



THE NEWARK
COMMUNITY COOKBOOK

THE NEWARK COMMUNITY COOKBOOK

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16 Haines Street, Newark, Delaware 19711
Publishers

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when actions are performed without unnecessary speech, people say, "We did it!"

Lao Tsu

ACKNOWLEDGEMENTS

The Eastern Rainbow Co. - cover graphics and printing
Curtis Paper Mill - cover stock
Shamrock Printing Co. - graphics and printing
New Life Printing & Graphics - binding
Newark Publishing Co. - trimming and advice
DuMar Printing Service - cover trimming
Newark Stationers - supplies
Kirk Secretarial Service - supplies and advice
The Deer Park Hotel - use of space

Wendy Knoedler - editor

Liz McIver - typing coordinator

Douglas Morea, Sherri Peck, Sue Savini - typists

Scott Robertson, Mary Louise Evans

Joy Murray, Liz McIver

Joy Schweizer, Sue Pao, Peg Hallowell - proof-readers

Teri Foster, Andy Knoedler

Cathy Johnson, Douglas Morea - paste-up

Teri Foster

Bob Jones - cover art

Douglas Barnes - flower roll diagram

and the Newark Community Co-op, the place where they all belong.

COOKBOOK RECIPE

4 gal bright ideas	3 T "Of course we will!"
1 big mouth	1 mountain of energy
1 doz choruses of, "What a great idea!"	dozens of helping hands
3 doz choruses of, "How can I help?"	1 ocean of patience
1 pinch, "You'll never do it."	1 river of humor

Combine bright ideas with big mouth and beat into the consciousness of everyone you meet until the choruses of "What a great idea!" turn to "How can I help?". Add pinch, "You'll never do it." In keeping with the principles of balanced nutrition, immediately counteract each addition of, "You'll never do it." with a generous dollop of "Of course we will!"

Sift in the mountain of energy through dozens of loving hands. If mixture becomes dry and shows signs of crumbling, add moisture from the ocean of patience and the river of humor as occasion demands. Serves the community.

Variations:

Newsletter, credit union, blood bank, land trust, new building, health center, etc.

Teri Foster

BALANCING MEALS

From articles by Alan Tillotson, editor of a soon-to-be-published book, The Eastern Theory of Diet by Dr. Mana Vajra Vajra-charia, a study of nutrition in Northern India and Nepal.

It is often difficult to know when a meal is balanced. Our bodies need certain amounts of fat, carbohydrates, vitamins, salt, etc., but it is a problem to define how much fat is enough or how much vitamin C or E is too much in a particular meal for each of us. We consume a variety of foods for which it would be inconvenient to memorize the nutritional components, even if we did know how much of each was necessary for our health. The general patterns for a balanced meal follow.

Vegetarian Meal

- 4 parts starchy food (wheat, corn, rice, millet, barley, etc.)
- 1 part beans or other protein food, preferably in soup form with spices
- 1 part milk products (cheese, butter, milk, yogurt, etc.)
- 1 part liquid drink (water, tea, juice, etc.)
- 1 part green vegetable and/or seasonal fruit

Non-Vegetarian Meal

- 3 parts starchy food
- 1 part meat or egg or milk product
- 1 part green vegetable with spices and/or seasonal fruit
- 1 part liquid drink

By using these patterns as a guide in planning a meal, we can be assured of obtaining adequate amounts of the necessary food components.

A more detailed aspect of the Eastern viewpoint on balancing meals is the understanding of tastes. Food products can be grouped in categories such as green vegetables, milk products, starches and fruit. In the West, we often analyze foods in terms of carbohydrate, fat, vitamin, mineral and protein content. However, in the East, foods are classified according to the six tastes--sweet, sour, salty, bitter, pungent and astringent. Foods having different tastes have different effects on the body. An understanding of our reactions to the tastes allows us to properly adjust our food intake. Many foods may be regarded as having the sweet taste (not to be confused with sugar): grains, milk products, fruits, beans, meats, honey, eggs and potatoes. The sweet foods all play a major part in maintaining the blood, flesh, fat and bone in the body. They are instrumental in building body tissue, neutralizing body poisons and healing injuries. Food with the sweet taste should constitute 90% of the volume of our daily meals. An excess of sweet foods can cause loss of appetite, colds, mucous exudation, obesity and a variety of other health problems. An inadequate supply of sweet foods causes loss of weight, weakness and low vitality. As there are many varieties of sweet foods, they must be mixed in combinations such as grains with beans, or grains with milk products and vegetables. The examples of satisfactory combinations do not disclude the possibility of contradictory combinations of foods, examples of which follow.

Some Contradictory Combinations:

Milk with fish, meat, soybeans, lentils, basil, garlic, radishes, salt or citrus fruits.

Meat or fish with honey, molasses, lentils, or radishes.

Honey with hot foods or drinks.

Some Good Combinations:

Asparagus and eggs.

Grains and beans.

Rice and sesame, tahini or other nuts.

Watercress, fenugreek and spinach together.

Sour, salty, bitter, pungent and astringent foods each have their own special characteristics and combinations. An understanding of the particular qualities of each separately and together is necessary to preparing a balanced meal consistent with the theories of Eastern nutrition.

The Eastern Theory of Diet can be read in the library on the second floor of the Co-op at 16 Haines Street.

CAMPING & BACKPACKING

by Brian Atwater

The National Park Service estimates that 10 million Americans went backpacking in 1976. What did these people eat? Most, probably, lived on pre-packaged, commercial "backpacking" food, and many must have grumbled about its taste and cost. On the other hand, some backpackers used nothing but common food-stuffs to prepare wilderness meals that tasted better, cost less, and cooked no slower than the pre-packaged stuff.

The lists and recipes on the next few pages suggest ways in which backpackers, hikers, car-campers, cross-country skiers, and bicyclists can make good outdoor meals from conventional ingredients. The selection of certain food supplies (table 1), cooking implements (table 2), and recipes reflects considerations such as the following:

- (1) Use simple, versatile supplies from a food co-op or regular grocery store. Provide variety with seasonings and inspired combinations. Carry a spice kit.
- (2) Travel light and compact. Carry a minimal amount of water within food. Pack most foods in plastic bags before leaving home to avoid bulky containers, and double-bag such items as powdered milk and flour.
- (3) Be prepared to cook quickly. Plan for evenings when weather, fatigue, or an emergency require a hot but fast meal (see, for example, the mashed potato recipe).
- (4) Although much of the appeal and challenge of backpacking comes from mak-

ing do with little, few Americans are culinary stoics. The advice in this section is geared toward backpackers who might want to cook an appetizing supper or even bake a cake (see recipe) rather than toward those who quite reasonably prefer to subsist on granola, seeds, raisins, and dried milk.

A beginning backpacker should solicit ideas from a friend or book. The following bibliography lists several of the available books on cooking for backpackers.

Hasse Bunnelle. Food for Knapsackers and Other Trail Travellers.

Sierra Club Books, 1971. \$3.95, paperbound

Jean Fiske and Margaret Cross. Backpacker's Cookbook.

Berkeley: Ten Speed Press, 1973. \$3.00, paperbound

Vikki Kinmont and Claudia Axcell. Simple Foods for the Pack.

Sierra Club Books, 1976. \$4.95, paperbound, 175 recipes (Sierra Club Books are distributed by Charles Scribner's Sons, Book Warehouse, Vreeland Ave., Totowa, N.J. 07512.)

Paul Petzoldt. The Wilderness Handbook.

New York: W. W. Norton & Co., Inc., 1974. \$ 8.95, hardbound, 286 p., a few simple recipes

TABLE 1
FOOD SUPPLIES FOR A 3-DAY, 2-PERSON BACKPACKING TRIP

Item	Quantity	Possible Use				Remarks
		B	L	S	D *	
Recommended :						
Breakfast cereal	3-6 cup	X	X	X		Granola is compact, filling, and ready to eat
Dried milk	1-3 cup	X	X	X	X	
Dried fruit	1-5 lb	X	X	X	X	Fresh citrus fruit keeps well, tastes wonderful in hot weather
Nuts and seeds	1-5 lb	X	X	X	X	
Cheese	2-4 lb		X	X		
Dried soup	To make		X	X		Knorr more flavorful and costly than Lipton
	2-3 qt					
Pasta	1-2 cup			X		
Rice	$\frac{1}{2}$ - $1\frac{1}{2}$ cup			X		
Potatoes, dried	To make			X		
flakes (instant)	2-4 cups					
or raw and whole						

*B-breakfast, L- lunch and trail munchies, S-supper, D-dessert

		<u>B</u>	<u>L</u>	<u>S</u>	<u>D</u>
Spice kit (salt or tamari, peppers, curry mix, cinnamon, cloves, vanilla, etc.)	1-4 T of each spice	X	X	X	X
Sweeteners, solid or liquid	1/2 -2 c	X	X		X
Vegetable shortening	1/4 -1 c	X		X	X
Backpacking stove** and fuel	1				
Billy cans	2-3				
Cloth or heavy plastic bags	2-4				

Containers: non-breakable plastic vials with screw-on tops, available from some camping stores

Use tight-sealing containers for honey

Most reliable backpacking stoves burn white gasoline (Svea, Optimus, Mountain Safety Research) or butane (Bluet, Camping Gas) Cooking pot, in-camp water container, makeshift shovel; use a No. 10 can scavanged from a restaurant; fancy if rigged with a coat-hanger-wire handle; can be recycled or discarded after trip For carrying billy cans and frying pan when they are sooty from a wood fire

**The stove might also be considered optional for some trips, but it should be substituted for wood fires where downed wood is scarce.

B L S D

Long-handled wooden spoon	1			At least 12 inches long, to avoid scorched hands
Cup, 8-16 oz.	1			For measuring, drinking, eating; 1, prefer enamelled metal
Spoon	2-3			
Pocket knife	2			
Canteen	1-3			Wide-mouth plastic water containers are well suited for mixing juice
Matches				Several separate water-proof caches
First aid supplies for cuts and burns				
Optional:				
Dense bread or crackers	1/2 -2 lb	X	X X	
Peanut or sesame butter	1/2 -2 lb	X	X	Use tight-sealing containers!
Vegetables, fresh or dried		X	X	Substitute or supplement with wild plants
Vinegar and oil	1 small vial	X	X	For wild salads

B L S D

Fish, dried or canned	1/4 - 1 lb		X	
Salami	1/2 - 1 lb	X X		Dry variety that needs no refrigeration
Flour, corn meal	1-3 cups	X	X X	
Baking powder	1-4 T	X	X	
Powdered eggs	1/4 - 1 c	X	X X	May have to purchase at a camping store
Jello, agar-agar, pudding mixes		X	X	
Hot drink supplies				
Fruit juice mixes	To make 1-12 qt	X X X		Wylers, Tang. Red sumac heads soaked in cold water make a good tart drink, sweetened to taste Teflon-coated aluminum best for its weight
Frying pan, lid and spatula	1			
Aluminum pot grip	1			
Bowl	1-2			For mixing and eating
Fork	1			Rarely useful
Non-rusting scrub pad	1			Leaves, pine needles, dirt, sand work just as well; wash away from, not in, a stream, spring, or lake
Fishing gear				
Book on edible wild plants				

GLORIFIED INSTANT MASHED POTATOES

(preparation time 10-29 minutes)

Dried soup mix to make 2-4 c cooked	1/4 c shortening
Instant mashed potatoes to make 2-4 c cooked	1/2 lb cheese, sliced or cubed (opt)
2-4 c water	Dry salami, sliced (opt)
1/2 to 1 c dried milk	Vegetables (opt)
	Spices to taste

A hot meal that requires little time for preparation and clean-up and therefore makes a wonderful supper for shivering, exhausted or lazy people.

