

# **HOW TO PREPARE YOUR INPUT**

*Andrew S. Tanenbaum*

## PREFACE

This book is to cookbooks as Mrs. Byrne's dictionary is to English: All recipes included here had to meet one important criterion—that the author liked them. Other than that, all kinds of recipes are present, from soup to dessert.

### *A note on units for metric cooks.*

Measurements are generally given in terms of volume, not weight. Thus flour is measured in cups, not in pounds or kilograms. To measure the volume, one needs a measuring cup. The following equivalents may be helpful.

1 cup = 240 ml

1 tablespoon = 15 ml

1 teaspoon (tsp) = 5 ml

1 cup of butter is about one package

### *A note on ingredients and equipment*

There are some ingredients that are not easily available in Holland. Many of the baked good recipes call for baking powder, for example. This is double acting baking powder, and has no equivalent in the Dutch kitchen. Imported baking powder is needed. Fortunately, it comes in cans that keep forever, so a single can will last for years if you can find it. A general place to look for exotic ingredients is Kings Almarkt in Amstelveen. Baking soda is sodium bicarbonate and is sold in all pharmacies. It is sold as a treatment for upset stomachs. Muffins are made in muffin tins, a metal pan with 12 depressions for the muffins. A good place to look for exotic kitchen equipment is Duikelman's in Amsterdam.

# CONTENTS

## APPETIZERS 1

- EGG SALAD 2
- STUFFED TOMATOES 3
- CELERY AND CREAM CHEESE 4
- GRAPEFRUIT, ORANGE, AND COTTAGE CHEESE SALAD 5

## BEEF 6

- SWEDISH MEATBALLS 7
- SWEET AND SOUR MEATBALLS 8
- GROUND BEEF WITH RICE AND VEGETABLES 9
- BEEF TACO 10
- CHEESEBURGER 11
- MEAT PIE 12
- STUFFED CANNELONI 13
- BAKED LASAGNA 14
- STIR-FRIED BEEF WITH BROCCOLI 15
- BEEF STEW 16
- BEEF STROGANOFF 17
- MEAT LOAF 18
- ROAST BEEF 19
- PIROSHKY 20

## BREAD 21

- BISCUITS 22
- CRESCENT ROLLS 23
- MUFFINS 24
- OATMEAL MUFFINS 25
- MUESLI MUFFINS 26
- HONEY WHEAT MUFFINS 27
- POPOVERS 28
- SCONES 29
- APPLESAUCE-RAISIN QUICK BREAD 30
- ORANGE-HONEY QUICK BREAD 31
- COCONUT QUICK BREAD 32
- RAISIN-NUT COFFEE CAN YEAST BREAD (1 RISE) 33
- OATMEAL YEAST BREAD (2 RISE) 34

## CAKES 35

- APPLESAUCE-NUT-RAISIN CAKE 36
- BANANA CAKE 37
- CARROT CAKE 38
- CHEESECAKE 39
- CREAM CHEESE FROSTING 40
- FUDGE BROWNIES 41
- SACHERTORTE 42
- GERMAN CHOCOLATE CAKE 43

WHITE CAKE 44  
ORANGE CAKE 45

**CHICKEN 46**

SWEET AND SOUR CHICKEN 47  
STIR-FRIED CHICKEN WITH BROCCOLI, MUSHROOMS, AND NUTS 48  
STIR-FRIED CHICKEN WITH HAM AND CARAWAY SEEDS 49  
STIR-FRIED CHICKEN WITH CASHEWS 50  
STIR-FRIED CHICKEN WITH ALMONDS 51  
STIR-FRIED CHICKEN WITH SHRIMP 52  
STIR-FRIED CHICKEN WITH LEMON SAUCE 53  
DEEP-FRIED CHICKEN WITH LEMON SAUCE 54  
CORNFLAKE CRUST FRIED CHICKEN 55  
SIMPLE CHICKEN CREPES 56  
CHICKEN POT PIE 57  
CHICKEN A LA KING 58  
CHICKEN KIEV 59

**COOKIES 60**

BROWNIES 61  
30 CHOCOLATE CHIP COOKIES #1 62  
36 CHOCOLATE CHIP COOKIES #2 63  
30 CRUNCHY WHOLESOME COOKIES 64  
PEANUT BUTTER COOKIES 65

**DESSERTS 66**

LEMON CREPES 67  
FRESH PINEAPPLE FANTASY 68

**FISH 69**

BROILED FISH (PLAICE, SALMON, HALIBUT) 70  
FISH NEWBURG 71  
FISH CAKES (COD, SALMON) 72  
SALMON LOAF 73  
STIR-FRIED SHRIMP IN TOMATO SAUCE 74  
TROUT AMADINE 75  
SALMON CAKES 76  
SHRIMP NEWBURG 77

**HAM 78**

BAKED HAM WITH FRUIT SLICE 79  
HAM A LA KING 80

**LAMB 81**

- ROAST LEG OF LAMB 82
- LAMB STEW 83

**PIES 84**

- FLAKY CRUST APPLE, BLUEBERRY, OR CHERRY PIE 85
- BUTTER CRUST APPLE, BLUEBERRY, OR CHERRY PIE 86
- PARFAIT PIE 87
- CHOCOLATE PUDDING TARTS 88
- FROZEN CREAM CHEESE AND YOGURT PIE 89
- CHOCOLATE CREAM PIE 90

**PORK 91**

- PORK TENDERLOIN 92
- PORK TENDERLOIN TERIYAKI 93
- DEEP-FRIED SWEET AND SOUR PORK 94
- STIR-FRIED PORK WITH FENNEL 95
- STIR-FRIED PORK WITH MUSHROOMS 96
- STIR-FRIED PORK WITH BEAN SPROUTS AND GREEN PEPPER 97

**SALADS 98**

- CARROT RAISIN SALAD 99
- CHEF'S SALAD 100
- COLE SLAW 101
- COTTAGE CHEESE SALAD 102
- CRANBERRY MOLD 103
- TOSSED SALAD 104
- TUNA MACARONI SALAD 105
- SALAD BAR 106
- WALDORF SALAD 107
- EGG SALAD 108
- SALMON SALAD 109
- COOL SLAW 110
- WHITE RABBIT SALAD 111
- MARCH HARE SALAD 112

**SOUPS 113**

- BORSCHT 114
- CHICKEN STOCK (1 liter) 115
- CORN CHOWDER 116
- FISH CHOWDER 117
- FRUIT SOUP 118
- SHRIMP-RICE-MUSHROOM SOUP 119
- PORK AND BAMBOO SOUP 120
- EGG DROP SOUP 121
- CREAMY VEGETABLE SOUP 122
- CHICKEN SOUP 123
- MINISTRONE SOUP 124

SHRIMP POTATO BISQUE 125  
CORN AND BEAN CHOWDER 126

**SPECIAL 127**

GRANOLA 128  
PIZZA 129

**VEGETABLES AND STARCHES 130**

APPLE PANCAKES 131  
NOODLE PUDDING 132  
RICE PILAF 133  
BAKED POTATO 134  
ORANGE YAMS 135  
BAKED YAMS 136  
ORANGE GLAZED CARROTS 137  
POTATO KUGEL 138

**VEGETARIAN MAIN DISHES 139**

CHEESE BLINTZES 140  
LASAGNA WITH COTTAGE CHEESE 141  
MACARONI AND CHEESE 142  
NUTBURGERS 143  
QUICHE 144  
SPINACH PIE 145  
SWEET AND SOUR SOY BEANS 146  
COMPLEMENTARY PIE 147  
BAKED COTTAGE CHEESE SQUARES 148  
COUS COUS 149  
SWEET AND SOUR TOFU WITH MUSHROOMS AND CASHEWS 150

# **APPETIZERS**

## **EGG SALAD**

3 eggs  
celery

dill  
mustard  
mayonaise

### **PREPARE THE EGG SALAD**

1. Put 3 eggs in a sauce pan with cold water to cover. Boil the water for 18 minutes.
2. Peel and chop the eggs.
3. Mix with finely chopped celery, dill, mustard and mayonaise.

## **STUFFED TOMATOES**

4 large tomatoes  
3 eggs  
celery

dill  
mayonaise

### **COOK THE EGGS**

1. Put 3 eggs in a sauce pan with 1 tsp salt and cold water. Boil for 18 min.

### **PREPARE THE TOMATOES**

2. Cut off the tops of the tomatoes and hollow them out.

### **PREPARE THE SALAD**

3. Peel and cube the eggs. Add chopped celery.
4. Stuff the tomatoes.

## **CELERY AND CREAM CHEESE**

celery  
cream cheese

### **PREPARE THE CELERY STICKS**

1. Cut off and wash the celery sticks.
2. Fill the gap with cream cheese.

## **GRAPEFRUIT, ORANGE, AND COTTAGE CHEESE SALAD**

grapefruit sections  
orange sections  
cottage cheese

### **MAKE THE SALAD**

1. Put the cottage cheese on a plate. Put the fruit sections all around it.

**BEEF**

## SWEDISH MEATBALLS

500 grams ground beef  
1 cup soft bread crumbs  
parsley

2 tablespoons margarine  
1 beaten egg  
2/3 cup light cream  
1 teaspoon salt  
1/8 teaspoon ground ginger  
1/8 teaspoon pepper  
1 teaspoon instant beef bouillon  
2 tablespoons flour

### PRELIMINARIES

1. Combine 1 egg, 2/3 cup light cream, 1 cup bread crumbs, parsley, 1 teaspoon salt, 1/8 teaspoon ginger, and 1/8 teaspoon pepper in a mixing bowl.
2. Add 500 grams ground beef and mix well.
3. Shape into 1 inch meat balls.

### COOK THE MEATBALLS

4. Melt 2 tablespoons margarine in a frying pan and brown the meatballs.
5. Remove the meatballs from the pan and add 2 tablespoons flour, 1 teaspoon beef bouillon granules, and 1 cup water. Stir until thick.
6. Add the meatballs and simmer for 30 minutes, basting occasionally.

## **SWEET AND SOUR MEATBALLS**

500 grams ground beef  
1 green pepper  
1 can pineapple slices

4 teaspoons soy sauce  
1 teaspoon salt  
1 tablespoon flour  
2 tablespoons margarine  
1 chicken bouillon cube  
1/4 cup vinegar  
2 tablespoons cornstarch  
1 tablespoon sugar  
1/4 teaspoon pepper

### **PRELIMINARIES**

1. Combine ground beef, 2 teaspoons soy sauce, 3/4 teaspoon salt, 1/4 teaspoon pepper in a mixing bowl. Shape into 16 balls.

### **COOK THE MEAT AND VEGETABLES**

2. Melt 2 tablespoons margarine in a Dutch oven and brown the meatballs on all sides. Cover and simmer for 5 minutes.
3. While simmering, wash, seed, and cut the green pepper into slices.
4. Cut 4 pineapple slices into small pieces.
5. Prepare 1 cup chicken stock.
6. Remove the meatballs from the pan and replace with 1/3 cup chicken stock.
7. Add the pineapple and green pepper and simmer for 8 minutes.

### **PREPARE SWEET AND SOUR SAUCE**

8. Combine 2/3 cup chicken stock, 1/2 cup pineapple juice, 1/4 cup vinegar, 2 tablespoons cornstarch, 1 tablespoon sugar, 2 teaspoons soy sauce, and 1/2 teaspoon salt.
9. Add the sauce to the green pepper and stir until thickened.
10. Pour the sauce over the meatballs and serve with rice.

## **GROUND BEEF WITH RICE AND VEGETABLES**

500 grams ground beef	2 tablespoons soy sauce
1 green pepper	1 cup rice
125 grams mushrooms	
1 cup peas (frozen-thawed)	
6 cherry tomatoes, halved	
1/4 cup sliced almonds	

### **PRELIMINARIES**

1. Cook the rice.
2. Wash, seed, and cut the green pepper into strips.

### **STIR-FRY THE GROUND BEEF AND VEGETABLES**

3. Crumble the ground beef in a heated wok and stir-fry for 2 minutes.
4. Remove beef from wok and stir-fry green pepper and mushrooms until tender.
5. Remove vegetables from wok and add 2 tablespoons oil. When it is hot, add 1 cup cooked rice and stir-fry until it starts to brown.
6. Add it beef and vegetables and 2 tablespoons soy sauce. Stir-fry until heated.
7. Sprinkle with almonds.

## **BEEF TACO**

10 Taco shells  
500 grams ground beef  
cheese  
2 tomatos  
iceberg lettuce

### **COOK THE BEEF**

1. Crumble the ground beef into a frying pan and cook it.

### **MAKE THE TACOS**

2. Fill each taco shell with beef, cheese strips, shredded lettuce, and tomato slices.

## **CHEESEBURGER**

500 grams ground beef  
cheese  
4 hamburger rolls

### **PRELIMINARIES**

1. Shape the beef into 6 patties

### **COOK THE BURGERS**

2. Cook the beef patties, with a slice of cheese on each one.

## MEAT PIE

500 ground beef  
250 grams ham slices  
parsley

2 cups flour  
3/4 cup margarine  
3/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon basil  
1 tablespoon sherry  
2 eggs

### PREPARE PIE SHELL

1. Preheat oven to 375F.
2. Put 2 cups flour in a mixing bowl.
3. Add 3/4 cup margarine to the flour, cutting with a pastry blender until the size of peas.
4. Add 3 tablespoons cold water and roll together forming a ball.
5. Divide ball into two parts and roll one of them into a circle to line a 9 inch pie plate.
6. Precook the pie shell for 10 minutes, pricking with fork occasionally.
7. Use the other half of the pastry to make 3/4 inch by 10 inch strips.

### PREPARE THE FILLING

8. Separate 2 eggs.
9. Combine ground beef, snipped parsley, 3/4 teaspoon salt, 1/4 teaspoon pepper, 1/2 teaspoon basil, 1 tablespoon sherry, and 2 egg yolks in a bowl.
10. Beat the 2 egg whites until stiff. Fold into meat.

### CONSTRUCT AND COOK THE PIE

11. Put half of the ham on the bottom on the pie shell. Then add beef and top it off with the rest of the ham.
12. Brush edge of pastry with beaten egg to make it sticky.
13. Place lattice strips on top of the pie and brush them with beaten egg.
14. Bake 60 minutes or until golden.

## **STUFFED CANNELONI**

500 grams ground beef  
canneloni

### **COOK THE BEEF**

1. Crumble the beef into a pan and cook until brown.

### **STUFF AND BAKE THE CANNELONI**

2. Stuff the beef into the canneloni and bake.

## **BAKED LASAGNA**

8 slices lasagna  
beef

### **COOK THE LASAGNA**

1. Cook 8 pieces of lasagna in boiling water.
2. Crumble and cook the ground beef.

### **PRELIMINARIES**

3. Preheat oven to 350F/175C.

### **BAKE THE LASAGNA**

4. In a small bread loaf pan, alternate layers of ground beef and lasagna.
5. Top with ketchup.
6. Bake 30 minutes at 350F/175C.

## **STIR-FRIED BEEF WITH BROCCOLI**

500 grams beef (steak)  
500 grams broccoli

ginger cube  
3 teaspoons cornstarch  
1/2 teaspoon MSG  
1/8 teaspoon pepper  
7 teaspoons vegetable oil  
1 chicken bouillon cube  
1 teaspoon light soy sauce  
2 teaspoons sherry  
1/4 teaspoon sugar

### **NOTE:**

This recipe can be used with broccoli replaced by cauliflower, cabbage, kohlrabi, or kale. Use color as gooding guide for vegetable.

