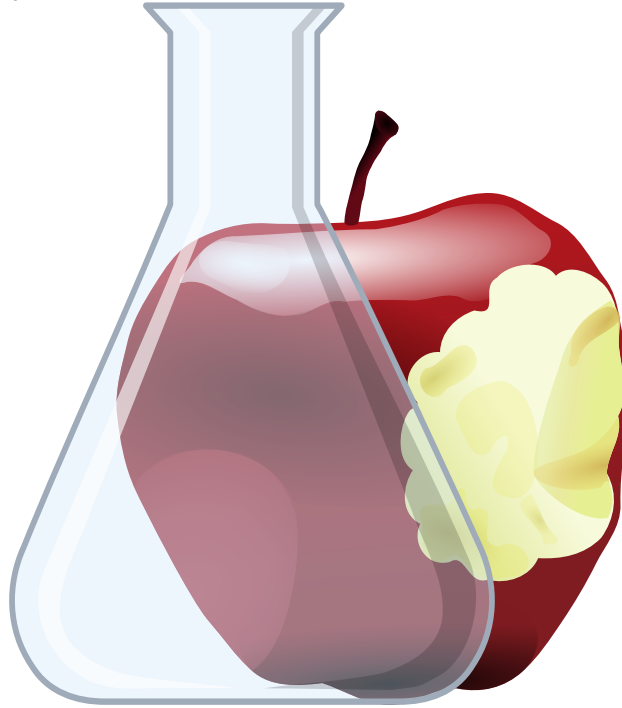


# Laboratory Procedures for Basic Applied Biochemistry



Andre Masella

December 20, 2017 – 9cd16fd6f253a30572b434c93c02442f8349d5d7





# Contents

<b>Contents</b>	<b>iii</b>
<b>Introduction</b>	<b>v</b>
Welcome . . . . .	v
Preparation . . . . .	v
Conversion Hints . . . . .	v
Cooking Charts . . . . .	vi
Sugar Cooking . . . . .	vi
Meat Cooking . . . . .	vi
Barbecue Cooking . . . . .	vii
Cream Types . . . . .	vii
Aromatic Combinations . . . . .	viii
Fat Types . . . . .	ix
Flour Types . . . . .	xi
Potato Types . . . . .	xi
Pastry Methods . . . . .	xii
Yeast Types . . . . .	xv
General Tips . . . . .	xv
Toasting Nuts . . . . .	xvii
Pseudo-frying . . . . .	xvii
<b>1 Beef</b>	<b>1</b>
Braised Stew Template . . . . .	1
Brazilian Beef . . . . .	2
Hearty Beef Goulash . . . . .	2
Jumbo Shells with Beef Filling‡ . . . . .	3
Kari-Kari . . . . .	3
Meatballs . . . . .	4
Meatloaf . . . . .	4
Polpetonë with Zucchini . . . . .	5
Prime Rib Roast . . . . .	5
Rosto Morto . . . . .	5

<b>2 Bread</b>	<b>7</b>
Banana Bread . . . . .	7
Basic Whole Wheat Bread . . . . .	8
Beer Rye Bread . . . . .	8
Buttermilk Biscuits . . . . .	9
Calzone . . . . .	9
Calzone with Raisins . . . . .	10
Cornbread . . . . .	10
Croissants . . . . .	11
Easter Babka . . . . .	12
Folar . . . . .	12
Fresini . . . . .	13
Hot Cross Buns . . . . .	13
Irish Soda Bread . . . . .	14
Japanese-style Sweet Buns . . . . .	14
Missy Tilly's Bread . . . . .	15
Nan Bread . . . . .	15
Pain à l'ancienne . . . . .	16
Pett'leḡ . . . . .	16
Pita Bread . . . . .	17
Pumpkin Bread . . . . .	17
Rhubarb Bread• . . . . .	18
Blueberry Scones . . . . .	18
Shortbread Biscuits• . . . . .	19
Soft Pretzel Recipe• . . . . .	19
Strawberry Tea Bread . . . . .	20
Sweet Potato Rolls . . . . .	20
Whole Wheat Pumpkin Bread . . . . .	20
<b>3 Breakfast</b>	<b>21</b>
Crêpes . . . . .	21
Fast and Fabulous French Toast . . . . .	21
Fluffy Pancakes . . . . .	22
French Toast Raphael . . . . .	22
French Toast Supreme . . . . .	23
Liège Waffles . . . . .	23
Waffles . . . . .	23
<b>4 Cake</b>	<b>25</b>
Apple Cake . . . . .	25
Apple Kuchen• . . . . .	25
Apple Streusel Cake . . . . .	26
Apple Walnut Cake . . . . .	26
Banana Chocolate Ribbon Torte . . . . .	27
Banana Nut Cake . . . . .	27
Butter Cream Frosting . . . . .	28

Carrot Cake . . . . .	28
Cheese Cake . . . . .	28
Cheesecake Supreme . . . . .	29
Chocolate Mousse Cake . . . . .	30
Christmas Fruit Cake . . . . .	30
Cookie Cake . . . . .	31
Dutch Chocolate Cake . . . . .	31
Easy Cheesecake . . . . .	32
Equal Opportunity Coffee Cake . . . . .	32
Ganache . . . . .	33
Hazelnut Torte . . . . .	33
Delizia al Limone (Lemon Cake) . . . . .	34
Mamon . . . . .	34
Maple Apple Pudding Cake . . . . .	35
Mini Cheesecake . . . . .	35
Rhubarb Cake . . . . .	36
Rhubarb Orange Coffee Cake• . . . . .	36
Root Beer Cake . . . . .	37
Seven Minute Frosting . . . . .	37
Sour Cream Coffee Cake . . . . .	38
Sponge Cake . . . . .	38
Tea Ring‡ . . . . .	39
Very Berry Summer Cake . . . . .	39
Zucchini Cake . . . . .	40
<b>5 Candy</b>	<b>41</b>
Caramel Corn . . . . .	41
Dulce de leche . . . . .	41
Granola Bars . . . . .	42
Hard Candy . . . . .	42
Honey Glazed Munch Mix . . . . .	43
Munch and Crunch . . . . .	43
Nut Brittle . . . . .	44
Sam's Caramel Corn . . . . .	44
Sesame Seed Bars . . . . .	44
Torrone . . . . .	45
Torrone Nuggats . . . . .	45
<b>6 Cheese</b>	<b>47</b>
Hard Cheese . . . . .	47
Paneer Cheese . . . . .	48
Quark . . . . .	48
Ricotta . . . . .	48
Wax . . . . .	48

<b>7</b>	<b>Chicken</b>	<b>49</b>
	Broiled Chicken . . . . .	49
	Chicken and Broccoli Casserole . . . . .	49
	Chicken Cacciatore . . . . .	50
	Chicken Cordon Bleu . . . . .	50
	Chicken in Sauce . . . . .	51
	Chicken Sautéed in Wine Sauce . . . . .	51
	Chicken Toscana . . . . .	52
	Crunchy Parmesan Chicken Wings . . . . .	52
	Cutlets with Cranberry Orange Sauce . . . . .	53
	Grilled Herbed Chicken Breasts . . . . .	53
	Lime Grilled Chicken . . . . .	53
	Livers, Hearts and Mushrooms . . . . .	54
	Mint Chicken . . . . .	54
	Pineapple Salsa Chicken . . . . .	55
	Pollo alla Cacciatore . . . . .	55
	Rotisserie Chicken . . . . .	56
	Stand-up Chicken . . . . .	56
	Teriyaki Ginger Chicken Breast . . . . .	56
	Vietnamese Chicken Wings . . . . .	56
<b>8</b>	<b>Cookies</b>	<b>57</b>
	Almond Cookies . . . . .	57
	Almond Crescent . . . . .	57
	Amaretti . . . . .	58
	Banana Oatmeal Cookies . . . . .	58
	Biscotti Neri . . . . .	59
	Breakfast Cookies . . . . .	59
	Calabrese Cookies† . . . . .	60
	Chocolate Chip Cookies . . . . .	60
	Chocolate-Sheathed Almond Biscotti . . . . .	61
	Chocolate Wafers . . . . .	62
	Cranberry Pistachio Biscotti . . . . .	62
	Crostata . . . . .	63
	Double Chocolate Cookies . . . . .	63
	Embossed Macadamia Stars . . . . .	64
	Espresso Cookies . . . . .	64
	Favourite Oatmeal Cookies‡ . . . . .	65
	German Chocolate-Hazelnut Wafers . . . . .	65
	Gingerbread . . . . .	66
	Ginger Snaps . . . . .	66
	Honey Cookies . . . . .	67
	Jan Hagel Cookies . . . . .	67
	Jelly Dot Cookies . . . . .	67
	Lemon Cookies . . . . .	68
	Lemon Pastette . . . . .	68

Lemon Twist Cookies . . . . .	68
Molasses Sugar Cookies . . . . .	69
Oatmeal Chocolate Chip Cookies . . . . .	69
Oatmeal Cookie Bars . . . . .	70
Old German Honey Cookies . . . . .	70
Orange Cookies‡ . . . . .	70
Peaches . . . . .	71
Peanut Butter & Honey Cookies . . . . .	71
Pecan Balls . . . . .	71
Pecan Crescents . . . . .	72
Pecan Snowdrops . . . . .	72
Press Cookies . . . . .	73
Pumpkin Cookies . . . . .	73
Raspberry Cream Cheese Cookies . . . . .	74
Rum Khrustyky . . . . .	74
Sheila's Shortbread . . . . .	74
Shortbread . . . . .	75
Sugar Cookies . . . . .	75
Taralle . . . . .	76
Vanilla Khrustyky . . . . .	76
Vanilla Velvet Cookies . . . . .	76
Witch's Fingers . . . . .	77
<b>9 Corn</b>	<b>79</b>
Polenta . . . . .	79
<b>10 Dessert</b>	<b>81</b>
Angel Food Cake with Espresso Mascarpone . . . . .	81
Bánh lọt . . . . .	81
Caramel Apples . . . . .	82
Chocolate Peanut Butter Balls . . . . .	82
Cracker Dessert . . . . .	82
Cream Cheese Spirals . . . . .	83
Cream Puffs . . . . .	83
Filipino Fruit Salad . . . . .	83
Irene's Strawberry Shortcake . . . . .	84
Italian Fruit Compote . . . . .	84
Key Lime Sorbet . . . . .	84
Lemon Curd . . . . .	84
Lemon Granita . . . . .	85
Marshmallows . . . . .	85
Orange and Rum Pizzelles . . . . .	86
Pecan Ice Cream Topping . . . . .	86
Philadelphia Vanilla Ice-Cream . . . . .	86
Pizzelle‡ . . . . .	86
Profiterole Pyramid . . . . .	87

Quick Philadelphia Fruit Ice-Cream . . . . .	87
Sautéed Bananas . . . . .	87
Tira Mi Su . . . . .	88
Vanilla Pecans . . . . .	88
<b>11 Dip . . . . .</b>	<b>89</b>
Apple Dip . . . . .	89
Artichoke Cheese Dip . . . . .	89
Avocado-Crab Dip . . . . .	89
Chicken Cheese Ring . . . . .	90
Fingerling Potatoes . . . . .	90
Lobster Dip . . . . .	90
Peanut Sauce . . . . .	90
Salmon Ball . . . . .	91
Soy Dipping Sauce . . . . .	91
Spinach Dip . . . . .	91
Tortilla Chip Dip . . . . .	91
<b>12 Drink . . . . .</b>	<b>93</b>
Bahama Mama . . . . .	93
Berry Berry Mock-tail . . . . .	93
Citrus Sangria . . . . .	94
Debbie's Kahlua . . . . .	94
Irish Cream . . . . .	94
Irish Cream 2 . . . . .	94
Masella Mountain Mock-tail . . . . .	94
Mulled Cider† . . . . .	94
<b>13 Egg . . . . .</b>	<b>95</b>
Asparagus Frittata . . . . .	95
Scrambled Eggs Unscrambled . . . . .	95
Tamagoyaki (Japanese Omelet) . . . . .	96
Zucchini Frittata . . . . .	96
<b>14 Eggplant . . . . .</b>	<b>97</b>
Eggplant Parmigiana . . . . .	97
Eggplant Rolls (Involtini) . . . . .	97
Melanzanë a Fungetiédde . . . . .	98
<b>15 Fish . . . . .</b>	<b>99</b>
Baccalà and Potatoes . . . . .	99
Baccalà in Tomatoes . . . . .	99
Baked Sole alla Dario . . . . .	100
Broiled Swordfish Steaks . . . . .	100
Cedar-Planked BBQ Salmon . . . . .	101
Fisherman's Delight . . . . .	101
Fish in Foil . . . . .	102



---

Fish Orange Onion Bake . . . . .	102
Grilled Halibut and Peppers Julienne . . . . .	103
Grilled Red Snapper . . . . .	103
Lemon Barbecued Swordfish Steaks . . . . .	103
Orange Roughy in Wine . . . . .	104
Poached Salmon . . . . .	104
Poached Sole . . . . .	104
Poached Whitefish . . . . .	105
Poached Whitefish in Tomatoes . . . . .	105
Salmon in Puff Pastry . . . . .	106
Salmon Steaks with White Wine . . . . .	106
Sushi Pizza . . . . .	107
Sweet and Sour Swordfish . . . . .	107
Zuppa di Merluz (Whiting) . . . . .	107
<b>16 Hors d'oeuvres</b> . . . . .	<b>109</b>
Cranberry Brie Bites . . . . .	109
Fatthoush . . . . .	109
Grilled Ciabatta . . . . .	110
Mango Salad Rolls . . . . .	110
<b>17 Lamb</b> . . . . .	<b>111</b>
Agnello Con Funghi . . . . .	111
BBQ Butterflied Leg of Lamb . . . . .	111
Pancetta . . . . .	112
Lamb Stew . . . . .	112
Roast Leg of Lamb . . . . .	113
Spinach Stuffed Leg of Lamb . . . . .	113
<b>18 Legumes</b> . . . . .	<b>115</b>
Beans with Cashews . . . . .	115
Fagiolini alla Menta . . . . .	115
Green Beans in Tomato . . . . .	116
Peas and Onions . . . . .	116
White Beans and Fennel . . . . .	116
White Beans and Tomatoes . . . . .	116
<b>19 Marinade</b> . . . . .	<b>117</b>
Beef Marinade . . . . .	117
Fish Marinade . . . . .	117
Italian Marinade . . . . .	117
Laura's Meat Marinade . . . . .	118
Nonna's Pizza Topping . . . . .	118
Teriyaki Sauce . . . . .	118

<b>20 Muffins</b>	<b>119</b>
Best Ever Banana Muffins . . . . .	119
Cornmeal Muffins . . . . .	119
<b>21 Mushroom</b>	<b>121</b>
Bacon and Cream Cheese Stuffed Mushrooms . . . . .	121
Mushrooms in Paprika . . . . .	121
Rosemary Mushrooms . . . . .	121
Stuffed Mushrooms . . . . .	122
<b>22 Pasta</b>	<b>123</b>
Broccoli Pasta . . . . .	123
Carbonara . . . . .	123
Chicken and Shrimp Chow Mein . . . . .	124
Egg Pasta in the Food Processor . . . . .	124
Fettuccine alla Vodka . . . . .	125
Fettuccine Pasta Plus . . . . .	125
Gnocchi di Patate . . . . .	126
Jumbo Shells with Cheese Filling† . . . . .	126
Lamian . . . . .	127
Lemon Spaghetti . . . . .	127
Maccarunë a fièrrë . . . . .	128
Maccheroncini Con Patate e Crema di Acciughe . . . . .	128
Orecchiette . . . . .	129
Parmigiana . . . . .	129
Parmesan Asparagus Pasta . . . . .	130
Pasta al Forno . . . . .	130
Pasta and Rapini . . . . .	131
Pasta Romana . . . . .	131
Pasta with Green Beans . . . . .	132
Pasta with Ricotta . . . . .	132
Pasta with Zucchini . . . . .	132
Penne in Salmon Cream Sauce . . . . .	132
Rúchhëlä . . . . .	133
Tagliatelle . . . . .	133
<b>23 Pasta Sauce</b>	<b>135</b>
Basil Sauce . . . . .	135
Bolognese Sauce . . . . .	135
Cauliflower Tomato Sauce . . . . .	136
Chickpea Sauce . . . . .	136
Fresh Tomato Sauce . . . . .	136
Lentil Sauce . . . . .	136
Marinara Sauce . . . . .	137
Mussel and Clam Sauce . . . . .	137
Mussel Sauce . . . . .	137
Pesto . . . . .	137

Plain Tomato Sauce . . . . .	138
Seafood Sauce . . . . .	138
Shrimp or Cod Fillets in Tomatoes . . . . .	138
Tuna Sauce . . . . .	139
White Clam Sauce . . . . .	139
White Mushroom and Ham Sauce . . . . .	139
Zucchini Pasta . . . . .	139
<b>24 Pie, Cobbler and Tarts</b>	<b>141</b>
Alcoholic Pie Crust . . . . .	141
Apple Galettes . . . . .	142
Butter Tarts . . . . .	142
Creamy Fruit Pie . . . . .	142
Flaky Pie Crust . . . . .	143
Open Apple Pie . . . . .	143
Peach Custard Pie . . . . .	144
Peach Schnitz Pie . . . . .	144
Pumpkin Pie . . . . .	145
Rhubarb and Strawberry Cobbler . . . . .	145
Rhubarb Crumble Pie . . . . .	146
Runny Butter Tarts . . . . .	146
Strawberry and Rhubarb Pie . . . . .	146
Strawberry Pie . . . . .	147
Sweet Potato Pie . . . . .	147
Uncooked Fruit Pie . . . . .	148
<b>25 Pork</b>	<b>149</b>
Cutlets in White Wine . . . . .	149
Cutlets in Wine . . . . .	149
Dry Rub Ribs . . . . .	150
Kansas City Ribs . . . . .	150
Niagara Butterflied Pork Tenderloin . . . . .	150
Pork Cutlets alla Leonardo . . . . .	151
Pork Loin with Rosemary . . . . .	151
Portuguese Pork Tenderloin . . . . .	151
Pork Sausage . . . . .	152
Sausages and Peppers . . . . .	152
<b>26 Potato</b>	<b>153</b>
Baked Mashed Potatoes . . . . .	153
French Fries . . . . .	153
Perogies . . . . .	154
Pisticcese Potato Salad . . . . .	154
Potato and Spinach Croquettes . . . . .	154
Potato Bannock . . . . .	155
Potatoes Marinara . . . . .	155
Potato Pancakes . . . . .	155

Scalloped Potatoes . . . . .	155
Swiss Chard and Potatoes . . . . .	156
Zucchini and Potatoes . . . . .	156
<b>27 Preserves</b>	<b>157</b>
Cranberry Fruit Chutney . . . . .	157
Hot Pepper Jelly . . . . .	157
Pumpkin Butter . . . . .	158
Red Pepper Jelly . . . . .	158
Tomato Pieces . . . . .	159
Tomato Purée . . . . .	159
<b>28 Pudding, Mousse and Gelatin</b>	<b>161</b>
Brownie Pudding . . . . .	161
Chocolate Chantilly . . . . .	161
Chocolate Mousse . . . . .	162
Lemon Cheese Parfait . . . . .	162
Pear Pudding . . . . .	163
Rhubarb Bread Pudding . . . . .	163
Rice Pudding . . . . .	163
Sticky Date Pudding . . . . .	164
<b>29 Rice</b>	<b>165</b>
Aromatic Rice . . . . .	165
Party Paella . . . . .	166
Red and Yellow Pepper Risotto . . . . .	166
Rice with Raisins . . . . .	167
Risotto . . . . .	167
Seafood Risotto . . . . .	167
Shrimp and Zucchini Risotto . . . . .	168
Suppli . . . . .	168
<b>30 Salad</b>	<b>169</b>
Annette's Spinach and Strawberry Salad . . . . .	169
Bean Salad . . . . .	169
Broccoli Salad . . . . .	169
Four Bean Salad . . . . .	170
Fresh and Tasty Potato Salad . . . . .	170
Greek Pasta Salad . . . . .	171
Greek Salad . . . . .	171
Italian Potato Salad . . . . .	171
Mushroom and Spinach Salad . . . . .	172
Potato Salad . . . . .	172
Shrimp Macaroni Salad . . . . .	172
Soup Chicken Salad . . . . .	173
Spinach-Cauliflower Toss . . . . .	173
Sweet and Sour Potato Salad . . . . .	173

Tangy Coleslaw . . . . .	174
Tortellini Salad . . . . .	174
<b>31 Sauce</b>	<b>175</b>
Bechamel . . . . .	175
Cheddar Cheese Sauce . . . . .	175
Chocolate Sauce . . . . .	176
Cranberry Sauce . . . . .	176
Garbanzo Hummus . . . . .	176
Gravy . . . . .	176
Hummus . . . . .	177
Satay . . . . .	177
<b>32 Seafood</b>	<b>179</b>
Barbecued Shrimp . . . . .	179
Breaded Shrimp . . . . .	179
Calamari . . . . .	180
Cold Squid Salad . . . . .	180
Crab Legs . . . . .	180
Grilled Calamari . . . . .	181
Pimento Clams . . . . .	181
Sautéed Shrimp . . . . .	181
Stir Fried Sour Shrimp . . . . .	182
Stuffed Mussels . . . . .	182
Stuffed Squid• . . . . .	182
Thai Basil Seafood Sauce . . . . .	183
The Finale . . . . .	183
Wasabi Shrimp . . . . .	183
<b>33 Soup</b>	<b>185</b>
Asparagus Soup . . . . .	185
Borscht . . . . .	185
Butternut Squash Soup . . . . .	186
Charlotte's Web Pumpkin Soup . . . . .	186
Chêcuzza lognë Soup . . . . .	187
Chicken Soup . . . . .	187
Clam Chowder . . . . .	187
Cream of Asparagus Soup . . . . .	188
Doughboys . . . . .	188
French Onion Soup . . . . .	188
Gazpacho . . . . .	189
Italian Mussel Soup . . . . .	189
Lenticchie in Umido . . . . .	190
Minestrone . . . . .	190
Pastina . . . . .	190
Vegetarian Mushroom Soup . . . . .	191
Voohy . . . . .	191

Zucchini Soup• . . . . .	191
<b>34 Sourdough</b>	<b>193</b>
Refreshing the Starter . . . . .	193
Brioche . . . . .	194
Challah . . . . .	194
Country French Bread . . . . .	195
Sourdough English Muffins . . . . .	195
French Bread . . . . .	196
Hybrid Ciabatta . . . . .	196
New York Bagels . . . . .	197
Pain de Provence . . . . .	197
Pandoro . . . . .	197
Pão de Milho . . . . .	199
Pizza Crust . . . . .	200
Portuguese Sweet Bread . . . . .	200
Potato Tortano . . . . .	201
Pretzels . . . . .	202
San Fransisco Sourdough . . . . .	202
Semolina Bread . . . . .	203
Sweet Potato Sourdough . . . . .	203
<b>35 Squares and Bars</b>	<b>205</b>
Best Brownies . . . . .	205
Chocolate Peanut Crispies . . . . .	205
Chocolate-Pecan Caramel Candy Bars . . . . .	205
Christmas Cornflake Wreaths . . . . .	206
Date Squares . . . . .	207
Honey Brownies . . . . .	207
June's Brownies . . . . .	207
Lemon Bars . . . . .	208
Lemon Squares . . . . .	208
Magic Bars . . . . .	208
Peanut Butter Squares . . . . .	209
Rice Krispies Squares . . . . .	209
Strawberry Cheesecake Squares . . . . .	209
<b>36 Squash</b>	<b>211</b>
Battered Zucchini . . . . .	211
Boston Zucchini Sticks• . . . . .	211
Glazed Butternut Squash . . . . .	212
Stuffed Zucchini . . . . .	212
Zucchini in Tomatoes . . . . .	212
Zucchini in Tomatoes 2 . . . . .	212
Zucchini Parmigiana . . . . .	212

<b>37 Turkey</b>	<b>213</b>
Artichoke Turkey Cutlets . . . . .	213
Closed Pan Roast Turkey . . . . .	213
Herb-Grilled Turkey Scallopini . . . . .	214
Open Pan Roast Turkey . . . . .	214
Turkey Dressing . . . . .	214
<b>38 Veal</b>	<b>215</b>
Breaded Cutlets in Tomato Sauce . . . . .	215
Liver Veneziana . . . . .	215
Osso buco . . . . .	216
Veal alla Pizzaiola . . . . .	216
Veal Birds . . . . .	216
Veal in Bianco . . . . .	216
<b>39 Vegetable</b>	<b>217</b>
Beans and Potatoes . . . . .	217
Cabbage Roll Casserole . . . . .	217
Cabbage Rolls . . . . .	218
Cauliflower Casserole . . . . .	218
Escarole in Tomatoes . . . . .	219
Green Peppers and Tomatoes . . . . .	219
Grilled Vegetables . . . . .	219
Lemon Asparagus . . . . .	219
Pëpparulë . . . . .	220
Roasted Asparagus . . . . .	220
Roasted Root Vegetables . . . . .	220
Stuffed Artichokes . . . . .	221
Stuffed Eggplant . . . . .	221
Stuffed Pepper Halves . . . . .	222
Stuffed Whole Peppers . . . . .	222
Swiss Chard with Pëpparulë . . . . .	222
<b>Glossary</b>	<b>223</b>
<b>Stealing Recipes</b>	<b>225</b>
Invitation . . . . .	225
Everything is Important . . . . .	226
How to Measure . . . . .	226
Quantifying the Measurements . . . . .	226
Fixing the Recipe . . . . .	227
The Ultimate Test . . . . .	227
Peasant Cooking . . . . .	227
Closing . . . . .	228

---

<b>Microbiology</b>	<b>229</b>
Aseptic Technique . . . . .	229
Glassware . . . . .	229
Osmotolerant Yeast . . . . .	229
Frozen Stock . . . . .	230



# Introduction

## Welcome

This book started because most of our family recipes were not written down. Those that were, often had misleading or blatantly incorrect instructions. Those that were correct, were still cryptic asking for “enough flour to make dough the right consistency”. A particularly good example is Breakfast Cookies (See page 59) which required “2 heaping teaspoons” of baking powder. First, these were not standard teaspoons, but kitchen serving teaspoons. The heap is supposed to be so large that it almost cannot be removed from the container. After some precise measurements with a scale, I found that these “teaspoons” were 3 times larger than a standard teaspoon.

I hope to slowly standardise the recipes and make the quantities sound. It is best to assume all quantities, if even present, are subject to judgement and revision. If you make a discovery about a quantity, please tell me and I will change this book.

Some recipes are marked • meaning I have not made them, but they seem sound even though they came from the Internet. Some recipes are marked with ‡. These are undoubtedly family recipes lacking quantities, having incorrect quantities, or having missing information. If you make one of these, please accurately measure the ingredients and help me update this book.

## Preparation

This has been typeset using L<sup>A</sup>T<sub>E</sub>X, using custom recipe environments. The cover graphic was made in Inkscape. Revision control is done through Subversion.

## Conversion Hints

It is good to know that:

$$\begin{array}{l} 3 \text{ tsp} = 1 \text{ tbsp} = \frac{1}{2} \text{ oz} = \frac{1}{16} \text{ cup} \\ 1 \text{ cup} = 8 \text{ oz} = \frac{1}{4} \text{ qt} = 250 \text{ mL} \end{array}$$

In this book, no distinction is made between fluid ounces and avoirdupois ounces (mass) in writing. I hope to eventually replace all ounces with either grams or mL.

## Cooking Charts

### Sugar Cooking

Stage	Temperature (°C)	Temperature (°F)
Pearl	104 to 106°C	220 to 222°F
Thread	106 to 112°C	223 to 235°F
Blow or Soufflé	110 to 112°C	230 to 235°F
Soft Ball	112 to 166°C	234 to 240°F
Firm Ball	116 to 120°C	242 to 248°F
Hard Ball	121 to 129°C	250 to 265°F
Soft crack	132 to 143°C	270 to 290°F
Hard crack	149 to 154°C	300 to 310°F
Light caramel	160 to 170°C	320 to 338°F
Medium caramel	176 to 182°C	350 to 360°F
Dark caramel	188 to 204°C	370 to 400°F
Black Jack or Monkey's Blood	210°C	410°F

### Meat Cooking

Meat	Cut	Taste	Temperature
Beef and Lamb	Roasts, Steaks and Chops	Rare	120 to 125°F
		Medium Rare	130 to 135°F
		Medium	140 to 145°F
		Medium Well	150 to 155°F
		Well Done	160°F
	Ground Meat		160 to 165°F
Chicken and Duck			165°F
Turkey			165°F
Pork	Roasts, Steaks and Chops	Medium	140 to 145°F
		Well Done	160°F
		Sausage (raw)	160°F
		Ham (raw)	160°F
	Ham (precooked)		140°F
Fish	Steaks, Fillets or Whole		140°F
Tuna, Swordfish, and Marlin			125°F

A turkey's temperature can rise 30°F when resting.

## Barbecue Cooking

Meat	Heat	Taste	Time
Hamburger ( $\frac{3}{4}$ "	Medium	Medium	8 to 10 minutes
		Well Done	10 to 15 minutes
Frozen Patties	Low to Medium	Medium	12 to 14 minutes
Beef Steak (1"	Medium	Rare	3 to 6 minutes
		Medium	6 to 9 minutes
		Well Done	9 to 12 minutes
Beef Roast	Low	Rare	12 to 15 minutes per lb
		Medium	15 to 20 minutes per lb
		Well Done	20 to 25 minutes per lb
Pork Chops ( $\frac{1}{2}$ "	Medium	Medium	8 to 10 minutes
		Well Done	15 to 20 minutes
Pork Ribs (3 to 4 lbs)	Low to Medium		45 to 90 minutes
Pork Roast (3 to 5 lbs)	Low to Medium	Well Done	18 to 23 minutes per lb
Lamb Chops ( $\frac{1}{2}$ "	Medium		6 to 12 minutes
Chicken ( $2\frac{1}{2}$ to $3\frac{1}{2}$ lbs)	Low		75 to 90 minutes
Turkey/Chicken (2 to 5 lbs)	Medium/Low		30 minutes per lb
Chicken—Halved or Quartered	Low		25 to 30 minutes
Chicken Breast (6 oz)	Medium		8 to 12 minutes
Boneless Chicken Breasts (Halves)	Medium		10 to 12 minutes
Fillets (6 to 8 oz)	Medium to Hot		8 to 12 minutes
Fish Steaks (1"	Medium to Hot	Well Done	10 to 15 minutes
Shrimp	Low to Medium		8 to 12 minutes
Baking Potato	Medium		25 to 30 minutes
Corn	Low to Medium		15 to 20 minutes
Zucchini—Halved	Medium		6 to 10 minutes

If fish is frozen, brush with oil and double grilling time.

## Cream Types

Cream Name	Minimum Fat (%)	Maximum Fat (%)
Half & Half	10.5	18
Table Cream	18	30
Medium Cream	25	
Whipping Cream	30	36
Heavy Whipping Cream	36	+
Extra-Heavy Cream	38	+

## Aromatic Combinations

Name	Origin	Ingredient Ratio
Mirepoix	French	2 cup onion : 1 cup carrot : 1 cup celery
Mirepoix blanc	French	1 cup onion : 1 cup parsnip : 1 cup celery
Battuto	Italian	bacon : garlic : onion : parsley : carrot : celery : green peppers (optional)
Sofrito	Spanish	head of garlic : 2 cup bell peppers : 1 cup tomatoes : bunch of cilantro : small bunch of parsley
Trinity	Cajun	2 cup onion : 1 cup green pepper : 1 cup celery
–	Chinese	scallion : garlic : ginger : chili peppers

Aromatics generally form the basis of a dish, especially a soup or stew. They are usually sautéed with butter, oil, the fat render from the meat in the dish, or a combination. There is some flexibility and one aromatic combination may be substituted for another to change the flavour of a dish without leaving a “hole”.

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## Fat Types

Name	Consistency	Origin	Processing
Fat	–	Any	Any
Wax	Solid and Brittle	Plant	None
Shortening	Solid	Plant	Hydrogenated
Oil	Liquid	Plant	None
Lard	Solid	Animal	None
Grease	Liquid	Animal	None

The smoke point is the point where an oil smokes and begins to burn.

Fat	Quality	Smoke Point
Almond oil		420 °F – 216 °C
Avocado oil		520 °F – 271 °C
Butter		350 °F – 177 °C
Canola oil	Expeller Press	464 °F – 240 °C
Canola oil	High Oleic	475 °F – 246 °C
Canola oil	Refined	468 °F – 242 °C
Coconut oil	Unrefined	350 °F – 177 °C
Corn oil	Unrefined	320 °F – 160 °C
Corn oil	Refined	450 °F – 232 °C
Cottonseed oil		420 °F – 216 °C
Flax seed oil	Unrefined	225 °F – 107 °C
Ghee (Indian Clarified Butter)		485 °F – 252 °C
Grapeseed oil		420 °F – 216 °C
Hazelnut oil		430 °F – 221 °C
Hemp oil		330 °F – 165 °C
Lard		370 °F – 182 °C
Macadamia oil		413 °F – 210 °C
Olive oil	Extra virgin	375 °F – 191 °C
Olive oil	Virgin	420 °F – 216 °C
Olive oil	Pomace	460 °F – 238 °C
Olive oil	Extra light	468 °F – 242 °C
Olive oil, high quality (low acidity)	Extra virgin	405 °F – 207 °C
Peanut oil	Unrefined	320 °F – 160 °C
Peanut oil	Refined	450 °F – 232 °C
Rice bran oil		490 °F – 254 °C
Safflower oil	Unrefined	225 °F – 107 °C
Safflower oil	Semi-refined	320 °F – 160 °C
Safflower oil	Refined	510 °F – 266 °C
Sesame oil	Unrefined	350 °F – 177 °C
Sesame oil	Semi-refined	450 °F – 232 °C
Soybean oil	Unrefined	320 °F – 160 °C
Soybean oil	Semi-refined	350 °F – 177 °C
Soybean oil	Refined	450 °F – 232 °C
Sunflower oil	Unrefined	225 °F – 170 °C
Sunflower oil	Semi-refined	450 °F – 232 °C
Sunflower oil, high oleic	Unrefined	320 °F – 160 °C
Sunflower oil	Refined	450 °F – 232 °C
Tea seed oil		485 °F – 252 °C
Vegetable shortening	360 °F – 182 °C	
Walnut oil	Unrefined	320 °F – 160 °C
Walnut oil	Semi-refined	400 °F – 204 °C

## Flour Types

The seed of a plant contains three parts: the germ, the plant embryo; the bran, the hard outer shell; and the endosperm, the starch storage for the plant. All flours can be categorized by which of these they contain, how finely they are milled, and the source plant. Some flours go through bleaching to change the colour. There are different kinds of wheat: hard and soft. Hard, or winter, wheat contains a lot of protein, while soft, or spring wheat, contains less protein. Durum wheat is a specific strain of hard wheat. The different combinations are better at different tasks.

Name	Source	Components	Milling	Processing	Uses
All-Purpose	Medium Wheat	Endosperm	Fine	Bleached	Most Baking
Atta	Hard Wheat	All	Medium	None	Chapatis and Pasta
Brown Rice	Rice	All	Fine	None	Noodles
Buckwheat	Buckwheat	Varies	Fine	None	Noodles
Cake and Pastry	Soft Wheat	Endosperm	Very Fine	Bleached	Cakes and Pastries
Corn Flour	Corn	Varies	Fine	None	Bread and Tortillas
Corn Meal	Corn	All	Coarse	None	Muffins and Cornbread
Cracked Rye	Rye	All	Very Coarse	None	Bread
Dark Rye	Rye	All	Medium	None	Bread
Durum	Hard Wheat	Endosperm	Medium	None	Bread and Pasta
Graham	Medium Wheat	All	Mixed	None	Crackers
Gram	Chickpeas	All	Medium	None	Breading
Light Rye	Rye	Endosperm	Medium	None	Bread
Masa de harina	Corn	Varies	Fine	Nixtamalized	Bread and Tortillas
Rice	Rice	Endosperm	Fine	None	Noodles
Semolina	Hard Wheat	Endosperm	Coarse	None	Pasta and Bread
“Smart”	Medium Wheat	All	Fine	Bleached	All-Purpose Replacement
Unbleached	Hard Wheat	Endosperm	Fine	None	Bread
Whole Wheat	Medium Wheat	All	Fine	None	Miscellaneous Baking

Durum flour is available at the Bulk Barn. Corn flour refers to corn starch in Britain; when corn flour is mentioned here, use the Spanish or Portuguese brands.

## Potato Types

Name	Class
Russet	Mealy
Goldrush	Mealy
Long White	Mealy
Idaho	Mealy
Yukon Gold	In-between
Peruvian Blue	In-between
Superior	In-between
Kennebec	In-between
Kathdin	In-between
Red-skinned	Waxy
White	Waxy
Crescent	Waxy
Yellow	Waxy

A cured potato has a thick skin while a new potato has a thin one. Normally, “new potatoes” are new white

potatoes.

Potatoes (*Solanum tuberosum*) and sweet potatoes (*Ipomoea batatas*) are only distantly related. Although sweet potatoes are called “yams”, that refers to a more distantly related plant, *Dioscorea* sp. Sweet potatoes are actually most closely related to common morning glories (*Ipomoea purpurea*). They are usually acceptable substitutes for potato, except for the skin, as the “in-between” type.

Class	Uses
Mealy	Baking
	Mashing
	French fries
	Baking
In-between	Gnocchi
	Perogies
Waxy	Soups and Stews
	Salad
	Casseroles
	Roasting
	Barbecuing

In-between varieties can do the jobs of mealy or waxy potatoes, but not as well. Mealy potatoes become light and fluffy when cooked, but tend to fall apart. Waxy potatoes keep their shape, but become lumpy when mashed. Yukon Gold is particularly good for gnocchi and perogies because it can be mashed smoothly (like a mealy potato), but does not absorb much water (like a waxy potato).

## Pastry Methods

Most doughs fall into one of the following methods. Although some recipes vary, most will be roughly the same and making changes will produce predictable results (e.g., creaming more in the cake method will produce fluffier cake). If you have a “recipe” which is only a list of ingredients, just apply the appropriate method.

When fats are involved, different recipes will require fat as a liquid, soft solid, or hard solid. If the fat is an oil or melted, treat it as a liquid. If it is “softened” or room-temperature, it is usually worked in to dry flour and allowed to coat the flour to create a tender dough. If it is cold, it will create layers in between bits of flour to create a flaky texture. In this final case, having a metal pan in the freezer can be a way to quickly chill dough if it heats up during working. Some doughs, like pie crust, will have some soft solid and some hard solid to be both tender and flaky.

### The Muffin Method

The muffin method is often used to prepare muffins and quick-breads.

1. Combine the dry ingredients. Usually, sifting is suggested. Sifting can be replaced by a trip through a food processor or vigorous whisking.
2. Combine the liquid ingredients and the eggs.
3. Melt the fat and add to the liquid ingredients.
4. Combine the wet and dry ingredients with a minimum of stirring. It **will** be lumpy and there **will** be some bits of dry ingredients.

Excessive stirring will cause the over-development of gluten. This would result in a smaller, less tender muffin with tunnels and a peaked crust.



### The Biscuit Method

The biscuit method is used to prepare biscuits and dumplings.

1. Combine the dry ingredients.
2. Combine the liquid ingredients and the eggs.
3. Cut the fat into the flour mixture until the mixture has a coarse texture.
4. Combine the wet and dry ingredients. Be careful not to over-mix. Once a ball of dough forms, it can be kneaded briefly.

Cutting the fat into the flour will cause layers to form through the dough. These layers are what makes a biscuit flaky. Again, be aware that over-working the dough will result in biscuits that are less tender and flaky than they should be.

### The Cake or Creaming Method

The cake method is used mainly for cookies and cakes.

1. Cream the fat and sugar together.
2. Beat the eggs then add to fat and sugar mixture and beat well.
3. Add the sifted dry ingredients alternately with the liquid ingredients, beginning and ending with the dry ingredients. After each addition, stir to combine the ingredients then beat briefly.
4. Fold in any flavourings, fruits, and nuts.

Creaming the fat with the sugar and then with the eggs incorporates a lot of air, making the final product fluffy. While over-beating is still a possibility, the fat will help to prevent tough gluten from forming.

### The Bread Method

The bread method is used for most yeast risen breads, pizza dough, pretzels, and cinnamon buns.

1. Bloom yeast, if using active-dry yeast, using some warm water and sugar. The sugar should only be about 1 tbsp per 1 cup water.
2. Combine the dry ingredients. If using volumetric measurements, reserve some of the flour.
3. Combine the liquid ingredients.
4. Add yeast to liquid ingredients.
5. Stir until stiff.
6. Knead until dough passes the window pane test. The test is performed by gently stretching the dough. If the dough can be stretched thin enough for light to pass through without tearing, the dough is done. If the dough is too sticky, the reserved flour can be added sparingly; a dough which is too moist is usually better than a dough which is too dry. Over-kneading is possible, but nearly impossible by hand and unlikely using a mixer.

7. Let “ferment” (first rise), usually, until doubled in bulk. This takes, in most recipes, 1 to 2 hours. Sometimes, this step is done in a refrigerator, in which case it is “retarded” and this takes over night.
8. “Turn” (deflate or punch-down) the dough by folding the dough like a letter and flattening with finger tips. The purpose is **not** to remove every gas bubble from the bread.
9. Let “proof” (second rise). This rise may also be “retarded”.
10. Infrequently, the dough maybe turned and proofed again. Each subsequent cycle will take longer than the previous one.

## Yeast Types

For bread baking, most commonly used yeast is *Saccharomyces cerevisiae*, commonly called baker's yeast or brewer's yeast. It is capable of digesting many sugars as a food source including the maltose produced by the break down of starch in the flour. The types of yeast below are listed from most potent to least potent. The can all be substituted for one another if the quantity is adjusted. If too much yeast is added, the final product will taste of yeast and too little will rise prohibitively slowly. Yeast grow optimally at 30 °C and will die if exposed to temperatures greater than 40 °C.

**Compressed Yeast** – Yeast is sold in a beige block which is firm to the touch but crumbles when pressed. Also referred to as live yeast, fresh yeast, or a yeast cake. It has a short shelf life of only a month in the fridge and risks growing mould. It can be frozen, ideally in a deep freezer and should not be defrosted repeatedly. It can be crumbled directly into dough or dissolved in water. A “cube” is 25 g.

**Instant Yeast** – Yeast is sold in granules that have a very long shelf life. The most common brand is Fleischmann's. Also referred to as Rapid-Rise or Quick-Rise. It does not need to be “activated” before use, but it should be dissolved in water. Activating it does no harm. It can be stored unopened for 1 year; once opened, 3 months if stored in the fridge or 6 months in the freezer.

**Active Dry Yeast** – Yeast is sold in granules that have a fairly long shelf life. Instant yeast has effectively replaced active dry. One can be substituted for the other, but less instant is required. Yeast must be “activated” by mixing with warm sugar water and allowing to stand for 10 minutes. It can be stored unopened for 1 year; once opened, 3 months if stored in the fridge or 6 months in the freezer.

**Sourdough Starter** – Naturally occurring yeast, usually *Saccharomyces cerevisiae*, *Saccharomyces exiguus*, and/or *Candida* sp., and lactic acid bacteria are present in a piece of dough. Also referred to as a sponge. The starter is “fed” and some is used for baking and some is reserved for future use. Starter can be kept in the fridge for months if no mould grows, but is ideally fed at least every other week. If substituting, some of the water and flour in the recipe must be substituted for starter. If more than half of the water comes from the starter, the final bread will be sour.

Conversion can be done as follows:

- Instant → Compressed :  $\times 3$
- Active Dry → Compressed :  $\times 2.5$
- Instant → Active Dry :  $\times 1.25$

Osmotolerant yeast is a type of yeast bred to survive the high osmolarity (i.e., high sugar and salt concentrations) of sweet breads. Other forms of yeast will not raise the bread sufficiently without imparting a yeast flavour due to a need for more yeast to be added. It can be purchased in the US in an instant form.

## General Tips

- Water in a stainless steel pot should be salted after boiling as the salt will corrode and pit the metal.
- Before making a substitution, consult The Cook's Thesaurus (<http://www.foodsubs.com/>).
- There are two kinds of ice-cream: New York-style and Philadelphia-style. New York-style has a custard (i.e., egg base) and is cooked. Philadelphia-style has no eggs and is usually uncooked. The difference gives New York-style a very rich and heavy flavour while Philadelphia-style is usually more light and fruity.

**Pasta Specific Tips:**

- Dishes from the “Pasta” category must be served immediately, while dishes in the “Pasta Sauce” can be made ahead of time and frozen.
- When removing meat from pasta sauce, a small well of pasta water should be added to “rinse” the meat as it is being removed.
- When dressing pasta Nonna-style, toss the pasta with half the cheese and half the tomato sauce, put into individual dishes, sprinkle remaining cheese and ladle remaining sauce on top. Adding sauce with cheese on top is “ristorante”-style.
- If substituting canned tomatoes, diced tomatoes are equivalent to tomato pieces in most recipes and crushed tomatoes are equivalent to purée.
- Rice may be substituted for pasta in many dishes by boiling the Arborio rice in a large volume of salted water.

**Bread Specific Tips:**

- To raise bread faster, put the bread in a cold oven with a bowl or pot of boiled water. Reheat the water when it cools.
- To make a firmer crust on breads, increase the oven temperature and steam the oven by cracking the door and wetting the sides of the oven with a spray bottle of water or dropping ice cubes in a pan with rocks.
- The oven should be preheated 50 °F above the target temperature to compensate for the heat lost when the oven door is opened to insert the bread.
- Starter, whisked down, has a density of 300 g per 1 cup.
- According to Alton Brown, bread should be cooked until it reaches an internal temperature of 207 °F. Any higher than 210 °F and the water inside the bread will boil causing the bread to boil. Lower than 205 °F will result in under cooked yeasty-flavoured bread. Times are suggestions based on experience before cooking by temperature or for recipes where inserting a temperature probe is not practical. Any recipes where bread is not cooked to 207 °F are explicitly labelled. If a bread has reached 207 °F but the crust is not dark enough, decrease oven temperature by 50 °F and watch that the internal temperature does not exceed 210 °F. The temperature probe should not be inserted until the crust forms. Allow the bread to bake for 10 minutes before inserting the meat thermometer.
- Starter should be grown in glass, plastic, or stainless steel vessels.
- Malt extract syrup and malt extract powder can be interchanged. Malt syrup is 20% water and the powder has no water. Adjust the water in the recipe appropriately.

**Emergency Tips:**

- If the oven is not working, place a cake in a large pot raised off the bottom using a metal rack, trivet, or jar lids. Add water to the pot and steam the cake. Cook for the usual length of time.
- If you do not have an ice cream maker, you can freeze the ice-cream solid, cut it into cubes, and use a blender to liquefy the cubes, then freeze the mixture. This method will never produce ice crystals as small as a real ice-cream maker, but the final product will be fairly smooth.

## Toasting Nuts

1. Preheat oven to 325 °F.
2. Place nuts in a baking pan and bake for 8 to 10 minutes, or until lightly brown (Pine nuts need only 6 to 8 minutes).
3. To skin hazelnuts, let the toasted nuts cool for 1 to 2 minutes, then rub the still-warm nuts between the palms of your hands, layers of a kitchen towel, or paper towels, letting the papery skins flake away.

## Pseudo-frying

From America's Test Kitchen.

This is meant as a substitute to breading and frying in oil. The heating in hot oil causes Maillard reactions to brown and flavour the coating. This method recreates that flavour without using much oil.

Use the same type of bread crumbs or coating and the same type of meat, fish, or vegetable in the original recipe. Because of the reduced quantity of oil, use the same oil in the original recipe or a better one.

Ingredients:

- oil
- bread crumbs
- meat

1. Preheat the oven to 300 °F.
2. In a frying pan, heat a tiny amount of oil and bread crumbs.
3. On medium-low heat, stir the bread crumbs constantly until toasted to a light brown.
4. Let cool.
5. Coat meat in bread crumbs in the way described in the recipe.
6. Place on a wire rack pan.
7. Bake.
8. Finish the way described in the recipe.



# Chapter 1

## Beef

### Braised Stew Template

From Andre Masella and Alton Brown.

This is less of a recipe and more of a guide to make a stew by braising.

Ingredients:

- stewing beef (the cheapest possible cut)
- braising liquid (generally any combination of: aromatic vegetables, wine, vinegar, tomato paste. The meat will release water, so the mixture can be more of a paste than a liquid.)
- herbs and spices
- salt
- vegetables
- butter
- flour

1. Season meat liberally with herbs and spices.
2. If desired, marinate in braising liquid overnight.
3. If marinated, drain, reserving braising liquid, and pat meat dry.
4. Heat a skillet very hot without oil.
5. Place cubes of beef on the skillet and let each side brown thoroughly.
6. Combine beef and braising liquid in an oven-safe lidded pot or a foil packet.
7. Place in a cold oven.
8. Heat oven to 250 °F.
9. Bake for 4 hours, checking occasionally.
10. Separate meat, braising liquid, and solids in braising liquid.

11. Pour braising liquid in a narrow container and refrigerate.
12. Refrigerate solids separately.
13. Let meat cool for 1 hour.
14. Refrigerate meat separately.
15. When the meat has firmed, remove it from the fridge.
16. Using shears, cut the meat into pieces of the desired size and trim away any fat and gristle.
17. Remove the solidified fat from the braising liquid.
18. Heat some of the fat in a large pot. If insufficient, add oil.
19. Sauté vegetables until desired consistency. Use separate batches if desired.
20. Wipe out inside of pot.
21. Microwave braising liquid until warm.
22. Melt butter in pot.
23. Whisk in an equal volume of flour to form a roux. Whisk quickly; add flour slowly.
24. Continue whisking until flour has become golden brown.
25. While whisking very quickly, slowly add the braising liquid to form a gravy.
26. Add vegetables and meat and stir to distribute.
27. Remove from heat.
28. Allow to stand for 10 minutes.

*The browning in the first step provides most of the “meat” flavour. Ensure the skillet is very hot. Preheat it for at least 5 minutes on an electric stove or 3 minutes on a gas stove.*

*The connective tissue in the meat, collagen, will be bro-*

ken down by the slow heating and converted to gelatin. The stove top does not provide adequate temperature control to braise. The cheapest meat has the most connective tissue.

Chilling the meat allow the gelatin to set up like a gelatin dessert. This simply makes handling easier.

The braising liquid traditionally contains aromatic vegetables, but this is not necessary. A set of aromatic vegetables (e.g., mirepoix) can be split between the braising liquid and the stew vegetables.

## Brazilian Beef

From Fernando Leite.

Ingredients:

- chunk of beef tenderloin or other boneless cut
  - sea salt or Kosher salt
  - pepper
  - garlic, crushed
  - red wine vinegar
1. Season meat with salt and pepper.
  2. Add garlic to vinegar.
  3. Grill meat or cook on rotisserie.
  4. During the last few minutes of cooking, brush with vinegar.
  5. Slice into 1/2" thick pieces.

## Hearty Beef Goulash

Makes 4 servings.

Ingredients:

- 1 tbsp oil
- 2 slices of bacon, chopped
- 1 clove of garlic, minced
- 2 carrots, sliced
- 2 medium onions, sliced
- 1 green bell pepper, sliced
- 1/4 lbs whole small mushrooms
- 1 1/2 lbs stewing beef, cubed
- 1/4 cup flour
- 3 tbsp paprika
- 1 cup beef stock
- 1 bay leaf
- 1 cup milk
- 1 tsp flour
- salt
- pepper

1. Heat oil in a heavy pan.
2. Add bacon and cook until lightly browned.
3. Remove with a slotted spoon to a large pot.
4. Add garlic, carrots, onions, green pepper and mushrooms to pan.
5. Stir over medium heat for 5 minutes.
6. Remove and add to pot.
7. Toss beef chunks in flour.
8. Brown chunks will in pan, adding more oil of necessary.
9. Add to pot.
10. Mix in paprika.
11. Stir in stock and bay leaf.
12. Bring to a boil slowly.
13. Simmer, covered until meat is tender. Approximately 1 1/2 hours.
14. Remaining flour to milk.
15. Add milk to pot.
16. Cook stirring over medium heat until sauce is thickened.
17. Season to taste.



## Jumbo Shells with Beef Filling‡

From Lancia. Makes 5 to 6 servings.

Ingredients:

- 20 jumbo pasta shells
- 1 lbs ground beef
- ¼ cup onions, finely chopped
- ¼ cup bread crumbs
- 2 eggs
- 3 cup mozzarella cheese, grated
- ½ tsp salt
- dash of pepper
- 2 tsp parsley, chopped
- 3½ cup Plain Tomato Sauce (See page 138)
- ¼ cup Parmesan cheese, grated

1. Cook shells as package directs.
2. Brown meat and onion in oil and drain.
3. Combine cooked meat and remaining ingredients except Parmesan and sauce.
4. Fill cooked shells.
5. Complete as package directs.

## Kari-Kari

From Monica Avalino. Makes 4 to 6 servings.

Ingredients:

- 2½ lbs ox-tail and stew beef
- 2 tbsp oil
- 2 cloves of garlic, minced
- 1 medium onion, sliced
- 3 tbsp peanut butter
- 2 tbsp cornstarch
- ½ lbs string beans
- 1 medium eggplant, chunked and salted

1. Place meat in a pot and cover with water.
2. Bring to a boil, then lower heat and simmer for 1½ hours or until tender.
3. Sauté garlic and onion in oil.
4. Add meat and stock.
5. Salt and pepper to taste.
6. Simmer 15 minutes.
7. Stir in peanut butter and cornstarch.
8. Bring back to simmer and cook for 5 minutes.
9. Add beans and eggplant.
10. Cook 10 minutes, or until vegetables are tender, stirring often.

*To prevent clumping, remove liquid from the pan and whisk cornstarch into the liquid.*

## Meatballs

### Ingredients:

- 1 lbs ground beef
- 1 cup bread crumbs
- 2 eggs
- 2 tbsps Parmesan cheese, grated
- 1 cup water
- 2 tsp salt
- parsley, chopped
- oil for frying
- Plain Tomato Sauce (See page 138)

1. Mix eggs, bread crumbs, cheese, parsley, salt and some water.
2. Knead it meat, adding water as needed. Mixture should be soft enough that a rolled ball will deform slightly. Not all water is needed.
3. Roll into balls.
4. Fry balls in oil at 230 °F. The oil should bubble gently and not spatter.
5. Cook balls in tomato sauce for 10 minutes.

*Olive oil is preferred for frying, but vegetable oil is fine.*

*The tomato sauce can be made using some of the used frying oil.*

## Meatloaf

### Ingredients:

- 1 lbs ground beef
- 1 cup bread crumbs
- 2 eggs
- 2 tbsps Parmesan cheese, grated
- 2 tsp salt
- parsley, chopped
- oil for frying
- Plain Tomato Sauce (See page 138)

1. Preheat oven to 350 °F.
2. Mix eggs, bread crumbs, cheese, parsley, salt and 1 cup sauce.
3. Knead it meat, adding sauce as needed. Mixture should be soft enough that a rolled ball will deform slightly. Not all sauce is needed.
4. Form into a loaf and place in a pan.
5. Bake for ½ hour.
6. Slice and dress each slice with more tomato sauce.

## Polpetonë with Zucchini

From Monia del Fino.

Ingredients:

- 132 g bread crumbs
- 32 g+3 tbsp Parmesan cheese, grated
- 2 g salt
- 1 tbsp parsley, chopped
- 180 g water
- 3 tbsp tomato purée
- 2 eggs
- 500 g ground beef
- 1½ zucchini, thinly sliced length-wise
- capicollo
- cooked ham
- mozzarella cheese, julienned
- 4 potatoes, peeled and julienned
- olive oil
- butter

1. Mix bread crumbs, 32 g Parmesan cheese, salt, parsley, water, purée, and eggs.
2. Add beef and knead until well-combined.
3. On a sheet of waxed paper or flexible mat, flatten mixture to a rectangle ¼" thick.
4. Dust with remaining Parmesan cheese.
5. Layer meat with zucchini. Try to use "ugly" pieces.
6. Layer capicollo, ham, and mozzarella on top.
7. Fold up side edges.
8. Roll into a log.
9. Transfer to a baking sheet.
10. Squeeze the log to ensure it has an even shape.
11. Press remaining zucchini into surface of the log.
12. Toss potatoes in olive oil and additional salt.
13. Add potatoes around meat.
14. Dot with butter.
15. Bake for 1 hour.

