

# The Buson Family Recipe Book

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# Preface

This fourth edition of the family cookbook is being written in the house in Seattle in a neighborhood not too far from Downtown, fairly near the International District. This has some very nice access to seafood markets and Asian grocery stores.

The recipes in the book are ones that we cook for ourselves. We hope you all enjoy reading and using our cookbook as much as we enjoyed making it.





# Appetizers

## Baba Ganouj

Baba Ganouj is a traditional Middle Eastern appetizer made from eggplant, lemon, and tahini. A nice addition to this recipe is to cut up some cured black olives and blend or stir them into the puree.

oil  
1 medium eggplant  
2 cloves garlic, crushed  
1/4 cup fresh lemon juice  
1/4 cup tahini (sesame paste)  
1/2 tsp salt  
1/8 tsp liquid smoke <sup>1</sup>  
black and cayenne pepper to taste  
extra virgin olive oil  
paprika  
pita bread

1. Slice eggplant in half lengthwise; bake face-down on oiled baking sheet 350 for 30 minutes or until tender.
2. Cool until comfortable to handle.
3. Scoop out pulp, discarding skin.
4. Place in food processor with garlic, lemon juice, tahini salt, black and cayenne pepper. Puree until smooth. /Drizzle extra virgin oil over spread just before serving, with dash of paprika on top.
5. Serve with pita bread for dipping.

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<sup>1</sup>Liquid smoke is quite literally wood smoke captured in water. It's a great way to add that smoky taste without firing up a grill.

## Hummus (among us)

Hummus is our favorite all around schmear for putting on bread. <sup>2</sup> We particularly like to make a pita sandwich with some hummus and a filling like the Uruguayan bean salad (p.17), or the Millet and black bean salad (p.21).

We also like to serve fresh spices and herbs with our hummus and pita. Small dishes with chopped herbs (basil, mint, cilantro) or spices (sumac, ground chilies) go well with this.

We were making this recipe long before you could buy it at the grocery store. This used to be the hit of the party, but now there is store bought hummus at every potluck. This is far tastier and beats them all. Still, just make this for home because no one thinks hummus is special anymore.

4 cups	cooked chickpeas
1/2 cup	tahini (sesame paste)
1/3 cup	extra virgin olive oil
juice of 3	lemons (+)
4	(+) cloves garlic, crushed
1 1/2 tsp	salt
2 tsp	ground cumin
1 tsp	ground California chili (optional)
1/4 tsp	cayenne
1/4 tsp	paprika
	fresh black pepper
	garnish oil, cayenne, paprika
	pita bread

1. Puree all ingredients (except garnish and pita) in food processor until smooth.
2. Garnish with drizzle of extra virgin olive oil, and sprinkle of cayenne and paprika.
3. Serve with pita bread as dip.

## Edamame Hummus

Edamame are fresh cooked soybeans, typically enjoyed with a little bit of salt. They're a very popular appetizer at Japanese restaurants. This

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<sup>2</sup>Definition: (SHMEER) Thought to have come from the Yiddish word *shmirn* ("to smear or grease"), the word *schmear* is used in the culinary world to describe a dab of something like mayonnaise or cream cheese that's spread on a roll, bagel, etc. More recently, cream cheese is combined with flavorings such as onions, garlic and bell peppers to create a spread that's commercially packaged as a "schmear."

is very similar to the traditional Mediterranean hummus, but still a touch different.

- 1 pound edamame peas
- 1/3 cup tahini (sesame paste)
- 1/3 cup water
- 1/4 cup extra virgin olive oil
- 1 tbsp freshly grated lemon zest
- 1 lemon, juiced
- 2 cloves garlic, crushed
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/4 tsp ground coriander
- 1 tbsp minced cilantro

1. Puree all ingredients (except garnish) in food processor until smooth.
2. Garnish with drizzle of extra virgin olive oil, and sprinkle of cayenne and paprika.
3. Serve with bread, sweet potato chips, cucumbers, celery, olives.

## Beet Hummus

A very different interpretation of hummus. Natasha definitely did not approve of this one, I think it's because she feels like it's ruining perfectly good beets. I quite like it though as an occasional thing.

- 1/2 pound cubed cooked beets (about 3 medium sized)
- 2 Tbsp tahini sesame seed paste
- 1 Tbsp olive oil
- 5 Tbsp lemon juice
- 1 clove garlic, crushed
- 1 Tbsp ground cumin
- 1 Tbsp lemon zest
- Generous pinch of sea salt or Kosher salt
- Fresh ground pepper to taste

1. Puree all ingredients in food processor until smooth.
2. Garnish with sprinkle of cayenne and paprika.

## Korean Spinach Salad

This is a common appetizer at Korean restaurants. It is one of the many varieties of Kim Chi that might be put out on your table. Not all Kim Chi is highly spicy or pungent with fish sauce, though many/most varieties are. We like this with a meal or just as a snack by itself.

1 tbsp green onion, chopped  
2 tsp sugar  
1/4 tsp pepper  
1 tsp dark sesame oil  
1 tbsp soy sauce  
1 clove garlic, minced  
1/4 tsp salt  
1 pound spinach, washed and stemmed

1. Add spinach to boiling water. Boil 1 to 2 minutes.
2. Drain spinach and rinse with cold running water until cold.
3. Drain spinach well and pat dry with paper towels.
4. Mix green onion through salt in small bowl.
5. Combine spinach and dressing. Chill and serve cold.

# Soups

**Chicken Soup** An ancient miracle drug containing equal parts of aureomycin, cocaine, interferon, and TLC. The only ailment chicken soup can't cure is neurotic dependence on one's mother.

– Arthur Naiman, *"Every Goy's Guide to Yiddish"*

## Stracciatella

This is a classic Italian soup of spinach and egg. Once the spinach is rinsed, this is a very quick soup to make. This recipe makes two portions, but it is very easy to scale up, you simply need more bowls.

4 ounces fresh spinach leaves, trimmed, rinsed, and dried  
1/4 cup freshly grated Parmesan cheese  
freshly grated black pepper to taste  
1 egg  
1 tsp fresh lemon juice  
2 cups chicken stock  
salt to taste  
freshly grated Parmesan cheese, for garnish

1. Cut the spinach into chiffonade (very thin strips). Divide it between two large soup bowls, and sprinkle with the cheese and a grating of pepper.
2. In a small bowl, beat the egg and lemon juice together.
3. Heat the stock to a boil, then remove it from the heat. Stir in the egg mixture until the broth is ribbony and slightly thickened. Ladle over the spinach, and stir just until wilted.
4. Add Salt, if needed, and serve immediately, with additional grated cheese on the side.

## Albondigas

One of our favorite soups, it is a flavourful tomato and beef broth with small meatballs floating in it amidst specs of cilantro and other spices. A traditional Mexican dish, the chipotle helps add a smoky spicy flavour to the soup. We like it with queso seco<sup>3</sup> sprinkled into it.

2 tbsp	olive oil
3 cups	chopped onions
4	minced garlic cloves
2	small bay leaves
—	
8 cups	beef stock
1 can (28 oz)	diced tomatoes
1/2 cup	salsa
1/2 cup	chopped fresh cilantro
—	
1 pound	ground beef
5 tbsp	cornmeal
3 tbsp	milk
1	egg
1/2 tsp	salt
1/2 tsp	pepper
1/2 tsp	ground cumin
1 tsp	ground California chili
1/4 cup	minced fresh cilantro
—	
1 cup	corn
2	chipotle chilies
1 tbsp	ground California chilies
4	green onions
1/2 cup	rice
—	
	cilantro for garnish
	queso seco

1. Saute the first four ingredients for about 5 minutes. Basically until the onions are wilted.
2. Put in the next four ingredients and bring to a boil. Simmer for 15 minutes.
3. Form the next nine ingredients into small meatballs (I use a tbsp of mixture in each). Do this while you simmer in the previous step.

---

<sup>3</sup>Queso Seco is a dry salty Mexican cheese that keeps very well. It has a strong flavour that is excellent in soups and as an ingredient in other dishes.

4. Add the next five ingredients to the pot, and add the meatballs at the same time.
5. Serve in bowls garnished with cilantro and crumbled bits of queso seco.

An alternative is to use cornmeal dumplings instead of meat dumplings in the Albondigas.

- 3/4 cup flour
- 3/4 cup cornmeal
- 1/4 cup milk
- 2 eggs
- 1/2-3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp ground cumin
- 1 tsp ground California chili
- 1/4 cup minced fresh cilantro

1. Form these ingredients into small meatballs (I use a tbsp of mixture in each). Do this while you simmer in the second step.

## Winter Vegetable Soup

- 4 tbsp butter
- 1 leek, sliced
- 1 1/2 cup diced onion
- 1 cup diced celery
- 1 tsp tarragon
- 1/2 tsp thyme
- salt and pepper to taste
- 4 tsp ham bouillon
- 5 tsp chicken bouillon
- 5 cups water
- 2 1/2 cups diced potatoes
- 1 pound sliced spinach, stems removed
- 1/2 cup milk

1. In stockpot sauté leek, onion, and celery in butter until wilted, about 15 minutes.
2. Add tarragon, thyme, salt and pepper. Add bouillon water, and potatoes.
3. Simmer until potatoes are tender but not mushy, 15 to 20 min.

4. Add half of the spinach; simmer for 1 minute.
5. Remove soup from heat.
6. Puree half in blender or food processor (be careful !! it's hot!!). Return puree to pot.
7. Add remaining spinach and milk, and heat through, but do not boil.

## French Lentil Stew with Lamb Sausage

A very simple stew with few ingredients, this is a great comfort food with a chunk of crusty bread and a hearty red wine. Uli's sausage at the market had some lamb sausage that caught my eye when I was buying Andouille for gumbo, so I got some of it and found a nice stew recipe to go with it. A little tinkering and this recipe was born.

2 tbsp	olive oil
3 cups	coarsely chopped onion
—	
6	chopped large cloves garlic
1 1/2 cups	French green lentils
3 cups	water
1 cup	red wine
4	large carrots cut into 2" pieces
1 tbsp	fresh minced rosemary
1/2 tbsp	fresh minced thyme
—	
2	lamb sausage links (1/2 lb)
—	
1 tsp	salt
	Freshly ground black pepper to taste

1. Saute onions at high heat in olive oil eight minutes
2. Add garlic, cook for 1 minute.
3. Add lentils, stir about, cook for one minute.
4. Add water, wine, carrots, rosemary and thyme.
5. Bring to a boil, reduce to a simmer, cook 20 minutes or until lentils are becoming tender.
6. Add whole sausages, simmer till cooked through.
7. Remove sausages, cut into coins, add back to soup.
8. Add salt and pepper, simmer additional 5 minutes or until lentils are tender.



9. Remove from heat, eat with a nice crusty bread.

## Lentil Soup

3 cups	dry lentils
8-9 cups	water
3-4 tsp	salt
8	garlic cloves, chopped
2 cups	chopped onion
2	ribs celery chopped
2	diced medium carrots
2 1/2 tsp	basil
1 tsp	thyme
1 tsp	oregano
4	bay leaves
	a pinch of celery salt
	freshly ground black pepper to taste
	red wine vinegar

1. Bring lentils, salt, and water to boil; lower heat to slowest simmer and cook partly covered 20 to 30 minutes.
2. Add vegetables, herbs, and pepper; simmer 20 to 30 min partly covered, stirring occasionally.
3. Serve with dash of red wine vinegar on top.

## Split Pea Soup

1 pound	dry split peas
2 tsp	chicken bouillon
4 tsp	ham bouillon
8 cups	water
1 cup	diced ham
2	ribs diced celery including leaves
1 tbsp	chopped parsley
1/2 tsp	tarragon
3 tbsp	butter
1 cup	diced carrots
1 cup	diced onion
1	sliced leek
	freshly ground black pepper
	pinch of celery seed
	pinch of marjoram

1. Bring bouillon water, and beans to boil. Add celery, parsley, tarragon.
2. Reduce heat to simmer and cook partially covered for 45 minutes , stirring occasionally.
3. Separately sauté carrots, onion, and leek in butter until wilted, about 10 minutes. Add to soup, along with ham.
4. Simmer, partly covered, for 30 minutes.

## Chilled Cucumber Yogurt Soup

Delicious simple and refreshing. An especially good accompaniment to Indian or Mediterranean meals.

- 4 small seedless cucumbers - peeled
- 1 tbsp lemon juice
- 1/2 cup chopped fresh mint
- few sprigs of fresh dill chopped
- 2 cloves garlic, minced
- 2 cups plain greek yogurt
- 1 tbsp olive oil
- 1 tsp salt

1. Combine the ingredients in a blender/cuisinart. Blend till mostly smooth.
2. Garnish a bit of mint or a few raisins.

## Sweet Potato Coconut Curry Soup

I finally got around to making this one. I'm not sure what ethnicity it falls under, but I've had the idea kicking about for a number of years. It's inspired by various curried squash/pumpkin soups I've seen or had. I never really quite enjoyed them as much as I thought I would, so this is what I came up with for myself. Quite good hot or cold.

