



With contributions from Robin, Kaare, Gayle, Udo, Frances,
Bernice and Seth

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Ginger Salad Dressing

- 1 large onion
- 3 oz. ginger
- 2 cup salad oil
- 2 cup soy sauce
- 1/2 cup vinegar
- 3 oz. tomato paste

Purée in a blender!



—Frances



Apple-Raisin Salad with Tofu Dressing

Apple-Raisin Salad:

- 2 apples, diced
- 1/2 cup raisins
- 1/2 cup walnuts
- 1 celery stalk, diced
- 1/2 tsp. salt

1 cup Tofu Peanut Butter

Dressing:

- 6 oz. tofu
- 3 tbsp. peanut butter
- 1 tbsp. vinegar or lemon juice
- 1-2 tbsp. sugar



Combine ingredients in a blender until smooth.



—Gayle

Arugula and Sweet Red Pepper Salad

Salad:

2 heads of leafy green lettuce (romaine, etc)

2 bunches of arugula

1 lb. mushrooms

3 large sweet red peppers

Rinse lettuce

Remove arugula leaves from stems, rinse, and dry. Wrap and refrigerate.

Remove stems from mushrooms and reserve. Wipe each cap w/damp paper towel or cloth, wrap and refrigerate

Cut away stems and ribs of red peppers; discard seeds. Slice peppers into fine julienne, wrap and refrigerate. Tear lettuce leaves into bite sized pieces and combine with arugula. Slice mushrooms and sprinkle evenly over greens. Arrange red pepper over mushrooms. Drizzle vinaigrette on each plate and serve immediately.

Vinaigrette:

1 garlic clove

1tbsp. dijon mustard

3 tbsp balsamic vinegar

salt and black pepper to taste

1 cup olive oil



—Gayle

My Favoritest Salad

spinach
walnuts
red seedless grapes
gorgonzola cheese

Ken's steak house lite
raspberry walnut
vinaigrette (in a bottle)

all mixed together



-Gayle



Japanese Cucumber Salad

1/4 cup fresh rice wine

1/8 cup peanut oil

1 1/2 tablespoons sugar

2 garlic cloves, minced

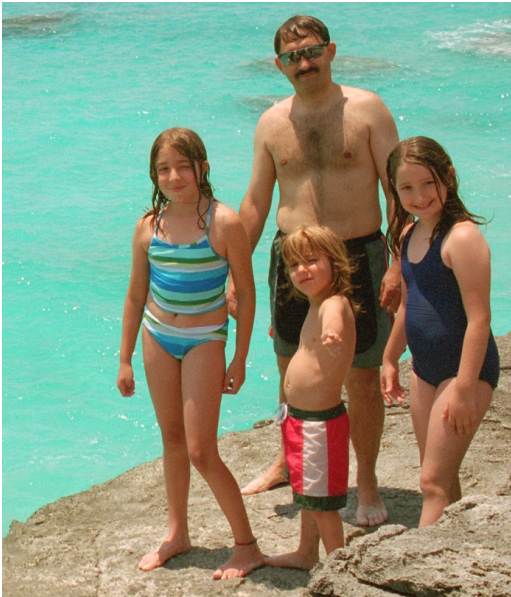
1 1/2 cucumbers, halved, seeded, thinly sliced

3/4 cup onion scallion

3 tablespoons chopped fresh cilantro

Whisk first 4 ingredients in medium bowl. Place cucumbers, onion, and cilantro in large bowl. Add dressing and toss to coat. Season salad to taste with salt and pepper.

—Robin



Cream of Mango Soup

2 eggs, well beaten
1/4 cup sugar
1 tbsp. vanilla
juice and grated rind of 1 lemon
1 ripe mango, peeled, pitted,
coarsely chopped
2 cups heavy cream
3 cups milk
blueberries and coarsely chopped strawberries (garnish)



Combine eggs, sugar, vanilla, lemon juice and rind, and coarsely chopped mango in a food processor. Whisk cream and milk together in large bowl until frothy. Slowly add mango mixture, whisking constantly. Cover and chill garnish before serving.

