

Small Is Beautiful

Cooking For One

by Leigh Saint-Louis, M.D.

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Dear Reader,

I wrote this cookbook for my Dad. He had the great good fortune to live with the best cook in the world for fifty years, and the terrible misfortune of having to pick up the pieces and go on, after her untimely death, this autumn, from cancer.

My mother, raised on a Depression-era family farm, was an ardent carnivore; I myself have been a vegetarian from teenagerhood. Most of the meat-based recipes here are hers - recipes that I have never prepared - although I have sat in the kitchen many an evening, chatting and sipping, watching and learning, while they were prepared - and, of course, more than a few I cut my baby teeth on! Any mistakes in their proportions or technique are due to my own ignorance and lack of imagination, and in no way reflect on her vast expertise.

My mom was a lover of fresh whole foods, a 'from-scratcher', and a working poet. My dad is a scientist and an outdoorsy environmentalist type. It's natural, isn't it, that I should become a holistic "natural" family physician? For you, the gift of this cookbook is to provide you with practical strategies for good home-cooked meals, as rich in vitality as they are in flavor, while also giving you an outlet for amusement and creativity, minimizing any leftovers or waste, in the spirit of the Buddhist economics of E.F. Schumacher's "Small is Beautiful"... and for your very good health!

*With best wishes,
Leigh Saint-Louis, M.D.*

Introduction

When one comes to live by oneself...

It may not take long before you find you are bored with food. What happened to the enjoyable meals you used to share - often prepared by somebody else? They're not on the menu at your favorite restaurant, or in the freezer at the grocery store... and when you look through the cookbooks on the shelf, or search the Internet for familiar recipes, you find that each one "Serves six."

Then, if you're adventurous, you might start the tedious process of trying to re-size the recipe. What's one-sixth of a third of a cup? How about half of three eggs? Once you've done the math (and the shopping), and made your "meal for one," you find yourself with the leftovers: half a can of beans, half a can of tomatoes, and three-quarters of a pound of ground round.

If your motto is, "Waste not, want not," what now?

Here is a cookbook that is sized for one. Each recipe has modest portions that strike a balance between the healthy austerity of the USDA "Food Pyramid" and average American gluttony. It includes instructions for the secrets cooks work out when they have been managing food for decades (such as how to throw together a quick cheese sauce), and some they never needed to learn (such as what size baking dish holds just two enchiladas). It also includes strategies for leftovers - and how to get in and out of a mega-grocery-mart without losing your temper, your mind, or your life savings.

...Oh, and it has a lot of quotations from cool dudes!

*Since consumption is merely a means to human well-being, the aim should be to obtain the maximum of well-being with the minimum of consumption.
E. F. Schumacher, Small Is Beautiful: Economics as if People Mattered*

*I did toy with the idea of doing a cook-book. The recipes were to be the routine ones:
how to make dry toast, instant coffee, hearts of lettuce and brownies.
But as an added attraction, at no extra charge, my idea was to put a fried egg on the cover.
I think a lot of people who hate literature but love fried eggs would buy it, if the price was right.
Groucho Marx*

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*Maybe the cat has fallen into the stew, or the lettuce has frozen, or the cake has collapsed.
Eh bien, tant pis... The cook must simply grit her teeth and bear it with a smile,
and learn from her mistakes.*

Julia Child

It is the weight, not numbers, of experiments that is to be regarded.
Isaac Newton

Breakfast

Hard boiled eggs

Cover with cold water and slowly (to prevent cracking) bring to a boil over medium-high heat. Simmer for one minute per egg. Remove from heat and cover. Allow to stand for 15 minutes. Drain hot water, and allow to stand in cold water until cool.

Soft boiled eggs

Cover with cold water and slowly (to prevent cracking) bring to a boil over medium-high heat. Immediately remove from heat, and allow to stand in hot water:

5 minutes (jumbo)

4 minutes (large)

3 minutes (medium)

Plunge in cold water to cool enough to handle while serving.

Poached eggs a la microwave

Put 1/4-1/3 cup of cold water in a pyrex measuring cup. Carefully break 1-2 eggs into it. Microwave about 1 minute, depending on power of microwave. Drain water away before serving.

Poached egg variations

Good for supper - not just breakfast.

- **Benedict:** Mix up a package of instant Hollandaise sauce. When finished, squeeze in juice of 1/2 fresh lemon (or add 1 tsp lemon juice). Frizzle-fry a piece of ham or canadian bacon. Top toast (or toasted English muffin) with ham, then egg, then Hollandaise.
- **Asparagus benedict:** Make Hollandaise sauce as above. While it cooks, snap a few stalks of asparagus into 2-inch lengths. Place on dish, sprinkle with salt, garlic powder, and a little lemon juice, and lightly dot with butter or drizzle with olive oil. Cover with plastic wrap and microwave for 2 minutes; stir, replace wrap, and microwave for another 1-2 minutes until tender. Serve poached eggs on a bed of asparagus, covered with Hollandaise.
- **Arroz con Huevos:** Good use for leftover rice. Saute in a little oil: chopped onion, fresh tomato, and bell pepper. Stir in about 1 cup cooked rice. Sprinkle with salt and 1/4 tsp chili powder. Cook, stirring, til heated through. Place on a plate to make a bed of rice, and top with poached egg/s. Sprinkle with grated cheddar cheese and serve with salsa ad lib.
- **Florentine:** Make creamed spinach the easy way: Thaw/microwave and drain 1/2 box frozen spinach (about 3/4 cup). Melt 1 Tb butter in a small saucepan and stir in 1 Tb flour until smooth. Add 3/4 c milk and cook over medium heat, stirring, until thickened. Add the spinach, 1/4 tsp salt, a good grind of black pepper, and a pinch of nutmeg. Heat through. Serve poached eggs on a bed of spinach. May sprinkle with parmesan cheese.

*Life goes faster on protein.
Martin H. Fischer, MD*

Scrambled eggs

Just a few pointers.

Take time to beat them well, if you want them homogeneous.
Add a splash of milk or water, if you want them a little fluffier.
Handle them lightly over medium heat, to avoid rubberiness.

Scrambled egg variations

- **Ranchero:** Saute some chopped onion and bell pepper (red or green) in butter, until onion is translucent.
Add a pinch of dried red pepper flakes to the eggs, then add to the vegetables and cook.
Top with grated cheddar cheese and salsa to serve.
- **Breakfast burrito:** Put a plate with a flour tortilla in a warm oven, while preparing Ranchero eggs (above).
Roll eggs in tortilla (with a bit of sour cream - optional).
- **Swiss:** Saute a little thinly sliced onion and thinly sliced mushroom in butter, with a little garlic powder and a splash of soy sauce.
Sprinkle with a pinch of thyme. Add eggs when onion is translucent and mushrooms are soft.
Toss in a palmful of grated swiss.
- **Carbonera:** Saute thinly sliced onion and thinly sliced zucchini in butter.
Add a pinch of oregano and some bacon bits or "Bacos" (from a jar) to the eggs,
then add the eggs to the vegetables.
When done, sprinkle with parmesan.
- **Cantonese:** Good use for leftover rice.
In a little butter, saute 1 sliced green onion (mostly green, not too much white) and a handful of chopped shrimp (may use canned cocktail shrimp or frozen/thawed).
Add a dash of dry sherry and a splash of milk to the eggs.
Add the eggs to the shrimp and onions, and cook.
- **Philadelphia:** Have some cream cheese and 2 spoons on hand.
Saute a little chopped fresh tomato and green pepper in butter.
Add some bacon bits or "Bacos" (from a jar) to the eggs.
Then use the spoons to drop chunks of cream cheese into the eggs in the pan,
and continue cooking.
- **Scrambled egg hash:** Make some home fries, adding a small amount of chopped onion near the end of the frying, and cooking until the potatoes are done and the onion is translucent.
Drain out any excess oil sitting in the pan, then add the eggs to the pan with the potatoes.
Cook them together. Near the end, toss in (or grate in) a handful of cheddar cheese.
Serve with ketchup.
- **Egg McMuffin:** You'll need a toasted English muffin (may substitute toasted bread or a bagel).
Fry up a couple of breakfast sausages cut in half lengthwise.
Set them aside, and cook your scrambled eggs in the same pan.
Make a sandwich with the toast, egg, some sliced/grated cheddar cheese, and sausage.
Heat for 30 sec in the microwave to warm it all up.

My first book is really about heat. That book, for me, was an exploration of heat as ingredient.

*Why we don't talk about heat as an ingredient, I don't quite understand, because it is
the common ingredient to all cooking processes.*

Alton Brown

Quick home fries

This method will cut your frying time by about 60%.

Peel a large potato and cut into 1/2 or 3/4-inch cubes or into slices. Rinse under cold running water and drain well.

Place in microwaveable dish, and microwave for 2 minutes. Stir once, and microwave for 1 minute more.

Heat a skillet with 1 Tb olive oil (or spray the skillet). Add the spuds and fry over medium heat until done the way you like them.

Season with salt and pepper (dash of garlic powder, paprika, etc.) as desired while frying.

Microwave bacon

Spread 3 layers paper towels on a plate. Arrange slices of bacon on them.

Microwave high 3 min and test for doneness.

May continue cooking 30 seconds at a time until done.

Buttermilk pancakes

Buttermilk keeps well; you can buy a quart and use it over the course of 4-6 weeks. If you don't have buttermilk, you can substitute with 1 cup milk + 1 tb vinegar; let sit 10 min before using.

In one bowl, mix dry ingredients:

1/2 c white flour
1/2 c whole wheat flour
1 Tb sugar
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt

In a second bowl or measuring pitcher, mix wet ingredients:

1 egg
1 cup buttermilk
2 Tb oil

Mix wet into dry ingredients.

Cook on an oil-sprayed griddle or skillet heated over medium-high heat.

Flick a few drops off water onto the skillet to test the temperature - they should dance about before drying up, when it's hot enough. (If they spit, it's too hot.)

Variations:

- Add 1/2 minced apple and 1/4 tsp cinnamon.
- Add 1 sliced banana and/or 1/4 c sunflower seeds.
- Add 1/2 cup blueberries (frozen, thawed under hot tap water).

The whole of nature, as has been said, is a conjugation of the verb to eat, in the active and in the passive.
William Ralph Inge

I think the inner person is the most important.
I would like to see an invention that keeps the mind alert. That's what is important.
Julia Child

I have had my results for a long time: but I do not yet know how I am to arrive at them.
Karl Friedrich Gauss

Oat Cakes

These are actually the best hotcakes in the world.

Mix and let soak 10 minutes:

- 1 egg
- 1 1/4 c milk
- 2 Tb c oil
- 1 c rolled oats (rolled, not quick or instant)

Add:

- 1 tb brown sugar
- 1/4 tsp salt
- 1/2 c flour
- 1 tsp baking powder

Use 1/4 c batter per cake.

Smoothies

A basic recipe - flexible for variations.

Why acquire a blender and start making smoothies?

- *They are a quick meal you can slug down in a hurry.*
- *400mg+ calcium in one basic recipe - good for your muscles and bones.*
- *You only dirty one "dish" (and you can drink it out of the blender jar, if you want!).*

In a blender jar, combine:

- 1/2 cup of milk
- 1/2 cup yogurt
- 1 Tb powdered or malted milk
- 1/2 banana
- 1-2 other fruits or vegetables as desired:
 - A handful of frozen berries [strawberry, blueberry, blackberry, raspberry, etc.]
 - Half an apple [pear, nectarine, peach, etc.]
 - Tropical fruit [mango, papaya, kiwi, coconut, pineapple, etc.]

- Kale or spinach leaves
- Half a carrot
- A chunk of cucumber or melon
- Alfalfa sprouts
- A dollop of canned pumpkin

A spoonful of nuts, seeds, or grains:

- Spoonful of peanut butter or almond butter
- Small handful of cashews or other nuts

- Small palmful of rolled oats
- 2 spoonful of wheat germ or Grape-Nuts

Sample combinations:

- Apple + spinach + wheat germ
- Pineapple + carrot + cashew
- Strawberry + blueberry + oatmeal

- Peanut butter + apple + cinnamon
- Peach + raspberry + Grape-Nuts
- Pumpkin + pecan + dash of cinnamon

Cookery, or the art of preparing good and wholesome food, and of preserving all sorts of alimentary substances in a state fit for human sustenance, or rendering that agreeable to the taste which is essential to the support of life, and of pleasing the palate without injury to the system, is, strictly speaking, a branch of chemistry.

Frederick Accum (1769-1838)

*What shall I tell you of the natural secrets I have discovered while cooking?
I often say, when observing these details: had Aristotle prepared victuals, he would have written more.
Sor Juana Ines de la Cruz (1648-1695)*

Drop Biscuits

Quick. No fuss, no muss. Makes three.

Oven 450F

Stir in a small mixing bowl:

3/4 c flour

1/4 tsp salt

2 tsp baking powder

Cut in 3 Tb shortening using pastry blender (a curved many-bladed instrument - or use two table knives cutting crosswise to each other) until the mixture looks like coarse crumbs.

Stir in 1/2 cup milk. The dough will be soft and wet.

Drop 3 large spoonfuls onto ungreased cookie sheet, and bake 12-15 minutes until golden brown on the undersides.

Variation: Shortbread for fruit shortcake: Add 1 tb sugar to the dry mixture and prepare as usual.

Red-eye sausage gravy

Ingredients:

2-3 breakfast sausage links, or about a quarter-pound of patty sausage

2 Tb flour

1/2 cup mlk

1/4 cup brewed or instant coffee

Brown the sausage with 2 tsp olive oil, chopping it up with a wooden spoon while it is browning. When it is done, sprinkle the pan with flour one spoonful at a time, stirring it in completely. Stir this mixture over medium heat for 1-2 minutes to gently brown the flour.

Add the milk and coffee, a little at a time, stirring after each addition, and allowing to cook and thicken. Once it boils, it won't really thicken much more.

If it is too thick, add a little more milk or some water, stirring well.

Season with salt, black pepper, and a dash of hot sauce.

Adjust seasoning as necessary. Serve over biscuits.

*Shall I not have intelligence with the earth?
Am I not partly leaves and vegetable mould myself?
Henry David Thoreau*

*Not on morality, but on cookery, let us build our stronghold: there brandishing our frying-pan, as censor,
let us offer sweet incense to the Devil, and live at ease on the fat things he has provided for his elect!
Thomas Carlyle*

*The devil has put a penalty on all things we enjoy in life.
Either we suffer in health, or we suffer in soul, or we get fat.
Albert Einstein*

*In physics, you don't have to go around making trouble for yourself - nature does it for you.
Frank Wilczek*

Sandwiches

B.L.T.

Ingredients: bread, B., L., T., and sometimes A. (See below.)

Microwave or fry 3 pieces bacon.

Meanwhile, toast 2 slices bread; spread thinly with mayonnaise.

Slice 1/2 tomato and rinse 2 lettuce leaves (shake them dry).

Put it all together!

Variation:

Peel and slice half a ripe avocado. Salt lightly. Sprinkle with onion powder. Add it!

Club sandwich

Ingredients: bread, sliced chicken or turkey, bacon, tomato, cucumber, lettuce, mayonnaise.

Microwave or fry 2 pieces of bacon.

Toast 3 slices bread; spread each thinly with mayonnaise.

Meanwhile, thinly slice 1/2 tomato and approx 1/3 cucumber, and rinse 2 lettuce leaves.

On one slice of toast, layer 1 lettuce leaf, then chicken or turkey, then cucumber.

On another slice of toast, layer 1 lettuce leaf, then bacon, then tomato.

Stack these with another slice of toast in between.

Cut into quarters.