- olive oil
- 5 cloves garlic minced
- 1 tbsp minced fresh ginger
- 1 onion diced
- 5-6 cups cooked sweet potato in 2" chunks
- 3 cups chicken stock
- 1 can coconut milk
- 2 tsp garam masala
- 1/2 tsp salt
- fresh ground pepper to taste
- 1/2 pound diced fresh pineapple
- Cilantro (optional)

1. Heat olive oil in the bottom of a stockpot under medium heat and saute garlic and ginger for 30 seconds.
2. Add onion and cook 4-5 minutes until translucent
3. Add sweet potato, chicken stock, and the coconut milk. Bring to a boil and let it simmer for 10 minutes on medium.
4. Remove from heat and add salt, pepper and garam masala.
5. Puree soup in a blender and then add pineapple.
6. Garnish with cilantro and serve.

## Indian Mixed Vegetable Soup

A nice strong flavoured Indian *Dal*, this meatless legume soup is a family favorite. Good with naan or mixed with rice.

1 cup	red lentil <sup>4</sup>
1	medium onion, finely chopped
4	garlic cloves, finely chopped
1 tsp	grated fresh ginger
1/2 tsp	ground turmeric
1 tsp	ground cumin
1-1/2 tbsp	ground coriander
1-2 tbsp	tikka masala <sup>5</sup>
3	medium tomatoes, chopped
6	curry leaves (optional)
5 cups	water
—	
2 cups	trimmed vegetables:
	waxy potatoes, one inch cubes
	cauliflower, one inch florets
	green beans, one inch lengths
	Gai Lan, one inch lengths <sup>6</sup>
	spinach leaves
	mustard greens
	peas, frozen or fresh
	carrots, 1/2 inch chunks
	eggplant, 1 inch cubes
	squash, 1 inch cubes
	zucchini, 1 inch cubes
	mushrooms, whole or quartered
—	
3 tbsp	ghee (or unsalted butter) <sup>7</sup>
2 tsp	black mustard seeds
1 tsp	ground cumin
—	
1/2 cup	cilantro, finely chopped
1 tsp	salt
	pepper to taste

1. Combine first eleven ingredients in a stock pot. Bring to a slow simmer and cook 30 minutes to 2 hours until the legumes are soft.
2. Add the vegetables in order of their cooking times, potatoes and carrots first, spinach and greens last.

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<sup>4</sup>Alternately, substitute yellow split peas, yellow lentils or split mung beans

<sup>5</sup>This is our favorite curry to use for this dish, but certainly many others will be very tasty.

<sup>6</sup>A favorite of ours. Also known as Chinese Broccoli, this is great in stir fries and all manner of vegetable dishes.

<sup>7</sup>Substitute half olive oil / half butter. This leaves a similar flavour and mouth feel.

3. Once the vegetables are done cooking, heat the ghee in a small pan. Once the ghee is hot, add the spices and stir for one minute.
4. Stir the spice mixture, salt, pepper, and cilantro into the pot. Adjust the salt if needed and enjoy.

## Corn Chowder

A nice corn chowder that has some really bright flavours.

- 4 ounces sliced bacon, one inch pieces
- 2 tbsp butter
- 2 cups chopped onion
- 2 tbsp flour
- 4 cups chicken stock
- 2 diced large potatoes
- 1 cup milk
- 4 cups cooked corn kernels
- 1/2 pound diced ham (optional)
- 3/4 teaspoon fresh ground black pepper
- salt to taste
- 1 diced large red bell pepper
- 3 sliced scallions
- 1/4 cup cilantro for garnish

1. Wilt the bacon in a large soup pot over low heat until fat is rendered, about 5 minutes. <sup>8</sup> Add the butter and allow it to melt.
2. Add the onions and wilt over low heat for 10 minutes. Add the flour and cook, stirring, another 5 minutes.
3. Add the stock and potatoes. Continue cooking over medium-low heat until the potatoes are just tender, 12 to 15 minutes.
4. Add the milk, corn, ham (if you are adding it), pepper, and salt. Cook 7 minutes, stirring occasionally.
5. Add the bell pepper and scallions, adjust the seasonings, and cook an additional 5 minutes. Serve immediately, garnish with the cilantro (best to let each person add it to their own taste).

## Portobello Mushroom Soup

This is a very simple soup made with portobello mushrooms. Once my friend Julie dropped by while I was cooking this. I asked her if she would

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<sup>8</sup>A lower fat substitute for this is 4 teaspoons of ham bouillon.

like to try some of the portobello soup I was cooking. She agreed, and I ladled out a small bowl for her. After a while of eating it, she said "I like the soup, but there is just something in it I don't like". I said "Well it's pretty much just portobello mushrooms, onions and some chicken stock." It turns out she didn't know portobellos were mushrooms, which she doesn't like...

per serving:

---

	1	diced portobello mushroom
1 small or 1/2		medium onion, diced
	1/2 tsp	chicken bouillon
	1/2 cup	water
	1/2 tbsp	butter
	2 tbsp	milk
		salt and pepper to taste

1. Saute mushrooms and onion in butter until soft, about 10 minutes.
2. Add water and bouillon. Cook 30 minutes longer.
3. Puree half of the solids in food processor or blender along with the milk. Return puree to soup.
4. Salt and pepper to taste.

## Buddhist Tofu Soup

This is a very quick, very spicy soup that I stumbled upon the recipe for when I was in the mood for some soft tofu soup. Simply substitute vegetable stock for chicken stock to achieve a vegan dish.

	1 cup	water
	2 Tbsp	Soy Sauce
	2 Tbsp	Hoisin Sauce
	1 Tbsp	Black Bean Garlic paste
	1 Tbsp	sesame oil
	1	block Tofu (I like extra soft)
		<hr/>
	4 cups	chicken stock
1/2 pound		nappa cabbage
1 pound		asparagus - 1 inch slices
1/4 pound		enoki mushrooms
	1/4 cup	chopped fresh cilantro
	2 tbsp	finely minced grated ginger
	2	green onions, finely sliced

1. Combine first five ingredients in a bowl. Cut the tofu into approximately one inch cubes.

2. Bring chicken stock to a boil. Add the Nappa cabbage and cook five minutes at a simmer.
3. Add the rest of the ingredients and cook for three more minutes at a simmer.
4. Add the contents of the bowl and bring back to a boil. Drop to a simmer for a minute or two.

## Thai beetroot soup

A lovely unconventional recipe that marries the mild sweetness of beets with the aromatics of Thai cooking. And it's a quite astonishing colour.

- 1 pound    cooked beets, chopped
- 1    tin coconut milk
- 2 tbsp    Thai fish sauce
- 1    limes juice
- 1/2 tsp    salt

- 
- stock- 4    shallots, finely chopped
  - 3    garlic cloves, finely sliced
  - 4    stalks lemongrass, trimmed and chopped
  - 2    inch long pieces galangal, finely sliced
  - 2    thumb-size pieces of root ginger, grated
  - 6    kaffir lime leaves, shredded
  - 1 tbsp    vegetable oil
  - 3 cups    cold water
  - 1/2 cup    cilantro, chopped
  - 1    bird's-eye chilli, deseeded and finely sliced

1. In a large pan, fry the shallots, garlic, lemongrass, galangal, ginger and lime leaves in the oil for 3-4 minutes.
2. Add the water and the rest of the stock ingredients, bring to a boil and simmer for 30 minutes. Strain out solids.
3. Add beets to the strained liquid and simmer for five to ten minutes. Blend the solids, then add the coconut milk and bring back to a simmer.
4. Add fish sauce, salt and lime to taste. Serve garnished with a sprinkle of cilantro leaves.

## Cioppino

The classic San Francisco fisherman's wharf stew. This dish is really the descendant of similar soups cooked all along the Mediterranean coast.

Many of San Francisco's fisherman are of Italian and Portuguese descent, so it's not a surprise they would create something like this in their new home. Our family seems to view this as a traditional holiday dish. Some of you have no doubt shared this with us at a Christmas or New Years feast, usually prepared by grandpa John as it is his specialty. A wonderfully hearty soup that is great with a good crusty bread, a zesty salad and a bottle of wine.

Any firm white fish and shellfish combination will work well for this dish. Sometimes we use mussels or oysters instead of clams.

1/4 cup	olive oil
1	large onion, finely chopped
1	red or green bell pepper, diced
—	
6	cloves garlic, minced
1/2 cup	fresh parsley, chopped
1 tsp	dry basil
1/2 tsp	dry oregano
—	
1 can (28 oz)	Italian plum tomatoes
1 can (14 oz)	tomato sauce
1 can (6 oz)	tomato paste
2 cups	dry white wine
1 tsp	salt
1/4 tsp	course ground pepper
—	
3/4 - 1 pound	rock cod fillets (cut into 1" squares)
big can	crab meat
1 pound	shelled de-veined shrimp
12	clean clams in shell
1	bottle clam juice
small can	clam meat and juice

1. Heat oil in the bottom of an 8 quart stock pot. Add onions and bell peppers. Sauté until onions are soft.
2. Add garlic, parsley, basil, oregano and sauté for two more minutes.
3. Coarsely chop tomatoes and add them (and their liquid, the tomato sauce, paste, wine, salt and pepper to pot. Bring to a boil and simmer for 1 hour covered.
4. Add seafood and cook until the shrimp are cooked (approximately 3-5 minutes).
5. Take off heat and let sit for 20 minutes. The clams should all open, discard any that do not.



# Salads

## Thai Cucumber Salad

An excellent salad to go with almost any meal. Add some Chinese bar-beque pork to it and serve with something like naan, and it makes an excellent main course as well.

	3	cucumbers
	1/2	red onion - finely chopped
1 tsp - 2 tbsp		Sriracha chili sauce <sup>9</sup>
2 tsp		sugar
1 tbsp		fish sauce
2 tbsp		rice vinegar
1/2 cup		finely chopped cilantro
		—
1/4 cup		crushed peanuts
2 tbsp		crisp fried garlic

1. Peel cucumbers to your liking, quarter long ways, scoop out pulp and slice. <sup>10</sup>
2. Combine all ingredients except the last two, these are added as you serve the salad.

## Uruguayan Bean Salad

In Uruguay and Argentina, this salad is a side dish that often accompanies steaks and cocktails. It's traditionally made with *poroto*, a small, dark, rectangular bean with an earthy flavor, but we like to use kidney or black beans.

This recipe (and the remix) are excellent paired with hummus in a pita as a vegetarian sandwich.

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<sup>9</sup>1 tsp is mild enough for most people

<sup>10</sup>We prefer the cucumbers partially peeled for aesthetics and texture, your mileage may vary.

3 cups	cooked kidney or black beans (we like 1/2 & 1/2)
1 cup	chopped tomato
3/4 cup	finely chopped onion
1/4 cup	chopped fresh flat leafed parsley
3 tbsps	red wine vinegar
2 tbsps	extra-virgin olive oil
1 tsp	dried oregano
1/2 tsp	crushed red pepper
1/2 tsp	freshly ground black pepper
1/4 tsp	salt

1. Combine all the the ingredients in a bowl, and toss gently.

## Uruguayan Bean Salad (Avocado Remix)

Because goodness knows (almost) everything is better with avocado.

3 cups	cooked black beans
1 cup	chopped tomato
3/4 cup	finely chopped red onion
3/4 cup	finely chopped onion
2	finely chopped avocados
1/2	finely chopped green bell pepper
1/2	finely chopped red bell pepper
1/2 cup	chopped fresh flat leafed parsley
1/4 cup	red wine vinegar
3 tbsps	extra-virgin olive oil
1 1/2 tsp	dried oregano
3/4 tsp	crushed red pepper
1/2 tsp	freshly ground black pepper
1/4 tsp	salt

1. Combine all the ingredients in a bowl, and toss gently.

## Eggplant Tomato Salad

A savoury mixture of eggplant, tomato and citrus (lemon or lime). This is a dish that seems to have either traveled a lot, or spontaneously evolved in multiple places. It's similar to some Italian, Mediterranean and Russian dishes. I'm terribly fond of eating it with flatbreads, as a salad by itself, or even inside a sandwich with some savoury meat.

- 2 eggplants, halved
- 2 medium ripe tomatoes diced or 1 can
- 3 cloves garlic, minced
- 1/4 cup good quality olive oil
- 2 limes, juiced
- 1/2 cup finely chopped cilantro  
—Alternately use—
- 2 lemons, juiced
- 1/2 cup finely chopped parsley  
—
- 1/2 tsp salt
- freshly ground black pepper to taste

1. Preheat oven to 350F.
2. Cut eggplants in half and lay on baking sheet. Cook for one hour till soft.
3. Allow to cool, then remove skins from eggplant, coarsely chop the contents.
4. Combine all ingredients in a bowl.
5. Adjust seasonings to taste.

## Orange-Scented Couscous Salad

A sweet and savoury Persian inspired dish with pine nuts, cilantro, cucumber, orange and lime. An Excellent side dish or component of a mezza style meal.

- 1 cup orange juice, divided
- 1/2 cup water
- 1 teaspoon salt, divided
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon black pepper, divided
- 1 cup uncooked couscous
- 1/4 cup dried sweet cranberries or cherries
- 1/4 cup pine nuts
- 1 cup chopped cucumber
- 1/3 cup pre-chopped red onion
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 1/2 tablespoons extra virgin olive oil

1. Combine 3/4 cup orange juice, water, 1/2 teaspoon salt, coriander, cinnamon, and 1/8 teaspoon pepper in a saucepan; bring to a boil.

Remove from heat; add couscous and cranberries. Cover and let stand 5 minutes; fluff with a fork. Transfer couscous mixture to a large bowl.

