



**SPICED PUMPKIN-BARLEY SOUP**

Soup is the perfect make-ahead dish—its spices meld better when it's prepared in advance.

*sit-down dinner*

*Everyone from healthy eaters to indulgers will find something to love on this menu.*

**MENU**

ROASTED TURKEY

\* SPICED PUMPKIN-BARLEY SOUP

\* QUINOA SALAD WITH ROASTED VEGETABLES

CREAMY SESAME GREENS

BRAISED RED CABBAGE AND APPLES

MAPLE-ROASTED FENNEL

\*Recipes shown. Get all the recipes at [namagazine.wholefoodsmarket.com](http://namagazine.wholefoodsmarket.com).

**SLY SUBSTITUTIONS**

Use whole wheat pasta in place of enriched pasta to triple the fiber and reduce the calories. Prepare a dessert with fat-free milk to save 63 calories and almost 8 grams of fat per cup.

**QUINOA SALAD WITH ROASTED VEGETABLES**

*Vegan, Gluten-Free*

Hands-on: 20 min. • Total: 90 min. • Serves: 6 to 8

You can prepare this in advance and freeze the vegetables and quinoa separately. Then defrost and toss them together before serving the salad.



- 2 beets, 1 red and 1 yellow  
Salt and pepper to taste
- 3 carrots, chopped
- 3 parsnips, chopped
- 1 cup uncooked quinoa  
Juice of 1 lemon
- 2 cups low-sodium vegetable broth or water
- 1/4 tsp dried thyme
- 1/2 small red onion, finely chopped
- 2 tbsp chopped flat-leaf parsley

1. Preheat oven to 350°F. Sprinkle beets with salt and pepper. Wrap them in foil and place on a small baking sheet. Place the sheet in center of oven (leaving a shelf above for a second baking sheet), and roast until tender, about 1 hour.
2. Meanwhile, season the carrots and parsnips with salt and pepper, and place on a rimmed baking sheet on top shelf in center of oven. Bake for about 50 minutes, stirring occasionally, until golden brown. Remove from oven and let cool.
3. When beets are tender, remove from oven and let cool before peeling and chopping.
4. Put quinoa, lemon juice, broth or water, and thyme into a small pot. Bring to a boil, then lower heat to a simmer, cover, and cook for 10 to 15 minutes, until quinoa is tender. Remove from heat and set aside to let cool to room temperature.
5. Put quinoa and roasted carrots and parsnips into a large bowl and toss to combine. Add beets, onions, parsley, and salt and pepper, then mix well and serve.

**SPICED PUMPKIN-BARLEY SOUP**

*Vegan*

Hands-on: 10 min. • Total: 1 hour • Serves: 4

The traditional holiday spices of cinnamon and nutmeg get a kick from ginger, paprika, curry, and hot-pepper sauce in this hearty pumpkin soup.



- 1/2 cup barley
- 1 15-ounce can pumpkin
- 12 baby carrots, sliced, or 2 whole carrots, peeled and sliced
- 1/2 cup chopped yellow onion
- 4 cups low-sodium vegetable broth
- 1 tsp curry powder
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp paprika
- 1/2 tsp ground ginger
- Hot-pepper sauce and salt to taste

1. Cook the barley according to the package directions. (You can substitute another whole grain, such as buckwheat or farro, for the barley, if you'd like.) Add the remaining ingredients except for the hot-pepper sauce and salt. Mix together well. Bring the mixture to a boil over high heat; cook for 5 minutes.
2. Reduce the heat to medium-low. Stir. Cook for 30 minutes. Season with hot-pepper sauce and salt. Cool before serving.

FOOD STYLING BY JOYCE SANGIRARDI; PROP STYLING BY AMY WILSON



Cheese + Pesto spread w. Sun dried tomatoes

10½ oz jar sun-dried tomatoes

16 oz cream cheese - r.m. temperature

4 sticks butter

Pesto

sliced french bread

Beat cream cheese + butter together w. electric mixer.

Line mold w. moist cheesecloth

Process all but 2 sun dried tomatoes in food processor

Arrange 2 whole tomatoes + parsley sprigs in bottom of prepared mold.

Spread ⅔ cup cheese over tomatoes, smooth w. spatula. Top w. ⅓ cup pesto, Then another ⅔ cup cheese layer. Spread w. half of

tomato mixture. Repeat layers, finishing w. cheese. Fold cheese <sup>cloth</sup> over top.

