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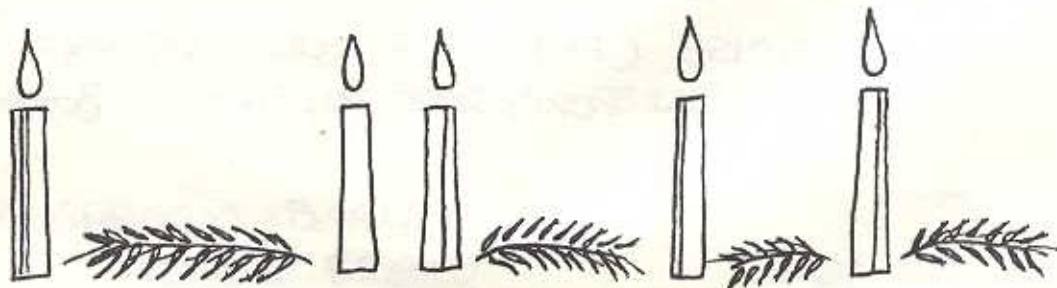
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Traditional Potato Soup

8 cups

45 min.

- 2 c. thin-sliced onions, 1 c. diced celery
 - Sauté with 2 Tb. oil over low heat for 5 minutes.
- 3 Tb. white flour - Add and cook, stirring, 5 minutes more.
- 1 lb. potatoes, peeled and small-diced
- 4 c. broth or water
 - Add $\frac{1}{2}$ bring to a boil, stirring.
 - Reduce heat and simmer 20-25 min. until potatoes are tender.
- 1 c. milk, 1 c. cream
 - Stir in and reheat. Taste for seasoning. - white pepper? parsley?



Bread

Per loaf:

- 1 c. warm (not hot) water
- 2 tsp. or 1 package dry yeast
- 2 Tb. sugar or other sweetener
- 2 Tb. melted butter
- 1 tsp. salt
- 3 c. flour (I use 1 c. whole wheat,
1/2 c. white, 1/2 c. corn meal)

Stir yeast with half the flour in bowl. Add water all at once and beat well. Let it rest while you melt the butter and clear a kneading space.

Stir in remaining ingredients, kneading flour in last of all.

Knead 20 minutes until perfect.

Rise covered and warm in a greased bowl 45 minutes or so until doubled.

Punch down to halt rising. Shape into loaf and rise in greased pan, covered, about 1/2 hour until doubled.

Bake at 350° 30 minutes. Turn out of pan to cool.

Vichyssoise

4½ c.

Serve cold in summer,
hot in winter

1 lb. potatoes, peeled & diced

1 c. sliced leeks

2½ c. broth

- Simmer 25 min. until potatoes are tender. Puree in blender and chill if soup is to be served cold.

1 c. heavy cream

1½ c. milk

- Stir in before serving. Heat through if desired. Taste for seasoning, adding salt and white pepper if desired.



Lemon Poppyseed Muffins

6 big mufs

400°

1/4 c. soft butter, 2 Tb. shortening, 1/4 c. sugar

- Cream together in bowl. Beat in:

1 egg Juice of one lemon (2-3 Tb)

1/3 c. milk 1 Tb. grated lemon rind

- Stir in dry ingredients:

1 1/2 c. flour 1/2 tsp. baking soda

2 Tb. poppy seeds 1 tsp. baking powder

- Do not over-stir.

- Bake in 6 greased muffin cups,
using preheated oven, about 20 minutes.



Squash & Leek Soup

8 cups

30-45 minutes

1 butternut squash, about 3 lbs.

- Peel, de-seed, and cut into one-inch chunks to yield 6-7 cups.

4 c. soup stock

- Combine with squash in pan and boil; simmer covered 15-20 minutes until tender. Puree in blender.

