

Family Favorites

Favorite Family Recipes from around the World

Barbara Mierau-Klein and Shilpa Patel



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We wrote this book for our children – Christoph, Divya and Stefan – so that they may recreate the foods they grew up with and that they ask for when they come home. The recipes here borrow from many cultures, but they all have one thing in common: they are family favorites that grace our table time and time again. We hope they inspire our children to create their own culinary traditions, and may they find the same pleasure in cooking as we do!

Shilpa

Barbara

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APPETIZERS AND STARTERS



Roasted Red Peppers

serves 6

Time: 60 min prep; 30 min resting

Ingredients:

3 red peppers
2 Tbsp capers
1 clove garlic, minced
2 Tbsp olive oil
1 lemon, juice only
1 tsp red wine vinegar
salt and pepper to taste

Directions:

1. Char red peppers on a gas flame or charcoal/gas grill on all sides until skin is burnt and blistered. Alternatively, place in a baking dish and roast in the oven at 400° F for 45 minutes, turning once or twice to expose all surfaces to the heat.
2. Allow peppers to cool, then remove skin. If charred on a flame or on the grill, the skin may have to be rubbed off with the blade of a dull knife. If roasted in an oven, the skin should peel off easily.
3. Remove seeds and any white membrane from the peppers, and cut into inch-wide slices along the full length of the pepper.
4. Arrange in a pretty pattern on the serving plate, and sprinkle with capers.
5. To make dressing, place the minced garlic in a small jar, and add lemon juice, red wine vinegar, salt and pepper. Shake jar well to combine.
6. Pour dressing over the peppers, making sure that it seeps down through all layers.
7. Let rest for 30 minutes before serving to allow flavors to meld.



Beet, Orange and Feta Salad

4 servings

Time: 10 min prep

Ingredients:

1 orange
5 ozs arugula
1 large or 2 small beets, cooked, peeled and cut into cubes
4 ozs feta cheese, cut into small cubes
2 Tbsp dried cranberries

Dressing:

2 Tbsp olive oil
1 tsp crushed pink peppercorn
1 tsp sherry (or red wine) vinegar
1 Tbsp honey
1 clove garlic, minced
salt and pepper to taste

Directions:

1. Zest about 1 tsp of orange peel (a microplane grater works well) and reserve.
2. Carefully remove all peel and pith of the orange. Remove half moon segments by cutting just behind the thin separating membranes. Reserve segments and juice.
3. Combine dressing ingredients in a small jar. Add reserved orange zest and 1 tablespoon juice. Shake vigorously and check for seasoning. (You will likely have more dressing than you need)
4. Just before serving, add about 2 Tbsp of the dressing to the arugula, or more to taste.
5. Apportion the arugula in salad plates, and distribute the beets, orange segments, feta cubes and dried cranberries on top. Drizzle with a little dressing.



Cheese and Onion Toasts

serves 4

Time: 10 min prep; 35 min cooking

Ingredients:

1 large onion, thinly sliced
2 Tbsp butter
1 tsp sugar
2 Tbsp water
salt and pepper to taste
12 ½ inch thick baguette slices
½ cup grated cheddar

Directions:

1. In a large non-stick frying pan, heat butter over medium heat and add sliced onions. Add sugar and salt to taste.
2. Cook, stirring from time to time.
3. After about 20 minutes, when onion is beginning to brown, add water and mix well. Continue to cook for 10 minutes or so until onion is caramelized.
4. Reduce heat if onion is browning too quickly - the onion needs to be completely softened and cooked to an even dark brown.
5. Lightly toast the sliced bread.
6. Spread onion in an even layer on the toasts and sprinkle with cheese.
7. Broil to melt cheese just prior to serving.



Provençale Olive Tart

serves 8

Time: 30 min prep; 15-20 min baking

Ingredients:

1 Tbsp olive oil, plus extra for brushing
1 medium onion, chopped
1 lb ground beef
4 medium tomatoes, cut into 1" chunks
1 tsp thyme
1 tsp marjoram
1 ½ tsp paprika, divided
1 tsp mustard
1 ready made pizza shell
½ tsp oregano
15-20 pimento stuffed green olives

Directions:

1. Preheat oven to 375° F.
2. Heat olive oil in a frying pan. Add onions and brown. Add beef and brown, stirring to break up lumps. Add tomatoes and mix well.
3. Add thyme, marjoram, 1 tsp paprika and mustard. Stir and cook until beef is cooked through and most liquid has evaporated.
4. Place pizza shell on a baking tray and brush with some olive oil. Spread beef mixture on top. Sprinkle with oregano and remaining paprika. Place olives on top.
5. Bake for 15-20 minutes until pizza shell is lightly browned and cooked through.



Zucchini Fritters with Salmon

serves 4

Time: 15 min prep; 30 min resting; 20 min cooking

Ingredients:

1 large or 3 small zucchini, coarsely grated
(around 2 ½ cups)
1 large red or yellow potato, coarsely grated
(scant 1 cup)
½ cup finely chopped onion
2 cloves garlic, minced
½ cup all-purpose flour
½ cup panko bread crumbs
1 egg
3 Tbsp oil
1 tsp salt plus to taste
pepper to taste
8 large or 16 small slices smoked salmon
½ cup sour cream
½ cup chopped dill

Directions:

1. Place grated zucchini in a colander and sprinkle with 1 tsp salt. Set aside for 30 minutes. Squeeze out as much liquid as possible and place in a mixing bowl.
2. Add grated potato to the zucchini with the onion and garlic.
3. Add flour and egg and mix well to form a thick batter.
4. Add salt and pepper to taste.
5. Add panko and mix to incorporate.
6. Heat 1 Tbsp oil in a large, non-stick frying pan on high heat until very hot.
7. Place around ½ cup batter into the pan and flatten into a round disk about ½ inch thick. Repeat with as many fritters as fit in the pan. Do not crowd the pan. Turn heat to medium.
8. Cook until well set and golden, about 5 minutes, then turn and cook the other side for 3-4 minutes. You may need to modulate the heat if the fritter is browning too quickly. You may also need to add a little oil.
9. Repeat with remaining batter, adding fresh oil to the pan as needed. You should have 8 fritters.
10. Mix dill with sour cream.
11. To serve, spread the fritter with a tablespoon of dilled sour cream, and top with a slice or two of salmon.



Fish Gratin

serves 6-8

Time: 30 min prep; 5 min broiling

Ingredients:

1 lb cod fish
1 cup water
1 medium shallot, diced
1 bay leaf
salt and pepper to taste
3 Tbsp butter or margarine
2 Tbsp all-purpose flour
cup milk
1 cup grated Cheddar cheese
2 Tbsp Panko bread crumbs

Optional: $\frac{3}{4}$ cup sliced mushrooms or 1 handful of small cooked shrimp

Note: Fish and cheese sauce can be prepared one day ahead. To ready the dish just microwave the flaked fish and re-heat the cheese sauce, and assemble as above.

Directions:

1. Add first five ingredients to a casserole. Bring to boil, then lower the heat, cover and simmer for about 15 min, until codfish is done. If using mushrooms add right away. If using shrimp add at the end just to warm.
2. With a slotted spoon lift all solids from the liquid into a separate dish. Discard the bay leaf. Set the liquid aside.
3. Flake the fish with a fork and distribute across 6-8 small ovenproof dishes, e.g. mini quiche dishes. Set aside and cover with aluminum foil to keep warm.
4. Pre-heat the broiler to medium.
5. Melt the butter in a small saucepan. Sprinkle in the flour and stir over low heat for 2-3 minutes until straw colored. Gradually stir in some of the fish liquid, whisking vigorously while heating until smooth. Gradually stir in the milk the same way until sauce reaches the desired consistency. Add a good half of the grated cheese and whisk vigorously until melted and smooth. If the sauce is too thick at this stage, add some more fish liquid or milk. Season to taste.
6. Spoon the cheese sauce evenly over the fish in each dish.
7. Sprinkle the remaining cheese mixed with Panko bread crumbs over each dish.
8. Broil until golden brown and serve at once.



Date-Walnut-Brie Crostinis

serves 6-8

Time: 8 min prep; 10 min cooking and assembly

Ingredients:

- 1 medium baguette cut into 24 slices (about ½ inch thick)
- 2 Tbsp extra virgin olive oil
- ½ cup toasted, coarsely chopped walnuts
- ½ cup Medjool dates (6-8), pitted and coarsely chopped
- 1 Tbsp honey
- 1 Tbsp balsamic vinegar
- 6 oz brie, sliced into 24 pieces

Directions:

1. Preheat oven to 400° F.
2. Set baguette slices on a large baking sheet covered with aluminum foil, lightly brush with olive oil on both sides, lightly sprinkle with salt on one side, bake until just brown and crisp (about 8 min).
3. Meanwhile in a medium bowl toss walnuts , dates, honey and balsamic vinegar.
4. When toasts are ready and still warm, spread each with a slice of brie, then top with date and nut mixture.
5. Serve immediately.



