

## **Almond Toffee, Auntie Thelma's** (from Linda Lindsay)

$\frac{3}{4}$  cu butter

1 cu white sugar

1 cu whole, un-blanched almonds

1+ cu chocolate chips (have extra on hand)

$\frac{1}{3}$  cu chopped pecans or walnuts

Candy thermometer (required equipment)

Melt butter over low heat. When melted, turn up heat to medium and add sugar. Stir constantly until mixture is about 250 degrees F on a candy thermometer. Add almonds and continue cooking and stirring until the temperature reaches 280degrees F (140 degrees C) or between the hard and hard crack stage. Watch this carefully. If you stop cooking too soon, the candy will be sugary, not like toffee. If you cook too long, the candy will burn and be too brittle.

When the candy reaches 280 degrees, work quickly, spreading the candy on an un-greased cookie sheet, spreading almonds evenly and in a single layer. While still hot, pour chocolate chips over the candy. As they melt, spread the melted chocolate evenly over the toffee. Finally sprinkle the chopped nuts on top.

Refrigerate until hard. Break into small pieces.

It's fussy, but worth making.

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## **Amelia & Erica Cookies (Darlene)**

3 cu quick oats

1 cu coconut

6-8 tbsp. Cocoa

½ cu butter or margarine, melted

½ cu milk

½ tsp vanilla

2 cu sugar

Mix all ingredients. Drop by teaspoons on a cookie sheet lined with wax paper. Refrigerate until firm.

## **Apple Cinnamon Muffins** (from Food that Really Schmecks by Edna Staebler)

½ cu margarine

1 egg, beaten

1 tsp salt

2 cu flour (1 whole wheat, 1 white)

1 tsp cinnamon

¾ cu sugar

1 cu buttermilk

1 ½ cu apple, unpeeled and sliced

1 tsp baking soda

Topping:

1 tsp cinnamon

2-3 tbsp sugar

Blend margarine, sugar and beaten egg until smooth. Add buttermilk, salt and sliced apples, mixing well. Add the flour, soda, cinnamon and stir just enough to moisten. Spoon into buttered muffin cups or into paper muffin liners, sprinkle with cinnamon and sugar mixed together. Bake at 400 degrees for 20 minutes.

I usually make this in a food processor, so the sliced apples become more like chopped apples.

If you do not have buttermilk, you can make sour milk by putting 1-2 tbsp of lemon juice or white vinegar in a measuring cup and filling up the cup with sweet milk. Stir and let sit for a couple of minutes.

## Apple Crisp, Pressure cooker (Presto recipes)

First, you must find a pyrex bowl that fits inside your pressure cooker and have a rack that sits on the bottom of the cooker on which the pyrex bowl is placed.

2-3 apples, peeled, cored and sliced

1-2 tbsp white sugar

1/2 tsp cinnamon

3 tbsp soft butter

1/4 cu brown sugar

1/2 cu quick steel-cut1 oats

3-4 tbsp flour

2 cu water

Put apple slices in buttered pyrex dish; the dish should have about 1 inch of space above the apples and the rim of the pyrex dish for the topping. Sprinkle the apples with cinnamon and white sugar. Cream the butter and brown sugar. Add the oats and flour and mix well with your fingers. The topping should resemble coarse meal. Add more flour if it is too sticky and does not crumble. Sprinkle topping over apples. Cover bowl firmly with aluminum foil. Pour water into cooker. Place bowl on rack in cooker. Lock the lid and bring to high pressure over high heat. Reduce heat to just maintain pressure and cook for 20 minutes. Quick release pressure by putting cooker under cool water. When pressure is fully release, open lid, remove pyrex dish and take aluminum cover off dish. Let cool slightly or to room temperature. Serves 2, 4 if you add ice cream

## **Apple Strudel** -- or Apple Crisp (Margaret Witherspoon modified by Jane)

Peel, pare and cut into pieces 6 apples. Put into a greased pan, approximately 8" by 8". Sprinkle with  $\frac{1}{2}$  cup sugar and 1 tbsp cinnamon.

Cream together  $\frac{1}{2}$  cu cold butter pr margarine (My mother used a combination of margarine and lard) and 1 cu brown sugar. Add 1 cu flour (can be a mixture of  $\frac{2}{3}$  white and  $\frac{1}{3}$  whole wheat flours), and  $\frac{1}{4}$  cu rolled oats (My mother did not use the oats, and used a full cup of white flour). This topping should be a bit crumbly, but hold its shape when pressed in the bowl. Place this mixture over the fruit and bake in a 350-degree oven for 35-40 minutes.

Good apples to use: Jonathan, Spy, Ida Reds, or McIntosh.

I think this recipe was my grandmother's originally (Jane Johanson)

## **Avocado Salsa**

1 ripe avocado, pitted and diced

2 large plum tomatoes, seeded and chopped

1/3 cu chopped red onion

1/4 cu chopped fresh cilantro or parsley

1 jalapeño, seeded and diced (optional)

2-3 tbsp lime juice

3 tbsp olive oil

salt

Combine all ingredients. Refrigerate if not using immediately. Best if it is left to marinate several hours or overnight.

## **BBQ Sauce, Spicy** (Toronto Life, July 1979)

2 tbsp butter

1 clove garlic, minced

1 onion, finely chopped

1 tsp curry powder

1 16 oz can of tomato sauce

¼ cu ketchup

Dash Tabasco

1 tsp Worcestershire sauce

2 tbsp brown sugar

1 tbsp lemon juice

1 tbsp vinegar

2 tbsp Parmesan Cheese, grated

¼ tsp each basil and oregano

Salt and pepper to taste

In a heavy pan melt butter and cook the onion & garlic until soft. Add the curry powder. Toss in the remaining ingredients, stir and simmer for 30 minutes or more. Taste and adjust seasonings. This sauce is especially for spareribs (see recipe under Spareribs)

## **BBQ Sauce for Pork Back Ribs** (Emeril Lagasse)

For 2 lbs of ribs:

1 cu ketchup

1 tsp Worcestershire sauce

1 tsp hot sauce

1 tbsp vinegar

1 tbsp sugar (or brown sugar)

1 tbsp molasses

Combine all ingredients and simmer for about an hour.



## **Baked Beans** (Margaret Witherspoon, modified by Jane Witherspoon)

Soak  $\frac{3}{4}$  cu of Great Northern beans (or white navy beans) in water all day. Rinse well. Put soaked beans in cold water to cover with  $\frac{1}{4}$  lb. slab bacon or jowl, cut in chucks. Boil briskly for 10-15 minutes. Add  $\frac{1}{4}$  cu sugar and simmer for about 45 minutes or until only a little water is left. (OR, if you have a pressure cooker, put beans, bacon, sugar and water in cooker. Put lid and pressure rocker on cooker. Put on high heat until rocker begins to rock gently. Turn down heat to medium and cook for 15 minutes with rocker gently rocking. Turn off heat and let pressure drop before opening cooker.) Drain most of the water (if any is left in the pot) from the beans. Put beans and bacon into a baking dish. Sprinkle with brown sugar. Put in 400-degree oven for 10 minutes. Reduce heat to 300 degrees and bake for another 30 minutes or until hot.

Serve with tomato ketchup

## **Balsamic Fig & Maple Gravy** (Sobeys magazine, Inspired, Winter 2009)

2 shallots, minced  
2 tbsp vegetable oil  
1 clove garlic, minced  
2 tbsp. flour  
2 cu. chicken broth

3 tbsp maple syrup (or enough to cover  
figs)  
2 figs, finely minced  
3 tbsp balsamic vinegar

Pour the maple syrup and vinegar over the minced figs and let marinate. Heat oil over medium heat and cook shallots for 2 minutes. Add garlic and cook 1 minute more. Stir in the flour and cook on low heat for 2 minutes. Add enough broth to cover solids in pan and stir. Bring to a simmer and add the rest of the broth in small batches, letting gravy come back to a simmer each time before adding more. Once all the broth has been added, simmer 2 more minutes. Pour the maple, fig, vinegar marinade into the gravy and bring to a simmer. Take off the heat and blend with an immersion blender.

A flavourful gravy for any poultry dish.

## **Banana Bread** (from a cookbook in Charlevoix, #1 Belvedere Club)

½ cu margarine

1 cu sugar

3 ripe bananas, sliced and mashed

1 egg

1 tsp vanilla

2 cu flour

1 tsp baking soda

1 tsp baking powder

½ tsp salt

¾ tsp each cinnamon and nutmeg

Cream margarine and sugar. Beat bananas, egg and vanilla into sugar mixture. Stir in remaining ingredients until just blended. Pour into greased loaf pan and bake at 350 degrees for 45-55 minutes.

Check for doneness with a toothpick pricked into middle of loaf. If it comes out clean (no batter on it), the bread is done. Top crust should be dark. Cool 10 minutes before turning out of the pan on a cooling rack.

Discovered in a cookbook at #1 Belvedere Club in 1993 when we had several over-ripe bananas.

## **Bean and Corn Salad (Red Barn Salad) (Ida Pitman)**

1 can (19 oz) chick-peas  
1 can (19 oz) red kidney beans  
1 can (15 oz) black beans  
1 can (12 oz) corn kernels  
½ cup chopped red onion  
1 sweet red pepper, diced  
½ cu celery, chopped

### Dressing:

½ cup chopped fresh basil (or 1 tablespoon dried)  
½ cup red wine vinegar  
1/3 cu olive oil  
1 tbsp Dijon mustard  
1 clove garlic, minced  
1 ½ tsp salt  
½ tsp hot sauce  
½ tsp pepper  
¼ cu chopped fresh parsley

Drain and rinse the beans. Drain the corn. In a large bowl, combine all salad ingredients. Whisk together dressing ingredients. Toss with the bean mixture. Salad can be covered and refrigerated for a day. 12 servings.

## **Bean Soup Mix**

The following is a good mix of 13 types of beans for soup (beef or vegetarian). The proportions are by volume, and make up about ½ cup of beans. A more manageable measurement is in parentheses.

Small Lima Beans: 2 tbsp. (1 cu)

Chick Peas: 1 tsp. (1/2 cu)

Black Beans: 1 tsp. (1/2 cu)

Marrow Beans: ½ tbsp. (1/2+ cu)

Kidney Beans: ½ tbsp. (1/2+ cu)

Great Northern Beans: ½ tbsp. (1/2+ cu )

Navy (white pea) Beans: 1 tbsp. (1 cu ) if you cannot find Great Northern Beans, use 1 ½ cu of Navy Beans

Black eyed Beans: 1 tbsp. (1 cu)

Green Lentils: 1 tbsp. (1 cu)

Red Lentils: ½ tbsp (1/2 cu)

Green Split Peas: 1 tbsp. (1 cu)

Yellow Split Peas: ½ tbsp. (1/2 cu)

## Bean Sprout Salad

1 lb.(about 2 cups) mung bean sprouts  
Other chopped vegetables (cucumber,  
carrots, peppers, tomatoes, whatever you  
have available)

### **DRESSING:**

3 tbsp crunchy peanut butter  
2 tbsp soy sauce  
4 tbsp vinegar

½ tsp cayenne pepper  
1 tsp sugar  
1 tbsp sesame oil  
3 tbsp vegetable oil  
1 tbsp grated ginger  
2 – 3 cloves garlic, minced  
1 tsp Dijon mustard  
1 tbsp white wine or water (if required)

Mix the dressing ingredients well by shaking in a jar. Add the wine or water if the dressing seems too thick. Put the sprouts and vegetables in a serving dish, toss with the dressing and let marinate. You can serve right away, or refrigerate for several hours.

## Bean Sprout Salad with Seafood

2 cu seafood, canned or fresh (shrimp, crab, scallops, chopped conch)

2 cu mung bean sprouts

½ tin (cu) water chestnuts, chopped

¼ cu scallions (onions are OK if you do not have scallions)

¼ cu chopped parsley (optional)

¾ cu mayonnaise

1 tbsp soy sauce

1 tbsp lemon juice

1 tsp ginger, minced

Mix mayo, soy sauce, lemon juice and ginger in jar. Shake well. Mix seafood, sprouts, water chestnuts, scallions and parsley. Pour dressing over sprouts/seafood. Serve on lettuce leaves (optional)

## Bean Sprout Stir Fry

1 – 2 cu mung bean sprouts  
1 onion, thinly sliced  
2 cloves garlic, thinly sliced  
½ can water chestnuts, sliced thin

Other vegetables, thinly sliced (whatever  
you have: carrots, celery, peppers)  
2 tbsp vegetable oil  
2 tbsp soy sauce

Heat oil in large frying pan over medium heat. Cook the onion, garlic, carrots and celery for 3-4 minutes, until limp, but not brown. Add sprouts, water chestnuts and peppers. Sauté for 2-3 minutes until heated through. Serve hot, and if you have leftovers, this works well as a cool salad.



## Beef and Vegetable Stew (Light Hearted Cookbook)

1 ½ lb. stewing beef

¼ cu flour

6 small onions

2 large potatoes, cut in chunks (1 lb. / 500

g)

3 large carrots, cut in chunks

3 cloves garlic, minced

2 cu diced turnips (optional...Brian refuses)

4 cu beef stock / bouillon

1 can (7 ½ oz. 213 mL) tomato sauce

1 tsp dried thyme

½ tsp dried oregano

¼ tsp ground pepper

1 bay leaf

Remove all visible fat from beef; cut beef into 1-inch cubes.

In a large casserole or Dutch oven, toss beef with flour. Add onions (half or quarter 2-3 medium onions if you do not have small ones) potatoes, carrots, garlic, turnip (if using), stock, tomato sauce, thyme, oregano, pepper, and bay leaf. Stir to mix.

Bake covered, in 325 degree oven for 3 hours, stirring occasionally (if you remember). Remove bay leaf. Makes 8 servings.

**Beef Bourguignon** (Julia Child's Mastering the Art of French Cooking, Modified and simplified)

3 lbs. stewing beef  
vegetable oil  
1 carrot, sliced in rounds  
1 onion, sliced  
1 tsp salt  
½ tsp pepper  
2 tbsp flour

3 cu red wine  
1 tbsp tomato paste  
2 cloves garlic, minced  
½ tsp thyme  
1 bay leaf

Remove fat and gristle from beef and pat dry. Put a thin layer of oil in a large, heavy pot and heat over medium high burner. Brown beef in small batches and set aside. In the same fat, brown the sliced vegetables. Return beef and toss with salt and pepper. Sprinkle flour and toss again to coat the beef lightly. Stir in the remaining ingredients and bring to a simmer. Cover the pot and simmer slowly for 3-4 hours. Serve sprinkled with chopped fresh parsley. Serve with braised onions and/or mushrooms sautéed in butter and oil. Serve over buttered egg noodles.

## **Beef Vegetable Soup** (Jane Witherspoon with tips from Michele Lansburg)

2-3 lbs. Beef short ribs

1 tsp salt

½ tsp pepper

3 bay leaves

1-2 onions, sliced

3-4 ribs of celery, sliced

4 carrots, sliced into rounds

4 red potatoes, cubed (or half sweet potatoes)

1 can tomatoes (optional)

¼ green cabbage, shredded

1/2 cu ketchup

½ cu dried beans (Bean Soup Mix), soaked overnight (see recipe Bean Soup Mix)

½ cu sliced okra (optional)

any leftover vegetables

Cut the short ribs between the rib bones. Browning the ribs in a little oil makes a richer soup, but is not required. Cover with water, add the bay leaves, salt and pepper and cook on the stove-top for about 2 ½ - 3 hours or in a pressure cooker for 15 minutes. Remove the meat and bones and let the soup cool in the refrigerator. Then remove the hardened fat from the surface and add the meat (not bones and gristle) to the soup.

In a little oil, sauté the onions, celery and carrots over low heat until limp. Add the stock and meat, potatoes, tomatoes, beans (drained and rinsed first) and ketchup. Simmer for about 1½ hours (or pressure cook for 15 minutes). Add the cabbage, okra and leftover vegetables. Simmer an additional 10 minutes. If you want a thicker, stew-like soup, add a package of beef gravy mix. On the boat, everything simply gets put into the pressure cooker except cabbage and leftover vegetables and pressure-cooked for 20 minutes. When the pressure has dropped slowly of its own accord, remove the lid and add the cabbage and leftover vegetables and cook for 10 minutes to heat added vegetables. Cabbage is best if it is still a bit crisp.

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**Beer** – Stewart's Special Bitter Ale (approx. 5.5% alcohol by volume)

5.5 l malt extract

Grains: 1000 gr. pale malt

1000 gr. flaked barley

1000 gr. Carastan malt

500 gr. Crystal 80

100 gr. roast barley

Boiling hops: 180 gr. Willamete

Fining: 1 tsp. Irish moss

Finishing Hops: 25gr. Hallertaur

Yeast: 15 gr. Ale

Pour malt extract into kettle water and stir for 30 seconds. Put grain sleeves into kettle to soak for 55 minutes at 155 – 160 degrees F. Turn heat to maximum and bring wort to 170 degrees. Remove all grains. Turn heat to maximum and watch for a dense billowy foam to rise inside the kettle. Once the foam starts to rise 1-2 inches, add boiling hops; turn heat to medium and allow to boil for 20 minutes with kettle door open. Add Irish moss & continue boiling another 10 minutes. Re-hydrate yeast by pouring 250 ml water at 105 degrees in a measuring cup with the yeast. Cover and let stand until wort is in the fermentation keg. Add finishing hops to kettle and boil another 5 minutes. Turn off heat. Cool wort to 105 degrees and put into the fermentation keg. Add yeast and mix well.

When cruising, we use the extra fine filtering, since cooling on the boat is less reliable than in a refrigerator. In the winter we use fine filtering which leaves the beer with a bit more body.

## Beets, Pickled

2 lbs. Beets

1 ½ cu cider vinegar

1 ½ tbsp dry mustard

½ tsp salt

1 ¼ cu sugar

2 medium onions, sliced

1 tsp celery salt

Cook the beets in water to cover until tender. Drain, reserving 1 cup of the cooking water. Slip the skins off cooled beets and slice.

Heat the vinegar and reserved cooking water to a boil. Mix the mustard, salt and sugar. Add to the vinegar and let boil again.

Arrange beets and onions in layers in clean canning jars. Add the celery salt and cover with the hot vinegar mixture. Seal, cool and store in the refrigerator. Let stand a few days before using. They will keep in the refrigerator for weeks.

A favorite recipe of Jane Witherspoon. Origin unknown, but it was written on the back of computer output dated December 1969.

## **Biscuits, Buttermilk** (from The Joy of Cooking)

1  $\frac{3}{4}$  cu flour

1 tsp salt

2 tsp baking powder

$\frac{1}{2}$  tsp baking soda

1 tsp sugar

$\frac{1}{4}$  cu lard

$\frac{2}{3}$  –  $\frac{3}{4}$  cu buttermilk

Put the lard and dry ingredients in a food processor. Blend thoroughly. If you do not have a food processor, cut the lard into the flour with two knives or a pastry blender. Add the buttermilk and pulse just 4-5 times until just mixed. Flour a counter, table or board and turn out the biscuit dough. Roll dough to a thickness of about  $\frac{1}{2}$  inch. Cut with a biscuit cutter (2" diameter circle) and put on un-greased baking sheet. Bake at 400 degrees about 10 minutes.

Can be used to top Chicken a la King to make a chicken pie.

## **Biscuits, Herbed** (from daughter Amelia Peltz)

1 ¼ cu white flour  
¾ cu whole wheat flour  
1 tbsp baking powder  
½ tsp baking soda  
½ tsp salt  
1 tsp dried basil

½ tsp dried thyme  
¼ cu shortening (lard if diet allows)  
¾ cu buttermilk  
½ cu fresh chopped parsley

Preheat the oven to 425 degrees F. In a large bowl combine the flours, baking powder and soda, salt and dried herbs. Using a pastry cutter or two knives, cut in the shortening until it resembles coarse cornmeal. Note: a food processor does this exceptionally well. Stir in the buttermilk and parsley until mixture forms a soft dough. More buttermilk may be required. Do not over process/ mix, but have enough liquid so the dough adheres into one ball. Turn onto a floured board and knead 10-12 times. Roll out the dough to ¾ inch thickness. Using a 2 ½ inch biscuit cutter, cut into rounds. Place on un-greased baking sheet. Bake 15 minutes or until browned on top.

Note: other dried herbs can be used, such as tarragon, oregano, savory or dill instead of the basil and thyme.

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## **Black Bean Chili with Squash and Corn** (Lorna Sass, The Pressured Cook)

2 ½ cu (1 lb.) dried black beans, rinsed and soaked overnight

1 tbsp. Olive oil

2 tsp cumin seeds (whole)

2 cu. Onions, coarsely chopped

3 cu broth (vegetable, chicken, turkey)

1 ½ tbsp. Chili powder

2 tsp. Fennel seeds

½ tsp cinnamon

1 ½ tsp salt

2 lbs. Butternut squash, peeled, seeded and cut into ½ inch cubes

2 tsp oregano

2 garlic cloves, minced

15 oz can, diced tomatoes

1-2 jalapenos, seeded and finely chopped

1 ½ cu. Fresh or frozen corn

2 large red peppers, roasted, seeded and cut into ½ inch squares

¼ cu cilantro, chopped (optional)

Hot sauce to taste

Drain and rinse the beans.

Heat oil in pressure cooker over medium high heat. Add cumin and onions and cook, stirring frequently for 1 minute. Add broth, beans, chili powder, fennel and cinnamon. Lock lid. Bring to high pressure over high heat. Lower heat just enough to maintain high pressure and cook for 9 minutes. Quick release the pressure by running cold water over the cooker. Remove the lid.

Stir in the salt, squash, oregano and additional chili powder if required. Return to high pressure over high heat and cook for 3 more minutes. Quick-release the pressure as above. Remove lid.

Add garlic, tomatoes, corn and roasted peppers and simmer over medium heat until the squash is tender and garlic loses its raw edge, about 3 minutes. Stir in cilantro and hot sauce. Serve in large shallow bowls with sour cream.

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## **Black Bean Soup**

4 cu black beans  
5 qt water  
3 stalks celery, chopped  
3 onions, chopped  
½ cu butter or margarine  
1 ½ tbsp. flour  
½ cu chopped parsley  
1 ham bone

3 leeks, thinly sliced  
4 bay leaves  
1 tbsp. salt  
½ tsp. Pepper  
1 cu Madeira or Sherry  
2 finely chopped hard cooked eggs  
thin slices of lemon

Pick over and wash beans; soak them overnight in cold water. Drain and rinse. Add water and cook over low heat for 1½ hours (or pressure cook for 15 minutes).

In a soup kettle over low heat sauté celery and onions in butter for 8 minutes or until tender. Blend in flour and parsley and cook for 1 minute. Gradually stir in the beans and their liquid. Add ham bone, leeks, bay leaves, salt and pepper. Simmer 4 hours. Remove the ham bone and bay leaves. Remove ham from bone, chop and put in soup. Force beans through a sieve or blend in a food processor. Combine the pureed beans and their broth and add Madeira. Heat the soup again. When ready to serve, stir in eggs and garnish with lemon slice floating on the top of the soup.

## **Black Forest (chocolate) Cake** (Grace Kopec, Metro Toronto Library)

**Cake:** Make a chocolate cake. I use a cake mix, such as Betty Crocker or Duncan Hines) Divide the batter into 3 equal-sized round (8") pans that are well buttered and floured. If you only have two pans, pour more batter in one of them than the other. After the cake has cooled, take a long sharp knife and split the thicker cake into two layers.

**Assembling the Cake:** Put the bottom layer on a cake plate. Sprinkle with some rum or Kirsch. Spread the bottom layer with vanilla pudding. Put the second layer on the pudding. Sprinkle with more rum or Kirsch. Spread the second layer with whipped cream. Then put a layer of pitted sour cherries on top of the whipped cream. Put the third layer on top of the cherries. Sprinkle with more rum or Kirsch. Ice the sides and top with icing.

**Icing:** Melt 3 squares of bitter chocolate with 3 tbsp butter. When melted, slowly add granulated sugar, stirring after each addition. How much? Keep adding sugar until the mixture looks gritty and gets thick. Add about 3-4 large spoonfuls of sour cream, mixing well after each spoonful, until the icing becomes smooth and spreadable.

Recipe from Grace Kopec, who worked with Jane in the Metro Toronto Library from 1970 – 1977.

## **Blueberry Pie (Granny's)**

Top and bottom crust for a 10 inch pie dish  
(the deeper the better)

4 cups wild blueberries

1 ½ cu white sugar

4 tbsp flour

1 tsp lemon juice

In a large mixing bowl toss the blueberries and sugar until coated. Add lemon juice. Put into bottom crust of pie shell in pie dish. Cut top cover of pie crust to make large vent holes, and cover the fruit with the top crust. Bake at 400 degrees F for 15 minutes then reduce heat to 350 degrees. Bake until the crust is brown and the juice has started to flow over the top crust (30 minutes)

If the result is too runny, add more flour the next time you make the pie and let bake longer (until the juice stops flowing out of the vent holes)

It is hard to over-bake a fruit pie.

## **Bread Pudding** (Presto Pressure Cooking recipe book)

3 slices bread, cubed (white, but some whole wheat is good)  
1 tbsp melted butter  
 $\frac{1}{4}$  tsp salt  
1  $\frac{1}{2}$  cu brown sugar  
 $\frac{1}{2}$  tsp cinnamon  
2 cu hot milk

2 eggs, slightly beaten  
 $\frac{1}{2}$  tsp vanilla  
 $\frac{1}{2}$  cu raisins  
 $\frac{1}{2}$  cu chopped nuts  
4 cu water

Place bread in bowl. Add butter, salt, sugar, cinnamon, milk, eggs vanilla, raisins and nuts. Mix well. Pour into a buttered Pyrex bowl that fits into your pressure cooker. Cover with wax paper and tie securely with string. Place bowl on rack with water in the cooker. Close cover securely. Turn heat to high. Allow steam to flow from the vent pipe for 5 minutes. Then place the pressure regulator (rocker) on vent pipe and cook 15 minutes with regulator rocking slowly. Turn off heat and let pressure drop of its own accord. Serve warm or at room temperature with Vanilla Sauce (see recipe).

This is not a favorite dessert, but is a good way to use bread ends that seem to accumulate on our boat. This is best made with fresh eggs and milk rather than dried eggs and milk.

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## Broccoli and Mushroom Stir-fry

1 medium broccoli, cut into florets  
2 tbsp oil  
1 tbsp finely chopped garlic  
2 tsp ginger, finely chopped  
1 stalk celery, chopped  
4 spring onion whites and greens sliced  
finely

2 cups mushrooms, cleaned and quartered  
1 tbsp soy sauce  
Pepper to taste  
1 tbsp sugar  
2 tsp lemon juice

Blanch the broccoli florets. Heat the oil in a wok. Add garlic, ginger and celery. Fry briefly until soft. Add sliced spring onion whites and keep stir-frying on medium-high heat for about 2 minutes. Add the mushrooms and sauté on high-medium heat for about 2 minutes or until they are lightly fried and glossy. Add the rest of the ingredients except the spring onion greens and keep tossing on high heat for about 3 minutes or until the vegetables are crunchy-cooked. Mix in the green spring onions.

## **Brownies, Classic** (From Baker's Chocolate Cookbook)

2 squares unsweetened chocolate  
1/3 cu butter or margarine  
2/3 cu flour  
1/2 tsp baking powder  
1/4 tsp salt  
2 eggs  
1 cu sugar

1 tsp vanilla

### Glaze:

1 tbsp butter  
1 square unsweetened chocolate  
1/4 cu milk  
1 1/4 cu icing sugar

Melt chocolate with butter, then cool. Beat eggs, then add sugar and beat well. Blend in chocolate mixture and vanilla. Stir in the flour, baking powder and salt. Spread into greased and floured 8" square pan. Bake at 350 degrees for 25 minutes or until brownies begin to pull away from side of pan. Cool.

