RECIPES

COLLECTED BY DAVID A. MELLIS

Unless otherwise noted, all eggs are large, sugar is white and granulated, flour is all-purpose, milk is whole, butter is unsalted, cream is heavy, olive oil is extra virgin, and pepper is black and freshly ground. (Anything in parentheses is optional.)

November 18, 2018

Appetizers, etc.

SALSA MEXICANA CRUDA
Chop finely:
- 1 medium tomato
- 1/2 medium onion
- 6 sprigs fresh coriander
- 3 (or fewer) chilies, preferably serranos
Mix together in a bowl. Add:
- 1/2 teaspoon salt, or to taste
- 1/3 cup cold water
Serve fresh (or within 3 hours).
source: The Cuisines of Mexico, 1972

QUICK PICKLED CUCUMBER
Mix in a bowl:
- 3/8 cup soy sauce
- 3/8 cup rice vinegar
- Sesame oil, to taste
Add:
- 1 lb. (or so) English cucumber, cut into bite-sized pieces
- 1 oz. ginger, peeled and julienned
Refrigerate for 2 to 3 hours before serving. Keeps for a couple of days.
source: Everyday Harumi, 2009

FRENCH MARINATED MUSHROOMS
Simmer, covered, 10 minutes:
- 1 cup water
- 1/2 cup olive oil
- 1/4 cup white wine
- 1 teaspoon salt
- 12 peppercorns
- 2 bay leaves
- 1 teaspoon fennel seed
- 1/2 teaspoon thyme
- 3 to 4 sprigs parsley
Add:
- 1 lb. small button mushrooms, wiped clean, caps separated from stems and halved if large
Add additional water, oil, and vinegar (4:2:1) if needed to cover mushrooms. Simmer, covered, 10 to 15 minutes, until mushrooms are cooked. Let cool and store in jars.
source: Feasts for All Seasons, 1966

FRIED ZUCCHINI WITH VINEGAR
Sprinkle with salt and leave 30 minutes:
- 1 lb. zucchini, soaked, scrubbed, and cut into 1/4-inch thick sticks
Drain and pat dry. Heat in a skillet:
- Vegetable oil, 1/4-inch deep
Fry the zucchini in batches, dipping first in:
- 1 cup flour
Fry until deep golden brown and transfer to a deep dish.
Sprinkle with:
- 2 to 3 tablespoons (in total) vinegar
Bury in the zucchini (for a few minutes):
- 2 cloves garlic, lightly crushed and peeled
Season with:
- Pepper, about 4 twists of the mill
Serve at room temperature.
source: The Classic Italian Cook Book, 1973

BABA GHANOUSH
Wrap in aluminum foil and place directly on stove:
- 2 large eggplants
Roast over medium heat for 20 minutes or more, turning occasionally, until flesh is soft throughout and flesh is thoroughly charred. Once cool enough to handle, cut open and scoop out the flesh. Divide into strips and drain in a colander, one hour or more. Place in a bowl and stir in:
- 1 clove garlic, chopped fine
- Zest of half a lemon, chopped fine
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon salt
- Black pepper
Leave at room temperature for an hour or in the refrigerator overnight. Mix in:
- 1 tablespoon parsley
Serve at room temperature.
source: Jerusalem, 2012

Eggs

SHAKSHUKA
Sauté until translucent and getting tender:
- Olive oil
- 1/2–1 onion, thinly sliced
Add and sauté until tender:
- 1 red bell pepper, seeded and sliced;
- or 12 mushrooms, cleaned and quartered
Add and simmer until thickened:
- 1 (14-oz.) can whole peeled tomatoes, chopped, with their juice
Make holes in the sauce and add:
- 4 eggs
Cook until eggs are set, covering if needed. Sprinkle with:

- 2 tablespoons or so parsley or cilantro, chopped

Serve with:

- (Greek yogurt)

FRITTATA AL POMODORO E BASILICO

In a medium skillet over low heat, cook:

- 1/3 cup olive oil
- 3 cups thinly sliced yellow onion

When onions are completely wilted and a rich golden-brown (may take as long as an hour), add:

- 1 cup canned Italian tomatoes, drained and roughly chopped
- 1/2 teaspoon salt

Raise heat to medium and cook for 8 minutes, stirring frequently. Drain oil, remove vegetables to a bowl, and allow to cool.

Beat until yolks and whites are blended:

- 5 extra-large eggs
- 1 1/2 teaspoon salt
- 2 tablespoons freshly grated Parmesan cheese
- Pepper
- 1/2 cup roughly chopped fresh basil

Beat into the eggs.

Melt in a 12-inch skillet over medium heat:

- 3 tablespoons butter

When butter begins to foam, add eggs, turn down heat to lowest possible setting and cook until eggs have set and thickened and only the top part is runny, about 15 minutes. Set the top by cooking under the broiler for 30 seconds to 1 minute. Neither the top nor bottom should be browned.

SOURCE: The Classic Italian Cookbook, 1973

TORTILLA DE PATATA JOSÉ LUIS

Heat in an 8- or 9-inch skillet until just hot enough to sizzle a piece of onion:

- 3/4 cup olive oil

Cook very slowly for about 20 minutes:

- 1 medium onion, very finely chopped

Skim off the onion and discard. Add one slice at a time:

- 4 medium-large baking potatoes, peeled, in 1/8-inch slices

Lightly sprinkle each layer with:

- Salt

Simmer the potatoes in oil until tender (they should not brown), lifting and turning as they cook. Drain in a colander and pat with paper towels, reserving about 2 tablespoons of the oil. Wipe out the skillet.

In a large bowl, lightly beat:

- 5 eggs
- Salt

Add the potatoes and press with a spatula. Let sit at room temperature for 10 to 15 minutes.

Heat two teaspoons of the reserved oil in the skillet until smoking. Pour in the potato mixture, lower the heat to medium-high, and cook until lightly brown underneath, shaking constantly. Slide onto a dish, cover with a second dish, and invert. Add another teaspoon of reserved oil to the skillet, heat again to the smoking point, slide in the tortilla, and continue to shake the pan until the tortilla has browned on the other side. Optionally, turn the tortilla twice more. It should remain juicy within. Cut into wedges or squares and serve warm or at room temperature.

SOURCE: Delicioso, 1996

EGG, BACON & CHEESE BAKE

Preheat oven to 450°F.

Coat four ovenproof ceramic ramekins, egg cups, or muffin tins with:

- Vegetable oil

Crack (one to a cup):

- 4 eggs

Pour 1 tablespoon half-and-half over each, for a total of:

- 1/4 cup half-and-half

Top eggs with the following, one-quarter to each:

- 2 to 3 slices bacon, cooked, drained, crumbled
- 3 tablespoons shredded Swiss cheese
- 4 teaspoons chopped fresh parsley

Sprinkle with:

- Paprika

Bake until eggs are set, about 10 minutes. Serve garnished with:

- Parsley sprigs

SOURCE: The Chicago Tribune Cookbook, 1989

QUICHE DE GEORGES DE FESSENHEIM

Prepare:

- Savory Butter Crust, below

While crust is refrigerating, thinly slice:

- 1/2 lb. Gruyère cheese

Each slice should be about 1-inch square. Sauté slowly until almost a purée:

- 2 to 3 tablespoons butter
- 6 medium leeks, washed, sliced, and green parts removed

Roll out the dough to about 1/8-inch thick. Lightly butter a 10-inch pie pan and line it with dough. Cut and crimp the edges. Preheat oven to 450°F. Spread the leeks on the dough; then the cheese. Beat together hard in a large mixing bowl:

- 4 eggs
- 1 egg yolk
- 1 cup milk
- 1 cup heavy cream
- 1 teaspoon sugar
- Salt, cayenne pepper, and ground nutmeg to taste

Pour into the pie. Set at once in the oven, and bake for 12 minutes. Then, lower heat to 350°F and bake until custard sets, another 30 to 40 minutes. Test by inserting a silver blade into the custard to see if it comes out clean. If quiche hasn't browned, broil for 1 to 2 minutes.

SOURCE: Feasts for All Seasons, 1966
Soups & Stews

MOM’S BEEF STEW
Mom says add extra of whatever you like.
Brown in batches in stew pot:

- Oil
- 1 lb. beef chuck, cubed

Remove beef to side dish. Drain fat from pot. Add to pot:

- 2 to 3 medium onions, cut into six wedges
- 2 to 3 large potatoes, chunked
- 3 to 4 carrots, chunked
- 1 (28 oz.) can tomatoes with juice
- Chicken broth to cover (or water)
- Bay leaf
- Salt & pepper

Simmer until meat is tender.
SOURCE: Linda Mellis

MOM’S VEGETABLE SOUP
Mom says this is the most flexible soup in the world, but do not omit the non-optional ingredients below. If it doesn’t taste good, it may need more tomatoes.
Combine in a large soup pot:

- 2 onions, quartered
- 3 medium Russet potatoes, chunked
- 2 parsnips, sliced thick
- 1 medium turnip, chunked
- 3 or 4 carrots, sliced thick
- (2 tablespoons parsley)
- Chicken or vegetable broth to cover generously
- 1 (28 oz.) can diced tomatoes with juice
- Salt

Simmer until potatoes are almost tender. Add:

- Quarter head of cabbage, sliced
- (Handful green beans, chopped)

Cook until vegetables are done. Add:

- (Handful corn kernels)
- (Handful peas)

Heat thoroughly. When reheating, if too thick, add:

- 1 (14 oz.) can chicken broth

SOURCE: Linda Mellis

ZUPPA DI CANNELLINI (BEAN SOUP)
“Wow, this is my new favorite soup.”
Sauté over medium heat until garlic is lightly colored:

- 1/2 cup (or less) olive oil
- 1 teaspoon garlic, chopped
- 2 tablespoons parsley, chopped

Add:

- 2 20-oz. cans white kidney beans, drained
- 1/2 teaspoon salt
- Freshly ground pepper, about 8 twists of the mill

Cover and simmer gently for about 6 minutes. Pureé half a cup of the beans through a food mill back into the pot. Add:

- 1 cup (or more) canned chicken broth or water

Simmer for 6 more minutes. Serve over:

- Italian bread, sliced and toasted

SOURCE: The Classic Italian Cookbook, 1973

CHOWDER
Drain and reserve juices from:

- 1 can chopped clams

Boil in salted water until tender:

- 8 small potatoes, diced

Fry until cooked:

- 3 slices bacon or salt pork, diced

Add and cook until softened:

- 1/4 cup chopped onion

Add drained potatoes. Add the clam juice and boil until reduced. Add and heat thoroughly:

- Salt & pepper to taste
- Cream & milk to taste

Add clams and heat for a minute or two. Serve.
SOURCE: How to Cook a Wolf, 1951

CREAM OF SPINACH SOUP
Sauté until onions are tender:

- 2 tablespoons butter
- 1/2 cup onions, finely chopped

Blend in:

- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash of nutmeg

Slowly stir in:

- 2 cans chicken broth

Cook until thickened. Add:

- 1 package frozen chopped spinach, cooked and drained

Blend until still slightly flecked with green. Add:

- 1 8 oz. package half-and-half

Serve hot or cold.
SOURCE: The Galveston Island Cookbook, 1975

TURKEY SOUP
A day-after-Thanksgiving tradition in the Mellis household.
Soak in hot water to cover for 10 minutes:

- 1 (1 7/8 oz.) package cellophane noodles

Drain and cut into 2-inch lengths.
Meanwhile, cut into 2 × 1 1/2-inch pieces:

- 1 lb. Chinese cabbage

Stir-fry the cabbage strips for 2 minutes in a wok with:

- 1 tablespoon vegetable oil

Add:

- 4 cups turkey stock or chicken broth

Bring to the boil. Add the noodles and:

- 2 cups cooked white turkey meat, cut in julienne strips
- 2 tablespoons soy sauce

Simmer for 3 minutes and serve immediately.
SOURCE: The Great Year-Round Turkey Cookbook, 1982
**LEEK & POTATO SOUP**

Simmer, partially covered, for about 40 to 50 minutes, or until vegetables are tender:
- 3 to 4 cups (1 lb.) potatoes, peeled and sliced or diced
- 3 cups (1 lb.) leeks, thinly sliced, including the tender green; or yellow onions
- 2 quarts water
- 1 tablespoon salt

Mash the vegetables with a fork, or pass the soup through a food mill. Correct seasoning. Off heat and just before serving, stir in by spoonfuls:
- 4 to 6 tablespoons whipping cream, or 2 to 3 tablespoons softened butter

Sprinkle with:
- 2 to 3 tablespoons parsley or chives, minced

**SOURCE:** Mastering the Art of French Cooking, 1961

**HOT & SOUR SOUP**

Stir-fry in a large wok or stock pot:
- 6 tablespoons oil
- 1/2 cup dried black mushrooms, reconstituted in 2 cups water, and shredded, water reserved

Add and stir-fry:
- 7 cayenne peppers, shredded
- 8 oz. enoki mushrooms, sandy roots removed
- 1/2 cup wood ear mushrooms, reconstituted if dried, shredded
- 20 oz. tofu, cut into strips

Add the water from the black mushrooms and:
- 8 cups clear soup stock
- 1/4 cup soy sauce
- 1/4 cup salt
- 1 teaspoon black pepper, freshly ground

Bring to a boil and let boil 2 minutes. Mix together and add:
- 1/2 cup cornstarch
- 1/2 cup cold water

Return to the boil, then remove from heat. Wait 1 1/2 minutes, then stir the soup gently and drip in:
- 2 eggs, beaten

Add:
- 1/2 cup brown vinegar
- 1/4 cup white vinegar
- 2 tablespoons cilantro, chopped

**SOURCE:** Zia Sobhani

**MEXICAN TOMATO LIME SOUP**

In a soup pot on low heat, sauté:
- 1 tablespoon vegetable oil
- 3 cloves garlic, minced or pressed
- 2 teaspoons ground cumin

Do not brown the garlic. Stir in:
- 6 cups (46 oz. can) tomato juice
- 2 cups fresh tomatoes, peeled, seeded and chopped
- 1/4 cup lime juice (juice of one large lime)
- 3 tablespoons cilantro

Bring to a simmer and continue to cook for several minutes. Add to taste:
- Tabasco sauce

**SOURCE:** Moosewood Rstr. Cooks at Home, 1994

**SUPER BOWL CHILI**

Mom tells me that she’s never made this, but that Aunt Faye says it’s the best chili she’s ever made. Faye denies it.