Refrigerate until firm, about 1 hour. Unwrap top, invert onto platter. Remove cheesecloth.





Good wishes to you during the Holiday Season and for a very prosperous 1985. We look forward to welcoming you into Hilton Hotels during the New Year, and thank you for your past support.

### **A HILTON CHRISTMAS GOOSE RECIPE**

Select a fine medium size goose, prepare stuffing with raisin bread, chest-nuts, chopped pecans, celery, onions and diced link sausages. Season with sage, pepper, nutmeg, thyme, a dash of sugar and salt, as needed.

Stuff and truss Goose and place in a medium size roasting pan.

Roast the Goose for 30 minutes at 500°, then reduce heat to 300° and roast for approximately 2½ more hours. Baste at 20 minute intervals during roasting.

Remove Goose from pan and keep covered in a warm oven. Skim fat from roasting pan and prepare sauce from the drippings by adding two table-spoons of flour, one cup of port wine, one cup of water, one cup of orange juice, one tablespoon of currant jelly, and a jigger of Bourbon.

Serve garnished with orange slices and frosted grapes.

**A TOAST TO THE HOLIDAYS!**

*Jan Allison  
Executive  
Sales*

DATE AND NUT ROLLS

*Springer*

In China dessert is never served at the end of the dinner. Originally, rolls like these were served between the courses of a banquet.

- $\frac{1}{4}$  lb. pitted dates
- $\frac{1}{4}$  cup walnuts or 4T. sesame seeds
- 1 T. orange juice
- 1 T. grated lemon or orange peel
- $\frac{1}{2}$  lb. eggroll wrappers
- powdered sugar
- 2 cups oil for deep frying

1. To make the filling, finely mince date and walnuts with a cleaver, or cut dates into chunks and mince, along with walnuts, in blender.
2. Combine with orange juice, sesame seeds, if using them instead of walnuts, and lemon or orange rind.
3. Divide eggroll wrappers into six equal pieces. *rectangles*
4. Shape  $\frac{1}{2}$  t. filling into cylinders about 1" long and place on each piece of wrapper.
5. Roll wrapper lengthwise. Pinch at both ends about  $\frac{1}{2}$ " from end and twist to seal, so that roll resembles a miniature firecracker.
6. Heat oil to 375. Deep fry the rolls, a few at a time, until golden brown. Cool. Sprinkle with powdered sugar.
7. If stored in an airtight container at room temperature, they will keep for at least a week.
8. These pastries can also be made into wontons. Cut eggroll wrappers into four equal pieces, instead of six, though, because the wonton ~~needs~~ needs more dough to wrap properly.



of cabbage suggesting a lion's head

ombination of meat and vegetables  
be made ahead and reheated.

pieces of fried boneless chicken  
e sprigs of coriander add an inter-  
h coriander is not available, use

do not add the dressing until just  
does not darken the lettuce. We  
ed for the texture it adds. If you  
eave it out. The ham and lettuce

S (makes 6 pancakes)

PEKING

ns

the mixing bowl. Gradually pour  
wooden spoon to mix. When cool  
ar hands about 10 minutes until  
h in a bowl and cover with a

rectangular shape approximately  
e top lightly with peanut oil.  
surface of the dough. Starting  
as you would a carpet. Cut the  
h slice slightly with your hand.  
keep it circular, until it is 1/4 inch  
eter. Keep the finished pancakes  
you are working.

TO COOK:

Heat skillet over high heat and pour in oil to 1/4 inch deep. When oil is hot, turn heat to medium low. Cook pancakes one at a time, about 30 seconds on each side, until they are golden in color. Cut into wedges and serve warm.

Pancakes may be reheated in the oven before serving.

WATERCRESS SOUP

PREPARATION TIME: 10 MINUTES

PEKING

COOKING TIME: 5 MINUTES

- 1 bunch watercress
- 6 cups canned chicken broth
- 1 teaspoon salt
- 2 tablespoons cornstarch, dissolved in 2 tablespoons cold water
- 1 teaspoon dry sherry
- 1 whole scallion, thinly sliced

TO PREPARE:

Trim any tough stems from the watercress. Rinse in cold water, drain, and chop coarsely.

