

CHICKEN AND RICE WRAPPED IN LOTUS LEAVES 10 packets

Anita

- 3 cups glutinous or sweet rice
- 1 lb. boned chicken
- 1/2 lb. Chinese sausage, diced
- 6 dried black mushrooms
- 5 dried lotus leaves
- 1 T. sesame oil

*or quartered h.b. egg
or chunks of pork*

- 2 T. soy sauce
- 1 T. rice wine
- 1 t. sesame oil
- 1 t. minced garlic
- 1 t. minced ginger

- 1 T. rice wine
- 1 t. salt
- 2 T. soy sauce
- 1 T. lard or sausage drippings
- 1 t. minced softened dried shrimp

- 2 T. soy sauce
- 1 T. rice wine
- 1/4 t. black pepper
- 4 T. chicken broth
- 1/2 t. sugar
- 1 1/2 t. cornstarch

1. Rinse the glutinous rice in cold water until the water runs clear. Drain and place in cold water to cover. Let soak 1 hour and drain. *2 hrs better*
Line steamer tray with a wet cheesecloth or parchment paper and portion the rice into the steamer. Cover and steam 25 minutes over high heat. Remove the rice, mix with mixture (2) and set aside.
2. Cut the chicken meat into 1 inch squares, place in a bowl with mixture (1), toss lightly and let marinate 1 hour.
3. Soften the black mushrooms in hot water for 1/2 hour. Drain, discard the stems, and dice the caps.
4. Soften the lotus leaves in hot water for 1 1/2 hours. Drain and cut each leaf in half.
5. Heat 1 T. oil in a wok. Add the diced sausage and stir-fry 2 minutes over medium heat. Remove, drain, and reheat the oil. Add the chicken meat and stir-fry until it changes color, then push up on the side of the wok. Add an additional T. of oil and the black mushrooms. Stir-fry 15 seconds before adding the sausage, and mixture (3). Then stir-fry every together until the sauce has thickened. Remove and separate into 10 portions.
6. Lightly brush each ^{inside} lotus leaf half with the sesame oil. Spoon some of the rice mixture into the center, shaping a shallow well in the center with the rounded side of a spoon. Spoon a portion of the filling into the well and cover with more rice mixture. Wrap up the four corners of the lotus leaf as you would a package and tie securely with twine. Arrange the filled packages in a steamer tray, cover and steam 25 minutes over high heat. Remove, cut open each package and serve.

can be made ahead a day before. Then steam before serving.

making them at home, I came up with this recipe, a version of which was first published in French Farmhouse Cookbook (Workman, 1996). It is simple to make, and simply delicious, a perfect Tarte Tatin.

One 10½-inch/26.5-cm tart shell (use the pastry from the

Apple and Thyme Tart, page 80)

1½ cups/300g vanilla sugar

10 tablespoons/150g unsalted butter, cut in thin slices

5 pounds/2.5kg tart apples such as Cox's Orange Pippins or Boskoop, peeled, halved, and cored

1. Line a baking sheet with parchment paper or lightly flour it.
2. Roll out the pastry on a lightly floured work surface to form an 11-inch/29-cm round. Transfer the pastry to the prepared baking sheet and refrigerate for at least 1 hour.
3. Spread the sugar evenly over the bottom of a very heavy 10½-inch oven-proof skillet or flame-proof baking pan. Place the butter slices evenly over the sugar, then arrange the apple halves on top of the butter. Begin at the outside edge and stand the halves on their sides, facing in one direction with stem ends toward the center. Pack the apples as close together as possible, gently pushing them together so they are held standing by pressure. Make a second circle of apple halves inside the first, packing them in on their edges as well. Place one apple half right in the center of the second circle to fill in the small space that remains. The idea is to get as many apples into the pan as possible, while keeping them nicely arranged.

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ON RUE TATIN

4. Place the skillet over medium-low heat and cook the apples in the butter and sugar, uncovered, until the sugar turns golden brown; this will take at least 1 hour. Watch the apples closely to be sure they don't stick; you may want to adjust the heat now and then, to slow down or speed up the cooking. As the sugar and butter melt and the apples give up some of their juices, baste the apples occasionally with a turkey baster. Gradually, the sugar will caramelize the apples nearly all the way through, though they will remain uncooked on top.

5. Preheat the oven to 425° F/220° C/gas 8.

6. When the cooking juices are deep golden and the apples are nearly cooked through, remove the pastry from the refrigerator and quickly and carefully place it over the apples, gently pushing it down around them, simultaneously easing it toward the center so that if it shrinks on the sides there will still be enough of it to cover the apples. Using a sharp knife, trim off and discard any extra pastry.

7. Place the skillet on a baking sheet. Bake in the center of the oven until the pastry is golden, 25 to 30 minutes. Don't be concerned if the juices bubble over; the tart will be more or less juicy, depending on the variety of apple you've used.