Dina's tuna salad

a.k.a. "Tuna salad Romana only wishes were hers." (Dina is my mother's name, and Romana was her cat.)

Ingredients:

One 6-oz. can tuna, drained

A generous sprinkling of onion powder

A heaping tsp. dill pickle relish

A squeeze of fresh lemon juice (about 1/4 tsp)

1/4 tsp. curry powder

One generous Tb mayonnaise

Mix thoroughly.

Tuna melt sandwich

Make some tuna salad (above). You will also need bread and cheese.

Thinly butter 2 slices bread.

Place one in a skillet, butter side down, and top with a slice of cheese (cheddar, swiss, or other).

Spoon 2 Tb tuna salad on top.

Top with second slice of bread, butter side up.

(Optional: may top tuna with a second slice of cheese for extra meltiness.)

Toast sandwich over medium heat, flipping when golden brown.

*Vegetarianism is harmless enough, though it is apt to fill a man with wind and self-righteousness.
Sir Robert Hutchinson, British radiologist*

Grilled cheese sandwich

Deluxe!

Ingredients: bread, cheese, tomato, onion, mushrooms.

Thinly slice:

2-3 thin slices each of tomato and onion, and a couple of mushrooms

Take a couple of minutes to saute these over medium heat, flipping/stirring every minute or so, in a small skillet sprayed with oil, until onion is translucent and tomato and mushroom are soft.

Dump the veggies on a plate, and wipe the pan with a paper towel for re-use. Set it aside to cool a bit.

Spread 2 pieces of bread very thinly with butter.

Place one slice in the skillet, butter side down, and cover with sliced cheese.

Top with tomato, onion, mushroom.

Top with second slice of bread, butter side up.

Toast both sides over medium heat, flipping when golden brown. Yum!

Quesadilla

Oven 350F

Place on cookie sheet: 1-2 largeish flour tortillas, or 2-3 small raw corn tortillas.

Sprinkle lightly with grated cheese (cheddar, jack, pepper jack, etc).

Using a spoon, drip salsa or taco sauce in splotches over the cheese.

Bake very briefly - 2-3 minutes - just until cheese melts.

Fold in half, remove from cookie sheet, and cool slightly before eating.

May dip into (or spread with) canned heated refried beans (microwave 1-2 minutes), sour cream, and/or salsa.

Egg salad

Hard-boil, peel, and dice 2 eggs.

Put in a bowl with:

1/4 stalk minced celery (about 1 Tb)

1/2 Tb minced onion

A generous pinch of curry powder

2 Tb mayonnaise

Salt and pepper to taste.

*I'm frightened of eggs, worse than frightened - they revolt me.
Alfred Hitchcock*

*A poet's hope: to be, like some valley cheese, local, but prized elsewhere.
W.H. Auden*

*Poets have been mysteriously silent on the subject of cheese.
G. K. Chesterson*

Sloppy Joe

The easy way.

Ingredients:

1/2 lb ground meat

1/3 can tomato soup

1/3 small jar salsa or picante sauce

Brown meat in skillet; drain off fat.

Add soup and salsa, and cook, stirring, to heat through.

Serve over hamburger bun or bread.

Meatball sandwich

Ingredients: spaghetti sauce (leftovers, from the freezer, or from a jar), Italian meatballs ("Meat" section), large Italian or Hoagie roll, mozzarella or other cheese, parmesan.

Make some quick and easy Italian meatballs

Assemble sandwich:

On a hoagie or other long roll, line up meatballs and drench in sauce.

Sprinkle with mozzarella and a sprinkling of parmesan (or whatever cheese you have on hand).

Pop in the microwave for 1 minute or until cheese melts.

Hot roast beef sandwich

Excellent use for leftover roast beef - or deli roast beef!

Thinly spread 1 slice of bread with mustard or horseradish.

Spread another slice with butter.

In a small saucepan, or a dish in the microwave, warm up 1/2 can beef gravy with some sliced roast beef - as much beef as you want for 1 sandwich.

(Optional: Add 1 tsp sherry or burgundy,

A pinch of dried onion flakes or dash of onion powder,

A dash of garlic powder,

A pinch of thyme,

And some black pepper, to the gravy, before warming.)

Place one slice of bread on a plate.

Using a fork, remove the roast beef from the gravy, and place on the bread.

Top with the remaining bread.

Cover the top with the remaining gravy.

Organic chemistry is the chemistry of carbon compounds.

Biochemistry is the study of carbon compounds that crawl.

Mike Adam

The capacity to blunder slightly is the real marvel of DNA.

Without this special attribute, we would still be anaerobic bacteria and there would be no music.

Lewis Thomas

Reuben sandwich

You will actually need 2 skillet for this one-of-a-kind sandwich.

Butter 2 slices of rye bread.

Place them in one skillet, butter side down, and top each with a slice of Swiss cheese apiece. Toast them over medium-low heat.

Meanwhile, in the second skillet, stir over medium heat (to warm):

4 oz thinly sliced corned beef.

When warm, remove the corned beef from skillet, and top one slice of cheese-bread with it.

Now, heat 2 Tb sauerkraut in the second skillet.

When hot, top the other piece of bread with this.

Drizzle 1 1/2 tb thousand-island dressing over the top.

Remove the sandwich halves from the skillet, and put the sandwich together.

Cut with care - Reubens can be sticky!

Freezer sandwiches

You can make up a bunch of these small "croque monsieur" sandwiches, store them in the freezer, and later, pop them in the oven for a quick hot meal.

This is a recipe for 8 sandwiches, using a whole bag of (8) hamburger buns.

Make dressing:

In a small bowl in the microwave, melt 1 stick butter (1/2 cup).

Stir in 2 Tb each of horseradish, Dijon mustard, and poppyseeds.

Spread both sides of all the buns with dressing. (You will have extra dressing.)

Distribute on the buns:

1 lb ham sandwich meat (thinly sliced)

8 slices Swiss cheese.

Close the buns.

Spread tops and bottoms of the outsides with more dressing, wrapping each sandwich tightly in aluminum foil.

Store in the hamburger-bun bag, in the freezer.

To cook:

Heat oven to 400F.

Bake sandwich, still in foil, in oven 30 min until hot and melted in the middle.

"Basically, there was this little dot, right? And the dot went bang and the bang expanded. Energy formed into matter, matter cooled, matter lived, the amoeba to fish, to fish to fowl, to fowl to frog, to frog to mammal, the mammal to monkey, to monkey to man, amo amas amat, quid pro quo, memento mori, ad infinitum, sprinkle on a little bit of grated cheese and leave under the grill till Doomsday."
From the movie Naked

Vegetables

Boiled potatoes

Scrub or peel, 1 large or 2 small/medium.

Cut into pieces no small than an egg.

(Tiny pieces don't cook that much faster, and they do get mushy. Baby potatoes don't need cutting!)

Boil in plenty of salted water.

Poke with a fork after 20 minutes to see if they are tender.

Baked potato

Use a big Idaho baker, or a couple of medium-sized regular spuds.

Prick the potato skin all over with tip of sharp knife, to prevent explosion.

Bake at 450F for an hour, for big baking potatoes - 45 minutes for regular potatoes.

Potato is done when you can gently squish it in your hand (protected by a potholder or towel).

Roasted on barbeque grill:

Prick potato skin.

Slather with oil (use oiled bare hands, or oiled paper towel).

Keep at the edge of the grill and turn every 15 minutes.

It will take 45-60 minutes on the grill, just as in the oven.

For crispy skin, brush with oil or butter whenever you turn it.

Microwaved potatoes

Scrub or peel. Cut or leave whole.

If whole, prick skin all over with tip of sharp knife, to prevent explosion.

(Wrap in a wet paper towel to prevent drying - optional.)

Microwave until firm-fork tender (potato will continue to cook for a few minutes after oven is off).

Average cooking times:

Very small potato, 3 min

Medium potato, 4.5 min

Large potato, 6 min

May cover potato with a towel or foil after removing from oven, to allow interior to steam nicely (optional).

Tomatoes and oregano make it Italian; wine and tarragon make it French.

Sour cream makes it Russian; lemon and cinnamon make it Greek.

Soy sauce makes it Chinese; garlic makes it good.

Alice May Brock

Just washed,

How chill

The white leeks!

Basho, 17-C. Japan

Potato salad

Ingredients: potatoes, eggs, onion, celery, pickle (or pickle relish), mayonnaise.

Peel, cut in half, and boil 2-3 potatoes.

When firm-tender, rinse under cold water until cool enough to handle.

Also boil an egg. Peel it.

Cut the egg in half, remove the yolk, and set the yolk aside in a small bowl.

Dice the potato and egg white, and place them in a mixing bowl.

Mince, and add to the bowl:

1 stalk celery

1/4 small onion (want 1-2 Tb minced onion)

Stir together with potato and egg white.

To make the dressing, in the small bowl, mash the egg yolk with a fork, and stir in:

3 Tb mayonnaise (or more, to taste)

1 tsp pickle relish or minced pickle

1/4 tsp curry powder

1 Tb fresh parsley (or 1 tsp dried)

1/4 tsp salt

Several grinds black pepper

Pour the dressing over the potato mixture, and toss gently to mix well.

(May add more mayonnaise to taste.)

Cover tightly with plastic wrap and refrigerate for an hour, to allow the flavors to blend.

Oven fried potatoes

Ready in 20 minutes!

Oven 400F

1 large or 2 small potatoes, cut into strips.

Try to make them all about the same size so they cook evenly.

Place them in a plastic bag with:

1 Tb oil

1 Tb parmesan

1/4 tsp paprika

1/4 tsp garlic powder

1/4 tsp salt

Several grinds black pepper

Shake until well coated. Place potatoes on a cookie sheet in a single layer.

Bake 10 minutes, turn over with a spatula.

Continue to bake until golden brown and tender (about ten minutes more).

*Peace of mind and a comfortable income are predicted by a dream of eating potatoes in any form.
Ballantyne & Coeli, Your Horoscope and Your Dreams (1940)*

Sweet-potato oven fries

Oven 400F

Cut a sweet potato into thin French-fry shapes.

Try to make them all about the same size so they cook evenly.

Place on a cookie sheet and drizzle lightly with olive oil.

Sprinkle with salt, and toss, using 2 wooden spoons, to distribute the oil and salt evenly.

Bake for 15 minutes.

Remove from oven and flip with a spatula. Bake for another 15 minutes.

May dip in honey mustard:

3 Tb mayonnaise + 1 Tb mustard (sandwich or Dijon) + largeish tsp honey

Candied sweet potato

Oven 375F

Peel and cook 1 large whole sweet potato:

Either in boiling water, covered, about 20 minutes, until nearly fork-tender,

Or in microwave, wrapped loosely in plastic wrap, about 10 minutes, until nearly fork-tender.

Cool slightly, then cut into 1/2 thick slices.

Place in a greased or sprayed pie pan, or other small shallow baking dish.

Sprinkle with:

Salt

3 Tb brown sugar

1 Tb lemon juice

1/4 tsp ginger powder

Dot with 1 Tb butter cut into little bits.

Bake, uncovered, approx 20 min, until glazed.

Put in a bowl and pour remaining glaze over the top, if desired.

No matter how much creativity goes into it, cooking is an art. Or perhaps I should say a craft. It abides by absolute rules, physics, chemistry, etc., and that means that unless you understand the science, you cannot reach the art. We're not talking about painting here. Cooking's more like engineering.

I happen to think that there is great beauty in great engineering.

Alton Brown

What does cookery mean? It means the knowledge of Medea and of Circe, and of Calypso, and Sheba...

It means the economy of your great-grandmother and the science of modern chemistry, and French art, and Arabian hospitality. It means, in fine, that you are to see imperatively that everyone has something nice to eat.

John Ruskin (1819-1900)

Cookery is become an art, a noble science; cooks are gentlemen.

Robert Burton (1577-1640)

Stuffed squash

Ingredients: acorn squash, onion, garlic, celery, bread, lemon juice, walnuts, raisins, seasonings

Oven 350F

1 acorn squash - cut in half and remove seeds.

Place points-down on greased or sprayed cookie sheet. (You might have to shave them a bit to make them sit flat.)

Saute in a skillet over medium heat until onions are translucent:

2 Tb butter

1/4 cup onion, chopped

1 clove garlic, chopped or crushed (or about 1/2 tsp jar garlic)

1/2 stalk celery, chopped

1/4 cup chopped walnuts

Stir in:

1/4 tsp sage

1/4 tsp thyme

1/2 cup crumbled or torn-up up bread (about 1 slice)

Juice of 1/4 lemon (about 1 Tb)

A small palmful of raisins

Cook over medium-low heat, stirring often, until heated through, about 5 minutes.

Remove from heat, pack into halved squashes, and cover with foil.

Bake 25 minutes or til squash is fork-tender.

Corn on the cob

Boil the water before shucking the corn. Add salt (some add sugar).

Put corn in boiling water and cover with lid. Boil for about 8 minutes.

Corn roasted on the grill

Remove cornsilk and trim the stem end - no need to shuck.

Soak unshucked corn under water (weighed down) for 1 hour before grilling, so husks are well hydrated, which will allow the corn to steam nicely.

Place over coals and cook (with BBQ lid closed if possible), turning every ten minutes, until husks are no longer green, but yellow or brown.

(If husks are drying out too quickly, may re-dip ear in water and return to grill.)

Takes about 30 min.

Alternative: Shuck and wrap in foil along with 1 Tb water. Cook as above.

Eat food. Not too much. Mostly plants.

Michael Pollan

I came to love my rows, my beans, though so many more than I wanted.

Henry David Thoreau

The one way to get thin is to re-establish a purpose in life.

Cyril Connolly

Roasted asparagus

Oven 400F

Wash 1/4 to 1/2 lb fresh asparagus. Snap off the stem ends where they snap easily.

Place them on a cookie sheet or pizza pan.

Drizzle very lightly (or spray) with olive oil.

Toss them around together, using 2 wooden spoons or your fingers, to distribute the oil.

Roast until tender, approximately 6-8 minutes.

Remove from baking sheet and sprinkle with salt and pepper to taste.

Roasted brussels sprouts

Buy a large double-handful of fresh brussels sprouts (in the produce section).

Remove any icky-looking outer leaves.

Oven 400F

Toss the brussels sprouts with a drizzle of olive oil.

Place on a cookie sheet or pizza pan, and sprinkle with salt and pepper.

Bake for 15 minutes; remove from oven and turn over with a spatula.

Bake for about another 15 minutes, until tender.

They will be a little blackened and crispy around the edges.

May serve sprinkled with a little Parmesan cheese.

Artichoke

You will need a steamer basket and a deep saucepan with a lid.

Wash the artichoke and cut off the stem.

You can snip off the thorny tips if desired using a scissors,

or even slice off the top 1/4 of the artichoke with a knife.

In a saucepan, put a couple of inches of water, a clove of garlic (peeled), a slice of lemon, and a bay leaf.

(Alternative: 2 slices onion,
1 whole peeled clove garlic,
1 stalk of celery with leaves,
and 1½ Tb lemon juice, white wine, or vinegar.)

Insert steamer basket, add artichoke, and cover.

Bring to a boil, reduce heat, and steam 30-45 minutes, until the stem end is tender when pressed with a fork.

Remove, and eat dipped in mayonnaise.

(Alternative: Mix a dash of balsamic vinegar into the mayo.)

Are you casting asparagus on my cooking?

Curly Howard

*The dark clouds thunder over us, the rain pours down,
but we cultivate our asparagus like we did before.*

Louis Dudeck

Life is too short to stuff a mushroom.

Storm Jameson

Guacamole

Serve with corn chips, on sandwiches, with huevos or burritos - anything you like!

1 large avocado - peel, pit, and mash with a fork.

