

DECEMBER 1999 VOLUME I

# VEGETABLE

## SZECHUAN NOODLES (easily feeds 6)

6 garlic cloves



¼ cup fresh ginger, peeled and chopped (or grated)



½ cup smooth peanut butter



½ cup vegetable oil

½ cup tahini (sesame paste)

½ cup soy sauce

¼ cup dry sherry

¼ cup sherry vinegar

¼ cup honey

½ teaspoon hot chili oil

2 tablespoons dark sesame oil

½ teaspoon fresh ground pepper

¼ teaspoon ground cayenne pepper

1 pound thin spaghetti

1 red bell pepper, julienned

1 yellow bell pepper, julienned

1 cup bean sprouts

4 scallions, sliced diagonally (white and green parts)

Place garlic and ginger in a food processor fitted with a steel blade. Add all of the first section of ingredients and puree the sauce. Cook the spaghetti al dente and drain well. Place in a large bowl and, while still warm, toss with  $\frac{3}{4}$  of the sauce. Add the red and yellow peppers, scallions and bean sprouts and toss well. Serve warm or at room temperature. The remaining sauce may be added as needed to moisten pasta.

## CONNIE'S EGGPLANT

Extra virgin olive oil  
1 large eggplant, peeled and diced  
½ sliced onion (or more if you like)  
1 sliced red pepper  
1-2 cloves of garlic, minced or pressed  
Salt  
White rice

### SALUCE

Soy sauce  
Red wine  
Brown sugar

Add oil to a hot pan (a wok works well). Add the diced eggplant and garlic and cook thoroughly. Push the eggplant to the side and heat some more oil in the middle. Stir the onions and the pepper in the center.

In a separate bowl, add soy sauce, red wine and brown sugar to your preferred taste, stir well and pour over vegetables. Serve hot over white rice.

THIS IS FILLING ENOUGH FOR A MAIN COURSE



# MEAT

## KEMA

- 1-1/2 pound lean ground beef
- 1/2 cup chopped onion
- 1/4 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- 1 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 small can tomato sauce
- 1 bag frozen peas



Brown onions in oil. Stir in all spices and heat long enough to release the flavors of the spices. Add ground beef and brown. Drain fat and replenish mixture with spices (generally 1/2-1 times the original measure). Add tomato sauce and peas. Serve over white rice (throw in some cloves and raisins when cooking) with chutney on the side (CHUTNEY VERY IMPORTANT).

## YOUR BASIC YUM MEAT MARINADE

- 1/4 cup soy sauce
- 2 tablespoons vegetable oil
- 1 tablespoon red wine vinegar
- 2 tablespoons honey
- 1/2 teaspoon ground ginger
- 1 clove garlic

Marinate meat in the fridge preferably for half a day. Excellent with flank steak.

## JULIE'S TORTILLA SOUP

- 1 can Rotel diced tomatoes with chiles
- 1 can creamed corn
- 2 cans chicken broth (or 4 cups homemade stock)
- 1 can red kidney beans
- 1 green pepper, chopped
- 2 cups kernel corn
- 3 boneless chicken breasts, cut into bite size pieces
- 1/2-1 cup rice (depends on how thick you want the soup)
- 1 bunch green onions, chopped



- 1 big bunch cilantro, chopped



Throw everything but the chicken and rice in a pot and bring to a boil. Add the rice and chicken, reduce heat and simmer for 30-40 minutes making sure the chicken is cooked through. Garnish with tortilla chips & grated cheddar cheese.

## GRILLED CHICKEN SARMA

For 2 1/2 -3 pounds of skinned chicken thighs

### MARINADE

- 1 onion peeled and chopped into eighths
  - 4 cloves of garlic
  - 1 inch cube of fresh ginger, coarsely chopped
  - 1/2 teaspoon chile powder
  - 1/4 teaspoon cayenne pepper
  - 1 teaspoon ground cumin
  - 1 teaspoon ground coriander
  - 1 1/2 teaspoons salt
  - 8 ounces plain yogurt
- Combine all marinade ingredients in a blender. Poke chicken with fork and marinate in mixture over night.

### BASTING SAUCE FOR GRILLING

- 2 tablespoons lemon juice
- 2 tablespoons soy sauce
- 3-4 tablespoons melted butter

Grill over a slow fire (not directly over the flames). Turn and baste every 15 minutes. Rub oil on the grill to prevent sticking.

# FAT

## CHEESE COINS WITH JALEPENO JELLY

- 2 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1 cup freshly grated sharp cheddar cheese
- 2 sticks cold, unsalted butter cut into small pieces



Jalapeno jelly (found with other jellies in most supermarkets)



Combine flour, salt and spices. Cut in the butter pieces until the mixture looks like coarse meal. Add cheese and combine until the dough sticks together. Knead the dough a few times, then roll into cylinders about 1" in diameter. Wrap in plastic and refrigerate until stiff. Preheat oven to 350 degrees. Slice dough into 1/3" thick coins. Place 1" apart on a parchment lined baking sheet. Bake about 20 minutes until lightly browned. Let cool on the sheet for about 5 minutes, then transfer to a cooling rack.