—Gayle

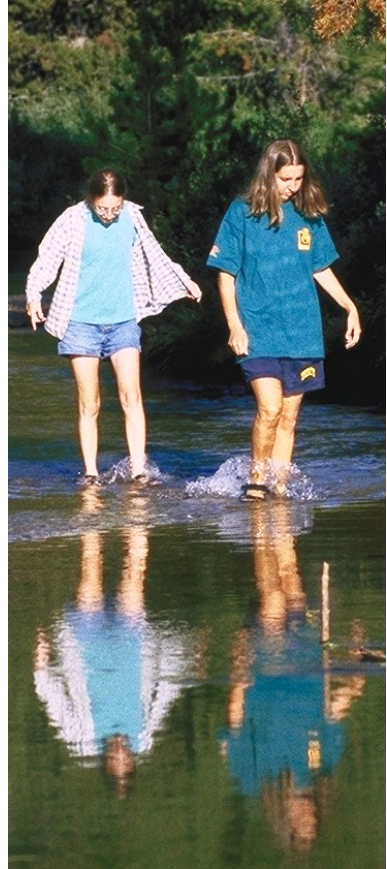


Spicy Coconut Squash Soup

1 inch of ginger minced
2 small yellow onions chopped
3 sweet potatoes or yams
1 tbsp. red curry paste (Thai)
3 cans of 8 oz. chicken broth
1 can of coconut milk
cilantro
1 tbsp peanut oil
1 splash sesame oil
1 tsp. lemon juice
salt to taste

Cook the sweet potato in the microwave for 20 minutes and then peel and cut into 1 inch cubes (or use frozen sweet potato cubes)

At the same time: Put 1 tbsp of peanut oil in pot. Add onions and ginger and fry until clear colored (2 minutes). Add coconut milk and chicken broth. Add red curry paste. Cook for 5 minutes. Then add sweet potatoes to the broth mixture and cook for 5 more minutes. Add lemon and salt. Scoop into bowls and top with cilantro and a splash of sesame oil.



—Robin

Squash Soufflé

1 pkg. frozen acorn squash, defrosted
1 pint half and half cream
3 eggs, beaten
1/4 lb. (1 stick) margarine, melted
1/2 cup flour
1/2 cup sugar
1-2 tsp. cinnamon

Preheat oven to 350°. Mix squash, margarine, flour, sugar, eggs. Add half and half and cinnamon. Put in greased casserole pan and bake about 1 hour. Cool for 15 minutes and serve.

—Frances



Farmer's Chop Suey ala Kfare

LowFat:

1 cup cottage cheese

1 cup sour cream

1 cup yoghurt

Add as desired:

chopped onion or scallion

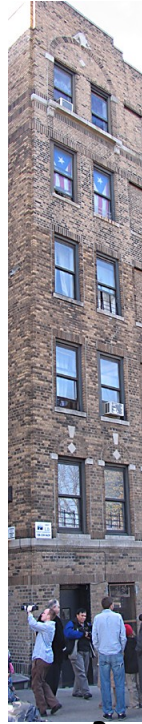
radish cucumber celery

pepper (green, yellow, red)