2. Heat a small skillet over medium heat. Add nuts to pan; cook 3 minutes or until toasted, stirring frequently. Add nuts and next 3 ingredients (through cilantro) to couscous; toss.
3. Combine remaining 1/4 cup orange juice, 1/2 teaspoon salt, 1/8 teaspoon pepper, and lime juice stirring with a whisk. Gradually add oil to juice mixture, stirring constantly with a whisk. Drizzle juice mixture over couscous mixture, tossing to coat.

## Orange Pomegranate Salad

A slightly different take on the standard fruit salad. I do love pomegranates, of course they are ever so much work more than most fruit. Well, except Durian, of course. But I'm not sure anything that requires a wood chisel or saw to open, or kills several people each year should be considered a fruit. More like some mutated heavy metal coconut with semi-sentient desires to destroy the human race.

	Pips of one pomegranate
8	Satsuma oranges
1 tsp	balsamic vinegar
1 tbsp	sugar
2 tbsp	cream
—	
1/2 cup	cashew pieces

1. Peel the oranges and cut them equatorially. Separate the sections and put in a bowl.
2. Combine rest of the ingredients.
3. Sprinkle with cashews before serving.

## Curried Chicken Salad

An exotic twist on a traditional American standard. It's terribly nice in a pita, with some chips on the side.

- 1 pound    diced cooked Chicken
- 1/2    c finely chopped onion
- 2    finely chopped celery
- 1    grated carrot
- 1/2 cup    cashews
- 1/4    c golden raisins
- 1/4    c Major Greys mango chutney
- 1 tsp    garam masala

---

salt and freshly ground black pepper

1. Combine first eight ingredients in a bowl. Add salt and pepper to taste.

## Itai Cucumber Salad

A wonderful dish for a hot summer day when made with ripe sweet tomatoes. Thanks to John and Alena for this recipe.

- 2    cucumbers, peeled, quartered, and sliced
- 1    green bell pepper, chopped
- 1    red bell pepper, chopped
- 1    medium onion, chopped
- 1 or 2    very ripe tomatoes
- 3 tbsp    red wine vinegar
- 1/2 tbsp    balsamic vinegar
- 2-3 tbsp    extra virgin olive oil

---

salt and freshly ground black pepper

1. Combine first eight ingredients in a bowl. Add salt and pepper to taste.

## Black Bean and Millet Salad

Salad

---

- 1 cup    millet
- 3 cups    water
- 1 can    black beans, drained
- 2    chopped large tomatoes
- 1    chopped medium onion
- 1    peeled, seeded, and chopped
- medium cucumber

1. Cook millet in water until all water is absorbed, about 30 to 45 minutes. Fluff with fork and cool slightly.

2. In large bowl, combine remaining ingredients. Toss in all of dressing.
3. Chill. Serve in pitas

#### Dressing

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1/3 cup	water
3 tbsp	lemon juice
2 tsp	balsamic vinegar
1 tsp	minced garlic
1 tsp	salt
1/2 tsp	ground cumin
1/4 tsp	allspice
1/4 tsp	black pepper

1. Mix all ingredients until well blended. Toss into salad.

## Tabouli

1 cup	dry bulgar wheat
1 1/2 cup	boiling water
1/2 tsp	salt
<hr style="width: 10%; margin: auto;"/>	
2	diced medium tomatoes
1 cup	chopped parsley
1/2 cup	green onions
1/4 cup	olive oil medium
1/4 cup	fresh lemon juice
2	crushed cloves of garlic
1/2 tsp	dry mint

1. Combine wheat, salt, and water in bowl. Cover and let stand 15 to 20 minutes until wheat is tender.
2. Add remaining ingredients. Refrigerate two or more hours.
3. Serve in pita bread.

## Israeli Mixed Bean Salad

10 oz	yellow beans trimmed
10 oz	green beans trimmed
2	red peppers, cut into strips
3 tbsp	olive oil
3	cloves garlic, thinly sliced
6 tbsp	capers
1 tsp	cumin seeds
2 tsp	coriander seeds
4	green onions, thinly sliced
1/3 cup	tarragon, chopped
2/3 cup	chervil, or mix of dill and parsley
grated zest of 1	lemon
1/4 tsp	salt
	fresh black pepper

1. Preheat oven to 450 def F
2. Parbroil beans in boiling water for 3-4 minutes. Drain and quench in cold water.
3. Roast the pepper strips in the oven on an oiled sheet for five minutes or until tender. Remove from oven and place in a bowl with beans.
4. Heat the olive oil in a small saucepan and add garlic. Saute for 20 seconds, then add capers cooking for an additional 15 seconds. Add cumin and coriander and cook for another 20 seconds. Pour result over beans.
5. Add green onions, herbs, lemon zest, salt and black pepper. Toss and serve.

## Beany Booley

1 1/2 cup	lentils
	water
1/2 cup	chopped parsley
6	chopped green onions
2	lemon's juice
4 tbsp	olive oil
2	crushed cloves garlic
1/2 tsp	salt
1/4 tsp	ground coriander
1/4 tsp	ground cumin
	black pepper to taste

1. Bring lentils in water (plenty to cover) to boil, reduce to simmer for 30 minutes or until tender. Drain, and cool by running under cold water.
2. Toss in remaining ingredients.

## Broccoli slaw salad

Somewhere in between coleslaw and salad

1. 12 oz. packages broccoli slaw
  2. 1/2 a head of Napa cabbage, thinly sliced
  3. 2 carrots, peeled and grated
  4. 1 red bell pepper cut 1 inch strips
  5. 2/3 cup golden raisins (optional) thin tortilla strips as topping/garnish
- 
6. 1/4 cup olive oil
  7. 1/2 cup rice vinegar
  8. 1/4 cup sugar
  9. 1/2 tsp. kosher salt
1. Combine broccoli through raisins in a large bowl.
  2. Mix thoroughly oil through salt, pour over salad, mix well.

## Moroccan Chickpea, Carrot, and Black Olive Salad with Cayenne/Cumin Vinaigrette

### Cayenne/Cumin Vinaigrette

- 
- |         |                                  |
|---------|----------------------------------|
| 1       | finely minced medium shallot     |
| 1       | finely minced small garlic clove |
| 3 tbsp  | red wine vinegar                 |
| 1/2 tsp | ground cumin                     |
| 1/2 tsp | sweet paprika                    |
| 1/4 tsp | cayenne                          |
|         | a few grindings of black pepper  |
| 1/4 cup | olive oil                        |
| 1 tbsp  | coarsely chopped cilantro        |



1. To a small bowl, add shallots through pepper and then slowly whisk in olive oil and cilantro.

Salad

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- 2 cups cooked chickpeas
- 1/2 cup slivered Alfonso or Kalamata black olives
- 2 shredded large carrots
- 1 julienned large carrot
- 3 tbsp coarsely chopped cilantro

1. Toss all the ingredients except the cilantro lightly with the vinaigrette. Sprinkle with all but a few cilantro leaves and toss again.
2. Serve with the remaining cilantro leaves as a garnish.

## Apple salad

- 3 Fuji apples, unpeeled and diced
- 1 medium carrot, peeled and julienned
- 1/2 cup golden raisins
- 1/2 lemons juice

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- 1/2 cup yoghurt
- 2 tbsp honey
- 1/8 tsp garam masala
- pinch allspice
- pinch salt

---

- 1/2 cup coarsely chopped cashews

1. Combine first four ingredients in a bowl, toss.
2. Combine yoghurt through salt in another bowl, mix well.
3. Combine with first bowl. Garnish with cashews when you serve.

## Korean Spicy Buckwheat Noodles

One of my favorite Korean recipes. It's great to make a double recipe for dinner, and take the other half to lunch the next day.

4 oz buckwheat noodles <sup>11</sup>  
 1 hard boiled egg, cut in fourths  
 1/2 cucumber, matchstick cut  
 1/2 Asian pear, matchstick cut <sup>12</sup>

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2 tbsp gochujang chili paste  
 1 tsp Korean chili powder  
 2 tbsp sugar  
 2 tsp sesame oil  
 1 garlic clove, minced  
 1/2 tsp soy sauce  
 1 tsp sesame seeds.

1. Boil the soba (buckwheat) noodles and till just done. Drain, rinse thoroughly with cold water and chill in the refrigerator.
2. Combine chili paste, chili powder, sugar, sesame oil, garlic, soy sauce, sesame seeds in a small bowl.
3. Toss noodles with the sauce, cover with cucumber, egg, and pear. Enjoy.

## Sesame Noodles

This salad often gets used as a main dish in our household. It's excellent for making in advance, and quite tasty as a picnic item, or brown bag lunch.

1/2 pound soba noodles  
 1 tsp sesame oil

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3 tbsp sweet chili sauce  
 2 tbsp tahini  
 2 tbsp peanut butter  
 2 tbsp soy sauce  
 2 tbsp mirin  
 2 tbsp sake  
 1 tbsp rice vinegar  
 1/8 tsp MSG (optional)  
 1/4 cup chopped cilantro  
 2 tbsp finely chopped green onion  
 1 tsp minced ginger

---

sesame seeds  
 lime wedges

<sup>11</sup>Usually found in Asian groceries as Japanese Soba noodles.

<sup>12</sup>The Asian pear is crisper and a little different than the standard pear. It's really nice and crunchy and sweet in this salad.

1. Cook the soba noodles until done, then drain and rinse with cold water until chilled.
2. Place noodles in a bowl and toss with the sesame oil.
3. Combine chili sauce through MSG in a separate pan or bowl. Heat in the microwave, stirring frequently until well blended together.
4. Add cilantro, green onion and ginger.
5. Cool sauce, and then mix into noodles.
6. Garnish with a sprinkle of sesame seeds and lime wedges for squeezing over the salad.



# Side Dishes

## Szechuan Pickled Cucumbers

I got tired of buying Chinese pickles from the local store. So I went looking for a good recipe. This is actually quite a bit better than the type of pickles we were having. Now if I could just find a good Chinese pickled broccoli stalk recipe.

2-3 pounds	pickling cucumbers
1 tbsp	salt
1/2 cup	peeled, finely chopped fresh ginger
1 1/2 tbsp	sugar
3 tbsp	rice vinegar
1/2 tsp	Sriracha
—	—
2 tbsp	sesame oil
2 tsp	Szechuan peppercorns
1/4 tsp	pequin chilies

1. Slice cucumber into 1/8 inch slices. Toss with salt in a bowl, set aside for 1/2 hour. Soak ginger in 1 cup cold water for 20 minutes.
2. Drain cucumbers, rinse lightly, pat dry. Drain ginger, press lightly to remove water. Place ingredients cucumber through Sriracha in bowl.
3. Heat sesame oil in small cast iron pan/wok until nearly smoking. Add peppercorns and chilies to oil and stir for about 30-60 seconds (or until very aromatic). Add contents of pan/wok to bowl.
4. Mix thoroughly and refrigerate, wait six hours for best flavor.

## Mint Raita (Pudine Ka Rayta)

This dish is something we love to have with Indian food. Additionally it makes a great snack as a spread on some pita or bread, possibly with some Hummus (p. 2). Even though it has chilies and cayenne, it really isn't terribly *hot* due to the yogurt base.

In fact we like this so much, we actually grow a patch of mint specifically for this. Of course it also gets raided for things like Tabouli and Mint Ice Cream.

- 1/4 cup finely chopped fresh mint
- 3 tbsp chopped onion
- 1/2 tsp finely minced jalapeno
- 1/2 tsp salt
- 1/8 tsp cayenne
- 1 cup plain yogurt

1. Combine all ingredients, refrigerate.

## Chicken Liver and Fig Terrine

The sweet notes of the figs and port wine complement well with the buttery unami tastes of the chicken liver in this terrine. Excellent on crackers, or in a baguette sandwich with cornichons, lettuce and tomato.

- 1 pound fresh chicken livers
- 1/2 cup port wine
- 8 dried black Mission figs
- 8 tbsp unsalted butter, diced
- 2 small shallots, minced
- 1 garlic clove, minced
- 1 tsp fresh thyme or 1/2 tsp dried thyme
- 2 bay leaves
- 1/2 tsp sea salt
- 3/4 tsp freshly ground pepper

1. Rinse the liver under cold water, removing any white strands. Pat dry, then combine livers in a small bowl with port. Refrigerate for two hours. Sieve the marinade in to a separate bowl.
2. Place figs into a bowl and cover with hot water.
3. Melt 2 tablespoons of the butter in a large skillet over medium heat. Add shallots and garlic and cook for 3 minutes until softened and fragrant. Add livers, thyme, bay leaves, salt, and pepper. Cook for minutes, flipping the livers to ensure they're browned on both sides. Add the reserved marinade and turn up to high. Turn the heat up to medium high and cook 6 to 8 minutes until the liquid is mostly gone. Remove from the heat, discard bay leaves and let cool for 5 minutes.
4. Add the liver mixture to a food processor and process until pureed. Add the remaining butter pulse until smooth. Drain figs and pat dry. Cut the figs in to 1/4 inch pieces and fold in to the liver mixture. Taste and adjust the seasoning.

5. Place in one or two containers, covering any exposed terrine with plastic wrap. Refrigerate overnight.
6. Serve just under room temperature.

## Roasted Cumin Rice

This is a good type of rice to accompany Indian cuisine or similar dishes. The dry roasting of the spices adds an aromatic character to the rice.

- 8 cardamom pods
- 6 whole cloves
- 1 tsp whole cumin
- 1 stick cinnamon (3")
- 2 cups water or chicken stock
- 1 cup basmati or other aromatic long grain rice
- 3/4 tsp salt (if using water)

1. Dry roast spices on medium heat for 3 minutes or until they start to tan.
2. Bring liquid to boil, and place all ingredients in pot.
3. Bring down to a low simmer and cook covered for 25 minutes like you would any stove top rice.