1½ c. thin-sliced leeks

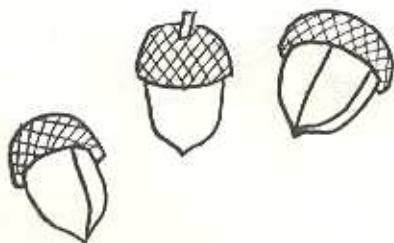
- Cook with 2 Tb. butter until tender.

Combine with squash puree.

¾ c. milk

¾ c. cream

- Add to squash and taste for seasoning. Heat through.



Orange Cranberry Bread

400°

2 c. flour, $\frac{1}{2}$ c. sugar, $1\frac{1}{2}$ tsp. baking powder
- Stir together in mixing bowl.

$\frac{1}{3}$ c. butter

- Cut in with 2 knives or a wire pastry blender 'til it looks like crumbs.

1 egg

$\frac{3}{4}$ c. orange juice 1 c. chopped cranberries

1 tsp. orange rind ($\frac{1}{2}$ c. chopped pecans)

- Wet into dry

- Bake in greased and floured pans:

2 small loaves, $7 \times 3\frac{1}{2}$ "

1 loaf, 8×4 "

1 pie dish, 9-10"

Square, 8×8 "

Small ring pan

12 muffin cups

Bake at 400° for 10 min; reduce heat (do not open oven) to 350° and bake 15-30 min. more.

Bread is finished when top is brown and toothpick comes out clean. Cool 5 minutes in pan + 10 minutes on rack before slicing.

New England Corn Chowder

30-40 minutes

for 4

1 chopped onion

1 chopped green pepper

- Sauté with 2 Tb. butter 5 min. in pot.

1 Tb. flour

- Stir into onion & pepper & sauté 1 min.

1 c. broth 1 lb. corn, fresh or frozen

1 c. milk 2 med. potatoes, peeled & diced

- Add & bring to a boil, stirring.

1/4 lb. mushrooms, sliced

- Add, reduce heat & simmer 20 min.

or so until potatoes are tender. Stir it a couple of times.

1 c. heavy cream or evaporated milk

- Add to soup with salt & pepper as desired. Heat through and serve.



Traditional Biscuits

450°

1³/₄ c. flour, 1/2 tsp. salt, 3 tsp. baking powder

- Stir together in bowl

1/2 c. shortening

- Cut in with 2 knives or a wire pastry blender til mixture looks like crumbs.

3/4 c. milk

- Stir in. Knead 10 times. Roll thin and fold dough in half before cutting out for an easy split. Brush tops with milk or melted butter and bake on ungreased cookie sheet 12-15 minutes.

Drop Biscuits

- are a lot quicker. Increase milk to 1 cup and stir up. Drop by tablespoonsful onto cookie sheet $\frac{1}{2}$ bake as above.

Herb Biscuits

- Add to dry ingredients:

1 tsp. caraway seeds 1/2 tsp. dried sage

1/2 tsp. dry mustard

- Mix $\frac{1}{2}$ bake either way as above.

Canadian Cheddar Cheese Soup

8 cups

carrots - $\frac{1}{2}$ c. minced

celery - $\frac{1}{2}$ c. minced

- Take the time to mince them well before starting.

$\frac{1}{2}$ c. fine-chopped onion

- Sauté with $\frac{1}{4}$ c. butter in pot.

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

- Stir in to create a heavy roux.

4 c. milk 4 c. broth

- Add slowly, stirring roux smooth.

Add carrots and celery, a dash of salt and a few shakes of paprika.

- Cook, stirring, over medium-high heat until soup thickens to a boil.

Remove from heat.

1 c. sharp cheddar cheese in small dice

- Stir into soup until melted.

May gently warm soup at this point but do not boil.

- We usually serve this with popcorn or popovers.

