup (3 oz or 85 g) raisins
½ cup (2 oz or 60 g) walnuts, coarsely chopped and toasted
¼ cup (1 oz or 30 g) parsley, chopped
Salt and freshly ground black pepper
½ teaspoon (2½ g) cinnamon
4 small pumpkins or winter squash (about 1½-1¾ lbs or 680-795 g each)
Butter

Cook the rice in the broth for about 45 minutes to 1 hour or until liquid has been absorbed.

Meanwhile, heat the oil in a medium-sized skillet. Stir in the onion and sauté until golden. Mix in the apple and sauté until lightly browned. Add the garlic and mushrooms and cook until the juices have evaporated. Add the apricots, raisins, toasted nuts, parsley, salt, freshly ground black pepper, and cinnamon. Heat through. Mix with the rice.

Cut out a circle around the stalk of the pumpkin or winter squash. Scoop out all the seeds and strings. Rub the inside of the pumpkin with butter. Bake in a 350° F (180° C or 4 G) oven until the pumpkin is cooked, about 1 hour. Remove from the oven and stuff the pumpkin with the rice mixture. Return to the oven and heat until filling is warm and pumpkin is cooked. The pumpkin flesh should be scraped up and eaten along with the rice.

serves four

Summer Pasta Salad

This pasta salad is perfect for one of Australia's favorite pastimes - a summer picnic.

¼ teaspoon (1½ g) salt
1 lb (455 g) pasta (rotelle or shells)
½ cup (2⅓ oz or 80 ml) olive oil
½ cup (2⅓ oz or 80 ml) red wine vinegar
Freshly ground black pepper
1 red bell pepper (about 5 oz or 140 g), minced
1 green bell pepper (about 4 oz or 115 g), minced
1 medium red onion (about 4 oz or 115 g), minced
12 oz (340 g) marinated artichoke hearts, drained and cut in half
1½ cups (6 oz or 170 g) pitted black olives
8 oz (225 g) mozzarella cheese, cut into small cubes
2 cups (8 oz or 225 g) fresh basil or watercress, minced

Bring 4 qt (4 L) water to a boil. Add the salt and pasta and stir well. Put the cover on the pot until the water returns to a boil. Remove the cover and cook for about 6 to 8 minutes. Test to see if it is done at about the 5 minute point. Do not overcook - pasta should be *al dente* (firm to the tooth).

When cooked, drain the pasta in a colander, rinse under cold water, and shake well. Place the pasta in a bowl and add olive oil and vinegar. Mix well, cover, and chill for about 30 minutes.

In a large bowl mix the remaining ingredients and add the pasta when ready. Sprinkle extra basil or watercress on top before serving. Serve chilled.

serves eight

Beetroot Salad with Apples

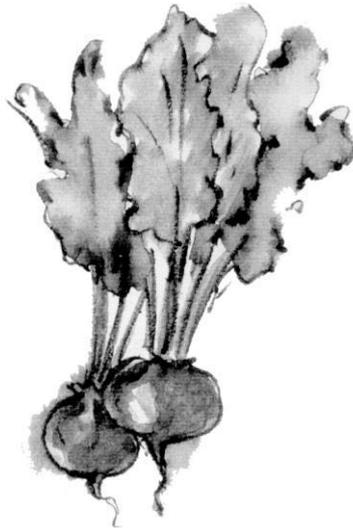
Beetroot or beets are used frequently in Australia and New Zealand. This is a very easy salad to make once you have the cooked beets. Canned beets are also acceptable in this recipe. Walnuts can be substituted for the pecans.

5 oz (140 g) cooked beets, cut in round pieces
4 oz (115 g) celery, finely diced
16 pecans, coarsely chopped
3 apples (about 1 lb or 455 g in all), sliced in round pieces
Vinaigrette Dressing (p. 347)
2 endives (about 8 oz or 225 g)

Place the cooked beets, celery, pecans, and apples in a mixing bowl. Toss with the vinaigrette dressing to taste.

Refrigerate for about 1 hour to season all the ingredients. Before serving, place the salad in a bowl or on a serving platter. Place the endive leaves around the beets.

serves four



Mango Macadamia Cheesecake

Macadamia nuts, which are indigenous to Australia, are added to the crust and the topping of this creamy cake. Other nuts (pecans are great) can be substituted if macadamia nuts are not available. Mangoes, which grow in northern Australia, are another popular addition to desserts.

For the Macadamia Crust

½ cup (about 2 oz or 60 g) cookie crumbs (such as weetbix or graham crackers)

½ cup (2 oz or 60 g) unsalted ground macadamia nuts

¼ cup (2 fl oz or 60 ml) unsalted melted butter

For the Cheesecake

2 lbs (1 kg) cream cheese, softened

1 cup (8 oz or 225 g) sugar

2 tablespoons (½ oz or 15 g) cornstarch and 3 tablespoons (1½ fl oz or 45 ml) water

1½ teaspoons (¼ fl oz or 7½ ml) vanilla

1 cup (8 oz or 225 g) sour cream

1 cup (about 6-8 oz or 170-225 g) mango, diced

For the Topping

¼ cup (about 1 oz or 30 g) lightly toasted macadamia nuts

1 tablespoon (½ oz or 15 g) sugar

Preheat the oven to 350° F (180° C or 4 G). To make the crust, mix the cookie crumbs, the macadamia nuts, and the melted butter together. Press into an 8-to-9-in (20-to-23-cm) greased pan with a removable bottom. Chill while preparing the cheesecake.

To make the cheesecake, beat the cream cheese and sugar together until smooth. Mix in the cornstarch, water, and vanilla until blended. Add the sour cream and mango and mix. Pour into the chilled crust. Bake for about 45 to 50 minutes with a drip pan under the cake to catch any liquid. Turn off the heat and leave in the oven for about 1 hour. Remove from the oven and let cool.

To make the topping, grind the macadamia nuts and sugar together. Sprinkle over cake and refrigerate about 24 hours before serving.

makes 1 cheesecake

Macadamia Nut Brittle

This crunchy nut brittle uses Australia's indigenous macadamia nuts, but any nuts can be used. Substitute what is available. You will need a candy thermometer to make the brittle.

1 cup (8 oz or 225 g) sugar

1 cup (8 fl oz or 240 ml) light corn syrup

2 tablespoons (1 oz or 30 g) unsalted butter

¼ teaspoon (1½ g) salt

1 cup (4 oz or 115 g) unsalted macadamia nuts, coarsely chopped

½ teaspoon (2¼ g) baking soda

Combine the sugar, corn syrup, butter, and salt in a heavy-bottomed pot. Bring to a boil over medium-high heat. Whisk to dissolve the sugar and cook until it reaches 240° F (120° C or ½ G) on a candy thermometer.

Stir in the nuts and continue to cook until the thermometer reaches 300° F (150° C or 2 G). Remove from the heat and add the baking soda. Stir until the bubbling stops. Set aside.

Grease a baking tray and line with heavy-duty aluminum foil. Grease the foil. Pour the brittle onto the foil and spread ¼-in (6-mm) thick. Let sit for at least 20 minutes, then break into pieces. Store in an airtight container for up to 1 week.

makes 1 pound



Anzac Biscuits

Anzac stands for Australia and New Zealand Army Corps Biscuits. They were first made during World War I and dedicated to the soldiers fighting at the front.

1 cup (3 oz or 85 g) rolled oats

½ cup (4 oz or 115 g) sugar

¾ cup (3½ oz or 100 g) all-purpose flour

¼ teaspoon (1½ g) salt

½ cup (2 oz or 60 g) blanched almonds, chopped

½ cup (3 oz or 85 g) raisins

1 teaspoon (4½ g) baking soda

2 tablespoons (1 fl oz or 30 ml) boiling water

1 tablespoon (¾ oz or 15 g) golden syrup (substitute corn syrup or honey)

½ cup (4 oz or 115 g) unsalted butter, melted

Preheat the oven to 300° F (150° C or 2 G). Mix the oats, sugar, flour, salt, almonds, and raisins together in a mixing bowl.

In a small saucepan, sift the baking soda into the boiling water. Blend the golden syrup into the baking soda/boiling water mix. Add the melted butter and cook over moderately low heat until well blended.

Stir the liquid mixture into the dry ingredients. Mix thoroughly. If the batter seems dry, add a little more water. Drop by rounded spoonfuls onto a greased cookie sheet. Flatten slightly. Bake for 15 to 20 minutes or until brown. Let cool on the cookie sheet for a few minutes, then remove to a wire rack.

makes about 2 dozen biscuits



Lamingtons

These small square cakes are a household name in Australia. Few Australians would not have tasted a square of sponge cake coated in chocolate icing and desiccated coconut. For variety, the cakes are sometimes split and filled with cream and jam.

For the Lamingtons

2 cups (9 oz or 255 g) self-rising flour

Pinch of salt

6 tablespoons (3 oz or 85 g) unsalted butter, at room temperature

¼ cup (2 oz or 60 g) sugar

1 teaspoon (5 ml) vanilla essence

1½ cups (12 fl oz or 350 ml) milk

Chocolate Icing (recipe follows)

1½ cups (6 oz or 170 g) desiccated coconut

For the Chocolate Icing

3½ cups (14 oz or 396 g) confectioners' sugar

⅓ cup (1 oz or 30 g) cocoa powder

2 tablespoons (1 oz or 30 g) unsalted butter

⅔ cup (5⅓ fl oz or 160 ml) boiling water

Preheat the oven to 350° F (180° C or 4 G). Line an 8-in (20-cm) square cake pan with greased paper. To make the *lamingtons*, sift the flour with the salt. Beat the butter and sugar together until light and fluffy. Put the vanilla essence into the milk.

Add the flour mixture to the butter mixture alternately with the milk, mixing until well combined. Do not beat. Pour the batter into the cake pan and bake for 30 to 40 minutes. Allow the cake to cool overnight if possible. Cut into squares and dip into the chocolate icing before sprinkling with desiccated coconut. Allow the iced *lamingtons* to sit for a few hours before eating.

To make the icing, sift the confectioners' sugar and cocoa powder. Melt butter with boiling water. Slowly add to the cocoa mixture, making a smooth paste.

makes 16 *lamingtons*

Suggested Menu

For a typical Australian dinner, be sure to include Damper and Lamingtons in your menu. For a traditional Kiwi meal, Curried Kumara Soup is a must. To reflect the Anglo-Celtic heritage, select recipes and menus from The British Isles, particularly tea time menus. Mediterranean and Asian immigrants to Australia have added many other dishes to the Australian table. Selections from the Italian, Greek, and Middle Eastern chapters would be at home on many Australian tables. Asian dishes may also be selected from China, Japan, and Southeast Asia. An eclectic mix is increasingly familiar in Australia. For dessert, try the outstanding Mango Macadamia Cheesecake, the Lamingtons or Anzac Biscuits.

Picnic Under the Trees

Nut Pasties

Summer Pasta Salad

Beetroot Salad with Apples

Assorted Sandwiches

Dinner with Friends

Cream of Fresh Tomato Soup

Summer Squash Casserole

Beetroot Salad with Apples

Mango Macadamia Cheesecake

School Lunch in New Zealand

Curried Kumara Soup

Grilled Tofu Sandwich

Anzac Biscuits

Fresh Fruit

Tea Time

Assorted Sandwiches

Pumpkin Scones

Lamingtons

Tea



Europe

Europe

In Europe, as elsewhere, food is associated with family and celebration. Cooking and eating are meant to be shared experiences which reconnect family members to each other and to their traditions. Vegetarianism has not been part of the mainstream in Europe, but the number of vegetarians is growing. Although interest in a plant-based diet appears relatively new, there are threads of vegetarianism that can be traced as far back as sixth-century B.C. Greece.

Pythagoras, the philosopher and mathematician who played the lyre and gave us the properties of the right-sided triangle, was a vegetarian who believed in reincarnation. He was at the center of an influential brotherhood whose primary aim was the purification of the soul in order to escape from the wheel of birth and death. Pythagoras believed in the unity of all life and exhorted his followers to abstain from eating meat. Once, when Pythagoras saw a man beating his dog, he told him to stop because he recognized the soul of his friend in the cry of the dog. The Pythagorean brotherhood was eventually suppressed, but it left its mark on many later religious practices, including the early Christians.

The vegetarian thread in early Christianity and its relationship to reincarnation was eventually lost, but holy times of the year have always been marked by the eating of special foods. In the Catholic, Greek, and Russian Orthodox churches, dietary restrictions were imposed for Lent (days on which no meat was to be eaten). These meatless days sometimes numbered as many as 200 a year. Jews also had dietary practices which restricted the eating of certain foods. The biblical injunction “not to seethe a kid in its mother’s milk” was interpreted to mean that meat and dairy must not be eaten at the same meal. Consequently, separate dairy menus were developed. Although both Christian and Jew could eat fish and eggs, many dishes were devoted exclusively to the preparation of foods without meat.

European eating habits have, for the most part, evolved from an agricultural way of life. Meat has always been eaten, but many of the traditional foods—those with which the society or culture was identified—have been vegetable- or grain-based (pasta, paella, pitta, dumplings, and bread). A quick trip to the garden is still the first step in the preparation of the family dinner in many parts of Europe. One cannot speak of the entire spectrum of European cooking, however, but only of the cooking of individual countries. The focus in this section is on one or two grain-based specialties and a few outstanding vegetables dishes of each country

Italy - Pasta, Pizza, Polenta, Risotto

Eating vegetarian is relatively easy in Italy. One could make a meal from the antipasto (appetizers) alone—Artichokes Stuffed with Bread Crumbs and Herbs, Vegetables Grilled Over the Coals, Caponata—are all traditionally made without meat. Asparagus with Lemon and Oil and Minted Zucchini with Squash Blossoms are other simple vegetable dishes. Wild Lettuces including raddicchio and arugula, are gathered in the fields and tossed into salads, and leafy greens are made into savory vegetable pies and tortas. Try the Swiss Chard and Ricotta Torta. Pasta, pizza, polenta (cornmeal), and risotto (rice) are the traditional grain-based dishes which have been the mainstay of the diet for centuries. When in Rome...mangia



Italy



France

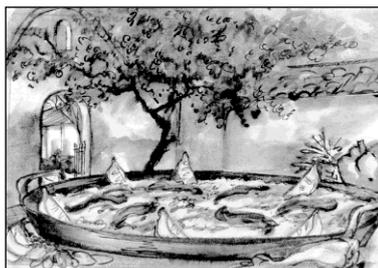
France - Tarts, Tians, and Crêpes

No country is more famous for its food than France. But until quite recently, a French waiter's typical response to: "Avez-vous des plats sans viande?" was a blank stare. You could never be sure whether he was having trouble understanding your French accent or your meatless diet. While French restaurants have been slow to respond to vegetarian needs, home cooks have always made good use of the exceptional vegetables in the garden or in the market. Some of the classic French vegetable specialties are here: Ratatouille, Tomatoes à la Provençal, Leeks à la Greque. Other dishes are vegetarian adaptations of recipes that typically use eggs, such as the French tarts, crêpes, and a spectacular Summer Squash and Spinach Tian

Bon appétit!



Spain and Portugal



Greece

Europe

Spain and Portugal - Rice, Tapas

Spain and Portugal are other countries with superb vegetable dishes that you may not find unless you are eating at home. If you combine the familiar Mediterranean flavors with cumin, coriander, and saffron, however, it is easy to develop vegetarian alternatives to traditional dishes. Vegetable paellas called huertanas, (from the market garden) are among the best rice dishes in the world. The red bell pepper (pimiento) takes pride of place among Spain's vegetables. It is used in endless ways. Some of Spain's classic vegetable dishes are: Samfaina, similar to the French Ratatouille, Swiss Chard with Pine Nuts and Raisins, and Potatoes with Almonds Sauce. An eggless version of Tortilla Española is here, along with Gazpacho, the summer garden in a bowl. There is a vegetarian adaptation of Caldo Verde, an equally delicious soup from Portugal, and a crisp green Portuguese Salad. Tapas are the little dishes of Spain that are served as snacks before lunch or dinner.

Greece - Pitta (Savory Phyllo Pies)

The strict observance of Lent by most Greeks has given them an extensive repertoire of meatless "Lenten" dishes. Greek vegetable cookery falls into two types: "yemista," stuffed or rolled vegetables and "lathera," oily vegetables. Yemista translates literally as "orphaned" because the stuffed vegetables are made without meat. Briyam (Baked Vegetable Medley) belongs to the "oily" category of stews and casseroles made with olive oil. Pitta or phyllo pies are a familiar sight on Greek tables and in Greek restaurants around the world. Greeks often make their own phyllo pastry, but you can also make excellent pies relatively quickly by using commercial pastry. The Spanakopita (Greek Spinach Pie) is made with homemade dough and the Artichoke and Leek Phyllo Pie is made with commercially prepared dough.

Eastern Europe - Dumplings, Pirogies, Kasha, and Kugels

From a culinary perspective, the division of the world into eastern and central Europe is rather arbitrary. While national cuisines differ, sour cream, dill, and horseradish have united more countries than politics has divided. There are many foods which can be combined across borders. Dumplings are great favorites, particularly in Czechoslovakia which offers Czech Yeasted Fruit Dumplings and Potato Dumplings. Exceptional mushroom cookery includes: Mushroom Caviar, Mushroom Pirogies, and Mushroom Paprikas. Stuffed Cabbage Rolls are also enjoyed throughout the region. Jewish specialties include: Noodle Kugel, Kasha Varnishkas, and Latkes (Potato Pancakes). For a special treat try the easy-to-make Raisin-Pear Strudel or Spiced Applesauce Cake

Northern and Central Europe - Breads, Savory Puddings, Casseroles, and Sweet Cakes

Northern climates are sometimes overlooked as a source for vegetarian dishes, but they offer a wealth of ideas for winter menus. Count Leo Tolstoy, one of the world's greatest writers, maintained a vegetarian diet in the fierce cold of Russian winters. While he was writing *War and Peace*, his wife was writing a vegetarian cookbook. Baked goods are featured in this section: Swedish Rye Bread, Pumpernickel Bread, Little Dill Cheese Loaves, Marbled Pound Cake, Marzipan Cake, Dutch Apple Cake, and Viennese Crescents. There is a wide range of menus, from a Dutch Family Dinner to an Oktoberfest, and a Viennese Coffee Table. Try a different one every night—or combine an assortment of foods into an elaborate Scandinavian Smorgasbord. Smaklig Måltid!



Eastern Europe



Northern and Central Europe

The British Isles – Tea Time

To the British, cooking is a symphony of sounds. Bubble and Squeak is only one of many onomatopoeic delights. Other British foods to be found here are: an exceedingly good Lentil Shepherd's Pie, a nourishing Autumn Hot Pot, a warming Farmhouse Vegetable Soup, and an incomparable Pease Soup. Tea time is Britain's great contribution to the culinary world. Choose from among: Lemon Yogurt Scones, Victoria Sandwich Cake, Christmas Pudding, Summer Pudding, Mince Tarts, and Tea Sandwiches. Britain is home to the oldest of the modern vegetarian movements. George Bernard Shaw, one of Britain's most outspoken vegetarians, once remarked, "It is nearly fifty years since I was assured by a conclave of doctors that if I did not eat meat I should die of starvation."



The British Isles



Italy

Italian Recipes

Bruschetta, Pizza, and Panini

Bruschetta

Panini (Italian Sandwiches)

Pizza Margherita

Antipasto

Caponata (Sicilian Eggplant Relish)

Artichokes Stuffed with Bread Crumbs and Herbs

Vegetables Grilled Over the Coals

Soups and Stews

Frittada (Spring Stew)

Minestrone

Pasta and Risotto

Fresh Ravioli

Penne all'Arrabbiata

Trenette al Pesto

Linguini with Broccoli

Spaghetti with Lemon Sauce and Olives

Risotto with Pumpkin and Sage

Secondo Piatto

Polenta Pasticciata

Potatoes and Mushrooms in the Oven

Swiss Chard and Ricotta Torta

Crispy Eggplant Polpetti

Contorni (Side Dishes) and Salads

Minted Zucchini with Squash Blossoms

Roasted Potatoes with Rosemary

Asparagus with Lemon and Oil

Salad of Arugula, Endive, and Radicchio

Mozzarella and Tomato Salad

Sauces

Tomato Sauce

Pesto, Butter Sage Sauce

Dolce (Sweets)

Strawberry Sorbetto

Tiramisù (Tuscan Trifle)

Baci di Dama (Lady's Kisses)

Suggested Menus

Bruschetta

Bruschetta is a slice of rustic bread grilled over hot coals, rubbed with garlic and extra-virgin olive oil, and topped with a few simple ingredients. It is typically served as an *antipasto*, or appetizer before a meal, but it can be an open-faced sandwich served along with soup or salad. Two versions are given here: a simple *bruschetta* with garlic, oil, and herbs, and one with tomato and basil. Other toppings could include arugula, white beans, or black olive paste.

For the Basic Bruschetta

8 slices (about 8 oz or 225 g in all) Italian bread

1 garlic clove

3 tablespoons (1½ fl oz or 45 ml) extra-virgin olive oil

Fresh herbs (basil, thyme, rosemary)

Salt

Freshly ground black pepper

For the Tomato/Basil Bruschetta

1½ lbs (680 g) tomatoes, diced

Fresh basil

Salt

Freshly ground black pepper

For the basic *bruschetta*, grill the bread over hot coals or under a broiler. Do not let it get hard. Rub one side of the bread with the garlic. Drizzle oil over the bread. Apply the herbs and add salt and pepper to taste.

For the tomato/basil *bruschetta*, prepare the basic *bruschetta* and top with the tomatoes, fresh basil, and salt and pepper to taste.

serves eight

Panini (Italian Sandwiches)

Focaccia, or any rustic Italian bread, is the start of a chewy *panino* or sandwich. No quantities are given here...just a few suggestions. Artichokes, arugula, and escarole also make great fillings. Substitute according to taste. The only essentials are good bread and some fruity extra-virgin olive oil.

For the Basic Panino

Focaccia or other Italian bread

Extra-virgin olive oil

Toppings of your choice

Salt

Freshly ground black pepper

For the Grilled Vegetable Panino

Pesto (p. 322)

Grilled zucchini, eggplant, and roasted pepper (p. 302)

Mozzarella cheese (optional)

For the Mozzarella and Tomato Panino

Mozzarella and Tomato Salad (p. 320)

Basil

For the Ricotta and Swiss Chard Panino

Ricotta

Swiss chard, cooked

For the Roasted Pepper Panino

Black olive paste

Roasted peppers (p. 361)

Fresh goat cheese



Prepare the *panino* by cutting the bread and sprinkling with extra-virgin olive oil according to taste. Add any condiments such as *pesto* or black olive paste. Layer the vegetables and/or cheese. Season with salt or pepper to taste. Allow the *panino* to sit a few minutes to absorb the flavors, or grill and serve warm.

Pizza Margherita

A good pizza dough is crunchy with a little chewiness to the crust. Pizza can be baked successfully in a pan but a baker's stone is recommended. An artful Neopolitan cook created *Pizza Margherita* in the three colors of the Italian flag on the occasion of Queen Margherita's visit to Naples in the nineteenth century. The appeal of fresh cheese melting over vine-ripened tomatoes endures. Enjoy as is or use as a backdrop for your own favorite toppings.

For the Pizza Dough

3/4 cup (6 fl oz or 180 ml) warm water

1 package (1/4 oz or 7 g) active dry yeast

Pinch of sugar (optional)

2 1/4 cups (10 oz or 285 g) all-purpose or whole-wheat flour or the two combined

1 teaspoon (6 g) salt

1 tablespoon (1/2 fl oz or 15 ml) olive oil

For the Pizza Margherita

3 tablespoons (1 1/2 fl oz or 45 ml) olive oil

Salt

3/4 lb (340 g) ripe plum tomatoes

Freshly ground black pepper

1/2 lb (225 g) mozzarella cheese, shredded or cut into cubes

1/4 cup (1 oz or 30 g) Parmesan or Romano cheese

Basil leaves

To make the pizza dough, pour the water into a mixing bowl. Add the yeast and a pinch of sugar. Stir until it dissolves. Set aside for a few minutes until it foams (the yeast is active). Add 1 cup (4 oz or 115 g) of flour and the salt. Mix thoroughly with a wooden spoon. Gradually add the rest of the flour and the oil. The amount of flour will depend upon the moisture in the air, etc. Add more or less flour to make a workable dough.

When the dough begins to leave the sides of the bowl, turn it out onto a lightly floured surface and knead it for about 8 to 10 minutes. Keep working until the dough is springy and elastic. Pat the dough into a disc.

Lightly oil a bowl with olive oil. Place the ball of dough in the bowl and roll it around to coat with the oil.

Cover the bowl with a clean cloth and let the dough rise in a warm place until it doubles in bulk, about 45 minutes.

Preheat the oven to 450° F (230° C or 8 G). If you are using a pizza stone, put it into the oven to heat.

When the dough has doubled in bulk, beat it down and remove from the bowl, but do not fold it. Keep it in the round shape of the bowl. Place on a pizza paddle or pizza pan that has been dusted with cornmeal. Stretch the dough with your hands until it is the desired size.

To make the Pizza Margherita, brush the dough with 2 tablespoons (1 fl oz or 30 ml) of the olive oil and a pinch of salt. Cut the plum tomatoes in rounds and spread them on the pizza dough. Sprinkle with salt and pepper. Add the mozzarella and Parmesan cheeses and drizzle with the remaining olive oil. Slide the dough onto the pizza stone or place on a pizza pan and bake until the cheese bubbles and melts, about 25 minutes. Place fresh basil leaves on top of the finished pizza and serve immediately.

makes 1 large pizza



*If I had a saucepan,
water, and salt,
I'd make bread stew
...if I had bread.*

-Sicilian Proverb

Caponata (Sicilian Eggplant Relish)

The sweet/sour flavor of this eggplant relish will depend on the strength of the vinegar and on the freshness of the eggplant. As with all recipes using vinegar, be sure to taste and adjust the seasoning. *Caponata* is best served at room temperature as an appetizer, but it may also be served hot as a main dish. It also makes an excellent sauce over pasta.

1½ lbs (680 g) eggplant, peeled and cut into cubes

Salt

1 onion (about 4 oz or 115 g), chopped

¼ cup (2 fl oz or 60 ml) olive oil (or more if needed)

1 clove garlic, chopped

4 stalks celery (about 10 oz or 285 g), chopped

2 lbs (1 kg) fresh Italian plum tomatoes, peeled, seeded, and coarsely chopped

3 tablespoons (1½ oz or 45 g) capers, rinsed and drained

15-20 (about 1½-2 oz or 45-60 g) black olives, pitted and chopped

15-20 (about 1½-2 oz or 45-60 g) small green olives, coarsely chopped

3 tablespoons (1½ fl oz or 45 ml) balsamic or red vinegar (or to taste)

3 tablespoons (1 oz or 30 g) sugar (or to taste)

Freshly ground black pepper

Sprinkle eggplant with salt and set aside in a colander for 30 minutes. Rinse and pat dry.

Sauté the onion over medium heat in half of the olive oil until translucent. Add the garlic, celery, and tomatoes. Cover and let cook for about 15 minutes, stirring occasionally. Add salt to taste.

In a non-stick skillet, sauté the eggplant in the remaining olive oil. Add additional oil if needed. When the eggplant turns golden, combine it with the onion/celery/ tomato mixture.

Simmer the *caponata* over low heat for about 15 to 20 minutes. Add the capers, olives, vinegar, sugar, salt, and pepper to taste. Heat through, and stir to mix. Taste and adjust seasoning. Serve at room temperature, or cold.

serves four

Artichokes Stuffed with Bread Crumbs and Herbs

Stuffed artichokes are usually eaten warm as an appetizer. When combined with soup and salad, however, they make a great light meal. The artichokes may also be steamed without the stuffing and served with a lemon-butter or Vinaigrette Dressing (p. 347).

4 large artichokes (about 8 to 10 oz or 225-285 g each)
1 lemon plus juice of an additional lemon (or as needed)
2 cups (8 oz or 225 g) bread crumbs
2 tablespoons (1 oz or 30 g) parsley, chopped
4 tablespoons (2 oz or 60 g) grated Parmesan cheese
½ cup (4 fl oz or 120 ml) olive oil
3-4 cloves garlic, finely chopped
Salt
Freshly ground black pepper



To prepare the artichokes for stuffing, break off and discard the small leaves at the base of the stem. Remove large discolored leaves. With your hands or scissors, snap back each leaf until the discolored top is removed. Cut off the pointy edges of the artichoke with a sharp knife. Trim the stem so that the artichoke sits straight.

Spread the leaves apart and remove the “choke” (the fuzzy center and pointy, sharp-tipped, pale purple inner leaves). Score with a knife and scoop out with a spoon. Rub the artichokes with the lemon and place in a bowl of cold water with the juice of the additional lemon.

Combine the remaining ingredients. Fill the inner section of each artichoke with the mixture. Put some of the mixture between the leaves.

Place in a heavy-bottomed saucepan with enough water to steam. Cover the pan, bring to a boil, then reduce the heat. Simmer for about 45 minutes or until one of the leaves can be easily removed. Serve warm with lemon slice.

serves four

Vegetables Grilled Over the Coals

A platter of seasonal grilled vegetables is typically served as an antipasto or appetizer. Accompanied by mozzarella cheese and Italian bread, it can stand on its own as a light main course. Select any fresh vegetables for their color as well as for their taste.

2 lbs (1 kg) eggplant

Salt

2½ lbs (1¼ kg) zucchini, washed and sliced ½ in (13 mm) thick

2 red peppers (about 8 oz or 225 g), washed and sliced into strips

2 yellow peppers (about 8 oz or 225 g in all), washed and sliced into strips

1 sweet red onion (about 4 oz or 115 g), washed and thinly sliced

1 head of fennel (about 1½ lbs or 680 g), washed and thinly sliced

1 firm red tomato (about 5 oz or 140 g), washed and sliced

½ lb (225 g) mushrooms, wiped clean and left whole

½ cup (4 fl oz or 120 ml) olive oil

3 tablespoons (1½ fl oz or 45 ml) balsamic vinegar

Freshly ground black pepper

2-3 cloves garlic, chopped

Parsley, chopped (to taste)

Fresh basil (to taste)

Slice the eggplant about ½-in (13-mm) thick, sprinkle with salt, and set aside in a colander for about 30 minutes. Rinse and pat dry.

Baste the vegetables lightly with olive oil and place on outdoor grill or in the broiler of your oven. Let them grill until golden or crisp (according to taste), turn with metal tongs, and repeat on the other side. Arrange the cooked vegetables on a large platter, keeping the zucchini in one section, the eggplant in another, and so on.

Mix the remaining olive oil with the balsamic vinegar and pour over the platter. Sprinkle with salt and freshly ground black pepper and garnish with chopped garlic, parsley, and fresh basil leaves.

serves six

Frittada (Spring Stew)

Baby artichokes, young fava beans, tender peas, and wild fennel are the only ingredients in this spring mix. If baby artichokes are not available, substitute medium artichokes. Use the feathery fronds attached to the fennel and a little of the fennel bulb to substitute for the wild fennel. The Italians would eat this stew on its own with a little good bread, but you can also serve it as a topping for pasta or risotto.

1 lb (455 g) fresh peas in their pods

2 lbs (1 kg) fresh fava beans in their pods

15 baby artichokes (about 1½ lbs or 680 g)

1 small red onion (about 3 oz or 85 g), finely chopped

½ cup (4 fl oz or 120 ml) extra-virgin olive oil

Salt

½ cup (4 fl oz or 120 ml) hot water (or as needed)

1 cup (about 4 oz or 115 g) wild fennel, coarsely chopped

¼ cup (2 fl oz or 60 ml) lemon juice

Freshly ground black pepper

Shell the peas and the fava beans. If the fava beans are young and small, leave on the skin. If not, blanch the beans for 1 minute in boiling water and slip the beans out of their skins. Trim off the tips of the artichokes, remove any rough outer leaves and peel the base. Cut the artichoke into quarters. Remove the choke if there is one.

Cook the onion in the olive oil over medium heat until a pale gold. Add the artichokes and salt to taste. Cover and cook over low heat for 15 minutes. Add the fava beans and hot water if needed. Cover and cook 10 minutes more. Add the peas, cover, and cook 5 minutes more.

Add the fennel and sprinkle with the lemon juice and pepper. Taste and adjust seasoning. Add more salt, oil, or lemon juice if needed. Raise the heat to medium-high and cook, uncovered, for 2 to 3 minutes or until some of the remaining liquid has evaporated. Serve warm or at room temperature.

serves six



Minestrone

There are countless versions of this hearty vegetable soup. The ingredients vary from region to region. The Tuscan minestrone relies on small pasta or stale bread to round out the soup. The Milanese vegetable soup adds rice instead of pasta and peas instead of beans.

1 cup (4 oz or 115 g) dried barlotti or cannellini beans (or other dried white bean)
1 bay leaf
¼ cup (2 fl oz or 60 ml) olive oil
1 onion (about 4 oz or 115 g), chopped
3 cloves garlic, chopped
2 celery stalks (about 5 oz or 140 g), chopped
1 carrot (about 4 oz or 115 g), chopped
1 lb (455 g) fresh or canned plum tomatoes, peeled and chopped
8 cups (2 qt or 2 L) boiling water or Vegetable Broth (p. 411)
Salt and freshly ground black pepper
½ lb (225 g) potatoes, cut into cubes
1 zucchini (about 6 oz or 170 g), chopped
¼ lb (115 g) green beans, coarsely chopped
4 oz (115 g) savoy cabbage, shredded
½ cup (2 oz or 60 g) small pasta (such as ditalini or small elbows)
3 tablespoons (1½ oz or 45 g) Pesto (p. 322)
½ cup (2 oz or 60 g) grated Parmesan cheese

Soak the beans overnight or cover with boiling water and let stand for 1 hour. Pour off the soaking liquid and cover again with water. Add the bay leaf and bring to a boil. Lower the heat and simmer for 45 minutes to 1 hour.

While the beans are cooking, heat the olive oil in a heavy saucepan and sauté the onion until translucent. Add the garlic and sauté another minute. Add the celery and carrot and continue to sauté, stirring to coat all the vegetables with olive oil. Finally, add the tomatoes and simmer over a low heat for about 15 minutes.

Add the water or broth to the tomatoes. Season to taste with salt and freshly ground black pepper. Add the potatoes, zucchini, green beans, and cabbage. Simmer for an additional 25 minutes.

Add the pasta and cook until tender. Drain the cooked beans and remove the bay leaf. Add the beans to the soup. Taste and adjust seasoning.

If the soup is too thick, thin it with a little additional water or broth. Before serving, stir in the *pesto* and the Parmesan cheese. Serve hot with additional Parmesan cheese passed at the table.

serves eight



Fresh Ravioli

If you enjoy ravioli or other stuffed pastas, it is worth the effort it takes to prepare the fresh dough. Ricotta is used to stuff the ravioli, but pumpkin, squash, or sweet potatoes make other good fillings.

For the Fresh Ravioli

2 cups (9 oz or 255 g) sifted all-purpose flour

½ teaspoon (3 g) salt

¾ cup (6 fl oz or 180 ml) water

For the Filling

1½ cups (12 oz or 340 g) ricotta

¼ cup (1 oz or 30 g) grated Parmesan cheese

1 bunch parsley (4 oz or 115 g), finely chopped

Salt and freshly ground black pepper

Freshly grated nutmeg

Combine flour and salt. Add water in a thin stream. When the dough begins to collect into a ball, turn it out onto a lightly floured surface and knead about 8 to 10 minutes until smooth. The dough should be soft and sticky. Set aside, covered, to rest for about 30 minutes. Divide the dough into 6 equal pieces, keeping the unused pieces covered with a damp kitchen towel. Roll out one section at a time, into long, thin sheets. Work as quickly as you can to keep the dough from drying out.

To make the filling, combine all the filling ingredients in a bowl. Beat until light. Place 1 teaspoon (5 g) of the filling on a sheet of the pasta, evenly spacing the mounds of filling. Make 2 rows of filling on each pasta sheet, leaving about ½-in (13-mm) between the portions of filling. Place a second sheet of pasta over the first. Press gently to seal. Cut the pasta between the lumps of filling to form ravioli. Place finished ravioli on a baking sheet sprinkled with cornmeal. Cover with a damp kitchen towel.

Cook 4 to 5 minutes in a stock pot with salted boiling water. Drain. Toss with Butter Sage Sauce (p. 322) or any sauce of your choice.

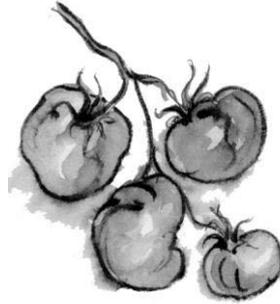
serves four to six

Penne all'Arrabbiata

The sauce for this pasta is a very simple tomato sauce enlivened by the addition of a hot red pepper. You can make it in less than the time it takes to boil the water for the pasta. Add more or less of the pepper according to your preference for hot food. *Penne*, a short tubular pasta, is the standard pasta for this spicy tomato sauce.

Salt

3 tablespoons (1½ fl oz or 45 ml) olive oil
2 cloves garlic, chopped
1 hot red cayenne pepper, finely chopped
2 lbs (1 kg) fresh plum tomatoes, peeled, seeded, and roughly chopped
Pinch of sugar (optional)
1 lb (455 g) penne
½ cup (2 oz or 60 g) fresh parsley, chopped
½ cup (2 oz or 60 g) grated Parmesan cheese



Bring a large pot of water to a boil. Add salt and bring back to the boil.

While the water is coming to a boil, prepare the sauce by heating the olive oil in a saucepan. Add the garlic and the hot pepper and sauté for 1 minute in the oil. Add the tomatoes and salt to taste. Cook about 15 minutes. If the tomatoes are very acid, add a pinch of sugar. Use the back of a wooden spoon to smash the tomatoes lightly against the sides of the pan. Cook for about 10 additional minutes.

Cook the *penne* in salted boiling water until *al dente* (firm to the tooth). Drain, toss with the sauce, and transfer to a serving bowl. Sprinkle with the chopped parsley. Mix until well combined. Serve immediately with the Parmesan cheese.

serves four to six

Trenette al Pesto

Freshly picked basil lends an irresistible fragrance to this Genoese specialty. Green beans and potatoes are tossed with pasta for a traditional *pesto* dish. *Trenette* is the typical noodle, but if it is not available, substitute *fettucine* or *linguini*.

1 lb (455 g) new potatoes

½ lb (225 g) green beans, ends snapped off

Salt

1 lb (455 g) trenette

Pesto (p.322)

Grated Parmesan cheese

Boil the potatoes in their skins. Drain, peel, and cut into thin slices. Cook the green beans until tender. Drain, season to taste with salt, and set aside.

Bring a large pot of water to a boil. Add salt and bring back to the boil. Cook the *trenette* in the salted boiling water until *al dente* (firm to the tooth). Drain, reserving some of the pasta water.

If the *pesto* sauce is too thick, thin it out with a little of the reserved pasta water. Toss the pasta and sauce together quickly and stir in the potatoes and string beans. Serve immediately with Parmesan cheese.

serves six



Linguini with Broccoli

Nothing could be simpler, or better, than linguini tossed with fresh broccoli. It can be made quickly by adding the broccoli directly to the cooking linguini. The broccoli can also be steamed or sautéed separately and later tossed with the pasta. Additional options are sun-dried tomatoes and black olives.

Salt

1 lb (455 g) of fresh broccoli

2 tablespoons (1 oz or 30 g) parsley, chopped (to taste)

4 cloves garlic

1 lb (455 g) linguini

½ cup (4 fl oz or 120 ml) extra-virgin olive oil

¼ cup (2 fl oz or 60 ml) water from cooked pasta

Crushed red pepper

Grated Parmesan cheese

Bring a large pot of water to a boil. Add salt and bring back to a boil. While waiting for the pot to boil, cut the broccoli into small florets. Finely chop the parsley and garlic.

When the water boils, add the linguini and cook for about 4 to 5 minutes. Add the broccoli. Let the broccoli and linguini cook together until the linguini is *al dente* (firm to the tooth), about 5 more minutes. When the pasta is *al dente* the broccoli will also be just tender.