8. Remove the skillet from the oven. Immediately invert a serving platter with a slight lip over the skillet. Quickly but carefully invert the tart so the crust is on the bottom, the apples are on top and the juices don't run off onto the floor. Remove the skillet. *Gently remove apples stuck to it and reheat in tart. Serve warm.*

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TOO GOOD TO BE TRUE

6-8 servings

Cranberry Apple Pie I



Submitted by: Blythe
Rated: 5 out of 5 by 47 members

Prep Time: 30 Minutes
Cook Time: 1 Hour

Ready In: 1 Hour 30 Minutes
Yields: 8 servings

"To make this slightly tart, crunchy pie, apples and cranberries are tumbled au natural into a waiting crust, and just a bit of tapioca is added to absorb the juices. Then it 's topped with a brown sugar and butter streusel, and baked until the flavors and juices have mingled perfectly."

INGREDIENTS:

1 (9 inch) deep dish pie crust	1 1/2 cups all-purpose flour
6 apples - peeled, cored and chopped	3/4 cup packed brown sugar
1 (12 ounce) package fresh cranberries, roughly chopped	1 teaspoon ground cinnamon
1 1/2 cups white sugar	1/2 teaspoon salt
1/3 cup quick-cooking tapioca	2/3 cup unsalted butter
	1 egg, lightly beaten

DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C). Invert pie shell over another pie pan of equal size. This will keep the crust from shrinking down into the pan. Bake in this position for 10 minutes, until partially baked. Turn right side up, and remove the extra pie pan from inside the crust.
2. In a large bowl, combine apples, cranberries, and sugar. Cover, and set aside for about 20 minutes. Mix in tapioca, and set aside for 15 to 20 minutes, until tapioca has absorbed fruit juice. Spread mixture into the partially baked pie shell.
3. In a medium bowl, combine flour, brown sugar, cinnamon, salt, and butter. Work mixture with fingertips until crumbly. Spread mixture over the apple-cranberry filling. Brush exposed pie shell with lightly beaten egg.
4. Place the pie on a cookie sheet to catch drips. Bake 45 to 60 minutes on the bottom rack of the preheated oven, or until apples are tender when tested with a wooden pick.

Spritz cookies

2½ cups flour

1 tsp baking powder

1 cup marg. or butter

3oz. cream cheese

1 cup sugar

1 egg

grated lemon rind - 1 tsp

1 tsp lemon juice

Heat oven to 375°

Sift flour + baking pow.

Mix marg + cheese

Add sugar, mix thoroughly

Add egg, lemon rind + juice

Mix thoroughly

Mix in flour mixture

Refrigerate ½ hour

Put on ungreased baking sheet (cold)

Bake 8-10 minutes

Combine all ingredients in bowl or jar with tight-fitting lid and blend well.

OREGON BAKED LIMA BEANS

12 servings

- 4 cups dried lima beans
- 1 pound thickly sliced bacon, diced
- 5 to 6 tablespoons brown sugar
- 1 tablespoon dry mustard
- 1 tablespoon salt
- 1 teaspoon freshly ground pepper
- 1 teaspoon ground ginger
- 1 1/4 cups boiling water
- 6 tablespoons molasses

Combine beans with cold water to cover in large saucepan and let soak overnight. Drain well. Cover again with cold water and bring to boil over medium-high heat. Reduce heat and simmer, stirring occasionally, until tender, about 40 to 45 minutes. Drain well.

Preheat oven to 250°F. Transfer beans to 3-quart bean pot or earthenware bowl. Add bacon and stir gently. Combine next 5 ingredients with 1/4 cup boiling water and blend well. Stir in molasses. Pour over beans, then add remaining 1 cup boiling water. Cover and bake 3 to 4 hours, adding more hot water if beans seem dry.

Stir through several times. Increase oven temperature to 300°F and bake beans uncovered until tender and brown on top, about 30 to 45 minutes.

Beans can be made up to 2 days ahead.

POTATO SALAD

Richard favors quarter-size Finnish potatoes (native to Washington State) for this dish, but any potato will work. If using large potatoes, cut them into chunks after boiling.

- 4 pounds Finnish potatoes or other small potatoes, unpeeled and scrubbed
- 8 hard-cooked eggs, chopped
- 1 cup finely chopped celery
- 1/2 cup thinly sliced green onion
- 1 cup (about) homemade mayonnaise
- 1 tablespoon sugar
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper
- Chopped fresh parsley (optional garnish)

Place potatoes in saucepan and cover with cold water. Bring to boil over high heat; let boil 2 to 3 minutes. Remove from heat and let stand until just fork tender, about 10 minutes. Drain well.

Transfer to colander and run under cold water until cold to touch.