GLAZE: Melt butter and chocolate. Blend in milk. Add icing sugar and beat until smooth. Spread over cooled brownies.

Glaze is optional (and omitted when cruising on Pilgrim)

Make 24 brownies

## **Bulgur Timbales** (Whole Grains, Lorna Sass)

A good accompaniment to lamb chops with North African spices

1 tbsp olive oil

1 small onion, finely chopped

1 ½ tsp ground coriander

¼ tsp ground cardamom

¼+ tsp ground cinnamon

1 cu bulgur

½ cu grated carrots

¾ tsp salt

4 thin slices lemon, pitted

1/3 cu coarsely chopped dried apricots

¼ cu pine nuts, toasted

Mint sprigs, for garnish

Heat oil in a heavy saucepan. Add onion and cook over medium-high heat until translucent, about 3 minutes. Stir in the spices and cook another minute. Stir in the bulgur and coat it with the oil. Continue cooking, stirring frequently to toast the bulgur, about 3 minutes. Stir in the carrots, 2 ¼ cu water, salt, lemon.

Bring to a boil. Cover, lower the heat and cook it over medium-low heat until the bulgur is tender, 20-25 minutes. If all the water has been absorbed and the bulgur is not done, stir in ¼ cu hot water and cook over very low heat for a few more minutes. Remove from the heat and let the bulgur steam for 10 minutes, or until the meat accompaniment is ready.

Drain off any unabsorbed liquid and discard the lemon slices. Stir in the apricots and pine nuts. Adjust the seasonings. Press the bulgur into a ramekin or coffee cup (I use a demi-tasse coffee cup) and invert onto each plate. Two timbales if using demi-tasse and one if using a coffee cup for each serving. Garnish with mint.

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**Butter Tarts – Tartelettes au beurre** (From Food – a la canadienne, a Canadian government publication published in 1970, gift from Marj McLeod)

½ cu butter

1 ½ cu brown sugar

2 eggs, beaten

1 tbsp lemon juice

½ cu currents, chopped nuts or dried berries

24 unbaked medium tart shells

Cream butter and sugar; add eggs and beat until smooth. Stir in lemon juice. Add currents, nuts or berries, if desired. Fill tart shells 2/3 full. Bake at 375 degrees until pastry is lightly browned, approximately 15 minutes.



## **Butterscotch Bars** (Margaret Witherspoon)

½ cu flour

1 egg

¼ cu butter or margarine

1 tsp vanilla

1 tsp baking powder

¼ tsp salt

1 cu brown sugar

1 cu nuts, washed in warm water, broken

¼ cu icing sugar

Melt butter. Add sugar, egg, vanilla, nuts and flour. Bake in greased square pans (8" or 9") for 25-30 minutes in a 350 degree oven. Cut in squares when cool and spread with icing sugar

## **Cabbage Rolls** (Anna Strecker, Amelia (Vic's mom) Peltz's sister)

Toss 1 medium head of cabbage into boiling water. Let the leaves wilt and then remove from water and when cool enough to handle, remove leaves carefully.

Boil 1 cu rice with 2 cu water until water is absorbed. Fry 1 large chopped onion in a little oil. Add onion to rice with salt and pepper to taste. Add about  $\frac{1}{2}$  - 1 lb. ground beef to rice mixture and mix well. Take a cabbage leaf and put filling on to it. Wrap the leaf around the filling. Pile cabbage rolls in a casserole dish. Put some sugar with 2 cu tomato juice and pour over cabbage rolls. Bake at 350 degrees for 1 hour. Serve with sour cream

**Caesar Salad** (based on a recipe in From Julia Child's Kitchen, modified by Jane Witherspoon)

1 large crisp head romaine lettuce

1 egg yolk

1 large clove garlic, minced

2 tsp anchovy paste

½ lemon

1 ½ tsp Worcestershire sauce

½ cu virgin olive oil ... or more

½ cu croutons

1/8 cu Parmesan cheese

pepper (optional)

In a large salad bowl, put the egg yolk, minced garlic and anchovy paste and combine (I use the spoon of the salad tossers for this). Add the juice of ½ lemon and Worcestershire sauce. Mix well. Slowly pour olive oil in a stream, stirring constantly with the salad spoon until the dressing becomes thick. If you are pouring slowly and mixing vigorously, the more oil you add the thicker the dressing will become. When you are ready to serve the salad, tear the romaine leaves into bite-sized pieces, add the croutons and the cheese and toss. Taste to see if you need pepper.

**Cannelloni** (from World Gourmet Social Calendar, 1972. gift from Aunt Frannie)

2 tbsp olive oil  
¼ cu chopped onion  
1 tsp chopped garlic  
2-3 10 oz packages of frozen chopped  
spinach  
1 lb. lean ground beef

5 tbsp grated Parmesan cheese  
2 tbsp heavy cream  
2 eggs, slightly beaten  
1 tsp dried oregano  
salt & pepper to taste

**Filling:** Heat oil in skillet and soften onion and garlic over low heat. Stir in the thawed spinach and cook until moisture has boiled away and the spinach sticks lightly to the pan. Transfer spinach to a large bowl. Add 1 tbsp of oil to the skillet and brown meat, stirring to break up lumps. Add meat to the spinach mixture. Add the remaining ingredients and mix.

**Tomato Sauce:** (Salsa di Pomodori)

2 tbsp olive oil  
½ cu chopped onion  
2 cu plum tomatoes, coarsely chopped  
3 tbsp tomato paste

1 tsp dried basil  
1 tsp sugar  
salt & pepper to taste

Cook onions in olive oil until soft. Add tomatoes, tomato paste, basil, sugar, salt & pepper and simmer over low heat for 40 minutes or more. Press through a sieve or process in a Cuisinart or blender.

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## **Cannelloni** (page 2)

### **Cream Sauce** (Besciamella)

6 tbsp butter

6 tbsp flour

1 cu milk

pepper (white, if you have it)

2 cu heavy cream

1 tsp salt

Melt butter over moderate heat. Add flour and cook the roux stirring constantly with a whisk for 5 minutes. Pour milk and cream slowly, stirring constantly. Cook until thick. Add salt and pepper. (I use 2 cups of milk instead of cream and milk, and it works fine)

**Assembly:** Pour a film of tomato sauce in a large serving pan. Fill cooked (or use tubes that do not need pre-cooking) cannelloni or manicotti noodles with the meat mixture. Place side by side in 1 layer. Spoon cream sauce over the noodles, then spoon tomato sauce over the cream sauce. Sprinkle with 2 tbsp Parmesan cheese. Bake uncovered 20 – 30 minutes or until bubbly at 375 degrees.

## **Caramel Dinner Rolls** (Margaret Witherspoon / Frances Fain)

Make a recipe of Yeast Dough for rolls.

Roll out the dough into a thin rectangle. Spread with soft butter.

Sprinkle liberally with cinnamon and brown sugar. Roll up (like a jelly roll) and slice  $\frac{1}{2}$  -  $\frac{3}{4}$  inch rolls. Butter thoroughly muffin tins. Place a tsp of honey and some broken nut pieces in the bottom of each muffin tin. Then put rolled up dough in the cup, cut end down. Let rise, covered with a clean tea towel, about 1 hour until double in bulk. Bake in 375 degree oven for 10 minutes or until brown. Let rolls cool a few minutes, then turn the tins upside down (nuts on the top and honey on top and dripping down the sides)

## **Carrot Cake** (Chances R Pecan – Carrot Cake from Darcie Witherspoon)

2 cu sugar

1 ¼ cu cooking oil

4 eggs

2 tsp vanilla

2 cu flour

1 cu crushed pineapple

¾ cu chopped pecans

2 tsp baking soda

2 tsp ground cinnamon

1 tsp baking powder

¼ tsp salt

2 cu shredded carrots

¾ cu golden raisins

Beat together sugar, oil, eggs, vanilla. Stir together flour, soda, cinnamon, baking powder, salt. Add egg mixture. Stir in carrots, nuts, pineapple, raisins. Turn into 2 greased and floured 9” round cake pans. Bake 350 degrees for 35 – 40 minutes or until a toothpick inserted in the middle comes out clean. Let cool 10 minutes. Remove from pans and cool on wire racks. Serves 12 – 16.

**Cream Cheese Frosting:** Beat together one 8 oz package of cream cheese, ½ cu margarine and 1 tsp vanilla until creamed. Gradually beat in 1 lb (4 ½ - 4 ¾ cu) icing sugar. Add milk, if needed, to make spreading consistency. Ice between the layers and the top only and decorate the top with pecan halves.

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## Carrots, Marinated Spiced (Lighthearted Cookbook)

A very good, low-cal appetizer

1 lb small carrots, scraped

½ cu sugar

½ cu white vinegar

½ cu water

1 tbsp mustard seeds

3 whole cloves

1 3-inch stick cinnamon, broken

Cut carrots into 3-inch long thin sticks. Blanch in boiling water for 3 minutes. Drain and cool under cold water. Drain again and place in a bowl.

In saucepan, combine sugar, vinegar, water, mustard seeds, cloves and cinnamon. Bring to a boil. Reduce heat and simmer 10 minutes. Pour over carrots. Let cool, then cover and refrigerate for at least 8 hours or overnight. Drain well; discard spices.



## **Challah** (California Culinary Academy)

1 package active dry yeast

1 ¼ cup warm water

2 teaspoons sugar

2 tablespoons salad oil

1 tsp. salt

4 ½ - 5 cups flour

2 eggs

1 egg beaten with a teaspoon water

3 tablespoons sesame or poppy seeds  
(optional)

Sprinkle yeast over ¼ cup water in a large bowl. Add sugar. Let stand until yeast is soft (about 5 minutes). Add remaining 1 cup of water, salt and oil.

Add 3 cups of flour. Mix to blend, then beat until smooth and elastic (about 5 minutes). Beat in eggs, one at a time, then gradually stir in about 1 ½ cups more flour to make a soft dough.

Turn dough out onto a board coated with some of the remaining flour. Knead until dough is smooth and springy and small bubbles form just under the surface (12-15 minutes), adding flour to prevent dough from being sticky. Turn dough in a greased bowl. Cover with a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Punch dough down, cover again and let rise a second time until doubled in bulk (about 45 minutes)

Punch dough down and divide into 3 equal portions. On a lightly floured surface roll each portion into an 18-inch long strand. Place 3 strands side by side diagonally across a large greased baking sheet; braid.

Pinch ends, tucking under to seal. (On Pilgrim, I divide dough into six equal portions, make two loaves and put in loaf pans rather than a cookie sheet) Let rise until almost doubled in bulk (45 minutes) Preheat oven to 375 degrees F. Brush egg mixture lightly over braid. Sprinkle with seeds, if desired. Bake until braid is well browned and sounds hollow when tapped (45 – 50 minutes). Slide onto wire racks to cool.

## **Cheddar Cheese Bread** (California Culinary Academy)

1 package active dry yeast

1 ¼ cu warm water

2 tbsp sugar

1 cu warm milk

4 tbsp butter or margarine

1 tsp salt

6-6 ½ cu white flour

3 cu shredded sharp Cheddar cheese

1 egg white blended with 1 tsp water  
(optional)

2 tsp poppy seeds (optional)

Sprinkle yeast over ¼ cu of the water in a large bowl. Add 1 tsp of the sugar. Let stand until soft and bubbly. Stir in remaining water, milk, 2 tbsp butter, salt and remaining sugar.

Add 4 cu flour and stir until blended. Stir in 1 cu cheese and another 1-1 ½ cu flour to make a soft dough.

Turn out dough onto a board and knead in remaining ½-1 cu of flour. Knead, adding flour if dough is sticky, for about 12-15 minutes. Turn dough into a greased bowl and cover with a towel. Let rise until doubled in bulk (1 – 1¼ hour). Punch down dough and divide into two equal portions. Melt remaining 2 tbsp butter. Roll half the dough out into a rectangle 8.5 inches by 14 inches. Brush 1 tbsp melted butter on dough, leaving about a ½ inch margin. Sprinkle 1 cu cheese over buttered surface. Starting with the 8.5 inch edge, roll jelly-roll fashion. Place in greased 4.5 x 8.5 inch loaf pan. Repeat with remaining dough, butter and cheese. Let loaves rise, covered, until almost doubled in bulk, 45 minutes – 1 hr. Preheat oven to 375 degrees. If using poppy seeds, brush each loaf with egg white mixture and sprinkle with poppy seed. Using a razor blade, make 3 diagonal slashes about ½ inch deep in top of each loaf. Bake until loaves are well browned and sound hollow when tapped (35-40 minutes). Remove from pans and let cool on wire racks.

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## **Cherry and Almond Risotto** Puddings (Risotto by Maxine Clark)

I have halved the original recipe, since this amount fits the ramekins (½ cu or 125 mL) I own. Serves 6

½ cu risotto rice

2 cu whole milk

1 tbsp semolina

Canned cherries, 14 oz (bing or amarena)

3 eggs

Slightly less than ½ cu sugar

¼ cu ground almonds

Grated rind of ½ lemon

1 ½ tbsp brandy

¼ cu pistachios, halved

6 ½ cu ramekins lightly buttered, then dusted with semolina

Put the rice and milk in a saucepan. Slowly bring to a boil, reduce the heat and simmer for 15 minutes.

Drain the cherries. Reserve the syrup. Halve the cherries (if using bing), rinse and dry on paper towels.

Reserve half the cherries for garnish. Simmer the bing cherry syrup to thicken slightly.

Put eggs, sugar, ground almonds, lemon rind and brandy in a large bowl and beat until pale and creamy.

Fold in the rice, then fold in the cherries and pistachios. Spoon into ramekins and fill to the top. Set the filled ramekins on a baking sheet and bake in a preheated oven at 350°F for about 25 minutes or until a wooden skewer inserted in the centre comes out clean. The puddings should be set and golden brown.

Let the ramekins cool for 5 minutes, then run a knife around the edge to loosen. Invert onto serving plates. Serve warm or cold with the reserved syrup and extra cherries.

## **Cherry Fudge Ripple Ice Cream** (inspired by Amelia Peltz and 3-points Kitchen Blog)

½ - 2/3 cu dried cherries

¼ cu port diluted with 2 tbsp water

2 cu heavy cream

1 cu half & half or whole milk

Pinch of salt

¾ cu sugar

1 vanilla bean, split in half lengthwise

¾ tsp vanilla extract

Put the cherries, port and water in a small saucepan over medium low heat. When the wine begins to bubble, reduce heat and simmer for 20 minutes, then turn off the heat. When at room temperature, put the cherries and any liquid that has not been absorbed into a container and chill for 24 hours.

Pour 1 cup of the cream into a saucepan and add sugar and salt. Scrape the seeds from the vanilla bean into the saucepan and add the pod to the pot. Warm over medium heat, stirring, until the sugar has dissolved.

Remove from heat and add the remaining cream and vanilla extract. Chill for 24 hours.

When ready to churn the ice cream remove the vanilla pod. Put the ice cream mixture into the ice cream maker and follow the manufacturer's instructions. Just before the ice cream has become firm, add the chilled cherry mixture.

When filling the storage containers, put in a spoonful or two of ice cream, then a spoon of the fudge ripple (separate recipe). Continue layering ice cream and fudge ripple, ending with a layer of ice cream. Store in the freezer for 12 hours before serving to allow the mixtures to set.

You can use a French vanilla ice cream base for a richer dessert.

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## Cherry Pie (Margaret Witherspoon)

1 cu sugar

1+ tbsp flour

2 19 oz cans of sour cherries, drained

pie crust for a 2-crust pie (see Pie Crust recipe)

Mix sugar, flour and cherries. Sprinkle a little flour in the bottom of piecrust before pouring cherries in the crust. Make a lattice (woven) crust on top. Put the pie pan on a cookie sheet or drip pan. Sprinkle a little sugar on top of the top crust. Bake for 15 minutes at 450 degrees F, and then reduce to 300 degrees F for 30-45 minutes until the juice bubbles and stops dripping to the drip pan.

## **Chicken, Trinidad Style** (adapted from Ann Vanderhoof's The Spice Necklace)

4 bone-in chicken quarters (about 3 lbs.)

8 cloves garlic, finely chopped

Salt and pepper

2 tbsp vegetable oil

3 tbsp Patak's hot curry paste (or West

Indian curry powder)

2 onions, cut in eighths

1 tbsp tomato paste (if sauce needs thickening)

4 medium tomatoes, cut in eighths

1 cup coconut milk

2 tbsp raisins

½ cup whole peanuts

½ cu sweet or hot mango chutney

Season the chicken with garlic, salt and pepper. Set aside for at least 1 hour.

Heat oil in a large pot, add the curry (paste). If using powder, cook gently for about 2 minutes being careful to keep the curry from burning.

Add chicken pieces and coat with the curry mixture

Add the onions, tomatoes and coconut milk. Bring to a boil, then lower the heat and simmer uncovered, stirring occasionally for 40-50 minutes until the chicken is tender and the sauce has thickened.

Stir in the raisins, peanuts, chutney and tomato paste. Cook for a couple of minutes to blend the flavours. Serve over rice, or the Rice Medley (brown and wild rice and quinoa)

Makes 4 servings.

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## **Chicken (with Stuffing) Dinner**

Prepare a box of stuffing according to package directions. I like to add chopped onion and chopped celery to the mix. Spread along the bottom of a buttered Pyrex dish. Trim chicken breasts. Put on top of stuffing. Melt 1 tbsp butter; brush chicken breasts with butter. Sprinkle with salt and pepper. Bake at 350 degrees F for 40 minutes.

You can prepare this dish and freeze it before baking. Take the frozen dish out of the freezer before you leave for work and put it in your oven with the oven timer set to go off about an hour before you want to serve dinner. Dinner will be ready when you get home from work!

Serve with a vegetable and cranberry sauce.

## Chicken in Gingered Plum Sauce (Lorna Sass, Pressure Perfect)

2 lbs bone-in chicken, breasts or thighs  
1 cu chicken broth  
2 cu coarsely chopped onions or leeks  
1+ tbsp balsamic vinegar  
1-2 tbsp soy sauce

1 cu pitted prunes  
1-2 tsp grated fresh ginger  
Salt and freshly ground pepper  
¼ cu scallions, thinly sliced, for garnish

Trim most of the surface fat and excess skin off chicken. In a 4 quart pressure cooker, combine the broth, onions and vinegar. Drizzle 1 tbsp soy sauce on a large plate and turn the chicken in it to coat thoroughly. Use additional tbsp of soy sauce if needed. Place the meat in the cooker along with any unabsorbed soy sauce. Scatter the prunes on top. Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure. Cook for 8 minutes. Turn off the heat and let the pressure reduce naturally. Remove lid. Test chicken for doneness. Cook without pressure for a few minutes if the meat is not fork tender.

You may finish the sauce over high heat to thicken the sauce and intensify the taste, about 3-5 minutes. Add more vinegar to balance the sweetness and to sharpen the flavours, if needed. Stir in the ginger, salt and pepper.

Serve over rice, barley or orzo risotto.



## **Chicken Recuerdos de Tucson** (from Animal, Vegetable, Miracle, by Kingsolver)

1 whole cut-up chicken, or thighs and legs

Olive oil (for sauté)

1 medium onion, sliced

2-3 cloves garlic, minced

1 tsp cumin seed

Green chilies to taste, chopped

2 red or green peppers

1 large or 2 medium zucchini, thickly sliced

1-cup tomatoes

2 cups corn kernels

2 tsp. oregano

1 tsp. basil

2 cups chicken broth or water

Brown chicken in a little oil in a large kettle. Remove chicken and gently sauté the onion and garlic. Add cumin seeds, chilies, peppers, and zucchini to kettle and sauté. Add remaining ingredients to kettle along with browned chicken, cover and simmer for 30 to 40 minutes, until chicken is done to bone. Garnish with fresh cilantro.

## Chicken Tandoori

4 chicken quarters  
2 tbsp lemon juice  
1 tsp salt (optional)

¼ cu Sharwood's Indian tandoori Marinade  
(comes in an orange round container)  
3 tbsp olive oil

Remove skin from chicken (optional) and cut several deep gashes to the bone. Make a paste of the lemon juice, spices and oil. Brush over the chicken, especially around the cuts. Let stand 4 hours in a cool place. Grill 15 minutes per side on BBQ or under oven broiler or until chicken is well cooked (180 degrees on meat thermometer)

## **Chicken Wings, Curried** (Brian Stewart)

24 chicken wings

2 tbsp curry powder

½ tsp ground ginger

½ tsp garlic powder or 3 crushed garlic  
cloves

dash cayenne pepper (to taste)

4 tbsp white wine

Mix spices and wine to a thick paste. Add additional wine, if required, until a spreading consistency. Remove wing tips from wings. Cover the wing tips with water, add a bit of salt and pepper and simmer for 2 hours to make a chicken stock (for use in other recipes calling for chicken stock) Arrange wings (disjointed, if desired) in a single layer on cookie sheet. Brush on marinade. Let stand in refrigerator for 2 hours. Bake at 350 degrees for 40 minutes or until done.

## **Chicken Wings, Spicy (Brian Stewart)**

24 chicken wings

3 tbsp paprika

4 tsp. Louisiana Red Hot Sauce

½ tsp garlic powder or 3 crushed garlic  
cloves

dash cayenne pepper (to taste)

5 tbsp white wine

Mix spices and wine to thick paste. Add additional wine, if required, until spreading consistency. Remove wing tips from wings. Cover the wing tips with water, add a bit of salt and pepper and simmer for 2 hours to make a chicken stock (for use in other recipes calling for chicken stock) Arrange wings (disjointed, if desired) in a single layer on cookie sheet. Brush on marinade. Let stand in refrigerator for 2 hours. Bake at 350 degrees for 40 minutes or until done.

## **Chicken Wings, Red Hot** (Jane Witherspoon)

12 chicken wings, disjointed  
Louisiana Red Hot Sauce (lots of it)

Disjoint wings. Cover the wing tips with water, add a bit of salt and pepper and simmer for 2 hours to make a chicken stock (for use in other recipes calling for chicken stock) Put the other two parts of the disjointed wings into a covered microwave dish. Microwave on medium until the wings are cooked. (Use instructions for your microwave oven, as each is different). If you do not have a microwave, put wings in an oven-proof pan with a small amount of water and bake in 325 degree oven for 40 minutes.

Pour wings and cooking juices into a frying pan over moderately high heat. Splash hot sauce over each wing piece. Toss until most of the liquid has evaporated and the wings are covered with a thick mixture of hot sauce and chicken stock.

## **Chili -- Australian Dinkum (Chili Madness)**

½ lb. bacon	2 medium cloves garlic, finely minced
2 tbsp vegetable oil	1 tbsp dried oregano
2 medium onions, coarsely chopped	1 tsp cumin
1 celery stalk, coarsely chopped	2 12-oz cans of beer
1 green pepper, cored, seeded & chopped	1 14 oz. can whole tomatoes
2 lbs. Top beef sirloin cut into 1" cubes	1 tbsp brown sugar
1 lb. ground beef	boomerang (optional)
1 lb. ground pork	
7 tbsp chili powder (or to taste)	

Fry bacon. Drain strips and cut into ½ inch dice. Heat oil in heavy large pot over medium heat. Add onions, celery and green pepper and cook until onions are translucent. Combine beef and pork with chili powder, garlic, oregano and cumin. Add meat mixture to the pot. Break up any lumps with a fork and cook, stirring occasionally until the meat is evenly browned. Add beer, tomatoes and bacon. Bring to a boil and then lower heat and simmer, uncovered, for 1 ½ hours. Wave boomerang over the pot 14 times each hour. Continually taste to adjust seasonings and simmer for 2 ½ hours more. Add brown sugar and simmer another 15 minutes. Serve with kidney beans and/or rice.

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## **Chili, Vegetarian (Chili Madness)**

2 ½ cups dried kidney beans, soaked overnight in water to cover

3 tsp salt

1 cu tomato juice

1 cu raw bulghur (cracked wheat)

2 tbsp olive oil

2 medium onions, coarsely chopped

4 medium garlic cloves, crushed

3 stalks celery, coarsely chopped

3 carrots, coarsely chopped

3 or 4 tomatoes, peeled, seeded and coarsely chopped

1 tbsp fresh lemon juice

5 tbsp chili powder

1 tsp ground cumin

½ tsp dried oregano

1 tsp dried basil

Freshly ground pepper to taste

1 ½ green bell peppers, cored, seeded and coarsely chopped

Rinse kidney beans and cover with fresh water and 1 tsp salt. Cook (in pressure cooker for 20 minutes once the rocker is moving) until tender (about 1 hour in conventional pot). Add water if necessary to keep beans from scorching. Put tomato juice in saucepan and bring to a boil over medium heat. Remove from heat and immediately add the bulghur. Cover and let stand for 15 minutes. Juice will be absorbed and bulghur is crunchy. Heat olive oil in a large heavy pot over medium heat. Add onions and garlic and cook until translucent. Add celery, carrots, tomatoes, lemon juice and spices, including remaining salt. Cook, covered, until nearly tender (about 10 minutes). Add the green peppers and continue cooking another 10 minutes. Add kidney beans, the water in which they cooked and the bulghur. Stir thoroughly and simmer for 30 minutes. Add water or tomato juice if chili is too thick.

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**Chocolate Cake** (Peltz Birthday Cake)  
(see also Black Forest Cake)

½ cu margarine  
1 ¼ cu sugar  
½ tsp salt  
1 tsp vanilla  
2 eggs  
1 ¾ cu cake flour, sifted

1 tsp baking soda  
1/3 cu cocoa  
1 cu buttermilk or sour milk  
(to make sour milk, measure 1 tbsp lemon juice in a 1 cup measure, fill with milk, stir and let stand 1-2 minutes)

Cream shortening, sugar and salt together. Add eggs and vanilla. Sift flour with baking soda, cocoa and add alternatively with buttermilk. Bake in 2 greased and floured 8" round pans in a 350 degree oven for 30 – 35 minutes. Check for doneness with a toothpick.

Cool layers on wire racks. When cool, ice between layers, on the sides and top

**Carmel Icing:** Boil together 1 1/3 cu brown sugar, 2 tsp shortening, 2 tsp corn syrup and 1/3 cu milk until the mixture reaches the soft ball stage. Beat ¼ cu shortening (Crisco) and 1 2/3 cu icing sugar and beat until smooth. Pour hot syrup over sugar mixture and beat until smooth. If icing gets hard while icing the cake, add a little hot milk.



## Chocolate Chip Cookies

½ cu shortening  
½ cu granulated sugar  
¼ cu golden brown sugar  
1 egg  
1 tsp vanilla

1 cu all purpose flour  
½ tsp baking soda  
½ tsp salt  
6 oz chocolate chips

Beat shortening, sugars, egg and vanilla until light and fluffy. Add flour, baking soda and salt. Blend well. Stir in chocolate chips. Drop from teaspoon onto greased baking sheets, 2 inches apart. Bake at 375 degrees for 10 minutes or until lightly browned. Makes 40 large cookies.

I thought this was Darlene McGarry's recipe, but she says it is not.

## Chocolate Chip Cookies (Nieman-Marcus)

2 cu butter or margarine

2 cu sugar

2 cu brown sugar

4 eggs

2 tsp vanilla

4 cu flour

5 cu blended oatmeal (see below)

1 tsp salt

2 tsp baking powder

2 tsp baking soda

24 oz chocolate chips

8 oz Hershey bar, grated

3 cu chopped nuts

Cream butter and the sugars. Add eggs and vanilla. Mix together the flour, oatmeal, salt, baking powder and soda. Combine butter/sugar mixture with flour mixture. Add chocolate chips, Hershey bar and nuts. Roll dough into balls and place two inches apart on a greased cookie sheet. Bake 5-8 minutes at 375 degrees. Watch carefully to ensure they do not burn on the bottom. It is best if you do not place the cookie sheets on the bottom shelf of the oven. Makes 112 cookies. Recipe can be halved.

