

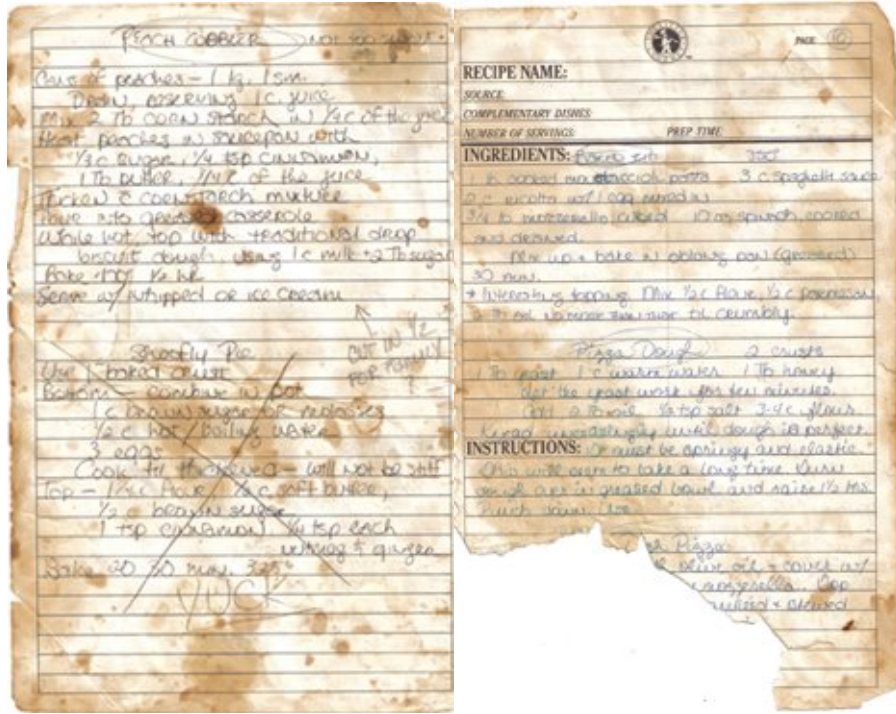
feeding the masses

a cook book from leigh



with hippie aphorisms

updated september 2005



here is what my cookbook used to look like.

the recipes come from friends and library books. they are all vegetarian. i cooked vegan for about five years and used the same recipes. they convert easily if you use margarine, soymilk, dry soymilk powder, nay-onnaise, tofu for ricotta, brewer's yeast for parmesan, egg replacer powder, and so on. they do not convert quite as easily to low-fat, i'm afraid. i am a milk-fed gal, after all.

the aphorisms come from a collection i made when i was a teenager. many of them i have posted on little signs around the house for about twenty years, so they are ingrained into my personality, corny though many of them are. they're still true, especially the first and last ones. i thought they'd fill in the extra whitespace nicely.

due to being in biochemistry school, then grad school, then medical school, i actually have not had the time or energy to cook like i used to for many years now. this is a common problem for women my age, but my mother tells me it all comes back to you when you finally have time to take it up again. "that part," she says, "is better than riding a bike."

now for the first aphorism.

passivity sucks.

- boston graffito

bread and breakfasts

baby teething biscuits		15
banana bread, big batch	15	
beignets	3	
biscuits	8	
blini	2	
blueberry bread, big batch	16	
butter milk cakes	1	
carrot muffins	5	
easy christmas coffeecake	10	
french toast	3	
frog muffins	6	
german apple pan cake	2	
lemon frog muffins	7	
oat cakes	1	
philadelphia cinnamon rolls		12
pineapple coffeecake	11	
pineapple oat muffins	5	
plain ordinary muffins	8	
pumpkin bread	13	
quick and easy coffeecake	9	
school porridge mixes	4	
traditional poppyseed coffeecake	9	
zucchini bread	13	
zucchini bread for too-much-zucchini		14

my village is a proud place
such as it is.
we are at our best when dancing.

- hippie aphorism

meals

aniseeed carrots	38	
apple-cheddar quiche	24	
aunt ellen's wonderful rice casserole		44
baked ziti	33	
bean snap	37	
bechamel sauce	19	
black bean chili with salsa	49	
borscht	41	
broccoli filo pie	31	
broccoli rice	50	
canadian cheddar cheese soup		40
cashew stir fry	25	
cheese charlotte, easy	20	
cheese charlotte, real	21	
chile relleños puff	22	
chilequile casserole	50	
cornstarch sauces	20	
cream of celery soup		41
cream of onion soup	42	
cream of spinach soup		40
cream of tomato soup		48
creole noodles	46	
crepes	18	
crepes, bechamel	18	
crepes, total loss spinach	19	
crepes, vegetable	18	
dirty rice	46	
eggplant parmesan express	39	
enchilada sauce, quick	23	
fifteen bean soup	47	
five cup salad	37	
fondue	30	
holiday sauce	17	
hot sour soup	47	
hummus	36	
iceberg wedges	48	
laurel's baked beans		43
lentil stew	28	
mittens lasagne	27	
naked children in the grass	38	

noodles baked with spinach	20
noodles romanoff	29
onion dip	35
onion pie	24
oven fried potatoes	17
pasta primavera	26
peas and cheese salad	36
pepper and onion shortcake	32
perfect macaroni and cheese	44
pesto	23
pizza dough	34
pizza sauce	34
potage ste-germaine	39
raspberry carrots	38
red beans and rice	26
refried beans	36
scrambled tofu	42
senator soup	45
shepherd pie	45
sourcream-soybean casserole	25
spaghetti carbonera	43
spinach croquettes	17
spinach-ricotta tart	29
tabouli	35
teriyaki sauce	20
thanksgiving squash	33
tofu stroganoff	32
vegetable savories, george bernard shaw's	19
white sauce	19

forgive, and it shall be forgiven.

give, and it shall be given to you:
good measure,
pressed down,
shaken together,
running over,
shall they pour into your lap.

for with what measure you measure,
so it shall be measured unto you.

sweets

apple crisp	67	
banana-pineapple cake	51	
banana pudding with vanilla wafers		73
big vegan cake	70	
birthday cake frosting	73	
blueberry buckle	68	
blueberry pie	66	
buttercream frosting	72	
butterscotch pudding	74	
carrot cake	54	
cherry pie	56	
chocolate chip cookies	58	
chocolate frosting	72	
christmas cookies 3 ways	63	
cream pie (banana, coconut, chocolate)		58
easy applesauce cake	52	
english toffee	51	
french apple pie	55	
fruitcake cookies	61	
gingerbread with lemon sauce	53	
gingersnaps/ gingerbread men/ gingerbread house		64
hungry day chocolate cake	72	
hungry day spice cake	71	
jam cake	52	
lemon meringue pie, real	66	
lemon meringue pie, somewhat easier		67
mint chocolate chip cookies	59	
molasses cookies	65	
mrs. davis cookies	60	
nancy cleary's peanut butter fudge		53
paintbrush cookies	60	
peach cobbler	68	
peach pie	56	
pecan pie	57	
pie crust	54	
pound cake, traditional	69	
pumpkin pie	57	
royal icing	65	
sandies/ polverones/ wedding cakes		65
sinful brownies	69	
strawberry rhubarb pie	56	
sugar cookies	59	
walnut-cream cheese (or jam filled) cookies		62
wonderful apple pie	55	

extras

better-butter 75
communion wafers 75
cocoa 74
easter egg dye 74
salt dough for tree ornaments et al 75

the dryers at the laundromat next to the 7-11 near fred's are called ted, hal, tom, bob, jim, ric, flo, kim, sue, ann, and pam, in silver-on-black-background letters such as one may buy at a dime store. i thought it was charming surrealism until someone told me it was to help you remember which dryer your clothes were in. i was surprised that i thought some of them sounded like dryer names and some of them didn't.

- whole earth catalog

failure is impossible.

-susan b. anthony

buttermilk cakes
for 4

1 c white flour
1 c whole wheat flour
2 tb sugar
2 tsp baking powder
1 tsp baking soda
1 tsp salt
2 eggs
2 c buttermilk (may sub milk with 2 tb vinegar - let sit 10 min)
1/4 c oil

wet into dry.

good versions:

add 1 minced apple and 1/2 tsp cinnamon.

add 2 lg sliced bananas and 1 c sunnies

add 1-2 c blueberries (if you use frozen, rinse them well first)

~

oat cakes

for 4

these are actually the best hotcakes in the world.

4 beaten eggs
2 2/3 c milk
1/4 c oil
2 c rolled oats (don't use quick or instant oats either)
mix and let soak 10 minutes.

add:

2 tb brown sugar
1/2 tsp salt
1 c flour
2 tsp baking powder

use 1/4 c batter per cake.

whatever i may have cooked, the cook inside me adds salt.
-gunter grasse

german apple pan cake
for 4

oven 375

this is a good holiday breakfast. leave the eggs out overnight.

6 eggs, room temp - separate them.

2 big apples, peeled, cored and chopped.

beat the egg whites stiff.

mix in large bowl:

the yolks

1/2 c milk

1 tsp vanilla

1/2 c flour

1/4 tsp salt

1/2 tsp baking powder

fold in egg whites and apples.

melt 1/4 c butter and pour it into a round cake pan, swirling to coat.

pour in batter.

bake 20-30 minutes.

sprinkle with sugar before serving.

~

blini

for 4

another awesome holiday breakfast. you will need a dozen crepes.

mix up:

4 c cottage cheese

1/3 c sugar

1 1/2 tsp vanilla

fill crepes with 3 tb filling, tucking in the sides to make closed packages.

fry them in butter.

serve warm with cherry pie filling.

bears are made of the same dust as we,
and breathe the same winds,
and drink the same waters.

- john muir

french toast
for 4

10 slices bread, cut diagonally

mix:
2 eggs
2 c milk
1/4 c maple syrup
1 tsp vanilla
1/2 tsp cinnamon

soak bread and fry til puffy and yummy.

~

beignets
also known as dough gods or vanity cakes.
makes 16

fine-chop 1 apple.

heat to boiling in a saucepan:

3/4 c water
1/4 c butter
1/2 tsp salt

stir in 3/4 c flour and beat over heat until the dough pulls away from the sides

remove from heat and beat in eggs, one at a time, until dough is smooth.
add the apples.

boil in oil by tablespoonsful til they turn golden and float.
roll in sugar as they cool.

i am dreaming that my friend is really my Friend, and that i am my friend's real Friend.
-henry david thoreau

school porridge mixes

these will be instant hot cereal, just nuke with water.

make before the term starts and you'll have enough for the winter.

currant:

2 c quick oats

1 c dry cream of rice cereal

1 c dry milk

1/2 c sugar

1/2 c currants

1 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp cloves

peach/apricot:

2 c quick oats

1 c dry cream of rice cereal

1 c dry milk

1/2 c sugar

1/2 c fine-snipped dried peaches/apricots

1 tsp ginger

1/2 tsp allspice

apple:

2 c quick oats

1 c cream of wheat

1 c dry milk

1/2 c brown sugar, mixed in well (tends to clump)

3/4 c fine-snipped dried apples

1 tsp cinnamon

pear:

2 c quick oats

1 c corn meal

1 c dry milk

1/2 c brown sugar, mixed in well (tends to clump)

1/2 tsp allspice

1/2 tsp nutmeg

compassion begins at breakfast.

- laurel

pineapple oat muffins
1 doz
over 375

mix:
1 1/2 c flour
1 c rolled oats
3/4 c brown sugar
2 tsp baking powder
1/2 tsp salt

separately mix:
1 egg
1/3 c milk
1/3 c oil
1/2 tsp vanilla
1 8.5 oz can crushed pineapple, with juice

wet into dry. bake in well-greased tins about 25 minutes.
allow them to cool 10 minutes before removing - they are apt to stick.

