

THE CHILDREN'S MUSEUM  
STAFF  
COOKBOOKLET



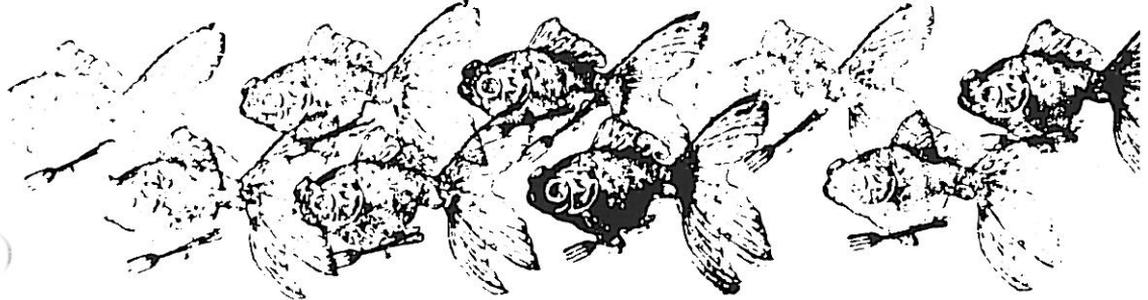
Welcome to the Children's Museum Cookbooklet.

These recipes were contributed by (or wheedled out of) Children's Museum staff, past and present. The editors claim no credit for gastronomical wizardries or the orthographical innovations within this book.

Betsy Allen, Editor-in-Chief

Dottie Merrill, Editor-in-Part

September, 1985, Boston, Massachusetts



## APPETIZERS

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GLOP GLOP GLOP GLOP GLOP GLOP GLOP

# "GLOP!"

1 LB TOFU

TAHINI

POMMERY MUSTARD (OR ANY COARSE MUSTARD)

LENTIL SPROUTS

Mash tofu w/ fork and add enough tahini so that the mixture holds together. Add mustard to taste. If GLOP is too stiff, you can add lemon juice or vinaigrette dressing 'til you like the consistency. Sprinkle lentil sprouts on top for a little crunch!

Serve w/ veggies or pita bread

-JUDY

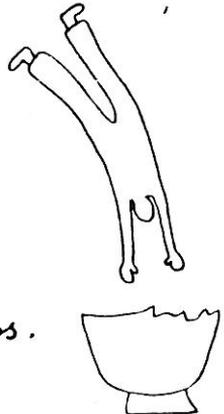
GLOP GLOP GLOP GLOP GLOP GLOP GLOP GLOP

## • My Mother's Favorite Dip (And I Don't Mean Her Son)

- 2 Tablespoons onion juice
- 2 jars kraft Kona Blue Cheese
- 3 small pkgs. cream cheese
- 2 Tablespoons B.V. paste OR Borril
- 2/3 c mayonaisse

Mix all together. Refrigerate for 2 hours. May be frozen. Great w/ raw veges.

DREW



## Ingredients: Caviar Pie

3-6 eggs, celery + mushrooms

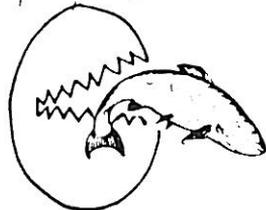
1 can onion chopped fine  
or scallion

1 Buz pkg cream cheese

1/2 cup sour cream

1 small jar caviar

2" pie plate



1. Make egg salad and spread <sup>evenly</sup> in bottom of plate
  2. Layer with chopped onion or scallions
  3. Mix <sup>sifted</sup> cream cheese and sour cream <sup>together</sup> (over)
- AND GENTLY SPREAD OVER ONION LAYER.
4. COVER AND CHILL FOR AT LEAST 3 HRS.
  5. WHEN READY TO SERVE, TOP WITH CAVIAR.

Joan Lester

### Here's what's cookin': Crab Mousse

Recipe from: Jeri Robinson

Serves: many

1 med onion, chopped 2 stalks celery, chopped

1 can cream mushroom soup 2-3oz pkg cream cheese - 15¢

1/6 oz can/pkg crab 1 C. Mayonaisse

tabasco + worcestershire sauce to taste

1 pkg unflavored gelatin

Melt cheese in soup over low heat - stir constantly - continue stirring & add remaining ingredients except mayo. Remove from heat, blend in mayo, pour into greased mold and chill. Serve with crackers



## Stuffed Jalapeños

and seeds are removed and the peppers rinsed well, -

If the veins

are not quite so fiery. They're still plenty hot though!

12 canned jalapeño peppers

4 ounces cream cheese

1 tablespoon sour cream

¼ teaspoon garlic salt

1 tablespoon finely chopped onion

paprika

Cut each pepper in half lengthwise, remove veins and seeds, and drain. Mash the softened cream cheese with the sour cream; stir in garlic salt and onion. Stuff each pepper half with the cheese mixture and sprinkle lightly with paprika. Chill before serving.

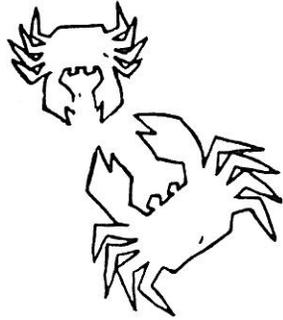
YIELD: 2 dozen

FROM COOKING TEXAS STYLE  
VIA JUE BRUCE



## DONNA'S CRABBIES

- 1 pkg. English Muffins
- 1 jar (5oz.) Kraft "Old English Cheese Spread"
- 1 stick butter or margarine
- 1½ Tb. mayonnaise
- ½ tsp. garlic salt
- 1 can crabmeat



Cream butter & cheese together. Add mayonnaise, garlic & crabmeat and mix. Split English muffins in half. Spread crabmeat mixture on muffin halves. Place under broiler until golden brown. Cut each half into 5 pieces. Serve at once.

# JIAOZ (PEKING RAVIOLI)

This is a family favorite — try making them with a lot of friends to help you with the work. They taste great. Start a Big pot of water boiling to use later.

## TO MAKE FILLING:

Combine in a bowl {

- 1 lb ground lamb or pork (use 1lb soft tofu if you're vegetarian)
- 5 chopped scallions
- 1/2 head chinese cabbage, chopped fine (salt first, wash & drain)

Add {

- 1/4 cup soy sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon grated ginger

Mix well & let stand about 1/2 hour or so

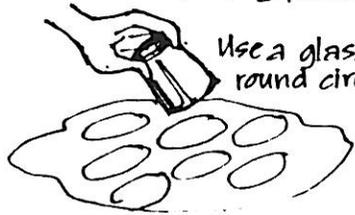
## TO MAKE DOUGH:

You can buy wrappers for jiaozi, but it's easy to make your own dough.

To make dough, combine flour (white) and water in a mixing bowl — add extra flour if it's too wet. add extra water if it's too dry.

Knead into a ball of dough.

Break off a piece about the size of a small onion, and roll out with a rolling pin as thin as possible



Use a glass as a "cookie cutter" to cut round circles in dough.

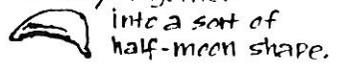
Stack circles between slightly damp paper towels so they don't dry out & don't stick together.

## TO FILL JIAOZ:

place a teaspoon of filling on dough circle: 

Fold over 

There is a slightly complicated way to fold jiaozi, which I can't figure out how to describe on paper. Basically, for eating purposes, it's ok if you just get it to stay together. Pinch it closed TIGHTLY along the edges:



into a sort of half-moon shape.

TO COOK JIAOZ'

Boil a huge pot of water.

When it reaches a rolling boil, drop in about 15 jiaozi.

Keep it boiling - soon the jiaozi will rise to the top.

When they rise, add a cup of cold water - the pot will stop boiling.

Allow it to come to a boil again - repeat this 2 more times\*

Test for done-ness.

Keep cook

TO EAT JIAOZ'

Drain jiaozi & serve in a bowl with dipping sauce

TO MAKE DIPPING SAUCE:

- Combine 3 Tbsp. soy sauce
- 3 Tbsp. white vinegar
- 1 tsp. sesame oil
- 1 Tbsp grated ginger

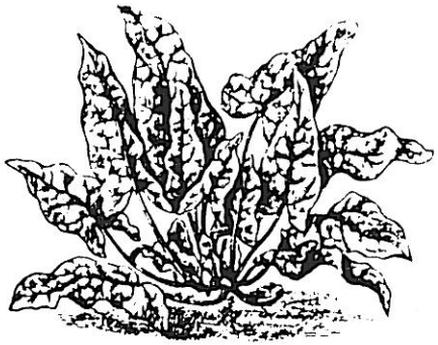


~ Emily

\*NOTE: if cooking with ground pork be certain it's completely cooked - to be on the safe side, boil at least 10 minutes

## Spinach Dip

- 1 round loaf dark rye
- 1 pk. frozen spinach  
(or fresh equivalent)
- 2 T fresh lemon juice
- ¼ t garlic powder
- 1 cup mayonnaise or Miracle Whip (I've also used yogurt.)



Cut top off loaf of bread. Hollow out to form a "bread bowl."  
Cut up the bread removed into pieces to dip.  
Cook and cool spinach. Mix with other ingredients.  
When ready to serve put dip in the "bread bowl" and surround with pieces.

Pat Stewart



## REIKO'S WONDERFUL CRABMEAT, AVOCADO AND NORI APPETIZER

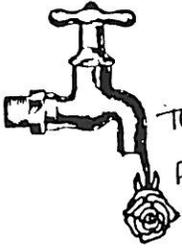
- 1 PKG. QUARTERED CRAB STICKS
- 1 PEELED, SLICED AVOCADO
- 1 PKG. NORI, SHEETS CUT INTO INCH WIDE STRIPS
- SOY SAUCE WITH HORSE RADISH

WRAP EACH STRIP OF NORI AROUND A CRAB STICK QUARTER + AN AVOCADO SLICE, ARRANGE ESTHETICALLY ON A PLATE, AND DIP IN SOY SAUCE MIXTURE TO EAT. TASTES GREAT WITH GREEN TEA OR SAKE.



# SOUPS

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VEGETABLE SOUP . . . . ANGELA KIMBERK . . . 6



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# Janet's Tomatoe Soup(s)

- Some tomatoes (home/or farm grown)

olive oil

onions a/o

cabbage (shredded)

raisens

fresh dill a/o

parsley

basil

salt

pepper

vinegar (or lemon juice)

sugar

stock (bullion cubes)

- Core, quarter tomatoes, add enough liquid to prevent scorching in large saucepan. (Chicken or beef stock or bullion, or in a pinch, water) Cook down, covered, over medium heat 'till mushy.

- lightly saute sliced onions (a/o cabbage)

- smush tomatoes through sieve. Return liquid to pot. add all other ingredients w/ enough vinegar and sugar to make your lips smack. If you use both basil and dill, lighten up on one or the other. Simmer lengthily.

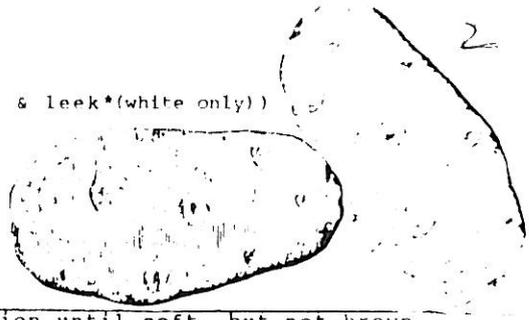
- serve hot or cold. Add cream, or dollop sour cream, or nothing. Can be nicely frozen for later.



