



A Taste of the World

Ray & Betsy Williams

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Preface

These recipes have been gathered by all members of the family over the years. They had been kept in hand written notes, newspaper cuttings, and verbal tradition. Some of the British recipes have been salvaged and modified from Pam's old school cookbook called the "Battersea Cookbook". Recipes that are more recent have come about by finding, modifying recipes from restaurants, friends, magazines, newspapers and others by sheer trial and error. The traditional British cooking originally used many herbs. As people moved into the cities and could no longer have access to garden fresh herbs, the cooking had become very bland. Many of the herbs that we use are fresh from the kitchen window. British cookery is sometimes regarded as a source of fun, but it ranks with the best cuisines in the world. British cooking is not just traditional "Roast Beef and Yorkshire Pudding". It reflects and incorporates something from all the cultures and countries Britain has had contact with throughout her long history. Indeed, British cooking has inspired many culinary traditions around the world.

When Pam and I came here from England in 1967 as a family, our food tastes changed and included many different cuisines, Thai, Chinese, North African, Mexican, Cajun, Japanese, and Southern etc. Additionally, we have been trying to preserve some of the traditional British recipes and adapt them for America ingredients. We decided that it was time that these recipes were written down so that our children and friends could share in the pleasure of enjoying many different types of food from around the world. Our friends will recognize their contributions. When we were traveling, we collected recipes from the countries we visited.

After Pam's death in February 2008, I married Betsy, an old friend of ours who we had known for many years. Betsy is a Virginian, a Southerner who brought to our marriage table many fine Southern dishes. Our tastes changed, and this revised version reflects in some small measure this change to our table. More recently, we have become very interested in North African, Korean, Thai, and Indo Chinese cuisine. An emphasis has been to reduce the salt in our diet.

We cook organic not necessarily buy organic. We are avoiding preservatives and flavor enhancers. We have been concentrating on providing "Haute Cuisine inch at low cost using local Fresh ingredients where available with as few prepared foods as possible.

Recently we found out that Betsy is allergic to corn products. She can eat whole corn, but not corn derivative products. See ["Corn Allergy"](#). For allergy reasons we have eliminated as much processed corn such as grits, corn syrup, corn flour, corn meal, corn alcohol, and corn starch from our diet as possible. There are so many products on the grocery shelves containing corn byproducts or processed corn. One of the ways that we can this for example is to use arrowroot to thicken sauces etc. in place of corn flour in most recipes.

Most of the recipes have been modified to serve two people.

We use cast iron pans for most of our cooking. See ["Cast Iron Pans"](#).

The emphasis is on:

1. Locally grown produce, beef, chicken, pork, and lamb where possible.
2. No additives what so ever.
3. No processed food where possible.
4. No hydrogenated or partially hydrogenated oils (No added trans-fats)
5. No high fructose corn syrup
6. No artificial colors, flavors, sweeteners or preservatives
7. No antibiotics, synthetic growth hormones or animal by-products in the feed (Fresh meats and milk)
8. No bleached or bromated flour
9. No genetically modified foods
10. Low Salt

Ingredients:

- The salt that used is "Kosher" salt that is coarser than table salt and has no additives.
- Fresh Herbs are used where possible. If using dried herbs, use half the quantity.
- Most Sautéing is done with an Olive Oil and Butter Mix ["Olive Oil/Butter Mix"](#).
- All teaspoon (tsp) and Tablespoon (Tbs) measurements are "level"
- All pints, quarts and gallons are America not Imperial
- DASH: A Dash holds 1/8 teaspoon. 8 dashes =1 teaspoon
- PINCH: A Pinch holds 1/2 dash or 1/16 teaspoon. 2 pinches = 1 dash
- SMIDGEN: A Smidgen holds 1/2 pinch or 1/32 teaspoon. 2 smidgens = 1 pinch
- Temperatures are in Fahrenheit
- Most of the Oriental ingredients are Thai.
- Black (or thick) Soy Sauce such as Golden Boy Black Soy Sauce
- Thin (or light) Soy sauce such as Golden Boy Thin Soy Sauce
- Oyster Sauce such as Mae Krua brand
- The Asian Chili or Hot Sauce used is Sriracha
- The Fish Sauce used is Squid Brand
- The Olive Oil is good quality Extra Virgin Olive Oil (EVOO)

The result is an eclectic collection of tastes from around the world.

"Tomatoes and Oregano, make it Italian

Wine and Tarragon, make it French

Sour Cream, make it Russian

Lemon and Cinnamon, make it Greek

Soy Sauce make it Chinese

Garlic makes it good"

Alice May Brock

"Fish and Chile Sauce, makes it Thai

Curry make it Indian

Cumin and Citrus, make it North African

All of them together make it West Coast"

Raymond C Williams

For what it is worth here are a few of our recipes.

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Appetizers and Starters

Cheese

Boursin

Origin: France

Ingredients:

- 1 Garlic Cloves
- 4 oz Butter, at room temperature
- 8 oz Cream Cheese, at room temperature
- 2 Tbs Grated Parmesan Cheese (the real stuff, and Freshly grated)
- ½ Tbs Fresh Dill, minced or ½ tsp Dried, crumbled
- ¼ tsp Dried Marjoram
- ½ Tbs Fresh Basil, minced or ½ tsp Dried, crumbled
- ¼ tsp Chives
- ¼ tsp Freshly Ground Black Pepper
- ½ Tbs Fresh Thyme, minced or ¼ tsp Dried, crumbled
- 1 Tbs Minced Fresh Parsley

Directions:

1. Have cheeses and butter at room temperature.
2. Crush garlic.
3. Mix cheeses, butter and garlic.
4. Add remaining ingredients, mix well.
5. Pack into a container just large enough to hold the boursin and store in refrigerator.
6. To serve, bring to room temperature.
7. Serve with crackers.

Yield 1½ cup

Cheese Ball

Origin: America

This recipe comes from St. John's West Point, Virginia (Northern Neck). As with many of these recipes, taste is final arbiter of qualities.

Ingredients:

- 8 oz Cream Cheese
- 1 lb Sharp Cheddar Cheese
- ½ tsp Garlic powder
- ½ tsp Salt
- ½ tsp Worcestershire Sauce

Optional

- Chili or Paprika powder
- ½ cup Chopped Pecans

Directions:

1. Grate cheese and mix well with the cream cheese.
2. Add garlic powder, salt and Worcestershire sauce.
3. Mix well.
4. You may roll the ball in pecans and or paprika and chili powder before wrapping.

Makes 1 ball

Cheese Puffs

Origin: America

This recipe was given to us by a friend at Christ Episcopal Church in Raleigh, NC but is a very traditional English Appetizer.

Ingredients:

- 1 cup Unsalted Butter, softened

- ½ lb Sharp Cheddar Cheese, grated
- 2 cups All-purpose Flour
- ½ tsp Salt
- ¼ tsp Ground Cayenne
- 1 tsp Lemon Juice

Directions:

1. Preheat oven to 300°F.
2. Beat butter at medium speed with an electric mixer until creamy
3. Gradually add cheese, beating well
4. Add flour, salt and pepper
5. Beat on low speed until blended
6. Add lemon juice and beat for 20 minutes
7. Pipe by level tablespoon size on to ungreased baking sheet
8. Bake for 20 minutes or until set
9. Transfer to wire racks to cool

Makes 72 Puffs

Spanakopactas

Origin: Greece

We had these at a friend's house many years ago and it was sometime later that we found the recipe. They have become a family tradition and will keep in the freezer for some time.

Remove Phyllo pastry from freezer at least 12 hours before use. Store for 8 hours in refrigerator and 4 hours at room temperature.

Ingredients:

- 2 9 oz Package Frozen Chopped spinach, (in pouch "No Sauce"), thawed, drained, and squeezed dry
- 6 Tbs Olive oil
- 1 Large Onion (2 medium), finely chopped
- 1 lb Feta cheese
- 12 oz Cottage cheese
- :½ cup chopped parsley

- 1 tsp Fresh Dill
- 1 tsp Kosher Salt
- ¼tsp Freshly Ground Black Pepper
- 2 Eggs
- :½ cup cornflake crumbs
- 1 lb Frozen Phyllo
- :½ lb Unsalted Butter

Directions:

1. Thaw frozen spinach at room temperature (about 3 hours) and squeeze package to drain very thoroughly.
2. Heat oil and sauté onion until wilted.
3. Add spinach and simmer, stirring occasionally until moisture evaporates.
4. Crumble Feta cheese in a bowl.
5. Blend in cottage cheese, parsley, dill, salt, and pepper.
6. Beat eggs and mix with cheese.
7. Add spinach mixture and crumbs and blend thoroughly.
8. Thaw phyllo sheets at room temperature just enough to spread the sheets.
9. Cut in thirds.
10. Wrap two-thirds in a towel and refrigerate until needed.
11. Wrap one-third in a dampened towel.
12. Remove 1 sheet at a time to work with.
13. Melt Butter.
14. Lay 1 phyllo sheet on wax paper and brush liberally with butter.
15. Fold in the 2 long sides towards the middle making a strip about 2 inches wide by 11 inches long.
16. Brush liberally with butter again.
17. Place 1 tablespoon of spinach-cheese mixture in a bottom corner of strip.
18. Fold pastry (with filling) over, so that the bottom edge meets a side edge and forms a right-angle triangle shape.

19. Continue folding over from side to side into neat triangles until end of strip. Just like folding a flag.
20. Brush finished triangle with butter.
21. When refrigerated pastry is needed, remove half at a time and wrap in a dampened towel.
22. Follow preceding process until all ingredients are used.
23. Freeze on flat surface.
24. Pack frozen triangles in a freezer bag or container.
25. Place plastic wrap or grease-proof paper between layers for easy removal.

Serving day: Place triangles on a baking pan (not a cookie sheet because butter melts) Bake at 425°F. for 20-25 minutes, turning once, until browned

Make about 72

Dips

Crab Dip

Origin: America

This is Betsy's recipe

Ingredients:

- 3 6 oz Cans Crab Meat, drain, pick over if necessary
- 2 8 oz Packages Cream Cheese, room temperature
- 1 stick Unsalted Butter, room temperature
- 8 stalks Scallions, chopped
- 1 Tbs Stone Ground Mustard
- 2 tsp Worcester sauce
- 2 Garlic Cloves, finely chopped

- Salt and Freshly Ground Black Pepper to taste to taste

Directions:

1. Mix all Ingredients except Crab in bowl until well mixed.
2. Add crab.
3. Blend well.
4. Preheat oven 350°F.
5. Place in one quart ovenproof dish.
6. Bake for 30 minutes.
7. Cool completely if refrigerating.
8. Serve warm with crackers.

Makes about 1 quart.

Hot and Spicy Dip

Origin: America

Ingredients:

- 1 lb Hamburger or Ground Beef
- 1 lb Sausage Meat
- 2 cans Green Chilies, chopped
- 1 lb Pace Piquante Sauce
- 2 lb Velveeta Cheese

Directions:

1. Brown hamburger and sausage in skillet
2. Add chopped chilies
3. Cook for a few minutes
4. Remove with a slotted spoon to mixing bowl
5. Cut cheese into cubes and melt in microwave
6. Mix cheese into browned meat and chilies
7. Mix in Piquante sauce
8. Serve warm or freeze until needed

Tzatziki-Cucumber Yogurt Dip

Origin: Greece

Ingredients:

- 1½ Tbs Olive Oil
- ½ Tbs White Wine Vinegar
- 1 Garlic Clove, finely chopped
- ¼ tsp Salt
- ¼ tsp White Pepper
- ½ cup Greek Yogurt, strained
- ½ cup Sour Cream
- 1 Cucumbers, peeled, seeded and diced
- ½ tsp chopped Fresh Dill

Directions:

1. Combine olive oil, vinegar, garlic, salt, and pepper in a bowl.
2. Mix until well combined.
3. Using a whisk, blend the yogurt with the sour cream.
4. Add the olive oil mixture to the yogurt mixture and mix well.
5. Add the cucumber and chopped Fresh dill.
6. Chill for at least two hours before serving.
7. Garnish with a sprig of Fresh dill just before serving.

Serves 2

Meat

Buffalo Wings

Origin: America

After baking, the chicken wings can be covered and refrigerated no longer than 24 hours. To heat, bake uncovered in 375°F. oven until hot, about 7 minutes

Ingredients:

- 24 Chicken Wings (8 to the pound)
- ["Buffalo Wing Marinade"](#)

Directions:

1. Separate chicken wings at the joint.
2. Mix ingredients together
3. Marinate the chicken wings for at least 1 hour in refrigerator or overnight.
4. Preheat oven to 350°F.
5. Drain the chicken wings, reserving the marinade
6. Place the chicken wings on rack in foil lined broiler pan
7. Bake for 30 minutes
8. Turn and bake for another 30 minutes or until tender, brushing occasionally with reserved marinade
9. Serve with ["Blue Cheese Dressing"](#)

Serves 15

Buffalo Wing Marinade:

Origin: America

Ingredients:

- 1 cup Black Soy Sauce
- ½ cup Olive Oil
- 12 oz Ketchup
- 2 Tbs Sriracha
- ½ cup Honey
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder

Directions:

1. Combine the marinade ingredients

Duck Liver Pâté

Origin: France

Ingredients:

- 3 oz Duck Fat
- 1 large shallot, peeled and coarsely chopped (2½ tablespoons)
- 1 Duck Liver (about 3 ounces), cut into 1 inch pieces
- ¼ teaspoon Herbes de Provence
- 1 Garlic Clove, finely chopped
- Salt and Freshly Ground Black Pepper to taste to taste
- 1 tsp Cognac

Directions:

1. Place duck fat in a skillet, and cook over medium to high heat for 4 to 5 minutes, until the fat has melted and some of it has browned.
2. Add the shallots, and cook for about 30 seconds, stirring occasionally.
3. Add the liver, Herbes de Provence, and garlic, and cook over medium to high heat for 1½ to 2 minutes, stirring occasionally.
4. Add the salt and pepper.
5. Transfer the mixture to a blender, add the Cognac, and blend until liquified.
6. Let cool for at least 1½ hours,
7. Cover and refrigerate until serving time.

This will yield ½ cup.

Ham Rolls

Origin: America

These come from both the St James Church (Wilmington) and St Mary of the Hills (Blowing Rock) cook books.

Ingredients:

- 1 Cup Butter

- 3 Tbs Hot, Sweet Mustard.
- 1 Tbs Poppy Seed
- 1 Tbs Worcestershire sauce
- 1 Medium Onion, chopped fine
- 8 oz. Ham, chopped
- 6 oz. Sliced Swiss Cheese
- 2 packages Small Party Rolls

Directions:

1. Mix butter, mustard, poppy seeds, Worcestershire sauce and onion over low heat.
2. Cut rolls in half lengthwise.
3. Spread butter mixture on both sides.
4. Place ham on bottom, then Swiss cheese, then the top of the rolls.
5. Cover with foil.
6. Bake at 350°F for 15-20 minutes.
7. Freezes beautifully!

Serves 24.

Sausage Rolls

Origin: England

These can be assembled ahead of time and arranged on sheets the night before.

Ingredients:

- 2 lb "Little Sizzlers" skinless breakfast sausage or equivalent
- 2 frozen puff pastry sheets
- 1 egg white beaten

Directions:

1. Rollout the pastry sheet to 11 x 14 inch
2. Cut into three strips lengthwise
3. Roll up a sausage with a single layer with slight overlap of edges and cut strip. You should get four rolls out of each strip

4. Seal edge with brushed on egg white
5. Cut each roll into half
6. At this point they can be frozen until needed
7. To serve, preheat oven to 400°F.
8. Bake for 10 to 12 minutes or until golden brown

Makes 48

Swedish Meatballs

Origin: Sweden

- 1½ lb Meat:-beef, veal or pork, finely ground
- 2 eggs
- 1 cup Bread crumbs
- 3 Tbs Olive Oil
- ¼ cup Onions, finely chopped
- 3 Tbs Parsley, chopped
- 1 tsp Salt
- ½ tsp Paprika
- ½ tsp Lemon Peel
- 1 Tbs Worcestershire Sauce
- ½ tsp Allspice
- 3 cups Stock
- 1 Tbs Sherry

Directions:

1. Sauté onions until golden in 1 tablespoon of oil
2. Mix all ingredients except stock and butter.
3. Shape mixture into 1 inch balls
4. Brown in remaining oil
5. Simmer closely covered for about 15 minutes in stock
6. Make gravy
7. Reheat the meat balls in the gravy
8. Serve in chafing dish with toothpicks

Eggs

Deviled Eggs

Origin: America

Ingredients:

- 12 Hard-Boiled Eggs
- 3 Tbs Mayonnaise.
- 2 tsp Lemon Juice
- 2 tsp Dry Mustard
- 2 tsp Worcestershire Sauce
- 2 tsp Hot Sauce
- Paprika

Directions:

1. Cut eggs in half lengthwise
2. Remove yolks carefully so as not to damage the whites
3. Crush yolks without packing them and mix in ingredients except paprika
4. Put the filling back in whites and sprinkle with paprika

Crab

Crab Crostini

Origin: America

Recipe can be used to top crabmeat for an excellent crabmeat casserole

Ingredients:

- ½ lb Lump Crab Meat, picked for shells
- ½ cup Diced Red Bell Pepper
- 2 Tbs Mayonnaise.
- 2 Tbs Chopped Parsley
- 1 Tbs Chopped Chives
- 1 Tbs Lime Juice
- 1 Tbs "Dijon Mustard"

- 2 tsp Grated Parmesan
- ½ tsp Hot Sauce
- 16 Slices Italian Bread

Directions:

1. Preheat the broiler.
2. Line a broiler pan with foil
3. In a medium bowl, combine the crabmeat, bell pepper, mayonnaise, parsley, chives, lime juice, mustard, cheese and Hot Sauce and blend well
4. Spread 1 tablespoon of the mixture on each slice of bread
5. Place the crostini on the broiler pan and broil 4 inch from the heat for 5 to 6 minutes or until lightly browned

Serves 8

Oysters

Oysters Rockefeller

Origin: America

- 12 Oysters
- ½ lb Fresh Spinach
- ¼ cup Coarsely Chopped Celery
- ¼ cup Coarsely Chopped Scallions
- ¼ cup Finely Chopped Parsley
- 1 Tbs Finely chopped Parsley
- 1 Garlic Clove, finely chopped
- 1 Anchovy fillet
- 2 Tbs Olive Oil
- 2 Tbs All-purpose Flour
- ¼ cup Heavy Cream
- ¼ tsp Hot Sauce
- ¼ cup Grated Parmesan Cheese
- 2 Tbs Rum
- Salt and Freshly Ground Black Pepper to taste to taste

Directions:

1. Preheat oven to 450°F.
2. Open the oysters, leaving them on the half shell
3. Reserve the oyster liquid
4. Arrange them in a baking dish; chill until ready to use
5. Pick over the spinach and remove tough stems and blemished leaves
6. Rinse well and place in saucepan, cover and cook, stirring until wilted
7. Drain well and squeeze to remove all moisture
8. Place in blender, place spinach, celery, Scallions, parsley, garlic and anchovy fillet
9. Blend until smooth
10. In a skillet, heat 1 tablespoon of oil, add spinach mixture
11. Cook and stir for about 1 minute
12. Heat remaining oil, add flour, blend
13. Add the oyster liquid, stirring briskly
14. Stir in the cream and rum
15. Add the spinach mixture and cheese
16. Blend well and let cool
17. Add salt and pepper
18. Spoon equal amounts of the mixture over the oysters
19. Bake for 20 to 25 minutes or until piping hot

Scallops

Ceviche

Origin: Peru

Ingredients:

- 1 lb Bay or Sea Scallops, quartered.
- "[Ceviche Marinade](#)"

Directions:

1. Make the marinade.

2. Place the scallops in marinade making sure the scallops are totally covered.
3. Marinate scallops in the refrigerator overnight.

Serves 2

Ceviche Marinade:

- 1 cup Lime Juice
- ¼ Red Onion, thinly chopped
- ½ Serrano or Green Chili, seeded and minced
- ½ tsp Salt
- Cayenne to taste

Shrimp

Shrimp Bourguignon

Origin: France

This really one of Ray's own inspired by his love for escargot and Betsy's love of shrimp.

Ingredients:

- ¼ cup Olive Oil
- ¼ cup chopped Italian parsley
- 1 Tbs Shallots, finely chopped
- 3 Garlic Cloves, finely chopped
- ¼ tsp Fresh Thyme leaves
- 1 Tbs Brandy
- 1 tsp Lemon Juice
- ½ tsp Salt
- Pinch of Ground Cayenne
- ¼ cup bread crumbs, Fresh white, trimmed of crusts
- 12 medium shrimp shelled and deveined.
- 8 small button mushrooms
- ½ cup White Wine
- 1 Tbs Chopped Chives (optional)

Directions:

1. Simmer mushrooms for 5 minutes in white wine.
2. Combine all ingredients down to the cayenne pepper and mix well.
3. Fold in the bread crumbs.
4. Place about 1 tablespoon of oil in a ramekin,
5. Then place 3 shrimp and 2 mushrooms in each ramekin
6. Seal with a tablespoon of oil
7. Preheat oven to 450°F.
8. In all methods use a baking pan as an under-liner to prevent the oil from spilling on the oven bottom.
9. Cook for 10 minutes until hot and bubbly,
10. The finished dish should be served very hot, and sprinkled with a teaspoon of chopped chives.
11. Serve with warm baguettes to sop up the juices and oil.

Makes 4

Shrimp Bruschetta

Origin: America

Ingredients:

- 1 (12-ounce) French baguette
- 1 lb Fresh medium Shrimp, very lightly cooked and finely chopped
- 2 tsp Old Bay or "["Essence"](#)
- ½ tsp Garlic Powder
- 1 plum Tomato, seeded and finely chopped
- 2 Tbs Scallion, finely chopped
- 2 tsp Olive Oil
- 1 egg white
- 3 to 4 Tbs Mayonnaise

Directions:

1. Preheat broiler.
2. Cut baguette into 24 (1/2 inch thick slices.
3. Place on a baking sheet, and broil until lightly toasted, 4 to 5 minutes per side.
4. Let cool.
5. Preheat oven to 350°F.
6. In a medium bowl, combine shrimp, Old Bay Seasoning, garlic powder, tomato, Scallion, Olive Oil, and egg white, mixing until blended.
7. Spread each slice thinly with mayonnaise, and then
8. spoon shrimp mixture evenly over bread slices.
9. Bake until heated through and lightly browned, 10 to 12 minutes

Yield: 24 servings

Ecuadorian Shrimp Ceviche

Origin: Ecuador

Ingredients:

- 1 lb Shrimp, peeled and cleaned
- 1 large Tomato, roasted, peeled and seeded
- 2 Jalapeño Peppers, roasted, peeled and seeded
- 2 Red Bell Peppers, roasted, peeled and seeded
- 1 Small Onion or Shallot, roasted
- 1/2 cup Lime Juice
- 1/2 cup Orange Juice
- 1/4 cup Tomato Juice
- Dash Hot Sauce
- 2 tsp Sugar
- Salt to taste
- ["Garnish"](#)

Directions:

1. Place the shrimp in boiling water for 1 minute or until pink
2. Remove to ice bath, cool and drain
3. Place all other ingredients in blender and liquefy
4. Pour over shrimp and marinate shrimp for at least one hour
5. Toss with Garnish and serve on lettuce

Garnish:

- 1 Small Red Onion
- 2 Tbs Chives Chopped
- 2 Tbs Scallions, Chopped
- 1 Large Tomato, Chopped
- 5 Cilantro Leaves

Serves 4

Shrimp in Aspic

Origin: America

Ingredients:

- 1 1/2 lb Shrimp (preferably Royal Red Shrimp), peeled, deveined and cooked cut into 3/4 inch pieces
- 2 envelopes unflavored Gelatin
- 2 cups V8 juice
- 2 tsp Horseradish
- 1 Tbs Lemon Juice
- 1/4 cup finely chopped Celery
- 2 Tbs finely chopped Red Onion
- 1/2 cup halved Black Olives
- 1 Tbs drained Capers

Directions:

1. Soften gelatin in 1/2 cup V8 juice for a few minutes.
2. In large saucepan, bring remaining V8 juice to a boil.

3. Remove from heat and add remaining ingredients except the shrimp.
4. Place shrimp in mold (or 8 individual molds)
5. Pour V8 mixture into molds and chill until firm.
6. Unmold and serve on Boston lettuce leaves.

Serves 4

Swedish Pickled Shrimp

Origin: Sweden

These were a favorite at Thanksgiving and Christmas.

Ingredients:

- 3 lb Shrimp peeled
- ½ cup Celery Tops
- ½ cup Pickling Spice
- 3 Tbs Old Bay or "[Essence](#)"
- "[Pickled Shrimp Marinade](#)"

Directions:

1. Bring water, celery, picking spice, and Old Bay Seasoning to boil.
2. Boil together for 5 minutes.
3. Add Shrimp and bring back to boil.
4. Boil for 1-2 minutes until just pink

Do not overcook

5. Drain shrimp
6. Marinate overnight.
7. Serve with "[Cocktail Sauce](#)"

Pickled Shrimp Marinade:

Ingredients.:

- 2 cups sliced Onion
- 7 Bay Leaves
- 2 cups Olive Oil
- 1 cup White Wine Vinegar

- 3 Tbs Capers and juice
- 3 tsp Celery Seed
- 1 tsp Salt
- ½ tsp Hot Sauce

Directions:

1. Mix all the ingredients

Cocktail Sauce:

Origin: England

Ingredients:

- 12 oz Ketchup
- 3 Tbs Lemon Juice
- 3 Tbs Prepared Horseradish
- 3 Tbs Worcestershire Sauce
- 1 tsp Onion Powder
- ½ tsp Hot Sauce

Vegetables

Mushroom Palmiers

Origin: France

These can be assembled up to one week before serving and arranged on sheets the night before.

Ingredients:

- 5 Tbs Olive Oil
- 1¼ lb Mushrooms, finely chopped
- 1½ Medium Onions, finely chopped
- 1 tsp Fresh Lemon Juice
- 2 Tbs flour
- 1 tsp Thyme, crumbled
- 3 frozen Puff Pastry sheets
- 2 Eggs beaten with 4 tsp Water for glaze

Directions:

1. Melt oil in heavy skillet over medium-high heat
2. Add mushrooms and onions and cook until juices evaporate, stirring occasionally, about 8 minutes
3. Mix in lemon juice, and then flour and thyme
4. Stir 2 minutes
5. Season with Salt & Freshly Ground Black Pepper
6. Cool
7. Thaw out the puff pastry sheets
8. Roll out the puff pastry to 14 x 11 inch
9. Spread one third of mushroom mixture evenly over one pastry sheet
10. Starting from one short side, roll up jelly roll fashion to center
11. Starting at second short side, roll up to center
12. Press sides together and transfer to baking sheet
13. Cover, chill until firm, at least one hour or overnight.
14. Can be prepared 1 week ahead and frozen, Thaw slightly before continuing
15. Preheat oven to 400°F.
16. Using serrated knife, slice pastry into ¼ inch thick slices.
17. Keep chilled in between cooking batches
18. Arrange cut side down on ungreased baking sheets, spacing 1 inch apart
19. Can be prepared 1 day ahead. Wrap tightly and refrigerate
20. Brush with glaze
21. Bake until golden brown, about 20 minutes.
22. Serve warm

Makes about 5 dozen

Pickled Mushrooms a'la Grecque

Origin: Greece

These Ray started one year and subsequently has been asked for the recipe many times. Well, here it is!

Ingredients:

- 1 lb Fresh medium Mushrooms
- Dash Thyme
- 2 or 3 whole Black Peppercorns
- Dash Fennel seed
- 1 piece (1 inch) Bay Leaf
- 4 Garlic Cloves, finely chopped
- 1 Small Onion, finely chopped
- 3 Tbs Red Wine Vinegar
- 2 Tbs Olive Oil
- ¼ tsp Lemon Peel
- 3 tsp Seasoned Salt
- ½ tsp parsley

Directions:

1. Wash mushrooms in cold water
2. Trim off tip of the stalk.
3. Crush Thyme, Pepper, and the Fennel Seed and combine with mushrooms in saucepan.
4. Add Bay leaf, Garlic, Onion, Vinegar, Olive Oil, Lemon peel, Seasoned Salt, and Parsley.
5. Cook over low heat, turning mushrooms frequently, until the mushrooms are tender, about 15 minutes.
6. Pour mushrooms and marinate into glass jar or refrigerator dish.
7. Chill for several hours or, preferably overnight.

Serving day: Drain and serve cold with party picks

Breads and Pastries

Bread has given us the most trouble since we came to the US. We like our bread plain and simple with no additives.

Breads

Brioche Dough

Origin: France

This dough can be used for a variety of different shaped loaf's

Ingredients:

- ¼ cup Warm Water
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1¾ cup All-purpose Flour
- 2 Tbs Sugar
- ¼ tsp Salt
- 2 Large Eggs, room temperature
- 6 Tbs Unsalted Butter, melted

Directions:

1. Use steel blade of food processor
2. Dissolve yeast in ¼ cup warm water
3. Measure flour into the work bowl and add the yeast, sugar and salt
4. Turn the processor on and off several times to aerate.
5. Drop in the eggs and process until mixed, about 5 seconds.
6. Start the processor and pour the melted oil through the feed tube in a steady stream.
7. Stop processing after 20 seconds. The dough will be sticky.
8. Scrape the batter into oiled mixing bowl.

9. Cover tightly with plastic wrap.
10. Let stand for about 3 hours until dough is tripled in size.
11. Punch down.
12. Cover tightly with plastic wrap.
13. Refrigerate overnight.
14. Remove from refrigerator and allow to come to room temperature.
15. Form into required shapes and allow to rise for two hours.
16. Bake at 450°F. for 20 minutes.

Pita Bread

Origin: America

Once it has risen, the pita dough can be kept refrigerated until it is needed. You can also bake one or two pitas at a time, saving the rest of the dough in the refrigerator. The dough will keep refrigerated for about a week. Sometimes you get pitas that won't puff. The problem is usually that the oven or the skillet aren't hot enough. Make sure both are thoroughly pre-heated before cooking.

Ingredients:

- 1 cup warm water (not hot or boiling)
- 1 Packet Active Dry Yeast (2¼teaspoons)
- 2½- 3 cups All-purpose Flour
- 2 tsp Salt
- 2 tsp Olive Oil (optional)

Directions:

1. Mix the water and yeast together, and let sit for about five minutes until the yeast is dissolved.
2. Add 2½ cups of the flour (saving the last half cup for kneading), salt, and olive oil (if using).
3. Stir until a shaggy dough is formed.

4. Sprinkle a little of the extra flour onto your clean work surface and turn out the dough.
5. Knead the dough for about 5-7 minutes, until the dough is smooth and elastic.
6. Add more flour as needed to keep the dough from sticking to your hands or the work surface, but try to be sparing. It's better to use too little flour than too much.
7. If you get tired, stop and let the dough rest for a few minutes before finishing kneading.
8. Clean the bowl you used to mix the dough and film it with a little olive oil.
9. Set the dough in the bowl and turn it until it's coated with oil.
10. Cover with a clean cloth or plastic wrap and let the dough rise until it's doubled in bulk, 1-2 hours.
11. At this point, you can refrigerate the pita dough until it is needed.
12. You can also bake one or two pitas at a time, saving the rest of the dough in the refrigerator. The dough will keep refrigerated for about a week.
13. Gently deflate the dough and turn it out onto a lightly floured work surface.
14. Divide the dough into 8 equal pieces and gently flatten each piece into a thick disk.
15. Sprinkle the pieces with a little more flour and then cover them with a kitchen towel or plastic wrap until you're ready to bake them.
16. Using a floured rolling pin, roll one of the pieces into a circle 8-9 inches wide and about a quarter inch thick.
17. Lift and turn the dough frequently as you roll to make sure the dough isn't sticking to your counter.
18. Sprinkle with a little extra flour if its starting to stick. If the dough starts to

- spring back, set it aside to rest for a few minutes, then continue rolling.
19. Repeat with the other pieces of dough.

To cook in Oven

20. Preheat the oven to 450°F.
21. If you have a baking stone, put it in the oven to heat. If you don't have a baking stone, place a large baking sheet on the middle rack to heat.
22. Place the rolled-out pitas directly on the baking stone or baking sheets (as many as will fit), and bake for about 3 minutes.
23. The pita will start to puff up after a minute or two and is done when it has fully ballooned.

To bake on Stovetop

24. Warm a cast iron skillet over medium-high heat until a few beads of water sizzle immediately on contact.
25. Drizzle a little oil in the pan and wipe off the excess.
26. Lay a rolled-out pita on the skillet and bake for 30 seconds, until you see bubbles starting to form.
27. Flip and cook for 1-2 minutes on the other side, until large toasted spots appear on the underside.
28. Flip again and cook another 1-2 minutes to toast the other side.
29. The pita should start to puff up during this time; if it doesn't or if only small pockets form, try pressing the surface of the pita gently with a clean towel.

Storing the Pitais

30. Cover baked pitas with a clean dishtowel while cooking any remaining pitas.
31. Leftover pitas will keep in an airtight bag for several days and can be eaten as they are or warmed in a toaster oven.
32. Baked pitas can also be frozen with wax paper between the layers for up to three months.

Makes 8

Hamburger Buns

Origin: America

Can be used for Sliders, Hamburgers, Hot dog buns or Dinner rolls. These are best eaten the day they are made but will last up to 3 days when stored covered at room temperature. To revive the buns, give them a pass in the toaster just long enough to warm them through without baking any further.

Ingredients:

- 1¼ cup whole milk
- 6 Tbs nonhydrogenated vegetable shortening (such as Crisco)
- 3 cups Bread Flour
- ¼ cup Sugar
- 1 Tbs Salt
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1 Tbs Powdered Garlic (optional)
- 1 Tbs Diastatic Malt Powder (optional. Gives a browner crust)

Directions:

1. Place milk in a small saucepan and bring to a simmer over medium heat.
2. As soon as milk simmers, remove from heat and stir in shortening until melted.
3. Set aside to cool slightly (to about 105°F to 115°F).
4. Add warm milk mixture and remaining ingredients to the bowl of a stand mixer fitted with a dough hook attachment.
5. Mix on lowest speed until dough comes away from the sides of the bowl and forms a ball, about 1 minute.
6. Increase speed to medium-low and mix until dough is smooth and springy, about 4 minutes.
7. Lightly oil a large mixing bowl, add dough, and turn to coat in oil.
8. Cover with a damp towel and let rise in a warm area until doubled in size, about 1 hour.
9. Punch down dough and turn onto a clean surface.
10. Divide dough into 18 (1½ ounce) pieces.
11. Shape each piece into a smooth, round bun (keep the rest covered with the towel as you work).
12. To do so, cup your hand around the dough, press down very lightly, and roll the dough against the surface to form a bun.
13. Slightly flatten bun and place on an ungreased baking sheet.
14. Repeat to make 18 buns.
15. Set buns aside in a warm area until slightly risen and puffy (note that they will not double in size), about 30 to 40 minutes.
16. Meanwhile, heat the oven to 400°F and arrange the rack in the middle.
17. When buns have risen, bake in the oven until they are golden brown, crusty, and have an internal temperature of 190°F, about 15 to 17 minutes.
18. Remove from the oven, transfer to a rack, and let cool at least 10 minutes before serving.

Makes 18 Rolls

Irish Soda Bread

Origin: Ireland

We have to use Buttermilk powder made up with water because some of the Buttermilk sold in the stores contains cornstarch or food starch..

Ingredients:

- 4 cup All-purpose flour
- 1 tsp Baking Soda
- 1 tsp Salt
- 6 Tbs Buttermilk Powder
- ½ cup Water

Directions:

1. Preheat oven to 425°F
2. In a mixing bowl, add flour, baking soda, buttermilk powder and salt.
3. Whisk together.
4. Make a well in the center of the flour and pour in water.
5. Mix together (using hands is the best way to do this) until just combined. Do not overwork or knead the dough. Texture should be slightly crumbly but just sticking together.
6. Form into a ball and place in cast iron skillet.
7. Make an " X ".in the dough with a knife, about an inch deep.
8. Bake for 40 minutes or until outside is browned.

Makes 1 loaf

No Knead Overnight Bread

Origin: America

This very simple bread rises overnight and then can be baked in the morning. The ingredients should be at room temperature except the water of course. I use a food processor for the mixing.

Ingredients:

- 32 oz Bread Flour
- 2 Tbs Active Dry Yeast
- 1 Tbs Salt
- 1 Tbs Diastatic Malt Powder (optional. Gives a browner crust)
- 3 cups Warm Water (2½ minutes in microwave)

Directions:

1. Combine dry ingredients in food processor.
2. Add warm water through the feed tube to make a thick batter.
3. Process for 60 seconds.
4. Let the batter rise in an oiled covered plastic container at room temperature for 2 hours.
5. Then refrigerate for at least 2 hours or for up to 14 days. The longer you keep it in the refrigerator, the tangier it gets. It will taste like sourdough. It will rise and fall the first day. That is OK.
6. When you are ready to bake, dust top with flour.
7. Grease your hands and pull off about ¼ of the dough, about the size of a baseball.
8. Plop the dough on to a piece of parchment paper.
9. Sprinkle lightly with flour.
10. Let the dough rise for about 45 to 60 minutes (or overnight)
11. Preheat oven and baking stone to 450°F.
12. Place a shallow baking pan in bottom of oven.

13. Have a cups of hot water handy.
14. Slash top of dough.
15. Add water to pan.
16. Bake for 25 or 35 minutes until golden brown.
17. Transfer to wire racks to cool

Pain Ordinaire (French Bread)

Origin: France

This is a very simple French Bread that takes about 5½ hours to prepare. Most of this is rising time (4½ hours) which can be spent doing other things. Hands on time is about ½ hour. One of the tricks with this recipe is to use a food processor with dough blade rather than a mixer. You can use a mixer with a dough hook and double the processor times. All ingredients should be at room temperature except the water of course.

Ingredients:

- 6 cups Bread Flour
- 2 Packets Active Dry Yeast (2¼ teaspoons)
- 2½ cup hot water (120°-130°)
- 2 tsp each salt and water, mixed.
- 1 Tbs Diastatic Malt Powder (optional. Gives a browner crust)
- Baking sheet or baguette pans, greased

Directions:

1. Using dough blade, mix 4 cups flour and yeast
2. Slowly pour in hot water through the feed tube to make a thick batter
3. Process the batter for 60 seconds
4. Stop the machine and slowly add 2 cups of flour and salt and water
5. When the dough forms around the blade, process for 1 minute more.

6. Place in dough in large bowl, cover with plastic wrap. I use a wooden dough trough and proofing box.
7. Place in warm place and allow to rise for 2 hours. Dough will triple in size.
8. Turn out onto floured surface and knead briefly for about 3 minutes
9. Return to bowl
10. Place in warm place and allow to rise for 1½ hours. Dough will triple in size.
11. Turn out onto floured surface and form into as many loaves or rolls as you want
12. Cover loaves with a cloth and allow to rise for 1 hour.
13. Preheat oven to 450°F.
14. Place a pan of water in bottom of oven
15. When oven comes to temperature bake loaves for 20-30 minutes, watching carefully to ensure that they do not get too brown.
16. Turn out, allow to cool a little and enjoy.
17. Can be frozen.
18. In this microwave for 1 minute (two 16 count rolls) and pop in 400°oven to crisp up.

Makes 4 baguettes or 16 rolls

Pizza Dough

Origin: America

Ingredients:

- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1 cup very warm water, (105-115°F)
- 1 tsp Salt
- 3½ cup All-purpose Flour
- 2 Tbs Olive Oil

Directions:

1. Dissolve yeast in water; let stand 5-10 minutes.
2. Add the Olive Oil.
3. Combine flour and salt in food processor with dough blade.
4. Start processor and add water, yeast and Olive Oil mix
5. Mix until dough comes together in a ball.
6. Turn dough out onto flat surface.
7. Shape dough into a ball and place in a large greased bowl, turning dough over to grease the top.
8. Cover with a damp cloth or plastic wrap; let rise in a warm place till doubled in bulk, about 1 hour
9. Divide dough in half.

At this point, dough may be frozen for later use in several ways

To Freeze Unbaked Dough

10. Shape dough into balls, wrap with plastic wrap and freeze.
11. Let thaw completely at room temperature before rolling out.
12. On a lightly floured surface, roll or stretch each half into a 13-14inch circle about 1/8inch thick, leaving a thick ridge around edge so topping will not spill over.
13. Sprinkle flour liberally over pizza peel.
14. Fold dough in half, then in half again.
15. Carefully transfer it to the center of the peel and unfold.
16. Prick all over with a fork
17. Rub about 1 tablespoon of Olive Oil over dough surface and top with your favorite filling.
18. Slide pizza from peel onto 500°F preheated stone in the oven
19. Turn oven down to 450°F

20. Bake for 20-25 minutes or till crust is crisp and brown.

Yield: Two 13-14inch pizza shells

Rye Bread

Origin: America

Ingredients:

- 2½ cup (12½ oz) Bread Flour
- 1½ cup (8½ oz) Rye Flour
- 1 Tbs Caraway seeds
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1 2/3 cup (13-1/3 oz) Water, room temperature
- 1 Tbs Olive Oil
- 2 tsp Molasses
- 1½ tsp Salt

Directions:

1. Fit stand mixer with dough hook.
2. Whisk flour, rye flour, caraway seeds, salt, and yeast together in bowl of stand mixer.
3. Whisk water, oil, and molasses in 4 cups liquid measuring cups until molasses has dissolved.
4. Add water mixture to flour mixture and knead on low speed until cohesive dough starts to form and no dry flour remains, about 2 minutes, scraping down bowl as needed.
5. Cover bowl tightly with plastic wrap and let dough rest for 20 minutes.
6. Knead on medium-low speed until dough is smooth and elastic and clears sides of bowl, about 5 minutes.
7. Transfer dough to lightly floured counter and knead by hand to form smooth, round ball, about 30 seconds.

8. Place dough seam side down in lightly oiled large bowl, cover tightly with plastic, and let rise until doubled in size, 2 hours.
9. Transfer dough to lightly floured counter and gently press into 8-inch disk.
10. Then fold edges toward middle to form round.
11. Cover loosely with plastic and let rest for 15 minutes.
12. Overturned rimmed baking sheet with parchment paper and dust lightly with rye flour.
13. Gently press and stretch dough into 12 by 9-inch oval, with short end of oval facing edge of counter.
14. Fold top left and right edges of dough diagonally into center of oval and press gently to seal.
15. Fold point of dough into center of oval and press scamp gently to seal.
16. Rotate dough 180 degrees and repeat folding and sealing top half of dough.
17. Fold dough in half toward you to form rough 8 by 4-inch crescent-shaped loaf.
18. Using heel of your hand, press seam closed against counter.
19. Roll loaf seam side down.
20. Tuck ends under loaf to form rounded torpedo shape.
21. Gently slide your hands underneath loaf and transfer, seam side down, to prepared sheet.
22. Spray sheet of plastic with vegetable oil spray and cover loaf loosely.
23. Let loaf rise until increased in size by about half and dough springs back minimally when poked gently with your knuckle, 1 to 1¼ hours.
24. Adjust oven racks to middle and lowest positions.
25. Place empty loaf pan on bottom oven rack.
26. place baking stone on upper rack.
27. heat oven to 450 degrees.
28. Using sharp paring knife or single-edge razor blade, make six to eight 4 inch-long, inch deep slashes with swift, fluid motion across width of loaf, spacing slashes about 1 inch apart.
29. Pour 2 cups boiling water into empty loaf pan in oven.
30. Slide parchment and loaf from sheet onto baking stone.
31. Bake until deep golden brown, 25 to 30 minutes, rotating loaf halfway through baking.
32. Transfer loaf to wire rack.

Makes 1 loaf

Soft Garlic Knots

Origin: America

Ingredients:

For the dough

- 3 cups Bread Flour
- 1 Tbs Sugar
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1 tsp Salt
- 2 Tbs Olive Oil
- ¼ cup Milk
- 1 cup Water

For the glaze

- 3 Garlic Cloves, finely chopped
- 4 Tbs melted Butter
- ½ tsp Italian seasoning

Directions:

1. Put the dough blade in the bowl of a food processor.

2. Put in the flour, sugar, yeast and salt.
3. Pulse to mix.
4. Mix the Olive Oil, milk and water into microwaveable jug.
5. Heat in microwave for 1 minute to reach about 120°F.
6. With processor running, pour liquid through center tube.
7. Mix until ingredients have formed a dough.
8. Knead until the dough is smooth and elastic,
9. Transfer the dough to a lightly oiled bowl, turn once to coat, and cover with plastic wrap.
10. Allow to rise for about 1 hour, or until doubled in bulk.
11. Divide the dough into 10 equal pieces.
12. Roll each piece into a 10 inch long rope and tie into a knot.
13. Take the end lying underneath the knot and bring it over the top, tucking it into the center.
14. Take the end lying over the knot and tuck it underneath and into the center.
15. Transfer shaped rolls to a baking stone, or a baking sheet lined with parchment paper.
16. Cover with a clean kitchen towel and let rise for 45 minutes, until puffy.
17. To make the glaze, finely mince the garlic or press it through a garlic press.
18. Mix with the melted butter and Italian seasoning.
19. Preheat the oven to 350°F.
20. Brush the glaze onto the shaped rolls.
21. Bake until set and lightly browned, about 15-18 minutes.
22. Let cool slightly before serving.

Makes 10 rolls

Whole Wheat Altar Bread

Origin: America

This Bread was originally made as Communion Bread for St Mary of the Hills. Betsy liked it so much I made a variation for everyday use. Instead of cut into 8 pieces cut into two equal loaves.

Ingredients:

- 2 cups Whole Wheat Flour
- 2/3 cup White Flour
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- ¼ tsp Salt
- 1 Tbs Diastatic Malt Powder (optional for daily use. Gives a browner crust)
- 2 Tbs Oil
- 4 Tbs Honey
- 1 cup Very Warm Water, (125°F, 1 minute in microwave.)

Directions:

1. Put all dry ingredients in food processor or mixer.
2. Pulse until well mixed.
3. Add oil
4. Pulse until well mixed.
5. Add honey
6. Pulse until well mixed.
7. Add water and process until well mixed dough is formed.
8. Let it rise once in the bowl for about an hour.
9. Pat it into a circle.
10. Cut it like a pie into 8 roughly equal pieces.(or 2 loaves)
11. Form them into a ball and roll them out pretty flat and
12. Put on a greased cookie sheet.
13. Cut a shallow cross with a sharp knife into the top of each loaf.

14. Bake for about 12 minutes at 350°F.
15. Put in dated freezer bag.

Make 8 loaves

Pastries

Crumpets

Origin: England

Ingredients:

- 1 tsp Active Dry Yeast
- 1 tsp Sugar
- ¼ cup WARM Water (110°F.)
- 1/3 cup Milk
- 1 Egg, lightly beaten
- 4 Tbs Unsalted Butter, melted
- 1 cup All-purpose Flour
- ½ tsp Salt
- ½ tsp Baking Soda
- ¼ cup WARM Water (110°F.)

Directions:

1. Dissolve yeast and sugar in warm water.
2. Stir in the milk, the beaten egg and 1 tablespoon of butter
3. Add the flour and the salt and mix all these ingredients together with a small whisk or a fork
4. Cover with a damp cloth and let stand until doubled in bulk (about 45 minutes to 1 hour)
5. Dissolve baking soda in warm water
6. Add to the risen batter, and beat in thoroughly
7. Let rest an additional 45 minutes
8. Brush the insides of Four 3 inch rings and a griddle with half the remaining butter

9. Over medium to low heat, heat the ring for a minute or two
10. Spoon about two tablespoon of the mixture into each ring
11. Cook for 7 to 10 minutes until tiny air bubbles begin to appear on top of the batter
12. Remove the rings, flip the crumpets with a spatula and brown the reverse side slightly for 2-3 minutes
13. Repeat for the remaining batter
14. Crumpets can be served warm immediately, or let cool on a wire rack and toasted later.
15. In either case they should be served dripping with butter

Make 6 or 8

Scones

Origin: England

This has been a very difficult recipe to duplicate in America due to the different types of Flour. They are so easy in England and are served at Afternoon Tea.

Ingredients:

- ¼ cup WARM Water (110°F.)
- 2 tsp Sugar
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 5 cups All-purpose Flour
- 1 Tbs Baking Powder
- 1 tsp Baking Soda
- 2 tsp Salt
- 1 cup Crisco
- 2 cups Buttermilk

Directions:

1. Mix the yeast with the sugar
2. Add the water
3. Let stand for about 5 minutes.

4. Sift the flour, baking powder, baking soda and the salt
5. Rub in the Crisco to a sandy texture
6. Add the buttermilk and mix well together
7. Add the yeast mixture
8. Stir well
9. Cover the bowl and refrigerate one hour or more
10. Preheat oven to 450°F.
11. On a lightly floured board, pat down to inch thick
12. Cut into 2 inch rounds
13. Place on ungreased baking sheet
14. Bake for 10 minutes
15. Serve with Strawberry Jam (preserves) and whipped cream.

Makes 24-36 scones

Hot Cross Buns

Origin: England

Ingredients:

- 4½ cup All-purpose Flour
- 2/3 cup Sugar
- 1 Packet Active Dry Yeast (2¼ teaspoons)
- 1 tsp Salt
- 1 tsp Ground Nutmeg
- ¼ tsp Ground Cinnamon
- 1 cup Milk
- ¼ cup Water
- 1/3 cup Unsalted Butter
- 2 Large Eggs
- 2/3 cup currants
- 1/3 cup Chopped, Mixed candied Fruit
- 1 Tbs All-purpose Flour
- 1 Egg White, slightly beaten
- 1 cup sifted Powdered Sugar
- 1 to 1½ Tbs Milk
- ½ tsp Vanilla Extract

Directions:

1. Combine 2½ cup flour, sugar, yeast salt, nutmeg, and cinnamon in large bowl, stirring well.
2. Set aside.
3. Combine 1 cup milk, water and butter in small saucepan.
4. Cook over medium heat, stirring constantly, just until butter melts.
5. Cool 5 minutes (130°F.).
6. Pour milk mixture into flour mixture; beat at low speed with electric mixer until dry ingredients are moistened.
7. Add eggs; beat at medium speed for 3 minutes.
8. Gradually stir in enough remaining flour to make a soft dough.
9. Turn dough out onto a well-floured surface, and knead until smooth and elastic (about 8 minutes).
10. Place dough in a well-greased bowl, turning to grease top.
11. Cover and let rise in a warm place (80°F.), free from drafts, for 1 hour (won't quite be doubled in bulk).
12. Punch dough down, and turn out onto a floured surface.
13. Combine currants and candied fruit with 1 tablespoon flour, stirring to coat.
14. Knead about one-fourth of the mixture at a time into dough until all fruit mixture is evenly dispersed.
15. Divide dough into 15 equal portions.
16. Shape each portion into a ball.
17. Place ball on a greased 13x9*2 inch baking pan.
18. Cover and let rise in a warm place 1 hour or until doubled in bulk.
19. Gently brush tops with beaten egg white.
20. Bake at 375°F. for 16 minutes or until buns are deep golden brown.
21. Cool 10 minutes.

22. Combine powdered sugar, 1 to 1½ tablespoons milk and vanilla.
23. Pipe evenly on top of warm buns, forming a cross.

- 1/3 cup Water
- 3 Tbs Shortening (Crisco)
- ¼ tsp Salt

Yield 15 buns

[Pâté Brisée \(Cold Water or Short Crust Pastry\)](#)

Origin: France

This makes one 9 inch crust or shell.
(Double amounts for both crust and shell.)

Ingredients:

- 1¼ cup sifted All-purpose Flour
- ½ tsp Salt
- ½ Stick Unsalted Butter
- 4 Tbs Cold Water

Directions:

1. Combine all ingredients in large bowl till combined
2. Add 3-4 tablespoons very cold ice water
3. Toss with fork till mixture forms a dough.
4. On floured surface, knead a few seconds with heel of hand to distribute fat.
5. Roll lightly into a ball.
6. Refrigerate 1 hour in waxed paper.
7. Roll as a crust.

The use of a Pie Bird helps to let out steam and makes for a crisper pie crust.

[Hot Water Pastry](#)

Ingredients:

- 2½ cup All-purpose Flour
- 1/3 cup Milk

Directions:

1. Sieve the flour and salt into a warm basin
 2. Put milk, water, and shortening on to boil
 3. Pour it into the middle of the flour and mix well with wooden spoon
 4. Knead with the hand until smooth
-

Breakfast

Buckwheat Pancakes

Origin: America

Ingredients:

- ¾ cup Buckwheat Flour
- ¾ cup All-purpose Flour
- 3 Tbs sugar
- ½ tsp Salt
- 1 tsp Baking Soda
- 3 Tbs Unsalted Butter, melted
- 1 egg
- 2 cups Buttermilk

Directions:

1. Heat a well-seasoned griddle, cast iron skillet, or stick-free pan on medium heat.
2. The pan or griddle should be ready for the batter as soon as it is mixed.
3. Whisk together the dry ingredients, the flours, sugar, salt, baking soda in a large bowl.
4. Pour the melted butter over the dry ingredients and start stirring.
5. Beat the egg with a fork and stir it into half of the buttermilk.
6. Add the buttermilk and egg mixture to the dry ingredients.
7. Slowly add in the rest of the buttermilk as needed to get to the right consistency for your batter (you may not need all of the buttermilk, depending on what type of buttermilk you are using and the brand of flour).
8. Stir only until everything is combined. Do not over mix. A few lumps are fine.
9. Put a small amount (a half teaspoon) of vegetable oil on the pan or griddle

and spread it around with a paper towel to coat.

10. Ladle the batter onto the hot surface to the desired size, about 4-5 inch wide. (A ¼ cup measure will ladle about a 4inch pancake.)
11. Reduce the heat to medium-low.
12. Allow the pancake to cook for 2-3 minutes on this first side.
13. Watch for bubbles on the surface of the pancake.
14. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake.
15. Cook for another 1-2 minutes, or until nicely browned.
16. Keep your pancakes warm on a rack in the oven set on "warm, " or stack them on a plate and cover with a towel as you make more.
17. Spread more oil on the pan as needed between batches of pancakes.
18. Serve with butter and maple syrup.

Makes 12 pancakes

Buttermilk Pancakes

Origin: America

Ingredients:

- 3 cups All-purpose Flour
- 3 Tbs Sugar
- 3 tsp Baking Powder
- 1½ tsp Baking Soda
- ¾ tsp Salt
- 3 cups Buttermilk
- ½ cup Milk
- 3 Eggs
- 6 Tbs Butter, melted

Directions:

1. In a large bowl, combine flour, sugar, baking powder, baking soda, and salt.
2. In a separate bowl, beat together buttermilk, milk, eggs and melted butter.
3. Keep the two mixtures separate until you are ready to cook.
4. Heat a lightly oiled griddle or frying pan over medium-high heat.
5. Pour the wet mixture into the dry mixture, using a wooden spoon or fork to blend.
6. Stir until it's just blended together. Do not over stir!
7. Pour or scoop the batter onto the griddle, using approximately ½ cup for each pancake.
8. Brown on both sides and serve hot.

Serves 4

Egg and Ham Rolls

Origin: America

These were inspired by breakfast at the Tranquil House Inn, Manteo, NC.

Ingredients:

- 1 Tbs Olive Oil
- ¼ Sweet Red Bell Pepper, chopped or 1 Tbs diced Pimentos
- ¼ Green Pepper, chopped
- 1 Garlic Clove, finely chopped
- ¼ lb Ham, cut into about ¼ inch squares
- 1 small Onion, finely chopped
- ["Scrambled Eggs"](#)
- 2 Tbs Cream Cheese
- 4 Rice Spring Roll wrappers (Defrosted)

Directions:

1. Heat oil in omelet pan or skillet
2. Fry the onion, peppers, garlic and ham until the onion is wilted
3. Start the scrambled eggs
4. As it starts to curdle add the cheese
5. As it begins to firm up add the rest of the ingredients
6. Continue stirring until cheese begins to melt and the eggs are done to the desired degree of firmness
7. Roll mixture in egg roll wrappers.
8. Heat oil in a cast iron pan until it bubbles a bit on top
9. Add 2 or 4 egg rolls at a time to the oil and fry for 2 minutes on each side.

Serves 2

Eggs Benedict

Origin: England

A quick and tasty breakfast

Ingredients:

- 2 English Muffins, split
- 4 Eggs
- 4 Slices of Canadian Bacon (Meaty piece of the English Back Bacon)
- ["Hollandaise Sauce"](#)

Directions:

1. Lightly poach the eggs using a poacher or rings.
2. Toast the 4 halves of the English muffins.
3. Fry the bacon
4. Make Hollandaise Sauce
5. Butter the muffins.
6. Place the bacon on top and then the eggs.
7. Cover with the sauce.

Serves 2

Fluffy Omelette

Origin: America

Ingredients:

- 4 large Eggs, separated
- 2 Tbs Unsalted Butter, melted
- ¼ tsp Salt
- ¼ tsp Cream of Tartar
- 1 "[Fillings](#)"
- 1 oz Parmesan Cheese grated (½ cup)

Directions:

1. Adjust oven rack to middle position and heat oven to 375°F
2. Whisk egg yolks, 1 tablespoon melted butter, and salt together in bowl.
3. Place egg whites in bowl of stand mixer and sprinkle cream of tartar over surface.
4. Fit stand mixer with whisk and whip egg whites on medium-low speed until foamy, 2-3 minutes.
5. Increase speed to medium-high and whip until stiff peaks just start to form, 2-3 minutes.
6. Fold egg yolk mixture into egg whites until no white streaks remain.
7. Heat remaining 1 tablespoon butter in 12 inch cast iron skillet over medium-high heat, swirling to coat bottom of pan.
8. When butter foams, quickly add egg mixture, spreading into even layer with spatula.
9. Remove pan from heat and gently sprinkle filling and Parmesan evenly over top of omelette.
10. Transfer to oven and cook until center of omelette springs back when

lightly pressed, 4½ minutes for slightly wet Omelette and 5 minutes for dry Omelette.

11. Run spatula around edges of omelette to loosen, shaking gently to release.
12. Slide Omelette onto cutting board and let stand for 30 seconds.
13. Using spatula, fold omelette in half.
14. Cut Omelette in half crosswise and serve immediately.

Fillings

Mushroom:

Ingredients:

- 1 tsp Olive Oil
- 1 Shallot, sliced thin
- 4 oz White or Cremini Mushrooms, trimmed and chopped
- Salt and Pepper
- 1 tsp Balsamic Vinegar

Directions:

1. Heat oil in 12inch nonstick skillet over medium-high heat until shimmering.
2. Add shallot and cook until softened and starting to brown, about 2 minutes.
3. Add mushrooms and 1/8 tsp salt and season with pepper to taste.
4. Cook until liquid has evaporated and mushrooms begin to brown, 6 to 8 minutes.
5. Transfer mixture to bowl and stir in vinegar.

Asparagus and Smoked Salmon:

Ingredients:

- 1 tsp Olive Oil

- 1 Shallot, sliced thin
- 5 oz Asparagus, trimmed and cut on the bias into ¼ inch pieces
- 1 oz Smoked Salmon
- Salt and Pepper
- ½ tsp Lemon Juice

Directions:

1. Heat oil in 12inch nonstick skillet over medium-high heat until shimmering.
2. Add shallot and cook until softened and starting to brown, about 2 minutes.
3. Add asparagus and a dash salt and season with pepper to taste.
4. Cook until liquid has evaporated and mushrooms begin to brown, 6 to 8 minutes.
5. Transfer mixture to bowl and stir salmon and lemon juice.

Serves 2

Instant Omelette

Origin: England

The basic Omelette is great by itself or one can add a filling. The cast iron pan must be hot! This keeps the pan from sticking and the Omelette cooks almost instantly. One size feeds one or two people. I have been unable to turn out the same quality if half or double the quantities. The filling can be added while you mix the eggs or as I prefer right after you have poured the egg mixture into the pan.

Ingredients:

- 1 Tbs Oil
- 3 Eggs
- ¼ tsp Salt
- 2 Tbs Water

- Freshly Ground Black Pepper to taste

Directions:

1. Heat cast iron pan with oil on high
2. Mix rest of the ingredients with a fork in bowl
3. Beat until just mixed.
4. Pour into pan turning down the heat as you do
5. Shake pan and stir until cooked about 45 seconds hence the "Instant Omelette"

Scrambled Eggs

Origin: England

We serve this with kippers (smoked herrings). It is also used in Egg and Ham Rolls.

Ingredients:

- 3 Tbs Olive Oil
- 4 Eggs
- ¼ tsp Salt
- 2 Tbs Milk
- Freshly Ground Black Pepper to taste

Directions:

1. Heat oil in small pan until bubbling
2. Mix rest of the ingredients with a fork in bowl
3. Turn down heat to warm.
4. Beat until just mixed.
5. Pour into pan turning down the heat as you do
6. Shake pan and stir for about 30 seconds
7. Let set, stirring once
8. Serve on hot buttered toast

Serves 2

Sausage Breakfast Casserole

Origin: America

Brunch for a Bunch

Ingredients:

- 12 oz Sweet Italian sausage (Pork, Turkey or Beef), casings removed and meat crumbled.
- 2 cups Kale, shredded
- 15 Eggs
- ½ cup Coconut Milk
- 2 Tbs Fresh Basil, chopped
- 1 Tbs Fresh Parsley, chopped
- 1 tsp Fresh Thyme, chopped
- 1 tsp Salt
- ¼ tsp Fresh Ground Black Pepper
- 1 lb Sweet Potatoes, Peeled and shredded
- 2 Tomatoes, Thinly sliced

Directions:

1. Preheat Oven to 350°F
2. Brown sausage in a 14"Cast-Pan.
3. Add kale.
4. Continue to cook until kale is wilted.
5. In bowl whisk together eggs, coconut milk, basil, parsley, thyme, salt and pepper.
6. Remove pan from heat and drain off any fat, discarding.
7. Return pan to heat and add egg mixture.
8. Stir in sweet potatoes
9. Cover and cook in oven for 30 minutes
10. Uncover pan and place tomatoes on top
11. Continue cooking for 15 minutes

Serves 10

Cakes and Cookies

Betsy's Fudge Truffle Cheesecake

Origin: America

A really rich cheesecake! You could tone it down a bit by not sprinkling any chips and halving the icing recipe, but the point of this creation is to knock people into a sugar-induced coma. It isn't nearly as much fun otherwise! Enjoy!

The Crust

Ingredients:

- 1½ cup Vanilla Wafer crumbs (I've also used Chocolate Graham Crackers)
- ½ cup powdered sugar
- 1/3 cup cocoa
- ½ cup melted butter

Directions:

1. Preheat oven to 300°F.
2. Combine ingredients and press into a greased "9" spring form pan (recommend some Pam or other anti-stick coating) and set aside.

The Filling

Ingredients:

- 2 cups (12 oz package) semi-sweet chocolate chips (I really like the Ghiradelli Double Chocolate-very smooth taste)
- 1 cup (6 oz) semi-sweet chocolate chips (for sprinkling)
- 3 8 oz packages softened cream cheese

- 1 (14 oz) can sweetened condensed milk
- 4 Eggs
- 2 tsp vanilla

Directions:

1. Melt the 2 cups of chips (microwave OK but careful not to burn the chocolate!).
2. Beat the cream cheese until fluffy.
3. Gradually add the sweetened condensed milk.
4. Add the melted chocolate, eggs and vanilla.
5. Pour over crust.
6. Sprinkle 1 cup (big handful, whatever) over the top and
7. bake for 1 hour or until center is set.

The Fudge Truffle Icing

Ingredients:

- 2 sticks salted Butter, room temperature
- 1 box sifted Confectioners' Sugar
- Dash Salt
- 2 tsp Vanilla
- 4 squares Unsweetened Chocolate (melted)
- 2 Egg whites, beaten stiff

Directions:

1. Cream butter (beat until creamy in the mixer, or just mush it around in a bowl with a spatula)
2. Slowly add sifted confectioners' sugar.
3. Add salt and vanilla,
4. Add the melted chocolate.
5. Fold in stiff egg whites.
6. Refrigerate for 10-20 minutes,
7. Then frost the cake.

8. Must remain in refrigerator for one hour before slicing, which works best with a hot, sharp, wet knife.
9. Refrigerate until serving.

Blond Brownies

Origin: America

Freezes well. Can dust with confectioner's sugar or make a glaze of butter, nuts, sugar, & milk if you are not freezing them. Apply to warm bars.

Ingredients:

- 1 cup Butter
- 1 box Light Brown Sugar (2½ cup)
- 2 eggs
- 2 cups All-purpose Flour
- 2 tsp Baking Powder
- 1 tsp Vanilla
- Pinch of Salt
- 1 cup chopped Pecans, optional

Directions:

1. Preheat oven to 350°F.
2. Melt butter.
3. Add sugar.
4. Stir in eggs, flour, & baking powder.
5. Add salt, vanilla.
6. Add nuts if using.
7. Pour in greased 9 inch x 13 inch pan.
8. Put a "collar" of aluminium foil around edges to prevent over-browning.
9. Bake for 25 minutes.
10. Cool in pan.
11. Slice and serve.

Cindy's Dipped Gingersnaps

Origin: America

These come from Brian's Mother-in-Law

Ingredients:

- 2 cups Sugar
- 2 Eggs
- 1½ cup Canola Oil
- ½ cup Molasses
- 4 cups All-purpose Flour
- 1 tsp Salt
- 1 Tbs Ground Ginger
- 2 tsp Cinnamon
- 4 tsp Baking Soda
- ½ cup Candied Ginger finely chopped
- 1 cup Sugar
- Vanilla chips melted or vanilla dipping/candy coating such as Wilton's White Candy Melts (preferably) or Ghirardelli's Candy Making and Dipping Bar.

Directions:

1. Cream sugar and oil.
2. Add eggs, one at a time.
3. Stir in molasses.
4. Combine dry ingredients:
5. Gradually add to creamed mixture and mix well.
6. Stir in candied ginger.
7. Shape into ¾ inch balls-a small melon baller works great.
8. Put about a cups of sugar in a gallon ziplock bag
9. Gently shake 12 or so cookies at a time to coat.
10. Place about 2 inch apart on ungreased cookie sheet (parchment paper is your friend).
11. Bake at 350°F for 10-12 minutes.
12. Cool and dip about half of each cookie into the melted vanilla.
13. Gently shake off excess and let cool completely.

Makes lots! Dough can be kept in a ziplock bag in refrigerator for several months.

Martha Washington's Applejack Walnut Cake

Origin: America

This came to us from Betty Purcell, a very close friend of ours. This is Ray's version using locally produced Carriage House Apple Brandy.

Ingredients:

- 2 cups All-purpose Flour
- Dash Ground Cloves
- ¼ tsp Mace
- 1¼ tsp Cinnamon
- 1 tsp Baking Powder
- ¾ tsp Salt
- 1 cup Whole Wheat Flour, sifted
- 1½ cup Canola Oil
- 2 cups Sugar
- 3 Eggs
- ¾ cup Apple Chunks
- 1¼ cup of Chopped Walnuts
- ¼ cup Apple Brandy

Directions:

1. Preheat oven to 325°F
2. Sift together flour, cloves, cinnamon, mace, baking powder, and salt.
3. Stir in whole-wheat flour.
4. Set aside.
5. Beat oil and sugar until thick.
6. Add eggs; beat well.
7. Add flour mixture to oil and egg mixture.
8. Blend well.
9. Add walnuts, apple chunks, and Apple Brandy.
10. Stir until pieces are evenly distributed.
11. Pour batter into a greased 10inch tube pan.
12. Bake for 1 hour and 15 minutes, or until cake tester comes out clean.

13. Let cool for 10 minutes.
14. Unmold and pour "[Orange Applejack Glaze](#)" over cake.

Makes one 10inch cake

Orange Applejack Glaze

Ingredients:

- 4 Tbs Butter
- 6 Tbs Sugar
- 2 Tbs Brown Sugar
- ¼ cup Apple Brandy
- 2 Tbs Orange Juice
- ½ cup Apple Cider

Directions:

1. Melt butter in small saucepan and stir in both sugars.
2. Add remaining ingredients.
3. Stir and bring to boil.
4. Reduce heat and cook until glaze starts to thicken about 10 minutes.
5. Remove from heat and cool slightly.
6. Pour over cake while still warm.

Pound Cake

Origin: America

Ingredients:

- 2 cups Butter
- 3 cups Sugar
- 2 cups All-purpose Flour
- 5 Eggs

Directions:

1. All ingredients at room temperature
2. Cream butter and sugar.
3. Add flour and eggs alternately (1/3 cup at a time)
4. Bake at 350°F. for 50 minutes.

Makes 1 cake

Rosemary Shortbread

Origin: America

This shortbread is far from typical. It has a luscious buttery crumb balanced by earthy threads of rosemary. For added flair, drizzle with melted semisweet chocolate and sprinkle with sea salt.

Ingredients:

- 1 cup All-purpose Flour
- ½ cup Unsalted Butter
- ¼ cup Confectioners powdered sugar
- 2 Tbs Granulated sugar
- 1 Tbs Honey
- 1 tsp chopped Fresh rosemary
- ½ tsp Salt

Directions:

1. Preheat oven to 325°F.
2. Process all ingredients in a food processor until mixture forms a ball.
3. Press mixture evenly on bottom of a lightly greased 6inch square pan.
4. Prick with a fork.
5. Bake 25 to 30 minutes or until lightly browned.
6. Cut into rectangles while still warm.
7. Once cool, remove from pan, and break apart.

Makes a dozen rectangular cookies

Strawberry Cream Cake

Origin: America

Ingredients:

Cake

- 1¼ cup (5 oz) cake flour
- 1½ tsp baking powder
- ¼ tsp Salt
- 1 cup sugar
- 5 large eggs (2 whole and 3 separated), room temperature
- 6 Tbs unsalted butter, melted and cooled slightly
- 2 Tbs water
- 2 tsp vanilla extract

Strawberry Filling

- 2 lb large strawberries (about 2 quarts), washed, dried, and stemmed
- 4 Tbs sugar
- 2 Tbs Kirsch
- Pinch Salt

Whipped Cream

- 8 oz Cream Cheese, room temperature
- ½ cup Sugar
- 1 tsp Vanilla
- Dash Salt
- 2 cups Heavy Cream

Directions:

Cake

1. Adjust oven rack to lower-middle position and heat oven to 325°F.
2. Grease and flour round 9 by 2inch cake pan or 9inch springform pan and line with parchment paper.
3. Whisk flour, baking powder, salt, and all but 3 Tbs sugar in mixing bowl.
4. Whisk in 2 whole eggs and 3 yolks (reserving whites), butter, water, and vanilla; whisk until smooth.
5. In clean bowl of standing mixer fitted with whisk attachment, beat remaining 3 egg whites at medium-

- low speed until frothy, 1 to 2 minutes.
6. With machine running, gradually add remaining 3 Tbs sugar, increase speed to medium-high, and beat until soft peaks form, 60 to 90 seconds.
 7. Stir one-third of whites into batter to lighten; add remaining whites and gently fold into batter until no white streaks remain.
 8. Pour batter into prepared pan and bake until toothpick or wooden skewer inserted into center of cake comes out clean, 30 to 40 minutes.
 9. Cool in pan 10 minutes, then invert cake onto greased wire rack; peel off and discard parchment.
 10. Invert cake again; cool completely, about 2 hours.

Strawberry Filling

1. Halve 24 of best-looking berries and reserve.
2. Quarter remaining berries; toss with 4 to 6 Tbs sugar (depending on sweetness of berries) in medium bowl and let sit 1 hour, stirring occasionally.
3. Strain juices from berries and reserve (you should have about ½ cup).
4. In workbowl of food processor fitted with metal blade, give macerated berries five 1-second pulses (you should have about 1½ cup).
5. In small saucepan over medium-high heat, simmer reserved juices and Kirsch until syrupy and reduced to about 3 tablespoons, 3 to 5 minutes.
6. Pour reduced syrup over macerated berries, add pinch of salt, and toss to combine.
7. Set aside until cake is cooled.

Whipped Cream

1. When cake has cooled, place cream cheese, sugar, vanilla, and salt in bowl of standing mixer fitted with whisk attachment.
2. Whisk at medium-high speed until light and fluffy, 1 to 2 minutes, scraping down bowl with rubber spatula as needed.
3. Reduce speed to low and add Heavy Cream in slow, steady stream; when almost fully combined, increase speed to medium-high and beat until mixture holds stiff peaks, 2 to 2½ minutes more, scraping bowl as needed (you should have about 4½ cup).

Assemble

1. Using large serrated knife, slice cake into three even layers.
2. Place bottom layer on cardboard round or cake plate and arrange ring of 20 strawberry halves, cut sides down and stem ends facing out, around perimeter of cake layer.
3. Pour one half of puréed berry mixture (about ¾ cup) in center, then spread to cover any exposed cake.
4. Gently spread about one-third of whipped cream (about 1½ cup) over berry layer, leaving inch border from edge.
5. Place middle cake layer on top and press down gently (whipped cream layer should become flush with cake edge).
6. Repeat with 20 additional strawberry halves, remaining berry mixture, and half of remaining whipped cream; gently press last cake layer on top.
7. Spread remaining whipped cream over top; decorate with remaining cut strawberries.
8. Serve, or chill for up to 4 hours.

Pina Colada Cake

Origin: America

Ingredients:

Cake

- 1 "[Strawberry Cream Cake](#)"

Pineapple Filling

- 2 lb large Pineapples, cored, keep juice
- 4 Tbs Rum
- Pinch Salt

Whipped Cream

- 8 oz Cream Cheese, room temperature
- ½ cup Sugar
- 1 tsp Vanilla Extract
- Dash Salt
- 1 cup Heavy Cream
- 1 cup Coconut Cream (8½ oz can)

Directions:

Pineapple Filling

1. Core and slice pineapple
2. Cut 10 of pineapple slices into thirds and reserve.
3. Quarter remaining slices in medium bowl and let sit 1 hour, stirring occasionally.
4. Strain juices from slices and reserve (you should have about ½ cup).
5. In workbowl of food processor fitted with metal blade, give rest of pineapple slices five 1-second pulses (you should have about 1½ cup).
6. In small saucepan over medium-high heat, simmer reserved juices and rum

until syrupy and reduced to about 3 Tbs 3 to 5 minutes.

7. Pour reduced syrup over macerated pineapple, add pinch of salt, and toss to combine.
8. Set aside until cake is cooled.

Whipped Cream

1. When cake has cooled, place cream cheese, sugar, vanilla, and salt in bowl of standing mixer fitted with whisk attachment.
2. Whisk at medium-high speed until light and fluffy, 1 to 2 minutes, scraping down bowl with rubber spatula as needed.
3. Reduce speed to low and add Heavy Cream and coconut cream in slow, steady stream; when almost fully combined, increase speed to medium-high and beat until mixture holds stiff peaks, 2 to 2½ minutes more, scraping bowl as needed (you should have about 4½ cups).

Assemble

1. Using large serrated knife, slice cake into three even layers.
2. Place bottom layer on cardboard round or cake plate and arrange ring of 10 pineapple halves around perimeter of cake layer.
3. Pour one half of puréed pineapple mixture (about ¾ cup) in center, then spread to cover any exposed cake.
4. Gently spread about one-third of whipped cream (about 1½ cup) over pineapple layer, leaving inch border from edge.
5. Place middle cake layer on top and press down gently (whipped cream layer should become flush with cake edge).

6. Repeat with 12 additional pineapple halves, remaining pineapple mixture, and half of remaining whipped cream; gently press last cake layer on top.
7. Spread remaining whipped cream over top; decorate with remaining cut pineapple.
8. Serve, or chill for up to 4 hours.

Rose's Carrot Cake

Origin: America

Very Rich but very good!

Ingredients:

- 2 cups Self-Rising Flour (See ["Self-Rising Flour"](#))
- 1 tsp Cinnamon
- ½ tsp Baking Soda
- 4 Eggs
- 2 cups Sugar
- 1½ cup Canola Oil
- 3 cups grated Carrots
- 1 cup Pecans

Directions:

1. Sift flour, cinnamon and baking soda, set aside.
2. Beat eggs, sugar and oil.
3. Add dry ingredients and beat well.
4. Fold in carrots and pecans.
5. Pour into 3 greased/floured pans.
6. Bake at 350° For 30-35 minutes.
7. Cool and frost the layers, top and sides with ["Lemon Cream Cheese Frosting"](#).

Lemon Cream Cheese Frosting

Ingredients:

- 1 cup Unsalted Butter, softened

- 8 oz package Cream Cheese, softened
- 1 Tbs Lemon Zest
- 1 Tbs Fresh Lemon Juice
- 6 cups Confectioners' Sugar

Directions:

1. In a large bowl, beat butter, cream cheese, lemon zest, and lemon juice at medium speed with a mixer until creamy.
2. Gradually add sugar until smooth.

Butter Frosting

Origin: America

Good stand-by-frosting with variations. Make after cake has cooled

Ingredients:

- ½ cup Butter
- 4 Tbs Cream or Evaporated Milk
- 3 cups Confectioner's Sugar, sifted
- 1 tsp Vanilla

Directions:

1. Cream butter.
2. Add remaining ingredients.
3. Cream "until well-blended and fluffy".

LEMON

4. Add ½ tsp grated Lemon Rind and use Lemon Juice instead of vanilla and half of the cream.

MOCHA

5. Add 3 Tbs Cocoa and use cold strong Coffee instead of cream.

ORANGE

6. Add 1 Tbs grated Orange Rind and use Orange Juice instead of cream.

PINEAPPLE

7. Use 1/3 cup crushed Pineapple with juice instead of cream.

Yield: Covers a 2 layer cake

Scottish Shortbread

Origin: Scotland

Ingredients:

- 1½ cup All-purpose Flour
- ¾ Confectioners' Sugar
- ¼ tsp Salt
- ½ lb Unsalted Butter

Directions:

1. Preheat oven to 325°F.
2. Mix all ingredients together
3. Knead thoroughly until the consistency becomes doughy
4. Press firmly into the mold making sure that the dough fits into every part of surface
5. Bake in preheated oven approximately 45 minutes, or until shortbread is lightly browned
6. Let cool in mold and then run knife around the perimeter of the shortbread to loosen it from the mold
7. Remove to rack

Serves 2

Whole-Grain Gingerbread

Origin: America

Ingredients:

- ¾ cup Whole Wheat Flour
- 1 cup All-purpose Flour
- ½ cup packed Muscovado Sugar or Brown Sugar
- ¼ tsp Baking Soda
- ½ tsp Salt
- 1 tsp Ground Ginger
- ¼ cup chopped Crystallized Ginger
- 1 Tbs grated Fresh Ginger
- ¼ tsp ground Cloves
- ½ tsp ground Cinnamon
- 2 Tbs Grated Orange Zest
- 8 Tbs Unsalted Butter, plus more for greasing the pan
- ½ cup Blackstrap Molasses
- 3 Tbs Honey
- ½ cup whole milk
- ¼ cup plain whole-milk yogurt
- 1 large egg, beaten

Directions:

1. Preheat the oven to 350 degrees.
2. Butter and flour a 9inch square pan.
3. In a large bowl whisk together the flours, sugar, baking soda, salt, the three kinds of ginger, cloves, cinnamon, orange zest, and honey.
4. Pour molasses and honey into the flour mixture and stir to combine.
5. Add the milk, yogurt, and egg and fold together until combined.
6. Pour the batter into the prepared pan and bake until the edges pull away from the pan slightly and a toothpick inserted into the center comes out clean, 35 to 40 minutes.
7. Let the gingerbread cool completely in the pan before slicing and serving.
8. Any leftovers can be covered and stored at room temperature for up to 4 days.

Christmas

Roast Turkey

Origin: America

- 1 Turkey, We usually have one between 20 and 30 lbs

We have been cooking the stuffings or dressings separately, not in the turkey.

1. Preheat oven to 450°F.
 2. Place the turkey breast up on a rack above a large roasting pan
 3. Reduce to 350°F. when you put the turkey in the oven
 4. Baste with pan drippings frequently
 5. Cook about 8 to 10 minutes per pound or until the internal temperature is between 160°F.-170°F.
-

Dressings or Stuffing

Old Fashioned Turkey Dressing

Origin: England

Ingredients:

- 1 cup Onion, chopped
- 1 cup Celery, chopped
- 12 Rashers Seasoning Bacon
- 8 cups stale Bread Crumbs
- 1 Giblets
- ½ tsp Salt
- ½ tsp Sage
- 1 tsp Parsley
- ½ tsp Thyme
- ½ tsp Rosemary

- ½ tsp Black Pepper
- 2 Eggs
- 1 cup Chicken Broth

Directions:

1. Fry onion, celery and giblets in the butter until tender
2. Grind cooked onion, celery and giblets coarsely
3. Add the rest of the ingredients
4. Stuff body cavity of Turkey or in a separate dish and bake for 1 hour at 350°F.

Cranberry Orange Relish

Origin: America

This Cranberry relish is loved by all. This Recipe can be halved using quantities in { }.

Ingredients:

- 1 Unpeeled Navel Orange
- 1 lb Cranberries & lbrc.2 cups }
- 1 cup Sugar & lbrc.½ cup }
- 2 Tbs Grand Marnier (not really optional!) & lbrc.1 Tbs }

Directions:

1. Peel ¾ of the orange.
2. Cut orange into quarters and chop in food processor.
3. Wash cranberries, discarding soft berries.
4. Add to orange with sugar.
5. Process till finely chopped.
6. Add Grand Marnier.
7. Spoon into container and refrigerate.
8. Better made overnight, as flavors blend more thoroughly with longer chilling.

Makes about 4 cups, & lbrc.2 cups }

Bread Sauce

Origin: England

Ingredients:

- 1 Medium Onion, peeled, halved
- 8 Cloves
- ¼ tsp Ground Mace
- 8 Peppercorns
- 2 cup Milk
- ½ cup Fresh white Breadcrumbs
- 2 Tbs Unsalted Butter
- 2 Tbs Heavy Cream
- ½ tsp Salt
- Freshly Ground Black Pepper

Directions:

1. Stud the onion with the cloves and put it in the pan with the mace, peppercorns and milk.
2. Bring to the boil, remove from the heat immediately and leave it, covered, to infuse for at least 2 hours.
3. Strain the milk into another pan and stir in the breadcrumbs.
4. Add 1 tablespoon of butter.
5. Return to the heat, stirring continuously until the mixture boils and becomes quite thick.
6. Add the onion back in, to give the sauce extra flavor.
7. Leave the sauce in the pan in a warm place until you are ready to serve it.
8. Just before serving, remove the onion and spices.
9. Reheat the sauce gently then beat in another 1 tablespoon butter and 2 tablespoons of Heavy Cream.
10. Taste to check the seasoning.
11. Pour into a warmed serving jug.