Drain the linguini and broccoli in a colander, reserving a little of the pasta water. Place the linguini in a serving bowl. Add extra-virgin olive oil, the reserved pasta water, parsley, garlic, and crushed pepper. Lift with a fork several times to blend the pasta with the broccoli sauce. Serve hot with Parmesan cheese.

serves eight



Spaghetti with Lemon Sauce and Olives

A very quick sauce! Lemon adds a fresh taste to a typical cream sauce. It is particularly good when tomatoes are not in season. If you do not like olives, substitute one or two green vegetables.

Salt

2 lemons

3 tablespoons (1½ oz or 45 g) butter

2 cloves garlic, chopped

1 hot red pepper, chopped (or to taste)

1 cup (8 fl oz or 240 ml) heavy cream

2 dozen black olives, pitted (or to taste)

1 lb (455 g) spaghetti

Freshly ground black pepper

Bring a large pot of water to a boil. Add salt and bring back to a boil. While the water is coming to a boil, grate the rind of both lemons, being careful not to grate the inner white part.

Heat the butter in a sauté pan. Add the garlic and red pepper. Sauté until the garlic is golden and stir in the cream and lemon rind, reserving a few decorative strands of rind for the top of the pasta. Simmer, uncovered, for about 15 minutes or until slightly thickened. Add the olives and stir to combine.

Stir in 2 tablespoons (1 fl oz or 30 ml) of the juice of one lemon (reserve the juice of the other lemon for another purpose) and simmer for about 1 additional minute. Add salt and freshly ground black pepper. Taste and add more lemon juice or salt and pepper if needed

When the water boils, add the pasta and cook until *al dente* (firm to the tooth). Drain the pasta when it is ready. Toss gently with the lemon sauce. Add a little more cream if necessary, but do not drown the pasta. Decorate with the reserved strands of lemon rind and serve at once. Pass Parmesan cheese at the table.

serves four

Risotto with Pumpkin and Sage

Unlike a pilaf, a risotto is a creamy rice dish. The proportion of rice to broth is not as exact as in other types of rice cooking. If you run out of broth before the rice is cooked, add a little boiling water. Use an imported Italian rice, such as *Arborio*, and a very flavorful broth, like the *porcini* broth given here. Winter squash may be substituted for the pumpkin.

For the Porcini Broth

1 cup (8 fl oz or 240 ml) porcini mushroom liquid (p. 313)

6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411) (or a little more or less)

For the Risotto

3 tablespoons (1½ fl oz or 45 ml) extra-virgin olive oil

1 onion (about 4 oz or 115 g), finely chopped

1¼ lbs (566 g) yellow pumpkin or winter squash, peeled and cut into cubes

Salt

Freshly ground black pepper

2 cups (12 oz or 340 g) Arborio rice

½ cup (4 fl oz or 120 ml) milk

¼ cup (1 oz or 30 g) fresh sage, minced (plus extra whole leaves for garnish)

½ cup (2 oz or 60 g) grated Parmesan cheese

5 tablespoons (2½ oz or 75 g) butter

To make the broth, add the *porcini* mushroom liquid to the vegetable broth. Bring to a boil, lower the heat, and let the broth simmer on the back burner.

Heat the oil in a heavy saucepan. Add the onion and sauté until brown. Stir in the pumpkin, salt, pepper, and ½ cup (4 fl oz or 120 ml) of the broth. Cover the pan and cook for about 5 minutes. Add the rice, another ½ cup (4 fl oz or 120 ml) of the broth, and stir until the liquid is absorbed.

Continue adding ½ cup (4 fl oz or 120 ml) broth at a time, stirring constantly until it is absorbed. Add milk and stir until it is absorbed. The rice should be creamy but still *al dente* (firm to the tooth). It will take about 20 to 25 minutes. Stir in the minced sage, Parmesan cheese, and butter. Taste and adjust seasoning. Garnish with whole sage leaves.

serves six

Polenta Pasticciata

Polenta is a mainstay of the North Italian kitchen. It can be served firm or soft. When firm, it can be grilled, fried, or baked. Here, it is cooked in the style of lasagna. The cornmeal acts as a foil for the cheese and tomato sauce. Only a fresh salad is needed to round out the meal.

5 cups (1¼ qt or 1¼ L) water
1 teaspoon (6 g) salt
1½ cups (6 oz or 170 g) polenta (coarse cornmeal)
2 tablespoons (1 oz or 30 g) butter
2½ cups (20 oz or 566 g) Tomato Sauce (p. 321)
¾ lb (340 g) Fontina cheese, sliced
½ cup (2 oz or 60 g) grated Parmesan cheese
Oregano

Bring the water to a boil. Add salt and bring back to a boil. Add the *polenta* to the boiling water in a thin stream, stirring constantly.

Reduce the heat and continue to cook for about 25 minutes, stirring constantly with a wooden spoon to remove any lumps. If the *polenta* becomes too difficult to stir, add a little more boiling water. When the *polenta* is thick and creamy, remove from the heat and stir in the butter.

Pour the *polenta* into a greased 9-x-13-in (23-x-33-cm) pan and set aside to cool and become firm. When the *polenta* is firm, cut it into 12 squares or rectangles. Preheat the oven to 400° F (200° C or 6 G).

Lightly butter another 9-x-13-in (23-x-33-cm) pan and pour about 1 cup (8 oz or 225 g) of the tomato sauce over the bottom. Slightly overlap the *polenta* squares in the pan. Layer the sliced *Fontina* and the grated Parmesan in between the *polenta* slices. Pour the remaining sauce over the top and add the remaining Parmesan cheese. Sprinkle with oregano according to taste. Bake for about 30 minutes.

serves six

Potatoes and Mushrooms in the Oven

This is a simple but splendid main course. Use at least some wild or exotic mushrooms if you can. *Portobello* or shiitake mushrooms are good choices, but if they are unavailable, cultivated mushrooms also work well. The dried *porcini* mushrooms may be omitted if they are not available.

¾ cup (1 oz or 30 g) dried porcini mushrooms
2 tablespoons (1 oz or 30 g) butter
¼ cup (2 fl oz or 60 ml) extra-virgin olive oil
1½ lbs (680 g) wild or cultivated mushrooms, sliced
Salt
Freshly ground black pepper
2 lbs (1 kg) new potatoes, very thinly sliced
2 garlic cloves, finely chopped
Parsley, finely chopped (to taste)

Put the dried *porcini* mushrooms in a bowl, cover with hot water, and let soak for about 20 minutes. Drain and reserve the liquid. Strain it through a paper towel and reserve 1 cup (8 fl oz or 240 ml) to use as a broth. Squeeze the mushrooms and reserve.

Put 2 tablespoons (1 oz or 30 g) butter and 2 tablespoons (1 fl oz or 30 ml) of oil in a skillet and sauté the wild or cultivated mushrooms. Add the *porcini* mushrooms. Season with salt and pepper.

Preheat the oven to 350° F (180° C or 4 G). Grease a 2-qt (2-L) gratin or casserole dish.

Add a layer of thinly sliced potatoes and a layer of sautéed mushrooms to the gratin dish. Sprinkle with garlic, parsley, salt, and pepper. Continue layering until all potatoes and mushrooms are used.

Pour the reserved *porcini* broth over the casserole. Pour the remaining oil over the potatoes and bake 1½ hours or until golden and crusty.

serves six

Swiss Chard and Ricotta Torta

A *torta* is a kind of savory cake made with ricotta and/or greens. This *torta* uses Swiss chard, but other greens such as escarole, beet greens, or spinach may be used. Bread crumbs make an easy topping, but you can wrap the Swiss chard in short crust or *phyllo* pastry if you prefer.

3 tablespoons (1½ fl oz or 45 ml) olive oil
2 cloves garlic, chopped
1 lb (455 g) plum tomatoes, peeled, seeded, juice removed, and chopped
3 lbs (1½ kg) Swiss chard, washed and coarsely chopped
Salt
Freshly ground black pepper
4 tablespoons (1 oz or 30 g) cornstarch
2 cups (1 lb or 455 g) fresh ricotta, well drained
8 oz (225 g) provolone cheese, diced
½ cup (2 oz or 60 g) grated Parmesan cheese
Grating of nutmeg
3 tablespoons (1½ oz or 45 g) bread crumbs
2 tablespoons (1 oz or 30 g) butter

Heat the olive oil in a large pot. Sauté the garlic for 1 minute, then add the tomatoes and Swiss chard. Cover and cook until the chard leaves are limp and the stems are tender, about 20 minutes. Season to taste with salt and pepper. Uncover and cook off the juice. Drain very well. Set aside.

When cool enough to handle, squeeze as much juice as possible out of the Swiss chard with your hands. Reserve ¼ cup (2 fl oz or 60 ml) of the juice. Mix the juice with the cornstarch and add it to the ricotta. Beat until light and fluffy. Stir in the *provolone* cheese, Parmesan cheese, and Swiss chard. Season with salt, pepper, and nutmeg.

Preheat the oven to 375° F (190° C or 5 G). Butter a 9-in (23-cm) springform pan (pan with removable bottom). Line with bread crumbs, reserving some for the top. Pour in the filling. Sprinkle the remaining bread crumbs over the top. Dot with butter. Bake for about 1 hour or until the top is golden brown. Allow to set for at least 15 minutes before serving.

serves six

Crispy Eggplant Polpetti

These sensational eggplant balls or patties are crispy on the outside and soft and creamy within. Try not to add too many bread crumbs to the mixture. You want a light mixture, not a heavy one. Serve them with a tossed salad for a complete meal. Any leftovers can be stuffed into sandwiches for the next day's lunch.

3 eggplants (about 3 lbs or 1½ kg)

Salt

2 cups (8 oz or 225 g) bread crumbs (plus additional for coating)

½ cup (2 oz or 60 g) grated Parmesan cheese

¼ cup (1 oz or 30 g) fresh parsley, finely chopped

2 cloves garlic, chopped

Freshly ground black pepper

Oil for frying or oven baking



Peel the eggplants. Cut them into cubes and sprinkle with salt. Let stand in a colander for about 30 minutes. Rinse and pat dry.

Steam or boil the eggplant until soft, about 15 minutes. Drain, squeezing out as much water as you can with your hands. Put into a mixing bowl and mash lightly with a fork or potato masher. Do not completely purée. Leave some texture.

Add the bread crumbs, Parmesan cheese, parsley, garlic, salt, and pepper and combine thoroughly. Add more bread crumbs, if necessary, until the batter is firm enough to handle.

Roll the eggplant/bread crumb mixture between the palms of your hands, shaping the batter into about 12 to 14 balls or patties. Coat with additional bread crumbs. Set aside for about 20 minutes.

Fry or oven-bake the *polpetti* until browned on both sides. Drain on a paper towel.

makes 12 to 14 *polpetti*

Minted Zucchini with Squash Blossoms

Zucchini marinated with mint is exceptionally good. The squash blossoms add a flowery accent to the dish, but they will be hard to find unless you are growing them in your garden. If they are unavailable, omit them. The minted zucchini can stand alone.

For the Zucchini

Oil for frying

6 zucchini (about 3 lbs or 1½ kg), washed and cut into coins

Salt

Freshly ground black pepper

2 cloves garlic, chopped

½ cup (2⅔ fl oz or 80 ml) red vinegar (or to taste)

Bunch of fresh mint leaves

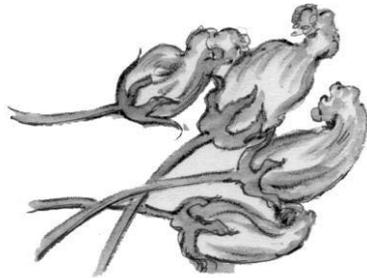
For the Squash Blossoms

1 dozen zucchini blossoms (those on a stem)

Batter (p. 118)

Vegetable oil

Salt



Heat the oil in a skillet. Fry the zucchini until golden. Remove from the oil and drain. Place the zucchini in a bowl, sprinkling with salt, pepper, and chopped garlic every few layers. Cover with the vinegar. Lay the fresh mint leaves on top. Refrigerate, covered, overnight or at least a few hours. About 30 minutes before serving, toss the zucchini and mint together.

Gently wash and dry the squash blossoms. Make a cut in the base of each blossom so that it will open flat. Dip the blossom into the batter.

Heat the vegetable oil. Place the blossom by the stem into the hot oil and fry until golden. Remove, drain on a paper towel and sprinkle with salt. To serve, give each guest a portion of minted zucchini accompanied by 2 squash blossoms.

serves six

Roasted Potatoes with Rosemary

Roasting is a favorite cooking technique in the Italian kitchen, and potatoes may be the most frequently roasted vegetable. The pairing with rosemary is classic. The potatoes can accompany almost any meal, but they are also terrific served simply with a green vegetable and a fresh salad.

2 lbs (1 kg) potatoes

Salt

4-5 tablespoons (2-2½ fl oz or 60-75 ml) extra-virgin olive oil

2 bay leaves

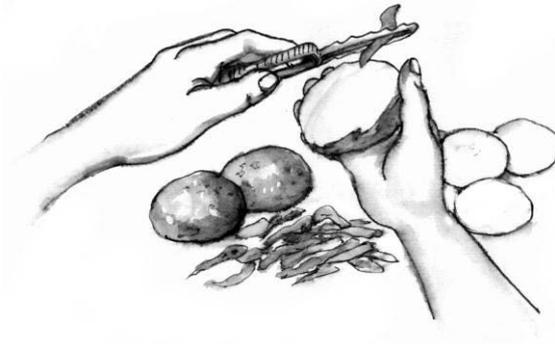
3-4 sprigs fresh rosemary

Preheat the oven to 450° F (230° C or 8 G). Wash and peel the potatoes. Drain. Cut into cubes.

Place in a baking dish in a single layer. Add the salt, oil, bay leaves, and rosemary. Toss to mix well.

Cook for about 10 minutes, reduce the heat to about 375° F (190° C or 5 G), and continue to cook until the potatoes are tender and golden brown.

serves six



Asparagus with Lemon and Oil

Spears of long, green asparagus make excellent appetizers. The asparagus can also be served as a light accompaniment to a main meal. Roasting brings out the fresh taste. Finish the dish with a touch of garlic, lemon, and oil.

2 lbs (1 kg) medium asparagus
4 tablespoons (2 fl oz or 60 ml) olive oil (plus additional for serving)
3 tablespoons (1½ fl oz or 45 ml) lemon juice (or to taste)
3 cloves garlic, finely chopped
Salt
Freshly ground black pepper
Parsley, chopped

Select asparagus with firm tips and stalks. Wash well in cold water. Break off and discard (or save for soup stock) about 1-in (2½-cm) of the thick, woody end of the stalk. Pare away any remaining tough, outer fibers with a sharp knife. If the asparagus spears are very tender, you can eliminate this step.

Preheat the oven to 500° F (260° C or 10 G). Put the asparagus in a baking pan that is large enough to hold them. Coat with olive oil. Roast for 5 to 6 minutes. Turn and roast 5 to 6 additional minutes on the other side. Do not overcook!

Remove immediately from the pan and drizzle with additional olive oil and lemon juice. Add chopped garlic and salt and pepper to taste. Sprinkle chopped parsley over the asparagus and serve hot, warm, or cold.

serves four to six



Salad of Arugula, Endive, and Radicchio

Arugula, endive, and radicchio all have a slightly bitter taste that gives this salad a tangy bite. Like most Italian salads, it is dressed just before serving with a glossing of extra-virgin olive oil, and either red or balsamic vinegar.

2 bunches arugula (about ½ lb or 225 g)

1 head radicchio (about ½ lb or 225 g)

1 head endive (about ¼ lb or 115 g)

¼ cup (2 fl oz or 60 ml) extra-virgin olive oil

1 tablespoon (½ fl oz or 15 ml) red or balsamic vinegar

Salt

Freshly ground black pepper

Trim the stems from the arugula and wash the arugula, radicchio, and endive thoroughly. The arugula will have lots of sand. Rinse a few extra times if necessary.

Tear any large radicchio and arugula leaves into smaller pieces. Leave the small leaves whole. Cut the endive leaves at an angle if they are large. Arrange on individual salad plates or in a salad bowl and toss with oil and vinegar. Add salt and pepper to taste.

serves six



Mozzarella and Tomato Salad

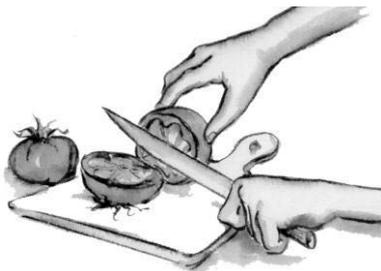
What could be simpler than this salad? Serve it alone as a luncheon salad or use it to accompany any meal. Make it only when you have fresh, ripe tomatoes and fresh mozzarella cheese. To make a simple tomato salad, just omit the mozzarella cheese.

1½ lbs (680 g) firm ripe tomatoes
1 lb (455 g) fresh mozzarella
2 oz (60 g) sweet red onion, thinly sliced
½ cup (2 oz or 60 g) fresh basil leaves
Extra-virgin olive oil
Salt
Freshly ground black pepper

Slice the tomatoes into round slices and the mozzarella cheese into thin slices. Place the tomatoes on a serving platter and overlap with mozzarella slices and sweet red onion. Arrange the fresh basil on top.

Drizzle liberally with extra-virgin olive oil and season to taste with salt and freshly ground black pepper. Allow to marinate for at least 15 minutes before serving. Serve at room temperature.

serves four to six



Tomato Sauce

This versatile sauce may be used for many recipes in this book. It is seasoned with garlic, but onion may be added or used instead of the garlic. The sauce can be chunky or smooth. For a deep smoky flavor, you can roast or grill the tomatoes before making the sauce.

2 tablespoons (1 fl oz or 30 ml) olive oil

1 onion (about 4 oz or 115 g) or 2-3 garlic cloves, chopped

2 lbs (1 kg) fresh plum tomatoes or 1 can (28 oz or 795 g) tomatoes with juice

Pinch of sugar

Salt and freshly ground black pepper

Fresh basil (to taste)

Heat the olive oil in a medium-sized saucepan. Sauté the onion until soft, about 5 minutes. If you are using garlic, sauté about 1 minute.

Stir in the tomatoes. Add a pinch of sugar if the tomatoes are too acid. Sprinkle with salt and pepper to taste. Let the sauce simmer for about 20 to 25 minutes. Stir in the fresh basil.

If you want a very smooth sauce, purée the tomatoes in a food mill or blender. Return to the pan and simmer a few more minutes.

makes 2½ cups



Pesto



Pesto literally means to pound or to grind. It is traditionally made in a mortar and pestle and some cooks insist on this method, but the blender or food processor makes very quick work of it. Any herb or combination of herbs can be made *al pesto*.

3-5 cloves garlic (or to taste)

¼ cup (1½ oz or 45 g) pine nuts

2 cups (8 oz or 225 g) fresh basil leaves, tightly packed, washed, and dried

½ cup (4 fl oz or 120 ml) olive oil

¾ cup (3 oz or 85 g) grated Parmesan cheese

To make the *pesto*, put the garlic, pine nuts, and basil in a mortar and pestle or food processor. Gradually add the olive oil and process until all the ingredients are well blended into a paste.

Place the *pesto* in a small bowl and mix thoroughly with the Parmesan cheese. If the sauce is too thick, thin it with a little water from the cooked pasta.

makes 1¾ cups

Butter Sage Sauce



An excellent sauce for ravioli!

4 tablespoons (2 oz or 60 g) sweet butter

8 fresh sage leaves

Salt and freshly ground black pepper

Heat the butter in a small skillet over medium heat. When the butter becomes golden, add the fresh sage leaves. Cook 30 seconds to 1 minute. Remove from the heat. Add salt and pepper and toss with ravioli.

makes ⅓ cup

Strawberry Sorbetto

Any fresh fruit can be substituted for the strawberries in this *sorbetto*. It is a refreshing finish to a summer meal or a treat any time of the day. Children enjoy making it almost as much as they enjoy eating it.

1 lb (455 g) fresh strawberries
¾ cup (6 oz or 170 g) granulated sugar
1½ cups (12 fl oz or 350 ml) water
½ cup (4 fl oz or 120 ml) cold heavy whipping cream

Hull and wash the strawberries and cut them in half.

Put the strawberries and sugar in a food processor and pulse a few times. Add the water and process until liquid. If your blender or food processor won't hold all the strawberries with the liquid, you may have to process in 2 batches.

Whip the cream slightly and mix with the processed strawberries. Freeze in an ice cream maker according to manufacturer's directions.

If you do not have an ice cream maker, put the strawberry mixture in the freezer for about 2 hours until it begins to harden. Remove from the freezer after 2 hours and process in a food processor or blender until thick and creamy. Return to the freezer and freeze until hard.

Transfer from the freezer to the refrigerator at least 30 minutes before serving to allow the *sorbetto* to soften a little.

serves four



Tiramisù (Tuscan Trifle)

Tiramisù translates literally as “pick me up.” It is a rich, custardy dessert for a special occasion. The *mascarpone* cheese can be found in most supermarkets or in Italian specialty shops. If it is not available, substitute cream cheese.

For the Sponge

3 cups (13½ oz or 385 g) unbleached all-purpose flour
2 cups (1 lb or 455 g) sugar
2 teaspoons (¼ oz or 8 g) baking soda
1 teaspoon (6 g) salt
2 tablespoons (1 fl oz or 30 ml) white vinegar
2 teaspoons (¼ oz or 8 ml) vanilla
¾ cup (6 fl oz or 180 ml) vegetable oil
2 cups (16 fl oz or 475 ml) whole milk

For the Mascarpone Custard

½ cup (2½ oz or 75 g) sugar
¼ cup (1½ oz or 45 g) cornstarch
Pinch of salt
2¾ cups (22 fl oz or 650 ml) milk
2 tablespoons (1 oz or 30 g) butter
1 teaspoon (5 ml) almond extract
1 lb (500 g) mascarpone cheese
1 cup (8 fl oz or 240 ml) espresso coffee (or as needed)
4 oz (115 g) semi-sweet chocolate, finely chopped (or to taste)

To make the sponge, preheat the oven to 350° F (180° C or 4 G).

Sift the dry ingredients together. Combine the liquid ingredients. Pour the liquid ingredients over the dry ingredients. Mix well to combine. Spread the batter evenly in a greased and floured half-sheet or jelly-roll pan and bake for about 20 minutes or until a toothpick comes out clean. Cool.

Prepare the custard by mixing the sugar, cornstarch, and salt together. Put into a saucepan set over medium heat. Gradually add the milk. Stir constantly until mixture comes to a boil. Boil 1 minute.

Remove from heat. Add the butter and the almond extract. Whisk the *mascarpone* cheese into the custard. Chill

Cut the cooled cake in half. Trim each half to fit into a 2-to-3-qt (2-to-3-L) baking dish. Pour a little of the espresso coffee on the bottom of the dish, followed by half of the cake. Brush the cake with more of the espresso coffee. Spoon half of the custard over the cake and sprinkle with half of the grated chocolate. Repeat with the other half of the cake, finishing with the custard and the grated chocolate. Refrigerate for several hours or overnight before serving.

serves eight



Baci di Dama (Lady's Kisses)

As sweet as their name suggests!

1 cup (4 oz or 115 g) almonds, blanched and lightly toasted

2 tablespoons ($\frac{3}{4}$ oz or 20 g) sugar

$\frac{1}{2}$ lb (225 g) unsalted butter, softened

$\frac{1}{2}$ cup (2 oz or 60 g) confectioners' sugar

$\frac{1}{4}$ teaspoon ($\frac{1}{2}$ g) salt

1 teaspoon (5 ml) almond extract

1 $\frac{3}{4}$ cups (8 oz or 225 g) all-purpose flour

$\frac{1}{4}$ cup (1 oz or 30 g) cocoa powder, sifted

2 oz (60 g) semi-sweet chocolate

2 tablespoons (1 oz or 30 g) sweet butter

Preheat the oven to 350° F (180° C or 4 G).

Put the almonds in a nut grinder or food processor with 2 tablespoons ($\frac{3}{4}$ oz or 20 g) of sugar and grind to a powder.

Cream the butter and confectioners' sugar until light and fluffy. Add the ground almonds, salt, and almond extract. Continue to cream for a few minutes. Sift the flour and cocoa and mix together well. Add about a third at a time to the creamed mixture and blend. Refrigerate for about 1 hour.

Roll into 8 dozen small balls, about the size of cherries. Flatten the bottoms slightly and place about 1-in (2 $\frac{1}{2}$ -cm) apart on ungreased baking sheets. Bake about 10 to 12 minutes until firm. Remove and cool.

Melt the chocolate and butter in the top of a double boiler. Remove from the heat. Dip the bottom of 1 cookie in the chocolate mixture. Make sandwiches by pressing another cookie to the bottom of the first. Repeat with all the cookies.

makes 4 dozen cookies

Suggested Menus

The Italian meal is typically a sequence of small courses rather than one dominant main course. An antipasto or appetizer is followed by the primo piatto (the first course), which consists either of a soup, a pasta, or a risotto. The secondo piatto (second course) may be a torta or vegetable pie, a baked vegetable dish, or even a baked pasta or hearty polenta accompanied by the contorni or smaller side dishes. However, a simple dish of linguini or a creamy risotto can stand alone, as can a salad and one or two vegetables with fresh bread. The traditional courses can be reserved for holiday meals. Fruit is the natural ending to a meal, except on holidays when pastries are also served.

Summer Dinner in the Garden

*Penne all'Arrabbiata
Vegetables Grilled Over the Coals
Salad of Arugula, Endive, and Radicchio
Strawberry Sorbetto
Baci di Dama*

Autumn Dinner with Friends

*Artichokes Stuffed with Bread Crumbs and Herbs
Risotto with Pumpkin and Sage
Salad of Arugula, Endive, and Radicchio
Fresh Fruit*

Light Spring Supper

*Frittada (Spring Stew)
Bruschetta
Strawberry Sorbetto*

Italian Family Picnic

*Swiss Chard and Ricotta Torta
Minted Zucchini
Tomato Salad
Fresh Fruit
Sweet Snack
Tiramisu
Cappuccino*





France

French Recipes

Appetizers

Leeks à la Grecque

Asparagus with Creamy Aioli

Artichoke Bottoms with Mushrooms and Tomatoes

Soups and Stews

French Onion Soup

Crème Crécy (Cream of Carrot Soup)

Sorrel Soup with Chive Blossoms

Ratatouille

Savory Tarts and Tians

Wild Mushrooms on Puff Pastry

Zucchini Tart with Garlic Custard

Pissaladière (Onion Tart)

Tian of Summer Squash and Spinach

Vegetables

Tomatoes à la Provençal

Braised Belgian Endive

Eggplant Stuffed with Goat Cheese

Baked Whole Garlic

Salads

Salade Niçoise

Wheat Berry Salad

Sauces and Condiments

Vinaigrette Dressing

Quick Aioli

Tapenade

Sweets

Pears Belle Hélène

Crêpes Sucrées

Gâteau de Crêpes

Sweet Short Crust Pastry

Chocolate Tart

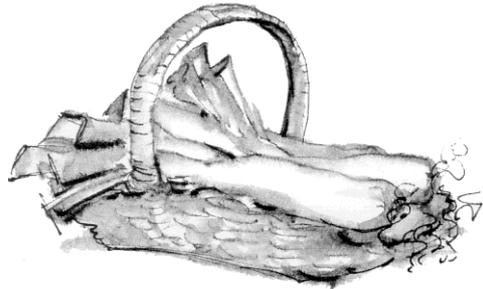
Madeleines (Lemon Tea Cakes)

Suggested Menus

Leeks à la Grecque

Vegetables prepared *à la Grecque* are simmered in a broth infused with herbs and olive oil. Prepare endive, fennel, and artichokes, as well as the leeks, *à la Grecque*. Serve as part of a salad platter or as cold hors d'oeuvres.

1 lb (455 g) leeks, white and pale green parts only
2 cups (16 fl oz or 475 ml) water
1/3 cup (2 2/3 fl oz or 80 ml) lemon juice
1/3 cup (2 2/3 fl oz or 80 ml) olive oil
Salt
2 cloves garlic
3 shallots
6 sprigs parsley, plus additional for garnish
2 sprigs fresh thyme
12 peppercorns
6 coriander seeds
1 sprig fresh fennel
1 tomato (about 4 oz or 115 g), seeds removed, finely diced
6 black or green olives



Preheat the oven to 350° F (180° C or 4 G). Trim the roots of the leeks. Slit the leeks lengthwise to about 1-in (2½-cm) from the root end and wash thoroughly, removing all dirt. Arrange the leeks in a gratin pan.

Put all the ingredients except the leeks, tomato, olives, and additional parsley into a saucepan. Bring to a boil. Remove from the heat and let stand about 15 minutes. Bring again to a simmer. Strain the herb-infused broth and pour it over the leeks. Add a little water if necessary. Cover with foil and bake 35 to 40 minutes or until tender.

Strain the leeks and put them on a platter, reserving the broth. Return the reserved broth to the saucepan and boil down to 1/3-1/2 cup (3-4 fl oz or 90-120 ml). Pour it over the leeks. Chill. Before serving, garnish with diced tomatoes, chopped parsley, and olives.

serves two to four

Asparagus with Creamy Aioli

Chilled asparagus are combined here with a creamy *aioli* (garlic mayonnaise) for a simple appetizer or salad to be served with any meal. For a more spectacular presentation, make *Le Grand Aioli* by presenting a variety of steamed or boiled vegetables with the *aioli* sauce. The selection could include potatoes, carrots, artichokes, green beans, and beets.

2 lbs (1 kg) asparagus

Salt

Freshly ground black pepper

2-3 tablespoons (1-1½ fl oz or 30-45 ml) lemon juice (or to taste)

½ red bell pepper (about 2 oz or 60 g)

1 cup (8 oz or 225 g) Aioli (p. 347)

½ cup (4 fl oz or 120 ml) whipping cream

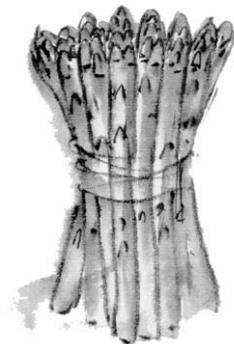
Chives, finely chopped

Snap back the tough ends of the asparagus until they break off. Wash the asparagus and steam them for about 10 minutes or until tender. Drain. Toss with salt, freshly ground black pepper, and lemon juice. Chill. Wash the red pepper. Remove the seeds and cut into a small dice. Set aside.

Prepare the *aioli* sauce according to directions. Whip the cream and fold into the sauce.

Arrange the chilled asparagus on a serving plate. Spoon the *aioli* over the asparagus and sprinkle with the diced red pepper and the chives.

serves four



Artichoke Bottoms with Mushrooms and Tomatoes

Artichokes are a splendid opener to any meal. As with other good things, layer upon layer has to be peeled away before one gets to the heart (or in this case the bottom) of the matter. The artichokes may be served warm or cold.

4 artichokes (about ½ lb or 225 g each)
3 cups (24 fl oz or 710 ml) boiling water
4 teaspoons (¾ fl oz or 20 ml) lemon juice
Salt
4 tablespoons (2 fl oz or 60 ml) olive oil
1 tablespoon (½ oz or 15 g) chopped onion
1 garlic clove, finely chopped
¼ lb (115 g) mushrooms, diced
½ lb (225 g), tomatoes, peeled, seeded, and diced
1 or 2 sprigs fresh thyme
Freshly ground black pepper
1 tablespoon (½ oz or 15 g) bread crumbs

Prepare the artichokes by breaking off the stem end and bending back the outside leaves until they snap off. Slice off the remaining leaves including the soft inner leaves. Remove the choke (the inner fuzzy part). Trim away any remaining dark green tough areas with a sharp knife until only the bottom remains. Rub all cut portions with a lemon.

Put the artichoke bottoms in a pot with the boiling water. Add the lemon juice and salt. Cook until a knife pierces the bottoms easily, about 30 to 40 minutes. When tender, remove from the liquid and drain. Cut out the choke (the fuzzy center) and any remaining leaves.

Heat the oil in a saucepan. Add the onions and cook about 5 minutes. Add the garlic and cook an additional minute, then add the mushrooms and cook about 6 minutes. Stir in the tomatoes, thyme, salt, pepper, and bread crumbs. Simmer 2 to 3 minutes. Fill the artichokes with this mixture and serve.

serves four

French Onion Soup

The secret to a good onion soup is, of course, the onions! Use sweet onions and brown them before adding a rich vegetable broth.

3 tablespoons (1½ oz or 45 g) unsalted butter

1 tablespoon (½ fl oz or 15 ml) olive oil

2½ lbs (1¼ kg) yellow onions, thinly sliced

Pinch of sugar

3 tablespoons (1½ oz or 45 g) flour

8 cups (2 qt or 2 L) Vegetable Broth (p. 411)

½ teaspoon (2½ g) sage

1 bay leaf

Salt

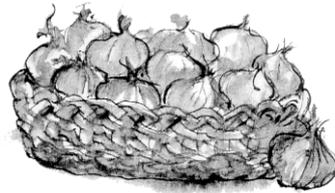
Freshly ground black pepper

1 tablespoon (½ fl oz or 15 ml) vegetarian

Worcestershire sauce (or to taste)

½ cups (6 oz or 170 g) grated Swiss cheese

French bread, cut in rounds and toasted



Melt the butter with the oil in a large soup pot. Stir in the onions. Cover and cook over moderate heat for about 10 minutes. Uncover and add sugar. Continue cooking until the onions are golden brown. Lower the heat and stir in the flour. Cook a few minutes.

Remove from the heat and pour in 1 cup (8 fl oz or 240 ml) of the vegetable broth, stirring until the flour and broth are well blended. Add the remainder of the broth along with the sage and bay leaf. Simmer for about 40 minutes. Add salt and pepper to taste. Remove the bay leaf and stir in the Worcestershire sauce.

Preheat the oven to 400° F (200° C or 6 G). Ladle the soup into individual oven-proof serving bowls. Sprinkle some of the cheese into each bowl, and top with a piece of toasted bread and additional cheese. Heat in the oven for about 15 minutes and serve hot.

serves six

Crème Crécy (Cream of Carrot Soup)

This classic French soup takes the name Crécy from a village in France. It is thickened with rice and smoothed out with a little cream. Serve with croutons and a sprinkling of fresh herbs.

2 tablespoons (1 oz or 30 g) unsalted butter
1 large onion (about 6 oz or 170 g), sliced
5 carrots (about 1¼ lbs or 566 g), chopped
2 tablespoons (1 oz or 30 g) tomato paste
¼ cup (1½ oz or 45 g) rice
6 to 8 cups (1½-2 qts or 1½-2 L) Vegetable Broth (p. 411)
Salt
Freshly ground black pepper
½ cup (4 fl oz or 120 ml) light cream

Heat the butter in a heavy soup pot. Add the sliced onion and sauté in the butter. Add the carrots and sauté until almost tender.

Add the tomato paste, rice, and 4 cups (1 qt or 1 L) of the vegetable broth and simmer about 25 minutes or until everything is very tender.

Purée in the blender or food processor. Return the soup to the pot and add additional broth. Season with salt and pepper. Simmer 5 additional minutes. Pour in the light cream and heat through. Serve hot.

serves six



Sorrel Soup with Chive Blossoms

Sorrel is easy to grow in a kitchen garden. Combine the leaves with potatoes to make this tart-tasting soup. Serve it hot or cold. Chive blossoms add a decorative garnish. If chive blossoms are not available, garnish with chopped fresh chives.

4 tablespoons (2 oz or 60 g) unsalted butter
1 large yellow onion (about 8 oz or 225 g), chopped
1 lb (455 g) potatoes, chopped
4 cups (1 qt or 1 L) water
Salt and pepper
3 cups (about ½ lb or 225 g) sorrel, washed and chopped
¼ cup (2 fl oz or 60 ml) cream
Chive blossoms

Melt the butter in a soup pot. Add the onions, potatoes, and ½ cup (4 fl oz or 120 ml) water. Cook for about 10 minutes. Add salt and pepper to taste.

Add the washed and chopped sorrel along with the remaining water. Bring to a boil, lower the heat, and simmer for about 30 minutes.

Taste and add more salt or pepper if needed. Purée in batches in a blender. Return to the heat, stir in the cream, and heat through. Garnish with chive blossoms and serve.

serves four



Ratatouille

If you want a taste of Provence, this is it! A medley of fresh Mediterranean vegetables that can be served as a starter, main dish, or side dish. Delicious tossed over rice or pasta, or as a filling for *crêpes* and tarts. It is even better the next day, hot or cold.

Salt

1 lb (455 g) eggplant, cut into cubes

½ cup (2⅔ fl oz or 80 ml) olive oil (or more if needed)

1 lb (455 g) zucchini, cut into cubes

1 lb (455 g) onions, thinly sliced

4 cloves garlic, minced

2 red or green peppers (about 8 oz or 225 g), coarsely chopped

2 lbs (1 kg) fresh or canned tomatoes, peeled and coarsely chopped

¼ cup (1 oz or 30 g) each: fresh parsley and basil, chopped (or to taste)

3 tablespoons (1½ oz or 45 g) fresh thyme, chopped (or to taste)

Salt the eggplant and set aside in a colander for half an hour. Rinse and dry.

Heat 2 tablespoons (1 fl oz or 30 ml) of the olive oil in a heavy non-stick skillet and sauté the eggplant quickly until golden. You may need a little more oil if you are not using a non-stick skillet. Season with salt to taste. Set aside the eggplant. Add 2 tablespoons (1 fl oz or 30 ml) more oil to the skillet. Sauté the zucchini. Season with salt.

Heat the remaining oil in a heavy pot and cook the onions over a low flame until translucent. Add the garlic and peppers. Cook for about 10 more minutes. Add the tomatoes and cook 10 minutes. Season with salt. Stir in the zucchini, eggplant, and herbs. Cover and cook 45 minutes to 1 hour over low heat. Add salt to taste.

After 45 minutes, cook, uncovered, to reduce some of the juices if you are planning to serve it in *crêpes* or a tart. If you are planning to serve it over rice, you may want to leave a little more juice. Taste and adjust seasoning, adding more salt or herbs if necessary. Serve hot or cold.

serves four to six

Wild Mushrooms on Puff Pastry

This wild mushroom dish, redolent of autumn, is at once earthy and elegant. It is very easy to put together with purchased puff pastry. It is quite filling, and makes a perfect luncheon dish.

2 cups (8 oz or 225 g) wild or cultivated mushrooms
3 tablespoons (1½ oz or 45 g) unsalted butter
1 shallot, minced
1 small clove garlic, minced
½-¾ cup (4-6 fl oz or 120-180 ml) cream
2 oz (60 g) chèvre (fresh mild goat's cheese)
2 tablespoons (1 oz or 30 g) fresh thyme, minced, or ½ teaspoon (2½ g) dried thyme
Salt
Freshly ground black pepper
6 individual rounds or rectangles of puff pastry, split in half
Fresh sprigs of thyme for garnish

Trim the mushrooms and wipe clean with a damp cloth. Cut them in quarters or halves, according to size.

Melt 2 tablespoons (1 oz or 30 g) of the butter in a pan over medium heat. Add the mushrooms and sauté for about 5 minutes, stirring until lightly browned and the juices have not quite evaporated. Lower the heat, add the other tablespoon of butter and the shallot and garlic, and sauté 1 minute more, still stirring, until softened.

Add the cream, crumble in the chèvre, and stir until melted. Season with herbs, salt, and pepper. If the sauce is too thick, add a little more cream or milk.

Bake the puff pastry rounds according to package directions. Put the pastry bottoms on warm serving plates, spoon the mushrooms over them, and replace the tops. Garnish with sprigs of fresh thyme.

serves six

Zucchini Tart with Garlic Custard

Garlic, the perfume of Provence, infuses the custard for this spectacular creamy tart.

