

INTRODUCTION

Welcome to Chop Fayner, the new and revised Chop Fayn (we don't claim to be original). As with the last edition, the profits will go to support the PC Cameroon Gender, Youth, and Cameroon committee's endeavors. We hope to have included a wide enough range of recipes to suit most PCVs. This time around, we have tried to favor interesting recipes for non-cookers, for PCVs who live in places where there's almost nothing to buy, and for people without ovens.

If you live in a village where gas is rare and food variety rarer, you can still make tasty stuff by buying the herbs and spices listed here. If you have food and fuel available, you might want to add an interesting cookbook from the States to your Chop Fayn collection. The Silver Palate series is good, as is Mollie Katzen's. For fat- and cholesterol-conscious people, The New American Diet Cookbook is good, basic, and contains a wide variety of recipes.

We would like to thank all who contributed time and/or ideas to this project. The cover was designed by a student, Ibrahim Ahmadou, in Bertoua. Glen Torbert, thanks for allowing us to use recipes from *Clueless Gourmet*. Thanks to Stephen Bobenhausen for all of your fancy typing. Jen-O (Mattison), you're a life-saver for doing all that thorough editing. Comic Dr. Bunker, you are our font man. Thanks so much!

Thanks again for supporting women and youth in Cameroon by buying Chop Fayner. The cookbook is an on-going project, with revisions about every two years. Please let the editors know, through GYC in Yaoundé, if there is anything that you would change or suggest for the next edition.

Good Luck!

Andy Kerrigan
Hope Neighbor

Karen McClish
Karen Reed

SETTING UP YOUR KITCHEN

For Serving:

4-8 plates, bowls, forks, knives, tablespoons and teaspoons
6-8 glasses
a few coffee mugs

For Cooking:

2 saucepans with lids
1 large frying pan
1 large stewpot
2-3 mixing bowls, with covers, if possible
1 measuring cup
1 paring knife
1 larger knife for chopping and cutting meat
cutting board
vegetable peeler
flour sifter (very fine to keep bugs out)
teapot

Accessories:

waste basket with cover
bottle opener
can opener
potholders
aluminum foil
sponges, scrubbing pads
dish towels
colander

Deluxe Items:

mortar and pestle
cookie sheets
baking pans
serving tray
dish drainer
thermos
plastic coffee funnel and filters
grater
metal slotted spatula
zip-lock bags
tupperware

STOCKING YOUR KITCHEN

BIG CITY SHOPPING

Beer	Spices:
sugar	garlic powder
flour	onion powder
powdered milk	salt
oatmeal	moussline (potato flakes)
rice	black pepper
pasta	chili powder
peanut butter	herbs de province
jam / jelly	oregano
honey	basil
coffee / tea	cinnamon
cookies	maggi cubes / sauce
popcorn	piment
tuna	ketchup
margarine	mayonnaise
canned goods	mustard
peas	cumin
oil*	coriander

* stay away from palm & coconut oils which have saturated fats and won't help your cholesterol level

MARKET / FRESH FOODS

corn	fresh basil	plantains	cumin
potatoes	parsley	eggplant	coriander
ginger	macabo	green peppers	thyme
onion	cassava leaves	carrots	powdered piment
bread	dried fish	salad	dried parsley
eggs	cassava	green beans	curry
garlic	folon	scallions	cayenne pepper
bananas	bitter leaf	dried mushrooms	
corn flour	dried beans		

WISH LIST FROM THE STATES:

Mac & cheese sauce packets	instant soup mixes
kool - aid	pesto sauce mixes
beef jerky &/or pepperoni	parmesan cheese
soup mixes & Lipton's pasta / sauce pkts.	falafel mix
pudding mixes	dried fruits, apricots, apples, etc.
jell-o mixes	salad dressing packets
knorr 4 cheese sauce mix	vermont maple syrup
cake / muffin mixes	sweet & sour sauce mix

GOURMET

Wine
cheese
chick peas
olive oil
butter
dry active yeast
baking powder
baking soda
vanilla
raisins
brown sugar
lemon juice
vinegar
soy sauce

spices:
nutmeg
cilantro
bay leaves
cloves
cumin
coriander
thyme
powdered piment
dried parsley
curry
cayenne pepper

MEASUREMENTS/CONVERSIONS

English to English

1 dash = $1/8$ t
3 t = 1 T
4 T = $1/4$ c
16 t = $5 \frac{1}{3}$ T = $1/3$ c
16 T = 1 c = 8 liquid oz
2 c = 1 pint = 16 liquid oz
4 c = 1 quart = 32 liquid oz
4 quart = 1 gallon = 128 oz
16 oz water = 1 pound
T = Tablespoon
t = teaspoon
c = cup

English to Metric

$1/2$ c \approx 1 decaliter
1 c \approx $1/4$ liter
4 cs \approx 1 liter
 $1/4$ 1 LB \approx 115 g
 $1/2$ lb \approx 225 g
1 lb \approx 450 g
2.2 lb = 1 kilo
1 ml = $1 \text{ cm}^3 = 1 \text{ g}$

Random measurements

	<u>100 g</u>	<u>1 lb</u>
Butter	$1/2$ c - 1 T	2 c
Flour	$3/4$ c - 1 T	4 c
Sugar	$1/2$ c - 1 T	2 c

12.5 cl yogurt container = $3/4$ c
small tomato paste can = $1/4$ c

SUBSTITUTIONS

For these

1 c brown sugar

1 c buttermilk

1 square chocolate

1 egg, for baking

ketchup

1 c milk

1 c molasses

1 c self-rising flour

sour cream

1 c sour milk, for baking

soy sauce

spinach

1 t vanilla extract

You may use these

1 c white sugar + 2 T molasses or honey

1 T lemon juice or vinegar + enough milk to make 1 cup

3 T Matinal cocoa + 1 T oil or melted butter

2 egg yolks. Or 1/4 t baking powder + 2 T water. Or 2 T custard powder + 1 T water

1 T tomato paste + 2 t vinegar

1/2 c water + 1/2 c evaporated milk (Peak)
Or 1 c water + 3 T Nido

1 c honey (not the same taste, though)

1 c flour + 1 t baking powder + 1 t salt

yogurt and mayonnaise mixed in equal parts

1 c milk mixed with 1 T vinegar, 1 T lemon juice or 1 3/4 t cream of tartar

Maggi sauce (or go to Score!)

any local edible leaves

1/2 t water + 1 packet sucré vanillé

HELPFUL TIPS

Ants can be repelled by washing and leaving a soap residue on walls.

To know that baked goods are done, a toothpick or fork inserted in the middle should come out clean.

To prevent baked goods that have a lot of sugar in them from sticking to the pan, after greasing the pan, add flour and spread it around evenly.

To know that baking powder is still good it should fizz a lot when added to water.

To cut down on beans inducing gas, add ginger to the water before boiling them.

Bread kept in an airtight container will more quickly grow mold.

Brown sugar can be softened by sealing it in a jar with a slice of lime, lemon or apple for about 12 hours.

The contents of canned goods are most likely spoiled if they squirt out, because of the high pressure when opened. For many tomato paste cans; however, this is normal and doesn't indicate spoilage.

Carrots stored in water will keep longer.

Cheese when wrapped in a vinegar moistened cloth will be less prone to molding.

A pinch of salt added to Nescafe will yield a better tasting coffee.

Eggs should be cracked into a side bowl and added one at a time to prevent a bad egg from spoiling a whole mix.

Adding a pinch of salt to the water before boiling eggs will make them less prone to cracking. After boiling, plunge them into cold water to make them easier to peel.

To test if an egg is good, put it in a bowl of water. If it sinks it should still be good. A bad egg will float due to gas build up.

To prevent fish from sticking to the frying pan, add some salt to the oil before frying.

Flour should always be sifted before use to remove bugs and other things.

A good way to peel garlic is to first cut off the tip and then squash it, either with a knife or a spoon, to loosen the skin before peeling.

To get rid of the garlic odor on your hands wash with some salt or the juice of a lemon.

Herbs & spices stored in sealed containers maintain their potency longer.

When seasoning with fresh herbs, add them towards the end of cooking as they can lose their flavor if cooked too long and at too high a temperature.

Guacamole will stay green longer when stored with the pit before serving.

To thicken gravy without making it lumpy, mix some flour with some cold salty water before adding to the sauce.

Hamburger will hold together better with some bread crumbs mixed in.

To crisp wilted lettuce, soak in water with a splash of lemon or vinegar for 5-10 minutes.

To tenderize meat, marinate in lemon juice, vinegar, beer, wine, papaya skin or any combination of these.

To measure molasses or honey, oil the measuring unit first.

To keep from crying while peeling onions, pour cold water over onion while peeling or try a piece of bread under the tongue.

To prevent pasta water from boiling over, keep uncovered and add a splash of oil to the water.

Peppers will keep longer if they are cleaned, cut in half, and the seeds are removed. Keep the peppers in a plastic bag closed with a rubber band.

Pie crusts can be made flakier with the addition of a teaspoon of vinegar. Also note that the more water in a pie crust the harder and tougher the results.

Old popcorn will have a better pop rate if the kernels are soaked in water for about 30 minutes before cooking.

Raisins heated a minute or two in the oven won't sink to the bottom of a cake.

Refrigerator odors can be minimized by placing half a potato or a piece of coal in it and replacing it from time to time.

The taste of burnt rice can be minimized by adding a dash of salt and some water immediately after burning. To prevent burning, cook with a low flame instead of a high one.

A pinch of salt helps bring out the sweetness in sweet dishes.

Dry bread added to a salt shaker will help absorb moisture and prevent the salt from sticking together.

Over salted dishes can be compensated for with a bit of sugar. Lemon juice can be used with over salted vegetables.

A potato added to soup will soak up some of the grease and excess salt. Throw away the potato once it has served it's purpose.

Tomatoes can be made easier to peel by boiling them for no more than 2 minutes and then plunging them into cold water.

Wilted vegetables can be re-crisped by soaking them in water with some vinegar.

One teaspoon of vinegar added to deep fat frying oil will make the items absorb less oil.

Yeast can be tested by adding warm water with 1 tablespoon of sugar. If it's foamy after 15 minutes it's good.

Yeast kept in the freezer will stay good for years.

HERBS AND SPICES

Herbs and spices can make a huge difference in the taste of your food. Many of the limited food options we have here can be enhanced by spices, plus they allow you to make variations when using the same ingredients over and over. One can find a few spices in the markets, plus a few more in the big stores. But, for good spice blends and some important necessities, they'll need to be in your next package request from home.

All spice. Add to meat dishes as well as fruity cakes and cookies. To make your own, mix cinnamon, cloves, nutmeg and juniper berries.

Bay leaves. Use leaves in soups, stew, or tomato and spaghetti sauces. Bay leaves need sufficient cooking time to be effective, so make sure you simmer your soup, etc. long enough. Be sure to remove leaves before serving.

Basil. Basil is a great standard Italian spice. Add to soup, salad, tomato, egg and cheese dishes. It can be found in the market and in stores. Basil grows well in Cameroon, so take advantage of the treat of fresh basil for salads and pesto!

Cinnamon. Always fun in breads, breakfast pastries, desserts and French toast. Will also add a nice touch to Mexican and Indian food.

Chili powder. A must for Mexican food and a good BBQ sauce. Most of my spice shipments from home included at least one container of this. To make your own, mix 6 tablespoons paprika, 1/4 teaspoon cayenne, and 2 tablespoons turmeric. Or experiment with quantities of cumin, coriander, oregano, pepper, clove seeds, and hot peppers.

Chives. Use them in everything for a mild onion flavor; snip 1/8' lengths of leaf with scissors to decorate rice, potato, yam, cheese or egg dishes, and sandwiches. Nice also in stir fry. If the leaves seem to wilt, water lavishly.

Coriander. Buy the finished product at Score. Chop the leaves or the seeds to use in Asian and Mexican cooking; a fresh, delicate flavor.

Cumin. This wonderful spice is easily purchased in large towns and is much used in Indian and Mexican cooking. Also wonderful in soups and stews. Great in stir fries.

Curry. Used in Asian and Mexican food.

Garlic. Use in everything.

Garlic Salt. To make: Pound or press several garlic cloves and mix with a small amount of salt. Add this mixture to 1/3 - 1/2 cup salt in a sealable jar. Close and let stand 2 -4 days, depending on how strong you

want it; then sift out the garlic. Store the flavored salt in a covered container.

Ginger. You can buy dried pieces in any marché or already ground in the towns. Necessary for stir fry, Mexican food and any spicy sauce.

Lemon pepper. Can add to almost anything. Great to have on the table!

Lemon grass. (citronella) Divide tufts to multiply. Used in Asian and West African dishes for a mild lemon flavor. Also makes a refreshing tea.

Marjoram. Use sparingly in meat, tomato sauces and stuffing.

Mint. Beg root cuttings from a friend. There are several types. Use for tea, sweets, Tabouli salad, chutney, sauces for meat, dips and potato dishes. Also enjoy it with stewed eggplant.

Mustard seed. A must for Indian and Mexican food. Always use with curry

Onion Salt. To make, follow the same procedure as garlic salt, using chopped onions.

Oregano. One of the best and most versatile spices, oregano is wonderful in soups, stews, Italian sauces, Mexican food, etc. It's often used in conjunction with basil.

Parsley. Soak seeds overnight to aid in this normally slow germination. A plant

will last over a year. Parsley compliments any soup, stew or sauce, and is richer in vitamins A and C than oranges. Blends well with basil and oregano.