Cheese Tart

serves 6-8

Time: 20 min prep; 1 hour soaking; 45 min cooking

Ingredients:

3-4 cups stale bread, cut into small pieces
2 cups milk
1 ½ cup assorted cheese, cut into small dice (a combination of blue and cheddar works well, but you can use any leftover cheese)
2 eggs
½ tsp grated nutmeg
pepper to taste
butter for greasing quiche pan

Directions:

1. Preheat oven to 350° F
2. Soak bread pieces in milk for 60 minutes to soften. Squeeze out milk before using. Reserve milk.
3. Butter a quiche pan and scatter squeezed bread pieces in it.
4. Scatter diced cheese on the bread and combine.
5. Add eggs, nutmeg and pepper to reserved milk, beat well.
6. Pour milk mixture on the bread and cheese and bake for 45 minutes or until puffed and golden.
7. Mop up any released fat from the top of the tart before serving.

Note: This recipe is a great way to use up leftover cheese and stale bread. Make sure to use blue cheese – it mellows upon cooking and adds a definite zest to the dish. Serve with Red Pepper-Habanero jelly, fruit chutney or fig jam, and some assertive raw greens.



Asparagus Salad

serves 4

Time: 15 min prep; 20 min cooking

Ingredients:

8 spears white asparagus, trimmed
12 spears green asparagus, trimmed
2 radishes
1 lemon, zest grated and juiced
3 Tbsp olive oil
1 clove garlic, minced
salt and pepper

Directions:

1. Steam white asparagus until crisp-tender. Depending on how large the stalks are, this can take anywhere from 8-15 minutes. Leave aside to cool.
2. Soak minced garlic in 1 Tbsp of olive oil.
3. Soak lemon zest in remaining 2 Tbsp of oil.
4. Grill 8 green asparagus spears, basting with the garlic-infused olive oil. Keep aside.
5. Using a vegetable peeler, finely shave thin strips from remaining green asparagus spears. Soak in cold water.
6. Using the vegetable peeler, make thin shavings from the radishes. Soak in cold water.
7. When ready to serve, drain and squeeze out any water from soaked asparagus and radish.
8. To assemble salad: place 2 white asparagus spears in plate, with 2 grilled asparagus spears. Arrange some of the shaved asparagus and radish on top. Drizzle with lemon juice, lemon-infused olive oil, salt and pepper.



Salmon Avocado Tartar

serves 2

Time: 15 min prep

Ingredients:

6 oz sushi-grade salmon filet
1 Tbsp soy sauce or to taste
1 tsp wasabi paste
1 medium-ripe avocado
½ lemon, juiced
salt and pepper
optional: 2 Tbsp tobiko (preferably wasabi-flavored)
optional: 2 Tbsp salmon roe

optional: 4" or 5" ring mold

Directions:

1. Cut salmon into small dice, add soy sauce, wasabi paste and tobiko (if using) and mix well. Check for seasoning and add additional soy sauce if needed. Set aside.
2. Cut avocado into small dice, immediately add lemon juice to stop discoloration, and season to taste with salt and pepper.
3. To serve, mound the avocado mixture into a flat disk on a serving plate, and top with the salmon mixture, followed by the salmon roe (if using).
4. Optionally, use a ring mold to make individual towers of avocado and salmon directly in the serving plate.



Divya's Quiche

serves 6-8

Time: 20 min prep; 45 minutes cooking

Ingredients:

8 ozs frozen spinach
Pie pastry for 9" pan (home-made or store-bought)
1 cup grated cheddar cheese
6 ozs cooked ham, chopped
2 cups whole milk (for a richer texture, use a combination of milk and cream)
3 eggs
½ tsp nutmeg, grated
salt and pepper

Directions:

1. Heat oven to 350 F.
2. Cook spinach: microwave for 6 minutes on high. Cool and press out all excess liquid. Break off small clumps and spread across bottom of pastry.
3. Grease a 9" pie or quiche pan and line with pastry. Turn excess pastry over to make a fluted edge.
4. Spread grated cheese across bottom of pastry.
5. Spread chopped ham across bottom of pastry.
6. Scald milk or milk/cream combination.
7. Beat eggs until frothy. Add salt and pepper to taste together with grated nutmeg.
8. Combine eggs and milk and pour into quiche pan.
9. Cook for about 45 minutes, until egg mixture has set and edges of pastry are nicely browned. If pastry is browning too quickly, cover pastry edges with foil.

Note: The recipe is quite forgiving – you can vary the proportions of cheese, ham and spinach to your taste. However, please bear in mind that the spinach will continue to release moisture as it cooks, so if you use too much of it, you may end up with a watery quiche. Blind-baking the pastry will result in a crisper crust.



Sweet Potato Cream Soup

serves 6-8

Time: 30 min prep; 40 minutes baking; 20 min cooking

Ingredients:

2 large sweet potatoes
2 large baking potatoes
Salt and pepper to taste
Chicken or vegetable bouillon paste
2 Tbsp olive oil
2 large shallots, sliced
1 clove garlic, chopped
Optional: cayenne pepper
Optional: cream

Directions:

1. Place sweet potatoes on a baking tray in a 375° F oven for about forty minutes. They will caramelize a little which adds a nice flavor. Check for doneness with a fork.
2. Peel and cut baking potatoes (or any soft boiling type of potato, usually yellow) into 1" cubes. Put in a pot, just cover with water and add 1 tsp salt. Cover, bring to a boil, then simmer on low for about 15-20 minutes until done.
3. Cut open the sweet potatoes, remove the flesh and add to the pot with the potatoes.
4. Heat olive oil in a shallow frying pan. Add shallots and fry until translucent. Add garlic and fry for 1-2 minutes. Add contents to the pot.
5. Use an immersion blender or a regular blender to puree. You may need to add either water or milk to achieve the desired consistency.
6. Adjust seasoning to taste with salt, pepper and bouillon paste. Reheat.
7. Add some cream if desired.
8. To serve, ladle the soup into a soup bowl. Pour one teaspoon of cream in center of bowl, and swirl around. Add a sprig of parsley or cilantro and sprinkle with a little cayenne pepper.

Note: This is a base recipe for any type of creamy vegetable soup. You can use pumpkin, celery root, cauliflower etc. The potatoes help to tone down the strong flavors of some vegetables (sweet potatoes and pumpkin by themselves can be too sweet, or cauliflower may taste too much like cabbage for some). At the same time they help to thicken the soup.





MAIN COURSES



Zucchini "Pasta"

serves 4

Time: 15 min prep; 20 min cooking

Ingredients:

2 medium zucchini
2 medium tomatoes, chopped in medium dice
½ medium or 1 small yellow onion, chopped in fine dice
2 cloves garlic, minced
2 Tbsp olive oil, divided
salt and pepper
3 Tbsp fresh basil, julienned
2 Tbsp parmesan cheese, grated
mandoline

Directions:

1. Using the narrow julienne blades, slice each zucchini along its length into long strands, taking care to stop before the seed core is reached. Turn the zucchini to its side and repeat. Repeat another two times. Discard the core. If you do not have a julienne blade, use the thin slicer blade to make flat ribbons, which you can stack and cut into julienne.
2. Heat a large frying pan, add 1 Tbsp olive oil to coat, and stir fry the zucchini strands on high heat to soften, about 5-8 minutes. Remove to a bowl.
3. To the same pan, add remaining olive oil and heat on medium hot. When hot, add chopped onion and salt to taste. Fry onion for 5 minutes, until softened and beginning to color.
4. Add minced garlic, cook for 1-2 minutes.
5. Add chopped tomatoes and additional salt, cook on high heat to warm tomatoes through and release juices.
6. Add reserved zucchini to pan, mix well. Add pepper and adjust seasoning.
7. Sprinkle with basil and parmesan before serving in deep bowls.

Note: a spiralizer does not work as well as a mandoline, because it slices through some of the spongy core. The core releases a lot of liquid when cooked, and will make for a soupier dish.



Cioppino

serves 6-8

Time: 30 min prep; 3 ½ hours cooking

Ingredients:

1 2-3 lb whole white, firm-fleshed fish, filleted,
with head and scraps reserved
¾ lb large scallops
1 lb large shrimp with shells
2 squid, cleaned
2 lbs large mussels
2 Tbsp olive oil
3 cups medium-diced onion (1 large)
3 cups medium-diced fennel bulb
fennel fronds reserved and finely chopped
1 15 oz can diced tomatoes
4 Tbsp tomato paste
3 garlic cloves, finely minced
½ tsp saffron threads
salt and pepper

Directions:

1. Peel shrimp, saving shells.
2. Add shrimp shells and fish carcass to a large pan, add 6 cups water. Bring to a boil and simmer, covered, for 3 hours (makes 4 cups).
3. Strain fish broth and discard solids.
4. Scrub and debeard mussels. Cut fish into even-sized chunks. Cut squid into rings. Refrigerate all seafood until just prior to serving.
5. In a large pan, heat olive oil until shimmering; add onion and cook over medium heat until softened, about 6 minutes.
6. Add garlic and cook for 2 minutes.
7. Add fennel, canned tomatoes with liquid, tomato paste and saffron to pan.
8. Add 4 cups of the fish broth and bring to a boil. Season with salt and pepper. Simmer until fennel is cooked, about 10 minutes. Hold until ready to serve.
9. When ready to serve, bring cioppino base to a boil. Add mussels, cover and cook for 5 min. Add shrimp and squid, bring back to a boil and cook for 1 minute.
10. Add fish, boil and cook for 1 minute.
11. Add scallops and most of the reserved fennel fronds, bring back to a boil, cover and turn off heat.
12. Let poach for 5 minutes.
13. To serve, spoon a selection of seafood into each bowl (discard any unopened mussels) and garnish with a few fennel fronds.