Popovers

about 9

450°

35 min. baking

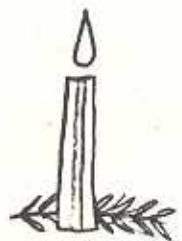
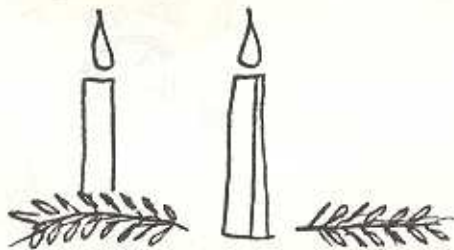
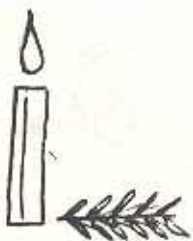
1 c. white flour
1/4 tsp. salt

1 c. milk
1 Tb. melted butter
2 beaten eggs

- Wet into dry.

- Pour into buttered deep muffin cups, popover tins, or narrow custard cups. You can lightly dust the cups with flour if they are very shiny. Fill 2/3 full.

- Bake at 450° 15 min., reduce heat to 350° but do not open the oven. Bake 20 min. more. Serve when the sides of the popovers are firm - eat at once before they deflate.



Aygholemono
(Greek) for 4

1/2 c. rice - cook in advance to yield 1 cup.

1 c. minced onion

- Sauté with salt, pepper, and 2 Tb. butter until soft and tender.

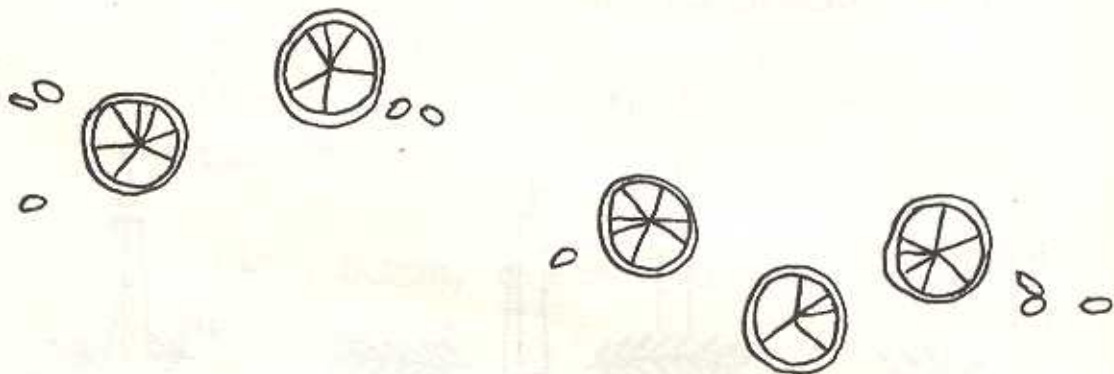
2 c. stock or water

1/2 c. lemon juice

- Add to onion. Add rice. Bring to a boil. Reduce heat to low.

2 eggs 1 c. cream 1 tsp. dried spearmint.

- Beat together well and add to soup. Stir well and gently heat - do not boil.



Herbed Flat Bread

serve hot

2-2½ hrs

1½ c. white flour 1 tsp. sugar

2 tsp. or 1 package dry yeast

- Stir together in mixing bowl.

1 c. warmed milk 1 beaten egg

1 Tb. olive oil

- Beat in until smooth. Add:

½ c. cornmeal 2 tsp. dried rosemary,

1 tsp. salt crushed

- Knead with 1-1½ cups more flour 20 minutes. Rise warm & covered in greased bowl until doubled, about 1 hour. Punch down to halt rising.

- Turn the dough out onto table or counter & rest it 10 min. Then roll it out into a cookie-sheet-sized rectangle.

Slip it onto greased cookie sheet.

- Using fingertips, dimple the surface of the dough. Drizzle with 2 Tb. more olive oil and rest it 15 minutes.

- Bake at 400° 20-25 min. until golden-brown on top. Cut into squares.

- Also fine with fennel seeds, oregano, basil, sage, savory, marjoram...

Borscht

(Russian)

45 minutes

1 large chopped onion

2 stalks chopped celery

- Sauté w/ 2 Tb. butter in pot.