Peppercorns. In my biased opinion, fresh ground pepper is a necessity, so have your pepper mill and black peppercorns put in your next package!

Piment. To make: Take several piments. Mash them with a fork or pestle. Add a little oil and a touch of salt if you wish. Store in a sealed jar, preferably in the refrigerator.

Rosemary. Add to any roast meat; great on chicken, fish and especially lamb. It can also add a nice distinct taste to tomato sauces, and lasagna.

Seasoned Salt. Combine 5 tablespoons each of salt and white pepper with 3 tablespoons black pepper, 1 tablespoon piment, and 1/2 teaspoon each: nutmeg, rosemary, marjoram, sage, ground bay leaf, cinnamon, and ground cloves.

Tabasco Salt: Crush about 50 little piments with 1/4 cups vinegar, 1/3 cup boiled (cooled) water, and 2 teaspoons salt. Strain and mash.

Thyme. Plant in well-drained sandy soil. Use it "like salt" in meat dishes. A teaspoon in hot water is also said to make a tea to help headaches, too.

Vanilla. A great way to bring out the flavor of chocolate.

A big rack of spices can be intimidating to an inexperienced cook, so spice mixes can be the way to go. Here are some of my favorites.

Italian herbs. A nice blend for anything with tomatoes, plus any sauce or salad.

Herbs de province. Works wonders like Italian herbs, just a little sweeter.

Mrs. Dash garlic and herb. A good blend for anything, especially pasta sauces.

Mrs. Dash hot and spice. Can add a kick to any dish you make.

Chinese five spice. Wonderful in stir frys.

Cajun seasoning. A stronger blend with chili powder for bolder meat dishes and sauces.

Greek Seasoning. Primarily onions and garlic, so it'll add a little stronger "umph" to anything. Oil, vinegar and this make a nice simple salad dressing.

GLOSSARY OF COOKING TERMS

Blanch: to boil or steam for 2-3 minutes, so that the food is partially cooked

Blend: to combine ingredients to make completely smooth

Braise: to cook slowly by moist heat

Brown: to fry meat until brown or cooked completely

Chop: to cut coarsely with a knife or cleaver

Cream: to beat shortening, or sugar and shortening, so that the mixture is very soft, fluffy, and full of air

Dash: a pinch or a few drops

Dice: to cut into cubes about 1/4 inch in size

Double Boiler: a small pot or pan set inside a larger pan filled with water. Use the inside pot or pan for cooking in

Dredge: to sprinkle or coat with flour

Flake: to break lightly with a fork into small pieces.

Fold: to add a mixture which has been beaten until very light to another mixture. Blend the 2 mixtures gently, without too many air bubbles in them.

Fry: pan fry in 1/8" oil. Deep fry in 2" oil

Knead: to manipulate dough with a pressing motion plus folding and stretching

Marinate: to let stand in a tenderizing mixture

Mince: to cut into extremely small size

Pinch: the amount you can pick up with a thumb and one finger

Purée: to use a machine or mortar to make completely smooth

Roast: bake

Scald: to heat to a temperature just under boiling before removing from heat

Shortening: fat, margarine, butter, Crisco, oil, etc. used for cooking

Simmer: to cook over low heat, with a few bubbles breaking the surface of the liquid

Steam: to cook over a rack over boiling water, or in a dish which is set into boiling water

Whip: to beat rapidly to produce expansion

VOCAB FOR THE KITCHEN

Herbs and Spices

anise	<i>anise</i>
basil	<i>basilic</i>
bay leaf	<i>feuille de laurier</i>
caraway	<i>carvi</i>
cardamon	<i>cardamome</i>
cayenne	<i>cayenne</i>
chicory	<i>chicorée</i>
cinnamon	<i>cannelle</i>
chives	<i>ciboulette, civette</i>
cloves	<i>cloux de girofle</i>
coriander	<i>coriandre</i>
cumin	<i>cumin</i>
curry	<i>curri, cari</i>
dill	<i>l'aneth, fenouil bâtard</i>
fennel	<i>fenouil</i>
garlic	<i>l'ail</i>
ginger	<i>gingembre</i>
ground hot pepper	<i>pili-pili</i>
horseradish	<i>raifort à la crème</i>
hot pepper	<i>piment</i>
marjoram	<i>marjolaine</i>
mint	<i>menthe</i>
mustard	<i>moutarde</i>
nutmeg	<i>muscade</i>
onion	<i>oignon</i>
oregano	<i>origan</i>
paprika	<i>paprika, piment doux</i>
parsley	<i>persil</i>
pepper	<i>poivre</i>
rosemary	<i>romarin</i>
saffron	<i>safran</i>
sage	<i>sauge</i>
savory	<i>sariette</i>
shallot	<i>echalote</i>
soy sauce	<i>sauce soja</i>
tarragon	<i>estragon</i>
thyme	<i>thym, serpolet</i>

Fruits, Legumes, and Vegetables

apple	<i>pomme</i>
apricot	<i>abricot</i>

avocado	<i>avocat</i>
banana (small)	<i>banane douce</i>
banana (large)	<i>banane plantain</i>
beans	<i>haricots</i>
breadfruit	<i>fruit à pain</i>
beet	<i>betterave</i>
brussel sprouts	<i>choux de Bruxelles</i>
bush butter	<i>atangas</i>
cabbage	<i>chou</i>
celery	<i>céleri</i>
cherry	<i>cérise</i>
corn	<i>maïs</i>
cucumber	<i>concombre</i>
eggplant	<i>aubergine</i>
grape	<i>raisin</i>
grapefruit	<i>pamplemousse</i>
guava	<i>goyave</i>
lemon	<i>citron</i>
lentils	<i>lentilles</i>
lettuce	<i>laitue, salade</i>
lime	<i>citron vert</i>
mandarin	<i>mandarine</i>
mango	<i>mangue</i>
manioc, cassava	<i>manioc, cassave</i>
okra	<i>gombo</i>
olive	<i>olive</i>
orange	<i>orange</i>
papaya	<i>papaye</i>
passion fruit	<i>fruit de passion</i>
peach	<i>pêche</i>
peas	<i>petits pois</i>
pepper	<i>poivron</i>
pineapple	<i>ananas</i>
plum	<i>prune</i>
potato	<i>potomte de terre</i>
radish	<i>radis</i>
raisin	<i>raisin sec</i>
rice	<i>riz</i>
romaine lettuce	<i>romaine</i>
sorrel	<i>oseille</i>
spinach	<i>épinards</i>
squash	<i>courge, citrouille</i>
strawberry	<i>fraise</i>
sweet potato	<i>patate douce</i>
taro	<i>taro</i>
tomato	<i>tomate</i>
yam	<i>igname</i>

Wines

dry white wine	<i>vin blanc sec</i>
palm wine	<i>vin de palme</i>
pineapple wine	<i>vin d'ananas</i>
red wine	<i>vin rouge</i>
sherry	<i>xérès</i>
sugar cane wine	<i>vin de canne à sucre</i>

Cheese

Colby cheese	<i>Mimolette</i>
cheese spread	<i>Vache Qui Rit</i>
cottage cheese	<i>fromage blanc battu</i>
cream cheese	<i>KIRI</i>
goat cheese	<i>fromage de chèvre</i>
Mozerella	<i>fromage pizza</i>
Swiss cheese	<i>Emmental</i>
white Dutch cheese	<i>Edam</i>

Meat cuts

brain	<i>cervelle</i>
chicken	<i>poulet</i>
duck	<i>canard</i>
fillet	<i>filet</i>
ham	<i>jambon</i>
guinea hen	<i>pintade</i>
kidney	<i>rognon</i>
liver slices	<i>tranches de foie</i>
pork	<i>porc</i>
rabbit	<i>lapin</i>
roast beef	<i>rosbif</i>
sirloin	<i>faux filet</i>
steak	<i>steak</i>
tongue	<i>langue</i>
intestines	<i>tripes</i>

Charcuterie

bacon	<i>lard fumé, bacon</i>
bologna	<i>mortadelle</i>
salami	<i>saucisson</i>
salami (edible raw)	<i>cervelat</i>
sausage	<i>saucisse</i>
spiced sausage	<i>andouillette</i>

Nuts

almond	<i>amande</i>
coconut	<i>noix de coco</i>

hazel nut	<i>noisette</i>
peanut	<i>arachide, cocohouette</i>
pecan	<i>pacane</i>
pistachio	<i>pistache</i>
walnut	<i>noix, noyer</i>

Fish

bass	<i>bar</i>
captain	<i>capitaine</i>
mackerel	<i>maquereau</i>
salmon	<i>saumon</i>
sardine	<i>sardine</i>
sole	<i>sole</i>
tuna	<i>thon</i>

Flour

cornmeal	<i>semoule de maïs</i>
cornstarch	<i>farine de maïs</i>
manioc flour	<i>farine de manioc, gari</i>
oatmeal	<i>Quaker, flacons 'avoine</i>
white flour	<i>farine (de blé)</i>
whole wheat flour	<i>farine de blé complet</i>

Sugars

brown sugar	<i>sucre roux, cassonade</i>
powdered sugar	<i>sucre glace</i>
white sugar	<i>sucre</i>
honey	<i>miel</i>

Miscellaneous

breadcrumbs	<i>chapelure</i>
granola	<i>muesli</i>
instant potatoes	<i>Mousseline</i>
baking powder	<i>levure chimique</i>
baking soda	<i>bicarbonate de soude</i>
yeast	<i>levure boulanger</i>
vanilla	<i>vanille, sucre vanillé</i>
baking chocolate	<i>chocolat de ménage</i>
milk chocolate	<i>chocolat au lait</i>
beef bouillon cubes	<i>viandox</i>
chicken bouillon cubes	<i>cubes Maggi, Knorr</i>

Cooking Instructions

boil	<i>faites bouillir</i>
brown the sauce	<i>faites roussir la sauce</i>
sauté	<i>faites sauter</i>
cook	<i>faites cuire</i>

bake	<i>faites cuire au four</i>
let simmer	<i>laisser mijoter</i>
soak	<i>faites tremper</i>
steam cook	<i>faites cuire à la vapeur</i>
drain	<i>faites égoutter</i>

Kitchen Commands

Do the dishes	<i>Faites la vaisselle</i>
Wash the plates	<i>Lavez les assiettes</i>

Wash the glasses	<i>Lavez les verres</i>
You must wash well	<i>Il faut bien laver</i>
Scrub the pans	<i>Récurez les casseroles</i>
Dry the dishes	<i>Essuyez la vaisselle</i>
Peel the vegetables	<i>Epluchez les légumes</i>
Set the table	<i>Mettez le couvert</i>
Clear the table	<i>Débarrassez la table</i>
Wash your hands	<i>Lavez vous les mains</i>

APPETIZERS

ONION DIP

2 T butter
2 T vinegar
2 T garlic minced
1 lg package of cream cheese (8 oz. Kiri)

Mix in a saucepan: butter, vinegar, garlic, sugar, and eggs. Cook over low heat, stirring constantly until thick. Break up and add cream cheese. Mix until smooth. Add onion and pepper. Chill.

GARLIC TOAST SPREAD

1/3 - 1/2 tub (450 g) margarine
2 small heads garlic, finely minced
1/2 - 3/4 t rosemary
1/2 - 3/4 t oregano

Put all ingredients except olive oil in bowl. Add olive oil in 2 tablespoons increments, whisking well after each addition. Mixture should be approximately the consistency of ketchup. Store in refrigerator. For **garlic toast**, spread thinly on halved bread and bake until edges are crunchy. Also good for making croutons, or as a general seasoning.

YOGURT AND CUCUMBER DIP

1/2 med cucumber
1/2 t salt
1 t fresh dill or chives

Peel and grate cucumber. Sprinkle with salt and drain with a strainer. Mix with yogurt and garlic. Add salt and dill. Chill well.

RED BEAN SPREAD

1/2 onion, finely chopped
1 clove garlic, crushed

1 T oil
salt

Prepare dry or canned kidney beans and drain, reserving liquid. Sauté onion and garlic in oil until soft. Stir in kidney beans, tomato paste, and basil. Simmer for 3 minutes. Purée in a blender or eggs with a fork or rub through a sieve. Add extra liquid from the beans to produce a cream spread of the right consistency. Salt to taste.

EGGPLANT SPREAD

2 med eggplants, well washed
1/4 c tahini or peanut butter (optional)
2-3 cloves garlic, minced (or to taste)
1/2 t each salt and pepper

Pierce skin of eggplant with a knife. Place on baking sheet and roast in oven until soft (30-40 minutes at 350-400 F). When cool enough to handle, peel off and discard skin. Combine eggplant with remaining ingredients in a bowl. Season to taste. Serve on tasted slices of French bread.

Variations: Sautéed onions, tomatoes, and green peppers may be added.

AVOCADO APPETIZER

1/2 avocado
1/2 sm tomato, chopped

Halve avocado lengthwise, clean out hollow where seed has been and fill with mixture or tomato and olive oil. Sprinkle with thyme and salt. Pour dressing until hollow is almost full. Spoon out segment of avocado from other half and add as a lid, if desired.

ROASTED GARLIC

2 big heads of garlic
1/4 c olive oil or melted butter
1 T tomato paste
1 t fresh basil, chopped

Keeping the heads intact, cut off the ends of the garlic cloves. Place in a baking pan and drizzle with oil or melted butter. Sprinkle with salt and pepper to taste. Cover and bake around 30 minutes at 350°F (180°C). The garlic cloves should come out of their skins pretty easily. Spread on hot baguettes. You can also add basil and other herbs while baking for extra flavor.