Heat in a large Dutch oven:
- 4 tablespoons olive or corn oil

Add and cook over medium heat until translucent, without browning:
- 3 to 4 tennis-ball–sized onions, chopped

Remove to a small bowl with a slotted spoon. Crumble into the Dutch oven and brown over medium high heat, stirring frequently:
- 5 lbs. lean ground beef
- 1 lb. high quality pork sausage

Spoon away excess fat and add:
- 5 (16 oz.) cans tomatoes or 5 lbs. fresh tomatoes, chopped
- 1 (12 oz.) can tomato sauce
- 1 cup red wine
- 1 bulb fresh garlic, minced
- 5 fresh Jalapeños, seeded and chopped
- 2 green Bell peppers, seeded and chopped
- 2 red Bell peppers, seeded and chopped
- 2 yellow Bell peppers, seeded and chopped
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh oregano leaves, chopped or 2 tablespoons dried oregano
- 1/2 cup fresh basil leaves, chopped

Stir well to combine. Simmer uncovered for 1 hour, stirring occasionally. Add and stir to blend well:
- 2 tablespoons corn meal mixed until smooth with 3/4 cup water

**LENTIL SOUP**

Combine:
- 9 cups water
- 5 vegetable boullion cubes
- 1 lb. lentils (1 bag)
- 1 chopped onion (or more)
- Some carrots
- 2 tablespoons grated ginger
- 2 teaspoons curry powder
- 2 teaspoons cumin
- 1/4 teaspoon ground red pepper

Bring to a boil. Simmer until lentils are done. Then add:
- 1/2 cup chopped fresh cilantro

Garnish with extra cilantro and:
- 1 cup sour cream

**SOURCE:** Zia Sobhani
Simmer for an additional 15 minutes. Taste and correct seasonings. Serve over rice, with onions, cheese, sour cream and pico de gallo on the side.

**Beans**

**CUBAN BLACK BEANS**

Sauté until slightly softened (about 3 minutes):
- 1/4 cup olive oil
- 1 green pepper, cut into 1/4-inch dice
- 1 onion, diced

Add:
- 6 cloves garlic, peeled and finely chopped
- 1 jalapeño, finely chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 2 teaspoons salt

Stir for another minute. Pour in:
- 3 tablespoons white (or red wine) vinegar

Heat in a saucepan:
- Two 28 oz. cans black beans, drained

Mash one cup of the beans in a bowl and return to the pan. Add the sofrito (pepper and onion mixture) to the beans and simmer for 20 minutes or so.

**Source:** *New York Times*, 2010

**Rice**

**RISOTTO**

Bring to a simmer:
- 2 cups chicken broth

Sauté over medium-high heat until onions are translucent:
- 1 tablespoon butter
- 1 tablespoon oil
- 1 tablespoon finely chopped shallot or onion

Add and stir until well-coated:
- 1 cup Arborio rice

Add 1/2-cup of the broth, repeating as the rice gets dried out. Stir frequently. After 10 to 12 minutes, add the mushrooms and switch from broth to mushroom liquid. Once the mushroom liquid is used up, switch back to broth and continue until rice is done. Remove from heat and add:
- 1 tablespoon butter
- 2 tablespoons freshly grated Parmesan cheese
- Salt, to taste
- Freshly ground black pepper

Serves two.

**Source:** *The Classic Italian Cookbook*, 1973

**ASPARAGUS RISOTTO**

Boil in lightly-salted water until tender:
- 1/2 bunch fat asparagus, lower halves peeled and bottom inch cut off

Drain, reserving the cooking liquid. Cut into 1/2-inch pieces. Bring cooking liquid to a simmer with:
- *Chicken broth, enough for 3 cups total liquid*

Sauté over medium-high heat until onions are translucent:
- 1 tablespoon butter
- 1 tablespoon oil
- 1 tablespoon finely chopped shallot or onion

Add the asparagus and sauté for 2 minutes. Add and stir until well-coated:
- 1 cup Arborio rice

Add 1/2-cup of the broth, repeating as the rice gets dried out. Stir frequently. When done, remove from heat and add:
- 1 tablespoon butter
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 tablespoon chopped parsley
- Salt, to taste
- Freshly ground black pepper

Serves two.

**Source:** *The Classic Italian Cookbook*, 1973

**MUSHROOM RISOTTO**

Soak in 1 cup of lukewarm water for at least 30 minutes:
- 1/2 oz. dried wild mushrooms (e.g. porcini)

Strain the liquid through a sieve lined with paper towels and reserve. Continue rinsing the mushrooms until they’re soft and free of dirt. Chop coarsely.

Bring to a slow, steady simmer:
- 3 1/2 cups chicken broth
- 1 tablespoon butter
- 1 tablespoon oil
- 1 tablespoon finely chopped shallot or onion

Add and stir until well-coated:
- 1 cup Arborio rice

Add 1/2-cup of the broth, repeating as the rice gets dried out. Stir frequently. When done, remove from heat and add:
- 1 tablespoon butter
- 2 tablespoons freshly grated Parmesan cheese
- Salt, to taste
- Freshly ground black pepper

Serves two.

**Source:** *The Classic Italian Cookbook*, 1973

**VEGETABLE PAELLA**

Gently fry for five minutes:
- 3 tablespoons olive oil
- 1/2 onion, finely chopped

Add and fry on medium heat until soft and golden (about 6 minutes):
- 1 small red bell pepper, cut into strips
- 1 small yellow bell pepper, cut into strips
- (1/2 fennel bulb, cut into strips)

Add and cook for one minute more:
- 2 cloves garlic, chopped fine

Serves two.

**Source:** *The Classic Italian Cookbook*, 1973
1/4 teaspoon smoked paprika
1/2 teaspoon turmeric
1/4 teaspoon cayenne pepper

Add and stir thoroughly for 2 minutes:
1 cup short-grain rice

Add and boil down for a minute:
1 teaspoon saffron
6 tablespoons sherry (or white wine)

Add:
2 cups boiling vegetable (or chicken) stock

Reduce heat and simmer gently for 20 minutes (or boil for 7 minutes, then place in a 325° oven for 15–20 minutes).

Remove from heat. Add:
12 plum tomatoes, halved

Cover with foil and let sit 10 minutes. Add:
15 pitted Kalamata olives, halved
2 tablespoons coarsely chopped parsley

Serve with:
4 lemon wedges

Serves 2.

source: Plenty, 2010

Pasta

GREEN COUSCOUS

Place in a large bowl and cover with plastic wrap:
1 cup couscous
3/4 cup boiling water (should just cover couscous)

Leave for 10 minutes. Meanwhile, fry over medium heat until golden and completely soft:
1 tablespoon olive oil
1 small onion, thinly sliced

Add and mix well:
1/4 teaspoon salt
1/4 teaspoon ground cumin

Fluff the couscous and mix in:
1/3 cup chopped parsley
1 cup chopped cilantro
(2 tablespoons chopped tarragon)
(2 tablespoons chopped dill)
(2 tablespoons chopped mint)

Stir in the onion mixture and:
3 green onions, thinly sliced
1 fresh green chile (e.g. Serrano), thinly sliced
1 1/4 cup arugula, chopped

Serve at room temperature. Serves two as a main course or four as a side.

source: Plenty, 2010

PASTA DOUGH

Mix (per person):
3/4 cup flour
1 egg

If necessary, correct consistency with flour or water.

Knead.

source: Linda Mellis

SPATZLE

Mix well:
4 eggs
1 cup milk
1/2 teaspoon salt

Freshly ground nutmeg

Slowly add:
3 cups flour

Mix until the batter is thick and smooth. In a large kettle, bring to a boil:
4 to 5 quarts water
Salt

Set a coarse colander over the pot and press batter through the holes, a little at a time. Stir gently and cook for 8 minutes. The dumplings will rise to the surface when done. Remove finished dumplings to a bowl of cold water. Drain and dry.

Melt in a large skillet:
4 to 8 tablespoons butter

Sauté the the spätzle until golden, about half at a time.


GNOCCHI DI PATATE

Boil unpeeled, until cooked:
1 1/2 boiling (not Idaho or new) potatoes

Drain, peel, and purée through a food mill or potato ricer.

Add most of:
1 cup flour

Knead until smooth, adding flour until the mixture is soft, smooth, and slightly sticky. Roll into sausage-like shapes as thick as your thumb (not mine), then cut into 3/4-inch lengths. Roll on a fork. Cook, about 2 dozen at a time, in 5 quarts or more boiling salted water.

source: The Classic Italian Cookbook, 1973

SPAGHETTINI ALLA CARRETTIERA

Simmer in an uncovered saucepan over medium-high heat for 15 minutes:
Leaves of a large bunch fresh basil, rinsed and roughly chopped (approximately 1 1/2 to 2 cups)
2 cups canned Italian tomatoes, seeded, drained, and coarsely chopped
5 large cloves garlic, peeled and chopped fine
1/3 cup olive oil
1 teaspoons salt

Freshly ground pepper, about 6 twists of the mill

Taste and correct for salt. Prepare:
1 lb. spaghetti

Add to the sauce and serve immediately (without grated cheese).

source: The Classic Italian Cookbook, 1973
TOMATO SAUCE II
Simmer for 30 minutes, uncovered:
- 2 cups canned tomatoes and their juice
- 2/3 cup chopped celery
- 2/3 cup chopped carrots
- 2/3 cup chopped onion
- 2 teaspoons salt
- 1/4 teaspoon sugar
Purée everything through a food mill (or not), return to the pan, and add:
- 1/2 cup (or less) olive oil
Simmer for 15 minutes, uncovered.

SOURCE: The Classic Italian Cookbook, 1973

TOMATO SAUCE III
Simmer in a covered pot, 10 minutes:
- 2 lbs. fresh, ripe tomatoes, peeled, quartered, and seeded
Uncover pot and mash tomatoes. Add:
- 1/4 lb. (1 stick) butter
- 1 medium yellow onion, peeled and halved
- 1 1/2 teaspoons salt
- 1/4 teaspoon sugar
Cook at a slow but steady simmer, uncovered, for 45 minutes. Discard onion.

SOURCE: The Classic Italian Cookbook, 1973

FRESH TOMATO SAUCE FOR PASTA
Heat in a heavy, deep saucepan:
- 1/4 cup olive oil
Add:
- 1 large onion, peeled and finely chopped
- 3 garlic cloves, peeled and finely chopped
Sauté over medium heat for a few minutes until golden. Do not brown. Add:
- 2 lbs. ripe tomatoes, peeled, seeded, and coarsely chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground fresh pepper
- 2 leaves fresh basil, or 1 teaspoon dried basil
- (3 tablespoons tomato paste)
- (1 Italian sausage, coarsely chopped and browned)
Cook at medium-high heat for 5 minutes more. Return pasta to pot after draining. Add sauce and cook for two or three minutes on low heat, stirring often.

SOURCE: James Beard's T&PoGC, 1977

TOMATO SAUCE
Sauté 3 or 4 minutes:
- 2 to 3 cloves garlic
- 1 medium onion, chopped
Add:
- 3 small cans tomato paste
- 1 teaspoon sugar
- 9 small cans water
Cook over low to medium heat for 15 minutes. Add:
- 1/2 teaspoon salt
- 2 teaspoons oregano
- 2 tablespoons parsley
Simmer 15 minutes. Add:
- 1 small can tomato sauce
- 1 small can water
Simmer uncovered for 2 hours.

SOURCE: Judy Werme

BROCCOLI AND ANCHOVY SAUCE
Boil, covered, in salted water until tender (about 7 to 8 minutes):
- 1 cup broccoli florets
Sauté over medium heat and mash to a paste:
- 2 tablespoons olive oil
- 3-4 anchovy fillets, chopped
Add the broccoli florets and:
- Freshly-ground pepper
Sauté lightly for 4 to 5 minutes. Add to:
- 1/2 lb. pasta (e.g. orecchiette), cooked
Stir in:
- 1/2 tablespoon butter
- 3 tablespoons freshly-grated Parmesan cheese
- 3 tablespoons freshly-grated Pecorino Romano cheese
Serves two.

SOURCE: The Classic Italian Cookbook, 1973

WHITE CLAM SAUCE
In a saucepan, heat:
- 1/4 cup butter
Add and cook for 1 minute over moderate heat:
- 1 large clove garlic, finely chopped
With a wire whisk, stir in:
- 2 tablespoons flour
Add while stirring:
- 2 cups clam juice, fresh or canned
Add:
- 1/4 cup chopped parsley
- Salt & pepper to taste
- 1 1/2 teaspoons dried thyme leaves
Simmer gently for 10 minutes. Add and heat through:
- 2 cups minced clams, fresh or canned (4 cans)
Serve over linguine or spaghetti.