Turkey Gravy

Origin: England

Ingredients:

- 1 giblets from turkey
- ½ tsp Salt
- ½ tsp Ground Black Pepper
- 1 stalk Celery, halved
- 1 Yellow Onion
- 1 qt Chicken Broth
- 3 Tbs All-purpose Flour
- 3 Tbs Olive Oil

Directions:

1. Prepare broth the day before
2. In a 2 quart saucepan, simmer the giblets, salt, pepper, celery and onion in chicken broth for 60 minutes.
3. Discard celery, onion and gizzard.
4. Chop liver and neck meat and return to pan.
5. Store overnight
6. Add chicken broth to make up to bring back up to 1 quart
7. Melt butter and add flour to make roux
8. Add reserved broth.
9. Stir well until thickened.
10. Reduce heat to low.
11. Simmer until needed

Cakes

Christmas Cake

Origin: England

The traditional English Christmas Cake

Ingredients:

- 1 lb Unsalted Butter
- 1 lb Soft Brown Sugar

- 9 Eggs
- 5 cups All-purpose Flour
- ½ tsp Salt
- 2 Tbs Ground Allspice or Cinnamon
- 1 lb Currants
- 4 oz Chopped Raisins
- 1 lb Golden Raisins
- 4 oz Candied Citron Peel
- 4 oz Candied Mixed Peel
- 4 oz Blanched Almonds
- 2 cups Candied Red and Green Cherries, chopped
- ¼ cup Dark Molasses
- 2/3 cup Rum
- 3 Drops Vanilla
- Rind of one Lemon, grated

Directions:

1. Preheat oven to 325°F.
2. Cut the butter into small pieces and cream with the sugar until light and fluffy
3. Beat the eggs in a large bowl set over a pan of hot water and whisk into creamed mixture
4. Fold in the flour sifted with salt and allspice, alternately with dried fruits, citron, mixed peel, almonds, cherries, and lemon rind.
5. Finally add the molasses, rum, and vanilla
6. Turn the cake mixture into a double lined and greased 12 inch cake pan and level the top making sure no air pockets are left
7. Tie a couple of layers of brown paper around the tide and stand it on a double layer of newspaper
8. Bake for 4½ hours
9. Cool completely before removing from pan.
10. It can be stored for several weeks in tin with a tightly fitted lid.
11. Keep moist with brandy or sherry.
12. Cover the top and sides with almond paste or marzipan
13. Spread "[Royal Icing](#)" over the top and sides.

Royal Icing:

Ingredients:

- 1 lb Confectioners' Sugar
- 2 Egg whites
- 1 tsp Lemon Juice

Ingredients:

1. Sift the confectioner's sugar two or three times
2. Whisk the egg whites until fluffy and gradually stir in the sugar, beating well between each addition
3. Beat in strained lemon when half the sugar has been incorporated
4. Continue adding the sugar until the icing is smooth and stands up in soft peaks

Desserts

Christmas Pudding

Origin: England

Suet can be made by asking for suet from your butcher and rendering it down in the oven at 250°F. Makes 4 one pint or 2 two pint puddings.

Ingredients:

-
- 8 oz Sugar
- 8 oz Suet
- 12 oz Sultanas
- 12 oz Raisins

- 8 oz Currants
- 4 oz candied Peel, chopped
- 4 oz All-purpose Flour
- 4 oz Fresh white breadcrumbs
- 2 oz flaked Almonds
- 1 lemon, zest only
- 5 eggs, beaten
- 1 tsp Ground Cinnamon
- ½ tsp Ground Allspice
- ½ tsp Ground Clove
- ½ tsp Ground Nutmeg
- ½ tsp Ground Mace
- ¼ tsp Salt
- 5 oz brandy or rum

Directions:

1. Lightly grease pudding basins.
2. Mix together all the dry ingredients.
3. Stir in the eggs and brandy and mix well.
4. Spoon the mix into basins.
5. Put a circle of baking parchment and foil over the top of each basin and tie securely with string.
6. Make a string handle from one side of the basin to the other so it is easier to pick the basin out of the pan after cooking.
7. Pressure cook for 50 minutes at 10 lb pressure
8. or
9. Put the basins in a large steamer of boiling water and cover with a lid.
10. Boil for 5-6 hours, topping the boiling water up from time to time, if necessary.
11. Cool.
12. Change the baking parchment and foil covers for Fresh ones and tie up as before.
13. Store in a cool cupboard until Christmas Day.
14. To serve: steam for 2 hours and serve with brandy butter, rum sauce, cream or homemade custard.

Mincemeat**Origin: England**

Another English tradition. Should be made into "[Mince Pies](#)" with "[Pâté Brisée \(Cold Water or Short Crust Pastry\)](#)"

Ingredients:

- ½ lb Sultanas
- ½ lb Chopped raisins
- ½ lb Currants
- ½ lb Finely chopped apples
- ¼ lb Sugar
- ¼ lb Mixed peel fine chopped.
- ¼ tsp Ground Allspice
- ¼ tsp Ground Cinnamon
- ¼ tsp Ground Cloves
- ¼ tsp Ground Nutmeg
- ½ lb Chopped suet.
- 2 oz Blanched and chopped Almonds
- Wineglass of Brandy or Whiskey

Directions:

1. Mix well, seal in jars and store.

Hard Sauce**Origin: England****Ingredients:**

- ¼ cup Unsalted Butter
- 3 oz Caster (Superfine) Sugar
- 2 Tbs Brandy

Directions:

1. With a wooden spoon, or using a blender, all together, till the brandy is taken up and the sugar and butter are evenly amalgamated
2. Serve with "[Christmas Pudding](#)"

Mince Pies

Origin: England

Ingredients:

- 1 lb "[Mincemeat](#)"
- 1 Packet Puff Pastry, thawed

Directions:

1. Roll out pastry until thin.
2. Cut out 6 rounds with hamburger press about 4 inch across
3. Press into aluminium foil baking cups in muffin pan.
4. Cut out 6 lids with cookie cutter.
5. You should get 6 pies and lids from one sheet of pastry.
6. Preheat oven to 350°F.
7. Bake for 20 minutes or until golden brown.

Makes 12

Desserts

Bananas Foster

Origin: America

Ingredients:

- ¼ cup (½ stick) Unsalted Butter
- 1 cup Brown Sugar
- ½ tsp Cinnamon
- ¼ cup Banana Liqueur
- 4 Bananas, cut in half lengthwise, then halved
- ¼ cup dark rum
- 4 scoops Vanilla Ice Cream

Directions:

1. Combine the butter, sugar, and cinnamon in a flambé pan or skillet.
2. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves.
3. Stir in the banana liqueur, then place the bananas in the pan.
4. When the banana sections soften begin to brown, carefully add the rum.
5. Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum.
6. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream.
7. Generously spoon warm sauce over the top of the ice cream and serve immediately.

Serves 4

Berry Pie

Origin: America

This came from a friend of ours Julia Bishop. It tastes like cheesecake and **MUCH** quicker and easier!

Ingredients:

- Unbaked Pie Shell (Prick and bake for 5 minutes) or readymade 8 inch or 9 inch Graham Crust Pie Crust. Do NOT prebake.
- 8 oz package Cream Cheese
- 3 Tbs Unsalted Butter
- ½ cup Sugar
- 2 Eggs
- 2 Tbs All-purpose Flour
- 1 tsp Vanilla

Directions:

1. Combine cream cheese and butter in a bowl and beat until combined.
2. Add the sugar and beat until fluffy.
3. Add rest of ingredients and continue to beat until smooth.
4. Preheat oven to 325°F.
5. Fill pie shell.
6. Bake for 25-30 minutes till firm.
7. Cool slightly and chill.
8. About 30-60 minutes prior to serving mix Fresh berries mixed with sugar to taste.
9. Chill and top on slices of pie.

Make 6-8 servings

Blueberry Buckle

Origin: America

Streusel:

Ingredients:

- ½ cup All-purpose Flour
- ½ cup packed Light Brown Sugar

- 2 Tbs Sugar
- ¼ tsp Cinnamon
- or optionally
- ¼ tsp Ground Ginger
- Pinch Salt
- 4 Tbs Unsalted Butter, cut into 8 pieces, softened but still cool

Directions:

1. In bowl using hand mixer, combine flour, sugars, cinnamon, and salt on low speed until well combined and no large brown sugar lumps remain.
2. Add butter and mix on low until mixture resembles wet sand and no large butter pieces remain.

Cake:**Ingredients:**

- 1½ cup All-purpose Flour
- 1½ tsp Baking Powder
- 10 Tbs unsalted butter, softened but still cool
- 2/3 cup granulated sugar
- ½ tsp Salt
- ½ tsp grated Lemon Zest
- 3 Tbs Minced Crystallized Ginger (optional)
- ¼ tsp Ground Cardamom (optional)
- 1½ tsp Vanilla extract
- 2 large eggs, room temperature
- 2 Pints Fresh Blueberries (about 20 ounces), picked over

Directions:

1. Adjust oven rack to lower-middle position; heat oven to 350°F.
2. Spray 9inch round cake pan with 2 inch sides with nonstick cooking spray,
3. Line bottom with parchment or waxed paper round, and spray round;

4. Dust pan with flour and knock out excess.
5. Whisk flour and baking powder in small bowl to combine; set aside.
6. In standing mixer fitted with batter beater, cream butter, sugar, salt, lemon zest at medium-high speed until light and fluffy
7. Using rubber spatula, scrape down bowl.
8. Beat in vanilla until combined, about 30 seconds.
9. With mixer running at medium speed, add eggs one at a time; beat until partially incorporated, then scrape down bowl and continue to beat until fully incorporated (mixture will appear broken).
10. With mixer running on low speed, gradually add flour mixture;
11. Beat until flour is almost fully incorporated, about 20 seconds.
12. Disengage bowl from mixer; stir batter with rubber spatula, scraping bottom and sides of bowl, until no flour pockets remain and batter is homogeneous; batter will be very heavy and thick.
13. Using rubber spatula, gently fold in blueberries until evenly distributed.
14. Transfer batter to prepared pan; with rubber spatula,
15. Using a pushing motion, spread batter evenly to pan edges and smooth surface.
16. Squeeze handful of streusel in hand to form large cohesive clump; break up clump with fingers and sprinkle streusel evenly over batter.
17. Repeat with remaining streusel.
18. Bake until deep golden brown and toothpick or wooden skewer inserted into center of cake comes out clean, about 55 minutes.
19. Cool on wire rack 15 to 20 minutes (cake will fall slightly as it cools).

20. Run paring knife around sides of cake to loosen.
 21. Place upside-down plate (do not use plate or platter on which you plan to serve the cake) on top of cake pan;
 22. Invert cake to remove from pan, lift off cake pan, then peel off and discard parchment.
 23. Re-invert cake onto serving platter.
 24. Cool until just warm or to room temperature, at least 1 hour.
 25. Cut into wedges and serve.
8. Gradually beat in the remaining sugar and fold into the thickened mixture
 9. Whip 1 cup cream into whipped cream and fold into the mixture.
 10. Turn it all into the crust and chill for several hours or overnight.
 11. Before serving, whip second cups of cream with teaspoon of sugar and use to garnish pie, then sprinkle with chocolate curls.

Brandy Kahlua Pie

Origin: America

Ingredients:

- 1 Packet Gelatin
- ½ cup Cold water
- 2/3 cup Sugar
- ½ tsp Salt
- 3 Eggs, separated
- ¼ cup Cognac.
- ¼ cup Kahlua
- 2 cups Heavy Cream
- 1 tsp Sugar
- 1 9 oz Large Graham Cracker Crust
- Chocolate Curls for garnish

Directions:

1. Sprinkle gelatin over the cold water in a saucepan.
2. Add 1/3 cup of the sugar, the salt and the egg yolks.
3. Stir to blend.
4. Heat over low flame while stirring until the gelatin dissolves and the mixture thickens. DO NOT BOIL.
5. Remove from heat and stir in the Cognac and Kahlua.
6. Chill until mixture starts to set slightly.
7. Beat egg whites until stiff.

Champagne-Lemon Spoom

Origin: England

A type of frothy sorbet, which used to be a great favorite in England, made with a lighter syrup than that required for a true sorbet. This Ray's own recipe.

Ingredients:

- 2 Egg Whites
- ½ cup White Sugar
- 3 Tbs Fresh Lemon Juice (2 lemons)
- ½ cup Dry Champagne

Directions:

1. Beat egg whites until stiff
2. Add sugar beating constantly
3. Add lemon juice beating constantly
4. Add champagne beating constantly
5. Freeze until serving

Serves 8

English Trifle

Origin: England

Ingredients:

- 5 oz "[Pound Cake](#)" cake
- ½ cup Dry Sherry

- 2 cups Fruit Juice
- 1 Packet Gelatin
- 2 Tbs Sugar
- 1 can Fruit such as Mandarins

Directions:

1. Cut pound cake into fingers and place in layers in glass dish
2. Sprinkle with sherry
3. Boil fruit juice and sugar together and pour over gelatin in a bowl
4. Add fruit just as gelatin begins to thicken
5. When cool but not fully set pour over pound cake and allow to set
6. Meanwhile make custard
7. Cool custard and then pour over the jelly mixture
8. Cover with plastic wrap to prevent skin forming and store in refrigerator until ready to serve

Custard:

Ingredients:

- 3 Tbs Arrowroot
- 1½ cup Milk
- 1 cup Heavy Cream
- 3 Eggs
- 3 Tbs Sugar
- 1 tsp Vanilla

Directions:

1. Mix a little milk with the arrowroot.
2. Boil the rest of the milk and the cream together.
3. Pour the milk and cream over the arrowroot mixture and return to the heat.
4. Cook for about 5 minutes.
5. Remove from the heat and stir in the sugar.
6. Allow to cool

7. Beat the eggs and allow them to reach room temperature.
8. When the milk mixture is cool, add the beaten eggs and cook until thick.

Gingerbread Ice Cream

Origin: America

Ingredients:

- 1½ cup Heavy Cream
- 1½ cup Whole Milk
- 3-4 inch piece Fresh Ginger, peeled and roughly chopped
- 6 large Egg Yolks
- ½ cup packed Light Brown Sugar
- ¼ cup Molasses
- 2 tsp ground Ginger
- 2 tsp ground Cinnamon
- ½ tsp Ground Cloves
- ½ tsp Freshly grated Nutmeg
- ¼ tsp Salt
- 2 tsp Vanilla Extract

Directions:

1. In a medium saucepan, combine the heavy cream, milk and Fresh ginger.
2. Bring a boil over medium-high heat.
3. Remove the pan from the heat and set aside to infuse for 30 minutes to an hour.
4. Strain the mixture, discarding the ginger.
5. Return the mixture to the saucepan and heat just until it comes to a simmer.
6. Meanwhile, whisk the egg yolks, brown sugar, molasses, ginger, cinnamon, cloves, nutmeg and salt in a heatproof bowl.
7. Slowly add the warm milk and cream mixture to the egg yolks, whisking constantly.

8. Pour back into the saucepan and over medium-low heat.
9. Stir constantly until the mixture thickens enough to coat the back of a wooden spoon (about 170-175F° on an instant read thermometer).
10. Strain the custard into a heatproof bowl and
11. Stir in the vanilla.
12. Cover and refrigerate until thoroughly chilled (overnight is good).
13. Freeze in your ice cream maker according to the manufacturer's instructions.
14. Transfer to airtight container and freeze until firm, at least 1 hour.

Makes about 1¼ quarts

Key Lime Pie

Origin: America

Ingredients:

- 1 (9 inch) prepared Graham Cracker Crust
- 3 Eggs, separated
- 1 (14 oz) can Sweetened Condensed Milk
- 1 tsp Grated Lime zest
- 1/3 cup Fresh Key Lime juice
- 1 cup Whipped Cream (Optional)

Directions:

1. Preheat oven to 250°F.
2. In a large glass or metal bowl, beat egg whites until stiff peaks form.
3. Set aside.
4. In a medium bowl, beat egg yolks, then stir in condensed milk, lime rind, and lime juice.
5. Mix well, then fold mixture into beaten egg whites.

6. Pour mixture into graham cracker crust.
7. Bake in preheated oven for 10 minutes.
8. Chill before serving.
9. Garnish with whipped cream if desired.

Maple Pecan Pie

Origin: America

Ingredients:

- 3 eggs, beaten
- 1 cup pure maple syrup
- ½ cup molasses
- ¼ tsp Salt
- ½ cup light brown sugar, packed
- 4 Tbs melted butter
- 1½ tsp vanilla extract
- 1½ cup pecan halves or mixture of halves and pieces
- 1 Unbaked or Prepared 9 inch pie shell;(See "[Pâté Brisée \(Cold Water or Short Crust Pastry\)](#)")

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, combine the beaten eggs with maple syrup, molasses, brown sugar, salt, melted butter, and vanilla.
3. Blend well; stir in pecans.
4. Brush prepared pie shell with a little whisked egg white
5. Pour filling into shell.
6. Bake for 40 to 50 minutes, using a pie shield to protect crust edge if it gets too brown.

Melon Jubilee

Origin: America

Ingredients:

- ¼ lb Unsalted Butter
- ¼ cup Brown Sugar
- ½ cup Red Wine
- ½ tsp Cinnamon
- ½ cup Raspberries
- 2 cups Melon Balls
- 1½ oz (1 Jigger) Banana or Cherry Liquor

Directions:

1. Melt butter in cast iron skillet
2. Add brown sugar stirring until melted
3. Add cinnamon
4. Add red wine
5. Cook reducing liquid by half
6. Add melon and raspberries, stirring
7. Add liquor and set alight
8. When flame dies down, serve over vanilla ice cream

Pavlova

Origin: New Zealand

We first had this in Australia but we believe it originated in New Zealand.

Ingredients:

- 3 Egg Whites
- 1¼ cup of Sugar
- 2 Tbs Water
- 3 tsp Arrowroot
- ½ tsp Vanilla extract
- 1 tsp White Wine Vinegar
- Dash Salt
- 1 cup of Heavy or Whipping Cream
- 4 Kiwi fruit, peeled and thinly sliced

Directions:

1. Preheat oven to 275°F.

2. Grease a cookie sheet, line it with parchment paper and sprinkle a little water over paper.
3. In a large glass or metal mixing bowl, beat egg whites until foamy.
4. Gradually add sugar, continuing to beat until stiff peaks form.
5. Beat in water and then mix in arrowroot vanilla, vinegar and salt.
6. Pour entire meringue mixture onto the center of the pan. Pavlova will spread as it bakes.
7. Bake in the preheated oven for 45 minutes.
8. Turn oven off and leave Pavlova in the oven until cold.
9. Turn upside-down onto plate and top with Fresh fruit and whipped cream.

Serves 8 people.

Serves 4

Rhubarb Custard Pie

Origin: America

This recipe comes from the North Carolina Bed & Breakfast Book (Cedar Crest Victorian Inn, Asheville.)

Ingredients:

- 3 large Eggs
- 1½ cup Sugar
- ¼ cup All-purpose Flour
- ½ tsp Cinnamon
- 4 cups chopped (½inch pieces) Rhubarb (Washed, dried, then chopped)
- 1 Unbaked (9inch) pie crust

Directions:

1. Preheat oven to 400°F
2. In a medium bowl, beat eggs.

3. In a small bowl, mix sugar, flours, and cinnamon.
4. Stir into eggs.
5. Stir in rhubarb.
6. Pour filling into crust.
7. Sprinkle "[Topping Sauce](#)" over filling.
8. Cover crust edges with foil.
9. Bake for 35 minutes.
10. Remove foil and bake for 5-10 minutes more, or until done. Can turn oven off during this additional time. Leave oven door closed.

Topping

Ingredients:

- ¾ cup All-purpose Flour
- ¼ cup plus 2 tablespoons packed brown sugar
- ¾ stick butter, softened
- ¾ tsp cinnamon

Directions:

1. Combine topping ingredients until crumbly.
2. Refrigerate until needed.
3. Sprinkle over filling and continue baking.

Serves 8

[Shrove Tuesday Pancakes](#)

Origin: England

This the traditional pancake used for Shrove Tuesday Pancake Race in Olney, England.

Ingredients:

- ¼ lb All-purpose Flour
- Pinch of Salt
- 1 Egg

- 10 oz Milk
- These next ingredients are not needed when using pancakes for other recipes
- Caster (Superfine) Sugar
- Fresh Lemon Juice
- Olive Oil

Directions:

1. Sieve the flour with the salt into a basin
2. Make a well in the center of the flour
3. Break the egg and drop into the well
4. Add the milk gradually, stirring in the flour very smoothly
5. Beat the batter well for 10 minutes; add the rest of the milk
6. Let the batter stand for an hour in refrigerator
7. Heat a skillet over high heat adding 1 tablespoon of oil
8. When the oil is smoking, pour of the excess leaving pan well-greased
9. Pour into the pan just enough batter to cover the bottom of the pan
10. When the mixture is set and while the pancake is frying, shake the skillet gently
11. Fry the pancake until a golden brown color
12. Toss and fry the second side
13. If using in another recipe turn out on to plate
14. Turn out the pancake on to a sugared paper, dredge it lightly with sugar and sprinkle with a little lemon juice
15. Roll up and keep hot

Pile the pancakes neatly on a hot plate, dredge with sugar and place lemon wedges around the dish

Drinks

Eggnog

Origin: England

No comment needed. Try it, you will like it.

Ingredients:

Quantity	Small	Large
Eggs Yolks	3	12
Confectioner's' Sugar	4 oz	1 lb
Bourbon	1 cup	4 cup
Whipping Cream	1 pt	2 qts
Egg Whites	3	12
Nutmeg	Smidgen	Dash

Directions:

1. Beat egg yolks until light in color
2. Gradually beat in sugar
3. Pour in 2 cups of liquor *very* slowly beating constantly
4. Let stand in refrigerator for 1 hour
5. Pour in remaining liquor *very* slowly beating constantly
6. Add Whipping Cream slowly, beating constantly
7. Refrigerate for at least 3 hours
8. Fold in egg whites
9. Sprinkle nutmeg over the top

Lamb's Wool

Origin: America

Ingredients:

- 6 Apples, baking; cored
- ¼ tsp Nutmeg
- 4 Tbs Brown Sugar
- ½ tsp Cinnamon

- 1 gal Cider, sweet; or hard cider
- ½ tsp Ground Ginger

Directions:

1. Roast the apples in a baking pan at 450°F. for about an hour, or until they are very soft and begin to burst. You may leave the apples whole, or break them up.
2. In a large saucepan, dissolve the sugar a few tablespoons at a time in the cider, tasting for sweetness.
3. Add the spices.
4. Bring to a boil and simmer for 10 to 15 minutes.
5. Pour the liquid over the apples in a large punch bowl, or serve in large heat resistant mugs.

Makes: 16 1 cup servings

Kentucky Spiced Tea

Origin: America

This recipe has been handed down through a Kentucky family for almost 100 years and is delicious.

Ingredients:

- 2 cups Sugar
- 4 cups Cold Water
- 1 tsp Nutmeg
- 1 tsp Cinnamon
- 1 tsp Allspice
- 1 tsp Cloves
- ¼ cup Tea leaves
- 12 cups Boiling Water
- 1/3 cup Fresh Orange Juice
- 2/3 cup Fresh Lemon Juice
- Lemon slices and cinnamon sticks-Optional

Directions:

1. Put sugar, cold water and spices (tied in a bag) in enamel or stainless steel boiler
2. Bring to the boil and gentle boil for 10 minutes
3. Turn off heat
4. Put in tea leaves tied in bag
5. Add 12. cups of boiling water and orange and lemon juice
6. Steep for 5 minutes
7. Strain
8. Serve with optional lemon slices and cinnamon

Makes 12. cups

Wassail

Origin: England

This is a modern version of an old English recipe

Ingredients:

- 1 cup Honey (Not too strong)
- 4 inch Cinnamon Stick
- 2 Lemons, sliced to make 16 slices
- ¼ Water
- 6 Dry Red Wine
- 2 cups Unsweetened Pineapple Juice
- 2 cups Orange Juice

Directions:

1. Combine honey, cinnamon, four lemon slices and water in a small saucepan
2. Cook for 3 to 5 minutes stirring
3. Strain to remove lemon slices and cinnamon
4. In a large saucepan heat but do boil the remaining ingredients
5. Combine with spiced syrup
6. Ladle into warmed mugs and served garnished with addition lemon slices

Yields 10 cups

Hot Bishop

Origin: England

"A merry Christmas, Bob!" said Scrooge, with an earnestness that could not be mistaken, as he clapped him on the back. "A merrier Christmas, Bob my good fellow, than I have given you for many a year! I'll raise your salary and endeavor to assist your struggling family, and we will discuss your affairs this very afternoon, over a Christmas bowl of smoking bishop." (A Christmas Carol, Charles Dickens).

Ingredients:

- 2 Thin skinned oranges
- 4 oz Sugar
- 1 Bottle Red Burgundy Wine

Directions:

1. Bake the oranges at 300°F. until pale brown
2. Pierce each orange several times
3. Place oranges in bowl and pour over the wine and add the sugar
4. Cover and let stand for at least 24 hours
5. Reheat before serving
6. Serve with a Ladle to avoid spilling the oranges

Yields 10 cups

Entrees

Beef

Beef Bourguignon

Origin: France

Ingredients:

- 2 lb lean Stew Beef
- 1 cup Red Wine
- 4 sprigs Fresh Parsley
- 1 sprig Fresh Thyme
- 1 Bay Leaf
- 4 Tbs Olive Oil
- 1 Onion, sliced
- 1 Tbs All-purpose Flour
- ¼ cup Beef Broth
- 1 tsp Salt
- ¼ tsp ground Black Pepper to taste
- 2 Tbs Olive Oil
- 4 oz Bacon, chopped
- 12 small White Onions
- 4 oz Button Mushrooms, sliced

Directions:

1. In a medium bowl, combine beef, wine, parsley, thyme and bay leaf. Let marinate for 3 hours.
2. Remove beef; strain and reserve marinade.
3. Heat 4 Tbs oil in a large heavy saucepan over medium-high heat.
4. Sauté the sliced onion until tender.
5. Stir in beef, and cook until evenly brown.
6. Remove beef and onion; set aside.
7. Add flour to pan, and cook, stirring, until brown.
8. Slowly stir in beef broth, then the reserved marinade.

9. Return the beef mixture to the pan.
10. Cover, and simmer for 3 hours.
11. Heat 2 Tbs oil in a medium skillet over medium-high heat,
12. Stir in the bacon and small onions, and sauté until onions are tender.
13. Add mushrooms, and continue cooking until mushrooms are golden brown.
14. Add to pan
15. Serve over noodles

Serves 3

Beef Brisket with Apricots and Prunes

Origin: Jewish

Ingredients:

- 1 Tbs chopped Garlic, plus 6 garlic cloves
- ¼ cup chopped dried Apricots, plus ¼ cup quartered
- 1 Tbs ground Cumin, divided
- ¼ tsp ground Cinnamon
- 1 tsp coarse Salt, divided
- Freshly Ground Black Pepper
- 2 lb Beef Brisket, trimmed of excess fat, wiped with damp paper towel and patted dry
- 3 Tbs Olive Oil
- 2 small Onions, chopped
- 12 medium Carrots, coarsely chopped
- 1 Tbs finely chopped peeled Fresh Ginger
- 1 tsp ground Coriander
- Dash Cayenne
- 1 cup Apple Cider
- 1 Tbs Cider Vinegar
- 3 cups beef broth
- ½ cup pitted Prunes
- Chopped cilantro, optional

Directions:

1. Combine chopped garlic, chopped apricots, 1 teaspoon cumin, cinnamon, ½ teaspoon salt and black pepper in a blender
2. Process until coarsely puréed.
3. Make slits all over the brisket with the point of a sharp knife.
4. Using your fingers, rub the Purée into the slits.
5. Place brisket and remaining purée in a ziplock bag and refrigerate up to 24 hours.
6. Preheat oven to 275F.
7. Heat oil over medium-high heat in a large Dutch oven.
8. Add brisket and brown on all sides, about 10 minutes.
9. Remove to a platter.
10. Pour off all but 1 tablespoon oil
11. Add onion and sauté 10 minutes.
12. Add whole garlic, cloves, carrots, ginger, coriander, cayenne and 2 teaspoons cumin.
13. Sauté 3 minutes.
14. Add cider and vinegar, scraping up browned bits.
15. Bring to a boil, and cook until liquid is reduced to a glaze.
16. Add broth and bring to a simmer.
17. Return brisket to pan.
18. Cover and bake 3 to 4 hours, until fork tender, basting with pan juices every half hour.
19. About 30 minutes before the meat is done, stir in quartered apricots and prunes.
20. Sprinkle with cilantro, if using, and serve.

Serves 4

Beef Portuguese Style

Origin: Portugal

Ingredients:

- ¼ cup red wine
- 4 Garlic Cloves, finely chopped
- 1 tsp Sriracha
- Dash White Pepper
- ¼ tsp Salt
- 2 (4 oz) Beef Tenderloin steaks
- 1 Tbs Olive Oil

Directions:

1. Directions:
2. In a medium bowl, combine red wine, garlic, chili sauce, white pepper and salt.
3. Add beef, and turn to coat evenly.
4. In a large heavy skillet over medium heat, fry the steaks for 2 minutes on each side
5. Set steaks aside, and drain liquids into the red wine mixture.
6. Pour oil into skillet, and reduce heat to medium-low.
7. Fry steaks for a second time, 2 minutes on each side.
8. Drain oil, and return all steaks and marinade to the pan.
9. Allow to boil for 2 minutes.

Serves 2

Carbonnade a'la Flamande

Origin: Belgium

Buttered egg noodles or mashed potatoes make excellent accompaniments to carbonnade.

Ingredients:

- 1 lb top Blade steaks, 1 inch thick, trimmed of gristle and fat and cut into 1 inch pieces
- Salt and Ground Black Pepper

- 2 Tbs Olive Oil
- 1 lb Yellow Onions (about 3 medium), halved and sliced about ¼ inch thick (about 8 cups)
- 1 Tbs Tomato Paste
- 1 Garlic Clove, finely chopped
- 1½ All-purpose Flour
- ½ cup Chicken Broth
- ½ cup Beef broth
- 1 12-ounce bottle or can Dark Beer
- 4 sprigs Fresh Thyme
- 2 Bay leaves
- 1 Tbs Cider Vinegar

Directions:

1. Adjust oven rack to lower-middle position; heat oven to 300°F.
2. Dry beef thoroughly with paper towels, then season generously with salt and pepper.
3. Heat 2 teaspoons oil in large heavy-bottomed Dutch oven over medium-high heat until beginning to smoke;
4. Add about one-third of beef to pot.
5. Cook without moving pieces until well browned, 2-3 minutes; using tongs, turn each piece and continue cooking until second side is well browned, about 5 minutes longer.
6. Transfer browned beef to medium bowl.
7. Repeat with additional 2 teaspoons oil and half of remaining beef.
8. If drippings in bottom of pot are very dark, add about ¼ cup of chicken or beef broth and scrape pan bottom with wooden spoon to loosen browned bits;
9. Pour liquid into bowl with browned beef, then proceed.
10. Repeat once more with 2 teaspoons oil and remaining beef.
11. Add remaining 1 tablespoon Olive Oil to now empty Dutch oven; reduce heat to medium-low.

12. Add onions, ½ teaspoon salt, and tomato paste;
13. Cook, scraping bottom of pot with wooden spoon to loosen browned bits, until onions have released some moisture, about 5 minutes.
14. Increase heat to medium and continue to cook, stirring occasionally, until onions are lightly browned, 12 to 14 minutes.
15. Stir in garlic and cook until fragrant, about 30 seconds.
16. Add flour and stir until onions are evenly coated and flour is lightly browned, about 2 minutes.
17. Stir in broths, scraping pan bottom to loosen browned bits; stir in beer, thyme, bay, vinegar, browned beef with any accumulated juices, and salt and pepper to taste.
18. Increase heat to medium-high and bring to full simmer, stirring occasionally; cover partially, to medium-high and bring to full simmer, stirring occasionally; cover partially,
19. Place pot in oven, then place pot in oven.
20. Cook until fork inserted into beef meets little resistance, about 2 hours.
21. Discard thyme and bay.
22. Adjust seasonings with salt and pepper to taste

Serves 2

Beef Wellington

Origin: England

Ingredients:

- ½ cup "[Duxelles](#)"
- Salt and pepper
- 1 Tbs Olive Oil/Butter mix

- (9"12 by 9-inch} Sheet Puff Pastry, thawed
- 1 tsp Dijon Mustard
- 1 Egg, lightly beaten

Directions:

1. Make duxelle.
2. Pat filets dry with paper towels and season with salt and pepper.
3. Heat 1 tablespoon of Olive Oil/Butter mix in 10-inch nonstick skillet over medium-high heat until just smoking.
4. Cook filets until well browned, about 2 minutes per side.
5. Transfer filets to paper towel lined plate.
6. Adjust oven rack to upper-middle position and heat oven to 400°F.
7. Line rimmed baking sheet with parchment paper.
8. Roll puff pastry into 11-inch square on lightly floured counter.
9. Cut pastry into 4 equal squares.
10. Place 2 pastry squares on prepared sheet.
11. Spread ¼ cup duxelles in center of each, to about same diameter as filers, leaving 1-inch border.
12. Place 1 filet on each duxelles coated square.
13. Spread ½ teaspoon mustard on top of each filet.
14. Stretch remaining pastry squares over filet to meet bottom pastry squares.
15. cup your hands around filets to create tight shape.
16. Pinch top and bottom pastry squares together to seal.
17. Trim excess pastry to form circle, leaving inch border around filer.
18. Crimp dough evenly around edge using your fingers.

19. Refrigerate pastry packets, uncovered, until cold, about 1 hour.
20. Brush tops and sides of pastry packets with egg.
21. Bake until meat registers 110 °F, 18 to 20 minutes.
22. Transfer sheet to wire rack and let packets rest, 10 minutes for medium-rare or 20 minutes for medium. (Puff pastry packets act as oven and continue to cook steaks while they rest.)
23. Serve.

Duxelles:

Ingredients:

- 10 ounces Cremini Mushrooms, trimmed and halved
- 1 Small Shallot, minced
- 2 Garlic Cloves, minced
- 2 tsp Fresh Thyme, minced
- 1 tsp Salt
- ¼ Fresh Ground Black Pepper
- 2 Tbs Butter
- 3 Tbs Madeira

Directions:

1. Put mushrooms, shallot, garlic, thyme, salt, and pepper in food processor
2. Pulse until finely chopped, 13 to 15 pulses, scraping down sides of bowl as needed.
3. Melt butter in skillet over medium-high heat.
4. Cook, stirring often, until browned and nearly all moisture has evaporated, 6 to 8 minutes.
5. Stir in Madeira and cook until no liquid remains, about 2 minutes.
6. Transfer to plate and let cool completely, about 20 minutes.

Serves 2

Chili for Two

Origin: America

Ingredients:

- ½ lb Ground Beef
- ¼ cup Onion, chopped
- 1 Garlic Clove, minced
- 1 can (16 oz) Red Kidney Beans, Undrained
- 1 can (14½ oz) Diced Tomatoes, Undrained
- 1½ tsp Chili Powder
- ½ tsp Ground Cumin
- Grated Cheese for sprinkling (optional)

Directions:

1. In a large saucepan, cook beef and onion over medium heat until meat no longer pink.
2. Add garlic;
3. Cook one minute longer.
4. Drain.
5. Stir in the remaining ingredients.
6. Bring to a boil.
7. Reduce heat; cover and simmer for 10-15 minutes or until heated through.
8. Sprinkle Cheese over bowl

Serves 2

Goulash

Origin: Hungary

Ingredients:

- ¼ cup vegetable oil
- 2 Medium Onions, sliced
- 2 Tbs Hungarian sweet paprika

- 2 tsp Salt
- ¼ tsp ground black pepper
- 2 lb beef stew meat, cut into 1 inch cubes
- ½ cup tomato paste
- 1 can Beef Stock
- 1 cup Red Wine
- 4 Garlic Cloves, finely chopped
- ½ tsp Salt

Directions:

1. Heat oil in a large pot or Dutch oven over medium heat.
2. Cook onions in oil until soft, stirring frequently.
3. Remove onions and set aside.
4. In a medium bowl, combine paprika, 2 teaspoons salt and pepper.
5. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides.
6. Return the onions to the pot, and pour in tomato paste, wine, broth, and garlic
7. Reduce heat to low, cover and simmer, stirring occasionally, 1½ to 2 hours, or until meat is tender.

Serves 3

Grilled Marinated London Broil

Origin: America

Ingredients:

- 1 (2 to 2 1/2 pound) London broil
- Marinade "[London Broil Marinade](#)" or "[Bourbon Marinade](#)"
- Salt and Freshly Ground Black Pepper to taste to taste

Directions:

1. Put London broil in a large resealable plastic bag and pour marinade over it.
2. Seal bag, pressing out excess air, and set in a shallow dish.
3. Marinate meat, chilled, turning bag once or twice, for 8 hours or overnight
4. Remove meat from the marinade, discarded the marinade, and pat the meat dry.
5. Preheat a grill and on an oiled rack set about 4 inches over glowing coals,
6. Grill the meat, turning each once, 9 to 10 minutes on each side, or until it registers 125 to 130 degrees, on a meat thermometer for medium-rare meat.
7. Transfer meat to a cutting board and let stand 10 minutes.
8. Cut meat diagonally across the grain into thin slices.

Serves 4

London Broil Marinade:

Origin: America

Purpose: London Broil:

Ingredients:

- 4 large Garlic cloves, minced
- 4 Tbs Balsamic Vinegar
- 4 Tbs Fresh Lemon Juice
- 3 Tbs ["Dijon Mustard"](#)
- 1½ Tbs Worcestershire sauce
- 1 Tbs Soy Sauce
- 1 tsp dried Oregano, crumbled
- 1 tsp dried Basil, crumbled
- 1 tsp dried Thyme, crumbled
- ½ tsp Cayenne Flakes, crushed
- ½ cup Olive Oil

Directions:

1. To make marinade: In a bowl, whisk together marinade ingredients until combined well.

Bourbon Marinade:

Origin: America

Purpose: London Broil:

Ingredients:

- 1 cup Bourbon
- 1 cup Brown Sugar
- ½ cup Black Soy Sauce
- 1 bunch Cilantro, leaves chopped
- ½ cup Lemon Juice
- 1 Tbs Worcestershire sauce
- 4 Sprigs parsley
- 2 Garlic Cloves finely chopped

Directions:

1. Combine the marinade ingredients

[Ray's Steak, Kidney, and Guinness Pie](#)

Origin: England

This is a very traditional English dish that has an undeservedly bad reputation in America. The first time we served to some friends, we went rather lightly on the kidneys only to have one of them complain that there were not enough kidneys for his taste.

Ingredients:

- 1 Tbs Tomato Paste
- 2 cups Beef Stock
- 1½ lb Beef chuck, cut into 1 inch cubes
- 4 Lambs Kidneys, fat removed and sliced (optional)

- ½ lb White Mushrooms, cleaned and quartered
- 1 Small yellow Onion, peeled and sliced
- 2 Garlic Cloves, finely chopped
- 1 Tbs Fresh Thyme leaves, chopped
- 1 cup Guinness stout or any other dark beer
- ½ cup Flour
- ½ tsp Salt
- Freshly ground black pepper
- 1 egg
- "[Pâté Brisee \(Cold Water or Short Crust Pastry\)](#)" or 1 sheet pastry, thawed

Directions:

1. Preheat oven to 325°F.
2. Put tomato paste into a large bowl, add stock, and stir until paste dissolves.
3. Add beef, mushrooms, onions, garlic, thyme, and stout and stir well.
4. Sprinkle flour over beef mixture, season to taste with salt and pepper, and stir well.
5. Transfer to a deep baking dish set on a large baking sheet.
6. Cover dish with foil.
7. Bake stirring occasionally, until meat is very tender, 3½-4 hours.
8. Beat egg and 1 tsp water together in a small bowl and set aside.
9. Roll puff pastry out on a lightly floured surface to a ¼ inch thickness, 2 inch wider than baking dish.
10. Remove baking dish from oven and uncover.
11. Drape pastry over dish and brush with egg wash.
12. Return baking dish to oven and bake until pastry is puffed and deep golden brown, about 40 minutes.

Serves 2-3

Roast Beef

Origin: England

Slow roasting the beef leaves it juicy in the center.

Ingredients:

- 4 lb Rib Roast
- 4 Cloves of garlic, sliced thin
- Salt and Black Pepper to taste

Directions:

1. Preheat oven to 425°F.
2. Salt and pepper to taste
3. Place slivers of garlic under the fat layer
4. Place on rack fat side up
5. Place on lower shelf
6. Cook for 10 minutes
7. Lower temperature to 250°F.
8. Cook for about 30 minutes a pound until internal temperature reaches 120°F.
9. Remove from oven and cover with foil and let stand for 15 minutes before carving

Rouladen

Origin: Germany

Ingredients:

- ¾ lb Flank Steak
- German Stone Ground Mustard, to taste
- ¼ lb Thick Sliced Bacon
- 1 Onion, sliced
- 8 oz Dill Pickle Slices
- 1 Tbs Butter
- 1¼ cup water
- 1 cube beef bouillon

Directions:

1. Cut the flank steak into thin filets; about ¼ inch thick and 3 inch wide.
2. Generously spread one side of each filet with mustard to taste.
3. Place bacon, onions and pickle slices on each filet.
4. Form into a roll. Use string or toothpicks to hold the roll together.
5. Heat a skillet over medium heat and melt butter.
6. Place the rolls in the butter and sauté until browned.
7. Pour in water and add bouillon, stirring to dissolve the cube.
8. Simmer for about an hour.

Serves 2

Steak Diane

Origin: France

Ingredients:

- 2 Boneless Beef Top Loin strip steaks, about ¾ inch thick
- ¼ tsp black pepper
- 1 tsp grated lemon peel
- 1 Tbs Olive Oil
- ½ lb sliced Mushrooms
- 2 tsp "[Dijon Mustard](#)"
- 2 tsp Worcestershire sauce
- 1 Tbs Brandy
- ¼ cup Heavy Cream
- 1 Scallion, thinly sliced
- 1 Tbs Fresh Lemon Juice

Directions:

1. Press the black pepper and lemon peel into both sides of the steaks.
2. In a large skillet, heat the oil over medium-high heat and cook the steaks for 8 to 10 minutes for

medium doneness, turning occasionally.

3. Remove the steaks to a plate and cover to keep warm.
4. Add the mushrooms to the skillet and sauté for 2-3 minutes.
5. Add the remaining ingredients to the skillet; mix well, and cook for 1 to 2 minutes.
6. Return the steaks to the skillet, and cook for another 3 to 4 minutes, or until heated through.

Serves 2

Sauerbraten

Origin: Germany

Ingredients:

- 1 3-3½ lb beef brisket, trimmed of fat
- 1 tsp Black Pepper
- 2-3 Tbs flour
- 2 Tbs vegetable oil
- 2 large or 3 medium yellow Onions, finely chopped
- 4 Garlic Cloves, finely chopped
- ½ tsp Salt
- 1 large Bay leaf
- 8 Black Peppercorns
- 4 Cloves
- 5 Whole Allspice
- ½ cup water
- ½ cup Red Wine
- ¼ cup Cider Vinegar
- ½ cup Ketchup
- 3-4 Parsnips, peeled and sliced into inch discs
- 3-4 Large carrots, scrubbed and sliced into ¾ inch discs
- ½ cup Red Wine (optional extra if the liquid has cooked down more than you'd like)

- ¼ cup chopped Fresh Parsley for garnish, optional

Serves 8

Texas Beef Brisket Cooked on Grill

Directions:

1. Sprinkle the top of the brisket with pepper and on all sides with the flour.
2. Put the oil in a pan that can go from stove top to oven.
3. Heat the oil over medium heat,
4. Brown the brisket on all sides on the stove top.
5. When you're browning the final side, add the onions and garlic and let them become slightly browned.
6. Sprinkle salt on brisket, if desired.
7. Reduce the burner heat and add the bay leaf, peppercorns, cloves, and allspice.
8. Add the water, wine, vinegar and ketchup.
9. Stir and scrape the browned bits from the pan, incorporating them into the cooking broth.
10. Taste and adjust the seasonings to your own family's taste.
11. Simmer, covered, for ½ hour.
12. Add the vegetables and cover the pan.
13. Place in a 340° oven for about 2 hours, testing occasionally for tenderness and turning the brisket so that all the sides are moistened.
14. Check after 1 hour, and if the liquid has cooked down,
15. reduce heat a bit and add ½ cup red wine.
16. When thoroughly cooked, remove from the oven, let the meat rest, and then slice the brisket on an angle against the grain, laying the slices on a serving platter surrounded by the vegetables, drizzled with the gravy and garnished with some Fresh parsley.

Origin: America

Ingredients:

- 12 oz Beer
- 15 oz Tomato Sauce
- 1 Medium Chopped Onion
- 4 Garlic Cloves, finely chopped
- 3 Tbs Worcestershire sauce
- ¼ cup Salsa
- 2 Tbs Light Brown Sugar
- 2 tsp Lemon Juice
- 1 Tbs Paprika
- 2 tsp Dry Mustard
- 1 tsp Hot Sauce
- 1 tsp Salt
- ½ tsp Black Pepper
- 4 cups Hickory Chips or Mesquite
- 1 Beef Brisket, about 5 lbs

Directions:

1. In a medium saucepan, combine beer, tomato sauce, chopped onion, garlic, Worcestershire sauce, salsa, brown sugar, lemon juice, paprika, mustard, hot pepper sauce, 1 tsp Salt and ½ tsp Freshly Ground Black Pepper.
2. Bring to a boil; reduce heat and simmer for 25 to 35 minutes, or until reduced to about 1½ cup.
3. Soak wood chips in water about an hour before cooking time.
4. In covered grill, arrange drip pan between coals.
5. When coals are hot, drain chips and sprinkle chips over the coals.
6. Place brisket on grill over drip pan.
7. Brush with some of the homemade sauce.
8. Cover and grill for 1 hour.

9. Turn brisket, brushing both sides with more sauce.
10. Cover and grill for about 1 hour longer, or until meat is well done.
11. Add more coals and chips as needed.
12. Brush with sauce frequently during last 15 to 20 minutes of cooking time.
13. Bring any remaining sauce to a boil on the stove top and pass with the meat.

Serves 8

Yankee Tavern Pot Roast

Origin: America

Ingredients:

- 1 Sirloin Tip Roast
- 2 Tbs Olive Oil
- Salt and Pepper to taste
- 1 Large Onion
- 2 Carrots, trimmed and chopped into inch slices
- 2 Sticks Celery
- 1 Whole Head of Garlic, cut horizontally
- 3 Bay Leaves
- ½ tsp Black Pepper
- 1 tsp Thyme
- 2 Tbs Flour
- 1 Small can Tomato Paste
- 2 cups Beef Broth
- 2 Tbs Red Wine

Directions:

1. Preheat oven to 350°F.
2. Brown meat on all sides in oil
3. Remove meat retaining juices
4. Add onion, carrot, celery and garlic
5. Cook gently for 10 minutes
6. Add flour and make roux

7. Add bay leaves, pepper, thyme, tomato paste and broth
8. Return meat to pan
9. Bring to the boil
10. Cover and cook for 1½ hours
11. Remove meat
12. Strain juice into pan
13. Add wine
14. Simmer until thickened

Lamb

Lamb Kebabs

Origin: Israel

Ingredients:

- 1 lb Ground Lamb
- 1 Small Onion, minced
- 1 Garlic Clove, minced
- ½ cup Fresh Parsley, minced
- ½ tsp Coriander
- ¼ tsp Allspice
- 1 tsp Salt
- Dash Freshly Ground Black Pepper

Directions:

1. Combine lamb, onion, garlic, parsley, coriander, allspice, salt and pepper.
2. Mix thoroughly
3. Preheat grill
4. Divide lamb mixture into 6 pieces
5. Form each piece into a cylinder
6. Spear each cylinder with metal or soaked wooden skewer
7. Grill until cooked through.

Serves 2

Roast Butterflied Leg of Lamb

Origin: England

Ingredients:

- 2 Garlic Cloves, finely chopped
- 2 Tbs chopped Fresh Mint
- 2 Tbs chopped Fresh Oregano
- 2 Tbs Olive Oil, plus more as needed
- 1 tsp Salt, plus more, to taste
- Freshly Ground Black Pepper, to taste
- 1 Boneless Leg of Lamb, butterflied
- ½ cup Chicken Broth
- 2 Tbs Olive Oil

Directions:

1. Preheat oven to 350°F.
2. In a small bowl, combine the garlic, mint, oregano, the 2 Tbs Olive Oil, the 1 tsp Salt and pepper.
3. Place the lamb on a work surface and spread the herb paste evenly on the meat.
4. Roll up the lamb and tie with kitchen string at 2 to 3 inch intervals.
5. In a roasting pan over medium-high heat, warm enough oil to coat the bottom of the pan.
6. Add the lamb and brown on all sides, 4 to 5 minutes per side.
7. Transfer the pan to the oven and roast, turning the lamb every 20 minutes, until a thermometer inserted into the thickest part of the meat registers 130°F. for medium-rare, about 1 hour.
8. Transfer the lamb to a carving board, cover loosely with aluminium foil and let rest for 15 minutes.
9. Skim the fat from the pan and set over medium heat.
10. Add the stock and cook, stirring to scrape up the browned bits from the pan bottom.

11. Strain the sauce into a saucepan, set over medium heat and cook until thickened, about 5 minutes.
12. Whisk in the butter 1 Tbs at a time, and season with salt and pepper.
13. Snip the strings and thinly slice the lamb across the grain.
14. Arrange on a warmed platter and pass the sauce alongside.

Shish Kebab

Origin: Turkey

Ingredients:

- 1 lb Boneless leg of Lamb, trimmed and defatted
- 1 Medium Bell Pepper
- ½ lb Button Mushrooms
- 1 Large Red or Sweet Onion cut into bite-sized pieces
- 6 Small Red Potatoes
- ["Lamb Marinade"](#)

Directions:

1. Toss marinade and lamb in bowl and marinate overnight.
2. Turn on all burners on gas grill to high, close lid,
3. Heat grill until hot, 10 to 15 minutes.
4. Put a Wok Topper on the grill
5. Grill to medium-rare, about 8 minutes, turning often until brown all sides.

Serves 2

Lamb Marinade:

Ingredients:

- ½ cup (packed) Fresh cilantro leaves
- 3 Garlic cloves, peeled
- ¼ cup dark raisins

- ¼ tsp Garam Masala
- 1½ Tbs Lemon Juice
- ½ cup Olive Oil
- 1 tsp Salt
- ¼ tsp Ground Black Pepper

Directions:

1. Process all ingredients in work bowl of Food processor fitted with steel blade until smooth, about 1 minute, stopping to scrape sides of work-bowl with rubber spatula as needed.

Irish Lamb Stew

Origin: Ireland

Ingredients:

- 6 oz thickly sliced Bacon, diced
- 2 lb Boneless Lamb shoulder, cut into 2 inch pieces
- 1 tsp Salt
- ½ tsp ground Black Pepper
- 3 Tbs
- 3 Garlic Cloves, finely chopped
- 1 medium Onion, chopped
- ½ cup Water
- 2 cups Beef Stock
- ½ cup Pearl Barley
- 1 Sprig Rosemary
- ½ tsp white sugar
- 1 cup diced Carrots
- 1 medium Onion, cut into bite-size pieces
- 1 Parsnip
- 3 Small Potatoes
- ½ tsp Thyme
- 1 Bay Leaf
- ½ cup White Wine

Directions:

1. Place bacon in a large, deep skillet.

2. Cook over medium-high heat until evenly brown.
3. Drain, crumble, and set aside.
4. Put lamb, salt, pepper, and flour in large mixing bowl.
5. Toss to coat meat evenly.
6. Brown meat in frying pan with bacon fat.
7. Place meat into stock pot (leave ¼ cup of fat in frying pan).
8. Add the garlic and yellow onion and sauté till onion begins to become golden.
9. Deglaze frying pan with ½ cup water
10. Add the garlic-onion mixture to the stock pot with bacon pieces, Beef Stock, pearl barley, rosemary and sugar.
11. Cover and simmer for 1½ hours.
12. Add carrots, onions, parsnip, thyme, bay leaves, and wine to pot.
13. Reduce heat, and simmer covered for 30 minutes until vegetables are tender.

Serves 2

North African Lamb Stew

Origin: Morocco

Ingredients:

- ¼ cup Olive Oil
- 1 large Onion, grated
- 2 Tbs Garlic, finely minced
- 1 tsp Chili powder
- 1 tsp Ground Cumin
- ½ tsp ground cinnamon
- Salt and pepper, to taste
- 3 lb Boneless Lamb Shoulder, cut into 1 inch pieces
- 2 cups Chicken Broth
- 1 dried Ancho chili, stem and seeds removed

- 4 Carrots, peeled, halved lengthwise and cut into 1 inch pieces
- Zest of 1 orange
- 2 cups Parsnips
- 1 Tbs Cilantro

Directions:

1. Combine the oil, onion, garlic, chili powder, cumin, cinnamon, salt and pepper in a Dutch oven.
2. Stir well and then add the meat.
3. Toss the meat with the spice mixture to coat it well
4. Add the broth, ancho chili, carrots, orange zest and parsnips.
5. Bring to a boil over high heat.
6. Then reduce the heat and simmer gently, partially covered over medium heat for 1 hour.
7. Remove and discard the chili and orange zest.
8. Sprinkle with cilantro and serve immediately

Serves 2

Moroccan Lamb Shanks

Origin: Morocco

Ingredients:

- 2 Lamb Shanks
- 1 Tbs Olive Oil
- 1 14½ can diced Tomatoes
- 3 cups Water
- 1 Onion, diced
- 1 knob Ginger, chopped
- 4 Garlic Cloves, finely chopped
- 1½ tsp Coriander powder
- 1½ tsp Cumin
- 1½ tsp Turmeric
- ½ tsp Cinnamon
- ½ tsp White pepper
- ½ tsp Grated Lemon zest

- 1 tsp Salt

Directions:

1. Splash some Olive Oil into a dutch oven and add the shanks.
2. Brown the shanks on a medium-high heat on top of the stove.
3. Place the remaining ingredients in the dutch oven and combine well with the lamb shanks.
4. Cover and place in a pre-heated oven for three hours at 350°F.

Serves 2

Rogan Josh

Origin: Pakistan

The red lamb dish from Northern India and Pakistan

Ingredients:

- 2 lb Lamb shoulder blade chops, bones and fat removed, cut into ¾ inch cubes
- 4 Tbs Olive Oil
- 2 Medium Onions, finely minced
- 2 Tbs "[Rogan Josh](#)"
- 2 Tbs Water
- ¼ tsp Ground Cayenne
- 1 tsp Salt
- 1 cup Plain Yogurt
- 1 cup Water

Directions:

1. Mix Rogan Josh with water, and let stand while browning the lamb.
2. Preheat a large, heavy, deep pot medium-high flame.
3. Add 2 Tablespoons oil, heat and then brown lamb in two batches.

4. To reduce sticking, add another tablespoon of oil before the second batch allowing the oil to get hot before adding the meat each time.
5. Remove browned meat to plate
6. Add 1 tablespoon of oil to pot and brown the onions.
7. When brown, add Rogan Josh, Cayenne pepper and salt, stirring constantly for 45 seconds.
8. Add the browned meat with any juices that have accumulated
9. Continue to stir, adding yogurt ¼ cup at a time.
10. Reduce heat to low simmer and cover.
11. Cook for 1 to 1½ hours stirring occasionally.
12. When meat is tender and most of the onions have disintegrated, remove cover.
13. Increase flame to medium, and reduce liquid until sauce is thick.
14. Add any extra cayenne pepper needed.
15. Serve with rice and a simple salad with lemon juice and oil

Serves 2

Moussaka

Origin: Greece

Ingredients:

- 1 lb Minced Lamb
- 1 Egg Plant (Aubergine)
- ½ cup Olive Oil
- 1 Medium Onion, sliced thin
- 2 Garlic Cloves, finely chopped
- 2 Tbs Tomato Paste
- 4 oz Red Wine
- ¼ tsp Ground Cinnamon
- 1 Tbs Chopped Fresh Parsley
- ["Topping Sauce"](#)

Directions:

1. Preheat oven to 375°F.
2. Sprinkle the eggplant slices with salt and put them in a colander.
3. Place a plate on top and put a heavy weight on top and leave for 30 minutes
4. Fry onions and garlic in Olive Oil
5. Add the lamb
6. Sauté the lamb until brown and pour of the fat
7. Mix the tomato paste, wine, cinnamon and parsley
8. Add to pan and mix well
9. Set aside
10. Drain eggplant and pat dry on paper towels
11. Cook eggplant in Olive Oil turning once until golden brown
12. Drain eggplant on paper towels
13. Make up topping
14. Put a layer of eggplant slices in casserole
15. Top the layer with a layer of lamb mixture
16. Repeat with another layer of eggplant and mixture
17. Pour sauce over the meat and eggplant
18. Bake in the Oven for 45 minutes or until the top is brown and fluffy

Topping Sauce:

Ingredients:

- 3 Tbs Olive Oil
- 3 Tbs Flour
- 1 cup Milk
- 1 oz Cheddar Cheese, shredded
- ¼ tsp Ground Nutmeg
- 1 Egg

Directions:

1. Melt butter over low heat
2. Blend in flour, salt, and pepper
3. Stir in milk
4. Stir in cheese
5. Cook until thickened
6. Cool and stir in egg

Serves 2

Pan Broiled Lamb Chops

Origin: England

Ingredients:

- 4 Lamb Chops
- 2 Tbs Olive Oil
- 2 Garlic Cloves, finely chopped
- 1 Tbs Parsley, chopped
- Salt & Freshly Ground Black Pepper

Directions:

1. Sprinkle the chops with salt and pepper on all sides.
2. Heat a heavy skillet until almost smoking. Do not add any oil or fat.
3. Add the chops and cook on one side for 4 minutes until well browned over medium heat.
4. Turn chops over and pour off fat.
5. Continue cooking the chops for about 3 minutes.
6. Turn the chops on the sides to cook the rim of fat.
7. Cook for about 2 minutes and then return them to the second side and continue for 1 minutes.
8. Remove the chops to a warm platter.
9. Pour off the fat and add the butter.
10. When hot add the garlic.
11. Cook briefly and pour over the chops.
12. Garnish with the parsley.

Serves 2

Rack of Lamb Madeira

Origin: Scotland

This comes from the Eagle's Nest Restaurant, Gleneagles Hotel, Scotland

Ingredients:

- 1¼ lb Rack of Lamb, trimmed
- 1 Medium Carrot, pared and chopped
- 1 Stick of Celery, chopped
- 1 Medium Leek, cleaned and chopped
- 1 Small Onion, chopped
- 2 Tbs Olive Oil/Butter Mix
- ½ tsp Salt
- Freshly Ground Black Pepper
- 2 tsp Fresh Rosemary
- "[Madeira Sauce](#)"
- Croutons
- 2 cups Assorted Vegetables, such as small tomatoes, green beans, mushrooms, broccoli, new potatoes etc., steamed
- 1 Bunch Watercress
- ¼ cup Parsley, chopped

Directions:

1. Preheat oven to 375°F.
2. Sauté the carrot, celery, leek and onion in olive oil/butter mix in a skillet.
3. Transfer vegetables to a small roasting pan.
4. Season the lamb with salt and pepper and brown in same skillet.
5. Place lamb in the roasting pan.
6. Sprinkle with the rosemary.
7. Bake for 30 minutes.
8. Pour the sauce into rimmed serving platter.
9. Carve the lamb into individual servings, arranging on top of the sauce.

10. Place the assorted vegetables around the lamb.
11. Garnish with watercress, parsley and croutons.

Serves 4

Madeira Sauce

Origin: France

This served with Lamb

Ingredients:

- ¼ cup Shallots, Chopped
- 2 Tbs Butter
- 2 tsp Fresh Rosemary
- 1 Bay Leaf
- ½ cup Madeira (Red) Wine
- 1 Tbs Arrowroot
- 1 cup Beef (or Lamb) Stock

Directions:

1. In a heavy saucepan, sauté shallots in tablespoon of butter until soft but not browned.
2. Stir in rosemary and bay leaf.
3. Sauté over medium heat for two minutes.
4. Add wine and simmer until reduced to two tablespoon.
5. Mix arrowroot into beef stock.
6. Add the beef stock and simmer until slightly thickened, about 10 minutes.
7. Strain the sauce, discarding the vegetables.

Ingredients:

- 2 Pork chops
- 2 Tbs Olive Oil
- 1 Onion, thinly sliced
- 1 stalk Celery, thinly sliced
- ½ cup Water
- ½ cup Dry White Wine
- 2 Tbs "[Dijon Mustard](#)"
- 2 tsp Capers

Directions:

1. Melt the butter in a frying pan over medium heat
2. Add the pork chops and brown them on both sides
3. Transfer to an oven-safe braising pan
4. Cook the onion and celery in the same frying pan over medium heat for 2-3 minutes, stirring frequently
5. Add the wine and water and bring to a boil over high heat
6. Pour the mixture over the pork chops and lightly season with salt
7. Cover and place in a 300°F. oven for 1½ to 2 hours, until the chops are tender when pierced with fork
8. Remove the chops,
9. Strain the pan juices with a wire strainer and combine them with Dijon Mustard and capers.
10. Simmer for 2 minutes,
11. Pour over the chops
12. Serve immediately

Serves 2

Cassoulet

Origin: France

The hearty, meat studded dish from southwestern France known as Cassoulet may be the ultimate one pot meal. A slow-simmered mix of beans, pork sausages, pork

Pork

Braised Pork Chops

Origin: France

shoulder, pancetta, and duck, the Cassoulet takes its name from the earthenware cassole in which it was traditionally made. The crisped bread crumb crust atop this version contrasts appealingly with the hearty stew beneath.

Ingredients:

- 1 lb Dried Great Northern Beans
- 10 Tbs Duck Fat or Olive Oil
- 16 Garlic Cloves, smashed
- 2 Onions, chopped
- 2 Carrots, chopped
- 2 large Ham Hocks or Side Meat
- 1 lb Pork shoulder, cut into 1 inch cubes
- ½ lb Pancetta, cubed
- 4 sprigs Oregano
- 4 sprigs Thyme
- 3 Bay Leaves
- 1 cup Whole peeled canned Tomatoes
- 1 cup White Wine
- 2 cups Chicken Broth
- 4 Confit Duck legs (optional)
- 1 lb Pork Sausages
- 2 cups Bread Crumbs

Directions:

1. Soak beans in a 4-qt.bowl in 7½ cup water overnight.
2. Heat 2 tablespoons duck fat in a 6-qt pot over medium-high heat.
3. Add half the garlic, onions, and carrots and cook until lightly browned, about 10 minutes.
4. Add ham hocks along with beans and their water and boil.
5. Reduce heat and simmer beans until tender, about 1½ hours.
6. Transfer ham hocks to a plate; let cool.
7. Pull off meat; discard skin, bone, and gristle.

8. Chop meat; add to beans.
9. Set aside.
10. Heat 2 tablespoons duck fat in a 5-qt.dutch oven over medium-high heat.
11. Add pork and brown for 8 minutes.
12. Add pancetta
13. Cook for 5 minutes.
14. Add remaining garlic, onions, and carrots; cook until lightly browned, about 10 minutes.
15. Tie together oregano, thyme, and bay leaves with twine,
16. add to pan with tomatoes; cook until liquid thickens, 8-10 minutes.
17. Add wine; reduce by half.
18. Add broth; boil.
19. Reduce heat to medium-low; cook, uncovered, until liquid has thickened, about 1 hour.
20. Discard herbs; set dutch oven aside.
21. Meanwhile, sear duck legs in 2 tablespoons duck fat in a 12 inch skillet over medium-high heat for 8 minutes;
22. Transfer to a plate.
23. Brown sausages in the fat, about 8 minutes.
24. Cut sausages into inch slices.
25. Pull duck meat off bones.
26. Discard fat and bones.
27. Stir duck and sausages into pork stew.
28. Heat oven to 300°F.
29. Mix beans and pork stew in a 4-qt.earthenware casserole.
30. Cover with bread crumbs; drizzle with remaining duck fat.
31. Bake, uncovered, for 3 hours.
32. Raise oven temperature to 500°F;
33. Cook cassoulet until crust is golden, about 5 minutes.

Serves 6 to 8

[Ginger Rosemary Smoked Pork Ribs](#)

Origin: America

Ingredients:

- 1 rack Pork Spareribs
- 3 Tbs Olive Oil
- ["Ginger Rosemary Rub"](#)
- ["Maple Sherry Glaze"](#)
- 1 Tbs Parsley, chopped

Directions:

1. Setup grill for smoking.
2. On bony side of each rack of ribs, loosen membrane at one end with a table knife and pull off membrane with a paper towel.
3. Set ribs on rimmed baking sheet and coat all over with oil.
4. Generously sprinke all over with rub, patting it in.
5. Smoke ribs at 250°F until meat shrinks about inch from ends of bones and a rack will bend easily, 2½ to 3 hours.
6. If some racks finish before others, remove and cover
7. Transfer ribs to clean rimmed baking sheets and wrap snugly with foil.
8. Let meat rest in oven on warm 1 to 3 hours.
9. Restart grill to medium-low (300°F to 350°F).
10. Unwrap ribs.
11. Brush one side of ribs with glaze and grill glazed side up, covered, about 5 minutes.
12. Turn, brush with more glaze.
13. Grill until ribs are browned and sizzling, 3 to 5 minutes total.
14. Set ribs on boards, cut apart, and sprinkle with parsley.

Serves 2

Ginger Rosemary Rub:

Origin: America

Ingredients:

- ¼ cup Paprika
- ¼ cup packed Light Brown Sugar
- 2 Tbs Kosher Salt
- ½ Tbs Onion Powder
- ½ Tbs Garlic Powder
- ½ Tbs Ground Ginger
- ½ Tbs Rosemary
- ½ tsp Ground Black Pepper

Directions:

1. Combine all ingredients in a bowl.

Makes about 1 cup

Maple Sherry Glaze:

Origin: America

Ingredients:

- ½ cup Sherry Vinegar
- ½ cup Maple Syrup
- 1 sprig Fresh Rosemary

Directions:

1. Combine all ingredients in a saucepan.
2. Boil over medium-high heat until reduced to ½ cup, 10 to 15 minutes.

Makes about ½ cup

[Grilled Pork Tenderloin](#)

Origin: America

Ingredients:

- 1 lb Pork Tenderloin
- 1 Tbs Olive Oil
- 1 Tbs Powered Garlic

- ½ tsp Salt
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- ½ Ground Black Pepper
- 1 tsp Dried Rosemary
- ½ tsp Paprika

Directions:

1. Spray Cold grill with oil
2. Preheat grill for high heat.
3. Combine the spices in a small bowl.
4. Rub the tenderloin with oil and then the spices.
5. Grill the tenderloin on one side on high heat for 7 minutes.
6. Turn the tenderloin over and grill on second side for 6 minutes.
7. Turn grill off and leave covered for 5 minutes.
8. Let stand for 5 minutes before carving.

Serves 2

Jagerschnitzel

Origin: Germany

Ingredients:

- 4 Pork Escallops, pounded thin
- ½ cup "[Panko Breadcrumbs](#)" or use "[Flavored Breadcrumbs](#)" or "[Potato Coating](#)"
- ½ Tbs All-purpose Flour
- Salt and Pepper to taste
- 2 Tbs Olive Oil/Butter mix
- 1 Egg, beaten
- 2 Shallots, diced
- 1 Garlic Clove, finely chopped
- ½ lb sliced Mushrooms
- 1 cup Beef Broth
- 1 Tbs Brandy
- 1 Tbs Arrowroot
- ½ cup Heavy Cream

- 1 pinch Paprika
- 1 Tbs Chopped Parsley
- 2 Eggs, Hard-Boiled

Directions:

1. In a shallow dish, mix together the bread crumbs and flour.
2. Season with salt and pepper.
3. Place the egg on a separate dish.
4. Dip pork steaks in egg, then coat with the bread crumb mixture.
5. Heat Olive Oil/Butter mix in a large skillet over medium-high heat.
6. Fry until browned on both sides, and cooked through, about 5 minutes per side.
7. Remove the pork to a platter, and keep warm.
8. Add shallots, garlic and mushrooms to the skillet, and cook until lightly browned.
9. Pour in beef broth and brandy
10. Simmer for about 20 minutes.
11. Stir together the arrowroot and cream; stir into the skillet.
12. Cook over low heat until thickened, but do not boil.
13. Spoon over the pork cutlets,
14. Garnish with hardboiled egg and parsley
15. Serve immediately.

Serves 2

Maiale Buco

Origin: Italy

This is our own version of this dish

Ingredients:

- 2 Pork Shanks portions (About 6 pieces or more if the bone is thick)
- 2 Tbs Olive Oil

- 1 large Onion, cut into large pieces
- 4 ribs of Celery, cut into large pieces
- 2 Leeks, cut into large pieces
- 4 Garlic Cloves, finely chopped
- 1 tsp Salt
- 2 cups Red Wine
- 1 can (15 oz) Tomato Sauce
- 2 Tbs mixed Fresh chopped herbs, Basil, Oregano, Parsley, Rosemary, Thyme etc.
- Freshly Ground Black Pepper to taste.

Directions:

1. Preheat oven to 300°F.
2. Heat oil in large casserole
3. Season shanks with salt and pepper and sear them on both sides in hot oil
4. Remove from casserole and set aside.
5. Add onion, leek, celery and garlic to pan and caramelize
6. Remove pan from heat
7. Deglaze pan with red wine, stirring well to incorporate the browned bits of food.
8. Add the shanks back into pan
9. Add remainder of wine and tomato sauce
10. Cover and bake in oven for about 5 hours until meat is tender

Serves 2

Marinated Pork Tenderloin

Origin: America

Ingredients:

- ¼ cup Honey
- ½ cup Black Soy Sauce
- ¼ cup Rice wine
- ¼ cup Mirin
- ¼ cup Ketchup

- ¼ cup brown Sugar
- 1 Tbs minced Fresh Ginger
- 3 Garlic Cloves, finely chopped
- 1 tsp Onion powder
- ¼ tsp ground Cinnamon
- ¼ tsp Cayenne pepper
- 1 lb Pork Tenderloin

Directions:

1. In a bowl, combine the ingredients;
2. Mix well.
3. Pour the marinade into a large resealable plastic bag;
4. Add tenderloins.
5. Seal bag and turn to coat;
6. Refrigerate for 8 hours, turning occasionally.
7. Drain and reserve marinade from meat.
8. Grill, uncovered, over indirect medium-hot heat for 8-10 minutes on each side, basting with reserved marinade
9. Let stand for 5 minutes.

Serves 4

Mojo Pork

Origin: Cuba

Ingredients:

- 3-4 lb Boneless Pork Butt, trimmed of excess fat then cut into big hunks
- ¾ cup Chicken Broth
- ½ cup Orange Juice
- ¼ cup Lime Juice
- ¼ cup Lemon Juice
- 1 Onion, cut into big chunks
- 1 Jalapeño, sliced in half
- 1 Head Garlic, cloves separated and peeled
- ¾ tsp Salt
- 1 tsp dried Oregano

- ½ tsp Freshly Ground Black Pepper
- ½ tsp Cumin
- ½ tsp Smoked Paprika
- 2 Bay Leaves

Directions:

1. Add all ingredients to a large crock pot then
2. Stir to combine.
3. Cook on low for 8-10 hours or until pork shreds easily with a fork.
4. Serve over "[Cilantro-Lime Rice](#)" and "[Black Beans](#)".

Serves 4

Porchetta

Origin: Italy

Ingredients:

- 3 Tbs Fennel seeds
- ½ cup Fresh Rosemary leaves (2 bunches)
- ¼ cup Fresh Thyme leaves (2 bunches)
- 12 Garlic cloves, peeled
- 1 tsp Salt
- ½ tsp Freshly Ground Black Pepper
- ½ cup Olive Oil
- 1 5-6- lb Boneless Pork Butt Roast, trimmed
- ¼ tsp Baking Soda

Directions:

1. Grind fennel seeds in spice grinder or mortar and pestle until finely ground .
2. Transfer ground fennel to food processor and add rosemary, thyme, garlic, pepper, and salt.
3. Pulse mixture until finely chopped, 10 to 15 pulses.

4. Add oil and process until smooth paste forms, 20 to 30 seconds.
5. Using sharp knife, cut slits in surface fat of roast, spaced 1 inch apart, in crosshatch pattern, being careful not to cut into meat.
6. Cut roast in half with grain into 2 equal pieces.
7. Turn each roast on its side so fat cap is facing away from you, bottom of roast is facing toward you, and newly cut side is facing up.
8. Starting 1 inch from short end of each roast, use boning or paring knife to make slit that starts 1 inch from top of roast and ends inch from bottom, pushing knife completely through roast.
9. Repeat making slits, spaced 1 to 1 inch apart, along length of each roast, stopping 1 inch from opposite end (you should have 6 to 8 slits, depending on size of roast).
10. Turn roast so fat cap is facing down.
11. Rub sides and bottom of each roast with 2 teaspoons salt, taking care to work salt into slits from both sides.
12. Rub herb paste onto sides and bottom of each roast, taking care to work paste into slits from both sides.
13. Flip roast so that fat cap is facing up.
14. Using 3 pieces of kitchen twine per roast, tie each roast into compact cylinder.
15. Combine 1 tablespoon salt, 1 teaspoon pepper, and baking soda in small bowl.
16. Rub fat cap of each roast with salt-baking soda mixture, taking care to work mixture into crosshatches.
17. Transfer roasts to wire rack set in rimmed baking sheet and refrigerate, uncovered, for at least 6 hours or up to 24 hours.
18. Adjust oven rack to middle position and heat oven to 325°F.

19. Transfer roasts, fat side up, to large roasting pan, leaving at least 2 inch between roasts.
20. Cover rightly with aluminium foil.
21. Cook until pork registers 180°F, 2 to 2¼ hours.
22. Remove pan from oven and increase oven temperature to 500°F.
23. Carefully remove and discard foil and transfer roasts to large plate.
24. Discard liquid in pan.
25. Line pan with 1 foil.
26. Remove twine from roasts; return roasts to pan, directly on foil.
27. Return pan to oven.
28. Cook until exteriors of roasts are well browned and interiors register 190°F, 20 to 30 minutes.
29. Transfer roasts to carving board and let rest for 20 minutes.
30. Slice roasts inch thick.
31. Transfer to serving platter, and serve.

Serves 8

Pork Chops with Blue Cheese

Origin: America

Ingredients:

- 4 Boneless Pork Chops
- 3 Tbs Flour
- ¼ lb Mushrooms, finely chopped
- 2 Shallots, finely chopped
- 2 Tbs Olive Oil/Butter mix
- ½ tsp Salt
- ½ tsp Freshly Ground Black Pepper
- ¼ cup Dry White Wine
- 1 cup Chicken Broth
- ¼ lb Blue Cheese

Directions:

1. Preheat oven to 400°F.
2. Heat skillet

3. Lightly brown chops and set aside
4. Melt mix in saucepan
5. Add mushrooms and shallots
6. Cook until onions are soft
7. Blend in flour
8. Add broth, milk, and seasonings
9. Add cheese and wine
10. Cook, stirring constantly, until thickened
11. Place chops in baking dish
12. Pour sauce over chops
13. Bake for 30 minutes

Serves 2

Pork Gyros

Origin: America

Juicy pork replaces the traditional lamb in these sandwiches. Tomato and capers are a lively addition to the yogurt sauce.

Ingredients:

- 6 "Pita Bread"
- 1 Red onion, halved, thinly sliced
- 24 Arugula Leaves

Pork

- ¼ cup Olive Oil
- ¼ cup Dry Red Wine
- 3 Garlic Cloves, minced
- 1 Bay Leaf, crumbled
- ½ Tbs Oregano leaves
- ½ tps Salt
- ¼ tps Freshly Ground Black Pepper
- 2 lb Pork Tenderloins

Sauce

- 1½ cups Plain Greek Yogurt.
- 2 Tbs Tomato, chopped seeded
- 2 Tbs Dill, chopped
- 2 Tbs Capers, drained chopped

- 2 Garlic Cloves, minced
- 1 Tbs Tomato Paste
- 1 Tbs Red Wine Vinegar
- Salt and Freshly Ground Pepper to taste

Directions:

Pork

1. Combine first 7 ingredients in large resealable plastic bag; shake to blend.
2. Add pork to marinade; seal bag.
3. Chill overnight, turning bag occasionally.
4. Remove pork from marinade.
5. Grill until thermometer inserted into center of each tenderloin registers 145°F, about 18 minutes.
6. Transfer to work surface.
7. Let stand 10 minutes (temperature will rise 5 to 10 degrees).
8. Thinly slice into rounds.
9. Grill pitas until warmed through.
10. Fill pita halves with pork.
11. Drizzle with sauce.
12. Tuck in onion and arugula.

Sauce

13. Stir first 7 ingredients in medium bowl to blend.
14. Season sauce to taste with salt and pepper.
15. Cover and chill until ready to use. up to 1 day.

Serves 2

Pork Primavera

Origin: Italy

This can be very good especially if you use a good ginger.

Ingredients:

- 1 lb Boneless Pork cut into 1 inch cube
- ½ cup All-purpose Flour
- 3 tsp ground Ginger
- ¼ tsp Freshly Ground Black Pepper
- ¼ cup vegetable Oil
- 5 Garlic Cloves, finely chopped
- ½ cup Chicken Broth
- 1 lb Asparagus spears
- 2 medium-sized Zucchini (optional)
- 2 yellow Squash (optional)
- 2 medium-sized Red Bell Peppers (optional)
- ½ lb Fresh Mushrooms
- ¼ cup Thin Soy Sauce
- ¼ cup Rice Wine
- ½ tsp Ground Ginger

Directions:

1. Shake pork in plastic bag with flour, ginger, salt, and pepper until coated.
2. Fry pork in oil in large skillet, turning frequently, about 5 minutes or until golden brown.
3. Add garlic and broth to skillet.
4. Cover, simmer 15 minutes.
5. Meanwhile, trim, peel, and cut asparagus into 1 inch pieces.
6. Cut zucchini and yellow squash into 1 inch pieces.
7. Add asparagus, zucchini, yellow squash, Cayenne, and mushrooms to skillet.
8. Add soy sauce, sherry, and ginger.
9. Stir gently to mix.
10. Cover, simmer 10 minutes or until vegetables are tender-crisp.

Serves 2

Rosemary Roasted Pork Tenderloin

Origin: America

Ingredients:

- Pork tenderloin, about 1 pounds
- 3 Tbs Fresh Rosemary
- 1 Tbs Olive Oil
- 2 Garlic Cloves, finely chopped
- Freshly Ground Black Pepper to taste
- 2 tsp ground Black Pepper
- 2 Tbs Olive Oil
- 3 medium Onions roughly chopped
- 2 Carrots peeled and chopped
- ½ cup Beer
- 2-3 Tbs All-purpose Flour
- 2-3 Tbs Olive Oil

Directions:

1. Preheat oven to 400°F.
2. Line a baking pan with foil, spray with cooking spray and place in oven.
3. Trim fat from pork tenderloins and butterfly the meat, cutting them nearly in half lengthwise.
4. Open the pork tenderloins and lay out, pounding to flatten with the palm of the hand.
5. Chop rosemary if using Fresh.
6. Rub pork tenderloins all over with cut sides of garlic halves then Olive Oil,
7. Then sprinkle rosemary on both sides.
8. Remove baking pan from the oven and place pork on hot tray.
9. Return to oven and roast for about 20 minutes.
10. Remove and let stand 5 minutes, then slice.

Serves 4

[Schweinebraten-German Style Roast Pork](#)

Origin: Germany

Ingredients:

- 4-6 lb Pork Shoulder or Pork Butt
- 2 Tbs Caraway seeds
- 1 Tbs Salt

Directions:

1. Preheat oven to 350°F.
2. Rub the entire roast all over with the oil and sprinkle with caraway, salt, pepper.
3. Let stand for one hour.
4. Spray your roasting pan with cooking spray.
5. Place the vegetables into roasting pan and pour in liquid of choice.
6. Place the roast, fat side down, in the roasting pan on top of the vegetables.
7. Cover tightly and roast for one hour.
8. Remove from oven, uncover and turn roast fat side up.
9. Cut decorative diamonds into the fat, insert meat thermometer and replace, uncovered, back into the oven for approximately 2 hours or until meat thermometer reads 165°F.
10. Remove from oven and take out of roaster; cover with foil to preserve temperature, and let rest for 15 to 20 minutes.
11. Remove and save the vegetables to serve on the side.
12. Measure pan juices; add enough chosen liquid (wine, stock, or beer) to make 2 cups.
13. Make a roux by blending the flour and butter together very well in a saucepan;
14. Add the pan juices and bring to a simmer.
15. Slice the roast thinly and serve with the gravy on the side.

16. For additional richness, the gravy may be finished with a little butter, cream or sour cream.

Serves 2

12. Cook for an additional hour on low.

Serves 8

Slow-Cooked Pulled Pork Shoulder

Origin: America

Ingredients:

- 1 (6-pound) Boneless Pork Shoulder
- Salt and pepper
- 1 Onion, chopped
- 1 cup Water
- 1 cup Apple Cider Vinegar
- 5 oz Bottle Liquid smoke, mesquite, or hickory
- ½ cup Soy Sauce
- 1 cup Light Brown Sugar
- Cayenne Flakes

Directions:

1. Trim pork of any excess fat.
2. Sprinkle salt and pepper liberally on all sides of pork.
3. Place in a large ziplock bag and refrigerate overnight.
4. Scatter onion over bottom of slow cooker and place pork on top.
5. Add water, vinegar, and liquid smoke.
6. Cover and cook on low until very tender, about 8 to 10 hours.
7. Remove meat and let cool.
8. When cool enough to handle, pull meat into thin shreds, removing all fat and gristle.
9. Skim excess fat from liquid in slow cooker.
10. Return pulled pork to slow cooker, and stir in soy sauce and sugar.
11. Season with salt and Cayenne flakes, if needed.

Fish and Seafood

The Canadian Cooking Method: This technique works with the following cooking methods: broiling, grilling, poaching, steaming, sautéing, microwaving, en papillote (In Paper), planking, and baking (the oven should be between 400°F. and 450°F.).