3 diced potatoes

3 sliced carrots

3 1/2 c. broth

- Add to pot, boil, cover, and simmer for 15 min. Add:

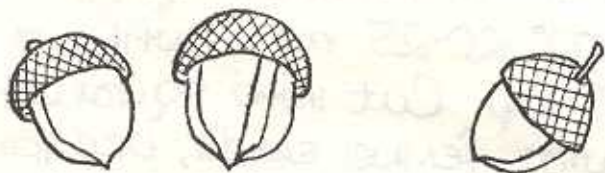
1 can diced beets, with liquid

- Bring to a boil, cover, and simmer for 15 min. more. Add:

2 Tb. vinegar

Salt and pepper to taste

- Serve with a spoonful of sour cream in each bowl.



Orange Muffins

1 dozen

400°

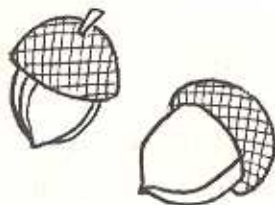
- 1 c. white flour
- 1 c. whole wheat flour
- $\frac{1}{3}$ c. sugar
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. soda
- 1 tsp. baking powder

- 2 eggs
- $\frac{1}{3}$ c. oil
- 1 c. orange juice
- 1 tsp. orange peel

- Wet into dry.

- Bake in greased muffin cups
about 20 min.

- Very good with $\frac{1}{2}$ c. raisins,
dates, pecans or almonds.



Hot $\frac{1}{4}$ Soue Soup
for 4 45 min.

5 dried shiitake mushrooms

- Soak in 2 c. boiling water for $\frac{1}{2}$ hr.
Save the water & slice the shrooms.

6 c. soup stock, including water from shiitake
and juice from 1 can bamboo shoots

- Bring to a boil.

$\frac{2}{3}$ lb. firm tofu, grated into long shreds

5 sliced shiitake mushrooms

1 can bamboo shoots

$\frac{1}{4}$ c. cider vinegar 2 Tb. soy sauce

$\frac{1}{4}$ tsp. sesame oil $\frac{1}{4}$ tsp. or less Tabasco

- Add to stock, return to boil.

2 beaten eggs

- Drizzle into boiling soup, stirring to
create egg drops. Reduce heat.

2 thin-sliced scallions

- Stir into soup & serve.

15 Soup may be thickened with 2 Tb. cornstarch.

Pineapple Oat Bread

375°

1 c. white flour
1/2 c. whole wheat flour
1 c. rolled oats
1/2 c. brown sugar
2 tsp. baking powder
1/2 tsp. salt.

1 egg
1/3 c. milk
1/3 c. oil

1 small can crushed
pineapple, w/ juice

- Wet into dry
- Turn into greased & floured pan:

Loaf pan 8x4"
Pie dish 9 or 10"

12 muffin cups
Square pan 8x8"

- Bake 30-60 min. until top is golden, sides pull away from pan, and toothpick comes out clean. Cool 10 min. in pan and 10 min. on rack before slicing. (Loaf is the hardest to slice without crumbling.)

Miso Soup

4-6 folks

1 hour

3 Tb. miso, dissolved in 6 cups water

carrots - 1 c. thin-sliced

onion - 1/2 c. sliced

cabbage - 1 c. shredded

garlic - 1 clove crushed

celery - 1 c. thin-sliced

ginger - 1/2 tsp. grated

- Sauté w/ 2 Tb. oil in soup pot.

green pepper - 1/2 c. thin-sliced

1/2 tsp. sugar

3 Tb. sherry

1/2 tsp. salt

2 tsp. vinegar

lots of pepper

- Add to pot with miso. Boil, cover, and simmer over very low heat 10-15 min.

- These extras may be added at the end, if desired:

tofu, 1/2 lb. chunks

cooked noodles

water chestnuts, 1/2 can

shiitake mushrooms

This soup freezes well.

Pumpkin Bread

350°

1/3 c. shortening 2 eggs 1 1/3 c. sugar
- Beat until fluffy in mixing bowl.