### **PRELIMINARIES**

1. Slice the beef.
2. Prepare beef marinade: 1 teaspoon cornstarch, 1 teaspoon light soy sauce, 2 teaspoons sherry, 1/4 teaspoon sugar, 1/4 teaspoon vegetable oil. Mix beef into it.
3. Use the bouillon cube to prepare 3/4 cup of chicken stock.
4. Wash and cut up broccoli.
5. Smash ginger.
6. Combine 2 teaspoons cornstarch, 2 teaspoons water, 1/2 teaspoon MSG, and 1/8 teaspoon pepper.

### **STIR-FRY THE BROCCOLI AND BEEF**

7. Put 1 tablespoon oil, and the smashed ginger in a wok and heat.
8. Add broccoli to wok and stir-fry briefly.
9. Add 3/4 cup chicken stock, cover, and steam until bright green, stirring occasionally.
10. Remove broccoli from wok and replace with beef and 1 tablespoon oil.
11. Stir-fry beef until 3/4 cooked (45 seconds).
12. Add in broccoli and cornstarch mixture. Stir until thickened.

## **BEEF STEW**

500 gram lean beef  
1 cup cubed potatoes  
1 cup cubed carrots

3 tablespoons margarine  
3 tablespoons flour  
1 teaspoon thyme  
2 beef bouillon cubes  
1 bay leaf  
salt and pepper

### **PRELIMINARIES**

1. Cut the beef, potatoes, and carrots into cubes.
2. Roll the beef cubes in flour seasoned with salt and pepper.

### **START THE STEW**

3. Put 500 ml water in a saucepan with two bouillon cubes to make beef stock.
4. Melt 3 tablespoons of margarine in a dutch oven. Brown the beef cubes.
5. When the beef is browned, add the stock and bay leaf to the pan. Cover and simmer for 1 hour.

### **THICKEN THE SAUCE**

6. Remove the beef cubes from the pan temporarily.
7. Add some small balls of butter rolled in flour to thicken the sauce.
8. When the sauce is smooth, put the beef, potato and carrot cubes in and simmer covered for 45 minutes.

## **BEEF STROGANOFF**

500 grams lean beef  
3 cups mushrooms  
250 ml sour cream

2 tablespoons oil  
1/4 cup red wine  
1 teaspoon prepared mustard  
1 beef bouillon cube  
2 teblespoons ketchup  
1/2 teaspoon salt  
1/8 teaspoon pepper

### **PRELIMINARIES**

1. Wash and slice 3 cups of mushrooms.
2. Cut beef into 1/4 wide strips.
3. Prepare 1/2 cup of beef stock from beef bouillon cube.

### **PREPARATION**

4. Heat 2 tablespoons oil in a skillet. Saute beef.
5. Add 3 cups mushrooms, 1/4 cup red wine, saute for 2 minutes.
6. Stir in beef stock, 1 teaspoon mustard, 2 tablespoons ketchup, 1/2 teaspoon salt, and 1/8 teaspoon pepper.
7. Cover and simmer 10 minutes.
8. Stir in 250 ml sour cream.

## **MEAT LOAF**

500 grams ground beef  
2 tablespoons chopped parsley  
1 tablespoon bread crumbs  
1 teaspoon lemon juice

1 tablespoon margarine  
1 teaspoon salt  
1/4 teaspoon pepper  
1 egg yolk

### **PRELIMINARIES**

1. Preheat oven to 350F/175C.
2. Combine beef, 1 egg yolk, 2 tablespoons chopped parsley, 1 tablespoon margarine, 1 tablespoon bread crumbs, 1 teaspoon lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper into a loaf.

### **BAKE THE MEAT LOAF**

3. Grease a loaf pan.
4. Put the meat mixture into the pan and top with ketchup. Bake 1 hour

## **ROAST BEEF**

500 grams beef ("dikke lende")

2 tablespoons margarine

### **ROAST THE BEEF**

1. Preheat the oven to 350F/175C.
2. Melt 2 tablespoons margarine in a frying pan over a very high flame.
3. When the margarine is very hot, Sear the roast beef on all sides to seal it.
4. Roast the meat in the oven for 20-30 minutes.

## **PIROSHKY**

2 cups flour  
2/3 cup margarine  
500 g hamburger

1 teaspoon salt

### **PRELIMINARIES**

1. Preheat oven to 450F/230C.

### **PREPARE THE FILLING**

2. Cook the hamburger.

### **PREPARE THE DOUGH**

3. Cut 2/3 cup margarine into 2 cups flour.
4. Add 6 tablespoons cold water and stir into a ball. Roll to 1/8 inch.

### **MAKE THE PIROSHKY**

5. Cut the dough into 3 inch x 3 inch squares, cover with hamburger, and roll up with the ends folded. Brush with soft butter.
6. Bake 20 min.

**BREAD**

## BISCUITS

2 cups flour

2.5 tsp baking powder

1 teaspoon salt

2 teaspoons sugar

5 tablespoons margarine

3/4 cup milk

### PREPARE THE DOUGH

1. Preheat the oven to 450F/230C.
2. Combine 2 cups of flour, 1 teaspoon salt, 2.5 teaspoons baking powder, and 2 teaspoons of sugar in a mixing bowl.
3. Cut in 5 tablespoons margarine with a pastry blender.
4. Stir in 3/4 cup of milk to make a smooth dough. Knead for 1 minute.

### BAKE THE BISCUITS

5. Roll the dough to 1/4" thickness.
6. Cut the biscuits with 2" cutter and place on a greased baking sheet.
7. Brush the biscuits with egg white or milk.
8. Bake for 12 minutes at 450F/230C.

## CRESCENT ROLLS

3/4 cup all-purpose flour  
3/4 cup whole-wheat flour  
2 tablespoons wheat germ  
1 package dry yeast

2 teaspoons sugar  
1/2 teaspoon salt  
1/4 cup milk  
2 tablespoons margarine  
2 eggs

### PREPARE THE DOUGH

1. Empty oven and turn on briefly to make a warm place for the dough to rise.
2. Combine 3/4 cup all-purpose flour, 3/4 cup whole-wheat flour, 1 package dry yeast, and 2 tablespoons wheat germ in a small bowl.
3. In a larger bowl, combine 2 teaspoons sugar, 1/2 teaspoon salt, 1/4 cup warm milk, 1 tablespoon melted margarine, and 1 slightly beaten egg.
4. Beat in flour mixture a little at a time and beat for 5 minutes with electric mixer.
5. Knead dough until smooth, adding all-purpose flour if need be.
6. Roll dough out into 12 inch circle.
7. Brush dough with melted margarine.
8. Cut the dough into 12 equal sectors. Roll up each sector starting at wide end and place on greased baking sheet. Form crescent shape.
9. Brush each roll with slightly beaten egg white. Sprinkle sesame seeds over some of the rolls.

### LET DOUGH RISE AND BAKE ROLLS

10. Let rolls rise for 45 minutes. After 25 minutes, set oven to 200C/400F.
11. Bake about 12-15 minutes until golden brown.

## MUFFINS

7/4 cups flour

1/4 cup sugar  
2.5 tsp baking powder  
3/4 teaspoon salt  
1 beaten egg  
3/4 cup milk  
1/3 cup cooking oil

### PREPARE THE DOUGH

1. Preheat the oven to 400F/200C.
2. Combine 1.75 cups flour, 1/4 cup sugar, 2.5 teaspoons baking powder, and 3/4 teaspoons salt in a mixing bowl.
3. In a second bowl, combine 1 egg, 3/4 cup milk, and 1/3 cup oil.
4. Make a well in the flour, and add the egg-milk-oil mixture all at once. Stir until moistened but still lumpy.

### BAKE THE MUFFINS

5. Grease 12 muffin cups.
6. Fill each cup 2/3 full and bake for 20-25 minutes.

## OATMEAL MUFFINS

1 cup oats  
1 cup flour  
1 cup buttermilk

1/2 teaspoon salt  
1/2 teaspoon baking soda  
3/2 teaspoon baking powder  
1/2 cup butter  
1/2 cup sugar  
1 egg

### DIRECTIONS

1. Preheat oven to 350C/175F.
2. In a mixing bowl, combine 1 cup oats and 1 cup buttermilk.
3. Let mixture stand 30 minutes.
4. Melt 1/2 cup butter and let it cool.
5. In a second bowl, mix 1 cup flour, 1/2 teaspoon salt, 1/2 teaspoon baking soda, 1 1/2 teaspoons baking powder.
6. Add the melted butter, 1/2 cup brown sugar, and 1 beaten egg to oatmeal.
7. Stir in flour mixture until just blended.
8. Bake in muffin cups for about 25 minutes.

## MUESLI MUFFINS

3/2 cup whole wheat flour  
1/4 cup soy flour  
1 cup chopped peanuts  
1/4 cup toasted sesame seeds  
1/3 cup toasted sunflower seeds  
1/3 cup raisins

1 tablespoon baking powder  
1/2 teaspoon salt  
1 egg  
1 cup milk  
2 tablespoons vegetable oil  
2 tablespoons honey

### DIRECTIONS

1. Preheat oven to 375F/190C.
2. In a mixing bowl, combine 1 1/2 cups whole wheat flour, 1/4 cup soy flour, 1 tablespoon baking powder, 1/4 cup sesame seeds, 1/3 cup sunflower seeds, 1 cup chopped peanuts, and 1/3 cup raisins.
3. In a second bowl, combine 1 cup milk, 1 beaten egg, 2 tablespoons oil, and 2 tablespoons honey.
4. Make a well in the flour, and pour in the liquid, stirring with 15 strokes.
5. Bake in well-oiled muffin cups for 15-20 minutes.

## HONEY WHEAT MUFFINS

3/2 cups flour  
1/2 cup whole wheat flour  
1/2 teaspoon lemon peel

2 teaspoons baking powder  
1/2 teaspoon salt  
1 egg  
1/2 cup milk  
1/2 cup honey  
1/4 cup cooking oil  
1/2 cup sunflower seeds

### PRELIMINARIES

1. Preheat the oven to 375F/190C.

### PREPARE THE DOUGH

2. Mix together 3/2 cup flour, 1/2 cup whole wheat flour, 2 teaspoons baking powder, and 1/2 teaspoon salt.
3. In a mixing cup, combine 1 beaten egg, 1/2 cup milk, 1/2 cup honey, 1/4 cup oil, and 1/2 teaspoon lemon peel.
4. Add the liquid mixture to the flour and stir until moistened.
5. Add sunflower seeds.
6. Grease 12 muffin cups and fill each 2/3 full.
7. Bake for 20 minutes.

## POPOVERS

1 cup flour  
1 cup milk  
2 eggs  
1/4 teaspoon salt  
1 tablespoon oil

### DIRECTIONS

1. Preheat oven to 400F/200C.
2. In a mixing bowl, combine 1 cup flour with 1/4 teaspoon salt.
3. Add 1 tablespoon vegetable oil, 1 cup milk, and 2 eggs. Beat until very smooth. Pass through a strainer to remove lumps.
4. Fill eight pyrex glass cups each 1/2 full.
5. Bake on center rack for 40 minutes at 400F/200C. DO NOT open the oven door until the 40 minutes are finished.

## SCONES

7/4 cups all-purpose flour  
1/3 cup light cream

9/4 teaspoons baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 cup margarine  
2 eggs

### PREPARE THE DOUGH

1. Preheat oven to 450F/225C
2. Combine 1 3/4 cups flour, 2 1/4 teaspoons baking powder, 1 tablespoon sugar, and 1/2 teaspoon salt in a bowl.
3. Using a pastry blender, cut in 1/4 cup margarine until size of pea.
4. In a cup, beat 2 eggs, saving 2 tablespoons for brushing the scones.
5. Add 1/3 cup light cream to the beaten egg and beat some more.
6. Make a well in the flour and pour in the egg and cream. Combine until lumpy.
7. Put dough on floured surface and pat until 3/4 inch thick. Cut into 3 x 4 inch rectangles, and cut each of these diagonally. Brush with the remaining egg.

### BAKE THE SCONES

8. Put the scones on a greased baking sheet and bake for 15 minutes at 450F/220C.

## APPLESAUCE-RAISIN QUICK BREAD

2 cups flour  
1 cup applesauce  
1/2 cup raisins  
1 cup chopped pecans or walnuts

1 egg  
4 tablespoons butter  
1/2 cup sugar  
1/4 cup brown sugar  
2 teaspoons baking powder  
3/4 teaspoon salt  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon  
1 teaspoon ground nutmeg

### DIRECTIONS

1. Preheat oven to 350F/175C.
2. Melt 4 tablespoons butter.
3. In a mixing bowl, beat 1 egg, then stir in 1 cup applesauce, melted butter, 1/2 cup sugar, and 1/4 cup brown sugar and mix well.
4. Add 2 cups flour, 3/4 teaspoon salt, 1/2 teaspoon baking soda, 2 teaspoons baking powder, 1/2 teaspoon cinnamon, and 1 teaspoon nutmeg.
5. Stir in 1/2 cup raisins and 1 cup chopped nuts.
6. Grease a 9 x 5 inch loaf pan, and pour batter into it. Bake until toothpick comes out clean (about 1 hour).
7. Let cool in pan 10 minutes, then cool on rack.

## ORANGE-HONEY QUICK BREAD

5/2 cups flour

1 cup honey

2 oranges

3/4 cup chopped nuts

1 egg

5/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

2 tablespoons butter

### DIRECTIONS

1. Preheat oven to 325F/160C.
2. Extract 3/4 cup orange juice and 1 1/2 tablespoons rind from the oranges.
3. Beat 2 tablespoons butter with electric mixer until fluffy.
4. Add 1 cup honey and continue beating.
5. Add 1 well-beaten egg, 1 1/2 tablespoons orange rind and beat together.
6. Mix 2 1/2 cups flour with 2 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, and 1/2 teaspoon salt.
7. Add the flour mixture to the honey, alternately with 3/4 cup orange juice. Only stir enough to get everything damp.
8. Add 3/4 cup chopped nuts.
9. Bake in a greased 9 inch loaf pan for 70 minutes.

## COCONUT QUICK BREAD

2 cups whole wheat flour  
1 cup grated coconut

1 tablespoon baking powder  
1 teaspoon salt  
1/2 teaspoon baking soda  
3 eggs  
1/4 cup vegetable oil  
1/4 cup honey  
1 teaspoon lemon juice  
1 cup milk

### DIRECTIONS

1. Preheat oven to 350F/175C.
2. Combine in a mixing bowl 2 cups whole wheat flour, 1 cup grated coconut, 1 tablespoon baking powder, and 1/2 teaspoon baking soda. Mix well.
3. In a second bowl, beat 3 eggs.
4. Add to the eggs, 1/4 cup oil, 1/4 cup honey, 1 teaspoon lemon juice, and 1 cup milk. Mix well.
5. Add the liquids to the flour and beat well until stiff.
6. Grease a loaf pan and bake batter at 350F/175C until toothpick comes out clean (about 30 minutes).

