
Ed's More Successful Experiments
In Cooking

And Other Favorite Recipes

I like to cook, but hate to clean. This book is dedicated to my wife Wendy, who puts up with my less than perfect concoctions, and doesn't complain about the dirty dishes. Every so often, I get in the mood to create something in the kitchen. Some meals are complete flops. Most are edible (Don't listen to Julie!) and some get in this book.

All these recipes are simple. Also, I generally don't measure things. So don't try to follow the directions exactly. I hope you enjoy them.

I can't forget Mom and Dad! I really miss some of the things Mom use to make. I have gotten what I can, and experimented until it comes as close to my memory as possible. My memory is probably wrong but I give my best attempt at reproducing a memory in some of my childhood favorites.

-Ed

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Bacon Wrapped Scallops

Ingredients:

Scallops. Mexican bay are best for this but hard to find.

Dry medium ocean (20-40/lb) are great too.

Do not use the small bay scallops.

I avoid getting scallop pieces by asking for a specific number. A dozen, rather than 1/2 pound.

Bacon. As lean as you can find. Thick hickory smoked is best.. You'll need one half strip per scallop.

Teriyaki Sauce* (Low salt if you can find it. The bacon is salty as well!).

Partially cook the bacon. Do not get it crisp. A Microwave is best for this. Wrap each scallop in bacon and secure with a toothpick. Place on a cookie sheet or shallow pan. Put about 1/2 to 1 teaspoon of teriyaki sauce over each. Broil for about 5 minutes until the scallops are done. Scallops don't need long to cook. When they are hot they're done. Overcooked scallops are chewy.

* I am no longer able to find good Teriyaki Sauce, so am making my own. All the ones in the store now are thick and taste wrong. I do this entirely by taste, these measurements are approximate. Mix together..

A couple of ounces of Yamasa soy (or other good brewed) sauce. They make a great teriyaki sauce which I can no longer get in Maine.

About a teaspoon of brown sugar

About a half teaspoon of freshly grated ginger. Do not use powdered ginger.

About an ounce of water. This will tone down the salty taste

Rack of Lamb

My favorite way to have lamb! I don't have it often because it's so expensive. The secret to this or any other lamb recipe is to get a young lamb, and to trim **ALL** excess fat. (The lamb taste many people find objectionable is in the fat.)

Ingredients:

- Whole Lamb loin
- Salt
- 1 clove Garlic
- Dijon Mustard
- Bread crumbs
- Butter flavored cooking spray

Trim off all outer fat until all you have is a circle of meat on each rib. Also cut off the meat/fat between the rib bones. (Depending on how good your butcher is, you will be cutting off up to 1/3 of the loin). Save the meaty cuttings.

Season the meat with salt. Spread a small amount of mustard on the outside of the ribs. Pat on crushed garlic then roll in bread crumbs. (The bread crumbs will keep the meat moist.) Spray the bread crumbs with cooking spray to ensure proper browning.

Place in a 500° oven for 6-10 minutes to seer. Reduce heat to 325 and continue to cook until rare (135°). Over cooking will ruin this!

If you'd like to make a sauce, brown the saved meaty trimmings in a skillet. Add 1/2 cup veal stock to de glaze the pan. Add 2 tbs. butter. Strain and serve with the lamb.

Beef Stew

There is no need to follow this recipe closely. You need only be careful with adding the vegetables to insure that they are not over cooked. Peas cook in one minute, carrots, potatoes and green beans take 30 minutes. Mushrooms should be sautéed first.

Ingredients:

- 1 ½ lb. marbled beef (Chuck or Sirloin) cut into 1 inch chunks.
- 1 can of low salt (College Inn) chicken stock
- 1 medium onion diced
- 1 stalk celery diced.
- 3 large carrots. Dice one, and the other two into 1 inch chunks.
- A handful of green beans cut into thirds.
- 3 medium red potatoes peeled and cut into 1" chunks.
- Salt, pepper, (Red pepper flakes or Mrs.Dash), and a couple of bay leaves.
- Sage or thyme (Dry or fresh, optional to taste- but less than ¼ tsp)
- 1 Tbs. Worcestershire sauce (optional)
- 1 Tbs. tomato paste
- A couple of tablespoons vegetable oil.
- A tbsp. flour

Season the beef with salt and pepper, and brown in oil. I prefer doing this in a frying pan because it is easier to turn the meat and you can brown the meat and sweat the vegetables at the same time. Set the meat aside.

Sauté the diced carrot, celery and onion with a dash salt and pepper(s) in a 2 Quart pot until soft. Add the Worcestershire, tomato paste, bay leaf, sage and thyme and cook for a minute. Add the meat and broth to the pot. (If you used a fry pan to brown the beef, deglaze that with some of the broth before adding to the pot.) Bring to a simmer and taste, adjusting seasonings if needed (at this point, a bit salty braising liquid is good). Simmer for 90 minutes or until the meat is almost tender.

Add the chunked carrot, the beans and the potatoes to the pot and cook for another 30 minutes. If you use different vegetables, consider how long they take to cook and add them at the appropriate time.

When the vegetables and meat are tender, thicken the gravy with flour mixed with water. You can also add more water to the gravy if it is too salty.

Serve with plenty of bread.

Pot Roast

You'll notice a lot of optional ingredients. Use them all or in any combination you like.

Ingredients:

- 1 (2-4-pound) Chuck roast, or a well marbled bottom round roast.
- About ½ - 1 tsp Salt and ¼-½ tsp ground pepper based on roast size.
- Peanut (higher Smoke point) or vegetable oil.
- 1 Large onion cut in half
- 2 carrots
- ½ Green Pepper and 2 stalks celery (both optional)
- 1 Shot bourbon or 1 cup Pinot Noir wine (optional)
- ¼ cup crushed tomato or 1-2 Tbs. Tomato paste (optional)
- 1 can low sodium (college inn) Chicken (or beef) broth
- ½ lb. pearl onions and ½ tsp sugar (optional)
- 2 Tbs. Butter
- 1-2 Tablespoon flour
- Herbs- ¼ tsp Sage and thyme, 1 Sage leaf,

Pat roast dry. Season with salt and pepper. Tie with twine. In a heavy bottom pot, heat oil over medium high heat (not smoking). Add the roast and brown on all sides. Transfer the roast to a plate. Brown the onion in the pot. Remove from heat and add the Tomato cooking for a minute. Add the bourbon/wine and cook until the alcohol smell is no longer strong (about 5 minutes for wine, a minute or less for bourbon).

Place the roast back in the pot. Add the herbs, vegetables, and broth. (If wine is used, you can reduce the amount of broth). Bring the covered roast to a slow simmer. Regulate heat so that a slow simmer is maintained for about 2½ - 3½ hours (until fork tender). Tougher cuts will take longer. Turn the roast several times during cooking. You can cut down cooking time to 45 minutes or so by using a pressure cooker.

Transfer roast to a cutting board. Strain the liquid into a separate container to remove the vegetables which can be discarded. If necessary, the liquid can be degreased. Brown the pearl onions in butter in the original pot. Adding a small amount of sugar will help the onions brown. Add the flour. Then stirring constantly, add the strained broth back in. Heat to boiling. If necessary, you can add additional flour/water to get the right (thin) gravy consistency.

Before continuing, taste the gravy and add salt or pepper to taste. You can also add additional seasoning if desired. A small amount of sage and thyme (¼ tsp) go very well

in pot roast. Cut the roast in about ¼ inch slices, then place in the pot with gravy. Heat over low heat for 20-30 minutes.

Beef Stroganoff

I make this to use up leftover Pot Roast.

Ingredients:

- Leftover pot roast and about a cup of gravy
- Mushrooms - As much as you'd like
- Good Egg noodles - I use "Amish Kitchen" brand.
- Blanched julienned carrots and frozen peas (optional)
- 2 Tbs. sour cream

Half or quarter the mushrooms depending on size and brown in a skillet using a bit of oil. Add the beef cut in 3/4 inch chunks and the gravy. Add water as needed to result in a thin sauce. When hot, add slightly under cooked noodles, carrots and peas. Cook for another minute or so the noodles absorb the sauce. Remove from heat and add the sour cream

London Broil

The secret to a good London broil is the marination. It is a simple and inexpensive roast.