Cut potatoes in half. Transfer to large mixing bowl. Add eggs, celery and onion and toss well. Blend mayonnaise with sugar, mustard, salt and pepper. Add to potatoes and toss gently but thoroughly. Garnish with parsley if desired. Serve at room temperature.

DILL BREAD IN CLUSTERS

Having all ingredients at room temperature will hasten rising time.

Makes 3 clusters (about 120 small biscuits)

- 1/2 cup warm milk (105°F to 115°F)
- 3 tablespoons dry yeast
- 4 teaspoons brown sugar
- 2 cups large curd creamed cottage cheese
- 1/4 cup (4 tablespoons) butter or solid shortening
- 1/4 cup minced fresh dill or 2 tablespoons dried dillweed or dill seed
- 2 eggs
- 1 tablespoon salt
- 1/2 teaspoon baking soda
- 5 cups all purpose flour
- 2 eggs
- 2 tablespoons milk

Combine milk, yeast and sugar in large bowl and whisk until blended. Let stand until foamy, about 10 minutes.

Generously grease another large bowl. Mix cottage cheese, butter, dill, 2 eggs, salt and baking soda in processor until smooth. Add to yeast mixture, blending well. Stir in 1 cup flour and mix thoroughly. Gradually add remaining flour, mixing until dough comes away from sides of bowl. Turn dough out onto lightly floured board and knead until smooth and elastic. Transfer to greased bowl, turning to coat all surfaces. Cover and let stand in warm area until doubled, about 1 1/4 hours.

Generously grease baking sheets. Punch dough down, then turn out onto lightly floured surface. If dough feels sticky, knead again with a little flour. Divide into 3 equal portions. Working quickly (dough is very active), break off small walnut-size pieces of dough from 1 portion and shape into balls. Arrange side by side on baking sheet into shape resembling cluster of grapes, reserving some dough to form stems and leaves for decoration. Repeat with remaining portions. Beat eggs with milk and use to brush lightly over top of clusters. Let rise for 15 to 20 minutes.

Preheat oven to 350°F. Bake clusters 5 minutes; brush with some of egg mix-

ture. Bake another 5 minutes; brush again with egg mixture. Continue baking 15 minutes, watching carefully and covering loosely with foil if clusters begin to brown too quickly. Transfer to wire racks and let cool.

COMPOSED SALAD OF CARROTS, ZUCCHINI AND MUSHROOMS

6 servings

- 4 large carrots, cut into 3-inch julienne
- 1/2 pound mushrooms, thinly sliced
- Dash of vinegar
- 4 medium zucchini, cut into 3-inch julienne
- Mustard Vinaigrette*

Blanch carrots 2 minutes in boiling salted water; drain well. Refresh under cold water and drain again. Blanch mushrooms 30 seconds in boiling water to which a little vinegar has been added; drain well. Arrange carrots, mushrooms and zucchini in separate groups on serving platter and drizzle with vinaigrette to taste (or combine vegetables in large bowl and toss gently with desired amount of vinaigrette).

***Mustard Vinaigrette**

- 1/3 cup vegetable or olive oil
- 2 tablespoons Dijon mustard
- 1 tablespoon white wine vinegar
- 1 garlic clove, minced
- 1 teaspoon sugar
- Salt and freshly ground pepper

Combine all ingredients in small bowl and whisk until emulsified.

APPLE NUT CAKE

Keep the apples from browning by placing them in a large bowl of lightly salted water. They need not be drained; just lift them out of the water with your hands and add to batter. This minimal liquid will not affect flavor or texture.

16 servings

- 1 1/2 cups oil
- 1 1/2 cups sugar
- 1/2 cup firmly packed light brown sugar
- 3 eggs
- 3 cups all purpose flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt
- 3 1/2 cups peeled tart apples (about 2 pounds), cut into large dice (preferably Granny Smith or Newtown)
- 1 cup very coarsely chopped

recipe continued on page 93

Recipes

This page gives you the opportunity to re-create some of your favourite Corfiot taverna recipes at home. This month Artichoke Stew.



Ingredients

8 small artichokes or 4 large ones. 2 lemons. Quarter pint olive oil. 1 onion, finely chopped. 4 large carrots. 14 very small whole onions. 4 large potatoes. 1 tsp flour. 1 bunch fresh dill, chopped or 1 tbsp dried dill. Salt and fresh ground pepper.