EGG ROLLS

Pastry:

1c flour
2 eggs

1/2T salt
2 c water

Mix together making a smooth batter. Pour 1 tablespoon of batter into a 6" skillet over low heat. When it shrinks away from the sides, turn over and cook. Rolls should be set, but not brown and crispy.

Filling:

1/2 c diced shrimp
1 clove crushed garlic
4 chopped scallions
1/4 c maggi or soy sauce

1/4 c water chestnuts
1/2 c chopped celery
3/4 c shredded cabbage
1/4 c grated carrots (optional)

Boil everything except for the celery, cabbage and the carrots in 1/2 cup water, then drain. Heat 3 tablespoons of oil. Stirfry shrimp for 3 minutes. Add celery, cabbage, carrots, and remaining ingredients, cook for 5 minutes. Place 4 tablespoons of filling in each roll. Fold envelope style. Seal with paste of 1 tablespoon flour and 2 tablespoons water. Fry until golden brown.

DRINKS

Cold Drinks

ICED TEA

A drink so obvious, we tend to forget it. Refreshing! Prepare tea using twice the normal amount of leaves. Cool and chill. Serve over ice (made with filtered water) with sugar, lemon, mint leaves, or rum.

CITRUS TEA PUNCH

1/2 c sugar
1/2 c water
1 c tea
1/2 c pineapple juice

Mix all ingredients together. Chill and serve.

JUICES

Mash fruit (this is for non-citrus fruits). Squeeze through a cheesecloth. Add sugar and water to taste.

TOMATO JUICE

2 lg cans peeled tomatoes
1 sliced onion
2 ribs of celery with leaves (or celery salt)
several sprigs of parsley

Simmer tomatoes, onion, celery, and parsley for 30 minutes. Strain and season with spices. Serve chilled. If the juice is too thick, add water.

GUAVA JUICE

Wash and slice guavas. Put in a large pot and half cover the fruit with water. Bring to a boil. Cook until fruit is soft. Strain mixture through a muslin bag. For a weaker juice, add water.

PINEAPPLE JUICE

Cut a pineapple into cubes. Put in a food blender to extract the juice (or crush). Strain. Chill. Serve with mint leaves.

PINEAPPLE COOLER FROM GHANA

1 pineapple
3 whole cloves or 1 t ground cloves
peelings from 1/2 orange
1 c orange juice
1/2 c water

Wash pineapple, cut in half, then quarters, then eighths. Peel sections, setting fruit aside. Put pineapple peelings, 1 cup chopped fruit, cloves, and orange peelings into bowl or jar. Add boiling water. Cover and let stand 24 hours. Strain and sweeten to taste. Chill if possible. Great with gin or vodka for fêtes.

PINEAPPLE WINE

Cut out inside of **2 pineapples**, chop and mash juice and pulp. Add **1 - 2 kilos sugar** (depending on the size of pineapple). Add no water. Keep covered for 10 days so that air can escape but bugs can't get in (a cloth and rubber band is good). Add commercial yeast if desired, but it's not necessary. Taste after 10 days. If it isn't sweet, add more sugar. Leave for another 2 weeks, more or less.

1 t salt
1/4 t paprika
1/4 t sugar

SANGRIA

2 liters Spanish or Algerian Wine
1 can peaches in heavy syrup
2 glasses of Grand Marnier or Cointreau

Drain and slice peaches. Peel oranges and lemons and slice. Mix all ingredients. Refrigerate for at least 3 hours before serving.

PINEAPPLE-GINGER "BEER"

PC Gabon

Wash several finger-length pieces of fresh ginger root very well and chop (skin and all) coarsely. Put ginger in a medium-size saucepan; add all of the skin of one good-size pineapple (chop the skin coarsely first); add about 1/2 c of sugar (or more to taste) and cover with water. Bring to a boil, lower to a simmer and cook about 30-40 minutes until pineapple is very soft. Cool, strain, bottle, and refrigerate. Dilute with water, if desired.

SMOOTHIES

1 c fruit juice (any flavor)
6 ice cubes
1 banana

Blend the juice and ice in a blender until the cubes are liquefied. Add fruit, vanilla, and honey. Continue processing until mixture is smooth. This should yield approximately 2 cups of sweet, delicious fruit shake.

to a boil. Lower heat and cook for 3 minutes. Stir in milk and vanilla. Keep hot until ready to serve, but do not boil.

1 t vanilla
1 t honey

MILKSHAKES FOR 2

2 c powdered milk
1 1/2 c cold water
1/3 c sugar
1 t vanilla (optional)
1 1/2 trays of ice

Blend together in a blender adding ice until thick.

Yummy additions:

mambo bars
coffee (instead of water)
peanuts
bananas or any other fruit

EGGNOG

2 c milk
2 T vanilla, or a zest of lemon or orange

Combine all ingredients in a large glass jar. Shake well and chill. Serve with whisky, cognac, or rum. Sprinkle with nutmeg before serving.

2 eggs
ice, crushed (optional)

Hot Drinks

HOT CINNAMON COCOA

4 T sugar
4 T cocoa
1/2 t cinnamon
few grains of salt

Mix sugar, cocoa, cinnamon, salt and water together in a 2-quart saucepan. Heat quickly

PC Tonga

1/3 c water
4 c milk
1/4 t vanilla

KARAKANDJI JUICE

Laurel Halsey

Buy KaraKandji leaves at the marché (red dried petals). Boil with a lot of sugar -- experiment with the quantities. Let cool. Strain.

CITRONELLE

Wash citronelle. Boil water. Turn off heat. Drop in leaves. Let steep 5-10 minutes. Serve hot with milk and/or sugar. May also be served chilled over ice.

LEMON LEAF TEA

Add washed leaves to boiling water. Let steep until desired strength is achieved. Strain.

CITRUS PEEL TEA

1 c dried citrus peel

6 c water

Dry citrus peel in the sun. Boil water. Add peel to boiling water and let steep until desired strength is achieved. Strain.

CINNAMON TEA

Add 1 or 2 sticks cinnamon to approximately 8 cups boiling water. Let steep until desired strength is achieved.

SNACKS

Melt butter. Combine oatmeal, sugar, flour, and baking powder. Add melted butter and beaten eggs, mix. Drop small amounts on hot fry pan. Cooks quickly!

CURRIED PEANUTS

Combine salted peanuts and curry in a plastic bag and shake. (Use about a teaspoon of curry for every cup of peanuts.) Spread peanuts on a baking sheet and bake at 300°F (150°C) for 15-20 minutes. Stir occasionally to prevent burning. Also good when mixed with other goodies such as shredded coconut, and other types of nuts.

GORP (TRAIL MIX)

peanuts
toasted grated coconut

raisins
bits o' chocolate

Mix all ingredients together. If available, you may also want to add walnuts, cashews, and/or almonds.

SOMETHING GOOD FOR BREAKFAST

PC Chad

2 1/2 handfuls of rice
2 t peanut butter
3-4 heaping t NIDO
5-6 sugar cubes

Options:
cinnamon
raisins
honey
2 1/2 t of matinal

Boil the rice and peanut butter in some water until done. Add from second column.

OATMEAL PAN COOKIES (no need for oven) great cereal

PC Chad

3/4 c margarine or butter
2 c sugar
1 t baking powder

3 c oatmeal
3 T flour
3 eggs

GRANOLA

2 1/2 c oatmeal
1/2 c walnuts or peanuts
2 c wheat germ
3/4 c melted butter
1 1/4 c honey
1 fresh coconut, grated

Mix all ingredients, except raisins, and spread about 1/2" thick on cookie sheets. Place in 250°F (120°C) oven and bake for 1 1/2 hours, stirring occasionally. After removing from oven, add the raisins.

TOASTED COCONUT CHIPS

Remove meat (white part) from fresh, ripe coconut and slice paper thin with knife or potato peeler. Spread on cookie sheet and sprinkle with salt. Bake at 300°F (150°C) until golden brown (about 20 minutes), stirring twice to ensure even cooking. Cool and store in an air-tight container.

PLANTAIN CHIPS

Peel large plantains. Cut into thin slices. Fry in small batches, one layer deep, in hot oil, like potato chips. Drain and salt. "Taste just like Fritos™!"

DILL ONION RINGS

4 lg onions
1/2 c sugar
2 t salt

Peel and slice onions, break apart and pack loosely in jar. Combine other ingredients in saucepan and heat until sugar dissolves. Pour over onions. Cover and chill.

FRENCH FRIED ONION RINGS

4 lg onions
milk
oil for frying
1/2 c sunflower seed kernels
1 1/2 t salt
1/3 c water
1 c milk
1 t cinnamon

PC Tonga

Peel onions, slice 1/4" thin, and separate into rings. Dip in milk, drain and dip in flour mixed with salt. Fry 4-6 minutes in deep fat. Drain on paper and sprinkle with salt.

PC Tonga

1/2 t dill weed
1/2 c vinegar
1/4 c water

PC Zaire

BEER BATTER ONION RINGS

onions, sliced and separated
flour
salt

Combine flour, salt, and beer to make a pasty batter (the consistency of pancake batter). Dip rings in batter and fry in hot oil.

FRENCH FRIES

mature potatoes
oil or shortening for frying

Peel (or not) and cut potatoes into strips, about 3/8" thick. Soak in water for about 15 minutes. Drain and wipe well with a towel to remove moisture and excess starch. Heat oil to 300°F (150°C). Drop about a cup of potatoes into hot oil and cook for about 2 minutes. Don't cook too many at a time- you want the temperature of the oil to remain fairly constant. Remove potatoes and drain on paper towels. Cool for about 5 minutes. Heat oil to 375°F (190°C). Fry the potatoes for an additional 2 - 3 minutes. Watch them closely so that they won't burn. They should be golden brown and crisp. Drain on absorbent paper. Season to taste and serve at once. If you want crispier fries, fry them a third time for just a minute. You can also make spicy fries by adding garlic salt, onion salt, pepper, tobacco, chili powder and other such things before the last frying.

Variations: You can substitute potatoes with any local starch (macabo, manioc, bread fruit, etc.).

HOT, HOT POTATO WEDGES

1/2 c oil
4 lg garlic cloves, minced
1 t fresh or 1/2 t dried thyme or herbes de provence

Mix oil, garlic, lime juice, and ~~Elizabeth Moore~~ together. Coat potatoes in 1/2 of the dressing. Let sit 30 minutes. Roast at 400F, turning occasionally, until crisp, about 1 hour. Drizzle remaining mixture over potatoes.

BREADED FRIED EGGPLANT STICKS

1 eggplant, peeled
1 egg, beaten
1/2 c flour
1/4 c cornstarch

salt
Cut eggplant into sticks about 3/4" thick and 3-4" long. Dip into beaten egg. Mix together flour, cornstarch, salt, and pepper. Roll eggplant in mixture. Coat well. Heat about 1" of oil in skillet. Fry eggplant until golden, turning often. Remove and drain on paper towels. Serve with ketchup.

CHEESE WAFERS

1 c flour
1 1/4 c grated sharp cheddar cheese

Mix flour and cheese, cut in butter. Roll dough into long sausages, the diameter of quarters. Chill overnight. Slice into thin wafers. Bake at 325°F (165°C) on greased cookie sheet for 10 minutes.

Variations: You can add 1 tablespoon of finely chopped parsley or chives, or sprinkle with caraway or celery seed before baking.

DILL PICKLES

50 sm cucumbers
1 qt (4 c or 1 l) mild vinegar
3/4 c salt

2 t tabasco or piment
Wash cucumbers. Cover them with cold water. Let stand overnight. Drain and pack into jar. Sprinkle with salt, and water. Pour over cucumbers. Add dill and

garlic to each jar. Seal. Ready in about 2 weeks.

SALADS AND DRESSINGS

Salad Dressings

VINAIGRETTE

1/2 t salt
1/2 t pepper
1/2 t dry mustard or 2 T Dijon(optional)
1/4 c lemon juice or vinegar
3/4 c olive oil
1 whole clove garlic, peeled

Optional additions:

2 t sugar
1 T oregano
1 t parsley flakes
1/2 t celery seed

Combine spices with 2 tablespoons of lemon juice and 2 tablespoons of oil. Mix well. Continue adding, alternately, a few tablespoons of oil and juice at a time. Mix well after each addition. Drop peeled garlic clove into jar.

YOGURT VINAIGRETTE

1/2 c plain yogurt
1 t honey
1/2 t lemon juice

1 T parsley or chives, chopped
salt
pepper

Combine all ingredients. Pour over salad.

RANCH STYLE DRESSING

1 c yogurt
1 t parsley, minced
1 t garlic salt

1 c mayonnaise
1/2 t onion salt

Combine ingredients and store in refrigerator.

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THOUSAND ISLAND DRESSING

one part ketchup or chili sauce
two parts mayonnaise

Mix ketchup and mayonnaise. Add a dash of pepper and 1/4 teaspoon salt for each half cup of mixture. For more flavor, add a pinch of minced fresh or ground piment, finely chopped cucumber, onion, green pepper, hard-boiled eggs, minced chives, chopped parsley, or minced olives.

4 T evaporated milk

Mix together and use on fruit salads. Especially good with bananas. salt
pepper

FRENCH DRESSING

1 T grated onion
2 T sugar
1/2 c salad oil
2 T lemon juice

Mix all ingredients in a jar and shake well. Makes 1 1/2 cups. Keeps well in a refrigerator.

1 t salt
2 T red wine vinegar
1/2 c ketchup
1 t paprika

PC Cha

CHINESE DRESSING

1/4 c lemon juice
1/4 c soy sauce

Mix all ingredients. Shake well.