Ingredients for Marinade:

- 1 clove Garlic, crushed.
- 1/2 cup Light Teriyaki sauce (Yamasa recommended)
- 1/4 cup olive, or vegetable oil
- 2 tsp. Minced dried onion. (Dried is preferred for this)
- 1/4 tsp. coarse black pepper

Mix the marinade and place a London Broil (High quality beef shoulder steak) in it. Cover and refrigerate for a minimum of 30 minutes. Check for tenderness with a fork every 15 minutes or so thereafter. When a meat fork enters and exits easily, you're ready to cook in a 350° oven until medium rare (140-150°).

Depending on the size and tenderness of the meat, the marinating will take up to 2 hours. Over marinating will pulverize the meat.

Veal (Pork Tenderloin*) Scaloppini

Veal Scaloppini can be made in many ways. My favorite is in a mushroom and cream sauce. Several variations are offered below.

Ingredients:

½ lb. Veal* cutlets.
4 to 8 oz of fresh mushrooms, any type or mixture, sliced
½ cup Flour.
Salt and Pepper.
Optional: garlic powder and paprika
2 Tbs. butter
¼ cup chicken broth
½ pint heavy cream or Half-and-half (Depending on richness desired)**
Olive oil

Place the flour in a paper bag or bowl. Pound the cutlets thin. Season with salt, pepper (and optionally garlic powder and paprika). Dust in the flour. Pan fry in medium heat olive oil until lightly brown on both sides. Remove from the pan.

Remove excess oil from pan. Cook the Mushrooms in butter the same pan until soft. Season with Pepper.

De glaze the pan with the bouillon. Add cream while stirring over medium high heat until the sauce has thickened

Add the browned veal, cover and cook over low heat for 10 minutes, or until the meat is tender. Add some of the flour mixture to thicken sauce to desired consistency. If any flour is added, be sure to cook the sauce a few minutes afterward.

* Pork Tenderloin can be substituted for the veal. It is less expensive and is more tender. Cut the tenderloin into 1½" pieces then pound flat. This is the way I normally make this recipe, but who ever heard of Pork scaloppini.

** Cream can be omitted for a lighter sauce. Increase the amount of chicken broth to 1 cup and thicken with a mixture of 1-Tbs. butter and flour. If using veal, a mixture of chicken and beef broth could be used.

Pork Roast

Unfortunately, it's impossible to find a good (fatty) pork roast anymore. They're all too lean. When you roast them they wind up dry and tough. This is an alternative way to prepare one that will be moist and reasonably "porky". Want a real juicy old-fashioned pork roast? Go to China where they raise them un-lean.

Ingredients:

Pork blade roast (Fattiest cut I can find) , 3-4 pounds

Brine:

3 cups apple Juice
¼ cup kosher salt
¼ cup brown sugar
5 crushed peppercorns
½ teaspoon thyme
2 Turkish bay leaves

1 large onion,
2 carrots
2 more bay leaves
¼ teaspoon thyme
Pepper
½ teaspoon onion powder.
1 cup of white wine

Place the roast in a Ziplock bag with the brine mixture. Place in a large bowl and soak overnight.

Remove and pat dry. Tie the roast in twine. Brown the roast in a frying pan with a small amount of oil, then place in an oven bag with the carrots, onion, bay leaves, pepper and thyme. Use the wine to de-glaze the frying pan, add the onion powder. When cool, place the wine inside the oven bag and seal.

Roast in a 300-degree oven for approximately 3 hours, until tender. If necessary, the roast can sit in a 200 degree oven to keep warm without drying out.

Use the cooking liquid for a gravy.

Pork with Mushrooms

This is a bit more complicated, and I haven't done it enough to get the proportions down completely, so don't try to follow it exactly if something seems wrong.

Ingredients:

Boneless Pork Loin Chops. 1 pound or about 4 chops.
8 ounces fresh mushrooms, washed and quartered.
1/4 Cup Flour.
1/4 Cup unseasoned bread crumbs.
1 egg, beaten
2 Tbs. corn Starch.
2-3 Tbs. oil (olive preferred).
3 Tbs. White wine Worchester sauce (optional, could also substitute a bit of lemon juice).
Salt and pepper.

Season the pork with salt and pepper to taste. Pork can take quite a bit of salt. Place the bread crumbs and flour on paper plates. Dredge the pork in flour, dust off, place in the eggs, and then in the bread crumbs. Heat a frying pan, place in the oil, and then the pork. Brown on both sides and remove from the pan. Complete cooking the pork in the oven at 350° for 15 minutes, or the microwave on high for 4 minutes.

Drain any excess fat from the frying pan. De glaze the pan with about 1/4 cup water (Use white wine if you like). Add the Worchester sauce and mushrooms. Mix the corn starch with an equal amount of cold water. When the mushrooms are about done, add the corn starch to thicken the gravy. Season the gravy to taste.

Serve by pouring the gravy over the completely cooked pork.

Pork Tenderloin Roast

I use to pan fry pork tenderloin. It's simple and easy, but then found that quick roasting in a very hot oven is much better. The result is very moist and flavorful meat in less than 30 minutes

Ingredients:

- 1 lb. pork (naturally raised) tenderloin.
- 2 Tbs. Olive Oil
- 2-3 cloves of garlic crushed
- ¼ tsp dried rosemary
- 1/8 tsp. dried thyme
- Salt & Pepper

Combine the olive oil, rosemary and thyme. Let it sit while you preheat the oven to 475° When the oven is ready, massage the meat with the oil mixture, Then season the pork with salt and pepper to taste. And place in a roasting pan (no rack needed) and in the oven for 10 Minutes. Turn the meat over and return to the oven for 8 minutes. Remove when 140° to 145°. It won't be very brown, perhaps I should try adding some brown sugar next time.

Let sit 5 minutes cut ¼ inch slices on a bias. That's is.

Pork Wellington

I've lost the recipe for this, but if I remember, its pretty simple. You can make it a beef Wellington with a beef tenderloin but you'd have to cook the tenderloin in an oven to almost rare (120°) after browning.

Ingredients:

- 1 or 2 Pork Tenderloins.
- 1 clove Garlic
- 1/2 lb. mushrooms
- 1 small onion
- 2 tbs. butter
- Thawed Puff Pastry dough (Pepperidge Farms)
- 1 egg white
- 1 cup chicken stock

Salt/Pepper

Season the tenderloins with salt/pepper and crushed garlic and brown well in a skillet. The Loins should be almost cooked through. Remove from the pan and set aside.

Finely chop the onion and mushrooms and sauté with butter. Cook until the mushrooms are black. (you may have to add some stock to keep them from burning).

Roll out the Pastry dough and place the mushrooms in the center on a line the length of the tenderloins. Place the Tenderloins on top and roll up the dough, folding the edges underneath. Place on a cookie sheet, seam side down and Brush with egg white. Bake according to the Pastry dough directions.

The sauté pan can be de glazed with chicken stock for a light sauce if desired.

Curried Pork (or Chicken)

(You can also do this with chicken breast.)

Ingredients:

- 1 lb. thick boneless pork loin chops (or chicken breast)
- ½ red or yellow onion sliced thin
- 1 Apple- peeled, cored and sliced thin (1/8")
- ~ 1 Tbs. butter and 1 Tbs. oil for frying
- 1 ½ tsp Indian curry powder (The kind I used had Turmeric as #1 ingredient)
- ¼ cup pork or chicken broth
- Salt and pepper

Season the pork with salt and pepper then, in a hot frying pan with butter and oil, brown the pork and place aside. Lower the heat to medium and fry the onion until browned. Then add the apple and get some color on that too. Make a hot spot on the pan and place a small amount of butter or oil- add the curry powder and cook for a minute so that it bubbles and releases its flavor. Then mix and remove from the heat.

Place ½ the apple mixture in a small casserole, then the pork and the remaining apple mixture on top. Deglaze the pan with the broth and add over the pork. Cover the casserole with foil and place in a 400 degree oven for about 20 minutes to cook the pork to 140 degrees (or chicken to 160). Slice and serve.