- Measure your portion of fish at its thickest part, and calculate 10 minutes of cooking time for each inch of fish. Don't forget to add or subtract fractions of inch, no rounding up or down.
- If your piece of fish is more than inch thick, you will need to divide the cooking time in half, and turn the fish halfway through cooking.
- Fish will continue to cook after removed from heat, so visually checking your portion of fish and taking it out when it "looks" done will leave you with an overcooked piece of fish

Amberjack

Amberjack on Pasta

Origin: America

Ingredients:

- 2 Amberjack fillets
- 1 Red onion, chopped
- 1 Green bell Pepper, chopped
- 1 Red bell Pepper, chopped
- 1 Red hot chili Pepper, chopped
- 3 Garlic Cloves, finely chopped
- ¼ cup Fresh Basil leaves, chopped
- ¼ cup Fresh Parsley leaves, chopped
- ¼ cup Olive Oil
- 1 cup Heavy Whipping Cream
- ½ cup of Dry White Wine
- ½ cup of Parmesan cheese (finely grated)
- 2 eggs
- Italian bread crumbs
- 1 Tbs Old Bay Seasoning
- Salt and Freshly Ground Black Pepper to taste
- 4 oz Farfalle Pasta

Directions:

1. Boil water for pasta.
2. Preheat oven to 400°F.
3. Heat a layer of Olive Oil in a frying pan and heat it on medium heat.
4. Sauté onion, peppers and garlic until translucent.
5. Add a ¼ cup of white wine.
6. Beat eggs in a bowl.
7. Pour 1-2 cups of bread crumbs in a bowl
8. Add salt and pepper to taste.
9. Add Old Bay Seasoning
10. Dip fillets in egg mix then in bread crumb mix.
11. Heat a layer of Olive Oil in an oven proof dish.
12. Once oil is heated sufficiently place the fillets in oil and brown each side (about 30 seconds on each side).
13. Add a ¼ cup of white wine to the dish.
14. Add 2 tablespoons of Olive Oil to the dish.
15. Bake the amberjack for 10 minutes. (["The Canadian Cooking Method"](#))
16. Start heating Heavy Cream on low.
17. When warm add the parmesan cheese to Heavy Cream.
18. Add the parsley and basil to cream mix stirring constantly.

19. Once the cream sauce starts to thicken, add the onion, peppers and garlic to the cream sauce
20. Continue to heat on low, stirring frequently
21. Once everything is done cooking, pour about half the cream sauce over the pasta.
22. Place the fillets on pasta

Serves 2

Grilled Amberjack au Poivre

Origin: America

Ingredients:

- 2 Amberjack steaks--(4-ounce each)
- ¼ cup Lemon Juice
- ¼ cup Red Wine Vinegar
- ½ Tbs Sugar
- ½ tsp minced Thyme
- Dash Salt
- 3 Garlic Cloves, finely chopped
- 3 Tbs Cracked Black Pepper
- Fresh Thyme sprigs

Directions:

1. Place amberjack in a shallow dish.
2. Combine lemon juice and next 5 ingredients in a small bowl; stir well.
3. Pour over fish, turning to coat.
4. Cover and marinate in the refrigerator 30 minutes, turning occasionally.
5. Remove fish from marinade, discarding marinade.
6. Sprinkle pepper evenly over both sides of fish, pressing pepper into fish.
7. Coat grill rack with cooking spray.
8. Place on grill over medium coals (300F to 350F).

9. Place fish on rack; grill, covered, 4 to 6 minutes on each side or until fish flakes easily when tested with a fork.

Serves 2

Bass

Pan-Barbecued Sea Bass

Origin: America

This has a lot of flavor for something so quick and easy! Feel free to cook any firm-fleshed fish this way.

Ingredients:

- 1 lb Sea bass fillets
- 1 Tbs "[Blackened Seasoning Mix](#)"
- 4 slices Bacon chopped into ¼ inch pieces
- 2 Tbs Lemon Juice

Directions:

1. Cut sea bass fillets into serving portions.
2. Sprinkle both sides liberally with the barbecue rub.
3. Spray big, heavy skillet with nonstick cooking spray.
4. Heat over medium-low heat.
5. Put bacon into skillet.
6. Stir it about for a moment.
7. As soon as a little grease starts to cook out of the bacon, clear a couple of spaces for the fish and put the fish in the pan.
8. Cover, and set your oven timer for 4 minutes.

9. When time is up, flip the fish and stir the bacon around a bit, so it will cook evenly.
10. Re-cover the pan and set the timer for another 3 to 4 minutes.
11. Peek at your fish at least once, you don't want to overcook it!
12. When the fish is flaky, remove to serving plates, and top with the browned bacon bits.
13. Pour the lemon juice in the skillet, stir it around and pour over the fish.
14. Serve.

Serves 3

Sautéed Chilean Sea Bass

Origin: America

Ingredients:

- ½ cup All-purpose Flour for dredging, seasoned with Salt and Pepper
- 2 Chilean Sea Bass fillets
- 2 Tbs Olive Oil/Butter mix
- ½ cup Dry White Wine
- 1 Tbs Butter, softened
- 1 Tbs Capers, drained

Directions:

1. Place flour for dredging in a shallow bowl.
2. Coat each fillet with seasoned flour and shake off excess.
3. Heat a large nonstick skillet over medium heat for 3 to 4 minutes.
4. Add Oil/butter mix
5. Add the fillets, without crowding.
6. Increase heat to high and sauté, shaking the pan from time to time, until the bottom of the fish is nicely browned, about 3 minutes.
7. Turn and brown the other side.

8. Remove fish to a plate and keep warm in the oven.
9. Deglaze the pan with white wine.
10. Cook, stirring over high heat until reduced by about one third.
11. Stir in butter and drained capers.
12. Plate fish and drizzle sauce around each fillet.

Serves 2

Sea Bass with Saffron and Sweet Red Bell Peppers

Origin: America

Ingredients:

- 3 Tbs Olive Oil
- 1 Large Sweet Red Bell Pepper, seeded, cored and diced
- 3 Garlic Cloves, finely chopped
- ¼ tsp Saffron
- Dash Ground Cayenne
- 1 lb Sea Bass
- 1 tsp Thyme
- Freshly Ground White Pepper
- ½ tsp Salt
- 2 tsp Chopped Parsley

Directions:

1. Preheat oven to 400°F.
2. Heat 2 tablespoon oil in large oven proof baking dish
3. Add sweet red pepper and sauté over low heat 7 minutes
4. Add garlic, saffron and cayenne and cook for ½ minute
5. Set fish on pepper mixture
6. Turn fish to coat with seasoning mixture
7. Sprinkle with 1 tablespoon oil, and then with thyme, salt and pepper
8. Bake for about 15 minutes until fish flakes but not falling apart

Serves 2

Cod

Origin: America

Fish and Chips

Origin: England

This uses a beer batter and comes very close to the English "Fish and Chips". In England, this is served with Malt Vinegar on the side.

Ingredients:

- 3 Eggs, Separated
- 6 oz Beer
- 1 Tbs Olive Oil
- 1 cup sifted Flour
- 1 Tbs Thin Soy Sauce
- 1 tsp Mustard
- 1 lb Cod, Cusk, Scrod or other firm white fish
- Flour

Directions:

1. Beat the egg yolks with the beer, oil, flour, mustard, and the Soy Sauce and blend well.
2. Beat the Egg whites until stiff and fold into the batter.
3. Place water in a large bowl
4. Place flour in a shallow dish or pie plate
5. Dip fish in water and shake off excess water
6. Dredge fish in flour to coat lightly, turning to coat both sides
7. Preheat oven to 300°F.
8. In a large cast iron skillet, heat oil

9. Dip fish in batter and carefully place in batter
 10. When golden brown, in about 2 minutes turn and brown second side
 11. Remove the fish using slotted spoon
 12. Place on an ovenproof plate and keep warm in oven
 13. Repeat until all the fish cooked
-

Drum

Grilled Louisiana Drum

Origin: America

Ingredients:

- 2 (6 oz.) fillets of Louisiana Black Drum, skin and scales on, with pin bone removed
- 1½ tsp. Kosher Salt
- 1½ tsp. Fresh Ground Black Pepper
- 1½ tsp. Red Pepper flakes
- 4 Garlic Cloves, very thinly sliced
- ½ cup good quality extra-virgin olive oil
- 1 Tbs. Coarse Sea Salt
- ½ cup chopped Italian parsley
- Two Large Lemons, halved

Directions:

1. Rinse the fish fillets and pat them dry with paper towels.
2. Place the fillets on a baking sheet season with the salt, pepper and red pepper flakes.
3. Top the fillets with the sliced garlic and drizzle with half of the oil. Use your fingers to distribute the oil and seasonings evenly over fish
4. Set the fish aside to marinate while you heat the grill.

5. Fire up your grill to a medium-high setting. (If you are using charcoal, the coals should be mostly white.)
6. Place the fillets scale side down on the hot grill.
7. Cover the grill and cook the fish without moving for 7 to 10 minutes, until it is just cooked through; it will flake easily when tested with a paring knife.
8. Or cook the fish “on the half-shell” on an oiled baking sheet in a 475°F oven for 6 to 8 minutes.)
9. Using a metal spatula, transfer the fillets to serving plates and top with sea salt and parsley, a little extra olive oil, and lemon juice.

Serves 2

Flounder and Sole

Baked fillets of Sole in Wine

Origin: France

Ingredients:

- 1 Large or 2 small Flounder or Sole
- 1 cup Dry White Wine
- 2 Tbs Butter
- 1 Shallot, finely chopped
- ¼ tsp Salt
- Freshly Ground Black Pepper to taste

Directions:

1. Preheat oven to 350°F.
2. Place fillets in a greased ovenproof dish
3. Add salt and pepper
4. Bake for ten minutes per inch of thickness

5. Fry the onion in the butter until clear
6. Add the wine and simmer
7. Add the liquid from the fish from the dish
8. Reduce slightly
9. Serve covered with the sauce
10. Garnish with lemon wedges, sautéed mushroom caps

Serves 2

Sole Meuniere

Origin: France

If you add capers to the dish and substitute diced lemon for the juice, you will have **Sole Grenbloise**.

Ingredients:

- 2 fillets of Flounder (about 1½ lb total)
- 2 Tbs chopped Parsley
- ½ cup flour
- 6 Tbs Butter
- 1 lemon squeezed
- Salt & Freshly Ground Black Pepper to taste

Directions:

1. Sprinkle fillets with Salt & Freshly Ground Black Pepper
2. Dredge in flour and shake off excess
3. Heat 2 tablespoon of butter until hot but not smoking
4. Add 2 fillets and cook for about 4 minutes until golden brown
5. Transfer fillets to warm plates
6. Repeat with next 2 fillets and butter
7. Serve with lemon wedges or make "[Brown Butter Vinegar Sauce \(optional\)](#)", if desired.
8. Reduce heat to low and warm remaining 4 tablespoon of butter

9. Remove from heat and stir in lemon juice and parsley
10. Pour butter over fillets and serve immediately

Brown Butter Vinegar Sauce (optional):

Ingredients:

- 2 Tbs Unsalted Butter
- 2 Tbs Sherry Vinegar
- Salt and Freshly ground black pepper
- Pinch sugar
- 1 Lemon squeezed, , optional
- 1 Tbs Capers, drained, optional

Directions:

1. Quickly rinse the pan and wipe it out with a paper towel, return to the heat.
2. Add the butter to the pan.
3. When it begins to turn golden add the vinegar, salt and pepper to taste, and sugar.
4. Drizzle the sauce around not over the fish.

Serves 2

Grouper

Grilled Grouper with Lemon-Soy Marinade

Ingredients:

- ["Lemon-Soy Marinade"](#)
- 1 lb Grouper or other fish steak such as Halibut, Swordfish, Dolphin, Amberjack etc.

Directions:

1. Marinate the fish for 1 hour
2. Drain fish reserving the marinade
3. Brush with reserved marinade
4. Grill until fish is cooked through, basting with marinade, about 10 minutes

Serves 2

Halibut

Halibut with Spicy Lemon Thyme Vinaigrette

Origin: America

Ingredients:

- ½ lb red new potatoes (about 6), halved or quartered if large
- 2 Tbs Fresh Lemon Juice
- 1 Tbs Fresh Thyme leaves
- ¼ tsp Cayenne Flakes, crushed
- ¼ cup Olive Oil
- Salt and black pepper
- 2 6-ounce pieces skinless Halibut, Striped Bass, or Cod fillets
- 1 Shallot, thinly sliced
- 1 bunch Kale or Spinach, thick stems discarded and leaves torn into bite-size pieces (about 2 cups)

Directions:

1. Fill a large pot with 1 inch water and fit with a steamer basket.
2. Bring to a simmer.
3. Place the potatoes in the steamer basket, cover, and steam until very tender, 15 to 18 minutes
4. Meanwhile, whisk together the lemon juice, thyme, Cayenne, 1 tablespoon of oil, and dash teaspoon salt in a small bowl

5. Heat 1 Tablespoon of oil in a large nonstick skillet over medium-high heat.
6. Season the halibut with ¼ teaspoon salt and ¼ teaspoon black pepper.
7. Cook until opaque throughout, 3 to 5 minutes per side.
8. Heat the remaining tablespoon of oil in a separate large skillet over medium-high heat.
9. Add the shallot and cook, tossing occasionally, until tender, 2 to 4 minutes.
10. Add ¼ cup water and as much kale as will fit.
11. Cook tossing frequently, adding more kale when there is room, until tender, 6-8 minutes.
12. Season with ¼ teaspoon salt and black pepper.
13. Serve the halibut with the potatoes and kale.
14. Drizzle with the lemon-thyme vinaigrette.

Serves 2

Grilled Halibut with Nicoise Sauce

Origin: England

Ingredients:

- 1 cup "[Nicoise Sauce](#)"
- Olive Oil for brushing
- Salt and Freshly ground Black Pepper
- 2 skinless halibut fillets (6 to 7 ozs each), about 1 inch thick

Directions:

1. Light the grill.
2. Brush the halibut fillets with Olive Oil and season generously with salt and pepper.

3. Grill over high heat until just cooked through, about 4 minutes per side.
4. Spoon the sauce onto a large deep platter, set the fillets on the sauce and garnish with basil leaves.

Serves 2

The sauce can be made ahead and refrigerated for up to 2 days. Reheat gently before serving.

Herb Crusted Halibut

Origin: America

Ingredients:

- 2 (6 ounce) Halibut fillets
- ¾ cup Panko bread crumbs
- ¼ cup chopped Fresh Parsley
- ¼ cup chopped Fresh Dill
- ¼ cup chopped Fresh Chives
- 1 Tbs Olive Oil
- 1 tsp Finely grated Lemon Zest
- 1 tsp Sea Salt
- ¼ tsp ground Black Pepper

Directions:

1. Preheat the oven to 400 °F.
2. Line a baking sheet with foil.
3. Combine Panko bread crumbs, parsley, dill, chives, extra-virgin olive oil, lemon zest, sea salt, and black pepper in a bowl.
4. Taste and adjust with more salt if desired.
5. Rinse halibut fillets and pat dry with a paper towel.
6. Place halibut fillets onto the prepared baking sheet.
7. Generously spoon the herbed crumbs over the fish, and lightly press crumb mixture onto each fillet.

8. Bake in the preheated oven until crumb topping is lightly browned and fish flakes easily with a fork, 10 to 15 minutes.

Serves 2

[Pan-Seared Marinated Halibut fillets](#)

Origin: America

Ingredients:

- 6 Tbs Olive Oil
- 3 Garlic Cloves, peeled and minced
- 1 tsp Dried Basil
- 1 tsp Salt
- 1 tsp Ground Black Pepper
- 2 Tbs Lemon Juice
- 4 6 oz Halibut fillets, skin removed
- 1 Tbs Olive Oil
- Chopped parsley, for garnish, optional

Directions:

1. In a large sealable plastic bag, combine the olive oil, garlic, basil, salt, pepper and lemon juice.
2. Add fish, seal bag, and turn to coat.
3. Refrigerate for at least 30 minutes or up to 2 hours.
4. In a large flat skillet (do not use a ridged pan), pour light olive oil or vegetable oil, tilting pan to spread evenly.
5. Warm over high heat until smoking, then add fish fillets.
6. Brush top and sides with marinade.
7. Cook until seared, about 3 minutes? turn and sear other side, about 3 more minutes.
8. Brush top and sides with marinade again.
9. Reduce heat to medium.

10. Cook until centers of fillets are just opaque, 2 to 4 minutes more on each side depending on thickness, brushing with marinade as before.
11. Garnish with parsley, if desired, and serve.

Serves 2

[Haddock](#)

[fillets of Haddock in Cream Sauce](#)

Origin: England

Ingredients:

- 1 lb Haddock, Halibut, Cod, Grouper, or other firm white fish
- ["Sauce Béchamel"](#)
- 2 Tbs Sherry
- ¼ tsp Fennel Seed, crushed or Fresh Fennel
- Chopped Parsley

Directions:

1. Preheat oven to 450°F.
2. Prepare the béchamel sauce
3. Flavor it with the sherry and fennel
4. Place the fillets in a shallow baking dish
5. Salt and Pepper to taste
6. Pour the sauce over the fillets
7. Bake according to ["The Canadian Cooking Method"](#)
8. Remove and sprinkle liberally with chopped parsley
9. Serve with crisp fried potatoes and a cucumber salad

Serves 2

[Kedgeree](#)

Origin: England

Ingredients:

- ¾ lb smoked haddock fillet, skin on
- 2 bay leaf
- ¾ cup milk
- 4 egg
- Handful chopped Parsley
- Handful chopped Coriander
- 2 Tbs Olive Oil/Butter mix
- 1 large Onion, finely chopped
- 1 tsp ground Coriander
- 1 tsp ground Turmeric
- 2 tsp Curry powder
- 6 oz long grain rice,
- 1½ cup Water

Directions:

1. Heat the oil in a large, lidded pan.
2. Add the onion.
3. Gently fry for 5 minutes until softened but not colored.
4. Add the spices.
5. Season with salt.
6. Continue to fry until the mix start to go brown and fragrant; about 3 minutes.
7. Add the rice and stir in well.
8. Add 1½ cup water, stir.
9. Bring to the boil.
10. Reduce to a simmer, then cover for 45 minutes.
11. Take off the heat and leave to stand, covered, for 10-15 minutes more. The rice will be perfectly cooked if you do not lift the lid before the end of the cooking.
12. Meanwhile, put the haddock and bay leaves in a frying pan,
13. Cover with the milk.
14. Poach for 10 minutes until the flesh flakes.
15. Remove from the milk, peel away the skin, then flake the flesh into thumb size pieces.

16. Place the eggs in a pan.
17. Cover with water, bring to the boil.
18. Reduce to a simmer.
19. Leave for 5 minutes, plunge into cold water.
20. Peel and cut the eggs into quarters.
21. Gently mix the fish, eggs, parsley, coriander and rice together in the pan.
22. Server hot, sprinkled with a few extra herbs.

Serves 2

Haddock fillets with Roasted Garlic Potato Crust

Origin: America

Ingredients:

- 2 Haddock fillets, cut in half
- 1 lb russet potatoes, peeled
- ½ cup whole peeled garlic cloves
- ¼ cup low fat milk
- ½ tsp grated lemon rind
- sea salt, to taste and ground pepper, to taste
- ½ tsp Salt
- 1 tsp Fresh tarragon
- 2 small lemons: 1 juiced; 1 cut in wedges for garnish

Directions:

1. Preheat oven to 350°F.
2. Toss garlic cloves in Olive Oil; place in glass baking dish.
3. Roast for 30 minutes until garlic is golden and soft.
4. Shake the pan several times while roasting.
5. Steam potatoes until soft; mash.
6. Purée garlic with milk; add to potatoes.

7. Add salt, pepper, tarragon, lemon rind and 2 tsp lemon juice.
8. Place fillets in baking dish and cover evenly with potato mixture.
9. Squeeze lemon juice liberally over each fillet.
10. Broil fish for 15 minutes, until golden brown and opaque throughout.
11. Serve garnished with lemon wedges.

Serves 2

Mahi-Mahi

Mahi-Mahi with Shallot Ginger Glaze

Origin: America

Ingredients:

- 2 Mahi-Mahi fillets
- 3 shallots, coarsely chopped
- 2 slices Fresh unpeeled ginger
- 2 Garlic Cloves, finely chopped
- 2 Tbs Butter mix
- ¼ cup Chicken Broth
- 2 tsp Arrowroot
- 2 Tbs Dry white wine
- ½ Tbs Fresh Lemon Juice
- 1 tsp grated lemon zest
- ¼ tsp Freshly ground black pepper
- ½ tsp Salt

Directions:

1. Preheat grill or broiler;
2. Spray a grill pan with non-stick cooking spray and arrange the Mahi-Mahi fillets on top.
3. In a food processor, mince shallots, ginger and garlic.
4. In a small fry pan, melt butter.

5. Add shallot-ginger mixture and cook, stirring until just golden, 8-10 minutes.
6. Remove fry pan from heat.
7. Brush Mahi-Mahi fillets with half the ginger-shallot mixture.
8. Grill turning once, until lightly colored and the flesh just flakes when tested with a fork, about 6 minutes.
9. In a small bowl, blend together chicken broth and arrowroot.
10. Return fry pan to medium heat and stir in wine, lemon juice, zest, and pepper.
11. Bring to a boil, add arrowroot mixture and return to a boil, stirring constantly.
12. Reduce heat to medium-low and simmer, stirring occasionally, for 1 minute or until thickened and slightly glossy.
13. Transfer fillets to plates and drizzle shallot-ginger glaze over them.
14. Serve immediately.

Mahi-Mahi with Onions and Mushrooms

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 3 Small Onions, sliced thin
- 4 Garlic Cloves, finely chopped
- 6 button Mushrooms, sliced
- 1 lb Mahi-Mahi
- Salt and Pepper to taste
- ¼ cup White Wine
- 1 Tbs Fresh Lemon Juice
- 1 tsp Arrowroot
- 2 Tbs Water

Directions:

1. In a large skillet, heat Olive Oil
2. Cook onions, mushrooms and garlic over medium heat until onions are transparent.
3. Cut the Mahi-Mahi into 3 inch long fillets.
4. Place the Mahi-Mahi fillets over the onions, mushrooms and garlic.
5. Salt and Pepper the first side of the fillets to taste.
6. Add wine and lemon juice.
7. Cover and cook 4 to 5 minutes.
8. Turn the fillets over
9. Salt and pepper the second side to taste.
10. Cook 4 to 5 minutes or until fish flakes easily.
11. Remove only the fish to a heated plate and keep warm until sauce is ready.
12. In the same skillet with all the onions, mushrooms, garlic and cooking wine,
13. Raise heat to medium/high.
14. Bring to a boil.
15. Dissolve arrowroot in the 2 tablespoons of water; stir into skillet.
16. Stir the sauce continuously until sauce thickens to desired consistency.
17. Pour sauce over Mahi-Mahi fillets.
18. Serve immediately.

Serves 2

Monkfish

Monkfish with Spicy Garlic Vinaigrette

Origin: America

Ingredients:

- 1 lb Monkfish, cut into 1 inch cubes
- ½ cup Olive Oil
- 2 Tbs Lemon Juice
- 1 tsp Sea Salt
- 2 Garlic Cloves, finely chopped
- 1 Tbs Cayenne Flakes, crushed
- 1 Tbs Sherry or Wine Vinegar
- 1 Tbs Chopped Parsley

Directions:

1. Mix 2 tablespoon of the Olive Oil with the lemon juice and the salt
2. Stir to mix salt
3. Heat a large cast iron skillet over high heat.
4. When the skillet is hot, dip half the monkfish in the oil marinade
5. Place the medallions in the skillet without touching and sear, turning once until golden brown, about 2 minutes per side
6. Transfer the fish to a warm dish
7. Repeat with the remaining medallions
8. Wipe out the skillet
9. Heat the remaining oil over moderate heat
10. Add the garlic
11. Cook until golden, about 2 minutes
12. Stir in the vinegar and Cayenne
13. Pour the sauce over the fish and sprinkle the parsley on top

Serves 2

Redfish

Blackened Redfish

Origin: America

Ingredients:

- 1 lb Redfish or other fish steak such as Grouper, Swordfish, Dolphin, Amberjack etc.
- ["Blackened Seasoning Mix"](#)
- 6 Tbs unsalted butter

Directions:

1. Mix all the ingredients for the seasoning mix in a ziplock bag bag.
2. Preheat oven to 300°F.
3. Place 2 tablespoons butter in each of 2 ovenproof dishes
4. Put the dishes in the oven
5. Cut the grouper into serving size pieces
6. Heat a cast iron skillet over very high heat until it is beyond smoking stage and you can see white ash in the bottom (You cannot get the pan too hot for this dish)
7. Melt the remaining butter
8. Dip the grouper in the melted mix butter
9. Coat the groupers pieces in the seasoning mix
10. Place in white hot skillet and pour the remaining butter over the pieces.
11. Cook for about 2-3 minutes and Turnover to do the other side.
12. Serve in melted butter in the ovenproof dishes
13. Serve with ["Spanish Rice"](#)

Serves 2

[Salmon](#)

[Baked Salmon](#)

Origin: America

Ingredients:

- 2 Skin on Salmon Filets
- Salt and Pepper to taste
- Lemon Zest and Juice
- ["Lemon Dill Yogurt Sauce"](#)

Directions:

1. Heat oven to 425°F
2. Line a baking sheet with parchment paper.
3. Place Salmon on baking sheet.
4. Brush or spray with Olive Oil.
5. Bake salmon according to ["The Canadian Cooking Method"](#)
6. Remove from oven, squeeze lemon juice over top.
7. Serve with ["Lemon Dill Yogurt Sauce"](#)

Lemon Dill Yogurt Sauce

- 6 oz Yogurt
- ½ tsp Lemon Zest
- 2 Tbs Lemon Juice
- 1 Tbs Dill, chopped
- Salt and Pepper to taste

Serves 2

[Baked Salmon on a Bed of Leeks with Crab Topping](#)

Origin: England

Ingredients:

- 2 Medium Leeks about ½ lbs
- 2 Salmon steaks about 6-8 ozs each
- 1 Tbs Lemon Juice
- 1 Tbs Olive Oil
- 1 Tbs Thin Soy
- ½ tsp Fresh Ginger, minced
- Salt to taste
- Freshly Ground Black Pepper
- 2 Tbs Butter

Directions:

1. Trim leeks, leaving 3 inch of green on,
2. Cut leeks into juliennes, about 4 inch long
3. Wash well in a strainer to remove all dirt
4. Blanch in boiling salted water for 2 minutes; drain
5. Place salmon in baking dish to fit
6. Combine lemon juice and olive oil, soy, ginger, salt and pepper
7. Pour over salmon and marinate for 30 minutes in the refrigerator
8. Preheat oven to 450°F.
9. Place leeks in 9x6 inch baking dish
10. Remove salmon from marinade and place on top of leeks, skin-side down and dot with butter
11. Bake until cooked through about 10 minutes
12. Top with ["Crab Topping"](#)
13. Bake for further 5 minutes
14. Serve immediately

Crab Topping:**Ingredients:**

- 1 Garlic Clove, finely chopped
- 1 Shallot julienned
- 2 Tbs Butter
- ¼ lb Mushrooms sliced thin
- 2 Tbs Dry White Wine such as Chardonnay
- ½ tsp Seasoned Salt or Old Bay Seasoning or ["Essence"](#)
- ¼ tsp Salt
- ¼ cup Heavy Cream
- Freshly Ground Black Pepper
- ¼ lb Cooked Crab Meat, drained

Directions:

1. In a sauté pan melt the butter and sauté shallots and garlic until soft.
2. Add mushrooms and sauté over medium-high heat until soft.
3. Add wine, cream, salt, and pepper to taste
4. Simmer for 5 minutes until thickened
5. Add crab meat, stir and warm through
6. Spoon over salmon fillets and return to oven for 5 minutes

Serves 2

Escalopes of Salmon with a Sorrel Sauce*Origin:* England**Ingredients:**

- 1½ lb Salmon fillets
- 2 Tbs Olive Oil
- Salt
- ["Sorrel Sauce"](#)

Directions:

1. Remove any bones from the fillet with tweezers, long nosed pliers or by trapping them between the point of a small vegetable knife and your thumb.
2. With a sharp filleting knife or carving knife cut the salmon into 12 slices about ½ inch thick.
3. Cut on the slant down to the skin angling your knife at about 45° so that you can get wider slices.
4. Brush a broiling pan (use a cast iron one if available) with oil and put in the 12 escalopes of salmon.
5. Brush lightly with oil and season with a little salt.
6. Preheat the broiler to high and put four large plates in the oven to warm.

7. Grill the escalopes for about 2 minutes.
8. Pour the sauce over the warm plates.
9. Carefully lift the escalopes from the broiling pan with a pallet knife and lay them on the plates, slightly overlapping.
10. Sprinkle over a little chopped sorrel and serve.

Serves 4

Mega Omega Farfalle

Origin: America

Ingredients:

- ½ lb Salmon Fillet
- ½ tsp Salt
- ¼ tsp Black Pepper
- ½ cup Fresh Basil leaves
- ¼ cup Pumpkin Seeds (Pepitas)
- 2 Tbs Parmesan, grated
- 1 Clove Garlic
- 2 Tbs Olive Oil
- 1 Tbs Warm Water
- 3 oz Farfalle
- 1 Bunch Asparagus, trimmed

Directions:

1. Heat grill or grill pan to medium high.
2. Bring a large pot of salted water to a boil.
3. Season salmon with ¼ tsp each salt and pepper.
4. Combine salt, pepper, basil, pumpkin seeds, cheese and garlic in a food processor
5. Process until finely chopped.
6. With machine running, gradually add oil and water.
7. Continue to blend until smooth.

8. Add pasta to boiling water and cook 11 minutes and drain, reserving ½ cup cooking water.
9. Grill salmon 9 minutes, turning once, and asparagus 5 minutes, turning often.
10. Place pasta in a large bowl.
11. Cut asparagus into 2-inch pieces and add to pasta.
12. Flake salmon with a fork (discard skin) and toss with pasta along with pesto, and reserved pasta water.
13. Serve warm.

Serves 2

Oven Roasted Salmon

Origin: America

Ingredients:

- ¾ lb Salmon fillet
- ½ Tbs. Olive oil
- ¼ tsp. Salt
- Dash Freshly Ground Black Pepper

Directions:

1. Place a large oven-safe skillet in a cold oven.
2. Preheat oven to 450°F.
3. Meanwhile, brush salmon with oil and sprinkle with salt and pepper.
4. Carefully remove skillet from oven.
5. Place fish, skinside down, in skillet.
6. Return to oven; bake salmon uncovered, 10-12 minutes until it flakes easily and a thermometer reads 125°F.
7. Cut salmon into two equal portions.

Serves 2

Salmon Duxelles

Origin: France

Beurre Manié or Roux is equal parts of Butter and Flour

Ingredients:

- 1 lb Salmon
- 1 cup White Wine
- ½ tsp Fish Sauce
- 2 Tbs Butter
- 2 Tbs Flour
- Salt
- ¼ cup Tomato Sauce
- Freshly Ground Black Pepper
- 1 cup bouillon from the Salmon
- ½ cup "[Duxelles](#)"

Directions:

1. Make Duxelles
2. Poach the Salmon for 6 minutes in white wine to cover.
3. Salt and pepper to taste.
4. Drain and save the bouillon.
5. Add a little of the wine bouillon if necessary.
6. Spread the bottom of ramekins with duxelle.
7. Melt the butter in a small skillet.
8. Cook for 1 minutes, add the flour, and mix well.
9. Add the tomato sauce and bouillon and stir until the sauce is well blended and thickened.
10. If it does not thicken enough add a little more flour
11. Cover the duxelle in the ramekins with the poached salmon and top with the tomato sauce.
12. Sprinkle with breadcrumbs and bake quickly in a very hot oven (500°F.) or under the broiler.

Serves 2

Spice-Roasted Salmon

Origin: America

Ingredients:

- ½ tsp Cumin, round
- ½ tsp Salt
- ½ tsp Coriander, ground
- ¼ tap Allspice, ground
- 2 Skin-on Salmon fillets (about 1 in. thick)
- Cooking spray
- 2 Lemon wedges

Directions:

1. Combine cumin, salt, coriander, and allspice in a small bowl.
2. Rub spice mixture evenly over fillets.
3. Arrange fillets, skin side down, on a foil-lined baking sheet coated with cooking spray.
4. Bake at 400°F for 10 minutes or until done.
5. Serve with "[Roasted Cauliflower](#)" and lemon wedges.

Serves 2

Snapper

Pan Seared Red Snapper

Origin: America

Ingredients:

- 2 (4 ounce) fillets red snapper
- 1 Tbs Olive oil
- 1 Lemon, juiced
- 2 Tbs Rice Wine Vinegar
- 1 tsp "[Dijon Mustard](#)"

- 1 Tbs honey
- ¼ cup chopped Scallions
- 1 tsp ground ginger

Directions:

1. Rinse snapper under cold water, and pat dry.
2. In a shallow bowl, mix together olive oil, lemon juice, rice vinegar, mustard, honey, Scallions, and ginger.
3. Heat a non-stick skillet over medium heat.
4. Dip snapper fillets in marinade to coat both sides, and place in skillet.
5. Cook for 2-3 minutes on each side.
6. Pour remaining marinade into skillet.
7. Reduce heat, and simmer for 2-3 minutes, or until fish flakes easily with a fork.

Serves 2

Red Snapper in Parchment paper

Origin: America

Ingredients:

- 2 (6 oz) fillets Red Snapper
- 2 Tbs Olive Oil
- 1 Tbs Thyme
- 4 large Mushrooms, cleaned and diced
- 1 Tbs Olive Oil
- 1 Juice of Lemon
- 2 medium Tomatoes
- 2 Garlic Cloves, finely chopped
- Salt to taste
- Ground Black Pepper to taste
- 4 sprigs Fresh Thyme
- 2 Tbs White Wine
- 1 Egg white, beaten

Directions:

1. Preheat oven to 375°F.
2. Clean the fillets, brush with oil and sprinkle with thyme.
3. Refrigerate.
4. In a saucepan, sauté the mushrooms in butter.
5. Cook until all the moisture has evaporated.
6. Sprinkle the mushrooms with 1 tablespoons of lemon juice.
7. Remove the mushrooms from the saucepan into a small bowl.
8. Peel and seed the tomato.
9. In a small saucepan, sauté the tomatoes with garlic.
10. Sauté until soft and season with salt and pepper.
11. Place the red snapper fillets in a large frying pan, over medium-low heat.
12. Fry the fillets until they are opaque.
13. Place each fillet onto a piece of parchment paper.
14. Spoon the vegetables on top of the fish, and place one sprig of thyme into each fish fillet packet.
15. Drizzle wine over the vegetables and close the parchment paper.
16. Seal the package by painting the edges with beaten egg white.
17. Bake for 15 minutes or until the package of parchment paper puffs up.
18. Serve hot.

Serves 2

Sturgeon

Pan Seared Sturgeon

Origin: America

Ingredients:

- Sturgeon Steak fillets, cut into 1" - 3" strips
- 1 tsp Butter Mix
- Salt and Freshly Ground Black Pepper to taste to taste
- 1 Lemon

Directions:

1. Marinade frozen fillets sturgeon overnight in garlic olive oil.
2. Remove sturgeon from olive oil and wipe dry.
3. Preheat sauté pan over medium high heat until just warm with the mix.
4. Add sturgeon fillets, ensuring not to overcrowd the pan.
5. Salt and pepper as desired.
6. Sear each side until lightly golden brown, about two to three minutes per side.
7. Remove fillets and serve with a lemon wedge.

Serves 2

Smoked Sturgeon

Origin: America

Ingredients:

- 3 to 5 lbs Sturgeon
- 1 cup Kosher Salt
- ¼ cup Sugar
- 1 tsp Mace
- 1 Tbs Garlic powder
- ¼ cup Brandy

Directions:

1. Trim the sturgeon of any fat or dark meat.
2. Cut the pieces into regular blocks, like rectangles.

3. Mix the salt, sugar and spices together, then coat the fish with it.
4. Put into a covered, nonreactive container to cure for as many hours as the sturgeon weighed.
5. Remove the sturgeon from the cure and rinse.
6. Pat dry with paper towels,
7. Brush brandy all over the sturgeon.
8. Set on a rack in the refrigerator uncovered until the next day.
9. Smoke over very low heat about 160°F until it's smoked the way you like it about for 3-4 hours.
10. Allow to cool fully before vacuum sealing and storing.
11. It will keep for a week in the refrigerator or 6 months in the freezer if it has been vacuum sealed.

Sturgeon with Capers and Tomato Sauce

Origin: America

Ingredients:

- ½ lb Sturgeon fillet, cut into 2 pieces (Preferably frozen)
- ½ cup Garlic flavored Olive Oil for marinating.
- 2 Tbs Butter mix
- 1 tsp Garlic, grated
- ½ cup Onion, sliced
- 1 tsp Fresh Rosemary, Sliced
- 1 Tbs Capers
- ¼ cup Dry White Wine
- ¼ cup Tomato Paste
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Marinade frozen fillets sturgeon overnight in garlic olive oil.

2. Remove sturgeon from olive oil and wipe dry.
3. Preheat sauté pan over medium high heat until just warm and add the mix.
4. Let mix heat and place fillets in the pan.
5. Let sides brown for 1 minute or 2, then add onion.
6. Stir until onion starts to become translucent.
7. Add garlic and rosemary.
8. Cook for 1 to 2 minutes until garlic just begins to brown.
9. Flip fillets over to brown.
10. Add capers.
11. Stir for 1 to 2 minutes.
12. Add white wine.
13. Increase heat for a few minutes to reduce wine.
14. Reduce heat to medium and add tomato sauce.
15. Stir to combine all ingredients and let sit for a few minutes.
16. Flip fillets so that both sides are coated with sauce.
17. Salt and Pepper to taste

Serves 2

Swordfish

Ginger Swordfish

Origin: America

Ingredients:

- ¾ lb Swordfish or Mako
- 4 Tbs Black Soy Sauce
- 4 Tbs Mirin (sweet rice wine)
- 1 Tbs Sugar
- 1 tsp Sesame Oil
- Grated Ginger
- 1 Garlic Clove, finely chopped

Directions:

1. In a large saucepan combine the soy sauce, mirin, garlic, ginger, and sesame oil.
2. Bring to a boil.
3. Set the marinade aside to cool for 10 minutes.
4. Place fish in a shallow baking dish.
5. Pour ½ of the marinade over the fish.
6. Flip the fish over and pour the remaining marinade on the fish. Coat entire fish with marinade.
7. Refrigerate the fish for 1½ hours, turning the fish over often.
8. Grill the fish over medium-high heat for 4 minutes.
9. Flip the fish over and grill it another 4 minutes. Fish should flake easily with a fork when done.

Serves 2

Tilapia

Baked Tilapia in Garlic and Olive Oil

Origin: America

Baked tilapia, marinated in garlic and Olive Oil. If you prefer to grill, get your grill hot and put the fish on aluminium foil; grill until desired doneness is reached.

Ingredients:

- 2 (6 oz) fillets tilapia
- 3 cloves crushed garlic
- 2 Tbs Olive Oil
- ½ onion, chopped
- ¼ tsp cayenne pepper

Directions:

1. Rub the fish fillets with the crushed garlic,
2. then place them in a shallow, non-reactive dish.
3. Spoon the Olive Oil over the fish until they are coated.
4. Place the onion on top of the fish.
5. Cover the fish and refrigerate overnight to allow the fish to soak in the marinade.
6. Preheat oven to 350°F.
7. If baking the fish, transfer it to a 9x13 inch baking dish along with the Olive Oil, garlic, and onion.
8. Sprinkle the fish with the cayenne or white pepper.
9. If you are grilling the fish, wrap the fish and oil, garlic, onion, and pepper in aluminium foil.
10. Bake at 350°F. for 30 minutes.

Serves 2

[Tilefish](#)

[Buttered Basted Tilefish](#)

Origin: America

Ingredients:

- 2 (6-6 oz.) Tilefish fillets, skinned, deboned & patted dry
- 2 Tbs Unsalted Butter
- Pinch Cayenne Flakes
- 1 Clove Garlic, peeled
- 2 Tbs Scallions or chives, chopped
- 1 Lemon, zested
- Kosher salt
- Freshly Ground Black Pepper

Directions:

1. Lightly sprinkle each fillet with salt & pepper.
2. Heat butter and Cayenne flakes on medium heat in nonstick skillet.
3. Add garlic clove.
4. Allow garlic to roast in warm butter for a few minutes, until it starts to turn brown, then remove.
5. Add fillets to pan.
6. Allow them to cook over medium heat about 1-2 minutes to brown.
7. Once brown, flip each fillet.
8. Toss in Scallions or chives and spoon the butter mixture over each fillet.
9. Cover pan for about 2 minutes.
10. Remove cover and tip pan enough to spoon butter over each fillet.
11. Keep spooning until the fillets are brown, roasted, and fully cooked (about 2 minutes).
12. Remove from pan.
13. Sprinkle with lemon zest and a little juice over fillets before serving.

Serves 2

[Pan Seared Tilefish with Garlic, Herbs and Lemon](#)

Origin: America

This can be used for any thick white firm fish.

Ingredients:

- 2 skinless Tilefish or other sturdy, thick white fish fillets (about 6 ounces each)
- Salt, to taste
- Black pepper, to taste
- 2½ Tbs Unsalted Butter
- 3 Green Garlic Shoots or Scallions, thinly sliced

- 1½ Tbs finely chopped Chives, Mint, Lovage and/or Sorrel
- 1 Tbs minced Lemon or regular Thyme leaves
- 2 tsp Finely chopped Tarragon, Basil or Marjoram
- Juice of ½ Lemon

Directions:

1. Remove any remaining pin bones in the fish,
2. Pat dry.
3. Season both sides with salt and pepper.
4. In a large sauté pan over medium heat, melt butter.
5. Once butter has begun to foam, lay fish in pan.
6. Add green garlic or Scallions and a pinch of salt.
7. Without disturbing the fish, tilt the pan toward you.
8. Using a spoon, ladle green garlic, butter over the fish.
9. Continue basting the fish for 2-3 minutes.
10. Using a spatula, gently flip fish.
11. Reduce the heat to low, cover pan and cook for 2 minutes.
12. Uncover pan, add herbs and continue to baste fish with butter until it is cooked through, another minute or two longer.
13. Transfer fish to plates or serving platter.
14. Pour pan sauce over the fish.
15. Pour lemon juice over everything.
16. Season and serve.

Serves 2

Triggerfish

Sautéed Triggerfish

Origin: America

Ingredients:

- 2 Triggerfish fillets, about 6-7 oz. each
- Dash Salt
- Dash Fresh Ground Black pepper
- ¼ tsp Sriracha sauce
- 4 Tbs Butter mix
- ¼ cup White Wine
- 1 Tbs Fresh Lemon Juice
- 1 tsp Minced Garlic
- 1 Tbs Capers

Directions:

1. Heat 2 tablespoon mix in a large skillet over medium heat.
2. Salt and pepper your fillets.
3. Add fillets to melted butter and sauté about 3-4 minutes, skin side up.
4. Flip and sprinkle “meat” side with a few dashes Sriracha sauce.
5. Cook another 3-4 minutes, and flip once more.
6. Cook 2-3 more minutes until fish is cooked through and both sides have a light brown color.
7. Set in a medium baking dish and add to oven on low heat to keep warm.
8. Add remaining mix (if needed) to skillet and melt.
9. Reduce heat to medium-low.
10. Add white wine, garlic, capers and lemon juice.
11. Cook for about 2 minutes, until simmering lightly and sauce thickens a little.
12. Remove fish from oven.
13. Plate your fish and pour sauce on top of each fillet.

Serves 2

Trout

Pecan Crusted Trout

Origin: America

Ingredients:

- ½ cup Lightly toasted Pecans, chopped
- ½ cup Bread Crumbs
- 2 Tbs Chopped Parsley Leaves
- 1 tsp Salt
- 1 tsp Fresh Ground Black Pepper
- 1 Tbs Rosemary leaves, chopped
- 2 Trout Fillets
- 2 oz Unsalted Butter, melted
- ["Horseradish Cream Sauce"](#)

Directions:

1. Preheat the oven to 450°F.
2. Combine all of the dry ingredients, seasonings, and herbs.
3. Brush each trout fillet with butter.
4. Sprinkle the buttered side of each trout fillet with the pecan crust and press firmly with your hand to completely cover each fillet.
5. Brush a cookie sheet with the remaining butter.
6. Place the unbreaded side of the trout down on the buttered cookie sheet.
7. Bake for 10 to 12 minutes or until the flesh is firm and flaky.
8. Using a large spatula, carefully lift the trout onto a plate.
9. Spoon the horseradish cream over the crusted trout.

Serves 2

Red Rainbow Trout with Ginger Soy Sauce

Origin: America

Ingredients:

- 1 lb Red Rainbow Trout fillets
- ½ cup Thin Soy Sauce
- 1 Tbs Olive Oil
- 2 Tbs Brown Sugar
- 1 Clove of Garlic
- 1 tsp Black Pepper
- 1 tsp Ground Ginger

Directions:

1. Mix all ingredients except trout together
2. Heat Grill
3. Place fillets on grill
4. Spoon sauce over fillets grill for 10 minutes

Serves 2

Tuna

Grilled Tuna Steaks

Origin: America

Ingredients:

- 2 small Tuna steaks (or 2 medium, or 1 large)
- 1 tsp Salt
- 1 tsp Ginger Root, finely chopped
- ¼ tsp White Pepper
- 2 Tbs Arrowroot, divided
- 2 tsp Green chilies
- 2 Tbs Water
- 1 tsp Granulated Sugar
- 2 Tbs Olive Oil
- 3 Garlic Cloves, finely chopped
- ½ cup Chicken Broth

- 1 Scallions, thinly sliced (include green tops)
- Spinach or Leaf Lettuce for garnish

Directions:

1. Pat the tuna steaks dry with paper towels to remove excess moisture.
2. Mix salt, ginger, and white pepper together in a small bowl.
3. Coat both sides of the fish with the mixture, and rub about one tablespoon of the arrowroot on the sides of the steaks.
4. Cover and refrigerate for 30 minutes.
5. Mix the green chilies with the remaining tablespoons of the arrowroot, water, and sugar in a small saucepan over medium heat.
6. Add the Olive Oil, minced garlic, and chicken broth, and blend well.
7. Bring to a boil and stir constantly, until thickened a bit.
8. Cool and refrigerate basting while grilling the tuna steaks.
9. To prepare the Scallions, cut them into thin, vertical, string-like slices and reserve for a garnish.
10. Prepare the grill for moderate cooking.
11. Brush the grates of the grill with oil to prevent sticking.
12. Grill the tuna steaks about 4 or 5 minutes on each side, making sure to baste frequently with the prepared liquid
13. Grilling time will vary with the thickness of the steaks estimate 10 minutes per inch of thickness.
14. Line a serving platter with spinach or lettuce leaves and place the fish on the bed of greens, garnishing with the Scallion strings

Serves 2

Grilled Tuna with Italian Vegetables

Origin: America

This is a modified recipe from Pirate's Cove Restaurant, Manteo, NC

Ingredients:

- 12 oz Tuna
- "[Lemon-Soy Marinade](#)"
- 1 Large Green Pepper, diced
- 1 Medium Onion, finely chopped
- 4 ripe Tomatoes (Plum), skinned, seeded and diced small
- 1 Garlic Clove, finely chopped
- ¼ tsp Freshly Ground White Pepper
- ¼ cup Chicken Broth
- ¼ cup Dry White Wine

Directions:

1. Marinate the tuna for 1 hour
2. Drain fish reserving the marinade
3. Grill until fish is cooked through, basting with marinade, about 10 minutes
4. Meanwhile, sauté the vegetables in 2 Tablespoons of the reserved marinade for 3 minutes
5. Remove vegetables and set aside
6. Add the chicken broth and wine
7. Simmer stirring until reduced to half
8. Return the reserved vegetables
9. Bring back to the boil
10. Serve the steaks topped with the vegetables

Serves 2

Turbot

Turbot fillets in Red Butter Sauce

Origin: America

Ingredients:

- 1 cup Dry Red Wine
- ¼ cup whipping or Half & Half
- ¼ lb Unsalted Butter, cut into inch pieces
- 3 Tbs Unsalted Butter
- 1 lb Turbot or other firm fillet fish such as Grouper

Directions:

1. Bring wine to the boil in a saucepan
2. Boil until reduced to ¼ cup
3. Add cream, bring to the boil
4. Reduce heat to low
5. Whisking constantly, add the butter, one piece at a time until incorporated. If butter melts too fast, remove from the heat
6. Keep sauce in warm place
7. Melt the remaining 3 tablespoons butter in large cast iron skillet
8. Sauté the fillets in the butter until done, about 3 minutes per side
9. To serve, divide the sauce evenly among 4 plates. Place fillet in sauce

Serves 4

Calamari

Calamari Steaks

Origin: Italy

Ingredients:

- 2 Tbs Olive Oil
- 6 Tbs All-purpose Flour
- ½ cup Parmesan
- Grind of Black pepper

- 1 Egg (large)
- 1 Tbs water
- 2 Calamari Steaks (frozen ok but thaw before using)
- 1 Tbs Unsalted Butter
- 1 Tbs Lemon Juice
- 2 Tbs Capers, drained

Directions:

1. Heat oil in heavy skillet until hot but not smoking (medium-high heat).
2. Stir together flour, cheese, pepper.
3. In another bowl mix the egg with the water.
4. Dredge one steak through the flour mixture, gently shake off excess.
5. Then dip heavily in egg mixture.
6. Place in hot skillet and sauté, turning, about 2 minutes per side or until fish is white and not pink all the way through.
7. Remove to warmed plate
8. Dredge and cook the second steak the same way.
9. Pour off any excess fat.
10. Add butter, lemon juice, and capers to the skillet after the last steak is cooked.
11. Lower the heat and cook until the butter melts then pour over the steaks.

Serves 2

Conch

Conch Fritters

Origin: Jamaica

Ingredients:

- 1 qt oil for frying

- ¾ cup All-purpose Flour
- 1 egg
- ½ cup milk
- ¼ tsp ground cayenne pepper
- ½ tsp seasoned salt
- Salt and pepper to taste
- 1 cup chopped conch meat
- ½ onion, chopped
- ½ green bell pepper, chopped
- 2 stalks celery, chopped
- 2 Garlic Cloves, finely chopped

Directions:

1. Heat the oil in a large pot or deep fryer to 365°F.
2. In a bowl, mix the flour, egg, and milk.
3. Season with cayenne pepper, seasoned salt, salt, and pepper.
4. Mix in the conch meat, onion, bell pepper, celery, and garlic.
5. Drop the batter by rounded tablespoons into the hot oil, and fry until golden brown.
6. Drain on paper towels.

- ½ tsp Ground Cayenne
- Olive Oil

Directions:

1. Beat eggs and pepper in shallow dish
2. Add crabs, turning to coat
3. Let stand 10 minutes
4. Combine flour, baking powder, garlic, spice, salt and peppers in plastic bag
5. Remove crabs from eggs and add to flour mixture
6. Shake to coat
7. Let stand 5 minutes
8. Heat oil in skillet large enough to hold all the crabs in one layer
9. Place crabs in hot oil and sauté over medium heat until golden and firm, 2 minutes per side
10. Remove crabs to drain on paper towels

Serves 2

Crabmeat Mornay

Origin: Scotland

Ingredients:

- 1 lb Crabmeat
- 2 cups "[Sauce Mornay](#)"

Directions:

1. Combine crabmeat and Sauce Mornay
2. Serve in ramekins or as "[Crabmeat Mornay](#)"

Crab Benedict

Origin: America

Ingredients:

Crab

Fried Soft-shell Crabs

Origin: America

Ingredients:

- 2 Eggs
- ½ tsp Freshly Ground Black Pepper
- 4 Large Soft-shell Crabs, clean
- 1 cup All-purpose Flour
- ½ tsp Baking Powder
- ¼ tsp Salt
- ½ tsp Freshly Ground Black Pepper
- 1 Tbs Garlic Powder
- 1 tsp Old Bay Seasoning

- 1 lb Crab Meat
- ½ cup Green Pepper, chopped
- 2 Tbs Mayonnaise.
- 1 Tbs Worcestershire Sauce
- 1 Tbs Olive Oil
- ["Hollandaise Sauce"](#)
- 4 English Muffins, split and toasted

Directions:

1. Remove all cartilage from crabmeat
2. Toast the 4 halves of the English muffins.
3. In a bowl, mix crabmeat, peppers, celery, mayonnaise and Worcestershire Sauce
4. Sauté in butter until thoroughly heated
5. Spoon over muffins and top with ["Hollandaise Sauce"](#)

Serves 4

Maryland Crab Cakes

Origin: America

Ingredients:

- 1 lb domestic Backfin Crab Meat
- 3 oz White Bread Crumbs (3 Slices with Crusts removed)
- 2 tsp Old Bay Seasoning or ["Essence"](#)
- ¼ tsp White Pepper
- 1 tsp Dry Mustard
- 1 Tbs Scallion, chopped
- ½ Tbs Parsley, chopped
- Dash Fish Sauce
- 2 eggs
- 2 Tbs Mayonnaise.
- 1 tsp Worcestershire Sauce

Directions:

1. Put crab meat in bowl

2. Carefully check for any shells
3. Put the bread in food processor and process into medium crumbs.
4. Put parsley, Old Bay Seasoning, pepper, and mustard into processor and mix adding the Scallions at the last moment
5. Put bread crumb mixture on top of crab meat
6. Mix eggs, mayonnaise, and Worcestershire sauce
7. Add egg mixture to crab meat
8. Gently work all the ingredients evenly
9. Be careful not to break apart lumps
10. Form into 6 crab cakes
11. Broil or pan fry with little butter

Makes 6 cakes

Crayfish

Crawfish Etouffee

Origin: America

Ingredients:

- 3 Tbs butter
- ½ cup Onions, finely chopped
- ½ cup Celery, finely chopped
- ½ cup Peppers, Green, Red and Yellow, finely chopped
- 4 Garlic Cloves, finely chopped
- 3 Tbs Flour
- 2 Tbs Tomato Paste
- 1 tsp ["Essence"](#)
- ½ lb Crawfish Tail Meat (or Shrimp)
- 2 Bay Leaves
- 2 cups ["Fish Stock"](#)
- 2 Tbs finely chopped Thyme
- ¼ cup Scallions, finely chopped

Directions:

1. Sauté the onions, celery, peppers and garlic in the butter.
2. Cook slowly, stirring constantly, until the vegetables are limp or well done.
3. Stir in the flour and
4. Cook for 5 minutes.
5. Stir in the stock.
6. Add the bay leaves, tomato paste and cook 10 minutes longer until it starts to thicken.
7. Add essence seasoning, crawfish tails
8. Simmer for 5 minutes,
9. Remove bay leaves
10. Add thyme and Scallions

Serves 2

Lobster

Lobster Busara Style

Origin: Italy

Ingredients:

- 1¼ lb Lobster or 1 lb Large Peeled Shrimp
- 1¼ cup Olive Oil
- 1 cup Chopped Onion
- 2 Tbs Chopped Garlic
- ¼ tsp Salt
- ¼ cup sliced Mushrooms (optional)
- 1 Tbs Chopped Fresh Parsley
- ¼ cup Dry White Wine
- 2 cups Diced Tomatoes
- ½ tsp Ground Cayenne
- 4 oz Rice Noodles or Pasta

Directions:

1. Detach lobster's head from tail, cut open tail and divide into 4 pieces,

2. Crack open claws and remove shell, divide head into 2 pieces.
3. Cook onion in Olive Oil until it becomes golden brown
4. Add the garlic and cook for about 2 minutes, or until it colors slightly
5. Add parsley
6. Add wine, mushrooms, tomatoes, pepper and salt.
7. Simmer for about 15 minutes
8. Cook pasta
9. Add lobster pieces or shrimp to sauce and cook until done, 2 to 3 minutes
10. Drain pasta and pour sauce over pasta

Serves 2

Lobster Newburg

Origin: America

Ingredients:

- 4 Lobster tails
- 4 Tbs Unsalted Butter
- 1 Medium Onion, chopped
- 1 stacks celery, chopped
- 2 Leeks, chopped
- 2 Carrots, chopped
- 4 Fresh Sprigs Tarragon
- 1 Tbs Rice Flour
- 2 Tbs Dry Sherry
- 1 tsp Tomato Paste
- ¼ cup Heavy Cream
- ½ tsp Salt
- Dash Freshly Ground Black Pepper
- 1 Egg Yolk

Directions:

1. Steam or boil lobster tails for about 8 minutes.
2. Cool and crack tails.

3. Remove lobster meat into bite sized pieces.
4. Reserve shells for stock.
5. Melt 2 tablespoon butter in pan over medium heat.
6. Add chopped onion and celery to pan.
7. Add 1 leek and carrot.
8. Add reserved shells and tarragon and enough water to cover.
9. Bring liquid to a boil, reduce heat and simmer for 1½ hours until about 2 cups.
10. Split the remaining leek lengthwise.
11. Cut the leek and remaining carrot into ½ inch pieces; set aside.
12. Melt the remaining 2 tablespoons butter in a medium saucepan set over medium-low heat.
13. Sprinkle flour into saucepan, and cook, stirring constantly, so mixture foams and forms a paste but does not turn brown, about 2 minutes.
14. Carefully add sherry, stirring constantly to loosen any flour that has cooked onto the bottom of saucepan, being careful that no lumps form.
15. Add tomato paste and 2 cups reserved lobster stock.
16. Add the chopped leek and carrot to the saucepan, and cook until just tender, about 4 minutes.
17. Stir in cream, and bring to a boil. Reduce heat, and simmer until sauce just starts to thicken, 5 to 6 minutes.
18. Add salt and pepper.
19. Pick tarragon from remaining sprigs, chop, and add.
20. In a small bowl, whisk egg yolk.
21. Add a ladleful of hot sauce to temper the yolk; whisk to combine.
22. Return mixture to saucepan over low heat; whisk to combine.
23. Remove from heat.
24. Heat oven to 350 degrees.

25. Fill a large roasting pan with 1 inch boiling water; set six-ounce ramekins into a large roasting pan.
26. Add the reserved lobster meat to the sauce; stir to combine.
27. Divide the Newburg evenly among the ramekins.
28. Transfer the roasting pan to oven, and cook until the Newburg bubbles, about 25 minutes.
29. Remove roasting pan from the oven, and carefully transfer ramekins to serving plates..

Serves 2

Lobster Pie

Origin: America

For the topping::

Ingredients:

- ¼ cup finely crushed Ritz or other buttery crackers
- ¼ tsp Paprika
- 1 Tbs grated Parmesan cheese
- 2 Tbs salted Butter, melted

Directions:

1. Preheat oven to 350°F°.
2. In a small bowl, stir together crackers, paprika, and cheese.
3. Stir in butter until evenly mixed.
4. Set aside.

For the filling::

Ingredients:

- 4 Tbs (½ stick) salted butter, divided
- ¼ cup good-quality Dry Sherry
- 1 cup chopped Lobster meat
- 1 Tbs All-purpose Flour

- ¾ cup Half and Half
- 2 large Egg Yolks

Directions:

1. In a large skillet over medium-high heat, melt 1 ½ Tbs butter.
2. Add sherry and boil 1 minute.
3. Add lobster, stir, and remove from heat.
4. In a medium saucepan over medium heat, melt remaining butter.
5. Add flour and cook, stirring, until mixture looks smooth and glossy.
6. Remove from heat.
7. Drain and reserve sherry and juices from the skillet with the lobster meat,
8. then slowly whisk this liquid along with half-and-half into butter/flour mixture.
9. Return to heat and cook, stirring continuously, until sauce is smooth and thick.
10. Spoon 4 Tbs sauce into a small bowl.
11. Add egg yolks one at a time, beating well after each addition.
12. Return egg mixture to sauce and mix well.
13. Stir over low heat about 3 minutes; don't let it boil.
14. Remove from heat and add lobster.
15. Pour mixture into four ramekins or a gratin dish.
16. Sprinkle with topping.
17. Bake until golden brown, 10-15 minutes.
18. Serve lobster pie warm.

Serves 2

Lobster Thermidor

Origin: France

Ingredients:

- 2 (1¼- lb) live lobsters
- ¼ cup Olive Oil
- ¼ lb Mushrooms, trimmed and thinly sliced
- ½ tsp Paprika
- Dash Salt
- ¼ tsp Black Pepper
- 2 Tbs medium-dry Sherry
- 1 cup Heavy Cream, scalded
- 2 large Egg Yolks

Directions:

1. Plunge lobsters headfirst into an 8-quart pot of boiling salted water.
2. Loosely cover pot and cook lobsters over moderately high heat 9 minutes from time they enter water,
3. Then transfer with tongs to sink to cool.
4. When lobsters are cool enough to handle, twist off claws and crack them, then remove meat.
5. Halve lobsters lengthwise with kitchen shears, beginning from tail end, then remove tail meat, reserving shells.
6. Cut all lobster meat into ¼ inch pieces.
7. Discard any remaining lobster innards, then rinse and dry shells.
8. Heat butter in a 2-quart heavy saucepan over moderate heat until foam subsides,
9. Cook mushrooms, stirring, until liquid that mushrooms give off is evaporated and they begin to brown, about 5 minutes.
10. Add lobster meat, paprika, salt, and pepper and reduce heat to low.
11. Cook, shaking pan gently, 1 minute.
12. Add 1 tablespoon Sherry and ½ cup hot cream and simmer 5 minutes.
13. Whisk together yolks and remaining tablespoon Sherry in a small bowl.

14. Slowly pour remaining ½ cup hot cream into yolks, whisking constantly, and transfer to a small heavy saucepan.
15. Preheat broiler.
16. Arrange lobster shells, cut sides up, in a shallow baking pan and spoon lobster with some of sauce into shells.
17. Broil lobsters 6 inch from heat until golden brown, 4 to 5 minutes.
18. Serve remaining sauce on the side.

Serves 2

Mussels

Moules Marinière

Origin: France

Ingredients:

- 2 lb Mussels
- 1 Garlic Clove, finely chopped
- 2 Shallots, finely chopped
- 1 Tbs Butter flavored Olive Oil
- 1 Bouquet Garni (Parsley, Thyme, and Bay Leaves)
- 4 oz White Wine
- 4 oz Heavy Cream
- Chopped Parsley for garnish
- Crusty Bread

Directions:

1. Wash the mussels under plenty of cold water.
2. Discard any ones that will not close when lightly squeezed.
3. Pull out the tough fibrous beards and knock of any barnacles.
4. Rinse again.

5. Soften the garlic and shallots in the olive oil with bouquet garni in a pan large enough to take all mussels.
6. Add the mussels and the wine.
7. Turn up the heat, cover and lets them steam in their own juices for 3-4 minutes.
8. Remove the bouquet garni.
9. Add the cream and chopped parsley.
10. Remove from heat.
11. Serve with crusty bread.

Serves 2

Steamed PEI Mussels

Origin: Canada

Ingredients:

- 2 oz of Granny Smith Apples, julienned
- 2 lb Fresh Prince Edward Island (PEI) Mussels, de-beard and scrubbed
- 2 oz of Applewood Smoked Bacon, diced and rendered until crisp
- 1 Small Shallot, minced
- 1 Tbs Fresh Parsley, minced
- 2 Tbs Olive Oil
- 2 oz White Wine
- 1 oz Apple Brandy
- 2 oz Heavy Cream
- Salt & Pepper to taste

Directions:

1. Heat a heavy sauté pan over medium-high heat.
2. Combine apples, bacon, shallot, parsley, butter, wine and salt & pepper in a large bowl,
3. Toss in mussels and combine.
4. When the pan is very hot add all ingredients except brandy and cream.

5. Cover pan with a heavy tight fitting lid and steam until mussels open, about four minutes.
6. Remove lid and carefully add brandy and cream.
7. Continue cooking to reduce liquid by half.
8. Adjust seasonings to taste.
9. Serve with crusty French bread.

Serves 2

Mussels with Arugula and Garlic

Origin: America

Ingredients:

- 2 lb Mussels
- 4 Garlic Cloves, finely chopped
- 2 Shallots, finely chopped
- ¼ cup Heavy Cream
- ½ cup White Wine
- ½ cup Chopped Tomatoes
- 1 cup Arugula
- 3 Tbs Olive Oil
- Salt and Freshly Ground Black Pepper to taste to taste,

Directions:

1. Heat melt 1 teaspoon butter in sauté pan and
2. Gently sauté, garlic, shallots, mussels, wine and cream
3. Cover pan and cook for 2 minutes
4. Uncover pan and add tomato and remaining butter.
5. Cook until liquid is reduced by ½.
6. Add arugula
7. Cook for a further 2 minutes.
8. Serve in large bowl with crusty French bread.

Serves 2

Oysters

Fried Oysters

Origin: America

Ingredients:

- 2 pints Fresh select oysters, drained
- 1 cup flour.
- 1 Tbs Old Bay or "Essence"
- 2 cups Buttermilk
- Canola Oil for deep frying

Directions:

1. Combine oysters and buttermilk in a large shallow dish or ziplock bag.
2. Cover or seal and chill at least 2 hours
3. Dredge oysters in flour and spice mixture, shaking off excess.
4. Pour oil to a depth of 1 inch in a Dutch oven; heat to 370°F.
5. Fry oysters in batches 3 minutes or until golden
6. Drain on paper towels.
7. Serve immediately.

Serves 2

Scallops

Coquilles St. Jacques

Origin: France

Ingredients:

- 1 tsp Lemon Juice
- ½ tsp Salt

- 1 lb Sea Scallops, washed and drained
- 3 Tbs Unsalted Butter
- ¼ cup Onion, finely chopped
- ¼ lb Mushrooms, sliced
- 3 Tbs Flour
- Dash White pepper
- ½ cup Light cream or Half & Half
- ½ cup Dry White Wine
- ½ cup Shredded Gruyere or Swiss Cheese
- ½ Tbs Lemon Juice
- ½ Tbs Parsley, chopped
- ¼ cup Dry Breadcrumbs
- 1 Tbs Olive Oil

Directions:

1. In a medium saucepan, combine 1 cup water, 1 teaspoon lemon juice and the salt.
2. Bring to the boil, add the scallops, simmer, covered for 1 minute
3. Drain the scallops.
4. Sauté onions and mushrooms in 2 tablespoons butter until tender, about 5 minutes
5. Remove from the heat
6. Stir in the flour and pepper until well blended.
7. Gradually stir in cream
8. Bring to the boiling, stirring.
9. Reduce heat, and simmer, stirring frequently until quite thick, 4 to 5 minutes.
10. Add cheese, and stir until melted.
11. Remove from the heat
12. Carefully stir in wine, lemon juice, and parsley.
13. Added scallops, stir
14. Turn in scallop shells or a 1½ qt casserole.
15. Mix breadcrumbs and tablespoon melted butter and sprinkle over the scallops.

16. Broil, 4 inch from heat, until golden brown, 2-3 minutes.

Serves 4

Ginger Chili Scallops

Origin: America

Ingredients:

- 1 lb Fresh Sea Scallops
- 2 Tbs Olive Oil
- 1 Tbs Fresh Ginger, grated
- 4 oz Sweet Thai Chili Sauce
- ½ tsp Sriracha
- 1 tsp Brown Sugar
- 1 Tbs Parsley, finely chopped
- Salt and Freshly Ground Pepper to taste

Directions:

1. Pat scallops dry and sprinkle with pepper and salt.
2. Add 1 tablespoon oil to skillet and heat over moderately high heat until hot but not smoking,
3. Sauté the scallops, turning over once, until browned and just cooked through,
4. Cook for 1½ to 2 minutes.
5. Turn and season with the salt and pepper and add pepper, grated ginger, chili sauce, brown sugar and chopped parsley.
6. Stir or shake the pan gently to blend, reduce the heat to a slow simmer and let cook for 3-5 minutes more or until the scallops begin to split slightly.
7. Place the scallops onto a plate and drizzle the sauce over each portion.

Serves 2

Grilled Sweet and Sour Scallops

Origin: America

Ingredients:

- 3 Tbs Rice Wine
- 1 Tbs Grated Fresh Ginger
- 8 Sea Scallops, drained
- 2 Tbs Brown Sugar
- 2 Tbs Ketchup
- 2 Tbs Chicken Broth
- 1 Tbs Rice Vinegar
- 1 Tbs Soy Sauce
- ½ tsp Rice Flour
- ½ tsp Sesame Oil
- 2 Garlic Cloves, minced
- Dash Cayenne Pepper
- Parsley, chopped
- Scallions, strips.

Directions:

1. Stir together rice wine and grated fresh ginger.
2. Place scallops in a shallow dish or heavy-duty zip-top plastic bag.
3. Add wine mixture; cover or seal, and chill 30 minutes, turning once.
4. Soak 12 inch wooden skewers in warm water 30 minutes. Drain.
5. Bring brown sugar, ketchup, chicken broth, rice vinegar, soy sauce, rice flour, sesame oil, minced garlic, and, cayenne pepper to a boil in a saucepan over medium heat, stirring constantly.
6. Boil 1 minute; remove from heat, and set aside.
7. Remove scallops from marinade, discarding marinade.
8. Thread scallops inch apart onto skewers.
9. Grill, covered with grill lid, over medium heat 2 to 3 minutes on each side.

10. Brush scallops with brown sugar sauce, and serve immediately with remaining sauce.
11. Serve scallops over hot cooked rice with chopped fresh parsley.
12. Garnish with Scallions if desired.

Serves 2

Scallops with Asparagus

Origin: America

Ingredients:

- 1 lb medium Asparagus, trimmed, cut in 1 inch pieces, tips left whole
- 2 Tbs Olive Oil
- 8 Large Sea Scallops, trimmed if necessary
- Salt and Pepper to taste
- ½ cup Dry White Wine
- 1 Tbs White Wine Vinegar
- 2 Tbs cold Unsalted Butter, cut into small pieces

Directions:

1. Heat 1 tablespoon oil in a cast iron skillet over moderately high heat until hot but not smoking.
2. Sauté asparagus, stirring occasionally, until just tender, 5 to 6 minutes.
3. Transfer with a slotted spoon to a plate, reserving skillet off heat (do not clean).
4. Pat scallops dry and sprinkle with pepper and salt.
5. Add 1 tablespoon oil to skillet and heat over moderately high heat until hot but not smoking,
6. Sauté the scallops, turning over once, until browned and just cooked through, 4 to 6 minutes total.

7. Transfer scallops to another plate and cover loosely with foil to keep warm.
8. Add wine and vinegar to skillet and boil, scraping up any browned bits, until liquid is reduced by half, about 1 minute.
9. Add any accumulated scallop juices on plate and bring to a simmer.
10. Turn off heat and whisk in butter, one piece at a time, until incorporated.
11. Plate scallops and asparagus, spoon sauce over and serve immediately.

Serves 2

Shrimp

"Don't overcook" is the mantra for all fish, especially shrimp. They turn to rubber in a nano-second. So the moment the shrimp is barely firm, get it out of the pan. Anticipate no more than a minute or two per side. Plump the shrimp by combining them with the 2 tablespoons salt and 4 cups ice water. Refrigerate 20 minutes, but no more. This brief brining in salted water works well for scallops, salmon and other rich, oily fish as well.

Shrimp Burgers with Old Bay Mayo

Origin: America

Ingredients:

- 1 lb medium shrimp, peeled and deveined
- 1 large egg, lightly beaten
- ¼ cup bread crumbs
- 2 Scallions, white and green parts, thinly sliced
- 1 Tbs Lemon juice

- ½ tsp Salt
- ¼ tsp Freshly ground black pepper
- ¼ tsp garlic powder
- ¼ cup Olive Oil
- 4 Buns, lightly toasted
- Sliced Tomato

For the mayo

- ½ cup mayonnaise
- 1 Tbs Old Bay seasoning

Directions:

1. Coarsely chop half of the shrimp.
2. Put the remaining shrimp in a food processor and pulse until smooth.
3. Combine both shrimp in a large bowl with egg, bread crumbs, Scallions, lemon juice, salt, pepper, and garlic powder, and mix.
4. Refrigerate 10 minutes, and then form into four patties.
5. Heat Olive Oil in a large skillet over medium-high heat.
6. Cook burgers about 3 minutes per side.

For the mayo

7. Combine mayonnaise and old bay seasoning.
8. Spread bun with mayo and top burger with tomato.

Serves 2

Shrimp in Beer

Origin: America

Ingredients:

- 2 Bottles beer
- 3 Leeks chopped
- 2 Onions, chopped

- 3 Sprigs parsley
- 1 Stalk celery
- 1 Bay leaf
- 6 Tbs Butter
- 3 Tbs Flour
- 2 lb Shrimp
- Salt and pepper

Directions:

1. Simmer beer with leeks, onions, parsley, bay leaf and celery 15 minutes.
2. Strain out vegetables.
3. Melt butter; blend in flour.
4. Add beer slowly, stirring constantly over low heat until thickened.
5. Add shrimp; simmer until shrimp turns pink;
6. Season to taste with salt and pepper.

Cappers Shrimp Dijon

Origin: America

Ingredients:

- 1 lb Shrimp peeled and deveined
- 2 Tbs Butter Flavored Olive Oil
- 1 cup Mushrooms, sliced
- 1 cup Tomatoes, diced
- 2 Garlic Cloves, finely chopped
- 1 Tbs "[Dijon Mustard](#)"
- 1 cup Heavy Cream
- 2 Tbs Butter
- Salt & Freshly Ground Black Pepper to taste
- 4 oz Angel Hair Pasta
- 2 Tbs Chopped Cilantro

Directions:

1. Add pasta to boiling water, cook according to directions

2. In a large cast iron skillet, melt olive oil or butter over medium-high heat until very hot
3. Add the mushrooms, tomatoes and garlic
4. Sauté for a few minutes
5. Add the shrimp
6. Add the mustard and cream
7. Bring to fast simmer
8. Reduce heat to medium and let cream thicken, about 2 minutes until the shrimp is pink
9. Remove from heat and stir in remaining butter and swirl into sauce until butter is melted
10. Serve immediately over pasta
11. Sprinkle chopped cilantro on top

Serves 2

Shrimp Provencale

Origin: France

Ingredients:

- 4 oz Angel Hair Pasta
- 2 Tbs Olive Oil
- Salt & Freshly Ground Black Pepper to taste
- ½ lb Jumbo Shrimp, "Heads off" and peeled
- 1 Bunch of Scallions, chopped
- ½ lb Mushrooms, quartered
- 2 Carrots, peeled and julienned
- 2 Garlic Cloves, finely chopped
- ¼ cup White Wine
- 2 cups "[Tomato Sauce](#)"
- 4 oz Fresh grated Romano
- 4 oz Feta Cheese, cubed
- Chopped Basil for garnish

Directions:

1. Season shrimp with salt and pepper to taste

2. In large sauté pan, heat 1 Tablespoon of oil on high heat.
3. Just when oil begins to smoke, add shrimp, Scallions, mushrooms and carrots all at once
4. Allow to cook 30 seconds; toss and add garlic
5. Toss again and deglaze with white wine
6. Cook until shrimp are cooked through; DO NOT OVERCOOK shrimp
7. Add tomato sauce and remove from heat
8. Toss with Romano
9. Serves over pasta
10. Garnish with feta and basil

Tomato Sauce:

Ingredients:

- 3 Garlic Cloves, finely chopped
- 1 Large Onions, chopped
- 1 Tbs Olive Oil
- 1 tsp Salt
- ¼ tsp Cayenne Flakes, crushed
- 2 tsp Fresh Basil, chopped
- 2 tsp Fresh Oregano, chopped
- 2 Bay leaves
- 1 Tbs paprika
- 6 oz Tomato Paste
- ¼ cup White Wine
- 2 cups Chicken Broth
- 1 lb Diced Tomatoes, canned

Directions:

1. Sauté garlic and onions until onions are lightly browned
2. Add salt, Cayenne, basil, oregano, bay leaves, paprika and tomato paste
3. Deglaze with White Wine
4. Add Chicken Broth and bring to the boil

5. Add tomatoes and bring to second boil
6. Remove from heat
7. Use or refrigerate

Serves 2

Shrimp Diane

Origin: America

Ingredients:

- 2 lb Large Shrimp with heads (1 lb heads off)
- 6 Tbs "[Fish Stock](#)"
- 1½ Sticks of Unsalted Butter
- ¼ cup Finely chopped Scallions
- ½ tsp Salt
- 2 Garlic Cloves, finely chopped
- ½ tsp Ground Cayenne
- ½ tsp Freshly Ground White Pepper
- ½ tsp Freshly Ground Black Pepper
- ½ tsp Thyme
- ½ tsp Rosemary
- ½ lb Mushrooms cut into ¼ inch slices
- 3 tsp Parsley

Directions:

1. Rinse and peel the shrimp reserving the shell and heads for the "[Fish Stock](#)" Refrigerate until needed.
2. In a large cast iron skillet, melt 1 stick of butter over high heat.
3. Add the Scallion, salt, garlic, mushrooms and the seasonings; stir well
4. Add ¼ cup of the stock
5. Then add the remaining 4 tablespoons butter in chunks and continue to shake the pan.
6. Before the butter is completely melted, add the parsley, and then the remaining 2 tablespoons of stock

7. Add the shrimp and sauté just until they turn pink, about 1 minute
8. Continue cooking and shaking the pan until all the ingredients are mixed thoroughly
9. Serve immediately with lots of French Bread or rice

Serves 2

Shrimp Newburg

Origin: America

Ingredients:

- 3 Tbs Olive Oil
- 1 Tbs All-purpose Flour
- 1 cup light cream
- 2 Tbs dry sherry
- ½ tsp paprika
- 1 Egg yolk, beaten
- 1 tsp Cognac
- ½ lb small cooked shrimp, shelled

Directions:

1. Melt butter in a heavy nonstick skillet over medium heat.
2. Add flour and cook
3. 1 minute, stirring constantly.
4. Whisk in cream, sherry and paprika.
5. Bring to a boil.
6. Cook 3 minutes, stirring constantly, until mixture is smooth and thickened.
7. Remove from heat and whisk in egg yolk and cognac.
8. Stir in shrimp and return to low heat.
9. Cook 1-2 minutes, stirring constantly, until heated through.
10. Do not boil.
11. Serve of rice, noodles or toast.

Serves 2

Spicy Roasted Jambalaya

Origin: America

Ingredients:

- 1 Small Yellow Onion, diced
- 1 Small Green Bell Pepper, diced
- 1 Small Yellow Bell Pepper, diced
- 1 Small Red Bell Pepper, diced
- 1 stalk Celery, sliced or diced
- 1 Garlic clove, minced
- 1 Jalapeno, seeded and diced
- 4 oz Cherry Tomatoes
- 1 Tbs Olive Oil
- Dash Salt
- Freshly Ground Black Pepper to taste
- 4 oz Andouille or Chorizo sausage, sliced
- 8 oz Large Shrimp, peeled and deveined
- ½ Tbs Cajun seasoning
- 2 oz Linguine Noodles, cooked
- 1 Lemon, sliced in thin wedges
- 1 Scallions, sliced
- Fresh Parsley, chopped

Directions:

1. Heat oven to 400°F.
2. Line baking pan with parchment paper.
3. In large bowl, combine onion, bell peppers, celery, garlic, jalapeno, tomatoes, 1 tablespoon olive oil, salt and pepper until evenly combined.
4. Spread out evenly on pan in single layer.
5. Add slices of Andouille sausage.
6. Roast 15-20 minutes, or until vegetable are tender and start to brown.
7. Toss shrimp with Cajun seasoning
8. Prepare linguine noodles.

9. When ready, remove baking sheet from oven.
10. Place shrimp on top of vegetable and sausage mixture in single layer.
11. Top with half the lemon wedges.
12. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.
13. Serve over linguine, garnish with Scallions and parsley, with remaining fresh lemon wedges on the side.

Serves 2

Three Sisters Shrimp

Origin: America

This one of Clark Barlowe's Heirloom Restaurant Recipes. The Three Sisters are the three main agricultural crops of various Native American groups in North America: winter squash, maize and climbing beans .

Ingredients:

Curried Tomato Vinaigrette

- 3 Tbs White Wine Vinegar
- 1 Tbs Shallot, finely chopped
- 1 Garlic Clove, finely chopped
- ½ Tbs Tomato Paste
- ½ tsp Fresh Thyme Leaves
- ¼ tps Madras Curry Powder
- ¼ tps Dijon Mustard
- ¼ cup Olive Oil
- Pinch Cayenne Pepper
- Salt and Freshly Ground Black Pepper, to taste

Vegetables

- 1 Small Zucchini
- 1 Small Crookneck or other yellow squash

- ½ lb Green Beans
- 1 cup Corn (from about 2 cobs)

Shrimp poached in Chili Oil

- ½ cup Olive Oil
- ¾ Tbs Red Pepper flakes, crushed
- ½ Tbs Paprika
- ¾ lb Shrimp, peeled and deveined
- ½ tsp Salt
- 1 cup Baby Mustard Greens, lightly packed (for garnish)

Directions:

Curried Tomato Vinaigrette

1. Whisk together the vinegar, shallot, tomato paste, thyme, and curry powder in a small bowl.
2. Set aside for 15 minutes.
3. Whisk in the mustard.
4. Whisking contiguously, add the oil in a slow steady stream.
5. Season with red pepper, salt and black pepper.

Vegetables

6. Use a vegetable peeler or mandoline to shave the zucchini and summer squash lengthways into thin noodles or ribbons.
7. Place in a large bowl.
8. Cut the beans diagonally into very thin pieces.
9. Parboil the beans in salted water.
10. Add to the bowl.
11. Cook the corn. I do mine for 3 minutes in the microwave.
12. Add the corn
13. Toss to combine
14. Cover with damp towel and keep warm until needed.

Shrimp

15. Stir together the oil, salt, pepper flakes, and paprika in a saucepan.
16. Bring to a simmer over medium heat.
17. Simmer for 3 minutes.
18. Strain into a bowl and discard the solids.
19. Return the strained oil to the saucepan.
20. Bring the oil to a bare simmer.
21. Add the shrimp and poach until they are barely opaque in the center and semi-firm to the touch, about 1 to 2 minutes.
22. Drain on paper towels.

To assemble

23. Bring the tomato vinaigrette to a simmer in a small saucepan.
24. Drizzle over the zucchini mixture while tossing gently with tongs.
25. Divide the warm, dressed zucchini mixture among serving plates.
26. Top with shrimp and mustard greens.
27. Drizzle with a little more chili oil, if desired.
28. Serve at once.