~

carrot muffins
1 doz
oven 400

grate carrots to make 1 cupful.

mix:
1 cup flour
1/4 c brown sugar
1/2 tsp salt
2 tsp baking powder

separately mix:
2 eggs
1/4 c oil
1 tb lemon juice
1/2 currants or raisins
the carrots

wet into dry. bake in well-greased tins about 20 min.
cool 5-10 min before removing from pan.

frog muffins
oven 350
from the frog restaurant in philadelphia.

cream together:
6 tb butter
6 tb shortening
1 c sugar

beat in 2 eggs and 1 c milk.

stir in:
3 c flour
4 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg

bake in well-greased muffin tins 20-25 minutes.
let cool 5 minutes before removing from tins.

melt 1/2 c butter.
mix 1/2 c sugar with 1/2 tb cinnamon in a bowl.

dip the tops of the muffins in butter, then roll in cinnamon sugar, and let dry.

from the contrariness of the mad farmer

i am done with apologies.
if contrariness is my inheritance and destiny, so be it.
if it is my mission to go in and exits and go out at entrances, so be it.

...when they asked me to join them i wouldn't,
and then went off by myself and did more than they would have asked.
"well, then," they said, "go and organize the international brotherhood
of contraries," and i said,
"did you finish killing everybody who was against peace?"
so be it.

going against me, i have heard at times
a deep harmony thrumming in the mixture
and when they ask me what i say i don't know.
it is not the only or the
easiest way to come to the truth.
it is one way.

-wendell berry

lemon frog muffins
oven 400
also from the frog restaurant in philadelphia.

cream together:
6 tb butter
6 tb shortening
1 c sugar

beat in:
2 eggs
2/3 c milk
1/3 c lemon juice
4 tb lemon rind
1/4 c poppy seeds

stir in:
3 c flour
4 tsp baking powder
1/2 tsp salt

bake in well-greased muffin tins at 400 for 10 minutes.
reduce heat to 350 and bake another 10-20 minutes til done.
let cool 5 minutes before removing from tins.

glaze:
2 c powdered sugar
1/4 c lemon juice
1 tsp vanilla

dip warm muffins in glaze and let dry.

perfect days

we stopped at perfect days
and got out of the car.
the wind glanced at her hair.
it was as simple as that.
i turned around to say something -

-richard brautigan

plain ordinary muffins
oven 400
these are nice with soup and are super easy to whip up.

mix up:
1 c white flour
1 c whole wheat flour
1/3 c sugar
3/4 tsp salt
2 tsp baking powder

separately, mix up:
2 eggs
3/4 c milk
2-4 tb melted butter (can use oil)

wet into dry.
bake in well-greased muffin tins 20-25 minutes.

~

biscuits
oven 450

1 3/4 c flour
1/2 tsp salt
3 tsp baking powder

if you want shortbread for fruit shortcake, add 1 tb sugar as well.

cut in 1/3 tb shortening using pastry blender until the mixture looks like coarse crumbs.

stir in 1 cup milk if you want to make drop biscuits.
bake them 12-15 minutes on ungreased sheets.

if you want rolled biscuits:
use 3/4 c milk.
knead dough 8-10 times.
roll thin and fold over before cutting.
brush tops with milk before baking.

immanence, 2. philosophy. (1) the doctrine that the ultimate principle of the universe is not distinguished from the universe itself. (2) the hypothesis that the world does not transcend consciousness, but is wholly immanent in consciousness.

quick and easy coffeecake

1 square pan

oven 375

you can actually mix this up in the time it takes to brew the coffee, if the butter's soft.

cream 1/4 c butter with 1/3 c sugar.

beat in 1 egg, 2/3 c milk.

stir in 1 1/2 c flour, 1/4 tsp salt, 2 tsp baking powder.

spread in a greased square pan.

mix in a small bowl with a fork:

2 tb butter

2 tb flour

1/3 c sugar

1/2 tsp cinnamon

sprinkle crumbles over cake and bake 25 minutes.

~

traditional poppyseed coffeecake

oven 350

fancy for company - start it the night before.

use a ring shaped pan of some kind.

soak overnight: 1/3 c poppyseeds + 1 c buttermilk.

cream 1 c butter and 1 1/2 c sugar.

beat in 4 eggs, 1 tsp vanilla, the poppyseed buttermilk.

stir in:

2 1/2 c flour

2 tsp baking powder

1 tsp baking soda

1/2 tsp salt

put 1/2 of the batter into the greased and floured baking pan.

sprinkle 1/3 c sugar and 1 tsp cinnamon over the batter.

pour in the remaining batter.

bake 1 hr til done.

cool 10 minutes before removing from pan.

dust with powdered sugar.

easy christmas coffeecake
oven 350

cream 3/4 c butter and 1 c sugar.

beat in:

3 eggs

1/3 c milk

1 tsp vanilla

1 tb grated orange peel (scrub the orange first)

stir in:

1 c flour

1 tb baking powder

1 tsp salt

do not overbeat.

mix up crumble mix:

3/4 c flour

1/2 c sugar

1/3 c butter

and add 1 c fine-chopped candied cherries, 1 c chopped slivered almonds

spoon alternate layers of batter and crumble into greased and floured ring pan.
bake about 50 minutes.

begin and continue with what is in front of you.

the way to be a cook is to cook. the results
don't have to be just right, measuring up to
some imagined or ingrained taste. our cooking
doesn't have to prove how wonderful or
talented we are. our original worth is not
something which can be measured, increased,
or decreased. just feed, satisfy, nourish. enter
each activity thoroughly, freshly, vitally.
splash! there is completely no secret: just
plunging in, allowing time, making space,
giving energy, tending each situation with
warm-hearted effort. the spoon, the knife,
the hunger; broken plates and broken plans.
play, don't work. work it out.

-brown-roshi, tassajara

pineapple coffeecake
oven 375

work together til it looks like coarse crumbles:

1/2 c butter
1/2 c sugar
3/4 c flour
set aside 1/2 cup full.

to remaining crumbs, add:

2 eggs
1 tsp vanilla
1 tsp lemon peel
1 9-oz can crushed pineapple with juice

stir in 1 c flour

1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

put in greased and floured pie pan.
cover with remaining crumbles.
bake 35-40 minutes.

from the noise

mary shoves back from the desk and
swivels and hesitates. but then rises.
she steps determinedly. but stops. she
turns around and then turns back,
raises a fist before the door and then
freezes. she looks down; she looks up.
she knocks. and hesitates. she turns
the knob, opens the door, steels herself,
and strides in. finally she's not a damn
bit sure. "mr. grant," she says firmly,
but her voice starts to tremble and the
words trail away...

there is much to be said for doubt.
under certain circumstances, doubt
can be the wisest decision and the
most decisive action of all.
mary richards is a hero for our time.

-robert duncan

philadelphia cinnamon rolls

a turn-of-the-twentieth-century recipe.

you make the dough ahead of time, then bake it in a cast iron skillet.

mix up:

2 c flour

2 tb sugar

4 tsp baking powder

2 tsp cinnamon

1 tsp salt

separately mix up:

1 beaten egg

1/2 c water

2 tb butter, melted

wet into dry to make a soft dough.

knead lightly and turn out onto floured surface.

roll 1/4 inch thick.

brush with 2 tb melted butter.

sprinkle with:

1/4 c raisins

1/2 c sugar

2 tsp cinnamon

roll up, wrap in plastic, and chill for 2 hrs.

now preheat the oven to 400.

cream together 2 tb butter and 2 tb brown sugar.

spread this on the bottom and sides of an 8 or 9 inch cast iron skillet; heat until it melts, then turn off the heat.

cut the dough into 1-inch slices and lay them in the pan.

if any of the filling spilled out, just sprinkle this on top.

let it stand about 10 minutes so the dough warms up.

bake 25 minutes.

flip the rolls out of the pan onto a big plate immediately upon removing it from the oven.

the time of business does not with me differ from the time of prayer, and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, i possess god in as great tranquility as if i were on my knees at the blessed sacrament.

- brother laurence

pumpkin bread

1 loaf

oven 350

cream together: 1 1/3 c shortening, 1 1/3 c sugar
beat in 2 eggs and 1 c canned pumpkin.

mix together:

1 3/4 c flour

1/4 tsp baking powder

1 tsp baking soda

1/2 tsp salt

1/2 tsp cinnamon

1/4 tsp cloves

also mix together:

1/3 c milk or water

1/2 tsp vanilla

add the dry and wet to the pumpkin in 3 parts, alternating.

stir in 1/3 c raisins and 1/3 c walnuts.

bake in greased and floured loaf pan for 1 hr.

cool 10 minutes before removing from pan.

~

zucchini bread

2 loaves

oven 325

mix:

3 eggs

1 c honey

1 c oil

1 tb vanilla

2 c grated zuke

separately, mix:

2 c whole wheat flour

1 1/2 c white flour

1 tsp soda

1 tsp salt

1 tsp cinnamon

1/4 tsp baking powder

dry into wet. bake in greased, floured pans 1 hr.

cool 10 min before removing from pan.

too-much-zucchini zucchini bread

6 loaves to freeze

oven 350

make sure you can fit 6 loaf pans in your oven before you start.

i suggest putting the pans on cookie sheets for easy transfer.

you can also buy aluminum loaf pans and freeze them in the pans; these can be 6 large or 12 mini loaves.

6 cups grated zucchini.

mix up:

9 large or 1 dozen small/medium eggs

3 9-oz cans crushed pineapple

2 1/2 c oil

2 tb vanilla

the zucchini

may add 2 c raisins or currants if you like.

separately, mix up:

5 c whole wheat flour

5 1/2 c white flour

4 c sugar

2 c chopped nuts

1 tb baking soda

1 tb baking powder

1 tb salt

1-2 tb cinnamon

wet into dry. mix carefully to avoid pockets of dry stuff.

bake in greased and floured pans about 45 minutes.

mini loaves will bake almost twice as quickly.

if you use aluminum pans, cool them in the pans and wrap the whole shebang in plastic before freezing.

once you turn it off, there are an infinite number of channels to choose from.

-overheard on a bus

baby teething biscuits

oven 350

if you make these in the shape of cigars, it is very, very amusing.

not for babies who are prone to food allergies.

mix:

1 egg yolk

2 tb honey

1 tb molasses

1 tsp vanilla

separately mix:

1 c whole wheat flour

1 tb soy flour

1 tb wheat germ

1 tb powdered milk

dry into wet, knead the very stiff dough until it's relatively smooth.

bake on ungreased sheets 15-30 minutes until hard.

~

big batch banana bread

4 loaves to freeze

oven 350

for those big banana sales.

4-5 lbs bananas, very ripe: mash them up.

cream together: 1 1/3 butter, 3 c sugar

add, beating after adding each ingredient:

8 eggs

4 tsp vanilla

2 c sour cream

the bananas

separately mix:

3 c whole wheat flour

3 c white flour

3 tsp baking powder

3 tsp baking soda

1 tsp salt

2 tsp nutmeg

2 c walnuts

dry into wet.

bake in greased, floured loaf pans about 1 hour.

remove from pans after cooling 10 min.

big batch blueberry bread
4 loaves to freeze
oven 375
for those big sales on fresh blueberries.

need 4 c blueberries, washed.

mix:
4 c white flour
3 c whole wheat flour
2 c sugar
2 tsp salt
4 tb baking powder

separately mix:
8 eggs
4 c milk
3 tb melted butter

wet into dry.
stir in blueberries.
bake in greased, floured loaf pans about 45 minutes or so.
cool 10 min before removing from pans.

if one is moved by things and people, one is able to move them.
the pure actions of the cook must come forth
from his realization of the unity of all things and creatures,
and by seeing clearly into the hearts and minds of others,
from a leaf of cabbage he must be able to produce a sixteen-foot buddha.

