



Tuttle Lake Cook Book



Tuttle Lake Cookbook Summer 1996

Tuttle Lake was our summer house in the summer of 1996 in Swarthmore, consisting mostly of Charles Danforth, Courtenay Dunn, Cameron Geddes (that's me), Tom Kornack, Sonya Smallets, and Eric Studer. We were also graced with guest stays by Molly Jacobs, Emily Mott, and Robert Richardson and the company of many friends in the ville including Jenn Koermer.

There are many wonderful things about living communally with a group of friends. Good company, cheap rent, an endless supply of things to do (the photo above was taken in the aftermath of the first and last Annual Tuttle Lake Piñata Slaughter) just start the list.

At Tuttle Lake, perhaps one of the greatest benefits (and certainly one we spent a lot of time perfecting) was the food we cooked for one another in our huge kitchen. Whether it was a Thai feast for 16, with everyone pitching in, or just making up some Ramen (with a few condiments of course...), we ate very, very well, and cooking was one of the things we most enjoyed doing with each other.

During the summer, we each tried to write down the recipes we made up or used, so that everyone could have a copy. Of course people didn't exactly get around to it right on time, and then it was senior year, which is how it comes to be fall of 1997 when I am typing up the cookbook from the summer of 1996. But at last, here it is. I gave up on trying to find a way to organize it, so it's here in the order that people wrote things down. I tried to be as true as I could in transcribing people's scribbblings, so let's hope it worked without too many hitches.

I always smile at the memories of that summer when I make any of these things, and I hope you will too.

Cameron



(Cartoon © G.B. Trudeau)



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Contents

Contents

Poorman's Pasta	1
Jelf (West African peanut soup)	2
Vegetarian Enchiladas & Rice	3
Peach Pie	4
Chili con Carne con Corn	5
Corn Bread	6
Kung Pao Chicken	7
Emily's meal, June 14	
Pear Soup	9
Skillet Bread	10
Thyme - Carrot Pasta	11
Jenn's Birthday Feast	
Satay - Thai meat skewers	13
Taeng Kwa Brio Wan - relish for satay	14
Pa Nang Curry	15
Pad Thai - traditional Thai noodles dish	16
Spice Cake	17
Southwestern Stir Fry	19
Home Made Pasta	20
Parsley Soup	21
Eros Bread	22
Basil Stir Fry	23
Tarragon Salad	23
Cranberry Chicken	24
Sweet Potato Casserole	24
Italian Spaghetti Dinner	25
Russian Meal	
Piroshki - Meat pastries	27
Rye Bread	28
Black Bread	29
Borsch - Cabbage Stew	30
Mu Shu Vegetables	31

Pierogie Feast	32
Chinese Steamed Dumplings	33
Pasta Putanesca	34
Oatmeal Crisps	35
Medieval Dinner	
Lombard Chicken Pasties	37
Braised Spring Greens	38
Piment (spiced wine)	38
Cherry Pottage	39
California Rolls	41
Sweet and Sour Beef	42
Spicy Thai Ginger Beef	43
Spicy Broccoli	44
Fondue Feast	45
Pizza!	47
Stir Fried Ramen	48
Sunday Morning	49
Georgian Dinner	
Stuffed Grape Leaves	51
Buckwheat Groats w/ Mushroom & Onion	52
Georgian Cheese Bread	53
Broccoli Rice Casserole	55
Mint Brownies	56
Honey Mustard Chicken	57
Rosemary Garlic New Potatoes	58
Brandied Chicken	59
Parmesan Rice	60
Perky Lima Beans	60
Refrigerator Cake	61
Meat Pie	62
Pastitsio	63



Poor Man's Pasta

by Tom Kornack

A very simple pasta sauce.

- 2 pkgs. bow tie pasta
- 1 large can of stewed whole tomatoes cut in 1/2" pieces
- 2 large green onions cut in 1" long pieces
- 4 cloves Garlic, chopped
- 1/2 tsp red pepper flakes
- 1 tbsp olive oil

Heat the oil in a large saucepan. Add garlic, pepper flakes; cook until garlic browns. Add onions and cook until soft, using a bit of water if needed to help cook them (reduce heat first to avoid sputtering). Add tomatoes, with about half of the liquid in the can. Cook down and serve over cooked pasta.



Jelf

(West African Peanut Soup)

by Courtenay Dunn

- 2 C chopped onions
- 1 tbsp vegetable oil
- 1/2 tsp cayenne (to taste)
- 1 tsp or more fresh grated ginger
- 1 C chopped or grated carrot
- 2 C sweet potatoes, or one each sweet and regular potatoes cut in about 1/2" cubes
- 4 C water
- 2 C tomato juice
- 1 C peanut butter
- 1 C chopped scallions or chives, as garnish

Sauté onions in oil until translucent. Add cayenne and ginger, then carrots, then potatoes and water. Cover, bring to a boil, then reduce heat and simmer 15 minutes. Add tomato juice, and mix in blender until fairly smooth. Return to pot, mix in peanut butter, add garnish and serve.

This recipe serves about 3 as a main meal.



Veggie Enchiladas & Rice

by Cameron Geddes
(by way of the Dorn Family)

2 bunches celery
3-4 large carrots
2 large onions
chili powder to taste
2 packets taco seasoning
cumin to taste (lots!)
2-3 cans refried beans
1 can tomato sauce
1 packet enchilada sauce mix
10 large flour tortillas

2 C rice
salsa
med. can stewed tomatoes
1/2 lb sharp cheddar cheese, grated

Enchiladas:

Dice vegetables in 1/4" pieces. Place in large sauce pan with about 3 C water, spices, taco seasoning. Boil, stirring periodically, until the water evaporates and the vegetables are soft. Mix enchilada sauce mix with tomato sauce and cook according to packet directions. Roll enchiladas in a large baking dish, making each one with equal parts beans and veggie mix. Cover with enchilada sauce and grated cheese. Bake at 350 degrees for about 10-15 minutes.

Rice:

Cook the rice using the juice from the tomatoes in place of part of the water. Cook the stewed tomatoes, salsa, and some chopped onion if desired, with the rice. Serve with enchiladas.

Serves about 5.