1 c. canned pumpkin
- Add to bowl, stir well, $\frac{1}{2}$ set aside.

1 c. white flour 1 tsp. salt
3/4 c. whole wheat flour 1/2 tsp. cinnamon
1 tsp. baking powder 1/4 tsp. cloves
- Stir together in other bowl.

1/3 c. milk OR water 1/2 tsp. vanilla
- Stir together in a third bowl.

- Add dry ingredients to pumpkin mixture in three parts, alternating with milk mixture. Do not overbeat. Fold in:

1/3 c. raisins 1/3 c. chopped walnuts
- Bake for 1 hour in greased and floured loaf pan.

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Traditional Split Pea Soup

1 1/2 hours

6 cups

split peas - 1 cup
onions - 1 c. chopped
garlic - 1 small clove minced
carrots - 1 c. diced
celery - 1 c. chopped

5 c. stock or water

1 bay leaf

1/2 tsp. marjoram

salt and pepper to taste

- Combine everything in soup pot.
Boil $\frac{1}{2}$ simmer for 1 hour.

- Remove bay leaf and puree most
of the soup in blender. Return to
pot, reheat if necessary and
taste for seasoning.



Raisin Scones

1 large round loaf 450°

3/4 c. white flour 1/2 tsp. salt

1/3 c. sugar 5 tsp. baking powder

- Stir together in mixing bowl.

5 Tb. butter

- Cut into flour mixture with 2 knives or a wire pastry blender until it looks like crumbs.

1 egg 1 c. milk 1/2 c. raisins

- Mix in to form a soft, sticky dough.

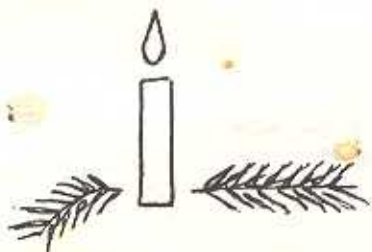
- Pat dough into a greased pie pan.

Cut it into 8 wedges as you would a pie, but do not separate the pieces.

Beaten egg...

- Brush over the top of the loaf.

- Bake at 450° 10 min. Reduce heat to 375° to bake 15-20 min. more, until top is golden brown.



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Mushroom-Barley Soup

6 cups

1 hour

$\frac{1}{2}$ c. barley - cook with $1\frac{1}{2}$ c. water in small covered pan.

1 heaping cup chopped onion

1 heaping teaspoon minced garlic

- Sauté in 3 Tb butter for 3 min. in pot.

1 pound fresh mushrooms, sliced

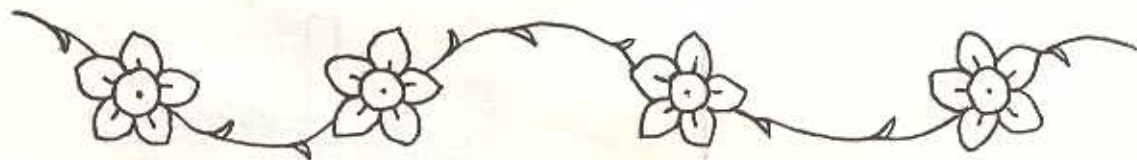
~~$\frac{1}{2}$ tsp salt~~ ($\frac{1}{4}$ tsp. dried thyme)

- Add to pot and sauté for 5-10 min. until nice and tender.

5 c. stock or water ~~4~~ 3 Tb. soy sauce

$\frac{1}{4}$ c. dry sherry or white wine

- Add to pot. Add the barley when it is done. Give it some pepper and simmer 20 min. or so, covered, over very low heat. Taste for seasoning & serve.



Apple Bread

1 loaf

350°

$\frac{1}{4}$ c. soft butter $\frac{3}{4}$ c. honey

- Cream together in mixing bowl.

2 eggs $\frac{1}{3}$ c. milk 1 tsp. vanilla

- Beat in until smooth.