2 tablespoons (1 oz or 30 g) unsalted butter

2 small shallots (about 1 oz or 30 g), minced

1 lb (455 g) fresh zucchini, thinly sliced

Salt

Juice of 1 lemon

1 Baked Whole Garlic (about 2 oz or 60 g) (p. 344)

8 tablespoons (2 oz or 60 g) cornstarch

1 cup (8 fl oz or 240 ml) light cream

1 lb (455 g) nonfat cream cheese, softened

Grating of nutmeg

2 cups (8 oz or 225 g) Gruyère or Swiss cheese, shredded

9-in (23-cm) single-crust pie shell, partially cooked (p. 352)



Prepare the filling by heating the butter in a skillet. Add the shallots and cook for 1 to 2 minutes. Add the zucchini and salt to taste. Sauté for about 10 minutes or until golden. If any liquid remains, raise the heat and cook until all the liquid has evaporated. Stir in the juice of 1 lemon.

Purée the baked garlic in a blender. Combine the cornstarch with the light cream. Beat together with the puréed garlic. Add the cream cheese and grating of nutmeg and beat until light and fluffy. Stir in the Gruyère or Swiss cheese (reserving some for the top of the tart) and the cooked zucchini. Add salt to taste.

Preheat the oven to 375° F (190° C or 5 G).

Pour the filling into the prepared pie crust. Put the remaining cheese on top and bake for about 45 minutes or until golden. Let rest for 5 to 10 minutes before serving.

serves four to six

Pissaladière (Onion Tart)

This is the Provençal pizza, fragrant with onions, black olives, and herbs. Tomatoes are sometimes added to this tart. In Nice, the tart is made either in a pastry crust or in a yeasted dough. The yeasted dough gives it a rustic wholesomeness, but you may use a short crust pastry if you prefer.

5 tablespoons (2½ fl oz or 75 ml) olive oil
3 lbs (1½ kg) onions, finely chopped
2 cloves garlic, chopped
1 teaspoon (2½ g) Herbes de Provence
Salt
Freshly ground black pepper
1 recipe Pizza Dough (p. 298)
1 tablespoon (½ oz or 15 g) capers, rinsed and drained
2 dozen Niçoise olives (about 5½ oz or 155 g), pitted and chopped

Preheat the oven to 450° F (230° C or 8 G). If you are using a pizza stone, put it in the oven to heat.

Heat 4 tablespoons (1 fl oz or 30 ml) of the oil in a heavy skillet. Add the onions, garlic, and herbs. Season to taste with salt. Turn the heat to low, cover, and cook very slowly for about 45 minutes to one hour until the onions are very soft. If they begin to stick, add a little water. The onions should turn golden but not brown. When the onions have cooked down, add the freshly ground black pepper.

Roll out the pizza dough and put it into a 14-in (35-cm) pizza pan or on a pizza peel dusted with flour or cornmeal. Brush the dough with the remaining oil and spread the onions over the top. Scatter the capers and olives over the onions. Slide into the oven and bake for 15 to 20 minutes or until golden.

serves six



Tian of Summer Squash and Spinach

A *tian* takes its name from the clay dish in which it is made. This mélange of summer squash, spinach, and rice is easy to assemble and brings the flavors of a summer garden into the kitchen.

1 cup (6 oz or 170 g) rice
2 lbs (1 kg) fresh spinach, washed and trimmed
3 onions (about 1¼ lbs or 566 g), chopped
¼ cup (2 fl oz or 60 ml) olive oil
2 garlic cloves, chopped
5 green or yellow summer squash (about 2 lbs or 1 kg), chopped
Salt
Freshly ground black pepper
¼ cup (1 oz or 30 g) fresh basil, chopped
⅔ cup (3 oz or 85 g) Gruyère cheese
⅓ cup (1½ oz or 45 g) grated Parmesan cheese

Boil the rice until tender. Drain and set aside. Coarsely chop the fresh spinach and set aside.

Sauté the onions in the oil until tender. Add the garlic and cook an additional minute. Add the chopped squash and cook about 5 minutes over high heat. Lower the heat and add the spinach. Cook just until the spinach wilts. Season to taste with salt and freshly ground black pepper. Stir in fresh basil.

Remove from the heat and drain any remaining juices from the spinach. Add the cooked rice and mix well. Mix with the Gruyère cheese.

Preheat the oven to 400° F (200° C or 6 G).

Pour the contents of the pan into a casserole dish. Sprinkle the Parmesan cheese on top. Bake for about 30 minutes or until the *tian* is golden.

serves four to six

Tomatoes à la Provençal

Use only vine-ripened tomatoes and fresh herbs for this dish. It makes an excellent accompaniment to any savory tart.

2 tomatoes (about 6 oz or 170 g each)

¼ cup (1 oz or 30 g) soft bread crumbs

Parsley, snipped (to taste)

Basil, snipped (to taste)

Salt

Freshly ground black pepper

4 teaspoons (¾ fl oz or 20 ml) olive oil

2 cloves garlic, minced

Preheat the oven to 350° F (180° C or 4 G). Core the tomatoes and cut them in half horizontally.

Combine the bread crumbs, parsley, basil, salt, and pepper. Sprinkle on top of the tomato halves; then combine oil and minced garlic and drizzle 1 teaspoon (5 ml) over each tomato half. Bake for 20 minutes.

serves four



Braised Belgian Endive

Endive, a member of the chicory family, is a bundle of tightly wrapped leaves in France. In England, its curly-leaved cousin may be called endive. The French braise it or cook it in gratins and casseroles. They also use it to good advantage in salads. Choose firm endive, discarding any loose or discolored leaves.

6 firm endives (about 1½ lbs or 680 g)

5 tablespoons (2½ oz or 75 g) unsalted butter, softened

Salt

1 tablespoon (½ fl oz or 15 ml) lemon juice

1 tablespoon (½ oz or 15 g) sugar

½ cup (4 fl oz or 120 ml) water

Freshly ground black pepper

2 tablespoons (1 oz or 30 g) parsley, minced

Wash and trim the endives. Grease a non-reactive saucepan large enough to hold the endives in a single layer with 4 tablespoons (2 oz or 60 g) of the butter.

Place the endives in the pan. Add the salt, lemon juice, and sugar. Cover with water. Use the remaining butter to grease a piece of parchment paper large enough to cover the endives. Place over the endives.

Bring the endives to a boil and cook, covered, over medium heat for about 40 minutes or until very tender. Check occasionally to see if there is enough water.

When the endives are tender, uncover the pan, remove the parchment paper, and boil away any remaining liquid until only a little glaze remains. Add freshly ground black pepper, sprinkle with parsley, and serve.

serves four

Eggplant Stuffed with Goat Cheese

A fresh *chèvre* (goat cheese) and fresh mint complement this very Mediterranean eggplant dish. A beautiful meal to make for your best guests.

2 eggplants, (about 8 oz or 225 g each)
4 tablespoons (2 fl oz or 60 ml) olive oil, plus a little extra for basting
1 onion (about 4 oz or 115 g), chopped
1 clove garlic, minced
1 zucchini (about 8 oz or 225 g), chopped
Salt (to taste)
2 tomatoes (about 8 oz or 225 g), chopped
3 oz (85 g) *chèvre* (goat cheese), cubed or sliced
2 tablespoons (1 oz or 30 g) pine nuts, toasted
2 tablespoons (1 oz or 30 g) golden raisins (sultanas)
2 tablespoons (1 oz or 30 g) fresh mint, chopped
Freshly ground black pepper

Cut the eggplant in half lengthwise. Cut around the edges of the flesh close to the skin, leaving a thin but firm shell. Scoop out the pulp.

Heat the olive oil in a pan and sweat the onion and garlic. Add the eggplant pulp and zucchini, and sauté for about 5 minutes, until they start to color. Season to taste with salt. Stir in the tomatoes and cook for 2 minutes. Stir in half the *chèvre* (goat cheese), pine nuts, golden raisins (sultanas), mint, and pepper.

Baste the eggplant skins with the extra olive oil and put under the broiler for about 5 minutes on each side or until lightly grilled. Spoon the prepared filling into the eggplant shells and top with the rest of the *chèvre*. Place under the broiler for another 5 minutes, until the cheese is softened but not burned.

serves four



Baked Whole Garlic

In the south of France, garlic is used as a vegetable and as a seasoning. Cooking it removes some of its strong taste. It is then puréed and served on French bread or as a side dish alongside a main-dish vegetable. It can be stirred into soups or tarts. Try it on the Zucchini Tart with Garlic Custard (p.338). If you have a clay pot, use it to roast the garlic. If not, any small pan will do.

2 heads of garlic (about 2 oz or 60 g each)

2 tablespoons (1 fl oz or 30 ml) olive oil

Salt

Freshly ground black pepper

1 tablespoon (½ oz or 15 g) unsalted butter

Sprig of fresh thyme

Preheat the oven to 300° F (150° C or 2 G).

Cut the tips of the garlic heads but leave on the skin. Rub the heads with a little oil, salt, freshly ground black pepper, and a little butter. Sprinkle fresh thyme over the garlic. Bake, covered, about 45 minutes to 1 hour or until very soft.

When the garlic is cool, you can remove the papery skin and squeeze out the garlic from the bottom or serve whole, 1 head to each guest.

serves two



Salade Niçoise

This combination of new potatoes, green beans, and tomatoes, garnished with black olives and capers, makes a great main course salad suitable for lunch or a light supper.

2 lbs (1 kg) new potatoes

Vinaigrette Dressing (p. 347)

1 lb (455 g) green beans, cooked and chilled

1 head Boston lettuce (about ½ lb or 225 g) or other salad greens, washed and dried

1 lb (455 g) tomatoes, quartered

¼ cup (about 1 oz or 30 g) pitted black olives

1 tablespoon (½ oz or 15 g) capers (optional)

¼ cup (1 oz or 30 g) fresh herbs (basil, parsley, tarragon)

Wash the potatoes. Cook in salted boiling water until tender. While the potatoes are still warm, peel and slice.

Pour vinaigrette dressing to taste over the warm potatoes. Chill. Season the green beans with additional dressing. Chill.

Before serving, toss the salad greens with some of the vinaigrette and arrange on a salad platter. Arrange the potatoes in the center of the platter. Toss the tomatoes with some of the dressing and place the tomatoes and the green beans around the potatoes. Garnish with the olives, capers, and fresh herbs. Pour additional dressing over the salad if needed.

serves six



Wheat Berry Salad

Epeautre, a kind of wheat berry, is usually served in Provence in autumn at the end of the wheat harvest. Wheat berries may be used in soups and stews, baked into breads, or tossed in salads as in this recipe. They may be difficult to find in some areas, but are usually available in health food or specialty food stores.

1 cup (7 oz or 200 g) wheat berries
3 cups (24 fl oz or 710 ml) water
½ teaspoon (3 g) salt
4 scallions (about 2 oz or 60 g), finely chopped (white parts only)
½ cup (2 oz or 60 g) dried cherries or cranberries (available in specialty stores)
½ cup (2 oz or 60 g) fresh parsley
¼ cup (1 oz or 30 g) toasted walnuts, finely chopped and toasted
1 tomato (about 8 oz or 225 g), finely chopped
Few stalks of fennel (about 2 oz or 60 g), diced
½ cup (4 fl oz or 120 ml) Vinaigrette Dressing (p. 347) (or more to taste)
1 head (about ½ lb or 225 g) lettuce

Pick over the wheat berries and soak overnight. Combine the wheat berries and water and bring to a boil. Cover, reduce the heat, and simmer for about one hour or until the wheat berries are cooked. They will remain chewy. Add salt.

Drain the wheat berries and toss with the scallions, dried cherries, parsley, walnuts, tomato, and fennel. Toss with Vinaigrette Dressing to taste. Arrange on a serving platter lined with the Boston lettuce. Chill before serving.

serves four to six

Vinaigrette Dressing (makes 1½ cups)

This is the basic vinaigrette dressing which can be endlessly varied by adding fresh herbs or substituting flavored oils and vinegars.

1 tablespoon (½ fl oz or 15 ml) lemon juice
⅓ cup (2⅔ fl oz or 80 ml) red vinegar (or a mixture of lemon juice and vinegar)
½ teaspoon (2½ g) mustard
1 shallot (about ½ oz or 15 g)
1 small clove garlic, crushed
1 cup (8 fl oz or 240 ml) olive oil
Salt
Freshly ground black pepper

To prepare the vinaigrette dressing, pour the lemon juice and vinegar into a mixing bowl. Add mustard, shallot, and garlic. Whisk in the oil slowly. Add salt and pepper to taste. Taste the dressing and adjust by adding more oil or vinegar as needed.



Quick Aioli (makes 1 cup)

Aioli is a Provençal garlic mayonnaise. Stir it into soups or use it as a sauce on crudites or vegetables. It is typically made by blending the garlic and mayonnaise together as the mayonnaise is being made. In this quick method, simply stir the mashed garlic into the prepared eggless mayonnaise.

4 cloves garlic (or to taste)
Salt
1 cup (8 oz or 225 g) eggless mayonnaise
⅓ cup (2⅔ fl oz or 80 ml) olive oil (or more)
Freshly ground black pepper

In a mortar and pestle, crush the garlic and salt until completely mashed. Put into a bowl and blend in the mayonnaise. Whisk in the oil slowly. Season with additional salt and freshly ground black pepper.

Tapenade

Tapenade is a tangy olive condiment that can be spread on bread and served as a canape or used to accompany hot or cold vegetables. It is typically made with black olives but green olives may be used for variation.

1 lb (455 g) black or green olives
3 tablespoons (1½ fl oz or 45 ml) olive oil
2 cloves garlic
3 tablespoons (1½ oz or 45 g) capers, drained
1 teaspoon (5 g) fresh thyme
2 teaspoons (¼ oz or 8 g) mustard
4 tablespoons (2 fl oz or 60 ml) fresh lemon juice (or to taste)
Salt

Pit the olives and put them in a mortar and pestle or in a food processor. Add the olive oil, garlic, capers, and thyme. Add the mustard and fresh lemon juice. Season to taste with salt. Process to a smooth paste. Taste for seasoning and adjust if necessary, adding more salt or olive oil.

makes 1½ cups

Pears Belle Hélène

It seems as though pears and chocolate were made for each other. Add a little ice cream and ...*voilà!* A French classic! The poached pears are delicious on their own without the chocolate or ice cream.

6 firm pears (about 3 lbs or 1½ kg)
3 cups (24 fl oz or 710 ml) water
1½ cups (12 oz or 340 g) sugar
2 tablespoons (1 fl oz or 30 ml) lemon juice
2 pieces lemon zest
2 cinnamon sticks
4 oz (115 g) bittersweet chocolate
½ cup (4 fl oz or 120 ml) water
Vanilla ice cream

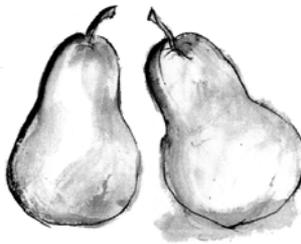
Wash and peel the pears, leaving the stems intact. Lay the pears in an enamel saucepan and cover with water. Add the sugar, lemon juice, lemon zest, and cinnamon sticks. Place a small plate on top of the pears to keep them immersed.

Bring to a boil, reduce the heat, and simmer until tender, about 25 to 35 minutes. Let the pears cool in the poaching syrup.

Melt the chocolate in the top of a double boiler. Stir in the water to make a smooth sauce.

Spoon a scoop of ice cream into each of 6 individual serving bowls. Drain the pears and place 1 pear into each bowl. Spoon the chocolate sauce on top and serve.

serves six



Crêpes Sucrées

Crêpes sucrées are sweet thin pancakes. This is a very versatile recipe to have in your repertoire. The *crêpes* may be wrapped around any number of fillings or stacked into a *gâteau*. To use this same batter for savory *crêpes*, simply omit the sugar.

2 tablespoons (½ oz or 15 g) cornstarch
½ cup (4 fl oz or 120 ml) water
1 cup (8 fl oz or 240 ml) milk
1 cup (4½ oz or 130 g) all-purpose flour
1 teaspoon (4 g) baking powder
Pinch of salt
1 tablespoon (½ oz or 15 g) sugar
2 tablespoons (1 fl oz or 30 ml) oil or melted butter
2-3 tablespoons (1-1½ oz or 30-45 g) unsalted butter

Mix the cornstarch with ¼ cup (2 fl oz or 60 ml) of the water. Mix the cornstarch/water mix and the remaining water with the milk.

Sift the dry ingredients. Make a well in the center and add the oil. Stir in the liquid gradually. Beat well.

Heat a little of the butter in an 8-in (20-cm) cast iron *crêpe* pan or non-stick skillet. Pour ¼ cup (2 fl oz or 60 ml) of the batter into the pan and swirl it around to cover the bottom of the pan. There should only be a light coating of batter in the bottom of the pan. If you have too much, use a smaller measure when pouring out the batter.

When the bottom of the *crêpe* is lightly browned, turn and cook the *crêpe* for about 20 seconds on the other side. Repeat with the remainder of the batter, buttering the pan when necessary. The *crêpes* can be prepared ahead and refrigerated or frozen until ready to use.

makes 10 to 12 *crêpes*

Gâteau de Crêpes

A *Gâteau de Crêpes* is a cake made by layering *crêpes* with either sweet or savory fillings. In this sweet version, the *crêpes* are layered with apricot jam and ground almonds. A dusting of powdered sugar completes the dish.

1 cup (8 oz or 225 g) apricot jam

1 tablespoon (½ fl oz or 15 ml) lemon juice

12 Crêpes (p. 350)

½ cup (2 oz or 60 g) almonds, ground

1 tablespoon (½ oz or 15 g) powdered (confectioners') sugar

Preheat the oven to 375° F (190° C or 5 G). Combine the jam and lemon juice in a saucepan and heat gently until well mixed.

Grease a heat-proof serving dish. Place 1 *crêpe* on the dish. Spread with a thin layer of jam. Follow with a thin layer of ground almonds. Continue to layer in this way, ending with a *crêpe*. Bake for about 10 minutes or until heated through. Remove from the oven and top with powdered sugar.

serves four



Sweet Short Crust Pastry

This recipe may be used for any of the tarts or pies in this chapter or any of the other tart or pie recipes throughout the book. For a single-crust pie, use half the recipe below. For a double-crust pie, or a pie with lattice, use the full measure.

2½ cups (11¼ oz or 320 g) all-purpose flour

1 teaspoon (6 g) salt

1 teaspoon (4 g) sugar

1 cup (8 oz or 225 g) unsalted butter or vegetable shortening, cut into small pieces

¼-½ cup (2-4 fl oz or 60-120 ml) ice water

Sift the flour, salt, and sugar into a bowl. Cut in the pieces of butter with a knife or pastry blender until the mixture resembles cornmeal. Add the ice water a tablespoon at a time until the dough holds together without being wet or sticky. Form the dough into a ball and cut in half. The dough will make either two single pie crusts or one double crust pie. Flatten each half into a disc, wrap in plastic and chill for at least 30 minutes.

Remove the dough from the refrigerator and roll out on a lightly floured board to a thickness of ⅛-in (3-mm). Place in the pie pan, press it in place, and trim the edges. At this point the pastry can be refrigerated or frozen until ready to use.

To bake the pie crust, preheat the oven to 400° F (200° C or 6 G).

If you are baking without any filling, prick the dough all over with a fork; line the pie shell with foil or parchment paper, and weight with beans or rice (this helps it to keep its shape). Bake for about 15-20 (or 10-15 minutes for a partially baked crust). Remove the weights and allow the crust to bake a few more minutes until light golden for a partially baked crust or a deeper golden for a fully baked crust. Remove from the oven and let cool on a rack.

makes 2 single-crust tarts or 1 double-crust tart

Chocolate Tart

This is *the* chocolate lover's tart --- creamy, smooth, and full of rich chocolate! Be sure to use the very best chocolate available to make the tart.

1/3 cup (2 oz or 60 g) cornstarch

1/3 cup (2 1/2 oz or 75 g) confectioners' sugar

Pinch of salt

2 3/4 cups (22 fl oz or 650 ml) milk

2 tablespoons (1 oz or 30 g) unsalted butter

8 oz (225 g) semi-sweet chocolate, chopped

Recipe for single-crust pie (p. 352)

Recipe for single-crust pie (p. 352)

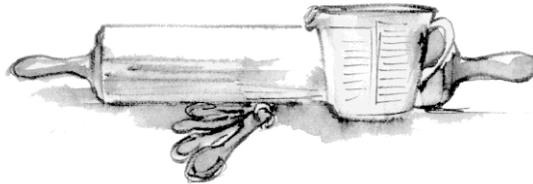
1 cup (8 fl oz or 240 ml) heavy cream, chilled

Prepare the chocolate pastry cream, by mixing the cornstarch, confectioners' sugar, and salt together in a saucepan. Slowly add the milk. Cook over medium heat until mixture comes to a boil. Let boil 1 minute. Remove from the heat and stir in the butter and chopped chocolate.

Pour the chocolate custard into the pie crust and let cool. Chill several hours.

Before serving, beat the cream and use a pastry bag to pipe it decoratively around the pie.

makes 1 tart



Madeleines (Lemon Tea Cakes)

These little sponge cakes are baked in shell-shaped *madeleine* pans, but tiny muffin cups also work. Spectacular!

¾ cup (6 oz or 170 g) unsalted butter, softened

1¼ cups (5½ oz or 155 g) sifted cake flour

1 teaspoon (4 g) baking powder

¼ teaspoon (1½ g) salt

2 tablespoons (1 oz or 30 g) sour cream or yogurt

1 teaspoon (5 g) cornstarch mixed with 2 tablespoons (1 fl oz or 30 ml) water

1 teaspoon (5 ml) vanilla

⅔ cup (5 oz or 140 g) sugar

2 teaspoons (¼ oz or 8 g) lemon rind, very finely grated

Confectioners' sugar for dusting

Melt the butter. Set aside and let cool. Sift the flour, baking powder, and salt together.

Beat the sour cream or yogurt and the cornstarch mixture together until light. Add the vanilla. Gradually beat in the sugar and continue beating until the volume has increased. Fold in the lemon rind. Gradually fold in the flour mixture, then stir in the butter.

Preheat the oven to 375° F (190° C or 5 G). Brush the *madeleine* pan or the tiny muffin cups with butter and sprinkle with a little flour.

Spoon about 1 tablespoon (1 oz or 15 g) batter into each shell or cup. Bake 12 to 15 minutes or until lightly golden. Remove the cakes to a cooling rack. When cool, dust with confectioners' sugar.

makes 1 dozen *madeleines*

Suggested Menus

For your French meal, begin with an hors d'oeuvre or small salad such as the Leeks à la Grecque or the Asparagus with Creamy Aioli. Follow with either the French Onion Soup or the Cream of Carrot Soup. For the main course, select the Zucchini Tart with Garlic Custard or the Tian of Summer Squash. The Eggplant Stuffed with Goat Cheese also makes an excellent entrée, as does the Ratatouille, either on its own or stuffed into crêpes. A dessert of fruit and cheese, a sweet tart, or the Gâteau de Crêpe makes a good ending.

Elegant Company Dinner

*Artichoke Bottoms with Mushrooms and Tomatoes
French Onion Soup
Eggplant Stuffed with Goat Cheese
Salad of Mixed Lettuces and Edible Flowers (p. 95)
Chocolate Tart
Freshly Brewed Coffee*

A Picnic in Provence

*Salade Niçoise
Zucchini Tart with Garlic Custard
Tomatoes à la Provençal
Fresh Fruit*

An Early Fall Dinner

*Crème Crécy (Cream of Carrot Soup)
Crêpes Filled with Ratatouille
Wheat Berry Salad
Pears Belle Hélène
Freshly Brewed Coffee*

Special Luncheon

*Wild Mushrooms on Puff Pastry
Tomatoes à la Provençal
Salade Niçoise
Madeleines
Freshly Brewed Coffee*





Spain and Portugal

Spanish and Portuguese Recipes

Ensaladas Tapas (Snacks and Appetizers)

Tortilla Española

Sautéed Mushrooms

Fresh Cheese-Filled Tomatoes

Pimientos Vinaigrette

Sopas (Soups)

Sopa de Ajo (Garlic Soup)

Potaje Gallego

Caldo Verde (Portuguese Green Soup)

Gazpacho Andaluza

Arroz (Rice)

Paella of Rice and Vegetables

Rice Croquettes

Summer Rice Ring

Verduras (Vegetables)

Samfaina (Catalan Vegetables)

Sautéed Cauliflower

Potatoes with Almonds

Swiss Chard with Pine Nuts and Raisins

Ensaladas

Salad of Fresh Fava Beans

Chick Peas with Pimientos

Ensalada Compuesta (Mixed Green Salad)

Portuguese Salad

Sauces

Picada

Red Pepper Sauce

Sweets

Frozen Oranges

Panellets (Almond Sweet Potato Macaroons)

Torrijas (Sweet Fried Bread)

Xurros (Fried Pastry Sticks)

Suggested Menus

Tortilla Española

Tortilla Española is eaten for breakfast, lunch, dinner, and as a *tapa*. It is typically made with eggs, but this eggless version is made as a potato cake. Delicious!

9 tablespoons (4½ fl oz or 135 ml) olive oil
1 onion (about 5 oz or 140 g), chopped
2 lbs (1 kg) potatoes, peeled and thinly sliced
Salt
½ cup (1½ oz or 45 g) all-purpose flour
1 cup (8 fl oz or 240 ml) water

Heat 2 tablespoons (1 fl oz or 30 ml) of the olive oil in a skillet. Sauté the onion until golden.

Heat about 6 tablespoons (3 fl oz or 90 ml) of the olive oil in a non-stick skillet. Add the potatoes and cook, covered, over medium heat for about 30 minutes or until potatoes are lightly colored. Add salt and stir from time to time to keep the potatoes from sticking to the bottom of the pan. When the potatoes are cooked, remove them from the skillet and pour into a bowl. Add the onions. Let cool for a few minutes. Pour off any oil that remains in the pan.

Sift the flour into a small bowl. Add the water. Mix this flour/water paste with the potatoes and onions. Blend well. Allow it to stand for about 15 to 20 minutes until the potatoes absorb the flour and water.

Heat the remaining 1 tablespoon (½ fl oz or 15 ml) of oil in the non-stick skillet. When the oil is very hot, pour in the potatoes, taking care not to break them. Flatten the potato cake with a spatula and cook over medium heat for about 15 minutes or until it begins to brown and set. Shake the skillet so the tortilla doesn't stick.

Turn the tortilla over carefully onto a large dish and slide back into the pan to cook on the other side for another 15 to 20 minutes. Remove from the skillet to a serving platter. Serve hot or at room temperature.

serves six

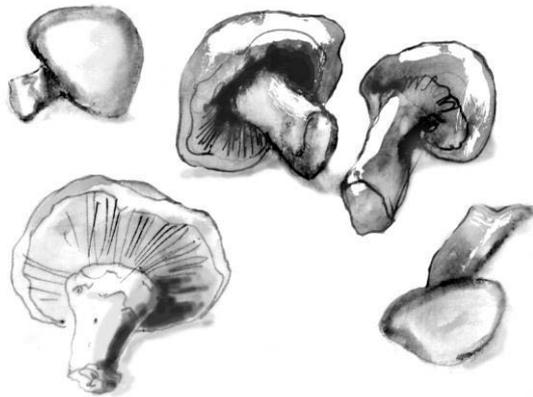
Sautéed Mushrooms

Fresh mushrooms, quickly sautéed, make ideal *tapas* or appetizers. They can be served in little bowls or spread on grilled bread and eaten as open-faced sandwiches. They are also good to have on hand for use in many other dishes. Both wild mushrooms and cultivated mushrooms are excellent prepared in this way.

1 lb (455 g) fresh mushrooms
4 tablespoons (2 fl oz or 60 ml) olive oil
2 garlic cloves, finely chopped
Parsley, finely chopped (to taste)
Lemon juice
Salt
Freshly ground black pepper

Wipe the mushrooms clean, then slice. Sauté the mushrooms in the oil for about 3 to 4 minutes. Add the garlic and parsley and cook another minute. Season to taste with lemon juice, salt, and pepper.

serves four



Fresh Cheese-Filled Tomatoes

Use an assortment of red and yellow cherry tomatoes for this dish. They make terrific bite-sized *tapas*. You can also stuff larger tomatoes and serve them for lunch with a green salad.

2 lbs (1 kg) ripe red and yellow cherry tomatoes
¼ lb (115 g) queso fresco (feta cheese may be substituted)
2 tablespoons (1 oz or 30 g) spring onions or scallions, chopped
Parsley, chopped (to taste)
Salt
Freshly ground black pepper
Cumin

Cut the tomatoes around the top, loosening the flesh and removing any seeds. Reserve the tops for lids. Finely chop the *queso fresco* or feta cheese. Add the chopped spring onions and parsley. Season with salt, pepper, and cumin to taste.

Stuff the mixture very firmly back into the tomatoes. Leave them in the refrigerator for about 1 hour before serving. Garnish with additional parsley. Replace the lids with the stuffing peeking out and serve.

serves four to six

Pimentos Vinaigrette

Red bell peppers (pimentos) are typically used in this dish, but yellow, orange, or green peppers could be added for color. When roasted, pimentos are served on their own with a little salt, pepper, and olive oil or tossed into all manner of dishes including salads, savory pies, and *paella*. It is always good to have some extra on hand for use in other dishes.

6 pimentos (red bell peppers) (about 2½ lbs or 1¼ kg)

Salt

Freshly ground black pepper

2 cloves garlic, finely chopped

1 tablespoon (½ oz or 15 g) chopped onion

6 tablespoons (3 fl oz or 90 ml) olive oil

3 tablespoons (1½ fl oz or 45 ml) red vinegar

2 teaspoons (¼ oz or 8 g) capers

¼ cup (1 oz or 30 g) parsley, chopped

To roast the pimentos (peppers), cook directly over hot coals, a gas flame, or in a broiler. When charred all over, place in a paper bag and let sit for 20 minutes. After 20 minutes, remove from the bag and peel off the skins. Remove the seeds and membranes.

Cut the pimentos into strips. Season with salt, pepper, garlic, and onion. Pour the oil and vinegar over the pimentos. Serve at room temperature or chill until ready to serve. Just before serving, garnish with capers and sprinkle with chopped parsley.

serves four



Sopa de Ajo (Garlic Soup)

This simmering broth is delicious when served with toasted bread. Without the bread, it can serve as a cleansing and healing soup or as the foundation broth for other soups.

For the Garlic Broth

6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411)

1 head of garlic (about 2 oz or 60 g), unpeeled

¼ cup (1 oz or 30 g) parsley, chopped

Salt

Freshly ground black pepper

For the Soup

8 thin slices country bread

¼ cup (2 fl oz or 60 ml) olive oil

8-10 cloves garlic, peeled

1 tablespoon (½ oz or 15 g) sweet paprika

½ teaspoon (2½ g) cumin



Preheat the oven to 350° F (180° C or 4 G). Combine vegetable broth, garlic, and parsley in a large soup pot. Bring to a boil, reduce the heat, and simmer for about 45 minutes. Season to taste with salt and pepper.

Prepare the bread by brushing each side with oil. Reserve 1 to 2 tablespoons (½-1 fl oz or 15-30 ml) oil for sautéing the garlic. Place the bread on a baking sheet and toast in the oven 5 minutes on each side or until golden brown.

Heat the remaining olive oil in a skillet and sauté the peeled garlic cloves in oil until golden. Discard the garlic. Stir the paprika and cumin into the hot oil and remove the skillet immediately from the heat.

Add the spiced oil to the soup pot and simmer briefly. Taste and correct seasoning. Break up the toasted bread and put it into a soup tureen or individual soup bowls. Pour the hot garlic broth over the bread. Garnish with additional parsley and paprika. Serve immediately.

serves six

Potaje Gallego

This hot pot of root vegetables and greens is a favorite winter meal of Gallego in Spain's northwest region. Almost any kind of vegetable may be included. *Grellos* or turnip greens are typical additions. If they are not available, substitute collard or beet greens.

1 cup (¼ lb or 115 g) white beans, picked over, washed, and soaked overnight
8 cups (2 qt or 2 L) Vegetable Broth (p. 411) or water
2 turnips (about 4 oz or 115 g), chopped
1 lb (455 g) potatoes, peeled and cut into cubes
2 carrots (about 8 oz or 225 g), chopped
1 onion (about 4 oz or 115 g), chopped
1 lb (455 g) green beans, chopped
2 cups (5½ oz or 155 g) cabbage, chopped
2 cups (5½ oz or 155 g) grelos or turnip greens
Salt
Freshly ground black pepper
2 tablespoons (1 fl oz or 30 ml) olive oil
3 cloves garlic, chopped

Drain the *soaked* beans and place in a large soup pot with the vegetable broth or water. Bring to a boil, reduce the heat, cover, and simmer until the beans are almost tender, about 45 minutes.

Add the turnips and continue to simmer until they are half cooked, about 5 minutes. Add the potatoes, carrots, and onion. Simmer until almost tender, about 15 minutes. Add the green beans, cabbage, and *grellos* or other greens and cook slowly until everything breaks down and becomes very tender. Add salt and pepper to taste.

Heat the olive oil in a small skillet. Add the garlic and sauté for 1 to 2 minutes. Add the garlic along with the olive oil to the stew. Taste and adjust the seasoning.

serves six

Caldo Verde (Portuguese Green Soup)

Caldo Verde is a Portuguese cabbage and potato soup. Portuguese cabbage is very similar to kale, which can be substituted for it. The soup is typically served with *broa*, a yeast-risen corn bread, but it is delicious with any corn bread or rustic country bread.

2¼ lbs (1.1 kg) potatoes, peeled and cubed
2 qt (2 L) water
1¼ lbs (566 g) Portuguese cabbage or kale
1 medium onion (about 4 oz or 115 g), finely chopped
6 tablespoons (3 fl oz or 90 ml) extra-virgin olive oil
Salt
Freshly ground black pepper

Put the potatoes and the water into a large soup pot and cook until the potatoes are very tender. Meanwhile, wash the cabbage or kale. Remove the ribs and cut the leaves into very thin julienne slices. Sauté the onion in 2 tablespoons (1 fl oz or 30 ml) oil in a small skillet until browned.

When the potatoes are tender, mash them against the sides of the soup pot with the back of a large spoon or potato masher. You may remove them from the pot and mash them, then return them to the pot, if you find this easier.

Add the sautéed onion and cook an additional few minutes. Before serving, bring to a boil, and add the cabbage or kale and the remaining olive oil. Season to taste with salt and pepper. Ladle into soup bowls and serve hot.

serves six



Gazpacho Andaluza

Red and green bell peppers and vine-ripened tomatoes combine in this classic soup to make a perfect summer meal. The flavor is improved if the soup is left to chill overnight.

For the Gazpacho

1½ lbs (680 g) tomatoes, peeled, seeded, and chopped
1 green bell pepper (about 4 oz or 115 g), chopped
1 red bell pepper (about 4 oz or 115 g), chopped
2 Kirby cucumbers (about 10 oz or 285 g), peeled and chopped
½ red onion (about 2 oz or 60 g), chopped
1 teaspoon (5 g) sugar
3 tablespoons (1½ fl oz or 45 ml) olive oil
½ teaspoon (2½ g) cumin
1 cup (8 fl oz or 240 ml) tomato juice or ice water
2 cloves garlic, finely chopped
4 tablespoons (2 fl oz or 60 ml) red vinegar (or to taste)
Salt

For the Garnish

Croutons
Red and green bell pepper, finely diced
Cucumber, finely diced
Tomatoes, diced

Combine all the ingredients for the soup (except the garnish) in a food processor and purée in batches. Taste and adjust the seasonings, adding more salt, cumin, or vinegar if desired. Refrigerate overnight.

Before serving, garnish with croutons, diced bell peppers, cucumbers, and tomatoes or pass the garnishes at the table, allowing your guests to select their own.

serves six

Paella of Rice and Vegetables

Many cooks prepare the vegetables for paella separately and then add them to the rice, but you may also cook everything together in the paella pan.

4 tablespoons (2 fl oz or 60 ml) olive oil
1 onion (about 4 oz or 115 g), diced
4 cloves garlic, finely chopped
1 lb (455 g) tomatoes, chopped
2 red or green peppers (about 8 oz or 225 g in all), chopped
1 lb (455 g) mushrooms, sliced
5 cups (1¼ qt or 1¼ L) water
Juice of ½ lemon
2 cubes (¾ oz or 20 g) vegetable bouillon
¼ teaspoon (2½ g) saffron
Salt
2½ cups (1 lb or 455 g) short-grain rice
½ cup (2 oz or 60 g) green beans, chopped
½ cup (2½ oz or 75 g) peas
Lemon wedges

In a skillet, heat 2 tablespoons (1 fl oz or 30 ml) of the olive oil and sauté the onion and the garlic over low heat without letting them brown. Add the chopped tomatoes and cook until the mixture forms a thick pulp.

In another skillet, heat the other 2 tablespoons (1 fl oz or 30 ml) of olive oil and sauté the peppers until tender. Add the mushrooms and sauté a few minutes longer.

In a paella pan or large, wide skillet, prepare the broth by boiling the water with the juice of half a lemon, the vegetable bouillon cubes, and the saffron. Season to taste with salt. Add the rice, cover, and reduce the heat. Cook until most of the water is absorbed, about 15 minutes.

Stir in the green beans and peas. Cook for 5 minutes. Add the mushrooms, peppers, and the tomato/onion mixture. Stir and let stand for about 10 minutes before serving. Garnish with lemon wedges.

serves six to eight

Rice Croquettes

Use leftover rice to make these tasty croquettes. The croquettes can be prepared very small and served as bite-sized *tapas* or larger and served as the main course. A fresh green salad is all that is necessary to complete the meal.

1 cup (6 oz or 170 g) short-grain white rice

Salt

4 cups (1 qt or 1 L) water

2 tablespoons (1 oz or 30 g) unsalted butter

Parsley (to taste)

8 walnuts (about 2 oz or 60 g), finely chopped

½ cup (2 oz or 60 g) green olives, chopped

5 tablespoons (2½ oz or 75 g) grated Parmesan cheese

Freshly ground black pepper

Toasted bread crumbs

Oil for frying

Put the rice, salt, and water in a pot and bring to a boil. Cook the rice until tender. Drain. Heat the butter in a heavy skillet and add parsley, cooked rice, chopped walnuts, olives, and grated Parmesan cheese. Add salt and pepper to taste and blend very well. Allow the mixture to cool and then shape into croquettes.

Coat the rice balls with the bread crumbs. Fry in oil until browned on all sides. Drain on paper towels and place in a covered pan to keep warm until serving.

makes 8 large croquettes



Summer Rice Ring

This is a wonderful summer salad. If you make it in a decorative mold, it is an excellent centerpiece for a buffet table or a main course. Serve it with a vegetable dish and a green salad.

1/3 cup (3 fl oz or 90 ml) olive oil
1 small onion (about 2 oz or 60 g), chopped
2 cups (12 oz or 340 g) rice
4 cups (1 qt or 1 L) water
2 cups (10 oz or 285 g) fresh or frozen peas
1 1/2 cups (12 oz or 340 g) Eggless Mayonnaise (p. 94)
1 teaspoon (5 ml) vegetarian Worcestershire sauce
1 teaspoon (5 ml) lemon juice
Vinaigrette Dressing (to taste) (p. 347)
1 small dill pickle (about 1/2 oz or 15 g), chopped
4 tablespoons (2 oz or 60 g) pimento, chopped (p. 361)
4 tablespoons (2 oz or 60 g) green pepper, chopped
4 tablespoons (2 oz or 60 g) cucumber, diced
2 tablespoons (1 oz or 30 g) parsley, chopped
Sautéed Mushrooms (p. 359)
Black and green olives

Heat the oil in a paella pan or a wide skillet. Sauté the onion until translucent. Add the rice and stir. Add the water, cover, and cook in a 400° F (200° C or 6 G) oven for 15 minutes. Remove from the oven and let sit, covered, for about 15 minutes. After 15 minutes, uncover and cool. Cook the fresh or frozen peas until tender. Let cool.