Serves 2

- 6 oz peeled Tomatoes
- 4 oz Butter
- 16 oz ["Fish Stock"](#) or Clam Juice
- 1 lb Non-oily fish such as Grouper, Snapper or Flounder
- 4 oz Chopped Clams
- 6 oz Tomato Paste
- 2 Bay Leaves
- ½ tsp Thyme
- 1 tsp Hot Sauce
- 1 oz Rum
- ½ tsp Salt
- Freshly Ground Black Pepper to taste

Directions:

1. Chop and sauté first 7 ingredients in butter
2. Add fish stock and bring to rolling boil and simmer for twenty minutes
3. Then add rest of the ingredients and simmer for 10 minutes or until fish is cooked
4. Season to taste

Serves 6

Cioppino

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 1 Large Red Bell Pepper
- 1 Medium Chopped Onion
- 2 Garlic Cloves, finely chopped
- 1 14½ can diced tomatoes
- 1 (6- oz) can Tomato Sauce
- ½ cup Dry Red Wine
- ½ cup Fish Stock
- Salt and Freshly ground Black Pepper
- ¼ tsp Hot Sauce
- Pinch of Saffron

Stews and Paella

Bermuda Fish Chowder

Origin: Bermuda

Ingredients:

- 8 Garlic Cloves, finely chopped
- ½ cup Chopped Onions
- 1 Green Bell Pepper, diced
- 2 Leeks, cleaned and sliced
- 3 Carrots cleaned and sliced
- 1 Stalk Celery

- 1 tsp Oregano
- ½ lb Scallops
- ½ lb Shrimp

Directions:

1. Heat oil in heavy pan
2. Add onions and sauté over medium heat, stirring often
3. Stir in garlic
4. Then add tomatoes, Tomato Sauce, wine and fish stock
5. Cover bring to the boil and simmer for about 7 minutes
6. Salt & Freshly Ground Black Pepper to taste
7. Add saffron and Hot Sauce
8. Base can be get overnight
9. Add scallops, shrimp and oregano
10. Cook, stirring until seafood is opaque.

Serves 2

Fish Pie

Origin: England

Ingredients:

- 1 cup Milk, full cream
- 2 stalks Parsley or Cilantro
- 1 Bay Leaf
- 5 Black Peppercorns
- 1 Onion, sliced
- 1 Clove garlic, sliced
- 2 oz Butter, plus extra for buttering dish
- 2 Tbs Flour
- 12 oz Fish fillets, firm white, cut in 1 inch pieces
- 1 Tbs Capers, drained
- 1 Lemon, zested
- 1 Tbs Parsley or Cilantro, finely chopped
- Puff pastry

- 1 Egg, lightly beaten, for egg wash
- 1 Lemon, for squeezing

Directions:

1. Preheat the oven to 400°F.
2. Lightly butter a 4-cup-capacity pie dish.
3. Place a pie bird or an upturned ovenproof egg cup in the center of the dish.
4. Pour milk into a heavy-based saucepan and add the parsley stalks, bay leaf, peppercorns, onion and garlic
5. Place over a low heat and let it come slowly up to simmering point.
6. Remove from the heat and leave to infuse for 5 minutes, then strain into a jug and discard flavorings.
7. Wash out saucepan, add butter and melt.
8. Add the flour, stir well to make a roux, place back over a medium heat and cook until lightly golden.
9. Pour on infused milk and stir continuously until smooth, shiny and thick enough to coat the back of a wooden spoon.
10. Gently stir through the fish, capers, lemon zest and parsley, season with salt and freshly ground black pepper and place in pie dish.
11. On a lightly-floured bench top, roll out pastry until ¼ inch in thickness and large enough to cover the top of the pie dish with a little extra.
12. Cut thin strips from remaining pastry and use to place around edge of pie dish.
13. Brush with egg wash.
14. Place pastry lid on top of filled pie dish and press edges together.
15. Using a sharp knife and horizontal cuts, “knock-up” the pastry, which

seals it together and helps the pastry to rise up in layers.

16. Make 2-3 slits in the pastry top to allow steam to escape during cooking (if not using a pie bird) and brush with egg wash.
17. Bake for 25-30 minutes until the pastry is dark brown and the filling bubbling. Serve with extra lemons for squeezing.

Serves 2

Jambalaya

Origin: America

Ingredients:

- 1 Large Onion, chopped
- 3 Garlic Cloves, finely chopped
- 1 Large Green Pepper
- 1 Stick of Celery
- ¼ cup Olive Oil
- ½ lb Ham, cubed
- ½ tsp Thyme
- 2 Tbs Parsley, chopped
- 2 Bay Leaves
- 1 tsp Hot Sauce
- 1½ lb Shrimp (raw)
- 1 can Tomatoes (1 lb) (or equivalent Fresh quartered)
- ½ cup Tomato Sauce
- 1 cup Rice
- 2 cups Water
- 1 tsp Salt

Directions:

1. Sauté onion, garlic, green pepper, and celery in oil until the onion is golden.
2. Add parsley, ham, thyme, and bay leaves.
3. cook gently for 5 minutes.

4. Add Hot Sauce, tomatoes, tomato sauce, rice and salt.
5. Simmer for 10 minutes
6. Add shrimp and simmer, covered for 10 minutes or until all the liquid is absorbed.

Serves 4

Paella

Origin: Spain

Ingredients:

- 4 Rashers of Bacon
- 4 oz Italian Sausage (Smoked or Pepperoni) sliced
- 6 Chicken Thighs
- 1 Green Pepper, diced
- 1 cup finely chopped Onion
- 6 Garlic Cloves, finely chopped
- 2 tsp Cayenne Flakes, crushed
- 3 Tbs Tomato Sauce
- 1 Tbs Diced Pimentos
- 2 oz strips of Ham
- ½ tsp Saffron
- 1 large Bay Leaf
- 1 sprig thyme or 1 tsp thyme
- ["Rice Cooker Rice"](#)
- 1 cup Water
- 1 cup Chicken Broth
- 2 Bottles of Clam Juice (16 oz total)
- 6 SeaTails or Lobster Tails
- 12 Little Neck Clams
- 12 Shrimp, Peeled and deveined
- 1 packet of frozen Peas
- 1 Tbs chopped parsley
- 1 tsp Salt

Directions:

1. Cook ["Rice Cooker Rice"](#)
2. Fry Bacon for 5 minutes
3. Brown Chicken in the bacon fat.

4. Add and sauté onion and Green Pepper until onion is transparent.
5. Add Tomato Sauce, Water, Saffron, Ham, Pimentos, Rice, Clams, Salt, Cayenne, Chicken Broth, Bay Leaf, and Thyme.
6. Remove Clams and reserve them as soon as they open, draining their juice into the paella.
7. Simmer for 15 to 20 minutes until most of the liquid is absorbed.
8. Add Shrimp, SeaTails, and peas.
9. Simmer for 5 minutes.
10. Return Clams to paella
11. Add Parsley.
12. Serve immediately.

Serves 4

Shellfish Bogues Bank Style

Origin: America

Ingredients:

- 8 Tbs (1 stick) butter
- ½ lb 40-count shrimp, peeled and deveined
- ½ lb bay scallops, side muscle removed
- ½ lb lump crabmeat, picked over for shell
- ¼ cup rice wine
- 1 Tbs roughly chopped Fresh tarragon,
- ½ tsp Hot Sauce
- Salt and Freshly Ground Black Pepper, to taste

Directions:

1. Melt butter in a 12 inch sauté pan over medium heat.
2. Add scallops and cook for 3 minutes.

3. Add shrimp and cook until they begin to turn pink, turning once, 2 minutes.
4. Gently stir in crabmeat, vinegar, tarragon (or other herb) and Hot Sauce, and cook for 2 minutes.
5. Add salt and pepper.
6. Serve immediately over rice.

Serves 4

Woods Hole Seafood Strudel

Origin: America

Ingredients:

- 1 Tbs Olive Oil
- 1 Small Onion, chopped
- 1 Small Leek, chopped
- ¼ lb Mushroom, sliced
- 1 lb cooked Shrimp, Scallops, Mussels, Oysters, Crab, or Lobster, cut up
- ½ lb White fish or Salmon, (non-oily), sautéed and flaked
- 1 Tbs Parsley, chopped
- ½ cup Ricotta Cheese
- 1 Eggs, beaten
- 2 Tbs Old Bay Seasoning
- Fresh Ground Pepper, to taste
- 8 sheets Phyllo Dough
- 8 Tbs Unsalted Butter, melted

Directions:

1. Melt butter in a Dutch oven and sauté onion, leeks and mushrooms until all liquid is gone.
2. The final mixture should not be runny.
3. Add shellfish and fish and stir.
4. Remove from heat and add parsley, ricotta, eggs, salt, and pepper and mix well.
5. Preheat oven to 400°F.

6. Butter a large baking sheet or use a nonstick one.
7. Place 2 sheets of phyllo pastry on sheet and cover the rest with a damp cloth to prevent drying.
8. Brush the pastry lightly with melted butter out to edges and repeat with remaining sheets, brushing every second one with butter.
9. Spoon seafood mixture in a long even shape down center of pastry.
10. Carefully fold pastry and roll into a strudel.
11. Tuck ends under and brush with butter.
12. Reduce oven heat to 375°F.
13. Bake strudel 30 minutes, until top is browned.
14. Brush top with butter twice during baking.
15. Cool slightly, slice, and serve.

Serves 4

Oriental Dishes

Beef

Mongolian Beef

Origin: Mongolia

Ingredients:

- 2 tsp Olive Oil
- ½ tsp Minced Ginger
- 3 Garlic Cloves, finely chopped
- ½ cup Black Soy Sauce
- ½ cup Water
- ½ cup Dark Brown Sugar
- Canola Oil for deep frying
- 8 oz flank steak, sliced very thin
- ¼ cup Rice Flour
- 2 large Scallions

Directions:

1. Make the sauce by heating 2 teaspoons of Olive Oil in a medium saucepan over medium heat Don't get the oil too hot or you'll get a major spatter when adding the other liquids
2. Add ginger and garlic to the pan and quickly add the soy sauce and water before the garlic scorches
3. Dissolve the brown sugar in the sauce, and then raise the heat to about medium and boil the sauce for 2-3 minutes or until the sauce thickens
4. Remove it from the heat
5. Slice the flank steak against the grain into ¼ inch thick bite-size slices. Tilt the blade of your knife at about a 45°F. angle to the top of the steak so that you get wider cuts

6. Dip the steak pieces into the rice flour to apply a very thin dusting to both sides of each piece of beef
7. Let the beef sit for about 10 minutes so that the rice flour sticks
8. As the beef sits, heat up one cups of canola oil in a wok (you may also use a skillet for this step as long as the beef will be mostly covered with oil) Heat the oil over medium heat until it's nice and hot, but not smoking
9. Add the beef to the oil and sauté for just two minutes, or until the beef just begins to darken on the edges You don't need a thorough cooking here since the beef is going to go back on the heat later
10. Stir the meat around a little so that it cooks evenly
11. After a couple minutes, use a large slotted spoon to take the meat out and onto paper towels, then pour the oil out of the wok or skillet
12. Put the pan back over the heat, dump the meat back into it and simmer for one minute
13. Add the sauce, cook for one minute while stirring
14. Then add all the Scallions
15. Cook for one more minute then remove the beef and onions with a slotted spoon to a serving plate.
16. Leave the excess sauce behind in the pan.

Serves 3

Spicy Beef and Bell Pepper Stir-Fry

Origin: Thailand

Ingredients:

- 1 Tbs Olive Oil/Butter mix

- 8 oz Flank Steak, cut diagonally across the grain into thin slices
- 1 Red Bell Pepper, cut into thin strips
- 1 Yellow Bell Pepper, cut into thin strips
- 3 Tbs Thin Soy Sauce
- 1½ Tbs Rice Wine Vinegar
- 1 Tbs Ginger, peeled, minced
- 2 tps Chili Garlic sauce
- 4 Scallions, cut into 2-inch pieces
- 2 tps Toasted Sesame seeds

Directions:

1. Heat a large nonstick skillet over medium- high heat.
2. Add oil to pan; swirl to coat.
3. Add steak to pan; cook 2 minutes, searing on one side.
4. Add bell peppers; cook 2 minutes or until beef loses its pink color, stirring constantly.
5. Remove beef mixture from pan.
6. Add soy sauce, vinegar, ginger, and chili garlic sauce to pan.
7. Bring to a boil.
8. Cook 1 minute or until slightly thickened.
9. Add beef mixture and Scallions to pan; toss well to coat.
10. Sprinkle with sesame seeds.

Serves 2

Stir Fried Beef and Broccoli with Oyster Sauce

Origin: China

To make slicing the steak easier, freeze it for 20 minutes.

Ingredients:

- 1 lb Flank Steak, cut into 2 inch wide strips with the grain, then sliced across the grain into thin slices
- 3 Tbs Thin Soy Sauce
- 1 Tbs Dry Sherry
- 2 Tbs Chicken Broth
- 5 Tbs Oyster Sauce
- 1 Tbs Light Brown Sugar
- 1 tsp Sesame oil
- 1 tsp Rice Flour
- 6 Garlic Cloves, finely chopped
- 1 piece Ginger, minced (about a tablespoon)
- 3 Tbs Olive Oil
- 1 lb Broccoli Florets cut into bite-size pieces, stems trimmed, peeled, and cut on diagonal into thin slices
- ¼ cup Water
- 1 Red Bell Pepper, cored, seeded, and cut into ¼ inch pieces
- 3 Scallions, sliced inch thick on diagonal

Directions:

1. Combine beef and soy sauce in medium bowl; cover with plastic wrap and refrigerate at least 10 minutes or up to 1 hour, stirring once.
2. Meanwhile, whisk sherry, chicken broth, oyster sauce, brown sugar, sesame oil, and rice flour in measuring cup.
3. Combine garlic, ginger, and 1½ teaspoon Olive Oil in small bowl.
4. Drain beef and discard liquid.
5. Heat 1½ teaspoons Olive Oil in 12 inch non-stick skillet over high heat until smoking.
6. Add half of beef to skillet and break up clumps; cook, without stirring, for 1 minute, then stir and cook until beef is browned around edges, about 30 seconds.
7. Transfer beef to serving bowl.

8. Heat 1½ teaspoon Olive Oil in skillet, and repeat with remaining beef.
9. Add 1 tablespoon Olive Oil to now empty skillet; heat until just smoking.
10. Add broccoli and cook 30 seconds; add water, cover pan, and lower heat to medium.
11. Steam broccoli until tender-crisp, about 2 minutes; transfer to paper towel lined plate.
12. Add remaining 1½ teaspoon Olive Oil to skillet; increase heat to high and heat until just smoking.
13. Add bell pepper and cook, stirring frequently, until spotty brown, about 1½ minutes.
14. Clear center of skillet; add garlic and ginger to clearing and cook, mashing mixture with spoon, until fragrant, 15 to 20 seconds, then stir mixture into peppers.
15. Return beef and broccoli to skillet and toss to combine.
16. Whisk sauce to recombine, then add to Skillet.
17. Cook, stirring constantly until sauce is thickened and evenly distributed, about 30 seconds.
18. Transfer to serving dish and sprinkle with Scallions.
19. Serve over white rice.

Serves 4

Thai Beef with Noodles

Origin: Thailand

Ingredients:

- 1 lb Boneless Beef, sliced very thin, cut across the grain
- ¼ cup Dry Sherry or Rice Wine
- 1½ Tbs Thin Soy Sauce

- 1 tsp Grated Fresh Ginger
- 2 Garlic Cloves, finely chopped
- 1 tsp Sesame Oil
- ½ tsp Cayenne Flakes, crushed
- ¼ cup Scallions, chopped
- 1 Tbs Fresh Cilantro, chopped
- ¼ lb Snow Peas
- ½ tsp Rice Flour
- ¼ cup Water

Directions:

1. Combine the sherry, soy sauce, ginger, garlic, sesame oil and Cayenne
2. Place beef in plastic bag and add marinade
3. Seal bag and marinate for 15 minutes
4. Pour off marinade and reserve
5. Heat cast iron skillet or wok over medium heat for 5 minutes
6. Add steak and cook 12 minutes (rare) to 15 minutes (medium)
7. Remove beef, keep warm
8. Dissolve rice flour in water and to reserved marinade
9. Add to skillet
10. Bring to the boil, stirring constantly
11. Add back the beef and snow Peas
12. Serve on linguine
13. Top with Scallions and Cilantro

Serves 2

Chicken

Chicken and Shrimp Pancit

Origin: Thailand

Ingredients:

- 2 oz Rice Noodles
- 5 Tbs Olive Oil

- 1 Small Onion, minced
- 2 Garlic Cloves, finely chopped
- ½ teaspoon ground Ginger
- 1 cup Small Shrimp, diced
- 1 cup Chopped Cooked Chicken
- 1 cup shredded Bok Choy
- ¼ cup Oyster Sauce
- 1 tps Garlic Chili Paste
- ¼ cup Chicken Broth
- 1 Scallion, minced

- 1 Medium Onion, sliced
- 1 Scallion, diced along the diagonal
- 1 Carrot, sliced (optional)
- 1 Red Bell Pepper, sliced (optional)

Seasonings for Chicken:

- 1 tsp Thin Soy Sauce
- 2 tsp Oyster sauce
- Salt, pepper to taste
- 1 tsp Rice Flour

Directions:

1. Soak the rice noodles in warm water for 20 minutes; drain.
2. Heat 3 tablespoons oil in a wok or large heavy skillet over medium-high heat.
3. Sauté noodles for 1 minute.
4. Transfer to serving dish, and keep warm.
5. Add remaining 2 tablespoons oil to skillet, and sauté onion, garlic, ginger, shrimp, and chicken for 1 minute.
6. Stir in bok choy, chili sauce, oyster sauce and chicken broth.
7. Cover and cook for 1 minute, or until bok choy is wilted.
8. Spoon over noodles, and garnish with minced Scallion.

Gravy:

- 1 Tbs Rice Flour
- 1 Tbs Oyster Sauce
- 1 tsp Thin Soy Sauce
- ½ cup Water
- Salt and pepper to taste

Directions:

1. Wash the bean sprouts to give them more time to drain.
2. Boil noodles in salted boiling water until they are soft, but not sticky. (Break the noodles in half if desired so they are easier to manage).
3. Blanch the noodles in cold water and drain.
4. Cut the chicken into thin strips.
5. Add seasoning ingredients to chicken, adding rice flour last.
6. Marinate chicken in seasonings for 10-15 minutes.
7. While chicken is marinating, prepare vegetables.
8. Cut the bok choy diagonally into inch thick slices, slice mushrooms. If substituting broccoli for bok choy, peel the stalks until no more strings come out, and slice thinly on the diagonal.
9. Heat the frying pan on high, add 2 tablespoon of oil and fry the noodles

Serves 2

Chicken Chow Mein

Origin: China

Ingredients:

- 1 lb chicken (or pork or shrimp)
- 1 lb bok choy or broccoli
- 1 cup celery
- ½ lb Fresh mushrooms, sliced
- ½ lb Dry Wonton noodles
- 1 lb Bean Sprouts or snow pea pods

- in small portions until they are golden.
10. Use chopsticks to separate the noodles as they are frying.
 11. Remove the noodles.
 12. Add more oil and add the meat and onion to the pan.
 13. Stir-fry until the meat has no redness. Remove from wok or pan.
 14. Cook the rest of the vegetables separately, adding a bit of salt if desired to taste. (With the bean sprouts and bok choy add a bit of sugar as well if desired).
 15. If desired, add about ¼ cup of water and cover pan while cooking bok choy, as it doesn't contain much moisture.
 16. Give the gravy a quick re-stir.
 17. Add all the ingredients back into the wok, making a "well" in the middle if the wok for the gravy. Mix well.
 18. Add Scallions at this point if desired, or save them for a garnish.
 19. Pour on top of the noodles.
 20. Garnish with sesame seeds.
 21. Serve hot.

Serves 4 to 6

[Chicken, Shrimp and Bok Choy over Pan-fried Noodles](#)

Origin: Thailand

Ingredients:

- 1 lb Fresh thin Chinese egg noodles
- 3 Tbs Olive Oil
- Salt
- For Sauce:
- 1 Tbs Rice Flour
- 1 cup Chicken Broth
- ½ tsp sugar
- ¼ tsp ground white pepper
- 1½ Tbs Thin Soy Sauce
- 1½ tsp oyster sauce
- For Topping:
- 1 whole chicken breast, boned and skinned
- 1 Tbs Olive Oil
- 1 tsp peeled and minced Fresh ginger
- 1 tsp minced garlic
- 6 green (spring) onions, cut into 2 inch lengths
- ½ tsp Salt
- ¼ lb large shrimp, peeled and deveined
- 1 small red bell pepper, cut into 1 inch cubes
- ¼ lb Fresh shiitake mushrooms, stemmed and sliced
- 1 lb baby bok choy, cut into 2 inch lengths
- 1 tsp Asian Sesame Oil

Directions:

1. Bring a large pot ¾ full with water to a boil and salt it lightly.
2. Gently pull the noodles apart, and then drop them into the boiling water, stirring to separate the strands.
3. Bring to a second boil and cook for 1 minute.
4. Pour the noodles into a colander and rinse thoroughly with cold running water.
5. Drain well and toss with 1 tablespoon of oil to keep the strands from sticking together.
6. Cut the chicken into inch cubes; set aside.
7. In a bowl, combine the rice flour, broth, sugar, white pepper, soy sauce and oyster sauce.
8. Stir until smooth and set aside.
9. Preheat oven to 200°F.
10. Preheat an 8-or 9inch frying pan over medium-high heat.
11. When the pan is hot, add ½ tablespoon of the oil.

12. When the oil is hot, spread one-fourth of the noodles evenly over the bottom of the pan, spreading them with a wide spatula to form a pancake.
13. Reduce the heat to medium and cook until the bottom is golden brown, 4-5 minutes.
14. Using the spatula, turn the noodles pancake over and brown the other side, about 3 minutes longer; add more oil if needed to prevent scorching.
15. Transfer to a baking sheet and keep warm while you fry the remaining noodles.
16. Repeat to make a total of 4 noodles cakes.
17. Place a wok over medium-high heat.
18. When the pan is hot, add the 1 tablespoon Olive Oil, ginger, garlic, Scallions and salt.
19. Sauté until fragrant, about 15 seconds.
20. Increase the heat to high and add the chicken and shrimp.
21. Stir-fry until the chicken is white and the shrimp are pink, about 1½ minutes.
22. Transfer the mixture to a bowl; set aside.
23. Preheat the wok again over medium-high heat.
24. When the pan is hot, add the bell pepper, mushrooms and bok choy and Stir-fry until the mushrooms begin to shrink, about 3 minutes, adding more Olive Oil if needed to prevent sticking.
25. Stir the sauce and add to the pan.
26. Bring to a boil, stirring continuously until the sauce is glossy and thick, about 30 seconds.
27. Return the chicken-shrimp mixture to the wok, add the sesame oil and toss together quickly to mix.

28. Divide the noodles cakes among 4 serving plates.

29. Evenly distribute the topping over each cake and serve hot.

Serves 4

Chicken in White Sauce

Origin: China

Ingredients:

- 2 Boneless Skinless Chicken Thighs
- 2 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 Tbs Rice Flour
- 3 Tbs Olive Oil/Butter Mix
- 4 oz Peeled Shrimp
- 1 Small Red Bell Pepper, pith and seeds removed and cut into inch lengths
- ½ Cucumber, halved and cut into inch length

Sauce

- ½ cup Chicken Broth
- 1 Tbs Butter
- ¼ tsp Salt
- ¼ cup dry White Wine
- 1 Tbs Rice Flour, mixed to a paste with 2 tablespoons of the chicken broth
- ½ cup light cream or "Half & Half"

Directions:

1. Cut the chicken flesh into small cubes and then toss them with the ginger, pepper, and rice flour.
2. Melt the butter with the oil in a large frying pan
3. Add the chicken cubes and Stir-fry for 30 seconds

4. Add the shrimps, pepper and cucumber and Stir-fry for 2 minutes
5. Remove from the heat and set aside
6. To make the sauce, bring the stock to the boil in small saucepan.
7. Stir in salt, butter and wine and boil until the butter has melted
8. Reduce the heat to low and stir in the rice flour mixture
9. Simmer for 2 minutes, stirring constantly, until the sauce has thickened
10. Stir in the cream
11. Remove from the heat and pour the sauce over the chicken cubes
12. Return frying-pan to moderate heat and cook the mixture, turning the meat and vegetables in the sauce, for 2 minutes
13. Transfer the mixture to a warmed serving dish

Serves 2

Coconut Curried Chicken

Origin: Thailand

Shrimp can be substituted for the chicken.

Ingredients:

- 1 cup Water, divided
- ¼ cup Uncooked Couscous
- ½ cup Coconut Milk
- 1 Tbs Rice Flour
- 1 Tbs Fish Sauce
- 1 tsp Sugar
- 2 tsp Garlic, minced
- 1 tsp Ginger, minced
- 2 tsp Green Curry Paste
- 2 tsp Olive Oil, divided
- ½ lb Chicken breast tenders or thighs
- ¼ tsp Salt, divided
- ½ cup frozen Green Peas
- ½ cup Onion, chopped

- 4 oz Sliced Mushrooms
- 1 tsp Lime Juice
- Lime wedges (optional)

Directions:

1. Bring ½ cup of water to a boil in a medium saucepan.
2. Stir in couscous, and cover and remove from heat.
3. Let stand 5 minutes.
4. Fluff with a fork.
5. While couscous cooks, combine ½ cup water, coconut milk, and next 6 ingredients (through curry paste), stirring well with a whisk.
6. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
7. Sprinkle chicken with 1/4 teaspoon salt.
8. Add chicken to pan.
9. Cook 6 minutes or until done, turning once.
10. Remove from pan, keep warm.
11. Add remaining 1 teaspoon oil to pan.
12. Add peas, onion, and mushrooms.
13. Cook 3 minutes or until mushrooms are tender.
14. Add coconut milk mixture and 1/4 teaspoon salt to pan.
15. Bring to a boil. Reduce heat, and simmer 1 minute.
16. Add chicken and lime juice to pan.
17. Cook 1 minute or until thoroughly heated.
18. Serve over couscous.
19. Garnish with lime wedges, if desired.

Serves 2

Forbidden City Chicken

Origin: China

Ingredients:

- 4 Chicken Quarters
- ¼ cup Thin Soy Sauce
- 2 Tbs Butter melted
- 1 Tbs Madras Curry powder (or Garam Masala)
- 1 tsp Cinnamon
- 1 tsp Ground Ginger
- 1 Garlic Clove, finely chopped
- ¼ tsp Hot Sauce

Directions:

1. Mix all the ingredients together
2. Pour over chicken
3. Preheat oven to 325°F.
4. Bake for 1 hour or until chicken is golden brown.

Serves 4

Gai See Mee (Noodles with Chicken and Mushrooms)

Origin: Singapore

Ingredients:

- 6 Chinese dried Black Mushrooms
- 2 cups Chicken Broth
- 3 Tbs Oyster sauce
- 3 Tbs Rice wine
- 1 Tbs Black Soy Sauce
- 1½ Tbs of Sugar
- 2 Tbs of rice flour mixed with ¼ cup of water
- 4 oz Chinese Thin Egg Noodles
- Chinese Sesame oil to taste
- 1 cup shredded Cooked Chicken Thighs
- Chopped Scallions for garnish
- Crisp Shallot or Garlic flakes

Directions:

1. Cover mushrooms with warm water until soft.

2. Drain and squeeze out excess water.
3. Cut the caps into thin slices. Discard stems.
4. Combine the stock, oyster sauce, rice wine, soy sauce, sugar and mushrooms in a wok or pan.
5. Bring to boil.
6. Reduce heat and simmer for 5 minutes. Return to a boil.
7. Stir in the rice flour mixture and cook, stirring until mixture thickens to a thin creamy consistency.
8. Keep warm.
9. Bring 2 to 3 quarts of water to boil.
10. Add noodles and bring to a second boil and boil for one minute.
11. Drain noodles in a colander and rinse them well with cold water. Shake off the excess water.
12. To serve, reheat the noodles by dropping them into a pot of boiling water for a few seconds. Drain well.
13. Divide the noodles among 2 individual plates.
14. Dribble a bit of sesame oil over the noodles, evenly distribute the chicken, and pour the hot sauce (with mushrooms) over all.
15. Garnish with Scallions and crisp shallot flakes.
16. Serve hot.

Serves 2

General Tso's Chicken

Origin: Taiwan

Chef Peng Chang-kuei created General Tso's chicken in Taiwan in 1952 when he was assigned to prepare a meal for a visiting US admiral. and named it "General Tso's Chicken" in honor of the legendary Qing Dynasty military and political leader Zuo Zongtang. Chef Peng Chang-kuei died in November 2016.

Ingredients:

- Canola Oil for deep frying
- 2 eggs
- 2 Tbs Rice Flour
- 3 Tbs Olive Oil
- 3 Boneless Skinless Chicken Thighs
- ½ cup Chicken Broth
- 1 Tbs Rice Wine
- 1 Tbs Thin Soy Sauce
- 1 Tbs Oyster Sauce
- 1 Tbs Sugar
- 1 tsp chopped Scallions
- 1 tsp grated Ginger Root or ½ tsp Ground Ginger
- 1 Garlic Clove, finely chopped
- 1 tsp Hot Chinese Chili Sauce
- 1 tsp Rice Flour dissolved in 1 Tbs Rice Vinegar
- Sesame seeds for garnish

Directions:

1. In a deep fat fryer or large pot (a wok works well), heat oil to 350°F.
2. In a bowl, combine eggs, rice flour and 1 tablespoon oil.
3. Add chicken pieces and toss to coat well.
4. Deep fry chicken, removing pieces as they float to the top of the oil.
5. Shake chicken pieces while removing them to separate any pieces that are stuck together and to slightly crack the breading, which will allow the sauce to penetrate.
6. Drain on paper towels and keep warm.
7. Remove all but about 2 tablespoon oil from wok and turn to high.
8. In wok, stir together chicken broth, wine, soy sauce, oyster sauce, sugar, scallion, ginger root, garlic, chili sauce and rice flour vinegar mixture, and bring to a boil.

9. Fold in chicken pieces and remove from heat immediately.
10. Garnish with sesame seeds and serve with steamed rice.

Serves 2

Hunan Orange Chicken

Origin: China

Ingredients:

- ½ cup Orange Juice
- ½ Tbs Orange Zest
- 1½ Tbs Black Soy Sauce
- 1 Tbs Rice Flour
- 1 Tbs Honey
- ½ tsp Sriracha
- 2 Tbs Asian Sesame oil
- ½ lb Boneless Skinless Chicken Thighs, cut into inch pieces
- 1 Small Red Bell Pepper, cut into inch pieces
- 4 oz Mushrooms, sliced
- ½ Tbs Fresh Ginger, grated
- 2 Garlic Cloves, finely chopped
- 2 oz Fresh Snow Peas, trimmed and halved

Directions:

1. Combine orange juice, soy sauce, rice flour, honey and pepper sauce in a small bowl; stir until smooth.
2. Heat a large nonstick skillet or wok over medium heat until a drop of water sizzles.
3. Pour in 2 tsp oil and swirl to coat.
4. Add chicken.
5. Stir-fry until cooked through, about 6 minutes.
6. Transfer to a plate.
7. Heat remaining 2 tsp oil in the same skillet.

8. Add bell pepper, garlic and ginger; stir fry until fragrant, about 4 minutes.
9. Add snow peas and mushrooms
10. Stir-fry until vegetables are tender-crisp, about 1 minute.
11. Add chicken and orange juice mixture.
12. Cook, stirring constantly, until mixture bubbles and thickens, about 1 minute.

Serves 2

[Korean Chicken](#)

Origin: Korea

Ingredients:

- 2½ Tbs Thin Soy Sauce
- 2 Tbs Dark Brown Sugar
- 1½ Tbs Dark Sesame Oil
- 1 Tbs Gochujang Sauce (such as Annie Chun's)
- 1 Tbs Fresh Garlic, minced
- ¼ tsp Freshly Grown Black Pepper
- 12 oz Boneless, Skinless Chicken Breast or Thighs, thinly sliced
- 1 Tbs Olive Oil/Butter mix
- 1 tsp Black Sesame Seed

Directions:

1. Combine first 6 ingredients in a large zip-top plastic bag.
2. Add chicken slices to soy sauce mixture in bag.
3. Seal and refrigerate 2 hours.
4. Remove chicken from bag.
5. Heat a large skillet over medium-high heat.
6. Add Olive Oil/Butter mix to pan, swirl to coat.
7. Add chicken.

8. Cook 2 minutes on each side or until done.
9. Serve over rice or salad.
10. Sprinkle sesame seeds over chicken.

Serves 2

[Kung Pao Chicken](#)

Origin: China

Ingredients:

- 3 Boneless Skinless Chicken Thighs
- 1 Tbs Rice Wine or Dry Sherry
- 1 Tbs Thin Soy Sauce
- 3 Garlic Cloves, finely chopped
- 1 Tbs 1 piece (inch) Fresh ginger, peeled and minced (about 2 teaspoons)
- 3 Tbs Olive Oil
- ½ cup roasted unsalted Cashews
- 4 to 6 small whole dried red Chili's (each about 2 Inches long) or Cayenne flakes
- ¼ cup Chicken Broth
- 1 Tbs Black Rice Vinegar or plain Rice Vinegar
- 1 Tbs Asian Sesame Oil
- 1 Tbs Oyster Sauce
- 1 Tbs Hoisin Sauce
- 1 Tbs Rice Flour
- 1 medium Red Bell Pepper, cut into 1 inch dice
- 3 medium Scallions, sliced thin

Directions:

1. Toss chicken with sherry and soy sauce in medium bowl
2. Marinate until chicken have absorbed flavors, about 10 minutes.
3. Mix garlic, ginger, and 1 tablespoon oil in small bowl; Set aside.
4. Combine cashews and chilies in small bowl; set aside

5. Mix chicken broth, Vinegar, sesame oil, oyster-flavored sauce, hoisin sauce, and rice flour in small bowl or measuring cup; set aside.
 6. Heat 1 tablespoon oil in 12 inch skillet over high heat until just beginning to smoke.
 7. Add chicken and cook, stirring about once every 10 seconds until white, 30 to 40 seconds.
 8. Add cashews and chilies, stir into chicken, and continue cooking until chicken are almost completely opaque and cashews have darkened slightly, 30 to 40 seconds longer.
 9. Transfer chicken, cashews, and chilies to bowl; set aside.
 10. Return skillet to burner and reheat briefly, 15 to 30 seconds.
 11. Add remaining 1 tablespoon oil, swirl to coat pan, and add red bell pepper
 12. Cook stirring occasionally, until slightly softened, about 45 seconds.
 13. Clear center of pan, add garlic-ginger mixture into pan with spoon or spatula, and cook until fragrant, 10 to 15 seconds; stir into peppers until combined.
 14. Stir broth mixture to recombine and then add to skillet along with reserved chicken, cashews, and chilies; cook, sorting and scraping up browned bits on bottom of pan, until sauce has thickened to syrupy consistency, about 45 seconds.
 15. Stir in Scallions; transfer to serving plate and serve immediately.
- 3 Boneless Skinless Chicken Thighs
 - ½ tsp Salt
 - 2 Tbs Fresh Lemon Juice
 - ¼ cup Heavy whipping cream
 - ½ tsp Garam Masala
 - ¼ tsp Cayenne pepper
 - ¼ tsp Ground Roasted Cumin Seeds
 - ½ tsp Paprika
 - 1 Garlic Clove, peeled and crushed to a pulp
 - ½ tsp Finely Grated Fresh Ginger
 - Freshly Ground Black Pepper
 - ¼ tsp Salt
 - Mint flakes
 - Generous squeezes of Fresh Lemon Juice

Directions:

1. Preheat oven to 550°F.
2. Put a shelf in the top third of the oven.
3. Cut 3 diagonal slits across the top of each piece of chicken thighs, being careful not to cut all the way through and also not to go to the edge.
4. Prick the chicken pieces with the sharp point of a small knife.
5. Put them in a single layer in a large baking dish and rub both sides with the salt and lemon juice.
6. Leave for 5 minutes.
7. Meanwhile, combine the cream with the garam masala, cayenne, cumin seeds, paprika, garlic, and ginger in a bowl.
8. Stir this mixture well
9. Pour it over the chicken.
10. Rub it into the meat and leave for 10 minutes.
11. Lift the chicken pieces up (most of the marinade will cling to them) and place them down in a single layer in a shallow baking pan lined with aluminium foil.

Serves 2

Silken Chicken

Origin: China

Ingredients:

12. On top of each, sprinkle salt, black pepper, mint, and lemon juice.
13. Put into the top third of the oven.
14. Bake for 15 minutes or until the chicken is just white all the way through.
15. Serve immediately, minted side up.

Serves 2

Easy Thai Chicken

Origin: Thailand

Ingredients:

- 1 Tbs Unsalted butter
- 3 Bone-in, Skin-on Chicken Thighs
- 2 Tbs Peanuts, chopped
- 1 Tbs Fresh Cilantro leaves, chopped

Sauce

- ¼ cup Sweet Chili sauce
- ½ Tbs Thin Soy sauce
- 2 Cloves Garlic, minced
- 1 Tbs Fish Sauce
- ½ Tbs Freshly Grated Ginger
- 1 Tbs Lime Juice
- ½ tsp Sriracha, or more, to taste

Directions:

1. Preheat oven to 400°F.
2. Make the sauce, whisk together chili sauce, soy sauce, garlic, fish sauce, ginger, lime juice and Sriracha in a small bowl.
3. Set aside.
4. Melt butter in a large ovenproof skillet over medium-high heat.
5. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side.
6. Stir in chili sauce mixture.

7. Place into oven and roast until completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes.
8. Then broil for 2-3 minutes, or until caramelized and slightly charred.
9. Serve immediately, garnished with peanuts and cilantro, if desired.

Serves 2

Satay Chicken Stir-Fry with Snow Peas and Cilantro

Origin: Thailand

Ingredients:

- 1 Tbs Peanut Butter
- 1 Tbs Dark Soy Sauce
- Juice of 1 lime
- ¼ cup Chicken Broth
- 1½ Tbs Light Brown Sugar
- ¼ cup Coconut Milk
- 3 Boneless Skinless Chicken Thighs
- 1 Tbs Olive Oil
- 1 Long Red Chili, thinly sliced
- 1 inch piece Fresh ginger, chopped
- 1 Clove Garlic, crushed
- 1 cup Snow peas or other Stir-fry vegetables
- 1 cup Broccoli florets

Directions:

1. In a small bowl, whisk together the peanut butter, soy sauce, lime juice, broth, sugar, and coconut milk.
2. Cut the chicken into 1 inch wide strips.
3. Heat the oil in a large skillet over medium-high heat.
4. Add the chicken, chili, ginger, and garlic.
5. Cook, stirring occasionally, until the chicken is golden, about 5 minutes.

6. Add the snow peas and broccoli and cook until the vegetables are just tender, about 1 minute.
7. Add the peanut sauce and cook until the mixture has thickened slightly and the chicken has cooked through, about 3 minutes.
8. Garnish with the cilantro.
9. Serve over cooked rice, if desired.

Serves 2

Thai Chicken

Origin: Thailand

Ingredients:

- 1 Tbs Olive Oil
- 4 Bone-in, Skin-on Chicken Thighs
- 2 Tbs Peanuts, chopped
- 1 Tbs Fresh Cilantro leaves, chopped

Chili Sauce

- ¼ cup Sweet Chili Sauce
- 1 Tbs Dark Soy Sauce
- 2 Cloves Garlic, minced
- ½ Tbs Fish Sauce
- ½ Tbs Fresh Ginger, grated
- Juice of 1 Lime
- ½ tsp Sriracha, or more, to taste

Directions:

1. Preheat oven to 400°F.
2. To make the sauce, whisk together chili sauce, soy sauce, garlic, fish sauce, ginger, lime juice and Sriracha in a small bowl? set aside.
3. Melt oil in a large ovenproof skillet over medium-high heat.
4. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side.
5. Stir in chili sauce mixture.

6. Place into oven and roast until completely cooked through, reaching an internal temperature of 165°F, about 25-30 minutes.
7. Then broil for 2-3 minutes, or until caramelized and slightly charred.
8. Serve immediately, garnished with peanuts and cilantro, if desired.

Serves 2

Thai Chicken Sauté

Origin: Thailand

Ingredients:

- ¾ lb Chicken breast tenders
- ½ Tbs Rice Flour
- ½ Tbs Fish Sauce
- 2 tsp Olive Oil, divided
- ½ cup Onion, sliced
- 1 tsp Garlic, minced
- 1 tsp Ground Fresh Ginger
- ½ cup Coconut Milk
- 1 Tbs Sriracha Hot Chile Sauce
- ½ Tbs Sugar
- ½ Tbs Fresh Lime Juice
- 1 Tbs Fresh Cilantro, chopped
- 2 Lime Wedges

Directions:

1. Toss chicken with rice flour and fish sauce.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
3. Add chicken to pan.
4. Sauté 5 minutes.
5. Remove chicken from pan.
6. Heat remaining 1 teaspoon oil in pan.
7. Add onion, garlic, and ginger to pan.
8. Sauté 1 minute.
9. Return chicken to pan.

10. Cook 1 minute or until done.
11. Stir in coconut milk, Sriracha, sugar, and lime juice.
12. Cook 45 seconds or until thoroughly heated.
13. Serve chicken mixture over rice with lime wedges.
14. Sprinkle each serving with cilantro.

Serves 2

Thai Grilled Cornish Hens

Origin: Thailand

Ingredients:

- 2 Cornish Games Hens, Spatchcocked
- ½ cup Cilantro, leaves and stems
- 6 garlic cloves, minced
- 2 Tbs Light Brown Sugar
- 1 tsp White Pepper, ground
- 1 tsp Coriander, ground
- 1 tsp Salt
- 2 Tbs Fish Sauce
- ["Thai Dipping Sauce"](#)

Directions:

1. Pulse cilantro, garlic, sugar, pepper, coriander, salt, and fish sauce until paste.
2. Rub hens all over with marinade
3. Marinate for at least 6 hours or overnight.
4. Heat grill with primary grill on high, (and second burner if burners).
5. Place hens, skin side up on cooler burner for around skin is brown, about 30 to 35 minutes
6. Flip hens skin side on hotter burner.

Thai Lime Chicken

Origin: Thailand

Ingredients:

- 3 Boneless Skinless Chicken Thighs, cut into strips or bite-size pieces
- 2 Bell Peppers (1 red, 1 green), chopped into bite-size pieces
- 1 Yellow Onion, chopped into bite-size pieces
- Handful of Fresh Basil
- 3 Tbs Olive Oil

Sauce

- ¼ cup Rice Wine
- 3 Scallions, sliced
- 1 tsp Chili Sauce
- 8 Kaffir Lime Leaves, cut into strips
- 4 Garlic Cloves, Crushed
- 2 Tbs Fish Sauce
- 2 Tbs Lime Juice
- ½ cup Fresh Basil
- 2 Tbs Thin Soy Sauce
- 1 tsp Black Soy Sauce
- 1 tsp Sugar

Directions:

1. Make the sauce by placing all sauce ingredients in a food processor.
2. When cutting the lime leaves, be sure to discard any inedible stems.
3. Process well to form a thick sauce or paste. Taste test for sweetness/sour balance, adding more sugar to taste.
4. Set aside.
5. Place 2 tablespoon oil in a wok or large frying pan and set over medium-high heat.
6. Add the onions and chicken.
7. Stir-fry 6-8 minutes, or until chicken is well cooked.
8. When stir-frying, add a little white wine (1 Tbs at a time) whenever the wok/pan becomes too dry.
9. Add the bell peppers, and Stir-fry another 2-3 minutes, or until the bell

pepper pieces have softened slightly and are bright in color.

10. Turn heat down to minimum.
11. Now add the sauce, stirring well to incorporate.
12. Do a taste test for salt and spice, adding more fish sauce if not salty enough, or more fresh chili (or chili sauce) if not spicy enough.
13. Tilt onto a serving dish, or portion out onto individual plates.
14. Add a generous topping of fresh basil.

Serves 2

Fish and Seafood

Cantonese Lobster

Origin: China

Ingredients:

- 2 Small Lobsters
- 2 Tbs Olive Oil oil, divided
- ½ Tbs Soy Sauce
- 1 Clove Garlic, crushed
- ½ Tbs Rice Flour
- 1 slice Fresh Ginger Root, minced
- ½ tsp Brown Sugar
- 2 oz Pork, ground
- 1 Egg, beaten
- ½ cup chicken broth
- 2 Green Onions, chopped

Directions:

1. Crack open the lobster tails , chop the tail into small pieces, and crack the claws in half as well.
2. Heat half of the oil in a deep heavy skillet over medium heat.

3. Add the crushed garlic, and fry for about 1 minute.
4. Throw in the lobster pieces, and fry until they are cooked through, about 4 to 5 minutes.
5. Remove the lobster and garlic mixture to a dish and keep warm.
6. Heat the remaining oil in the skillet.
7. Add the minced ginger and pork, and fry until the pork is no longer pink.
8. Pour in the chicken broth, and bring to a boil, stirring constantly.
9. In a small bowl, mix together the sherry, soy sauce, rice flour and brown sugar until well blended.
10. Add the sherry mixture to the pan, and stir-fry for a minute or two, until the sauce becomes thick and somewhat clear.
11. Stir in the green onions, and turn the heat .
12. Drizzle the beaten eggs over the mixture in the pan, and stir until the eggs are in little pieces.
13. Finally, return the lobster to the pan, and cook over low heat for a few minutes to blend the flavors.
14. Transfer to a serving dish, and let stand, covered, for a few minutes before serving.
15. Eat with steamed rice and enjoy.

Serves 2

Japanese Broiled Salmon with Scallion

Origin: Japan

Ingredients:

- ¾ lb skinless Salmon fillet's
- Salt
- 1 Tbs Sesame Oil
- 2 Tbs Olive Oil
- 2 Tbs Rice Vinegar

- 2 Tbs Mirin
- 1 Tbs Black Soy Sauce
- 3 Finely chopped Scallions
- 1 Quartered Lemon

Directions:

1. Take the salmon out of the refrigerator and sprinkle it generously with salt.
2. Set aside for 10 minutes.
3. Meanwhile, heat a large pan over high heat for 1-2 minutes.
4. Then add the oil and let it heat up until almost smoking.
5. Pat salmon dry and sear them in the pan. Do not crowd them, and let them sizzle for a good 2-4 minutes.
6. Turn the salmon over and cook for 1-3 minutes on the other side.
7. Remove the salmon to a warm plate,
8. Then take the pan off the heat.
9. Add the soy sauce, mirin and vinegar and start scraping off with a wooden spoon any bits stuck on the bottom of the pan.
10. Return the pan to the heat and bring to a rapid boil.
11. After a minute or so, turn off the heat and add the Scallions.
12. Swirl around to coat then pour over the salmon fillet s.

Serves 2

Japanese Broiled Mackerel

Origin: Japan

Ingredients:

- 2 Mackerel fillets, or Yellowtail Tuna or Salmon
- ¼ cup Black Soy Sauce
- ¼ cup Mirin (Japanese sweet wine) or rice wine

- 1 Tbs White Sugar
- ½ Tbs Fresh ginger root, grated

Directions:

1. Rinse fillets, and pat dry with paper towels.
2. In a medium bowl, mix together the soy sauce, mirin, sugar and Fresh ginger.
3. Place fillets in to the marinade, and let stand for at least 20 minutes.
4. Preheat oven broiler, or an outdoor grill for high heat.
5. Broil the fillets, basting occasionally, until the fish flakes easily with a fork, about 5 to 8 minutes.

Serves 2

Japanese Grilled Tuna

Origin: Japan

Ingredients:

- ¼ cup Dry Sherry or Rice Wine
- ¼ cup Thin Soy Sauce
- ¼ cup Mirin (Rice Wine)
- ¼ cup Rice Vinegar
- 2 Tbs Sesame Oil
- 1 lb Tuna
- 2 Tbs Olive Oil

Directions:

1. At least 12 hours before grilling combine first 5 ingredients
2. Marinate the tuna for 12 hours
3. Drain fish reserving the marinade
4. Grill until fish is cooked through, basting with oil about 10 minutes
5. Meanwhile, heat the reserved marinade over medium-high and boil until reduced and thickened

6. Remove from heat and pour into gravy boat
7. Serve fish with sauce on the side

Serves 2

Kung Pao Shrimp

Origin: China

Ingredients:

- 1 lb extra-large Shrimp (21 to 35 count), peeled and deveined
- 1 Tbs Rice Wine or Dry Sherry
- 1 Tbs Thin Soy Sauce
- 3 Garlic Cloves, finely chopped
- 1 Tbs 1 piece (1/2 inch) Fresh ginger, peeled and minced (about 2 teaspoons)
- 3 Tbs Olive Oil
- 1/2 cup roasted unsalted cashews
- 4 to 6 small whole dried Red chilies (each about 2 inch long) or Cayenne flakes
- 1/4 cup Chicken Broth
- 1 Tbs Black Rice Vinegar or plain Rice Vinegar
- 1 Tbs Asian Sesame Oil
- 1 Tbs Oyster Sauce
- 1 Tbs Hoisin Sauce
- 1 Tbs Rice Flour
- 1 Medium Red Bell Pepper, cut into 1 inch dice
- 3 Medium Scallions, sliced thin

Directions:

1. Toss shrimp with sherry and soy sauce in medium bowl;
2. Marinate until shrimp have absorbed flavors, about 10 minutes.
3. Mix garlic, ginger, and 1 tablespoon oil in small bowl; Set aside.
4. Combine cashews and chilies in small bowl; set aside

5. Mix chicken broth, vinegar, sesame oil, oyster-flavored sauce, hoisin sauce, and rice flour in small bowl or measuring cup; set aside.
6. Heat 1 Tbs oil in 12 inch skillet over high heat until just beginning to smoke.
7. Add shrimp and cook, stirring about once every 10 seconds until barely opaque, 30 to 40 seconds.
8. Add cashews and chilies, stir into shrimp, and continue cooking until shrimp are almost completely opaque and cashews have darkened slightly, 30 to 40 seconds longer.
9. Transfer shrimp, cashews, and chilies to bowl; set aside.
10. Return skillet to burner and reheat briefly, 15 to 30 seconds.
11. Add remaining 1 tablespoon oil, swirl to coat pan, and add red bell pepper
12. Cook stirring occasionally, until slightly softened, about 45 seconds.
13. Clear center of pan, add garlic-ginger mixture into pan with spoon or spatula, and cook until fragrant, 10 to 15 seconds; stir into peppers until combined.
14. Stir broth mixture to recombine and then add to skillet along with reserved shrimp, cashews, and chilies.
15. Cook, sorting and scraping up browned bits on bottom of pan, until sauce has thickened to syrupy consistency, about 45 seconds.
16. Stir in Scallions; transfer to serving plate and serve immediately.

Serves 4

Salmon with Tangy Thai Sauce

Origin: Thailand

Ingredients:

- 2 Salmon fillets
- 2 Tbs Olive Oil
- ½ cup Rice Vinegar
- ¼ cup Honey
- 4 Garlic Cloves, finely chopped
- 1 Fresh Red Chili, finely sliced, or ½ tsp Chili Sauce
- 1 Tbs Fish Sauce
- 1 Tbs Thin Soy Sauce
- 1 tsp Black Soy Sauce
- 1 Tbs Minced Lemongrass
- handful of Fresh Cilantro

Directions:

1. Place all the ingredients except salmon in a saucepan over medium-high heat.
2. Stir as you bring the sauce to a boil.
3. Reduce heat to medium and allow to simmer for 10 minutes, uncovered. The sauce will gradually thicken
4. When marinade/sauce has thickened, place in the refrigerator or freezer to cool for 5 minutes.
5. Place salmon fillets in a flat-bottomed pan.
6. Spoon 2 tablespoons of sauce over each fillet, 1 tablespoon per side per side,
7. Marinate in the refrigerator 10 minutes or up to 24 hours.
8. Place a frying pan or wok on medium-high heat, allowing it to warm up for at least 1 minute before adding the oil
9. When pan is hot, add 1 tablespoon oil, lifting and turning the pan to distribute evenly.
10. Now place fillets in the pan.
11. Allow salmon to fry at least 2 minutes undisturbed before turning.

12. Fry the fish 3-5 minutes per side, depending on the thickness of the fish.
13. Arrange on a serving platter or plates.
14. Spoon a little of the sauce over each fillet.
15. Place the rest in a side dish and serve as a dipping sauce (it can be reheated or served at room temperature).

Serves 2

Shrimp Pad Thai*Origin:* Thailand**Ingredients:**

- 2 oz Rice Noodles (Banh Pho)
- 2 Tbs Ketchup
- 2 Tbs Sugar
- 1 Tbs Fish Sauce
- Dash Ground Cayenne
- 1 Tbs Olive Oil/Butter mix
- ½ Medium Shrimp, peeled and deveined
- 1 Egg , lightly beaten
- ½ cup Fresh Bean Sprouts
- ¼ cup Scallions, sliced
- 1 Garlic, Clove, chopped
- 1 Tbs Chopped unsalted, dry-roasted peanuts

Directions:

1. Prepare Noodles according to "[Asian Noodles](#)".
2. Combine ketchup, sugar, fish sauce, and pepper in a small bowl.
3. Heat 1 teaspoons oil in a large nonstick skillet over medium-high heat.
4. Add shrimp; sauté 2 minutes or until shrimp are done.

5. Remove shrimp from pan; keep warm.
6. Heat 3 teaspoons oil in pan over medium- high heat.
7. Add eggs.
8. Cook 30 seconds or until soft-scrambled, stirring constantly.
9. Add sprouts, Scallions, and garlic.
10. Cook 1 minute.
11. Add noodles, ketchup mixture, and shrimp; cook 3 minutes or until heated.
12. Sprinkle with peanuts.

Serves 2

Stir Fried Ginger Shrimp

Origin: Thailand

Ingredients:

- ½ lb Medium Shrimp, peeled and deveined
- ½ tsp salt
- Dash White Pepper
- ½ cup water
- 1 Tbs Mirin
- 2 tps Dark Soy Sauce
- 1½ tps Rice Flour
- 1 tps Sugar
- 1 tps Dark Sesame Oil
- ½ tps Chile Paste with Garlic
- 1 Tbs Olive Oil, divided
- ½ Cup Onion, sliced thinly vertically
- 4 garlic cloves, minced
- ½ cup Celery, cut diagonally

Directions:

1. Place shrimp in a medium bowl.
2. Sprinkle with ginger, salt, and pepper; toss well.
3. Let stand 5 minutes.

4. Combine ½ cup water and next 6 ingredients (through chile paste) in a small bowl, stirring with a whisk.
5. Heat 1 tps oil in a large nonstick skillet over medium-high heat.
6. Add shrimp mixture to pan; stir-fry 2 minutes.
7. Remove shrimp mixture from pan; set aside.
8. Wipe pan dry with a paper towel.
9. Heat remaining 2 teaspoons oil in pan over medium-high heat.
10. Add onion and garlic; stir-fry 1 minute.
11. Add celery; stir-fry 1 minute.
12. Return shrimp mixture to pan; stir-fry 1 minute or until shrimp are done.
13. Add water mixture to pan.
14. Bring to a boil; cook 1 minute or until thick, stirring constantly with a whisk.
15. Serve immediately.

Serves 2

Stir Fried Shrimp

Origin: Thailand

Broccoli can be used instead of asparagus.

Ingredients:

- ½ lb Large Shrimp
- ¼ tsp Salt
- ½ cup Dry Sherry
- 2 Tbs Dark Soy sauce
- 1 Tbs Garlic Chili Paste
- 1 tsp Sherry Vinegar
- 2 Tbs Dry Sherry
- 2 tsp Rice Flour
- 2 Tbs Olive Oil
- 6 Garlic Cloves, sliced thin

- 3 Scallions, white parts chopped fine, green parts cut into 1 inch pieces
- 2 Tbs Grated Ginger
- ½ lb Asparagus, trimmed and cut into 2 inch pieces.

Directions:

1. Combine Shrimp and salt in bowl.
2. Let stand for 30 minutes at room temperature.
3. Whisk sherry, soy sauce, chili paste and vinegar together in bowl
4. Whisk 2 tablespoons of dry sherry and rice flour in a second bowl.
5. Heat oil and garlic in skillet or wok over medium heat until garlic begins to brown, 3-4 minutes.
6. Increase heat to high and add onion white parts and ginger.
7. Cook for 1 minute.
8. Add asparagus and green part Scallions.
9. Cover and cook for 2-4 minutes.
10. Transfer vegetable mixture to bowl.
11. Reduce heat to medium and add sherry-mixture and shrimp.
12. Cook, stirring occasionally, until shrimp are just cooked through, about 3-5 minutes.
13. whisk sherry-rice flour mixture and add to skillet.
14. Cook, stirring constantly, until sauce is thickened, 1-2 minutes.
15. Return vegetables to mixture
16. Toss to mix and serve,

Serves 2

Thai Shrimp or Scallop Curry in Coconut Milk

Origin: Thailand

This curry dish uses fish sauce, curry paste, and light coconut milk.

Ingredients:

- 1½ tsp Olive Oil
- 1 Tbs Red Curry paste
- 12 oz Peeled Shrimp or Small scallops
- ½ Onion, coarsely chopped
- 2 oz Mixed Pepper strips
- 2 oz Mixed Peas and carrots
- 2 oz Sliced Bamboo shoots
- 2 oz snow Pea Pods
- 1½ tsp Grated Lemon zest
- ½ cup Light Coconut milk
- 1½ tsp Fish Sauce
- 1½ tsp Fresh Lemon Juice
- 2 Tbs chopped Fresh Cilantro

Directions:

1. Heat the oil in a large skillet over high heat.
2. Heat the curry paste in the oil about 30 seconds.
3. Stir in the onion, peppers, peas, bamboo shoots, lemon zest, coconut milk, fish sauce, and lemon juice.
4. Bring to a boil.
5. Cook about 5 minutes.
6. Add the shrimp or scallops and cook another 2 minutes or until shrimp just turns pink.
7. Sprinkle cilantro over the dish; stir.
8. Serve hot.

Serves 2

Shrimp Tempura

Origin: Japan

Be sure to use very cold water. Do not over mix the batter.

Ingredients:

- 1 lb peeled Larger Fresh Shrimp (12)
- 1 Egg
- 1 cup All-purpose Flour
- 1 tsp Salt
- ½ Very cold Water with some ice
- Canola Oil for deep frying

Directions:

1. Peel and devein shrimps.(leave the tails)
2. Make some cuts in the stomach side of shrimps to prevent them to curl up when cooked.
3. Dry shrimp with paper towels.
4. Put flour and salt in a bowl
5. Pour cold water over the flour and add an egg.
6. Mix the batter lightly.
7. Heat the oil to 350°F.
8. Dip the shrimps in the batter.
9. Deep-fry the shrimps for a few minutes

Szechuan stir-fry

Origin: China

Ingredients:

- ["Szechuan Marinade"](#)
- 1 lb Fresh Tuna
- 1 Tbs Olive Oil
- 2 tsp Minced Ginger
- 6 Garlic Cloves, finely chopped
- ¼ cup Water
- ½ cup thinly sliced carrots
- ½ Sweet Red Bell Pepper, diced
- ½ cup Broccoli flowerets
- ¼ cup Bamboo shoots, sliced thin
- ¼ cup Water Chestnuts, sliced
- ½ cup Snow Peas
- 2 Tbs Scallions, cut into inch lengths
- ["Rice Cooker Rice"](#)

Directions:

1. Make up marinade in bowl
2. Rinse tuna under cold water
3. Pat dry
4. Cut into 1 inch cubes
5. Marinate for 30 minutes
6. Heat oil in wok over medium-high heat
7. Add ginger, garlic and water and sauté for 30 seconds
8. Add Cayenne, bamboo shoots, water chestnuts and snow peas
9. Cover and simmer for 4 minutes
10. Add marinated tuna, sauce and Scallions to pan and stir
11. Sauté for about 3 minutes or until tuna turns just opaque
12. Serve over rice

You may substitute mako shark, shrimp or crawfish

Serves 2

Shrimp in Lobster Sauce

Origin: China

The somewhat confusing name for this dish does not mean as you might think, that there is lobster in the sauce. It indicates that the shrimp is made with the same sauce used to prepare Lobster Cantonese.

Ingredients:

- 1 lb shrimp, peeled and deveined
- ¼ cup Olive Oil
- 1 Tbs Rice wine
- 2 tsp fermented Black Beans, chopped
- 8 Garlic Cloves, finely chopped
- ¼ lb lean pork, ground
- 1 Tbs Thin Soy Sauce
- 1 Tbs Fish Sauce

- ¼ tsp Sugar
- ¼ tsp Ground Black Pepper
- 2 Scallions including green top, chopped
- 1 cup Chicken Broth
- 2 Tbs Rice Flour
- 2 Eggs, lightly beaten

Directions:

1. Dissolve the Rice Flour in the Chicken Broth.
2. Set Wok over high heat for 1 minute.
3. Pour in 2 tablespoons of oil, swirl around pan and heat for 30 seconds.
4. Drop in the shrimp and Stir-fry for about 1 minute or until shrimp turn pink.
5. Stir in the wine
6. Then remove shrimp mixture to warmed dish
7. Add 2 tablespoons of oil to wok
8. Add garlic and black beans
9. Add pork and Stir-fry until the meat is no longer pink.
10. Add soy sauce, fish sauce, sugar, pepper, Chicken broth Rice Flour and Scallions
11. Bring to the boil
12. Add reserved shrimp
13. Cook for 30 seconds and add beaten eggs in a slow stream, lifting the contents of the pan from all sides so that the eggs merge with all the ingredients without out any further cooking
14. Transfer the entire contents to a heated serving dish.

Serves 2

Pork

Mongolian Pork Stir-fry

Origin: Mongolia

Ingredients:

Marinade

- ¼ cup Chicken Broth
- ¼ cup Mirin
- ¼ cup Thin Soy Sauce
- 3 Tbs Sweet Chili Sauce
- 1 Tbs Light Brown Sugar
- 1 Tbs Rice Flour
- 2 tsp Hoisin Sauce
- 2 tsp Toasted Sesame Oil
- ¼ tsp Cayenne Flakes, crushed
- 8 oz Pork Tenderloin, trimmed, thinly sliced, For thin, even slices of pork, briefly freeze the tenderloin just until it firms up, but not until it's rock hard.

Cook

- 2 Tbs Olive Oil
- ½ bunch Asparagus, trimmed and cut into 1 inch pieces
- 1 cup thinly sliced Red Bell Peppers
- ½ cup Thinly sliced Leeks, white and light green parts only
- 1 Tbs Minced Fresh Ginger
- 2 tsp Minced Fresh Garlic
- Cooked Chinese or Rice noodles

Directions:

1. Whisk together broth, sherry, soy sauce, chili sauce, brown sugar, Rice Flour, hoisin, sesame oil, and pepper flakes in a bowl.
2. Add pork and let marinate 10 minutes.
3. Heat oil in a wok or large skillet over high.
4. Add pork, reserving marinade.
5. Stir-fry pork until cooked through, 2-3 minutes;
6. Transfer to a plate.

7. Add asparagus and bell peppers to wok.
8. Stir-fry 2-3 minutes.
9. Add leeks, ginger, and garlic;
10. Stir-fry until fragrant, 1 minute.
11. Return pork to wok and stir in reserved marinade, scraping up any brown bits.
12. Boil marinade until thickened, 2-3 minutes.
13. Serve Stir-fry with noodles.

Serves 2

Mou Shu Pork

Ingredients:

- 12 oz lean Boneless pork loin, sliced into ¼ inch thick strips
- 1 onion, thinly sliced
- ¼ cup minced Fresh ginger root
- 2 Garlic Cloves, finely chopped
- 4 cups thinly sliced bok choy
- 1 red bell pepper, sliced
- 10 large white mushrooms, julienned
- 4 cups bean sprouts
- ¼ cup sake
- 3 Tbs hoisin sauce
- 2 Tbs soy sauce
- 8 (8 inch) Mou Shu wrappers

Directions:

1. Preheat oven to 325°F.
2. Wrap wrappers in foil.
3. Heat a large skillet over high heat until very hot.
4. Add pork, onion, ginger, and garlic;
5. cook and stir until pork is brown and onion is tender, about 5 minutes.
6. Mix in bok choy, red bell pepper, and mushrooms;
7. cook and stir until bell pepper is tender-crisp, about 5 minutes.
8. Remove pan from heat.

9. Place wrappers in oven for 8 minutes, or until warm.
10. Meanwhile, return pan to high heat source, and mix in bean sprouts, sake, hoisin and soy sauces;
11. cook and stir until bean sprouts are tender-crisp, about 5 minutes.
12. Remove wrappers from oven.
13. Divide pork mixture among wrappers, and roll up.
14. Serve immediately.

Serves 4

Pork Lo Mein

Origin: China

Ingredients:

- 1 Pork Tenderloin (about ¾ lb)
- 2 Tbs Oyster Sauce
- 2 Tbs Dry Sherry or Rice Wine
- 2 Tbs Thin Soy Sauce
- 1 tsp Grated peeled Ginger Root
- 3 Garlic Cloves, finely chopped
- 1 bunch Scallions, 2 inch pieces
- 1 bunch bok choy, cut in 1 inch strips
- 1 can Bamboo Shoots, sliced
- 1 package (12 oz) noodles
- Olive Oil
- ½ tsp Salt
- ¼ lb Fresh mushrooms

Directions:

1. About 1 hour before serving:
2. Trim fat from pork tenderloin.
3. Cut pork tenderloin crosswise into thin slices.
4. In bowl, mix pork, oyster sauce, sherry, soy sauce, garlic and ginger root.
5. In large saucepot, prepare linguine according to package directions.

6. Heat wok and 2 tablespoon of oil.
7. Cook bok choy and salt stirring quickly and frequently until tender-crisp;
8. Remove to bowl.
9. To oil remaining in wok add 1 tablespoon oil.
10. Cook bamboo shoots, stirring frequently, until tender-crisp
11. Remove to bowl.
12. To oil remaining in wok add 1 tablespoon oil.
13. Cook Scallions, stirring frequently, until tender-crisp.
14. Remove to bowl.
15. To oil remaining in wok add 1 tablespoon oil.
16. Cook mushrooms, stirring frequently, until moisture is gone.
17. Remove to bowl.
18. To oil remaining in wok add 1 tablespoon oil.
19. Add pork mixture; cook, stirring, just until pork loses its pink color and is tender, about 5 minutes.
20. Return bok choy, bamboo shoots, Scallions and mushroom to wok; heat.
21. Drain linguine.
22. Return linguine to saucepot; add pork mixture; toss to mix well.

Serves 2

Soba Noodles with Pork, Snap Peas, and Radishes

Origin: Korea

Ingredients:

- 3 oz Soba noodles
- 1¼ cup Sugar Snap Peas, diagonally sliced
- 3 Tbs Fresh Lime Juice
- 1 Tbs Dark Soy Sauce

- 1 tsp Sesame Oil
- ½ tsp Garlic Chilli Sauce
- ¼ tsp Kosher Salt
- ½ cup Radishes , thinly sliced
- 2 Tbs Mint, chopped
- 2 Tbs Olive Oil
- 2 Garlic Cloves, chopped
- 4 oz Pork slices, chopped

Directions:

1. Cook soba noodles according to package directions.
2. Add sugar snap peas during last 1 minute of cooking.
3. Drain.
4. Combine lime juice, soy sauce, sesame oil, chilli sauce, and salt in a large bowl.
5. Heat oil in pan.
6. Stir fry garlic until softened.
7. Add noodle mixture,
8. Stir fry until warmed.
9. Add sauce mix.
10. Stir fry for 1 minute.
11. Add radishes, mint, and chopped pork slices;
12. Toss gently to combine.
13. Stir fry for 1 minute.
14. Serve.

Serves 2

Sweet and Sour Pork

Origin: China

Ingredients:

- ½ lb Pork Tenderloin, cut into 1 inch cubes
- 1 Green Pepper, pith and seeds removed and diced
- ¼ cup Carrots, sliced diagonally
- 2 rings Pineapple, sliced into 1 inch pieces

- ½ cup All-purpose Flour
- ¼ cup Rice Flour
- ½ tsp Baking Powder
- 1 Tbs beaten egg plus enough water to make ½ cup
- 1 tsp Olive Oil
- 1 tsp Rice Wine
- ¼ tsp Salt
- Dash Pepper
- Seasoning Sauce
- Oil for frying

Directions:

1. In a small saucepan of boiling water, parboil the carrots for 1 minute.
2. Add the green pepper to the same water.
3. As soon as it comes back to a boil, drain the vegetables and rinse in cold water to stop cooking.
4. Add the pineapple to the vegetables and set aside.
5. Combine the flour, ¼ cup Rice Flour, baking powder, egg mixture, and oil in a mixing bowl
6. Beat with a wooden spoon until the mixture is a smooth paste. Set aside.
7. In another bowl, stir the pork, rice wine, salt, and pepper together. Set aside.
8. In a wok or Stir-fry pan, heat 2 inch of oil to a temperature of 375°F.
9. Dip the marinated cubes of pork into the batter to coat completely.
10. Carefully drop the pork into the hot oil, one piece at a time.
11. Deep-fry until light golden brown.
12. Remove with a wire skimmer, spread out on paper towels, and let cool.
13. Reserve the oil in the pan.(You may deep-fry the pork to this point in advance and keep it in the refrigerator for a few days or in the freezer. The oil may be strained and

- kept for a day or two; otherwise use Fresh oil for the second frying.)
14. Make the Seasoning Sauce only when ready to proceed with the second frying.
 15. While preparing the sauce, reheat the deep-fry oil to 400°F. for a second frying.
 16. Add all the pork to the oil and fry until the pieces are heated and crisped. (frozen or refrigerated pork should be brought to room temperature before being cooked).
 17. Remove with a wire skimmer and drain on paper towels.
 18. If not ready to serve the dish immediately, you can keep the sauce warm on the stove and the pork warm in a 325°F. oven for 10 minutes, no longer.
 19. Put together just before serving.
 20. Put the pork in a deep plate and pour the Seasoning Sauce over.

Sweet and Sour Sauce:

Ingredients:

- 3 Tbs Ketchup
- 2 Tbs Sugar
- 1½ Tbs Rice Wine
- 1½ Tbs Black Soy Sauce
- 4 Tbs Rice Vinegar
- ½ tsp Salt
- 1 Tbs Rice Flour dissolved in ¼ cup water

Directions:

1. Combine the sugar, ketchup, soy sauce, rice wine, vinegar and salt in saucepan.
2. When the liquid comes back to a boil, stir in the rice flour solution.
3. Cook until the sauce thickens.

4. Add the parboiled vegetables and the pineapple to the sauce,

Serves 2

Thai Pork Lettuce Wraps

Origin: Thailand

Ingredients:

- 1 pork tenderloin (about 1 pound), trimmed of silver skin and fat, cut into 1 inch chunks
- 2½ Tbs Fish Sauce
- 1 Tbs Toasted Rice powder
- ¼ cup Chicken Broth
- 2 Shallots, peeled and sliced into thin rings (about ½ cup)
- 3 Tbs Juice from 2 limes
- 2 tsp Sugar
- Dash Cayenne
- 3 Tbs Roughly chopped Fresh Mint leaves
- 3 Tbs Roughly chopped Fresh Cilantro leaves
- 1 head Bibb lettuce, washed and dried, leaves separated and left whole

Directions:

1. Place pork chunks on large plate in single layer.
2. Freeze meat until firm and starting to harden around edges but still pliable, 15 to 20 minutes.
3. Place half of meat in food processor and pulse until coarsely chopped, 5 to 6 1-second pulses.
4. Transfer tablespoon fish sauce into ground meat and marinate, refrigerated, 15 minutes.
5. Bring broth to simmer in 12 inch nonstick skillet over medium-high heat.

6. Add pork and cook, stirring frequently, until about half of pork is no longer pink, about 2 minutes.
7. Sprinkle 1 teaspoon rice powder over pork; continue to cook, stirring constantly, until remaining pork is no longer pink, 1 to 1½ minutes longer.
8. Transfer pork to large bowl; let cool 10 minutes.
9. Add remaining tablespoon fish sauce, remaining 2 tsp rice powder, shallots, lime juice, sugar, Cayenne, mint, and cilantro to pork; toss to combine.
10. Serve with lettuce leaves.

Serves 4

Egg or Spring Rolls and Dumplings

Chinese Pork Dumplings

Origin: China

Ingredients:

Dough

- 2½ cups (12½ oz) All-purpose Flour
- 1 cup Boiling Water

Filling

- 5 cups 1 inch Napa Cabbage Pieces
- Salt
- 12 oz Pork, ground
- 1½ Tbs Thin Soy Sauce, plus extra for dipping
- 1½ Tbs Toasted Sesame Oil
- 1 Tbs Olive Oil plus 2 Tbs for frying.
- 1 Tbs Rice Wine

- 1 Tbs Hoisin Sauce
- 1 Tbs Ginger, grated
- ¼ tsp Ground White Pepper
- 4 Scallions, chopped fine

Directions:

Dough

1. Place flour in food processor
2. With processor running, add boiling water
3. Continue to process until dough forms ball and clears sides of bowl, 30 to 45 seconds longer.
4. Transfer to counter and knead until smooth, 2 to 3 minutes.
5. Wrap dough in plastic wrap and let rest for 30 minutes.

Filling

6. While dough rests, scrape any excess dough from now empty processor bowl and blade.
7. Pulse cabbage in processor until finely chopped, 8 to 10 pulses.
8. Transfer cabbage to medium bowl and stir in ½ teaspoon salt.
9. Let sit for 10 minutes.
10. Using your hands, squeeze excess moisture from cabbage.
11. Transfer cabbage to small bowl and set aside.
12. Pulse pork, soy sauce, sesame oil, 1 tablespoon oil, rice wine, hoisin, ginger, pepper, and ½ teaspoon salt in now empty food processor until blended and slightly sticky, about 10 pulses.
13. Scatter cabbage over pork mixture.
14. Add squeeze onions and pulse until vegetables are evenly distributed, about 8 pulses.

15. Transfer pork mixture to small bowl and, using rubber spatula, smooth surface.
16. Cover with plastic and refrigerate.
17. Line 2 rimmed baking sheets with parchment paper.
18. Dust lightly with flour and set aside.
19. Unwrap dough and transfer to counter.
20. Roll dough into 12 inch cylinder and cut cylinder into 4 equal pieces.
21. Set 3 pieces aside and cover with plastic.
22. Roll remaining piece into 8 inch cylinder.
23. Cut cylinder in half
24. Cut each half into 5 equal pieces.
25. Place dough pieces on 1 cut side on lightly floured counter and lightly dust with flour.
26. Using palm of your hand, press each dough piece into 2 inch disk.
27. Cover disks with damp towel.
28. Roll 1 disk into 3 inch round (wrappers need not be perfectly round) and re-cover disk with damp towel.
29. Repeat with, remaining disks. (Do not overlap disks.)
30. Using rubber spatula, mark filling with cross to divide into 4 equal portions .
31. Transfer 1 portion to small bowl and refrigerate remaining filling.
32. Working with 1 wrapper at a time (keep remaining wrappers covered), place scant 1 tablespoon filling in center of wrapper.
33. Brush away any flour clinging to surface of wrapper.
34. Lift side of wrapper closest to you and side firmest away and pinch together to form 1½-inch-wide seam in center of dumpling. Dumpling will have rectangular shape with rounded open ends.

35. Lift left corner furthest away from you and bring to center of seam. Pinch to seal. Pinch together remaining dough on left side to seal.
36. Repeat pinching on right side.
37. Gently press dumpling into crescent shape and transfer to prepared sheet.
38. Repeat with remaining wrappers and filling in bowl.
39. Repeat dumpling-making process with remaining 3 pieces of dough and remaining 3 portions filling.

Pan Frying

40. Brush 12 inch nonstick skillet with tablespoon oil.
41. Evenly space 16 Dumplings, flat sides down, around edge of skillet and place four in center.
42. Cook over medium heat until bottoms begin turn spotty brown, 3 to 4 minutes.
43. Carefully turn and lightly brown the other side, 2 to 3 Minutes
44. Off heat, carefully add ½ cup water (water will sputter).
45. Return skillet to heat and bring water to boil.
46. Cover and reduce heat to medium-low.
47. Cook for 3 minutes.
48. Uncover, increase heat to medium-high, and cook until water has evaporated and bottoms of dumplings are crispy and browned, 1 to 3 minutes.
49. Transfer dumplings to platter, crispy sides up.

Makes 40 dumplings

Chinese Egg Rolls

Origin: China

Ingredients:

- 1 lb Chinese Cabbage or Baby Bok Choi
- ½ lb cooked Shrimp
- ½ lb cooked Chicken
- ½ lb cooked Pork tenderloin
- 10 Water Chestnuts
- ¼ cup Bamboo Shoots
- ½ cup Fresh Bean Sprouts
- ½ tsp Salt
- 1 tsp Sugar
- Ground White Pepper
- ½ tsp Thin Soy Sauce
- ¼ tsp Sesame oil
- 1 beaten Egg
- 10 Egg Roll wrappers (Defrosted)
- 3 cups Olive Oil

Directions:

1. Boil cabbage and celery until very tender
2. Drain and squeeze out excess water.
3. Shred very fine and set aside in breezy spot to drain further
4. Shred water chestnuts, shrimp, chicken, pork, and bamboo shoots
5. Mix all ingredients except egg together
6. Beat egg
7. Roll mixture in egg roll wrappers.
8. Seal edges with beaten egg.
9. Heat oil in a cast iron pan until it bubbles a bit on top
10. Add 3 or 4 egg rolls at a time to the oil and fry for 2 minutes on each side.
11. Drain on a paper towel and serve immediately with duck sauce or Chinese mustard.

Indonesian Spring Rolls

Origin: Indonesia

Ingredients:

- Oil for frying
- 10 Spring Roll Wrappers
- 2 oz Chicken, minced
- ¼ Tbs Sweet Chilli sauce
- 2 oz Shrimp, peeled
- 2 oz Cabbage or Bok Choi, finely chopped
- 2 oz Bean Sprouts, finely chopped
- 1 Small Carrot, peeled, finely chopped
- 1 Shallot, thinly sliced
- 1 Scallion, thinly sliced
- ¼ Tbs Ginger, finely chopped
- 1 Cloves Garlic, finely chopped
- 1 Garlic cloves, finely chopped
- 1 tsp. Chilli Garlic Sauce
- 1 Egg White, lightly beaten

Directions:

1. Heat oil in wok over medium heat.
2. Add shallots, ginger & garlic.
3. Stir-fry for around 3 minutes.
4. Add chicken and sweet chili sauce and continue cooking until mince is cooked through – around 3-4 minutes.
5. Season to taste.
6. Transfer to a bowl.
7. Add a little more oil, cabbage, bean sprouts, carrot, shallot, Scallion, ginger, garlic, and chilli garlic sauce to the wok.
8. Stir-fry until vegetables wilt
9. Add 1 tablespoon water and prawns, cook until cooked around 2 minutes.
10. Return chicken mix to wok, season to taste and heat through, around 2 minutes.
11. Transfer to strainer over bowl and cool completely.
12. Lay wrapper on a work surface.

13. Place 2 tablespoon. of filling on one corner and roll to completely enclose filling, folding in sides.
14. Brush edge of wrapper with egg white and seal.
15. Repeat with remaining mixture and wrappers.
16. Heat oil in deep saucepan or deep fryer to 325°F.
17. Deep-fry spring rolls in batches, turning occasionally, until golden and crisp around 3 minutes.
18. Drain on paper towel.
19. Serve hot with sauces such as sweet chili sauce.

Makes about 10

Vietnamese Fresh Spring Rolls

Origin: Vietnam

Ingredients:

- 2 oz Rice Vermicelli
- 8 Rice Wrappers (8.5 inch diameter)
- 8 Large Shrimp, cooked, peeled, deveined and cut in half
- 1 Tbs Thai Basil, chopped
- 3 Tbs Fresh Mint, chopped
- 3 Tbs Cilantro, chopped
- 2 leaves Lettuce, chopped
- 4 tps Fish Sauce
- ¼ cup Water
- 2 Tbs Lime Juice
- 1 Clove Garlic, minced
- 2 Tbs White Sugar
- ½ tps Garlic Chili Sauce
- 3 Tbs Hoisin Sauce
- 1 tps Peanuts, finely chopped

Directions:

1. Bring a medium saucepan of water to boil.

2. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
3. Fill a large bowl with warm water.
4. Dip one wrapper into the hot water for 1 second to soften.
5. Lay wrapper flat.
6. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side.
7. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce.
8. Repeat with remaining ingredients.
9. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.
10. In another small bowl, mix the hoisin sauce and peanuts.
11. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

Make 8 rolls

[Noodles](#)

See "[Asian Noodles](#)"

[Bean Thread Noodles](#)

Origin: Thailand

Ingredients:

- 4 oz Bean Thread Noodles
- 2 Tbs Olive Oil
- 2 Garlic Cloves, finely chopped
- 1 Small Onion, chopped fine

Directions:

1. Prepare Bean Thread according to "[Asian Noodles](#)".

2. Put oil in wok and heat until hot.
3. Stir fry onion and garlic for 30 seconds.
4. Add well drained bean threads.
5. Stir fry until slightly brown.
6. Serve

Serves 2

[Noodles with Ginger and Scallions](#)

Origin: China

Ingredients:

- ¼ lb Fresh Egg Noodles
- 2 qts Cold Water
- 2 tsp Salt
- Sauce
- 2 Tbs Olive Oil
- 4 Tbs Fresh young Ginger, shredded
- 1 cup Scallions, cut into 1 inch pieces

Directions:

1. Prepare Noodles according to "[Asian Noodles](#)".
2. ***Step 1***
3. Cook the noodles by adding the noodles to boiling salted water for 1 minute or until "al dente"
4. Stir with chopsticks while cooking to loosen
5. Remove and rinse twice with cold water
6. Drain well and set aside
7. ***Step 2***
8. Heat wok over high heat
9. Add the oil and coat wok
10. When white smoke appears, add the ginger
11. Cook for 1 minute
12. Add the noodles
13. Cook for 1 minute
14. Add the Scallions

15. Cook for 1 minute
16. Add the sauce
17. Mix well until all the noodles are coated
18. Turn off heat and turn out in to preheated platter

Sauce:

Ingredients:

- 1½ Tbs Oyster Sauce
- 1½ tsp Thin Soy Sauce
- ½ tsp Sugar
- 1 tsp Sesame Oil
- ¼ cup Chicken Broth
- Pinch of White Pepper

Directions:

1. Mix the all ingredients in a small bowl

Serves 2

Pad Thai

Origin: Thailand

A favorite Thai Stir-fry noodle dish

Ingredients:

- ["Pad Thai Noodles"](#)
- 1½ cup thinly sliced chicken, or shrimp.
- 1 Egg
- ¼ cup Carrots, match sticks
- ¼ cup Scallion cut diagonal in inch segments
- 1 cup Mung Bean Sprouts
- 2 Tbs Cilantro
- ¼ cup toasted peanuts chopped
- Lime wedge
- 6 Tbs Olive Oil

Directions:

1. Heat 3 tablespoons of oil in a wok or frying pan on high and cook chicken or shrimp for 3-4 minutes.
2. Remove chicken into a small bowl.
3. Add the ["Pad Thai Noodles"](#).
4. Add cooked chicken back and fry for 2-3 minutes.
5. Move the noodle and meat mixture to one side of the pan
6. Crack an egg on the other side.
7. Scramble the egg with a wooden spoon and cook for 30 seconds.
8. Add carrots, Scallions, and sprouts and cook for one more minute frying everything together.
9. Test the firmness of the noodle.
10. If the noodle is too firm, fry for an additional minute.
11. If your noodles need more flavor, add another tablespoon of sauce and fry another half minute.
12. Remove from heat and serve.
13. Garnish with cilantro, toasted peanuts, and a wedge of lime.

