

THE  
PIBGORN COOKBOOK

BY

The Order of the Couch of Confusion

2009

1<sup>ST</sup> EDITION

## THE PIBGORN COOKBOOK

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### *Notes from the Editor:*

Community sometimes forms in unexpected ways, in unexpected places. The Order of the Couch of Confusion (the OTC) is one such, formed of people who share a love of Brooke McEldowney's webcomic, **Pibgorn** ( <http://www.gocomics.com/pibgorn/> ). Members of the OTC (aka "Denizens") join one another each day to muse upon the twists, turns and art of that day's comic (and, in a challenge to the dominant paradigm, to pass the weekend hours while waiting anxiously for Monday), but the discussions range far and include not only the intricate storylines and glorious art of the comic, but also philosophical musings, commentary on RL (Real Life), triumphs, challenges, beginnings and endings, issues of both weltanschauung and zeitgeist, cars, colors, music, and yes, food and drink and the recipes therefore.

The Couch has grown from a simple, slightly scuzzy davenport to a multidimensional, semi-infinitely long Escherian construct with room for all (including a troupe of squirrels who live underneath). There's a hot tub, a pool, a fireplace, beanbags and footstools, and an ever-laden sideboard full of comestibles contributed by Denizens.

The best way to jump onto the Couch is to simply scootch onto one end, although many of us begin by crawling underneath for a while and lurking. ('ware of splashes from the frequent cannonballs into the pool.)

On The Couch, confusion is not only common, it is welcomed. But if the confusion seems too much, a great introduction to the Pibgorn universe can be had by visiting ccdesan's Pibgorn webpage:

<http://home.comcast.net/~ccdesan/Pibgorn/Couch/Confusion.html>

... where he provides synopses of characters, story arcs, and, yes, the Couch (including a rogue's gallery of the bolder of its denizens). And where another member, TheSkulker, has written an essay that captures the nature of the community that has grown up around Pibgorn.

Given the frequent symbolic offering of delicious-sounding food and drink on the Couch, it seemed like a good idea to begin to capture the offerings in a cookbook. In the very best tradition of "be careful what you ask for, you might get it", the Pibgorn cookbook now encompasses 151 pages of delectable recipes, and the Denizens are already referring to the need for Volume II.

So pull up a footstool, ask the nearest Denizen to budge up, and settle on the Couch to read and figure out which recipe to make first. And second. And third, and...

*-- Your Editor, KalahariNight*

PS: No one here will blame you if you turn to the Desserts first.

PPS: The **Pibgorn Cookbook** is organized in sections to make it easier to read. However, the recipes within each section are not organized in any rigid way. Each section is a random walk, in keeping with the theme of Confusion; just browse until you see something you like. I don't think you'll get lost anywhere you don't want to be, but just in case, there is a Table of Contents for easy reference.

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RELISHES  
&  
APPETIZERS

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# BROOKE MCELLOWNEY'S CRANBERRY CHUTNEY

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## Ingredients:

2 cups cranberry sauce  
1/4 cup brown sugar  
1/4 cup raisins  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cloves  
dash of ground allspice  
1/2 cup chopped onion  
1/2 cup chopped apple  
1/4 cup chopped celery

## Directions:

1. In a medium saucepan stir the ingredients together and simmer them, uncovered, for approximately 15 minutes, stirring occasionally.
2. Chill before serving.

## CAPTAIN SMOKEBLOWER'S FRESH CRANBERRY ORANGE RELISH

---

### Ingredients:

Two medium to large oranges  
Orange zest from one orange  
One package of fresh cranberries  
One-fourth to one-half cup sugar  
**OPTIONAL:** half ounce of orange liqueur

### Equipment:

Bowl large enough to hold all the ingredients  
Food processor  
Paring knife  
Measuring cups

**Makes/Serves:** About four cups of cranberry orange relish.

### Directions:

1. Wash the cranberries and discard any that look suspicious or which you don't personally know. (I tasted a soft squishy cranberry and it wasn't any worse tasting than the crunchy ones.)
2. If you need to make orange zest (the grated outer skin of the orange) grate the peel before you peel the orange to save your knuckles.
3. **OPTIONAL:** If you need fiber in your diet or are really lazy just cut up one orange to fit in the food processor. Sorry, you do need to peel the other orange. The white part of the orange peel is tasteless but probably has fiber.
4. Peel the oranges and break or cut them into sections that will fit your food processor. (I tried this recipe with a blender recently and while I managed it took a lot more work because I had to work in small quantities to avoid making it into a cranberry orange smoothie.) Discard any orange seeds and the white pithy orange core.

5. Place all of the orange zest and some of both the cranberries and orange sections into the food processor. Don't fill the food processor more than half full to begin. Blend until the cranberry pieces are less than a quarter inch across. The orange becomes a thick juice so should not be apparent. If your food processor can handle the remainder of the orange pieces and cranberries add them and blend them in to the mix.
6. While processing the mixture add a quarter cup of sugar slowly and allow it to mix in while the oranges and cranberries get ground up.
7. OPTIONAL: If you're serving this to adults you can add an ounce of your favorite orange liqueur at this time. Uh, add the liqueur to the mixture, not the cook.
8. When the mixture is the consistency of a relish taste it for sweetness. A quarter cup of sugar cuts the pucker factor of the cranberries, but keeps the tanginess. Some people will prefer it sweeter, but I wouldn't use more than a half cup of sugar. I have not made this using sugar substitutes.

**Note:**

You can make the recipe ahead of time and store the relish in the refrigerator.

# MYSHTA'S CRANBERRY ORANGE RELISH

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## Ingredients and Equipment:

a food processor  
1 very large bowl  
1 pound of Navel oranges  
1 pound of freshly frozen cranberries  
1 pound of your favorite apples  
1 pound of sugar (or so to taste)

## Directions:

1. Wash and quarter the oranges and apples, core the apples (leave the peel on both).
2. Place equal amounts of apples, oranges and cranberries in the food processor. Process til they are are evenly sized (that's why you want FROZEN cranberries, it slows the crushing/cutting) and well mixed. Empty food processor contents into bowl.
3. Continue until all the fruit has been processed.
4. Add sugar to taste.

## Note:

Can be frozen for storage, but doesn't last that long in my house.

# FATUNCLE'S RELISH

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## Ingredients:

Two small zucchini, sliced (about one-half pound)  
Eight medium stalks of celery, sliced diagonally  
Two cups of pitted ripe olives  
Four jars (two ounces each) diced pimiento, drained  
One-half cup snipped parsley  
One-half cup Italian salad dressing

## Directions:

1. Mix all ingredients
2. Refrigerate one hour
3. Spoon onto lettuce or romaine leaves.

# FATUNCLE'S CHESTNUT APPETIZERS

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## Ingredients:

One pound bacon  
2 cans of water chestnuts, drained  
1/4 cup soy sauce  
1/4 cup brown sugar  
1/4 cup BBQ sauce, any brand  
toothpicks

## Directions:

1. Preheat oven to 400 degrees.
2. Open the cans of chestnuts and drain.
3. Wrap each chestnut with 1/2 slice of bacon and secure with a toothpick.
4. Place on tin foil-covered cookie sheet
5. Bake for about 30 minutes until bacon is done. Keep checking after 30 minutes to see if it is cooked, but not overcooked.
6. While the chestnuts are baking, mix soy sauce, brown sugar, and BBQ sauce.
7. Remove from oven and reduce heat to 350 degrees. Drain off excess grease. Pour sauce over the chestnuts and return to oven for about 15 to 20 minutes.
8. Serve warm.

## Note:

☺ Makes 20 to 25.

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# BEVERAGES

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# THE SKULKER'S ORANGE JULIUS

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*A summertime drink! These used to be Orange Julius stands all over and I loved them. But they were expensive! So...*

## Ingredients:

- 1/2 pint Vanilla ice cream
- 1 Egg (optional)
- 1/4 cup Tang Orange Mix
- 2 cups Milk (fill blender to about 3/4 full max)

## Directions:

1. Mix all ingredients in blender (covered).

## Notes:

- ☛ Use Mango Orange Tang if you can find it but I haven't seen that flavor in years.
- ☛ Measurements are approximate and are not critical.
- ☛ Variations: Add fresh fruit and blend well

# THEVENBEDE'S HOT LEMONADE

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## Directions:

1. Nuke about 1" of honey and 1" lemon juice together in the bottom of a large mug & stirring until mixed.
2. Fill the mug 2/3 full with water, & nuke again to boiling point.
3. Stir, and add about 1" of rum (I like dark rum for this-Meyers by choice) and grate a layer of nutmeg over it. Drink while hot.

## Note:

- The lemon cuts the crud in your throat, the honey soothes your throat, the rum acts as an analgesic, and, I'm told, the thymol in the nutmeg is the same decongestant as in Vicks.

## CCDESAN'S DAUGHTER'S HERB TEA:

---

### Ingredients:

Equal parts:

raspberry

dandelion

gotu kola

horsetail

echinacea (slightly less)

drop of lemon juice

### Directions:

1. Steep in hot water. Yum!

# KALAHARINIGHT'S HOT GINGER TISANE

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*(a sovereign recipe for colds, flu and gripe of all kinds)*

## Ingredients:

1 cup sliced fresh ginger (no need to peel)  
1 quart good water  
1 cup ice cubes  
honey and lemon juice to taste

## Directions:

1. Bring the water to a simmer and add ginger root. Simmer until tender, about half an hour (less if you sliced the root very thinly).
2. Cool slightly by adding ice cubes.
3. Buzz ginger through a blend with enough of the water to keep it liquid
4. Replace pureed ginger and water in pan and bring back to a simmer
5. Ladle into mugs, using a strainer to remove the ginger pulp
6. Add honey and lemon juice to taste
7. Serving Suggestion: Wrap self in blanket, put cat on lap, and drink tisane slowly.

## Note:

- Ginger-water mixture can be bottled and kept capped in the fridge for a week or more.

## ROCKHOUSE'S GINGER SYRUP:

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*I've found my homemade ginger syrup to really deliver a knockout to the nasties that cause sore throats, sinuses, and mouths.*

The recipe is much the same as the tisane (earlier in this chapter), except that I barely warm the finely chopped ginger in 1:1 sugar to water syrup. At that concentration, the sugar syrup acts as a solvent to extract the goodies (like gingerol, which breaks down on extended heating, and boils off with steam).

Kept at just below boiling for about 15 minutes, then strained through cheesecloth, the procedure gives a syrup that is so potent, a half teaspoon can stop coughing and soothe a throat in less than a minute. I sip it slowly to maximize coating my throat.

It's also good on ice cream.

If I want to extract even more from the ginger root, I'll stir in a little vodka before straining, then stir for about 5 more minutes before straining through the cheesecloth.

Keeping the ginger extract in a strong sugar syrup extends its shelf life up to 6 - 10 months (refrigerated).

# MASTER DIVER'S MULLED-OVER CIDER:

---

*(Suitable for reclining on the Couch and contemplating the Fireplace while Mulling over the previous weeks' Pibs)*

## Ingredients:

- 1 Gal Apple Cider
- 1 pint Orange Juice
- 1 cup lemon Juice
- 1/2 cup lime juice
- 3 Heaping TBSp Each: Ground Allspice, Ground Ginger, Ground Nutmeg, Ground Cinnamon, (4 sticks of whole cinnamon may be substituted for ground)
- 3 Tsp Clove

## You will also need:

- Large pot, crock pot, urn type coffee-maker with heat control, or # 4 Caldron (Whoops, wrong recipe. Who handed me the Standard Book of Spells, Grade 7?)
- 3 basket-type coffee filters (Mr Coffee@-size)
- White cotton Thread
- 1 Cat
- Fortifier (Spiced Rum is best)

## Directions:

1. Pour cider into pot
2. Add Orange, lemon and lime juice
3. Set heat to medium
4. Blend spices and place equal amounts in each filter
5. Tie top of filters with thread, tightly (Pretend to strangle Potions Master {Did I say that out loud?})

6. Add Spice packets to mixture (The filters keep the spices from forming a sludge on the bottom, but some folks like it straight and stirred for each serving)
7. Simmer overnight on low-to-medium heat. DO NOT BOIL!!
8. After simmering, remove spice packs, but keep warm.
9. Serve warm. Garnish with cinnamon stick and/or orange slice.
10. Fortify to taste, or legal limit. Sip slowly and savor
11. Apply cat to lap to heighten contemplative effect.
12. (Maximum effect is reached when you can determine just WHAT the cat is watching in the fireplace!)

# M84'S SPECIAL HOT CHOCOLATE

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## Ingredients:

16 tablespoon of peppermint chocolate  
4 oz. milk  
4 oz. half & half  
4 oz Licor de Almendbras D'Reyes  
Shot of whipped cream topping

## Directions:

1. Heat Milk and Half&half in a microwave-ready bowl for 4-5 minutes.
2. When hot stir in peppermint chocolate mix, pour in the D'reyes (which is an almond flavored tequila I got in Jalisco).

## Note:

- ☛ If you can't get D'Reyes use Amaretto but it's the subtle tequila kick that makes this delicious!

# MJOLNIR'S SIDECARS

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*Fortunately, I know a (re-created) speakeasy right out of Dashiell Hammett's era: Bix, in San Francisco... For sipping during the show: Sidecars.*

## Note:

Bix uses the the original Harry's Bar (the Paris one, that is) recipe. None of the egg-white, or cream frou-frou that others later tarted it up with:

## Ingredients:

1-1/2 oz. of Brandy (I'd use Hennessy myself)  
1/2 oz. Triple Sec  
1/2 oz. Lime Juice

## Directions:

1. Shake well (but don't bruise), with ice
2. Strain into a cocktail glass
3. Drink
4. Repeat, as necessary

# MJOLNIR'S MARGARITAS

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*While we await whatever denouement approaches, let's have a little drink. Let's have a LOT of little drinks (this is a big Couch). Nat won't mix powder metaphors with grapefruit metaphors...but WE can. I firmly believe that metaphors - like margaritas - are meant to be mixed:*

## Directions:

1. Line a margarita glass with salt (the metaphorical powder)
2. Mix:
  - 1 shot Tequila
  - splash of Cointreau
  - 1 oz. Agave nectar
  - 2 oz. Grapefruit juice (the metaphorical, as well as actual, grapefruit)
  - 1 oz orange juice (fresh squeezed)
  - juice of half a lime
3. Shake it with ice and pour it in the glass.
4. Refill as necessary.

# LUNATIC FRINGE'S STRAWBERRY MARGARITAS

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## Ingredients

1-1/2 parts Tequila  
1 part Triple Sec  
1 part Grenadine  
4 parts Margarita Mix (regular not strawberry mix)  
Strawberries, fresh or frozen  
Ice

## Directions

1. Pour liquids in a blender; add a hand full of Strawberries (if they are frozen it will slush up better. I use fresh ones – quarter them, freeze them on a flat sheet, then bag them for later use)
2. Add Ice
3. if it doesn't slush up or if you want to make up a lot for later, put it in a sealable bag and put it into the freezer till it does.
4. Sugar the rim of the glass
5. ENJOY!

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# BREADS

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# KALAHARINIGHT'S BARLEY BREAD:

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## Ingredients:

- 1 envelope yeast (1 Tbsp if you use bulk yeast)
- 1 beaten egg or 2 beaten egg whites
- 1/2 cup lukewarm water
- 3 tbsp. butter
- 3 tbsp. honey
- 2 cups barley flour (freshly ground if possible)
- 1/2 tsp. salt

## Directions:

1. Preheat oven to 425°F (218°C).
2. Put the yeast in lukewarm water with honey, then add the salt, egg and butter.
3. Stir in the flour and knead for a couple of minutes on a lightly floured surface (or use a bread machine on manual setting).
4. Place dough in large greased bowl and cover with a fresh towel. Let it stand in a warm place for 1 1/2 hours. The dough will rise slightly.
5. Turn dough onto kneading board and knead lightly again.
6. Shape into oval loaf and place on a lightly greased baking sheet.
7. Cover loosely and let stand for 1 hour.
8. Bake for 15 to 20 minutes or until golden brown and bread sounds hollow when tapped.
9. Cool and serve with honey, maple butter, or just by itself.

# ATAJAYHAWK'S CRACKED WHEAT BREAD

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## Directions:

1. Soak 1 C cracked wheat (available as cereal or maybe in the natural food section of the grocery store) in 1 C cold water. (If you don't like a distinct crunch in your bread, try using hot water. I prefer it.)
2. Combine:
  - 1 C scalded milk
  - 1 Tbs. salt
  - 2 Tbs. shortening
  - 1/4 C molasses
3. Add to soaked wheat and allow to cool.
4. Mix 1-1/2 packets yeast with 1/2 C water and proof.
5. Combine milk and molasses mixture with yeast and add 3 C of flour, stir smooth and beat for 2 minutes. Add enough more flour (3-4 C) to make a stiff dough.
6. Knead about 10 minutes or until dough is smooth: the more kneading the finer the texture of the bread.
7. Place in greased bowl, cover and let rise until doubled—about 30 minutes.
8. Punch down and form into two loaves. Place in greased pans and allow to double, about one hour.
9. Bake at 375 for 10 minutes; then at 350 for 30-35 minutes.

## Note:

- ☛ This bread is fabulous toasted.

# ATAJAYHAWK'S ROLL TO BAKE NOW OR LATER

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*From Sunset Magazine*

## Ingredients:

2 pkg. yeast (or 5-1/2 tsp. yeast)  
1 tsp salt  
1/2 cup warm water  
4-5 cups flour (white or unbleached)  
1/2 cup each oil, sugar and milk  
2 eggs

## Directions:

1. Dissolve yeast in warm water.
2. Mix together the oil, sugar, milk, eggs and salt.
3. Add yeast.
4. Mix in flour until dough is stiff enough to start kneading.
5. Knead for about 10 minutes, adding flour only as necessary. (A softer dough will yield more tender rolls.) Place in an oiled bowl and cover.
6. Allow to rise until doubled (about an hour) in a warm place, or place in refrigerator to rise overnight.
7. Punch dough down and divide into quarters and then thirds for 12 rolls. (Or, divide each piece again for small rolls: good for Thanksgiving when there is too much to eat.)
8. Allow dough to rest for 5 or 10 minutes; then shape into balls by smoothing the edges underneath and tucking them in.
9. Place on baking sheet 2 or 3 inches apart and allow to rise until doubled: 30 or 45 minutes.
10. Bake at 350 until nicely browned: about 12-15 minutes.