Seafood

BAKED FISH WITH POTATOES, GENOESE STYLE
Preheat oven to 450°. Place in a baking dish:
- 1 1/2 lbs. potatoes, peeled, cut into very thin slices, washed and patted dried
- 1/3 cup olive oil
- 1/2 tablespoon chopped garlic
- 2 tablespoons chopped parsley
- Salt
Pepper
Mix thoroughly and spread the potato slices over the bottom of the dish. Bake until potatoes are half-cooked, about 12 to 15 minutes. Remove dish from oven and add (skin-side down):
- 2 bluefish (or similar) fillets, about 1 lb. each
Mix in a small bowl and pour over the fish:
- 1/3 cup olive oil
- 1/2 tablespoon chopped garlic
- 2 tablespoons chopped parsley
Sprinkle with more salt and pepper. Bake for 15 minutes, basting the fish and rotating potatoes after 10. Serves 4 to 6.
SOURCE: More Classic Italian Cooking, 1985

WHITING IN SALSA VERDE
Fry gently over low heat until softened but not browned (about 1-2 minutes):
- 1 1/2 tablespoons olive oil
- 1 garlic clove, finely chopped
Stir in and fry for 30 seconds:
- 1 teaspoon flour
Add half of:
- 1 1/2 tablespoons parsley, finely chopped
Add:
- 3/4 cup water
Simmer for 10 minutes, stirring occasionally, until it thickens slightly.
Add:
- 2 fresh whole whiting, cleaned and gutted (9 oz. each), heads removed and cut in half crosswise, or filet of sole
Simmer for 10 minutes, or until done. Season with salt. Scatter with the other half of the parsley. (Serves two.)
SOURCE: The Family Meal, 2011

ASIAN BARBECUED SALMON
Bone and place in a shallow, non-reactive dish:
- 2 lb. salmon fillet
Combine and pour over the salmon:
- 1/4 cup dry sherry
- 1/4 cup light soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons lemon juice
- 2 tablespoons sesame oil
- 1/2 teaspoon pepper
- Bunch chives, minced
- 1/4 cup fresh ginger, minced
Marinate for an hour in the refrigerator. Remove salmon, bring marinade to a boil and set aside. To grill over charcoal, brush rack with oil, and place the salmon, skin side down, about 6 inches from coals. Grill about 12 minutes covered, or, if uncovered, turn once and cook about 18 minutes.
To broil indoors, place salmon in oven, skin side up, about 3 inches from heat source. Broil on low about 10 minutes. Serve with the reserved marinade, and garnished with:

SOURCE: Chicago Tribune, August 13, 1992

Lemon wedges

BRAISED WHOLE FILLET OF SALMON
Cook slowly in butter until quite tender but not browned (about 10 minutes):
- 1 large carrot, cut into neat 1/4-inch dice
- 1 large onion, cut into neat 1/4-inch dice
- 2 or 3 tender celery stalks, neatly diced
Season lightly with:
- Salt
- Pepper
- Big pinch of dried tarragon
Place in a baking dish, best side up:
- 2 lb. skinless fillet of salmon about 1/2-inch thick, bones removed and skin side scored
Dust with salt and peper and pour the vegetables over. Cover with buttered wax paper (butter side down) and bake at 350° for 12 to 15 minutes, basting several times, until the fish feels lightly springy to the touch. Pour off and reduce the cooking juices to use as a sauce.

SHRIMP IN TOMATO SAUCE WITH FETA CHEESE
Sauté in a medium-sized saucepan, until onions are just golden:
- 1/3 cup (or less) olive oil
- 1 large Bermuda onion, chopped
Add:
- 4 cloves garlic, finely minced
- (4 oz. jar sweet red pimento, chopped and with its juice)
- 1 (17 oz.) can whole plum tomatoes, chopped
- (3 oz. tomato paste)
- 1 teaspoon basil, chopped
- (1 teaspoon marjoram, chopped)
- 1/4 cup red wine
- Salt
- Pepper
Simmer gently, uncovered, about 30 minutes. Sauce should begin to thicken but not dry. Meanwhile, sauté in a skillet, just until shrimp turn pink (around 2 minutes per side):
- 3 to 4 tablespoons butter, melted
- 2 lbs. jumbo shrimp, washed and shelled
Remove shrimp with slotted spoon and place in a buttered baking dish, just large enough to hold them in a single tight layer. Preheat oven to 400°. Squeeze into the sauce:
- Juice of half a lemon
Pour sauce over shrimp and cover with:
- 1/2 lb. feta, in 1/4-inch thick slices
Bake until cheese is very soft, 15-20 minutes. Squeeze over:
- Juice of remaining half of lemon
Sprinkle liberally with:
- Chopped parsley
Serve at once.
MUSSELS MARINIÈRE
Place in a pot (in order):
- 3 cloves garlic, finely chopped
- 2 or 3 sprigs of parsley
- Pinch thyme
- 2 quarts mussels, washed and bearded
- 3 or 4 tablespoons olive oil
- Good sprinkling pepper
- 1 cup white wine
Steam over a low flame, just until the mussels open, about 15 minutes. Remove mussels to a bowl, and add to the broth:
- 3 tablespoons olive oil
- Handful of chopped parsley
- Salt, if needed
Pour over the mussels and serve with French bread.

ZUPPA DI COZZE
Sauté in a casserole large enough to hold the mussels:
- 1/3 cup olive oil
- 1 1/2 teaspoon chopped garlic
When the garlic is slightly colored, add:
- 1 tablespoon coarsely chopped parsley
Stir once or twice and add:
- 1 cup canned Italian tomatoes, drained and cut up
- 1/8 teaspoon chopped hot red pepper
Cook, uncovered, at a gentle simmer for about 25 minutes, or until the tomatoes and oil separate. Add:
- 2 lbs. fresh mussels, cleaned and bearded
Cover, raise heat to high, and cook until mussels open, about 3 to 5 minutes, jerking pot occasionally to ensure even cooking. Serve over:
Slices of toasted Italian whole-wheat bread

THAI CURRY MUSSELS
Sauté until fragrant but not browned:
- 1 tablespoon vegetable oil
- 3 cloves garlic, thinly sliced
Add and sauté until translucent:
- 1 shallot, thinly sliced
Stir in:
- 2 tablespoons cilantro, chopped
- 1 tablespoon Thai curry paste (red or green)
Add:
- 2 (5 oz.) cans coconut milk
- 1 tablespoon fish sauce
Bring to a simmer. Add:
- 1 1/2 lbs. mussels, cleaned and bearded
Cover and cook until mussels open. Remove from heat and add:
- 2 tablespoons cilantro
- 1/2 Serrano chile, thinly sliced
- Juice of a lime

Poultry

CHICKEN SOFRITO
Heat in a large shallow pan over medium heat:
- 1 tablespoon vegetable oil
Add to pan, skin-side down, and sear for 4-5 minutes, until golden brown:
- 1 chicken, quartered
Season with:
- 1 teaspoon sweet paprika
- 1/4 teaspoon ground turmeric
- Salt
- Pepper
- 1 1/2 tablespoon lemon juice
Turn chicken over so skin faces up, and add:
- 1 large onion, peeled and quartered
Cover and cook for a total of 1 1/2 hours (including the time that the chicken is cooking with the potatoes). Check from time to time, adding boiling water if necessary to ensure that there is always 1/4-inch liquid in the pan. Meanwhile, heat in a medium sauce-pan over medium-high heat:
- Vegetable oil, to a depth of 1 1/4-inches
Fry, in batches, for about 6 minutes per batch (until they take on some color and crisp up):
- 1 2/3 lbs. Yukon Gold potatoes, peeled, washed, and cut into 3/4-inch dice
- 25 cloves garlic, unpeeled
Drain on paper towels and salt.
After the chicken has cooked for an hour, lift it from the pan and add the fried potatoes and garlic, stirring them with the cooking juices. Return the chicken to the pan and cook for an additional 30 minutes. The chicken should be falling off the bone and the potatoes soft and soaked. Drizzle with:
- 1 tablespoons lemon juice

RAGOUT OF CHICKEN AND ONIONS IN RED WINE
Melt in a heavy-bottomed 12-inch frying pan or casserole over moderately high heat:
- 2 tablespoons butter
- 1 tablespoon olive oil
Add to the pan and brown, turning every 20 seconds or so for about 5 minutes:
- 2 1/2 to 3 lbs. frying chicken parts, thoroughly dried
Remove to a side dish, leaving the fat in the pan. Sauté in the pan over moderate heat until fairly tender:
- 3 cups sliced onion
Then raise heat and brown slightly. Drain with a sieve. Season the chicken lightly with:
Salt & pepper

Return it to the pan. Add the browned onions and:
- 2 large cloves of garlic, puréed
- 1 imported bay leaf
- 1/4 teaspoon thyme
- 1 large ripe red unpeeled tomato, chopped, or 1/3 cup canned Italian plum tomatoes
- 3 cups young red wine (zinfandel, Mâcon, or Chianti type)

Add enough to barely cover:
- 1 or more cups chicken stock

Bring to the simmer, cover, and simmer slowly 20 minutes, or until chicken is tender when pressed.

Remove the chicken a side dish, and rapidly boil down the cooking liquid, seasoning as necessary. Strain the sauce into a pan, and whisk in:

Beurre manié (1 1/2 tablespoons each flour and softened butter blended to a paste)

It should be just thick enough to coat a spoon lightly. Wash out the casserole; return the chicken, sauce, and onions to it. Dish may be set aside or refrigerated at this point. Before serving, reheat; basting the sauce to rewarm nicely but not to overcook. Garnish with:

Fresh parsley sprigs, or chopped parsley

Serve with small steamed potatoes, rice, noodles, a fresh green vegetable, or a tossed green salad. Drink the same wine used in the dish.


**Meat**

**GRILLED MEAT**

Clean and trim:
- 1 lb. Skirt steak, lamb chops, or pork chops

Sprinkle with (a few hours before cooking if possible):
- Salt
- Pepper
  
(Dry thyme or rosemary for lamp chops or chili powder for skirt steak)

Let meat come to room temperature. Preheat grill. Grill meat for 2 minutes (skirt steak or thin lamb chops), 3 minutes (thick lamb chops or thin pork chops), or 4 minutes (thick pork chops) on each side. Let rest, covered, for 5 to 10 minutes or so before serving.

**BEETS WITH SAUSAGE AND ROSEMARY**

Fry over moderate heat until vegetables are approaching tenderness:
- 3 tablespoons vegetable oil
- 1 1/2 lb. beets, peeled and chunked
- 5 oz. carrots, halved and cut in 2 to 3 inch pieces
- 2 cloves garlic, peeled and sliced
- 3 sprigs of rosemary needles, coarsely chopped

Add:
- 14 oz. sausages, cut in thirds

Cook until sausages are nicely browned and vegetables are tender. Add:
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

SOURCE: eat, 2013

**POORK TENDERLOIN**

Preheat oven to 450°. Pat dry with paper towels:
- 1 lb. pork tenderloin

Rub with:
- Salt
- Pepper
- Rosemary
- Thyme

Brown tenderloin in a skillet with:
- Olive oil

Roast in oven until internal temperature reaches 145° (for medium), about 12-15 minutes. Let rest for 5-10 minutes, then cut into 1/2-inch slices.

**HAMBURGER STROGANOFF**

Sauté until onions are soft:
- Oil
- 1 to 2 medium onions

Add and brown:
- 1 lb. ground beef

Drain fat. Add:
- 2 tablespoons flour
- 1 (12 oz.) can Campbell’s cream of celery soup

Meanwhile, in a separate pan, sauté until tender:
- 1/2 lb. mushrooms, sliced

Add mushrooms to meat. Add:
- 1 cup or more sour cream

Serve over:
- Spätzle (above)

SOURCE: Linda Mellis

**BAKED PORK CHOPS WITH CARAMELIZED ONIONS**

Preheat oven to 350°. Sauté until brown:
- Olive Oil
- 1 medium onion, sliced into rounds

Remove to a small bowl. In the same pan, brown (about 5 minutes to a side):
- 2 thick pork chops

Transfer pork chops to a baking pan. Simmer in the same pan, until liquid is reduced by half (about 6 minutes):
- 2/3 cup chicken broth

Parsley, sage and rosemary, or other herbs

Pour over chops. Bake for about 25 minutes, then top with onions and bake for another 5 minutes.
MARINATED FLANK STEAK
Combine in a bowl:
- 1 cup vegetable oil
- 1/2 cup soy sauce
- 1/3 cup red wine vinegar
- 1/4 cup lemon juice
- 3 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- 1 teaspoon freshly ground pepper
- 1 large onion, sliced
- 1 clove garlic, minced

Place in shallow dish or bowl:
- 2 lbs. flank steak (or London broil or Tri-Tip)

Pour marinade over it, cover, and refrigerate. Marinate for 12-24 hours. When ready to cook, preheat boiler or outdoor grill. Remove meat from marinade and grill to desired doneness, basting occasionally. Cut meat on the bias into thin slices, and serve hot.

SOURCE: Make It Easy, Make It Quick, 1991

SALSA VERDE
Mash in a mortar or bowl:
- 1/2 teaspoon garlic, very finely chopped
- 6 anchovy fillets

Stir in, mixing thoroughly:
- 2 1/2 tablespoons finely chopped parsley
- 2 tablespoons finely chopped capers
- 1/2 teaspoon Dijon mustard

Stir in:
- 1/2 teaspoon red wine vinegar, if the sauce is for meat; or 1 tablespoon lemon juice, if for fish

Beat in:
- 1/2 cup (or less) olive oil

Taste and add, if necessary:
- Salt

Good with boiled meat and boiled or steamed fish.

SOURCE: The Classic Italian Cook Book, 1973

PESTO
“If the definition of poetry allowed that it could be composed with the products of the field as well as with words, pesto would be in every anthology.” —Marcella Hazan

Mash in a mortar:
- 2 cloves garlic, finely chopped

Blend the garlic with:
- 2 cups basil
- 2 tablespoons (or more) pine nuts, lightly toasted
- 1/2 cup (or more) olive oil
- 1 teaspoon salt

Stir in:
- 1/2 cup freshly-grated Parmesan cheese
- (2 tablespoons freshly-grated Pecorino Romano cheese)

SOURCE: The Classic Italian Cook Book, 1973

Vegetables
Asparagus

SAUTÉED ASPARAGUS
Sauté until browned and crisp, shaking frequently:
1 tablespoon olive oil
1/2 bunch thin asparagus
Sprinkle with:
Salt
Fresh-squeezed lemon juice
Serves two.

BOILED ASPARAGUS
Boil in salted water until tender:
1/2 bunch fat asparagus, lower halves peeled and bottom inch cut off
Sprinkle with:
Fresh-squeezed lemon juice
Serves two.