To make Blended Oatmeal, measure oatmeal and put into a blender. Blend until it is a fine powder, like flour.

## **Chocolate Chip Oatmeal Cookies (King Arthur Flour)**

1 cu butter	1 cu oats (quick or old fashioned)
1 cu brown sugar	1 tsp baking powder
1/2 cu granulated sugar	1 tsp baking soda
1 egg + 1 egg yolk	3/4 tsp salt
1 tbsp vanilla	3 cu chocolate chips
2 cu unbleached flour	

Preheat oven to 325°. Line cookie sheets with parchment or silicone pads or grease.

Beat together butter and sugars. Add egg and egg yolk and vanilla and beat well. Whisk together the flour, oats, baking powder and soda and salt and add to the butter mixture. Mix until everything is thoroughly mixed. Stir in chocolate chips. Drop spoonfuls of batter on prepared cookie sheets. Bake 12 - 17 minutes until golden brown. Remove from oven, let cool a few minutes, then remove from cookie sheet with spatula and cool on a wire rack.

Yield: up to 100 cookies, depending on the size you make them.

## **Chocolate Decadence** (from 365 Great Chocolate Desserts)

An almost flour-less chocolate cake

1 lb. semisweet or bittersweet chocolate  
4 oz. butter (1 stick)  
4 eggs

1 tbsp flour  
Raspberry Sauce (see below)

Preheat oven to 425 degrees. In a 1-quart glass bowl, combine chocolate, butter and 1 tbsp hot water. Heat in microwave on high for 2 minutes until melted. (JTW: I would only use medium or low heat to melt chocolate for a longer time) Stir to mix thoroughly. Set aside.

In a large bowl, beat eggs 3-4 minutes on high speed until thickened and increased in volume. Beat in flour and chocolate mixture until well-blended.

Spread evenly in an 8-inch spring-form pan, buttered and lined with a round of parchment or waxed paper. Bake 12-15 minutes. Cake will be soft in the centre, but will firm up when cold. Let stand until cool, then refrigerate until serving time. Run a sharp knife around edge of cake and remove spring-form side.

**Raspberry Sauce:** Combine 2 12-oz packages of frozen unsweetened red raspberries, thawed, and  $\frac{3}{4}$  cu powdered sugar in a food processor. Process until smooth. To remove seeds, press sauce through a fine wire sieve. Discard seeds. May add 2 tbsp of Grand Marnier or other liqueur of your choice to the sauce.

## **Chocolate Fudge Cake / Brownies** (Julia Child ... part of Bombe aux Trois Chocolats)

2 sticks unsalted butter

4 ozs unsweetened chocolate

2 cu sugar

3 large eggs

1 tsp vanilla

½ tsp salt

1 cu flour

Preheat oven to 350 degrees. Butter a jelly roll pan and cut a sheet of wax paper to fit it, overhanging the ends by 2 inches. Press the paper into the pan. Butter again and then flour the paper.

Set 1 stick of butter and the chocolate in a melting pan and place in a larger pan with 2-3 inches of hot water. Bring the water to a simmer and let the chocolate and butter melt. Cream the 2<sup>nd</sup> stick of butter. Add eggs, one at a time, and cream well. Add vanilla, salt and finally the melted butter and chocolate mixture. Add flour, 1/3 at a time. When thoroughly blended, spread in the jelly roll pan evenly and set in the middle of the oven. Bake 25 minutes or until set, but top is still spongy. A toothpick should come out with a few specks of chocolate on it. Remove from oven and let cool in the pan for 10 minutes. Then turn pan upside down over a cake rack and unmold the cake gently pulling off the wax paper. You may cut the cake into brownies or use in the Bombe aux Trois Chocolates.

## **Chocolate Mousse** (Julia Child ... part of Bombe aux Trois Chocolats)

12 ozs semisweet chocolate	1 ½ cu heavy cream
1 ½ oz unsweetened chocolate	1 ½ tsp vanilla
2 ½ tsp plain unflavored gelatin	Large pinch of salt
3 tbsp dark Jamaica rum or Cognac	3 tbsp sugar
3 large eggs	
2 egg whites	

Break up the two chocolates and set in a small covered saucepan. Bring 2 inches of water to boil in a large pan and put small pan in large pan. Cover small pan and let chocolate melt while you proceed with the rest of the recipe. Renew hot water, if necessary.

Measure gelatin into a bowl and pour on rum or Cognac and let soften

Separate the eggs, dropping the whites plus the extra whites into a beating bowl and the yolks into a stainless steel saucepan. Set the whites aside for later. Beat the yolks with a wire whisk until thick and sticky. Then blend in the cream. Stir slowly over low heat with a wooden spatula reaching all over the bottom of the pan as the liquid slowly heats. Bubbles will begin to appear on the surface and then the bubbles will subside. Then watch for a whiff of steam rising; this indicates that the sauce is thickening.

Continue cooking for a few seconds until the sauce clings in a light layer to the back of the spatula.

Immediately remove from heat and stir for 1 minute to stop the cooking. Stir in the gelatin mixture until dissolved. Stir in vanilla, then melted chocolate. Beat the egg whites (at room temperature) until foamy, then beat in the salt. Increase the speed to fast and beat until soft peaks form. Sprinkle in sugar and beat until stiff. Fold the egg whites into the chocolate. Cover and chill. Mousse should be somewhat set, not runny for Bombe aux Trois Chocolats. .

Brian Stewart / Jane Witherspoon Recipes

## **Chocolate Mousse Cake** (Bombe aux Trois Chocolats ... Julia Child)

1 recipe of Chocolate Mousse

½ oz unsweetened chocolate

1 recipe of Chocolate Fudge Cake

1 tsp chopped walnuts

4 oz. semisweet chocolate

Find a bowl, approximately 8 inches in diameter and 5 inches deep. Make a paper pattern of pieces that will line this bowl (a small circle for the bottom and 7 or so wedges to rest on the circle and touch the top of the bowl all around, and a large circle to cap the top) Use the paper pattern to cut out pieces of the chocolate fudge cake to line the bowl. Before cutting the cake, slice a ½ inch border around the rectangle since the edges tend to be brittle. Reserve the cut-offs for another time or use them to “reinforce” the mousse that you spoon into the bowl later.

Line the bowl with plastic wrap and arrange the cake pieces in the bowl, pressing gently in place, best side facing out. Pile half the mousse into the bowl, cover with scraps of cake, then fill the remaining mousse and place the large circle of cake on top, pressing it down to force the mousse into the bowl and around the cake. Cover and chill at least 6 hours or overnight. (May be refrigerated several days or frozen and thawed at room temperature or put in the refrigerator for a day or two before serving)

Loosen the bombe from the mold by pulling up the plastic wrap, then fold the wrap down the outside of the bowl. Centre on a serving platter. Melt the chocolate over hot water and pour over the top of the bombe, letting chocolate drip lazily and unevenly down the sides. Sprinkle with chopped nuts.

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## **Chocolate Sauce** (Margaret Witherspoon)

1 oz unsweetened chocolate

1 cu sugar

Pinch of salt

1/3 cu boiling water

1 tbsp butter

2 tbsp corn syrup

1 tsp vanilla

Melt chocolate and butter over low heat. Add boiling water. Bring to a boil. Stirring, add sugar and salt. Add corn syrup. Bring to a boil again, then simmer for 5 minutes. Let sit and cool (while you have dinner), then add vanilla and serve warm.

This is excellent over an angle cake.



## **Chocolate Sauce, for ice cream** (based on California Culinary Academy)

4 oz. bittersweet chocolate

¼ cu corn syrup

½ cu whipping cream

½ tsp vanilla

Melt chocolate in a saucepan over very low heat. When it is melted, stir with a wooden spoon. Add corn syrup and stir until completely incorporated. Add cream slowly, stirring constantly to incorporate it. Off the heat, stir in the vanilla. Serve at room temperature or slightly warm.

The original recipe calls for half as much cream, but the addition of more makes the sauce easier to pour.

## **Cinnamon Bread (Swedish Bread)**

2 packages yeast  
¼ cu warm water  
1 tsp sugar  
2/3 cu margarine

1/3 cu sugar  
3 tsp cardamom  
½ tsp salt  
¾ cu scalded milk  
1 egg  
4 cu flour

Combine the yeast, water and 1 tsp sugar and let proof (become bubbly). Cream margarine and sugar together. Add salt and cardamom. Add milk. Let cool before adding the yeast mixture. (Make sure the yeast has proofed before adding) Add the egg. One cup at a time, add the flour. Knead until the dough is elastic. Let rise until double in bulk ... about 1½ hours.

Punch down the dough and divide into two equal parts. Roll out the dough in a rectangle about ¼ inch thick. Spread with soft butter or margarine. Sprinkle liberally with cinnamon and sugar. Roll the dough, like a jelly roll, not too tight. You may make individual rolls by cutting the roll in 2 ½ inch slices and then cutting almost through the thick slice. Splay the three attached pieces on greased cookie sheet not too close together. You may form the roll into a circle/ring. With scissors snip almost all the way through the roll at a slight angle, all around the ring. Then pull the “pedals” alternatively to the centre of the ring and to the outside. Let the rolls or ring rise, covered, in a warm spot for about 1 hour. Brush the tops of the rolls or ring with egg white which has been beaten with a little water. Bake the rolls at 400 degrees for about 10 minutes. Bake the ring in a 350 degree oven for 30 minutes.

## **Cinnamon Bread, decorating as a ring**

Prepare Cinnamon Bread (Swedish Bread) as per recipe. Instead of cutting the rolled dough into buns, form a ring. Cut almost through the ring, on a diagonal, around the entire ring. Then pull alternating “pedals” to the outside / inside. Let rise an hour. Brush with egg white beaten with a tsp of water. Bake for approximately 20 minutes at 350 degrees F.

When cooled, decorate. Make an icing with powdered sugar and warm milk. Put 1 ½ - 2 cu powdered sugar in a bowl. Pour a little (1 tbsp) warm milk over the sugar and stir. Add more milk or sugar to make a thin icing. Drizzle icing over the top of the ring. Then liberally place diced candied lemon and orange peel over the icing. Cut candied pineapple rings into wedges and place on top of peel. Cut red and green candied cherries in half and decorate the top. Then, using the icing as “glue” place walnut and pecan halves, almonds (blanched and with skins), and whole hazelnuts (filberts) on the top of the ring. Decorate with black raisins or currents. Lastly, sprinkle silver sugar balls on top of fruit.

The cinnamon ring has been a traditional Christmas breakfast feast in the Witherspoon family every since Jane returned from Sweden (1961). The decorated ring was developed by Margaret Witherspoon (Jane’s mother), based on a ring prepared by Phiffers Bakery in St. Louis on Clayton Road.

## **Cioppino** (fish stew) (adapted from Pressure Cooking for Everyone)

2 tbsp olive oil	½ teaspoon dried oregano
1 medium onion, chopped	½ teaspoon dried basil
1 red or green bell pepper, chopped	1 bay leaf
2 celery ribs with, chopped	½ teaspoon salt
2 garlic cloves, finely chopped	½ teaspoon crushed hot red pepper flakes
½ cup hearty red wine	12 ounces skinless cod fillet, cut into 1-inch pieces
1 cup bottled clam juice	8 ounces medium shrimp, peeled and deveined
One 28-ounce can diced tomatoes	
2 tablespoons tomato paste	

In a 5- to 7- quart pressure cooker, heat the oil over medium-high heat. Add the onion, bell pepper, celery and garlic. Cook, stirring often, until the vegetables begin to soften, about 2 minutes. Add the wine and bring to a boil. Stir in the clam juice, tomatoes, tomato paste, oregano, basil, bay leaf, salt and hot pepper flakes.

Lock the lid in place. Bring to high pressure over high heat. Adjust the heat to maintain the pressure. Cook for 10 minutes. Remove from the heat and quick-release the pressure. Return the cooker to medium heat and bring the cooking liquid to a simmer, uncovered. Add the cod and shrimp and simmer until the fish turns opaque, about 2 minutes. Do not overcook. Serve immediately in deep soup bowls.

Makes 4 main course servings.

## **Clam Chowder**

See the recipe for Fish Chowder. Substitute a large can of clams for the fish and use the clam liquor to thicken the vegetable / flour mixture.

**Coffee Bread** (Commercial, Granny Jokinen) See also Cinnamon Bread

1 pkg. dry yeast (traditional)

1 tsp. cardamom

2 cu. scalded milk

2 eggs

¼ lb. butter

2 lbs. flour

¾ cu. sugar

1 tsp. salt

Beat eggs and sugar. Add milk, yeast, cardamom and salt in a very large bowl. Add 2 cu. flour. Mix with spoon and continue to add flour until too difficult to mix. Flour a board. Turn out dough and knead, continuing to add flour until dough stops sticking to fingers and board. You may require up to 6 cups of flour. Do not make the dough too hard. Cover bowl with a clean towel and let rise until double (1 hour) Divide into 4 pieces. Each piece will make a coffee braid or a pan of cinnamon buns.

For braids: Divide piece into 3 equal parts and roll into ropes of equal thickness and length. Braid into a long plait. Let rise until almost double. Brush with egg white and water mixture and bake at 350 degrees for ½ hour or until the bottom of loaf sounds hollow when tapped with your knuckle. Cool on wire racks.

For buns: Roll the piece into a rectangle, butter it then add brown sugar and cinnamon. Roll it up and cut into buns. Place on a buttered 8x8 metal cake pan. Let rise until almost double. Brush with egg white and water mixture and bake at 350 degrees for 30 minutes or until golden brown. Turn out onto a wire rack to cool.

For sweet buns, follow the above directions, but put brown sugar, butter and walnuts in the bottom of muffin tins. Place a bun in tin to cover mixture.

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## **Coffee Bread** (Granny Jokinen) See also Cinnamon Bread

1 pkg. dry yeast (traditional)

1 tsp. sugar

½ cu. warm water

2 cu. scalded milk

¼ lb. butter

½ cu sugar

1 tsp salt

1 tsp cardamom

2 eggs

7 cups flour

Mix yeast, 1 tsp sugar and warm water. Stir and let sit until proofs (foamy). Heat milk and butter to 120 degrees F. Mix sugar, salt, cardamom, eggs in very large bowl. Add milk mixture and yeast mixture. Add 4 cups flour. Mix with spoon and continue to add flour until too difficult to mix. Flour a board. Turn out dough and knead, continuing to add flour until dough stops sticking to fingers and board. Cover bowl with a clean towel and let rise until double (1 hour). Divide into 4 pieces. Each piece will make a coffee braid or a pan of cinnamon buns.

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For sweet buns, follow the above directions, but put brown sugar, butter and walnuts in the bottom of muffin tins. Place a bun in tin to cover mixture.

## **Corn Bread** -- Yankee ... because it is made with flour and cornmeal (Joy of Cooking)

1 cu flour  
½ tsp baking soda  
1 ½ tsp baking powder  
1 tbsp sugar  
1 tsp salt

¾ cu corn meal  
1 cu buttermilk  
2 eggs  
3-4 tsp melted butter, lard or bacon fat

Heat oven to 425 degrees. Put butter or fat in a large pie pan or medium sized cast iron skillet and put in the oven to get very hot. Mix the dry ingredients. When the pan with the fat is very hot, add the buttermilk, eggs and then hot fat to the dry ingredients. Mix quickly, then put the batter in the hot pan. Bake for 30 minutes.

To add a bit of zip, add 1 tsp chopped jalapeno peppers and/or ½ cu grated cheddar cheese to the batter before baking. OR, 1/3 cup of salsa can be added to the batter.

From The Joy of Cooking.



## **Corn Bread** – Southern (Margaret Witherspoon / Jane Johanson)

2 cu cornmeal

buttermilk (about 1 ½ cu)

1 tsp salt

1 tsp baking soda

1 egg

1 tbsp hot lard

Pour buttermilk over cornmeal and salt and stir. This should be the consistency of grits. Add more buttermilk, if required. Add baking soda, egg and mix well. Add hot lard (while you are mixing the batter, put about 1 tbsp of lard in the baking pan ... a round or square 9" pan ... and put in a hot oven. When it is hot, swirl the lard in the pan to grease the baking pan, then pour the excess into the batter) Pour batter into greased pan. Bake in 400 degree oven for 25 minutes or until slightly brown on top. This is the corn bread that is used in the Turkey Stuffing recipe.

Recipe from Margaret Witherspoon ... and her mother, Jane Johanson

## Corn, Quinoa, Shrimp Chowder (from Lorna Sass, Whole Grains)

3 tbsp butter

1 ½ cu leeks or onions, finely chopped

1 cu celery, finely diced

½ cu red bell pepper, finely diced

¼ tsp salt

¼ cu amaranth

4 cu water, or 3 cu water and 1 cu fish or clam broth

½ cu quinoa, ivory

1-2 tbsp quinoa, red (optional)

¼ tsp thyme or oregano

4 cu corn kernels

2 tbsp parsley, minced

In a large heavy pot, melt 2 tbsp butter over medium-high heat. Stir in the onions/leeks, celery, red bell pepper and salt. Cook, stirring frequently, until the vegetables are soft, about 5 minutes. Stir in the amaranth and water/broth. Bring to a boil over high heat. Thoroughly rinse the quinoa in a sieve under running water. Stir the quinoa into the pot. Bring to a boil, then reduce the heat and cook at a gentle boil, partially covered for 10 minutes.

Meanwhile, in a blender or food processor, puree 3 cups of corn. When the quinoa has cooked for 10 minutes, stir in the puree and whole kernels of corn. Add more salt to taste. Reduce the heat and simmer until the quinoa is tender, 3-5 more minutes. The quinoa is done when there is no starchy white dot in the center of the grains and some of the germs' tails may unfurl and float freely. The amaranth will look like tiny opaque bubbles floating on the surface. Stir in the remaining tablespoon of butter and add more salt if required. Garnish with parsley

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## **Corn like a Pig -- Creamed Corn (Margaret Witherspoon / Jane Johanson)**

6 ears corn  
1 ½ cu water  
Pinch salt

Carefully cut just the tips of the kernels off the corn cobs into a bowl. Then using the dull side of the knife, scrape the rest of the corn “meat” off the cob into the bowl. Add a good pinch of salt and the water. Mix well.

Melt 1 tbsp lard or shortening in a heavy skillet and heat until quite hot. Pour corn into skillet. Stir well, reduce heat and cover. Stir frequently. Cook about ½ hour. Add a large hunk of butter before serving.

Recipe from Margaret Witherspoon and her mother, Jane Johanson

## **Corn Pudding** (Margaret Witherspoon)

1 cu corn  
1 cu milk  
2 eggs

bread crumbs  
butter

Mix corn, milk and eggs and put in buttered baking dish. Spread bread crumbs and bits of butter over the top. Cook in 350 degree oven about an hour or until sets.

## Corn Sticks (based on the Corn Bread recipe in the Joy of Cooking)

½ cup flour

¼ tsp baking soda

¾ tsp baking powder

½ tbsp sugar

½ tsp salt

½ cup corn meal

¾ + cup buttermilk

1 egg

1 tbsp melted Crisco or lard

Season the cast iron corn stick pan. Heat oven to 425° F. Liberally smear Crisco or lard in each compartment of the corn stick pan, leaving about 1 tbsp in one of the end compartments. Put the pan in the oven until the fat is melted and the pan is hot. Mix the dry ingredients. When the pan with the fat is very hot, add the buttermilk, egg and then hot fat to the dry ingredients. Mix quickly, then spread the batter into hot pan, smoothing it over each of the compartments. Some of the end compartments may not be full. Bake for 30 minutes.

**To season cast iron:** Wipe the entire surface with hot water and a clean wash cloth or paper towel (sponges need not apply). Dry the skillet by heating on the stove top then let it rest and cool. Pre-heat your oven to 200 degrees. Coat the interior, the exterior down to the bottom edge with lard or Crisco, using your fingers or a paper towel. Put the cast iron utensil on a cookie sheet and put in the oven for 3 hours. Cool until it can be touched, then wipe excess fat out with paper towels. After the utensil is at room temperature, wipe down with a paper towel again.

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## **Corn Sticks** (from California Culinary Academy)

1 cu each yellow cornmeal and flour

¼ cu sugar

2 tsp baking powder

¾ tsp salt

½ tsp baking soda

1 egg

1 cu buttermilk

2 tbsp salad oil

Corn stick pan (preferably cast iron, with 11 sticks, each 7¼" by 1")

Preheat oven to 425 degrees F. Put well-greased corn stick pan (preferably cast iron) in the oven to warm. In a large bowl stir together the dry ingredients. In a small bowl beat the egg, buttermilk and oil. Add egg mixture to dry ingredients and stir until moistened. Do not over mix.

Spread batter into hot corn stick pan and bake 15-20 minutes or until golden brown.

See previous recipe for corn sticks for information on seasoning the pan.

## **Corn Timbale** (modified from Julia Child & Company)

3 cans (3 cups) cream style corn  
6 eggs  
2-3 tbsp grated onion  
1 tsp salt  
4-5 tbsp minced parsley  
2/3 cu bread crumbs

2/3 cu grated cheese (Swiss / mozzarella,  
cheddar or combo)  
2/3 cu heavy cream (or milk is OK)  
6 drops (or more) of hot pepper sauce  
8-10 grinds fresh pepper

Preheat oven to 350 degrees F. Butter an 8-cup baking dish and line bottom with a round of buttered wax paper. Beat the eggs in a mixing bowl to blend, then add all remaining ingredients and blend well. Set the baking dish in a larger pan filled with boiling water. Pour corn mixture into baking dish. Bake in lower 1/3 of oven for 30 minutes, then turn oven down to 325 degrees F. Baking time is around 1 ¼ to 1 ½ hours. Timbale is done when it has risen almost to fill the baking dish, the top has cracked open and a skewer plunged down through the centre comes out clean. Let rest 10 minutes or more in turned-off oven, door ajar, before unmolding.

An excellent dish served with Brussel Sprouts tossed in butter (even Brian likes them). A great vegetable dish with Roast Beef.

## Cornish Hen, Maple Glazed, with Roasted Seasonal Vegetables (LCBO Magazine)

1 small pepper squash, cut into 8 wedges  
2 Bermuda onions, cut in ½ inch thick rings  
3 Portobello mushrooms, halved  
1 fennel bulb, trimmed and cut into 6 pieces  
2 sweet potatoes, peeled and sliced ½ inch thick  
12 tiny new potatoes  
¼ cu olive oil  
½ tsp grated nutmeg  
2 tsp fresh or dried thyme

salt and freshly ground pepper  
3 Cornish hens  
2 tbsp vegetable oil  
1 Bermuda onion, chopped  
¾ cu white wine  
¼ cu maple syrup  
2 tbsp cider vinegar

Preheat oven to 450 degrees F. Parboil or microwave vegetables for several minutes until just barely tender.

Toss vegetables with oil, salt, pepper, nutmeg and thyme. Put in baking dish.

Split hens. Remove backbone and rib bones from hens. Season with salt and pepper.

Heat a skillet over high heat and add 1 tbsp vegetable oil. Sear half the birds, skin side down about 2 minutes. Flip them when the skin is light golden. Sear underside. Add remaining oil to fry remaining birds.

Place chopped onions in roasting pan and add wine. Place a rack in the pan and place birds on rack, skin side up. Put hens and vegetables in oven. Roast hens 10 minutes. Combine maple syrup and vinegar and brush liberally over hens. Roast another 5 minutes and baste hens again. Roast another 10 minutes, basting frequently or until juices are clear. Remove from oven and put hens on a platter. Strain pan juices, reserving onions for inclusion in vegetable or beef soup. Pour juices over hens. Serve hens and vegetables along with rice. Serves 6

Brian Stewart / Jane Witherspoon Recipes



## Crab Cakes, Chesapeake Bay (An Embarrassment of Mangos)

1 lb fresh lump crabmeat, well drained  
1 tsp Dijon mustard  
6 tbsp mayonnaise  
1 egg, beaten  
1 medium onion, finely chopped  
2 tbsp parsley, finely chopped (or 1 tbsp  
chopped parsley in oil)  
1 tsp Worcestershire sauce

¼ tsp hot sauce  
2 tsp fresh lemon juice  
1 tsp Old Bay Seasoning  
¼ tsp pepper  
1 cu bread crumbs  
Butter and/or oil for sautéing

Mix together all ingredients except the bread crumbs and oil. Add just enough crumbs so that the mixture holds together into when shaping into cakes ... about 4 tbsp.

Form into 6 cakes. Roll cakes in remaining bread crumbs. You may place the cakes on a wax-paper lined cookie sheet and refrigerate for 1 hour (if time and refrigerator space permit).

Heat butter or oil or a combination of both in a large skillet over medium heat. Fry until golden brown on both sides, about 5 minutes per side. Drain on paper towels. Serve with a fresh lemon wedge.

## Crab Quiche (Julia Child, Mastering the Art of French Cooking, V. 1)

2 tbsp minced shallots or green onions  
3 tbsp butter  
1 cu cooked crab (1 large can)  
1 tbsp dry white vermouth  
3 eggs

1 cu milk (or heavy cream)  
1 tbsp tomato paste  
8" partially cooked pastry shell  
¼ cu grated Swiss cheese

Cook the onions in butter for 2 minutes until tender but not browned. Add crab (drained) and stir gently for 2 minutes. Add pepper, then wine and raise heat. Boil for a moment. Allow to cool slightly.

Beat eggs with milk, tomato paste and seasonings. Add crab mixture. Pour mixture into pastry shell and sprinkle with cheese. Bake in upper third of 375 degree oven for 25-30 minutes until quiche has puffed and browned.

## **Cranberry Pudding, Steamed**

2 cu sliced cranberries (1 bag)  
½ cu pecans  
1 1/3 cu flour  
½ cu molasses

2 tsp baking soda  
1/3 cu boiling water

Mix berries and nuts. Add flour and stir well. Combine molasses, baking soda and water and stir into fruit mixture. Pour into buttered 6-cup mold (I use a ring-mold) Cover tightly with foil and tie with string. Place on a rack in a deep pot. Add 2 inches of boiling water. Cover pot and steam for 1¼ hours. Add more water if needed. Cool 10 minutes, then unmold. Serve warm with butter cream sauce.

### **Butter Cream Sauce**

½ cu butter  
½ cu light cream or milk  
1 cu sugar

Heat the butter and cream to boiling. Stir in the sugar and stir until dissolved. Simmer, stirring occasionally, for 20 minutes. Serve warm with cranberry pudding. Serves 6. From Homemaker's Magazine (late 1980's)

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## **Cranberry Relish** (Jane Witherspoon)

2 oranges

1 cu sugar (approximately)

1 bag cranberries (fresh or frozen\*)

Cut the oranges in eighths. Put oranges and washed cranberries and sugar in food processor. Chop until mixture is thoroughly mixed, but not too fine. Taste and add sugar as needed. Let sit in the refrigerator for several days for the taste to mellow.

\* When I find fresh cranberries in the market, I buy one or two extra bags and put them in the freezer. Then I can have “fresh” cranberry relish even when the cranberries are out of season. I have noticed that Canadians cannot usually find cranberries near US Thanksgiving.

## **Creole Seasoning, Emeril's**

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

Mix spices and herbs together and store in an air-tight container.

## **Crepes** (skinny pancakes by any other name ... Brian Stewart)

A blender and crepe pan are mandatory

3 eggs

1 ¼ cu flour

1 cu milk (not skim)

1 tbsp butter, melted

¼ tsp salt

1 tbsp sugar

shot of something nice

Melt the butter. Turn on blender on low speed and add milk, sugar, salt, egg, melted butter. Add the flour slowly so that it mixes without getting lumpy. Final consistency should be like medium cream ... coating the bottom of a spoon. Add the shot and have one yourself for the next steps. Heat the crepe pan on medium high heat and add a bit of butter. Use a scrunched up square of paper towel to coat the surface of the pan with a thin layer of butter. When the pan is hot add enough batter to coat the bottom of the pan when quickly swirled. When the crepe has browned (very quickly ... just a few seconds) and it is possible to lift up the edge, flip the crepe over and brown the other side ... just a few seconds. Each crepe should take no more than 6 seconds on the first side and 3 seconds on the second. Stack the completed crepes on a plate. If the edges are brittle they will soften up in the pile, but next time use a little less flour. If the crepes are too thick use more milk. You will have to add additional milk to the batter halfway through cooking them to keep the consistency right.