-dogen-zenji

spinach croquettes OR spinach loaf
for 4
oven 350

2 10-oz boxes frozen spinach, thawed (or a bunch of fresh, steamed)
2 c grated whole wheat bread (or crumbled corn bread, or 1 1/2 c dry bread crumbs)
2 eggs
2 c grated cheddar
2 tb lemon juice
1 tsp salt, some pepper

mix well, form into shapes on greased cookie sheets or in greased loaf pan, and bake for about 1/2 hour. serve with holiday sauce!

~

holiday sauce
for 1 recipe spinach croquettes

place 3 egg yolks, 2 tb lemon juice, and a dash paprika, in blender. buzz to mix briefly.
melt 1/2 cup butter and not margarine to sort of a boil.
turn on blender and pour in butter in a thin stream until thickened.

~

oven fried potatoes
for 4
oven 400

6 large spuds, cut into strips
combine in a large plastic bag:
1/4 c oil
2 tb parmesan
1 tsp salt
1/2 tsp pepper
1 tsp paprika
1/2 tsp garlic powder or grits

add potatoes and shake until well coated. squirt onto cookie sheets in a single layer.
bake 10 minutes, turn over. repeat one or two times until spuds are golden brown and tender.

to know what is impenetrable to us really exists, manifesting
itself as the highest wisdom and the most radiant beauty - this
knowledge is at the center of true religiousness.
- albert einstein

crepes
1 1/2 dozen or so?
need good skillets and a pastry brush

4 eggs
1/4 c oil
1/4 c melted butter
1 c milk
1 c water
whisk quickly to blend
add 2 c white flour and 1/2 tsp salt
whisk well til smooth.

lightly oil skillets with pastry brush.
ladle in some batter and swirl it around to coat bottom of pan, pouring back excess.
flip when edges curl back.
crepes freeze well when cool between pieces of wax paper.

~

crepe fillings

1. vegetable:
2 med onions, 1 small red pepper, both finely chopped
saute 5 minutes and add
1/2 finely shredded small green cabbage
1 small tart apple, finely chopped
1 tsp salt, 1/2 tsp pepper, 1 tsp dill weed

cook covered 5 minutes over low heat.
use 2 tb per crepe.
serve with sour cream and rye bread.

2. bechamel:
1 med onion, finely chopped
some garlic, crushed
saute 5 minutes and add
1 lb shredded red cabbage
1 large tart apple chopped
2/3 c raisins
1 tb vinegar
1/2 tsp salt
1/4 tsp pepper

cook covered 5 minutes more.
fill crepes and put in greased baking dish.
preheat broiler.
cover crepes with 1 1/2 c bechamel sauce, broil.

3. total loss spinach:

1 lb spinach, washed and steamed

1 c cottage cheese

1 tsp dill weed

pinch of nutmeg

salt and pepper

fill crepes and serve with plain yogurt and carrot sticks.

~

bechamel sauce

heat in pan or microwave:

2 c milk

1 slice onion

1 bay leaf

6 whole peppercorns

1 mace blade or pinch mace (may sub small pinch nutmeg)

cook gently for 5 minutes; strain milk.

use the milk to make white sauce.

~

white sauce

2 cups

2 tb butter + 2 tb flour + 2 c milk

(melt butter, saute flour, whisk in milk and cook stirring til thickened.)

vegetable broth may be subbed for milk.

1 c cheese can be added for cheese sauce.

~

george bernard shaw's vegetable savories

make bechamel sauce, maybe just 1 cup.

make toast.

make some vegetables, like broccoli and carrots and spinach and stuff.

put the vegetables on the toast and cover with grated cheese.

bake til cheese melts; top with sauce before serving.

serve with fruit or applesauce.

cornstarch sauces:

1 cup

thin, like for a soup: 1 tb fat + 1/2 tb cornstarch + 1 c liquid

medium, like for a stir fry: 1 tb fat + 1 tb cornstarch + 1 c liquid

thick, like for lemon pie: 1 tb fat + 1 1/2 tb cornstarch + 1 c liquid

rules:

you must mix the cornstarch with the cold liquid first or it won't work.

you must stir constantly until thickened or it will be lumpy.

you must stir once in a while as it cools or the steam will thin it out.

~

teriyaki sauce

3/4 c soy sauce

1/4 c sugar

1/4 c sake or dry sherry

1 clove garlic crushed

2 tsp grated fresh ginger

mix up and marinade tofu. mmm.

~

noodles baked with spinach

for 4-6

oven 375

12 oz twirly noodles, boiled

2 medium onions, chop finely and saute slowly in 1/4 c butter 10 minutes

3 lb chopped spinach (fresh or frozen), add to onions and cook 5 minutes

2 beaten eggs, stir in and cook until just set

layer noodles and spinach in a greased deep casserole, sprinkling with parmesan between the layers.

pour 2 cups bechamel sauce over the casserole.

saute 1 c breadcrumbs or 1 c grated bread in 1/4 cup butter.

top casserole with crumbs and bake 20 minutes til nicely browned.

serve with cooked carrots or beets.

where do people look when they talk on the phone, and what do they see?

- whole earth catalog

real cheese charlotte

for 4

oven 350

grease deep casserole or souffle dish

1 thick slice bread, cubed - sprinkle with 1/2 cup milk

8 more bread slices, without crusts - sprinkle with 1/3 c milk
set aside.

separate 3 eggs.

in a mixing bowl, cream together:

3 tb soft butter

1 1/2 flour

3 egg yolks

blend in:

1/2 c cream

2 c grated cheddar

the bread cubes

1/2 tsp salt

1/4 tsp nutmeg

beat egg whites until stiff and fold into cheese mixture with a big spoon.

line casserole dish with bread slices, pour into cheese stuff, and bake 35-40 minutes until
lightly browned. serve with salad.

notes:

it's okay if the bread sticks up over the sides of the dish because the charlotte is going to puff
up very big.

this is a souffle that never falls.

...the power of the salad
at once became apparent,
for the maiden immediately
turned into an ass and ran
braying into the yard,
while the dish of salad
spilled on the kitchen floor...

-brothers grimm, the salad

easy cheese charlotte
oven 350

8 slices white bread, no crusts. cut 4 slices diagonally into triangles.
butter a souffle dish and stick the triangles around the sides.
cube the rest of the bread.

in a mixing bowl, mix up:

5 eggs
2 c milk
2 c grated cheddar
1 tsp dry mustard
1/2 tsp salt
1/2 tsp thyme
dash worcestershire
the bread cubes

dump into souffle pan and bake 1 hr til golden brown.

~

chile rellenos puff
for 4
oven 375

2 7-oz cans whole green chiles
1/2 lb jack cheese cut in strips

stuff chiles with cheese strips and arrange side by side in a buttered square pan.

5 eggs - beat til foamy and add:
2/3 c milk
6 tb flour
3/4 tsp baking powder

beat til relatively smooth and pour over chiles.
top with 1 c grated cheddar and 1/4 cup sunnies.
bake 30 min or til set when shaken - looks can be deceiving.
serve with stewed tomatoes.

i went from god to god until they cried
from me in me, "oh thou i!"

- bayazid (persian)

quick enchilada sauce
for 4

saute 5 minutes:

1 chopped onion

2 cloves garlic crushed

1/2 c slivered green pepper

stir in 1 tb flour and add:

2 big cans tomatoes, sliced, with the liquid (you can replace some of the liquid with red wine)

1 tb chili powder

1/2 tsp oregano

1 tsp whole cummin seed

1/2 tsp salt

simmer 20 minutes.

~

pesto

2 c tightly packed fresh basil

1/4 c parmesan

2 garlic cloves

2/3 - 1 c olive oil

2 tb toasted pine nuts

blend in blender.

freezes well.

winter pesto:

sub 1 1/2 fresh parsley + 2 tb dried basil for fresh basil.

what makes the muskrat guard his musk?
courage.

-cowardly lion

onion pie
oven 350

crust:

melt 1/4 cup butter and add:
1 c whole wheat bread crumbs (grated bread)
1/2 c wheat germ
1/2 tsp salt
press into pie pan.

filling:

saute 3 c very-thinly-sliced onions in 1/4 c butter;
place in pie crust.

in saucepan, beat 2 eggs and add 3/4 c milk and some salt and pepper;
cook, whisking, over medium heat until pretty hot and pour over onions.
top with 1 cup grated cheddar and bake 30 min.
good with salad!

~

apple-cheddar quiche
oven 325

crust:

saute 1 tb minced onion, 1/4 c chopped walnuts, 6 tb butter.
stir in 1 1/4 c crushed wheat thins.
press into pie dish.

filling:

chop 2 large tart apples and steam in a small amt of water 3 min or til just barely tender.
drain and place in crust.

blend in blender:

3 eggs
1 c cottage cheese
1 c cheddar
1/4 c milk
1/2 tsp salt, some pepper
pour over apples and bake about 45 minutes, but allow 1 hr if needed. cool 15 minutes before cutting. serve with something green.

hickety pickety, my black hen - she lays eggs for gentlemen.
you cannot persuade her, with gun or lariat, to come across for the proletariat.

- dorothy parker

sourcream-soybean casserole

for 4-6

you won't believe how yummy this is. make up a better name when serving guests.

oven 350

1 1/2 c soybeans, either canned, frozen, or dried/cooked til very tender.

cook 10-15 minutes with:

1/2 c finely chopped celery

2 bay leaves

1 tsp salt

remove bay leaves and drain.

3 c cooked green beans.

make a white sauce using:

3 tb butter

4 tb flour

1/2 tsp dried savory

1 c milk, whisked in a little bit at a time

this sauce will be very thick.

mix up:

the sauce

the soybeans

the green beans

8 oz sour cream

2 oz chopped canned pimento (drained)

put into big baking dish and cover with 1 c sauteed whole wheat bread crumbs.

bake 20 minutes. good with new potatoes and salad.

~

cashew stir fry

for 4

use vegetables of choice or:

1 chopped onion

1 sliced stalk celery

2 med carrots thinly sliced

1 head chinese cabbage, chopped

8 oz bamboo shoots

1 lb tofu, chopped

stir fry it up.

make a thin cornstarch sauce using vegetable broth, soy sauce, garlic and ginger.

toast 3/4 c cashews in 325-degree oven til fragrant and lightly browned.

mix everything up and serve with rice.

red beans and rice
for 4

cook 1 cup rice in 2 c water.

saute 1 chopped onion in 2 tb butter.

stir in 1 can red beans, drained or not, and the rice.

add these spices:

a bunch of paprika

a bunch of basil

some parsley

some cayenne

some whole cumin seed

a pinch of whole anise seed

~

pasta primavera
for 4

1 head broccoli - cut into little flowerets

2-3 carrots - cut into matchsticks

cover these with boiling water and let stand.

1 med zucchini, sliced thinly

1/2 lb mushrooms, sliced thinly

1 red bell peppers, sliced thinly

1 small bunch of scallions, washed, trimmed, and quartered

4 cloves garlic, crushed

saute these in a mixture of butter and oil

boil 1 lb twirly noodles in salty water

drain broccoli and carrots and add to pasta

add sauteed veggies to pasta

toss everything together.

serve with parmesan.

from the friendly persuasion

jess was always sociable when he traveled.
he used to say that sun, moon and stars were
the same everywhere and only people different
and if you didn't get to know them you'd as
well stayed home and milked the cows.