## **RAISIN-NUT COFFEE CAN YEAST BREAD (1 RISE)**

4 cups flour  
1 package dry yeast  
1/2 cup raisins  
1/2 cup walnuts

1 teaspoon ground cinammon  
1/2 teaspoon nutmeg  
1/8 teaspoon ground ginger  
3 tablespoons sugar  
3/2 cup milk  
2 tablespoons vegetable oil  
butter

### **PREPARE THE DOUGH**

1. In a mixing bowl, dissolve 1 package yeast in 1/2 cup warm water. Add 1/8 teaspoon ginger, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1 tablespoon sugar.
2. Let yeast stand 15 minutes.
3. Stir in 2 tablespoons sugar, 1 1/2 cups milk, 1 teaspoon salt, and 2 tablespoons oil.
4. Beat in flour, 1 cup at a time, until dough is heavy, but too sticky to knead.
5. Stir in 1/2 cup chopped nuts and 1/2 cup raisins.
6. Divide dough in half, and place each half in a well-greased 1 lb coffee can. Cover with well-greased plastic lid.
7. Wait until dough pushes lid off (about 45 minutes).

### **BAKE THE BREAD**

8. Preheat oven to 350F/175C.
9. Bake uncovered for 45 minutes on bottom rack of oven.
10. Brush tops lightly with butter.
11. Let cool 5 minutes in can, then remove from can to cool more in an upright position.

## OATMEAL YEAST BREAD (2 RISE)

5 cups flour  
5/2 cups oatmeal  
1 package active dry yeast  
1/4 cup molasses

4 tablespoons butter  
2 teaspoons salt  
1/4 cup brown sugar  
3 tablespoons milk

### PREPARE THE DOUGH

1. In a small bowl, combine 1 package yeast, 1 tablespoon molasses, 1/4 cup warm water.
2. Let the yeast stand 15 minutes
3. In a mixing bowl, combine 2 cups oats, 3 tablespoons molasses, 2 teaspoons salt, 1/4 cup brown sugar, 4 tablespoons butter, and 1 cup boiling water. Stir until butter melts.
4. Add the yeast to the oats, along with 1 cup cold water.
5. Add 4 cups flour, one at a time.
6. Knead for 10-20 minutes, adding flour as needed.
7. Cover bowl and let rise for 1 hour in a warm place.

### PREPARE SECOND RISING

8. Punch down dough to release air, and knead again briefly.
9. Divide dough into two parts, place each part in a 9 x 5 inch greased loaf pan.
10. Soften 1/2 cup oats in 3 tablespoons milk, and paste on top of loaves.
11. Let loaves rise 45 minutes.

### BAKE THE BREAD

12. Preheat oven to 350F/175C.
13. Bake until browned (about 1 hour).

# **CAKES**

## APPLESAUCE-NUT-RAISIN CAKE

7/4 cup cake flour  
1 cup raisins  
1 cup chopped walnuts  
1 cup sugar  
1/2 cup butter  
1 egg  
1 cup applesauce

1/2 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp cloves  
powdered sugar

### PRELIMINARIES

1. Preheat the oven to 350F/175C.

### PREPARE THE BATTER

2. Combine 1 3/4 cups of cake flour, 1/2 tsp salt, 1 tsp baking soda, 1 tsp cinnamon, and 1/2 teaspoon ground cloves in a mixing bowl.
3. In a second mixing bowl, beat 1/2 cup butter until soft, and then beat in 1 cup sugar, a little at a time.
4. Beat 1 egg into the butter-sugar mixture.
5. Gradually add the flour mixture to the butter-sugar-egg mixture, beating until smooth.
6. Add 1 cup of raisins and 1 cup of chopped walnuts to the batter.
7. Add 1 cup of applesauce to the batter.

### BAKE THE CAKE

8. Bake the batter in a greased tube pan for 50-60 minutes.
9. Cool the cake on a rack, then invert and cool some more.
10. Cover the cake with powdered sugar.

## BANANA CAKE

5/2 cups cake flour  
3/2 cups sugar  
2 eggs  
1 cup mashed bananas  
1/2 cup butter  
2/3 cup buttermilk  
jam  
cream cheese frosting

3/2 tsp baking powder  
1 tsp baking soda  
1 tsp salt  
1 tsp vanilla

### PRELIMINARIES

1. Preheat oven to 350F/175C.

### PREPARE THE BATTER

2. In a mixing bowl, combine 2 1/2 cups flour, 1 1/2 cups sugar, 1 1/2 teaspoons baking powder, 1 teaspoon baking soda, and 1 teaspoon salt.
3. Add 1/2 cup butter and 1 cup mashed banana, and beat at low speed with an electric mixer until combined.
4. Add 2/3 cup buttermilk, 2 eggs, and 1 teaspoon vanilla and beat for 2 minutes at medium speed.

### BAKE THE CAKE

5. Grease two 9 inch baking pans, and pour the batter into them.
6. Bake at 350F/175C for about 30 minutes. During first 15 minutes, cover top with aluminum foil to prevent peaking.
7. Cool on a cake rack for 10 minutes, then remove pan and cool completely.
8. Stack the two layers, using jam as filling. Frost with cream cheese frosting, possibly mixed with coconut.

# CARROT CAKE

2 cups flour  
2 cups sugar  
1 kg carrots  
1 cup cooking oil  
4 eggs  
100 grams cream cheese  
1/4 cup butter  
2 cups powdered sugar

1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon vanilla

## PRELIMINARIES

1. Preheat oven to 325F/160C.

## PREPARE THE BATTER

2. Peel the carrots and then shred with a grater.
3. In a mixing bowl, combine 2 cups flour, 2 cups sugar, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 teaspoon salt, and 1 teaspoon cinnamon.
4. Add 3 cups shredded carrots, 1 cup cooking oil and 4 eggs. Beat with electric mixer for 2 minutes.

## BAKE THE CAKE

5. Butter and flour two 8-inch springform pans.
6. Put half of the batter in each pan.
7. Bake at 325F/160C for about 40 minutes or until done.

## PREPARE THE ICING

8. In a mixing bowl, combine 100 grams of cream cheese, 1/4 cup butter, and 1 teaspoon vanilla.
9. Gradually beat in 2 cups of powdered sugar, beating until smooth and creamy.
10. Truncate one of the layers until it is flat and cover it with frosting. Put the other layer on top, and frost top and sides.

NOTE: You can mix chopped nuts or coconut into the frosting.

## CHEESECAKE

3/4 cup all-purpose flour  
2 tablespoons all-purpose flour  
700 grams softened cream cheese  
1 teaspoon lemon peel  
1 can cherry pie filling

1 cup sugar  
3 tablespoons sugar  
6 tablespoons butter  
4 eggs  
1/2 teaspoon vanilla  
1/4 teaspoon salt  
1/4 cup milk

### PREPARE THE CRUST

1. Preheat the oven to 400F/205C.
2. Combine 3/4 cup flour, 3 tablespoons sugar, and 1/2 teaspoon lemon peel in a mixing bowl.
3. Add 6 tablespoons butter and cut with knife or pastry blender until butter is the size of peas.
4. Stir in 1 slightly beaten egg yolk and 1/4 teaspoon vanilla
5. Roll the dough out until it is flat. Take 1/3 of it and cover the bottom of a greased 8 inch springform pan from which the sides have been removed.
6. Bake the bottom crust until golden brown (about 7 minutes), then remove from the oven and let cool. Turn the oven up to 450F/230C.

### PREPARE THE FILLING

7. In a mixing bowl combine 700 grams of softened cream cheese, 1/2 teaspoon lemon peel, 1/4 teaspoon vanilla. Beat with an electric mixer until fluffy.
8. In a second bowl, combine 1 cup sugar, 2 tablespoons flour, and 1/4 teaspoon salt.
9. Gradually add the sugar mixture to the cream cheese.
10. Add two whole eggs and the yolk of a third egg all at once, beating at low speed with an electric mixer until combined. Then add 1/4 cup milk and combine.

### BAKE THE CAKE

11. Put the sides of the springform back on the bottom. Cover the sides with the remaining dough to a height of 1.75 inches. Add the filling to the pan.
12. Bake the cake for 10 minutes at 450F/230C.
13. Turn the oven down to 300F/150C, and bake another 50 minutes.
14. Test cake by inserting toothpick into center. If it comes out clean, the cake is done. If not cook a little longer.
15. When cake is done, remove from oven and put on a wire rack to cool. After 15 minutes, loosen cake from springform by inserting a knife in the pan and moving it all around the cake. After another 15 minutes, removes the sides of springform and let cool for at least 30 minutes.

### PREPARE THE TOPPING

16. The cheesecake will generally be cracked on top. To hide this, top with a can of cherry pie filling.
17. Cover and refrigerate overnight before serving. Cheesecake is best the day after it is made.

## **CREAM CHEESE FROSTING**

100 grams cream cheese  
1/4 cup butter  
2 cups powdered sugar

1 teaspoon vanilla

### **PREPARE THE FROSTING**

1. In a mixing bowl, combine the cream cheese, butter, and vanilla until fluffy.
2. Gradually add the powdered sugar, beating until smooth and creamy.

## FUDGE BROWNIES

60 grams pure chocolate  
1/2 cup chopped walnuts

1/2 cup butter  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
3/4 cup flour

### DIRECTIONS

1. Preheat oven to 350F/175C.
2. Melt butter and chocolate in a saucepan.
3. Remove saucepan from heat and stir in 1 cup sugar.
4. Add 2 eggs and 1 teaspoon vanilla. Beat lightly, until just combined, but not more.
5. Stir in 3/4 cup flour and 1/2 cup chopped walnuts.
6. Bake at 350F/175C for 30 minutes.
7. Cool and cut into squares.

## SACHERTORTE

3/4 cup flour  
5 eggs  
3/4 cup butter  
3/4 cup sugar  
150 grams pure chocolate  
jam  
chocolate icing mix

### PRELIMINARIES

1. Preheat oven to 325F/160C.

### PREPARE THE BATTER

2. Separate 5 eggs.
3. Melt 150 grams of pure chocolate. Remove from heat and let cool.
4. In a mixing bowl, combine 3/4 cup butter and 3/4 cup sugar. Beat with an electric mixer until fluffy.
5. Gradually beat in 5 egg yolks until light in color.
6. Add the melted chocolate.
7. Gradually add 3/4 cup flour.
8. In a separate bowl, beat the 5 egg whites until stiff.
9. Gently fold the egg whites into the batter.

### BAKE THE TORTE

10. Bake the torte in a 9-inch springform pan until done (about 50 minutes).
11. Let the torte cool. Then slice it horizontally and insert a jam filling.
12. Frost with chocolate.

## GERMAN CHOCOLATE CAKE

125 grams milk chocolate  
5/3 cup all-purpose flour  
2/3 cup buttermilk

1/2 cup butter  
1 teaspoon baking powder  
1 cup sugar  
1 teaspoon vanilla  
3 eggs

### PRELIMINARIES

1. Preheat the oven to 360F/175C.

### PREPARE THE CAKE

2. Melt 125 grams chocolate in 1/3 cup water and let cool.
3. Combine 1 2/3 cups flour, 1 teaspoon baking soda, and 1/2 teaspoon salt.
4. In a second bowl, beat 1/2 cup butter until fluffy.
5. Add 1 cup sugar and 1 teaspoon vanilla to the butter.
6. Separate 3 eggs.
7. Add to the butter, 3 egg yolks, one at a time, beating 1 minute after each one.
8. Beat the chocolate into the butter.
9. Add the flour and 2/3 cup buttermilk to the chocolate-butter mixture, in small batches, alternately.
10. Fold in 3 egg whites beaten stiff.
11. Bake at 350F/175C for 30 minutes or until done.

## WHITE CAKE

1 package choc. icing mix  
jam  
9/4 cups flour  
5/4 cups sugar  
1/2 cup butter  
4 eggs

5/2 teaspoon baking powder  
1 teaspoon vanilla  
1/2 teaspoon salt  
1 cup milk

### PRELIMINARIES

1. Preheat the oven to 350F/175C.

### MAKE THE BATTER

2. Mix 2 1/2 cups flour, 2 1/2 teaspoons baking powder, and 1/2 teaspoon salt.
3. In a separate bowl, beat 1 1/4 cups sugar and 1/2 cup butter until fluffy.
4. Combine the flour, butter, and 1 cup milk beating until smooth.
5. Add 1 teaspoon vanilla.
6. Whip 4 egg whites until stiff, and fold into the batter.

### BAKE THE CAKE

7. Bake the batter in two greased, floured 9 inch pans for 25 minutes.
8. Add a layer of jam between the two cake rounds.
9. Frost with chocolate icing.

## ORANGE CAKE

icing  
3/2 cup cake flour  
115 grams butter  
1 cup sugar  
4 eggs  
1 orange  
jam

1/2 cup cornstarch  
1/2 teaspoon salt  
4 teaspoons baking powder

### PRELIMINARIES

1. Preheat the oven to 350F/175C.

### DIRECTIONS

2. Beat 115 grams butter, adding 1 cup sugar until fluffy.
3. Separate 4 eggs.
4. Grate the rind from the orange.
5. Squeeze the juice from the orange.
6. Add 4 egg yolks, 1/2 cup orange juice, and the orange rind to the butter.
7. In a second bowl, combine 1 1/2 cups cake flour, 1/2 cup cornstarch, 1/2 teaspoon salt, and 4 teaspoons baking powder.
8. Add the flour to the butter mixture.
9. Whip the 4 egg whites until stiff, and fold into the batter.
10. Bake 30-40 minutes in two greased, floured 9 inch springform pans.
11. Merge the layers with jam.

**CHICKEN**

## **SWEET AND SOUR CHICKEN**

500 grams chicken fillet  
1 green pepper  
6 carrots  
1 can pineapple chunks

4 tablespoon peanut oil  
1 tsp chopped ginger  
1 small egg white  
2 tsp salt  
1 tablespoon cornstarch  
2 tsp sherry  
2 tsp light soy sauce  
1 tablespoon vinegar  
1 tsp sugar

### **PREPARE CHICKEN**

1. Cube chicken and mix with 1 tsp ginger, 1 egg white, 1/2 tsp salt, 2 tsp cornstarch, 1 tsp peanut oil.

### **PREPARE VEGETABLES**

2. Wash green pepper. Discard seeds and stem. Cut into 1 inch cubes.
3. Peel carrots. Cut diagonally in 1/4 inch slices. Parboil 3 minutes.

### **PREPARE SWEET AND SOUR SAUCE**

4. Drain pineapple chunks. Save 1/2 cup juice.
5. Mix 2 tsp sherry, 2 tsp light soy sauce, 1 tablespoon vinegar, 1 tsp sugar, 1/2 cup pineapple juice, 1 tablespoon cornstarch, 1 tsp salt.

### **COOKING DIRECTIONS**

6. Start cooking rice.
7. Heat 3 tablespoons oil in wok. Stir fry chicken for 2 minutes in small batches. Remove to a dish.
8. Heat 1 tablespoon oil in wok. Stir fry Carrots, pepper 1/2 minute.
9. Add chicken to vegetables in wok. Add 1 cup pineapple chunks. Stir 1 minute.
10. Add sweet and sour sauce to wok. Stir until thickened. Serve with rice.

## **STIR-FRIED CHICKEN WITH BROCCOLI, MUSHROOMS, AND NUTS**

500 grams chicken fillet  
1 small can bamboo shoots  
1 package mushrooms  
broccoli  
200 grams of salted cashews

1 egg  
1/2 teaspoon salt  
5 teaspoons cornstarch  
2 tablespoons soy sauce  
2 tablespoons sherry  
1 chicken bouillon cube  
1/2 teaspoon oil  
2 tablespoons sherry

### **PRELIMINARIES**

1. Cut the chicken into cubes.
2. Wash and slice the mushrooms.
3. Prepare 1/4 cup chicken bouillon.
4. If using fresh broccoli, wash and cut it up.
5. Combine 1/4 cup bouillon, 2 tablespoons soy sauce, 2 tablespoons sherry, and 1 tablespoon cornstarch as the sauce.