# Main Dishes

"You first parents of the human race... who ruined yourself for an apple, what might you have done for a truffled turkey?"  
– *Brillat-savarin, "Physiologie du Gout"*

## Thai Red Curry Duck

Not something you'll see on the common Thai dinner menu, it's more of food you'll find at higher end restaurants. Very very tasty and not terribly difficult to make, assuming you use an already roasted duck as we do.

1 can	coconut milk
1 can	coconut cream
1	roast duck <sup>13</sup>
1-2 tbsp	red curry paste
2 tbsp	thai fish sauce
1 tbsp	palm sugar
3	kaffic lime leaves - torn
1	large eggplant - cubed
1 1/2 cup	fresh pineapple
10	small cherry tomatoes
20	seedless grapes
3/4 cup	sweet basil leaves

1. Pour the coconut cream in to a large pan, bring to a simmer.
2. Add curry paste, fish sauce, palm sugar, and torn lime leaves. Simmer for two more minutes. Add coconut milk - bring to a boil.
3. Add the duck and eggplant, bring back to a simmer - cook for eight to ten minutes.
4. Add pineapple, tomatoes and grapes and basil. Simmer for two minutes.

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<sup>13</sup>Cut in to small pieces, when we buy it in Chinatown, they hack it up with a cleaver for us.

5. Turn off the heat and serve garnished with bits of lime leaves and basil.

## Curried Shrimp Cakes with Mango Lime Sauce

The most time consuming part of making these is definitely peeling the shrimp. But it is quite worth the effort. We also find the shrimp cakes work excellently as a sandwich filling. i.e. Shrimp cake sandwiches.

3/4 tsp	Tikka masala curry
1 cup	panko (Japanese bread crumbs)
2 tbsp	flaked sweetened coconut
2 tbsp	finely chopped cilantro
2 tbsp	minced red bell pepper
2 tbsp	minced green onion
1 tbsp	minced grated ginger
3 tbsp	light coconut milk
1-2 tsp	minced seeded serrano chili
1 tsp	soy sauce
1 pound	shrimp, peeled and finely chopped
1	egg
1	minced garlic clove
—	
1 cup	fresh or frozen mango
1/4 cup	fresh lime juice
	sugar to taste
—	
4 cups	salad greens
2 tsp	toasted sesame seeds

1. Add curry through garlic to a mixing bowl. Mix thoroughly and set aside to cool in the refrigerator.
2. Puree mango, lime juice and sugar in a food processor or blender. The sauce should be tart and slightly sweet when the balance is right.
3. Divide the shrimp mixture into eight evenly sized cakes. Pan fry in a lightly greased skillet over a medium heat (approximately 2 minutes per side).
4. Serve over a bed of greens, with a couple tablespoons of mango sauce over the lot. Garnish with fresh cherries or other fruit.

## Mole Poblano sauce

Mole Poblano is a traditional Mexican sauce from the state of Oaxaca. The normal triumvirate or 'holy trinity' of chilies used are Ancho, Pasilla,

and Mulato. Chocolate is also a notable part of the sauce giving it a sweet and spicy taste. Disjointed turkey pieces is the traditional meat. We prefer pork shoulder generally.

This recipe does take some work, but some mole served over warm fresh tortillas is simply divine.

4	dried Pasilla chilies
4	dried Mulato chilies
6	dried Ancho chilies
2 cups	boiling chicken stock
3/4 cup	pepitas
1 cup	coarsely chopped onion
2 tbsp	sesame seeds
1	tortilla, torn apart
1 tsp	minced garlic
1/2 tsp	ground cinnamon
1/2 tsp	ground cloves
1/2 tsp	ground coriander seed
1/2 tsp	anise seed
1 tsp	salt
1/4 tsp	ground black pepper
one large can	diced tomatoes
1 wheel	Ibarra chocolate
1/2 cup	golden raisins

1. Prepare chilies - Wear gloves to protect hands. Under running water (to minimize chili dust), remove stems, ribs, and seeds from chilies. Tear chilies into small pieces, about two inches square, putting into medium bowl. Boil chicken stock. Add hot stock to bowl of chilies. Soak chilies at least thirty minutes.
2. Prepare chocolate and pepitas - Wrap chocolate wheel in clean kitchen towel. Hit with hammer until chocolate is mostly ground. Add chocolate to food processor. Add pepitas and anise seed. Grind in processor until pulverized.
3. Grind remaining ingredients - Add soaked chilies and any remaining liquid to processor, and grind until it becomes a paste. Drain canned tomatoes, reserving liquid. Add tomatoes and process. Add remaining ingredients and process until pureed. Add tomato liquid and process until pureed. Can store in refrigerator or freezer until ready to cook meat.
4. Cook meat - Cut meat into inch cubes. Add to Mole in Dutch oven. Cook at 350 °F for hours, until pork is cooked through and very tender. I serve with a slotted spoon, removing the pork from the sauce. I

freeze leftover sauce and use again for next batch of meat. The pork leaves a good flavor, and the second batch is even better than the first. Repeat until sauce is all gone. This is safe because sauce is thoroughly cooked after each freeze. When you go through all the trouble to make this sauce, you will want to make it last.

## Posole

Posole is a traditional Mexican soup based on hominy<sup>14</sup>. The soup is served with a variety of fresh vegetables that you can then mix in to the bowl to your individual taste. This recipe uses pork as the meat, but really you can substitute anything you like without really changing the character.

1 tbsp	ground cumin
5	garlic cloves, chopped
1 tsp	smoked paprika
1 3-pound	boneless pork shoulder (Boston butt)
	salt
	freshly ground black pepper
1/2	large red onion, sliced
	—
10	large dried red New Mexico chiles
2 cups	hot chicken broth
	—
3 tbsp	vegetable oil
1/2	large red onion, chopped
3	garlic cloves, minced
4 cups	low-salt chicken broth
1 28-ounce can	drained pinto beans
1 28-ounce can	drained white hominy
1 28-ounce can	tomato puree
1 tbsp	oregano (preferably Mexican)
1 tbsp	whole cumin
1 tsp	salt
	freshly ground black pepper
	—
	Queso fresco
	Chopped fresh cilantro
	Thinly sliced radishes
	Thinly sliced cabbage
	finely diced sweet onion
	Lime wedges
	Flour tortillas

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<sup>14</sup>Large kernels of corn that are soaked in lye and then dried.

1. Preheat oven to 275 °F. Line a small roasting pan with foil. Mix cumin, garlic, and smoked paprika in a small bowl. Rub spice mix all over pork. Sprinkle with salt and pepper. Place pork in pan and cover with sliced onion. Pour 1 cup water in the bottom of pan. Cover pan tightly with foil and roast until meat is very tender, 5-6 hours. Let pork rest until cool enough to handle.
2. Using 2 forks, shred pork into bite-size pieces. Reserve for adding to soup.
3. Heat oil in a large pot over medium-low heat. Add onion and saut until translucent, about 5 minutes. Add garlic and cook, stirring often, until fragrant, about 2 minutes. Stir in broth and next 5 ingredients. Bring to a boil and reduce heat to low. Cover; simmer, stirring occasionally, for 30 minutes.
4. Add reserved pork to posole. Simmer uncovered 30 minutes longer for flavors to meld. Season to taste with salt and pepper, adding reserved juices from roast pork, if desired. Divide among bowls, garnish with shredded cheese, cilantro, and lime wedges, and serve with flour tortillas.

## Mexican Lasagna

2 cups	frozen corn
3	sliced green onions
1/4 - 1/2 cup	chopped cilantro
1 - 2 tbsp	ground California chili
2 tsp	ground cumin
2 tsp	oregano
can (15 oz)	black beans, drained
can (14.5 oz)	diced tomatoes
can (4.5 oz)	chopped green chilies
can (16 oz)	refried beans
2 ounces	queso seco
1 pound	cooked meat (optional) (beef, chicken, shrimp, etc.)
—	
1 1/2 cup	shredded cheddar cheese
10	corn tortillas
	oil
	yoghurt or sour cream
	salsa

1. Combine first 12 ingredients (corn through meat) in bowl.

2. Coat baking dish with oil.
3. Arrange tortillas to cover bottom.
4. Spoon in half of corn mixture, then cover with half the cheese.
5. Repeat layers (tortilla, mixture, cheese).
6. Bake at 400 F until nice and melted (about 20 to 30 minutes).
7. Serve with dollop of yogurt or sour cream and/or salsa.

## Daube

- 2 tsp dry thyme
- 12 bay leaves
- 4 pounds chuck roast, trimmed of fat and cut into 2" cubes
- 1 bottle of hearty red wine (we use Cabernet Sauvignon)
- 1 tbsp fennel seed
- 4 tsp ham bouillon
- 2 tbsp olive oil
- 3 chopped medium onions
- 12 chopped cloves garlic
- salt and pepper to taste
- 5 diced large carrots
- steamed or boiled potatoes or couscous

1. Marinate beef overnight in refrigerator in enough wine to cover with thyme, bay, and fennel.
2. Drain, reserving marinade.
3. Brown beef in stockpot with oil.
4. Add marinade, onions, and garlic.
5. Bring to boil, reduce to simmer for 30 to 40 minutes evaporating most liquid.
6. Add enough water to cover and cook until the beef is tender and has absorbed most of the liquid, about 2 hours.
7. Add carrots and cook 30 more minutes.
8. Salt and pepper to taste. Serve over potatoes or couscous.

## Beef Brisket with 40 cloves of garlic

Lots of garlic reduced to a nice mild nutty flavour from the slow roasting. Fantastic with some crusty bread, a nice salad and some wine.

	2	tablespoons olive oil
1 (5 to 6 pounds	)	beef brisket, rinsed and patted dry
		Kosher salt and freshly-ground pepper
	40	large peeled cloves garlic
	1	large sweet onion, sliced and separated into rings
1/4 cup		red wine or balsamic vinegar
2-3 cups		beef or chicken broth
2 tsp		dried oregano, crushed
1 tsp		dried basil

1. Preheat oven to 325 degrees.
2. Season brisket liberally on both sides with kosher salt and freshly-ground black pepper.
3. Heat a large Dutch oven or heavy, deep-sided, oven-proof skillet with a lid over medium-high heat.
4. Add olive oil to coat the bottom. Sear both sides of brisket, beginning with fat-side down, until golden brown. Remove to a platter.
5. Add garlic cloves and sweet onion rings to the remaining oil in the pan. Cook and stir until garlic begins to turn golden and sweet onions are limp.
6. Add red wine or balsamic vinegar and deglaze the pan, stirring for 1 minute while scraping up the browned bits from the bottom of the pan. Add beef or chicken broth, oregano, and basil. Bring back to a simmer, then turn off heat. Move garlic and onions to the side and return brisket to the Dutch oven or skillet. Spoon garlic and onions over the top of the brisket, cover tightly, and place in the oven.
7. Bake for 1 hour at 325 F. Reduce heat to 300 and bake an additional 1-1/2 to 2 hours, or until brisket is fork-tender. Remove brisket to a platter and cover to keep warm. Let rest for 10 minutes.
8. Remove half of of garlic cloves and most of onions to a bowl. Skim off excess oil from the pan gravy and discard. Blend pan gravy and garlic until smooth. You can add a flour or cornstarch slurry to thicken gravy, if you wish. Return reserved whole garlic cloves and onions to the gravy.
9. Slice brisket diagonally across the grain. Serve with pan gravy.
10. Notes: Peeling such a large amount of garlic can be a pain. We just buy pre-peeled garlic from the Asian grocery.

## Chicken Tagine

Tagine is a traditional Moroccan dish of vegetables, meat, and often fruit. It is actually named after the conical clay pot it is traditionally cooked in (i.e. the tagine cooking pot).<sup>15</sup> It is a nice fairly light dish with a unique flavor. Moroccan cooking evolved as a sort of fusion of African, Asian, and European flavors.

2-3 pounds	skinned chicken
1 tbsp	olive oil
2	sliced large onions
4-6	chopped garlic cloves
2	sliced carrots
2	sliced celery ribs
1 tsp	ground cumin
1/2 tsp	ground ginger
1/2 tsp	ground turmeric
1	bay leaf
1 cup	dry white wine
2 1/2 cups	chicken stock or broth
	salt to taste
1 tsp	paprika
1 cup	cooked or canned chickpeas
1/4 tsp	saffron
2	sliced small zucchini
3-4 tbsp	lemon juice
	black pepper & cayenne to taste
2 tbsp	chopped fresh parsley
	chopped fresh cilantro to taste
	—
	Couscous

1. Saute garlic and onions in olive oil in a stockpot, stirring until onions are tender, about 5-10 minutes. Add carrots, celery, and sauté another couple of minutes.
2. Add chicken, cumin, ginger, turmeric, bay leaf, white wine, chicken stock and salt; stir together and bring to a simmer. Simmer gently 45 minutes to an hour, stirring occasionally, until chicken is tender.
3. Take chicken out and cut into cubes/chunks if necessary. Add paprika, chickpeas, saffron, zucchini and lemon juice; simmer another 15 minutes, until zucchini is tender but still bright green.
4. Taste and add salt, pepper, and cayenne to taste. Stir in cilantro and parsley, just before serving with couscous.

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<sup>15</sup>We don't have one yet if any of you are wondering what to get us for Christmas.