Peach Pie

by The Other

Crust:

1/2 C shortening
1 1/2 C flour
1/2 tsp salt

Filling

1 egg
2 tbsp flour
2/3 C sugar
1/3 C melted butter
cut fresh peaches (enough to fill pie plate)

Make dough by cutting shortening into flour and salt with a pastry blender. Add enough water to make a ball of crumbly dough. Roll out and place in 9" pie plate. Do not over-handle.

Place peaches in pie plate, and pour blended butter, sugar, etc., over them. You may cover the top with strips of extra dough. Bake at 400 degrees 15 min. then reduce to 300 degrees for 50 min. longer.



Chili Con Carne Con Corn

by Charles Danforth

vegetable oil
1 chopped onion
1 lb ground beef
1 + clove crushed garlic
1 can kidney beans
2 + cups crushed tomatoes
1 - 2 C corn
1 - 2 tbsp chili powder
add salt and paprika to taste

Cook onions, garlic, and meat using a small amount of oil in a large skillet. Drain fat. Add other ingredients and simmer about 1 hour until thick. Charles also likes to add various other meats like hard salami.



Corn Bread

by Jane Ciacciarelli

1 1/2 C flour
1 C yellow corn meal
2 tsp baking powder
1 C sugar
1 1/2 C milk
1/2 C oil

Mix dry ingredients. Add wet ingredients all at once and mix thoroughly. Bake in an 8x8" pan at 375 degrees for about 50 min.



Kung Pao Chicken

by Charles Danforth

12 oz cubed chicken
sliced ginger root
2-3 bunches sliced green onions
1 C peanuts, unsalted
2 cloves garlic
vegetable oil
marinade: 1 tbsp sherry and 1 tsp corn starch (marinade)

Sauce (pre-mix these ingredients together)

1/4 C water
1/4 C soy sauce
4 tsp corn starch
1 tbsp sugar
1 tsp vinegar
hot pepper sauce to taste

Place chicken in marinade sauce to sit for about 15 minutes. Cook ginger and garlic in oil over high heat. Add chicken and marinade sauce and cook until done. Move to the side. Add green onions and peanuts. Mix like crazy, add the rest of the sauce, and simmer about 2 minutes. Serve over rice.

Serves 2-3.

Emily's Meal



Pear Soup

by Emily Mott

Amounts listed are per serving- multiply by the number you wish to serve.

1/2 C vanilla yogurt
1/2 C cored, peeled, pears
1/2 tsp ginger, freshly grated
1 tsp lime juice

Combine ingredients in blender, blend until smooth. Serve with honey on top.



Skillet Bread

by Emily Mott

3 tbsp corn oil
1 tsp chili powder
1 clove garlic, minced
3/4 C flour
3/4 C blue cornmeal
2 tsp baking powder
3 tbsp grated cheddar cheese
2 tbsp coarse chopped sunflower seeds
1/2 C diced onions
1/4 C diced sweet green peppers
3/4 C milk
1 tsp honey
1 large egg

Heat chili peppers and garlic in oil, cool. Mix dry ingredients, then add wet ingredients, garlic, and peppers. Mix. Pour into oiled skillet (make sure your skillet is oven-safe). Bake at 400 degrees for 25 minutes.



Thyme Carrot Ravioli

by Emily Mott

-
- 1 tbsp red wine vinegar
 - 2 cloves garlic, minced
 - 1 lb package frozen cheese ravioli
 - 1 tbsp olive oil
 - 2 C shredded carrots
 - 3/4 C dried thyme

Cook 1 clove garlic, carrots, and thyme in oil. Add 2 tbsp water and steam a few minutes. Cook pasta in water with the other garlic clove and vinegar. Serve ravioli with carrot mixture.



Jenn's Birthday Feast



Satay

by Courtenay Dunn

1 lb Beef, chicken, or pork- sliced into thin strips 1/2" x 1/2" x 2"

Marinade

- 2 cloves garlic, mashed
- 1/2 onion, chopped
- 1 tbsp palm or brown sugar
- juice of 1 lime
- 1/2 tsp tamarind pulp dissolved in 2 tbsp hot water
- 1 tbsp vegetable oil

Sauce

- 8 tbsp crunchy peanut butter
- 1 onion finely chopped
- 1 cup thick coconut milk (opaque)
- 1 tbsp palm or brown sugar
- 1 tsp red chili powder
- 1 stalk fresh lemon grass, finely chopped
- 1 tbsp fish sauce
- 1 tbsp dark sweet soy sauce

Combine marinade ingredients and blend until smooth. Thread meat onto skewers and immerse for 30-60 minutes in marinade. Cook skewers in oven on high broil or over a grill. Combine and boil sauce ingredients, then reduce heat and simmer a few minutes. Serve skewers with sauce and relish (next recipe!).



Tang Kwa Brio Wan

(relish for Satay)

by Eric Studer

2 large cucumbers, peeled, halved lengthwise and sliced thinly

- 1 small red onion, sliced thinly
- 1/2 tsp dried red chili flakes
- 4 tbsp granulated sugar
- 1/2 C water
- 5 tbsp white vinegar
- 1/2 tsp salt

Place cucumber, onion, and chili flakes in a mixing bowl. In a saucepan, heat and dissolve sugar in water. Remove from heat and add vinegar and salt. Pour this mixture over the vegetables. Mix. Serve in small bowls with Satay.



Pa Nang Curry

by Tom Kornack

1 lb beef or chicken cut in thin 2" strips
panang curry paste
4 - 5 kaffir lime leaves
2 tbsp fish sauce
1 tbsp sugar
1 1/2 cans unsweetened coconut milk
2 onions, chopped (optional)
2 red peppers, chopped (optional)

Cook meat in a small amount of vegetable oil. Cook vegetables similarly. Heat coconut milk in a wok, never allowing it to boil. Add lime leaves, fish sauce, curry and sugar. Add vegetables and meat, removing any juices that resulted from cooking. Simmer several minutes and let sit for at least 20 minutes to blend flavors. The curry is often best after having set for several hours. Tom recommends that you buy the curry paste which comes in tins at an asian market, as it is usually milder and more flavorful. Most asian grocers stock the ingredients listed here.