In a small bowl, toss the mayonnaise with the Worcestershire sauce and the lemon juice. When the rice and peas are cool, toss with the Vinaigrette Dressing and the remaining ingredients except the mushrooms and olives. Grease a 9 1/2-in (24-cm) ring mold with oil. Press the rice salad into the mold and refrigerate for at least 1 hour. Unmold onto a platter. Fill the center of the ring with the sautéed mushrooms. Garnish with olives and additional pimentos and serve.

serves six

Samfaina (Catalan Vegetables)

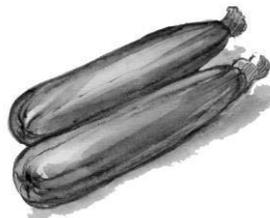
Samfaina is similar to the French ratatouille. It can be served as an appetizer, main course, or as a sauce to be poured over other vegetable dishes. Bake it in a tart shell for a terrific entrée.

¼ cup (2 fl oz or 60 ml) olive oil
2 large onions (about 12 oz or 340 g), finely chopped
3 cloves garlic, chopped
12 oz (340 g) zucchini, chopped
2 lbs (1 kg) tomatoes, peeled, seeded, and chopped
1½ lbs (680 g) pimentos (roasted peppers) (p. 361), cut into strips
Salt
Freshly ground black pepper

Prepare the *samfaina* by heating the olive oil in a large skillet. Sauté the onions until soft and translucent. Add the garlic, sauté for another minute, and add the zucchini. Sauté for about 10 minutes over medium-high heat.

Add the tomatoes and the pimentos and allow the vegetables to cook down into a thick sauce, about 30 minutes. Season well with salt and pepper to taste. Serve hot or cold.

serves four



Sautéed Cauliflower

This is a very easy way to prepare cauliflower. It is blanched in boiling water, then tossed with toasted bread crumbs, and sprinkled with lemon juice. It is a good accompaniment to almost any main dish. It can also be served on its own with a green salad.

1 head of cauliflower (about 2½ lbs or 1¼ kg)

1 bay leaf

2 tablespoons (1 oz or 30 g) unsalted butter

1 clove garlic, crushed

¼ cup (1 oz or 30 g) bread crumbs

Juice of ½ lemon

Lemon slices

Wash and trim the cauliflower. Cut it into florets. Blanch the florets in a large pot of boiling water with the bay leaf for about 5 minutes.

Melt the butter in a deep frying pan. Fry the garlic for about 1 minute. Add the cauliflower and continue to fry over moderate heat until golden. Remove the cauliflower from the pan and place on a platter. Leave the garlic in the pan.

Sauté the bread crumbs in the butter and garlic mix. Sprinkle over the cauliflower. Pour the lemon juice over all. Serve with additional lemon slices.

serves four

Potatoes with Almonds

Spain has many potato dishes that can be served as the main course of a meal or as simple *tapas*. Here, potatoes are paired with almonds, one of the classic Spanish combinations.

1 recipe Picada (p. 377)

½-¾ cup (4-6 fl oz or 120-180 ml) water

5 tablespoons (2½ fl oz or 75 ml) olive oil

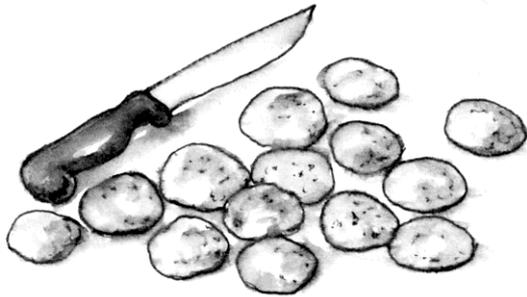
2 lbs (1 kg) potatoes, cut into cubes

Prepare the *Picada* according to directions on page 377. Mix with the water and set aside.

Heat the oil in a skillet. When it is hot add the cubed potatoes. Cook, shaking the pan until the potatoes are lightly colored.

Pour the *Picada* over the potatoes. Simmer for about 15 minutes or until the potatoes are completely tender and the water has been absorbed. The potatoes will be crusty.

serves four



Swiss Chard with Pine Nuts and Raisins

The combination of fresh Swiss chard with plump raisins and toasted pine nuts is a favorite throughout Spain. Other greens such as spinach may be substituted for the Swiss chard.

½ cup (3 oz or 85 g) dark raisins
2 lbs (1 kg) fresh Swiss chard or other leafy greens
3 tablespoons (1½ fl oz or 45 ml) olive oil
2 cloves garlic, crushed
¼ cup (1½ oz or 45 g) pine nuts, toasted
Salt
Freshly ground black pepper

Put the raisins in a small bowl, cover with hot water, and let stand for 10 to 15 minutes. Drain.

Separate the ribs from the Swiss chard, and save for another purpose or discard. Wash the Swiss chard thoroughly and shake dry.

Heat the oil in a large skillet and sauté the garlic over medium-high heat for about 1 minute. Raise the heat to high, add the Swiss chard, and stir-fry for 1 to 2 minutes.

Add the raisins and pine nuts to the skillet and toss to mix everything. Season with salt and freshly ground pepper. Cover and cook over low heat for a few minutes, until greens are tender.

serves four to six

Salad of Fresh Fava Beans

Fava (broad) beans are the world's oldest cultivated bean. They are enjoyed throughout Asia and Europe, but are often difficult to find in North America. If they are not available in your area, substitute lima beans in this salad.

For the Salad

3 lbs (1½ kg) fresh fava beans

3 scallions (about 1 oz or 30 g) white part only, chopped

1 tomato (about 5 oz or 140 g), chopped

Croutons

For the Dressing

1 tablespoon (5 g) mustard

2 tablespoons (1 fl oz or 30 ml) vinegar

½ cup (4 fl oz or 120 ml) olive oil

Salt

Freshly ground pepper

Few sprigs thyme

Few sprigs mint

Slip the fava beans out of their pods and cook in salted boiling water until tender, about 5 to 8 minutes. Drain and cool the beans. Remove the skin from each bean. Add the scallions and the tomato. Toss with the dressing. Serve warm or cold with croutons.

For the dressing, mix the mustard and vinegar together. Beat in the oil in a slow, steady stream. Add salt, pepper, thyme, and mint to taste.

serves four to six

Chick Peas with Pimentos

This salad of marinated chick peas with pimentos can stand on its own as part of a *tapas* buffet, or other vegetables can be added for a more elaborate salad. Shredded carrots, diced tomatoes, and olives are good choices. Dry chick peas will give a firmer texture to your salad, but canned chick peas are a good substitute. Marinated chick peas also make an excellent addition to composed salads.

1½ cups (9 oz or 255 g) dry chick peas or 3 cups (24 oz or 680 g) cooked or canned chick peas

5 tablespoons (2½ fl oz or 75 ml) olive oil (or to taste)

4 tablespoons (2 fl oz or 60 ml) red vinegar (or to taste)

2 tablespoons (1 oz or 30 g) finely chopped onion

Salt

Freshly ground black pepper

1 clove garlic, finely chopped

1 tablespoon (½ oz or 15 g) small capers

¼ cup (1¼ oz or 35 g) pimentos, chopped, (p. 361)

¼ cup (1 oz or 30 g) parsley, chopped

If you are using the dry chick peas, place in a bowl, cover with water, and soak overnight. Drain, place in a saucepan, cover with fresh water, and bring to a boil. Reduce the heat and simmer about 1 hour or until tender. Drain and let cool.

Prepare the dressing by blending together the olive oil, vinegar, chopped onion, salt, pepper, and garlic. Pour the dressing over the cooked or canned chick peas. Stir in the capers and the chopped pimentos. Refrigerate several hours or overnight. Before serving, stir in the chopped parsley.

serves four

Ensalada Compuesta (Mixed Green Salad)

This is a typical green salad that you might find anywhere in Spain. It includes endive, romaine lettuce, chicory, and black olives. Orange slices can also be added for variety.

1 stalk celery (about 2½ oz or 75 g)

1 endive (about ¼ lb or 115 g)

½ head romaine lettuce (about 12 oz or 340 g)

Small handful (2-3 oz or 60-85 g) chicory

½ red bell pepper (2 oz or 60 g), finely diced

½ cup (2½ oz or 75 g) pitted black olives

Salt

3 tablespoons (1½ fl oz or 45 ml) fresh lemon juice

⅓ cup (2⅔ fl oz or 80 ml) olive oil

Wash celery, endive, lettuce, chicory, and red pepper. Dice the celery. Cut the lettuce and the chicory into bite-sized pieces. Cut the endive into 2 or 3 pieces. Toss the celery, endive, lettuce, chicory, red bell pepper, and black olives together in a salad bowl.

In a small bowl, whisk together the salt, lemon juice, and olive oil. Toss with the salad.

serves four to six



Portuguese Salad

This is a simple, refreshing salad of roasted peppers, tomatoes, and cucumber that is popular in Spain as well as Portugal. Coriander, a frequently used herb in Portuguese cooking, adds a distinctive flavor to the salad.

1 cucumber (about 8 oz or 225 g)

2 green bell peppers (about ¾ lb or 340 g)

1 lb (455 g) tomatoes

Salt

Freshly ground black pepper

6 tablespoons (3 fl oz or 90 ml) olive oil

2 tablespoons (1 fl oz or 30 ml) red vinegar

Lettuce leaves

½ sweet onion (about 2 oz or 60 g), thinly sliced

2 tablespoons (1 oz or 30 g) fresh coriander, chopped (or to taste)

Peel and thinly slice the cucumber. Set aside. Roast the peppers according to the directions on p. 361. Peel the peppers, remove the seeds, and cut into strips. Roast the tomatoes until the skins become black, but not so long that they lose their shape. Slice into sections. Toss the tomatoes and the green pepper with salt and pepper to taste. Add olive oil and red vinegar.

Line a salad bowl or platter with lettuce leaves. Arrange the thinly sliced onion on top, then the sliced cucumber, followed by the green peppers and roasted tomatoes. Let stand at room temperature about an hour. Before serving, sprinkle with chopped fresh coriander.

serves four



Picada

Spanish cooks use the country's wonderful almonds in everything from soup to desserts. Although recipes for *Picada* can vary, it is a classic mix of ground ingredients that always includes almonds. It is used to thicken sauces, soups and stews.

3 garlic cloves (or to taste)

Salt

¼ cup (2 fl oz or 60 ml) olive oil

1 slice country bread (about 1½ oz or 45 g), crusts removed

½ cup (2 oz or 60 g) blanched toasted almonds

Freshly ground black pepper

Pinch of cayenne

1 teaspoon (5 g) sweet paprika

Pinch of sugar

Parsley, chopped

Mash the garlic and salt together in a mortar and pestle. Set aside. Heat the oil in a skillet. Fry the bread in the oil. Drain, reserving the oil.

Grind the almonds to a paste in a food processor. Add the reserved garlic, salt, bread, black pepper, cayenne, paprika and sugar. Grind until smooth, slowly adding the oil until there is a smooth, thick paste. Taste and adjust seasoning. If the paste is too thick, thin it out with a little water or broth. Sprinkle with parsley before serving.

makes ½ cups



Red Pepper Sauce

Roasted red peppers give a brilliant color to this sauce. Serve it with steamed or grilled vegetables. Make it thicker if you would like to serve it as a dip with crudités or bread sticks.

2 tablespoons (1 fl oz or 30 ml) olive oil

2 garlic cloves, chopped

1 lb (455 g) Pimentos (p 361)

Salt

Freshly ground black pepper

Vinegar (optional)

Heat the olive oil in a skillet. Add the garlic and sauté 1 to 2 minutes.

Stir in the pimentos and coat with the oil and garlic. Sauté about 5 minutes. Purée in a food mill or blender. Add salt and freshly ground black pepper to taste.

If the sauce is too thick, thin it out with some vegetable stock or a little of the juice from the roasted peppers. Taste and adjust seasoning, adding a touch of vinegar if desired.

makes 2 cups

Frozen Oranges

A typical summer dessert of the Balearic Islands. Very delicious and refreshing! Pick large, well-shaped oranges for this dish.

4 large oranges (about 8 oz or 225 g each)
1¼ cups (10 fl oz or 295 ml) cream, whipped
1 cup (8 fl oz or 240 ml) orange juice
¼ cup (1½ oz or 45 g) glazed fruits (cherries, pears, apples, etc.)
¼ cup (1½ oz or 45 g) raisins
4 mint leaves for garnish

Wash the oranges and cut off the top section of each orange and save. Press all the juice out and save 1 cup (8 fl oz or 240 ml). Scrape out all the flesh from the oranges and use for another purpose. Freeze the orange shells and tops until firm.

Soak the glazed fruits in the orange juice for half an hour. In a bowl, mix the cream, orange juice, glazed fruit, and the raisins. Freeze this mixture in an ice cream maker or the freezer. About 30 minutes before serving, place the orange cream in the refrigerator to soften a bit. Fill the frozen oranges, garnish with a mint leaf, and leave in the refrigerator until ready to serve.

serves four



Panellets (Almond Sweet Potato Macaroons)

Catalonia gives us this unusual dessert with an exquisite almond flavor. Sweet potatoes, which are baked in their skins and then mashed with powdered almonds, add moisture and texture. *Panellets* are made during the almond harvest.

For the Panellets

½ lb (225 g) sweet potatoes

1 cup (½ lb or 225 g) sugar

5 cups (1 lb or 455 g) powdered almonds

½ teaspoon (2½ g) cinnamon

Grated rind of an orange

For the Garnish

Almonds

Cherries

Pine nuts

Bake the sweet potatoes whole in their skins. Peel them and mash them with a fork. Cut in the sugar, almond powder, cinnamon, and orange rind. Mix together until it forms a dough.

Preheat the oven to 400° F (200° C or 6 G).

Line a cookie sheet with parchment paper and grease the paper. Form the dough into small round balls or oval shapes. Decorate by placing cherries, almonds, or pine nuts in the middle of the *panellets*. Bake for 10 minutes.

makes 4 dozen *panellets*



Torrijas (Sweet Fried Bread)

Rich! Grandmothers cook it for their grandchildren, who eat it in an instant. *Torrijas* is a popular dessert from central Spain. It also makes a great breakfast dish - similar to French toast.

2 tablespoons (1 oz or 30 g) sugar

1 cup (8 fl oz or 240 ml) milk (or more)

8 slices bread, crusts removed

½ cup (4 fl oz or 120 ml) vegetable oil

2 tablespoons (1 oz or 30 g) powdered sugar (confectioners' sugar)

¼ teaspoon (1¼ g) cinnamon

Add the sugar to the milk and whisk until the sugar dissolves. Dip the slices of bread in the milk/sugar mixture (add more milk if needed) and let stand for about 10 minutes.

After 10 minutes, heat a little of the oil in a skillet and sauté the bread lightly until golden on both sides. As you sauté additional slices of bread, add more oil as needed. Place on a platter and sprinkle with powdered sugar and cinnamon.

makes 8 torrijas



Xurros (Fried Pastry Sticks)

Xurros (or *churros*) are offered by vendors at fairs throughout Spain. They are eaten at breakfast and snack time, usually accompanied by steaming cups of hot chocolate.

3 cups (24 fl oz or 710 ml) water
½ teaspoon (3 g) salt
½ teaspoon (2¼ g) baking soda
2 cups (9 oz or 255 g) all-purpose flour
Oil for frying
Superfine sugar

Boil the water. Stir in the salt and the baking soda. Sift the flour and add it all at once to the boiling water. Mix it quickly with a wooden spoon. Cover and let cool.

Preheat oil for frying. Put the batter into a cloth funnel (a pastry tube) with a small opening at the end. Exerting a firm and steady pressure, pipe the batter into the oil to form about 6-in (15-cm) pieces. Fry until golden. Sprinkle with sugar and serve hot with Spanish hot chocolate.

makes 1 dozen *xurros*

Suggested Menus

A few simple menus are offered here from the Iberian Peninsula. Begin the meal with a delicious soup like the Gazpacho of Spain or the Caldo Verde, a hearty soup of Portuguese cabbage and potatoes. Rice is served in both Spain and Portugal. Select the Paella or the Rice Croquettes for a main dish, or the Summer Rice Ring for the centerpiece of a summer buffet. Tapas, the snack foods of Spain, are served on their own before lunch and dinner. Almost any food can be made in small portions and served as tapas. Conversely, almost any tapas can be made into more elaborate preparations and served as the main course of a meal. You can serve these little dishes as a starter or appetizer for many other Mediterranean-style meals.

Casual Sunday Breakfast

*Orange Juice
Torrijas (Sweet Fried Bread)
Freshly Brewed Coffee*

A Tapas Buffet

*Fresh Cheese-Filled Tomatoes
Rice Croquettes
Pimientos Vinaigrette
Tortilla Española
Assorted Nuts
Olives*

A Spanish Summer Luncheon

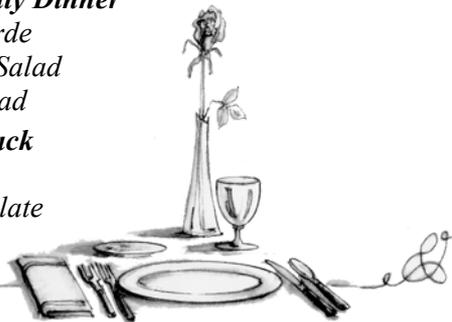
*Gazpacho Andaluza
Paella of Rice and Vegetables
Ensalada Compuesta (Mixed Green Salad)
Frozen Oranges*

Portuguese Family Dinner

*Caldo Verde
Portuguese Salad
Corn Bread*

Sweet Snack

*Xurros
Hot Chocolate*





Greece

Greek Recipes

Mezedes (Appetizers)

Tzatziki (Garlic and Cucumber Dip)

Skordalia (Garlic and Potato Purée)

Soups

Fasolatha (Greek Bean Soup)

Lentil Soup with Dill

Pitta (Savory Phyllo Pies)

Spanakopita (Greek Spinach Pie)

Artichoke and Leek Phyllo Pie

Casseroles and Stuffed Vegetables

Pastichio (Layered Macaroni Casserole)

Moussaka (Baked Eggplant Casserole)

Yemista (Assorted Stuffed Vegetables)

Zucchini Stuffed with Tomatoes and Béchamel

Vegetables

Briyam (Baked Vegetable Medley)

Fasolakia (Fresh Green Bean Ragout)

Spanakorizo (Spinach and Rice)

Salads

Country Greek Salad

Maroulosalata (Spring Salad)

Sauces

Béchamel Sauce

Sweets

Baklava

Kourabiyedes (Christmas Cookies)

Suggested Menus

Tzatziki (Garlic and Cucumber Dip)

This quick dip can be made ahead and kept in the refrigerator for a few days. Serve it with fried zucchini and eggplant slices or simply as a dip with pita.

1 cucumber (about 5 oz or 140 g), grated
1 cup (8 oz or 225 g) yogurt
4 cloves garlic, crushed
Salt

Coarsely grate the cucumber into a small bowl or serving dish. Add the yogurt and mix. Crush the garlic and salt together in a mortar and pestle. Toss with the yogurt/cucumber. Chill before serving.

makes 1 cup



Skordalia (Garlic and Potato Purée)

Serve this sauce with fried or roasted vegetables and baked beets.

1½ lbs (680 g) potatoes, boiled and peeled
5 garlic cloves, finely chopped (or to taste)
Salt and freshly ground black pepper
Juice of 1 lemon
¾ cup (6 fl oz or 180 ml) extra-virgin olive oil
¼ cup (2 fl oz or 60 ml) red vinegar

Combine the potatoes, garlic, and salt in a mortar and pestle, and process until well blended. Slowly add the lemon juice, olive oil, and vinegar. Process until smooth. Add salt and pepper to taste. If the sauce is too thick, thin it out with a little olive oil or water. Taste and adjust seasoning, adding more salt and pepper or oil and vinegar as needed.

makes 2 cups

Fasolatha (Greek Bean Soup)

White beans in a tomato broth give this soup a lovely color and superior flavor. Very easy to make and an excellent starter for a family meal. Serve with pita bread.

1 cup (6 oz or 170 g) dried white beans (navy or lima)

6 cups (1½ qt or 1½ L) water

2 onions (about 8 oz or 225 g), finely chopped

1 stalk celery (about 2½ oz or 75 g), finely chopped

1 small hot green pepper, finely chopped

1 cup (8 fl oz or 240 ml) tomato juice

½ cup (4 fl oz or 120 ml) olive oil

Salt

Freshly ground black pepper

Soak the beans in water overnight. Drain.

Put the beans in a soup pot with the fresh water. Bring to a boil.

After 30 minutes add the onions, celery, hot green pepper, tomato juice, and olive oil. Season with salt and freshly ground black pepper to taste. Let the soup simmer until the beans are tender. They can take anywhere from 45 minutes to 2 hours, depending on the age and quality of the beans.

serves four to six



Lentil Soup with Dill

Fresh dill added at the end of cooking gives great flavor to this lentil soup. It is considered a Lenten dish (days on which no meat is eaten) in Greece. An excellent lentil soup! Substitute other herbs if you want to vary the flavors.

2 cups (1 lb or 455 g) lentils
6 cups (1½ qt or 1½ L) water
2 bay leaves
1 carrot (about 4 oz or 115 g), chopped
1 onion (about 4 oz or 115 g), chopped
½ cup (4 fl oz or 120 ml) olive oil
½ cup (4 fl oz or 120 ml) tomato juice
3 garlic cloves, chopped
Salt
Freshly ground black pepper
3 tablespoons (1½ fl oz or 45 ml) red vinegar
¼ cup (about 1 oz or 30 g) fresh dill, chopped



Pick over and wash the lentils.

Put the lentils in a soup pot with the water, bay leaves, carrot, and onion. Bring to a boil, then lower the heat and cook for about 10 minutes.

After 10 minutes add the oil, tomato juice, and garlic. Cover and simmer for approximately 35 to 40 minutes or until the lentils are soft.

When the lentils are soft, add salt and pepper to taste. Let the soup boil, uncovered, for another 5 minutes. Remove the bay leaves. Add the vinegar and fresh dill and serve hot.

serves six

Spanakopita (Greek Spinach Pie)

Spanakopita, the most celebrated of all Greek pies, can be made into tempting individual rolls. A homemade pastry is used here, but you can substitute commercial *phyllo* if you are short of time.

For the Homemade Pastry

2 cups (9 oz or 255 g) all-purpose flour

Pinch of salt

2 tablespoons (1 fl oz or 30 ml) oil

½ cup (4 fl oz or 120 ml) tepid water

For the Spinach-Feta Filling

2 lbs (1 kg) fresh spinach, washed and coarsely chopped

1 leek (about 3 oz or 85 g), white part only, coarsely chopped

½ cup (4 fl oz or 120 ml) water

1 stalk fresh dill, chopped (or to taste)

1 green onion (about ½ oz or 15 g), chopped finely

Salt and freshly ground black pepper

1 cup (8 fl oz or 240 ml) olive oil

1¼ cup (7 oz or 200 g) feta cheese, broken into small pieces

Pre-heat the oven to 400° F (200° C or 6 G). Sift the flour and salt into a bowl. Add a little oil and enough water to form a dough which is not too stiff or too sticky. Knead the dough and let it sit for 20 minutes.

To prepare the filling, simmer the spinach and leek in a saucepan with ½ cup (4 fl oz or 120 ml) water for 15 minutes. Add the dill and green onion. Season to taste with salt and pepper. Add half of the oil and cook for another 5 minutes. Remove the pan from the heat and add the feta cheese.

Divide the dough into 6 small balls. On a floured surface, roll each ball into a 10-in (25-cm) circle with a rolling pin. Put 5 tablespoons (2½ oz or 75 g) of the spinach filling in each circle. Fold into a cylindrical shape, folding the edges inward before getting to the end of the roll. Place the rolls in a greased baking dish. Brush with the remaining oil before placing in the oven. Bake for about half an hour, or until golden.

serves six

Artichoke and Leek Phyllo Pie

This elegant pie of artichokes, leeks, walnuts, and cheese is surprisingly quick to make if you use commercial *phyllo* dough. The dough is relatively easy to use, but you must work quickly to keep it from drying out. You may substitute the Homemade Pastry (p. 389), if you prefer. A crowd pleaser, either way!

6 medium to large artichokes
3 tablespoons (1½ fl oz or 45 ml) olive oil
1½ cups (6 oz or 170 g) thinly sliced leeks, trimmed weight
1 clove garlic, chopped
½ cup (2 oz or 60 g) fresh dill, minced
¼ cup (1 oz or 30 g) fresh parsley, chopped
Salt
Freshly ground black pepper
2 cups (1 lb or 455 g) ricotta cheese, drained
3 teaspoons (¼ oz or 8 g) cornstarch mixed with ⅓ cup (3 fl oz or 90 ml) water
¼ lb (115 g) fresh feta cheese, crumbled
1 teaspoon (5 g) nutmeg
¼ teaspoon (1¼ g) allspice
30 sheets (about ½ lb or 225 g) phyllo pastry
8 tablespoons (4 fl oz or 120 ml) olive oil or melted butter
¼ cup (1 oz or 30 g) walnuts, toasted and finely chopped

Preheat the oven to 350° F (180° C or 4 G).

Prepare the artichokes according to the directions (p. 496). You will only use the hearts. Cut the hearts into quarters.

Heat the olive oil in a skillet. Add leeks and cook about 4 to 5 minutes or until the leeks are translucent. Add the garlic and artichokes. Cook about 15 additional minutes or until the artichokes are tender. Remove from the heat and add the dill and parsley. Season to taste with salt and pepper.

Beat the ricotta cheese until soft and creamy. Mix in the cornstarch/water mixture. Add the feta, nutmeg, and allspice. Blend the cheeses with the artichoke/leek mixture.

Cut the phyllo pastry sheets in half to fit a 9-x-13-in (23-x-33-cm) baking pan. Freeze the remaining phyllo for another use. Keep the phyllo sheets that you are using covered with waxed paper and a damp cloth to keep them from drying out.

Line the baking pan with a half sheet of *phyllo*. Brush the sheet with oil or butter, add another *phyllo* sheet, and continue in this way until there are 12 sheets. Sprinkle with chopped walnuts every few sheets.

Add the artichoke/leek mixture and cover with the remaining *phyllo* sheets, layering them in the same way with oil or melted butter. Scatter the nuts here and there every few layers. Be sure to butter the top layer of *phyllo*.

Score the top layers of pastry with a knife into 12 squares or diamonds. Bake for 40 to 50 minutes or until golden. Allow to settle for a few minutes, then cut the squares all the way through. Serve warm.

serves six



Pastichio (Layered Macaroni Casserole)

A dish requiring a bit of preparation, but well worth the effort for a large gathering. It is filling, delicious, and very satisfying.

For the Tomato/Soya Sauce

2 cups (10 oz or 285 g) minced soya (or TVP)
3 cups (24 fl oz or 710 ml) of water
½ cup (4 fl oz or 120 ml) olive oil
1 onion (about 4 oz or 115 g), finely chopped
1 clove garlic, finely chopped
¾ lb (340 g) fresh or canned tomatoes, peeled and crushed
1 cup (8 fl oz or 240 ml) water
2 bay leaves
Salt and freshly ground black pepper

For the Macaroni

1 lb (455 g) macaroni
1 tablespoon (½ oz or 15 g) unsalted butter
Béchamel Sauce with ½ cup (2 oz or 60 g) Parmesan cheese added (p. 401)
1 cup (4 oz or 115 g) Parmesan cheese

Prepare the tomato/soya sauce by soaking the minced soya in the water. Let it rest for 30 minutes, then drain. Heat the oil and fry the onion, garlic, and soya for 5 minutes at medium heat. Add the remaining ingredients and cook this for another 30 minutes or until the liquid evaporates. Remove the bay leaves.

Preheat the oven to 400° F (200° C or 6 G). Meanwhile, in another pot, boil 8 cups (2 qt or 2 L) of salted water. Add the macaroni and cook until tender but firm. Drain and mix well with the butter.

Put half of the macaroni in a 9-x-13-in (23-x-33-cm) baking dish and sprinkle ½ cup (2 oz or 60 g) of the Parmesan cheese over it. Pour the tomato/soya sauce over this layer and add the rest of the macaroni, sprinkling with the remaining Parmesan cheese. Cover with the béchamel sauce. Bake for 45 minutes or until golden brown.

serves six to eight

Moussaka (Baked Eggplant Casserole)

This layered casserole is a classic of the Greek kitchen. It is usually made with eggplant, but zucchini, artichokes, and potatoes can also be used. It is a wonderful meal to serve guests. It can be prepared in advance and is even better the next day.

3 eggplants (about 3 lbs or 1½ kg)

Water and flour for dipping

3 tablespoons (1½ fl oz or 45 ml) olive oil

3 onions (about 12 oz or 340 g), thinly sliced

3-4 large tomatoes (about 18-24 oz or 510-680 g), peeled, seeded, and chopped

¼ cup (1 oz or 30 g) parsley, chopped

Salt and freshly ground black pepper

½ teaspoon (2½ g) cinnamon

Béchamel Sauce (p. 401)

1 cup (4 oz or 115 g) Parmesan cheese

Cut eggplants lengthwise into ¼-in (6-mm) slices. Sprinkle with salt and let stand in a colander for about half an hour. Pat dry. Preheat the oven to 400° F (200° C or 6 G).

Dip the eggplant slices in water, then in flour. Place in an oiled baking dish and bake for about 15 minutes on each side.

Heat the oil in a heavy skillet. Add the onions and sauté until soft. Add tomatoes, parsley, salt, pepper, and cinnamon. Cook for 10 minutes, stirring to mix all the ingredients.

Prepare the béchamel sauce according to the directions (p. 401). Add salt and ¼ cup (1 oz or 30 g) of the Parmesan cheese.

Reduce the oven heat to 350° F (180° C or 4 G). Place half the eggplant in a baking dish. Cover with the onion/tomato mixture and sprinkle with ¼ cup (1 oz or 30 g) of the cheese. Place the remaining eggplant on top and pour the béchamel sauce over the casserole followed by the remaining Parmesan cheese. Bake 45 minutes or until done.

serves six to eight

Yemista (Assorted Stuffed Vegetables)

A Mediterranean harvest filled with fresh herbs, feta cheese, and rice! The rice is put into the vegetables raw and allowed to cook in the oven. If you use brown rice, you may want to precook it before stuffing the vegetables.

6 ripe tomatoes (about 5 oz or 140 g each)
4 green bell peppers (about 4 oz or 115 g each)
1 eggplant (about 14 oz or 396 g)
1 onion (about 4 oz or 115 g), finely chopped
2 cloves garlic, finely chopped
1 cup (8 fl oz or 240 ml) olive oil
1 cup (6 oz or 170 g) uncooked rice
Few parsley leaves, finely chopped
Few mint leaves, finely chopped
3½ oz (100 g) feta cheese, cut into small cubes
Salt
Freshly ground black pepper
1 large potato (about 9 oz or 255 g), peeled and cut into thin slices
1 cup (8 fl oz or 240 ml) tomato juice

Preheat the oven to 375° F (190° C or 5 G).

Cut the tops off the tomatoes and keep them for lids. Remove the pulp carefully with a teaspoon and chop it finely. Set aside the scooped out tomato and put the pulp into a bowl.

Cut the tops off the green peppers and remove the seeds. Set aside the green peppers with their "lids." Cut the eggplant in half. Remove the pulp, discarding the seedy parts.

Chop the eggplant pulp into small pieces. Add it to the tomato pulp along with the onion, garlic, ½ cup (4 fl oz or 120 ml) of the olive oil, the rice, parsley, mint, and feta cheese. Add salt and pepper to taste and mix.

Place the hollowed-out green peppers, tomatoes, and eggplant in a baking dish. Pierce the eggplant and green peppers with a fork. Spoon the filling into the vegetable cases.

Fill only half to three-quarters full, so that the rice will have room to expand. Place the "lids" on top of the stuffed vegetables. Use slices of potato as "lids" for the eggplant.

Take the remaining potato slices and place between the tomatoes, eggplant, and green peppers to fill gaps in the baking dish.

Pour the tomato juice and the remaining olive oil over the potatoes and sprinkle with a little salt and pepper. Bake in the preheated oven for 1 to 1½ hours. For the first half hour cover the baking pan with aluminum foil.

serves six to eight



Zucchini Stuffed with Tomatoes and Béchamel

Both zucchini and eggplant that are stuffed in this way are called *papoutsakia* or “little shoes” in Greek.

For the Stuffed Zucchini

8 small zucchini (about 4 oz or 115 g each)
2 tablespoons (1 fl oz or 30 ml) olive oil
1 large onion (about 6 oz or 170 g), finely chopped
1 carrot (about 3 oz or 85 g), finely chopped
1 lb (455 g) plum tomatoes, peeled and chopped
2 tablespoons (1 oz or 30 g) bread crumbs
1 teaspoon (5 g) cayenne pepper
Salt
Freshly ground black pepper

For the Sauce

2 cups (16 fl oz or 475 ml) Béchamel Sauce (p. 401)
2 tablespoons (1 oz or 30 g) Parmesan cheese, plus additional for topping

Prepare the zucchini by dropping them in boiling water for 1 to 2 minutes. Let them drain. Cut all the zucchinis in half and scoop out the pulp. Chop the pulp and set the zucchini shells and pulp aside.

Heat the oil in a skillet. Sauté the chopped onion until translucent. Add the chopped carrot and sauté until almost tender, then add the tomatoes. Stir to combine and cook about 5 minutes. Add the zucchini pulp and cook 10 minutes longer. Add the bread crumbs, cayenne pepper, salt, and freshly ground black pepper.

Prepare the béchamel sauce according to the directions (p. 401). Remove from the heat and stir in the Parmesan cheese.

Preheat the oven to 425° F (220° C or 7 G). Arrange the zucchini shells in an oiled baking dish. Fill each with the fresh tomato and zucchini pulp mixture. Top with the béchamel sauce and additional Parmesan cheese. Bake for 20 minutes.

serves six to eight

Briyam (Baked Vegetable Medley)

This baked vegetable medley is all that is best about Greek cooking---pure flavors, simplicity, and excellent taste. You may substitute many other vegetables in this dish. Use what you like or what is available.

2 lbs (1 kg) potatoes
1 lb (455 g) zucchini
1 eggplant (about 14 oz or 396 g)
1 onion (about 4 oz or 115 g), finely chopped
2 cloves garlic, finely chopped
2 lbs (1 kg) ripe tomatoes, finely chopped
Handful of parsley, finely chopped
1 cup (8 fl oz or 240 ml) olive oil
2 cups (16 fl oz or 475 ml) water
Salt
Freshly ground black pepper

Preheat the oven to 350° F (180° C or 4 G).

Wash all the vegetables. If they are large, cut them into smaller pieces, leaving the potato pieces a little larger than the zucchini and eggplant.

Place the potatoes, zucchini, eggplant, and onion in a baking pan. Add the garlic, ripe tomatoes, parsley, olive oil, and water. Stir to combine everything well. Season to taste with salt and freshly ground black pepper. Bake for 1 hour.

serves four



Fasolakia (Fresh Green Bean Ragout)

Here is a simple country stew of green beans, potatoes, zucchini, and tomatoes to be eaten hot or cold. Serve with bread and cheese.

2 lbs (1 kg) fresh green beans

½ cup (4 fl oz or 120 ml) olive oil

1 large onion (about 5 oz or 140 g), finely chopped

2 zucchinis (about 10 oz or 285 g each), cut in half

3 medium potatoes (about 1½ lbs or 680 g), peeled and cut in half

3 ripe tomatoes (about 15 oz or 425 g), diced

¼ cup (about 1 oz or 30 g) parsley, chopped

Salt

Freshly ground black pepper

1 cup (8 fl oz or 240 ml) water



Remove the strings from the green beans. Wash and cut them in half.

Heat the oil in a saucepan and sauté the onion. Add the green beans, zucchini, and potatoes to the onion. Cook about 5 minutes, stirring occasionally. Add the tomatoes and parsley. Season to taste with salt and pepper.

Add the water. Cover the saucepan and reduce the heat. Cook the ragout for 30 minutes, stirring from time to time.

Remove the lid and cook for another 10 minutes or until most of the water has evaporated.

serves four

Spanakorizo (Spinach and Rice)

This simple pilaf of spinach and rice is another classic of the Greek Lenten table. It can be served hot or cold.

2 lbs (1 kg) spinach
½ cup (4 fl oz or 120 ml) olive oil
3 onions (about 12 oz or 340 g), finely chopped
¼ cup (about 1 oz or 30 g) fresh dill, finely chopped
1 tomato (about 5 oz or 140 g), diced
5 cups (1¼ qt or 1¼ L) water
1½ cups (9 oz or 255 g) long-grain rice
Salt
Freshly ground black pepper

Wash the spinach and cut into small pieces.

Heat the oil in a large saucepan and sauté the spinach until it wilts. Add the onions, dill, tomato, and water. Bring to a boil. Add the rice and cook for 3 minutes on medium heat.

Lower the heat and continue to cook until the rice and spinach are tender, about 15 to 20 additional minutes. Add salt and pepper to taste and serve.

serves four



Country Greek Salad

This is the classic Greek salad eaten everywhere from Athens, Greece to Athens, Georgia.

3 red tomatoes (about 15 oz or 425 g), cut in small pieces
1 cucumber (about 6 oz or 170 g), cut in small pieces
1 red onion (about 4 oz or 115 g), sliced
10 Greek olives
2 tablespoons (1 fl oz or 30 ml) olive oil (or to taste)
Salt and freshly ground black pepper
½ lb (225 g) feta cheese, cut in small pieces

Cut the tomatoes and cucumber into small pieces and put them in a salad bowl. Add all of the remaining ingredients (except the feta cheese) and mix well. Top the salad with the feta cheese.

serves two to four



Maroulosalata (Spring Salad) *serves four*

This simple salad of romaine lettuce, scallions, fennel, and dill signals the arrival of spring in Greece. It is always served for Easter.

1 head romaine lettuce (about 1½ lbs or 680 g), washed, dried, and cut into strips
4-5 scallions (about 2 oz or 60 g) white parts only, chopped
½ cup (2 oz or 60 g) fresh dill, finely chopped
½ cup (4 oz or 115 g) fresh fennel, finely chopped
¼ cup (2 fl oz or 60 ml) olive oil
2 tablespoons (1 fl oz or 30 ml) red vinegar
Salt and freshly ground black pepper

In a large salad bowl, combine lettuce, chopped scallions, fresh dill, and fresh fennel. In a small bowl, mix the olive oil, vinegar, salt, and freshly ground black pepper. Pour over the salad and toss well. Serve chilled.

Béchamel Sauce

You can use this versatile and very basic white sauce in many dishes. A variety of cheeses and herbs can be added to the foundation sauce to vary the flavor. In this section, it is used in the *Pastichio* (p. 392), and the *Moussaka* (p. 393), as well as in the Zucchini Stuffed with Tomatoes and Béchamel (p.396).

4 tablespoons (2 oz or 60 g) unsalted butter

4 heaping tablespoons (1¼ oz or 35 g) flour

4 cups (1 qt or 1 L) milk

Salt

Freshly ground black pepper

¼ teaspoon (1¼ g) nutmeg

Prepare the béchamel sauce in a small saucepan by heating the butter over low heat until it melts. Add the flour and cook a few minutes, stirring to avoid lumps.

Add the milk gradually, stirring all the while. Add the salt, pepper, and nutmeg. Keep stirring the sauce until it thickens.

makes 1 quart



Baklava

Buttery *phyllo*, layered with ground walnuts or almonds and soaked in a sweet syrup, is the most famous of all Greek desserts. Here it is made with clarified butter, but if you wish to skip the step of clarifying the butter, you can use regular melted butter.

For the Baklava

1 lb (455 g) unsalted butter

1 lb (455 g) *phyllo*, thawed

4 cups (1 lb or 455 g) walnuts or almonds, blanched and ground

¼ cup (2 oz or 60 g) sugar (or to taste)

For the Sugar Syrup

1½ cups (12 oz or 340 g) sugar

¾ cup (6 fl oz or 180 ml) water

1 tablespoon (½ fl oz or 15 ml) fresh lemon juice

Clarify the butter in a saucepan by melting over low heat. Do not let it brown. Skim off any foam that rises to the surface. Remove the pan from the heat. Let it rest for a few minutes and then skim off the clear butter, discarding the solids at the bottom of the pan.

Butter a 13-x-9-x-2-in (33-x-23-x-5-cm) baking pan. Cut the *phyllo* in half crosswise, and cut each half so that it fits into the pan. Cover the *phyllo* with a piece of plastic and a lightly dampened towel to keep it from drying out.