POTATO SOUP

2

- 3 cups chopped onion (or combination onion & leek\*(white only))
- 3 Tbs. butter
- 2 Tbs. flour
- 4 cups water
- (if leeks\*used above; chopped leek greens)
- 4 cups potatoes, cubed
- salt
- white pepper
- milk, one cup

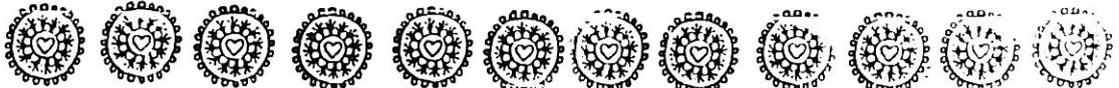


Melt butter in stock pot. Saute chopped onion until soft, but not brown. (4-5 minutes). Add flour. Stir until well blended, and cook another 2 minutes or so. Add water and mix well. Add potatoes, <sup>LEEK GREENS AND PEPPER</sup> and salt to taste. (you may want as much as 1 Tbs of salt to start) Simmer partially covered for 30 minutes. Gently mash with potato masher to reduce the size of the chunks, but not to puree. Stir in 1 cup of milk. Heat through. Adjust seasonings.

\* Scallions may be used instead of leeks.

Other spices, herbs and vegetables may be used in addition to the ones mentioned above. I used some "green herb" mixture in mine.

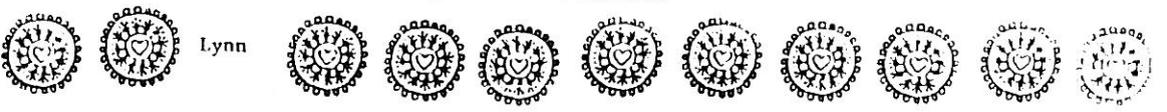
*Nancy & Maria*



Spicy Lentil Soup

- 2 cups lentils
- 1 can (16 oz.?) or fresh tomatoes - puree
- 2 cups water
- 3 stalks celery
- 1 large carrot or 3 medium
- 1 large onion
- 1 cup chopped green pepper
- 3 cloves garlic
- 1/2 t. Tabasco sauce
- t. salt
- t. pepper

Bring to a boil. Turn heat down. Let simmer for 1 hour.  
 During the last 10 minutes, add 1/3 cup white vinegar, yes vinegar. Delicious.



Lynn

## CORN and CHEDDAR CHEESE CHOWDER

one large potato, diced  
 two cups boiling salted water  
 one bay leaf,  $\frac{1}{4}$  tsp. sage  
 3 tbsp. butter  
 one small onion chopped fine  
 3 tbsp. flour  
 one and half cups heavy cream  
 kernels from 2 ears corn or can of niblets"

chopped chives and parsley  
 $\frac{1}{4}$  tsp. nutmeg  
 salt and pepper  
 one-two cups cheddar cheese  
 $\frac{1}{4}$  cup dry white wine  
 crumbled bacon for garnish

Boil potato in water with bay leaf and sage until just tender, about 15 min. Sauté chopped onion in a large saucepan in the 3 tbsp. butter, add flour to make a stiff paste. Mix well and add the cream. Stirring with a whisk, add the potatoes and the water, and the corn. (I always use canned corn - honestly don't think it makes too much difference) Add chives, parsley, salt and pepper; simmer for ten minutes. Stir in grated cheese, and white wine. Sprinkled with crumbled bacon if you like, and serve. Great for cold nights and hungry people.

—Larkin Vonalt

# 2 Shucart

## Spanish Gazpacho

Liquid: Add all the following ingredients in stainless steel or glass bowl. Cover & chill thoroughly - at least 4 hours. Serve in chilled cups. Top with croutons (optional)

Makes 6 servings

2 teaspoons snipped parsley

1 teaspoon snipped chives

1 small clove garlic, minced

2 to 3 tablespoons wine vinegar

2 tablespoons olive oil

1 teaspoon salt

1/4 teaspoon fresh ground pepper

1/2 teaspoon Worcestershire sauce

2 cups tomato juice

Add the following vegetables:

1 cup finely chopped peeled tomato

1/2 cup finely chopped green pepper

1/6 cup finely chopped celery

1/2 cup finely chopped cucumber

1/4 cup finely chopped onion

GREEN PEPPER TOMATO TOMATO JUICE

REB MCCC ZO-ZO

TOLEDO JAZZ TFC DEDERORONCEHTWRTN



KATY O'DONNELL'S

5

Old Zucchini Soup

- 5 or 6 zucchini
- 1 large onion
- 1 1/2 teaspoon curry powder
- 3 cups chicken broth
- 1 cup milk
- 1 cup heavy cream
- salt, pepper and finely chopped chives



1. cut zucchini into chunks, saving 1/2 zucchini for matchsticks
2. put chunks in pot and sprinkle with curry powder stirring to coat well
3. Add onion cut into chunks
4. Pour broth into pot
5. Simmer for 45 minutes
6. Puree in blender or processor, add milk, cream, salt and pepper to taste and matchsticks.
7. Refrigerate for several hours, better overnight, garnish with chives, serve and enjoy.

Matchsticks are made from the reserved 1/2 zucchini cut into matchstick sized strips. Cook in small amount of water for 2-3 minutes, and add to soup for texture.



BETOY'S UNCLE DAVID + AUNTIE EM'S

STRAWBERRY SOUP (SERVES 4-6)

3 CUPS FRESH STRAWBERRIES, WASHED, HULLED, AND CUT INTO QUARTERS (OR 3 CUPS FROZEN WHOLE STRAWBERRIES, THAWED, DRAINED, AND QUARTERED)

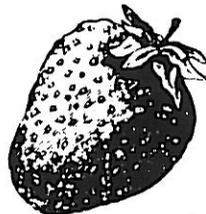
1 1/3 CUPS WATER

2/3 CUP DRY WHITE WINE

JUICE AND GRATED RIND OF 1 LEMON

2/3 CUP SUGAR

WHOLE STRAWBERRIES FOR GARNISH



PLACE ALL THE INGREDIENTS EXCEPT THE WHOLE STRAWBERRIES IN A BLENDER JAR AND BLEND AT MEDIUM SPEED FOR 10-20 SECONDS. CHILL IN THE FREEZER UNTIL THE SOUP HAS BECOME SOMEWHAT FIRM, AND THEN PLACE IN REFRIGERATOR FOR UP TO AN HOUR BEFORE SERVING. GARNISH EACH SERVING WITH A WHOLE STRAWBERRY.

6

A MOST DELICIOUS VEGETABLE SOUP  
(VERY QUICK & EASY)

CHOP & SAUTÉ:

- AN ONION
- A COUPLE STALKS OF CELERY
- SOME MUSHROOMS
- LETTUCE CHOPPED FINE
- ANYTHING ELSE YOU THINK SOUNDS GOOD



WHEN VEGETABLES ARE PRETTY COOKED, ADD

- LARGE CAN OF WHOLE TOMATOES
- LARGE CAN OF KIDNEY BEANS
- PLUS ALL THE JUICE



● SPICES (ANY OR ALL OF THE FOLLOWING):

- THYME
- CELERY SALT
- SLASH OF TAMARI
- PEPPER
- BASIL
- PAPRIKA
- DILL

LET SIMMER FOR 1/2 HOUR OR MORE &  
SERVE WITH FRESH BREAD (ESPECIALLY IF  
● YOU FEEL BAD ABOUT ALL THE CANS.)

ANGELA

IN MEMORY OF NANCY MCKAY  
 HERE'S THE LIST OF HER MEMORABLE WEDNESDAY  
 SOUP LUNCHEAS AND HER OPINION OF WHETHER OR  
 NOT TO SERVE THEM AGAIN

1971

Soups - Wedn.

11/15	Pea Soup	no
12/15	Onion Soup	yes
11/25	Carol's Italian & Pasta & Pea	yes
1/5	Chicken Pepper Pot	yes
1/12	Onion	yes
1/14	Minestrone & Basil	yes
1/26	Carol's Sp	✓
2/2	Onion White Bean	no
2/9	Vegetable beef & noodles	yes
2/16	Minestrone	yes
2/23	Mama's Garbanzo & Chen cab	no



3/2	Tomato Sp & Bullid Beans	no
4/9	Onion	no
6	Carol's Tomato & Pea	yes
	Minestrone	yes
	Chicken pepper pot	yes
		yes

# MAIN COURSES



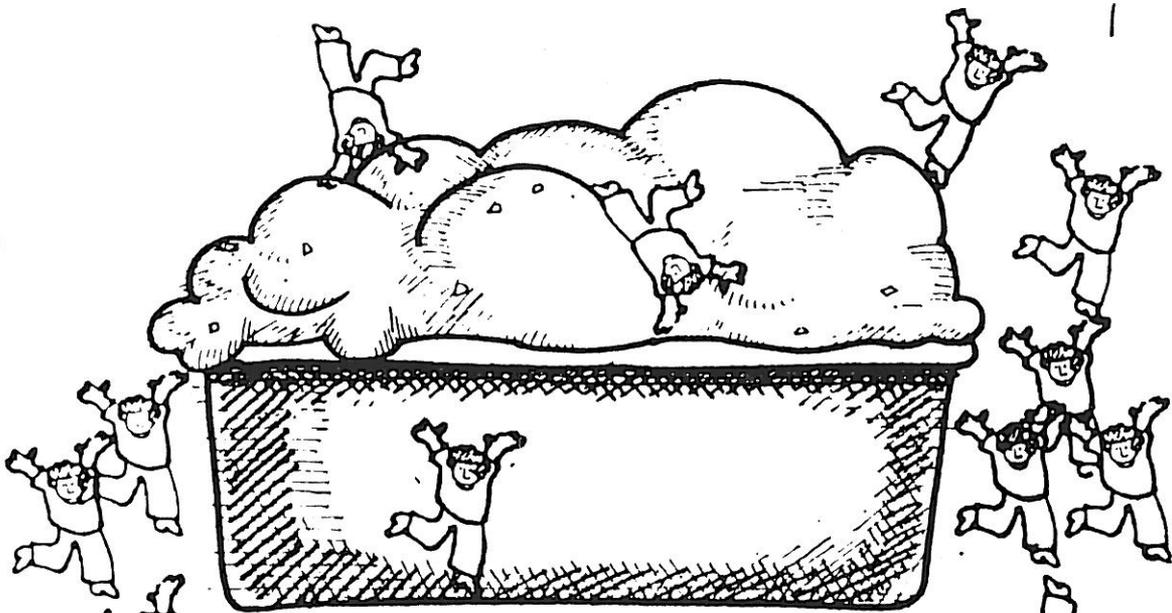
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### MEAT LOAF FOR 100

50 LBS. GROUND BEEF  
50 EGGS  
10 CUPS BREAD CRUMBS  
25 LARGE ONIONS, CHOPPED  
10 TBS. SALT  
25 DROPS TABASCO SAUCE

MIX, PLACE IN METAL HORSE  
TROUGH. PUT TROUGH IN  
350° OVEN FOR 450 MINUTES.  
ENJOY IN A BIG WAY!

THE GIANT





MARÍA'S PICADILLO (CUBAN STEW)

3 pounds beef chuck, cut in  $\frac{1}{4}$ -inch cubes  
6 tablespoons oil  
3 garlic cloves, minced  
3 onions, chopped  
1 green pepper, seeded and chopped  
2 sweet red peppers, seeded and chopped

2 bay leaves, crumbled  
1 teaspoon dried oregano leaves  
1 teaspoon cumin seed  
6 tomatoes, peeled and chopped  
 $\frac{1}{2}$  cup lemon juice  
1 cup raisins  
1 cup blanched almonds  
2 teaspoons salt  
1 teaspoon freshly ground pepper  
1 cup dry red wine  
1 cup beef stock

In a large skillet brown the beef in 2 tablespoons of oil. Remove to oven-proof casserole. Saute the garlic and onions in remaining lard until onions become transparent. Add the peppers, bay leaves, oregano, cumin and tomatoes. Bring to rapid boil and cook 5 minutes. Add the lemon juice, raisins, almonds, salt and pepper and pour over the meat, stirring well to blend. Pour the wine and stock over all and place in a preheated 300 oven for 2 hours or until meat is tender. Serve with white rice.

Serves 8 people.