Serve this dish with boiled new potatoes.



Black Bass with Orange Juice

serves 4

Time: 15 min prep; 8 min cooking

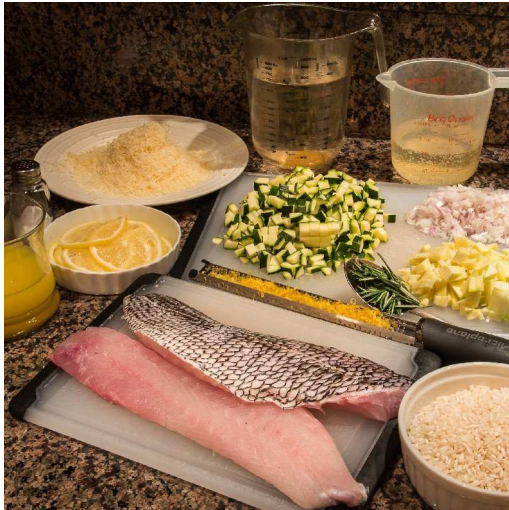
Ingredients:

- 2 Tbsp olive oil
- 4 4–5 oz black bass fillets, skin lightly scored
- Kosher salt and freshly ground black pepper
- 2 cloves garlic, thinly sliced
- 3 Tbsp black oil-cured olives, pitted and coarsely chopped
- 1 Tbsp fresh rosemary leaves
- ½ cup fresh orange juice

Directions:

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Season fish with salt and pepper and fry, skin side down, until skin is golden brown and crisp, about 5 minutes. Turn fish and add garlic, olives, and rosemary to skillet. Cook, stirring garlic, olives, and rosemary occasionally, until fish is opaque throughout, about 3 minutes.
3. Add orange juice to pan and swirl to combine.
4. Divide fish among plates and spoon warm juice over top.

Serve with roasted potatoes, rice or white beans





Indian Shrimps and Scallops

serves 4-6

Time: 10 min prep; 30 min cooking

Ingredients:

¾ lb large scallops
1 lb large shrimp with shells
1 can unsweetened coconut milk
2 Tbsp fresh ginger, coarsely chopped
1 jalapeño pepper, seeded and coarsely chopped
1 tsp saffron threads
1 Tbsp cornstarch, made into slurry with 2 Tbsp cold water
salt and pepper
2 Tbsp chopped cilantro

Directions:

1. Peel shrimp, saving shells.
2. Add shrimp shells, ginger, jalapeño and saffron to coconut milk, and bring to a boil in a medium saucepan. Simmer uncovered for 10 minutes.
3. Add shrimp and scallops, bring to a boil, cover saucepan and turn off heat. Let seafood poach for 10 minutes.
4. Remove shrimp and scallops from poaching liquid and keep aside.
5. Strain poaching liquid, pressing down on shells to extract all liquid.
6. Bring poaching liquid back to a boil.
7. Add cornstarch slurry to the liquid, a little at a time, stirring vigorously to avoid lumps.
8. When thickened to your preference, turn off heat. Sauce can keep until serving.
9. Before serving, warm up the sauce, add reserved shrimp and scallops and warm through.
10. Sprinkle with chopped cilantro.

Serve this dish with plain rice, or Confetti Rice.



Moroccan Lemon Chicken

serves 4-6

Time: 30 min prep; 1 hour cooking

Ingredients:

- 1 whole chicken, cut into 8 pieces, with bone but with skin and visible fat removed
- 2 medium onions, halved and sliced into thin slices
- 3 Tbsp olive oil
- 3 tsp ground ginger powder (not fresh ginger)
- scant 1 tsp saffron fronds
- 2 Preserved Lemons, flesh removed, peel sliced into thin julienne
- ½ cup olives (preferably green)
- salt and pepper to taste

Directions:

1. Pour olive oil into a pan large enough to hold the chicken with ease and add sliced onions.
2. Heat pan on medium high heat for 2 minutes, add ginger powder, saffron, salt and pepper. Mix well.
3. Add chicken pieces to the pan, mix to distribute ingredients.
4. Cover pan and cook on medium for around 10 minutes, stirring from time to time until chicken and onions begin to release juices.
5. Add preserved lemon peel and olives, cover and cook on low for 45-50 minutes. Stir from time to time to prevent sticking.





Olive Chicken

serves 6

Time: 40 min prep; 1 to 1 ½ hours cooking

Ingredients:

3 large chicken breasts with skin on (usually means bone in)
salt and pepper to taste
flour for dredging
2-3 Tbsp olive oil
3 celery sticks, chopped into small dice
1 cup baby carrots, chopped into small dice
1 tsp thyme
1 tsp rosemary
pinch oregano
½ cup dry white wine
½ cup oil cured olives
1 ¼ cup of chicken broth

Directions:

1. Preheat oven to 375° F.
2. Pat chicken breasts dry. Add pepper and salt on both sides. Pour some flour on a plate and dredge the chicken breasts in the flour. Shake off excess flour.
3. Heat oil on medium high in a large frying pan. Fry chicken breasts until nicely browned on both sides (about 4 minutes each side). Remove to a plate.
4. Add celery, carrots, herbs, pepper and salt to the frying pan and fry stirring for about 4 minutes
5. Add olives, wine and chicken (breast side down). Simmer for 4 minutes until wine is slightly reduced. Add chicken broth and bring to a boil.
6. Remove chicken into a medium ovenproof dish, breast side up. Pour liquid and vegetables into the dish, leaving the chicken breasts clear. You want the liquid to partly cover the chicken; leave about a third uncovered.
7. Bake for about 1 to 1 ½ hours. Remove bones before serving, and cut each breast in half per serving.



Moroccan Grilled Chicken

serves 4

Time: 10 min prep; 1-2 hours marination; 10 min cooking

Ingredients:

1 lb chicken tenders
½ cup fresh lemon juice
4 Tbsp olive oil
1-2 tsp ground ginger powder
4 cloves garlic, crushed
1 tsp ground allspice
¼ tsp cayenne pepper
2 tsp ground cumin
½ tsp paprika
¼ tsp cinnamon
1 tsp salt
1 tsp freshly ground pepper

Optional: paprika and Middle Eastern grill spice for sprinkling

Directions:

1. Pat chicken dry with paper towels and set aside.
2. Whisk all remaining ingredients together in a large bowl.
3. Pour marinade into a large ziplock bag. Add chicken, briefly massage in the marinade and refrigerate for 1-2 hours.
4. Make sure grill grates are clean and lightly oiled to prevent sticking. Preheat grill to 400° F.
5. Place chicken on grill for about 5 minutes on each side until grill marks become visible.
6. If desired, sprinkle some paprika and Middle Eastern grill spice on chicken just before grilling.



Cajun Chicken

serves 3-4

Time: 10 min prep; 20 min cooking

Ingredients:

1 lb chicken tenders
About 1 Tbsp Creole or Cajun seasoning
2 Tbsp olive oil
½ cup dry white wine

Directions:

1. Pat chicken tenders dry with paper towel and spread on a cutting board. Sprinkle with seasoning on both sides.
2. Heat olive oil in a frying pan with a lid.
3. Fry chicken tenders on both sides until lightly brown, 5-10 minutes.
4. Add enough wine to cover the bottom of the pan, cover and cook on medium low for about 10 min. Watch the liquid and add a little more if evaporated to prevent burning.
5. Remove chicken from pan and place on a serving dish. Add remaining wine to pan, bring to a quick boil and scrape brown bits from bottom. Sprinkle over chicken.



Turkey Kebabs

serves 4-6

Time: 15 min prep; 6 hours marinating; 20 min cooking

Ingredients:

1 lb ground turkey (85% lean)
½ cup quick-cooking, old-fashioned oats (not steel-cut)
1 small onion, finely chopped
1 Tbsp fresh ginger, grated
2 garlic cloves, minced
cup cilantro, chopped
1 jalapeno, finely minced (optional)
salt and pepper to taste
2 Tbsp olive oil

Directions:

1. Mix turkey, oats, onion, ginger, garlic, cilantro, and jalapeno together in a small bowl, adding salt and pepper to taste. Cover and refrigerate for several hours or overnight.
2. Form mixture into 8 or 12 even sized patties.
3. Heat frying pan on medium-high heat, and add 1-2 tablespoon of oil (depending on size of pan) to cover bottom of pan.
4. Add kebabs to the pan and press down with spatula to flatten. Do not crowd pan – if necessary, cook in additional batches. Cook on medium-high heat for 4 minutes, until a golden brown crust forms (turn down heat if the keba is browning too quickly).
5. Turn and cook the other side for 4 minutes.
6. Add another tablespoon of oil to the pan and cook the remaining kebabs, if needed.

Note: The oats add fiber and absorb juices, keeping the kebab moist. You can make smaller kebabs to serve as appetizers – the red pepper-habanero jelly goes very well with them.