# CCDESAN'S SOCCA

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*Socca is a specialty of southeastern French cuisine, particularly in and around the city of Nice.*

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## VERSION 1 (Julia Child)

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### Ingredients:

1/4 C chick pea flour  
3/4 C water  
Olive Oil

### Directions:

1. Make a paste of the chick pea flour and water.
2. Spread this on an oven pan which has been liberally anointed with the olive oil, pour more oil on top of this and bake in an oven for 10 minutes.
3. Then broil until brown.

## VERSION 2

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### Ingredients:

2 cups chickpea flour (about 8 ounces)  
2 cups cold water  
1/4 cup olive oil, plus extra for cooking  
2 teaspoons chopped fresh rosemary  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

### Directions:

1. Combine all ingredients in a mixing bowl and whisk until large lumps of flour are incorporated and mixture thickens slightly, about 5 minutes; do not overmix. Cover and rest in the refrigerator at least 1 hour.
2. Heat a large nonstick pan over medium heat. Once the pan is hot, add about 1 teaspoon olive oil and swirl it around to coat the pan. Add 1/4 cup batter and quickly rotate the pan to spread evenly (so it's thin like a crepe).
3. Cook about 3 minutes, or until socca is slightly brown on the edges. Run a spatula underneath to loosen socca from the pan, and remove from heat. Repeat with remaining batter.
4. Season with freshly ground black pepper and serve.

# MARGUERITEM'S SPANISH PEASANT BREAD

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*Makes 2 round loaves. Begin preparation at least 2 days in advance*

## Ingredients:

- 6-7 cups bread flour or unbleached flour
- 3 1/2 cups warm water
- 1 1/2 T. dry yeast
- 2 T. coarse salt (we use 1 1/2)
- Cornmeal for sprinkling baking sheets
- 1 egg white beaten with 1 T. of water for glaze

## Directions:

1. Mix 6 cups flour with 3 cups of the warm water. Mix to a firm dough and knead for 5 minutes. Dust the dough with flour and place in a bowl. Cover tightly with foil and refrigerate for 2 to 4 days.
2. Soften the yeast in the remaining 1/2 cup of warm water. Add the remaining flour and mix this dough with the dough already prepared. Knead, incorporating the salt, and flour as necessary to make a soft dough. Place in a bowl, coat with oil and allow to rise until doubled. Punch down dough and form into 2 round loaves. Place on a baking sheet (we use two sheets) dusted with cornmeal, slash diagonally, and brush with egg white mixture. Allow to rise until 50% larger.
3. Bake in a pre heated 450 degree oven until done, approximately 35 minutes.

## Notes:

- ☛ We add fresh chopped herbs during the second kneading, incorporating them with the salt and flour. We use fresh rosemary and thyme.
- ☛ We also put a small pan of hot water in the bottom of the oven as the bread bakes.
- ☛ We are above 5000' in altitude, and live in an arid climate, so you may not need to use the small pan of water in the oven.

# THEVENBEDE'S VERMONT GRAHAM BREAD

*A quick bread that I like to make (and a very old recipe found in an ancient and tattered ME Rebekahs Cook Book) is Vermont Graham Bread*

## Directions:

1. Combine until well-blended:

- 1 cup white flour
- 2 cups graham or whole flour
- 1/2 cup packed brown sugar
- 1 tsp. salt

2. In a 1 quart measure combine

- 2 cups sour or butter milk
- 1 1/2 tsp baking soda

3. Add to flour mixture and beat until smooth.

4. Scrape into a greased loaf pan and bake at 350° for approx. 1 hour or until it tests done.

## Note:

- ☛ A sweeter/spicier loaf may be made by adding 1 tsp. cinnamon, 1/2 tsp. nutmeg & 1 cup chopped raisins and/or walnuts.

# KALAHARINIGHT'S AMISH FRIENDSHIP BREAD

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*This takes 10 days - first you make the starter; then you make the bread and share some of each with friends.*

## Ingredients:

- 1 Tbsp active dry yeast
- 1/4 cup warm water (110 degrees F/45 degrees C)
- 3 cups all-purpose flour, divided
- 3 cups white sugar, divided
- 3 cups milk

## Directions:

1. Day 1: In a small bowl, dissolve yeast in water. Let stand 10 minutes. In a 2 quart container (glass, plastic or ceramic – not metal), combine 1 cup flour and 1 cup sugar. Mix thoroughly. Slowly stir in 1 cup of milk and the dissolved yeast mixture. Cover loosely and let stand at room temperature until bubbly. This is day 1 of the 10 day cycle. Leave loosely covered at room temperature.
2. On days 2 thru 4; stir starter with a spoon. Day 5; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Days 6 thru 9; stir only.
3. Day 10; stir in 1 cup flour, 1 cup sugar and 1 cup milk. Remove 1 cup to make your first bread, give 2 cups to friends along with this recipe, and your favorite Amish Bread recipe. Store the remaining 1 cup starter in a container in the refrigerator, or begin the 10 day process over again (beginning with step 2).

## Note:

- ☛ Use only glass, ceramic or plastic bowls and utensils; do not use metal.

# GRUMPYOLDBEAR'S SAVORY FRIENDSHIP BREAD:

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## Directions:

1. To the basic recipe add:

- 2tbs dried onion
- 1 1/2tsp coarse ground black pepper
- 1tsp onion powder
- 1/2tsp crushed sweet basil
- 1/2tsp thyme
- 1/2tsp sage
- 1/2tsp dill weed
- 1/2tsp fennel
- 1/2tsp oregano
- 1/2tsp caraway seed
- 1/4tsp celery seed

2. Cut back on the sugar (in the basic recipe) a little.

## Note:

- ☛ Great toasted!

# PIBFAN868'S NO-KNEAD BREAD

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## Directions:

1. You mix a generous 3 3/4 c of bread flour with 1 5/8 cup of water, tsp yeast, 2 tsp salt. Just combine it all well enough that no raw flour is showing, cover it. It will be sticky, that's ok.
2. About 22 hours later, when it's gotten bubbly looking on top, remove it from the bowl onto a floured mat, cookie sheet, cutting board, or what have you, and roughly shape it for the cookware you're using. Use a little extra flour if you must. I've used a very light coating of oil on my hands, that works great!
3. The cookware must be able to handle being heated to 450°F and the "lid" must too (can be foil or a second pan). When the bread no longer tries to fill in where you poke it, or does it slowly (usually 2 hours after the shaping) pop it into the hot pan or cookware, cover it, and put it back in the oven.
4. Give it 30 minutes under cover, and 30 minutes without the cover, all at 450°. The second 30 minutes can be adjusted if you think the bread is getting too browned.
5. Check it with the thump method.
6. You shouldn't need to oil your pan or cookware.

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# QUICK BREADS

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# KALAHARI NIGHT'S APPLE CIDER DOUGHNUTS

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## Ingredients:

1 cup apple cider  
3 1/2 cups flour, plus additional for the work surface  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/8 teaspoon ground nutmeg  
4 tablespoons butter, at room temperature  
1 cup granulated sugar  
2 eggs  
1/2 cup buttermilk (low-fat or nonfat work fine)  
Vegetable oil for frying

### *For the glaze (optional):*

1 cup confectioners' sugar  
2 tablespoons apple cider

## Directions:

1. For the doughnuts: In a saucepan over medium or medium-low heat, gently reduce the apple cider to about 1/4 cup, 20 to 30 minutes. Set aside to cool.
2. Meanwhile, combine the flour, baking powder and soda, cinnamon, salt and nutmeg in a bowl. Set aside.
3. Using an electric mixer on medium speed, beat the butter and granulated sugar until smooth. Add eggs, one at a time, and continue to beat until the eggs are completely incorporated. Use a spatula to scrape down the sides of the bowl occasionally.
4. Reduce the speed to low and gradually add the reduced apple cider and the buttermilk, mixing just until combined. Add the flour mixture and continue to mix just until the dough comes together.
5. Line 2 cookie sheets with waxed paper and sprinkle them generously

with flour. Turn the dough onto one of the sheets and sprinkle the top with flour. Flatten dough with your hands until it is 1/2 inch thick. Sprinkle more flour if the dough is too sticky. Transfer dough to the freezer until it is slightly hardened, about 20 minutes.

6. Pull the dough out of the freezer. Using a 3-inch doughnut cutter, cut out doughnut shapes. Place the cut doughnuts and doughnut holes onto the second cookie sheet. Re-roll scraps of dough, refrigerate them briefly and cut additional doughnuts from the dough. Refrigerate the cut out doughnuts for 20 to 30 minutes.
7. Add about 3 inches of oil to a Dutch oven or deep fryer. Heat over medium heat until the oil reaches 350 degrees F (use a candy thermometer to measure). While the oil is heating, line a plate with several thicknesses of paper towels.
8. For the glaze: While the doughnuts are in the refrigerator, whisk together the confectioners' sugar and the cider until the mixture is smooth. Set aside.
9. To fry and assemble: Use a slotted spoon to carefully lower doughnuts into the oil, a few at a time; don't crowd the pan. Fry until golden brown, about 60 seconds. Flip the doughnuts and fry until the other side is golden, 30 to 60 seconds. Remove from oil and drain on paper towels.
10. Dip the top of the warm doughnuts into the glaze, if using, and serve immediately.

## ATAJAYHAWK'S DISGUSTINGLY HEALTHY MUFFINS

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### Ingredients:

- 1 cup oatmeal
- 1/2 cup oat bran
- 1/2 cup wheat bran
- 1/4 cup wheat germ
- 1/4 cup milled flax seed
- 1/4 cup whole wheat flour
- 1/4 cup sugar or Splenda
- 1/2 tsp salt
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 to 1/2 cups chopped dates
- 1 egg
- 1 cup milk
- 2 or 3 tbs oil (or applesauce)

### Directions:

1. Oven: 400; Time: 15 to 18 minutes
2. Bake in greased or lined muffin cups. (I have little silicone ones that are slightly smaller than standard and work very nicely.) Yields a dozen decent sized muffins.

### Notes:

- ☛ I use the longer time, as I find that I like those muffins better.
- ☛ Check around when acquiring things like oat bran, etc. Sometimes bulk is cheaper; sometimes boxes on the cereal aisle are the only way to go.
- ☛ Use any kind of fruit you like as an alternative to dates. I've tried dried cherries and cranberries, and have cut up dried apricots or prunes. (I don't like cooked raisins, so I don't use those.)
- ☛ Haul off and experiment. It's hard to mess these up unless you forget the leavening. Even missing the timer by several minutes doesn't do much damage. And they actually taste good!

# FATUNCLE'S OATMEAL PANCAKES

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## Ingredients:

- 1-1/4 cup quick- cooking oatmeal
- 1 cup plain yogurt
- 1 cup low fat milk
- 1 tsp honey or sugar
- 1/4 cup all-purpose white flour
- 1/4 cup whole wheat flour
- 1 tsp baking soda
- 1 tsp salt
- 2 large eggs, beaten
- 1/4 cup chopped pecans

## Directions:

1. Combine oatmeal, yogurt, milk and honey. Stir in flours, baking soda and salt. Add eggs and mix well. Add chopped pecans.
2. Heat a large non-stick skillet, or griddle. Spoon about 1/4 of a cup of batter for each pancake onto the hot griddle. Cook until the bottoms are browned and bubbles form on top (about 3 minutes). Flip and cook about 2 more minutes. Serve with maple syrup or fresh fruit.
3. Extras can be refrigerated, and toasted in the toaster oven.

## Notes:

- ☛ For one dozen pancakes; roughly 11 to 12 grams carbohydrates each.
- ☛ Total carbohydrates = 135 grams.
- ☛ Oatmeal = 67.5g; yogurt = 13g; milk 2g; honey = 5.6g; whole wheat flour = 21g; white flour = 21g; pecans =6g; eggs, baking soda and salt = 0.
- ☛ Maple syrup = 13 grams/tbsp.

# BMONK'S COWBOY COFFEE CAKE

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## Ingredients:

2 1/2 c. flour  
1/2 tsp. salt  
2 c. brown sugar  
2/3 c. shortening  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 c. sour milk  
2 well beaten eggs

## Directions:

1. Mix flour, salt, brown sugar and shortening until crumbly. Reserve 1/2 cup of this mixture.
2. Add baking powder, baking soda, cinnamon, nutmeg, sour milk and beaten eggs.
3. Pour into 2 (9"x9"x2") baking pans. Sprinkle with reserved crumbs. Chopped nuts and cinnamon or sugar may be sprinkled over crumbs.
4. Bake at 375 degrees for 25 to 30 minutes.

# CHUCKLY'S COFFEE CAKE

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## Directions:

1. Scald 1 qt milk  
Add 1 c shortening  
Cool to lukewarm
2. Dissolve 2 pkgs dry yeast in 1 c. warm water  
Add 1 Tbsp sugar  
Let stand until foamy
3. Combine yeast and milk;  
Add: 3 c. flour  
2 tsp salt  
Beat well and let rise until doubled
4. Stir down mix  
Add: 4 beaten eggs  
1 1/2 c. sugar  
1 c. raisins  
flour to make dough stiff enough to knead  
Knead dough till smooth and elastic; let rise till doubled
5. Beat dough down, form into 5 or 6 round loaves and press into greased pie pans  
Brush top with melted butter  
Sprinkle generously with cinnamon/sugar mix (a couple Tbsp to a cup of sugar)  
Let rise one final time till approximately doubled
6. Bake 375 degrees F for 30 min or till done (bottom should be light brown)

## Notes:

- ☛ This is particularly good toasted!
- ☛ For cinnamon rolls, take a loaf or two worth of dough at step 5, roll a rectangle about 1/4 inch thick, brush with butter, sprinkle with cinnamon/sugar mix, roll up and slice in 1/2 to 3/4 inch slices. Place in pan, let rise, and bake till done.

## THEVENBEDE'S BROWN SUGAR STREUSEL COFFEE CAKE

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### Streusel mixture:

Blend together & set aside:

- 1 1/2 cup packed brown sugar
- 6 Tbsp. soft butter
- 6 Tbsp. flour
- 3 tsp. cinnamon
- 3/4 cup chopped walnuts or pecans

### Cake:

Sift together & set aside:

- 3 cups flour
- 5 tsp. baking powder
- 1 tsp. salt

### Directions:

1. Preheat oven to 375°
2. In a medium bowl, using a whisk. beat together until creamy:
  - 2 eggs
  - 1 1/2 cup sugar
  - 2/3 cup melted butter
  - 1 cup milk
  - 2 tsp. vanilla extract
3. Beat in the flour mixture, using a wooden spoon.
4. Spread 1/2 of batter in a greased 13 x 9 pan.
5. Cover batter with 1/2 of streusel mixture and then spread the rest of the batter over that.
6. Sprinkle the remaining streusal over the top and bake for 25-30 minutes until golden or until a tester comes out clean.
7. Top while still warm with a glaze of:
  - 1 1/4 cup confectioners' sugar
  - 1/4 cup soft butter
  - 1 tsp. vanilla
  - ...and enough milk to make it spreadable

Note: Enjoy. I find using a good vanilla extract like Sonoma "Crush" makes a real difference.

# SAUCY1121'S STRAWBERRY BREAD

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## Ingredients

- 1 1/2 c. flour
- 1/2 t. baking soda
- 1/2 t. salt
- 1/2 t. cinnamon
- 1/2 t. nutmeg
- vanilla
- 1/2 c. sugar
- 1/3-1/2 c. oil
- 1 egg
- 12-13 oz. strawberries sliced
- 1/2 c. pecans

## Directions

1. Mix dry ingredients
2. Add egg and oil, mix well.
3. Add strawberries and nuts, mix well.
4. Pour into greased (wax paper lined) loaf pan.
5. Bake at 350° for 55-60 minutes.
6. Let stand overnight before cutting.

# KALAHARI NIGHT'S SEED CAKE:

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## Ingredients

- 1 1/2 cups unbleached flour
- 1 cup cracked wheat flour
- 1 pkg. yeast
- 1/8 cup warm (100 degrees) beer
- 1/8 tsp. salt
- 4 oz. (1 stick) sweet butter
- 3/4 cup sugar
- 2 eggs, beaten
- 1 tbs. seed (your choice - crushed anise, caraway, poppy, etc.)
- 1/2 - 1 cup milk

## Directions

1. Combine flours and salt in a large bowl; set aside.
2. Dissolve yeast in warm beer, along with 1/8 tsp. of the flour mixture.
3. Cream together the butter and sugar. Beat in eggs and seeds.
4. Make a well in the flour and add the dissolved yeast. Gently fold yeast mixture into flour, then blend in the butter.
5. Slowly beat in enough milk to make a smooth, thick batter. Pour batter into an 8" round greased cake pan.
6. Bake on center rack of oven at 350° F for 45 minutes, or until a toothpick inserted in the center comes out clean.
7. Let cool slightly, then remove from pan & finish cooling on a cake rack.

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# SALADS

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# CCDESAN'S BEAN SALAD

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## Ingredients:

- 1 Can green beans
- 1 Can wax beans
- 1 Can kidney beans
- 1 Can Garbanzo Beans
- 1/3 Cup vegetable oil
- 2/3 Cup vinegar
- 1/2 Cup sugar
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 cloves garlic
- mustard seed
- dill seed

## Directions:

1. Drain all beans. Rinse the kidney and garbanzo beans in water.
2. In a pan, mix the vinegar, oil, sugar, salt, and pepper.
3. Chop the garlic and add it to the pan. Add a pinch of mustard and dill seed. Bring to a boil.
4. Pour over beans and allow to marinate in the refrigerator overnight.

## Note:

- ☛ Will keep for a week in the refrigerator, covered.