## Ginger Ale Chili

8-10 servings

- 2 tablespoons rendered bacon fat
- 2 large onions finely chopped ( about 2 cups)
- 2 small green bell peppers finely chopped( about 3/4 cup)
- 1 clove garlic minced
- 3<sup>1</sup>/<sub>2</sub> tablespoons chili powder
- 1<sup>1</sup>/<sub>2</sub> tablespoons ground cumin
- 1 tablespoon dry mustard
- 1<sup>1</sup>/<sub>2</sub> teaspoons hot red pepper flakes
- 1<sup>1</sup>/<sub>2</sub> teaspoon curry powder
- 1<sup>1</sup>/<sub>2</sub> teaspoon dried rosemary crumbled
- 2 bay leaves
- 2 pounds ground beef
- 1 can( 1 lb. 12 oz) imported plum tomatoes undrained
- 3/4 cup ginger ale
- 1/3 cup dry red wine
- 2 tablespoons Worcestershire sauce
- 2 teaspoons salt
- Freshly ground pepper to taste
- 1/2 cup ketchup
- 1/2 cup dark rum
- 2 cans ( 20 oz. each) red kidney beans drained.

1. Heat bacon fat in large heavy noncorrosive saucepan or Dutch oven over medium heat until rippling. Add onions, saute until just softened, 2-3 minutes. Add green peppers and garlic, saute until peppers are just softened 2-3 minutes. Add chili powder, cumin, mustard, hot red pepper flakes, curry powder, rosemary, and bay leaves, stirring to combine. Add ground beef stirring to break up any large lumps, until meat loses all traces of red-about 5 minutes. Add tomatoes, ginger ale, wine, Worcestershire sauce, salt and pepper to taste. Heat over medium heat to boiling. Reduce heat to low and simmer, covered about 45 minutes.
2. Add ketchup and rum to saucepan, continue to simmer about 15 minutes. Stir in beans, remove from heat. Let chili cool, refrigerate 2-3 days. Remove bay leaves before serving.

Chili can be eaten immediately but flavor improves on standing.'

KATY O'DONWELL

# Chili (Finally)

You need

- 1-1/2 lb meat - I prefer half pork and half beef, the pork should be ground coarsely and the beef should be in 1/4 inch cubes. Chicken won't ~~do~~ because it's not greasy enough. Vegetarian substitute ~~such as~~ bulghar wheat don't work for the same reason.
- 1 gigantic yellow onion diced
- 1 large green bell pepper diced
- 1 large red bell pepper diced
- a few small fresh hot peppers (jalapenos) chopped up small
- small handful of mexican oregano
- 6 or 7 cloves garlic chopped
- 1 teaspoon (approx) cayenne or to taste
- 3 or 4 tablespoons mild chili powder - in talking about ground ANCHO chili or any ground sweet chili - not commercial chili powder. this is for flavor not hot.
- 1-2 tablespoons ground cumin seed
- 1 teaspoon cinnamon (don't ask me why)
- meat stock or...
- beer - Rolling Rock works good, Dos Equis is even better. you can use Coors if your politics go that way.
- Important: Beer used in the recipe should be room temperature but a few ice cold ones should be kept on hand to rehydrate yourself - chili making is hot work.
- chopped fresh coriander (cilantro) leaf
- grated cheddar or jack cheese

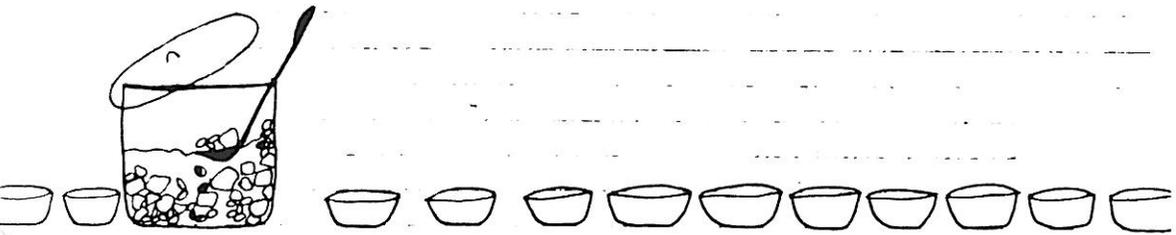


OK here goes:

In a big skillet with deep sides brown the meat - leave in most of the grease. Remove the cooked meat with a slotted spoon and place in ~~in~~ a big saucepan (POT). Put ~~half~~ of the spices and the garlic into the skillet and cook for a few seconds then add the onions, peppers, and Jalapenos. Cook till soft and dump everything in the big pot. Your house should smell good now.

Add a few cups of stock (OR beer) to the pot with the rest of the spices and simmer this mess uncovered for 1-2 hours. as it cooks down add beer depending on how thick or thin you want the chili. The reason it cooks so long is to really bring out the spices. The chili tastes best ~~at~~ the day after you cook it, reheated, and garnished with the chopped coriander and cheese. Be sure to invite me for some.

Note: the ~~spice~~ amounts of the spices are just a generalization. they can be adjusted to your own taste. Enjoy.



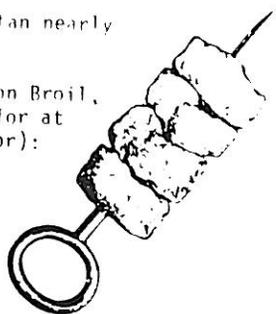
Submitted by  
Jim R.

FROM: Anne

This is a recipe I got from a good friend from Pakistan nearly 20 years ago. It still remains a cookout favorite.

Marinate two pounds of cubed beef (sirloin tips, London Broil, almost anything that's fairly lean) in the following for at least two hours or overnight (for a more pungent flavor):

- 1/2 pint of plain youghert (homemade is the best)
- salt and pepper to taste
- 1/2 Tsp each of garlic, ginger and cumin seed;
- Juice from 1/2 a lemon
- 2 Tbsp red wine vinegar
- 1 large onion cut in wedges.



Stir or turn the beef occasionally to make sure each side is well covered with the marinade.

Cook on skewers over a charcoal fire, turning from time to time and brushing with the marinade.

This tangy dish works well with milder veggies like green beans, corn, rice or green peas.

## OYAKO DONBURI (CHICKEN, EGGS AND RICE)

### INGREDIENTS:

- 2 BONED CHICKEN BREASTS, CUT UP INTO BITE-SIZED PIECES
- COOKED RICE (ABOUT 2 CUPS)
- 1/3 CUP SOY SAUCE / 2 TB. SUGAR (OPTIONAL)
- 4 SCALLIONS, CUT UP
- 1 CUP MUSHROOMS, SLICED
- 1/2 CUP CHICKEN BROTH
- 1 CUP PEAS
- 4 EGGS, BEATEN

### PROCEDURE:

MIX SOY SAUCE AND SUGAR; SOAK CHICKEN IN THIS MIXTURE FOR AN HOUR. HEAT OIL IN SKILLET AND COOK CHICK. IN (FOR 5 MIN.), ADD SCALLIONS (AND MUSHROOMS) AND COOK 2 MORE MINUTES. STIR IN BROTH AND SOY/SUGAR MIXTURE (AND PEAS). COOK 2 MORE MINUTES. ADD THE EGGS AND COOK UNTIL THE EGGS SET. SERVE CHICKEN/EGG MIXTURE OVER RICE.

Lemon Chicken

25 servings

6 lbs. boned and skinned chicken breasts cut into  $1\frac{1}{2}$  x  $\frac{1}{2}$  inch pieces

1 cup peanut oil

2 tablespoons cornstarch

2 tablespoons salt

 $\frac{1}{2}$  cup finely grated lemon peel

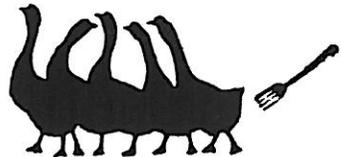
2 cups chicken stock

 $1\frac{1}{2}$  pounds snow peas (strings removed) $\frac{1}{2}$  cup fresh lemon juice $1\frac{1}{2}$  cups sliced fresh mushrooms

3 tablespoons cornstarch mixed with 3 tablespoons water

 $\frac{1}{2}$  teaspoon white pepper

salt



Combine chicken,  $\frac{1}{2}$  cup peanut oil and 2 Tablespoons cornstarch in large bowl and blend well.

Heat remaining  $\frac{3}{4}$  cup oil with salt in large deep skillet or Dutch oven over mediul high heat until very hot.

Add chicken and saute until it just turns white-dish can be prepared ahead to this point-

Sprinkle with lemon peel, add stock, peas, and mushrooms and cook an additional one minute.

Combine all remaining ingredients, pour over chicken. Continue cooking, stirring constantly until sauce thickens. Adjust seasonings. Transfer to large chafing dish(I use a crockpot) and serve immediately.

This recipe came from Bon Appetit, an article on how to cater your own party-It's the only recipe I have for 25 people, and it is good, so I'm sending it along.

I sometimes make this without the snow peas and mushrooms, and it's fine that way, too

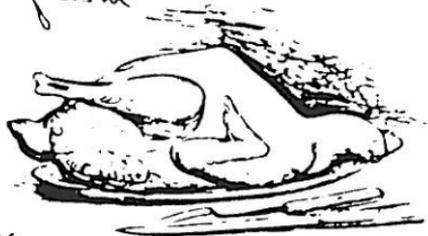
KATY O'DONWELL

Salad from  
Get one chicken from  
back yard.

Ring it neck.

Defeather.

Cut into sections.



Take breast or leg and cut  
into 1/2 in chunks

Marinade in.

Oil

garlic

Cardamon

Soy sauce

Soy Sauce

Piece of ginger

Red peppers.

Marinade overnight

Put on bamboo skewer

Broil under broiler

for about 10-15 minutes.

Bernie

Z

-

# SUSAN'S CHICKEN TORTILLA CASSEROLE

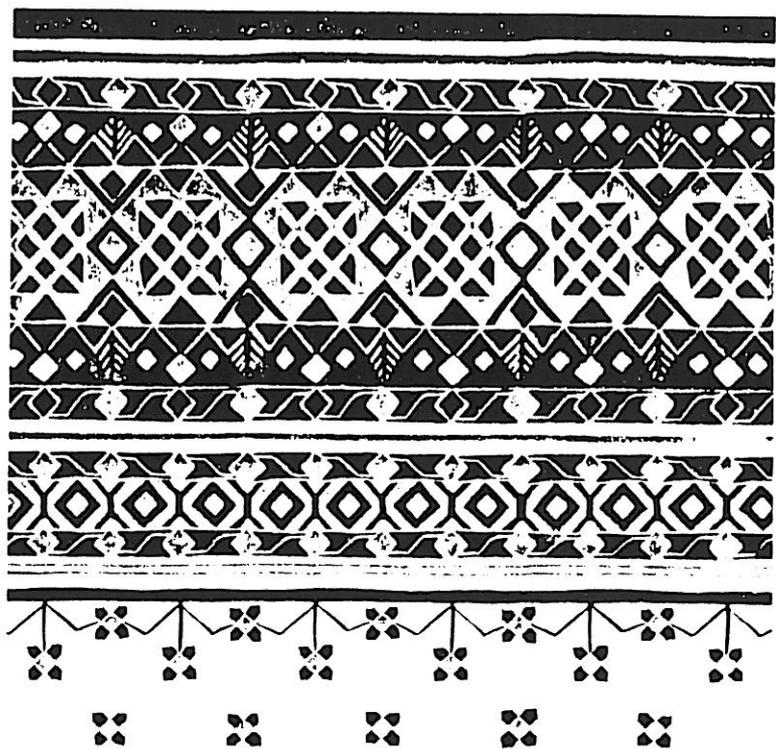


- 12 CORN TORTILLAS (CUT INTO 6-8 PIECES EACH)
- 4-6 CUPS COARSELY CHOPPED COOKED CHICKEN  
(7 HALF BREASTS)
- 1 CAN CREAM OF CHICKEN SOUP
- 1 CAN CREAM OF MUSHROOM SOUP
- 7 OZ GREEN CHILIS CHOPPED (WITH JUICE)
- 1 CUP SOUR CREAM
- 1 CUP CHOPPED ONION
- 1 1/2 CUP CACOPAR CHEESE - GRATED

LIGHTLY GREASE SIDES AND BOTTOM OF LARGE CASSEROLE.  
 ARRANGE ALTERNATE LAYERS OF TORTILLAS; CHICKEN;  
 MIXTURE OF SOUPS, CHILIS, SOUR CREAM, AND ONION; CHEESE.  
 COVER AND BAKE 300° 40-60 MINUTES OR UNTIL BUBBLING.