TO COOK:

Bring chicken broth and salt to a boil. Add watercress, cover, and lower heat. Simmer 2 minutes. Add cornstarch and stir about 1 minute until thickened. Stir in dry sherry. Remove from heat and garnish with scallion. Serve immediately.





STEAMED SPARERIBS IN PUMPKIN

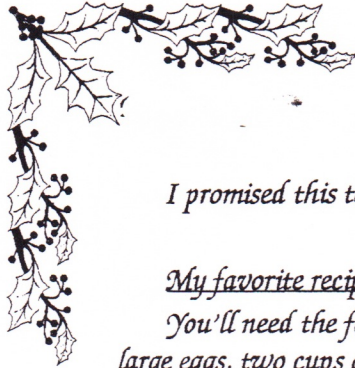
Springer

- 1 1/2 lbs. spareribs
- 1 1/2 lbs. flank steak or sirloin tip
- 1 5 lb. pumpkin
- 2 T. sesame oil
- 2 T. minced scallions

- 2 T. minced scallions
- 1 T. minced ginger
- 1 heaping T. sweet bean paste
- 2-3 T. chili paste
- 1 1/2 T. fermented wine rice or rice vinegar
- 1 1/2 T. sugar
- 1 T. rice wine
- 1 T. soy sauce
- 1 T. sesame oil
- 6 T. flavored powder \*
- 1/4 t. Szechuan powder - *smashed peppercorns*

1. Have the butcher cut the spareribs across the bones into bite-sized lengths. Separate the ribs with a cleaver. Cut the beef into pieces the same size as the spareribs. Marinate in mixture (1) overnight. !
  2. Cut the pumpkin in half lengthwise and discard the seeds.
  3. Heat up water which has been poured level to the bottom of the steamer tray. Steam meat in ovenproof dish for one hour.
  4. Then place meat inside both halves of the pumpkin and steam an additional half an hour. Remove and sprinkle minced scallions on top. Heat up the 2 T. of sesame oil and pour over the scallions. *(Reduce time for smaller pumpkin) keeping meat cooking 1/2 hour*
- \* To make the flavored powder slowly brown one cup of glutinous rice in pan in which no oil has been added. When golden brown, remove and cool. Add to blender along with 1 t. five spices powder and pulverize.





*I promised this to you last year. I hope it was worth the wait.*

*My favorite recipe for fruit cake.*

*You'll need the following: a cup of water, a cup of sugar, four large eggs, two cups of dried fruit, a teaspoon of baking soda, a teaspoon of salt, a cup of brown sugar, lemon juice, nuts, and a bottle of whiskey.*

*Sample the whiskey to check for quality.*

*Take a large bowl. Check the whiskey again. To be sure it is of the highest quality, pour one level cup and drink. Repeat. Using the electric mixer, beat one cup of butter in a large fluffy bowl.*

*Make sure the whiskey is still OK. Cry another trup.*

*Turn off the mixer. Break two leggs and add the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers pry it loose with a drewsriver.*

*Sample the whiskey to check for tonsisticity.*

*Next, sift two cups of salt. Or something. Who cares?*

*Check the whiskey.*

*Now sift the lemon juice and strain your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees.*

*Don't forget to beat off the turner. Throw the bowl out the window, check the whiskey again and go to bed.*