## Pesto

What can you say about pesto? It's a pungent green paste made primarily from basil leaves that is excellent on pasta. Make it in the summer when your basil crop (or the local herb ladies crop) is fragrant and bushy. It's not bad as an alternative to marinara as a pizza sauce, for example; Pesto, onions, tomatoes and finely chopped bits of cured ham make a very nice pizza. We also like to finely chop sun-dried tomatoes and put them into the pesto when we have it on pasta.

Tip from Alena: freeze some into cubes in ice cube trays and you can have portions of pesto long after your Basil dies at summer's end.

3 cups packed fresh basil leaves  
 3/4 cup chopped parsley  
 3/4 cup fresh grated Parmesan  
 1/2 cup walnuts or pine nuts  
 1/2 cup olive oil  
 1/4 cup melted butter  
 2 large minced cloves garlic  
 salt to taste

1. Combine all ingredients in food processor or blender.
2. Toss with pasta.

## Pomodoro Sauce

Pomodoro is Italian for tomato. This is a quick simple pasta sauce that we usually have most of the ingredients on hand for. We like to chop up and add some Greek olives to this to add a bit of flavour. This is enough sauce for about a pound of pasta. This is a very fast recipe that's great for a quick dinner.

2 tbsp olive oil  
 4 garlic cloves, minced  
 1/2 tsp freshly ground black pepper  
 1/4 tsp salt  
 1 (28 oz) can whole tomatoes, undrained, coarsely chopped  
 1/4 cup sliced fresh basil

1. Heat oil in a large skillet or Dutch oven at a medium heat. Add garlic, cook about 2 minutes, stirring constantly.
2. Stir in pepper, salt, tomatoes and bring to a boil. Reduce the heat and simmer for about 8 minutes, stirring occasionally.
3. Stir in the basil, remove from heat. Serve over prepared pasta.

## Linguine Fra Diavlo

A nice standard Italian dish, spicy and fragrant. I first tasted this at a little seafood restaurant in Fremont, near the Lenin statue. It was a marvelous little place, but the owner closed up because she wanted to go finish her Masters degree. Pity.

- 1 pound large shrimp, peeled
- 1 teaspoon salt
- 1 teaspoon dried crushed red pepper flakes
- 3-4 tablespoons olive oil
- 1 medium onion, sliced
- 1 can diced tomatoes
- 1 cup dry white wine
- 3 garlic cloves, chopped
- 1/4 teaspoon dried oregano leaves
- 3 tablespoon chopped fresh Italian parsley leaves
- 3 tablespoon chopped fresh basil leaves

---

1 pound cooked linguine

1. Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes.
2. Heat the 3 tablespoons oil in a heavy large skillet over medium-high heat. Add the shrimp and saute for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes. Transfer the shrimp to a large plate; set aside.
3. Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and saute until translucent, about 5 minutes. Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes.
4. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Season with more salt, to taste, and serve.

## Smoked Salmon Pasta

- 1 recipe Béchamel Sauce (p. 63)
- 1/2 cup fresh grated Parmesan
- 4 oz smoked salmon<sup>16</sup>

---

1 pound cooked pasta

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<sup>16</sup>The dry smoked Native American style is best for this dish. Those of us in the Pacific Northwest should have no trouble obtaining this. Those of you in less fortunate

1. After the Béchamel sauce is prepared, simply crumble the smoked salmon into the sauce and slowly add the Parmesan cheese. After a vigorous stirring, give it five minutes for the flavours to combine and then serve over the pasta. A little sauce goes quite a ways, so be frugal.

## Sweet Garlic Eggplant

A perennial family favorite, this dish is easy to cook, and freezes well. Excellent over rice or eaten with flatbread.

2 1/2 pound	Japanese or Chinese eggplants
4 1/2 tsp	finely chopped garlic
5 tbsp	sugar
5 tbsp	soy sauce
5 tbsp	cider vinegar
2 1/2 tbsp	dry sherry
1/4	c oil

1. Coarsely chop eggplant and place in a covered microwaveable dish. Cook in the microwave until tender.
2. Heat the remaining oil in the wok, swirling gently to coat the base and sides. Add the garlic and cook slowly until just golden. Add the sugar, soy sauce, vinegar and sherry. Bring to a boil, stirring. Add the eggplant and simmer for 3 min. to allow it to absorb the sauce.

## Szechuan Style Eggplant

One of this dishes Natasha requests most frequently. Sometimes it will 'just happen' that we have all the ingredients for it on hand and not for anything else. Very convenient.

stirfry

2 tbsp	canola or peanut oil
1	large onion, sliced
3	chopped cloves garlic
1/2 pound	ground pork
1 medium	italian eggplant, 1 inch cubes
1 block	firm tofu, 1 inch cubes
1/2	red bell pepper, sliced
4	green onions, sliced
1/2 cup	cilantro, chopped

---

areas of the country may have more trouble.

sauce

- 
- 2 tbsp soy sauce
  - 2 tbsp sweet chili sauce
  - 1 tsp sesame oil
  - 1 tsp szechuan pepper, ground
  - 1/2-1 tsp red pepper flakes

1. Heat oil over medium-high heat in pan, cook garlic for 30 seconds, then add onions and saute for 2 more minutes.
2. Add pork and cook for 2 more minutes. Add eggplant and 1/2 cup water. Cook for 10 minutes, covered.
3. Combine all ingredients for sauce while eggplant is cooking.
4. Add tofu and sauce and cook for additional 3 minutes.
5. Add bell pepper and green onions, cook for one minute.
6. Turn off heat and add cilantro.

## Mapo Dofu

Nothing fancy, just lots of tofu and classic Szechuan seasonings. In China this is a classic winter dish, comfort food for cold days.

- 1 tbsp peanut oil
  - 1 tbsp minced ginger
  - 1 tbsp minced garlic
- 
- 1/2 tsp dried chili flakes
  - 3/4 tsp salt
  - 1 tsp rice vinegar
  - 1 tsp peanut oil
- 
- 1/2 pound ground pork
  - 1 cup sliced bamboo shoot <sup>17</sup>
  - 3 thinly sliced green onions
  - 3 cakes firm tofu, 1 inch chunks
  - 2 tbsp soy sauce
  - 2 tbsp water
  - 1 tsp corn starch
- 
- 1/2 tsp Szechuan peppercorn, toasted and crushed
  - 1 tsp sesame oil

---

<sup>17</sup>Or whatever strikes your fancy. Mushrooms, bok choy, sugar pea vine are all nice additions

1. Heat the oil till nearly smoking, and swirl the wok to coat.
2. Add ginger and garlic and cook for 30 seconds. Add chili flakes, salt, vinegar, and oil. Cook for an additional 30 seconds.
3. Add pork and cook until pork is crumbled and cooked through.
4. Add bamboo and green onions and cook for one minute. Add tofu, soy sauce, water, cornstarch mixture and bring to boil. Simmer for a few minutes until it thickens.
5. Remove from heat and stir in remaining ingredients.

## Carrot Lentil Curry

One of our favorite quick meals, this one is easy to make because all the things in the dish are ones that we keep on hand. We like to serve this on couscous or rice. It's fairly low effort, other than cutting up the carrots and onions, you simply throw everything in the casserole and microwave it.

- 1 cup dried red lentils
- 3 cups water
- 6 washed carrots, cut into 2 inch pieces
- 2 cups chopped onion
- 3/4 cup golden raisins
- 3 tbsp unsalted butter
- 1-2 tsp salt
- 1/2 tbsp garam masala
- 1 tsp fennel seeds
- freshly ground black pepper to taste

1. Combine lentils and water in a 3 or 4 quart microwaveable casserole dish. Cover and cook for 15 minutes. <sup>18</sup>
2. Stir in the carrots, cover and cook for another 15 minutes.
3. Stir in the remaining ingredients. Cover and cook for another 15 minutes.

## Chana Dal

Chana Masala is a great comfort food. It's not fancy, but it's very filling and a nice simple bold food. This is one of Danes favorite Indian dishes. Sometimes we add chicken and let it simmer in the last stages of the dish.

---

<sup>18</sup>You may need to adjust the times up or down depending on your microwave. Ours is a fairly venerable appliance we obtained as a hand me down. Yours will almost certainly cook it faster.

2 cups	cooked chick peas
—	
3 tbsp	ghee
1/2 tsp	whole cumin
1	onion, finely chopped
1 tbsp	chopped garlic
1 tbsp	finely chopped fresh ginger
2/3 cup	water
3 tbsp	tomato paste
1 can	diced tomato
1/2 tsp	salt
1/2 tsp	turmeric
1/2 tsp	ground cumin
2 tsp	tikka masala / red curry powder
1/8 tsp	cayenne
—	
2 tbsp	cilantro, finely chopped
1/2 c	yoghurt (optional)

1. Heat ghee in a stockpot on high until drops of water vaporize instantly.
2. Add in cumin and cook for 30 seconds. Add onion, garlic, and ginger and cook for another 7-8 minutes until onion is soft and translucent.
3. Add the rest of the ingredients up to cayenne (including the chickpeas) into the pot and simmer for 15-20 minutes.
4. Add the cilantro and yoghurt and server with Naan or over rice.

## Chicken Korma

1 (2 1/2 pound )	cut-up chicken
2 cups	yogurt
3	cloves garlic
2	medium onions, chopped
1 tsp	paprika
2 tsp	fresh ginger, chopped
2 tsp	peanut or sunflower oil
2 tsp	ground coriander
1/2 tsp	ground chili
1 tsp	cumin
Seeds of 2	peeled cardamom pod
1 tsp	poppy seed
1 tsp	turmeric
1	bay leaf
2 tbsp	fresh coriander, chopped

1. Place chicken in bowl and marinate in yogurt, 1 clove garlic, half an onion, paprika, ginger, salt and pepper for a few hours.
2. Heat oil in large heavy casserole; gently saut remaining onion and garlic for 1 minute. Remove and set aside.
3. Add to casserole the coriander, chili, cumin, cardamom seeds, poppy seed and turmeric. Fry for a few minutes. Add the chicken. Pour enough water to cover and add remaining marinade.
4. Add onion and garlic with bay leaf. Simmer 45 minutes or until chicken is tender. Sprinkle the chicken korma with fresh coriander and serve.

## Egg Curry with Tomato (Anda Curry)

It may seem odd, but this is a delicious and simple vegetarian one pot dish. Another plus is that it is a dish we almost always have all the ingredients on hand for (though it does use up most of a carton of eggs). This is an amazingly aromatic dish that is great served off jasmine rice or with some soft warm flatbread like naan. This curry is based off a Gujarat Indian dish.

- 1 tbsp olive oil
- 3 cloves garlic, chopped
- 1 medium onion, diced
- 2 tsp s ground coriander
- 1 tsp ground cumin
- 1 tsp turmeric
- 1/8 tsp cayenne (or more to taste)
- 2 pounds tomato chopped
- 1 tsp salt
- 1/4 cup chopped cilantro
- 1/2 tsp garam masala
- 8-9 eggs

1. Put in a stockpot over medium heat. Sauté garlic for 30 seconds, add onion. Sauté onion for 5 minutes or until limp.
2. Add coriander, cumin, turmeric, cayenne, tomatoes and salt. Bring to a boil and let it simmer for about eight minutes, stirring occasionally.
3. Stir in cilantro and garam masala, then gently break eggs and drop into the curry.
4. Let them simmer with the lid on until the yolks are gently set. Probably about 5 minutes.
5. Serve over rice or with naan.

## Curried Cauliflower (Gobhi ki Sabzi)

After a great wailing and gnashing of teeth, Dane finally gave in and made this (Cauliflower being one of the few things he is not overly fond of). Unfortunately everyone, including Dane (albeit grudgingly) declared it to be quite good.

3 tbsp	olive oil
3 tbsp	butter
2 tsp	black mustard seeds
1 tsp	whole cumin
2 tbsp	grated, minced fresh ginger
1 cup	finely chopped onion
	—
1/2 tbsp	salt
1 tsp	turmeric
	—
	2 heads cauliflower, washed and broken into small florets
1 can (14 oz)	diced tomatoes, drained
	2 minced jalapenos
1 tsp	ground cumin
1/4 cup	finely chopped cilantro

1. Heat the butter and oil in the bottom of a Dutch oven or stockpot on medium. When the mixture is hot add the cumin through onion and cook stirring for one minute. Next add the salt and turmeric and continue to cook, stirring for 4 minutes.
2. Add the cauliflower and mix in until the florets are thoroughly coated. Then stir in the tomato through cumin. Reduce heat to low, cover, and cook simmering for 25-30 minutes until the cauliflower is tender, but still intact. Remove from heat.
3. Stir in cilantro and serve with flatbread or rice.



## Gingered Carrots

2 pounds	carrots
	water
1 tbsp	oil
1 1/2 cups	chopped onion
2	medium cloves minced garlic
2 tbsp	fresh grated ginger
1/2 tsp	salt
1/2 tsp	ground cumin
1/2 tsp	ground fennel
1/2 tsp	cinnamon
1/2 tsp	allspice
1/2 tsp	dry mint
3 to 4 tbsp	fresh lemon juice
1 cup	cashews or almonds
1 or more cup	plain yogurt
	cooked rice

1. Chop carrots coarsely; boil in water until tender, about 10 to 15 minutes.
2. Saute onion, in oil about 5 minutes.
3. Add garlic, ginger, salt, and spices and sauté to 10 minutes until onions are very soft. Stir in lemon juice.
4. Place everything in food processor or blender (including nuts) and puree, adding more yogurt if you want smoother puree.
5. Serve hot or cold over rice.