Mexican Pork

Ingredients:

- 4 lb. pork shoulder (Pork Butt)
- 1 orange juiced, and peeled zest.
- 1 Tbs. Lime juice
- 1 tsp salt
- 1/2 tsp Chile powder (Has Mexican oregano and other spices too)
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1/8 tsp pepper flakes
- 1 Turkish bay leaf

Cut pork in 2 inch cubes, cutting out large fat chunks in the process. Place pot and cover with remaining ingredients and enough water to cover meat. Bring to boil then simmer 2 hours until tender.

Remove meat to a bowl. Remove solids from cooking liquid and separate fat. Reduce on medium high heat until syrup consistency. Add the meat back and coat.

Place on a broiler pan/rack and broil a few minutes (careful not to dry the meat out too much).

Mexican Chicken

Ingredients (Per serving):

- 1/4 lb. boneless chicken, seasoned, cooked and shredded.
- Optional- sautéed mild green chiles (i.e. Anaheim) or bell pepper and onion.
- 1 ounce cream cheese.
- 1 flour tortilla or 1/2 Slice Pita (Pocket) bread.
- A handful of Monterey Jack cheese (creamy, if available).

Season the chicken with salt and pepper. This dish needs to be a bit heavy on the pepper. Cook chicken in the microwave until it is barely done. Overcooking will dry it out! Then tear it apart along its fibers. If you like, you can add sautéed chopped onion and mild green chili peppers.

Spread the cream cheese in the center to the tortilla in a 2"x2" square. Place the chicken on top and fold the tortilla as though you were making a small square burrito. Place on a shallow pan and spray with cooking spray. Cook in a 400 degree oven until browning starts. Top with the jack cheese and return to the oven until the cheese is melted.

Serve with shredded lettuce and diced tomato with Sour Cream on the side. Recipes for Refried Beans, Guacamole, Salsa and Fried Ice Cream follow.

Variations:

1. Optionally, you can pan fry the stuffed tortilla in ¼" of vegetable oil to make it extra crispy prior to baking.
2. A half pita pocket can be substituted for the rolled up tortilla, making this a bit simpler.
3. The chicken filling can be optionally be made by steaming a quartered chicken in a pot with 1 inch water, carrots, onion and celery. When done, shred the chicken and reduce the liquid to ½ cup and add to the chicken.

Mexican Nacho Chips

Ingredients:

Corn Tortillas
Vegetable oil for frying

Cut tortilla into chips and deep fry at 375 for 5-7 minutes (until light brown and crispy).
Better than bagged without the salt and served warm.

Mexican Refried Beans

Ingredients:

Canned Pinto Beans
Salt, Chili, Onion and Garlic Powders
Monterey Jack cheese (optional)

Cook Beans in a pot. Add Salt, Chili, Onion and Garlic Powders to taste. Mash beans.
Top with Monterey Jack cheese if desired.

Mexican Guacamole

Ingredients:

1 Avocado
½ Onion
1 tsp. lemon juice
¼ tsp. salt (optional)

The Avocado must be very ripe. It should give when squeezed. Guacamole doesn't keep well and should be used the same day as made.

Finely chop the onion. Scoop out the avocado pulp and mash. Add the onion, lemon, and salt. Refrigerate.

Many recipes call for adding chopped tomato or other spices. I prefer this simple variety.

Mexican Fresh Salsa

Ingredients:

- 4 Large Tomatoes, peeled, seeded and chopped (about 3 cups)
- ½ Red onion diced (about 1/3 cup)
- 1-2 Jalapeno chilies diced with seeds (for hot, or remove for mild)
- 1 Large clove garlic, smashed and chopped
- ¼ Cup cilantro or Italian parsley
- ¼ tsp. salt
- ½ tsp. sugar

Mix everything together and refrigerate at least 8 hours. You can't tell how hot it will be until it comes together. Better than anything jarred.

Mexican Fried Ice Cream

Ingredients (Per serving):

- 1 scoop Vanilla Ice Cream
- 2 handfuls of crushed Frosted Flakes
- 2-3 Tbs. maple syrup (or Honey)
- Vegetable oil for deep frying

Form ice cream into balls and coat with crushed frosted flakes. Coat with Maple syrup (Honey is traditional, but I prefer the syrup), and then in the flakes a second time. Place in freezer until firm. Deep fry in vegetable oil at 375 or so for 10-15 seconds. Serve immediately.

Chicken Wings

You can deep fry these if you want, but completely baked is just about as good, healthier and easier.

For each pound of wings, pat dry for even coating, then toss in..

- 1 tsp salt
- 1 tsp paprika (I use hot and sweet mixed)
- 1/8 tsp pepper
- 1/2 tsp onion powder.

Then add in about a tablespoon of flour and toss to lightly coat.

Bake at 425 for 20 minutes on a parchment lined (for cleaning) baking sheet. The “drumlette” portion of the wing takes about 5 minutes longer to cook, so I give them a 5 minute head start.

At this point, you could deep fry at 375 for 5 minutes then toss in the following, or toss first and bake an additional 15 minutes

- 1 tablespoon of sweet butter
- 1 tsp mustard
- Hot sauce

The amount of hot sauce depends on what kind you use and how spicy you like things. So taste the mixture. I do not like strong vinegar based sauces like "Tabasco". My favorite is Mexican "Cholula".

Serve with the traditional celery sticks with ranch dressing.

Chicken Kiev

Ingredients (per serving)

- 1 chicken breast
- 1 Tbs. Butter
- ½ tsp parsley
- 3-4 Saltine crackers
- Salt & Pepper
- Eggwash (Egg White fine or with yolk)
- Vegetable oil

Cut small opening in chicken breast at the thick end. Using your finger, make a pocket going lengthwise, being careful not to poke through. Cut the butter in small pieces, mix with parsley, salt and pepper, and insert into the opening.

Crush crackers until fine, and roll chicken in crumbs. Place in egg wash and again in crumbs.

Sautee in oil until golden brown on each side, then finish by baking in a 350 oven for 5-10 minutes.

Braised Chicken

Ingredients:

- 4 Chicken thighs.
- ½ Rib of celery finely diced
- ½ medium carrots finely diced
- 1 small onion finely diced
- ¼ tsp dried thyme
- 1 ½ chicken stock
- ½ tsp salt, some paprika or pepper to season the chicken.
- ¼ cup flour.

Season the chicken with salt, paprika, etc and then toss with flour to coat and set aside. Heat a 10-12 inch skillet with 2 Tbs oil and 1 tsp butter the brown the chicken on both sides over medium high heat for 2 minutes a side to brown. Set the chicken aside.

Add the carrot, celery and onion to the skillet and sauté for a few minutes. Add the thyme and then when fragrant, add the chicken stock and bring to a boil.

Add the chicken skin side down, reduce heat to low, cover and simmer for 20 minutes. Turn the chicken skin side up and cook for another 30 minutes. Remove the chicken to a warm oven and reduce the cooking liquid for 5 minutes over medium high heat. Add some unsalted butter if you like to enrich the sauce.

Place the sauce I a deep dish, place the chicken on top and serve with steamed white rice or mashed potato to absorb the sauce.

Turkey Tetrazzini (Microwaved)

This is not as hard as it looks and can be completed in less than 45 minutes.

Ingredients:

- 1/2 lb. uncooked Spaghetti
- 1-2 cups of leftover turkey (or chicken) cut into chunks.
- 1/4 cup butter
- 1/4 cup flour
- 1/2 tsp. salt
- 1/4 tsp. nutmeg
- 1 can (10.5 oz) Chicken Broth (Unsalted)
- 1 can milk
- 1 can water
- 1 egg yolk
- 6 sliced mushrooms
- A handful of frozen peas
- 1/8 cup bread crumbs
- 1/8 cup Parmesan cheese.
- 1 tbs. butter

Melt butter in 2 quart bowl in microwave. Add flour, salt and nutmeg. Cook for 1 minute in microwave. Add Broth, milk and water. Cook in microwave until hot. Break spaghetti in half an add. Cook in microwave until spaghetti is near done.

While cooking, stir to insure spaghetti doesn't stick into a clump. Add more water if necessary to maintain creamy consistency.