Bring water to a boil in a billy can. If soup needs prolonged cooking (5-15 min.), heat it with the water and cook until done. Otherwise, keep water clean to avoid having to wash billy can, and to use extra for beverages. Mix powdered milk, potatoes, seasoning and soup mix (if instant) in individual cups and bowls. Add sufficient boiling water or soup to reach desired consistency. Stir in cheese, salami, vegetables and adjust seasoning.

Brian Atwater

NOODLE AND CHEESE DELIGHT
(preparation time 20-40 minutes)

Dried soup mix to make 2-4 c cooked	Fresh vegetables or wild greens (opt)
2-3 c water	Dried milk (opt)
1-2 c pasta	1 can tuna (opt)
1/2 lb sharp cheddar cheese, sliced or cubed	Dry salami, sliced (opt)
Seasoning to taste, such as garlic, pepper, parsley	

Put water, noodles, soup mix, and some spices in a billy can. Water should barely cover noodles so they can absorb most of the liquid. This procedure is simpler than preparing noodles and sauce in separate pots. Bring to a boil, stirring occasionally with a long-handled spoon. As noodles cook add vegetables and more water and seasoning if necessary, stirring more frequently to prevent sticking. Remove billy can from high heat once noodles are cooked, and add cheese and milk, tuna or salami. Fill billy can with water once empty, to facilitate washing. This meal can rival the best macaroni concoctions. For a tomato sauce use instant tomato soup.

Brian Atwater

BOUILLABAISSÉ

(preparation time 30-40 minutes)

1/2 lb dried fish (cod)
1/2 lb dried vegetables (carrots, onions, squash)
2 medium potatoes (opt)
1/3 cup powdered milk (opt)
Spices (suggest mashed garlic clove, 1/4 tsp oregano, 1/4 tsp thyme)
1 qt water

Soak fish in some water in a plastic bag hooked to your pack while you walk. Wash. Rinse. Throw everything in the pot and cook until done. If milk powder is used, mix with a little water and add at end of cooking time.

Wendy Knoedler

PANCAKES

(preparation time 10 minutes)

1 $\frac{1}{2}$ c flour

1 $\frac{1}{4}$ c water

1 T oil

1/4 tsp salt, and cinnamon, if
desired

1/2 c powdered milk (opt)

2 T powdered egg (opt)

1 $\frac{1}{2}$ tsp baking powder

Nuts, dried fruit, seeds (opt)

Mix water with prepared dry mix. Fry. Serve with butter, honey or thick milk (made by mixing powdered dry milk with a little water to yogurt consistency). This is very good eaten rolled around seeds, nuts, dried fruit, or green vegetables.

Wendy Knoedler

PUDDING PIE

(preparation time 20-60 minutes)

Crust:

1 c flour

1/3 c shortening

Seasoning such as cinnamon, nutmeg, sesame seeds, salt

1-2 T water if necessary

Filling:

1 pkg pudding mix, either homemade (with powdered egg and cornstarch) or store-bought

1/2 c dried milk if using store-bought instant pudding

Water as needed to prepare pudding mix

Nuts, dried fruit, or coconut (opt)

Even if made with an icky-sweet commercial pudding mix this dessert tastes pretty good. To make crust, combine flour, seasoning and shortening in frying pan. Add water as needed to make dough cohesive. Press this mixture against the side of the pan and cook until crisp. Meanwhile, prepare filling in a bil-ly can, cooking if necessary. (No cooking needed for instant commercial mixes) Pour filling into cooled crust. Cover pan and place on cold water or snow until filling sets.

Brian Atwater

MARY LEE'S ASH-COVERED CAKE
(preparation time 60-80 minutes)

1 1/2 c flour
1/4 to 1/2 c dried milk
1-4 T powdered egg (opt)
1 1/2 tsp baking powder
Dry seasoning such as cinnamon,
cloves, salt, ginger
1/2 c liquid or dry sweetener

1/4 c liquid shortening
1 c water (slightly less if sweetener
is liquid)
Liquid seasoning such as vanilla or
almond extract
Nuts, seeds, dried fruit

The batter for this is easy to make, and with a little more water makes excellent flapjacks. The regulation cake needs a covered frying pan, a wood fire and a daring, skillful and lucky baker. The covered pan sits on and is covered by hot coals and ashes from the fire. The daring baker tests the bottom coals for readiness by holding a hand 4 inches above the embers for 4 seconds. If it is just barely scorched the coals are just right; if not, shift them and test again. Have more hot coals ready to heap on top of covered pan. This works also for quick or yeast breads. To mix batter combine dry ingredients in billy can. Add liquids and stir. Pour batter into greased and floured pan. Cover pan, set in coals and take a peek after 30 min. Test cake for doneness with a whittled twig.

Brian Atwater

SOUPS

You can make soup from anything. It's the world's number 1 way to recycle leftovers and save on dishwashing. Anything you can put into a meal can go into a soup: grains, beans, vegetables, herbs, flesh, even fruit. There are a few things used in a "standard order", but the main trick is knowing the cooking times of the various ingredients. Once you have a feel for that, soupmaking is a breeze.

Step one: chop onions and mince garlic. Sauté in the soup pot in 2 T oil (not butter). Try to gauge your oil to your other ingredients. Safflower and soy oils go with anything. Corn oil has a distinctive flavor - excellent in vegetable soup, not so hot with miso. Use sesame oil with miso soup, olive oil with anything else, especially with tomatoes.

Step two: when onions are soft and translucent, add 2 quarts water, herbs, meat & bones, and 2 cups dry beans and/or 1 cup uncooked whole grains. When it starts to boil, turn to simmer. Here's where the cooking time knowledge comes in handy. You can leave the pot on the stove and catch up on your jogging, sleeping, or errands while the beans get soft. You can even start it in the morning and go to work, if you have a low enough burner, a handy Mexican gadget called a cocinar, or a crock pot.

COOKING TIMES (MINIMUM)

lentils, split peas, all grains (brown rice, barley, bulghur, kasha) - 1 hour
 mung beans, turtle beans, kidney beans, aduki beans - 2 hours
 garbanzos (chickpeas), soybeans, great northern, navy beans - 3 hours

green soybeans - 8 to 10 hours

When beans/grains are soft,

Step three: chop and add fresh vegetables and dried seaweed. When these are tender,

Step four: add dry macaroni or broken spaghetti. Add fish. When these are tender,

Step five: add all leftovers.

When these are heated,

Step six: remove from heat, add miso, tamari or milk. Check seasoning and serve.

Now obviously you're not going to put all these things into every pot of soup. So here's another way to look at your ingredients:

<u>stock</u>	<u>body</u>	<u>beauty</u>	<u>flavorings</u>
meat	beans	vegetables	salt
bones	grains	seaweed	herbs
miso	pasta	dulse	spices
fish		hiziki	tamari
vegetable juice			kombu
from leftovers			milk
fowl			

If you take one from every column and no more than two from each column, you should come up with a winner every time.

Seasonings:

The best thing to do is get a good spice and herb chart as some things go better together than others, but here are some guidelines.

You will need little or no salt if you're using miso or tamari.

A good rule of thumb is to use no more than 3 herbs or spices and about 1/2 to 1 tsp of each.

Don't put miso in a soup with milk!

Teri Foster

PEA-BEAN-BARLEY-VEGETABLE SOUP

6 cups Spring water*
 1/2 cup lentils
 1/2 cup black-eyed peas
 (or any quicker-cooking beans)
 1/2 cup barley
 1 to 2 bay leaves

You may soak these ingredients overnight, or for awhile, or not at all. Bring to a boil, then simmer for about an hour for tenderest results.

2 carrots (sliced delicately)	2 or 3 onions (sliced thinly)
celery (including leaves)	3 cloves garlic (minced)

If you wish:

sliced cabbage, red or green
thinly sliced broccoli stems
thin potatoes
leftover rice or other grains of veg.

Jerusalem Artichokes
any type of squash
chopped or canned tomatoes

Simmer the vegetables with herbs and spices as desired. I suggest:

1 tsp celery seed
2 T Tamari
1 tsp Basil

1/2 tsp dill weed and/or seed
1/2 tsp curry powder

Just before serving, mix 1 T Miso with 1/2 cup of the broth, then stir into soup. A hearty and invigorating soup, open to many changes and much imagination. Served with homemade bread, it is a complete meal. Double the recipe and freeze half. Serves 4 as main dish, 8 as soup course.

Elise Harvey

*Spring Water is recommended for taste in all recipes. Readily available in Newark, free of charge. See map at Food Co-op. Take your own clean containers.

WON TON SOUP

1 pkg. Golden Dragon
won ton skins
4 ozs. shrimp, minced
4 ozs. ground beef
or lean pork

2 minced green onions
1 T. sesame oil
4 shredded water
chestnuts
1 large can chicken
broth (College Inn)

1 T. soy sauce
1 T. wine
scallion
sesame oil
soy sauce

Mix won ton ingredients (shrimp, beef, scallions, sesame oil, soy sauce, wine, water chestnuts). Place in won ton skin and fold and seal with water. Boil in water to second boil. Scoop won tons out as they float to top. Drain and add to warm soup. Garnish with additional scallion, sesame oil and soy sauce.

Sue Pao

CHRISTIE'S TOMATO/PEPPER SOUP

1 large can whole
tomatoes cut in half
1 can evaporated milk

3 green peppers
chopped
1-2 onions chopped
coarsely

1/2 cup grated cheddar
cheese

Simmer all ingredients together until the peppers are tender. Add salt and pepper to taste. Serves 4.

*Note: This soup is a good quick soup which improves with age.

Christie

SOUR & HOT SOUP

2 oz boneless pork, shredded (opt.)	2 T cornstarch
chicken stock (large can College Inn)	1 and 1/2 tsp salt
1 carrot, shredded	3 T soy sauce
1/2 cup Chinese mushrooms (6-8)	1/2 tsp pepper
1/3 cup bamboo shoots, shredded	3 T vinegar
3 eggs, beaten	4 and 1/2 T water

Dredge pork with pinch of salt and pepper and 1 tsp cornstarch. Bring chicken stock to boil. Add salt, pork, carrot, mushrooms, bamboo shoots and cook for 2 minutes. Add mixture of soy sauce, pepper, vinegar, cornstarch, water. Stir for a few seconds until soup thickens. Slowly pour in beaten eggs in a fine thread, stirring gently all the while.

If you like the soup really hot, substitute cayenne pepper for black pepper.