## Prime Rib Roast

Ingredients:

- roast
- 1 onion, halved
- garlic powder
- 4 to 5 potatoes

1. Preheat oven to 450 °F.
2. Stand roast on bone (fat-side up) in a roasting pan.
3. Dust with garlic powder.
4. Add onion halves.
5. Put roast in oven.
6. Sear for 10 to 15 minutes.
7. Reduce oven temperature to 350 °F.
8. Add the potatoes to the pan.
9. Cook until done using a meat thermometer. Approximately ½ hour per pound.

*Instead of roasting in the oven, put roast on rotisserie and place pan of potatoes underneath.*

## Rosto Morto

From Mina Iori.

Ingredients:

- olive oil
- 1½ kg beef top-side cap
- all-purpose flour
- small onion, minced
- 2 carrots, minced
- 2 stalks of celery, minced
- white wine
- beef bullion cube

1. Flour meat and tie with string.
2. Pour enough olive oil to cover the bottom of a large pot.
3. Heat olive oil over medium-high heat.
4. Sear outside of meat until crisp and brown.
5. Add vegetables to oil.
6. Add white wine and bullion cube.
7. Increase heat to high and bring to a boil, turning occasionally.
8. Once boiling, reduce to simmer and cover. Add white wine if vegetables become dry. Try to keep a gravy-like consistency.
9. Cook until tender. Approximately 3 hours.
10. Let rest for ½ hour.
11. Slice and pour pan contents over top.

*The Italian name for this cut of beef is "piccione", meaning pigeon.*

*Other cuts of beef for pot roast will work fine.*

*Pan contents can also be puréed at end, if desired.*



## Chapter 2

### Bread

#### Banana Bread

Ingredients:

- ½ cup oil
- 1 cup sugar
- 2 eggs, beaten
- 3 ripe mashed bananas
- 2 cup all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 3 tbsp milk
- ½ tsp vanilla
- 1 cup chocolate chips or nuts

1. Preheat oven to 375 °F.
2. Blend oil and sugar.
3. Add bananas and eggs and mix well.
4. Add in flour, baking soda, baking powder and salt.
5. Add in vanilla and milk.
6. Stir in chocolate chips.
7. Pour in loaf pan and bake for 60 minutes.

This recipe is made using The Cake or Creaming Method.

*Can be done in food processor except for the chocolate chips. Fold the chips in by hand.*

## Basic Whole Wheat Bread

Makes 2 loaves.

Ingredients:

- 3 tbsps sugar
- 1 tsp instant yeast
- $\frac{3}{4}$  cup warm water
- $\frac{1}{4}$  cup milk
- 1 tsp oil
- 1 cup whole wheat flour
- 2 cups all-purpose flour
- 1 tsp salt

1. In a mixing bowl, dissolve the sugar and yeast in warm water.
2. Let stand until creamy. Approximately 10 minutes.
3. Combine the yeast mixture with the milk, vegetable oil, whole wheat flour, 1 cup of the all-purpose flour and salt.
4. Add the remaining flour,  $\frac{1}{2}$  cup at a time, stirring well after each addition.
5. When the dough has pulled together, turn it out onto a lightly floured surface and knead until dough passes the window-pane test. Approximately 10 minutes.
6. Oil a large bowl, place the dough in the bowl and turn to coat with oil.
7. Cover with a damp cloth and let rise in a warm place until doubled in volume. Approximately 1 hour.
8. Grease two bread pans.
9. Deflate the dough and turn it out onto a lightly floured surface.
10. Divide the dough into two equal pieces and form into loaves. Place the loaves into the pans.
11. Cover with a damp cloth and let rise until doubled in volume. Approximately 40 minutes.
12. Preheat oven to 400 °F.
13. Bake for 30 minutes or until loaf reaches an internal temperature of 207 °F.

This recipe is made using The Bread Method.

## Beer Rye Bread

Ingredients:

- 2 cups rye flour
- $1\frac{1}{2}$  cup beer, at room-temperature
- $4\frac{1}{2}$  tsp instant yeast
- 2 tbsps sugar
- 1 tsp salt
- 2 tbsps shortening
- 1 egg
- 3 cups bread flour
- 1 tsp cornmeal

1. Combine rye flour, beer, and yeast in a large bowl.
2. Cover bowl with plastic wrap and set out overnight. Do not refrigerate.
3. Add sugar, salt, shortening, and egg.
4. Beat with mixer until smooth.
5. Add enough white bread flour to make a soft dough.
6. Knead on a lightly floured surface until smooth, approximately 10 minutes.
7. Place in a greased bowl, and turn to oil the surface of the dough.
8. Let rise in warm place until doubled. Approximately 1 hour.
9. Punch down dough and divide in half.
10. Shape into round or oblong loaves, and place on greased baking sheets sprinkled with corn meal.
11. Let rise for 30 minutes.
12. Preheat oven to 400 °F.
13. Bake for 30 minutes.

This recipe is made using The Bread Method.

*This bread is very dense.*

## Buttermilk Biscuits

From the Steffler Family.

Ingredients:

- 2 cup flour
- 1 tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp butter
- 1 cup buttermilk

1. Preheat oven to 450 °F.
2. Mix flour, baking powder, baking soda and salt together.
3. Cut in butter and mix together lightly.
4. Add buttermilk and mix just enough to blend. Do not over mix.
5. Roll out to 1 cm thickness.
6. Cut with round cookie cutter.
7. Bake for 15 minutes.

This recipe is made using The Biscuit Method.

## Calzone

From Nonna.

Ingredients:

- 1 pizza dough
- 3 sausages, uncased
- 1 batch of Swiss chard with Swiss Chard with Pèpparulè (See page 222)
- olive oil

1. Raise dough until doubled in bulk, approximately 3 hours.
2. Let Swiss chard come to room-temperature.
3. In a frying pan, cook sausage meat with ¼ cup water.
4. Once sausage meat is dry, add Swiss chard, adding as little liquid as possible.
5. Cook again until fairly dry.
6. Let cool.
7. Roll dough out into large rectangle.
8. Coat completely, but sparingly with oil.
9. Spread filling evenly over dough.
10. Roll gently stretching edges to make more rectangular.
11. Place roll in a coil shape in a deep greased pan.
12. Press down to fill pan.
13. Oil surface.
14. Allow to rise until doubled in bulk.
15. Preheat oven to 375 °F.
16. Bake until underside is golden brown. Approximately 25 to 40 minutes.

*The sausage meat can be prepared directly from Pork Sausage (See page 152) .*

*To soften crust, wrap immediately in aluminium foil and cover with a tea towel.*

*Materials can be divided to make many miniature calzone.*

## Calzone with Raisins

From Nonna.

Ingredients:

- 1 pizza dough
- olive oil
- 250 g raisins
- 4 tbsps sugar

1. Raise dough until doubled in bulk, approximately 3 hours.
2. Wash raisins in hot water.
3. Let raisins dry in a colander.
4. Toss raisins in sugar.
5. Roll dough out into large rectangle.
6. Coat completely, but sparingly with oil.
7. Spread raisins evenly over dough. The edges will be stretched in the next step, so add slightly more to compensate.
8. Roll gently stretching edges to make more rectangular.
9. Place roll in a coil shape in a deep greased pan.
10. Press down to fill pan.
11. Oil surface.
12. Allow to rise until doubled in bulk.
13. Preheat oven to 375 °F.
14. Bake until underside is golden brown. Approximately 25 to 40 minutes.

## Cornbread

Ingredients:

- 1 cup corn meal
- 1 cup whole wheat flour
- ½ tsp salt
- 2 tsp baking powder
- 3 tbsps oil
- 1 cup milk
- 1 egg
- 4 tbsps of any combination of honey, maple syrup or molasses

1. Preheat oven to 400 °F.
2. Combine all dry ingredients.
3. In a separate bowl, combine all liquid ingredients.
4. Add dry ingredients and mix until just combined.
5. Pour into 8" greased baking pan.
6. Bake for 20 minutes.

This recipe is made using The Muffin Method.



## Croissants

### Ingredients:

- 9 g compressed yeast
- 1¼ cup all-purpose flour
- 1 tbsp sugar
- 1½ tsp salt
- 215 mL warm milk
- 2 tbsp oil
- ⅔ cup unsalted butter, chilled
- 1 egg
- 1 tbsp water

1. Dissolve sugar, salt, yeast, and oil in warm milk.
2. Blend mixture into flour.
3. Knead until smooth.
4. Cover, and let rise until over triple in volume.
5. Deflate gently, and let rise again until doubled.
6. Deflate and chill 20 minutes.
7. Pat dough into a 35 cm×20 cm rectangle.
8. Place thin slices of butter over top two thirds, leaving ½ cm margin all around.
9. Fold unbuttered third over middle third, and buttered top third down over that.
10. Turn 90°, so that folds are to left and right.
11. Roll out to a 35 cm×15 cm rectangle.
12. Apply butter and fold in three again.
13. Sprinkle lightly with flour, and put dough in a plastic bag.
14. Refrigerate 2 hours.
15. Unwrap, sprinkle with flour, and deflate gently.
16. Roll to a 35 cm×15 cm rectangle.
17. Apply butter and fold in three again.
18. Turn 90°, and repeat.
19. Wrap, and chill 2 hours.
20. Roll dough out to a 50 cm×13 cm rectangle.
21. Cut in half crosswise, and chill half while shaping the other half.
22. Roll out to a 40 cm×12 cm rectangle.
23. Cut into three 12 cm squares.
24. Cut each square in half diagonally.
25. Roll each triangle lightly to elongate the point, and make it 18 cm long.
26. Grab the other 2 points, and stretch them out slightly as you roll it up.

27. Place on a baking sheet, curving slightly.
28. Let shaped croissants rise until puffy and light.
29. Preheat oven to 475 °F.
30. In a small bowl, beat together egg and 1 tbsp water.
31. Glaze croissants with egg wash.
32. Bake for 12 to 15 minutes.

## Easter Babka

From Ukrainian Daughter's Cookbook. Makes 4 to 6 loaves.

Ingredients:

- 2 tbsp instant yeast
- 1/3 cup water, lukewarm
- 1 tsp sugar
- 1 cup milk
- 1/2 cup butter
- 8 egg yolks
- 2 egg whites
- 1 cup sugar
- 1/2 cup orange juice
- zest of 1 orange
- zest of 1 lemon
- 1 tsp vanilla
- 1 tsp salt
- 6 cup flour
- 1/2 cup raisins
- egg wash

1. Combine yeast, lukewarm water, and 1 tsp sugar.
2. Bring milk to a boil.
3. Add butter and let cool.
4. Beat egg yolks and egg whites until light.
5. Beat in sugar.
6. Add egg mixture to milk mixture.
7. Stir in juice, zests, vanilla, salt.
8. Add risen yeast mixture.
9. Toss raisins in a small amount of flour.
10. Mix in flour and raisins to batter.
11. Knead until smooth and elastic.
12. Let rise.
13. Knead briefly.
14. Let rise until doubled in size.
15. Divide dough.
16. Form into a ball 1/3 the size of the pan.
17. Let rise.
18. Preheat oven to 350 °F.
19. Glaze with egg wash.
20. Bake until browned on the bottom and sound hollow when tapped. Approximately 30 minutes, but this will vary strongly with size and rise time.

This recipe is made using The Bread Method.

*Large coffee cans or small soup cans are the preferred pan to produce the traditional "mushroom"-shaped loaves.*

*Breads freeze quite well.*

*Traditionally, this is served for Easter Monday breakfast with eggs and kielbasa.*

## Folar

From Avo Florinda.

Ingredients:

- 1 kg all-purpose flour
- 4 eggs
- zest of one lemon
- 1 tsp salt
- 50 g butter
- 1 tsp cinnamon
- 2 tsp baking powder
- 400 g of sugar
- 250 mL hot water

1. Preheat oven to 350 °F.
2. In a large bowl, put the flour.
3. Make a well in the middle and add all dry ingredients.
4. Add the eggs to the well.
5. Separately, dissolve the salt and the butter in the hot water.
6. Add the hot water mixture to dry ingredients.
7. Knead dough, adding water if necessary, until air bubbles appear in the dough when cut with a knife.
8. Cut the dough in three.
9. Shape into boules, dust with flour, and place them on parchment paper.
10. Bake for 30 minutes or until a toothpick comes out clean.

*At Easter, place a boiled egg on top and make a cross with dough over the egg.*

## Fresini

From Nonna Mollo.

Ingredients:

- 25 g compressed yeast
- 190 g water
- 45 g oil
- 85 g milk
- 5 g salt
- ½ tsp dried finocchio, anise, or rosemary
- 300 g whole wheat flour
- 150 g all-purpose flour

1. Combine yeast and water.
2. Let stand until yeast dissolves.
3. Add remaining ingredients in order.
4. Knead until dough begins to not stick. It will fail the windowpane test.
5. Cover and let rest 20 minutes.
6. Knead again, briefly, until dough passes the windowpane test.
7. Cover and let rise until doubled in bulk.
8. Preheat oven to 350 °F.
9. Working in batches, cut a handful of dough from the mass.
10. On a floured surface, roll into a rope.
11. With a rolling pin, flatten the rope in both directions twice.
12. Cut into pieces 4"-long.
13. Roll each piece to ¼"-thick.
14. Place on a perforated baking sheet.
15. Dock liberally with a fork.
16. Bake for 20 minutes or until just beginning to colour on the bottom.
17. Let cool.
18. Increase oven temperature to 400 °F.
19. Slice in half as evenly as possible.
20. Place on pan with cut sides up.
21. Bake again until hard (i.e., centre does not give when pressed). Approximately 15 minutes.

*These will keep at room temperature for a long time.*

## Hot Cross Buns

From Canadian Living.

Makes 9 buns.

Ingredients:

- ¼ cup lukewarm water
- ½ cup sugar
- 1 package instant yeast
- 3½ cup all-purpose flour
- 2 tbsp cinnamon
- 1 tsp nutmeg
- ½ tsp salt
- ¼ tsp cloves
- ¾ cup milk, warm
- ¼ cup butter, melted
- 1 egg
- 1 egg yolk
- ½ cup currants
- ¼ cup candied peel, chopped

1. Combine water, 1 tbsp sugar and yeast.
2. Let stand 10 minutes.
3. In a separate bowl, blend together remaining sugar, flour, cinnamon, nutmeg, salt and cloves.
4. In a separate bowl, whisk together milk, butter, egg and egg yolk.
5. Form a well in dry ingredients and add liquid mixtures.
6. Stir until a soft dough forms.
7. Turn out and knead for 8 minutes.
8. Place in a greased bowl and let rise until doubled in bulk. Approximately 1 hour.
9. Punch down and knead in currants and peel.
10. Shape into a 30 cm log and cut into 9 pieces.
11. Stretch and round each piece into a seamless ball.
12. Place 5 cm apart on a greased pan.
13. Cover and let rise for 35 minutes.
14. Preheat oven to 400 °F.
15. Bake buns for 16 minutes.

This recipe is made using The Bread Method.

## Glaze

Ingredients:

- 2 tbsp water
- 2 tbsp sugar

1. In a saucepan, dissolve sugar in water over medium heat.
2. Brush over buns.
3. Let cool.

## Icing

Ingredients:

- ½ cup sugar
- 2 tsp water

1. Stir ingredients together.
2. Using a piping bag, create a cross on the top of each bun.

## Irish Soda Bread

Makes 1 loaf.

Ingredients:

- 175 g all-purpose flour
- 175 g whole wheat flour
- 50 g rolled oats
- 1 tsp salt
- 1 tsp baking soda
- 50 g butter, melted
- 185 mL buttermilk

1. Preheat oven to 400 °F.
2. Combine dry ingredients.
3. Add wet ingredients to dry.
4. Mix, then knead for 1 to 2 minutes.
5. Shape into a round.
6. Deeply cut a cross in the top of the round.
7. Bake for 20 to 25 minutes.

## Japanese-style Sweet Buns

From Corner Café.

Makes 16 buns.

Ingredients:

- 25 g + 375 g bread flour
- 100 g all-purpose flour
- 125 mL + 150 mL water
- 35 g milk powder
- 75 g sugar
- ¾ tsp salt
- 2½ tsp instant yeast
- 1 egg, lightly beaten
- 40 g butter, cubed

1. In a small sauce pan, combine 25 g bread flour and 125 mL water.
2. Over medium heat, cook mixture to 65 °C, stirring frequently to form a thick paste.
3. Allow paste to cool.
4. Sift remaining flours together.
5. Combine all ingredients except butter and knead until dough passes the window-pane test.
6. Knead in butter.
7. Allow to rise until doubled in bulk (approximately 1 hour).
8. Divide and shape into rounds or buns.
9. Allow to rise for approximately 1 hour.
10. Bake at 375 °F for 15 minutes.

*This paste is called a “water roux”.*

## Missy Tilly's Bread

From a children's book.

Makes 1 loaf.

Ingredients:

- 4 to 4½ cup whole wheat flour
- 4½ tsp instant yeast
- 1¾ cup milk
- ½ cup brown sugar
- 2 tsp salt
- 2 tbsps butter

1. In a saucepan, heat milk, sugar, butter and salt over low heat until warm.
2. In a bowl, combine with 2 cup flour and yeast.
3. Add milk mixture to flour.
4. Add remaining flour until stiff.
5. Knead until smooth. Approximately 5 minutes.
6. Place in a covered, oiled bowl and let rise until double in size. Approximately 1 to 1 ½ hours.
7. Punch down and let rise for 10 minutes.
8. Shape into loaf and place in an oiled pan.
9. Let rise for 30 minutes.
10. Preheat oven to 375 °F.
11. Bake 30 to 40 minutes.

This recipe is made using The Bread Method.

## Nan Bread

Makes 6.

Ingredients:

- 450 g all-purpose flour
- 25 g instant yeast
- 1 tsp nigella seed (optional)
- 6 tbsps plain yogurt
- 2 tbsps ghee or melted butter
- 1 tsp salt
- 1 tsp sugar
- ¾ cup warm water
- oil or ghee

1. Combine yeast and sugar with water.
2. Allow to stand until yeast foams. Approximately 10 minutes.
3. Separately, combine flour, salt, and nigella seeds.
4. Add yogurt, yeast, and ghee.
5. Knead until dough passes the window-pane test.
6. Place in an oiled bowl.
7. Rise until doubled in bulk. Approximately 2 to 3 hours.
8. Preheat oven to 450 °F.
9. Punch down dough.
10. Divide into 6 portions.
11. Flatten and stretch into traditional "pear" shape.
12. Bake for 10 minutes.
13. Brush with ghee or butter.

This recipe is made using The Bread Method.

*Nigella seeds is also known in Indian stores as char-nushka or kanolfi seed.*

## Pain à l'ancienne

From Peter Reinhart.

Makes 1 round.

Ingredients:

- 300 g unbleached flour
- 6 g salt
- 2 g instant yeast
- 210 g water

1. Combine all dry ingredients.
2. Add water.
3. Using a paddle, mix on low speed for 2 minutes.
4. Using a dough hook, knead for 6 minutes. The dough should clear the sides of the bowl, but not the bottom. Add water if needed.
5. Lubricate a bowl with no-stick spray.
6. Transfer dough to bowl.
7. Cover bowl and refrigerate for at least 8 hours.
8. Remove dough and allow to rise until doubled in bulk. At most, 3 hours.
9. Preheat the oven to 500 °F.
10. Flour the surface of the dough and work the flour down the side of the dough and then underneath until the dough is separated from the bowl.
11. Flip onto a peel.
12. Slash the loaf.
13. Bake for 20 to 25 minutes, rotating half way through baking if necessary. Do not bake by internal temperature.

This recipe is made using The Bread Method.

## Pett'le†

From Diego Di Lorenzo.

Ingredients:

- 1 kg fine semolina flour
- 25 g compressed yeast
- 25 g salt
- 100 g sourdough starter (optional)
- 750 g water, warm
- 200 g raisins (optional)
- oil or lard for frying

1. Dissolve yeast in some water to form a slurry.
2. Dissolve salt in some water.
3. Combine yeast mixture and salt mixture in a mixture.
4. Begin to knead dough.
5. Slowly add flour and water alternately.
6. Add raisins if desired.
7. Knead until dough pulls away from the sides of the bowl. Increase speed beyond recommended speed for dough. The dough should have the consistency of pancake batter. It must be very well developed.
8. Sprinkle the surface of the dough with flour and cover with a tea towel.
9. Let rise until bulk increases by half. Approximately  $\frac{3}{4}$  hours.
10. Turn out onto a floured tea towel and fold tea towel to form a packet.
11. Let rise until packet is elastic. Approximately  $\frac{1}{2}$  hour.
12. Heat oil to 200 °C in a roaster.
13. Cut strips 6" long and  $\frac{3}{4}$ " in diameter.
14. Form into rings.
15. Drop into hot oil.
16. Use the handle of a wooden spoon to swirl the centre of the ring to enlarge the pett'le.
17. Flip over when the underside is pale golden.
18. Remove when both sides are pale golden.
19. Let stand in a bowl with paper towel at the bottom.
20. Serve with granulated sugar for dipping.

This recipe is made using The Bread Method.

*It is best to fry in a roaster full of oil outside, on a large gas burner. This minimises smell and keeps the oil hot.*

## Pita Bread

From Floyd M.

Makes 8 pitas.

Ingredients:

- 532 g all-purpose flour
- 8 g salt
- 22 g honey
- 293 g water
- 24 g olive oil
- 9 g compressed yeast

1. Dissolve yeast, honey, salt, and oil in water.
2. Add flour.
3. Knead until smooth and elastic.
4. Let rise for 1½ hours.
5. Divide dough into eight balls.
6. Round each ball.
7. Cover with a tea towel and let rest 20 minutes.
8. On a floured surface, flatten each ball as thin as possible, at least ¼".
9. Cook either by baking or frying:
  - In an oiled skillet, over medium heat, fry each pita until the darkest parts are reddish-brown.
  - Preheat oven to 400 °F with a pizza stone or cookie sheet. Spray surface with water. Drop pitas onto surface. Bake until they puff and brown slightly on the top. Approximately 3 to 5 minutes.

This recipe is made using The Bread Method.

## Pumpkin Bread

From Aunt Laura.

Makes 2 loaves.

Ingredients:

- 3 cup sugar
- 1 cup oil
- 4 eggs, beaten
- 2 cup pumpkin purée
- 3½ cup all-purpose flour
- 2 tsp baking soda
- 2 tsp salt
- 1 tsp baking powder
- 1 tsp nutmeg
- 1 tsp allspice
- 1 tsp cinnamon
- ½ tsp cloves
- ⅔ cup water
- ½ cup nuts or raisins

1. Preheat oven to 350 °F.
2. Cream oil and sugar.
3. Add eggs and pumpkin.
4. Sift together dry ingredients.
5. Add dry ingredients and water, alternately, to pumpkin mixture, mixing well after each addition.
6. Pour into greased loaf pans.
7. Bake for 1½ hours.
8. Let stand 10 minutes.

This recipe is made using The Cake or Creaming Method.

## Rhubarb Bread●

From Alice Collins.

Makes 1 loaf.

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ¾ cup sugar
- 1½ tsp baking powder
- 1½ tsp baking soda
- 2 tbsp grated orange rind
- ¾ cup orange juice
- 1 egg, beaten
- 2 tbsp oil
- 1½ cup rhubarb, finely chopped
- ½ cup walnuts (optional)

1. Preheat oven to 350 °F.
2. Whisk together flours, sugar, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together orange rind, orange juice, egg, and oil.
4. Add wet ingredients, walnuts, and rhubarb to dry ingredients.
5. Combine until just moist.
6. Pour into a greased pan.
7. Bake for 1 hour.

This recipe is made using The Muffin Method.

## Blueberry Scones

Ingredients:

- 2¼ cup flour
- 2 tbsp sugar
- 2½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup butter, cold and cubed
- ½ cup dried blueberries or raisins
- 1 cup buttermilk
- 1 egg, lightly beaten

1. Preheat oven to 425 °F.
2. In large bowl, stir together flour, sugar, baking powder, baking soda and salt.
3. Using two knives, cut in butter until mixture resembles coarse crumbs.
4. Stir in blueberries.
5. Add buttermilk to mixture all at once, stirring with fork to make soft, slightly sticky dough.
6. With lightly floured hands, press dough into ball. On lightly floured surface, knead gently 10 times.
7. Gently pat out dough into 2 cm thick round.
8. Using a 8 cm floured cutter, cut out rounds.
9. Place on baking sheet.
10. Brush tops of scones with egg.
11. Bake in oven until golden. Approximately 12 to 15 minutes.

This recipe is made using The Biscuit Method.

*Don't use fresh fruit! The recipe will work, but have fun kneading raw blueberries.*

*Chocolate chips can be used but it becomes overly sweet.*

*The fruit can be left out entirely for plain scones.*



## Shortbread Biscuits●

Makes 4 biscuits.

Ingredients:

- 2 cup all-purpose flour
- ½ tsp salt
- 2 tbsp baking powder
- 2 tbsp sugar
- 3 tbsp butter
- ½ cup milk

1. Preheat oven to 400 °F.
2. Combine dry ingredients.
3. Blend in butter.
4. Stir in milk.
5. Roll out to to 2 cm thick and cut into quarters.
6. Bake for 15 minutes.

This recipe is made using The Biscuit Method.

## Soft Pretzel Recipe●

Ingredients:

- 1 tbsp yeast
- 1 tbsp sugar
- 1 tsp salt
- 2 tbsp butter, softened
- 1 cup warm water
- 2¾ cup flour
- coarse salt
- 5 tsp baking soda in 4 cup water

1. Put yeast, sugar, salt, butter, warm water and 1 cup of flour into a mixing bowl.
2. Stir until smooth, and yeast starts to bubble.
3. Add remaining flour.
4. When mixture is stiff, turn out and knead until smooth and elastic.
5. Allow dough to rise until doubled in size.
6. Bring baking soda-water mixture to a boil in a pot.
7. Punch down dough and knead for 1 minute or so.
8. Divide and roll 25 cm long rolls and twist into pretzel shape.
9. Allow pretzels to sit for 1 to 2 minutes.
10. Place them into boiling baking soda-water mixture one or two at a time.
11. Preheat oven to 475 °F.
12. Let the pretzels boil for 1 minute and 10 seconds, then flip them over and boil on the other side for 1 minute and 10 seconds.
13. Let them drip off and place them on the cookie sheet.
14. Sprinkle the coarse salt on them.
15. Bake until golden brown. Approximately 12 to 15 minutes.

This recipe is made using The Bread Method.

## Strawberry Tea Bread

From Lydia Rowland. Makes 2 loaves.

Ingredients:

- 2 cup all-purpose flour
- 1½ cup quick-cooking rolled oats
- 1 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda
- ½ tsp baking powder
- 1 cup sugar
- 1 cup oil
- 1 tsp vanilla
- 2 cup strawberries, crushed

1. Preheat oven to 375 °F.
2. Mix flour, oats, cinnamon, salt, baking soda and baking powder.
3. In a separate bowl, beat eggs, sugar, oil and vanilla.
4. Stir in dry ingredients until just combined.
5. Add crushed strawberries and combine completely.
6. Pour batter into 2 greased loaf pans.
7. Bake for 40 to 50 minutes or until tops are brown and firm.
8. Let cool for 10 minutes.
9. Remove from pan and let cool on a rack.

This recipe is made using The Muffin Method.

## Sweet Potato Rolls

From Floyd M. Makes 20 rolls.

Ingredients:

- 185 g sweet potato, riced
- 1 cup milk
- ½ cup sugar
- 9 g compressed yeast
- 2 tsp salt
- ½ tsp cinnamon
- ⅛ tsp nutmeg
- 200 g all-purpose flour

1. Combine sweet potato, milk, and sugar.
2. Beat until sugar dissolves.
3. Add yeast, salt, cinnamon, and nutmeg.
4. Stir until yeast dissolves.
5. Add flour.
6. Knead until smooth and elastic.
7. Let rise for 45 minutes.
8. Divide dough and shape into rolls.
9. Let proof for 1 hour.
10. Preheat oven to 375 °F.
11. Bake until golden on top or internal temperature reaches 207 °F.

This recipe is made using The Bread Method.

*These are quite sweet. Too sweet for dinner rolls.*

## Whole Wheat Pumpkin Bread

Makes 2 loaves.

Ingredients:

- 2 cup all-purpose flour, sifted
- 2 tsp baking powder
- 1½ tsp salt
- 1 tsp cinnamon
- ⅔ tsp baking soda
- ½ tsp cloves
- 1½ cup whole wheat flour
- 4 eggs, beaten
- 2 cup sugar
- 2¼ cup pumpkin purée (1 can)
- ⅔ cup water
- ½ cup oil
- ¾ cup walnuts, chopped
- ¾ cup raisins

1. Preheat oven to 350 °F.
2. Sift flour, baking powder, salt, cinnamon, baking soda and cloves.
3. Stir in whole wheat flour.
4. In a separate bowl, beat eggs, sugar, pumpkin, water and oil.
5. Add liquid ingredients to dry.
6. Mix until just combined.
7. Fold in walnuts and raisins.
8. Pour into two greased loaf pans.
9. Bake for 1 hour.

This recipe is made using The Muffin Method.

## Chapter 3

# Breakfast

### Crêpes

From Ukrainian Daughter's Cookbook. Makes 16.

Ingredients:

- 1 cup all-purpose flour
- 2 cup eggs
- ½ cup milk
- ½ cup water
- ¼ tsp salt
- 2 tbsp butter, melted

1. Beat all ingredients together until smooth.
2. Let stand 1 to 2 hours.
3. Grease a skillet with butter.
4. Drop 2 tbsp batter in the pan.
5. Tilt the pan to cover the bottom in a thin layer.
6. Remove when underside has browned slightly. Do not flip.

### Fast and Fabulous French Toast

Makes 6.

Ingredients:

- 1 cup all-purpose flour
- 1 tbsp sugar
- 2 tsp baking powder
- 2 eggs, beaten
- 1½ cup milk
- 10 to 12 slices of bread
- butter

1. Combine flour, sugar, and baking powder.
2. Separately, beat eggs and milk thoroughly.
3. Blend into flour mixture until smooth.
4. Pour into a flat dish.
5. Preheat a lightly buttered griddle.
6. Dip bread into batter.
7. Cook until golden brown.

*Finished slices can be frozen and thawed in a toaster.*

## Fluffy Pancakes

From Tony Masella.

Ingredients:

- 2 cup buttermilk
- 2 eggs, beaten
- 1 tsp vanilla
- 1 tsp baking soda
- ½ tsp salt
- ¼ cup oil
- ¼ cup honey
- ¼ cup wheat germ
- ¼ cup rolled oats
- 1½ cup whole wheat flour
- chocolate chips or blueberries (optional)

1. Mix buttermilk, eggs, vanilla, honey, and oil until well combined.
2. Add baking soda and salt.
3. Add wheat germ, oats, and flour.
4. Stir only until large lumps disappear.
5. Stir in chocolate chips.
6. Let stand for 10 minutes.
7. Preheat a griddle over medium-high heat. Approximately 375 °F.
8. Pour onto griddle.
9. Turn when small bubbles appear.
10. Remove when no longer steaming.

This recipe is made using The Muffin Method.

*When measuring flour, measure wheat germ and oats first together in a 2 cup measure. Add enough flour to reach 2 cup.*

## French Toast Raphael

From the Steffler Family.

Ingredients:

- 6 cup white bread
- 6 oz cream cheese, cubed
- 6 eggs, beaten
- 1 cup milk
- ½ tsp cinnamon
- ⅓ cup maple syrup

1. Remove crusts of bread and cut into 2 cm cubes.
2. Place half the bread in a greased 8" baking pan.
3. Dot cheese on top.
4. Cover with remaining bread.
5. Combine remaining ingredients and pour in pan.
6. Cover with plastic wrap and refrigerate over night.
7. Preheat oven to 375 °F.
8. Bake for 45 minutes.

## French Toast Supreme

From Bewski Family.

Makes 6.

Ingredients:

- baguette
- 4 eggs
- ⅓ cup orange juice
- ½ tsp grated orange peel
- ¼ cup milk
- 2 tbsp butter, melted
- ⅛ tsp cinnamon
- 2 tbsp brown sugar

1. Cut bread in half horizontally.
2. Starting at cut surfaces, cut in 1" slices almost to bottom crust.
3. Place both halves, cut side up, in a 9"×13" dish.
4. In a separate bowl, beat eggs.
5. Stir in orange juice, sugar, peel, milk, and butter.
6. Spoon over cut surfaces of the bread.
7. Let stand 5 minutes.
8. Carefully turn bread over.
9. In a separate bowl, combine cinnamon and brown sugar.
10. Sprinkle over bread.
11. Cover with plastic wrap.
12. Refrigerate 2 to 24 hours.
13. Preheat oven to 325 °F.
14. Remove cover and bake until golden brown and firm. Approximately 30 to 40 minutes.

## Liège Waffles

Makes 8 waffles.

Ingredients:

- 5 g instant yeast
- 1½ tbsp white sugar
- ¾ cup milk
- 3 eggs
- 1 cup butter, melted
- 2 tsp vanilla extract
- 3 cup flour
- ½ tsp salt
- 1½ cup pearl sugar

1. Whisk the milk, eggs, butter, and vanilla extract.
2. Separately, combine the flour, yeast, and salt.
3. Stir liquid mixture in to the dry mixture until a soft dough forms.
4. Cover and let rise until doubled in bulk, approximately 30 minutes.
5. Preheat a waffle iron according to manufacturer's instructions.
6. Work in the pearl sugar.
7. Place a baseball-size ball of dough on the waffle iron and cook waffles until golden and crisp, about 2 minutes.

*If perl sugar is unavailable, crush sugar cubes.*

*The caramelised sugar can make a mess in the waffle iron. Wipe it regularly with a wet cloth.*

## Waffles

From La Leche League.

Ingredients:

- 3 eggs, separated
- 2 cup buttermilk
- ¼ cup oil
- 1 tsp vanilla
- 2 tbsp brown sugar or honey
- 2½ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt

1. Beat egg whites until stiff.
2. In a separate bowl, beat yolks and buttermilk.
3. Add remaining ingredients, beating after each addition.
4. Fold in egg whites.
5. Preheat a waffle iron to medium-high. Approximately 375 °F.
6. Pour into waffle iron.
7. Bake until they stop steaming.



## Chapter 4

### Cake

#### Apple Cake

From Catherine Bray.

Ingredients:

- 4 apples, peeled and thinly sliced
- ⅓ cup sugar
- 1 tbsp cinnamon
- 2 cup flour
- 2 tsp baking powder
- ¼ tsp salt
- peel of 1 orange, chopped
- 1½ cup sugar
- 3 eggs
- ⅔ cup oil
- 3 tbsp orange juice
- 2 tsp vanilla

1. Preheat oven to 375 °F.
2. Toss apples in ⅓ cup sugar and cinnamon.
3. Combine flour, baking powder, and salt.
4. Combine 1½ cup sugar and orange peel.
5. Blend in eggs.
6. Add oil, juice, and vanilla.
7. Add flour mixture all at once and blend in quickly.
8. Create alternating layers of batter and apples in an 8" spring-form pan. First and last layers should be batter.
9. Bake for 1 hour.
10. Let cool.
11. Remove from pan.

*Grand Marnier can be substituted from some of the orange juice.*

#### Apple Kuchen●

From Mary McGrath.

Ingredients:

- ½ cup butter
- 1 cup sugar
- 1 tbsp sugar
- 2 eggs
- 1 cup all-purpose flour
- 1 tsp baking powder
- 2 to 3 apples, peeled and thinly sliced
- 1 tbsp lemon or lime juice
- ½ tsp cinnamon

1. Preheat oven to 350 °F.
2. Cream butter and 1 cup sugar.
3. Beat in eggs.
4. Mix in flour and baking powder.
5. Pour into a 9" round pan.
6. Place apple slices on top of batter in circles.
7. Sprinkle with juice.
8. Mix cinnamon and 1 tbsp sugar.
9. Sprinkle sugar mixture over top.
10. Bake for 60 minutes.

This recipe is made using The Cake or Creaming Method.

## Apple Streusel Cake

From Creative Cook's Kitchen. Makes 12 servings.

Streusel Ingredients:

- 1 cup light brown sugar
- 1 cup apples, chopped
- 1 cup almonds, pecans, or walnuts, sliced (optional)
- ¼ cup all-purpose flour
- 1 tsp cinnamon
- 3 tbsps butter, melted

Batter Ingredients:

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ cup butter, softened
- ½ cup sugar
- 3 eggs
- ½ tsp vanilla
- ⅓ cup orange juice

Glaze Ingredients:

- ½ cup confectioner's sugar
- 2½ tsp orange juice

1. Preheat oven to 350 °F.
2. Combine all streusel ingredients except butter.
3. Stir in melted butter.
4. Separately combine flour, baking powder, and baking soda for batter.
5. Beat butter and sugar until light and fluffy.
6. Add eggs, beating after each addition.
7. Add vanilla.
8. Add alternately flour mixture and orange juice into egg mixture.
9. Spoon half the batter into a tube pan.
10. Spoon remaining batter into pan.
11. Swirl batter with a knife to create a marble pattern.
12. Bake for 15 minutes.
13. Sprinkle with remaining streusel.
14. Bake for 30 to 35 minutes.
15. Let cool completely.
16. Combine confectioner's sugar and orange juice for glaze.

17. Drizzle over cake.

This recipe is made using The Cake or Creaming Method.

## Apple Walnut Cake

Ingredients:

- 3 cup all-purpose flour
- 2½ tsp baking powder
- 1½ tsp cinnamon
- ½ tsp allspice
- ½ tsp salt
- ¼ tsp cloves
- ¾ cup butter
- 1½ cup sugar
- 1½ cup apple sauce
- 3 eggs
- 1 tsp vanilla
- 1 cup apple, peeled and chopped
- ⅔ cup walnuts, chopped

1. Preheat oven to 350 °F.
2. Combine flour, baking powder, cinnamon, allspice, cloves, and salt.
3. Separately, beat butter and sugar until fluffy.
4. Beat in apple sauce, eggs, and vanilla.
5. Stir in flour mixture until well blended.
6. Stir in apples and nuts.
7. Spoon into a 10" tube pan.
8. Bake for 1 hour and 20 minutes.

This recipe is made using The Cake or Creaming Method.



## Frosting

### Ingredients:

- 6 oz cream cheese
- 3 tbsp apple sauce
- 1 tsp vanilla
- ¼ tsp cinnamon
- 4½ cup confectioner's sugar

1. Beat together all ingredients except sugar until fluffy.
2. Gradually add confectioner's sugar until smooth.
3. Spread evenly over cake and chill 30 minutes.

## Icing

### Ingredients:

- ½ cup soft butter
- 4 cup sifted confectioner's sugar
- 1 to 2 ripe bananas, mashed
- 1 tbsp milk

1. Beat butter in a large bowl until smooth.
2. Gradually add remaining ingredients, beating until smooth and creamy.
3. Place one layer, cut side up on a serving plate.
4. Spread icing on each layer, alternating dark and light layers.
5. Cover top and sides with icing.

## Banana Chocolate Ribbon Torte

From the Steffler Family.

### Ingredients:

- 1 package white cake mix
- 4 eggs
- ½ cup water
- ¼ cup cocoa
- 2 tbsp brown sugar
- 3 to 4 ripe banana, mashed
- ⅓ cup oil

1. Preheat oven to 350 °F.
2. Flour two round pans.
3. Combine all ingredients except cocoa in a large bowl.
4. Beat on low speed until just blended.
5. Beat on medium speed for 2 minutes or until smooth.
6. Spread half the batter into a pan.
7. Stir cocoa into remaining batter.
8. Spread in other pan.
9. Bake for 30 to 35 minutes.
10. Cool completely.
11. Cut each cake in half to make 4 layers.

## Banana Nut Cake

From Rosa Gemmel.

### Ingredients:

- 2 cup all-purpose flour
- ½ cup sugar
- 3 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup nuts, chopped
- 1 egg
- ¾ cup milk
- ½ cup oil
- 1½ cup bananas, mashed

1. Preheat oven to 350 °F.
2. Combine dry ingredients.
3. Separately, beat egg, milk, oil, and bananas.
4. Add liquid to dry ingredients.
5. Blend until moistened.
6. Pour into a pan.
7. Bake for 65 to 70 minutes.

This recipe is made using The Muffin Method.

## Butter Cream Frosting

From Daiva Paulionis. Makes enough for an 8" cake.

Ingredients:

- 85 g sugar
- 4 tbsp water
- 2 egg yolks
- 170 g unsalted butter, room-temperature
- up to 2 tsp flavour and colour

1. Combine sugar and water in a saucepan.
2. Heat gently until dissolved.
3. Boil until mixture reaches 226 °F.
4. Beat egg yolks in a bowl until they are a pale creamy colour.
5. While beating, extremely slowly pour the syrup into egg yolks.
6. Continue beating until thick and bowl is cool to the touch.
7. Gradually beat in butter until light and fluffy.
8. Beat in flavour.
9. Pipe or spread onto cake.

*Make a double batch for a 9" layer cake.*

## Carrot Cake

Ingredients:

- 2 cup flour
- 2 cup sugar
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp salt
- 3 cup grated carrots
- 4 eggs
- 1 tsp vanilla
- ½ cup oil

1. Preheat oven to 325 °F.
2. Sift dry ingredients into a mixing bowl.
3. Mix in grated carrots, vanilla and eggs.
4. Beat, adding oil slowly.
5. Pour into a greased pan.
6. Bake for 35 to 45 minutes.

This recipe is made using The Muffin Method.

## Cheese Cake

From Dianna Donolo.

Ingredients:

- 2½ cup graham cracker crumbs
- ½ cup butter, melted
- 3 eggs
- 8 oz cream cheese
- 1 cup sour cream
- 6 oz ricotta cheese
- 1 tbsp lemon juice
- 1 tbsp lemon zest
- 1 tbsp cornstarch
- 1 tbsp water
- 1 cup sugar

1. Preheat oven to 350 °F.
2. Combine butter and crumbs.
3. Press into a spring-form pan.
4. Bake for 8 to 10 minutes.
5. Blend together remaining ingredients until smooth.
6. Pour into pan.
7. Bake until set. Approximately 40 minutes.
8. Refrigerate overnight.

## Cheesecake Supreme

### Crust Ingredients:

- 1 cup flour
- ¼ cup sugar
- 1 tsp lemon zest
- ½ cup butter
- 1 egg yolk, beaten
- ¼ tsp vanilla

### Filling Ingredients:

- 40 oz cream cheese
- ¼ tsp vanilla
- ¾ tsp lemon zest
- 1⅓ cup sugar
- 3 tbsp flour
- ¼ tsp salt
- 1 cup eggs (approximately 4 to 5)
- 2 egg yolks
- ¼ cup whipping cream

### Glaze Ingredients:

- 2 to 3 cup fresh berries
- 1 cup water
- 1½ tsp cornstarch
- ½ to ¾ cup sugar (depending on sweetness of berries)

1. Preheat oven to 400 °F.
2. Prepare crust by combining flour, sugar, and lemon peel.
3. Cut in butter.
4. Add egg yolk and vanilla.
5. Pat half the dough into a spring-form pan.
6. Bake for 8 minutes.
7. Preheat oven to 450 °F.
8. Let cool.
9. Pat remainder up the sides approximately 1½".
10. Prepare filling by combining cream cheese, vanilla, and zest.
11. Separately, combine sugar, flour, salt, eggs, and egg yolks.
12. Slowly blend egg mixture into cheese mixture.
13. Mix in whipping cream.
14. Pour into pan.
15. Bake for 12 minutes.

16. Reduce heat to 300 °F.
17. Bake for 55 minutes.
18. Crush 1 cup berries.
19. Place remaining berries on top of the cake.
20. Add water to crushed berries.
21. Cook for 2 to 3 minutes.
22. Strain berries.
23. Mix cornstarch and sugar.
24. Stir mixture into berry juice.
25. Bring to a boil, stirring constantly.
26. Cook until thick.
27. Strain through a sieve and pour over cake.

## Chocolate Mousse Cake

From Saronno.

Ingredients:

- 6 oz semi-sweet chocolate chips
- 18 whole almonds
- ½ cup Amaretto
- 2 packages gelatin
- ¼ cup water
- 4 egg yolks
- ⅓ cup sugar
- 2 cup milk
- 4 egg whites, stiffly beaten
- 1 cup whipping cream, prepared
- 6 oz lady finger cookies, split

1. Melt chocolate.
2. Coat almonds in chocolate and place on waxed paper.
3. Chill almonds.
4. Stir Amaretto into remaining chocolate.
5. In a saucepan, combine gelatin and water.
6. Stir in egg yolks, sugar, and milk.
7. Stir over low heat until thick enough to coat a metal spoon.
8. Stir in chocolate mixture.
9. Chill until mixture begins to set.
10. Fold in egg whites and whipping cream.
11. Line a 9" spring-form pan with cookies. Cover the sides and bottom.
12. Pour in chocolate mixture.
13. Chill until firm.
14. Pipe whipped cream into 18 rosettes and place an almond in each.

## Christmas Fruit Cake

From D'Ambrosio Family.

Makes 5 loaves.

Ingredients:

- 4 cup golden raisins
- 4 cup candied mixed peel
- 1½ cup red and green glazed cherries
- 2 cup almonds, sliced
- zest of 1 lemon
- juice of 1 lemon
- 4½ cup all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- 1 lbs butter, softened
- 2 cup sugar
- 9 eggs, at room-temperature
- amber rum

1. Soak raisins in water and rum for a minimum of 2 hours.
2. Preheat oven to 275 °F. When oven is hot, put a tray of water in oven.
3. Cream butter, adding sugar a little at a time.
4. Add eggs, one at a time, beating well after each addition.
5. Add lemon juice and peel.
6. In another bowl, mix 4 cup flour, salt and baking powder well.
7. Add dry ingredients to wet by hand.
8. In another bowl, mix fruits, nuts and ½ cup flour well.
9. Add fruit mixture to batter.
10. Line and fill 5 loaf pans.
11. Bake for 2 hours making sure the water tray does not evaporate completely.
12. Double wrap loaves in foil and place in a plastic bag in the refrigerator for 2 days.
13. Unwrap and add ⅓ cup amber rum per loaf.
14. Re-wrap and refrigerate for 4 weeks.

This recipe is made using The Cake or Creaming Method.

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## Cookie Cake

From Nonna Julia.

Ingredients:

- 3 tbsp flour
- ½ cup sugar
- peel of ¾ lemon
- 3 egg yolks
- 4 cup whole milk
- vermouth, diluted in 2 parts water, or espresso, cooled
- arrowroot cookies
- chocolate, grated

1. In a saucepan, mix flour, sugar, egg yolk, and enough milk to make a paste.
2. Add remaining milk, dissolving paste.
3. Add lemon peel.
4. Stir over medium heat until mixture boils and thickens.
5. Remove lemon peel.
6. Allow custard to cool slightly.
7. Dip cookies in diluted vermouth.
8. Alternately layer cookies, custard, and grated chocolate in a pie plate.
9. Chill for at least 2 hours.

## Dutch Chocolate Cake

From Hellmann's.

Ingredients:

- 2 cup flour
- ⅔ cup cocoa
- 1¼ tsp baking soda
- ¼ tsp baking powder
- 1⅔ cup sugar
- 3 eggs
- 1 tsp vanilla
- 1 cup mayonnaise
- 1⅓ cup water

1. Preheat oven to 350 °F.
2. Combine flour, cocoa, baking soda, and baking powder.
3. Separately, beat together sugar, eggs, and vanilla for 3 minutes at high speed.
4. At a reduced speed, beat in mayonnaise.
5. Alternately add dry mixture and water in four additions.
6. Pour into two 9" round pans.
7. Bake for 30 to 35 minutes.
8. Let cool.
9. Frost.

This recipe is made using The Cake or Creaming Method.

## Easy Cheesecake

From Irene.

Ingredients:

- 1½ cup graham cracker crumbs
- ¼ cup sugar
- ¼ cup butter, melted
- 2 packages of Dream Whip, prepared
- 8 oz cream cheese
- 1 cup confectioner's sugar
- juice of 1 lemon

1. Mix crumbs, sugar, and butter together.
2. Press ⅔ into the bottom of a pan.
3. Chill.
4. Cream together cheese, confectioner's sugar, and lemon.
5. Add Dream Whip and beat for 4 minutes.
6. Pour filling over crust.
7. Sprinkle with reserved crumb mixture.
8. Freeze 4 hours.
9. Defrost 1½ hours at room temperature before serving.

## Equal Opportunity Coffee Cake

From Sue Devor.

Makes 8 servings.

Topping Ingredients:

- ½ cup brown sugar
- 2 tsp cinnamon
- 1 tbsp flour
- 3 tbsp oil
- 1 tbsp nuts, chopped
- 1 pear, peeled, cored, and thinly sliced

Cake Ingredients:

- 2 eggs
- 1 cup sugar
- ½ cup vegetable oil
- ½ tsp vanilla
- 1½ cup all-purpose flour
- 1 tbsp baking powder
- pinch of salt
- ½ cup orange juice
- 2 tsp orange zest (optional)

1. Preheat oven to 350 °F.
2. Combine all topping ingredients except pear.
3. Cut mixture until crumbly.
4. Separately, whisk eggs, sugar, oil, and vanilla together.
5. Stir in flour, baking powder, salt, juice, and peel.
6. Create layers of batter, topping, and fruit twice in the bottom of an 8" square pan.
7. Bake for 30 to 40 minutes.

This recipe is made using The Muffin Method.

## Ganache

From Andre Masella. Makes 9" layer cake.

Ingredients:

- 300 g dark chocolate, chopped
- 100 g cream

1. In a double boiler, heat cream to 37°C.
2. Add chocolate.
3. Stir until chocolate is melted and blended. Do not let temperature exceed 37°C.
4. Frost cake.

*The heavier the cream, the better.*

*This is a 3 : 1 ratio which will produce a firm ganache. It can be reduced to 2 : 1 for a softer ganache.*

## Hazelnut Torte

Ingredients:

- 4 eggs
- ¾ cup sugar
- 2 tbsp flour
- 2½ tbsp baking powder
- 1 cup hazelnuts, chopped or ground
- 2 tbsp butter
- 1 tbsp cocoa
- 1 tbsp vanilla
- 1 cup confectioner's sugar
- 2 tbsp strong coffee, hot
- whipping cream, prepared

1. Preheat oven to 350 °F.
2. Blend together eggs and sugar.
3. Combine flour and baking powder.
4. Add dry mixture to wet.
5. Fold in nuts.
6. Pour into two 9" round pans.
7. Bake for 20 minutes.
8. Let cool.
9. Combine remaining ingredients except whipped cream to form filling.
10. Assemble as a layer cake.
11. Frost outside with whipped cream.

This recipe is made using The Cake or Creaming Method.

*During baking, torte will fluff and then collapse.*

## Delizia al Limone (Lemon Cake)

From Maria Piccolina.

Prepare 1 day in advance.

Ingredients:

- 1 sponge cake, cut into 1" thick slices
  - Limoncello
  - cream mixture
1. Mix 2 parts Limoncello with 1 part water.
  2. Line ramekins with plastic wrap.
  3. Cut sponge cake into rounds larger than the diameter of the ramekin.
  4. Press round into the bottom of each ramekin. The round should be large enough to almost reach the top of the bowl.
  5. Brush with diluted Limoncello.
  6. Fill each ramekin with cream mixture leaving 1" head space.
  7. Cap with another round.
  8. Brush top round with diluted Limoncello.
  9. Seal plastic wrap on top.
  10. Refrigerate overnight.
  11. Unmould by inverting.
  12. Frost with cream mixture and decorate.

*The ramekins used are Nappie bowls.*

*Decoration can include candied lemon and icing leaves.*

### Cream Mixture

Ingredients:

- 1 L milk
  - 300 g sugar
  - 200 g flour
  - zest of 3 lemons
  - juice of 3 lemons
  - 250 g whipping cream
1. Combine milk, flour, sugar, and zest in a saucepan.
  2. Cook until thickened.
  3. Let cool.
  4. Add juice to mixture.
  5. Beat cream until stiff peaks have formed.
  6. Fold whipped cream into milk mixture.

## Mamon

From Hermina So.

Ingredients:

- 8 eggs, separated
  - ½ tsp cream of tartar
  - 1⅓ cup sugar
  - 1 cup cake-and-pastry flour
  - ½ cup vegetable oil
  - mozzarella cheese or cheddar cheese, grated finely
1. Preheat oven to 325 °F.
  2. Beat together egg whites, cream of tartar, and ⅔ cup sugar.
  3. Combine egg yolk, 1 cup sugar, flour, and oil.
  4. Fold egg yolk mixture into egg white mixture.
  5. Pour into buttered brioche pans or tart pans.
  6. Bake for 15 to 20 minutes.
  7. Sprinkle a small amount of cheese on top.



## Maple Apple Pudding Cake

From Canadian Living. Makes 6 servings.

Ingredients:

- 4 cup apples, peeled and sliced
- $\frac{2}{3}$  cup maple syrup
- $\frac{1}{3}$  cup raisins
- 1 cup all-purpose flour
- $\frac{1}{4}$  cup sugar
- $1\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  cup butter, cold and cubed
- $\frac{1}{2}$  cup buttermilk
- 1 egg
- 1 tsp vanilla

1. Preheat oven to 350 °F.
2. In a saucepan, bring apples and maple syrup to a boil.
3. Simmer until softened. Approximately 3 minutes.
4. Add raisins.
5. Pour into a 8" square pan.
6. Combine flour, sugar, baking powder, baking soda, and salt.
7. Cut butter into flour mixture until crumbly.
8. Whisk together buttermilk, egg, and vanilla.
9. Pour milk mixture into flour mixture.
10. Stir until just combined.
11. Drop large spoonfuls onto apples.
12. Bake for 30 minutes.

This recipe is made using The Biscuit Method.

## Mini Cheesecake

From Diane Leite. Makes 5 dozen.

Ingredients:

- 16 oz cream cheese
- 500 mL sour cream
- 1 cup sugar
- 3 eggs
- 2 tbsp flour (optional)
- 1 tsp vanilla or almond extract
- vanilla wafers

1. Preheat oven to 350 °F.
2. Cream sugar and cream cheese until light and fluffy.
3. Add eggs, one at a time.
4. Add vanilla, sour cream, and flour.
5. Place a wafer in the bottom of a muffin paper just large enough to hold it. The flat side should be down.
6. Spoon mixture on top of wafer to fill paper.
7. Bake for  $\frac{1}{2}$  hour.

This recipe is made using The Cake or Creaming Method.

## Rhubarb Cake

Ingredients:

- ½ cup shortening
- 1¼ cup sugar
- 1 egg
- 1 tsp vanilla
- 1 tsp baking soda
- 2 cup flour
- ½ tsp salt
- 1 cup buttermilk
- 2¼ cup rhubarb, chopped into ½" lengths
- 1 tbsp flour
- ¼ cup butter
- 2 tsp cinnamon
- 1 cup brown sugar

1. Preheat oven to 350 °F.
2. Cream shortening and sugar.
3. Beat in egg and vanilla.
4. Combine 2 cup flour, baking soda, and salt.
5. Add alternately dry ingredients and buttermilk in three additions.
6. Toss rhubarb in 1 tbsp flour.
7. Mix rhubarb into batter.
8. Spoon into a 9"×13" pan.
9. Combine butter, cinnamon, and brown sugar.
10. Cut until crumbly.
11. Sprinkle over batter.
12. Bake for 45 minutes.

This recipe is made using The Cake or Creaming Method.