Serves 2

Pad Thai Noodles

Origin: Thailand

Ingredients:

- 4 oz Dried Rice Noodles
- 3 Tbs Olive Oil
- 4 Garlic Cloves, finely chopped
- ½ cup Red Onion, thinly sliced
- ¼ cups ["Pad Thai Sauce"](#)

Directions:

1. Prepare Noodles according to ["Asian Noodles"](#).

2. Heat 3 tablespoons of oil in a wok or frying pan on high.
3. Add garlic and red onions to the hot pan and Stir-fry for 1 minute stirring the garlic mixture so it will not burn.
4. Add noodles and stir for 1 minute.
5. Add 3-4 tablespoons Pad Thai sauce continually stirring noodle mixture until well coated with sauce.

Pad Thai Sauce:

Origin: Thailand

This is the base for Pad Thai but can be for any noodles.

Ingredients:

- ¼ cup Fish Sauce
- ¼ cup Palm Sugar
- ¼ cup Tamarind Juice concentrate
- 4 Garlic Cloves, finely chopped

Directions:

1. Heat a small pan on medium-low and add fish sauce, palm sugar, tamarind concentrate, and garlic.
2. Cook sauce until palm sugar has completely dissolve.
3. At this point, you will want to taste the sauce and tweak the sweetness or hotness.
4. To make it more spicy add a little Thai chili sauce.
5. Remove from heat.
6. Allow to cool 10 minutes before storing it in a jar or plastic container.

Serves 2

Singapore Noodles

Origin: China

These are not from Singapore but often are featured in Cantonese cuisine. The use of curry derives from the Malay Peninsula and Singapore.

Ingredients:

- 3 oz Dried Rice Noodles
- 2 qts Cold Water
- 2 tsp Salt
- Curry Sauce
- 4 Tbs Olive Oil
- 1 slice Fresh Ginger
- ¼ cup Julienned Celery
- ¼ cup Julienned Carrots
- 1 Water Chestnut, Julienned
- ¼ cup Green Peppers, julienned
- ¼ cup Julienned Bamboo Shoots
- 2 Scallions, washed, dried, and cut into ¼ inch pieces
- 1 Garlic Clove, finely chopped
- 3 Large Shrimp, shelled, deveined, and cut into inch pieces
- ¼ cup cooked pork.
- 1 Tbs Oyster Sauce

Directions:

1. ***Step 1***
2. Prepare Noodles according to "[Asian Noodles](#)"
3. Stir with chopsticks while cooking to loosen
4. Remove and rinse twice with cold water
5. Drain well and set aside
6. ***Step 2***
7. Heat wok over high heat
8. Add 1 tablespoon of the oil and coat wok
9. When white smoke appears, add the ginger
10. Cook for 30 seconds
11. Add the vegetables and Stir-fry for 2 minutes
12. Remove vegetables and set aside

13. Remove wok from stove and clean
14. **Step 3**
15. Heat wok over high heat
16. Add 1 tablespoon of the oil and coat wok
17. When white smoke appears, add the garlic
18. When the garlic turns brown, add the shrimp
19. Cook for 20 seconds
20. Add the pork
21. Cook for 30 seconds
22. Add the oyster sauce and mix well
23. Add the curry sauce and stir together
24. Turn off heat and reserve shrimp, pork and curry mixture
25. Remove wok from stove and clean
26. **Step 4**
27. Heat wok over high heat
28. Add 1 tablespoon of the oil and coat wok
29. When white smoke appears, add the noodles allowing them to slide over the spatula in to wok, thereby avoiding having them splatter in the hot oil
30. Use chopsticks to toss noodles and loosen them
31. If noodles start to burn, lower heat
32. Cook for 5 minutes
33. Add the shrimp, pork and curry mixture and combine well
34. Add the reserved vegetables and combine well
35. Turn off heat and turn out in to preheated platter

Curry Sauce:

Ingredients:

- 1 Tbs Olive Oil
- 1 Garlic Clove, finely chopped
- 2 Tbs Curry Powder
- ½ cup Chicken Broth

Directions:

1. Mix the all ingredients in a small saucepan
2. Heat gently and simmer for 10 minutes

Serves 2

Stir-fry Glass Noodles

Origin: Thailand

Ingredients:

- 24 1¾ounce packages glass (cellophane) noodles
- 3 Tbs Oil
- 1 tsp Asian Sesame Oil
- 3 oz Sugar Snap peas, cut into thin matchsticks (about 1 cups)
- 1 Small Carrots cut into thin matchsticks
- 1 Red Bell Pepper, cut into thin matchsticks
- 1 Small Red Onion, thinly sliced
- 1 Scallions, thinly sliced
- Salt and Freshly Ground Pepper to taste
- 1 Tbs Rice Vinegar.
- 1 Tbs Fresh Orange Juice

Directions:

1. Prepare Noodles according to "[Asian Noodles](#)".
2. Drain well, shaking off any excess water.
3. Cut the glass noodles into 4 inch lengths.
4. In a large nonstick skillet, heat the oil with the sesame oil.
5. Add the snap peas, carrots, red pepper, red onion, and Scallions.
6. Season with salt and pepper.

7. Stir-fry the vegetables over high heat until lightly browned in spots but still tender-crisp, about 3 minutes.
8. Add the soaked glass noodles to the skillet and Stir-fry over high heat until softened, about 2 minutes.
9. Add the rice vinegar and orange juice and continue stir-frying until the glass noodles are translucent, about 2 minutes.
10. Transfer the noodle Stir-fry to plates and serve hot.

Serves 2

Desserts

Banana Spring Rolls

Origin: Thailand

This Ray's version of this famous Thai dish

Ingredients:

- 1 Large Banana
- 4 (7 inch square) Spring Roll wrappers
- ¼ cup Palm, Demerara or Brown sugar, or to taste
- ½ Tbs Cinnamon
- 2 cups oil for deep frying

Directions:

1. Preheat the oil in a deep-fryer or large cast-iron skillet to 375°F.
2. Place sugar and cinnamon in blender and process until sugar is powdered
3. Peel bananas, and slice them in half lengthwise, then crosswise into fourths.
4. Place one piece of banana diagonally across the corner of a spring roll

- wrapper, and sprinkle with sugar mixture to taste.
5. Roll from the corner to the center, then fold top and bottom corners in, and continue rolling.
6. Dip your finger in water and brush the last edge to seal.
7. Repeat with remaining banana pieces.
8. Fry a few banana rolls at a time in the hot oil until evenly browned.
9. Remove to paper towels to drain.
10. Serve with vanilla ice cream and chocolate sauce
11. Serve hot or cold.

Serves 4

Salads

Thai Larb Lettuce Wraps

Origin: Thailand

Ingredients:

- 1 Tbs Olive Oil
- 4 Garlic Cloves, thinly sliced
- 1 tsp Sugar
- ½ lb Ground Pork or Beef
- 1 tsp Fish Sauce
- 1 Thai Chili, finely chopped
- ¼ Red Onion, thinly sliced
- ¼ cup Mint, Basil, Cilantro Leaves torn.
- 1 Tbs Roasted Rice Flour
- 2 Tbs Lime Juice
- 2 Tbs Fish Sauce
- 1 Tbs Sugar
- 2 Thai Chiles, thinly sliced
- 1 Tbs Water
- Boston Lettuce leaves

Directions:

1. Make sauce by combining lime juice, fish sauce, sugar, chilies and water.
2. In a skillet, heat 1 tablespoon of oil.
3. Add garlic
4. Cook until brown, about 1 minute.
5. Add sugar
6. Cook for about 20 seconds
7. Add pork
8. Cook until no pink remains, about 3 minutes
9. Add fish sauce.
10. Stir in chiles, onion, and herbs
11. Serve on Boston lettuce leaves with sauce.

Serves 2

Soups

Hot and Sour Soup

Origin: China

Ingredients:

- 4 Dried Chinese Mushrooms
- ¼ cup dried chopped Elephant Ears
- 2 Squares Chinese Bean Curd
- ½ cup shredded Bamboo Shoots
- ¼ lb Boneless Pork
- ¼ cup dried Lily Flowers
- 1 qt Chicken Broth
- 2 Tbs Thin Soy Sauce
- ¼ tsp Ground White Pepper
- 2 Red chilies
- 2 Tbs White Wine Vinegar
- 2 Tbs Rice Flour mixed with 3 Tbs cold water
- 1 egg, lightly beaten
- 2 tsp Sesame-seed oil
- 1 Scallion, including the green top finely chopped or 1 Tbs chopped chives

Directions:

1. In a small bowl, cover the mushrooms and elephant ears with warm water and let them soak for 30 minutes.
2. Shred the pork into small slices.
3. Drain and shred the mushrooms and the elephant ears very fine
4. Rinse and slice the bean curd into small pieces
5. Mix the rice flour and water
6. Add the white pepper and the vinegar to the Rice Flour mixture
7. Put the chicken broth, salt, soy sauce, mushroom, elephant ears, bamboo shoots, chilies, and the pork into a heavy 3 qt saucepan.
8. Bring to a boil and simmer for 3 minutes
9. Add the bean curd to the broth and bring to the boil
10. Stir the rice flour mixture and add to the soup
11. Stir the soup and add the beaten egg stirring all the time.
12. Remove from the heat
13. Remove the chilies and add the sesame-seed oil stirring
14. Sprinkle the Scallion/chives on top and serve hot.

Japanese Soup

Origin: Japan

Ingredients:

- 2 cups Chicken Broth
- 2 tsp Thin Soy Sauce
- 1 cup Fresh Mushrooms, sliced
- 2 tsp Fresh Chives, chopped
- 2 Tbs Scallion, chopped

Directions:

1. Bring chicken broth to boil.
2. Add onions mushrooms chives and soy sauce.
3. Simmer for 5 minutes.
4. Serve hot.

Serves 2

Sauces

Tare (Soy Basting Sauce)

Origin: Japan

Use for dipping or basting Yakotori

Ingredients:

- ½ cup Chicken Broth
- ¼ cup Mirin
- ¼ cup Thin Soy Sauce
- 2 Tbs Sake or Rice Wine
- ¾ tsp Light Brown Sugar
- ¼ tsp Freshly Ground Black Pepper
- 1 Garlic Clove, finely chopped
- 1 Scallion, chopped
- 1 inch piece peeled Ginger (¼ ounce), sliced

Directions:

1. Place a fine-mesh sieve over a small bowl.
2. Bring all ingredients to a boil in a small heavy saucepan, stirring until sugar dissolves.
3. Reduce heat to medium-low and simmer until reduced to a generous ½ cup, about 20 minutes.
4. Strain sauce, discarding solids in sieve.
5. Let cool.
6. Can be made 2 weeks ahead and store airtight in refrigerator.

Teriyaki Sauce

Origin: Japan

Ingredients:

- 5 Tbs Light Brown Sugar
- ¼ cup Dark Soy Sauce
- ¼ cup Mirin
- 2 Tbs Rice Vinegar
- 2 Tbs Water
- 2 tps Rice Flour
- ¼ tsp Cayenne Pepper

Directions:

1. Whisk sugar, soy sauce, mirin, vinegar, water, rice flour, and pepper in a bowl.

Makes about 1 cup

Thai Dipping Sauce

Origin: Thailand

Ingredients:

- ½ cup Rice Vinegar
- ½ cup Sugar
- 1 Tbs Chiles, minced
- 3 garlic cloves, minced
- ¼ tsp Salt

Directions:

1. Bring vinegar to boil in small saucepan.
2. Add sugar and stir to dissolve.
3. Reduce heat to medium-low .
4. Simmer until thickened, about 5 minutes.
5. Remove from heat and let cool.
6. Add chiles, garlic, and salt.
7. Stir until combined.

- Transfer to airtight container and refrigerate until needed.

Vegetables

Bok Choi

Origin: China

Ingredients:

- ½ lb Bok Choi or Spinach
- 2 Tbs Oil
- 3 Garlic Cloves, finely chopped
- 1 tsp Black Ground Black Pepper
- ¼ cup Oyster Sauce
- 1 Tbs Black Soy Sauce
- ¼ cup Chicken Broth

Directions:

- Put oil in wok.
- Heat until just smoking
- Add garlic and cook for 30 seconds
- Add bok choy leaves.
- Stir-fry for 1 minute.
- Add the rest of the ingredients
- Stir until sauce is thickened.

Serves 2

Bok Choy with Radishes

Origin: Thailand

Ingredients:

- 1 Tbs Toasted Sesame oil
- 4 heads Baby Bok Choy
- 1 Tbs Minced Jalapeño
- 1½ tsp Minced Fresh Garlic
- ½ cup Thinly Sliced Radishes
- Salt

Directions:

- Heat oil in a wok over high.
- Add bok choy, jalapeño, and garlic and Stir-fry until bok choy wilts, 3 minutes.
- Stir in radishes.
- Cook 1 minute more.
- Season with salt.

Serves 2

Chinese Greens with Oyster Sauce

Origin: China

Ingredients:

- 2 Tbs Olive Oil
- 2 Tbs Dark Soy Sauce
- Kosher salt
- ½ lb. Chinese Greens, such as Baby Bok Choy or Chinese Broccoli
- Oyster sauce, for serving

Directions:

- In a large pot. bring 3 quarts of water to a boil.
- Add the oil, soy sauce, and a generous pinch of salt.
- Stir in the greens. and cook until dark green and barely crisp tender, 2 to 3 minutes .
- Drain and transfer to a platter.
- Drizzle with oyster sauce, and serve immediately.

Serves 2

Roasted Thai Curry Cauliflower

Origin: Thailand

Ingredients:

- 1 Medium head cauliflower, cut into florets
- 2 Tbs Olive oil
- Salt and Freshly Ground Black Pepper to taste to taste
- 1 tsp Thai Red Curry Paste
- ½ cup Coconut milk
- ¼ cup Sliced Almonds, toasted

Directions:

1. Heat oven to 400 degrees F.
2. Add cauliflower florets to a baking sheet then toss with olive oil, salt, and a few grinds of pepper.
3. Bake 35 to 40 minutes until the edges turn golden brown, tossing halfway through roasting.
4. Combine 1 teaspoon of the Thai red curry paste with coconut milk in a small saucepan over high heat.
5. Bring to a simmer then taste.
6. Adjust with more red curry pasta as needed.
7. When roasted, pour the red curry coconut milk over the cauliflower and toss.
8. The cauliflower will absorb the curried milk.
9. Serve with a sprinkle of sliced almonds on top.

Serves 4

Steamed Japanese Eggplant with Spicy Scallion Ginger Sauce

Origin: Japan

Ingredients:

- 1 Japanese Eggplant
- Minced Scallions (optional)
- 2 Tbs Thin Soy Sauce
- 2 Tbs Rice Vinegar
- 1 tsp Fresh Ginger, chopped finely

- 1 tsp Chile Plate with Garlic
- 1 Garlic Clove, finely chopped
- Cilantro leaves (optional)

Directions:

1. Steam eggplant, covered, 5-8 minutes or until tender-crisp.
2. Combine remaining ingredients in a small bowl; stir well.
3. Divide eggplant sticks evenly among plates.
4. Drizzle with the sauce.
5. Garnish with cilantro leaves, if desired.

Serves 2

Stir-fry Bean Sprouts

Origin: China

Ingredients:

- 1 cup (about 2 ounces) mung bean sprouts
- 1 Tbs Black Soy Sauce
- ½ tsp Sugar
- ½ tsp Fish Sauce
- 1 Tbs Olive Oil for stir-frying
- Few drops of Sesame Oil

Directions:

1. Wash and drain the bean sprouts, trimming the ends if desired.
2. Add oil to a heated wok or heavy skillet.
3. When oil is ready, add the bean sprouts and Stir-fry briefly.
4. Add the soy sauce, fish sauce, and sugar.
5. Stir-fry another few seconds
6. Add the sesame oil.
7. Serve

Szechuan Green Beans

Origin: China

Ingredients:

- ½ lb Chinese Longbeans
- 3 Garlic Cloves, finely chopped
- 1 Tbs Ginger, chopped
- 2 Scallions, white parts only
- ½ tsp Sriracha
- 1 Tbs Black Soy Sauce
- ½ tsp Sugar
- ½ tsp Fish Sauce
- 2 Tbs Olive Oil for stir-frying, or as needed

Directions:

1. Wash the longbeans, drain thoroughly, and trim the tops and bottoms.
2. Cut the longbeans on the diagonal into slices approximately 2 inch long.
3. Chop the garlic, ginger and white part of the Scallions.
4. Heat 1 tablespoon oil over medium heat.
5. Add the longbeans and Stir-fry until they start to shrivel or "pucker" and turn brown (5-7 minutes).
6. Remove the long beans and drain in a colander or on paper towels.
7. Heat 1 tablespoon oil in the wok on high heat.
8. Add the garlic, ginger and Scallions.
9. Stir-fry for a few seconds,
10. Add the chili sauce and Stir-fry for a few more seconds until aromatic.
11. Add the longbeans and the remaining ingredients.
12. Mix together and serve.

Serves 2

Thai Vegetables

Origin: Thailand

Ingredients:

- 1 Tbs Oriental Sesame Oil
- 2 tsp minced peeled Fresh Ginger
- 2 Garlic Cloves, finely chopped
- 1 Red Bell Pepper, cut lengthwise into thin strips
- 6 oz Shiitake Mushrooms, stemmed, thinly sliced
- 3 large Scallions, thinly sliced on sharp diagonal
- 3 cups thinly sliced Bok Choy (from 1 bunch green leaf tops only)

Directions:

1. Heat oil in heavy large skillet over high heat.
2. Add ginger and garlic
3. Sauté 20 seconds.
4. Add bell pepper and mushrooms
5. Sauté until pepper is tender-crisp, about 3 minutes.
6. Add Scallions and bok choy
7. Sauté until just wilted, about 2 minutes.
8. Season with salt and pepper.

Serves 3

Pasta, Rice and Side Dishes

Accompaniments

Yorkshire Pudding

Origin: England

This is very traditional English dish that can be served with Roast Beef. In 1737, a recipe for "A Dripping Pudding" was published in "The Whole Duty of a Woman" Eight years later a similar recipe was reproduced by Hannah Glasse under the name of "Yorkshire Pudding"

Ingredients:

- 2/3 cup Flour
- 1 Egg
- 3 oz Milk
- 2 oz Water
- ½ tsp Salt
- Freshly Ground Black Pepper

Directions:

1. Preheat oven to 425°F.
2. Sift the flour into bowl
3. Make a well in the center and break the egg into it
4. Beat the flour and egg
5. Gradually incorporate milk, water, salt and pepper
6. Set aside
7. Put a small amount of fat in a 7X7 inch ovenproof dish.
8. Put dish in oven.
9. When fat is bubbling, beat mixture again and then pour into heated dish.
10. Cook for about 30 minutes.

Couscous

Basic Couscous

Origin: Morocco

Ingredients:

- 3 oz Israeli Couscous
- ¾ cup Chicken Broth
- Dash Saffron (optional)
- 1 tsp Sesame Seed Oil (optional)
- Dash Salt

Directions:

1. In a saucepan, bring broth and oil to a boil.
2. Add salt and stir.
3. Add couscous and remove from heat and allow to sit for about 5 minutes. Couscous should be light and fluffy.
4. Be sure to allow the couscous to absorb the water.

Serves 2

Greek Couscous

Origin: Greece

Ingredients:

- ¼ cup Chicken Broth
- ½ cup Water
- 1 tsp Garlic, minced
- ½ cup Pearl Couscous
- ¼ cup Sun-dried Tomatoes, chopped
- ¼ cup Kalamata Olives, sliced
- 2 Tbs Feta cheese, crumbled
- 1 cup Garbanzo Beans, drained and rinsed
- ½ tsp Dried Oregano
- ½ tsp Ground Black Pepper

- 1 Tbs White Wine Vinegar
- 1½ tsp Lemon Juice

Directions:

1. Pour the chicken broth and water into saucepan.
2. Stir in garlic and bring to boil.
3. Stir in couscous.
4. Cover pan and remove from heat.
5. Allow to stand until all water is absorbed, about 5 minutes
6. Fluff with fork.
7. Allow to cool.
8. Toss the couscous, tomatoes, olives, feta cheese and garbanzo beans.
9. Mix the oregano, pepper, white wine vinegar and lemon juice in bowl
10. Pour over couscous and toss.

Serves 2

Israeli Couscous

Origin: Israel

Ingredients:

- 1 Tbs Olive Oil
- 1 cup Israeli Couscous
- 2 Tbs Pistachios, coarsely chopped
- 1½ cup Hot Water
- Salt and Freshly Ground Black Pepper
- 3 Turkish Apricots, dried
- 1 Scallion, sliced.

Directions:

1. Heat oil in saucepan.
2. Add couscous and pistachios.
3. Cook, stirring until toasted and golden-brown. about 7 minutes
4. Add water
5. Season with salt and pepper
6. Bring to boil, cover.

7. Simmer until liquid is absorbed, about 10 minutes
8. Remove lid
9. Add apricots and Scallions.
10. Season to taste.
11. Serve

Serves 2

Moroccan Couscous

Origin: Morocco

Ingredients:

- 2 Tbs slivered almonds (Optional)
- 1 cup water
- 3 Tbs Diced Dates
- 3 Tbs Chopped Dried Apricots
- ½ tsp Ground Cardamom
- ¼ tsp Ground Cinnamon
- ¼ tsp Ground Ginger
- 4 oz Israeli Couscous

Directions:

- 1.
2. Toast almonds by preheating oven to 350°F.
3. Put almonds in to a shallow baking pan, stirring once, until golden, about 10 minutes.
4. Combine water, dates, apricots, cardamom, cinnamon, and ginger in a medium saucepan.
5. Cover and bring to a boil.
6. Add couscous and stir well.
7. Cover and remove from heat.
8. Let stand 5 minutes, then fluff.
9. Stir in almonds.
10. Serve immediately.

Serves 2

Orzo

Creamy Orzo

Origin: America

Ingredients:

- 1½ cup Chicken Broth
- ½ cup Orzo
- 2 Tbs minced oil-packed Sun-dried Tomatoes
- 2 Tbs crumbled Feta cheese
- Dash Salt
- Dash Black Pepper

Directions:

1. Bring broth to a boil in a small saucepan;
2. stir in orzo.
3. Return liquid to a boil.
4. Cook orzo, uncovered, stirring occasionally, until the liquid is absorbed, 9 minutes.
5. Remove saucepan from heat.
6. Stir tomatoes and feta into orzo, mixing until feta melts slightly.
7. Season orzo mixture with salt and pepper.

Serves 2

Orzotto

Origin: America

This is one of Ray's own. If serving with fish, skip the red wine and increase chicken broth to 1 cup.

Ingredients:

- 3 Tbs Olive Oil
- ½ cup Orzo
- 2 Tbs Chopped Shallots

- 2 Garlic Cloves, finely chopped
- ¼ cup Chopped Mushrooms preferably Portabella
- ¼ cup Red Wine
- ¾ cup Chicken Broth
- 2 Tbs sliced Black Olives
- 2 Tbs Chopped Basil
- ½ tsp Salt
- Freshly Ground Black Pepper

Directions:

1. Preheat oven to 350°F.
2. Sauté Shallots in 1 tablespoon Olive Oil until soft
3. Add chopped garlic and sauté for 1 minute
4. Add mushrooms and sauté for 1 minute
5. Add orzo and 2 tablespoons Olive Oil
6. Sauté orzo until golden brown
7. Add red wine and sauté until wine is absorbed
8. Add chicken broth, salt, basil and good grind of pepper
9. Put in oven for about 10 minutes stirring occasionally until broth is absorbed
10. Serve immediately

Serves 2

Rice Cooker Orzo

Origin: America

We have found that cooking orzo in a rice cooker works well.

Ingredients:

- 1 cup Dried Orzo
- 1 Tbs Olive Oil
- 1¼ cup Water
- 1 tsp Salt

- ¼ tsp crushed Saffron threads (Optional)

Directions:

1. Fill cooker base to highest water level
2. Cook for 45 minutes

Serves 2

Pasta and Sauces

Alfredo Sauce

Origin: Italy

Ingredients:

- 4 Tbs Olive Oil
- 6 oz Heavy Whipping Cream
- ¼ lb Grated Parmesan Cheese
- 2 Garlic Cloves, finely chopped
- 1 tsp Basil (½ tsp Dried)
- 1 tsp Oregano (½ tsp Dried)
- 1 tsp Parsley (½ tsp Dried)
- ½ tsp Sriracha
- Freshly Ground Black Pepper

Directions:

1. Heat oil in small saucepan.
2. Add cream stirring until well blended.
3. Add cheese, garlic, chili sauce, and herbs slowly, stirring constantly until desired consistency is obtained.
4. Remove from heat.
5. Add ground black pepper.
6. Stir until smooth.

Basmati Rice

Origin: India

Wash the rice!

Ingredients:

- ½ cup Basmati rice
- 1 cup Water
- ¼ tps Salt

Directions:

1. Place the rice in a large bowl and fill with fresh, room temperature water.
2. Swirl rice:, the water will go cloudy.
3. Pour off the water, taking care not to lose any rice.
4. Repeat this washing process until the water runs clear. Usually, this takes 3 or 4 changes of water.
5. Fill up the bowl 1 more time and let the rice soak for 30 minutes.
6. At the end of 30 minutes, drain the rice.
7. Fill a medium saucepan with 1 cup water, add a pinch of salt, and bring to a boil.
8. Add the rice, stir, and wait until the water comes back to a full boil.
9. When it does, turn the heat down as low as it can go, and then cover.
10. Cook for 15 minutes.
11. At the end of 15 minutes, turn off the heat.
12. Let the rice sit for 5 minutes.
13. Fluff with a fork.

Serves 2

Cajun Chicken Pasta

Origin: America

Ingredients:

- 1 Tbs Olive Oil
- 1½ cup Assorted Vegetables (Red Onion, Carrots, Cauliflower,

Mushrooms, Green Garlic, Parsnips, Broccoli, etc.)

- 1 Tbs Butter
- 1 cup Heavy Cream
- ½ tsp "[Essence](#)" or Cajun Spice
- 1 tsp Salt
- 1 Garlic Clove, finely chopped
- 1 Blackened Chicken Breast
- 4 oz Fettuccine Pasta
- 1 Tbs Parmesan Cheese

Directions:

1. Sauté vegetables in Olive Oil until soft.
2. Add garlic, butter, Heavy Cream, salt & spice.
3. Reduce until thick.
4. Add blackened chicken breast, cubed,
5. Add pasta.
6. Top with parmesan cheese and serve.

Serves 2

Cajun Rice and Beans

Origin: America

Ingredients:

- 1 Tbs butter or Olive Oil/Butter mix
- 1 Large Onions
- 1 Clove Garlic, minced
- ½ cup Celery, including tops
- ½ cup Green or Red Bell Peppers
- 12 oz Andouille Sausage
- 1 cup Chicken Broth
- 10 oz Tomatoes, diced
- ½ cup Rice
- 2 tsp Cajun seasoning
- 1 Tbs Worcestershire sauce
- ½ can Kidney Beans

Directions:

1. Melt butter in a large pot over medium heat.
2. Add onions, garlic and celery, cook until softened.
3. Cut sausage into rounds and brown in pot with butter and onions.
4. Sauté for 15 minutes.
5. Add chicken broth, stewed tomatoes and rice.
6. Cover and simmer for 30 minutes.
7. Add Cajun seasoning and Worcestershire sauce
8. Cover and simmer until liquid is absorbed and rice is tender.
9. Add drained beans and cook over low heat an additional 30 minutes.

Serves 2

Cilantro-Lime Rice

Origin: Cuba

Ingredients:

- ½ cup Rice
- ¾ cup Water
- 1 Tbs Olive Oil
- ¼ Salt
- 2 Tbs Cilantro, chopped
- 2 Tbs Lime Juice

Directions:

1. Add rice, water, oil and salt in rice cooker.
2. Stir to combine.
3. Cook for 45 minutes or until cooked.
4. Add lime juice and cilantro.
5. Stir to combine.
6. Serve

Serves 2

Coconut Brown Rice

Origin: Thailand

Ingredients:

- ¾ cup Brown Rice
- 1 cup Coconut Milk
- 1 cup Water
- ¼ tsp Salt
- 2 Tbs dry shredded Coconut
- 1 Tbs Olive Oil

Directions:

1. Rub the oil over the bottom of a regular-sized pot (you will also need a tight-fitting lid).
2. Add the rice, coconut milk, water, salt, and shredded coconut.
3. Stir and set over high heat. Bring to a bubbling.
4. Immediately reduce heat to simmer and cover tightly with a lid.
5. Allow to cook for 1 hour, or until the coconut-water has been absorbed by the rice.
6. When all (or nearly all) of the coconut-water is gone,
7. Turn off the heat, but leave the pot on the burner (covered).
8. Allow the rice to sit for another 5-10 minutes.

Serves 2

Creamy Cajun Shrimp Pasta

Origin: America

Ingredients:

- ½ lb uncooked shrimp (remove shells, tails and veins)
- 1 Tbs "[Essence](#)" or Cajun Spice
- 2 Tbs Butter flavored Olive Oil
- ¼ cup Sweet Bell Red Pepper, chopped
- 2 Cloves Garlic, finely chopped

- ¼ cup Heavy Whipping Cream
- ¼ cup Grated Parmesan Cheese
- ¼ tsp Basil
- Dash Freshly Ground Black Pepper
- 4 oz Linguine

Directions:

1. Stir together and coat the shrimp in cajun seasoning.
2. Cook linguini until al-dente, about 12 minutes.
3. In a large fry pan over medium heat, heat the olive oil
4. Add the red pepper and minced garlic and sauté for 3 minutes.
5. Reduce heat to medium-low and add the cream, parmesan cheese, basil, and pepper and simmer for about 7 minutes.
6. Add seasoned shrimp.
7. Cook for about 3 minutes until shrimp is pink, Do not overcook shrimp.
8. Toss in the cooked pasta and stir to coat.

Serves 2

Linguine with Greens, Yogurt and Blue Cheese

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- ½ cup Assorted Greens such as Spinach, Mixed Greens etc.
- ¼ cup Green Garlic, cut into thin slices
- 1 Garlic Clove, finely chopped
- 1 cup Yogurt
- 1 oz Blue Cheese, crumbed
- ½ tsp Salt
- 4 oz Fettuccine

Directions:

1. Cook Pasta
2. Drain reserving 1 cup of cooking liquid.
3. Sauté greens and green garlic in Olive Oil until soft.
4. Add pasta, garlic, yogurt, blue cheese and salt.
5. Add reserved cooking liquid to moisten
6. Reduce until thick.

Serves 2

Pasta a'la Raymond

Origin: America

Ray made this after having had a similar dish at a Italian dinner.

Ingredients:

- 4 oz Pasta such as Orecchiette, Farfalle etc.
- 1 Leek, cut into one inch pieces
- 1 Clove of Garlic, chopped
- 2 Tbs Olive Oil
- 2 oz Pecorino, Parmesan cheese etc. grated
- ½ cup Heavy Cream
- 1 oz frozen Peas

Directions:

1. Meanwhile sweat cook leek and garlic in butter over low heat for 10 minutes.
2. Add cheese and Heavy Cream.
3. Cook until cheese is melted.
4. Add peas and cooked pasta.
5. Warm through and serve.

Serves 2

Parmesan Sauce

Origin: Italy

Ingredients:

- 1 small onion, peeled and finely chopped
- 1 Clove of Garlic, crushed
- 1 Tbs Olive Oil
- 1 can (15 oz) Tomato Sauce
- 1 can (6 oz) Tomato Paste
- ¼ cup Chicken Broth
- 1 Tbs Brown Sugar
- 1 Tbs Chopped Parsley
- ½ tsp Oregano
- ½ tsp Salt
- ¼ tsp Cayenne pepper
- 1 Bay leaf
- ¼ cup Parmesan Cheese

Directions:

1. In a saucepan, cook onion and garlic in oil until tender
2. Add tomato sauce, tomato paste, broth, brown sugar, parsley, salt, pepper, oregano, bay leaf and half the cheese
3. Heat to boiling over high heat
4. Reduce heat to medium-low and simmer for 30 minutes

Pasta with Olive Oil and Garlic

Origin: Italy

Ingredients:

- 4 oz Pasta; Spaghetti, Fettucini, Linguini etc.
- ½ cup Olive Oil
- 3 Garlic Cloves, finely chopped
- ¼ cup Fresh Basil, chopped
- ½ tsp Cayenne Flakes, crushed
- ¼ cup Parmesan Cheese, grated

Directions:

1. Cook the pasta.
2. Heat the oil in a large saucepan over medium heat.
3. Add the garlic and cook, stirring, for 30 seconds, making sure it doesn't brown.
4. Add the basil and cooked for 30 seconds
5. Toss with the cooked pasta.
6. Top with Parmesan cheese.
7. Serve.

Serves 2

Pineapple Fried Rice

Origin: Thailand

Ingredients:

- ½ cup Organic Brown Rice
- ¼ Vanilla
- ¼ tsp Saffron threads
- 1 cup Water
- ½ Tbs Dark Sesame Oil
- ½ Tbs Olive Oil
- ¼ cup small-diced Red Bell Pepper
- ¼ cup small-diced Red Onion
- ½ cup small-diced Fresh Pineapple
- ½ Tbs Thin Soy Sauce
- ½ Tbs finely chopped Scallion
- ¼ cup Green Peas
- ½ Tbs finely chopped Fresh Cilantro

Directions:

1. Soak rice in Fresh water for at least 1 hour, drain.
2. Combine first 4 ingredients in a rice cooker and cook until rice is tender and liquid is absorbed.
3. Place sesame oil and olive oil in a large skillet over medium-high heat.

4. Add bell pepper and onion, and sauté 2-3 minutes or until tender, stirring often.
5. Add pineapple; cook 3 more minutes.
6. Stir in rice.
7. Add soy sauce, and cook 3 to 4 minutes or until thoroughly heated.
8. Fold in remaining ingredients.

Serves 2

Rice Cooker Rice

Origin: America

We have found that cooking rice in a rice cooker works well and enables one to time meals.

Ingredients:

- 1 cup Rice
- 1 Tbs Olive Oil
- 1½ cup Water
- 1 tsp Salt

Directions:

1. Fill cooker base to highest water level
2. Cook for 45 minutes

Spanish Rice

Origin: Spain

Ingredients:

- 1 Tbs Olive Oil
- ½ cup uncooked Long-grain White Rice
- 2 Garlic Cloves, finely chopped
- 1 Green Bell Pepper, chopped
- ½ tsp Salt

- Freshly Ground Black Pepper to taste
- 1 can (14½ oz) Diced Tomatoes, drained
- 1 cup Chicken Broth
- Pinch Saffron

Directions:

1. In a large skillet, combine oil, rice, onion, garlic, and green pepper until the rice is a light brown color.
2. Remove skillet from stove.
3. Mix tomatoes into the mixture.
4. Pour in broth (it should cover the entire mixture; use more water if necessary).
5. Return the skillet to the stovetop and bring the mixture to a full boil
6. Add saffron, salt and pepper to taste.
7. When the mixture begins to boil, cover the skillet, and reduce heat to a simmer
8. Cook 12 to 15 minutes and never, never, remove the cover.
9. Turn stove off and let stand for another 12 to 15 minutes. **DO NOT** remove cover until the final 15 minutes has elapsed!

Serves 2

Pickles and Preserves

Pickles

Cornichons

Origin: France

Cornichons are small tarragon flavored pickled gherkins. They can be brought in specialty stores and are expensive. These are a good cheap substitute.

Ingredients:

- 46 oz commercial Kosher Petite Dills or Miniature gherkins
- 1 tsp Dried Tarragon
- 16 oz Tarragon Vinegar
- 6 Red chilies Peppers

Directions:

1. Open jar of pickles and drain off all liquid
2. Put teaspoon of dried tarragon and chilies in jar
3. Top up jar with tarragon vinegar
4. Replace lid and store for at least one month before using

English Pickled Onions

Origin: England

These are very sour but are the closest that we can come to the English ones.

Ingredients:

- 6 Tbs salt
- 1 quart water

- 10 oz small White (Pearl) Onions
- 1 pt Malt Vinegar
- 2 Tbs Pickling Spice (Easy on the Allspice)
- 6 Cayenne Pods

Directions:

1. Make up brine with salt and water.
2. Cover onions with boiling water and let stand for 2 minutes.
3. Drain onions (this helps in peeling onions).
4. Peel onions.
5. Soak in the brine in the refrigerator for 24 hours.
6. Bring vinegar and spices to boil and pour over drained and rinsed onions.
7. Keep in refrigerator for 3 to 4 days before serving.

Pickled Baby Beets

Origin: England

Ingredients:

- 1 lb Baby beetroot
- 1 Tbs White Wine Vinegar
- 1 tsp Salt
- 2 pt Water
- ["Spiced Vinegar for Pickles"](#)
- 5 tsp Sugar

Directions:

1. Wash young beetroots carefully. Do not break the skins.
2. Put them in a saucepan.
3. Measure water into the pan and for every 2 pints of water add 1 tablespoon vinegar and 1 teaspoon salt.
4. Boil the beets for 30 minutes or until tender.

5. Prepare clean, dry, wide-necked jars with vinegar-proof lids.
6. Dip cooked beets in cold water. It will make them easier to handle.
7. Rub off the skin and grade them into sizes. Slice into ¼ inch thick slices if large
8. Pack into jars.
9. Now mix sugar into the spiced vinegar. Allow 5 teaspoons sugar per pint of vinegar.
10. Bring spiced vinegar to the boil, stirring to dissolve the sugar.
11. Pour the hot, sweet, spiced vinegar into the jars so as to cover beetroot.
12. Put lids on at once and screw up tightly.

Pickled Red Cabbage

Origin: England

Suitable for eating after 1 week, but will lose its crispness after 3 months.

Ingredients:

- 1 Red Cabbage firm and good color.
- ["Spiced Vinegar for Pickles"](#)

Directions:

1. Remove any discolored outer leaves from cabbage,
2. Cut cabbage into 4 portions; remove any very large white pieces.
3. Shred finely.
4. Place on a large dish, layered with a good sprinkling of salt, using approximately 2 oz coarse salt to each lb cabbage.
5. Leave for 24 hours.
6. Drain well, rinsing away any surplus salt.
7. Pack loosely into jars,

8. Cover with cold ["Spiced Vinegar for Pickles"](#)
9. Screw tops down securely.

Preserved Lemons

Origin: Morocco

Ingredients:

- 6-8 Whole Lemons
- 4-5 Tbs Kosher Salt

Directions:

1. Start by cleaning your quart jar in hot soapy water.
2. Dry with a clean towel.
3. Clean the outsides of the lemons, rinse and pat dry.
4. Slice the ends from the lemons to create a flat top and bottom.
5. Stand the lemon on one of the flat ends.
6. To preserve the lemons whole, cut an "X" in the lemon and stop when you are about inch from cutting all the way through. The quarters of the lemon remain attached at the base.
7. Open the lemon and pour in ½ tablespoon of salt. Don't worry if some of the salt spills out.
8. Once you salt the lemons, pack them into the jar as tightly as possible. You can use a pestle or a wooden spoon to push them in.
9. Once all of the lemons are in the jar, add an additional 1 tablespoon of salt.
10. Press on the lemons one more time to extract as much juice as possible.
11. If the lemons are submerged in juice you can secure the lid, if not you may need to add additional fresh lemon juice to top them off.

12. After 1 week, move your lemons to refrigerator.
13. When the peels become translucent, you will know they are soft and ready for use.
14. When you are ready to use a lemon, remove it from the jar and rinse to remove excess salt.
15. Cut all of the remaining lemon flesh and pith away from the rind and discard.
16. Chop the preserved lemon peel according to your recipe, or whichever way you prefer.
17. You can store the lemons in the refrigerator for up to 6 months.

Spiced Vinegar for Pickles

Origin: England

Spiced vinegar is used for most pickles.

Ingredients:

- 1 Qt White Wine Vinegar
- 3 oz Picking Spice

Directions:

1. Tie spices in a small piece of muslin and put them with the vinegar into a wide-necked jar.
2. Cover jar with a vinegar-proof lid, or a saucer,
3. Let the spices steep in the vinegar for 1 to 2 months for a good flavor.

Quick Method:

1. Place vinegar and spices in a glass or china bowl (not metal or polythene) standing on a pan of water.
2. Cover bowl, bring water slowly to boil.
3. Remove from heat.

4. Allow to get quite cold-at least 2 hours.
5. Spiced vinegar need not be used at once.
6. Remove bag of spices or strain vinegar and put back into original bottles.

Those to be kept crisp should be covered with cold vinegar, softer types with hot vinegar.

Preserves

Lemon Curd

Origin: England

Ingredients:

- 2 large eggs
- 2 large egg yolk
- 6 Tbs butter
- 1 cup sugar
- 6 Tbs Fresh Lemon Juice
- 2 tsp lemon zest
- Pinch of salt

Directions:

1. Whisk eggs and egg yolks in medium bowl.
2. Melt butter in top of double boiler (simmering water underneath).
3. Whisk in sugar, lemon juice, lemon peel, and salt; gradually whisk in egg mixture.
4. Whisk until thick and thermometer inserted into curd registers 180°F.
5. Remove from heat and put into a container-putting a piece of plastic on top of curd.
6. Put in refrigerator.
7. Can be made several days ahead

Poultry

Chicken

Baharat Honey Chicken

Origin: Turkey

Ingredients:

- 1½ Tbs Ground Garlic
- 2 Fresh Lemons, juiced
- 1 Tbs Organic Olive Oil
- 3 Boneless Skinless Chicken Thighs
- 2 Tbs "Baharat", divided
- ½ cup Honey

Sauce, Optional

- 1 Tbs Shallots, Chopped
- ½ Tbs Lemongrass
- 1 Tbs Organic Olive Oil
- ½ cup Greek Yogurt
- ¼ tsp Himalayan Fine Mineral Salt

Directions:

1. Preheat oven to 425°F.
2. Prepare marinade by stirring lemon juice, 1 tablespoon bararat, ground garlic and olive oil together in a small bowl.
3. Place chicken in large ziplock bag and pour marinade over chicken ensuring all pieces are coated.
4. Refrigerate at least one hour.
5. Drain marinade from chicken and pat pieces dry.
6. Line a baking sheet with foil.
7. Place chicken pieces on baking sheet in a single layer.
8. Bake for 20 minutes or until chicken is cooked through.

9. Make sauce by stirring together shallots, lemongrass, olive oil, yogurt, and salt.
10. Cover and refrigerate.
11. Stir honey and 1 tablespoon bararat
12. Blend together.
13. Remove chicken from oven and turn on broiler.
14. Brush chicken pieces liberally with seasoned honey.
15. Broil until crispy (about 5-7 minutes).
16. Serve with sauce.

Serves 2

Barmacue Chicken

Origin: Ireland

This is an early 18th century recipe from County Down, Ireland.

Ingredients:

- 5 lb Roasting Chicken
- 2 Tbs Olive Oil
- ½ cup Chicken Broth
- "Stuffing"
- 2 Tbs All-purpose Flour
- 1 cup Chicken Broth

Directions:

1. Make the stuffing
2. Preheat oven to 350°F.
3. Loosen the skin around the breast of the bird and push the stuffing into the space
4. Place any remaining stuffing over breastbone and secure the skin around the neck
5. Rub with butter and place in a roasting pan
6. Pour ½ cup of stock around the chicken and roast for 30 minutes

7. Then cook at 300°F. for further 2 hours or until cooked
8. Allow the bird to rest in a warm place while you make the gravy
9. Drain most of the fat from the pan
10. Add the rest of the stock and a tablespoon of rum
11. Stir until smooth and simmer for 2 minutes
12. Season to taste and strain into gravy boat

Stuffing:**Ingredients:**

- 1 Medium Onion, finely chopped
- 4 Tbs Olive Oil
- ½ lb Mushrooms, finely chopped
- 1 Garlic Clove, finely chopped
- 4 oz fine white breadcrumbs
- 1 Tbs Ketchup
- 3 Tbs Parsley, finely chopped
- 1 Tbs Rum
- 4 oz Chopped Walnuts
- ½ tsp Freshly Ground Black Pepper
- ¼ cup Dry White Wine

Directions:

1. Melt the butter in a skillet and soften the onion
2. Add the mushrooms and cook until the juices evaporate and the mushrooms brown
3. Stir in a tablespoon of rum
4. Add the remaining ingredients, mix and cool

Serves 2

Bistro Roast Chicken

Origin: America

Serve the roasted heads of garlic on the side of this it or as a spread on baguette slices or as a condiment for the chicken.

Ingredients:

- 2 Chicken leg quarters (about 1 ½ pounds)
- 1 Tbs Chopped Fresh or 1 tsp dried Basil
- 1 Tbs Chopped Fresh or 1 tsp dried Thyme
- 1 Tbs Chopped Fresh or 1 tsp dried Rosemary, crushed
- 2 tsp Olive Oil
- ½ tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 2 Whole Garlic heads

Directions:

1. Preheat oven to 375°F.
2. Rinse chicken with cold water, pat dry.
3. Trim excess fat.
4. Loosen skin from thigh and leg by inserting fingers, gently pushing between skin and meat.
5. Combine basil and next 5 ingredients (basil through pepper).
6. Rub herb mixture under loosened skin.
7. Place chicken on a broiler pan.
8. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
9. Remove white papery skin from garlic heads (do not peel or separate the cloves).
10. Wrap each head separately in foil.
11. place on broiler pan with chicken.
12. Bake at 375°F for 45 minutes.
13. Increase oven temperature to 450°F (do not remove chicken from oven).
14. Bake 30 minutes or until thermometer registers 180°F.

15. Cover chicken loosely with foil.
16. let stand 10 minutes.
17. Discard skin.

Serves 2, (Serving size: 1 leg quarter and 1 garlic head)

Braised Chicken with Dates and Moroccan Spices

Origin: Morocco

Ingredients:

- 3 Boneless Skinless Chicken Thighs
- 1 Tbs All-purpose Flour
- 2 Tbs Olive Oil
- 6 oz Shallots (about 6 large), peeled
- 1 Cinnamon sticks
- ½ tsp Ground Ginger
- ½ tsp Ground Cumin
- ¼ tsp Turmeric
- Dash Cayenne Pepper
- 1 cup Chicken Broth
- 2 Tbs Fresh Lemon Juice, divided
- 6 Dates, pitted, halved
- 1 Tbs Almonds, toasted, coarsely chopped
- 1 Tbs chopped Fresh Cilantro

Directions:

1. Heat heavy large pot over medium-high heat.
2. Add a tablespoon Olive Oil
3. Add chicken pieces to pot and cook until browned on all sides, turning occasionally, about 15 minutes.
4. Transfer chicken to baking sheet or platter;
5. In second pan heat remaining oil over medium heat
6. Add shallots to pot;
7. Sauté until golden, about 6 minutes.
8. Add cinnamon stick, ginger, cumin, turmeric, and cayenne.

9. Stir until fragrant, about 1 minute.
10. Increase heat to high; add broth and 1 tablespoon lemon juice.
11. Bring to boil; reduce heat to low, cover, and simmer until shallots begin to soften, about 18 minutes.
12. Place chicken pieces on top shallots in pot.
13. Bring to boil over medium heat.
14. Reduce heat to medium-low, cover, and simmer until juices run clear, about 25 minutes.
15. Transfer chicken and shallots to platter; tent with foil.
16. Boil juices in pot until slightly thickened.
17. Stir in dates and remaining lemon juice.
18. Reduce heat and simmer gently until dates are heated through, about 2 minutes.
19. Pour sauce and dates over chicken.
20. Sprinkle with almonds and cilantro, and serve.

Serves 2

Chicken Marengo

Origin: France

Ingredients:

- 3 Boneless Skinless Chicken Thighs
- 1 Medium Onion, thinly sliced
- ¼ cup Olive Oil
- ¼ cup Dry White Wine
- 2 Garlic Cloves, finely chopped
- ½ tsp Thyme
- 1 Bay Leaf
- ¼ cup Chicken Broth
- 1 14½ can diced tomatoes
- ½ tsp Salt
- Freshly Ground Black Pepper to taste
- 10 Small White Onions

- ½ lb Button or Sliced Mushrooms
- 2 Tbs Butter Flavored Olive Oil
- 1 Tbs Lemon Juice
- 1 Tbs Brandy

Directions:

1. Sauté onions in Olive Oil until transparent
2. Add chicken and sauté until golden brown
3. Add wine, garlic, thyme, bay leaf, stock, tomatoes, salt and pepper
4. Simmer until tender (about 20 minutes)
5. Sauté onions in butter until golden brown
6. Add to pot
7. Sauté mushrooms in butter and the lemon juice
8. Set aside on warm serving dish
9. Remove chicken and vegetables and set aside in serving dish
10. Reduce sauce by simmering for about 5 minutes
11. Add the brandy, chicken and the vegetables to the sauce and bring back and simmer for about 5 minutes
12. Serve with rice or spaghetti

Serves 2

Chicken Marsala

Origin: Italy

Ingredients:

- ½ cup All-purpose Flour
- ½ Tbs "[Essence](#)"
- 4 Tbs Olive Oil
- 3 Boneless Skinless Chicken Breast halves, pounded ¼ inch thick
- 4 ozs sliced Mushrooms
- ¾ cup Marsala wine
- ¼ cup Sherry

Directions:

1. In a shallow dish or bowl, mix together the flour and Essence.
2. Coat chicken pieces in flour mixture.
3. In a large skillet, melt oil over medium heat.
4. Place chicken in the pan and lightly brown.
5. Turn over chicken pieces and add mushrooms.
6. Pour in wine and sherry.
7. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.

Serves 2

Chicken Milanese

Origin: Italy

Ingredients:

- 2 Boneless Skinless Chicken Thighs
- ½ cup Dry Breadcrumbs
- 1 tsp Garlic Powder
- 2 Tbs Parmigiano-Reggiano Cheese, grated
- 2 Tbs All-purpose Flour
- 1 Egg White, lightly beaten
- Dash Freshly Ground Black Pepper
- 1 Tbs Olive Oil/Butter mix

Directions:

1. Place chicken between 2 sheets of heavy-duty plastic wrap
2. Pound to ½-inch thickness using a meat mallet or small heavy skillet.
3. Combine breadcrumbs, garlic and cheese in a shallow dish.
4. Place flour in a shallow dish.
5. Place egg white in a shallow dish.
6. Sprinkle chicken with salt and pepper.

7. Dredge chicken in flour.
8. Dip in egg white.
9. Dredge in breadcrumb mixture.
10. Place chicken on a wire rack.
11. Let stand 5 minutes.
12. Heat 1 tablespoon mix in a large nonstick skillet over medium-high heat.
13. Add chicken; cook 3 minutes.
14. Turn chicken over; cook 2 minutes or until browned and done.

Serves 2

Chicken Paprikash

Origin: Hungary

Ingredients:

- 1 Tbs olive oil
- ½ lb boneless, skinless chicken breasts or thighs , cubed
- 1 Small Onion, chopped
- 2 Cloves Garlic, chopped
- 1½ Tbs Paprika (sweet)
- ¼ cup Chicken Broth
- 1 (14½-oz) can Diced Tomatoes, undrained
- ¼ cup Yogurt
- ½ tsp Salt
- Freshly Ground Black Pepper
- Chopped parsley, chopped

Directions:

1. In a large skillet, heat oil over medium and cook chicken until no longer pink, about 5 minutes.
2. Remove chicken from skillet; add onion.
3. Cook 5-7 minutes until softened and beginning to - brown.
4. Add garlic and cook 2 minutes longer.
5. Return chicken to pan.

6. Add paprika, stir to coat
7. Add broth and tomatoes and stir.
8. Bring to a boil and cook until slightly thickened, about 2 minutes.
9. Remove from heat and stir in yogurt, salt and pepper.
10. Serve over egg noodles
11. Top with parsley.

Serves 2

Chicken Piccata

Origin: Italy

Ingredients:

- 2 Boneless Skinless Chicken Thighs
- ¼ cup Flour
- Dash Salt
- Pinch Freshly Ground Black Pepper
- 4 Tbs Olive Oil/Butter mix
- 1 Garlic Clove, chopped
- 2 Tbs Shallots, Chopped
- ¼ cup Dry Vermouth
- ¼ cup Chicken Broth
- 1 Tbs Lemon Juice
- 2 Tbs Capers
- 4 Tbs Kalamata olives (optional)
- 4 Artichoke Hearts, sliced (optional)
- 4 oz Hot Cooked Pasta
- 1 Tbs Fresh Parsley, chopped

Directions:

1. Prepare chicken cutlets, pound them thin: To make chicken cutlets, slice the chicken breast halves horizontally, butterflying them open.
2. Put them between two pieces of plastic wrap and pound them with a meat hammer to ¼ inch thickness.
3. Mix together the flour, salt, and pepper.
4. Rinse the chicken pieces in water.

5. Dredge them thoroughly in the flour mixture, until well coated.
6. Brown cutlets in half the mix.
7. Brown well on each side, about 4 minutes per side.
8. Remove the chicken from the pan and reserve to a plate.
9. Place the breasts on a rack over a roasting pan and keep warm in a 225°F oven while you prepare the sauce.
10. Stir in remainder of mix.
11. Add garlic and shallots.
12. Sauté until translucent.
13. Add vermouth, broth, lemon juice, capers, olives. and artichokes.
14. Use a spatula to scrape up the browned bits.
15. Reduce the sauce by half.
16. Plate the chicken and serve with the sauce poured over the chicken.
17. Sprinkle with parsley.

Serves 2

Chicken Primavera

Origin: Italy

This can be very good especially if you use a good ginger.

Ingredients:

- 2 Boneless Skinless Chicken Thighs, cut into bite-sized pieces
- ¼ cup All-purpose Flour
- 1 Tbs Ground Ginger
- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- ¼ cup Olive Oil
- 5 Garlic Cloves, finely chopped
- ½ lb Leeks, cut into 3 inch strips
- ½ cup Chicken Broth
- 1 lb Asparagus spears (cut into 1 inch pieces)
- 2 Medium Zucchini (optional)

- 2 Yellow Squash (optional)
- 2 Medium Red Bell Peppers (optional)
- ½ lb Fresh Mushrooms (White or Portabella), sliced
- ¼ cup Thin Soy Sauce
- ¼ cup Rice Wine
- ½ tsp Ground Ginger

Directions:

1. Shake chicken in plastic bag with flour, ginger, salt, and pepper until coated.
2. Fry chicken in oil in large skillet, turning frequently, about 5 minutes or until golden brown.
3. Add garlic, leeks and chicken broth to skillet.
4. Cover; simmer 15 minutes.
5. Meanwhile, trim, peel, and cut asparagus into 1 inch pieces.
6. Cut zucchini, mushrooms, pepper and yellow squash into 1 inch pieces.
7. Add asparagus, zucchini, yellow squash, pepper, and mushrooms to skillet.
8. Add soy sauce, rice wine, and ginger.
9. Stir gently to mix.
10. Cover; simmer 10 minutes or until vegetables are tender-crisp.

Serves 4

Chicken Wellington

Origin: America

Ingredients:

- 1 Boneless Skinless Chicken Breast or 2 Thighs
- 1 Tbs Olive Oil/Butter mix
- Salt and Freshly Ground Black Pepper

- ½ cup : "[Duxelles](#)"
- 2 oz Cream Cheese, softened
- ½ Tbs Dijon Mustard
- 1 Egg, slightly beaten

Directions:

1. Make duxelles
2. Season the chicken breast with salt and pepper on all sides.
3. Heat Olive Oil/Butter mix in a skillet.
4. Brown the breasts on all sides until almost completely cooked through;
5. Transfer to a plate.
6. On a floured surface, roll out each puff pastry sheet to a 14 inch square.
7. Cut each sheet into four even 7 inch squares (you should have 16 squares total).
8. Place ¼ cup duxelles on each of 8 sheets
9. Place each breast over each puff pastry square.
10. In a small bowl combine the softened cream cheese with mustard,
11. Spread over each breast.
12. Brush the edges of each pastry square with water.
13. Wrap pastry around the chicken breast, pressing edges to seal tightly.
14. Place seam-side down on greased baking sheets.
15. Chill in refrigerator for at least 1 hour.
16. Set oven to 375 degrees.
17. Brush top of each serving with egg
18. Bake for about 20 minutes, or until puffed and golden brown.
19. Serve

Serves 2

[Coronation Chicken](#)

Origin: Anglo-India

This dish was served to Queen Elizabeth on the occasion of her coronation banquet in 1953 at her request. There are a number of variations.

Ingredients:

- 4 pieces Cooked Chicken Thighs, cut into pieces
- 2 Tbs Olive Oil
- 1 Small Yellow Onion, chopped
- ½ cup Chicken Broth
- 1 Tbs Madras Curry Powder
- 1 tsp Paprika
- 1 Tbs Tomato Paste
- ½ cup Mayonnaise.
- ¼ cup Yoghurt
- 2 Tbs Mango Chutney
- 1 Tbs Chopped Fresh Cilantro or Parsley

Directions:

1. Cook the chicken
2. In a frying pan, heat the oil and gently cook the onion for 5 minutes
3. Stir in the curry powder and paprika
4. Stir in chicken turning it over to color
5. Add the tomato paste
6. Add ½ cup of liquid in which the chicken was cooked
7. Simmer gently for 5 minutes adding a little more of liquid if the mixture dries up
8. Mix Mayonnaise, Yoghurt and chutney together and combine with mixture
9. Serve over the rice and garnish with cilantro or parsley

Serves 4

[Cream of Mushroom Chicken](#)

Origin: America

Ingredients:

- 4 Tbs Olive Oil
- 1 Onion, chopped
- 3 Leeks, chopped
- 3 Garlic Cloves, finely chopped
- 1 (10.75 oz) can condensed Cream of Mushroom soup
- ½ cup Chicken Broth
- ½ tsp Salt
- 1 Tbs Worcester Sauce
- Fresh Ground Pepper to taste
- 1 lb Boneless Skinless Chicken Breast Thighs-cubed
- ½ lb sliced mushrooms

Directions:

1. In a large saucepan, melt the butter.
2. Add the onion, leek and garlic.
3. Cook gently until onion is wilted
4. Add the soup and chicken broth
5. Add the salt, Worcester Sauce and pepper and bring all to a boil.
6. Stir together over medium heat.
7. When mixture starts boiling, add the chicken meat and simmer all together until chicken is cooked through.
8. Add the sliced mushrooms and boil over medium heat for about 5 minutes, stirring often.

Serves 2

French Chicken

Origin: France

Ingredients:

- 1 (4½-to 5 pound) whole Chicken, giblets discarded
- Salt and Pepper
- 1 Tbs Olive Oil
- 1 small Onion, chopped medium

- 1 small Celery rib, chopped medium
- 6 Garlic Cloves, finely chopped
- 1 Bay Leaf
- Spring of Rosemary
- 1 tsp Lemon Juice

Directions:

1. Adjust oven rack to lowest position and heat oven to 250°F.
2. Pat chicken dry with paper towels, tuck wings behind back, and season with salt and pepper.
3. Heat oil in Dutch oven over medium heat until just smoking.
4. Add chicken breast side down; scatter onion, celery, garlic, bay leaf, and rosemary sprig around chicken.
5. Cook until breast is lightly browned, about 5 minutes.
6. Using wooden spoon inserted into cavity of bird, flip chicken breast side up and cook until chicken is well browned, 6 to 8 minutes.
7. Place large sheet of aluminium foil over pot and cover tightly with lid.
8. Transfer pot to oven and cook chicken until breast registers 160 °F and thighs register 175 °F, about 2 hours.
9. Transfer chicken to carving board, tent with foil, and let rest for 20 minutes.
10. Meanwhile, strain chicken juices from pot through fine-mesh strainer into fat separator, pressing on solids to extract liquid; discard solids.
11. Let juices settle for 5 minutes, then pour into saucepan and set over low heat.
12. Carve chicken, adding any accumulated juices to saucepan.
13. Season with lemon juice, salt, and pepper to taste.
14. Serve chicken, passing sauce separately.

Serves 2

Garlicky Roasted Spatchcocked Chicken

Origin: America

Removing a chicken's backbone—a technique called spatchcocking (or butterflying)—ensures juicy meat and golden crisp skin in less time than roasting a whole bird. Although it does require some simple knife skills, it's the best and fastest way to roast a chicken..

Ingredients:

- 1 (5 lb) whole Chicken
- 4 Garlic Cloves, chopped
- 1 tsp Salt
- 6 Tbs Salted Butter, softened
- 1 Tbs Fresh thyme, chopped
- 2 Tbs Lemon Zest
- 3 Tbs Fresh Lemon Juice (from 2 lemons), divided
- ¾ tsp Black Pepper, divided
- 12 oz Small Red New potatoes, halved
- 8 oz Small Carrots.
- 8 oz Brussels Sprouts, trimmed and halved

Directions:

1. Preheat oven to 450°F.
2. Rinse chicken, and pat dry.
3. Place chicken, breast side down, on a cutting board.
4. Using poultry shears, cut along both sides of backbone, and remove backbone.
5. Turn chicken breast side up, and open the underside of chicken like a book.

6. Using the heel of your hand, press firmly against breastbone until it cracks.
7. Place chicken in a large rimmed baking pan.
8. Tuck wing tips under chicken so they don't burn.
9. Combine garlic and salt on a cutting board.
10. Using the flat edge of a knife, mash into a paste.
11. Combine garlic paste, butter, thyme, zest, and pepper in a bowl.
12. Set aside 2 tablespoons of the garlic mixture.
13. Rub remaining garlic mixture under skin of chicken breasts and thighs.
14. Bake chicken in preheated oven 10 minutes.
15. Remove pan from oven.
16. Reduce heat to 400°F.
17. Arrange potatoes and carrots around chicken? return to oven, and bake 20 minutes.
18. Arrange Brussels Sprouts around chicken.
19. Spread remaining 2 tablespoons garlic mixture on breasts.
20. Return to oven, and bake until a meat thermometer inserted in thickest portion registers 165°F, about 20 minutes.
21. Drizzle with lemon juice, and let stand 10 minutes.
22. Carve chicken, and serve with pan juices.

Serves 4

Greek Lemon Chicken

Origin: America

Ingredients:

- 1 tsp Garlic Powder

- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 1 Tbs Oregano
- ¼ cup Fresh Lemon Juice
- ¾ cup Water
- 3 Boneless Skinless Chicken Thighs
- ¾ cup Flour
- 3 Tbs Olive Oil
- Lemon slices

Directions:

1. Combine first 6 ingredients.
2. Stir well and set aside
3. Add chicken and refrigerate 8 hours or overnight.
4. Remove reserving marinade, and dredge in flour.
5. Brown chicken lightly in oil.
6. Place in baking dish.
7. Pour marinade over.
8. Cover with foil
9. Bake at 350° F for about 50 minutes.
10. Garnish with lemon slices and a little parsley last 10 minutes, if desired.

Serves 6

Grilled Chicken

Origin: America

Grilling the chicken butterflied and skin-side down last results in a moist chicken with crisp skin.

Ingredients:

- 1 (3-4 lb) whole Chicken

Optional seasoning

- ¾ cup Sour Cream
- ¼ cup Red Onion, diced
- 2 Cloves Garlic, diced
- 1 tsp Dried Oregano

- 1 tsp Dried Dill Weed
- 2 Tbs Olive Oil
- ¼ tsp Salt
- ½ tsp Ground Black Pepper

Directions:

1. To make the chicken easier to grill evenly, remove its backbone.
2. Do this by placing the chicken breast side down on a work surface with the tail end facing you.
3. With a boning knife or sturdy kitchen shears, cut from front to back next to the backbone.
4. Turn the chicken so the neck end faces you and cut on the other side of the backbone.
5. Remove the backbone and use it for making stock or discard.
6. Turn the chicken over and cut through the tailbone or wish bone.
7. Spread the chicken out flat so it's 'butterflied.'
8. Insert wooden or metal skewer through its thighs and breast to keep it level and easier to maneuver on the grill.
9. Mix together the sour cream, red onion, garlic, oregano, dill, salt, and pepper in a bowl and blend thoroughly.
10. Gently lift the skin from the chicken being careful not to puncture or break the skin.
11. Spoon the sour cream mixture under the skin, and massage gently to ease the mixture into all areas of the chicken.
12. Cover, and refrigerate for 30 minutes, or overnight.
13. Preheat the grill for medium heat.
14. Lightly oil grill, and place 4 inch from the heat source.
15. Lightly brush the chicken with olive oil, and season with salt and pepper.

16. Place chicken on prepared grill skin-side up. This helps dry out the skin allowing it to crisp.
17. Cover the grill, and cook until internal temperature reaches 140°F.
18. Turn chicken over skin-side down, legs towards higher heat.
19. Grill over higher temperature until the internal temperature reaches 165°F.
20. This will crisp up the skin.

Serves 2

Grilled Chicken Florentine Pasta

Origin: America

Ingredients:

- 1 (6-ounce) Bone-in Chicken Breasts, skinned
- ½ tsp Kosher Salt, divided
- ½ tsp Black Pepper, divided
- Cooking spray
- 3 oz Linguine
- 1 Tbs Olive Oil
- 1½ Tbs All-purpose Flour
- 1 tsp Garlic, chopped
- ½ cup Milk
- ½ cup Chicken broth
- 2 oz Parmesan Cheese, grated
- 2 cups Fresh Spinach Leaves

Directions:

1. Prepare grill to medium-high heat.
2. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper.
3. Place chicken on grill rack coated with cooking spray, and grill for 8 minutes on each side or until done.
4. Let stand 10 minutes.
5. Carve chicken off bones, and thinly slice.

6. Cook the pasta according to package directions.
7. Drain well; keep warm.
8. Heat a large nonstick skillet over medium- high heat.
9. Add oil to pan; swirl to coat.
10. Add flour and garlic; cook until garlic is browned (about 2 minutes), stirring constantly.
11. Add milk and broth, stirring with a whisk;
12. Bring to a simmer, and cook 2 minutes or until thickened.
13. Add cheese, stirring until cheese melts.
14. Add remaining salt, pepper, and spinach;
15. stir until spinach wilts.
16. Add pasta and chicken;
17. toss to combine.

Serves 2

Grilled Chicken with Basting Sauce

Origin: America

Ingredients:

- ¼ cup Butter
- 2 Tbs Red Wine Vinegar
- 2 Tbs Worcestershire sauce
- 1 Tbs Sugar
- ½ Tbs Lemon Juice
- 1 Garlic Clove, chopped
- ½ tsp Dried Crushed Red Pepper
- ½ tsp Coarsely Ground Black Pepper
- 2 Bone-in Chicken Breast halves
- 1 tsp salt
- ½ tsp Black Pepper

Directions:

1. Cook first 8 ingredients in a saucepan over medium-low heat,

- stirring occasionally until butter melts.
2. Set aside.
 3. Sprinkle chicken evenly with salt and pepper.
 4. Grill chicken, covered with grill lid, over medium-high heat (350°F to 400°F) 40 to 45 minutes or until done, turning occasionally and
 5. Basting with sauce the last 10 minutes.

Serves 2

Indian Spiced Chicken

Origin: India

Ingredients:

- ¾ lb Boneless Skinless Chicken Thighs
- 1 cup Plain Yogurt
- 3 Large Cloves Garlic, pressed
- 1 inch Ginger, grated
- 4 Cardamom pods, cracked with the back of a chef's knife
- 1 Tbs curry powder
- Dash Red Chili flakes
- 1 tps Ground Coriander
- ½ Tbs Sweet Paprika
- 1 Tbs Honey
- ½ tps Salt
- 10 grinds black pepper
- 2 Tbs Olive Oil/Butter mix
- 1 Medium Onion, diced
- 2 Tbs Tomato paste
- 1 cup Half-and-Half
- 1 ½ cup ["Basmati Rice"](#)

Directions:

1. Cut the chicken roughly into 2 by 2 inch pieces.
2. Mix together the yogurt, garlic, ginger, cardamom, curry powder,

- chili flakes, coriander, paprika, honey, salt, and pepper until thoroughly combined.
3. Add chicken pieces to yogurt mixture, cover, and refrigerate at least 1 hour or as long as overnight.
 4. Bring to room temperature before cooking.
 5. In a large skillet, heat the mix over medium-high heat.
 6. Add the onion and cook until translucent.
 7. Stir in tomato paste until evenly distributed and then add the half-and-half.
 8. Slide in the chicken and marinade, stir well, and bring mixture to a simmer.
 9. Reduce the heat so that the liquid remains at a low simmer.
 10. Cook about 15 minutes until chicken is no longer pink in the middle but still tender and moist.
 11. Serve immediately over Basmati rice.

Serves 2

Indoor Pulled Chicken

Origin: America

Ingredients:

- 1 cup Chicken Broth
- 2 Tbs Molasses
- 1 Tbs Sugar
- 1 Tbs Liquid smoke
- 1 tsp Gelatin
- Salt and Pepper to taste
- 2 lb Boneless Skinless Chicken Thighs, halved crosswise
- Barbecue sauce. ["Apple Cider Bar-B-Que Sauce"](#), ["Barbecue Sauce for Chicken"](#), ["Black Coffee Barbecue Sauce"](#)

Directions:

1. Bring broth, molasses, sugar, 2 teaspoons liquid smoke, gelatin, and 1 teaspoon salt to boil in large Dutch oven over high heat, stirring to dissolve sugar.
2. Add chicken and return to simmer. Do not trim the fat from the chicken thighs; it contributes to the flavor and texture of the pulled chicken.
3. Reduce heat to medium-low, cover, and cook, stirring occasionally, until chicken is easily shredded with fork, about 25 minutes.
4. Transfer chicken to medium bowl and set aside.
5. Strain cooking liquid through fine-mesh strainer set over bowl (do not wash pot).
6. Let liquid settle for 5 minutes; skim fat from surface.
7. Set aside fat and defatted liquid.
8. Using tongs, squeeze chicken until shredded into bite-size pieces.
9. Transfer chicken, 1 cup barbecue sauce, ½ cup reserved defatted liquid, 3 tablespoons reserved fat, and remaining 1 teaspoon liquid smoke to now-empty pot.
10. If you don't have 3 tablespoons of fat to add back to the pot in step 3, add melted butter to make up the difference.
11. Cook mixture over medium heat, stirring frequently, until liquid has been absorbed and exterior of meat appears dry, about 5 minutes.
12. Season with salt, pepper, and hot sauce to taste. Serve, passing remaining barbecue sauce separately.
13. Serve the pulled chicken on white bread or hamburger buns with pickles and coleslaw

Serves 2

Lemon Rosemary Chicken**Origin: America**

This is a Slow Cooker recipe that can be very useful.

Ingredients:

- 3-4 lb Chicken
- 1 Lemon, quartered
- 4-6 Rosemary springs
- 2 Tbs Olive Oil
- ½ tsp Dried Sage.
- ½ tsp Dried Thyme.
- ½ tsp Dried Marjoram.
- ¼ tsp Nutmeg
- 1 tsp Garlic powder
- 1 tsp Salt
- ½ tsp Ground Black Pepper

Directions:

1. Ball up 4 pieces of aluminium foil and put in bottom of slow cooker.
2. Put lemon wedges and rosemary springs inside chicken.
3. Rub chicken with oil.
4. Mix sage, thyme, marjoram, nutmeg, salt, pepper and garlic powder.
5. Sprinkle mix on chicken.
6. Put chicken on top of foil
7. Cover and cook on low for 8-10 hours or on high for 5-6 hours.

Serves 2

Maple-Mustard Glazed Chicken**Origin: America****Ingredients:**

- 2 tsp Olive Oil
- 2 (6-ounce) Skinless, Boneless Chicken Breast Halves

- ½ tsp Freshly Ground Black Pepper
- ¼ tsp Kosher Salt
- ¼ cup Chicken Broth
- ¼ cup Maple Syrup
- 2 tsp Fresh Thyme chopped
- 2 Garlic Cloves, thinly sliced
- 1 Tbs Cider Vinegar
- 1 Tbs Stone-ground Mustard

Directions:

1. Preheat oven to 400°F.
2. Heat a large ovenproof skillet over medium high heat.
3. Add oil; swirl to coat.
4. Sprinkle chicken with pepper and salt.
5. Add chicken to pan; saute 2 minutes on each side or until browned.
6. Remove chicken from pan.
7. Add broth, syrup, thyme, and garlic to pan; bring to a boil, scraping pan to loosen browned bits.
8. Cook 2 minutes, stirring frequently.
9. Add vinegar and mustard; cook for 1 minute, stirring constantly.
10. Return chicken to pan, and spoon mustard mixture over chicken.
11. Bake for 10 minutes or until the chicken is done.
12. Remove chicken from pan; let stand 5 minutes.
13. Place pan over medium heat; cook mustard mixture 2 minutes or until liquid is syrupy, stirring frequently.
14. Serve over chicken.

Serves 2

Molasses Glazed Chicken

Origin: America

Ingredients:

- ¼ cup Molasses

- ¼ cup Apple Cider
- 2 Garlic cloves
- 1 tsp ground Cumin
- ½ tsp dried Oregano
- ¼ tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 4 Boneless Skinless Chicken Thighs
- 1 tsp Olive Oil
- 2 large Onions; peeled and cut crosswise into thin slices

Directions:

1. Blend together molasses, apple cider, garlic, cumin, oregano, salt and pepper in a ziplock bag.
2. Add chicken, seal bag, and turn to coat chicken well.
3. Refrigerate at least 30 minutes, turning occasionally.
4. Preheat oven to 375°F.
5. Pour Olive Oil in large baking dish and spread around.
6. Place sliced onions in pan.
7. Place chicken breasts in a single layer over onions and drizzle marinade mixture over chicken and onions.
8. Cook, uncovered, 30 to 40 minutes, until a fork can be inserted in chicken with ease.
9. Remove baking dish from oven; place chicken breasts on a cutting board and tent loosely with foil.
10. Let stand 10 minutes.
11. Spoon onion mixture from baking pan into a saucepan and place over medium-high heat, stirring frequently until onion is softened and mixture is reduced and thickened, about 10 minutes.

Serves 4

Monterey Chicken

Ingredients:

- 2 Tbs ["Dijon Mustard"](#)
- 1 Tbs Brown Sugar
- 1 Tbs Worcester Sauce
- 1 Olive Oil
- 2 Boneless, Skinless Chicken Breast or Thighs, pounded to inch thick.
- 2 Rashers Thick Bacon, diced
- ½, cup Pepper Jack or Monterey Jack Cheese, shredded

Directions:

1. Mix Dijon, brown sugar, Worcestershire Sauce and oil in large bowl.
2. Add chicken
3. Marinate for 30 minutes.
4. Cook bacon until crisp
5. Drain and reserve the drippings.
6. Mix bacon and cheese.
7. Heat grill pan.
8. Remove chicken from marinade, letting excess drip off.
9. Cook chicken, covered until done, about 5 minutes a side.
10. Top chicken with bacon-cheese mix
11. Cover and cook until cheese is melted, about 1 minute more.
12. Serve.

Serves 2

[Moroccan Chicken with Preserved Lemons and Green Olives](#)*Origin: Morocco***Ingredients:**

- 2 Boneless Skinless Chicken Thighs
- 2 Tbs Olive Oil
- 1 Medium Onions, sliced ¼ inch thick
- 2 Garlic Cloves, thinly sliced

- ¼ tsp Turmeric
- ¼ tsp Freshly Ground Black Pepper
- 4 pieces ["Preserved Lemons"](#)
- ¼ cup chicken broth
- 2 Tbs Dry White Wine
- 8 Green Olives, pitted, halved
- 1 Tbs Cilantro, chopped
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Pat chicken dry, then season with salt and pepper.
2. Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking.
3. Sauté chicken until golden brown, about 3 minutes on each side.
4. Transfer chicken to a plate and keep warm, covered.
5. Add remaining tablespoon oil to skillet and reduce heat to moderate.
6. Cook onions and garlic, stirring frequently, until softened but not browned, 8 to 10 minutes.
7. Add turmeric and pepper and cook, stirring, 1 minute.
8. Scrape pulp from preserved lemon, reserving for another use.
9. Cut rind into thin strips and add to onions with broth, wine, and olives.
10. Return chicken, with any juices accumulated on plate, to skillet.
11. Braise, covered, until chicken is cooked through, about 12 minutes.
12. Serve sprinkled with cilantro.

Serves 2

[Moroccan Chicken Thighs](#)*Origin: Morocco*

These Moroccan Chicken Thighs are tender, rich with flavor and simple to make.

Chicken thighs, carrots, onions and diced tomatoes are cooked in Moroccan spices creating a meal that will spice up any night of the week.

Ingredients:

- 2 Tbs ["Moroccan Spice"](#)
- 2 Tbs Olive Oil, divided
- ¾ lb Boneless Skinless Chicken Thighs
- 1 medium Onion, chopped
- 2 Carrots, peeled, chopped
- 4 Garlic Cloves, minced
- ½ cup Chicken Broth
- 1 Small Can Diced Tomatoes
- 1 lemon, juiced + ½ lemon sliced

Garnish

- 2 Tbs Fresh Flat-Leaf Parsley, chopped
- 1 Tbs Fresh Cilantro, chopped

Directions:

1. Preheat to the oven to 400°F.
2. In a small mixing bowl combine the coriander, 1 tsp cumin, turmeric, ½ tsp paprika, red cayenne pepper, cinnamon, Cayenne flakes, crushed, salt and pepper.
3. Remove the chicken from the package and set on a large cutting board.
4. Rub both sides of each chicken thigh with the spice blend.
5. Set aside.
6. In a large skillet, heat 1 Tablespoon olive oil over medium-high heat.
7. Add the chicken thighs, skin-side down, and sear both sides until golden brown, about 3 minutes per side.
8. Set aside.

9. Heat the same skillet over medium heat and 1 Tablespoon olive oil.
10. Add the onion and sauté for two minutes.
11. Add the carrots and garlic, ½ tsp cumin and ½ tsp paprika and continue to sauté for 4 minutes.
12. Add the chicken broth, lemon juice and diced tomatoes and stir together.
13. Let simmer for 2 minutes.
14. Nestle the chicken thighs into the pan along with the lemon slices and cook in the oven for 30 minutes.
15. Remove from the oven and garnish with Fresh Italian Flat-Leaf parsley and cilantro.
16. Serve over a bed of your favorite grain and a slice of warm pita bread or Naan.

Serves 2

North African Spicy Chicken

Origin: Morocco

Ingredients:

- 1 Tbs ["North African Spice Blend"](#)
- 1 cup Yogurt
- 2 Tbs Fresh Lemon Juice
- 1 tsp grated Fresh Ginger Root
- 4 Boneless Skinless Chicken Breast halves
- ["Moroccan Couscous"](#)
- Orange and Lemon curls

Directions:

1. In small bowl, combine yogurt, lemon juice, ginger, and 1 tablespoon ["North African Spice Blend"](#)
2. Reserve ½ cup mixture for basting.

3. Place chicken in plastic bag with remainder of marinade and turn to coat.
4. Let stand in refrigerator 15 minutes.
5. Remove chicken from marinade and place on broiler pan about 5 inches from heat.
6. Broil 7 minutes; turn chicken, brush with reserved marinade.
7. Broil additional 6 minutes or until fork can be inserted with ease and juices run clear.
8. Remove chicken to cutting board and slice diagonally into inch slices.
9. Arrange on "[Moroccan Couscous](#)".
10. Garnish with citrus curls.

Serves 4

Oven Baked Crusted Chicken

Origin: America

Ingredients:

- ¾ lb Boneless Skinless Chicken Breasts or Thighs

The Dipping Mixture

- 2 Egg Whites
- 2 tsp Arrowroot powder
- Juice of ½ a Lemon

The Crusting Mixture

- 1 cup Coarse Dry Fine Bread Crumbs
- 1 Tbs chopped Fresh Parsley
- ½ tsp Salt
- ¼ tsp Black Pepper
- Minced zest of 1 Lemon
- 2 Tbs Olive Oil

Directions:

1. Heat oven to 450°F°.
2. Pound chicken breasts.
3. Blend egg whites, arrowroot, and lemon juice in a wide, shallow dish.
4. Combine bread crumbs, parsley, salt, pepper, and zest in a second wide, shallow dish.
5. Dip chicken in egg whites.
6. Then into crust mixture.
7. Let chicken rest on a rack in the refrigerator 20-30 minutes to set crust.
8. Sauté chicken in oil in a large nonstick, ovenproof skillet over medium-high heat until chicken is golden brown and crisp, about 3 minutes.
9. Carefully turn with a spatula, and transfer the skillet to the oven to finish cooking.
10. Roast chicken just until done, about 8 minutes more.

Serves 2

Peruvian Grilled Chicken

Origin: Peru

Ingredients:

- 3 Boneless Skinless Chicken Thighs
- ¾ cup Thin Soy Sauce
- 2 Tbs Lime Juice
- 6 Garlic Cloves, finely chopped
- 2 tsp Cumin
- 1 tsp Paprika
- ½ tsp Oregano
- 1 Tbs Olive Oil
- ½ tsp Black Pepper
- Garnish with Lemon and Lime slices

Directions:

1. Combine in blender, soy sauce, lime juice, garlic, cumin, paprika, oregano, oil and pepper.
2. Blend until smooth
3. Marinate chicken for 24 hours
4. Drain chicken and grill or broil on rack until cooked through.

Serves 2

Pot Roasted Chicken

Origin: Scotland

Ingredients:

- 1 Small Chicken
- Olive Oil
- 3 oz Pancetta in one piece
- 16 Small New Potatoes
- 6 Small Red Onions or Shallots, peeled but with root on
- 4 Carrots, peeled
- 4 Thyme Sprigs
- 3 Bay Leaves
- 2 Heads of Garlic, peeled and cut in half
- 3 Tbs Brandy
- 3 Tbs Dry Vermouth
- 1¼ cup Chicken Broth
- 1 Tbs Butter
- Sea Salt and Freshly Cracked Black Pepper.

Directions:

1. Preheat oven to 425°F
2. Place chicken on a chopping board and remove the wishbone. Tie legs together.
3. Smear chicken all over with oil and season with salt and pepper.
4. Heat roasting in tray over medium heat and add a splash of oil. When hot add the pancetta and color both sides.

5. Remove pancetta and set aside.
6. Add the chicken to roasting tray on one side until brown it.
7. Turnover and brown the other side.
8. Remove from tray and set aside.
9. Turn heat down to medium and add potatoes, red onions, carrots, thyme, bay leaves and garlic.
10. Return pancetta and season with salt and pepper, stir everything together.
11. Push vegetables aside and return chicken to tray.
12. Cover with foil and place in oven
13. Cook for 60 minutes until cooked though (165°F).
14. Remove vegetables as they cook and keep warm.
15. Remove chicken when cooked through and keep warm.
16. Put any accumulated juices back in pan and, add brandy and vermouth, stirring to deglaze the pan and reduce by half.
17. Whisk in butter and season to taste with salt and pepper.