# CCDESAN'S BROCCOLI SALAD

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## Ingredients:

Raw Broccoli  
Red onions  
Bacon bits  
Sunflower seeds  
Mayonnaise 1/2 c  
Sugar 1/2 c  
Vinegar 2T

## Directions:

1. Combine ingredients.

# CCDESAN'S FENNEL & ORANGE SALAD

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## Ingredients:

Sliced oranges  
Sliced fennel  
Chopped red onions  
Parsley  
Salt  
Pepper  
Olive oil

## Directions:

1. Combine ingredients.

# FATUNCLE'S MELON TOSS

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## Ingredients:

- 1/4 cup of vegetable oil
- 3 tablespoons of lemon juice or vinegar
- 1 teaspoon of sugar
- 1-half teaspoon of salt
- Dash of pepper
- 1/2 medium honeydew or one medium cantaloupe cut up (about 2 to 2-1/2 cups)
- Two small cucumbers, thinly sliced
- 1/2 medium head of lettuce, or about 3 ounces of fresh spinach or mixture as you like it ( about 3 cups )

## Directions:

1. Mix oil, juice, sugar, salt and pepper, toss with melon and cucumbers.
2. Cover, refrigerate twenty four hours. Five minutes before serving, toss with greens.

## Note:

- ☛ Four to six servings.

## GGO'S MANDARIN BACON AND SPINACH SALAD

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*Preparation Time: 10 minutes Serves 6*

### Ingredients:

- 1/2 cup Canyon Foods Bacon Vinaigrette dressing – or other similar-description below
- 1 bag fresh Baby Spinach
- 3 slices bacon. cooked, cooled and crumbled, optional
- 1 small red onion, finely chopped
- 1/2 CUP Feta cheese
- 10 oz can Mandarin Oranges drained
- 1 Boiled egg chopped

### Directions:

1. Combine all ingredients without the dressing in a serving bowl.
2. In a saucepan slightly warm bacon vinaigrette then dress salad and serve.

### Note:

BACON VINAIGRETTE If you like sweet dressings you'll love Bacon Vinaigrette. This robust and richly flavored dressing is great on spinach salad or poured over avocados. Canyon Foods available in Texas at H-E-B and on line <http://canyonfoods.com>

# GGO'S BACON CHICKEN SALAD

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## Ingredients:

### Salad:

- 3 boneless skinless Chicken tenders
- 2 tbsp peppercorn & garlic 'sear n crust' – or spices of choice
- 1 bag Manns Broccoli wokly - or 2 cups broccoli florets
- 1/2 bell pepper chopped
- 1/4 Cup Shredded Cheese
- 1 bag baby spinach.

### Dressing:

- 1/2 cup Canyon Foods bacon vinaigrette –or other similar- description below
- 3/4 Cup Mayonnaise

## Directions:

1. Season chicken with peppercorn and garlic and pan sear until no longer pink. Put aside in refrigerator and let chill.
2. In bowl combine bacon vinaigrette and mayonnaise and mix well
3. Once chicken is chilled chop into bite size pieces.
4. In bowl combine all ingredients including chicken and toss well.

## Note:

Bacon Vinaigrette - If you like sweet dressings you'll love Bacon Vinaigrette. This robust and richly flavored dressing is great on spinach salad or poured over avocados. Canyon Foods available in Texas at H-E-B and on line <http://canyonfoods.com>

# CHUCKLY'S BROCCOLI SALAD

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## Dressing:

Combine:

- 1 cup Mayo
- scant 1/4 cup sugar
- 1/4 cup wine vinegar

## Salad:

- 3 cups raw broccoli cut small
- 1/2 medium sweet onion, diced
- 1/4 cup dried cranberries ("Craisons")
- 1/4 cup pine nuts

## Directions:

1. Combine salad ingredients, pour on dressing and enjoy

# FATUNCLE'S TACO TOSSED SALAD

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*Serves 4 (32.5 carbs) to 6 (21.6 carbs)*

## Ingredients:

- 1 to 1 1/2 lbs of lean ground beef, or chuck (0 carbs)
- 1/2 cup of taco sauce (12 carbs)
- 1 small head of lettuce, torn or cut into bite sized pieces (8 carbs)
- 1 medium green pepper, coarse chopped (5 carbs)
- 1 medium tomato, chopped or cut into wedges (4 carbs)
- 1/2 cup of chopped ripe olives (4 carbs)
- 2 cups of shredded Cheddar cheese (about 8 oz.) (8 carbs)
- 3 to 4 ozs of tortilla chips (or add to taste), crumbled (18.6 carbs/oz; 56 – 74.6 carbs)
- 1/2 cup of Thousand Island salad dressing (24 carbs)

## Optional variations and/or substitutes:

- Green olives
- Hotter or milder taco sauce
- Different cheese
- Different chips
- Sour cream as topping
- A change in the amount of any one ingredient

## Directions:

1. Brown beef over medium heat; drain. Stir in taco sauce and heat.
2. Toss lettuce, green pepper, tomatoes, olives, cheese and chips.
3. Spoon the hot beef mixture and salad dressing over the greens and toss.
4. Serve immediately. (I often just stack the greens on the plate, crumple chips on top; add dressing and spoon on the meat mix.)

## Notes:

- ☛ To pre-make: don't mix in the chips, salad dressing, or meat mixture until just before use. The chips get soggy, and the dressing and the hot meat mixture cause the greens to wilt, with the meat doing this much faster, of course.
- ☛ The greens can be made up ahead and kept in an airtight container in the fridge for a couple of days.

# THE SKULKER'S CRANBERRY-RASPBERRY & SOUR CREAM MOLD

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*(ref MH 07-05-85)*

## Ingredients:

- 1 pkg Raspberry Jello (1 @ 6 oz or 2 @ 3 oz pkgs)
- 7/4 c Boiling water (1.75 cup)
- 1 can Whole cranberry sauce (16 oz)
- 1 can Crushed, unsweetened pineapple, undrained (20 oz)
- 1 cup dairy sour cream (1 @ 8 oz)

## Directions:

1. Dissolve Jello in boiling water in large bowl, (preheat with hot water).
2. Mix very thoroughly until all graininess is gone.
3. Add cranberry sauce and mix until cranberry jell is totally melted.
4. Add crushed pineapple and mix thoroughly.
5. Pour 1/2 of the mixture into a 6-1/2 cup ring mold (or 7" x 11" baking dish) and chill until firm. (about 45-60 min in freezer).
6. Leave remaining Jello mixture covered at room temperature.
7. Stir sour cream to help the flow and pour/spoon it over the chilled Jello.
8. Pour the remaining Jello mixture over the sour cream. Try not to disturb the sour cream layer.
9. Refrigerate (several hours) or return to freezer (about 1 hr) until firm.
10. Serve in the clear glass mold or flash heat mold and invert on tray to serve.
11. If serving in mold top with a few dabs of sour cream and/or sprigs of green.

## Notes:

- ☛ Makes 12 servings (6 cups).
- ☛ Use a good quality sour cream (e.g. Knudsen), as the cheaper brands may be runny.

## VARIATIONS ON A THEME OF SALAD

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*One Sunday, the topic of salads arose. Several members of The Order of the Couch chimed in with their favorites; these are they.*

### EMURN'S FAVORITE SALAD AT THE PRESENT:

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*This salad has kind of spoiled us for most other plain salads.*

1 pkg field greens  
chopped tomatoes if you want them  
1/3 cup toasted sliced almonds  
1/3 cup golden raisins  
2 small cans mandarin oranges drained.  
Toss with honey dijon dressing.  
Top with sliced avacado.

### BURGUNDY2'S SPRING SALAD

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Toss together –

baby spinach  
strawberries (hulled and halved)  
cut up cantalope  
raspberry vinaigrette  
Serve with some toasted almonds scattered on top.

### BURGUNDY2'S FALL SALAD

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Cut up sweet pepper (preferably red) and portabello mushrooms, and saute in olive oil until al dente. Let cool a bit, toss with romaine lettuce and your favourite sundried tomato viniagrette - and squeeze a bit of lemon juice over it.

## PIDFAN868'S ROMAINE AND FETA SALAD

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Romaine lettuce  
mild goat feta  
dried sweetened cranberries  
walnuts  
balsamic vinegar  
olive oil  
a grind of fresh pepper.

Serve only at room temp and well tossed!

## AHNK 2000'S FAJITA SALAD

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*Yes, you can sort of order this at Chipotle, but I like to make it myself at home. High protein, low carb.*

Romaine Lettuce  
Grape tomatoes  
Black beans  
Fajita beef or chicken, cubed  
Shredded cheese  
Salsa  
Guacamole

## AHNK 2000'S ITALIAN CHOPPED SALAD

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*Again, low carb but good carbs, high protein, and yummy.*

Romaine Lettuce  
Grape tomatoes  
Cubed cucumber  
Artichoke hearts, quartered  
Black olives  
Green olives  
Garbanzos (chick peas)  
Proscuitto (Italian ham), cubed  
Hard salami, cubed  
Shredded mozzarella  
Basalmic vinaigrette

## PIDFAN868'S SALAD OF A SORT

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fresh grated organic carrots, raw broken walnuts, red flame raisins, raw pumpkin seeds, pineapple canned with its own juice or fresh—mix and chill and eat without any other addition. :D

## LINCOLNHYDE'S LUNCH SALAD

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two ounces of 50/50 spring/spinach mix, with 4 ounces each of baby carrots and celery stalks, with honey/mustard spray dressing.

## FATUNCLE'S ARIZONA SALAD

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Arrange avocado slices, mandarin orange segments and sliced bananas on crisp salad greens, sprinkle with coconut. Drizzle with frozen lemonade concentrate, thawed.

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# SOUPS

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# FATUNCLE'S SANTA FE SOUP

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Total carbohydrates = 333 grams; 24 one-cup servings @ 14g carbs ea.

## Ingredients:

- 2 lbs ground beef, chuck, or turkey (carbs = 0)
- 1 good sized onion, chopped (carbs = 11g)
- Two ounces of Ranch-style "Dips" mix (Hidden Valley™)
- Two 1.25 oz packets of *mild* taco seasoning mix (Old El Paso™) (carbs = 4g)
- 1 can (12 to 16 oz) of black beans, undrained (carbs = 73g)
- 1 can (12 to 16 oz) of kidney beans, undrained (carbs = 73g)
- 1 can (12 to 16 oz) of pinto beans, undrained (carbs = 63g)
- 1 can (10 oz) of diced tomatoes with chilies (Rotel™) (carbs = 10g)
- 1 can (12 to 16 oz) of tomato wedges (carbs = 19g)
- 24 to 32 ounces of white corn, or various mixtures of canned corns (carbs = 80g /32oz (2.5g per oz))
- 2 cups of water

## Some successful variations on ingredients:

- Substitute one can of *Del Monte*™ Cream Style white corn, to thicken
- Substitute *Green Giant*™ Super Sweet Yellow and White corn
- Luck's*™ Pinto Beans with Pork

## Garnish:

- sour cream, shredded cheddar cheese, sliced green onions

## Directions:

1. Start all of the vegetables cooking in one pot.
2. In a large skillet, cook meat and onions together until meat is browned.
3. Skim off excess fat if you like; stir in dressing and seasoning mixes.
4. When the vegetables have come to a simmer, spoon in the meat and onion.
5. Simmer at least 2 hours; I usually simmer for about three. Add water if needed.
6. Garnish. Serve with tortilla chips.

## Notes:

This is a very forgiving recipe, and will permit considerable variation to suit taste. Served with a spoon of sour cream in the bowl, & tortilla chips crumbled into the serving, this is an outstanding meal. Makes four to six quarts. Six quarts of one-cup servings = 24 @ 14g carbs ea.

# BMONK'S APPLE CREAM CONSOMMÉ

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## Ingredients:

- 2 small apples
- 1/8 tsp. curry or saffron
- 2 cans (10 oz.) beef consommé
- 1 medium onion, finely chopped
- 2 Tbsp. Butter 1 cup cream

## Directions:

1. Peel, core, and finely chop one apple.
2. Sauté with onion and curry/saffron in butter until soft.
3. Puree with a bit of the consommé.
4. Pour everything in a pot and heat slowly. Do not boil.
5. Slice second apple very thinly to float as garnish.

# THESKULKER'S TOM KAH KAI

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*Thai Chicken Coconut Lemon Grass Soup, also known as Tom Ka Gai. The best Tom Kah Kai I ever had was in a food court in Queenstown, New Zealand. I had to reproduce it. I started with an amalgam of a dozen internet recipes and, after some tweaking, this comes very close.*

## Ingredients:

- 3 cups Coconut milk (1,5c/13.5 oz cans) (\$0.50/can) (14oz ~= 5/3 c)
- 1 cups Chicken broth (Swanson's) (\$0.30/cup)
- 2 stalks Lemon Grass (cut into 2" chunks) (\$0.20/stlk)
- 8 leaves Kafir lime leaves (\$1.38/pkg, >50 leaves)
- 6 slices Galanga (dried) (\$0.50/dz slcs)
- 4 Thai Chiles (green very hot, red milder)
  
- 1 lb Chicken (boneless, skinless) (\$2/lb)
- 20 pcs Straw Mushrooms (half 15 oz can) (\$1/can)(50 pcs / 7.4 oz cn)
- 1 Tbl Fish Sauce
- 1 Tbl Lime juice (1/2 lime)
- 2 Tbl Sugar
  
- Shallots (as desired)
- Cilantro (as desired)

## Preparation:

1. Cut up chicken into bite sized chunks
2. Seed and mince Chile peppers (don't touch eyes or tender skin)
3. Cut Lemon grass into 2" chunks (tender part only)
4. Squeeze lime juice

## Procedure:

1. Bring coconut milk, chicken broth, lemon grass, kafir leaves, chiles and sliced galanga to boil

2. Add chicken, straw mushrooms, fish sauce and lime juice.
3. Simmer until meat changes color, about 15-30 minutes, stirring
4. occasionally. Do NOT cover - coconut milk curdles.
5. Sprinkle with chopped shallots and/or cilantro as desired & serve

## Notes:

- ☛ Serves 4 (Cost ~\$5 for over 1 quart soup.)
- ☛ Most ingredients can be found in a Vietnamese market if you don't have access to a Thai market. Search Google for Thai or Asian markets.
- ☛ Thai dishes can be quite spicy. Adjust the chile peppers to suit.
- ☛ The lemon grass and kafir leaves are for flavor only - not eaten.
- ☛ Keep lemon grass pieces big. Easier to eat around them.
- ☛ Lemon grass may be frozen and Kafir leaves (\$2/pkg), may be dried.
- ☛ Do NOT cover the soup to simmer. It might curdle the coconut milk.
- ☛ Galangal, (kha, *Alpinia galangal*), is a larger and lighter-colored relative of ginger and has its own distinctive taste.
- ☛ Lemon grass, (ta-khrai, *Cymbopogon citratus*), is an aromatic grey-green grass. The bases of the stems are used in cookery.
- ☛ Kaffir lime, (ma-krut, *Citrus hystrix*), has green fruits with wrinkled skin. The rind and the leaves are used in cookery.
- ☛ Ginger, (khing, *Zingiber officinale*), grows from an underground stem, or rhizome. Mature ginger stems are buff colored; young or fresh ginger, khing on, is white and is eaten fresh and pickled as well as cooked.
- ☛ Fish sauce, (nam pla), is a clear, brown liquid derived from a brew of fish or shrimp mixed with salt. It is sold in bottles and plastic jugs as well as in earthenware jars. High quality fish sauce has a fine aroma and taste. Fish sauce is placed on the table as a condiment at nearly every meal, either as is or mixed with sliced chillies and perhaps lime juice.

# KALAHARI NIGHT'S FUL SUDANI SOUP

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*I first encountered garlicky Peanut Soup while doing field work out of Khartoum, Sudan several decades ago. Yum. When I got home I fiddled with different ingredients and methods until I arrived at this reasonable facsimile.*

## Ingredients:

- 2 cups vegetable broth (or chicken stock)
- 1 medium onion, minced
- 1 clove of garlic, crushed
- Salt, black pepper, cayenne pepper to taste
- 1 fresh jalapeno pepper, minced (optional)
- 1 carrot, chopped fine
- 2 small Roma tomatoes, chopped
- 1 cup natural unsweetened peanut butter

## Directions:

1. Combine all ingredients except the peanut butter and simmer over medium heat until the veggies are tender.
2. Cool slightly, and buzz through blender or food processor until smooth.
3. Return to the pot and whisk in the peanut butter.
4. Over low heat, simmer for a few minutes more, stirring often, until soup is thick, smooth, and hot.
5. Serve hot with crackers or good french bread.

## Note:

- ☛ The jalapeno pepper is optional, but do use some cayenne and/or some sort of hot pepper. The soup seems to need a little “kick” to marry the flavors and bring out the full flavor of the veggies and peanut butter.

## GGO'S MINNESOTA CREAM OF CHICKEN & WILD RICE SOUP

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*This is a very hearty soup. I really like this one! I love soup and good bread. By Roseofsharon, updated by ggo*

### Ingredients:

- 3 1/2 cups chicken broth
- 1 cup sliced carrot
- 1/2 cup sliced celery
- 1/3 cup wild rice
- 1/2 cup sliced onion
- 1/2 teaspoon dried thyme
- 2 tablespoons butter
- 3 tablespoons flour
- 1 cup half-and-half cream – or cream and milk
- 1 1/2 cups cut-up cooked chicken

### Directions:

1. Mix broth, carrots, celery, uncooked rice, onions, thyme, and 1/4 teaspoon pepper.
2. Bring to a boil; reduce heat, cover and simmer 1 hour, until the rice is tender.
3. Melt butter, stir in the flour, then the half-half.
4. Cook and stir 1 minute. Slowly add half-half mixture to the rice mixture, stirring constantly. Stir in the chicken and heat through.

### Updated Information:

1. Season lightly chicken breasts or thighs with fine ground pepper and spices of choice (I used a garlic & pepper 'Grill Crust') brown lightly in skillet or in soup pot in 1 Tbs light oil. Remove and cool.
2. Cook onion, carrot & celery in soup pot with remaining oil at low for a few minutes – Do Not Brown.
3. Add broth, thyme, wild rice (mix with some brown rice if you like).
4. Simmer one hour until rice is just done but not soft.
5. Cut chicken into chunks while you wait.