Smoked Pork Chops

serves 4-6

Time: 20 min prep; 30 min baking

Ingredients:

8-12 smoked pork chops (2 packages)
3 onions, halved and sliced thin
1-2 Tbsp olive oil
salt and pepper to taste
Optional: ¼ tsp nutmeg
2-3 cups of heavy whipping cream
2 Tbsp honey
3 Tbsp Dijon mustard (grainy country style)

Directions:

1. Preheat oven to 375° F.
2. In a large frying pan, heat oil on medium high. Fry pork chops on both sides until slightly browned. Remove and arrange in an ovenproof dish overlapping slightly.
3. Add the onions to the frying pan and fry on medium until translucent. Add cream, honey, mustard and spices and bring to a boil. Season to taste (but go easy on the salt as the pork chops are already salty).
4. Pour sauce over the pork chops and bake in the oven for 30-45 minutes.



Braised Pork Loin with Thyme

serves 3-4

Time: 10 min prep; 30 min braising

Ingredients:

1 pork tenderloin
Salt and pepper to taste
1-2 Tbsp dried thyme
2-3 Tbsp olive oil
Sauce thickener

Directions:

1. Pat dry the meat, season with pepper and salt and sprinkle liberally with thyme.
2. Heat oil in shallow pot or pan with a lid to medium high.
3. Fry the meat on all sides to lightly brown.
4. Add enough hot water to cover the base of the pot.
5. Lower temperature to a simmer and cover the pot.
6. Every 10 minutes or so check that the liquid has not evaporated, add more if needed and cover again.
7. It is hard to tell when the tenderloin is done as the thickness of the meat varies, but count on about 30 minutes. You can try a meat thermometer to 160° F or cut into the meat to check.
8. When the meat is about ready, bring the liquid to a boil to brown the meat a little more, then remove it and cover with aluminum foil to rest for 5 minutes.
9. In the meantime add some more water to the cooking liquid to deglaze, bring to a boil, add sauce thickener and pepper and salt to taste.
10. Slice the meat and serve with the sauce.

Serve with new potatoes.



Rack of Lamb

serves 3-4

Time: 5 min prep; 6 hours marinating; 30 min cooking and resting

Ingredients:

- 1 rack of lamb, frenched
- 1 Tbsp garlic, crushed
- 2 tsp olive oil, divided
- 1 ½ tsp thyme
- 1 ½ tsp kosher salt
- 1 tsp freshly ground pepper

Directions:

1. Trim as much visible fat from lamb as you can while still maintaining a thin layer and the structural integrity of the rack.
2. Mix garlic with 1 tsp oil and dry seasonings, and rub all over the meat. Place rack in a ziplock bag and refrigerate for 6 hours or up to 1 day.
3. Remove from refrigerator 1 hour before cooking.
4. Preheat oven to 350° F.
5. Heat an oven-going skillet over high heat, add remaining oil. Brown rack on all sides to sear meat, about 5 minutes.
6. Place lamb in oven and cook for 15 minutes for rare, or longer based on preference.
7. Remove from oven, and let rest, loosely tented, for 10 minutes.
8. Cut into individual chops.

This dish goes well with Quinoa Pilaf, and Eggplant Bharta or Spinach with Pinenuts and Raisins.



Veal Fricasse and Bouillon

serves 8-10

Time: 30 min prep; 1 hour cooking (plus 4-6 hours if making stock)

Ingredients:

1 package beef marrow bones (about 6 1" pieces) if making stock
1 package soup vegetables (celery, carrots, onion, leek) if making stock
Salt and pepper to taste
Beef or vegetable bouillon paste (optional if using home-made stock)
3-4 lbs veal tenderloin
4-6 Tbsp flour
curry and seasoning salt to taste
Optional: sauce thickener

Directions:

1. To make stock: put marrow bones on a baking tray in 400° F oven for half an hour. Put roasted bones in 4 gallons of boiling water together with soup vegetables. Bring to a boil, then simmer for 4-6 hours on low. Remove vegetables and set aside, remove bones and discard. Pour liquid through a sieve. Add salt and pepper (and optionally bouillon paste) to taste. Once refrigerated, any fat will solidify on the top and can be removed. Stock can be prepared several days ahead. Bring to a boil before using.
 2. If not making stock: boil 4 gallons of water and add salt, pepper and bouillon paste to taste.
 3. Cut the veal tenderloin into fist sized chunks and add to the bouillon a few chunks at a time to not cool down the stock and keep it boiling. Boil meat for 40-60 minutes on low.
 4. Remove meat from the bouillon and cut into small pieces.
 5. Remove about half of the bouillon to serve as an appetizer.
 6. Thicken the remaining bouillon: in a mug stir the flour with cold water until smooth. Pour slowly into the bouillon while whisking vigorously to avoid clumping. You may need to add more flour or (if using) a readymade sauce thickener to achieve the desired consistency. As it is nearly impossible to thicken the bouillon without any clumps forming you can pour the entire liquid through a sieve at the end of the process. Season to taste with more salt and pepper, curry and seasoning salt, and bouillon paste if desired.
 7. If using, cut up saved soup vegetables and add to the thickened sauce.
 8. Add the meat back to the thickened sauce and reheat.
- Serve in puff pastry shells or over rice, with lemon wedges and Worcestershire sauce.



Beer Braised Beef Tenderloin

serves 6-8

Time: 30-40 min prep; 1 to 1 ½ hours cooking

Ingredients:

5-6 lbs beef tenderloin, trimmed and tied
salt and pepper to taste
3 Tbsp oil
2 onions, chopped into small dice
2 cups baby carrots
2 Tbsp tomato paste
3 bay leaves
1 Tbsp thyme
1 Tbsp marjoram
12 ozs black beer
16 prunes (from glass, ideally with liquid, just not dried)
sauce thickener

Directions:

1. Preheat oven to 375° F
2. Pat beef dry. Sprinkle with pepper and salt on both sides.
3. Heat oil on medium high in a large oven-proof roasting pan. Fry beef until nicely browned on all sides (about 4 minutes per side).
4. Add onion and carrots to the frying pan and cook while stirring for about 4 minutes.
5. Stir in tomato paste and herbs.
6. Add beer, prunes and about half a cup of the prune juice and bring to a boil.
7. Cover the roasting pan with a tight fitting lid and move to the oven.
8. Braise for about 1 to 1 ½ hours. Remove the meat to a cutting board, cover with aluminum foil and let rest for 5-8 minutes.
9. In the meantime move the pan to the range and boil while stirring to thicken. Try to keep carrots and prunes intact or remove to a plate. Thicken sauce if needed with sauce thickener or flour dissolved in cold water.
10. Uncover the beef, remove strings and slice. Arrange on a platter and pour sauce around the meat slices. Add carrots and prunes.



Tante Käthe's Clay Baker

serves 8-10

Time: 30 min prep, 1½ hours baking

Ingredients:

- 1 lb bacon slices
- 2 large onions sliced (or chopped)
- 5 peppers (red and green) cut into 1" chunks
- 2 lbs ground beef shaped into 1-1½" balls
- 4 medium tomatoes, cut into 1" chunks
- 1½ Tbsp salt
- 1½ Tbsp pepper
- ½ Tbsp Tabasco sauce or 1 Tbsp hot pepper flakes
- 1 large can sliced mushrooms, drained
- 1 small bottle ketchup

Directions:

1. Soak a large clay baker in cold water for about 10 minutes.
2. Line the baker with bacon slices, keeping several to cover the top at the end.
3. Layer in half of the peppers and half of the onions and add half of the spices.
4. Add the meatballs.
5. Add the remaining half of peppers, onions, and spices.
6. Cover with remaining bacon.
7. Put covered clay baker into a cold oven and set temperature to 375° F. Bake for one hour.
8. Add the mushrooms and the ketchup. Bake for 15 minutes more.
9. Uncover the baker and bake for 15 more minutes.

Serve with rice.



Beer-Braised Brisket

serves 12

Time: 10 min prep; 1-2 days marinating; 5-6 hours cooking

Ingredients:

6 cloves garlic, chopped
2 Tbsp brown sugar
2 Tbsp Dijon country style mustard
2 Tbsp olive oil
1 Tbsp ground black pepper
1 Tbsp paprika
1 Tbsp ground cumin
1 tsp Cayenne pepper
cup sea salt
1 6 lb first cut, lightly trimmed brisket
2 large onions coarsely chopped
1 12 oz lager beer

Directions:

1. Blend all spices into a smooth paste. Rub all over brisket. Wrap tightly in plastic wrap. Chill for 1-2 days. Let meat sit out at room temperature for 1 hour before starting.
2. Preheat oven to 325° F.
3. Scatter onions in a large roasting pan or oven-proof glass dish. Set the brisket on top with the fat side up. Add beer. Cover with aluminum foil. Braise until meat is tender, 5-6 hours. Remove aluminum foil. Broil uncovered until top is browned and a bit crispy, about 5-10 minutes.
4. Let brisket sit and cool slightly. Take out of roasting pan and shred or slice. Remove fat to the extent possible from cooking liquid.
5. Serve brisket with some onions and cooking liquid.