# Low-Risk Bisque

This rich soup is low in fat and easy to make

BY LAURA CREAVALLE, Three-time Ms. International, IFBB pro

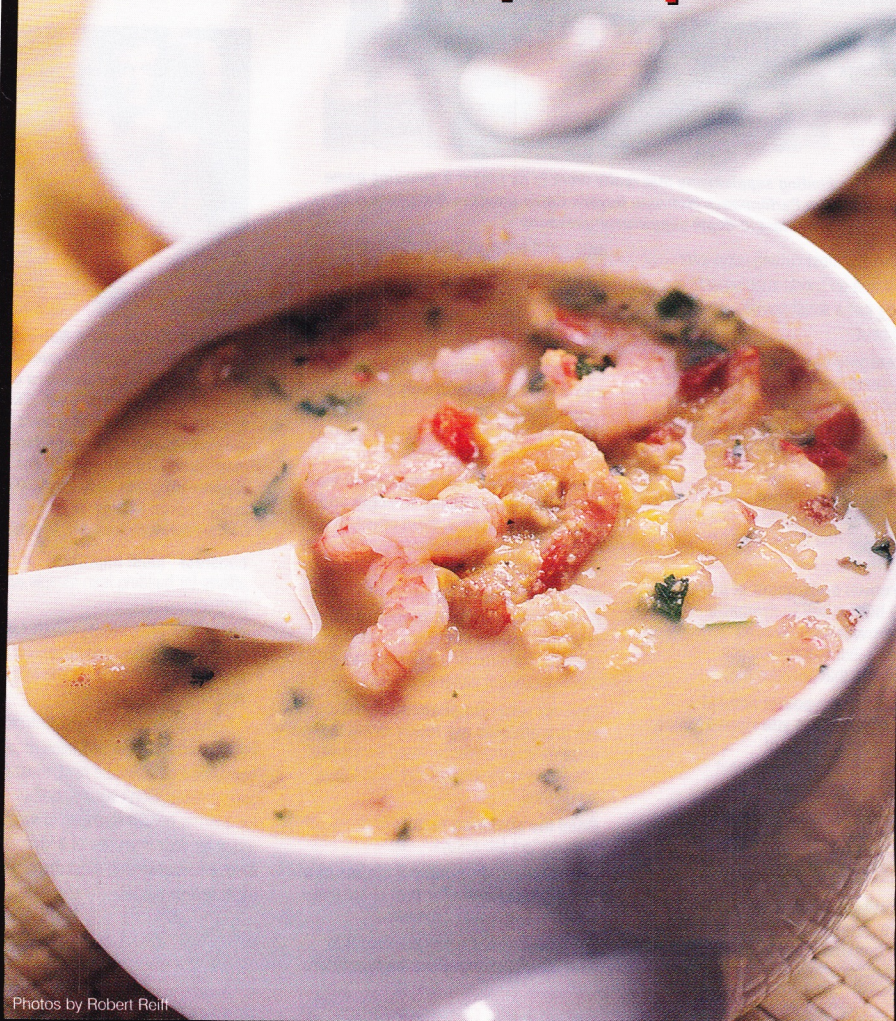


Just because you may not consider yourself an expert chef doesn't mean you can't whip together gourmet-tasting meals that happen to be very low in fat and calories. This month, I'll show you how to make one heck of a bisque. Don't let the fancy name intimidate you; bisque is just a colorful French word for a creamy soup that's often made with seafood. This one derives its thick,

smooth texture by blending corn along with skim milk and fat-free chicken broth, which substitutes for heavy cream loaded with fat and calories. Add fresh shrimp, Vitamin C-rich green and red bell peppers, cilantro and parsley and you have a flavorful low-fat meal complete with carbohydrates and protein.

This recipe can be prepared and eaten right away or refrigerated and reheated up to two days later. It's fast and easy to make, and you can be creative by adding any kind of fish or scallops instead of shrimp or using a combination of two or more types of fish.

## Vegetable Shrimp Bisque



Photos by Robert Reiff

- 3 cups frozen whole-kernel corn, divided
- 2 cups low-sodium chicken broth, separated into two portions
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup skim milk
- ¼ lb. (12 oz.) fresh shrimp, peeled
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley
- ¼ tsp. salt
- ¼ tsp. pepper
- Nonstick olive-oil cooking spray

Combine 2 cups corn and 1 cup chicken broth in a blender. Cover and process until smooth, then set aside. Spray a saucepan with nonstick olive-oil cooking spray; heat on medium temperature. Add onion and peppers; sauté five minutes until tender. Stir in pureed corn mixture, remaining 1 cup broth and milk; bring to boil. Cover, reduce heat and simmer five minutes. Add additional cup of corn, shrimp and remaining ingredients. Cover and simmer five minutes or until shrimp is done. Makes seven servings.

Per serving: 162 calories, 14 g protein, 22 g carb, 2 g fat. **M&F**

For more information on Laura Creavalle's low-fat cookbooks, write Club Creavalle, PO Box 557, Old Orchard Beach, Maine 04064. To attend her fitness camps in Maine and Florida, call 207-934-7812. Check out her website at [www.clubcreavalle.com](http://www.clubcreavalle.com).