Sue Pao

IRENE'S HOT & SOUR SOUP

2 cups chicken bouillon	2 T white vinegar
1 T soy sauce	2 T cornstarch dissolved in 1/4 cup water
6 presoaked Chinese mushrooms or 1/2 cup fresh mushrooms	1 beaten egg
3/4 cup bean curd, cubed	1/4 cup chopped green onions
1/4 tsp white pepper	1/2 tsp sesame seeds

Put first four ingredients in soup pot and simmer for 10 minutes. Add the next four ingredients and cook 5 minutes or until thickened. Add beaten egg. Garnish with chopped green onions and sesame seeds.

Note: Any related vegetables or left-over salad may be added at the last minute.

Irene Graham

ASHRAM VEGETABLE SOUP

1 tsp mustard seeds
1 T oil
1 tsp turmeric
2 qts water
4 veg. bouillon cubes
1/2 tsp honey
1/2 tsp parsley

1 small can tomato paste
1/2 tsp oregano
1/2 tsp basil
1/2 tsp thyme
1/2 tsp marjoram
1/2 tsp salt
Assorted available vegetables

Sauté mustard seeds in oil until they pop. Add turmeric and water, tomato paste, bouillon and herbs. This is the base for any vegetables that you like to see in soup. Sic. potatoes, carrots, beets, green peppers, lima beans, onions, peas, corn, squash, etc. Simmer all for 1 hour.

Peggy Schjeldahl

MUNG BEAN SOUP

1 and 1/2 cups mung beans, uncooked	1/2 tsp cumin
10 cups water	1 tsp turmeric
1 and 1/2 T salt	1/2 tsp cinnamon
3 T honey	2 tsp coriander
2 and 1/2 T lemon juice	1 green pepper, chopped
3 T oil	1 small carrot, diced
1/2 tsp curry powder	1 T powdered ginger
1/2 tsp mustard seeds	

Heat oil in kettle. Add mustard seeds and cook until they pop. Add water and all other ingredients. Simmer covered for 1 hour.

Sita

BORSCHT

2 qts water
1 large onion sliced
4 carrots sliced
4 beets cut into strips
2-3 tomatoes or 1 small can tomato
paste
2-3 potatoes cubed

4 veg. bouillon cubes
1 green pepper sliced
1 red cabbage cut into wedges
8 peppercorns
4 bay leaves
1/2 pt sour cream

Cook all of the ingredients except for the cabbage for 1 hour. Add cabbage and cook for 20 minutes. Serve with sour cream. Serves 10.

Peggy Schjeldahl

BORSCHT

1 can whole beets (16 oz)
1 can tomatoes (16 oz)
1/4 medium sized cabbage
1/2 to 1 T salt
1 T sugar or honey
juice of 1 lemon

1 T butter
2 cups beef bouillon
1 very small onion
dash black pepper
1 bay leaf
6 cups water

Grate vegetables or pulverize in a blender. Combine all ingredients in a kettle. Simmer covered for at least 2 hours. Serve hot or cold with sour cream. Sprinkle with chopped fresh parsley.

Peggy Schjeldahl

JOY'S FESTIVE RATATOUILLE

1 medium eggplant	1 pt ^s stewed tomatoes or 3-4 fresh
3 long medium thick zucchini	1/2 can tomato paste
1 large onion	1 cup mushrooms
2 large green peppers	1 cup raisins
3 cloves garlic	10 T cooking oil
1/2 tsp oregano	1/2 cup black olives
1/4 tsp basil	1/4 tsp salt
1/4 tsp black pepper	
Sauce: 1 cup yogurt	1/2 cup chopped green onions
2 cloves garlic	1/4 cup chopped parsley

Slice eggplant into 1/4 inch slices. Place them on paper towel or cloth and salt each piece lightly. Let stand for 20 min. (This process removes the bitterness.) Slice zucchini into 1/4 inch rounds. Set aside. Slice peppers, onions and garlic, separating each. Turn the eggplant over on the paper and slice each piece into thin matchsticks. Heat 2 T oil in heavy skillet. Sauté the eggplant one layer at a time until slightly transparent. Place in container. Sauté zucchini the same way and add to eggplant. Sauté onions, pep-
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pers, chopped garlic until soft and add tomatoes, herbs and salt and pepper. Mix all in pot. Add mushrooms, raisins and black olives. Stew on stove for one hour or bake in medium oven for one hour. Serve the sauce separately.

*Note: Serve the ratatouille over brown rice.

Joy Schweizer

LIMA BEAN SOUP

2 qts water

4 veg. bouillon cubes

1/4 cup butter

4 qts Fordhook lima beans (fresh
or frozen)

1 qt corn (fresh or frozen)

2 large cans tomatoes

3/4 cup sugar or honey

Dumplings:

1 cup Bisquick

1/3 cup milk

Cook all ingredients except for the corn for 1 hour. Then add corn and cook for 1/2 hour. Add dumplings. Cook ten minutes covered. Feeds 10 hungry people.

Peggy Schjeldahl

LENTIL SOUP

16 oz lentils
2 T butter
1 T flour (generous)
2 strips bacon sliced
2 qts water
chopped onion
2 stalks celery

2 small carrots
1 bay leaf
2 tsp salt
1/8 tsp black pepper
1/8 tsp garlic salt
dash parsley flakes
very small onion studded with 2 or 3
cloves

Soak lentils overnight in 1 qt of water. Put lentils and water plus 1 more qt of water and all other ingredients in a large pressure cooker. Set at 15 lbs and cook 20 minutes. Remove from stove and cool for 5 minutes. Then cool fast by running under cold water. Serve.

OXTAIL SOUP

2 oxtails
2 T butter
1 onion
4 cloves
salt and pepper

1 carrot
1 turnip
1 bay leaf
2 qts cold water or stock
1 glass sherry (optional)

Wash and wipe tails. Cut into 1 inch pieces. Heat butter in skillet, add tails, stir until brown. Lift out with a slotted spoon into a soup kettle. Add other ingredients except salt and pepper. Simmer until tails are tender (about 2 hours). Remove vegetables, add salt and pepper and sherry. Serve.

DEER PARK SNAPPER SOUP

one 17 lb turtle	2 cups pickling spice
6 large onions, quartered	2 dozen eggs, hardboiled
3 lemons, cut in half	1 No. 10 can tomato puree
1 bunch celery, cut in 3-inch chunks	3/4 of a fifth of sherry
6 large carrots, cut in 3" chunks	1 and 1/2 lbs cornstarch
30 qts chicken or beef stock	

Boil first seven ingredients for six hours. Remove turtle and cool. Separate meat from the bones, fat (yellow) and shin (grey). Chop the meat and set aside.

Strain the broth into another pot. Add tomato puree and boil. Mix cornstarch and sherry and slowly add to broth. Add turtle meat and chopped egg. Bring to boil. Makes 40 qts.

Jim Mullins

*1 No. 10 can equals one gallon.

DEER PARK FRENCH ONION SOUP

20 large onions, sliced
1/2 cup oil
15 bay leaves, tied in a bundle

2 bulbs garlic, minced
6 cans of beer
chicken or beef stock

Sauté onions, garlic and bay leaves in the oil. When tender, add beer. Simmer 15 min. Fill pot* with stock. Bring to a boil. Simmer for two hours. Makes 40 qts.

*A ten gallon soup pot is assumed. For smaller utensils, reduce other ingredients in proportion.

Jim Mullins

SCALORDA

3 heads escarole
1 small onion cut in rings
1/4 cup water
3-5 cloves garlic

1/3 cup olive oil
1 lemon
grated parmesan cheese

Steam whole escarole and sliced onion in water in a tightly covered saucepan until the escarole is wilted, about 3 minutes. Meanwhile, mince garlic and sauté in pure olive oil in a large frying pan. Add escarole, onion and pot liquor to frying pan. Cover and cook over high heat for 3 minutes stirring once. Serve with a squeeze of lemon and a sprinkling of parmesan cheese. It may be served as a vegetable or as a soup. Don't discard the broth, it's the best part.

Note: pot liquor is the juice made by the escarole.

Joe Giordano

TRAVEL'S QUICHE

Sesame seeds to cover bottom of iron skillet. Toast in skillet.

2 cups assorted vegetables; choose your favorites from these:

A. broccoli B. mushrooms C. garbanzos (chick peas)
cauliflower onions
peas

Steam A, sauté B, or cook ahead C. Other vegetables may be used, but don't use carrots.

Prepare batter: eggs (No.8 skillet- 8 eggs, No.10 skillet- 10 eggs)
1/4 cup milk or 2 T cream
favorite spices (for example- garlic powder, curry powder, red
and black pepper, tamari to taste)

Mix cooked vegetables with batter. Be sure all vegetables are coated. Ladle onto toasted sesame seeds very gently. Cover. Cook slowly on top of stove 15-20 minutes until eggs are solid one-third up from bottom.

Slice 1/2 lb or more cream cheese and lay slices on solid layer under liquid. Two spatulas will help get the sticky cream cheese into the pan mixture. Be sure the liquid covers them. Cover and cook over very low heat about 15 minutes until solid except for top 1/4 inch.
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Slice sharp cheddar cheese into very thin slices and lay over top.
Broil, watching constantly, until bubbly brown, about 3 minutes. Serves
4 to 6.

Elise Harvey

RAMA'S SPAGHETTI SAUCE

12-15 large tomatoes
6 green peppers, sliced
2 large onions sliced
1 lb mushrooms sliced
1 cup red wine

1 T basil
1 T oregano
1/2 cup parsley
1/4 cup olive oil
2 large cans tomato paste

1 T salt
1 tsp pepper
5 bay leaves
1/4 cup honey

Saute vegetables in olive oil until almost soft. Add tomatoes. Mix. Add wine and tomato paste. Simmer without lid for 5-7 hours.

Rama

LULU'S PASTE

A cheese spread recipe from the days of 5¢ beer and free lunch.

1 lb. sharp cheese	$\frac{1}{2}$ T paprika
1 small onion	$\frac{1}{4}$ to $\frac{1}{2}$ tsp salt
$\frac{1}{2}$ small bunch of parsley	$\frac{1}{4}$ cup chili sauce
$\frac{1}{2}$ T worcestershire sauce	$\frac{1}{4}$ cup sherry or port wine
$\frac{1}{2}$ T mustard	

Grind or blend first three ingredients together. Add other ingredients, blend until smooth. Chill. Serve with crackers and a beverage.

CHILI SAUCE

12 large fresh tomatoes (chopped)	1 cup vinegar
4 large green peppers	1 cup sugar
2 large onions sliced	2 T salt
	2 tsp allspice

Simmer all of the ingredients with no lid in pot for 2 hours.

Rama & Sita

REVENGE SAUCE
(for chicken or ribs)

1/2 cup brown sugar

1/2 cup vinegar

1 large onion, chopped

1 cup tomato sauce

1 chicken (about 3 lbs) cut in pieces

Spices to taste: ginger, cinnamon, paprika, salt, pepper, chives, chervil
oregano, sage, savory, basil, parsley, nutmeg, chili,
garlic and mustard

Stir sauce together, adjust seasoning and pour over chicken. Bake at 225°
for 1 and 1/2 hours or until tender. Keep dish covered for first 3/4 of cook-
ing time: Serves 4.

Variations: Beef ribs or pork ribs may be used; cook at 225° for 2 and
to 3 hours.