-jessamyn west

mittens lasagne
1 oblong panful
oven 375

you'll need:
a mess of marinara sauce
2 c ricotta cheese
1 lb grated mozzarella
1/2 - 1 c parmesan

lightly grease the pan. spread a little sauce in the bottom.
cover with a single layer of dry lasange noodles, breaking them as necessary to fit.

now:
1/2 the ricotta
1/3 the sauce
1/2 the mozzarella

repeat.
cover all with the top layer of noodles and the last 1/3 of the sauce.
sprinkle with the parmesan.
bake 45 minutes; cover with foil if it gets too brown.
let it stand for 10 minutes before cutting.

from the last rites of the bokonist faith

"and i was some of the mud that got to sit up and look around."
"and i was some of the mud that got to sit up and look around."

"lucky me, lucky mud."
"lucky me, lucky mud." tears were streaming down papa's cheeks.

"i, mud, sat up and saw what a nice job god had done."
"i, mud, sat up and saw what a nice job god had done."

"nice going, god!"
"nice going, god!" papa said it with all his heart.

"nobody but you could have done it, god! i certainly couldn't have!"
"nobody but you could have done it, god! i certainly couldn't have!"

-kurt vonnegut

lentil stew
what gave thee thy jolly red nose?
cinnamon and ginger, nutmeg and cloves.
for 4

mix in large saucepan:

1 lb lentils
5 c water
1 tsp salt
1 bay leaf
1 1/2 tsp garlic
1 tsp dry mustard
1 tsp cinnamon
1/2 tsp cloves
1/2 tsp nutmeg
1 tsp ginger
1 tsp dried savory leaves
1 tsp dried thyme leaves

simmer 30 minutes.

add:

2 medium onions cut in smallish wedges
2 cups tomato juice
2 c tomato sauce or crushed tomatoes
2 tb barbeque sauce
2 tb molasses

simmer covered 15 minutes.

serve with corn bread.

lower the standards: that's my motto. somebody is always putting the food out of reach. we're tired of falling off ladders. who says a child can't paint? a pro is somebody who does it for money. lower the standards. let's all play poetry. down with ideals, flags, convention buttons, the scrambled eggs on the admiral's hat. i'm talking sense. lower the standards. sabotage the stylistic approach. let weeds grow in the subdivision. putty up the incisions in the library facade, those names whose u's are cut like v's, those names that frighten grade-school teachers. burn the synopticon and the harvard classics. lower the standards on classics, battleships, russian ballet, national anthems (but they're low enough). break through to the bottom. be natural as an american abroad who knows no language, not even american. keelhaul the poets in the vestry chairs. renovate the abbey of cold-storage dreamers. get off the culture wagon. learn how to walk the way you want. slump your shoulders, stick your belly out, arms all over the table. how many generations will this take? don't think about it, just make a start. (you have made a start.) the law of gravity is the law of art. you first, poetry second, the good, the beautiful, the true come last. as the lad said: we must
love one another or die.

-karl shapiro

spinach-ricotta tart
oven 350
prebake 1 pie crust 5 minutes.

saute 1 small onion minced in 3 tb butter.
add 1 lb chopped spinach and cook til hot.

combine:
3 beaten eggs
16 oz ricotta cheese
1 c half-and-half or light cream
1/2 tsp salt
pinch nutmeg
dash pepper
the spinach

turn into pie shell
bake 50 minutes until set off-center.
let it cool 15 minutes before you cut it.

~

noodles romanoff
for 4

mix:
1 c cottage cheese
1 c sour cream
1/2 c parmesan
1 tsp minced onion
1 tsp worcestershire sauce

cook 1 lb wide egg noodles
stir with sour cream mixture and put in greased casserole. bake 30 minutes.
serve with beets and peas.

from the artist

june 3rd.
it doesn't seem possible - the pacific
ocean! i have ordered sixteen million
tons of blue paint. waiting anxiously
for it to arrive. how would grass be
as a substitute? cement?

-kenneth koch

fondue

for 2 gluttons - double for 4

you do not need a fondue pot or fondue forks to do this - it's really a pretty primitive dish.

cut 12 oz swiss or gruyere cheese into julienne strips and toss with 1 tb flour. set aside.

rub inside of cooking pot well with cut cloves of garlic.

pour in 1 1/4 c sauterne or other dry white wine. heat until the bubbles just begin to rise - do not boil.

drop in cheese a handful at a time and let it melt, stirring, before adding more. continue until all the cheese is melted.

stir in 3 tb dry sherry, dash pepper and nutmeg.

this is so good you will want to drink it from a cup.

serve with chunks of french bread, apple, crunchy-steamed broccoli - and apple cider or coffee.

from the diary of virginia woolfe

sunday, march 8th, 1941

i mark henry james' sentence: observe perpetually. observe the oncome of age. observe my own despondency. by that means it becomes serviceable. or so i hope. i insist upon spending this time to my best advantage. i will go down with my colors flying. this i see verges on introspection, but doesn't quite fall in. suppose i bought a ticket at the museum; biked in daily and read history. suppose i selected one dominant figure in every age and wrote round and about. occupation is essential. and now with some pleasure i find that it's seven, and i must cook dinner. haddock and sausage-meat. i think it is true that one gains a certain hold on sausage and haddock by writing them down.

broccoli filo pie

oven 350

you'll need a 9"springform pan, a pair of scissors, and a pastry brush.

have 8 filo leaves at room temperature covered with damp towels.

use the bottom of the springform pan to cut 4 pan-sized circles from 4 of the leaves.

thaw 3 10-oz packages frozen chopped broccoli if you want to do this the fast way.

otherwise, steam 2 1/2 lb chopped broccoli.

saute 1/2 c finely-chopped onion in 1/4 c butter til transparent, and stir together with broccoli.

in a large bowl, mix:

3 beaten eggs

1/2 lb feta cheese

1/4 c snipped fresh parsley

2 tb chopped fresh dill or 2 tsp dried dill weed

1 tsp salt

pepper

the broccoli

melt 1/2 c butter. put the springform pan on a cookie sheet.

line the pan with the 4 whole filo leaves, brushing each well with butter and overlapping. let the corners hang over the side. pour in the filling and fold the corners over.

top the mixture with the 4 round leaves, brushing each with butter. use the scissors to cut the top into 8 wedges like a pie. pour any remaining butter over the top.

bake 40-45 minutes til lovely golden brown. let cool 10 minutes and remove the springform so the pie stands by itself. serve with carrots.

know ye not that a little leaven leaveneth the whole lump?
purge out, therefore, the old leaven, that ye may be a new lump.

first corinthians 5 : 7

tofu stroganoff
for 2 or 3

1 lb tofu - cut into strips and marinade in 1/4 c soy sauce for at least 45 minutes.

2 chopped onions
1/2 lb julienne green beans, cooked
saute together in 1/4 c butter.

when the onions are transparent, add 1/2 lb thin-sliced mushrooms and the tofu (save the soy sauce aside).

crush 2 tsp dried basil leaves over the top, cover and cook 5 minutes over medium-low heat.

mix the reserved soy sauce with 8-12 oz sour cream, and stir into the stroganoff.
serve pronto with egg noodles.

~

pepper and onion shortcake
for 2-3

make some cornbread.

saute:

1 c very thinly sliced onions
3 fist-sized bell peppers cut in thin strips
1/4 tsp dill weed
black pepper
in 1/4 c butter about 10 minutes.

add:

3/4 c plain yogurt
3/4 c sour cream
stir and keep warm, not too hot or it will separate.
serve over pieces of cornbread.

soap without dirt is only bad-tastin' cheese.

-pogo possum

thanksgiving squash
for like 2 acorn squashes or equivalent amount.
oven 350

saute:

1/2 c chopped onion
2 cloves garlic chopped
1 stalk celery chopped
1/4 c chopped walnuts
1/4 c butter

add:

1/2 tsp sage
1/2 tsp thyme
1 c crumbled up whole wheat bread
juice of 1/2 lemon
1/4 c raisins

cook 5-8 minutes.

remove from heat, pack into halved squashes, and bake covered 25 minutes or til squash is done.

~

baked ziti

for 4

oven 350

by the way this dish transports well for picnics or camping.

1 lb cooked ziti
3 c spaghetti sauce
2 c ricotta cheese or crumbled tofu
3/4 lb mozerella cubed
10 oz spinach cooked and drained

mix up and bake in greased oblong pan 30 minutes.

optional interesting topping:

mix 1/2 c flour + 1/2 c parmesan + 2 tb oil (no more) til crumbly
top dish before baking - it's like a crunchy parmesan streusel.

it is not our part to master all the tides of the world, but to do what is in us
for the succor of the years in which we are set, uprooting the evil in the
fields that we know, so that those who live after may have
clean earth to till. what weather they shall have is not ours to rule.

- gandalf the grey

pizza dough
2 crusts

1 tb yeast
1 tb sweetener
1 c warm water
let the yeast work for ten minutes.

add 2 tb oil
1/2 tsp salt
3-4 c flour
knead unceasingly until the dough is perfect. recruit helpers if necessary. it will seem to take a long time.

turn dough over in a greased bowl and rise for 90 minutes. punch down and make into crust. oil it before putting the sauce on.

~

pizza sauce
for 2 pizzas (?)

1 small minced onion
1 head garlic, crushed
saute in small amount of oil gently til transparent

add 2 small cans tomato paste
1 1/2 cans water
1/2 can red wine
pinch oregano
pinch thyme
bay leaf

heat through and cook off the alcohol.

a monk said to bokushu,
we are always putting our clothes on and taking them off again, and eating our food; how can
we avoid this?

bokushu replied, by taking off and putting on our clothes, and by eating our food.

the monk said, i don't understand.

bokushu said, not understanding is wearing clothes, eating food.

- zen legend

tabouli
summer picnic style.

1 c bulgur, soak in 4 c hot water til soft. drain and chill.

mince and add:
2 c fresh parsely
1 med cuke
1/3 c scallions
2 fresh tomatoes

optional other stuff to add:
1/2 c chopped fresh mint
1 green pepper minced
2 minced radishes
1 c minced mushrooms
1/2 c chopped bean sprouts (cold and crunchy!)
2 sliced hard-cooked eggs

mix dressing:
1/2 c fresh lemon juice
1/4 c olive oil
1 tb fresh dill weed
1/2 tsp salt or garlic salt
some pepper

mix dressing with tabouli and chill thoroughly.
serve with lettuce, feta cheese, and pita bread. i don't know what you do with the lettuce.
that's what the recipe said.

~

onion dip

1/2 c sour cream
1/2 c yogurt
1 tsp soy sauce
2 tsp dried minced onion
2 tsp dried parsley

mix and refrigerate 20 minutes before serving.

- q. when the light has appeared, where does the darkness go?
a. when it is light, the mattress is folded away on the shelf,
and the lantern is put into the closet.

- zen brainteaser

hummus

2 c cooked garbanzos, drained
1 clove garlic crushed
4 tb tahini
1 tb oil
juice of 1/2 lemon
paprika
salt
may add 2 tb horseradish if you want

puree.

~

refried beans

boil up a bunch of pinto beans til they are really soft.
slice and saute a bunch of onions and a small, i mean small, amount of garlic..
add some cooked pinto beans with bean cooking liquid and mash to make a creamy sauce. a
good masher is a flat-bottomed cup or jar.
mash half the beans, then add the rest whole.
season with cumin, oregano, salt, pepper, chili powder.
five minutes before serving, you can stir in some sour cream and/or cheddar cheese.