2 apples, peeled and chopped

1 c. whole wheat flour $\frac{1}{2}$ tsp. salt

1 c. white flour 2 tsp. baking powder

- Stir in.

- Bake in greased and floured loaf or ring pan for 1 hour until top is gold-brown, sides pull away from pan, and toothpick comes out clean.

- Cool 10 min. in pan, 10 min. on rack before slicing.



Polish Barley Soup

for 4

1 hour

$\frac{3}{4}$ c. fine-chopped onion $\frac{1}{2}$ tsp. minced garlic
- Sauté w/ 1 Tb. oil 3 min. in soup pot

$\frac{1}{4}$ c. barley

- Add and sauté about 3 minutes more.

Carrots - $\frac{1}{2}$ c. diced Mushrooms - $\frac{1}{3}$ c. sliced

Celery - $\frac{1}{2}$ c. diced Potato - 1 small, diced

5 c. stock or water 3 Tb. soy sauce

Large pinch dried thyme or $\frac{1}{2}$ tsp. fresh

- Add to barley & boil. Reduce heat and simmer 45 min, covered, until barley is done. Taste for seasoning. It probably needs pepper.

- Serve with a generous spoonful of sour cream.



Carrot Muffins

8 mufs

400°

1 c. flour

1/4 c. brown sugar

1/2 tsp. salt

1 1/2 tsp. baking powder

2 eggs

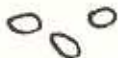
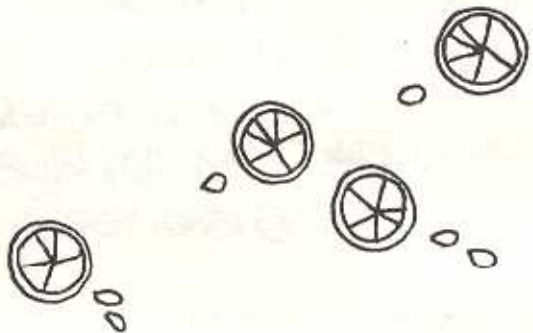
1/4 c. oil

1 Tb lemon juice

1 c. grated carrot

- Wet into dry

- Bake in greased cups 20 minutes.



Minestrone
10-12 cups

is Italian for "big soup"

Freezes well

Onion - 1 c. chopped

Carrots - 1 c. diced

Garlic - 1 Tb. minced

Celery - 1/2 c. diced

Zucchini - 2 c. diced

Cabbage - 1 c. shreds

- Sauté with 2 Tb. olive oil in soup pot.

Tomatoes - 4 c. chopped, fresh or canned

Chickpeas - 1 c. cooked

Pastina - 1 c. cooked

- Add to vegetables with 4 c. water.

Boil; simmer 1/2 hour.

Green peas - 1 c. fresh or frozen

Basil - 1 tsp. dried or 2 tsp. fresh

Parsely - 1 Tb. dried or 2 Tb. fresh

- Add to soup with salt and pepper as desired. Simmer 5-10 min. until peas are tender. Taste for seasoning and serve.

Italian Bread

2 small loaves

2 tsp. or 1 package dry yeast

1/4 c. warm water

3 1/2 c. white flour

1 tsp. salt.

- Beat water, yeast, and 2 c. flour in bowl until smooth.

- Add salt and knead in as much of the remaining flour as you can. Knead the dough for 20 minutes until perfect.

- Raise covered and warm in oiled bowl until doubled, about 45 minutes - 1 hour. Punch it down to halt rising.

- Cut in half and shape into two plump loaves on greased baking sheets. Rise again, covered and warm, about 30 min.

- Bake at 400° for 20-30 minutes until lovely golden brown. Cool on racks.

For a crisper crust, brush with salt-water 2-3 times during baking.



Lentil Soup

4-6 people

Allow 1 1/2 hours

1 c. chopped onion

1 c. Chopped carrots

1 Tb. minced garlic

1 c. minced celery

- Sauté w/ 2 Tb butter in soup pot.