SUBMITTED BY  
 Tom





## TANDOORI CHICKEN

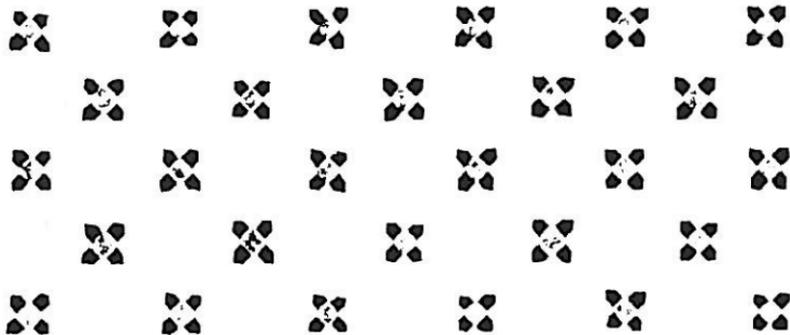
- 4-5 pieces of chicken (party big)
- 2 cups yogurt
- 2 tsp oil
- 2 tsp heaped TANDOORI Masala (Rajah Brand)

Combine above. Marinate 24 hrs.  
Barbecue chicken, wrapped in foil for ~~one~~ <sup>one</sup> hour, and then grill it for 5 mins on both sides.

If the chicken is to be cooked in the oven, take a 9" inch cake pan. cover it with Al. foil so its easy to clean later. Place a round cake rack over it. Put chicken pieces on rack. Tent with Al. foil. Bake it for 45 mins at 300°F.

Uncover and broil it for 5 mins on both sides. Serve immediately with lemon wedges and onion cut into rings.

Tandoori Masala: Its easier to buy one tin <sup>rather</sup> than invest in all the different spices. One 100gm box cost \$1.69 at most groceries that sell Indian spices. Or call me at 935-1084 and I'll send it through Dotline. Shiamin.



Serves 6

Place  $\frac{1}{2}$  cup white seedless raisins in bowl of water. Cover. 30 minutes.

3 T butter, 2 whole chicken breasts (about 1 pound) skinned, boned and cut into julienne strips  
 $\frac{3}{4}$  cup chopped celery (big pieces)  
2 T instant minced onion  
1 clove garlic, crushed  
2 cups water  
1 cup bulgar wheat  
2 t instant chicken broth  
 $\frac{1}{2}$  cup soy sauce  
2 T dry sherry  
2 T honey  
 $\frac{1}{2}$  cup coarsely chopped walnuts



Melt butter in large skillet, medium heat; stir in chicken, celery, onion and garlic. Cook about 15 minutes. Remove with slotted spoon. Add water, bulgar and broth to skillet. Heat to boiling. Reduce heat and cover. Simmer 15 minutes. Stir in raisins, chicken and remaining ingredients. Heat until hot, about 10 minutes. Really doesn't take long. Just to prepare chicken.

## BUCKWHEAT CASEROLE

a la Katherine Schwartz  
via Yanick Lapuh

1 cup roasted buckwheat  
2 cups water  
2 eggs, beaten  
 $\frac{1}{2}$  large cabbage  
1 teaspoon salt  
enough butter to coat baking dish  
Vinegar

---



Preheat oven to 375°

Butter large baking dish. Put buckwheat in water; peel cabbage leaves. Alternate leaves of cabbage, spoonfuls of buckwheat and beaten egg until you have 4 or 5 layers of each. Pour in any remaining water.

Bake covered for 45 minutes.

Serve with butter and vinegar.

## russian vegetable pie

### Pastry:

- 1 1/4 cups flour
- 1 tsp sugar
- 1 tsp salt
- 4 oz softened cream cheese
- 3 Tbs butter

### Filling

- 1 small head cabbage (about 3 cups shredded)
- 1/2 lb mushrooms
- 1 yellow onion
- to taste basil
- marjoram
- tarragon
- salt and fresh-ground pepper
- 3 Tbs butter
- 4 oz softened cream cheese
- 4 to 5 hard-cooked eggs
- dill

Make a pastry by sifting together the dry ingredients, cutting in the butter, and working it together with the cream cheese. Roll out 3/4 of the pastry and line a 9 inch pie dish. Roll out the remaining

pastry and make a circle large enough to cover the dish. Put it away to chill.

Shred a small head of cabbage coarsely. Wash the mushrooms and slice them. Peel and chop the onion.

In a large skillet, melt about 2 tablespoons butter. Add the onion and cabbage, and sauté for several minutes, stirring constantly. Add at least 1/2 teaspoon each of marjoram, tarragon, and basil (all crushed), and some salt and fresh-ground pepper. Stirring often, allow the mixture to cook until the cabbage is wilted and the onions soft. Remove from the pan and set aside.

Add another tablespoon of butter to the pan and sauté the mushrooms lightly for about 5 or 6 minutes, stirring constantly.

Spread the softened cream cheese in the bottom of the pie shell. Slice the eggs and arrange the slices in a layer over the cheese. Sprinkle them with a little chopped dill, then cover them with the cabbage. Make a final layer of the sautéed

*I love this recipe because it tastes delicious & is an intriguing  
 assemblage of things. Also I love it that the whites of the  
 mushrooms, being blue from the red cabbage, indicating that  
 things are basically nature.*



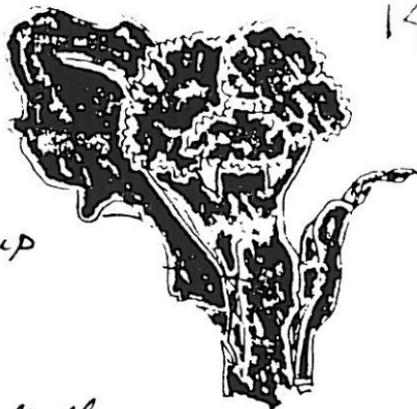
mushrooms and cover with the circle of pastry.

Press the pastry together tightly at the edges, and flute them. With a sharp knife, cut a few short slashes through the top crust.

Bake in a 400 degree oven for 15 minutes, then turn the temperature down to 350 degrees and continue baking for another 20 to 25 minutes, or until the crust is light brown.

- Broccoli Soufflé

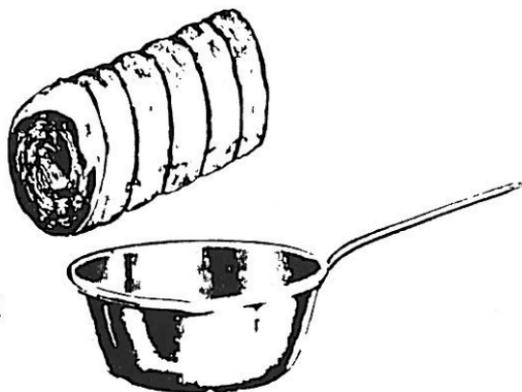
1 can cream of mushroom soup  
2 or 3 eggs  
1 cup mayo.  
a little grated cheese.



Mix together. Beat well, till fluffy.  
Pour over sliced broccoli in lightly greased pan.  
Sprinkle w/ bread crumbs  
Bake @ 350° 35-40 min.

- German Pot Roast

4-5# pot roast  
1t. pepper.  
1 clove garlic  
1 large carrot  
2 medium onions  
1c. dry red wine  
1c. sour cream.



Rub pepper on meat.  
Brown w/ garlic, carrot & onion rings.

Heat wine & sour cream. Add to meat.  
Cover & cook over very low heat for  
3 hrs. or till tender.

Make gravy w/  $\frac{2}{3}$ c. cold water, 4T. flour  
and juice of  $\frac{1}{2}$  lemon.

Serves 6-8

DREW

Recipe

Recipe from Suzanne's great aunt Amelia (Mol)  
She cooked it for our family every other Friday  
I'm very nostalgic about it.

# Salmon Pie (a French Canadian recipe) 15

All amounts are approximations - you can vary depending on taste. Eat with butter & catsup

For 2 pies

pie crust top & bottom for 2 pies

- 1 can Real sockeye salmon - 1 lb can -
- 5 lbs potatoes
- 2 large onions
- salt/pepper
- butter to sauté onions in + to mash potatoes
- evaporated milk
- catsup/butter

- (1) peel potatoes + boil them till ready to be mashed.
- (2) sauté onions in butter until soft + clear
- (3) de-bone salmon / save juice
- (4) Mash potatoes - while mashing add:
  - juice of salmon
  - sautéed onions
  - salmon
  - butter
  - salt/pepper
  - evaporated milk



(use evaporated milk at ready time, the pie by the way)

(5) make crust / fill pies  
bake at (350° for an hour) not sure about time

# Cheese Dreams

16

- ① Slices of Bread, lightly Toasted
- ② Slices of CHEESE
- ③ Slices of TOMATOES
- ④ Slices (RINGS) of PEPPERS (Spicy hot or Regular)
- ⑤ Bacon strips

Start with bread and add the rest of the ingredients in order. Build each on a cookie sheet & Broil. THEN ENJOY.

These creations can be cut into various shapes and served hot or cold.

ENJOY

Frank Whipping



## JAMBALAYA ALA SPOOK

CAN BE MADE WITH CHICKEN, SHRIMP OR SAUSAGE OR A COMBINATION OF ~~CHICKEN~~ ~~AND~~ SHRIMP AND SAUSAGE OR CHICKEN AND SAUSAGE.

### INGREDIENTS

CANNED TOMATO SAUCE

CANNED WHOLE PICKLED TOMATOES

A COUPLE OF ONIONS

PICKLED OKRA

JALAPENO PEPPERS (FRESH)

CAYENNE PEPPER OR TABASCO SAUCE

OLIVE OIL

VINEGAR OR WINE

RICE



SIMMER TOMATOES, DICED ONIONS, PEPPERS AND OKRA IN TOMATO SAUCE - ADD STEAMED SHRIMP OR CHICKEN AND SAUSAGE SLICES. WHEN EVERYTHING TENDER - SPICE WITH CAYENNE OR TABASCO TO TASTE AND ADD A DASH OF OIL AND A DASH OF VINEGAR. DUMP OVER A BED OF RICE.

## Shrimp + Ham STAMBALAYA



- 2 C. Water (SALT)  
 1 C. White Rice  
 2 lbs med Shrimp.  
 1/2 C. Chopped Onion  
 2 TBLS. Butter  
 Garlic (to taste)  
 1 lb CAN tomatoes - Chopped (+ liquid saved)  
 3 TBLS. Tomato PASTE.  
 1/2 C. Chopped Celery  
 1/4 C. Chopped Green pepper  
 1/2 TEA. Cayenne pepper  
 Season's - Parsley, Clove, Tyme  
 1 lb. HAM



- 1) cook Rice
- 2) cook Shrimp, Shell, Devein
- 3) Melt Butter Add, Onion, Garlic, Tomatoes, liquid, PASTE, Celery, Green Pepper, Parsley, clove, tyme, Pepper
- 4) cook ALL AT ONCE until thick Add Shrimp + HAM, Rice.

Serve Hot w/ SALAD + Brown Bread

Maurice Nawi

# Gregg's Famous Pasta Recipe



- 1 POT
  - 1 lb linguini
  - 1 cup sour cream
  - 2 tbsp. dijon mustard
  - 2 tbsp. shoyu (soy sauce)
  - large pinch of basil (ground)
  - large pinch of oregano
  - 1 tsp. black pepper
  - 1 tbsp. wine vinegar
  - 1 tbsp butter
- boil pasta al dente. Drain & leave in colander; in pot put butter, oregano & basil & black pepper, all ~~the~~ over low heat. Add linguini, mix. Add remaining ingredients, wine vinegar last and mix. Serve garnished with grated cheese and parsley.