Moroccan Grilled Beef Koefte

serves 6-8

Time: 20 min prep; 30 min (or more) marination; 10 min cooking

Ingredients:

2 lbs ground beef
2 shallots, finely chopped
5 Tbsp parsley, finely chopped
5 Tbsp mint, finely chopped
1 Tbsp salt
1 tsp freshly ground pepper
½ tsp ground allspice
½ tsp cinnamon
¼ tsp cayenne pepper
1 tsp ground cumin
1 tsp paprika

Optional: paprika and Middle Eastern grill spice
for sprinkling

Directions:

1. Place all ingredients into a large bowl and mix well.
2. With wet hands form about 3-inch long finger shaped patties. Place on a plate and refrigerate for at least ½ hour.
3. Make sure grill grates are clean and lightly oiled (to prevent sticking). Preheat grill to 400° F.
4. Place meat patties on grill for about 5 minutes on each side until grill marks are visible.
5. If desired, sprinkle some paprika and Middle Eastern grill spice on patties before grilling.



Honey-Ginger Flank Steak

serves 4-6

Time: 10 min prep; 6 hours marinating; 20 min cooking and resting

Ingredients:

1 Flank steak (usually around 1 ½ lbs)
cup sherry
cup soy sauce
1 Tbsp ginger, grated
½ Tbsp garlic, crushed
2 Tbsp honey
1 Tbsp Chinese 5-spice powder
1 tsp vegetable oil

Directions:

1. Trim flank steak of all visible fat.
2. Mix sherry, soy sauce, ginger, garlic, honey and 5-spice powder and place with flank steak in a Ziploc bag. Marinate at least 6 hours or overnight in refrigerator.
3. One hour before cooking, remove from refrigerator. Place steak on a lightly oiled broiling pan (use aluminum foil for easy clean up), reserving marinade. Lightly brush surface with oil.
4. Put marinade in a small pan and bring to a boil to create a light sauce.
5. Broil steak for 4 minutes per side about 6 inches from heat
6. Let rest for about 10 minutes before slicing on the bias.
7. Add any meat juices to the sauce, and strain before serving.

Serve this dish with plain rice and Sesame Snow Peas, or Spinach with Pinenuts and Raisins.



Bandit Meatloaf

serves 6-8

Time: 30 min prep; 60-75 min baking

Ingredients:

1 dry, old bread roll
6 ozs shredded gouda or sharp cheddar
1 large onion, chopped
3 cloves garlic, minced
2 red peppers, cut into small dice
2 Tbsp olive oil
1 lb ground beef
4 eggs
1 Tbsp paprika powder
½ Tbsp Cayenne pepper
Salt and freshly ground pepper
12 ozs bacon
15 dashes of Tabasco sauce or to taste

Directions:

1. Soak the roll in warm water.
2. Heat the oil on medium and fry onions and garlic until translucent. Add red peppers and fry briefly. Add cheese. Set aside.
3. Squeeze water from the soaked roll and mix with meat, eggs and spices until well blended. Add onion and cheese mix.
4. Place the meat mix into a large rectangular ovenproof dish and shape into a loaf. Place bacon slices across the loaf overlapping slightly. You may need to cut the bacon to fit. Make sure there is some room in the dish to accommodate the fat that will render from the bacon and meat.
5. Place dish on a baking sheet in oven and bake for 60-75 minutes.
6. Drain fat before serving.

Serve with mashed potatoes or baguette, and green beans or salad



Goulasch

serves 6-8

Time: 30-40 min prep; 3 to 3 ½ hours cooking


Ingredients:

2 lbs beef for stewing, cut into 1" cubes
salt and pepper to taste
3 Tbsp oil
2 onions, cut into 1" dice
2 Tbsp tomato paste
1 Tbsp finely chopped garlic
3 bay leaves
1 Tbsp thyme
1 Tbsp majoram
1 Tbsp paprika
¼ tsp cayenne pepper (or to taste)
1 cup red wine
1 cup beef broth, or more as required
½ -1 tsp sugar
1 green peppers, cut into 1" dice
2 red peppers, cut into 1" dice
8 small tomatoes, cut into quarters

Directions:

1. Pat beef dry. Add pepper and salt to all sides.
2. Heat oil on medium high in a large non-stick pot. Fry beef in portions until nicely browned (about 5 minutes).
3. Remove beef. Add onions to the pot and fry, stirring all the while, for about 4 minutes. Add tomato paste and garlic and fry for another minute.
4. Add spices, beef and wine. Simmer until slightly reduced.
5. Add one third of the beef broth and bring to a boil. Add sugar to taste.
6. Add beef, reduce to a simmer, cover with tightly fitting lid and braise for 3 to 3 ½ hours, adding more beef broth as needed until beef is tender.
7. About half an hour prior to finishing add peppers and tomatoes.
8. Check spicing and add salt, pepper and/or cayenne to taste.
9. If needed, thicken sauce with sauce thickener or flour dissolved in cold water.



A close-up photograph of a dark wooden bowl filled with a quinoa salad. The quinoa is cooked and has a light beige color. It is mixed with various vegetables, including diced yellow and red bell peppers, green onions, and dark mushrooms. A fresh green herb, possibly parsley, is garnished on the left side of the bowl. The bowl is placed on a light-colored, woven bamboo or rattan placemat. The text "SIDES AND CONDIMENTS" is overlaid in the upper right quadrant of the image.

SIDES AND CONDIMENTS



Eggplant “Bharta”

serves 6

Time: 20 min prep; 15 min cooking

Ingredients:

1 large eggplant
1 large onion (yellow or red), halved and sliced thin
2 cloves garlic, minced
2 tsp grated ginger
2 Tbsp ghee (substitute butter)
½ lemon, juice only
salt and pepper to taste
2 Tbsp cilantro, finely chopped

Optional: Liquid Smoke and/or 1 Tbsp garam masala

Directions:

1. Prick eggplant with a fork in 4-5 places, and microwave on high for 8 minutes.
2. When cool enough to handle, cut eggplant open along the length, scoop out and discard seeds.
3. Scrape out flesh, and discard skin. Roughly chop the flesh, sprinkle with lemon juice to stop discoloration and reserve.
4. In a large frying pan, melt ghee (or butter); add onion and sauté on medium high heat for 6-8 minutes until onion is translucent and beginning to color.
5. Add minced garlic and grated ginger to pan. Turn heat to low.
6. Add reserved eggplant flesh to the pan.
7. Add salt and pepper, and optional seasonings. Liquid Smoke adds a smokiness to the dish, while garam masala gives it an Indian touch. Mix well.
8. Raise heat to medium high and cook for a few minutes until well blended and heated through.
9. Finely chop the cilantro and sprinkle over the dish before serving.

Note: This dish is a simplified version of the eggplant bharta that is a staple of various Indian cuisines. Leftover bharta, combined with a plain ragú, makes a great pasta sauce.

Preserved Lemons

Time: 20 min prep; 6 weeks minimum pickling

Ingredients:

6 large lemons, preferably organic
1 cup coarse sea salt
Very clean glass jar with airtight seal
Filtered water

Directions:

1. Wash lemons well.
 2. Make two incisions in each lemon along its length, as if to quarter it, but only about $\frac{3}{4}$ of the way through so that the lemon remains whole.
 3. Stuff coarse sea salt generously into all four cut cavities.
 4. Place in jar, squeezing lemons one on top of the other. If any salt remains, add to the jar.
 5. Fill jar with filtered water to the top.
 6. Close jar and leave in a cool, dark place for several weeks. Shake the jar from time to time and top up with water if some has evaporated.
 7. Depending on the ambient temperature and type of lemon, the pickling process can take 6 weeks or more until peel starts softening.
 8. A layer of gelatinous material may form on the top; it is not harmful and should be discarded.
 9. The lemons can be stored in the brine for several months, and will continue to soften.
- Refrigerate to avoid further softening. Preserved Lemons



Garlicky Lima Beans

serves 6

Time: 15 min prep; overnight soaking; 2 ½ -3 ½ hours cooking, less if using pressure cooker

Ingredients:

- 1 cup dry large lima or butter beans (can substitute 2 cups canned beans)
- 2 Tbsp olive oil
- 1 large onion, chopped into medium dice
- 4 cloves garlic, minced
- 2 Tbsp tomato paste
- 1 Tbsp chopped thyme
- salt and pepper to taste

Directions:

1. Soak lima beans in water overnight.
2. Rinse, place in large pan, cover well with water, and cook for 2-3 hours at a gentle boil until cooked, but firm. Ideally, pressure cook following equipment directions.
3. Alternatively, use two cups of canned beans – rinse well under running water.
4. Heat olive oil in a large frying pan, and sauté onion on medium heat for 5-6 minutes until translucent.
5. Add minced garlic and cook for a few minutes until fragrant.
6. Add tomato paste and mix well. Cook for 2-3 minutes.
7. Add cooked beans with about ½ cup of cooking water, together with the thyme.
8. Add salt and pepper to taste.
9. Cook for another 15 or 20 minutes until well blended and unctuous. Add more water if necessary. You want a thick sauce.

Note: The beans can be made ahead of time and reheated before serving. In fact, they taste better that way.