Serves 4

Punjabi Style Grilled Chicken

Origin: India

Ingredients:

- ¼ tsp Black Pepper
- 1 tsp Ground Cumin
- ½ tsp Ground Coriander
- 1 tsp Chili Powder
- 2 tsp Garam Masala (optional)
- ¼ cup Chopped Cilantro
- ½ tsp Salt
- ½ cup Hot Sauce
- ¾ cup Plain Yogurt
- ¼ cup Heavy Cream
- 4 Garlic Cloves, finely chopped, minced

- 3 Tbs Thin Soy Sauce
- Cooking Spray
- 4 pieces Bone-in, Skin-on Chicken Thighs

Directions:

1. Combine all ingredients (except cooking spray and chicken) in a large bowl; stir until well blended.
2. Add chicken, turning to coat well.
3. Cover and refrigerate at least 8 hours and up to 24 hours.
4. Prepare grill and spray grate with cooking spray.
5. Remove chicken from marinade and place on a platter.
6. Discard marinade.
7. Grill chicken 6 to 8 minutes skin-side down over direct heat with the grill cover closed.
8. Turn and grill second side 6 to 8 minutes, or until chicken registers 165°F on an internal thermometer.

Serves 2

Southern Fried Chicken

Origin: America

Ingredients:

- 1¼ cup Buttermilk
- 1½ Tbs Salt
- ½ tsp Sriracha
- 2 tsp ground Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Paprika
- ¼ tsp Ground Cayenne
- 1 lb Bone-in, Skin-on Chicken Thighs or drumsticks, trimmed of excess fat
- 2 cups All-purpose Flour
- 2 tsp Baking powder
- 1 cup Olive Oil

Directions:

1. Whisk 1 cup buttermilk, 1 tablespoon salt, Hot Sauce, 1 teaspoon black pepper, ¼ teaspoon garlic powder, ¼ paprika and pinch of cayenne together in large bowl
2. Add chicken and turn to coat.
3. Refrigerate, covered in bowl at least 1 hour or up to overnight.
4. Preheat oven to 400°F.
5. Whisk flour, baking powder, black pepper, garlic powder, paprika and remaining cayenne, together in large bowl
6. Add ¼ cup remaining buttermilk to flour mixture.
7. Mix with fingers until combined and small chumps form.
8. Working with one piece at a time dredge chicken piece in flour mixture, pressing mixture onto pieces to form thick, even coating.
9. Place dredged chicken on large plate, skin-side up.
10. Heat oil in 11 inch sauté pan over medium-high heat to 375 degrees.
11. Carefully place chicken pieces in pan, skin-side down.
12. Cook until golden brown, 3 to 5 minutes.
13. Carefully flip and continue to cook until golden brown on second side, 2 to 4 minutes longer.
14. Transfer chicken to wire rack set in rimmed baking sheet.
15. Bake chicken for 20 minutes
16. Let chicken rest 5 minutes before serving.

Serves 2

Spiced Grilled Chicken Thighs

Origin: America

Ingredients:

- 3 Tbs Olive Oil, divided
- 2 Tbs Fresh Lime Juice, divided
- 1 Tbs Chopped Garlic, divided
- 2 tsp Smoked Paprika
- 1½ tsp Sugar, divided
- 1 tsp Ground Cumin
- ¾ tsp Salt, divided
- ¾ tsp Freshly Ground Black Pepper, divided
- 4 Boneless Skinless Chicken Thighs
- Cooking spray
- 2 cups Fresh Parsley leaves
- 2 Tbs Half-and-Half
- 1 Tbs minced seeded Jalapeño Pepper

Directions:

1. Combine 1 tablespoon olive oil, 1 tablespoon lime juice, 2 teaspoons minced garlic, smoked paprika, 1 teaspoon sugar, cumin, ¼ teaspoon salt, and ¼ teaspoon pepper in a large zip top plastic bag.
2. Add chicken to bag? seal bag.
3. Let stand 15 minutes, turning occasionally.
4. Preheat grill to medium.
5. Coat grill rack with cooking spray.
6. Remove chicken from marinade, discard marinade.
7. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper.
8. Add chicken to grill rack.
9. Grill 8 minutes on each side or until done.
10. Place 2 tablespoons oil, 1 tablespoon juice, 1 teaspoon garlic, 1/2 teaspoon sugar, ¼ teaspoon salt, ¼ teaspoon pepper, parsley, half-and-half, and jalapeño in the bowl of a mini food processor?
11. Process until finely chopped.
12. Serve sauce with chicken thighs.

Serves 2 (2 chicken thighs and about 2 tablespoons sauce)

Supremes de Volaille a'la Raymond

Origin: France

This is a very simple and elegant dish.

Ingredients:

- 1 whole Boneless breast of Chicken per person (2 sides).
- 2 slices prosciutto or baked Ham per person
- 2 slices sliced Mozzarella or Swiss cheese per person
- 2 oz of sliced Fresh mushrooms per person
- 1 Garlic Clove, finely chopped per person.
- ¼ lb Olive Oil
- ¼ cup White Wine

Directions:

1. Sauté the chicken breasts light in a pan (Corning Ware)
2. Season to taste with ground pepper and salt
3. Cover the chicken with the sliced Mushrooms and cook for 2 minutes
4. Cover the breasts and mushrooms with the ham and cheese slices and cook for a further 2 minutes
5. Add the white wine and cook covered for a further 2 minutes

Serves 2

Sweet and Sticky Chicken

Origin: America

Ingredients:

- 3 Tbs Black Soy Sauce
- 3 Tbs Balsamic vinegar
- 2 Tbs Honey
- 4 Garlic Cloves, finely chopped
- 1 tsp Fennel seed
- 1 tsp Cayenne Flakes, crushed
- Zest of 1 Lemon
- ¼ cup Lemon Juice
- ¼ cup Olive Oil
- 3 Boneless Skinless Chicken Thighs
- Scallions, very thinly sliced on an angle
- Hot Asian Sauce for garnish
- ½ cup Cider Vinegar
- ½ cup Honey
- 2 Tbs Thin Soy Sauce
- 2 Tbs Ketchup
- 1 tsp Granulated Garlic
- ¼ Ginger, ground
- ¼ tsp Cayenne Flakes, crushed
- 1 tsp Arrowroot
- 1 tsp Water
- 1 tsp Toasted Sesame Seeds (optional)

Directions:

1. Whisk together soy sauce, balsamic, honey, garlic, fennel seed, Cayenne flakes, lemon zest, lemon juice and olive oil.
2. Place chicken in marinade.
3. Preheat grill to medium-high.
4. Marinade chicken 15 minutes, turning occasionally.
5. Grill chicken for 12 minutes, turning occasionally.
6. Slice chicken.
7. Top with Scallions and drizzle with Sriracha

Serves 2

Sticky Chicken

Origin: America

Cooking the thighs to 195°F melts the tough connective tissues while keeping the meat moist. This dish is best served with white rice.

Ingredients:

- 4 Bone-in, Skin-on Chicken Thighs, trimmed
- Salt & Pepper to taste

Directions:

1. Adjust oven rack to upper-middle position
2. Preheat oven to 425°F.
3. Season chicken with pepper and salt
4. Arrange skin-side down in 12 inch ovensafe skillet.
5. Whisk vinegar, honey, soy sauce, ketchup, garlic, ginger, and pepper flakes together in bowl
6. Pour over chicken.(Skillet will be full.)
7. Bake chicken for 20 minutes.
8. Flip chicken skin-side up and continue to bake until skin is spotty brown and meat registers 195°F, 20 to 25 minutes longer.
9. Transfer chicken to serving platter.
10. Carefully pour pan juices into fat separator
11. Let settle for 5 minutes.
12. Dissolve arrowroot in water in small bowl.
13. Return defatted juices to skillet and whisk in arrowroot mixture.
14. Bring sauce to boil over high heat
15. Cook until syrupy and spatula leaves trail when dragged through sauce, 7 to 9 minutes.
16. Season with pepper to taste.
17. Turn Off heat, return chicken to skillet and turn to coat with sauce.

18. Flip chicken skin-side up and sprinkle with sesame seeds.
19. Serve.

Serves 2

Tuscan Chicken and Pasta

Origin: Italy

Ingredients:

- 3 Boneless Skinless Chicken Thighs, cut into half
- 1 Tbs Garlic, chopped
- 1 tsp "[Essence](#)"
- 1 tsp Salt
- 3 Tbs Olive Oil
- 2 Tbs Unsalted Butter
- 2 oz Fresh French Green Beans, sliced in half
- ¼ tsp Salt
- 1 Small Red Bell Pepper, sliced into 1 inch slices
- 3 Cremini Mushrooms, sliced
- 2 Scallions, sliced
- 4 oz Fettuccine pasta, cooked and drained
- 1 Tbs Arrowroot
- ¼ cup Chicken Broth

Directions:

1. Season chicken with garlic, essence and salt.
2. Heat 2 tablespoons oil and 1 tablespoon butter in a 12 inch skillet over medium heat.
3. Add chicken to skillet cook 5 to 10 minutes each batch or until internal temperature reaches 165°F.
4. Turn chicken halfway through.
5. Remove chicken from skillet and set aside keeping warm.
6. Add remaining tablespoon olive oil to skillet.

7. Add green beans and ¼ teaspoon salt.
8. Cook 2 to 3 minutes.
9. Add red bell pepper, mushrooms, Scallions .
10. Cook 4 minutes.
11. Remove vegetables from skillet and add to hot fettuccine.
12. Stir arrowroot and remaining tablespoon butter into skillet drippings.
13. Cook 1 minute.
14. Stir in chicken broth.
15. Bring to a boil and cook 30 seconds.
16. Pour hot chicken broth over fettuccine with vegetables.
17. Add any chicken juices accumulated from cooked chicken.
18. Toss well.
19. Serve pasta with vegetables on a platter and top with cooked chicken.

Serves 2

Cornish Game Hens

Roast Cornish Game Hens

Origin: America

Ingredients:

- 2 Cornish Game Hens
- ½ cup Olive Oil
- ½ cup Dry Sherry
- ½ cup Dark Soy Sauce
- 2 Garlic Cloves, finely chopped

Directions:

1. Preheat oven to 400°F.
2. Blend the oil, sherry, soy and garlic together to make the basting sauce

3. Place the hens on a rack and baste with the sauce
4. Roast for 40 minutes basting frequently

Serves 2

[Spatchcocked Cornish Game Hens](#)

Origin: America

Ingredients:

- 2 Cornish Game Hens

Directions:

1. Place the game hen breast side down on a cutting board.
2. Using poultry shears, cut from the neck to the tailbone to remove the backbone.
3. Once backbone is removed, you will be able to see the inside of the bird.
4. Make a small slit in the cartilage at the base of the breastbone to reveal the keel bone.
5. Grab the bird with both hands on the ribs and open like a book, facing down towards the cutting board.
6. Remove the keel bone.
7. Cut small slits in the skin of the bird behind the legs and tuck the drumsticks into them to hold them in place.
8. Season on both sides with Salt and Pepper
9. When ready to cook, start the Grill with the lid open until the fire is established (4 to 5 minutes).
10. Set the temperature to 275 degrees F and preheat, lid closed, for 10 to 15 minutes.
11. Place the game hens on the grill skin side up and cook until internal

- temperature reaches 160°F (about 45 minutes).
12. Remove from grill and place on a cutting board; tent with foil.
13. Let stand 10 minutes then to serve.

Serves 2

[Duck](#)

[Duck Confit](#)

Origin: France

Ingredients:

- ½ cup Kosher Salt
- 2 Tbs sugar
- 4 Large Duck legs and thighs (attached), about 3 pounds
- 1 tps Black Peppercorns
- ½ tps Juniper berries
- 15 sprigs Thyme
- 4 cup Duck fat

Directions:

1. Place the salt in a bowl and blend with the sugar.
2. Holding one duck leg at a time over the bowl, rub a generous amount of the salt-sugar mixture all over the leg, into the skin and flesh.
3. Repeat with the remaining legs.
4. In the bowl or another container, pack the salted legs on top of each other, layering them with the peppercorns, juniper berries, and thyme.
5. Sprinkle with any remaining salt mixture.
6. Cover with plastic wrap and refrigerator for 12 to 24 hours.

7. The next day, unpack the duck legs and rub off any salt and spices with paper towels.
8. Pat dry.
9. Melt the fat in a wide heavy-bottomed pot just big enough to hold the legs.
10. Add the duck to the fat; it should be submerged.
11. Simmer in oven the duck very slowly for 1¼ to 1½ hours, or until the meat browns, shrinks off the bone, and is very tender when pricked with the point of a knife.
12. The fat should never go much above 220°F during the cooking time.
13. Remove the pot from the heat and let the duck cool in the fat to room temperature.
14. You can either eat the duck as it or transfer it to a storage container, cover with the strained fat, and chill until ready to use.
15. To serve the duck, pull a leg piece out of the fat, being careful not to pull out the bone and leave the meat behind.
16. If you can't get the piece out, you can let the fat come to room temperature, heat it in a microwave, or warm it in a water bath in a large pot on the stove.
17. Scrape any excess fat off the meat.
18. Heat a dry frying pan, preferably cast iron, over medium-high heat and place the leg in the pan, skin side down, to crisp up and heat through before serving, about 6 minutes. (
19. Alternatively, you can brown and crisp the duck, skin side up, under a broiler for about 8 minutes.

Serves 4

[Duck Fricassee](#)

Origin: England

Ingredients:

- 4 Duck Skinned legs
- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- ¼ cup Chicken Broth
- 1 Garlic Clove, minced
- ¼ lb Fresh mushrooms, halved
- ¼ lb small onions
- 1 Tbs All-purpose Flour
- ["Marinade"](#)

Directions:

1. Sprinkle duck legs with salt and pepper.
2. In a large bowl, mix marinade ingredients.
3. Add duck legs, turning in marinade until well coated.
4. Cover tightly with foil and refrigerate overnight (turn occasionally).
5. Use tongs to remove duck legs from marinade, allowing excess to drip back into bowl.
6. Drain on paper towels.
7. Strain marinade and reserve.
8. Preheat oven to 300°F.
9. Place 4 duck legs in an Dutch oven over medium heat.
10. Cook, turning often, until browned all over, about 15 minutes
11. Add strained marinade and the chicken broth.
12. Simmer in oven for 1½ hours or until duck is tender.
13. Remove duck to a platter.
14. Cover to keep warm.
15. Strain cooking liquid into a measuring cups or bowl.
16. Skim off fat.
17. Add water if necessary to make 1 cup.

18. Heat the reserved 1 tablespoon duck fat in the Dutch oven.
19. Sauté the garlic, onions and mushrooms until just tender.
20. Stir in flour.
21. Gradually stir in the 1 cup cooking liquid.
22. Bring to a boil, stirring, until thickened.
23. Pour some mushroom gravy over the duck pieces and serve hot.
24. Pass the remaining gravy.

Serves 2

Marinade:

- ½ cup Dry White Wine
- ¼ cup Brandy
- ¼ cup Onions, chopped
- 1 Garlic Clove, finely chopped
- ½ tsp Thyme leaves
- ½ tsp Marjoram leaves
- ¼ tsp Ground Allspice
- 1 Bay Leaf

Pan Seared Duck Breasts with Mushroom Sauce

Origin: England

Ingredients:

- 2 duck breasts
- 6 Tbs butter
- 2 Tbs oil
- ¼ cup chopped shallots
- 6 oz mushrooms sliced
- ½ cup red wine
- ½ cup Chicken Broth
- ¼ tsp Salt
- Freshly Ground Black Pepper

Directions:

1. Season the duck breasts with salt and pepper.
2. Heat sauté pan (cast iron skillet if you have one) until really hot.
3. Melt 2 tablespoons of butter with the oil and sear breasts quickly on both sides.
4. Then cook an additional 2 minutes per side.
5. Remove from your pan and keep warm.
6. Deglaze your pan with just a little red wine,
7. Add remaining butter and briefly sauté your shallots.
8. Add mushrooms and sauté until translucent (approx. 4-5 minutes).
9. Add chicken broth
10. Simmer for 7 minutes until sauce has thickened enough to coat a spoon.

Serves 2

Roast Duck

Origin: England

Ingredients:

- 1 Dressed Ducking

Directions:

1. Preheat oven to 425°F.
2. Place duck on rack and score the skin downwards to allow
3. Cook in a 425 degree oven until well brown; about 20 minutes.
4. Turn down to 350°F.
5. Continue cooking for a further 3 hours

Serves 2-3

Quiche and Cheese Dishes

Quiche

Quiche Shell

This makes one 9 inch crust or shell. Double amounts for both crust and shell.

Ingredients:

- 1½ cup sifted All-purpose Flour
- 2 oz Unsalted Butter
- 2 oz Shortening
- 2 oz *Cold* Water
- Pinch of Salt

Directions:

1. Mix carefully with fingers.
2. Refrigerate dough at least 1 hour or overnight if possible.
3. Preheat oven to 400°F.
4. Roll out pie dough to 1/8 inch thickness.
5. Working gently, line the bottom of the pan, overlapping the top slightly.
6. Set a pie weight in the center and press around the edge to cut off excess dough.
7. Bake for 20 minutes or until done.
8. Remove the weight and let cool.
9. Pour in quiche mixture into the pastry.
10. Continue baking until done.

Ham-Broccoli Quiche

Ingredients:

- 1 cup Mushrooms, sliced

- 1 Garlic Clove, finely chopped
- 1 Tbs Unsalted Butter
- 2 oz Gruyere or Swiss Cheese
- 1 quiche shell "[Quiche Shell](#)"
- 1 cup cooked, chopped Broccoli
- 1½ cup Fully cooked Ham
- 3 Large Eggs
- 1 cup Milk
- 1 Tbs All-purpose Flour
- ¼ tsp White Pepper
- Dash Ground Nutmeg
- 2 Tbs Grated Romano or Parmesan

Directions:

1. In a skillet over medium-high heat, sauté mushrooms and garlic in butter until tender.
2. Sprinkle Swiss Cheese in the quiche shell.
3. Top with mushrooms, garlic, broccoli and ham.
4. In a bowl mix, eggs, milk, flour, pepper and nutmeg.
5. Pour into quiche shell.
6. Sprinkle with Romano or Parmesan Cheese.
7. Bake at 350°F. for 30 to 40 minutes.

Leek and Bacon Quiche

Ingredients:

- ½ lb Thickly Sliced Bacon
- 1 Medium Leek, white and light green, sliced 1/8 thick
- 2 Large Eggs
- 1 cup Heavy Cream
- Freshly Ground Black Pepper
- ¼ lb Gruyere cheese, grated
- 1 Quiche shell "[Quiche Shell](#)"

Directions:

1. In a skillet over medium-high heat, cook the bacon until brown and crisp.
2. Transfer to paper towels to drain, and then transfer to bowl.
3. Pour off all but one tablespoon of fat.
4. Add the leeks and cook over medium heat until softened but not brown.
5. Add to bacon.
6. Season with salt and pepper.
7. Combine eggs and cream in separate bowl.
8. Season with salt and pepper.
9. Sprinkle half cheese into quiche shell.
10. Top with leek and bacon mixture.
11. Pour egg and cream mixture over leek and bacon mixture.
12. Top with the remaining cheese.
13. Bake at 375°F. for 30 to 40 minutes.

Neapolitan Quiche

Ingredients:

- 9 inch deep dish pie shell
- 1 lb Italian sausage-mild, hot, or mix of both
- ½ cup chopped onion
- 2 beaten eggs
- 1½ cup shredded Swiss cheese
- ¼ cup milk
- ¼ tsp oregano
- ½ cup sliced mushrooms
- 1 clove chopped Fresh garlic
- 1 (10- oz) package .frozen chopped spinach
- Grated Parmesan cheese

Directions:

1. Prick and bake pie shell for 5 minutes.
2. Set aside.
3. Crumble and brown sausage, and drain on paper towels.

4. Cook and drain spinach.
5. Press out excess water.
6. Combine spinach, mushrooms, sausage, onion, eggs, cheese, milk, oregano, and garlic
7. Pour into shell.
8. Top with Parmesan cheese.
9. Bake at 350 degrees for 40 minutes.

Makes 6-8 servings.

Mushroom and Artichoke Flan

Origin: America

Ingredients:

- Dough for 1 pie crust
- 1 14½ oz can whole Artichoke Hearts
- 10 ounces sliced mushrooms, such as cremini or shiitake
- 1 Tbs Olive Oil
- 1 cup grated Swiss cheese
- 3 Eggs, plus 2 egg whites
- 1 cup Whipping cream
- 1 tsp Thyme
- ¼ tsp Cayenne Pepper
- 1 tsp Dry Mustard
- Fresh Thyme sprigs for garnish

Directions:

1. Preheat oven to 350°F.
2. Line a glass pie plate with the crust.
3. Drain artichokes, squeezing out the liquid, and roughly chop.
4. Spread over the crust.
5. Heat Olive Oil in a skillet heated over medium heat.
6. Sauté the mushroom slices until tender.
7. Spread over the artichokes.
8. Sprinkle with cheese.
9. Beat egg and egg whites.

10. Add cream, thyme, cayenne and mustard.
11. Mix well.
12. Pour this mixture over the vegetables.
13. Bake for 40-50 minutes, until risen and nicely browned. A knife inserted into the middle should come out clean.
14. Remove from oven.
15. Let stand for 5 minutes.
16. Slice and serve.

- 1 Tbs butter
- 2 Tbs minced Scallions
- 4 large eggs
- 2 cups heavy whipping cream
- ½ tsp Salt
- 1 lb crabmeat, thawed and drained
- 1 cup (4 ozs) shredded Swiss cheese
- 2 Tbs sherry
- ½ tsp Ground Cayenne
- 1 unbaked 9 inch deep-dish pastry shell

Makes 6 servings.

Quiche Lorraine

This is the classic Quiche Lorraine

Ingredients:

- ½ lb Bacon grilled and crumbled
- 3 oz Gruyere Cheese
- 2 Large Eggs
- 10 oz Heavy Cream
- ¼ tsp Salt
- Freshly Ground Black Pepper
- 1 quiche shell "[Quiche Shell](#)"

Directions:

1. Sprinkle Bacon and Cheese in the quiche shell
2. Beat the other ingredients together
3. Pour over dry ingredients in shell
4. Bake at 350°F. for 30 to 40 minutes

Crabmeat Sherry Quiche

This came from the ChristChurch Raleigh "Back to the Table" Cookbook. I have used the basic recipe for a number of different fillings such as Cooked Salmon

Ingredients:

Directions:

1. Preheat oven to 425°F.
2. Melt butter in a skillet; add Scallions and sauté until tender.
3. Whisk together eggs, whipping cream and salt in a large bowl.
4. Stir in Scallions, crabmeat, cheese, sherry, and Cayenne
5. Pour mixture into deep-dish pastry shell
6. Bake at 425°F for 15 minutes.
7. Reduce oven temperature to 325°F., and bake for 35 to 40 minutes.

Serves 4

Tomato and Basil Quiche

Ingredients:

- 1 Tbs Olive Oil
- 1 Onion, sliced
- 2 Tomatoes, peeled and sliced
- 2 Tbs All-purpose Flour
- 4 tsp (1 tsp Fresh) Fresh Basil
- 3 Eggs, beaten
- ½ cup Milk
- Salt & Pepper to taste
- 2 slice of crispy fired Bacon, crumbled (optional)
- 1 (9 inch) unbaked Deep Dish Pie crust

- 1½ cup shredded Colby-Monterey Jack cheese, divided

Directions:

1. Preheat oven to 400°F.
2. Bake pie shell in preheated oven for 8 minutes.
3. Meanwhile, heat Olive Oil in a large skillet over medium heat.
4. Sauté onion until soft; remove from skillet.
5. Sprinkle tomato slices with flour and basil.
6. Then sauté 1 minute on each side.
7. In a small bowl, whisk together eggs and milk.
8. Season with salt and pepper.
9. Spread 1 cup shredded cheese in the bottom of pie crust.
10. Layer onions over cheese, and top with tomatoes.
11. Cover with egg mixture.
12. Sprinkle top with remaining ½ cup shredded cheese.
13. Bake in preheated oven for 10 minutes.
14. Reduce heat to 350°F., and bake for 15 to 20 minutes, or until filling is puffed and golden brown.
15. Serve warm.

[Cheese Dishes](#)

[Quesadillas](#)

Ingredients:

- Large flour Tortillas
- Grated cheese-either mild or sharp cheddar, or Monterey Jack
- Olive Oil
- Sliced mushrooms
- Scallions

- Fresh tomatoes, diced
- Chicken pieces

Directions:

1. Heat a large cast iron frying pan to medium-high heat.
2. Add a small amount of oil (about ½ teaspoon) and spread it around the bottom of the pan with a spatula.
3. Take one large flour tortilla and place it in the pan.
4. Flip the tortilla over a few times, 10 seconds between flips. Air pockets should begin to form within the tortilla.
5. When pockets of air begin to form, take a handful of grated cheese, sprinkle over the top of the tortilla, making sure that the cheese does not land on the pan itself.
6. Add whatever additional ingredients you choose; Scallion, sliced mushrooms, diced cooked chicken, tomatoes, etc. Take care not to layer on the ingredients too thickly.
7. Reduce the heat to low and cover the pan.
8. The cast iron pan should be hot enough by now to have plenty of residual heat to melt the cheese and brown the tortilla.
9. If the quesadilla begins to smoke too much, remove from the heat.
10. After a minute, check to see if the cheese is melted. If not, return the cover and keep checking every minute until the cheese is melted.
11. When the cheese is sufficiently melted, use a spatula to lift up one side of the quesadilla and flip over the other side, as if you were making an omelette.
12. The tortilla should by now be browned slightly.

13. If it is not browned, turn the heat up to high and flip the quesadilla over every 10 seconds or so until it gets browned.
14. Remove from pan and cut into wedges.

Welsh Rarebit

This recipe is neither Welsh nor does it contain rabbit. It makes a good quick supper dish.

Ingredients:

- 2 Tbs butter
- 1 tsp Prepared Mustard
- ¼ tsp Salt
- Freshly Black pepper
- 2 Tbs Fresh white breadcrumbs
- 1 egg yolk
- 4 oz strong English Cheddar grated
- 3 Tbs beer

Directions:

1. The mixture must never boil or it will go stringy
2. Melt butter in saucepan
3. Add mustard, salt & pepper mix and breadcrumbs. Stir over gentle heat.
4. Add egg yolk, mix in, then cheese and stir to melt.
5. Add beer, mix in and reheat.
6. Spread on hot buttered toast, brown under grill to serve.

Serve over 3 slices of hot buttered toast

Salads

Seafood

Caramelized Scallops on Warm Leek and Tomato Salad

Use smaller quantity as an appetizer

Ingredients:

- ½ lb Fresh Leeks, trimmed, diced diagonally
- 5 Tbs Chicken Broth
- Cracked Black Pepper.
- 2 Roma Tomatoes sliced.
- 1 tsp Brown Sugar
- 2 tsp Red Wine Vinegar.
- 2 tsp Olive Oil.
- 8 (24) Plump scallops (typically sea scallops come about 11-15 per pound).

Dressing

- ¼ cup Chicken Broth
- 1 Canned Artichoke.
- 1 tsp extra-virgin Olive Oil.
- 1 Tbs Lemon Juice.

Directions:

1. Preheat oven to 400°F.
2. Place the leeks and stock in a small pan.
3. Season to taste with cracked pepper and bring to a boil.
4. Cook 2-3 minutes or until vegetables are tender
5. Stir in the tomatoes and keep warm.
6. Dissolve sugar in the vinegar and set aside.

7. Heat a frying pan with a heat proof handle and add the oil
8. Season scallops on both sides with salt and pepper.
9. Sear in a hot pan on both sides for 1 minute
10. Add the sugared vinegar; rotate pan to distribute the liquid
11. Place in preheated oven for 2 minutes; turn them over and remove from pan.
12. Place the vegetables in the center of warm plate, allowing the stock to spread out.
13. Place 2 (or 6) scallops on the plate
14. Serve the dressing on the side
15. Make dressing
16. Heat the Chicken Broth and boil the artichoke in it for 2-3 minutes.
17. Place in a blender and purée, gradually adding the oil and lemon juice.

Serves 4

Crab Louis

Ingredients:

- ½ lb Fresh lump Crabmeat, picked over to remove any cartilage
- ¼ cup diced (¼ inch) Celery
- 1 cup "[Sauce Louis](#)"
- Lettuce leaves separated carefully, rinsed and dried
- 2 Hard-Boiled Eggs, halved lengthwise
- 1 Tbs Flat-Leaf parsley, chopped

Directions:

- 1.
2. Mix crab, celery and sauce and
3. Serve over lettuce
4. Garnish with parsley

Serves 2

Lobster Cobb Salad

Origin: America

Ingredients:

- ½ stick Unsalted Butter, melted
- Salt to taste
- . Freshly Ground Black Pepper to taste
- 2 poached Lobster tails, cut halfway down the center
- 1½ Avocado, diced
- 1 ear Corn, chard and kernels removed
- 2 hardboiled Eggs, sliced into wedges
- 1 Heirloom Tomato, cored and diced
- 5 strips of thick cut Smoked Bacon, cooked crispy and crumbled
- 1 cup Romaine Lettuce, shredded
- 1 cup Mixed Salad Greens
- ½ cup Creamy ["Blue Cheese Dressing"](#)

Directions:

1. In a cast iron skillet or a grill pan, bring temperature to medium-high heat.
2. Brush pan with melted butter.
3. Season lobster tails with salt and pepper.
4. Place each lobster tail on hot grill or pan and cook until slightly charred, about 1 to 2 minutes.
5. Let tails cool slightly.
6. Remove lobster meat and rough chop.
7. Layer lobster, avocado, corn, eggs, tomatoes, bacon, lettuce and mixed greens.
8. Dress with Blue Cheese Dressing
9. Serve.

Serves 2

Scallop Salad

Origin: America

Ingredients:

- ¾ lb Sea Scallops
- Salt and Pepper to taste
- 2 Tbs Olive Oil, divided
- 1 Tbs Fresh Minced Chives
- 1 Tbs Balsamic Vinegar
- 2 Garlic Cloves, minced
- 2 tsp Minced Fresh Tarragon
- 2 tsp Honey
- 1 tsp ["Dijon Mustard"](#)
- Spring mix Salad Greens
- ½ cup Tomato, chopped

Directions:

1. Sprinkle scallops with salt and pepper.
2. In a large skillet, sauté scallops in 1 tablespoon oil until firm and opaque.
3. Remove and keep warm.
4. In the same skillet, combine the chives, vinegar, garlic, tarragon, honey, mustard and remaining oil.
5. Bring to a boil.
6. Cook and stir for 30 seconds or until slightly thickened.
7. Divide salad greens among two plates, top with tomato and scallops.
8. Drizzle with dressing.

Serves 2

Ceviche Salad

Origin: America

This is my own recipe

Ingredients:

- ½ lb Medium Shrimp
- ½ lb Bay or Sea Scallops
- ["Ceviche Marinade"](#)
- 2 Large Beefsteak Tomatoes
- Parsley, Finely chopped for garnish

Serves 4

[Thai Salmon Salad](#)

Origin: Thailand

Ceviche Marinade:

- 1 cup Lime Juice
- ¼ Red Onion, thinly chopped
- ½ Serrano or Green Chili, seeded and minced
- ½ cup Tomatoes, chopped, peeled, seeded
- ½ tsp Salt
- Cayenne Pepper to taste

Dressing::

- ¼ cup Red Onion, finely chopped
- ¼ cup Cucumber, finely diced
- 1 Tbs Capers
- 1 Tbs ["Cornichons"](#) finely chopped
- 2 Tbs Mayonnaise.
- ¼ tsp Sherry Vinegar
- Salt & Freshly Ground Black Pepper

Directions:

1. Combine the marinade ingredients
2. Bring large pot of water to rolling boil
3. Add the shrimp
4. Boil for one minute until just pink
Do not overcook
5. Marinate scallops and shrimps in the refrigerator overnight
6. Combine the dressing ingredients
7. Slice Tomatoes in half with saw tooth cut
8. Remove pulp, seeds
9. In a bowl mix the dressing.
10. Divide the mixture between the tomato halves
11. Garnish with parsley

Ingredients:

- ½ Sweet or Red Onion thinly sliced
- ½ tsp Saffron Threads
- 2 Tbs Olive Oil
- 2 Tbs Fish Sauce
- 2 Tbs Lime Juice
- 1 tps Brown Sugar
- ½ tsp Sriracha
- ¾ lb Salmon fillet
- ¾ Tbs Olive Oil
- 1 Tomato, chopped
- 1 Tbs Capers, drained
- ½ cup Fresh Basil, chopped
- ½ Head lettuce

Directions:

1. Warm olive oil in pan at medium-heat.
2. Add saffron.
3. Cook for 1 minute.
4. Add onion.
5. Simmer for about 30 minutes over low heat.
6. Cool and put aside.
7. Preheat oven to 400°F
8. Prepare the dressing by combining the fish sauce, lime juice, brown sugar and Sriracha in a small bowl; set aside.
9. Place the salmon filet on a baking tray, and rub olive oil over.
10. Bake for 20 minutes in the preheated oven, or until easily flakes.
11. Let cool for at least 15 minutes.
12. Place salmon filet into a big bowl; use fork to break salmon meat into big chunks.
13. Add onion, tomato, capers and basil.

14. Pour dressing over, and toss lightly until well mixed.
15. Place mixture on lettuce leaves, and serve immediately.

Serves 2

Chicken

Jubilee Chicken

Origin: England

This a dish prepared for the Queen Elizabeth's Golden Jubilee in 2002.

Ingredients:

- 6 Boneless Skinless Chicken Thighs
- Freshly ground Black Pepper
- Freshly grated Nutmeg
- 2 Tbs Olive Oil
- Bunch Flat-Leaf Parsley
- 1 Lime quartered

Marinade

- 1 Lime, juiced and zest grated
- 2 inch Fresh Root Ginger, peeled and grated
- 1 Garlic Clove, finely chopped
- 1 Shallot, finely chopped
- 2 Tbs Olive Oil

Dressing

- ¼ cup "[Devonshire Cream \(Creme Fraiche\)](#)"
- 6 Tbs Mayonnaise
- 1 Lime, juiced and zest grated
- 2 inch Fresh Root Ginger, peeled and grated

Directions:

1. Mix the marinade ingredients together in a shallow dish.
2. Add the chicken and turn to coat thoroughly.
3. Cover and refrigerate for 2-3 hours.
4. To make dressing, place creme fraiche, mayonnaise, lime juice and zest in a bowl.
5. Peel and grate the ginger, then twist in a piece of muslin, or press through a sieve to extract the juice.
6. Add 2 tsp of the juice to the dressing.
7. Stir, cover and chill to allow the flavors to develop.
8. Scrape marinade from the chicken and pat dry with kitchen paper.
9. Season the chicken with salt, pepper and nutmeg, and place in a roasting tin.
10. Drizzle over Olive Oil.
11. Roast in oven 375°F for 25 minutes,
12. Baste occasionally until the chicken is cooked through.
13. Leave to cool completely, then cut into bite-sized pieces.
14. Combine the chicken and dressing, adjust the seasoning, and refrigerate.
15. Serve with a pasta salad, lime quarters and chopped Flat-Leaf parsley.

Serves 4

Panang Chicken

Origin: Thailand

Ingredients:

- 1 small Chicken, Thighs, or ½ medium-large chicken cut up into pieces
- 3 Tomatoes, cut into wedges
- 1 Red Bell Pepper
- 2 Kaffir Lime Leaves
- ½ tsp whole Cumin

- ½ cup Fresh Basil leaves, left whole or roughly chopped if leaves are large
- ["Panang Curry Sauce"](#)

Directions:

1. Pour ["Panang Curry Sauce"](#) into a casserole dish.
2. If you'd like more sauce, add up to ½ cup good-tasting Chicken Broth and stir together.
3. Now add the chicken pieces along with the cumin seed and lime leaves.
4. Mix well.
5. Cover and bake at 375°F for 45 minutes.
6. Remove from oven and add the tomatoes and peppers.
7. Stir well, then return to oven to bake another 15-20 minutes, or until both chicken and vegetables are cooked.
8. Do a taste test: add more fish sauce if not salty enough.
9. if too spicy, add more coconut milk or a little yogurt.
10. If too salty, add more lime juice.
11. Sprinkle with Fresh basil leaves and serve with rice

Panang Curry Sauce

Ingredients:

- 4 Tbs Tomato Paste
- 1 small Onion, quartered
- 1 inch piece Ginger
- 3 Garlic Cloves, finely chopped
- 1 Tbs Thin Soy Sauce
- ½ tsp Black Soy Sauce
- 2 Tbs Fish Sauce
- 1 tsp Shrimp Paste (or whole large Shrimp)
- 1 Tbs Paprika
- ½ Tbs Chili Powder
- ½ tsp Ground Coriander

- ½ Tbs Sriracha
- ½ tsp Turmeric
- ½ tsp Cinnamon
- Dash Nutmeg
- Dash Ground Cloves
- 1 can Coconut milk
- Juice of ½ Lime

Directions:

1. Place all sauce ingredients in food processor.
2. Process well.

Serves 4

Vegetable

Agurkesalat (Cucumber Salad)

Origin: Norway

Ingredients:

- 1 European Cucumber
- ½ Tbs Salt
- 1 Tbs Fresh Dill or (½ Tbs Dried Dill)
- ¼ cup White Wine Vinegar
- 1 Tbs Sugar
- 1 Pinch White Pepper

Directions:

1. Very thinly slice cucumber.
2. Layer with salt in colander.
3. Drain for 2 hours.
4. Press cucumbers lightly to expel liquid.
5. Place in bowl.
6. Mix dill, vinegar, sugar and pepper.
7. Mix over cucumber.
8. Chill for 2 to 3 hours.
9. Drain and serve.

Bell Pepper Salad

Origin: America

Ingredients:

- 2 Garlic Cloves, smashed
- ½ tsp Caraway seeds
- 2 Red, Yellow, Orange Bell Peppers, junketed
- 2 Tbs Lemon Juice.
- Salt & Freshly Ground Black Pepper
- Parsley, chopped

Directions:

1. Saute garlic and caraway seeds in oil over medium-heat, about 30 seconds.
2. Add peppers.
3. Cook until just warmed through.
4. Toss with lemon juice.
5. Salt and pepper to taste and top with parsley.

Serves 2

Black Bean Salad

Origin: America

Ingredients:

- 1 can (15 oz) Black Beans, rinsed and drained
- 1 Red Bell Pepper, diced
- 1 Green Bell Pepper, diced
- 1 Yellow Bell Pepper, diced
- ½ cup diced Red Onion
- 1 can (15 oz) Corn, rinsed and drained
- 1 clove Garlic, chopped
- 1 tsp Cilantro
- ¼ cup Olive Oil
- 4 Tbs Red Wine Vinegar
- 1 tsp Lime Juice

- Salt and Pepper to taste

Directions:

1. In a small bowl, combine peppers, onion, corn, garlic and cilantro.
2. Add olive oil, vinegar, lime juice and salt and pepper to taste.
3. Add black beans and toss well.
4. Serve with tortilla chips.

Serves 6

Saffron Vidalia Onions with Garden Tomatoes

Origin: America

Ingredients:

- 1 Tbs Olive Oil
- ¼ tps Saffron
- 1 cup Vidalia or Sweet Onions, julienned
- 1 Fresh tomatoes, sliced
- ¼ cup Cherry Tomatoes, quartered
- ¼ tsp Salt
- Freshly Ground Black Pepper
- 2 tsp Fresh Basil, julienned

Directions:

1. In a non-corrosive skillet, warm the oil and the saffron over medium heat
2. When the oil begins to color, about 2 minutes, add the julienned onions.
3. Lower the heat if the onions begin to brown at all
4. When the onions are a bright yellow and crisp-tender . remove to a plate to cool.
5. Pour the pan juices over the onions
6. Arrange the sliced tomatoes with quarters cherry tomatoes.
7. Divide the onions equally and spoon on top of the tomatoes.

- Sprinkle with salt and pepper, and basil.

Serves 2

Spring Snap Pea Toss

Origin: America

Ingredients:

- ¼ lb Sugar Snap Peas.
- ¼ Seedless Cucumber, sliced and quartered
- 2 Tbs Radishes, thinly sliced
- ¼ cup Vinaigrette
- ½ Tbs Dill, chopped
- 2 Tbs Feta Cheese, crumbled
- Salt and Freshly Ground Black Pepper

Directions:

- Toss ingredients together.
- Salt and Pepper to taste.
- Refrigerate for 2 hours.

Serves 2

Caribbean Black Bean Salad

Origin: Jamaica

Ingredients:

- ¼ cup Unsalted Butter
- 1 cup Onion, chopped
- 3 Celery Stalks, finely chopped
- 2 Jalapenos, seeded and minced
- 4 Cloves Garlic, minced
- 3 (15-ounce) cans Black Beans, rinsed and drained
- 1½ cup Chicken Broth
- 1 (14.5-ounce) can Diced Tomatoes
- 2 tsp Smoked Paprika
- 2 Tbs Fresh Lime Juice

- Garnish: chopped red bell pepper, cilantro leaves, sliced Scallion, cheese

Directions:

- In a medium saucepan, melt butter over medium heat.
- Add onion, celery, jalapeno, and garlic.
- Cook, stirring occasionally, until tender, about 6 minutes.
- Stir in beans, broth, tomatoes, and paprika.
- Bring to a boil.
- Reduce heat, and simmer for 20 minutes, stirring occasionally.
- Stir in lime juice.
- Garnish with bell pepper, cilantro, Scallion, and cheese as desired.

Serves 6 to 8

Mediterranean Salad

Origin: Italy

Ingredients:

- ½ Long (European) Cucumber, peeled and cut into very small dice
- 8 Plum Tomatoes, cut into very small dice
- 2 chopped Scallions
- or
- ½ cup Chopped Red Onion
- 1 Small Sweet Red, Yellow or Green Pepper, cut into very small dice
- ½ cup Finely Diced Jicama optional)
- ½ cup Finely Diced Bok Choy, white part only optional)
- 2 Tbs Olive Oil
- 2 tsp Lemon Juice
- Salt & Freshly Ground Black Pepper.
- ¼ tsp Hot Sauce

Directions:

1. Combine vegetables in serving bowl
2. Add Olive Oil and lemon juice
3. Season with Salt & Freshly Ground Black Pepper.
4. Add Hot Sauce

Serves 4

Moroccan Beet Salad

Origin: Morocco

Ingredients:

- 6 -8 "[Boiled Beets](#)"
- Juice of 1 Lemon
- 2 Cloves Garlic, minced
- 1 tsp Cumin
- Salt and Freshly Ground Black Pepper to taste
- ¼ cup Olive Oil
- ¼ cup Fresh Parsley, diced

Directions:

1. Prepare beets
2. Place in a serving bowl.
3. Place lemon juice, garlic, cumin and salt and pepper to taste in a small bowl.
4. Whisk in olive oil, then toss with beets.
5. Let sit a few hours.
6. Just before serving, sprinkle with parsley.

Oia Greek Salad

Origin: Greece

Ingredients:

- 1 Seedless Cucumber, diced
- 2 pts Grape Tomatoes, halved

- 4 oz Feta Cheese, crumbled
- 4 Tbs Capers, drained
- ½, Red Onion, diced
- ¼ cup "[Dijon Vinaigrette](#)"
- ½ cup Greek Olives, drained

Directions:

1. Keep all of the ingredients separate until ready to serve.
2. Mix cucumber, tomatoes, feta cheese, onion together.
3. Drizzle with dressing and toss until everything coated.
4. Top with olives.

Serves 4

Pico De Gallo

Origin: Mexico

Ingredients:

- 1 Medium Tomatoes, seeded and diced
- ¼ Red Onion, diced
- 1 Tbs Poblano, Ancho or Jalapeno Pepper, minced
- 1 Small English Cucumber, chopped
- 1 Tbs Cilantro, minced
- ½ tsp Garlic, minced
- 1 Tbs Fresh Lime Juice
- Salt and Pepper to taste

Directions:

1. Combine tomato, onion, pepper, cucumber, cilantro and garlic
2. Stir in lime juice.
3. Season with salt and pepper.

Serves 2

Summer Country Salad with Basil

Origin: Norway

Ingredients:

- 1 lb Red-skinned new Potatoes
- ½ cup Red Wine Vinegar
- 1 Tbs "[Dijon Mustard](#)"
- ¼ cup Fresh Basil Leaves
- ¼ cup Olive Oil
- Salt to Taste
- Ground Pepper
- 1 Tbs Chopped Shallots
- 2 Tbs Chopped Parsley
- 2 Tbs Slivered Basil

Directions:

1. Bring a large pot of water to the boil.
2. Add potatoes and cook 15 to 20 minutes.
3. Drain, place in bowl.
4. Combine vinegar, mustard and the chopped basil in food processor.
5. Process for 15 seconds.
6. With motor running, slowly add oil through the feed hole.
7. Pour the mixture over the potatoes.
8. Add Salt & Freshly Ground Black Pepper to taste.
9. 15 minutes before serving, toss in shallots, parsley and basil.
10. Serve at room temperature

Watermelon Salad

Origin: America

Ingredients:

- 1 Small Seedless Watermelon
- 1 Tbs Olive Oil
- 2 Red Onions sliced thinly
- 4 oz Feta or goat cheese
- ¼ cup Balsamic Vinegar

Directions:

1. Sauté gently the onion in Olive Oil until soft and starting to turn golden brown.
2. Add the Balsamic vinegar and continue until it has almost evaporated.
3. Meanwhile cut watermelon into 1 inch rounds
4. Cool the onion and balsamic vinegar reduction.
5. Spread the reduction over the sliced watermelon.
6. Spread feta evenly over reduction and cut into serving pieces.

Serves 8

White Beans with Sun-Dried Tomato Vinaigrette

Origin: America

Manchego cheese adds a rich, piquant flavor to cannellini beans.

Vinaigrette:

Ingredients:

- 3 Tbs Olive Oil
- 2 Tbs Sun-Dried Tomato-infused oil (from jar of sun-dried tomatoes)
- 1 Tbs Red Wine Vinegar
- ¼ cup Sun-Dried Tomatoes, chopped
- Dash Coarse salt
- Freshly Ground Black Pepper

Directions:

1. Whisk together all ingredients in small bowl.

Beans:

Ingredients:

- 1 cans Cannellini or Great Northern Beans, rinsed and drained
- ¼ cup Red Onion, diced
- 2 Garlic Cloves, minced
- 3 Basil leaves, chopped
- 1 oz grated Manchego or Romano cheese

Directions:

1. Place beans in a large bowl.
2. Pour vinaigrette over beans.
3. Let stand at least 1 hour.
4. Add onion, garlic, basil and cheese, just before serving.

Serves 2

Salad dressings, Sauces, Marinades, and Rubs

Salad Dressings

Balsamic Vinaigrette

Origin: Italy

Ingredients:

- ¾ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- Salt and Freshly Ground Black Pepper
- Optional extras: Spoonful of mustard, minced shallots, minced garlic, minced fresh herbs, teaspoon dried herbs, spoonful of honey or brown sugar

Directions:

1. Combine the olive oil and balsamic in a canning jar or other container with a good-sealing lid.
2. Add a big pinch of salt and a few grinds of black pepper.
3. Screw on the lid and shake vigorously.
4. Dip a piece of lettuce into the vinaigrette and taste.
5. Adjust the salt, pepper, or the proportion of oil and vinegar to taste.

Makes 1 cup

Blue Cheese Dressing

Origin: America

Ingredients:

- 1 cup Mayonnaise
- ½ cup crumbled Blue Cheese (about 3 ounces), divided
- ½ cup Half & Half
- 2 Tbs Sour Cream
- 1 Tbs Freshly squeezed Lemon juice
- ¼ tsp Worcestershire sauce
- ½ tsp Salt
- Freshly ground Black Pepper

Directions:

1. In a medium bowl, whisk together the mayonnaise, ¼ cup blue cheese, Half & Half, sour cream, lemon juice, Worcestershire, and salt, until smooth.
2. Gently stir in the remaining ¼ cup blue cheese and season with pepper to taste.
3. Use now or store in the refrigerator for up to 3 days.

Yield: 2¼ cup

Caesar Salad Dressing

Origin: Mexico

Ingredients:

- 6 Anchovy fillets packed in oil, drained
- 2 Garlic Cloves
- Pinch Salt
- 3 Egg Yolks
- 3 Tbs Fresh Lemon Juice (Juice of 1 lemon)
- ¾ tsp Dijon Mustard
- ¾ cup Olive Oil
- 3 Tbs Finely grated Parmesan (1 oz)
- Fresh Ground Black Pepper

Directions:

1. Chop together anchovy fillets, garlic, and pinch of salt.
2. Whisk in egg yolks, 3 tablespoons lemon juice, and mustard.
3. Adding drop by drop to start, gradually whisk in olive oil,
4. Whisk until dressing is thick and glossy.
5. Whisk in Parmesan.
6. Season with salt, pepper, and more lemon juice, if desired.

Serves 6

[Creamy Tarragon Mustard Dressing](#)

Origin: America

Ingredients:

- 1 whole Egg
- 1 Egg yolk
- 2 Tbs prepared "[Dijon Mustard](#)"
- 2 Tbs Tarragon Vinegar
- 1 tsp crumbled dried Tarragon
- Salt and Freshly Ground Black Pepper to taste to taste
- 1 cup Olive Oil

Directions:

1. In a blender, or in the bowl of a food processor fitted with a steel blade, combine whole egg, egg yolks, mustard, vinegar and tarragon.
2. Season to taste with salt and pepper and process for 1 minute.
3. Measure out the oil and with the motor still running, dribble the oil into the processor or blender in a slow, steady stream Shut off the motor, scrape down sides, taste, and correct seasoning.
4. Transfer to a storage container, cover, and refrigerate until ready to use.

Makes 2 cups

[Cumin Vinaigrette Dressing](#)

Origin: India

Ingredients:

- 1½ Tbs Red Wine Vinegar
- ¼ tps Cumin
- 1 Tbs Plain Yogurt –
- 1 Tbs Olive Oil

Directions:

1. Mix together ingredients.

[French Dressing \(Sauce Vinaigrette\)](#)

Origin: France

This is very different from the normal bottled dressing one buys in the store. It can be used as Salad Dressing or a marinade for asparagus etc.

Ingredients:

- ¼ tsp Salt
- Dash Freshly Ground Black Pepper
- ¼ cup White Wine Vinegar
- 2 Tbs Lemon Juice
- ½ tsp "[Dijon Mustard](#)"
- 1 cup Olive Oil

Directions:

1. Put all ingredients except the oil in a jar
2. Shake until all these ingredients are mixed
3. Add the oil gradually, shaking between additions

[Dijon Vinaigrette](#)

Origin: France

This is my variation of the House Dressing served at Jean Claude's, a French Restaurant in North Raleigh.

Ingredients:

- 2 Tbs ["Dijon Mustard"](#)
- ½ cup Olive Oil
- 2 Tbs Red Wine Vinegar
- 1 Tbs Shallot, finely chopped
- 1 Tbs Oregano.
- 1 Clove of Garlic, crushed
- Dash Salt
- Dash Freshly Ground Black Pepper

Directions:

1. Put all ingredients in a blender
2. Mix until all these ingredients are well mixed

Yield: 1½ cup

[Fresh Basil Vinaigrette](#)

Origin: America

This has become one of our signature recipes using home grown basil.

Ingredients:

- ¾ cup Olive Oil
- 2 cups chopped Fresh basil
- 1 Shallot, peeled
- 1 Garlic Cloves clove, peeled
- ¼ cup Red Wine Vinegar
- ¼ cup water
- ½ tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 2 tsp ["Dijon Mustard"](#)

Directions:

1. Heat ½ cup of oil with 1 cup basil in medium saucepan over medium heat until basil turns bright green and small bubbles appear, 2-3 minutes.
2. Turn off heat and steep 5 minutes.
3. Process shallot, garlic, vinegar, water, salt, pepper, and mustard in blender until garlic and shallot are finely chopped, about 15 seconds.
4. With blender running, slowly add remaining oil and steeped basil oil and continue to process until dressing is smooth and emulsified, about 15 seconds.
5. Pack remaining basil into blender and process until dressing is smooth, about 15 seconds.

Yield: 1 cups

[Japanese Ginger Salad Dressing](#)

Origin: Japan

Ingredients:

- 4 Tbs Rice Wine Vinegar
- 6 Tbs Olive Oil
- 2 tsp Sesame oil
- 2 tsp Thin Soy Sauce
- 1 tsp Sugar
- 2 tsp Rice Wine or Sake
- 2 tsp Grated Ginger
- 1 Garlic Clove, finely chopped

Directions:

1. Mix all the ingredients other than oil in a bowl.
2. Add oil gradually into a bowl and mix well.

Yield: ½ cup

[Korean Salad Dressing](#)

Origin: Korea

Ingredients:

- 2 Tbs Thin Soy Sauce
- 1 tsp Fish Sauce
- 1 tsp Sugar
- 1 Tbs Rice Vinegar
- ½ tsp Cayenne Pepper Flakes
- 1 Tbs Sesame Oil
- ½ Tbs Black Sesame Seeds

Directions:

1. Mix together ingredients.

Poppy Seed Dressing

Origin: America

This dressing has an intense flavor; you will not need much, maybe 3 tablespoons per serving. Remaining dressing will keep refrigerated for 10 days.

Ingredients:

- 1 cup Honey
- 1¼ tsp Salt
- ½ cup Wine Vinegar
- 1½ tsp Mustard
- 1¼ cup Olive Oil
- 1 Tbs Grated Onion
- 2 tsp Poppy seeds

Directions:

1. Combine honey, salt, vinegar, salad oil, onion, mustard and poppy seeds in a
2. 3 cups or larger jar.
3. Cover and shake well to mix.
4. Shake before serving.

Makes 2½ cup.

Ranch Dressing

Origin: America

Ingredients:

- ½ cup Mayonnaise.
- 1 cup Sour Cream (or substitute plain yogurt)
- 1½ Tbs Buttermilk Powder
- ¾ cup Water
- 3 Tbs Red Bell Pepper, minced
- 2 Tbs Onion, minced
- 2 Tbs Fresh Cilantro, minced
- 1 Tbs Garlic, minced
- ½ tsp Freshly Ground Black Pepper
- ½ tsp Salt

Directions:

1. Combine the mayonnaise, sour cream, buttermilk powder, and water in a mixing bowl and stir until smooth.
2. Add the bell pepper, onion, cilantro, garlic, pepper, and salt and mix well.
3. The dressing will keep for a week in a sealed container in the refrigerator.

Yield: 1½ cups

Russian Dressing

Origin: America

Ingredients:

- ½ cup mayonnaise
- 2 Tbs Ketchup
- 1 tsp Worcestershire sauce
- 1 tsp Prepared Horseradish
- Freshly Ground Black pepper
- Pinch Cayenne Pepper
- Salt to taste, if needed

Directions:

1. Combine all ingredients, adjust according to taste.
2. Refrigerate.

Makes about ¾ cup

Salad Cream

In England, one could buy bottled Salad Cream. We have been unable to find it in the USA so we have come up with a recipe that is a favorite of Pam's.

Ingredients:

- 1 Egg
- ½ tsp Salt
- ½ tsp Dry Mustard (Colman's of course)
- ¼ tsp Paprika
- 1 Tbs Lemon Juice
- 1 Tbs Malt Vinegar
- 1 cup Olive or Salad Oil

Directions:

1. Put the egg, seasonings, vinegar, lemon juice, and 4 tablespoons of the oil in to Blender
2. Cover and process on MIX
3. Immediately remove feeder cap and add the remainder of the oil in a steady stream
4. Serve as usual.

Seafood Salad Dressing

Ingredients:

- 3 Tbs Mayonnaise.
- 1 Tbs Lemon Juice
- ½ tsp "[Dijon Mustard](#)"
- ½ tsp Worcestershire Sauce
- 1 tsp Capers
- 2 Drops Hot Sauce

Directions:

1. Combine mayonnaise, lemon juice, mustard, Worcestershire sauce and Hot Sauce
2. Blend well
3. Add the capers

Thai Dressing

Origin: Thailand

Ingredients:

- 1 Garlic Clove, minced very fine
- ½ tsp Sriracha
- 3 Tbs Fish Sauce
- ½ cup Water
- ½ cup Rice or Cider vinegar
- 3 Tbs Sugar

Directions:

1. Mix all ingredients in blender

Thousand Island Dressing

Ingredients:

- ½ cup Mayonnaise.
- 2 Tbs Ketchup
- 1 Tbs White Wine Vinegar
- 2 tsp Sugar
- 2 tsp Sweet Pickle Relish
- 1 tsp Finely minced White Onion
- Dash Salt
- Dash of Black Pepper

Directions:

1. Combine all of the ingredients in a small bowl.
2. Stir well.
3. Place dressing in a covered container and refrigerate for several hours,

stirring occasionally, so that the sugar dissolves and the flavors blend.

Makes about ¾ cup.

Sauces for Chicken

Chasseur's Sauce

Origin: France

For chicken or duck. To make a white variation leave out the tomatoes

Ingredients:

- 2 Tbs Olive Oil
- 8 Button Mushrooms sliced thin
- 1 Medium Shallot, finely chopped.
- 1 Garlic Cloves crushed
- 3 Tbs Brandy
- ½ cup White Wine
- 2 cups Chicken Broth
- ½ cup Diced Tomatoes drained (optional)
- 1 Tbs Chopped Tarragon
- 1 Tbs Chopped Parsley
- 1 Tbs Arrowroot (optional)
- ½ tsp Salt
- Ground Pepper to taste
- 3 Tbs Olive Oil

Directions:

1. Sauté mushrooms until just started to brown
2. Reduce heat and add shallots and garlic
3. Cook for about one minute until softened
4. Remove pan from heat
5. Add brandy
6. Light brandy
7. Return pan to heat

8. Add wine and heat until liquid has evaporated
9. Add broth, tarragon, paisley and tomatoes and simmer until liquid reduced
10. Thicken if needed with arrowroot
11. Add butter and heat until melted
12. Salt and pepper to taste

Dijonnaise Sauce

Origin: France

Ingredients:

- 4 shallots
- 2 Tbs Olive Oil
- 2 cups Heavy Cream
- ¾ cup "[Dijon Mustard](#)"
- 1 cup defatted Chicken Broth
- 1 cup White Wine
- Salt and pepper to taste

Directions:

1. Finely chop shallots and place in a medium sauce pan
2. Sauté in butter until soft
3. Add cream, mustard, stock and wine
4. Bring to a boil
5. Lower heat to simmer and reduce by half.(Watch carefully as sauce reduces and stir occasionally. Reduction will take place quickly once it begins.)
6. Salt and pepper to taste.

Curried Ketchup

Origin: America

Ingredients:

- 1 pt Cherry Tomatoes
- ½ cup Red Wine Vinegar
- ¼ cup Sugar

- 2 tsp Curry Powder
- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- Pinch Ground Cloves

Directions:

1. Put the tomatoes, vinegar, sugar, curry powder, salt, pepper and cloves into a saucepan and place over high heat.
2. Bring to a boil, stir to dissolve the sugar and cook until the tomatoes have broken down and the mixture is slightly thick, about 10 minutes.
3. Pour the mix into a food processor and pulse until smooth.
4. Let cool to room temperature before refrigerating.
5. Place in a decorative bowl to serve.

Yield: 1 cup

Makes ½ cup

White Wine Mushroom Sauce

Origin: England

Ingredients:

- 3 Tbs Olive Oil
- 3 shallots, minced (about ¾ cup)
- 1 Garlic Clove, finely chopped
- 6 oz shiitake or other mushrooms, stemmed, caps wiped clean with a damp towel, and thinly sliced
- 2 cups White Wine
- 1 cup Chicken Broth
- 1 tsp Arrowroot dissolved in 1 tablespoon White Wine
- Coarse sea salt
- Freshly ground Black Pepper

Directions:

1. Melt 2 tablespoons olive oil in a heavy saucepan.
2. Add the shallots and garlic and cook over medium heat, stirring often, until soft but not brown, about 3 minutes.
3. Add the sliced shiitakes and cook until browned and most of the mushroom liquid has evaporated, about 3 minutes.
4. Add the wine and bring to a boil.
5. Briskly simmer the wine until reduced by half, about 5 minutes.
6. Add the stock and briskly simmer until the mixture is reduced to about 1½ cup and is the consistency of Heavy Cream, 5 to 10 minutes.
7. If necessary to thicken, whisk the arrowroot-wine mixture into the sauce, and boil for 1 minute.
8. Remove the pan from the heat and whisk in the remaining 1 tablespoon olive oil.
9. Whisk in salt and pepper to taste; the sauce should be highly seasoned.

Sauces for Meat

Beekeeper's Jezebel Sauce

Origin: England

This sweet-and-spicy sauce is delicious served with pork tenderloin and grilled chicken or as a dipping sauce for fried shrimp.

Ingredients:

- 1 jar apricot preserves
- ¼ cup Chicken Broth
- ¼ cup honey
- 3 Tbs Horseradish
- 1 Tbs chopped Fresh parsley

- 2 Tbs "[Dijon Mustard](#)"
- 1 tsp chopped Fresh thyme
- ½ tsp crushed Cayenne

Directions:

1. Whisk together all ingredients in a small saucepan.
2. Cook over medium heat, whisking frequently, 3 to 4 minutes or until thoroughly heated and sauce is a pourable consistency.
3. Use immediately, or store in an airtight container in refrigerator up to 1 week.

Cumberland Sauce***Origin:* England**

This can served hot or cold with game or ham

Ingredients:

- 1 cup Red Currant Jelly
- 1 Tbs chopped Shallots
- 1 Tbs Orange Zest
- 1 Tbs Lemon Zest
- 1 tsp grated Ginger
- 1 tsp English Mustard
- ½ cup Port Wine
- 2 Tbs Orange Juice
- 1 Tbs Lemon Juice
- 2 Tbs Grand Marnier
- ½ tsp Salt
- Cayenne pepper

Directions:

1. Melt red currant jelly; add shallots, julienned orange and lemon zest and Fresh grated ginger.
2. Mix mustard in port and add to currant jelly.

3. Add Grand Marnier, orange and lemon juice and simmer for 5 to 10 minutes.
4. Season with salt and cayenne pepper.

Makes 1½ cup

Mushroom Merlot Sauce***Origin:* France*****Ingredients:***

- 3 Tbs Butter
- 3 shallots, minced (about ¾ cup)
- 1 Garlic Clove, finely chopped
- 6 oz shiitake or other mushrooms, stemmed, caps wiped clean with a damp towel, and thinly sliced
- 2 cups merlot or other full-bodied dry red wine
- 1 cup beef, veal, or Chicken Broth
- 1 tsp Arrowroot dissolved in 1 tablespoon Merlot (optional)
- Coarse sea salt
- Freshly ground black pepper
- 2 Tbs finely chopped Italian parsley

Directions:

1. Melt 2 tablespoons butter in a heavy saucepan.
2. Add the shallots and garlic and cook over medium heat, stirring often, until soft but not brown, about 3 minutes.
3. Add the sliced shiitakes and cook until browned and most of the mushroom liquid has evaporated, about 3 minutes.
4. Add the wine and bring to a boil.
5. Briskly simmer the wine until reduced by half, about 5 minutes.
6. Add the stock and briskly simmer until the mixture is reduced to about

1½ cup and is the consistency of Heavy Cream, 5 to 10 minutes.

7. If necessary to thicken, whisk the arrowroot-wine mixture into the sauce, and boil for 1 minute.
8. Remove the pan from the heat and whisk in the remaining 1 tablespoon butter.
9. Whisk in salt and pepper to taste; the sauce should be highly seasoned.
10. Add chopped parsley and stir

Whisky Jus

Origin: Scotland

Ingredients:

- 1 Tbs Olive Oil
- 1 Tbs Butter
- 2 oz chopped vegetables (i.e. carrot, leek, onion, celery)
- 4 Tbs Malt Whisky
- 1 pt Beef Stock
- Salt and pepper

Directions:

1. Heat olive oil in thick bottomed pan.
2. Add chopped vegetables and cook gently for 2-3 minutes.
3. Add malt whisky and flambé.
4. Add brown stock and reduce by two-thirds.
5. Remove from heat,
6. Strain out vegetables, season and whisk in butter.
7. Keep warm without boiling.

Sauces for Seafood

Bearnaise Sauce

Origin: France

This is used for Poached Salmon or London Broil

Ingredients:

- ¼ cup White Wine
- 2 Tbs Tarragon Vinegar
- 1 Tbs Shallots, finely chopped
- ½ tsp Freshly Ground White Pepper
- 2 tsp Tarragon, finely chopped
- 2 Sprigs (or ¼ tsp) Chervil
- 3 Egg Yolks
- ¾ cup Olive Oil

Directions:

1. Mix wine, vinegar, shallots, pepper, tarragon, and chervil in the top of double boiler
2. Cook down over direct heat until reduced by half
3. Add eggs yolks and melted butter slowly over hot (not boiling) water, beating constantly

Dill Sauce

Origin: England

Ingredients:

- 1 cup Sour Cream
- ½ tsp "[Dijon Mustard](#)"
- 1 Garlic Clove, finely chopped
- ¼ tsp Salt
- Freshly Black Pepper
- 1 tsp or more Dill weed
- 1 Tbs Fresh Lemon Juice
- ½ Tbs Capers

Directions:

1. In a medium-size bowl, sour cream, Dijon Mustard, salt, white pepper, dill weed, garlic, Fresh lemon juice, and capers.

2. Store in refrigerator until ready to serve.

Makes 2 cups.

Horseradish Cream Sauce

Origin: England

Ingredients:

- 3 cups Heavy Cream
- 3 Tbs Horseradish, strained
- 2 Tbs Sour Cream
- 3 Lemons, zested
- 1 Tbs Lemon Juice

Directions:

1. Reduce the cream down to 1 cup over medium heat
2. Chill the reduced heavy cream until cold and thick.
3. Combine all ingredients and gently mix.
4. Keep cold until it goes on warm fish to keep from breaking.

Serves 4

Joe's Stone Crab Sauce

Origin: America

This is the sauce served at Joe's Stone Crab in Miami.

Ingredients:

- 1 Tbs Colman's dry mustard, or to taste
- 1 cup Mayonnaise.
- 2 tsp Worcestershire sauce
- 1 tsp Hoisin Sauce
- ¼ cup Heavy Cream or milk
- Salt to taste

Directions:

1. Place mustard in a mixing bowl
2. Add the mayonnaise and beat for 1 minute
3. Add the remaining ingredients and beat until mixture is well blended
4. Cover and chill

Makes 1 cup

Key Lime Coconut Curry Sauce

Origin: Thailand

Ingredients:

- 2/3 cup canned Cream of Coconut
- ½ cup Key lime Juice
- 7 Tbs minced Scallions
- 2 teaspoon Curry powder
- ½ tsp Cayenne pepper
- ½ tsp Salt
- ¼ tsp Freshly Ground Black Pepper

Directions:

1. Whisk the cream of coconut and lime juice in a bowl.
2. Stir in the onion, curry powder, cayenne, salt and pepper.
3. Store, covered, in the refrigerator for up to 1 day.
4. Brush the sauce over Fresh seafood before and during grilling.
5. Be sure to reserve some of the sauce to serve with the seafood.

Makes 1½ cup.

Lemon Butter Caper Sauce

Origin: America

Ingredients:

- 4 Tbs Unsalted Butter
- 1 Tbs Capers
- 2 Tbs Lemon Juice
- 1 tsp Chopped Parsley

Directions:

1. Heat 1 tablespoon of butter in small saucepan
2. Add lemon juice parsley and capers
3. Simmer then remove from heat.
4. Add remaining butter and swirl around until it is melted.
5. This will create a creamy buttery sauce not oily.
6. Serve fish with butter sauce drizzled over

Serves 2

Mousseline Sauce

Origin: France

This mousseline sauce has all the smooth, flavorful elements of Hollandaise sauce.

Ingredients:

- ½ cup "[Hollandaise Sauce](#)"
- ¼ cup Heavy Cream
- 1 tsp chopped Dill (optional)

Directions:

1. Prepare the hollandaise sauce.
2. Add cream and dill.
3. Whip until smooth.

Serves 2

Mustard Sauce

Origin: America

This Sauce is to serve over Baked Ham

Ingredients:

- ½ cup Dry White Wine
- 1 Large Shallot, finely chopped
- 1 tsp Light Brown Sugar
- 2 Tbs Dijon Mustard
- 1 Tbs Whole Grain or Beer Mustard
- ½ cup Sour Cream
- 2 Tbs Fresh Tarragon,

Directions:

1. Place the white wine, shallot and sugar in a small saucepan.
2. Bring to a boil and Simmer until reduced by half, about 3 minutes.
3. Remove from heat
4. Whisk in the mustards, sour cream and tarragon

Nicoise Sauce

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 1 Tbs sliced garlic
- 1½ cup inch -diced peeled tomatoes
- 2 tsp capers
- 2 tsp chopped Fresh flat-leaf parsley
- 1 tsp chopped Fresh basil
- 20 Nicoise olives
- 1 tsp Freshly squeezed Lemon Juice
- 1½ cup Chicken Broth
- Pinch of Ground Cayenne
- Salt and Freshly Ground Black Pepper to taste to taste

Directions:

1. Sauté the butter and garlic over medium heat until the garlic is lightly browned.

2. Add the remaining ingredients except salt and pepper, and bring to the boil.
3. Season with the salt and pepper.
4. Set aside and keep warm.

Sorrel Sauce

Origin: England

Sorrel gives a nice flavor but the method works for thyme for a different sauce.

Ingredients:

- 2½ cup Fish Stock
- ¾ cup Heavy Cream
- ¼ cup Dry Vermouth
- ¼ cup Fresh Sorrel leaves, washed and dried
- 6 Tbs Unsalted Butter
- 2 tsp Fresh Lemon Juice

Directions:

1. Place the fish stock, half the cream and vermouth in a pan and boil rapidly to reduce by three-quarters.
2. Meanwhile, wash and pick the stalks from the sorrel.
3. Slice the leaves very thinly.
4. When the fish stock has reduced, add the rest of the cream, the butter and the lemon juice.
5. Reduce a little more then stir in all but a pinch of the sorrel.

About 1 cup

Red Wine Butter Sauce

Origin: America

Serve over any firm white fish.

Ingredients:

- 1 cup Merlot
- 1 Tbs sliced Shallots
- 1 Fresh Thyme sprigs
- 1 tsp whole Black Peppercorns
- 1 bay leaf
- Dash Salt
- Dash Ground White Pepper
- 4 oz Unsalted Butter, cut into cubes, room temperature
- Freshly Ground Black Pepper
- 1 tsp whipping Cream

Directions:

1. In medium saucepan combine merlot, shallots, thyme, peppercorns, bay leaf, salt, and white pepper.
2. Bring to boil over medium heat.
3. Reduce uncovered, 25 to 30 minutes or until reduced to ¼ cup.
4. Strain mixture; discard solids except for bay leaf.
5. Return mixture to saucepan.
6. Let stand 5 to 10 minutes or until cooled to about 120°F.
7. Remove bay leaf.
8. Start whisking in butter.
9. Return saucepan to heat if butter stops melting, but maintain temperature of 100° to 120°F by moving saucepan back and forth from heat.
10. Once butter is fully incorporated, whisk in whipping cream.
11. Season to taste with salt and black pepper.
12. Place saucepan on stovetop to keep warm before serving.
13. Spoon sauce atop fish.

Serves 2

Sauce Béchamel

This used for baking any firm white fish.

Ingredients:

- 4 Tbs Unsweetened Butter
- 3 Tbs All-purpose Flour
- ½ cup Fish Stock
- 1 cup Milk
- ½ tsp Salt
- Freshly Ground Black Pepper
- ¼ tsp Ground Nutmeg

Directions:

1. Melt butter over low heat
2. Blend in flour, salt, and pepper
3. Cook until slightly browned
4. Stir in fish stock
5. Stir until smooth
6. Gradually add milk
7. Stir until nicely thickened
8. Simmer for 5 minutes
9. Stir in nutmeg

Shrimp, Lobster, Clam, Crab and Oyster Sauces

Origin: England

Sauce To one cups ["Sauce Béchamel"](#) add

Shrimp ¼ cup finely chopped cooked shrimp

Lobster ¼ cup finely chopped cooked lobster

Crab ¼ cup finely flaked crabmeat

Oyster Use ½ cup oyster liquid in making basic sauce and add ½ cup chopped oysters

Clam Use ½ cup clam liquid in making basic sauce and add ½ cup chopped clams

[Sauce Louis](#)

Origin: America

Ingredients:

- ½ cup Mayonnaise.
- ¼ cup Sour Cream
- 2 Tbs Ketchup sauce
- ½ tsp Hot Chinese Chili Sauce
- 1 tsp Worcestershire sauce
- 1 Tbs Fresh Lemon Juice
- ¼ cup diced (¼ inch) Green Bell Pepper
- 2 Tbs chopped Scallions (green and white part)
- 1 Tbs snipped Fresh Chives
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Mix all ingredients and refrigerate until needed

Serves 4

[Sauce Mornay](#)

Note: Fish stock should be substituted for Chicken broth if the sauce is to be used for fish.

Ingredients:

- 2 Tbs All-purpose Flour
- 2 Tbs Unsweetened Butter
- 1 cup Chicken Broth
- ¼ tsp Salt
- Freshly Ground Black Pepper
- 1 cup of cream
- ½ cup Grated Parmesan Cheese
- 3 Egg Yolks

Directions:

1. Melt butter over low heat
2. Blend in flour, salt, and pepper
3. Stir in broth
4. Simmer for 10 minutes

5. Beat cream and egg yolks together
6. Remove sauce from heat and stir in cream and egg yolks
7. When the sauce thickened, stir in the grated cheese and continue to stirring lightly until the cheese is melted.

- 1 Tbs Stuffed Green Olives, drained and finely chopped
- 4 "[Cornichons](#)", finely chopped
- 1 Tbs Capers, drained
- Salt & Pepper to taste
- 1 cup Mayonnaise.

Sauce Veloute

Origin: France

Is used for "[Sauce Mornay](#)" or any poached fish.

Ingredients:

- 2 Tbs All-purpose Flour
- 2 Tbs Unsweetened Butter
- 1 cup Fish Stock
- ¼ tsp Salt
- Freshly Ground Black Pepper
- 1 cup of cream
- 3 Egg Yolks

Directions:

1. Melt butter over low heat
2. Blend in flour, salt, and pepper
3. Stir in fish stock
4. Simmer for 10 minutes
5. Beat cream and egg yolks together
6. Remove sauce from heat and stir in cream and egg yolks
7. Continue stirring until thickened

:

Tartar Sauce

Ingredients:

- 1 tsp "[Dijon Mustard](#)"
- 1 Tbs Parsley, Finely chopped
- 1 tsp Shallots, Finely chopped
- 1 Tbs Sweet Pickle, drained

Directions:

1. Mix all ingredients except for mayonnaise
2. At this point the mixture can held as a base for two weeks adding mayonnaise as needed prior to serving.

Veracruzana Sauce

Origin: Mexico

Ingredients:

- 1 tsp Olive Oil
- 2 medium Shallots, peeled and finely chopped
- 1 can of Diced Tomatoes, drained
- ¼ cup Thinly sliced stuffed Green Olives
- 1 Tbs drained Capers
- 1 Tbs Worcestershire sauce
- ¼ tsp Cayenne Flakes, crushed
- Freshly Ground Black Pepper

Directions:

1. In a cast iron skillet, heat Olive Oil and fry the shallots for 5 minutes
2. Add tomatoes, olives, capers, Cayenne flakes, Worcestershire sauce, and several grindings of pepper
3. Simmer until thickened, about 10 minutes

White Wine Butter Sauce

Origin: England

Ingredients:

- 3 Shallots, finely Minced
- ¼ cup White Wine
- 4 Tbs Butter
- Pinch of Salt
- ½ tsp chopped Fresh Dill or Parsley (optional)

Directions:

1. In small saucepan, boil down shallots in wine
2. Continue cooking for about 15 minutes.
3. Allow to cool
4. Stir in Fresh herbs
5. Whisk in butter at room temperature.
6. Add salt
7. Simmer for five minutes
8. Serve over fish

Serves 2

Barbecue Sauces

Apple Cider Bar-B-Que Sauce

Origin: America

Ingredients:

- 1 cup Apple Cider Vinegar
- 1 cup Hard Cider
- 2 Tbs Brown Sugar
- 1 Tbs Paprika
- 1 tsp Ground Cayenne
- 1 tsp Salt
- 4 Tbs Tomato Paste

Directions:

1. Mix all ingredients and heat stir occasionally.
2. Simmer until reduced by about a half

Make 1 cup

Barbecue Sauce for Chicken

Origin: America

This is a very subtle barbecue sauce for chicken. This is enough for one chicken.

Ingredients:

- 1 cup Ketchup
- 5 Tbs Molasses
- 3 Tbs Cider Vinegar
- 2 Tbs Worcester Sauce
- 2 Tbs "[Dijon Mustard](#)"
- 1 tsp Chili Powder
- ¼ tsp Ground Cayenne
- ¼ tsp Ground Black Pepper
- 2 Tbs Olive Oil
- ¼ cup Onion, chopped
- 4 Garlic Cloves, finely chopped

Directions:

1. Mix first 8 ingredients in a bowl and aside.
2. Heat oil in small pan.
3. Add garlic and onion and sauté over low heat 1 minute.
4. Add sauce mixture.
5. Simmer 5 minutes.

Black Coffee Barbecue Sauce

Origin: America

Ingredients:

- ½ cup Very Strong Black Coffee, Espresso preferred
- 1 cup Ketchup

- ¼ cup Red Wine Vinegar
- ¾ cup Dark Brown Sugar, firmly packed
- 1 Onion, peeled and chopped, about 1 cup
- 2 Cloves Garlic, peeled and crushed
- 2 Tbs Dark Molasses
- 3 Fresh Hot Chili Peppers, such as Jalapeno, seeded (optional)
- 2 Tbs Dry Mustard mixed with 1 tablespoon water
- 2 Tbs Worcestershire Sauce
- 2 Tbs Ground Cumin
- 2 Tbs Chili powder

Directions:

1. Combine all ingredients in a saucepan and simmer over low heat for 20 minutes.
2. Cool, then puree in a blender or food processor until smooth.
3. This can be stored in the refrigerator for up to 2 weeks in a covered container.

Yield: 1½ cups Level:

Chili's Baby Back Rib Sauce

Origin: America

This is Ray's variation of the commercial product

Ingredients:

- 3 cups Water
- 2 cups White Wine Vinegar
- 2 12 oz Tomato Paste
- 2 Tbs "[Dijon Mustard](#)"
- 8 oz Dark Brown Sugar
- 1 Tbs Liquid Smoke Hickory Flavoring
- 3 tsp Salt
- 1 Tbs Onion powder

- 1 Tbs Garlic powder
- 1 tsp Paprika

Directions:

1. Make the barbecue sauce by combining all of the ingredients for the sauce in a medium saucepan over medium heat.
2. When it comes to a boil, reduce heat and simmer sauce, stirring often, for 45 to 60 minutes or until sauce is thick.

Rubs & Seasonings

Baharat

Origin: Turkey

Like Curry powder this a mix which can vary by taste. Can be used for chicken, lamb and vegetables

Ingredients:

- 1 Tbs Ground Black Pepper
- ½ Tbs Ground Coriander
- ½ Tbs Ground Cinnamon
- ½ Tbs Ground Cloves
- ¾ Tbs Ground Cumin
- ¼ tsp Ground Cardamom
- 1 tsp Ground Nutmeg
- 1 Tbs Paprika

Directions:

1. Combine all the ingredients together till well mixed.
2. Store in an airtight jar and keep away from direct sunlight.

Makes ¼ cup

Origin: America

Blackened Seasoning Mix

Ingredients:

- 1 Tbs Sweet Paprika
- 1 tsp Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- ½ tsp Ground Cayenne (Cayenne)
- ½ tsp Freshly Ground Black Pepper
- ½ tsp Freshly Ground White Pepper
- 1 tsp Thyme
- 1 tsp Oregano

Directions:

1. Mix all ingredients in bowl
2. Store in airtight container

Bouquet Garni

Origin: France

Ingredients:

- 2 Sprigs Parsley
- 1 Sprig Rosemary
- 1 Sprig Thyme
- 1 Bay Leaf

Directions:

1. Tie herbs in cheesecloth

Essence

Origin: America

This is Ray's version of Emeril Lagasse's blend of spices and herbs to complement meat or fowl, fish, vegetables and pasta. It can be used as an alternative to Old Bay Seasoning.

Ingredients:

- 2½ Tbs Paprika
- 2 Tbs Garlic Powder
- 2 Tbs Black Pepper
- 1 Tbs Salt
- 1 Tbs Onion Powder
- 1 Tbs Ground Cayenne
- 2 Tbs Dried Oregano
- 2 Tbs Dried Thyme
- 2 Tbs Dried Parsley
- 2 Tbs Dried Celery seeds

Directions:

1. Mix all ingredients in bowl
2. Store in airtight container

Harissa

Origin: Tunisia

Harissa is a spicy and aromatic chile paste that's a widely used staple in North African and Middle Eastern cooking.

Ingredients:

- 1 Red Bell Pepper
- ½ tsp Coriander seeds
- ½ tsp Cumin seeds
- ½ tsp Caraway seeds
- 1 ½ Tbs Olive Oil
- 1 Small Red Onion, coarsely chopped
- 3 Cloves Garlic, coarsely chopped
- 2 Hot Red Chilies, seeded and coarsely chopped
- 1½ tsp Tomato Paste
- 2 Tbs Lemon Juice
- ½ tsp Salt

Directions:

1. Place the pepper under a very hot broiler, turning occasionally for

- about 25 minutes, until blackened on the outside and completely soft.
- Transfer to a bowl, cover with plastic wrap, and allow to cool.
 - Peel the pepper and discard its skin and seeds.
 - Place a dry frying pan over low heat and lightly toast the coriander, cumin, and caraway seeds for 2 minutes.
 - Remove them to a mortar and use a pestle to grind to a powder.
 - Heat the olive oil in a frying pan over medium heat, and fry the onion, garlic, and chilies for 10 to 12 minutes, until a dark smoky color and almost caramelized.
 - Now use food processor to blitz together all of the paste ingredients until smooth, adding a little more oil if needed.
 - Store in a sterilized jar in the refrigerator for up to 2 weeks or even longer.

Makes 1 cup

Honey Chili BBQ Rub

Origin: America

Ingredients:

- 1 Tbs Powdered Honey
- 1½ tsp Smoked Paprika
- ½ tsp Sea Salt
- ½ tsp Freshly ground Black Pepper
- ¼ tsp Dry Mustard
- ½ tsp Chipotle Chile Powder

Directions:

- Combine powdered honey, salt, paprika, pepper, mustard and chipotle chile powder in a small bowl.