~

peas and cheese salad

2 hard-boiled eggs, finely chopped
2 c cooked peas
1 c small-diced american cheese
1 c small-diced celery
2 tb minced dill or bread-and-butter pickle
1 tb minced onion
1/4 c yogurt
1/4 c mayo
mix up and chill.
can also add 2 c cooked, chilled elbow macaroni or shells.

from the tarot revealed

viii - strength. she is shown confidently closing the lion's mouth. around her waist is a chain of roses - the union of desires, which creates such strength that wild, unconscious force bows before it. for a mind that is aware of the sign of eternity above it, there are no obstacles, nor can there be any resistance.

5 cup salad

a southern recipe for church, faculty, or service-club potlucks.
laugh if you will, but the bowl is always licked clean.

1 cup shredded coconut

1 cup drained mandarin oranges

1 cup drained crushed pineapple

1 cup little marshmallows

1 cup sour cream

mix up and chill.

~

bean snap

this dish transports very well for picnics and camping.

saute 2 lg onions, thin-sliced, in 2 tb butter with 1/2 tsp sugar.

add:

1 16-oz can tomatoes, sliced, with liquid

1 tsp dried basil

salt and pepper

heat through.

add:

1 1/2 lb snapped frozen/thawed green beans

1 c canned garbanzo beans, drained

cover and simmer 20 minutes.

van gogh speaks

"what the devil are you driving at?"

"at this, gauguin! the fields that push up the corn, and the water
that rushes down the ravine, the juice of the grape, and the life of
a man as it flows past him, are all one and the same thing.

"when i paint a peasant in the field, i want people to feel the peasant
flowing down into the field, just as the corn does. i want them to
feel the sun flowing into the peasant, into the field, into the corn,
the plow, and the horses, just as they all pour back into the sun.
when you begin to feel the rhythm in which everything moves,
you begin to understand life! that alone is god."

- irving stone

naked children in the grass
a big picnic salad

3 c cooked garbanzos
1/2 small onion thin sliced
1/4 lb thin sliced mushrooms
1 c julienne green beans, cooked and cooled
1/2 green pepper very thinly sliced

dressing:
1/3 c olive oil
1/3 c lemon juice
1/2 tsp salt
1 clove crushed garlic
5 grinds black pepper
4 fresh sage leaves, snipped into fine shreds

mix all well and chill; toss with 1 small head lettuce before serving - butterleaf is best.

~

aniseed carrots

1 1/2 lb carrots, cut how you like and cooked til tender. drain, put on a big plate, and let dry, while you...

melt 1 stick butter
add:
1 tb brown sugar
1 tsp salt
1/2 tsp pepper
1/2 tsp whole anise seed

add carrots and cook til glazed and browned.

~

raspberry carrots

1 1/2 lb carrots, cut how you like and cooked til tender. drain.
melt 1 stick butter
add:
1 tb brown sugar
1 tsp salt
1/2 tsp pepper
1-2 tb raspberry vinegar

add carrots and cook through.

eggplant parmesan express
for 4
oven 425

mix fine dry breadcrumbs with some parmesan cheese.
cut 1 eggplant into 1/2" thick slices. spread each with mayonnaise on both sides, then dredge in crumbs and place in single layer on ungreased cookie sheet.
bake 15 minutes until browned and tender.
turn oven down to 375.

layer slices in casserole with:
1/2 lb sliced or grated mozzarella
1/2 c parmesan

top with at least 2 c spaghetti sauce.
bake at 375 for 15 minutes til heated through and cheese is melted.

~

potage ste-germaine
also know as green soup
for 4

2 24-oz bags frozen peas - set aside 2 c of them.

saute in a 1/4 c butter in a big soup pot:
2 sliced leeks - clean them by splitting them in half and rinsing between every layer.
1 chopped onion
3 sliced carrots
1 c chopped celery
1 c chopped fresh parsley
1 lb fresh spinach, washed very well
the rest of the frozen peas
2 tsp salt
1 tsp thyme

when things are cooked reasonably well, add 6 c vegetable broth, cover, and simmer gently (do not boil!) for 30 minutes.
puree the whole thing in a blender; return to pot, add the rest of the whole peas, and heat to a simmer again.

make a wee roux:
1/3 c butter + 1/3 c flour + 1 c heavy cream
it will be very thick.
add it slowly to soup and stir til well blended and heated through.

serve with drizzles of sherry as each one likes. very rich. good with french bread.

canadian cheddar cheese soup
for 4
serve with popcorn garnish!

saute 1/2 c very finely chopped onion in 1/4 c butter.
add 1/2 c white flour and roux it up.
slowly add:
4 c milk
4 c vegetable broth
1/2 c very finely chopped carrot
1/2 c very finely chopped celery
dash salt
dash paprika

cook, stirring, over medium heat until thickened - do not boil, but make sure it is done thickening.
stir in 1 cut grated cheddar cheese and stir until melted.

if you boil it, it will separate into curds and whey, but if you don't it will be your favorite soup ever.

~

cream of spinach soup
for 2

1 lb spinach, washed, trimmed, and steamed in 1 c water.
puree in blender along with water.

1 carrot
1 potato
1 onion
just barely cover with water and cook til tender.
puree in blender along with water.

make a white sauce:
1/3 c butter + 1/4 c flour + 2 c milk

mix sauce and vegetables and add:
salt to taste
pepper
1/2 tsp basil
pinch thyme

heat through and serve with some excellent bread.

~

cream of celery soup

4 c chopped celery
3 c chopped potatoes
4 c water
1 tsp salt
cook until soft, puree, and put in soup pot.

1 c minced onion
1 c minced celery
sautee in butter and add:
1/4 tsp celery seed
1/4 tsp salt
add this to the soup.

1 c milk
1/4 c sour cream or heavy cream
add before serving but do not overheat.

~

borscht
for 2
you will need 1 can diced beets.

saute in 2 tb butter:
1 lg chopped onion
2 stalks chopped celery

add:
3-4 diced peeled potatoes
3-4 sliced carrots
4 c vegetable broth
the water from the can of beets

bring to a boil and simmer 20 minutes or til tender.
add the beets and heat through.
add 2 tb vinegar, 1/2 tsp salt, pepper.

serve with dollops of sour cream.

if i had meant for toasters to fly,
i wouldn't have invented white bread.

-god

cream of onion soup
this is good for colds or flu.
for 2

thinly slice 1 1/2 c onions
saute slowly until golden brown.
take plenty of time. go easy on the butter.

stir in 1 tb flour, 1/2 tsp salt.
add 4 c milk (or a mix of milk and broth).
simmer until the onions are very tender indeed; turn off the heat.

separate 4 eggs, and beat the yolks together in a bowl.
add soup to the yolks by spoonsful to warm them, then add the hot yolks to the soup.
heat, but do not boil.
season with salt and pepper.

~

scrambled tofu
for 6
good for morning-after house parties

in one or two skillets, saute in 3/4 c butter:
2 1/2 c chopped onion
2 1/2 c chopped red peppers
2 1/2 c chopped green peppers
2 1/2 c chopped carrots
2 tb chopped garlic
cook about 15 minutes til softened.

turn heat up high and add:
1 1/2 - 2 lb tofu, chopped or crumbled
2 tsp soy sauce
1 tsp tabasco sauce
1 tsp turmeric
2 tsp salt
2 tsp pepper
1 c squished-up canned tomatoes

cook, stirring, til it looks sort of like scrambled eggs

good with oven-fried potatoes and toast.

i worry that drugs have forced us to become more creative than we really are!
-lily tomlin

laurel's baked beans
for 4
oven 350

4 c cooked white beans
3/4 c vegetable broth
1/2 c ketchup
1 tsp dry or 1 tb wet mustard
1 tsp salt
mix up and put in deep baking dish.

saute in 2 tb oil:
1/2 onion, chopped
1 carrot, grated
1 apple, grated (you can include the core and seeds, it won't matter)
cover and cook over very low heat 5 minutes.
stir into beans.

bake covered 45 minutes.

~

spaghetti carbonera
this is good with some fake bacon bits stirred in right before serving.
does carry some risk of salmonella.

cook a bunch of spaghetti.

cook some peas, too.

sauce:
in a bowl, beat very well one egg per person.
thin the egg out with an approximately equal volume of cream.
then thicken with a bunch of parmesan.

saute a little garlic and scallions in a minimal amount of butter; add spaghetti and peas.
pour in the carbonera sauce and heat through, stirring over medium heat.
if you cook it too hot or too long, the pan will be a wreck.
stir in some fake bacon bits and maybe some fresh parsley at the very end.

we are at the center of a ball of hot stuff we haven't put our minds to yet.

-robert ashley

perfect macaroni and cheese
for 4
oven 350

cook 1 cup elbow macaroni and put in a mixing bowl.

finely chop 1 small onion
finely chop 1 med green pepper
snip up a handful of parsley
and put in mixing bowl with:

1/2 c dry bread crumbs or 3/4 c fresh soft crumbs
1/2 lb grated sharp cheddar
2 beaten eggs
1 tsp salt
1 1/4 c hot milk

mix well and turn out into greased casserole dish.
bake 30 min til golden-brown.

~

aunt ellen's wonderful rice casserole
for 4
oven 350

cook 1 1/2 dry rice.

also cook up a bunch of vegetables; for example, broccoli, cauliflower, zucchini, mushrooms,
green beans, squished canned tomatoes, etc.

mix in a mixing bowl:
the vegetables
the rice
1 chopped onion
1 lb cottage cheese
2 eggs
1 tsp marjoram

put it in a greased baking dish and top with 3/4 c parmesan.
bake for 1 hr til golden brown.

you shall go out in joy, and be led forth in peace.
the mountains and the hills before you shall break into singing
and all the trees of the fields shall clap their hands.

isaiah 55 : 12

senator soup
for 4-6

cook 1 lb dry white beans in 6 c water with 1/4 tsp thyme and a bay leaf.
this will take about an hour if the beans were presoaked; otherwise maybe 2 hrs.

cook 1/2 lb potatoes and mash with some milk, or use about 1 c leftover mashed potatoes.
add the potatoes to the beans with:

1/2 c fine-shopped celery
1/2 c fine-chopped onion
1/4 c snipped parsley
1 minced clove garlic
1 1/2 tsp salt

gently cook for 1 hr, mashing the beans with a spoon as you stir.

~

shepherd pie
for 4
oven 350

cook 1 lb potatoes til tender.
mash them with 1/3 c yogurt, 1 tb butter, 1/2 tsp salt, and pepper and set aside.

saute 1/2 c chopped onion and 1/2 lb sliced mushrooms.
in a bowl mix:

1 1/2 c drained cottage cheese
1 beaten egg
2 tsp soy sauce
1/4 tsp tabasco sauce
1 tsp poultry seasoning (or 1/2 tsp sage and 1/4 tsp each thyme and marjoram)

add mushrooms.

place the mixture in a greased pie pan - not a metal one either.

spread the pie with the mashed potatoes, dot the top with butter, and bake 30 minutes.
let it stand 5-10 minutes before serving.

there's grace, and then there's law. grace works best,
but law works good if you happen to be temporarily
out of grace. you can figure out by the rules how to
get back again.

- stephen gaskin

creole noodles
for 4

cook some noodles (spirals or shells) to make 3 cups.

saute 1 chopped onion and 1 chopped green pepper in 2 tb oil.

add:

1 can red or kidney beans
2 c chopped tomatoes
4 sprigs parsley, snipped
2 c sliced green beans or okra
1/2 tsp dried basil
1 tsp paprika
1 bay leaf
pinch whole anise seed
1/2 tsp tabasco sauce
1/2 tsp salt

cover and simmer 15 minutes.

add noodles and simmer 10 more minutes uncovered.

serve with broccoli and hollandaise sauce, and apple juice.