When spaghetti is near done, add turkey, egg yolk and mushrooms. Cook 2-3 minutes. Add peas and cook another minute.

Melt 1 tbs. butter in a cup. Add bread crumbs and parmesan cheese. Spread over top of casserole. Brown topping in broiler for a minute or so.

Chicken Teriyaki

Ingredients:

4-5 boneless Chicken thighs, cut into $\frac{3}{4}$ inch chunks.
 $\frac{1}{2}$ cup Teriyaki sauce (See how to make elsewhere in this book.)
1 tsp. fresh grated ginger
3 cloves chopped garlic
Vegetable oil
8 or so sliced button mushrooms, optional.
Steamed vegetables (see below)
Jasmine Rice (see below)
Teriyaki glaze (optional, see below)

This is a rip-off of Sarku's Chicken Teriyaki. I have had others, but like theirs the best. With about 20 minutes of prep, this can be made in 20 minutes..

Marinate the chicken for 1-2 hours in the Teriyaki sauce, ginger and garlic. You can start the rice and chicken at the same time. Start the vegetables about 10 minutes later.

Heat a 12 inch frying pan on high heat, add a tablespoon or two of oil and the chicken. After a minute or so you can reduce the heat to med-high. Cook for about 5 minutes until seared, then turn over and cook for another 5 minutes or so until done. Remove the chicken to a serving bowl and add another tablespoon of oil and the mushrooms to the pan. Reduce the heat to medium and add a bit of salt. Sauté the mushrooms until done. They can be added to the chicken or served on the side.

Jasmine rice. The simplest way to make this is in the Microwave. Add 1 cup of rice, $\frac{1}{8}$ tsp salt and $1\frac{1}{2}$ cups water to a 1 quart casserole. Cook uncovered at 80% power (1000 watt oven) for 5 minutes. Then cover and cook 10 minutes at 50% power. Let stand until everything else is done.

Steamed vegetables. I use what I have, but any of the following work well. Thinly sliced carrots, sliced celery, shredded green cabbage, sliced red pepper, snow peas. Add about 1 Tbs. oil to a hot frying pan and sauté the carrots and celery for a minute or so. Add the other vegetables, a bit of salt and butter and an ounce or so of water and cover the pan, removing from the heat and let sit until everything else is done.

Teriyaki glaze. Mix about $\frac{1}{4}$ cup of Teriyaki sauce, $\frac{1}{4}$ cup chicken broth, and 2 tablespoons of brown sugar in a small sauce pan. Heat until boiling Add about 1 tsp of corn starch dissolved in water to thicken slightly.

Serve the chicken and vegetables over the rice, and pour over some glaze..

Chicken a la King

Ingredients:

2 Cups leftover chicken cut in dice, shredded, or in combination
4 Tbs. butter
1/2 red bell pepper cut in 1/4 inch dice
1 stalk celery cut in 1/4 inch dice
1/4 cup flour
1/4+ tsp. salt
Pepper to taste, (Some cyan pepper too, optional to taste.)
1/8 tsp. nutmeg
1 cup chicken broth (Unsalted)
1 cup milk (Some cream or half and half may be substituted)
A handful of frozen peas

Melt butter in 2 quart saucepan over low heat. Add celery, cook for 3 minutes. Add bell pepper and cook another 2 minutes. Add flour, salt and nutmeg. Cook for another minute. Add broth and milk. Raise heat and cook until thickened. If too thick, add more milk or stock. Adjust salt and pepper.

Add Chicken and cook 2-3 minutes. Add peas and cook another minute.

Serve over toast.

Fettuccine Alfredo

Ingredients:

9 ounces of *Fresh* fettuccine pasta
½ pint of heavy Cream
¾ cup grated Parmesan cheese
2 tbs. melted butter
½ cup frozen peas (optional)

Cook pasta in boiling water for a few minutes- it will cook more in the sauce so don't overcook. You can make this at the same time as the sauce.

Melt the butter in a large skillet. Add the cream and heat, then add the parmesan cheese until it begins to thicken (Reserve a bit to top at the end). As it sits, it will thicken further.

Drain the pasta and then add to the sauce and toss while returning to the heat. Then add the peas.

Alternate Method of making Sauce: You can reduce the cream and Parmesan cheese by adding stirring some Ricotta cheese at the very end. I do this when I have some in the fridge. The result is a bit lighter, but just as good.

Better with Bacon Fettuccine

Ingredients:

9 ounces of *Fresh* fettuccine pasta
1/2 pint of heavy cream
4 Tbs. butter
1 boneless chicken breast, sliced thin.
1 cup sliced mushrooms (button, or Shatacki)
1 cup julienned carrots
2 cups broccoli crowns
Salt and pepper
Some Romano or Parmesan cheese (1-2 Tbs.)
optional- 3-4 slices of cooked bacon.

Cook the broccoli in boiling water for 5 minutes. Remove and set aside.

In a large skillet, sauté the mushrooms, chicken and carrots in butter for about 5 minutes (until the chicken is done). Season with salt and pepper to taste. The mushrooms will take the longest, so add them first, followed after a minute by the chicken, then after another minute, the carrots. (Shatacki will take less time than button mushrooms.) Add the cream, re-season as necessary and set aside.

Cook the pasta according to package directions, 3 minutes tops.

Add the pasta to the skillet. Mix and cook over low heat for a minute or so, adding the cheese if necessary to thicken the sauce a bit. (The sauce will also thicken as it sits, so don't over do it. It should be a light cream sauce.)

The way I make this is to cook the broccoli/pasta and the skillet ingredients at the same time, but it doesn't hurt to do it in the step-by-step manner described above.

No one other than me likes bacon in my family, but I think *a little* improves the taste tremendously (hence the name of this recipe). Precook the bacon in a microwave, crumple and add to the sauté pan with the first ingredients.

Better than Average Meatballs (Moist and Crunchy)

Ingredients:

- 1 lb. Ground Chuck (about 80% lean)
- 1/2 cup Dry Bread crumbs (or 1/4 cup dry, 1/2 cup day old bread)
- 1/2 teaspoon Worcester sauce
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1/2 small chopped onion
- pepper to taste
- Olive oil, cooking spray, and some extra bread crumbs

Mix all ingredients except the last using enough milk to make a fairly wet mixture (unable to mold the meatballs). Make rough meatball shapes about 1-1/4 inch in diameter. Should be about 2 dozen.

Put the extra bread crumbs on a plate. You can add Italian or other seasonings in the crumbs if you like. Roll each rough meatball in the crumbs. (This should make forming the balls easy, keeping them moist inside.) You can freeze them at this point if you like.

Place a light coat of olive oil in a baking dish. Put the meatballs in the dish and spray with the cooking spray (this will help crisp them). Bake at 450 for 15-20 minutes, turning halfway through.

Better than Average Meatballs II (Soft)

I make these when I have some leftover Ricotta. They are cooked in Tomato Sauce and some may fall apart, but that's OK. A basic sauce recipe is included. It's better than any jarred sauce, but extra time and work.

Ingredients:

- 1 lb. Ground beef
- 1/2 cup Ricotta cheese
- 1/3 cup dry bread crumbs
- 2 cloves garlic, minced
- 1/2 onion, finely chopped.
- 1 egg, beaten
- 1 tsp salt
- 2-3 Tbs olive oil

Mix all ingredients except the oil and form into balls about 1-1/4 inch in diameter. Pan fry in oil to brown, then place in a pot and cover with Tomato sauce. Cook for 30 minutes.

Tomato Sauce Ingredients:

- 28 Ounce can San Marzano crushed tomatoes, unsalted.
- 1/4 cup Olive Oil
- 1/2 Onion Chopped
- 2 cloves garlic, minced
- a pinch of red pepper flakes (optional)
- 1/4 tsp dried oregano
- A tablespoon or so of fresh Italian herbs (optional, I never have any.)
- Salt and Sugar (About 1/2 to 1 tsp each)

Slowly saute the Onion and red pepper in a 2 quart pot until soft. Add the garlic and as soon as you smell it, add the tomatoes and herbs. Bring to a simmer, then add salt first, then sugar to taste. Simmer an hour, then add the meat balls. Simmer another 30 minutes.