Oven-roasted Crispy Okra

serves 4-6

Time: 20 min prep; 30-40 min cooking

Ingredients:

45 okra pods, about 1 ½ lbs (choose medium size tender pods)
¾ cup besan (ground Bengal gram flour, available in Indian stores)
½ cup dessicated coconut (not sweet)
1 Tbsp ground cumin
1 Tbsp ground coriander
1 tsp amchur (dried mango powder; substitute sumac or lemon juice)
1 tsp red chilli powder
1 tsp turmeric powder
1 tsp salt or to taste
Optional: pinch asafoetida
3 Tbsp vegetable oil
additional vegetable oil for spritzing

Directions:

1. Preheat oven to 350° F.
2. Wash okra and dry well. Any dampness will make them slimy.
3. Cut off tops, and make a slit through the body of the okra starting at the stem end about ¾ of the way through.
4. In a dry skillet, lightly toast the besan over low heat until fragrant.
5. Mix toasted besan and other dry ingredients together. Incorporate the vegetable oil into the dry ingredients to make a crumbly mass; a teaspoonful's worth should hold its shape more or less. If not, add more oil. Do NOT use water.
6. Lightly oil a baking sheet large enough to hold all okra in a single layer.
7. Stuff each okra with the mixture; use about 2 teaspoonful per okra. The mixture may not fully adhere; that's okay. Place okra on the baking sheet and spritz with vegetable oil.
8. Bake for 20 minutes and turn over. Any remaining mixture can be sprinkled on to the baking sheet at this point. Spritz lightly with vegetable oil and bake for 10 minutes more. Check for desired texture and degree of "doneness" – cook an additional 10 minutes if you like them really crisp and dry.

Cucumber Relish

serves 4-6 as condiment accompaniment)

Time: 10 min prep; 20 min resting

Ingredients:

1 cucumber
½ red onion, sliced thin into slivers
¼ cup fresh dill, chopped
2 tsp rice vinegar
½ tsp sugar
salt and pepper

Directions:

1. Cut cucumber in half lengthwise, and use a small teaspoon to grate off seeds.
2. Thinly slice cucumber crosswise. Alternatively, use a mandoline to create thin, even slices.
3. Mix all ingredients, adding salt and pepper to taste, and set aside to rest.
4. Drain before serving.

This relish goes well with simply prepared fish, and also smoked salmon.



Harissa

makes about 1 ¼ cups
Time: 10 min prep; 10 min cooking

Ingredients:

- 1 shallot, finely chopped
- 2 garlic cloves, finely minced
- 4 Tbsp tomato paste
- 2-4 Tbsp sambal oelek
- 1 preserved lemon, rinsed and coarsely chopped (remove seeds)
- ¼ cup good quality olive oil, or more to taste
- salt to taste

Directions:

1. Heat olive oil in a small frying pan, add shallot and cook over medium heat until translucent.
2. Add garlic and mix well, cook until fragrant. Do not let garlic burn.
3. Add tomato paste, mix well, and cook on low heat, stirring all the time, for about 5 minutes. You may see oil beginning to separate.
4. Remove from heat, let cool slightly. Transfer to a blender or food processor.
5. Add 2 tablespoons sambal oelek and preserved lemon. Blend until combined.
6. Add salt, more sambal oelek and olive oil to taste.

This tangy and spicy relish goes well with roasted meats.





Quinoa Pilaf

serves 4-6

Time: 10 min prep; 30 min cooking

Ingredients:

1 ½ Tbsp olive oil
¾ cup onion, finely chopped (1 medium onion)
1 large clove garlic, finely minced
1 cup quinoa, washed and drained
¼ cup carrot, finely chopped
¼ cup celery, finely chopped
¼ cup red pepper, finely chopped
¼ cup dried cranberries
¼ cup walnuts, chopped
2 tsps grated fresh ginger
1 cup chicken stock
salt and pepper to taste

Directions:

1. Heat a saucepan over medium-high heat.
2. Add olive oil and swirl to coat.
3. Add onion and minced garlic and sauté until translucent.
4. Add drained quinoa and cook for about 2-3 minutes.
5. Add carrots, celery, bell pepper, cranberries, walnuts and ginger, and mix well.
6. Add chicken stock.
7. Add salt and pepper; you may not need salt if the stock is already salted.
8. Cover pan and cook until quinoa is done, about 20 minutes.
9. The pilaf can also be cooked in a pressure cooker.

Red Pepper Habanero Jelly

makes 5 8 oz jars

Time: 30 min prep; 15 min water bath

Canned jelly keeps at least one year if properly sealed. Refrigerate upon opening

Ingredients:

- 2 ½ cups chopped red pepper (about 2 peppers)
- 4 – 6 habanero peppers, chopped (careful: these are very hot, so wear gloves)
- 1 ½ cups cider vinegar
- 2 cups granulated sugar
- 1 pack pectin low sugar (Sure-Jell pink pack)
- 4 8 oz mason canning jars with lids and rings

Note: Canned jelly keeps at least one year if properly sealed. Refrigerate upon opening



Directions:

1. Place a few tablespoons in the freezer to chill. Put empty mason jars in a large saucepan, cover with water, and boil for 10 minutes. Add the lids after 5 minutes. Remove and set aside on a clean towel. Keep the water in saucepan.
2. Blend peppers and vinegar together to make a smooth puree.
3. Mix pectin with 1 cup of sugar and set aside.
4. In a heavy saucepan, heat pepper mixture and 1 cup sugar. Mix well and bring to a boil.
5. Add the sugar-pectin mixture and mix well. Let boil for 1 minute.
6. Test the jelly for setting: pour a little amount into a chilled tablespoon. If it gels, stop cooking the jelly. If not, boil 1 minute more and test on another chilled spoon.
7. Fill jars with the hot jelly, stopping ¼ inch from top. Wipe the rims with a damp towel. Add lids and screw on rings.
8. Place filled jars in the water bath, bring to a boil, and boil for 15 minutes.
9. Remove from water bath, and allow to cool at room temperature. You should hear a “ping” when the vacuum seal is created. When cool, test the seal by pressing down with your finger in the center of the lid. There should be no “give”. If there is an air pocket beneath the lid, you can repeat the sterilization process, using a new lid, or you can refrigerate that jar for immediate use.

Sesame Snow Peas

serves 4-6

Time: 10 min prep; 8 min cooking

Ingredients:

1 lb snow peas
1 ½ tsp grated ginger
1 Tbsp sesame oil (Chinese style)
2 Tbsp sesame seeds
salt to taste

Directions:

1. Top and tail snow peas and place in a microwaveable bowl. This dish can be made directly in a serving bowl.
2. Mix in grated ginger.
3. Microwave on high for 6-8 minutes, depending on your microwave and how crisp you like your snow peas.
4. Mix in sesame oil and seeds, and season to taste with salt.





Spinach with Pine Nuts

serves 4

Time: 10 min prep; 10 min cooking

Ingredients:

2 Tbsp olive oil
3 cloves garlic, peeled and smashed
cup pinenuts
cup raisins
1 lb baby spinach, washed and dried
salt and pepper to taste

Directions:

1. Heat a large sauté pan or wok over medium-high heat.
2. Add olive oil and swirl to coat the pan.
3. Add garlic cloves and press into the oil to release juices. Cook for 1-2 minutes until golden.
4. Add pinenuts and raisins. Cook for 1 minute or until nuts are golden.
5. Add spinach in batches, mixing rapidly to expose evenly to the heat. Cook until wilted. Depending on the size of your pan, this will take 3-5 minutes.
6. Add salt and pepper.
7. Serve immediately.



Confetti Rice

serves 4

Time: 10 min prep; 25 min cooking

Ingredients:

1 cup basmati rice, washed several times and drained
¾ cup onion, finely chopped (1 medium onion)
½ cup carrot, finely chopped
¼ cup red pepper, finely chopped
½ cup frozen petite peas
2 Tbsp butter
½ tsp salt or to taste
2 cups water

Directions:

1. Heat a saucepan over medium-high heat and add butter.
2. Add onion and sauté until translucent, about 3-4 minutes.
3. Add carrots, red pepper and peas, and sauté for 2 minutes.
4. Add rice and sauté for 1 minute.
5. Add water and salt and cover pan.
6. Bring to a boil, then lower heat and let rice steam for 10-15 minutes until cooked through.
7. Fluff up rice before serving.
8. The rice can also be cooked in a pressure cooker.



DESSERTS





Almond Cake

serves 8-10

Time: 30 minutes prep; 30 minutes baking

Ingredients:

1 tube marzipan (Odense brand)
3 large eggs
2 tsp vanilla
2 Tbsp cake or all-purpose flour
2 Tbsp cornstarch
3 Tbsp butter, melted
½ cup sliced almonds (salted almonds add a taste contrast; if using, omit salt)
pinch salt
3 Tbsp lemon juice
¾ cup confectioner's sugar
Stand mixer

Directions:

1. Preheat oven to 325° F.
2. Lightly butter a 9" or 10" silicone tart pan (you can also use a tart pan with a removable bottom).
3. Arrange sliced almonds on the bottom of the pan in a single layer.
4. Crumble marzipan into bowl of mixer.
5. Add eggs one at a time, beating well after each addition.
6. Beat at high speed until light, fluffy and doubled in volume – around 12 minutes.
7. Add vanilla and beat to incorporate.
8. Sift flour, cornstarch and salt (if not using salted almonds) and gently fold in.
9. Add melted butter and gently fold in.
10. Pour batter into pan.
11. Bake for 30 minutes, until sides pull away from pan and cake feels firm in center.
12. Meanwhile, make glaze: mix lemon juice and confectioner's sugar until no lumps remain.
13. Pierce hot cake with a toothpick and spoon glaze over the surface, reserving about a third.
14. When cooled, invert onto serving plate. Spoon remaining glaze over the top.