grated carrots

Mix

Add salt and/or pepper



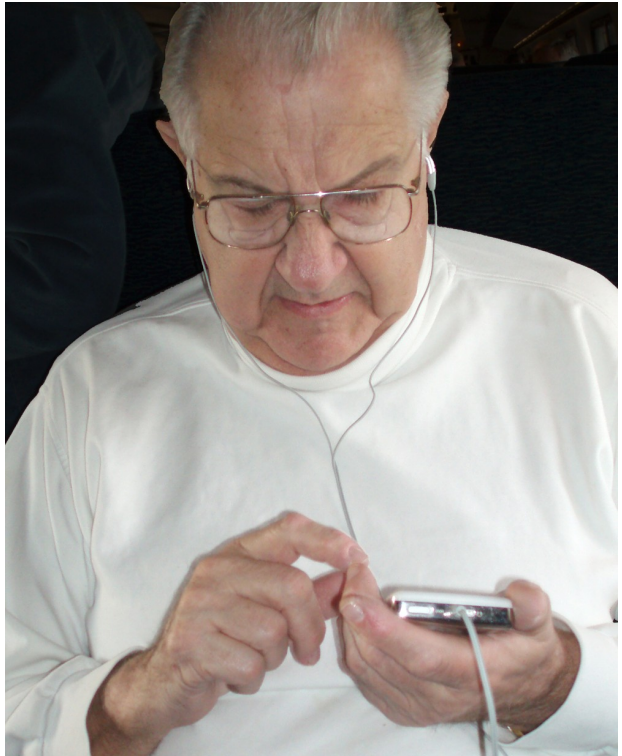
—Bernice



Potato Pancakes

1 medium size onion grated, approx. 1/3 cup
2 large eggs slightly beaten
2 lbs. potatoes
2 tablespoons
 flour or
 matzo meal
1 tsp. salt
1/2 tsp. black
 pepper
oil for frying

Peel and grate
potatoes,
squeeze out
water, and mix
with grated
onion and eggs.
Stir in matzo
meal, salt,
pepper and



baking powder. Mix well. Heat oil in a large skillet (375°).
For each pancake use about 1/4 cup of the mixture
flattening slightly with back of the spoon to make a 3"
pancake. Fry until brown on one side then turn and brown
the other side. Drain on paper towels. Serve with sour
cream and apple sauce.

—Frances

Alex's Sage, Rosemary, and Thyme Potatoes

10 new potatoes cut into bite-sized pieces (chunks, not slices)

olive oil

2 tbsp. sage

5 tbsp. rosemary (leaves, not ground)

2 tbsp. thyme (leaves, not ground)

dash of salt

1 tbsp. fresh ground pepper

1 tbsp. oregano

Place about 1/4" of olive oil in a large, heavy frying pan. Sauté potatoes and spices over a low flame, covered, for at least 20–25 minutes. Remove cover and sauté an additional 15 minutes, until potatoes are cooked and golden brown. Place potatoes on paper towels to remove excess oil, then serve.



—Alex

Shrimp with Apples and Snow Peas

1 lb snow peas
6 tbsp. butter
2 large apples, cut into thin slices
2 tbsp. sugar
1/2 cup minced yellow onion
2 lbs. medium shrimp
3/4 cup dry white wine
2/3 cup Dijon mustard
3/4 cup heavy cream

Drop snow peas into boiling water. Boil 3 minutes, drain and plunge into cold water, and reserve. In a large skillet melt 2 tbsp. of butter and sauté apple slices medium heat until tender not mushy, about 5 minutes. Sprinkle slices with sugar and raise heat. Turn apple slices until they're brown and lightly caramelized. Remove and reserve. Raise the heat, add shrimp, and stir and toss them rapidly in the butter until firm and pink, about 3 min. Remove and reserve. Pour wine into skillet and reduce by 2/3 over high heat. Turn down heat and stir in mustard with a wire whisk. Pour in the cream and simmer uncovered, stirring occasionally, for 15 min. Drain snow peas and pat dry with paper towel. Add them, along with apples and shrimp, to the sauce and simmer 1 minute.



—Gayle

Linguini with Tomatoes and Basil

4 large tomatoes cut into cubes
1 lb. brie torn into pieces
1 cup fresh basil, cut into strips
3 garlic cloves, peeled and minced
1 cup plus 1 tbsp. olive oil
2 1/2 tsp. salt
1/2 tsp. black pepper
1 1/2 lbs. linguine
grated Parmesan cheese



Combine tomatoes, brie, basil, garlic, 1 cup olive oil, and 1/2 tsp. salt and pepper in large bowl. Prepare at least 2 hours before serving and set aside, covered at room temp.