Crepes can be frozen for use later. Fold the crepes into quarters and keep separate while freezing otherwise you could end up with a mess when you try to defrost them.

Brian Stewart / Jane Witherspoon Recipes

## **Cullen Skink** (Smoked fish, onion and potato soup)

1 or 2 smoked fish fillets (Northern Pike or Whitefish)

1 onion, coarsely chopped

2 medium potatoes, Yukon Gold or Red-skinned

2 tbsp butter

1 cu water (approximately)

1 can (12-14 oz) evaporated milk

Salt and Pepper, to taste

Chopped chives or parsley, optional garnish

Sour cream, optional garnish

Catch, fillet and smoke a fish. Remove skin and all bones, breaking up the fish into bite-sized pieces.

Melt the butter in a large saucepan. Add the chopped onion and sauté over low heat about 5 minutes. Peel the potatoes and cut into 1/2 inch cubes. Add the potato cubes to the onion and just barely cover with water. Bring to a boil, then lower heat and simmer until the potatoes are cooked and can be mashed with a fork. Use an immersion blender, potato masher or slotted spoon to break down the onion and potato mixture into a lumpy mashed potato consistency. Add the evaporated milk and then swish about 1/4 can of water to wash out the remaining milk and pour this into the soup. Add the smoked fish. Stir well and warm over low heat. Garnish each bowl with chopped herb and a dollop of sour cream.

## Curry in a Hurry (Lorna Sass, Pressure Perfect)

1 cu water  
4 tbsp Patak's Mild Curry Paste or 3 tbsp  
Patak's Hot Curry Paste  
1 medium onion, coarsely chopped  
1 cu plain yogurt  
1 ½ cu frozen peas  
3 tbsp. Chopped cilantro (optional)  
salt

3 lbs chicken  
1 ½ lb potatoes, scrubbed, halved and cut  
into ¼" slices  
(for vegetarian version replace chicken with)  
1 medium cauliflower, trimmed & cut into  
large florets  
2 cu diced tomatoes (28 oz can) drained

Pour water into a 4-quart or larger pressure cooker. Blend in the curry paste (you can combine hot and mild or use just one type). Set over high heat and add the onion, chicken or vegetables. Lock the lid in place. Bring to high pressure over high heat. Reduce the heat just enough to maintain high pressure and cook for 8 minutes. Turn off the heat and allow the pressure to come down naturally. Remove lid.

Over medium heat, stir in the peas. Cook for 1 minute. Stir in the yogurt and cilantro. Add salt to taste. Serve in shallow bowls over rice, or with Roti.

You can substitute 2 lbs of boneless pork, beef or lamb, cut in 1-inch chunks for the chicken. If you use lamb, cook under pressure for 12 minutes rather than 8.



## **Custard, Baked** (Margaret Witherspoon)

6 egg yolks or 3 eggs

¼ tsp salt

3 cu scalded milk

2/3 cu sugar

grating of nutmeg

Beat eggs. Add sugar and salt. Pour scalded milk over eggs slowly, beating constantly. Pour into small buttered custard cups (fill about 7 or 8 of them) Sprinkle with nutmeg. Place cups in a shallow pan that is lined with a thickness of brown paper (paper bags are OK) Put pan into 350 degree oven and add boiling water in pan half way up the custard cups. Bake about 45 minutes or until a knife inserted comes out clean.

## **Date Pudding (Margaret Witherspoon)**

1 lb. Dates

1 cu nuts (pecans or walnuts)

5 eggs (separated)

1 cu sugar

2 tbsp bread crumbs

1 heaping tsp baking powder

pinch of salt

Cut dates and chop nuts. Mix with sugar and baking powder and bread crumbs. Mix in egg yolks. Beat whites until stiff. Fold into date mixture. Pour into a buttered mold and bake in a 350 degree oven for 40 minutes.

## **Dijon Mustard Vinaigrette**

2 tsp Dijon mustard  
2 tbsp red wine vinegar

$\frac{1}{4}$  cu Extra virgin olive oil

Put ingredients in a jar and shake well. Use with a green salad, such as Pilgrim house salad, or simply over alfalfa sprouts as a simple salad.

## **Divinity Candy** (Margaret Witherspoon)

Make two batches of sugar syrup. Batch 1: 1 cu sugar, 1/3 cu water. Boil until forms a thin thread. Batch 2: 3 cu sugar, 1 cu corn syrup, 1 cu water. Boil until forms hard ball.

Beat 3 egg whites until stiff in a china platter. As soon as batch 1 syrup is ready, slowly pour the syrup over the egg whites while beating. Pour the second batch of syrup over the egg whites while beating. NOTE: do not let the syrups cool. It is OK to let the egg white mixture sit while the syrup cooks, but it is not OK to let the syrup cool while you prepare the egg mixture.

Beat the candy vigorously until the candy is cool and holds its shape. The longer the cooling (and beating) takes, the smoother the candy will be. DO NOT RUSH THIS. Just as the candy begins to hold shape, add 1 tbsp pure (not artificial) vanilla and 1 cu pecans. The vanilla and nuts will cool the candy further. Put in greased tins. Decorate with glazed cherries.

## **Eggs and Beans**

2 eggs

1 can (8 fl oz or 227 mL) pork and beans in tomato sauce

Salt and pepper

Ketchup and/or hot sauce

In a medium sized frying pan, dump the contents of the can of beans and cook over low heat until the beans begin to bubble. Crack eggs and place on top of beans. Put a cover on the frying pan and let the eggs steam until desired doneness. Slide one egg and half the beans onto a plate and the rest on another plate (or eat right out of the pan). Serve with toast

Serves 2

## **English Muffins** (adapted from the Bread Bible)

Sponge mixture:

1/2 cu flour

1/3 cu warm water

1+ tsp honey

1/4 tsp instant yeast

Flour Mixture:

1/2 cu flour, less 2 tbsp

2 1/2 tsp dry milk

1/4 tsp instant yeast

1+ tbsp softened butter

1/2 tsp salt

Whisk sponge mixture until smooth. Whisk together dry ingredients of flour mixture, reserving 2 tbsp of the flour. Sprinkle over the sponge mixture. Do not stir. Put the butter and salt at the side of the bowl on top of flour mixture. Cover tightly and allow to ferment 4 hours. If you have refrigeration, allow to ferment for 1 hour at room temperature and then refrigerate for up to 24 hours. If refrigerated, let stand at room temperature 1 hour before continuing. Mix all ingredients until the flour is incorporated into the sponge, then knead about 5 minutes, adding the minimum amount of the reserved flour to make a very sticky dough. Cover with a bowl for 20 minutes, then knead for another 5 minutes. Dough should be tacky. Add more flour as needed.

Rise, covered, until double in bulk, about 1.5 to 2 hours. Deflate, and roll out dough to 1/4 inch thick. Cut 3 inch rounds and place on corn meal sprinkled board or on an unheated griddle. Cover and let rise 45 minutes or until 3/4 inch high. Preheat cast iron skillet on medium low heat. When a drop of water sizzles on the skillet, put the rounds on the skillet. If rising was on a griddle, put it on medium low heat. Cook about 10 minutes on each side. Cool on a rack. Makes 5 3.5-inch muffins.

Brian Stewart / Jane Witherspoon Recipes

## **Fish (Grenadier) Chowder** (North Atlantic Seafood, altered)

1 lb grenadier fillets (or any firm white-fleshed fish, such as King Mackerel)  
1 onion, thinly sliced  
6-8 strips of bacon  
1 tbsp flour  
3-4 medium potatoes, peeled and cubed

2 ribs celery, coarsely chopped  
1 carrot, peeled and sliced  
1 bay leaf  
¼ tsp pepper  
small can evaporated milk  
sour cream (optional garnish)

Cover potatoes with water, add bay leaf and cook over medium heat until just tender, about 15 minutes. Put aside; do not drain. If the fish is not already cooked (leftovers from another meal) cut the filets into spoon-sized cubes. Cook bacon until crisp. Crumble bacon. Sauté onion, celery, carrot and pepper in bacon fat over low heat until onion is transparent, about 10 minutes. Stir in the flour and cook 1 minute. Slowly add about 1 cup of the potato water stirring constantly to form a thin vegetable paste. Then add the vegetable paste to the potato pot (with cooked potatoes and remaining water. Stir well. If the fish is raw, add the fish, bring to a simmer and cook until fillets flake, about 5 minutes then add the bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. If the fish is cooked, add the fish, bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. When the soup is hot, serve with a dollop of sour cream topping each bowl.

Brian Stewart / Jane Witherspoon Recipes

## Flank Steak, Grilled Marinated (from Gourmet, July 1983)

1 ½ cu beer

4 scallions, minced

1/3 cu vegetable oil

3 tbsp soy sauce

2 tbsp brown sugar

1 tbsp ginger root, peeled & grated

2 cloves garlic, minced

1 tsp salt

1 tsp red pepper flakes

1 ½ - 1 ¾ lb. Flank steak

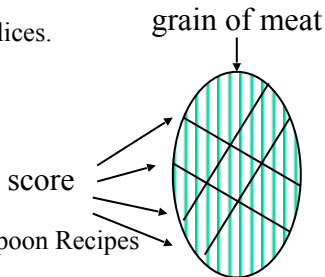
Mix all the ingredients except the steak. Score both sides of the steak across the grain. To score use a sharp knife and cut about ¼ inch into the steak at 1 inch intervals. Put the steak in the marinade overnight or up to 3 days. You may put the steak and marinade in a zip-lock bag and freeze it (handy for cruising or camping). If you marinate in a pan, turn several times.

Drain the steak. Grill for 5 minutes on each side.

Cut the steak diagonally across the grain into very thin slices.

Excellent warm or cold.

Reserved marinade can be frozen and reused 2-3 times.



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**Floating Island** (Great-Aunt Vy Matthews(Sissy) (on my father's side) – a regular Witherspoon dessert)

2 cu scalded milk  
3 eggs or 6 egg yolks  
1/3 cu sugar  
1/4 tsp salt

1/2 tsp vanilla  
3 egg whites  
3 tsp sugar

Beat the 3 eggs or 6 yolks with a fork. Add sugar and salt. Slowly pour scalded milk on mixture, stirring constantly. Put mixture in the top of a double boiler and cook over hot water, stirring constantly, until mixture coats the spoon. Strain, chill and flavour with vanilla. When ready to serve, beat the 3 egg whites until very stiff. Add 3 tsp. sugar and beat a minute longer. Serve the custard in dessert bowls topped with several fluffy egg white islands.

## **French Dressing** (Westminster Church, St. Louis)

1 cu vegetable oil  
½ cu sugar  
½ cu cider vinegar

2 generous tbsp ketchup  
1-2 cloves garlic, minced

Mix all ingredients well and store in refrigerator. This dressing was a mainstay at Thursday night family dinners at Westminster Church during the 1950's. Westminster Church at one time had a cook named Ollie Poertner. This was her recipe.

## **French Dressing (Witherspoon)**

1 can tomato soup  
1/3 cu sugar  
½ cu cider vinegar

1 cu vegetable oil  
1 1/3 tbsp Worcestershire sauce

Mix together and beat vigorously (in a blender or mix master if you have one).  
This dressing was served at the Noonday Club in St. Louis. My Great Aunt Vy somehow got the recipe from the head chef.

## **Fruit Cake, Dark** (Margaret Witherspoon / Jane Johanson)

### **Fruit Ingredients:**

1 lb pressed figs  
2 lb candied red cherries – one lb for the cake  
and 1 for decorating the pan bottom  
2 lb candied pineapple (in syrup) – one lb for the  
cake and 1 for decorating the pan bottom  
1 lb candied citron  
1 lb golden seedless raisins  
1 lb seeded blue Muscat raisins  
1 lb pitted dates  
½ lb candied orange peel  
½ lb candied lemon peel

1 lb shelled pecans  
1 lb blanched almonds  
2 tsp + each allspice, cinnamon, nutmeg  
½ cu flour

### **Batter Ingredients:**

2 cu dark brown sugar  
1 cu butter or margarine  
6 cu sifted flour  
6 tsp baking powder  
6 eggs  
2 cu dark molasses  
1 tbsp vanilla

**Fruit preparation:** Cut figs, dates, pineapple, and dates into small pieces. Raisins, peel, citron and cherries do not usually need to be cut (unless you can find whole orange / lemon peel and whole citron). Thoroughly mix fruit, nuts, spices and flour in a very large kettle. Cover and let stand 24 hours or more.

**Batter preparation:** Melt butter/margarine. Add sugar and mix to dissolve lumps. Add beaten eggs, molasses, vanilla, flour and baking powder. (You will need a very large bowl for this)

**Combining fruit & batter:** This recipe makes about 13 pounds of cake (recipe can be halved). This recipe will fill one angel food tube pan (with removable bottom) plus 2 regular sized bread pans, or 6 regular-sized bread pans. If you prefer, you can make a greater number of smaller loaf pans. You will need to determine how many roasting pans you can fit into your oven at one time, and then how many loaf pans / angel food tube pans can fit into the roasting pans.

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## **Fruit Cake, Page 2**

At any rate, when you determine which pans you want to use for the cakes, butter the pans on the bottom and sides, then cut a piece of wax paper for the bottom, put the wax paper on the bottom and butter the top of the wax paper. Put a couple of slices of candied pineapple and cherries on the bottom of each pan. Once you have all the pans you think you will need ready (if you are using smaller pans, have one or two extra pans ready in case you need them). Pour the batter on the fruit. Using your hand, mix the batter thoroughly until each piece of fruit is coated with batter. Pack the battered fruit (it is very heavy and sticky) into the pans without disturbing the pineapple / cherry decorations. Press the batter into the corners and remove all air bubbles.

**Baking:** Place the loaf pans into a roasting pan and fill each roasting pan with boiling water (should come  $\frac{1}{2}$  -  $\frac{2}{3}$  up the loaf pans). Then put each roasting pan in the preheated oven (225 degrees F). Put a cookie sheet on the top oven rack over the topmost roasting pan for best results. Bake for 4-5 hours for loaf pans and 6-7 hours for an angel tube pan. Cool the cake in the pans, then remove from the pans when cool. Remove wax paper lining. Wrap each cake in a single layer of cheesecloth (this is a new process with Jane), put the cakes on trays and then liberally pour peach brandy or schnapps over the cakes. Cover each tray with aluminum foil. Repeat the peach brandy sprinkling 2-3 times over the next week. Then remove the cheesecloth and wrap each cake in wax paper, then aluminum foil. The cakes keep un-refrigerated for several months, and can be kept almost indefinitely in the refrigerator or freezer.

**Additional notes:** If you cannot find blue Muscat raisins, Sultanas can be substituted. If you find whole citron, cut it into thin wedges (similar to the pineapple). Thin wedges of citron and pineapple make the cake resemble stained glass windows when the cake is cut very thinly. Slice the cake as thinly as possible. This is a southern US recipe from my grandmother, Jane Telford Johanson (Big Mama), which was made every November in the Witherspoon household when I was growing up.

## **Fudge Ripple** (for ice cream ... from The Perfect Scoop)

½ cu sugar

1/3 cu corn syrup

½ cu water

6 tbsp unsweetened cocoa powder

½ tsp vanilla extract

Whisk together the sugar, corn syrup, water and cocoa powder in a medium saucepan. Heat over medium heat, whisking constantly, until the mixture begins to bubble at the edges.

Continue to whisk until it just comes to a low boil. Cook for 1 minute, whisking frequently.

Remove from the heat, stir in the vanilla and let cool. Chill.

*Mixing it in:* The Fudge Ripple should be thoroughly chilled. As you remove the ice cream from the machine, layer generous spoonfuls of the sauce between layers of ice cream. Avoid stirring, as it will make the ice cream muddy looking.

Fudge Ripple can be stored for up to 2 weeks, covered, in the refrigerator.

## **Ginger Snaps or Peppakakor** (Sweedish Ginger Snaps .. a Christmas Cookie)

2/3 cu margarine  
3/4 cu light brown sugar  
2 tbsp molasses  
3 tbsp boiled, cooled water  
1 tsp grated lemon rind

2 1/4 cu flour  
1 tsp baking soda  
1 tbsp cinnamon, ground  
1 tsp cardamom, ground

Cream margarine and sugar. Add water, molasses, rind. Sift flour, soda, spices and add to creamed mixture slowly. Flour hands and toss dough into a ball. Chill for at least 1 hour. Roll chilled dough very thin and cut with cookie cutters. Bake on buttered cookie sheet for 8-10 minutes in a 350 degree oven. After cookies are baked and cool, decorate with the following icing:

ICING: Place 1/3 lb powdered sugar in a bowl. Beat 1 egg white slightly and add to the sugar. Beat on low speed for 1 minute. Add 1 tsp white vinegar and beat on high speed for 2 minutes. Put icing in a piping bag and decorate cookies with various tips. Decoration can outline the perimeter of the cookie, add faces to gingerbread men/women, put diagonal fill on half of the cookie, etc.

Recipe from Jane Witherspoon's trip to Sweden as an exchange student, the summer of 1961.

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## **Grape Juice and Ginger Ale**

Mix  $\frac{1}{3}$  glass of red grape juice with  $\frac{2}{3}$  glass ginger ale. This was our version of Coke when Jim, Jane and Bettie Witherspoon were growing up.



## **Hard Sauce**

Cream  $\frac{1}{2}$  lb butter or margarine until soft. Add powdered sugar and whip. Continue adding more and more sugar and whipping until the mixture is quite stiff. Add 1 tsp vanilla. Whip once again, and then place in a dish. Refrigerate. Rum can be used instead of vanilla.

Hard sauce was traditionally served at the Witherspoon's with Mince Pie, Fig Pudding and Apple Dumplings.

## Harvest Grains Bread (from The Baker's Catalogue, Spring 2001)

2 ½ cu bread flour

½ cu whole wheat flour

1 tbsp Whole-Grain bread improver

½ cu Harvest Grains Blend

1 ½ tsp salt

1 ½ tbsp sugar

2 tsp yeast (1 envelope)

¼ cu Baker's Special dry milk

1 ¼ cu water

3 tbsp butter or vegetable oil

Proof the yeast with ¼ cu warm water (120 degrees F) and ½ tsp sugar until it is foamy.

Combine all the remaining dry ingredients in a large bowl. If kneading by hand, hold back 1 cup of bread flour. Pour in the yeast mixture, water and oil into the dry mixture and mix, either with a mixer or by hand. Incorporate as much of the last cup of flour in the dough to keep it from being sticky, but not too dry. Knead for 10 minutes (by hand) or 5-7 minutes (mixer with dough hook). Transfer dough to a lightly greased bowl, cover with plastic wrap and allow to rise for 1 hour. Shape the dough into a loaf and place in a lightly greased 8½ x 4½ inch bread pan. Cover with plastic wrap and allow to rise until it has crowned about 1 inch over the rim of the pan, about 1 – 1½ hours. Bake in a pre-heated 350 degree F oven about 35 minutes or until it registers 190 degrees F on an instant-read thermometer. Remove bread from oven and the pan, allow it to cool on a rack.

Harvest Grains Blend includes whole oat berries, millet, rye flakes and wheat flakes, flax, poppy, sesame, and sunflower seeds. It, the Whole Grain bread improver and Baker's special dry milk are available from the Baker's Catalog/ King Arthur Flour website.

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## **Herb Bread**

Mix  $\frac{1}{4}$  cu soft butter,  $\frac{3}{4}$  tsp dried thyme, 1 tsp dried rosemary, and  $\frac{1}{4}$  tsp poppy seeds. Make 2 inch slices in a French loaf. Spread the herb butter between slices. Wrap in foil and heat in a moderate oven for 15 minutes.

Jane Witherspoon received this recipe when attending a meeting of botanical garden librarians in Toronto in the early 1970's.

## **Hermits** (Ida Pitman)

½ cu margarine  
1 cu brown sugar  
1 egg  
½ cu strong coffee  
1½ cu flour  
¾ tsp cinnamon

½ tsp ground cloves  
¼ tsp baking soda  
1 ½ cu mixed chopped fruit & nuts (any combination of peel, currants, raisins, dates, walnuts, almonds)

Cream together margarine and brown sugar. Beat in egg, then remaining ingredients. Drop from wet teaspoon onto buttered cookie sheet 2" apart. Bake at 375 degrees for 10-12 minutes. Watch carefully and keep bottoms from burning.

## **Humus** (a Pilgrim treat)

½ cu dry chick peas (= 1 ½ cu cooked peas)

1 large minced garlic clove

2 tbsp lemon juice

3½ tbsp liquid from chick peas

1 tbsp tahini

3 tbsp olive oil

1 tsp salt

Hot Sauce and Olive Oil to taste

Cook chick peas until soft (15 minutes in a pressure cooker with 1 ½ cu water). Mix the first 7 ingredients in a food processor or blender until smooth. Put the humus in a dish, make a depression in the middle of the humus in which you pour olive oil and several drop of hot sauce. Serve with fresh pita or vegetable sticks.

**Ice Cream, Lemon**    **see Lemon Ice Cream**

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## **Ice Cream, Vanilla** (from California Culinary Academy)

3 cu whipping cream  
1 cu milk or cream  
 $\frac{3}{4}$  cu sugar

1 vanilla bean split lengthwise, or 1 tbsp  
vanilla extract  
4 large egg yolks

In a heavy-bottomed saucepan, heat the cream, milk, sugar and vanilla bean (if using) over medium-low heat. Stir occasionally until the sugar is dissolved and the mixture is hot, but not boiling.

Whisk egg yolks together in a bowl. Continue whisking while slowly pouring about 1 – 1  $\frac{1}{2}$  cups of the hot mixture into the yolks. Pour egg yolk mixture into the saucepan and continue cooking over lower heat for about 5 minutes or until the mixture thickens slightly and coats the back of the spoon. Do not let the mixture boil.

Remove the vanilla bean. If using vanilla extract add it to the custard now. Pour the custard through a strainer back into the bowl. Cover the bowl and chill for 24 hours before churning with an ice cream maker (following the manufacturer's instructions for churning ice cream) You may want to double the amount of vanilla, or use both a vanilla bean and a tablespoon of extract for a stronger vanilla flavor.

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## **Irish Soda Bread** (California Culinary Academy, slightly modified to add whole wheat flour)

1  $\frac{3}{4}$  cu flour

1 cu whole wheat flour

$\frac{1}{4}$  cu wheat germ

3 tbsp sugar

1 tsp each baking powder and soda

$\frac{1}{2}$  tsp salt

3 tbsp cold butter or margarine

$\frac{1}{2}$  cu dried currants or raisins

1  $\frac{1}{4}$  cu buttermilk

2 tsp milk

Preheat oven to 375 degrees. In a large bowl stir together flour, wheat germ, sugar, baking soda, baking powder and salt. Cut butter into mixture until it is the consistency of coarse crumbs. Stir in currants. Add buttermilk and stir only enough to moisten dry ingredients.

Turn dough out onto a floured board and knead lightly until it is smooth enough to shape into a flattened ball about 1 $\frac{1}{2}$  inches high. Place on greased baking sheet and brush with milk. With a floured knife cut an X into the top of the loaf (cutting from the centre to within about 1 inch of the edge) about  $\frac{1}{4}$  inch deep.

Bake until loaf is golden brown (40-45 minutes) Test for doneness by inserting a wooded toothpick into the thickest part. It should come out clean ... no crumbs. Slide loaf onto a wire rack to cool. Cut into thick slices.

This also makes a nice toast.

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## **Kale, Braised**

½ cu olive oil

1 large onion, thinly sliced

2 garlic cloves, minced

1 hot pepper, seeded and minced

2 lbs sturdy greens (chard, mustard greens, kale, young collards, stems and inner ribs removed, leaves coarsely chopped)

Salt & pepper

1 pint grape tomatoes, halved

<sup>3</sup>/<sub>4</sub> cu water

2 tbsp lemon juice

Heat olive oil over moderate heat. Cook onions, garlic and pepper until softened, about 6 minutes.

Add greens. Season with salt the pepper. Toss to wilt.

Stir in tomatoes, water and lemon juice. Cook over low heat stirring occasionally until greens are tender and tomatoes are soft, 10-15 minutes.

## **King Mackerel Escabeche** (Modified from An Embarrassment of Mangos)

Escabeche, or escovitch, is pickled or “soused” fish. Most recipes call for a white-fleshed fish such as snapper, but king mackerel or Spanish mackerel also works well) The technique involves first frying and then marinating the fish, a marriage of two culinary traditions: African (frying the fish) and Native American (preserving or pickling the fish in vinegar of lime juice, as with ceviche). The dish can be served either chilled or hot.

4 tbsp olive oil

1 red onion, thinly sliced

1 green bell pepper, seeded and thinly sliced

2 cloves garlic, thinly sliced

1 small hot pepper, seeded and finely chopped

2 lbs fish fillets or steaks

Salt and pepper

2 bay leaves

1 tbsp fresh ginger, peeled and grated or chopped finely

6 whole peppercorns

6 allspice berries (whole)

¼ tsp mace

¼ cu white or malt vinegar

black olives, capers and roasted red peppers as garnish (optional)

Heat 2 tbsp of oil in skillet and sauté onions, peppers, garlic over medium heat about 10 minutes until the onions are soft and golden. Remove from pan and set aside. Dust the fish with salt the pepper and fry in the same pan until lightly browned on both sides, adding more oil if necessary. Place the fish in a large non-reactive dish. Put the onions and peppers on top. In a saucepan combine the spices with 1 cu water and salt and pepper and simmer gently for 15 minutes. Add vinegar and simmer 2 more minutes. Strain the liquid and pour over the fish. Garnish, if desired

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## **Lamb Chops with North African Spices** (Whole grains, Lorna Sass)

Serve with Bulgur Timbales

3-4 tbsp olive oil  
1 tsp minced garlic  
1 ½ tsp salt  
½ tsp ground cardamom  
½ tsp ground cinnamon

Pepper, a few twists of the grinder  
Generous pinch of cayenne  
8 loin lamb chops, each ¾ inch thick

Serves 4

In a small bowl, combine 2 tbsp olive oil, garlic, salt, cardamom, cinnamon, pepper and cayenne. Spread the paste on both sides of the lamb chops. Cover and set them aside while preparing the timbales (or other side dishes).

Heat 1 tbsp of oil in a large skillet (or use two) to accommodate the chops in one layer without crowding. Cook over medium-high heat for 4 minutes. Turn them over and cook the second side until an instant-read thermometer inserted into the thickest part registers 125 - 130°F (3-5 minutes). (This is for medium-rare doneness).

Plate the lamb chops, 2 per plate, with timbales and garnish with fresh sprigs of mint.

## **Lamb Rack, Grilled**

2 Frenched lamb racks (New Zealand, vacuum packed frozen lamb racks are OK if fresh local lamb is not available)

1 tbsp olive oil

1 tbsp rosemary

2-3 cloves garlic, minced

Salt & Pepper

Brush lamb on all sides with olive oil (olive oil in a spray bottle works well for this if you have it). Rub rosemary and garlic into meat. Let stand at room temperature about 1 hour. Just before cooking, sprinkle with salt and pepper. Grill on the BBQ or under the broiler bones up first, then after about 3 minutes turn with bones down and continue grilling until done to your taste. Rare, about 5 minutes. Medium rare about 7 minutes.

Serve with Mint Jelly.