## Rhubarb Orange Coffee Cake●

Makes 9 servings.

Ingredients:

- ¼ cup brown sugar
- 1 tbsp orange zest
- ½ tsp cinnamon
- 2 cup all-purpose flour
- ¾ cup sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 egg
- 1 tsp vanilla
- ⅓ cup butter, melted
- 1 cup orange juice
- 1½ cup rhubarb, chopped

1. Preheat oven to 350 °F.
2. Combine brown sugar, orange peel, and cinnamon for topping.
3. Separately, combine flour, sugar, baking powder, baking soda, and salt.
4. Separately, lightly beat egg.
5. Blend in vanilla, butter, and orange juice.
6. Pour egg mixture into dry mixture.
7. Stir until evenly combined.
8. Spread half the batter in an 8" square pan.
9. Cover with rhubarb.
10. Cover with remaining batter.
11. Sprinkle topping evenly.
12. Bake for 40 minutes.

## Root Beer Cake

Ingredients:

- 2 cup flour
- 2 cup sugar
- 1 cup root beer
- 2 cup butter
- ½ cup milk
- 1 tsp baking soda
- 1 tsp vanilla
- ½ tsp salt
- 2 eggs

1. Preheat oven to 325 °F.
2. Mix flour and sugar.
3. In a saucepan, combine root beer and butter, bring to a boil.
4. Add to the dry mixture. Stir well.
5. Add milk, baking soda, vanilla, salt, and eggs. Blend well.
6. Bake for 30 minutes.

## Frosting

Ingredients:

- ¼ cup butter
- ⅛ tsp salt
- 2 cup confectioner's sugar
- 4 tbsp cream or milk
- 1 tbsp root beer

1. Work the butter and salt with a spoon or electric beater until fluffy and creamy.
2. Add in confectioner's sugar and cream, continuing to stir or beat.
3. Add only enough cream or milk to achieve spreading consistency.
4. Add vanilla and spread over cake.

## Seven Minute Frosting

From Paula Deen and Alton Brown. Makes 9" layer cake.

Ingredients:

- 1½ cup sugar
- ¼ tsp cream of tartar or 1 tbsp light corn syrup
- ⅛ tsp salt
- ⅓ cup water
- 2 egg whites
- 1½ tsp vanilla

1. Bring a pot of water to a boil.
2. Place all ingredients except vanilla in a metal bowl.
3. Place bowl over pot of boiling water.
4. Beat on low speed for 1 minute.
5. Beat on high speed for 5 minutes.
6. Remove from heat.
7. Add vanilla.
8. Beat for 1 minute.

*The bowl should not touch the boiling water. This will result in a grainy frosting.*

*This frosting is painfully sweet.*

## Sour Cream Coffee Cake

From Leising Family.

Ingredients:

- 2 cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1¾ cup sour cream (14%)
- ¼ cup packed brown sugar
- 1½ tsp cinnamon

1. Preheat oven to 350 °F.
2. Grease and flour a 10" tube pan.
3. Mix the brown sugar and cinnamon for the topping and set aside.
4. Sift together flour, baking powder, and baking soda, set aside.
5. Cream butter, add sugar and cream together.
6. Add eggs and vanilla, beat well.
7. Add dry ingredients alternatively with sour cream, in three additions.
8. Spread half of batter in tube pan, sprinkle with half of topping ingredients, repeat.
9. Bake for 45 minutes.
10. Cool 15 minutes before removing from pan.

This recipe is made using The Cake or Creaming Method.

*Since most sour cream containers are 2 cup, you can just use the whole container.*

*The band in the middle may be faint, so can double the amount of topping if desired.*

## Sponge Cake

From Rasso Family.

Ingredients:

- 4 eggs, separated
- 1 cup sugar
- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp confectioner's sugar
- drop of vanilla

1. Preheat oven to 350 °F.
2. Beat egg yolks, sugar, and vanilla.
3. Combine sugar, flour, and baking powder together.
4. Beat egg whites and confectioner's sugar until very stiff.
5. Slowly add dry ingredients to yolk mixture.
6. Fold in egg whites.
7. Pour in a lined pan.
8. Bake for 45 minutes.

## Tea Ring†

From Curtin Publicators. Makes 12 servings.  
Ingredients:

- ⅔ cup milk, scalded
- ¼ cup butter
- ¼ cup sugar
- ½ tsp salt
- 2¼ tsp dry active yeast
- 1 egg
- 2½ to 3 cup flour
- 2 tbsp butter, softened
- ½ cup brown sugar
- 1 tsp cinnamon
- 2 tsp lemon zest
- ??? walnuts
- ½ cup raisins
- ½ cup confectioner's sugar
- 2 tbsp milk
- 3 tbsp almonds, sliced
- ½ tsp almond extract

1. Add quarter cup butter, sugar, and salt to scalded milk.
2. Let cool until lukewarm.
3. Dissolve yeast in scalded milk.
4. Add egg and half of the flour.
5. Beat until smooth.
6. Slowly add remaining flour until dough is easy to handle.
7. Knead dough until smooth and elastic. Approximately 5 minutes.
8. Place in a greased bowl and let rise until doubled in bulk.
9. Punch down and roll out to a 15"×10" rectangle.
10. Spread with butter.
11. Mix brown sugar, cinnamon, zest, raisins, and walnuts.
12. Spread evenly over surface of dough.
13. Roll up, beginning at the wide side, and seal seam.
14. Shape into a ring on a baking sheet.
15. Cut slits ⅔ of the way down at 1" interval.
16. Turn each slice on its side.
17. Cover and let rise until doubled in bulk.
18. Preheat oven to 350 °F.

19. Bake until browned. Approximately 25 to 30 minutes.
20. Combine confectioner's sugar, milk, and almond extract.
21. Frost cake, while warm, with milk mixture.
22. Sprinkle with almonds.

## Very Berry Summer Cake

From the Steffler Family.  
Ingredients:

- 4 eggs
- ¾ cup sugar
- 750 g vanilla yogurt
- 1 tbsp vanilla
- 1¼ cup flour
- 2 cup fresh or frozen raspberries
- ¼ cup almonds, sliced

1. Preheat oven to 350 °F.
2. In a large bowl, beat eggs and sugar at maximum speed for 5 minutes.
3. Using a whisk, gently stir in yogurt and vanilla.
4. Sift flour over mixture little by little, whisking to avoid lumps.
5. Delicately fold in berries.
6. Pour into a floured spring-form pan.
7. Sprinkle almonds over top.
8. Bake until top is golden brown. Approximately 75 to 90 minutes.

This recipe is made using The Cake or Creaming Method.

## Zucchini Cake

### Ingredients:

- 3 eggs
- 1½ cup sugar
- 2 cup zucchini, shredded
- 1 cup oil
- 2 tsp vanilla
- 3 cup flour
- ½ cup nuts, chopped
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder

- 2 tsp cinnamon
- ½ tsp nutmeg (optional)
- ¼ tsp cloves (optional)

1. Preheat oven to 325 °F.
2. Beat eggs until foamy.
3. Stir in sugar, zucchini, oil, and vanilla.
4. Add remaining ingredients by hand.
5. Blend well.
6. Pour into a Bundt pan.
7. Bake for 50 to 60 minutes.

## Chapter 5

### Candy

#### Caramel Corn

From the Steffler Family.

Ingredients:

- 4 cup popcorn, popped
- ½ cup almonds
- ½ cup pecans
- ½ cup butter
- ¼ cup corn syrup
- ⅔ cup sugar
- 1 tsp vanilla

1. Combine popcorn and nuts.
2. Spread on a cookie sheet.
3. In a saucepan, melt butter.
4. Stir in corn syrup and sugar.
5. Bring to a boil over medium heat stirring constantly.
6. Continue boiling for 10 to 15 minutes stirring occasionally.
7. When mixture turns a light caramel colour, remove from heat.
8. Add vanilla.
9. Pour over popcorn-nut mixture.
10. Mix until all pieces are coated.
11. Spread out to harden.

#### Dulce de leche

From Alton Brown.

Makes 1 cup.

Ingredients:

- 1 L whole milk
- 350 g sugar
- 1 tbsp vanilla
- ½ tsp baking soda

1. Combine the milk, sugar, vanilla in a large saucepan.
2. Over medium heat, bring to a simmer, stirring occasionally, until the sugar has dissolved.
3. Stir in the baking soda.
4. Reduce the heat to low and cook uncovered at a bare simmer, stirring occasionally without re-incorporating the foam.
5. Cook until the mixture becomes a dark caramel colour. Approximately 2½ to 3 hours.
6. Pass mixture thorough a fine strainer.
7. Store in the refrigerator for up to a month.

## Granola Bars

Ingredients:

- ½ cup raisins or dates
- ½ cup coconut, shredded
- ¼ cup wheat germ
- ¼ cup chocolate chips
- ¼ cup nuts, chopped
- ½ tsp nutmeg
- ½ tsp cinnamon
- ½ tsp cloves
- ½ tsp ginger
- 1 tsp vanilla
- 2 eggs
- ⅔ cup peanut butter
- 1 tbsp oil
- 1 tbsp molasses or honey
- ½ cup water
- 2 cup quick-cooking rolled oats

1. Preheat oven to 300 °F.
2. Line a 9" baking pan with parchment paper.
3. In a large bowl blend together all ingredients except oats until well combined.
4. Add oats and mix well.
5. Press evenly into the pan.
6. Bake for 15 minutes.
7. Cool for 1 hour.
8. Cut into bars.

## Hard Candy

Makes 9 large suckers.

Ingredients:

- ⅓ cup light corn syrup
- 1 cup sugar
- ½ cup water
- ⅛ tsp flavoured oil or ¼ tsp extract
- 1 drop food colouring (optional)
- confectioner's sugar

1. If using metal or plastic moulds, rub with vegetable oil. Silicone moulds do not need this step.
2. Combine corn syrup, sugar, and water in a saucepan.
3. Bring to a boil.
4. Cook until a temperature of 310 °F has been reached.
5. Add flavoured oil and food colouring and swirl to mix.
6. Pour into moulds.
7. Let cool and harden.
8. Toss in confectioner's sugar to prevent sticking.

*If you do not have moulds, pour the candy out in a greased tray. As soon as it becomes cool enough to handle, cut it into strips and then squares using shears.*

*The saucepan should have the capacity to hold triple the volume of the ingredients.*

*Do not stir the mixture while cooking. It will weaken the structure of the final candy.*



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## Honey Glazed Munch Mix

From the Steffler Family.

Ingredients:

- 5 cup popcorn, popped
- 2 cup Crispex cereal
- ½ cup peanuts
- ¼ cup raisins
- ¼ cup honey
- ¼ cup butter
- ¼ tsp vanilla

1. In a large bowl, combine popcorn, Crispex, peanuts and raisins.
2. In a small glass bowl, combine honey, butter and vanilla.
3. Microwave on high to 45 to 60 seconds.
4. Stir until butter is melted.
5. Drizzle over popcorn mixture and stir to coat.
6. Microwave on medium for 6 to 7 minutes or until popcorn is crisp, stirring every 2 minutes.

## Munch and Crunch

Ingredients:

- 16 cup popcorn, popped
- 2 cup brown sugar
- 1½ cup salted peanuts
- 1 cup butter
- ½ cup light corn syrup
- 1 tsp salt
- ½ tsp baking soda

1. Preheat oven to 250 °F.
2. Bring sugar, butter and corn syrup to a rapid boil in a large pot.
3. Keep stirring and quickly add the baking soda. It will foam.
4. Add to popcorn and peanuts and keep stirring until covered.
5. Put the mixture in a large roaster and bake for 1 hour.
6. Stir every 15 minutes or so.
7. Spread on waxed paper and let cool to room-temperature.

## Nut Brittle

From Ms. Field's.

Ingredients:

- 1½ cup nuts
- 6 tbsp butter
- 1 cup sugar
- ¼ cup water
- ¼ tsp baking soda
- 1 tsp vanilla

1. Place nuts on a lined baking sheet.
2. In a pan, combine butter, sugar and water.
3. Place over medium heat and stir until sugar dissolves.
4. Let pan stand covered for 2 minutes.
5. Uncover pan and increase heat to high.
6. Cook, without stirring, until mixture begins to turn golden brown, reaching a temperature of 300 °F.
7. Remove from heat. *Move quickly from here on in!*
8. Stir in vanilla and then baking soda.
9. Pour over nuts.
10. Let cool.

*Leaving out the nuts entirely is possible and results in a vanilla Werther's-like candy.*

*On a gas stove, be careful when positioning the thermometer as it will be very inaccurate if too close to the sides of the pot.*

## Sam's Caramel Corn

From Sandra Nordby.

Ingredients:

- 10 cup popcorn, popped
- 1 cup nuts (optional)
- ½ cup butter
- 1 cup brown sugar
- ¼ cup corn syrup or honey
- vanilla tsp

1. Preheat oven to 250 °F.
2. Mix popcorn and nuts.
3. In a saucepan, melt butter.
4. Add sugar and syrup.
5. Bring to a boil.
6. Reduce heat and cook for 5 minutes.
7. Remove from heat and add vanilla.
8. Pour over popcorn and nuts.
9. Mix well.
10. Spread onto foil-lined sheet or pan.
11. Bake for 1 hour, stirring once or twice.

## Sesame Seed Bars

Ingredients:

- 1 cup water
- 2 cup sugar
- 1 cup light corn syrup
- 2 tbsp unsalted butter
- ¼ tsp baking soda
- 2 cup toasted sesame seeds

1. Mix all the ingredients except the sesame seeds, in a medium-sized saucepan.
2. Cook over medium heat, stirring constantly, until mixture reaches 260 °F.
3. Quickly add the sesame seeds and continue to stir until well coated.
4. Remove from the heat.
5. Pour into a greased pan and smooth out with a greased spatula.
6. Allow to cool slightly and cut into bars.
7. When completely cool transfer to a waxed paper-lined airtight container and separate layers with additional paper.

## Torrone

From Maria D'Ambrosio.

Ingredients:

- ¾ cup butter
- 2 small bags of miniature marshmallows
- 2½ cup chocolate chips
- 2 cup almonds, roasted and chopped
- 2 cup hazelnuts, roasted and chopped
- 2 to 3 wafer sheets

1. Melt butter in a non-stick pan.
2. Add marshmallows and melt.
3. Add chocolate chips.
4. Add nuts.
5. Stir until well combined.
6. Lay wafer sheets on a 9"×13" pan.
7. Pour mixture onto wafer and spread evenly.
8. Cover with wafer sheets.
9. Put waxed paper on wafer and weigh down for 2 to 3 days.
10. Cut into strips and then cut strips diagonally.

## Torrone Nuggats

From Woodbridge Nuthouse.

Ingredients:

- 500 g honey
- 500 g almonds, roasted
- 900 g hazelnuts, roasted
- 500 g fruit sugar
- 3 egg whites
- 2 packets powdered vanilla
- rice paper

1. Beat egg whites until stiff.
2. Beat in sugar and vanilla.
3. Add honey.
4. Cook on low heat for 30 minutes stirring constantly.
5. Add almonds and hazelnuts.
6. Cook for another 30 minutes stirring constantly.
7. Spread uniformly over a sheet of rice paper.
8. Cover with another sheet of rice paper.
9. Gently roll until even.
10. Once cool, cut into strips.

*You may break the spoon when stirring!*



## Chapter 6

# Cheese

### Hard Cheese

From David Fankhauser.

Makes 1 lbs.

Ingredients:

- 4 L whole milk
- ½ cup milk powder
- ½ tablet rennet
- ¼ cup buttermilk, or buttermilk Frozen Stock (See page 230)
- 1 to 2 tsp salt

#### Evening Day 1

1. Mix milk and powder in a large, sanitised double boiler.
2. Warm milk to 20°C.
3. Inoculate the milk.
4. Cover with a sanitised lid.

#### Morning Day 2

1. Warm the milk to 30°C.
2. Dissolve rennet in ¼ cup cold water.
3. Stir rennet into milk.
4. Let sit undisturbed for 1 to 2 hours until a clean break is achieved.
5. Cut the curd.
6. Cook the curd, to 34°C for a soft cheese up to 39°C for a firm cheese, for 15 minutes while gently lifting curd from the bottom of the pot.
7. Remove from heat.
8. Let stand 10 minutes.
9. Filter whey through a cloth.

10. Add salt to the curd and mix in thoroughly.
11. Place cheese in a cloth and in a cheese press.
12. Press at room temperature for 12 hours.

#### Evening Day 2

1. Remove cheese from the press.
2. Rub with salt.
3. Wrap in a fresh cloth.
4. Place in the refrigerator on a rack.

#### Daily until Rind Forms

1. Replace cloth if wet.

#### After Rind Forms

1. Coat with Wax (See page 48) .
2. Let age in the refrigerator for at least 1 month.

## Paneer Cheese

Makes 3 cup.

Ingredients:

- 2 L milk
- ¼ cup lemon juice
- 1 tsp cumin (optional)
- 1 tsp salt

1. In a large pan, bring milk, salt, and cumin to a boil.
2. Simmer for 5 minutes.
3. Turn off the heat.
4. Slowly add the juice while stirring.
5. Line a colander with a cheese cloth.
6. Strain the curds.
7. Rise the curds with cold water.
8. Squeeze the curds dry. Use a cutting board and a weight.
9. Turn the curds out on a clean cutting board.
10. Knead the curds until the texture becomes smooth.
11. Store in a clean air-tight container in the fridge for up to 1 week.

*This will, unlike normal cheese, work with lactose-free milk.*

*If the curds do not precipitate when the lemon juice is added, reheat the curds and add more juice.*

## Quark

Makes 1 cup.

Ingredients:

- 1 L whole milk
- a few drops up to ½ cup buttermilk, or buttermilk Frozen Stock (See page 230)
- lactase drops for 1 L milk (optional)

1. In a sterile airtight container, combine milk and buttermilk.
2. Seal the container.
3. Let stand at room temperature until it clabbers, that is, the milk has become solid. Approximately 2 days. If a smooth texture is desired, the milk must be stirred continuously during this period.
4. Cook mixture until curd thickens and begins to separate from whey. Approximately 30 minutes.
5. Line a colander with cheese cloth and set it in a lidded container.
6. Pour the mixture through the cloth.
7. Cover and refrigerate for at least 12 hours.
8. Add lactase drops and stir in.
9. Refrigerate for time recommended by lactase drops.

## Ricotta

Makes ¼ cup.

Ingredients:

- 4 L whey
- ¼ tsp citric acid

1. If whey is not hot, re-heat it.
2. Add citric acid.
3. Stir until curd separates.
4. Strain through a cloth.
5. Work curds until smooth.
6. Refrigerate curds.

## Wax

Ingredients:

- 1 non-toxic crayon
- 140 g paraffin wax
- 70 g mineral oil

1. Combine all ingredients in a small pot.
2. Heat over *low* heat, stirring regularly.
3. Once melted, dip cheese in wax to coat.

*Use the lowest possible heat. Wax heats up much more quickly than water.*

*Wax maybe allowed to solidify and then be melted again.*

*A pot should be dedicated to this task.*

## Chapter 7

# Chicken

### Broiled Chicken

Ingredients:

- chicken, whole
- olive oil
- salt
- pepper
- paprika (ideally, smoked paprika)
- rosemary (optional)

1. Halve chicken.
2. Oil lightly, then season.
3. With bone side up, broil from 35 to 40 minutes.
4. Flip and broil for another 20 minutes.

*Barbecue instead of broiling.*

### Chicken and Broccoli Casserole

From Astro.

Makes 4.

Ingredients:

- 4 chicken breasts
- 1 tbsp olive oil
- 3 cup broccoli, steamed
- 3 tbsp butter
- 2 tbsp flour
- 1½ cup chicken stock
- 1 cup plain yogurt
- ½ cup cheddar cheese, grated

1. Preheat oven to 375 °F.
2. Heat olive oil in a skillet.
3. Sauté chicken for 5 minutes on each side.
4. Steam broccoli.
5. In a saucepan, melt butter.
6. Add flour and cook for 1 minute.
7. Add stock and cook until thickened.
8. Season with salt and pepper.
9. Whisk in yogurt and cheese.
10. Cook until cheese is melted.
11. Place broccoli and chicken in a casserole.
12. Pour sauce over top.
13. Bake for 25 minutes.
14. Serve over rice.

## Chicken Cacciatore

From Nonna.

Ingredients:

- flour
- ¼ cup olive oil
- 1 onion, minced
- 3 oz pancetta, chopped
- 3 cloves of garlic
- 2 tbsp rosemary or bay leaf
- 1 cup Marsala or white wine
- 3 cup tomatoes
- salt
- pepper
- hot pepper flakes

1. Flour chicken.
2. Brown in a skillet for approximately 6 minutes.
3. Remove chicken and lower the heat.
4. Add onion, garlic, pancetta, and rosemary.
5. Cook 2 to 3 minutes.
6. Add chicken and wine.
7. Cook until dry.
8. Add tomatoes and seasonings.
9. On low heat, simmer for 45 minutes, turning occasionally.

## Chicken Cordon Bleu

From Mary Steiner.

Makes 6.

Ingredients:

- 3 large chicken breasts, cut length-wise
- 6 slices of cooked ham
- 6 slices of Swiss cheese or Gruyère
- ¼ cup flour
- salt tsp
- pepper
- 1 egg
- 1 tbsp milk
- 1 cup bread crumbs
- 1 cup butter

1. Stir pepper and salt into flour.
2. In a separate bowl, beat egg and milk.
3. Flatten breasts.
4. Place ham and cheese in breast and roll.
5. Dip rolls in flour, then egg, and, finally, bread crumbs.
6. Melt butter in a skillet at 320 °F.
7. Brown on each side, approximately 5 minutes.



## Chicken in Sauce

From Nonna.

Ingredients:

- chicken pieces
- tomato pieces
- tomato purée (only if using as pasta sauce)
- garlic
- basil
- olive oil
- salt

1. Fry, covered, chicken pieces in olive oil until golden brown.
2. Remove chicken.
3. Fry garlic and tomato pieces.
4. Add chicken, basil, and purée.
5. Salt to taste.
6. Cook gently for as long as possible. Add water if necessary.
7. Let stand for at least 1 hour.

*Remaining sauce can be used over pasta.*

## Chicken Sautéed in Wine Sauce

From French Food at Home.

Makes 4 servings.

Ingredients:

- 1 chicken, cut in pieces
- ¼ cup butter
- ½ cup white wine
- 4 tbsp fresh herbs, chopped
- salt
- pepper

1. Season chicken with salt and pepper.
2. Heat oil and butter in a saucepan.
3. Sauté chicken pieces.
4. Remove and sprinkle with herbs.
5. Remove oil from pan if there is too much.
6. Deglaze pan with wine.
7. Reduce heat.
8. Add chicken.
9. Cover and cook until tender.
10. Remove chicken.
11. Add fresh parsley to sauce.
12. Reduce a little.
13. Pour over chicken.

*Suggested herbs include thyme, rosemary, parsley, chives, dill, tarragon, chervil, or coriander, and combinations of these.*

## Chicken Toscana

### Ingredients:

- chicken pieces
- olive oil
- butter
- tomato purée
- 1 diced onion
- carrots, diced
- celery, diced
- salt
- pepper

1. Heat butter and oil in a skillet.
2. Salt and pepper chicken pieces.
3. Sear at high heat.
4. Remove chicken and place in roasting pan.
5. Add onion, carrots, celery to skillet.
6. Cook over medium heat until dry.
7. Add white wine and cook until tender.
8. Preheat oven to 375 °F.
9. Cover chicken pieces with tomato purée.
10. Pour contents of skillet on top.
11. Cover pan.
12. Bake for 45 minutes.
13. Uncover and cook 5 to 10 minutes.

## Crunchy Parmesan Chicken Wings

From Canadian Living.

### Ingredients:

- 4lbs chicken wings
- ½ cup all-purpose flour
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp pepper
- 4 eggs
- 2 cup Parmesan cheese, grated
- ½ cup bread crumbs
- 1 tsp dried oregano
- 1 tsp dried basil

1. Remove tips from chicken wings and discard.
2. Separate joints.
3. In a shallow dish, combine flour, paprika, salt, and pepper.
4. In another shallow dish, beat eggs.
5. In another shallow dish, combine cheese, bread crumbs, basil, and oregano.
6. Dip wings into flour mixture, then eggs, and, finally, cheese mixture.
7. Wings can be refrigerated for up to 4 hours.
8. Preheat oven to 375 °F.
9. Arrange wings on baking sheet.
10. Bake for 35 to 40 minutes, turning once.

## Cutlets with Cranberry Orange Sauce

From the Steffler Family.

Ingredients:

- ⅓ cup orange juice
- ⅓ cup chicken stock
- 2 tbsp balsamic vinegar
- 1 tbsp brown sugar
- 2 tsp cornstarch
- 1 tsp grated orange rind
- 1 lbs turkey or chicken
- 1 tsp dried basil
- ½ tsp salt
- ¼ tsp pepper
- 1 tbsp olive oil
- ¼ cup dried cranberries

1. Mix together orange juice, stock, vinegar, brown sugar, cornstarch and orange rind.
2. Season cutlets with basil, salt and pepper.
3. In a large skillet, over medium-high heat, heat half of the oil.
4. Cook cutlets in batches, adding oil as needed until no longer pink inside. Approximately 1 minute per side.
5. Transfer cutlets to plate.
6. Reduce heat to medium.
7. Add juice mix and cranberries.
8. Cook for 1 minute, stirring.
9. Return meat to skillet and cook for 2 minutes, turning occasionally.
10. Add salt and pepper to taste.

## Grilled Herbed Chicken Breasts

From Canadian Living.

Makes 4.

Ingredients:

- 4 chicken breasts
- ½ cup lemon juice
- ¼ cup Dijon mustard
- 1 tsp fresh or 1 tsp dried rosemary or thyme
- 1 tbsp chopped parsley
- 1 tbsp olive oil
- 2 tsp lemon zest
- ¼ tsp pepper

1. Mix all ingredients.
2. Let marinate for at least 2 hours.
3. Barbecue chicken basting with remaining marinade.

## Lime Grilled Chicken

From the Steffler Family.

Ingredients:

- ½ cup fresh lime juice
- ¼ cup oil
- 2 tbsp honey
- 1 tsp thyme
- 1 tsp rosemary
- 1 clove of garlic, crushed
- 2 chicken breasts

1. In a bowl, combine all ingredients except chicken, whisking until well blended.
2. Marinate halved chicken breasts for 1 to 2 hours.
3. Broil or grill approximately 4 minutes per side basting during cooking.

## Livers, Hearts and Mushrooms

From Nonna.

Ingredients:

- 10 to 15 chicken livers
- 10 to 15 chicken hearts
- 1 clove of garlic, minced
- ½ small onion, minced
- ¾ to 1 lbs mushrooms, sliced
- ½ tsp paprika
- wine
- salt
- pepper

1. Cut livers into 4 or 5 pieces.
2. Salt, then rinse.
3. Cut hearts in half.
4. Sauté onions and garlic in olive oil until golden.
5. Add hearts, livers and paprika.
6. Cook 15 to 20 minutes until dry.
7. Add mushrooms, pepper, wine, and salt.
8. Cook approximately 40 minutes on low heat. Add water if necessary.

## Mint Chicken

From Nonno.

Ingredients:

- 1 chicken, cut into pieces
- 150 mL red wine vinegar
- 50 mL olive oil
- 2 cloves of garlic, chopped
- sprigs of mint
- 2 tbsp fresh mint, chopped
- 2 tbsp parsley, chopped
- 1 tsp rosemary (optional)
- salt
- pepper

1. Salt and pepper chicken pieces.
2. Put herbs and garlic on chicken.
3. Shake oil and vinegar in a jar to emulsify.
4. Pour mixture over chicken.
5. Refrigerate and marinate at 8 hours, turning 2 or 3 times.
6. Grill over medium heat, turning often. Approximately 45 minutes.
7. For last 10 minutes, baste with marinade using mint sprigs as a brush.

*Best grilled with smoking chips.*

## Pineapple Salsa Chicken

From the Steffler Family.

Ingredients:

- 1 can crushed pineapple
- 4 chicken breasts
- 1 clove pressed garlic
- 1 tsp cumin
- 1 tbsp oil
- ½ cup red bell pepper, minced
- ¼ cup green bell pepper, minced
- 1 tbsp green onion, minced
- 2 tsp cilantro, minced
- 2 tsp jalapeño peppers, minced
- 1 tsp lime zest
- salt and pepper

1. Rub chicken with garlic.
2. Sprinkle with cumin, salt and pepper.
3. Sauté chicken in hot oil over medium-high heat until browned, turning once.
4. Add ½ cup pineapple juice to chicken.
5. Reduce heat.
6. Simmer for 7 to 10 minutes.
7. In a bowl, combine pineapple, remaining juice, peppers, cilantro, onions and lime.
8. Cut each breast into slices and serve with salsa.

## Pollo alla Cacciatore

From Nonna.

Ingredients:

- 3 lbs chicken parts
- ½ cup flour
- 4 tbsp olive oil
- 4 green onions, chopped
- 2 cloves of garlic, chopped
- 1 green bell pepper, sliced
- 8 mushrooms, sliced
- 2 tbsp tomato paste
- ½ cup white wine
- 2 tomatoes, peeled and chopped
- ¾ cup chicken stock
- ¼ cup brandy
- crumbled bay leaf
- basil
- salt
- pepper

1. Dredge chicken parts in flour.
2. Heat oil in a skillet.
3. Sauté for 5 minutes or until golden.
4. Add onion, green pepper, mushrooms, and garlic.
5. Cook for a few minutes.
6. Add tomato paste, wine, tomatoes, stock, brandy, bay leaf, and basil.
7. Simmer over low heat for 25 minutes.
8. Season with salt and pepper.

## Rotisserie Chicken

### Ingredients:

- whole chicken or turkey
- salt
- pepper
- smoked paprika
- olive oil

1. Coat chicken with oil lightly.
2. Season with spices and rub them in.
3. Put on a spit.
4. Add smoking chips to the barbecue.
5. Cover grill with a drip pan.
6. Cook over medium heat. Approximately 1 hour for a chicken. Consult Open Pan Roast Turkey (See page 214) for times.
7. For last ½ hour, baste with drippings.

*Balancing the rotisserie is an art.*

## Stand-up Chicken

### Ingredients:

- whole chicken
- ½ can of beer
- fresh mint
- fresh rosemary
- fresh thyme
- fresh sage
- fresh parsley
- lemon slices
- salt
- pepper
- smoked paprika

1. Season cavity with salt, pepper, and paprika.
2. Line cavity with lemon slices.
3. Pack herbs into cavity.
4. Put chicken on a cone stand.
5. Push lemon slices and herbs under skin where possible.
6. Season outside with salt, pepper, and paprika. Rub spices in.
7. Pour some of the beer into an aluminium pie plate.
8. Place can in centre of pie plate.
9. Place stand with chicken over beer can.
10. Add any remaining herbs into pie plate.
11. Grill on medium-low for 1 hour.

*Wine can be substituted for beer. Pour wine into an empty pop can.*

## Teriyaki Ginger Chicken Breast

From Lydia Rowland.

### Ingredients:

- 1 lbs chicken breast
- 3 tbsp soy sauce
- 1 tbsp brown sugar
- 1 tbsp dry sherry
- ½ tsp gingerroot, grated
- 1 clove of garlic, minced

1. Mix all ingredients.
2. Let marinate for 1 hour.
3. Cook chicken.

## Vietnamese Chicken Wings

From Fernando Leite.

### Ingredients:

- 3 tsp fish sauce
- juice of 1 to 2 limes
- 1 tsp soy sauce
- 1 clove of garlic, chopped
- pepper
- chicken wings

1. Mix all ingredients.
2. Let marinate for at least 6 hours.
3. Drain or pat dry wings.
4. Fry over medium heat for 8 minutes.

## Chapter 8

### Cookies

#### Almond Cookies

From Zia Bianca.

Ingredients:

- 1 lbs white almond flour
- 4 egg whites
- zest of 2 lemons
- 10 oz sugar
- ½ tsp almond extract
- food colouring (optional)
- cherries, candied or whole almonds

1. Preheat oven to 350 °F.
2. Combine all ingredients except cherries and mix with a spoon.
3. Mix with hands to form a stiff dough.
4. Shape into cookies, ideally using a cookie gun.
5. Place cherry in the centre.
6. Bake for 10 minutes. Do not over bake.

#### Almond Crescent

Ingredients:

- 1 egg
- ⅔ cup sugar
- 1 cup butter
- 1 tsp vanilla
- 3 cup flour
- 1 cup almonds, chopped
- confectioner's sugar

1. Preheat oven to 375 °F.
2. Mix together egg, sugar, butter, and vanilla.
3. Mix in flour.
4. Mix in almonds.
5. Place dough on a floured board.
6. Knead, slowly adding flour, until dough is no longer sticky.
7. Divide dough into 10 pieces.
8. Flatten each portion into a round.
9. Slice into 8 wedges.
10. Roll each wedge like a croissant and place on a cookie sheet.
11. Bake for 13 to 15 minutes.
12. Let cool.
13. Roll in confectioner's sugar.

## Amaretti

From Zia Bianca.

Ingredients:

- 4 eggs
- 2 cup flour
- 2 cup sugar
- 5 tbspcocoa
- 3 tsp baking powder
- zest of 1 lemon
- 2 cup almonds, roasted and ground
- 2 oz Kahlúa or coffee liqueur
- 2 tsp almond extract
- granulated sugar for rolling
- almonds, halved or chocolate chips

1. Preheat oven to 350 °F.
2. Mix dry ingredients together.
3. Beat eggs, liqueur, almond extract, and zest until light.
4. Mix wet and dry ingredients to form a stiff dough.
5. Using oiled hands, roll spoonfuls into balls and roll in sugar.
6. Place on a cookie sheet and press an almond half into centre.
7. Bake for 10 minutes. Do not over-bake.

## Banana Oatmeal Cookies

Ingredients:

- ½ cup sugar
- ½ cup brown sugar
- 1 cup butter
- 2 eggs
- 1 tsp vanilla
- 2 cup flour
- 1 tsp baking soda
- ½ tsp cloves
- 1 tsp cinnamon
- ¼ tsp salt
- 3 ripe bananas, mashed
- 2 cup rolled oats
- 1 cup chocolate chips

1. Preheat oven to 375 °F.
2. Combine sugars, butter, vanilla and eggs.
3. Separately combine flour, baking soda, salt, cloves, and cinnamon.
4. Stir into the creamed mixture.
5. Add the mashed bananas, rolled oats and chocolate chips.
6. Mix until well blended.
7. Drop spoonfuls of dough on an cookie sheet.
8. Bake until golden brown. Approximately 8 to 10 minutes.

This recipe is made using The Cake or Creaming Method.



## Biscotti Neri

From Zia Graziella.

Makes 14 dozen.

Ingredients:

- 3 cup all-purpose flour
- ½ cup sugar
- ¼ lbs shortening, melted
- 1 cup milk, tepid
- 1½ tbsp cocoa
- 1 tsp cinnamon
- ½ tsp cloves
- 3 tbsp baking powder

1. Preheat oven to 350 °F.
2. Combine all ingredients.
3. Mix dough until it comes together. It should be slightly tacky. If not, add additional milk.
4. Roll into ropes ¼" in diameter. The dough will not be smooth.
5. Cut diagonally into 2" length.
6. Grease cookie sheets or line with foil.
7. Bake for 10 to 15 minutes. Do not over-bake.
8. Let cool. Approximately 1 hour.

*Oiling hands may help during rolling.*

## Icing

Ingredients:

- confectioner's sugar
- water
- lemon juice

1. Mix icing in a bowl. It should have the consistency of corn syrup.
2. Add cookies and toss gently to coat.
3. Let stand until icing begins to harden.
4. Lay cookies out and let dry thoroughly before storing.

*These cookies freeze well if layered between waxed paper.*

*Because of their appearance when unbaked, Jessica called these "poo-poo" cookies.*

## Breakfast Cookies

From Nonna.

Ingredients:

- 1 cup oil
- 1 cup sugar
- 4 eggs, at room-temperature
- 2 cup cake-and-pasty flour
- 1 shot (1½ oz) anise liqueur
- 3 tbsp baking powder

1. Preheat oven to 350 °F.
2. Combine eggs, sugar, and oil using an electric mixer until smooth.
3. Gradually add flour.
4. Add liqueur, then baking powder, by hand.
5. Pour into a greased cookie sheet and spread evenly.
6. Bake for 30 minutes.
7. Remove from oven and let cool for 5 minutes.
8. Cut sheet into long rectangles.
9. Stand rectangles on cut edge.
10. Bake for 10 minutes.

This recipe is made using The Cake or Creaming Method.

## Calabrese Cookies‡

From Maria D'Ambrosio.

Ingredients:

- 6 eggs
- 1 cup sugar
- ½ cup shortening, melted and cooled
- 2 tsp baking powder
- anise seeds
- ??? flour
- 2 lbs shortening for frying

1. Mix eggs, sugar, shortening, baking powder, and seeds.
2. Gradually add flour until dough forms a ball.
3. Turn dough out on a floured board.
4. Knead, adding flour, until dough is “proper”‡ consistency.
5. Roll small sections of the dough into ropes. diameter???
6. Cut diagonally into 1" long sections.
7. Fry in shortening until brown.
8. When cool, frost.

## Chocolate Chip Cookies

From Ms. Field's.

Makes 4 dozen.

Ingredients:

- 2½ cup all-purpose flour
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup brown sugar
- ½ cup sugar
- 1 cup salted butter
- 2 eggs
- 2 tsp vanilla
- 2 cup chocolate chips

1. Preheat oven to 300 °F.
2. Combine flour, baking soda and salt.
3. In another bowl, blend sugars and butter to form a grainy paste.
4. Add eggs and vanilla.
5. Add dry ingredients and chocolate chips and blend until just combined.
6. Drop spoonfuls on a cookie sheet.
7. Bake from 18 to 22 minutes.

This recipe is made using The Cake or Creaming Method.

## Chocolate-Sheathed Almond Biscotti

Makes 4½ dozen.

Ingredients:

- 3 eggs
- 1 tsp vanilla
- ¼ tsp almond extract
- 2¼ cup all-purpose flour
- ¾ cup+2 tbs sugar
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp cinnamon
- ¾ cup almonds, toasted and chopped into halves or thirds

1. Preheat oven to 325 °F.
2. Grease and flour a baking sheet.
3. In a small bowl, using a whisk, beat together the eggs, vanilla and almond extract until blended.
4. In a large bowl, stir together the flour, sugar, baking soda, salt, and cinnamon.
5. Add the egg mixture to the flour mixture and mix until blended.
6. Stir in the nuts.
7. Divide the dough in half.
8. One at a time, place the 2 dough portions on the prepared baking sheet and form each into a log ½" high, 1½" wide, and 14" long.
9. Bake the logs until set and golden brown. Approximately 25 minutes.
10. Transfer to a rack and let cool on the baking sheet for 6 to 8 minutes.
11. Reduce the oven temperature to 300 °F.
12. Transfer the logs to a cutting board.
13. Using a serrated knife, slice diagonally ½ cm thick.
14. Lay the slices flat on the baking sheet and return to the oven for 15 minutes longer, turning them once, to dry slightly.
15. Transfer to racks to cool.

## Chocolate Glaze

Ingredients:

- 6 oz bitter-sweet chocolate

- ½ tsp vegetable shortening

1. In the top pan of a double boiler, combine the chocolate and shortening.
2. Place over hot water in the lower pan and heat until melted, then stir until smooth.
3. Using an icing spatula, spread the chocolate over the top surface of the cookies.
4. Let cool until set.

*Store the cookies between the sheets of waxed paper in an airtight container for up to 1 week.*

## Chocolate Wafers

Ingredients:

- 1 cup all-purpose flour
- ½ tsp baking powder
- ¼ tsp baking soda
- pinch of salt
- pinch of pepper
- ¾ cup unsalted butter, softened
- ¼ cup firmly packed light brown sugar
- ¼ cup sugar
- 1 egg yolk
- 1 tsp vanilla
- ⅛ cup bitter chocolate, melted

1. Sift flour, baking powder, baking soda, salt and pepper together and set aside.
2. Cream together butter and sugars until light and fluffy.
3. Add egg yolk and beat until mixture is well blended.
4. Beat in vanilla and chocolate.
5. Add dry ingredients and mix at low speed or by hand until well blended.
6. Form dough into 5 cm diameter log.
7. Wrap in waxed paper and chill for 3 hours to 2 days.
8. Preheat oven 375 °F.
9. Slice dough ¼ cm thick with sharp knife.
10. Bake for 7 to 9 minutes.

This recipe is made using The Cake or Creaming Method.

*If you want cookies now, you can skip the chilling and form small balls, then smash the balls with a fork to ¾ cm thick.*

## Cranberry Pistachio Biscotti

From Clara Plateo.

Ingredients:

- ¾ cup sugar
- 2 eggs
- ¼ cup oil
- 1½ tsp orange zest
- 1½ tsp vanilla
- 2 cup all-purpose flour
- ½ cup cranberries, dried
- ½ cup pistachio, chopped
- 1 tsp baking powder
- ¼ tsp salt
- 1 egg white
- 2 tsp sugar

1. Preheat oven to 350 °F.
2. Beat eggs and ¾ cup sugar.
3. Beat in oil, zest, and vanilla.
4. Separately, combine flour, cranberries, pistachios, baking powder, and salt.
5. Stir dry mixture into wet mixture.
6. Divide dough into quarters for small biscotti or halves for large biscotti.
7. On a floured surface, roll each piece of dough into a log 15" long.
8. Place at least 2" apart on lined cookie sheets.
9. Flatten to ¾", leaving the tops slightly rounded.
10. Brush egg whites over top and sprinkle with sugar.
11. Bake for 20 minutes.
12. Let cool for 10 minutes.
13. Cut diagonally into ½" slices with a serrated knife.
14. Stand slices upright on cookie sheets.
15. Bake until golden. Approximately 15 minutes.

*Can be stored in an air-tight container for 5 days.*

## Crostata

From Zia Franca.

Ingredients:

- 4½ to 5 cup all-purpose flour, sifted
- ¼ tsp salt
- 1½ tbsp baking powder
- 1 cup sugar
- 3 eggs, at room-temperature
- ½ cup oil
- ¼ cup Golden Crisco
- ¼ cup butter
- ½ cup milk
- juice of ½ lemon
- zest of ½ orange
- juice of 1 orange
- 1 oz rye or anise liqueur
- 375 mL jam
- ½ tsp almond extract

1. Preheat oven to 350 °F.
2. Combine all ingredients except jam and extract to form a soft dough. If dough is not soft, add more milk.
3. Line and flour a cookie sheet.
4. Roll out ⅔ of the dough slightly larger than a pan.
5. Place rolled out dough on the pan.
6. Whisk together jam and extract. Add liqueur if too thick.
7. Cover surface with jam mixture.
8. Knead remaining dough on a floured surface.
9. Roll out and cut into ½" strips.
10. Lay strips 1" apart over jam to create a diagonal thatching pattern.
11. Sprinkle with sugar.
12. Trim any excess.
13. Bake for 45 minutes.

## Double Chocolate Cookies

From Ms. Field's.

Makes 4 dozen.

Ingredients:

- 2¼ cup all-purpose flour
- ½ cup cocoa
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup brown sugar
- ¾ cup sugar
- 1 cup salted butter
- 3 eggs
- 2 tsp vanilla
- 2 cup chocolate chips

1. Preheat oven to 300 °F.
2. Combine flour, cocoa, baking soda and salt.
3. In another bowl, blend sugars and butter to form a grainy paste.
4. Add eggs and vanilla and blend until smooth.
5. Add the flour mixture and chocolate chips until just combined.
6. Drop spoonfuls on a cookie sheet.
7. Bake for 18 to 22 minutes.

This recipe is made using The Cake or Creaming Method.

## Embossed Macadamia Stars

Makes 30.

Ingredients:

- 1 cup unsalted butter, at room-temperature
- ½ cup sugar
- 1 tsp vanilla
- 2 cup all-purpose flour
- ½ tsp nutmeg or mace
- ⅛ tsp salt
- ½ cup macadamia nuts or almonds, finely chopped
- sugar for decorating

1. Preheat the oven to 325 °F.
2. Lightly grease baking sheets, or use nonstick baking sheets.
3. In a bowl, cream together the butter and sugar until light and fluffy.
4. Mix in the vanilla.
5. In another bowl, stir together the flour, nutmeg or mace, salt, and nuts.
6. Add the flour mixture to the butter mixture and mix until blended.
7. Pour some sugar for decorating into a bowl.
8. Roll the dough into ¾" balls between your palms, and place on the prepared baking sheets, spacing them 2" apart.
9. Dip a dampened cookie press or glass rim 2¼" in diameter into the bowl of sugar, then press a ball to flatten, making a circle with a raised edge.
10. Bake the cookies until golden brown on the edges. Approximately 15 to 18 minutes.

This recipe is made using The Cake or Creaming Method.

*Store the cookies in an airtight container for up to 2 weeks.*

## Espresso Cookies

Ingredients:

- 8 cup flour
- 1 lbs shortening, softened
- 3 cup sugar
- 1 cup cocoa
- 2 cup almonds, chopped
- zest of 2 lemons
- 1 tbsp cinnamon
- 5 tsp baking powder
- 12-serving pot of espresso
- confectioner's sugar
- milk

1. Preheat oven to 350 °F.
2. Blend shortening and sugar.
3. Add remaining ingredients except confectioner's sugar and milk.
4. Roll into balls.
5. Bake for 15 minutes.
6. Blend together confectioner's sugar and milk.
7. Glaze cookies with mixture.

This recipe is made using The Cake or Creaming Method.

## Favourite Oatmeal Cookies‡

From Pioneer Village.

Ingredients:

- 1 cup shortening
- 1 cup brown sugar
- 1 egg
- 1½ cup whole wheat flour
- 1 tsp baking soda
- ¼ tsp salt
- 1½ cup rolled oats
- 1 tsp vanilla
- ¼ cup nuts

1. Cream shortening and sugar.
2. Add egg and mix well.
3. Separately, combine flour, baking soda, and salt.
4. Add to creamed mixture and mix well.
5. Ad oatmeal, vanilla, and nuts.
6. Drop spoonfuls onto a greased cookie sheet.
7. Flatten and bake.

This recipe is made using The Cake or Creaming Method.

## German Chocolate-Hazelnut Wafers

Makes 3 dozen.

Ingredients:

- 1 cup hazelnuts or almonds, toasted
- ⅓ cup sugar
- 4 oz bittersweet chocolate, roughly chopped
- ½ cup unsalted butter, at room-temperature
- 1 tsp vanilla
- 2 tsp Frangelico or Amaretto
- 2 eggs yolks
- 1 cup all-purpose flour

1. In a food processor or blender, combine the nuts and 1 tbs of the sugar and grind finely.
2. Transfer to a bowl.
3. Place chocolate in the same appliance and process until finely shredded.
4. Add to the bowl holding the nuts.
5. In a bowl, cream together the butter and the remaining sugar until light.
6. Beat in the vanilla, liqueur, and egg yolks until well mixed.
7. Add the flour and the reserved nuts and chocolate and mix until blended.
8. Scrape out onto a sheet of plastic wrap and, using the wrap, not your fingers, shape into a log 2¼" in diameter.
9. Wrap and chill for 1 hour, or until firm.
10. Preheat the oven to 325 °F.
11. Lightly grease baking sheets.
12. Slice the log into rounds ½ cm thick.
13. Place on the prepared baking sheets, spacing them 1½ cm apart.
14. Bake the cookies until light brown on edges. Approximately 10 to 12 minutes.

*Store the cookies in an airtight container for up to 10 days.*

## Gingerbread

From Krasna Family.

Ingredients:

- 1½ cup all-purpose flour
- 1 tsp baking soda
- 2 tsp ginger or nutmeg
- 1½ tsp cinnamon
- ½ cup butter
- ½ cup brown sugar
- 1 package butterscotch pudding
- 1 egg

1. Cream butter and sugar.
2. Add pudding.
3. Add egg.
4. In a separate bowl, combine flour, baking soda and spices.
5. Gradually add flour mixture, beating after each addition until smooth.
6. Chill dough until firm enough to handle.
7. Preheat oven to 350 °F.
8. Roll to 1 cm thickness.
9. Cut with floured cookie cutter.
10. Bake for 10 to 12 minutes.

This recipe is made using The Cake or Creaming Method.

## Ginger Snaps

From the Steffler Family.

Ingredients:

- 2 cup all-purpose flour
- 1 tbsp ginger
- 2 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- ¾ cup soft butter
- 1 cup sugar
- 1 egg, beaten
- ½ cup molasses
- sugar for rolling

1. Preheat oven to 350 °F.
2. Measure and sift together flour, ginger, baking soda, cinnamon and salt.
3. Cream together butter and sugar.
4. Add egg and molasses.
5. Combine with dry ingredients.
6. Chill dough slightly to make handling easier.
7. Form into small ball and roll in sugar.
8. Place 3 cm apart on cookie sheets and flatten slightly.
9. Bake until edges are slightly browned and tops are cracked. Approximately 8 minutes.

This recipe is made using The Cake or Creaming Method.



## Honey Cookies

Ingredients:

- ¼ cup shortening
- ½ cup sugar
- 2 cup all-purpose flour
- ½ cup honey
- ¼ cup hot water
- 1 tsp baking soda
- ½ tsp vanilla
- ¼ tsp salt

1. Preheat oven to 350 °F.
2. Cream sugar and shortening together.
3. Add remaining ingredients and mix.
4. Spoon on to cookie sheet.
5. Bake for approximately 15 minutes.

This recipe is made using The Cake or Creaming Method.

## Jan Hagel Cookies

From Kuipers Family.

Makes 4 dozen.

Ingredients:

- 1 cup butter
- 1 cup sugar
- 1 egg, separated
- ½ tsp salt
- ½ tsp cinnamon
- 2 cup flour
- almonds, sliced or slivered

1. Preheat oven to 350 °F.
2. Cream butter and sugar.
3. Add egg yolk.
4. Add cinnamon, salt and flour.
5. Press onto a cookie sheet.
6. Spread egg white and sprinkle with almonds.
7. Bake until golden brown. Approximately, 10 to 15 minutes.
8. Slice into cookies while warm.

This recipe is made using The Cake or Creaming Method.

## Jelly Dot Cookies

From Diane Leite.

Ingredients:

- 1 lbs butter
- 1 cup sugar
- 4 tsp vanilla
- 4 egg, separated
- 4 cup flour
- nuts, chopped
- jam

1. Preheat oven to 350 °F.
2. Blend butter and sugar.
3. Add egg yolks, vanilla, and flour.
4. Form into balls.
5. Dip balls into egg whites, then roll in chopped nuts.
6. Make an indentation in the centre.
7. Bake for 10 to 15 minutes.
8. Let cool.
9. Fill indentation with jam.

This recipe is made using The Cake or Creaming Method.

## Lemon Cookies

From Gabriella.

Ingredients:

- 4 eggs
- zest of 2 lemons
- ¾ cup sugar
- 3 tsp baking powder
- 1 tsp vanilla or rum
- ½ tsp salt
- ¾ cup oil
- 2 to 2½ cup flour
- confectioner's sugar
- lemon juice

1. Preheat oven to 350 °F.
2. Mix flour, baking powder, and salt.
3. Separately, beat together eggs, sugar, oil, zest, and vanilla.
4. Beat until smooth.
5. Fold in flour.
6. Shape into 2 to 4 logs.
7. Bake for 15 to 18 minutes.
8. Let cool.
9. Mixing confectioner's sugar and lemon juice.
10. Brush mixture over logs.
11. Allow mixture to dry.
12. Cut into coins.

## Lemon Pastette

From Diane Leite.

Ingredients:

- 6 eggs
- 1½ cup sugar
- ¾ cup oil
- 4 to 5 cup flour
- zest of 1 lemon
- 6 tsp baking powder

1. Preheat oven to 375 °F.
2. Beat eggs and sugar until light.
3. Mix in oil and lemon.
4. Mix in baking powder and flour.
5. Turn out onto a cookie sheet and form into a log.
6. Bake on third rack for 20 minutes. Watch to ensure it does not over-brown.
7. Cut log into diagonal slices and return to cookie sheet.
8. Bake until golden. Approximately 10 minutes.

This recipe is made using The Cake or Creaming Method.

## Lemon Twist Cookies

From Diane Leite.

Ingredients:

- 6 eggs
- 1 cup sugar
- 1 cup oil
- 6 tsp baking powder
- zest of 1 lemon
- 2 tbsp vanilla sugar
- 4 cup flour

1. Preheat oven to 350 °F.
2. Beat eggs and sugar until fluffy.
3. Mix in oil and lemon zest.
4. Mix in remaining ingredients.
5. Chill dough.
6. Roll dough into log shapes and twist.
7. Bake for 15 minutes.
8. Frost when cooled.

This recipe is made using The Cake or Creaming Method.

## Molasses Sugar Cookies

From Maria Masella.

Ingredients:

- ¾ cup butter
- 1 cup sugar
- 1 egg
- 3 tbsp molasses
- 1 tsp ginger
- 1 tsp cinnamon
- 2 tsp baking soda
- 2 cup flour

1. Preheat oven to 350 °F.
2. Cream butter and sugar.
3. Beat in egg.
4. Stir in molasses.
5. Separately, combine dry ingredients.
6. Combine wet and dry ingredients.
7. Roll into balls and dip in sugar.
8. Bake for 10 to 12 minutes.

## Oatmeal Chocolate Chip Cookies

Ingredients:

- 1 cup shortening
- ¾ cup sugar
- ¾ cup brown sugar
- 2 eggs
- 1½ cup all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 2½ cup chocolate chips
- 2 cup quick-cooking oats
- 1 tsp vanilla
- 1 cup walnuts (optional)

1. Preheat oven to 375 °F.
2. Cream together shortening and sugars.
3. Add eggs and mix well.
4. Separately combine flour, baking soda, and salt.
5. Add flour mixture to shortening mixture.
6. Add remaining ingredients and mix well.
7. Drop spoonfuls in to a greased cookie sheet.
8. Bake for 8 to 10 minutes.

This recipe is made using The Cake or Creaming Method.

## Oatmeal Cookie Bars

### Ingredients:

- ½ cup light brown sugar
- 1 cup all-purpose flour
- ¼ tsp baking soda
- ⅛ tsp salt
- 1 cup rolled oats
- ½ cup softened butter
- ¾ cup jam

1. Preheat oven to 350 °F.
2. Grease one 8" square pan, and line with greased foil.
3. Combine brown sugar, flour, baking soda, salt, and rolled oats.
4. Combine with the butter to form a crumbly mixture.
5. Press half of the mixture into the bottom of the prepared pan.
6. Spread the jam almost to the edge.
7. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam.
8. Bake until lightly browned. Approximately 35 to 40 minutes.
9. Allow to cool before cutting into bars.

## Old German Honey Cookies

### Ingredients:

- 1 cup sugar
- 1 cup shortening
- 1 cup honey
- 2 eggs
- 1 tsp vanilla
- 1 tsp baking soda
- 4 cup all-purpose flour
- 1 tsp ginger

1. Preheat oven to 350 °F.
2. In a saucepan over low heat, melt together sugar, shortening and honey.
3. Let cool.
4. Mix together eggs, vanilla, baking soda and ginger.
5. Gradually add to cooled honey mixture.
6. Slowly add the flour to mixture.
7. Stir until well blended.
8. Drop spoonfuls onto cookie sheets.
9. Bake until golden. Approximately 12 to 15 minutes.

## Orange Cookies‡

From Zia Graziella.

### Ingredients:

- 5 cup flour
- 5 tbsp baking powder
- 1 cup sugar
- 6 eggs, beaten
- ½ lbs shortening, melted and cooled
- 8 oz orange juice
- 1 to 2 lbs almonds, crushed
- sugar

1. Preheat oven to 350 °F.
2. Combine dry ingredients.
3. Beat in eggs, shortening, then orange juice.
4. Combine almonds and sugar.
5. Using oiled hands, roll spoonfuls of dough into balls.
6. Roll balls in almond mixture.
7. Bake until golden.