### **DIRECTIONS**

6. Combine 1 beaten egg white, 1/2 teaspoon salt, 1/2 teaspoon oil, and 2 teaspoons cornstarch. Coat the chicken with this mixture.
7. Stir fry the chicken. Remove to a bowl.
8. Stir fry the mushrooms. Remove to a bowl.
9. Stir fry the broccoli. Remove to a bowl.
10. Combine the chicken, mushrooms, broccoli, bamboo shoots, and nuts in the wok. Stir fry to get everything warm again. Add the bouillon-cornstarch sauce and stir until thickened.

## **STIR-FRIED CHICKEN WITH HAM AND CARAWAY SEEDS**

500 grams chicken fillet  
100 grams thinly sliced ham  
1 tablespoon red currant jelly

2 tablespoons vegetable oil  
1/2 teaspoon crushed caraway seeds  
1/4 teaspoon basil  
1/2 cup beef stock  
2 teaspoons corn starch  
1 tablespoon sherry

### **PRELIMINARIES**

1. Blend 1 tablespoon sherry with 2 teaspoons cornstarch in a cup.

### **STIR-FRY THE CHICKEN**

2. Heat 2 tablespoons of oil in a wok. Add 1/2 teaspoon caraway seeds and 1/4 teaspoon basil to the oil. Stir-fry the chicken.

### **STIR-FRY THE HAM**

3. Cut the ham slices into small pieces and add them to the chicken in wok. Stir-fry 1 minute.
4. Add the stock and cover for 30 seconds.

### **FINISH THE SAUCE**

5. Add 1 tablespoon red currant jelly and mix with the meat.
6. Add the sherry-cornstarch mixture to the meat and stir until thickened.

## **STIR-FRIED CHICKEN WITH CASHEWS**

500 grams chicken fillet	3 tablespoons vegetable oil
100 grams thinly slice ham	1/4 teaspoon salt
1 green pepper	1 tablespoon cornstarch
100 grams mushrooms	2 tablespoons soy sauce
1 cup unsalted cashew nuts	2 tablespoons sherry
1 cup shredded chinese cabbage	1 teaspoon sesame oil
	3/4 cup chicken stock

### **PRELIMINARIES**

1. Cut the chicken into strips.
2. Wash, seed, and cut the green pepper into thin strips.
3. Wash and slice the mushrooms.
4. Prepare 3/4 cup of chicken stock.
5. Combine 1 tablespoon cornstarch with 2 tablespoons soy sauce in a cup. Add 2 tablespoons sherry and 1 teaspoon sesame oil to the cup.

### **STIR-FRY THE CASHEW NUTS**

6. Heat 3 tablespoons oil in a wok. Add 1 cup crushed cashew nuts and stir-fry until lightly browned. Drain the cashews and set aside. Discard the oil.

### **STIR-FRY THE MEAT AND VEGETABLES**

7. Heat 1 tablespoon cooking oil in the wok. Stir-fry the chicken.
8. Add ham, mushrooms, cabbage, and green pepper to the wok. Stir-fry 1 minute.
9. Cover the wok and steam 30 seconds.

### **FINISH THE SAUCE**

10. Add the chicken stock to the wok.
11. Reduce the heat and bring to a gentle simmer.
12. Stir cornstarch mixture into the wok, stirring until thickened.
13. Stir in the fried cashews.

## **STIR-FRIED CHICKEN WITH ALMONDS**

500 grams chicken fillet  
100 grams mushrooms  
2 celery stalks  
1 green pepper  
1/4 cup bamboo shoots  
1/4 cup parsley  
1/2 cup slivered almonds

1 cup chicken stock  
1 tablespoon cornstarch  
1 teaspoon sugar  
1/4 cup sherry  
2 tablespoons soy sauce

### **PRELIMINARIES**

1. Cut the chicken into strips.
2. Wash, seed, and cut the green pepper into thin strips.
3. Wash the celery and cut into diagonal strips.
4. Wash and slice the mushrooms.
5. Prepare 1 cup of chicken stock
6. Combine 1 tablespoon cornstarch, 1 teaspoon sugar, 1/4 cup sherry, and 2 tablespoons soy sauce in a cup.

### **BAKE THE ALMONDS**

7. Put the almonds into a 350F/175C oven and bake for 5 minutes, shaking frequently.

### **STIR-FRY THE CHICKEN AND VEGETABLES**

8. Heat 2 tablespoons vegetable oil in a wok. Stir-fry the chicken.
9. Add the mushrooms, celery, green pepper, and bamboo shoots, stir-frying 1 minute.
10. Add 2 tablespoons chicken stock, cover and steam 1 minute.

### **FINISH THE SAUCE**

11. Add remaining chicken stock and bring to a simmer.
12. Add in the cornstarch-sherry mixture, stirring until thickened.
13. Stir in the almonds and minced parsley.

Note: Broccoli also goes well with this.

## **STIR-FRIED CHICKEN WITH SHRIMP**

400 grams chicken fillet	2 tablespoons vegetable oil
300 grams shelled shrimp	1/4 cup sherry
1 green pepper	1/4 cup soy sauce
100 grams mushrooms	1 cup chicken stock
1/4 cup sliced water chestnuts	1 tablespoon cornstarch
1 cup chinese cabbage	

### **PRELIMINARIES**

1. Cut the chicken into strips.
2. Shred the cabbage.
3. Wash, seed, and cut the green pepper into thin strips.
4. Combine 1 tablespoon cornstarch with 1/4 cup of chicken stock in a cup.

### **STIR-FRY THE MEAT AND VEGETABLES**

5. Heat 2 tablespoons oil in a wok. Stir-fry the chicken.
6. Add the green pepper, mushrooms, water chestnuts, and cabbage. Stir-fry 1 minute.
7. Add 1/4 cup sherry. Cover and steam 1 minute.

### **STIR-FRY THE SHRIMP AND FINISH THE SAUCE**

8. Add 1/4 cup soy sauce, shrimp and 3/4 cup chicken stock.
9. Stir cornstarch mixture into the wok, stirring constantly until thickened.

## **STIR-FRIED CHICKEN WITH LEMON SAUCE**

500 gram chicken fillet  
1 lemon  
parsley

2 tablespoons vegetable oil  
1 tablespoon cornstarch  
1 tablespoon soy sauce  
1 egg white  
150 ml chicken stock  
1.5 tablespoons sugar  
1 teaspoon ketchup  
1/2 teaspoon salt  
2 drops sesame oil  
pinch pepper  
1 tablespoon sherry

### **PRELIMINARIES**

1. Cut the chicken into strips.
2. Mix 1 tablespoon sherry, 1 tablespoon soy sauce, 1 tablespoon cornstarch, and 1 egg white in a cup. Pour over the chicken strips and coat them thoroughly.
3. Cut 1/2 a lemon into slices and then cut each slice in two.
4. Prepare 150 ml chicken stock.
5. In a cup, mix the chicken stock with the juice of 1/2 a lemon, 1.5 tablespoons sugar, 1 teaspoon ketchup, 1/2 teaspoon salt, 2 drops sesame oil, and a pinch of pepper.
6. In a second cup, combine 1 tablespoon cornstarch with 2 tablespoons water.

### **STIR-FRY THE CHICKEN**

7. Heat 2 tablespoons oil in a wok. Stir fry the chicken and remove to a plate.

### **MAKE THE SAUCE**

8. Heat the chicken stock mixture to boiling. Add the cornstarch mixture and stir until thickened.
9. Pour the sauce over the chicken.
10. Garnish the chicken with lemon slices.

## **DEEP-FRIED CHICKEN WITH LEMON SAUCE**

500 grams chicken fillet  
1 lemon  
1 red pepper  
1 green pepper  
parsley

1/2 cup flour  
1/4 cup cornstarch  
1 teaspoon cornstarch  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 teaspoon vegetable oil  
1 teaspoon ketchup

### **PRELIMINARIES**

1. Heat the deep-frying oil to 375F.
2. Cut the chicken into strips 3 inches by 1/4 inch.
3. Prepare the batter by mixing 1/2 cup flour, 1/4 cup cornstarch, 1/2 teaspoon baking powder, 1/4 teaspoon salt, 3/4 cup water, 1/2 teaspoon vegetable oil and stirring until smooth.
4. Cut half of the lemon into thin semicircular slices.
5. Squeeze 3 tablespoons lemon juice from the other half of the lemon and combine with 1/2 cup water, and 3 tablespoons sugar in a cup.
6. Combine 1 teaspoon cornstarch and 2 teaspoons water in a second cup.
7. Wash and seed the peppers and cut them into strips.

### **DEEP-FRY THE CHICKEN**

8. Dip each piece of chicken in the batter and let the excess drip back into the batter bowl.
9. Deep fry the chicken 5 minutes per piece, making sure the oil is hot.
10. Drain the fried chicken on a paper towel and set aside.

### **COOK THE LEMON SAUCE**

11. Pour the lemonade mixture into the wok and bring to a boil.
12. Add the cornstarch blend and stir until thickened.
13. Add 1 teaspoon of ketchup.

### **SERVE**

14. Serve chicken mixed with pepper on a platter garnished with the half-slices of lemon and topped with parsley.

## **CORNFLAKE CRUST FRIED CHICKEN 1**

500 grams chicken fillet  
5/2 cups cornflakes  
parsley sprigs

3 tablespoons margarine  
3/2 teaspoons basil  
1/2 teaspoon salt  
1/4 teaspoon pepper

### **PRELIMINARIES**

1. Preheat oven to 375F/190C.

### **PREPARATION**

2. Rinse the chicken and pat dry.
3. Trim the chicken and cut into individual servings.
4. Melt 3 tablespoons of margarine and put in a bowl.
5. Add 1 1/2 teaspoons dried basil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
6. Brush the chicken with the butter mixture.
7. Crush 2 1/2 cups of cornflakes, and roll the chicken in the crumbs.

### **BAKE THE CHICKEN**

8. Put chicken on baking pan and bake 30 minutes without turning.
9. Garnish with parsley.

## **SIMPLE CHICKEN CREPES**

500 grams chicken fillet  
1 cup raisins  
1 cup mushrooms  
1 cup slivered almonds  
parsley

4/3 cup flour  
2 cups milk  
4 eggs  
4 teaspoons vegetable oil  
6 teaspoons margarine

### **PRELIMINARIES**

1. Mix 4/3 cup flour, 2 cups milk, 4 eggs, and 4 teaspoons oil with an electric mixer until smooth. Let batter rest at room temperature for an hour.
2. Cube the chicken.
3. Wash and slice the mushrooms.

### **PREPARE THE FILLING**

4. Heat margarine in a skillet and cook the chicken.
5. Saute the mushrooms.
6. Toast the almonds.
7. Mix the chicken, mushrooms, almonds and raisins.

### **PREPARE THE CREPES**

8. Heat a frying pan hot enough that a drop of water sizzles, but does not evaporate instantly. Add a little margarine. Cook crepes. Spoon filling into crepes and roll up.

## CHICKEN POT PIE

300 grams frozen peas and carrots  
1/2 cup chopped mushrooms  
400 grams chicken  
1 cup rice

2.5 cups flour  
1 cup margarine  
1 teaspoon salt  
1/4 teaspoon ground sage  
1/8 teaspoon pepper  
3/4 cup milk  
1 tablespoon instant chicken granules

### PRELIMINARIES

1. Heat oven to 450 F.
2. Cube and cook the chicken. Steam the peas and carrots.

### PREPARE CRUST

3. Mix flour and salt in a large mixing bowl. Cut in 2/3 cup butter until pieces are pea-sized. Add 7 tablespoons cold water, and roll dough into a ball.
4. On a floured surface, roll 1/2 the dough into a 12 inch circle.
5. Transfer dough circle to 9 inch spring form; trim to 1/2 inch beyond edge.
6. Bake pie bottom at 450 degrees F for 8 minutes.
7. Roll the other half of the dough into a 12 inch circle.

### PREPARE FILLING

8. Saute the mushrooms in a large saucepan.
9. Stir in 1/3 cup flour, 1/2 teaspoon salt, 1/2 teaspoon sage and 1/4 tsp pepper.
10. Mix together 2 cups water, 3/4 cup milk, and 1 tablespoon chicken granules and add the mixture to the mushrooms.
11. Cook and stir until thick and bubbly. Cook 2 minutes more.
12. Add the chicken, peas, and carrots, and cook until bubbly.

### MAKE THE PIE

13. Put the chicken and vegetable mixture in the spring form and cover with the other pastry circle.
14. Prick top with a fork and bake at 450 degrees F for 10-12 minutes or until crust is golden brown.

## **CHICKEN A LA KING**

500 grams chicken fillet  
125 grams mushrooms  
1 green pepper  
pastry shells

6 tablespoons margarine  
1/2 cup flour  
3/4 teaspoon salt  
1/8 teaspoon pepper  
2 cups milk  
1 bouillon cube

### **PRELIMINARIES**

1. Cube the chicken.
2. Wash, seed and cut the green pepper into small squares.
3. Wash and slice the mushrooms.

### **COOK THE CHICKEN**

4. Cook the chicken in a skillet.

### **COOK THE SAUCE**

5. Melt 6 tablespoons margarine in a saucepan. Stir in 1/2 cup flour, 3/4 teaspoon salt, and 1/8 teaspoon pepper.
6. Add 2 cups milk, 1 cup water, and 1 bouillon cube. Stir over heat until thickened. Cook 2 more minutes.
7. Add chicken, mushrooms and green pepper and stir.

## **CHICKEN KIEV**

500 grams chicken filet  
125 grams butter  
1 egg  
parsley

flour  
dry bread crumbs

### **PRELIMINARIES**

1. Preheat the deep fryer to 325F/160C.

### **PREPARE THE CHICKEN**

2. Roll the 125 grams of butter into 4 balls, then coat them with chopped parsley.
3. Roll the chicken breast around the butter and pin with a toothpick.
4. Dust the chicken breasts with flour, brush with beaten egg, and roll in dry bread crumbs.
5. Deep fry for 5 minutes.

# **COOKIES**

## **BROWNIES**

1/2 cup butter  
60 grams pure chocolate  
1 cup sugar  
2 eggs  
3/4 cup flour  
1/2 cup chopped walnuts

1 tsp vanilla

### **PRELIMINARIES**

1. Preheat oven to 350F/175C.

### **PREPARE THE BATTER**

2. Melt 1/2 cup butter and 60 grams of chocolate in a saucepan.
3. Remove the pan from the stove and stir in 1 cup of sugar.
4. Add 2 eggs and 1 teaspoon vanilla to the pan, combining with few strokes.
5. Stir in 3/4 cup flour and 1/2 cup chopped walnuts.

### **BAKE THE BROWNIES**

6. Pour the batter into a greased 9 inch round pan or 8 inch square pan.
7. Bake 30 minutes at 350F/175C.

## 30 CHOCOLATE CHIP COOKIES #1

5/4 cup flour  
1/2 cup butter  
1/2 cup brown sugar  
1/4 cup white sugar  
1 egg  
200 grams pure chocolate

1 tsp baking soda  
1 tsp vanilla

### PRELIMINARIES

1. Preheat oven to 375F/190C.

### PREPARE THE BATTER

2. In a mixing bowl, beat 1/2 cup butter at medium speed for 30 seconds. Then add 1/2 cup brown sugar and 1/4 cup white sugar and beat until fluffy.
3. Add 1 egg and 1 teaspoon vanilla to the butter-sugar mixture and beat well.
4. In a second bowl, combined 1 1/4 cups of flour and 1/2 teaspoon baking soda.
5. Add the flour to the butter-sugar mixture, and beat well.
6. Break 200 grams of chocolate into chips and stir into the dough.