SERVES 4



## Pasta with marinated Artichoke Hearts and chicken,\* (optional)

½ hr. to prepare

- |                                       |   |
|---------------------------------------|---|
| 1 6-oz jar marinated artichoke hearts |   |
| 1 Tbs. olive oil                      | ½ cup sour cream  |
| 1 Tbs. butter                         | ½ cup cottage cheese                                    |
| 1 cup sliced onions                   |   |
| 1 tsp. dried basil                    | salt, pepper,<br>cayenne,<br>parmesan cheese } to taste |

- (1) Drain the liquid from the artichokes into a skillet. Slice the drained hearts into bite-sized pieces.
- (2) Add the olive oil and butter to the drained-off marinade in the skillet. Heat this mixture, add the onions, and sauté them until soft (5-8 minutes). (If you want chicken, cut up a few boneless pieces now and cook them ~~them~~ with the onions until it's well cooked. While cooking the chicken start the water for the pasta). Add the artichoke hearts and basil. Sauté 3-5 more minutes.
- (3) Remove from heat; stir in remaining ingredients. Cook and drain pasta, and toss immediately with the still-warm sauce.
- (4) Eat it with some friends and a bottle of wine.

John Callahan

# SALADS

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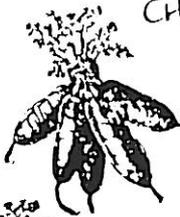
AUNT DOT'S  
FRENCH DRESSING . . . . . BETSY ALLEN . . . 1

GRAMPA SOUVERWINE'S  
HOT LETTUCE DRESSING . . . DREW SOUVERWINE . . . 1



WATERCRESS AND ALMONDS  
WITH MUSTARD DRESSING . . . MARILYN TITUS . 2

CARROT SALAD . . . . . DOTTIE + DAVID  
MERRILL . . . . . 3



CHINESE CUCUMBER  
SALAD . . . . . ELEANOR CHIN . . . 3

STRAWBERRY SPINACH  
SALAD . . . . . SHIAMIN MELVILLE . 4

POTATO SALAD . . . . . AMIKA . . . . . 5



CAESAR SALAD  
FOR THE BRAVE AT HEART . . . LARKIN VONALT . 6



AWNT DOT'S FRENCH DRESSING

4 TBS. SUGAR (I USE LESS)

4 TBS. OIL

2 TBS. SALT

PAPRIKA

MIX WELL AND ADD 3 TBS. KETSUP

½ CUP VINEGAR WHICH HAS  
3 TBS. OF WATER IN IT.

BETSY



- Grandpa Souerwines  
Pennsylvania Dutch Hot Lettuce Dressing

1 whole egg  
1 t. sugar  
1 T. flour  
¼ t. salt.

Mix all. Add ½ pt. light cream  
6 t. vinegar.

Stir constantly over medium heat.

Makes sauce for one head of hot lettuce.

WATERCRESS  
3 ALMONDS

W/ MUSTARD  
DRESSING

INGREDIENTS:

2 lbs WATERCRESS  
1 cup sliced Almonds

dressing

1/4 cup Vinegar  
2 tbs water  
1 pkg of Italian

dressing mix  
tbs of Dijon  
MUSTARD.

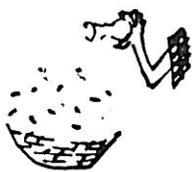
WASH WATERCRESS  
let drain.

Add sliced Almonds  
Mix all ingredients  
for dressing

Shake well.

Serve with a Fish  
or Poultry dish.

MARILYN



# Dottie + David's CARROT SALAD



- 2 lbs Carrots, shredded
- 1 bunch scallions, sliced
- 2 handful (David's hand) white grapes
- 2 inches\* Paul Newman dressing (mid bottle)  
\*(not that he can spare it)
- almonds to taste
- sliced black olives (optional)

Mix together.

Let marinate.

Eat this instead of linguini.



## Chinese style cucumber salad - Eranor

- 2 cukes sliced 1/4" thick + peeled
- 2 tbs soy
- 2 tbs vinegar
- 1 tbs sugar (to taste)
- 1 tsp sesame oil (Chinese markets)
- Hot chili oil or tabasco (to taste - opt)

Mix sauce + marinate. cukes for 1-4 hrs. Garnish w/ sesame seeds



## STRAWBERRY SPINACH SALAD

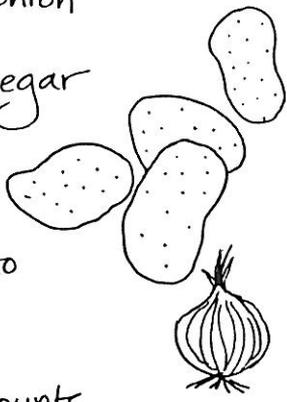
- 1 lb Spinach
- 2 cups sliced Strawberries
- 4 ozs Cheddar cheese Shredded
- 1/2 bottle Paul "Newman's Own" dressing

Toss spinach, cheese, and strawberries  
with the oil & vinegar dressing. Serve  
immediately

Shiamin

# Amika's EASY Potato Salad

- Ingredients:
- boiled, skinned potatoes (4-5)
  - 1 medium yellow onion
  - mayonnaise
  - wine or cider vinegar
  - salt & pepper



## Preparation:

- \* Boil potatoes & cut them into small chunks or slices.
- \* Chop onion.
- \* Mix together with equal amounts of mayonnaise & vinegar — about 2-3 heaping ~~table~~ tablespoons...
- \* Add salt & pepper to taste.



To make this even easier (something at which I excel!) you can buy plain potato salad (with mayo only) at many supermarkets — then add onion & vinegar to taste.

Enjoy! 😊

# CAESAR SALAD for the BRAVE at HEART

(This is the genuine article with raw eggs and smelly little fish)

Romaine lettuce  
Olive Oil  
Red wine vinegar  
Egg

Lemon Juice  
Anchovies  
Parmesan Cheese  
Pepper

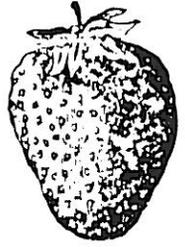
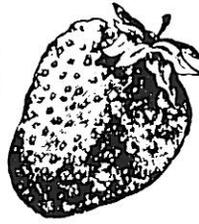
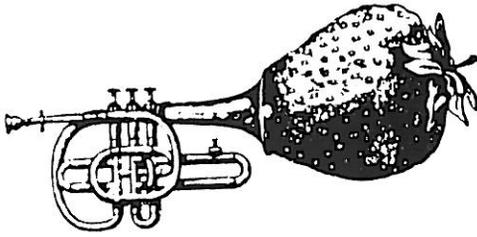
Croutons  
Dry Mustard

1. Wash lettuce and set aside to dry.
  2. In a large shallow bowl, grind whole anchovies with the back of a teaspoon.
  3. Separate egg, which has been slightly treated in warm tap water. Dispose of white; add yolk to anchovies.
  4. Add 1/4 teaspoon dry mustard or 1/2 tsp. prepared Pommery.
  5. Add two tablespoons olive oil and three tablespoons red wine vinegar. This can be varied to taste. More vinegar makes a sharper taste; oil dulls it ...
  6. Squeeze in juice 1/4 lemon.
  7. Add 3/4 cup Parmesan cheese (Please! Not the stuff in the green cardboard cylinder!)
  8. Add lettuce leaves. Toss gently.
  9. Grind a little fresh black pepper.
  10. Throw in some fresh croutons.
- Enjoy.

-Larkin Vonalt.



# DESSERTS



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THIS IS BREAD PUDDING! WOW!!

Scald 2 cups milk  
Add & stir in 1/3 cup sugar  
1/8 tsp salt  
1 tablespoon butter  
1 tsp vanilla

Pour these ingredients over  
2 beaten egg yolks and beat well  
Add 1/2 tsp vanilla  
1 cup dry bread crumbs or 2 cups cubed day old bread  
(I prefer the latter.)

Place in a buttered baking dish--set in a pan of water  
and bake at 325 degrees until firm.

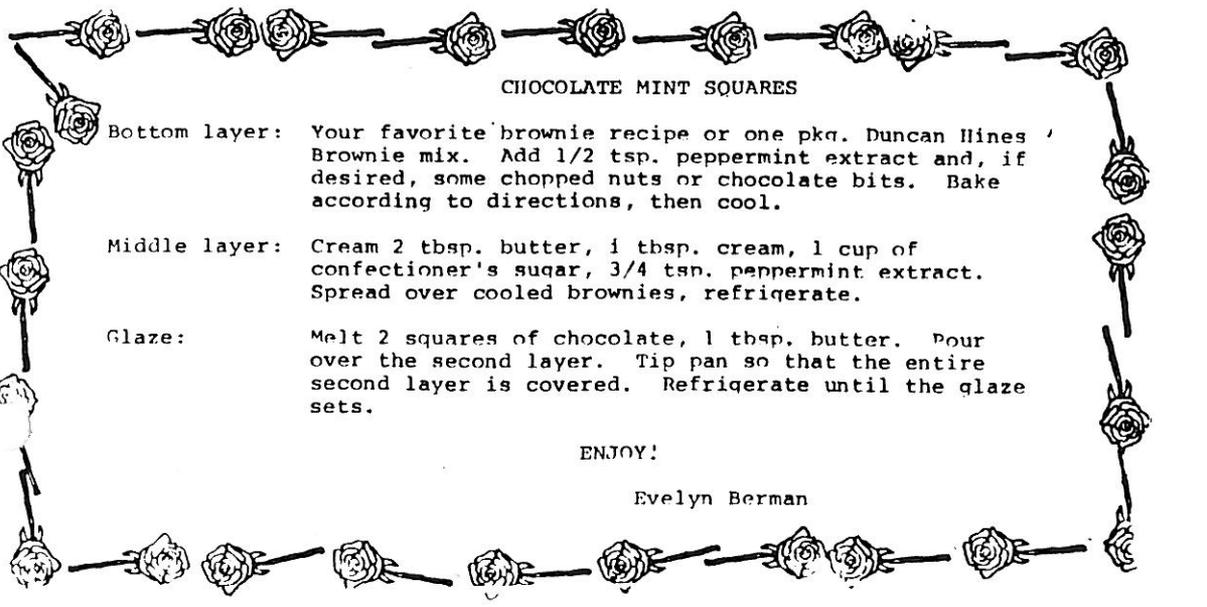
Cool slightly.

Dot top with dabs of jelly.  
Cover top with Meringue.  
2 egg whites  
1/8 tsp salt  
1/4 cup sugar  
1/2 tsp vanilla

Put back in oven until meringue is set.

Although only a lowly bread pudding (food of budget-minded folk) it is quite nice for a company dish since the meringue really adds eye appeal. I loovvee the taste. This recipe also appears in the Joy of Cooking under the name, "Queen of Puddings."

PVW



### CHOCOLATE MINT SQUARES

**Bottom layer:** Your favorite brownie recipe or one pkg. Duncan Hines Brownie mix. Add 1/2 tsp. peppermint extract and, if desired, some chopped nuts or chocolate bits. Bake according to directions, then cool.

**Middle layer:** Cream 2 tbsp. butter, 1 tbsp. cream, 1 cup of confectioner's sugar, 3/4 tsp. peppermint extract. Spread over cooled brownies, refrigerate.

**Glaze:** Melt 2 squares of chocolate, 1 tbsp. butter. Pour over the second layer. Tip pan so that the entire second layer is covered. Refrigerate until the glaze sets.

ENJOY!

Evelyn Berman

MARION AND KAKI'S  
Matisse Mousse

2

- 2 eggs separated
  - 3 tbs sugar
  - 1/2 lb unsalted butter
  - 8 ounces semisweet chocolate
  - 1/4 cup rum
  - 1 cup heavy cream
- 



lightly oil loaf pan and drain over paper towels.

Ribbon egg yolks and sugar, whip until light, add butter tablespoon by tablespoon.

Melt chocolate in double boiler, stir in rum, remove from heat and cool to room temperature.

Add chocolate to eggs. Beat egg whites until a

- - Crush egg in shell will rest without sinking in the white.
- Fold whites into chocolate base.
- Beat 1/2 cup cream to soft stage and fold into base.

Turn into pan, smooth top and chill (several hours or overnight)

Unmold and decorate with remaining cream, whipped.

Bon appetit!