Pad Thai

by Tom Kornack

1/2 C vegetable oil
6 cloves garlic, finely chopped
1 C thinly sliced cooked pork or small cooked butterflied shrimp
1 tbsp granulated sugar
3 tbsp fish sauce
3 tbsp tamarind paste
2 eggs, beaten
3/4 lb (3 hanks) cooked rice vermicelli or rice noodles. Soak in hot water about 15 min. to cook until soft but al dente.
1 C bean sprouts

Garnish

1 tbsp dried shrimp powder
2 tbsp peanuts, chopped
1/2 tsp dried red chili flakes
2 green onions, finely chopped
2 tbsp coriander leaves, chopped
2 limes sliced in thin circles

All ingredients should be prepared ahead, since cooking must be quick to avoid having the noodles become mushy.

Heat oil in a wok, and fry garlic until golden brown. Add and cook shrimp and/or pork. Add sugar, tamarind, and fish sauce. Add eggs and mix thoroughly until cooked through. Add noodles. Toss and stir until coated with sauce. Add bean sprouts, and cook only slightly before removing from heat and serving. Top with garnish.



Spice Cake

by Molly Jacobs

Cake:

Sift together:

- 2 C flour
- 1 tsp cinnamon
- 1 tsp powdered cloves
- 1/2 tsp allspice
- 1/2 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder

Beat in gradually:

- 2 eggs, then
- 1 C sugar
- 2 tbsp molasses

Add and mix in:

- 1 C sour or butter milk
- 2/3 C oil

Spoon into two 8 or 9" square greased baking dishes. Bake 25 min. at 375 degrees.

Caramel Frosting:

Melt 1/2 C butter in a small pan. Add 1/2 C brown sugar, cooking and stirring on low heat until the sugar melts and mixes. Add 1/4 C milk and 1 tsp vanilla. Add additional milk slowly until spreadable. Spread on finished cake and allow to cool.



Southwestern Stir-Fry

by Charles Danforth

Stirfry:

cooking oil
sliced sweet pepper
corn kernels
3-6 sliced green onions
2 lbs crumbled ground beef, browned and drained
red pepper flakes

Sauce:

2 C salsa, 4 tsp corn starch

Vehicle:

6 tortillas cut in wedge shaped pieces and baked until crisp

Cook vegetables until they are tender - crisp. Add cooked meat, sauce. Cook until flavors are blended, adding red pepper to taste. Serve with tortilla chips and shredded cheese.

Serves about 4



Home Made Pasta

by Tom Kornack
with assistance from many

1 egg
1 C flour (approx.)
1/2 tsp salt
basil or other spice to suit

Beat salt into egg. Add spices. Slowly add flour until stiff. Use no water. Flatten very thin. Cut into thin Linguini, hang on laundry drying rack. Multiply recipe as desired.

Sauce:

Combine and heat olive oil, 1 chopped fresh tomato, and pine nuts. Serve over pasta.

Serve with Eros bread.



Parsley Soup

by Cameron Geddes &
Tom Kornack

1 tbsp canola oil
2 C minced parsley
3 whole cloves garlic
2 tbsp crushed sesame seeds
1/4 tsp chili powder
1/4 tsp dried thyme
1 C flour
2 C vegetable broth
2 C skim milk
shaved carrot (as garnish)
ground black pepper to taste

Heat the oil in a saucepan on medium heat, then add parsley, garlic, seeds, and chili powder. Cook over medium heat till garlic is clear. Sprinkle in thyme and flour, and mix well. Add stock slowly while stirring. Cook until slightly thickened. Stir in milk and heat but don't boil. Pour into bowls and garnish with shaved carrot and pepper.

A triple recipe served with Eros bread serves about 4-6.



Eros Bread

by Cameron Geddes &
Tom Kornack

2 large Italian breads
8-10 sprigs Rosemary leaves (fresh!)
1 bunch green onions, chopped fine
1 - 2 C olive oil

Cook rosemary and green onions until soft in the oil over low heat. Rip out the centers of the breads (keeping the shells as intact as possible) and stir fry in the oil. Then replace the centers in the crusts and baste with more oil. Bake 10 min. at 375F.



Basil Stir Fry & Tarragon Salad

by Cameron Geddes

Stirfry:

- 2 C couscous
- 4 C water
- 1/3 C canola oil
- 2/3 lb ground beef
- 1 lg. green pepper, sliced
- 2 medium carrots, sliced
- 2 medium or 1 large onion, diced
- 3 tsp dried basil
- 1-2 tsp Dijon mustard
- 4 tbsp red wine vinegar
- 10 oz spinach, washed

In a saucepan, boil water, add couscous, set aside. Heat oil in a wok and brown meat. Add vegetables except spinach and cook 2-3 minutes. Add basil, mustard, vinegar, and mix thoroughly. Reduce heat, toss spinach on top, cover and steam 4-5 minutes. Serve on couscous.

Salad:

Combine 1/4 C olive oil, 3 tbsp red wine vinegar, 3 tbsp water, 2 tbsp fresh tarragon, 2 tbsp finely minced parsley, 1 clove garlic, 1/2 tsp Dijon mustard and a pinch of brown sugar. Blend well, and serve over endive greens, green pepper, and celery.



Cranberry Chicken & Sweet Potato Casserole

by Sonya Smallets & Robert Richardson

Cranberry Chicken:

- 2 C dried cranberries
- 12 skinless boneless chicken breasts
- 4 tbsp butter
- 2/3 C chopped shallots
- 6 tbsp honey

Pour 3.5 C boiling water over the dried cranberries and set aside to rehydrate. Trim the chicken breasts, and pound to uniform thickness.

Heat 1/2 of the butter in a large frying pan, and cook the chicken over medium high heat until golden brown, about 2 minutes per side (turn once). Add extra butter as needed to prevent sticking. Reduce heat to medium low, add the shallots, and stir-fry for 30 seconds. Add the cranberries with the soaking liquid, raise the heat to high and boil for 2 minutes. Stir in the honey and boil until chicken is cooked through yet still moist. Serve chicken with sauce.