Dot the top of each coin with some jalapeno jelly or serve it on the side for dipping.

## PECAN CRANBERRY PIE

3 eggs, slightly beaten  
1 cup sugar  
1 cup light corn syrup  
2 tablespoons melted butter  
1 teaspoon vanilla  
 $\frac{3}{4}$  cup pecans



$\frac{3}{4}$  cup fresh cranberries cut in half (so they won't explode)



Preheat oven to 350 degrees. In a large bowl, stir in eggs, sugar, corn syrup, butter and vanilla until evenly blended. Stir in pecans and cranberries. Pour into a frozen pie crust and bake for 50-55 minutes or until a knife comes clean out of the middle.

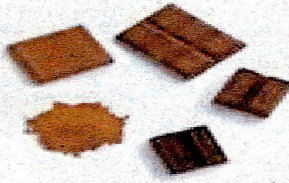
## MOM'S SO GOOD CRANBERRY BREAD

2 cups all purpose flour  
1 cup sugar  
1  $\frac{1}{2}$  teaspoons double-acting baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
1 teaspoon salt  
 $\frac{1}{4}$  cup shortening  
 $\frac{3}{4}$  cup orange juice  
1 tablespoon grated orange rind  
1 egg, beaten  
 $\frac{1}{2}$  cup chopped pecans or walnuts  
1 cup whole fresh cranberries, coarsely chopped

Sift together first 5 ingredients. Cut in the shortening until mixture resembles coarse meal. Combine orange juice and rind with beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in nuts and cranberries. Spoon into greased 9x5x3 loaf pan (waxed paper on bottom). Spread corners and sides slightly higher than center. Bake at 350 degrees for 1 hour or until golden brown. Remove from pan to cool. Store overnight in foil for flavors to strengthen.

## ANDREA'S ESPRESSO FUDGE CAKE

12 ounces semisweet chocolate



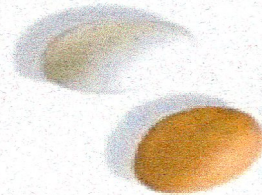
5 tablespoons brewed espresso or strong coffee

2 cups sugar

1 cup (2 sticks) unsalted butter

1 cup all-purpose flour

6 large eggs, separated



Lightly butter a 9-inch spring form pan and dust with flour. Shake out any excess flour.

In the top of a double boiler, over hot, simmering water, melt together the chocolate and the espresso, stirring occasionally. Remove from heat and cool until tepid.

In a large bowl, using a mixer set at medium high speed, cream the butter and sugar until light and fluffy. Add the egg yolks, one at a time, beating after each addition. Beat in the flour.

In a large grease-free bowl, using clean beaters, beat the egg whites until they form stiff, shiny peaks. Fold a quarter of the egg whites into the chocolate mixture to lighten. Then fold in the remaining egg whites.

Fold in the butter and flour mixture. Scrape batter into prepared pan and bake 60-65 minutes at 350 degrees or until the top is crusty and cracked and the middle is still slightly moist. Remove the cake to a wire rack to cool completely. Remove sides of pan and transfer the cake to a serving plate. My mom places a doily on top of the cake and sprinkles with confectioners' sugar. Carefully lift off the doily to leave a lacy design in sugar. This cake is crusty on the outside and creamy on the inside—serves 8-16—depending on appetite.

### AUTHOR'S NOTE

These are recipes collected from various sources: Mom of course, some archi classmates, friends and, yes, one from the Internet. I've made everything except the espresso fudge cake above (I don't have the gear yet) so it can't be too difficult. Enjoy.

# MARDIE'S PICKS

## SNACK COMBOS

Grapefruit juice and gingersnaps  
Dried cranberries and animal crackers  
Patak's Garlic Relish with pretty much everything  
Cream cheese with jalapeno jelly on crackers  
Crystallized ginger (good for the sinuses)

## SALAD DRESSINGS

SASS Sesame Garlic (refrigerated section)

## SALSA

Rose's Salsa (refrigerated section & no preservatives)

## CORN BREAD MIX

Jiffy (I've tried them ALL)

## WINE UNDER 5 BUCKS

St. Genevieve Merlot

## BEER

Celis White (an Austin brew)

## PRETZELS

Snyder's of Hanover Old Tyme

## ICE CREAM

Haagen Dazs Coffee Mocha Chip

## COOKIE

Pepperidge Farm Mint Milano

## CEREAL

Honey Bunches of Oats

## MORE CEREAL

Honey Nut Cheerios

HAPPY HOLIDAYS PEACE ON EARTH BEST WISHES \* MARDIE