Instructions

Trim the artichokes, cutting off the stem, the tough outer leaves, and the tops of the other leaves. Scrub them, rub then with lemon, and put them into well-salted water to keep them from turning black. Put the olive oil in a very large, fireproof casserole or pan and sauté the chopped onion in it while you prepare the other vegetables. Scrape the carrots and cut them into 1-inch pieces. Peel the whole small onions. Peel the potatoes and cut them into about 6 pieces each. Add all the vegetables except the artichokes to the hot oil and turn them over for a few minutes until the potatoes begin to turn golden. Add the flour and dill and stir very well. Take the pan off the heat and arrange the artichokes in it, fitting the onions and pieces of carrot and potato around them. Squeeze in the juice of 1 lemon, add some salt and pepper and add enough hot water to just cover the vegetables. Put on a tight fitting lid, and stew at 200°C for 50 -90 minutes, depending on the size of the artichokes. The water should be simmering gently. Serve very hot. The liquid becomes a delicious sauce, just a bit thickened by the potatoes.

Archive

Spicy African Yam Soup



Submitted by: Colleen Campo
Rated: 5 out of 5 by 25 members

Prep Time: 10 Minutes
Cook Time: 30 Minutes

Ready In: 40 Minutes
Yields: 4 servings

"An unusual combination of simple ingredients that render a spicy, tasty soup that's ready in less than 45 minutes!"

INGREDIENTS:

1 teaspoon vegetable oil	1/2 teaspoon ground cumin
1 small onion, chopped	1 cup chunky salsa
1 large sweet potato, peeled and diced	1 (15.5 ounce) can garbanzo beans, drained
1 clove garlic, minced	1 cup diced zucchini
4 cups chicken broth	1/2 cup cooked rice
1 teaspoon dried thyme	2 tablespoons creamy peanut butter

DIRECTIONS:

1. Heat the oil in a stockpot over medium heat. Saute onion, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent burning.
2. Stir in the chicken broth, thyme and cumin. Bring to a boil, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes.
3. Stir in the cooked rice and peanut butter until the peanut butter has dissolved. Serve hot with pita chips and a green salad.

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Nasu No Misoni

EGGPLANT WITH BEAN PASTE

- | | |
|---|---|
| 8 small eggplants, about 3 inches long by 1½ inches wide, or cut up large eggplant to same size | 1 tablespoon sugar |
| 3 tablespoons <i>miso</i> (bean paste) | 5 tablespoons vegetable oil |
| 3 tablespoons <i>dashi</i> (soup stock) or water | 1 teaspoon finely chopped fresh ginger root |
| | 2 tablespoons <i>sake</i> |
| | 1 teaspoon white sesame seeds |

Cut the washed eggplants, unpeeled, into ½-inch slices and soak in cold water for 20 minutes. Drain and pat dry.

In a small bowl mix together the bean paste, soup stock and sugar until smooth. Set aside.

In a large skillet heat the oil, add the eggplant slices and ginger and sauté, turning the eggplant slices from time to time until they are lightly browned, 10 to 15 minutes. Add the bean paste mixture and the *sake* and continue cooking over medium heat until the liquid has evaporated. Arrange the eggplant slices on 4 small platters or dishes.

In a small skillet toast the sesame seeds until they begin to jump. Sprinkle them over the eggplant. Either white or red *miso* (bean paste) may be used for this dish. SERVES 4.

Sesame Noodles

1 pound Chinese egg noodles (1/8,-inch-thick), frozen or (preferably) fresh, available in Asian markets

2 tablespoons sesame oil, plus a splash

3½ tablespoons soy sauce

2 tablespoons Chinese rice vinegar

2 tablespoons Chinese sesame paste

1 tablespoon smooth peanut butter

1 tablespoon sugar

1 tablespoon finely grated ginger

2 teaspoons minced garlic

2 teaspoons chili-garlic paste, or to taste

Half a cucumber, peeled, seeded, and cut into 1/8,-by- 1/8,-by-2-inch sticks

¼ cup chopped roasted peanuts.

1. Bring a large pot of water to a boil. Add noodles and cook until barely tender, about 5 minutes; they should retain a hint of chewiness. Drain, rinse with cold water, drain again and toss with a splash of sesame oil.

2. In a medium bowl, whisk together the remaining 2 tablespoons sesame oil, the soy sauce, rice vinegar, sesame paste, peanut butter, sugar, ginger, garlic

Tofu Foo Yung

Serves 6

In a skillet or wok, saute over low heat for about 5 minutes:

- 2 Tbsp. oil
- 1 cup snow peas, cut in 1" pieces
- 1 cup fresh mushrooms, sliced
- 8 green onions, cut in 1½" pieces
- 1 (8 oz.) can water chestnuts, sliced

When vegetables are crisp-tender, mix in:

- 2 cups fresh bean sprouts

Remove from heat and set aside.

Preheat oven to 325° F.

Blend until smooth and creamy:

- 28 oz 1¾ lbs. tofu
- 2 Tbsp. soy sauce

Pour this into a bowl and mix in:

- 4 oz ½ cup tofu, mashed
- ¾ cup unbleached white flour
- 3 Tbsp. nutritional yeast (optional)
- 2 tsp. baking powder

Mix vegetables and tofu mixture together well. On an oiled cookie sheet, make six to eight 5" rounds about ½" thick, using about ½ cup of the mixture for each round. Leave about 1" space between the rounds. Bake for 30 minutes, flip over and bake 15 minutes more. Serve hot over rice or noodles with Mushroom Gravy, below.