6. Melt butter and add flour; If you used a skillet to brown chicken use again scraping any browned yummys from the bottom. Slowly add the half & half, stirring or whisking, once begins to bubble, add to the soup pot. Keep stirring so won't get lumps, once it comes to a good boil, add chicken, and turn down or off.
7. For a richer color add 1/4 tsp of tumeric, for color and richer flavor add 1/4 tsp curry (or 1/2 tsp).

**Notes:**

- ☛ 1-1/2 hour with 30-40 min prep
- ☛ Serves 4

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# MAIN DISHES

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BROOKE MCELLOWNEY:

## PHYLLIS'S CURRY CHICKEN DELIGHT

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*In the case of the Chicken Curry sauce, Less is definitely not more. More is more.*

### Ingredients:

4 whole chicken breasts, skinned, halved lengthwise, and boned  
1/3 c. flour  
vegetable oil for browning chicken

#### Sauce:

1/4 c. honey  
2 tbsp. prepared mustard  
1/2 tsp. salt  
1/2 tsp. curry powder

Hot cooked rice

### Directions:

1. Rinse chicken, pat dry, and coat with flour.
2. In skillet, brown chicken in oil for 10 minutes or so.
3. Transfer chicken to 8 x 8 x 2- inch baking dish.
4. Bake, uncovered, in a 350° oven for 30 minutes.
5. Combine honey, mustard, salt and curry powder; drizzle over chicken in baking dish.
6. Bake, uncovered, 15 minutes longer.
7. Serve with hot cooked rice.

### Note:

- ☛ For three or four times more enjoyment, make three or four times more sauce. However, go easy on the salt, and increase only to taste, not to proportion, with the other ingredients.

# STORY TELLER'S ABOMINATION ROAST

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## Directions:

1. You begin with a 4 lb. or larger pork roast, pork shoulder or picnic ham are my favorite. Set in large coverable roasting pan and surround with fowl-portions of choice. Usually I use chicken thighs or drumsticks, but any portions should do.
2. Dust liberally with seasoned salt, garlic and onion powders and black pepper, cover, and bake at 350 to 400 degrees for at least 3.5 hours, longer at lower temperature, but make sure the innermost part of the roast reaches at least 165 degrees for at least half an hour...or slice the thing down the middle or as close to the bone as possible and when no pink shows, it be edible.
3. Serve hot as roast or cold sliced for sammiches

## Notes:

- ☛ The name comes from a comment made by a friend of mine, a former professional cook. He said that you just don't cook two kinds of meat together. I asked why and his only comment was to shudder and say "It's just not done! It's an abomination!" Hence the name. Spices and juices from both meats infuse each other and make for an incredibly tasty feast. Remove all the meat and let the juice sit in the fridge overnight. All the accumulated fat will solidify on top of the drippings and can be easily peeled off with a pancake flipper. The coagulated drippings (looking rather like lumpy jello), along with boiling any bones and bits of meat left from the feasting, can be used to flavor beans or as stock for soup or stew.
- ☛ A recent experiment that went horribly \*right\*, layering thick-cut bacon over the top of the abomination adds even more flavor to the mix and most of the fat cooks down into the juice. Use at least two or three pounds of bacon to taste. The Mega-Abomination Roast is decidedly not for the vegetarians or health-conscious in the audience, though I dare say that cooking this way does remove an awful lot of the fat, as evidenced by the scrapings atop the drippings the next day. Toss a couple handfuls of small red taters and maybe some boiler onions and you really have something, but you gotta have a roasting pan the size of a ChrisCraft boat to hold it all.

# BMONK'S HONEY-GLAZED ROAST LAMB

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## Ingredients:

- 2 Tbl. chopped onion
- 2 Tbl. parsley
- 2 tsp. sage
- 2 tsp. rosemary
- 2 Tbl. fresh thyme
- 1 tsp. grated lemon peel
- 1 large clove garlic (minced)
- 1/2 tsp. salt
- 1/2 cup honey
- 2 Tbl. lemon juice
- 3-4 lb. lean boneless leg of lamb, well trimmed, or lamb stew meat
- salt and pepper

## Directions:

1. Combine onion, parsley, sage, rosemary, and thyme, lemon peel, garlic, and salt; mix well. Quit singing "Scarborough Fair."
2. In a separate bowl, combine honey and lemon juice.
3. Place boneless leg of lamb on a flat surface, meat side up, and season with salt and pepper.
4. Brush lamb with honey mixture; sprinkle with herb mixture.
5. Roll and tie.
6. Rub roast with honey mixture.
7. Bake on a roasting rack in oiled roasting pan in a 350° F oven, allowing 20-25 minutes per pound for medium rare, or 145° internal temp. Brush with honey mix every 20 minutes. When all of honey mix is used, brush with drippings.

# CCDESAN'S HOMEMADE FALAFEL

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## Ingredients:

250 gr. dried chickpeas  
1 Medium Onion (100 gr.)  
20 Gr. garlic  
100 gr. Parsley or 100 gr. Coriander  
1 flat Teaspoon Salt  
1/2 flat teaspoon Pepper  
1/2 flat teaspoon Sodium Bicarbonate  
1 Tablespoon Cumin  
1 Tablespoon wheat flour

## Directions:

1. Immerse the chickpeas in water overnight.
2. Strain the chickpeas from the water, and grind them in a food processor to a size of groats.
3. Mix:
  - 250 gr Chickpea groats
  - 100 gr Onions, grated or finely cut using a food processor
  - 20 gr crushed Garlic
  - 100 gr finely cut Parsley (Don't use the stems), or 100 gr fresh Coriander
  - 1 teaspoon Salt (level spoonful)
  - 1/2 teaspoon ground Black Pepper
  - 1/2 teaspoon baking soda
  - 1 Tbsp. (level spoonful) Cumin
  - 1 Tbsp. (level spoonful) Flour
4. Mix and allow to sit for 20 minutes.
5. Create small balls (about 1 inch diameter), put in medium-hot Oil, and take them out when golden.

# CCDESAN'S SPAGHETTI ALLA CARBONARA

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*For 4 people*

## Ingredients:

400 g spaghetti  
100 g smoked bacon in cubes  
3 eggs  
2 spoons grated Parmesan  
2 spoons grated Pecorino (a cheese made with ewe milk; it is a bit stronger than Parmesan)  
1 clove garlic  
salt, pepper  
extra virgin olive oil

## Directions:

1. In a large frying pan, fry the bacon and the garlic in three spoons of olive oil, then remove the garlic.
2. Cook the spaghetti.
3. When the spaghetti is 'al dente' drain it, put it in the frying pan with the bacon and fry it for a few minutes, then turn the heat off. (If cooking with electric stove, remove from burner).
4. Meanwhile put the yolks of the three eggs in a bowl and beat them with some salt and pepper, 1 spoon of grated Parmesan and 1 spoon of grated Pecorino.
5. Put this sauce in the pan and mix well so that the spaghetti is covered with the cream.
6. Add the rest of the grated cheese, mix well and... buon appetito!

## Note:

☛ Author: Carlo Mario Chierotti

# FATUNCLE'S CHICKEN A LA' JOSEPH

---

## Ingredients:

1 pound of Broccoli flowerettes  
2 Tsps of flour  
1 pint of cream  
2 egg yolks  
a dash of Cayenne pepper  
4 pounds of boneless chicken breasts  
2 Tbls of melted butter  
the Juice of one half of a lemon  
1/2 cup melted butter  
Grated Cheddar cheese

## Directions:

1. Cook the chicken, and slice the breasts into thin slices.
2. Steam the broccoli until tender.
3. Prepare the cream sauce with the flour, 2 Tbls of melted butter, and the cream, cooking over a low heat and stirring until smooth.
4. Add to the egg yolks the lemon juice, the cayenne pepper, and 1/2 cup of melted butter, beating until fluffy.
5. Add this to the cream sauce, mixing thoroughly.
6. Place the broccoli and chicken in alternate layers in a casserole, spooning sauce over each layer in turn. (If the sauce is thick enough it will not seep down into the casserole when poured on top.)
7. Sprinkle with the grated cheese, and bake in a moderate oven (350 degrees) until warmed through and browned on top, about 30 minutes.

# FATUNCLE'S CHICKEN BREASTS LOMBARDY

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*61 grams of carbs total*

## Ingredients:

- 8 ozs sliced fresh mushrooms (double that if you like)
- 2 Tbls olive oil
- 2-1/2 lbs of skinned boneless chicken breast (4-6 breasts)
- 1/2 cup flour (at least)
- 1/3 to 1/2 cup olive oil
- 3/4 cup **Marsala** cooking wine (in grocery section with vinegar)
- one can (10.5 oz) of chicken broth
- 1/2 tsp salt
- 1/8 tsp pepper
- 1/2 cup shredded mozzarella
- 1/2 cup parmesan
- 2 green onions, sliced

## Directions:

1. Cook mushrooms in 2 Tbls oil, stirring constantly until tender. Remove from heat and set aside.
2. Cut chicken breast in half length-wise. Flatten to 1/4 to 1/8 inch using a meat mallet.
3. Dredge chicken pieces in flour. Place several pieces of chicken in 1-2 Tbls oil in a large skillet. Cook over medium heat 3-4 minutes on each side or until golden. Place chicken in a lightly greased 13x9 baking dish or other large casserole, overlapping edges.
4. Repeat procedure with remaining chicken and oil. Reserve pan drippings in skillet. Sprinkle reserved mushrooms over chicken.
5. Add wine and broth to skillet. Bring to a boil, reduce heat and simmer, uncovered, for 10 minutes, stirring occasionally. Stir in salt and pepper. Pour as sauce over chicken.
6. Combine cheeses and green onions and sprinkle over chicken.
7. Bake, uncovered, at 450 degrees for 15 minutes.

## Notes:

- ☛ You can use 2/3 cup dry white wine plus 2 Tbls brandy instead of Marsala.
- ☛ **Marsala** cooking wine can be found in the grocery section with the vinegar.
- ☛ Carbs: chicken = 0; mushrooms = 8; onions = 2g; flour = 42g / half cup; parmesan = 2g; mozzarella = 2g; wine = 4g; Brandy = 0; broth = 1
- ☛ 8 servings at 8g each, if only 1/2 cup of flour is used. About 16 g if a whole cup is used.

# FAIRPORTFAN'S SMOTHERED STEAK

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## Ingredients:

- 1 or 2 pounds cubed steak (or lean ground beef in patties)
- 1 or 2 10 oz cans Rotel diced tomatoes and green chilies (or equivalent)
- 1 can chicken broth
- 1 large green pepper, cored and pithed, coarsely diced
- 1 large onion (pref. sweet, particularly genuine Vidalia) coarsely diced
- 8 oz sliced mushrooms (fresh, not canned. Would work with canned, i guess, but i'm not sure how much would be needed.)
- herbed and spiced all-purpose flour (salt, pepper, Italian herbs, paprika, seasoned salt, a little ground cayenne pepper, your call)
- 2 or more cloves garlic, peeled and crushed/minced (to taste; experiment)
- butter or oil

## Equipment:

- large skillet (with lid for 100% stovetop prep)
- oven-safe dutch oven or casserole dish with lid (for oven prep)

## Directions:

1. Dredge the meat *thoroughly* in the spiced/herbed flour.
2. Heat butter or oil over medium-high heat in the skillet or dutch oven, toss in the garlic as it begins to sizzle.
3. Set the oven at about 200 degrees (F) and put a plate in it.
4. Brown the floured meat in batches in the garlic and butter or oil; as slices are finished, put them on the plate in the oven to keep warm.
5. When all the meat is browned, add additional butter or oil to the pan, gently scrape the flour/juice mixture that has stuck to the bottom up into the butter, and toss in the chopped green pepper (and maybe a tad more garlic. I *like* garlic). Stir-fry the pepper, until it begins to soften, and add the onion.
6. Continue stir-frying the pepper and onion until the onion is mostly-cooked, then toss in the sliced mushrooms and do the same.

Continue with either 100% Stovetop Method or Oven Method:

**100% Stovetop Method** (best in some ways if you have a big skillet or dutch oven with a lid):

- Remove half of the pepper/onion/mushroom mixture from the pan. Take the meat, and arrange the pieces of meat loosely on top of the remaining veggies, leaving some space between them; stack in two layers if necessary, staggering them to maintain space for liquid to flow between them. Make sure to return any juice that came out of the meat in the oven to the pot.
- Add the remaining veggies.
- Add Rotel and chicken broth.
- Bring to strong simmer over medium-high heat. Reduce heat, cover and simmer for 20 to 30 minutes, checking occasionally to make sure it's not burning.

**Oven Method:**

- While you're combining the ingredients, set the oven to 350 degrees.
- Arrange meat and veggies as above in the oven dish, add broth and Rotel, cover and put it in the oven on a middle rack.
- Cook for thirty or thirty-five minutes.

**To Thicken the Sauce:**

1. About ten minutes or so before you figure the meat will be done, draw off a couple of cups of the liquid.
2. In a saucepan, melt about a third of a stick of butter or margarine.
3. Add a couple tablespoons of the spiced flour you coated the meat with and stir (with a wooden spoon or wire whisk) for a couple minutes over medium heat until the result is smooth and creamy. (This is a spiced roux, BTW; don't scorch it.)
4. Add the cooking liquid, stir thoroughly, and simmer for a minute or two, until it begins to thicken.
5. Add back to the pot or oven dish, stirring it in as much as possible.
6. Serve with white rice or potatoes (boiled or mashed)

# FAIRPORTFAN'S "MEXICAN" SPICY RICE

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## Ingredients:

1 to 2 lb meat (pork, beef or chicken, in descending order of preference - even lean ground beef, if you're poor this week) cut in 1/2 to 1 inch cubes

16 or 24 oz jar of commercial salsa (your call as to hot, medium or mild - don't use hot if your meat is chicken)

1 can chicken broth

1 cup white rice

1 10 oz can Rotel diced tomatoes w/chilies (optional; recommended if you have a 16 oz jar of salsa. The "Mexican" - w/lime and cilantro - is good with hot salsa. Approach the "Hot" - with habaneros - with caution in this recipe.

several cloves of garlic, peeled and crushed or minced (experiment to see how much you like)

4 strips bacon, cut into 1/ to 1/2 inch wide strips (optional)

a few dried chili peppers cut into small pieces if you're a real enthusiast

## Equipment:

large skillet

large saucepan with tight-fitting lid

## Directions:

1. If using bacon, toss it in the skillet with about half the bacon over medium-high heat and stir-fry it around till it's cooked (but not crispy).
2. Add as much of the meat as you can comfortably stir-fry in the skillet at once and more garlic (and the chopped chilis, if you're using them). Keep stir-frying over medium-high until well-browned, transfer to the saucepan. (Do this in batches if your skillet won't comfortably accomodate all at once.)

3. Add the salsa, and the Rotel (if using). Pour at least part of the broth in the salsa jar, put the lid on, and shake vigorously to get *all* of the salsa. Add the broth to the meat and salsa in the pot.
4. Bring it to a boil over medium-high heat, and stir in the rice.  
(Sometimes, i also like to add some frozen corn and/or lima or red kidney beans, odd as it sounds.)
5. Return to a boil, reduce heat, cover, and simmer for fifteen to twenty minutes, stirring occasionally, till all the liquid is absorbed and the rice is cooked to your taste.
6. Serve *hot*.

Note:

- ☛ Most supermarkets have store-brand equivalents to the “original” Rotel that cost less.)

# FATUNCLE'S BEEF STIR-FRY

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## Ingredients:

- 1 lb of boneless beef sirloin or top round steak, 3/4" thick
- 2 tablespoons of olive oil
- 3 cups of a mixture of Broccoli crowns, carrots, snow peas, celery, etc.
- 1/8 teaspoon of garlic powder or 1 clove of garlic, minced
- 1 can of Campbell's Beefy Mushroom Soup
- 1 tablespoon of soy sauce
- 1/2 teaspoon of ground ginger
- 4 cups of hot cooked rice

## Directions:

1. **Slice** beef into very thin strips
2. **Heat** one teaspoon of oil in a skillet or wok. Add beef and stir-fry until browned and juices evaporate. Remove beef.
3. **Heat** the remaining oil. Add vegetables with garlic and stir-fry until vegetables are tender-crisp.
4. **Add** soup, soy and ginger. Heat to a boil. Return beef to skillet. Heat through. Serve over rice.

# GUNNR'S SNARF PASTA

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## Directions:

1. Finely chop: green onions, cilantro, fresh spinach, fresh basil.
2. Finely dice: Roma tomatoes, zucchini and black and/or green (pitted) olives (and/or eggplant, and/or artichokes, and/or squash, and/or celery...)
3. Saute/stir fry diced veggies and fresh chick peas in olive oil for several minutes, then add chopped veggies, continuing to saute til wilted.
4. Remove from heat, add several liberal spritzes of balsamic vinegar and mix/tossing well. Serve over angel hair pasta, top with grated Parmesan, or finely crumbled feta, or crumbled mozzarella or other crumbled cheese of choice.
5. Snarf.

## Notes:

- Try serving over a baked potato instead of pasta.

# GUNNR'S STUFFED POTATOES:

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## Directions:

1. Obtain a clean, dry baking potato. Rub potato skin with olive oil and bake potato in oven @ 350 degrees for 45 minutes to 1 hour. DO NOT PIERCE THE SKIN before you bake them. Split open baked potato and thoroughly "morsellize" the insides by raking with a fork.
2. Add butter/margarine of choice, lightly dribble with Ranch dressing (or olive oil, or many small blobs of sour cream, or cottage cheese), sprinkle with chopped raw onion, chopped black olives, chopped steamed broccoli, ground ham or bacon bits (or not) and top with a grated meltable cheese such as cheddar or Monterey Jack. Microwave long enough to melt the cheese.
3. Snarf.