Sweet Potato Casserole:

- 3 C mashed yams (= 2 large cans or 6 C uncooked pieces)
- 1/4 C sugar
- 2 beaten eggs
- 1 tsp vanilla
- 1/4 C melted butter

- 1/3 C flour
- 1/3 butter
- 1 C brown sugar
- 1 C walnuts

Beat together 1st 5 ingredients and spread in a 13 x 9 baking dish. Mix remaining ingredients and spread over the top. Bake until hot and browned. Served 8 when served with about 1 lb of peas.



Italian Spaghetti Dinner

by Courtenay Dunn
(from family recipes)

Spaghetti Sauce:

- olive oil
- 1 large onion, finely chopped
- 4 large cloves fresh garlic, minced
- basil (up to 1/4 C)
- 1/4 tsp pepper
- salt to taste
- 1/4 C grated cheese
- 1 large can (28 oz) crushed tomatoes, drained
- peppers or mushrooms optional

Sauté onions and garlic in oil until transparent at medium heat, adding onions first. Add peppers and sauté a couple of minutes more, if desired. Add other ingredients, simmer uncovered for 20 minutes or as long as possible (allow to thicken). Taste and adjust. Serve over pasta.

Meatballs:

- 1 lb hamburger
- 1 egg
- 3/4 C bread crumbs (flavored variety are good)
- large pinch of grated cheese
- garlic powder
- chopped onion
- olive oil

Mix ingredients except oil together. Heat 1" of oil in a skillet over medium heat. Form mixture into 1" balls and cook in oil, turning frequently until browned all over and cooked through. Take out and drain on paper towels. Add to sauce.

Chervil Vinaigrette: (Ok- so this part's French, guys)

Combine 1 tbsp Dijon mustard, 2 tbsp red wine vinegar, 1 tbsp minced shallots, 3 tbsp chopped Chervil (or parsley), 1/3 C olive oil, and 2 tbsp water. Salt and pepper to taste. Serve over greens.

Russian Meal



by Cameron Geddes
with everyone's help



by Cameron Geddes
with everyone's help

dough:

- 7 C flour
- 1 tsp salt
- 2 C butter
- 2 eggs
- 1 C sour cream

Filling:

- 2 small onions, minced
- 4 tbsp butter
- 2 lb ground beef
- 2 tsp flour
- 4 hard-boiled eggs, chopped
- 2 uncooked eggs

Sift flour into a bowl. Cut in butter until mixture looks like small peas. Combine eggs and sour cream, and moisten flour mixture with this. Knead dough, roll it out, and cut into 4 " rounds 1/8 " thick.

Sauté onion in butter, add meat, and cook. Season with salt and pepper, sprinkle with flour. Cook 2 minutes longer. Cool and mix in chopped eggs.

Assemble by putting a dab of meat in a dough piece, moistening the edges, and folding over to seal. Use a fork to crimp the edges. Brush uncooked egg on top. Bake at 375F for 15 minutes.

- 3 C rye flour
- 1/3 C brown sugar
- 3 tsp salt
- 1 tbsp dried orange peel
- 1 tsp soda
- 2 pkg. active dry yeast
- 1 C buttermilk
- 1/4 C molasses
- 1/4 C shortening
- 1 C warm water
- 4 C white flour

Combine dry ingredients. In a saucepan, combine moist ingredients and heat until warm. Add to dry ingredients and beat until moistened (3 minutes or so with an electric mixer). Knead on a floured board until smooth. Place in a greased bowl, cover with cloth, and allow to rise for about an hour, or until doubled in size. Punch down, shape into loaves, and place in 9x5" pans. Cover, and let rise again about 1/2 hour or until doubled in size again. Bake at 350F for 45 minutes.



by Cameron Geddes
with everyone's help

2 C rye flour
3 generous cups white flour
2 C fresh toasted bread crumbs
1/4 C sweet cocoa (no milk)
1/2 tsp fennel seeds
1/4 tsp ground ginger
1 tsp salt
2 tbsp caraway seeds
1/2 stick butter
1/4 C molasses
4 pkgs. active dry yeast
1/4 C strong coffee
2 C warm water

Combine dry ingredients except yeast in a bowl. Combine other ingredients in sauce pan and warm until melted. Combine moist ingredients with 1/2 of dry ingredients, then add dry until solid. Knead on a floured board. Form into a ball and place in covered greased bowl, rolling the dough to cover it with oil, and allow to rise for 1 hour or until doubled in size. Split into 2 round loaves and place on a corn meal coated cookie sheet. Let rise 1/2 hour further. Cut a cross in the top of each loaf, and bake 30 minutes at 375F. Baste with egg and bake 10 minutes more or until a skewer comes out clean.

Note- the dough is done rising when it retains a mark from being poked with a finger.



by Cameron Geddes
with everyone's help

4 medium tomatoes
8 tbsp butter
2 C finely chopped onions
4 cloves garlic, peeled and chopped
2 lb beets, grated coarsely
1 stalk celery
1 tsp sugar
1/2 C red wine vinegar
2 tsp salt
4 qt beef stock & 2 lb boiled stew meat (see below)
2 lb boiling potatoes, cut into 1" chunks
2 lb cabbage, cut in 1/8" wide strips
6 tbsp finely chopped parsley
1 pt sour cream

Drop tomatoes in boiling water for 15 sec. Run under cold water, then peel. Cut out the stem, and chop in half crosswise. Squeeze gently to remove juices and seeds, then chop coarsely and set aside. In a skillet, fry onions and garlic in butter until soft and clear. Stir in beets, celery, tomatoes, sugar, vinegar, salt, and 3 C stock. Boil over high heat then cover and simmer 40 minutes. Meanwhile, pour the rest of the stock and meat into a large stock pot, and add potatoes and cabbage. Bring to a boil, then simmer 20 minutes until potatoes are tender. Combine all ingredients, simmer another 10-20 minutes. Serve with sour cream.

Note on stock and beef: Cheap stew beef works well. Chop it into about 1" chunks. To make the stock, I combined 3 qt canned beef stock and 1 qt vegetable stock with 2 qt water, the beef, 2 bay leaves, and some parsley stalks (tied together for easy removal) and 1/2 C chopped onions. Boiled about 1/2 hour to cook the meat, skimming off the fat as it floated up. Stewing the meat a while makes it tender.