## Lamb Shanks, Braised

2 lamb shanks

1 tbsp olive oil

2 medium onions, sliced

2 medium potatoes, quartered

2 cloves garlic, cut into thin strips

salt & pepper

1 tbsp Zatar (Middle Eastern Spice ... use oregano and thyme if unavailable)

½ tsp ground cinnamon

½ tsp ground cardamom (optional)

Brown shanks in oil over medium high heat in pressure or dutch oven. Reduce heat, remove shanks. Add onions, garlic and potatoes and toss in the hot oil. Brown for about 4-5 minutes. Add spices and herbs, and about 1 cup of water, mixing the spices in well with the water/onions/potatoes. Add the browned lamb shanks. Add enough water to come half way up the lamb / potato / onion if using a pressure cooker. Cover pressure cooker, and raise heat until the rocker begins to rock. Cook under pressure for 20 minutes. Turn off heat and let pressure drop of its own accord. If using a dutch oven, bring lamb / potato / onion mixture to a simmer. Cover and simmer for about 2 hours, until meat is very tender. Check often and add water if mixture dries. Serve with mint jelly.

## **Lasagna, Vegetarian** (The Art of Jewish Cooking, Jennie Grossinger)

3 tbsp olive oil	2 tbsp chopped parsley
1 cu minced onions	1 can (3 ½ cu) tomatoes
1 cu thinly sliced green peppers	1 can (1 cu) tomato sauce
2 cloves garlic, minced	½ cu grated Gouda or Edam cheese
1 ½ tsp salt	½ pound lasagna noodles
¼ tsp pepper	¾ pound sliced Swiss cheese
2 tsp oregano	1 ½ pounds farmer's cheese

Heat olive oil in saucepan. Cook the onions, peppers and garlic for 10 minutes over medium heat. Add salt, pepper, oregano, parsley, tomatoes and tomato sauce. Cover and cook over low heat 30 minutes. Stir in 2 tbsp grated Gouda/Edam cheese.

Cook lasagna for 12 minutes in salted boiling water (or use pre-cooked lasagna). Spread 1/3 of the tomato sauce on the bottom of a 12 x 8 inch baking dish. Arrange alternate layers of the lasagna, Swiss cheese, farmer's cheese, Gouda/Edam cheese and sauce. Repeat layering once. Finish with sauce and Gouda/Edam cheese.

Bake in a 350 degree oven for 30 minutes. Serves 8.

**Lemon Cake** (an engagement gift to Jane Witherspoon from Ruth Werner from Westminster Presbyterian Church, St. Louis, August, 1967)

For the Cake:

1 box yellow or golden cake mix (not lemon cake)  
1 box **instant** lemon pudding mix  
4 eggs  
 $\frac{3}{4}$  cup water

2/3 cup cooking oil

For the Glaze:

2 cup powdered sugar  
1/3 cup fresh lemon juice  
2 tbsp melted butter

Mix all ingredients in a mix master until batter is glossy and smooth. Bake in ungreased pans (two 9"x9") at 350°F for 30-40 minutes. While warm, prick the top of the cake with a fork (lots of pricks, since the glaze seeps into the cake down these prick holes) and spoon the following glaze over the entire surface of each cake, smoothing with a spatula to cover the entire surface. Glaze: Mix these ingredients very well

This cake travels very well in its baking pan. Do not attempt to take the entire cake out of the pan; slice and serve for best results.

## Lemon Chiffon Pie (Margaret Witherspoon)

3 eggs

Juice and grated rind of 1 large lemon

½ cu sugar

1 pie shell, baked

Beat egg yolks slightly, add sugar and lemon rind. Add lemon juice. Cook in the top of a double boiler over hot water until thick, stirring constantly (with a whisk if you have one). Beat the egg whites until stiff. Add sugar and continue beating for another minute or two. Fold in lemon custard. Turn mixture into the pie shell and cook in a 275 °F oven for about 40 minutes, until set and just slightly browned on top.

Note: In December 2009 Jane followed The Joy of Cooking instructions for baking a Lemon Chiffon Pie with similar ingredients ... 450°F for 10 minutes ... and it was a disaster. Using Mom's directions sets the chiffon, but still makes it difficult to slice since the chiffon wants to cling to the knife. Perhaps a wet knife would work better. I'll update this if I find a solution to sticky chiffon.



## **Lemon Ice Cream** (slightly modified

from The Perfect Scoop)

2 lemons

½ cu sugar

½ cu freshly squeezed lemon juice

1 cu half & half

1 cu heavy cream

Pinch of salt

Zest the lemons directly into a food processor or blender. Add the sugar and blend until the lemon zest is very fine. Add the lemon juice and blend until the sugar is completely dissolved. Blend in the creams and salt until smooth. Chill for 1 hour. Freeze in an ice cream maker according to the manufacturer's instructions.

Serve in Meringue Nests (see separate recipe) with a mixed berry (see below)

**Mixed Berry Sauce:** Put about 1 cup of frozen mixed berries into a saucepan. Add about ½ cup of sugar. Put on medium heat until the mixture bubbles and the sugar is melted. Then simmer for about 20 minutes. Force through a sieve to remove the seeds. Sauce can be chilled or at room temperature.

## **Lemon Pudding, Baked** (Jane Loughborough, Lawrence Park Community Church)

2 tbsp of melted butter  
1 ½ cu sugar  
2 cu milk  
3 tbsp flour

4 eggs  
juice and grated rind of 1 lemon  
pinch of salt

Beat egg whites until stiff. In a double boiler, melt butter, stir in flour until smooth. Slowly pour in the lemon juice stirring constantly to form a thick paste. Slowly stir in the milk, beating constantly to keep the milk from curdling (it will curdle a bit). Stir in the lemon rind. Then beat the yolks, one at a time, into the custard. Cook over hot water until the custard thickens (around 150 degrees F). Fold the custard into the egg whites until just mixed. Grease a serving dish and put the lemon pudding mixture into the dish. Poach (place the serving dish in a larger pan with hot water) in 325 degree oven for 1 hour. Serves 5 generously.

This is a nice alternative to Lemon Chiffon Pie if you do not want the pie pastry. Very light and lemony.

## **Lemon Soufflé, Frozen** (based on California Culinary Academy)

1 tbsp unflavoured gelatin  
¼ cup cold water  
3 egg yolks and 2 egg whites, large  
½ cup sugar

Juice and finely grated zest of 1 lemon  
½ pint whipping cream

Soften gelatin in cold water. Set aside. In a medium saucepan beat egg yolks and sugar together until light coloured and creamy. Add lemon juice and cook over low heat, stirring constantly, until thick. Add softened gelatin and lemon zest, stirring well to dissolve gelatin. Cool.

Whip the cream to soft peaks. In another bowl beat egg whites to soft peaks. Fold cream into egg yolk mixture, then fold in the egg whites.

Chill in the freezer about 1 – 2 hours. If you have an ice cream maker, transfer the soufflé into it and churn. If you do not have an ice cream maker, transfer the soufflé to a large bowl and beat with an electric beater, or to a food processor and process with several short bursts.

Transfer soufflé into a serving dish and freeze for at least another 4 hours.

Serves 4-5

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## **Lemonade (Witherspoon)**

1 355 ml can of concentrated frozen lemonade  
½ 355 ml can of concentrated frozen orange juice  
juice of 6 limes  
Lemon/ lime soda

Mix the concentrated juices and the lime juice. This is the lemonade concentrate. In a glass (or pitcher) fill the glass/ pitcher  $\frac{1}{4}$  -  $\frac{1}{3}$  with concentrate. Fill the remainder with lemon / lime soda. Stir. Add ice.

**Lentil Soup, Red** (Adapted from Splendid Soups by James Peterson. clipped from the Toronto Star

3 slices bacon, in 1-inch strips  
1 medium onion, thinly sliced  
1 carrot, thinly sliced  
1 stalk celery, thinly sliced  
2 cups red lentils, rinsed  
1 bay leaf

1 tsp. dried thyme  
Small bunch fresh parsley, tied  
6 (approx) cups chicken broth  
1 chicken bouillon cube

In large pot, cook bacon over medium heat until crisp. Transfer to plate with slotted spoon; set aside.

To fat in pot, add onion, carrot and celery. Cook until slightly brown, about 15 minutes. Add lentils, bay leaf, thyme, parsley, broth and bouillon cube. Pressure cook for 6 minutes with natural release of pressure OR lower heat to simmer and cook, stirring occasionally, until lentils are tender, 45 minutes. Discard bay leaf and parsley.

Puree in batches with immersion blender until smooth. Stir in reserved bacon.

Makes 6 servings.

## Lentil Sprout Salad, Curried

1 cu lentil sprouts

¼ cu mayonnaise

2 tbsp ketchup

2 tbsp olive oil

½ medium onion, finely chopped

½ - 1 tbsp curry powder

salt & pepper to taste

chopped parsley (if available...about ½ cu)

diced tomato (optional garnish)

Mix all ingredients except sprouts and tomatoes and shake well. Pour dressing over sprouts and garnish with diced tomatoes. May be served immediately, but is best if left to marinate for several hours in refrigerator or on the countertop.

## **Mac and Cheese, Bahamian** (Ann Vanderhoof, An Embarrassment of Mangoes)

1/2 lb uncooked elbow macaroni	salt & pepper
1 small onion, finely chopped	1 tsp paprika
1/2 green bell pepper, finely chopped	hot sauce
1 1/2 cu grated cheddar cheese	evaporated milk, 1 12-oz can, 1 1/2 cu)
2 eggs (or 4 tbsp egg powder and 1/4 cu water)	

Cook macaroni in a large quantity of boiling, salted water. When it is just al dente, add the onion and pepper to the pot and cook for a minute more until the vegetables are softened. Drain and return to the pot. Add half the cheese and stir until melted. Beat the eggs (or egg powder and water) with a couple dashes of hot sauce, salt, pepper and paprika. Stir in the eggs and the evaporated milk into the macaroni and cheese. Spoon the mixture into a well-buttered 8 or 9 inch square baking dish. Sprinkle remaining cheese evenly over the top. Bake at 350° F until set, bubbling and brown around the edges. Remove from oven and let stand 10 minutes before cutting into squares.

Serves 6-8 as side dish

## **Makloubeh (Upside down lamb)** derived from Christiane Dabdoub Nasser

2 lbs. stewing lamb or beef cut in chunks,  
or chicken pieces

2 onions, sliced

3-4 tablespoons olive oil

2 teaspoons salt

1 teaspoon pepper

1 teaspoon allspice

4 tomatoes (optional)

½ teaspoon ground cinnamon

10 – 15 cauliflower florets

½ cup olive oil

2 cups round grain rice

1 tablespoon melted butter

3 cups hot water

½ cup chick peas (optional)

Brown the meat and onions in 3-4 tablespoons of oil in a frying pan. Add salt and spices and enough water to almost cover the meat. Let simmer covered for 1 – 1½ hours.

Fry the cauliflower in a separate frying pan in ½ cup olive oil until the florets are soft and golden. Drain on paper towels.

Rinse the rice under hot water and drain it. Melt butter in an ovenproof pan that has slightly sloping sides and at least an 8-cup capacity. Add the rice and coat with melted butter. Remove half of the rice and even out the remaining rice over the bottom of the pan. Pour juice from meat into a large measuring cup. Add a layer of the half the cauliflower, thickly sliced tomatoes, chick peas and chunks of meat and onion over the rice. Add the remaining rice and then the remaining vegetables and meat. Top up the juice from the meat to 3 cups. Pour the liquid over the rice / vegetable / meat and put in a 350 degree oven for at least 1 hour until the liquid is absorbed by the rice. Let the makloubeh rest for 5 minutes. Put a large platter, preferably with a lip, or a large shallow serving dish over the pan, then turn both over quickly and carefully to unmold. Serve with plain yoghurt and chopped cucumber, tomato and parsley salad. Sahtain!

Brian Stewart / Jane Witherspoon Recipes



## **Meatballs Stroganoff** (from a Women's Day magazine in 1967)

1 lb ground beef  
1 medium onion, chopped  
rind of 1 lemon, grated fine  
1 tsp salt  
½ tsp pepper  
1-2 tbsp cooking oil

2 tbsp flour  
1 cu beef bullion  
¼ cu ketchup  
¼ cu sour cream  
¼ cu chopped parsley (optional)

Mix the ground beef, ½ the onion, lemon rind, salt and pepper. Form balls (about 12-15). Brown balls (on 3-4 "sides") in skillet with 1-2 tbsp cooking oil. As the meatballs brown, move them to a serving platter. When all of the meatballs are browned, add the remaining chopped onion to the skillet and brown them slightly. Sprinkle flour over the onions, toss to coat the onions and cook another minute. Add the bullion, stirring up the bits of meat and onion that have stuck to the bottom of the skillet. Let the sauce thicken (cook about 2 minutes). Add the Ketchup and stir well. Put the meatballs back on top of the onion mixture in the skillet, cover and simmer for about 15 minutes until the meatballs are thoroughly cooked. Remove the meatballs to the platter and add the sour cream to the sauce. Stir well, then pour over the meatballs. If you have fresh parsley, chop ¼ cu and sprinkle over the meatballs. Serve with noodles or rice.

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**Meat Loaf** (Cooking Light; the magazine of food and fitness. Sept/Oct, 1989)

½ cu quick cooking oats

3 tbsp milk

¾ lb ground beef

¾ lb ground chicken or turkey

¼ cu sliced green onions or chopped onions

½ cu shredded carrots

¼ tsp sage (ground or “rubbed”)

salt and pepper to taste

1 egg

¼ cu Ketchup

Combine oats and milk in a bowl and let stand 10 minutes. Add all other ingredients except Ketchup and mix well. Shape into a loaf and place on a greased baking sheet. Brush with Ketchup. Bake at 350 degrees for 1½ hours.

## **Meat Loaf** (Margaret Witherspoon, with ketchup-modification by Jane)

1 lb ground beef  
1 medium onion, chopped  
2 cu cracker crumbs (see below)  
1 well-beaten egg  
1 cu cold water  
Salt

Pepper  
Flour (about  $\frac{1}{4}$  cu)  
4-6 strips of bacon (optional)  
Boiling water  
Ketchup,  $\frac{1}{2}$  -  $\frac{3}{4}$  cu

Mix first 7 ingredients with your hands and shape into a loaf. Put in a pan that has sides at least 2 inches high. Sprinkle loaf with flour. Lay strips of bacon over the loaf and attach with toothpicks. Pour boiling water into the pan until about one inch up the loaf. Put the pan in a hot oven (400 degrees) for 20 minutes. Pour the ketchup over the loaf and reduce heat to 300 degrees. Cook for another 1½ hours.

Remove loaf to a platter and stir the water/ketchup/flour mixture remaining in the pan to form gravy and serve it in a separate dish.

**Cracker Crumbs:** Do not use commercially-available cracker crumbs. They are too fine and cause the loaf to crack. Take about  $\frac{1}{4}$  lb of saltine crackers, put them in a plastic bag and crush them with a rolling pin.

## Meringue Nests (from The Perfect Scoop)

4 large egg whites at room temperature  
(about ½ cup)

Pinch of salt

½ cu sugar

¼ tsp vanilla extract

¼ cu powdered sugar

Preheat oven to 200 degrees F. Line a baking sheet with parchment paper or a silicone baking mat. In the bowl of an electric stand mixer, begin whipping the egg whites with the salt at medium speed until frothy. Increase the speed to medium-high and whip until the egg whites thicken and begin to hold their shape. Continue whipping the whites adding the granulated sugar, 1 tablespoon at a time. Once the sugar has been added, add the vanilla and continue to whip until stiff and glossy, about 2 minutes.

Remove the mixer bowl from the stand and sift the powdered sugar over the meringue then fold it into the meringue with a spatula until fully incorporated.

Divide the meringue into 8 portions, evenly spaced on the baking sheet (3 down each side and 2 in the middle is the easiest arrangement) Take a spoon and dip it in water, shake off the excess water, and shape each meringue mound into a circle with a hollow in the centre (like mash potatoes in preparation for the gravy). Bake for 1 hour (or longer if the bottoms seem gooey when you try to lift them off the parchment). Then turn off the oven and leave the meringues in the warm oven to dry out for another hour. They should dry, and lift off the parchment, perhaps with a bit of sticking where the sugar has melted around the edge. Store in an airtight container such as a cookie tin. They can be made a week in advance of use.

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## **Mexican Rice and Bean Casserole** (The Lighthearted Cookbook)

1 tsp vegetable oil	1 can (28 oz, 706 ml) red kidney beans, drained and rinsed
½ cu water	1 can (19 oz, 540 ml) tomatoes
1 onion, chopped	1 tbsp chili powder
2 cloves garlic, minced	2 tsp ground cumin
1 ½ cu mushrooms, sliced (1/4 lb)	¼ tsp cayenne pepper
2 sweet green peppers, coarsely chopped	1 cu shredded mozzarella cheese
¾ cu long-grained rice	

In a large skillet heat the oil with water over medium heat. Add onion, garlic, mushrooms, peppers and simmer, stirring often, until onion is tender, about 10 minutes.

Add rice, beans, tomatoes, chili powder, cumin and cayenne; cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed.

Transfer to a baking dish and sprinkle with cheese. Bake in 350° F oven for 15 minutes or microwave at high power for 1-2 minutes until cheese melts. Makes 6 servings.

## Minestrone, Vegetarian (Jane Witherspoon)

1 large onion, quartered  
2-3 ribs celery, sliced  
3-4 carrots, peeled and thickly sliced  
4-6 cloves garlic, peeled and sliced  
1 28 fl oz can of tomatoes, plus ½ can water  
½ cu soup beans (see recipe for mix) soaked 12 hours, rinsed and drained  
1 tsp dried thyme

2 bay leaves  
1 tsp salt  
½ tsp pepper  
¼ wedge of cabbage shredded  
approximately ½ - 1 cu cooked (leftover) pasta (if there is a bit of pesto on it, all the better)  
Parmesan cheese

Put the onion, celery, carrots, garlic, tomatoes, beans, thyme, bay leaf, salt and pepper in a pressure cooker. Secure the lid and put rocker on the steam vent. Heat over high heat until the rocker begins to rock. Reduce heat to medium and cook for 15 minutes. Turn off heat and let the pressure drop. When the pressure has dropped (you can take the rocker off the steam vent without it hissing back at you), remove the lid. (If you do not have a pressure cooker, you can use a large standard soup pot and simmer the ingredients for about 1.5 – 2 hours until the beans are cooked.

Return the pot to high heat and put the cabbage and pasta into the soup. Let simmer over moderate heat for about 3-5 minutes. Cabbage should still have a crunch. Serve with Parmesan Cheese (and hot sauce if Brian is at table)

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## **Mushrooms, Marinated** (Lighthearted Cookbook)

A great low-cal appetizer

2/3 cu tarragon vinegar

1/3 cu vegetable oil

2 tbsp sugar

1 tsp each dried basil and thyme

½ tsp salt

2 tbsp water

Dash of hot sauce

1/4 + tsp dried hot pepper flakes (optional)

1 clove garlic, minced

Freshly ground pepper

1 onion, sliced

1½ lb medium mushrooms

In a large bowl, combine vinegar, oil, sugar, basil, thyme, salt, water, hot sauce, pepper flakes, garlic and pepper to taste; stir until well mixed.

Separate onions into rings. Wash mushrooms and trim base. Add onions and mushrooms to vinegar mixture; mix lightly. Cover and refrigerate for at least 8 hours. Drain before serving.

Keeps several days in refrigerator

## **Nanaimo Bars** (a Canadian delight in three parts)

### **Part I**

½ cu butter or margarine

¼ cu granulated sugar

4 tbsp cocoa

1 egg, slightly beaten

1 tsp vanilla

1 ½ cu graham wafer crumbs

1 cu desiccated coconut

½ cu chopped nuts

In a saucepan combine butter, sugar, cocoa and egg, stirring constantly over medium heat until thickened. Remove from heat and stir in remaining ingredients. Press into a greased 9"x9" pan.

Put in the freezer

### **Part II**

¼ cu butter or margarine, softened

1 egg

1 tsp vanilla

2 cu powdered sugar

Beat butter, vanilla and egg together vigorously. Beat in the sugar. When smooth, take pan out of freezer and carefully spread the butter mixture on top. Return pan to freezer.

### **Part III**

4 squares semi-sweet chocolate

4 tbsp butter

Melt chocolate and butter over low heat and stir until combined. Take pan out of freezer and carefully spread the chocolate mixture over the cream layer. Refrigerate. Cut into small squares.

These are rich.



## **Nut Bread** (Margaret Witherspoon)

3 cu flour

3 tsp baking powder

1 cu dark brown sugar

1 tsp salt

1 cu milk

1 egg, well beaten

1 cu nuts

Sift dry ingredients together. Add milk to egg, then combine liquid and dry mixtures. Add nuts. Bake in greased loaf pan for 1½ hours at 250 degrees. Test for doneness by inserting a toothpick in the top of the loaf. It should come out clean. This bread is best sliced thin and slathered with butter. It improves when it is a day old.

## Nut Brown Ale Bread (California Culinary Academy)

2 packages active dry yeast

1/2 cup warm water

1/3 cup firmly packed brown sugar

1 bottle (16 oz or 2 cups) dark ale, such as

Stewart's Special Bitter

Sprinkle yeast over 1/2 cup of water in large bowl. Add 1 teaspoon of the brown sugar. Let stand until soft (about 5 minutes)

Warm ale to 105-110 degrees F. Stir ale, salt, butter/margarine, remaining water and brown sugar into yeast mixture. If you have less than 2 cups of beer, add the equivalent amount of water.

Add wheat germ and 3 1/2 cups of flour. Mix to blend then beat until smooth and elastic, about 5 minutes.

Stir in rye flour, then about 1 more cup of flour to make a soft dough.

Turn dough out onto a board floured with some of the remaining 1/2 to 1 cup of flour. Knead until dough is springy and small bubbles form just under the surface (12 – 15 minutes) adding more flour to prevent dough from being sticky.

Turn dough in a greased bowl. Cover with plastic wrap and a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Punch dough down and divide into two equal portions. Shape each into a loaf. Place shaped loaves in greased 4 1/2 inch by 8 1/2 inch loaf pans. Let rise until almost doubled in bulk (35 – 45 minutes)

Preheat oven to 375 degrees F. Bake until loaves are well browned and sound hollow when tapped (40 – 45 minutes). Remove loaves from pans and let cool on wire racks.

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2 teaspoons salt

2 tablespoons butter or margarine

1 cup wheat germ

5 – 5 1/2 cups unbleached all-purpose flour

1 cup rye flour

## **Nut Rock Cookies** (Margaret Witherspoon)

1 cu brown sugar

1 cu margarine (or butter)

½ cu granulated white sugar

3 eggs, well-beaten

2½ cu flour

1 cu raisins

1 cu pecans (or other nuts)

1 tsp cinnamon

1 tsp nutmeg

1 tsp allspice

1 tsp baking soda in 3 tsp boiling water

Mix all ingredients together. Drop by spoonfuls on buttered cookie sheets. Bake 20 minutes at 300 degrees.

These were always in the cookie jar or the freezer at the Witherspoon House.

## **Oatmeal (or Burgoo) (Brian)**

Slightly less than 1 cu quick rolled oats  
2 cu water  
¼ tsp salt

chopped fruit and nuts (apple, raisins,  
currants, pecans)  
brown sugar

Two methods:

Method One: Put water in pot. Add fruit, salt and nuts. Bring to a boil. Add oatmeal and stir. When mixture begins to bubble, remove from heat. Let stand a few minutes. Serve with brown sugar.

Method Two: Put water, oats, salt, fruit and nuts in a pot. Bring to a boil. When mixture begins to bubble, remove from heat. Let stand a few minutes. Serve with brown sugar.

## Oatmeal Bread, Braided (California Culinary Academy)

1 cu quick-cooking rolled oats

1  $\frac{3}{4}$  cu water

1 package active dry yeast

2 tbsp honey

$\frac{1}{2}$  cu warm milk

1  $\frac{1}{2}$  tsp salt

3 tbsp butter or margarine, softened

3  $\frac{3}{4}$  - 4 cu white flour

2 eggs

1  $\frac{1}{2}$  cu whole wheat flour

Measure 2 tbsp of the oats and set aside for topping. Bring 1  $\frac{1}{2}$  cu water to a boil and pour over remaining oats. Let stand until warm to the touch. Sprinkle yeast over remaining water in a large bowl. Add 1 tsp of the honey. Mix and let stand until yeast is soft and bubbly. Stir in rolled oats mixture, milk, remaining honey, salt and butter. Add 3 cups white flour and mix to blend. Beat until smooth and elastic. Beat in one of the eggs until well combined. Stir in whole wheat flour and about  $\frac{1}{4}$  cup more of the white flour to make a soft dough. Turn dough out on a board. Knead until smooth, adding just enough flour to prevent dough from being sticky. Turn dough into a greased bowl, cover and let rise until doubled in bulk (about 1 hour). Punch dough down. Cover and let rest for 10 minutes. Divide into 3 equal portions if making one large free-form loaf, or into 6 equal portions if making two braided loaves in loaf pans. Roll each under palms of hands on a lightly floured surface into an 18-inch (or 10-inch) strand. Place three strands side-by-side. Pinch one end (all three strands) tightly, then braid the 3 strands, finishing with another tight pinch of all three strands. Put loaf/loaves on/in buttered cookie sheet or butter 4.5" x 8.5" loaf pans. Let rise until double in bulk (35-45 minutes) Preheat oven to 375 degrees. Beat reserved egg and brush lightly over braid. Sprinkle evenly with reserved 1 tbsp oats. Bake until golden brown and sounds hollow when tapped (30-35 minutes). Cool on wire rack.

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## **Oatmeal Raisin Cookies** (Quaker Oat Company)

½ cu margarine (1 stick)

½ cu brown sugar

¼ cu granulated sugar

1 egg

½ tsp vanilla

¾ cu flour

½ tsp baking soda

½ tsp cinnamon

¼ tsp salt

1 ½ cu oats

½ cu raisins or currants

Beat margarine and sugars until creamy. Add eggs and vanilla. Beat well. Add flour, baking soda, cinnamon, salt and mix well. Stir in oats and raisins and mix well. Drop by teaspoons onto ungreased cookie sheet. Bake 10-12 minutes in preheated 350°F oven or until golden brown. Cool 1 minute on cookie sheet then remove to a wire rack. About 2 dozen cookies.

## **Oil & Vinegar Dressing (Uncle Houston's)**

1/3 cu Cider vinegar

2/3 cu Vegetable oil

2/3 cu sugar

Mix well. Serve over fruit salad. (Uncle Houston always served this with pear and cottage cheese salad)

## Onion and Walnut Compote

3 tbsp olive oil

3 red onions (or 4 medium yellow onions)

½ cu honey (liquid)

2/3 cu red wine vinegar

2 tbsp raisins

3 tbsp walnut pieces

Halve the onions and slice thickly. Heat the oil in a heavy-based frying pan over medium low heat. Add the onions and cook stirring every 15 minutes until softened and lightly caramelized, about 1 hour.

Stir in the honey and bubble for a few minutes until reduced. Add the vinegar and cook for 8-10 minutes, stirring occasionally, until sticky and well reduced. Stir in the raisins and walnuts. Sterilize 2 jelly jars and lids by pouring boiling water into the jars and over the lids in a shallow dish. Let stand 5 minutes. Empty water from jars, fill them with the compote, put a lid on top and screw on and tighten the ring lid. The compote should be kept in the refrigerator, but will keep a long time if the container has been sterilized.

Serve warm or at room temperature.

Serve with sliced aged cheese and crackers or dense, thinly sliced bread. Bread .. Cheese .. Compote.