Combine the nuts and sugar in a bowl. Preheat the oven to 350° F (180° C or 4 G).

Layer 10 of the *phyllo* sheets in the pan, brushing each sheet with melted clarified butter. Sprinkle one-third of the nut mixture over the *phyllo*. Top with 10 more *phyllo* sheets, buttering between each sheet. Top with nut/sugar mixture. Repeat twice more, ending with buttered *phyllo*.

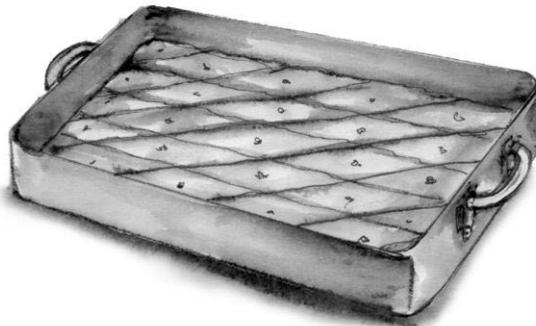
Score the baklava into 3 dozen small diamond shapes using a sharp knife. Bake for about 45 minutes or until golden.

Prepare the sugar syrup while the baklava is baking. Combine the sugar and water in a small saucepan. Cook over medium heat until the sugar dissolves, stirring constantly.

Increase the heat and bring to a boil. Boil slowly for about 5 minutes. Lower the heat and add the lemon juice. Cover and cook 10 minutes longer. Remove from the heat and let cool.

Drizzle the sugar syrup over the hot baklava. Let the baklava stand at room temperature before serving.

makes 3 dozen



Kourabiyedes (Christmas Cookies)

Here are the delectable shortbread Christmas cookies of Greece, dusted with powdered sugar and a sprinkling of rose water.

1 lb (455 g) fresh unsalted butter

3 tablespoons (1½ oz or 45 g) confectioners' sugar (plus additional for dipping)

2 tablespoons (1 fl oz or 30 ml) evaporated milk

1 teaspoon (5 ml) vanilla extract

2½ cups (11¼ oz or 320 g) all-purpose flour

¼ teaspoon (1 g) baking powder

1 cup (4 oz or 115 g) almonds, chopped and browned

Rose water

In an electric mixer, beat the butter until it becomes foamy. Add the confectioners' sugar, evaporated milk, and vanilla extract to the butter and mix.

Sift the flour and baking powder together. Slowly add the flour/baking powder and almonds to the cookie mix and stir.

Preheat the oven to 350° F (180° C or 4 G).

Shape the cookies into crescent shapes. Place on a greased cookie sheet, taking care not to allow the cookies to touch one another. Pierce the cookies with a pin and bake them for 15 to 30 minutes or until golden brown.

Remove the cookies from the oven and sprinkle them with rose water. When the cookies are cool, dip them in confectioners' sugar and serve on a platter.

makes 2½ dozen

Suggested Menus

The main meal of the day in Greece is usually the midday meal. It is generally spread on the table all at once: tzatziki and/or skordalia, an assortment of beautifully stuffed vegetables, fresh greens, or a salad. Vegetable pies filled with spinach, wild greens, and other vegetables are a Greek specialty. The pies may be served as appetizer or main course. The mezede (appetizer) table is similar to the Middle Eastern mezze. Many dishes eaten in the Middle East can be found on the Greek table in slightly altered form. You may use these two sections in tandem when preparing a menu. Fresh fruit is the typical ending to a meal. Holidays are always celebrated with the eating of sweets.

A Mezede Table

Olives

Tzatziki (Garlic and Cucumber Dip)

Skordalia (Garlic and Potato Purée)

Maroulosalata (Spring Salad)

Spanakopita (Greek Spinach Pie)

Yemista (Assorted Stuffed Vegetables)

Pita Bread

A Greek Easter Menu

Assorted Mezedes

Maroulosalata (Spring Salad)

Spanakopita (Greek Spinach Pie)

Briyam (Baked Vegetable Medley)

Platter of Greek Cheeses

Pita Bread

Baklava

Assorted Cookies

Menu for a Summer Afternoon

Tzatziki

Assorted Stuffed Vegetables

Country Greek Salad

Bread

Fresh Fruit





Eastern Europe

Eastern European Recipes

Appetizers

Green Bean Pâté

Mushroom Caviar

Latkes (Potato Pancakes)

Soups

Vegetable Broth

Borscht (Cold Buttermilk Beet Soup)

Potato Soup with Marjoram

Cold Bulgarian Cucumber Soup

Dumplings, Pirogies, Kasha, and Kugels

Czech Yeasted Fruit Dumplings

Potato Dumplings

Kasha Varnishkas

Mushroom Pirogies

Noodle Kugel

Vegetables

Stuffed Cabbage Rolls

Mushroom Paprikas

Bulgarian Stuffed Peppers

Salads

Roasted Eggplant and Pepper Salad

Sauerkraut Salad

Sauces

Yogurt Dill Sauce

Sweets

Spiced Applesauce Cake

Raisin-Pear Strudel

Winter Fruit Compote

Charoset

Suggested Menus

Green Bean Pâté

This is a vegetarian version of a traditional Jewish appetizer that is often served at holiday dinners. *Nyafat*, a vegetarian onion-flavored fat, is used to give flavor. It can be purchased at Kosher markets or on the "ethnic shelf" of some supermarkets. If unavailable, use oil and extra onions or onion powder.

4 tablespoons (2 fl oz or 60 ml) nyafat or olive oil

2½ onions (about 10 oz or 285 g), sliced

1 lb (455 g) green beans, cut into pieces

1 cup (6 oz or 170 g) firm tofu, cut into chunks

Salt

Freshly ground black pepper

Vegetable seasoning (such as Spike)

Heat the oil (or *nyafat*) on medium heat and sauté the onions until well browned. Drain the onions and set aside the oil in the pan for later use.

While the onions are browning, steam the green beans until fork-tested done. They should neither be crisp nor too soft. Drain well.

Take tofu from the package and wrap in a paper towel to absorb some of the moisture, about 10 minutes. Cut it into chunks.

Using a food processor or chopping board, chop the onions and green beans thoroughly. Add the tofu and chop all this together. Add the oil or *nyafat* that was set aside. Mix well and add salt, pepper, and vegetable seasoning to taste.

Refrigerate before serving. Serve on a bed of lettuce with crackers or use as a sandwich spread.

makes 3 cups

Mushroom Caviar

Eastern and Central Europe have any number of vegetable “caviar” dishes. This version features mushrooms. It is excellent spread on dark rye bread or crackers. It also makes a tasty stuffing for turnovers or *pirogies*.

1 tablespoon (½ fl oz or 15 ml) vegetable oil
1 large onion (about 8 oz or 225 g), finely chopped
1 lb (455 g) mushrooms, cleaned and chopped
4 tablespoons (2 fl oz or 60 ml) lemon juice
¼ teaspoon (1¼ g) dried thyme
Salt
Freshly ground black pepper

Heat the oil in a skillet over medium heat. Add the onions and cook until golden, stirring frequently. Add the mushrooms and cook until they are tender and give up most of their liquid, about 15 minutes. Season with lemon juice, thyme, salt, and freshly ground pepper.

Place the mushrooms in a food mill or food processor and chop until mixture is very finely chopped but not puréed. Spoon the mixture into a bowl. Chill several hours or overnight. Serve on crackers or open-faced sandwiches.

makes 2 cups

Latkes (Potato Pancakes)

Latkes (potato pancakes) are typically eaten for Chanukah, or the Festival of Lights. During the rededication of a Temple, Jews were required to light a menorah. They had enough oil for only one day but the oil lasted for eight. *Latkes* are fried in oil, a reminder to Jews of that pure oil. They are served with a dollop of sour cream or applesauce.

6 potatoes (about 3 lbs or 1½ kg)

6 tablespoons (1½ oz or 45 g) all-purpose flour (or more, if needed)

Salt

1 tablespoon (½ oz or 15 g) grated onion (optional)

Oil for frying

Sour cream or applesauce

Grate potatoes on a medium grate. Mix the potatoes, flour, and salt well so that the liquid from the potatoes blends with the flour and makes a nice batter. Mix in the onion, if you are using it.

Cover the bottom of a heavy skillet generously with oil. Heat over a medium flame. When the oil is hot, test it with a spoonful of batter as you would a pancake. If it is ready for frying, add a large scoop of potato batter and flatten.

These will be more or less round pancakes about ¾-in (18-mm) thick. Cook until golden brown, turn, and brown on the other side. Drain the *latkes* on a paper towel. To serve, give 2 or 3 to each person along with sour cream and/or applesauce.

makes about 15 *latkes*



Vegetable Broth

This nutritious broth may be used on its own or as a foundation soup for many other recipes in this book. Try it with the Stuffed Cabbage Rolls. It is also excellent dressed up with fresh or dried pasta or dumplings.

2 onions (about 8 oz or 225 g), cut into wedges
2 carrots (about 8 oz or 225 g), peeled and thickly sliced
3 celery stalks (about 8 oz or 225 g), thinly sliced
2 leeks (about 6 oz or 170 g) white and green parts, washed and thickly sliced
2 turnips (about 4 oz or 115 g), peeled and cut into wedges
¼ cup (2 oz or 60 g) lentils
1 lb (455 g) fresh or canned tomatoes, coarsely chopped
1 potato (about 8 oz or 225 g), washed and chopped into cubes
¼ lb (115 g) mushrooms, cleaned and sliced
3-4 cloves garlic, with their skins
4 sprigs Italian parsley
4 sprigs thyme
1-2 fresh sage leaves
2 bay leaves
10 black peppercorns
Salt
12 cups (3 qt or 3 L) water

Put all of the ingredients for the broth into a large stockpot. Cover and bring to a boil, then uncover, lower the heat, and simmer for 1 hour or until the broth reduces to about 2 to 2½ qt (2 to 2½ L). Strain the stock, pressing any liquid from the cooked vegetables. Discard the solids.

makes 10 cups

Borscht (Cold Buttermilk Beet Soup)

It is hard to place this soup within borders. Russia, Poland, and the Ukraine all claim it as their own. Serve it with black bread and cheese for a summer lunch or light supper.

4 medium to large fresh beets (about 1¼ lbs or 566 g)
5 cups (1¼ qt or 1¼ L) water
1 teaspoon (6 g) salt
2 tablespoons (¾ oz or 20 g) sugar
¼ cup (1 oz or 30 g) scallions, finely chopped
½ cup (about 4 oz or 115 g) cucumber, grated
1 teaspoon (5 g) dried dill weed or 2 tablespoons (1 oz or 30 g) fresh dill
1 tablespoon (½ fl oz or 15 ml) lemon juice (or more to taste)
3 cups (24 fl oz or 710 ml) buttermilk
Sour cream
Parsley

Wash the beets, cut off the stems, peel, and quarter. Put the water and salt in a saucepan and bring to a boil. Add the beets, lower the heat to medium, and cover. Cook for about 15 minutes, remove from the heat, and let cool.

When the beets are cool enough to handle, grate them and put them back into the beet water. Mix in the sugar, scallions, cucumber, dill, and lemon juice. Chill until very cold. When ready to serve, whisk in the buttermilk.

Serve with a dollop of sour cream. Garnish with a sprig of parsley in each bowl.

serves six

Potato Soup with Marjoram

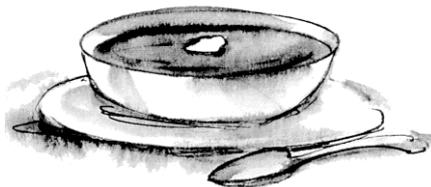
Recipes for potato soup abound throughout Eastern Europe. This version from Czechoslovakia adds fresh mushrooms. It is flavored with marjoram and garlic, but fresh dill can be substituted. Other vegetables, such as kohlrabi, parsnips, green beans, and celery may also be added.

4 potatoes (about 2 lbs or 1 kg)
2 carrots (about 8 oz or 225 g)
1 cup (¼ lb or 115 g) mushrooms
4 cups (1 qt or 1 L) water
1 tablespoon (½ oz or 15 g) butter
1 tablespoon (½ oz or 15 g) all-purpose flour
2 cloves garlic, minced
Salt
1 tablespoon (½ oz or 15 g) marjoram
Freshly ground black pepper
4 tablespoons (2 oz or 60 g) sour cream
Chives, chopped

Peel and chop the potatoes and carrots. Wipe the mushrooms clean and slice them. Place the vegetables in a soup pot with the water and bring to a boil. Cover and simmer until tender.

Make a thickener by heating the butter in a small skillet. Add the flour and cook until golden brown. Add this thickener to the soup pot. Crush the garlic with the salt and marjoram and add to the soup along with pepper. Heat through. Before serving, add sour cream and garnish with chopped chives.

serves four



Cold Bulgarian Cucumber Soup

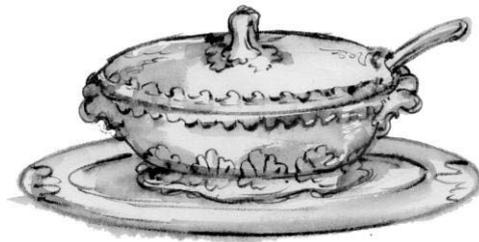
Cold cucumber and yogurt soup, topped with a sprinkling of walnuts - a delightful refresher for a summer day.

1 cup (8 fl oz or 240 ml) cold water (or more if needed)
2 cups (16 oz or 455 g) yogurt, stirred
½ cucumber (about 3 oz or 85 g), peeled and finely diced
1 bunch dill (about 4 oz or 115 g), finely chopped
1 tablespoon (½ fl oz or 15 ml) olive oil
1 clove garlic, minced
Salt
Apple cider vinegar (optional)
1 tablespoon (½ oz or 15 g) chopped walnuts for each serving

Mix the cold water with the yogurt. Add additional water if you want a thinner soup. Add the peeled and finely diced cucumber, dill, oil, garlic, and salt to taste. Mix together very well.

If the yogurt is not sour, add a little bit of apple cider vinegar. Pour the soup into individual bowls. Chill at least 1 hour. Sprinkle walnuts on top before serving.

serves four



Czech Yeasted Fruit Dumplings

Dumplings of every kind are a Czech specialty. These raised fruit dumplings are made with plums, but any small fruit may be substituted.

1 package (¼ oz or 8 g) active dry yeast

1 cup (8 fl oz or 240 ml) warm milk (or enough to make a manageable dough)

1 teaspoon (5 g) sugar

3½ cups (16 oz or 455 g) all-purpose flour

12-14 small plums (or other fruit of your choice), peeled and pits removed

6 qt (6 L) lightly salted water

Mix the yeast in ¼ cup (2 fl oz or 60 ml) warm milk. Cover and let stand in a warm place for about 5 minutes. Stir in 1 teaspoon (5 g) sugar and the flour. Add the remaining milk. If more milk is necessary to make a manageable dough, add it. Knead well until soft and elastic. Cover and let rise in a warm place for approximately 1 hour.

When the dough has doubled in size (after about 1 hour), punch down and knead again for a few minutes. Roll it out on a floured board and cut into 12 to 14 squares. Place a piece of fruit in the middle of the square and press the edges of the dough together to make a round dumpling.

Alternately, you may pinch off pieces of the dough, flatten with your hands or a rolling pin, put a piece of fruit in the center, and shape into balls. Cover the dumplings with the tea towel and let them rise again for about 30 minutes.

Bring the salted water to a boil. Cook the dumplings for about 6 minutes. Remove with a slotted spoon and serve with cottage cheese, powdered sugar, and melted butter.

makes 12 to 14 dumplings

Potato Dumplings

Potato dumplings are popular in one form or another throughout Europe. These dumplings from Czechoslovakia are served with a topping of fried onions and sauerkraut, as they are in most of Eastern and Central Europe.

For the Dumplings

½ lb (225 g) raw potatoes
2 cups (9 oz or 255 g) all-purpose flour
1 teaspoon (6 g) salt
¼ cup (2 fl oz or 60 ml) milk

For the Topping

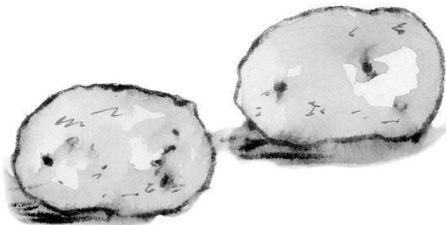
3 tablespoons (1½ oz or 45 g) butter
1½ lbs (680 g) onions, sliced
1 lb (455 g) sauerkraut

Grate the potatoes and let stand for 15 minutes. Strain the potatoes, draining off all the liquid, and mix the potatoes, flour, and salt to make a thick dough. Add the milk if necessary. Place the dough on a floured board, make a long, thin roll, and cut into small *gnocchi* with a sharp knife.

Bring a large pot of salted water to a boil. Drop in the dumplings a few at a time and cook for 5 to 8 minutes. Make sure that the water boils constantly.

Melt the butter in a skillet. Add the onions and fry until browned. Add the sauerkraut and heat through. Serve with the dumplings.

serves six



Kasha Varnishkas

Buckwheat and bow-tie noodles are a Jewish specialty. Buckwheat, which is used frequently in Eastern, Central, and Northern European cooking, has a very rich, earthy crunchiness and is an acquired taste for some.

3-4 tablespoons (1½-2 fl oz or 45-60 ml) olive oil

3-4 medium yellow onions (about 12-16 oz or 340-455 g), finely chopped

8 oz (225 g) bow tie noodles (farfalle) or small shells

1 cup (6 oz or 170 g) kasha (medium rather than whole grain if possible)

1½ cups (12 fl oz or 350 ml) water

Salt

Freshly ground black pepper

Heat the oil over medium heat. Add the onions to the skillet and sauté until golden brown, about 15 minutes. Set aside.

Bring a large pot of lightly salted water to a boil. Add the noodles and cook until tender but firm, approximately 12 to 15 minutes. Drain and set aside.

Combine the kasha and 1½ cups (12 fl oz or 350 ml) water in a heavy pot. Cover and cook over low heat until water is absorbed and the kasha is tender, about 10 to 15 minutes. Remove from the heat. Keep covered to keep the kasha hot.

In a serving bowl, add the onions to the bow-tie noodles and toss gently. Fold this into the hot kasha. Add salt and pepper to taste and serve.

serves two to four

Mushroom Pirogies

These savory little pies are stuffed with mushrooms. They may also be filled with sauerkraut, cabbage, or cheese. Similar versions are served in Poland and in Russia. In Poland, they are often served with soup on Christmas Eve.

For the Sour Cream Pastry

2 cups (9 oz or 255 g) all-purpose flour

½ teaspoon (3 g) salt

5 oz (140 g) unsalted butter

¾ cup (6 oz or 170 g) sour cream

For the Mushroom Filling

1 recipe Mushroom Caviar (p. 409)

¼ cup (1 oz or 30 g) bread crumbs (or more if needed)

To Cook the Pirogies

3 tablespoons (1½ fl oz or 45 ml) vegetable oil

To make the sour cream pastry, sift the flour and salt together twice. Cut the butter into the flour until it is the size of peas. Add the sour cream and mix to form a firm dough. Knead for a brief minute, then rest in the refrigerator for at least 1 hour. Divide dough into thirds and roll out each section into a rectangle. Cut out 4-in (10-cm) circles. Fill each circle with 1 tablespoon (½ oz or 15 g) of filling, fold in half, and seal the edges with a little water.

To make the filling, mix the Mushroom Caviar with the bread crumbs.

To cook the *pirogies*, bring a large pot of salted water to a boil. Add the *pirogies* a few at a time. Cover and cook over medium heat until they float. Remove with a slotted spoon and drain. Pat dry with paper towels.

Heat the oil in a skillet and sauté the *pirogies* until browned on both sides, about 5 to 6 minutes. Serve hot with browned onions.

makes 20 to 25 pirogies

Noodle Kugel

A *kugel* is a Jewish pudding. It may be served as a main dish or a side dish. Sweet *kugels* are served for dessert. Very easy to make and very tasty.

1 lb (455 g) fettucine-style noodles, cooked and drained

1 lb (455 g) cottage cheese (or to taste)

2 cups (1 lb or 455 g) sour cream

¾ cup (6 oz or 170 g) sugar

1 teaspoon (5 ml) vanilla

Cinnamon (to taste)

½ cup (4 oz or 115 g) unsalted butter

Cook the noodles in salted boiling water. Preheat the oven to 350° F (180° C or 4 G).

Beat the cottage cheese, sour cream, sugar, vanilla, and cinnamon together. Add the noodles and mix very well.

Melt the butter in a 9-x-13-in (23-x-33-cm) baking dish. Add the noodle mixture. Bake uncovered for 1 hour. Remove from the oven. Serve hot or cold.

serves eight

Stuffed Cabbage Rolls

Cabbage rolls stuffed with savory fillings are a regional classic. These little packages make a great evening meal. Serve with the Roasted Eggplant and Pepper Salad or the Mushroom Paprikas.

1 cabbage head (about 1½ lbs or 680 g)
2 onions (about 8 oz or 225 g), chopped
4 tablespoons (2 fl oz or 60 ml) vegetable oil
2 garlic cloves, crushed
¾ cup (3 oz or 85 g) walnuts, toasted and chopped
2 tablespoons (1 oz or 30 g) tomato paste
1 tablespoon (½ fl oz or 15 ml) apple cider vinegar
12 fresh mushrooms (about 6 oz or 170 g), sliced
1 teaspoon (5 g) marjoram or sweet basil
1 tablespoon (½ fl oz or 15 ml) tamari or soy sauce
2 tablespoons (1 oz or 30 g) brown sugar
2 cups (10 oz or 285 g) cooked brown rice, preferably short-grain
Salt.
Freshly ground black pepper
2 cups (17¼ oz or 490 g) crushed tomatoes
3 cups (24 fl oz or 710 ml) cabbage water or Vegetable Broth (p. 411) or more
Sour Cream

Take the head of cabbage, make an incision at the stalk, and blanch in boiling water. Remove the cabbage from the boiling water and drain. Reserve the water. The outer leaves will become quite soft and can be removed as required. Shave off most of the thick stem part of each leaf. Reserve any extra leaves.

To prepare the stuffing, lightly sauté the onions in 2 tablespoons (1 fl oz or 30 ml) of vegetable oil. Add the garlic and sauté another minute. Add the chopped walnuts and stir to mix. Stir in the tomato paste, vinegar, mushrooms, marjoram or sweet basil, tamari or soy sauce, and sugar. Cook for about 5 minutes. Finally, add the cooked rice and salt and pepper to taste. Cook for a few additional minutes until everything is well blended.

Lay 1 or 2 cabbage leaves out on a flat surface. Spoon a little of the stuffing onto each leaf. Fold the sides of the leaf over the stuffing and then roll down from the stem side. Repeat with the remaining leaves.

Pour the remaining vegetable oil into a large pot or Dutch oven. Line with the reserved cabbage leaves. Braise for a few minutes, then add the cabbage rolls.

Pour in the crushed tomatoes and the cabbage water or Vegetable Broth to almost cover. Bring to the boil, then lower the heat and simmer the cabbage leaves for about 1 hour or until the leaves are very tender. Taste and adjust seasoning. Serve with sour cream.

serves six to eight



Mushroom Paprikas

Mushrooms and sour cream are a recurring theme in Eastern Europe. This dish gets its special quality from Hungarian paprika which enlivens many Hungarian dishes. Soy chunks may replace the mushrooms if desired.

6 cups (1½ lbs or 680 g) mushrooms
4 tablespoons (2 fl oz or 60 ml) oil
2 onions (about 8 oz or 225 g), diced
1 tomato (about 5 oz or 140 g), peeled and diced
2 tablespoons (1 oz or 30 g) paprika
Salt
Freshly ground black pepper
12 oz (340 g) sour cream

Sauté the mushrooms in the oil. Add the onions and sauté until soft. Stir in the tomato and sauté for another 1 to 2 minutes.

Finally, add paprika and sauté for 1 to 2 minutes, but do not burn or paprika becomes bitter. Add salt and pepper to taste. Mix in the sour cream and heat through. Serve over ziti or similar noodles.

serves four to six



Bulgarian Stuffed Peppers

These stuffed peppers from Bulgaria may be served hot or cold and can be prepared ahead for a picnic. Serve them with Yogurt Dill Sauce (p. 425).

6 medium onions (about 2 lbs or 1 kg), finely diced
1 potato (about ½ lb or 225 g), finely diced
1 small eggplant (about ¾ lb or 340 g), peeled and finely diced
½ cup (4 fl oz or 120 ml) vegetable oil
1 tablespoon (½ oz or 15 g) black pepper
½ bunch (about 2 oz or 60 g) parsley, chopped
Fresh mint (to taste)
2 cups (about 10 oz or 285 g) cooked rice
1 tablespoon (½ oz or 15 g) paprika
4 tomatoes (about 1 lb or 455 g), peeled and chopped
Salt
12 red bell peppers (about 4 oz or 115 g each)
¾ cup (6 fl oz or 180 ml) water
Yogurt Dill Sauce (p. 425)



Sauté the onions, potato, and eggplant in the oil. Remove from the heat and add the black pepper, parsley, mint leaves, rice, paprika, tomatoes, and salt to taste.

Preheat the oven to 350° F (180° C or 4 G).

Wash the peppers. Cut off the tops and save for lids. Remove the seeds and salt the inside of each pepper. Fill each pepper with some of the mixture. Arrange the peppers in a baking dish. Put the water in the bottom of the dish and cover with foil.

Bake for 1 to 1½ hours. Check occasionally to see that the liquid does not evaporate. Remove the foil for the last half hour of cooking. Serve with Yogurt Dill Sauce.

serves twelve

Roasted Eggplant and Pepper Salad

This salad is great for a light supper. It also makes a delicious sandwich with country bread.

2 medium eggplants (about 2 lbs or 1 kg)
6 bell peppers (24 oz or 680 g)
2-3 red tomatoes (8-12 oz or 225-340 g), chopped
1 medium onion (about 4 oz or 115 g), finely chopped
1 small cucumber (about 6 oz or 170 g), finely chopped
½ bunch (2 oz or 60 g) parsley, finely chopped
½ cup (4 fl oz or 120 ml) olive oil
Salt

Roast the eggplants in a hot oven until tender (p. 486). After they cool, peel and cut into cubes. Roast the peppers (p. 361) in a broiler or on the grill. After grilling, place in a paper bag for about 20 minutes, then peel and cut into small pieces. Add the eggplant and peppers to the tomatoes, onions, and cucumber. Toss the vegetables with the parsley, oil, and salt.

serves six to eight



Sauerkraut Salad

2 cups (½ lb or 225 g) sauerkraut, drained
½ cup (4 oz or 115 g) sugar
¼ cup (2 oz or 60 g) celery, diced
½ cup (2½ oz or 75 g) green pepper, diced
½ cup (2½ oz or 75 g) carrot, grated
¼ cup (1 oz or 30 g) onion, chopped

Mix the sauerkraut and sugar and let stand for half an hour. Add the celery, green peppers, carrot, and onion. Cover tightly and chill for at least 12 hours before serving.

serves eight

Yogurt Dill Sauce

Yogurt is one of the cornerstones of Bulgarian cooking. It is combined here with dill, which is the herb of choice throughout Eastern Europe.

3¼ cups (about 1½ lbs or 680 g) yogurt

2 cloves garlic, minced

1 tablespoon (½ oz or 15 g) fresh or dry dill (or to taste)

To make the yogurt dill sauce, mix the yogurt with the garlic and dill. If you are using it with Bulgarian Stuffed Peppers (p. 423), add some of the juice from the peppers.

makes 3¼ cups



Spiced Applesauce Cake

Applesauce gives moisture and richness to this easy spice cake. Add additional nuts and dried or candied fruit to turn the cake into a traditional fruit cake. The frosting, although delicious, is optional.

For the Applesauce Cake

1 cup (8 oz or 225 g) unsalted butter, softened
2 cups (1 lb or 455 g) sugar
2 cups (2 lb or 1 kg) applesauce
3 cups (13½ oz or 385 g) all-purpose flour
1 teaspoon (5 g) cinnamon
1 teaspoon (5 g) nutmeg
½ teaspoon (2½ g) mace
2 teaspoons (8 g) baking soda
1 cup (4 oz or 115 g) pecans, chopped
1 cup (6 oz or 170 g) raisins
1 teaspoon (5 ml) vanilla

For the Frosting

2 cups (16 oz or 455 g) light brown sugar
6 tablespoons (3 fl oz or 90 ml) heavy cream
¼ cup (2 oz or 60 g) unsalted butter
1 teaspoon (5 ml) vanilla
1 cup (4 oz or 115 g) confectioners' sugar

Preheat the oven to 325° F (160° C or 3 G).

Grease a 9-in (23-cm) tube pan or a 9-x-13-in (23-x-33-cm) cake pan. Cut a piece of waxed paper to fit the bottom of the pan. Fit into pan and dust with flour, tapping out the excess.

Cream butter and sugar together thoroughly and fold in the applesauce. It will not mix completely.

Sift together the flour, spices, and baking soda. Remove ¼ cup (1 oz or 30 g) and mix with nuts and raisins. Fold the remaining flour mixture into the butter/sugar/applesauce. Add the vanilla and the nut and raisin mixture.

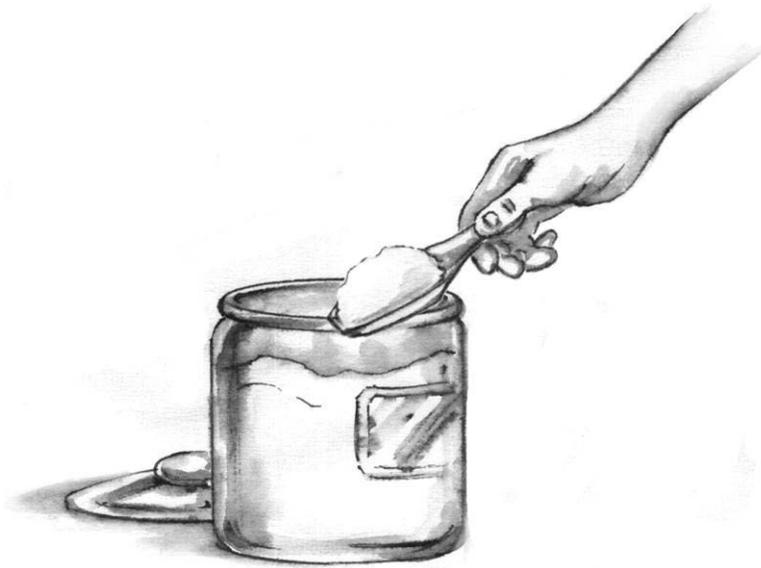
Pour into a pan and bake for 1½ hours or until a toothpick comes out clean. Let cool in pan and then invert to remove.

To make the frosting, place all the frosting ingredients, except the vanilla and confectioners' sugar, into a saucepan. Bring to a rolling boil, stirring constantly.

Remove from the heat and stir in vanilla and sugar. Pour over the top of the cake and let it run down the sides. It sets quickly so let it flow naturally over the cake for a nice effect.

To make a candy out of the frosting, add ½ cup (2 oz or 60 g) chopped nuts to the frosting and pour into a shallow buttered pan. When cool, cut into squares.

makes 1 cake



Raisin-Pear Strudel

Phyllo dough makes a relatively quick strudel. The dough is thin but easy to work with as long as you do not let it dry out. You can use apples instead of pears to make the strudel, if you wish.

3 medium pears (about 1½ lbs or 680 g), peeled and diced
½ cup (3 oz or 85 g) seedless raisins
3 tablespoons (1¼ oz or 35 g) sugar
1½ teaspoons (¼ fl oz or 8 ml) lemon juice
¾ teaspoon (¾ g) ground cinnamon
Pinch of ground cloves
Pinch of salt
⅓ lb (5 oz or 140 g) *phyllo* dough
6 tablespoons (3 oz or 85 g) unsalted butter, melted
¼ cup (about 1 oz or 30 g) crushed almonds (or more if needed)
Confectioners' sugar
Heavy cream



Preheat the oven to 375° F (190° C or 5 G). In a large bowl, toss the pears with the raisins, sugar, lemon juice, cinnamon, cloves, and salt.

On waxed paper, arrange 1 sheet of *phyllo* into an 18-x-14-in (45-x-35-cm) rectangle. If necessary, trim or overlap pieces of *phyllo* to make it this size. Brush the *phyllo* with some melted butter and sprinkle with some crushed almonds. Continue layering, brushing each sheet of *phyllo* with some butter and sprinkling every other sheet with the crushed almonds.

Cut the layered *phyllo* lengthwise in half, then cut each half crosswise into 4 pieces to make 8 rectangles. Starting along a short side of 1 rectangle, spoon one-third of the pear mixture to cover one-third of the rectangle. From the pear mixture side, roll *phyllo*, jelly-roll fashion. Place roll, seam-side down, on large, ungreased cookie sheet. Repeat with the other rectangles. Brush the rolls with the remaining butter. Bake for 25 to 30 minutes or until golden. Serve with confectioners' sugar and/or whipped cream.

serves eight

Winter Fruit Compote

This compote is a lovely stand-alone breakfast. You can serve it with muffins or scones. It also makes an elegant winter/spring dessert, served in stemware with a biscuit and a dollop of whipped cream or your favorite ice cream.

1 cup (5 oz or 140 g) dried, pitted prunes, coarsely chopped

½ cup (3 oz or 85 g) dried figs, coarsely chopped

⅓ cup (2 oz or 60 g) currants

½ cup (2 oz or 60 g) dried sour cherries

1½ cups (12 fl oz or 350 ml) water

1 tablespoon (1 oz or 15 g) sugar

1 small piece cinnamon stick

6 whole cloves

11 oz (310 g) canned mandarin oranges, drained, or 2 oranges, peeled and cut into eighths

Juice and the grated peel of 1 orange

1 ripe banana (about 6 oz or 170 g), sliced into rounds (or more, to taste)

Put dried prunes, figs, currants, and sour cherries into a medium saucepan. Add water, sugar, cinnamon, and cloves and bring to a full boil. Add the mandarin oranges, orange juice, and grated orange rind.

Cover and lower heat to simmer for about 20 minutes, until figs and prunes plump up and the sauce is a rich caramel color. The mandarin oranges will dissolve into the sauce.

You may need to add up to ½ cup (4 fl oz or 120 ml) of additional water at this point if there has been much evaporation. Add sliced banana and cook for about 2 minutes more, then serve.

serves four to six

Charoset

Charoset is eaten at Seder meals and is a reminder of the cement used for building before the exodus of the Jews from Egypt. It also makes a delicious filling for turnovers or cookies.

½ cup (½ lb or 225 g) pitted dates
½ cup (½ lb or 225 g) raisins
3 delicious apples (about 1½ lbs or 680 g)
½ cup (2 oz or 60 g) ground hazelnuts and almonds
2 teaspoons (¼ oz or 8 g) ground cinnamon
2 tablespoons (1 fl oz or 30 ml) grape juice

Finely chop the dates and raisins. Cover with water and soak several hours or overnight.

The next day, peel and shred the apples with a grater or food processor. Add the apples to the raisin/date mixture. Simmer in the soaking water over low heat until a thick paste is formed. Stir from time to time to prevent sticking. Place in a bowl and add the nuts, cinnamon, and grape juice. Chill until serving time.

makes 3½ cups

Suggested Menus

While each country in this section has its own cuisine, many of the foods can be combined across borders. Stuffed cabbage, potato soup, and dumplings are a recurring theme. Variations occur from country to country, but the hearty, nourishing quality of the food remains the same. Any of the soups, combined with bread, is a meal in itself. The dumplings, noodle dishes, and pirogies can be combined with a green salad for a complete meal. Many dishes from the Greek section can be combined with the Bulgarian menu. The Raisin-Pear Strudel and the Spiced Applesauce Cake will satisfy anyone's sweet tooth.

A Czech Family Supper

*Potato Dumplings
Fried Onions with Sauerkraut
Green Salad*

Bulgarian Summer Dinner

*Cold Cucumber Soup
Bulgarian Stuffed Peppers
Yogurt Dill Sauce
Raisin-Pear Strudel*

Hungarian Family Supper

*Mushroom Paprikas
Noodles*

Company Meal

*Mushroom Caviar
Latkes (potato Pancakes)
Stuffed Cabbage Rolls
Roasted Eggplant and Pepper Salad
Raisin Pear Strudel*





Northern and Central Europe

Northern and Central European Recipes

Bread

Swedish Rye Bread
Little Dill Cheese Loaves
Pumpernickel Bread

Butter and Cheese

Swiss Fondue
Compound Butters

Soups

Cream of Cauliflower Soup
Thick Mushroom Barley Soup

Casseroles, Savory Puddings, and Savory Cakes

German Potato and Apple Casserole
Mushroom and Zucchini Casserole
Finnish Rutabaga Pudding
Lentil Cakes from Norway

Vegetables

Dutch Farmer's Cabbage
Sweet and Sour Red Cabbage
Mushrooms with Sour Cream

Salads

Beets with Horseradish Cream
Warm Austrian Potato Salad

Sauces

Raspberry Sauce

Sweets

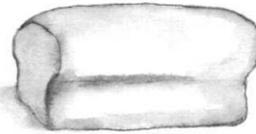
Dutch Apple Cake
Marmor-Gugelhupf (Marbled Pound Cake)
Marzipan Cake
Viennese Crescents

Suggested Menus

Swedish Rye Bread

The hearty, unique taste of rye gives great flavor to this bread. Rye is used throughout Northern and Central Europe. This bread, which is from Sweden, is slightly sweet and exceptionally good.

1 cup (8 fl oz or 240 ml) milk
1 tablespoon (½ oz or 15 g) active dry yeast
1 tablespoon (½ oz or 15 g) sugar
1 cup (8 fl oz or 240 ml) lukewarm water
3½ cups (16 oz or 455 g) whole-wheat flour
½ teaspoon (2½ g) fennel seed
½ teaspoon (2½ g) aniseed
⅓ cup (2⅔ fl oz or 80 ml) dark corn syrup or molasses
½ teaspoon (3 g) salt
2 tablespoons (1 oz or 30 g) grated orange rind
2 cups (9 oz or 255 g) rye flour



Scald the milk and let cool. In a large bowl, dissolve the yeast and sugar in the lukewarm water. Stir in the scalded milk. Beat in 2 cups (9 oz or 255 g) of the whole-wheat flour. Cover and let rise until doubled, about 1 hour.

Combine the fennel seed, aniseed, and dark corn syrup in a small saucepan and bring to the boiling point. Let cool to lukewarm. Beat the syrup mixture, salt, and orange rind into the risen batter. Stir in 1 cup (4½ oz or 130 g) whole-wheat flour. Gradually stir in the rye flour. Mix into a medium-stiff dough.

Preheat the oven to 375° F (190° C or 5 G).

Sprinkle the remaining ½ cup (2¼ oz or 65 g) of whole-wheat flour onto a board and knead until smooth and elastic. Place the dough in an oiled bowl and let rise until doubled in bulk, about 1 hour. Punch down. Shape into a loaf and place in a 9-x-5-in (23-x-13-cm) loaf pan and let rise again until doubled in bulk. Bake for 30 to 40 minutes.

makes 1 loaf

Little Dill Cheese Loaves

These little loaves are full of the flavor of dill and onion. They are an excellent accompaniment to any soup or salad. The loaves can be made larger if you like, but the small size gives them a special touch.

1 package (¼ oz or 8 g) active dry yeast
½ cup (4 fl oz or 120 ml) warm water
1 cup (8 oz or 225 g) cream-style cottage cheese
2 teaspoons (8 g) sugar
3 tablespoons (1½ oz or 45 g) chopped onion
2 tablespoons (1 oz or 30 g) fresh dill, chopped
1 teaspoon (6 g) salt
½ teaspoon (2.2 g) baking soda
2⅓ cups (10½ oz or 300 g) sifted all-purpose flour
Butter

Sprinkle the yeast into the warm water in a large bowl. Stir until the yeast dissolves.

In a small pan, heat the cheese until lukewarm. Stir it into the yeast mixture. Add the sugar, onion, dill, salt, baking soda, and 1⅓ cups (6 oz or 170 g) flour. Beat with an electric mixer at medium speed for 2 minutes. This is a sticky dough. Stir in the remaining flour and combine to make a soft dough. Cover with a towel and let rise in a warm place until doubled in bulk.