1 T honey (or sugar)
dash ground ginger

SESAME OIL DRESSING

1/3 c oil
1/3 c sesame oil
2 t soy sauce

Put oil and sesame oil in a bowl. Add soy sauce, mustard, pepper, and lemon juice. Beat thoroughly. Excellent on rice, bean sprouts, or Chinese cabbage salads.

1 t prepared mustard
1/4 t black pepper
1/3 c lemon juice

PC Ton

PEANUT BUTTER DRESSING

4 T peanut butter

4 T lemon juice

PC Ton

CROUTONS

1 sm onion, minced
2 cloves garlic, minced
2-3 c bread cubes

Soak onion and garlic in oil for several hours. Strain onion and garlic from oil and discard. Toss bread cubes in oil until well coated. Spread cubes on a cookie sheet, sprinkle with spices and bake for about 15 minutes until golden brown, stirring often.

1 tomato, chopped
1 cucumber, thinly sliced
6 black olives
1 c croutons
1/2 c olive oil
1/2 T herbes de provence
salt and pepper to taste

Mix dressing in a small jar and let stand. Lay a bed of greens down and cover with the remaining ingredients. Add dressing evenly.

Salads

TOSSED SALAD

Begin by washing your greens. Whatever type lettuce you use, make sure to wash it carefully, inspecting it well for bugs, grit, and worms. If your lettuce has somewhat "dubious origins", you'll probably want to soak it before consumption to kill any bacteria or parasites that might be lurking on the leaves. Choose from the following possibilities:

- 1) 1 iodine tablet / 1 liter of water; soak for 30 minutes and rinse
- 2) 3-4 drops chlorine / 1 liter water; soak for 30 minutes and rinse

If your lettuce is wilted, you'll probably want to continue soaking it in ice water with a little vinegar added.

Once lettuce is clean and crisp, gently shake off the excess water and dry with a soft absorbent dish towel.

GREEK SALAD

4 c shredded mixed greens
1/2 lb feta cheese, sliced
1 red onion, sliced
1 sm jar marinated artichoke hearts

Dressing:
leftover artichoke marinade
1/2 c olive oil
1 T crushed oregano leaves

CAESAR SALAD

1 head romaine lettuce, shredded
1 med onion, sliced
1/2 grated parmesan cheese
1 1/2 T lemon juice
1 c seasoned croutons
8 anchovy filets, drained and chopped (opt)
1/2 lb fried chicken strips

Dressing:
3 cloves garlic, crushed
1/4 T Dry mustard
1/4 T salt
1/4 T ground pepper
1 1/2 T olive oil
1 1/2 T water
1 1/2 T worcheshire sauce

Mix dressing by shaking ingredients vigorously in a sealed jar. Add chicken or anchovies to dressing and set aside. Lightly toss the salad with dressing. Add cheese, lemon juice, and croutons and toss again until it is well mixed.

AMAZING SWISS GREEN BEAN SALAD

Dressing:

1/2 c oil (not palm!)
1 T red wine vinegar
5 T fresh lemon juice
2 T dijon mustard
2 lg cloves of garlic, minced
1/2 t tarragon, crushed
1/2 T dried dill weed (don't skip this!)
1/2 c minced parsley
1/2 T salt
1/2 T back pepper

Salad:

1 1/2 lb fresh green beans, cleaned and de-strung
1/3 lb swiss cheese, cut into thin strips
1/2 c toasted almonds (well, you can't have everything!)

Steam the beans until just tender, remove from heat and rinse in cold water. Toss together with the dressing. Chill over night, stirring occasionally when you can to ensure a good marinating. Add cheese and almonds before serving.

Simple dressing variation:

1/3 c wine vinegar
1/3 c oil
1 med onion, minced
2 cloves garlic, minced
1/4 T oregano
salt and pepper
1/4 c water

POTATO SALAD

1-2 kg potatoes
vinaigrette
a few hard-boiled eggs, chopped
finely chopped onion
chopped parsley
chopped chives (optional)
chopped cucumber
salt, pepper, paprika
mayonnaise

Boil potatoes (in their skins), just until done, about 20 minutes. While they're still warm, remove skins and cube. Pour vinaigrette over them, but not too much (enough to give a good flavor; not so much that they're swimming in it). Add a combination of eggs, onion, parsley, chives, etc. Salt and pepper to taste. Chill for at least an hour. Add mayonnaise. Sprinkle with paprika. Chill well before serving. Good served over a bed of lettuce.

Rinse with cold water to cool quickly. Gently stir pasta into veggie mixture, salt to taste. Serve chilled.

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Optional additions:
carrots, grated
red pepper, chopped
green beans
garlic, minced
ginger, minced
maggi sauce

JEFFOIR COLE SLAW

6 c thinly sliced cabbage

2/3 c finely chopped carrots

Dressing:

2/3 c mayonnaise
1/2 t salt
1 T red wine vinegar

2 T sugar
1/2 t pepper
1 t Dijon mustard

Mix sauce with veggies, chill (if possible!), eat!

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PASTA SALAD SANTA FE

1 ripe avocado
1 cucumber, quartered and sliced
1 c tomatoes, chopped
1/2 c olives, chopped
1/3 c red onion chopped
3 c textured pasta (shells, twists etc.)
1 c diced celery (optional)

Dressing, whisk together:

1/4 c red wine vinegar
3 T vegetable oil
1 1/2 T minced garlic
1 T oregano, ground cumin
1/2 T chili powder, pepper

Lor

Peel and cut avocado into 3/4" pieces. Stir into dressing along with cucumbers, tomatoes olives and onions. Cook pasta and drain well.

HERBAL PASTA SALAD

3 tomatoes chopped
1/2 c olives, pitted and chopped
6 cloves garlic minced
1 sm can of sliced mushrooms
3 T red wine vinegar
cheese, chopped up into little cubes (if you've got it)
1/2 lb pasta *"the more interesting, the better"*

1 lg onion, chopped
1/2 can marinated artichoke hearts
a dash of piment
1 T lemon juice
8 T olive oil

basil, pepper

Boil pasta in salted water until tender, then drain. Meanwhile, sauté garlic and piment in a little bit of the oil. Add onions, then mushrooms and olives. Sauté until onions are tender but firm. Remove from heat. Add remaining ingredients. Serve with garlic bread. [A huge batch of this makes an excellent lunch for several days.]

TUNA SALAD

1 can tuna, drained
1/4 c mayonnaise
chopped parsley
1 lg cucumber, peeled and thinly sliced

minced onion
1 T Dijon mustard
salt, pepper, celery salt

Combine all ingredients except cucumber. Mix well. Line bowl with cucumber slices. Fill with tuna mixture. Garnish with remaining slices.
Variations: Add hard boiled eggs, cold sweet corn (drained), or chopped pickles.

FRUIT SALAD

guava, sliced
papaya, cubed
apples, cubed
grapefruit segments
cinnamon, nutmeg, sugar

pineapple, cubed
orange segments
bananas, sliced
lemon juice

Combine 3 or more of the above fruits. Add lemon juice to keep apples and bananas from browning and to add flavor to papaya. Season to taste with cinnamon, nutmeg and sugar. Good served with yogurt.

SOUPS

VEGETABLE STOCK

Use to add a fuller more vegetable-y flavor to soups rather than just plain water. Furthermore, it makes good use of vegetable scraps that would otherwise be thrown away.

The best vegetable stock comes from the skins and innards of:

onions
bell peppers
corn cobs
pineapples

melons
spinach stems
zucchini
green beans

tomatoes
potatoes
parsley stems

garlic
carrots
lettuce

If you use cabbage or celery, use just a little. Their flavors are too dominating. Eggplant will make it bitter. Also don't use citrus rinds or banana peels.

Save enough scraps to fill a pot half-way. Cover with water and bring to a boil then simmer, covered, for at least an hour. Cool and strain. Give it a taste before using to make sure it is not too bitter as that will carry into the soup.

GAZPACHO (COLD TOMATO SOUP)

2 large cans whole tomatoes
2 onions
1-2 green peppers
4-5 cucumbers (peeled and seeded)
salt, pepper, thyme, oregano, dill, parsley, chives, tarragon, coriander

Chop everything that's choppable. Combine all ingredients and season to taste. Chill. For a smoother soup, you can grate the vegetables with a hand grater. For an even smoother soup, blend all ingredients in a blender or food processor.

"COOL AS A CUCUMBER" SOUP

3 c fresh yogurt
1 lg. cucumber
3 cloves garlic, minced

Peel cucumber and smash it together with garlic and onion. Mix in yogurt. Salt and pepper to taste. Put in the fridge overnight. Garnish with dill weed. Serve cold. Also good with avocado.

Emily Puckette & Diana Turner

1/3 c vinegar (optional)
1/3 c oil (optional)
4 cloves of garlic
1/3 c lemon juice

VEGETABLE SOUP

3 T oil
2 med. onions, chopped
1/2 c shredded cabbage
1/4 T salt
2 c green beans, chopped
other veggies

Heat oil in a heavy kettle. Add carrots, onions, parsley, and salt. Cover and heat for 15 minutes. Add the rest of the ingredients and heat to boiling. Reduce heat and simmer 15 minutes or until vegetables are tender. **Option:** Add 1/3 cup rice or pasta in the last 15 minutes.

GYPSY

SOUP

Mollie Katzen, The Moosewood Cookbook

3-4 T olive oil
2 c chopped onion
2 cloves crushed garlic
2 c chopped, peeled sweet potatoes
1/2 c chopped celery
1 c chopped tomatoes
3/4 c chopped sweet peppers
1 1/2 c cooked chickpeas
3 c stock or water

In a soup kettle or saucepan, sauté onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock of water. Simmer, covered about 15 minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes or so- until all of the veggies are as tender as you like them. The veggies used in this soup are flexible. Any orange veggie can be combined with green. For example, peas and green beans could replace the peppers, carrots can be used instead of, or in addition to, the squash or sweet potatoes, etc.

FRESH TOMATO SOUP

1/4 c margarine
1/2 c chopped onions
1/4 c flour
1 c water
6 med. tomatoes (peeled and diced)
1 T minced parsley

Cook onion in butter until tender in a med. sauce pan, do not brown. Stir in flour until well blended. Gradually stir in water. Add tomatoes and other ingredients. Bring to a boil and then simmer for 30 minutes, stirring frequently. To make it creamy add a cup of milk 10 minutes from the end, or thin it with water if desired.

EASY EGGPLANT SOUP

2 c water
1 chicken bouillon cube
3 small eggplants, roasted, peeled, chopped
2 cloves garlic, minced
2 T paprika
1 T turmeric
1 T basil
1 T salt
dash of cinnamon

Combine and cook until thickened.
dash of cayenne

LENTIL SOUP

1 bay leaf
1 T tamari
3 c lentils, washed
7 c water
2 T salt
2 T minced garlic
1 c chopped onion
1 c chopped celery
2 T oil
1 c diced potatoes
1-2 carrots, sliced

Cook lentils in salted water for 3-4 hours over low heat. Sauté garlic and onions in oil. Add celery, carrots and potatoes and cook for a few more minutes. Add to lentils with the rest of the ingredients. Cover and simmer for 30-60 minutes. Good served with rice.

FRIJOLES NEGROS (SPANISH
BLACK BEAN SOUP)

PC Zaire

1 lb. black beans (or any dried beans)
2 T oil
1 medium tomato
1 bay leaf
1/2 onion, chopped
1/2 green pepper, chopped

1 garlic clove, minced
1 t oregano
1/4 t cumin
2 T vinegar
1/2 hot sauce or piment
1 T salt

Wash and sort beans. Place in a deep bowl. Cover with water and soak overnight. Drain. Next day, pour beans and fresh water into soup pot, adding enough water to cover beans. Add remaining ingredients except salt and cook slowly until beans are almost tender (about 1 hour). Add salt and simmer until beans are done.

"SOUP DU JOUR"

1 onion, chopped
2-3 garlic cloves, minced
1 t minced piment, to taste
2 T olive oil or other oil
6 c water
1/2 c rice, well washed
2-3 small zucchini or other green vegetable

Sauté onion, garlic, piment and olive oil in a large pot. Add lentils and 3 cups water. Cook 20 minutes or so. Add rice, 3 cups water and bouillon cubes and cook for 20 more minutes. Add tomato paste, tomatoes, zucchini and more water if soup is too thick. Cook about 10 more minutes, until green vegetables are tender. Season to taste.

CREAM OF ANYTHING SOUP

Basic cream:

1 T margarine
1/4 c chopped onions or leeks
1 T flour
1 1/2 c milk
splash of white vinegar

salt
pepper
garlic
celery salt

Anythings:

1 c mashed or sliced cooked potatoes
1/4 c mushroom pieces and chicken bouillon
pieces of chicken and 1/4 c cooked rice

1/2 can tomato
3/4 c grated cheese and 2 T paprika
chopped spinach

Sauté onions in margarine. Stir in flour. Slowly add milk, stirring constantly. Do not boil! Add seasonings and the 'anything'.

CHEESE AND POTATO SOUP

1/4 c butter or oil
1 onion, chopped
1 clove garlic, minced
2 c milk
2 c chicken broth

Sauté onion and garlic in butter or oil. Add potatoes and sauté a bit. Add liquids and

spices. ~~Season~~ Season until potatoes are tender. Mash them. Stir in cheese and serve.