## Tofu Burgers with Mushroom Sauce

SERVES 3

- 3 tablespoons oil
- 1 small onion, minced
- 24 ounces tofu, crumbled (p. 98) and allowed to cool
- 3 eggs, lightly beaten
- ½ cup bread crumbs or bread crumb flakes
- ¾ teaspoon salt
- Dash of pepper
- Mushroom Sauce (p. 48) or ketchup

Heat a skillet and coat with 1 tablespoon oil. Add onion and sauté for 3 minutes, then allow to cool. Combine onion with tofu, eggs, bread crumbs, salt, and pepper in a large bowl, and use the mixture to make 8 patties. Heat the skillet and re-coat with 1 tablespoon oil. Add 4 patties, cover, and cook over low heat for about 5 minutes on each side. Repeat with remaining 4 patties. Serve hot or cold, topped with the sauce.

## Tofu Dumplings with Mushroom Sauce

SERVES 3 OR 4

- 24 ounces tofu, squeezed (p. 97)
- 1 egg, lightly beaten
- 1 tablespoon cornstarch or arrowroot
- ½ teaspoon salt or 3 tablespoons red, barley, or Hatcho miso
- 1 clove garlic, crushed
- 3 tablespoons parboiled minced vegetables (green peas, mushrooms, etc.)
- ¼ cup ground roasted sesame seeds (p. 38) (optional)
- Mushroom (p. 48), Spaghetti (p. 121), or Sweet & Sour Sauce (p. 49)

Combine the first six ingredients, mixing well, and shape into 1-inch balls. Bring 1 quart water to a boil over high heat in a large pot. Drop in the balls and return to the boil. Reduce heat to medium and cook until dumplings float to surface. Scoop out dumplings with a slotted spoon, drain, and allow to cool briefly.

Prepare the sauce of your choice, adding balls about 10 minutes before sauce has finished cooking. For best flavor, allow to cool for 4 to 6 hours, then reheat or serve cold.

This dish also makes an excellent topping for spaghetti, noodles, or brown rice. Try using the dumplings in your favorite soups or in place of tofu in any of the soup recipes in this book. Or use in Oden (p. 175) or *nabe* dishes.

## Butter-fried Tofu

SERVES 4

- 24 ounces tofu, pressed (p. 96)
- 3 to 4 tablespoons butter
- ½ onion, sliced very thin, rinsed and pressed (p. 37)
- 1 tablespoon minced parsley
- 2 ounces cheese (grated or Parmesan)
- 1 tablespoon slivered lemon peel
- Dash of salt

Cut tofu lengthwise into halves, then crosswise into ½-inch-thick pieces. Melt the butter in a skillet. Add the tofu and fry

on both sides until golden brown. Arrange pressed onions, parsley, cheese, and lemon peel in separate condiment dishes. Serve tofu hot, sprinkled with your choice of condiments and a little salt.

For variety, serve with any of the shoyu dipping sauces and garnishes used with Chilled Tofu (p. 105), or top with Sesame Miso (p. 42).



## Chinese-style Bean Sauce with Tofu

SERVES 3

Although this popular type of preparation is called a "sauce," it is generally served as an entrée in its own right.

- 2 tablespoons oil
- 1 teaspoon grated gingerroot
- 1 teaspoon crushed or minced garlic
- 2 small (*togarashi*) red peppers, minced
- 5 mushrooms, thinly sliced
- 3 green onions, whites thinly sliced and greens cut into 2-inch lengths
- 16 ounces tofu, pressed (p. 96) and cut into ½-inch cubes; or 12 ounces doufu
- 2 tablespoons red miso creamed with ½ cup water
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 tablespoon cashew or sesame butter
- ½ teaspoon vinegar
- 1 teaspoon arrowroot or cornstarch, dissolved in 2 tablespoons water

Heat the oil in a wok or skillet. Add gingerroot, garlic, and red peppers, and sauté for 2 or 3 minutes. Add mushrooms and onion whites, and sauté for 2 or 3 minutes more. Add onion greens and tofu cubes and sauté for 1 minute. Combine miso, soy sauce, honey, cashew butter, and vinegar; mix well. Stir into tofu-mushroom mixture and simmer for 1 minute. Stir in dissolved arrowroot and simmer for about 30 seconds more, or until thick.