### BAKE THE COOKIES

7. Drop dough from a teaspoon onto an ungreased cookie sheet, 2 inches apart.
8. Bake at 375F/190C for 8-10 minutes or until a fingertip makes a barely visible impression.
9. Cool on cookie sheet for 1 minute, then cool on rack.

## **36 CHOCOLATE CHIP COOKIES #2**

1/2 cup butter  
5/4 cups flour  
1/2 cup white sugar  
1/4 cup brown sugar  
200 grams chocolate chips  
1 cup walnuts

1/2 tsp baking soda  
1/2 tsp salt  
1 egg  
1 tsp vanilla

### **PRELIMINARIES**

1. Preheat the oven to 375F/190C.

### **PREPARE THE DOUGH**

2. Melt and cool 1/2 cup butter in the freezer.
3. Mix 5/4 cups flour, 1/2 tsp baking soda, 1/2 tsp salt, 1/2 cup white sugar, and 1/4 cup brown sugar.
4. Add the cooled melted butter, 1 egg, 1 tsp vanilla, and mix well.
5. Add 200 grams chocolate chips.
6. Add 1 cup walnuts (or coconut or raisins).

### **COOKING DIRECTIONS**

7. Drop dough onto UNGREASED silver cookie sheet, 1 tablespoon per cookie, 2.5 inches apart. Make patties 1" in diameter, 1/2" high. Bake 10 minutes.

## 30 CRUNCHY WHOLESOME COOKIES

1/4 cup chocolate chips  
1/4 cup nuts  
1/4 cup raisins  
1/4 cup granola  
1/4 cup coconut  
1/4 cup peanut butter

1 cup whole wheat flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 cup margarine  
1 egg  
1/2 teaspoon vanilla  
1/4 cup milk  
1/4 cup brown sugar  
1/4 cup honey

### DIRECTIONS

1. Combine 1 cup whole wheat flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt, 1/2 teaspoon cinnamon in a mixing bowl and set aside.
2. In a second mixing bowl, combine 1 egg, 1/8 cup milk, 1/2 teaspoon vanilla.
3. Add 1/4 cup peanut butter, 1/4 cup honey, 1/4 cup brown sugar, and 1/4 cup butter, and beat with an electric mixer until creamy.
4. Stir flour mixture into second bowl and mix until blended.
5. Add 1/4 cup chocolate chips, 1/4 cup nuts, 1/4 cup coconut, 1/4 cup raisins, and 1/4 cup granola until blended.
6. Drop batter, 1 heaping teaspoon at a time on a greased baking sheet and bake 10 minutes at 375F/190C.

## PEANUT BUTTER COOKIES

3/2 cup whole wheat flour  
3/4 cup honey  
1/2 cup peanut butter  
2 teaspoons orange juice (or water)

1/2 cup oil  
1 egg  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon vanilla

### PRELIMINARIES

1. Preheat oven to 350F/175C.

### DIRECTIONS

2. In a bowl, mix 1/2 cup oil, 3/4 cup honey, and 1 egg.
3. Add 1/2 cup peanut butter to the bowl and mix.
4. Add 1 1/2 cup whole wheat flour, 1 teaspoon baking powder, and 1/2 teaspoon salt alternately with 2 teaspoons orange juice or water.
5. Add 1 teaspoon vanilla.
6. Shape the dough into small balls and press onto a greased cookie sheet.
7. Bake for 10 minutes.

# **DESSERTS**

## LEMON CREPES

3/4 cup milk  
1/2 cup flour  
3 eggs  
1 lemon

1 tablespoon butter  
1 tablespoon sugar  
3/4 cup sugar  
2 tablespoons cornstarch  
1/4 teaspoon salt  
1 teaspoon oil

### PREPARE THE CREPES

1. In a mixing bowl, combine 3/4 cup milk, 1/2 cup flour, 1 egg, 1 tablespoon sugar, 1 teaspoon oil, and 1/8 teaspoon salt. Beat until smooth.
2. Make 8 crepes.

### PREPARE THE FILLING

3. In a saucepan, combine 3/4 cup sugar, 2 tablespoons cornstarch, 1/8 teaspoon salt and 3/4 cup cold water.
4. Separate 2 eggs, and beat the yolks.
5. Add the beaten egg yolks to the sauce pan, along with 1 teaspoon lemon peel and 3 tablespoons lemon juice.
6. Heat and stir until thickened, then heat another minute.
7. Remove from heat and stir in 1 tablespoon butter. Let cool.

### ASSEMBLE CREPES

8. Spread 2 tablespoons of filling on ugly side of each crepe, covering whole crepe except outer 1/4 inch. Roll up and chill.

## **FRESH PINEAPPLE FANTASY**

1 fresh pineapple  
ice cream  
whipping cream

### **DIRECTIONS**

1. Quarter the pineapple. Remove stalk. Top with ice cream and whipped cream.

**FISH**

## **BROILED FISH (PLAICE, SALMON, HALIBUT)**

500 grams fish (schol, zalm, heilbot)  
1 lemon  
parsley

6 tablespoons margarine

### **PRELIMINARIES**

1. Preheat the oven using the broiler, leaving the door open for air.

### **COOKING DIRECTIONS**

2. Put the fish on a foil-lined broiling pan and dot liberally with margarine.
3. Broil for 5 minutes, basting once or twice with butter.
4. Serve with lemon slices and parsley.

## **FISH NEWBURG**

500 gram fish fillet (schol, cod)

1 chicken bouillon cube  
2 teaspoons cornstarch  
1/2 teaspoon salt  
1 cup milk  
1/4 cup dry sherry  
2 tablespoons tomato paste

### **COOK FISH**

1. Put 1/2 cup water and 1 chicken bouillon cube in a saucepan. Bring to a boil.
2. Cut fish into 1 inch squares.
3. Add fish to boiling water and simmer until fish flakes easily (6 minutes).
4. Drain fish, reserving 1/2 cup of the liquid.

### **PREPARE THE NEWBURG SAUCE**

5. Put the 1/2 cup liquid into the saucepan, along with 2 teaspoons cornstarch, 1/2 teaspoon salt, and 1 cup of milk. Cook until thickened.
6. Add 1/4 cup sherry and 2 tablespoons tomato paste to the sauce. Then add the fish. Stir gently.

## **FISH CAKES (COD, SALMON)**

500 grams cod fish, soaked overnight  
instant mashed potato

2 eggs  
bread crumbs or flour

### **PRELIMINARIES**

1. Cut the fish into small pieces and boil for 5 minutes.
2. Mix the fish with instant mashed potato and 2 eggs and shape into cakes. Add enough potato to make the cakes firm, not sticky.
3. Coat the cakes with bread crumbs.

### **COOKING DIRECTIONS**

4. Deep fry the cakes at 190C/375F for 4-5 minutes.

## **SALMON LOAF**

1 500 g can of salmon  
2 cups soft bread crumbs  
1 cup celery cubes

1 tablespoon margarine  
1/2 teaspoon salt  
1/8 teaspoon pepper  
3/4 cup milk  
1 slightly beaten egg

### **PRELIMINARIES**

1. Preheat oven to 350F/175C.
2. Clean the salmon, discarding skin and bones.
3. In a mixing bowl, combine the salmon, 2 cups soft bread crumbs, 1 tablespoon melted margarine, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Mix thoroughly.
4. Combine 1 slightly beaten egg with 3/4 cup milk and then add this to the salmon and mix well.
5. Put mixture in greased 8" x 4" loaf pan.

### **COOKING DIRECTIONS**

6. Bake for 35 - 40 minutes.

## **STIR-FRIED SHRIMP IN TOMATO SAUCE**

500 grams shrimp  
1 cup rice

1 teaspoon cornstarch  
1 teaspoon light soy sauce  
1 teaspoon sugar  
2 tablespoons vegetable oil  
1 teaspoon ginger  
2 teaspoons sherry  
1 chicken bouillon cube  
1/2 cup ketchup

### **PRELIMINARIES**

1. Clean shrimp.
2. Mix 1 teaspoon cornstarch and 1 teaspoon water. Set aside.
3. Add bouillon cube to 1/2 liter boiling water and keep 1/4 cup of the stock.

### **COOKING DIRECTIONS**

4. Heat 2 tablespoons oil in a wok. Add ginger.
5. Stir-fry shrimp for 30 seconds.
6. Add 2 teaspoons sherry and 1/4 cup chicken stock. Cook 2 minutes.
7. Add 1/2 cup ketchup and stir.
8. Add cornstarch solution and stir until thickened.

## TROUT AMADINE

500 grams of trout filet  
1/4 cup slice almonds  
2 tablespoons lemon juice

1 beaten egg  
1/4 cup light cream or milk  
1/2 cup flour  
6 tablespoons margarine  
2 tablespoons vegetable oil

### PRELIMINARIES

1. Combine 1 beaten egg with 1/4 cup milk or cream.
2. Dip fish first in flour, then in egg-cream mixture, then again in flour.

### COOKING DIRECTIONS

3. Combine 2 tablespoons oil and 2 tablespoons margarine in a frying pan.
4. Fry fish for 5 minutes or until golden brown.
5. Cook almonds in remaining margarine until brown.
6. Remove from heat and add lemon juice. Pour almond, lemon mixture over fish.

## **SALMON CAKES**

2 cups salmon  
1/2 cup dry bread crumbs

2 eggs  
1/2 teaspoon salt  
1/8 teaspoon paprika  
3 tablespoons margarine

### **PREPARE THE SALMON CAKES**

1. Clean 2 cups canned salmon.
2. Add 1/2 cup dry bread crumbs, 2 beaten eggs, 1/2 teaspoon salt, and 1/8 teaspoon paprika.
3. Shape the salmon into cakes and saute until brown in margarine.

## SHRIMP NEWBURG

1 cup light cream  
500 grams shrimp  
pastry shells

1/4 cup sherry  
3 eggs  
1/2 cup butter

### PREPARE THE NEWBURG SAUCE

1. Melt 1/2 cup butter. Add 1/4 cup sherry.
2. Pour 1 cup cream in a bowl. Add 3 egg yolks to the cream and mix.
3. Combine the butter and cream mixtures.
4. Add the shrimp and heat gently.

**HAM**

## **BAKED HAM WITH FRUIT SLICE**

2 slices of ham, each 1 cm thick  
fruit (pineapple, apple, peaches)

cinnamon

### **PRELIMINARIES**

1. Preheat oven to 325F/165C.
2. Put the ham in a lightly greased casserole.
3. Cover with fruit and sprinkle with cinnamon.

### **COOKING DIRECTIONS**

4. Bake for 30 minutes covered, then 10 minutes uncovered.

## HAM A LA KING

500 grams thinly sliced ham  
1 cup mushrooms  
1 green pepper  
4 rusks  
parsley

2 eggs  
2 tablespoons margarine  
2 tablespoons flour  
1 cup milk  
1/2 bay leaf

### DIRECTIONS

1. Find a recipe and use it.

**LAMB**

## **ROAST LEG OF LAMB**

2 pound boneless leg of lamb

### **COOKING DIRECTIONS**

1. Preheat oven to 425F.
2. Put lamb in oven and immediately reduce temperature to 350F/175C. Roast 20-30 min/pound.

## **LAMB STEW**

500 grams lamb  
2 cups potatoes  
6 carrots  
3 white turnips

2 tablespoons margarine  
2 tablespoons tomato paste  
1 cup cooked green beans  
1 chicken bouillon cube

### **BROWN THE LAMB**

1. Cut the lamb into cubes
2. Melt 2 tablespoons margarine in a frying pan.
3. Brown the lamb cubes and remove to a Dutch oven.

### **PREPARE THE SAUCE**

4. Remove the fat from the frying pan.
5. Add 2 cups of water, a bouillon cube and 2 tablespoons tomato paste.
6. Bring sauce to a boil and pour over the lamb cubes.
7. Simmer the lamb, covered, for 1 hour

### **PREPARE THE VEGETABLES**

8. Peel and shape into ovals, 2 cups of potatoes, 6 carrots, and 3 turnips.

### **COOK THE VEGETABLES**

9. After the lamb has cooked 1 hour, skim off the fat and add the vegetables.
10. Simmer covered for another hour.
11. While the lamb is simmering, cook the beans in another pan.
12. Skim fat from lamb and add the cooked beans.

**PIES**

## **FLAKY CRUST APPLE, BLUEBERRY, OR CHERRY PIE**

3 cups flour	2-4 tablespoons tapioca
1 cup shortening (kosher marg.)	3/2 teaspoon salt
4 cups fruit	1 teaspoon cinnamon
1 tablespoon lemon juice	
1 egg yolk	
1 cup sugar	
2 tablespoons butter	

### **PRELIMINARIES**

1. Put a cup of cold water in the freezer to chill it more.

### **PREPARE A FLAKY CRUST**

2. Combine 3 cups of flour with 1 1/2 teaspoons salt.
3. Cut in 1/2 cup shortening with a pastry blender until shortening has the consistency of cornmeal (to make crust tender).
4. Cut in another 1/2 cup shortening until shortening has the consistency of peas (to make crust flaky).
5. Sprinkle 9 tablespoons of the chilled water on the flour, tossing lightly after each one. The whole dough should be moistened. Minimize handling.
6. Put dough in the refrigerator for one hour to chill.

### **PREPARE THE PIE FILLING**

7. Wash and dry the fruit. For apples, core, peel, and cut into half moon slices. For cherries, pit and double check for pits.
8. In a measuring cup, combine 1 cup sugar, 1 teaspoon cinnamon, 1/8 teaspoon salt, and 2 tablespoons tapioca. For cherry pie, add 2 more tablespoons tapioca.

### **PREPARE THE PIE**

9. Preheat the oven to 425F/220C.
10. Roll the chilled dough into two 10-inch circles on a pastry cloth.
11. Grease a 9-inch pie pan, and line with one of the dough circles.
12. Pour half of the sugar mixture on the dough to absorb the juices.
13. Put the fruit on top of the sugar and distribute uniformly.
14. Sprinkle 1 tablespoon of lemon juice over the fruit, and then cover with the rest of the sugar.
15. Dot the fruit with 2 tablespoons of butter.
16. Put the other dough circle on the pie. Seal and crimp.
17. Mix 1 egg yolk and 1 tablespoon water, and brush over pie top.
18. Prick the pie in a star pattern with a knife (to let steam escape).
19. Bake at 425F/220C for 15 minutes, then 20 minutes more at 350F/175C.

NOTES: Too much shortening gives a thick, doughy crust. Too little gives a fragile crust. Too little water gives a crumbly dough; too much gives a sticky dough

## **BUTTER CRUST APPLE, BLUEBERRY, OR CHERRY PIE**

5/2 cups flour	2-4 tablespoons tapioca
1 cup butter	3/2 teaspoon salt
2 tablespoons butter	1 teaspoon cinnamon
4 cups fruit	
1 tablespoon lemon juice	
3 eggs	
1 cup sugar	

### **PREPARE A BUTTER CRUST**

1. Combine 2 1/2 cups of flour with 1 teaspoon salt.
2. Cut in 1 cup butter with a pastry blender until it has the consistency of peas.
3. Stir in 2 eggs and form dough into two balls.
4. Put dough in the refrigerator for one hour to chill.