Preheat the oven to 350° F (180° C or 4 G).

Stir the dough down and spoon evenly into souffle or custard cups. Let rise again in a warm place for 45 minutes or until it again doubles in bulk.

Bake the loaves for 30 minutes. Cover with foil then bake 15 minutes longer. Brush tops with butter. Remove to wire racks to cool. Serve warm or cold.

makes 6 little loaves

Pumpernickel Bread

This old-fashioned bread has a firm chewy texture which is delicious with soups or as the basis for open-faced sandwiches.

2 packages (½ oz or 15 g) active dry yeast
½ cup (4 fl oz or 120 ml) warm water
1 cup (4½ oz or 130 g) whole-wheat flour
⅓ cup (2⅔ fl oz or 80 ml) molasses
2 cups (16 fl oz or 475 ml) warm buttermilk
2 teaspoons (¼ oz or 8 g) whole caraway seeds
¼ cup (2 fl oz or 60 ml) vegetable oil
2 teaspoons (½ oz or 15 g) salt
2 cups (9 oz or 255 g) pumpernickel flour
4 cups (18 oz or 510 g) all-purpose or bread flour



Dissolve the yeast in warm water. Blend in ½ cup (2¼ oz or 65 g) of the whole-wheat flour. Set aside for 10 minutes. Transfer to large bowl.

Add the molasses, buttermilk, caraway seeds, oil, and salt to the bowl. Stir in the remaining ½ cup (2½ oz or 65 g) of whole-wheat flour and 1 cup (4½ oz or 130 g) of pumpernickel flour. Mix until well combined. Add the remaining flour 1 cup (4½ oz or 130 g) at a time, beating well after each addition, to make a stiff but manageable dough. Knead the dough for 8 to 10 minutes.

Shape dough into a ball and place in a lightly oiled bowl. Cover with a clean cloth and let rise until doubled in bulk, about 1 hour. Punch the dough down and knead gently on a work surface. Divide the dough in half and shape each half into an oval loaf. Sift a little flour onto a baking sheet, then arrange the loaves on the sheet, spacing them about 4-in (10-cm) apart. Cover with cloth and let rise in a warm place for about 30 minutes. Once risen, make 3 slashes in the top of each loaf with a sharp knife.

Preheat the oven to 350° F (180° C or 4 G). Bake 40 to 50 minutes until richly browned and hollow-sounding when thumped. Remove from the oven, transfer to wire rack, and cool. Cut with serrated knife to serve.

makes 2 loaves

Swiss Fondue

This traditional Swiss dish is a treat on a cold winter night. The communal fondue pot, called a *coquelon*, is placed over a Sterno container or other portable heat source. It is kept warm over a very low flame while each guest spears a variety of raw or cooked foods or croutons with a fondue fork. If you do not have a fondue set, a heavy-bottomed cast iron pot can substitute.

For the Fondue

1-2 cloves garlic, crushed

2 teaspoons (5½ g) cornstarch

1½ cups (11 fl oz or 325 ml) milk

⅓ cup (2⅔ fl oz or 80 ml) apple juice

4 cups (1 lb or 455 g) Gruyère or Swiss cheese, shredded

Salt

Freshly ground black pepper

1 teaspoon (5 g) nutmeg

2 teaspoons (¼ fl oz or 8 ml) lemon juice

For Dipping

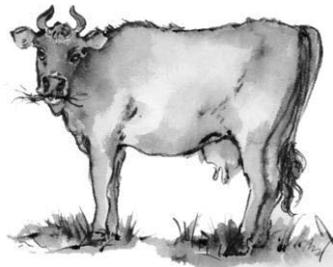
Fresh bread, cut in cubes

Raw carrots and celery, thinly sliced

Bell peppers, cut in strips

Boiled potatoes

Sautéed mushrooms



Rub the inside of the *coquelon* with the garlic cloves. Leave them in the bottom of the pot. Blend the cornflour with a little of the milk. Add the remaining milk and apple juice. Stir over medium-low heat until thickened. Add the cheese. Do not boil. When melted, add the salt, freshly ground black pepper, nutmeg, and lemon juice. Bring it immediately to the table and put over the Sterno or other heat source.

Arrange the bread cubes and vegetables for dipping in containers. Give each guest a fondue fork to spear the bread cubes and/or vegetables for dunking into the melted cheese.

serves four

Compound Butters

Compound butters are blended with herbs and spices, rolled into a log, or molded for later use on open-faced sandwiches, soups, or sauces. They are also an excellent flavoring for steamed or boiled vegetables.

For the Herb Butter

1 cup (8 oz or 225 g) unsalted butter

2 tablespoons (1 fl oz or 30 ml) lemon juice

4-6 tablespoons (2-3 oz or 60-85 g) green herbs (parsley, tarragon, dill, chives, etc.), minced

Salt

Freshly ground black pepper

For the Garlic Butter

1 cup (8 oz or 225 g) unsalted butter

2-4 cloves garlic (or to taste)

Salt

For the Blue Cheese Butter

1 cup (8 oz or 225 g) unsalted butter

¼ cup (½ oz or 15 g) blue cheese

For the herb butter, cream the butter with an electric mixer until smooth and creamy. Beat in the lemon juice and the herbs. Add salt and pepper to taste. Roll into a log and wrap in waxed paper. Chill. To serve, cut a slice from the log, as needed, or press into small butter molds.

For the garlic butter, cream the butter. Mash the garlic and salt in a mortar and pestle. Beat the garlic into the creamed butter. Roll into a log and wrap in waxed paper. Chill.

For the blue cheese butter, cream the butter and cheese together until smooth and creamy. Roll into a log. Wrap and chill.

makes 1 to 1¼ cups butter

Cream of Cauliflower Soup

This is a quick and easy soup to prepare and is always well received. It is delicious as a first course. For a more substantial meal, serve it with dumplings.

2 medium heads cauliflower (about 2½ lbs or 1¼ kg), broken into large chunks
½ lb (225 g) potatoes
4 cups (1 qt or 1 L) water
1 cup (8 fl oz or 240 ml) milk
½ cup (4 fl oz or 120 ml) cream
Pinch of nutmeg
Salt
Freshly ground white pepper
Parsley, chopped

Put the cauliflower and potatoes in a pot with the water and milk. Bring to a simmer and cook for about 25 minutes or until tender. When tender, remove from the pot and process in small batches in a blender or food processor until smooth.

Return to the pot, add cream, nutmeg, salt, and pepper to taste. Stir until heated through. If the soup is too thick, thin it out with a little water or cream. Sprinkle with chopped parsley and serve hot.

serves four

*I wanted to be a cauliflower,
all brain and ears,
thinking on the origin of gardens
and the divinity of him
who carefully binds my leaves...
-John Haines*



Thick Mushroom Barley Soup

A classic - mushrooms and barley! This is a very hearty, delicious, and nourishing cold-weather soup.

3 tablespoons (1½ fl oz or 45 ml) vegetable oil
2 medium onions (about 8 oz or 225 g), diced
2 cloves garlic, minced
¾ lb (340 g) fresh mushrooms, chopped
1 cup (4 oz or 115 g) barley
8 cups (2 qt or 2 L) mushroom stock or water
Salt
1 bay leaf
2 stalks celery (about 5 oz or 140 g), chopped
2 carrots (about 8 oz or 225 g), chopped
1 tablespoon (½ fl oz or 15 ml) tamari (or to taste)
Pinch of paprika
Fresh parsley, minced

Heat the oil in a large soup pot. Add the onions and sauté until translucent. Add the garlic and cook an additional minute, then add the mushrooms and sauté about 5 minutes more. Stir in the barley and cook for a few minutes until coated with the oil.

Add the stock or water, salt, and bay leaf. Bring to a boil. Lower the heat, add chopped celery and carrots, and simmer for about 1 hour or until the barley is tender. Remove the bay leaf. Stir in tamari, paprika, and fresh parsley.

serves four to six

German Potato and Apple Casserole

Fruits and vegetables are often combined in Central and Eastern European cooking. This pairing of apple and potato purée is known as *Himmel und Erde* (*Heaven and Earth*) in Germany. It is traditionally served with fried onions and vegelinks.

1 lb (455 g) potatoes

3 cups (24 fl oz or 710 ml) water

1 cup (8 fl oz or 240 ml) light cream

Salt

1 lb (455 g) apples

1 tablespoon (½ fl oz or 15 ml) lemon juice

1-2 tablespoons (¼-¾ oz or 8-20 g) sugar

1-in (2½-cm) piece cinnamon stick

2 onions (about 8 oz or 225 g)

1 tablespoon (½ oz or 15 g) unsalted butter

Salt

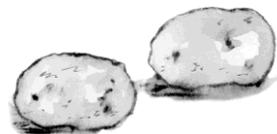
Freshly ground black pepper

Peel the potatoes and cook in 2 cups (16 fl oz or 475 ml) of the water for about 15 to 20 minutes. Drain. Pour the cream and salt over the potatoes. While still hot, mash and whip until creamy.

Peel, core, and cut the apples into quarters. Mix with the lemon juice. Add sugar, cinnamon, and apple pieces to the remaining water and boil for about 3 to 5 minutes. Drain the apples and cut into small pieces. While hot, mix with the potatoes.

Peel and chop the onions and brown them slightly in butter. Add salt and pepper to taste. Turn the potato/apple mixture into a preheated dish and sprinkle with the browned onions. Serve immediately.

serves four to six



Mushroom and Zucchini Casserole

This hearty casserole makes an excellent main course. Serve it with a green salad and Beets with Horseradish Cream (p. 448).

1 onion (about 4 oz or 115 g)

1-2 cloves garlic

1 bunch of parsley (about 4 oz or 115 g)

4 small twigs fresh thyme or 1-2 teaspoons (¼ oz or 8 g) dried thyme

½ lb (225 g) tofu

½ cup (4 fl oz or 120 ml) whipping cream

3½ oz (100 g) grated Gruyère cheese

Salt

Freshly ground white pepper

1½ lbs (680 g) tender young zucchini

½ lb (225 g) fresh mushrooms, sliced

1 tomato (about 6 oz or 170 g), chopped

2 tablespoons (1 oz or 30 g) sesame seeds

Peel and chop the onion and garlic. Wash the parsley and thyme and chop finely. Blend the tofu and whipping cream in blender. Mix all these ingredients with two-thirds of the cheese. Add salt and freshly ground white pepper.

Heat the oven to 350° F (180° C or 4 G).

Wash the zucchini, slice into 2-in (5-cm) pieces. Fill a 9-x-13-in (23-x-33-cm) baking dish with the zucchini. Add the sliced mushrooms in alternate layers with the tofu/cream sauce. Arrange the tomato and sesame seeds on top. Sprinkle with the rest of the grated cheese. Bake for approximately 40 minutes or until the cheese is slightly browned. Serve with rice.

serves six



Finnish Rutabaga Pudding



Rutabaga, called Swedes or the Swedish turnip, is a hearty root vegetable that grows well in cool climates. It can be added to soups, salads, casseroles, and savory pies. This Finnish specialty is usually served at Christmas time.

2½ pounds (1¼ kg) rutabagas, peeled and cubed

3 tablespoons (1 oz or 30 g) all-purpose flour

½ cup (4 fl oz or 120 ml) milk

¼ cup (1 oz or 30 g) bread crumbs

Salt

½ teaspoon (2½ g) freshly grated nutmeg

2 teaspoons (8 g) sugar (or to taste)

1 tablespoon (½ oz or 15 g) unsalted butter

Preheat the oven to 350° F (180° C or 4 G).

Cover the rutabagas with salted water and cook until soft, about 25 to 30 minutes. Drain and mash by hand or in a food processor, leaving some texture.

Sift the flour into the milk. Add the bread crumbs. Season with salt, nutmeg, and sugar. Stir into the mashed rutabagas and blend well.

Pour into a buttered casserole or souffle dish. Dot the top with butter and additional bread crumbs if desired. Bake, uncovered, until lightly browned, about 1 hour.

serves four to six

Lentil Cakes from Norway

Serve these tasty lentil cakes with Horseradish Cream (p. 448) or Raspberry Sauce (p. 450). They go well with almost any sauce. Also delicious sandwiched between two slices of whole-grain bread or a soft bun.

1½ cups (12 oz or 340 g) dried lentils, picked over and washed

3 cups (24 fl oz or 710 ml) water

Salt

1 cup (4 oz or 115 g) bread crumbs (or enough to make a firm dough)

1 teaspoon (5 g) celery seed

1 teaspoon (5 g) marjoram

3 carrots (about 4 oz or 115 g), very finely chopped

1 onion (about 4 oz or 115 g), chopped

Freshly ground black pepper

Oil for frying

Combine lentils, water, and salt in a medium-sized saucepan. Bring to a boil and lower the heat. Cover and simmer for 20 to 30 minutes or until the lentils are tender. Drain any excess liquid. Let stand about 10 minutes.

Mix the bread crumbs, celery seed, and marjoram with the lentils and process in a food processor (leaving a coarse texture) or mash well with a potato masher.

Stir in the carrots and onion. Add salt and pepper to taste. Combine by hand until well blended. Shape into patties.

Heat oil in a skillet and sauté lentil cakes until brown. Drain on a paper towel. Serve hot with the sauce of your choice.

makes 12 to 14 lentil cakes

Dutch Farmer's Cabbage

Simple, quick, and very tasty! Farmer's cabbage is actually made with kale and not cabbage. Grated cheese and bread crumbs are optional toppings. Cucumber salad and pickles are the traditional accompaniments.

1 lb (455 g) kale

Water

Salt

2 lbs (1 kg) potatoes, peeled and cut into chunks

4 tablespoons (2 oz or 60 g) unsalted butter

Pepper

Grated cheese (optional)

Buttered bread crumbs (optional)

Rinse kale thoroughly and remove the hard stems. Break into smaller pieces and put into the bottom of a large pot. Cover with water and add a pinch of salt. Place the potatoes on top of the kale. Bring to a boil and let it simmer for 30 minutes. Drain and save some of the liquid.

Add the butter, then mash the potatoes and kale together. Add as much of the reserved liquid as you need to make the consistency of a fluffy potato dish. Add salt and pepper to taste, and the grated cheese and buttered bread crumbs if desired.

serves six



Sweet and Sour Red Cabbage

Slowly cooking red cabbage with raisins and apples develops the flavor. Serve with Mushroom and Zucchini Casserole (p. 442) or Lentil Cakes from Norway (p. 444).

4 lbs (2 kg) red cabbage
6 tablespoons (3 oz or 85 g) unsalted butter
Salt
Freshly ground black pepper
1 teaspoon (5 g) nutmeg
3 tablespoons (1½ fl oz or 45 ml) white vinegar
3 tablespoons (1½ oz or 45 g) brown sugar
1 cup (6 oz or 170 g) raisins
2 cups (8 oz or 225 g) apples, cored and diced

Preheat the oven to 400° F (200° C or 6 G). Wash and slice the cabbage into fine shreds. Melt the butter in a large, heavy casserole. Add the cabbage, salt, pepper, and nutmeg. Sauté a few minutes.

Add the vinegar, brown sugar, raisins, and apples. Do not add any of the juice from the apples. Cover and bring to a boil. Cook about 10 minutes, stirring occasionally.

Place casserole in the oven and bake, covered, for about 1 hour, stirring occasionally.

serves six to eight

Mushrooms with Sour Cream

Mushrooms are a favorite vegetable in Scandinavia and Central and Eastern Europe. Sour cream is the ubiquitous accompaniment.

1 medium onion (about 4 oz or 115 g), chopped

3 tablespoons (1½ oz or 45 g) unsalted butter

1 lb (455 g) fresh mushrooms, sliced

Salt

Freshly ground black pepper

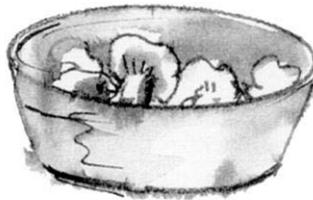
1½ tablespoons (¾ oz or 20 g) all-purpose flour

1 teaspoon (5 g) paprika

¾ cup (6 oz or 170 g) sour cream

Sauté the onion in butter until golden brown. Add mushrooms and cook 4 to 5 minutes. Add salt, pepper, and flour. Blend and cook 5 minutes. Add paprika. Remove from heat and stir in sour cream. Serve hot.

serves four



Beets with Horseradish Cream

Horseradish gives a bite to this tangy dressing. It is a frequently used root vegetable in eastern, central, and northern Europe, but it is difficult to find in some areas. Prepared horseradish is available in most supermarkets.

For the Beets

2 lbs (1 kg) beets

For the Horseradish Cream

2/3 cup (6 oz or 170 g) nonfat sour cream

1/4 cup (2 fl oz or 60 ml) heavy cream, whipped

2 tablespoons (1 oz or 30 g) fresh, peeled, or prepared horseradish (or to taste)

1 teaspoon (4 g) sugar

Pinch of salt

Freshly ground black pepper

1 teaspoon (5 g) dill, finely chopped

2 tablespoons (1 fl oz or 30 ml) lemon juice (or to taste)

Steam the beets or partially cover with boiling water and cook about 45 minutes or until tender. Cooking time will vary according to the tenderness and size of the beets. When the beets are tender, drain. Peel the skin and dice or cut into cubes. Toss with the horseradish cream and serve.

To make the horseradish cream, mix the sour cream, heavy cream, horseradish, sugar, salt, pepper, and dill. Add lemon juice to taste.

serves four to six



Warm Austrian Potato Salad

This is a lovely salad to take along on a picnic or to serve in combination with vegetable side dishes or other salads, such as the Beets with Horseradish Cream (p. 448) or the Sweet and Sour Red Cabbage (p.446).

For the Potato Salad

2 lbs (1 kg) potatoes, scrubbed
3-4 cloves garlic, whole
2 medium red or white onions (about 8 oz or 225 g), diced
Pinch of sea salt

For the Dressing

2/3 cup (5 1/3 fl oz or 160 ml) olive oil
1/3 cup (2 2/3 fl oz or 80 ml) lemon juice
3 cloves garlic, finely chopped
Salt
1/4 teaspoon (1/4 g) black pepper
3 tablespoons (1 1/2 oz or 45 g) Eggless Mayonnaise (p. 94)

Cover the potatoes with boiling water. Add the cloves of garlic, bring to a boil, cover, and simmer until tender, approximately 20 to 30 minutes for regular potatoes and 15 to 20 minutes for new potatoes.

Drain the potatoes and let cool to lukewarm. If you are using new potatoes you can leave on the skins. Peel older potatoes and cube while they are still warm. Allow the potatoes to cool. Sprinkle the diced onions with sea salt. Set aside.

Prepare the dressing by combining all the ingredients in a jar and shaking well. Gently toss the potatoes and onions with the dressing. Serve warm.

serves eight to ten

Raspberry Sauce

Fruits can be puréed to make sweet sauces that are natural accompaniments to desserts. The sauces can also be used with savory dishes. Berries, which grow well in cold climates, are used frequently in the Scandinavian kitchen. This sauce uses raspberries, which are readily available, but other berries could be used. Add more or less sugar according to taste and how you plan to serve it. Try it with the Lentil Cakes (p. 444) or Savory Cheese and Nut Loaf (p. 84).

3 cups (18 oz or 510 g) raspberries

1/3-1/2 cup (2 1/2-4 oz or 65-115 g) sugar (or to taste)

Water (as needed)

To make the raspberry sauce, wash and hull the berries. Put them in a blender or food processor. Combine with the sugar and purée. Strain to remove any seeds. Thin out with a little water if the sauce is too thick. Taste and add more sugar if needed.

makes 1 1/4 cups



Dutch Apple Cake

This deliciously moist cake is a wonderful morning or coffee cake, but is irresistible at any time of the day. Make it with your favorite variety of apple. You may add nuts and raisins if you like.

For the Cake

1½ lbs (680 g) apples, peeled, cored, and thinly sliced
1 cup (8 oz or 225 g) sugar
½ lb (8 oz or 225 g) unsalted butter, softened
¾ cup (6 fl oz or 180 ml) buttermilk
2 cups (9 oz or 255 g) all-purpose flour
1 teaspoon (4 g) baking powder
1 teaspoon (4.4 g) baking soda
1 teaspoon (5 g) cinnamon
1 teaspoon (5 g) cardamon
½ teaspoon (3 g) salt

For the Topping

¼ cup (2 oz or 60 g) brown sugar
1 teaspoon (5 g) cinnamon
3 tablespoons (about 1½ oz or 45 g) chopped walnuts
2 tablespoons (1 oz or 30 g) unsalted butter, chilled and chopped into small pieces

Preheat the oven to 350° F (180° C or 4 G). Butter and flour a 9-in (23-cm) springform pan (pan with removable bottom).

Toss the apples with a little of the sugar. Cream the remaining sugar with the butter. Beat in the buttermilk. Add the apples to the creamed mixture.

Sift the dry ingredients, then stir the dry ingredients into the creamed mixture until blended. Pour the batter into the pan and sprinkle the topping over the batter. Bake for 1 hour or until a toothpick comes out clean. Let cool in pan.

To make the topping, mix the sugar, cinnamon, walnuts, and butter together.

makes 1 cake

Marmor-Gugelhupf (Marbled Pound Cake)

This cake takes its name from the decorative *gugelhupf* mold in which it is baked. A *bundt* pan is a good substitute if a *gugelhupf* mold is not available. It is an excellent pound cake that can be endlessly varied by removing the cocoa and adding orange, lemon, or other flavors.

2 cups (1 lb or 455 g) sugar
½ cup (¼ lb or 115 g) unsalted butter
2 teaspoons (8 g) baking soda
3 cups (13½ oz or 385 g) all-purpose flour
2 cups (16 fl oz or 475 ml) buttermilk
2 tablespoons (¼ oz or 8 g) cocoa powder
2 teaspoons (¼ fl oz or 8 ml) vanilla extract
Grated peel of 1 orange

Preheat the oven to 350° F (180° C or 4 G). Grease and flour a 10-in (25-cm) *gugelhupf*, *bundt*, or tube pan.

Cream the sugar and butter until fluffy. Sift the baking soda with the flour. Add the dry ingredients to the creamed mixture alternately with the buttermilk, reserving about ¼ cup (2 fl oz or 60 ml) buttermilk. Mix until well blended.

Mix the cocoa with the reserved buttermilk. Divide the batter in half. Add the vanilla and orange peel to half the batter and mix well. Add the cocoa/buttermilk mixture to the other half and mix well. Pour 3 to 4 tablespoons (1½ -2 oz or 45-60 g) of the vanilla mixture into the *gugelhupf* pan. Put a few tablespoons of the cocoa mixture over the vanilla mixture. Continue layering in this way until all the batter is used.

Alternately, you may drop all of the vanilla mixture into the pan first and then add all of the cocoa mixture. Use a knife to swirl the batters together to create the marble pattern. Tap the pan and smooth the top with the knife.

Bake for 45 minutes or until a toothpick inserted in the middle comes out clean. Let the cake cool before turning it out of the pan.

makes 1 cake

Marzipan Cake

This is an easy variation on the pound cake theme. Almond paste (marzipan) adds a rich, delectable taste. Pineapple or other fruits could also be added to further vary the taste and texture.

½ lb (225 g) almond paste
1¼ cups (10 oz or 285 g) sugar
1 cup (8 oz or 225 g) unsalted butter, softened
1 teaspoon (5 ml) almond extract
1 teaspoon (5 ml) vanilla extract
2 cups (16 fl oz or 475 ml) buttermilk
3 cups (13½ oz or 385 g) all-purpose flour
2 teaspoons (¼ oz or 8 g) baking powder
1 teaspoon (4.4 g) baking soda
½ teaspoon (3 g) salt

Preheat the oven to 325° F (160° C or 3 G). Grease and flour a 10-in (25-cm) *bundt* pan.

Combine the almond paste and sugar in an electric mixer and process until well blended. If you do not have an electric mixer, knead the almond paste and sugar by hand. Add the butter and beat until very creamy. Stir in the almond extract, vanilla extract, and buttermilk. Mix until well blended.

Sift the flour, baking powder, baking soda, and salt together. Add the dry ingredients to the almond paste/buttermilk mixture, stirring to blend. Do not overmix. Pour the batter into the greased *bundt* pan.

Bake for about 1 hour or until a toothpick comes out clean. Let cool in the pan before turning out.

makes 1 cake

Viennese Crescents

The snowy dusting of confectioners' sugar makes these crescents a good choice for the Christmas cookie jar.

1 cup (2 sticks, 8 oz or 225 g) unsalted butter, softened

½ cup (4 oz or 115 g) sugar

Pinch of salt

2 cups (9 oz or 255 g) all-purpose flour

1 cup (4 oz or 115 g) almonds, finely chopped

1 teaspoon (5 ml) vanilla extract

Confectioners' sugar

Cream the butter, sugar, and salt until light and fluffy. Beat in the flour ½ cup (2¼ oz or 65 g) at a time. Add the almonds and the vanilla extract. Beat together until stiff and doughy. Shape dough into a ball and wrap in wax paper. Refrigerate for 1 hour.

Preheat the oven to 350° F (180° C or 4 G).

Pinch off pieces of chilled dough and shape into crescents. Place ½-in (13-mm) apart on slightly floured cookie sheet. Bake 10 to 15 minutes, or until lightly browned.

Remove from the oven and cool on cooling rack. Dust with confectioners' sugar. The crescents will last about 2 weeks in an airtight container in a cool place.

makes 3 dozen



Suggested Menus

Here is a sampling of menus from the great diversity of cultures represented in this region: a smorgasbord from Scandinavia (it can be found in some form in Norway, Denmark, Finland, and Sweden); a dinner by the fireside featuring Swiss fondue; a simple Dutch family dinner; a celebration of Oktoberfest from Germany; and a sweet menu for a Viennese coffee table.

Scandinavian Smorgasbord

Assorted Breads and Compound Butters

Lentil Cakes from Norway

Wilted Cucumber Salad (p. 225)

Warm Potato Salad

Beets with Horseradish Cream

Fireside Gathering

Swiss Fondue

Green Salad

Beets with Horseradish Cream

Pumpernickel or Rye Bread

Dutch Family Dinner

Dutch Farmer's Cabbage

Beets with Horseradish Cream

Pickles

Dutch Apple Cake

Oktoberfest

Cream of Cauliflower Soup

German Potato and Apple Casserole

Sauerkraut

Warm Potato Salad

Beets with Horseradish Cream

Marmor-Gugelhupf

Viennese Coffee Table

Marmor-Gugelhupf

Viennese Crescents

Freshly Brewed Coffee





The British Isles

The British Isles Recipes

Breads and Scones

Irish Soda Bread
Lemon Yogurt Scones

Preserves

Marmalade
Strawberry Preserves

Tea Sandwiches

Cucumber Sandwiches with Mint Butter
Watercress Sandwiches

Soups

Cream of Watercress Soup
Farmhouse Vegetable Soup
Pease Soup

Entrées

Chestnut Pâté en Croûte
Lentil Shepherd's Pie
Bubble and Squeak
Autumn Hot Pot

Vegetables

Champ (Irish Mashed Potatoes)
Brussels Sprouts with Butter
English Peas with Mint
Roasted Parsnips and Carrots

Salads

Watercress and Stilton Salad

Sweets

Scottish Shortbread
Victoria Sandwich Cake
Christmas Pudding
Summer Pudding
Mince Tarts

How to Make a Proper Pot of Tea

Suggested Menus

Irish Soda Bread

Soda bread is equally good served with tea and jam, or with a hearty soup or stew. It is best baked and eaten on the same day. For a more festive bread, use only all-purpose (white) flour and add currants and caraway seeds.

1 cup (4½ oz or 130 g) all-purpose flour
1 cup (4½ oz or 130 g) whole-wheat flour
1 teaspoon (5 g) baking soda
1 teaspoon (6 g) salt
1 tablespoon (½ oz or 15 g) sugar
4 tablespoons (2 oz or 60 g) unsalted butter
1 cup (8 fl oz or 240 ml) milk

Preheat the oven to 375° F (190° C or 5 G).

Combine all the dry ingredients in a bowl large enough to hold them. Cut the butter into the dry ingredients. Add the milk and mix until just combined.

Turn out onto a floured board and knead well. Shape into a round loaf and put onto a greased baking sheet. Gash the top and bake for 30 to 35 minutes or until golden.

makes 1 round loaf



Lemon Yogurt Scones

Serve for breakfast, snack, or tea time, hot from the oven, with homemade strawberry jam and clotted cream.

For the Scones

2½ cups (11¼ oz or 320 g) unbleached all-purpose flour

2 teaspoons (¼ oz or 8 g) baking powder

1 teaspoon (4.4 g) baking soda

½ teaspoon (3 g) salt

¼ cup (2 oz or 60 g) sugar

8 tablespoons (4 oz or 115 g) unsalted cold butter

1¼ cups (10 oz or 285 g) yogurt

Zest of 1 lemon, very finely chopped

¾ cup (4½ oz or 130 g) currants

For the Glaze

2 tablespoons (1 oz or 30 g) yogurt

2 teaspoons (¼ oz or 8 g) sugar

Preheat the oven to 425° F (220° C or 7 G). Grease a cookie sheet.

Sift all the dry ingredients together. Cut in the butter with a knife or pastry cutter. The mixture should be crumbly. Add the yogurt, lemon zest, and currants and mix lightly. Do not overmix.

Turn the batter out onto a lightly floured surface. Pat into a ½-in (13-mm) thick circle. The dough will be soft. When the dough has been shaped into a circle, cut it in half with a greased knife. Cut each half into 6 wedges, as though you were cutting a pie. Lift the wedges carefully onto the greased cookie sheet.

To make the glaze, mix the yogurt and sugar together. Brush the mixture over the scones. Bake for 10 to 12 minutes or until lightly browned.

makes 12 scones

Marmalade

3 large oranges (about ½ lb or 225 g each)

Zest of 1 lemon

3½ cups (28 fl oz or 830 ml) water

3¾ cups (about 1¾ lbs or 795 g) sugar (or as needed)

Scrub the fruit and cut off the zest of the oranges. Cut the zest into very thin slices. Seed the oranges and cut up the pulp. Put the fruit, peel, lemon zest, orange zest, and water in a pot. Bring to a boil and let simmer for 5 minutes. Remove from the heat and let stand overnight in a cool place.

Measure the fruit and liquid. Add about ¾ cup (6 oz or 185 g) sugar (or according to taste) for each cup of fruit. You must add enough sugar to make the jam jell. Stir the sugar into the fruit and put the pot back onto the stove over medium heat. Stirring often, let the jam cook for about 30 minutes. Test for jell by spooning a little jam into a saucer and place it in the refrigerator or freezer for 1 to 2 minutes. If the jam jells, it is ready to jar.

makes 1 quart



Strawberry Preserves

Makes a crystal-clear, red, whole-fruit jam of soft consistency. Delicious with scones, muffins, or any hot bread.

1 lb (455 g) strawberries, washed and hulled

2 cups (1 lb or 455 g) sugar

Place the hulled strawberries in a heavy saucepan and mash coarsely. Cook over medium heat until the mixture begins to thicken, stirring frequently for about 5 minutes. Reduce the heat to low. Add the sugar and stir until dissolved. Increase the heat to medium and simmer gently for about 20 minutes, stirring frequently until the mixture mounds on a spoon. Remove from the heat and cool. Test on a cold saucer.

makes 2 cups

Tea Sandwiches

The Earl of Sandwich, unable to leave the gaming tables, put a meal between two pieces of bread and gave us the first sandwich. These thin crustless sandwiches, spread with softened butter, are standard for afternoon tea. Use pastry cutters to make the sandwiches decorative, or alternate white and whole-wheat bread to make them striped.

For Cucumber Sandwiches with Mint Butter

¼ cup (2 oz or 60 g) butter, softened

2 tablespoons (1 oz or 30 g) fresh mint leaves, finely chopped

½ large (5 oz or 140 g) English cucumber, peeled and thinly sliced

8 thin slices white bread, crusts removed

Parsley

Black olives

For the Watercress Sandwiches

8 slices whole-wheat or rye bread, crusts removed

¼ cup (2 oz or 60 g) butter (or to taste)

2 bunches (8 oz or 225 g) fresh watercress

To make the mint butter, combine the softened butter and mint in a small bowl and mix well.

Spread the mint butter on the bread and lay the cucumber slices on 4 of the bread slices. Top with the remaining slices of bread to make 4 sandwiches. Cut in half, cutting into rectangles or triangles. Garnish with parsley and black olives.

For the watercress sandwiches, spread 4 of the bread slices with butter, fill generously with the washed watercress, and top with the remaining slices. Cut the sandwiches in half.

makes 4 of each sandwich

Cream of Watercress Soup

Watercress pops up frequently in soups, salads, and sandwiches in the British Isles. This is a delightful soup for a summer luncheon or a family dinner. Serve it hot or cold.

1 onion (about 4 oz or 115 g), finely chopped
¾ lb (340 g) potatoes, peeled and chopped
2 tablespoons (1 oz or 30 g) butter
1 lb (455 g) watercress, washed and thick stems removed
1 tablespoon (½ fl oz or 15 ml) tamari or soy sauce
5 cups (1¼ qt or 1¼ L) Vegetable Broth (p. 411)
1 cup (8 fl oz or 240 ml) milk
1 teaspoon (5 ml) miso (diluted in hot water if desired)
Salt
Freshly ground black pepper
4 tablespoons (2 fl oz or 60 ml) cream

In a soup pot, sauté the onion and potato in butter for about 10 minutes. Chop the leaves and tender stems of the watercress. Add them to the pot and cook for about 5 minutes. Add tamari and vegetable broth and cook for 15 minutes.

Purée soup in batches in a blender. Return to the heat. Add milk, miso, salt, and pepper to taste, and heat through. Pour the soup into individual bowls and swirl cream on top.

serves six

Farmhouse Vegetable Soup

This is a wonderful soup - hearty and elegant at the same time. Accompany with homemade bread and serve with a wedge of cheese for a nourishing lunch or supper.

3 tablespoons (1½ oz or 45 g) unsalted butter
3 onions (about ¾ lb or 340 g), coarsely chopped
1 carrot (about 4 oz or 115 g), chopped
8 oz (225 g) turnips
6 potatoes (about 1½ lbs or 680 g), peeled and cubed
6 cups (1½ qt or 1½ L) Vegetable Broth (p. 411)
Salt
Freshly ground black pepper
1 lb (455 g) tomatoes
½ lb (225 g) mushrooms
½ cup (4 fl oz or 120 ml) cream
¼ cup (1 oz or 30 g) parsley, chopped

Melt the butter in a soup pot. Add the onions and cook until soft. Place the carrot, turnips, and potatoes in the pot. Cover with vegetable broth. Bring to a boil. Add salt and pepper to taste. Simmer for 25 minutes.

Remove from the heat. Purée half the soup in a blender. Return it to the pot and mix with the rest of the soup. Add the tomatoes and mushrooms. Simmer for 15 minutes, then add the cream and the parsley. Heat through and serve.

serves six

Pease Soup



There is nothing sweeter than this soup made with garden-fresh peas. But the soup is delicious even with frozen peas. If you have a garden, pick the pea shoots and toss them into the soup along with the peas

2 lbs (1 kg) fresh or 20 oz (566 g) frozen peas

1 onion (4 oz or 115 g), chopped

2 sticks celery (about 5 oz or 140 g), chopped

4 cups (1 qt or 1 L) water

¼ cup (1 oz or 30 g) mint

Salt

Freshly ground black pepper

Pinch of sugar

If you are using fresh peas, put them with half the pods in a soup pot. Add the onion, celery, water, and mint. Cover and cook until the vegetables are tender.

If you are using frozen peas, add them after the onions and celery are tender. Cook 3 to 5 additional minutes. Purée the soup in a blender or pass through a food mill or sieve.

Return to the pot and simmer slowly for 10 minutes. Season with salt, freshly ground black pepper, and a little sugar. Serve hot or cold.

serves six



Chestnut Pâté en Croûte

This is a traditional vegetarian Christmas dinner, wrapped in pastry and served with all the usual Christmas dinner trimmings. A sensational meal, ending with the traditional Christmas pudding.

For the Chestnut Pâté

1 lb (455 g) boiled, fresh chestnuts, coarsely chopped
¾ lb (340 g) mushrooms, chopped
¾ lb (340 g) celery, chopped
¼ lb (115 g) walnuts, coarsely chopped
8 oz (225 g) mixed candied fruit
Handful of chopped parsley
2 cloves garlic, crushed
2 tablespoons (1 oz or 30 ml) concentrated orange juice
3 tablespoons (1½ fl oz or 45 ml) oil
1 tin (8 oz or 225 g) chestnut purée (available in specialty stores)
Salt and freshly ground black pepper
Soy sauce
Rolled oats, if needed

For the Pastry Blanket

4 cups (18oz or 510 g) all-purpose or whole-wheat flour
Pinch of salt
½ lb (225 g) unsalted butter
Cold water

Stir-fry the first eight ingredients in the oil. Remove from the heat and add the chestnut purée. Squeeze together with your hands until a big lump of the mixture is formed. If the mushrooms have made it too moist, add a bit of rolled oats. Season to taste with salt, pepper, and soy sauce.

Preheat oven to 350° F (180° C or 4 G). To make the pastry, follow the directions on p. 352. Roll out the pastry until it is large enough to hold the filling. Add the stuffing along the center of the pastry. Roll up the pastry, turning the sides in toward the center. Seal the ends. Carefully place, seam side down, on a baking sheet. Bake for 1 hour or until lightly browned. When cooled, slide onto a large oval dish. Decorate with sprigs of holly.

serves eight

Lentil Shepherd's Pie

A quick and easy English favorite that can be served with a steamed vegetable and salad for a nutritious family meal.

1 cup (8 oz or 225 g) dried green or brown lentils
4 tablespoons (2 oz or 60 g) unsalted butter
2 large onions (about 7 oz or 200 g each), peeled and thinly sliced
1 clove garlic, crushed
2 tablespoons (1 fl oz or 30 ml) soy sauce
2 tablespoons (1 oz or 30 g) parsley, chopped
Salt
Freshly ground black pepper to taste
½ lb (225 g) potatoes, cooked and mashed

Preheat oven to 400° F (200° C or 6 G).

Put all the lentils into a large pot and cover with water. Boil gently until tender, about 15 minutes. Drain the water. Use half the butter to grease a shallow oven-proof dish, either a 9-in (23-cm) pie pan or an 8-x-8-in (20-x- 20-cm) casserole.

In a pot, sauté the onions in the remaining butter for 10 minutes. Add the garlic, soy sauce, lentils, parsley, salt, and pepper to taste.

Spoon the mixture into the shallow dish that has been greased. Spread the mashed potatoes evenly over the top, drawing the prongs of the fork across the potato to make ridges. Bake the pie for 45 minutes, until potato topping is golden brown.

serves six



Bubble and Squeak

Delicious! Very hearty and filling and a good way to use leftover potatoes and cabbage. Easy to make, particularly if you use a non-stick skillet. It does bubble and squeak a bit!

1½ lbs (680 g) potatoes, peeled and cut into large chunks

¼ cup (2 fl oz or 60 ml) milk

2 tablespoons (1 oz or 30 g) butter

1 lb (455 g) cabbage, chopped

1 medium onion (about 4 oz or 115 g), chopped

4 tablespoons (2 fl oz or 60 ml) vegetable oil

Salt

Freshly ground black pepper

3 oz (85 g) grated cheddar cheese (optional)

Cook the potatoes in salted boiling water until tender. Drain and mash with milk and butter. Meanwhile, simmer the cabbage in hot water until tender but still crisp. Drain.

In a large frying pan, sauté onions in 2 tablespoons (1 fl oz or 30 ml) oil until brown. Remove from the pan and put in a bowl. Mix in the cabbage and potatoes. Add salt and pepper to taste.

Add 2 more tablespoons (1 fl oz or 30 ml) oil to the frying pan. Return the mixture to the pan, stir well, and pat it firmly into frying pan. Cook over medium-high heat, without stirring, until the underside is lightly browned.