Add:

1/4 c finely chopped fresh tomato

2 Tb thinly sliced scallions or minced onion

2 Tb c finely snipped fresh cilantro or parsley (use scissors if you want)

1 clove garlic, minced or crushed (about 1/2 tsp)

Juice of 1/2 lime (or 1-2 Tb)

Dash tabasco

1/4 tsp salt

Stir well.

Ranch dip for veggies

Serve with carrot sticks or carrot chips, broccoli and/or cauliflower florets, cucumber slices, cherry tomatoes, etc - also, chips, Bugles, or pita-bread triangles.

1/2 cup cottage cheese

1/2 cup mayonnaise

1/2 package dry Ranch dressing mix (find it in the grocery store near the salad dressings)

Stir up and let it sit in the fridge while you get the veggies ready, so the flavors will blend.

Sour cream veggie dip

Serve with veggies and chips as above.

1/2 cup sour cream

1/2 cup mayonnaise

1 tsp parsley

1/2 tsp dried onion flakes

1/2 tsp seasoned salt

1/4 tsp dill weed

Dash of garlic powder

Stir up and let it sit in the fridge while you get the veggies ready, so the flavors will blend.

Q: How many atoms in a guacamole?

A: Avocado's number.

Fish

Tuna casserole

Oven 375

Ingredients: Egg, cream of celery soup, milk, bread, onion, tuna, cheese, seasonings.

In a mixing bowl, beat together:

1 egg
1/2 can condensed cream of celery soup
1/3 c milk

Stir in:

3 slices bread, cut or torn into small cubes (may add more bread if desired)
1/8 medium onion, finely minced (or 1/2 tsp onion flakes)
1/8 tsp curry powder
6-oz. can tuna, drained

Place mixture in greased or sprayed small casserole or loaf pan.

Sprinkle with plenty of grated cheddar cheese.

Bake 25-40 minutes (check at 25), until cheese is lightly browned.

Dina's pasta salad avec tuna

a.k.a. "It's Too Hot to Cook"

Ingredients: pasta, tuna, scallion, carrot, mayonnaise, lemon juice, fresh tomato, seasonings.

Boil about 4 oz medium pasta shells (or elbow macaroni, etc.) in salted water until "al dente."
(Undercooking would be better than overcooking.)

Cool thoroughly under cold running water; drain well.

Combine in mixing bowl:

1 can tuna, well drained
1 scallion "including as much of the green as is presentable," thinly sliced
1 carrot, thin-sliced (you can use the slicer on a cheese grater to obtain very thin slices)
The pasta.

In a separate bowl, mix up dressing:

1/3 c mayonnaise
1/2 tsp lemon juice
Dash Worcestershire sauce
1 Tb ketchup (enough to make mixture light pink)
(Dash Tabasco - optional)

Gently add enough sauce to pasta mixture to make a smooth mixture, but don't drown it.

After all has been well mixed, gently stir in:

1 fresh tomato, diced into bite-sized chunks
(1/4 cup sliced black olives - optional)

If desired, let flavors blend in the refrigerator at least 1 hour.

Pan-fried fish

Catfish:

Spray skillet lightly with butter-flavored spray oil, and heat between medium and medium high. Place fish in pan, and cook about 3 minutes.

Turn and give it another 3 minutes.

If you're uncertain about doneness, prod about gently in the center with a fork: juices should be clear, but fish shouldn't be dry.

Salmon:

Essentially the same thing as above; it just takes a little more time.

Since salmon has more fat than catfish, skip the oil, and give the filets 4-5 minutes to a side.

Tartar sauce

Combine 1/2 c mayonnaise with:

1 Tbsp. dill pickle relish (or 1 Tb minced dill pickle)

1 tsp. very finely minced onion (or 1/4 tsp dried onion flakes)

Juice of 1/4 fresh lemon (or 1 tsp).

Let stand 30 minutes in the refrigerator before serving, so flavors can blend.

Baked fish fillet

This recipe also works for salmon, but needs to bake longer (30 minutes or so).

For catfish or cod:

Oven 350F

Spray a baking dish or pie pan lightly with butter-flavored spray oil, or butter the pan. Place fillet (whatever size you prefer) in pan.

In a cup or small bowl, mix 1/2 cup dry white wine with 1/2 c broth or water (dissolve 1/2 bouillon cube in 1/2 c boiled or microwaved water).

Add juice of 1/2 fresh lemon (or 1 Tb).

Pour over fish, using enough to cover them.

Sprinkle the fish with thin slices of onion and dried thyme leaves.

Dot with butter.

Bake 20-25 minutes (check at 20), till fish is soft to touch, not quite flaking.

Baked whole trout

Oven 350F

Place the trout in a greased or oil-sprayed baking dish.

Slice 1/2 lemon and 1/2 onion.

Alternate slices of lemon and onion in the cavity of the fish.

Pour over the top, 1/2 cup each of white wine and water.

Sprinkle lightly with parsley, thyme, salt and pepper.

Bake approx 20 min, until the fish's eye is cloudy and its fish is firm.

Remove from the oven, remove the onion and lemon slices, and dot with butter.

*Fish, to taste right, must swim three times - in water, in butter, and in wine.
Polish Proverb*

Fish fillet au microwave

Arrange a fish fillet (up to 1" thick) on a plate.

Sprinkle with 1 Tb white wine or lemon juice, and some salt and pepper.

Cover with a second plate or plastic wrap.

Microwave for 3 min for an average fillet, until firm and opaque throughout.

2 minutes for flounder or other flatfish.

4 minutes if the fillet is 1" thick; add 30- to 60-minute bursts as needed.

If nearly done, let stand, covered, 1 more minute to finish.

Drizzle with olive oil or dot with butter, and serve with a wedge of lemon.

Crab legs

8 to 16 oz. of frozen (or precooked and frozen) crab legs. Defrost in refrigerator 8 hours.

Serve hot with butter, cocktail sauce or lemon wedges.

To microwave:

Wrap the crab legs in a damp paper towel and cook on high for 2 - 3 minutes.

To boil:

Bring large saucepan of water to a boil, drop in the legs, and simmer over medium high heat 5-7 minutes. (If not precooked, simmer 15-20 minutes.)

Cocktail sauce

1/2 cup ketchup + 1 Tb horseradish + dash lemon juice

Lutfisk

Easy as pie! Lutfisk is the Swedish spelling. Lutefisk is Norwegian.

Plan ahead, as the fish cooks very quickly. Prepare your boiled potatoes, peas, and white sauce in advance. (See below for white sauce recipe.)

Oven 400F

1/2 lb. lutfisk

May soak for a day in advance, in cold water in the refrigerator, changing the water several times, to obtain a firmer flesh.

Place the lutfisk in an ovenproof dish, covered with aluminium foil, and bake for about 20 min, until flaky. Overcooking makes the fish more gelatinous.

Alternatively, microwave in a covered glass cooking dish, approx 5 minutes until flaky.

(Cooking time will vary with power of microwave; do not overcook.)

Clean the lutfisk and its residue off pans, plates, and utensils immediately. Lutefisk left overnight becomes nearly impossible to remove!

White sauce

In a small, heavy saucepan, melt 2 tablespoons of butter over low heat.

Stir in 2 tablespoons of flour and 1/4 tsp salt.

Cook over low heat, stirring, for 2 minutes.

Slowly add 1 cup of milk, stirring constantly.

Continue cooking slowly until smooth and thickened.

(Optional - add a pinch of nutmeg or allspice.)

*Ju fler kockar desto sämre soppa. (More cooks, worse soup.)
Swedish proverb*

*About lutefisk
from www.lutefiskchef.info*

The main effect of the alkali treatment is a softening of the tissues due to dissolution of protein. The original 1000 grams of dried fish contained about 750 grams of protein, but in the final product, although it weights 6 kgs, only 350 grams of protein remains.

The pH of the processed, water-soaked lutefisk is around 11, but will rise to 12 during the final steaming, probably because solid lime particles dissolves in the tissues at the elevated temperature.

Thus, lutefisk is one of the most alkaline dishes ever known.

The alkaline treatment also gives rise to the formation of new compounds such as lysinoalanine (LAL), $\text{HOOC-CH(NH}_2\text{)-(CH}_2\text{)}_4\text{-NH-CH}_2\text{-CH(NH}_2\text{)-COOH}$. In rats, which are extremely susceptible, 250 ppm LAL in the feed for a week can result in a reversible kidney damage called nephrocytomegaly.

The LAL content of lutefisk can be as high as 300 ppm, which implies that this Swedish Christmas dish is quite unsuitable for rats.

*A "Right to Know" [consumer alert] from Wisconsin, U.S.A., contains the following definition:
" 'Toxic substance' means any substance or mixture containing a substance regulated by the federal Occupational Safety & Health Administration under Title 29 of the Code of Federal Regulations, Part 1910, Subpart z, which is introduced by an employer to be used, studied or produced in the workplace.
'Toxic substance' does **not** mean lutefisk."*

*Hitherto I had stuck to my resolution of not eating animal food...
But I had formerly been a great lover of fish, and, when this came hot
out of the frying-pan, it smelt admirably well.
I balanc'd some time between principle and inclination,
till I recollected that, when the fish were opened,
I saw smaller fish taken out of their stomachs;
then thought I, "If you eat one another, I don't see why we mayn't eat you."
So I din'd upon cod very heartily... So convenient a thing it is
to be a reasonable creature,
since it enables one to find or make a reason
for everything one has a mind to do.
Benjamin Franklin, Autobiography*

Poultry

Roast chicken

This extremely simple method produces a couple of meals' worth of chicken, and a carcass you can use for making soup (which, in turn, freezes well).

Alternative: Buy a rotisserie chicken from the grocery, and skip the recipe!

Oven 350F

Remove innards from a whole chicken. (You can freeze these, or save them for up to 3 days in the refrigerator, to use in a soup or something).

Sprinkle inside with salt and pepper.

Place it in a baking dish, small roasting pan, or cast iron skillet.

Rub the skin with olive oil (use your hands, a brush, or a paper towel).

Sprinkle the outside with salt and pepper.

Bake uncovered 60-90 minutes, until the skin is golden brown and meat is cooked through.

To test, cut into the deepest part of the thigh.

If the meat is no longer pink and juices run clear, it's done.

Let the chicken rest 10 min before carving.

Baked chicken pieces

Oven 400F

Rinse chicken pieces and pat dry with paper towels.

Spray or rub the pieces with olive oil (use oiled hands or an oiled paper towel).

Arrange the pieces skin-side up, not touching, in a baking dish or roasting pan.

Sprinkle with salt and pepper.

Bake for 30 minutes.

Lower the heat to 350F and cook for 10-30 minutes more (depending on size of pieces), until juices run clear (not pink) when poked with a sharp knife.

Dina's chicken and rice

a.k.a. "Too-Tired-to-Cook Chicken"

Ingredients: 2 chicken pieces, any kind you want; rice, frozen green beans, cream of mushroom soup, seasonings.

Oven 350F

In the bottom of a small Corningware casserole or pie pan, stir together:

1/2 c dry rice

1 cup frozen green beans (thawed under hot tap water)

1 can Campbell's condensed cream of mushroom soup, mixed with 1/2 can water

1/4 tsp. thyme

Lay the chicken pieces on top of the mixture.

Flip them over once so they are coated with a little of the soup mixture.

Bake for 1 hour, or until rice and chicken are both tender.

(Check toward end of baking time to see if you need to add a little more water.)

Chicken cacciatore

"Cacciatore" means "hunter" or "hunter-style" in Italian.

You can start with raw chicken, or use leftover cooked chicken parts or pieces.

Ingredients: chicken, onion, garlic, celery, carrot, canned diced tomatoes, mushrooms, green olives stuffed with pimento, wine, seasonings.

Use an oven-safe deep skillet - or possibly Corningware baking dish - with a lid. It needs to be just big enough to hold 2 pieces of chicken.

If you are using raw chicken, brown the pieces you want, over medium-high heat, using just a dash of oil (or a little spray oil). When well browned, reduce heat to medium.

If using leftover chicken, just place the chicken in the pan.

Over medium heat, add to the chicken:

1/2 sliced onion

2 cloves garlic, minced (or 1 tsp of jar garlic)

1 stalk celery with leaves, thin sliced

1 carrot, thin sliced (about 1/3 cup - or may use 5 baby-cut carrots)

Saute until onion is translucent.

Now add:

1 can diced tomatoes with liquid

1/4 cup dry red wine

1/4 tsp oregano

1/4 tsp paprika

1/4 tsp cumin

Dash Tabasco

1 bay leaf

Several grinds black pepper

Bring to a simmer (might need to raise heat, temporarily).

Cover tightly, reduce heat to medium low, and simmer for about 30 minutes.

Add 1/2 cup sliced fresh mushrooms and 1/4 cup sliced green olives stuffed with pimientos.

Cover and keep simmering till chicken is done, about 10-15 more minutes.

"I was once watching this documentary on Discovery channel. They had this Asian family cooking scorpions.

The reporter asked one of the family members: 'What does it taste like?'

The family member responded: 'Tastes like penguin'."

Octane

*The best way to execute French cooking is to get good and loaded
and whack the hell out of a chicken. Bon appétit!*

Julia Child

I cook with wine. Sometimes I even add it to the food.

W. C. Fields

Jambalaya

Use an oven-safe deep skillet with a lid.

Ingredients: chicken, spicy sausage, onion, celery, green pepper, carrot, canned diced tomatoes or a fresh tomato, rice, seasonings.

To the skillet, add 1 piece chicken and 1 hot Italian or Chorizo sausage cut into chunks, and brown well over medium-high heat.

Add:

1/2 medium onion, chopped

1/2 stalk celery, small dice

1/4 green pepper, small dice

1 carrot, small dice

Saute lightly until onion is translucent.

Add:

1/2 can diced tomatoes with liquid (or 1 chopped fresh tomato)

1/4 tsp. thyme

1 bay leaf

(Dash Tabasco - optional)

Reduce heat to low, cover pan, and simmer 15-20 minutes, till chicken is partially cooked.

Now:

Add 3/4 c. boiling hot water from the kettle.

Stir in 1/3 c dry rice, and bring mixture to a gentle boil.

Cover, reduce heat to low, and simmer 15 minutes.

Remove from heat, and let stand covered at least 5 minutes, till chicken and rice are fully cooked.

See "Meat" section for "Quick sausage jambalaya," which uses only sausage (no chicken).

Chicken Chasseur

a.k.a. "Why Hunters Like Mushrooms"

"Chasseur" means "mushroom hunter." Serve over rice.

Ingredients: chicken, bottled teriyaki sauce, mushrooms, sherry, seasonings

Heat a deep skillet or heavy saucepan, which has a well-fitting lid, with 1/2 tsp oil (or a little spray oil) over medium-high heat.

Add 2 pieces chicken, any pieces you prefer - place in pan and brown on all sides.

Sprinkle liberally with a good commercial teriyaki sauce, cover tightly, and simmer over low heat till nearly done, 30-40 minutes.

Check occasionally to make sure there is still liquid.

If it begins to cook dry, add a little water.

Add:

1 cup sliced fresh mushrooms, any kind you prefer

1/2 onion, thinly sliced

1/4 tsp garlic powder

1 Tb dry sherry

Another few splashes of teriyaki sauce.

Sprinkle with paprika and thyme.

Simmer, uncovered, until chicken and mushrooms are done.

(Chicken is done when it begins to pull away from the bone.)

Chicken Florentine

Florentine usually means "with spinach."

Ingredients: chicken, canned diced tomatoes, rice, fresh or frozen spinach.

Use a small Corningware casserole dish.