This is called REVENGE sauce because my husband once told me I couldn't
cook, and, well, I took revenge.

HOT BEAN DISCOVERY

1/2 cup cooked kidney beans	2 pieces leftover asparagus-
1/2 cup cooked black turtle beans	chopped finely
2 cups cooked macaroni	2 tsp oregano
2 cups tomato marinara sauce	1 1/2 tsp chili powder
2 T chopped chives	1/2 tsp cayene pepper,
	1 tsp thyme

TOPPING: 1/2 cup wheat germ
 1/2 cup grated cheddar cheese
 1/2 cup sliced mushrooms

Preheat oven to 350°. Mix tomato sauce, chives, asparagus and spices. Layer in alternate order the beans, noodles and sauce in an oiled deep casserole dish. Sprinkle topping over all. Bake for 35-40 minutes. This dish is also good as leftovers in tacos. Serves 8 people.

Carol Krum
 Steph Lanyon

BRAISED ASSORTED VEGETABLES

1/2 chinese turnip (opt.)	3 bamboo shoots
1 large carrot	3 chinese mushrooms
1 bunch broccoli	5 water chestnuts
15 mushrooms (sliced)	1/2 cup soup stock
1/2 tsp sugar	1 T oyster sauce
1 T cooking wine	1 tsp cornstarch mixed in 1 T cold water
1/2 T soy sauce	
1 clove garlic	

Parboil carrots, then broccoli and turnip; drain. Use the tips of the broccoli, and cut the carrots and turnip in diagonal slices. Slice remaining vegetables. Stir fry in hot oil in the following order:
mushrooms, dried mushrooms, bamboo, water chestnuts, carrots, broccoli and turnip.

Add soup stock; bring to a boil and thicken with cornstarch and water. Add wine, soy sauce, oyster sauce and hot sauce (opt.) and serve hot.
Serves

Elizabeth Curtis

BRAISED ASSORTED VEGETABLES

1 bunch broccoli	4 T oil
2 carrots	1/2 cup soup stock
3 bamboo shoots	1/2 tsp honey
15 fresh mushrooms	1 T cooking wine
10-15 water chestnuts	1 T soy sauce
1 tsp cornstarch in 1 T water	1-2 tsp oyster sauce

Cut carrot on the diagonal. Cut tender tips off broccoli. Boil until tender (3-5 min. for carrots; 2-3 min. for broccoli). Slice mushrooms and bamboo shoots, and water chestnuts. Then add broccoli, carrots, soup stock and seasonings. Mix well, thicken with cornstarch and water. Serve immediately.

Sue Pao

STIR-FRY NOODLES & BEEF

1 lb round steak or 1 cup almonds	8 water chestnuts
3 T cornstarch	1 large bamboo shoot
1/4 cup soy sauce	bean sprouts (large handful)
1/4 cup sherry	1/4 cup slivered, boiled ham (opt.)
3/4 cup chicken broth	1/2 T sugar or honey
4 qts boiling water	2 tsp brown bean sauce
8 oz wide egg noodles	1 T oyster sauce
garlic, smashed	2 drops hot sauce
1 average bunch broccoli, cut into 1" pieces (parboiled)	

Cut steak in finger strips. Marinate in cornstarch, soy sauce, sherry and 1/4 cup chicken broth; set aside. Cook noodles 8 minutes, stirring occasionally. Drain in colander. Add garlic to oil in wok and stir fry the parboiled broccoli, then the remaining vegetables; remove to pan. Add more oil and stir fry meat, then return veg. to wok and add all remaining chicken broth, sugar or honey, brown bean and oyster and hot pepper sauces. Heat to boiling and simmer, then add noodles and serve.

Sue Pao

CHICKEN WITH GREEN PEPPER

2 chicken breasts (halves)
 or cauliflower
 1 bamboo shoot (cubed)
 1 large green pepper
 3 dried mushrooms, soaked
 1 green onion

1 T wine
 1 T soy sauce
 1 T cornstarch
 1 egg white
 1 clove garlic
 5-8 drops hot sauce

Dice chicken, bamboo shoot and green pepper. Soak and slice mushrooms. Season chicken with wine, soy sauce, cornstarch and 1 small egg white, and let sit for 15 minutes. Heat oil and stir-fry vegetables. Remove and heat more oil. Add garlic and stir-fry chicken. Return vegetables and add extra wine, soy sauce and hot sauce to taste.

Sue Pao

CRAB FOO YUNG

1/2 can crab meat	1/2 cup stock
5 eggs	1/2 tsp sugar
1 tsp salt	1 tsp soy sauce
2 T green peas (frozen)	1 tsp oyster sauce
5 T oil	1 tsp wine
1 T oil	1 tsp cornstarch mixed in 1 T water
4 dried mushrooms	

Remove bones from crab meat, break into small pieces. Add wine. Mix 1 tsp salt to slightly beaten eggs and blend into crab meat. Heat 5 T oil and add egg mixture. Fry until half done. Spread to make a round shape. Turn over to fry other side. Carefully remove to serving plate. Heat 1 T oil; fry shredded mushrooms; add soup stock, sugar, soy sauce, oyster sauce and wine. Simmer over low heat. Thicken quickly with cornstarch and water. Add green peas which have been soaked in warm water until unfrozen. Pour over foo yung and serve.

For vegetarians: substitute bean sprouts for crab meat.

Sue Pao

SZECHUAN SHREDDED PORK OR BEEF

3 T peanut oil	1 clove garlic, minced
1/2 lb pork, beef, or broccoli	2 tsp soy sauce
2 tsp soy sauce	2 tsp brown bean sauce
1 tsp cornstarch	1/2 tsp salt (opt.)
8 water chestnuts	2 tsp sherry
1 cup shredded bamboo shoots	2 tsp vinegar
4 chinese mushrooms	1 tsp honey
1 chopped scallion	2 tsp cornstarch in 2 T water
1 tsp chopped ginger	chinese hot sauce to taste

Shred pork, mix with cornstarch, soy sauce and 1 tsp sesame oil. Slice water chestnuts thin, then shred. Wash and soak mushrooms; shred. Mix soy sauce, brown bean sauce, salt, sherry, vinegar and honey. Add cornstarch and water. Heat oil; stir fry vegetables 1 minute, remove from pan. Heat a little more oil and stir fry meat until brown, about 2-3 minutes. Return vegetables to pan and mix. Add sauce and stir till thickened. Add hot sauce to taste.

Sue Pao

SHRIMP AND GREEN PEAS

1/2 lb. raw shrimp
3 long stalks celery
1 medium onion
1 clove garlic
1 T cooking oil

1 tsp salt
1 tsp Accent (optional)
2 tsp cornstarch
2-3 T soy sauce or tamari
1 qt frozen or fresh peas

Peel and chop shrimp. Chop garlic fine. Dice celery and onion. Mix cornstarch with 1/4 cup water. Heat wok or heavy skillet until hot. Fry shrimp about 5 minutes. Add celery, onion, garlic and thawed peas. Cook covered for 10 minutes. Add Accent and salt. Thicken juice with cornstarch. Add soy sauce or tamari. Serve. Serves 4 people.

Madelyn D. Greer

DEER PARK EGG ROLLS

1/2 lb shrimp	1 cup chicken stock
1/2 lb ground pork	4 cups finely chopped celery
1/2 lb fresh bean sprouts, or a No. 1 can of sprouts	1 cup finely chopped mushrooms
tamari, rice wine or sherry, ground ginger, oyster sauce to taste	4 cups finely chopped Chinese or regular cabbage
	2 T cornstarch

Cook the pork in a wok or large pan, season with tamari and ginger, add the shrimp and season with about 1/2 cup sherry, simmer until the shrimp are done, and add the oyster sauce until it tastes good to you. Let cool. Drain any excess liquid.

Cook celery and cabbage first, add mushrooms and beansprouts when the other vegetables are almost done. Season with tamari and ginger. Add the meat and shrimp. Combine the cornstarch and the chicken stock and add it to the vegetable mixture. Add it gradually, you may not need it all. Cook until the mixture is glazed and thickened.

continued below:

Wrappers:

Either buy 1 lb from a Chinese grocery store or make your own (very difficult to do). I recommend that you buy them.

2 cups flour
little salt
3/4 cup water
1 egg

Sift flour and salt, add water, knead until smooth, and let stand for half an hour. Roll out to 1/16 inch and cut into 7-inch squares. Place filling in the center, fold one corner over, then the two from the sides, and roll. Seal with beaten egg, cook in deep fry at 375°. Makes 16 egg rolls.

Dick

SHRIMP TOAST

1/2 lb fresh raw shrimp
4-6 slices white bread
(Arnold's Brick Oven)
4 water chestnuts
1 T chinese rice wine

1 egg, lightly beaten
2 T cornstarch
3 cups oil (to deep fry)
16 leaves fresh parsley
(optional for garnish)

Shell, wash and chop shrimp till they are pulp-like. Trim crusts from bread and cut into triangles. Chop water chestnuts to pulp. (If using blender, combine shrimp, water chestnuts and wine.) Combine shrimp, water chestnuts, wine, egg and cornstarch in bowl and mix thoroughly.

Spread equal amount of shrimp on bread triangles, mounding slightly in center. Parsley may be added as garnish at this point. Have paper towels ready for draining.

Heat deep fat fryer to 375°. Place shrimp in oil and fry about 1 minute. Turn over and fry 1 minute longer or until golden brown. Drain well and serve hot. 16-20 toasts.

Sue Pao

CASHEW FRIED RICE

1 clove garlic, smashed
1/2-1 cup cashews
4 water chestnuts
5 mushrooms, sliced

snow peas or some green vegetable
2 cups cooked brown rice
2 eggs, beaten

Heat oil, fry garlic, then cashews. Remove from pan and stir fry water chestnuts, mushrooms, and green vegetable. Remove from pan. Heat more oil and fry rice. The rice should be warming and separating, not turning brown. When rice is ready, return vegetables and cashews to wok. Mix well and stir in eggs, mixing carefully so that eggs moisten and cling to rice. Season with soy sauce, oyster sauce, and hot sauce to taste.

Sue Pao

SAUTEED BEAN CURD

2 cakes bean curd (firm)	1/2 lb pork
2 dried mushrooms	1 tsp cooking wine
1 bamboo shoot	1 tsp soy sauce
2-3 oz snow peas	3 T oil
1 green onion	1 T brown bean paste
3 red peppers	4 T soy sauce
1 clove garlic	1 tsp honey
1 slice ginger	1 T wine

Cut bean curd into $\frac{1}{2}$ " pieces. Heat 1 T oil and fry half of the bean curd until light brown. Add more oil and fry remaining half. Set aside.

Slice meat and marinade in 1t. of cooking wine. Slice remaining ingredients except snow peas, which should have the hard string removed.