3 c. = 1 lb. lentils

- Add to vegetables w/ 6 c. water or broth. Bring to a boil; simmer, covered, 1/2 hour.

1 1/2 c. chopped fresh or 1 can squished tomatoes

1/4 c. dry red wine

1 1/2 Tb molasses

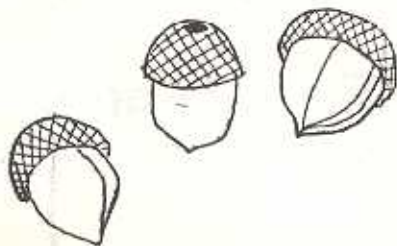
Juice of 1 lemon (2-3 Tb)

1 Tb vinegar

- Add to soup with lots of black pepper.

Simmer until lentils are quite tender, 30-45 minutes more.

- Improves with age
- Freezes well



Honey Corn Bread

9x9"

425°

1 c. white flour
3/4 c. corn meal
1 Tb. baking powder
1/2 tsp. salt

2 Tb. melted butter
1/3 c. honey
1 egg
1 c. milk

- Wet into dry.
- Bake in greased pan 20 minutes.

Also good as Harvester Cake. Add -

1/4 c. minced onion 1/2 c. corn kernels
1/4 c. minced green pepper 1/2 c. grated cheese

- Omit honey and add 1 Tb. molasses.
Bake in greased pie dish.



Cuban Black Bean Soup

1½ c. fine-chopped onions, 1 diced green pepper,
1 tsp. minced garlic, 1 Tb. oregano, 4 tsp. cumin
seeds

- Sauté in 2 Tb. oil 5 minutes.

2 c. black beans, 6 c. water, 2 tsp. salt

- Add $\frac{1}{2}$ boil. Simmer 2 hrs. or more
until beans are tender, adding water
as needed.

2 Tb. vinegar - Add shortly before serving.

½ c. cooked white rice

½ c. raw fine-chopped onion

2 tsp. olive oil

4 tsp. white vinegar

- Combine, cover, and marinate while
soup is cooking. Serve a generous
spoonful in each bowl of soup.

This soup is even better on the
second or third day, and it also
freezes well.

Apple Corn Sticks

Puerto Rican

8x8"

375°

1 c. corn meal

1/4 tsp. salt

2 tsp. baking powder

- Wet into dry.

- Heat 1 Tb. oil in pan & heat 'til sizzling hot in oven. Pour batter in & top with 1/4 c. milk & a sprinkling of cinnamon.

- Bake 30 min. until set & crisp on top.

Cut into 4"x2" sticks.

1 Tb honey

1 c. milk

1 c. chopped apple



Swedish Berry Soup

4-6 bowls

Whisk together—

1 c. orange juice	2 Tb. honey
2 c. buttermilk	1 Tb. lemon juice
½ c. cream	dash cinnamon & nutmeg

Chill. Ladle over bowls of bite-sized strawberries, raspberries, blueberries, blackberries, etc. Use about 4 c. of fruit.

Variation— Blend, in blender, dairy mixture with berries and ½ small cantaloupe cut into chunks. Garnish each bowl with a dab of sour or whipped cream.



Beignets

About 16

Serve hot

$\frac{3}{4}$ c. water, $\frac{1}{4}$ c. butter, pinch of salt

- Bring to rolling boil in saucepan

$\frac{3}{4}$ c. white flour

- Add all at once, remove from heat, and beat smooth w/ wooden spoon. Return to medium heat $\frac{1}{2}$ cook, stirring, 1 minute 'til dough pulls away from sides of pan.

4 eggs

- Remove from heat $\frac{1}{2}$ beat eggs in, one at a time, until dough is smooth again.

- Fry by tablespoonsful in $1\frac{1}{2}$ -2 inches of hot oil until golden brown on both sides. Drain on paper $\frac{1}{2}$ sprinkle with powdered sugar.

Good with 1 chopped apple added to dough before frying.