## Ginger Snaps

Preheat oven to 325°

Cream:

$\frac{3}{4}$  cup butter

with:

2 cups sugar

Stir in:

2 well beaten eggs

$\frac{1}{2}$  cup molasses

2 teaspoons vinegar

Sift and add:

$3\frac{3}{4}$  cups all-purpose flour

$1\frac{1}{2}$  teaspoons soda

2 to 3 teaspoons ginger

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{4}$  teaspoon cloves

Mix ingredients until blended. Form dough into  $\frac{3}{4}$  in. balls. Bake on greased cookie sheet for about 12 minutes.

Makes about 10 dozen 2 in. cookies

Anne



# \* • Vinio Blanco Cake

*Luini*

- 1 pkg. yellow cake mix
- 1 pkg. instant vanilla pudding (small)
- 4 eggs.
- 1/2 c. oil
- 1 c. dry white wine

Stir all. Beat with mixer till smooth & slightly fluffy.  
 Mix 1/2 c sugar, cinnamon & chopped nuts  
 (to make 3/4 c total).

Butter tube pan generously  
 Pour in 1/2 batter.  
 Sprinkle w/ 1/2 sugar mix  
 Pour remaining batter  
 Sprinkle remaining sugar.  
 Bake @ 350° for 45-60 min.



## Zucchini Bread

Sylvia Savini

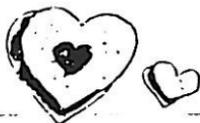
- 3 eggs - Beat, then add
  - 2 C. sugar
  - 1 C oil
  - 2 C ~~oil~~, grated zucchini
  - 3 t. vanilla
- } Mix well together
- Add 3 C. flour
  - 1 t. baking soda
  - 3 t. cinnamon
  - 1 t. salt
  - 1/4 t. baking powder

Add chopped nuts and/or raisins depending on your taste (I like both.) This is a good size recipe. Bake in 2 large loaf pans or 4-5 small ones. 325°-350° - about 1 hour.



## Valentine Jamwiches

confectioners sugar, + raspberry jam  
1/2 c. shortening                      1 Tbl. vanilla  
1 c. granulated white sugar      3 1/2 c. flour  
2 eggs, well beaten                2 tsp. baking powder  
2 Tbl. light cream                 1/2 tsp. salt



5

Cream shortening + sugar until light + fluffy. Add eggs, cream, + vanilla; beat well. In separate bowl mix flour, baking powder + salt. Add to creamed mixture + mix well. Dough will be very stiff. Chill briefly. Roll out on board dusted with confectioners sugar instead of flour. Roll to about 3/16" thick. Use large heart cutter to cut dough. In half of these, cut out a small heart from the middle. (You can save the small hearts to make "mini sandwiches!") Dip



cookie cutter in confectioners sugar to prevent sticking. Place cookies on lightly greased cookie sheet. Bake at 375°F for 8-10 minutes. (cookies should not get too brown!) While hot, dip heart cut-out tops in confectioners sugar. when cool, spread bottom hearts generously with good raspberry jam. Stick on cut out tops.

Yield: about 30 large double cookies

enjoy,  
Ayla ☺



## VALENTINE MESSAGE COOKIES

Using a simple sugar cookie recipe:

- 1 lb. soft butter
- 1 c. sugar
- 3 Tbs. milk
- 5 c. flour
- 1/2 t. vanilla
- 1/4 t. almond extract
- 1 egg

Combine the first 6 ingredients until smooth. Roll the dough until it is 1/8 to 1/4 inch thick - the dough is easier to roll if slightly chilled. Make an imprint on dough with cookie cutter. Dab beaten egg along edge of imprint. Place message inside imprint and cover with another piece of dough, then cut with cookie cutter through both layers. Bake on ungreased cookie sheet at 375° until brown, about 6-9 minutes.

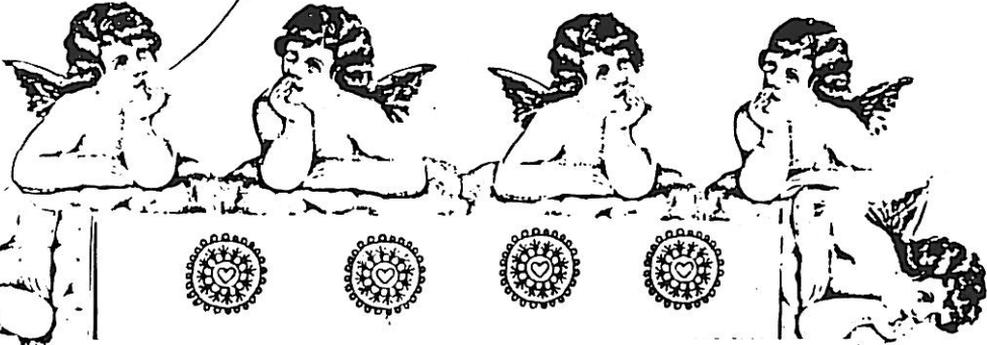
Yield 10 dozen.

Optional glaze: combine all ingredients and spread thinly on cooled cookies.

- 1/3 c. sifted confectioner's sugar
- 1-1/2 t. vanilla or almond extract
- 1-3 Tbs. hot water
- add food coloring

*Margaret Lipsitz*

Happy  
Valentine's  
Day



MULTICULTURAL PEANUT BUTTER  
TREATS

Mix together:

1 cup peanut butter  
 $\frac{1}{2}$  cup honey      add in  
 1 cup puffed Millet or Rice  
 about  $\frac{3}{4}$  cup raisens

powdered milk can be added  
 for thickening and nutrition

form mixture into 1" balls and roll  
 in sesame seeds or coconut. . . . Chill.

A make and eat treat for any number.

Mary Ellen

for Cook Book ↗

# Cherry Glazed sponge cake —

## INGREDIENTS —

- 1 c. butter / margarine
- 1/2 c. sugar
- 4 eggs
- 1 teasp. almond extract
- 2 c. UNSIFTED FLOUR
- 1 can (21 oz.) CHERRY PIE FILLING
- POWDERED SUGAR

## PROCEDURE —

beat butter and sugar together with an electric beater UNTIL LIGHT AND FLUFFY. add eggs one at a time, beating well after each. MIX IN FLOUR AND ALMOND EXTRACT.

spread batter into a greased 10"x15" pan. WITH THE TIP OF A BUTTER KNIFE, LIGHTLY MARK OFF the batter INTO 15 EQUAL SQUARES. Spoon the cherry pie filling (ABOUT 5-7 CHERRIES EACH) INTO THE CENTER OF EACH SQUARE.

bake at 350° FOR 25-35 MINUTES.  
LET COOL FOR A FEW MINUTES AND CUT INTO ORIGINAL 15 SQUARES.  
DUST WITH A SPRINKLING OF SIFTED POWDERED SUGAR.  
SERVE WARM OR COLD.

enjoy!

MARCELA IWASZAKI

CHOCOLATISSIMO

Serves at least 8, need 9" springform pan

## Ingredients:

- 8 oz. semi-sweet chocolate
- 1 tsp. instant coffee powder
- 2 cubes unsalted butter, softened
- 1 cup sugar
- 8 eggs separated
- 1 oz. grated semi-sweet chocolate

## Steps:

1. Butter bottom only of 9" springform pan
2. Melt chocolate with coffee powder and set aside to cool a bit
3. Beat butter and sugar together
4. Add chocolate/coffee mixture
5. Add egg yolks, one at a time and beat on low speed about 15 minutes
6. Beat egg whites, fold into chocolate mixture
7. Pour about 3/4 of batter into prepared pan
8. Bake at 350° for 50 min.
9. Cool---it should sink in middle...spread uncooked mixture on top
10. Cover and chill overnight.
11. Sprinkle with grated chocolate.

I made this recipe when I left the museum in 1982 and everyone wanted a copy so...three years later I finally have it for you.

*Nancy Sato*

## CHOCOLATISSIMO CHOCOLATISSIMO CHOCOLATISSIMO



## TENDER Carrot Cake

- 1/2 cup natural margarine
- 1 cup honey
- 2 eggs
- 1/4 cup o.j.
- 1 t vanilla
- 2 cups grated carrots
- 1 cup raisins

- 2 cups WW pastry flour
- 1/2 t salt
- 2 t baking powder
- 1 teaspoon baking soda
- 1/2 t. cinnamon
- 1/2 t nutmeg + ginger (ez)

\* Cream margarine & honey, add eggs, o.j. + vanilla. Stir in carrots + raisins alternately w/ blended dry ingredients. Turn better in 8x12 pan & bake 35-40 min, 350°F

♥ FROSTING: cream cheese, honey, flouring w

JEAN DINELL

KERFY'S

TARTA DE LADRILLO (CEMENT CAKE)

This recipe is from Spain. The cake is made from cookies layered together. The "cement" is a chocolate mixture which is spread on top of each cookie/cake layer.

Ingredients for cake:

1 cup sugar  
1 stick butter  
1 egg separated  
100 grams of milk chocolate ( $\frac{1}{4}$  lb. chocolate)  
2 packages Social Tea cookies (or square European style biscuits)  
milk  
optional: strawberries, bananas

Ingredients for frosting:

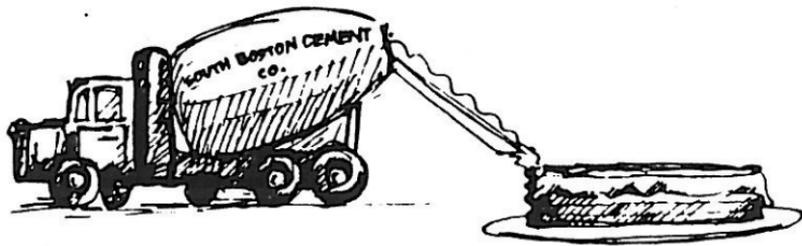
$\frac{1}{4}$  lb. bar of chocolate  
milk            approximate  
butter         amounts

To make the cement/chocolate mixture:

Melt the butter, let cool. Blend butter, sugar and egg yolk in a mixing bowl. Beat egg white until it forms peaks, add this to the mixture. Melt chocolate, let cool, and add it to the mixture, also.

To make the cake:

Pour milk into a large shallow bowl. Dip cookies into milk and then place closely together in rows on a cookie sheet to form the first layer of the cake. (Rectangular layers are easiest to work with.) Spread a layer of the cement/chocolate mixture on top of the layer of cookies. Repeat process of dipping cookies in milk and place on top of cookies already on tray to form a second layer of cookies. Alternate layers of cookie and cement until cake reaches desired height. Place cake in the freezer for approximately 2 hours. Note: If the cake becomes too soggy when you are making the layers, put it in the freezer for a few minutes. After the cake has had time to set, frost with a mixture of melted chocolate, butter and milk. Use your imagination. I often put extra ingredients such as thin slices of fruit or nuts in between the layers of the cake. Try adding brandy or liquor to the cement mixture.



# Jeannai's Very Decadent Sugar Cookies

## The Ingredients

- 2 cups butter (not margarine, not shortening)  
Butter needs to be room temperature soft, but not stove melted.
- 2 tsp. vanilla
- 2 tsp. almond extract
- 2 eggs
- 3 cups powdered sugar
- 2 tsp. baking soda
- 2 tsp. cream of tartar
- 5 cups sifted white flour

Mix butter, vanilla, almond extract, and eggs. Sift sugar, soda, & cream of tartar together, and then combine dry & wet ingredients. Slowly add the sifted white flour. You will have a very stiff dough. Divide in 4 parts, wrap in wax paper and chill.

Roll out sections on powdered sugar covered surface. Use cookie cutters of your choice, place cookies on ungreased cookie sheet, and bake in pre-heated oven for 8 minutes, or until lightly brown. Though cookies seem undone after 8 minutes, remove from the oven since cookies still bake after they are out of the oven. Remove from cookie sheets immediately to avoid sticking.



Let cool completely before frosting, or leave plain. I usually use a powdered sugar, butter, and milk frosting.