## Peaches

### Ingredients:

- 4 eggs
- 8 oz milk
- 6 cup all-purpose flour
- 1½ cup sugar
- 3 tbs+1 tsp baking powder
- ¼ cup oil
- juice of 1 lemon
- 500 mL plum jam
- ¾ cup vermouth
- vermouth with red food colouring
- vermouth with yellow food colouring
- green frosting

1. Beat eggs, sugar, milk, oil, and lemon juice.
2. Add flour and baking powder by hand.
3. Chill 15 to 20 minutes.
4. Preheat oven to 325 °F.
5. Roll into 2" balls.
6. Bake for 15 to 20 minutes.
7. Cool slightly.
8. Scoop out some of the middle.
9. Crumble scoopings in a bowl.
10. Add vermouth and jam and mix well.
11. Fill centres and put 2 cookies together.
12. Wipe excess.
13. Dip one side in red vermouth and the other in yellow vermouth.
14. Let stand on a paper towel to drain.
15. Roll in sugar.
16. Add a leaf using frosting.
17. Chill or freeze.

## Peanut Butter & Honey Cookies

### Ingredients:

- ½ cup butter
- ⅓ cup peanut butter
- ½ cup sugar
- ⅓ cup honey
- 1 tsp vanilla
- 1 egg
- 1½ cup flour
- 1 tsp baking soda

1. Preheat oven to 350 °F.
2. In a large mixing bowl, cream together butter and peanut butter.
3. Gradually beat in sugar and honey.
4. Beat in vanilla and egg.
5. Sift dry ingredients and add to creamed mixture, stirring thoroughly.
6. Form into small balls, place on a cookie sheet, and flatten with a fork dipped in flour.
7. Bake for 8 to 10 minutes.

This recipe is made using The Cake or Creaming Method.

## Pecan Balls

From Angela Mangano.

### Ingredients:

- ½ lbs butter
- 4 tbs sugar
- 2 cup flour
- 1 cup pecans, chopped
- 1 tsp vanilla
- confectioner's sugar

1. Preheat oven to 375 °F.
2. Combine all ingredients except confectioner's sugar.
3. Roll into balls and place on a cookie sheet.
4. Bake for 25 minutes.
5. Roll in confectioner's sugar when warm and again when cool.

## Pecan Crescents

From Diane Leite.

Ingredients:

- ½ lbs butter
- ½ cup confectioner's sugar or fructose
- 2 cup cake-and-pastry flour
- 2 cup pecans, ground
- 2 tsp vanilla
- 2 tsp water, ice-cold
- semi-sweet chocolate

1. Preheat oven to 325 °F.
2. Combine all ingredients except chocolate.
3. Shape into thin bean shapes.
4. Bake for 25 minutes. Do not over-brown.
5. Melt chocolate.
6. Dip half of the cookie in chocolate.
7. Chill until chocolate hardens.

## Pecan Snowdrops

Makes 3 dozen.

Ingredients:

- ¾ cup of butter, at room-temperature
- ⅓ cup confectioner's sugar
- 1 tsp vanilla
- ⅛ tsp salt
- 1½ cup all-purpose flour
- ¾ cup pecans or hazelnuts, finely chopped
- confectioner's sugar for dusting

1. Preheat the oven to 325 °F.
2. Lightly grease baking sheets.
3. In a large bowl, cream together the butter and sugar until light and fluffy.
4. Add the vanilla, salt, flour, and nuts and mix well.
5. Roll the dough into ¾" balls between your palms, and place on the prepared baking sheets, spacing them 1½" apart.
6. Bake the cookies until light brown. Approximately 15 to 18 minutes.
7. Transfer to racks to cool slightly.
8. Heavily dust with confectioner's sugar while still warm.
9. Let cool completely.

This recipe is made using The Cake or Creaming Method.

*Store the cookies in an airtight container for up to 2 weeks.*

## Press Cookies

From Jim Leising.

Ingredients:

- 2 cup margarine
- $\frac{3}{4}$  cup sugar
- 1 egg
- $\frac{1}{4}$  tsp almond extract
- $2\frac{1}{4}$  cup flour
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp baking powder

1. Preheat oven to 350 °F.
2. Cream margarine.
3. Add sugar and cream together.
4. Mix in egg and almond extract well.
5. Stir in dry ingredients.
6. Press onto a baking sheet.
7. Bake until beginning to turn light brown on the bottom edge. Approximately 10 minutes.

This recipe is made using The Cake or Creaming Method.

*Ice with icing made of confectioner's sugar and liquor.*

## Pumpkin Cookies

Ingredients:

- $\frac{1}{4}$  cup butter, softened
- $\frac{1}{2}$  cup light brown sugar
- $\frac{1}{2}$  cup pumpkin purée
- 1 egg
- 1 cup flour
- $\frac{1}{2}$  cup raisins
- $\frac{1}{2}$  cup almonds or walnuts, chopped
- 2 tsp baking powder
- 1 tsp cinnamon
- $\frac{1}{4}$  tsp ginger
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  cup candied orange peel, diced (optional)

1. Preheat oven to 350 °F.
2. Sift flour, baking powder, cinnamon, ginger, nutmeg and salt together.
3. In a large mixing bowl, beat butter and sugar until fluffy.
4. Beat in egg and pumpkin.
5. Stir in flour mixture.
6. Add in nuts, orange peel and raisins, mixing well.
7. Drop spoonfuls of dough onto a cookie sheet.
8. Bake 20 minutes.

This recipe is made using The Cake or Creaming Method.

## Raspberry Cream Cheese Cookies

From the Steffler Family.

Ingredients:

- 1 cup butter
- 8 oz cream cheese
- ¼ cup sugar
- 2 cup flour
- ½ tsp baking powder
- ½ cup raspberry jam
- confectioner's sugar

1. Cream butter and cheese together.
2. Add sugar and beat until light.
3. Combine flour and baking powder and stir well into creamed mixture.
4. Press into ball and chill overnight.
5. Preheat oven to 375 °F.
6. Roll out dough to ½ cm thickness on a floured surface.
7. Cut into 4 to 7 cm rounds.
8. Place ½ tsp jam in the centre and fold in half.
9. Place on a greased cookie sheet.
10. Bake for 15 minutes until set but not browned.
11. Dust with confectioner's sugar.

This recipe is made using The Cake or Creaming Method.

## Rum Khrustyky

Ingredients:

- 2 eggs
- 3 egg yolks
- 2 tbsp sugar
- 1 tbsp sour cream
- dash of salt
- 1 tbsp rum or brandy
- 1 cup+2 tbsp flour
- oil or shortening for frying

1. Combine all ingredients.
2. Knead dough.
3. Roll dough out ¼" thick.
4. Cut into strips and then cut strips into diamonds.
5. Make a slit in the middle of the diamond.
6. Pull one corner through the hole.
7. Deep fry until golden.

## Sheila's Shortbread

Ingredients:

- 1 cup butter
- ⅔ cup brown sugar
- 2 cup flour

1. Cream butter.
2. Blend in brown sugar.
3. Gradually add flour.
4. Knead a little.
5. Chill for 1 hour.
6. Preheat oven to 300 °F.
7. Press into a baking pan.
8. Score into squares.
9. Bake for 30 to 40 minutes.

This recipe is made using The Cake or Creaming Method.



## Shortbread

Ingredients:

- 1 lbs butter
- 4 cup all-purpose flour
- 1 cup sugar

1. Preheat oven to 300 °F.
2. Cream butter and sugar.
3. Add flour gradually.
4. Mix until the bowl is clean.
5. Put on a cookie sheet and smooth out.
6. Prick with a fork all over.
7. Bake for 1 hour.
8. Sprinkle with sugar.
9. Cut when warm.

This recipe is made using The Cake or Creaming Method.

## Sugar Cookies

From Canadian Living.

Makes 7 dozen.

Ingredients:

- 1 cup butter, softened
- 1 cup sugar
- 1 egg
- ½ tsp vanilla
- 2 cup all-purpose flour
- 1½ tsp baking powder
- ¼ tsp salt
- 2 egg yolks
- food colouring
- ½ tsp cold water

1. Cream butter and sugar until fluffy.
2. Beat in egg and vanilla.
3. Blend in flour, baking powder, and salt.
4. Divide dough in four and wrap in wrap in waxed paper.
5. Refrigerate for 1 hour.
6. Preheat oven to 350 °F.
7. Roll dough between sheets of waxed paper to ⅛" thick.
8. Refrigerate for 10 minutes.
9. Using floured cookie cutter, cut shapes and place on a cookie sheet.
10. Optionally, combine egg yolks, food colouring, and water and glaze cookies.
11. Bake until golden. Approximately 8 to 10 minutes.
12. Cool on racks.

This recipe is made using The Cake or Creaming Method.

## Taralle

### Ingredients:

- 1 kg flour
- 15 eggs, at room-temperature and separated
- ½ cup oil
- 3 oz sugar
- ⅛ tsp baking soda

1. Beat yolks.
2. Beat in sugar.
3. Beat in oil.
4. Separately, beat egg whites until stiff.
5. Add yolk mixture to whites.
6. Combine baking soda and flour.
7. Add egg mixture to flour.
8. On an oiled board, work dough.
9. Cut off smaller pieces and work until air bubbles crack.
10. Roll into ropes, cut lengths, and form loops.
11. Boil until pieces of dough float.
12. Let cool.
13. Preheat oven to 350 °F.
14. Bake for ½ hour. Large taralle may need to be turned.
15. Let cool.
16. Dip each cookie into glaze and let excess run off.

## Glaze

### Ingredients:

- 2 oz liqueur
- juice of 1 orange
- juice of ¼ lemon
- 1½ lbs confectioner's sugar

1. Combine all ingredients, adjusting amount of confectioner's sugar, to form a thick glaze.

## Vanilla Khrustyky

### Ingredients:

- 2 eggs
  - 3 egg yolks
  - 1 tbsp sugar
  - 1 tbsp sour cream
  - ½ tsp salt
  - 1 tsp vanilla
  - 1 cup+2 tbsp flour
  - oil or shortening for frying
1. Combine all ingredients.
  2. Knead dough.
  3. Roll dough out ⅛" thick.
  4. Cut into strips and then cut strips into diamonds.
  5. Make a slit in the middle of the diamond.
  6. Pull one corner through the hole.
  7. Deep fry until golden.

## Vanilla Velvet Cookies

### Ingredients:

- 1 cup unsalted butter
- 3 oz cream cheese
- 1 cup sugar
- 1 egg yolk
- 1 tsp vanilla
- 2½ cup flour
- salt

1. Cream together butter and cream cheese.
2. Gradually add sugar, egg yolk and vanilla.
3. Gradually stir in flour and salt.
4. Work dough into a ball.
5. Divide dough into two thick discs.
6. Refrigerate discs wrapped in plastic for 1 hour.
7. Preheat oven to 350 °F.
8. Use a flour rolling pin to roll chilled dough to ½ cm thickness.
9. Cut into shapes and place on a cookie sheet.
10. Bake until cookies are just turning golden at edges. Approximately 12 minutes. Do not over bake.

This recipe is made using The Cake or Creaming Method.

## Witch's Fingers

From Canadian Living.

Makes 5 dozen.

Ingredients:

- 1 cup butter, softened
- 1 cup confectioner's sugar
- 1 egg
- 1 tsp almond extract
- 1 tsp vanilla
- 2¾ cup all-purpose flour
- 1 tsp baking powder
- 1 tsp salt
- ¾ cup white blanched almonds
- red decorator gel

1. Beat together butter, sugar, egg, almond extract, and vanilla.

2. Beat in flour, baking powder, and salt.
3. Cover and refrigerate 30 minutes.
4. Preheat the oven to 325 °F.
5. Working with one quarter of the dough at a time, keeping the rest refrigerated, roll a spoonful into a finger shape.
6. Press an almond into the end to create a finger nail.
7. Squeeze the centre to create a knuckle.
8. Use a knife to make slashes to the knuckle as wrinkles.
9. Place on a greased cookie sheet and bake until pale golden. Approximately 20 to 25 minutes.
10. Let cool for 3 minutes.
11. Lift the almond, squeeze gel onto the nail bed and replace the almond. Gel should ooze out slightly.
12. Let cool completely on racks.



## Chapter 9

### Corn

#### Polenta

From Alton Brown.

Ingredients:

- 2 tbsp olive oil
  - ¾ cup red onion, finely chopped
  - 2 cloves of garlic, finely minced
  - 4 cup chicken stock
  - 1 cup coarse-ground cornmeal
  - 3 tbsp butter
  - 1½ tsp salt
  - ¼ tsp pepper
  - ⅓ cup Parmesan, grated
1. Preheat oven to 350 °F.
  2. In a large, oven-safe saucepan heat the olive oil over medium heat.
  3. Add the red onion and salt.
  4. Sweat until the onions begin to turn translucent. Approximately 4 to 5 minutes.
  5. Reduce the heat to low, add the garlic.
  6. Sauté for 1 to 2 minutes, making sure the garlic does not burn.
  7. Turn the heat up to high, add the chicken stock, bring to a boil.
  8. Gradually add the cornmeal while continually whisking.
  9. Cover the pot and place it in the oven.
  10. Cook for 35 to 40 minutes, stirring every 10 minutes to prevent lumps.
  11. Remove from the oven and add the butter, salt, and pepper.
  12. Gradually add the Parmesan.
  13. Pour the polenta into a cake pan lined with parchment paper.
  14. Place in the refrigerator to cool completely.



## Chapter 10

### Dessert

#### Angel Food Cake with Espresso Mascarpone

From Giada de Laurentiis.

Ingredients:

- angel food cake
- ¾ cup mascarpone cheese
- 2 tbsp espresso
- 1 cup whipping cream
- ½ cup confectioner's sugar
- Kahlúa

1. Combine espresso and mascarpone.
2. Separately, beat whipping cream.
3. When stiff, add sugar.
4. Fold whipping cream into cheese mixture a little at a time.
5. Slice cake.
6. Brush slices with Kahlúa.
7. Add a dollop of cheese mixture to each slice.

#### Bánh lọt

From Kathy Lam.

Makes 10.

Ingredients:

- 1 bunch pandan leaves
- 250 g tapioca starch
- 1½ tbsp rice flour
- 2 L water
- simple syrup
- coconut cream

1. Combine starch, flour, and half of the water in a container.
2. Let soak over night.
3. Filter mixture through a fine cheese cloth.
4. Shred panda leaves.
5. Grind leaves with hot water using a blender or mortar and pestle.
6. Filter leaves to obtain extract.
7. Repeat extraction with used leaves.
8. Add extract to starch mixture and enough water to bring to total.
9. Cook until clear and very thick.
10. Allow to cool for 15 minutes.
11. Fill a bowl with cold water.
12. Press starch mixture through a large hole (½ cm) sieve to make noodle-like shapes.
13. Drain and top with syrup and cream.

## Caramel Apples

Makes 5.

Ingredients:

- 14 oz caramels
- 1 tbsp water, hot
- chopped nuts (optional)
- 4 to 5 medium apples

1. Microwave caramels and water for 2 to 3 minutes on high until melted.
2. Dip apples in caramel.
3. Roll in chopped nuts.
4. Placed on lined cookie sheet.
5. Store in a cool place.

## Cracker Dessert

From Maria D'Ambrosio.

Ingredients:

- 1 package instant chocolate pudding
- 1 package instant vanilla pudding
- 2 cup whipping cream
- unsalted crackers
- chocolate, grated

1. In a 9"×13" pan, cover bottom vanilla pudding on bottom.
2. Add alternating layers of crackers and pudding. Keep chocolate pudding in the middle. Final layer should be pudding.
3. Top with whipped cream.
4. Sprinkle with grated chocolate.
5. Refrigerate 24 hours before serving.

## Chocolate Peanut Butter Balls

Ingredients:

- 1 cup peanut butter
- 1 cup confectioner's sugar
- ½ cup nuts, chopped
- ½ cup puffed rice cereal
- 4 oz semi-sweet chocolate
- 1 tbsp butter

1. Combine all ingredients except chocolate and butter.
2. Chill for 10 to 15 minutes.
3. Roll into balls.
4. Melt chocolate and butter.
5. Dip balls into melted chocolate and chill.



## Cream Cheese Spirals

Makes 32.

Ingredients:

- 1 cup butter
- 1 cup cream cheese
- ¼ cup sugar
- 2 cup all-purpose flour
- 1 egg white
- 1 cup walnuts or pecans, finely chopped
- ½ cup brown sugar
- 1 tsp cinnamon

1. Cream butter, cream cheese, and sugar until soft.
2. Sift flour into mixture while mixing.
3. Gather dough into a ball.
4. Divide dough and flatten.
5. Wrap in waxed paper and chill for at least 30 minutes.
6. Mix together nuts, brown sugar and cinnamon.
7. Preheat oven to 375 °F.
8. Roll out each piece of dough into an 11" circle.
9. Beat 1 tbsp water into egg.
10. Brush surface of dough with egg mixture.
11. Sprinkle half nut mixture evenly over each piece of dough.
12. Cut each circle into 16 wedges.
13. Roll each wedge into a croissant-shape.
14. Place on a baking sheet.
15. Brush with egg mixture and sprinkle with sugar.
16. Bake for 15 to 20 minutes until golden.

This recipe is made using The Cake or Creaming Method.

## Cream Puffs

From Angela Mangano.

Ingredients:

- 1 cup water
- ½ cup oil
- salt
- 1 cup flour
- 4 eggs

1. Preheat oven to 400 °F.
2. Bring water, oil, and a pinch of salt to a boil.
3. Add flour to make paste.
4. Cool paste.
5. In a food processor, combine paste with eggs, one at a time.
6. Drop spoonfuls or pipe puffs on to a baking sheet.
7. Bake for ½ hour.

## Filipino Fruit Salad

From Chello.

Makes 20 servings.

Ingredients:

- 30 oz fruit cocktail

1. gah

## Irene's Strawberry Shortcake

From Irene Bewski.

Ingredients:

- 2½ cup graham cracker, ginger snap, or vanilla wafer crumbs
- ½ cup melted butter
- 8 oz cream cheese
- 1¾ cup milk
- ¾ cup vanilla pudding
- zest of 1 orange
- 2 cup strawberries, sliced
- whipping cream, prepared

1. Combine crumbs and butter.
2. Press into 9"×13" pan.
3. Blend the cheese and ½ cup milk.
4. Mix pudding and remaining milk.
5. Add pudding mixture to cheese mixture.
6. Add zest.
7. Once mixture has set, spread into the pan.
8. Cover surface of filling with strawberry slices.
9. Spread whipped cream on top.
10. Sprinkle with crumbs.
11. Refrigerate until set.

## Italian Fruit Compote

From Nonna.

Ingredients:

- pears, peeled, cored, cubed
- apples, peeled, cored, cubed
- seedless red grapes
- cinnamon
- sugar
- white wine

1. Preheat oven to 325 °F.
2. Combined fruit in a shallow baking dish.
3. Sprinkle liberally with sugar and cinnamon.
4. Add enough wine to fill pan to a depth of ¾".
5. Bake until fruit is fork tender, stirring occasionally.

## Key Lime Sorbet

From Alton Brown.

Makes 6 servings.

Ingredients:

- 1 cup sugar
- 1 cup lime preserves
- 1 lemon, zest and juice
- 1 lime, zest and juice
- 4 cup lime seltzer
- pinch salt

1. Combine sugar, preserves, and 1 cup seltzer in a saucepan or microwave-safe bowl.
2. Heat and stir until sugar and preserves dissolve.
3. Add remaining ingredients including remaining seltzer.
4. Chill mixture for 2 to 3 hours.
5. Churn in an ice-cream maker.
6. Freeze churned mixture at least 1 hour.

*If sorbet has been frozen for more than 2 hours, allow to thaw slightly in the refrigerator for ½ hour.*

## Lemon Curd

From the Steffler Family.

Ingredients:

- 3 eggs
- ¾ cup sugar
- 1 tbsp lemon zest
- ½ cup lemon juice
- 2 tbsp butter, softened

1. In a microwavable bowl, whisk together eggs and sugar.
2. Whisk in lemon zest, lemon juice and butter.
3. Microwave on high for 2 minutes.
4. Whisk until smooth.
5. Microwave again on high for 2 to 3 minutes until it boils.
6. Whisk again until smooth.
7. Let cool then refrigerate.

*Can be used as a spread or filling.*

## Lemon Granita

Makes 500 mL.

Ingredients:

- ⅔ cup lemon juice, fresh
- 1⅓ cup water
- ½ cup sugar
- 2 tbs lemon zest

1. Combine all ingredients.
2. Stir until sugar is dissolved.
3. Pour in a shaker or a flat metal pan.
4. Place in the freezer.
5. Every hour, shake or stir until frozen.

*If granita freezes solid, use a fork to break it into grains. This is the traditional method.*

## Marshmallows

From Alton Brown.

Makes 16 large cubes.

Ingredients:

- 10 g gelatin
- ¼ cup water, cold
- ¼ cup water
- 170 g sugar
- ½ cup light corn syrup
- ½ tsp vanilla
- mixture of confectioner's sugar and corn starch for dusting

1. Combine cold water and gelatin in the work bowl of a stand mixer.
2. Combine water, sugar, and corn syrup in a saucepan.
3. Bring mixture to a boil over medium high heat.
4. Cover and allow to cook for 3 minutes.
5. Uncover and insert a candy thermometer.
6. Cook until mixture reaches 240 °F.
7. Attach the whisk and turn the mixer on low speed.
8. Slowly add the syrup.
9. Increase speed to high.
10. Mix for 12 to 15 minutes until the bowl is luke-warm. Add vanilla in the last minute of whipping.
11. Spread into an 8" square pan that has been well-greased and dusted with corn starch mixture.
12. Dust surface with corn starch mixture.
13. Allow to stand for 4 to 12 hours.
14. Dust again.
15. Cut into cubes.

*Mixture can also be extruded into ropes and cut into mini-marshmallows or extruded into moulds.*

## Orange and Rum Pizzelles

Makes 50 pizzelles.

Ingredients:

- 3 eggs
- 1 cup sugar
- 2 tsp dark rum
- ½ cup butter, melted and cooled
- 2 cup all-purpose flour
- 2 tsp baking powder
- 2 tsp orange zest

1. Beat eggs and sugar.
2. Slowly add melted butter.
3. Add rum and orange zest.
4. Gradually add flour.
5. Drop on to pizzelle maker 1 tsp at a time.

## Pecan Ice Cream Topping

From Daiva Paulionis.

Ingredients:

- ½ cup pecan, chopped
- 1-1½ tbsp sugar
- ¼ tsp salt
- 1 tbsp butter

1. Combine all ingredients.
2. Heat until pecans begin to toast.
3. Sprinkle over vanilla ice cream with caramel sauce.

## Philadelphia Vanilla Ice-Cream

Makes 500 mL.

Ingredients:

- 500 mL half & half cream
- ¾ cup sugar
- 1 tsp vanilla
- pinch salt

1. Combine all ingredients.
2. If sugar does not dissolve, warm mixture until sugar dissolves, then chill.
3. Churn in an ice-cream maker.
4. Pour in a container and allow to freeze hard.

## Pizzelle‡

From Zia Franca.

Ingredients:

- 10 eggs less 4 whites
- 1 cup less 1 tbsp oil
- 1 cup less 1 tbsp sugar
- lemon zest
- 1 oz liqueur
- cake-and-pastry flour

1. Beat liquid ingredients.
2. Add enough flour to make consistency of pancake batter.

*The “exact” amount is 1½ tbsp each sugar and oil per egg, but using serving spoons, not calibrated ones.*

*Substitute cocoa for 3 tbsp flour to make chocolate pizzelle.*

## Profiterole Pyramid

Makes 18 to 20.

Ingredients:

- 1 cup milk
- ½ cup butter
- 1 cup all-purpose flour
- 4 eggs

1. Preheat oven to 425 °F.
2. In a heavy saucepan, bring milk and butter to a boil.
3. Add flour all at once.
4. Stir rapidly until mixture forms a ball.
5. Remove from heat.
6. Beat in eggs thoroughly, one at a time.
7. Drop spoonfuls onto a cookie sheet 2" apart.
8. Bake for 20 minutes.
9. Reduce heat to 350 °F and continue baking until puffs are well risen and dry. Approximately 10 to 15 minutes.
10. Let cool.
11. Slit puffs.
12. Fill puffs with French vanilla cream using a small spoon or piping bag.
13. Arrange puffs in a pyramid on a serving dish.

## French Vanilla Cream

Ingredients:

- ⅔ cup sugar
- ½ cup all-purpose flour
- ½ tsp salt
- 3 cup milk, scalded
- 6 egg yolks, lightly beaten
- 2 tsp vanilla
- 2 tbsp butter

1. Mix dry ingredients in a saucepan.
2. Gradually add milk while stirring.
3. Cook together over medium heat until thick.
4. Remove from heat.
5. Blend a small amount of mixture into eggs until all is added.
6. Blend in vanilla and butter.
7. Let cool.

## Quick Philadelphia Fruit Ice-Cream

Ingredients:

- 450 g frozen fruit
- 1⅓ cup sugar
- 500 mL half & half
- 1 tsp salt

1. Combine sugar, salt, and cream.
2. Whisk to dissolve sugar.
3. Put fruit in a blender.
4. Blend fruit slowly adding milk until a smooth mixture forms. Stop and stir if necessary.
5. Place in a container.
6. Freeze for 2 to 3 hours.

*This does not require an ice-cream maker.*

## Sautéed Bananas

From Canadian Living.

Makes 4.

Ingredients:

- 2 tbsp butter
- 4 bananas
- ¼ cup brown sugar
- 1 tbsp lemon juice
- cinnamon

1. Split bananas length-wise.
2. Over medium heat, melt butter.
3. Arrange banana half on top and sprinkle with sugar
4. Drizzle lemon juice over top.
5. Cook over medium to low heat, turning bananas once, until heated through. Approximately 5 to 7 minutes.
6. Sprinkle with cinnamon.

*To flambé, heat 2tbsp rum over low heat, pour over bananas and ignite before adding cinnamon.*

## Tira Mi Su

From Diane Leite.

Ingredients:

- 1 package lady-finger cookies
- 454 g mascarpone cheese
- 6 eggs, separated
- ¾ cup sugar
- 12-serving pot of espresso
- Tia Maria or Kahlua
- chocolate, grated

1. Beat egg yolks and sugar until fluffy.
2. Gradually add cheese.
3. Separately, beat egg whites until stiff.
4. Fold egg whites and cheese mixture together.
5. Flavour coffee with liqueur to taste.
6. In a pan, alternately layer cookies dipped in coffee and cheese mixture, finishing on a cheese layer.
7. Sprinkle with grated chocolate.

*Savoardi cookies work best.*

*Can use vanilla cookies and muffin trays for individual servings.*

## Vanilla Pecans

From Canadian Living.

Ingredients:

- 4 cup pecans or walnuts
- ¼ cup sugar
- 1 tbsp oil
- 1 tbsp vanilla
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp salt
- cayenne pepper

1. Preheat oven to 300 °F.
2. In a large pot of boiling water, blanch nuts for 1 minute.
3. Drain nuts.
4. Combine sugar, oil, vanilla.
5. Toss with pecans.
6. Spread on baking sheet and bake for 20 minutes.
7. Stir and bake for 20 minutes.
8. Combine cinnamon, nutmeg, salt and a pinch of pepper.
9. Toss with pecans.
10. Bake for 5 minutes.
11. Let cool.

*Store in at room-temperature for up to 1 week, or frozen for 1 month.*

## Chapter 11

### Dip

#### Apple Dip

From Harasymowycz.

Ingredients:

- jar butterscotch ice-cream topping
- ½ cup brown sugar
- 1 tsp vanilla
- 8 oz cream cheese

1. Blend butterscotch, sugar and vanilla.
2. Soften cream cheese in a microwave.
3. Fold in cream cheese.
4. Serve with cut apples.

*Add lemon juice to apples to prevent browning.*

#### Artichoke Cheese Dip

Ingredients:

- 1 can artichokes
- 1 cup mayonnaise
- 1½ cup mozzarella cheese, shredded
- 1 cup Parmesan cheese, grated
- 1 tsp garlic powder

1. Preheat oven to 350 °F.
2. Chop artichokes in food processor.
3. Add other ingredients and blend.
4. Bake for 30 to 35 minutes.

#### Avocado-Crab Dip

Ingredients:

- 1 large avocado, cubed
- 1 tbsp lemon juice
- 1 tbsp grated onion
- 1 tsp Worcestershire sauce
- 8 oz cream cheese, softened
- ¼ cup sour cream
- ¼ tsp salt
- 1 can crab meat, drained and cleaned

1. Combine avocado, lemon juice, onion, and Worcestershire.
2. Beat until smooth.
3. Blend in cream cheese, sour cream, and salt.
4. Add crab.
5. Chill.

## Chicken Cheese Ring

From Maria D'Ambrosio.

Ingredients:

- 250 g cream cheese
- 3 cup grated cheddar cheese
- ¼ cup sour cream
- ¼ cup finely chopped green onion
- 1 can drained flaked chicken
- dash of Worcestershire sauce
- dash of Tabasco sauce
- parsley, paprika, or chopped nuts

1. Blend all ingredients.
2. Form into a ring 2" wide on a serving plate.
3. Cover and chill until serving time.
4. Garnish with parsley, paprika, or chopped nuts.
5. Place crackers in centre.

## Fingerling Potatoes

From President's Choice. Makes 10 servings.

Ingredients:

- 1 kg fingerling potatoes
- 2 tsp olive oil
- ½ tsp salt
- 150 g spreadable goat cheese
- 2 tsp half & half cream
- 1 tbsp fresh chives, chopped

1. Preheat oven to 425 °F.
2. Toss potatoes in olive oil and salt.
3. Roast potatoes for 25 minutes, turning once.
4. Cool potatoes for 10 minutes.
5. Stir together goat cheese and cream until smooth.
6. Sprinkle chives over potatoes.

## Lobster Dip

From Angela Mangano.

Ingredients:

- 2 celery stalks
- 8 oz cream cheese, softened
- lemon juice to taste
- ½ onion
- 3-4 boiled lobster tails
- dash of Tabasco sauce

1. Chop celery and onion finely.
2. Chop lobster.
3. Combine all ingredients.
4. Chill.

## Peanut Sauce

From Trish Magwood.

Ingredients:

- 2 cloves of garlic, crushed
- 1 tbsp oil
- 2 tsp red curry paste
- 14 oz coconut milk
- 1 stalk of lemon grass, chopped into 1" pieces
- ¼ cup sugar
- ¼ cup lemon juice
- 2 cup ground peanuts
- salt
- pepper

1. Sauté garlic in oil.
2. Add curry paste and cook for 2 minutes.
3. Add milk, sugar, and lemon grass.
4. Cook for 10 to 15 minutes.
5. Add lemon juice.
6. Remove lemon grass.
7. Add peanuts.
8. Cook until sauce thickens.
9. Season with salt and pepper.
10. Let cool.



## Salmon Ball

From Maria D'Ambrosio.

Ingredients:

- 16 oz tin of salmon, drained
- 1 tbsp finely chopped cooking onion
- 1 tsp prepared horseradish
- ¼ tsp salt (optional)
- 1 tbsp lemon juice
- 8 oz cream cheese, softened
- parsley

1. Blend all ingredients with a fork.
2. Chill and form into a ball.
3. Garnish with chopped parsley.

## Soy Dipping Sauce

From Trish Magwood.

Ingredients:

- ½ cup light soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice wine vinegar
- ½ tbsp ginger, minced
- ½ tbsp garlic, minced
- 1½ tbsp green onions, finely chopped
- ½ tbsp sugar

1. Combine all ingredients.

## Spinach Dip

From Diane Leite.

Ingredients:

- 1 lbs spinach, cooked and minced
- 1 cup sour cream
- 1 cup mayonnaise
- 1 package leek or vegetable soup mix
- 2-3 scallions (optional)
- round pumpernickel loaf

1. Slice top and hollow out loaf.
2. Cube contents and serve beside.
3. Combine remaining ingredients.
4. Fill loaf.

## Tortilla Chip Dip

Ingredients:

- 8 oz cream cheese, softened
- ½ cup sour cream
- salsa
- bell peppers, chopped
- tomatoes, chopped
- cheddar cheese, shredded

1. Blend cream cheese and sour cream.
2. Spread in a pan.
3. Add a layer of salsa.
4. Add a layer of bell peppers and tomatoes.
5. Add a layer of cheddar cheese.



## Chapter 12

### Drink

#### Bahama Mama

Ingredients:

- 1 cup white rum
- ¾ cup coconut rum
- ¼ cup triple sec
- 2 cup pineapple juice
- 1 cup orange juice
- ¼ cup lemon juice
- ¼ cup grenadine

1. Combine all ingredients.

#### Berry Berry Mock-tail

From the Masella Family.

Ingredients:

- ½ can orange juice or lemonade concentrate, frozen
- ½ cup blueberries, frozen
- ½ cup strawberries, frozen
- ½ cup raspberries, frozen
- 5 ice cubes
- water, cold

1. In a blender, combine all ingredients except the water.
2. Turn on blender to medium low until ice cubes begin to break up.
3. Add enough water to allow blender to work.
4. Switch blender to highest setting until the mixture is smooth.

*Add water as necessary to adjust the thickness.*

## Citrus Sangria

From Lydia Rowland.

Ingredients:

- 1 lime
- 1 lemon
- 1 orange
- 1 L white grape juice
- 750 mL soda water
- crushed ice

1. Cut each fruit in half.
2. Squeeze juice from one half into a pitcher.
3. Cut remaining half into thin slices and put in pitcher.
4. Add juice, soda, and ice to pitcher.

## Debbie's Kahlua

Ingredients:

- 4 cup sugar
- 2 oz instant coffee
- 2 cup boiling water
- 4 cup alcohol

1. Combine sugar, coffee, and water ingredients.
2. Add alcohol and vanilla bean.
3. Let sit for 10 days.
4. Remove vanilla bean.

## Irish Cream

Ingredients:

- 395 mL Eagle-brand condensed milk
- 3 eggs
- 3 tbsp chocolate syrup
- ½ tsp coconut extract
- 8 oz rye

1. Combine all ingredients.
2. Refrigerate.

## Irish Cream 2

Ingredients:

- 395 mL Carnation-brand condensed milk
- 300 mL Eagle-brand condensed milk
- 1½ tsp chocolate drink mix
- 1 tbsp instant coffee
- 2 eggs
- 1½ cup whiskey

1. Blend all ingredients until smooth.
2. Refrigerate for 24 hours.

## Masella Mountain Mock-tail

From the Masella Family.

Ingredients:

- ½ can orange juice concentrate, frozen
- 1 can Mountain Dew
- ½ cup strawberries, frozen
- 2 ripe bananas
- 5 ice cubes
- water, cold

1. In a blender, combine all ingredients except the water.
2. Turn on blender to medium low until ice cubes begin to break up.
3. Add enough water to allow blender to work.
4. Switch blender to highest setting until the mixture is smooth.

*Add water as necessary to adjust the thickness.*

## Mulled Cider‡

Ingredients:

- 1 L cranberry juice
- 2 L apple juice
- 6 cloves
- 2 cinnamon sticks

1. Combine all ingredients in a pot.
2. Simmer 15 to 20 minutes.

*If desired, add rum before serving.*

## Chapter 13

# Egg

### Asparagus Frittata

From Nonna.

Ingredients:

- 4 eggs
- Parmesan cheese, grated
- 1½ cup fresh asparagus
- 1 clove of garlic
- olive oil
- salt
- pepper

1. Wash asparagus and break into pieces 2 cm long.
2. Put asparagus, salt, pepper, some oil and garlic in a pot of water.
3. Bring to a boil and cook until the asparagus is cooked, but not tender.
4. Drain the asparagus.
5. Beat eggs and stir in cheese, salt, pepper and the asparagus.
6. Poured into a frying pan and cook over medium-low heat.
7. Flip once the bottom has become firm. This may be easiest with a plate.
8. Cook until the middle is almost done.

*The water can make a good stock if cooked further.*

### Scrambled Eggs Unscrambled

From Alton Brown.

Makes 3 to 4 servings.

Ingredients:

- 5 eggs
- 5 tbsp milk
- butter
- salt
- pepper

1. Beat eggs and milk.
2. In a non-stick skillet, melt butter over medium-low heat until it bubbles.
3. Stir a pinch of salt into the egg mixture.
4. Pour egg mixture into the pan.
5. Stir slowly.
6. As soon as curds begin to form, increase heat to high.
7. Fold eggs over themselves while gently shaking the pan.
8. When there is no more liquid in the bottom of the pan, serve immediately.
9. Season with pepper.

*If they look done in the pan, they'll be over-done on the plate.*

## Tamagoyaki (Japanese Omelet)

2 eggs  
1 tsp soy sauce  
1 tsp sugar  
oil

1. Combine all ingredients except the oil and beat.
2. Heat oil in a skillet over medium-low heat.
3. Pour the mixture into the pan.
4. When the bottom has cooked solid, fold the edges over and flip.
5. Cook until the bottom is golden.
6. Serve with soy sauce.

## Zucchini Frittata

From Nonna.

Ingredients:

- 6 eggs, at room-temperature
- 3 medium zucchini
- olive oil
- parsley, chopped
- ½ cup Parmesan cheese, grated

1. Thinly slice zucchini.
2. Salt, toss, and let stand 1 hour.
3. Heat oil in a 9" frying pan over high heat.
4. Add zucchini and lower heat to medium high.
5. Cook until soft and very dry.
6. Beat eggs with parsley and cheese.
7. Pour egg mixture into pan.
8. Fold from outside to centre until no longer runny and eggs can be pushed.
9. Keep pushing from outside to prevent sticking. Cook until bottom is golden brown.
10. Flip onto plate and drain excess oil.
11. Return to pan to cook other side.
12. Keep pushing from outside to prevent sticking. Cook until bottom is golden brown.
13. Flip onto plate.
14. Drain oil and then blot with paper towel.

*Optionally add cubed ham, sausage coins, peppers, or fried potato cubes to the egg mixture.*

## Chapter 14

# Eggplant

### Eggplant Parmigiana

Ingredients:

- eggplant

1. Thinly slice eggplant length-wise.
2. Salt slices and let stand  $\frac{1}{2}$  to 1 hour.
3. Rinse well with tepid water and pat dry.
4. Follow steps in Parmigiana (See page 129) .

### Eggplant Rolls (Involtini)

From Nonna.

Ingredients:

- 3 medium eggplant or 6 large zucchini
- Plain Tomato Sauce (See page 138) diluted with water
- 3 eggs
- all-purpose flour
- oil
- cooked ham, cut in 2" strips
- Parmesan cheese, grated
- mozzarella cheese, cut in long  $\frac{1}{4}'' \times \frac{1}{4}''$  rectangles

1. Peel eggplant and slice  $\frac{1}{4}''$  thick.
2. Salt and lay in colander.
3. Cover with a plate and place a weight on top.
4. Allow to drain at least  $\frac{1}{2}$  hour.
5. Rinse and squeeze dry.
6. In a bowl, beat eggs and  $\frac{1}{2}$  cup water.
7. Dredge eggplant in flour, then eggs.
8. Fry slowly in 1" oil until golden on both sides.
9. Drain fried slices in colander until cool enough to handle.
10. Preheat oven to 375 °F.
11. In a casserole dish, spread a thin layer of sauce.
12. Layout eggplant slices.
13. On each eggplant slice, spread a thin layer of sauce, sprinkle with Parmesan, and lay on a piece of ham.
14. Place a piece of mozzarella at the small end.

15. Roll eggplant tightly starting at the small end and place in row in the casserole dish.
16. Once pan is full, sprinkle with Parmesan and add a thin layer of sauce.
17. Bake, uncovered, for 15 to 20 minutes until liquid is absorbed and surface is slightly crusted.
18. Cover and let rest at least 10 minutes before serving.

*Do not attempt to put two layers of rolls in a casserole.  
Can be allowed to stand for a long time before serving.*

## Melanzanë a Fungetiëddë

From Nonna.

Ingredients:

- 1 large eggplant
- salt
- 4 to 5 plum tomatoes
- olive oil
- egg, lightly beaten
- Parmesan cheese, grated

1. Peel, cube, and salt eggplant.
2. Allow to drain for ½ hour.
3. Fry tomatoes in oil until dry.
4. Rise eggplant thoroughly and squeeze water out.
5. Add eggplant to tomato and cook until tender.
6. Stir in Parmesan cheese and egg.



## Chapter 15

### Fish

#### Baccalà and Potatoes

From Nonna.

Ingredients:

- baccalà
- Pisticcese Potato Salad (See page 154) without vinegar

1. Boil baccalà separately.
2. Drain.
3. Combine with potato salad and toss.

#### Baccalà in Tomatoes

From Nonna.

Ingredients:

- green onions
- baccalà
- tomato pieces
- olive oil
- salt

1. Cut cod into serving-size pieces.
2. Soak for at least 2 days in water, changing the water twice a day.
3. Cut onions into 10 cm-long strips.
4. Fry onions in olive oil until soft in a large skillet with a lid.
5. Roughly chop tomato pieces.
6. Add tomatoes and a pinch of salt.
7. Cook partially covered until dry. Approximately 15 minutes.
8. Add  $\frac{3}{4}$  cup water and cod.
9. Cook covered, turning once, for 20 minutes.

## Baked Sole alla Dario

From Dario di Lorenzo.

Ingredients:

- sole fillets
- bread crumbs
- Parmesan cheese, grated
- garlic, minced
- parsley, chopped
- flour
- lemon
- olive oil
- cherry tomatoes, halved

1. Preheat oven to 400 °F.
2. Wash and salt serving-sized pieces of sole.
3. Mix bread crumbs, Parmesan cheese, parsley, and garlic.
4. Dredge sole in flour and place on lined sheet.
5. Squeeze lemon on the fillets.
6. Sprinkle on bread crumb mixture and drizzle with olive oil.
7. Place tomatoes on top.
8. Bake until browned. Approximately 20 minutes.

## Broiled Swordfish Steaks

Makes 4 servings.

Ingredients:

- 4 small swordfish steak, ¾" thick
- ½ cup oil
- 3 tbsp soy sauce
- 2 tbsp medium-dry sherry
- 1½ tsp gingerroot, peeled and grated
- 1 tsp orange zest
- pepper

1. Arrange fish in a dish or resealable bag.
2. Combine oil, soy sauce, sherry, ginger, zest and pepper.
3. Pour mixture into dish and turn fish to coat.
4. Cover and marinate for at least 2 hours.
5. Heat a ridged grill pan brushed with oil.
6. Grill fish until firm to the touch. Approximately 4 minutes per side.

## Cedar-Planked BBQ Salmon

From Ted Reader.

Ingredients:

- 8 6 oz salmon skinless fillets
- 2 cedar planks, soaked in water for 4 to 6 hours
- 1 tbsp BBQ seasoning
- salt
- large lemon
- 1 cup fresh dill, chopped
- ½ cup shallots, chopped
- 2 cloves of garlic, chopped
- 2 green onions, chopped
- 3 tbsp pepper
- 2 tbsp olive oil
- juice of 1 lemon

1. Preheat grill to high.
2. Sprinkle BBQ seasoning on salmon.
3. Combine dill, shallots, garlic, onion, pepper, olive oil, and lemon juice.
4. Spread mixture on flesh-side of each fillet.
5. Season planks with salt.
6. Heat planks on grill for 3 to 5 minutes until they start to crackle.
7. Place fillets on planks skin-side down.
8. Cook for 12 to 15 minutes.
9. Squeeze lemon over fillets.

*Periodically check to make sure planks are not on fire. Use spray bottle to extinguish any flames.*

## Fisherman's Delight

Ingredients:

- fresh trout
- 8 cup water, cold
- ¼ cup salt
- green onions, halved
- butter, melted
- pepper
- paprika

1. Clean fish.
2. Dissolve salt in cold water.
3. Let fish stand in salt water for a few minutes.
4. Pat fish dry.
5. Place one green onion inside each trout.
6. Close the opening with a wooden pick.
7. Wrap the heads and tails with strips of aluminium foil to prevent drying.
8. Place trout in a baking dish, alternating directions.
9. Add pepper and paprika to melted butter.
10. Brush each fish on both sides with butter mixture.
11. Cover and microwave for 3 minutes per pound on medium.
12. Check the fish after 10 minutes and remove the foil.

## Fish in Foil

From Nonna.

Ingredients:

- whole fish or fillets (red snapper preferred)
- butter, cubed
- salt
- white wine
- clove of garlic, quartered
- parsley, chopped

1. Preheat oven to 350 °F.
2. Lay out a piece of aluminium foil.
3. Place fish on foil.
4. Salt fish.
5. Distribute butter, parsley and garlic over top.
6. Fold a packet and pour in wine.
7. Seal packet.
8. Bake until done.

## Fish Orange Onion Bake

From the Steffler Family.

Ingredients:

- ½ lbs fish fillets
- ¼ tsp pepper
- 1 tsp oil
- 1 tsp lemon juice
- ½ onion, sliced
- 1 orange, peeled and sliced
- 2 tsp parsley, chopped
- pepper

1. Preheat oven to 400 °F.
2. Place the fish in a baking dish and sprinkle with pepper.
3. Combine lemon juice and oil.
4. Brush onto the fish.
5. Separate the onion into rings and arrange over fish.
6. Pour any excess lemon juice-oil mixture over the dish.
7. Bake for 5 minutes.
8. Arrange the orange slices over the onions.
9. Sprinkle with parsley.
10. Bake for 5 to 8 minutes.

## Grilled Halibut and Peppers Julienne

From the Steffler Family.

Ingredients:

- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 onion
- 2 stalks of celery
- 1 tomato
- 2tbsp butter
- 1 tsp parsley, chopped
- ⅔ cup white wine
- 4 halibut steaks
- paprika
- curry powder
- cayenne
- salt
- pepper

1. Cut peppers, onions and celery into thin strips.
2. Coarsely chop the tomato.
3. Melt butter in a skillet.
4. Add all ingredients except halibut.
5. Simmer for 5 minutes.
6. Brush halibut with oil and sprinkle with paprika and pepper.
7. Grill until fish is opaque and flakes. Approximately 4 minutes per side.
8. Serve vegetables and pan juice over fish.

## Grilled Red Snapper

Ingredients:

- 1 lbs red snapper
- ½ cup olive oil
- tomato, peeled and seeded
- clove of garlic, chopped
- 1 tbsp basil
- 1 tbsp parsley
- 1 tbsp thyme
- 1 tbsp chives
- 1 tbsp savoury

1. Make shallow diagonal cuts in the fish.
2. Place fish in a dish or resealable bag.
3. Puré remaining ingredients and add to fish.
4. Cover and chill for 2 hours.
5. Place fish in a hinged rack over medium heat, basting with marinade during grilling.
6. Serve with lemon wedges and melted butter.

## Lemon Barbecued Swordfish Steaks

Makes 8 servings.

Ingredients:

- 3 lbs swordfish steaks, approximately 1" thick
- ¾ cup lemon juice
- ¾ cup oil
- 2 tbsp prepared horseradish
- 1 tbsp lemon zest
- 1½ tsp salt
- ½ tsp basil
- ½ tsp oregano
- ½ tsp pepper
- lemon wedges

1. Place steaks in a shallow dish or resealable bag.
2. Blend remaining ingredients and pour over fish.
3. Cover and chill for several hours.
4. Drain fish, reserving marinade.
5. Grill over low heat for 6 to 8 minutes per side, basting with marinade.
6. Serve with lemon wedges.

## Orange Roughy in Wine

From Try-Foods. Makes 4 servings.

Ingredients:

- ¼ cup white wine
- 4 6 oz orange roughy fillets
- 2 tbsp olive oil
- 2 tbsp fresh basil, chopped
- 1 tsp pepper
- zest of 2 lemons

1. Preheat oven to 325 °F.
2. Pour wine in a baking dish.
3. Brush both sides of the fillets with olive oil and lay in the dish.
4. Combine basil, pepper, and zest.
5. Sprinkle mixture over fillets.
6. Bake for 20 minutes or until fish flakes.

## Poached Salmon

From Michael Olson.

Ingredients:

- 6 oz salmon fillets
- medium onion, sliced
- large carrot, sliced
- lemon, sliced

1. Add onion, carrot, and lemon to a pot of boiling water.
2. Reduce heat and simmer for 5 minutes.
3. Drop in fillets one at a time.
4. Cook for 7 to 8 minutes.

## Poached Sole

From Fernando Leite.

Ingredients:

- sole fillet
- olive oil
- butter
- garlic
- oregano
- salt
- pepper
- lemon juice
- white wine
- 2 to 3 bay leaves
- parsley, chopped

1. Preheat oven to 350 °F to 375 °F.
2. On individual pieces of parchment paper, place a single sole fillet.
3. Sprinkle each ingredient except olive oil over each fillet.
4. Dab butter on top of each fillet.
5. Fold parchment papers into sealed packets.
6. Bake for 10 to 12 minutes.
7. Drizzle olive oil over top.

## Poached Whitefish

From Dorothy Taylor.

Makes 4 servings.

Ingredients:

- 1¾ lbs whitefish fillets
- salt tsp
- pepper tsp
- 2 tbsp butter
- medium onion, finely chopped
- 2 tomatoes, peeled and quartered
- ¼ cup parsley, snipped
- ⅓ cup water
- ⅓ cup dry white wine
- ⅓ cup cream
- 1 tbsp flour
- 6 small potatoes, boiled

1. Season fish with salt and pepper.
2. Sauté onions in 1 tbsp butter in a large skillet.
3. Place fish on top and tomatoes on the fish.
4. Sprinkle with 2 tbsp parsley.
5. Pour wine over the fish.
6. Cut a piece of waxed paper with a hole in the centre and cover the fish.
7. Cook for 10 minutes or until easily flaked.
8. Remove fish from pan.
9. Add cream to pan.
10. Mix flour and remaining butter into liquid.
11. Stir constantly until thickened.
12. Pour sauce over fish and potatoes.
13. Sprinkle with remaining parsley.

## Poached Whitefish in Tomatoes

Ingredients:

- 2 tbsp butter
- onion, chopped
- whitefish fillets
- tomatoes, sliced
- parsley, chopped
- ½ cup white wine
- ½ cup water
- potatoes
- 2 tbsp flour
- ½ cup milk

1. Sweat onion in butter.
2. Lay fillets on to pan and season with salt and pepper to taste.
3. Place tomatoes and parsley on top.
4. Add wine and water.
5. Cover with waxed paper with a hole in the middle.
6. Boil potatoes.
7. When fish is cooked, remove to the platter.
8. Place potatoes on top.
9. Add flour to and cook to thicken.
10. Add milk to make a sauce.
11. Pour sauce over potatoes and fish.

## Salmon in Puff Pastry

From French Food at Home.

Ingredients:

- 2 rectangles puff pastry
- salmon fillet
- asparagus
- dill
- lemon zest
- ¼ cup crème fraîche

1. Preheat oven to 425 °F.
2. Remove tips from asparagus.
3. Boil tips.
4. Chill in an ice bath.
5. Puré tips, crème fraîche, zest, and dill.
6. Place puff pasty on a parchment-lined pan.
7. Place salmon on a rectangle of puff pastry.
8. Spread purée on the salmon.
9. Place stems on top in 2 rows.
10. Brush edge of pastry with egg wash.
11. Cover with remaining pastry.
12. Press edges to seal.
13. Brush with egg wash.
14. Cut 2 slits in the top.
15. Bake for 20 minutes.

## Salmon Steaks with White Wine

Makes 4 servings.

Ingredients:

- 4 tbsp oil
  - 4 8 oz salmon steaks
  - 1 tsp peppercorns, crushed
  - small onion, sliced
  - 4 tbsp butter
  - 4 oz white wine
  - juice of 1 lemon
  - salt
  - 2 tbsp parsley, chopped
  - lemon wedges
1. Season steaks with pepper corns.
  2. Heat oil in a pan.
  3. Add steaks and onions.
  4. Sauté for 8 minutes per side.
  5. Add wine, lemon juice, and butter.
  6. Simmer for 5 minutes.
  7. Remove steaks.
  8. Season sauce with salt and pour over steaks.
  9. Sprinkle with chopped parsley.
  10. Serve with lemon wedges.



## Sushi Pizza

From the Steffler Family.

Ingredients:

- 1 cup sushi rice
- ¼ cup seasoned rice vinegar
- 2 tbsp sesame seeds, toasted
- ½ avocado, thinly sliced
- ½ sheet roasted nori
- ¾ cup surimi, flaked
- ½ cup cucumber, thinly sliced
- 2 tbsp pickled gingerroot
- 2 tbsp light mayonnaise
- 2 tbsp milk
- 1 tbsp wasabi powder

1. In a saucepan, combine rice and 1¼ cup water.
2. Bring to a boil.
3. Cover and reduce heat to low.
4. Cook until tender. Approximately 25 minutes.
5. Stir in rice vinegar and sesame seeds.
6. Line a pan with plastic wrap.
7. With a spatula, press rice firmly and evenly into pan.
8. Let cool completely and turn out on to a flat serving plate.
9. Top with layer of avocado slices.
10. Using scissors, cut nori into thin strips and sprinkle over avocado.
11. Arrange surimi, cucumber and ginger over top.
12. Stir together may, milk and wasabi powder.
13. Drizzle over top.
14. Cut into wedges and serve.

## Sweet and Sour Swordfish

Ingredients:

- 4 8 oz swordfish steaks
- flour
- 2 oz olive oil
- small onion, chopped
- 1 tbsp basil
- 3 tomatoes, chopped
- 2 oz red wine vinegar
- 2 oz red wine
- juice of 1 lemon
- 2 tbsp sugar
- 1 tsp cinnamon

1. Preheat oven to 350 °F.
2. Dredge steaks in flour.
3. Fry in olive oil for 2 minutes per side.
4. Remove steaks and place in a baking dish.
5. Add onion to pan, and sweat until soft.
6. Add all remaining ingredients.
7. Simmer for 5 minutes.
8. Pour over fish.
9. Bake for 15 minutes.

## Zuppa di Merluz (Whiting)

From Nonna.

Ingredients:

- whole whiting
- olive oil
- clove of garlic, finely chopped
- parsley, finely chopped
- tomato pieces
- salt

1. Fry garlic in oil.
2. Add parsley, tomatoes and salt.
3. Cook for 20 minutes.
4. Add salted fish and bring to a boil.
5. Reduce heat to medium-low.
6. Cook for 5 minutes.
7. Flip and cook 20 minutes.



## Chapter 16

### Hors d'oeuvres

#### Cranberry Brie Bites

From Ocean Spray.

Makes 24.

Ingredients:

- ¾ cup cranberry sauce
- 1 tsp lemon juice
- ½ tsp lemon zest
- 24 wonton wrappers
- 250 g brie round

1. Cook sauce until hot.
2. Remove from heat.
3. Stir in lemon juice and lemon peel.
4. Preheat oven to 350 °F.
5. Press wonton wrappers into a greased miniature muffin tray.
6. Bake 12 to 14 minutes.
7. Cut brie into 24 cubes. Approximately ¾".
8. Place a cube in each wrapper.
9. Cover with foil and bake for 3 to 5 minutes.
10. Top each wonton with 1 tsp cranberry mixture.

#### Fatthoush

From Steffler Family.

Ingredients:

- 2 pita breads
- 1 English cucumber
- 3 tomatoes
- 4 green onions, chopped
- ½ cup fresh chopped parsley
- ¼ cup chopped fresh mint
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 2 cloves of garlic, minced
- ½ tsp salt
- ½ tsp pepper
- 8 cup romaine lettuce

1. Split pitas and toast at 375 °F for 10 minutes.
2. Break into bite-sized pieces.
3. Peel, seed and cut cucumber into 1 cm cubes.
4. Cut tomatoes into 2 cm chunks.
5. In a bowl, combine cucumber, tomato, onions, parsley and mint.
6. Whisk together oil, lemon juice, lemon rind, garlic, salt and pepper.
7. Pour whisked mixture over cucumber and tomato and toss.
8. Cover and let stand for 30 minutes.
9. Just before serving, add romaine and pita and toss again.