SEE ALSO
Asparagus Risotto, page 5

Broccoli

NOTE (ON BROCCOLI)
"On many distressing occasions I have seen people eat the florets and leave the stalks on the plate. They are evidently under the impression that they are choosing the more delectable part. Actually, it is just the other way around."
SOURCE: The Classic Italian Cook Book, 1973

BLANCHED BROCCOLI
Blanche in ample boiling salted water until just tender:
Broccoli, stems peeled
Rinse with cold water. Sprinkle with:
Lemon juice

ROASTED BROCCOLI
Preheat oven to 450°. Mix together:
Broccoli
Olive oil
Salt
Dried red pepper, chopped
Roast, adding, when partially cooked:
Garlic, finely chopped
Lemon zest, grated

BROCCOLI STIR FRY
Boil in salted water until almost tender:
1 bunch broccolini, stems peeled
Cut into bite-sized pieces. Sauté until garlic is fragrant:
Sesame oil
Chili oil
3–4 cloves garlic, sliced
Add broccolini and sauté for a few more minutes. Serve with:
White rice

BROCCOLI STIR FRY (JAPANESE-STYLE)
Sauté until tender but not browned:
Vegetable oil
1 onion, thinly sliced
Add and sauté for a minute or two:
2 cloves garlic, finely chopped
Add:
Bunch broccoli, stems peeled and sliced, heads separated into bite-sized pieces
Sauté for a few minutes. Add enough water to wet the pan and continue cooking until broccoli is tender. Optionally, add and cook until pink on both sides:
(Shrimp, peeled)
Add:
Soy sauce
Miso
(Sesame seeds, toasted)

BROCCOLI STIR FRY (ITALIAN-STYLE)
Sauté until tender but not browned:
Olive oil
1 onion, thinly sliced
Add and sauté for a minute or two:
2 cloves garlic, finely chopped
Add:
1 dried red pepper, chopped
Bunch broccoli, stems peeled and sliced, heads separated into bite-sized pieces
Sauté for a few minutes. Add enough water to wet the pan and continue cooking until broccoli is tender. Optionally, add and cook until pink on both sides:
(Shrimp, peeled)
Add:
Lemon juice

SEE ALSO
Broccoli and Anchovy Sauce, page 7

Carrots

ROASTED CARROTS WITH HERBS
Preheat oven to 400°. Mix:
Carrots, peeled and chunked
Garlic, peeled
Thyme or mint
Olive oil
Salt
Roast on a baking sheet until carrots are tender.

CARROT PURÉE
Boil in salted water until tender:
3/4 lb. carrots, peeled and chunked
1 clove garlic, peeled
Sauté until soft:
1 teaspoon olive oil
1/4 onion, diced fine
Crush:
- 1/4 teaspoon cumin seeds
- 1/8 teaspoon caraway seeds
Add to the onions along with the drained carrots and garlic and:
- Salt
Cook for a couple more minutes. Purée and add:
- 1 teaspoon lemon juice
  (Cilantro, chopped)
SOURCE: The Art of Simple Food, 2007

CAROTTES ÉTUVÉES AU BEURRE
Bring to the boil in a sauce-pan:
- 1 1/2 lbs. carrots, peeled and sliced into 2-inch lengths
- 1 tablespoon sugar
- 1 1/2 cup water
- 1 1/2 tablespoon butter
- 1/2 teaspoon salt
Cover and boil slowly for 30 to 40 minutes or until the carrots are tender and the liquid has evaporated.
SOURCE: Mastering the Art of French Cooking, 1961

CARAMEL CARROTS
A Mellis birthday stalwart.
Simmer in water 15 minutes:
- 16 medium carrots, sliced
Fry (adding onions when bacon is almost crisp):
- 10 slices bacon
- 1 medium onion, minced
Remove; drain. Crumble bacon; mix with carrots and onion. Stir in:
- 1 teaspoon salt
- Dash pepper
- 1/3 cup brown sugar
- 2/3 cup butter, melted
Cover. Cook 10 minutes or until sugar is melted and carrots are glazed.

SEE ALSO
Spicy Carrot Salad, page 15

Cauliflower

ROASTED CAULIFLOWER WITH OLIVES & CAPERS
Cut into 1/4-inch slices or bite-sized florets:
- 1 head cauliflower
Sprinkle with:
- Salt
- Pepper
- Olive oil
Roast at 400° until tender and browned, about 20 minutes.
Mix with:
- Juice of 1/2-1 lemon
- 1/4 cup olives, pitted and coarsely chopped
- 2 tablespoons chopped parsley

SOURCE: The Art of Simple Food, 2007

Eggplant

STEAMED WHOLE EGGPLANT
Steam for 20 to 30 minutes, until soft and somewhat shriveled (a fork should pierce it easily):
- One or more eggplants, whole
Meanwhile, mash together:
- 1/4 teaspoon salt
- Large clove garlic, pureed
Whisk in, by droplets:
- 1 1/2 to 3 tablespoons lemon juice
  (Several tablespoons of olive oil)
Quarter the eggplants lengthwise, slash the flesh, and pour the sauce over them. Sprinkle with:
- Parsley, chopped
Serve warm or let cool, basting several times with the juices.

FRIED EGGPLANT
Peel and cut lengthwise into 3/8-inch-thick slices:
- 2 to 3 medium eggplants (3 to 4 1/2 lbs.)
Set the slices upright in a pasta colander and sprinkle each layer liberally with:
- Salt
Put a soup dish under the colander to collect the drippings and let stand at least 30 minutes.
Add to a large skillet, enough to come 1-inch up the sides:
- Vegetable oil
Dry as many slices of eggplant as will fit in one layer in the skillet. When the oil is hot, slide in the dried slices. Fry to golden-brown on all sides, then transfer to a platter lined with paper towels to drain. Continue until all slices have been fried.
SOURCE: The Classic Italian Cook Book, 1973

EGGPLANT PARMESAN
Preheat oven to 400°F. Line a 10-inch square baking dish with a single layer of some of:
- 2 medium eggplants (about 3 lbs.), sliced, drained, and fried as directed for fried eggplant, above)
Top this layer with some of:
- 2 cups canned Italian tomatoes, drained, seeds removed, and coarsely chopped
Sprinkle with some of:
- Salt
- 1 whole-milk mozzarella cheese, coarsely grated
- 4 to 5 tablespoons Parmesan cheese, grated
- 1 1/2 teaspoons oregano
Continue layering eggplant, tomatoes, and cheese, ending with the last of the eggplant. Sprinkle the remaining Parmesan cheese on top, and dot with:
2 1/2 tablespoons butter
Place in the upper third of the preheated oven. After 20 minutes pull out the pan and, pressing it with the back of a spoon, check to see if there is an excessive amount of liquid. If there is, tip the pan and draw it off with the spoon. Return to the oven for another 15 minutes. Allow it to settle and partly cool before serving.
source: The Classic Italian Cook Book, 1973

EGGPLANT IN SPICY SAUCE
Soak in cold water for 5 to 10 minutes:
1 lb. 3 oz. eggplant, peeled in stripes, cut into 1-inch thick disks and quartered
Combine:
2 tablespoons soy sauce
2 tablespoons mirin
1 1/2 tablespoons (unseasoned) rice vinegar
Drain eggplant, pat dry, and deep-fry in:
Vegetable oil, deep enough to cover eggplant
Drain eggplant. Add the sauce and:
2 to 3 tablespoons finely minced leeks or scallions
1 teaspoon finely minced garlic
1 teaspoon finely minced ginger
1 to 2 red chilies, seeded and finely sliced
source: Everyday Harumi, 2009

Peppers
PEPERONI E CIPOLLE
Cook over very low heat until onions soften:
6 tablespoons olive oil
3 large sweet onions, very thinly sliced
Stir in:
1 lb. ripe tomatoes, peeled, seeded, and chopped
Salt, to taste
Cook over a brisk heat for 15 minutes. Add:
6 large sweet peppers, seeded and sliced into 1-inch wide strips
2-3 sprigs basil, finely chopped
Cook, covered, over low heat for 30 minutes, or until peppers are soft.
source: Italian Regional Cooking, 1969

POTATOES

DISGUSTINGLY RICH POTATOES
Bake at 375°F until soft (45 minutes to an hour):
6 large russet potatoes
Split potatoes lengthwise and scoop the pulp into a mixing bowl. Add:
3/4 cup (1 1/2 sticks) butter
2 teaspoons salt
1 teaspoon freshly ground black pepper
1 cup heavy cream
Mix lightly and transfer to a 9 × 9-inch baking dish. Dot with:
4 tablespoons butter
Sprinkle with: Cheddar cheese, shredded
Leaving the oven at 375°F, bake for 15 minutes.
source: The New James Beard, 1981

POTATO CASSEROLE
Boil until tender:
4 lbs. potatoes, peeled
Preheat oven to 350°F. Mash, and beat in until fluffy:
8 oz. cream cheese
1 cup sour cream
2 teaspoons salt
1/8 teaspoon pepper
1 clove garlic, finely chopped
1/4 cup chives, finely chopped
Put in baking dish and top with:
2 teaspoons butter
1/2 teaspoon paprika
Bake for 30 minutes.
source: A Taste of Oregon, 1985

TOMATOES

TOMATOES STUFFED WITH ANCHOVIES AS THEY DO IT IN MONACO
Slice off a 1/4-inch slice from the top of each of:
4 fairly-large ripe tomatoes
Scoop out the insides, leaving the sides about 3/8-inch thick. Turn tomatoes upside down on a rack to drain. Chop insides and tops.
In a small pan over medium heat sauté:
2 tablespoons butter, melted
1 medium yellow onion, peeled and chopped
Add:
12 anchovy fillets, coarsely chopped
Oil from the anchovy tin
1/4 cup packaged spiced bread crumbs (herb stuffing)
Sauté until crumbs are crispy, then add the chopped tomato and:
Handful parsley, finely chopped
1 1/2 tablespoons capers, drained
Few grinds pepper
Sauté 2 to 3 more minutes and preheat the oven to 350°F. Moisten the mixture in the pan with:
Dash or two marsala
(If it becomes too soft, add more bread crumbs.) Remove from heat and stuff tomatoes. Sauté, over medium heat:

2 tablespoons butter
1/4 cup packaged spiced bread crumbs (herb stuffing)
Stir and spread over the tomatoes. Place tomatoes in a baking dish and pour in:

Hot water, 1 1/2-inch deep
Bake in center of oven until bread crumbs are light brown, about 20 minutes.

Source: Feasts for All Seasons, 1966

Zucchini

SLICED ZUCCHINI WITH GARLIC AND TOMATO
Sauté over medium heat until pale gold:
1/2 cup thinly sliced yellow onion
2/3 cup olive oil
Add and sauté until it colors lightly:
1 1/2 teaspoons coarsely chopped garlic
Add and stir once or twice:
2 tablespoons chopped parsley
Add:
2/3 cup canned Italian tomatoes, coarsely chopped, with their juice
Cook at a steady simmer for 15 minutes. Add:
1 1/2 lb. zucchini, soaked and scrubbed or peeled, then cut into 3/8-inch thick disks
1 teaspoon salt
Pepper, 4 to 6 twists of the mill
Cook until tender at the pricking of a fork, 20 minutes or more. (Do not overcook. The zucchini should be tender but firm.)

Source: The Classic Italian Cookbook, 1973

Salads & Salad Dressings

GREEN SALAD
Mix in a medium bowl:
1/2–1 head lettuce, washed, dried, and chopped
1 spring onion or 2–3 scallions, thinly sliced
1 avocado, peeled, pitted and chopped; or 1/2 English cucumber, thinly sliced
2–3 tablespoons parsley, chopped
Sprinkle with:
Salt
Dress with:
Olive oil
Lemon juice
Red wine vinegar
Serves two.

ARUGULA & ROASTED RED PEPPER SALAD
Mix in a medium bowl:
Multiple handpuls arugula
1–2 red peppers, roasted, peeled, seeded and chopped
Goat cheese
1/2 or so shallot, thinly-sliced
Olive oil, to taste
Balsamic vinegar, to taste
Salt

ARUGULA & PARMESAN SALAD
Mix in a medium bowl:
Arugula
Parmesan cheese, shaved with a vegetable peeler
Lemon juice
Salt
Olive oil

FENNEL & MEYER LEMON SALAD
Mix in a medium bowl:
2 heads fennels, stalks removed, cut in 1/4-inch slices
1-2 Meyer lemon, cut into wedges and thinly sliced
1/4 mild onion, thinly sliced
Handful arugula, water cress, or pepper cress

SPICY CARROT SALAD
Shave into thin strips with a vegetable peeler:
Carrots, peeled
Add:
Cumin seeds
Caraway seeds
Cayenne
Olive oil
Vinegar
Cilantro or parsley
Salt

THAI CABBAGE & CARROT SALAD
Combine in a medium bowl:
1 half chicken breast, cooked and shredded
1/2 head Savoy, Napa, or green cabbage, shredded
2 carrots, peeled and shaved into strips
1/4 – 1/2 cup cilantro, coarsely chopped
1/4 Serrano chili (or so), thinly sliced
2 cloves garlic, chopped fine
1 tablespoon toasted sesame seeds
Juice of half a lime
Fish sauce, to taste
Sesame oil, to taste
Serves 2.
FALL SALAD
Toast in a pan on the stove:
Handful walnuts, coarsely chopped
Combine the walnuts and:
1/2 head red cabbage, quartered, cored, and shredded
(1/4 or so red onion, thinly sliced)
1 Fuji or other apple, quartered, cored, and
chopped
3 oz. or so creamy goat cheese, crumbled
Thin drizzle of red-wine or cider vinegar
Serves 2.