## Notes:

- ☛ One nice sized potato prepared this way is a meal in itself. I like to prepare mine in a soup bowl.
- ☛ For the energy conscious (and who isn't these days?) bake several potatoes at a time. Rubbing the skins with olive oil prior to baking not only makes the skin tender and delicious, those potatoes not immediately dispatched can await their fates in the refrigerator for as long as several days (allow them to cool first). The olive oil prevents the refrigerator from "freeze drying" them. Prepare the cold potato and garnish as above – except for the cheese – reheat thoroughly in the microwave, add cheese and nuke again to melt same.
- ☛ I like the Kraft cheese blends for toppings – the cheddar/monterey jack blend, the "American" four cheeses blend, the "Mexican" four cheeses blend, etc.
- ☛ This is a wonderful dish for getting rid of leftovers – you may want to drain veggie leftovers first. For the omnivorous, left over steak, roast,

ham, chicken, (boned) fish, shrimp, deli meat, etc. chopped into bits works for one of the ingredients, and if it comes with gravy, add the gravy too.

- ☛ For “bachelors:” Check the frozen food section of your local grocery store for those frozen single serving containers of “broccoli and cheese” and other vegetables. Nuke according to package directions, then use them to garnish your potato. Open a can of any kind of soup that has stuff chopped up in it (i.e., that is not a “cream” soup), pour the soup through a strainer into a bowl, garnish the potato (or some cooked pasta) with what gets caught in the strainer, and nuke the liquid to serve “broth style” on the side.
- ☛ Also, for the nutrition conscious, the next time you make potato salad or mashed potatoes, instead of boiling the potatoes, try using baked potatoes For mashed, leave the skins on and mash them in a food processor. Throw in about a tablespoon of finely chopped parsley or cilantro, or basil leaves or green onions while “processing.”
- ☛ Vegan/vegetarians can use soy milk for liquid, omnivores can use milk, or beef, chicken or turkey broth. Leave the skins on, allow potatoes to cool, and cut them up for potato salad. If you simply must boil your potatoes, use the water (with all the boiled out potato nutrients in it) to make your gravies and sauces.
- ☛ For the energy conscious, next time you bake something in the oven at 350 degrees, oil up a few baking potatoes and bake them at the same time. As I say, they keep in the refrigerator.

# KALAHARI NIGHT'S SATAY WITH INCENDIARY PEANUT SAUCE

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## THE SATAY:

### Ingredients:

- 3 lbs tempeh (or boneless chicken breast)
- 1 tsp sugar
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp powdered cinnamon
- 2.5 cm piece fresh turmeric (can substitute 1-1/2 Tbsp dried turmeric)
- 9 shallots
- salt to taste
- 1 cup good cooking oil
- 1 tsp lemon zest

### Directions:

1. Cube the chicken (or tempeh), drain and put aside.
2. Grind coriander, cumin, turmeric, peanuts, salt and sugar.
3. Mix in the powdered cinnamon, diced shallots and 1 tbsp cooking oil.
4. Marinate the chicken or tempeh with this mixture.
5. Using water-soaked wooden skewers, put 5 pieces of meat on each skewer.
6. Combine cooking oil with lemon zest.
7. Grill over burning wood or charcoal, constantly brushing cooking oil over the meat or tempeh.
8. Turn over and continue grilling until the chicken is cooked.
9. Serve with peanut sauce.

## THE PEANUT SAUCE:

### Ingredients:

- 1 cup smooth peanut butter (the kind made from just peanuts)
- 1/4 cup low-sodium soy sauce
- 2 teaspoons red chili paste, such as sambal
- 3 very finely chopped chilies (use habanero for incendiary sauce; jalapeno or ancho for milder sauce)
- 2 tablespoons dark brown sugar
- 2 limes, juiced
- 1/2 cup hot water
- 1/4 cup chopped roasted peanuts, for garnish

### Directions:

1. Combine the peanut butter, soy sauce, red chili paste, brown sugar, and lime juice in a food processor or blender. Puree to combine.
2. While the motor is running, drizzle in the hot water to thin out the sauce. You may not need all of it.
3. Pour the sauce into a nice serving bowl and garnish with the chopped peanuts.
4. Serve with chicken or tempeh satay, or with fresh raw veggies for dipping.

Yield: 3 cups

## FATUNCLE'S LENTIL PILAF WITH RICE

---

*8 servings.*

### Ingredients:

- 2 green onions, sliced
- 1 carrot, chopped
- 1/2 cup celery, chopped
- 1/4 cup green pepper, chopped
- 2 tablespoons of butter
- 1 can of chicken broth (10-1/2 oz)
- 2 cups of water
- 1 cup of dry lentils
- 1/8 teaspoon of black pepper
- 1/2 cup of rice

### Directions:

1. In a medium saucepan, sauté onion, carrot, celery, and green pepper in butter.
2. Add chicken broth and water; bring to a boil. Stir in lentils and pepper.
3. Cover; simmer for 25 minutes. Add rice and stir well. Cover and simmer an additional 20 minutes until rice is tender and liquid is absorbed.

### Variations:

- ☛ a cup or so of Polish Kielbasa, in about 1/4 inch cubes, added with the rice.
- ☛ a cup or so of cooked lamb, in about 1/4 inch cubes, added with the rice.

# MJOLNIR'S GUINNESS FONDUE

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## Directions:

1. Melt 1 pound of grated cheddar cheese on low heat, stirring continuously.
2. Add a quarter-pint of Guinness, 3 teaspoons Worcestershire sauce, half a tablespoon each of corn flour, salt, black pepper and cayenne pepper.
3. Stir until thickened slightly and serve with chunks of bread (I just happen to have some foccaccia here - sundried tomato and garlic).
4. Dip the bread into the bubbling, lava-like fondue, drink some Guinness (for every quarter-pint you use in the fondue, that's three-quarters of a pint left lying around loose)

# MARGUERITEM'S MOROCCAN CHICKEN STEW

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## Ingredients:

- 1 tsp saffron
- 3 lbs chicken legs and thighs
- 1/2 cup olive oil
- 1 onion, chopped
- 10 cloves garlic, chopped
- 2 Tbsp fresh ginger, minced
- 1 fennel bulb, sliced
- 2 tbsp ground cumin
- 1 tbsp paprika
- 1/4 tsp cayenne pepper
- 1 1/2 cinnamon sticks
- 1 28-oz. can chopped Italian tomatoes
- 1 whole cauliflower, cut into florets, about 2 cups
- 1 cup currants
- 1 cup pitted green olives
- 3 cups chicken stock
- 1 tbsp grated lemon zest
- 1 cup cashews
- 1/4 cup fresh parsley, chopped

## Directions:

1. Bring 1/4 cup water to boil in small saucepan and add saffron and set aside for 30 minutes.
2. Meanwhile, rinse and skin chicken, cut legs from thighs and pat dry.
3. Heat 3 tbsp olive oil in a dutch oven or large pot over medium-high heat. Add chicken and brown on all sides, about 7-10 minutes per side.
4. Then add onion and cook two more minutes, stirring. Add garlic and ginger and cook for one minute.
5. Add remaining two tbsp oil along with fennel, cumin, paprika, cayenne, and cinnamon sticks and stir well.

6. Add tomatoes, cauliflower, currants, olives, stock, lemon zest, cashews, and saffron and its water. Cover and bring to a boil.
7. Reduce heat and simmer for 30 minutes. Add parsley and adjust seasonings.

**Notes:**

- ☛ Serves 6-8.
- ☛ You could serve this with couscous or rice.

# MYSHTA'S PINEAPPLE STUFFED PORK LOIN

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## Ingredients:

- 1 whole pork tenderloin
- 1 can crushed pineapple
- .25 Cup brown sugar
- powder ginger to taste (I use about a tablespoon or so, but I like ginger and don't measure anything.)

## Directions:

1. In a small saucepan empty the can of pineapple. Stir over low flame until it is about to simmer then add the sugar and ginger. (I have several small spoons available for tasting, to get it just right, zippy, but still edible.) Allow this mixture to simmer for a few minutes to thicken, but keep from boiling (it will boil over very quickly if not watched & stirred frequently).
2. In a large baking dish (I use a 9X13) put the pork loin in the center. With a sharp knife, cut lengthwise, about 1/2 way through (to form the "pocket" for the pineapple sauce). When the pineapple mixture has thickened slightly, spoon about half into the middle of the pork loin while still hot, fold the meat together, and spread the remaining hot pineapple sauce on the top of the loin.
3. To the baking dish, add just enough water to cover the bottom of the dish. I like to cut a few small potatoes in half and put them around the pork loin with the cut side down so they can be flavored with the pineapple and ginger as well as the meat.
4. Cover the baking dish with foil and bake in a slow oven for about 2 hours, or until the meat is cooked all the way through. (A slow over is about 300 to 325, depending on your oven.)

# VARIATIONS ON A THEME OF HOT DOGS

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## PIBFAN868'S VEGGIE DOG WRAPS

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### Directions:

- Roll veggie hot dogs with feta, salsa, black beans, and sour cream in whole wheat wraps.

## KALAHARI NIGHT'S YOWZA DOGS

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### Directions:

1. To one cup of sweet-pickle hot dog relish, add one medium onion, finely chopped, one roma tomato, finely chopped, and two chopped jalapeño peppers (adjust the amount of pepper to your preferred degree of hotness).
2. Spread a thin layer of neufchatel cheese (lowfat cream cheese) on whole wheat hot dog buns.
3. Grill veggie dogs (or turkey dogs).
4. When hot dogs are ready, place in prepared buns and top with relish.
5. Serve hot with plenty of napkins!

# ROCKHOUSE'S PIÑA COLADA PEANUT CHICKEN

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*A southeast Asian inspired recipe.*

## Ingredients:

- 2 large chicken breasts, cut in half
- 1 cup of shredded coconut
- 2-3 tbsp chunky peanut butter
- 1 12 oz plain yogurt
- 1 10 oz can of crushed pineapple
- 1 cup of freshly toasted shelled peanuts
- 1 tsp tandoori paste

## Directions:

1. Toast peanuts in baking dish until light brown, and set aside as a garnish.
2. Blend the coconut, yogurt, peanut butter, and pineapple (and tandoori or other similar Indian condiment, to taste). Spread half of it on the bottom of the baking dish. Lay down the four half chicken breasts astride, and cover with the rest of the sauce. Bake in a 350 degree oven for 30 - 40 minutes.
3. Serve with peanuts garnished on top. Chicken tenders or medallions might be better than half breasts.

## Notes:

- ☛ I had to use two 6 oz yogurt containers and half of a 20 oz can of pineapple tidbits, which are pulverized to a texture like the coarse pineapple. I did not drain the juice from the pineapple, and this adds to the recipe.
- ☛ The advice of a friend I sent the recipe to: "You might add some red pepper/sauce and some chopped thai basil or cilantro. I bet you could even use it for spring rolls with some more veggies & cooked pho noodles. Use some of the sauce or make more for dipping sauce."

# ROGER, BUT NOT THAT ONE, THE OTHER ONE'S CASSEROLE DI ZUCCHETTI

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*Cheap, quick, tasty, impressive, and almost foolproof.*

## Directions:

1. Preheat oven to 350 degrees.
2. In a shallow casserole, layer together thinly sliced zucchini squash, yellow squash, roma tomatoes, and sliced pepperoni sausage or diced lean ham.
3. Between the layers of veggies, drizzle with olive oil and spread a layer of ricotta cheese, with chopped walnuts, basil, ground black pepper, and oregano.
4. Sprinkle grated mozzarella and parmesan fairly thickly over the top layer of pepperoni (or ham), and bake at 350F for about 45 minutes per inch of depth.

## Note:

- Pine nuts or capers can be substituted for the walnuts, or the nuts can be left out entirely for those with allergies.

# ROGER, BUT NOT THAT ONE, THE OTHER ONE'S LOUISIANA CURRY

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*Here's a quick and easy one-bowl meal for any of us who need to take lunch to the office. Makes enough for 3-4 lunches, depending on how hungry you get.*

## Ingredients:

1-1/2 to 2 dry cups rice  
raisins  
pecans or walnuts  
olive oil  
1 can chicken and sausage gumbo  
curry powder  
cubes of your favorite cheese  
butter (optional)  
salt (optional, to taste)

## Equipment:

rice cooker  
very large saucepan  
sealable refrigerator tubs

## Directions:

1. Cook 1-1/2 to 2 dry cups of rice in your rice cooker. Do not wash the rice first, it's better if the gluten stays on. When it's about half cooked, add a good handful of pecan or walnut halves, and a good handful of raisins.
2. While the rice is cooking, heat together in a large saucepan (the saucepan needs to be big enough to receive the rice when it's done) 1 can of chicken and sausage gumbo (I use Progresso but there are other good brands out there) with 1/4 cup of good olive oil, and curry powder to taste. Turn it down to simmer while the rice cooks.
3. When the rice is done, add the whole mess to the saucepan and mix thoroughly. If it's too dry, add more olive oil or even some butter if you don't mind the calories. This would be the time to add salt if you think it needs it... I don't generally add salt, so I can't advise you on an amount. You'll have to figure it out yourself.

4. Before the mixture cools, divide it up into sealed refrigerator bowls (tupperware or the disposable equivalent), and add the cheese cubes on top. Seal and chill. The cheese will melt when you reheat the meal in the office microwave, and the aroma will titillate your co-workers.

**Note:**

- ☛ It's also good for potlucks, being compatible with other dishes. You can use beans instead of sausage gumbo to make a darned good veggie and rice side dish, too.

# FATUNCLE'S SHRIMP NOODLE SUPREME

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This is a *very* rich dish, nice served with a green salad and rolls or toast.

## Ingredients:

- 1 (8 oz). pkg. egg noodles
- 1-1/2 lbs shrimp, shelled, de-veined (do *not* use pre-cooked shrimp)
- salt & pepper
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 tablespoon chopped parsley
- 3/4 cup Monterey cheese (6 oz. shredded)
- 1 (3 oz.) cream cheese
- 1/2 cup margarine.
- 1 can cream of mushroom soup
- 1/2 cup 2% milk
- 1 tablespoon chopped chives
- 1/2 teaspoon Dijon mustard
- paprika

## Directions:

1. Cook noodles as directed, drain. Mix noodles in bowl with cubed and softened cream cheese, and place in greased 13 x 9 in. glass casserole.
2. Cook shrimp (cut up into bite size pieces) in margarine in skillet over med-high heat until pink and tender, about 5 minutes. Season with salt and pepper while cooking.
3. Spread shrimp over noodles. Combine soup, sour cream, 2% milk, mayonnaise, chives, chopped parsley and mustard in another bowl. Spread over shrimp. Sprinkle Monterey cheese over top.
4. Bake uncovered in preheated oven at 325 for 25 minutes or until hot and cheese melts. Garnish with paprika (my choice) or tomato wedges, parsley sprigs or lemon slices.

Makes 6 generous servings.

# THESKULKER'S COCONUT CHICKEN:

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*Here's a simple one dish meal that I created that combines a number of my favorite items (chicken, onions, bell peppers & sour cream), with an oriental flavor and is especially good for a quick meal from left overs.*

## Ingredients:

- 2 lb Chicken or Turkey (boneless, skinless) (2 breasts or ~ 3-4 lrg thighs)
- 1 lb Mushrooms (sliced)
- 2 lrg Onions (chopped)
- 3-4 stk Celery (chopped)
- 4 lrg Bell Peppers (Green, Yellow, &/or Red) (chopped)
- 1 can Bamboo shoots (sliced, undrained) (8 oz can)
- 1 can Water Chestnuts (sliced) (8 oz can)
- 1 can Pineapple Chunks (20 oz in water, drained)
- 2 cup Green Peas (fresh or frozen)
- 1/2 c Coconut meat (shredded)
- 1 can Coconut milk (~ 20 oz)
- 1 can Cream of Mushroom or Chicken soup (26 oz or 2 @ 10 oz)
- 1/2 c Wine (optional)
- 1 tsp Salt
- 1 tsp Marjoram (ground)
- 1/4 nut Nutmeg, fresh ground (very strong flavor, go easy)
- Flour or Cornstarch to thicken [or ~6 Tbl Tapioca starch]
- 1 c Sour cream (16 oz container)

## Directions:

1. Cut up meat into bite size pieces and brown in oil or butter. Set aside.
2. Saute mushrooms in butter until tender.
3. Add onions, celery and peppers and saute.
4. Add bamboo, chestnuts, pineapple, seasoning and mix thoroughly.
5. Add remaining ingredients except sour cream.
6. Add meat and simmer for 30 - 40 min, covered.
7. Add sour cream & heat thoroughly.
8. Serve over rice [1/2 cup (dry)/meal].

Yield: approx 12 cups

Notes:

- ☛ This is purposely a large recipe to have ample leftovers. It freezes well and you're never more than 30 minutes from a meal: 25 minutes to make rice (see below), 3 minutes to defrost the mixture and with 5 minutes total max kitchen time.
- ☛ The proportions are not critical and the dish is somewhat a catch-all for what you have available. Experiment with seasonings - sage, rosemary, marjoram, lemon grass; substitute turkey or pork tenderloin for the chicken; heavy whipping cream instead of sour cream. Enjoy
- ☛ Tip: I use the microwave for cooking rice with great success - it is extremely easy, consistent and yields perfect results each time. Put 1/2 cup rice and 1.25 to 1.5 cup water in a covered dish. Microwave on high for about 4-5 minutes (depends on your unit), and then continue at 30% to 40% power for another 20 minutes. Fluff when done. Aren't microwaves wonderful?

## FAIRPORTFAN'S SMOTHERED STEAK A LA FAIRPORT

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### Ingredients:

1-1/2 to 2-1/2 lb cubed steak or ground beef in large patties.  
Spiced/herbed flour - Italian seasoning, paprika, seasoned salt - whatever you like.  
One medium green bell pepper, coarsely chopped  
One medium sweet onion, coarsely chopped  
8 oz sliced mushrooms  
Bay leaf  
One or two cloves minced/pressed garlic  
One can ready-to-serve chicken broth  
One 10 oz can RoTel diced tomatoes with chilis (or equivalent)  
2 strips bacon cut into 1/4 inch strips (optional)  
Butter or margarine

### Directions:

1. Put an oven-proof plate in the oven at 150 - 200 degrees.
2. Put a little butter (a tablespoon or so) in a large heavy skillet, melt it over medium-high heat, toss in the garlic (and the bacon, if using it).
3. If using bacon, fry it till it's almost done, stirring so that the butter and garlic don't scorch.
4. Dredge the beef thoroughly in the herbed flour, toss it in the pan in batches, brown thoroughly on both sides (no need to cook it completely, just get it well browned. Add small amounts of butter as necessary to prevent the pan getting dry and scorching the meat.
5. As each batch is done, put it on the plate in the oven to keep warm.
6. Add a couple of tablespoons of butter to the pan - roughly half a stick, heat it well over medium-high heat, and scrape the bottom of the pan to loosen the meat juices and such stuck there. (This is, in case you didn't know, called "deglazing".)
7. Add the green pepper, stir it around as it sizzles, and cook till it's about half-cooked (starting to get tender, basically). Add the onions, stir it all around, and cook some more till the onion starts to soften.