## Grilled Ciabatta

From Giada de Laurentiis.

Ingredients:

- ciabatta bread
- tomato
- clove of garlic
- olive oil
- salt

1. Cut bread length-wise, then slice each half.
2. Grill until golden. Approximately 2 to 3 minutes.
3. Drizzle with olive oil.
4. Cut raw garlic and tomato in half.
5. Rub bread with garlic, then tomato.
6. Salt bread

## Mango Salad Rolls

From Trish Magwood.

Ingredients:

- 1 avocado, halved and sliced
- 1 carrot, julienned
- 1 English cucumber, julienned
- 1 semi-ripe mango, julienned
- 1 red bell pepper, julienned
- 2 cup rice noodles, hydrated
- ½ cup cashew, toasted and finely chopped
- cilantro
- rice paper wrappers

1. Rehydrate a pair of wrappers and keep them together.
2. Lay wrappers on a towel.
3. Add a small quantity of all ingredients on the lower third of the wrappers.
4. Roll the wrappers up.
5. Lay finished roll on a damp towel.
6. Repeat with remaining ingredients.
7. Before serving, slice rolls into bite-sized pieces.

*Serve with Soy Dipping Sauce (See page 91) or Peanut Sauce (See page 90) .*

## Chapter 17

### Lamb

#### Agnello Con Funghi

Ingredients:

- 3 tbsp olive oil
- 1 kg boned shoulder or leg of lamb, cut into serving pieces
- 1 lbs mushrooms
- 120 mL dry white wine
- salt
- pepper
- parsley, chopped
- olive oil

1. Heat oil in skillet.
2. Brown meat over medium heat.
3. Pour meat and oil into a casserole dish.
4. Add mushrooms, wine and enough water to cover meat.
5. Add salt and pepper to taste.
6. Cover and bake until tender, stirring occasionally. Approximately 1 hour.
7. Garnish with parsley.

#### BBQ Butterflied Leg of Lamb

From Ontario Lamb.

Makes 8 servings.

Ingredients:

- 1 tbsp orange zest
- ½ cup orange juice
- ½ cup dry white wine
- ¼ cup soy sauce
- 1 tbsp gingerroot, grated or 1 tsp ginger
- 1 tsp dried thyme
- ¼ tsp pepper
- 4 lbs butterflied leg of lamb

1. Combine orange rind, juice, wine, soy sauce, ginger, thyme, and pepper.
2. Pour over lamb in a pan or resealable bag.
3. Cover and refrigerate overnight, turning occasionally.
4. Drain lamb, reserving marinade.
5. Barbecue on greased grill, turning occasionally and basting with marinade, for 1 hour.
6. Slice thinly and serve immediately.

## Pancetta

From Nonna.

Ingredients:

- lamb pieces (thin rib cuts)
- garlic
- parsley
- olive oil
- salt
- tomato pieces
- tomato purée
- basil

1. In all flat pieces of lamb, place a half clove of garlic and a sprig of parsley.
2. Roll and tie with string.
3. Place all lamb in a pan with 2 to 3 cm of water.
4. Add a small amount of olive oil and salt.
5. Cook until one side is pale.
6. Flip meat and cover pan.
7. Cook until dry, flipping occasionally.
8. Remove meat and, if necessary, drain some oil.
9. Add tomato purée to pan.
10. Cook until deglazed and thickened.
11. Return meat to sauce.
12. Cook gently for as long as possible.
13. Let sit for at least 1 hour.

## Lamb Stew

From Nonna.

Ingredients:

- lamb pieces
- green onions
- tomatoes
- peas

1. Salt lamb and fry in olive oil.
2. Once browned, reduce heat to low.
3. Cook for 1½ hour, adding water as needed. Pan should be dry by the end of the time.
4. Remove meat.
5. Fry green onions and tomatoes.
6. Add peas and water.
7. Cook for ½ hour until dry.
8. Add ½ cup water and meat.
9. Cook until water evaporates.

## Roast Leg of Lamb

Ingredients:

- leg of lamb
- parsley
- 3 cloves of garlic, halved
- salt
- oil
- parsley
- Parmesan cheese, grated
- ½ cup water
- pepper
- butter

1. Preheat oven to 375 °F.
2. Pierce meat in six places.
3. Insert parsley and garlic half into each hole.
4. Salt outside.
5. Place in a roaster.
6. Cut potatoes into wedges.
7. Combine salt, oil, parsley, and cheese.
8. Toss potatoes in mixture.
9. Pour potatoes around meat in roaster.
10. Add water to pan.
11. Sprinkle more cheese over top.
12. Pepper contents of roaster.
13. Dot butter on meat and potatoes.
14. Cook for 1½ hours covered.
15. Turn meat and cook another ½ hour.
16. Cook for 10 minutes uncovered.

## Spinach Stuffed Leg of Lamb

From Canadian Living.

Makes 8 servings.

Ingredients:

- 3 lbs boneless butterflied leg of lamb
- ½ tsp pepper
- ¼ tsp salt
- 3 cup chicken stock
- ¼ cup dry white wine
- 1 tbsp flour

Stuffing Ingredients:

- 300 g fresh spinach
- 1 tbsp butter
- onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 tsp oregano
- ½ tsp pepper
- ¼ tsp salt
- ½ cup asiago cheese or Parmesan cheese, shredded
- ½ cup bread crumbs
- ⅓ cup toasted pine
- egg, beaten

1. Preheat oven to 325 °F.
2. Trim and rinse spinach.
3. In a large pot, cook damp spinach over medium heat until wilted. Approximately 5 minutes.
4. Drain and let cool.
5. Squeeze out liquid completely.
6. Chop coarsely.
7. In a skillet, melt butter over medium heat.
8. Sweat onion, garlic, oregano, pepper and salt until soft. Approximately 5 minutes.
9. Add spinach.
10. Let cool completely.
11. Stir in cheese, bread crumbs, pine nuts, and egg until well combined.
12. Trim excess fat from the lamb, leaving a thin layer.
13. Place on work surface fat-side down.
14. Sprinkle with half the pepper and salt.
15. Spread spinach mixture over meat leaving 1" border.
16. Starting at the narrow end, roll the meat up.
17. Fasten each ends with skewers and tie with string.
18. Rub with oregano and remaining pepper and salt.
19. Place on a greased rack in a roasting pan.
20. Pour in 1 cup of stock and wine.
21. Roast in oven, adding stock as necessary, for 1½ hours or until meat reaches an internal temperature of 160 °F.
22. Remove and let rest for 15 minutes.
23. Stir flour and 2 tbsp of stock into pan drippings over medium-high heat.
24. Cook for 1 minute, stirring constantly.
25. Reduce heat and simmer, whisking for 5 minutes until thickened.





## Chapter 18

### Legumes

#### Beans with Cashews

From Maria Masella.

Ingredients:

- green beans, boiled and drained
- olive oil
- cashew nutss, chopped
- cloves of garlic, halved

1. Sauté garlic in olive oil.
2. When garlic is beginning to cook, add cashews.
3. Sauté until garlic is golden.
4. Remove garlic.
5. Pour mixture over beans.

#### Fagiolini alla Menta

From Nonna.

Ingredients:

- 2lbs green beans
- 3 cloves of garlic, chopped
- 8 leaves of fresh mint or 1 tbsp dried mint
- ½ cup olive oil
- ¼ cup red wine vinegar
- salt
- pepper

1. Wash beans and remove tips.
2. Boil for 6 to 8 minutes.
3. Cool in cold water.
4. Combine remaining ingredients in a large bowl.
5. Drain beans and toss in dressing.
6. Refrigerate at least 1 hour.

*Serve cold.*

## Green Beans in Tomato

From Nonna.

Ingredients:

- green beans
- clove of garlic, crushed
- salt
- tomato pieces

1. Bring water to a boil and salt.
2. Add beans and boil for 20 minutes.
3. In a small skillet, fry garlic until brown.
4. Add tomato pieces and fry.
5. Drain beans, reserving some water.
6. Combine beans, fried tomatoes, and some cooking water in the pot.
7. Cover and cook  $\frac{1}{2}$  hour, adding cooking water if too dry.

## Peas and Onions

From Nonna.

Ingredients:

- 2 green onions, slitted length-wise
- peas, fresh, canned, or frozen
- olive oil

1. Fry onions in oil until soft.
2. Add peas and fry for 5 minutes.
3. Add boiling water to cover and salt.
4. Cook for 2 hours if using fresh peas,  $\frac{3}{4}$  hours if using canned, or 1 hour if using frozen.

*Can be used as pasta sauce.*

## White Beans and Fennel

From Nonna.

Ingredients:

- 1 cup dried white beans, cooked, reserving cooking liquid
- 1 bulb of fresh fennel, sliced
- clove of garlic, crushed
- salt
- olive oil

1. Sauté garlic in oil until blistered.
2. Add fennel and cook until soft.
3. Salt thoroughly.
4. Add cooked beans and enough cooking water to cover.
5. Cook until creamy. Approximately 20 minutes.
6. Serve on toasted bread.

*Beans should be cooked until soft, approximately 1½ hours on the stovetop if soaked, or 30 minutes in a pressure cooker, unsoaked. If using canned beans, rinse thoroughly and use water in place of cooking liquid.*

## White Beans and Tomatoes

From Nonna.

Ingredients:

- can of kidney beans, rinsed and drained
- clove of garlic, crushed
- salt
- olive oil
- tomato pieces

1. In a pot, cover beans with water plus an extra 1".
2. Bring to a boil and simmer for 45 minutes. Add water as necessary.
3. Add garlic, tomato pieces, oil, and salt.
4. Cover and simmer for  $\frac{1}{2}$  hour. Result should be fairly dry and dense.

*Can be used as pasta sauce.*

## Chapter 19

# Marinade

### Beef Marinade

Ingredients:

- 2 lbs beef
- ½ cup soy sauce
- ¼ cup oil
- 2 tbsp molasses
- 2 tsp ginger
- 2 tsp dry mustard
- 6 cloves of garlic, minced

1. Place meat in a dish or resealable bag.
2. Combine remaining ingredients and pour over fish.
3. Marinate meat at least ½ hour.

### Fish Marinade

From Government of Canada. Makes For 1 kg fish.

Ingredients:

- 3 cloves of garlic
- 1 onion, chopped
- 1 tsp dry mustard
- 1 tsp salt
- ¼ cup oil
- ¼ cup lemon juice
- ½ cup parsley, chopped

1. Combine all ingredients.
2. Marinate fish for at least 30 minutes.

### Italian Marinade

Ingredients:

- fish fillets or chicken
- handful of basil leaves
- 1 tbsp olive oil
- clove of garlic
- juice of half a lemon
- pepper
- salt
- parsley

1. Place meat in a dish or resealable bag.
2. Combine remaining ingredients and pour over fish.
3. Marinate fish 2 hours.

## Laura's Meat Marinade

From Laura Masella.

Ingredients:

- ¼ cup oil
- 2 tbsp soy sauce
- 1½ tbsp wine vinegar
- ½ tbsp Worcestershire sauce
- 1½ tsp lemon juice
- 1 tsp salt
- ½ tsp pepper
- 1 tsp dry mustard
- ¼ tsp parsley flakes
- clove of garlic, minced

1. Combine all ingredients.
2. Marinate meat in dish or resealable bag.

*Steak is the preferred meat.*

## Nonna's Pizza Topping

From Nonna.

Ingredients:

- 3 plum tomatoes, seeded, preferably peeled, and chopped
- 1 stalk young celery, diced
- 1 clove garlic, minced
- 2 zucchini, sliced length-wise
- salt
- oregano
- olive oil
- Parmesan cheese, grated

1. Combine all ingredients.
2. Let stand for at least 30 minutes.
3. When dressing pizza, discard any liquid left behind.

## Teriyaki Sauce

From Mary Ito.

Makes 4 servings.

Ingredients:

- 4 pieces of meat or fish
- ½ cup soy sauce (Japanese-style, e.g., Kikkoman)
- ⅓ cup rice wine, white wine, or apple juice
- ¼ cup brown sugar
- 1 tbsp white vinegar
- clove of garlic, quartered
- gingerroot or ½ tsp ginger (optional)

1. Place meat in a dish or resealable bag.
2. Combine remaining ingredients and pour over meat.
3. Marinate fish 3 to 4 hours. Marinate other meat 4 to 5 hours.

*Excess marinade can be thickened into a sauce by whisking in 1 tbsp cornstarch and heating over medium heat, stirring constantly.*

## Chapter 20

# Muffins

### Best Ever Banana Muffins

From Muffin Mania.

Makes 9 muffins.

Ingredients:

- 3 large ripe bananas, mashed
- $\frac{3}{4}$  cup sugar
- 1 egg
- $\frac{1}{3}$  cup butter, melted
- 1 tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$  tsp salt
- $1\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup chocolate chips

1. Combine bananas, sugar, and egg.
2. Add melted butter.
3. Add dry ingredients.
4. Fold in chocolate chips.
5. Spoon into muffin trays.
6. Preheat oven to 375 °F.
7. Let muffins stand while oven heats.
8. Bake for 20 minutes.

### Cornmeal Muffins

Makes 12.

Ingredients:

- 1 egg
- 1 cup milk
- 2 tbsp oil
- $\frac{3}{4}$  cup cornmeal
- $1\frac{1}{2}$  cup all-purpose flour
- 4 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 tbsp sugar

1. Preheat oven to 450 °F.
2. Beat egg in a large bowl.
3. Stir in milk, oil, and cornmeal.
4. Sift remaining ingredients together into cornmeal mixture.
5. Stir only to blend. The batter should be lumpy.
6. Spoon into muffin trays to  $\frac{2}{3}$  full.
7. Bake until lightly browned. Approximately 15 to 20 minutes.



## Chapter 21

# Mushroom

### Bacon and Cream Cheese Stuffed Mushrooms

Ingredients:

- 8 oz cream cheese, softened
- 4 to 6 strips of bacon
- small onion, finely chopped
- 20 to 25 large mushrooms, stems removed
- 8 mushroom stems, finely chopped

1. Preheat oven to 350 °F.
2. Fry bacon until crisp.
3. Crumble bacon and set aside.
4. Sauté onion and mushroom stems in bacon fat until tender.
5. Drain excess fat.
6. Mix bacon, onion mixture, and cream cheese until workable.
7. Stuff each mushroom and set on a baking sheet.
8. Bake for 10 to 15 minutes.
9. Broil until tops are golden.

### Mushrooms in Paprika

Ingredients:

- mushrooms, ideally wild
- clove of garlic, halved
- paprika
- olive oil

1. Slice mushrooms ¼" thick.
2. Bring a pot of water to a boil.
3. Boil mushrooms for 2 to 3 minutes.
4. Drain mushrooms.
5. Fry garlic in oil until golden.
6. Cool oil slightly and add paprika.
7. Add mushrooms and ½ cup water.
8. Cook on low heat until dry. Approximately ½ hour. Add water if cooking too quickly.

### Rosemary Mushrooms

From Maria Masella.

Ingredients:

- mushrooms, sliced
- butter
- olive oil
- rosemary

1. Heat butter and olive oil in a pan.
2. Sauté mushrooms.
3. When mushrooms are partially cooked, add rosemary.

## Stuffed Mushrooms

### Ingredients:

- 24 large crimini or button mushrooms
- bread crumbs
- 1 egg
- 1 cup Parmesan cheese, grated
- pepper
- salt
- 3 tbsp parsley, chopped

1. Preheat oven to 350 °F.
2. Separate stems from caps.

3. Chop stems.
4. Cook salted stems in olive oil until soft.
5. Remove from heat.
6. Add in bread crumbs, egg, cheese, pepper, salt, and parsley to form a firm mixture. Adjust quantity of bread crumb.
7. Stuff caps with mixture.
8. Oil and salt a baking dish.
9. Place caps in the dish and cover with foil.
10. Bake for 5 minutes.
11. Remove foil and continue baking until crusted. Approximately 5 to 7 minutes.



## Chapter 22

# Pasta

### Broccoli Pasta

From Elissa Caccavella.

Ingredients:

- bacon
- tomato pieces
- broccoli
- pasta

1. Fry bacon for a short time.
2. Add tomato pieces.
3. Cook.
4. Bring a pot of salted water to a boil.
5. Boil broccoli and pasta together until tender.
6. Drain.
7. Combine broccoli, pasta, and sauce.

### Carbonara

From Nonna.

Makes 4 to 6 servings.

Ingredients:

- 450 g spaghetti
- 6 slices of bacon, chopped
- 3 eggs
- ½ cup water
- ⅔ cup Parmesan cheese and Romano cheese, grated and mixed
- ½ cup white wine
- salt
- pepper

1. Cook pasta until done.
2. Meanwhile, in a skillet, fry bacon.
3. When bacon is crisp, add white wine.
4. Reduce heat and let wine evaporate.
5. Beat together eggs, water, and cheese, adding salt and pepper to taste.
6. Drain pasta, reserving at least 1 cup pasta water, and return pasta to pot. Do not heat pasta.
7. Add bacon mixture, egg mixture, and pasta water as needed.
8. Stir quickly until egg cooks.

*Add reserved pasta water to reach desired creaminess, adding extra, as pasta will absorb a considerable amount of water.*

## Chicken and Shrimp Chow Mein

From Herminia So.

Ingredients:

- ¼ cup olive oil
- 3 cloves of garlic
- 1 medium onion, chopped
- 2 cup shrimp, peeled
- while chicken breast, cook and sliced
- 2 cup snow peas, cleaned
- 2 carrots, peeled and thinly sliced
- 4 green onions, chopped
- 2 tbsp soy sauce
- 3 tbsp oyster sauce
- 3 cup chicken stock
- ½ tsp pepper
- 1½ tbsp cold water
- 1 tsp cornstarch
- 1 package of Chinese noodles, hydrated and drained

1. Heat oil in a large pan over medium heat.
2. Sauté garlic until golden.
3. Add onions and shrimp and cook a while.
4. Gradually add chicken, snow peas, carrots, and green onion, mixing well.
5. Cover 5 minutes, turning occasionally.
6. Uncover and transfer to a bowl.
7. Bring chicken stock to a boil.
8. Add noodles to stock and boil 5 minutes.
9. Mix cornstarch into cold water and stir into noodles.
10. Add vegetable mixture to noodles and mix well.
11. Turn off heat and cover.

## Egg Pasta in the Food Processor

From Vicky Mangano.

Ingredients:

- 6 eggs
- ¼ cup water
- 4 cup all-purpose flour
- 1 cup semolina
- pinch of salt

1. Pour flours in food processor and pulse to combine.
2. Beat eggs and water separately.
3. Add egg mixture to food processor.
4. Mix until a ball forms.
5. Flour and knead by hand for a short time.
6. Cover with plastic wrap and let stand ½ hour on the counter or overnight in the refrigerator.
7. Cut into pieces and flour each piece.
8. Put through pasta machine until on 2<sup>nd</sup> notch.
9. Allow to dry for ½ hour.
10. Cut using slicing blade of pasta machine.

*Lasagna noodles can be made by not cutting the strips but boiling them immediately, immersing them in cold water, then draining them.*

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## Fettuccine alla Vodka

From Centro.

Ingredients:

- 3 lbs fresh fettuccine or linguine
- 2 tbsp olive oil
- 2 tbsp butter
- clove of garlic, crushed
- 1 tbsp onions, finely chopped
- 4 medium tomatoes, diced
- 8 oz smoked salmon, chopped
- 4 tbsp vodka
- 1 cup heavy whipping cream
- pepper
- ¼ cup Parmesan cheese

1. Heat butter and oil in a pan.
2. Add garlic and onions.
3. Sauté tomatoes for 5 minutes.
4. Add salmon, vodka, and cream.
5. Cook 10 minutes.
6. Cook pasta and drain.
7. Toss with sauce.
8. Add pepper to taste and cheese.

## Fettuccine Pasta Plus

Makes 4 servings.

Ingredients:

- 450 g fettuccine
- 2 eggs, lightly beaten
- ⅔ cup Parmesan cheese
- 1 cup whipping cream
- salt
- pepper
- butter tbsp
- 125 g cooked ham, diced

1. Cook fettuccine until al dente.
2. Drain fettuccine.
3. Combine eggs, cheese, cream, salt, and pepper.
4. In a large saucepan, heat butter.
5. Add ham.
6. Add drained pasta and cream mixture.
7. Heat, stirring gently, until sauce thickens.

## Gnocchi di Patate

From Nonna.

Ingredients:

- (56 g + 50 g) per person all-purpose flour
- 100 g per person Yukon Gold potatoes<sup>1</sup>
- 8 g per person egg (1/8 of an egg)

1. Boil unpeeled potatoes in unsalted water until fork tender.
2. Rice potatoes and discard skins.
3. Let potatoes cool.
4. Sift flour on to a work surface, in two piles.
5. Make a well with the 56 g pile.
6. Put potatoes in well.
7. Crack egg in centre of potatoes.
8. Mix egg into potatoes.
9. Incorporate flour into potatoes.
10. Knead until a rough dough forms, scraping bench.
11. Set dough aside and working in batches.
12. Heavily flour surface with remaining flour.
13. Knead a piece of dough until just smooth (i.e., the dough does not tear or crack when worked). Keep the work surface floured.
14. On a heavily floured surface, roll in ropes 3/4" diameter.
15. Cut ropes into pillows 1" long.
16. Shape into gnocchi using a floured grooved gnocchi board or fork. To shape:
  - (a) Using two to three floured fingers, press a pillow near the bottom edge of the board starting just above the bottom edge of the pillow.
  - (b) Drag the pillow toward the top of the board, maintaining constant distance from the board. This does not require any pressure.
  - (c) When the pillow has been almost completely dragged, release it.
17. If desired, lay out on a floured cookie sheet, freeze for 1/2 hour, then dump in a bag, and return to freezer. Cook without defrosting.
18. Boil in salted water for 5 to 7 minutes. For large quantities, cook small batches.

*The potatoes must be boiled in their skins to prevent excess water absorption.*

*Do not let finished pasta sit more than 1 1/2 hours before boiling. It is better to freeze them or at least refrigerate them.*

*Ensure that all surfaces and the gnocchi are well-floured.*

## Jumbo Shells with Cheese Filling†

From Lancia.

Makes 5 to 6 servings.

Ingredients:

- 20 jumbo pasta shells
- 2 cup cottage cheese or ricotta cheese
- 1 1/2 cup cheddar cheese, grated
- 1 1/2 cup mozzarella cheese, grated
- 2 eggs
- 1/2 tsp salt
- dash pepper
- 2 tsp parsley, chopped
- 3 1/2 cup Plain Tomato Sauce (See page 138)
- 1/4 cup Parmesan cheese, grated

1. Cook shells as package directs.
2. Combine remaining ingredients except Parmesan and sauce.
3. Fill cooked shells.
4. Complete as package directs.

<sup>1</sup>This is the weight after ricing.

## Lamian

Ingredients:

- 80g g cake-and-pastry flour per person
- 20g g all-purpose flour per person
- 70g g water per person
- 1 g baking soda per person

1. Combine flours and baking soda.
2. Slowly mix in water.
3. Knead to form a smooth dough.
4. Place in an air-tight container and chill overnight.
5. Bring a pot of water to a boil.
6. Knead dough until smooth and elastic.
7. Roll into a 2" diameter rope.
8. Repeatedly raise the rope above your head, snap it against the work surface, lift it, and fold in half. Lightly flour the surface if necessary.
9. When the dough is easily stretched, flour the dough.
10. Hold both ends in one hand and use the other to quickly stretch the dough and then fold it. Repeat until the dough is fine.
11. Boil noodles for 3 minutes.

## Lemon Spaghetti

From Giada de Laurentiis.

Makes 4 servings.

Ingredients:

- ½ to ⅔ cup olive oil
- ⅔ cup Parmesan cheese, grated
- juice of 2 lemons
- ¾ tsp salt
- ½ tsp pepper
- 450 g spaghetti
- ⅓ cup basil, chopped
- zest of 2 lemons

1. Whisk together oil, cheese, juice, salt, and pepper.
2. Cook pasta until al dente.
3. Drain, reserving 1 cup pasta water.
4. Combine pasta, sauce, zest, and basil.
5. Slowly add as much pasta water as needed to moisten.

*The sauce can be made ahead of time and refrigerated for up to 8 hours.*

## Maccarunë a fiérrë

From Nonna.

Ingredients:

- 100 g fine semolina flour per person, or 50 g each coarse semolina and all-purpose flour
- 53 g hot tap water per person

1. Sift flour.
2. Make a well and add water.
3. Knead until dough just comes together.
4. Divide dough into pieces.
5. Knead by folding the piece and rolling in to a rope repeatedly until it is smooth.
6. Roll out the rope until it is  $\frac{1}{4}$ " thick.
7. Divide into 6" lengths.
8. Dust with flour.
9. Shape ropes into maccarunë. To shape:
  - (a) Place the rod at an angle to the dough so the right tip of the rope meets the rod a few inches from the right end of the rod.
  - (b) Hold the left end of the rod between the thumb and forefinger.
  - (c) Using the base of the right thumb, roll the dough into the rod applying light pressure at the point of winding. The coils should just touch.
  - (d) Periodically, use the left hand to move the rod back to the starting position.
  - (e) With light pressure, roll the rod back and forth with the heels of the hands on the dough. This will thin dough.
  - (f) Cradle the dough with the left hand holding the rod with the thumb and forefinger just beyond the right edge of the dough.
  - (g) Use the right hand to remove the rod, releasing the dough.
10. Allow pasta to dry for at least  $\frac{1}{2}$  hour.
11. Cook in boiling, salted water until tender.

*The rod, the fiérrë, is a 12"-long piece of  $\frac{1}{16}$ " key stock. Key stock can be purchased from most industrial fastener vendors. I found it at Spaenaur in Kitchener as part number 131-450.*

*This process can be made easier by flattening the dough in a pasta maker and, slicing it into wide strips, and then rolling the strips on to the fiérrë. This is much faster and produces much more even pieces of pasta, but they are more likely to uncurl.*

## Maccheroncini Con Patate e Crema di Acciughe

From Barilla.

Makes 4 servings.

Ingredients:

- 350 g maccheroncini
- 200 g anchovies
- 10 cherry tomatoes
- 1 potato, cubed
- basil
- 100 mL cream
- $\frac{1}{2}$  onion
- salt
- pepper
- olive oil

1. Process the anchovies and half of the tomatoes with oil.
2. Sauté potato and onion until golden.
3. Add remaining tomatoes and cream to pan.
4. Cook.
5. Add anchovy mixture.
6. Boil pasta in salted water until al dente.
7. Drain.
8. Pour sauce on top and toss.
9. Garnish with basil.

## Orecchiette

From Nonna.

Ingredients:

- 100 g fine semolina flour per person, or 50 g each coarse semolina and all-purpose flour
- 53 g hot tap water per person

1. Sift flour.
2. Make a well and add water.
3. Knead until dough just comes together.
4. Divide dough into pieces.
5. Knead by folding the piece and rolling in to a rope repeatedly until it is smooth.
6. Roll out the rope until it is ½" thick.
7. Allow dough to dry slightly.
8. Shape ropes into orecchiette on a lightly floured surface. To shape:
  - (a) Cut a ½" length.
  - (b) Using the right hand, hold a the curving section of the cutting edge of a non-serrated knife against the work surface.
  - (c) Angle the knife away from you.
  - (d) Press the cut edge of the piece of dough against the place where the knife meets the work surface.
  - (e) Tip the knife toward you, maintaining pressure against the work surface.
  - (f) Drag the knife at constant distance from the work surface.
  - (g) When the dough is almost completely stretched, lift knife off the work surface.
  - (h) Using the fingers of the left hand, unroll the dough and then gently grip the circle placing the tip of the thumb of the centre.
  - (i) Use the knife and the fingers of the left hand to stretch the dough on to the thumb into a hat shape.
  - (j) Release the dough from the thumb.
9. Allow pasta to dry for at least ½ hour.
10. Cook in boiling, salted water until tender.

*If the dough tears on the work surface when stretching, rub off any dough residue and lightly flour the surface.*

## Parmigiana

You can use this to make Eggplant Parmigiana (See page 97) or Zucchini Parmigiana (See page 212) .

Ingredients:

- prepared slices
- eggs
- paprika
- pepper
- ground meat
- olive oil
- Tomato Purée (See page 159)
- Parmesan cheese, grated
- mozzarella cheese, grated
- mushrooms, thinly sliced (optional)

1. Beat eggs with paprika and pepper.
2. Flour, then batter slices.
3. Fry slices in oil or bake in a 400 °F oven.
4. Fry ground meat in olive oil.
5. Add tomato purée and water.
6. Cook to make a thin, light sauce.
7. Preheat oven to 350 °F.
8. Layer a baking dish with alternating layers of sauce, slices, and cheese. The final layer should be sauce.
9. Bake for ½ hour, covered.
10. Remove cover and bake 10 minutes.
11. Turn off oven leaving pan inside.
12. Allow to remain in oven for ½ hour.

## Parmesan Asparagus Pasta

Ingredients:

- 450 g rotini or penne
- ½ lbs asparagus
- 1 tbsp butter or olive oil
- 4 green onions, chopped finely
- 2 tbsp flour
- salt
- pepper
- 1½ cup milk
- 5 tbsp Parmesan cheese, grated

1. Cook pasta until al dente.
2. Cut asparagus into ½" pieces.
3. Combine asparagus with 2 tbsp water and microwave covered for 2 to 4 minutes on high.
4. In a 4 cup microwaveable glass bowl, combine butter and onions.
5. Microwave uncovered for 1 to 2 minutes on high.
6. Blend flour, salt, and pepper into onion mixture.
7. Gradually whisk in milk.
8. Microwave uncovered for 4 to 6 minutes until the mixture thickens and boils. Interrupt cooking to whisk.
9. Gradually stir in cheese until melted.
10. If needed, microwave on medium for 40 to 60 seconds.
11. Drain pasta and asparagus.
12. Toss pasta and asparagus with sauce.
13. Season with salt and pepper.

## Pasta al Forno

Makes 12 servings.

Ingredients:

- 1½ lbs ground meat
- 2L Plain Tomato Sauce (See page 138)
- 1350 g bocconcini or small rigatoni
- 200 g cooked ham
- 200 g capicollo
- 200 g provolone
- 1 ball mozzarella
- Parmesan

1. Cook ground meat in a little olive oil until dry.
2. Add some salt.
3. Add tomato sauce and simmer for 1 hour.
4. Cook pasta.
5. Thinly slice cooked ham, capicollo, provolone.
6. Grate ¾ of a ball of mozzarella.
7. Add 5 ladles of pasta water to the sauce.
8. Drain the pasta.
9. Add 4 ladles of sauce to the bottom of a pan to cover.
10. Pour in drained pasta.
11. Add provolone, cooked ham, capicollo, mozzarella, most of the sauce and some grated Parmesan and mix to distribute evenly.
12. Sprinkle grated Parmesan evenly on top and cover with remaining sauce.
13. Preheat oven to 400 °F.
14. Bake for 15 minutes or when pasta feels dry to the touch.
15. Grate remaining mozzarella and put on top.
16. Bake 5 minutes more.
17. Allow to rest a few minutes before serving.

*This can be made ahead of time and baked later.*



## Pasta and Rapini

From Nonna.

Ingredients:

- 1 bunch of rapini
- 450 g shell pasta
- olive oil
- anchovy paste (optional)
- pèpparulè
- salt
- clove of garlic, halved

1. Cut rapini into serving-sized pieces and slit any thick stalks.
2. Bring a pot of water to a boil and salt it.
3. Boil pasta and rapini.
4. When pasta is nearly cooked, heat oil and anchovy paste in a small pan.
5. Sauté garlic.
6. Drain pasta and rapini and return to pot.
7. Add pèpparulè to oil.
8. Pour pan contents in pot.
9. Season with salt and toss.

## Pasta Romana

From Franco Iori.

Ingredients:

- 1 clove of garlic, halved
- 225 g spaghetti or linguine
- one large handful of chopped parsley
- ½ cup of white wine
- olive oil
- salt
- Parmesan cheese, grated

1. Bring a pot of salted water to a boil. Once boiling, add the pasta.
2. Sweat garlic in olive oil.
3. Remove from the heat and allow to cool slightly (to prevent a fireball in the next stage).
4. Add the parsley and white wine.
5. Put back on heat and cook until the pasta is approximately 1 minute from being done.
6. Drain pasta, leaving some water behind, and return to pot.
7. Add contents of frying pan to pot and cook for remaining minute.
8. Add cheese and serve immediately.

*You can also add a combination of sliced black olives or anchovies when adding the parsley.*

## Pasta with Green Beans

Ingredients:

- buccatini or long pasta
- salt
- green or wax beans
- Fresh Tomato Sauce (See page 136) or Plain Tomato Sauce (See page 138)

1. Wash beans and remove tips.
2. Bring a pot of water to a boil.
3. Salt the water.
4. Add pasta and beans.
5. Cook pasta for length of time specified on package.
6. Drain.
7. Toss in sauce.

## Pasta with Ricotta

From Nonna.

Ingredients:

- ricotta cheese
- pasta, Rúcchëlë (See page 133) recommended
- parsley (optional)
- Parmesan cheese (optional)

1. Place ricotta in serving bowl.
2. Bring salted water to a boil.
3. Cook pasta until tender.
4. Thin ricotta with pasta water.
5. Drain pasta.
6. Toss pasta with ricotta.
7. Add parsley and Parmesan and toss.

*Nonna dislikes the parsley and Parmesan, but “some people” add it.*

## Pasta with Zucchini

From Nonna.

Makes 4 servings.

Ingredients:

- 450 g pasta
- Zucchini in Tomatoes (See page 212)
- Parmesan cheese, grated

1. Boil pasta in salted water.
2. Drain pasta, reserving some cooking water.
3. Mix pasta and zucchini in tomatoes.
4. Add additional cheese and enough cooking water to make the sauce creamy.

## Penne in Salmon Cream Sauce

From Clover Leaf Kitchens.

Makes 4 servings.

Ingredients:

- 250 g penne, ziti, or tubular pasta
- 2 tbsp butter
- 2 tbsp minced onion
- 2 tbsp flour
- 1¼ cup milk
- pepper
- 1 cup peas, thawed
- 1 can of salmon
- ¼ cup parsley, chopped
- ¼ cup Parmesan cheese, grated

1. Cook pasta until al dente.
2. Drain and return to pot.
3. In a sauce pan, melt butter over medium heat.
4. Add onion and cook until tender.
5. Stir in flour and cook for a few seconds.
6. Whisk in milk.
7. Bring to a simmer, stirring constantly.
8. Add peas, salmon, including juice, parsley, cheese, and pepper.
9. Break up salmon into chunks.
10. Pour over pasta and toss.

## Rúchhëlä

From Nonna.

Ingredients:

- 100 g fine semolina flour per person, or 50 g each coarse semolina and all-purpose flour
- 50 g warm tap water per person

1. Sift flour.
2. Form a well.
3. Add water.
4. Knead until dough just comes together.
5. Divide dough into pieces.
6. Knead by folding the piece and rolling in to a rope repeatedly until it is smooth.
7. Roll out the rope until it is  $\frac{1}{3}$ " thick.
8. Roll in flour.
9. Divide into  $\frac{3}{4}$ " long "pillows".
10. Dust with flour.
11. Shape ropes into rúchhëlä on a floured wooden work surface. To shape:
  - (a) Place the a pillow on a diagonal relative to the grain.
  - (b) Place the middle finger on the far cut edge of the pillow.
  - (c) Tuck the adjacent fingers just behind the middle finger touching the work surface.
  - (d) With fingers vertical, drag the dough maintaining constant distance from the work surface until the piece is released.
  - (e) Flick the finished piece off of the work surface on to a floured cookie sheet.
12. Cook in boiling, salted water until tender.

*The adjacent fingers should squeeze the edges of the pasta in to form the characteristic shell shape.*

*A variant is to make 2" long pieces and shape them sideways with the fingers of both hands.*

## Tagliatelle

From Nonna.

Ingredients:

- 100 g fine semolina flour per person, or 50 mL each coarse semolina and all-purpose flour sifted together
- 50 g hot tap water per person
- pinch of salt per person

1. Dissolve salt in the water.
2. Make a well in the flour.
3. Add water in two stages while mixing to make a hard ball.
4. Knead dough until uniform and springs back half way. This dough is very dry.
5. Divide into slices and press in  $\frac{1}{4}$ " discs,  $\frac{3}{4}$ " thick.
6. Dredge in flour.
7. Put through the largest notch of a pasta maker 5 to 6 times, folding, rotating and dredging each time until edges are smooth.
8. Put through progressively smaller slots until pasta is just thin enough for light to pass through. Flour as needed to prevent sticking.
9. Flour both surfaces of strips.
10. Let dry approximately  $\frac{1}{2}$  hour.
11. Run through slicing slot of pasta machine.
12. Dry for another  $\frac{1}{2}$  hour.
13. Cook in salted boiling water for 2 to 3 minutes. Adding a small quantity of vegetable oil to the water will control the foam.

*Kneading can be done in a stand mixer for approximately 15 minutes. The dough will come together very slowly because it is dry.*



## Chapter 23

# Pasta Sauce

### Basil Sauce

From Fernando Leite.

Ingredients:

- ¼ lbs butter
- ½ cup Parmesan cheese, grated
- 1 cup cream
- basil, finely chopped
- salt
- pepper
- parsley, chopped (optional)
- lemon zest (optional)

1. Combine all ingredients.
2. Let stand until at room-temperature.
3. Cook pasta and drain.
4. Combine sauce with pasta and cook 1 minute.

### Bolognese Sauce

From Nonna.

Ingredients:

- 2 stalks of celery, finely chopped
- 2 medium carrots, cored and finely chopped
- 2 green onions or 1 cooking onion, finely chopped
- ½ lbs ground beef
- 1 L tomato purée
- ½ cup white wine
- olive oil
- salt

1. Fry celery, carrots, and onions in oil.
2. Add salt and fry until very soft. Approximately 15 minutes.
3. Separately, brown ground beef.
4. Add browned beef and wine.
5. Add tomato purée and water.
6. Cook for 30 minutes or longer.

## Cauliflower Tomato Sauce

From Nonna.

Ingredients:

- clove of garlic, halved
- cauliflower
- tomato pieces
- tomato purée
- olive oil
- salt

1. Fry garlic in oil until golden.
2. Add tomato pieces and salt.
3. Fry until dry.
4. Add tomato purée.
5. Boil cauliflower until soft, but not quite done.
6. Drain cauliflower and cut into florets.
7. Add to tomato mixture.
8. Cook 10 minutes.

## Chickpea Sauce

From Nonna.

Ingredients:

- chickpeas, dried or canned
- pasta water (if using dried chickpeas)
- onions, chopped
- olive oil
- tomato pieces
- salt

1. If using dried chickpeas, soak chickpeas in pasta water overnight.
2. If using dried chickpeas, cook several hours until tips of the chickpeas split open.
3. Fry onion, tomatoes, and salt in olive oil for 20 minutes.
4. Combine tomato mixture and chickpeas.
5. Cook 15 minutes.

## Fresh Tomato Sauce

Ingredients:

- fresh plum tomatoes, quartered and seeded
- olive oil
- clove of garlic, halved
- salt

1. Fry garlic in oil until golden.
2. Place tomatoes skin side down in the pan.
3. Cook until dry stirring to prevent burning. Remove skins as they separate from the flesh. Approximately ½ hour.
4. Add salt to taste.

*The peel can be removed, if desired, toward the end of cooking. Forceps make the task easier.*

## Lentil Sauce

From Nonna.

Ingredients:

- lentils, dried or drained canned
- hot water, salted (if using dried lentils)
- onions, chopped
- olive oil
- tomato pieces
- salt

1. If using dried lentils, soak lentils in hot water for several hours.
2. If using dried lentils, cook 2 hours, stirring once.
3. Fry onion, tomatoes, and salt in olive oil for 15 minutes.
4. Combine tomato mixture and lentils.
5. Cook 15 minutes.

## Marinara Sauce

Ingredients:

- 2 tbsp oil
- clove of garlic, minced
- 2 tbsp parsley, chopped
- 16 oz tomato pieces
- 8 oz tomato purée
- 1 tsp salt
- pepper
- ½ tsp sugar
- ¼ tsp oregano

1. Combine all ingredients in a saucepan.
2. Simmer for 10 minutes.

## Mussel and Clam Sauce

From Nonno. Makes 4 servings.

Ingredients:

- 1 medium green onions, minced
- 2 cloves of garlic, minced
- 30 fresh mussels
- 15 fresh small clams
- ½ cup parsley, chopped
- 100 mL white wine
- 5 plum tomatoes, finely chopped
- paprika
- salt
- pepper

1. Fry onions and garlic in oil until golden.
2. Add all ingredients except mussels and clams.
3. Bring to a boil.
4. Add mussels and clams.
5. Cook covered until shells open. Approximately 5 to 10 minutes.
6. Cook with cooked long pasta for 5 minutes.

## Mussel Sauce

From Nonno.

Ingredients:

- mussels, shelled
- clove of garlic, halved
- olive oil
- tomato purée
- parsley, chopped

1. Sauté garlic in oil until golden.
2. Add tomato purée and parsley.
3. Cook 30 minutes.
4. Add mussels.
5. Cook 10 minutes.

*Leave some mussels in the shell for presentation.*

## Pesto

Ingredients:

- 3 cup basil leaves (or basil and parsley)
- ⅓ cup olive oil
- ¼ cup pine
- 2 cloves of garlic
- salt

1. Purée all ingredients.

*Can be frozen. Freeze in ice-cube trays or spread flat in resealable bags.*

## Plain Tomato Sauce

From Nonna.

Ingredients:

- 1 L tomato purée
- ½ L tomato pieces
- 1 clove of garlic, halved
- fresh basil
- olive oil
- salt

1. Fry garlic in olive oil until golden.
2. Add tomato pieces.
3. Cook until dry, stirring occasionally to prevent burning. Approximately 15 minutes.
4. Add tomato purée.
5. Rinse the container with a small quantity of water and add that water.
6. Add salt to taste.
7. Cook over low to medium-low heat for at least ½ hour until desired consistency is reached. If sauce is thickening too fast, add water.
8. Add basil.

## Seafood Sauce

Makes 6 servings.

Ingredients:

- 3 cuttlefish
- 3 squid
- ½ lbs shrimp
- 20 mussels
- ½ cup parsley, chopped
- 2 cloves garlic, minced
- 500 mL tomato pieces, squished
- 500 mL tomato purée
- ½ cup olive oil
- 50 mL white wine

1. Cut cuttlefish and squid into small pieces and shrimp in half.
2. Sauté garlic in olive oil.
3. Remove from heat and add parsley.
4. Return to heat and add cuttlefish and squid.
5. Cook over high heat, uncovered, until dry.
6. Add white wine and cook until dry.
7. Add tomato pieces.
8. Cook on medium-high heat for 20 minutes.
9. Add tomato purée and cook over medium heat for 30 minutes.
10. Salt to taste and add shrimp and mussels.
11. Cook 20 minutes.
12. Salt again if needed.

## Shrimp or Cod Fillets in Tomatoes

From Nonno.

Ingredients:

- shrimp or cod fillets
- olive oil
- tomato pieces
- oregano

1. Fry garlic in oil.
2. Add tomato pieces and oregano.
3. Simmer.
4. Add fish.
5. Cook until fish is done.

*This recipe is also good over rice.*



## Tuna Sauce

From Nonno.

Ingredients:

- onions, minced
- garlic, minced
- can of tuna, drained if packed in water
- olive oil or oil from can if tuna is packed in oil
- parsley, chopped
- tomato pieces
- (a little) tomato purée
- salt
- pepper

1. Fry garlic and onions in oil until soft.
2. Remove from heat.
3. Add parsley and tuna.
4. Return to heat and cook 3 minutes.
5. Add tomato pieces and purée.
6. Cook for 30 minutes.
7. Season with salt and pepper.

## White Clam Sauce

From Pasquale.

Makes 4 to 6 servings.

Ingredients:

- 2 tbsp butter
- 2 green onions, chopped
- clove of garlic, minced
- parsley
- salt
- pepper
- 142 g can of baby clams, drained
- 1 tbsp flour
- white wine
- 1 cup chicken stock
- 1 cup milk, boiled

1. Sauté onions and garlic in butter until golden.
2. Add parsley, salt, pepper, clams, and flour.
3. Cook for 1 minute.
4. Add white wine until mixture is the consistency of egg white.
5. Cook until alcohol evaporates.
6. Add chicken stock and cook 2 minutes.
7. Add boiled milk and cook 5 to 7 minutes over high heat, stirring constantly.
8. Cook together with boiled pasta for 1 to 2 minutes over high heat.

## White Mushroom and Ham Sauce

From Mina.

Ingredients:

- 1 lbs pasta (farfalle or rigatoni)
- ¼ cup butter (reduce as low as 2 tbsp, if desired)
- ½ cup oil (reduce as low as ¼ cup, if desired)
- 2 green onions
- 6 crimini or white mushrooms, minced
- 4 slices of cooked ham, minced
- 500 mL table cream
- Parmesan cheese, grated

1. Melt oil and butter.
2. Sauté onions.
3. Remove onions.
4. Add mushrooms and a pinch of salt.
5. Cook 10 minutes on low heat.
6. Add ham and cook 2 to 3 minutes.
7. Add cream, cook until boiling.
8. Cook pasta according to directions
9. Drain pasta and return to pot.
10. Add cream sauce and cheese to pasta.
11. Cook for 1 to 2 minutes.

## Zucchini Pasta

From Nonna.

Ingredients:

- 1 small zucchini per person
- garlic, halved
- olive oil
- salt
- pepper
- Parmesan cheese, grated

1. Slice zucchini into thin coins.
2. Fry garlic in oil until golden.
3. Remove garlic.
4. Fry zucchini until golden.
5. Toss with cooked pasta and cheese.
6. Season with salt and pepper.



## Chapter 24

# Pie, Cobbler and Tarts

### Alcoholic Pie Crust

From Alton Brown.

Makes 2 shells.

Ingredients:

- 340 g flour
- 1 tsp salt
- 1 tbsp sugar
- 170 g butter, cold and cubed
- 57 g shortening (butter-flavoured preferred), cold and cubed
- 5 to 7 tbsp alcohol

1. Combine flour, salt, and sugar, in a food processor with a sharp blade.
2. Process until well-combined.
3. Add butter.
4. Process briefly until dough has a mealy consistency.
5. Add shortening.
6. Process briefly until shortening has been incorporated.
7. Add 5 tbsp alcohol and process briefly until incorporated. If dough does not form large chunks, add more alcohol.
8. Divide in half and wrap in plastic wrap.
9. Chill for at least 1 hour.
10. Place dough between floured sheets of waxed paper.
11. Roll out to the width of the paper.
12. Transfer to the pie plate.

*Match the type of alcohol to the filling. For example, peach Schnapps for peach pie.*

*The butter must be solid. Do not let the crust come to room temperature.*

*The alcohol keeps the crust tender even if over worked.*

## Apple Galettes

Makes 4 tarts.

Ingredients:

- 1¼ cup all-purpose flour
- 6 tbsp unsalted butter
- 2 tbsp shortening
- ¼ tsp salt
- 3 tbsp ice water
- apples
- sugar
- ½ cup apricot jam
- 1 tbsp cognac

1. Blend flour, butter, shortening, and salt to a mealy consistency.
2. Add ice water.
3. Form a ball, knead for a few seconds, then reform the ball.
4. Dust ball with flour and wrap in waxed paper.
5. Chill for 1 hour.
6. Divide dough in four.
7. Roll out each quarter into a 7" round.
8. Chill for ½ hour.
9. Preheat oven to 425 °F.
10. Peel, core, and thinly slice apples.
11. Place apple slices on each round.
12. Sprinkle with sugar and dot with butter.
13. Fold up edges.
14. Bake for 30 minutes.
15. Let cool.
16. In a saucepan, bring jam and cognac to a boil.
17. Simmer for 1 minute, stirring constantly.
18. Glaze tarts with preserves mixture.

## Butter Tarts

From Diane Leite.

Ingredients:

- tart shells
- 3 eggs
- 1 cup brown sugar
- ½ cup corn syrup
- ¼ cup butter, softened
- ½ tsp salt
- 1 tsp vanilla
- 1 cup or more nuts and/or raisins

1. Preheat oven to 350 °F.
2. Bake shells for 10 minutes
3. Combine remaining ingredients.
4. Pour mixture into shells.
5. Bake for 20 minutes.

## Creamy Fruit Pie

Makes 1 pie.

Ingredients:

- 8 oz cream cheese, softened
- 1 cup confectioner's sugar
- 1 tsp vanilla
- 1 cup whipping cream
- can of fruit filling
- pie shell, baked

1. Beat cream cheese until fluffy.
2. Add sugar and vanilla and beat to combine.
3. Beat whipping cream to peaks.
4. Fold whipping cream and cream cheese together.
5. Pour mixture into baked pie shell.
6. Refrigerate until set.
7. Top with filling.

## Flaky Pie Crust

Makes 1 crust.

Ingredients:

- 1¼ cup all-purpose flour
- ¼ tsp salt
- ½ cup butter, chilled and diced
- ¼ cup water, refrigerated
- spray bottle of water, refrigerated

1. Combine flour and salt.
2. Cut in butter until mixture resembles coarse crumbs.
3. Stir in water, a spoonful at a time.
4. Continue to stir until the mixture forms a ball, adding more water using the spray bottle as necessary.
5. Chill for 4 to 12 hours.
6. Roll out dough.
7. Fit to a pie plate and trim excess.

*The secret to a flaky crust is keeping the butter cold and not mixing the butter in homogeneously.*

## Open Apple Pie

From Jim Leising.

Makes 1 pie.

Ingredients:

- pie shell
- ½ cup brown sugar
- ½ cup sugar
- 1 tbsp lemon zest
- ¼ tsp nutmeg
- ½ tsp cinnamon
- pinch of salt
- 6 cup apples, peeled and sliced
- ⅓ cup whipping cream

1. Preheat oven to 400 °F.
2. Stir together sugars, lemon rind, nutmeg, cinnamon, and salt.
3. Arrange apples in pie shell.
4. Sprinkle sugar over apples.
5. Drizzle cream over apples.
6. Bake for 35 to 45 minutes.

## Peach Custard Pie

From Jim Leising.

Makes 1 pie.

Ingredients:

- 3 to 4 cup peaches, sliced
- flour
- sugar
- milk
- ½ tsp almond extract
- 1 egg
- ½ cup milk

1. Preheat oven to 400 °F.
2. Sprinkle shell with flour and sugar.
3. Place peaches in the shell.
4. Sprinkle with ¾ cup sugar.
5. Mix contents of pie shell.
6. In a bowl, mix 2 tbsp flour and enough milk to make a smooth paste.
7. Beat in egg.
8. Mix in salt, 1 tbsp sugar, and almond extract.
9. Slowly mix in milk.
10. Pour over peaches.
11. Bake for 40 minutes.
12. Reduce heat to 350 °F.
13. Bake for 20 minutes.

## Peach Schnitz Pie

From Foodland Ontario.

Makes 1 pie.

Ingredients:

- pie shell
- ⅔ cup brown sugar
- 3 tbsp all-purpose flour
- salt
- 2 tbsp butter
- 4 cup peaches, peeled and thickly sliced
- 2 tsp lemon juice
- ¼ cup whipping cream
- 1 egg yolk
- ½ cup cinnamon

1. Preheat oven to 425 °F.
2. Combine sugar, flour and salt.
3. Cut butter to make slightly crumbly mixture.
4. Spread ⅓ over the bottom of the pie shell.
5. Spoon in peaches evenly.
6. Sprinkle on lemon juice.
7. Combine whipping cream and egg yolk.
8. Drizzle cream mixture over fruit.
9. Cover with remaining crumb mixture.
10. Dust with cinnamon.
11. Bake for 10 minutes.
12. Reduce heat to 375 °F.
13. Bake until pasty is golden brown and filling is bubbly. Approximately 30 to 35 minutes.

## Pumpkin Pie

From Jim Leising.

Makes 2 pies.

Ingredients:

- 1¾ cup pumpkin purée
- 1 cup brown sugar
- 1½ cup heavy whipping cream
- ½ cup bourbon
- 6 eggs, lightly beaten
- 2 tsp cinnamon
- ½ tsp cloves
- 1½ tsp ginger
- ¼ tsp salt
- 2 pie shells

1. Preheat oven to 375 °F.
2. Combine pumpkin and sugar.
3. Stir in cream, bourbon, then eggs.
4. Stir in cinnamon, cloves, ginger, and salt.
5. Pour into pie shells.
6. Bake for 30 minutes.

*If lower fat cream or milk is used, the custard will take much longer to set. Increase baking time until centre is gelatinous.*

## Rhubarb and Strawberry Cobbler

Makes 8 servings.

Ingredients:

- ¼ cup sugar
- 3 tbsp all-purpose flour
- 1½ tsp cinnamon
- 1½ tsp orange zest
- 6 cup rhubarb, fresh or thawed, coarsely chopped
- 3 cup strawberries, fresh and sliced or thawed

Topping Ingredients:

- 1½ cup all-purpose flour
- 3 tbsp sugar
- 1½ tsp baking powder
- ½ tsp baking soda
- 3 tbsp butter, chilled
- 1 cup buttermilk

1. Preheat oven to 400 °F.
2. In a large bowl, combine ¼ cup sugar, 3 tbsp all-purpose flour, cinnamon, and orange rind.
3. Add rhubarb and strawberries and toss well.
4. Spread mixture in a 9"×13" baking dish.
5. Bake for 10 minutes.
6. Combine 1½ cup all-purpose flour, 3 tbsp sugar, baking powder, baking soda, and salt.
7. Cut in butter until mixture resembles small peas.
8. With a fork, stir in buttermilk until soft dough forms.
9. Drop spoonfuls in 12 mounds on top of the filling.
10. Continue baking for 25 minutes or until topping is golden brown and has risen.

*This is actually a grunt, not a cobbler, but whatever.*

## Rhubarb Crumble Pie

From Canadian Living. Makes 8 to 10 servings.

Ingredients:

- 1¼ cup sugar
- 3 tbsp all-purpose flour
- pinch of salt
- 1 egg, lightly beaten
- 4 cup rhubarb, chopped
- pie shell
- 2 tbsp butter

Topping Ingredients:

- ¾ cup all-purpose flour
- ⅓ cup brown sugar
- ⅓ cup butter

1. Preheat oven to 425 °F.
2. In a bowl, whisk ¾ cup all-purpose flour with brown sugar.
3. Cut in ⅓ cup butter until mixture is in fine crumbs.
4. Separately, combine sugar, 3 tbsp flour, and salt.
5. Whisk in egg until smooth.
6. Add rhubarb and toss to coat.
7. Pour into pie shell.
8. Sprinkle brown sugar mixture over filling.
9. Bake for 10 minutes.
10. Reduce heat to 350 °F.
11. Bake until topping is golden and filling is bubbly. Approximately 40 minutes.

## Runny Butter Tarts

From Lydia Rowland.

Makes 16 tarts.

Ingredients:

- 16 tart shells, baked
- ¼ cup raisins
- ¼ cup butter, softened
- ½ cup brown sugar
- ½ cup corn syrup
- 1 egg
- 1 tsp vinegar
- 1 tsp vanilla
- pinch of salt

1. Preheat oven to 400 °F.
2. Sprinkle raisins evenly in pastry shells.
3. In a bowl, cream butter and sugar.
4. Beat in corn syrup, egg, vinegar, vanilla, and salt.
5. Pour into pastry shells ¾ full.
6. Bake for 10 minutes, or until golden brown and puffed, but still runny in the centre.
7. Cool in pan for 1 minutes.
8. Transfer to a rack and cool completely.

## Strawberry and Rhubarb Pie

Makes 1 pie.

Ingredients:

- 2 pie shells (one for crust)
- 4 cup combined strawberries and chopped rhubarb
- 2⅔ tbsp quick-cooking tapioca
- ⅔-1 cup sugar
- 1½ tbsp lemon juice or ½ tsp cinnamon

1. Preheat oven to 450 °F.
2. Mix fruit, tapioca, and sugar.
3. Let stand 15 minutes.
4. Add lemon juice or cinnamon.
5. Pour into pie shell.
6. Dot with butter.
7. Cover with crust.
8. Bake for 10 minutes.
9. Reduce heat to 350 °F.
10. Bake for 40 minutes.