Serve over spaghetti, or make Meatball Parmesean, etc.

Meatloaf

Ingredients:

- 1 lb. ground chuck (about 85% lean) or 50/50 beef/veal mix.
- 1 cup fresh bread crumbs (or 1/3 dry, but the meatloaf will be less soft)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1 egg beaten.
- 1/3 cup milk (or Rocotta cheese for a firmer more moist loaf)
- 1/2 chopped onion
- 1 Medium carrot diced very fine
- 3 sprigs fresh thyme (optional)
- pepper to taste
- ¼ cup ketchup and ¼ cup tomato paste mixed (optional)
- 1 teaspoon dried onion
- 1 can herbed beef gravy mix

Dice the carrot and onion and sauté until tender. Mix with all remaining ingredients except the dried onion and gravy. *If the mixture is too wet, add some additional breadcrumbs, dry or fresh.* Mold into a loaf shape and place on a baking sheet (or use meatloaf pan). Spread the ketchup mixture all over if desired. Sprinkle dried onion on top.

Bake for 1 hour at 350 to 160 degrees.

Prepare the gravy per package directions and serve with the meatloaf.

It is simple to use a food processor to make the fresh breadcrumbs (about 1 kaiser roll) and chop the onion and carrot.

Baked Macaroni and Cheese

Ingredients:

½ lb. Elbow macaroni
¼ cup finely chopped onion or shallot
Pepper
1 Tbs. Dijon Mustard
2 Tbs. Butter
2 Cups Whole Milk (low fat curdles)
1 to 1½ Tbs. Corn Starch (Less for a creamy Texture)
¼ lb. (mild) Cheddar Cheese
¼ lb. Smoked Cheddar Cheese
¼ lb. Gouda Cheese (Other cheeses can be substituted)
Smoked Keilbasa (or other) Sausage (optional)

Topping (Optional, you can also just place cheese on top)

1 ounce of Parmesan cheese
2 Tbs. Butter melted
¼ cup bread crumbs (optional)

Cook Macaroni until firm and drain. (About 2/3 normal cooking time)

Cook onion butter in a 2 quart sauce pot until transparent. Add Cornstarch, Mustard and pepper to taste. Add Milk holding back about ½ cup to determine proper thickness of sauce. Add Cheeses. Mix until smooth. Should be able to add remaining milk now.

If used, the smoked sausage should be diced finely, sautéed or microwave for a minute, then added to the cheese mixture. If you can find smoked cheeses, that is even better, although a bit more expensive.

Add Macaroni to cheese sauce. Stir and cook on stove until it begins to bubble. Taste and adjust any seasonings. The sauce should be fairly thin (It will thicken with baking)

Place mixture in a shallow greased 1-1/2 quart baking dish. Optional add crumb topping or cheese. Bake at 400 for 10-15 minutes until browned. Allow to stand for 15 minutes before serving.

Simpler Macaroni and Cheese

This started as a ripoff from Alton Brown, then I modified it to my liking. Since Julie liked the original recipe better, I include that too.

Original Recipe:

Ingredients:

- ½ lb. Elbow macaroni
- 4 tablespoons butter
- 2 eggs
- 6 ounces evaporated milk
- 1/2 teaspoon hot sauce
- 1 teaspoon kosher salt
- Fresh black pepper
- 3/4 teaspoon dry mustard
- 10 ounces sharp cheddar, shredded

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat.

Whisk together the eggs, milk, hot sauce, salt, pepper, and mustard. Stir into the pasta and add the cheese. Over low heat continue to stir for 3 minutes or until creamy.

My version: (Less "custardy" and uses standard size cans)

Ingredients:

- ½ lb. Elbow macaroni
- 4 tablespoons butter
- 1 egg
- 5 ounces evaporated milk
- 3 ounces of whole milk
- 1/2 teaspoon hot sauce
- Pepper
- 1 Tbs. Dijon Mustard
- Same cheeses from Baked version on previous page

Follow Alton's recipe. Then place in a casserole dish and bake for 10 minutes at 325. Optionally, place about an ounce of grated Romano cheese over the top before baking.

French Onion Soup

Ingredients:

- 1 can Low Sodium Beef Broth
- 1 can Beef Consommé (Note this is the source of salt in the soup)
- 2 large onions, sliced.
- 2 tbs. butter (or 1/2 oil and butter)
- 4 slices French bread, toasted
- 4 slices Provolone, Mozzarella or Swiss cheese
- 1 tsp. Tomato paste
- balsamic vinegar or Worcestershire to taste

Sauté the onions in the butter until caramelized. Add tomato paste, vinegar and Worcester. Add the beef broth and consommé and simmer 5 minutes. Place into 4 oven proof bowls and add bread and cheese. Broil until cheese is melted.

Lobster Bisque

Ingredients:

- 1 lobster (1lb is fine)
- 1½ cups Tomato juice
- 2 slices onion, cooked (fried slightly) and chopped.
- 2 Tbs. flour
- 1 tsp of Worcestershire sauce
- 2 Tbs. butter
- 2 big dashes of hot pepper sauce
- 2½ cups Half and Half (½ Milk, ½ Heavy Cream)
- salt and pepper to taste. (about 1/8 tsp. pepper)

Boil/Steam Lobster for 10 minutes. Remove meat to food processor and add tomato juice, onion, and flour. Process until smooth.

Put in sauce pot, add milk/cream, Worcestershire and hot sauce. Heat, season with butter, salt and pepper and serve. (Do not overcook.)

Makes 4-1 cup servings which freeze well.

Alternate Method



"Lobster Bisque
2.doc"

Cream of Cabbage Soup

I never liked Mom and Dad's "Ka-Pooss-ta". It is far thick and starchy for my liking and I hate lima beans.

However, I had a cream of cabbage soup in an Eastern European restaurant that is nothing like Mom's version. It's slightly tart in a light cream stock which I'm sure was based on ham bones.

In experimenting, I found sour cream helps replace the tang of sour-kraut and lights it a bit. I have also used some Cannellini beans which I prefer to Lima. I've seen recipes that add carrot at the beginning but is not anything I recall from Mom, Dad or the restaurant.

Ingredients:

- 1 medium Onion, cut in half, then sliced.
- ½ small head of cabbage, shredded fine (about 4 cups)
- 1Tbs butter
- 1-15 ounce Can of chicken Broth
- 3 cups water
- ¼-½ pound of smoked ham. Ham steak, or leftover
- 1 Ham bone from a Leftover roast (optional)
- 1 large potato diced ½ inch. (and/or Cannellini beans which I prefer)
- 4 teaspoons of sour cream (1/serving)
- pepper.

Sweat the onion and cabbage in a soup pot with the butter for about 10 minutes until the cabbage is about ½ the original volume. Season to taste with pepper. Add the Chicken broth, water and ham. Simmer for about 30 minutes.

Remove the bone and ham. Chop/shred the meat and return it to the pot with the potatoes. Cook until potato/beans are tender. (about 15 minutes)

Add Salt to taste if necessary (unlikely with the ham).

Add sour cream, stir and serve immediately.

Pork w/Poultry and Greens Soup

This is one of my favorites and has many variations. The pork component makes a chicken broth soup much richer. Consider this a Guide rather than a recipe. It's great for using up holiday leftovers.

Ingredients:

Poultry Broth. Chicken or Turkey (I prefer Homemade turkey), 4 cups
Carrot and celery, medium dice/chop, about $\frac{3}{4}$ cup total
Cooked Pork Sausage- Hot Italian, Kielbasi, etc., about $\frac{1}{2}$ cup
(I've also used a Ham Bone and some chopped ham)
Any mild Green, about 1 cup. (Flat leaf parsley, celery tops, Spinach, Kale, etc, shredded if necessary, no more than 1/2 inch square.
Fine Diced Potato or fine soup noodle, a handful or so

Render the sausage in a soup pot, add carrot and celery and sweat the veggies somewhat. Add broth, If using a non-hot sausage (ie Kielbasi) add 1/4 tsp or so of red pepper flakes Simmer for at least 30 minutes.