Note: This is a delicate, light cake, based on a recipe from Epicurious.com. Delicious on its own, but festive served with Raspberry Coulis and fresh berries.



Christmas Tiramisu

serves 12

Time: 30 min total prep; 40 min cooling; 1 hour refrigeration

Ingredients:

2 Tbsp raisins
4 Tbsp brandy or cognac
1 cup red wine
1 Tbsp cloves
2 cinnamon sticks
3-4 Tbsp sugar
1 cup heavy whipping cream
4 small cups of Jell-O vanilla pudding without sugar
8 oz container mascarpone
10 ozs Ladyfinger cookies, about ½ package
1 tsp cinnamon powder

Directions:

1. Put raisins and brandy into a small saucepan. Warm for 10 min on low. Set aside to cool and soak.
2. Put wine, cloves, cinnamon, 2 Tbsp sugar into a small saucepan. Heat for 10 min. Cool for about 40 minutes to room temperature.
3. Whip cream until stiff. Mix with vanilla pudding and mascarpone. Add 1-2 Tbsp sugar to taste.
4. Take just under half of Ladyfinger cookies and dunk one at a time into mulled wine, then place in one layer into a large glass dish. Sprinkle about half of the raisins on top and cover with just under half of the cream mix.
5. Repeat with a layer of dunked cookies and remaining raisins. Finish off with the remaining cream.
6. Decorate with cinnamon powder and refrigerate for about 1 hour.

Note: Dunk the cookies in cooled espresso coffee instead of the mulled wine and leave out the raisins for a traditional tiramisu.



Chocolate Truffle Cake

serves 8-10

Time: 30 minutes prep; 30 minutes baking

Ingredients:

7 ozs good quality dark chocolate
7 ozs unsalted butter
1 cup granulated sugar
5 eggs
3 Tbsp flour
pinch salt
confectioner's sugar for dusting

Directions:

1. Preheat oven to 350° F.
2. Lightly butter a 9" or 10" silicone tart pan (you can also use a tart pan with a removable bottom).
3. Melt chocolate and butter together in a double boiler. Remove from heat.
4. Beat in sugar until well combined.
5. Add eggs one at a time, beating well after each addition.
6. Mix in flour and pinch of salt.
7. Bake for 25-30 minutes, until sides pull away from pan but center is slightly wobbly.
8. Let cool on a wire rack.
9. When cooled, invert onto serving plate and dust with sugar.

Note: This is a very rich cake, and a little goes a long way! Based on Sylviane Lesenfants' recipe which she gave me many years ago. Serve with Raspberry Coulis and fresh berries; you could also add whipped cream.



Mousse au Chocolat

serves 10-12

Time: 25 minutes prep; minimum 2 hours refrigeration

Ingredients:

1½ pounds of dark chocolate (e.g. 60% Ghirardelli baking chocolate)
½ cup prepared espresso coffee
½ cup Cointreau (or Grand Marnier) orange liqueur
4 egg yolks
1 cup whipping cream
¼ cup sugar
8 egg whites
pinch salt
Optional: whipped cream, chocolate swirls, or orange zest strips for decoration

Directions:

1. Melt chocolate in a metal bowl set over a pot with simmering water, stirring occasionally. Add espresso coffee and Cointreau. Cool to room temperature.
2. Add egg yolks one at a time, beating thoroughly after each addition.
3. Whip cream until thickened, gradually add sugar beating until stiff.
4. Beat egg whites with salt until stiff. Gently fold egg whites into cream.
5. Stir about a third of the cream and egg mixture thoroughly into the chocolate mixture. Scrape remaining cream and egg mixture over the lightened chocolate base and fold together very gently.
6. Divide the mousse into serving dishes and/or into large serving bowl. Refrigerate until set, at least 2 hours.
7. Decorate with chocolate swirls or orange zest strips if desired. Serve with whipped cream.

Note: Recipe can easily be halved.



JJ's Mixed Berry Salad

serves 6-8

Time: 20 min prep; 30 min rest

Ingredients:

1 lb strawberries
2 6 oz containers raspberries
1 6 oz container blackberries
1 6 oz container blueberries
or 2 ½ lbs of any combination of berries
1 Tbsp sugar
2 Tbsp Cointreau
¼ cup crystallized ginger, cut into small dice

Directions:

1. Wash berries, slice strawberries but leave other berries whole.
2. Place in a pretty serving dish, sprinkle sugar, Cointreau and ginger and shake bowl to combine.
3. Let rest 30 minutes.
4. Mix gently just before serving so as to not bruise berries.





Lemon Mousse Cake

serves 12

Time: 40 min total prep; 20 min baking; minimum 2 hours refrigeration

Ingredients:

4 egg yolks
5 Tbsp hot water
8 ozs sugar
1 envelope vanilla sugar (or vanilla extract)
4 egg whites
6 ozs flour
4 ozs cornstarch
1 tsp baking powder
1 10" springform cake pan
1 recipe Lemon Yoghurt Mousse
Confectioner's sugar for dusting

Directions:

Cake:

1. Preheat oven to 370° F. Brush springform cake pan with butter on bottom and on sides.
2. Whip egg white and a third of the sugar until very stiff.
3. Mix egg yolks, hot water and rest of sugar and vanilla sugar until creamy light yellow.
4. Fold egg white mixture into egg yolk mixture.
5. Sprinkle flour and corn starch over combined mixture. Fold in gently with a spoon until flour is mixed in, but not too much as egg mix will collapse.
6. Pour mix into the cake pan and spread evenly.
7. Bake for 20-25 min until cake looks light brown.
8. Run a knife along the pan rim to loosen cake, and remove the ring.
9. Let cool completely. Cut cake into 2 layers.

Filling:

1. Make Lemon Yoghurt Creme recipe and cool for about 20 min in refrigerator after mixing.
2. Place bottom half of cake back into the ring, and spread mousse on cake. Place remaining cake half on top and refrigerate for a minimum of 2 hours to set.
3. Remove cake from ring and dust with confectioner's sugar before serving.



Lemon Yoghurt Creme

serves 6-8

Time: 15 minutes prep; 3-4 hours refrigeration

Ingredients:

- 3 lemons
- 1 envelope plain gelatin powder
- 2 6-7 oz tubs of 0% or 2% Greek yoghurt
- 3-4 Tbsp sugar
- 1 envelope vanilla sugar (or 1 tsp vanilla extract)
- ½ pint heavy whipping cream

Directions:

1. Zest one lemon and put zest in a mixing bowl.
2. Cut off one thin slice from one lemon for decoration.
3. Squeeze juice from all lemons, add half to mixing bowl and half into a small saucepan.
4. Sprinkle gelatin evenly over juice in sauce pan and leave to soak.
5. Add yoghurt, sugar and vanilla sugar to mixing bowl.
6. Whip whipping cream in a separate bowl until stiff.
7. Mix all ingredients in mixing bowl, folding in whipping cream at the end.
8. Heat saucepan with gelatin on lowest temperature possible (do not let boil as it won't gel anymore)
9. Once gelatin is dissolved, take off stove, add one Tbsp of yoghurt mix and stir to lower temperature of gelatin, repeat 1-2 more times (bringing the temperature down will prevent gelatin from clumping). Pour gelatin mix into yoghurt mix stirring continuously until well blended.
10. Pour lemon mousse into individual glass dishes or one large bowl and refrigerate 3-4 hours to set.
11. Garnish with small lemon slice wedges.





Mango and Sticky Rice

serves 6

Time: 10 min prep; 6 hours soaking; 30 min cooking

Ingredients:

1 cup glutinous rice (also called sticky rice, or sweet rice)
1 cup coconut milk
4 Tbsp sugar
1 tsp salt
3 ripe mangoes
1 Tbsp sesame seeds, lightly toasted
Steamer and cheesecloth

Directions:

1. Wash rice well in several changes of water. Soak in water for six hours or overnight.
2. Heat coconut milk in a small pan, add sugar and salt, and bring to a boil. Let simmer until slightly thickened, about 5 minutes. Take pan off heat and keep aside.
3. Peel and cut mangoes. You can portion 2 large fillets from each mango, or cut each into cubes. Refrigerate until shortly before serving.
4. Line a steamer with wet cheesecloth.
5. Place the drained rice in the steamer over the cheesecloth. Cover with a small piece of wet cheesecloth.
6. Place steamer in a saucepan in which you have added enough water to come up under the bottom of the steamer, cover and steam the rice for 20 minutes.
7. To serve, place one-sixth of the warm rice in a plate, drizzle with 1-2 tablespoons of the coconut milk mixture and sprinkle with sesame seeds. Place the mango alongside.
8. Pass any remaining coconut milk.