### **PREPARE THE PIE FILLING**

5. Wash and dry the fruit. For apples, core, peel, and cut into half moon slices. For cherries, pit and double check for pits.
6. In a measuring cup, combine 1 cup sugar, 1 teaspoon cinnamon, 1/8 teaspoon salt, and 2 tablespoons tapioca. For cherry pie, add 2 more tablespoons tapioca.

### **PREPARE THE PIE**

7. Preheat the oven to 425F/220C.
8. Roll the chilled dough into two 10-inch circles on a pastry cloth.
9. Grease a 9-inch pie pan, and line with one of the dough circles.
10. Pour half of the sugar mixture on the dough to absorb the juices.
11. Put the fruit on top of the sugar and distribute uniformly.
12. Sprinkle 1 tablespoon of lemon juice over the fruit, and then cover with the rest of the sugar.
13. Dot the fruit with 2 tablespoons of butter.
14. Put the other dough circle on the pie. Seal and crimp.
15. Mix 1 egg yolk and 1 tablespoon water, and brush over pie top.
16. Prick the pie in a star pattern with a knife (to let steam escape).
17. Bake at 425F/220C for 15 minutes, then 20 minutes more at 350F/175C.

NOTE: One can also use 1/2 cup butter and 1/2 cup cream cheese instead of 1 cup butter for the crust.

## PARFAIT PIE TARTS

3/2 cup flour  
1/2 package butter  
2 packages Trixy cherry flavor gelatin pudding  
strawberries  
1 liter vanilla ice cream  
whipped cream  
1 butter crust tart pastry shell

2 eggs

### BAKE THE TART CRUSTS

1. Preheat the oven to 220C/425F.
2. Combine 3/2 cup flour and 1/4 teaspoon salt in a bowl.
3. Cut in 1/2 package butter until tiny pea sized.
4. Whisk 2 egg yolks and 6 tablespoons of water, and add to flour, stirring until it forms a ball.
5. Chill the flour ball for 10 minutes to make it easier to roll out.
6. Roll the flour into eight 4-inch tarts.
7. Put the tarts in the tart forms, prick the bottoms, and bake 12 minutes.

### MAKE THE TARTS

8. Boil 1/2 cup water.
9. Add 2 packages Trixy (Jello).
10. Add 1 liter ice cream.
11. Stir until everything mixed and melted.
12. Chill the liquid until it starts to jell (15 minutes).
13. Put strawberries in the pie crust.
14. Pour ice cream into pie crust.
15. Refrigerate until set.
16. Serve with whipped cream.

## CHOCOLATE PUDDING TARTS

3/2 cup flour  
1/2 package butter  
60 grams pure chocolate  
3/4 cup sugar  
1 tsp vanilla

1/2 teaspoon salt  
3 cups milk  
5 eggs

### BAKE THE TART CRUSTS

1. Preheat the oven to 220C/425F.
2. Combine 3/2 cup flour and 1/4 teaspoon salt in a bowl.
3. Cut in 1/2 package butter until tiny pea sized.
4. Whisk 2 egg yolks and 6 tablespoons of water, and add to flour, stirring until it forms a ball.
5. Chill the flour ball for 10 minutes to make it easier to roll out.
6. Roll the flour into eight 4-inch tarts.
7. Put the tarts in the tart forms, prick the bottoms, and bake 12 minutes.

### PREPARE THE FILLING

8. Combine 1/2 cup sugar, 1/2 cup flour, and 1/4 teaspoon salt in a bowl.
9. Put 3 cups of milk in a saucepan. Add 60 grams of chocolate. Heat until melted.
10. Add the sugar-flour mixture to the chocolate milk, and stir until thick.
11. Add 3 egg yolks and cook, stirring, for 3 minutes. (If there are lumps, strain the mixture.)
12. Remove from heat and add 1 teaspoon vanilla and 2 tablespoons butter. Mix.
13. Let the chocolate custard cool for 15 minutes.
14. Pour the custard into the 4 tart shells and refrigerate, with clear plastic foil on top.

## **FROZEN CREAM CHEESE AND YOGURT PIE**

5/4 cup flour

1/2 cup butter

1 egg

1 cup cream cheese

2/3 cup yogurt

1/3 cup milk powder

1/2 teaspoon salt

1/2 cup honey

1 teaspoon vanilla

### **PREPARE A BUTTER CRUST**

1. Combine 1/4 cups of flour with 1/2 teaspoon salt.
2. Cut in 1/2 cup butter with a pastry blender until it has the consistency of peas.
3. Stir in 1 egg and form dough into two balls.
4. Put dough in the freezer for 10 minutes to chill.
5. Preheat the oven to 425F/220C.
6. Cook the pie crust until brown (about 10 min).

### **PREPARE THE FILLING**

7. Combine 1 cup cream cheese and 2/3 cup yogurt with an electric mixer until smooth.
8. Add 1/3 cup milk powder and 1/2 cup honey and combine.
9. Add 1 tsp vanilla or other flavoring.
10. Pour the filling into the pie shell and freeze it.

**Notes:** You can also add fruit to the pie or add other syrups or flavorings.

# CHOCOLATE CREAM PIE

3/2 cup flour  
3/4 cup sugar  
4 eggs  
50 grams pure chocolate

3 cups milk  
1 teaspoon vanilla  
1/2 teaspoon salt  
90 grams cold butter  
2 tablespoons butter

## PRELIMINARIES

1. Preheat the oven to 425F/220C.

## MAKE THE CRUST

2. Mix 1 cup flour and 1/4 teaspoon salt in a bowl.
3. Cut in 90 grams of butter until the size of coarse meal.
4. Combine in a cup 1 egg yolk and 2 tablespoons water.
5. Add the egg yolk to the flour and combine, rolling the flour into a ball. Freeze the dough for 10 minutes.
6. Roll the dough out and fill a 9 inch pie pan. Prick with a fork.
7. Bake about 10 minutes.

## PREPARE THE FILLING

8. In a saucepan, combine 3 cups milk and 50 grams chocolate, heating and stirring until the chocolate is melted.
9. Add 3/4 cups sugar, 1/2 cup flour, and 1/4 teaspoon salt, stirring until thickend.
10. Add 3 egg yolks and continue stirring for 3 minutes.
11. Remove from heat and add 2 tablespoons butter and 1 teaspoon vanilla.
12. Pour the custard into the pie shell as close to eating time as possible and refrigerate.

**Notes:** You can also add 1/2 cup shredded coconut.

**PORK**

## **PORK TENDERLOIN**

500 grams pork tenderloin

2 tablespoons margarine

### **COOKING DIRECTIONS**

1. Melt 2 tablespoons of margarine in a frying pan over very high heat.
2. Cook the pork on all sides until it is brown.
3. Cover and cook over low heat for 20 minutes.

## **PORK TENDERLOIN TERIYAKI**

500 grams pork tenderloin

4 tablespoons soy sauce  
1/2 teaspoon pepper  
2 teaspoons brown sugar  
2 tablespoons vegetable oil  
1 teaspoon ground ginger

### **PRELIMINARIES**

1. Combine 4 tablespoons soy sauce, 1/2 teaspoon pepper, 2 teaspoons brown sugar, 2 tablespoons oil, and 1 teaspoon ground ginger in a jar. Shake well.
2. Marinate the pork tenderloins for several hours.

### **COOKING DIRECTIONS**

3. Drain off the marinade and broil for 12 minutes on a rack over a shallow pan.

## DEEP-FRIED SWEET AND SOUR PORK

500 grams lean pork  
1 cup pineapple chunks  
1 cup pineapple juice  
1 green pepper  
1 cup rice

1/2 cup flour  
5 tablespoons cornstarch  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup ketchup  
1/4 cup white wine vinegar  
3 tablespoons sugar

### PRELIMINARIES

1. Turn the deep fryer on to 375F.
2. To prepare batter for deep frying, combine 1/2 cup flour, 1/4 cup cornstarch, 1/4 teaspoon baking powder, 1/4 teaspoon salt, and 3/4 cup water in a bowl. Mix thoroughly.
3. Cut the pork into small cubes.
4. Coat the pork cubes with the batter and let them dry on a rack.
5. Combine 3/4 cup ketchup, 1/4 cup vinegar, 1 cup pineapple juice, and 3 tablespoons sugar in a bowl.
6. Seed, wash, and cut the green pepper into strips.
7. Combine 1 tablespoon cornstarch and 3 tablespoons water in a cup.
8. Start cooking the rice.

### FRY THE PORK AND PREPARE THE SAUCE

9. Deep fry small batches of pork cubes until done. Drain.
10. Heat a wok and bring the ketchup mixture to a boil.
11. Stir fry the green pepper for 30 seconds.
12. Add the cornstarch-water blend to the wok. Return to a boil.
13. Add the pineapple and deep-fried pork and mix thoroughly.

## **STIR-FRIED PORK WITH FENNEL**

500 grams lean pork  
1 teaspoon lemon juice  
1 tablespoon orange juice  
1 cup rice

2 tablespoons vegetable oil  
1 tablespoon fennel seed

### **PRELIMINARIES**

1. Start cooking the rice
2. Cut the pork into thin strips.
3. Crush 1 tablespoon fennel seeds in a mortar.

### **STIR-FRY THE PORK**

4. Heat 2 tablespoons oil in a wok. Mix in the crushed fennel seeds.
5. Stir fry all the pork at once until browned.
6. Sprinkle with 1 teaspoon lemon juice and 1 tablespoon orange juice.

## **STIR-FRIED PORK WITH MUSHROOMS**

500 grams lean pork  
2 cups mushrooms  
1 cup rice

ginger  
6 teaspoons cornstarch  
1 teaspoon sugar  
2 teaspoons dark soy sauce  
2 teaspoons light soy sauce  
2 tablespoons vegetable oil  
1 chicken bouillon cube  
4 teaspoons sherry

### **PRELIMINARIES**

1. Start cooking rice.
2. Cut pork into strips.
3. Wash and slice mushrooms.
4. Combine 4 teaspoons cornstarch, 4 teaspoons water, 1/2 teaspoon sugar, and 2 teaspoons dark soy sauce in a cup.
5. Prepare 350 ml of chicken stock from the bouillon cube.

### **STIR-FRY THE PORK**

6. Heat 2 tablespoons oil in a wok. Add smashed ginger.
7. Stir-fry the pork until nearly done.
8. Add mushrooms and stock.
9. Cover for 2 minutes
10. Thicken with cornstarch solution.

## **STIR-FRIED PORK WITH BEAN SPROUTS AND GREEN PEPPER**

150 grams thinly sliced lean pork  
4 cups bean sprouts  
1 green pepper

6 tablespoons vegetable oil  
1/2 tablespoon light soy sauce  
1 tablespoon sherry

### **PRELIMINARIES**

1. Wash and drain the bean sprouts.
2. Wash, seed, and cut the green pepper into strips.
3. Cut the pork into strips.

### **STIR-FRY THE PORK**

4. Heat 2 tablespoons oil in a wok.
5. Add the pork strips and 1/2 tablespoon light soy sauce. Stir fry 30 seconds, no longer.
6. Remove the pork, add more oil, and stir the bean sprouts for 30 seconds.
7. Remove the bean sprouts and drain. Wipe the wok dry. Add 2 tablespoons oil to the pan. Stir-fry the pork and peppers for 30 seconds. Add the bean sprouts and 1 tablespoon sherry and mix thoroughly.

# **SALADS**

## **CARROT RAISIN SALAD**

4 large carrots  
1/2 cup raisins  
1/2 cup chopped nuts  
1 lemon  
250 ml sour cream

3/4 teaspoon salt  
1/8 teaspoon pepper

### **PRELIMINARIES**

1. Peel the carrots. Grate them into shreds.
2. Scrape 2 teaspoons of rind from the lemon, as well as 1 tablespoon lemon juice.

### **PREPARE THE SALAD**

3. In a mixing bowl combine grated carrots, 1/2 cup raisins, 1/2 cup nuts, 3/4 teaspoon salt, 1/8 teaspoon pepper, 2 teaspoons lemon peel, 1 tablespoon lemon juice, and 250 ml sour cream. Mix well.

## **CHEF'S SALAD**

tossed salad  
ham  
egg  
bacon  
cheese

### **PREPARE THE SALAD**

1. Mix everything.

## COLE SLAW

1 small cabbage  
3 carrots  
1/2 cup mayonaise

2 tablespoons vinegar  
1/2 teaspoon celery seed  
1 tablespoon sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper

### PREPARE THE COLE SLAW

1. Shred the cabbage. Four cups will be needed.
2. Peel and shred the carrots.
3. To prepare the dressing, combine 1/2 cup mayonnaise, 2 tablespoons vinegar, 1/2 teaspoon celery seed, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/8 teaspoon pepper.
4. Mix the shredded cabbage, shredded carrots, and dressing.

## **COTTAGE CHEESE SALAD**

200 grams cottage cheese  
2 tomatoes  
1 cucumber  
1 celery  
2 cups tuna macaroni salad  
1 jar herring  
bacon  
egg salad

### **PREPARE THE SALAD**

1. Put the cottage cheese in the middle of a large platter.
2. Arrange the other salads around the outside.

## **CRANBERRY MOLD**

1 cup whole cranberries  
200 grams Trixy (Jello)  
1/2 cup walnuts  
1 can mandarin sections

1 cup sugar

### **PREPARE THE CRANBERRY SAUCE**

1. Boil 3/4 cup water; add 2 cup sugar.
2. Add 340 grams cranberries.
3. Boil gently until cranberries burst (about 10 minutes).
4. Strain cranberries through a ricer to make a smooth mixture.
5. Chill the sauce. Makes 840 grams.

### **MAKE THE MOLD**

6. Dissolve 200 grams Trixy in 1/2 cup of boiling water.
7. Add 500 grams cranberry sauce.
8. Add 1/2 cup chopped walnuts.
9. Add 300 grams mandarin sections (drained).
10. Chill in leakproof form (not springform).

## **TOSSED SALAD**

tomatoes  
cucumber  
celery  
iceberg lettuce  
radishes  
bean sprouts  
carrots  
green pepper  
sunflower seeds

### **PREPARE THE SALAD**

1. Wash and combine all the ingredients.

## **TUNA MACARONI SALAD**

2 cans tuna fish  
1 cup elbow macaroni  
1 cup chopped celery  
1/2 cup mayonnaise

### **PRELIMINARIES**

1. Cook the macaroni.
2. Clean the tuna fish.

### **MAKE THE SALAD**

3. Combine all the ingredients in a bowl.

## **SALAD BAR**

cherry tomatoes  
bacon  
minicorn  
hard boiled egg  
cucumber  
carrots  
radishes  
crispy broccoli  
crab salad

bean sprouts  
pasta salad  
celery  
sunflower seeds  
lettuce  
croutons  
cottage cheese

### **PREPARE THE SALAD BAR**

1. Put each item in a small dish.

## **WALDORF SALAD**

2 green apples  
1 red apple  
1 cup celery  
1/2 cup raisins  
1/2 cup chopped walnuts  
1/2 cup pineapple  
1/2 cup mayonnaise  
1 tablespoon lemon juice

### **PREPARE THE SALAD**

1. Peel, core, and slice the apples. Put in a bowl and coat with 1 tablespoon lemon juice.
2. Add 1 cup chopped celery, 1/2 cup chopped walnuts, 1/2 cup raisins, and 1/2 cup pineapple.
3. Add the mayonnaise and mix well.

## EGG SALAD

1 cup celery

3 eggs

2 tablespoons mayonaise

1 teaspoon salt

### MAKE THE SALAD

1. Put 3 eggs in a pan of cold water with 1 teaspoon of salt.
2. Bring to a boil, then simmer for 17 minutes.
3. Prepare 1 cup chopped celery.
4. Peel and chop the eggs, then mix with 1 cup chopped celery and 2 tablespoons mayonaise.