Adjust seasoning with salt or pepper. Add the potato or noodle. When cooked, add the Greens. Soup's on

Potato Leek Soup

Ingredients:

1 medium leek
2 small red potatoes quartered
2 ounces of shredded ham
2 cups chicken broth
Salt and pepper
2 ounces heavy cream, a few sprigs of thyme and chopped chives (all optional)

Quarter the leek and rinse any dirt between the leaves. Then slice it very fine. The white and light green only, discarding the darker green (tough) leaves. Sauté in a small amount of vegetable oil until softened, add the ham and cook over low for 5 minutes.

Add the chicken broth and potatoes. Cook until the potatoes are soft. Remove the potatoes and about $\frac{1}{4}$ the liquid to a blender and process until smooth. Return this to the rest of the soup. Season to taste with salt and lots of pepper. Add the thyme, heavy cream and chives if using. Let stand for 5 minutes before serving.

Crispy Kosher Dill Pickles

You can't get these in Maine, so here's how to make them if you have the patience.

Ingredients:

- 4 medium pickling cucumbers
- 2 cups water
- 1 cup cider vinegar
- 1 (originally 2) Tbs. Kosher salt
- Fresh Dill, 2-4 sprigs (To preference. You don't need much)
- 1 medium clove garlic (More will make the pickles "Hot")

Important soak cucumbers overnight in water.. Then..

Place cucumbers in sterilized Quart container. Boil water, Salt and vinegar. Pour over garlic, Dill, cucumbers. Store in refrigerator 3 weeks.

Fresh Cole Slaw

Ingredients:

- ½ lb. of slaw mix (Red and green cabbage, carrots)
- 2 tbs. Mayonnaise (rounded)
- 2 tbs. cider vinegar
- 1 tsp. sugar
- 1 tsp. lime juice
- ¼ tsp. salt
- ¼ + tsp. fresh pepper

Mix

Braised Red Cabbage

There are some pretty complicated recipes, but I see no reason to add caraway seeds, apples, or even onion. The amount of vinegar, sugar and salt must be adjusted to the size of the cabbage and how sweet you want the result. I like it a bit more sour than sweet.

Ingredients:

- 1 small head of red cabbage sliced to about 1/4 inch strips
- 1 tsp butter
- 1 tsp salt
- 4 Tbs. red wine vinegar
- 3 Tbs. sugar
- 1/4 cup water

Melt the butter in a 2 quart pot, add the cabbage and stir/cook for a minute or so. Add everything else and cook until tender, about 10 minutes. Taste and adjust vinegar, sugar and salt.

Roasted New Potatoes with Onions

Ingredients:

- Red New Potatoes.
- Sliced onions.
- Melted butter.
- salt, pepper and paprika.
- Other Seasonings you like/have.
 - Rosemary, Oregano, Dill, parsley and garlic powder all work fine, but probably not all at once.

Boil or microwave the potatoes until about 1/2 done. Cut in half. Place in a buttered baking dish. Cover with onions and melted butter. Season as you like. Cook in a 325-400 oven until done.

Scalloped Potatoes

Ingredients: (The following will fill a Corning medium, 9x5" 700ml casserole)

- 1/3 cup heavy cream (Do NOT use milk. It will curdle)
- 1/4 teaspoon of thyme (optional)
- 1 garlic clove sliced
- 1 minced large shallot
- 1 Tbs. butter
- 2 russet potatoes, peeled and cut into 1/8-inch thick slices (I use a slicer)
- Salt and freshly ground black pepper (I used about 1/2 tsp total)
- 6 very thin slices of Swiss cheese
- Some grated Parmesan cheese

In a saucepan, heat up the cream with butter, thyme, garlic and shallot. When cream is warm, remove garlic.

Butter the casserole dish. Place a layer of potato in an overlapping pattern and season with salt and pepper. Then pour a few tablespoons of the cream over the potatoes. Top with Swiss cheese. Make 2-3 more layers. Add Parmesan to the top layer instead of the Swiss cheese.

Bake, uncovered, for 45-60 minutes at 325 until the potatoes are soft.

Variation:

If you make a light Béchamel sauce (1 cup milk, 1 Tbs. butter and 1Tbs flour) then add the seasonings and cheese to that, you significantly reduce the richness.

Creamed (Or un-creamed) Spinach

Ingredients: (This is for two servings. Increase accordingly)

- 1 lb. young spinach leaves, Stems removed and washed
- 2 Tbs. minced onion
- 1/2 clove garlic minced
- 1 Tbs. butter
- 1/4 cup cream (You can omit and have un-creamed spinach)

Wash the spinach, cook in a pot for 8 minutes with only the water that clings to the leaves. Then drain and chop the spinach.

Cook the onion and garlic in butter in a shallow pan over low heat until softened.

Add the spinach and reheat over low heat. Add the cream, cook for a minute and serve.

Spinach and Cheese Quiche

Ingredients:

- 1 9-inch deep dish frozen pie crust, thawed.
- 1 10-ounce package frozen spinach, thawed.
- 1 tablespoon butter
- 1 large minced shallot
- 1 minced garlic clove
- 4 eggs
- 1-1/4 cups milk, or mixed 50% with heavy cream
- 1/2 teaspoon salt
- 4 oz grated Swiss or Gruyere cheese

Saute onion in butter over medium heat until softened, add garlic and cook for 30 seconds or so (do not burn). Add spinach and cook until warm. Add salt to taste, then let cool.

Beat the eggs, add the milk and salt and set aside.

Squeeze water out of spinach. Toss with the cheese and arrange in the pie shell.

Pour egg mixture over the spinach.

Bake in preheated 350 oven until just beginning to brown, about 45 minutes. Cool 10 minutes before cutting.

Cheap Tricks

Re-Roasted Turkey

We like roast turkey more than leftovers. I found that you can freeze a cooked turkey breast, and successfully "re-roast" it as follows. Thaw it in the refrigerator. Place it in a microwavable casserole dish. Add 1/2 can of chicken broth. Add a sliced onion if you like. Cover and heat until hot basting every minute or so. Add more of the broth if you need to. You can make a light gravy out of the liquid with a bit of flour and water.

Roasting Chicken

Stuffing a (small) chicken is a waste of time. However, always place some cut-up carrots, onion and celery inside the cavity. (Cook these a bit with some sage and thyme if you can.) Aside from flavoring the meat, this seems to help tenderize it. Also, 2 frying chickens are typically more tender and tasty than the larger "roasting" chickens. They're also cheaper and will cook faster.

Chicken/Beef Stock

Stock can be frozen in ice cube trays then separated and stored in Ziploc bags until needed in small quantities. Veal stock = 1/2 chicken + 1/2 Beef.

Quick Tomato Sauce.

I've tried the traditional slow simmered tomato sauces, but prefer the following "quick" method as a way of using excess summer tomatoes. Sauté diced onion in a generous amount of olive oil. Add peeled (optional) chopped tomatoes. Cook for about 15 minutes until the tomato breaks down. Add any spices you care to taste. I suggest salt, pepper, basil and garlic, sugar if overly tart. Cook for another 5 minutes and it's done.

Quick Tarter Sauce.

If I buy this, it goes bad before I finish it, so I make my own as needed. Finely slice about 1 inch of seedless cucumber (or remove the seeds from a regular cuke). Place in a cup and cover with 1/2 vinegar and 1/2 water. Add some salt and let sit 5 minutes. Drain and chop fine, then dry between a paper towel. Add 2 Tbs mayonnaise and fresh dill or dill weed to taste.

Mom's Pierogy

These are simple, a lot of hard work (if you don't have a food processor for the dough!) but worth the effort at least a few times a year.