## Sesame Crusted Salmon

1/4 cup	sesame seeds
1 tbsp	grated orange rind
1/2	teaspoon salt
1 tsp	dark sesame oil
1 1/2 pounds	salmon
	spray oil

1. Preheat oven to 350F. Place a large sheet of foil on baking sheet. Spray foil with oil spray.
2. Mix first three ingredients together. Place the salmon fillet on the foil. Spread oil over the salmon, then coat with the sesame mixture.
3. Bake salmon just until opaque in center, about 6 minutes.

## Baked Lemon Pepper Salmon

spray oil  
 1/2 cup chopped shallots  
 1/4 cup drained capers  
 1 tbsp chopped fresh dill  
 (or)  
 1 tsp dried dill weed  
 1 tsp lemon zest  
 1 lemons juice  
 1 tbsp softened butter  
 1 pound skinless center-cut salmon fillet  
 —  
 Lemon wedges

1. Preheat oven to 425F. Place a large sheet of foil on baking sheet. Spray foil with oil spray.
2. Mix first six ingredients together (shallots through butter). Place the salmon fillet on the foil. Spread shallot mixture over salmon. Fold up foil edges to enclose salmon in a seal.
3. Bake salmon just until opaque in center, about 26 minutes. Open foil; transfer salmon to platter. Spoon any juices over. Garnish with lemon wedges and serve.

## Salmon with Basil, Garlic, Ginger, and Fermented Black Bean Sauce

1 tbsp Chinese fermented black bean garlic sauce  
 1 tbsp finely minced ginger  
 1 tbsp finely mince garlic  
 1 tbsp soy sauce  
 2 tbsp rice wine  
 1 tsp sugar  
 1/4 cup finely chopped fresh basil  
 —  
 spray oil  
 1 pound skinless center-cut salmon fillet

1. Preheat oven to 350F. Place a large sheet of foil on baking sheet. Spray foil with oil spray.
2. Mix first seven ingredients together (black bean through basil). Place the salmon fillet on the foil. Spread mixture over salmon.

3. Bake salmon just until opaque in center, about 6 minutes. You will probably wish to briefly put the salmon under a broiler to sear the spice mixture.

## Baked Beans

2 cups	dry small white beans (navy beans will work)
4 to 8 tsp	ham bouillon
1	chopped large onion
	—
1/4 cup	dark brown sugar
3 tbsp	apple cider vinegar
2 tbsp	honey
2 tbsp	molasses
1 1/2 tsp	white wine
1 1/2 tsp	Worcestershire sauce
1 tbsp	dry mustard
1/2 tsp	freshly ground black pepper
1/8 tsp	cayenne
1 small can	tomato paste

1. Bring the beans to a boil in a lot of water. Remove from heat, and soak for an hour (or you can soak overnight in room temperature water).
2. Drain and rinse, then bring to a boil in fresh water. Reduce heat and simmer until almost tender, about 30 minutes. Drain and reserve liquid.
3. Separately sauté onion in oil with bouillon until it begins to brown, about 5 minutes.
4. In a small bowl, combine remaining ingredients.
5. Combine beans, onions, and flavor ingredients with just enough bean cooking water to mix.
6. Bake covered for 90 minutes covered at 350 F. Uncover and cook for an additional hour.

## Red Beans and Rice

2 tbsp olive oil  
1 tbsp butter  
1 diced onion  
2 cups uncooked rice  
2 tsp chicken bouillon  
2 cups water  
salt to taste  
3 tbsp diced green onion  
2 tbsp minced parsley  
1 crushed clove garlic  
1/8 tsp cayenne  
1/4 tsp allspice  
1 can red beans, undrained

1. Saute onions in oil and butter until beginning to color, about 4 to 5 minutes.
2. Stir in rice and cook 2 minutes.
3. Add bouillon water, salt and then bring to boil.
4. Stir in green onion, parsley, garlic, pepper, cayenne, and allspice and beans. Reduce heat to lowest possible and cover.
5. Cook until rice is tender WITHOUT stirring, about 20 minutes.

## Crab and Shrimp Gumbo

- 3/4 pound Andouille sausage, cut in 1/4" coins
- 1 large onion
- 4 large cloves garlic, minced
- 3 large shallots
- 1 medium green bell pepper, diced
- 1 medium red bell pepper, diced
- 2-3 ribs of celery, diced
- 1 pound fresh okra, cut into 3/4" pieces
- 3/4 pound tomatoes, coarsely diced (or 1 can)
- 5 cups fish stock
- 2 cups water
- 3 pounds shrimp, shelled (shells reserved)
- 2 tbsp tomato paste
- 1 tbsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp black pepper
- 1/2 tsp cayenne (optional) <sup>19</sup>
- 3 whole allspice
- 2 bay leaves
- 2 whole cloves
- 4 tbsp butter
- 1/8 tsp grated nutmeg
- salt to taste
- 1/2 pound lump crab meat
- 2 tbsp lemon juice
- 1-2 tbsp filé powder<sup>20</sup>
- 2 tbsp parsley, chopped

1. In a large Dutch oven or stock pot (7-8 quarts), sauté the sausage, stirring frequently over medium-low heat until lightly browned. Transfer to a bowl with slotted spoon. Add onion through celery to drippings and cook 3 to 5 minutes until the vegetables are wilted. Stir in the okra and cook for three to five minutes more. Add the tomatoes and turn off the heat.
2. In a 3 quart saucepan, bring the fish stock, water and shrimp shells to a boil. Lower the heat and simmer for 10 minutes. Strain the liquid into the Dutch oven. Add tomato paste through cayenne. Add the bay, cloves and allspice in a cheesecloth bag and add (or just add it loose). Cook over low heat for 15 minutes.

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<sup>19</sup>The Andouille sausage usually is spicy enough that this is not needed.

<sup>20</sup>Filé powder is a sassafras based herb that thickens the gumbo and gives it an authentic Louisiana taste. Do not cook longer than 3 minutes or allow it to boil or it will become stringy.

3. While the soup is simmering, heat butter over very low heat. Whisk in the flour and cook, stirring frequently with a wooden spoon, until the roux takes on a caramel color.<sup>21</sup> Do not burn it or it will become bitter. The cooking time should be 10 to 15 minutes. When the roux is finished, gradually ladle 1 cup of soup into the pan, stirring constantly, then return this to the pot. Discard cheesecloth bag. Add the nutmeg and salt to taste.
  
4. Stir in the shelled shrimp, crab meat and reserved sausage. Simmer for 3 to 5 minutes until the shrimp are opaque. Stir in the lemon juice, filé powder if using, and the parsley. Cook over medium-low heat for 3 minutes, then correct seasoning to your taste. Serve over hot cooked rice in deep bowls.

## Eggplant Bharta

2 pounds	eggplant
1 can	diced tomatoes
4 tbsp	finely chopped cilantro
2 tsp	ground coriander
2 tsp	ground cumin
1 tsp	turmeric
1/8 - 1/4 tsp	cayenne pepper
—	
3 tbsp	ghee or unsalted butter
2	minced cloves garlic
1 tbsp	finely minced fresh ginger
1 cup	finely chopped onions
—	
1 tsp	garam masala
	salt to taste
	lemon juice
	cilantro for garnish

1. Coarsely chop eggplant and place in covered dish. Microwave until the eggplant is tender.
  
2. In a large skillet, heat the ghee or butter over medium heat until it is sizzling. Add the ginger and garlic, cook for approximately 30 seconds. Add the onions next, cooking about 5 minutes or until soft and golden.

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<sup>21</sup>Be careful not to spill it on yourself, there's a reason roux is sometimes referred to as Cajun Napalm.

3. Add eggplant mixture into the skillet. Cook this until most of the free moisture has evaporated. Stir in the garam masala, then add salt to taste.
4. Serve on a bed of rice, garnishing with cilantro and lemon juice.

## Ratabooley (aka Ratatouille)

- 3 tbsp olive oil
- 8 chopped cloves garlic
- 2 cups chopped onion
- 2 bay leaves
- 1 cubed medium eggplant
- 1 1/2 tsp salt
- 1 tbsp basil
- 1 tsp marjoram
- 1 tsp oregano
- 1 tsp rosemary
- 1 tsp thyme
- 1 cubed medium zucchini
- 2 chopped medium bell peppers (green or red)
- fresh black pepper to taste
- 1 14 oz can diced tomatoes

1. Heat oil in stockpot. Add garlic, onion, and bay; sauté at medium heat about 5 minutes.
2. Add eggplant, salt, and herbs; cover and cook 15 to 20 minutes, stirring occasionally, until eggplant is soft. Add zucchini, bell peppers, black pepper, and tomatoes.
3. Cover and simmer 10 minutes until zucchini and bell peppers are tender.





# Grains

Death before dishonor. But neither before breakfast.

## Plain Old Pancakes

A frequent weekend breakfast, maybe with some berries picked fresh or just with nothing in them.

1 1/2 cups	flour
1 tsp	salt
3 tbsp	sugar
1 3/4 tsp	baking powder
—	
1 1/2 cups	milk
3 tbsp	melted butter
1-2	eggs

1. Combines all the dry ingredients in a bowl. Mix together well.
2. Combines all the wet ingredients in a bowl. Mix together well.
3. Stir wet ingredients into the dry.
4. Cook in a pan or on a griddle.
5. Serve up with syrup or, my favorite, jam.

## Sweet Potato Pancakes

I can't get enough of sweet potatoes. Boil 'em, mash 'em, stick 'em in a stew, or you know, make pancakes. Quite a nice way to use some leftovers really.

- 1 1/2 cups sifted all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 
- 1 1/4 cups mashed cooked sweet potatoes
- 2 eggs, beaten
- 1 3/4 cups milk
- 2 tbsp butter, melted

1. Combines all the dry ingredients in a bowl. Mix together well.
2. Combines all the wet ingredients in a bowl. Mix together well.
3. Stir wet ingredients into the dry.
4. Cook in a pan or on a griddle like normal pancakes.

## Multigrain Pancakes

- 1/2 cup buckwheat flour
- 1/2 cup flour
- 1/2 cup cornmeal
- 1/2 cup oats
- 1/2 cup malt powder (recommended)
- 2 tbsp teff (optional)
- 2 tbsp brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/4 cup milk
- 2 tbsp honey
- 1 tbsp oil
- 1 egg
- 1/2 tsp cinnamon
- pinch of cardamom
- pinch of grated nutmeg

1. Combine all ingredient to smooth batter. If you add the malt powder, you will need to add some more milk to reach the right consistency.
2. Fry on griddle.

## Silky Corn Cakes

A pancake that's a nice change of pace, great for lazy Sunday mornings.

- 1/4 cup yellow cornmeal  
 1 cup water  
 2 tbsp butter  
 —
- 3/4 cup un-bleached all-purpose flour  
 1/2 tsp salt  
 1/2 tsp baking powder  
 1/4 tsp baking soda  
 —
- 2 eggs, lightly beaten  
 1/2 cup milk  
 1/4 cup yoghurt  
 2 tbsp maple syrup  
 1/2 cup fresh corn kernels

1. Combine the cornmeal and water into a small saucepan and cook, stirring over medium heat until thick and porridge-like, about 3 minutes. Add the butter and stir until smooth. Set aside to cool.
2. Combine the flour, salt, baking powder, and baking soda in a bowl and mix well.
3. Stir the eggs, milk, yoghurt, and maple syrup into the cooled cornmeal. Gently fold in the flour mixture and the corn. Stir thoroughly.
4. Heat a greased griddle or skillet over medium heat. Drop the batter by the tablespoon and cook until the edges of the cakes are dry (about 1 minute). Then turn and cook the other side one minute.

## Lemon Poppyseed Cottage Cheese Pancakes

Simply divine with a dollop of raspberry jam. Made rather less now that I've become a Lactard.

- 1 cup cottage cheese  
 4 eggs  
 1/2 cup whole wheat flour  
 2 tbsp melted butter  
 3 tbsp lemon juice  
 1 tsp lemon zest  
 1 tbsp poppy seeds  
 1 tbsp wheat germ (optional)

1. Combine all ingredients in a bowl. You might wish to blend the ingredient together to get a more even texture. I feel there is no need as long as you aren't using a large curd cottage cheese, your mileage may vary of course.
2. Cook over a medium heat like any other pancake.

## Oatmeal Waffle

The oatmeal gives a nice crunch and toothsome-ness to the waffle. It's a nice variation.

1 1/2 cups	all-purpose flour
1 cup	quick-cooking rolled oats
1 tbsp	baking powder
1/2 tsp	cinnamon
1/4 tsp	salt
2	eggs slightly beaten
1 1/2 cups	milk
6 tbsp	melted butter
2 tbsp	brown sugar

1. Take a large mixing bowl and sift in flour, baking powder, cinnamon and salt.
2. Then stir in oatmeal, and make sure all the dry ingredients are well mixed. When you are done set this bowl aside and take another smaller one.
3. Use it to mix eggs, milk, butter and brown sugar until all ingredients are thoroughly blended together.
4. Now add the liquids to the flour mixture and use a spoon or electric mixer to mix until the mixture is smooth and the waffle batter is done.
5. Lightly grease your waffle maker if you need to and pour the batter on to preheated grids. Close the lid of your waffle maker, and do not open until your delicious oatmeal waffles are done.