Combined, this dinner served 11.



Mu Shu Vegetables

by Cameron Geddes

1 1/4 C dried tiger lily buds
5-6 tbsp cloud ear fungus (dried)
2 C bean sprouts
6 eggs
soy sauce
white wine
vegetable oil
8 green onions, sliced lengthwise in 3"x1/8" strips
1/4 C freshly sliced ginger
3 large carrots, sliced lengthwise in 3"x1/8" strips
1/2 cabbage cut in 1/8" wide strips
handful of green beans
flour tortillas
hoisin sauce
1 fresh plum
sesame oil
honey

Place lily buds and cloud ears in separate bowls with hot water. Cover and set aside for 20 minutes. Drain and squeeze dry. Scramble eggs with 1 tbsp soy sauce. Shred into 1/2 inch pieces.

Fry green onions and ginger root in 6 tbsp oil for 2 minutes. Add other veggies, plus 4-5 tbsp wine, 4-5 tbsp soy sauce. Add eggs. Cook until tender but crunchy.

Fresh plum sauce: combine 2 tsp honey, 3 tsp sesame oil, crushed peeled plum, and 1/2 C hoisin sauce. Adjust to taste. Cook until hot (a few minutes) in microwave.

Heat flour tortillas. Eat vegetable mixture with sauce in a tortilla, somewhat like a Chinese burrito.

Fed 6.



Pierogi Feast

by Charles Danforth

Dough:

3 C flour
1 1/2 tsp salt
1 egg
3/4 C water
4 tsp vegetable oil

Filling:

1 tbsp butter
1/3 C onion
1 C cold mashed potatoes
3/4 C shredded cheddar cheese
1/2 tsp salt
1/4 tsp pepper

Toppings:

1 onion, sliced and sautéed in 2 tbsp butter
sour cream
salsa

Beat together wet dough ingredients, and stir into flour and salt to make a stiff dough. Turn onto a board, knead 10 times, divide, and cover with a damp cloth to rest for 20 minutes while you make the filling.

Sauté onions with butter in a skillet until tender. Transfer to a bowl and mix in taters, cheese, salt and pepper. Working with one part of the dough at a time, roll dough into a 1/16" sheet, and cut into 3" circles. Fill each with 1 tsp filling, wet the edges with water, fold and seal. Crimp firmly. If not sealed properly, pierogies can explode, killing hundreds in the immediate area!

Boil pierogies in a large pan until they float (about 2 minutes)

Serve with toppings.
Makes 40 pierogies and takes a long time...



Chinese Steamed Dumplings

by Courtenay Dunn



Pasta Putanesca

by Cameron Geddes

Dough:

- 3 C flour
- 1 1/2 C boiling water

Filling:

- 1 lb ground pork
- 1/2 head Napa cabbage, cored and finely chopped.
Reserve large leaves for steamer (see below)
- 1 tbsp minced fresh ginger
- 1 green onion, minced
- 2 tbsp soy sauce
- 1 tsp salt
- 1 tbsp sugar
- 1 tbsp Chinese rice wine or sherry
- 1 tbsp sesame oil
- 1 tsp ground pepper
- 1 egg

Dipping Sauce: mix ingredients together

- 1 tsp minced fresh ginger
- 2 tsp soy sauce
- 3 tbsp rice vinegar
- 2 tsp sugar
- 1 tsp sesame oil
- 1 tbsp chicken stock

Combine dough ingredients and let cool. Knead until smooth. Form into 2" diameter cylinder, and cut into thin slices. Roll into 3-4 " circles. Combine and mix filling ingredients. Place 1 tbsp filling in each dough circle, wet the edges, fold and seal.

Cover steamer tray with cabbage leaves, place dumplings in, steam 15 minutes and serve. Note- we made a steamer by placing a punctured can in the bottom of a large pot, and balancing a plate on it. 1 1/2 batches served 5 with leftovers.

-
- 6 tbsp olive oil
 - 4 cloves minced garlic
 - 2 28 oz cans Italian peeled tomatoes
 - 2/3 C black olives, chopped
 - 5 tsp small capers, drained
 - pinch of red pepper
 - 1 tsp dried oregano
 - 1/4 lb shredded prosciutto
 - 3 tsp dried parsley
 - 3 lb spaghetti

Sauté garlic in oil about 1 minute. Stir in the tomatoes with their juice and the other ingredients except the pasta. Simmer 10 minutes, serve over cooked pasta.

Served with garlic bread with chives and oregano.



Oatmeal Crisps

by Charles Danforth

The frequently made and well loved, not to mention heartily addictive....

Thoroughly cream together 1 C shortening, 1 C brown and 1 C granulated sugar. Add 2 eggs and 1 tsp vanilla. Beat well. Add 1 1/2 C flour, 1 tsp salt, 1 tsp soda, and stir well. Fold in 3 C rolled oats and any nuts or raisins that you feel like. Mix like crazy.

Lump into small balls on a cookie sheet. Bake at 350 F for 8-10 minutes until cooked but not hard. Makes several dozen.

Medieval Dinner



Lombard Chicken Pasties

by Courtenay Dunn

18 oz shortcrust or puff pastry (can be bought frozen)
3 beaten eggs
3 tbsp lemon juice
1/4 tsp black pepper
1 tsp ground ginger
1 1/2 lb chicken breast, cut in thin slices

Roll pastry flat and cut in 6" circles. Mix egg with lemon juice, pepper, and ginger. Dip chicken in the mixture, then place strips on the pastry circles on one side of the round. Brush the edges of the pastry with egg mixture. Fold the pastry closed and seal shut with a fork. Prick pastry in several places.

Bake on a baking sheet 15 minutes at 425 F, then reduce heat to 375 F and cook for 20-25 minutes further. Serve cold or hot.

Makes 8-10 pasties.