## **SALMON SALAD**

2 cans salmon  
1 cup chopped celery  
2 tablespoons mayonaise

### **MAKE THE SALAD**

1. Clean the salmon.
2. Prepare 1 cup chopped celery.
3. Mix the salmon, celery, and 2 tablespoons mayonaise.

## **COOL SLAW**

1 cup shredded cabbage  
1/2 cup shredded carrots  
1/2 cup peanuts  
2/3 cup sunflower seeds  
1/2 cup raisins  
1/2 cup diced apple  
1/2 banana  
1/3 cup buttermilk  
1/2 cup cottage cheese  
1/4 cup apple juice

### **PREPARE THE SALAD**

1. Grate 1 cup cabbage.
2. Grate 1/2 cup carrots.
3. Combine the cabbage and carrots with 1/2 cup peanuts, 2/3 cup sunflower seeds, 1/2 cup raisins, 1/2 cup diced apple.

### **PREPARE THE DRESSING**

4. In a blender, combine 1/2 banana, 1/3 cup buttermilk, 1/2 cup cottage cheese, and 1/4 cup apple juice.
5. Pour the dressing over the salad.

## WHITE RABBIT SALAD

3 cups cottage cheese  
2 apples, chopped  
1/4 cup raisins  
1/2 cup chopped nuts  
1/4 cup sunflower seeds, toasted  
2 teaspoons poppyseeds  
2 tablespoons honey  
1 lemon

### DIRECTIONS

1. Combine 3 cups cottage cheese, 2 chopped apples, 1/4 cup raisins, 1/2 cup chopped nuts, 1/4 cup sunflower seeds, 2 teaspoons poppyseeds, 2 tablespoons honey, and the juice of 1/2 a lemon.

Source: Moosewood Cookbook

## MARCH HARE SALAD

3 cups cottage cheese  
2 tablespoons toasted sesame seeds  
1/4 cup toasted sunflower seeds  
1 carrot  
1 tomato  
1 green pepper  
1 stalk celery  
1 small cucumber  
1/2 cup chopped parsley  
alfalfa sprouts  
1/2 lemon

### DIRECTIONS

1. Dice the following ingredients very small and combine: 1 carrot, 1 tomato, 1 stalk celery, and 1 small cucumber.
2. Add 3 cups cottage cheese, 2 tablespoons toasted sesame seeds, 1/4 cup toasted sunflower seeds.
3. Add 1/2 cup chopped parsley, alfalfa sprouts, and the juice of 1/2 lemon.

Source: Moosewood Cookbook

# **SOUPS**

## **BORSCHT**

8 beets  
1 onion  
1/3 cup lemon juice  
250 ml sour cream  
2 eggs

1 tablespoon salt  
3 tablespoons sugar

### **PRELIMINARIES**

1. Wash the beets.

### **PREPARE THE SOUP**

2. Slice the beets and combine with 1 onion, 2 1/2 liters water, and 1 tablespoon salt in a pan. Bring to a boil and simmer for 1 hour.
3. Add 1/3 cup lemon juice and 3 tablespoons sugar. Cook 30 minutes more.
4. In a separate bowl, beat 2 eggs and very gradually add 3 cups soup to prevent curdling. Return this mixture to the soup, beating slowly.
5. Strain out the solid matter and discard.
6. Chill and serve with sour cream.

## **CHICKEN STOCK (1 liter)**

500 grams soup chicken  
1 small onion

1 bay leaf  
2 chicken bouillon cubes

### **PRELIMINARIES**

1. Put 1 liter cold water in a pan. Add chicken parts, cut-up onion, bay leaf, and two bouillon cubes.
2. Bring to a boil, then place on a small burner with a low flame to simmer for four hours.
3. Strain soup to separate stock from solid matter.
4. Wash chicken. Pick meat off bones and save. Discard bones, onion and bay leaf.
5. Filter stock through two layers of wet, wrung-out cheesecloth. Put stock in refrigerator to cool (overnight).

### **DEGREASE AND CLARIFY STOCK**

6. To degrease, put cooled stock in the freezer for 30 minutes. Skim off and discard fat. Filter stock through two layers of cheesecloth in a strainer.
7. Add one egg white and the crumpled shell of one egg to the cold stock. Slowly bring the stock to a simmer, but don't let it boil. Let it simmer for 10 minutes.
8. Turn off the heat and let the stock cool for 30 minutes. Then push aside the foam that will have formed in the pan, and carefully ladle off the stock, filtering it again through a strainer lined with two layers of wet cheesecloth.

## CORN CHOWDER

1 can of corn niblets  
4 slices bacon [opt]

3 cups milk  
2 tablespoons margarine  
3 tablespoons flour  
1 slightly beaten egg

### DIRECTIONS

1. Combine the corn, 1/2 cup water, 1/2 teaspoon salt in a saucepan
2. Bring it to a boil, reduce heat, simmer covered 15 minutes, stirring occasionally.
3. If using bacon, cook, drain, and crumble it.
4. Stir in 2.5 cups milk, 2 tablespoons margarine, 1 tsp salt, 1/4 tsp pepper.
5. Combine the remaining 1/2 cup milk with the 3 tablespoons flour. Add this mixture to the saucepan.
6. Cook and stir soup until thickened and bubbly.
7. Gradually stir 1 cup soup into a cup containing one beaten egg. Then return the result to the saucepan.
8. Cook over low heat 2 minutes, stirring constantly.
9. Mix in crumbled bacon or paprika or chives.

## FISH CHOWDER

1 plaice [schol] (without skin)  
2 cups of potatoes, diced  
1/2 cup of carrots, diced  
4 slices bacon

2 teaspoons salt  
1/8 teaspoon pepper  
2 cups milk  
3 tablespoons flour  
1/4 teaspoon crushed thyme

### DIRECTIONS

1. Boil 2 cups water in a saucepan.
2. Dice carrots and potatoes.
3. Add carrots and potatoes to the boiling water. Reduce heat and simmer 5 minutes.
4. Dice fish.
5. Stir in fish, 2 tsp salt, 1/8 tsp pepper; simmer covered 10 minutes.
6. Cook bacon and drain on paper towel.
7. Put 3 tablespoons flour in a cup; blend in 1/2 cup milk.
8. Stir flour/milk mixture into saucepan.
9. Crumble bacon into the saucepan.
10. Add 1/4 tsp crushed thyme to the soup.
11. Add 1.5 cups milk to the soup.
12. Cook and stir until bubbly; cook 1 minute more.

## **FRUIT SOUP**

1 cup strawberry yogurt  
1 cup milk  
2 apples  
8 strawberries  
1 peach

2 teaspoons cinnamon  
1 teaspoon lemon juice  
2 teaspoons sugar

### **PREPARE THE SOUP**

1. Put all the ingredients in a blender or food processor and blend until soupy.
2. Put in the freezer 15 minutes. Serve cold.

## **SHRIMP-RICE-MUSHROOM SOUP**

1.5 cups sliced mushrooms  
200 grams shrimp  
2 tablespoons parsley

2 tablespoons margarine  
3 cups chicken broth  
1/2 teaspoon crushed thyme  
1/2 cup rice  
2 tablespoons cornstarch

### **DIRECTIONS**

1. Prepare chicken broth.
2. Saute mushrooms in a saucepan.
3. Stir in broth and thyme; bring to boiling.
4. Stir in rice, reduce heat, cover and simmer for 15 minutes.
5. Blend 2 tablespoons cold water with 2 tablespoons cornstarch.
6. Stir cornstarch mixture into saucepan; cook and stir until bubbly.
7. Stir in shrimp; bring to boiling and reduce heat.
8. Cover and simmer 2 minutes.
9. Stir in parsley.

## **PORK AND BAMBOO SOUP**

1 liter chicken stock  
200 grams lean, thinly sliced pork  
1/2 cup bamboo shoots  
curly parsley

1 teaspoon sherry  
2 teaspoons light soy sauce

### **COOK THE PORK**

1. Separate the pork slices and freeze for 30 minutes to make them easier to cut.
2. Cut the pork slices into strips 5 mm wide.
3. Stir- or deep-fry the pork strips, then drain them on a paper towel.

### **MAKE THE SOUP**

4. Add 1 teaspoon of sherry, 2 teaspoons of light soy sauce, the bamboo shoots, and the pork strips to the stock.
5. Heat the soup. Add parsley before serving.

## **EGG DROP SOUP**

1 liter chicken stock

2 tablespoons cornstarch  
1 egg

### **DIRECTIONS**

1. Bring the chicken stock to a boil. Turn off heat.
2. Put 1/4 cup water in a cup and stir in 2 tablespoons of cornstarch until well mixed.  
Add this mixture to the stock.
3. Put the egg in a cup and beat.
4. Slowly pour the beaten egg into the stock, stirring while pouring.

## **CREAMY VEGETABLE SOUP**

2 thin-skinned new potatoes  
250 grams young carrots  
100 grams French green beans  
2 cups tiny peas  
2 cups light cream

1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons margarine  
3 tablespoons flour

### **BOIL THE POTATOES**

1. Boil 2 cups of water in a soup pan.
2. While waiting for the water to boil, peel and cut 2 potatoes into 1 inch cubes.
3. When the water boils, add potatoes and simmer for 5 minutes.

### **PREPARE AND BOIL THE OTHER VEGETABLES**

4. Wash, peel and cut up the carrots and green beans.
5. When the potatoes have simmered for 5 minutes, add 1 teaspoon salt, 1/8 teaspoon pepper, 2 tablespoons margarine, and the carrots and beans to the soup. Simmer for 8 minutes.
6. Add the peas and simmer 2 minutes.
7. In a separate bowl, mix 2 cups light cream with 3 tablespoons flour and blend until smooth. Add to the soup and stir until thickened.

## **CHICKEN SOUP**

1 soup chicken  
500 grams carrots  
500 grams potatoes  
4 bouillon cubes  
1 onion

1 bay leaf

### **MAKE THE SOUP**

1. Put 2 liters cold water, 4 bouillon cubes, 1 onion, a few carrots, a bay leaf, and a soup chicken in a large pan.
2. Heat until boiling, then turn down temperature and simmer 3 hours.

### **CLEAN THE SOUP**

3. Save the liquid and discard all the solids except the chicken.
4. Strain the soup through a wet towel. Pick the meat off the chicken and refrigerate it separately from the soup.

### **THE NEXT DAY**

5. Strain the soup through a wet towel again.
6. Peel, cube, and add the carrots and potatoes. Heat for 30 minutes.

## **MINISTRONE SOUP**

1 soup chicken  
500 grams carrots  
500 grams potatoes  
4 bouillon cubes  
1 can peeled tomatoes  
1 butterfly macaroni  
1 onion

1 bay leaf

### **MAKE THE SOUP**

1. Put 2 liters cold water, 4 bouillon cubes, 1 onion, a few carrots, a bay leaf, and a soup chicken in a large pan.
2. Heat until boiling, then turn down temperature and simmer 3 hours.

### **CLEAN THE SOUP**

3. Save the liquid and discard all the solids except the chicken.
4. Strain the soup through a wet towel. Pick the meat off the chicken and refrigerate it separately from the soup.

### **THE NEXT DAY**

5. Strain the soup through a wet towel again.
6. Peel, cube, and add the carrots and potatoes. Add the can of whole tomatoes. Heat 20 minutes.
7. Add the butterfly macaroni and heat 10 more minutes.

## SHRIMP POTATO BISQUE

1 cup chopped celery  
4 large potatoes  
200 grams shrimp  
100 grams bacon  
parsley

1/2 teaspoon salt  
2 bouillon cubes  
3 tablespoons cornstarch  
1 liter milk  
6 tablespoons margarine

### PREPARE THE INGREDIENTS

1. Wash and cut 1 cup celery into little pieces.
2. Wash, peel, and dice the potatoes into 4 cups of cubes.
- 3.

### COOK THE SOUP

4. Melt 4 tablespoons of margarine in a 3 liter pan. Cook the celery for 5 minutes, stirring occasionally.
5. Add 4 cups cubed potatoes, 1/4 cup parsley, 1/2 teaspoon salt, 2 bouillon cubes, and 1 liter water.
6. Bring to a boil, reduce heat, and simmer 30 minutes.
7. Cook the bacon.
8. Mix 3 tablespoons cornstarch with 1/4 cup water.
9. Add 1 liter milk, crumbled bacon, and shrimp. Heat until warm.
10. Add cornstarch mixture to the soup until it boils and thickens (5 minutes).
11. Serve with cut parsley.

## **CORN AND BEAN CHOWDER**

1 cup corn  
1/2 cup dry cooked beans  
1/2 cup milk powder

2 bouillon cubes  
1/2 teaspoon salt

### **COOK THE BEANS**

1. Cook the presoaked beans for 45 minutes.

### **PREPARE THE SOUP**

2. Prepare 1 liter stock, add the corn, and simmer until cooked.
3. Add 1/2 cup milk powder to the soup.
4. Puree the corn in a blender.
5. Add the drained beans to the pureed soup.

**SPECIAL**

## GRANOLA

3 cups oats  
1/2 cup cashews  
1/2 cup sunflower seeds  
1/2 cup sesame seeds  
1/2 cup wheat germ  
1 cup coconut  
1/2 cup raisins  
1/2 cup dried apricots

1/4 cup honey  
1/4 cup oil  
1 teaspoon vanilla

### DIRECTIONS

1. Mix 1/4 cup honey, 1/4 cup oil, 1 teaspoon vanilla and heat.
2. Add 3 cups oats, 1/2 cup cashews, 1/2 cup sunflower seeds, 1/2 cup sesame seeds, 1/2 cup wheat germ, 1 cup coconut.
3. Bake on a baking sheet at 300F/150C for 30 minutes, mixing thoroughly every 10 minutes.
4. Add 1/2 cup raisins and 1/2 cup apricots.

## **PIZZA**

600 grams flour  
1 package dry yeast  
300 grams ham  
cheese  
1 can pineapple slices

1 teaspoon salt  
2 tablespoons oil  
1 can tomato puree

### **PREPARE THE CRUST**

1. Put 1 package of dry yeast in 100 ml warm water along with 1 tablespoon of sugar. Stir and wait 15 minutes for it to bubble.
2. Put 600 grams flour in a mixing bowl. Create a well in the middle, and pour the activated yeast into it.
3. Mix 250 ml of warm water, 1 teaspoon salt, and 2 tablespoons oil into the flour.
4. Knead the flour into a nonsticky dough ball. Let rise for 45 minutes in a warm place.

### **PREPARE THE PIZZA**

5. Set the oven to 375F/190C.
6. Re-knead the dough until it does not stick, adding flour as needed.
7. Roll the dough out into the shape of two pizzas.
8. Add cheese to the pizza. Dilute a can of tomato puree with 1 can of water, and brush onto pizza. Add ham cut into small squares and pineapple chunks.

### **BAKE THE PIZZA**

9. Bake for 20 minutes at 375F/190C.

# **VEGETABLES AND STARCHES**

## APPLE PANCAKES

1 cup cottage cheese  
1 cup grated apple  
3/4 cup flour  
4 eggs

1 tablespoon honey  
1 teaspoon sunflower seeds  
1/2 teaspoon cinnamon

### PREPARE THE PANCAKES

1. Mix together all the ingredients except the eggs
2. Separate the eggs.
3. Add the egg yolks.
4. Beat the egg whites stiff and fold them in.
5. Cook the pancakes in a frying pan. They should be 10 cm in diameter.