8. Add the mushrooms, cook for a minute or two, and then add a couple of tablespoons of the seasoned flour and stir until the veggies are coated and there's no loose flour left in the pan. (This saves having to make a roux to thicken the sauce, which is a pain.)
9. Take a small-to-medium casserole, spoon a layer of vegetables in covering the bottom. Add a layer of the beef from the plate in the oven. (Set the oven to preheat to 350 now.)
10. Open the can of Rotel, and dump about half in, spreading it more or less across the top of the meat, and put in one or two bay leaves.
11. Add another layer of veggies, another layer of meat, and then dump the rest of the Rotel and the can of chicken broth on top. (If the meat has left any juice - as opposed to grease - on the plate, you could put that in, too.)
12. Cover, put it in the pre-heated 350 degree oven, and cook for 35 to 45 minutes.
13. Serve hot, maybe with rice, with the sauce spooned over the meat and the rice on the plate.

# FATUNCLE'S STUFFED GREEN PEPPERS

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## Ingredients:

2 green peppers, cut into halves lengthwise  
1/2 pound ground beef  
1 small onion, minced  
4-5 crackers  
1/4 cup rice, uncooked  
1/4 cup water  
Salt and Pepper to taste  
1 (10 3/4 oz.) tomato soup  
1 clove garlic

## Directions:

1. Place peppers in casserole.
2. Brown meat and onions; drain.
3. Combine meat, onion, crackers, rice, water, salt and pepper to taste; stuff peppers with mixture.
4. Pour soup over peppers and place garlic in dish.
5. Cover; bake at 350 degrees for 1 hour and 15 minutes.
6. Remove garlic before serving.

*4 Servings*

# THE SKULKER'S BAKED PORK TENDERLOIN & SAUERKRAUT

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## Ingredients:

2 lrg 1" thick pork tenderloin (~ 1 lb ea)  
1 can (27 oz) sauerkraut  
1 cup dark brown sugar (approx 1/3 pkg)

Choose from (but not all):

2-4 seed whole Allspice  
1/8 nut Nutmeg (grated)  
9 stems Cloves  
1/2 tsp Cinnamon (ground)

## Directions:

1. Rinse sauerkraut well and drain
2. Grind spice(s) well in mortar & pestle
3. Add spice(s) to crumbled sugar and mix with sauerkraut.
4. Place pork in well-fitting (9 x 4.5" for 2 chops) deep glass baking dish and cover with sauerkraut.
5. Bake uncovered in a 350 F oven for 1 hour (30 min/lb)

## Notes:

- ☛ Serve with applesauce. Goes well with mashed potatoes.
- ☛ For variety, play around with the spices. Freshly grated nutmeg is quite strong.

# FATUNCLE'S VEGETABLE LASAGNA

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## Ingredients:

One carton (24 ounces) creamed cottage cheese  
Two eggs  
3 tablespoons of snipped parsley  
1/4 teaspoon of salt  
20 ounces of frozen, chopped broccoli, thawed and drained  
1/2 teaspoon of salt  
1/2 teaspoon of garlic salt  
Eight ounces of lasagna noodles, cooked and drained  
12 ounces of Monterey Jack cheese  
1 cup of grated Parmesan cheese  
12 to 14 slices of bacon, fried until limp

## Directions:

1. Heat oven to three hundred fifty degrees.
2. Mix cottage cheese, eggs, parsley and 1/4 teaspoon of salt. Sprinkle broccoli with 1/2 teaspoon salt and the garlic salt.
3. Layer half each of the noodles, cottage cheese mixture, broccoli, cheese slices and Parmesan cheese in un-greased baking dish, at least thirteen by eight; repeat.
4. Arrange bacon slices in a 'windowpane' pattern on top.
5. Bake uncovered for thirty minutes.

## Note:

- Eight to ten servings.

# THEVENBEDE'S CROCKPOT MAGIC MEAL

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*This is a the ultimate crockpot magic meal....*

## Directions:

### 1. Into crockpot toss:

1 oz dehydrated mushrooms (porcini, morels, whatever you've got)  
1 onion, chopped  
garlic (to taste) ditto  
1-2 bay leaves  
thyme  
1-3 cups decent drinkable red wine (sample for quality control purposes)  
beef stock-enough to nearly cover meat  
3-5 lb. pot roast.

2. Turn crock pot on high, cover, and bring to a boil. Reduce heat to simmer and allow to bubble away for 12-24 hours Turn meat occasionally.

3. Before serving add 1/2-1 cup sour cream or cream and salt and pepper to taste.

## KALAHARI NIGHT'S CRISPY BARBECUED TOFU

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*Every cookbook needs a token tofu recipe, and this is it. If you prefer a chewier texture, the tofu can first be frozen overnight.*

### Ingredients:

- 1 lb very firm tofu, drained
- 1 tablespoon dry sherry
- 2 teaspoons soy sauce
- 1 beaten egg
- 3 tablespoons corn starch (or fine bread crumbs if you like more breading)
- peanut oil for frying
- 2 cups of your favorite barbecue sauce

### Directions:

1. Press the tofu: slice tofu into 1/2-inch thick slices and stack on a cookie sheet, with layers of clean, non-fuzzy dish towels or paper towels below and between each layer. Top with another layer of towels and a cutting board or other flat thing, and weigh down with something heavy (I use a couple of large cookbooks). Allow liquid to drain from tofu for 1 hour. When ready, gently separate tofu from towels and cut into strips.
2. In a medium bowl combine sherry, soy sauce and egg. Add the tofu and toss gently to combine. Set tofu aside for 10 minutes. Longer is ok.
3. Heat peanut oil over medium-high in a large, heavy skillet or wok. Put cornstarch (or bread crumbs) in a shallow bowl. Remove tofu from egg mixture and roll tofu in the cornstarch. Using a slotted spatula, carefully lower tofu into oil. Tofu likes to splatter, so be careful with it. Fry tofu for 3-4 minutes without stirring until brown on one side, then carefully turn and fry for an additional 3-4 minutes until the other side is brown. Turn again and fry an additional 1-2 times to brown the sides, if they're still white. Remove browned tofu from pan and place in a large dish or bowl.
4. Preheat broiler and position the oven rack about 6 inches from the heat source.
5. Arrange the tofu on a lightly-sprayed or oiled broiler pan. Brush tofu slices liberally with barbeque sauce.
6. Broil for 5 minutes on each side, or until browned and crisp, watching closely so they don't burn. Brush with additional barbecue sauce when you turn them.
7. Serve hot with the remaining barbeque sauce for dipping.

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VEGETABLES  
&  
SIDE DISHES

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# BMONK'S PIQUANT GLAZED CARROTS

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*And, lest we not get our veggies:*

## Ingredients

- 2 (16 oz.) packages of baby carrots
- 1/3 cup brown sugar
- 1/2 cup butter
- 2 (1 oz.) packages of ranch salad dressing mix

## Directions

1. Put carrots in a saucepan, add 1" water, and bring to a boil.
2. Reduce heat; cover and cook for 8-10 minutes (until crisp-tender). Drain and set aside.
3. In the same pan, combine butter, brown sugar and salad dressing mix until blended.
4. Add carrots. Cook and stir over medium heat for 5 minutes or until glazed.

# ANONYMOUS'S BRAISED LEEKS

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*'Tis a mystery... this recipe appeared in my Pib Cookbook folder, and no one owns up to putting it there... but it looks tasty and healthful so here it is!*

## Ingredients:

- 1 tbsp Canola oil
- 4 lb Leeks; trimmed, washed, and quartered lengthwise
- 1 c Chicken broth
- 2 tbsp Sugar

## Directions:

1. In a medium skillet with a lid, heat the oil over medium heat.
2. Add the leeks and chicken broth and cover.
3. Braise for 10-15 minutes, or until the leeks are tender, stirring occasionally.
4. Remove the lid, and cook for 10-12 minutes, until the broth has almost evaporated.
5. Increase the heat to high and sprinkle the sugar over the leeks.
6. Cook 10 minutes more, stirring frequently, until the leeks are lightly caramelized.
7. Serve immediately.

## Note:

- ☛ Yield: 4 Servings

# PACIII7223'S CARCINOGENIC CARROTS

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*Bad for you, but they taste yummy!*

## Directions:

1. When you've pan-fried burgers or steaks or something beef (or other meat), don't be too quick to wash the pan.
2. While the burgers are finishing, julienne some baby carrots.
3. When the burgers are taken out, toss in the carrots among the drippings and cracklings.
4. (We eat 85% lean ground beef burgers, so there isn't much liquid grease; if you have too much, pour that off first. The pan should be relatively dry.)
5. Stir fry at high heat (gotta keep 'em moving) while pressing them into the pan.
6. The moisture of the carrots will bring most of the burnt-on black off the pan (I use a cast aluminum frying pan) and season the carrots nicely.
7. Add a dash of salt and when they just lose their crunch, but not their stiffness, they're done!

# CCDESAN'S SAUERKRAUT

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## Directions:

1. Open 1 package deli-quality Sauerkraut and rinse thoroughly.
2. Add to a frying pan with two tablespoons of **lard**.
3. Add 1 tbsp crushed caraway seed (Kümmel).
4. Sauté gently until soft.
5. Serve with Rotkohl, Spätzle, Kartoffelsalat and a golden-brown Wienerschnitzel that's so big it drapes off your plate on 3 sides.

***That's*** how to eat Sauerkraut! XD

# FATUNCLE'S OLD SETTLER'S BAKED BEANS

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## Ingredients:

- 1/2 pound of ground beef
- 1/2 pound of bacon, chopped
- 1 onion, chopped
- 1/3 cup of brown sugar
- 1/3 cup of white sugar
- 1/4 cup catsup
- 1/4 cup of barbeque sauce
- 2 Tablespoons of prepared mustard <sup>1</sup>
- 2 Tablespoons of molasses
- 1 teaspoon of chili powder
- 1 teaspoon of salt
- 1/4 teaspoon pepper
  
- 1 pound can of red kidney beans
- 1 pound can of can pork and beans
- 1 pound can of butter beans<sup>2</sup>

## Directions:

1. Brown beef, bacon, and onions, then add all, except the last 3 ingredients, and mix well; bring to a simmer.
  
2. Pour all the ingredients into a large baking dish and bake at 350° for one hour.

## Notes:

May be frozen before or after baking.

## Footnotes:

<sup>1</sup> Hot dog mustard

<sup>2</sup> Not lima beans, which are something altogether different.

# FATUNCLE'S FRUIT SLICES

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## Ingredients:

One can (20 ounces) slice pineapple in juice, drained (reserve juice)  
10 small clusters of Tokay grapes  
2 tablespoons of sugar  
1/4 teaspoon of ground nutmeg  
1/8 teaspoon of ground cardamom

## Directions:

1. Heat oven to three hundred fifty degrees.
2. Place pineapple slices with edges overlapping slightly in un-greased baking dish (twelve by eight by two inches).
3. Place grape cluster on each pineapple slice.
4. Stir sugar, nutmeg and cardamom into reserved juice; pour on pineapple.
5. Bake uncovered until pineapple is hot, about ten minutes.
6. Spoon reserved juice onto the pineapple.

## Note:

☛ Eight servings.

# FATUNCLE'S GARDEN COMBO

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## Ingredients:

Eight small zucchini, thinly sliced  
Two tablespoons of butter or margarine  
Three medium tomatoes, wedge cut  
Two teaspoons of salt  
One teaspoon of garlic salt  
One-half teaspoon freshly ground pepper

## Directions:

1. Heat zucchini and butter in ten inch skillet over medium heat, stirring constantly, for five minutes.
2. Stir in tomatoes, salt, garlic salt and pepper, heat, stirring occasionally, until tomatoes are hot – about five minutes. Do not overcook.

## GGO'S GARLIC ESSENCE SAUTEED CABBAGE

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### Ingredients:

- 4 Slices of Bacon Diced
- 1 Small Head of Cabbage Sliced
- 1/2 Cup Canyon Foods Garlic Essence – or similar - description below
- 1/2 Onion Sliced – or coarse chop
- 1 Bell pepper Sliced
- 1/2 tbsp. Adams Reserve Cajun Seasoning
- Salt and Pepper to taste

### Directions:

1. Start cooking bacon, add onion and bell pepper. Cook until bacon is crisp and vegetables are tender.
2. Add cabbage and season with Cajun seasoning; sauté for 5 minutes on medium high heat.
3. Add Garlic Essence cover and let simmer until cabbage is tender.
4. Add salt and pepper to taste.

### Note:

GARLIC ESSENCE SALAD DRESSING This slightly sweet vinaigrette salad dressing is so versatile, it can be used on almost anything. Obviously, it is great on salads, but also as a marinade for meats, chicken, fish and roasted vegetables. Use it in pasta salads, marinated mushrooms, and even potato salad. Canyon Foods available in Texas at H-E-B and online <http://canyonfoods.com>

## GRUMPYOLDBEAR'S MASHED POTATO & PARSNIPS

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### Ingredients:

Yukon Gold Potatoes 3 parts (cut 1/4" slices)(rinse off starch)  
Parsnips 1 part (Cut in 1/4" pieces)

### Directions:

1. In sauce pan saute Parsnips in 2 Tbs butter till brown.
2. Add Potatoes & 1/2 cup chicken stock.
3. Steam till soft (20 min?)
4. Drain - mash- add about 1/4 medium onion (chopped) fold in with 1/2 cup 1/2&1/2.
5. Garnish with Parsley
6. Can be done with almost any root veg.
7. Enjoy

# PIBFAN868'S VEGGIES

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*attn; OTC: this is a VEGETABLE RECIPE!!*

## Directions:

1. Saute red onion, red pepper, mushrooms, carrot, in olive oil, add spinach to wilt.
2. Toss over crumbled goat feta cheese, add a spritz of balsamic vinegar—and if that don't make a vegetable of ya when combined with crusty garlic bread and a glass of the finest vino, ain't nothing gonna do it!

## POMS' SAUTEED POTATOES

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### Directions:

Take left over roasted potatoes and lightly saute them with onions and a few sun dried tomatoes.

### Notes:

They are excellent with salsa and juevos fritos.

# FATUNCLE'S SPINACH PUFF

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## Ingredients:

Two packages (ten ounces each) of frozen chopped spinach, thawed  
Eight eggs  
1/2 cup of sour cream  
1-1.2 teaspoons salt  
1 teaspoon grated lemon peel  
1/2 teaspoon garlic salt  
1/2 cup grated Parmesan cheese

## Directions:

1. Heat oven to three hundred fifty degrees.
2. Drain spinach completely.
3. Beat eggs, sour cream, salt, lemon peel and garlic salt until well blended. Stir in spinach.
4. Pour into un-greased baking dish, about eight by eight by two inches. Sprinkle with cheese.
5. Bake until knife inserted in center comes out clean, thirty-five to forty minutes.

## Note:

- ☛ Eight to nine servings.

# FATUNCLE'S TOMATO BAKE

---

## Ingredients:

Nine medium tomatoes, cored  
Three tablespoons butter or margarine, softened  
One tablespoon chopped onion  
One-fourth teaspoon dried basil leaves  
Parsley

## Directions:

1. Heat oven to three hundred fifty degrees.
2. Place tomatoes in un-greased baking pan, thirteen by nine by two inches.
3. Mix butter, onion and basil. Spoon about one teaspoon butter mix into each tomato.
4. Bake until tomatoes are hot, about twenty to twenty-five minutes.
5. Serve tomatoes on parsley.

# THEVENBEDE'S GARLIC MASHED POTATOES

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## Directions:

1. Boil potatoes with 1 clove of garlic per potato until softened.
2. Drain and mash together with hot milk , butter, grated cheese, salt & pepper to taste.

# STORY TELLER'S ZUCCHINI HASHBROWNS

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*Darned tasty!*

## Directions:

1. Another good use for your excess zucchini: finely shredded and fried like hash browns.
2. Dash of sea salt or seasoned salt, black pepper and maybe a daub of butter.

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DESSERTS  
&  
OTHER SWEETS

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# FRIDA BONITA'S AZTEC CHOCOLATE BARK

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## Ingredients:

- 1/2 cup of hulled, unsalted pumpkin seeds
- 2 teaspoons of cayenne pepper or to taste  
(I use almost a tablespoon when I want a real kick)
- 2 teaspoons of cinnamon
- 1 teaspoon of ancho chili powder
- 12 oz. of bitter or semi-sweet chocolate  
(I use a combo of both semi and bitter sweet Mexican chocolate)

## Method:

1. Place the pumpkin seeds in a skillet over medium-low heat. Toast the pumpkin seeds for about 5 minutes, they'll pop and jump a bit as they release their oils and moisture. Allow to cool.
2. Melt the chocolate according to the manufacturer's directions. Once melted add the cinnamon, cayenne pepper, ancho chili powder, and most of the pumpkin seeds saving some to decorate the top with.
3. Spread onto a flat baking pan lined with wax paper. Sprinkle over and press into the chocolate the last few pumpkin seeds and sprinkle on a dash more of the spices for color and taste. Place in the freezer until hardened (1/2 hour). Break into pieces and serve. Best consumed in one or two days.

# KALAHARINIGHT'S BARLEY PUDDING

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## Ingredients:

2 cups barley, washed  
5 cups water, boiling  
1 cup milk, scalded  
2/3 cup raisins  
2/3 cup dried currants  
4 eggs  
1 cup sugar  
1 teaspoon lemon extract (can use vanilla or almond if preferred)  
Salt  
Turbinado sugar (for sprinkling)  
Heavy cream (optional, for drizzling)

## Instructions:

1. Boil barley in the water with a pinch of salt for about 45 minutes.
2. Mix eggs, sugar and lemon extract until smooth.
3. Gradually add milk, mixing well.
4. Combine the milk and egg mixture with the barley.
5. Add currants and raisins. (If the currants and raisins are very dry, plump them over steam before adding to barley mixture.)
6. Pour into baking dish.
7. Set baking dish in a pan of water.
8. Bake in moderate oven for about 30 to 35 minutes.
9. Serve warm, with a sprinkling of turbinado sugar and a drizzle of thick cream.