## Tofu Sautéed with Bean Sprouts (Okinawa-style)

SERVES 4 TO 6

- 1¼ tablespoons oil
- 24 ounces tofu, well pressed (p. 96) and broken into ¾-inch pieces
- 8 to 10 ounces bean sprouts
- 3 to 4 scallions, cut into 2-inch lengths
- 1 tablespoon sake or white wine
- 1¼ teaspoons salt
- 1 teaspoon shoyu

Heat a wok or skillet and coat with the oil. Add tofu and stir-fry over high heat until golden brown. Add bean sprouts and scallions and stir-fry for about 2 minutes more, or until scallions are tender. Mix in sake, salt, and shoyu, and cook for 30 seconds more. Serve steaming hot.

If desired, add slivered *daikon*, Chinese cabbage, leeks, onions, or *hijiki* to the ingredients listed above.



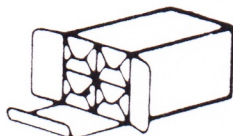
NOODLE PUDDING - II

-Marcia Blackman

- 1 pkg. Klutsky's Noodles, cooked
- 1 pkg. frozen spinach, defrosted

- 1 cup Mocha Rich
- 1 pkg. onion soup mix
- 1/4 lb. margarine, melted
- 3 eggs

Mix all ingredients together and pour into an oiled ring. Bake at 375° for 40 minutes.



NOODLE PUDDING - III

-Irene Brettler

- 1 pkg. med. sized noodles
- 6 eggs, beaten well
- 1/2 cup sugar
- 1 tsp. vanilla
- 1 lb. cottage cheese
- 1/2 cup brown sugar

- 1/2 lb. farmer cheese
- 1/2 lb. cream cheese
- 1/2 cup sour cream
- 6 Tbsps. melted butter
- 2 cups milk

Have eggs and cream cheese at room temperature. Cook noodles according to package directions. Meanwhile, beat eggs; add sugar and vanilla. In another bowl, whip cream cheese and farmer cheese. Combine cottage cheese and sour cream. Add all to egg mixture. Add butter and milk to mixture. Add cooked noodles. Put into one large or two 9" square shallow pan(s). Sprinkle with brown sugar and cinnamon. Dot with butter and bake 1 1/2 hours at 350°.

NOODLE CHEESE PUDDING

-Carol List

- 1 1-lb. box med. wide noodles
- 1/4 lb. margarine
- 1 lb. cottage cheese
- 1 8-oz. cont. sour cream
- 4 ozs. crumbled American cheese

- 1/2 cup sugar
- 1/4 cup sugar
- 1/2 cup milk
- 4 eggs

Boil noodles. Drain thoroughly. Mix margarine, cottage cheese, sour cream, American cheese and 1/2 cup sugar. Add and mix with noodles. Pour mixture into a large pan. Top mixture with eggs beaten with milk and 1/4 cup sugar. Coat heavily with cinnamon. Bake at 375° for 1 1/4 hours.

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Four to five tablespoons sugar equals one teaspoon liquid sweetener.  
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NOODLE SOUFFLE PUDDING

1/4 lb. wide noodles  
3 eggs, separated  
1/2 cup sugar  
1/2 lb. cottage or farmer  
cheese  
1 lg. sour cream

-Harriet Brodsky

1/4 cup raisins  
1 can crushed pineapple,  
drained  
1 tsp. vanilla  
1 Tbsp. orange juice,  
(optional)

Cook noodles with oil and margarine, and salt. Combine beaten egg yolks with sugar. Mix rest of ingredients together. Fold in stiffly beaten egg whites. Bake in greased casserole at 325°, for 50 minutes, uncovered. To reheat, cover and heat at 375° about 30-35 minutes.

"BETTER THAN CAKE" NOODLE PUDDING

1/8 lb. butter  
1 1/2 cups sugar  
3 beaten eggs  
1 lb. cottage cheese

-Helen Mintz

1 tsp. vanilla  
raisins  
8 oz. box noodles

Boil noodles. Cream sugar and butter. Add remaining ingredients. Bake at 425°, uncovered for 45 minutes. \*Double recipe for 14 people.



CORRINE'S NOODLE PUDDING

1 lb. wide noodles  
6 eggs; cornflakes  
1 cup sugar

-Thelma Lennhoff

1/2 lb. melted butter  
3/4 lb. cream cheese  
1 pt. sour cream

Beat eggs with sour cream; put 4 Tbsps. butter and sugar aside. Add rest of butter and sugar to eggs. Add cream cheese; beat well. Mix with noodles, cooked firm. Add cornflakes to butter and sugar. Beat with beater and sprinkle on top. Cover with foil and refrigerate at least 24 hours before cooking. Bake at 350°, 1 hour and 15 minutes. Let stand 10 minutes before serving.