Put a plate over the pan and turn the potato mixture, then slide it back into the skillet. If you have difficulty turning it all at once, turn it over, one section at a time, until all brown sides are uppermost. Continue to cook until underside is browned. Add cheese, if you are using it. Let it melt. Serve immediately.

serves four

Autumn Hot Pot

This wholesome stew from Scotland is cooked slowly in the oven to bring out the flavors of the vegetables and herbs. It can be served on its own with some good bread, or served with dumplings, rice, or *polenta*. Some gluten or textured vegetable protein can be added to the stew if desired.

4 tablespoons (2 fl oz or 60 ml) olive oil
1 large onion (about 7 oz or 200 g), chopped
2 carrots (about 8 oz or 225 g), thinly sliced
2 small turnips (about 4 oz or 115 g), thinly sliced
Salt
2 cups (1 lb or 455 g) cooked red kidney beans
1 lb (455 g) fresh or canned plum tomatoes
8 oz (225 g) Sautéed Mushrooms (p. 359)
2 potatoes (about 1 lb or 455 g), sliced
½ teaspoon (2½ g) dried thyme
½ teaspoon (2½ g) dried tarragon
1½ cups (12 fl oz or 350 ml) tomato juice
1 bay leaf
2 tablespoons (1 oz or 30 g) parsley, chopped

Heat the oil in a sauté pan, reserving 2 teaspoons (¼ fl oz or 8 ml). Sauté the onion until lightly colored. Add the carrots and turnips and cook an additional 5 minutes over medium heat. Season with salt to taste.

Preheat the oven to 350° F (180° C or 4 G).

Layer the onion mixture, beans, tomatoes, sautéed mushrooms, and potatoes in a casserole. Brush the potatoes with the reserved oil. Sprinkle with salt, thyme, and tarragon. Cover with tomato juice. Add the bay leaf.

Bake, covered, until the potatoes are very tender, about 30 minutes. Uncover and cook an additional 10 to 15 minutes. Remove the bay leaf. Sprinkle with parsley. Serve hot.

serves six

Champ (Irish Mashed Potatoes)

Soft, creamy mashed potatoes are the ultimate comfort food. Add more or less milk and butter, according to taste. The Irish add green onions, but other finely cut vegetables such as carrots or leeks may also be added to this dish.

3 lbs (1½ kg) potatoes

1½ cups (12 fl oz or 350 ml) milk

½ cup (4 oz or 115 g) unsalted butter, cut into bits

3 cups (about 7½ oz or 215 g) green onions (scallions), white and green parts, chopped

Salt

Freshly ground white pepper

Cover potatoes with cold salted water. Cook until tender, about 30 minutes. Drain and allow potatoes to cool.

Heat milk and half the butter in a saucepan until the butter melts. Add chopped green onions and simmer until tender, about 5 to 10 minutes.

When potatoes are cool enough to handle, peel and mash. Lift the green onions from the milk with a slotted spoon and fold into the potatoes. Add enough milk to reach a creamy consistency. Sprinkle with salt and pepper to taste. Reheat gently over low heat until hot. Top with remaining butter.

serves six



Brussels Sprouts with Butter

A quick and easy way to prepare brussels sprouts. Serve them with the Chestnut Pâté en Croûte (p. 465), Bubble and Squeak (p. 467), Lentil Shepherd's Pie (p. 466), or any other main course.

1½ lbs (680 g) Brussels sprouts
2 qt (2 L) boiling salted water
Salt
Freshly ground black pepper
2 tablespoons (1 oz or 30 g) butter

Wash and trim the brussels sprouts. Drop into the boiling salted water. Boil for 10 to 12 minutes, or until they are easy to pierce with a fork. Drain. Add salt and pepper to taste. Add the butter and serve hot.

serves four



English Peas with Mint

Sweet peas are one of the best English vegetables. Toss with mint and dressing and use to accompany any meal.

2 tablespoons (1 fl oz or 30 ml) vinegar
½ cup (2⅔ fl oz or 80 ml) salad oil
½ teaspoon (2½ g) paprika
Salt
Freshly ground black pepper
2 tablespoons (1 oz or 30 g) fresh mint, finely chopped
20 oz (566 g) fresh or frozen peas, cooked and chilled

About 30 minutes before serving, combine the vinegar, oil, paprika, salt, and pepper to taste. Add the mint leaves and mix. Pour over the peas and toss lightly. Chill until ready to serve.

serves six

Roasted Parsnips and Carrots

“Fine words butter no parsnips,” but roasting definitely brings out the best in them. Tossed with carrots, they makes a good side dish to almost any main course. Or combine them with other side dishes and a salad for a complete meal.

½ lb (225 g) parsnips

½ lb (225 g) carrots

1 tablespoon (½ oz or 15 g) unsalted butter, melted

Salt

Freshly ground black pepper

Preheat the oven to 500° F (260° C or 10 G). Scrub and peel the parsnips and carrots. Cut them into thin sticks about 2-in (5-cm) long.

Put the parsnips, carrots, and butter in a roasting pan large enough to hold them in a single layer. Toss with the butter. Roast for 20 minutes, turning once about halfway through the roasting. Add salt and pepper and serve hot.

serves four



Watercress and Stilton Salad

Stilton, a smooth blue cheese, is one of England's most prized cheeses. It is combined here with watercress for a crisp fresh salad. If Stilton is not available, substitute a blue cheese of your choice.

10 oz (285 g) watercress
½ lb (225 g) small whole beets, cooked
2 oz (60 g) Stilton cheese (or to taste)
½ cup (2 oz or 60 g) walnuts, toasted
Salt
Freshly ground black pepper
Vinaigrette Dressing (p. 347)

Wash and dry the watercress and remove any thick stems. If the beets are large, cut them in half or quarters or any size you like. Toss the watercress with the cooked beets. Add the Stilton cheese, walnuts, salt, and pepper to taste.

Prepare the vinaigrette dressing. Toss the watercress, beets, Stilton, and walnuts with the dressing. Taste and adjust seasoning, adding more salt, pepper, or vinaigrette dressing as desired.

serves four



Scottish Shortbread

Shortbread is typically served at Christmas, but is delicious any time of the year as a sweet snack or for tea.

2 cups (9 oz or 255 g) all-purpose flour
½ cup (2 oz or 60 g) powdered sugar
½ teaspoon (2 g) baking powder
Pinch of salt
1 cup (8 oz or 225 g) unsalted butter, softened

Preheat the oven to 325° F (160° C or 3 G).

Sift the flour, sugar, baking powder, and salt together. Mix with the softened butter until it holds together in a ball. Knead for a few minutes to form a firm dough.

Press the dough firmly into an 8-in (20-cm) square pan. Prick the surface all over with a fork. Score the dough into even fingers, being careful not to cut all the way through. Bake for about 45 minutes or until golden. Test with a toothpick. If it comes out clean, the shortbread is ready. Let cool in pan before removing.

makes 12 shortbread fingers



Victoria Sandwich Cake

The flavors in this cake may be changed by adding lemon rind or replacing a few tablespoons of the flour with cocoa powder or coffee powder. The cake may be filled and topped with Butter Cream Frosting (p. 99).

1½ cups (7 oz or 200 g) all-purpose flour
1 tablespoon (½ oz or 15 g) baking powder
1 tablespoon (½ oz or 15 g) baking soda
1 teaspoon (6 g) salt
½ cup (4 oz or 115 g) unsalted butter
1 cup (8 oz or 225 g) sugar
2 tablespoons (1 fl oz or 30 ml) lemon juice
1 teaspoon (5 ml) vanilla extract
¾ cup (6 fl oz or 180 ml) evaporated milk

Preheat the oven to 375° F (190° C or 5 G).

Sift the flour, baking powder, baking soda, and salt together and set aside.

In a separate bowl, cream butter and sugar together and beat with a fork until it becomes light and fluffy. In a third bowl or cup, add the lemon juice and vanilla extract to the evaporated milk and mix until thick.

Fold the dry ingredients a little at a time into the butter/sugar mixture, then add a little of the evaporated milk/lemon. Mix well. Repeat this process, alternating the dry ingredients with the evaporated milk/lemon mixture. Add a little ordinary milk (½-1 tablespoon, ¼-½ fl oz (or 7½-15 ml) if the batter is too thick.

Divide the batter between two 8-in (20-cm) cake pans. Bake the cakes for 25 minutes in the center of the oven. Allow the cake to cool completely before turning it out.

serves six

Christmas Pudding

This is one of the classic sweets of a traditional English Christmas. Serve with clotted cream.

12 tablespoons (6 oz or 170 g) unsalted butter
½ cup (4 oz or 115) light brown sugar
1½ cups (7 oz or 200 g) all-purpose flour
2 teaspoons (¼ oz or 8 g) baking powder
½ teaspoon (2 g) salt
1½ cups (6 oz or 170 g) bread crumbs
1 cup (6 oz or 170 g) each raisins, currants, golden raisins (sultanas)
¼ cup (1½ oz or 45 g) mixed candied peel
1 cup (4 oz or 115 g) walnuts, chopped
1 cup (4 oz or 115 g) hazelnuts, chopped
½ cup (4 fl oz or 120 ml) maple syrup
1 carrot (about 3 oz or 85 g), grated
1 apple (about 4 oz or 115 g), peeled and grated
½ teaspoon (2½ g) ginger
½ teaspoon (2½ g) nutmeg
1 tablespoon (½ oz or 15 g) allspice
1½ cups (12 fl oz or 350 ml) orange juice and rind of 1 orange, grated
1 teaspoon (4.4 g) baking soda, dissolved in the orange juice

Melt the butter and set aside. Mix the brown sugar, flour, baking powder, salt, and bread crumbs. Toss with the dried fruit and nuts. Add the remaining ingredients and blend thoroughly. Pour into an 8-cup (2-qt or 2-L), well-greased pudding basin or mold. (Any metal or heat-proof bowl will do.) Fill only two-thirds full. Cover with grease-proof paper and then aluminum foil fastened with a rubber band.

Set the pudding basin on a trivet in a deep pot. Add enough water to come about one-third of the way up the container. Cover the pot, bring to a simmer, and steam for about 6 hours. Check the water occasionally to see that it does not evaporate. Remove from the heat and let cool in container. Set aside in a cool, dry place until ready to serve. Steam again before serving. Serve hot with clotted cream. Decorate with holly.

makes 1 Christmas pudding

Summer Pudding

Summer berries, red currants, and bread combine in this homey, colorful pudding. The amount of sugar will depend on the tartness of the berries and your own taste, so add accordingly. Serve at tea time or as an after-dinner dessert.

2 tablespoons (1 fl oz or 30 ml) water

½ cup (4 oz or 115 g) sugar (or to taste)

1 lb (455 g) raspberries, red currants, or other soft fruit

10 to 15 slices (about 4 oz or 115 g) fresh, soft bread

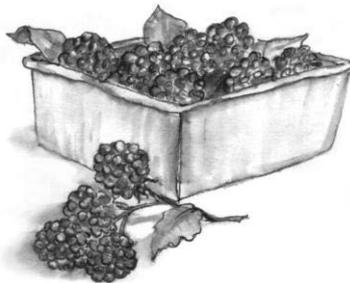
Whipped cream

Bring the water to a boil and add the sugar. Mix this until the sugar dissolves, then add the fruit while the pan is still on the heat. Allow the fruit to simmer until it is tender.

Remove the crusts from the bread. Line a pudding tin with a thin layer of bread and pour the fruit over it. Cover the fruit with the remaining bread. Cover the tin with a weighted saucer and leave it for several hours or overnight in a cool place.

Turn the pudding out into a serving dish and serve with whipped cream.

serves six



Mince Tarts

If you are looking for a use for those last green tomatoes still clinging to the vine, this is it. Pick them and bake them into these tantalizing mince tarts. If green tomatoes are not available, substitute other fresh or dried fruit.

For the Green Tomato Mince

3 cups (1 lb or 455 g) green tomatoes, chopped
3 cups (1 lb or 455 g) apples, peeled and chopped
½ cup (3 oz or 85 g) raisins
¾ cup (4½ oz or 130 g) currants
2 cups (4 fl oz or 120 ml) white vinegar
2 cups (1 lb or 455 g) sugar
1 teaspoon (6 g) salt
1 teaspoon (5 g) allspice
1 teaspoon (5 g) ground cloves
2 teaspoons (5 g) cinnamon

For the Tarts

2 quantities Sweet Short Crust Pastry (p. 352)
Green tomato mince
Caster sugar (superfine sugar)



Combine all of the ingredients for the green tomato mince in a saucepan and bring to a boil. Turn down the heat and simmer for about 40 minutes to 1 hour or until the mixture has thickened.

Preheat the oven to 400° F (200°C or 6 G). Roll out the pastry and cut rounds to fit into a muffin pan. Cut some smaller rounds to cover the tops of the tarts. Press the pastry into the muffin cups. Add 1 heaping tablespoon (½ oz or 15 g) of the green tomato mince. Cover with the smaller rounds of pastry.

Make steam holes in the top and bake for about 15 to 20 minutes or until lightly browned. Sprinkle with superfine sugar and serve warm.

makes 2 dozen mince tarts

How to Make a Proper Pot of Tea

What would tea time be without tea? Tea is a way of life in the British Isles and making a proper pot is a very personal matter. One for the pot or not? Do you add milk before or after you put in the tea? Stick to the essentials: pure fresh water and good tea. For the rest: as you like it.

Pure water (the softer the better)

Loose tea (although tea bags will do)

Milk

Sugar

Put cold water on to boil in a kettle. If your tap water is very hard or poor tasting, use bottled water.

The rule of thumb is 1 heaping teaspoon (5 g) of tea for each cup. If you are using tea bags, use one for each serving.

Fill a porcelain teapot with hot tap water and let it sit to warm up while the kettle boils. Place the teapot next to the stove and just before the water boils, empty the teapot and dry it. Add the tea to the teapot. When the kettle boils, pour the boiling water over the tea into the warm teapot.

Let the tea steep for 3 to 5 minutes. Stir it once during steeping to distribute the essential oils. Finally, strain the tea into hot cups. You may add milk either before or after you pour in the hot water, according to taste. Add sugar if desired. Serve immediately.



Suggested Menus

This sampling of tea-time menus is suitable, not only for tea, but also for breakfast, lunch, or dinner. Afternoon tea starts with sandwiches and includes scones, cakes, and other sweets. Besides the traditional British sweets given in this chapter, sweets from other sections of the book may be selected to round out a menu. High tea is served in the evening and may be a lavish spread that makes dinner unnecessary. A tea sandwich with a bowl of soup is a perfect light meal, and the high tea menu will make a hearty holiday dinner.

Light Scottish Breakfast

*Fresh Orange Juice
Lemon Yogurt Scones
Strawberry Preserves
Tea*

English Afternoon Tea

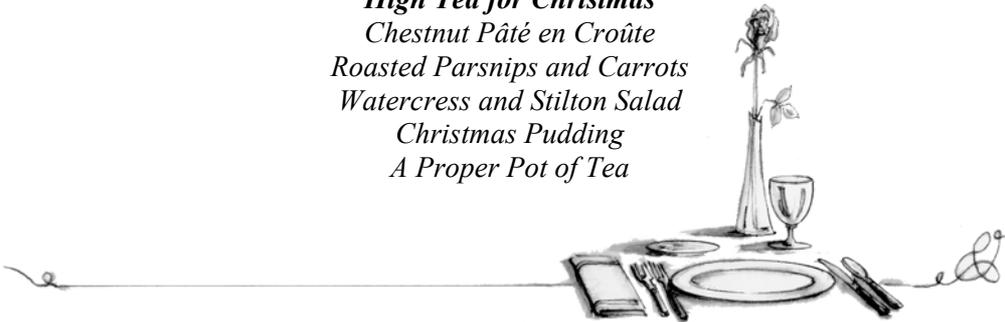
*Cucumber Sandwiches with Mint Butter
Watercress Sandwiches
Lemon Yogurt Scones
Strawberry Preserves
Victoria Sandwich Cake
Tea*

Irish Country Supper

*Farmhouse Vegetable Soup
Champ (Irish Mashed Potatoes)
Roasted Parsnips and Carrots
Watercress and Stilton Salad
Irish Soda Bread*

High Tea for Christmas

*Chestnut Pâté en Croûte
Roasted Parsnips and Carrots
Watercress and Stilton Salad
Christmas Pudding
A Proper Pot of Tea*



The Middle East

The Middle East

The region from Iraq through Syria down the eastern coast of the Mediterranean to the Nile has been described as the Fertile Crescent. It is believed that this area of southwest Asia gave rise to the beginnings of agriculture in the Old World. The moment man put down his spear and picked up his hoe marks the single most important event in human history: the beginning of civilization. As humans began the simultaneous cultivation of cereals and civilization, it was evident that they would have many more choices for the evening meal.

The soil of the Fertile Crescent produced a broad range of fruits and vegetables, an even broader range of mystical sects, and three of the world's great religions: Judaism, Islam, and Christianity. One of the ways in which these religions defined themselves was by the foods they ate. Many dietary rules stem from tribal practices which were later codified into religious law. The Hebrew tribes, who were pastoral nomads, conceived of "pure food" as it had been in the Garden of Eden. For them, the first rule of diet was the one God gave to Adam: "Behold I have given every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed—to you it shall be for food..." (Genesis 1:29-30).

But after the flood, it was thought that God permitted meat eating as a concession to human weakness with the understanding that "You shall not eat flesh with its life, that is its blood." (Gen 9.33-4). The association of the blood of an animal with its life is common among the tribes of the area. The taboo against eating blood is similar for Jew and Muslim. Ritual slaughter, which is practiced by both as a way of eating flesh without blood, was considered a compassionate way of killing animals. The Book of Leviticus in the Bible further defined what was fit to eat by classifying animals into those that were clean (and, therefore, fit to eat) and those that were unclean. "Clean" animals were basically cloven-hoofed, cud-chewing herbivores. These rules influenced many subsequent attitudes toward food and animals.

Christians inherited and adopted some, but not all, of the Jewish dietary laws. Many of the early Christians were descended from Jewish sects that appear to have been vegetarian. The discovery of the Nag Hammadi texts offers evidence that Jesus, himself, belonged to one of these sects. It is quite likely that he practiced and taught vegetarianism. It wasn't until after his death that meat eating was sanctioned by the early Church, but the taboo on eating "unclean" animals remained. This made it permissible to eat cows, for example, but not camels.

Although well outside the prevailing current of thought, the Christian, Jewish, and Muslim mystics in the region also influenced their communities. The mystics rejected all killing and maintained a vegetarian diet. Rumi's advice to look on every animal from the gnat to the elephant as all God's family, sums up their idea of compassion. It was hard not to be moved by the Sufi view that love is "the wine of life." These ideals are woven like golden threads throughout all the mystical sects, as well as the three religions. Despite their differences, our ancestors clearly regarded their choice of food as an indication of their faith. Nutritional considerations came much later.



The Middle East

Today, when we speak of Middle Eastern food, we are primarily referring to Arabic food. Ideas about food and cooking have evolved over the centuries, but the basic diet remains what it was thousands of years ago. Although Arabs are basically meat-eaters, many of their traditional foods are suitable for a vegetarian diet. Wheat, which has been cultivated since 7,000 B.C., remains the staff of life. It is eaten every day in the form of bread, bulgur, and semolina. Lentils, beans, and chick peas, which have been cultivated since 6,000 B.C., are still enjoyed in dishes like Hummus, Mjudra, and Falafel. Ful, made of small brown broad beans, has been eaten since the time of the Pharaohs.

Middle Eastern vegetables and fruits are all treated with great respect: olives, figs, dates, grapes, and pomegranates have been harvested since 4,000 B.C. Eggplants, green beans, and artichokes are other Middle Eastern favorites that you will find in this chapter. Try the Artichoke and Mushroom Casserole, Green Beans with Olive Oil and Tomatoes, or the Arabian Moussaka. Laban (Yogurt) and, Labna (Fresh Yogurt Cheese) are indispensable in the Middle Eastern kitchen. As you would expect from a region which was once the center of the spice trade, spices play an important role. Each country and region has its own favorites but cumin, coriander, and cinnamon make frequent appearances. Mezze, or appetizers, are served throughout the Middle East, either before the meal or as a meal in themselves.

In every Muslim home "Bismillah" (In the name of God) is uttered before any food is taken and Alhamdulillah (To God be thanks) is said when you have finished your meal.



The Middle East

Middle Eastern Recipes

Mezze (Appetizers)

Ghanouj (Grilled Eggplant Purée)
Hummus (Chick Peas with Sesame Tahini)
Ful Mdammas (Egyptian Broad Beans)
Stuffed Vine Leaves

Rice, Chick Peas, Lentils, and Bulgur

Rice Pilaf with Vermicelli
Mjudara (Lentils and Rice)
Bulgur Pilaf
Falafel (Chick Pea Fritters)

Vegetables

Artichoke and Mushroom Casserole
Green Beans with Olive Oil and Tomatoes
Arabian Moussaka
Vegetable Kabobs

Salads and Pickled Vegetables

Tabbouli (Salad of Fresh Herbs and Bulgur)
Fattoush (Bread Salad)
Mixed Bean Salad
Pickled Turnips

Yogurt and Yogurt Cheese

Laban (Yogurt)
Labna (Fresh Yogurt Cheese)

Sweets

Basboosa (Semolina Cake with Syrup)
Rice Pudding

Suggested Menus

Baba Ghanouj (Grilled Eggplant Purée)

Grilling the eggplant on an outdoor grill gives a wonderful smoky flavor to this Middle Eastern specialty. Alternately, you may roast it in the oven for the first part of the cooking and finish it over a low flame on your gas stove top. Small eggplants with fewer seeds are ideal for this dish, but the larger ones also work well. Zucchini can be given this same treatment.

2 lbs (1 kg) eggplant
¼ cup (2 fl oz or 60 ml) lemon juice (or to taste)
1 tablespoon (½ oz or 15 g) sesame tahini
3 cloves garlic
Salt
1 teaspoon (5 g) ground cumin
½ cup (4 oz or 115 g) yogurt
1 tablespoon (½ fl oz or 15 ml) olive oil
¼ cup (1 oz or 30 g) fresh parsley, chopped
Cayenne pepper (optional)

Wash the eggplant and prick in a few places with a fork. Grill the eggplant slowly on an outdoor grill or preheat the oven to 450° F (230° C or 8 G) and roast in the oven on a slightly oiled baking sheet until the skin is cracked.

The inside should be well cooked, but the eggplant should still maintain its shape and not be completely limp and soggy. This will take about 35 to 45 minutes or longer (depending on the tenderness of the eggplant).

If you are using the oven method, remove from the oven when done and place on your stove top over a very low flame. Rotate the eggplant about every 20 seconds or so until the skin is charred.

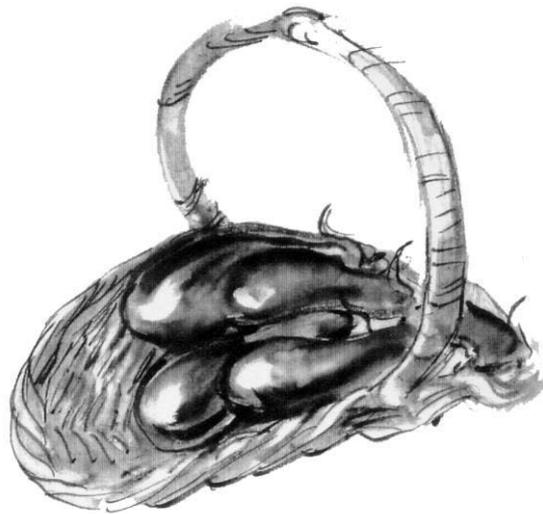
Remove from the flame and peel away the skin and seeds from the eggplant. Put the pulp into a bowl or large mortar and pestle and mash well. Do not put into a food processor. It should be a little lumpy and maintain some texture. After mashing, set aside to cool.

Mix the lemon juice and sesame *tahini*. Mash the garlic, salt, and ground cumin in a mortar and pestle. Add it to the lemon/*tahini* mixture.

Beat this mixture into the mashed eggplant a little at a time until it whips up nicely and turns a lighter color.

Stir the yogurt and oil into the mashed eggplant. Add a little water if necessary. The sauce should be on the thinner side, but neither too thin nor too thick. Taste and add more lemon juice if desired. Mound in a bowl and garnish with fresh parsley and cayenne pepper.

makes 2 cups



Hummus (Chick Peas with Sesame Tahini)

This tasty spread of chick peas and *tahini* is typically served with pita bread, but carrots, celery, or bell peppers can also be used to scoop up the *hummus*. It is very quick to make if you use canned chick peas. *Hummus* is always part of the *mezze* or Middle Eastern appetizer table.

For the Hummus

1 cup (6 oz or 170 g) dried or 1¾ cups (14 oz or 440 g) canned or cooked chick peas

6 cups (1½ qt or 1½ L) water

Salt

1 clove garlic

2 tablespoons (1 oz or 30 g) sesame tahini

4 tablespoons (2 fl oz or 60 ml) fresh lemon juice, strained

For the Garnish

Few sprigs parsley, finely chopped

Sprinkling of pomegranate seeds

Olive oil

Paprika

If using dried chick peas, soak them overnight. The next day, drain and put in a pot with the fresh water. Bring to a boil, lower the heat, and simmer for about 2 hours or until the chick peas are tender. Add salt to taste. Drain the chick peas, reserving ⅓ cup (3 fl oz or 90 ml) cooking liquid. If you are using canned chick peas, drain them, reserving about ⅓ cup (2⅔ fl oz or 80 ml) of the liquid. Do not rinse.

Peel and chop the garlic. Put the chick peas, garlic, sesame *tahini*, reserved chick pea liquid, lemon juice, and salt in a blender or food processor. Blend to a smooth paste.

Taste and adjust the seasonings, adding more salt or lemon juice if needed. Transfer to a serving bowl and add parsley, pomegranate seeds, oil, and paprika. Serve with pita bread.

makes 1¾ cups

Ful Mdammas (Egyptian Broad Beans)

Ful are small brown fava or broad beans that have been enjoyed since the time of the Pharaohs. They are eaten in the Middle East and North Africa for every meal including breakfast. Considered a food of the poor, they are loved by the rich as well. *Ful* are available in Middle Eastern markets.

For the Ful Mdammas

1 cup (about 5 oz or 140 g) ful misri (small fava or broad beans), soaked overnight

4 cups (1 qt or 1 L) water

3 cloves garlic

Salt

¼ cup (2 fl oz or 60 ml) olive oil

½ cup (4 fl oz or 120 ml) fresh lemon juice

Cumin

Freshly ground black pepper

For the Garnish

2 tablespoons (1 oz or 30 g) parsley, chopped

1 tomato (about 4 oz or 115 g), chopped

Few black olives, pitted

1 or 2 hot peppers (optional)

Drain the beans that have been soaking overnight. Bring 1 qt (1 L) of water to a boil. Add the beans, reduce the heat, and partially cover the pan. Allow to simmer for 1 to 2 hours or until tender. If there is a lot of liquid left, drain off. Allow the beans to come to room temperature.

Crush the garlic and a little salt together. Whisk in the olive oil and lemon juice. Add cumin, salt, and pepper to taste. Pour over the beans and mash gently, leaving some texture.

Transfer to a serving bowl. Garnish with the parsley, chopped tomato, olives, and hot peppers. Serve with pita bread.

serves four

Stuffed Vine Leaves

Stuffed vine leaves are served everywhere in the Middle East and Greece as part of the *mezze* or appetizer table. They are time-consuming to prepare, but once your fingers get into the rhythm of rolling and stuffing, they go quickly. Chard leaves or cabbage leaves may be stuffed in the same way.

1 lb (455 g) fresh or canned vine leaves
1½ cups (9 oz or 255 g) uncooked rice
1 bunch (about 4 oz or 115 g) parsley
3 tablespoons (1½ oz or 45 g) dried mint
2 tomatoes (about 10 oz or 285 g), chopped
1 onion (about 4 oz or 115 g), finely chopped
3-4 cloves garlic, chopped
1 teaspoon (5 g) bhar (p. 514)
Salt and freshly ground black pepper
½ cup (4 fl oz or 120 ml) olive oil
¼ cup (2 fl oz or 60 ml) lemon juice
1 cup (8 fl oz or 240 ml) Vegetable Broth (p. 411) or water (or as needed)

If you are using fresh vine leaves, dip them in hot water until they become limp. If using vine leaves preserved in brine, snip off the stalks. Pour hot water over the vine leaves and set aside for 15 minutes. Drain. Soak in fresh water, then drain again and pat dry.

To make the filling, wash and drain the rice. Mix the rice with parsley, dried mint, tomatoes, onion, garlic, allspice, salt, and freshly ground black pepper to taste. Place each vine leaf, shiny side down, on a wooden board. Place a few teaspoons of the filling in the center of each leaf. Fold the stem end over the filling, then fold in the sides. Roll leaves into finger shapes.

Line a deep pot with leftover vine leaves. Arrange the rolls over the leaves, stacking them next to each other, making as many layers of rolls as necessary. Mix the olive oil and lemon juice with the Vegetable Broth or water. Pour over the leaves. Sprinkle with salt. Place a plate on top of the leaves. Cover and simmer over low heat for 1½ to 2 hours. Add more broth or water if needed. Serve at room temperature or cold.

serves six to eight

Rice Pilaf with Vermicelli

The Middle East is famous for the quality and variety of its pilafs. Rice is often combined with chick peas, lentils, vegetables, and, here, with noodles. This dish is popular in both Syria and Lebanon. Serve it as a main course or as an accompaniment to a vegetable course. *Bhar*, the Syrian spice called for in the recipe, has a distinct taste and is available in Middle Eastern grocery stores. If you are unable to find it, substitute allspice.

1 cup (6 oz or 170 g) long-grain rice

Salt

4 tablespoons (2 oz or 60 g) butter

½ cup (4 oz or 115 g) bird's nest vermicelli or ¾ cup (6 oz or 170 g) orzo

2 cups (16 fl oz or 475 ml) cold water

Bhar or allspice (p. 514)

Wash the rice and soak it in salted hot water for 1 hour. Rinse the rice 2 to 3 times and drain.

Melt the butter in a pot over a low heat. Add the vermicelli or orzo and sauté, stirring constantly, until medium golden brown, taking care not to burn it. Add the rice and sauté for a few additional minutes. Turn up the heat, add water, salt, and *bhar* or allspice. Bring to a boil.

Leave on high heat until all the excess water is gone and the rice itself is bubbling. Reduce the heat to low, cover, and cook for about 20 minutes or until perforations appear in the rice. Let the rice settle for a few minutes before serving.

serves four



Mjudara (Lentils and Rice)

This is an excellent and very nutritious family dish of lentils and rice seasoned with cumin and *bhar* (p. 514).

¼ cup (2 fl oz or 60 ml) extra-virgin olive oil

1 onion (about 4 oz or 115 g), finely diced

¾ cup (4½ oz or 130 g) uncooked long-grain white rice or brown rice

1 cup (8 oz or 225 g) brown lentils, picked over and rinsed

4½ cups (1¼ qt or 1¼ L) cold water

Pinch of bhar or allspice (p. 514)

Pinch ground cumin

Salt

Freshly ground black pepper

Heat the olive oil in a soup pot and add the diced onions. Sauté the onions over a medium heat for about 30 minutes. Stir often, until they are a deep golden brown. They should be sautéed to the richest color possible, but be careful not to burn them.

Rinse the white rice. If you are using brown rice, let it cook for about 20 minutes or until half done.

When the onions are done, add the lentils and water immediately. Bring to a boil and lower the heat. Simmer until the lentils are half done, about 25 minutes. When the lentils are half done, add the white rice or the pre-cooked brown rice. Raise the heat again and bring to a boil. Cover the pot, leaving a slight opening. Lower the heat and cook for another 20 minutes or until the water is absorbed and the lentils and rice are done.

About 10 minutes before the end of cooking, add *bhar* or allspice, cumin, salt, and freshly ground black pepper to taste. If you would like a dish with more liquid, add more water in the last few minutes of cooking. Serve hot or cold.

serves six to eight

Bulgur Pilaf

Bulgur is a crushed wheat that is available in all Middle Eastern grocery stores in coarse, medium, and fine grains. For this pilaf, select coarse or medium grain. You can prepare and serve bulgur in many of the ways you would prepare a rice pilaf: add vegetables, especially tomatoes and eggplant, or combine with lentils and noodles. This dish makes an excellent base for casseroles or kabobs.

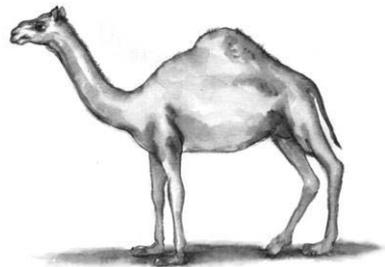
1 cup (6 oz or 170 g) raw bulgur
3 tablespoons (1½ fl oz or 45 ml) olive oil
1 onion (about 4 oz or 115 g), chopped
1 stalk celery (about 3 oz or 90 g), chopped
2 cups (16 fl oz or 475 ml) Vegetable Broth (p. 411) or water
Salt
Pinch of bhar or allspice (p. 514)

Wash the bulgur, cover with water, and soak for 5 minutes. Drain.

Heat the oil and sauté the onion until translucent. Add the celery and sauté until tender but still firm. Pour in the Vegetable Broth or water and bring to a boil. Stir in the bulgur. Season with salt and allspice to taste.

Cover and simmer for about 15 minutes or until the broth or water is absorbed. Let rest a few minutes before serving.

serves two to four



Falafel (Chick Pea Fritters)

These tasty fritters are one of the most popular of Middle Eastern dishes. They can be made with chick peas or a combination of chick peas and *ful* (fava beans). The combination will vary according to the cook and the region where it is cooked.

For the Falafel

1½ cups (9 oz or 255 g) dried chick peas
1 onion (about 4 oz or 115 g), chopped
¼ cup (1 oz or 30 g) fresh parsley, chopped
2-3 cloves garlic, crushed
1 teaspoon (5 g) ground cumin
1 teaspoon (5 g) ground coriander
Salt
Freshly ground black pepper
½ teaspoon (2 g) baking powder
Corn oil for frying

For the Garnish

Fresh chopped parsley
Shredded lettuce
Chopped tomato
Chopped scallions

Soak the dried chick peas overnight in 4 cups (1 qt or 1 L) of cold water. Drain the chick peas and place in a food processor. Blend to a smooth paste.

Remove from the blender and add the onions, parsley, garlic, spices, salt, pepper, and baking powder. Set aside for about 30 minutes.

Shape the mixture into patties and set aside for about 10 to 15 additional minutes. After the mixture has rested, fry in hot oil until well browned. Remove and drain on absorbent paper.

Serve the falafel in pita bread with the fresh chopped parsley, shredded lettuce, chopped tomato, and chopped scallions or other garnishes.

You may also set all the garnishes on the table and allow your guests to select their own. Drizzle the desired amount of *tahini* sauce over each sandwich.

For the Tahina Sauce

1 cup (8 oz or 225 g) sesame tahini

2 cloves garlic, crushed

½ cup (4 fl oz or 120 ml) fresh lemon juice

Salt

Freshly ground black pepper

¼ cup (2 fl oz or 60 ml) water

To make the sauce, combine the *tahini*, garlic, lemon juice, salt, and pepper. Blend until smooth. Gradually add the water until the sauce becomes thick and creamy.

makes 10 to 12 falafel.



Artichoke and Mushroom Casserole

Serve this casserole of fresh spring artichokes and earthy mushrooms hot or cold. In Lebanon hot dishes are prepared with butter. Dishes that are served cold are prepared with olive oil.

8 medium artichokes (about ½ lb or 225 g each)

Lemon juice

15 small mushrooms (about ¼ lb or 115 g)

6 pearl onions (about ¼ lb or 115 g)

4 tablespoons (2 fl oz or 60 ml) olive oil or butter

5 ripe tomatoes (about 1¼ lbs or 566 g), peeled and finely chopped

4 cloves garlic, crushed

½ teaspoon (2½ g) thyme

Salt and freshly ground black pepper

Parsley, chopped

Lemon wedges



Trim the artichokes, removing all tough outer leaves, leaving the tender inside leaves and the bottoms. Cut into quarters and remove the choke (the fuzzy center). Put the artichokes into a bowl of water with some lemon juice to keep them from turning black.

Wash the mushrooms or wipe them clean. Peel the pearl onions by blanching quickly in hot water, then peel the outer skins. Leave the onions whole.

Heat the oil or butter and add the onions. Fry gently over medium heat for about 5 minutes. Add the mushrooms and cook for another 5 minutes. Squeeze a few drops of lemon juice over the mushrooms. Drain the artichoke hearts and add to the mushrooms. Finally, add the tomatoes, garlic, thyme, and salt and pepper to taste.

Simmer over low heat for about 30 minutes. If you are going to be serving this dish cold, evaporate some of the remaining juices before serving. Add a little additional lemon juice to taste. Garnish with chopped parsley and lemon wedges. Serve with plain rice.

serves four

Green Beans with Olive Oil and Tomatoes

These tasty green beans may be served hot or cold. If hot, they are usually served with rice pilaf. If served cold, eat with pita.

1½ lbs (680 g) green beans

3 large cloves garlic

Salt

¼ cup (2 fl oz or 60 ml) olive oil

1 large onion (about 8 oz or 225 g), finely diced

Freshly ground black pepper

½ teaspoon (2½ g) bhar or allspice (p. 514)

1 teaspoon (5 g) tomato paste, diluted with a little water

5 fresh or canned tomatoes (about 20 oz or 566 g), peeled and chopped

Wash the green beans and snip off the ends and strings. Cut into 2-in (5-cm) pieces.

Peel the garlic cloves and put them in a mortar and pestle with a little salt. Pound together until the garlic is mashed. If you do not have a mortar and pestle, mash the salt and garlic together with a knife on a wooden board.

Heat the oil in a pan, then sauté the garlic until it is light golden. Add the onion and cook until translucent. Finally, add the string beans, salt, pepper, and *bhar* or allspice.

Cook a few minutes and add the tomato paste/water and the chopped tomatoes. Cover and let simmer for 25 to 30 minutes or until beans are very tender. Serve hot or cold.

serves four to six

Arabian Moussaka

This medley of eggplant, tomato, and chick peas is called *moussaka* but it is an entirely different dish from the béchamel-layered eggplant dish of Greece. It is a very flavorful stew to serve with pita bread or with rice.

½ cup (3 oz or 85 g) dried or 1 cup (8 oz or 225 g) cooked or canned chick peas
2 lbs (1 kg) eggplant
Salt
½ cup (4 fl oz or 120 ml) olive oil
2 onions (about 8 oz or 225 g), chopped
4 ripe tomatoes (about 1¼ lbs or 566 g), peeled and chopped
4 cloves garlic, peeled but left whole
1 cup (8 fl oz or 240 ml) water
Freshly ground black pepper
Lemon juice (to taste)

If you are using dried chick peas, soak them overnight. Drain.

Use very small baby eggplants for this dish if they are available. Leave the eggplant whole. If you are using the larger eggplant, cut into ½-in (13-mm) cubes. Unless the skin is very tough or shriveled, don't peel it. Salt the eggplant and set aside in a colander for about 30 minutes. Wash the eggplant and pat dry. Fry the eggplant in 5 tablespoons (2½ fl oz or 75 ml) of olive oil until golden. Set aside.

In a deep casserole, fry the onion in the remaining oil until golden. Add the dried chick peas and cook about 5 minutes, stirring to coat with the oil. Add the tomatoes, garlic, water, and salt to taste. Stir in the eggplant and cook over low heat for about 40 minutes.

If you are using canned chick peas, add them 5 minutes before the cooking is done. Add freshly ground black pepper and lemon juice to taste. Chill the dish in the refrigerator until serving time. Serve cold or at room temperature.

serves four

Vegetable Kabobs

These colorful *kabobs* look spectacular on the table over large pieces of pita bread or pilaf (either rice or bulgur). Use whatever vegetables are available. Eggplant, bell pepper, and zucchini are typical of Middle Eastern cuisine, but corn, winter squash, and potatoes are also delicious. If you are serving this as the main course, you may want to double the recipe.