~

dirty rice
for 4

prepare 4 c cooked brown rice.

saute in 2 tb butter:

2 cloves chopped garlic
4 sliced scallions
1/2 c nuts/seeds
1/2 c coarsely chopped mushrooms
cook until mushrooms are quite soft.

add 2 tb soy sauce, cover, and simmer 5 minutes.

stir in rice and heat through.

good with greens and beets.

don't goof off.

-suzuki-roshi

hot sour soup
for 2
excellent for colds and flu.

soak 3 dried shiitake mushrooms in 1 c boiling water for 1/2 hr.
reserve the soaking water; remove the mushrooms and cut them with scissors into slivers.

use the soaking water and the water from 1/2 can bamboo shoots, with vegetable broth, to
make 3 cups stock.

mix 1 tb cornstarch in a small amount of the cold stock and set aside.

heat the stock to a boil and add:

1/3 lb tofu, grated on a cheese grater to shreds

the mushrooms

the bamboo shoots

2 tb vinegar

1 tb soy sauce

dash sesame oil

3 dashes tabasco sauce

the cornstarch mixture

stir til heated through and slightly thickened.

may stir in 1 beaten egg to make egg drops.

stir in 2 thin-sliced scallions and serve!

~

15 bean soup

2 c assorted dried beans. there don't have to be fifteen kinds. it's just the name of the soup.
soak them overnight and cook and drain them.

add to beans:

4 c soup stock

2 c water

1 lg can tomatoes, squished

1-2 onions, chopped

4-6 cloves garlic, crushed

juice of 1 fresh lemon

1 1/2 tsp chili powder

1 tsp salt

1/2 tsp pepper

1 tb oil

simmer for about 1 hour. do not bring to a full boil. serve with iceberg wedges.

iceberg wedges

dressing:

place in blender:

1/3 c white vinegar

1 1/2 tb finely grated white onion

1/2 c white sugar

1 tsp dry mustard

1 tsp salt

buzz and slowly drizzle in 1/3 c oil til thickened.

stir in 1 tb poppy seeds.

spoon over wedges of iceberg lettuce.

~

cream of tomato soup

for 4

good for colds and flu but takes a while

1 minced onion

1 minced carrot

1 minced clove of garlic

saute in 4 tb butter until deep golden brown.

add 3 tb flour, stirring well.

add:

4 c vegetable broth

6 fresh chopped or 1 large can squished tomatoes

4 sliced scallions

4 white peppercorns (or black)

1 tsp salt

1 tb sugar

cover and cook over low heat for 1 1/2 hrs.

blend smooth in blender.

stir in 1 c heavy cream.

now when i start writing, the first thing i ask is, "who is thinking
the same thought? where are the other people who are like me?"
i don't believe anymore that i have a thought. there is a thought around.

- doris lessing

black bean chili
for 6
you will need fresh cilantro.

saute in 2 tb oil:
6 crushed cloves garlic
2 chopped green peppers
2 tsp whole cumin seed
2 tsp salt
pepper
cayenne
2 tsp basil
1/2 tsp oregano
1 tb lime juice

add:
3 cans black beans with liquid
1 cup corn
1/2 c tomato puree
2 4-oz cans diced green chiles

simmer 45 minutes.
while it cooks, make this salsa:

2 c fine-chopped red onion
1/2 c packed fresh cilantro
1 c fresh parsley
2 c fesh tomatoes finely chopped
1/2 tsp salt
pepper
mix and let stand at room temperature.

serve the chili topped with salsa. you can also have sour cream, cheese, etc.
don't forget the corn bread.

do you accordingly on your part strive diligently to supply your faith with virtue,
your virtue with knowledge,
your knowledge with self control,
your self control with patience,
your patience with piety,
your piety with love,
and your love with compassion.

first peter 1 : 5

chilequile casserole
for 4
oven 375

1 dozen corn tortillas - tear up
2 4-oz cans diced green chiles
1 cup fine-chopped onion
2 cups grated jack cheese

in a greased baking dish, layer:
half the tortillas
half the chiles
half the onion
half the cheese
and repeat.

beat 4 eggs with 2 c buttermilk.
pour over the casserole and bake 35 minutes til set.
serve with stewed tomatoes.

~

broccoli rice
for 4

cook 2 c dry rice in 4 c water.

cover 1 large head of broccoli with boiling water and let stand until deep green, crisp, and
fragrant.
drain, chop, and set aside.

make this sauce:
6 tb butter + 5 tb flour + 3 c milk + 1 1/2 vegetable bouillon cubes (or however much would
normally make 3 c bouillon)
add garlic, basil, salt, pepper, as desired

stir in the broccoli
add the rice
heat through
yum!

damn braces - bless relaxes.

- henry james

english toffee
1 1/2 lbs.

combine in buttered heavy saucepan and stir over high heat:

1 3/4 c sugar
1/8 tsp cream of tartar
1 c cream

stir and boil for 3 minutes.
add 1/2 c butter.

stir and cook to the soft-crack stage (270 degrees on candy thermometer).
the syrup will be light-colored and thick.
remove from heat and add 1 tsp vanilla.

pour into a buttered cookie sheet.

when it is almost cool, brush with 1/4 lb melted semisweet chocolate chips (if you coat it too soon, it will make the toffee soft and bendy).
immediately also sprinkle with 1/4 c finely chopped pecans.
when cool, cut into squares or break into appropriate bits.

~

banana-pineapple cake
use a ring pan of some kind.
oven 350
this is an ideal birthday cake.

mix:
3 c white flour
2 cups sugar, no less
1 tsp salt
1 tsp baking soda

separately, mix:
3 beaten eggs
1 c oil, no less
2 c mashed banana
1 9-oz can crushed pineapple with juice
1 1/2 tsp vanilla

wet into dry.

bake in greased, floured pan for 65-70 minutes.
cool in pan 15 minutes before removing from pan.
finish cooling on rack.
cream cheese frosting is a good choice.

easy applesauce cake
one cake pan full - an after-dinner treat.
oven 350

cream 1/2 c butter with 1 c brown sugar.

beat in 1 egg.

stir in:

1 3/4 c flour
1/2 tsp salt
1 tsp soda
1 tsp cinnamon
1/4 tsp cloves

add 1 c applesauce, 1 c raisins, 1 c chopped walnuts.
bake in greased and floured cake pan 50-60 minutes.

~

jam cake
one cake pan
oven 350

cream 6 tb butter with 1 c brown sugar.

beat in 2 eggs and 3 tb sour cream or yogurt.

stir in:

1 1/2 c flour
1 tsp baking powder
1/2 tsp soda
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp cloves

add 1 c berry or plum jam.
bake 30 min in greased and floured pan.

this we know. all things are connected, like the blood
that unites one family. all things are connected.

-chief seattle, suquamish, 1854

gingerbread with lemon sauce

1 square pan

oven 350

this is appropriate for any meal of the day and is easier than you'd expect.
you will need a lemon.

mix:

1 egg

1/4 c molasses

1/4 c sugar

1/4 c oil

stir in:

1 c flour

1 tsp soda

1/2 tsp salt

1 1/2 tsp ginger

1/2 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp cloves

stir in 1/4 c hot water. mix til smooth.

bake in greased, floured square pan 30-35 minutes.

while the cake bakes:

mix 1/3 c sugar and 1 tb cornstarch in saucepan.

add 1 c water and cook, stirring, til thickened.

remove from heat and add:

1 tsp grated lemon peel

1 1/2 tb lemon juice

2 tb butter

stir til smooth. pour over individual servings of gingerbread.

~

nancy cleary's peanut butter fudge

mix up:

3 c crunchy peanut butter

3/4 c honey

1 1/2 c dry milk

1 c chocolate chips

pat into an oblong pan.

chill and cut into squares.

carrot cake
oblong pan or three layers
oven 350

mix:
2 c flour
2 tsp baking powder
1 1/2 tsp soda
1 tsp salt
2 tsp cinnamon
1/2 c chopped walnuts

separately mix:
3/4 c oil
3/4 c honey
4 eggs
2 c grated carrots
1 cup drained crushed pineapple

wet into dry.
bake in greased and floured pans, 35-40 minutes for oblong, less for layer pans.
cream cheese frosting.

~

pie crust
i actually start by putting a measuring cup of water in the freezer.

single crust:
1 1/2 c flour
1/2 tsp salt
1/2 c shortening
scant 1/2 c icewater

two crusts:
3 c white flour
1 tsp salt
1 c shortening
1 scant cup icewater

stir flour and salt together.
cut in shortening til it looks like coarse crumbs.
stir in icewater and mix lightly.
never, never knead pie dough.

if you have to prebake a pie shell, prick it all over (all over) with a fork first or it will puff out of control.

wonderful apple pie
you will need 2 pie crusts.
oven 400

mix up with a fork:
1/2 c soft butter
3/4 c brown sugar
1/2 c flour
1 tsp cinnamon
1/8 tsp each of allspice, nutmeg, cloves
this will make a crumbly kind of mixture.

put 1/3 of the mixture in the bottom of the pie crust.
slice 6 peeled apples into the crust.
top with the remaining crumble mixture and the top pie crust.
bake 50-60 minutes.

~

french apple pie
oven 425
you will need one pie crust.
this is the apple pie i usually make.

1 c flour
1/2 c butter
1/2 c brown sugar
mix up til crumbly.

put sliced apples in crust, top with crumbles.
bake 45 min.
cover with tin foil if it's already browned and bake another 15 min.

once at a zen center picnic in golden gate park, i saw suzuki-roshi do
what i felt was a silent teaching on the nature of enlightenment. when he arrived
at the gathering, he saw a baby blanket on the ground, and he lay down on it and
rolled up in it and just lay there a while in his black robes, rolled up in a
lacy pink baby blanket.

- ina may gaskin

peach pie
oven 400
needs two crusts.

put a bunch of halved canned peaches in the crust.

mix up:
1 egg
2 tb flour
2/3 c sugar
1/3 c melted butter

pour over peaches and put on top crust.
bake 15 minutes; reduce oven to 350 and bake 50 min more.
good with whipped cream.

~

cherry pie
oven 400
need 2 pie crusts

use 2 cans of pie cherries or 3 1/2 c thawed frozen.
if you use cans, reserve the juice.

mix 1 cup of sugar with 4 tb cornstarch in a saucepan.
mix cherry juice or other kind of juice or water to make 1 cup, and add to sugar with a few drops of almond extract, a few drops of red food coloring, and the cherries.
cook stirring over medium heat until thickened.
remove from heat and allow to cool, stirring occasionally so the steam doesn't thin out the filling.

pour into crust, dot with butter, put on the top crust, put the pie on a cookie sheet, and bake 1/2 hour.

~

strawberry rhubarb pie
oven 450
needs 2 crusts

mix:
2 c sliced rhubarb
2 c sliced strawberries
1/4 c flour
1 1/4 c sugar

put in crust, dot with butter, and put on top crust.
bake at 450 for ten minutes; reduce heat to 350 and bake another 35-40 minutes.

pecan pie
oven 375
needs one crust half-baked.

mix up:
3 eggs
1 c corn syrup
1/3 c melted butter
1 c sugar
1/2 tsp salt
1 tsp vanilla
1 c pecan halves

pour into shell and bake 45-50 min til knife off-center comes out clean.

~

pumpkin pie
oven 400
my grandmother's recipe. this is in fact the best pumpkin pie in history.
chill one crust per pie.

for one pie, mix up:
3 eggs
1 tb molasses
1 can (1 3/4 c) pumpkin
3/4 c sugar
1/2 tsp salt
2 tsp cinnamon
1/2 tsp ginger
1/2 tsp allspice
1/4 tsp nutmeg
1/4 tsp cloves
1 13-oz can evaporated milk

put the pie pan on a cookie sheet.
bake 50 min until knife inserted off-center comes out clean.
the center will cook as it cools.
chill well before serving.

each truth that a writer acquires is a lantern which he instantly turns full
on what facts and thoughts lay already in his mind, and behold, all the
mats and rubbish which had littered his garret become precious.