## Strawberry Pie

From Laura Masella.

Makes 9" pie.

Graham Cracker Crust Ingredients:

- ⅓ cup butter
- 1⅓ cup graham cracker crumbs
- ¼ cup sugar (optional)

Filling Ingredients:

- 1 cup sugar
- 3 tbsp corn starch
- 4 cup strawberries
- ½ cup water
- 1 tbsp butter
- 1 tsp lemon juice
- pinch of salt
- 1 tsp almond extract
- whipped cream

1. Preheat oven to 375 °F.
2. Melt butter.
3. Stir in crumbs and sugar.
4. Press into bottom and sides of a 9" pie plate.
5. Bake for 6 to 8 minutes.
6. Cool before filling.
7. Wash and clean berries.
8. Sort into 2 equal amounts, keep unblemished ones together.
9. Crush 1 part of the berries.
10. In a saucepan, mix sugar and corn starch.
11. Add water and crushed berries.
12. Cook over direct heat, stirring constantly until mixture boils and thickens.
13. Add butter, lemon juice, salt, and almond extract.
14. Cool until nearly set.
15. Add remaining berries which have been halved or quartered.
16. Pour filling into cooled pie shell and chill, preferably overnight.
17. Serve with whipped cream.

*This pie won second place in the Longo's Best-Ever Pie Contest.*

## Sweet Potato Pie

Makes 9" pie.

Ingredients:

- 2 large sweet potatoes
- 1 cup sugar
- ¼ cup butter, melted
- 2 eggs, beaten (optional)
- 1 pinch cinnamon
- 1 pinch nutmeg
- 1 pie shell
- ¼ cup milk
- 1 tsp vanilla

1. Preheat oven to 375 °F.
2. Boil the potatoes until tender.
3. Let the potatoes cool and then peel them.
4. Put the potatoes in a large mixing bowl and mash them thoroughly.
5. Add remaining ingredients.
6. Stir until well mixed.
7. Pour the mixture into the shell.
8. Bake until a toothpick inserted in the centre comes out clean. Approximately 35 to 40 minutes.

*If the potatoes are still hot, temper the milk by adding the potatoes to milk in spoonfuls.*

*Adding eggs will make a more custard-like filling, similar to a pumpkin pie. Without the eggs, the filling will be liquid, but is still somewhat firm.*

*Can be topped with crushed nuts.*

## Uncooked Fruit Pie

From McPhee family.

Makes 2 pies.

Ingredients:

- 2 pie shells, baked
- 1 cup sugar
- 2 tbsp cornstarch
- 1½ cup hot water
- 1 package flavoured gelatin (peach or strawberry)
- 4 cup raw peaches or other fruit

1. Combine sugar and cornstarch in a saucepan.
2. Slowly add hot water.
3. Boil mixture until thick and clear.
4. Stir in gelatin.
5. Add fruit.
6. Refrigerate until partially set.
7. Pour into pie shells.
8. Refrigerate until set.

*Frozen fruit may be used.*

*If the fruit is too juicy, substitute juice for water.*

## Chapter 25

### Pork

#### Cutlets in White Wine

From Nonna.

Ingredients:

- cutlets
- all-purpose flour
- salt
- butter
- olive oil
- white wine
- lemon juice

1. Season meat with salt and dredge in flour.
2. Heat equal quantities of butter and olive oil in a frying pan.
3. Fry cutlets until just brown.
4. Flip meat.
5. Add enough white wine to reach the almost cover of the meat.
6. Simmer uncovered until wine has reduced.
7. Season with lemon juice.

#### Cutlets in Wine

From Nonno.

Ingredients:

- pork cutlets
- salt
- paprika or pëpparulë
- flour
- butter
- olive oil
- red wine
- juice of ½ lemon
- mushrooms, chopped

1. Season cutlets with salt and paprika.
2. Coat cutlets in flour.
3. In a skill, heat oil and butter.
4. Brown cutlets.
5. Add wine and lemon juice.
6. Simmer until cutlets are cooked.
7. Remove cutlets.
8. Add mushrooms and more wine to pan.
9. Cook until sauce is reduced, approximately 10 minutes.
10. Serve cutlets with sauce over top.

## Dry Rub Ribs

From Tony Masella.

Ingredients:

- back pork ribs, whole slab
- salt
- pepper
- smoked paprika
- onion powder
- garlic powder
- oregano
- rosemary
- dried basil
- dried parsley

1. Peel thin membrane off inner surface of ribs.
2. Rinse ribs and pat dry.
3. Sprinkle all seasonings on both sides and rub in.
4. Let stand at room-temperature for 1 hour.
5. Add smoking chips to grill.
6. Grill at low until crispy. Approximately 45 to 60 minutes.

## Kansas City Ribs

From Linda.

Ingredients:

- baby back pork ribs
- dry rub
- barbecue sauce

1. Preheat oven to 275 °F.
2. Season ribs with dry rub.
3. Wrap ribs in foil and place in a pan.
4. Bake for 3 hours.
5. Unwrap ribs.
6. Grill ribs, covering with sauce, until the sauce glazes the ribs.

## Niagara Butterflied Pork Tenderloin

Ingredients:

- 1 pork tenderloin
- ¼ cup soya sauce
- 1 tbsp sesame oil
- 1 tbsp lemon or lime juice
- 1 tbsp honey
- 1 clove of garlic, crushed
- 1 tbsp fresh ginger, shaved
- 1 tbsp sweet pepper flakes

1. Remove the silver skin from the pork.
2. Cut  $\frac{3}{4}$  of the way through along the length to butterfly.
3. Combine all ingredients in a bag.
4. Marinade for 1 to 2 hours.
5. Grill over medium heat for about 5 minutes per side.
6. Cut into slices.

## Pork Cutlets alla Leonardo

From Nonno.

Ingredients:

- pork tenderloin, sliced ¼" thick or less
- salt
- pepper
- paprika
- all-purpose flour
- olive oil
- 2 tbsp butter
- juice of ½ lemon
- ½ cup red wine
- mushrooms, sliced (optional)

1. Season meat with salt, pepper, and paprika.
2. Dredge meat in flour.
3. Heat butter and oil in a skillet.
4. Place meat in pan before butter has finished melting.
5. Sauté until golden.
6. Add lemon juice and wine.
7. Cook a few minutes until wine evaporates.
8. Remove meat.
9. Sauté mushrooms.
10. Pour pan contents over meat.

## Pork Loin with Rosemary

Ingredients:

- 3 lbs pork loin, boned and cleaned
- clove of garlic, chopped
- spring of rosemary, chopped
- salt
- pepper
- 2 tbsp drippings

1. Mix garlic, rosemary, salt, and pepper.
2. Pierce meat.
3. Insert mixture into holes.
4. Place drippings and meat in a baking pan.
5. Bake for 30 minutes.
6. Reduce heat to 350 °F.
7. Bake 1½ hours, turning and basting occasionally.

## Portuguese Pork Tenderloin

From Fernando Leite.

Ingredients:

- pork tenderloin, cut into slices
- 2×1 tsp pimento paste
- 2×1 tbsp tomato paste
- 2×½ cup white wine
- 2 cubanelle peppers, sliced
- 2× clove of garlic, halved
- olive oil
- salt
- pepper

1. Combine garlic, wine, oil, pimento paste, salt, and pepper.
2. Marinate pork in mixture overnight.
3. Discard marinade and pat meat dry.
4. Grill pork and peppers.
5. Combine garlic, wine, oil, pimento paste, salt, and pepper again.
6. Heat second mixture until reduced.
7. Cover meat and peppers in reduced sauce.

*For clarity, there are two batches of an identical sauce.*

*Makes an excellent sandwich.*

## Pork Sausage

From Nonna.

Ingredients:

- lean ground pork
- salt
- pèpparulè
- coriander
- black pepper

1. Combine all ingredients.
2. Keep in fridge for at least 24 hours.
3. Use to fill sausage casings.

*This can be used directly as the meat base for Calzone (See page 9) .*

## Sausages and Peppers

From Rosa.

Ingredients:

- 2 tbsp olive oil
- ½ medium onion, thinly sliced
- 6 sausages, cut in thirds
- 2 green peppers, sliced
- ½ cup red wine
- parsley, chopped
- salt
- pepper

1. Brown onions in olive oil.
2. Remove onions.
3. Brown sausages.
4. Add peppers and return onions.
5. Add wine.
6. Increase heat and evaporate wine.
7. Add parsley, salt, and pepper.

## Chapter 26

# Potato

### Baked Mashed Potatoes

From Nonna.

Ingredients:

- 6 potatoes, boiled and mashed
- 1 tbsp butter
- salt
- ¼ cup milk
- 2 eggs
- mozzarella cheese, cubed
- cooked ham, shredded
- 2 tbsp parsley, chopped
- bread crumbs

1. Preheat oven to 350 °F.
2. Mix potatoes, butter, salt, milk, and eggs.
3. Add mozzarella, ham, and parsley.
4. Spread into a greased baking sheet.
5. Cover surface with bread crumbs.
6. Bake until golden.

### French Fries

From Alton Brown.

Makes servings.

Ingredients:

- 1 gallon safflower oil
- 4 large Russet potatoes
- salt

1. Slice potatoes, ideally using a mandolin slicer, and place in a bowl with cold water.
2. Allow to stand 15 minutes.
3. Heat the oil in a Dutch oven over high heat until it reaches 320 °F.
4. Drain thoroughly, removing any excess water.
5. Working in small batches, fry until they are pale and floppy. Approximately 2 to 3 minutes.
6. Remove from oil, drain, and cool to room-temperature.
7. Increase the temperature of the oil to 375 °F.
8. Re-immerses fries and cook until crisp and golden brown. Approximately 2 to 3 minutes.
9. Remove and drain on roasting rack.
10. Season with salt while hot.

## Perogies

From Baba.

Makes 7 dozen.

Ingredients:

- 4 cup all-purpose flour
- 1½ tsp salt
- 3 tbsp oil
- 2 eggs, beaten
- 1½ cup lukewarm water
- 2½ lbs potatoes, boiled, peeled and drained
- ½ lbs cheddar cheese, shredded
- onions, fried (optional)
- bacon, fried and crumbled (optional)

1. Combine flour, salt, oil, eggs, and water.
2. Knead to form a soft dough.
3. Mash potatoes, cheese, onions, and bacon.
4. Season with salt and pepper.
5. Roll out dough ⅛" thick.
6. Cut 3" rounds.
7. Place a spoonful of potato mixture on each round.
8. Fold in half and seal edge, taking care not to trap air.
9. Boil in salted water until fork tender. About 10 minutes after all float.
10. Toss in oil to prevent sticking.
11. If desired, freeze.
12. Fry perogies in a little bit of butter, and, if desired, onions and bacon. They can be fried from frozen.

## Pisticcese Potato Salad

From Nonna.

Ingredients:

- potatoes
- olive oil
- garlic
- pëpparulë
- red wine vinegar (optional)

1. Cook potatoes with skin.
2. Peel and slice potatoes.
3. Fry garlic and pëpparulë in oil.
4. Pour over potatoes.
5. Add a dash of vinegar.
6. Toss.

See variant *Baccalà and Potatoes* (See page 99) .

## Potato and Spinach Croquettes

Ingredients:

- 2 packages spinach, cooked and chopped
- 4 potatoes, cooked with skin
- 2 tbsp butter, softened
- 2 egg yolks
- 2 tbsp whipping cream
- ½ tsp nutmeg
- salt
- pepper
- 1 cup bread crumbs
- 2 eggs, beaten
- 1 tbsp oil

1. Peel potatoes and put through a food mill.
2. Add spinach and blend well.
3. Chill.
4. Mix oil and egg.
5. Form potato mixture into croquette, then dip in oil mixture, then bread crumbs.
6. Deep fry for 3 to 4 minutes. Oil temperature should be 350 °F.



## Potato Bannock

Makes 8 servings.

Ingredients:

- 2⅓ cup all-purpose flour
- 1 tsp salt
- 2 tbsp baking powder
- 4 tbsp sugar
- 2 tbsp shortening
- ¾ cup potato, mashed
- 1 cup potato water, cold

1. Preheat oven to 450 °F.
2. Sift together flour, salt, baking powder, and sugar.
3. Cut in shortening until mixture resembles coarse meal.
4. Stir in potato.
5. Add cold water and mix with a fork.
6. On a lightly floured surface, knead gently 8 to 10 times.
7. Form into an oval shape ¾" thick.
8. Score with a sharp knife.
9. Bake for 20 minutes or until bannock sounds hollow when tapped.

## Potatoes Marinara

Ingredients:

- potatoes, coined
- parsley, chopped
- garlic
- 3 tbsp olive oil
- oregano
- Parmesan cheese, grated

1. Place potatoes in a pan.
2. Cover with water and salt.
3. Add parsley, garlic, olive oil, oregano, and cheese.
4. Bring to a boil.
5. Reduce heat to medium-low and cook for 1 hour.
6. Top with more grated cheese.

## Potato Pancakes

Ingredients:

- 4 potatoes
- 1 onion
- 1 egg
- flour
- salt
- pepper

1. Grate potatoes and remove excess water.
2. Grate onion.
3. Combine potatoes, onion, salt, pepper, and egg.
4. Add flour to thicken.
5. Fry in a hot oiled skillet, flipping once, until both sides are golden brown.

## Scalloped Potatoes

From Lydia Rowland.

Ingredients:

- 6 medium potatoes, peeled and thinly sliced
- 1 medium onion, sliced
- 1 tsp salt
- ¼ tsp pepper
- 1½ cup half & half cream
- Parmesan cheese, grated

1. Preheat oven to 350 °F.
2. Butter a baking dish.
3. Create layers of potato and onions, and, cheese, salt, and pepper.
4. Pour in cream.
5. Cover with foil.
6. Bake for 45 minutes.
7. Remove foil.
8. Bake 30 minutes.
9. Move to broiler to brown.

*Heavier cream, ideally whipping cream, is preferred.*

## Swiss Chard and Potatoes

Ingredients:

- Swiss chard, cut into pieces
- potatoes, peeled and cubed
- clove of garlic, halved
- olive oil.

1. Boil Swiss chard until tender.
2. Drain Swiss chard.
3. Boil potatoes in salted water until tender.
4. Drain potatoes and add to Swiss chard.
5. Fry garlic in oil.
6. Pour over Swiss chard and potatoes and toss.

## Zucchini and Potatoes

From Maria D'Ambrosio.

Ingredients:

- 4 medium zucchini
- potatoes
- 1 onion
- 2 medium tomatoes
- salt
- pepper
- oregano
- olive oil
- Parmesan cheese, grated

1. Cut zucchini in half length-wise, then into 1" long pieces.
2. Cut potatoes in half length-wise, then into ½" thick slices.
3. Mix all ingredients except cheese in a pot.
4. Cover and bring to a boil over high heat.
5. Reduce heat to medium heat.
6. Add 1 to 2 cup water.
7. Simmer 1 to 1½ hours.
8. Garnish with cheese.

## Chapter 27

### Preserves

#### Cranberry Fruit Chutney

From the Steffler Family.

Ingredients:

- 2 cup dried apricots
- 2½ cup orange juice
- 1 cup dates, chopped
- ½ cup golden raisins
- 2 packages cranberries
- 1½ cup sugar
- 1¼ cup onions, finely chopped
- ¾ cup corn syrup
- ¾ cup cider vinegar
- 1½ tsp mustard seeds
- ¼ tsp salt
- ½ cup gingerroot, chopped

1. Cut apricots into ½ cm strips.
2. In a Dutch oven, combine apricots, orange juice, dates, raisins and ginger.
3. Cover and let stand for 8 to 24 hours.
4. Stir in cranberries, granulated sugar, onions, corn syrup, vinegar, mustard seeds and salt.
5. Bring to a gentle boil over medium heat, stirring often.
6. Reduce to simmer and cook until thick enough to mound on a spoon. Approximately 20 minutes.
7. Ladle into 1 cup hot canning jars, leaving ½ cm head space.
8. Process in water bath for 10 minutes.

#### Hot Pepper Jelly

From Daiva Paulionis.

Makes 7 cup.

Ingredients:

- 1 lbs red bell peppers, cored and seeded
- ½ lbs green bell peppers, cored and seeded
- 6½ cup sugar
- 1½ cup cider vinegar
- ½ tsp hot pepper flakes
- 9 oz liquid pectin

1. Cut peppers into 1" pieces.
2. Using a food processor, chop peppers very finely.
3. In a deep pot, combine peppers, sugar, vinegar, and flakes.
4. Bring mixture to a boil.
5. Stir until the sugar is dissolved.
6. Add pectin.
7. Boil over medium-high heat until sugar jellies. Approximately 222 °F.
8. Fill sterile glass canning jars.
9. Clean rims and cap jars.
10. Let cool slowly over 24 hours.

## Pumpkin Butter

Ingredients:

- 3¾ cup pumpkin purée
- ¾ cup apple juice
- 1½ cup sugar
- 2 tsp ginger
- ½ tsp cloves
- 2 tsp cinnamon
- 1 tsp nutmeg

1. Combine pumpkin, apple juice, spices, and sugar in a large saucepan and stir well.
2. Bring mixture to a boil.
3. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently.
4. Fill canning jars with pumpkin mixture.
5. Process in a pressure canner.

*A splatter guard is very useful when simmering the mixture.*

## Red Pepper Jelly

From Daiva Paulionis.

Makes 3½ cup.

Ingredients:

- 6 red bell peppers, cored and seeded
- 3 cup sugar
- ⅛ tsp butter
- ½ cup cider vinegar
- 3 drops Tabasco sauce (optional)
- 1 packet liquid pectin

1. Cut peppers into chunks.
2. In a food processor, dice peppers.
3. Using a sieve or cheesecloth, drain 1 cup juice from the peppers.
4. In saucepan, combine juice, sugar, butter, vinegar, and Tabasco.
5. On high heat, bring to a boil.
6. Add pectin.
7. Bring back to a boil and cook for 1 minute, stirring constantly.
8. Skim any foam.
9. Pour into sterile canning jars.
10. Clean rims and cap jars.
11. Let cool slowly over 24 hours.

## Tomato Pieces

From Nonna.

Ingredients:

- San Marzano tomatoes
- basil

1. In small batches, place tomatoes in boiling water for 2 minutes.
2. Quench tomatoes in cold water.
3. Peel, seed, and core tomatoes.
4. Pack tomatoes into jars with a sprig of basil in the centre. Ensure the basil is covered and there are no large air bubbles.
5. Clean rims and cap jars.
6. Place in a water bath and bring to a boil.
7. Process for 30 minutes.
8. Remove from bath and wrap in blankets.
9. Let cool over 24 hours.

*The peelings and cored flesh can be used to make Tomato Purée (See page 159) . This “utility-grade” purée will be very watery and acidic, but still usable.*

## Tomato Purée

From Zia Franca.

Ingredients:

- San Marzano tomatoes
- salt
- basil

1. Wash glass canning jars.
2. Bring a pot of water to a boil.
3. Put tomatoes in a mesh bag.
4. Place bag in boiling water.
5. Cover and bring back to a boil.
6. Drain tomatoes.
7. Crush tomatoes.
8. Strain tomatoes using a food mill.
9. Put strained tomatoes in a large pot.
10. Salt to taste. Approximately one handful per bushel.
11. Bring to a gentle boil, stirring often and scraping the bottom.
12. Boil for 30 minutes, stirring often and scraping the bottom.
13. Stuff a sprig of basil in each jar.
14. Place jar lids in boiling water.
15. Pour purée into jars ensuring basil is covered.
16. Clean rims and cap jars.
17. Wrap jars in a blanket.
18. Let cool slowly over 24 hours.

*This recipe relies on the boiling purée to sterilise and seal the jars. It must be kept at temperature.*



## Chapter 28

# Pudding, Mousse and Gelatin

### Brownie Pudding

From Lydia Rowland.

Ingredients:

- 1 cup all-purpose flour
  - $\frac{2}{3}$  cup cocoa
  - 1 tsp baking powder
  - $\frac{1}{2}$  tsp salt
  - 6 tbsp unsalted butter, cubed
  - $\frac{1}{2}$  cup semi-sweet chocolate, chopped
  - 2 eggs
  - 1 cup sugar
  - $\frac{1}{2}$  cup milk
  - 1 tbsp vanilla
  - $\frac{1}{2}$  cup brown sugar
  - $1\frac{1}{3}$  cup water, boiling
1. Preheat oven to 350 °F.
  2. Sift together the flour, a third of the cocoa powder, baking powder and salt in a bowl.
  3. Melt together butter and chocolate in a small pot over low heat.
  4. Remove from heat and cool slightly.
  5. Whisk together eggs, sugar, milk and vanilla until well combined.
  6. Add chocolate mixture and flour mixture.
  7. Stir until just combined.
  8. Spread batter evenly into an 8" square baking pan.
  9. Whisk together remaining cocoa powder, brown sugar and water.

10. Pour mixture over the batter.
11. Bake for 35 to 40 minutes or until cake tester comes out clean.

*Serve hot with ice cream.*

### Chocolate Chantilly

From Hervé This.

Makes 4 servings.

Ingredients:

- 200 mL water-based liquid
  - 200 g chocolate, broken into pieces
1. Put the chocolate and water into a metal bowl.
  2. Heat in a double boiler, stirring until homogeneous.
  3. Place bowl in ice-water bath.
  4. Beat with an electric mixer on the highest speed without splashing.
  5. Once the mixture begins to fluff, increase speed to maximum.
  6. Stop when the mixture triples in volume.
  7. Chill to firm.

*The water-based liquid can be anything that will flavour the chocolate, including, but not limited to, orange juice, coffee, diluted liqueur, diluted vanilla, or diluted syrup.*

## Chocolate Mousse

From Maria D'Ambrosio.

Ingredients:

- 7 oz semi-sweet chocolate, melted and cooled
- 1 egg
- 2 egg yolks
- 2 egg whites
- 2 tbsp liqueur
- 3 tbsp confectioner's sugar
- 1 cup whipping cream, whipped
- 1 oz chocolate, grated

1. Combine melted chocolate, 1 whole egg, and 2 egg yolks well.
2. Blend in liqueur.
3. In another bowl, beat remaining egg whites until foamy.
4. Add confectioner's sugar and beat until stiff peaks form.
5. Fold whipped cream into egg whites.
6. Carefully fold in chocolate mixture.
7. Line a 4 cup bowl with plastic wrap and pour mixture in.
8. Chill until set. Approximately 3 hours.
9. Turn out onto a serving plate.
10. Decorate with grated chocolate and confectioner's sugar.

## Lemon Cheese Parfait

From Shirriff.

Makes 6 servings.

Ingredients:

- 1 package instant lemon pie filling
- 2 egg yolks
- 2½ cup water
- 1 tbsp cornstarch
- 14 oz canned fruit cocktail
- 4 oz cream cheese, grated

1. Prepare pie filling according to directions and chill.
2. Separate juice from cocktail.
3. Combine juice and cornstarch in a saucepan.
4. Bring to a boil, stirring continuously.
5. Boil until thick and clear.
6. Add cocktail fruit.
7. Chill.
8. Beat cheese until creamy.
9. Gradually beat in pie filling until just combined.
10. Layer fruit mixture and cheese mixture alternately in parfait glasses.



## Pear Pudding

From Andre Masella.

Makes 4.

Ingredients:

- ½ cup tapioca
- 3 cup milk
- ¼ tsp salt
- 2 eggs
- 100 g vanilla-flavoured white chocolate
- 6 small ripe pears, peeled, cored, and chopped

1. Combine tapioca, milk, salt, pears, and chocolate in a pan.
2. Heat over medium heat until boiling, stirring constantly.
3. Simmer 5 minutes, stirring constantly.
4. Remove from heat.
5. In a separate bowl, beat eggs.
6. In batches, add small quantities of tapioca to egg and beat to temper eggs.
7. Return mixture to pot.
8. Bring to a boil, stirring constantly.
9. Reduce heat and cook for 3 minutes, stirring constantly.

## Rhubarb Bread Pudding

Makes 6 servings.

Ingredients:

- 4 slices of bread
- 4 tsp butter
- 1 cup sugar
- ½ tsp cinnamon
- 3 cup rhubarb, fresh or thawed, chopped
- 1⅓ tbsp butter

1. Preheat oven to 375 °F.
2. Spread butter on bread.
3. Cut bread into ½" cubes.
4. Combine sugar and cinnamon.
5. Arrange half of the rhubarb in an 8" square pan.
6. Top with half of the bread and half of the sugar.
7. Layer again with remaining rhubarb, bread, and sugar.
8. Dot with butter.
9. Cover and bake for 20 minutes.
10. Uncover and bake until lightly browned. Approximately 20 to 25 minutes.

## Rice Pudding

Ingredients:

- 7 cup 2% milk
- 1 cup long-grain rice
- 1 cinnamon stick
- ¼ cup raisins
- ⅓ cup prepared custard
- ⅓ cup sugar
- 2 tbsp rum extract
- 2 tbsp vanilla

1. Bring milk to a slow boil.
2. Add rice, cinnamon, and raisins.
3. Simmer slowly for 50 minutes.
4. Let cool.
5. Add custard, sugar, rum extract, and vanilla.
6. Mix thoroughly.
7. Chill completely.

## Sticky Date Pudding

From the Steffler Family.

Ingredients:

- 1¼ cup dates, chopped
- 1 cup water
- 1 tsp orange zest
- ½ cup butter, softened
- ⅓ cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 1¼ cup all-purpose flour
- 2 tsp baking soda
- ½ tsp salt

1. Preheat oven to 350 °F.
2. In a saucepan, bring dates, water and orange zest to a boil.
3. Boil, uncovered, for 3 minutes.
4. Remove from heat.
5. Stir in baking soda and set aside.
6. In a large bowl, beat butter with sugar until fluffy.
7. Beat in eggs, one at a time.
8. Add vanilla.

9. Separately, combine flour, baking powder and salt.
10. Gently fold half the dry ingredients into the butter mixture.
11. Gently fold in date mixture.
12. Gently fold in remaining dry ingredients.
13. Pour in a greased cake pan.
14. Bake for 30 to 40 minutes or until cake tester comes out clean.

## Sauce

Ingredients:

- 2 cup brown sugar
- 2 tbsp butter
- 2 tbsp flour
- nutmeg

1. Mix together all ingredients.
2. Pour over 3 cup boiling water.
3. Let boil up once.
4. Stir continuously until thickened.

## Chapter 29

### Rice

#### Aromatic Rice

Ingredients:

- ¼ cup Basmati rice per person
- 1 tsp dried herbs per person
- ⅛ tsp per person salt
- ½ cup per person water
- olive oil and/or butter

1. In a saucepan, heat oil.
2. Add herbs and rice.
3. Sauté until fragrant and rice is slightly golden.
4. Add salt and water.
5. Bring to a boil.
6. Reduce heat and cover.
7. Cook until tender. Approximately 10 minutes.

## Party Paella

From Heather. Makes 4 to 6 servings.

Ingredients:

- 1 medium red bell pepper
- ¼ cup olive oil
- ½ lbs chicken breast, cut into 1" pieces
- ½ lbs shrimp, peeled and deveined
- 1 large onion, chopped
- 2 cloves of garlic, finely chopped
- 2 large plum tomatoes, chopped
- ¼ lbs chorizo sausage or smoked ham, chopped
- ½ tsp hot pepper flakes
- 1½ cup Spanish short-grain rice
- ½ cup dry white wine
- 3 cup chicken stock
- ¼ tsp saffron
- ½ tsp salt
- ¼ tsp pepper
- ½ lbs halibut or other white fish fillet, skinned and cut into 1" pieces
- 6 mussels
- 6 clams
- 1 cup green peas

1. Preheat oven to 500 °F.
2. Bake pepper until charred. Approximately 20 minutes.
3. Place in a covered bowl and let cool.
4. Preheat oven to 400 °F.
5. Heat 2 tbsp oil in a paella pan or large skillet over high heat.
6. Lightly brown chicken. Approximately 4 minutes.
7. Remove chicken and set aside.
8. Cook shrimp until just pink. Approximately 3 minutes.
9. Remove shrimp and place with chicken.
10. Reduce heat to medium.
11. Sauté onion and garlic. Approximately 4 minutes.
12. Add tomatoes, sausage, and pepper flakes.
13. Cook until dry. Approximately 6 minutes.
14. Add rice and cook 1 minute.
15. Stir in wine.
16. Stir in stock, saffron, salt, and pepper.
17. Bring to a boil.

18. Simmer 15 minutes.
19. Peel charred skin from the pepper and remove the core and seeds.
20. Cut the pepper into thin strips.
21. Stir chicken, shrimp, and fish into rice mixture.
22. Nestle mussels and clams into rice with open edges facing up.
23. Sprinkle red pepper strips and peas in between.
24. Bake until rice is tender and mixture is almost dry. Approximately 15 minutes.
25. Remove from oven and cover.
26. Let stand 10 minutes.

## Red and Yellow Pepper Risotto

From Toronto Star. Makes 6 servings.

Ingredients:

- 3 tbsp butter
- 3 tbsp olive oil
- 1 large red bell pepper, diced
- 1 large yellow or green bell pepper, diced
- 1 cup zucchini, diced
- 1 small onion, diced
- clove of garlic, chopped
- 1¾ cup Arborio rice
- 4 cup chicken stock
- 1 cup Parmesan cheese, grated
- 2 tbsp parsley, minced
- salt
- pepper

1. Place butter and oil in a 9"×13" baking dish.
2. Microwave for 2 minutes on high.
3. Add peppers, zucchini, onion, garlic, and rice.
4. Microwave for 2 minutes.
5. Stir in stock.
6. Microwave until liquid is almost absorbed and rice is tender. Approximately 20 to 25 minutes. Stir once or twice during cooking.
7. Stir in parsley, salt, pepper, and half of the cheese.
8. Loosely cover and let stand 10 minutes.
9. Sprinkle with additional cheese.

## Rice with Raisins

Makes 4 servings.

Ingredients:

- 1 cup rice
- ½ cup raisins
- ½ cup soy beans
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp paprika
- 3 cup stock or water

1. Soak beans in stock, refrigerated, overnight.
2. Put beans and stock in a pressure cooker and cook for 15 minutes.
3. Release pressure quickly and add remaining ingredients.
4. Cook for 15 minutes, then allow pressure to release naturally.

## Risotto

From Nonna.

Ingredients:

- 1 onion, finely chopped
- 2 portabello mushrooms, sliced (optional)
- 1 tbsp+1 tsp butter
- 1 cup Arborio rice
- 1 cup white wine
- chicken stock
- Parmesan cheese, grated
- salt

1. Sauté onions and mushrooms in 1 tbsp butter.
2. Add rice and stir.
3. Add white wine.
4. Add stock in ½ cup increments, waiting for complete absorption. Cook until rice is tender.
5. Mix in remaining butter and cheese.
6. Salt to taste.

*For the stock, it is easiest to dissolve 1 bullion cube in 2 cup hot water. Once this is used, use plain hot water until rice is cooked.*

## Seafood Risotto

From Nonno.

Makes 4 servings.

Ingredients:

- butter
- olive oil
- 300 g Arborio rice
- 2 to 4 cuttlefish, cut into ½" pieces
- 20 small shrimp, cut into ½" pieces
- 24 mussels
- 12 clams
- clove of garlic
- 5 sprigs of parsley, chopped
- 125 mL white wine
- ½ L tomato pieces

1. Sweat garlic and parsley in oil and butter.
2. Add cuttlefish and salt.
3. When almost dry, add white wine.
4. Add tomato pieces.
5. Cook until tomatoes soften over low heat. Approximately 2 hours.
6. Add shrimp, mussels, and clams.
7. Remove from heat when shrimp colours.
8. Separately, bring a large pot of salted water to a boil.
9. Cook the rice for half the recommended cooking time.
10. Drain, reserving cooking liquid, and return to pot.
11. Add seafood sauce to rice.
12. Cook until tender, adding reserved water as needed, stirring constantly.

*Final product should be wet and loose, not dry and sticky.*

*The volume of water should be as if cooking pasta.*

## Shrimp and Zucchini Risotto

From Nonno.

Makes 6 servings.

Ingredients:

- 560 g Arborio rice
- 2 medium zucchini, julienned into  $\frac{1}{4}$ " squares 1"-long
- 250 g shrimp, shelled, deveined, and cut into chunks
- $\frac{1}{2}$  onion, finely chopped
- 6 sprigs of parsley, chopped
- 2 tbsps olive oil
- 5 tbsps butter
- $\frac{1}{2}$  cup white wine
- hot water

1. In a large pot, melt olive oil and butter.
2. Sweat onions until slightly soft.
3. Add rice and cook until brown.
4. Add zucchini, shrimp and parsley.
5. Season liberally with salt.
6. Cook until zucchini are soft.
7. When dry, add white wine.
8. Add water in  $\frac{1}{2}$  cup increments, waiting for complete absorption. Cook until rice is tender.
9. Mix in remaining butter.
10. Salt to taste.

## Suppli

From Mina.

Ingredients:

- 1 kg rice
- 5 eggs, beaten
- Parmesan cheese, grated
- $\frac{1}{4}$  cup butter
- Plain Tomato Sauce (See page 138)
- 1 ball of mozzarella cheese, shredded
- egg for dipping, beaten
- bread crumbs
- oil for frying.

1. Before adding basil to tomato sauce, add rice and salt.
2. Cook until almost done, stirring constantly. If necessary, add water or stock.
3. In a large bowl, combine eggs, cheese, and salt.
4. Add rice mixture and butter.
5. Mix thoroughly.
6. Let cool completely.
7. Form a handful of rice into a bowl.
8. Place some mozzarella in the centre.
9. Cover with ore rice and press into a ball.
10. Dip in beaten egg, then bread crumbs.
11. Fry in oil.

## Chapter 30

# Salad

### Annette's Spinach and Strawberry Salad

Ingredients:

- 1 spring onion
- strawberries, sliced
- spinach

Dressing Ingredients:

- ½ cup olive oil
- 2 tbsp white vinegar
- 2 tbsp red wine vinegar
- 2 tbsp poppy seeds
- 1 tsp Worcestershire sauce
- ¼ cup sugar
- dash of paprika

1. Whisk dressing ingredients together.
2. Combine all ingredients and toss.

### Bean Salad

Ingredients:

- green beans
- olive oil
- wine vinegar
- clove of garlic, halved
- salt
- pepper
- oregano (optional)

1. Bring salted water to a boil.
2. Boil beans until tender.
3. Drain and cool.
4. Marinate in olive oil, wine vinegar, and garlic.
5. Season to taste.

### Broccoli Salad

From Lorraine Teicht.

Ingredients:

- 1 broccoli, cut into bite-sized pieces
- ½ red onion, diced
- ½ lbs bacon, fried and chopped
- ½ cup cheddar cheese, shredded
- ½ cup mayonnaise
- ½ cup sugar
- 2 tbsp white vinegar

1. Whisk together mayonnaise, sugar, and vinegar.
2. Combine all ingredients and toss.
3. Chill.

## Four Bean Salad

### Ingredients:

- 19 oz green beans, drained and cut
- 19 oz wax beans, drained
- 19 oz red kidney beans, drained
- 19 oz chickpeas, drained
- ½ cup green bell pepper, finely chopped
- ½ cup olives, pitted and sliced
- ¼ cup green onions, sliced
- ¼ cup parsley
- ¼ cup sweet pickled pimento, drained and finely chopped
- 6 bowls made of lettuce

### Dressing Ingredients:

- ½ cup sugar
- ½ cup wine vinegar
- ½ cup oil
- 1½ tsp salt
- ½ tsp dry mustard
- ½ tsp pepper
- ½ tsp red pepper sauce
- ¼ tsp dried basil
- ¼ tsp garlic powder

1. Whisk together all dressing ingredients.
2. Place remaining ingredients except lettuce in a large bowl.
3. Toss with dressing.
4. Cover and refrigerate at least 4 hours.
5. Drain, optionally reserving dressing for reuse.
6. Fill bowls with drained mixture.

## Fresh and Tasty Potato Salad

From Fresh and Tasty Deli.

### Ingredients:

- potatoes, peeled
- carrots, peeled
- peas, fresh or frozen
- mayonnaise
- salt
- pepper
- paprika

1. Cube potatoes and carrots into ½" cubes. It is important cubes be of uniform size. Use a mandolin slicer if possible.
2. Bring a pot of water to a boil.
3. Boil potatoes, peas and carrots in batches until just cooked. Potato cubes should retain shape. Approximately 2 to 3 minutes.
4. Combine potatoes, peas, and carrots.
5. Add enough mayonnaise to hold mixture together.
6. Season to taste.

*It is very important that the potato cook completely, and evenly. If the outside is over cooked, but the inside is raw, cook in smaller batches or make smaller, more equally-sized cubes.*



## Greek Pasta Salad

### Ingredients:

- 1 lbs penne
- 1½ cup English cucumber, peeled, seeded, and diced
- 3 medium tomatoes, seeded and chopped
- 1 cup feta cheese, crumbled
- ½ cup red onions, chopped
- ¼ cup green onions, chopped
- ¼ cup black olives, pitted and sliced
- ¼ cup fresh oregano, chopped, or 1 tbsp dried oregano
- ½ cup chicken stock
- ¼ cup red wine vinegar
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp sugar
- 1 clove of garlic, minced
- ¼ tsp pepper

1. Cook pasta, drain, and rinse in cold water.
2. Toss together pasta, cucumber, tomatoes, cheese, onions, olives, and oregano.
3. Separately, whisk together remaining ingredients.
4. Pour dressing over salad and toss.
5. Refrigerate at least 1 hour.

## Greek Salad

### Ingredients:

- head of romaine lettuce, torn
- ½ cup black olives
- 1 medium red onion, thinly sliced
- ½ lbs feta cheese, crumbled
- 1 tomato, seeded and coarsely chopped
- clove of garlic, minced
- ½ cup olive oil
- 3 tbsp lemon juice
- ½ tsp fresh oregano or ¼ tsp dried oregano
- pepper

1. Whisk together garlic, olive oil, lemon juice, and oregano.
2. Toss together all ingredients.

## Italian Potato Salad

### Ingredients:

- potatoes, boiled and cubed
- celery, chopped
- tomatoes, sliced
- cucumbers, sliced
- carrots, chopped
- Spanish onion, sliced
- red wine vinegar
- olive oil
- salt
- pepper
- oregano

1. Soak onion in red wine vinegar.
2. Combine all vegetables.
3. Dress with olive oil, vinegar from onion, and seasonings and toss.

## Mushroom and Spinach Salad

From the Steffler Family.

Ingredients:

- 4 tbsp oil
- 1 tsp fennel seeds
- 1 onion, sliced
- 1 lbs mushrooms, thinly sliced
- 1 tomato, finely chopped
- ½ tsp ginger
- ¼ tsp tumeric
- 3 tbsp lemon juice
- 1 clove of garlic, minced
- 1 lbs spinach

1. In a large skillet, over high heat, heat 2 tbsp of oil.
2. Cook fennel seeds and onion until onion is browned lightly.
3. Add mushrooms, stirring frequently until liquid evaporates and mushrooms brown slightly.
4. Add tomatoes, ginger and tumeric.
5. Cook until tomatoes soften.
6. Season to taste with salt and pepper.
7. Remove from heat.
8. Place spinach in a large serving bowl.
9. Mix together lemon juice, oil, garlic, salt and pepper to taste.
10. Just before serving add to spinach and toss.
11. Reheat mushroom mixture over high heat.
12. Add to spinach and toss.

## Potato Salad

Ingredients:

- potatoes, boiled and cubed
- onion, chopped
- dill pickles, chopped
- eggs, boiled, chopped
- mayonnaise
- salt
- pepper
- paprika

1. Combine potatoes, onion, pickles, and eggs.
2. Add enough mayonnaise to hold mixture together.
3. Season to taste.

## Shrimp Macaroni Salad

From Mama Leite.

Ingredients:

- ½ lbs fresh shrimp, boiled, shelled, and chopped
- 1 lbs rigatoni or other spiral pasta
- 1 small carrot, shredded
- red onion, chopped (to taste, but be liberal)
- juice of ½ lemon or lime
- Miracle Whip
- salt
- pepper

1. Cook pasta in water used to boil shrimp until al dente.
2. Drain pasta.
3. Combine all ingredients except Miracle Whip.
4. Add Miracle Whip until desired creaminess is reached.

*Chopped green peppers can be added in addition to, or in place of, carrot.*

## Soup Chicken Salad

From Nonna.

Ingredients:

- left-over chicken or other poultry
- white wine vinegar
- lettuce, torn into bite-sized pieces
- salt
- pepper
- olive oil

1. Tear the chicken in to bite-sized pieces.
2. Season liberally with salt, pepper, and vinegar.
3. Chill for at least 12 hours.
4. Add chicken to lettuce.
5. Dress with olive oil, salt, pepper, and vinegar.

*This is a way to make use of small bits of flavourless poultry leftover from soup making or the fragments stuck to the bones.*

## Spinach-Cauliflower Toss

Ingredients:

- ½ cup pine nuts or almonds, slivered
- ½ bunch of spinach, torn
- ½ medium cauliflower, cut into florets and sliced 1¼" thick
- 1 large avocado, cubed
- lemon juice
- 6 tbsp oil
- 3 tbsp wine vinegar
- clove of garlic, minced
- ½ tsp salt
- ½ tsp dry mustard
- ½ tsp dried basil
- ¼ tsp pepper
- dash of nutmeg

1. Toast nuts at 350 °F for 8 minutes.
2. Dip avocado in lemon juice to coat.
3. Combine oil, vinegar, and seasonings.
4. Combine all ingredients and toss gently.

## Sweet and Sour Potato Salad

From the Steffler Family.

Ingredients:

- 6 potatoes
- 1 tbsp vegetable oil
- hot pepper flakes
- 4 cloves of garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- ⅓ cup vinegar
- 3 tbsp honey
- ½ tsp salt
- ½ tsp pepper

1. Cut potatoes in 2 cm cubes.
2. In a saucepan of boiling, salted water, cover and cook potatoes for 10 minutes or until tender.
3. Drain well and place in serving bowl.
4. In a large skillet, heat oil over medium heat.
5. Cook hot pepper and garlic, stirring for 2 minutes.
6. Add red and green pepper, cooking for 3 to 4 minutes.
7. Stir in vinegar, honey, salt and pepper until blended.
8. Pour over warm potatoes and stir gently.
9. Let stand for 30 minutes.

## Tangy Coleslaw

From the Steffler Family.

Ingredients:

- 8 cup cabbage, shredded
- 1¼ tsp salt
- 1 red bell pepper, thinly sliced
- 1 tsp dried dill
- ¼ cup red wine vinegar
- 1 tbsp sugar
- 1 tbsp oil
- 1 tsp dry mustard
- ¾ tsp celery seeds
- ¼ tsp pepper

1. In a large bowl, toss cabbage with 1 tsp of salt.
2. In a separate bowl, toss red pepper with remaining salt.
3. Let both stand 1 hour.
4. In a colander, drain cabbage and squeeze out excess moisture.
5. Add red pepper, onion and dill.
6. Toss to combine.
7. In a small bowl, whisk together vinegar, sugar, oil, mustard, celery seeds and pepper.
8. Pour over cabbage and toss.

9. Cover and refrigerate for 1 hour.

*Can be made up to 48 hours ahead of time.*

## Tortellini Salad

Ingredients:

- 1 lbs green tortellini, fresh or frozen
- 4 tomatoes, seeded and chopped
- ½ lbs fontina cheese, diced or grated
- ½ package frozen spinach, thawed and drained
- ½ tsp salt
- pepper
- 1 cup oil
- ½ cup white vinegar
- 2 tbsp Dijon mustard
- 2 tbsp parsley, chopped
- ½ tbsp garlic, chopped

1. Cook, drain, and rinse pasta.
2. Combine oil, vinegar, mustard, parsley, and garlic in a blender for 1 minute.
3. Toss everything together.
4. Season to taste.
5. Chill.

## Chapter 31

# Sauce

### Bechamel

Ingredients:

- 1 tbsp butter
- 1 tbsp flour
- 1 cup milk
- salt
- pepper

1. Melt butter in a saucepan.
2. Blend in flour.
3. Add milk and seasonings.
4. Simmer, stirring constantly, until thickened.

### Cheddar Cheese Sauce

Ingredients:

- 2 tbsp butter
- 2 tbsp flour
- ½ tsp dry mustard
- 1 cup whole milk
- 1½ cup cheddar cheese
- salt

1. Melt butter in a saucepan.
2. Blend in flour and mustard.
3. Gradually stir in milk.
4. Stir over medium heat until mixture comes to a boil and thickens.
5. Remove from heat.
6. Add cheese and stir until melted.
7. Season to taste.

## Chocolate Sauce

From Alton Brown.

Makes 1½ cup.

Ingredients:

- 1 cup sugar
- ½ cup water
- ½ cup Dutch processed cocoa, sifted
- ⅛ tsp salt

1. Combine sugar, salt, and water in a small pot.
2. Bring to a boil.
3. Cover and cook for 2 minutes.
4. Slowly add cocoa while whisking vigorously.
5. When the cocoa melts and combines, remove from heat.

*Dutch processed cocoa, or alkalized cocoa, has been treated with base to reduce the acidity. It is much darker than natural cocoa, the kind usually found in grocery stores.*

## Cranberry Sauce

Ingredients:

- 2 cup sugar
- 1 cup water
- 1 lbs cranberries
- ½ orange, sliced and wedged

1. Bring water and sugar to a boil.
2. Boil for 5 minutes.
3. Add cranberries and orange.
4. Reduce heat to low.
5. Cook until cranberries pop.

## Garbanzo Hummus

Ingredients:

- 15 oz can of garbanzo beans
- ¼ cup tahine or ¼ cup sesame seeds and 2 tbsp olive oil
- 3 tbsp lemon juice
- 1 large clove of garlic, cut in thirds
- ¼ tsp cumin
- salt
- pepper

1. Drain beans, reserving liquid.
2. Combine beans, tahine, lemon juice, garlic, cumin, and ¼ cup reserved liquid in a food processor.
3. Process until smooth, adding more liquid if needed.
4. Season with salt and pepper.

## Gravy

Ingredients:

- pan drippings from meat
- 3 tbsp flour
- beef bullion
- salt
- pepper

1. Over medium heat, melt pan drippings.
2. Blend in flour to make a paste and cook.
3. Add water to dissolve paste.
4. Add seasonings and bullion.
5. Cook, adding water, until desired consistency is reached.

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## Hummus

From Mary McGrath.

Makes 3½ cup.

Ingredients:

- 2 19 oz cans of chickpeas
- 4 to 6 cloves of garlic, peeled
- ¼ cup lemon juice
- ⅓ cup olive oil
- salt
- pepper

1. drain chickpeas reserving liquid.
2. Combine chickpeas, garlic, and lemon juice in a food processor.
3. Process until smooth.
4. Slowly add reserved liquid, stopping to check if desired consistency has been reached.
5. Add olive oil while processing.

6. Season with salt and pepper.

## Satay

Makes 12 servings.

Ingredients:

- 300 mL coconut milk
- ½ cup crunchy peanut butter
- ½ small onion, grated
- 1 tbsp soy sauce
- 2 tsp brown sugar
- ½ tsp red pepper flakes

1. In a saucepan, combine all ingredients.
2. Bring to a boil, stirring frequently.
3. Remove from heat, but keep warm.





## Chapter 32

# Seafood

### Barbecued Shrimp

From Nonno.

Ingredients:

- shrimp, deveined and, if desired, shell removed
- olive oil
- red wine vinegar
- garlic
- oregano

1. If shrimp are small, skewer together. If large, butterfly.
2. Combine remaining ingredients.
3. Marinate shrimp.
4. Grill for 10 minutes.

### Breaded Shrimp

From Aldo Angeli.

Ingredients:

- shrimp, deveined and shell removed
- bread crumbs
- garlic, chopped
- sesame or vegetable oil
- lemon juice
- parsley, chopped
- salt
- lemon zest

1. Sauté garlic in oil.
2. Pour shrimp and bread crumbs in a plastic bag. Toss to coat.
3. Pour contents of bag into pan.
4. Add lemon juice and water to cover.
5. Add chopped parsley and salt.
6. Add lemon zest.
7. Cook until done. Bread crumbs should be moist and thick.
8. Remove lemon rind.

## Calamari

Ingredients:

- squid
- all-purpose flour
- salt
- oil for frying
- lemon, wedged

1. Clean squid and separate tentacles. Remove insides and pen (“backbone”). Cut head open and remove beak and eyes. Peel body and tentacles. Cut body into rings.
2. Wash squid several times.
3. Salt and refrigerate for ½ hour.
4. Coat with flour by tossing in a plastic bag.
5. Fry in hot oil.
6. Place in a bowl with an inverted plate at the bottom to collect oil.
7. Serve *immediately* with lemon.

## Cold Squid Salad

From Fernando Leite.

Ingredients:

- 5 squid
- ¼ cup parsley
- 2 leaves of basil
- 3 cloves of garlic, quartered
- 2 sprigs of cilantro
- juice of ½ lemon
- olive oil
- red wine vinegar
- 1 red onion, chopped
- salt
- pepper

1. Grill squid with oil until gold brown. Approximately 3 to 4 minutes per side.
2. Blend herbs and garlic in a food processor.
3. Add lemon juice and enough oil to process.
4. Add salt and pepper to taste.
5. Cut squid into bite-sized chunks.
6. Toss squid and onion in herbs.
7. Drizzle with olive oil and vinegar.
8. Adjust seasoning.
9. Let sit or chill, tossing every ½ hour, for at least 1 hour.
10. Serve cold or room-temperature.

## Crab Legs

Makes 2 servings.

Ingredients:

- 12 oz Alaska King crab legs, split and thawed
- ¼ cup butter, melted
- 1 tbsp lemon juice
- 2 tsp chives
- 1 tbsp parsley, finely chopped
- ¼ tsp tarragon, chopped
- dash of Tabasco sauce

1. Cut crab legs into 3" pieces.
2. Combine remaining ingredients.
3. Brush mixture over crab.
4. Broil 3 to 4 minutes or grill, shell-side down, 5 minutes. Brush with sauce during cooking.

## Grilled Calamari

From Piatto Restaurant. Makes 4 servings.  
Ingredients:

- 1 lbs squid, cleaned and rinsed
- ¼ cup olive oil
- 3 tbsp lemon juice
- 2 tbsp parsley, minced
- ½ tsp salt
- ½ tsp chili flakes
- lemon wedges

1. Lay squid flat and cut ¼" slices down its length, leaving ¼" border at the top.
2. Whisk oil, juice, parsley, salt, and chili flakes together.
3. Add squid and toss to coat.
4. Refrigerate for up to 1 hour.
5. Place on a lightly oiled grill over high heat.
6. Cook 1 minute on each side until white and just firm.

*Tentacles are not used.*

## Pimento Clams

From Fernando Leite.  
Ingredients:

- clams or mussels
- olive oil
- pimento paste
- garlic
- parsley
- white wine
- beer
- salt

1. Sauté pimento pasted and garlic in olive oil.
2. Add clams and cook slightly.
3. Add white wine.
4. Add parsley and salt.
5. Add beer.
6. Cook until clams are open.

*Be careful with the salt since the paste and beer both have salt.*

## Sautéed Shrimp

From Nonno.  
Ingredients:

- shrimp, deveined and, if desired, shelled
- butter
- olive oil
- garlic, chopped
- parsley, chopped
- juice of ½ lemon
- pepper

1. Heat butter and oil in a frying pan.
2. Cook shrimp until pink.
3. Combine remaining ingredients in a bowl.
4. Remove cooked shrimp from pan to a serving platter.
5. Cover with dressing.

## Stir Fried Sour Shrimp

From Jim Leising.

Marinade Ingredients:

- ⅔ lbs shrimp, shelled and deveined
- ¼ tsp salt
- ½ tsp white vermouth
- ½ egg white
- 2 tsp cornstarch

Batter Ingredients:

- 1 egg yolk
- 1½ tbsp cornstarch

Stir-fry Ingredients:

- ½ tbsp green onion, chopped
- ½ tbsp gingerroot, chopped
- ½ tbsp garlic, chopped
- ½ tbsp red bell pepper, chopped
- 2 tbsp green bell pepper, chopped
- 1 tbsp sugar
- 1 tbsp vinegar
- 1 tbsp ketchup
- 1 tbsp water
- ¼ tsp salt

Thickening Ingredients:

- ½ tsp cornstarch
- ½ tbsp water

1. Combine marinade ingredients and marinate shrimp for 20 minutes.
2. Dip shrimp in egg yolk and cornstarch. (Batter Ingredients)
3. Heat oil over medium heat.
4. Fry shrimp until colour changes. Approximately 1 minute.
5. Remove shrimp.
6. Stir fry vegetables until fragrant.
7. Add remaining stir-fry ingredients.
8. Combine thickening ingredients.
9. When mixture begins to boil, add thickening ingredients.
10. Once thick, pour over shrimp.

## Stuffed Mussels

From Nonna.

Ingredients:

- mussels, cleaned and split open
- bread crumbs
- Parmesan cheese, grated
- parsley, chopped
- garlic, chopped (optional)
- pepper (optional)
- white wine
- olive oil

1. Preheat oven to 375 °F.
2. Cover the bottom of a baking dish with mussels.
3. Combine bread crumbs, cheese, parsley, garlic, and pepper.
4. Pour white wine over mussels.
5. Cover with bread crumb mixture.
6. Drizzle with olive oil.
7. Add a small quantity of water to the pan.
8. Cover with aluminium foil.
9. Bake for 15 to 20 minutes.
10. Uncover and increase heat to 400 °F.
11. Bake for 5 minutes.

## Stuffed Squid●

Ingredients:

- 2 lbs fresh squid
- 2½ cup bread crumbs
- 2 tsp parsley
- 2 tbsp Parmesan cheese, grated
- 2 tbsp oil
- 1 medium red onion, chopped
- salt
- pepper

1. Preheat oven to 375 °F.
2. Clean squid.
3. Combine remaining ingredients and stuff squid.
4. Pour ½ cup oil and squid in a shallow baking dish.
5. Bake for 35 minutes.

## Thai Basil Seafood Sauce

From Fernando Leite.

Ingredients:

- olive oil
- gingerroot, chopped
- garlic, chopped
- red onion, chopped
- lemongrass, coloured parts removed and chopped
- tomatoes, sectioned
- lime juice
- 1 cup basil, torn
- ½ cup cilantro, torn
- ½ cup parsley, torn
- ¼ cup white wine
- ½ cup coconut milk

1. Sweat ginger, onion, garlic, and lemongrass until soft and translucent.
2. Add tomatoes.
3. Add salt and lime juice.
4. Cook until dry.
5. Add white wine.
6. Simmer.
7. Add parsley and cilantro.
8. Add basil.
9. Add coconut milk.
10. Simmer for 10 minutes.
11. Let cool.
12. Strain and use flow-through.

## The Finale

From Aldo Angeli.

Ingredients:

- shellfish (e.g., crab legs, lobster tail, scampi, shrimp)
- “steak”-type fish (e.g., halibut, mahi-mahi, swordfish)
- green onions, chopped
- garlic, chopped
- olive oil
- ½ cup white wine
- ½ cup fish stock or water
- tomato purée or pieces (optional)

1. Sauté onions and garlic in olive oil.
2. Add fish and wine.
3. Simmer a few minutes.
4. Add fish stock and tomato pieces.
5. Simmer until fish is cooked.

## Wasabi Shrimp

From Fernando Leite.

Ingredients:

- shrimp, deveined and skewered
- parsley
- basil
- juice of ¼ lemon
- juice of ¼ lime
- 2 cloves of garlic
- salt
- ½ to 1 tsp wasabi
- 1 drop of Tabasco sauce
- 1 dash of Worcestershire sauce
- olive oil
- capers with juice (optional)

1. Blend all ingredients except shrimp in a food processor.
2. Marinate shrimp for 3 hours, tossing every 1 hour.
3. Grill shrimp.