Oven 350F

In a small mixing bowl, stir together:

1 can diced tomatoes with juice

1 clove garlic, minced or crushed (or 1/2 tsp of jar garlic)

1/2 tsp oregano

1/4 tsp basil

1 small bay leaf

3/4 c water

In the bottom of the baking dish, mix about half of this mixture with 1/3 cup dry rice.

Top with 2 chicken pieces, and pour the remainder of the tomato mixture over the top.

Bake, uncovered, about 1 hour, until the chicken is done.

Meanwhile, heat chopped spinach (fresh or frozen, 1/2 package or a scant cup) with 1/2 tsp salt, in boiling water or in microwave.

Serve the chicken on a bed of the rice and spinach.

Hot-plate turkey

A la 1207 State Street.

Ingredients: 1 turkey thigh (about 1 lb), seasonings, wine or broth (or water).

Spray a deep, heavy skillet with the oil, and brown the turkey over medium-high heat on both sides.

Add about 1/4 c dry white wine, chicken or turkey broth, or water.

Sprinkle with salt, pepper, and poultry seasoning.

Cover loosely and let cook about an hour, till meat begins to pull away from the end of the bone, and juices run clear from a small piercing with a knife tip or meat fork.

Check the pan every 15 minutes or so to make sure it doesn't boil dry; if necessary, add a little more liquid.

Easy turkey gravy

After removing the cooked turkey from pan (place in warm oven covered with foil), add 1/2 C. broth to the pan and bring to a simmer, using a spatula to scrape up all the tasty browned bits.

In a cup or small bowl, mix 1 Tb flour with a little broth or water to make a thin slurry (lump-free).

Add this to the simmering liquid in a thin stream, stirring constantly with a wooden spoon until mixture thickens.

Taste, and add salt and pepper as desired.

What I love about cooking is that after a hard day, there is something comforting about the fact that if you melt butter and add flour, then hot stock, it will get thick! It's a sure thing.

It's a sure thing in a world where nothing is sure; it has a mathematical certainty in a world where those of us who long for some kind of certainty are forced to settle for crossword puzzles.

Nora Ephron

Blow in its ear.

Johnny Carson, on the best way to thaw out a frozen turkey

Stuffing with sausage

Serve with poultry, by itself with side vegetables, or leftover for breakfast.

Ingredients: pork sausage, onion, celery, egg, broth or milk, stuffing croutons or bread, seasonings.
Oven 350F

Fry up 1/4 lb pork sausage until crumbled and brown; set aside.

Saute in 2 Tb butter, over medium heat, until onion is translucent:

1/2 onion, minced

1 large stalk celery, minced

In a mixing bowl, beat 1 egg, and then add:

1/2 cup milk or broth/bouillon

1/2 package stuffing croutons (or 3/4 lb bread, cubed)

1 tsp poultry seasoning

1 tsp baking powder

And the sausage.

Stir well. The mixture should be uniformly moist, but not mushy.

If it is too wet, add a little more bread/stuffing.

If it is too dry, add a little more milk or water.

Turn out into a buttered casserole dish and bake for 30 minutes.

Turkey enchilada pie

For leftover turkey meat.

Ingredients: 1-2 cups cooked turkey, cut into chunks or slices; cream of chicken soup, canned jalapeños, small flour tortillas, jack or pepper-jack cheese.

Use a square baking dish, pie pan, or small Corningware baking dish.

Oven 375F

In a mixing bowl, mix:

1 can cream of chicken soup and 1 can of water

1 small can chopped jalapeño peppers, drained

1/4 tsp. cumin

1/4 tsp. thyme

Spoon in a small amount to cover the bottom of the baking dish.

Top with:

Flour tortillas in a single layer (tearing them up as needed, to fill in any gaps)

Then enough of soup mixture to cover lightly

Then slices and bits of cooked turkey

Then one-third of the cheese.

Repeat these layers twice more, ending with cheese.

Tortillas should be covered with sauce, but not swimming.

Bake uncovered 30-45 minutes, till sauce is bubbly and cheese is melted and lightly browned.

Let stand at least 5 minutes before cutting, or it will fall apart.

If you want a guarantee, buy a toaster.

Clint Eastwood, The Rookie

If your experiment needs statistics, you ought to have done a better experiment.

Ernest Rutherford

Cornish game hen

Oven 400F

You will need 1 small (1-lb) hen and a small baking dish, sprayed with oil.

Rinse the hen and pat it dry with paper towels.

Sprinkle the inside with salt, pepper, and a pinch of thyme.

Place hen in dish.

Drizzle or brush the outside with 1 Tb olive oil, or rub the skin with 1 Tb butter.

Bake 30-35 minutes, until the skin is golden brown and the meat is cooked through.

To test, cut into the deepest part of the thigh; if the meat is no longer pink and juices run clear, it's done.

If you are using a larger hen (2 lbs), it will require 40-50 min baking time.

Allow the hen to stand for 10 min before eating.

*When you're cooking with food as alive as this - these gorgeous and semigorgeous fruits and leaves and flesh -
you're in no danger of mistaking it for a commodity, or a fuel, or a collection of chemical nutrients.*

Michael Pollan

*All the charming and beautiful things, from the Song of Songs, to bouillabaisse,
and from the nine Beethoven symphonies to the Martini cocktail,
have been given to humanity by men who, when the hour came,
turned from tap water to something with color in it,
and more in it than mere oxygen and hydrogen.*

H.L. Mencken

*The Americans are a funny lot; they drink whiskey to keep them warm;
then they put some ice in it to make it cool; they put some sugar in it to make it sweet,
and then they put a slice of lemon in it to make it sour.
Then they say 'here's to you,' and drink it themselves.*

B.N. Chakravarty

Meat

Steak, pan-fried

Turn on exhaust fan.

Heat heavy or cast-iron skillet over medium-high heat.

(If the meat is very lean, add a little oil spray to the pan.)

Add steak and sear for approx 5 minutes.

Turn and sear the other side for 3-4 min for rare, or 5-8 minutes for medium.

To test, cut into the meat to check the inside.

Remove from pan a little before it's done, because it will continue to cook for a few minutes off of the heat.

Mushroom gravy for steak

Ingredients: a can of readymade brown gravy, onion, mushrooms, wine, seasonings

Saute in some spray oil over medium heat 15 minutes or until mushrooms are tender:

1/4 thinly-sliced onion

1/4 lb sliced mushrooms

Stir in a splash (1 tb?) of red or white wine, or 1 tsp dry sherry, and a generous grind of black pepper (1 bay leaf - optional)

Stir in one can of readymade brown gravy and heat for 10 minutes, allowing flavors to blend.

Pork or lamb chop, pan-fried

Use one biggish pork chop or two smallish lamb chops, 1" thick

Heat 1 tsp butter and 1 tsp olive oil over medium-high heat in a heavy or cast-iron skillet.

Add chop/s and sprinkle with salt and pepper. Saute for 5 minutes on each side.

May sprinkle some dried rosemary leaves (approx 1/4 tsp) over the second side, crushing it between your fingers.

Topanga Canyon pork chops

Use 1-2 pork chops about 1" thick

Heat a deep skillet or heavy saucepan, which has a well-fitting lid, over medium-high heat.

Add pork chops, and brown on both sides.

Cover with:

1 sliced onion (broken into rings)

1/2 tsp. poultry seasoning

Several grinds black pepper

1 cup dry red wine (enough to barely cover the meat)

Reduce heat to low or medium-low, cover tightly, and simmer gently about 1 hour.

My manner of living is plain and I do not mean to be put out of it.

A glass of wine and a bit of mutton are always ready.

George Washington

The only time to eat diet food is while you're waiting for the steak to cook.

Julia Child

Baked pork chops

This method is recommended for chops over 1" thick - too thick to pan-fry effectively

Oven 350F

Heat 1 tsp butter and 1 tsp olive oil over medium-high heat in skillet.

Add chop/s and sprinkle with salt and pepper. Saute for 5 minutes on each side.

Place in baking dish and cover with lid or foil, or place skillet in oven (if it is oven-safe), covered.

Bake for an hour.

Dina's pork chops and rice

a.k.a. "Too-Tired-to-Cook Pork Chops"

Ingredients: pork chops, rice, frozen green beans, cream of mushroom soup.

Oven 350F

In a small corningware casserole or pie pan, stir together:

1/2 cup dry rice

1 cup frozen green beans (thawed under hot tap water)

1 can Campbell's condensed cream of mushroom soup, mixed with 1/2 can water

1/4 tsp. thyme

Lay on top of the mixture:

1-2 pork chops (3/4" to 1" thick)

Flip them over once so they are coated with a little of the soup mixture.

Bake for 1 hour, or until rice and meat are both tender.

(Check toward end of baking time to see if you need to add a little more water.)

Ham steak, pan-fried

8 oz ham steak - I recommend you cut off about 1/3 of the steak and save it for soup (bean, split pea, lentil, etc.).

Fry in 1 tsp oil (or sprayed pan), over medium heat, 3-4 minutes per side.

Ham steak, baked and glazed

Oven 350F

Place steak in greased (or sprayed) baking dish (e.g., pie pan, cake pan, etc.).

Pour approx 1/3 c glaze evenly over the top.

Bake 20 minutes.

Glazes:

Heat a mixture (sweet and spicy) in a bowl in the microwave, so you can blend the ingredients together well, before pouring glaze over the ham steak.

Here are some alternatives.

- 1/4 cup maple syrup + 1 Tb vinegar + 1 tsp Dijon mustard + 1/2 Tb butter
- 1/4 cup brown sugar + 1 Tb horseradish + 1 Tb lemon juice + 1/2 Tb butter
- 1/4 cup cola + 1 Tb mustard + 1 tsp Worcestershire sauce + dash Tabasco sauce + dash garlic + 1/2 Tb butter
- 1/3 can crushed pineapple (about 1/3 cup) + 1 tsp dry mustard + 1/2 Tb butter

*A porkchop in the kitchen is a porkchop; a porkchop in Proust is Proust.
William Gaso*

Pot roast

Takes about 2½ hours. Makes good smells for cold winter afternoons.

Ingredients: 1 lb. chuck roast, beer (or stout, or red wine), onion, garlic, bouillon, carrot, celery, potatoes, (mushrooms and green beans if desired).

Heat a deep skillet or heavy saucepan, which has a well-fitting lid, with 1 Tb oil (or spray oil) over medium-high heat.

Add a 1-lb piece of chuck roast. Brown well on both sides.

Add:

1 sliced onion

1 large clove garlic, thinly sliced (or 1 tsp chopped garlic from a jar)

1 sliced carrot

1 stalk celery, sliced (optional)

Let these saute for a few minutes, stirring regularly and flipping the meat as needed, until onions are translucent.

Sprinkle with:

1/2 tsp. dried marjoram leaves

1/2 tsp. paprika

Several grinds of black pepper

1 bay leaf

2 Tb flour

Toss in 1 beef bouillon cube (or 1 tsp salt)

And pour 1/2 can or bottle of beer, stout, or red wine (about a cup) over all.

Cover and reduce heat to medium low.

Simmer, covered, about 2 hours, till meat is fork tender.

If desired, after 90 minutes, cut up a potato in chunks and let it cook, covered, in the pot with the roast.

You can also add 1/2 cup sliced mushrooms, and/ or 1/2 cup green beans (thawed from freezer under hot tap water, or fresh).

Weiners and beans

Quick and easy. Good with the (also quick and easy) drop biscuits found in the Breakfast section.

1 small can baked beans - place in small saucepan

Add 2 weiners, sliced in 1-2" slices.

Heat thoroughly over medium heat.

*The story of barbecue is the story of America: Settlers arrive on great unspoiled continent,
discover wondrous riches, set them on fire and eat them.*

Vince Staten

Don't forget that the flavors of wine and cheese depend upon the types of infecting microorganisms.

Martin H. Fischer

*I prefer my oysters fried.
That way I know my oysters died.
Roy G. Blount, Jr.*

Quick sausage jambalaya

Ingredients: spicy sausage, rice, green beans, canned diced tomatoes, bouillon, seasonings.

Cut 1 hot Italian sausage into bite-sized chunks.

Saute it over medium-high heat, in a heavy skillet that has a lid, until no pink is visible.

Add:

1/2 cup dry rice

1/2 cup green beans (from freezer, thawed under hot tap water)

1/2 can diced tomatoes, with liquid

1/2 tsp thyme

1 bouillon cube, crumbled, and 3/4 cup water (or use 3/4 cup of broth/ bouillon)

Dash Tabasco

Bring to a gentle boil, reduce heat to low, cover, and simmer 20 minutes.

Remove from heat, and let stand 5 minutes so rice can finish cooking.

Dina's meatloaf

Ingredients: ground meat, egg, milk, saltine crackers, onion, celery, garlic, seasonings.

Oven 350F

In mixing bowl, beat 1 egg with 1/3 c milk.

Stir in 2 tb ketchup, 1 tsp sandwich mustard, and 1/2 tsp Worcestershire sauce.

Add about 1/3 c cracker crumbs (about 8 saltines, crumbled up).

Let this mixture stand for a few minutes, to soften the cracker crumbs.

Meanwhile, finely chop, and add to the bowl:

1/4 medium onion

1 stalk celery

1 clove garlic (or add 1/2 tsp jar garlic)

Add, and mix well with your bare hands*:

3/4 lb ground meat

Several grinds of black pepper

1/2 tsp paprika

1/2 tsp marjoram

Place in a spray-oiled baking dish of some sort, in a loaf shape.

Top with sauce:

In a cup, mix 2 Tb ketchup with a dash of Worcestershire sauce and a little water.

Spread this sauce over the top of the loaf with the back of a spoon.

Bake for about an hour until done through.

** "Impeccably clean hands are fine for the job, but keep a towel nearby, because if you're alone in the house and mixing anything with your hands, either the phone or the doorbell will ring, guaranteed."*

Stored away in some brain cell is the image of a long-departed aunt you haven't thought of in 30 years.

Stored away in another cell is the image of a pink pony stitched on your first set of baby pajamas.

*All it takes to get that aunt mounted on the back of that pony
is to eat a hunk of meatloaf immediately before going to bed.*

Robert Brault

Spaghetti Sauce

Best in the world! Makes 2 quarts, enough for about 8 one-cup servings (enough for 4 oz pasta).

Freeze in 1- or 2-cup batches.

Ingredients: ground meat, onion, garlic, mushrooms (if desired), two 28-oz. cans stewed tomatoes, 1 small can tomato paste, wine, seasonings.

Saute over medium heat, until meat is well cooked and onions are translucent:

1 1/2 to 2 lb. hamburger meat (e.g., ground round, or combination of hamburger and sausage)

1 onion, chopped

3 cloves fresh garlic, chopped or crushed

(1/2-3/4 lb sliced fresh mushrooms - optional)

Add:

Tomatoes with juice

Tomato paste

3/4 cup dry red wine

2 tsp oregano

1 tsp basil

1/2 tsp thyme

1/2 tsp marjoram

1/2 tsp paprika

2 bay leaves

2 tsp sugar

2 dashes Tabasco (to taste)

Bring the sauce to a gentle boil. Immediately reduce heat to low. Cover partially to reduce splatter (or use a screen topper, or a sheet of aluminum foil resting on top).

Simmer about 1 hour, stirring occasionally, until sauce is thickened and flavors blend.

Italian meatballs

Makes 4-6 meatballs, quick and easy. Serve with spaghetti or in an Italian sandwich.

Ingredients: ground meat, bread crumbs, parmesan

Mix up all the ingredients in a bowl, combining them well:

1/4 lb lean ground beef

2 Tb Italian bread crumbs (or bread crumbs + a pinch each of oregano, basil, and thyme - or cracker crumbs and herbs)

2 Tb water (or less)

1 Tb grated Parmesan cheese

1/4 onion, minced

Dash garlic powder

Salt and pepper

The mixture should stick together.