Heat 1 T oil and fry in order: garlic, ginger, red pepper, meat, bamboo shoot, mushrooms and sweet peas. Mix seasonings together, add to pan, and heat to boiling. Thicken with small amount of cornstarch in water (keeping 3 parts water to 1 part cornstarch.) When thickened to desired consistency, add bean curd and stir gently to mix and coat being careful not to break bean curd. Garnish with green onion

Sue Pao

FRED'S FAVORITE STIR FRY

6 cloves garlic
1 medium-large onion
1 T oil

assorted vegetables
1/2 cup grated cheese
1/2 cup toasted wheat germ

Mince garlic, chop onion, sauté in oil. Slice, chop, or otherwise dispose of enough vegetables to measure 4 cups. Cook andante.* Top with cheese and toasted wheat germ. Serves 6.

*that means slowly

Fred Muller

THE AMAZING LENTIL THING

2 cups lentils
 1 tsp sage
 5 cups water
 1 T sesame oil

2 cloves garlic
 1 onion
 1 cup diced celery
 1 cup diced carrots

1 cup diced mushrooms
 1 tsp garam masala
 2 tsp tamari
 1-2 T honey

Combine lentils, sage and water in saucepan. While lentils cook, dice vegetables and sauté in oil. When tender, add seasonings and honey. Serve vegetables over lentils. Serves 6.

Variations: Mix cooked lentils and vegetables together in baking pan. Top with 1/2 cup grated cheddar cheese, 1 T sesame seeds and dash of paprika. Bake at 350° until cheese melts.

Or: Add 2-4 cups water to basic recipe and call it soup.

Teri Foster

DEER PARK PEPPER STEAK

10 lbs sliced top round beef (stroganoff cut)
15 green or red peppers 1/4 cup oil
10 onions 15 qts beef stock
3 lb mushrooms

Slice peppers, mushrooms and onions, saute in oil until tender, set aside. Brown meat. When browned, add beef stock. Boil until tender, about one hour. Add roux to stock and cook slowly for 15 minutes. Add sauteed vegetables. Bring to boil. Serves 25.

Roux:

2 lb butter 6 cups flour

Cream together with whisk of fork. Add a little stock to thin it just before adding to pot. Add gradually so it doesn't get lumpy.

Jim Mullins

SEA QUICHE

1 baked pastry pie shell
2 T minced onions
2 T butter
1/2 cup chopped mushrooms
1/4 cup skim milk
1 tsp tamari
1/8 tsp white pepper

1/4 cup boneless fish, flaked (sable
is good for this- it flakes well
and adds nice color)
4 eggs, beaten
3/4 cup light cream
1 dash cayenne pepper
1/2 cup grated swiss cheese

Preheat oven to 375°

Saute onions in butter; add mushrooms and heat through. Combine eggs, milk, cream, tamari, peppers and mix well. Fold in sauteed onion and mushrooms and fish. Pour into shell. Sprinkle cheese over top. Garnish with paprika. Bake 35 min. or till puffed and brown.

Jeanette Johnson

PIPERES Y DOLMATES YEMISTES GREEK MAIN DISH

6 sweet green peppers
5 tsp honey or 3 T sugar

1 1/2 tsp salt
1-2 cloves garlic, minced

5 medium tomatoes
1 cup rice
2 oz sliced mushrooms
1 T olive oil
1 large onion

Cut off thin slice from tops of peppers and tomatoes. Scrape out insides and save tomato pulp. Fry garlic and onion until soft in oil. Mix all other ingredients together and place inside peppers and tomatoes. Fill no more than 2/3 full as rice will expand. Any remaining stuffing can be put around outside of vegetables in baking dish. Bake in lightly greased baking dish at 350° for 1-1 1/2 hours or until lids on top of vegetables are wrinkled and rice is cooked. Serves 4.

Wendy Knoedler

HOMOS BI TAHINI SYRIAN SIDE DISH

1 cup chick peas
6 T tahini (sesame butter)
1-2 lemons

1/2 t \ddot{s} p baking soda
1-2 T olive oil

Soak chick peas in baking soda and water to cover overnight. Drain. Place peas in kettle, add water to cover and cook until well done, about 1 hour. Mash thoroughly (blender makes this easier), adding the water the peas were cooked in to get creamy consistency. Blend in lemon juice and tahini. Pour on a little olive oil, adding more as necessary. Serve with Arab flat bread. Serves 4.

Variation: 1-2 cloves garlic may be mashed with peas for a spicier dish.

Wendy Knoedler

KHORESHE FESENJAN
(Iranian Main Dish)

2 and 1/2 to 3 lb frying chicken cut up	2 T tomato sauce
5 T oil	2 cups walnuts, finely chopped (opt)
1/2 tsp season-all or cinnamon	2 cups water
1 tsp salt	2 tsp lemon juice (or to taste)
1/2 tsp ground pepper (red or black)	1 cup fresh pomegranate juice, or 2-3 T syrup
1 large onion, finely chopped	1 tsp honey

Saute chicken in oil. Remove. Saute onions until golden. Add tomato sauce and stir a few minutes. Add walnuts and stir 5 minutes stirring constantly. Be sure not to burn them. Add water, seasonings, lemon juice and pomegranate juice or syrup. Arrange chicken in sauce and simmer covered 20-25 minutes until chicken is tender. Serve with rice and yogurt. Serves 5-6.

Wendy Knoedler

KHORESHE LUBIA SABZ IRANIAN MAIN OR SIDE DISH

4 T butter or oil
 1 tsp salt
 1/2 tsp cinnamon
 2 cups water
 2-4 T lemon juice to taste

1 very, large onion finely chopped
 1/2 tsp pepper (black or red)
 1/4 nutmeg
 1 lb string beans

Saute onions in 2 T butter. Add water and simmer 30 minutes. Cut beans in shoestrings and boil in water to cover bottom of pan, about 10 min. Drain beans and saute in remaining butter 10 min. Add beans and lemon juice to onions and let simmer 25 min. Serve with rice and yogurt. Serves 4.

Variation: For crisper onions, they need not be boiled after sauteing until added to beans when all can be cooked together.

Wendy Knoedler

SABZI KA CHAVAL INDIAN MAIN OR SIDE DISH

6 T oil	1 cup finely chopped onion
4 tsp salt	2 cups rice
2 cups green beans cut in 2" pieces	2 carrots sliced thin
1 sweet green pepper sliced thin	1 medium potatoe peeled and cut in 1/2" cubes
1 cup fresh green peas	1 tsp garam masala (curry powder)
5 cups water	
2 T chopped coriander (fresh if possible)	

Fry onions and salt in oil 7-8 min. stirring until golden. Stir in rice, then add vegetables and masala. Stir, add water, bring to boil. Boil 5 min., then reduce heat to low and simmer with pan covered about 20 min. until vegetables and rice are tender. Top with coriander and serve. Serves 6-8.

Note: Other vegetables may be substituted according to what is in season or frozen vegetables may be used.

Wendy Knoedler

NASI GORENG

(Indonesian Breakfast, Main Dish or Side Dish)

1 lb boiled rice	4-5 T oil
1/2 lb chopped onions	2 T soy sauce or tamari
2 cloves garlic	leftover chicken, meat, or fish
2 T hot chili sauce or several hot chili peppers to taste	

Mash onion, garlic and chili (a blender makes this easier).
Sauté in oil until golden. Add leftovers. Add rice by spoonful,
stir frying. Stir in soy or tamari sauce.

Note: To prepare the chili sauce, use 10 red hot peppers and
several pinches of salt, mince together and use above.

Wendy Knoedler

BAMI GORENG
(Indonesian Main Dish)

1 lb rice, boiled	1/4 lb cabbage or bok choy (Chinese cabbage) chopped
3/4 lb chicken meat	1/4 to 1/2 lb beansprouts
2 eggs	3 T chopped celery
1/8 lb shrimp (opt.)	2-3 tsp sweet soy or tamari sauce
6 T oil	1 T lemon juice
3-4 T chopped onion	cucumber slices
2-3 cloves garlic, chopped	salt and pepper to taste
1 leek stalk, chopped	

Fry vegetables, spices and meat together. Stir-fry in rice. Stir in soy or tamari sauce. Serve with eggs in omelette on top and cucumber as decoration. Serves 6.

Variations: The chicken meat and/or the eggs are optional, just increase the proportions of vegetables slightly. May be served with a small omelette per serving, or with fish instead of chicken.

Wendy Knoedler

STEAMED BUN DOUGH

1 T yeast (1 pkg.)
1 T honey
1/4 cup lukewarm water

1 cup (plus) milk, heated to lukewarm
4 cups Ceresota flour

1. Sprinkle yeast and honey into 1/4 cup lukewarm water. Let yeast & honey stand 2-3 minutes; then stir to dissolve completely. Set the cup in a warm, draft-free place for 3 to 5 minutes. Yeast should bubble and almost double in volume in that time.
2. Sift 4 cups flour into a large mixing bowl. Gradually pour in the yeast mixture and lukewarm milk, stirring first with spoon and then with hands as the batter is firm.
3. Place the dough on a lightly floured surface; knead for about 5 minutes. Place dough in large greased bowl. Cover and let rise for 1 1/2 - 2 hours or until doubled.
4. Punch dough down and let rise 'til doubled again (approximately 30 minutes).
5. Turn dough on a floured board and knead again for 5 minutes. It is now ready to make into flower rolls or steamed buns.

Sue Pao

STEAMED BUNS WITH PORK FILLING

1 recipe for steamed bun dough

FILLING:

2 T peanut oil
1 lb roast pork, chopped fine
1 tsp sugar
2 T soy sauce
2 T cornstarch mixed with 3 T water

Prepare the roast pork according to roast pork strip recipe. Heat wok and add 1 T oil, add chopped pork and stir-fry 1 minute, then stir in soy sauce and sugar. Add corn starch mixture and stir until thickened and glazy. Transfer to bowl and cool.

On a lightly floured surface, firm the dough with your hands into a long sausage-like roll 2" in diameter. With knife, slice the roll into 1" rounds. Flatten each round with your hand, then with a rolling pin roll out each round into a disc 4" in diameter.

Place 2 T (approx.) filling in the center of each round. Gather sides of dough around filling with the ends meeting at the top. Pinch top of dough to seal the edges and twist.

Place the buns on 2" squares of waxed paper, cover with towel and let rise at room temperature for 30 minutes. Steam for 10 minutes.

Sue Pao

STEAMED BUNS WITH DATE FILLING

1 recipe for steamed bun dough, shaped as for pork buns

FILLING:

1/4 cup shortening

1/2 lb pitted dates, finely chopped

1 cup canned red bean paste

red food coloring (optional)

These buns are made the same way as roast pork steamed buns, but the filling is different. Set a wok or large skillet on medium heat and add lard. When lard is melted, add the bean paste and chopped dates, and cook, stirring constantly, for 8-10 minutes. Transfer contents to bowl to cool. With palms of your hands, roll the filling into balls about 1" in diameter. Fill the dough rounds and shape them the same as pork buns. Roll the finished buns in the palms of your hands to make them smooth. Steam 10 minutes. Makes 2 dozen.

To distinguish date buns from pork buns, the Chinese custom is to dip the square end of a chopstick in some red food coloring and dot the top of each date filled bun.

Sue Pao

FRIED MEAT DUMPLING

FILLING:

10 oz Chinese cabbage or chopped spinach
 $\frac{1}{2}$ lb ground beef
green onion
2 T soy sauce
1 T cooking wine
2 T sesame oil

SKIN:

2 cups flour
 $\frac{3}{4}$ cup hot water

If using Chinese cabbage, parboil and drain thoroughly. Chop and wring out excess water.