Also serve with any roast pork dish

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## **Onion Quiche** (Julia Child, Mastering the Art of French Cooking)

2 lbs. Minced onions (about 7 cups)

3 tbsp. Butter

1 tbsp oil

1 ½ tbsp flour

2 eggs

2/3 cu cream

1 tsp salt

1/8 tsp pepper

pinch of nutmeg

2 oz (1/2 cu) grated Swiss cheese

8-inch partially cooked pastry shell

Cook the onions in a heavy skillet with the oil and butter over very low heat, stirring occasionally until they are extremely tender and a golden yellow. This will take about an hour. Sprinkle flour over onions, mix well and cook slowly for 2-3 minutes. Allow to cool slightly. Preheat oven to 375 degrees

Beat the eggs in a mixing bowl with the cream and seasonings until blended. Gradually mix in the onions and half of the cheese. Pour into tart shell. Spread on the rest of the cheese. Bake in upper third of preheated oven for 25 to 30 minutes until quiche has puffed and browned.

## **Onions, Roasted** (Risotto, Maxine Clark)

Serves 6. This is a great topping to many risottos

6 small red onions

½ cu olive oil

¼ cu balsamic vinegar

1 tbsp fresh thyme, plus sprigs for garnish

Salt and pepper

Quarter the onions, then peel, keeping the root ends on to hold the onion together. Brush a roasting pan with a little oil and add the onions. Put the remaining olive oil, vinegar, thyme, salt and pepper in a bowl, beat well, then brush over the onions, pouring any excess into the pan. Cover with foil and roast in a preheated oven at 400°F for 15 minutes. Remove foil and roast for another 10 minutes or until caramelized. Remove from the oven and keep warm until ready to use as garnish for any dish.

**Orange or Lemon Peel, Candied** (Anna Louise Larson Fischer– Westminster Presbyterian Church)

Remove peel from pulp of the fruit. To do this, you may cut the orange or lemon in half (at the equator), squeeze the fruit, then cut the rind into strips. Or, you may cut the fruit in ½ centimeter slices and remove the pulp from each slice.

Put the strips of peel in a pan and cover with cold water. Bring the water to a boil. Drain and rinse well. Repeat this process 5 times. This removes the bitterness from the peel.

Make syrup of ¼ cup water and ½ cup sugar for 2 large oranges. For example, if you have 12 oranges, you will need 3 cups of water and 6 cups of sugar. Add a pinch of salt to the syrup. Bring the syrup to a boil and add the peel. Reduce the heat to a slow simmer and cook until most of the syrup has been absorbed by the peel. This will take 60–90 minutes, depending on the heat of the burner. Lift the peel out of the syrup with a slotted spoon or tongs. Roll the strips in granulated sugar. Place on a tray or large plate not touching each other to cool.

Leave the peel in strips, or cut the strips into small pieces.

Store in a tin or the freezer. This can be used in Fruit Cake, or makes a delightful gift at Christmas.

## **Orange Icing** (Margaret Witherspoon)

To 1 unbeaten egg white add about 1 cup of powdered sugar and whip for a minute. Add gratings from one orange rind and 1 tbsp orange juice and  $\frac{1}{2}$  tsp lemon juice. Keep whipping and add more powdered sugar. When somewhat stiff, add 2 tbsp of soft butter and then more powdered sugar until the right consistency to spread.

I think this icing was used on angel food or white cake.

## **Paradise Jelly (Margaret Witherspoon)**

6 Jonathan apples  
½ lb cranberries  
2-3 quince

Water  
Sugar (1 cu for every cu of juice)

Cut apples and quince in eights. Put the apples, cranberries and quince in a kettle and just float with water. Cook until mushy; smash the quinces with a spoon. Cooking takes about ½ hour. Drip the mash from a cloth jelly bag to strain out the pulp, seeds, etc. Measure the juice. Measure an equal amount of sugar and combine with the juice. Cook until the syrup jells (I do not remember how you tell when the syrup has jelled... look it up in a good cookbook). It usually takes ½ - ¾ hour of cooking. Pour syrup into sterilized jelly jars and top with melted paraffin.

This was “Big Mama’s” (Jane’s grandmother) and Margaret Witherspoon’s favorite jelly recipe.

## **Parsnip Soup, Cream of, with Ginger** (Lighthearted Cookbook)

1 onion, chopped

4 medium parsnips, peeled and cubed

1 cu water

1 tbsp butter

2 tbsp flour

1 cu chicken or vegetable stock

1 ½ tsp grated fresh gingerroot

¾ cu milk, low fat

salt & pepper

In a saucepan, combine onion, parsnips and water. Simmer, covered for 8-10 minutes until parsnips are tender. (or pressure-cook for 4 minutes) Purée and set aside.

In a saucepan melt butter over medium heat; stir in flour and cook for 1 minute. Stir in chicken stock until mixture boils and thickens. Add puréed parsnips and onions. Add ginger, milk, and salt and pepper to taste. You may not need salt if chicken stock is salted.

Serve hot topped with a dollop of sour cream and chopped fresh parsley. Soup may also be served cold.

5 servings

## **Parsnips and Carrots, Baked** (Light Hearted Cookbook)

2 parsnips

4 carrots

1 tbsp soft butter

Salt and pepper

Pinch of cumin (optional)

1 tbsp water

Peel parsnips and carrots. Cut in half crosswise, then cut lengthwise into strips. Place in baking dish and dot with butter. Sprinkle with salt, pepper and cumin. Add water. Cover and bake in preheated 375°F oven for 50-60 minutes or until tender.

Serves 4

## **Pasta** (Brian Stewart)

2 large cans crushed tomatoes  
2 small cans tomato paste  
3 cloves, garlic, crushed  
basil, dry, palmful rubbed  
oregano, dry, palmful rubbed

½ tsp pepper  
900 gr package of rigatoni pasta  
2 lbs ground beef  
Hot Italian sausage (optional)  
Parmesan cheese

In a large pot mix tomatoes, tomato paste, garlic, oregano, basil, pepper. Cook on low heat (do not let boil).

In a large skillet brown and drain ground beef. If using sausage, slice in ½ inch rounds and brown in the skillet. Drain. Add meat to sauce and simmer for about 2 hours or more. After 1 hour taste and adjust seasonings to taste.

Cook pasta according to package instructions. Drain. Pour a little sauce over pasta to keep pasta pieces from sticking to each other. Serve pasta in one bowl, additional sauce in another. Serve with Parmesan cheese and hot pepper flakes.

Mix leftover pasta and sauce in one container and refrigerate. Pasta is even better warmed up the second day.

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## **Pasta with Garlic and Cheese**

Cook enough pasta (any shape is OK except long pasta such as spaghetti or linguini) for two people (a little extra if you want to make a pasta salad or use pasta in soup the next day). Usually it takes about 12 minutes to cook pasta in salted water with a tablespoon of oil in the water to keep pasta from sticking to the pan, but dryness of the pasta and atmospheric conditions may require longer cooking. Keep checking after pasta has cooked for 10 minutes to ensure it is cooked (no crunch), but not too soft (al dente). While the pasta is cooking, heat about 2-3 tbsp of olive oil in a small pot over low heat and simmer 2-3 garlic cloves that have been peeled and thinly sliced. When the pasta is cooked, drain it well, put it in a serving dish (or back in the cooking pan), and pour olive oil over the cooked pasta. You may strain out the garlic (to be a bit more refined) and leave them mixed in with the pasta if you like garlic. Sprinkle liberally with grated parmesan cheese and toss.

## **Pasta with Meat Sauce** (Pressure Perfect Lorna Sass)

1-2 tbsp olive oil  
¾ - 1 lb. ground beef  
1 ½ cu chopped onions  
1 tsp fennel seeds  
½ cu red wine or water  
1 ½ cu water  
¾ tsp salt

1 tsp garlic powder / dried  
12 oz spiral pasta (4-5 cups)  
1 large can (28 oz) chopped tomatoes  
½ cu chopped fresh parsley (optional)  
¼ cu grated parmesan cheese  
½ tsp crushed red peppers

Heat 1 tbsp oil in pressure cooker. Add ground meat and brown. Stir in onions and fennel seeds and continue cooking another minute. Stir in the wine, scraping up any browned bits sticking to the bottom of the cooker. Boil over high heat until some of the liquid has evaporated, about 1 minute. Stir in the water, salt and garlic. Bring to a boil. Add the pasta and pour the tomatoes on top. **DO NOT STIR.** Lock the lid. Over high heat, bring up the pressure. Cook for 5 minutes. Quick-release the pressure under cold water. Stir in the parsley, cheese and crushed red pepper. Add the remaining tbsp of oil. Stir, breaking up any pasta stuck together. Let the pasta rest 3 – 5 minutes. Serve with additional cheese.

## **Pasta with Pesto**

Cook enough pasta (any shape is OK except long pasta such as spaghetti or linguini) for two people (a little extra if you want to make a pasta salad or use pasta in soup the next day). Usually it takes about 12 minutes to cook pasta in salted water with a tablespoon of oil in the water to keep pasta from sticking to the pan, but dryness of the pasta and atmospheric conditions may require longer cooking. Keep checking after pasta has cooked for 10 minutes to ensure it is cooked (no crunch), but not too soft (al dente). When the pasta is cooked, drain it well, put it in a serving dish (or back in the cooking pan). Spoon about 4 tablespoons of pesto (basil, garlic, parmesan cheese in olive oil) and toss. Serve with grated parmesan cheese for those who want extra cheese.

This is a *must* side dish with rack of lamb.

## **Pea Soup, Split** (Jane Johanson – Jane Witherspoon’s grandmother)

1 package of split, dried, green peas  
1 tsp. baking soda  
½ lb. Slab bacon cut in pieces, a thick slice  
of ham (1/2-3/4 lb.) or a ham bone  
large onion, sliced  
4 ribs of celery, cut into 3 inch pieces

1 tbsp. dried thyme  
½ tsp pepper  
Soak package of split peas with baking  
soda overnight. Drain off the soda water  
and rinse well.

Place peas in a kettle with bacon or ham, onion, celery, salt, pepper and thyme. Fill the kettle to within 1½ inches from the top with cold water.

Let come to a boil over high heat. Skim off the scum as it rises to the surface. Reduce heat and let simmer until the peas are “dissolved” and the celery and onions are tender – at least 2 ½ hours. Stir occasionally to keep soup from sticking.

Serve with toasted croutons (optional). The soup is MUCH better with a meaty ham bone than bacon or a ham slice.

## **Pea Soup, Split Yellow, Mildly Curried**

(Food & Drink, winter 2011, LCBO)

2 tbsp vegetable oil

1 ½ cu chopped onions

2 tsp grated ginger

2 tsp chopped garlic

1 tbsp mild Indian curry paste

½ tsp cracked fennel seeds

1 cu yellow split peas, rinsed

6 cu stock or water

1 tsp turmeric

Heat oil in pot over medium heat. Add onions and sauté for 4 minutes or until softened. Add ginger, garlic, curry paste and fennel seeds and sauté for 1 minute or until fragrant. Add split peas and sauté another minute, then add stock and turmeric. Bring to a boil and simmer for 1 hour or until split peas are soft. OR, cook under pressure for 12 minutes and let steam naturally release. Blend the soup until smooth. Reheat when needed.

### **Garnish**

½ cu diced carrot

½ cu diced parsnips

1 tbsp vegetable oil

½ tsp garam masala

Salt and freshly ground pepper

Preheat oven to 400 F°. Toss all ingredients. Place on a baking sheet and roast for 20 minutes or until the vegetables are tender and slightly caramelized. Set aside.

Divide soup between 4 bowls and garnish with caramelized vegetables.

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## **Pear Marmalade** (Joan Still, 110 York Mills Rd.)

10 cu sliced pears

6 cu sugar

2 lemons, grated rind and juice

$\frac{1}{4}$  cu preserved or candied ginger

Place pears in preserving kettle in alternate layers with sugar, lemon rind and juice. Let stand 2-3 hours. Add ginger. Bring to a boil and boil uncovered, stirring frequently until thick and clear, about 45 minutes. Pour into hot sterilized jars. Cool slightly and seal with paraffin.

Yield: 6 cups

## **Pears Poached in wine** (Julia Child)

1.5-2 lbs firm, ripe pears

2 cu red Bordeaux wine

2 tbsp lemon juice, plus rinds

3/4 cu granulated sugar

1 stick or 1/2 tsp cinnamon

Peel and halve the pears. Neatly stem and core them with a grapefruit knife. Drop each half, as it is prepared, into a large bowl of cold water in which you put the leftover lemon rinds so that the pears will not discolour.

Bring the wine, lemon juice, sugar and cinnamon to a boil in a saucepan. Drain the pears and drop into the boiling syrup; bring the liquid to just below the simmer for 8 - 10 minutes or until pears are tender when pierced with a knife. They must continue to hold their shape. Remove saucepan from heat and let pears cool in the syrup for 20 minutes. Drain pears on a rack.

Rapidly boil down the syrup to the thread stage (230° F). You may optionally add 1/4 cu red currant jelly to thicken the sauce a bit, but this is not necessary. Put the pears in a service dish and ladle the syrup over the pears. Refrigerate. Serve with vanilla ice cream.

## Pecan Drop Cookies

1 egg white  
1 cu brown sugar  
pinch of salt

1 cu chopped pecans  
1 tsp vanilla

Beat egg white until stiff. Using low speed on a mix master, add sugar and salt. Fold in nuts and add vanilla by hand. Cover a cookie sheet with brown paper (a paper bag is OK to use). Sprinkle the cookie sheet with water to help hold the paper to it. Drop mixture by teaspoons onto paper-covered cookie sheet. Bake at 300 degrees for 25 minutes. Let cool a few moments before removing from the paper. Sometimes these are difficult to remove from the paper. If this is the case, moisten the paper and the cookies should come off easily.

This was a staple in the Witherspoon cookie jar or freezer. They are a bit too fragile to take aboard a boat. Margaret Witherspoon made these cookies for S/V Bangalore once. When the box of cookies was opened, it was a gooey mess of sticky brown sugar liquid and chopped nuts.



## **Picadillo** (Whole Grains, Lorna Sass)

1 tbsp olive oil	1/4 tsp cinnamon
1 large onion, diced	1 28-oz can diced tomatoes
1 large green pepper, diced	1/3 cu green olives, sliced
2 tsp minced garlic	1/4 cu raisins
1 tsp cumin seeds	2 tbsp drained capers (optional)
1 lb lean ground beef	3 cu cooked quinoa
1/2 tsp salt	pepper to taste
1 tsp dried oregano	lime wedges for garnish
1/2 tsp chili powder (or more)	

Heat oil over high heat. Add onion and green pepper, stirring frequently until onion is translucent (3 minutes). Stir in the garlic and cumin seeds and cook another minute. Add the beef and salt and cook until beef is brown and crumbly, 3 or 4 minutes. Pour off any rendered fat.

Stir in the oregano, chili powder, cinnamon, tomatoes, olives and raisins and optional capers. Bring to a boil. Reduce heat, cover and simmer until the flavours have mingled, about 15 minutes. Stir in the quinoa and adjust the seasonings, adding pepper to taste. Cook until the mixture is hot, about 1 more minute. Serve in large, shallow bowls with lime wedges.

## **Pie Crust** (from The New James Beard Cookbook)

NOTE: measurements given first are for a double crust pie. Measurements in parentheses (x) are for a single crust pie.

2 ½ cu (1 cu + 2 tbsp) flour

6-7 tbsp (3-4 tbsp) cold water

½ tsp (¼ tsp) salt

¾ cu (⅓ cu) lard

For best results use lard ... not Crisco or other solid vegetable shortenings. Cut lard into pieces and put in food processor. Add flour and salt. Pulse on several times (6-10) until the mixture is combined and looks like coarse meal. Now it the tricky part. Add water a tablespoon at a time, pulsing after each addition for just 2-3 seconds until the pastry begins to bunch together. Take the top off the food processor and gather the pastry into a ball. If it holds together, do not add more water. If it crumbles, it needs more water. Put it back in the food processor and add 1 tsp of water at a time, pulse again, and then check consistency of pastry. Handle as little as possible. The more you mix and handle pie crust, the “tougher” it gets. When the pastry is the right consistency, divide into two slightly unequal parts. Roll the larger part out to fit the bottom of the pie pan. Prick the pastry with fork tines before addition of fruit. Let the bottom crust drape over the edge of the pie pan about 1 inch. Roll out the top crust. You may use a cookie cutter to create a decorative vent hole, or make a lattice-work pie by cutting strips and weaving them, starting with the middle strips and working to the edges. Trim the top crust a little shorter than the bottom crust. Pinch the two crusts firmly together, creating an upright ridge to ensure the pie juices do not run out of the pie pan. Flute the crust ridge between thumb & finger on left hand and finger on right hand. If you have extra pie crust after making the pie, roll them out and cut strips about 1.5-2 inches wide and 2-3 inches long. Put them on a baking sheet and sprinkle with sugar and cinnamon. Bake about 10 minutes in a 400 degree oven or until brown.

## **Pie Crust** (Margaret Witherspoon)

2 ½ cu flour

cold water

2/3 cu lard

1 tsp salt

Put the flour, salt and lard, cut in pieces, in a food processor. Mix together in 5-8 bursts until flour is cut into lard, but use minimal mixing to do this. Add cold water to the food processor 1 tablespoon at a time, and mix with one burst of the machine after each addition. You probably need 6-7 tablespoons before the dough begins to gather in one ball. Be careful not to add too much water or dough will become sticky and impossible to roll out. Toss the dough on a floured surface and roll out. This is enough dough for one covered pie or two pie shells.

See also the notes on the other Pie Crust recipe card about rolling out dough and making pies and pie crust treats.

Margaret Witherspoon never used a food processor to make pie crust; daughter Jane has modified the recipe for use with a food processor.

NOTE: Substitute butter if you cannot find or do not want to use lard. This makes a richer crust, but is also much more delicate to handle.

Brian Stewart / Jane Witherspoon Recipes

## **Pike (Northern) with Artichokes in Tomato Sauce** (based on Bon Appétit, October, 1980)

1 can artichoke hearts (not marinated)  
3 tbsp olive oil  
1 large Northern Pike cleaned and cut into  
1" thick steaks and a tail filet  
1 medium onion, chopped  
4 cloves garlic, minced  
1 ½ cu chicken stock

1 tbsp minced fresh Italian parsley  
(optional)  
1+ tbsp tomato paste  
¼ tsp salt  
1/8 tsp ground pepper  
chopped parsley and lemon wedges as  
garnish (optional)

Heat oil in frying pan and sauté Pike. Set fish aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add Pike, cover and simmer about 30 minutes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice.

You can substitute Pork Tenderloin for the Northern Pike

## Pilgrim House Salad

1 medium or 6 cherry tomatoes  
cucumber (about 3 inches of one)  
yellow pepper (about ¼ of one)  
2 tbsp unsalted roasted sunflower seeds  
¼ cu crumbled feta cheese  
½ jar quartered marinated artichoke hearts  
(optional)

4-6 Romaine leaves  
1/3 cu toasted crotons

### **Dressing:**

1 tsp sugar  
2 tbsp balsamic vinegar  
¼ cu extra virgin olive oil

Slice tomatoes as thinly as possible. Peel, seed and dice cucumber. Seed and dice pepper. Put these 3 vegetables in a salad bowl. Add sunflower seeds, feta cheese and artichoke hearts(if using). Put dressing ingredients in a jar and shake well. Pour over ingredients in the salad bowl. Tear Romaine leaves and put on top of marinating vegetables in salad bowl. Add crotons. When ready to serve salad, toss.

When we are tired of having balsamic vinaigrette, we substitute Dijon mustard vinaigrette.

## **Pita**

1 1/2 cu white flour  
1 tsp instant yeast  
1 tsp sugar or honey  
3/4 tsp salt

1/2 cu water  
1 tbsp olive oil  
1 tsp King Arthur Flour Easy-Roll dough  
improver, optional

Combine all ingredients, mixing to form a shaggy/rough dough. Knead 10 minutes until smooth. Place dough in lightly greased bowl and allow to rest for 1 hour; it will become puffy, though may not double in bulk.

Turn dough out on a work surface and divide into 6 equal pieces. Form each piece into a small round ball with a smooth top, pulling dough from the sides and tucking the ends underneath the bottom. Cover dough balls and let rest for 30 minutes.

Sprinkle a small amount of flour on a work surface and top of a dough ball. Gently pat dough ball flat with your fingers or use a rolling pin to form a flat, round bread about 1/4 inch thick. Let dough round rest for 5 minutes., covered loosely with plastic wrap. Repeat with remaining 5 dough balls.

Brush a cast-iron skillet with a paper towel dipped in olive oil. Heat over medium high heat. Lay pita bread into hot skillet and cook until bread begins to puff up and bottom has brown spots and blisters, about 3 minutes. Flip, cook 2 more minutes and flip back onto original side to cook for about 30 seconds. Cool on a rack.

**Play Dough** (Ann Parker ... owner of 58 Parkhurst Blvd in Toronto before Jane & Vic lived there)

1 cu flour

½ cu salt

1 cu water

2 tbsp oil

2 tsp cream of tartar

food colouring

Mix all ingredients together in a saucepan. Cook over fairly high heat about 3 minutes until it comes together in a ball. Turn on to wax paper and knead. Store in a plastic bag. There is no need to refrigerate.

## **Popovers (Uncle Houston)**

3 large eggs  
1 cu flour  
½ tsp salt

1 cu milk  
1 tbsp cooking oil

Preheat oven to 425 degrees. Put 2 well-greased muffin tins in oven to preheat them. (Total of 12 cups) Beat all ingredients for 2-3 minutes on high speed in a mix master or a blender. Working quickly, fill tins about  $\frac{3}{4}$  full while the tins are hot. Work on the open oven door. Bake for 35 minutes without anything else in the oven, and do not open the oven door during this time. Take out of the oven and let set in the tins about 5 minutes before removing. Serve with butter and crystallized honey.

This is Uncle Houston's prize recipe which he made flawlessly when he had guests for dinner well into his late 90's. Uncle Houston died just short of his 101<sup>st</sup> birthday.



## **Pork back ribs, BBQ** (Emeril Lagasse) see also Spareribs

2 lbs baby back ribs cut into serving pieces

1+ tbsp creole seasoning

1/2 cu onion, chopped

1 tbsp chopped garlic

1 tbsp chopped ginger

1/4 tsp crushed red pepper

1/4 tsp cayenne pepper

1/4 tsp salt

1 tbsp hot sauce

2 bay leaves

2 cu broth (beef or vegetable)

Sprinkle both sides of cut ribs with creole seasoning. In a shallow baking dish put all ingredients except ribs and seasoning and mix well. Place ribs on top and cover loosely with foil. Bake in 300° for 3+ hours. When meat is very tender, carefully put on a rack and paint with BBQ Sauce (Emeril's). Put under broiler for a minute or two. Turn ribs and paint other side with sauce and return to broiler for another minute.

## **Pork Chops with a salt marinade (Julia Child)**

2 centre-cut pork chops, about 2/3" thick

2 tsp salt

¼ tsp ground pepper

½ tsp thyme, dried

1 bay leaf, crumbled

1 clove garlic, minced

2 tbsp cooking oil

½ cu vermouth or dry white wine

Mix salt and spices/herbs together and rub into both sides of the pork chops. Let stand at room temperature for 15 minutes or covered in the refrigerator for up to ½ day. When ready to cook, scrape off the marinade and dry chops with paper towels.

Brown chops (both sides) in oil over moderately high heat for 3-4 minutes. Put chops on a platter. Pour off any excess oil in the skillet and discard. Pour vermouth into skillet, scraping up coagulated cooking juices. Put the chops back in the skillet and cover. Lower heat to very low and cook until the chops are cooked through, about 15-20 minutes. Remove the chops to a serving plate and reduce the sauce over moderate heat for 1-2 minutes. Pour sauce over chops and serve.

## **Pork with Artichokes in Tomato Sauce** (Bon Appétit, October, 1980)

1 can artichoke hearts (not marinated)  
3 tbsp olive oil  
1 large pork tenderloin, or any cheaper cut  
of pork  
1 medium onion, chopped  
4 cloves garlic, minced  
1 ½ cu chicken stock

1 tbsp minced fresh Italian parsley  
(optional)  
1+ tbsp tomato paste  
¼ tsp salt  
1/8 tsp ground pepper  
chopped parsley and lemon wedges as  
garnish (optional)

Cut pork tenderloin into ½” “coins.” If you use another cut of pork, cut it into 1” square pieces. Heat oil in frying pan and brown pork. Set pork aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add pork, cover and simmer about 30 minutes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice.

You can substitute Northern Pike for the pork.

Brian Stewart / Jane Witherspoon Recipes

## **Pork Tenderloin, Stuffed** (Jane Loughborough, Lawrence Park Community Church)

2 small pork tenderloins (or 1 large, split into two long pieces)

½ lb. bacon

### Stuffing:

1 cooking apple, cored, seeded and chopped

1 onion, chopped

bread, cubed (about 1 medium sized loaf)

fresh parsley, thyme, rosemary and sage, chopped

½ cup raisins, washed and drained

½ cup applesauce

Split the tenderloin length-wise, (but do not cut all the way through) and flatten slightly with a meat cleaver so that you have 2 pieces of meat about ½ as thick as the original tenderloin.

In an oval ovenproof dish, lay strips of bacon across the dish, overhanging the side of the dish. Place one tenderloin on top of bacon. Mix together the stuffing ingredients, or use a stuffing mix jazzed up with additional chopped apple, onion and washed raisins). Lightly press stuffing onto the tenderloin. Place 2<sup>nd</sup> tenderloin on top. Bring ends of bacon up over the stuffed tenderloins. Use toothpicks to secure. Bake in 325 degree oven for 1 hour.

Mau and Nutmeg love this dish, mainly because of the crispy bacon.

## **Pork Tenderloin and Leek Sauté with Fresh Ginger** (Nóel Richardson)

1 ½ lbs pork tenderloin

3 tbsp soya sauce

4 tbsp vegetable oil

4 medium leeks, white & light green part,  
cut in rounds and washed carefully

2 cloves garlic, finely chopped or minced

¼ cu fresh ginger, peeled and sliced very  
thinly

freshly ground pepper

½ cu chicken stock

splash of dry vermouth

¼ cu chopped parsley

Slice the port tenderloin into thin rounds. Toss in a bowl with soya sauce. Set aside.

Heat oil in a large frying pan. When hot, add pork. Keeping heat fairly high, stir and turn the pork as it changes colour, for about 3-4 minutes. Add leeks, garlic, ginger and pepper. Stir and cook for 5 minutes. Add chicken stock and vermouth. Cook an additional 4-5 minutes. The sauce should reduce; if it disappears, add a bit more water or vermouth. Serve on a warm platter over hot cooked noodles sprinkled with the chopped parsley. An herb jelly is a nice accompaniment.

## **Potato and Cheddar Cheese Soup** (Milk Calendar, February 1998)

2 tablespoons butter or oil	1 ½ cups milk
1 onion, chopped	1 ½ cups grated Cheddar cheese (6 ozs, 175 g)
1 clove garlic, finely chopped	Salt and pepper to taste
3 medium potatoes, peeled and diced	2 tablespoons fresh parsley, chopped
1 ½ cups chicken (or vegetable) stock	
¼ teaspoon dried thyme	

Melt butter in a large saucepan. Add onions and garlic. Cook until tender but do not brown (about 8-10 minutes on low heat). Add potatoes and combine well.

Stir in stock and thyme. Bring to a boil. Reduce heat and cook gently, covered, 20 minutes until potatoes are tender.

Puree half the soup. Return it to the saucepan. Stir in the milk and heat until mixture comes to a boil. Stir in cheese. Cook gently, stirring, until cheese melts. Add salt and pepper to taste. Garnish each serving with chopped parsley.

## Potatoes, Golden Scalloped (Milk Calendar, December 2003 ... 2004 calendar)

¼ cup flour  
1 ½ teaspoon salt  
½ teaspoon dried thyme (I use more)  
½ teaspoon ground pepper  
3 cups milk  
1 bay leaf (optional)  
1 sweet potato, peeled and thinly sliced (about 8 oz / 250 g)  
4 Yukon gold potatoes, peeled and thinly sliced (about 2 lbs / 1 kg)

¼ cup freshly grated Parmesan cheese

### Crumb Topping (optional):

1 ½ cups fresh bread crumbs  
1/3 cup melted butter  
2 cloves minced garlic  
2 tablespoons chopped fresh parsley

Preheat oven to 350 degrees. Butter a 13 x 9 inch (3.5L) glass baking dish.