Mushroom Gravy makes 12 ROUNDS

Mix together in a saucepan:

- 2 cups cold water
- 4 Tbsp. soy sauce
- 2 Tbsp. cornstarch
- ½ cup fresh mushrooms, diced small

Cook over low heat, stirring until thickened.

Per Serving: Calories: 262, Protein: 17 gm., Fat: 13 gm., Carbohydrates: 22 gm.

Anita Springer

From: <1lb/day_Diet@4amazingdiets4.tv>
Sent: Tuesday, February 26, 2002 8:38 AM
Subject: Healthy - Effective Diet.

1 romaine lettuce: (leaves washed and blotted dry with a towel)
Juice of 1 or 2 lemons,
1 tablespoon dijonaise or dijon mustard
1 teaspoon malt vinegar or 1 tablespoon apple cider vinegar
6 to 10 fat cloves of garlic squeezed through a garlic press
1 teaspoon worcestershire sauce
cayenne, black pepper and salt.
1 tablespoon olive oil, or 1/2 cup Hellman's light mayonnaise
parmesan cheese
croutons (just a few), artificial bacon bits. Toss & serve immediately.
Note: You can also put all dressing ingredients in a food processor or blender if you don't have a garlic press.

Diet Caesar salad

Subject: cranberry sauce recipe

From: Jim Lerner <jim@jimlerner.com>

Date: Wed, 17 Nov 2004 20:47:56 -0500

To: Arnold Lerner <aal47@columbia.edu>

Dad -

Here are the instructions for making a delicious cranberry sauce. If you don't have the ground ginger, don't sweat it, just add a bit more crystallized ginger. You should be able to find it in the supermarket near the other dried fruits. Enjoy!

2 12-ounce bags cranberries
1 1/2 cups sugar
1 cup water
juice of 1 orange, plus enough OJ to make 1 cup
grated peel of 1 orange
1 teaspoon ground ginger
1/2 cup (about 2 ounces) minced crystallized ginger

Combine first 6 ingredients in heavy medium saucepan. Bring to boil, stirring until sugar dissolves. Boil until cranberries pop, stirring occasionally, about 5 minutes. Cool. Mix in crystallized ginger. (Can be prepared 3 days ahead. Cover and refrigerate.)

Serves 12.

from Bon Appétit, December 1990

EUROPEAN APPLE CAKE

APPLES

- 1/2 cup granulated sugar
- 3 tablespoons cinnamon
- 4 large Cortland apples, peeled and thinly sliced

In a bowl, combine the sugar and cinnamon. Put the apples in a bowl, add the cinnamon-sugar mixture, and toss well. Set aside.

CAKE

- Solid vegetable shortening (for greasing the pan)
- Flour (for dusting the pan)
- 3 1/2 cups flour
- 1 1/2 cups granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup canola oil
- 4 eggs, lightly beaten
- 1/4 cup orange juice
- 2 teaspoons vanilla extract
- Confectioners' sugar (for sprinkling)

Set the oven at 350 degrees. Have on hand a 10-inch tube pan. Grease it and dust it with flour, tapping out the excess.

In a large bowl, combine the flour, sugar, baking powder, and salt. Stir with a wooden spoon, just to mix them, and make a well in the center.

To the well add the oil, eggs, orange juice, and vanilla. With the spoon, stir the wet ingredients into the dry ingredients just until the mixture forms a batter.

Spoon a third of the batter into the prepared pan and smooth the top with a rubber spatula. Add half of the apple mixture. Repeat the layers, ending with batter. The last layer of batter may not cover all the apples; that's OK. Tap the cake once, hard, on the counter to settle air pockets.

Transfer the cake to the hot oven and bake it for 65 to 70 minutes or until a skewer inserted

into the center comes out clean. If top is browning, cover with foil, shiny side down, laid loosely over the pan.

Remove the pan from the oven and set it on a wire rack to cool. Using a sharp knife, cut around the edges and the center of the cake to release the sides and the tube. Turn the cake out onto the rack and set it right side up. Let the cake sit at room temperature for several hours. Sprinkle with confectioners' sugar and cut into slices for serving.

MAKES 1 10-INCH CAKE

LEMON POPPY-SEED CAKE

CAKE

- Solid vegetable shortening (for greasing the pan)
- Flour (for dusting the pan)
- 2 eggs
- 1 cup granulated sugar
- 3/4 cup canola oil
- 3/4 cup 1 percent or low-fat milk
- Grated rind of 2 lemons
- 1/4 cup poppy seeds
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Set the oven at 350 degrees. Have on hand an 8-inch baby bundt pan. (Alternatively, use a 9-by-5-by-3-inch loaf pan.) Grease it and dust it with flour, tapping out the excess.