Add minced green onion and seasoning to ground meat. Mix well. Add spinach or chopped Chinese cabbage. Mix well. Set aside. Add hot water to flour and stir. Knead dough until smooth. Cover with wet towel and set aside for 30 minutes. Flour board. Form dough into 2" round strips. Cut into $\frac{3}{4}$ " pieces and make about 30 pieces. Flatten each piece with palm of hand. Make 4" diameter skin by rolling skin round. Place about
continued next page

continued

1 T filling on each skin. Fold skin leaving more on one side for making gathers. Press corners firmly. Form gathers on one side and press to flat side firmly. Add 1/2 T oil to thick pan. Arrange dumplings in rows and fry until light brown. Add hot water to 1/3 height of dumplings. Cover and steam over medium heat until water evaporates. Serve with fish sauce or soy sauce and vinegar.

For vegetarians: make with spinach only. Double amount of spinach used or use some mushrooms--delicious.

Sue Pao

STEAMED FLOWER ROLLS

1 recipe steamed bun dough

2 T sesame-seed oil

On a large floured surface, roll out one half of the dough into a rectangle 12" x 8" and about $\frac{1}{4}$ " thick. Brush surface with 1 T sesame oil. Lift dough (long side) and roll jelly-roll fashion into a long cylinder about 1" in diameter.

With sharp knife, slice each cylinder crosswise into rounds about $\frac{3}{4}$ " thick. Make a pair by placing one on top of another, rounded sur-
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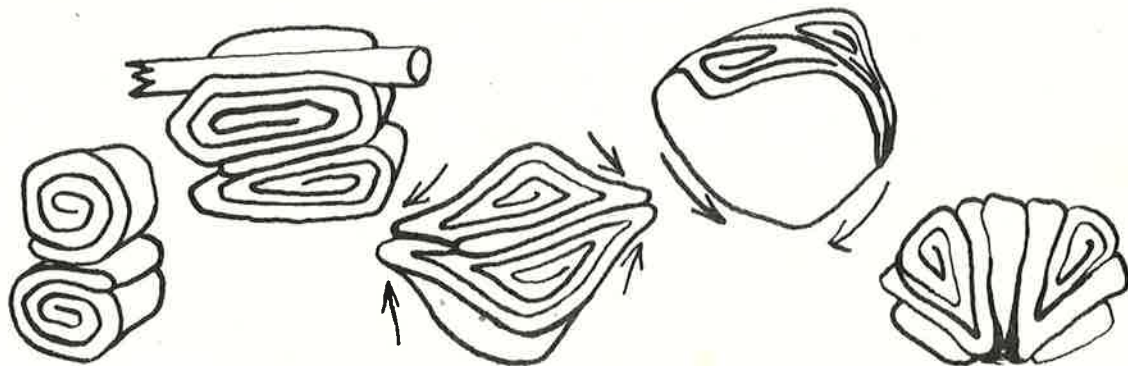
faces touching. With a chopstick, press down firmly on each pair to make the rounds stick to one another.

Holding the ends of the rounds together with your thumbs and forefingers, gently pull the ends away from the center of the buns and then draw the ends backward until they meet. Pinch the ends firmly together to secure them.

Place the rolls an inch or so apart and then let them rise for 30 minutes, covered.

Steam for 8 minutes. If steaming two batches, you warm the second batch by extra steaming for 3 minutes or so. Extra steaming will not harm the rolls. Makes 16 rolls.

Sue Pao



DELMONICO POTATOES

3 T butter	2 T flour (unbleached white)
spices to taste	1 cup hot milk
1/3 cup grated cheese (cheddar)	3 hard cooked eggs
1 qt cooked, sliced potatoes	

Preheat oven to 350° (325° in Corningware)

Melt butter and blend in flour. Season with favorite herbs to taste. Gradually add milk, stirring constantly till creamy, boiling and thick.

Layer in buttered baking dish, potatoes, hard cooked eggs and cheese. Pour sauce overall. Top with buttered breadcrumbs. Bake 30 minutes.

Jeanette Johnson

CREAMED CARROTS

12 carrots medium to small in size	4 T butter
1/2 cup minced onion	1 T tamari
1 T honey	1/4 tsp ginger
1/3 cup cream	

Preheat oven to 375°

Scrub carrots well, quarter lengthwise and cut to 4" sticks. Melt butter in baking dish. Arrange carrots. Sprinkle onions, tamari, honey and ginger on top. Add cream evenly ovetop.

Cover and bake at 375° for 30 min. then turn down to 325° and bake for 45 min. to 1 hour.

Baste when done, in cream mixture at bottom.

Jeanette Johnson

HANDFUL SALAD

1 handful shelled peanuts
9 dates
1 apple
yogurt (plain or vanilla)

1 melon (cantaloupe or honeydew)
36 raisins
lettuce

Chop the shelled and skinned peanuts. Place in large mixing bowl. Add raisins. Cut the dates in half lengthwise and cut in half again (quartered). Cut the melon in half and remove seeds. Use a melon baller to make 36 melon balls. Quarter the apple and slice each quarter into thirds cutting lengthwise. Cut each twelfth into thirds to make 36 pieces. Remember to remove the seed area. Add a handful of lettuce that has been cut into bite sized pieces. (Add more or less according to the number of people you expect to serve.) Toss all ingredients together in bowl and serve. If this must be prepared ahead of time, do not add apples and peanuts until serving time or the apples will turn brown and the peanuts will be soggy. Serve with yogurt dressing. Serves a handful of people.

Andy DiLorenzo

VARIATIONS OF HANDFUL SALAD

18 white seedless grapes cut in half
a handful of sliced strawberries
a handful of sliced red cabbage
a handful of grated carrot
Any or all of these go well with the basic handful of salad.

Andy DiLorenzo

COCONUT FRUIT SALAD

1 medium bunch of grapes	1 pineapple
3 oranges	2 grapefruit
4 bananas	1 pt strawberries
3 apples (or any fruit in season)	1 cup coconut meat
1 cup raisins	chopped nuts, as pecans, walnuts, almonds optional

Wash, core, peel, slice or section fruit (shape according to whichever is appropriate in bowl.) Add coconut, raisins and nuts. Serves 8-10.

Mary Lou Brown

FRUIT SALAD

4 cup combination of sweet fruits (as apples, pears and bananas)	1/2 cup of cottage cheese
juice of 1/2 lemon	1/4 cup yogurt
1/3 cup chopped nuts (walnuts, pecans or almonds)	1 T cinnamon
spices: nutmeg, allspice, ground cloves	small amount apple juice or orange concentrate
optional: raisins, shredded coconut, sunflower seeds, honey if necessary	

Chop fruits. Blend remaining ingredients together. Combine and serve.

Carmel DiMichael

TUNA LOONAS

1 can tuna fish (10 oz).	2 sweet pickles (chopped)
1 stalk celery (chopped)	1 small onion (chopped)
1/2 cup mayonnaise	1/2 cup grated sharp cheese
6 stuffed olives (chopped)	

Mix all ingredients. Put in hamburger rolls. Wrap in foil separately. Place in 425°-450° oven for 15 to 20 minutes or until cheese melts.

DRIED BEEF SANDWICH SPREAD

1/4 lb dried beef	1 lb sharp cheese
1 can Campbell's tomato soup	1 small onion (whole)

Grind beef, cheese together. Mix into tomato soup. Heat to boiling point, stirring constantly. Remove from heat, bury onion in mix and chill.

INVENTIONS, OR, I SURE WOULD LIKE A TASTY TREAT RIGHT NOWGood Basics for Inventions:

- A. Rice cakes or crackers or any of a number of varieties of bread
 - B. Peanut butter - tahini - or any nut butter
 - C. Honey - maple syrup - molasses
 - D. Sesame seeds - sunflower seeds - nuts
 - E. Raisins - dates - apricots - dried apples - etc.
 - F. Onions - garlic
 - G. Cheese: cheddar, colby and swiss are most versatile
 - H. Sprouts: alfalfa and lentil (my favorites) - wheat
- new treat - raw peanuts sprouted
 - I. Relish (see recipe) and/or a good salad dressing (also see recipe)
 - J. Various vegies (carrots - red cabbage - green leafy stuff)
(cauliflower - broccoli - mushrooms)
 - K. Various fruits (lemons - apples - pears - bananas)
strawberries and cream or plain for a real treat (or
dipped in powdered sugar - how terribly decadent, though)
 - L. Dried milk and coconut and wheat germ are good to keep around too.
Especially for making sweet snacks and being able to justify the
nutritional benefits.
 - M. Yogurt/cottage cheese
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To be able to invent edible snacks you need to be somewhat familiar with your ingredients--and have a sense of adventure and daring--The best inventions are spurred on by a seemingly insatiable and spontaneous desire for food. Either due to real hunger or--as will be most common--an oral sensory craving. Now to invent--take one selection from three groupings and put them together (using some judgment--garlic honey doesn't make it--I tried). But then--raisins and onion and peanut butter on Ak-Moks--that's o.k.

Matilda Tompson

NUTRITIOUS CANDY

Mix 2 parts peanut butter (smooth or crunchy), 2 parts honey or maple syrup, 1 part carob powder or cocoa, and 1 part non-instant dry milk powder. Shape into pieces. No cooking involved.

Optional: coconut, currants, raisins, nuts.

Char Criste

JAY'S RUBY FRENCH DRESSING

1 cup oil (olive)	1 T lemon juice
2/3 cup catsup	1 tsp pepper
1/2 cup vinegar (cider)	1 tsp salt
1/3 cup honey (clover)	1 tsp dry mustard
2 T minced onion	1 tsp paprika

Put all ingredients into a quart jar and shake. Let stand 2-3 hours before using. Gets better as it ages. Different oils, vinegars and honeys give subtle and sometimes not so subtle changes, all usually O.K. Ones I listed are superior-- to me anyway. This makes one quart.

Matilda Tompson

ITALIAN DRESSING

1/2c. 6 T olive oil
1/2c. 2 T wine vinegar
1t 1/4 tsp dry mustard
1t 1/4 tsp basil

1t 1/4 tsp salt
1/2t 1/8 tsp pepper
2cl. 1/2 clove garlic (minced)

Blend ingredients. Makes about 1/2 cup dressing.

Rama

MOONDANCE DRESSING

1 cup yogurt
1/2 cup oil
1/3 cup tamari
1 clove garlic, or to taste
1 squeeze of lemon

1 T apple juice, or to taste
1 avocado
1 tsp dill or other herb
1 T tahini (optional)

Combine all ingredients in blender. Makes about 2 1/2 cups.

Gary DiLegge

MY MOM'S CHILI RELISH RECIPE

(good to make at the end of summer)

36 tomatoes	3 cups vinegar (cider)
12 onions	4 T salt
8 green peppers	2 tsp each of allspice, nutmeg,
4 hot peppers, or	paprika, cinnamon
1- 1 and 1/2 tsp cayenne	1 tsp ground cloves
3 cups sugar, or	1 T celery seed
1 and 1/2 -2 cups honey	2 T mustard seed

Peel and grind tomatoes, onions and green peppers. Cook 30 min. Add other ingredients, and continue cooking for 2 to 3 hours. Stir often. Hot pack (like jelly- to seal). Makes 12 pints.

