

# 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 vinegar*
- 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*

Add tomatoes, onions, and:

*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 or vegetable 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*

Add:

*2 tablespoons parsley, chopped*

Stir a couple of times, then 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*

## LENTIL SOUP

Combine:

*9 cups water*

*5 vegetable bouillon 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

## 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*

*2 tablespoons ground cumin*

*2 tablespoons chili powder*

*2 tablespoons salt*

*1 tablespoon black pepper*

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*

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:

*3 1/2 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. When done, remove from heat and add:

*1 tablespoon butter*  
*1/3 cup freshly grated Parmesan cheese*  
*Salt, to taste*

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:

*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

### 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*

Add and stir well:

*(2 bay leaves)*

*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.

SOURCE: *How Cooking Works*, 1981

### 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 still 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 teaspoon 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.

SOURCE: *The New York Times Cookbook*, 1961

# 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:

### Lemon wedges

SOURCE: *Chicago Tribune*, August 13, 1992

### 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 pepper 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.

SOURCE: *The Way to Cook*, 1989

### 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.



SOURCE: *Feasts for All Seasons*, 1966

## 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.

SOURCE: *James Beard's New Fish Cookery*, 1976

## 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*

SOURCE: *The Classic Italian Cookbook*, 1973

## 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*

Serves two.

SOURCE: *The Food Lab*, 2014

# 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*

SOURCE: *Jerusalem*, 2012

## 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 chicken with 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.

SOURCE: *The Way to Cook*, 1989

## 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 lamb 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

### PORK 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°F. 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

## Sauces

### CAPER RAISIN VINAIGRETTE

Let stand in a small bowl for 30 minutes:

- 1/3 cup golden raisins*
- 2 tablespoons and 1 teaspoon balsamic vinegar*

Blend successively in a food processor:

- 3 cloves garlic, peeled*
- 3 tablespoons capers*
- 2 oz. can of anchovies*
- 3/4 cup parsley*

Blend in the raisins. Whisk in:

- 1/3 cup olive oil*

SOURCE: *Six Seasons*, 2017

### 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

## 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

## HOLLANDAISE SAUCE

Beat in a saucepan or double-boiler until thick and sticky:

- 3 egg yolks*

Beat in:

- 1 tablespoon cold water*
- 1 tablespoon lemon juice*

Add:

- 1/2 tablespoon cold butter*

Place over very low heat or barely simmering water and stir with a whisk until it thickens into a smooth cream. This will take only a minute or two or less. If they thicken too quickly remove from heat and plunge the pan into a bowl of cold water. The egg yolks have thickened enough when you can begin to see the bottom of the pan between strokes and the mixture forms a light cream on the whisk. Remove from heat and beat in:

- 1/2 tablespoon cold butter*

Slowly beat in:

- 3/4 to 1 cup (1 1/2 to 2 sticks) butter, melted*

Omit the milky residue at the bottom of the pan. Season with:

- Salt & pepper*
- Lemon juice*

Keep warm over a pan of lukewarm water, but *not* on a burner.

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

## 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*

*1 tablespoons capers, rinsed and chopped*  
*(Olive oil)*

Serves two.

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.

SOURCE: *The Way to Cook*, 1989

### 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

#### POTATOES WITH A SOY DRESSING

Boil until cooked:

*1 1/4 lbs. (about 4 medium) potatoes, peeled and quartered*

Drain. Heat over low heat:

*1 1/2 to 2 tablespoons soy sauce*

Add potatoes and simmer for a while, stirring frequently.

Stir in:

*1 tablespoon butter*

SOURCE: *Everyday Harumi*, 2009

## 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 breadcrumbs 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*

*(4 to 6 fresh basil leaves)*

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 handfuls 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*

SOURCE: *The Art of Simple Food*, 2007

#### 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 cup basil, coarsely chopped)*

*1/2 shallot, thinly sliced*

*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.

SOURCE: *The Settlement Cookbook*, 1945

## 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).

SOURCE: Linda Mellis

## 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*
- 2 cups whole wheat flour*

In a small bowl, beat:

- 2 eggs, at room temperature*

Blend in:

- 1 1/2 cups buttermilk, at room temperature*
- 1/2 cup sour cream, at room temperature*
- 1 1/4 cups maple syrup*

Beat the egg mixture into the flour mixture and stir well. Pour the batter into the loaf pans. Bake about 1 hour, or until a toothpick inserted into the center of a loaf comes out clean.