Ingredients for dough:

- 2 cups flour
- 2 eggs
- ½ tsp. salt
- A few tsp. warm water

Ingredients for filling: (normally potato but others are traditional):

- Mashed potatoes (3 large). Should be made fairly dry.
- Salt & pepper to taste. I use extra pepper in Pierogy
- 1/4 cup Parmesan cheese (optional)
- Sautéed onion (optional)
- OR
- 1 lb. rinsed sour kraut
- OR
- 1 lb. pot (farmers) cheeses
- 2 egg yolks
- 1 tsp. butter

Prepare dough by combining ingredients and kneading until you have a soft dough. (Preferably in a food processor until the dough forms a ball). Dough should stand for 10 minutes before rolling to provide the right “chewy-ness”. (Longer will develop a skin)

Work with 1/2 the dough at a time. Roll out until thin (about 18” circle). Cut into 4 ½ ” circles. (The correct thickness will yield about 26 4½” circles.) Place 1 rounded Tbsp. filling into each circle. Wet edges, fold and seal with fingers.

Place pierogi in salted boiling water until they float to surface (5 minutes). Serve with melted butter.

A variation is to serve sautéed with butter and minced onion.

Mom's Stuffed Cabbage

While I don't really enjoy cabbage rolls, its good to have them around holidays for their ethnic flavor. (By the way, they don't like me either!) Below is Mom and Dad's original recipe. I've asterisked the changes I make to make this a bit more interesting. I'm still experimenting somewhat. (Maybe some sour cream in the sauce)

Ingredients:

- 2 Green cabbages
- 1 can sour kraut rinsed and drained (*I prefer the stuff in plastic bags)
- 1 lb. ground Pork, 1 lb. ground Beef (or veal). (Meatloaf mix if available)
- 1cup par boiled rice (*I prefer Jasmine or "success" rice)
- 1 large chopped onion
- 1 tbs. butter
- 1 tsp. paprika (*I add 1 tsp. Worcestershire sauce and some Mrs. Dash)
- 1 egg
- 1 can tomato soup (*I prefer canned crushed tomatoes instead)
- A couple of strips of bacon (optional, I've never user)
- Salt and pepper.

Steam the cabbage, and as leaves soften, pull off. Cut heavy stem from leaf. If necessary, steam the leaves until soft.

Sauté the onion in butter and add the paprika after the onion has become soft.

Mix the sautéed onion, meat, rice and egg. Season with salt (1 tsp./lb.) and pepper to taste. I add 2 Tbs. of the crushed tomatoes in as well.

Selecting the most tender cabbage leaves, add 2 tbs. of meat to each leave and roll from the thin edge to stem edge sealing the ends by pushing the leaves in. (Do not make them too large.)

Place a layer of cabbage leaves and sour kraut on the bottom of a large pot. Place in a layer of cabbage rolls tightly packed and cover with cabbage leaves and sour kraut. Continue until all rolls are in the pot. Add the tomato soup and enough water to cover. Add salt to the sauce to taste. (If crushed tomatoes are used, you might also want a bit of sugar. The Sauce should be tart.) If desired, add bacon on top to season. Simmer for at least 45 minutes. (I've cooked these all afternoon in a casserole in a low oven.)

Mom's Potato Pancakes

Like most polish food, this is a fair amount of work and probably not very good for you but...

Ingredients:

3 large potatoes, grated medium and drained*.
1 med onion, also grated (grating this first will make cleanup easier)
1/2 tsp. Baking powder
2 Tbs. Flour or less
salt/pepper to taste. (1/4 tsp each is about right)

In preparing the potatoes, drain them in a sieve- They don't need to be bone dry, just remove the excess water. *I found draining them is unnecessary. If you do not drain them, they come out thinner and lighter, but wanted to save the way Dad recalls.

Mix ingredients, adding flour until it becomes the consistency of pancake batter.

Heat 1/4 inch of vegetable oil in a heavy fry pan until **very** hot. Pour batter and flatten with a spoon to make 4" pancakes (Smaller is easier to cook evenly). Turn over when well browned. 2 or so minutes. Drain on paper towels. Serve with butter and applesauce.

Mom's Noodles and Eggs

Ingredients:

8 ounces Thin, Broad Egg Noodles (Pennsylvania Dutch, or Manischewitz.)
4 Eggs
Salt/Pepper
4 tbs. Butter
a couple of slices of Virginia baked Ham (optional)

Cook Noodles in salted water. Beat eggs and add salt/pepper to taste. I use about ¼ teaspoon salt and 1/8 teaspoon pepper.

Melt 2 Tbs. butter in a skillet and add the noodles, eggs and remaining butter. Cook until done. Add additional Salt/Pepper if needed.

I found that adding julienned Ham slices to this adds a lot of taste.

Mom's Fried Pancakes

This is great tasting, but a real mess! Make sure you have the range fan on, and open a window a crack. I still haven't got it right, but here goes.

Make a pancake batter consisting of...

Mom's recollection.

2 cups flour
2 eggs
1 ½ cup milk
1 tsp. Baking Powder
½ tsp. Salt

I tried numerous variations and found the following works best. They are not as flat as I remember, but just as good. The Baking powder makes them “donut like and they don’t cook in the middle.

(Makes about 15 - 3” pancakes)

1 cups flour
1 egg
1 ¼ - ½ cups Milk
¼ tsp. salt
½ tsp. sugar
Powdered sugar

Heat 1/2 inch of oil in a frying pan. (4 on my electric range which goes to 7). The temperature is very important. Too hot ant they will not cook inside, or they disintegrate. Too cold and they are overly greasy.

Drop (soup) ladles of the mixture into hot oil. Turn as necessary and fry until done on both sides. Depending on oil temperature, about 30 seconds/side. Remove to paper towels and cover with powered sugar.

Karen's Roast Beef Strips

Someday, Karen will have her own section in this book, for now I'm placing this in Mom's section.

Ingredients:

Leftover Roast Beef Cut in 1 inch Strips
Onions
Mushrooms
Bacon.

Mix the ingredients and heat in an oven until Hot. Mom loved it.

Aunt Lottie's Lasagne

I don't have her recipe, only the memory. After numerous attempts, this is as close as I can get to Aunt Lottie's. Her noodles were slightly overcooked and perhaps a bit thicker than what what's sold commercially (I've tried making my own, but can't do better than Ronzoni). The Ricotta was dominant and quite dry. Her sauce was thin and I'm sure home made. There wasn't too much sauce either. I can't remember any meat taste.

This is a simple recipe all about the ingredients, and a bit of technique. Brands matter in this, so I have highlighted what I use.

Ingredients for 3 layer (4 layers of noodle) in a 8x8 casserole:

- 8 pieces of **Ronzoni** Lasagne noodle
- 16 ounces whole milk **Sorrento** Ricotta
- 8+ ounces **Fresh Belgioioso** Mozzarella (Fresh is important. 12 ounces is ideal. There is a local New Hampshire cheese I prefer)
- 4 ounces grated Parmesan or Romano cheese. (Hannaford Romano is fine)
- 1 egg
- 1/8 tsp salt
- ¼ cup fresh herbs (Optional but makes a big difference. Mostly parsley, a little oregano, and a sprig or two of thyme. Thyme is the most important.)
- 16 ounces **Ragu** traditional spaghetti (3/4 bottle) sauce.

Cook the noodles in salted water to package directions, about 10 minutes. Drain and pat dry. Slice the Mozzarella cheese.

Reserve about ¼ of the Romano cheese and add the remainder with the egg, salt and herbs to the Ricotta cheese.

There will be three layers total, (4 layers of noodles). So divide the Ricotta mixture and Mozzarella by roughly 3.

Start with a small amount of sauce, then add the first layer of Noodle (cut the noodles 2/3 to fit the pan). Then add Ricotta, Mozzarella and sauce, followed by noodles until you have 3 complete layers. Top off with a small amount of sauce and the reserved Romano cheese.

At this point, you can refrigerate prior to cooking. Overnight is best.

Bake at 350 covered for 1 hour, remove the cover and bake for another 15 minutes at 250.
Can sit in a warm oven for an hour or so. Let sit for 15 minutes before serving.

Under Construction

Chile

Ingredients:

- 1 lb. ground beef
- 1 16 ounce can of crushed tomatoes
- 1 16 ounce can of black beans, drained and rinsed.
- 1 8 ounce can of tomatoe sauce
- 1 chopped onion
- ½ green pepper minced.
- 1-2 Tbs honey if needed
- seasonings: (Mixes often also include Mexican oregano and paprika, but too much salt and cumin)
 - ½ teaspoon salt
 - 1-2 Tablespoons chile powder
 - ½ teaspoon red hot pepper- less if using cayenne.
 - ½ teaspoon cumin

Saute the onion in a heavy bottom pot. Add the meat to brown, then drain any excess fat. Add seasonings and green pepper and cook for 5 minutes. Add tomatoes and sauce. Simmer for 45 minutes. Taste and adjust seasonings, including honey, as needed.