Matilda Tompson

THE WORLD OF BREAD

by Michael Fahey

Bread is all I eat. I wouldn't ask you to immediately start this diet, but it is both nutritious and healthy.

Making bread is an exquisitely simple and beautiful process. The ingredients are basic: flour, water, oil, yeast, sweetener, salt, and YOU. Your kneading transforms the elements and gives you plenty of calm exercise. Use good ingredients, all of which are available at the Co-op. Keep the yeast refrigerated, and keep the oil in a cool dark place or refrigerated. Here is how I make bread for 100 or more people.

In a large bowl (or clean abandoned well) stir together 3 T yeast, 1 cup sweetener (I use honey and/or molasses), 2 cups oil (such as olive, safflower, corn, melted margarine or butter), and 11-12 cups warm water (saved potato water is excellent). Let sit AT LEAST 7 minutes; if you cheat all the air will go out of the loaves. Then add your special ingredients (see VARIATIONS). Add 4-5 heaping tsp salt. Then start stirring in your flour or combination of flour. This recipe requires about 10 lb. Add some flour, stir in until it is thoroughly combined with the sponge. Then repeat the process, adding the flour slowly and stirring. Keep adding flour until it is really hard to stir any more in. Avoid putting in too much flour at once or the bread will become
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dry. Now pour flour on your board or table and take a large glob of your sponge and start kneading it, occasionally rolling it in the flour. Keep kneading until it is still moist, neither sticky wet nor dry. Repeat this process until the entire batch has been kneaded. Let rise at least two hours, or in the refrigerator overnight. Beat down. Form into loaves. Bake at 375-400° for about 50 minutes. Tapping the bottom of the loaves is the method I use to test for doneness. If you get a firm tap, the bread is done. Eat all the heels of the warm bread with butter immediately.

FLOUR: I usually use whimsical combinations of whole wheat and unbleached white, occasionally only one type of flour. Rye is nice in combination with either but should not constitute more than 1/4 of the total amount of flour when used in this recipe.

VARIATIONS TO CUSTOMIZE YOUR BREAD: Blend up a couple of oranges, skin and all, and add cinnamon and cloves, or lemons and cardamom, herbs and garlic, raisins, carob. Don't be afraid to experiment. Add some dry milk, yogurt or whole milk. Go crazy and have fun.

SOURDOUGH: If perchance you'd like a sourdough, follow the standard recipe until the yeast, sweetener, oil and water have sat at least 7 minutes. Then stir in an amount of flour that is substantial and yet still leaves you with a very definitely liquid (stewy) mixture. Refrigerate this overnight. Next day take this out, add the salt as above and continue with the rest of the recipe.

BREAD

tilled earth
swallows seed
rain falls
it sprouts
out grows
new green
in fields
winds blow
soft waves
music tone
sun shines
turns brown
when ready
cut down
little berries
hard shells
stone mill
grinds well
fresh flour
smells clean
mix water

salty sea
add oil
not alot
hand knead
love alot
let sit
quarter day
or more
punch down
sweats moist
shape loafs
forming clay
knife slits
breaths air
set degrees
hot oven
bake for
two hours
let cool
on rack
serve warm

for snack
or send
to friend
with love
inside...

Gary

TOTAL FOOD BREAD

3 T, pkgs. or cakes yeast
 1 cup warm spring water
 5 and 1/2 cups stock from
 steaming veg. or cooking
 beans. 1 use spring water.
 1/2 cup oil
 3/4 cup molasses (blackstrap
 is best)
 1 cup rye flour

6 cups whole wheat flour
 1/2 to 1 cup dried milk
 3-4 eggs
 1/2 to 1 cup soy grits
 1/2 cup nutritional yeast
 2 T sea salt
 1 cup fine corn meal
 1 cup wheat germ
 7 cups unbleached flour

In very large bread bowl combine yeast and warm water. Let sit about 10 min. while gathering other ingredients. Add stock, oil, molasses (measure after oil so it doesn't stick to spoon), rye flour and whole wheat flour. Beat about 5 min. with heavy wooden spoon. Beat in remaining ingredients one at a time, beating after each addition. Let bread rest while you rest a while (you will need a rest now!). Grease loaf pans. Spread about 2 cups flour on kneading board. Dough is very sticky. Knead about 5 min. at least. Let dough rest up to 2 hours or shape immediately and put in loaf pans (either way works). Let rise only once. [In cold weather- 55° or lower- set oven to "warm" for a few min., turn off.

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Leave bread in about 1 hour. Set loaves in oven, turn oven to 200° for 15 min. Then turn up to 350° with bread still in oven. Bake 20-30 min. longer until nicely browned and hollow-sounding when you knock on the crust. Cool on a rack and share some of the warm bread with a good friend. A hot knife makes it a little easier to cut the warm loaf.

This can be made with no white flour and more rye flour. Left-over oatmeal may be added after the eggs for extra moisture. Milk, eggs, grits or yeast can be omitted but they are what make this bread a total nutritious meal. Makes 6 loaves.

Elise Harvey

CRANBERRY BREAD

2 cups white unbleached flour	1/2 tsp salt
1 cup sugar	1 egg
1 and 1/2 tsp baking powder	juice of 1 orange
1/2 tsp soda	1 cup cranberries - halved
2 T shortening	1/2 cup walnuts

Preheat oven to 350°. Grate the rind of the orange into measuring cup. Add the juice from the orange and fill with boiling water to 3/4 cup. Add beaten egg to liquid. Add to sifted dry ingredients. Mix - do not beat. Fold in cranberries and nuts. Bake in greased loaf pan for 1 hour. Makes 1 loaf.

Betty Crocker

RICH EGG BREAD

2 T yeast	2 T wheat germ (opt. makes a Cornell triple rich bread if included)
2 T honey	2 oz butter
1/2 cup soy flour	20 oz milk (or 1/2 cup dried milk plus 20 oz water)
1 T salt	3 eggs
8 cups unbleached white flour (approximately)	

Dissolve yeast in warm liquid. Have all materials lukewarm. Mix liquids, solids and half the flour (mixer may be used). Add rest of flour using enough to handle easily. Knead well. Set in buttered bowl in warm place until it doubles in size. Punch down. Let rise again. Punch down again and loaf into three loaves. Place in greased bread pans and let rise again. When doubled in size bake at 375° for 30-35 minutes. Makes 3 loaves 1 and 1/2 lbs each.

Sally Rickerman
(modified from a Betty Crocker recipe)

RICH WHOLE WHEAT BREAD

2 T yeast	22 oz milk (or 1/2 cup dried milk plus
1/4 cup honey	22 oz water)
1/2 cup soy flour	2 T wheat germ
1 T salt	2 eggs
4 cups stone ground whole wheat	2 oz butter
flour	
4 cups unbleached white flour	
(approximately)	

Dissolve yeast in warm liquid. Have all materials lukewarm. Mix liquids, solids and the whole wheat flour (mixer may be used). Add white flour, using enough for easy handling. Knead well. Set in buttered bowl in warm place. Let rise. Punch down and shape into 3 loaves. Place in greased loaf pans. Let rise again. Bake 35-40 minutes at 375°. Makes 3 loaves 1 and 1/2 lbs each. This is Cornell Triple Rich Bread.

Sally Rickerman

RYE BREAD

3 T yeast
2 T salt
1 cup soy flour
1/4 cup wheat germ
6 cups rye flour
4 oz butter

40 oz milk (or 1 cup dried milk plus
40 oz water)
4 eggs
1/2 cup honey
7 cups unbleached white flour (aprox.)

Dissolve yeast in warm liquid. Have all materials lukewarm. Mix liquids, solids and the rye flour (mixer may be used). Add white flour using enough for easy handling. Knead well. Set in buttered bowl in a warm place. Let rise. Punch down and shape into 6 loaves. Place in greased loaf pans. Let rise again. Bake 50 minutes at 375°. This is a Cornell Triple Rich Bread.

Sally Rickerman

NAN - AFGHAN BREAD

1 T dry yeast (approx. 1 package)	3 cups sifted whole wheat flour
1 tsp sugar or honey	1/2 tsp salt
1/4 cup lukewarm water	3/4 cup cold water

Dissolve yeast and honey. Add salt and flour. Gradually add the COLD water, mixing by hand and adding water only as necessary to get a smooth consistency of a standard bread dough. Allow to rise 1 hour. The dough will not be doubled in bulk but small bubbles will be visible. Divide dough in half. Roll into two long "rectangular" (actually snow-shoe shaped) pieces. Preheat oven and large cookie sheet to 500°. Place dough on pan and cook until golden brown, about 6 minutes. Serves 3-4. This bread is often used instead of a fork, spoon, etc. to pick up other foods as yogurt, salads, and main dishes.

Wendy Knoedler

GRANOLA

6 cups rolled oats	1/2 cup chopped cashews
2 cups wheat flakes	1/2 cup dry milk
1 cup wheat germ	1 cup honey
1 cup sunflower seeds	3/4 cup oil
1 cup sesame seeds	2 tsp vanilla
1 cup chopped walnuts	2 cups raisins
1 cup chopped almonds	1 cup chopped dates

Mix all of the ingredients, except the raisins and dates, and spread in 2-3 large baking pans. Bake in 325° oven, stirring often, until brown (about 25 min). When brown, add raisins and dates. Cool and store. Makes about one gallon.

Rama & Sita

SOURDOUGH SWEET ROLLS

1 cup sourdough starter
 3 cups flour (aprox.)
 2 cups water
 3 T molasses
 2 tsp salt or salt-kelp
 mixture

maple sugar (see recipe below)
 maple syrup
 cinnamon
 nuts (we prefer pecans)
 raisins

Mix together sourdough starter, 1 cup of the flour, and the water. Let stand covered 14-36 hours. Then add molasses, salt and the rest of the flour (2 plus cups, enough to keep the dough from being too sticky to knead). Knead until smooth. Let rest at least 10 min. Roll into a rectangle. Sprinkle with cinnamon, chopped nuts, raisins and maple sugar to taste. Roll up and slice. Place in prepared pan (lecithin or oil). Let rise at least 30 min. Top with a bit of maple syrup on each roll. Bake at approximately 350° 30-45 min. until medium dark brown. As the sauce may overflow during baking, select an appropriate baking utensil.

MAPLE SUGAR:

Cook 1 cup maple syrup on low 25-35 min. stirring frequently when it begins to thicken. When it looks like thick foam pour into ungreased soup bowl to cool. Pulverize using a blender or a hammer and waxed paper. If it ends up reaching the hard ball

stage of candy, loosen the substance from the bowl by placing the bowl in a pan of hot water briefly, but do not allow it to melt (it will restick when it cools again). Remove from bowl when loosened and pulverize as before. The blender strains a bit with this, but is easiest.