Bring 6 quarts water to a boil in large pot. Add 1 tbsp. olive oil and remaining salt. Add linguine and boil until tender but still firm, 8-10 minutes.

Drain pasta and toss with tomato sauce. Add Pepper and Parmesan on top.



—Gayle

Spaghetti with Broccoli and Roasted Red Peppers

1 lb. spaghetti
1 bunch broccoli (trimmed and cut into 1" lengths)
1/3 cup olive oil
2 garlic cloves crushed
1/4 tsp. crushed dried red pepper
1 med tomato, cored and chopped (about 1 cup), or canned tomatoes, drained and chopped
1 jar (7 oz) roasted red peppers, rinsed, drained, and cut into 1/8 inch wide strips
grated Parmesan



Cook spaghetti in plenty of boiling salted water for 3 minutes; add broccoli; cook until spaghetti is al dente, or firm to the bite, and the broccoli is tender, about 7-10 min.

Heat the oil in medium skillet; add garlic and dried red pepper; sauté 1 minute. Stir in tomato; sauté 5 minutes. Add red peppers and heat through

Toss sauce with spaghetti and broccoli. Serve with grated cheese.

—Gayle

Spaetzle

2 1/4 cup flour
1 teaspoon salt
1 egg, well beaten
1/4 to 3/4 cup
water

Sift flour and salt into a mixing bowl. Add egg and mix. Add water gradually until the batter is

stiff but smooth. Beat and toss the batter until the dough forms bubbles and falls easily off a wooden spoon.



Press the dough flat on a plate or floured board. With a sharp knife, scrape small pieces of dough off and drop into boiling salted water. [As an alternative to the scraping method you can use a potato (= spaetzle) press or one of the utensils you see when you go to [Amazon.com](https://www.amazon.com) and search under "spaetzle."]. There should be only one layer of spaetzle cooking at a time. Boil gently for 5 to 8 minutes, or until done to your taste. Remove with perforated spoon and let drain. Serve as a side dish with meat. Serve right away or sauté the finished spaetzle in butter until golden and sprinkle with cheese of your choice (or not).

—Udo

Marinate for Chicken

1 cup vegetable oil
2 cloves crushed garlic
3 teaspoons pepper
1 tablespoon salt
3 teaspoons thyme
juice of 1 lemon
3 tablespoons
Worcestershire sauce
1 onion, grated
2 tablespoons mayonnaise



Put all ingredients into a food processor or large blender.

Boneless chicken works best, letting it absorb the marinate for a few hours in the refrigerator.

Cook chicken on the grill or stove, basting often with the marinate.

—*Seth's Grandmother Dolly Michaud*



Seafood Quiche

1 pie crust

1-2 cans of crabmeat, or 1 pkg. sea legs (imitation crabmeat)

1 large onion

1 cup broccoli

1 cup milk

3 Eggs

2 cups shredded
Cheddar cheese

Put uncooked crust
in 8 or 9 inch pie
plate.

Sauté onion &
broccoli in olive oil.

Add dill, basil, garlic, any other favorite seasonings.

Shred crabmeat by hand and add to vegetables, mixing well.

Beat eggs and add milk, mixing well.

Combine Seafood, vegetables, and eggs- mix well.

Pour into pie crust and cover with cheese.

Cook at 350 degrees for 45 minutes. Let cool before serving.



—Seth's Mom

Meatballs

1 lb. chopped meat
1 egg
1/2 cup Italian bread crumbs
1/4 cup Parmesan cheese
3 tbsps garlic powder
coarse black pepper and salt
a splash of red wine
sweet basil and oregano

Put chopped meat in a big bowl. Add 1 egg, 1/2 cup of Parmesan cheese, garlic, coarse black pepper, salt, garlic powder, a splash of red wine and about a tsp. of sweet basil.

Mash all the ingredients together with your hands until its one big ball. If it doesn't stick add more breadcrumbs.