- ralph waldo emerson

cream pie
needs one baked pie shell per pie.

combine in saucepan:

2/3 c sugar

1/2 c flour

1/2 tsp salt

add 2 c milk and stir over medium heat until thickened. this will take about 10 minutes.

in a bowl, beat 3 eggs.

add some of the hot stuff by spoonful to warm the eggs, stirring after each addition.

put the egg mixture into the rest of the hot stuff and cook again, stirring, until extra-thick.

remove from heat and add:

2 tb butter

2 tsp vanilla

cool slightly and pour into crust. chill thoroughly before serving.

banana cream pie: slice 2 bananas into the crust before adding filling. when cold, top with whipped cream. sprinkle top with a little nutmeg.

coconut cream pie: add 1/2-1 c coconut to hot filling. when cold, top with whipped cream. toast a little coconut in a 300-degree oven and sprinkle over the top.

chocolate cream: add some cocoa or semisweet chocolate chips to the hot filling. top cold pie with whipped cream. shave chocolate bar with a vegetable peeler over the top.

~

chocolate chip cookies

oven 375

cream 1 c butter with 1/2 c white and 1/2 c brown sugar.

beat in 2 eggs, 1 tsp vanilla.

stir in 2 1/2 c flour, 1 tsp salt, 1 tsp soda.

stir in 12 oz (2 cups) chocolate chips, 1 c chopped nuts.

bake on greased cookie sheets 10-12 minutes.

mint chocolate chip cookies

use one recipe chocolate chip dough with the following modifications:
melt half the chips and cream into the dough with the butter and sugar.
add 1 drop peppermint oil.

(what i do is stick a chopstick in it and then jab that into the dough. peppermint oil is very, very strong and one drop might even be too much.)
bake as usual.

~

sugar cookies
oven 400

cream 1 c butter with 1 1/2 c sugar until light and fluffy - a mixer works well.

beat in:
2 eggs
1 tb milk
1 tsp vanilla and/or grated lemon peel

stir in:
2 c flour
2 tsp baking powder
1/2 tsp salt

add up to 1 c more flour for a non-sticky dough.
chill 1 hr.

roll dough into small balls, then roll in sugar and place on ungreased cookie sheet.
they will flatten down, so don't put them too close together.
bake a scant 10 minutes - watch for scorching sugar.

a man saw a ball of gold in the sky;
he climbed for it,
and eventually he achieved it -
it was clay.

now this is the strange part:
when the man went to the earth
and looked again,
lo, there was the ball of gold.
now this is the strange part:
it was a ball of gold.
aye, by the heavens, it was a ball of gold.

- hart crane

mrs. davis cookies
oven 350

cream 1 c shortening with 2 c brown sugar.

beat in:

2 eggs

1/3 c buttermilk (may sub 1/3 c milk with 1 tsp vinegar; let it stand 10 minutes before using)

stir in:

2 3/4 c flour

1 tsp cinnamon

1 tsp nutmeg

1/2 tsp salt

1 tsp soda

spread this dough over the bottom of 2 greased cookie sheets.

bake 15 minutes and cut into squares while still warm.

~

paintbrush cookies

oven 375

this is an excellent project for children because it's really fun. you can make the dough ahead of time and do the rolling, painting, and baking with them. you will need a bunch of paintbrushes.

cream 1/2 c butter with 1/2 c sugar.

beat in 2 eggs, 1 tsp vanilla, and 1 tb water.

stir in 2 1/2 c flour and 2 tsp baking powder.

chill until ready to use.

paint:

mix 2 egg yolks with 1/2 tsp water.

divide into cups or shot glasses, adding food coloring as desired.

roll out the cookies and cut them into festive shapes.

paint them gaily.

use a spatula to place them on cookie sheets and bake about 10 minutes.

when the heart weeps for what it has lost, the spirit laughs for what it has found.

- sufi proverb

fruitcake cookies
oven 400
nobody likes these but me - and i really like them a lot.

mix in a bowl:
3 tb rum, brandy, or whiskey
3/4 lb dates, chopped
1/4 lb candied cherries, chopped
1/4 lb candied pineapple, thinly sliced
1/2 c golden raisins
1/4 c chopped walnuts
1/4 c chopped pecans
1/4 c slivered brazil nuts
1/4 c slivered almonds

cream 1/2 c butter with 3/4 c sugar.
beat in 1 large egg.

stir in:
1 1/4 c flour
1/2 tsp cinnamon
1/2 tsp salt
1/2 tsp baking soda

work in the fruit-and-nut mixture. you will need to use your hands to mix it well.

bake in blobs on greased sheets for 10 minutes.
do not overbake or they will be hard like rocks.

when cool, you can brush them with a boiled corn syrup glaze - cook the corn syrup to the hard-crack stage and brush it on. it will soften a little when it's on the cookies. they look very pretty this way.
store them airtight.

fair warning

you know, wishing won't make it so.
hope won't do it, praying won't do it,
religion won't do it, philosophy won't do it,
the supreme court won't do it, the president and congress won't do it,
the h-bomb won't do it, the sun and the moon won't do it,
god won't do it, and i certainly won't do it.
that leaves you.
you'll have to do it.

- todd rundgren

walnut-cream cheese cookies
oven 375
classic holiday cookies.
separate 2 eggs.

cream 1 c butter, 1/2 c brown sugar.

beat in 2 egg yolks, 1 tsp vanilla.

stir in 2 c white flour, 1/2 tsp salt.

put egg whites in a small bowl and stir them up a little.

put a bunch of finely-chopped walnuts in another small bowl.

roll cookie dough into smallish balls, dip in egg white, and roll in walnuts.

place on cookie sheets and poke your finger into the top of each one to make a well.

bake 10 minutes.

cool.

fill cookies with cream cheese frosting (you can just mix cream cheese with honey and a little vanilla).

or fill cookies with jam before baking.

or roll the balls in chocolate jimmies instead of egg and walnuts before baking. flatten them a little but don't indent or fill.

it's all very well, sci-fi fans, to realize that the evil you must fight, are trying to fight, is embodied in your image in the mirror, someone with your very name, your doppelganger walking up the street toward you, your long lost brother sister father mother, but the real stinger is finding out that the good you must embrace is walking around living in someone who has the other kind of earlobes, feels the other way about anchovies, wakes up with the other amount of energy in the morning, and will probably never read your favorite book.

- whole earth catalog

christmas cookies 3 ways

cream 2 c butter with 3 c powdered sugar.
beat in 2 eggs, 2 tsp vanilla.
stir in 3 c white flour.
divide dough into three parts.

use to make love cookies, cherie cakes, and finnish almond cookies (below).

~

love cookies
oven 375
you'll need some paintbrushes.

to one part of christmas-cookie dough add:
1/4 c finely-chopped nuts
3 tb molasses
1/2 tsp lemon peels
1/2 tsp cinnamon
1/4 tsp each nutmeg and ginger
pinch cloves

chill at least 2 1/2 hrs.

roll 1/4 inch thick and cut into squares.
bake on ungreased sheet 10-12 minutes and immediately transfer to racks.

while still warm, brush with glazes:
1 c powdered sugar, 1 tb lemon juice, 1 1/2 tsp water
separate into different bowls and add food colors as desired.

~

cherie cakes
oven 375

to one part of christmas cookie dough add 1/2 cup minced candied cherries.
chill for at least 2 1/2 hours.

roll dough 1/4 inch thick and cut into scalloped rounds or circles
cut some kind of hole in the center of half of the rounds.
bake on ungreased sheet 5-8 minutes - til firm but not brown.
cool well.

spread the plain rounds thinly with cherry jelly and top with the holey tops.

finnish almond cookies
oven 375

to one part of christmas cookie dough add 1/4 tsp almond extract.
chill for at least 2 1/2 hours.

roll 1/4 inch thick.
cut into strips, stars, or triangles.
bake on ungreased sheet about 10 minutes. cool.

icing:
2 c powdered sugar
1/4 tsp vanilla
1/4 tsp almond extract
1 1/2-2 tb milk

spread on cookies and immediately sprinkle with sliced almonds.

~

gingersnaps
oven 350
a very large recipe, suitable for making a gingerbread house or enough cookies to share widely.

in a saucepan, heat:
1 c butter
1 c brown sugar
1 c molasses
1 tb vinegar
stirring til melted.

pour in a mixing bowl and beat in:
1 beaten egg
4 1/2 c flour
1 tsp cinnamon
2 tb ginger
1/2 tsp cloves
2 tsp baking soda
may need to add another 1/2 c flour. the dough will be very stiff.

roll out and cut into shapes.
bake 10 minutes on greased cookie sheets - careful, they scorch quickly because of the molasses.
ice when cool with royal icing.

royal icing

a large recipe for a lot of gingerbread. also used as mortar for a gingerbread house.

3 lg egg whites - beat to medium peaks.

gradually beat in:

1 tsp vanilla

1 lb (3 1/4) c powdered sugar

this icing dries hard - you must keep the bowl covered with plastic or a wet towel while you're using it.

ideal for piping through a pastry tube. kind of a mess for spreading.

allow frosted cookies to dry before storing.

~

molasses cookies

oven 350

cream 3/4 c shortening with 1 c sugar

beat in 2 eggs and 1 cup light molasses

in a bowl mix:

4 c flour

1 tsp salt

1 tsp baking soda

2 tsp cinnamon

1 tsp ginger

add to creamed mixture, alternating with 3/4 c cold strong coffee.

bake by teaspoonsful, 15 minutes, on greased sheets.

may sprinkle tops with sugar before baking.

~

sandies

about 3 dozen.

also known as polverones and mexican wedding cakes

oven 325

cream 1 c butter with 1/3 c sugar

beat in 2 tsp water and 2 tsp vanilla

stir in 2 c flour and 1 c finely-chopped pecans

shape into balls and bake 20 minutes on ungreased sheets - do not brown.

shake the cookies with powdered sugar in a bag, a few at a time.

blueberry pie
oven 450

mix 4 c fresh berries with 2/3-1 c sugar, 1/4 c flour, 1 1/2 tb lemon juice.
let stand 15 minutes.
pour into crust and dot with butter. put on top crust.
bake 10 minutes, reduce heat to 350 and bake 35-40 minutes more.

~

real lemon meringue pie
needs one baked pie shell.
separate 2 eggs.

filling:

mix in a saucepan 1 c sugar, 1/8 tsp salt, and 5-6 tb cornstarch.
add 2 c milk or water slowly, stirring til well blended.
cook over medium heat stirring til thickened.

in a small bowl, beat 2 egg yolks.
pour in a little of the hot mixture, stirring, to heat up the yolks.
return mixture to the pot and cook, stirring, until well thickened, about 5 minutes more.

remove from heat and stir in:

3 tb butter
1/4 c lemon juice
1 tb lemon peel

stir gently occasionally while cooling or the steam will thin out the filling.
when it's lukewarm but not set, pour it into the pie shell and chill thoroughly before putting
on the meringue.

meringue:

heat oven to 325-350.

whip 2 egg whites until frothy; add 1/4 tsp cream of tartar.
whip until stiff but not dry - peaks that lean over.
gradually beat in 3 tb sugar and 1/2 tsp vanilla.
do not overbeat.

spread on the pie and bake 10-15 minutes. watch closely so it doesn't scorch - it is done when
the peaks are golden brown.

cool before refrigerating or you will get this weird brown dew on it.

everywhere i go, i find a poet has been there before me.
- sigmund freud

somewhat easier lemon meringue pie
needs a baked or graham-cracker pie shell
oven 350
slight risk of salmonella since egg yolks are uncooked.

mix with mixer:
1 can (1 1/3 c) sweetened condensed milk
1/2 c lemon juice
2 egg yolks
1-2 tsp grated lemon peel
beat thoroughly, pour into pie shell, and top with meringue.

meringue:
heat oven to 325-350.

whip 2 egg whites until frothy; add 1/4 tsp cream of tartar.
whip until stiff but not dry - peaks that lean over.
gradually beat in 3 tb sugar and 1/2 tsp vanilla.
do not overbeat.

spread on the pie and bake 10-15 minutes. watch closely so it doesn't scorch - it is done when the peaks are golden brown.
cool before refrigerating or you will get this weird brown dew on it.