CHEESE SWIRLS

2 cups whole wheat pastry flour
2 and 1/2 tsp baking powder
1/3 cup butter
2/3 cup milk

2 cups grated cheddar
1 tsp dry mustard
1/8 tsp cayenne pepper

Preheat oven to 400°. Into mixing bowl sift flour and baking powder. Cut butter in till fine. Add milk and mix with fork. Knead dough and roll out to 12" X 12" square. In bowl, toss cheese, mustard and cayenne, and sprinkle on dough. Roll up like jelly roll. Cut into 1/2 inch slices. Bake on cookie sheet 12 minutes.

Jeanette Johnson

HOME MADE PANCAKE MIX

For those of us who live alone, or who don't have the time to cook pancakes in the morning, but occasionally get tired of granola.

2 cups whole wheat flour
1/2 cup nonfat dry milk
2 tsp baking powder
1/2 tsp cinnamon or other
favorite spice

1/4 tsp sea salt
optional:
2 T brewers' yeast
1/2 cup wheat germ
sunflower seeds

Combine ingredients and shake well. Store in refrigerator. When you want pancakes, use: 1 cup mix, 1 egg, 1 T oil, 1 T honey, and 3/4 to 1 cup water. Makes 4 big fluffy ones.

Note: The pancake can is a good place to put the dust from the bottom of your walnut packages. Also, if you have a moment to spare in the morning, slice up an apple, pear, tangerine or banana and add it to the batter.

Teri Foster

LEBANESE PANCAKES
(Dessert)

4 egg yolks, beaten	1 tsp salt
1/4 cup honey	3 egg whites, beaten stiff
1/4 cup melted butter	2 cups yogurt
1 and 1/2 cups flour	1/2 lb ricotta or cottage cheese
2 tsp baking powder	

Combine egg yolks, honey, butter and yogurt. Sift together dry ingredients and add, mixing well. Fold in beaten egg whites. Fry pancakes on greased griddle. Turn, put 1 tsp cheese in center of each cooked side, fold in half and press edges together. Brown on both sides and serve with honey. Serves 6.

VARIATION: Yogurt cheese can also be used. Pour 2 qt yogurt in a cheesecloth bag and hang over bowl overnight. Next day it will be firm enough to spread. Sprinkle with 1/2 tsp salt and roll in balls to store (in olive oil). Eat on Arab or Afghan bread or use in pancakes above.

Wendy Knoedler

MANDARIN PANCAKES

2 cups flour
1-2 T sesame oil

3/4 cup boiling water

Sift flour into mixing bowl, make a well in the center and pour into it the water. Gradually mix flour and water till a soft dough is formed; on a lightly floured surface, knead for 10 minutes. Cover with damp towel and let rest for 15 minutes. Roll dough into a circle about 1/4 inch thick. With a 2 and 1/2 inch cookie cutter or glass, cut as many circles as possible. Knead scraps together, roll out again and cut more circles. Arrange circles side by side, brush half of them lightly with sesame oil, and place the unoiled ones on top. With rolling pin, flatten each pair into a 6 inch circle. Cover the pancakes with a dry towel.

Set a heavy skillet over high heat for 30 seconds. Reduce heat to moderate and cook the pancakes, one at a time, in the ungreased pan, turning them over as they puff up and little bubbles appear on the surface. Regulate the heat continued next page

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so that the pancakes become speckled with brown after cooking about 1 minute on each side. As each pancake is finished, gently separate the halves and stack them on a plate. This makes about 2 dozen. Serve them at once or wrap them in foil and refrigerate for later use. Reheat by steaming 10 minutes. They may be frozen and steamed to reheat. Steaming before serving is always a good idea for that will ensure a moist, warm pancake.

Sue Pao

DEER PARK CREPES

1 gallon milk
6 eggs

1 cup oil
10 cups flour

Combine all ingredients. To cook, use high heat and good omelette pans, greased once. Cook 30 seconds on each side. Fill with fruits, sauteed vegetables, curries, etc. Roll up and garnish with an appropriate topping. Makes fifty crepes. Leftover crepes can be frozen and reheated later, although they will never compare with fresh crepes.

Jim Mullins

EMMY'S HURRY-UP CAKEStir

2 1/2 cups whole wheat flour
 1 T baking powder
 1 tsp salt

1 1/2 tsp cinnamon
 1/2 tsp nutmeg
 1/2 tsp cardamom

Add

1/2 cup vegetable oil
 1 cup honey
 1/2 cup nuts or granola
 3 eggs
 1 cup milk
 1 tsp vanilla
 grated rind of 1 orange

Soak 1/3 cup soy grits in the milk,
 for a more balanced protein (optional)

Beat 2 or 3 minutes with wooden spoon.

Grease 13x9x2-inch pan. Sprinkle bottom with granola or chopped nuts. Gently pour in batter. Sprinkle again with nuts or granola. Bake at 350° for 40-50 minutes, until knife comes out clean.

Elise Harvey

APPLESAUCE SPICE CAKE

1 cup applesauce	1/2 tsp salt
3/4 cup molasses (or honey)	1/2 cup currants (raisins)
1/2 cup corn oil	1 tsp cinnamon
1 cup whole wheat flour	1/2 tsp cloves
3/4 cup unbleached flour	1/2 cup crunchy granola
1 tsp baking soda	

Mix together the first three ingredients. Mix together all the dry ingredients. Combine the two mixtures. Bake in 9" round cake pan at 350° for 40 minutes. Ice or not.

QUICK ICING

Mix 1 part maple syrup with 2 parts non-instant dry milk powder. Spread over cake.

Char Criste

FRESH FRUIT PIEUnbaked Pie Shell:

1/2 cup grated coconut
1 cup finely chopped walnuts
1 1/2 cups chopped dates

Mix together with hands until holds together well. Press into pie to form crust.

Filling:

4 mashed bananas
1 diced apple
1 cup coconut
raisins
other fruits in season such as strawberries or peaches

Mix together and place in pie shell.

Garnish:

Nuts and/or fresh strawberries layered on top of filling.

Jan Baty

SUPER SIMPLE APPLE DESSERT

Several apples
2 1/2 cups oats
1/2 cup whole wheat flour

sunflower seeds
chopped nuts (opt.)
raisins (opt.)
apricots or apples diced (opt.)

Slice apples and layer on bottom of pan. Mix remaining ingredients and place on top of apples. Bake at 350° for 40 minutes.

TOPPING

1 cup yogurt
1 T cinnamon
1 tsp nutmeg
2 bananas or peaches

several dates
lemon or apple juice
other spices to taste

Mix ingredients together in blender and pour over baked apple dish. Serve.

Carmel DiMichael

COMPOTE KOSHKBAR
(Iranian Dessert)

5 cups water (scant)
1 cup honey
12 dried prunes

1 cup dried apples
1/2 cup dried apricots
1-2 T rose water

Boil water and honey 10 minutes, or until honey is melted. Add prunes, boil 5 minutes. Add apples and apricots and let boil on low about 15 minutes. Add rose water and let cool. Serve cold, with yogurt if desired. Serves 4-5.

Wendy Knoedler

SORBET AU CITRON

2 cups water
1 and 1/4 cups sugar
salt

1/2 cup lemon juice (3 lemons)
2 tsp grated lemon rind
3 egg whites stiffly beaten

Combine water and sugar. Boil 5 minutes. Stir in lemon juice, rind and salt. Chill. Fold in beaten egg whites. Chill until ready to serve.

BLUEBERRY BLENDER

1/2 cup to 1 cup yogurt (depending on how creamy you want it)
 1/4 cup to 1/2 cup honey depending on how sweet you want it (try blueberry-
 blossom!)

Blend well and add slowly and blend: 1 pt or so of frozen blueberries
 (or other fruit) depending on whether you want a sherbert or milkshake!

Susie Macuga

LASI

1/2 cup plain yogurt
 1 tsp honey

2/3 cup orange juice
 3 or 4 ice cubes

Combine all ingredients in blender. Blend at high speed for a few seconds.
 Makes one tall, cool glassful.

Teri Foster

DOUGH

(pronounced DOO-GH, an Iranian Drink)

1 qt yogurt	salt to taste
1-2 tsp crushed mint, and/or spearmint	water

Mix yogurt and water to consistency of slightly watery milk. Add spices. Add salt to taste. Serves 4-6. This is an excellent summer drink and may be prepared with ice cubes instead of water if it is to be kept unrefrigerated for more than an hour.

Wendy Knoedler

CRANBERRY PUNCH

1 and 1/2 cups sugar	1/3 cup lemon juice
3 cups boiling water	1 qt ginger ale
2 cups cranberry jelly	

Mix first 4 ingredients. Chill. When ready to serve, add ginger ale and pour over ice.

LEMON-WHEAT-ADE

1/4 cup wheat berries (kernels) juice of 1/2 lemon
1 cup water

Simply put the berries in a jar with the water and let sit for 24 hours. Strain the water and add lemon juice. Don't forget to refill the jar - the berries will produce a healthy beverage for many days, although the water takes on a whey-like taste along about the third or fourth day. The sweetness of the wheat juice and tartness of the lemon combine to make a delicious drink. Because of the berries' high enzyme content and the lemon's cleansing properties, this is an ideal morning beverage. I drink it in lieu of breakfast.

Bill Thompson

PINK LEMONADE

Add 2 strawberries per quart to usual recipe (in blender), or add to any other fruit punch.

Fred Muller

WASSAIL

3 oranges

2 lemons

1 stick cinnamon

1 T whole allspice

6 cups water

1 1/2 cups sugar

1 gallon cider

1 cup brandy (optional)

Squeeze fruit, reserve juice, place rinds in a pan with spices and water. Simmer 2 hours. Strain over sugar. Stir to dissolve sugar. Chill.

To Serve: Add cider to fruit juices and spice mixture. Heat but do not boil. Add brandy. Serve hot in a punch bowl with floating love apples or apple slices.

HOLIDAY PUNCH BOWL

1 pkg frozen sliced strawberries 1 qt ginger ale
3 cans frozen lemonade 1 8 oz can pineapple tidbits

Partially thaw berries. Make lemonade as directed on can. Combine all ingredients in a small punch bowl. Makes about 4 quarts.

SANGRITA

3/4 cup tomato juice dash tobasco sauce
1/4 cup orange juice salt & papper to taste
lemon juice to taste

Combine all the ingredients in a glass. Serves 1.

RUSSIAN RICKY

5 oranges
5 lemons
2 cups strong tea

4 cups boiling water
3 cups sugar (or 2 cups honey)
4 T raspberry jam

Squeeze fruits and reserve juice. Let rinds stand in boiling water for half an hour. Remove rinds, add sugar to water and boil 5 minutes. Add jam and cool. Combine strained fruit juices, sugar water and tea. Serve with crushed ice.

RUSSIAN TEA

juice of 3 oranges
juice of 3 lemons
1 can pineapple juice (36 oz)

1 qt water
1 T black tea or green tea

Bring water to a boil, add tea, steep for 5 minutes. Strain, add fruit juices. Chill.

SPICED TEA

1 tsp whole cloves
1 inch stick cinnamon
3 qts water
2 1/2 T black tea

juice of 3 oranges
juice of 1 1/2 lemons
1 cup sugar, or 3/4 cup honey

Tie spices loosely in a bag. Boil in water. Add tea also tied in bag.
Steep 5 minutes. Remove bags. Heat fruit juices and sugar, add to tea.
Serves 25