Braised Spring Greens & Piment

by Courtenay Dunn

Braised Spring Greens:

3 lb small heads of spring greens or spinach
3-4 tbsp olive oil
1/2 tsp each sea salt, black pepper, nutmeg, cinnamon
sprinkling of brown sugar

Wash greens and trim off stems. Boil about 2 inches of water in a large pan and put heads of greens side by side in the water. Turn them for 2-3 minutes. Cover the pan, lower heat and simmer 5 minutes. Drain, retaining the water. Heat oil in a pan, adding the greens, 1/4" of the reserved water, and the other ingredients. Stir once, cover and allow to simmer until the stems are tender.

Piment:

(Glorious Spiced Wine)

9 C red wine
6 oz sugar
1 tbsp cinnamon
3/4 tbsp ground ginger
1 tsp of ground cloves, nutmeg, marjoram, cardamom, black pepper
pinch of galingale

Warm the wine until beginning to steam. Add sugar and allow to dissolve. Mix spices and herbs together and add half. Add remainder of spice to taste (I added it all). Simmer for 10 minutes. Serve warm or chilled.



Cherry Pottage

by Courtenay Dunn

2 lb fresh ripe red cherries
1 1/2 C red wine
6 oz white sugar
2 oz unsalted butter
8 oz soft white bread crumbs
pinch of salt
ground cloves

Wash and pit cherries. Puree the fruit in a blender with 10 tbsp wine and half of the sugar. Melt the butter in a saucepan and add the fruit, bread crumbs, and the remaining wine, sugar, and salt. Simmer, stirring steadily, until very thick. Cool in a bowl. Sprinkle with sugar and cloves.



California Rolls

by Courtenay Dunn
with help from Charles Danforth

- 1 C sea legs (fake crab)
- 1 avocado
- 1 cucumber
- sheets of roasted seaweed
- 2 C short grained rice
- 1/3 C rice wine vinegar
- 3 tsp sugar
- 1 tsp salt
- marinated ginger
- wasabi
- a bamboo sushi rolling mat
- soy sauce

Prepare rice as usual, then mix vinegar, salt and sugar together and mix into rice. Slice sea legs, avocado, and cucumber into long thin strips.

Lay out sushi mat and place a sheet of seaweed on it. Place about 1/2 C of rice on the sheet approximately 1 inch from the bottom. Hollow out a groove in the middle of the rice and insert 2-3 strips of sea legs, avocado, and cucumber inside. Moisten the edges of the seaweed with water. Roll the seaweed inside the mat, pressing firmly. Slice resulting roll in 6 pieces and serve with marinated ginger, soy sauce, and wasabi.



Sweet and Sour Beef

by Charles Danforth

- 8 oz beef sliced in bite size chunks
- 1 small orange, peeled and sectioned
- 1 16 oz can pineapple chunks or rings
- 2 tbsp vinegar
- 2 tbsp soy sauce
- 1 tbsp corn starch
- 1 tbsp brown sugar
- dash of ground red pepper
- 1 medium green pepper, chunked
- 1 small onion, wedged
- 2 C rice

Stir fry vegetables 3-4 minutes and remove from wok. Stir fry beef. Add sauce and cook until bubbly. Add vegetables, orange, and pineapple. Cook until well seasoned but not soupy.

Serve over cooked rice.

Serves 2.



Spicy Thai Ginger Beef

by Charles Danforth



Spicy Broccoli

by Cameron Geddes

Sauce: Mix first and set aside to mellow

- 3 tbsp fish sauce
- 3 tbsp water
- 1 tbsp shredded lime peel
- 3 tbsp lime juice
- 1 tbsp sugar

Stir Fry:

- 3 zucchini, cut into thin medallions and quartered
- bunch green onions, sliced

- 2-3 fresh jalapeño peppers, sliced small
- 2 tbsp grated ginger root
- 4-5 cloves minced garlic

- 2 lb beef, sliced in strips

Stir fry vegetables until tender, remove from wok. Stir fry peppers, ginger, and garlic, adding beef and cooking until beef is done. Add vegetables again, heat briefly, add the sauce and stir quickly.

Serve on top of thin noodles or rice.

Serves 6.

7 heads broccoli, chopped bite size.

Sauce:

- 1-2 bunches scallions, finely chopped
- 2 cloves garlic, minced
- 1 tbsp each sesame oil, rice vinegar, sherry
- 1/2 C stirfry sauce
- 1/2 C hoisin sauce
- to taste- Mongolian fire oil, honey, red pepper
- optional- fine cut salami or pork fu (about 1/2 C) for flavor

Stir fry broccoli in sauce and serve over rice.

Serves about 4, depending on size of broccoli heads.



Fondue Feast

by The Other

Cheese Fondue

- 1 lb Swiss Cheese
- 1/4 lb gruyere
- 3 tbsp all purpose flour
- 1/4 tsp garlic powder
- dash black pepper
- 1 1/2 C white wine
- 1 loaf French bread, cut in bite size pieces

Grate cheeses. Place with flour, garlic powder, and pepper in a zip lock bag and shake. Heat wine at medium heat in a pan until not quite boiling. Sprinkle in cheese a handful at a time, stirring as you go. Reduce heat to low and stir until melted. Dip bread in mixture. Can also be done with beer instead of wine- a strong sharp beer works best.

Beef Fondue:

- 2 lb sirloin beef, cut in thin strips 1-2" long
- 2 C vegetable oil
- dipping sauces

Heat the oil on medium high. Skewer meat on fondue forks and dip in to cook. Dip in sauces, such as honey-mustard, sour cream - horseradish, Thai peanut, or sour cream & chive.

Chocolate Fondue:

- 1 lb milk chocolate chips
- 4 oz bar dark chocolate
- 3/4 C light cream
- fruit & other dipping things

Melt chocolate over low heat. Add cream slowly, stir until smooth. Add creme de menthe or kahlua at the last minute if desired. Good dippers include pound cake, strawberries, cherries, bananas, apples, pears, orange sections, and (Sonya says) marshmallows.





Pizza!

by Cameron Geddes &
Tom Kornack

Dough:

- 3 pkgs. dry yeast
- 2 1/4 C warm water
- 1 1/2 tsp each sugar & salt
- 6 tbsp oil
- 6 C flour

Toppings:

- 2 15 oz cans tomato sauce
- lots of oregano & basil to spice up the sauce
- 2.5 lb shredded mozzarella
- sliced tomatoes, peppers, mushrooms, and onions, or whatever else takes your fancy

Dissolve yeast in water. Mix other dough ingredients in. Knead. Spread with floured fingers onto two large floured pans (this makes almost enough for two full cookie sheets). The dough does not need to rise. Add toppings, bake at 375 - 400F for 20 -30 minutes.