2 chicken bouillon cubes
1 small can tomato paste
2-3 tomatoes, cut up
1/2 c small lentils, washed
curry powder (optional)
salt & pepper, to taste

Gaboprix Gourmet

2 large potatoes, peeled and cubed
1 c packed grated cheese
bay leaves
herbes de provence
salt and plenty of black pepper

POTATO SOUP

4 c chopped potatoes
1/2 - 1 c chopped onions
2 -3 garlic cloves

In a large pot cover potatoes, onions and garlic with water. Gently boil until potatoes are tender. For a thicker, smoother soup, drain some of the cooking water and smash the potatoes. In a separate bowl, combine NIDO with 2 cups of water. Add NIDO mixture and spices to potatoes, heat through. Adding a gravy or sauce packet can add some nice flavor; combine with NIDO and water; some ideas are turkey gravy mix, chicken gravy mix, hollandaise sauce, etc.

FRESH CORN CHOWDER

2 T butter
1 c chopped onion
4 c fresh corn
1/2 T salt
black pepper
1 c stock or water (more if you like it saucy)

Cook onions in butter, add celery and bell pepper, 3-5 minutes later. Keep cooking. Five minutes later, add corn and potatoes. Add seasonings, stir and cover. Reduce heat and cook for 5 minutes. Add stock, cover and simmer 5 minutes. Using a blender, purée about 1/2 of the solids in the soups own liquid. Ten minutes before serving, add milk. Don't actually cook the soup any further, simply heat to serving temperature.

BASIC STEW RECIPE

1/4 c oil
1/4 c flour
2-3 small onions, chopped
1 cut-up chicken browned in oil (or 1/4 kg Ragout)
850 ml can of the following: mixed veggies, peas, butterbeans, carrots, or string beans

PC Chad

Heat oil over low heat. Add flour and stir constantly. Don't let it stick. Stir until mixture turns the color of a wet brown paper bag. Add onions (and green pepper + chicken) and continue to stir until onions become soft and clear. Add vegetables, etc. and 2-3 cups of water. Let simmer over a medium flame for at least 1 hour (the longer, the better). Add salt and pepper to taste. Add parsley the last 10 minutes. Serve over rice.

1/2 T basil
1/4 T thyme
1/2 c minced celery (optional)
1 minced bell pepper (optional)
3 cubed potatoes
18 oz tin of Peak evaporated milk

The St. Pierres

1/2 c chopped green pepper (optional)
3-4 diced potatoes (optional)
1/4 c chopped parsley (optional)
3-4 c cooked rice

MOM'S CHICKEN SOUP

1 chicken, cleaned and cut up (leave skin on)
2-4 bouillon cubes
2-3 cloves garlic
1 onion, chopped
1 can whole tomatoes
1/2 can peas
salt, pepper, celery salt, cayenne, basil, thyme,
parsley, 1 bay leaf, sage

Cover chicken with water. Add pepper, celery salt, and 2 bouillon cubes. Boil until tender. Cool. Remove chicken and debone, taking off skin. Spoon fat off stock. Put chicken back into pot.

Sauté garlic and onions and mushrooms in a small amount of oil and butter. Add to the chicken mixture. Add tomatoes. Bring to a boil. Turn down heat and let simmer. Season to taste. Add more cubes if necessary. Add rice (macaroni/noodles/couscous) and potatoes. About 10 minutes before rice (or whatever) is done, add canned vegetables. Be careful not to overcook them. Simmer until done, 5-10 minutes. Of course FRESH VEGETABLES are best when available. Just make sure to add them before adding the rice and potatoes.

Variation: This recipe can also be adapted to make a beef soup/stew.

FRENCH ONION SOUP

4 c chicken or beef bouillon
1 1/2 c finely sliced onion
2 T parmesan cheese, or finely grated Emmental

Bring bouillon to a boil. Simmer. Sauté onion in butter until transparent. Add to bouillon and simmer 10 minutes. Just before serving, cover with slices of toasted French bread. Sprinkle with cheese. Heat in oven until cheese melts.

EGG DROP SOUP & Margo Schultz

7 c clear chicken broth
1/2 c cornstarch
1/2 c carrots
1/4 c cold water
1/2 t sugar
1 c chicken, finely chopped (if available)

Heat broth to boiling point in large saucepan. Meanwhile, in small bowl, make a smooth paste of cornstarch and cold water. Slowly stir cornstarch mixture, sugar, salt, and pepper into hot broth. Heat to boiling point, stirring constantly. Mixture should be slightly thickened and translucent. Reduce heat. Add eggs, a small amount at a time, stirring to separate them into shreds. Remove from heat, add green onions. Serve at once. Makes 8 servings.

CHILI

2 lb. ground beef (optional)
1 large onion
1 green pepper
18 oz. tomato paste
18 oz. water
1 T chili powder

Cook meat and onion in a little oil. Add seasonings and simmer for 5 minutes. Add cooked beans and simmer 1 hour, add more water if it gets too thick.

PC Chad

1/2 T pepper
1/2 T oregano
1 T cumin
2 cloves garlic
1 T salt
16 oz canned kidney beans, cooked

SAUCES

*(for meats, vegetables, pasta,
rice, etc.)*

BASIC WHITE SAUCE

2 T butter
2 T flour
pepper

In a heavy saucepan, melt butter. Stir in flour (preferably with a wire whisk) to make a paste. Let paste bubble a bit, but don't let it brown. Add milk and continue to stir as the sauce thickens. Bring to a boil. Salt and pepper to taste. Lower heat and cook, stirring, 2-3 additional minutes. Remove from heat.

Cheese Sauce: Stir in 1/2 cup grated cheese during the last 2 minutes of cooking, along with a dash of cayenne or dry mustard if you like. (Vache Qui Rit may be substituted for cheese.) Recommended for vegetables, rice, macaroni, and egg dishes.

Cucumber Sauce: Stir in 1/2 cup thinly sliced or shredded cucumbers and a dash of cayenne pepper. Simmer for 5 minutes. Recommended for fish.

Curry Cream Sauce: Add 1 teaspoon curry and 1/4 teaspoon ginger. Recommended for chicken, lamb, shrimp, and rice.

Dill Sauce: Add 1 teaspoon minced fresh dill or 1/2 teaspoon dill weed and a dash of nutmeg to the flour. Recommended for spicing up bland meat or fish.

Egg Sauce: Stir in 2 finely chopped hard-boiled eggs. Recommended for salmon or other fish.

HOLLANDAISE SAUCE

2 egg yolks
6 T butter, melted

Mix all ingredients together in a small bowl and serve warm. Great for eggs benedict, cauliflower, etc.

LIGHT SUPREME SAUCE

2 T butter
1 T flour
1 c chicken broth
1 c milk
salt

Melt butter. Stir in flour and make a smooth paste. Slowly add broth, blend until smooth. Let simmer 10 minutes. Add cream. Season with salt and pepper. Serve 3 tablespoons of sauce on a plate and place crisp browned fish on top.

2 T Lemon juice or vinegar

CREAMY TOMATO SAUCE

1 med onion
2 T chopped garlic
3 c chopped tomatoes

Sauté onion and garlic in a little oil. Add 2/3 of the tomatoes and sauté until much of the liquid is gone, usually about 10 minutes. In a separate bowl combine milk, tomato paste and spices. Add remaining tomatoes, cooking briefly then pour over milk mixture. Stir until mixed and heat through. Dresses 250 g of pasta. Add a splash of wine for extra flavor; add all tomatoes at once for a creamer sauce; add a bell pepper for a slightly different flavor; omit tomato past for a creamier, less 'tomato-ie" taste.

FRESH TOMATO SAUCE (MARINARA)

6 vine ripened tomatoes
1 T lemon juice
2 T fresh basil, chopped
1/2 c olive oil
1 bell pepper, chopped
1/2 c mushrooms, chopped (optional)

Mix tomatoes, lemon juice, basil and peppers together in a bowl. Heat oil in a pan and sauté garlic for 2 minutes. Add the scallions and sauté for 1 minute more. Add tomato mixture, salt and pepper. Simmer for 10 minutes. If you want to thicken the sauce for use with lasagnas etc, add a can of tomato paste. Other good additions to your sauce could be 1/2 c chopped mushrooms, 1/2 c browned hamburger, red wine vinegar, oregano, herbes de provence, dill, thyme, bay leaf and ginger. Serve over pasta and garnish with parsley and parmesan cheese if you have any.

Eggplant variation:

A good variation includes adding 1 cup eggplant, steamed until tender, peeled and cubed. Add to the tomato mixture before cooking and make sure to add some sugar as

the eggplant will probably make sauce bitter.

1 can evaporated milk
1 can tomato paste

EGGPLANT TOMATO SAUCE FOR PASTA

2 sm eggplants
2-3 garlic cloves
1 can whole tomatoes

Wash eggplants and pierce in several places with a knife. Roast eggplants by placing on a baking sheet and bake until soft, about 30 minutes for small eggplants and 60 minutes for large. Cool, peel, and chop. Sauté onion and garlic in oil. Add tomatoes and cook 20 minutes. Add eggplant and cook about 10 minutes more. Season with salt & pepper, and fresh, minced basil, if available.

Lora Shimp

3 cloves garlic
1/2 c sliced scallions
salt to taste
1/4 t pepper or to taste
1 t sugar if sauce is too bitter

A WANNABE ALFREDO SAUCE

5 cloves garlic, minced
1 sm onion, minced
2 T butter/margarine
1 1/2 c water
1/2 c milk powder
1 sm can of mushrooms, sliced (optional)

Sauté onions and garlic in butter until the onions have become clear. Thoroughly mix water with milk powder and flour and add to the onions and garlic. Add 'Vache qui rit' in small pieces to insure that it melts. Add mushrooms if desired. Simmer for 5-10 minutes, stirring frequently. Add spices and simmer until it is almost to desired consistency as it will thicken some when it cools. Serve warm over pasta and with garlic bread.

PESTO

3 c packed fresh basil, chopped
3/4 c packed fresh parsley, chopped
4+ cloves garlic, minced
1/2 c shredded pine nuts, walnuts, almonds, or combo
salt to taste

Combine everything in a blender on low, then medium speed until it has the consistency of a smooth paste. Toss with hot drained pasta. You can also pound this mixture in a mortar/pestle for lack of a blender and/or electricity.

LEMON PEPPER CREAM SAUCE

1 T oil
1/2 onion, chopped
2 garlic cloves, minced
1 T flour
2-3 T NIDO
1 sm can veggies, drained

Sauté onion in oil. Remove from heat. Mix in flour and NIDO. Add water and cook until thick. Add Vache Qui Rit, citron juice, and spices. Cook until smooth. Stir in veggies and cook until hot.

1 T black pepper
1/2 t salt
2 T flour, sifted

3/4 c grated parmesan cheese
1/2 c olive oil
1/4 c melted butter

Gaboprix Gourmet

4 sections Vache Qui Rit
basil, minced
juice of 1-2 citrons
4-6 T water
black pepper, to taste

ONION BROWN SAUCE

2 T butter
4 T finely chopped onion
1/4 t pepper

Melt butter in a saucepan and add onion. When the butter is barely brown, stir in the pepper and flour. Cook slowly and boil gently for 1 minute. Add salt and turn to simmer/cook for 14 minutes. Add more liquid if necessary.

Brown Curry Sauce: Add 1 teaspoon curry powder and 1/4 teaspoon mustard.

DILL SAUCE

1/2 c sour cream
1/2 c mayonnaise

Combine all ingredients and chill.
Recommended served with vegetables.

MUSTARD SAUCE

1/2 c mayonnaise
1/4 c milk

Combine ingredients and boil. Good over green vegetables.

HERBED BUTTER SAUCE

To 1/4 lb butter add:
-fresh minced parsley and a pinch of piment
or -1 t onion powder
or -1 t roasted garlic
or -1/8 t each dried thyme and marojuam

After mixing, herbed butter should be allowed to sit for 30 minutes or more. Good sauce to use for basting fish, either on the grill or in the pan.

TARTAR SAUCE

3/4 c mayonnaise
2 T minced dill
1/4 t pepper

Combine all ingredients in a bowl. Stir until well blended. Good on tuna salad sandwiches.

PC Tonga

1 t dill weed (dried)
2 T finely chopped dill pickles

PC Tonga

1/4 c prepared mustard

PC Chad

WHITE WINE SAUCE

3 T butter
1/2 c chicken or maggi bouillion
1/8 t dry mustard
pinch of pepper

Melt the butter over medium heat. Stir in flour. The flour should not be allowed to brown, but needs to be cooked long enough to eliminate its raw, starchy taste. Add the stock and simmer, stirring briskly until the sauce is smooth. Add seasonings and wine. Take from heat and let stand 5 minutes before serving.

BEER MARINADE

12 oz Beer
1/2 c oil
3 cloves garlic, minced

Mix ingredients and use to marinate beef or chicken before cooking. Ideally for at least 12 hours.

SWEET AND SOUR SAUCE

1 T vegetable oil
2 cloves garlic (whole)
1/4 t ground ginger or 1 t shredded ginger root
1/2 c water
2 T cornstarch dissolved in 4 T water
1 c pineapple syrup (from canned pineapple, or just add some sugar to pineapple juice and boil it)

Heat 1 tablespoon oil in saucepan over medium heat. Brown garlic and ginger. Blend in brown sugar, vinegar, soy sauce, pineapple syrup, and water. Remove garlic. Bring to a boil. Stir in cornstarch mixture, pineapple chunks, and pepper. Bring to boil and cook one minute, or until sauce is clear. Pour sauce over fish or chicken. Serve immediately.