Add a bit of olive oil to a fry pan. Take meat and roll 1 inch balls. Brown them in the oil.

You can add the meatballs to your homemade pasta sauce.



—Robin

Homemade Spaghetti Sauce

olive oil
5 cloves minced garlic
1 large or 2 medium yellow onions
can of whole tomatoes (12 or 16 oz)
can of tomato paste
oregano
basil
sugar - big clump or finger-full
1/4 cup red wine
about 1 tbsp. molasses
salt and pepper

Coat the bottom of a deep pot with olive oil. Add garlic and onion and cook until they are transparent. Add the tomato paste and the can of whole tomatoes. Add oregano, basil, salt and pepper, red wine, molasses and about 6 oz. of water. Let simmer with cover on with stove at low heat for about 1 hour.



—Robin

Sausage and Peppers

1 pound of pork sausage or you can use turkey sausage

garlic

onions

2 or 3 peppers (you can mix green, orange, and yellow peppers if you want)

olive oil

oregano

(you can add plum tomatoes or a can of tomatoes if you want)

Pour olive oil in frying pan. Sauté garlic. Add onions and sauté. Add peppers. Add sausage and cook until done. Add tomatoes.

—Robin



Chicken Marsala

2 pounds of chicken breasts
1 bottle Marsala wine
butter
1 pound of sliced mushrooms
1 lemon
flour (seasoned with salt and pepper)

Pound the chicken thin. Dip chicken in seasoned flour. Melt butter in skillet. Cook chicken in the butter and remove them. Add more butter if necessary and sauté the mushrooms. Put chicken back in pan with mushrooms and add Marsala wine to fully cover the chicken. Slice lemon and place on top of chicken.

Serve over couscous.

—Robin



Sauerbraten (Roast on Acid)

Plan ahead. This roast needs several (~ 3 or so) days to season before you cook it.

- 4 lbs. bottom round roast
- 1 cup wine vinegar
- 1 cup (or more) water
- 1/2 cup dry red wine
- 1/4 cup firmly packed brown sugar
- 3 teaspoons salt
- 1/2 tsp. pepper
- 1/2 tsp. ground cloves
- 1 bay leaf (more [up to 4] if you like the flavor)
- 1 large onion, chopped (approx. 1 cup)
- 2 large carrots
- 2 cups celery
- 2 tbs. oil
- 6 tbs. flour



Place the roast in a large glass bowl. Mix vinegar, water, brown sugar, salt, pepper, cloves, bay leaf (or leaves), onion, carrots and celery in a medium bowl. Pour the mix over the roast and cover the glass bowl. Place the glass bowl (with the roast, over which the mix has been poured in accordance with the foregoing) in a refrigerator that's plugged in

and leave it in the refrigerator for 2 or 3 days. Turn the roast a few times during those 2 or 3 days.

When you're ready to cook, remove the roast from the marinade, pat it dry with a paper towel, and brown it slowly on all side in oil in a kettle. Remove the vegetables from the marinade with a slotted spoon and add them to the kettle, followed by the marinade, which you should pour to a depth of one inch (1"). Heat to boiling point, cover, and let it simmer for 2 to 2 1/2 hours, turning the roast several times, until the meat is tender. Place roast on a large platter. Remove the bay leaf/leaves, strain



liquid into a bowl, press vegetables through a sieve (or puree). Measure and add water to make 3 cups. Return everything to the kettle (except for the bay leaves and the stuff left in the sieve, of course). Smooth flour with some water to form a paste in a separate cup and stir the flour/water mixture into the kettle until it forms a nice gravy. Eat with cranberries and spaetzle.

—Udo

Granny's Meat Balls

For the Meat Balls:

1 lb. chopped meat (hamburger, veal, or turkey)

1/4 cup bread crumbs

1 small minced onion

1 tsp. lemon juice

1 egg

1/2 cup cooked rice

2 tsp. brown sugar

dash garlic

salt and pepper to taste



For the Sauce:

1 small bottle ketchup

1 small diced onion

1 small bottle grape jelly!