Add drained beans. Heat for 10 minutes. Serve with bread, crackers, jack cheese and chopped green onion as guarnishes on a bed of chopped lettuce.

Chicken Cacciatore

Ingredients:

- 4 chicken thighs with skin removed
- 1 onion, halved and sliced.
- ½ red pepper cut in 1 inch strips
- ¼ tsp oregano, ¼ tsp thyme, ¼ tsp sage
- ¼ cup balsamic vinegar
- 2 cups diced or crushed tomato (1 can)
- ¼ tsp salt & pepper to taste

Brown meat in a heavy bottom pan. Remove. Brown onion and peppers over medium heat in pan and then add all seasonings and vinegar. . Cook until vinegar smell is dissipated (5 minutes med-low heat). Add the chicken and Tomatoes, salt and pepper.

Cook at low simmer for one hour. Chicken should fall off bone. Serve over Linguini.

Oven Barbecued Pulled Pork

Ingredients:

- 1- 3 lb. boneless pork shoulder (I can't get small bone-in shoulders in ME)
- Dry rub of choice, mine is unmeasured, but approximately
 - 1 tsp Kosher salt
 - 3 tsp Paprika
 - 2 tsp Onion Powder
 - 1 tsp Garlic Powder
 - ½ tsp Chile Powder
 - ¼ tsp Dried Sage
 - ¼ tsp Dried Thyme
 - 1 tsp Brown Sugar

Good Barbecue sauce –Chipotle (smoked Jalapeno) and Habenero are my favorites

Wash pork and pat dry. Apply dry rub. Wrap Meat in double later of aluminum foil, then place in baking dish. Place in 200° oven for 10 Hours.

Remove foil and trim off any fat. Then shred meat with two large forks. Add barbecue sauce to taste.

Egg Foo Young

Ingredients:

- 3 Extra large or 4 large eggs. Beaten until thickened (2-3 minutes)
- 1 ½ Cup Bean sprouts
- 4 Green onions chopped
- Can also add fine diced onion, mushroom, red or green peppers, etc .

Sauce:

- 1 Tbs. Soy sauce
- ½ Tbs. Corn starch
- ½ Tbs. Sugar
- ½ cup Chicken Broth
- 1 tsp. Hoysen sauce (if available)

Basically, this is a Chinese omelet served with a sauce.

Make sauce first. Cook ingredients mixing until thickened.

In a non-stick skillet, sautee the vegetables in oil until they begin to soften. Add the eggs and shake the pan. After the bottom is lightly brown and the omelet is firm, cut and flip to brown the second side. Server with the sauce poured over.

Thai Chicken Basil

Thai basil is nothing like the Italian variety. It is peppery hot with a minty fragrance. It is available in Asian markets. The following recipe is relatively mild (I like it hot, the kids don't) and made with dark meat which I prefer.

If I were making for myself, I'd triple the Thai chilies, and add 1 half tsp. of Sambal (Ground Thai chili condiment) at the end

Ingredients:

- 1 lb. Boneless chicken thighs, trimmed and cut into bite size pieces
- 3 Tbs. Peanut oil.
- 3 Tbs. good (Yamasa, hard to find) soy sauce.
- 3 cloves garlic, minced.
- 4 Scallions chopped
- 1 Thai chilies sliced fine. (Thin red small and very hot)
- ½ cup Red and yellow bell peppers chopped bite size
- 1 cup packed Thai basil
- ½ tsp. Hoisin sauce.

Marinate the cut chicken in soy sauce for 30 minutes. Prep all the vegetables in advance. This is stir-fried and only takes 10 minutes.

Heat a stainless steel pan (a wok would be nice) until hot.

- Add the oil wait 10 seconds
- Add the Garlic. Stir for 10 seconds
- Add the Chicken, Stir occasionally for 3-5 minutes (should be mostly cooked)
- Add the chilies, and bell peppers. Stir for 1 minute
- Add the basil, onion and Hoisin sauce Stir for 1 minute

Serve over Jasmine rice.

Thai Chicken Curry

I make this occasionally, It's pretty basic, but I wanted to capture some things that help it come out better

Ingredients:

- 1 lb. Chicken breast, sliced thin (leftover is OK, but it changes the method some)
- 1 can Coconut milk. Aroy-D or "first pressing" is thicker. Mix before use.
- 2 carrots sliced thin and blanched for a minute or so.
- A large handful of snow peas, sliced in half if too large.
- If you can get it, about a dozen or so Thai basil leaves.
- If you have any, a large handful of (mung) bean sprouts
- 1 +/- Tbs. sugar
- A couple of tablespoons of vegetable oil.
- Thai Chili paste..

Thai Chile paste.. I have tried several brands and they can be significantly different. You can use red or green, choo chi or other varieties. I think Green is traditional with chicken, but red is less spicy, and I like choo chi, which is often used with sea food rather than chicken. As for the brand, *Thai kitchen* is available in supermarkets here. It has very little flavor, so you tend to use a lot more- but even then, you get heat before flavor. The *Maesri* brand from Thailand is available here in Chinese markets in 4 ounce cans. It is much more flavorful. Finally the amount you use depends on how much flavor/heat you like and the brand/type (1 Tbs of red or 3 choo chi using Maesri), so start with a smaller amount and add more during cooking if needed. Also, If some in your family prefer a hotter dish, you can reserve some coconut milk and dissolve extra chili paste in that to serve on their plates.

As for preparation.. Heat the oil then add about 3 teaspoons of Maesri red chili paste (see above). Heat until sizzling. If using raw chicken, sauté it lightly now in the same pan, coating with the paste. When the exterior is just cooked, add about ½ the coconut milk.

If using leftover chicken, add the coconut milk and cook for a minute or so, then add the chicken. Proceed as follows.

Add half the sugar, mix and taste. Add more sugar and or chili paste and coconut milk to achieve the desired heat and balance (Thai food is all about balance). Then add the carrots and snow peas, cooking for one minute. Add the bean sprouts, cover and remove from the heat and let sit for one minute. Serve over jasmine rice.

Cold Sesame Noodles

We always got these at our local restaurant, then their recipe changed for the worse. So, I am trying to recreate the better version. The below is the result of a few attempts, but it not there yet. The sauce was too thick and not "peanuty" enough. Perhaps I need to add more peanut butter or use a different sesame paste for the peanut taste. Since the noodle is cold, I can only think to add more water to thin the dressing, but that will dilute the taste.

Ingredients:

1/2 lb. Fresh Chinese lo mein noodles, cooked 3 minutes, then placed in a colander submerged in ice water to cool.

The Dressing. Mix..

1 1/2 Tbs. Sesame paste.
1 1/2 Tbs. Smooth peanut butter
2 Tbs. water
1/4 tsp salt
A small splash of Sesame oil (optional)

1/4 cup shredded lettuce
diced pickled banana peppers

Mix all the above together, and serve immediately or refrigerate.

Vegitable Lo Mein

This is what I do with the other 1/2 lb of Noodles. You can add sautéed chicken, pork, or beef if you like. If you don't like bok choy, use pea pods, etc.

Ingredients:

1/2 lb. Fresh Chinese lo mein noodles
4-6 baby bok choy cut in quarters. Cut off the green tops to use separately
1 large carrot sliced thin
4 sliced green onions (separate white and green parts)
2 Tbs Soy sauce
2 Tbs Teriyaki sauce
1 Tbs Brown sugar mixed
1/2 tsp sesame oil (optional)

Cook the noodle 4 minutes and drain. Mix with sesame oil if you have it. Mix the sugar,,soy and teriyaki sauces and set aside.

Saute the bok choy bottoms and carrots in vegetable oil for a minute, add the white part of the onion and sauté for another minute. Add the noodle, sauce mixture, and remaining vegetables and sauté for another 2 minutes or so.