PC Chad TERIYAKI SAUCE/MARINADE

1 T flour
1/4 c Maggi
1/2 t salt
1 T fresh lemon juice (or vinegar)
1 T oil
1 heaping T brown sugar (or 4 sugar cubes or 2 T honey)

Combine all and use as marinade and basting sauce for grilled meat or poultry.

PC Chad

1 T sugar
1 t salt
2 T lemon juice

PC Tonga

1/2 c brown sugar
1/2 c cider vinegar
2 T soy sauce
1 pineapple, chopped
1 green pepper, sliced thinly

PEANUT SAUCE

Sauté in 1/4 c oil:

1 lg diced onion
6 cloves crushed garlic
minced piment
1-2 diced tomatoes (optional)

Cook until well mixed or until meat is done.
Serve with rice, pasta or couscous.

bottom of the pan. ^{Andy Kerrigan} Deglaze by pouring 1/2 cup boiling water or broth into pan. Season with salt and pepper. Cook 1 minute. ^{Andy Kerrigan} For a thicker gravy, mix 1-2 tablespoons cornstarch or flour with 1-2 tablespoons water. Stir into gravy mixture and thicken over low heat, stirring constantly.)
2 crumbled Maggi cubes
Can be seasoned with celery salt, parsley, and cayenne.

BARBEQUE SAUCE

6 T Worcestershire sauce*
6 T lemon juice
2+1/4 c tomato paste
2 T sugar
3+1/2 c water

1 clove garlic, minced
2+1/4 t ground piment
1 T salt
1/4 t pepper

Combine all ingredients in a saucepan. Bring to a boil, reduce heat, and let simmer about 20 minutes. * Guinness is good for you and for BBQ sauce so substitute!

TAHINI-LEMON SAUCE

1 1/2 c tahini (sesame seed paste)
1 1/2 c plain yogurt
1 garlic clove, crushed
1/2 c lemon juice

1/4 c parsley
1/2 t cumin
tamari (or soy sauce)
salt, cayenne, paprika

Combine all ingredients and beat with a wire whisk or wooden spoon.

PAN GRAVY

2 T melted fat from cooked meat or chicken
1/2 c water or broth, boiling (or milk or cream; or red or white wine)

salt, pepper

Spoon off all but 2 tablespoons of fat from the roasting pan or skillet in which meat has been cooked. Using a spatula or a wooden spoon, stir or scrape the bits from the

MARINADE FOR "JERKED" MEAT

2 onions
3 piments
2 T fresh ginger
3 T peppercorns

Pound first 6 ingredients in mortar. Add vinegar and Maggi. Use to marinate meat and chicken. Cook down for sauce.

PC Gabon

2 T allspice
2 T thyme
1/4 c vinegar
1/4 c Maggi Arome

RICE AND PASTA

Rice

Some advice concerning rice

Feeling lost now that you can't find any Minute Rice? Do not despair! Cooking rice is easy, if you follow the hints below.

There are two types of rice available in Cameroon:

bulk rice: Some of it's even grown right here! Made in Cameroon. If you know how to prepare it, it's just as good as the more expensive stuff. Bulk rice is 200-400 CFA/kg. Make sure to wash it at least 3-4 times before cooking to remove bugs, dust, and little rocks. Inspect it well before cooking.

prepackaged rice: This is all imported and much more expensive than bulk rice (600+ CFA/kg). The advantage is that it's free of bugs, dust, and rocks so you don't have to wash it.

Cooking Rice

Both types of rice yield approximately 1 cup cooked rice for every 1/3 cup uncooked rice. The general rule is 1 part rice for every 1 1/2 parts water. This varies, however, depending on the moisture content of the rice.

Heat rice, water, and salt to boiling, uncovered. Stir once. Reduce heat to simmer. Cover pan with a tight lid and cook about 15 minutes, or until all water has disappeared. Remove from heat. Fluff with fork. Cover and let steam another 5-10 minutes. Do not overcook--it produces a mush.

Notes:

- Use a fork to stir or fluff rice. Anything else will crush the grains.
- To reheat cooked rice, place it in a heavy pan with a tightly fitted cover. Sprinkle water over rice (about 2 tablespoons water for every cup of rice). Cover and heat over low heat 5-10 minutes, or until hot.
- Cooked rice will keep 4-5 days refrigerated in a tightly covered container.

Flavor Variations:

> "*cook-ins*" (add before boiling)

*Substitute chicken or beef stock for all of the water.

*Add a bouillon cube or a few shakes of Maggi.

*Substitute fruit juice for half of the water.

*Add chopped onion.

*Add peanuts (shelled, skinned, or roasted).

> *"stir-ins" (add after rice is cooked)*
 *chopped parsley or any other fresh herbs
 *2 T minced onion sautéed in 2 T butter
 *1/2 c shredded carrot + 2 T melted butter
 *canned peas and/or carrots (drained)
 *canned sweet corn (drained)
 *chopped omelet
 *browned butter (butter heated until light brown in color)
 *lemon butter (2 t lemon juice + 2 T melted butter)

3 c water
 1 1/2 c lemon juice

Cook rice, onions and sesame seeds in oil until onions are clear. Add water and bring to a boil. Cover and simmer until water has all been absorbed. Add tomatoes and lemon juice, cover and let stand 5 minutes.

RICE CAKES

Holly Nony

2 c cooked rice
 2 T sugar
 1/2 t baking powder

1/2 c flour
 1/2 t salt
 1 beaten egg

Combine all dry ingredients and mix thoroughly. Add the egg and stir with a fork until all ingredients are wet. Shape into cakes about 2" in diameter and 1/4" thick. Coat the sides with additional flour. Place in hot oil and sauté on both sides until light brown. Serve plain or with jelly and butter.

CURRIED RICE

Barb Ruys & Brian O'Day

2 med onions, chopped
 2 1/2 T curry powder
 2 c water
 peanuts, raisins

1 lg apple, chopped
 cayenne, cumin
 1 c uncooked rice

Simmer apple and onions in butter. Add curry, cayenne, and cumin to taste. Continue to simmer until brown. Add remaining ingredients. Cover and cook until rice is done. Serve with yogurt.

BRAZILIAN RICE

2 T oil
 2 c rice

1/2 c sesame seeds
 1 onion, chopped

SPANISH RICE

2 onions, sliced
3 c water, boiling
2 green and/or red peppers, chopped
2 cloves garlic, minced
1/2 c grated cheese
salt, pepper, paprika, chili powder (or cayenne)
ginger, coriander, oregano

Sauté onions and garlic in oil until soft. Add water and rice. Once half of the water has boiled away, add tomatoes, green pepper, and seasonings. Cover and cook slowly for 30-40 minutes. Sprinkle with grated cheese before serving.

Heat a thin film of oil in a casserole. Sauté onions. Add 2 teaspoons of tomato paste and the mushrooms. Two minutes later, add the peas, then add the tomato, salt, and pepper. Cover the casserole and let simmer for 3-4 minutes. Pour 4 cups of water into casserole. Salt. Bring to a boil and pour in the rice. Once the contents come to a boil for the second time, add cheese and butter. Stir. Cover tightly and cook over low heat for 15 minutes, or until all water is absorbed.

JAMBALAYA

2 c rice
3-4 chopped onions
1 green pepper
1 sm can of sliced mushrooms

Brown rice in oil in large pot over medium to high flame, stirring fairly constantly to keep rice from burning. When rice is medium to dark brown, add onions (green peppers, meat, chicken, mushrooms). Continue to cook until onions are soft and clear. Add tomatoes and continue to stir while mashing tomatoes into the rice. After 10-15 minutes (when tomato mixture has browned somewhat), add water until the level is one knuckle deep above the rice. Cook uncovered over medium-high heat until pockets appear in the rice. Cover, place on low heat for about 15 minutes. Stir only enough to keep bottom from sticking or hardening.

RIZ CREOLE

oil
1 sm can tomato paste
1 can peas, drained
salt, pepper
3 portions Vache Qui Rit

4 T oil
1 can tomatoes (425 ml)
1 c chicken pieces
salt, pepper, garlic

the St Pierres

1 onion, sliced
1 can mushrooms, drained
1 tomato, sliced
2 c uncooked rice
1 T butter

ALMOST-RISOTTO

1/4 - 1/3 c olive oil, vegetable oil, or butter
(or some combination)
1/2 onion, chopped
1 c uncooked rice
2 pinches basil
1 can (400 g) tomatoes (or any canned
vegetable)
2 sections Vache Qui Rit

Sauté onions and garlic in oil until translucent. Add rice and sauté until rice is browned. Add tomatoes and mash them up. Add spices. Add 1/2 cup of water or broth. Stirring frequently, add water/stock in 1/4 - 1/2 cup increments when liquid is all absorbed. When rice is almost done (you may need to add more water) and liquid is mostly absorbed, put Vache on top, cover for a minute, then turn off heat (still covered). After about 5 minutes, uncover and stir well.

seasonings and stir in eggs. Continue stirring and cook until eggs are done.

2 - 3 cloves garlic, crushed
a pinch each: rosemary and oregano
black pepper to taste

2 c water or chicken broth

SHEREH PILAF

2 T olive oil
1 t dried marjoram
salt and pepper
1 c rice

Heat the oil. Sauté the onion; add the herbs. Stir in the pasta and sauté until it starts to brown. Add the rice and continue to sauté for another couple of min. Pour in the water and stir once. Turn it way down and simmer for 20 minutes, or until rice is done.

1 med onion
pinch of rosemary
1/2 c broken spaghetti
2 1/2 c water

Karen Porter

FRIED RICE

1/2 c oil
2 carrots, thinly sliced
3-4 c of cooked rice
2 eggs, slightly beaten

Heat oil in a large fry pan. Add veggies and cook until they begin to brown. Add rice, stirring constantly. Add oil if sticking. Add

2 sm onions, chopped
2 green peppers, chopped
2 Maggi cubes or soy sauce
Salt and pepper to taste

RICE PILAF

1/4 - 1/2 c butter or oil
2 1/4 c tomato juice (or paste and water)
1 3/4 - 2 c chicken broth (Maggi poulet)
pinch sugar

Sauté rice in butter until golden. Mix with other ingredients in an oven proof marmite. Cover and bake about 45 minutes at 375°F. Fluff and let sit covered for 5 minutes before serving.

CHICKEN RICE PILAF

1 T butter
1 T chopped parsley
salt, pepper
1 1/2 c cooked, deboned, diced chicken
1/2 t tarragon
1/2 c peas

Sauté onion in butter. Add rice and brown for 3 minutes. Add salt, pepper, tomatoes, chicken, spices, and bouillon. Bring to a boil and lower heat. Let simmer (covered) for about 10 minutes. Five minutes before rice is done, add peas and parsley. Stir with a fork.

end up with an unappetizing grain
colander. Serve immediately. Good with
parsley, butter, and Parmesan cheese.
2 c uncooked rice
prepared mustard (optional)

3 T chopped onion
1 c rice
1 can whole tomatoes (800 ml)
1 bay leaf
1 1/4 c hot chicken bouillon

Pasta

Cooking Pasta

Use a large pot, large enough to hold sufficient amount of water for the quantity of pasta you plan to cook. The general rule is 3 parts water per 1 part pasta. Bring water to a boil. Add salt (2 teaspoons salt/liter water). Gradually add pasta, as not to disturb the boiling. Boil (uncovered) for about 5-10 minutes, depending on the size and shape of the pasta. Test. If not done, continue boiling and test every two minutes or so. Do not overcook, or you'll

HOME MADE NOODLES

1 egg, slightly beaten
2 c flour

Beat egg, oil, and salt together. Mix in enough flour to make a stiff dough. Knead for 5 minutes (until very smooth) on a lightly floured board. Cover with towel and let stand 20 minutes. Divide dough into four equal portions and, one at a time, roll each portion paper thin. Cut into strips of any width. Spread out to dry. Store in a tightly covered container, preferably refrigerated.

LASAGNA NOODLES

2 eggs, slightly beaten
2 c flour

Beat egg and salt together. Add enough flour to make a stiff dough. Knead on floured board about 6 minutes. Cover with a towel and let stand for 20 minutes. Roll dough thin, but not too thin. Cut into strips about 1 1/2" wide. Allow noodles to dry completely. They will keep a short time in an air-tight container.

PASTA WITH GARLIC, MUSHROOMS, AND BASIL

pasta
garlic (minced)
basil

Cook pasta until al dente. Meanwhile, melt plenty of butter and sauté garlic and mushrooms in it. Drain pasta and toss in butter mixture. Sprinkle with basil by rubbing the flakes in your hands to crush them.

FAUX FETTUCINI ALFREDO

250 g noodles

2 T flour
salt, freshly ground black pepper
basil, oregano, parsley, cayenne(optional)
canned mushrooms, optional
fresh, steamed vegetables

PC Tonga

Put water on for noodles. Meanwhile, melt butter and whisk in flour. Add garlic and seasoning and let cook 1 minute. Gradually stir in milk and heat to boiling point. Chop up Vache and toss in. Let Vache melt, stirring frequently. Boil noodles until al dente. Add veggies and noodles to sauce, correct seasoning, and heat through. [If it gets too thick, add more milk; too thin, more Vache.]
Serve with garlic bread.

PC Tonga

MACARONIA KIMA

1/2 † salt

2 lb macaroni
2 onions, finely chopped
4 T butter or oil
1/4 † ground cloves
bay leaves

Sauté onion and garlic in oil. Add meat and brown well. Add spices and tomato paste. Mix well. Add wine and simmer about 1 hour, adding wine or water as necessary. Serve with macaroni (which has ideally been coated with browned butter and garlic).