1 tsp. lemon juice

For the meat balls: combine ingredients, roll into 1 inch balls, brown in a skillet

For the sauce: combine ingredients, heat 10 minutes in a sauce pan, pour over meat balls, cook 1/2 hour at 350°.

—Frances

Fried Rice

You can make this from white rice left from the Chinese restaurant

garlic
scallions
chicken or shrimp or leftover steak
leftover vegetables like carrots, peppers, mushrooms, bean sprouts, frozen peas
2 eggs
1 can chicken broth
soy sauce
sesame oil
peanut oil



Put peanut oil in the frying pan. Add garlic, scallions, veggies and stir fry them all together. Add some sesame oil, and add the rice. Toss so the rice is fried. Then add the chicken broth and soy sauce.

Let the rice cook in the broth until it's soft.

At the very end beat 2 eggs and toss into the rice.

—Robin

Macaroni and Cheese, Good Old Comfort Food

1 box macaroni
1/2 pound of cheese
3 eggs
tablespoon of flour
1 pint cream
1/2 stick butter



Take a box of elbow macaroni and boil it. Rinse the noodles.

In a separate bowl mix eggs, cream, mild Cheddar cheese (you can add Monterey Jack if you like), butter sliced into pats, and flour.

Take the whole mixture and pour it on the noodles.

Top the noodles with breadcrumbs and bake at 350 degrees for about 25 minutes.

—Robin



Caramel Corn

2 cups light brown sugar

1 cup butter

1/2 cup dark corn syrup

1 teaspoon salt

1/2 teaspoon baking soda

5 quarts popped corn (hot air popped works best!)

1 cup dry roasted peanuts

Combine butter, sugar, syrup, and salt. Boil 5 minutes, stirring often. Remove from heat.

Stir in baking soda and mix well.

Pour over corn and nuts in a large roasting pan. Mix well until corn is evenly coated.



Bake in 250 degree oven for 1 hour, stirring every 15 minutes.

Cool on the counter on waxed paper.

Store in tightly covered container

Will freeze well too!

—Seth's Mom

No Bake Cookies

4 tablespoons cocoa
2 cups sugar
1/2 stick butter
1/2 cup milk
1/2 cup peanut butter
1 teaspoon vanilla
3 cups rolled oats



Boil cocoa, sugar, butter, and milk
2 minutes.

Remove from heat and add peanut butter. Mix well!

Add vanilla and rolled oats. Mix well.

Drop in teaspoons on waxed paper and allow to cool.

—Seth's Mom



Ginger, Blueberry and Mango Salad

For a nice soothing desert that cleans the palate. Great for a brunch

2 limes
1/3 cup water
1/3 cup sugar
2 large mangoes (2 1/2 lb. total),
peeled and cut into 1-inch pieces
3 cups blueberries (3/4 oz)
1/4 cup finely chopped crystallized
ginger (1 1/2 oz)

Remove zest from 1 lime in strips with a vegetable peeler and cut any white pith from strips with a sharp knife. Squeeze 3 tablespoons juice from limes. Bring zest, water, and sugar to a boil in a 1-quart saucepan, stirring until sugar is dissolved, then boil, uncovered, about 3 minutes. Remove from heat and stir in lime juice. Let syrup stand 20 minutes, then remove zest with a slotted spoon and discard.

Toss together mangoes, blueberries, and syrup in a large bowl and sprinkle with ginger.



—Robin

Poor Man's Ice Cream

1 pint of cream
1 pint of milk
juice of one lemon
1/2 pound of sugar
1/2 nutmeg, grated



Add the lemon juice to the sugar, then mix them with the milk and cream, add the nutmeg and freeze.

From "Dainty Dishes," a book about frozen desserts, published in 1903 by Mrs. S.T. Rorer, the Principal of the Philadelphia Cooking School. Never tried it but would like to be able to say I knew someone who did.

—Udo