## Chapter 33

### Soup

#### Asparagus Soup

From Nonna.

Ingredients:

- asparagus, cut
- clove of garlic
- olive oil
- parsley, chopped
- salt
- 1 egg per person

1. Bring water to a boil.
2. Add asparagus.
3. Cook until soft.
4. Add garlic, oil, parsley, and salt.
5. Cook up to 15 minutes.
6. Turn off heat.
7. Remove garlic.
8. Crack each egg and drop in contents to form a distinct mass.
9. Let rest, covered, for 5 minutes.

#### Borscht

From Baba.

Ingredients:

- 5 medium beets, peeled and grated
- 4 to 5 soup bones
- 2 carrots
- 1 stalk of celery
- tender beet leaves, chopped
- 1 onion
- 1 tbsp vinegar
- 1 bottle of tomato juice
- 1 tbsp salt
- clove of garlic
- dill, chopped

1. Fill a pot with water and add vinegar, beets, bones, carrots, celery, leaves, and onion.
2. Bring to a boil and skim foam.
3. Add salt.
4. Simmer for 1½ hours.
5. Add tomato juice.
6. Cook 15 minutes.
7. Add dill and garlic.

## Butternut Squash Soup

Makes 4 servings.

### Ingredients:

- 2tbsp butter
- 1 onion, chopped
- 1 stalk of celery, chopped
- 1 carrot, chopped
- 2 potatoes, cubed
- 4 cup butternut squash purée
- 1 bullion cube, crushed
- 4 cup water
- salt
- pepper
- olive oil
- Parmesan cheese, grated

1. In a large pot, melt butter.
2. Sauté onion, celery, carrot, and potatoes.
3. Add bullion cube and some water.
4. Once cube is dissolved, add remaining water and purée.
5. Simmer for 40 minutes.
6. Season with salt and pepper.
7. Garnish with olive oil and cheese.

*One squash yields approximately 4 cup of purée.*

## Charlotte's Web Pumpkin Soup

Makes 4 servings.

### Ingredients:

- 2tbsp oil
- 2 leeks, chopped
- 1 tsp garlic
- 1 tsp gingerroot, chopped
- 3 cup pumpkin purée
- 4 cup chicken stock
- ¼ cup whipping cream
- salt
- pepper
- ½ cup balsamic vinegar
- 1 tbsp honey
- pinch of cinnamon

1. Heat oil over medium heat.
2. Add leeks, garlic, and ginger.
3. Cook for 5 minutes, stirring occasionally.
4. Add pumpkin and stock.
5. Bring to a boil.
6. Reduce heat and simmer for 10 minutes.
7. Puré soup and return to pot.
8. Add cream and simmer for 5 minutes.
9. Season with salt and pepper.
10. In a separate saucepan, bring vinegar, honey, and cinnamon to a boil.
11. Boil for 6 minutes or until syrupy.
12. Draw spider webs over soup using syrup.



## Chëcuzza lognë Soup

From Nonna.

Ingredients:

- 1 long squash
- 8 stalks of celery, halved and cut in 2" lengths
- ½ Spanish onion
- 6 to 7 plum tomatoes, seeded and quartered
- fresh basil

1. Peel squash until white flesh is exposed. Seed and slice diagonally into ¾" pieces.
2. Wash and soak in water.
3. Fry onion in oil until soft.
4. Add tomatoes and salt heavily.
5. Cook covered for 10 to 15 minutes.
6. Add celery and 1 cup water.
7. Cook covered for 20 minutes, or until tender.
8. Add squash and enough water to almost cover.
9. Bring to a boil and reduce heat to medium low.
10. Cook ½ hour.
11. Add basil and pecarelle.
12. Cook 5 minutes without disturbing pecarelle.
13. When they rise, flip and cook 2 minutes.
14. Turn off heat.
15. Let sit 15 minutes.

### Pecarelle

Ingredients:

- ¾ cup bread crumbs
- 4 tbsp Parmesan cheese, grated
- parsley, chopped
- 4 eggs

1. Mix all ingredients together. If too dry, add another egg.
2. Drop spoonfuls throughout the soup.

## Chicken Soup

Ingredients:

- chicken
- 1 stalk of celery
- 1 carrot
- 1 small onion
- 1 potato, peeled
- tomato, sectioned
- parsley
- salt

1. Put chicken in a large pot and cover with water.
2. Add celery, carrot, onion, potato, tomato, and salt.
3. Cook until vegetables are soft. Approximately 2 hours.
4. Add parsley toward end.

## Clam Chowder

Makes 4 to 6 servings.

Ingredients:

- 3 oz olive oil
- 2 large potatoes, peeled and diced
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- salt
- pepper
- 2 stalks of celery, diced
- 4 cup chicken stock
- 3 tomatoes, peeled and chopped
- pinch of basil
- 10 oz baby clams

1. Heat oil in a soup pot.
2. Sauté potatoes, onion, garlic, celery, salt and pepper for 5 to 10 minutes.
3. Add stock, tomatoes, and basil and bring to a boil.
4. Add clams.
5. Reduce heat and simmer for 20 minutes.
6. Adjust seasoning.

## Cream of Asparagus Soup

Makes 6 servings.

Ingredients:

- 1 lbs asparagus
- 2 cup chicken stock or water
- 1 small onion, finely chopped
- 3 tbsp butter
- 3 tbsp flour
- 2 cup milk
- salt
- pepper

1. Snap off wood ends of asparagus and cut into 1" lengths.
2. Bring asparagus, stock and onion to a boil in a covered saucepan.
3. Cook until asparagus is tender. Approximately 10 to 15 minutes.
4. Reserve a few tips for garnish.
5. Puré soup.
6. Melt butter in a saucepan.
7. Add flour and cook until smooth and bubbly.
8. Add milk and seasonings.
9. Cook, stirring constantly, until thickened and boiling.
10. Add purée.
11. Adjust seasoning.

## Doughboys

From Five Roses.

Makes 10 dumplings.

Ingredients:

- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- ½ cup milk

1. Mix dry ingredients together.
2. Stir in milk to make a soft dough.
3. Drop spoonfuls into hot soup.
4. Cover and simmer for 12 to 15 minutes.

## French Onion Soup

From the Steffler Family.

Ingredients:

- 1 large Spanish onion
  - ¼ cup butter
  - 3 slices of stale bread, halved diagonally
  - 6 cup water, hot
  - 2 bullion cubes
  - ¼ cup beef bullion cordial
  - 1 tsp salt
  - ⅛ tsp garlic salt
  - ⅛ tsp white pepper
  - ½ cup Parmesan cheese, grated
1. Cut onion in half and slice wafer thin.
  2. Blanch by pouring boiling water over top, cover, and let stand 5 minutes.
  3. Drain well.
  4. Melt butter.
  5. Sweat onions stirring until limp.
  6. Add bullion cubes, beef bullion, salt, pepper, garlic salt and hot water.
  7. Cook, stirring until bullion cubes are dissolved, then stir frequently until onion is limp and tender. Approximately 25 minutes.
  8. Turn soup into 6 bowls.
  9. Cover with bread triangles and sprinkle with Parmesan cheese.
  10. Broil until bubbling and golden.

## Gazpacho

From the Steffler Family.

Ingredients:

- 3 cup salsa
- 1 cup green bell pepper
- 1 cup cucumber
- ¼ cup green onion
- cup red pepper
- 1 cup celery
- 1 cup tomato
- 1 clove garlic, minced
- 2 cup water
- salt and pepper

1. Finely chop all ingredients.
2. Combine and chill for at least 2 hours.
3. Serve cold.

## Italian Mussel Soup

From Canadian Living.

Makes 8 servings.

Ingredients:

- 3 lbs mussels, cleaned
- 2 tbsp butter
- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 cup white wine or chicken stock
- 28 oz tomato pieces
- 1 tbsp lemon juice
- 1½ tsp dried basil

1. In a large heavy saucepan, heat butter and oil over medium-high heat.
2. Cook onion and garlic until soft. Approximately 4 minutes.
3. Add wine, tomatoes, lemon juice, and basil and bring to a boil.
4. Reduce heat and simmer for 5 minutes.
5. Add mussels and cover.
6. Cook until mussels open. Approximately 5 to 7 minutes.
7. Discard any mussels which remain closed.
8. Adjust seasoning.

## Lenticchie in Umido

From Lydia Rowland.

Ingredients:

- 1 lbs lentils
- ⅓ cup olive oil
- 1 small onion, minced
- 1 medium carrot, minced
- 2 oz pancetta, diced
- 1 cup tomato pieces
- 1 cup chick stock
- pinch of red pepper flakes
- salt

1. Heat oil over medium heat.
2. Add onion, carrot, and pancetta.
3. Cook until they begin to colour. Approximately 5 to 6 minutes.
4. Add lentils, tomatoes, and stock. Season with red pepper and salt.
5. Cover and reduce heat to medium low.
6. Cook 10 to 15 minutes, stirring occasionally.

*Serve with garlic mashed potatoes.*

## Minestrone

From Nonna.

Ingredients:

- 10 to 12 stalks of Swiss chard
- 15 green beans
- 2 carrots
- 2 stalks of celery
- 2 potatoes
- 1 cup peas, frozen
- ½ lbs ground beef
- 1 cup tomato purée
- 3 tomatoes, sectioned
- ½ kg shell pasta

1. Fry beef until brown.
2. Add tomatoes, purée, and salt.
3. Simmer ½ hour.
4. In a separate pot, add vegetables, salt, and enough water to cover.
5. Cook for 1 hour or until tender.
6. Combine beef and vegetables and cook for 1 hour.
7. Add pasta and cook until pasta is al dente.

## Pastina

From Nonna.

Ingredients:

- water
- olive oil
- parsley
- salt
- tomato pieces
- small pasta (e.g., acine di pepe)
- egg, beaten
- Parmesan cheese, chunked

1. Bring water, oil, parsley, salt, and tomato pieces to a boil.
2. Add pasta and cook until almost done.
3. Stir in beaten egg and cheese.

## Vegetarian Mushroom Soup

From the Steffler Family.

Ingredients:

- 1 tbsp butter
- 1 onion, chopped
- 3 cloves of garlic, minced
- ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp pepper
- 4 cup mushrooms, sliced
- 1 potato, peeled and diced
- ¼ cup flour
- 4 cup stock
- ¼ cup light sour cream
- 1 green onion, chopped

1. In a saucepan, melt butter over medium heat.
2. Cook onion, garlic, thyme, salt and pepper, stirring occasionally, until softened.
3. Add mushrooms and potato.
4. Cook over medium high heat until no liquid remains and mushrooms are tender.
5. Stir in flour and cook for 1 minute.
6. Stir in stock and bring to a boil.
7. Reduce heat and simmer until thickened. Approximately 10 minutes.
8. Top each serving with sour cream and green onion.

## Voohy

From Baba.

Ingredients:

- mushrooms, minced
- butter
- egg yolk
- bread crumbs
- salt
- pepper
- 4 cup all-purpose flour
- 1½ tsp salt
- 3 tbsp oil
- 2 eggs, beaten
- 1½ cup lukewarm water

1. Salt mushrooms.
2. Fry mushrooms in butter.
3. Add egg yolk.
4. Add bread crumbs to thicken.
5. Season with salt and pepper.
6. Combine flour, 1½ tsp salt, oil, eggs, and water.
7. Knead to form a soft dough.
8. Roll out dough and cut into diamonds.
9. Place spoonful of mushroom mixture onto diamond and fold like a tortellini.

*Best with borscht.*

## Zucchini Soup●

From Marion Julien.

Makes 8 servings.

Ingredients:

- 1 medium onion, chopped
- 1 tbsp butter
- 4 to 6 zucchini, sliced
- 1 large potato, peeled and diced
- ¼ tsp thyme
- ¼ tsp rosemary
- ¼ tsp basil
- ¼ tsp salt
- pepper
- 6 cup chicken stock
- 1 cup milk

1. In a large skillet, sauté onion in butter. Do not brown.
2. Add zucchini, potato, and spices.
3. After mixture is hot, cook 3 minutes, stirring occasionally.
4. Add stock and simmer 15 minutes.
5. Puré in a blender.
6. Return to saucepan and add milk.
7. Heat slightly.



## Chapter 34

# Sourdough

### Refreshing the Starter

Ingredients:

- $S$  g starter
- water
- unbleached white flour

1. Determine the recipes to be made tomorrow.
2. Get a calculator.
3. Sum the total amount of starter called for by the recipes in grams ( $M$  g).
4. If  $M < \frac{2}{3}S$ , steal what is needed from the fridge stock and add  $S - M$  extra next time. Proceed directly to the bread recipe.
5. Dissolve the starter in  $\frac{1}{2}M - \frac{1}{3}S$  g water.
6. Whisk until frothy.
7. Stir in  $\frac{1}{2}M - \frac{1}{3}S$  g flour.
8. Let stand  $1.4\frac{M}{S} + 4$  hours until beginning to fall.
9. Remove the starter needed for the recipes.
10. Dissolve the remaining starter in  $\frac{1}{3}S$  g water.
11. Whisk until frothy.
12. Stir in  $\frac{1}{3}S$  g flour.
13. Store remaining starter in the fridge.

For example, if there 300 g starter and 300 g is needed for a recipe, add 50 g each flour and water, wait 6 hours, take 300 g starter for bread, add 100 g each flour and water, and refridgerate.

*This “batter” starter is maintained at 100% hydration (i.e., equal masses of flour and water). “French” or firm starters are typically maintained at 60-65% hydration. If you need  $M$  g firm starter, make  $\frac{3}{4}M$  g batter*

*starter, knead in  $\frac{1}{4}M$  g flour, and allow to rise. In general, for any hydration  $h$ , make  $\frac{2h}{1+h}M$  g batter starter and knead in  $\frac{1-h}{1+h}M$  g flour.*

*It is best to keep  $S = 300$  g of starter in the fridge. Occasionally, measure the starter before the refreshing and compensate for any changes in mass.*

*Most city water is now treated with chloramine which kills the yeast. The starter will become progressively less active when grown on chloraminated water. It is not practical to remove it by filtration. Use bottled spring water.*

## Brioche

From Adélioire.

Makes 4.

Ingredients:

- 37 g starter
- 125 g unbleached white flour
- 12 g sugar
- 2 g salt
- 1 egg
- 12 mL milk
- 37 g butter, softened
- 31 g chocolate chips or raisins
- egg wash
- granulated sugar

1. Combine flour, sugar, and salt.
2. Add stater, egg, and milk.
3. Knead until smooth and elastic.
4. Mix in butter until smooth.
5. Let rise for 5 hours.
6. Punch down.
7. Knead in chocolate.
8. Chill for 1 to 2 hours.
9. Punch down and divide into balls approximately 125 g.
10. Place balls on a baking sheet and cover with a tea towel. Set far apart. Loaves will quadruple in bulk.
11. Let rise for 5 hours.
12. Preheat oven to 450 °F.
13. Slash loaves with a cross.
14. Brush loaves with egg wash and sprinkle with granulated sugar.
15. Bake for 15 minutes in a steamed oven.

## Challah

From Mike Avery.

Makes 1 loaf.

Ingredients:

- 300 g starter
- 135 g water
- 500 g unbleached white flour
- 18 g salt
- 55 g sugar
- 50 g oil
- 1 egg, lightly beaten
- 2 egg yolks, lightly beaten
- egg wash
- poppy or sesame seeds

1. Mix the starter, egg, egg yolks, sugar, oil, ½ of the flour, and the salt.
2. Add more flour, a bit at a time, until the dough is too thick to stir.
3. Pour out the dough onto a lightly floured surface.
4. Knead the dough, adding remaining flour slowly.
5. Cover and allow to rise until tripled in volume.
6. Punch down the dough and knead briefly.
7. Cut into four pieces of the same weight. Divide one piece into three pieces of the same weight.
8. Form all the balls into strands of 12 to 14" in length, tapered so the centre of each piece is thicker than the ends.
9. Braid the three thick strands into a loaf and set aside.
10. Braid the three smaller strands into a smaller loaf.
11. Lightly indent the top centre of the larger loaf down its length.
12. Wet it slightly with water and put the smaller loaf on top of the indentation.
13. Brush this egg wash all over the nested loaves.
14. Let rise until doubled.
15. Preheat oven to 350 °F.
16. When the oven is ready, brush the loaves with the egg wash again.
17. Sprinkle the loaves with poppy or sesame seeds.
18. Bake until loaf reaches an internal temperature of 207 °F. Approximately 35 minutes.



## Country French Bread

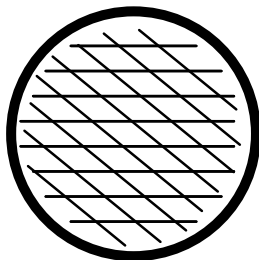
From Thom Leonard.

Makes 1 loaf.

Ingredients:

- 150 g starter
- 125 g whole wheat flour, sifted
- 375 g unbleached white flour
- 15 g rye flour
- 330 g water
- 11 g salt

1. Combine the flours.
2. Dissolve the starter in water.
3. Combine the starter and the flour.
4. Knead until the dough is very smooth. Approximately 10 minutes by hand. Approximately 10 to 15 minutes by mixer.
5. Sprinkle the salt on the work surface and knead it into the dough. Approximately 5 minutes.
6. Let ferment in a bowl until not quite doubled in bulk. Approximately 3 hours. Punch down 3 times during the first 1½ hours.
7. On a floured surface, punch down and round.
8. Let rest 10 to 15 minutes.
9. Round loaf again and place upside-down in a floured banneton.
10. Let proof until almost doubled in volume. Approximately 4 hours.
11. Preheat oven to 450 °F.
12. Flip onto a peel.
13. Slash the top of the loaf.



14. Bake until internal temperature reaches 207 °F.

*Sifting the whole wheat flour is to remove any large bran flakes.*

## Sourdough English Muffins

Makes 8 muffins.

Ingredients:

- 150 g starter
- 170 g milk
- 320 g unbleached white flour
- 1 tbsp sugar
- ¾ tsp salt
- ½ tsp baking soda
- cornmeal

1. Mix the starter, milk and 170 g of flour.
2. Let stand 8 to 12 hours.
3. Add remaining ingredients.
4. Knead on floured board 2 to 3 minutes until no longer sticky. Add up to another ¼ cup flour if needed.
5. Divide dough into 8 pieces.
6. Roll each piece into a ball and flatten into a disc shape.
7. Cover both sides with corn meal.
8. Bake on a lightly greased griddle over medium heat 7 minutes per side.

*Alternatively, bake sandwiched between two cookie sheet in a 300 °F oven.*

## French Bread

Makes 1 loaf.

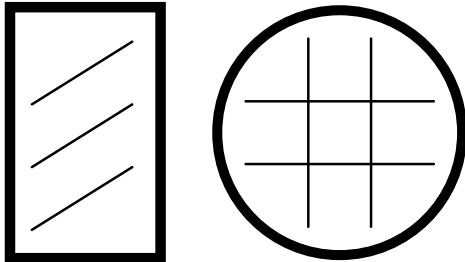
Ingredients:

- 300 g starter
- ½ cup milk
- 1 tbsp sugar
- 2 tsp salt
- 1 tbsp butter, melted
- 280 g unbleached white flour

1. Stir together milk, sugar, salt, and butter.
2. Stir into starter.
3. Add flour gradually.
4. Knead until dough passes window-pane test. Add flour as needed.
5. Place in a well-greased bowl and raise in a warm place until doubled.
6. Punch down and shape.

This bread may be shaped two ways.

- Stretch into a large rectangle, 8" on the short side. Starting on the short side, roll the dough up. Place in a loaf pan.
  - Round the dough. Place upside-down in a floured banneton.
7. Let rise again, until almost doubled.
  8. Preheat oven to 400 °F.
  9. If raised in a banneton, flip onto a peel.
  10. Slash the top of the loaf.



11. Bake until internal temperature reaches 207 °F. Approximately 35 minutes.

*Honey, brown sugar, molasses, or maple syrup can be substituted for sugar. Olive oil may be substituted for butter. Making both substitutions together is not recommended.*

## Hybrid Ciabatta

From PiPs, The Fresh Loaf.

Makes 1 loaf.

Levain: Ingredients:

- 20 g starter
- 20 g water
- 28 g unbleached flour
- 12 g whole wheat flour

Final dough: Ingredients:

- 230 g unbleached flour
- 1 g instant yeast
- 210 g water
- 6 g salt

1. Combine all ingredients in the levain and knead.
2. Proof for 4 to 5 hours.
3. Combine flour and water, less 100 g, and let autolyze for 45 minutes.
4. Combine all ingredients until well-developed; well beyond the window pane test.
5. Incorporate remaining water.
6. Ferment for 2½ hours with stretch-and-folds at the ½ hour and 1 hour marks.
7. Shape and rise in a couche.
8. Preheat oven as hot as possible.
9. Bake, with steam, for 35 minutes, until well-browned.

*Substitute a combination of rye and whole wheat for the whole wheat in the levain.*

## New York Bagels

From Mike Avery.

Makes 8 bagels.

Ingredients:

- 60 g starter
- 600 g all-purpose flour with 15% protein
- 14 g salt
- 20 g malt extract
- 300 g water
- 10 g olive oil
- malt extract for boiling
- poppy or sesame seeds

1. Combine all ingredients except flour.
2. Add flour and mix by hand.
3. Let rest 10 minutes.
4. Knead until smooth and very well developed.
5. Let rise 2 hours.
6. Divide into 8 pieces.
7. Roll each piece into a 10" rope.
8. Overlap 2" at the ends of each rope and roll to seal into a circle.
9. Let rise for 1 hour.
10. Optionally, refrigerate overnight.
11. Preheat oven to 500 °F.
12. Lay seeds out on a plate.
13. Bring water and a spoonful of malt extract to a boil.
14. Boil bagels for 1 minute per side.
15. Dip bagels into seeds.
16. Bake bagels for 15 minutes.

*The protein content of the flour must be adjusted if it is lower than 15%. 5 Roses Never Bleached is 13%, so 6 g 75% gluten flour must be substituted.*

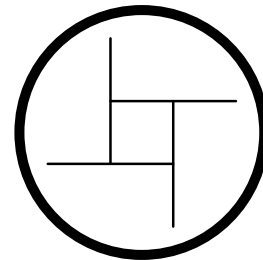
## Pain de Provence

Makes 1 loaf.

Ingredients:

- 300 g starter
- ½ cup milk
- 1 tbsp sugar or honey
- 2 tsp salt
- 1 tbsp olive oil
- 1 tsp herbes de Provence
- 280 g unbleached white flour

1. Stir together milk, sugar, salt, oil, and herbs.
2. Stir into starter.
3. Add flour gradually.
4. Knead until dough passes window-pane test. Add flour as needed.
5. Place in a well-greased bowl and raise in a warm place until doubled.
6. Punch down and round the dough.
7. Place upside-down in a floured banneton.
8. Let rise again, until almost doubled.
9. Preheat oven to 400 °F.
10. If raised in a banneton, flip onto a peel.
11. Slash the top of the loaf.



12. Bake until internal temperature reaches 207 °F. Approximately 35 minutes.

## Pandoro

Makes 2 loaves.

This recipe is extremely complicated and it requires a special pan. Proofing must be done in a proofer at 30 °C.

### Evening 5 days Before Baking

Ingredients:

- 15 g malt extract
- 10 g Epsom salts
- 125 g water

1. Combine all ingredients and a magnetic bead in a vented 250 mL Erlenmeyer flask.
2. Boil flask in a covered water bath for 45 minutes.
3. Chill to room temperature.
4. Inoculate flask with frozen stock of osmotolerant yeast.
5. Gently mix on a magnetic stirrer at room temperature.

### Evening 2 days Before Baking

Refresh the starter.

### 11:00 the Day Before Baking

Ingredients:

- 30 g starter
- 20 g water
- 54 g flour

1. Combine all ingredients.
2. Knead until smooth. The dough is very stiff.
3. Proof.

Also:

1. Decant yeast mixture into a tall narrow tube.
2. Chill.

### 15:00 the Day Before Baking

Ingredients:

- 15 g water
- 115 g flour
- 1 egg
- 30 g granulated sugar

1. Decant the liquid from the tube taking care not to disturb the sediment at the bottom.

2. Add water.
3. Swirl to dissolve yeast sediment at bottom of tube.
4. Add flour to a mixing bowl.
5. Tear previous mixture into chunks and drop in the bowl.
6. Add yeast liquid and egg.
7. Stir until a stiff dough forms.
8. Knead very stiff dough until smooth.
9. Gradually knead in sugar.
10. Proof until quadrupled in bulk.

### 19:00 the Day Before Baking

Ingredients:

- 30 g cocoa butter, melted (optional)
- 200 g unsalted European-style butter, room temperature
- 225 g flour
- 5 g salt
- 10 g honey
- 4 eggs
- 15 g vanilla (or substitute water)
- 2 egg yolks
- 135 g sugar

1. Whip the butter.
2. Add cocoa butter while whipping.
3. Whip until whitish and doubled in volume.
4. Set butter aside.
5. Butter and flour two 8 cup pans.
6. Combine flour and salt in the work bowl.
7. Tear previous mixture into chunks and drop in the work bowl.
8. Add honey and 3 eggs.
9. Mix with a dough hook until the dough cleans the sides of the bowl.
10. Switch to the paddle.
11. Add remaining egg and mix until smooth, gradually increasing speed to medium. The dough should cling to the bowl.
12. Reduce speed to low.
13. Add vanilla and mix until smooth, increasing speed.
14. Reduce speed to low.

15. Add 1 egg yolk and mix until smooth, increasing speed.
16. Repeat with remaining yolk.
17. Reduce speed to low.
18. Add  $\frac{1}{2}$  the sugar and mix until smooth, increasing speed.
19. Repeat with remaining sugar.
20. Reduce speed to low.
21. Add  $\frac{1}{2}$  the whipped butter and mix until smooth, increasing speed.
22. Repeat with remaining butter.
23. Mix until smooth and silky.
24. Divide the dough in half and place each half in a pan.
25. Proof.

### 8:30 Baking Day

1. Preheat oven to 350 °F.
2. Bake for 30 to 35 minutes. Rotating pans half way through baking.
3. Let cool for 30 minutes.
4. Invert and release from pans.
5. Let cool completely.
6. Dust with confectioner's sugar.

*These keep extremely well if kept in an air-tight container or bag. They can typically keep for a month at room temperature.*

*The pans are extremely difficult to find. They need to be 8 cup. Any tall narrow pan should work.*

*Osmotolerant Yeast (See page 229) can be made from regular yeast, if the instant form is not available commercially.*

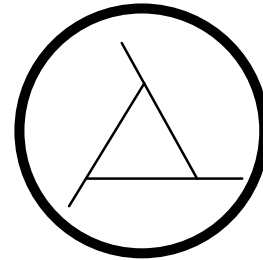
## Pão de Milho

Makes 1 loaf.

### Ingredients:

- 1 cup milk
- $\frac{1}{4}$  cup sugar
- 1 tsp salt
- 90 g white corn flour
- 300 g starter
- $\frac{1}{2}$  egg
- 2 tbs oil
- 240 g unbleached white flour

1. In a saucepan, bring milk, sugar, and salt to a boil.
2. Slowly whisk in the corn flour.
3. Continue to cook until the mixture is thick and smooth.
4. Let mixture cool.
5. Blend mixture with starter.
6. Add egg and oil.
7. Add flour.
8. Knead until dough passes the window pane test.
9. Let rise in a oiled bowl for 1 to 2 hours.
10. Punch down and round.
11. Rise upside-down in a floured banneton until doubled in bulk.
12. Preheat oven to 400 °F.
13. Flip the dough on to a peel.
14. Slash the top of the loaf.



15. Bake until bread reaches an internal temperature of 207 °F.

*Corn flour is not the same as cornstarch.*

## Pizza Crust

Makes 12" pizza.

Ingredients:

- 150 g starter
- 1 tbsp olive oil
- 1 tsp coarse salt
- 150 g water
- 300 g unbleached white flour

1. Combine all ingredients.
2. Knead dough until it passes the window-pane test.
3. Cover and let rest for 30 minutes.
4. If desired, refrigerate for up to 7 to 10 days or freeze for up to 2 months.
5. Sprinkle the top of the dough with additional flour.
6. Roll and stretch the dough into a circle.
7. Cover and allow to rise for 2 hours.
8. Preheat oven to 400 °F.
9. Brush the dough with some olive oil and layer with toppings.
10. Bake until golden brown on the bottom and the top is bubbly. Approximately 15 minutes.

## Portuguese Sweet Bread

Ingredients:

- 145 g starter
- zest of a lemon
- zest of an orange
- 1 tsp salt
- 100 g sugar
- 1 tsp vanilla
- 2 eggs
- 190 g juice of a lemon + juice of an orange + water
- 40 g milk powder
- 30 g butter
- 30 g shortening
- 5 g baking soda
- 470 g flour
- egg wash

1. Combine juices, water, milk powder, butter, shortening, and baking soda in a sauce pan.
2. Scald, stirring frequently to control foaming.
3. Let cool.
4. Combine above mixture with all ingredients except flour and mix thoroughly.
5. Add flour to make a firm dough and knead until dough passes the window pane test.
6. Allow to rise until doubled in bulk.
7. Turn, round, and place in a greased round cake pan. (Ideally, the pan should have a lip.)
8. Allow to rise until doubled in bulk, just before dough overflows the pan.
9. Preheat oven to 350 °F.
10. Brush with egg wash.
11. Bake for 40 minutes, or until an internal temperature of 207 °F is reached.

*The total water-type liquid content must be 190g. Since the juice from a lemon and orange varies, extract all the juice, then add water so that the final weight of the liquid is correct.*

*This recipe is derived from Peter Reinhart's *The Bread Baker's Apprentice*.*

*Scalding is necessary to neutralise proteases in the juice and milk. Otherwise, the texture will be crumbly.*

*Baking soda is necessary to reduce the acidity of the juice. Otherwise, the dough will be slow to rise and the crumb will not have a soft, uniform texture.*

## Potato Tortano

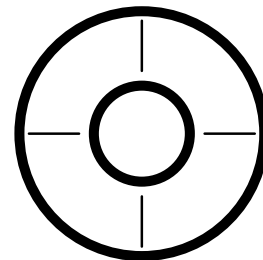
From Royal Crown Bakery.

Makes 1 loaf.

Ingredients:

- 154 g starter
- 604 g unbleached white flour
- 60 g potato purée
- 420 g water, include the potato water if possible
- 14 g honey
- 15 g salt

1. Combine flour and water in to a rough dough.
2. Let autolyse for 20 minutes.
3. Add remaining ingredients.
4. Knead until smooth. Approximately 5 to 10 minutes by hand. Approximately 15 to 20 minutes by mixer.
5. Form into a ball and flour.
6. Let ferment until doubled in bulk. Approximately 4 hours. Punch down 4 times during the first 1½ hours.
7. On a floured surface, punch down and round.
8. Let rest 20 minutes.
9. With floured hands, create a hole in the centre and widen the hole to 4". The loaf should be 12" in diameter.
10. Place upside-down in a floured banneton.
11. Let proof until it slowly springs back when pressed. Approximately 1½ hours.
12. Preheat the oven to 450 °F.
13. Flip onto a peel.
14. Slash the top of the loaf.



15. Bake until internal temperature reaches 207 °F. Approximately 40 to 50 minutes.

*This dough is very sticky. Do not add flour.*

## Pretzels

Makes 12 pretzels.

Ingredients:

- 300 g starter
- 120 g hot water
- 30 g butter, melted
- 25 g sugar
- 6 g salt
- 890 g unbleached white flour
- coarse salt
- 1 egg yolk
- 1 tbsp milk

1. Combine butter, sugar, salt and water.
2. Mix in starter.
3. Slowly stir in flour.
4. Let rest 20 minutes.
5. Knead in more flour until very stiff.
6. Let rise in an oiled bowl for 2 hours.
7. Shape into long ropes and twist into pretzels.
8. Place on a cookie sheet with allowances for rising.
9. Let rise until doubled in bulk.
10. Preheat oven to 425 °F.
11. Beat milk and egg yolk until well combined.
12. Brush mixture onto pretzels.
13. Sprinkle with coarse salt.
14. Bake for 15 minutes.

## San Fransisco Sourdough

Makes 1 loaf.

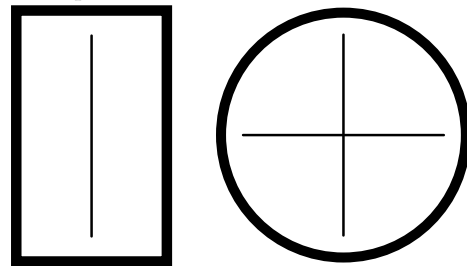
Ingredients:

- 800 g starter
- 400 g unbleached white flour
- 2 tsp salt

1. Combine all ingredients.
2. Knead on a floured surface until dough passes the window-pane test.
3. Place dough in an oiled bowl.
4. Let the dough rest in a warm place until doubled in size. Approximately 2 to 3 hours.
5. Punch down and shape.

This bread may be shaped two ways.

- Stretch into a large rectangle, 8" on the short side. Starting on the short side, roll the dough up. Place in a loaf pan.
  - Round the dough. Place upside-down in a floured banneton.
6. Cover the loaf and let rise until doubled in size, at least 5 hours; preferrably overnight.
  7. Put a pan of water in the oven.
  8. Preheat the oven to 350 °F.
  9. Slash the top of the loaf.



10. Bake for 35 minutes or until internal temperature reaches 207 °F.



## Semolina Bread

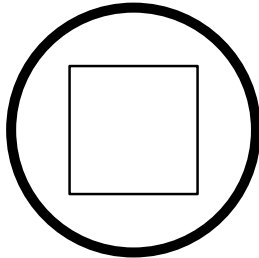
From Maggie Glezer.

Makes 1 loaf.

Ingredients:

- 140 g starter
- 170 g durum flour
- 215 g unbleached white flour
- 225 g water
- 8 g salt
- 14 g honey
- sesame seeds

1. Combine flours and water.
2. Let autolyse for 20 minutes.
3. Add salt, honey, and starter.
4. Knead until smooth.
5. Let ferment until doubled in bulk. Approximately 2 hours.
6. Punch down and round.
7. Cover the bottom of a floured banneton with sesame seeds.
8. Raise upside-down in the banneton.
9. Let proof until tripled in bulk. Approximately 5 hours.
10. Preheat oven to 450 °F.
11. If any areas are lacking sesame seeds, moisten them with water and add seeds.
12. Slash the top of the loaf.



13. Bake until internal temperature reaches 207 °F.

## Sweet Potato Sourdough

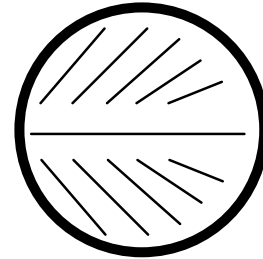
From Susan.

Makes 1 loaf.

Ingredients:

- 266 g starter
- 88 g water
- 7 g salt
- 100 g sweet potato purée, cooked, mashed, and cooled
- 200 g unbleached white flour
- 66 g pumpkin seeds, toasted and crushed (optional)

1. Dissolve starter, salt, and purée in water.
2. Add flour.
3. Knead until smooth.
4. Knead in seeds until evenly distributed.
5. Let rise for 1½ hours.
6. Punch down and round.
7. Raise upside-down in the banneton.
8. Let proof for 3 hours.
9. Preheat oven to 450 °F.
10. Slash the top of the loaf.



11. Bake until internal temperature reaches 207 °F.

*Whole toasted pumpkin seeds may be placed in the banneton if desired.*



## Chapter 35

# Squares and Bars

### Best Brownies

Ingredients:

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- ⅓ cup cocoa
- ½ cup all-purpose flour
- ¼ tsp salt
- ¼ tsp baking powder

1. Preheat oven to 350 °F.
2. Melt the butter and remove from heat.
3. Stir in sugar, eggs and vanilla.
4. Beat in cocoa, flour, salt and baking powder.
5. Spread in pan and bake for 25 to 30 minutes.

### Frosting

Ingredients:

- 3 tbsp butter, softened
- 3 tbsp cocoa
- 1 tbsp honey
- 1 tsp vanilla
- 1 cup confectioner's sugar

1. Combine all ingredients.
2. Frost brownies while still warm.

### Chocolate Peanut Crispies

From Rosa Gemmel.

Ingredients:

- 1 cup chocolate chips
- 1 cup peanut butter chips
- 2 tbsp oil
- 3½ cup corn flakes cereal
- ½ to 1 cup peanuts

1. Melt chips with oil in the microwave for 3 minutes.
2. Cool slightly.
3. Stir in corn flakes and peanuts.
4. Drop spoonfuls onto a greased baking sheet.
5. Chill for 30 minutes.

### Chocolate-Pecan Caramel Candy Bars

Makes 40.

## Crust

### Ingredients:

- 1½ cup all-purpose flour
- ½ cup light brown sugar
- ½ cup unsalted butter, chilled

1. Preheat the oven to 350 °F.
2. Line a 9"×13" baking pan with aluminium foil and grease the foil.
3. Combine the flour and sugar and mix.
4. Cut in the butter until crumbly.
5. Transfer to the prepared pan and pat evenly onto the bottom of the pan.
6. Bake for 12 minutes.
7. Transfer the pan to a rack.

## Topping

### Ingredients:

- 6 tbsp unsalted butter, at room-temperature
- 1 cup dark brown sugar
- 3 tbsp honey
- 3 tbsp heavy whipping cream
- 2 tbsp maple syrup
- 1½ cup pecans or walnuts, chopped
- ½ cup semi-sweet chocolate chips

1. In a saucepan, heat the butter over low heat until it melts and bubbles.
2. Add the brown sugar, honey, cream, and maple syrup and bring to a boil over medium heat, stirring constantly.
3. Let boil without stirring for 1 minute.
4. Pour over the hot crust and sprinkle evenly with the nuts.
5. Return the pan to the oven and bake for 12 to 15 minutes, or until caramel layer is bubbly.
6. Remove from the oven and sprinkle with the chocolate chips.
7. Let melt for 1 to 2 minutes, then swirl with a spatula.
8. Let cool.
9. Invert the baked sheet onto a rack, lift off the pan, and peel off the foil.

10. Cut into bars.

*Store the bars between sheets of waxed paper in an airtight container for up to 1 week.*

## Christmas Cornflake Wreaths

From Laura Masella.

Makes 12.

### Ingredients:

- ½ cup butter
- 3 cup marshmallows
- 1 tsp green food colouring
- 1 tsp vanilla
- 4 cup corn flakes cereal
- red cinnamon hearts

1. Combine butter and marshmallows.
2. Microwave for 2 minutes on high.
3. Place bowl in hot water to keep mixture soft.
4. Add remaining ingredients except hearts.
5. Drop heaping spoonfuls on a cookie sheet and shape into wreaths.
6. Decorate with hearts.
7. Chill.

## Date Squares

From the Steffler Family.

Ingredients:

- 2 cup dates, chopped
- 2 tbsp brown sugar
- 1 cup water
- 2 cup flour
- 1 tsp baking soda
- ¼ tsp salt
- 2 cup butter
- 2 cup brown sugar
- 4 cup rolled oats

1. Combine dates, brown sugar and water in a sauce pan.
2. Cook until dates are soft.
3. Set aside to cool.
4. Preheat oven to 325 °F.
5. Blend together flour, baking soda and salt.
6. Cut in butter.
7. Blend in brown sugar and rolled oats.
8. Press half of the crumb mixture over the bottom of a greased pan.
9. Cover with date filling.
10. Cover with remaining crumb mixture and pat until smooth.
11. Bake for 35 to 40 minutes or until light brown.

This recipe is made using The Biscuit Method.

## Honey Brownies

Ingredients:

- ⅓ cup butter
- ⅓ cup honey
- 2 eggs
- ⅓ cup cocoa
- ½ tsp salt
- ¾ cup sugar
- 2 tsp vanilla
- ½ cup all-purpose flour

1. Preheat oven to 350 °F.
2. Cream butter and sugar together.
3. Blend in honey and vanilla.
4. Add eggs, one at a time, beating well after each.
5. Combine flour, cocoa and salt separately.
6. Add dry ingredients to creamed mixture.
7. Pour into greased pan and bake for 25 to 30 minutes.

This recipe is made using The Cake or Creaming Method.

## June's Brownies

Ingredients:

- ½ cup nuts
- ½ cup butter
- ½ cup flour
- 1 egg
- 1 tsp vanilla
- pinch of salt
- 3 tbsp cocoa

1. Preheat oven to 300 °F.
2. Blend all ingredients together.
3. Pour into an 8" square pan.
4. Bake for 20 to 30 minutes.

## Icing

Ingredients:

- 2 cup confectioner's sugar
- ½ cup butter
- 2 tbsp cocoa
- ¼ cup hot water

1. Combine all ingredients, adjust water to control consistency.

## Lemon Bars

From Dan Brown.

Ingredients:

- 1 cup flour
- ½ cup butter
- ½ cup icing sugar
- zest of 3 lemons
- ⅓ cup red fruit jelly (currant or raspberry)
- 2 eggs
- ⅓ cup lemon juice
- 2 tbsp cornstarch
- ½ tsp baking soda
- 1 cup sugar

1. Preheat oven to 350 °F.
2. Blend flour, butter, icing sugar, and the zest of 1 lemon together until crumbly.
3. Pat into an 8" square pan.
4. Bake until golden brown, approximately 25 minutes.
5. Spread a thick layer of jelly over the top.
6. Mix remaining zest, eggs, lemon juice, cornstarch, baking soda, and sugar until very smooth.
7. Pour over jelly layer.
8. Bake again until brown on top, approximately 25 minutes.

## Lemon Squares

From Lydia Rowland.

Makes 16 squares.

Ingredients:

- ½ cup butter, at room-temperature
- ¼ cup confectioner's sugar
- 1 cup all-purpose flour
- ½ tsp salt
- 2 eggs, beaten
- 1 cup sugar
- 3 tbsp flour
- zest of 1 lemon
- juice of 1 lemon

1. Preheat oven to 350 °F.
2. Beat together butter, confectioner's sugar, 1 cup flour, and salt.
3. Pat into a greased 8" square pan.
4. Bake until pastry is a creamy gold. Approximately 20 minutes.
5. Beat together eggs, sugar, 3 tbsp flour, lemon juice, and lemon zest.
6. Pour over crust.
7. Bake until set. Approximately 15 to 20 minutes.
8. Dust with confectioner's sugar.

This recipe is made using The Cake or Creaming Method.

## Magic Bars

From Marilyn.

Ingredients:

- ½ cup butter
- 1½ cup graham cracker crumbs
- 1 cup walnuts
- 1 cup chocolate chips
- 1½ cup coconut, shredded
- can of condensed milk

1. Preheat oven to 350 °F.
2. Melt butter in a 9"×13" pan.
3. Sprinkle crumbs into pan.
4. Add walnuts, chips, and coconut on top.
5. Pour milk over ingredients.
6. Bake for 25 minutes.

## Peanut Butter Squares

From Maria D'Ambrosio.

Ingredients:

- 5 cup confectioner's sugar
- 500 g peanut butter
- ½ lbs butter
- 1 cup brown sugar
- 2 cup semi-sweet chocolate chips
- 1 tbsp margarine

1. Mix confectioner's sugar and peanut butter in a large bowl.
2. Melt butter and brown sugar together in a saucepan.
3. Add brown sugar mixture to peanut butter mixture.
4. Press into a large lined cookie sheet.
5. Let cool.
6. Melt chocolate chips and margarine in a double boiler.
7. Spread chocolate mixture over peanut mixture.
8. Let cool.

## Rice Krispies Squares

Ingredients:

- ¼ cup butter
- 4 cup miniature marshmallows
- 2 tsp vanilla
- 5 cup puffed rice cereal

1. Melt butter in a large saucepan.
2. Add marshmallows.
3. Cook over low heat, stirring constantly, until melted and well-blended.
4. Remove from heat.
5. Stir in vanilla.
6. Stir in cereal until coated.
7. Press into a greased 9"×13" pan.
8. Chill.

## Strawberry Cheesecake Squares

From Monia Kosciejew.

Ingredients:

- 2 cup all-purpose flour
- ¾ cup brown sugar
- ¾ cup almonds, finely chopped
- ¾ cup margarine
- 16 oz cream cheese, softened
- ⅔ cup sugar
- 2 eggs
- ½ tsp almond extract
- 1 cup strawberry jam
- ¾ cup almonds, sliced

1. Preheat oven to 350 °F.
2. Combine flour, brown sugar, and chopped almonds.
3. Cut in margarine until crumbly.
4. Reserve ¾ cup for topping.
5. Press remainder into a 9"×13" greased pan.
6. Bake until edges are golden. Approximately 12 to 15 minutes.
7. Beat cream cheese, sugar, eggs, and almond extract until smooth.
8. Spread evenly into pan.
9. Bake 15 minutes.
10. Stir jam until smooth.
11. Spread jam over filling.
12. Stir sliced almonds into reserved crust mixture.
13. Sprinkle over jam.
14. Bake 15 minutes.
15. Cook completely.
16. Chill at least 3 hours before cutting into squares.





## Chapter 36

# Squash

### Battered Zucchini

Ingredients:

- zucchini, coined or julienned
- egg, beaten
- all-purpose flour
- olive oil
- salt

1. Salt zucchini.
2. Coat with flour, then egg.
3. Fry in oil.

### Boston Zucchini Sticks●

From Mike Beland.

Makes 4 to 6 servings.

Ingredients:

- 4 zucchini, cut into sticks
- 2 cloves of garlic
- olive oil
- soy sauce
- 3 eggs
- bread crumbs
- all-purpose flour

1. Place zucchini in a flat pan and add garlic.
2. Drizzle with olive oil and soy sauce.
3. Let stand 30 minutes, turning and re-coating every 10 minutes.
4. Heat  $\frac{1}{4}$ " of oil in a frying pan.
5. Dip in flour, egg, then breadcrumb.
6. Fry until golden brown.

## Glazed Butternut Squash

Ingredients:

- 3 to 4 lbs butternut squash
- ½ cup brown sugar
- ¼ cup butter
- 1 tbsp water

1. Preheat oven to 350 °F.
2. Bake squash whole until tender. Approximately 1 hour.
3. Peel and seed squash.
4. In a saucepan, combine remaining ingredients.
5. Heat 3 to 4 minutes.
6. Spoon sauce over squash.
7. Bake 15 minutes.
8. Cut into serving-sized pieces.

## Stuffed Zucchini

Makes 4 servings.

Ingredients:

- 4 medium zucchini
- ½ cup bread crumbs
- 4 tbsp olive oil
- 3 eggs, beaten
- ½ cup Parmesan cheese, grated
- 8 mushrooms, chopped
- salt
- pepper
- oregano

1. Preheat oven to 350 °F.
2. Place zucchini in a pan and cover with water.
3. Bring to a boil and cook for 4 minutes.
4. Remove and slice in half length-wise.
5. Scoop out pulp with a spoon, leaving a shell.
6. Place pulp in a bowl and add remaining ingredients.
7. Mix well, and fill shells.
8. Sprinkle with more cheese.
9. Bake until browned. Approximately 20 minutes.

## Zucchini in Tomatoes

From Nonna.

Makes 4 servings.

Ingredients:

- 3 zucchini, julienned
- 3 to 4 Roma tomatoes, chopped or ¼ L tomato pieces
- 2 tbsp parsley, chopped
- sprig of basil
- olive oil
- 1 egg, beaten
- 3 tbsp Parmesan cheese, grated

1. Salt zucchini and let stand for approximately 20 minutes.
2. Drain any water.
3. Put tomatoes, parsley, basil, zucchini, and olive oil in a pan.
4. Cook for 30 minutes over medium heat.
5. Add beaten egg and cheese.
6. Cook for 4 to 5 minutes, stirring to distribute egg.

*Can also be used as pasta sauce. Add additional cheese and some reserved pasta water, as needed.*

## Zucchini in Tomatoes 2

From Nonna.

Ingredients:

- zucchini, coined
- tomato pieces
- olive oil
- oregano
- parsley, chopped
- salt
- pepper

1. Combine all ingredients in a large skillet.
2. Cook over high heat, reducing as necessary, to keep boiling until zucchini become soft and translucent. Add water as necessary.

## Zucchini Parmigiana

Ingredients:

- zucchini

1. Thinly slice zucchini length-wise.
2. Follow steps in Parmigiana (See page 129) .

## Chapter 37

# Turkey

### Artichoke Turkey Cutlets

From Maria Piccolina. Makes 5 servings.

Ingredients:

- 5 turkey cutlets
- 6 medium to large artichokes
- 2½ tbsp olive oil
- salt
- 1 egg, beaten
- parsley, chopped
- Swiss cheese, sliced

1. Peel outer leaves of artichokes. Remove tops. Cut into wedges.
2. Peel stem and slice.
3. Soak in water and vinegar for ½ hour.
4. Squeeze dry.
5. Place in a pot and cover with water.
6. Bring to a boil and reduce heat to medium-low.
7. Simmer covered for 15 minutes.
8. Add parsley, salt, and olive oil.
9. Simmer 30 minutes, covered.
10. Drain.
11. Preheat oven to 350 °F.
12. Line a baking dish with cutlets.
13. Season with salt and pepper.
14. Cover with artichokes.
15. Cover with cheese.
16. Spread egg over top.
17. Bake for 30 minutes.

### Closed Pan Roast Turkey

Ingredients:

- turkey, dressed

1. Preheat oven to 350 °F.
2. Place turkey in a pan and cover.
3. Bake for time indicated in table.
4. Remove cover for final ½ hour.

Weight (lbs)	Time (h)
5-8	2½-3
8-11	3-3½
11-14	3½-4
15-16	4-4¼
16-20	4¼-4½
20-24	4½-5

## Herb-Grilled Turkey Scallopini

From Canadian Living.

Ingredients:

- 1 lbs turkey breasts or scallopini
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 3 cloves of garlic, minced
- ½ tsp dried oregano
- ½ tsp dried rosemary
- ½ tsp dried thyme
- ¼ tsp salt
- pepper

1. Combine all ingredients except turkey.
2. Brush mixture on turkey.
3. Grill over high heat for 2 minutes per side.

## Open Pan Roast Turkey

Ingredients:

- turkey, dressed

1. Preheat oven to 325 °F.
2. Place turkey in a pan and cover loosely with a foil tent.
3. Bake for time indicated in table. Baste frequently.
4. Remove tent for final hour.

Weight (lbs)	Time (h)
5-8	3¼-4
8-11	4-4¼
11-14	4¼-4½
15-16	4½-5
16-20	5-5¾
20-24	5¾-6½

## Turkey Dressing

Ingredients:

- 10 slices of toast bread
- 1 egg
- 4 to 6 slices of bacon, chopped
- 2 green onions, finely chopped
- 1 carrot, shredded
- 1 to 2 stalks of celery, shredded
- ¼ cup parsley, chopped
- ¼ cup Parmesan cheese, grated
- pepper
- sage
- thyme

1. Combine bacon, onion, carrots, and celery in a microwave-safe bowl.
2. Microwave for 5 to 7 minutes on high.
3. Cool mixture.
4. Wet 8 slices of toast bread with water and squeeze out excess. Cube 2 slices of dry toast bread.
5. Add bread, eggs, parsley, cheese, and spices. Salt if necessary.
6. Mix thoroughly, breaking up toast bread.

*Salt cavity before stuffing.*

*The amount of water needed can be adjusted.*

## Chapter 38

# Veal

### Breaded Cutlets in Tomato Sauce

From Nonna.

Ingredients:

- veal cutlets
- egg, beaten
- bread crumbs
- salt
- Plain Tomato Sauce (See page 138)

1. Salt cutlets.
2. Dip in egg, then bread crumbs.
3. Fry in olive oil or bake after drizzling with olive oil.
4. Add cutlets and 1 cup water to sauce.
5. Cook 10 minutes.
6. Remove from heat and let sit for at least 1 hour.
7. Remove cutlets and use sauce for pasta.

### Liver Veneziana

Ingredients:

- veal liver
- olive oil
- 2 to 3 small onions, chopped
- tomatoes
- salt

1. Fry onions in oil until golden.
2. Add tomatoes and salt. Cook until dry.
3. Add a little water and liver.
4. Cook, turning occasionally, for 15 minutes.

## Osso buco

From Nonna.

Ingredients:

- veal shanks
- carrots, chopped
- ½ onion, chopped
- celery, chopped
- 1 cup white wine
- tomato pieces
- salt
- pepper

1. Preheat oven to 350 °F.
2. Season meat with salt and pepper.
3. Dredge in flour.
4. Heat oil and brown meat.
5. Remove from heat and remove meat.
6. Add carrots, celery, and onion and fry.
7. Season with salt and pepper.
8. Place meat in a baking dish.
9. Cover with vegetables, tomato pieces and white wine.
10. Cover and bake for 45 minutes.

## Veal alla Pizzaiola

Ingredients:

- veal cutlets
- olive oil
- salt
- parsley
- tomatoes, sectioned and cored
- oregano

1. Lay cutlets in a frying pan.
2. Cover completely with water.
3. Add remaining ingredients.
4. Bring to a boil.
5. Turn down to low heat and cook 30 minutes.
6. Turn cutlets.
7. Cook 15 minutes more. Do not overcook.

## Veal Birds

Ingredients:

- veal cutlets
- butter
- Parmesan cheese, grated
- cooked ham or capicollo
- parsley
- provolone cheese, cut in strips
- Plain Tomato Sauce (See page 138)

1. Place butter, cheeses, ham, and parsley on each cutlet.
2. Roll and keep together with toothpicks.
3. Place in frying pan.
4. Add olive oil.
5. Cook over medium-low heat until natural juices are gone, turning as needed.
6. Cook birds in tomato sauce for 10 minutes.

## Veal in Bianco

Ingredients:

- potatoes, peeled and thinly coined
- veal cutlets
- olive oil
- salt
- oregano
- garlic, sliced
- parsley
- Parmesan cheese, grated

1. Layer bottom of a pan with potatoes.
2. Salt meat and layer in pan.
3. Cover with another layer of potatoes.
4. Add water to cover.
5. Add oil, salt, oregano, garlic, and parsley.
6. Top with cheese.
7. Bring to a boil over high heat.
8. Reduce heat to medium-low and cook until potatoes are soft. Approximately 40 minutes.

## Chapter 39

# Vegetable

### Beans and Potatoes

From Diane Leite.

Ingredients:

- beans, cleaned and cut
- 1 to 2 potatoes, diced
- clove of garlic, halved
- olive oil
- salt
- pepper

1. Fry garlic in olive oil until golden.
2. Add potatoes and fry until golden.
3. Add beans and some water.
4. Cover and simmer 30 minutes, adding water if needed.
5. Season with salt and pepper.

### Cabbage Roll Casserole

From the Steffler Family.

Ingredients:

- 1½ lbs ground beef
- 2 medium onions, chopped
- 1 garlic of clove, minced
- 1 tsp salt
- ¼ tsp pepper
- 14 oz can tomato purée
- 14 oz can water
- ½ cup long-grain rice
- 4 cup cabbage, shredded
- sour cream

1. Brown beef with onions.
2. Add garlic, salt, pepper, tomato purée and water.
3. Bring to a boil and stir in rice.
4. Cover and simmer for 20 minutes.
5. Preheat oven 350 °F.
6. Place half the cabbage in a greased baking dish and cover with half the rice mixture. Repeat.
7. Cover and bake for 1 hour.

*Can be refrigerated before baking.*

## Cabbage Rolls

From Baba.