Herbert Caudin

PASTITSIO

butter

canned mushrooms (drained)

3/4 c dried lentils (or 1 can prepared)
3 T olive oil
2 onions, finely chopped
1/2 † oregano
1 garlic clove, pressed
1 lg can tomato paste
1 pkg. (500 g) noodles
3 T flour
3 eggs

If using dried lentils, wash them; then cover with 3 cups of water and let soak a few hours. Add a little salt and olive oil and cook until

water is nearly gone (30 - 45 min). Meanwhile, heat olive oil and butter together in a large skillet. Add chopped onions. Wash eggplant and chop into small pieces. Add to the onions, along with garlic and spices. Cover skillet and let sauté about 10 minutes, stirring occasionally. Chop up tomatoes and add them. When lentils are ready, add them as well (with whatever liquid remains). Let cook, stirring every now and then, until thick. Blend in tomato paste, heat it through, and correct the seasoning. Set aside.

Boil the noodles until just barely done (al dente). Butter a large baking dish and put half the noodles evenly across the bottom. Sprinkle cheese over them, then carefully cover with half the sauce. Repeat layers.

To make a custard sauce, begin by melting butter in a saucepan. Whisk in flour and let cook a couple minutes. Gradually whisk in milk. Beat eggs in a bowl and pour white sauce over them slowly, stirring with the whisk.

Pour this sauce over entire casserole. It should fill in the voids and bind everything together. If it rests on top, slide a knife through the layers in a few spots. Add a little cheese on top and cover. Bake at 400°F (205°C) for 1 hour.

BASIC MACARONI AND CHEESE

Salted, boiling water
2 T flour or cornstarch
1/2 c grated cheese, or 4 sections of Vache
Qui Rit

250-350 g. elbow macaroni
2 T butter or margarine

Cook macaroni in boiling water; drain and set aside. In a small saucepan, melt butter. Add flour and stir to make a thick paste. Add milk and stir with a wire whisk. Add cheese and spices. When cheese is melted and sauce is smooth, pour over macaroni. Stir. If desired, reheat macaroni for a few minutes over low heat, stirring constantly.

Idiot proof method: cook macaroni; add 1/2 Maggi cube and 1 wedge of Vache for each person eating.

FRIED NOODLES

<u>1</u>	<u>2</u>	<u>3</u>
sliced onions	boiled	
spaghetti	1/2 head of	
chopped cabbage		
sliced carrots		
chopped soya meat		
sliced mushrooms		
1 maggi cube, crumbled		
2 T oil		

Cook pile 1 in frying pan until the carrots are crispy. Add pile 2 and cook until the spaghetti is crispy. Add pile 3 and cook until the cabbage is done. Add pepper and maggi sauce and enjoy. Chopsticks are optional.

VEGETABLES

Beans

Cooking Dried Beans

Dried beans need to be soaked before cooking. Pick through your beans to remove debris that may be mixed in. Rinse them. Put in a pot with 4 times as much water, cover and let stand overnight. It is also good to add fresh ginger and a bay leaf to help reduce gas. If you don't have time for this, boil dried beans in water 2 minutes, cover, remove from heat and let stand one hour. (Lentils do not need to be presoaked.) Drain soaking water and add fresh water before cooking to make beans more digestible. To cook, boil for an hour checking frequently to make sure that there is enough water. If you need to add more make sure you add hot water instead of cold water, which will make the beans hard again and which will increase the cooking time. (Note: Do not add salt to cooking liquid until the end.)

YOUR BASIC RICE AND BEANS

Beans:

See Dried Beans recipe above and then:

1. In another pot (or the one you are using, having displaced the beans and rinsed and dried the pot) fry an onion (sliced) and chopped garlic (amount your call) in approximately 1/4 cup oil. Be sure to reserve the water in which the beans were cooked.
2. Add 2 cans of tomato concentrate. Rinse each can with potable water and add this as well.
3. Add 3 or 4 Honig or Maggi cubes.
4. Stir occasionally during all of this.
5. Add beans and water in which they were cooked plus a bit of potable water.

6. Cook until hot. Taste. Season (with salt and pepper).

See rice section for how to prepare rice.

GINGER BEANS

1/2 sm onion, chopped
4 cloves garlic, minced
1 T fresh ginger, minced
2 T oil

Sauté onion garlic and ginger in oil until the onions are clear. Add water, being careful to avoid spitting oil. Bring to a boil and add soy sauce and beans. Cook the beans until they are tender, making sure you don't run out of water. Serve over rice with the remaining sauce.

Clueless Gourmet

MARINATED WHITE BEANS

Bean Mixture:

1 c dried white beans
4 c water
1 bay leaf
2 lg garlic cloves (whole)
pinch of salt
1/4 c olive oil

Wash beans and combine with water in a large pot. Bring to a boil over med-high heat. Let boil 2 minutes; remove from heat and set aside, covered, for 1 hour. Add bay leaf, garlic, salt and the 1/4 cup oil. Simmer until tender but not mushy (1 1/2 - 2 1/2 hours). Drain beans and remove garlic cloves and bay leaf. Combine all the ingredients for the dressing. Place beans in storage container and cover them with dressing. Refrigerate overnight.

CURRIED LENTILS

1/4 c chopped onion
2 1/2 T flour
1 c chicken broth
1 can lentils, drained
cooked rice

Sauté onions in butter until tender, add flour and curry, and cook about 4 minutes. Slowly add the chicken broth and milk. When it begins to thicken, add lentils. Once the lentils are hot, take out about half and mash them (can be done in the pan if you have a masher). Put mashed beans in and stir well. Let sit about 20-30 minutes. Can be spiced with ginger and/or piment. When done pour over cooked rice and serve. For an added taste, dab yogurt on top.

DAL (INDIAN LENTILS)

1 1/2 c lentils or split peas
2 whole dried chilies

1/2 t salt
1/2 t cumin seeds
1 c chopped tomato
1 T lemon juice
1/2 c olive oil
salt to taste
1/2 c vinegar

Put lentils and water over high heat. Add the chilies, turmeric, and salt. Bring to a boil, then simmer until tender (30 minutes to an hour, depending on the legume). When nearly done, heat the oil in a small pan, add the cumin seeds, then add the onions and ginger and cook for five minutes. Stir the onion mixture, the garam masala, lemon juice, and salt into the lentils. Serve with rice.

ITALIAN GREEN BEANS

6 T chicken stock
1 can whole tomatoes
pinch of dried herbs
chopped parsley

Combine stock, oil, and tomatoes and bring to a boil. Add beans and herbs. Cover and simmer until beans are almost tender. Remove lid and continue to simmer until excess liquid has evaporated. Season to taste. Sprinkle with parsley, ginger, piment (optional)

Cabbage

STIR-FRIED SPICED CHINESE CABBAGE

1/2 kg Chinese green cabbage
2 T white vinegar
1 t salt
1 T oil

Karen Porter

Wash and trim cabbage. Cut each stalk into 1" x 1 1/2" pieces. In a small bowl, combine sugar, vinegar, soy sauce, salt and cayenne. To

cook, set large skillet over high heat. Add oil. Turn down to moderate heat. Add cabbage and stir fry for 2-3 minutes, just until tender, but still crisp. Remove from heat. Stir in soy mixture. Transfer cabbage to a platter and let cool to lukewarm before serving. May also be served cold.

FRIED CHINESE CABBAGE

PC Tonga

1/2 c water
1/2 t crushed ginger
1 t cornstarch
1 1/2 T oil
salt to taste

1 t soy sauce
1 t sugar
1 t sherry (optional)
1 clove garlic, minced
1/2 kg cabbage

Mix water, soy sauce, ginger, sugar, cornstarch, and sherry. Stir well. Put oil in a very hot skillet. Add garlic and salt. Cut cabbage leaves into 1" sections with the stem slanting about 45°. Put white stems in and stir fry 2 minutes. Add green leaves and fry another minute. Add prepared mixture. Stir for 1 minute. Cover and cook for 2 minutes.

Eggplant

EGGPLANT ISTANBUL

Put in saucepan and cook in oil for 10 minutes:
1/2 c onion

Add:

2 cloves garlic
1 sm can tomato paste

Simmer 15 minutes. Add salt and pepper to taste. Serve on rice or alone.

STUFFED EGGPLANT

3 med eggplants
1 clove garlic, crushed
250 g (1 c) hamburger, browned
1 t salt
2 T tomato paste

Preheat oven to 350°F (180°C). Cut eggplant in half and scoop out flesh, leaving 1/4" around the sides. Sauté onion and garlic in oil. Add hamburger and chopped eggplant. Sauté for 3-5 minutes. Season with parsley, salt, and pepper. Stir in rice and tomato paste. Cook for 2-3 minutes. Remove from heat and beat in 1 egg. Arrange eggplant shells in casserole dish. Fill with mixture. Pour remaining oil over eggplants. Cover with lid or foil and bake for 1 hour. Equally good hot or cold.

Variations: Leftovers such as baked beans, spaghetti and meat sauce may be used in this recipe.

CURRIED EGGPLANT

1 sm eggplant
6-7 t fine yellow cornmeal or flour
1 t cayenne or 1/8 t chili powder
2 egg whites, beaten until stiff

Cut eggplant into 1 1/2" cubes. Heat oil in medium saucepan to 375°F (190°C). Mix cornmeal, salt, and spices. Coat eggplant cubes with egg white; roll in cornmeal mixture. Fry eggplant until golden, about 1 minute. Drain on paper towel. Sprinkle with salt. Serve immediately. Recommended as an appetizer.

2 tomatoes, diced
juice of 1 lemon

PC Tonga

1 med onion, finely chopped
1/2 c oil
chopped parsley
1/4 t white pepper
1 egg

EGGPLANT LASAGNA

2 qts water, salted with 1 t salt
1/4 kg lasagna noodles
1 can (6 oz.) tomato paste
1/2 c grated Parmesan cheese
1 clove garlic
1 t ground turmeric
2 c chopped green pepper

Heat the salted water and oil to boiling. Cook the lasagna noodles for 12-15 minutes. Drain and arrange the noodles on a platter. Slice the unpeeled eggplant crosswise into 1/4" rounds. Fry on both sides in heated oil until tender. (They cook quickly and absorb a considerable amount of oil, which must be added constantly.) Drain on absorbent paper. Combine the tomato paste, wine, water, garlic, and spices. Simmer for 5 minutes. Add green peppers. Cook for 5 minutes longer. Arrange a layer of lasagna in a buttered shallow baking dish. Cover with a layer of eggplant slices and several spoonfuls of the sauce. Sprinkle with cheese. Repeat until all the ingredients are used. Bake in a preheated moderate oven (350°F/180°C) for 30 minutes.

EGGPLANT PARMESAN

1 med eggplant
1 egg, slightly beaten with 2 T water
3 T Parmesan cheese
oil

Peel eggplant and cut into 1/4" slices. Dip into egg mixture, then crumbs. (You can season bread crumbs with 1 tablespoon oregano, 1 tablespoon black pepper and 1 tablespoon garlic salt, if desired.) Fry in a well oiled pan until brown on both sides. When done, drain on absorbent paper and set aside. Repeat with rest of eggplant slices. In a baking pan put a layer of tomato sauce, a layer of eggplant, and a layer of cheese. Sprinkle with Parmesan cheese, then repeat process until all eggplant is used up. Finish with a layer of cheese. Put in a very hot oven until cheese is

melted. Serve over pasta and with ~~90~~ Fongas bread.

1 t oil
1 med eggplant
1 c red wine
1/2 c hot water
Okra 1 t basil
pepper, salt

BAMIES ME DOMATES (GREEK OKRA WITH TOMATOES)

1 med onion, sliced
1 lb (1/2 kg) okra, washed and trimmed and diced
1/4 t thyme
1 t lemon juice

Sauté onion in oil until soft. Add remaining ingredients and simmer slowly for 1 hour.

INDIAN OKRA

1/2 kg (~2 c when chopped) okra
1 t salt
1 t turmeric
1 t ground coriander

Cut okra into thin slices. Heat oil. Add cumin, salt, turmeric, and cayenne. Throw in okra and stir like mad until covered with oil. Cover and cook over low heat for 5 minutes. Don't add water. Stir again. Cook 10 additional minutes. Add coriander and serve.
3 c spiced bread crumbs
2 c grated cheese
3 c tomato sauce

Peppers

TEHRAN PEPPERS CASSEROLE

4-5 green peppers
3 T diced onion
2 t salt
1+1/2 c canned tomatoes
1/3 c bread crumbs

Wash peppers. Cut off tops and take out seeds. Cover with salted boiling water.

Simmer 5 minutes and drain. Cook beef and onions in oil. Add salt, sage, tomatoes, and rice. Arrange peppers upright in baking dish. Fill with meat mixture. Top with bread crumbs and melted fat. Grated cheese can be used. Bake in preheated oven at 350°F (180°C) for 35 minutes.

SPANISH PEPPERS

3 med peppers
1/4 c finely chopped onion
1/2 t basil
dash pepper
15 oz can tomato sauce (or 2 c homemade)

1 c celery, chopped (optional)
2 T oil
1 t salt
garlic croutons

Remove stems, seeds, and membranes from pepper. Cut peppers into strips. In a large skillet, cook and stir pepper strips, celery, and onion in oil over medium heat until onion is tender. Stir in seasonings and tomato sauce. Cover. Cook over medium heat 10 minutes, or until pepper strips are tender. Turn into serving dish. Sprinkle with garlic croutons. To make Garlic Croutons, melt 2 tablespoons butter in small saucepan, stir in 1/4 teaspoon garlic powder. Add 1 cup toasted bread cubes. Toss.