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To keep salt easy to pour, add a few grains of rice to the salt shaker.  
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Beat the egg yolks until thick. Stir in the onions, meal, salt, pepper and fat or butter. Fold in the egg whites. Turn into a greased 2-quart casserole. Bake in a 350° oven for 40 minutes or until set. Serves 6-8.

#### Kraut Kugel

- 5 cups finely shredded cabbage
- 2 teaspoons salt
- 1/4 cup butter or fat
- 1/2 cup boiling water
- 1 1/2 cups cubed white bread
- 1/2 cup potato flour
- 1/4 cup seedless white raisins
- 3/4 cup sliced blanched almonds
- 2 tablespoons sugar
- 4 eggs

Cook the cabbage and salt in the butter over low heat for 30 minutes, stirring frequently. Cool.

Pour the water over the bread and squeeze dry. Mash. Add the potato flour, raisins, almonds and sugar. Separate the eggs and add the yolks and cabbage. Mix until smooth.

Beat the egg whites until stiff but not dry and fold into the mixture.

Turn into a greased 2-quart casserole. Bake in a 350° oven for 40 minutes, or until set. Serves 6.

#### Potato Kugel

- 3 eggs
- 3 cups grated, drained potatoes

- 1/2 cup potato flour
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 3 tablespoons grated onion
- 4 tablespoons melted butter or fat

Beat the eggs until thick. Stir in the potatoes, potato flour, baking powder, salt, pepper, onion and butter or fat.

Turn into a greased 1 1/2-quart baking dish or casserole. Bake in a 350° oven until browned, about 1 hour. Serve hot. Serves 6-8.

#### Noodle Kugel

- 3 eggs
- 4 tablespoons brown sugar
- 1/8 teaspoon nutmeg
- 4 cups cooked broad noodles
- 1/2 cup seedless white raisins
- 1/2 cup sliced blanched almonds
- 1 tablespoon lemon juice
- 4 tablespoons melted butter or chicken fat
- 2 tablespoons bread crumbs

Beat the eggs and brown sugar until fluffy. Add the nutmeg, noodles, raisins, almonds, lemon juice and melted butter or fat. Turn into a well-greased ring mold or baking dish. Sprinkle with the bread crumbs. Bake in a 375° oven 50 minutes or until browned.

Serve with meat or poultry dishes or as a dessert with a sweet fruit sauce. Serves 6-8.



- ① I increase cumin by about 50%.
- ② Double sauce and cook in 10"-12" fry pan.
- ③ Half lamb & half beef is good - or all lamb.

## MOROCCAN MEATBALLS

(Kofta)

MAKES 18 (F)

When we think of meatballs, it is most often in terms of the Italian or Swedish variety. As did so many other foods, however, meatballs originated in the Middle East. Arab and Jewish merchants and later the Crusaders spread the word to Europe of how easy and tasty it is to combine ground lamb, beef, or veal with onions, garlic, breadcrumbs, and spices. These balls are then usually simmered in a sauce. By tasting the spices in each meatball, it is easy to discern from which country and even sometimes from which town the recipe came. Iraqi Jews, for example, tend to add turmeric; Greeks use oregano and potatoes; and Persians introduce a combination of turmeric and such novel ingredients as ground nuts, rice, apricots, or prunes. The following recipe comes from Morocco. Its ingredients include cumin, garlic, and breadcrumbs or matzah meal. It is often served on Friday night with a variety of salads.