Whisk flour, salt, thyme and pepper into milk. Place sweet potato slices in a large pot and cover with the milk mixture. Add bay leaf. Bring to a boil; reduce heat to low and simmer, uncovered, for about 4 minutes. Add Yukon gold potatoes and simmer uncovered for 8 minutes longer or until potatoes are almost tender. Remove from heat and discard bay leaf.

Spread potato mixture into prepared baking dish. If not using the optional topping, sprinkle with Parmesan cheese. If using the topping, do not add the cheese at this time. Bake for 20 minutes (I bake about 45-50 minutes) until top is golden and bubbling and potatoes are tender.

If using the topping, Combine the Parmesan cheese and the other topping ingredients. Sprinkle over baked potatoes and broil for about 3 minutes. Let stand for 10 minutes before serving.

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## Potatoes and Onions

2 medium to large white potatoes

salt and pepper

1 medium to large onion

2 tbsp vegetable oil

Scrub potatoes and slice thinly. We leave skins on, but you can peel if you do not want the skins. Peel and thinly slice onion. Heat oil over medium heat in frying pan. Sauté onions for 3-4 minutes. Add potatoes and toss to coat with oil. Add salt and pepper to taste. Turn heat as low as possible (add a little water if potatoes begin to stick on the pan) and cover. Cook for about 40 minutes, until potatoes are soft.



## **Pumpkin Pie** (Grannie Jokinen)

$\frac{3}{4}$  cu brown sugar  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp nutmeg  
 $\frac{3}{4}$  tsp ground ginger  
 $\frac{1}{2}$  tsp ground cinnamon  
dash allspice

dash cloves (ground)  
1  $\frac{3}{4}$  cu pumpkin (canned)  
2 eggs, beaten,  
1  $\frac{1}{2}$  cu scalded milk

Add sugar and salt plus spices to a large bowl. Mix. Add pumpkin and eggs and milk. Pour mixture into 2 8" pie shells (see Pie Crust for recipes). Bake for 10 minutes at 450 degrees F. Reduce heat to 350 degrees and continue baking for 30 minutes or until a knife inserted in centre of pie comes out clean.

Serve with ice cream or whipped cream

## **Quinoa** (Whole grains by Lorna Sass)

### Proportions

Cups dry	Cups water	Pot Size	Cups Yield
1	10 (2 ½ quarts)	4-quart	3 (1 ½ black)
1 ½	14 (3 ½ quarts)	5-quart	4 ½ (2 ¼ black)
2	16 (4 quarts)	5 or 6-quart	6 (3 black)

Bring water to a boil over high heat.

Rinse quinoa in fine-meshed strainer until the water is clear and there are no bubbles.

Add quinoa to boiling water and boil uncovered over medium-high heat until there is not white “dot” of starch evident in the centre, 11-14 minutes. Red and black quinoas usually take a few minutes longer to become tender. If only 1-2 tbsp. of red or black quinoa are added to ivory, the above time will be OK. Some or all of the germs (little white comma-shaped filaments) will release from the seeds and unfurl. This is a sign that the grains are either done or very close. Drain well. Let the grains sit in the strainer for 5 minutes. Fluff and serve hot.

## **Quinoa and Calamari Salad** (Whole grains by Lorna Sass) see also Squid salad Salad

1 small red onion halved lengthwise and thinly sliced  
1 tablespoon balsamic vinegar  
1 pound squid, cleaned  
3 cups cooked quinoa  
1 cup diced celery  
½ cup chopped red bell pepper  
¼ cup minced pitted oil-cured black olives  
½ cup chopped fresh parsley

### Dressing

¼ cup olive oil  
3 tablespoons lemon juice  
1 teaspoon salt  
½ teaspoon dried oregano  
½ teaspoon Dijon mustard  
1 clove garlic, minced  
Fresh ground black pepper

In a small bowl, combine the onion and vinegar and set aside.

Bring a large pot of water to a boil. Prepare a large bowl of ice water.

Rinse the squid, cut long tentacles in half crosswise. Cut bodies into ¼ inch rings. Add squid to boiling water and cook uncovered until it turns opaque, 35 to 60 seconds. Immediately drain the squid and transfer to the bowl of ice water to halt cooking. When squid is cool, drain and pat dry. Transfer the squid to a salad bowl. Toss in the quinoa, celery, red pepper, olives and parsley.

Prepare the dressing in a small bowl. Wisk together the oil, 2 tablespoons of lemon juice, salt, oregano, mustard, garlic and black pepper. Toss the dressing and onion along with any unabsorbed vinegar into the squid salad. Set aside for 30 minutes or refrigerate overnight. Before serving the salad add more lemon juice to perk up the flavors.

## **Quinoa, Shrimp and Corn Chowder** (based on Lorna Sass, Whole Grains)

2 tbsp unsalted butter

1 ½ cu finely chopped leeks (white and light green parts)

2 cu finely diced celery

½ cu finely diced red bell pepper

¼ tsp salt

½ cu ivory quinoa, thoroughly rinsed

¼ tsp dried oregano

4 cu thawed frozen corn kernels

½ lb. Peeled small shrimp

2 tbsp minced fresh parsley

Melt 2 tbsp butter over medium heat. Stir in leeks, celery, pepper and salt. Cook, stirring frequently until vegetables are soft, about 5 minutes.

Stir in 3 cu water (or fish or clam broth). Bring to a boil. Stir in quinoa and thyme. Return to boil. Reduce heat slightly and cook at a gentle boil, partially covered for 10 minutes.

In a blender, puree 3 cups of the corn kernels with 1 cu water. When the quinoa has cooked for 10 minutes, stir the corn puree and remaining corn kernels into the soup. Add salt to taste.

Reduce heat and simmer until the quinoa is tender, 3-5 more minutes. When the quinoa is done, there will be no starchy white dot in the centre of each grain and some of the germs' "tails" may unfurl and float freely.

Add shrimp and cook until they turn pink, about 1 minute. Garnish with parsley

## **Relish, Sweet & Hot Pepper and Onion** ([cowlickcottageform.com](http://cowlickcottageform.com))

6 cu tomatoes (about 8), seeded and finely diced

5 yellow and red bell peppers, seeded and finely diced

4 cu yellow onions, finely diced

6 jalapenos, seeded and finely diced

2 cu white vinegar

1.5 cu cider vinegar

4 cu granulated sugar

2 (or less) tbsp salt

1 tbsp cayenne pepper (optional, I use more jalapenos than recipe calls for)

2 tbsp pectin

Place all ingredients except for the pectin in a large stock pot. Bring to a boil, then reduce heat to low and simmer for about 2.5 hours, uncovered, until some of the liquid has evaporated.

Add pectin and quickly bring to a rolling boil for 1 minute.

Remove from heat and ladle the hot mixture into hot, sterilized canning jars.

Process the jars in a canner or large stock pot with boiling water at least 1 inch above the jars, for 20 minutes. Remove the jars and let them sit undisturbed for 24 hours.

Makes about 12 half pint jars.

## **Rhubarb Upside Down Cake** (More Food that Really Schmecks, Edna Staebler)

½ cu butter or margarine  
1 cu brown sugar

5 cu sliced rhubarb stems

Preheat oven to 350 degrees F. Put butter in a 9"x9" pan and melt it in the oven. Add the diced rhubarb and brown sugar. Mix well.

### Batter:

1 cu white sugar  
1 ½ cu flour  
2 tsp baking powder  
½ tsp salt  
¼ cu butter or margarine, softened

1 egg  
1 tsp vanilla  
about 2/3 cu milk

Cut softened margarine into the flour, sugar, baking powder and salt. Beat the egg in a measuring cup, stir in the vanilla and fill to the 1-cup mark with milk. Mix these liquids well. Pour the liquid over the flour mixture and blend until just smooth. Do not over-blend. Spread the batter evenly over the rhubarb. Bake at 350 degrees for at least 1 hour ... maybe more if the cake does not appear "set." Don't forget to turn the cake upside down on a plate. Simply cut it into squares and lift each square with a pancake turner and plop it rhubarb-side up on the serving plate. Serve with ice cream.

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## **Rice** (Brian Stewart)

1 part rice (Uncle Ben's Converted)  
2 parts water or chicken / beef stock  
¼ tsp salt per cup of rice (reduce by half if  
using salted stock)

1 tbsp of whatever herb(s) you want

Bring water to a boil in a pot that will handle 4 times the rice used. Add the herbs, salt and rice and reduce heat to minimum. Simmer for 20 minutes or until all the water has been absorbed. Fluff the rice with a fork and serve.

Place a pinch or fresh herb on top of the rice if you have any. You can use a bit of tomato paste in the water to add more flavour. I like a shot of hot sauce and/or hot peppers when the kids aren't around.

## **Rice, Basmati** (a Pilgrim staple)

1 tbsp butter

½ medium onion, finely chopped

1/3 cu basmati rice

2/3 cu water

1 package of powdered stock (chicken,  
beef, vegetable)

¼ cu pine nuts

¼ tsp salt (optional ... depends on saltiness  
of stock)

¼ tsp ground pepper

Melt the butter in a medium-sized saucepan. Add the onion and sauté for about 2 minutes. Add the rice and toss with the onion. Cook for 1 minute. Dissolve the stock powder in water. If you are using saffron, the water must be boiling; let the stock powder and saffron steep for 5 minutes, then strain the liquid before pouring over the rice. OR put both water and stock powder in the rice pan and stir. Stir in the pine nuts, salt and pepper. Cover and simmer over very low heat for 15-20 minutes until the stock is absorbed. Fluff with a fork.



## **Rice, Boiled, Southern-Style** (Margaret Witherspoon)

Select a good brand of rice, but avoid instant brands and Uncle Ben's

Soak 1 cup of rice in cold water for several hours. Drain and rinse several times to remove excess starch. Put rice in a saucepan and pour boiling water over rice, using a lot of water ... completely cover the rice. Boil rapidly for 20 minutes (make sure there is sufficient water so the rice will not burn). Pour rice in a large strainer and rinse well with boiling water. Serve immediately, or keep hot in strainer over hot water, covered. Serves 5 people.

## Rice, Brown in Casserole (Great Vegetarian Cooking under Pressure, Lorna Sass)

1/2 cu brown rice, rinsed and drained  
2/3 cu water

1 crushed garlic clove OR 1/2 bay leaf OR  
1/2 tsp dried herb OR 1/4 tsp sweet paprika  
1/4 tsp salt, optional

Combine all ingredients in a pyrex dish that will fit in your pressure cooker on a rack on the bottom of the cooker. Place the rack and 2 cups of water in the cooker. Lower the uncovered casserole onto the rack with the aid of a foil strip. Lock the lid. Over high heat bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 20 (long grained) or 25 (short grained) minutes. Allow pressure to come down naturally. Remove lid and lift casserole from the cooker. Fluff up the rice before serving. Add any of the following flavourings: Toasted pine nuts or chopped nuts, 1/2 tsp poppy seeds, 1 tbsp finely chopped fresh herbs.

Cups Brown Rice, cu	Cups Liquid, cu	Tsp. Salt, optional, tsp	Approximate Yield, cu	Minimum casserole size, in quarts
1	1 1/2	1/2	2 1/2	1
1 1/2	1 3/4	3/4	3 1/2	1 1/2
2	2 1/4	1	5	2

## **Rice and Bean Casserole, Mexican** (The Lighthearted Cookbook)

1 tsp vegetable oil	1 can (28 oz., 796 ml.) red kidney beans, drained and rinsed
½ cu water	1 can (19 oz., 540 ml.) tomatoes
1 onion, chopped	1 tbsp. Chili powder
2 cloves garlic, minced	2 tsp. Cumin (ground)
1 ½ cu mushrooms, sliced (1/4 lb.)	¼ tsp. Cayenne pepper
2 sweet green peppers, chopped	1 cu shredded low-fat mozzarella cheese
¾ cu long-grained rice	

In a large skillet or Dutch oven, heat oil with water over medium heat. Add onion, garlic, mushrooms, and green peppers; simmer, stirring often, until onion is tender, about 10 minutes.

Add rice, beans, tomatoes, chili powder, cumin and cayenne; cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed.

Transfer to baking dish and sprinkle with cheese. Bake in 350 degrees F for 15 minutes or microwave at high power for 1-2 minutes or until cheese melts. Makes 6 servings.

## **Rice, Spanish, “Pseudo” (Amelia Peltz)**

1 medium to large onion, chopped  
3 cloves of garlic, minced  
3 tbsp. Oil (olive, vegetable or butter)  
1 cu rice  
1 28 fl. oz. can tomatoes, chopped  
1 15 fl. oz can whole kernel corn (or  
equivalent frozen corn), drained

1 15 fl oz can of kidney beans (or  $\frac{3}{4}$  cup  
cooked dried beans), drained and rinsed  
1  $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. cayenne pepper (optional)  
1 hot pepper, seeded and finely chopped  
 $\frac{1}{2}$  tsp. pepper  
2 tbsp. chili powder (or less, to taste)

Sauté the onion and garlic in oil in a large saucepan until translucent. Add rice, beans corn tomatoes and once cup of water. Bring to a gentle boil. Add the chopped pepper and spices and stir well. Cover and simmer until the rice is cooked and the liquid is absorbed. Serve with grated cheese (optional).

Overnight passages can be difficult; there may be swells and choppy water, or wind and heeling making working in a galley difficult. Stomachs may be acclimatizing themselves to the motion of the boat. It may be cold. The crew could be expending energy hoisting and trimming sails, taking in reefs, adjusting the autohelm, and handling unforeseen emergencies. It is important to have easy to prepare, nutritious food. We have found this Spanish Rice fits the bill well for us. It is prepared before departure. We heat it in our double-boiler, but it can be packaged in meal-sized ovenproof dishes and heated in the oven. It can be left at room temperature (meaning 65 – 70 degrees F) and eaten unheated. The combination of rice and beans gives a good protein balance; adding cheese gives more protein and flavour, but is not necessary. Rice is settling for the stomach, while the beans (if well rinsed) keep the plumbing in working order. We like a hotter, spicier dish, but it can be tamed down by avoiding the hot peppers and cayenne pepper. The rice, served in soup bowls, is not sloppy and likely to be dumped into a bouncing cockpit. The dish is good for vegetarian crew.

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## **Rice & Peas, Bahamian (An Embarrassment of Mangos)**

2 tbsp vegetable oil	½ tsp thyme, dried
1 small onion, chopped	1 tsp salt
1 celery rib, chopped	¼ tsp pepper
½ hot pepper, seeded and finely chopped	1 ½ cu water
2 tbsp tomato paste	1 cu uncooked rice
1 cu cooked pigeon peas or black-eyed peas (1/2 cu dried peas soaked and cooked)	Hot sauce

In a heavy pot, heat oil over medium heat. Cook onion, celery and pepper for a few minutes until softened but not browned. Add tomato paste and cook for 2-3 minutes. Stir in peas, thyme, salt and pepper. Add water and bring mixture to a boil. Stir in rice and reduce heat to low. Cook covered until water is absorbed and rice is done, about 20 – 25 minutes. Remove from heat and allow to stand, covered, for about 10 minutes. Fluff with a fork and serve with hot sauce.

## **Rice Salad, Curried** (Gourmet, July 1983)

4 large mushrooms, sliced thin  
1 tbsp vegetable oil  
2 small zucchini, scrubbed, quartered  
lengthwise and cut into ½ inch slices  
3 scallions, minced  
1 cu long-grain rice, cooked and cooled  
1/3 cup minced red pepper  
2 tbsp minced fresh parsley

### Dressing:

1 tbsp medium-dry sherry  
3 tbsp fresh lemon juice  
1 tsp salt  
1/8 tsp cayenne  
1 tsp curry powder  
1/3 cu vegetable oil

In a frying pan cook the mushrooms in the oil over moderate heat, stirring, for 2 minutes. Add zucchini and scallions and continue cooking and stirring for 1 minute. In a large bowl combine the vegetable mixture and mix well with the rice, red pepper and parsley.

Make the dressing. In a small bowl combine the sherry, lemon juice, salt, cayenne and curry powder. Add the oil in a stream, whisking.

Pour the dressing over the rice mixture and toss well. The salad may be prepared up to 1 day ahead and kept covered and chilled. Transfer the salad to a large serving dish and garnish with lettuce. Serve it a room temperature. Serves 4 to 6.

## **Rice Salad, Spicy**

1 tsp chopped garlic  
1 tbsp unsalted butter  
1 tsp chopped shallots or green onions  
½ Spanish onion, diced  
1 red pepper, diced  
2 cu long grain rice  
4 cu water

½ cu cashews, chopped  
¼ cu raisins  
½ cu Curry & Passion Fruit Sauce  
(President's Choice) or ½ cu Passion Fruit  
or Ginger Sauce & Glaze and ¾ tsp curry  
powder

Melt butter in pot and cook garlic, shallots or green onions, Spanish onion and red pepper until onions are soft but not browned. Add rice and 4 cups of water. Bring to a boil. Cook, uncovered over medium heat for 25 minutes or until the water has been absorbed. Remove from heat and add cashews, raisins and sauce. Stir well. Serve hot, room temperature or cold.

This was a recipe in a free President's Choice sauce cook pamphlet.

## **Risotto with Sausage and Tomato** (Lorna Sass, Pressure Perfect)

1 tbsp olive oil  
½ cu finely chopped onions  
½ lb fresh Italian sausage, hot or mild,  
casings removed)  
1 ½ cu Arborio rice (or 2 ¼ cu Orzo if you  
do not have a pressure cooker)  
½ cu dry white wine or dry vermouth

2 ½ cu water  
1 tsp salt (or less)  
Diced tomatoes, 15 oz can  
½ cu grated Parmesan cheese  
Freshly ground pepper  
3 tbsp chopped fresh parsley (optional)

Heat oil in 4-quart or larger pressure cooker. Add onions and cook over high heat for 1 minute, stirring frequently. Stir in sausage, breaking up the meat and brown. Add rice, taking care to coat it with oil. Stir in the wine. Cook over high heat until the rice has absorbed the wine, usually about 30 seconds. Stir in the water and salt. Take care to scrape up any rice sticking to the bottom of the cooker. Pour the tomatoes on top and do not stir.

Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 4 minutes. Turn off the heat. Quick release the pressure by setting the cooker under cold running water. Remove the lid and allow the steam to escape. Set the cooker over medium high heat and stir vigorously. The risotto will be fairly soupy at this point. Cook uncovered stirring every minute or so until the mixture thickens and the rice is tender but still chewy, usually 3-5 minutes. Off the heat stir in the cheese, salt and pepper to taste and parsley. Top with roasted onions.

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## **Rye Bread, Sweet** (Makia Limppu) from Grannie Jokinen

2 cu lukewarm water  
½ cu brown sugar  
½ cu molasses  
1 tsp salt  
1 tsp caraway seed  
½ tsp anise seed

1 package yeast  
2 cu rye flour  
3 ½ cu flour  
1 tsp melted lard

Mix water, sugar molasses, salt and seeds in a large bowl. Add yeast. Stir until dissolved and yeast begins to bubble. Add lard. Mix in flours with hands. Turn dough out on floured table and knead the dough for 15 minutes. Put in buttered bowl and turn to cover dough with butter. Cover and let rise 1 hour. Punch down and divide into 2 loaves. Put the loaves on a buttered baking sheet and cover with a towel. Let rise 1 hour. Bake in pre-heated 375 degree F oven for 35 minutes or until it sounds hollow when you rap the bottom with your knuckles. Cool on wire rack. Brush on white corn syrup to keep crust moist.

## Salmon Burgers

1 can salmon, drained well  
1 egg  
small onion, finely chopped  
about ½ cup dried bread crumbs

1 tbsp cooking oil  
lemon wedges for garnish

Mix all ingredients except lemon very well. Shape into 2 patties. Fry in about 1 tablespoon of oil or margarine over low heat, just warm enough to set the egg, for about 5 minutes. Flip the burgers and fry the other side about 5 minutes until the burger is set. Serve with a slice of lemon.

## **Salmon, Smoked, Pate** (Memories of Swan Queen ... recipe from Karen Llewellyn)

1 can salmon

1 8 oz. package cream cheese

about 1 tsp liquid smoke (often on grocery shelf with Worcestershire sauce)

Drain the liquid from the salmon. Put salmon, cheese and liquid smoke in a food processor. Blend thoroughly. Taste for smokiness and add more liquid smoke if desired. You may add a few drops of red food colouring.

## **Salmon with Lemon** (Brian and Jon's adaptation of a B.C. recipe)

### Marinade:

¼ cu lemon juice  
1 cu white wine  
2 tbsp butter or margarine  
1 bay leaf  
pinch of dry thyme  
pepper to taste

### Sauce

Drained marinade  
1 tsp Dijon mustard  
  
4-6 Salmon steaks or filets  
Parsley (garnish)

Combine marinade ingredients in a saucepan. Bring to a boil, then simmer for 5 minutes. Let cool. Place salmon in a dish and cover with the marinade. Let stand ½ hour.

Drain marinade into a saucepan. Add mustard and boil to reduce and thicken.

Broil, grill, bake or sauté the salmon. Arrange salmon on a platter and pour sauce over the fish. Garnish with parsley sprigs or chopped parsley.

## **Salsa Cheese Dip**

Mix equal parts of nacho cheese (Cheese Whiz if you cannot find nacho cheese) and Salsa (we like hot, but you can use medium, mild, extra hot, etc.) Serve with corn chips or raw vegetables

## **Sandwich Wrap Bread (King Arthur Flour)**

Yield: 8 breads. Measurement in parenthesis makes 4 breads

3+ (1.5) cu flour

1 (.5) tsp salt

1.25 (2/3) cu boiling water

2 (1) tbsp vegetable oil

1/4 cu (2 tbsp) potato flour

1 (.5) tsp instant yeast

Place 2 (1) cup of flour into a bowl and pour boiling water over the flour. Stir until smooth.

Cover the bowl and set aside about 30 minutes or until the dough has cooled to 120° F.

In a separate bowl whisk together the potato flour and the rest of the flour with salt and yeast.

Add this and the vegetable oil to the cooled flour and mix, then knead for at least 5 minutes to form a soft dough. Add additional flour only if necessary. Let the dough rise, covered, for 1 hour.

Divide the dough into 8 (4) equal pieces and roll each piece into a smooth ball. Cover and let rest for 15-30 minutes.

Roll each piece into a 7-8 inch circle. Dry fry (without oil) in a cast iron skillet or griddle over medium heat for about 1 minute per side until they puff and are flecked with brown spots.

Adjust the heat if they seem to be cooking either too quickly or too slowly. Cooking too quickly means they may be raw in the centre while too slowly will dry them out.

Cool on a rack. Serve immediately and/or store in a plastic bag for up to 4 days. Freeze for up to a month.

## Sauerkraut and Smoked Pork

1 small to medium onion thinly sliced  
1 tbsp olive oil  
1 - 1.5 cu sauerkraut (15 oz can)

1 small carrot, coarsely grated  
1/2 apple, peeled, cored and sliced (optional)  
2 smoked pork chops

Sauté the onion in oil for about 3 minutes, until translucent but not browned in a large frying pan. Rinse the sauerkraut and squeeze the water out of it. Add the sauerkraut and carrot and apple (if using). Cook for about 5 minutes over low heat to blend flavours. Put smoked pork chops on top of sauerkraut mixture, cover and cook another 5 minutes over low heat until the pork chops are heated through. Serve with boiled potatoes and mustard.

## **Sauerkraut with Smoked Pork Chops, Sausage, Potatoes** (Lorna Sass, Pressure Perfect)

1 - 1.5 cu sauerkraut, drained and rinsed well  
1 tbsp butter or oil  
1 medium to large onion, thinly sliced  
1 cu beer (can be flat)  
1/2 lb Kielbasa or other precooked sausage,  
cut into 2-inch chunks

1 apple, quartered, cored  
3/4 lb red-skinned potatoes, scrubbed and cut  
into 1-inch chunks  
2 smoked port chops  
2 bratwurst, halved crosswise  
Mustard

Heat oil or butter in large pressure cooker. Add onions and cook over medium heat, stirring occasionally until onions are lightly browned, 3-5 minutes. Add beer and stir to scrape up any brown bits stuck to the bottom of the cooker. Stir in the sauerkraut, kielbasa, apples, caraway seeds and potatoes. Lock the lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 3 minutes. Turn off the heat. Quick release the pressure under cold running water. Remove lid carefully.

Stir the sauerkraut mixture well. Bury the pork chops and bratwurst under the sauerkraut. Let (but do not lock) the lid in place and simmer until the chops and bratwurst are heated and potatoes are tender, 3-5 minutes.

Can be served with Dill-Sour Cream Sauce instead of (or in addition to) mustard. Mix 1/2 tsp dried dill with 1/2 cu sour cream. Thin with a bit of water if too thick.



## Seven Grain Bread (California Culinary Academy)

2 cups warm water  
½ cup bulgur wheat  
2 packages active dry yeast  
¼ cup molasses  
1 cup warm milk  
2 teaspoons salt

2 tablespoons salad oil  
1 cup quick-cooking rolled oats  
4 – 4 ½ cups unbleached all-purpose flour  
¼ cup each soy flour and wheat germ  
½ cup each rye flour and whole wheat or graham flour

Bring 1 ½ cups of the water to a boil; pour over bulgur wheat in a medium bowl. Set aside until mixture cools slightly (5 minutes)

Pour remaining ½ cup warm water into a large bowl. Sprinkle yeast over water. Add 1 teaspoon of the molasses. Let stand until soft (about 5 minutes)

Stir in milk, remaining molasses, salt and oil; blend in cooled bulgur mixture and oats

Add 3 cups of the unbleached flour. Mix to blend, then beat until smooth and elastic (about 5 minutes). Stir in soy flour and wheat germ. Then gradually blend in rye and whole wheat flours. Stir in about ½ cup more unbleached flour to make a soft dough.

Turn dough out onto a board coated with some of the remaining ½ to 1 cup of unbleached flour. Knead until dough is smooth and springy and small bubbles form just under the surface (12-15 minutes), adding flour to prevent dough from being sticky.

Turn dough in a greased bowl. Cover with plastic wrap and a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Punch dough down and divide into two equal portions. Shape each into a loaf. Place shaped loaves in greased 4½ inch by 8 ½ inch loaf pans. Let rise until almost doubled in bulk (35 – 45 minutes)

Preheat oven to 350 degrees F. Bake until loaves are well browned and sound hollow when tapped (45 – 50 minutes).

Remove loaves from pans and let cool on wire racks.

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## Shepherd's Pie (Light-Hearted Cookbook)

1 lb ground beef  
2 onions, chopped  
2 cloves garlic, minced  
2 tsp Worcestershire sauce  
pepper, paprika  
1 carrot, minced

1/3 cu tomato taste (1 small tin)  
2/3 cu water  
1 tsp dried thyme  
2 cu (or more) mashed potatoes

In a skillet over medium heat, cook beef, stirring to break up meat, until brown; pour off fat.

Add onions, garlic and carrot. Cook until tender. Add tomato paste, water, thyme, Worcestershire sauce and pepper to taste. Simmer 5 minutes, stirring up any brown bits on the bottom of the pan.

Spoon meat mixture into an 8-cup baking dish. Spread mashed potatoes evenly on top. Sprinkle with paprika. Bake in 375 degree oven for 35 minutes. 5 servings.