RAW BRUSSELS SPROUT SALAD
Mix in a medium bowl:
1/2 lb. Brussels sprouts, stem ends trimmed off,
halved, and sliced as thinly as possible
Juice of 1/2 lemon, or more
4–5 anchovy filets, finely chopped and scraped into a
paste
1 clove garlic, finely chopped
Salt, to taste
Pepper, generously, to taste
Olive oil, to taste
3/4 cup walnuts, lightly toasted and chopped
2 tablespoons toasted bread crumbs
Serve topped with:
Freshly grated Pecorino Romano cheese
Serves 2.
source: Six Seasons, 2017

COLESLAW
Combine:
Cabbage, cored and shredded
Onion, thinly sliced
Dress with:
Olive oil
Vinegar
Sprinkle with:
Parsley, chopped

FRISÉE & ANCHOVY SALAD
Mash w/ a mortar and pestle:
8 or so anchovy filets, chopped
1–2 cloves garlic, finely chopped
Zest of 1/2 or so lemon
Mix in:
Juice of 1/2 or so lemon
Olive oil to taste
Add dressing to:
1/2 head frisée or escarole
(1/3 English cucumber, thinly-sliced)
(1 green onion or 2 scallions, thinly-sliced)
2 tablespoons or so parsley
Serves 2.

CORN SALAD
In a large frying pan, heat over moderate heat:
2 tablespoons oil
Add:
3 cups fresh (cut from about 5 ears) or frozen corn
kernels
1/2 teaspoon salt
If using fresh corn, cook, stirring, for 5 minutes; otherwise
continue immediately. Add:
1/2 teaspoon ground cumin
Cook 1 minute longer (or longer, if corn is still cold). Trans-
fer to a large bowl and let cool.
When the corn has cooled, stir in:
1/2 cup chopped red bell pepper
1/3 cup chopped red onion
3 scallions including green tops, sliced
2 tablespoons chopped flat-leaf parsley
1 tablespoon plus 2 teaspoons lime juice
1/2 teaspoon salt
Serve at room temperature.
source: Quick from Scratch, 1996

VINEGAR SALAD
Arrange in a shallow bowl or serving dish:
Cucumbers, sliced crosswise or cubed
Tomatoes, sliced crosswise
Red onions, diced
Red or green peppers, in strips
Feta cheese
Pour over the vegetables:
Vinegar dressing (recipe follows)

VINEGAR DRESSING
Combine:
1 1/2 cup water
1 1/2 cup cider vinegar
1 1/2 teaspoon salt
1 teaspoon pepper
1/4 cup salad oil
8 tablespoons sugar
Mix vigorously.

DRESSING FOR A GREEN SALAD
“To make a good salad you need four persons: a judicious
one with the salt, a prodigal one with the oil, a stingy one
with the vinegar, and a patient one to mix it.”
source: The Classic Italian Cook Book, 1973
**Fruit**

**RAW CRANBERRY RELISH**
Grind in the Cuisinart or a meat grinder:
- 12 oz. cranberries
- 1 navel orange
- 1 cup sugar
Serve in a crystal bowl.

**Cranberry Sauce**
Boil gently until cranberries burst and cook (about 5 to 10 minutes):
- 12 oz. cranberries
- 1 cup sugar
- 1 cup water (or partially substituted with the juice from a 16 oz. can bing cherries)
- 1/2 cup (or so) dried cherries (or 16 oz. can cherries added at the last minute, in which case reduce sugar to 3/4 cup).

**FRUIT COMPOTE**
It doesn’t sound like much, but it goes fast at Thanksgiving.
Preheat oven to 300°F.
Combine in a casserole dish:
- 1 lb. prunes
- 1 package (8 oz.) apricots
- 1 can (15 oz.) pineapple chunks with juice
- 1 can mandarin oranges with juice
- 1 can (30 oz.) cherry pie filling
- 1 can (16 oz.) bing cherries with juice
- 3/4 cup good white wine
Bake 45 minutes to an hour.

**Bread**

“Nothing in the whole range of domestic life more affects the health and happiness of the family than the quality of its daily bread.” —Boston Cooking School Cook Book, 1884

**WHOLE-GRAIN BREAD**
Combine:
- 1/4 cup 105-115°F water
- 1 package (2 1/4 teaspoons) active dry yeast
Let dissolve 3 to 5 minutes. Beat together and add to the yeast mixture:
- 1 egg, beaten
- 1/4 cup butter, melted
- 2 1/2 cup lukewarm water
- 1 1/2 teaspoon salt
- 1/4 to 1/2 cup sugar, honey, or maple syrup
Add, without sifting, a mixture of:
- 4 cups whole-grain flour
- 4 cups all-purpose flour
Knead, let rise in a bowl until doubled (1 to 2 hours at 75-85°F), shape into three loaves in 9 × 5-inch pans, and let rise again. Bake in a preheated 350°F oven about 45 minutes.

**SOURCE:** *The Joy of Cooking*, 1975

**BASIC HEARTH BREAD**
In a large bowl, whisk together the sponge:
- 1 cup bread flour
- 1/4 cup whole wheat flour
- 3/8 teaspoon instant yeast (if using active dry yeast, increase to 1/2 teaspoon and dissolve in the water before mixing into the sponge)
- 1 1/4 teaspoons honey
- 1 1/3 cups water, at room temperature (70 to 90°F)
Scrape down sides and cover with a mixture of:
- 1 3/4 cups bread flour
- 1/2 teaspoon instant (or 5/8 teaspoon active dry) yeast
Cover with plastic wrap, and let sit 1 to 4 hours at room temperature. Add:
- 1 1/2 teaspoons salt
Mix in bowl until it comes together, then knead 5 minutes on a floured counter. It will be very sticky. Cover with inverted bowl and let rest 20 minutes. Knead until smooth and barely tacky, 5 to 10 minutes, sprinkling as needed with up to:
- 2 tablespoons bread flour
Turn into an oiled bowl, oil, and let rise until doubled, about an hour at 75 to 80°F. Fold in thirds twice, round corners and return to bowl. Let rise again until doubled, about 45 minutes to 1 hour.
Shape into a round: deflate and fold sides over to center, pinching together at the top; invert into one hand and alternate between hands, gradually pushing sides to the bottom and stretching the top. It should be about 6 inches across and 2 1/2 inches high. Place, covered, on a baking sheet which has been sprinkled with:
- Cornmeal
Put a baking stone on an oven rack set at the lowest level and place a sheet pan on oven floor. Preheat oven to 475°F. Let loaf rise until doubled, about 45 minutes to 1 hour and 15 minutes. The loaf should be about 8 inches across and 3 inches high.
Make six radial slashes evenly spaced about the loaf, not meeting in the center. Quickly open oven, place baking sheet with loaf on baking stone, and toss into sheet pan on oven floor:
- 1/2 cup ice cubes
Bake 10 minutes. Lower heat to 425°F and bake until bread is golden brown and a skewer inserted into one of the slashes comes out clean, about 20 to 30 minutes (temperature in the center of loaf will read about 200°F). Turn around halfway through baking. Cool completely on a wire rack before eating.

**SOURCE:** *The Bread Bible* (Beranbaum), 2003
CHALLAH
Combine and let stand 5 minutes:
- 2 package (4 1/2 teaspoons) active dry yeast
- 2 cups warm water
Stir in:
- 1/2 cup sugar
- 1 tablespoon salt
- 1/4 cup oil
- 3 eggs, slightly beaten, at room temperature
Add enough flour to make a workable dough, about:
- 6 to 7 cups flour
Knead until smooth and elastic. Turn into an oiled bowl and cover tightly with plastic wrap. Let rise until doubled, 2 hours or more. Punch down.
Divide dough in half. Divide one half into four pieces, one a little bigger than the other three. Roll each of the three smaller pieces into an 18-inch-long strand. Braid from the center out. Place on parchment paper on a baking sheet. Divide the fourth piece into three equal pieces. Roll each until 12 inches long. Braid and lay on top of the larger braid. Repeat with the other half.
Cover loaves with towels and let rise again until doubled, about 1 1/2 hours. Brush top and sides with:
- 1 egg, slightly beaten
Bake in a 325 to 350°F oven for 30 to 40 minutes.

source: Suzanne Saposnik

FRENCH BREAD
See Mastering the Art of French Cooking or The Way to Cook.

Quick Breads

MAPLE SYRUP GRAHAM BREAD
Preheat the oven to 325°F. Grease two medium (8 1/2 × 4 1/2-inch) loaf pans. If glass, reduce oven heat by 25°F. Grease pans, line with wax paper, and grease again.
In a large mixing bowl, blend together:
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup orange juice
- 2 tablespoons shortening
- 1 tablespoon grated orange peel
- 1 egg, well beaten
In a small bowl, beat:
- 4 egg yolks
Add the combined dry ingredients and stir just until the batter is thoroughly blended. Add the mixed wet ingredients and stir just until the batter is thoroughly blended.
Pour into the prepared pan and bake for about 65 to 70 minutes, or until a broom straw or skewer inserted in the center of the bread comes out clean. Remove from the oven and let cool in the pan for about 5 minutes, then turn out onto a rack to cool completely.

source: The Fannie Farmer Baking Book, 1984

CRANBERRY NUT BREAD
According to Sedina, in France any small, red, non-poisonous berries may be substituted for the cranberries.
Preheat oven to 350°F. Grease a 9 × 5-inch loaf pan.
Mix together:
- 2 cups flour
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
Stir in:
- 3/4 cup orange juice
- 2 tablespoons shortening
- 1 tablespoon grated orange peel
- 1 egg, well beaten
Mix until well blended. Stir in:
- 1 1/2 cup fresh or frozen cranberries, coarsely chopped
- 1/2 cup chopped nuts
Spread evenly in loaf pan. Bake until a toothpick inserted in the center comes out clean, about 55 minutes. Cool in rack for 15 minutes. Remove from pan; cool completely.

KONA INN BANANA BREAD
Preheat the oven to 350°F. Grease and flour a 9 × 5 × 3-inch loaf pan.
Stir and toss together:
- 2 1/2 cups flour
- 1 teaspoon salt
- 2 teaspoons baking soda
In a large bowl:
- 1 cup vegetable shortening
- 2 cups sugar
- 2 cups mashed ripe bananas (about 6 medium-sized bananas)
- 4 eggs, slightly beaten
- (1 cup chopped walnuts)
- 4 egg yolks
Combine in a medium bowl:
- 3 1/4 cups all-purpose flour
- 4 teaspoons grated lemon peel

source: The Complete Book of Breads, 1973

LEMON TEA BREAD
Daniel says you should make two of these, as one will be eaten as soon as it comes out of the oven.
Preheat oven to 350°F. Butter two 8 1/2 × 4 1/2-inch loaf pans. Cream until light and fluffy:
- 1 cup (2 sticks) butter, room temperature
- 2 cups sugar
Beat in, one at a time:
- 4 egg yolks
Combine in a medium bowl:
- 3 1/4 cups all-purpose flour
- 4 teaspoons grated lemon peel
2 teaspoons baking powder
1 teaspoon salt

Stir dry ingredients into the butter mixture, alternating with:

1 1/4 cups milk
Beat until stiff but not dry:
4 egg whites
1/4 teaspoon cream of tartar

Gently fold egg whites into batter. Divide batter between prepared pans. Bake until tester inserted in centers comes out clean, about 55 minutes.

Cool breads in pans 10 minutes. Invert onto racks. Mix until sugar dissolves:
1/2 cup sugar
1/2 cup fresh lemon juice

Pierce surface of each loaf with toothpick. Brush hot loaves with lemon syrup, allowing syrup to be absorbed. Cool completely. Can be prepared ahead. Wrap breads tightly and refrigerate 2 days or freeze 1 month. Serve at room temperature.

BLUEBERRY MUFFIN CAKES
Preheat oven to 350°F.
Cream until light and fluffy:
1/2 cup butter
3/4 cup sugar
Beat in until well-blended:
2 eggs
Mix in:
2 1/3 cups flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon nutmeg
Add:
3/4 cup milk
Fold in:
1 1/2 cups fresh blueberries

Fill greased muffin tins three-quarters full. Bake for 25 to 30 minutes or until light golden brown. Remove muffins from pans and cool slightly. For topping, roll muffins in:
1/2 cup butter, melted
1/2 teaspoon salt

Then roll in a mixture of:
3/4 cup sugar
1/4 teaspoon cinnamon

SOURCE: A Taste of Oregon, 1985

COFFEE CAKE
Whenever Mom couldn’t sleep, we’d have one of these in the morning.
Preheat oven to 350°F.
Melt in double boiler:
1/2 cup (1 stick) butter
Beat in:
2 eggs
1 teaspoon vanilla
1 cup sugar
Mix in another bowl:
2 cups sifted flour (or less if not sifted)
2 1/2 teaspoons baking powder

Sift the flour into the eggs, alternating with additions of:
1 cup milk

Pour into a greased 9-inch springform pan. Pulverize in the Cuisinart or by smashing in a plastic bag, a lot more than you think you need:
1 large handful walnuts
Sugar to taste
Some shakes cinnamon

Sprinkle over top. Bake for 30-40 minutes.
SOURCE: Shirley’s Cookbook (Kaplan)

POPOVERS
Have all ingredients at room temperature. Position a rack in the center of the oven, and preheat to 450°F. Grease a popover tin, standard twelve-muffin pan, or twelve 6 oz. custard cups. If using custard cups, dust with flour, sugar, or Parmesan cheese.

Whisk together thoroughly in a large bowl:
1 cup flour
1/2 teaspoon salt

Whisk together in another bowl:
2 eggs
1 1/4 cups milk
1 tablespoon unsalted butter, melted

Pour over the flour mixture and fold until just blended. A few small lumps may remain. Fill the cups two-thirds to three-quarters full. Fill any unfilled cups one-third full of water so the pan does not burn. If using custard cups, place apart on a baking sheet. Bake for 15 minutes, then reduce heat to 350°F and bake for 20 minutes more, until well-browned and crusty. Do not open the oven until the last 5 minutes. Serve immediately.