Stir Fried Ramen

by The Climbing Gang

We couldn't even leave ramen alone. One day after a climbing gym expedition we were all hungry and decided some ramen would make a simple snack... This was the result:

- 4 pkgs. Ramen, cooked but unseasoned
- 3 scrambled eggs
- 1-2 tbsp cloud ears, soaked in hot water to rehydrate
- 1/4 C oil
- 1 tbsp tamarind paste
- whatever veggies are in the kitchen, sliced and stir fried ahead of time. Carrots, peppers, peas, scallions, and onions worked well.
- saucers to taste- hoisin, sherry, vinegar, sesame oil, stir-fry sauce, soy.

Heat oil and tamarind paste in a wok. Add ramen, eggs, and vegetables. Add sauce to taste. Tastes really good late at night after climbing, no guarantees at other times!



Sunday Morning

by Eric Studer

An original recipe...

3 C water
1 C raw wheat
1/2 tsp allspice
1 tsp grated orange peel
a bit of almond & vanilla extracts
1/3 C slivered almonds
1/4 C chopped walnuts
1/2 C light cream

Bring water, wheat, spices, peel, and extracts to a boil. Reduce heat and simmer covered until wheat is tender. Add nuts and cook 5 minutes. Remove from heat and drain excess water. Add cream and optional raisins. Eat it.



Georgian Dinner



Stuffed Grape Leaves

by Courtenay Dunn

4 tbsp butter
2 C finely chopped onions
1/2 C long grain white rice
1 lb hamburger or ground lamb
2 tbsp finely chopped fresh coriander (cilantro)
4 tbsp finely cut fresh dill
2 tbsp finely cut fresh mint
1/2 C peas
black pepper
pickled grape leaves (about 8 oz)
2 C chicken stock

Sauté onions in the butter until translucent. Put in bowl. Boil 2 C water, add rice and cook uncovered 8 minutes at lowered heat. Strain. Stir rice, meat, spices, peas, and onion together in a bowl.

Boil 4 C water in a pot, and drop in the grape leaves. Boil 3-4 minutes then drain.

To make each packet, lay a leaf out flat with the rough (stemmed) side up, and place 2 tbsp filling in the center. Roll up like a small burrito. Arrange the packets in the bottom of a pan, seam side down. Add chicken stock and boil on high. Cover and simmer 45 minutes.



Buckwheat Groats with Mushrooms & Onions

by Courtenay Dunn

2 C buckwheat groats
2 eggs
2 tsp salt
12 tbsp butter (can be reduced)
2-3 C boiling water
2 C finely chopped onions
1 lb chopped mushrooms

Toss groats with eggs in a bowl. Transfer to an ungreased skillet and heat over medium heat, stirring well, until kasha is slightly toasted and dry. Add salt, 6 tbsp butter, and 2 C boiling water. Stir, cover pan, and reduce heat to low. Simmer, stirring occasionally for 20 minutes. Cook until the water is absorbed and the groats are softish. Melt 6 tbsp butter in skillet. Fry onion until golden, then add the mushrooms and fry an additional 2-3 minutes. Add mushrooms & onions to groats, mix, and serve.



Georgian Cheese Bread

by Courtenay Dunn

Dough:

2 pkg. yeast
1 tbsp + 1/2 tsp sugar
1 C warmish water
3 1/2 - 4 C flour
2 tsp salt
1/4 lb butter

Filling:

2 lbs sweet muenster cheese, grated (this was a lot- you may wish to reduce it!)
2 tbsp butter, softened
1 egg

Combine yeast and 1/2 tsp sugar with 1/2 C milk. Set aside 2-3 minutes. Mix. Put in a warm place for 5-8 minutes.

Put 3 C flour in a bowl. Add yeast mixture, remaining milk, sugar, salt, and butter. Beat well. Gather dough into a ball. Knead on a floured surface for 10 minutes. Place in a buttered bowl. Cover with a towel and allow to rise 45 minutes - 1 hour until doubled in size. Punch down and let rise again for 30-40 minutes.

Combine filling ingredients. Roll dough into a circle 22 inches in diameter. Fill the center with cheese, fold the ends up to the center and seal the loaf. Place in a buttered round cake pan 10" in diameter. Allow to rest 10-15 minutes. Bake 1 hour or until golden brown at 375F. Turn onto a rack and allow to cool.



Broccoli Rice Casserole

by Eric Studer

A fine midwestern dish for all occasions!

- 1 small jar of cheez whiz
- 1 medium onion, chopped
- 1 C cooked rice
- 1 can mushroom soup
- 1 pkg. frozen chopped broccoli
- 1/2 stick oleo

Sauté onion in oleo until clear. Add uncooked broccoli and soup. Simmer several minutes. Add cheese whiz, melt, add rice. Pour into buttered casserole and bake 40 minutes at 350F.



Mint Brownies

by Sonya Smallets

Brownies

- 4 eggs
- 2 C sugar
- 1 tsp vanilla
- 1 C butter
- 7 tbsp cocoa
- 1 C flour
- 1 tsp salt

Melt butter. Add cocoa to melted butter. In a large bowl, beat eggs slightly. Add in sugar and vanilla gradually while stirring. Add butter/cocoa mix to sugar/egg mixture and mix well. Stir in flour and salt. Pour into greased and floured 13x9" baking pan. Bake at 350F for 30 - 35 minutes. Allow to cool.

Mint Topping

- about 3 C powdered sugar
- 1/4 C butter
- 6 tbsp creme de menthe

Melt butter. Mix in powdered sugar until desired consistency is achieved. Add creme de menthe to taste. Spread over cooled brownies.

Chocolate Topping

- 10 oz chocolate chops
- 8 tbsp butter

Melt chocolate chips and butter together. Spread over mint topping. Refrigerate until chocolate hardens.