In a large bowl, with a wooden spoon, beat the eggs and sugar for 2 minutes or until they are light and fluffy. Beat in the oil, milk, lemon rind, and poppy seeds. Add the flour, baking powder, and salt, stirring just until the mixture forms a batter.

Spoon the batter into the prepared pan and smooth the top with a rubber spatula. Tap the pan once, hard, on the counter to settle any air pockets.

Transfer the pan to the hot oven and bake for 45 to 55 minutes or until a skewer inserted into the center comes out clean.

Remove the cake from the oven and transfer it to a wire rack

GLAZE

- 1/4 cup lemon juice
- 2 cups confectioners' sugar, sifted

In a small saucepan, combine the lemon juice and sugar. Set the pan over medium heat and warm the mixture, stirring with a whisk, just until a few small bubbles appear on the surface.

Pour the glaze over the cake, allowing some of it to drip to the bottom. Let the cake sit for at least 1 hour. Cut into thick slices for serving.

MAKES 1 BABY BUNDT CAKE OR 1 9-INCH LOAF CAKE

EGG-FREE CHOCOLATE CAKE

- Solid vegetable shortening (for greasing the pan)
- Flour (for dusting the pan)
- 2 cups granulated sugar
- 4 cups flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup canola oil
- 2 cups cold water
- 2 tablespoons cider vinegar
- 2 teaspoons vanilla extract
- Confectioners' sugar (for sprinkling)

Set the oven at 350 degrees. Have on hand a 9-by-13-inch cake pan. Grease it and dust it with flour, tapping out the excess.

In a bowl, combine the sugar, flour, cocoa, baking soda, baking powder, and salt. Stir with a wooden spoon just to mix them.

Make a well in the center of the flour mixture. Add the oil, water, vinegar, and vanilla. The batter will be thin.

Pour the batter into the prepared pan. Transfer it to the hot oven and bake it for 35 to 40 minutes or until the center of the cake springs back when pressed

oven and set it on a wire rack to cool for several hours. Cut into squares for serving. **MAKES 1 LARGE RECT. CAKE, ENOUGH FOR 16**

NANA RIVEN'S BANANA WALNUT CAKE

- Solid vegetable shortening (for greasing the pan)
- Flour (for dusting the pan)
- 2 eggs
- 1 cup granulated sugar
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 2 ripe bananas, mashed (enough to make 1 cup)
- 1 3/4 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups walnut halves (for sprinkling)

Set the oven at 350 degrees. Have on hand 2 small (7 1/2 by 3 1/2 inches). Grease and dust them with flour, tapping out the excess.

In a large bowl, with a wooden spoon, beat the eggs for 2 minutes or until light and fluffy. Stir in the vanilla, and mashed bananas into the flour, baking powder, and salt, stirring just until the mixture forms a batter. Fold in the walnuts.

Spoon the batter into the prepared pans and smooth the top with a rubber spatula. Tap the pans once, hard, on the counter to settle any air pockets.

Transfer the pans to the hot oven and bake them for 35 to 40 minutes or until a skewer inserted into the center comes out clean.

Remove the cakes from the oven and transfer to a wire rack to cool. Using a sharp knife, cut around the sides of the cakes to release them from the pan.

Turn the cakes out onto the rack and set them right side up. Let the cakes sit at room temperature for several hours. Sprinkle with confectioners' sugar

Apples:

Pumpkin - Apple Streusel Cake

3 Tbsp unsalted butter
4 cups diced peeled cored branny apples (4)
3 Tbsp sugar
1 tsp cinnamon

cake:

1 1/2 cups flour
1 cup packed brown sugar
1 stick unsalted butter, pieces, room temp.
1/2 tsp salt
3/4 cup canned pumpkin
1/3 cup sour cream
2 Tbsp sugar
2 tsp pumpkin pie spice
1 tsp baking soda
2 eggs

Melt butter in large skillet, add apples, brown 5 min.
Add sugar + cinnamon, saute until golden brown, 3 min.
Cool.

cake: oven 350°. Butter 9-inch springform pan.
Combine flour, brown sugar, butter + salt in large bowl.
With el. mixer, beat till coarse meal. Set aside 2/3 for
topping.
Beat pumpkin, sour cream, 2 Tbsp sugar, spice, +
baking soda into remaining flour mixture, beat till smooth.
Add eggs, put in pan. Scatter apples over top.
Sprinkle reserved topping over. Bake till golden brown +
testk comes clean, about 1 hr 10 min. Cool in pan
on rack 20 min. Run knife around sides to loosen
cake. Transfer to platter.
Can make 6 hours ahead.