Moroccan Spice

Origin: Morocco

- 2 tsp Ground Coriander
- 1½ tsp Ground Cumin, divided
- 1 tsp Ground Turmeric
- 1 tsp Sweet Paprika, divided
- ¼ tsp Ground Cayenne
- ¼ tsp Ground Cinnamon
- Dash Cayenne Flakes, crushed
- ½ tsp Sea Salt

North African Spice Blend

Origin: Morocco

Ingredients:

- 1 Tbs Curry powder
- 1 tsp Ground Cumin
- ½ Salt
- ½ tsp Paprika
- ½ tsp Ground Cinnamon
- ¼ tsp Cayenne Flakes, crushed

Directions:

- Combine all ingredients.
- Mix well

Rogan Josh

Origin: Kashmir

Ingredients:

- ½ Tbs Paprika
- ½ Tbs Garlic Powder
- ½ Tbs Ginger, ground
- ½ Tbs Cumin, Ground
- ½ Tbs Coriander, ground
- ½ Tbs Fresh Ground Black Powder
- ½ Tbs Cinnamon, ground
- ½ Tbs Cardamom, ground
- ½ Tbs Cloves, ground

- 1 tsp Saffron

Directions:

1. Using a spice grinder or a pestle and mortar, grind ingredients to a fine powder and set aside.

Makes ½ cup

Tandoori Spice

Origin: India

This traditional spice blend is a popular part of Indian cuisine.

Ingredients:

- 3 Tbs paprika
- 1 Tbs Ground Turmeric
- 1 tsp Garlic Powder
- 1 tsp Ground Nutmeg
- 1 tsp Cayenne
- 1 tsp Ground Ginger
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1 tsp Ground Cloves

Directions:

1. Stir together all ingredients, and store in airtight container.

Salsa**Basil Cheese Pesto**

Origin: Italy

This pesto is equally at home on pasta, fluffed into hot rice, or stirred into homemade mayonnaise.

Ingredients:

- 2 cups Fresh basil leaves, thoroughly washed and patted dry
- 4 Garlic cloves, peeled and chopped
- 1 cup shelled Walnuts
- 1 cup Olive Oil
- 1 cup Freshly grated imported Parmesan cheese
- ½ cup Freshly grated imported Romano cheese
- Salt and Freshly ground black pepper, to taste

Directions:

1. Combine the basil, garlic and Walnuts in the bowl of a food processor-or halve the recipe and use a blender-and chop.
2. Leave the motor running and add the Olive Oil in a slow, steady stream.
3. Shut the motor off, add the cheeses, a big pinch of salt and a liberal grinding of pepper.
4. Process briefly to combine,
5. Then scrape out into a bowl and cover until ready to use.
6. If not using immediately transfer to a freezer-safe container or Foodsaver bag and freeze.
7. Use a tablespoon scooped out from frozen pesto. Do not thaw out at all, it will turn black. It can now be added to pasta, bruscetta, salads etc.,

Makes 24 servings

Hot Salsa**Ingredients:**

- 3 Tomatoes (about 12 oz), seeds and pulp removed, finely chopped
- 2 Shallots, finely chopped
- 1 Garlic Clove, crushed

- 2 Scallions, cut into fine pieces
- 1 Jalapeño Pepper, seeds and pulp removed, finely chopped
- ½ tsp Salt
- ½ tsp Sugar
- ¼ tsp Freshly Ground Black Pepper
- Dash Hot Sauce
- 1 Lime

Directions:

1. Mixed all the ingredients in a bowl except the lime
2. Cut the lime in half and squeeze over the salsa
3. Cover and refrigerate for 24 hours

No-Cook Tomato Sauce

***Origin:* America**

Toss with pasta, spoon over shrimp, chicken or simply eat with a spoon.

Ingredients:

- 6 Large Fresh Tomatoes, chopped and deseeded.
- 2 Garlic cloves, finely chopped
- 3 Olive Oil
- ¼ cup Fresh Basil finely chopped
- ¼ tsp Salt
- Freshly ground Black Pepper

Directions:

1. Toss all ingredients together in bowl.
2. Cover tightly with plastic wrap.
3. Let stand for at room temperature for 1-2 hours

Serves 4

Pepper Salsa

Ingredients:

- 2 Tomatoes, peeled, seeded, coarsely chopped
- ¼ Red Bell Pepper, cut into ¼ cubes
- ¼ Green Bell Pepper, cut into ¼ cubes
- ¼ Yellow Bell Pepper, cut into ¼ cubes
- ¼ Red Onion, Chopped
- 2 Tbs Olive Oil
- 2 Tbs Lime Juice
- 1 Tbs White Wine Vinegar
- 1 Garlic Clove, crushed
- 1 Tbs Chopped Fresh Basil
- ¼ tsp Chopped Fresh Thyme
- Dash Hot Sauce

Directions:

1. Mix all ingredients.

Pineapple Cucumber Salsa

***Origin:* America**

Ingredients:

- 1½ cup Finely chopped Fresh Pineapple
- 1 cup finely chopped seedless Cucumber
- ¼ cup Lime Juice
- ¼ cup finely chopped Red Onion
- 2 Tbs minced Fresh Cilantro
- 4½ tsp chopped seeded Jalapeño Pepper (Optional)
- 1 Garlic Clove, minced
- 1 tsp Sugar
- 1 tsp grated Lime Peel
- ¼ tsp Salt

Directions:

1. In a large bowl, combine all ingredients.
2. Cover and refrigerate until serving.

Yield: 2½ cup.

Tomato Corn Confetti

Origin: America

Ingredients:

- 3 Plum Tomatoes, seeded and chopped
- ½ cup thawed frozen whole-kernel Corn
- 1 Scallion, thinly sliced
- 1 Tbs Fresh Lemon Juice
- 1 tsp Honey
- 1 tsp Old Bay or "[Essence](#)"
- 1 tsp Finely chopped Jalapeño Pepper

Directions:

1. In a medium bowl, combine tomatoes, corn, onion, lemon juice, honey, Old Bay Seasoning, and jalapeño, mixing well.
2. Refrigerate until ready to serve.

Serves 2

Sauces for Vegetables

Cheese Sauce

Ingredients:

- 1 cup "[White Sauce](#)"
- 1 cup Grated Cheese
- ¼ tsp Salt
- ¼ tsp Paprika
- ¼ tsp Dry Mustard
- ¼ tsp Hot Sauce

Directions:

1. Make up the white sauce
2. Blend in cheese, salt, paprika and mustard
3. Stir until smooth

Florentine Sauce

Ingredients:

- 2 Tbs Olive Oil
- 2 Tbs All-purpose Flour
- 1 cup Milk
- ¼ tsp Salt
- Freshly Ground Black Pepper
- ¼ cup Scallions, chopped
- 9 oz Package frozen Chopped spinach, thawed, drained, and squeezed dry

or

- 1 cup Finely Chopped Spinach
- ¼ Ground Nutmeg

Directions:

1. Thaw frozen spinach at room temperature (about 3 hours) and squeeze package to drain very thoroughly.
2. Melt butter over low heat
3. Add the Scallions
4. Cook 1 minute
5. Blend in flour, salt, and pepper
6. Stir in milk
7. Cook until thickened
8. Stir in spinach and nutmeg

Garlic Cheese Sauce

Origin: America

Ingredients:

- 2 oz Cream Cheese
- 1 Tbs Milk

- 1 tsp Garlic, minced
- 1 tsp Olive Oil
- 1 oz Cheese, grated

Directions:

1. Melt the cream cheese in the microwave for about 30 seconds.
2. Whisk in the milk, garlic, and oil until smooth.
3. When smooth, add the cheese.
4. Melt for another 2030 seconds and whisk again until totally smooth, adding more milk to thin out the sauce to your desired consistency.

Serves 2

Hollandaise Sauce

This is used for Eggs Benedict and Vegetables

Ingredients:

½ cup	1 cup
2 Small Eggs yolks	3 Eggs yolks
1 Tbs Lemon Juice	2 Tbs Lemon Juice
dash Salt	¼ tsp Salt
2 drops Hot Sauce	4 drops Hot Sauce
½ stick hot butter	1 stick hot butter

Directions:

1. In blender, mix all ingredients except butter.
2. Slowly pour in bubbling butter while mixing on low speed.

Serves 2

White Sauce

Ingredients:

- 2 Tbs Unsalted Butter
- 2 Tbs All-purpose Flour
- 1 cup Milk
- ¼ tsp Salt
- Freshly Ground Black Pepper

Directions:

1. Melt butter over low heat
2. Blend in flour, salt, and pepper
3. Stir in milk
4. Cook until thickened

Marinades

Lemon-Soy Marinade

Origin: America

Purpose: Steak Fish:

Ingredients:

- ½ cup Freshly squeezed Lemon Juice
- ¼ cup Thin Soy Sauce
- ½ cup Olive Oil
- 4 Garlic Cloves, finely chopped
- ½ tsp Hot Sauce
- ¼ tsp Freshly Ground White Pepper

Directions:

1. Mix all the ingredients except the Olive Oil in blender for 10 seconds
2. Slowly add the Olive Oil

Pineapple Marinade

Origin: America

Purpose: Steak:

Ingredients:

- ¼ cup Apple Cider Vinegar
- 1 cup Fresh Pineapple Juice
- 1 cup Black Soy Sauce
- 3 Tbs Olive Oil
- 3 Garlic Cloves, finely chopped
- 1 Tbs Minced Ginger
- 2 Tbs Brown Sugar
- ¼ tsp Freshly Ground White Pepper

Directions:

1. Mix all the ingredients in blender for 10 seconds
2. Marinate Flank Steak for at least 2 days.

Szechuan Marinade

Origin: China

Purpose: Tuna:

Ingredients:

- ¼ cup Olive Oil
- 2 Tbs White Wine Vinegar
- 1 Tbs "[Dijon Mustard](#)"
- 2 Garlic Cloves, finely chopped
- ¼ tsp Salt
- ¼ tsp White Pepper

Directions:

1. Mix in a large bowl:

Serves 4

Mustards

Dijon Mustard

Origin: France

Ingredients:

- 2 cups Dry White Wine
- 1 large Onion, chopped
- 2 Garlic Cloves, finely chopped
- 4 oz Coleman's or Canadian medium hot Dry mustard
- 2 Tbs Honey
- 1 Tbs Olive Oil
- 2 tsp Salt
- Few drops Hot Sauce

Directions:

1. Combine wine, onion, and garlic in a non-reactive saucepan, not aluminium.
2. Heat to boiling.
3. Lower heat
4. Simmer for 5 minutes.
5. Pour mixture into a bowl: cool.
6. Strain into dry mustard in a saucepan, beating constantly with a wire whip.
7. Blend oil, honey, salt and Cayenne sauce into mixture.
8. Heat slowly, stirring constantly, until mixture thickens: cool.
9. Place in a container (not metal): cover.
10. Chill at least 2 days to blend flavors.

Serves 2

Horseradish Mustard

Origin: England

Ingredients:

- 3 Tbs Dry Mustard powder
- 2 Tbs Dry White Wine
- 1 Tbs Prepared Horseradish
- 1 tsp Coarse ground Mustard Seed
- ¼ tsp Salt

Directions:

1. Put all ingredients in mini food processor and process until smooth
 2. Store in refrigerator
-

Sausages, Variety Meats, and Leftovers

Sausages

German Boiled Sausage Dinner

Origin: Germany

Ingredients:

- 1½ cup Water
 - 4 medium-small Red Potatoes
 - 1½ lb Kielbasa
 - 1 Small Cabbage
 - ["Mustard Butter Sauce"](#)
1. Pour water into Dutch oven and bring to boil
 2. Wash and half potatoes
 3. Cut sausage and cabbage into 4 pieces
 4. Arrange potatoes and sausage in pot
 5. Cover with cabbage
 6. Cover pot and cook on a rolling boil for 15 minutes
 7. Discard water
 8. Drizzle Mustard Butter Sauce over vegetables

Serves 2 or 3

Mustard Butter Sauce:

Ingredients:

- 3 Tbs Unsalted Butter, melted
- 1 Tbs ["Dijon Mustard"](#)

Directions:

1. Mix melted butter and mustard until smooth

Morning Sausage Skillet

Ingredients:

- 4 Tbs Olive Oil
- 2 Large Potatoes, shredded (or 1 lb Hash Browns)
- 4 Eggs, beaten
- 1 lb Sausage cooked and drained
- ½ cup shredded Cheddar cheese

Directions:

1. Melt butter in skillet
2. Add potatoes and fry until light brown
3. Sprinkle with salt and pepper
4. Place in baking dish
5. Pour eggs over potatoes
6. Arrange sausage over eggs
7. Cover and cook until eggs are set, about 15 minutes
8. Sprinkle with cheese
9. Cover and heat until cheese melts
10. Cut into wedges and serve

Serves 6.

Pierogi and Sausage Casserole

Origin: America

Ingredients:

- 8 oz Cream Cheese, cut into inch cubes
- 1 cup Chicken Broth
- 1 tsp Garlic Powder
- ¼ tsp Black Pepper
- 2 (16- oz) boxes frozen Pierogis or Ravioli
- 2 (12- oz) packages Chicken Sausage, cut into inch rounds

- ½ cup French Fried Onions (like French's)

Directions:

1. Preheat oven to 400°F.
2. Lightly coat a 13 x 9inch baking dish with cooking spray.
3. Scatter cream cheese cubes in the bottom of pan.
4. Pour in chicken broth.
5. Sprinkle with garlic powder and pepper.
6. Place pan in oven until cream cheese is melted, about 5 minutes
7. Remove pan from oven and stir sauce until smooth.
8. Add frozen pierogis and sausage.
9. Stir gently to coat.
10. Cover with foil.
11. Return pan to oven for 25 minutes.
12. Sprinkle with french fried onions and bake 10 more minutes, until onions and pierogis have started to brown.
13. Let stand 3 to 5 minutes before serving.

Serves 6-8

Sweet and Sour Sausage

Origin: England

These were started as an experiment by Ray and proved to be a hit.

Ingredients:

- 2 Tbs Olive Oil
- ¾ lb Smoked Sausage, cut into inch slices
- 1 Onion chopped
- 1 Green Pepper chopped
- 2 Tbs White Wine Vinegar
- ½ cup Water
- ¼ tsp Sriracha

- ½ Tbs Sugar
- 4 Garlic Cloves, finely chopped
- ½ tsp Ground Ginger
- 1 Tbs Thin Soy Sauce
- 1 Tbs Rice Flour
- ["Rice Cooker Rice"](#)

Directions:

1. Fry Sausage, onion, and peppers in oil for 5 minutes.
2. Mix the rest of the ingredients together and add to pan until sauce has thickened.
3. Serve over rice

Serves 2 or 3

Toad in the Hole

Origin: England

This is a very simple dish is made by starting with Yorkshire pudding (See ["Yorkshire Pudding"](#)). and 5 minutes after it has been in the oven, add 1 lb of partially cooked sausages on top of the half cooked batter. Continue to cook as you would for Yorkshire pudding. The sausages: The bangers of "Bangers and Mash") that we used to get in England are difficult get in America. We use "Whites Hots" (Bratwurst) in New York or Country Sausage in North Carolina. One can use your own favorite sausage.

Serves 2 or 3

Variety meats

Ham and Egg Pie

Origin: England

This is a favorite of ours. We eat it cold with salad in the summer.

Ingredients:

- 2 lb of cooked Ham, Pork, or Veal or mixture
- ½ tsp ground Black Pepper
- 1 tsp Paprika
- 1 tsp ground Marjoram
- 1 Egg
- 1 Tbs Worcestershire Sauce
- 4 hardboiled Eggs
- 1 cup Chicken Broth
- 1 package powdered Gelatin
- ["Hot Water Pastry"](#)

Directions:

1. Preheat oven to 400°F.
2. Mix the meat, salt, pepper, paprika, marjoram, egg, and Worcestershire Sauce and set aside
3. Mix the chicken broth and gelatin and set aside
4. Roll out the Hot Water pastry
5. Cut off a quarter of the pastry and reserve for the lid, keep warm
6. Line a loaf pan with the remaining pastry
7. Place about half of the meat on the pastry
8. Place the hardboiled eggs end to end on the meat
9. Cover with the remainder of the meat
10. Pour in the gelatin and chicken broth
11. Cover the pie with the reserved pastry
12. Bake for 45 minutes.
13. Chill overnight in the refrigerator

Liver and Bacon with Onions

Origin: England

Ingredients:

- ½ lb Lambs or Calves Liver
- 1 Large Onion, sliced very thinly
- 8 rashers good meaty Bacon
- 4 Tbs Olive Oil
- 1 Tbs Olive Oil
- 1 Tbs White Wine Vinegar
- 1 Bay Leaf
- Salt & Pepper to taste
- Chopped Parsley for garnish

Directions:

1. Put bacon in large skillet
2. Cook slowly until bacon starts to give up its fat
3. Add thinly sliced onion
4. Add 2 tablespoons of oil
5. Cook until onion are golden brown
6. Drain and set aside
7. Meanwhile cut the liver into strips about inch wide and 3 inches long
8. Season to taste with salt and pepper
9. Heat 2 tablespoons of oil in skillet until it is hot and almost smoking
10. Add liver, stirring rapidly and turning as necessary so that they brown evenly
11. Cook for about 2 minutes at the most.
12. Drain and set aside
13. Add the butter to the skillet
14. Add the liver and stir
15. Add the onions and bacon
16. Add the vinegar and blend
17. Serve piping hot, garnished with the parsley

Serves 2

Pork Pies

Origin: England

These are close to the traditional Pork Pies served in English Pubs. They can be eaten hot or cold with pickles.

Ingredients:

- 1 lb finely chopped cooked Pork
- 2 Rashers Bacon, finely chopped
- 4 Shallots finely chopped
- 1 Garlic Clove, crushed
- ¼ cup Chicken Broth
- ½ tsp Salt
- 1 tsp Sage
- ½ tsp Thyme
- ½ tsp Oregano
- ½ tsp Parsley
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 packet Gelatine
- ¼ tsp Fresh Ground Pepper
- ["Hot Water Pastry"](#)

Directions:

1. To make the filling, simply mix all ingredients together.
2. Fill the pastry casings with the mixture.
3. Roll out the remainder of the pastry
4. Cut out lids using the top of the pint glass as a pastry cutter.
5. Place lids on pies, sealing around the edges with some water.
6. Using the point of a knife, make a hole in the center of each lid to allow steam to escape.
7. Cook at 375 F in the center of the oven for around half an hour, glazing with a beaten egg yolk occasionally.
8. After cooking, leave to cool before eating.
9. For extra authenticity, pour a small amount of warmed, reduced stock into the hole and cool in a refrigerator to allow the jelly to set
10. After cooling a jelly should form on the surface which can be scooped off and warmed to liquefy before pouring into the pies

Serves 2

Hot Water Pastry**Ingredients:**

- 3 cups All-purpose Flour
- 2 large egg yolks
- ½ cup water
- 4 oz Unsalted Butter
- ½ tsp Salt
- Beaten egg for glaze

Directions:

1. To make pastry, slowly heat water and butter in a saucepan
2. Once the fat has melted, boil for 2 minutes
3. Put flour in a bowl and make a well in the center
4. Add the seasoning and egg yolk into the well
5. Cover with some flour and quickly pour in the contents of the saucepan, stirring continuously
6. Once cooled, knead into a dough
7. Leave covered for 30 minutes in a warm place
8. Separate about two thirds of the dough into five balls, each around the size of a billiard ball.
9. The other third of the dough will be used later for the lids.
10. Make each pie casing by molding a ball around the outside of the bottom of an imperial pint glass
11. Stretch the dough up the glass for around one and half inch so that the pastry is reasonably thin
12. The pastry is easier to remove if the glass is coated in flour first

Cornish pasties**Origin: England**

Cornish pasties originated as portable lunches for tin miners, fishermen and farmers to take to work. Housewives used to make one for each member of the household and mark their initials on one end of the pasty. These complete-meal pasties, which vary slightly in content in different parts of Cornwall, were popular in other parts of the country too. In Bedfordshire, for instance, they put fruit in one end of the pasty, for dessert. These were called "Bedfordshire Clangers". A prime cut of meat, such as rump, is often used in Cornwall for the pasties but, because of the high price of rump, you can use blade or shoulder lamb

Ingredients:

- 1 Medium Potato, cut into ¼ inch dice
- 1 Medium Onion, chopped
- ½ lb Blade of beef or rump steak or lamb cut into inch cubes
- ½ Package of frozen Puff Pastry

Directions:

1. Pre-heat oven to 425 F
2. Thaw out pastry
3. Place the potato, onion and meat in a basin and mix well
4. Divide the pastry into 4.
5. Roll out each piece to about 6-7"
6. Divide the filling between each round.
7. Brush the edges with water and draw up the pastry on each pasty, in a line over the center of the filling.
8. Seal well.
9. Flute the edge with your fingers.
10. Place the pasties on a baking sheet, fluted edges uppermost.
11. Brush each with a little beaten egg or milk.
12. Bake for 40-45 minutes, until golden brown.

13. Serve hot or cold.

Serves 4

Sussex Churdles

Origin: England

Ingredients:

- 6 oz Good meaty Bacon, finely chopped
- ½ lb Lambs Liver, cut up small
- 1 Medium Onion, finely chopped
- 4 oz Mushrooms finely chopped
- 1 Tbs Fresh Parsley, finely chopped
- 1 tsp Fresh Rosemary
- Salt & Pepper to taste
- 1 package prepared pastry sheets

Directions:

1. Put bacon in large skillet
2. Cook slowly until bacon starts to give up its fat
3. Add onion
4. Cook for two minutes
5. Add the liver
6. Cook for five minutes
7. Add the mushrooms, herb and seasonings
8. Cook for two minutes
9. Drain and set aside
10. Preheat oven to 375°F.
11. Roll out thawed pastry sheets
12. Cut each sheet into four
13. 3 heaped tablespoon full into each piece
14. Dampen the edges and fold each piece in half and press edges together
15. Bake for 25 minutes

Serves 2

Leftovers

Bacon and Egg Pie

Origin: England

This the classic Bacon and Egg Pie

Ingredients:

- ½ lb Bacon grilled and crumbled
- 2 Large Eggs
- 9 oz Milk
- ¼ tsp Salt
- Freshly Ground Black Pepper
- 1 quiche shell "[Quiche Shell](#)"

Directions:

1. Sprinkle Bacon in quiche shell
2. Beat the other ingredients together
3. Pour over dry ingredients in plate
4. Bake at 400°F. for 20 minutes

Fiesta Frittata

Origin: Mexico

Ingredients:

- 2 Tbs Olive Oil
- 1 Large Sweet, Spanish, or Vidalia Onion, coarsely chopped
- 1 Large Red Bell Pepper, cored, seeded and finely diced
- 2 tsp Chopped Basil
- 2 tsp Chopped Oregano
- 9 oz Package frozen Chopped spinach, thawed, drained, and squeezed dry
- 2 cups finely diced leftover cooked Turkey, Pork or Ham
- ¼ cup Parmesan Cheese
- 4 Large Eggs
- 3 Egg Whites
- ½ cup Milk

- ½ tsp Salt
- ¼ tsp Ground Cayenne
- 2 cups cooked rice

Directions:

1. Preheat oven to 400°F.
2. Thaw frozen spinach at room temperature (about 3 hours) and squeeze package to drain very thoroughly.
3. Coat a 10 inch ovenproof skillet with non-stick spray
4. Add the butter and melt over moderate heat.
5. Add the pepper, onion and sauté, stirring occasionally, until soft, about 8 minutes
6. Mix in the basil and oregano and cook and stir for 1 minute
7. Mix in the spinach and meat
8. Cook uncovered, for about 2 minutes or until heated through
9. Whisk the cheese with the eggs, egg whites, milk, salt and cayenne pepper in a large bowl until frothy
10. Mix into skillet along with the rice
11. Cook uncovered for 5 minutes over moderate to low heat
12. Transfer to oven and bake uncovered for 15 to 20 minutes or until golden brown and set in the center.
13. Remove from oven and let stand for 10 minutes before cutting into wedges

Serves 4

Jambalaya

Origin: America

Ingredients:

- 3 Boneless Skinless Chicken Thighs, cut into bite-sized pieces

- 2 tsp Olive Oil
- 1 cup Andouille sausage, chunked
- 1 onion, chopped
- 1 celery stalk, chopped
- 1 green pepper, chopped
- ½ tsp cayenne pepper
- 1 tsp thyme, minced
- 1 tsp oregano, winced
- 1 tsp Salt
- ½ tsp black pepper
- 2 Garlic Cloves, finely chopped
- 1 14 oz can whole, peeled plum tomatoes, with juice
- 1 14 oz can tomato sauce
- 2 cups Chicken Broth
- 4 Scallions, chopped
- 1 cup long-grain rice

Directions:

1. In a large saucepan, warm Olive Oil over medium heat.
2. Add sausage; sauté until crispy on the edges, about 8 minutes.
3. Stir in onion, celery, green pepper; sauté until tender, about 5 minutes.
4. Increase heat to medium-high, add chicken thighs and sauté until lightly browned, about 5 minutes.
5. Return heat to medium; stir in cayenne pepper, thyme, oregano, salt, pepper and garlic.
6. Continue sautéing about 3 more minutes.
7. Stir in tomatoes with their juices, tomato sauce, chicken broth, Scallions and rice.
8. Bring to a simmer; reduce heat to very low, cover and cook for 20 minutes.

Serves 4

Shepherd's Pie

Origin: England

This old rhyme tells of Shepherd's Pie as a way of using up the cold meat left over from the roast beef.

Today's Sunday, today's Sunday,
Sunday's Church;

Today's Monday, today's Monday,
Monday's Roast Beef;

Today's Tuesday, today's Tuesday,
Tuesday's Cold Meat;

Today's Wednesday, today's
Wednesday, Wednesday's Shepherd's
Pie;

Today's Thursday, today's Thursday,
Thursday's Soup;

Today's Friday, today's Friday,
Friday's Fish;

Today's Saturday, today's Saturday,
Saturday's Pay Day; Is everybody
happy? You bet your life we are!

Ingredients:

- 1½ lb Ground Beef or Lamb
- 1 Onion Chopped.
- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 1 Tbs Worcestershire Sauce
- 1 Beef Bouillon cube
- ½ cup Water
- 2 cups mashed Potato
- 2 Tbs Olive Oil

Directions:

1. Fry the ground beef, onion, salt, and pepper until cooked. Add fat only if needed.
2. Add bouillon dissolved in the water
3. Stir until well mixed

4. Place in a casserole, top with mashed potato and dot top with butter
5. Brown under grill

Serves 2 or 3

Hamburgers

Angus Burgers.

Origin: America

Ingredients:

- 1 lb Angus beef
- ¼ Apple, peeled (Granny Smith)
- 4 Garlic Cloves, finely chopped, peeled
- 1 Tbs Worcestershire Sauce
- ½ tsp Salt

Directions:

1. Pulverize apple, garlic, salt & Worcestershire Sauce in food processor.
2. Grind beef into bowl.
3. Mix apple and garlic mix.
4. Chill for 10 minutes in refrigerator.
5. Form into 4 patties
6. Sauté in pan or broil until cooked to choice.
7. Serve on buns with Sautéed Mushroom and Tomatoes.

Serves 2

Kubideh

Origin: Iran

Ingredients:

- 1 lb ground lamb or sirloin
- 1 eggs

- ¼ cup finely chopped Parsley
- ½ yellow Onion, finely chopped
- 1 Garlic Clove, finely chopped
- ½ tsp Salt
- ½ Tbs Turmeric
- ½ Tbs Cinnamon
- ½ tsp Black Pepper
- ¾ tsp Baking Powder
- 4 Naan breads or Pita pockets
- Basil leaves
- Mint leaves
- Sliced Red Onion

Directions:

1. Preheat oven to 300°F.
2. Combine meat, eggs, parsley, onion, salt, turmeric, cinnamon, pepper and baking powder in a large bowl.
3. Mix well.
4. With wet hands, roll quarter of the mixture into a ball the size of your palm.
5. Flatten to the length of your hand.
6. Using your fingers, press dimples into the surface of one side.
7. Repeat with remaining meat mixture.
8. Cook over medium-high heat on a grill pan, 4 minutes on each side.
9. Place naan bread on baking sheets.
10. Heat in oven about 5 minutes, until warm.
11. Place cooked meat on naan.
12. Add 3 leaves of basil, 3 leaves of mint and 2 small slices of onion.
13. Fold naan over toppings.

Serves 4

Picadillo

Origin: Cuba

Ingredients:

- ½ lb 85% lean Ground Beef

- ½ lb Ground Pork
- 1 Tbs water
- ¼ tsp Baking Soda
- Salt and Pepper
- 1 Green Bell Pepper, stemmed, seeded, and cut into 2 inch pieces
- 1 Onion, halved and cut into 2 inch pieces
- 1 Tbs Olive Oil
- ½ Tbs Dried Oregano
- ½ Tbs Ground Cumin
- ¼ tsp Ground Cinnamon
- 3 Garlic Cloves, minced
- 1 Small can diced Tomatoes
- ½ cup Dry White Wine
- ¼ cup Beef Broth
- ¼ cup Raisins
- 2 Bay Leaves
- ¼ cup Pimento-stuffed Green Olives, chopped coarse
- 1 Tbs Capers, rinsed
- ½ Tbs Red Wine Vinegar, plus extra for seasoning

Directions:

1. Toss beef and pork with water, baking soda, ½ tsp salt, and ¼ tsp pepper in bowl until thoroughly combined.
2. Set aside for 20 minutes.
3. Pulse bell pepper and onion in food processor until chopped into ¼ inch pieces, about 12 pulses.
4. Heat oil in large Dutch oven over medium-high heat until shimmering.
5. Add chopped vegetables, oregano, cumin, cinnamon, and ¼ tsp salt.
6. Cook, stirring frequently, until vegetables are softened and beginning to brown, 6-8 minutes.
7. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds.
8. Add tomatoes and wine and cook, scraping up any browned bits, until

- pot is almost dry, 3-Great Northern Beans with Leeks and Bacon⁵ minutes.
9. Stir in broth, raisins, and bay leaves and bring to simmer.
 10. Reduce heat to medium-low.
 11. Add meat mixture in 2 inch chunks to pot, and bring to gentle simmer.
 12. Cover and cook, stirring occasionally with 2 forks to break meat chunks into ¼ inch pieces, until meat is cooked through, about 10 minutes.
 13. Discard bay leaves.
 14. Stir in olives and capers.
 15. Increase heat to medium-high and cook, stirring occasionally, until sauce is thickened and coats meat, about 5 minutes.
 16. Stir in vinegar and season with salt, pepper, and extra vinegar to taste.
 17. Serve.

Serves 2

Miscellaneous

Smoked Salmon Tart

Origin: England

This is the classic Smoked Salmon Tart

Ingredients:

- 6 oz Smoked Salmon, chopped
- 2 Large Eggs
- 10 oz Heavy Cream
- Freshly Grated Nutmeg
- ¼ tsp Salt
- Freshly Ground Black Pepper
- Cayenne Pepper
- 1 quiche shell "[Quiche Shell](#)"

Directions:

1. Arrange the smoked salmon evenly over the base of the quiche shell
 2. Beat the other ingredients, except for the cayenne pepper, together
 3. Pour over dry ingredients in shell
 4. Dust the top with the cayenne pepper
 5. Bake at 350°F. for 30 to 40 minutes
-

Soups and Chowders

Chicken

Betsy's Sensational Chicken Soup

Origin: America

Betsy first made this when she was getting over 24 hour stomach flu about 12-13 years ago. Now we never wait to be sick to enjoy it. It is simple and yummy! **Enjoy!** If the chicken has not been cooked, you can simmer in needed amount of water or broth, then follow the recipe.

Ingredients:

- 3½ cup Chicken Broth (or canned)
- 1 medium Carrot, sliced or chopped "chunky"
- 1 stalk Celery, sliced or chopped "chunky"
- 1 cup cubed cooked Chicken
- Dash of pepper
- ½ cup uncooked medium Egg Noodles
- Salt if needed or preferred (but not needed)
- 1 tsp White Truffle Oil (optional but highly recommended)

Directions:

1. Mix broth, pepper, carrot, and celery in a saucepan.
2. Heat to a boil,
3. Add noodles, and cook over medium 10 minutes.(or till noodles are done)

Serves 2-4

Jean-Claude's Chicken and Vegetable Soup

Origin: France

This is my variation of the excellent soup served at Jean Claude's North Raleigh Restaurant modified for our taste.

Ingredients:

- ¼ lb butter
- 1 Yellow Onion, diced
- 1 Leek, sliced thin
- 5 Garlic Cloves, finely chopped
- 2 Tbs All-purpose Flour
- 2 whole Carrots, peeled and diced
- 3 stalks Celery
- 1 Green Bell Pepper, diced
- ½ Red Bell Pepper, diced
- ¼ lb Mushrooms, sliced
- 2 qts Chicken Broth
- 1 tsp Basil
- 1 tsp Oregano
- 1 tsp Thyme
- Dash Hot Sauce
- Pinch of Cayenne Flakes, crushed
- 2 tsp Salt
- 1 Tbs Thin Soy Sauce
- 6 Boneless Skinless Chicken Thighs, cut into bite-sized pieces
- 1 cup Heavy Cream

Directions:

1. In a skillet over medium heat sauté onions, leek and garlic a few minutes until garlic is browned.
2. Add the flour to the pan and stir briskly to make a roux (it will not be smooth).
3. Add the remaining vegetables and the stock and stir well.
4. Add chicken
5. Increase the heat to high and bring the stock to a boil.

6. Then reduce to simmer.
7. Season the soup to taste with basil, oregano, thyme, hot sauce, crushed cayenne, salt and soy sauce.
8. When vegetables are to desired tenderness about 30 minutes stir in the cream and continue to simmer on low heat until soup has reached desired consistency. Do not boil after adding the cream.

Makes 12 servings

Seafood

Ariel's Seafood Bisque

Origin: America

This comes from the Ariel's Restaurant in the Beach Club, Disney World, Florida. This is as close as we can get it.

Ingredients:

- 1 Tbs Olive Oil
- 1 Tbs All-purpose Flour
- 1 pt Heavy Cream
- 1 pt Half & Half
- 2 oz Sherry
- ½ tsp "Essence"
- ¼ tsp Hot Sauce

Directions:

1. Combine butter and flour to make a roux
2. Cook for 2 minutes over medium heat
3. Slowly add cream and Half & Half
4. Stir until no lumps are apparent
5. Add Sherry
6. Add Hot Sauce

7. Cover and simmer over low heat for 10 minutes
8. Stir occasionally to prevent sticking
9. Turn up heat to medium
10. Add drained "Seafood"
11. Cook until heated through

Seafood:

- 1 Large Shallot, finely chopped
- 1 Garlic Clove, crushed
- ¼ lb Shrimp
- ¼ lb Bay Scallops
- ½ lb Mussels
- 2 Petite Lobster Tails
- Fish Stock

Directions:

1. Lightly steam seafood taking care not to overcook.
2. Drain, discarding most of the shallot

Clam Chowder

Origin: America

Ingredients:

- ¼ lb of Seasoning Bacon, diced into ¼ inch cubes
- 3 Onions, sliced thin
- 2 cups potatoes, diced into ¼ inch cubes
- ½ tsp Salt (or less to taste)
- ¼ tsp ground black Pepper
- 1 cup Chicken Broth
- 16 oz Clam Juice
- 2 Tbs Unsalted Butter
- 2 Tbs All-purpose Flour
- 2 cups Milk
- 1 cup Half-and-Half
- 1 qt/ lb Minced Clams

Directions:

1. Fry salt pork and onions until brown.
2. Strain into a saucepan and add the broth, clam juice, potatoes, salt, pepper
3. Cook until the potatoes are soft.
4. Melt the butter in a separate pan, add the flour and blend until smooth.
5. Add the milk and half-and-half.
6. Bring to the boil and add to the chowder.
7. Add the clams to the chowder
8. Bring to the boil and simmer for 2 minutes
9. Serve Hot.

Crab Soup

Origin: America

Ingredients:

- 1 cup Crab Meat
- 1 Tbs Olive Oil
- 1½ Tbs All-purpose Flour
- 3 Eggs, hardboiled
- ½ tsp Grated Lemon Rind,
- ½ tsp Salt
- Freshly Ground Black Pepper
- 3 cups Milk
- 1 cup Heavy Cream
- 1 tsp Sherry
- ½ tsp Worcestershire
- 6 Scallions, cut into inch pieces

Directions:

1. Combine butter, flour, mashed boiled eggs, lemon rind, salt and pepper in a large saucepan
2. Bring the milk to the boil in a separate pan
3. Slowly pour the boiling milk into the butter and flour mixture
4. Add the crab meat
5. Stir and cook at medium heat for 5 minutes

6. Add the cream
7. Stir and remove from the heat before the soup reaches full boil
8. Add sherry and Worcestershire sauce
9. Serve very hot

Serves 6

Oyster Stew

Origin: England

Ingredients:

- ¼ cup Olive Oil
- ½ cup minced Celery
- 2 Tbs minced shallots
- 1 Garlic Clove, minced
- 2 cups Half-and-half Cream
- ½ pt Fresh shucked oysters, undrained
- Salt and ground black pepper to taste
- Dash of "[Essence](#)" or cayenne pepper to taste
- 1 Tbs Sherry (optional)

Directions:

1. Melt the butter in a large skillet over medium heat.
2. Cook the celery and shallots until shallots are tender.
3. Pour half-and-half into a large pot over medium-high heat.
4. Mix in the butter, celery, and shallot mixture.
5. Stir continuously.
6. When the mixture is almost boiling, pour the oysters and their liquid into the pot.
7. Season with salt, pepper, and cayenne pepper.
8. Stir continuously until the oysters curl at the ends.
9. Add stir in brandy.

10. When the oysters curl the stew is finished cooking
11. Remove from heat and serve.

Serves 2

Sea Mussel Soup

Origin: Norway

Ingredients:

- 3 lbs Fresh sea mussels (alive if possible)
- 4 Tbs Butter
- 3 Shallots
- 3 Garlic Cloves, finely chopped
- ½ cup White Wine
- 1½ cup Heavy Cream
- Pinch Crushed Saffron
- ½ tsp Curry
- Fresh herbs (finely chopped)
- Salt and pepper to taste

Directions:

1. Wash the mussels well in cold water.
2. In a pan, fry finely chopped shallots, crushed garlic, herbs and spices in butter.
3. Add the mussels and white wine.
4. Let it steam under a lid for 4-5 minutes (until all mussels are open).
5. Add the cream and let cook for 3-4 minutes without the lid.
6. Season with salt and pepper.
7. Serve the soup with the mussels (with shells) in it and some bread and butter.

Serves 4

Vegetable

Butternut Squash Soup

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 1 Carrot, diced
- 1 Celery stalk, diced
- 1 Onion, diced
- 2 Garlic Cloves, crushed
- 4 cups Butternut Squash, cut into 1 inch cubes
- ½ tsp Thyme, chopped
- 4 cups Chicken Broth
- ½ tsp Cumin
- ½ tsp Salt
- ½ tsp Black Pepper, cracked

Directions:

1. Heat oil in a large soup pot.
2. Add carrot, celery, garlic and onion.
3. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes.
4. Stir in butternut squash, thyme, chicken broth, salt and pepper.
5. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes.
6. Let the soup cool slightly and carefully purée in batches in an upright blender.
7. Rewarm if needed.

Serves 2

Cream of Asparagus and Mushroom Soup

Origin: America

Ingredients:

- 3 slices bacon

- 6 cups chicken broth
- 1 tablespoon bacon drippings
- 1 potato, peeled and diced
- ¼ cup butter
- 1 pound fresh asparagus, tips set aside and stalks chopped
- 3 stalks celery, chopped
- Salt and ground black pepper to taste
- 1 onion, diced
- 1 (8 ounce) package sliced fresh mushrooms
- 3 tablespoons all-purpose flour
- ¾ cup half-and-half cream

- soup moving before leaving it on to puree.
14. Puree in batches until smooth and pour into a clean pot.
 15. Cook and stir mushrooms and asparagus tips in the same skillet used for bacon until mushrooms give up their liquid, 5 to 8 minutes.
 16. Season with salt and ground black pepper, if needed.
 17. Stir mushrooms, asparagus tips, and half-and-half cream to pureed soup.
 18. Cook until thoroughly heated.
 19. Garnish soup with crumbled bacon.

Directions:

1. Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
2. Drain the bacon slices on a paper towel-lined plate.
3. Crumble bacon when cool; set aside.
4. Reserve 1 tablespoon of bacon drippings.
5. Melt butter with drippings in a saucepan over medium heat.
6. Cook and stir celery and onion in the saucepan until onion is translucent, about 4 minutes.
7. Whisk flour into the mixture and cook for 1 minute.
8. Whisk in chicken broth and bring to a boil.
9. Add potato and chopped asparagus stalks, reserving the asparagus tips for later.
10. Season with salt and ground black pepper.
11. Reduce heat and simmer for 20 minutes.
12. Pour the soup into a food processor filling no more than halfway full.
13. Carefully start the food processor, using a few quick pulses to get the

Serves 2

Cream of Cauliflower and Stilton Soup

Origin: England

Ingredients:

- 1 head Cauliflower, chopped
- 1 Tbs Olive Oil
- 1 Yellow Onion, chopped
- 2 Garlic Cloves, finely chopped
- 1 Leek, chopped
- 3 stalks Celery, chopped
- 1 Baking Potato, thinly sliced
- 2 cups Chicken Broth
- ¼ cup Dry Sherry
- ½ tsp White Pepper
- ½ tsp Black Pepper
- ½ cup Milk
- 1 tsp Salt
- ½ cup Heavy Cream
- 3 oz Stilton cheese
- ¼ cup chopped Fresh Parsley

Directions:

1. Separate ¾ cup of the cauliflower florets and place them in a pan of boiling water.

2. Boil for 2-3 minutes, and then rinse under cold water, and set aside for garnish.
3. Heat oil in a large saucepan over medium heat.
4. Add onion, garlic, leek and celery.
5. Cook, stirring, until tender, about 5 minutes.
6. Add potato, chicken broth, uncooked cauliflower and sherry.
7. Bring to a boil, and then simmer over low heat, stirring occasionally until potatoes and cauliflower are tender.
8. Remove from heat.
9. Purée the cauliflower mixture in batches using a food processor or blender, and transfer to a soup pot over medium-low heat.
10. Season with white pepper, black pepper and salt.
11. Stir in the milk and cream, and then crumble in the Stilton cheese.
12. Heat through, but do not boil.
13. Ladle into bowls, and garnish with cauliflower pieces and chopped Fresh parsley.

Serves 4

French Onion Soup

Origin: France

For the best flavor, make the soup a day or 2 in advance.

Ingredients:

- 3 Tbs unsalted butter, cut into 3 pieces
- 6 large yellow onions (about 4 pounds), halved and cut pole to pole into ¼ inch thick slices
- 1½ tsp Salt
- 2 cups water, plus extra for deglazing
- ½ cup dry sherry
- 4 cups Chicken Broth
- 2 cups beef broth
- 6 sprigs Fresh thyme, tied with kitchen twine
- 1 bay leaf
- Salt and Ground black pepper to taste

Directions:

1. Adjust oven rack to lower-middle position and heat oven to 400°F.
2. Generously spray inside of heavy-bottomed large Dutch oven with nonstick cooking spray.
3. Place butter in pot and add onions and 1 teaspoon salt.
4. Cook, covered, 1 hour (onions will be moist and slightly reduced in volume).
5. Remove pot from oven and stir onions, scraping bottom and sides of pot.
6. Return pot to oven with lid slightly ajar and continue to cook until onions are very soft and golden brown, 1½ to 1¾ hours longer, stirring onions and scraping bottom and sides of pot after 1 hour.
7. Carefully remove pot from oven and place over medium-high heat.
8. Using oven mitts to handle pot, cook onions, stirring frequently and scraping bottom and sides of pot, until liquid evaporates and onions brown, 15 to 20 minutes, reducing heat to medium if onions are browning too quickly.
9. Continue to cook, stirring frequently, until pot bottom is coated with dark crust, 6 to 8 minutes, adjusting heat as necessary. (Scrape any fond that collects on spoon back into onions.)
10. Stir in ¼ cup water, scraping pot bottom to loosen crust, and cook

- until water evaporates and pot bottom has formed another dark crust, 6 to 8 minutes.
11. Repeat process of deglazing 2 or 3 more times, until onions are very dark brown.
 12. Stir in sherry and cook, stirring frequently, until sherry evaporates, about 5 minutes.
 13. Stir in broths, 2 cups water, thyme, bay leaf, and ½ teaspoon salt, scraping up any final bits of browned crust on bottom and sides of pot.
 14. Increase heat to high and bring to simmer.
 15. Reduce heat to low, cover, and simmer 30 minutes.
 16. Remove and discard herbs, then season with salt and pepper.
 17. fill bowl each with about 1¾ cup soup.
 18. Top each bowl with 1 or 2 baguette slices (do not overlap slices)
 19. Sprinkle evenly with Gruyere.
 20. Broil until cheese is melted and bubbly around edges, 3 to 5 minutes.
 21. Let cool 5 minutes before serving.

Serves 6

Gazpacho

Origin: Spain

Ingredients:

- 1½ lb Firm Ripe Tomatoes
- 4 inch piece Cucumber, cubed
- 3 Scallions, peeled and chopped
- 4 Garlic Cloves, finely chopped, peeled
- ½ Large Red Bell Pepper
- 1 tsp Fresh Thyme or Basil
- 4 Tbs Olive Oil
- 1½ Tbs Wine Vinegar
- 8 oz V8 or Vegetable Juice

- Freshly Ground Black Pepper to taste
- 1 tsp Salt
- "[Garnish](#)"

Directions:

1. Place tomatoes in bowl and pouring boiling water over them
2. After a minute or two the skins will loosen and you can slip them off very easily
3. Halve the tomatoes and scoop out and discard seeds and chop the flesh
4. Place the tomatoes, cucumber, Scallions, garlic, bell pepper, thyme, oil, vinegar, salt and pepper, thyme, bay leaves, chicken broth, salt and pepper
5. Blend at high speed until soup is absolutely smooth
6. Chill in bowl overnight

Garnish:

- 4 inch piece Cucumber, finely cubed
- 3 Scallions, peeled and chopped
- 1 Hard-Boiled egg
- 1 Tbs Finely chopped Parsley
- ½ cup Croutons
- Freshly Ground Black Pepper to taste

Green Pea and Ham Soup

Origin: England

This is our version of an old favorite

Ingredients:

- 1 lb Country Ham Hocks. If small or knuckles add 8 ozs of salt pork
- 8 cups Water
- 1 lb Split Green Peas
- 4 oz carrots, peeled and diced

- 2 Stalks Celery, diced
- 1 Medium Onion, Diced
- 4 Garlic Cloves, finely chopped
- ["Bouquet Garni"](#)
- Salt and Freshly Ground Black Pepper to taste to taste
- Croutons

Directions:

1. Simmer ham and green peas in the water for at least one hour.
2. Add the rest of the ingredients and simmer for at least one hour more.
3. Remove the ham hock
4. Discard the skin, fat and bone
5. Chop the meat and return to the soup
6. Season to taste
7. Heat through and serve with croutons in warm bowls

Serves 2

Mushroom Soup

Origin: England

Ingredients:

- 1 lb Fresh Mushrooms
- ¼ lb Butter infused Olive Oil
- 2 Tbs All-purpose Flour
- 1 cup Half-and-Half
- 2 cups Milk
- 1 tsp Salt
- ¼ tsp Garlic Powder
- ¼ tsp Freshly Ground Black Pepper to taste

Directions:

1. Simmer mushrooms in half the butter for 10 minutes.
2. Put into a blender and blend until smooth.

3. Melt the remaining butter, add the flour and blend until smooth.
4. Add the half-and-half and blend until smooth.
5. Cook until thickened.
6. Add the mushrooms, juices and milk.
7. Season to taste and bring to simmer.
8. Serve hot.

White Bean and Cauliflower Soup with Truffle Oil

Origin: France

Ingredients:

- 2 cups stock or Chicken Broth
- ½ heads Cauliflower, leaves and center stem removed, florets separated and stems chopped
- ½ (16-ounce) cans of White Beans, drained and rinsed (cannellini, great northern, or navy)
- 1 small Potato, peeled and chopped into 1 inch pieces
- ¼ cup chopped Onion
- 4 oz sliced Mushrooms
- ¼ cup White Wine
- 2 Garlic cloves
- 1 Tbs Olive Oil
- 1 tsp Salt
- ¼ tsp Freshly ground Pepper
- 1¼ tsp dried Sage
- 1 sprig Fresh Rosemary
- White Truffle oil
- Fresh Herbs for garnish (Chives or Parsley)

Directions:

1. In a large pot, bring stock, cauliflower, white beans, potatoes, onions, mushrooms, white wine, garlic, Olive Oil, salt, pepper, and sage to a simmer for 15 minutes, or

- until potatoes and cauliflower are tender.
2. Add the rosemary and simmer for an additional 2 minutes.
 3. Then remove and discard the rosemary.
 4. purée the soup in a blender..
 5. Serve the soup in bowls with a generous drizzle of white truffle oil and garnish with Fresh herbs.

Serves 2

Brandied Wild Mushroom Soup

Origin: America

Ingredients:

- 1 cup finely chopped Onions
- 3 Tbs Butter Infused Olive Oil
- 4 oz Fresh Cremini or Porcini Mushrooms, chopped
- 4 oz Fresh Oyster Mushrooms, chopped
- 4 oz Fresh Shiitake Mushrooms, stems removed and chopped
- 1½ tsp snipped Fresh Thyme
- 2 Tbs Brandy
- 1 Tbs All-purpose Flour
- 2 cups Chicken Broth
- ½ cup Heavy Cream
- White Truffle Oil
- Sea Salt and cracked Black pepper

Directions:

1. In large saucepan cook onions in butter over medium-high heat 5 minutes or until tender.
2. Add all mushrooms and thyme.
3. Cook and stir 8 minutes or until mushrooms are tender.
4. Remove saucepan from heat.
5. Add brandy.
6. Return saucepan to heat.

7. Cook 30 seconds, stirring constantly.
8. Stir in flour.
9. Cook and stir for 1 minute.
10. Stir in broth and whipping cream.
11. Bring gently to boil.
12. Reduce heat; simmer, uncovered, 10 minutes.
13. Cool mixture slightly.
14. Transfer mixture, half at a time, to food processor.
15. Process until smooth.
16. Return soup to saucepan.
17. Heat through.
18. Ladle soup into bowls.
19. Drizzle with white truffle oil; top with sea salt and cracked black pepper.

Serves 4

Vegetables

Asparagus

Roasted Asparagus with Rosemary

Origin: America

Ingredients:

- 1 lb trimmed Fresh Asparagus
- 8 oz Shiitake or Button Mushrooms, cleaned and trimmed (optional)
- 2 tsp Olive Oil
- 1 tsp chopped Fresh Rosemary
- 1 tsp Garlic powder
- Freshly Ground Black Pepper

Directions:

1. Preheat oven to 500 degrees.
2. Place asparagus spears and mushrooms in a large plastic bag with a tight-fitting seal.
3. Drizzle oil over asparagus mixture in bag.
4. Add rosemary and garlic powder.
5. Seal bag tightly and shake gently.
6. Arrange asparagus and mushrooms in a single layer on a large baking sheet.
7. Season with pepper.
8. Bake about 10 minutes, or until asparagus is tender-crisp.

Serves 4

Sesame Ginger Asparagus

Origin: America

Ingredients:

- 2 tsp Arrowroot
- ¼ cup Chicken Broth
- 1 Tbs minced Ginger root
- 3 Garlic Cloves, minced
- ¼ tsp Chile Sauce
- 1 tsp sugar
- 1 Tbs Thin Soy Sauce
- 2 Tbs Hoisin sauce
- ¼ cup Rice Wine
- 2 tsp Asian Sesame Oil
- 1 Tbs Olive Oil
- 2 bundles medium-thick Asparagus, stem ends trimmed, spears cut into 2 inch lengths on the diagonal (about 30 asparagus)
- 1 Red Bell Pepper, cored, seeded and chopped
- 8 Scallions, sliced into 2 inch lengths

Directions:

1. Dissolve the arrowroot in the water or broth.
2. Add the remaining ingredients and whisk to combine.
3. Heat oil over high heat in a large sauté pan or wok.
4. Add the asparagus, red pepper and Scallions.
5. Stir-fry 2-3 minutes.
6. Add the sauce and continue to Stir-fry 4 minutes until asparagus is tender-crisp and a sauce forms and thickens in pan.

Serves 4

Beans

Black Beans

Origin: Cuba

Serve with Mojo Pork

Ingredients:

- 1 Tbs Olive Oil
- ½ Onion, chopped
- ½ Green Pepper, chopped
- 2 Cloves Garlic, minced
- Salt and pepper
- ½ teaspoon dried Oregano
- 15 oz can Black Beans, drained and rinsed
- ¼ cup Chicken Broth
- 1 tsp Red Wine Vinegar

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add bell pepper and onion,
3. Season with salt and pepper, and then
4. Sauté until vegetables are tender, 5-7 minutes.
5. Add garlic then sauté for one more minute.
6. Add dried oregano, black beans, chicken broth, and vinegar then
7. Simmer until most of the broth has been absorbed and beans are tender.
8. Taste then add salt and pepper if necessary.

Serves 4

Butternut Squash**Roasted Butternut Squash***Origin: America***Ingredients:**

- 1 Butternut Squash - peeled, seeded, and cut into 1-inch cubes
- 2 Cloves Garlic, minced

- Salt and Freshly Ground Pepper to taste
- 2 Tbs Olive Oil

Directions:

1. Preheat oven to 400°F..
2. Toss butternut squash with olive oil and garlic in a large bowl.
3. Season with salt and black pepper.
4. Arrange coated squash on a baking sheet.
5. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Serves 2

Beans**Dried Beans***Origin: America*

Sorting and Cleaning Beans: Go through your desired amount of beans before you wash them. Pay special attention to any small rocks or pebbles that may have inadvertently made their way into the packaging. Place the dried beans in a colander and wash them quickly. Run cool water over the beans for about half a minute.

Soaking the Beans: Use the slow soak method if you've got a night to soak your beans. The slow soak method is a preferred method of preparing beans if you've set aside enough time to soak overnight. Slow soaking ensures that the final product is fully cooked, not crunchy or underdone.

1. If you choose the slow soak method, put the beans in a 5 qt saucepan and

- cover them with about 8 cups of water.
- Put the lid on the saucepan and allow them to soak overnight in the refrigerator.
 - If time is of the essence, try the quick soak.
 - For a quick soak, put the beans and water in a saucepan and bring them to a boil.
 - Allow them to boil for about 2-3 minutes.
 - Remove the saucepan from the heat, cover it with a lid and let the beans soak for at least 1 hour.
 - Wait for the beans to double or triple in size, depending on what soaking method you decide to use.
 - If you leave your beans in cool water overnight, expect them to at least double in size.
 - Make sure your cooking vessel is large enough to accommodate this transformation.
 - Rinse the beans thoroughly in a colander after soaking.
 - Your beans are now ready to be cooked.

Cooking the Beans:

- Put the beans in a large cooking pot and add enough water to completely cover them.
- Add Bay Leaf and small Onion.
- Add a tablespoon of vegetable or olive oil to the pot to cut down on excessive foam and boil over while the beans are cooking.
- Because the beans expand while cooking, periodically adding small amounts of water to the pot will keep them adequately covered, ensuring even cooking.
- Simmer the dried beans on low to medium heat. Properly soaked beans

- usually require between 30 minutes and 2 hours of cooking.
- Consult the proper cooking time of the types of beans you're using.
 - Cooking times will vary depending on the variety of dried bean. [Table 1](#)
 - Test the dried beans by mashing one with a fork or between your fingers. Ideally, your beans will be tender but not mushy.
 - If your beans are still crunchy or underdone after the recommended cooking time, continue cooking at a simmer, checking every 10 minutes for doneness.
 - Serve the cooked beans

Table 1. Times for Cooking Dried Beans

Black Beans	60 Mins
Light/dark Red Kidney Beans	90 to 120 Mins
Navy Beans	60 to 90 Mins
Great Northern Beans	45 to 60 Mins
Cannellini beans	45 to 60 Mins
Great Northern Beans	45 to 60 Mins
Pinto Beans:	90 to 120 Mins

Boiled Butterbeans

Ingredients:

- 2 cups water
- 1 oz finely chopped lean ham
- 1 Garlic Clove, crushed
- 2 cups Fresh or frozen Butterbeans or Lima beans
- ¼ tsp Salt
- Dash pepper

Directions:

1. Bring 2 cups water and ham to a boil in a saucepan;
2. Boil 5 to 10 minutes.
3. Add Butterbeans, salt, and pepper; return to a boil.
4. Cover, reduce heat, and simmer 45 minutes or until tender.

Crowder Peas

Origin: America

Ingredients:

- 2 slices Bacon, crumbled
- ½ cup Crowder Peas
- 1 cup Chicken Broth
- Dash Sriracha Sauce
- Dash Dried Thyme
- Kosher salt and black pepper, to taste

Directions:

1. Put crumbled bacon in a pot.
2. Heat until fat melts
3. Put the crowder peas in pot
4. Cover with chicken broth and Sriracha sauce
5. Bring the mixture to a boil over medium-high heat then
6. Reduce heat to low and simmer for 15 to 20 minutes, until peas are tender but not overcooked.
7. Drain and place in a bowl.
8. Taste and add salt and black pepper as needed

Serves 2

Fried Chickpeas

Origin: America

Ingredients:

- 1 tsp Smoked Paprika
- ½ tsp Ground Cayenne
- 3 Tbs Olive Oil
- 1 15- oz can Chickpeas, rinsed, drained, patted very dry
- Salt
- 1 tsp Lime zest, finely grated

Directions:

1. Combine paprika and cayenne in a small bowl and set aside.
2. Heat oil in a 12 inch skillet over medium-high heat.
3. Working in 2 batches, add chickpeas to skillet and sauté, stirring frequently, until golden and crispy, 15–20 minutes.
4. Using a slotted spoon transfer chickpeas to paper towels to drain briefly.
5. Place in a medium bowl.
6. Sprinkle paprika mixture over; toss to coat.
7. Season to taste with salt.
8. Toss with lime zest and serve.

Serves 4

Great Northern Beans with Leeks and Bacon

Origin: America

Ingredients:

- 1 cup dried Great Northern Beans or 1 14 oz canned (if using cans skip first 7 steps)
- 2 slices thick-sliced Bacon, diced
- 1 Tbs Olive Oil
- 1 leeks, thinly sliced, white and tender green parts
- 1 Garlic Clove, finely chopped

- 1 tsp salt
- Freshly ground black pepper

Directions:

1. Place beans in a large Dutch oven.
2. Cover with water to 2 inch above beans.
3. Bring to a boil.
4. Remove from heat and let stand, covered, 1 hour.
5. Drain beans and return to pot.
6. Cover with cold water and bring to a boil.
7. Lower heat to a simmer, cover and cook until tender, but not mushy. 45 minutes to 1 hour.
8. Drain beans, reserving some cooking water.
9. Return beans to pan.
10. Place bacon in a large skillet.
11. Cook over medium-high heat until crisp.
12. Remove and set aside, leaving bacon drippings in pan.
13. Add Olive Oil to skillet.
14. Add leeks and garlic; sauté 10 minutes.
15. Add to beans.
16. Crumble bacon and add to beans with salt and pepper.
17. Add cooking water if beans seem dry.
18. Serve hot.

Serves 2

Mushroom and Black Eyed Pea Ragout

Origin: America

Ingredients:

- 3 Tbs Olive Oil
- 1 large Onion, sliced vertically

- ¼ lb Shiitake mushrooms, tough part of stems removed, thickly sliced
- ¼ lb mixed Mushrooms (such as cremini, baby bella and oyster mushrooms), sliced
- 4 Garlic Cloves, finely chopped
- 3 cups Chicken Broth
- 1 Tbs Tomato Paste
- 2 (15-ounce) cans Black-eyed Peas, drained
- 1½ tsp Salt
- Coarsely ground Black Pepper
- ¼ tsp Honey
- ¼ tsp Hot Sauce
- 1 bunch hearty Greens (kale, turnip, mustard or chard) washed, thinly sliced and blanched

Directions:

1. Heat oil over medium heat in a large nonstick skillet.
2. Add onion, mushrooms and garlic.
3. Sauté until onions are soft, about 5 minutes.
4. Add broth, tomato paste, black-eyed peas, salt, pepper, honey and Hot Sauce.
5. Bring to boil.
6. Reduce heat, and simmer 20 minutes or until sauce thickens slightly.
7. Stir in greens; cook until thoroughly heated.

Serves 6

Beets

Balsamic Roasted Beets with Feta

Origin: America

Ingredients:

- 2 Medium Beets
- 1 Tbs Olive Oil
- ½ tsp Kosher Salt
- 2 Tbs Balsamic Vinegar
- ½ Tbs Maple Syrup
- ¼ cup Feta cheese, crumbled
- Freshly ground black pepper, to taste

Directions:

1. Preheat oven to 400°F.
2. Line a baking sheet with aluminum foil.
3. Prepare the beets by washing them and removing the leafy stems and roots.
4. Peel each beet with a vegetable peeler and cut the peeled beets into 1 inch chunks.
5. Place the cut beets on the prepared baking sheet.
6. Toss the beets with the olive oil and salt until coated.
7. Roast beets for 35 to 40 minutes, stirring with a spatula midway through, until beets are tender when pierced with a fork.
8. While the beets are roasting, combine the vinegar and maple syrup in a small saute pan.
9. Cook over medium heat until the liquid is thickened enough to coat the back of a metal spoon and is reduced to about 1½ tablespoons.
10. Toss the roasted beets with the glaze.
11. Sprinkle feta cheese on top of the mixture and season with salt and pepper to taste.
12. Serve hot or cold.

Serves 2

Beets with Onion and Cumin

Origin: America

Ingredients:

- 2 Tbs Olive Oil/Butter mix
- 5 Medium Beets, peeled and quartered
- 1 Small Onion, chopped
- 2 Tomato, peeled, seeded and chopped .
- 3 Clove Garlic, minced
- 1¾ cup Chicken Broth
- ½ Tbs Cumin Seed
- ½ tsp Salt
- 2 Tbs Arrowroot

1. Heat a medium saucepan over medium-high heat.
2. Pour in mix and sauté onion and garlic until translucent.
3. Mix in cumin seed and sauté an additional 2 minutes.
4. Sprinkle in arrowroot and sauté 1 minute more.
5. Stir in beets, tomatoes, water, and salt.
6. Reduce heat to low, cover pan with lid, and allow to simmer 30 to 45 minutes, until beets are tender.

Serves 2

Boiled Beets

Origin: America

These can be used in Salads

Ingredients:

- 4 Small Beets, washed
- 1 tps Salt

Directions:

1. Wash beets and put in saucepan
2. Cover with water
3. Add salt

- Bring to the boil and simmer for 45-60 minutes or until beets are soft.

Serves 2

Honey and Rosemary Glazed Beets

Origin: America

Ingredients:

- 1 lb roasted beets, trimmed
- ½ Red onion, small to medium sized, julienned
- 2 Rosemary springs
- ½ cup Raspberry vinegar
- ¼ cup chopped toasted Hazelnuts or Walnuts
- 2 Tbs Honey
- 4 oz Goat cheese (Chevre)
- Juice of one lemon
- Salt to taste

Directions:

- Preheat oven to 400°F.
- Wash beetroot thoroughly.
- Place beetroot in roasting pan; cover with foil.
- Roast 45-60 minutes or until done.
- Cool for at least 10 minutes.
- Peel, you can scrape off the skin quickly under running water.
- Cut beetroot into wedges of desired thickness.
- Place red onion, beetroot, rosemary, raspberry vinegar, lemon juice and honey in saucepan.
- Season with salt.
- Place on medium-high heat; bring liquid to a boil, turn down to medium.
- Place beets onto serving platter and serve warm.
- Top with crumbled Chevre.

Serves 2.

Broccoli

Broccoli Sauté with Garlic

Origin: America

Ingredients:

- 4 Tbs Olive Oil
- 2 tsp Freshly Ground Black Pepper
- 2 tsp Garlic, crushed
- 4 cups Broccoli Florets
- Salt

Directions:

- Heat the olive oil in a 10 inch skillet over medium-low heat.
- Add the garlic and cook for 1 minute.
- Add the broccoli, salt and pepper and toss with the olive oil and garlic until the broccoli turns bright green and becomes tender.
- Remove from the skillet and serve.

Serves 4

Stir-Fried Broccoli with Chile-Garlic Sauce

Origin: China

Ingredients:

- ¼ cup Chicken Broth
- 1 Tbs Rice Wine
- 2 tsp Black Soy Sauce
- 1 tsp Toasted Sesame oil
- 1 tsp Rice Flour
- 2 tsp Chile-Garlic Sauce
- 2 medium Garlic cloves chopped

- ¼ tsp Ground Cayenne
- 1 lb Broccoli florets
- ¼ tsp Sugar
- 1 tsp plus 2 Tbs Olive Oil

Directions:

1. Whisk broth, rice wine, soy sauce, sesame oil, rice flour, and chili-garlic sauce together in small bowl.
2. Combine garlic, pepper flakes, and 1 teaspoon olive oil in small bowl.
3. Heat remaining olive oil in 12 inch nonstick skillet over medium-high heat until just beginning to smoke.
4. Add broccoli and sprinkle with sugar; cook, stirring frequently, until broccoli is well-browned, 8 to 10 minutes.
5. Push broccoli to sides of skillet to clear center
6. Add oil, garlic mixture and cook, mashing with spatula until fragrant, 15 to 20 seconds.
7. Stir to combine garlic mixture with broccoli.
8. Add chicken broth mixture and cook, stirring constantly, until florets are cooked through and stalks are tender-crisp, and sauce is thickened, 30 to 45 seconds.

Serves 4

German Style Broccoli

Origin: America

Ingredients:

- 2 slices Bacon
- ½ lb Broccoli, fresh
- 2 Scallions
- 1 Small Red Bell Pepper
- ¼ cup Cider Vinegar
- 1 Tbs Mustard, spicy brown

- ½ tsp Sugar
- ½ tsp Salt
- ¼tsp Fresh Ground Pepper
- 1 Tbs Olive Oil

Directions:

1. In a medium skillet, cook the bacon over medium heat until crisp, about 10 minutes.
2. Drain the bacon on paper towels, crumble and set aside.
3. Pour off all but 1½ tablespoons of bacon fat from the pan, set the pan aside.
4. Meanwhile, cut the broccoli into bite-size pieces.
5. Steam the broccoli pieces until they are crisp tender, about 8 minutes.
6. Meanwhile, coarsely chop the scallions and bell pepper and place them in a serving bowl
7. Add the cooked broccoli to the serving bowl.
8. Warm the bacon fat in the skillet over medium heat
9. Add the vinegar, mustard, sugar, salt and black pepper.
10. Cook, stirring constantly to scrape up the pan drippings.
11. Remove from the heat and stir in the oil.
12. Pour the hot dressing over the vegetables and toss to combine.
13. Sprinkle the crumbled bacon over the broccoli and serve

Serves 2

Roasted Broccoli with Brown Butter Fish Sauce

Origin: America

Ingredients:

- ½ lb. Broccoli Crowns, cut into large florets
- ½ Medium Red Onion, cut into inch wedges
- 1 Tbs Olive Oil
- Kosher salt and pepper
- 2 Tbs Unsalted Butter
- 1 Tbs Capers
- ½ tsp. Fish Sauce

Directions:

1. Preheat the oven to 500 °F.
2. On a rimmed baking sheet, toss the broccoli and red onion with the olive oil.
3. Spread in an even layer. and season lightly with salt and pepper.
4. Bake, without tossing. until the broccoli is just knife tender and browned, about 20 minutes.
5. Transfer to a platter.
6. Meanwhile, in a small skillet. melt the butter.
7. Cook over moderate heat. stirring occasionally until the butter browns and smells nutty, about 6 minutes.
8. Remove the skillet from the heat. and stir in the capers and fish sauce.
9. Drizzle the brown butter sauce over the vegetables.
10. Serve.

Serves 2

Brocolini**Sautéed Brocolini***Origin: America*

Brocolini is a green vegetable similar to broccoli but with smaller florets and longer, thin stalks. Broccoli can be used instead.

Ingredients:

- 1 bunch Brocolini
- Salt
- 2 Tbs Unsalted Butter
- ½ Lemon, zested
- 1 tsp Minced Garlic
- 1 Tbs Lemon Juice
- ½ tsp Salt
- ¼ tsp Freshly ground Black Pepper

Directions:

1. Blanch the brocolini in a large pot of boiling salted water for 2 minutes.
2. Drain immediately and immerse in a bowl of ice water.
3. Melt the butter in a large sauté pan.
4. Add the lemon zest and garlic and stir.
5. Drain the brocolini and add it to the garlic mixture and heat for 2 minutes.
6. Add the lemon juice, salt and the pepper, and toss well before serving.

Serves 4

Brussels Sprouts**Brussels Sprouts with Bacon and Beer***Origin: Germany***Ingredients:**

- 8 oz Brussels Sprouts
- 1 oz Thick cut Bacon, chopped
- 1 Small Shallot, peeled and sliced
- 4 oz Light German Beer
- Dash Salt
- Pinch Freshly Ground Black Pepper
- Smidgen Cayenne

Directions:

1. Trim the ends of each Brussels Sprout, removing excess leaves.
2. Cut the sprouts in half, leaving the smallest sprouts whole.
3. Place a large skillet over medium heat.
4. Add the chopped bacon and sauté until crisp.
5. Add the sliced shallot.
6. Sauté another 2-3 minutes to soften.
7. Add the Brussels Sprouts.
8. Stir and sear the sides of the sprouts for 4-5 minutes.
9. Pour the beer into the skillet.
10. Add the salt and both peppers.
11. Bring to a simmer and lower the heat a little.
12. Stir and simmer until the beer has reduced to a glaze and the sprouts are cooked through, 12-15 minutes.

Serves 2

Balsamic Glazed Brussels Sprouts with Pancetta

Origin: England

Ingredients:

- 2 oz Pancetta, cut into ¼ inch dice
- 2 Tbs Olive Oil/Butter mix
- 8 oz Brussels Sprouts (about 12 medium sprouts), trimmed and halved through the core
- ¼ cup Water.
- 2 Tbs Balsamic Vinegar
- Freshly Ground Black Pepper
- Salt

Directions:

1. In a heavy 10inch straight-sided sauté pan set over medium-low heat,

- slowly cook the pancetta in tablespoon of mix until golden and crisp all over, 10 to 15 minutes.
2. With a slotted spoon, transfer the pancetta to a plate lined with paper towels, leaving the fat behind. You should have about 2 tablespoons of fat in the pan; if not, add the remaining 1 Tbs oil.
3. Put the pan over medium-high heat and arrange the sprouts cut side down in a single layer.
4. Cook undisturbed until nicely browned, 2-3 minutes.
5. When the sprouts are browned, add the water to the pan, cover immediately, and simmer until the sprouts are tender when poked with a fork or skewer, about 3 minutes. (If the water evaporates before the sprouts get tender, add more water, ¼ cup at a time.)
6. With a slotted spoon, transfer the sprouts to a plate.
7. Return the pan to medium-high heat and if any water remains, let it boil off.
8. Add the balsamic vinegar and a few grinds of pepper.
9. Boil the vinegar until it's reduced to about 2 tablespoons and looks lightly syrupy, about 2 minutes.
10. Reduce the heat to low, add the butter, and stir until melted.
11. Return the sprouts and pancetta to the pan and swirl and shake the pan to evenly coat the sprouts with the sauce.
12. Season to taste with salt and more pepper and serve.

Serves 2

Brussels Sprouts Gratin

Origin: America

Ingredients:

- 8 oz Brussels Sprouts, trimmed and cut in half
- 1 Tbs Olive Oil/Butter mix
- ¼ tsp Salt.
- Freshly ground Pepper
- 1 Tbs Swiss Cheese, grated
- ¼ cup Heavy Cream

Directions:

1. Preheat oven to 425°F.
2. Place Brussels sprouts in a baking dish.
3. Toss with melted mix, salt and pepper.
4. Spread in pan and roast 25 to 30 minutes, tossing once halfway through, until tender and browned.
5. Pour heavy cream over sprouts and sprinkle with a dash salt.
6. Continue baking about 10 minutes, until cream has thickened.
7. Remove pan from oven.
8. Set oven to broil and position top rack 6 inch below broiler.
9. Sprinkle cheese mixture over sprouts.
10. Broil 3 to 5 minutes, until golden brown.

Serves 2

Maple Roasted Brussels Sprouts*Origin: America***Ingredients:**

- ½ lb Brussels Sprouts, trimmed
- 2 Tbs Olive Oil
- 2 Tbs Maple Syrup
- 2 slices Bacon, cut into inch pieces
- ¼ tps Salt
- Dash Freshly Ground Black Pepper

- 2 Tbs Pumpkin Seeds (Pepitas), optional

Directions:

1. Preheat oven to 400°F.
2. Place Brussels sprouts in a single layer in a baking dish.
3. Drizzle with olive oil and maple syrup.
4. Toss to coat.
5. Sprinkle with bacon.
6. Season with salt and black pepper as needed.
7. Roast in the preheated oven until bacon is crispy and brussels sprouts are caramelized, 45 minutes, stirring halfway through.
8. Just before the end, sprinkle with pepitas.

Serves 2

Sprouts with Mushroom Sauce*Origin: America***Ingredients:**

- 1 lb Brussels Sprouts, Broccoli, or Cabbage
- 1 cup Chicken Broth
- 2 tsp Lemon Juice
- 2 tsp "[Dijon Mustard](#)"
- ½ tsp Thyme, chopped
- 1 Tbs Brandy (optional)
- 1 cup sliced Mushrooms

Directions:

1. Trim Brussels Sprouts and cut in half.
2. Steam until tender, about 6 to 10 minutes.
3. Bring the broth to a boil in a nonstick pot.

4. Mix in the lemon juice, mustard, and thyme.
5. Add the mushrooms.
6. Boil until the broth is reduced by half, about five to eight minutes.
7. Pour broth into food processor.
8. Process until smooth.
9. Pour back into saucepan.
10. Add brandy
11. Bring back to boil.
12. Add the Brussels Sprouts.
13. Toss well to coat with the sauce.

will be crispy and brown (extra delicious!)

Serves 2

Serves 4

Roasted Brussels Sprouts

Origin: Germany

Ingredients:

- ½ lb fresh Brussels sprouts
- 1½ Tbs Olive Oil
- 2 slices Bacon
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Clean Brussels sprouts, discarding outer loose leaves.
3. Cut in half.
4. Put the Brussels sprouts into a plastic bag.
5. Pour in olive oil and season with salt and pepper.
6. Shake gently to coat sprouts.
7. Pour sprouts onto baking sheet spreading them out into one layer.
8. Dice bacon and sprinkle over the sprouts.
9. Roast for 30-35 minutes, stirring every 10 minutes or so, until golden brown on the outside and tender on the inside. Any leaves that are loose

Cabbage

Bavarian Fried Cabbage

Origin: Germany

This is a far cry from the boiled institutional cabbage that we grew up with in school and wartime government run canteens

Ingredients:

- 1 lb Cabbage, cut in inch pieces
- ¼ lb Seasoning Bacon or Prosciutto cut into ¼ inch pieces
- 2 Tbs Olive Oil/Butter mix
- 1 Garlic Clove,
- ½ tsp Caraway Seed
- ½ tsp Salt
- Pinch Ground White Pepper

Directions:

1. Try out seasoning bacon in medium saucepan
2. Add mix.
3. Add crushed garlic and fry until light brown
4. Add cabbage and caraway seed.
5. Stir-fry cabbage for 3 minutes
6. Salt and Freshly Ground Black Pepper to taste
7. Stir and simmer for 5 minutes

Serves 2

Braised Cabbage with Leeks

Origin: America

Ingredients:

- ½ (1½ lb) Cabbage preferably one with attractive outer leaves
- 4 Tbs Olive Oil (more if needed)
- ¼ lb Kielbasa, cut into ¼ inch cubes
- 2 cups Chopped Leeks, (3 medium Leeks)
- 3 Garlic Cloves, finely chopped
- Thyme
- ¼ tsp Rubbed Sage
- 2 Tbs Chicken Broth
- 1 tsp Salt
- Freshly Ground Black Pepper to taste
- Fresh Sage Sprigs, optional
- Fresh Thyme Sprigs, optional

Directions:

1. Remove 7 to 8 outer leaves from cabbage and set aside for presentation
2. Quarter cabbage and remove tough inner core
3. Cut into inch strips
4. Place 2 tablespoon of oil in heavy skillet
5. When oil is hot, add kielbasa and sauté, stirring constantly, until meat is lightly browned, 4 to 5 minutes
6. Remove and drain on paper towels
7. Add the leeks to skillet and sauté, stirring until softened, 3 to 4 minutes
8. Add the garlic to skillet, stir and cook 1 minute more
9. Add dried herbs
10. Return kielbasa to skillet
11. Add cabbage, salt, pepper and broth to skillet
12. Bring to simmer and cook, covered, for 10 minutes
13. Remove lid and cook until cabbage is tender, 5 minutes
14. Serve on cabbage leaves and decorate with Fresh herbs

Indian Cabbage**Origin: India****Ingredients:**

- ½ Small Head Cabbage
- 1 Tbs Oil
- ½ Tbs Black Mustard Seeds
- ¼ tsp Cumin
- ¼ tsp Turmeric
- Dash Cayenne
- ½ tsp Salt
- 1 Garlic Clove, finely chopped
- 1 Tbs Fresh Ginger, Crushed
- Cilantro, Garnish

Directions:

1. Heat Wok over medium heat.
2. Add mustard seeds
3. As soon as they start to pop, add the rest of the spices.
4. Add the cabbage and salt
5. Stir-fry until tender
6. Serve garnished with cilantro

Serves 2

Sauerkraut**Origin: Germany****Ingredients:**

- 1 lb Prepared Sauerkraut
- 1 Medium Red Apple, diced
- 1 Medium Onion, Chopped
- ½ Tbs Caraway seed
- ½ cup Brown Sugar

Directions:

1. Rinse sauerkraut with warm water; drain well.

2. Mix the sauerkraut, apple, onion, brown sugar and caraway seed in a saucepan.
3. Add the drained sauerkraut, caraway seeds and sugar.
4. Simmer for 30 minutes.

Or

5. Put browned pork chops, tenderloin or German Sausages in oven proof baking dish.
6. Cover with prepared sauerkraut.
7. Bake at 350F° oven for 45 minutes.

Serves 2

Carrots

Braised Carrots and Parsnips with Cranberries

Origin: America

Ingredients:

- 2 Tbs Unsalted Butter and Olive Oil mix.
- 1 Shallot, chopped
- ½ cup Chicken Broth
- ½ cup Apple Cider
- 3 Sprigs Fresh Thyme
- 1 Bay Leaf
- Salt and Freshly Ground Black Pepper to taste
- ½ lb Carrots peeled and sliced
- ½ lb Parsnips peeled and sliced

Other root vegetables such as beets, sweet potatoes and turnips etc. can be used.

- ¼ lb Dried Cranberries or Apples
- 1 Tbs Dijon Mustard

- 1 Tbs Cilantro, chopped

Directions:

1. Melt 1 tablespoon of butter/oil mix in Dutch oven.
2. Add shallot and cook, stirring frequently until softened about 3 minutes.
3. Add broth, cider, thyme sprigs, bay leaf, ¾ tsp salt and ¼ tsp black pepper.
4. Bring to the boil and simmer for 3 minutes.
5. Add carrots and parsnips.
6. Simmer for until vegetables are tender, around 10-15 minutes.
7. Remove pot from stove.
8. Remove thyme and bay leaf.
9. Stir in dried cranberries, Dijon Mustard and 1 tablespoon butter/oil mix.
10. Stir while simmering.
11. Transfer to serving dish.
12. Sprinkle with cilantro.

Serves 2

Honeyed Carrots

Origin: Israel

Ingredients:

- 1 oz Olive Oil/Butter mix
- ½ lb Carrots, peeled and sliced on the diagonal
- ¼ cup Orange Juice.
- ¼ tsp Ground Ginger
- 1 Tbs Honey
- ½ tsp Salt.

Directions:

1. Heat mix in pan over medium heat.
2. Add carrots

3. Sauté a few minutes.
4. Add orange juice, salt and honey.
5. Cover, simmer until $\frac{3}{4}$ tender, about 10-15 minutes.
6. Uncover and cook another 10-15 minutes. until carrots are tender and much of liquid evaporates.
7. Correct seasoning and serve.

Serves 2

Cauliflower

Cauliflower Au Gratin

Origin: America

Ingredients:

- 1 Cauliflower, cut into florets (about 6 cups)
- $\frac{1}{2}$ Sweet Red Bell Pepper, coarsely chopped
- 2 Tbs Oil/Butter Mix
- 3 Tbs All-purpose Flour
- 1 Garlic Clove, minced
- $1\frac{1}{4}$ cup Milk
- $\frac{1}{2}$ cup Freshly Grated Cheddar Cheese
- $\frac{1}{4}$ cup Freshly Grated Parmesan Cheese
- $\frac{1}{4}$ cup Chopped Dill or Parsley
- $\frac{1}{4}$ tsp Salt
- $\frac{1}{4}$ tsp Freshly Ground Black Pepper
- $\frac{1}{2}$ cup Fresh Bread Crumbs (or 2 Tbs fine dried)

Directions:

1. Preheat oven to 375°F.
2. Lightly butter 6 cups baking dish
3. In pot of boiling water, cook cauliflower for 3 5 minutes or until tender-crisp

4. Drain well and transfer to baking dish
5. Sprinkle with Cayenne
6. In non-stick, or heavy saucepan, melt butter
7. Add flour and garlic; cook, stirring over low heat for 1 minute
8. Pour in milk; bring to simmer, stirring constantly
9. Simmer, stirring for 2 3 minutes until thickened
10. Add cheddar and Parmesan cheeses, dill, salt, and pepper
11. Cook, stirring until cheeses melt
12. Pour over cauliflower
13. Mix breadcrumbs with Parmesan; sprinkle over top
14. Bake uncovered for 25 30 minutes or until bubbling

Serves 4

Lemony Fried Cauliflower

Origin: Jewish

A traditional Sephardic Jewish dish

Ingredients:

- 1 head cauliflower (about 2 pounds), cored and cut into 1 inch florets
- $1\frac{1}{2}$ cup Flour
- 1 Tbs Lemon Zest, plus lemon wedges for serving
- 1 tsp Turmeric
- 1 tsp Ground Cayenne
- Salt and Freshly ground Black pepper, to taste
- 5 eggs
- Oil, for frying
- Roughly chopped Parsley, for garnish

Directions:

1. Bring a large pot of salted water to a boil.
2. Add cauliflower and cook until just tender, about 5 minutes.
3. Using a slotted spoon, transfer to an ice bath until chilled; drain and dry completely with paper towels.
4. Heat 2qt oil in a 6-qt. saucepan until a deep fry thermometer reads 350°F.
5. Mix together flour, zest, turmeric, cayenne, salt and pepper to a shallow baking dish.
6. Whisk eggs in a bowl.
7. Working in batches, dip cauliflower in flour, shaking off excess, then egg, and once again in flour.
8. Fry, flipping as needed until golden and crisp, 30 seconds–1 minute.
9. Using a slotted spoon, transfer to paper towels to drain;
10. Season with salt and pepper.
11. Garnish with parsley and serve with lemon wedges on the side.