Form into meatballs.

Saute them over medium-high heat for about 15 minutes until nicely browned.

No man is lonely eating spaghetti, for it requires so much attention.

Christopher Morley (Harper's magazine, 1926)

The trouble with eating Italian food is that five or six days later you're hungry again.

George Miller

Swedish meatballs

Makes five meatballs. Serve with boiled or mashed potatoes, or rice, or egg noodles.

You will need an electric mixer.

Ingredients: ground meat, bread, egg, onion, seasonings; beef broth for the sauce

Place in a large mixing bowl:

1/2 cup water

1/2 cup torn-up bread (tear it up into very small bits)

Stir and let stand for a few minutes.

Meanwhile, mince 1 Tb onion and saute in 1 Tb butter.

Add to the mixing bowl with:

3/4 lb ground beef

1 egg yolk

1/2 tsp salt

A pinch each of nutmeg and allspice

Several grinds of black pepper

Beat these ingredients together with the electric mixer on low until smooth, then on high for about 10 minutes, until light and fluffy.

Shape into 2-inch balls.

Melt 2 Tb butter in a small skillet, over medium heat.

Brown the meatballs in the butter, until browned on all sides and cooked through.

Drain them on paper towels, and place them on a dish in a warm oven.

Gravy for Swedish meatballs

When the meatballs are all done, make the gravy in the frying pan, using the melted browned butter left over from frying them:

Reduce the heat to medium-low, and sprinkle the butter with 1 Tb flour.

Cook, stirring, for a few minutes until lightly browned.

Add 1 cup beef broth and continue to cook, stirring well (you can use a whisk), until the gravy is thick and smooth.

Pour the gravy over the meatballs, or over the meatballs and potatoes, noodles, or rice.

Liver and onions

Use two small skillets for this.

Ingredients: 1/2 lb calf's liver, onion, oil, flour

Thinly slice 1 onion and saute in 1 Tb olive oil, over *low* heat on a back burner, sprinkled with salt and pepper, and stirring occasionally, until onions are caramelized and almost transparent.

(It will take at least 20 minutes for the onions to become transparent, soft, and sweet, so cook the liver while you wait.)

Cut the liver into 1/4-inch thick slices.

Put 1/4 cup flour into a bowl; add 1/2 tsp salt and several grinds black pepper; stir together.

Dredge the liver slices in the flour mixture, so they are completely covered, and put them on a plate.

Heat 1 Tb oil and/or butter over medium-high heat in a second heavy or cast-iron skillet.

Brown the slices briefly, 1-2 minutes per side. *Do not overcook!*

Serve the liver on a bed of onions.

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

Doug Larson

Hot Dish (pasta, rice, beans, etc.)

New Orleans red beans and rice

Good with a poached egg on top.

If you want this with meat, fry up a hot Italian or chorizo sausage, drain, and set aside.

Other ingredients: rice, canned red beans, canned diced tomatoes, onion, garlic, green pepper, seasonings including cumin and anise seed.

Cook 1/2 cup rice in 1 cup water (makes 1 cup total).

In a saucepan, melt 1 Tb butter and add:

1/2 onion, chopped

1/2 green pepper, chopped

2 cloves garlic, chopped or crushed

Cook, stirring periodically, until onions are translucent.

Stir in:

1/2 can red beans (drained or not)

1/2 can diced tomatoes (drained or not)

The rice

(And the sausage, if you're adding it).

Add these spices:

1 tsp paprika

1 tsp basil

1 tsp parsley

1/2 tsp whole (or 1/4 tsp ground) cumin seed

A pinch of whole anise seed

Dash of Tabasco

Stir well and heat through.

Laurel's baked beans

Use a small ovenproof skillet, or a small Corningware casserole dish that has a lid.

Ingredients: canned white beans, apple, carrot, onion, broth, seasonings.

Oven 350F

Saute in skillet, in 1 tsp oil, until onion is translucent:

1/4 onion, minced (want about 1/4 cup)

1/2 carrot, grated

1/2 apple, grated (you can include skin/core/seeds, it won't matter)

When onions are translucent, cover, reduce heat to very low, and cook for 5 minutes without stirring.

Now stir in:

1 can white, great Northern, or navy beans, undrained

1/4 cup vegetable broth

1/4 cup ketchup

1 tsp prepared mustard

1/4 tsp salt

Place in oven and bake, covered, for 30-40 minutes.

*Beans possess over all vegetables the great advantage of being just as good, if not better, when kept waiting.
Andre Simon, Concise Encyclopedia of Gastronomy (1952)*

Baked beans with bacon

Ingredients: canned white beans, bacon, seasonings.

Oven 350F

Grease a a small Corningware casserole dish that has a lid.

Place in it:

1 can white, great Northern, or navy beans, undrained

1/4 cup minced onion

1/4 cup ketchup

1 tsp molasses

1 tsp vinegar (cider vinegar is best)

1/2 tsp prepared mustard

Stir lightly to combine.

Cover the top with 3 slices bacon.

Cover and bake about 20 min.

Uncover and bake for another 20 min.

Mittens lasagne

1 square panful. No fuss, no muss - just assemble and bake. You can freeze the leftovers for quick individual microwave lunch servings.

Ingredients: lasagne noodles, 2 cups spaghetti sauce, 1 cup ricotta cheese, 1/2 pound of mozzarella cheese, 1/2 cup of parmesan cheese.

Oven 375F

Lightly grease a square pan. Spread a little spaghetti sauce in the bottom - no more than 1/4 cup.

Cover with a single layer of dry lasagne noodles, snapping them as necessary to fit.

Now drop half the ricotta over the noodles in blobs. Spread it out as best you can.

Drop about a third of the remaining sauce in blobs over the ricotta, and spread it out as best you can.

Sprinkle with half the mozzarella.

Repeat, starting with the dry noodles.

Cover with a top layer of noodles and the last third of the sauce. (Add extra sauce, if you need to.)

Sprinkle well with the parmesan.

Bake 45 minutes. (Check after 30 minutes, and cover with foil if it's getting too brown.)

Let it stand and solidify for 10 minutes, before cutting it.

Baked ziti

Ingredients: pasta, spaghetti sauce, ricotta or cottage cheese, mozzarella, parmesan, spinach.

Oven 350F

1/4 lb cooked ziti (or penne, fusilli, shells, bowties, any other pasta you like)

1 cup spaghetti sauce

1/2 cup ricotta or cottage cheese

1/2 cup shredded or cubed mozerella

1/2 pkg frozen spinach, thawed in microwave and drained well

Mix all ingredients in a mixing bowl.

Transfer to greased pie pan or small casserole, sprinkle well with parmesan, and bake 20-30 minutes.

Those who forget the pasta are condemned to reheat it.

Unknown

Spaghetti carbonara

Originally considered a sustaining meal for Italian coal miners; hence the name.

Ingredients: spaghetti noodles, bacon, scallions, garlic, frozen peas, cream, parmesan.

Make the following preparations before boiling the noodles:

- Microwave or fry 2 slices of bacon. Crumble them up, and set them aside.
- Thaw 1/2 c frozen peas under hot tap water. Set them aside.
- Prepare the sauce, and set it aside:
In a small bowl, beat one egg with 2 Tb cream or milk and 3 Tb parmesan cheese.

Now, boil 1/4 lb spaghetti or linguini noodles. While they cook, thinly slice 2 scallions and 1 clove of garlic (may use crushed garlic, or 1/2 tsp garlic in a jar). Sauté these with 1 tsp olive oil and/or butter, in the bottom of a saucepan, over medium heat, until tender.

Add drained spaghetti, peas, bacon, and sauce to the scallion-garlic mixture, and cook them together over medium-low heat, tossing with a wooden spoon, until cooked through.

Perfect macaroni and cheese

Ingredients: elbow macaroni, onion, green pepper, fresh parsley, egg, cheese, milk, bread crumbs - either dried canned bread crumbs, or crumbled-up soft bread (I rub a slice of whole-grain bread over a cheese grater, myself)

Oven 350F

Cook 1/2 cup elbow macaroni (dry measure) in salted water. Drain, and put it in a mixing bowl.

Add:

1/2 small onion, finely chopped

1/2 medium green pepper, finely chopped

A small handful of fresh parsley, snipped or chopped (or 1 scant Tb dried)

1/4 c dry bread crumbs or 1/3 c fresh soft crumbled-up bread

1 cup grated sharp cheddar

1 beaten egg

1/4 tsp salt

2/3 c milk

Mix well, and turn out into greased pie pan or small casserole dish.

Bake 20-30 minutes, until golden-brown.

Noodles romanoff

Ingredients: wide egg noodles, cottage cheese, sour cream, parmesan, seasonings

Oven 350F

Combine in a mixing bowl:

1/4 c cottage cheese

1/4 c sour cream

1/4 c parmesan

1/4 tsp dried onion flakes

1/2 tsp worcestershire sauce

A sprinkle of garlic powder.

Boil about 1/3 lb wide egg noodles in salted water; drain and add to sour cream mixture. Mix well. Place in greased or spray-oiled loaf pan or small casserole. Bake 20-30 minutes.

Aunt Ellen's wonderful rice casserole

Ingredients: rice, frozen vegetable medley, cottage cheese, onion, egg, parmesan, seasonings

Oven 350F

Cook 3/4 c dry rice (makes 1½ cups cooked).

While it cooks, thaw 1 heaping cupful of mixed frozen vegetables in the microwave briefly. (One brand offers a mix of broccoli and cauliflower florets with carrots, for example.)

Mix up, in a mixing bowl:

The vegetables

The rice

1/2 small onion, chopped

1/2 cup cottage cheese

1 beaten egg

1/2 tsp marjoram

Place mixture in a greased square baking dish or other small casserole.

Sprinkle with 1/2 c parmesan.

Bake uncovered for 40 min, until golden brown.

Fried rice

A good use for leftover rice and leftover cooked chicken.

Ingredients: rice, onion, garlic, celery, carrot, bell pepper, mushrooms, frozen peas, egg, seasonings.

Cook 1 cup rice, or use 2 cups cooked leftover rice.

Saute in skillet or wok, over medium heat in 1 Tb oil, until onion is translucent:

1/2 onion, finely chopped

1 large garlic clove, crushed or minced (or a scant 1 tsp of jar garlic)

1 stalk celery, thinly sliced

1/2 carrot, very thinly sliced or shredded (may use the slicing slots or regular holes, on a cheese grater)

1/2 bell pepper, chopped (any color)

1/2 cup fresh mushrooms, sliced or chopped (3-4 mushrooms)

1/2 cup chicken, chopped or shredded (optional)

When the vegetables are done cooking, add 1 scrambled egg.

Cook, stirring, until the egg is cooked through.

Chop up the egg-vegetable mixture while it cooks, with your spatula or wooden spoon, so it isn't in a giant blob.

Now add the rice to the pan, along with:

2 Tb soy sauce

1/4 tsp ginger powder

1/4 tsp sugar

Dash tabasco

1/4 cup frozen green peas (thawed under hot tap water)

Cook, stirring, until heated through.

Rice can also be artistic achievement!

Random Chinese website

*A diet that consists predominantly of rice leads to the use of opium,
just as a diet that consists predominantly of potatoes leads to the use of liquor.*

Friedrich Nietzsche

Cashew stir-fry

You can make this dish without the cashews, too. But cashews are so good!

Ingredients: a palmful of raw cashews (from the "bulk foods" aisle), ½ package firm tofu, onion, bouillon, and frozen "stir fry mix" vegetables.

(One brand contains broccoli, carrots, onions, red peppers, water chestnuts, mushrooms, and celery).

Serve with rice, and/or crispy chow mein noodles.

Before assembling the stir-fry, you will prepare separately the cashews, rice, vegetables, tofu, and sauce:

- Spread the cashews on a cookie sheet, pie pan, or cake pan, and place in a 325F oven, to toast until fragrant and lightly browned, 3-5 minutes. Remove from oven and set aside.
- Cook 1/2 to 3/4 cup dry rice (yielding 1-1½ cups cooked). Set aside to keep warm.
- Thaw 1/2 bag of frozen stir-fry vegetables briefly in the microwave. Set aside.
- Prepare sauce:

In a small bowl or measuring pitcher:

Mix up 1 Tb corn starch with a pinch of ginger and a shake of garlic powder.

Add 2 Tb soy sauce, stirring with a fork.

Add broth or bouillon to make 1 cup of liquid, total.

In a heavy skillet or wok, heat 2 Tb oil over medium-high heat, and add 1/2 lb tofu, cut in slices or chunks. (Store the remaining tofu under water, in the fridge).

Fry, stirring, sprinkling with soy sauce and garlic powder.

When golden on all sides, remove from the pan and drain on paper towels.

Set aside, covered, to keep warm.

Cut 1/2 onion into chunks, slivers, or slices.

Return the pan to the heat, adding a dash of oil, the onions, and the vegetables

Cook, stirring occasionally, over medium-high heat, until onions start to become translucent.

Add tofu and cashews, and toss to distribute.

Make a clearing in the center of the pan and add the sauce, stirring constantly for a few moments, until it thickens.

Now stir everything together!

Serve with rice and/or chow mein noodles.

If you ate pasta and antipasto, would you still be hungry?

Unknown

I went to a restaurant that serves 'breakfast at any time'. So I ordered French Toast during the Renaissance.

Steven Wright

If you're not part of the solution, you're part of the precipitate.

Henry J. Tillman

Enchiladas

Makes three.

Ingredients: flour tortillas, can of refried or black beans, can of enchilada sauce, cheese, onion.

Leftover chicken - optional.

Oven 350F

Mince 1/2 onion.

Spread one edge of each tortilla with a ribbon of refried beans, straight from the can (approx 3 Tb on each tortilla). You will use about 1/2 can refries in total.

Sprinkle each ribbon with onion and grated cheddar cheese.

Roll up, and place in oiled (or sprayed) pie pan, cake pan, or small baking dish.

Top the enchiladas with a small can of enchilada sauce (red or green, mild or spicy - your choice).

Top with more cheddar cheese and the rest of the onion, if any is left.

Bake 20 minutes until bubbling and cheese melted and golden brown.

Variations:

Chicken enchiladas:

Lay chunks or shreds of cooked chicken on top of refries before adding cheese and rolling up.

Black bean enchiladas:

Instead of refries, use 1/2 can of black beans, and combine them in a mixing bowl with:

1/2 minced onion

1/3 cup frozen corn (thawed under hot tap water)

Dash of garlic powder

Drop 1/4 cupful along edges of tortillas. Top with cheese, and roll up.

Place in baking dish and top with sauce and cheese, and bake as above.

Nachos

Ingredients: corn tortilla chips, cheese, canned chopped chilis and/or jalapenos, sliced black olives.

Serve with refried beans, guacamole (recipe under "Vegetables"), sour cream, salsa as desired.

Oven 400F

Put plain (salted) tortilla chips in a pie pan, cake pan, or on a small cookie sheet.

Sprinkle evenly with grated cheese (cheddar, jack, pepper jack, etc).

May also sprinkle with 1/2 to 1 small can chopped green chilis and/or jalapenos, sliced black olives to taste.

Bake 2-3 minutes until cheese melts. Not too long!

Remove from oven and transfer to a large plate.

Serve with canned refried beans (heated in the microwave 1-2 minutes), sour cream, and/or salsa.

You know how I feel about tacos. It's the only food shaped like a smile.

From the TV show "My Name is Earl"

The microwave oven is the consolation prize in our struggle to understand physics.

Jason Love

Soups

*These soup recipes are a bit larger - not strictly single serving.
They freeze well, and taste even better on day 2.*

Pot-au-feu

"Pot on the fire," or French beef stew.