### MEATBALLS:

- 1 pound ground beef
- 2-3 cloves garlic
- Salt and pepper to taste

- 1/4 cup matzah meal or breadcrumbs
- 1 egg
- 1 teaspoon cumin


### SAUCE:

- 1/4 cup vegetable oil
- Salt and pepper to taste
- 1 teaspoon cumin
- 1 teaspoon paprika

- 1/4 teaspoon crushed red pepper (optional)
- 1/2 cup water
- Juice of one lemon (optional)

1. Mix together all the ingredients for the meatballs. Roll into walnut-size balls.
2. Combine the ingredients for the sauce.
3. In a heavy saucepan, bring the sauce to a boil. Add the meatballs and simmer, uncovered, in the sauce until cooked (about 20 minutes)



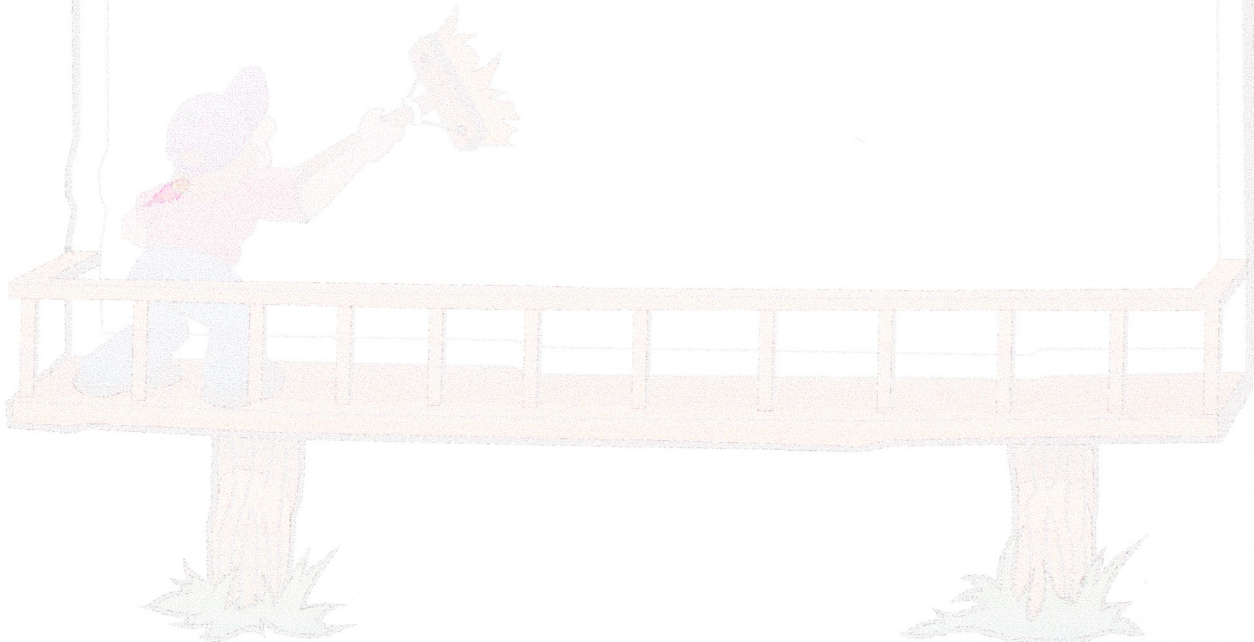


This is the best tasting, easiest, and fastest cookies. The Community Mental Health Center at St. Lawrence Hospital in Lansing Michigan printed it in hope of channeling some energies away from throwing bricks or snarling at Santa Claus. The more you knead, squeeze and beat the general bejunior out of the dough, the better you feel and the better the cookies taste. Moreover the recipe is easy to cut down ( as is it makes 15 dozen ).

#### AGGRESSION COOKIES

3 CUPS BROWN SUGAR  
3 CUPS MARGARINE OR BUTTER ( or 1½ each )  
6 CUPS OATMEAL  
1 TABLESPOON BAKING SODA  
3 CUPS FLOUR

Put ingredients in a huge bowl and mash, squeeze, bash, bang, or whatever feels good until mixed and you are ready to stop. Then make small balls of dough on an ungreased cookie sheet. Butter the bottom of a glass, dip in sugar and mash balls flat. Keep it up. You will need butter the bottom of the glass once or twice only but re-dip the glass in sugar for each ball.





## Plum Cake

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

\* 3 Tbsp sugar

1 tsp baking powder, heaping

1 stick butter

} Cut butter into dry ingredients

1 egg,  $\frac{1}{4}$  cup milk

add to above

~~1 cup (or less)~~

Roll out with rolling pin + fit to sheet

put cut side up plums on

sprinkle w. sugar

Bake 350°  $\frac{1}{2}$  hour.

Done when brown + bubbling

Sprinkle more sugar on.

Serve w. whipped cream