GOUGÈRES
These are becoming a new Thanksgiving tradition.
Preheat oven to 425°F. Boil in a 2-quart saucepan:
1 cup water
3 oz. (3/4 stick) butter
1 teaspoon salt

As soon as the butter has melted, remove from the heat and beat in:
1 cup flour

Beat over moderate heat for a minute or more, until the pastry balls up, cleans itself off the sides of the pan, and begins to film its bottom. Turn into a bowl and stir briefly to cool. Beat in, 1/4-cup at a time:
1 cup (about 5 large) beaten eggs

Pastry should just hold its shaped when lifted in the spoon. (You may not need all of the egg.) Beat in:
1 cup grated Swiss or Parmesan cheese

Spoon onto lightly-buttered baking sheets and top with more grated cheese. Bake 15 minutes, until puffed, crisp, and brown.
AEBELSKIVERS
If you don’t know what to do with the finished batter, consult an expert. I suggest Steve Ickes.
Beat:
4 egg yolks
Add:
1 tablespoon sugar
Continue beating. Combine:
1 tablespoon baking powder
1/2 teaspoon salt
2 cups flour
Combine:
1/4 cup butter, melted
2 cups milk
Alternately add the flour and milk mixtures to the yolks.
Beat until soft:
4 egg whites
Fold into batter.
SOURCE: Mary Ickes

FRENCH PANCAKES
Sift together:
1 cup flour
1/2 teaspoon salt
Beat in:
3 eggs, beaten
1 1/2 cups milk
Batter should be as thick as heavy cream. Pour a thin layer of batter into a frying pan and brown on both sides. Serve rolled up, with jam inside and powdered sugar on top, or with maple syrup poured over.
SOURCE: Settlement Cookbook, 1965

DUTCH BABIES (GERMAN PANCAKES)
Preheat oven to 450°F.
Butter bottom and sides of a cold, heavy 10-inch skillet with:
3 tablespoons butter
In a food processor, blender, or with an electric mixer, beat:
3 eggs, at room temperature
Gradually add:
1/2 cup sifted all-purpose flour
1/2 teaspoon salt
Continue to beat. Add:
1/2 cup whole milk, at room temperature
Beat until smooth. Pour batter into skillet and bake for 15-20 minutes or until golden brown. The pancake will be uneven and puffy.
SOURCE: Make It Easy, Make It Quick, 1991

Pastry Dough

CREAM CHEESE PASTRY
For two 8- or 9-inch pie crusts or one 10-, 11-, or 12-inch tart or quiche shell, or forty-eight 4-inch crescents.
Cut up in a bowl and cream:
1 (8 oz.) package non-whipped cream cheese, at room temperature
1 cup (2 sticks) lightly-sweetened butter, at room temperature
Sift in and mix only until blended:
2 cups all-purpose flour
Wrap in wax paper and refrigerate at least 30 minutes or until needed.
SOURCE: As Easy As Pie, 1984

SWEET BUTTER CRUST
Mix thoroughly in a large bowl:
2 1/2 cups flour
1 teaspoon sugar
1 teaspoon salt
Cut in or work in with fingertips:
1 1/4 cup (2 1/2 sticks) butter, chilled and cut into 1/4-inch pieces
Continue until the mixture resembles coarse crumbs with some pea-sized pieces. Do not let mixture soften and begin to clump. Work in:
1/2 cup ice water
If dough does not cohere, slowly work in until it does another:
2 to 3 tablespoons ice water
The dough should look rough. Cut in half, press each half into a round flat disc, and refrigerate at least 30 minutes, preferably for several hours, or up to 2 days before rolling. Or, the dough can be wrapped airtight and frozen for up to 6 months. Thaw completely before rolling.

SAVORY BUTTER CRUST
Stir together in a large mixing bowl:
1 1/2 cup flour
1 teaspoon salt
Cut in:
1 cup (2 sticks) unsalted butter, at room temperature
Moistening gradually with:
1/4 cup ice water
Roll dough into a ball and refrigerate at least 1 hour.
SOURCE: Feasts for All Seasons, 1966
OPEN-FACED FRESH BLUEBERRY PIE
Prepare:
Crust for a 9-inch pie
Roll out the dough and transfer to a 9-inch pie plate. Cover loosely and refrigerate at least 1 hour (at most 24 hours). Preheat the oven to 425°F. Line the pastry with parchment paper (not wax paper, it may smoke) and fill with rice or dried beans. Bake 20 minutes. Remove paper and rice or beans. Prick with a fork and bake 5 to 10 minutes or until the crust is pale golden. Check after 3 minutes and prick any bubbles that have formed.
Cool three minutes, then brush with:
1 egg white, lightly beaten
Measure out the softest 1 cup from:
4 cups blueberries
Place in a medium saucepan with:
1/2 cup water
Cover and bring to a boil. Meanwhile, whisk together:
2 tablespoons water
2 tablespoons cornstarch
When the blueberries have come to a boil, lower the heat and simmer, stirring constantly for 3 or 4 minutes or until the blueberries start to burst and the juices begin to thicken. Stirring constantly, add the cornstarch mixture and:
1/2 cup (or a bit less) sugar
1/2 teaspoon lemon juice
1/8 teaspoon salt
Simmer for a minute or until the mixture becomes translucent. Immediately remove from the heat and quickly fold in the remaining 3 cups blueberries. Spoon into the baked crust and let cool at least 2 hours. (Keeps for up to 2 days at room temperature.)

source: The Pie and Pastry Bible, 1998

APPLE PIE
Prepare:
Sweet Butter Crust, above
Roll half the dough into a 13-inch round, fit it into a 9-inch pie plate, and trim the overhanging dough. Brush with a blend of:
1 egg white
1 tablespoon water
Refrigerate. Roll the other half of the dough to a 12-inch round and refrigerate.
Position a rack in the lower third of the oven and preheat to 425°F.
Peel, core, and slice 1/4-inch thick:
2 1/2 lbs. apples (5 to 6 medium-large), preferably Golden Delicious, Gala, Fuji, Newton Pippin, Greenling, Winesap, Spy, or Jonathan, but not Granny Smith
There should be about 6 cups. Sprinkle with:
1 tablespoons lemon juice
3/4 cup dark brown sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1/8 teaspoon salt
Let stand 15 minutes, stirring occasionally. Pour into the bottom crust, and dot with:
2 tablespoons butter, cut into small pieces
Cover with top crust, seal, and cut steam vents. Sprinkle with:
2 teaspoons raw sugar
1/8 teaspoon cinnamon
Bake for 30 to 45 minutes, or until the fruit feels just tender when poked with a knife and thick juices have begun to bubble through the vents. (Alternatively, after 25 minutes, slip a baking sheet under pie and lower heat to 325°F; pie should be done in about 30 to 45 more minutes.) Cool completely on a rack, 3 to 4 hours.

QUICK APPLE DUMPLINGS
Peel, core, and thinly slice:
2 lbs tart stewing apples, preferably Greenlings
Spread slices in a cold frypan.
Blend:
1/2 to 3/4 cup dark-brown sugar
1/2 teaspoon cinnamon
Set frypan over medium-low heat and let apples “sweat” for 2 minutes. Then sprinkle the cinnamon-sugar mixture over the apples, followed by:
1 1/2 tablespoons lemon juice
1/2 cup sweet apple cider or sweet wine
Dot with:
2 tablespoons sweet butter
Turn up heat and bring liquid quickly to a boil, then turn down heat to gentle bubbling. Carefully place on top (kept well apart):
1 tube (6 to 8) ready-to-bake buttermilk biscuits
Immediately cover and keep gently simmering until biscuits have puffed to slightly brown dumplings and apples have mushed to a thick, golden brown sauce, usually in 25 to 35 minutes.

To serve, place a dumpling in the center of each plate, then cover with apple sauce. More sugar and lemon juice may be sprinkled over the pile, to personal taste.

**SOURCE:** *Feasts for All Seasons*, 1966

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**SWISS APPLE TART**

Melt in a heavy skillet:

- 4 tablespoons butter

Add and cook very gently until just tender but not falling apart:

- 5 to 6 cooking apples, peeled, cored, and thickly sliced

Add:

- 1 teaspoon vanilla extract
- 1/8 teaspoon mace

Carefully transfer to a:

- 9 inch pastry shell, partially baked in a 425°F oven for 10 minutes

Beat together until light, creamy, and lemon-colored:

- 2 eggs
- 1/2 cup sugar

Stir in:

- 1 cup heavy cream

Pour over the apples and bake in a 350°F over until the custard has set and the crust is golden, about 30 minutes. Serve warm with mace-flavored whipped cream.

**SOURCE:** *James Beard’s T&PoGC*, 1977

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**LEFSA**

Combine:

- 2 cups Idaho potatoes, peeled, cubed, boiled, drained well, and riced or mashed
- 2 heaping tablespoons butter
- 1 cup flour
- 1 teaspoon salt

Form into balls and refrigerate (takes quite a while). Take out each ball, roll into as thin a circle as possible, and cut in quarters. Bake on an ungreased pancake griddle at medium-high. Flip over when bottom has brown speckles; it’s done when both sides are speckled. Spread with:

- Butter
- Sugar
- Cinnamon

Roll up. Eat when cool enough to touch.

**SOURCE:** Josephson family

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**Cake**

**JOLENE WORTHINGTON’S CHOCOLATE VELVET CHEESECAKE**

Crush to the consistency of meal:

- 1 package (8 1/2 oz.) chocolate wafer cookies

Add and mix well:

- Pinch salt and cinnamon
- 1/2 cup melted butter

Press mixture firmly into a 9-inch springform pan and chill 30 minutes.

Meanwhile, preheat oven to 350°F. Melt in a double boiler:

- 12 oz. semi-sweet chocolate

Remove from heat. Beat until fluffy:

- 1 1/2 lbs. cream cheese, at room temperature
- 1 cup sugar

Add, one by one:

- 3 eggs

Add melted chocolate and:

- 2 tablespoons butter, melted
- 2 cups sour cream
- 1 teaspoon vanilla

Pour over crust. Bake 45 to 60 minutes until sides are firm. Cool; then chill in pan overnight.

**CHOCOLATE BREAD**

**PREPARATION TIME:** approximately 45 minutes.

Preheat oven to 350°F. Either grease, line with parchment or wax paper, grease again, and flour a 8 × 4 × 2 1/2-inch loaf pan (4 cups); or grease and flour any 6-cup loaf or fluted tube pan.

In a medium mixing bowl, whisk together until smooth:

- 3 1/2 tablespoons unsweetened, Dutch-pressed cocoa
- 3 tablespoons water, boiling

Allow to cool to room temperature and lightly whisk in:

- 1 1/2 teaspoons vanilla
- 3 large eggs

In a large mixing bowl, blend:

- 1 1/4 cups sifted cake flour
- 6 tablespoons sugar
- 3/4 teaspoons baking powder
- 1/4 teaspoon salt

Add half the chocolate mixture and:

- 13 tablespoons unsalted butter, softened

Mix until the dry ingredients are moistened; then another minute to aerate. Gradually add the remaining chocolate mixture in two batches.

Scrape the batter into the prepared pan. Bake 50 to 60 minutes in a loaf pan or 40 to 50 minutes in a tube pan; or until a wooden toothpick inserted into the center comes out clean. Tent loosely with buttered foil after 25 minutes to prevent overbrowning. The cake should start to shrink from the sides of the pan only after removal from the oven.

For an attractive split in a loaf pan, quickly make a 6-inch cut down the center of the cake about 20 minutes into baking.

Serve with powdered sugar or jam.
EAST 62ND STREET LEMON CAKE
Preheat oven to 350°F. Mix together:
3 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
In another bowl, cream:
1/2 lb. (2 sticks) butter
Beat in:
2 cups sugar
Beat in, one at a time:
4 eggs
Alternatively add the dry ingredients (in three additions) and (in two additions):
1 cup milk
Stir in:
Freshly-grated rind of two lemons
1/2 tablespoon lemon extract (optional)
Bake in a greased bundt pan or 9 x 3 1/2-inch tube pan for 50 to 60 minutes (or until a cake tester comes out clean).
Let stand three minutes, then remove from pan. Poke lots of holes in the top of cake with a wooden skewer, then brush with a mixture of:
1/3 cup lemon juice
3/4 cup sugar

CHOCOLATE ICEBOX CAKE
Line a 10-inch spring-form pan with:
36 ladyfingers, dipped in sherry or other liquor
Melt in a double boiler:
1 lb. sweet Baker's chocolate
Blend in:
8 tablespoons boiling water
Remove from heat and beat in, one at a time:
8 egg yolks
Add:
8 tablespoons powdered sugar
Vanilla
Fold in:
8 stiffly beaten egg whites
2 cups whipping cream, whipped
Refrigerate.

CHOCOLATE DOMINGO CAKE
Preheat oven to 350°F.
In a medium bowl whisk together until smooth:
12 oz. best bittersweet chocolate
Let it cool slightly. Cream together:
1/4 cup unsalted butter, softened
1/2 cup sugar
Gradually beat in:
4 large eggs, beaten
Pinch of salt
Add:
1 teaspoon vanilla
1/3 cup all-purpose flour
Scrape in the cooled chocolate and blend until smooth. Divide the batter between the six custard cups, quickly whip the baking sheet out of the oven, arrange the little cups on it and replace in the oven. Cook for 10 minutes. As soon as you take them out of the oven, tip onto small plates or shallow bowls. Serve with cream, whipped cream, crème fraîche, custard or ice cream.
The batter can be prepared ahead and refrigerated in the custard cups. Allow two extra minutes of cooking time.

CHOCOLATE OBLIVION TRUFFLE TORTE
“Would you like to lick my plate, Oren?”
Preheat the oven to 425°F (218°C). Butter an 8-inch springform pan (at least 2 1/2 inches high), line the bottom with parchment or wax paper, and butter again; wrap outside of pan with a double layer of heavy duty foil.
Melt in a double boiler:
1 lb. (450 g.) bittersweet chocolate
1 cup (2 sticks = 1/2 pound = 225 g.) unsalted butter
In a double boiler, stir constantly until just warm to the touch:
6 large eggs
Remove from the heat and beat with a whisk until triple in volume and and soft peaks form when the whisk is raised, about 5 minutes. Fold half of the eggs into the chocolate mixture until almost incorporated. Fold in the remaining eggs until just blended and no streaks remain.
Scrape into the springform pan, and set it in a 10-inch cake pan or roasting pan. Surround with 1 inch very hot water. Bake 5 minutes. Cover loosely with a piece of buttered foil and bake 10 minutes. (The cake will look soft, but this is as it should be). Let cool 45 minutes.
Cover with plastic wrap and refrigerate until very firm, about 3 hours. Serve with whipped cream and raspberry sauce (below), or stir 2 tablespoons liquer into the melted chocolate mixture and serve with crème anglaise flavored with the same liquer.