Takes about 1½ hrs. Makes enough for 2 meals.

Ingredients: 1 lb lean beef; onion, garlic, carrot, potato; frozen corn, green beans (may add lima beans and/or fresh or frozen spinach as well); canned or fresh diced tomato, bouillon, wine, seasonings.

Heat a heavy saucepan, with a well-fitting lid, with 1 tsp oil (or spray oil) over medium-high heat. Add the beef, trimmed of fat and cut into 1-inch cubes. Brown well on all sides, stirring often.

Add this long list of ingredients:

- 1 onion, rough chopped
- 2 cloves garlic, chopped (or 1½ tsp of jar garlic)
- 1 sliced carrot
- 1/2 cup each frozen corn and frozen green beans, thawed under hot tap water
(1/2 cup frozen lima beans, thawed under hot tap water - optional)
(1/2 cup or so fresh or frozen spinach, chard, mustard or other greens - optional)
- 1/2 can diced tomatoes with liquid, or 1 chopped tomato
- 1 can beef broth (or 2 beef bouillon cubes + 2 C. water)
- 3/4 c dry red wine + 1/4 c water
- 2 dashes Worcestershire sauce
- 1 Tb lemon juice
- 1 bay leaf
- 1/2 tsp marjoram
- 1/2 tsp oregano
- 1/2 tsp basil
- 1/2 tsp thyme
- 1/2 tsp paprika
- Several grinds black pepper
- Pinch of red pepper flakes

Bring the mixture to a gentle boil.

Reduce heat to medium-low, cover, and simmer about 60 minutes, stirring occasionally.

Add 1 potato, cubed or sliced.

Simmer for another 30 minutes or longer, until meat is very tender.

*You can tell how long a couple has been married by whether they are on their first,
second, or third bottle of Tabasco.*

Bruce Bye

*The most dangerous food is wedding cake.
American proverb*

Chicken soup

Freezes well.

There are three ways to handle this:

- *You can start fresh, with whole chicken pieces. (You will remove them from the soup when they are cooked, debone them, and chop up the meat, then return it to the broth.)*
- *You can use leftover giblets and carcass from a roasted chicken. (Same procedure as above - but do not use the neck, as its small bones can get lost in the soup.)*
- *You can chop up leftover cooked chicken meat, and simply add it to the soup.*

Ingredients: chicken, celery, onion, carrot, parsnip (optional), noodles or other variations (see below).

Saute in 1 Tb oil, in the bottom of a saucepan, until onion is transparent:

1 carrot, sliced thinly

1 stalks celery, chopped

1 onion, chopped

A pinch of thyme

A bay leaf

1 small parsnip, peeled and diced

- Starting with raw chicken pieces: Brown them with the vegetables.
- Starting with giblets: brown them in a separate skillet while the vegetables cook. Remove, cool slightly, and chop. Set aside.
- Starting with leftover cooked chicken: chop it into bite-sized chunks or shreds, and set aside.

When the vegetables are cooked, cover with 4 cups broth, bouillon, or water.

- Starting with giblets and carcass: add them at this time. (May split the carcass in half, first.)
- Starting with leftover cooked chicken: add it at this time.

Bring the soup to a gentle boil, reduce to a simmer, and cook over medium-low heat for:

- 1 hour and 15 minutes, if using fresh raw chicken pieces
- 45 minutes if using precooked chicken or giblets.

Using tongs or a fork, remove chicken pieces or carcass from the soup. Make sure to find all bones.

Cool slightly, and remove the meat from the skin and bones.

Chop up the meat, and return it to the pot.

Reheat, stirring. May skim fat off the surface using a soup spoon.

Add:

2 Tb snipped fresh parsley (or 1 tsp dried)

1/2 tsp curry powder

Stir well and taste, adding salt and pepper as desired.

Variations:

Chicken noodle soup: omit parsnips and add 1 cup egg noodles.

Chicken rice soup: omit parsnips and add 1 cup cooked rice.

Chicken gumbo soup: saute the above vegetables with these others:

1 cup sliced okra (may use frozen, thawed under hot tap water)

1/2 cup chopped green pepper

1 Tb minced or crushed garlic

Add near the end: 1 Tb file powder (if you have it), Tabasco to taste.

If at first you don't succeed, order pizza.

Unknown

Split pea soup

Traditional Thursday night meal in Sweden.

Ingredients: split peas, ham or bacon, onion, garlic, carrot, celery, bouillon, seasonings.

Mince up 1/4 to 1/2 ham (may use sandwich meat or leftover ham steak) or bacon (cooked).

Combine in soup pot:

1/2 cup split peas

1/2 cup chopped onion (about 1 smallish onion)

1 small clove garlic, minced or crushed

1/2 cup diced or grated carrots

1/2 cup chopped celery

3 cups broth or water

1 bay leaf

1/4 tsp marjoram

1/2 tsp salt

Several grinds black pepper

The ham or bacon.

Bring to a gentle boil over medium-high heat, reduce heat to medium-low, and simmer for 1 hour, stirring occasionally.

Remove bay leaf. You may puree most of the soup in a blender, and stir it into the remainder.

Alternatively, allow the soup to simmer for another 30 minutes or so, stirring occasionally, until the peas break down and form a rich broth.

Mushroom-barley soup

Ingredients: 1/2 lb mushrooms, onion, garlic, pearly barley, bouillon/broth, wine and seasonings.

1/4 c barley - simmer in 1 c water in a small covered pan. Add water if it gets low.

Meanwhile, saute in saucepan over medium heat, for 5 minutes:

1 tsp butter

1/2 cup fine-chopped onion (about 1 small-medium onion)

1 clove minced or crushed garlic

While onions cook, thinly slice the mushrooms. Add to pot with 1/4 tsp thyme.

Saute for about 15 minutes until very soft and tender.

Add 3 cups broth, 2 Tb soy sauce, 1/4 c white wine.

Drain the barley, and add it, when it is tender.

Add black pepper to taste, cover, and simmer 30 min over very low heat.

*I confess that nothing frightens me more than the appearance of mushrooms on the table,
especially in a small provincial town.*

Alexandre Dumas

*Alice remained looking thoughtfully at the mushroom for a minute,
trying to make out which were the two sides of it; and as it was perfectly round,
she found this a very difficult question.*

Lewis Carroll, Alice's Adventures in Wonderland

Minnestrone

Means "big soup." Makes 5-6 cups, and freezes well.

Ingredients: onion, garlic, celery, cabbage, zucchini, carrot, 1 regular can tomatoes, canned chickpeas (garbazo beans), pasta, bouillon/broth, seasonings.

In a small pot, boil 1/2 cup pasta (elbows, shells, spirals, bowties - your choice). When it is done, drain and set aside.

Meanwhile, saute in largeish saucepan, over medium heat, in 1 Tb olive oil, until onion and cabbage are translucent (take your time!):

1/2 cup chopped onion

2 tsp minced or crushed garlic

1/4 cup diced celery

1/2 cup thin-sliced zucchini

1/2 cup diced carrots

1 cup shredded (thin-sliced) cabbage

Add to sauteed vegetables:

The cooked pasta

1 can tomatoes with juice (you can buy diced, or squish whole tomatoes with fingers or spoon)

1/2 can cooked chickpeas (without their water - freeze the leftovers in it)

3 cups broth or water

Bring to a gentle boil, reduce heat to medium low, and simmer 1/2 hour.

Add:

1/3 cup frozen green peas (thawed under hot tap water)

1/4 tsp dried basil

1 tsp dried parsley (or 1 Tb fresh, snipped or chopped)

Salt and pepper to taste

Splash of red wine (optional)

Add water or broth, if necessary, to obtain the soupiness you desire.

Simmer 10 minutes until all is tender.

Senator soup

In 1907, Senator Knute Nelson (Republican, of Minnesota) decreed that this soup must be served in the Senate dining room every day. They still print the recipe on the back of the menu there.

Ingredients: 2 cans of navy beans, potato, celery, onion, broth/bouillon, seasonings.

In a small pot, cook 1/2 c potatoes (about 1 medium) until tender, and mash together with some milk. Set aside. (Alternatively, use 1/2 c leftover mashed potatoes).

Saute in saucepan, over medium-high heat, with 1 Tb butter until onion is translucent:

1/4 cup fine-chopped celery

1/4 cup fine-chopped onion

Stir in 2 cups broth or water, and 2 cans navy beans with liquid.

Add:

2 Tb snipped parsley (or 1 tsp dried parsley)

1 tsp salt

The mashed potatoes

Bring to a gentle boil, then reduce heat to low.

Gently cook over low heat for 1 hr, stirring frequently, and mashing the beans with the back of a wooden spoon as you stir.

Lentil Soup

Makes 5-6 cups, and freezes well.

Ingredients: 1/4 lb smoked kielbasa or Polish sausage, lentils, onion, garlic, carrots, celery, canned diced tomatoes, bouillon/broth, lemon juice, molasses, wine, vinegar, seasonings.

Saute in saucepan, over medium-high heat, with 1 Tb butter until onion is translucent:

1/2 cup finely chopped onion (about 1 smallish onion)

1/2 cup chopped carrots

1/2 cup minced celery

2 tsp minced garlic

Add 1/2 of a 1-lb bag of lentils (about 1 cup) with 4 c broth or water

Bring to a boil, then lower heat and simmer, covered, 1/2 hour.

Add:

The sausage, cut into bite-sized chunks

2/3 can diced tomatoes, with some of the juice (freeze leftovers in small ziplock bag)

A hearty splash of dry red wine

2 Tb lemon juice (juice of 1 lemon)

1 Tb molasses

1 Tb vinegar, any sort

Simmer until lentils are very tender, about 45 min more.

Add salt and pepper to taste.

Crabby corn chowder

I do not know if this soup would freeze well. I advise you to enjoy every drop as soon as it's ready!

Ingredients: small can crab meat (6-7 oz or so), onion, fresh or frozen corn, potato, green pepper, mushroom, heavy cream or evaporated milk, seasonings.

Saute in saucepan, over medium-high heat, with 1 Tb butter, until onion is translucent:

1 small onion, chopped

1/2 green pepper, chopped

Stir in, and saute for 1 minute:

1 Tb flour

Now stir in slowly:

1 cup broth

1 cup milk

2/3 lb frozen corn, thawed under hot tap water (or 1½ cups of corn sliced off the cob - fresh or cooked)

1 potato, peeled and diced

1/4 lb mushrooms, sliced (about 5 mushrooms)

The crab meat, drained.

Bring to a gentle boil, stirring frequently.

Reduce heat to low, cover, and simmer 20 min until potatoes are tender, stirring occasionally.

Stir in 3/4 cup heavy cream or evaporated milk.

Season with salt and pepper to taste.

It was quite a challenge to make people eat crab ice cream.

Heston Blumenthal

(chef-owner of The Fat Duck, voted best restaurant in the world, 2005)

Chili con carne

Ingredients: 1/2 lb. ground meat, onion, garlic, green pepper, one fresh jalepeno (optional, but delicious), canned red beans, canned diced tomato, 4 oz. can green chiles, wine, seasonings.

Saute together in the bottom of a largeish saucepan, over medium heat, stirring, until meat is browned and onions are translucent:

1/2 lb ground round or hamburger meat

1 onion, chopped

2 cloves garlic, minced or crushed (or from the jar)

1 green pepper, chopped

Add:

1 can red beans, with juice

1 can diced tomatoes, with juice

1/4 cup dry red wine

1 small (4 oz) can mild green chile peppers (diced)

(1 small jalapeno chile pepper - halve, remove seeds under running water, and chop - optional)

1 Tb chili powder

1 tsp salt

Pinch of oregano

Bring to a simmer, and reduce heat to medium-low. Simmer, partly covered, 30 minutes.

Black bean chili

Best with fresh cilantro.

Ingredients: 2 cans black beans, tomato puree or paste, onion, garlic, green pepper, cilantro, fresh or frozen corn, small 4-oz can diced green chiles, bouillon, lime or lime juice, seasonings.

Saute in saucepan, over medium-high heat, with 1 Tb oil, until onion is translucent:

1 small onion, finely chopped

3 cloves garlic, crushed

1 green pepper, chopped

Add:

2 cups broth/ bouillon

2 cans black beans, drained and rinsed

1/2 cup corn (frozen, thawed under hot tap water, or fresh sliced off the cob)

1/4 cup tomato puree or paste (freeze leftovers in a ziplock bag)

1 can green chiles, diced

1 tsp whole cumin seed (or 1/2 tsp ground)

Scant 1/4 cup chopped fresh cilantro

1/2 tsp oregano

1 tsp salt

Several grinds black pepper

Dash cayenne or Tabasco, to desired spiciness

2 tsp lime juice (juice of 1/2 fresh lime, or may substitute lemon juice)

Bring to a gentle boil, reduce heat, and simmer 45 minutes.

Next to jazz music, there is nothing that lifts the spirit and strengthens the soul more than a good bowl of chili.

Harry James

Recipe for chili: Put a pot of chili on the stove to simmer. Let it simmer. Meanwhile, broil a good steak. Eat the steak. Let the chili simmer. Ignore it.

Allan Shivers, former governor of Texas

Cuban Black Bean Soup

With marinated rice garnish, which gives it an extra kick.

Ingredients: canned black beans, onion, garlic, green pepper, broth, rice, seasonings.

Take some time to mince 3/4 cup of onion (about a medium onion).

Set 2 Tb of the onion aside in a small bowl covered with a saucer or plastic wrap, to use in garnish.

Cook 1/4 c white rice (dry measure - or use 1/2 c leftover rice), and set aside.

While rice cooks, saute in 2 tsp olive oil, in saucepan over medium heat, for about 5 minutes, until onion is translucent:

The remaining onions

1/4 green pepper, finely diced

1 clove garlic, minced or crushed (or about 1/2 tsp jar garlic)

1 tsp oregano

1 tsp cumin seeds (or 1/4 tsp powdered cumin)

When the vegetables are cooked, stir in:

1 can black beans (drained and rinsed under running water)

3 cups broth or bouillon

Bring to a gentle boil, reduce heat to low, cover, and simmer for 45 minutes until black beans are very tender, adding more water as necessary.

Add 2 tsp vinegar before serving.

While the soup cooks, prepare rice garnish:

Combine in a small bowl:

The cooked white rice (about 1/2 cup)

The 2 Tb minced onion

1 tsp olive oil (or regular oil)

1 tsp white vinegar (may substitute other vinegar as needed)

Mix well, cover with a saucer or plastic wrap, and allow it to marinate.

Serve a generous spoonful in each bowl of soup.

Borscht

Borscht recipes are highly variable, and some don't even call for beets! This user-friendly version is for people who may be somewhat timid about eating foods they're not sure they can spell.

Ingredients: can of diced beets, onion, celery, carrot, potato, bouillon, seasonings, sour cream.

Saute, in a saucepan over medium heat, in 1 Tb butter, until onion is translucent:

1 small onion, chopped

1 stalk celery, chopped

Add:

4 cups broth/bouillon

The liquid from the can of beets (don't add the beets themselves, yet)

1 potato, peeled and diced into pieces about the same size as the beets

1-2 sliced carrots

Bring to a gentle boil, lower heat, and simmer 20 minutes or til tender.

Add the beets, stir, and heat through.

Add 2 Tb vinegar, 1/2 tsp salt, and several grinds of black pepper.

Serve with a big dollop of sour cream.

*"The natural aroma of the beets drifts into the bedrooms and makes you dream of simpler times."
Bed & breakfast review, from the TV show "The Office"*

Swedish Berry Soup

Quick and easy, nutritious and delicious on hot summer afternoons.