# BMONK'S ELAINE'S LEMON LUST

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## 1. Crust:

3/4 c. butter  
3/4 c. ground walnuts  
1-1/2 c. flour

Mix and press into 9x13 inch cake pan. Bake for 15 minutes at 350 F. Cool.

## 2. Filling:

1-1/2 c. powdered sugar  
12 oz. cream cheese

Whip together powdered sugar and cream cheese until smooth. Layer on cooled crust.

## 3. Topping:

2 x 3oz. packages instant lemon pudding \*or\* 1 1/2 c. pudding mix  
1 qt. milk  
whipped cream

Mix pudding and milk. Layer on top of cream cheese filling. Decorate with whipped cream.

## 4. Commit lust.

(Confession optional)

# BMONK'S FRUITCAKE

---

*Read this recipe all the way through before beginning to make it.*

## Ingredients:

- 2 cups flour
- 1 cup sawdust
- 1 cup Elmer's glue
- 1 cup red thingies
- 1 cup green thingies

## Directions:

1. Mix all ingredients & bake at 300° for two days.
2. Spray with lacquer and hair spray (optional).
3. Varnish & pack in a pretty tin; **don't worry no one will ever eat it.**
4. Use as a door stop.

ROGER, BUT NOT THAT ONE, THE OTHER ONE. SAYS:

Use dark rum instead of Elmer's and sifted flour instead of sawdust, add 1/4 pound of butter and bake for 45 minutes instead of 2 days... then soak with more rum... darned right people will eat it.

KALAHARI NIGHT SAYS:

Add 2 eggs to the batter of Roger bnToToo's variation.

# KALAHARI NIGHT'S BUTTER TARTS

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## Ingredients:

Pastry Tart Shells (about 3 dozen)  
2 cups dark brown sugar, packed  
2 cups corn syrup  
1/2 pound butter  
8 large eggs  
1/2 teaspoon salt  
1 1/2 teaspoon vanilla  
3 cups raisins, washed and rinsed

## Directions:

1. Mix the brown sugar, corn syrup, butter and eggs with mixer or food processor until smooth. Add salt and vanilla and mix well.
2. Place about a dozen raisins in each tart shell. Fill each shell with syrup mixture until about 3/4 full.
3. Bake in a 400 degree F. oven for about 15 to 20 minutes or until pastry is golden brown.
4. Remove from oven and cool slightly before removing from tart pans.

## Notes:

- ☛ These freeze well.
- ☛ They are very rich and go nicely with very strong coffee.
- ☛ This recipe makes 36 or more medium tarts, so if you don't want that many you might wish to halve the recipe.

# ATAJAYHAWK'S CAKE MIX COOKIES

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## Ingredients:

1 cake mix (regular size). Chocolate or lemon is excellent; white or yellow work with chips.

2 eggs

1/3 cup oil

## Directions:

1. Mix eggs, oil and cake mix thoroughly and place on baking sheet in small wad (3/4 to 1 inch size) two or three inches apart.
2. Bake at 350 F for eight or nine minutes, until puffy and barely dry on top. DO NOT COOK UNTIL "DONE"! These cookies should collapse and go flat while cooling. Cooking until "done" will result in hockey pucks.
3. Cool on sheets until well set. Yields approximately three dozen cookies, depending on brand of cake mix.

## Notes:

- Any flavor mix will work, but this is a very easy way to make a soft, chewy chocolate cookie. Chocolate chips may be added, and work well in yellow cake mixes. Lemon cake mixes make up nicely.
- For extra rich chocolate cookies, try using a brownie mix. Fewer cookies, but really yummy.
- These cookies may go crumbly after two or three days, although there are seldom any left that long. If they will be saved, freezing helps maintain quality.

# CCDESAN'S BEST CARROT AND RAISIN CAKE

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*12 Servings; this cake is insanely good...*

## Ingredients:

1-1/2 pounds carrots, trimmed  
2 cups sugar  
4 eggs  
1-1/2 cups corn oil  
2 cups flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons cinnamon  
Pinch of salt  
2 teaspoons vanilla extract  
1/2 cup raisins  
1/2 cup pecans broken into small pieces (or walnuts if you like them better)

## Directions:

1. Preheat oven to 350° F
2. Scrape and grate the carrots into fine shreds. There should be about 4 cups, firmly packed.
3. Butter the inside of 3 round 9-inch layer-cake pans. Line each with a round of wax paper cut to fit neatly. Butter the paper. Sprinkle with flour and shake out excess. Set aside.
4. Beat the sugar and eggs until thickened. Beat in the oil gradually.
5. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir this into the egg mixture. Add the vanilla. Fold in the carrots, raisins and nuts. Spoon equal amounts of batter into each of the prepared pans. Bake 35 to 40 minutes, or until the tops spring back when gently pressed. Turn the cakes out onto a wire rack and let cool.

6. Meanwhile, prepare the icing (see below). Use to frost the cake between the layers, around the sides and on the top.

## CREAM CHEESE ICING

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*(1-1/2 cups)*

### Ingredients:

- 8 ounces cream cheese, at room temperature
- 1/4 lb butter at room temperature
- 1 teaspoon vanilla extract
- 2 cups sifted confectioner's sugar

### Directions:

1. Blend the cream cheese, butter, vanilla and sugar and beat well.

# CCDESAN'S MADELEINES

---

*This recipe in memory of Marie Therèse Gohier, a very French and very dear colleague, now gone on, who gave me both her mother's recipe and her Normandy molds.*

## Ingredients:

4 Eggs  
1/2 Cup Powdered Sugar  
1 Cup White Flour  
1 tsp. Baking Powder  
1/4 Lb. Butter  
Salt

## Directions:

Allow the butter to soften. Mix all ingredients together. Pour into madeleine molds. Bake 15 minutes at 375°. Don't open the oven before the 15 minutes are up.

## KALAHARI NIGHT'S DEMON VOLCANO LAVA CAKE

---

*Adapted from a recipe by the King Arthur Flour Company. The center of these cakes is rich, gooey, hot chocolate lava. Because of the risk of burning one's tongue, this dessert should probably not be given to really young children, but the young at heart are another matter entirely.*

*Timing is of the essence, and so is an accurate oven - if these are removed from the oven one minute too soon, they won't be sturdy enough to hold their shape; leave them in one minute too long, and the molten lava center will have vanished - poof.*

### Ingredients:

2/3 cup semisweet, bittersweet or unsweetened chocolate chips, or equivalent chopped chocolate

5 tablespoons salted butter

1 teaspoon vanilla extract

1 teaspoon espresso powder

4 large eggs

1 1/2 cups confectioners' sugar

1/2 cup Unbleached All-Purpose Flour (King Arthur is best)

### Directions:

1. In a saucepan set over low heat, or in the microwave, melt together the chocolate chips and butter, stirring till smooth.
2. In a separate bowl, beat together the salt, vanilla, espresso powder, eggs, and sugar, beating till smooth and creamy.
3. Add the chocolate mixture and then the flour, stirring till smooth. Use vegetable oil pan spray to heavily grease 12 standard muffin papers, foil cups, or silicone cups; silicone cups are great because it's so easy to get the hot cakes out. Still, best to place even silicone cups in a muffin tin for this recipe.

4. Fill the muffin cups nearly to the brim (about 1/8" below the rim). Place the muffin tin in the freezer and chill the cakes thoroughly. Once chilled, cover with plastic wrap and freeze for a minimum of 12 hours (you can hold them in the freezer for up to 2 weeks).
5. When ready to bake, preheat your oven to 400°F. Don't rush – make sure the oven is completely preheated.
6. Do a test cake: Remove one of the cakes from the freezer (leave it in its cup!). Set it on a cookie sheet, and bake for exactly 14 minutes. If you've got one of those slender poke-it-in-the-food instant-read thermometers, use it to check the internal temperature – when exactly right, the upper center will read 165°F-170°F. At this temperature the center will be molten, but the sides and bottom will be firm.
7. (If you don't have a thermometer, you can judge visually: the top perimeter should appear well-set, but you should see molten batter at the center under a very thin crust. Poke it with a knife to be sure.)
8. Remove the test cake from the oven, turn it over onto your serving plate, peel off the baking cup, and slice it open. If the center is nice and lava-like, full steam ahead; If the test cake is too gooey or too well done, adjust your time accordingly.
9. Once you have your timing figured out, place however many frozen cakes you want to bake on the cookie sheet, and bake them for 14 minutes or whatever your adjusted time is.
10. Remove from the oven, turn out onto serving plates, and serve immediately. Very, very nice with a tart fruit sauce like raspberry or cherry, and maybe a little whipped cream or ice cream on the side. And a nice cup of espresso.
11. For the truly decadent at heart, use hot fudge sauce too. (That is what Drusilla Would Do.)

Yield: 12 cakes.

# KALAHARI NIGHT'S FAIRY FOOD

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*Back in the days of noir, this was sometimes called Fairy Food, sometimes called Divinity. Either way, you get the idea. It's frothy, pretty, and extremely sweet.*

## Ingredients :

- 1 cup white sugar
- 1 cup light corn syrup
- 1 tablespoon distilled white vinegar
- 1 1/2 tablespoons baking soda
- 1 cup chopped pecans or chopped candied cherries (optional)

## Directions:

1. You need a large saucepan for this – the mixture will foam up, so start with one bigger than you think you'll need.
2. In a large saucepan, stir together the sugar, corn syrup and vinegar. Cook over medium heat. Bring to a boil, and continue heating to the hard crack stage, 300 to 310 degrees F, or until a small amount of syrup dropped into cold water forms hard, brittle threads. Do not stir once the mixture begins to boil.
3. While you wait for the syrup to come up to temperature, butter or spray a 7x11 inch baking dish. When the mixture reaches the hard crack stage, remove from heat, and quickly stir in the baking soda with a long handled heat-safe spoon; it will become very foamy. Add nuts or candied cherries if desired.
4. Pour immediately into the prepared dish, and set aside to cool.
5. Cut into small squares when cool.

## Note:

- ☛ Yields 6 dozen small pieces.

## FATUNCLE'S FRENCH SILK CHOCOLATE:

---

*My mother told me that this was a failed cake recipe. Back in the fifties, a master cook was creating a cake for a contest, made a mistake, refrigerated the result, and after redoing the cake recipe and putting in the oven, took this first effort out of the fridge to see if anything could be done with it. After tasting it, he carefully poured the "mistake" into a precooked pie shell, and submitted it. It won the contest.*

### Ingredients:

one half cup of butter  
1 square of baker's chocolate, melted and cooled  
two eggs  
three quarters of a cup of confectioner's sugar (powdered sugar)  
one teaspoon of vanilla extract  
one quarter teaspoon of salt

### Directions:

1. Cream the butter, and then cream the sugar into thoroughly.
2. Beat the chocolate into it, along with the salt and vanilla.
3. Add the eggs, one at a time, beating for five minutes after each addition. Turn into a cooked pie shell and chill.
4. Serve with whipped cream and nuts for garnish.

### Notes:

- ☛ Don't skimp on the time in the mixer – properly done, the recipe is as smooth as silk.
- ☛ **Note well - there are raw eggs in this recipe.**
- ☛ Margarine just won't work. It's gotta be butter.
- ☛ I find that small, precooked tart shells will hold about all I want to eat – they are horribly rich. Nice thing is, they will freeze for months, and as they are meant to be eaten cold, you can just take them out of the freezer and they are ready. They tend to disappear very quickly.

## GG015879'S FIVE MINUTE CAKE VARIATIONS

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### PEANUT BUTTER AND CHOCOLATE 5-MINUTE CAKE

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#### Ingredients:

- 4 Tablespoons all-purpose flour
- 3 Tablespoons sugar
- 2 Tablespoons peanut butter (add more if you want!)
- 1/8 Teaspoon baking powder
- 1 Egg white \_ 4 Tablespoons milk (or soy milk)
- 1 Tablespoon vegetable oil (or unsweetened applesauce)
- 1/4 Teaspoon vanilla extract
- 1/8 Cup mini semi-sweet chocolate chips
- 1 Microwave-safe bowl or mug

#### Instructions:

1. Mix flour, sugar and baking powder
2. Mix in egg white
3. Add in milk, peanut butter, oil and vanilla, and mix well
4. Put in microwave for 2.5 minutes (add 30 sec if necessary) on maximum power
5. Wait until it stops rising and sets in the bowl/mug

### SPICY 5-MINUTE CAKE

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#### Ingredients:

- 4 Tablespoons all-purpose flour
- 3 Tablespoons sugar
- 2 Teaspoons spice (cinnamon, ginger, whatever you like. Add more/less if you want!)
- 1/8 Teaspoon baking powder
- 1 Egg white
- 3 Tablespoons milk (or soy milk)
- 2 Tablespoons vegetable oil
- 1/4 Teaspoon vanilla extract
- 1 Microwave-safe bowl or mug

### Instructions:

1. Mix flour, sugar, spice and baking powder
2. Mix in egg white
3. Pour in milk, oil and vanilla, and mix well
4. Put in microwave for 2.5 minutes (add 30 sec if necessary) on maximum power (1000 watt)
5. Wait until it stops rising and sets in the bowl/mug\*

## NORAS CHOCOLATE CAKE

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### Ingredients:

- 5 tbs all-purpose flour
- 2 slightly rounded tbs unsweetened cocoa powder
- 2 slightly rounded tbs sugar
- 1/8 tsp baking soda
- 1/8 tsp salt

### Instructions:

1. Mix these ingredients together and add:
  - 3 tbs milk
  - 2 tbs oil
  - 1/4 tsp vanilla
  - 1/4 tsp white vinegar
2. Mix it all up and heres the great part... lick the spoon or have your kid lick the spoon... no eggs, no worries. You can add some chocolate chips or nuts now if you want.
3. Put it in the microwave for 1 minute, maybe 1 and a half. check it at one though... since there are no eggs it cooks really fast... if the top is bouncy and a fork stuck in it comes out clean, its ready.
4. Its good with a scoop of ice cream dumped right into the mug.

## CARROT CAKE IN A MUG

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Get a large coffee mug and put in:

- 6 Tbs all-purpose flour
- 2 Tbs sugar (brown or white depending on your taste, I used brown)
- 1/4 tsp baking soda
- 1/8 tsp salt
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg

Mix your dry ingredients up with a fork and then add:

- 4 Tbs orange juice (milk or butter milk would work too, though not be as good probably)
- 2 Tbs oil
- 1/4 tsp vanilla
- 3 Tbs finely grated carrot
- 1 Tbs chopped pecans (optional)
- 1 Tbs raisins (optional)

Mix it all up and make sure its mixed all the way to the bottom (don't want flour lumps!) and put it in the microwave for 2 or 2 and a half minutes. Let it cool a little and eat it. It's really good with cream cheese and honey.

## VANILLA CAKE

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Get a coffee mug (a standard 8 or 12 ounce one works just fine) and put in:

- 6 Tbs all-purpose flour
- 2 rounded Tbs sugar
- 1/2 tsp baking soda
- 1/8 tsp salt

Mix it all up with a fork and add:

- 4 Tbs milk
- 1 Tbs oil
- 1/2 tsp vanilla

Mix it all up really well and make sure there are no flour lumps at the bottom of the cup. Microwave it for 2 minutes and the minute it comes out of the nuke put a handful of chocolate chips on top. Wait five minutes and your chocolate will have melted so you can spread it around for frosting. Give it a few more minutes before you eat it, or it will be very warm still.

You could forgo the chocolate at the end and after mixing everything together just before you cook it you could add a couple tablespoons of frozen wild blueberries for a blueberry muffin in a cup.

# GG015879'S BURNED PEACH ICE CREAM

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*This is absolutely the most decadent dessert I have ever made. Courtesy Alton Brown*

## Ingredients:

- 2 cups half-n-half
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 cup peach preserves (not jelly)
- 1 vanilla bean, split and scraped
- Pinch kosher salt
- 4 medium peaches, halved, seeded and grilled or broiled until brown

## Directions:

1. Combine all ingredients (including the bean and its pulp) in a large sauce pan and place over medium heat. Attach a frying or candy thermometer to inside of pan. (see note below)
2. Stirring occasionally, bring the mixture to 170 degrees F.
3. Remove from heat and strain into a lidded container. Cool mixture, then refrigerate mixture overnight to mellow flavors and texture.
4. Freeze mixture in ice cream freezer according to unit's instructions. The mixture will not freeze hard in the machine.
5. Meanwhile, chop peaches roughly.
6. Once the volume has increased by 1/2 and reached a soft serve consistency, add the peaches and continue turning to incorporate.
7. Spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving.

## Notes:

1. If you do not have a thermometer, bring the mixture just barely to a simmer. As soon as you see a bubble his the surface, remove it from the burner.
2. Yield: About a quart and a half.
3. Note: Do NOT skip the overnight time for the flavors to mellow.

# JCORDARO64'S PINEAPPLE-COCONUT GELATO

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## Ingredients:

- 1.5 cups water
- 1.5 cups sugar
- 1 15.25 oz can crushed pineapple in juice, undrained
- 2/3 cup coconut milk

## Directions:

1. Combine sugar and water in a large saucepan; bring to a boil, stirring until sugar dissolves. Remove from heat; cool completely.
2. Combine pineapple and coconut milk in large bowl; add cooled sugar syrup.
3. Pour mixture into the freezer can of an ice-cream maker and freeze according to manufacturer's instructions.

## Notes:

- ☛ Yield: 4 cups
- ☛ Very important to cool sugar syrup completely before adding to the pineapple mixture or it won't freeze properly and you end up with something mushy.
- ☛ Not important to use a freezer can; I've put it right in tupperware, stuck it in the freezer & it came out fine.