Serves 4

Roasted Cauliflower

Origin: America

Ingredients:

- 1 tsp Olive Oil
- 2 Medium Onion, quartered
- 3 Garlic Cloves, halved
- 2 cups Cauliflower florets
- Cooking spray
- 1½ tsp Water
- ½ tps Cumin, ground
- ½ tsp Dijon Mustard
- ¼ tps Salt
- Dash Freshly Ground Black Pepper
- 2 tsp Fresh Flat-leaf Parsley, chopped

Directions:

1. Preheat oven to 500°F.
2. Heat oil in a large skillet over medium heat.
3. Add onions and garlic; cook 5 minutes or until browned, stirring frequently.
4. Remove from heat.
5. Place onion mixture and cauliflower in a roasting pan coated with cooking spray.
6. Combine water, cumin and mustard; pour over vegetable mixture.
7. Toss to coat; sprinkle with salt and pepper.
8. Bake at 500°F for 20 minutes or until golden brown, stirring occasionally.
9. Sprinkle with parsley.

Serves 2

Roasted Whole Cauliflower

Ingredients:

- 1 large head Cauliflower, outer leaves trimmed
- 1 small Onion, finely diced
- 2 Tbs Olive Oil
- 2 Tbs Olive Oil
- ½ cup Chicken Broth
- ¼ cup Water
- 2 Tbs Lemon Juice
- ¼ tsp Ground Nutmeg
- 1 tsp Salt
- ¼ tsp Freshly Ground Black Pepper

Directions:

1. Preheat oven to 375°F.
2. Place Dutch Oven over medium heat
3. Add onion, butter and oil
4. Cook until soft
5. Add the cauliflower, base down
6. Add the broth, water and lemon juice
7. Sprinkle with nutmeg, salt and pepper

8. Transfer to oven
9. Bake for 30 minutes or until center of cauliflower is tender, basting every 10 minutes
10. Remove from oven
11. Transfer cauliflower to serving platter
12. Boil down remaining liquid until thicken and pour over cauliflower

Stovetop Cauliflower

Origin: America

Ingredients:

- ½ Head Cauliflower
- 1½ tsp Olive Oil
- 11 tsp Fresh Thyme, minced
- 1 Garlic Clove, minced
- 2 Tbs Olive Oil
- Salt and Pepper
- Lemon wedges

Directions:

1. Trim outer leaves of cauliflower and cut stem flush with bottom of head.
2. Flip cauliflower so stem is facing up.
3. Using kitchen shears, cut stems vertically around core to remove large florets.
4. Cut florets through stem into 1-inch pieces.
5. Using knife, square off sides of core; discard scraps.
6. Cut trimmed core into ½ inch pieces.
7. Combine 1 teaspoon oil, thyme, and garlic in small bowl; set aside.
8. Heat 2 tablespoon olive oil in 12-inch nonstick skillet over medium heat until shimmering.
9. Add cauliflower, sprinkle with ¼ teaspoon salt and dash of teaspoon pepper, and stir to combine.
10. Spread cauliflower into even layer.

11. Cook until cauliflower is evenly browned, about 15 minutes, stirring every 5 minutes.
12. Continue to cook until cauliflower is tender and dark brown in spots, 8 to 10 minutes longer, stirring gently and redistributing cauliflower into even layer every 1 to 2 minutes as needed. (Cauliflower should be dark brown, but if it starts to burn, reduce heat slightly.)
13. Push cauliflower to sides of skillet.
14. Add thyme mixture to center and cook, stirring with rubber spatula, until fragrant, about 30 seconds.
15. Off heat, stir thyme mixture into cauliflower.
16. Season with salt and pepper to taste.
17. Transfer to platter and serve with lemon wedges.

Serves 2

Tandoori Cauliflower

Origin: India

Ingredients:

- ¾ cup Plain Greek Yogurt
- 1 Tbs Garlic, grated (about 3 cloves)
- 1 Tbs Fresh Lime Juice
- 2 tsp "[Tandoori Spice](#)"
- 1 tsp Fresh Ginger, grated
- ¼ tsp Salt
- ½ medium head Cauliflower (about ¾ lb), trimmed and quartered

Directions:

1. Preheat oven to 450°F.
2. Stir together yogurt, garlic, lime juice, tandoori spice, ginger, and salt.
3. Brush yogurt mixture over all sides of cauliflower pieces.

4. Place coated cauliflower pieces on a parchment paper-lined baking sheet.
5. Bake in preheated oven until browned and tender, 30 to 35 minutes.

Serves 2

Celery

Celery Root Purée

Ingredients:

- 2 cups whole Milk
- 2 cups Water
- 2 Tbs Coarse Sea salt
- 1 lb Celery root (Celeriac), peeled and cut into 8 pieces
- 1 lb Yukon Gold or Russet potatoes, peeled and cut in half
- 3 Tbs Olive Oil
- Salt and Freshly ground white pepper

Directions:

1. Place the milk, water, salt, celery root and potatoes in a saucepan; bring to a boil
2. Lower the heat; simmer until the vegetables are very tender, 20 to 25 minutes
3. Drain and return them to the pan.
4. Place the pan over low heat to cook off excess moisture
5. Transfer the vegetables to a food processor.
6. Add the butter
7. Purée until just smooth and creamy.
8. Season with salt and pepper.
9. Keep warm.

Serves 2

Braised Celery

If it is more convenient, you can make the celery up to 6 hours ahead, chill it and then rewarm it gently at serving time.

Ingredients:

- 1 bunch Celery
- 1 Tbs extra-virgin Olive Oil
- 1 Carrot
- 1 Parsnip, peeled, trimmed and quartered
- Salt and Freshly ground white pepper
- 1 cup Chicken Broth

If it is more convenient, you can make the celery up to 6 hours ahead, chill it and then reheat it gently at serving time.

Directions:

1. Trim the bottom of celery bunch (make sure the ribs remain together) then measure 5 inch up from the bottom and cut off the celery tops at that point (you'll be using the bottom end).
2. Remove and discard the 3 or 4 tough outer ribs.
3. Remove any stringy parts with a vegetable peeler
4. Cut each bunch of celery lengthwise into quarters.
5. Warm the oil in a large sauce pan or skillet over medium heat
6. Add the carrot, parsnip and celery quarters
7. Season with salt and pepper to taste
8. Then cook for 3 minutes.
9. Pour in the broth and bring to a boil.
10. Adjust the heat so that the stock simmers steadily.

11. Cook the vegetables for about 25 minutes or until they can be pierced easily with the point of a knife.
12. When the vegetables are tender, the liquid should be just about gone, that you should have tender vegetables lightly glazed with the stock.
13. Remove and discard the carrots and turnips.
14. Serve the celery immediately.

Serves 2

Corn

Corn on the Cob

Origin: America

This a very easy way of cooking Corn on the Cob

Ingredients:

- 1 or more ears Fresh, Un-shucked Sweet Corn

Directions:

1. Arrange 1 to 4 ears of corn, un-shucked, in the microwave. If you need to cook more than 4 ears of corn, cook them in batches.
2. For just 1 or 2 ears of corn, microwave for 3 minutes. For 3 or 4 ears, microwave for 4 minutes. If you like softer corn or if your ears are particularly large, microwave for an additional minute.
3. Set the ears on a cooling rack or cutting board to cool.
4. When the silks and top leaves are cool enough to handle, quickly shuck the husks off the cobs. The corn will

stay quite warm in their husks, so wait to shuck them until just before serving.

Creamed Corn

Origin: America

Ingredients:

- 1 (10 -16 ounce) packages frozen corn, cooked or good corn steamed in the can
- 3 Tbs Butter
- 3 Tbs Flour
- 1 cup Milk
- 1 cup Cream or Half & Half
- 2 Tbs Sugar
- Salt and pepper (optional)

Directions:

1. Cook corn according to package directions.
2. Melt butter in saucepan.
3. Stir in flour and blend well.
4. Add milk and cream, about ½ cup at a time, and blend with whisk.
5. Cook over medium heat until thickened.
6. Stir in sugar, salt and pepper.
7. Add cooked, drained corn.

Serves 4

Lima Beans

Easy Lima Beans

Origin: America

Ingredients:

- ¼ Tbs Olive oil/Butter Mix

- ½ Small Onion, finely chopped
- 1 Cloves Garlic, pressed
- ¼ tsp Turmeric
- 1½ cups Water
- ½ cup Dry Lima Beans
- ½ tsp Italian seasoning blend (consisting mainly of basil, oregano, rosemary, and thyme)
- ¼ tsp Salt
- ¼ tsp Freshly Ground Black pepper

Directions:

1. In a medium frying pan, heat the vegetable oil over medium heat.
2. Sauté the onions for 2 minutes and then add the garlic and turmeric.
3. Continue to sauté until the onions are soft and translucent.
4. Set aside.
5. In a medium saucepan, bring 3 cups of water to a boil.
6. Add the lima beans, sautéed onions and garlic, Italian seasoning, salt and pepper.
7. Bring to a boil, then reduce heat to low and simmer (covered) for 40 minutes until the lima beans are soft and tender.
8. If the beans are still hard, continue to cook and check every 5-10 minutes until the beans are soft and tender.
9. Turn off the heat and set the saucepan aside for 20 minutes (still covered).
10. Reheat for serving.
11. Add more salt, pepper or Italian seasoning to taste.

Serves 2

Swiss Chard

Sautéed Swiss Chard with Parmesan

Origin: America

Ingredients:

- 2 Tbs Olive Oil/Butter mix
- 1 Tbs Garlic, minced
- ¼ Red Onion, diced
- 1 small Bunch Swiss Chard
- ½ cup Dry White Wine
- 1 Tbs Fresh Lemon juice
- 1 Tbs Parmesan cheese, grated
- Salt to taste

Directions:

1. Remove the leaves from the Swiss chard.
2. Tear the leaves away from the stems and center ribs.
3. Chop them coarsely and place them in a bowl.
4. Chop the stems and center ribs of the chard.
5. Cut them into 2-3 inch pieces.
6. Melt Olive Oil/Butter mix in a large skillet.
7. Melt over medium-high heat and wait for the butter to melt completely.
8. Stir in garlic and red onion.
9. Cook them together for at least 20 seconds, until the mixture is fragrant.
10. Add the chard stems and white wine to the mixture.
11. Simmer the stems for 5 minutes or until they begin to soften.
12. Stir in the leaves.
13. Cook the chard until the leaves are wilted, at least another 3 minutes.
14. Turn off the heat and place the chard into a bowl.
15. Stir in fresh lemon juice and Parmesan cheese.
16. Mix the chard until you've distributed the lemon juice and Parmesan cheese.
17. Season to taste with salt.

Serves 2

Collards

Stir Fried Collards

Origin: America

This Ray's own version of the traditional Southern collards.

Ingredients:

- 1 bunch Collards, Washed, stalks removed and cut into strips
- 6 Garlic Cloves, finely chopped
- 1 Rasher of thick Bacon, cubed
- 3 Tbs Olive Oil
- 2 Tbs Apple Brandy
- 1 Tbs Honey
- 2 Tbs Rice Wine

Directions:

1. Heat a wok over medium-high heat.
2. Add the bacon and fry until crisp.
3. Add 1 tablespoon Olive Oil and the chopped garlic.
4. Fry the garlic and bacon until garlic starts to brown.
5. Add the collard greens and stir.
6. Add remaining Olive Oil and stir.
7. Add the honey, Apple brandy and rice wine and stir.
8. Stir-fry for about 10 minutes until leaves are tender.
9. Add more oil and rice wine if too dry.

Serves 2

Eggplant

Eggplant Casserole

*Origin: America**Ingredients:*

- 1 Large or 2 Small Eggplant, peeled and sliced
- 1½ cup Grated Cheddar Cheese
- 1 Stick of Unsalted Butter
- 2 Eggs
- ½ cup Milk
- ½ tsp Salt
- 2 Garlic Cloves Chopped very fine
- ¼ tsp Freshly Ground Black Pepper
- ¼ cup Bread Crumbs

Directions:

1. Boil eggplant until tender.
2. Preheat oven to 350°F.
3. Place eggplant in baking dish
4. Add eggs, milk, salt, pepper and garlic
5. Add crumbs, cheese and butter
6. Bake 20-30 minutes.

Serves 2

Eggplant Fries

*Origin: Greece**Ingredients:*

- 1 Greek Eggplant
- ¼ tsp Salt
- ¼ tsp Black Pepper
- 4 cups All-purpose Flour
- ½ tsp Salt
- 2 cups Panko Bread Crumbs
- ½ cup Parmesan, grated
- 3 Eggs

Topping mixture

- 3 oz Feta crumbled
- 7 oz Plain Greek yogurt
- 2 Tbs Fresh Oregano, chopped
- 2 Tbs Water
- 2 Tbs Lemon Juice.

Directions:

1. Cut eggplant into 3 inch x 1 inch-wide sticks.
2. Sprinkle with ¼ teaspoon each salt and black pepper.
3. Let stand 10 minutes.
4. Blot dry with paper towels.
5. Preheat oven to 450°F.
6. Lightly coat two large baking sheets with cooking spray.
7. In a shallow dish combine ½ cup flour and ½ teaspoon salt
8. Beat eggs in another shallow dish.
9. In third dish combine Panko and Parmesan cheese.
10. Working in batches, place eggplant sticks into flour, egg, then panko mixture.
11. Arrange on baking sheets.
12. Coat with cooking spray.
13. Bake in batches 15 minutes or until browned and crisp.
14. Top with yogurt mixture.

Serves 4

Fava beans

The Fava Bean is the only Old World Bean and is an important part of Middle Eastern cooking. In England, it is known as the Broad Bean.

Braised Fava Beans with Red Bell Pepper***Ingredients:***

- 2 lb (in pods) shelled fava beans
- 1 cup Chicken Broth
- 1 small red bell pepper, cut into small dice
- 1½ Tbs Olive Oil
- 1 Garlic Clove, finely chopped
- 2 Tbs Olive Oil
- 2 tsp minced Fresh thyme
- Salt and pepper, to taste

Directions:

1. Fava beans have a tough skin, which should be removed by blanching before cooking.
2. Bring large pot of water to boil over high heat.
3. Add shelled fava beans and cook 3 minutes.
4. Drain immediately and cool to room temperature.
5. To remove the tough skin, hold a fava bean between thumb and forefinger, using fingertips snip off tip of skin and gently squeeze out fava beans.
6. Prepare all the fava beans in this fashion.
7. In large sauté pan, cook bell pepper and garlic in Olive Oil over moderate heat 3 minutes.
8. Add Chicken Broth and fava beans and cook 15 to 25 minutes until tender.
9. Add butter, thyme, salt and pepper.

Serves 2

Caramelized Onions And Fava Beans

Origin: America

Ingredients:

- 1 lbs Fresh Fava Beans or 1 cup frozen fava beans
- ½ large Onion, cleaned and chopped
- 1 tsp Butter
- 1 tsp Olive Oil
- 1 Garlic Clove, finely chopped.
- 2 Tbs Parmesan Cheese, grated

Directions:

1. If you are using Fresh shell the beans, add to boiling water, cook for approximately 10 minutes. If you are using frozen ensure they are cooked.
2. Heat the oil & butter in a skillet
3. add onions and garlic sauté over medium heat until the onions are golden brown 20 minutes.
4. Add fava beans, cook until heated through.
5. Place beans and onions in an oven proof dish.
6. Sprinkle with cheese and broil until cheese is golden.

Serves 2

Sautéed Fava Beans

Origin: Italy

Ingredients:

- 2 lb Fresh Fava Beans, in the pod (yields about 1½ to 2 cups shelled beans)
- 2 tsp Olive Oil
- 4 sprigs Fresh Thyme, remove leaves and rub together with hands to release flavor.
- ½ Red Onion (finely minced)
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Shell the beans from the fava pods (use your finger nail to find the seam and pull apart).
2. In a large saucepan, bring water to a boil and add a bit of salt.
3. In a bowl, combine ice and tap water to make ice water? set aside.
4. Add the shelled beans to the boiling water and let cook for about 1 minute.
5. Remove from saucepan and immediately plunge into the ice water to stop the cooking.
6. Let the beans cool and thereafter peel the outer skin from each of them.
7. Over medium heat in a large pan, add olive oil, then the minced red onion and
8. Sauté for 5 minutes (or until onion is soft).
9. Add the peeled fava beans (along with salt and Freshly ground black pepper) and
10. Sauté for about 5 minutes (stir gently, especially if your fava beans are small to medium sized)

Serves 2

Green Beans

Classic Green Bean Casserole

The components of the casserole can be prepared ahead of time. Store the bread-crumbs in an airtight container in the refrigerator and combine with the onions just before cooking. Combine the beans and cooled sauce in a baking dish, cover with plastic wrap, and refrigerate for up to 24 hours. To serve, remove the plastic wrap and heat the casserole in a 425-degree oven for 10 minutes, then add the topping and bake as directed. This recipe can be halved and

baked in a 2-quart (or 8inch-square) baking dish. If making a half batch, reduce the cooking time of the sauce in step 3 to about 6 minutes (1¾ cup) and the baking time in step 4 to 10 minutes.

Ingredients:

- 4 slices white sandwich bread, each slice torn into quarters, 7 oz (2 cups) crumbs
- 2 Tbs Olive Oil
- ¼ tsp Salt
- ¼ tsp ground black pepper
- 3 cups canned fried onions (about 6 ounces)
- 2 Tbs Salt
- 2 lb green beans, ends trimmed, and halved
- 3 Tbs Olive Oil
- 1 lb white button mushrooms, stems trimmed, wiped clean, and broken into inch pieces
- 3 medium Garlic Cloves, finely chopped
- Ground black pepper
- 3 Tbs All-purpose Flour
- 1½ cup Chicken Broth
- 1½ cup Heavy Cream

Directions:

1. Pulse bread, butter, salt, and pepper in food processor until mixture resembles coarse crumbs, about ten 1-second pulses
2. Transfer to large bowl and toss with onions; set aside
3. Adjust oven rack to middle position and heat oven to 425°F.
4. Fill large bowl with ice water
5. Bring 4 quarts water to boil in large Dutch oven
6. Add 2 tablespoons salt and beans
7. Cook beans until bright green and tender-crisp, about 6 minutes

8. Drain beans in colander and plunge immediately into ice water to stop cooking
9. Spread beans on paper towel lined baking sheet to drain
10. Add butter to now-empty Dutch oven and melt over medium-high heat until foaming subsides
11. Add mushrooms, garlic, ¾teaspoon salt, and ¼ teaspoon pepper
12. Cook until mushrooms release moisture and liquid evaporates, about 6 minutes
13. Add flour and cook for 1 minute, stirring constantly
14. Stir in broth and bring to simmer, stirring constantly
15. Add cream, reduce heat to medium, and simmer until sauce is thickened and reduced to 3½ cup, about 12 minutes
16. Season with salt and pepper to taste
17. Add green beans to sauce and stir until evenly coated
18. Arrange in even layer in 3-quart (or 13 by 9inch) baking dish
19. Sprinkle with topping and bake until top is golden brown and sauce is bubbling around edges, about 15 minutes
20. Serve immediately

Serves 10

Masaledar Sem (Spicy Green Beans)

Origin: India

Ingredients:

- ½ Tbs Fresh Ginger, minced
- 10 Garlic Cloves, peeled
- ¾ cup Water
- 2 Tbs Olive Oil
- ¾ Tbs Whole Cumin
- 1 Hot Chili Pepper, minced

- ¾ Tbs Coriander, ground
- 1 cup Tomatoes Fresh or canned, peeled and finely chopped
- 1 lb Green Beans, washed, stems removed and cut into inch lengths.
- ¾ Tbs Tamarind Paste
- ½ tsp Salt
- ¼ tsp Freshly Ground Black Pepper
- 1 tsp Ground Cumin

Directions:

1. Put ginger in food processor
2. Process
3. Add garlic
4. Process
5. Add ¼ cup water.
6. Process until smooth.
7. Heat oil in pan over medium heat.
8. Add whole cumin, chili pepper.
9. Sauté until peppers darken.
10. Add ginger-garlic paste to pan.
11. Sauté for about 1 minute
12. Add coriander.
13. Cook for stirring for 30 seconds.
14. Add tomatoes, stir and cook for 2 minutes.
15. Add beans, tamarind paste, salt, pepper and remaining ½ cup water.
16. Cover and cook for 8 minutes, until beans are tender
17. Remove cover and raise heat and reduce liquid.
18. Correct seasoning and add ground cumin

Serves 4

Sautéed Green Beans

Origin: Italy

Ingredients:

- 1 tsp Salt (for blanching water)
- 1 large Shallot, chopped

- 2 large Garlic Cloves, chopped
- 2 large handfuls French or Romano Beans
- 2 Tbs Olive Oil/Butter mix
- ¼ tsp Salt (finish seasoning)
- Freshly Ground Black Pepper

Directions:

1. Place a pot of hot salted water on the stove and bring to a boil.
2. Prepare the beans by cutting off the stem (if necessary). If beans are large, french the beans or cut them diagonally into bite-size pieces.
3. Add the beans to the boiling water and blanch for about 2-3 minutes, until the beans are a bit underdone and still a little crunchy.
4. Strain the beans.
5. Add the Oil/butter mix to a large sauté pan and heat on medium-high heat until the butter mixture begins to foam.
6. Add the minced shallots and sauté for about 2 minutes or until translucent.
7. Add the crushed garlic and stir in for another 30 seconds being careful not to burn the garlic.
8. Add the cooked beans to the pan and sauté for about 1 to 2 minutes to combine all ingredients.
9. Season with salt and Freshly ground black pepper.
10. Serve immediately.

Kale

Easy Garlic Kale

Origin: America

Ingredients:

- 1 bunch Kale
- 1 Tbs oil/butter mix
- 1 tsp Garlic, minced

Directions:

1. Soak kale leaves in a large bowl of water until dirt and sand begin to fall to the bottom, about 2 minutes.
2. Heat oil/butter mix in a large skillet over medium heat
3. Cook and stir garlic until sizzling, about 1 minute.
4. Add kale to the skillet and place a cover over the top.
5. Cook, stirring occasionally with tongs, until kale is bright green and slightly tender, 5 to 7 minutes.

Serves 2

Leeks**Buttered Leeks****Ingredients:**

- ½ lb leek, cut into 1 inch strips
- 2 Tbs Olive Oil
- Salt and Pepper to taste

Directions:

1. Melt butter in saucepan
2. Add leeks
3. Lower heat to low, stir, season to taste
4. Cook gently for 5 minutes, stirring frequently

Leek and Asparagus Sauté**Ingredients:**

- 2 Tbs Butter Flavored Olive Oil
- 2 Leeks, including tender green parts, coarsely chopped
- 1 lb Asparagus, cut in 1 inch pieces
- 1 Tbs minced lemon thyme
- 2 Tbs White Wine
- 2 tsp Lemon Juice
- ½ tsp Salt
- Fresh Ground Pepper

Directions:

1. In large skillet heat butter and oil over medium heat
2. Add leeks and sauté, stirring frequently until just softened, about five minutes
3. Add asparagus and stir in lemon thyme and white wine
4. Cover and cook until asparagus is tender, about 5 minutes
5. Mix in lemon juice, salt and pepper

Serves 2

Leek Gratin with Bread Crumbs, Bacon*Origin: America***Ingredients:**

- 2 lb Leeks
- 3 Tbs Olive Oil
- Salt and Black Pepper
- ½ cup Heavy Cream
- ½ cup Grated Gruyere Cheese
- 1 Tbs each chopped Fresh dill and parsley
- 4 slices thick-cut bacon, cut into small dice
- 1 cup Fresh bread crumbs from a dense French style loaf
- 1 garlic dove, crushed

Directions:

1. Using scissors, clip the leeks' dark outer leaves.
2. Remove root ends, quarter leeks lengthwise, then cut crosswise into 2 inch pieces.
3. Soak leeks in 2 changes of water to remove grit, drain well.
4. Heat 2 tablespoons of the oil in large skillet over medium-high heat.
5. Add leeks, season with salt and pepper
6. Sauté until tender, about 10 minutes.
7. Transfer to medium bowl and mix in cream, cheese, dill and parsley.
8. Wipe out skillet and place over medium-low heat.
9. Add bacon and fry until crisp, 5 to-7 minutes.
10. Transfer to paper towels to drain and stir into leeks.
11. Turn leek mixture into a 9 inch pie plate or similar size pan.
12. Heat oven to 450°F.
13. Meanwhile, heat a medium skillet over medium-low heat.
14. Toss remaining oil with bread crumbs, garlic and a dash of salt and pepper.
15. Add to skillet and toast until golden brown, about 5 minutes.
16. Sprinkle over leeks.
17. Bake until bubbly, 12-15 minutes.
18. Serve.

Serves 6

Mushrooms

Oven Roasted Wild Mushrooms with Garlic and Thyme

Origin: England

Ingredients:

- 1 lb Wild mushrooms, cleaned and halved
- 4 Garlic Cloves, finely chopped, thinly sliced
- ¼ cup Olive Oil
- Salt and Freshly ground Pepper
- 6 sprigs Fresh Thyme
- 1 Tbs Worcestershire Sauce
- 1 Tbs chopped Fresh Thyme leaves

Directions:

1. Preheat oven to 375°F.
2. Combine the mushrooms and garlic in a large roasting pan,
3. Add the Olive Oil, and pepper and stir to combine.
4. Add the sprigs of thyme and roast in the oven until golden brown and all of the liquid has evaporated, 25 to 30 minutes, stirring occasionally.
5. Remove from the oven and stir in the Worcestershire, salt, and chopped thyme.

Serves 4

Paistetut Sienet (Mushrooms with Sour Cream)

Origin: Sweden

Ingredients:

- ½ Tbs Butter or Olive Oil/Butter mix
- 2 Tbs Onions or Shallots, minced
- 4 oz Fresh Button Mushrooms, thinly sliced
- 1 Tbs Fine, dry bread crumbs
- Dash Paprika
- 2 Tbs Sour Cream
- Fresh Herbs

Directions:

1. Melt Butter over moderate heat.

2. Sauté onion until soft but not brown
3. Add mushrooms
4. Cook for 3 to 5 minutes, until light brown.
5. Sprinkle in bread crumbs
6. Mix and turn heat to low.
7. Add sour cream and mix until evenly coated.

Serves 2

Onions

Caramelized Onions

Origin: America

Ingredients:

- Several medium yellow, or red or large onions,
- Olive Oil
- Salt

Directions:

1. Slice off the root and top ends of the onions, peel the onions.
2. Cut the onions in half.
3. Lay them cut side down and slice the onions lengthwise to desired thickness.
4. Use a large cast iron pan for maximum pan contact with the onions.
5. Coat the bottom of the pan with Olive Oil.
6. Heat the pan on medium-high heat until the oil is shimmering.
7. Add the onion slices and stir to coat the onions with the oil.
8. Spread the onions out evenly over the pan and let cook, stirring occasionally.

9. After 10 minutes, sprinkle some salt over the onions
10. Let cook for 30 minutes to an hour more, stirring every few minutes.
11. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn.
12. The trick is to let them alone enough to brown (if you stir them too often, they won't brown),
13. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning.
14. A metal spatula will help you scrape up the browned bits from the bottom of the pan as the caramelization proceeds.
15. As the onions cook down, you may find you need to scrape the pan every minute, instead of every few minutes.
16. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color.
17. Store refrigerated for several days in an air-tight container.

German Onion Pie

Origin: Germany

Ingredients:

- 4 Slices Bacon, thick, diced
- 2 cup Yellow and Red Onions, peeled, chopped
- 1 Clove Garlic, crushed
- 2 Eggs, beaten
- 1 cup Sour Cream
- ¼ cup Sharp Cheddar, grated
- 1 Tbs All-purpose Flour
- ½ tsp Salt
- ¼ tsp Freshly Ground Black Pepper

- 1 Unbaked Pie Crust or "[Pie Crust](#)"

Directions:

1. Sauté onions and garlic with 2 tablespoons butter until clear, not brown
2. Spoon into pie crust.
3. Beat eggs and sour cream together.
4. Sprinkle the flour over egg and sour cream mixture.
5. Stir in cheese.
6. Stir in salt and pepper.
7. Spread onions and bacon in pie crust.
8. Pour sour cream mixture over the top
9. Bake at 500°F for 15 minutes.
10. Reduce heat to 350°F
11. Bake for another 15 minutes or until pie is nicely browned.

Pie Crust:

Ingredients:

- 1 cup Ritz Crackers crumbs
- 4 Tbs Unsalted Butter

Directions:

1. Mix Ritz Crackers and melted butter.
2. Press mixture into 8 inch pie plate.

Serves 4

Onion Rings

Origin: America

Ingredients:

- 2 Large Onion, cut into rings
- 1¼ cup All-purpose Flour
- 1 cup Milk
- 1 Egg
- 2 Tbs Olive Oil
- 1 tsp Salt

- Oil for frying

Directions:

1. Soak onion ring in a bowl of ice water for 1 hour.
2. Drain and pat dry with paper towels
3. Whisk flour, milk, egg, oil, and salt until smooth.
4. Heat oil in a deep-fryer.
5. Dip rings in batter until evenly coated and arrange in 1 layer on plate.
6. Fry the battered onion ring until browned, about 5 minutes.
7. Transfer fried rings to paper lined plate.

Serves 2

Parsnips

Roast Parsnips

Directions:

1. Preheat oven to 400°F.
2. Put in enough shortening in a roasting pan that will melt to come half way up the parsnips, about ¾ inch.
3. Peel enough parsnips to allow two halves per person and a couple extra.
4. Wash and dry them thoroughly.
5. Place carefully in the hot fat upside down and then Turnover cut side down and cook for about 20 minutes.

Peas

Sautéed Peas with Shallots and Mint

Origin: America

Ingredients:

- 2 tsp Olive Oil
- 1 small shallot, minced (about 1', :1 tablespoons)
- 1 medium garlic clove, chopped or pressed through garlic press
- 1 lb frozen baby peas (3 cups)
- ¼ cup Chicken Broth
- ¼ tsp Sugar
- ¼ cup minced Fresh mint leaves
- 1 Tbs Butter
- 2 tsp Lemon Juice
- Salt and Ground black pepper

Directions:

1. Heat oil in 12inchskillet over medium-high heat until shimmering.
2. Add shallot and cook stirring frequently, until softened, about 2 minutes.
3. Add garlic and cook, stirring frequently, until fragrant, about 30 seconds.
4. Stir in peas, broth, and sugar.
5. Cover and cook until peas are bright green, and just heated through, 3 to 5 minutes.
6. Add mint and butter and toss until incorporated.
7. Remove from heat;
8. Stir in lemon juice.
9. Season with salt and pepper.
10. Serve immediately.

Serves 4

Bacon and Balsamic Glazed Sugar Snap Peas

Origin: America

Ingredients:

- 2 oz Bacon, minced
- 1 Clove Garlic, crushed
- 8 oz Sugar Snap Peas
- 1 Tbs Balsamic vinegar
- 1 tps Demerara Sugar
- Salt and Freshly Ground Black Pepper to taste.

Directions:

1. Cook the minced bacon in a large skillet over medium-high heat until the fat has rendered out and the bacon has begun to crisp, about 5 minutes.
2. Remove with a slotted spoon and set aside, leave the bacon fat in the skillet.
3. Add the garlic and briefly brown.
4. Add the sugar snap peas, and toss to coat with the fat.
5. Cook and stir until just cooked through, about 5 minutes.
6. Pour in the balsamic vinegar, sugar, and cooked bacon.
7. Continue cooking until the balsamic has reduced, and the sugar has dissolved, about 2 minutes.
8. Season to taste with salt and pepper and serve immediately.

Serves 2

Sautéed Sugar Snap Peas

Origin: America

Ingredients:

- ½ lb Fresh Sugar Snap Peas
- ½ Tbs Olive Oil
- ¼ tsp Salt
- ¼ tsp Freshly ground black pepper
- Sea salt for serving

Directions:

1. Remove and discard the stem end and string from each sugar snap pod.
2. Heat the olive oil in a large sauté pan over medium-high heat.
3. Add the sugar snap peas, salt and pepper and Sauté, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender.
4. Place the sugar snap peas in a serving bowl, sprinkle with sea salt and serve.

Serves 2

Snap Peas with Meyer Lemon and Mint

Origin: America

Ingredients:

- ½ lb Snap Peas, trimmed
- 1 Tbs Meyer lemon juice
- 1 tsp Meyer lemon zest
- 1½ Tbs Olive Oil
- 1 tsp minced Shallot
- 1 Tbs Mint leaves, chopped
- Salt and Freshly Ground Pepper, to taste

Directions:

1. Fill a large bowl with water and ice. Set aside.
2. Bring a large pot of water to a boil.
3. Add snap peas and cook until just tender yet still crisp, about 2 minutes.
4. Using a slotted spoon, transfer snap peas to ice water.
5. Whisk all other ingredients together in large bowl.
6. Drain snap peas and toss with the vinaigrette.

Serves 2

Quick Sesame Snow Peas

Origin: America

Ingredients:

- 1 Tbs sesame oil
- ½ lb Fresh Snow Peas, washed and patted dry
- Juice of 1 lemon,
- 1 Tbs Coarse kosher salt or flaky salt
- Freshly ground black pepper
- Sesame seeds, for garnish (optional)

Directions:

1. Heat the sesame oil in a large sauté pan until almost smoking.
2. Add the snow peas and turn the heat down a little so they don't burn.
3. Cook, shaking the pan and tossing, for about 1½ minutes, or until just barely warmed through and tender-crisp.
4. Remove from the heat and toss with lemon juice.
5. Set aside to rest for a few moments, partially covered with a plate or splatter screen.
6. Test after 5 minutes; they should still be crisp but more tender.
7. Toss with salt and pepper and eat immediately.

Serves 2

Peppers

Roasted Red Bell Peppers

Origin: America

Ingredients:

- 4 large red or yellow bell peppers
- 2 Tbs Olive Oil

Directions:

1. Preheat the oven to 500°F.
2. Place the whole peppers on a sheet pan and place in the oven for 30 to 40 minutes, until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting.
3. Remove the pan from the oven and immediately cover it tightly with aluminium foil.
4. Set aside for 30 minutes, or until the peppers are cool enough to handle.
5. Remove the stem from each pepper and cut them in quarters.
6. Remove the peels and seeds and place the peppers in a bowl along with any juices that have collected.
7. Discard the stems, peels, and seeds.
8. Pour the oil over the peppers.
9. Cover with plastic wrap and refrigerate for up to 2 weeks
10. Can be frozen in ziplock bags

Potatoes

Canadian Poutine

Origin: Canada

Authentic Canadian Poutine featuring deep-fried fries, poutine gravy and white cheddar cheese curds all tossed together

Poutine Gravy

- 2 Tbs Arrowroot
- 2 Tbs Water
- 4 Tbs Unsalted Butter
- 1 Shallot, minced

- 2 Cloves Garlic, minced
- ¼ cup All-purpose Flour
- 1 cup Beef Broth
- ½ cup Chicken Broth
- 1 Tbs Cider Vinegar
- ½ Tbs Worchester Sauce
- Pepper, to taste

French Fries

- 1 lb Russet potatoes (2 medium potatoes)
- Frying oil

Topping

- 1 cup White Cheddar Cheese Curds (Or torn chunks of Mozzarella cheese would be the closest substitution)

Directions:

Prepare the gravy:

1. In a small bowl, dissolve the arrowroot in the water and set aside.
2. In a large saucepan, melt the butter.
3. Sauté shallot and garlic until translucent.
4. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown.
5. Add the beef and chicken broth, vinegar and Worchester Sauce and bring to a boil, stirring with a whisk.
6. Stir in the arrowroot and simmer for 3 to 5 minutes or until the sauce thickens.
7. Season with pepper. Taste and add additional salt, if necessary, to taste.
8. Make ahead and rewarm or keep warm until your fries are ready.

Deep Fried Fries

9. Prepare your potatoes and cut into ½inch thick sticks.
10. Place into a large bowl and cover completely with cold water.
11. Allow to stand at least one hour or several hours.
12. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300°F.
13. Remove the potatoes from the water and place onto a sheet of paper towel.
14. Blot to remove as much excess moisture as possible.
15. Add your fries to the 300°F oil and cook for 58 minutes, just until potatoes are starting to cook but are not yet browned.
16. Remove potatoes from oil and scatter on a wire rack.
17. Increase oil temperature to 375°F Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown.
18. Remove to a paper towel lined bowl.

Prepare the Poutine

19. Add your fried or baked fries to a large, clean bowl.
20. Season lightly with salt while still warm.
21. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy.
22. Add more gravy, as needed to mostly coat the fries.
23. Add the cheese curds and toss with the hot fries and gravy.
24. Serve with freshly ground pepper

Serves 2

Colcannon

Origin: Ireland

This mixture of potatoes and greens is similar to "Bubble and Squeak" But the vegetable are Freshly cooked rather than left over, and so has a lighter flavor.

Ingredients:

- ½ lb Cabbage or 1 lb Leeks (If you use leeks, omit Scallions)
- ½ lb Potatoes
- 4 Scallions, including the green top finely chopped
- 1 Shallot, finely chopped
- 1 Garlic Clove, crushed
- ½ cup Light Cream
- 2 Tbs Olive Oil
- ½ tsp Salt
- ¼ tsp Ground White Pepper

Directions:

1. Remove any tough stalks from the cabbage and slice thinly
2. Cook in a large pan of boiling until tender, about 10 minutes
3. Drain well
4. Boil the potatoes in their skins
5. Cool, peel and mash well while warm
6. Simmer the chopped onion, shallot and garlic in the cream for 5 minutes
7. Gradually beat the cream into potatoes
8. Then beat in the cabbage
9. Season the taste and serve in warmed bowls with a little melted butter poured into the center of each portion
10. Keep warm

Serves 2

Delmonico Potatoes

Origin: America

This Ray's version of the "quote" original version

Ingredients:

- 2 medium white Potatoes
- 2 Garlic Cloves, finely chopped
- 1 Shallot finely chopped
- 1 Tbs Olive Oil
- 1 Tbs Chopped Sweet and Hot Peppers
- ¼ cup Heavy Whipping Cream
- ½ tsp Salt
- ¼ tsp White Pepper
- 2 Tbs Freshly grated Parmesan Cheese

Directions:

1. Wash (but do not skin) the potatoes, and cut into inch cubes.
2. Bring 8 cups of water to a boil and then add the potatoes.
3. Let boil for 10 minutes so that the potatoes are not cooked through.
4. Immediately submerge the hot potatoes into cold water, and let them cool for at least 30 minutes.
5. Gently sauté garlic and shallots in cast iron dish or pan until transparent
6. Add pepper strips and sauté for 1 minute
7. Add potatoes, cream, salt, and pepper.
8. Gently cook for 10 minutes until thickened, mixing lightly occasionally so that they do not burn.
9. Preheat oven to 425°F.
10. Remove from the stove and fold in 1 tablespoon of the cheese.
11. On top, sprinkle the remaining 1 tablespoon of cheese.
12. Place the pan into the upper-third of the oven, and bake for 6 minutes or until lightly browned. h
13. Serve immediately.

Serves 2

Duchess Potatoes

Origin: France

Ingredients:

- 3 cups Russet potatoes,
- ½ cup Half & Half, warmed.
- ¼ lb Olive Oil
- 1 Egg yolk
- 1 tsp Salt

Directions:

1. Peel potatoes and cut into 1 inch chunks.
2. Cover with 1 inch water.
3. Boil for 15-20 minutes or until easily pierced with a fork.
4. Drain potatoes and return them to pot.
5. Put them back on the hot burner for a few seconds to dry.
6. Keep stirring.
7. Mash potatoes then add half & half, butter, eggs yolks and salt.
8. Place a large star tip in pastry bag, and fill bag with potato mixture.
9. Pipe circular shapes onto parchment lined baking sheet.
10. Place baking sheet in a 450°F. oven on middle rack.

Serves 4

Hasselback Potatoes

Origin: Norway

Ingredients:

- 4 oval Baking potatoes, medium
- 4 Garlic Cloves, sliced thin
- 2 Tbs butter, melted

- Jarlsberg cheese, grated
- Paprika

Directions:

1. Place a peeled potato in the hollow of a large wooden spoon, and slice it in 1/8 inch slices until about inch from the end.
2. Preheat oven to 425°F.
3. Butter an oven-proof dish.
4. Drain the potatoes and pat them dry with a paper towel.
5. Place a slice of garlic in each slot.
6. Place the potatoes side by side, cut side up, in the dish brushed with butter.
7. Brush the potatoes with melted butter and sprinkle with salt.
8. If needed, brush again with melted butter after 30 minutes.
9. Bake for 50 minutes
10. About 5 minutes before they are baked, sprinkle with grated cheese and paprika.

Serves 4

Mashed Potatoes with Rosemary and Leeks

Origin: America

Ingredients:

- 1 lb Potatoes cleaned, unpeeled and cubed
- 1 Tbs chopped Garlic
- 1 small Leek, white part only, coarsely chopped
- 1 Tbs Freshly chopped Rosemary
- Salt and Pepper to taste
- 2 Tbs White Wine.
- 4 Tbs Sour Cream
- 2 Tbs Milk

Directions:

1. Cut potatoes into larger cubes and cook in boiling water for 15 to 20 minutes or until tender.
2. Drain and place in an oven at 300°F, just to lightly dry them out.
3. Spray a pan with Olive Oil and lightly brown the leeks and garlic.
4. Add the Fresh rosemary and continue to cook 2 more minutes.
5. Add wine
6. Using electric mixer, mix in the tender potatoes.
7. Slowly add sour cream and milk.
8. Season with salt and pepper to taste.

Serves 2

Oven Fried Potatoes

Origin: America

This is a way to get crisp Chips or French Fries without deep frying.

Ingredients:

- ½ lb Potatoes peeled and cut into french fries, chunks, chips or slices; your choice
- ½ tsp Baking Soda
- 1 tsp Salt
- 1 Qt water
- 1 Tbs Garlic powder
- Salt and Pepper to taste.
- 2 Tbs Olive Oil

Directions:

1. Bring water, salt and baking soda to boil.
2. Add potatoes and bring back to boil.
3. Boil for 1 minute
4. Drain and allow to cool completely on rack.

5. When ready to cook, preheat oven to 425°F
6. Mix potatoes, garlic powder, olive oil, salt and pepper, coating the potatoes thoroughly.
7. Spread potatoes on rack on baking tray.
8. Cook for 20-25 minutes until potatoes are brown and crisp.
9. Serve immediately.

Serves 2

Patatas Bravas

Origin: Spain

Ingredients:

- 2 Baking Potatoes
- ½ tsp Baking Soda
- 3 Tbs Olive Oil
- ½ Tbs Salt

Sauce

- 1 Red pepper
- 1 Tbs Smokey paprika
- 2 Garlic cloves, peeled
- 4 Tbs Mayonnaise

Directions:

1. Peel and slice potatoes.
2. Parboil potatoes with baking soda, about 10 minutes.
3. Toss hot potatoes with olive oil and salt.
4. Bake in oven on rack until crisp about 20 minutes.
5. Meanwhile mix red pepper, garlic, paprika, and mayonnaise in food processor
6. Blend until smooth.
7. Serve sauce on top or on the side of potatoes.

Serves 2

Patatas Bravas

Origin: Spain

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- ½ tsp Baking Soda
- 3 Tbs Olive Oil
- ½ Tbs Salt

Sauce

- 1 Red pepper
- 1 Tbs Smokey paprika
- 2 Garlic cloves, peeled
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Directions:

1. Peel and slice potatoes.
2. Parboil potatoes with baking soda, about 10 minutes.
3. Toss hot potatoes with olive oil and salt.
4. Bake in oven on rack until crisp about 20 minutes.
5. Meanwhile mix red pepper, garlic, paprika, and mayonnaise in food processor
6. Blend until smooth.
7. Serve sauce on top or on the side of potatoes.

Serves 2

Potatoes Anna

Origin: England

We had these potatoes at The White Swan in Stratford on Avon, England. Ray talked the chef out of his recipe.

- 1 Quart Chicken Broth
- 2 Medium Potatoes
- ¼ cup melted Butter
- Salt and Freshly Ground Black Pepper to taste

Directions:

1. Preheat oven to 400°F.
2. Melt enough chicken broth to cover a baking dish to a depth of inch .
3. Slice the potatoes to about 1 inch thick
4. Put the potatoes in the broth, it should half cover the potatoes
5. Season the potatoes with salt and pepper
6. Pour melted butter over potatoes
7. Cook for about 45 minutes.

Serves 2

Potatoes Au Gratin

Origin: France

This dish can be assembled a day ahead; cover tightly with plastic wrap (pressing the wrap directly against the potatoes so they do not discolor), store in the refrigerator, and bake before serving. The potatoes on top will still discolor a bit in the fridge, but it shouldn't be noticeable after baking.

Ingredients:

- Butter to grease the baking dish
- 5 oz Cups Heavy Cream
- ½ tsp Salt
- Dash Freshly Ground Black Pepper
- 1 Russet Potato, peeled and sliced very thin
- ½ cup Parmigiano-Reggiano, shredded or grated

Directions:

1. Preheat the oven to 350°F.
2. Grease a baking dish with butter.
3. In a mixing bowl with a pouring spout (or large liquid measuring cup), whisk together the cream, salt and pepper.
4. Arrange some of the potato slices, edges overlapping, in a single layer on the bottom of the prepared baking dish.
5. Sprinkle ¼ of the cheese over the potatoes and pour ½ of the cream mixture over top.
6. Repeat with the remaining potatoes, cheese and cream, forming 4 layers.
7. Pour any leftover cream over top.
8. Place in the oven and bake, uncovered, for about an hour, or until the potatoes are tender when pierced with a knife and golden brown on top.
9. Let the dish settle and cool for about ten minutes before serving.

Serves 2

Potato Latkes

Origin: Germany

Ingredients:

- 1 large potato, Idaho or Yukon gold
- 1 Small onion, chopped
- 1 Garlic Clove, peeled and chopped
- 1 Egg
- ½ tsp Salt,
- Dash Ground Cayenne
- 2-6 Tbs flour
- 1-2 cups Olive Oil

Directions:

1. Cut the potatoes in half lengthwise.
2. Prepare a food processor with the large-holed grating surface disc in

- place to give you large strings of potatoes.
3. You will use this for half of the potatoes.
 4. Put some onion and garlic into the processor tube with each group of potato pieces. It prevents discoloring of the potatoes.
 5. When you've gotten half of the potato grated into strings, change to the small grate size disc and finish off the potatoes and onions.
 6. Shredding and grating the potato and onion helps the latkes hold together.
 7. Beat the eggs and then mix with the potato.
 8. Combine the salt and cayenne pepper with the flour and sprinkle it into the mixture until it reaches a consistency that will enable it to hold together,
 9. Save any leftover flour; as you continue to cook, the potatoes release more liquid and will need more flour.
 10. Pour the oil into a large, deep frying pan.
 11. The oil should be about half inch deep, which should require 1-2 cups oil depending on the size of your pan.
 12. Heat over medium-high heat.
 13. When the oil seems hot, drop a bit of batter into the pan and if it sizzle~ up quickly, the oil is ready.
 14. Using a large spoon, carefully slide the batter into the oil, 1 large spoonful per latke, and cook for 4-6 minutes.
 15. When it is golden brown on the bottom (you can lift up the edge with a spatula to peek if you are unsure), carefully turn the latkes and cook for 4-6 more minutes.
 16. If your latkes are not browning you need to turn the heat up,

17. If they are getting dark brown quickly or there is a lot of spattering going on, turn the heat down a bit.
18. Drain on a rack covered with paper towels.
19. You can serve right away, or you can cook the latkes earlier in the day and then warm them up on a rack in the oven.

Yield:12

Latkes

Origin: Jewish

Ingredients:

- ½ lb Russet (baking) or Yukon Gold potatoes
- ½ Small Onion
- 2 Tbs Scallions, including the green part, chopped
- 1 Egg, beaten
- Dash Salt
- Freshly Ground Pepper to taste
- Oil for frying

Directions:

1. Peel the potatoes and put in cold water.
2. Using a grater or a food processor coarsely grate the potatoes and onions.
3. Place together in a fine-mesh strainer or tea towel and squeeze out all the water over a bowl. The potato starch will settle to the bottom; reserve that after you have carefully poured off the water.
4. Mix the potato and onion with the potato starch.
5. Add the scallions, egg, and salt and pepper.

6. Heat a griddle or non-stick pan and coat with a thin film of oil.
7. Take about 2 tablespoons of the potato mixture in the palm of your hand and flatten as best you can.
8. Place the potato mixture on the griddle, flatten with a large spatula, and fry for a few minutes until golden.
9. Flip the pancake over and brown the other side.
10. Remove to paper towels to drain.
11. Serve immediately.
12. You can also freeze the potato pancakes and crisp them up in a 350°F oven at a later time.

Serves 2

Smashed Potatoes

Origin: America

Ingredients:

- 12 Red Bliss potatoes, scrubbed
- ¼ cup Olive Oil
- 2 Garlic Cloves, finely chopped
- ½ tsp Salt
- ¼ tsp Freshly ground Black Pepper

Directions:

1. Adjust oven racks to top and bottom positions and preheat oven to 500°F.
2. Arrange potatoes on rimmed baking sheet,
3. Pour ¾ cup water into baking sheet, and wrap tightly with aluminium foil.
4. Cook on bottom rack 25 to 30 minutes.
5. Blend garlic, salt and pepper and Olive Oil.

6. Remove foil and cool 10 minutes. If any water remains on baking sheet, blot dry with paper towel.
7. Space potatoes evenly on baking sheet.
8. Smash potatoes to ¼ inch thick with potato masher.
9. Drizzle evenly with oil.
10. Roast potatoes on top rack 15 minutes.
11. Transfer potatoes to bottom rack and continue to roast until well browned, 20 to 30 minutes longer.
12. Serve immediately.

Serves 2

Roast Potatoes

Origin: England

Many of our friends who come and eat with us remark on our roast potatoes and ask, "What is the Secret?" We do not know what the secret is but here is how we do them.

Directions:

1. Preheat oven to 350°F.
2. Put in enough shortening in a roasting pan that will melt to come half way up the potatoes, about ¾ inch
3. Peel enough medium baking potatoes to allow two halves per person and a couple extra.
4. Wash and dry them thoroughly.
5. Place carefully in the hot fat upside down and then turnover cut side down
6. Cook for about 45 minutes.

Saffron New Potatoes

Origin: England

Ingredients:

- 8 oz new White Potatoes
- 2 Tbs Olive Oil
- 1 pinch Saffron (15 threads or so)
- ¼ cup Water
- 1 tsp Salt

Directions:

1. Peel potatoes and place in bowl of cold water
2. Melt butter in large skillet, large enough to hold potatoes in single layer
3. Crumble in saffron
4. Let saffron and butter simmer for 3 minutes
5. Add potatoes and water, toss to coat
6. Add salt
7. Cover and cook over medium heat for 20 minutes, turn potatoes 2 or 3 times
8. Do not overcook so the potatoes do not turn brown
9. Place in bowl and drizzle the juices from the pan

Serves 4

Radishes

Radishes with Crispy Prosciutto

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 2 Thin slices Prosciutto
- ½ lb radishes with tops trimmed and halved (or quartered if large)
- ¼ cup Thinly sliced Shallots
- 1½ cup Baby Arugula, Baby Kale, or Spinach
- ½ Tbs Cider Vinegar

Directions:

1. In 12 inch iron skillet heat olive oil over medium heat for 1 to 2 minutes.
2. Place prosciutto slices in the skillet.
3. Cook 3 minutes or until crisp on both sides.
4. Transfer to paper towels to drain; cool and break into small pieces.
5. Add the radishes cut side down to the skillet.
6. Cook, covered, over medium heat 8 minutes.
7. Uncover.
8. Stir in shallots and cook 2 to 3 minutes more or until radishes and shallots are tender and browned.
9. Remove from heat.
10. Toss in the arugula and, if using, radish tops.
11. Cover.
12. let wilt 1 minute.
13. Drizzle with vinegar;
14. Season with salt and Freshly ground Black Pepper.
15. Top with prosciutto.

Serves 2

Shallots

Shallots with Raisins and Cider Vinegar

Origin: America

Ingredients:

- 30 Shallots
- 2 Tbs Olive Oil
- 1 Tbs Olive Oil
- 2 Garlic Cloves, finely chopped, chopped
- 4 Springs of Thyme

- 3 Tbs Cider Vinegar
- 3 Tbs water
- 2 Tbs Golden Raisins
- 1 Tbs Dark Brown Muscovado, Demerara or Turbinado Sugar
- ¼ tsp Salt and Freshly ground black pepper

Directions:

1. Preheat oven to 375°F.
2. Peel Shallots.
3. Warm Olive Oil and butter in a small roasting pan.
4. Peel the garlic and add to pan.
5. Add the shallots and thymes leaves.
6. Add the cider vinegar, water, raisins and sugar.
7. Add salt and pepper.
8. Bake for 45 minutes, stirring once or twice.

Serves 4

[Spinach](#)

[Stir-Fried Spinach](#)

Origin: America

Ingredients:

- 2 Tbs Olive Oil
- 2 Tbs Shallots, chopped
- ½ tsp Garlic Cloves, finely chopped
- 1 lb Baby Spinach, or other green suitable leafy vegetable, rinsed
- 1 Tbs Rice Wine
- ½ tsp Fish Sauce
- 1½ tsp Sesame Oil
- 1 Tbs Chicken Broth
- ¼ tsp Sriracha

Directions:

1. Heat a wok over high heat until very hot
2. Add oil and heat until shimmering but not smoking.
3. Add 1 tablespoon shallots and garlic,
4. Cook 10 seconds.
5. Add spinach and rice wine and toss to combine.
6. Add fish sauce, sesame oil, chili sauce and Chicken Broth and continue stir-frying, tossing ingredients together, until spinach wilts, 30 seconds to 1 minute.
7. Transfer to a bowl.

Serves 2

[Sweet Potatoes](#)

[Roast Sweet Potatoes](#)

Origin: America

These Ray tried as an experiment and they have been a great success.

Directions:

1. Preheat oven to 400°F.
2. Put in enough shortening in a roasting pan that will melt to come half way up the sweet potatoes, about ¾ inch.
3. Peel enough sweet potatoes to allow two halves per person and a couple extra.
4. Wash and dry them thoroughly.
5. Place carefully in the hot fat upside down and then Turnover cut side down and cook for about 25 minutes.

[Sweet Potato Fritters](#)

Origin: America

Ingredients:

- 2 medium-large Sweet Potatoes, washed and peeled
- ½ cup liquid Egg whites
- ¼ cup grated Parmesan Cheese
- 1 small Onion
- 2 Garlic Cloves
- ½ tsp Rosemary
- ½ tsp Thyme
- 1 tsp Salt
- ½ tsp Black Pepper

Directions:

1. Preheat oven to 425 degrees.
2. Line a baking sheet with parchment paper, and spray with non-fat cooking spray.
3. Grate the sweet potatoes, onion, and garlic into a large bowl, and then squeeze as much moisture from them as you can.
4. In large bowl, combine the potatoes and remaining ingredients.
5. Using an ice cream scooper, scoop out the mixture and place it onto the baking sheet.
6. Gently press out the fritters as flat and as thin as possible.
7. Place into oven and bake for 30 minutes, flipping once halfway through, until the fritters are crisp and golden.
8. Serve immediately.

Serves 4

Roasted Beets 'n' Sweets

Origin: America

Ingredients:

- 1 tsp Garlic Powder
- 1 tsp Salt

- 1 tsp Freshly Ground Black Pepper
- 1 tsp Sugar
- 1 Medium Sweet Potatoes, cut into chunks
- 1 Large Sweet Onion, chopped
- 2 Medium Beets, peeled and cut into chunks
- 2½ Tbs Olive Oil, divided

Directions:

1. Preheat oven to 400°F
2. In a bowl, toss the beets with ½ tablespoon olive oil to coat.
3. Spread in a single layer on a baking sheet.
4. Mix the remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag.
5. Place the sweet potatoes and onion in the bag.
6. Seal bag, and shake to coat vegetables with t
7. Mix sweet potato mixture with the beets on the baking sheet.
8. Continue baking 45 minutes, stirring after 20 minutes, until all vegetables are tender.

Serves 2

Turnips

Sautéed Turnips with Butter and Garlic

Origin: America

Ingredients:

- ½ lb Small Fresh Turnips
- 1 Tbs Unsalted Butter (or butter flavored olive oil)

- 3 Cloves of minced garlic

Directions:

1. Cut turnips into half-moons, or leave whole if turnip is small.
2. Melt butter (or olive oil) in frying pan
3. Stir in garlic
4. When garlic is fragrant, place turnips in pan and sauté for 10 minutes.

Serves 2

Zucchini

Zucchini Fritters

Origin: America

Ingredients:

- 1 lb Zucchini, grated
- 1 Medium Onion, grated
- ½ tsp Salt
- 1 Egg
- ¼ cup All-purpose Flour
- 2 Tbs Chive, chopped
- 1 Tbs Arrowroot
- ¼ tsp Freshly ground Black Pepper.
- Oil for frying
- "[Tare \(Soy Basting Sauce\)](#)" for dipping

Directions:

1. Place zucchini and onion in a colander set in a sink.
2. Toss with salt.
3. Let drain for 10 minutes.
4. Wring dry in a clean kitchen towel.
5. Place in bowl and add the rest of the ingredients.
6. Gently mix.

7. Heat oil in large skillet over medium heat.
8. Working in batches, drop ¼ cup of mixture into oil flattening slightly.
9. Cook until golden and crisp, about 3 minutes per side.
10. Drain on paper and keep warm.

Serves 2

Vegetable Medley

Aloo Gobhi

Origin: India

Ingredients:

- 1 Tbs Olive Oil
- 1 Small Onion, sliced thin
- 2 Garlic Cloves, finely chopped, minced
- 1 Tbs minced Fresh Ginger root
- 1 Green Chile Peppers, sliced into thin rings
- ¼ tsp ground Turmeric
- 1 Tomato, chopped
- 1 Potato, peeled, halved, and sliced
- 1 small head Cauliflower, cut into small florets
- ½ tsp ground Cumin
- ½ tsp ground Coriander
- ½ tsp Garam Masala
- ½ tsp Chili Sauce
- ¼ tsp Sugar
- Salt to taste
- ¼ cup Water
- 2 Tbs Tomato Purée
- 4 sprigs Fresh Cilantro, stems and leaves separated and minced

Directions:

1. Heat the oil in a large skillet over medium heat.
2. Cook and stir the onion, garlic, and ginger in the hot oil until golden brown, about 5 minutes.
3. Stir the cilantro stems, green chilies, and turmeric into the mixture.
4. Mix the tomato into the mixture and continue cooking until the tomatoes are softened.
5. Add the potatoes; cook and stir until the potatoes are completely coated in the mixture.
6. Fold the cauliflower florets into the mixture; season with the cumin, coriander, garam masala, chili sauce, sugar, and salt.
7. Pour the water over the mixture and stir until evenly mixed.
8. Bring the mixture to a boil; cover, reduce heat to medium-low.
9. Cook until the potatoes and cauliflower are tender but not mushy, about 20 minutes.
10. Taste for desired seasoning. If you feel the dish is not tart enough, add the tomato purée.
11. Garnish with the cilantro leaves to serve.

Serves 2

Bacon Roasted Root Vegetables

Origin: America

Ingredients:

- 4 cups Root Vegetables, Parsnips, Sweet Potatoes, Turnips, Carrots, etc. peeled and cut into 1 inch cubes
- 8 oz slab Bacon, cut into 1 inch dice
- 2 tsp Brown Sugar
- ½ tsp Salt
- Freshly Ground Black Pepper
- 1 Tbs Olive Oil

Directions:

1. Heat oven to 375°.
2. Season the roots and bacon evenly with the sugar, salt and pepper.
3. Toss in the oil and spread it all out in a single layer on a large cookie sheet.
4. Make sure the roots are not crowded together; they need room to breathe and roast.
5. Slide the tray onto your oven's middle rack.
6. After 30 minutes, gently toss with a spatula, and roast for an additional 30 minutes.
7. They should be caramelized on two sides and fragrant. If they are blond and boring looking, keep roasting.

Serves 4

Bubble and Squeak

Origin: England

An English version of Irelands Colcannon or Scotland Rumbledethumps

Ingredients:

- 1½ lb russet potatoes, peeled and sliced ¼ inch thick
- Salt and pepper
- 8 Tbs Unsalted Butter, cut into 8 pieces
- 1 small onion, chopped
- ½ Small head savoy cabbage, cored and cut into 1 inch pieces (5 cups)

Directions:

1. Place potatoes and 1 tablespoon salt in medium saucepan and cover with water by 1 inch.
2. Bring to boil over high heat.

3. Reduce heat to medium and simmer until tip of paring knife inserted into potatoes meets no resistance, 8 to 10 minutes.
4. Drain potatoes and return them to saucepan.
5. Add 3 tablespoons butter and ¼ teaspoon pepper.
6. Using potato masher, mash until smooth.
7. Set aside.
8. Melt 1 tablespoon butter in 12-inch nonstick skillet over medium heat.
9. Add onion and cook until softened, about 4 minutes.
10. Stir in cabbage, 2 table spoons water, and ½ teaspoon salt.
11. Cover and cook until cabbage is wilted and lightly browned, 8-10 minutes, stirring occasionally.
12. Transfer cabbage mixture to saucepan with 1 potato mixture and stir to combine.
13. Wipe skillet clean with paper towels.
14. Melt 2 tablespoon butter in now-empty skillet over medium-high heat.
15. Add potato-cabbage mixture to skillet and, using rubber spatula, press into even layer.
16. Cook, undisturbed, until bottom is well browned, about 7 minutes.
17. Flip spatula-size portions of potato mixture and lightly repack in skillet.
18. Break remaining 2 tablespoon butter into small pieces and distribute around the edge of skillet.
19. Repeat the flipping process every few minutes until potato-cabbage mixture is evenly browned, 8-10 minutes longer.

Serves 2

Ratatouille

Origin: France

Ingredients:

- 6 Garlic Cloves, finely chopped
- 1 medium Onion, diced
- 1 Tbs Tomato Paste
- ¾ cup Chicken Broth
- 1 large Eggplant, diced
- 1 medium Zucchini, quartered and sliced
- 5 medium Brown Mushrooms (Cremini), quartered
- 1 medium Green Bell Pepper, diced
- 1 can diced Tomatoes, drained
- 5 sprigs Flat-Leaf parsley, chopped
- 4 sprigs Basil, chopped
- Salt and Freshly Ground Black Pepper to taste to taste

Directions:

1. Wash and scrub all the vegetables.
2. Remove the parsley and basil leaves from their stems.
3. Dice the green bell pepper, eggplant, and onion.
4. Quarter the zucchini lengthwise then slice into inch segments.
5. Quarter the mushrooms.
6. Chop the parsley and the basil.
7. Start cooking by heating Olive Oil in a large pot over medium heat.
8. Add the minced garlic and sauté until the garlic smell intensifies, about one minute.
9. Add the diced onion and continue to sauté until they turn translucent, about 4 more minutes.
10. Once the onions are translucent, add 1 Tbs tomato paste.
11. The tomato paste will be in a clump and will take a bit of stirring and pressing to get it to spread out and cover the onions and garlic.

12. Pour in $\frac{3}{4}$ cup chicken or vegetable stock and stir until the broth begins to simmer.
13. Using your spatula or utensil, scrub the bottom of the pan to release any browned bits of garlic, onion, or tomato paste.
14. Add the diced tomatoes and the rest of the vegetables and stir in.
15. After about a minute, the tomatoes will have heated through.
16. Turn the heat down to the lowest setting.
17. Stir in the chopped parsley and basil.
18. Add salt and pepper to taste.

Serves 4

[Braised Carrots and Parsnips with Cranberries](#)

Origin: America

Ingredients:

- 2 Tbs Unsalted Butter and Olive Oil mix.
- 1 Shallot, chopped
- $\frac{1}{2}$ cup Chicken Broth
- $\frac{1}{2}$ cup Apple Cider
- 3 Sprigs Fresh Thyme
- 1 Bay Leaf
- Salt and Freshly Ground Black Pepper to taste
- $\frac{1}{2}$ lb Carrots peeled and sliced
- $\frac{1}{2}$ lb Parsnips peeled and sliced

Other root vegetables such as beets, sweet potatoes and turnips etc. can also be used.

- $\frac{1}{4}$ lb Dried Cranberries or Apples
- 1 Tbs Dijon Mustard
- 1 Tbs Cilantro, chopped

Directions:

1. Melt 1 tablespoon of butter/oil mix in Dutch oven.
2. Add shallot and cook, stirring frequently until softened about 3 minutes.
3. Add broth, cider, thyme sprigs, bay leaf, $\frac{3}{4}$ tsp salt and $\frac{1}{4}$ tsp black pepper.
4. Bring to the boil and simmer for 3 minutes.
5. Add carrots and parsnips.
6. Simmer for until vegetables are tender, around 10-15 minutes.
7. Remove pot from stove.
8. Remove thyme and bay leaf.
9. Stir in dried cranberries, Dijon Mustard and 1 tablespoon butter/oil mix.
10. Stir while simmering.
11. Transfer to serving dish.
12. Sprinkle with cilantro.

Serves 2

[Spring Vegetable Blanquette](#)

Origin: France

Ingredients:

- 12 Pearl Onions
- 8 spears Asparagus
- 12 Baby Carrots
- $\frac{1}{4}$ lb Small Mushrooms or sliced
- 12 oz Small Peas (can be frozen)
- 1 cup Chicken Broth
- $\frac{1}{2}$ cup Heavy Cream
- 1 Tbs chopped Fresh Tarragon leaves
- 1 Tbs chopped Fresh Chives
- 1 Tbs chopped Fresh Parsley
- 1 tsp Lemon Juice
- Salt & Freshly Ground Black Pepper to taste

Directions:

1. Put unpeeled onions in a small saucepan with enough water to cover, bring to the boil, and cook for 1 minute.
2. Drain, rinse under cold water, drain again, and peel
3. Trim and peel asparagus stalks, cut off tips, and cut stalks into 1 inch lengths.
4. Cook asparagus in 2 qts of boiling water for 2 minutes.
5. Drain and refresh under cold water.
6. Trim carrots, cutting any large ones in half.
7. Bring stock and ½ cup water to a boil in medium saucepan
8. Add carrots, cover, and simmer for over medium heat for about 12 minutes until carrots are tender.
9. Remove carrots from stock with a slotted spoon and put in a large bowl.
10. Add mushrooms and onions to stock, cover, and simmer to 10 minutes
11. Transfer mushrooms and onions to bowl
12. Add peas to the saucepan, bring to the boil, and simmer for 1 minute (4 minutes if Fresh peas are used)
13. Transfer peas to bowl and drain any liquid back into saucepan.
14. Reduce stock to ¼ cup, about 5 minutes
15. Whisk cream into cooking liquid, bring to a boil, and cook until sauce is thick enough to coat back of spoon. About 4 minutes.
16. Recipe can be made to this point a few hours ahead.
17. Cover sauce with plastic wrap and keep at room temperature
18. Bring sauce to a simmer in a large saucepan.
19. Add vegetables to pan and simmer gently over medium heat until vegetables are just warmed through. About 2 minutes
20. Remove from heat.
21. Add tarragon, chives, parsley and lemon juice.
22. Toss and season to taste with Salt and Pepper.

Serves 4

Miscellaneous

Batters

Tempura

Origin: Japan

This can be used for a numbers of foods such vegetables, shrimp etc. even bacon (omit salt)

Ingredients:

- 2 Egg whites
- 1½ cup All-purpose Flour
- 10 oz Club Soda
- 1 tsp Salt

Directions:

1. Whisk Egg whites until stiff (at room temperate)
 2. Fold in ¼ of flour
 3. Then fold ¼ of club soda
 4. Fold until smooth
 5. Continue fold in flour, club soda and salt
 6. Fold until smooth
 7. Dip food in and deep fry at 375°F.
-

Baking

Baking powder

Origin: America

For each 1 teaspoon baking powder called for in a recipe, use:, ¼ teaspoon baking soda plus ½ teaspoon cream of tartar

Self-Rising Flour

Origin: America

Ingredients:

- 1 cup All-purpose Flour
- 1½ tsp Baking Powder
- ½ tsp Salt

Directions:

1. Mix to combine.
-

Broths

Chicken Broth

Origin: America

We have made frequent references to chicken broth in this book. We take two chickens at a time and dissect them. We then use the remains or buy cheap chicken parts to make chicken broth. The parts including the skin are pressure cooked for 90 minutes with 4 quarts of water adding the following to add to the flavor

- 1 large Onion
- 8 Garlic Cloves, finely chopped, peeled
- 3 in piece of Ginger sliced
- 1 stick of celery
- Top of 3 Leeks

The result is a thick jelly which we use as chicken broth. Skim off fat before use.

Fish Stock

Ingredients:

- 1 lb Shrimp or Crayfish heads and shells
- ½ cup sliced Onions
- 1 cup Dry White Wine
- 1 Bay Leaf
- 1 Rib Celery
- 1 qt Water

Directions:

1. Place shells in large pan
2. Cover with a quart of cold water
3. Simmer for 1 hours, adding water to keep at 1 quart.

Devonshire Cream (Creme Fraiche)

Origin: England

This specialty of Devon, England (which is why it's known as Devonshire or Devon cream) is traditionally made by gently heating rich, unpasteurized milk until a semisolid layer of cream forms on the surface. After cooling, the thickened cream is removed. Since unpasteurized milk is not easily attained in the US, here is a recipe that comes close to the real thing. Clotted cream can be spread on bread or spooned atop Fresh fruit or desserts. The traditional English "Cream Tea" consists of clotted cream and jam served with ["Scones"](#) and tea.

Ingredients:

- 1 cup Heavy Cream
- 2 Tbs Buttermilk

Directions:

1. Combine cream and buttermilk in glass jar
2. Shake well
3. Leave at room temperature for at least 24 to 48 hours

4. Refrigerate at least 12 hours.
5. Keep unused portions refrigerated, tightly covered, for up to 10 days.

Makes about 1 cup.

Breadcrumbs and Coatings.

Flavored Breadcrumbs

We use flavored bread crumbs for a number of dishes and this is how we make them.

Ingredients:

- 4 cups Bread Crumbs
- 1 Tbs Garlic
- 1 Tbs Ginger
- 1 Tbs Parmesan Cheese
- 1 Tbs Seasoned Salt
- 2 Tbs Dried Parsley
- 2 Tbs Dried Oregano

Directions:

1. Process the bread crumbs in a food processor until reasonably fine
2. Spread the crumbs on a baking sheet and bake in 350°F. oven until light brown.
3. Put back in food processor and add the other ingredients
4. Process until very fine.
5. Store in the refrigerator

Panko Breadcrumbs

Origin: Japan

Panko differs from regular breadcrumbs because its method of processing produces a flakier consistency. The flakes absorb less oil than crumbs and therefore Panko

provides a lighter, crispier coating on fried foods.

Ingredients:

- 8 slices of bread, with or without crusts

Directions:

1. Pre-heat the oven to 350°F.
2. Remove the crusts from the bread (if you wish to make white Panko crumbs) and cut each slice into three strips.
3. Feed each strip of bread into the shredder attachment of the food processor.
4. Spread the shredded bread flakes onto the baking sheet.
5. Bake the breadcrumbs in the oven for approximately six to eight minutes.
6. Toss the breadcrumbs after each couple of minutes in the oven to ensure an even crispness.
7. Store the cooled Panko crumbs in an airtight container in a cool place, such as the refrigerator or freezer.

2 to 3 cups of Panko

Potato Coating

Origin: America

This can be used for beef pork, chicken or even fish

Ingredients:

- 6 Medium Potatoes
- 1 Small Onion
- 3 Garlic Cloves, finely chopped
- Canola Oil for deep frying

Directions:

1. Finely chop onion and garlic.
2. Shred peeled potato into large shreds in food processor or grater.
3. Heat oil in frying pan to 375°F.
4. Sauté the onion and garlic until softened.
5. Add grated potatoes (dried).
6. Sauté until potatoes are a rich brown.
7. Drain and cool.
8. At this point the potatoes can be refrigerated until needed.
9. Finely crush the fried potatoes until required consistency. This can done in a food processor.
10. Use as you would use flavored breadcrumbs in recipe such as Jagerschnitzel

Stuffings

Bread Stuffing

Origin: England

Ingredients:

- 1 cup chopped onion
- 3 Garlic Cloves, finely chopped
- ¼ cup Butter or Duck fat
- 3 Tbs chopped Fresh herbs parsley, thyme, rosemary
- 1 cup Soft Bread Crumbs
- 1 beaten Egg
- ¼ cup Milk
- ¾ tsp Salt
- ¼ tsp Black Pepper

Directions:

1. In a skillet, melt ¼ cup butter over low heat; sauté chopped onion and garlic for 3 minutes.

2. Add thyme, parsley, and bread crumbs.
3. Stir in egg and enough milk to make dressing moist.
4. Season with salt and pepper.
3. Spray baking sheet with oil,
4. Preheat to 400°F.
5. Place pumpkins face down on baking sheet
6. Bake for 45-60 minutes till soft when pierced with a fork.
7. Remove from oven and let cool.
8. Scoop out flesh and let drain in a sieve or colander for 30 minutes.
9. Cover and refrigerate for up to 1 week, or freeze for up to 6 months.

Stuffs one chicken

Sausage Dressing

Origin: England

Ingredients:

- 2 lb Hot Sausage
- 1 Leek finely chopped
- ½ cup Celery, finely chopped
- 2 cups Bread Crumbs
- ¼ cup Onion, finely chopped
- ½ tsp Paprika

Makes 2 cups

Directions:

1. Fry the sausage, leek, celery, and onion until done, sausage not pink and the celery and onion soft
2. Remove from heat
3. Mix in breadcrumbs, salt and paprika
4. Stuff the neck end of Turkey or in a separate dish and bake for 1 hour at 350°F.

Pumpkin Purée

Origin: America

Ingredients:

- Buy 1 or 2 Pie Pumpkins to yield 2 cups finished amount (2-4 lbs.)

Directions:

1. Cut the 2 pumpkins in half horizontally
2. Scoop out seeds and strings.

Appendices

Cast Iron Pans

Easy clean up.

All cast iron cookware requires for cleanup is hot water and a stiff brush, so you avoid any harmful chemicals in detergent or solvents.

Cast iron can take the heat. It can withstand much hotter temperatures and will distribute the heat more evenly than traditional cookware. And since it holds heat well, you can use less energy to cook. Plus it's perfect for outdoor cooking. Just remember that cast iron gets hot, so use an oven mitt when handling a hot pan. It's a great recycling opportunity. Do not ever worry about buying a cast iron skillet or other cast iron cooking pan like a dutch oven from a resale shop or garage sale. Even if it looks rusty and dirty, it can be cleaned and reseasoned and continue on cooking, forever!

It's good for you. Cast iron cookware leaches small amounts of iron into food, so you get a little extra iron each time you use it. Almost anyone, especially women in their child bearing years, will benefit from this.

How To Properly Season Cast Iron Cookware

1. First, wash your cast iron cookware.
2. This is the only time you will need soap to clean it, but you want to be sure you remove any dust or dirt. If you have a brand new cast iron piece, you will need to do this to remove the wax coating that is on it to keep it from rusting until It's seasoned.
3. Coat your piece in some type of oil. Cast iron has a porous surface. The seasoning process will fill and smooth the surface to make it nonstick. Some type of oil is used to facilitate this process. You want to coat the entire cooking surface with the shortening. Do not glob it on, but every nook and cranny should have a nice, medium layer of shortening. Use about as much as you would use to coat a cake pan for baking.
4. Bake it in the oven.
5. Preheat your oven to 350°F and put your cast iron pan in for an hour or so.
6. After heating, turn off the oven and let it cool completely while still in the oven. Then It's ready to go! Heating the cookware creates the oxidation that prevents rust and makes the surface nonstick. Some cast iron users advocate heating the pan slightly before applying the oil to ensure that the pan is completely dry and to open the pores of the pan before seasoning. Not a bad idea, but remember cast iron gets HOT. Use oven mitts. Newly seasoned cast iron will take on a dark brown coating. After long use, it will become glossy black. The non-stick properties of the pan will increase with time and use, so use your cast iron often. Remember, seasoning is a process.

7. Even though cast iron can be used immediately after the first seasoning, your cookware will get better and better over time. How do I reseason a used cast iron piece? If you buy a cast iron piece second hand, the process is still basically the same to reseason it, with one exception. First wash it in hot soapy water, as above. Then I put it in my oven on the highest setting (or on the self-cleaning setting if you have one) and let it bake for a few hours without any oil or shortening. This will remove any rust and the old seasoning. Let it cool, then follow the steps above to reseason.

Caring For Your Cast Iron Cookware

After each use, clean your piece with very hot water and scrub with a stiff brush to remove any particles left behind. *Never* use soap, it will remove the seasoning. After you scrub the pan, give it a light coating with some oil and store it in the oven. Why? Because the oven will have less moisture, this will help keep your cast iron from ever rusting. Plus, each time you use your oven is an opportunity to further season your pan. Even if you take your cast iron pan out while using your oven, give it a light coating of shortening before putting it back in the warm oven. Especially if It's a new piece, this will help develop the seasoning further.

Corn Allergy

When you first learn of having a Corn Allergy, it does not seem that it will be too difficult to manage. Everyone whether they are allergic to corn products should not consume High Fructose Corn Syrup. This product causes many different problems unrelated to corn allergy. You know to avoid corn, corn syrup, corn flour, corn starch, grits, corn meal, popcorn etc. If you avoid these in-home cooking, you should be good. It seems simple.

But there are many ingredients in prepared foods that are or can be, derived from corn. Some examples are Baking Powder and Confectionaries Sugar. Most baking powders have corn starch in them. But Hain's Baking Powder does not have corn starch. In general, however when used in cooking the quantities consumed by an individual is very small. Just avoid them if possible. One ingredient is Maltodextrin. This is found in some "potato" chips and crackers. Maltodextrin is used as a thickener, filler, or preservative in some prepared foods. It is an artificially produced white powder that usually be derived from corn (Often GMO corn). Dextrose and Sucrose and most artificial sweeteners such as Sweet'N, Splenda etc. are also derived from corn.

Another hidden source is in some cans of fruits and "acid" vegetables are lined with corn starch to prevent sticking. It is not an "ingredient" therefore not listed. If you avoid prepared foods, you are usually alright.

Most USDA Supermarket Beef is corn fed and corn finished and should be avoided. Some corn allergic people cannot eat this beef without the usual corn allergy symptoms. Angus Beef is grass fed but may be corn finished. This beef usually alright. Grass fed beef is raised on grass AND finished only with grass.

Fish, seafood, chicken, lamb and pork are fine.

This information is not meant to scare you, but to help you be an informed consumer, and hopefully help you avoid those corn based ingredients

Olive Oil Substitute for Butter

More recently we have trying for various health reasons to use olive oil in place of butter and other oils particularly in sauces.

Olive Oil/Butter Mix

We use equal qualities of Extra Virgin Olive Oil and Unsalted Butter mixed for most of our sautéing.

Table 2. Olive Oil Substitute for Butter

Here is a very useful table showing Butter and Olive oil equivalents.	
1 teaspoon (tsp)	$\frac{3}{4}$ teaspoons (tsp)
1 Tablespoon (Tbs)	2 $\frac{1}{4}$ teaspoons (tsp)
2 Tablespoon (Tbs)	1 $\frac{1}{2}$ Tablespoon (Tbs)
$\frac{1}{4}$ cup	3 Tablespoons (Tbs)
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup + 2 Tablespoons (Tbs)
$\frac{2}{3}$ cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup + 1 Tablespoons (Tbs)
1 cup	$\frac{3}{4}$ cup

Perfect Hard-Boiled Eggs

Old eggs are easier to peel when they're hardboiled.

Directions:

1. Bring a large pot of water to a boil. You want enough water in the pot to cover all your eggs completely.
2. Gently lower the eggs into the water
3. Lower the heat slightly and boil for 8 to 14 minutes
4. Transfer the eggs to an ice bath
5. Peel and eat!

Table 3. Boiling times

4 minutes:	Eat it with a spoon out of the shell soft
5 minutes:	Firm white, runny yolk
6 minutes:	Firm white, gooey yolk
8 minutes:	Firm white, fully set yolk, but still sort of gooey and golden
10 minutes:	Firm white, a firmer pale yolk, with just a bit softness in the middle
12 minutes:	Firm white, almost completely hardboiled yolk
14 minutes:	Firm white, completely hard-boiled crumbly dry pale yolk

Egg size.

Table 4. Egg size Equivalents

When we buy eggs from local markets, the eggs are often larger than the standard mass marketed eggs from the store. So here is a table of equivalents.				
Jumbo	X-Large	Large	Medium	Small
1	1	1	1	1
2	2	2	2	3
2	3	3	3	4
3	4	4	5	5
4	4	5	6	7
5	5	6	7	8

Asian Noodles

Asian Noodles Description and Types	Usage	Preparation.
Cellophane Noodles-Mung Bean Starch and Water (Also called bean thread, bean vermicelli, or slippery noodles)	Soups, Stir-fries, Deep-fry	Soak in hot (not boiling) water to soften
Egg Noodles-Egg, Wheat Flour, and Water	Soups, Stir-fries	Fresh: Boil for 2 to 4 minutes Dried: Boil for 4 to 6 minutes
Rice Noodles-Rice Flour and Water	Soups, Stir-fries, Deep-fry	Soak in hot water to soften for 15 to 20 minutes
Rice Sticks-Thinner version of Rice Noodle	Soups, Stir-fries, Deep-fry	Soak in hot water to soften for 15 to 20 minutes
Rice Papers-Rice Flour and Water	Spring Rolls	Dip in Hot Water to soften
Wheat Flour Noodles-Wheat Flour and Water	Soups, Stir-fries	Fresh: Boil for 3 to 5 minutes Dried-Boil for 4 to 5 1/2 minutes
Note:	These are approximate times only. Actual times will depend on your own preferences as well as the shape and thickness of Asian noodles you are working with.	

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