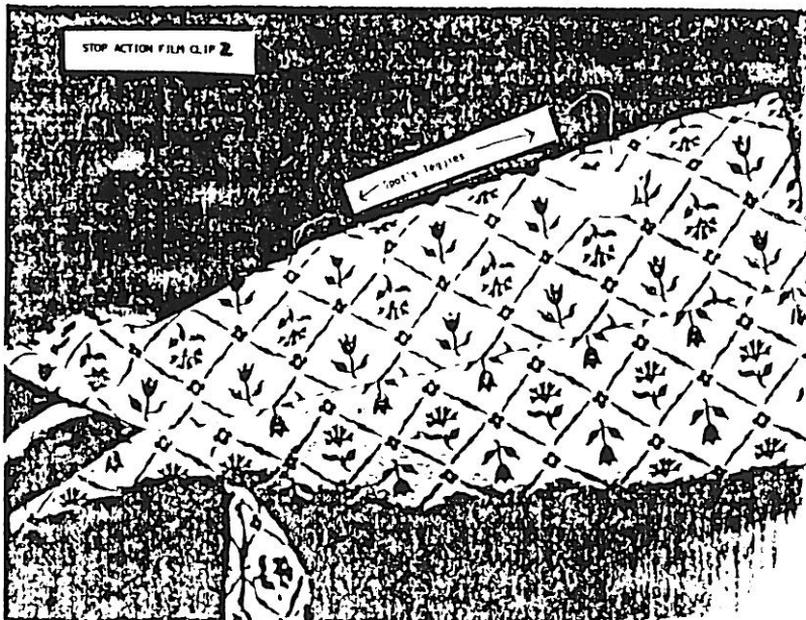
# SHARON'S CHOCOLATE CHIP COOKIES

Last Christmas, Santa brought my sister, Sandy, a pet to help us take things out of the oven. His name is Spot (aka Lasagna Lips). Sometimes when no one is around, we believe that Spot helps himself to vittles. To find out for sure, we installed a video camera in our kitchen. Oh, poor Spot. I was trying out Stop & Shop's recipe for chocolate chip cookies and didn't think they were so hot after the first taste test. I went into my room for stationery and a pen to write to their quality control department what I thought of their recipe, and Spot went into action. Oh, poor Spot. See stop action film clips for details. Back in the kitchen, I found oh poor Spot on his back on the kitchen table with his little leggies up in the air. Oh, poor Spot/thought he was hot/but look what he got/not a whole lot.

STOP ACTION FILM CLIP 1



STOP ACTION FILM CLIP 2





### CHOCOLATE CHIP COOKIES

1/2 cup butter or shortening  
1/2 cup granulated sugar  
1/4 cup brown sugar (packed)  
1 egg  
1 teaspoon vanilla

1-1/4 cups sifted all purpose flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
1 cup Stop & Shop chocolate chips  
1/2 cup chopped nuts

Cream together butter, sugars, eggs, and vanilla until light and fluffy. Stir together flour, soda and salt; stir into creamed mixture. Add chocolate chips and nuts; mix well. Drop from teaspoon about 2 inches apart on lightly greased baking sheet. Bake at 375° for about 10 minutes or until lightly browned. Makes about 3-1/2 dozen cookies.

LEOLIE SWARTZ'S HAZELNUT TORRIL

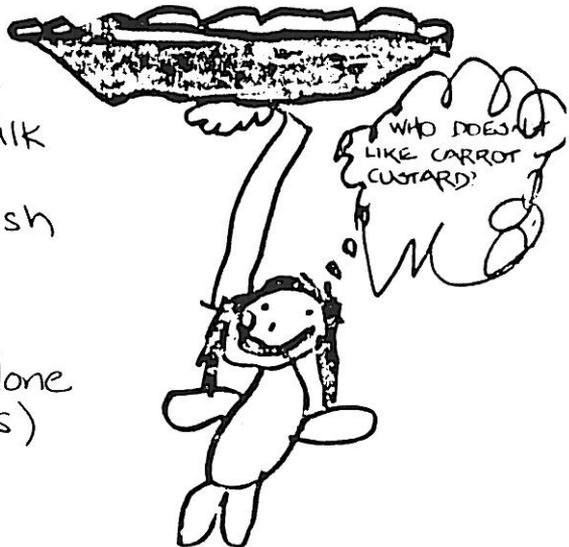
(IF YOU CAN GET THE RECIPE OUT OF HER, HERE'S  
SPACE TO WRITE IT!)

# CARROT CUSTARD BY JENNIE

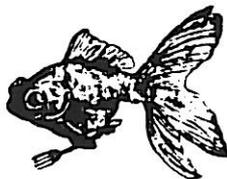
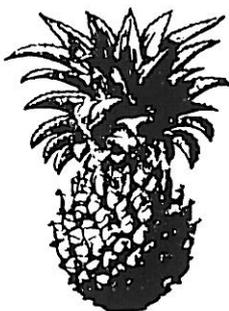
15

3C MILK  
4 EGGS  
 $\frac{1}{3}$ C SUGAR  
 $\frac{1}{4}$ t SALT  
 $\frac{2}{3}$ C shredded  
carrots  
CINNAMON

1. Heat milk.
2. Beat eggs
3. Add sugar and salt
4. stirring, add hot milk a little at a time.
5. Pour into buttered dish set in water.
6. Sprinkle on carrots and cinnamon.
7. Bake at  $325^{\circ}$  til done (about 1- $\frac{1}{4}$  hours)



# MISCELLANEOUS



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1

# PHYL'S FAVORITE COFFEE FRAPPE

1 LARGE SCOOP ICE CREAM (COFFEE)

1 CUP MILK  
COFFEE SYRUP

POUR INTO BLENDER AND FRAPPÉ TILL  
FROTHY!



BLACK-EYED PEA FRITTERS WITH HOT SAUCE

2

1 1/2 c. dried black-eyed peas  
1/2 c. coarsely chopped onions  
1 T. chopped ginger root (optional)  
1/4 to 3/4 c. water

1/4 tsp. ground red pepper  
1 tsp. salt  
vegetable oil for deep frying

hot sauce--Canned taco sauce makes a good substitute for home-made sauce.

Soak peas in hot water for 30 minutes or more. Drain, and process in a blender or grind finely in a meat grinder. Add the onion, ginger, water, red pepper and salt. Then beat with a whisk until light.

Heat 2 or 3 inches of vegetable oil in a deep fryer until it is quite hot. Scoop up a tablespoon of the mixture, and with a second spoon, push it off into the hot oil. Turn when browned on one side. Cook for about 5 minutes. As they are done, transfer to a paper-lined baking sheet and keep warm in the oven.

Serve with hot sauce as a dip.

Makes about 2 dozen 1 inch fritters.

Azulete

NO-SHORTENING PIE DOUGH

(one 9" two crust pie, or two 8-9" one-crust pies,  
or about 12 tart shells)

2 c. unbleached white flour  
1/2 c oil  
1/2 t salt  
1/2 c water

While buskly stirring flour & salt with a fork, add oil a small amount at a time, continue stirring with fork while adding water until dough clings together. Knead lightly. May be rolled out immediately.

EMILY





**PUMPKIN BUTTER**

1 TSP. LEMON JUICE  
 1 TSP. GRATED LEMON RIND  
 1 LB. PUMPKIN (CANNED) OR FRESH)  
 1/2 CUP ORANGE JUICE  
 3/4 CUP BROWN SUGAR  
 1/8 TSP. GINGER  
 1/8 TSP. CINNAMON  
 1/8 TSP. CLOVES  
 1/4 TSP. SALT

PLACE ALL INGREDIENTS IN SAUCEPAN AND MIX WELL. BRING TO BOIL, REDUCE HEAT, AND COOK 30 MINUTES, STIRRING FREQUENTLY. SPOON INTO QUART JAR, OR BOWL, COVER. STORE IN FRIGERATOR. CHILL AT LEAST 4 HOURS.

BY BETSY

**DIOSA'S CHOCOLATE CHIP JOHNNYCAKES**



- 1 CUP JOHNNYCAKE MEAL
- 1 TEASPOON SUGAR
- 1/4 TEASPOON SALT
- BOILING WATER
- MILK

CHOCOLATE CHIPS

ADD CHOCOLATE CHIPS

MIX JOHNNYCAKE MEAL, SUGAR, AND SALT. SCALD WITH BOILING WATER, MIX WELL. MIXTURE SHOULD BE THICK. <THIN TO THE CONSISTENCY OF MASHED POTATOE WITH MILK. PUT, BY TABLESPOON FULL ON HOT, (375°), GREASED GRIDDLE. COOK ON EACH SIDE FOR 10 MIN. SERVE WITH BUTTER AND MAPLE SYRUP.

## Irish Soda Bread

4c. sifted flour  
1c. sugar  
6 tsp. baking powder  
1 tsp salt  
1c. rasins  
2 or 3 tsp. caraway seeds  
4 tbsp. margarine  
1 egg  
1 1/4c. milk (may need a little more)  
→ Flour, sugar, baking powder, salt  
together. Work in margarine. Mix  
rasins & caraway seeds in. Beat  
egg - add 1c. milk - mix into

flour mixture (add extra milk  
if needed - dough shouldn't be too  
wet).

grease cast iron frying pan  
with margarine - press in dough  
Bake at 350° for 45-55 min  
(until light brown) - Cool for 5  
min - remove from pan cool on  
wire rack.

Kath



GEORGE'S LOBSTER AND SCRAMBLED EGGS...  
'PUT 4 FRESH EGGS AND A LIVE LOBSTER',  
INTO A CAST IRON FRYING PAN. COVER  
TIGHTLY AND PLACE ON A HOT COOK-STOVE  
COOK 30 MINUTES THE LOBSTER WILL  
SCRAMBLE THE EGGS. ADD FRUIT COCKTAIL "

# memo

THE CHILDREN'S MUSEUM

DATE 6/21/85

FROM BETSY

TO ELAINE

RE STAFF COOKBOOKLET

BEFORE YOU GO OFF TO ENGLAND  
MAY I PLEASE HAVE A RECIPE OF  
YOURS FOR THE STAFF COOKBOOKLET  
I'M TRYING TO PUT TOGETHER.

THANKS.

BETSY



\*  
I don't cook  
my favorite recipe is to  
call home and say  
"Do something"

E

# 2 CREAM ROLLS

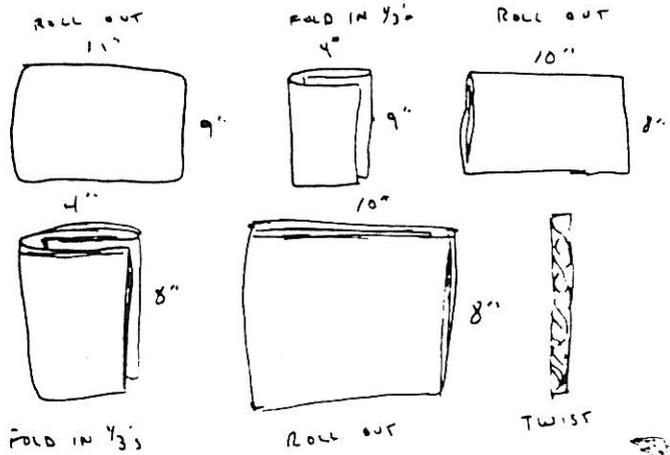
1/2 C MARGARINE  
1 C FLOUR

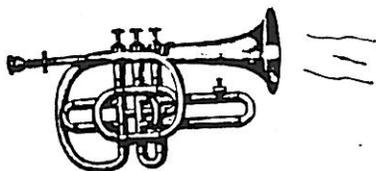
1 TBSP YEAST  
1/2 C WARM WATER  
3/4 C SOUR CREAM  
2 EGGS + 1 YOLK  
3/4 C + 1 TSP. SUGAR

DISSOLVE YEAST IN WATER WITH  
1 TSP. SUGAR  
CUT MARGARINE INTO FLOUR  
THOROUGHLY  
BEAT SOUR CREAM AND EGGS TOGETHER  
ADD SOUR CREAM / EGG / YEAST TO  
FLOUR + MARGARINE AND MIX WELL.  
~~FORM THIS~~ SOFT STICKY DOUGH  
INTO A BALL, COVER BOWL W/ DAMP  
CLOTH AND REFRIGERATE AT LEAST  
TWO HOURS (DOUGH WILL KEEP WELL  
OVERNIGHT)

CUT DOUGH IN HALF AND PREPARE  
EACH HALF AS FOLLOWS!