## **NOODLE PUDDING**

250 grams broad noodles

2 apples

4 eggs

250 ml sour cream

200 grams cottage cheese

2 tablespoons butter

1/2 cup raisins

4 tablespoons sugar

2 teaspoons cinnamon

### **PRELIMINARIES**

1. Preheat oven to 350F/175C.
2. Cook the noodles.

### **PREPARE THE PUDDING**

3. Peel, core, and slice 2 apples into slivers.
4. In a mixing bowl, combine all the ingredients except the butter.
5. Pour the contents of the mixing bowl into a 22 cm springform. Dot the butter on top.

### **BAKE THE PUDDING**

6. Bake the pudding, covered with aluminum foil, for 60 minutes at 350F/175C.

Noodles: Federici Donna Amelia (Albert Heijn)

## **RICE PILAF**

1 cup parboiled rice

1 chicken bouillon cube

### **PREPARE THE PILAF**

1. Boil 2 cups of water. Add a bouillon cube and the rice.
2. Cook until dry (20 minutes).

## **BAKED POTATO**

4 potatoes

### **PREPARE THE BAKED POTATOES**

1. Wash and dry the potatoes. Prick holes in them with a fork.
2. Set the oven to 425F/220C and bake the potatoes for 50 minutes.

## ORANGE YAMS

1 kg yams  
1 cup orange juice  
1 orange

1/2 cup sugar  
1 tablespoon cornstarch  
1/2 teaspoon salt  
2 tablespoons margarine

### PRELIMINARIES

1. Preheat the oven to 400F/200C.

### PREPARE THE YAMS

2. Peel yams, cutting into 1/2 inch thick slices. Place in a casserole.
- 3.

### PREPARE THE SAUCE

4. Combine the 1/2 cup sugar, 1 tablespoon cornstarch, 1/2 teaspoon salt, and 1 cup orange juice. Boil until thickened and clear (1 min.).
5. Remove sauce from the stove and add 2 tablespoons margarine and 1 teaspoon grated orange peel. Stir until smooth. Pour over yams

### BAKE THE YAMS

6. Baked, covered at 400F/200C for 45 minutes. Then uncover, baste, and cook 15 more minutes, basting from time to time.

## **BAKED YAMS**

Yams

### **PRELIMINARIES**

1. Preheat oven to 425F/215C.

### **BAKE THE YAMS**

2. Wash the yams, cut off the ends, and pierce with a fork.
3. Bake 45 minutes.

Yams can also be boiled for 30 minutes.

## ORANGE GLAZED CARROTS

8 medium carrots  
1/2 cup orange juice

1 tablespoon cornstarch  
1/2 teaspoon orange peel  
1/2 cup orange juice  
3 tablespoons margarine

### COOK THE CARROTS

1. Wash and peel carrots, and cut into 1/4 inch slices.
2. Melt 3 tablespoons margarine in a frying pan at medium heat and add carrots
3. Add 1/4 cup water and bring to a boil. Then reduce heat and simmer 10 minutes covered.
4. Combine 1 tablespoon cornstarch, 1/2 teaspoon orange peel, 1/2 cup orange juice and set aside.
5. After the carrots are cooked, add sauce to the pan and cook until thickened.

## POTATO KUGEL

6 potatoes  
3 carrots  
1/3 cup cheese  
1 cup milk powder

2 eggs  
4 tablespoons oil  
2 tablespoons salt  
1/3 cup bread crumbs

### PRELIMINARIES

1. Preheat the oven to 350F/175C.

### MAKE THE KUGEL

2. Grate 6 potatoes and 3 carrots into a bowl. Squeeze out the liquid.
3. Add 2 beaten eggs, 3 tablespoons oil, 2 teaspoons salt, 1/4 cup bread crumbs, and 1 cup milk powder and mix.
4. Place the mixture in a leakproof 9 x 9 inch pan (not a springform) and bake 50 minutes. It is done when a toothpick comes out dry.
5. Sprinkle 1/3 cup grate cheese on top and bake 5 minutes more.
6. Serve with yogurt.

# **VEGETARIAN MAIN DISHES**

## **CHEESE BLINTZES**

600 grams cottage cheese  
250 grams sour cream  
1 lemon

3 cups flour  
1 teaspoon salt  
6 eggs  
1 teaspoon cinnamon

### **PREPARE THE CREPES AND FILLING**

1. Combine 3 cups flour, 3 1/2 cups water, 1 teaspoon salt, and 6 eggs in a mixing bowl. Mix well and strain to remove lumps.
2. Put 600 grams cottage cheese in a strainer and squeeze out the liquid.
3. Combine the 600 grams cottage cheese, 1 egg yolk, the peel of 1 lemon and 1 teaspoon cinnamon in a second bowl for the filling.

### **PREPARE AND FILL THE CREPES**

4. Cook a thin crepe, not too large, on one side only just until the top side is dry.
5. Invert the frying pan and let the half cooked crepe fall out of the pan onto a clean towel, raw side down.
6. Put 1 tablespoon of filling on the crepe. Fold the sides of the crepe toward the middle, forming an oblong. Roll the crepe up tightly, and pinch to seal well. Set aside.
7. Repeat until all the filling is up (about 12 blintzes).

### **COOK THE BLINTZES**

8. Cook the crepes in margarine. Serve with sour cream.

## **LASAGNA WITH COTTAGE CHEESE**

200 grams cottage cheese  
1 can peeled tomatoes  
1 can tomato paste  
200 grams mushrooms  
cheese  
10 lasagna noodles  
parsley

1 teaspoon basil  
1 teaspoon salt  
1 tablespoon cooking oil  
2 tablespoons margarine  
1/4 teaspoon pepper  
2 teaspoons oregano

### **PRELIMINARIES**

1. Preheat the oven to 350F/175C.
2. Wash, dry, and slice the mushrooms.
3. Shred the cheese.
4. Cook 10 lasagna noodles in boiling salted water to which 1 tablespoon oil has been added. Stir frequently to avoid sticking.

### **PREPARE THE SAUCE**

5. Sauté the mushrooms in margarine in a skillet.
6. Add 1 can undrained, peeled tomatoes and 1 can tomato paste to the mushrooms.
7. Add 1 teaspoon basil, 1 teaspoon salt, 1/4 teaspoon pepper, 2 teaspoons oregano to the skillet.
8. Bring sauce to a boil, and then let simmer for 15 minutes.

### **BAKE THE LASAGNA**

9. Butter a loaf pan or casserole.
10. Build up the lasagna layer by layer, filling one layer with sauce, one with cottage cheese, and one with regular cheese, alternately.
11. Bake for 45 minutes at 350F/175C in a covered casserole or pan.

## MACARONI AND CHEESE

2 cups macaroni  
cheese

2 tablespoons flour  
2 cups milk  
1/2 teaspoon salt  
1/8 teaspoon pepper

### DIRECTIONS

1. Cook the macaroni.
2. Melt 3 tablespoons margarine in a saucepan.
3. Stir in 2 tablespoons flour, 1/2 teaspoon salt, 1/8 teaspoon pepper.
4. Add 2 cups milk, stirring until thickened. Cook 1-2 minutes more.
5. Add 2 cups cubed cheese and stir until melted.
6. Add macaroni to the cheese sauce

NOTE: You can also bake the macaroni and cheese mixture at 350F/175C for 30 min.

## **NUTBURGERS**

75 grams (1/2 cup) unsalted cashews  
75 grams (1/2 cup) unsalted almonds  
75 grams (1/2 cup) unsalted peanuts  
100 grams (2/3 cup) sunflower seeds  
1/4 cup wheat germ  
1/2 cup rice  
1/2 cup chopped parsley

1/2 teaspoon sage  
1/2 teaspoon thyme  
1/2 teaspoon salt  
2 eggs

### **COOK THE RICE**

1. Boil 1 cup of water and add 1/2 cup rice to it.

### **PREPARE THE BURGERS**

2. Chop the nuts (but not the sunflower seeds) to a coarse meal using the blender, 1/2 cup at a time.
3. Mix the 3 kinds of nut meal and the sunflower seeds.
4. Beat 2 eggs until smooth. Mix the eggs with the nut meal.
5. Add to the nut meal, 1/4 cup wheat germ, 1/2 cup chopped parsley, 1/2 teaspoon thyme, 1/2 teaspoon sage, 1/2 teaspoon salt.
6. Add the cooked, drained rice to the nut meal.

### **COOK THE BURGERS"**

7. Shape the nut meal into patties and cook in a frying pan, or bake in a well oiled springform for 25 minutes at 350F/175C.

## QUICHE

1/3 cup oats  
4 cups vegetable  
1/2 cup almonds  
2 cups cheese

1 cup flour  
7 tablespoons butter  
2 eggs  
1/2 cup milk  
1/2 cup mayonnaise  
1/8 teaspoon pepper  
1/8 teaspoon nutmeg

### PREPARE THE CRUST

1. Preheat the oven to 400F/200C.
2. Combine 1 cup flour and 1/3 cup oats in a bowl.
3. Cut in 7 tablespoons of butter until as coarse as peas.
4. Add 3 tablespoons of cold water and mix until dough forms a ball.
5. Roll the dough into a 10" circle and put into a greased, floured pie pan with a removable bottom (not a spring form).
6. Bake the crust for 10 minutes at 400F/200C.
7. When the crust is done, remove and turn oven down to 350F/175C.

### PREPARE THE FILLING

8. Wash and dice the vegetables (cauliflower, potatoes, etc.).
9. Steam the vegetables until almost ready (4 minutes for cauliflower). Then put them in the cooled crust.
10. Brown the almonds in butter in a skillet. Drain and add them to the vegetables in the crust.
11. Put 1/2 cup milk, 1/2 cup mayonnaise, and 2 eggs in a blender and whirl.
12. Add 1 1/4 cups of cheese to the blender, a little at a time, and whirl until smooth.
13. Pour the chese mixture into the crust.
14. Put the remaining cheese on top of the pie.
15. Bake for 30 to 35 minutes on the bottom shelf at 350F/175C or until dry inside.

## SPINACH PIE

1 package frozen spinach  
1 cup cottage cheese

1/2 cup whole wheat flour  
1/2 cup white flour  
6 tablespoons butter  
1/4 teaspoon salt  
1 tablespoon cooking oil

### PRELIMINARIES

1. Preheat the oven to 400F/190C.
2. Cook the frozen spinach in boiling water in a saucepan.

### MAKE THE CRUST

3. Combine 1/2 cup whole wheat and 1/2 cup white flour in a bowl. Add 1/4 teaspoon salt.
4. Moisten flour with water and roll into a ball.
5. Grease a 9" pie plate, and line with the rolled out dough. Let the dough extend beyond the edges to prevent it from slipping.
6. Bake crust for 10 minutes and let cool.

### PREPARE THE FILLING

7. Drain the cooked spinach and put it in a blender.
8. Drain 1 cup cottage cheese and add it to the blender.
9. Add 1 tablespoon oil to the blender and whirl until smooth.
10. Pour the spinach mixture into the pastry shell and bake for 20 minutes at 400F/190C.
11. Turn oven down to 350F/175C and bake another 15-20 minutes until knife comes out clean.
12. Cool 10 minutes before serving.

## **SWEET AND SOUR SOY BEANS**

500 gram soy beans  
1 green pepper  
1 red pepper  
6 big carrots  
1 can pineapple chunks

4 tablespoon peanut oil  
2 tsp salt  
1 tablespoon cornstarch  
2 tsp sherry  
2 tsp light soy sauce  
1 tablespoon vinegar  
1 tsp sugar

### **PREPARE SOY BEANS**

1. The day before using the beans, soak them in lots of cold water in the refrigerator overnight.
2. Three hours before use, drain the beans and put them in a pot of boiling water. Simmer for 3 hours. Drain before using.

### **PREPARE VEGETABLES**

3. Wash peppers. Discard seeds and stem. Cut into 1 inch cubes.
4. Peel carrots. Cut diagonally in 1/4 inch slices. Parboil 3 minutes.

### **PREPARE SWEET AND SOUR SAUCE**

5. Drain pineapple chunks. Save 1/2 cup juice.
6. Mix 2 tsp sherry, 2 tsp light soy sauce, 1 tablespoon vinegar, 1 tsp sugar, 1/2 cup pineapple juice, 1 tablespoon cornstarch, 1 tsp salt.

### **COOKING DIRECTIONS**

7. Start cooking rice.
8. Heat 1 tablespoon oil in wok. Stir fry Carrots, peppers 1/2 minute.
9. Add soy beans and 1 cup pineapple chunks to wok. Stir 1 minute.
10. Add sweet and sour sauce to wok. Stir until thickened. Serve with rice.

## **COMPLEMENTARY PIE**

3/4 cup brown rice  
1/2 cup cooked dry beans  
1 cup cheese

1 tablespoon butter  
2 eggs  
1 cup milk  
1 teaspoon salt

### **PRELIMINARIES**

1. Preheat the oven to 325F/160C.

### **PREPARE THE PIE**

2. Cook the beans and rice.
3. Beat 2 eggs, 1 teaspoon salt, and add 1 cup of milk.
4. Stir in 1 cup of grated cheese.
5. Add the cooked beans and rice.

### **BAKE THE PIE**

6. Grease a 9 inch pie pan. Bake the pie for 25 to 30 minutes.

## **BAKED COTTAGE CHEESE SQUARES**

1 cup brown rice  
1/2 cup cooked dry beans  
2 cups cottage cheese  
3 eggs  
3 carrots  
parsley

1 cup milk  
2 teaspoon salt

### **PRELIMINARIES**

1. Preheat oven to 375F/190C.

### **PREPARE THE PIE**

2. Cook the rice and beans.
3. Beat 3 eggs. Add 1 cup milk, 2 cups cottage cheese, 2 teaspoons salt, and 1/2 cup grated carrot.
4. Add the cooked beans and rice to the cottage cheese mixture.

### **BAKE THE PIE**

5. Pour the mixture into a greased 9 inch pie pan.
6. Put a pan of hot water at the bottom of the oven.
7. Bake 25 minutes or until dry like a cake.

## COUS COUS

1 bag cous cous (1/2 cup)  
3 cups mixed dried beans  
1 package frozen peas  
1 can peeled tomatoes

### PREPARE THE COUS COUS

1. Cook the presoaked beans for 45 minutes.
2. Put the cous cous in water to get it wet. Put it in a strainer above a pot of boiling water and let it steam for an hour, covered. Break up the clumps every 15 minutes.
3. Cook the peas and add them to the beans.
4. Add the tomatoes to the beans.

**Notes:** You can also add meat to the beans.

## **SWEET AND SOUR TOFU WITH MUSHROOMS AND CASHEWS**

500 grams tofu  
1/4 cup tomato paste  
2 tablespoons honey  
1 green pepper  
1 red pepper  
500 grams mushrooms  
100 grams cashew nuts

1/4 cup lemon juice  
1 teaspoon ginger  
2 tablespoons oil  
1/2 teaspoon salt

### **PREPARE THE TOFU**

1. Cut 500 grams of tofu into bite-size cubes.
2. Combine 1/4 cup lemon juice, 6 tablespoons water, 1/4 cup tomato paste, 2 tablespoons honey, and 1 teaspoon ginger in a bowl.
3. Add the tofu to the bowl and let marinate several hours.

### **COOK THE TOFU**

4. Stir-fry the tofu in a wok in small batches.
5. Serve with chopped cashews.