CHOCOLATE MOLTEN BABYCAKES
Preheat oven to 400°F, putting in a baking sheet at the same time. Grease six 6 oz. custard cups. Melt:
12 oz. best bittersweet chocolate
Let it cool slightly. Cream together:
1/4 cup unsalted butter, softened
1/2 cup sugar
Gradually beat in:
4 large eggs, beaten
Pinch of salt
Add:
1/2 cup + 3 tablespoons unsweetened cocoa
(Dutch-processed) or 1/2 cup nonalkalized cocoa such as Hershey's
2/3 cup sour cream
2 large eggs
1 1/2 teaspoons vanilla
In a large mixing bowl, combine:
1 1/2 cups + 1 tablespoon sifted cake flour
1 cup sugar
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
Mix on low speed for 30 seconds to blend. Add half the cocoa mixture and:

14 tablespoons unsalted butter, softened
Mix on low speed until the dry ingredients are moistened. Increase to medium speed (high speed if using a hand mixer) and beat for 1 1/2 minutes to aerate and develop the cake’s structure. Scrape down the sides. Gradually add the remaining cocoa mixture in two batches, beating for 20 seconds after each addition to incorporate the ingredients and strengthen the structure. Scrape down the sides. Scrape the batter into the prepared pan and smooth the surface with a spatula. The will be about half full. Bake 30 or 40 minutes or until a tester inserted near the center comes out clean and the cake springs back when pressed lightly in the center. The cake should start to shrink from the sides of the pan only after removal from the oven. Let the cake cool in the pan on a rack for 10 minutes. Loosen the sides with a small metal spatula and invert onto a greased wire rack. Reinvert so that the top is up and cool completely before wrapping airtight.

source: The Cake Bible, 1988

LINDA MELLIS BIRTHDAY CAKE, OR, HEART ATTACK ON A PLATE
Preheat oven to 350°F.
Bake in two greased heart-shaped pans (about 20 to 25 minutes):

Modified Nestle Toll House Chocolate Chip Cookies (below), made with 3 cups flour
Frost with:
Sour-Cream and Chocolate Frosting (below)

ROSIE’S FAMOUS CHOCOLATE SOUR-CREAM CAKE LAYERS
Preheat oven to 345°F.
Lightly grease two 8-inch layer cake pans with vegetable oil or butter, or line them with parchment circles or inserts.
Melt in the top of a double boiler placed over simmering water:

4 oz. unsweetened chocolate
Sift together into a large mixing bowl:
2 cups sugar (if using sweetened chocolate, halve the sugar)
1 1/2 cups sifted all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt

In a separate bowl, blend with a whisk:
1 cup hot strong brewed coffee or 5 teaspoons instant coffee powder dissolved in 1 cup hot water
1/2 cup sour cream, at room temperature
1/2 cup vegetable oil

With the mixer on low speed, add the coffee mixture in a stream to the dry ingredients and mix until blended about 35 seconds. Stop the mixer to scrape the bowl several times with a rubber spatula. Add one at a time:

2 large eggs, lightly beaten with a fork, at room temperature
Mix on medium-low speed after each addition until smooth, about 15 seconds. Scrape the bowl each time. Add the chocolate and mix until the batter is uniform in color, about 10 seconds more. It will be runny. Divide the batter evenly between the prepared pans and place them on the center rack of the oven. Bake until the cake springs back to the touch and a tester inserted in the center comes out dry (do not wait for a crust to form), 35 to 38 minutes. Cool the layers in a pan on a rack before frosting.

source: Rosie’s Baking Book, 1991

CARAMEL CAKE
Preheat oven to 375°F. Grease and flour two 8-inch cake pans.
Mix together, then sift into a large mixing bowl:

2 cups cake flour
1 1/4 cups sugar
2 1/2 teaspoons baking powder

Beat in:
1/2 cup (1 stick) unsalted butter, softened
Alternately beat in:
1 cup milk
2 large eggs

Beat in:
1 teaspoon vanilla
1/2 teaspoon rum flavor (extract)

Beat for 5 minutes.
Pour batter into prepared pans. Bake until cake springs back when touched in center, about 25 minutes. Cool on wire rack for 10 minutes. Remove from pans; cool completely on wire rack.

Ice with:
Caramel Icing, below

GÂTEAU BRETON
For Wayne Andersen, author of Gauguin’s Paradise Lost (and many other works).
Preheat oven to 325°F. Grease and flour a 9-inch springform pan. Mix in a medium bowl:

2 cups flour
1/4 teaspoon salt (or maybe more)

Cream together in a large bowl:
1 cup sugar
1 cup (two sticks) butter, softened

Beat in, one at a time:
6 egg yolks

Beat in:
1 1/4 teaspoon vanilla extract
Mix in:
1/2 cup hazelnuts, toasted, husked, and coarsely pulverized

Mix in the flour in two additions, being careful not to overbeat.
Scrape into the pan and level. Glaze with a mix of:
- 1 egg yolk
- 2 teaspoons milk
With a fork, inscribe three parallel sets of lines, then repeat at about a 60 degree angle to the first group. Bake for 30 to 45 minutes or until a deep golden brown and the cake springs back when pressed lightly.

**Cookies, Brownies & Candy**

**MADELEINES**
_Sedina and I made these in my swanky Quark Due suite when she came to visit me in Milan (bringing a madeleine pan from Paris)._ 
Mélanguez dans une terrine:
- 200 g. farine
- 1 cuillère à café de levure alsacienne
- 1 pincée de sel
Mélanguez avec:
- 200 g. sucre
Creusez un puits, cassez et battez-les au centre et melangez:
- 3 gros œufs
Beurrez les alvéoles de deux plaques à madeleines. Dans une casserole, faire fondre:
- 100 g. beurre
Incorporez le beurre dans la pâte ainsi que:
  (Parfum: fleur d’oranger, rhum ou anise)
  (Gocce di cioccolato fondente)
Remplissez la moitié des troux sur la moule (important). Faites cuire pendant 8 minutes précisément. Cette recette donne à peu près 50 madeleines.
Note: Pour des Plum Madeleines, faites préparer la pâte dans la meme façon. Coupez quelques prunes dans des lamelles fines 1/4-inch. Après quatre minutes de cuisson, mettez les lamelles fermement dans chaque madeleine. Recommencez la cuisson jusqu’à la fin.
_Source: R.M. Marsial_

**MINT BROWNIES**

**CHOCOLATE BASE**
Preheat oven to 350°F. Cream:
- 1/2 cup butter
- 1 cup sugar
Successively mix in:
- 4 eggs
- 1 teaspoon vanilla
- 1 (16 oz.) can Hershey’s chocolate syrup
- 1 teaspoon salt
- 1 cup flour
Bake in a greased 9 × 13-inch pan for 30 minutes. Cool.

**MINT LAYER**
Beat together:
- 1/2 cup butter, softened
- 2 cups powdered sugar
- 3 to 4 tablespoons crème de menthe
Spread over the cool chocolate base.

**FROSTING**
Melt in a double boiler:
- 6 oz. chocolate chips
- 6 tablespoons butter
Spread over mint layer.

**LEMON BARS**

**CRUST**
Grease a 9-inch square baking pan. Line with two perpendicular pieces of foil, with overhanging edges. Grease the foil.
Pulse in a food processor with metal blade:
- 1 1/4 cup all-purpose flour
- 1/2 cup confectioners’ sugar
- 1/4 teaspoon salt
Add and process to blend, 8 to 10 seconds:
- 8 tablespoons (1 stick) butter, at very cool room temperature, cut into 1-inch pieces
Pulse until the mixture is pale yellow and resembles coarse meal, about three 1-second pulses. (Or by hand: grate butter into flour mixture, toss, and rub.) Sprinkle the mixture into pan, and press firmly. Refrigerate for 30 minutes. Bake in the middle of a 350°F oven until golden brown, about 20 minutes.

**LEMON FILLING**
About 10 minutes before crust is finished precooking, successively whisk together:
- 7 large egg yolks
- 2 large eggs
- 1 cup plus 2 tablespoons sugar
- 2/3 cup lemon juice from 4 to 5 medium lemons
- 1/4 cup lemon zest, finely grated
- Pinch salt
Transfer to a saucepan and add:
- 4 tablespoons unsalted butter, cut up
Cook over medium-low heat stirring constantly, until it thickens to a thin saucelike consistency and is 170°F, about 5 minutes. Immediately strain and stir in:
- 3 tablespoons heavy cream
Immediately pour into the warm crust. Bake until the filling is shiny and opaque, and the center 3 inches jiggle slightly when shaken, about 10 to 15 minutes. Cool to room temperature, about 45 minutes, and serve.
_Source: American Classics, 2002_

**CHEWY BROWNIES**
“He baked you chocolate brownies because you had period pains?” “We didn't have any gin.”
Preheat over to 350°F (175°C). Cream well:
- 1/2 cup (115 g.) butter
- 1 cup (220 g.) sugar
Beat in, one at a time:
2 eggs

Add:
- 1/2 teaspoon vanilla
- 3/8 cup (50 g.) cocoa
- 1/2 cup (60 g.) flour
- (1 cup chopped walnuts)
- 1/4 teaspoon salt

Bake in a greased 8-inch square pan (9 × 13-inch pan for a double recipe) for 20 to 30 minutes. Cut in squares when cool and dust with powdered sugar.

CHOCOLATE COOKIES
Melt in a double boiler:
- 4 oz. dark chocolate (75% cocoa)
- 1 tablespoons butter

Beat in a mixing bowl until very thick and creamy (about five minutes):
- 1 eggs
- 1/4 cup + 2 tablespoons sugar
- 1/4 teaspoon vanilla

Add the chocolate mixture and stir until smooth.
Mix in another bowl:
- 2 tablespoons + 1 teaspoon flour
- 1/4 teaspoon five spice powder
- 1/4 teaspoon instant coffee, ground

Fold into the cookie mixture. Then fold in:
- 1 oz. white chocolate, coarsely chopped
- 1 oz. dark chocolate (75% cocoa), coarsely chopped

Spread onto parchment paper and roll into a cylinder of about 1 1/2-inches in diameter. Freeze until solid (1 to 2 hours). Unwrap and cut into disks 1/2-inch thick. Bake on cookie sheets covered with parchment paper, 10 minutes at 350°. Makes about 20 cookies.

HOLIDAY MINTS
These are like Play-Do, but good.
Mix:
- 1/3 cup light corn syrup (Karo)
- 1/4 cup butter, softened
- 1/2 teaspoon salt
- 1 teaspoon peppermint extract
- 1 lb. (4 cups) powdered sugar
- Food coloring
Shape dough into small balls and flatten them. Place on wax paper and dry overnight.

Frozen Desserts

CARAMEL ICE CREAM
Make caramel (recipe below) with:
- 1 1/2 cups sugar
- 1/3 cup water

When cool, stir in:
- 1 1/2 cups milk

Caramel will harden; reheat slowly over low heat until it melts. Let cool and stir in:
- 1 1/2 cups cream
- 1/2 teaspoon vanilla extract

Freeze in an ice cream machine.

LEMON SORBET
Simmer until sugar dissolves:
- 2 1/2 cups water
- 2 1/2 cups sugar

Cool to room temperature. Add:
- 1 cup fresh lemon juice
- (1 tablespoon lemon zest)

Freeze in an ice cream machine.

JOAN’S FROZEN LEMON MOUSSE

CRUST
Butter the sides only of a 8 × 3 inch springform pan. Mix thoroughly:
- 1 (12 oz.) box vanilla wafers, finely crumbled
- (about 3 1/4 cups)
- 1/2 cup (1 stick) unsalted butter, melted

Press the crumb mixture onto the sides, then the bottom, of the pan.

FILLING
Beat until pale:
- 4 egg yolks

Beat in at high speed for a minute or two:
- 1/4 cup sugar

On low speed, gradually add and beat until smooth:
- 1/2 cup fresh lemon juice

Stir in:
- Finely grated rind of 3 or 4 lemons
Desserts & Puddings

Tiramisu
Serves six.
Prepare:

4 small cups strong coffee

Add:

50 grams sugar

Let cool. Successively beat together:

2 egg yolks
100 grams sugar
250 grams mascarpone

Beat until stiff:

2 egg whites
Pinch salt

Fold a little at a time into the yolks. Cover a dish with half of:

200 grams lady fingers, both sides lightly dipped in coffee

spread with half the cream and lightly dust with:

Unsweetened cocoa

Top with the remaining lady fingers, the rest of the cream, and a generous sprinkling of cocoa. Chill for at least two hours.

Steamed Chocolate Pudding

Melt in a double boiler and let cool:

2 squares (2 oz.) bitter (unsweetened) chocolate

Mix in a medium bowl:

2 cups pastry (cake?) flour
1 heaping teaspoon baking powder

Beat together in a large bowl:

1 scant cup (i.e. less than two sticks) butter
1 cup sugar

Beat in the yolks of:

2 eggs, separated

Beat in the chocolate and:

1 teaspoon vanilla

Add the flour alternately with:

1 cup milk

Beat the egg whites and fold in. Grease very well a 3 pint steamed pudding mold. Pour in batter. Steam for 1 1/2 hours. Serve with hard sauce (recipe below).