SOURCE: *The Complete Book of Breads*, 1973

## 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)*

Add the combined dry 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

## 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 muffings from pans and cool slightly. For topping, roll muffins in:

1/2 cup butter, melted

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 cup 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.

SOURCE: *The Joy of Cooking*, 1997

### GOUGÈRES

*These are becoming a new Thanksgiving tradition.*

Preheat oven to 425°. 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.

SOURCE: *The Way to Cook*, 1989

## 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.

SOURCE: *The Joy of Cooking*, 1997

## 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

# Pies & Pastries

## 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 teaspoon lemon juice*

*Pinch 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 APPLES

*Look & Cook: Perfect Pies and Tarts:* Granny Smith or Jonathan

*The Great American Pie Book:* Granny Smith

*Maida Heatter's Book of Great American Desserts:* Granny Smith, Jonathan, Winesap, Cortland

*Baking in America:* Cortland, McIntosh, Crispin, Empire, and Ginger Gold

*Baking Illustrated:* Granny Smith and McIntosh

*As Easy As Pie:* Greenings, Jonathans, Cortlands, or Granny Smith

*Rosie's Baking Book:* Granny Smith, Cortlands, or McIntosh

*101 Apple Recipes:* McIntosh, Jonathan, Northern Spy, Idared, Rome Beauty, Wealthy, Winesap

*The Chicago Tribune Cookbook:* Granny Smith and McIntosh

## 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.

SOURCE: *The Joy of Cooking*, 1997

## 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 mashed 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

### 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 oven 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

### 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

## 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-processed 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.

SOURCE: *The Cake Bible*, 1988

### 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*

SOURCE: *Maida Heatter's Book of Great Desserts*, 1979

### CHOCOLATE ICEBOX CAKE

Line a 10-inch spring-form pan with:

*36 ladyfingers, dipped in sherry or other liquer*

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.

SOURCE: *Shirley's Cookbook*

### MOLTEN CHOCOLATE 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 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.

SOURCE: *How To Be a Domestic Goddess*, 2001

### 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 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.

SOURCE: *The Cake Bible*, 1988

### CHOCOLATE DOMINGO CAKE

Preheat oven to 350°F.

In a medium bowl whisk together until smooth:

*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:

*1 1/4 tablespoons unsalted butter, softened*

Mix on low speed until the dry ingredients are moistened. Increase to medium speed (high speed if using a hand mixture) 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 spring-form 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 over-beat.



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).*

Mélangez dans une terrine:

200 g. farine  
1 cuillère à café de levure alsacienne  
1 pincée de sel

Mélangez avec:

200 g. sucre

Creusez un puits, cassez et battez-les au centre et mélangez:

3 gros oeufs

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 trous 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 même 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 oven 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.

SOURCE: *The Family Meal*, 2011

## MODIFIED NESTLE TOLL HOUSE CHOCOLATE CHIP COOKIES

Preheat oven to 375°F.

Combine in small bowl:

2 to 2 1/4 cups (250 g.) all-purpose flour  
1/4 to 1/2 teaspoon baking soda  
1 teaspoon salt

Beat in large mixer bowl until creamy:

1 cup (2 sticks = 225 g.) butter, softened  
1/2 cup (125 g.) granulated sugar  
1 cup (200 g.) packed brown sugar  
1 teaspoon vanilla

Add one at a time, beating well after each addition:

2 eggs

Gradually beat in flour mixture. Stir in:

2 cups (12 oz. = 340 g.) or more semi-sweet  
chocolate morsels

Drop by rounded tablespoon onto greased baking sheets. Bake for 9 to 11 minutes or until golden brown; reversing top-to-bottom and front-to-back after 4 or 5 minutes. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

## 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.

SOURCE: *Viva il Gelato*, 1984

## 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.

SOURCE: *Il Gelataio Super*

## 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

In a clean bowl, beat until soft:

*4 egg whites*  
*Pinch of salt*

Gradually add:

*3/4 cup sugar*

Beat until thick and marshmallowlike, 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

## 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 marscapone*

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

## 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.

## RASBERRY 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 building, 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 rum, kirsch, cognac, orange liqueur, 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. spaghetti*

SOURCE: *Marcella's Italian Kitchen*, 1986

### 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. spaghetti*

Optionally add:

*(Thin trickle of raw olive oil)*

SOURCE: *Marcella's Italian Kitchen*, 1986

### 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