~

apple crisp
for 4
oven 350

mash up:
1/2 c butter
1/2 c brown sugar
1 c rolled oats
1/3 c wheat germ
1/2 c flour
1/2 tsp salt

use for up to 8 apples, peeled, cored, and tossed with:
2 tb flour
1/4 c lemon juice
1 tsp cinnamon

put a little juice or water in the bottom of a greased baking dish, add apples, top with crispy stuff, and bake 25 minutes or until apples are very soft. may cover with tin foil if it is getting too brown.

blueberry buckle

a square pan

oven 375

if you use frozen blueberries, make sure you rinse them well first.

cream 1/2 c butter and 1/2 c sugar.

beat in 1 egg and 1/2 c milk.

stir in 1 c flour, 1/4 tsp salt, 1 1/2 tsp baking powder.

turn into a greased and floured square pan and top with 2 cups of blueberries.

mash with a fork in a bowl:

1/4 c butter

1 c sugar

1/2 c flour

1/2 tsp cinnamon

top blueberries with streusel.

bake til golden brown and bubbly, about 45 minutes.

cool before serving - good with whipped cream and coffee.

~

peach cobbler

for 4-6

oven 400

need one recipe of drop biscuit dough with 2 tb sugar added to it.

make the dough after the peach part is done.

need 1 large and one small can sliced peaches: drain, reserving 1 c juice.

mix 2 tb cornstarch in 1/4 cup of the reserved juice.

heat in a saucepan with the remaining 3/4 c of juice:

1/3 c sugar

1 tb butter

1/4 tsp cinnamon

add the cornstarch stuff to the hot juice stuff and cook, stirring, until thickened.

add the peaches.

pour into greased casserole dish.

top with one recipe of drop biscuit dough that has 2 tablespoons sugar added to it.

dollop the dough as best you can - it doesn't have to completely perfectly cover.

actually, a whole recipe may be too much - you might want to just make a few extra biscuits on the side.

bake about 1/2 hour until biscuits are done - pry it up a little to be sure. may cover with tinfoil if it is getting too brown.

serve with whipped or ice cream.

sinful brownies
oven 350
this makes a nice gift.

heat in a saucepan over medium-low heat until well blended:
1 package light caramels
1/3 c evaporated milk

meanwhile, mix
1 package german-chocolate cake mix
1/2 c melted butter
1/3 c evaporated milk

press half the cake stuff into a greased and floured oblong pan.
bake for 6 minutes.

remove from oven and sprinkle with 1 lb semisweet chocolate chips.
drizzle with caramel stuff.
top with remaining cake mixture - you will have to blob it on there as best you can.

return to oven and bake 15-18 minutes
refrigerate for a few hours before cutting.
store wrapped individually.

~

traditional pound cake
oven 325
needs superfine sugar and a big tube pan.
start by separating one dozen eggs.

cream 1 lb softened butter with 1 lb (4 cups) white flour.
add the flour 1 cup at a time, to make a smooth paste.

add 1 lb (2 cups) superfine sugar and the yolks of 1 lb of eggs (1 dozen).
stir in 2 tsp vanilla and/or lemon peel.

beat the egg whites (1 dozen) until stiff and fold into batter carefully.

bake in buttered tube pan (put the pan on a cookie sheet) about 75 minutes.
cool 20 minutes before removing from the pan.

you can also make a half-a-pound cake and bake it in a smaller pan.

i took the ferry home from work. a drunk man sang with the foghorn, on key.
- another bus voice

big vegan cake
good for them food-not-bombers.
one oblong
oven 350

cream $\frac{2}{3}$ c butter with $1 \frac{1}{3}$ c sugar

beat in:
 $\frac{1}{4}$ c soy yogurt, if available
 $1 \frac{1}{2}$ c water or soymilk
 $1 \frac{1}{2}$ tsp vanilla

stir in:
 $2 \frac{1}{3}$ c flour
1 tb egg replacer powder (or enough to replace 2 eggs)
2 tsp baking powder
 $2 \frac{1}{2}$ tb soymilk powder (do not need if you already used soymilk)
may want to add more flour to make a decent batter.

bake in greased and floured pan for about $\frac{1}{2}$ hour.
may frost with buttercream frosting that uses margarine and soymilk.

for marble cake:
pour $\frac{2}{3}$ of the batter into the pan.
to the rest of the batter, add $\frac{1}{4}$ c cocoa and $\frac{1}{4}$ tsp cinnamon.

put blobs of the chocolate batter on the white batter.
cut through with a table knife in big swirls to marblize - don't overdo it though or it won't be as pretty.
bake as above.

if there are people doing stuff
to folks that they wouldn't do
if i was around, it means that
no one is naive and young and
silly and idealistic enough to
stand up and be mighty mouse
when i ain't here. if stuff like
that goes down, where is
mighty mouse? where is he?
i thought he lived in all our hearts.

- stephen gaskin

hungry day spice cake
one square pan
oven 325
for when you are broke. needs no eggs or milk or butter.

cook in saucepan:
1 1/4 c water
1 c brown sugar (may use white sugar and 1 tb molasses)
1/3 c shortening
2 c raisins or chopped apple
2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp cloves
cook 3 minutes and cool.

separately mix:
2 c flour
1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda

wet into dry.
bake in greased and floured square pan about 30-40 minutes or so.
do not open the oven to check it until you can really smell the cake.
let cool before cutting. this cake is kind of fragile.

compassion never faileth.

but whether there be prophecies, they shall fail; whether there be languages, they shall cease;
whether there be knowledge, it shall vanish away.
for we know in part, and we prophecy in part.
but when that which is perfect is come, then that which is in part shall vanish away.

when i was a child, i spake as a child, i understood as a child, i thought as a child.
but when i matured, i put away childish things.
for now we see as through a glass, darkly; but then, face to face.
now i know in part, but then i shall know even as i also am known.

and now abideth faith, hope, and compassion, these three:
but the greatest of these is compassion.

first corinthians 13 : 8

hungry day chocolate cake

one square pan

oven 325

needs milk/soymilk and chocolate but not butter or eggs.

if using unsweetened baking chocolate, use 2 oz. and add it to the wet mixture.

if using cocoa, use 1/2 - 3/4 cup and add it to the dry mixture.

melt:

1/3 c shortening

1 c milk/soymilk

1 tsp vanilla

(unsweetened chocolate)

separately mix:

1 3/4 c flour

1 c sugar

1 tsp baking soda

1/2 tsp salt

(cocoa)

wet into dry.

bake in greased and floured square pan about 30-40 minutes or so.

do not open the oven to check it until you can really smell the cake.

let cool before cutting. this cake is kind of fragile.

~

chocolate frosting

2 cups

cream 6 tb soft butter.

beat in 1/3 c milk and 1 tsp vanilla.

mix in 2 2/3 c powdered sugar and 1/2 - 3/4 c cocoa.

~

buttercream frosting

2 cups

cream 6 tb soft butter.

beat in 1/3 c milk and 1 tsp vanilla.

mix in 2 2/3 c powdered sugar.

birthday cake frosting
for two 8-inch layers
this is the best frosting ever, but it does not work well on a really hot day.

whip with a mixer:
1 cup softened butter (not margarine)
1 cup white sugar

slowly pour in a thin stream of warm milk - 2/3 cup - while running the mixer.

add 1 tsp vanilla and/or grated lemon peel.
you can also beat in 1 square melted unsweetened chocolate.

keep beating about 5 minutes until thick and creamy.
after you put it on the cooled cake, store it in the refrigerator.

~

banana pudding
one square pan.
with vanilla wafers.

in a saucepan, mix up:
3 tb flour
1 cup sugar
dash of salt

slowly blend in 3 cups of milk and 3 beaten eggs.
cook stirring until thickened.
remove from heat and add 1 tb butter and 1 tsp vanilla.

line the bottom and sides of a square pan with vanilla wafers.
add 2 sliced ripe bananas.
pour in pudding and top with vanilla wafer crumbs.
serve cold.

how does humanity bear it -
with a painted paradise at the end of it all -
without a painted paradise at the end of it all -

- ezra pound

butterscotch pudding

in a saucepan, cook 4 tb butter and 1 1/4 cup brown sugar, stirring, until melted and bubbling.

add one cup heavy cream and 1 cup milk. remove from heat.

in a bowl, mix up:

7 tb flour

2 beaten eggs

1 c milk

add to the saucepan and return to the heat.

cook, stirring, until thickened.

beat with an eggbeater for 2-3 minutes over the heat.

remove from heat and stir in 1 tsp vanilla.

cool in a pudding dish and refrigerate.

~

cocoa

for one:

1 heaping tsp cocoa + 2 heaping tsp sugar

add 1 c hot milk.

or:

1 heaping tsp cocoa + 2 heaping tsp sugar + 1/4 c dry milk

add 1 c boiling water.

to make 4 cups:

1/3 c cocoa + 1/2 c sugar + 1/3 c hot water.

boil for 2 minutes.

add 1 quart of milk and heat through.

~

easter egg dye

into each teacup put 1-2 tsp vinegar, 3/4 c boiling water, and food coloring.

primary colors use 9 drops.

orange - 5 red and 5 yellow

purple - 5 red and 5 blue

~

better-butter

2 lbs

healthier, cheaper, and more spreadable.

put in a blender:

1 lb soft butter

1 c good oil

2 tb water

2 tb powdered milk

1/2 tsp salt

1/4 tsp lecithin

blend and store in refrigerator.

~

salt dough

for tree ornaments and other crafty stuff.

this dough will dry out your hands.

1 c salt

2 c flour

1 c water

knead ten minutes.

for flat pieces - roll no thinner than 1/4 inch.

you can stick bits together using a little water. don't forget holes to hang them from.

bake on ungreased tinfoil-lined cookie sheets as slowly as possible until very hard.

paint with tempera or acrylic paint and dip in polyurethane.

store them protected from moisture and they will last for years and years.

~

communion wafers

makes about 150

oven 350

2 c whole wheat flour

1/2 tsp salt

6 tb oil

1/2 c water

knead and roll very very thin. score with dull knife into 1 inch squares.

bake on ungreased sheets about 15 minutes til golden brown.

break apart when cool.

serve with red wine. yum!

the last maxim

[stephen gaskin was asked, what does it mean when we say someone is 'into the juice'? when someone hangs around seeking attention and sucking off other people's energy.]

well, suppose there were some folks who didn't have any water and were getting kind of thirsty and dehydrated and not making it very good because of having no water, and some other folks had gotten together and poured theirs into a big swimming pool and were all swimming.

suppose somebody kicked holes in the side of the swimming pool and let it all run out. suppose thirsty people who were so thirsty that they didn't have good sense climbed the fence and hurled themselves into the pool. what about that?

well, don't worry, i ain't going to leave you hanging there. that was such a heavy lot of supposing. nobody digs it when anybody was left out. it's actually pretty simple. if you find somebody who hurls himself into the pool and can't swim, you have to rescue him. you have to pump him out. you have to help him out.

- gaskin