## Very Berry French Toast

This is great for overnight company. Fairly quick to prepare, ready all at once, and no slaving over a hot stove-top. An egg-rich French toast bakes atop sweetened spiced berries. This is an excellent recipe for lightening, the egg portion is easily replaced with an egg-replacement. Half the sugar can be replaced by splenda.

We save bread heels in the freezer for this recipe. When we have about a loaf, we make this recipe or bread pudding.

- 3 cups skim milk
  - 1/2 cup granulated sugar
  - 1 tsp ground cinnamon
  - 1 tsp vanilla extract
  - 4 large egg whites, lightly beaten
  - 1 large egg, lightly beaten
  - 1 loaf of bread, sliced
- 
- 2 - 16 oz bags frozen berries <sup>22</sup>

1. Preheat oven to 350 °F.
2. Mix together first six ingredients in a bowl. Toss bread in the mixture, soaking until all the liquid is absorbed. Let it soak for five to ten minutes, mixing occasionally. Toss in the berries and then add to a 13x9 baking dish coated with cooking spray.
3. Bake for thirty minutes covered until set, then remove lid for five minutes. It will be golden brown and bubbly.

## Cornbread

"Wow, you're the first White folks I ever met who can make good cornbread." Thanks... I think.

- 2 cups cornmeal
- 2 cups flour
- 4 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 6 tbsp sugar
- 2 cups plain yogurt
- 2 eggs
- 6 tbsp melted butter
- 6 tbsp honey

1. Mix dry ingredients.
2. In separate bowl, mix yogurt and butter, then mix in egg and honey.
3. Combine wet and dry portions until just mixed.
4. Spread into greased pan ("pan grease" works best).
5. Bake at 350 °F for 30 minutes or until top is flecked with golden brown.

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<sup>22</sup>We like a mix of cherries, raspberries and blackberries.

## Seattle Brown Bread

Based on the traditional Boston Brown Bread, this is excellent with baked beans on a cold winter day. You can steam it in a coffee can in the traditional way, but I never have any handy, so I bake it in a dish.

1 cup	cornmeal
1 cup	buckwheat flour
1 cup	whole-wheat flour
1	teaspoon baking powder
1	teaspoon baking soda
1	teaspoon salt
1 cup	golden raisins
—	
1 cup	milk
1 cup	yoghurt
1/2 cup	molasses
1/4 cup	brown sugar

1. Preheat oven to 325 °F.
2. Grease baking dish.
3. Combine dry ingredients in large bowl.
4. Combine milk and yoghurt. Warm up milk to lukewarm then add molasses and brown sugar.
5. Mix wet mixture into dry ingredients. Try not to over mix.
6. Cover and bake at 325 °F for 40 minutes. Remove cover and cook 20 more minutes. Check with doneness with a toothpick.

# Sauces and Dressings

## Béchamel Sauce

This is a lightened version of the classic French white sauce. We use this as a base for other recipes. One of our favorites is to simply add some of the traditional dry-smoked salmon available here to the sauce (p. 42). This makes a fantastic sauce for pasta. Additionally the sauce makes a good base for casseroles and other dishes.

2 1/2 cups	2% milk
8	black peppercorns
1 (1/2	inch thick) slice onion
1	bay leaf
<hr/>	
2 tbsp	unsalted butter
1/4 cup	all-purpose flour
1/4 tsp	salt
1/8 tsp	ground pepper (white or black)
	dash of ground nutmeg

1. Combine the first four ingredients in a heavy saucepan. Cook over a medium-high heat until just before a simmer (tiny bubbles should form around the edge). Remove from heat, cover and let stand for 10 minutes. Strain the mixture, reserving the liquid.
2. Melt butter in a saucepan over medium heat. Add flour, stirring constantly for 1 minute. Gradually add the strained milk. Cook over medium-low heat five minutes or until thick. Stir in salt, pepper and nutmeg.

## Mint Cilantro Chutney

This chutney acts as a really nice dip for flatbreads, or alternatively as a sauce for meat or vegetables. We've never been very happy with the preserved mint chutneys we've found, so we needed to make our own. This

is a very quick recipe, basically involving throwing everything in a food processor.

- 1 bunch mint
- 1 bunch cilantro
- 1/2 cup chopped red onion
- 1 tsp fresh grated ginger
- 1 can tomatoes, drained
- 1 lime's juice
- chopped fresh chilies to taste
- 3/4 tsp salt

1. Combine all ingredients in a food processor. Process until it reaches your desired level of smoothness/chunkiness.

## Pineapple Chutney

This is an excellent sauce to put on things like grilled chicken breast, or even just on some chicken salad. We haven't done it, but considering how acidic and sugary the chutney is, I can only imagine it would can terribly easily.

- 2 cups diced fresh pineapple
- 1 1/4 cups sugar
- 1/2 cup golden raisins
- 1/2 cup white vinegar
- 1/4 cup minced crystallized ginger
- 2 tbsp minced onion
- 2 tbsp fresh lime juice
- 1 lime's zest, slivered
- 1 minced garlic clove
- 1/4 tsp ground cinnamon
- 1/8 tsp cayenne pepper

1. Stir all ingredients thoroughly in deep microwave safe 1 1/2 quart casserole.
2. Cook, uncover at full power for 8 minutes. Stir, return to microwave, and cook another 8 minutes.
3. Allow the chutney to cool slightly; then cover tightly and refrigerate.

## Very Garlicky Vinaigrette

Mmmmmm, garlic. We would make very bad vampires. This is a good strong garlic dressing, excellent for salads or fresh vegetables. It's not bad as a marinade for steak or grilled chicken either.



- 4-6 minced large cloves of garlic
- 2 tbsp dijon mustard
- 1/3 cup red wine vinegar
- 1 cup extra virgin olive oil
- salt and freshly ground black pepper to taste

1. Combine ingredients in a small bowl, whisk well.

## Mango Cranberry Chutney

This chutney is delicious on all manner of meats and paired with other savoury delights. It's delightfully tart (in our opinion), but you can always increase the sugar if you wish.

- 1 tbsp peanut oil
- 1 small chopped Vidalia or other sweet onion
- pinch of salt
- 2 tsp garam masala or brown curry powder
- 1 stick cinnamon, halved
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup cider vinegar
- 1-2 cups mango, cut into 3/4 inch dice
- 1 pound cranberries
- 1 tsp mustard seeds

1. Heat 1 teaspoon oil in pan and cook onion and salt over medium low heat until soft, about 8 minutes. Add the curry and cinnamon stick and cook for 1 minute. Stir in the sugars and vinegar and bring to a boil.
2. Add the mangos and cook 15-20 minutes until softened. Add the cranberries and cook at medium for 15-20 minutes. Crush the cranberries against the side of the pan.
3. Heat remaining oil in a pan with the mustard seeds. Cook the mustard seeds until they begin to pop, then mix them into the chutney. Transfer to a bowl and let cool.

## Cranberry Relish

This is Dane's favorite condiment to put on turkey at thanksgiving, and Grandma 'lena's speciality. It also works well with other poultry and is good in muffins or pancakes. This is rather different from the jellied 'stuff' that comes in the can "sluppp-kerspat". This relish will keep for a long span in the fridge.

3/4 - 1 pound	cranberries
1	orange, quartered
1	lime, quartered
3/4 cup	sugar
1 tbsp	grated fresh ginger
1 tsp	vanilla

1. Blend all ingredients together until you reach a nice consistency.

## Satay Peanut Sauce

The traditional sauce you find for cooked meats, noodles and other things in Thai and other southeast Asian cooking. We love it on many different, and of course it usually doesn't last long enough to worry about spoiling. This also freezes well.

1 cup	dry roasted peanuts (unsalted)
1/3 cup	water
1-2	cloves garlic, minced
1/2 tsp	dark soy sauce
2 tsp	sesame oil
2 tbsp	brown sugar
1 tbsp	fish sauce
1/2 tsp	tamarind paste or 1/2 tbsp lime juice
1 tsp	sriracha chili sauce
1/3 cup	coconut milk

1. Place all ingredients in a blender and process until smooth.
2. Do a taste test and adjust salty and sweet ingredients to your taste.

## Onion Confit

A fantastic Onion marmalade made for us by our dear friend Lena. Sladkaya is always requesting it anytime she that she knows Lena will be cooking. Especially if it will accompany some of her delicious pate.

2 kilos	red onion <sup>23</sup>
100	grams olive oil
200	grams red wine
150	grams sugar
100	grams honey
2 sprigs	fresh thyme
1/2 cup	red wine vinegar
1 tsp	whole coriander
	salt
	fresh ground black pepper

---

<sup>23</sup>You can substitute regular onion for red onions, but it will be sweeter with the red

1. Chop the onions in half rings.
2. Heat the olive oil in a large pot with a heavy bottom - preferably non-stick.
3. Crush the coriander seeds in a pestle, and coriander and thyme to onions.
4. Saute onion on medium for five minutes, constantly stirring so it doesn't burn.
5. Turn heat down to low and cook for fifteen minutes, covered, stirring occasionally.
6. Add wine, sugar, honey, vinegar, salt and pepper and continue cooking for another 40 minutes (or longer).
7. Pack in sterilized jars and give to your loved ones.



# Drinks

”Eat drink and be merry, for tomorrow they may make it illegal.”

## Sangria

Mmmm, booze.

- 1 bottle red wine - Cabernet, Syrah, whatever
- 2 tbsp orange liqueur
- 2 tbsp orange juice
- 3 tbsp sugar (more if the wine is drier)
- lemon slices
- 1 sliced peach

1. Mix together in a pitcher, chill for four hours. <sup>24</sup>
2. Serve with tonic water mixed into glass to taste.
3. Drink

## Simple Sangria

We particularly like the combinations of mango juice with frozen pineapple or a berry juice with frozen berries.

- 2 bottles Shiraz
- 2 quarts fruit juice
- 1 bag frozen fruit

1. Add together.
2. Drink

---

<sup>24</sup>If you can wait that long.

## Avocado smoothie

The local Vietnamese delis and similar places make awesome Avocado smoothies. I wanted a slightly lighter one that wouldn't cause me problems because of my Lactard status (I use Lactaid milk in mine).

1. 1 cup crushed ice
  2. 1 cup milk
  3. 2 tbsp sugar
  4. 1 ripe avocado
1. Combine ingredients in a blender and blend until it barely achieves smooth consistency with no big chunks.

# Desserts

”A gourmet who thinks of calories is like a tart that looks at her watch.” – *James Beard*

## Fruit Duff

3 tbsp unsalted butter  
1 cup flour  
1/2 cup sugar  
1/8 tsp salt  
3 tsp baking powder  
2/3 cup milk  
1/2 tsp vanilla  
4 cups fruit  
rhubarb, apples, pears, blackberries...

1. Melt the butter in bottom of dish (glass, clay, or other not aluminum based)
2. Combine rest of ingredients (except fruit) and spoon this mixture into the dish. Do not stir.
3. Spoon the fruit evenly over the batter.
4. Bake at 350 °F approximately 35 minutes, if you're fruit is frozen, you may need to increase the bake time by 5 minutes or more. <sup>25</sup>

## Persimmon Pudding

Living near so many Asian markets, there are a lot of fruits and vegetables that will appear in abundance seasonally. One of these is persimmons, blazing orange fruit shaped like tomatoes. Many varieties are mouth-puckering astringent before they ripen, but very tasty when they are ready. One of our favorites, the Fuyu persimmon, does not have this problem. We enjoy

---

<sup>25</sup>If you are using frozen fruit in the recipe, do not thaw it completely

the persimmons fresh or frozen, but they are also delicious as a basis for a nice cake.

I cobbled this recipe together from various ones I found. It's very reminiscent of gingerbread, which is only appropriate since persimmon are in season October to November.

1 1/2 cups	flour
1 1/2 tsp	baking soda
1/2 tsp	salt
1/2 tsp	cinnamon
1/8 tsp	nutmeg
1/2 cup	raisins
1/2 cup	chopped almonds
—	
1 1/2 cups	persimmon (pulped)
1 cup	sugar
2	eggs
1/2 cup	melted butter
3/4 cup	milk

1. Preheat the oven to 325 °F.
2. Combine dry ingredients in a large bowl. Combine wet ingredients in a large bowl. Mix all ingredients together.
3. Grease an appropriately sized cake pan and pour batter into the pan.
4. Cook 30-35 minutes, or until a toothpick stuck in the center comes out dry.

## Figgy Pudding

A fairly traditional English style figgy pudding. Dane is cajoled into making this with choruses of "Bring us some figgy pudding, bring us some figgy pudding, bring us some figgy pudding!". And they won't go until they get some.



1/2 cup butter, room temperature  
       3 eggs  
 1/2 cup molasses  
 1/2 cup sugar  
   2 cups dried figs, finely chopped, stems removed  
   3/4 tsp minced lemon peel  
   1 cup buttermilk  
   1/2 cup chopped pecans  
 2 1/2 cups flour  
   1/2 tsp baking soda  
   2 tsp baking powder  
   1 tsp salt  
   1/2 tsp ground cinnamon  
   1/4 tsp ground nutmeg

---

Garnish:

Whipped cream or hard sauce

1. Cream the butter until fluffy with an electric mixer.
2. Add the eggs, molasses, sugar and beat again.
3. Add the figs, lemon peel, buttermilk, and pecans and blend 1 minute.
4. Add the remaining ingredients and blend until everything is incorporated.
5. Grease and flour an 8 x 4 inch soufflé or similar sized pan. Pour in the batter into the prepared pan.
6. Bake in a 325 °F oven, or until a toothpick inserted into the center comes out clean.
7. Spoon the pudding out onto plates and garnish with whipped cream or sauce.