ROLL OUT TO APPROX 11" x 9" RECTANGLE.  
SPRINKLE EVENLY WITH SUGAR  
FOLD IN THIRDS, HALF TURN AND  
ROLL OUT AGAIN TO SOMEWHAT SMALLER  
RECTANGLE. SPRINKLE W/ SUGAR,  
FOLD IN THIRDS AND ROLL OUT  
AGAIN. CUT 1/2" STRIPS AND TWIST  
INTO FIGURE EIGHT, WREATHS, STICKS  
OR OTHER SHAPES (DON'T MAKE THEM  
TO THIN OR THEY'LL BE TOO CRISP.)  
BAKE AT 350° TILL LIGHT BROWN.





Recipe for TCM Cookbook by  
Carlo Federiconi

Bigné al Formaggio  
(Cheese puffs)

- 1 c. water
- 1 stick (4oz) butter
- 1½ c. flour (white flour strongly recommended,  
or mixture of about ⅔ white  
and ⅓ whole wheat)
- 1 tsp. salt
- 5 eggs
- pinch of nutmeg (better if fresh-ground)
- ¼ lb swiss cheese, cut into ¼" cubes

Put the water, butter, and salt in a pot and boil until the butter is melted. Take pot off burner and add flour all at once, mixing with a wooden spoon. Bring pot back to burner and mix dough over a medium flame until the dough comes off the sides of the pot. Remove from burner and let cool until lukewarm.

Mix in the nutmeg, then four eggs, one at a time, and finally, the cheese. Cover and let rest for 10 minutes.

Meanwhile, preheat oven to 350°F + grease a couple of cookie sheets.

Spoon dough onto sheets, leaving about 1" between spoonfuls. Brush with the remaining egg, beaten + bake for about 15-20 minutes until golden.

Crostata di Frutta

(Aurelia Federiconi)

4c flour  
 $\frac{1}{2}$  sticks butter (6oz)  
 2 eggs  
 1 pinch salt  
 4 tsp Baking Powder  
 1 cup sugar



- about 1 cup marmelade or fresh fruit, thinly sliced + soaked in liquor

If using fruit, slice it thin and soak it in the liquor + set aside.

Make the dough by mixing flour and sugar together, then making a well in the center and adding the eggs and softened butter, and the salt. Mix and knead the dough on a table top. If too dry, add another egg or some water to make it a consistency that just holds itself together. Mix in the baking powder, and knead some more.

Prepare a large cookie sheet by greasing + flouring it. Spread the dough out onto it, so that the borders come up a little and the bottom is about  $\frac{3}{8}$ " thick.

Spread the marmelade on the shell, or the fresh fruit (have fun making neat designs!), and if there's any dough left over, make lattice over top. Bake at 325 for 45 min to 1 hr.

(O) BAKED DOUGHNUTS  
 (O) Into a bowl sift together: 1 2/3 cup flour  
 1 tablespoon baking powder, and  
 1/4 teaspoon each of salt and nutmeg  
 (O) Stir in: 1/3 cup sugar  
 (O) Add: 1/4 stick (6 tablespoons) cold butter, cut into  
 bits, and blend the mixture until it resembles  
 meal  
 (O) Add: 1 egg, lightly beaten, and  
 1/4 cup milk and  
 combine the mixture well.  
 (O) Turn the dough out onto a lightly floured surface and knead it, adding  
 more flour, if necessary, to make a soft but not sticky dough, for 1 minute.  
 (O) Roll out the dough 1/3" thick and with a 3" doughnut cutter, cut it into  
 doughnut shapes.  
 (O) Have ready in a bowl 1 stick (1/2 cup) butter, melted and cooled, and in  
 another bowl 1/4 cup sugar mixed with 1 teaspoon cinnamon.  
 (O) Dip the rounds and holes in the butter and then in the sugar mixture and  
 put them 1/2" apart on a lightly buttered baking sheet.  
 (O) Bake the doughnuts in the upper third of a preheated hot oven (400° F) for  
 15-20 minutes, or until browned. Makes about 10 doughnuts and holes.  
 (O) Santa's and Gourmet's, March 1975

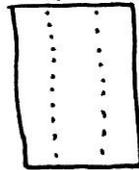
FLOATS  Elaine Russett 

in each tall glasses,  
 Place a scoop of Ice cream.  
 Pour chill soft drinks until glass  
 is almost filled; stir. 

## Tiropetes

- 1/2 lb. Fillo dough
- 1/2 lb. cottage cheese (large curd)
- 1/2 lb. feta cheese
- 1/4 lb. melted butter : PASTRY BRUSH
- 2 eggs

1. cut feta cheese into small pieces about the size of peas. MIX WITH cottage cheese + next MIX WITH EGGS.
2. CUT FILLO INTO 4" wide strips - lengthwise
3. BRUSH BUTTER ON TOP STRIP, place a small spoonful of cheese mixture at the bottom. FOLD FILLO TO make triangle after triangle UNTIL FINISHED
4. butter top : bottom of tiropetes.
5. place ON AN UNGREASED cookie sheet. Bake at 350° FOR ABOUT 15 MIN, OR UNTIL tiropetes are LIGHTLY BROWN on edges. SERVE HOT.



← cheese mixture

enjoy

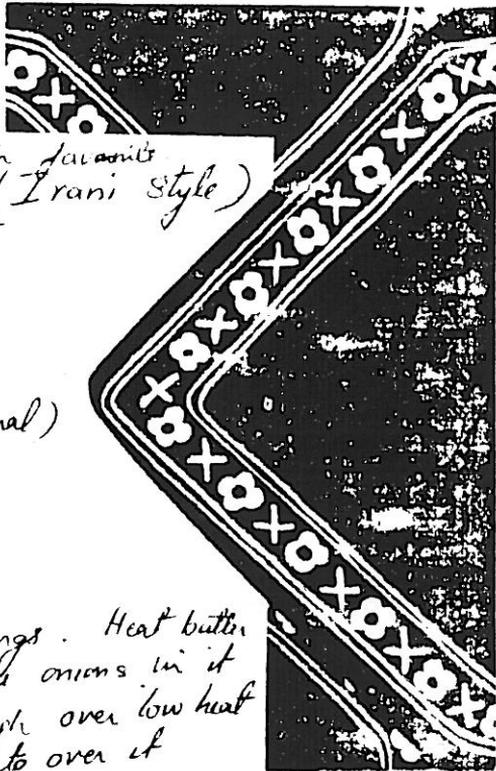
NANCY  
NANCY GARD'S RECIPE

Breakfast - brunch favorites  
Layered Eggs (Irani style)

- 1 onion
- 1 tomato
- 4 eggs
- 1/2 cup sliced ham (optional)
- 1/2 cup mushrooms
- 1/2 cup cheddar cheese
- butter
- green chillies (optional)

Cut onions & tomato into rings. Heat butter in non stick pan. Place onions in it and let it cook through over low heat. Do not stir. Place tomato over it. Sprinkle ham and mushrooms and green chillies. Break eggs <sup>gently</sup> over all this. Sprinkle with cheddar cheese. Cook till eggs are done. Cover it if you like the eggs soft. Serve immediately.

SIFAMIN



# BLACK HISTORY MONTH AT THE CHILDREN'S MUSEUM

## FUFU (CASSAVA BALLS) (W. Africa)

- 1 Large cassava or yam
- 1 Egg
- 5 Tablespoons Evaporated milk
- 1 Onion, grated
- Pinch of garlic salt
- 3 Tablespoons butter or margarine

Peel and cut the cassava or yam into small pieces. Boil pieces until tender in  $\frac{1}{2}$  cup water approximately twenty minutes. Drain off the water and mash until smooth. Add the egg, milk, onion and garlic salt. Beat and roll into 2" balls. If the mixture is too wet add a little flour. Fry in butter until brown.

\*\*\*\*\*

## FUFU (PLANTAIN MASH) (Carribean)

- 2 plantains
- 1 onion grated
- $\frac{1}{3}$ - $\frac{1}{2}$  garlic clove minced
- 3 tablespoons olive oil
- $\frac{1}{2}$  cup bacon bits (optional)

Peel and cut plantains into small pieces. Boil until tender about (20 minutes) Drain and mash until smooth. Add rest of ingredients and mix. Spoon into plate.

MARIA

# BLACK HISTORY MONTH AT THE CHILDREN'S MUSEUM

## FRIED PLANTAIN (Ivory coast)

Two plantains or four bananas  
Lemon juice  
1/3 cup peanut oil  
Crushed corn flakes or bread crumbs  
Pepper or powdered sugar

Cut bananas into quarters lengthwise and then into halves crosswise. Cover with lemon juice for ten minutes. Roll in the crumbs. Fry quickly in 1/4 inch of peanut oil until crispy brown. Sprinkle with pepper or powdered sugar.

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## FRIED PLANTAIN (Carribbean)

Two green plantains  
1/3 cup oil  
salt

Peel plantain's then cut into 1 inch slices. Cook in very hot oil until golden color. Take out and drain on paper towel. Put on cutting board and flatten. Cook in hot oil again until crispy. Sprinkle with salt.

MARIA

## Swedish Tea Cakes

10 Margarine  
 ½ c brown sugar  
 2 egg yolks  
 2 c flour

Topping:  
 2 egg whites  
 chopped walnuts  
 Strawberry jam

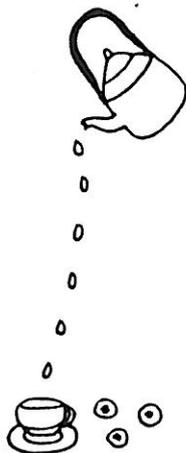
Cream butter, blend sugar - add egg yolks + flour. Roll into small balls 1" in diameter

- add 2 tsp ~~sugar~~ sugar to egg whites + beat slightly.

Dip balls in egg whites + roll in nuts. Press center down with thumb. Bake 5 minutes in 300 oven. Remove + press centers again.

Bake 15 min.  
 Fill centers w/ jam while warm.

*Tracy*



## JUE'S BAKED CHEESE GRITS

6 cups water  
 2 teaspoons salt  
 1½ cups grits

1 pound Cheddar cheese, grated  
 ½ cup butter, cut in pieces  
 3 eggs

Bring water and salt to a boil; add grits and cook about 30 minutes, until water is absorbed and mixture has a creamy texture. Remove from heat and stir in cheese, butter, and eggs. Bake in a buttered casserole dish at 350° for 75 minutes.

YIELD: 8-10 servings

Basic down-home food. Good for brunch.



MOST OF THE DISHES COLLECTED HERE HAVE BEEN PREPARED FOR THE MUSEUM'S SHARING LUNCHEAS AND STAFF PARTIES. FOR A GOODLY FEAST D+P (CONCERNED WITH BOTH QUALITY AND QUANTITY) SUBMITTED THIS SHOPPING LIST FOR THE CHRISTMAS PARTY.



- 14 oxen living in saltre
- 2 oxen ffressh
- 120 hedes of shepe (fressh)
- 120 carcas of shepe ffressh
- 12 bores
- 14 calves
- 140 pigges
- 300 maribones
- of larde and grece, ynogh (enough)
- 3 ton of salt veneson
- 1 does of ffressh veneson
- 50 swannes
- 210 gees
- 50 capons of hie grece (larded)
- 8 dozen other capons
- 60 dussen hennes
- 400 connynges (large rabbits)
- 4 fesautes
- 5 herons and bitores
- 6 kiddes
- 5 dozen pullavn for gely (pullets for jelly)
- 12 dozen to roast
- 100 dozen peions (pigeons)
- 12 dozen partrich (partridges)
- 8 dozen rabettes
- 12 dosen curlewes
- 12 cranes
- wikk fowle ynogh
- 120 galons melke
- 12 galons creme
- 11 galons of cruddes (curds)
- 12 bushels of apples
- 11 thousand eggis

There is no account of the number of guests invited  
Ten thousand, perhaps?

*This should do it,  
don't you think?*