Honey Mustard Chicken

by Sonya, of course

12 skinless boneless chicken breast halves
3 cloves garlic
1/2 C Dijon mustard
1/2 C olive oil
1/2 C honey
6 slices of whole wheat bread

Preheat oven to 500F. Pound chicken breasts slightly to flatten. Prepare dipping sauce by mincing the garlic and combining it with the mustard, olive oil, and honey. In a food processor, grind the bread into fine crumbs (or use prepared bread crumbs). Dip each chicken breast into sauce, then into bread crumbs, covering completely on both sides. Place on a baking sheet or cookie sheet. Bake 8 minutes or until done but still juicy.

Served with peas and pearl onions in cream sauce and new potatoes (next recipe).

Serves many.



Rosemary Garlic New Potatoes

by Cameron Geddes &
Sonya Smallets

From memories of similar dishes...

5 lb bag small red potatoes, cut in 1" pieces
garlic
fresh rosemary
1/4 - 1/2 C olive oil

Boil potatoes until cooked but quite firm. Lay out in a single layer on a cookie sheet. Mix enough oil to coat potatoes with the spices, and spread over potatoes. Bake at 350F until browned (about 30 minutes).



Brandied Chicken

by Sonya Smallets

-
- 4 skinless boneless chicken breast halves
 - 1 tbsp coarsely ground pepper
 - 3 tbsp butter
 - 1 to 2 tbsp flour
 - 1/4 C cognac or brandy, perhaps a bit less
 - 1 C heavy cream

Pound the chicken breasts to flatten them, and sprinkle with pepper. Melt the butter in a large pan over medium heat. Add the chicken and cook, turning once, until golden brown on the outside and cooked through. Remove to a plate. Add flour and cognac to the pan, and scrape up the browned chicken fat on the bottom of the pan into the sauce. Boil until reduced by half, about 1 minute. Add cream and boil again until slightly reduced and thickened, about 1 - 2 minutes. Reduce heat to medium, and return the chicken to the pan, simmering until thoroughly heated.

Triple recipe fed 6.



Parmesan Rice & Perky Lima Beans

by Sonya Smallets

Parmesan Rice:

- 1/4 C butter
- 1 1/2 C minute rice (I use their brown rice)
- 1/2 C chopped onion
- 1 garlic clove, finely chopped
- 1 1/2 C water
- 1 chicken bouillon cube
- 1/2 C grated parmesan cheese

Melt butter in a large skilled or wok. Add rice, onion, and garlic. Cook and stir until rice is lightly browned. Add water and bouillon cube. Bring to a boil, stirring until bouillon is dissolved. Cover, remove from heat, and let stand 5 minutes. Stir in cheese.

Perky Lima Beans:

- 1 pkg. (10 oz) frozen lima beans
- 2 tbsp butter
- 1 1/2 tsp sugar
- 3/4 tsp mustard powder
- 1 tsp lemon juice

Cook beans per package directions, drain, stir in remaining ingredients.

Triple recipe fed 6 as a side dish.



Refrigerator Cake

by Sonya Smallets

2 pkgs. stella dora anise sponge cookies
large pkg. chocolate pudding (not instant)
large pkg. vanilla pudding (not instant)
milk
1 small container cool whip (or 8 oz whipped cream)
chopped nuts if desired

Cook each package of pudding separately according to directions. Allow to cool. Slice the cookies in half lengthwise, and line a 13x9" pan with some of the cookie sections. Spread chocolate pudding over cookies, add a second cookie layer, then spread vanilla pudding on top. Cover with another layer of cookies. Refrigerate at least 2 hours. Just before serving, spread with cool whip and sprinkle with nuts.



Meat Pie

by Sonya Smallets &
Robert Richardson

1 lb ground beef
1/2 C chopped onion
1 clove chopped garlic
2 C frozen mixed vegetables
1 tbsp sugar
1 tbsp oregano
1 tbsp basil
pepper
pie crust for a two crust 9" pie

Prepare pie crust according to recipe. Cook ground beef, onion and garlic together in a large frying pan. Thaw vegetables. Add seasonings and vegetables to the ground beef mixture and simmer over low heat, stirring until well blended. Place filling in pie shell and cover with top crust. Bake at 350 F until crust is lightly browned, about 30 minutes.

A double recipe fed four with minimal leftovers.



Pastitsio

by Sonya Smallets &
Robert Richardson

Meat Sauce:

- 4 tbsp butter
- 2 C chopped onion
- 2 lb lean ground beef
- 2 cloves crushed garlic
- 2 C tomato sauce
- 1 bay leaf
- 1/2 tsp dried oregano
- 1/2 tsp ground cinnamon

Melt butter in a large skillet. Add onion and sauté until golden brown, then add beef and cook until beef is browned. Add the remaining meat sauce ingredients, and reduce heat to a simmer. Cover and cook over low heat stirring occasionally for about 30 minutes.

Béchamel Sauce

- 4 tbsp butter
- 1/4 C flour
- 3 C milk
- 6 eggs
- 1/8 tsp pepper
- pinch of nutmeg

While the meat sauce is simmering, make Béchamel sauce. Melt butter in a sauce pan, and gradually stir in flour until a smooth paste forms. Stir over low heat 3 minutes. Gradually stir in milk and whisk over medium heat until sauce is thickened and smooth and comes to a boil. Beat eggs in a separate bowl, then gradually add the hot sauce to them, whisking thoroughly. Stir in spices.

Casserole:

- 1 lb elbow macaroni
- 1 C grated Romano Cheese

Cook the macaroni in plenty of water until slightly undercooked, about 10 minutes. Drain.

Heat oven to 350 F. Select a 3 qt or 10x14" baking dish, and generously butter it. Add half the uncooked macaroni, and sprinkle with half of the cheese. Top with all of the meat sauce. Spoon remaining macaroni over the top of the sauce, and pour in the Béchamel sauce over that. Sprinkle with the remaining cheese.

Bake until custard is set at 350F, about 50 minutes. Let stand 15 minutes before cutting into squares and serving.

Served with a Greek salad of tomato wedges, romaine lettuce, and feta with a balsamic vinegar dressing. A double recipe was overkill for 6.