Source: Shirley’s Cookbook (Henie Klein)

Bread Pudding
Combine in a bowl:

1 1/2 cup warm milk
100 grams left-over bread (about half a baguette), cut into small pieces

Work together with hands until the bread dissolves and the mixture resembles a paste. Add:

3 egg yolks
1/2 tablespoon butter
1/2 cup sugar
1/2 cup raisins, tossed with a bit of flour to prevent clumping
1 teaspoon vanilla
3 egg whites, beaten to soft peaks

Next, make a caramel in the pudding pan. Add:

4–5 tablespoons (or so) sugar

Cook over low heat, turning constantly so as to cover the whole pan. Stop when the sugar turns brown and thickens. Use lots of sugar, as the pudding will absorb it.

When the caramel is ready, pour the pudding into the pan, and bake, in a water bath, at about 300°F. Cook for approximately 30–40 minutes, or until brown and a toothpick inserted into the center comes out clean. Cool for a bit. While still warm, loosen the edges with a fork, then invert onto a plate, and leave until it drops. If necessary, make more caramel to pour on top.

Source: Christy Pinendo

Chocolate Mousse
This mousse does not fully congeal; that part which does, however, is delicious.

Sir and scald in a saucepan over low heat:

2 cups milk
1/4 cup sugar
3 oz. grated chocolate

Pour part of these ingredients over:

4 beaten egg yolks

Return the sauce to the pan. Stir the custard constantly over low heat until it thickens. Strain it. Cool by placing the pan in cold water. In a separate bowl, whip until stiff:

3/4 cup heavy cream

Add:

1 teaspoon vanilla
(2 tablespoons brandy)

Fold the cold custard into the whipped cream mixture until it is well blended. Fill custard cups with the pudding. Chill thoroughly before serving.

Source: The Joy of Cooking, 1971

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In a clean bowl, beat until soft:

4 egg whites
Pinch of salt

Gradually add:

3/4 cup sugar

Beat until thick and marshmallow-like, but not stiff.

Whip until it holds a shape but is not stiff:

1 1/2 cup heavy cream

In several additions, fold the yolks into the whites. Then, also in several additions, fold the eggs into the cream.

Turn into the prepared pan. Freeze for a few hours, then cover airtight and freeze overnight or up to 2 weeks. Serve with raspberry sauce (below).

Source: Maida Heatter’s New Book of Great Desserts, 1982
MERINGUES
Preheat oven to 350°F.
Whip until stiff:
- 9 egg whites
- 3 cups sugar
- 1 tablespoon vinegar
Scoop onto parchment-lined baking sheets (do not use wax paper, it may burn and discolor meringues; do not use aluminum foil, it will stick to meringues). Adjust oven to 275°F. Bake for approximately 20 minutes, swapping sheets front-to-back and top-to-bottom after 10 minutes. Meringues are done when they are crispy on top and can be peeled off the parchment paper in one piece.
SOURCE: Shirley’s Cookbook

Frostings & Dessert Sauces

7-MINUTE FROSTING
That takes at least 10 minutes to make.
Combine in the top half of a double boiler:
- 2 egg whites
- 1 1/2 cups sugar
- 1 tablespoon light corn syrup
- 1/3 cup water
Beat on high (hard), for 1 minute, then put over boiling water and beat on high for 7 minutes. Remove pan from heat. Add:
- 1 teaspoon vanilla
Beat two minutes more.
SOURCE: Josephson family

SOUR-CREAM AND CHOCOLATE FROSTING
Melt over a double boiler:
- 2 cups semi-sweet chocolate chips
Let cool. Stir in:
- 1 cup sour cream (at room temperature)

CARAMEL ICING
Mix in medium-sized saucepan:
- 1/2 cup (1 stick) unsalted butter
- 5 oz. evaporated milk
- 1 cup dark brown sugar
Cook slowly until mixture bubbles slightly and sugar dissolves. Remove from heat; cool slightly. Stir in:
- 1 teaspoon vanilla
Stir in, 1/2 cup at a time, until mixture is spreading consistency:
- 4 cups confectioners’ sugar, or as needed

AUNT IRIS’S HOT FUDGE
Melt in a double boiler:
- 4 oz. baker’s chocolate
- 1/8 lb. (4 tablespoons) butter
Stir in:
- 1 cup sugar
- 1/2 cup milk
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla
Cook for 1 hour, stirring occasionally.

RASPBERRY PUREE & SAUCE
Making this is a pain-in-the-ass, but it tastes amazing.
In a strainer suspended over a deep bowl, thaw completely:
- 2 (12 oz.) bags of frozen raspberries (with no sugar added)
(To speed thawing, place in an oven with a pilot light.)
Press the berries to force out all the juice. There should be 1 cup.
In a saucepan (or in a microwave on high power) boil until the juice is reduced to 1/4 cup. Pour it into a lightly-oiled heatproof cup.
Puree the raspberries in a blender. Push them through a fine-mesh strainer to remove the seeds. This may take a while. You should get 1 liquid cup puree. Stir in the raspberry syrup and:
- 2 teaspoons lemon juice, freshly squeezed
Measure, and add half of its volume in sugar, about:
- 2/3 cup sugar
Stir until the sugar dissolves.
SOURCE: The Cake Bible, 1988

BASIC CHOCOLATE SAUCE
Melt in a double boiler:
- 4 oz. unsweetened chocolate
Stir in:
- 1 cup granulated sugar
- 1/8 teaspoon salt
- 1 tablespoon butter
Gradually add:
- 1 cup cream
Place top of double boiler directly on heat and stir constantly for 4 or 5 minutes until the sauce thickens slightly. Do not boil.
Remove from heat and stir in:
- 1/2 teaspoon vanilla
- (2 tablespoons liquor)
Serve hot or warm.
SOURCE: Maida Heatter’s Book of GCD, 1978

CARAMEL
Bring to the simmer in a heavy 6-cup saucepan:
- 1 cup sugar
- 1/3 cup water
Remove from heat and swirl until the sugar is fully dissolved and the solution clear.
Cover the pan tightly and boil several minutes over moderately high heat, peeking occasionally after the first minute. Boil until the bubbles are thick. Uncover and continue boiling, swirling gently. When the solution turns a light brown, remove from the heat and continue swirling as the caramel darkens. Quench in a large pot of:

*Cold water*

Remove shortly after the water ceases steaming; if the caramel cools too long it will solidify.

**SOURCE:** *The Way to Cook*, 1989

**CARAMEL SAUCE**

Prepare and cool, but do not allow to solidify:

*Caramel (above)*

Stir the caramel while slowly adding:

1 cup heavy cream

This will congeal the caramel. Simmer, stirring, over moderate heat until it dissolves. Remove from heat and add:

*Pinch salt*

2 teaspoons vanilla

Serve hot or cold. Store in the refrigerator.

**SOURCE:** *The Way to Cook*, 1989

**DARK CARAMEL GLAZE**

Melt in a saucepan over medium heat:

1/2 cup (1 stick) butter

Stir in:

1/4 cup evaporated milk

Stir in until thoroughly dissolved:

1 cup brown sugar

Bring to a boil. When thickly bubbling throughout and a skin begins to form, remove from heat and stir in:

1 teaspoon vanilla

Let cool somewhat, and pour over cakes or ice cream.

**SOURCE:** Linda Benjamin

**CRÈME ANGLAISE**

Beat until pale yellow and forms the ribbon:

4 egg yolks

1/2 cup sugar

Very gradually beat in:

1 3/4 cup milk, boiling

Pour into a saucepan and stir constantly over moderate heat until the sauce thickens just enough to coat the spoon with a light, creamy layer. Do not let it come anywhere near the simmer (or above 165 °F). Beat it off the heat for a minute or two to cool it. Strain through a fine sieve and beat in:

1 tablespoon vanilla, or 1 teaspoon vanilla and 1 tablespoon run, kirsch, cognac, orange liquor, or instant coffee

**SOURCE:** *Mastering the Art of French Cooking*, 1961

**HARD SAUCE**

Mix:

1 egg, well-beaten

1 cup powdered sugar

Flavor with:

*Vanilla, orange juice, any whiskey (or any kind of rum)*

*Grated orange rind*

Put on ice or in icebox overnight. When ready to serve add:

1 cup whipping cream

**SOURCE:** Shirley’s Cookbook (Hennie Klein)

**To Try**

*I haven’t made these yet.*

**MELANZANE CONSERVATE A CRUDO**

Cover the bottom of a 3-cup pickling jar (with an opening large enough to push your fist through) with a layer of:

2 1/4 lbs. eggplant (the long skinny variety), washed in cold water, stems removed, cut into pieces 3 inches long, and sliced lengthwise as thin as possible (less than 1/4 inch thick)

Top with one or two of:

2 dozen mint leaves, washed and shaken as dry as possible

A piece of:

5 or 6 small, hot, fresh, red peppers, about 2 1/2 inches long and 1/2 inch thick, washed, stems removed, and cut into 1-inch lengths

A bit of:

6 cloves garlic, peeled and mashed

Sprinkle with:

*Salt*

Repeat, sprinkling salt over each layer of eggplant. As you build up the layers, press them hard toward the bottom of the jar with your fist or fingers. You will soon see that the eggplant sheds water.

When you have used up all the ingredients, place a narrower, taller jar or tumbler into the pickling jar, bottom first. Then turn the two jars upside down over a bowl and put a weight on top of them. Let stand 24 hours. After 24 hours, invert, remove the narrower jar, and pour in:

1 cup red-wine vinegar

Put back the narrower jar, invert, and put back the weight. Let stand for 12 hours. Invert, remove the narrower jar, and pour in (enough to cover amply):

*Olive oil*

Cover the pickling jar tightly and refrigerate.

**SOURCE:** *Marcella’s Italian Kitchen*, 1986
**SPAGHETTINI CON LE COZZE**

Heat in a covered pot over medium-high heat:

- 3 lbs. *live mussels*, bearded and scrubbed

When they open, transfer to a bowl, and pour the juices into another bowl. Detach the meat from each shell, swish it lightly in the juice, and put it in a small clean bowl. Strain the juice through paper towel.

Sauté over medium-high heat:

- 1/3 cup olive oil
- 4 teaspoons garlic, chopped

When the garlic is a pale gold, add:

- 1 1/2 cup canned *Italian peeled plum tomatoes*, drained and cut up into large pieces

Stir and add the mussel juice, turning the heat up to high.

When the juice has boiled away, add the mussels and:

- 4 tablespoons parsley, chopped
- 1/2 teaspoon hot red pepper, chopped

Stir once or twice, correct for:

- Salt

and turn off the heat.

Boil and then toss with the sauce:

- 1 lb. *spaghettini*

Source: *Marcella’s Italian Kitchen*, 1986

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**SPAGHETTINI CON PANE, ACCIUGHE, E OLIVE**

Sauté over medium-high heat:

- 1/2 cup olive oil
- 3 garlic cloves, peeled

When garlic becomes a very light brown, remove it and turn the heat down to low. Let heat subside for 20 to 30 seconds, then add:

- 6 flat anchovy fileys, chopped very fine to a pulp

Cook, mixing steadily, until anchovies dissolve. Turn the heat up to medium and add:

- 1/4 cup fine dry, unflavored *bread crumbs*, toasted in a pan

Cook 4 to 5 minutes, stirring frequently. Remove from heat and stir in:

- 2 to 2 1/2 dozen black Greek-style olives (not Kalamata), pitted and processed or chopped by hand very fine to a pulp

Boil and toss with the sauce:

- 1 lb. *spaghettini*

Optionally add:

- (Thin trickle of raw olive oil)

Source: *Marcella’s Italian Kitchen*, 1986

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**SMELTS FRITTI ALLA MODA DELLE SARDE**

Cut off and discard the heads of:

- 20 smelts, about 10 to 12 inches long

With a scissors, cut the belly open from head to tail. With your fingers, scoop out the intestines and other loose matter. Beginning at the tail, slip your thumbnail under the bone and slide it toward the head end, loosening the bone from the flesh. Repeat under the other side of the bone. The central (with the belly) bones should now be attached only to the tail; snap it off. Open the fish flat.

After boning and butterflying all the fish, rinse them under cold water and dry with paper towels.

Heat in a frying pan, enough to come 1/2 to 3/4 inch up the side:

- Vegetable oil for frying

When the oil is hot, dredge each fish, one by one, in:

- 1 cup flour, spread on a plate

Shake off excess flour and slip into the pan, skin side up. Fry the fish until one side becomes colored a light nut brown (less than 1 minute) then turn and fry on the other side for about 40 to 60 seconds. Drain on paper towels, then sprinkle with:

- Salt

Serve with:

- Lemon wedges

Source: *Marcella’s Italian Kitchen*, 1986
Staples
OIL & VINEGAR, ETC.
Olive oil
Vegetable oil
Red-wine vinegar
Mustard

VEGETABLES
Potatoes
Onions
Shallots
Garlic
Lemons
Parsley
Rosemary, thyme, basil, mint, etc.
Dried red (arbol) chiles

DAIRY
Butter
Eggs
Milk
Greek yogurt
Parmesan cheese

PANTRY
Salt
Black pepper
Rice, long-grain
Rice, risotto
Spaghettini
Penne rigate
Chicken broth, canned
Tomatoes, canned
Black beans, canned
Cannellini beans, canned

SPICES
Paprika
Cayenne

JAPANESE
Sushi rice
Soy sauce
Dashi powder (or bonito flakes and konbu)
Mirin
Sake
Rice vinegar
Miso
Sesame seeds

TROPICAL
Limes
Cilantro
Serrano or jalapeño chiles
Scallions

Measures & Conversions

VOLUME
1 gallon = 4 quarts
1 quart = 2 pints
1 pint = 2 cups
1 cup = 16 tablespoons
1 cup = 8 fluid oz.
1 tablespoon = 3 teaspoons

BUTTER
1 stick = 8 tablespoons = 1/2 cup = 1/4 lb. = 113 g.

FLOUR
all-purpose: 1 cup = 110–120 g.

SUGAR
1 cup = 200–225 g.

TEMPERATURE
°F  °C
150 = 66
175 = 79
200 = 93
225 = 107
250 = 121
275 = 135
300 = 149
325 = 162
350 = 176
375 = 191
400 = 204
425 = 218
450 = 232
475 = 246
500 = 260