Chicken Liver Paté

1 qt. mold or loaf pan

Soften 1/2 envelope (1 1/2 t.) unflavored gelatine in 1 cup condensed consomme. Let stand 5 minutes, then heat stirring until gelatine is dissolved. Place in bottom of mold and chill until set.

1 1/2 lbs. chicken livers
2 t. salt
1/8 t. cayenne pepper
1 1/2 cups softened butter, rendered chicken fat or goose fat
1/2 t. nutmeg
2 t. dry mustard
1/4 t. ground cloves
6 T. finely minced onions

Bring chicken livers to boil in water barely to cover; simmer covered for 15-20 minutes. Drain and put them, while still hot, with other ingredients through a food chopper, blender or processor, and put in mold. To unmold, run knife around edges, dip briefly in hot water, and turn out upside down.

Paté de Campagne

10-cup loaf pan (10" x 5" x 4") or terrine

1 lb. boneless pork shoulder
1 lb. boneless veal
1/2 to 3/4 lb. fresh pork fat
1/2 cup dried mushrooms
1/4 cup Amontillado sherry

Soak mushrooms in sherry for at least 20 minutes. Grind together the pork, veal, pork fat, mushrooms and sherry (I use processor).

1 lb. chicken livers
6 cloves garlic
3 eggs
1/4 cup heavy cream
1/2 cup cognac

Blend chicken livers, garlic, eggs, cream and cognac in processor; add to meat mixture.

3 t. salt
2 t. white pepper
1/2 t. allspice
1/2 t. cinnamon
1/2 cup flour
1/3 cup pistachio nuts, coarsely chopped

Blend in seasonings, flour and nuts.

3/4 - 1 lb. bacon

(over)

Sweet and Sour Pork (serves 3~4)

Ingredients:

(A) Pork tenderloin, 1 pound, cubed

Soysauce 2 tbsp

Salt $\frac{1}{2}$ tbsp

ginger sauce $\frac{1}{2}$ tbsp

or chopped ginger

(B) Sugar 3 tbsp

Vinegar 3 tbsp

Ketchup 3 tbsp

Water 3 tbsp

Salt $\frac{1}{2}$ tbsp

cornstarch mixture 1 tbsp ~~water~~

(C) garlic 2 cloves, minced or $\frac{1}{2}$ cup onion, minced

(D) 1 green pepper, cubed. (removed the stem, and seeds)
3 sliced canned pineapple, cubed.

Method: ① Spread (A) on the pork, and marinate for

② Pour flour on the pork ^{Coat pork 20 minutes with flour}
Heat $\frac{1}{2}$ pot of oil, when the temperature reaches 350°F , fry the pork, till it is golden.
Fry the green pepper cubes.

③ ^{Sautee} Fry (C) in 2 tbsp oil, till fragrant.
add (B) till boiling, then add the pineapple cubes.

④ Finally, pour it over the pork.

ps. If you want, you can use fish or fillet instead of pork. But you should use wine instead of soysauce in (A), be ~~careful~~ careful, because fillet is more fragile than pork.

* BIBIM BAP

(Veggies and beef on rice)

1 c. cooked rice 1 oz. beef

1 oz. each : radish and carrot.

Spinach, Soybean sprouts and
fiddle head, seasoned salad oil.

For marinade
or Yoshida
sauce : $\frac{1}{2}$ T. soy sauce $\frac{1}{4}$ tsp. sugar
 $\frac{2}{3}$ T. sesame oil $\frac{1}{4}$ c cooking wine

Cut beef into strips and marinate 5 minutes.

In hot oil cook briefly ; set aside.

Place hot cooked rice in a bowl.

Arrange 4 kinds of seasoned vegetables on
rice. Place beef too.

Heat oil and drop egg and cook.

Place fried egg on top of beef.

Serve with "kochu Jang"
Black pepper paste and sesame oil.

Note : "Bibimbap" is made from cooked rice mixed
with bits of meat, seasoned vegetables
and egg. If desired, it can be eaten
with "kochu Jang" (a red pepper paste)

MASHED POTATOES WITH CRIMINI MUSHROOMS

8 SERVINGS

- 5 pounds russet potatoes, peeled, cut into 1½-inch cubes
- 8 tablespoons (1 stick) butter
- ⅓ cup (or more) whole milk
- 1½ pounds crimini mushrooms, thinly sliced
- ½ cup chopped shallots
- 2 tablespoons chopped fresh chives

Cook potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain potatoes. Return to same pot. Stir over medium heat until excess moisture evaporates, about 1 minute; remove from heat. Add 5 tablespoons butter to potatoes; mash well. Add ⅓ cup milk and mix, adding more milk by tablespoonfuls to reach desired consistency. Season potatoes to taste with salt and pepper.