Raspberry Coulis

makes about 1 ½ cups

Time: 10 min prep

Ingredients:

12 ozs frozen raspberries, thawed

½ cup sugar

optional: Cointreau

Directions:

1. Blend raspberries and sugar.
2. Add Cointreau to taste (if using).

Note: This is a very versatile dessert sauce. Serve with Chocolate Truffle Cake, or drizzled over icecream. Mix it with sliced peaches to make a delectable fruit dessert. Swirl it with Greek yogurt and berries (left-over JJ's Mixed Berry Salad).



Orange Mousse

serves 8

Time: 20 minutes prep; minimum 1 hour refrigeration

Ingredients:

3 oranges (ideally one organic)
1 lemon
1 envelope plain gelatin
2 eggs plus one yolk
4 Tbsp sugar
1 envelope vanilla sugar (or 1 tsp vanilla extract)
Optional: 2 Tbsp orange liqueur (Cointreau)
8 fl oz whipping cream
chocolate shavings for decoration

Directions:

1. Wash organic orange with hot water. Shave off a few strands of zest for decoration and set aside. Zest the remainder of the organic orange. Juice all oranges and lemon to obtain 1 ¼ cup of juice.
2. If you want to use orange halves to serve, remove remaining fruit flesh and set aside.
3. Pour some juice into a small saucepan to cover the bottom. Sprinkle gelatin over the juice and leave to soak.
4. Separate egg whites and yolks. Whisk 3 egg yolks, sugar and vanilla sugar (or extract) until light yellow and frothy. Add in the remainder of the juice, the zest and the liqueur.
5. Heat the gelatin over low heat (do not boil!) until melted. Remove saucepan from heat. Stir in one Tbsp of the egg yolk mix to temper. Gradually add 1-2 more Tbsp. Then whisk the tempered gelatin mix into the egg yolk mix.
6. Whisk 2 egg whites until stiff. Whisk cream until stiff.
7. Gently fold first the cream then the egg whites into the egg yolk mix.
8. Pour into individual dessert glasses or the saved orange halves. Refrigerate at least one hour (more if you are using just one big bowl).
9. Decorate with chocolate shavings and orange strands.



Plum Semifreddo

serves 8-10

Time: 30 minutes prep; minimum 8 hours freezing

Ingredients:

Nonstick vegetable oil spray
1 ½ lbs red plums, cut into chunks
½ tsp ground cardamom
½ cup sugar, divided
Kosher salt
3 large egg whites
½ tsp vanilla extract
1 cup chilled heavy cream

Directions:

1. Coat a 9x5-inch loaf pan with nonstick spray and line with plastic wrap, leaving a generous overhang on all sides.
2. Combine plums, cardamom, ¼ cup sugar and a pinch of salt in a medium saucepan. Cover and cook over medium heat, stirring occasionally, until plums release their juices, about 5 minutes. Uncover and cook until plums soften and start to fall apart, 6–8 minutes longer. Let cool slightly.
3. Purée plum mixture in a blender until very smooth. Strain through a fine-mesh sieve into a medium bowl, pressing on solids. Let cool. Set aside 1 cup purée for serving.
1. Whisk egg whites, a pinch of salt, and remaining ¼ cup sugar in a medium heatproof bowl (or the bowl of a stand mixer) and set over a saucepan of simmering water (do not let bowl touch water). Heat, whisking constantly, until sugar is dissolved and mixture is warm to the touch, about 4 minutes. Remove bowl from saucepan. Add vanilla and, using an electric mixer on high speed, beat until mixture is tripled in volume, glossy, and completely cool, about 10 minutes.
2. Using clean beaters, whip cream until soft peaks form. Fold a third of the whipped cream into egg-white mixture until just combined. Fold in remaining whipped cream until just combined. Fold in plum purée just until large streaks appear throughout mixture.
3. Transfer mixture to prepared pan and smooth top. Fold plastic wrap overhang over top and freeze until firm, at least 8 hours.
4. Hold bottom and sides of loaf pan under running hot water for 1 minute to melt semifreddo enough to dislodge from pan. Unwrap semifreddo and, using plastic overhang, gently lift from pan. Invert onto a large platter, remove plastic wrap, and slice about 1 inch thick; transfer to plates. Serve with reserved plum purée.

Note: Plum purée can be made 3 days ahead. Cover and chill. Semifreddo can be made 3 days ahead. Keep frozen. You can use other fruit, preferably tart.



Chocolate Salami

makes three salamis, each serving 4-6

Time: 30 minutes prep; 5 hours resting

Ingredients:

7 ozs good quality dark chocolate
4 ozs unsalted butter
1 cup pinenuts (can also use walnuts, almonds, hazelnuts or a combination)
¾ cup golden raisins
¼ cup finely chopped candied ginger
pinch fleur de sel or sea salt
confectioner's sugar for dusting

Directions:

1. Lightly roast nuts. If using larger nuts, chop into small pieces.
2. In a double boiler, melt chocolate and butter, stirring occasionally. Remove from heat.
3. Add nuts, raisins, ginger and pinch of salt to the chocolate mixture and mix well.
4. Let mixture cool for about an hour at room temperature until thickened.
5. Place one-third of mixture on a piece of plastic cling wrap, and shape it into a salami shape about 1½ inches in diameter. Twist the ends of the wrap. Repeat with remaining mixture.
6. Chill the salamis in the refrigerator for at least 4 hours.
7. Sprinkle confectioner's sugar over all surfaces of the salami. This works best if you remove the salami onto a clean piece of cling wrap.
8. Remove from refrigerator about 10 minutes prior to serving to make it easier to slice.

Note: This is a surprise dessert that has fooled many people at first glance! Serve it on a wooden board . You can use other combinations of fruits and nuts – dried cranberries, cherries or apricots also work, if chopped into small pieces.



Apricot Tortilla Tarte

serves 2

Time: 20 minutes prep; 20 minutes cooking

Ingredients:

- 1 15 oz can apricot halves in heavy syrup
- 1 8" flour tortilla
- 1 Tbsp butter, melted
- 1 ½ Tbsp sugar

Directions:

1. Preheat oven to 400° F.
2. Drain the apricots and reserve syrup.
3. Set the syrup in a small saucepan on medium high heat to reduce, stirring occasionally. Reduce syrup to around 2-3 Tbsp to create an apricot glaze.
4. Meanwhile, place a Silpat or other non-stick baking liner on baking sheet.
5. Brush melted butter over the surface of the tortilla.
6. Sprinkle 1 Tbsp sugar over the tortilla, and carefully place it, buttered and sugared side down, on the Silpat.
7. Brush the other side of the tortilla with butter.
8. Arrange the drained apricot halves on the tortilla.
9. Brush any remaining butter and sprinkle remaining sugar over the apricots.
10. Bake on the middle rack for 20 minutes until the tortilla is crisp and the sugar has caramelized.
11. Brush apricot glaze on the tart, and cut in half to serve.

Note: This recipe, adapted from Jacques Pépin, also works well with fresh stone fruit, especially plums. Cut the fruit into thin slices and overlap them around the tortilla. Create a glaze with apricot jam or currant jelly, diluted with a little Cointreau or lemon juice.



Poached Pears and Kumquats

serves 6

Time: 20 minutes prep; 1 ½ hour cooking; 2-4 hours chilling

Ingredients:

6 firm pears (Bartlett or Anjou work well)
1 pint kumquats
1 bottle dry red wine
1 cup sugar
1 stick cinnamon
6 cloves
2 bay leaves

Directions:

1. Bring red wine to a boil with sugar and spices.
2. Peel pears, cut in half and remove seeds (a melon baller works well). Using a sharp knife, cut away the woody stem.
3. Prick kumquats with a fork so that they do not burst when cooking.
4. Add kumquats to wine and simmer for 10 minutes.
5. Add pears to wine and simmer for 30-40 minutes or until pears are soft. If the pears are not fully submerged, move them around halfway so that all surfaces are equally cooked.
6. Remove pears and kumquats with a slotted spoon into a serving dish.
7. Bring wine to a vigorous boil and reduce until thickened and syrupy, around 30 minutes.
8. Strain wine sauce over the poached fruit and chill before serving.



Strawberry Yoghurt Creme

serves 8-10

Time: 20 min prep; 60 min refrigeration

Ingredients:

- 1 lb fresh strawberries, culled and quartered or halved depending on size
- 2 tubs 0% or 2% Greek yoghurt (6-7 oz each)
- 3-4 Tbsp sugar
- 1 envelope vanilla sugar (or vanilla extract)
- ½ pint heavy whipping cream

Directions:

1. Save 12 pieces of strawberry for decoration, add 2 Tbsp of sugar to remaining strawberries and set aside at room temperature to draw juice.
2. In the meantime, add yoghurt, remaining sugar and vanilla sugar to mixing bowl.
3. Whip cream in separate container until stiff (optionally set aside some cream in a piping bag for decoration).
4. Fold whipped cream into the yoghurt.
5. Puree about half of the strawberries with a stick hand mixer; swirl through the yoghurt cream (do not mix fully, but keep a marbled look).
6. Fill bottom of a large glass dishes (or individual glasses) with cut strawberries, then fill cream mixture on top.
7. For decoration, pipe cream on top of dish(es) and garnish with reserved strawberries.
8. Refrigerate until serving.