Ingredients:

- 3 to 4 medium cabbages
- 1 bottle of tomato cocktail (V8 preferred)
- 2lbs rice
- bouillon cube (optional)
- ¼ lbs to ½ lbs butter
- 2lbs ground veal or beef
- 2 to 3 onions, chopped
- 2 cloves of garlic, minced
- 2 eggs, beaten
- salt
- pepper
- 1 cup water
- shortening or oil

1. Rinse rice with hot water.
2. Cook rice in salted water with bouillon cube until almost done.
3. Separately, cook onions in butter until soft but without colour.
4. Add garlic to onion mixture and cook a few minutes more.
5. Mix onion mixture, rice, and veal.
6. Season with salt, and pepper.
7. Add eggs to rice mixture and mix in evenly.
8. Steam cabbage in salted water, or, if very fresh, water with vinegar.
9. Remove cabbage leaves as they become flexible. Do not overcook.
10. Rinse leaves in cold water immediately.
11. Preheat oven to 375 °F.
12. Grease bottom and sides of a roaster with shortening.
13. Line with foil.
14. Pour water underneath the foil.
15. Roll rice in small full or large half leaves, cutting away hard centre vein if present.
16. Line roaster with unusable leaves.
17. Stand rolls in roaster, salting each complete row.
18. When roaster is full, pour tomato cocktail over rolls until almost at top of roaster. Leave head space to avoid boil-over.

19. Cover with another layer of unusable leaves, then foil.
20. Bake for ½ hour.
21. Reduce temperature to 350 °F and cook until done. Approximately 3 hours. During cooking, replenish room-temperature tomato cocktail if necessary.

*Veal is raw when added to rice.*

## Cauliflower Casserole

From Nonna.

Ingredients:

- 1 head cauliflower, cut into florets
- pepper
- ½ cup provolone cheese, chunked
- ½ cup Parmesan cheese, grated
- 2 sprigs parsley, minced
- ¾ cup breadcrumbs
- 2 eggs
- ¼ cup cooked ham, sliced (optional)

1. Boil cauliflower.
2. Put cauliflower into a casserole dish with 1 cm of water used for boiling.
3. Pepper cauliflower.
4. Preheat oven to 375 °F.
5. In a separate bowl, combine parsley, cheeses, breadcrumbs, eggs, ¼ cup water and ham.
6. Dissolve half of the crumb mixture in the pan.
7. Spread remainder on top.
8. Pepper top.
9. Dress with olive oil.
10. Bake until golden brown. Approximately 30 minutes.



## Escarole in Tomatoes

From Nonna.

Ingredients:

- escarole
- tomato pieces
- olive oil
- salt
- Parmesan cheese, grated

1. Boil escarole in salted water.
2. In a pan, fry tomatoes and salt in olive oil until dry.
3. Drain escarole and add to tomatoes.
4. Add cheese to tomatoes.
5. Cook together for 20 minutes.

## Green Peppers and Tomatoes

From Nonna.

Ingredients:

- green bell peppers, sliced
- tomato pieces
- olive oil
- egg, beaten

1. Fry tomatoes and peppers in olive oil until peppers are tender.
2. Add egg and stir to distribute.

## Grilled Vegetables

From Fernando Leite.

Ingredients:

- olive oil
- salt
- pepper
- paprika
- oregano
- thyme
- clove of garlic, crushed
- bell peppers, sliced
- eggplant, sliced
- zucchini, sliced

1. Combine all ingredients and let sit.
2. Pour into a large aluminium pan and grill.

## Lemon Asparagus

Ingredients:

- bunch of asparagus
- 3 slices of lemon
- 2 bay leaves
- salt
- olive oil
- bread crumb or panko (optional)

1. Snap off woody ends of asparagus.
2. Place asparagus in a skillet.
3. Cover with water.
4. Add lemon slices, bay leaves, and salt.
5. Boil until tender. Approximately 3 minutes.
6. Drain and discard lemon and bay leaves.
7. Toss in olive oil and bread crumbs.

## Pëpparulë

From Nonno.

Ingredients:

- fresh long sweet red peppers (not bell peppers)
  - olive oil
1. Cut open and remove seeds and pith.
  2. Dry thoroughly.
  3. Grind in to powder, adding a tiny amount of olive oil.
  4. Store in air-tight container.

## Roasted Asparagus

From Canadian Living.

Makes 6 servings.

Ingredients:

- 2 lbs asparagus
- 1 tbsp olive oil
- ½ tsp pepper
- ¼ tsp salt
- 2 oz asiago cheese or Parmesan cheese, thinly sliced

1. Preheat oven to 400 °F.
2. Snap off woody ends of asparagus.
3. In a pan, combine all ingredients except cheese and toss to coat.
4. Bake for 15 minutes.
5. Arrange cheese over asparagus.
6. Cook 2 to 5 minutes.

## Roasted Root Vegetables

From Laura Masella.

Ingredients:

- 1 lbs baking potatoes
- 1 lbs sweet potatoes
- 1 large carrot
- 1 parsnip
- ¼ lbs rutabaga
- 1½ tbsp olive oil
- 2 cloves of garlic, minced
- 2 tbsp fresh rosemary or 1 tsp dried rosemary
- ½ tsp salt
- ½ tsp pepper

1. Preheat oven to 425 °F.
2. Cut vegetables into 1½" pieces and soak in cold water.
3. Drain well and pat dry.
4. Combine oil, garlic, rosemary, salt, and pepper.
5. Toss with vegetables.
6. Spread vegetables in a single layer in a pan.
7. Bake for 45 to 55 minutes, stirring twice during cooking.

## Stuffed Artichokes

From Nonna.

Ingredients:

- 6 artichokes
- 1 cup bread crumbs
- 2 eggs
- 4 tbsps Parmesan cheese, grated
- 4 tbsps parsley, chopped
- 1 cup water

1. Remove stems and outer leaves of artichokes. Snip leaf tips to remove prickles. Invert and shake. Dig out any prickles from centre.
2. Soak in cold water.
3. Combine bread crumbs, eggs, cheese, parsley, and water, adjusting water, to form a loose mixture.
4. Force mixture into each artichoke and place in a pot. The mixture should be thick enough to force the leaves apart.
5. Fill pot with water just below the tops.
6. Add oil and salt in the gaps.
7. Cook on medium-low heat until water has evaporated, shaking the pan several times during cooking.
8. Preheat oven to 400 °F.
9. Move artichokes to a baking dish.
10. Bake for 15 minutes.

*Baking in an oven safe pot is possible, but overflow will burn to the bottom.*

## Stuffed Eggplant

From Nonna.

Ingredients:

- 2 eggplant
- Plain Tomato Sauce (See page 138)
- olive oil
- salt
- bread crumbs
- Parmesan cheese, grated
- 1 egg
- parsley, chopped
- ground meat, cooked
- mozzarella, chopped
- capicollo

1. Remove stems and halve eggplant.
2. Scoop out and cube insides.
3. Parboil shell in salted water for 1 to 2 minutes.
4. Fry cubes in tomato sauce until mushy.
5. Preheat oven to 400 °F.
6. Combine cubes, bread crumbs, cheeses, egg, parsley, meat, capicollo, and diluted tomato sauce. Adjust quantities so mixture holds together.
7. Place some sauce in the bottom of a baking pan.
8. Fill shells with mixture and arrange in pan.
9. Top with grated mozzarella and tomato sauce.
10. Bake for 20 to 30 minutes.
11. Serve lukewarm.

## Stuffed Pepper Halves

From Zia Franca.

Ingredients:

- bell peppers, halved length-wise
- ground beef
- bread crumbs
- Parmesan cheese, grated
- parsley, chopped
- eggs
- mozzarella cheese, both chopped and shredded
- tomato purée
- olive oil

1. Salt pepper halves.
2. Fry in oil for a short time.
3. Remove peppers.
4. Fry ground beef, seasoning with salt and pepper.
5. Add ½ of the purée and cook for 1 hour.
6. Preheat oven to 350 °F.
7. Combine bread crumbs, chopped mozzarella cheese, Parmesan cheese, parsley, eggs, and sauce, adjusting bread crumbs to form a soft mixture.
8. Stuff peppers with mixture.
9. Put purée in a baking dish.
10. Add peppers and top with shredded mozzarella.
11. Top with purée.
12. Bake for 20 minutes.

## Stuffed Whole Peppers

From Baba.

Ingredients:

- bell peppers
- rice, cooked
- onion
- ground beef
- tomatoes, chopped
- tomato juice
- bread crumbs
- cheese, grated

1. Remove stem and hollow out pepper keeping shell intact.
2. Parboil pepper.
3. In a skillet, fry onion.
4. Add beef and brown.
5. Add tomatoes and rice.
6. Let cool.
7. Preheat oven to 350 °F.
8. Season with salt and pepper.
9. Stuff peppers.
10. Place in a casserole.
11. Add diluted tomato juice to casserole.
12. Bake for 10 to 15 minutes.
13. Top with cheese and bread crumbs.

## Swiss Chard with Pëpparulë

Ingredients:

- 1 bunch of Swiss chard
- olive oil
- clove of garlic, halved
- pëpparulë
- salt

1. Boil Swiss chard in salted water until wilted.
2. Scoop out Swiss chard into pot lid.
3. Reserve at least 1 cup of the water and empty the pot.
4. In the same pot, fry garlic in oil until golden.
5. Add pëpparulë and flip lid containing Swiss chard into the pot.
6. Add salt to taste.
7. Cook for 20 minutes, adding reserved water as needed to prevent burning.

# Glossary

**baccalà** (*bahk-kah-LAH*) — Dried salted cod.

**banneton** — A round wicker basket lined with a linen cloth. Substitute a self-standing colander with a cotton teatowel. The Italian way is to wrap the bread in a loose packet and then flip it so the ends are underneath; as the bread rises, it will inflate the packet making it firm.

**ciúlisë** (*chu-LISH*) — The cooking water from pasta.

**grigne** (*GREEN-yuh*) — The slash marks in the top of a loaf of bread.

**pëpparulë** (*peh-pa-ROOL*) — Sweet red pepper flakes. Substitute paprika.

**squiccëlä** (*skwi-CHEH-leh*) — The arbitrary amount of oil needed by recipes that do not specify a quantity of oil. Approximately 1 to 3 tbsp.

**window-pane test** — A test to see if bread is sufficiently kneaded. Stretch a small section of bread gently. If the bread can be stretched thin enough for light to pass through without tearing, the dough is ready.

# Index

## alcohol

- Alcoholic Pie Crust, 141
- bourbon
  - Pumpkin Pie, 145
- brandy
  - Pollo alla Cacciatore, 55
  - Rum Khrustyky, 74
- Debbie's Kahlua, 94
- Kahlúa
  - Amaretti, 58
  - Angel Food Cake with Espresso Mascarpone, 81
- liqueur
  - Breakfast Cookies, 59
  - Chocolate Mousse, 162
  - Pizzelle‡, 86
- rum
  - Bahama Mama, 93
  - Christmas Fruit Cake, 30
  - Lemon Cookies, 68
  - Orange and Rum Pizzelles, 86
  - Rum Khrustyky, 74
- rye
  - Irish Cream, 94
- sherry
  - Broiled Swordfish Steaks, 100
  - Teriyaki Ginger Chicken Breast, 56
- triple sec
  - Bahama Mama, 93
- vermouth
  - Cookie Cake, 31
  - Peaches, 71
  - Stir Fried Sour Shrimp, 182
- vodka
  - Fettuccine alla Vodka, 125
- whiskey
  - Irish Cream 2, 94

## apple

- Apple Cake, 25
  - Apple Galettes, 142
  - Apple Kuchen●, 25
  - Apple Streusel Cake, 26
  - Apple Walnut Cake, 26
  - Caramel Apples, 82
  - Italian Fruit Compote, 84
  - Maple Apple Pudding Cake, 35
  - Mulled Cider‡, 94
  - Open Apple Pie, 143
- ## apricot
- Cranberry Fruit Chutney, 157
- ## artichoke
- Artichoke Cheese Dip, 89
  - Artichoke Turkey Cutlets, 213
  - Stuffed Artichokes, 221
- ## asparagus
- Asparagus Frittata, 95
  - Asparagus Soup, 185
  - Cream of Asparagus Soup, 188
  - Lemon Asparagus, 219
  - Parmesan Asparagus Pasta, 130
  - Roasted Asparagus, 220
  - Salmon in Puff Pastry, 106
- ## avocado
- Avocado-Crab Dip, 89
  - Mango Salad Rolls, 110
  - Spinach-Cauliflower Toss, 173
  - Sushi Pizza, 107
- ## bacon
- Bacon and Cream Cheese Stuffed Mushrooms, 121
  - Broccoli Pasta, 123
  - Broccoli Salad, 169
  - Carbonara, 123

- 
- Hearty Beef Goulash, 2
  - Perogies, 154
  - Turkey Dressing, 214
  - banana
    - Banana Bread, 7
    - Banana Chocolate Ribbon Torte, 27
    - Banana Nut Cake, 27
    - Banana Oatmeal Cookies, 58
    - Best Ever Banana Muffins, 119
    - Masella Mountain Mock-tail, 94
    - Sautéed Bananas, 87
  - beans
    - Bean Salad, 169
    - Beans and Potatoes, 217
    - Beans with Cashews, 115
    - Fagiolini alla Menta, 115
    - Four Bean Salad, 170
    - Garbanzo Hummus, 176
    - Green Beans in Tomato, 116
    - Kari-Kari, 3
    - Minestrone, 190
    - Pasta with Green Beans, 132
    - White Beans and Fennel, 116
    - White Beans and Tomatoes, 116
  - beef
    - Beef Marinade, 117
    - Bolognese Sauce, 135
    - Braised Stew Template, 1
    - Brazilian Beef, 2
    - Cabbage Roll Casserole, 217
    - Cabbage Rolls, 218
    - Hearty Beef Goulash, 2
    - Jumbo Shells with Beef Filling‡, 3
    - Kari-Kari, 3
    - Meatballs, 4
    - Meatloaf, 4
    - Minestrone, 190
    - Polpetonë with Zucchini, 5
    - Rosto Morto, 5
    - Stuffed Pepper Halves, 222
    - Stuffed Whole Peppers, 222
  - beer
    - Beer Rye Bread, 8
    - Pimento Clams, 181
    - Stand-up Chicken, 56
  - beet
    - Borscht, 185
  - bell pepper
    - Four Bean Salad, 170
    - Gazpacho, 189
    - Green Peppers and Tomatoes, 219
    - Grilled Halibut and Peppers Julienne, 103
    - Grilled Vegetables, 219
    - Hearty Beef Goulash, 2
    - Hot Pepper Jelly, 157
    - Mango Salad Rolls, 110
    - Party Paella, 166
    - Pineapple Salsa Chicken, 55
    - Pollo alla Cacciatore, 55
    - Red and Yellow Pepper Risotto, 166
    - Red Pepper Jelly, 158
    - Stir Fried Sour Shrimp, 182
    - Stuffed Pepper Halves, 222
    - Stuffed Whole Peppers, 222
    - Sweet and Sour Potato Salad, 173
    - Tangy Coleslaw, 174
    - Tortilla Chip Dip, 91
  - blueberries
    - Berry Berry Mock-tail, 93
    - Blueberry Scones, 18
    - Fluffy Pancakes, 22
  - broccoli
    - Broccoli Pasta, 123
    - Broccoli Salad, 169
    - Chicken and Broccoli Casserole, 49
  - buttermilk
    - Blueberry Scones, 18
    - Buttermilk Biscuits, 9
    - Fluffy Pancakes, 22
    - Hard Cheese, 47
    - Maple Apple Pudding Cake, 35
    - Quark, 48
    - Rhubarb and Strawberry Cobbler, 145
    - Rhubarb Cake, 36
    - Waffles, 23
  - cabbage
    - Cabbage Roll Casserole, 217
    - Cabbage Rolls, 218
    - Tangy Coleslaw, 174
  - caramel
    - Caramel Apples, 82

## carrot

Bolognese Sauce, 135  
 Borscht, 185  
 Butternut Squash Soup, 186  
 Carrot Cake, 28  
 Chicken and Shrimp Chow Mein, 124  
 Chicken Soup, 187  
 Chicken Toscana, 52  
 Fresh and Tasty Potato Salad, 170  
 Hearty Beef Goulash, 2  
 Italian Potato Salad, 171  
 Lenticchie in Umido, 190  
 Mango Salad Rolls, 110  
 Minestrone, 190  
 Osso buco, 216  
 Poached Salmon, 104  
 Roasted Root Vegetables, 220  
 Rosto Morto, 5  
 Shrimp Macaroni Salad, 172  
 Turkey Dressing, 214

## cauliflower

Cauliflower Casserole, 218  
 Cauliflower Tomato Sauce, 136  
 Spinach-Cauliflower Toss, 173

## celery

Bolognese Sauce, 135  
 Borscht, 185  
 Butternut Squash Soup, 186  
 Chècuzza lognè Soup, 187  
 Chicken Soup, 187  
 Chicken Toscana, 52  
 Clam Chowder, 187  
 Gazpacho, 189  
 Grilled Halibut and Peppers Julienne, 103  
 Italian Potato Salad, 171  
 Lobster Dip, 90  
 Minestrone, 190  
 Nonna's Pizza Topping, 118  
 Osso buco, 216  
 Rosto Morto, 5  
 Tangy Coleslaw, 174  
 Turkey Dressing, 214

## cereal

Chocolate Peanut Butter Balls, 82  
 Chocolate Peanut Crispies, 205  
 Christmas Cornflake Wreaths, 206

Honey Glazed Munch Mix, 43

Rice Krispies Squares, 209

## cheese

## asiago

Roasted Asparagus, 220  
 Spinach Stuffed Leg of Lamb, 113

## brie

Cranberry Brie Bites, 109

## cheddar

Broccoli Salad, 169  
 Cheddar Cheese Sauce, 175  
 Chicken and Broccoli Casserole, 49  
 Chicken Cheese Ring, 90  
 Jumbo Shells with Cheese Filling†, 126  
 Mamon, 34  
 Perogies, 154  
 Tortilla Chip Dip, 91

## cottage

Jumbo Shells with Cheese Filling†, 126

## cream

Apple Dip, 89  
 Apple Walnut Cake, 26  
 Avocado-Crab Dip, 89  
 Bacon and Cream Cheese Stuffed Mushrooms,  
 121  
 Cheese Cake, 28  
 Cheesecake Supreme, 29  
 Chicken Cheese Ring, 90  
 Cream Cheese Spirals, 83  
 Creamy Fruit Pie, 142  
 Easy Cheesecake, 32  
 French Toast Raphael, 22  
 Irene's Strawberry Shortcake, 84  
 Lemon Cheese Parfait, 162  
 Lobster Dip, 90  
 Mini Cheesecake, 35  
 Raspberry Cream Cheese Cookies, 74  
 Salmon Ball, 91  
 Strawberry Cheesecake Squares, 209  
 Tortilla Chip Dip, 91  
 Vanilla Velvet Cookies, 76

## feta

Greek Pasta Salad, 171  
 Greek Salad, 171

## fontina

Tortellini Salad, 174



- 
- goat
    - Fingerling Potatoes, 90
  - mascarpone
    - Angel Food Cake with Espresso Mascarpone, 81
    - Tira Mi Su, 88
  - mozzarella
    - Artichoke Cheese Dip, 89
    - Baked Mashed Potatoes, 153
    - Eggplant Rolls (Involtini), 97
    - Jumbo Shells with Beef Filling‡, 3
    - Jumbo Shells with Cheese Filling‡, 126
    - Mamon, 34
    - Parmigiana, 129
    - Polpetonë with Zucchini, 5
    - Stuffed Pepper Halves, 222
    - Suppli, 168
  - Parmesan
    - Artichoke Cheese Dip, 89
    - Asparagus Frittata, 95
    - Baked Sole alla Dario, 100
    - Basil Sauce, 135
    - Butternut Squash Soup, 186
    - Carbonara, 123
    - Cauliflower Casserole, 218
    - Chëcuzza lognë Soup, 187
    - Crunchy Parmesan Chicken Wings, 52
    - Eggplant Rolls (Involtini), 97
    - Escarole in Tomatoes, 219
    - Fettuccine alla Vodka, 125
    - Fettuccine Pasta Plus, 125
    - French Onion Soup, 188
    - Jumbo Shells with Beef Filling‡, 3
    - Jumbo Shells with Cheese Filling‡, 126
    - Lemon Spaghetti, 127
    - Meatballs, 4
    - Meatloaf, 4
    - Melanzanë a Fungetiëddë, 98
    - Nonna's Pizza Topping, 118
    - Parmesan Asparagus Pasta, 130
    - Parmigiana, 129
    - Pasta Romana, 131
    - Pasta with Ricotta, 132
    - Pasta with Zucchini, 132
    - Pastina, 190
    - Penne in Salmon Cream Sauce, 132
    - Polpetonë with Zucchini, 5
    - Potatoes Marinara, 155
    - Red and Yellow Pepper Risotto, 166
    - Risotto, 167
    - Roast Leg of Lamb, 113
    - Roasted Asparagus, 220
    - Scalloped Potatoes, 155
    - Spinach Stuffed Leg of Lamb, 113
    - Stuffed Artichokes, 221
    - Stuffed Eggplant, 221
    - Stuffed Mushrooms, 122
    - Stuffed Mussels, 182
    - Stuffed Pepper Halves, 222
    - Stuffed Squid●, 182
    - Stuffed Zucchini, 212
    - Suppli, 168
    - Turkey Dressing, 214
    - Veal Birds, 216
    - Veal in Bianco, 216
    - White Mushroom and Ham Sauce, 139
    - Zucchini and Potatoes, 156
    - Zucchini Frittata, 96
    - Zucchini in Tomatoes, 212
    - Zucchini Pasta, 139
  - provolone
    - Cauliflower Casserole, 218
    - Veal Birds, 216
  - ricotta
    - Cheese Cake, 28
    - Jumbo Shells with Cheese Filling‡, 126
    - Pasta with Ricotta, 132
  - Romano
    - Carbonara, 123
    - Stuffed Whole Peppers, 222
  - Swiss
    - Artichoke Turkey Cutlets, 213
    - Chicken Cordon Bleu, 50
  - cherries
    - Almond Cookies, 57
    - Christmas Fruit Cake, 30
  - chicken
    - Broiled Chicken, 49
    - Chicken and Broccoli Casserole, 49
    - Chicken and Shrimp Chow Mein, 124
    - Chicken Cheese Ring, 90
    - Chicken Cordon Bleu, 50
    - Chicken in Sauce, 51

- Chicken Sautéed in Wine Sauce, 51
- Chicken Soup, 187
- Chicken Toscana, 52
- Crunchy Parmesan Chicken Wings, 52
- Cutlets with Cranberry Orange Sauce, 53
- Grilled Herbed Chicken Breasts, 53
- Italian Marinade, 117
- Lime Grilled Chicken, 53
- Livers, Hearts and Mushrooms, 54
- Mint Chicken, 54
- Party Paella, 166
- Pineapple Salsa Chicken, 55
- Pollo alla Cacciatore, 55
- Rotisserie Chicken, 56
- Soup Chicken Salad, 173
- Stand-up Chicken, 56
- Teriyaki Ginger Chicken Breast, 56
- Vietnamese Chicken Wings, 56
- chickpeas
  - Chickpea Sauce, 136
  - Four Bean Salad, 170
  - Hummus, 177
- chocolate
  - Amaretti, 58
  - Banana Bread, 7
  - Banana Oatmeal Cookies, 58
  - Best Ever Banana Muffins, 119
  - Brioche, 194
  - Brownie Pudding, 161
  - Chocolate Chantilly, 161
  - Chocolate Chip Cookies, 60
  - Chocolate Mousse, 162
  - Chocolate Mousse Cake, 30
  - Chocolate Peanut Butter Balls, 82
  - Chocolate Peanut Crispies, 205
  - Chocolate Wafers, 62
  - Chocolate-Pecan Caramel Candy Bars, 206
  - Chocolate-Sheathed Almond Biscotti, 61
  - Cookie Cake, 31
  - Cracker Dessert, 82
  - Double Chocolate Cookies, 63
  - Fluffy Pancakes, 22
  - Ganache, 33
  - German Chocolate-Hazelnut Wafers, 65
  - Granola Bars, 42
  - Irish Cream, 94
  - Irish Cream 2, 94
  - Magic Bars, 208
  - Oatmeal Chocolate Chip Cookies, 69
  - Peanut Butter Squares, 209
  - Pear Pudding, 163
  - Pecan Crescents, 72
  - Tira Mi Su, 88
  - Torrone, 45
- clams
  - Clam Chowder, 187
  - Mussel and Clam Sauce, 137
  - Party Paella, 166
  - Pimento Clams, 181
  - Seafood Risotto, 167
  - White Clam Sauce, 139
- cocoa
  - Amaretti, 58
  - Banana Chocolate Ribbon Torte, 27
  - Best Brownies, 205
  - Biscotti Neri, 59
  - Brownie Pudding, 161
  - Double Chocolate Cookies, 63
  - Dutch Chocolate Cake, 31
  - Espresso Cookies, 64
  - Hazelnut Torte, 33
  - Honey Brownies, 207
  - June's Brownies, 207
- coconut
  - Granola Bars, 42
  - Irish Cream, 94
  - Magic Bars, 208
  - Peanut Sauce, 90
  - Satay, 177
  - Thai Basil Seafood Sauce, 183
- corn
  - Cornbread, 10
  - Pão de Milho, 199
- popcorn
  - Caramel Corn, 41
  - Honey Glazed Munch Mix, 43
  - Munch and Crunch, 43
  - Sam's Caramel Corn, 44
- crab
  - Avocado-Crab Dip, 89
  - Crab Legs, 180
  - The Finale, 183

- 
- cranberries
    - Cranberry Brie Bites, 109
    - Cranberry Fruit Chutney, 157
    - Cranberry Pistachio Biscotti, 62
    - Cranberry Sauce, 176
    - Cutlets with Cranberry Orange Sauce, 53
  - cream
    - Angel Food Cake with Espresso Mascarpone, 81
    - Basil Sauce, 135
    - Charlotte's Web Pumpkin Soup, 186
    - Cheesecake Supreme, 29
    - Chocolate Mousse, 162
    - Chocolate Mousse Cake, 30
    - Chocolate-Pecan Caramel Candy Bars, 206
    - crème fraîche
      - Salmon in Puff Pastry, 106
    - Cracker Dessert, 82
    - Creamy Fruit Pie, 142
    - Fettuccine alla Vodka, 125
    - Fettuccine Pasta Plus, 125
    - Fingerling Potatoes, 90
    - Ganache, 33
    - Hazelnut Torte, 33
    - Irene's Strawberry Shortcake, 84
    - Maccheroncini Con Patate e Crema di Acciughe, 128
    - Open Apple Pie, 143
    - Peach Schnitz Pie, 144
    - Philadelphia Vanilla Ice-Cream, 86
    - Poached Whitefish, 105
    - Potato and Spinach Croquettes, 154
    - Pumpkin Pie, 145
    - Root Beer Cake, 37
    - Scalloped Potatoes, 155
    - White Mushroom and Ham Sauce, 139
  - cucumber
    - Fatthoush, 109
    - Gazpacho, 189
    - Greek Pasta Salad, 171
    - Italian Potato Salad, 171
    - Mango Salad Rolls, 110
    - Sushi Pizza, 107
  - currants
    - Hot Cross Buns, 13
  - cuttlefish
    - Seafood Risotto, 167
  - Seafood Sauce, 138
  - dates
    - Cranberry Fruit Chutney, 157
    - Date Squares, 207
    - Granola Bars, 42
    - Sticky Date Pudding, 164
  - eggplant
    - Eggplant Parmigiana, 97
    - Eggplant Rolls (Involtini), 97
    - Grilled Vegetables, 219
    - Kari-Kari, 3
    - Melanzanë a Fungetiëddë, 98
    - Stuffed Eggplant, 221
  - escarole
    - Escarole in Tomatoes, 219
  - fennel
    - Mushroom and Spinach Salad, 172
    - White Beans and Fennel, 116
  - fish
    - baccalà
      - Baccalà and Potatoes, 99
      - Baccalà in Tomatoes, 99
    - Fish in Foil, 102
    - Fish Orange Onion Bake, 102
    - halibut
      - Grilled Halibut and Peppers Julienne, 103
      - Party Paella, 166
      - The Finale, 183
    - Italian Marinade, 117
    - red snapper
      - Grilled Red Snapper, 103
    - roughy
      - Orange Roughy in Wine, 104
    - salmon
      - Cedar-Planked BBQ Salmon, 101
      - Fettuccine alla Vodka, 125
      - Penne in Salmon Cream Sauce, 132
      - Poached Salmon, 104
      - Salmon Ball, 91
      - Salmon in Puff Pastry, 106
      - Salmon Steaks with White Wine, 106
    - sole
      - Baked Sole alla Dario, 100
      - Poached Sole, 104

- swordfish
    - Broiled Swordfish Steaks, 100
    - Lemon Barbecued Swordfish Steaks, 103
    - Sweet and Sour Swordfish, 107
    - The Finale, 183
  - trout
    - Fisherman's Delight, 101
  - tuna
    - Tuna Sauce, 139
  - whitefish
    - Poached Whitefish, 105
    - Poached Whitefish in Tomatoes, 105
  - whiting
    - Zuppa di Merluz (Whiting), 107
- ginger
  - Beef Marinade, 117
  - Ginger Snaps, 66
  - Gingerbread, 66
  - Granola Bars, 42
  - Mushroom and Spinach Salad, 172
  - Old German Honey Cookies, 70
  - Pumpkin Butter, 158
  - Pumpkin Cookies, 73
  - Pumpkin Pie, 145
  - Soy Dipping Sauce, 91
- gingerroot
  - BBQ Butterflied Leg of Lamb, 111
  - Broiled Swordfish Steaks, 100
  - Charlotte's Web Pumpkin Soup, 186
  - Cranberry Fruit Chutney, 157
  - Stir Fried Sour Shrimp, 182
  - Sushi Pizza, 107
  - Teriyaki Ginger Chicken Breast, 56
  - Teriyaki Sauce, 118
  - Thai Basil Seafood Sauce, 183
- grape
  - Italian Fruit Compote, 84
- honey
  - Best Brownies, 205
  - Charlotte's Web Pumpkin Soup, 186
  - Chocolate-Pecan Caramel Candy Bars, 206
  - Cornbread, 10
  - Fluffy Pancakes, 22
  - Granola Bars, 42
  - Honey Brownies, 207
  - Honey Cookies, 67
  - Honey Glazed Munch Mix, 43
  - Lime Grilled Chicken, 53
  - Old German Honey Cookies, 70
  - Peanut Butter & Honey Cookies, 71
  - Sam's Caramel Corn, 44
  - Sweet and Sour Potato Salad, 173
  - Torrone Nuggats, 45
  - Waffles, 23
- jam
  - Apple Galettes, 142
  - Crostata, 63
  - Jelly Dot Cookies, 67
  - Oatmeal Cookie Bars, 70
  - Peaches, 71
  - Raspberry Cream Cheese Cookies, 74
  - Strawberry Cheesecake Squares, 209
- lamb
  - Agnello Con Funghi, 111
  - BBQ Butterflied Leg of Lamb, 111
  - Lamb Stew, 112
  - Pancetta, 112
  - Roast Leg of Lamb, 113
  - Spinach Stuffed Leg of Lamb, 113
- lemon
  - Lemon Bars, 208
- lime
  - Citrus Sangria, 94
  - Key Lime Sorbet, 84
  - Lime Grilled Chicken, 53
- lobster
  - Lobster Dip, 90
  - The Finale, 183
- mango
  - Mango Salad Rolls, 110
- molasses
  - Beef Marinade, 117
  - Cornbread, 10
  - Ginger Snaps, 66
  - Granola Bars, 42
- mushroom
  - Agnello Con Funghi, 111
  - Bacon and Cream Cheese Stuffed Mushrooms, 121
  - Cutlets in Wine, 149

- 
- Hearty Beef Goulash, 2
  - Livers, Hearts and Mushrooms, 54
  - Mushroom and Spinach Salad, 172
  - Mushrooms in Paprika, 121
  - Pollo alla Cacciatore, 55
  - Pork Cutlets alla Leonardo, 151
  - Risotto, 167
  - Rosemary Mushrooms, 121
  - Stuffed Mushrooms, 122
  - Stuffed Zucchini, 212
  - Vegetarian Mushroom Soup, 191
  - Voohy, 191
  - White Mushroom and Ham Sauce, 139
  - mussels
    - Italian Mussel Soup, 189
    - Mussel and Clam Sauce, 137
    - Mussel Sauce, 137
    - Party Paella, 166
    - Pimento Clams, 181
    - Seafood Risotto, 167
    - Seafood Sauce, 138
    - Stuffed Mussels, 182
  - nori
    - Sushi Pizza, 107
  - nuts
    - almond
      - Almond Cookies, 57
      - Almond Crescent, 57
      - Amaretti, 58
      - Apple Streusel Cake, 26
      - Caramel Corn, 41
      - Chocolate Mousse Cake, 30
      - Chocolate-Sheathed Almond Biscotti, 61
      - Christmas Fruit Cake, 30
      - Embossed Macadamia Stars, 64
      - Espresso Cookies, 64
      - German Chocolate-Hazelnut Wafers, 65
      - Jan Hagel Cookies, 67
      - Orange Cookies‡, 70
      - Pumpkin Cookies, 73
      - Spinach-Cauliflower Toss, 173
      - Strawberry Cheesecake Squares, 209
      - Tea Ring‡, 39
      - Torrone, 45
      - Torrone Nuggats, 45
    - Very Berry Summer Cake, 39
    - Witch's Fingers, 77
    - Banana Bread, 7
    - Banana Nut Cake, 27
    - Butter Tarts, 142
    - Caramel Apples, 82
    - cashew
      - Beans with Cashews, 115
      - Mango Salad Rolls, 110
    - Chicken Cheese Ring, 90
    - Chocolate Peanut Butter Balls, 82
    - Equal Opportunity Coffee Cake, 32
    - Favourite Oatmeal Cookies‡, 65
    - Granola Bars, 42
    - hazelnut
      - German Chocolate-Hazelnut Wafers, 65
      - Hazelnut Torte, 33
      - Pecan Snowdrops, 72
      - Torrone, 45
      - Torrone Nuggats, 45
    - Jelly Dot Cookies, 67
    - June's Brownies, 207
    - macadamia
      - Embossed Macadamia Stars, 64
    - Nut Brittle, 44
    - pecan
      - Apple Streusel Cake, 26
      - Caramel Corn, 41
      - Chocolate-Pecan Caramel Candy Bars, 206
      - Cream Cheese Spirals, 83
      - Pecan Balls, 71
      - Pecan Crescents, 72
      - Pecan Ice Cream Topping, 86
      - Pecan Snowdrops, 72
      - Vanilla Pecans, 88
    - pine
      - Pesto, 137
      - Spinach Stuffed Leg of Lamb, 113
    - pistachio
      - Cranberry Pistachio Biscotti, 62
    - Pumpkin Bread, 17
    - Sam's Caramel Corn, 44
    - walnut
      - Apple Streusel Cake, 26
      - Apple Walnut Cake, 26
      - Chocolate-Pecan Caramel Candy Bars, 206

- Cream Cheese Spirals, 83
- Magic Bars, 208
- Oatmeal Chocolate Chip Cookies, 69
- Pumpkin Cookies, 73
- Rhubarb Bread●, 18
- Tea Ring‡, 39
- Vanilla Pecans, 88
- Whole Wheat Pumpkin Bread, 20
- Zucchini Cake, 40
- oats
  - Banana Oatmeal Cookies, 58
  - Date Squares, 207
  - Favourite Oatmeal Cookies‡, 65
  - Fluffy Pancakes, 22
  - Granola Bars, 42
  - Oatmeal Chocolate Chip Cookies, 69
  - Oatmeal Cookie Bars, 70
  - Strawberry Tea Bread, 20
- parsnip
  - Roasted Root Vegetables, 220
- peaches
  - Peach Custard Pie, 144
  - Peach Schnitz Pie, 144
  - Uncooked Fruit Pie, 148
- peanut
  - Chocolate Peanut Crispies, 205
  - Honey Glazed Munch Mix, 43
  - Munch and Crunch, 43
  - Peanut Butter Squares, 209
- peanut butter
  - Chocolate Peanut Butter Balls, 82
  - Chocolate Peanut Crispies, 205
  - Granola Bars, 42
  - Kari-Kari, 3
  - Peanut Butter & Honey Cookies, 71
  - Satay, 177
- pear
  - Equal Opportunity Coffee Cake, 32
  - Italian Fruit Compote, 84
  - Pear Pudding, 163
- peas
  - Chicken and Shrimp Chow Mein, 124
  - Fresh and Tasty Potato Salad, 170
  - Lamb Stew, 112
  - Minestrone, 190
  - Party Paella, 166
  - Peas and Onions, 116
  - Penne in Salmon Cream Sauce, 132
- pineapple
  - Bahama Mama, 93
  - Pineapple Salsa Chicken, 55
- pork
  - Cutlets in Wine, 149
  - Dry Rub Ribs, 150
  - Kansas City Ribs, 150
  - Pork Cutlets alla Leonardo, 151
  - Pork Loin with Rosemary, 151
  - Pork Sausage, 152
  - Portuguese Pork Tenderloin, 151
- potato
  - Baccalà and Potatoes, 99
  - Baked Mashed Potatoes, 153
  - Beans and Potatoes, 217
  - Butternut Squash Soup, 186
  - Chicken Soup, 187
  - Fingerling Potatoes, 90
  - French Fries, 153
  - Gnocchi di Patate, 126
  - Italian Potato Salad, 171
  - Maccheroncini Con Patate e Crema di Acciughe, 128
  - Minestrone, 190
  - Perogies, 154
  - Pisticcese Potato Salad, 154
  - Poached Whitefish, 105
  - Poached Whitefish in Tomatoes, 105
  - Potato Bannock, 155
  - Potato Pancakes, 155
  - Potato Salad, 172
  - Potato Tortano, 201
  - Potatoes Marinara, 155
  - Roasted Root Vegetables, 220
  - Scalloped Potatoes, 155
  - Sweet and Sour Potato Salad, 173
  - Swiss Chard and Potatoes, 156
  - Veal in Bianco, 216
  - Vegetarian Mushroom Soup, 191
  - Zucchini and Potatoes, 156
  - Zucchini Soup●, 191
- pumpkin
  - Charlotte's Web Pumpkin Soup, 186

- 
- Pumpkin Bread, 17
  - Pumpkin Butter, 158
  - Pumpkin Cookies, 73
  - Pumpkin Pie, 145
  - Sweet Potato Sourdough, 203
  - Whole Wheat Pumpkin Bread, 20
- raisins
- Blueberry Scones, 18
  - Brioche, 194
  - Butter Tarts, 142
  - Calzone with Raisins, 10
  - Christmas Fruit Cake, 30
  - Cranberry Fruit Chutney, 157
  - Easter Babka, 12
  - Granola Bars, 42
  - Honey Glazed Munch Mix, 43
  - Maple Apple Pudding Cake, 35
  - Pumpkin Bread, 17
  - Pumpkin Cookies, 73
  - Rice Pudding, 163
  - Rice with Raisins, 167
  - Runny Butter Tarts, 146
  - Tea Ring†, 39
  - Whole Wheat Pumpkin Bread, 20
- rapini
- Pasta and Rapini, 131
- raspberries
- Berry Berry Mock-tail, 93
  - Very Berry Summer Cake, 39
- rhubarb
- Rhubarb and Strawberry Cobbler, 145
  - Rhubarb Bread Pudding, 163
  - Rhubarb Bread●, 18
  - Rhubarb Cake, 36
  - Rhubarb Crumble Pie, 146
  - Rhubarb Orange Coffee Cake●, 36
  - Strawberry and Rhubarb Pie, 146
- rice
- Aromatic Rice, 165
  - Cabbage Roll Casserole, 217
  - Cabbage Rolls, 218
  - Party Paella, 166
  - Red and Yellow Pepper Risotto, 166
  - Rice Pudding, 163
  - Risotto, 167
  - Seafood Risotto, 167
  - Shrimp and Zucchini Risotto, 168
  - Stuffed Whole Peppers, 222
  - Suppli, 168
  - Sushi Pizza, 107
- root beer
- Root Beer Cake, 37
- rutabaga
- Roasted Root Vegetables, 220
- rye
- Crostata, 63
- rye flour
- Beer Rye Bread, 8
  - Country French Bread, 195
- salsa
- Gazpacho, 189
  - Tortilla Chip Dip, 91
- sesame seeds
- Challah, 194
  - Garbanzo Hummus, 176
  - New York Bagels, 197
  - Semolina Bread, 203
  - Sesame Seed Bars, 44
  - Sushi Pizza, 107
- shrimp
- Barbecued Shrimp, 179
  - Breaded Shrimp, 179
  - Chicken and Shrimp Chow Mein, 124
  - Party Paella, 166
  - Sautéed Shrimp, 181
  - Seafood Risotto, 167
  - Seafood Sauce, 138
  - Shrimp and Zucchini Risotto, 168
  - Shrimp Macaroni Salad, 172
  - Shrimp or Cod Fillets in Tomatoes, 138
  - Stir Fried Sour Shrimp, 182
  - The Finale, 183
  - Wasabi Shrimp, 183
- spinach
- Annette's Spinach and Strawberry Salad, 169
  - Mushroom and Spinach Salad, 172
  - Potato and Spinach Croquettes, 154
  - Spinach Dip, 91
  - Spinach Stuffed Leg of Lamb, 113
  - Spinach-Cauliflower Toss, 173

- Tortellini Salad, 174
- squash
  - butternut
    - Butternut Squash Soup, 186
    - Glazed Butternut Squash, 212
  - long
    - Chëcuzza lognë Soup, 187
- squid
  - Calamari, 180
  - Cold Squid Salad, 180
  - Grilled Calamari, 181
  - Seafood Sauce, 138
  - Stuffed Squid●, 182
- strawberries
  - Annette's Spinach and Strawberry Salad, 169
  - Berry Berry Mock-tail, 93
  - Irene's Strawberry Shortcake, 84
  - Masella Mountain Mock-tail, 94
  - Rhubarb and Strawberry Cobbler, 145
  - Strawberry and Rhubarb Pie, 146
  - Strawberry Pie, 147
  - Strawberry Tea Bread, 20
- sweet potato
  - Roasted Root Vegetables, 220
  - Sweet Potato Pie, 147
  - Sweet Potato Rolls, 20
  - Sweet Potato Sourdough, 203
- Swiss chard
  - Calzone, 9
  - Minestrone, 190
  - Swiss Chard and Potatoes, 156
  - Swiss Chard with Pëpparulë, 222
- turkey
  - Artichoke Turkey Cutlets, 213
  - Closed Pan Roast Turkey, 213
  - Cutlets with Cranberry Orange Sauce, 53
  - Herb-Grilled Turkey Scallopini, 214
  - Open Pan Roast Turkey, 214
  - Rotisserie Chicken, 56
- veal
  - Breaded Cutlets in Tomato Sauce, 215
  - Cabbage Rolls, 218
  - Liver Veneziana, 215
  - Ossobuco, 216
  - Veal alla Pizzaiola, 216
- Veal Birds, 216
- Veal in Bianco, 216
- zucchini
  - Battered Zucchini, 211
  - Boston Zucchini Sticks●, 211
  - Eggplant Rolls (Involtini), 97
  - Grilled Vegetables, 219
  - Nonna's Pizza Topping, 118
  - Pasta with Zucchini, 132
  - Polpetonë with Zucchini, 5
  - Red and Yellow Pepper Risotto, 166
  - Shrimp and Zucchini Risotto, 168
  - Stuffed Zucchini, 212
  - Zucchini and Potatoes, 156
  - Zucchini Cake, 40
  - Zucchini Frittata, 96
  - Zucchini in Tomatoes, 212
  - Zucchini in Tomatoes 2, 212
  - Zucchini Parmigiana, 212
  - Zucchini Pasta, 139
  - Zucchini Soup●, 191



# Stealing Recipes

My grandparents cook without recipes. Getting them to give you a recipe is almost impossible; even getting a list of ingredients can prove challenging. I have gained experience in how to extract recipes from them. I will share my secrets and describe my method.

## Invitation

The only way to get the recipe is to watch them do it and observe what they do and write it all down.

The first decision to make is location. There are pros and cons to doing it in their kitchen versus yours. In their kitchen they have the tools they are used to. They may have a favourite cup to measure flour or be able to estimate in their pans. Taking them out of their element will be disruptive to their cooking. However, they will often focus more in your kitchen. I know my grandparents are constantly working on many things at once. It becomes unclear if something is sitting on the counter because it needs to sit or because something else needs attention.

If you are going to do it in their home, you're going to need to bring some of your own tools. I recommend the following:

**Notebook and pen** — This is where you will write down your observations. I find that writing on papers gets lost, so I have a section of a notebook dedicated to this. A smaller notebook is better since it will be more unobtrusive when working. Make sure it is reasonably rugged since it will get covered in food.

**Calibrated Measuring Devices** — If my grandmother says she has teaspoons, she means the things you stir your tea with, not the calibrated measuring spoons. Bring some of those and some cups.

**Scale and calculator** — Measuring by weight is the best way to reduce variability in the recipe. Since there will probably be arithmetic involved to make use of the scale's amounts, I suggest a calculator.

**Funky Hardware** — If the dish requires some funky hardware, like the board for gnocchi, the *fièrrè* for mac-carunè, bring it to have it approved. If you don't have one of these thingies, you should start looking. They will probably tell you they got theirs from Old Country before the war, so you'll have to find an equivalent. You'd be amazed what is available at restaurant supply stores. Also, ethnic stores, Chinatown, dollar stores, and hardware store all might carry the thing you need or something functionally equivalent. Be warned, they'll never know it by the same name, so you must browse. You can also try the Google. Another person may have posted this question to a forum. Sometimes, you have to really think: I could not find a *fièrrè*, a small square rod, to make mac-carunè, so I went to talk to a machinist and he told me to look for key stock. That was easy to find.

**Watch** — For timing, since they don't.

**Instant-Read Thermometer** — This is not always necessary, but for frying, it's nice to know the oil temperature. It can also be useful for certain meats, but since my grandparents like to overcook meat, I don't bother. It is probably useful in stove-top braising, poaching, and other sub-boiling techniques.

## Everything is Important

Assume everything they do is important. Most of it isn't. In fact, much of it is probably pointless. For now, get it all down. If you can make this dish multiple times and take an average, so much the better. This is an important distinction: *don't write anything they tell you*. Write what you observe. They may tell you things that are misleading or just plain wrong. It's probably not intentional. If you want to write it down, note that it was not observed.

Be as precise as possible. If you know the cooking vocabulary, use it. Putting oil and garlic in a pan can be a sauté or a sweat depending on the temperature. If you don't know the difference, write down what setting the stove is at. Does the garlic blister? colour? Is it covered in oil? Is it in a shallow pan? non-stick pan? Is the garlic minced? crushed? halved? Imagine describing it to someone who is not in the room.

Take every opportunity to do instead of watch. If dough is involved, touch it, squeeze it, and stretch it. If dough is not something you handle frequently, bring some modeling clay or cheese wax and try to describe the dough relative to those.

Examine ingredients thoroughly. Write down brand names and, if you aren't familiar with them, find out where they get them. My grandmother has very specific rules about which brands of flour she uses for what. She doesn't understand why, but some are better. What she is really looking for is the amount of protein in the flour. Robin Hood All-Purpose flour has lower protein content than Five Roses All-Purpose, making the Robin Hood better suited to cake and pastry and the Five Roses to pasta. Ask if they always use this brand.

## How to Measure

Measuring ingredients is hard. If you have a scale, I would measure everything by weight. Even if you want a recipe by volume, a scale is convenient because you can shove it under their work bowl and just keep measuring. If you are measuring by volume, you'll just have keep shoving cups under their hands and measuring before they drop it into the bowl. My grandmother's pasta was particularly annoying because she would make it too wet, then add flour, then it would be too dry and she would add more water. My solution for that particular recipe was the weigh the bag of flour before and after and weigh the dough at the end. Then I could calculate the amount of flour and water in the dough.

Measuring time is fairly easy. Just remember to do it.

## Quantifying the Measurements

The question I ask most frequently is "what are you looking for?". That is the golden question. This is most important during the cooking. Given they don't time, what are they looking for? Is it the colour? smell? cracks? puffing? This is also important in doughs and batters. How do you know it is kneaded enough? stickiness? smoothness? colour?

If you are learning a technique, after you've rolled or folded a few whatevers, describe what you are doing to them in different words and see that they are satisfied. This can be especially important if there is a language barrier.

Don't ask why. They probably don't know or their answer is wrong.

## Fixing the Recipe

Once you have observed it, come home and immediately rewrite it in a “standard” recipe format. Do any calculations you need for your ingredients. If you measured in weight but want volume, use your scale to convert by measuring the same weight in a calibrated container. If there is a strange technique, like rolling maccarunë, write it down in a detailed set of steps. Draw pictures if it helps. It is important to do this while it is fresh in your mind.

Try to make it. Make it with all the strange and seemingly pointless steps. If you get something pretty darn close, you may begin whittling; if not, make it again and, if that fails, observe again. There is also a lot of variability in their cooking. If it consistently comes out to watery, assume your measurement is off and decrease it.

The recipe at this point is full of seemingly useless steps or things that are way too complicated. Pick something that seems illogical or laborious and change it. If your change works, keep it. Keep whittling down the recipe until you think it is manageable. In some recipes, I have taken the opposite approach. I have stripped the recipe down to what I think are essential steps and added steps back. Some steps require patience to get right. After years, we are still learning how to make a frittata. It can be very hard to tell non-sense from critical steps. Kneading the ground beef in meat balls changes the texture. Pressing down calzone makes them fluffier. I didn't know that until I took them out of the recipe. Besure to log your subsequent attempts in your notebook. If skipping a step makes it chewy, it's the only way you'll know.

In parallel, you can also start changing the ingredients. My grandmother's dishes tend to be extremely high in fat. A lot of times, this can be drastically reduced without changing the dish substantially. You can also see if the particular brands they use are better suited to this recipe than others.

## The Ultimate Test

The final challenge for your newly transcribed recipe is to make it for them. If it gets the seal of approval, it's a keeper.

## Peasant Cooking

Most of the recipes I've tried to capture are peasant dishes made when people had a fair amount of time on their hands. Really, one must have been pretty bored to consider rolling stuff in a cabbage leaf. There are two hallmarks of peasant cooking: intricate steps and long cooking times.

Intricate steps are probably unavoidable. Making cabbage rolls or maccarunë are going to be extremely laborious just because of the effort required to form each one. I try to remind myself that if it was winter in the Ukraine before TV, I'd probably be pretty bored too. That being said, there are cheats. Cabbage roll casserole made like a lasagna tastes pretty much the same and tagliatelle made with a pasta machine are much better than any store bought pasta.

Long slow cooking times are definitely unavoidable. Long slow cooking times are not a product of too much time. They are a necessary way to tenderise meats and extract flavours. Long gentle cooking causes connective tissue in meat to break down. Even though we may have better ingredients now, a long slow cook will always make for more tender meat. It's also important to remember that water is a solvent. Cooking soup for hours is necessary because that is the time needed to extract the flavours from the ingredients. If you want to make things quicker, don't resort to increasing the heat and shortening the cooking time. The answer is more likely in technology. Would it be better in a pressure cooker? slow cooker? Can you make a huge batch and freeze it fully cooked? prepared but uncooked? ingredients prepped? some ingredients? Another technique to note is a braise: a long slow cook just below a simmer. My grandparents always did it on the stove top, which requires constant fussing with the temperature. Instead, you'll probably want to braise in the oven, a slow cooker, or a

pressure cooker. If you cook too hot, your dish will never tenderise the same way.

It's also important to understand that somethings have changed. My grandparent cook pork to shoeleather, but their reason was good. When they were growing up, most pigs were fed scraps and the meat was frequently contaminated with trichinosis. Grocery-store pork is fed grain and regulated so it doesn't contain trichinosis, therefore doesn't need to be cooked as much.

## Closing

There's a joke I like: A recently married woman makes a ham for her husband. He says that it is fantastic, but asks why she cut the ends off. She replies that her mother made great ham and she always cut the ends off. They call her mother and ask why she cuts the ends of her ham. In turn, she says that her mother made great ham and she always cut the ends off. They then call her grandmother and inquire why she cut the ends of her hams. The grandmother says that she never had a pan big enough.

Good luck!

# Microbiology

Sourdough and cheese recipes require some “real” microbiology work. These are derived from laboratory procedures and some laboratory equipment.

## Aseptic Technique

Microbiology work requires “aseptic technique” which is a work method to prevent contamination so that only a single microorganism will be cultivated. Proper technique is not possible or necessary in the kitchen. In general, the following must be observed:

## Glassware

For yeast, the ideal growing environment is a vented Erlenmeyer flask on a magnetic stirrer. The stirring helps aerate the media as yeast prefer to be oxygenated. If not available, it can be skipped, but the flask should be swirled occasionally. Special vented caps are available to allow air to flow into the flask but prevent dust from contaminating the culture. If not available, cover with a piece of aluminium foil. If an Erlenmeyer flask is not available, use any glass vessel with a narrow neck.

For cheese, the ideal growing environment is a sealed Erlenmeyer flask. If on a magnetic stirrer, soft cheeses like Quark (See page 48) will be smoother. If this is not available, run the final product through a blender to remove any crystalline lumps. If a stoppered flask is not available, any clear sealed glass container will work. Beware of odour transfer between the cheese and the rubber seal of a jar.

- Clear all equipment thoroughly before using. Do not use soap unless needed and rinse extremely thoroughly.
- Sterilise items by processing in a covered water bath for at least 30 minutes.

- Items which are coming in direct contact with media can be quickly sterilised by dipping in alcohol and then being lit. Allow to cool momentarily before touching living cells.
- Do not let equipment, especially the insides caps and stoppers, contact the counter.
- Work quickly.
- The major source of contamination is you. Do not allow a surface you have touched to contact a clean surface.

## Osmotolerant Yeast

From Andre Masella.

Ingredients:

- fresh yeast
- malt extract
- water
- Epsom salts
- alcohol

1. Prepare a flask of malt extract media.
2. Cut a cube of fresh yeast.
3. Quickly dip in alcohol.
4. Ignite yeast cube.
5. Drop yeast into flask.
6. Gently mix on a magnetic stirrer until the mixture is opaque and looks like chocolate milk. Approximately 4 days.
7. Prepare another flask of malt extract media with 2 g Epsom salts.

8. Using a sterile stick, transfer a drop from old flask to fresh flask.
9. Discard contents of old flask.
10. Gently mix on a magnetic stirrer until the mixture is opaque and looks like chocolate milk. Approximately 4 days.
11. Repeat last 3 steps using 4 g, 7 g, then 10 g Epsom salts.
12. Make Frozen Stock (See page 230) .
13. If desired, use remaining culture for Pandoro (See page 197) .

### Malt Extract Media

Ingredients:

- 15 g malt extract
- 125 g water

1. Combine all ingredients and a magnetic bead in a vented 250 mL Erlenmeyer flask.
2. Boil flask in a covered water bath for 45 minutes.
3. Chill to room temperature.

### Frozen Stock

“Culture” is media that has microorganisms grown in it (e.g., yeast grown in malt extract media grown for several days, store-bought buttermilk, store-bought live yogurt)

Ingredients:

- 1 mL glycerol
- 5 mL culture
- screw-cap 7 mL tube, rinsed and allowed to air-dry

1. Add glycerol to the tube.
2. Place the cap on loosely.
3. Sterilise the tube.
4. Let tube cool.
5. Add culture.
6. Tightly seal the tube.
7. Shake vigorously.
8. Label glass with a magic marker.
9. Cover writing with clear tape.
10. Place at the back of a very cold deep freezer.

Inoculating from frozen stock:

1. Prepare fresh culture media in a flask.
2. Sterilise a metal or wooden stick. A skewer or tooth-pick works well.
3. Take the media to the freezer.
4. Open the tube and scrape some ice.
5. Return the tube to the freezer.
6. Remove the lid of the flask.
7. Tilt the flask so the media can be reached with the stick.
8. Swirl the stick in the media against the side of the flask.
9. Replace the lid of the flask.

*The frozen stocks do not like to be thawed. Keep them as cold as possible (lab freezer are usually -80 °C) and do not allow them to warm.*

*A frozen stock has a limited life span depending on how cold the freezer is. If you find that the resulting culture is taking too long to grow, make a fresh stock and discard the old one.*