Melt 3 tablespoons butter in large skillet over medium-high heat. Add half of mushrooms; sauté until beginning to soften, about 3 minutes. Add remaining mushrooms and shallots. Sauté until juices evaporate and mushrooms brown, about 12 minutes; season with salt and pepper. (*Potatoes and mushrooms can be prepared 2 hours ahead. Let stand separately at room temperature. Rewarm separately over medium heat before continuing.*)

Mix ⅓ of mushrooms into potatoes. Mound in bowl. Top with remaining mushrooms; sprinkle with chives.

SAUTÉED HARICOTS VERTS, RED BELL PEPPERS, AND PINE NUTS

It wouldn't be Christmas without some red and green on the table.

8 SERVINGS

- 1½ pounds haricots verts (or other slender green beans), trimmed
- 1½ tablespoons olive oil
- 2 medium-size red bell peppers, seeded, cut into ½-inch dice (2 cups)
- 3 tablespoons butter
- 2 garlic cloves, minced
- ½ cup pine nuts, roasted

Cook haricots verts in large pot of boiling salted water until crisp-tender, about 4 minutes. Drain; rinse with cold water to cool quickly and drain again.

Heat oil in large skillet over medium-high heat. Add peppers; sauté until just tender, about 5 minutes. Add butter to same skillet; melt. Add garlic; sauté until fragrant, about 1 minute. Add haricots verts. Sauté until heated through, about 5 minutes. Mix in nuts; season with salt and pepper. Transfer to bowl.

CHOCOLATE-CRANBERRY TORTE

WHAT TO DRINK: Offer robust French roast coffee, but also a vintage or ruby Port.

8 TO 10 SERVINGS

SAUCE

- 1 cup fresh or frozen cranberries
- ¾ cup water
- ⅓ cup sugar
- 2 tablespoons Chambord (black raspberry liqueur)

TORTE

- 1 cup dried sweetened cranberries
- ⅓ cup Chambord
- 1 cup (2 sticks) unsalted butter, cut into pieces
- 12 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 1½ cups sugar
- 6 large eggs, room temperature
- ⅓ cup all purpose flour
- ½ teaspoon salt

GLAZE

- 1 cup whipping cream
- 10 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- ¼ cup Chambord

Fresh mint leaves

FOR SAUCE: Bring first 3 ingredients to boil in saucepan over high heat, stirring until sugar dissolves. Reduce heat to medium; cook until cranberries burst, about 5 minutes. Transfer to processor; puree. Strain puree into bowl; discard seeds. Mix in Chambord. Cover; chill at least 2 hours or overnight (sauce will thicken).

FOR TORTE: Position rack in center of oven and preheat to 350°F. Butter and flour 9-inch-diameter springform pan. Line bottom with parchment paper. Stir ¼ cup cranberries and Chambord in small saucepan over medium heat until liqueur simmers, about 1 minute. Cool to room temperature. Drain cranberries; reserve liqueur and cranberries separately.

Melt butter in heavy large saucepan over medium heat, stirring until beginning to bubble at edges. Remove from heat. Add chocolate; let stand 1 minute. Whisk until chocolate is melted and smooth. Whisk in sugar, then eggs 1 at a time (batter will look grainy). Whisk in reserved liqueur. Add flour and salt; whisk gently until blended. Stir in reserved cranberries; transfer to prepared pan.

Bake torte until top is puffed and cracked and tester inserted into center comes out with moist (not wet) batter attached, about 1 hour. Cool completely in pan on rack. (*Can be made 1 day ahead. Cover; store at room temperature.*)

FOR GLAZE: Bring cream to simmer in medium saucepan. Remove from heat. Add chocolate; whisk until melted and smooth. Whisk in Chambord. Let stand until glaze is thick but still pourable, whisking occasionally, about 2 hours.

Line rimmed baking sheet with foil; place cake rack in center. Cut around torte to loosen; remove pan sides. Place 8-inch-diameter cardboard round or 8-inch art pan bottom on top of torte. Holding cardboard and springform pan bottom, turn torte over and place on rack. Remove pan bottom; peel off paper. Pour 1½ cups glaze over torte. Using icing spatula, smooth glaze over top and sides (re-apply any glaze from foil if necessary). Freeze torte until glaze is set, about 10 minutes. Pour remaining 1 cup glaze over torte and smooth evenly. Sprinkle remaining ¼ cup dried cranberries around top edge. Freeze until glaze is firm, about 15 minutes. (*Can be made 1 day ahead. Transfer to platter. Cover with cake dome and chill. Let stand at room temperature 1 hour before serving.*)

Arrange fresh mint leaves over cranberries at top edge of torte. Cut into wedges and serve with sauce. ❖

Cooking teacher Rick Rodgers has written 25 books; the latest is The Carefree Cook.