*Mangia!*

## LINCOLNHYDE'S FAMOUS CHOCOLATE COOKIE CAKE:

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*Lincolnhyde says: If you can eat more than about two bites, you're better than I am!*

### Directions:

1. Get a box of Famous Chocolate Cookies
2. Make a batch of real whipped cream
3. Put about a tablespoon of whipped cream on each cookie, then stack the cookies to form a cake.
4. When the cake is a reasonable size, ice the whole cake with more whipped cream, then let it stand for a couple of hours so that the whipped cream soaks into the cookies.

## LUNATIC FRINGE'S JOSE CUERVO CHRISTMAS COOKIES

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### Ingredients:

- 1 cup of water
- 1 tsp baking soda
- 1 cup of sugar
- 1 tsp salt
- 1 cup of brown sugar
- 1 cup lemon juice
- 4 large eggs
- 1 cup nuts
- 2 cups of dried fruit
- 1 bottle Jose Cuervo Tequila

### Directions:

1. Sample 1 level cup of the Cuervo to check the quality. Take a large bowl, check the Cuervo again, to be sure it is still of the highest quality, pour another level cup and drink.
2. Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl. Remove butter paper wrapper from bowl.
3. Add one teaspoon of sugar..Beat again. At this point it's best to make sure the Cuervo is still OK, try another level cup ..! just in case .
4. Turn off the mixerer thingy. Break 2 eggs and add to the bowl and chuck in the cup of dried fruits, Pick the frigging fruit off floor.
5. Mix on the turner. If the fried druit gets stuck in the beaterers just pry it loose with a drewscriver. Sample the Cuervo to check for tonsisticity.
6. Next, sift two cups of salt, or something. Who giveshzasheet. Check the Jose Cuervo. Now shift the lemon juice and strain your nuts. Add one table. Add a spoon of sugar, or somefink. Whatever you can find. Greash the oven.
7. Turn the cake tin 360 degrees and try not to fall over. Don't forget to beat off the turner. Finally, throw the bowl through the window, finish the Cose Juervo and make sure to put the stove in the dishwasher.

## CHERRY MRISTMAS

# ATAJAYHAWK'S "MAYONNAISE" CHOCOLATE CAKE

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*Here's one of my best tried-and-true recipes:*

## Ingredients:

2 cups flour  
1 cup sugar  
1/2 cup powdered cocoa  
1-1/2 teaspoons baking soda  
1/4 teaspoon salt  
1 cup mayonnaise type salad dressing, regular or lite  
1 cup water or prepared coffee  
1 teaspoon vanilla

## Directions:

1. Mix together dry ingredients.
2. Add water, salad dressing and vanilla and mix well.
3. Bake at 350 F in lightly greased and floured pan for about 20 minutes. (This varies with size and shape of pan.)

## Notes:

- ☛ This makes a very dark, moist, rich flavored cake: serve it in small amounts, or people will say that it's too rich to finish. Actually, if made with low fat salad dressing, and baked as a dozen cup cakes, each cup cake has only about 130 calories.
- ☛ This recipe requires NO adjustment for high altitude. It may be doubled with no ill effects, and 1-1/2 recipe works very well in a standard bundt pan. (A double recipe fits into a bundt pan, but I have trouble getting the middle to cook without scorching the edges.)
- ☛ The only way that I have ever messed it up was by forgetting to add the baking soda. Disaster!
- ☛ Real mayonnaise may be used, but even my most fanatical mayonnaise-and-not-salad-dressing friend admitted to liking it better made with salad dressing.

## SQUIRE OF THE SHIRE'S MILLIONAIRE'S SHORTBREAD

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*Squire of the Shire says: It's every thing a Twix bar could only dream of being.*

### Directions:

1. The recipe for millionaires shortbread is almost simplicity itself. The first thing you do is make up a shortbread cookie dough as if you were going to make individual shortbread cookies. The difference being is that you bake it in one piece.
2. Turn the temp down on the about 10 to 15 degrees and give it an additional 10 minutes baking time so that way every thing gets cooked.
3. Once cooked, remove from oven and place on waxed paper.
4. Next melt a good amount of caramels or you can buy a jar of caramel sauce. (It's a cheat, but if you're in a hurry...)
5. Get the caramels warmed up to the point where they will spread evenly over the top of the shortbread.
6. Next you'll need about 2 cups of melting chocolate. (I prefer Ghirardelli dark.)
7. Once the chocolate has been melted pour/spread that over the top of the caramel after the caramel has had a chance to set up.
8. Set it in the fridge for about an hour or so to let it all set up and then cut into 1" squares.

# MJOLNIR9'S APPLE MOUSSE:

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*Mjolnir9 says: A very old recipe*

## Directions:

“To make Apple Moyses: Take a dozen apples and either roaste them or boyle them and draw them thorowe a streyner, and the yolks of four egges withal and, as ye streyne them, temper them wyth three or foure sponefull of rose water if ye wyll, then take and season it with suger and half a dysche of swete butter, and boyle them upon a chaffingdysche in a platter and cast synamon and gynger upon them and so serve them forth.”

## Notes:

- You dip “byskettes” in the mousse. Yummy!

# LIAMSMOM'S NANAIMO BARS

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## Bottom Layer:

- 1/2 cup unsalted butter (European style cultured)
- 1/4 cup sugar
- 5 tbsp. cocoa
- 1 egg beaten
- 1 1/4 cups graham wafer crumbs
- 1/2 c. finely chopped almonds
- 1 cup coconut

Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8" x 8" pan.

## Second Layer:

- 1/2 cup unsalted butter
- 2 Tbsp. and 2 Tsp. cream
- 2 Tbsp. vanilla custard powder
- 2 cups icing sugar

Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

## Third Layer:

- 4 squares semi-sweet chocolate (1 oz. each)
- 2 Tbsp. unsalted butter

Melt chocolate and butter over low heat. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator.

Enjoy!

# ATAJAYHAWK'S OATMEAL COOKIES

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*The cookies look a bit like Queen Anne's Lace with a suntan.*

## Ingredients

3/4 cup shortening, soft  
1 cup firmly-packed brown sugar  
1/2 cup granulated sugar  
1 egg  
1/4 cup water  
1 teaspoon vanilla  
1 cup sifted all-purpose flour  
1 teaspoon salt  
1/2 teaspoon soda  
3 cups oatmeal, uncooked

## Directions

1. Beat shortening, sugars, egg, water and vanilla together until creamy.
2. Sift together flour, salt and soda; add to creamed mixture; blend well.
3. Stir in oats.
4. Drop by teaspoonfuls onto greased cookie sheets.
5. Bake in preheated moderate oven (350) +/- 8 minutes. (This gives a chewy cookie; adjust time if you want them crispy.)

## Notes

- ☛ Makes 5 dozen.
- ☛ For variety, add chopped nutmeats, raisins, chocolate chips or coconut.
- ☛ The recipe originally called for "quick" oatmeal, but I prefer and use the old fashioned.

# KALAHARI NIGHT'S BUTTERSCOTCH SQUARES

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*Rather similar to praline. Very rich and very, very addictive.*

## Ingredients:

2 cups brown sugar, packed  
3/4 cup heavy (whipping) cream  
6 tbsp. butter (margarine will not work)  
1 tsp vanilla (or rum, or maple) flavoring  
1 1/2 cups confectioner's sugar

## Directions:

1. Combine brown sugar, whipping cream and butter in large heavy saucepan. Heat and stir until boiling. Reduce heat and simmer for 15 minutes. Watch it carefully – it scorches easily.
2. Remove from heat. Add flavoring, confectioner's sugar. Mix well.
3. Spread into an ungreased 8x8-inch pan. Cool to room temperature.
4. Cut into one-inch pieces.

# KALAHARI NIGHT'S WINTER SOLSTICE PUDDING

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*Festive, and filling. Spectacular when served flaming. Suet is traditional and gives a rather remarkable texture, but vegetarians can substitute vegetable shortening. This pud is steamed on top of the stove, not in the oven, and is best made ahead of time so the flavors have time to blend. Adapted from a recipe from the King Arthur Flour Company.*

## Ingredients:

1 cup Unbleached All-Purpose Flour (King Arthur is best)  
2 cups fresh bread crumbs (note: fresh & soft, not dry, not stale)  
1 cup firmly packed grated suet  
1 cup currants, soaked overnight in tea  
2 cups golden raisins (also soaked in tea)  
1/2 cup grated carrots  
1/2 cup chopped candied citron or candied lemon peel  
1 teaspoon salt  
1/2 cup firmly packed brown sugar  
1/4 teaspoon each nutmeg, cinnamon, allspice, cloves and ginger  
1 cup milk  
3 eggs  
juice and grated peel (zest) from 1 lemon  
1/4 cup brandy or rum plus extra for flaming

## Directions:

1. You will need: mixing bowls; your pudding mold or bowl; a covered kettle large enough to contain your pudding mold, with room around for water; and something to keep the mold off the bottom of the pan, like a cooling rack, a metal strainer, or even some crumpled foil.
2. Lightly grease a two-quart pudding mold, oven-safe bowl, or even a large coffee can. In a large bowl, stir flour, bread crumbs, suet, fruit, carrots, candied peel, salt, sugar and spices together thoroughly.
3. In another bowl, beat together milk, eggs, lemon juice & zest until light.

4. Mix the liquids into the dry ingredients. The easiest way to do this is with your hands. (Don't use a food processor or mixer – it will heat the mixture too much and damage the texture.)
5. Spoon the mixture lightly into the greased mold, filling two-thirds full. Cover tightly. (Aluminum foil and string can serve as a lid.)
6. When you're ready to steam the pudding, place the filled, covered mold on its rack in the kettle and pour boiling water around it until the water comes about two-thirds of the way up the side of the mold.
7. Cover the kettle. When the water has come back to a boil, turn the heat way down and steam for 5 hours. Check and add water as necessary.
8. After 5 hours, remove the lid and sprinkle with rum or brandy. Let the pud cool a bit to set before you remove it from the mold. When it is completely cool, wrap it in plastic wrap and store it in a cool place to mellow.
9. To reheat for serving, unwrap and place the pudding back into the mold and steam it for about 2 hours. Turn it out onto a serving dish with a raised rim.

### To Serve:

Heat 1/4 cup of brandy in a small saucepan on the stove until it is close to a boil. Pour it over the pudding and ignite it with a match.

### Notes:

- ☛ If you're bold, steady, and like a bit of theater, clear a path to your table, darken your dining room, flame the pudding in the kitchen, and carry the flaming pudding triumphantly to the table.
- ☛ Vegetable shortening can be substituted for suet. Suet is a rather unique substance and is traditional for these puddings, so if you substitute, the texture and the taste of the pud will change, but the substitution fundamentally will work.

# KALAHARI NIGHT'S SOUL CAKES

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*"A soul cake, a soul cake, pray good missus a soul cake; one for Peter, two for Paul, three for the one who made us all"*

## Ingredients:

1/2 cup of butter (margarine doesn't work well for this)  
3 - 3/4 cups all purpose flour or cake flour  
1 cup sugar  
1/2 teaspoon nutmeg  
1-1/2 teaspoon cinnamon  
1-1/2 teaspoon ginger  
1-1/2 teaspoon allspice  
2 large eggs, beaten  
2 teaspoons malt vinegar (yep, the dark stuff you put on fish-n-chips)  
toppings: powdered sugar or vanilla frosting

## Directions:

1. Preheat oven to 350 degrees F.
2. Use a pastry blender to combine the butter and the flour.
3. Blend in the sugar, nutmeg, cinnamon and spice.
4. Add beaten eggs and vinegar. and mix to a stiff dough.
5. Turn onto kneading board and knead thoroughly.
6. Roll out to 1/4 inch thick.
7. Cut into 3 inch circles and set on greased baking sheets.
8. Prick cakes with a fork and bake at 350 degrees F for 20-25 minutes
9. Sprinkle lightly with powdered sugar while still warm, or drizzle the barest hint of vanilla or rum-flavored frosting on them.

## Variation:

Add 1 cup of chopped tart dried fruits like apricots, cranberries or cherries at Step 3.

## KALAHARI NIGHT'S

### TRIPLE CHOCOLATE BAILEY'S IRISH CREAM CAKE

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*This is the kind of cake that sets off a fusillade of very happy synapses. Best served solo or after a fairly light meal, with doppio espresso or other good coffee.*

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#### FILLING

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#### Ingredients:

- 4 large eggs
- 1/3 cup ultra-fine granulated sugar (or caster sugar)
- 1 1/2 cups whipping cream
- 1/4 cup Bailey's Irish Cream (see Notes for non-liqueur substitute)
- 12 ounces good quality bittersweet chocolate

#### Directions:

1. Make the filling first; it needs to be in the refrigerator overnight to stiffen.
2. Put the metal or glass bowl from your mixer, plus your mixer's beaters, in your freezer to chill.
3. Whisk the eggs and sugar together in a second metal bowl. Set this bowl over a pan of simmering water. (Note: don't use your double boiler, because in the next step you're going to want to use your mixer on this and you want the sloping sides of a bowl, not the straight sides of a double boiler.)
4. Whisk the mixture gently but continually until it reaches 160 degrees (use a candy thermometer); this will take about 5 minutes).
5. Remove the bowl from the simmering water. Beat with electric mixer at medium to high speed until the mixture is thick and the outside of the bowl is cool to the touch, approximately 10 minutes.
6. While beating the egg and sugar mixture, carefully melt your chocolate and cool it to lukewarm.
7. In your chilled metal or glass bowl, combine the whipping cream and Baileys. Beat with the chilled beaters until stiff peaks form.

8. Pour the cooled, melted chocolate over the egg and sugar mixture and fold in until blended. Then gently fold in the whipped cream mixture. It is ok if a few streaks of white remain.
9. Cover tightly and chill till set, 8 hours or more (overnight.)

## CAKE

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### Ingredients:

- 2 cups sifted unbleached cake flour
- 2 cups granulated sugar
- 1 tsp salt
- 1-1/2 tsp baking soda
- 3/4 tsp baking powder
- 1/2 cup butter
- 3 ounces unsweetened chocolate, melted
- 1-1/4 cup milk, divided
- 1 tsp vanilla
- 3 medium eggs, unbeaten

### Directions:

1. Heat oven to 350 degrees F. Spray three 8-inch round cake pans with non-stick spray (or grease them and line bottoms with waxed paper).
2. Into a large bowl, sift flour, sugar, salt, soda, and baking powder. Drop in butter; pour in chocolate; add 3/4 cup milk and the vanilla.
3. Beat 2 minutes with electric mixer at medium speed, scraping the bowl often (or you can beat this by hand, 300 full, round-the-bowl strokes).
4. Add the remaining 1/2 cup of milk and the eggs; beat 2 minutes more.
5. Divide batter evenly among the three pans. Bake on center rack for 35-40 minutes, or until a toothpick inserted in the center comes out clean.
6. Set pans on wire racks to cool. Let cool for 15 minutes, then loosen edges with spatula, and remove layers from pan and cool completely.

## FROSTING

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### Ingredients:

- 3 ounces unsweetened chocolate
- 1-1/2 cups confectioner's sugar
- 2 Tbsp hot water
- 1 pasteurized egg, unbeaten
- 1/4 cup soft butter
- 1 tsp vanilla or rum extract
- chocolate shavings or chocolate curls (for garnish)

### Directions:

1. In double boiler, over hot (NOT boiling) water, melt chocolate. Remove from heat.
2. Blend in sugar, water (mixture will thicken when you add the water).
3. Add the egg and the butter; with a wooden spoon, beat well. Add extract and beat again.
4. Let stand until thick enough to spread.

## ASSEMBLY

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1. Place first cake layer on serving plate. Pipe or spread a narrow dam of frosting around the outer edge of the top of the layer.
2. Spread 1/3 of the filling on top of the first layer, inside the dam.
3. Place the second layer on top of the first layer. Pipe another frosting dam around the top outer edge. Fill with another 1/3 of the filling.
4. Place the third layer on top of the second layer, pipe another frosting dam (make this one pretty), and top with remaining filling. Insert three long, thin wooden skewers vertically through the cake to hold the layers in place without sliding until chilled.
5. Using a long-bladed icing spatula, gently frost the sides of the cake. Be reasonably generous with the frosting.
6. Cover and chill for 2-3 hours.

7. When ready to serve, remove skewers and top the cake with a scattering of dark chocolate shavings or curls.

### Notes:

- ☛ The filling needs an overnight stay in the refrigerator to stiffen properly, so start this cake the day before you want to serve it.
- ☛ Once made, keep the cake chilled because of the eggs and cream in the filling, both for safety's sake and to keep the filling firm.
- ☛ The frosting recipe is very old and calls for uncooked egg, so for safety's sake, do use a pasteurized egg for this. The eggs in the filling reach a high enough temperature to be safe, but you can certainly use pasteurized eggs for that also.
- ☛ If you don't have the time or the inclination to make a chocolate cake from scratch, you can substitute one made from your favorite cake mix as long as you don't overbake it.
- ☛ The filling can also be used separately as a dessert mousse. (The voice of experience suggests that you may want to double the filling recipe to allow for that possibility.)
- ☛ Non-alcoholic version of the filling: substitute 2-1/2 Tbsp good chocolate syrup plus 1 Tbsp vanilla extract plus 1 tsp almond extract for the Bailey's.
- ☛ If desired, you can do this cake torte-style: split the three cake layers horizontally to make six very thin layers, and alternate thin layers cake and filling as you assemble, until you run out of both.
- ☛ In the unlikely event that you have leftovers, this cake can be frozen.

## STORY TELLER'S GRANDMOTHER'S ZUCCHINI CAKE:

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*My grandmother's Zucchini cake, kind of like carrot cake only better and so moist it does not need frosting!*

### Directions:

1. Take your ordinary zucchini bread recipe, add 1 pinch more shredded Zucchini (about 1/4 more than the recipe calls for), one extra egg and about 1/4 cup more oil.
2. Pour into cake pan and bake as directed for bread.

### Notes:

- ☛ Mighty tasty way to get rid of all that excess zucchini around harvest season. A hot slab right out of the oven with butter on it is a handful of heaven!
- ☛ I have not tried this yet, but I presume you could modify a carrot cake recipe to the same result. Double the amount of cinnamon and twice the shredded zucchini as carrot the recipe calls for.