Ingredients: berries, buttermilk, cream, orange and lemon juices, honey.

Whisk together, in this order, in a bowl or measuring pitcher:

1 cup cultured buttermilk

1 Tb honey

1/4 cup cream

1/2 cup orange juice

1 tsp lemon juice

Dash cinnamon and nutmeg

Chill.

Pour over bowls of berries (sliced strawberries, fresh or frozen/thawed blueberries, raspberries, etc.).

Blåbärssoppa

Another Swedish berry soup, traditionally served hot to racers in the Vasa (Vasaloppet, world's longest and oldest ski marathon, held in Dalarna).

Ingredients: blueberries (fresh or frozen), lemon juice, sherry, flavorings.

Place in smallish saucepan over medium heat:

2 cups blueberries

4 cups water

1/4 cup sugar

2 tsp lemon juice

pinch of cinnamon

Bring to a simmer, lower heat, and simmer for 20 minutes, until blueberries are very soft.

In a cup or small bowl, mix with a fork or spoon until smooth:

2 Tb corn starch

2 Tb cold water

2 Tb dry sherry

Stir into hot berries, and cook over medium-low heat, stirring, until thickened slightly (about 5 minutes).

May be served warm or cold; may add a dash of cream and/or a sprinkling of muesli.

My illness is due to my doctor's insistence that I drink milk, a whitish fluid they force down helpless babies.
W. C. Fields

I've often thought there ought to be a manual to hand to little kids, telling them what kind of planet they're on, why they don't fall off it, how much time they've probably got here, how to avoid poison ivy, and so on...
Kurt Vonnegut

The opposite of a fact is falsehood, but the opposite of one profound truth may very well be another profound truth.
Niels Bohr

Sweets

Fastest easiest cocoa ever

Baby, it's cold outside.

Mix in a large mug or pyrex measuring pitcher:

1 Tb Hershey's cocoa powder

1 1/2 Tb sugar

Stir in:

3/4 cup milk

1/4 cup water

Heat in microwave until hot.

Strawberry shortcake

Summery!

Ingredients: drop biscuits, fresh or frozen strawberries, vanilla extract, whipping cream.

Make drop biscuits with sugar in them (see "Breakfast" section for recipe).

Slice a bunch of ripe strawberries into a mixing bowl.

Sprinkle with sugar, then mash them slightly with a potato masher to bring out the juices. Set aside.

In another mixing bowl, beat 1/2 cup heavy whipping cream with an electric or rotary mixer until stiff peaks form.

Gently stir in a splash of vanilla extract and a couple of spoonfuls of sugar.

To serve, break up biscuits in a bowl, ladle berries over, and top with whipped cream.

Apple crisp

Autumny! Also good - and healthy - for breakfast the morning after.

Ingredients: apples (not "Delicious" type - try Jonathan, Braeburn, Cortland, or Gala), brown sugar, butter, rolled oats, wheat germ, flavorings.

Oven 350F

Peel, core, and slice 3-4 apples into a bowl.

Toss them with:

1 Tb flour

1/2 tsp cinnamon

2 Tb lemon juice

and set aside.

Mash up the crispy topping, in a separate bowl:

1/4 cup butter (4 Tb)

1/4 cup brown sugar

1/2 cup rolled oats

1/4 cup wheat germ

1/4 cup flour

1/4 tsp salt

Put 2 Tb juice or water in the bottom of a greased pie pan, cake pan, loaf pan, or other small baking dish.

Add apples, top with oat-and-sugar mixture, and bake 25 minutes or until apples are very soft.

May cover with tin foil after 15-20 minutes, if it is getting too brown.

Baked Apples

Wintery!

For 2 Jonathan, Braeburn, Cortland, Gala, etc. - not Delicious - apples.

Other ingredients: brown sugar, butter, cinnamon.

Use a long skinny knife, or an apple corer, to take out the apple cores, while leaving remainder of apple intact.

Put the apples in a small oiled or sprayed baking dish (e.g., pie pan, loaf pan, etc.).

In a small mixing bowl, mash up:

2 Tb butter

2 Tb brown sugar

1/2 tsp cinnamon

Divide this mixture evenly in two parts, and pack it into the hollows of the apples, using a table knife or small spoon.

Pour 1/4 cup water or apple cider into the pan. Cover the pan tightly with foil.

Bake for approximately 20 minutes, until apples are tender when pierced with a fork.

Remove the foil, and bake 20 minutes more, basting frequently, using a spoon and the syrup in the pan.

Remove from the oven and put into a bowl; pour remaining syrup over the top.

Gingerbread

Appropriate for any meal of the day, and easier than you'd expect.

Ingredients: basic stuff you already have around the kitchen.

Grease and flour a square baking pan. (May substitute a round cake pan.)

Oven 350F

In a mixing bowl, beat together:

1 egg

1/4 c molasses

1/4 c sugar

1/4 c oil

Now stir in, until smooth:

1 c flour

1 tsp baking soda

1/2 tsp salt

1.5 tsp ginger

1/2 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp cloves

Add 1/4 c hot tap water, and mix until smooth.

Bake in greased, floured pan 30-35 minutes, until toothpick or spaghetti strand inserted in center comes out clean.

I wish to astonish Paris with an apple.

Paul Cézanne

Baked apples are at the core of modern thinking.

Naomi Kobuko

Easy applesauce cake

Rich - needs no icing! However, if you really wanted icing, you could beat up some softened cream cheese with honey, and spread that over the top.

Ingredients: applesauce; raisins and walnuts, if desired; other stuff you have around the kitchen.

Grease and flour a cake pan (approx. 10-inch diameter).

Oven 350F

Cream 1/2 cup butter with 1 cup brown sugar. (To "cream" means to mash with the back of a wooden spoon until well blended.)

Beat in 1 egg until relatively smooth.

Stir in, until fairly well blended:

1¾ cup flour

1/2 tsp salt

1 tsp soda

1 tsp cinnamon

1/4 tsp cloves

Add and stir until smooth:

1 cup applesauce

(1 cup raisins, 1 cup chopped walnuts - optional)

Bake in greased and floured cake pan 50-60 minutes, until toothpick or spaghetti strand inserted in center comes out clean.

Banana bread

Delicious toasted. Traditional use for overripe bananas. (If you crave banana bread, you can often buy overripe bananas for a cut rate at the grocery. If you often make quick breads, you might invest in "mini" loaf pans, approx. 5" long. It is easier to wrap small loaves in foil, freeze, and save for a rainy day, than to eat an entire large loaf yourself.)

Ingredients: bananas, butter, brown sugar

Grease and flour a loaf pan or 4 mini loaf pans.

Oven 350F

Mash up 2½ cups bananas until relatively smooth (usually about 4-5 bananas; use a potato masher).

Beat 2 eggs into the bananas.

Stir in 1 tsp vanilla extract.

Melt 1 stick of butter (8 Tb), allow to cool, and beat it into the bananas.

Stir in:

2 cups flour

1 tsp baking soda

¾ cup brown sugar*

Bake for about an hour, until a toothpick (or spaghetti noodle) poked into the center comes out clean.

Let the bread cool in the pan for ten minutes, then remove from the pan and allow to cool (may use a cooling rack, if you want).

*If your regrets linger, if you cannot find inspiration in solitude,
then you still have much to learn from the writers and poets and the cooks...
You can never re-create the past. But you can shape your own future.
And you can make a cake.
Jacqueline Duval*

Zucchini bread

Traditional remedy for having planted too many zucchinis.

1 large loaf, or four mini loaves.

Ingredients: zucchini, eggs, honey or brown sugar, vanilla, basic baking ingredients.

Grease and flour 1 loaf pan or 4 mini loaf pans. (If you often make quick breads, you might invest in some "mini" loaf pans, approx. 5" long.)

Oven 325F

In a mixing bowl, stir together the wet ingredients:

2 beaten eggs

1/2 cup honey or brown sugar

1/2 cup oil

2 tsp vanilla

1 cup grated zucchini

In a separate bowl, stir together the dry ingredients:

1 cup whole wheat flour

3/4 cup white flour

1/2 tsp soda

1/4 tsp baking powder

1/2 tsp salt

1/2 tsp cinnamon

Add the dry ingredients to the wet. Stir well until well blended.

Bake for about an hour, until a toothpick (or spaghetti noodle) poked into the center comes out clean.

Let the bread cool in the pans for ten minutes, then remove from the pans and allow to cool on a cooling rack.

Harvester Corn Bread/ Muffins

Not a sweet! A hearty variation, to have with supper. Well worth the extra trouble.

Makes 6 muffins, or 1 loaf-pan worth.

Ingredients: box of Jiffy corn muffin mix, green pepper, onion, fresh or frozen corn, cheese, molasses

To one recipe of corn muffin mix (prepared with milk and egg in a mixing bowl), add:

1/4 cup onion, minced

1/4 cup green pepper, minced

1/2 cup corn kernels (frozen, thawed under hot tap water - or fresh, cut off the cob)

1/2 cup grated cheese

1 Tb molasses

Bake according to directions on box. Allow 5 extra minutes of baking time.

I love grocery shopping... I love both the idea of home, and also the idea of exploration. I think those two are probably my great interests.

Yo-Yo Ma

One must not make oneself cheap here - that is a cardinal point - or else one is done.

Whoever is most impertinent has the best chance.

Wolfgang Amadeus Mozart

Granola bars

Good hiking snack! Wrapped individually and ready to go.

Get most of the ingredients from the "bulk foods" section of your store.

Grease a 9x9" baking dish, and set aside.

Oven 350F. (Will reduce heat later to 300F.)

Ingredients:

2 cups plain rolled oats

1/2 cup raw sunflower seeds

1 cup sliced almonds

1/2 cup raw wheat germ

1 cup chopped dried fruit (any combination of raisins, dates, apricots, cranberries, apples, mango, etc. You can cut up the fruit at home, as needed, with a knife or scissors.)

1/2 cup honey

1/4 cup (packed) brown sugar

2 Tb butter

2 tsp vanilla extract

1/2 tsp salt

Instructions:

First, toast the oats, sunflower seeds, almonds, and wheat germ on a cookie sheet in the oven for 10 minutes, stirring occasionally. Don't let them scorch at the edges of the pan.

When done, remove from the oven, and reduce the oven heat to 300F.

Meanwhile, in a large saucepan (big enough to hold all the ingredients for the whole recipe), over medium heat, mix the honey, sugar, butter, vanilla and salt. Cook until dissolved, then turn off the heat.

Stir all the ingredients into the liquid in the saucepan. Mix with a large wooden spoon until evenly distributed.

Turn the mixture out into the greased baking dish, pressing with buttered fingers to make a flat even surface.

Bake in 300F oven for 25 minutes.

Allow to cool completely, before cutting into squares with a sharp knife. Cut into 9-12 pieces.

Wrap individually in wax paper or plastic wrap, for hikes and away-from-home snacks.

For long-term storage, place in a sealed container in the refrigerator.

A mathematician is a device for turning coffee into theorems.

Paul Erdos

Without my morning coffee, I'm just like a dried up piece of roast goat.

Johann Sebastian Bach

If wishes and buts were clusters of nuts, we'd all have a bowl of granola.

From the TV show "Strangers with Candy"

Food Handling

Conversions:

1 pinch = scant 1/8 tsp
1 dash = about 1/8 to 1/4 tsp
1 tsp = 5 mL = approx 60 drops
3 tsp = 1 Tb
4 Tb = 1/4 cup
5.33 Tb = 1/3 cup
2 cups = 1 pint = 16 oz
2 pints = 1 quart = 1 scant liter

Sizes of pots and pans:

Saucepans: Sizes are usually engraved on the bottom. For making soup and boiling pasta, try 4 quart. For making sauces and mixtures, try 1-2 quart.

Skillets: 7.5-inch for most purposes. 10-inch for stir-frying, e.g. if you need to push cooked food off to the edges and still work in the center. Cast iron can go from the stovetop to the oven and back. If you don't have a lid, you can use foil.

Baking/roasting pans: Need to be appropriately sized; food needs to be piled up to the proper depth, or it will dry out and/or scorch. For this reason, it may be best to use a glass or Corningware pie pan (approx 10" round), loaf pan (usually 7" oblong), or small casserole (1.5 quart). Again, if no lid, may use foil.

Cooking pasta:

Provide plenty of water. Add salt. After cooking, toss with a tiny splash of oil to prevent adhesions.

2 oz. dry spaghetti/angelhair/fettucine, etc. = bunch w/ diameter of a quarter = 1 cup cooked.

4 oz. uncooked egg noodles = 1+ cups cooked.

4 oz. uncooked small pasta shapes (elbow mac, small shells, bow ties, etc) = 2 cups cooked.

Cooking rice:

Proportions: 1 dry rice + 2 water = 2 cooked rice.

Example: 1/2 cup dry rice + 1 cup H₂O = 1 cup cooked rice.

Directions:

In SMALL pot, combine rice and water.

Bring to a boil over high heat, uncovered.

Remove from heat. Cover tightly with lid.

Turn burner down to LOW. When burner is no longer red-hot, put pot back on it.

(Try to avoid having rice boil over - if it does, remove it from the burner and let the burner keep cooling down for a moment. Do NOT lift the lid to look inside. The rice needs to steam.)

Cook, covered, on low until done:

- White long-grain or basmati rice - 20 minutes.
- Brown rice - 45 minutes (less if you soak it for 30 minutes before cooking).
- Minute, Zataran, and other instant rice - follow directions on box.

First Law of Laboratory Work:

Hot glass looks exactly the same as cold glass.

Kitchen corollary: The same is true of cast iron.

Cooking various whole grains:

For 1/2 cup dry grain:

- **Barley**, pearled: 1.5 c water, cook approx 30 min.
- **Bulgur wheat**: 1 c boiled water, steep approx 15 min (do not boil).
- **Couscous** (semolina grits): 1 c boiled water, steep approx 2 min (do not boil).
- **Corn grits/ polenta**: 1.5 c water, cook approx 20 min.
- **Quinoa**: 1 c water, cook approx 20 min.
- **Rolled oats**: 1 c water (or milk and water), cook approx 15 min.
- **Whole wheat berries**: 1.5 c water, cook approx 90 min.
- **Wild rice***: 1.5 c water, cook approx 60 min.

These proportions will yield cooked volumes close to amount of water used.

Each benefits from a pinch of salt.

**Many folks cook up a larger amount of wild rice, and freeze it in 1/2 c bags, to combine later in a mixture with other quicker-cooking grains, such as white or brown rice.*

Onions:

Different kinds: red and Vidalia are somewhat more sweet, scallions a.k.a "green onions" are mild, leeks are mildest of all. (Shallots are like a cross between garlic and onions.)

Mincing onion: Peel onion, throw away peels, and rinse knife (to reduce tears). Cut in half; slice thinly. Lay stacks of slices down on their sides, and dice thinly.

Onion powder: One small onion approx = 1 tsp onion powder.

Onion flakes, dried: One small onion approx = 1 Tb onion flakes.

Garlic:

Minced/ crushed garlic the easy way: use finest holes on a cheese grater, or use garlic press.

Jar garlic: Available in produce section of grocery. Pre-minced and packed in water or oil. Not as tasty as fresh, but faster.

Garlic powder: 1 clove approx = 1/4 tsp powder.

Garlic butter

Enough for 1 large Italian roll, sliced for garlic bread.

Mash up with a fork:

1/2 stick butter, room temperature or softened in microwave (4 Tb)

1 scant tsp fresh minced, grated, or crushed garlic (or garlic from a jar as a last resort)

Dash salt

Pinch parsley

Allow to stand at room temperature as long as possible (15 minutes+), for flavors to blend.