## **Smoked Fish Cakes** (altered from Bass Pro Shops)

12 oz smoked fish, flaked, boneless and skinless

1/4 cu pickle relish (my sweet and hot relish is perfect)

1/2 cu unseasoned breadcrumbs (less if using egg crystals)

1 medium onion finely minced (alternate to use is a red bell pepper)

1 tsp soy sauce

1/3 cu mayonnaise

2 eggs, slightly beaten, or 3 tbsp egg crystals

1 tsp Italian seasoning or oregano

2 tbsp minced fresh herbs (dill, parsley, basil)

1 tsp freshly ground black pepper

Butter for frying

Catch and smoke a Northern Pike or Bass. Remove all skin and bones and flake. Mix all ingredients, reserving half the breadcrumbs and the butter. Shape the mixture into cakes. If the mixture is too runny, add more breadcrumbs. Once the cakes are shaped, press the top and bottom into the remaining breadcrumbs, and let rest about 10 minutes, or longer in the refrigerator. Melt butter in a skillet over medium heat. Add the cakes and cook about 5 minutes on each side until the egg has set. Garnish with a slice of lemon.

## Spaghetti Casserole (Margaret Witherspoon)

1 lb ground beef  
1 large onion, chopped  
1 large can chopped tomatoes  
½ cu sugar

½ lb sharp cheddar cheese  
½ package spaghetti

Brown onion and ground beef in a skillet until brown. Set aside. Simmer tomatoes and sugar for about 1 hour over low heat until mixture becomes slightly thick and translucent. Fill a large pot with water and bring to a boil. Add 1 tbsp salt. Add spaghetti. You may break the spaghetti into thirds or leave long. Boil for 15-20 minutes until soft. Drain well. In a casserole dish put a layer of spaghetti, followed by a layer of tomatoes, followed by a layer of onion/meat, followed by a layer of cheese chunks. Repeat, ending up with a cheese layer. Bake uncovered in a 350 degree oven for about 1 hour.

## Spareribs with Spicy BBQ Sauce (Toronto Life, July 1979)

4 lbs back ribs  
2 tbsp cooking oil  
1 onion, sliced  
1 lemon, sliced

½ cu dry red wine  
1 bay leaf  
pinch or oregano and basil

Cut spareribs into serving pieces and strip away excess fat. Heat oil in a large skillet and lightly brown the ribs. Add remaining ingredients, cover and braise over low heat for 45 minutes (or longer) until the ribs are tender. Set aside.

Prepare BBQ Sauce, Spicy (separate recipe)

Brush surface of prepared ribs with sauce and set them on a rack over moderate coals or under broiler. Cook for 15 minutes, watching closely to ensure sauce does not burn. Turn ribs, baste well with sauce and continue to cook the other side. When they reach that magic point, tender and succulent on the inside and gleaming on the out, serve at once accompanied by remaining sauce.

Serves 4

## **Specier Cookies** (Swedish butter cookies, Mrs. Bruce Douglas, Charlevoix)

2 cu butter

2 1/3 cu sugar

3 3/4 cu flour

1/4 lb ground pecans

Cream butter and sugar. Add nuts. Work in flour to make a stiff dough. Shape into rolls, about 1 1/2 inches in diameter. Wrap in wax paper. Chill overnight. Slice very thin. Bake on ungreased cookie sheet for 6-10 minutes at 350 degrees F.

## **Squid Salad** (Gourmet, July 1983)

See also Calamari and Quinoa Salad

2 ½ lbs squid, cleaned with body sacs cut into ¼ inch rings and tentacles chopped  
1/3 cu fresh lemon juice  
1 tsp dried oregano  
2/3 cu olive oil  
salt & pepper

½ lb Feta, crumbled  
3 stalks celery, thinly sliced  
jar of roasted red peppers (pimentos) – optional  
Romaine leaves (to line platter)

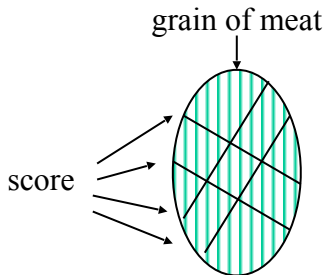
In a saucepan of boiling water boil the squid for 30 seconds to 1 minute, until just opaque. Drain in a colander and refresh under cold running water. Pat dry. In a bowl combine lemon juice, oregano, salt and pepper to taste. Add oil in a thin stream, whisking until dressing is emulsified (and thick). Add squid and let marinate, covered and chilled for 2 hours or overnight. When ready to serve let squid stand at room temperature for 30 minutes. Add the Feta and celery to marinated squid. Toss. Line a platter with peppers and romaine and mound the salad in the centre.

To clean squid: Pull the head and body of the squid apart. Cut off the tentacles just below the eyes, reserving the tentacles and the body sac. Remove and discard transparent quill from the inside of the body sac. Rinse body sac well to remove the milky substance inside. Peel the purple speckled skin/membrane off, if desired. I prefer the color of the skin/membrane, so never removed it.

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## Steak Teriyaki (Brian)

This is a good way to grill cheaper cuts of steaks, such as top or bottom round steak. Score both sides of the steak, as for Flank Steak. To score, use a sharp knife and cut about  $\frac{1}{4}$  inch into the steak at 1 inch intervals. Put the scored steak into a dish or large zip-loc bag and cover the bottom of the dish with teriyaki sauce. If you marinate in a pan, turn several times. Marinate for an hour or up to several days. If in a zip-loc bag, the steak can be frozen, useful for cruising or camping drips. Drain steak, pat dry and grill for 5 minutes / side or to taste.



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## **Stuffing for Roast Turkey** (Margaret Witherspoon)

This stuffing is best made into patties rather than put in the turkey.

Cut into small cubes various breads; 1 loaf of white bread, 1 cornbread and possibly a multigrain loaf too. Dice several stalks of celery, 1 medium onion, and 3 hard-cooked eggs, chopped. Add 1 tbsp sage and a generous hunk of butter. Pour hot water over the concoction and cover until soft. You should add enough water so you can form patties, but they should not be too wet and soggy. Make patties about 2 ½ x 3 ½ inches and put on a buttered baking sheet with a lip. Baste with turkey juice as they bake in a 350 degree oven for about 45 minutes to 1 hour.

This is the traditional stuffing at the Witherspoon's for Thanksgiving and Christmas

## Sugar Cookies

2 eggs

2/3 cu cooking oil

2 tsp vanilla

1 tsp grated lemon rind

3/4 cu sugar

2 cu flour

2 tsp baking powder

1/2 tsp salt

Additional sugar and oil for topping

Preheat oven to 400 degrees. Beat eggs until blended. Stir in cooking oil, vanilla, and rind. Blend in the sugar. Sift flour, baking powder and salt together. Stir into oil mixture. Drop by spoonfuls 2" apart on ungreased cookie sheet. Flatten the cookies with the bottom of a glass that you dip first in cooking oil and then in a dish of sugar. Bake 8-10 minutes.

This is a recipe Jane Witherspoon made for her family often when she was in high school. The recipe was in a pamphlet she got in grade school home economics class.

## Sweet Potato Soup with Chicken, Curried Coconut (Lorna Sass, Pressure Perfect)

4 cu chicken broth	2 scallions, thinly sliced (white separate from green parts)
1 can, 13.5 oz coconut milk	1/2 cu peas (frozen or canned and drained)
2 tbsp curry powder	2-3 tbsp fresh chopped parsley or cilantro
1 1/2 lbs bone-in chicken, skinned	salt
1 1/2 lbs sweet potatoes, peeled and cut into 1.5" chunks	2-3 tbsp lime juice
	1-2 tsp ginger, freshly grated (optional)

In 6-quart pressure cooker, blend the broth, coconut milk and curry powder. Taste and add more curry if needed, so the broth has a distinct curry taste. Add chicken, sweet potatoes and the white parts of the scallions. Lock the lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 7 (breasts) or 8 (thighs) minutes. Turn off the heat. Allow pressure to come down naturally. Remove the lid.

Transfer chicken to a cutting board. When cool enough to handle, shred or chop the meat. Stir the soup to partially dissolve the sweet potatoes. Use an immersion blender if they do hold their shape. Blend to the desired consistency.

Stir in the scallion greens, peas, cilantro, chicken and salt to taste. Bring to a simmer and cook until all is heated through, about 1 minutes. Stir in lime juice and ginger.

## **Sweet Potatoes, Sautéed**

2 medium to large sweet potatoes or yams

2 tbsp vegetable oil

1 tsp dried thyme leaves

salt and pepper

Peel potatoes and slice very thin. Heat oil over medium heat in frying pan. Toss in potatoes and cover with oil. Add thyme, salt and pepper to taste and toss again. Cover and lower heat. You may add a little water if the potatoes begin to stick to the pan. Cook for about 40 minutes or until potatoes are soft.

## **Tiramisu, Black Bottom** (from 365 Great Chocolate Recipes, Natalie Haughton)

1 ½ cups heavy cream

1 17 ½ oz container of mascarpone

½ cup powdered sugar

1 cup + 3 tablespoons hot espresso or coffee

¼ cup + 2 tablespoons coffee-flavoured liqueur

In a chilled bowl with chilled beaters, whip cream until stiff.

In a large bowl, combine mascarpone, powdered sugar, 3 tablespoons cool coffee and 2 tablespoons coffee liqueur. Beat with an electric mixer on medium speed 1-2 minutes, just until well blended; don't over beat. Fold whipped cream into mascarpone mixture. Divide this mixture in half. Fold melted chocolate into one half until no white streaks remain.

Combine 1 cup coffee and ¼ cup coffee liqueur in a pie plate. Quickly dip one side of enough ladyfingers in the coffee mixture to line the bottom and a 9-inch spring form pan. (It is important to dip ladyfingers quickly so they do not get too wet and soggy)

Place ladyfingers dry side down in bottom of spring form pan. If required, trim ladyfingers to go around inside of pan so they are even with the top of the pan when standing up. Stand cut undipped ladyfingers rounded side out around the inside edge of the pan. Brush inside of ladyfingers with coffee mixture.

Spread chocolate mascarpone mixture over ladyfingers in bottom of pan. Cover with another layer of ladyfingers that have been quickly dipped on one side in coffee mixture, setting them dipped side up.

Spread remaining white mascarpone mixture over ladyfingers. Set pan on a double thickness of aluminum foil and bring foil up around edges of pan to catch any leaks. Cover with plastic wrap and refrigerate 6 hours or overnight. Just before serving, run knife around edge of cake to loosen from pan. Remove spring form side. Sift cocoa over top of cake.

6 oz. Semisweet chocolate chips (1 cup) melted and cooled slightly

1 ½ (7 oz) packages crisp, dry imported Italian ladyfingers (Un Fagotto di Savoiaridi)

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**Turkey, Cider-Glazed** separate see separate card for gravy (Michael Symon, Food & Wind, Nov 2011)

12-13 lb turkey, neck, giblets, wing tips reserved  
2 tbsp kosher salt  
1 unpeeled head of garlic, halved crosswise  
1 jalapeno, halved

1 Granny Smith apple, quartered  
12 sage leaves  
1/3 cu apple cider  
1 stick unsalted butter

Season the turkey inside and out with kosher salt. Cover with plastic wrap and refrigerate overnight. Uncover turkey and let return to room temperature. Stuff the cavity with garlic, jalapeno, apple and 6 sage leaves. Put turkey into a large roasting pan. Preheat oven to 350° F. In a small saucepan combine cider with the butter and remaining 6 sage leaves and cook over low heat until the butter has melted and the sage is fragrant, about 4 minutes. Dampen a 32" x 20" piece of cheesecloth with water and squeeze dry. Immerse cheesecloth in the cider butter until the liquid is absorbed. Drape the soaked cheesecloth over the turkey breast and legs.

Roast the turkey for 30 minutes. Add 2 cups of water to the roasting pan and continue to roast for about 2 more hours, rotating the pan a few times. Remove from oven when an instant-read thermometer inserted into the inner thigh registers 165° F. Let turkey stand about 30 minutes before carving.

Carefully peel off the cheesecloth and discard. Transfer the turkey to a cutting board and let it rest for 30 minutes. Pour the pan juices into a glass measuring cup and skim the fat off. ... continued on the gravy card. Add the pan juices to the gravy and bring to a simmer over moderate heat. Season the reserved liver with salt and pepper, add to the gravy and simmer until pink in the centre, about 5 minutes. Remove the liver and cut it into small pieces. In a blender, puree the liver with 1 cu of gravy. Whisk the liver puree into the gravy and season with salt and pepper. Rewarm the gravy if necessary.

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## **Turkey, Cider-Glazed Lager Gravy** (Michael Symon, Food & Wind, Nov 2011)

2 tbsp vegetable oil

Reserved turkey neck, giblets, wing tips

Salt and freshly ground pepper

1/3 cu flour

1/2 cu apple cider

1 12-oz bottle lager

1 bay leaf

in a large sauce pan heat vegetable oil. Add turkey neck, wing tips and giblets except for the liver and season with salt and pepper. Cook over moderate heat, turning a few times, until browned, about 12 minutes. Remove turkey parts and reserve. Off the heat stir the flour into the fat in the saucepan to make a paste. Gradually whisk in the cider until smooth, then whisk in the lager. Add 3 cups of water and bring to a boil over moderately high heat, whisking until thickened. Return turkey parts and bay leaf to the sauce pan. Cover and cook over low heat, whisking occasionally, until the gravy is flavourful, about 1.5 hours. Discard the turkey parts and bay leaf. After the turkey has been removed from the roasting pan, pour the pan juices into a glass measuring cup and skim the fat off. Add the pan juices to the gravy and bring to a simmer over moderate heat. Season the reserved liver with salt and pepper, add to the gravy and simmer until pink in the centre, about 5 minutes. Remove the liver and cut it into small pieces. In a blender, puree the liver with 1 cu of gravy. Whisk the liver puree into the gravy and season with salt and pepper. Rewarm the gravy if necessary.

## **Vanilla Sauce** (The Joy of Cooking)

¼ cu sugar

1 tbsp flour

1 cu water

1-3 tbsp butter

1-2 tsp vanilla

Put the sugar, flour and water in a saucepan and whisk well over low heat until the mixture thickens and loses its opaque colour. Remove from heat and stir in butter, until melted, and vanilla. Serve warm over Bread Pudding (see recipe). We had vanilla sauce over rice pudding when I was growing up. The vanilla sauce made rice pudding an OK dessert.



## **Veal Parmigianino** (also works with eggplant slices instead of veal)

For each person have a thin slice of veal scaloppini about the size of your hand. Salt and pepper each side. Pat the pieces lightly with flour. In one dish have beaten eggs (1 egg for every 2-3 pieces). In another dish have breadcrumbs mixed with 2 tsp of oregano (about ½ cu of breadcrumbs for every 2-3 pieces). Have a thin layer of olive oil in a frying pan and heat over medium high heat. When the oil is hot, dip floured veal into egg and coat both sides. Then coat each side with breadcrumbs. Then put into the frying pan in a single layer. Brown on each side, approximately 2 minutes per side. **WARNING:** this is a messy operation. Plan ahead and hope the phone does not ring. Film the bottom of a shallow casserole dish (that will hold all veal in a single layer) with tomato sauce. Put the browned veal pieces in the dish in a single layer. Pour an additional ¾ cu tomato sauce over the veal. Put in a 350 degree F oven for 30 minutes. Top each piece of veal with a slice of mozzarella cheese and continue baking for another 5-8 minutes until cheese melts.

Low-cal version of this dish: simply salt and pepper the veal scaloppini. Omit the flouring, egg and bread crumbs and frying.

## Veal Chops

Loin white veal chops (if you can afford them)

Olive oil in a spray bottle

Thyme

Garlic, 1 medium clove per chop

Salt and pepper

Pat the chops dry with a paper towel. Stray one side with oil (just a light “dusting”). Mince or crush garlic and spread  $\frac{1}{2}$  of it on the chop. Sprinkle liberally with thyme. Sprinkle with salt and pepper to your taste.

Turn over chops and repeat the oil spray and thyme, salt and pepper sprinkling.

Grill on a medium hot BBQ for 3 minutes (for thin chops, less than  $\frac{1}{2}$  inch) or 5 minutes (for chops  $\frac{1}{2}$  inch thick and thicker) per side.

If you do not have a BBQ, you can either broil on a greased broiler pan about 4 inches from the heat source for the same amount of time OR you can fry in a tablespoon of oil in a frying pan over medium high heat for the same amount of time.

## **Vegetable Stew with Ethiopian Spices** (Lorna Sass, *The Pressured Cook*)

1 tbsp olive oil  
1 ½ tsp cumin seeds  
1 ½ cu onions, coarsely chopped  
4 tbsp. Tomato paste  
3 cu broth (chicken or vegetable)  
1 tsp salt  
½ tsp cinnamon  
½ tsp cardamom  
¼ tsp each cayenne, cloves, pepper  
1 ½ lbs winter squash, peeled, seeded and cut into ½ inch dice

1 lb. Red-skinned potatoes, scrubbed and cut into 1-inch chunks  
5 large carrots, peeled and cut into 1-inch pieces  
1 ½ lbs green or Savoy cabbage, cored and coarsely chopped  
6 tbsp crunchy peanut butter at room temperature  
½ cu hot water  
1 ½ tbsp minced fresh ginger  
1 cu frozen green peas, thawed  
½ cu roasted peanuts, chopped, for garnish

Heat oil in pressure cooker. Add cumin seeds and cook until they turn a shade darker, about 30 seconds. Stir in onions and tomato paste and continue cooking for 2 minutes.

Add broth, taking care to scrape up any browned bits sticking to the cooker. Add salt, spices, squash, potatoes and carrots. Pile cabbage on top.

Lock lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 4 minutes. Quick release the pressure under cold running water. Remove the lid.

Blend peanut butter with hot water. Stir in ginger. Add this to the stew. Stir in additional broth and spices to your taste. Once the seasonings are OK, add the peas and cook until just tender, about 1 minute.

Garnish individual portions with roasted peanuts.

Brian Stewart / Jane Witherspoon Recipes

## Walnut Bread (California Culinary Academy)

2 packages active dry yeast  
2 cu warm (105-115°F) water  
2 tsp sugar  
1 ½ tsp salt  
2 tbsp softened butter

5 ¼ to 5 ¾ cu unbleached white flour  
¾ cu finely chopped walnuts or filberts  
1 egg white slightly beaten with 2 tsp water

Sprinkle yeast over ½ cu water in a large bowl. Add sugar. Proof (set stand about 5 minutes until foamy) Stir in remaining water, salt, butter. Add 3 ½ cu flour and mix to blend. Stir in the nuts and 1 ½ cu more flour and mix until elastic and smooth (about 5 minutes). Add about 1 ½ cu more flour to make a soft dough. Either knead in a mixer with a dough hook or turn dough out onto a board with about ¼ cu flour and knead until dough is springy and small bubbles form just under the surface. This will take about 10 minutes with a dough hook or 20-25 minutes if hand kneading. Add flour to prevent dough from being sticky. Turn dough in a greased bowl. Cover with plastic wrap and a towel and let rise in a warm place until doubled, about 1 hour.

Punch down dough; cover and let rest for 10 minutes. Divide into two equal portions. Shape each into a round ball. Place on a greased (or parchment-lined) baking sheet. Let rise covered with a towel, until almost doubled, about 40-45 minutes.

Preheat oven to 375°F. Brush with egg white mixture. Sift a little of the flour over the loaves. With a razor blade to make two parallel cuts about ½ inch deep in each direction (tic-tac-toe design) across each loaf. Bake until loaves are brown and sound hollow when tapped, 40-45 minutes. Remove from oven and cool on wire racks.

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## Wheat Bread, Harvest Grains (King Arthur Flour)

2 ½ cu unbleached bread flour

½ cu whole wheat flour

1 tbsp whole-grain bread improver (extra gluten)

½ cu Harvest Grains Blend

2 ½ tbsp. sugar

1 ½ tsp salt

2 tsp instant yeast (1 packet)

¼ cu Baker's Special dry milk or nonfat dry milk

1 ¼ cu warm water (115-120°F)

3 tbsp vegetable oil

In a large bowl combine all of the ingredients until a rough dough forms, then knead (10 minutes by hand or 5-7 minutes by machine) until the dough is smooth and satiny. Cover the bowl with plastic wrap and allow the dough to rise for 1 hour until it is puffy, but not double in bulk.

Shape dough into a loaf and place in a bread pan or French Bread Pan. Cover loosely with plastic wrap and allow the bread to rise about 1 to 1 ½ hours. Bake in preheated 350°F oven for 35 minutes or until the interior of the loaf registers 190°F on an instant-read thermometer. Remove from oven and pan and place on a wire rack to cook. Yield: 1 loaf

Whole grain bread improver, Harvest Grains blend and Baker's Special dry milk are all available from King Arthur Flour (mail order). The bread improver is mainly extra gluten to beef-up the gluten in whole grain flour. Harvest Grains blend is a mixture of about 16 seeds, such as poppy, sunflower, sesame, flax, oat groats, wheat flakes, rye flakes, and millet)

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## Wheat Bread, 100% Whole Wheat Flour (King Arthur Flours)

1 package active dry yeast  
1 1/3 cu warm water  
1/4 cu vegetable oil  
1/4 cu honey

3 1/2 cu whole wheat flour  
1/4 cu nonfat dry milk  
1 1/4 tsp salt

Combine all the ingredients and stir until the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands and knead it for 6-8 minutes or until it begins to become smooth and supple. (Note: I usually add more flour if the dough is still sticky) Transfer the dough to a lightly greased bowl, cover and let rise until puffy, though not necessarily doubled in bulk, about 60 minutes depending on the warmth of the area. Shape into loaf and put in greased 8.5"x 4.5" loaf pan. Cover and allow to rise for about 30-60 minutes or until it has crowned about 1 inch above the edge of the pan. Bake in a preheated 350 degree F oven for about 40 minutes. Bread should be browned and sound hollow when thumped. Interior temperature should register 190 degrees F at the centre of the loaf. Turn loaf from pan and cool on wire rack.

## Wheat Bread, Apple (California Culinary Academy)

1 package active dry yeast  
1  $\frac{1}{4}$  cu warm water  
 $\frac{1}{4}$  cu brown sugar  
1 cu warm milk  
1  $\frac{1}{2}$  tsp salt

2 tbsp vegetable oil  
4  $\frac{3}{4}$  - 5  $\frac{1}{4}$  cu white flour  
1  $\frac{1}{2}$  cu whole wheat flour  
1 large apple peeled, cored and shredded

Sprinkle yeast over  $\frac{1}{4}$  cu water in large bowl. Add 1 tsp brown sugar. Mix and let stand until dissolved and bubbly. Stir in remaining water, milk, brown sugar, salt and oil. Add 3  $\frac{1}{2}$  cu flour and blend. Beat until dough is smooth and elastic. Stir in whole wheat flour and apple, then about  $\frac{3}{4}$  cu more white flour. Beat to form a soft dough. Turn dough out on board with some of the remaining flour. Knead until dough is smooth, adding just enough flour to prevent dough from being sticky. Turn dough into a greased bowl. Cover and let rise in a warm place until doubled in bulk (1  $\frac{1}{4}$  - 1  $\frac{1}{2}$  hours). Punch dough down and divide into two equal portions. Shape each into a loaf. Place in greased 4.5"x8.5" loaf pans. Let rise until almost doubled in bulk (40-45 minutes). Preheat oven to 350 degrees. Bake until loaves are well browned and sound hollow when tapped (40-45 minutes). Remove loaves from pans and let cool on wire racks.

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## Wheat Bread, Honeyed (California Culinary Academy)

5 ¼ - 5 ¾ cu flour

2 cu whole wheat flour

2 packages fast-rising active dry yeast

2 tsp salt

2 cu milk

½ cu water

½ cu honey

2 tbsp vegetable oil

This is the only bread recipe that calls for fast-rising active dry yeast. It can be made with regular dry yeast, following the usual 2-rising method. See Baking Notes recipe card.

In large bowl combine 4 cu white flour, whole wheat flour, yeast and salt. Stir to blend. In a saucepan combine milk, water, honey and oil. Heat over medium heat, stirring, until blended and liquid is hot to touch (110 degrees F). Add liquid mixture to dry mixture and mix to blend. Beat until smooth and elastic. Stir in ¾ cu remaining flour to make a soft dough. Turn out dough onto a board with some of remaining flour and knead about 10 minutes, adding flour to prevent dough from becoming sticky. Cover dough and let rest for 10 minutes.

Divide dough into 2 equal portions. Shape each into a loaf. Place loaves into a greased 4.5" x 8.5" loaf pan. Cover lightly with waxed paper and let rise until doubled in bulk (40-45 minutes). Preheat oven to 375 degrees. Bake until loaves are well browned and sound hollow when tapped (30-45 minutes). Remove from pans and let cool on wire racks.

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## **Whitefish, Broiled (Margaret Witherspoon)**

Wash the filleted fish under cold water. Remove floater bones, if desired, with pliers.

Let fish drain.

Butter a baking pan with a narrow lip. Put the fish on the pan with skin down. Sprinkle with a little salt and paprika. Melt about  $\frac{1}{4}$  cu margarine or butter.

Preheat broiler. Broil close to heat source for 5 minutes. Pour melted margarine over fish. Broil for another 5 minutes.

Serve with lemon wedges and parsley sprigs.

## **Wild Rice Medley** (Whole grains by Lorna Sass)

¾ cu. wild rice

¾ cu. short-grain brown rice

¼ cu. red or ivory quinoa

1/3 cu. hazelnuts, toaster and chopped

1 tbsp. hazelnut or olive oil

Salt and pepper to taste

Bring 14 cups of water to a boil in a large pot. Add the wild rice and boil over high heat, uncovered, for 10 minutes. Reduce the heat slightly. Stir in the brown rice and continue boiling uncovered for 35 minutes. At this point, if any of the wild rice has split open, stir in the quinoa. Otherwise wait until that point to add the quinoa. Cook until all the grains are tender, usually 10-12 minutes longer. Drain. Return the grains to the hot pot, cover and let sit. When ready to serve, toss in the hazelnuts and oil and season to taste with salt and pepper.

This dish is excellent when served with chicken with a sauce made with figs and balsamic vinegar.

**Yoghurt, Plain** (This is not foolproof. Sometimes it works, sometimes not, but if you cannot find yoghurt while cruising, you can give this a try if you keep the special ingredients onboard)

3 cu milk (whole or 2%, can be UHT milk for longer storage life)

3 tbs whole milk powder (not the same as used in baking bread, available from Baker's Catalog)

1/2 - 1 packet (2.5 - 5 g) yoghurt starter (available from Bakers' Catalog)

Insulated carrier to incubate yoghurt

Hot water bottle or some other method of keeping the carrier warm during incubation

Preheat the insulated carrier to 115°F.

Whisk milk powder into milk in a saucepan while heating slowly and stirring to prevent scalding to 180°F. Cool milk mixture to 111 - 113°F. Put about 1/2 cup of the warm milk in a bowl and whisk in the yoghurt starter. Then thoroughly whisk the starter mixture into the saucepan of warm milk. Pour into 3 1-cup containers that have water-tight lids and have been warmed in the insulated carrier. Put the filled containers into the insulated carrier and keep the temperature at about 115°F. Re-fill the hot water bottle during incubation as required to maintain temperature. Let the containers incubate for 3 hour, then refrigerate.

You can incubate at cooler temperatures for longer periods, i.e. at 110°F for 4-8 hours. The longer the incubation period, the tangier the flavour and the fuller the digestion of lactose. You can incubate for up to 24 hours at cooler temperatures, but yoghurt will be less thick.

If you heat the milk too fast, you get a grainier product. Heating alters the milk protein, producing casein, a key to thick, firm yoghurt and whey.

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## **Yorkshire Pudding**

Preheat oven to 400 degrees F. Put 1 tsp rendered beef fat from the roast beef, or if that is not available or sufficient, cooking oil in each compartment of two muffin tins (12 compartments). Grease the bottom and sides of each compartment with the oil, then put the tins in the oven to preheat the tins.

In a blender put 1 egg, 1 cu flour, 1 cu milk and 1 tsp salt. Blend very well, making sure there are no lumps of flour left. When the tins are very hot (smoking), fill them  $\frac{3}{4}$  full working quickly on the oven door. Bake for 15-20 minutes.