## Blackberry Cabernet Sorbet

One of the fringe benefits of living in the Pacific Northwest is that blackberries grow wild everywhere. They are so proliferate they are considered a nuisance species. An attractive nuisance in our opinion.

1 quart fresh picked blackberries  
 1 cup Cabernet  
 1 cup sugar

1. Mash berries in a strainer over a bowl to extract juice.

2. Take the resulting pulp and heat with the sugar in a small saucepan to a low simmer, remove from heat.
3. Repeat step one into a separate bowl so as not to heat the juice from the first extraction.
4. Take the resulting pulp and heat with the wine in a small saucepan to a low simmer, remove from heat. Leave wine marinating in blackberries for at least an hour.
5. Combine and cool juices to near freezing.
6. Use mixture in the ice cream machine of your choosing.

## Mint Ice Cream

An excess of a nice spearmint from my mother's garden and this is the result. I originally made this with lemon, but I changed it to lime and I'm much happier with the result. We much prefer the mint/lime combination to mint/lemon.

It of course looks very little like the nuclear green mint ice cream you buy from the store. I suppose if you really wanted that, you could add some green food coloring.

Perhaps next time I'll pick up some chocolate to shave over it, maybe something from Dilettante's.

2 cups	mint leaves, loosely packed
1 1/2 cup	milk
1 cup	sugar
1	lime's juice
1 1/2 cups	cream

1. Place milk and sugar into a small saucepan. Heat until the sugar is completely dissolved and then immediately remove from the heat.
2. Combine the leaves and sugared milk into a blender.
3. Blend for a few minutes until the mint is completely pureed
4. Strain the mixture into a bowl, place in the freezer and let it cool until it is chilled. Do not let it freeze. Add cream and lime now.
5. Place mixture into an ice-cream maker and follow your normal directions.

## Mango Coconut Ice Cream

The Indian grocery always has these brightly colored cans of mango puree stacked about. Unable to resist the siren call of mangos, I had to find some way to use them. I think this is my most successful mango ice cream recipe.

1 can coconut milk (15.4 oz)  
 1 cup sugar  
 1 1/2 cups mango puree  
 pinch of salt

1. Heat coconut milk and sugar until sugar is completely dissolved.
2. Add mango puree and salt. Chill the mixture in the freezer, but do not let it freeze.
3. Place mixture into an ice-cream maker and follow your normal directions.

## Poppysseed Cake

This recipe is something of a Heble family tradition. This would often be made for Dane's birthday, though lately we've been buying Special Mango cake from our favorite Chinese bakery.

Cake

3/4 cup butter  
 1/2 cup sugar  
 3/4 cup poppy seeds soaked for one hour in milk  
 1/4 tsp salt  
 4 egg whites  
 2 cups flour  
 2 tsp baking powder  
 1 tsp vanilla

1. Cream butter and sugar.
2. Blend in poppy seeds.
3. Beat in remaining ingredients.
4. Pour into 2 8-inch cake pans prepared with pan grease.
5. Bake at 350 F 20 to 30 min or until tester comes out clean.
6. When cool, spread filling between layers and frost with chocolate frosting (I use store-bought).

## Filling

---

4	egg yolks
3/4 cup	sugar
1/2 cup	milk, scalded
1/2 tsp	vanilla
3 tbsp	cornstarch
1/8 tsp	salt
1 tbsp	butter
1 cup	English walnuts
	or
1/2 cup	black walnuts

1. Mix dry ingredients and add egg yolks.
2. Stir in milk and cook over low heat 15 min or until thick.
3. Add butter, vanilla, and nuts.
4. When cool spread between layers.
5. There will be extra that you may wish to serve on the side.

## Cherry Upside Down Cake

The little girls strong-armed me into making this one day. The first time we did it, it turned out much too gooey sweet. After adjusting the sugar down some it became very respectable.

1. 6 tablespoons unsalted butter
2. 1/2 cup packed brown sugar
3. 2 large eggs
4. 1 cup granulated sugar
5. 1/2 cup milk
6. 1 cup all-purpose flour
7. 1 teaspoon baking powder
8. 1/2 tsp ground cardamom
9. 1/4 tsp ground cinnamon
10. 1/4 teaspoon salt

11. 2 cups pitted sweet cherries<sup>26</sup>

1. In large oven-proof skillet, melt 4 tablespoons butter; add brown sugar and cook until dissolved; remove from heat. Heat oven to 375F. In large bowl, beat eggs and granulated sugar until pale yellow; about 4 minutes. Melt remaining 2 tablespoons butter in milk; set aside.
2. Sift together flour, baking powder and salt. Add flour mixture and warm milk mixture to eggs and sugar, beating on low just until smooth batter forms. Sprinkle cherries in an even layer over brown sugar in pan; pour batter over cherries.
3. Bake 40 minutes or until cake tester inserted in center comes out clean. Immediately invert cake onto large platter; serve warm.

## Very Gingery Ginger Snaps

One week I was having very strong cravings for some ginger snaps. But I knew I wanted something stronger than you could buy at the store. A package of crystallized ginger from Trader Joes later, this recipe was born.

3/4 cup	butter softened
1/4 cup	molasses
1 cup	sugar
1	egg
2 tbsp	grated minced fresh ginger
—	
2 cups	flour
1/4 cup	ground dried ginger
1 tsp	cinnamon
1/2 tsp	cloves
1/2 tsp	salt
2 tsp	baking soda
—	
1/2 cup	coarsely chopped crystallized ginger

1. Thoroughly mix the first five ingredients (butter, molasses, sugar, egg, fresh ginger).
2. In another bowl, sift flour through baking soda together.
3. Thoroughly mix dry ingredients into wet mixture.
4. Fold in the crystallized ginger. Put mixture into the refrigerator for 1 hour to chill. <sup>27</sup>

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<sup>26</sup>Freezing the cherries partially helps to keep them from floating to the top of cake.

<sup>27</sup>This makes the dough easier to roll into balls

5. Preheat the oven to 375 °F. Roll the dough into 1 inch balls and roll in sugar.
6. Bake the cookies for 8-10 minutes, and then cool on racks.
7. Enjoy with milk.

## Jamaican Banana Bread

It's a nice simple little banana bread. Not too much else to say about it really.

### Bread:

2 tbsp	butter, softened
2 tbsp	1/3-less fat cream cheese
1 cup	sugar
1	large egg
—	
2 cups	all-purpose flour
2 tsp	baking powder
1/2 tsp	baking soda
1/8 tsp	salt
—	
1 cup	ripe mashed banana
1/2 cup	fat-free milk
2 tbsp	dark rum
1/2 tsp	grated lime rind
2 tsp	lime juice
1 tsp	vanilla extract
—	
1/2 cup	chopped toasted pecans
1/2 cup	flaked sweetened coconut

### Topping:

1/2 cup	packed brown sugar
4 tsp	butter
4 tsp	lime juice
4 tsp	dark rum
1/4 cup	chopped toasted pecans
1/4 cup	flaked sweetened coconut

1. Preheat oven to 375 °F.
2. Beat butter and cream cheese in a bowl with a mixer. Add sugar, beat well. Add egg, beat well.

3. Combine flour, baking powder, baking soda, and salt, stirring well. Combine banana through vanilla, stirring well. Add flour mixture to sugar mixture alternately with banana mixture, beginning and ending with the flour mixture. Stir in pecans and coconut.
4. Pour batter into an 8" x 4" greased loaf pan. Bake at 375 °F for 1 hour. Cool in pan for 10 minutes. Remove from pan and cool on a wire rack.
5. To prepare topping, combine brown sugar through rum in a saucepan. Bring to a simmer. Cook 1 minute, stirring constantly. Remove from heat, add pecans and coconut, spoon over loaf.

## Biscotti

There was a comment someone made about these, "You can make Biscotti?" It seems she just never really considered it as something you could make. Maybe she thought the Biscotti fairy comes and deposits them at the coffee shop?

1/2 cup butter, softened  
 2 cups sugar  
 5 eggs  
 3 cups flour

—  
 flavoring examples

1/2 tsp anise oil  
 1 tsp anise seed

2 tsp almond extract  
 1/2 cup almonds

3 tbsp cocoa  
 1/2 cup hazelnuts  
 (use 3 tablespoons less flour)

1. Cream butter and sugar.
2. Add remaining ingredients with flavoring.
3. Bake in cake pan prepared with pan grease at 350 °F for 20 min or until golden brown.
4. Cut into 1" x 3" strips and turn slices on side Toast in oven for 10 to 15 more minutes, turning once.

## At-Your-Own-Risk Chocolate Cake

### Cake

---

6 oz	bittersweet chocolate morsels
1 cup	butter, room temperature
1 pound	dark brown sugar
3	eggs
2 1/4 cup	flour
2 tsp	baking soda
1/2 tsp	salt
1/2 cup	buttermilk
1 cup	boiling water
2 tsp	vanilla

1. Prepare 2 8-inch cake pans with pan grease.
2. Cream butter and sugar together. Beat in eggs.
3. Melt chocolate in double boiler; add to batter.
4. Mix in flour, soda, salt, buttermilk, and vanilla.
5. Add boiling water.
6. Bake at 375 °F until tester comes out clean. Cool.
7. Drizzle individual servings with Chocolate Goo

### Goo

---

4 tbsp	butter
1 1/2 cup	semisweet chocolate morsels
1/4 cup	buttermilk
1 pound	sifted powdered sugar

1. In double-boiler, melt butter and chocolate.
2. Mix in buttermilk.
3. Add little sugar at time until well combined.
4. Cool for little while, mixing occasionally.
5. Drizzle over cake.



## Clove Cookies

1 cup butter  
1/3 cup sugar  
2 egg yolks  
1 tsp vanilla  
2 cups flour  
1 tsp baking powder  
1 tsp ground cloves  
whole cloves

1. Combine butter and sugar.
2. Add remaining ingredients except whole cloves.
3. Form into balls, sticking a whole clove into center Bake at 350 °F 10 to 12 min.

## Pan Grease

1 cup shortening  
3/4 cup oil  
1 cup flour

1. Mix all ingredients well.
2. Store in refrigerator in airtight container.
3. Apply to pans with paintbrush reserved for this use.



# Cookbooks we recommend.

”Outside of a dog, a book is a man’s best friend. Inside a dog it’s too dark to read.” – *Groucho Marx*

The Versatile Grain and the Elegant Bean, *Sheryl and Mel London,* This cookbook covers a lot of territory, from Amaranth to Teff, from Adzuki beans to Winged beans. It has a lot of good recipes, and the spices are fairly spot on.

The New Basics, *Julee Rosso and Sheila Lukins,* The cookbook we use as our reference cookbook for a lot of things. What is valuable, in addition to many excellent recipes, are the sidebars and notes that say why one does something in a recipe, or that contain additional stories or information.

Flatbreads and Flavors - A Baker’s Atlas, *Jeffrey Alford and Naomi Duguid,* This is a cookbook and travelogue in one. Dozens of different types of flatbreads recipes are given, and many more dozens of accompanying recipes. Besides great recipes from many different cultures, the stories of their travels are really interesting. The photographs in it are almost as eye-catching as the food you can create with it.

Moosewood Cookbook, *Molly Katzen,* A fairly decent vegetarian cookbook, with a few caveats. The spices in most of the recipes are weak, and in many cases have to be doubled or tripled. We’ve found it to be fairly reliable as long as we keep that fact in mind. In it’s defense, as some people have pointed out, it was written in the seventies back when anything other than salt and pepper was ‘weird’.



# Glossary

Gai Lan/Chinese Broccoli — (*Brassica alboglabra*) From the mustard family, gai lan has smooth, thick green stems and small, white flowers. Gai lan has a stronger flavor than its relative, choy sum. Gai lan is a common ingredient in stir-fries. Excellent with oyster sauce.

Curry Leaves — They resemble small narrow bay leaves, but with a stronger more aromatic flavour. Toasted, roasted, or sautéed in oil to bring out their flavour. Dried curry leaves lose their flavour within days, however the leaves can be frozen fairly well.

Ghee — Clarified butter used for cooking in India. This butter has had all the milk solids removed from it. This makes it extraordinary long lasting and allows you to cook at higher temperatures than with raw butter. You can, in most recipes, substitute unsalted butter.

Portobello Mushroom — The Portobello mushroom is a larger, hardier relative of the White and Crimini and can be up to 6 inches in diameter. Portobellos have a longer growing cycle than Whites and Criminis resulting in a deep, meat-like texture and flavor.

Sriracha Chili Sauce — Sriracha is made from sun ripened chilies which are ground into a smooth paste along with garlic. It's a good spicy sauce to put in Asian dishes. We're not sure if Dane uses more ketchup or Sriracha. Our favorite brand is from Huy Fong Foods (it's the one with the rooster on the bottle.)

Szechuan Peppercorns — Not actually peppercorns (*Piper Nigrum*) but actually the flower bud from the prickly ash tree. Has a great smoky/spicy flavour, quite different from regular pepper. This is one of the spices in Chinese five spice powder. Also known as anise pepper, Chinese pepper, fagara, flower pepper, sansho and Sichuan pepper. There was an import ban due to the buds carrying a citrus canker. It appears there's a standardized heat treatment now, so this should be more commonly available.



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