How to saute:

"Saute" means "jump." It means to cook over fairly high heat, with a minimal amount of oil, quickly enough that the food will cook nicely on the outside while steaming somewhat on the inside.

(If the food is cooked too slowly, it can become rubbery or mushy, and will absorb all the oil, rather than being lightly seared by contact with it.)

- Use spray oil, a miserly splash of cooking oil, or a dot of butter.
- Keep the food in as close to a single layer as possible.
- Some foods need to be sauteed, then covered (and allowed to steam, usually over lower heat), to complete their cooking.

Using broth/ bouillon:

Use in making soups and cooking grains.

- You can use canned broth, or broth in a box. Disadvantage: leftovers.
- You can use bouillon cubes instead. Advantage: easy to measure, and easy to prepare. Read box to see if 1 cube makes 1 or 2 c broth. Cut cubes in half as needed. You don't need boiling water. One cup of water is usually hot enough to dissolve bouillon after 1-2 minutes in the microwave. Even hot tap water can dissolve bouillon.

Milk:

Evaporated milk is unsweetened (and reconstitutes to whole milk with equal parts of water).

Condensed milk is heavily sweetened.

Powdered milk is a cheap and easy way to fortify milk-based foods and beverages (e.g., cocoa mix, smoothies, etc.).

You can also use it as a substitute if you are out of regular milk: 3 Tb powdered milk + 1 cup water = 1 cup milk.

Powdered buttermilk is made from actual buttermilk (from butter-making), not liquid cultured skim milk (found in the dairy case). 1/4 cup powdered buttermilk + 1 cup water = 1 cup buttermilk.

Whey protein powder is a byproduct of cheese making. It's an easily digested protein source that is relatively high in lactose (milk sugar). It can be added to smoothies and other dairy-based foods as a protein supplement.

White sauce

Also called "Bechamel." This is a very basic cream sauce recipe, that you can use for all sorts of dishes - variations below.

The basic idea is that you make a roux (fat + flour), then add liquid (if it's milk, you have white sauce; if it were broth, you'd have gravy), and cook while it thickens:

- 1 Tb butter - melt in a saucepan
- 1 Tb white flour - stir in, and continue to cook and stir for 2 minutes
- 1 cup milk - stir in gradually, and allow to cook, stirring, for a few minutes until sauce is thickened.
Season as desired.

Variations:

- **Thicker sauce:** Use 2 Tb butter, 2 Tb flour, and 1 cup milk.
- **Cream sauce:** Use heavy (whipping) cream instead of milk.
- **Swedish white sauce:** Add a pinch of allspice.
- **Cheese sauce:** Remove thickened sauce from stove and stir in 1/2 to 1 cup grated cheese, stirring until melted.
- **Alfredo sauce:** Remove thickened sauce from stove and stir in 1/2 cup parmesan cheese and 1/4 tsp garlic powder, stirring until melted.
- **Stroganoff sauce:** Remove sauce from stove and stir in 1/2 cup sour cream, 1 Tb soy sauce, 1/4 tsp garlic powder, (1/2 tsp Worcestershire sauce), and plenty of black pepper. Stir until well blended.

How to separate eggs, and why:

Eggs are a nearly perfectly separated food to begin with: nothing but protein (albumin) in the white, and practically nothing but fat in the yolk.

For some purposes, one wants only the protein, or only the fat, so one has to separate them further.

Two methods:

1. Crack the shell in half in the center, over a small bowl. Tip the shell so the yolk is contained in one half, while the white runs over the edge into the bowl. When it stops dripping, transfer the yolk to the other half, allowing white to drip out into the bowl during the transfer. (Disadvantage: you can nick the yolk with the shell by accident, allowing yolk to drip into the bowl, too.)

2. Crack the shell in the center, over a small bowl. Dump the shell contents into your bare hand, allowing white to run into the bowl between your fingers while you cradle the yolk in your hand. (Disadvantage: messier.)

Leavening:

Leavening, or "raising" a baked good, requires gluten (or some other form of grain protein) to form the walls of bubbles that will fill with carbon dioxide as a result of the leavening process.

Yeast is a living microorganism that eats sugar and makes carbon dioxide. When this occurs in a gluten (wheat) matrix, rising results.

Baking powder is a mixture of baking soda (sodium bicarbonate, an alkali) and cream of tartar (an acid). It produces leavening via carbon dioxide when moistened. "Quick bread" recipes are so called because they need to be quickly placed in a hot environment while the chemical reaction progresses, in order for the leavening to be successful.

Baking soda is sodium bicarbonate, NaHCO_3 . It can be used to leaven recipes that call for acid liquids (e.g. juice, applesauce, molasses, honey).

Eggs can only be used in leavening if they are first separated (so the egg white albumin is isolated) and then whipped (incorporating large amounts of air into a protein-bubble matrix). Then, simple hot air expansion does the rest of the rising.

Bread crumbs:

You can buy these in a paper "can" (similar to rolled oats), usually near baking mixes (like Jiffy corn muffin mix and cake mixes).

Alternatively, you can rub fresh sliced bread over the coarse holes of a cheese grater, for coarsely shredded bread crumbs. Plan to measure about 30% more than the required amount of dried (packaged) bread crumbs.

Cracker crumbs: Just crunch up saltines or other crackers.

Everybody needs beauty as well as bread.
John Muir

Man lives for science as well as bread.
William James

If they can make penicillin out of mouldy bread, they can sure make something out of you.
Muhammad Ali

Stuffing and croutons:

Buy prepackaged stuffing croutons in your grocery, usually near the instant "box dinners" (e.g., Hamburger Helper). If your grocery makes their own, they will be found in the bakery.

If you want to make your own croutons:

Heat oven to 300F.

Arrange slices of bread (as many as you want) on one or more cookie sheet/s, and spray with oil. Turn slices over and spray the other side.

Stack them up and cut them into cubes, using a sharp bread knife, with a sawing motion. (You can do this part on a cutting board, if you prefer.)

Spread the cubes out on the cookie sheet/s, and sprinkle lightly with any seasonings you desire. Bake 10-15 min until golden and fragrant.

Seasoning suggestions:

- Italian croutons, for salad or soup: salt + garlic powder + oregano + thyme (+/- Parmesan!)
- Stuffing, for poultry or pork: salt + poultry seasoning (may substitute sage + marjoram + thyme; suggest you mix these herbs together in a teacup, grinding slightly between your fingers, before sprinkling)

Thickening with flour:

Basic method:

Cook a roux (fat + flour) and add liquid, stirring til thick. Makes an opaque sauce (e.g., gravy, white sauce) that is thicker when cold. Can be lumpy.

Alternative:

In a cup or small bowl, slowly add water (or other cold liquid) to flour, mashing lumps with a fork or spoon, until consistency of pancake batter.

Pour into hot liquid slowly, stirring constantly until thick.

Remove from heat when thick.

Proportions:

- 2 Tb flour (+2 Tb fat) to 1 cup liquid for very thick sauce (spreadable consistency).
- 1 Tb flour (+1 Tb fat) to 1 cup liquid for medium sauce (gravy consistency).
- 1/2 Tb flour (+1/2 Tb fat) to 1 cup liquid for thin sauce (cream soup consistency).

See also "White sauce."

Thickening with cornstarch:

Does not need fat. Makes a transparent or translucent sauce (e.g., stir fry sauce, fruit sauce for dessert topping) that is like jelly when cold.

Basic method:

In a cup or small bowl, slowly add water (or other cold liquid) to cornstarch, mashing lumps with a fork, until consistency of pancake batter.

Pour into hot liquid slowly, stirring constantly until thick.

Remove from heat when it reaches a gentle boil (boiling can "break" the thickening.)

Add fat, if desired (e.g., butter in a sauce), after thickening.

Proportions:

- 1½ to 2 tsp cornstarch to 1 cup liquid for very thick sauce (very sticky!).
- 1 tsp cornstarch to 1 cup liquid for medium sauce (gravy consistency).
- 1/2 tsp cornstarch to 1 cup liquid for thin sauce (stir-fry sauce consistency).

How to grease or "grease and flour" a pan, and when, and why:

Greasing keeps proteins and sugars from sticking to the pan.

Greasing *and* flouring keeps baked goods from sticking and helps the crust cook evenly, by adding a little insulation.

- Can use **spray oil** for sugars and proteins, but not for baked goods.
- Can use **shortening**. Protect hand with a paper towel, if you don't want to stop and wash your hands afterwards.
- Can use **butter**. Warning: buttering and flouring pans for baked goods can sometimes make them stick.
- **High-fat foods** do not need grease - e.g., bacon, hamburger, biscuits, pie crust.

How to tell if a baked good is "done":

Poke it with a toothpick, a strand of spaghetti, or a thin knife, at or near the center. If instrument comes out clean, baked good is done.

Alternative, for when you can't poke (e.g., loaves of bread, cookies):

Center is dry and firm/springy to touch, and edges have pulled away slightly from pan, or item is browned where it contacts pan.

What matters with baked goods:

Smaller recipes need smaller pans. Choose a baking dish based on the approximate recipe size:

4 cups:

- An 8" x 4" loaf pan
- A 9" cake pan
- A 9" regular pie pan

6-8 cups:

- An 8" or 9" square pan
- A 10" regular, or 9" deep-dish, pie pan (1.5" vs. 2" deep)
- A 9" x 5" loaf pan

When baking, you will always fill pans about 3/4 full, to allow room for rising.

Baking heat will generally not change, because rising time determines the initial structural integrity of the baked good.

Baking time may, however, vary with pan and recipe type, as this involves the final drying of the item and is affected by conduction, humidity, etc.

There is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel, that will leave you emptier of bad thoughts than the homely ceremony of making bread.

M.F.K. Fisher, The Art of Eating

Leftovers:

You may often have odd bits of food left over - half a can of garbanzo beans, a quarter-cup of tomato paste. These are usually easy to store in the freezer, in a zip-lock bag.

Keep a permanent marker in the kitchen. Write what the food is on the bag while the plastic is at room temperature. (Tomato paste and tomato juice might look identical after freezing.)

You don't need to date your frozen foods. Clean out your freezer twice a year (USDA recommends quarterly) and start afresh. By "clean out," I mean throw away ALL the leftovers!

Keep your freezer tidy by storing baggies of tomato products in a plastic box/bag in the freezer. When you need, for example, 1/4 cup tomato paste, just yank out the box/bag to find it.

Ditto a plastic box/bag for small portions of meat/ poultry/ fish.

If you want to freeze a quantity of liquid (e.g. spaghetti sauce, soup) in a ziplock bag, place the bag in a flat-bottomed container first, and allow it to freeze with a flat bottom. Remove it from the container when solid - now it's stackable.

Don't overstuff your refrigerator or freezer! They both need adequate air circulation, to keep all the food cold.

Most cold foods are safe to eat for seven days after the "sell by" or "expiration" date on the label.

Substitutions - *when you are out of a vital ingredient!*

Allspice, 1/2 tsp = 1/4 tsp cinnamon + 1/4 tsp cloves.

Bacon = Bacos (in a jar; refrigerate).

Baking powder = Equal amount of baking soda, plus something acid (a dash of vinegar in the wet ingredients? molasses? applesauce?). Reduce salt in recipe slightly, because baking soda (NaHCO_3 ; "soda" = sodium) is salty-tasting.

Brown sugar, 1 cup = 1 cup white sugar + 3 Tb molasses.

Buttermilk, 1 cup = 1 cup milk + 1 Tb vinegar; stir; allow to stand and "clabber" for 5 minutes before using.

Chocolate, unsweetened, 1 oz = 3 Tb cocoa power + 1 Tb butter.

Cornstarch = thicken with flour instead; see "Thickening".

Cream = evaporated milk.

Garlic, fresh minced = garlic from a jar, dried garlic chips, garlic powder. Only use garlic salt as a last resort, and eliminate all other salt in the recipe, if you do use it.

Honey, 1/2 cup = 1/3 cup white sugar + 1/4 cup maple syrup, or 1/3 cup corn syrup + 1/4 cup white sugar.

Ketchup, 1/4 cup = 1/4 cup tomato sauce + 2 Tb sugar + 1 tsp vinegar.

Milk, 1 cup = 3 Tb powdered milk + 1 cup water.

Molasses = equal amount of honey, corn syrup, or maple syrup.

Ricotta cheese, 1 cup = 1 cup cottage cheese.

Scallions, leeks, onions, etc = any other form of onion. Main difference will be cooking time.

Sour cream = equal amount of plain yogurt.

Shopping for home economy:

- The most efficient way to shop: Plan your major meals for the week, review the recipes, and write a list of ingredients (which is your shopping list; see last page for the printable template I use). Your goal: minimize time spent in store (1 hour per week!), and avoid buying more food than you can eat.
- If you save your menu-and-ingredient lists, you can re-use them in the future. Don't forget to post your menu list on the refrigerator each week, so you know what you're making.
- When planning menus, plan ahead for leftovers. For example, if you want to roast a chicken, plan to make a chicken soup later in the week. Will a casserole call for 1/2 can of soup? Pick a meal that will also use the other half (or have it with a sandwich, later, for lunch). This can ease the frustration of throwing out a lot of usable food.
- Get to know the "Bulk Foods" aisle of your store. You can buy smaller quantities of staples (flour, brown sugar, rice, breakfast cereal, herbs and spices, etc.) and treats (cookies, candies, trail and snack mixes, herb teabags, gourmet coffee, etc.), for much lower prices than the "1-pound package" versions on the regular shelves. I recommend recycling glass jars to keep your bulk foods in.
- Grocery stores usually have printed maps available, to show you where specific (sometimes hard-to-find) items are located. Ask for one at the customer-service desk.
- Consider ordering your groceries online. Large stores offer this service for a nominal fee, and provide delivery. One considerable advantage is that your shopping lists are stored online, and you can easily recycle them. This service pays for itself, if it reduces your number of trips to the store (including the cost of transportation - and impulse purchases!).

- A final note:

You may have spent your whole life, until now, expecting that mealtime preparations result in a certain quantity of food - for example, if you want some frozen pizza, you bake a frozen pizza. The problem is, you now have four more slices than you can, or should, eat. Many of us - members of the "Clean Plate Club" - end up both overeating, and throwing away food, simply because our expected "normal" portion sizes have always been geared for two, or one-and-a-half, diners.

I recommend **putting away** your largest pots and pans, skillets, dishes, bowls, and plastic storage containers for now. To make the adjustment to realistic single portions, use:

9" plates for your dinner plates (now called "salad plates"; this was the "standard" size in restaurants until the late 1960s! See *The Largest Last Supper*, Wansink et al., 2010).

2-cup bowls for cereal, soup, and salad; **1-cup bowls** (coffeecup sized!) for ice cream, yogurt, and fruit. (Check sizes using a measuring cup and water.)

Soup spoons for serving spoons. (Diners take larger servings when they use larger spoons - see *Ice Cream Illusions*, Wansink et al., 2006.)

Likewise, when you want a treat, buy small "lunch size" packages of chips, rather than big bags; "shorty" cans of soda; single-serving "snack pack" cookies, instead of a whole bag.

- Oh, and P. S. - you can cut that frozen pizza in half, and store the rest, *before* you bake it!

In order to make an apple pie from scratch, you must first create the universe.

Carl Sagan

I love fools' experiments. I am always making them.

Charles Darwin

Research is what I'm doing when I don't know what I'm doing.

Wernher Von Braun

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menus (1 day leftovers or restaurant):

breakfast/lunch choices:

treats/sweets:

.....
ingredients:

fresh produce	cold foods
bulk foods	frozen foods
canned goods	dry goods (boxes and bags)
paper/soap/nonfood	"international" foods
bakery/misc.	other stores (pharmacy, health food,, etc.)