For the Marinade

½ cup (4 fl oz or 120 ml) olive oil
¼ cup (2 fl oz or 60 ml) lemon juice
¼ cup (2 fl oz or 60 ml) red vinegar
¼ cup (1 oz or 30 g) parsley, finely chopped
3 cloves garlic, crushed
1 teaspoon (5 g) ground cumin (or to taste)
Salt
Freshly ground black pepper

For the Kabobs

1½ lbs (680 g) eggplant, cut into cubes
1½ lbs (680 g) zucchini, cut into chunks
1 each red, green, and yellow bell peppers (about 5 oz or 140 g each), cut in wedges
2 sweet red onions (about 5 oz or 140 g each), cut into wedges
6-10-in (15-25-cm) metal skewers

To make the marinade, whisk all of the ingredients for the marinade in a jar or mix in a blender.

Wash and cut all of the vegetables into cubes or chunks. Leave the skins of the eggplant and zucchini on. Cut the peppers and onions more or less the same size as the eggplant and zucchini. Thread on the skewers, alternating the various vegetables by color. Brush with marinade so that they are coated on all sides.

Grill over medium-hot coals, basting with additional marinade. Remove the vegetables when they are nicely charred but still firm. Serve hot over pita bread with additional marinade.

makes 6 *kabobs*

Tabbouli (Salad of Fresh Herbs and Bulgur)

This Middle Eastern salad is bursting with fresh parsley and mint. If you prefer a heartier salad, increase the amount of bulgur. Use a fine-grain bulgur (available in Middle Eastern grocery stores) for the salad.

3 large bunches parsley (about 12 oz or 340 g)

½ bunch (about 2 oz or 60 g) fresh mint (or 1 tablespoon (½ oz or 15 g) dried)

¼ cup (1½ oz or 45 g) fine bulgur

5 spring onions (about 3 oz or 85 g), chopped into small rounds

1 small white onion (about 2 oz or 60 g), chopped

4 ripe tomatoes (about 20 oz or 566 g), chopped into cubes

Juice of 2 large lemons

¾ cup (6 fl oz or 180 ml) olive oil

Salt

Freshly ground black pepper

Pinch of cinnamon

Separate the parsley leaves from the stems. Wash and dry the leaves, then chop coarsely.

Wash the fresh mint and finely chop. If you are using dried mint, crush it right over the salad when you toss it.

Wash the bulgur several times and squeeze out the water with your hands. Put the bulgur in a large bowl with the parsley, mint, spring onions, onion, and tomatoes.

Add lemon juice, oil, salt, pepper, and pinch of cinnamon to the salad. Toss until well mixed. Taste and add more lemon and oil if needed. You can serve with romaine lettuce leaves. Use them to scoop up the salad.

serves six



Fattoush (Bread Salad)

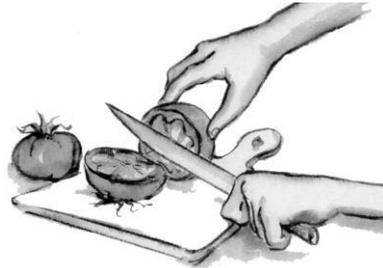
Fattoush, which translates as dampened or moist bread, is a good way to make use of any leftover pita bread. It is a popular salad in Middle Eastern homes, second only to *tabbouli*.

For the Fattoush

2 tomatoes (12 oz or 340 g)
½ cucumber (about 5 oz or 140 g)
3 scallions (about 1¼ oz or 35 g)
¼ cup (about 1 oz or 30 g) parsley
¼ cup (about 1 oz or 30 g) fresh mint
1 pita bread (about 2 oz or 60 g)

For the Lemon Dressing

1 clove garlic
Salt
3 tablespoons (1½ fl oz or 45 ml) lemon juice
½ cup (4 fl oz or 120 ml) olive oil
Freshly ground black pepper



Preheat the broiler.

Wash the tomatoes and cucumber. Dice into small cubes. Wash and finely chop the scallions. Wash, dry, and finely chop the parsley and mint.

Toast the pita bread in the broiler until lightly browned. Turn off the oven and leave the pita inside until it becomes dry and crisp. Break into 1-in (2½-cm) pieces. Mix the pita bread with the tomatoes, cucumber, scallions, and herbs.

To prepare the dressing, mash the garlic and salt in a mortar and pestle. Whisk the mashed garlic, lemon juice, and oil in a small bowl. Pour the desired amount over the bread and tomato mixture. Add salt and freshly ground black pepper to taste.

serves four

Mixed Bean Salad

This salad is perfect on a summer appetizer table with an assortment of other salads. It is also a good accompaniment to a main meal. You can substitute whatever beans you have on hand.

For the Dressing

¼ cup (2 fl oz or 60 ml) vinegar
¼ cup (2 fl oz or 60 ml) lemon juice
2 cloves garlic, crushed
Salt
Freshly ground black pepper
1 teaspoon (4 g) sugar
1 cup (8 fl oz or 240 ml) olive oil

For the Bean Salad

½ cup (3 oz or 85 g) dried navy beans, soaked overnight
½ cup (3 oz or 85 g) dried kidney beans, soaked overnight
½ cup (3 oz or 85 g) dried chick peas, soaked overnight
½ lb (225 g) cooked green beans
1 green pepper (about 4 oz or 115 g), chopped
1 red pepper (about 4 oz or 115 g), chopped
1 stalk celery (about 3 oz or 85 g), chopped
3 scallions (about 1½ oz or 45 g), finely chopped
Lettuce leaves
Parsley

Prepare the dressing by whisking all the dressing ingredients together.

Drain all the beans that have been soaking overnight. Cook separately until tender, about 1 to 2 hours. Cooking times will depend on tenderness of the beans. Cut the green beans into 2 or 3 pieces. Toss all the beans together with bell peppers, celery, and scallions.

Pour desired amount of dressing over the salad. Refrigerate for several hours to marinate. Before serving, line a salad platter with the lettuce. Add desired amount of dressing, then add the bean salad. Garnish with chopped parsley.

serves six

Pickled Turnips

This popular Lebanese pickled vegetable could be called blushing turnips. The beet slices give a brilliant color to the modestly white turnips. Pickled vegetables are an important part of Middle Eastern dining. They are always part of the *mezze* table.

For the Pickled Turnips

2 lbs (1 kg) small white turnips
1 raw beet (about ½ lb or 225 g)

For the Brine

2 tablespoons (1¼ oz or 35 g) salt
3½ cups (28 fl oz or 830 ml) water
1½ cups (12 fl oz or 350 ml) white vinegar

Wash and peel the turnips and slice them into halves or quarters. Place them into two 1-qt (1-L) sterilized jars. Peel and slice the beet. Place it here and there between the layers of turnip.

Dissolve the salt in water. Bring to a boil. Cool and add vinegar. Pour the brine over the turnips. Seal the jar and set aside in a warm place for 1 week to 10 days. Transfer to a cool place.

makes 2 quarts



Laban (Yogurt)

Making yogurt at home is a regular activity in Middle Eastern homes. Although the yogurt must stand overnight, the actual hands-on working time is not too long. The fresh clean, taste makes it worth the effort.

4 cups (1 qt or 1 L) fresh milk

Yogurt starter: 1 teaspoon (5 g) fresh, plain yogurt mixed in 2 tablespoons (1 fl oz or 30 ml) milk

Bring the milk to a boil in a large, heavy saucepan, stirring constantly. Remove the milk from the heat and set aside to cool.

When the temperature of the milk is slightly warmer than room temperature (115° F or 46° C), add the yogurt starter and whisk until well mixed. The milk temperature should not exceed 115° F (46° C), the ideal culturing temperature.

Put the container of warm milk in a warm place for 6 to 8 hours or overnight. You may place the container inside a sealed plastic bucket of warm water or wrap it in a towel or a heavy blanket. The container may also be placed in a turned-off oven with the pilot light on, or in a wide-mouthed thermos flask.

Check the yogurt after about 5 hours. It should be thick and firm. It will thicken even more after refrigeration. Cover and refrigerate. Use within 3 days or it will become a little sour in taste. Reserve some of the plain yogurt to use as the "starter" for the next batch.

makes 4 cups

Labna (Fresh Yogurt Cheese)

This creamy cheese can be eaten at any time of the day but is often served for breakfast with pita bread, a drizzling of olive oil, and a sprinkling of *zatar*, an herb available in Middle Eastern grocery stores. It is an amazingly versatile recipe to have on hand for other recipes. It can be mixed with vegetables and served as a dip, or substituted for sour cream or cream cheese in many dishes.

4 cups (2 lbs or 1 kg) home-made or commercial yogurt

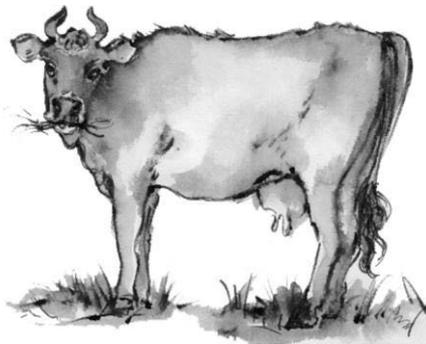
½ teaspoon salt

Mix the yogurt with the salt, and pour into a muslin bag or any clean cloth. Hang the bag over the kitchen faucet, and allow it to drain overnight.

Alternately, pour the yogurt into a coffee filter set over a container and allow it to drain overnight in the refrigerator.

The consistency should be that of softened cream cheese. It is now ready to use as is, sprinkled with *zatar* and served with pita bread, or used with other recipes.

makes 2 cups



Basboosa (Semolina Cake with Syrup)

The Middle Eastern sweet tooth is legendary. Sweets are served for holidays, celebrations, casual visits, at the end of meals, and for every other possible occasion. There are many variations on *basboosa* - everything from a sweet pudding to a cake. This version is more cake-like. Semolina is commonly used in baking and can be found in Middle Eastern grocery stores. Sugar syrup is another common denominator in Middle Eastern sweets. You can use the syrup on many other confections.

For the Syrup

1/3 cup (2 2/3 fl oz or 80 ml) water

1/2 cup (4 oz or 115 g) sugar

1 teaspoon (5 ml) fresh lemon juice

Drop of rose water (optional)

For the Basboosa

1 teaspoon (4.4 g) baking soda

1 1/2 cups (12 oz or 340 g) yogurt

2 cups (1 lb or 455 g) sugar

3 cups (1 lb or 455 g) semolina flour

4 tablespoons (2 oz or 60 g) butter, melted and cooled

12-16 whole blanched almonds

Prepare the syrup by combining the water and sugar in a small saucepan. Bring to a boil, stirring constantly over moderate heat until the sugar dissolves. Add the lemon juice and allow the syrup to simmer for a few additional minutes. Remove from the pan, stir in the rose water and set aside to cool. You may wish to make a little additional syrup to have some extra to serve at the table with the cake.

Meanwhile prepare the cake. Preheat the oven to 350° F (180° C or 4 G). Grease an 8-in (20-cm) square baking pan. In a small bowl, add the baking soda to the yogurt and set aside for 10 to 15 minutes.

In a deep mixing bowl, mix the sugar and semolina together until thoroughly blended. Add the butter to the yogurt and pour over the semolina mixture, stirring until combined.

Pour the batter into the prepared pan, spreading it evenly into the corners. Bake in the middle of the oven for 30 to 40 minutes, or until the cake is firm to the touch and golden.

Remove from the oven, run a knife around the edges of the cake, and score the surface into squares or diamonds by making parallel lines about 2-in (5-cm) apart, then crossing these lines diagonally or into squares. Press an almond half into each square or diamond.

Drizzle about 4 tablespoons (2 fl oz or 60 ml) syrup (or more if desired) over the top of the cake. Use only enough syrup as the cake will readily absorb. It should be soft but not soggy.

Return the cake to the oven and bake until the syrup is absorbed, about 3 to 5 minutes longer. Cool the cake on a wire rack. Serve at room temperature.

makes 1 cake



Rice Pudding

Rice pudding is such a familiar dessert for so many cultures that one hardly thinks about it, but this is a special treat! Be sure to try it.

1/3 cup (2 oz or 60 g) rice

1 cup (8 fl oz or 240 ml) water

4 cups (1 qt or 1 L) half-and-half cream

1-in (2 1/2-cm) cinnamon stick

3/4 cup (6 oz or 170 g) sugar

1 tablespoon (1/2 fl oz or 15 ml) orange blossom water

2 tablespoons (1 oz or 30 g) nuts (walnuts, pine nuts, or almonds)

1 tablespoon (1/2 oz or 15 g) raisins

Wash the rice in several changes of water, then soak it in 1 cup (8 fl oz or 240 ml) of clean water for 30 minutes. Boil the rice on low heat in the same water until all the water is absorbed.

Bring the cream slowly to a boil. Add the rice and cinnamon. Simmer, stirring, until thickened, about 15 minutes. Add the sugar and cook for another 10 minutes or until it has a creamy consistency. Stir in the orange blossom water. Chill for 4 to 5 hours. Serve hot or cold with blanched and slivered nuts and raisins.

serves four to six

Suggested Menus

Mezze is an elaborate spread of appetizers served throughout the Middle East either before the main meal or as a meal in itself. It can consist of hot or cold food. Mezze will always include olives and fresh herbs, nuts, yogurt, falafel, vine leaves, any of the purées like baba ghanouj and hummus, and pita bread. Almost anything may be put on the table, including dips, spreads, salads, olives, and pickled vegetables. Even soups and stews are included. Pies wrapped in phyllo pastry are common to both Greece and the Middle East and may be selected from the Greek menu.

Mezze for a Summer Evening

Olives

Hummus (Chick Peas with Sesame Tahini)

Baba Ghanouj (Grilled Eggplant Purée)

Falafel (Chick Pea Fritters)

Stuffed Vine Leaves

Fattoush (Bread Salad)

Tabbouli (Salad of Fresh Herbs and Bulgur)

Pickled Turnips

Labna (Fresh Yogurt Cheese)

Platter of Fresh Herbs

Pita Bread

Pistachio Nuts

Easy Family Dinner

Rice Pilaf with Vermicelli

Green Beans with Olive Oil and Tomatoes

Pita Bread

Rice Pudding

Outdoor Grilled Dinner

Baba Ghanouj

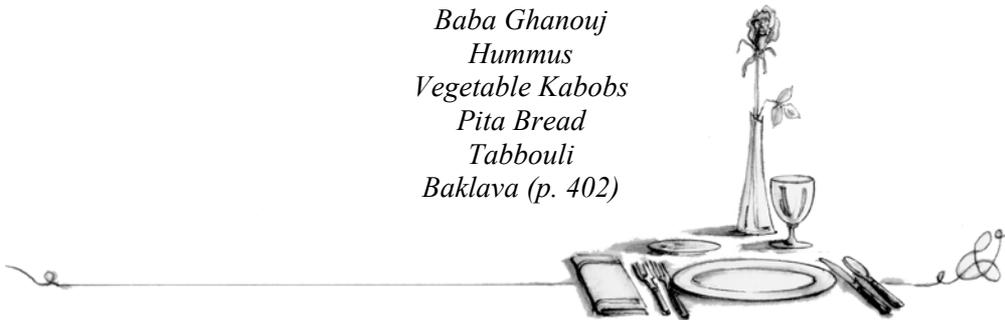
Hummus

Vegetable Kabobs

Pita Bread

Tabbouli

Baklava (p. 402)



Appendix

Herbs and Spices



Almost any food is enhanced by the addition of fresh herbs or spices. They have been used in cooking since antiquity, both as food and medicine. Ancient systems of medicine in India, China, and Greece have all recommended their use. Documents dating to 1550 B.C. show that the Egyptians did the same. The ancients believed that herbs and spices had either a cooling or heating effect on the body and when used in combination with foods, they could help restore the body's natural balance. There are still many parts of the world where villagers depend upon folk remedies made from herbs and spices to treat a variety of ailments. Today, there has been a revival in their use as part of a growing interest in a healthier more natural life-style. Although there have been relatively few scientific studies that substantiate any health claims, culinary herbs, when used as a “food,” are generally considered safe.

Allspice (*kebab chini*) is a New World spice, native to Jamaica. It is used in soups, stews, jams, jellies, and cakes. It is said to give some relief in digestive disorders.

Aniseed, one of the oldest spices, was recommended for healing by Pythagoras, Pliny, and Hippocrates. It was so valuable to the Romans that they paid their taxes with it. It has always been used as a digestive and breath freshener. Hippocrates prescribed it for coughs and it is still used in cough medicines. For culinary purposes, it is used to flavor carrots, spinach, fruit, cakes, and cookies.

Ajwain Seeds (or ajwon) have a very strong flavor. They are pungent and heating and help warm the body in cold climates. They aid in digestion. The seeds are used in the preparation of pickles, *dals*, and many fried foods. The seeds may be purchased in Indian grocery stores.

Amchoor (*mango powder*) is used as a souring agent in many Indian dishes. It is made from tart, unripe mangoes and is slightly acidic. It has traditionally been used as a mild laxative. It is available in Indian grocery stores.

Anardana are the dried seeds of pomegranates. They are used whole or ground as a souring agent in chutneys and curries. They are available in Indian grocery stores.

Asafoetida (*hing*) has a bitter taste and a heating effect on the system. It has been used in both Ayurvedic and ancient Greek medicine to aid digestion, dry cough, and colds. It has something of the taste of garlic or shallots and is used in small amounts in Indian cooking. It is available in Indian grocery stores.

Basil has been associated with both love and death. The word may be derived from “basilisk,” a legendary serpent-like creature that kills with a glance, or it may be derived from *basileus*, the Greek word for king. The French call it the royal herb; the Italians associate it with love. Although it has not been scientifically tested, Italian tradition claims that a pot of basil on the balcony indicates that you are ready to receive your suitor. Basil perks up aromatic herb pastes and tomato-based dishes. In India, holy basil is grown but it is considered sacred and not used in cooking. “Thai basil,” which is widely used in Southeast Asian cooking differs from the Mediterranean variety. Basil has been regarded as a natural sedative and recommended for nervous tension, headache, anxiety, and as an aid to digestion.

Bay (*tej patta*) is the symbol of reward and honor. The Greeks and Romans used bay leaves to weave wreaths for the heads of victorious kings, poets, and athletes. Anyone who stands near a bay tree is said to be protected from witches, devils, thunder, and lightning. On a more practical note, bay may be useful in expelling gas and subduing mucus. For this reason, it is often used when cooking legumes.

Bhar is a Middle Eastern spice blend usually made of cloves, cinnamon, nutmeg, and ginger. It is available in Middle Eastern markets and sometimes sold under the name “four spices” or “Syrian spices.” If it is not available, substitute allspice.

Borage is the herb of gladness and delight. Along with thyme, it is said to invoke courage. It is a cooling and soothing herb and was used by the early Greeks and Romans to cheer the heart and to drive away sorrow. It has also been used to relieve fevers, bronchitis, and diarrhea. The leaves, stems, and flowers are all used in vegetable dishes, salads, pickled foods, and beverages.

Caraway, according to folklore, keeps lovers true and cures hysterics. At one time, the seeds were baked into dough which was then fed to pet pigeons to keep them from wandering. The seeds, leaves, and roots are said to be a general cleanser for the body and are thought to be good for the glandular system and the kidneys.

Cardamom (*elaichi*) is used to flavor curries, stewed fruit, rice dishes, and milk desserts. It can be either the large black/red pod variety or the green variety. Large black or red cardamom is sweet and heating. It acts as a stimulant and digestive. Green cardamom is used to flavor sweet dishes and drinks. It has been used to aid digestion, cleanse the breath, and soothe coughs. It is often taken in combination with medicines to make them more palatable.

Chervil symbolizes new life. It is akin to myrrh, one of the gifts given to Jesus by the three wise men. Its effects are toning and cleansing. Considered a "warming" herb, it is used to restore heat to the digestive system. It is often called the "gourmet cook's parsley" because of its fragrance, anise flavor, and delicate appearance. Add it to your cooking at the last moment so as not to destroy its flavor.

Chili (*mirch*) All peppers---from mild, sweet bells to fiery hot *habaneros*---are members of the *capsicum* family. When cooking with chilies, keep your hands away from your face or wear rubber gloves. The heat can irritate the skin and cause eyes to burn. Removing the seeds may give a milder chili. Different chilies give very different heat intensities and different flavors. A guide to some of the more commonly used and available chilies follows, but a taste test is always best when cooking with chilies. Start with a small amount. You can always add more.

Aji is the term generally used in South America for chili peppers. The typical pod is 3-to-5 in (7½-to-13 cm) long and orange, yellow, or brown. It is very hot!

Ancho/Poblano refers to two versions of the same chili. *Ancho* is the dried version of the fresh green *poblano*. Names may vary in different countries, but the chilies are relatively mild and delicious.

Cayenne is one of the hotter chilies. It is long, thin, and red at maturity. It is used fresh and dried in cayenne pepper (also called "red pepper").

Chili de Arbol is a long, thin red chili resembling cayenne. It is ground into chili powder in Mexico and used to add heat and flavor to chili sauces.

Habanero (also called scotch bonnet) is a lantern-shaped chili ranging in color from red, orange, and yellow to white. It is the most commonly used chili in the Caribbean and is very hot! The hottest of all chilies! Use with caution!

Jalapeño/Chipotle chilies are the most popular and easily recognizable of chilies. The jalapeño chilies are about 2½ in (6½ cm) long and range in color from green to red. They are generally medium hot, but some varieties can be very hot. The *Chipotle* chili is the smoked version of the jalapeño chili.

New Mexican (Anaheim) These long green chilies that turn red in the fall are the state vegetable of New Mexico and are used in everything from soup to dessert. In the United States, this variety is often canned and marketed as "whole green chilies" or "diced green chilies." They can range from mild to hot.

Piquin is a small red chili that can be very hot. In Mexico the *pequin* is used to relieve acid indigestion, sore throat, dysentery, and rheumatic conditions.

Serrano chilies range from hot to very hot. They can be from 1-to-4 in (2½-to-10 cm) long. They are usually dark green but ripen red, orange, or brown. They are typically used in salsas.

Tabasco chilies are generally made into tabasco sauce and added to soups and stews, particularly in the southern United States. A drop goes a long way!

Chives are mild members of the onion family, often used in French and Caribbean cooking. They complement cauliflower, peas, corn, and tomatoes and are excellent with cheese and cream sauces. They are somewhat antiseptic.

Cinnamon (*dalchini*) can be found in stick and ground form. It is used as a tonic for the entire system. It is sweet, pungent, and heating to the body and helps in the absorption of nutrients. It is thought to increase the appetite, help the body to discharge gases, and kill worms. It has also been used as a remedy for vomiting and loose bowels. It is commonly given during childbirth as a sedative. It is used worldwide in everything from cakes, cookies, and milk, to curries and spiced tea.

Cloves (*laung*) are sweet, pungent, and heating to the body. Many spice blends, like *garam masala*, include cloves. They add a distinct aroma and flavor to rice, cakes, and pastries. Cloves help to subdue the mucus-producing effects of these dishes. They also act as a stimulant and as an aid to digestion. They have been used to relieve congestion, improve breathing, quench thirst, and cleanse the breath.

Coriander (*dhania*, cilantro, or Chinese parsley) is light and cooling in nature and helps to balance and subdue wind, bile, and mucus. Coriander is strengthening to the body and the heart. Coriander seeds have a sweet, nutty taste when toasted and ground. They have traditionally been used to relieve thirst, vomiting, asthma, coughs, general weakness, and worms. It is used fresh and dried and is one of the most frequently used herbs/spices in the world.

Cumin (*jeera* in India and *comino* in Mexico) is widely used in Indian, Middle Eastern, and Mexican cooking to enhance the flavor of yogurt, *dals*, chutneys, pickles, breads, rice, and cabbage. It helps to minimize the mucus-producing effects of these foods. Cumin is especially recommended for growing children and is one of the few spices that creates an alkaline body chemistry.

Curry Leaves (*meetha neem* in India *daun salam* in Indonesia) are used frequently in South Indian and Southeast Asian cooking to flavor *dals*, yogurt, and curries. In Indonesian folk medicine, curry leaves have been used to treat diarrhea and weak

stomach. The leaves can be found in some supermarkets and all Indian markets. If they are unavailable, substitute bay leaves.

Dill comes from the Norse word *dilla*, meaning “to lull,” and it has been used to lull to sleep. It is also used to dispel flatulence and increase mothers’ milk. Today, the seed is used primarily as a pickling spice. The leaves are used to flavor salads, soups, and sauces. Dill is prized in Scandinavian and Eastern European cooking and adds the right accent to cucumber sandwiches, potatoes, and herb vinegars.

Fennel (*saunf*) is sweet and cooling and brings balance to the body. It has been used by herbalists as an appetite suppressant as well as to balance the nervous system. It is a natural breath freshener and digestive. The seeds, leaves, and bulb of the fennel are all used in cooking. The seeds are used in many Indian dishes and spice blends. The leaves and bulbs are used throughout the Mediterranean in soups, stews, and salads.

Fenugreek Seeds (*methi*) and leaves are widely used in India as a medicine and as a spice. The characteristic flavor is released when they are lightly fried or roasted. The leaves, which are available in Indian groceries and some produce markets, can be added to vegetable dishes, salads, and breads. Fenugreek is said to relieve constipation, aid digestion, and act as an appetite stimulant.

Galangal (*lengkuas* or *laos* root), a member of the ginger family, is used frequently in Southeast Asian cooking. It is thought to be helpful in relieving catarrh and respiratory problems. It is difficult to find fresh in some areas but it can be found dried in Asian markets. Dried galangal is very woody in texture. If it is used, be sure to remove it from the food before eating. If galangal is not available, use ginger.

Garam Masala is an aromatic blend of “warm spices” such as cinnamon, cloves, coriander, cumin, black pepper, chilies, and cardamom. It is used extensively in North Indian cooking and every household has a favorite recipe. It can contain as few as three spices and as many as a dozen. It is usually added to dishes near the end of cooking. It can be made at home (see recipe p. 167) and stored in air-tight jars or it can be purchased already prepared in Indian markets.

Garlic (*lahsun*) may be the “wonder drug” of herbs. It is hot and dry in nature and has been used throughout the ages as a “medicine” for all kinds of ailments. In addition to keeping away vampires, garlic has been used as a diuretic and stimulant, as well as to purify the blood, help digestion, kill worms, relieve gas, and help circulatory disorders. It is thought to be a natural antibiotic, antiseptic, and disinfectant. Garlic adds flavor to almost every type of cooking.

Ginger (*adrak*) has been cultivated in Asia for more than three thousand years. It is a pungent and heating spice which is used prominently in the cooking of China, India, and most other Asian countries. It adds warmth to the body and is widely used in Asian medicine to improve digestion and circulation.

Horseradish, with its strong, mustard-like taste, was once called the mustard of the Germans. It has been used both internally and externally as a medicine for centuries, particularly for kidney ailments and as compress for stiffness and neck pain. For culinary purposes, it has been used primarily in Eastern Europe and Russia.

Lemon Grass (*sereh*) is a tropical grass with a lemony taste that is used extensively in Southeast Asian cooking. It can be purchased fresh, dried, or powdered. The whole stalk can be used to flavor soups and stews and then removed. Sometimes it is finely chopped and pounded into a spice mixture or chili paste. It has been used in Indonesia to treat stomach and bowel disorders.

Lime Leaves (*daun jeruk*) are from the small kaffir lime tree that grows in Southeast Asia. The rind, fruit, and leaves of the tree are all used in Thai and Indonesian cooking. They are available in Asian markets.

Lovage has a celery-like flavor and is excellent in potatoes, soups, stews, and with soft cheeses. As a medicinal herb, it has been used as a diuretic and carminative, and to relieve sore throats. It is still used in Europe for the relief of minor stomach ailments and headaches.

Marjoram (*ben tulsi*) has been welcome in both the medicine cabinet and the kitchen for thousands of years. The Greeks used it to relieve rheumatism. It has also been used to allay the effects of asthma, indigestion, sinus problems, and hay fever. It can be added to soups, stews, most vegetables, and cheeses.

Mint (*podina*) is a fresh-tasting, cooling herb. The menthol in mint is said to have many healing properties and has been recommended for indigestion, insomnia, headache, toothache, flatulence, abdominal pain, and muscle spasm. Peppermint is used for flavoring sweets and it makes a refreshing and healing tea. Spearmint and curly mint are the mints preferred in culinary uses. Spearmint is recommended as a breath freshener and a gargle for sore throats. It has also been used to alleviate fever in children. Mint adds fresh flavor to fruits and vegetables.

Mustard Seeds (*rai*) are available in white, black, or brown varieties. The black and brown are most frequently used in Indian cooking. They are pungent when crushed and turn sweet and nutty when cooked in hot oil. The brown seeds help to make

vegetables, yogurt, chutney, and rice dishes digestible. The crushed seeds are used as a preservative and pickling spice.

Nigella Seeds (*kalonji*) have a heating effect on the body. They are strong-tasting black onion seeds (somewhat like peppercorns) which are sprinkled over *tandoor* oven breads. They are also used in pickles and in the Bengali spice mixture, *panchphoran*.

Nutmeg (*jaiphal*) produces two spices, nutmeg and mace. Nutmeg has been used in China, India, and the Middle East as a remedy for digestive disorders. In Europe, it seasons potatoes, cabbage, vegetable purées, and cheese dishes. It is used throughout the world in sweet desserts.

Onions are pungent and heating in nature and help to reduce mucus in the system. They are used alone or in combination with garlic and ginger by almost every country in the world (see *Pyaz Masala* p. 181) as part of a seasoning base.

Oregano was used by the Romans and Greeks as a medicinal herb long before it was used as a culinary herb. They used it on everything from aching muscles to scorpion bites. An olive oil and oregano combination was once rubbed into bald heads in the hope of growing hair. It is still used by modern herbalists to relieve coughs, indigestion, and headaches. There are several varieties of oregano, most notably the Mexican and Mediterranean varieties.

Paprika is a red chili powder with a sweet or slightly pungent taste that is widely used in Hungarian, Balkan, and, occasionally, in Spanish cooking. It can be of the “hot” or “sweet” variety.

Parsley has a mild flavor that blends well with most foods and is mistakenly used only as a garnish. It has been used traditionally for its many healing properties, including: relief of bladder problems, kidney ailments, fevers, as a diuretic, and as a general preventive. It is also used as a breath freshener (the reason it is often combined with garlic) and as an aid to digestion. It is thought to be a blood purifier when added in small quantities to vegetable juices.

Pepper (*kali mirch*) can be found in a number of varieties. Black pepper and white pepper are the most common. Black pepper is used as a stimulant and diuretic. It aids in the digestion of fats and is, therefore, excellent to use in foods cooked with ghee, butter, or oil. Freshly ground over gaseous vegetables like broccoli, it not only improves the taste, but aids in digestion.

Rosemary is the herb associated with love, friendship, and remembrance. Thomas Moore said, "I let it runne all over my garden wall, not onlie because my bees love it, but because 'tis the herb sacred to remembrance, and therefor to friendship." It has a robust flavor and fragrance. Although the herb originated along the hills of the Mediterranean, it is now widely cultivated throughout the world. Rosemary oil is said to help with headaches, muscle spasms, and depression. Rosemary is excellent when added to soups, salad dressings, herb butters, or spreads. It enhances the natural sweetness of fruit. Both the leaves and flowers can be used as a seasoning.

Saffron (*kesar*) is hot and stimulating. It has been used for the common cold, sore throat, and insomnia, as well as an appetite stimulant. In the Greek system of medicine it was often used to relieve swellings and joint pains. It has a very rich taste and if too much is added to foods, it can give a medicinal flavor. Saffron is very expensive but it gives a distinctive taste to certain dishes like paella and risotto. Because it subdues excess mucus, it is used in many sweet dishes and rice dishes. It is available in whole threads and ground. The whole threads are preferable.

Sage has been associated with salvation and living a longer life. It has also been used to increase mental capacity. It has natural antibacterial properties and is often mixed with rosemary for use as a natural preservative in condiments and other foods. Sage has been traditionally used to relieve sore throats, stomach troubles, nervousness, and kidney troubles. It adds a tangy, lemony flavor to many vegetables such as artichokes, asparagus, tomatoes, potatoes, eggplants, squash, and onions.

Sambar Powder (recipe p. 183) is a blend of spices that is used extensively in the cooking of southern India, particularly to flavor *dals*.

Savory is of two types: summer and winter. One of the oldest European herbs, it was used frequently in Roman and later in English cooking. It has a heating and drying effect on the system and has sometimes been used as a carminative and for asthma. It has also been recommended as a tonic and appetite stimulant. Both savories are used in cooking. They are particularly recommended for beans and lentils, but are also excellent with many other vegetable dishes.

Sesame is widely used in Asia and the Middle East for its oil and its seeds. The seeds may be white, brown, or black. The oil, seeds, and a paste made from the seeds are used frequently in Chinese, Japanese, and Middle Eastern cooking. Sesame *tahini*, a paste made from ground seeds, is featured frequently in the Middle Eastern kitchen. *Halwa*, a Middle Eastern sweet, is also made with sesame seeds. The seeds are thought to be slightly laxative.

Star Anise has the shape of an irregular eight-pointed star. It is one of the few spices used in Chinese cooking and is one of the key ingredients in Chinese five-spice powder. It has been used to flavor cough medicines and to relieve colic.

Sumac grows wild in the mountains of the Middle East and is used in cooking as a souring agent similar to lemons. It is frequently added to lentils and yogurt or combined with other spices in *zatar*. It has been used in the Middle East to relieve mild stomach disorders and is available in Middle Eastern markets.

Tamarind (*imli*) is cooling and is often used to relieve thirst and a dry sore throat in summer. As a folk remedy, it has been used for the treatment of dysentery and bowel disorders. In the Caribbean, it is used for cooling drinks and to flavor rice dishes and desserts. In India and Southeast Asia, tamarind is used somewhat like lemons and limes to give a sour flavor to foods. It is used in *sambars*, *rasams*, and chutneys, and is generally available in Indian markets.

Tarragon is one of the French *fines herbes*. It enhances almost any vegetable. Use it to flavor vinegar, butter, and cheese. Tarragon is used as an antioxidant and helps to preserve foods. It is cooling and is said to stimulate the appetite, relieve flatulence and colic, and to purify the blood. In the Middle Ages, pilgrims put sprigs of tarragon in their shoes before beginning long journeys to prevent fatigue.

Thyme is the herb that gives courage. It was used by the ancients to treat the melancholy and the fearful. They used thyme tea to prevent nightmares and soothe the nervous system, and thyme soup to cure shyness. Thyme has been used in cough medicines, as a carminative, a digestive, and an antiseptic. It has also been used for shortness of breath and congested lungs. It is another of the *fines herbes* of French cuisine. Since it is used as a digestive, it is excellent in cheese and bean dishes.

Turmeric (*haldi*), a common ingredient in *masalas*, is used as a coloring agent in foods. It has a musky scent and slightly bitter taste. It is hot in nature, and has traditionally been used to purify the blood, subdue gas, and digest proteins. In combination with cumin and coriander, it is thought to help digest complex carbohydrates. If used in excess, it makes food bitter. In Southeast Asian cooking, turmeric leaves (*daun kunyit*) are used in curries.

Wasabi (Japanese horseradish) is from a plant that grows only in Japan. It has a very strong taste but it is not related to Western horseradish. It is available in paste or powdered form in Japanese markets and health food stores. It is very hot and will definitely clear your sinuses!

Zatar, a spice blend used in Middle Eastern and North African cooking, usually consists of dried thyme, sumac, sesame seeds, and salt. It is available in Middle Eastern grocery stores. The Lebanese mix it with olive oil and use it as a dip for a savory pita or other Arabic bread.



Baking Without Eggs



You can create delicious cakes, cookies, custards, and other desserts without the use of eggs. All of the dessert recipes in this book have been kitchen tested. Use them as guides and vary the flavorings to make your own specialty cakes. Often the texture of the cake will depend more on how you mix the various ingredients than on how you replace the eggs. If you have your own favorite recipes and don't know how to replace the eggs, here are some suggestions:

Agar-Agar flakes or bars are particularly effective in cheesecakes and in some ice creams, cakes, and pies. Gives a jelled effect that can substitute for gelatin and eggs.

Applesauce acts as a binder in baked goods. Use $\frac{1}{4}$ cup (2 oz or 60g) to replace 1 egg. It adds lots of moisture but may alter the taste so be sure it is compatible with what you are baking. It does not work as a leavener.

Arrowroot or **Cornstarch** mixed with liquid is particularly good as a thickener and excellent in puddings and custards that have to be firmed up in the refrigerator.

Baking Powder will often achieve the desired effect if more leavening is required. If baking powder is not called for in a recipe, add 1-2 teaspoons (4-8 g) in place of eggs. If it is called for in the recipe, you can sometimes add an extra teaspoon if you have removed an egg.

Egg Replacer is available in most health food stores. Follow directions on package to replace eggs. It is quick and convenient, but not necessarily more effective (and often less so) than many of the other techniques for replacing eggs.

Evaporated or **Condensed Milk** Use $\frac{1}{4}$ cup (2 fl oz or 60 ml) for every egg, plus $\frac{1}{4}$ teaspoon (1.1 g) baking soda or baking powder according to recipe directions. Beat well with an electric mixer. This tends to work well in butter cakes. It does not work as well in cakes containing syrup, honey, or oil. Both evaporated and condensed milk can also be used effectively to make ice cream.

Extra Liquid works well in some recipes, particularly cookies. Simply adding a little extra milk or water to the ingredients does the trick.

Flax Seed works well in muffins and quick breads. Mix 1 tablespoons ($\frac{1}{2}$ oz or 15 g) of flax seeds with 3 tablespoons ($1\frac{1}{2}$ fl oz 45 ml) water in the blender. Process about 30 seconds or until thick. Does not hold up well under heat but can be beaten and used the way egg whites are used in meringues.

Lemon Juice or **Vinegar** Adding 1 tablespoon ($\frac{1}{2}$ fl oz or 15 ml) lemon juice to 1 cup (8 fl oz or 250 ml) of milk called for in the recipe, in combination with baking powder or baking soda, will usually lighten the cake. Adjust your liquid accordingly. About 1 egg equals $\frac{1}{4}$ cup (2 fl oz or 60 ml) liquid.

Liquid Lecithin combined with water can be used in some quick bread and muffin recipes.

Self-Rising Flour can be used in all kinds of baked goods, but be careful about over-beating. It will sometimes collapse when cooled.

Tofu can be used to replace eggs, particularly in sweet and savory pies, savory loafs, muffins, and quick breads. Silken tofu works best.

Yogurt works in muffins and some cakes, but does not hold up well to heat. Use about 2 tablespoons (1 oz or 30 g) yogurt in place of 1 egg.

Yogurt Cheese can be used as a substitute for eggs in some custard pies and cheesecakes. It is good in savory custard pies.

CONVERSIONS and GLOSSARY

MEASUREMENTS

All measurements are given in US/ UK/ metrics. They are approximate and have been rounded off for convenience. To do your own conversions, follow the directions below.

Conversion of Dry Measurements

To convert ounces to grams, multiply the number of ounces by 28.35

Conversion of Volume or Liquid Measurements

To convert quarts to liters, multiply the number of quarts by 0.95

To convert fluid ounces to milliliters multiply the number of ounces by 29.57

One American cup equals 8 fluid ounces

One British cup equals 10 fluid ounces

GLOSSARY

American

arugula
baking soda

bell pepper
confectioners' sugar
cookies

British/European

rocket
bicarbonate of soda
capsicum
icing sugar

biscuits

cornstarch	cornflour
eggplant	aubergine
fava bean	broad bean
golden raisins	sultanas
half-and-half	single cream
heavy cream	double ream
pancake	griddle cake
peanut	groundnut
romaine lettuce	cos lettuce
scallion	spring onion
semisweet chocolate	plain chocolate
snow pea	mange-tout
superfine sugar	caster sugar
zucchini	courgette, marrow

English

bell pepper
(capsicum)
black beans
skinned and split
chick peas
chick peas flour
jaggery
(brown sugar)
kidney beans
lentils, red
skinned and split
mung beans
skinned and split
okra (lady's finger)
yellow peas
skinned and split
yogurt

Hindi

simla mirch

urad dal

channas
besan or gram flour
gur

rajma
masoor dal

moong dal

bhindi

toor dal

dahi

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