GRILLED MARINATED PEPPERS

green peppers
oil
sugar

Hold each pepper on a fork over flame. Char each side. Rinse under cold water to blanch. Remove and discard charred skin. Slice the peppers and place them in a bowl. Season with salt and pepper and toss with a little oil. Prepare marinade of vinegar and sugar. Add a bit of chopped garlic. Pour over peppers and let stand 2 hours in refrigerator.

Potatoes

BAKED POTATOES

mature potatoes, without spuds or dark spots

Wash and scrub potatoes. Dry them and grease them lightly with butter. Bake them for 40 minutes to an hour, depending on their size. When potatoes are about half done, puncture skin with a fork to let steam escape. Finish baking. Serve at once with butter, sour cream, chopped chives, parsley, plain yogurt, chopped ham or bacon, or grated cheese. It's inadvisable to wrap potatoes in foil for baking. It's expensive and it doesn't allow for as fluffy a potato as one that's baked unwrapped.

POTATO PANCAKES

1 kg potatoes, peeled and grated
2 eggs, slightly beaten
3/4 t salt
oil or shortening for frying

After grating potatoes, drain well; pat dry with a dish towel and measure 3 cups. Combine with onion, eggs, flour, salt, nutmeg, and pepper. In skillet, slowly heat oil (1/8" deep), until very hot. For each pancake, drop 2 tablespoons potato mixture into hot fat.

With spatula, flatten to make pancake. Drain well. Serve with applesauce.

salt, pepper
vinegar

MASHED POTATOES

6 potatoes
1 t salt

Wash and peel potatoes. Cook them in boiling salted water. Drain when tender. (If you're making a sauce or gravy, save your potato water and use it for that) Mash the potatoes with a fork, potato masher, or a pestle. Add remaining ingredients and beat with a heavy whisk until creamy.

SCALLOPED POTATOES

3-4 potatoes, pared and thinly sliced
3-6 T butter (or oil)
1/2 an onion, sliced or chopped (optional)
3/4 T salt (optional)
1/2 - 1 t paprika

Grease well a 10" baking dish. Place potato slices in it in 3 layers, sprinkling flour and dotting butter (or drizzling oil) on each layer. Put onion and/or cheese on top of the bottom 2 layers. Heat milk and seasonings and mix well, pour over potatoes. Sprinkle with paprika. Bake at medium heat (350°F or 175°C) for 1 - 1 1/2 hour, until browned.

Scalloped Taro: Reduce milk to 1 1/4 cups and bake only 45 minutes.

POTATO GNOCCHI

2 T flour
2 lb baking potatoes (4 kg), unpeeled
1 t salt
nutmeg, pepper
applesauce (optional)
parmesan, grated

Boil potatoes until tender. Peel and put through a sieve. Whisk egg and salt and add to warm potatoes. Gently knead in flour, about 5-10 minutes. Form gnocchi balls and

poach in salted, simmering water 3-5 minutes.
Drain and serve with sauce.

Squash

NEW ENGLAND BAKED SQUASH

Andy Kerrigan

Halve squash and remove seeds. Fill squash 'bowls' halfway with a 1:1 mixture of brown sugar and butter and a dash of freshly ground ginger. Bake in a warm oven until the squash becomes tender. Good as an appetizer or as a compliment to meat dishes.

SQUASH WITH LEEKS

PC Tonga

3 T butter
1 t rosemary
1 leek with leaves (or spring onions)

1 med squash, thinly sliced
1/4 c grated cheese

Melt butter in frying pan. Arrange squash over melted butter. Sprinkle rosemary over squash. Slice bulb part of leek. Add to squash. Clean and slice leek leaves. Place over squash. Add a little water to prevent burning. Cover and cook over medium heat about 15 minutes, or until squash is tender. Add grated cheese. Cover and let cheese melt.

Sweet Potatoes

SWEET POTATO CASSEROLE

4 peeled, cooked sweet potatoes
butter
1 1/2 T sugar

oil, add to herb mixture. Stir in cheese, salt and pepper. Spoon filling into tomatoes. Mix bread crumbs and butter and sprinkle over the filling. Bake for 20 minutes.

4 plantains, almost ripe
salt, pepper
1/2 c orange juice

Preheat oven to 350°F (180°C). Slice and layer sweet potatoes and plantains. Dot each layer of plantains with butter, salt, pepper, and sugar. End with a layer of plantains, and dot with more butter. Pour orange juice over all. Bake until slightly browned.

Tomatoes

CURRIED GREEN TOMATOES

2 T butter
1 t curry powder

2 T minced onions
green tomatoes, diced or chopped

Fry onion in butter until yellow. Add curry powder and tomatoes. Cook slowly until well heated. Season with salt and pepper.

STUFFED TOMATOES

4 med ripe tomatoes
2 T parsley
1/2 t oregano
1/4 t basil
1/4 kg ground beef
2 T Parmesan cheese
dash pepper
1 T butter

1 slice bread
1 clove garlic
1/2 t thyme
dash nutmeg
2 T oil
1 t salt
1/2 c bread crumbs

Preheat oven to 375°F (190°C). Cut a slice off the top of each tomato and scoop out the centers. Invert tomatoes and drain. Soak bread slice in 2 tablespoons water, crumble and combine with spices. Brown meat in hot

FRIED GREEN TOMATOES

1 med green tomato (per person)
cornmeal

Slice tomatoes about 1/4" thick. Season with salt and pepper and then coat both sides with cornmeal. In a large skillet, heat oil and fry tomatoes until lightly brown on both sides.

to evaporate some of the liquid. **Game Flagg**
served hot or cold.

Variations: If zucchini or green pepper is unavailable, use more eggplant instead. Add Italian spices (i.e., oregano, basil, etc.) as desired.

Zucchini

ITALIAN-STYLE ZUCCHINI

PC Chad

1/4 c onion
1/4 c green pepper, chopped
2 T chopped parsley
2 c chopped ripe tomatoes or tomato sauce
salt, pepper, oregano and garlic to taste

1/4 c bread crumbs
1/4 c vegetable oil
1 1/4 lb zucchini, cut into 1/2" strips
parmesan cheese

Preheat oven to 375°F degrees. Combine ingredients in order given in a greased 2 quart oven proof casserole container. Mix well and cover. Bake 1 hour, stirring once. Ten minutes before it's done, sprinkle with parmesan cheese.

Mixed Vegetables

RATATOUILLE

1/3 c olive oil
2-3 cloves garlic, minced
3 c peeled, diced eggplant
2 cans whole tomatoes

1 large onion, thinly sliced
4 green peppers, sliced like matches
3 c zucchini, cubed

Put olive oil in the bottom of a heavy skillet or casserole. Sauté onions and garlic; remove. Sauté green peppers; remove. Sauté eggplant; remove. Sauté zucchini; remove. Now combine all ingredients. Salt and pepper to taste. Sprinkle with some more olive oil if you like. Simmer, covered over low heat for 30-45 minutes. Uncover and heat a little longer

VEGETABLE STIR FRY

Possible veggies: Fresh string beans, carrots, eggplant, squash or zucchini, cucumbers, bell peppers, cabbage, okra, onions, garlic, tomatoes.

Also needed are oil, sugar, Maggi sauce, soy sauce (optional), oyster sauce (optional), white wine.

Spices: ginger, red pepper flakes, cilantro, cumin, chinese five spice, pepper.

I enjoy a stir fry where all the vegetables are cooked until 'crunchy-tender'; but since vegetables have different cooking times, we cannot add all the vegetables at once. The vegetables are listed in order from longest cooking time to shortest. I also recommend using about the same amount of each vegetable, except garlic where a few teaspoons is enough, and trying to cut the vegetables into the same shape and size.

Place a fry pan over high heat and add a dash of oil. (The heat of the pan will thin the oil so you will need less). Also, to reduce the need for oil, sprinkle a small amount of salt on the bottom of the pan. The salt will draw out the water in the veggies and lessen the need for oil. Allow the oil to heat up before adding the vegetables. After the tomatoes have cooked a minute, add a few tablespoons of sugar and spices to taste.

I also usually make a sauce which I add in the end using: soy sauce, maggi, water and either a brown gravy packet, stir fry packet or sweet and sour packet. Just mix together, add to the stir fry and cook for 30 seconds. If you don't have any spice packets, don't worry as just adding soy sauce and maggi still makes for a tasty meal.

TEMPURA

Any sliced fresh veggies
1 1/4 c ice water
oil

PC Chad/Clueless Gourmet

Mix ingredients together in order. Chill for 30 minutes. Dip veggies and shrimp in batter. You can use eggplant, sweet potato, or anything else palatable. (Eggplant needs to be dredged in flour first) Fry for 2-3 minutes in 375°F (190°C) oil. A recommended sauce contains 1/4 cup soy, 2 tablespoons ginger, 1 teaspoon sugar, and 1 cup beef broth...but you can improvise.

Karen Porter

1 lg egg yolk
1 1/4 c flour

EGGS, CHEESE AND DAIRY

Eggs

Is the egg fresh?

Here's a quick test for rotten eggs: Put eggs in a large bowl of cold water.

- If the egg sinks, it's good.
- If it rises slightly, cook it if you intend to use it.
- If it floats, it's bad. Throw it away.

Another bit of advice: When adding eggs to any recipe, you may choose to break them individually into a cup. This way if one is rotten, it won't ruin the rest of the eggs or other ingredients. Also, the eggs here are smaller than in the US. Some recipes may require more eggs.

BOILED EGGS

Fill a saucepan with cold water. To prevent eggs from cracking while boiling, poke a small hole in the larger end of the egg using a needle, or just add a little bit of salt to the water. Bring water to a boil. Reduce heat. Let eggs simmer. Time according to desired solidity:

- soft: 3 - 4 minutes
- medium: 4 - 8 minutes
- hard: 15-20 minutes

To make it so the shell comes off easily, plunge the eggs in cold water after boiling them.

DEILED EGGS

hard boiled eggs
mayonnaise
sour cream,
salt

cayenne
sugar

Peel, cool, and cut eggs in half, lengthwise. Take out yolks and mash in a small bowl, using a fork. Mix seasonings with your choice of mayonnaise or vinaigrette (etc). Moisten egg yolks with this mixture. Fill egg whites with yolk mixture. Refrigerate. May be garnished with olives.

POACHED EGGS

In a skillet, bring about 2" of water to a simmer. Add 1 teaspoon of vinegar and carefully drop eggs in. Simmer for 3-5 minutes. Remove with a slotted spatula.

FRIED EGGS

In a skillet, melt a small amount of butter or heat a bit of oil. Slip broken eggs into skillet. Reduce heat. Cook gently until done.

SCRAMBLED EGGS

For each egg, add 1 tablespoon milk or cream, a dash of salt, and a dash of pepper, paprika, or cayenne. Beat with a fork. Heat a small amount of butter or oil in a skillet. Pour in eggs. When eggs begin to thicken, stir occasionally, allowing uncooked portions to flow to the bottom.

Variations: For more flavor, add one or more of the following: chopped onions, green peppers, tomatoes, ham, grated cheese, fresh chopped parsley.

THE PERFECT OMELET

3 or 4 eggs, at room temperature
dash of ~~pepper~~ or cayenne
2 T water ~~or milk~~ (doesn't mix as well and water helps make it fluffy)
dry mustard

Beat eggs, adding water and seasonings, but not the salt as it would make the omelet too hard. Melt a small amount of butter or oil in a skillet over a medium/high flame. Pour in egg mixture. As the omelet cooks, lift the edges with a spatula, allowing the uncooked portion to flow underneath. Add salt and whatever fillings you might desire, i.e.: cheese, bacon, tomatoes, peppers, etc. Cook slowly over low heat. When desired doneness is achieved, fold omelet and slide onto plate.

QUICHE

crust:
1/2 c flour
salt

Mix as for a pie crust (see deserts). Put in refrigerator for about 1/2 hour. Remove and roll out into a circle on a floured surface. Put in pie tin and trim. Prick crust with a fork.

filling:
3-5 eggs
1/2 - 1 c grated cheese
salt, pepper, cayenne, parsley

Preheat oven to 350°F (180°C). Beat eggs. Add milk and seasonings. Stir well. In the pie crust (unbaked), place the ham (shrimp or bacon), onions, mushrooms (artichokes). Cover with grated cheese. Pour egg mixture over everything. Bake 30 minutes to an hour, or until light golden brown. A knife inserted in the center should come out clean.

HASH BROWN QUICHE

3 c shredded potatoes
melted butter
3 eggs slightly beaten
2 c chopped ham or other meat (optional)

Butter a 10" pie plate. Press potatoes into plate making sure sides are also lined. Brush with melted butter. Bake at 425 degrees till slightly brown. Mix remaining ingredients with

wire whisk and pour over cooked potatoes and bake at 325°F for 25 minutes or until the eggs have set.

EGG CASSEROLE

4 eggs, beaten
1 t dry mustard (optional)
ham, sausage, bacon, chopped (optional)
4-5 sections Vache Qui Rit, chopped

Mix all ingredients and refrigerate overnight. Bake on low heat for 1 hour. ~~Mango Schultz~~ foil, cover before baking, but remove the last 15 minutes. Casserole is ready when knife inserted ~~in center~~ comes out clean.
cold water

Cheese And Dairy

Yogurt Making

If you did not bring a starter supply, buy a carton of plain yogurt. If it is not available at your post, you can carry it there and it still should be okay to use (try to use it immediately). This can be used as the "starter". Do not add too much starter, otherwise the yogurt will become too liquidy.

Scald all utensils before use. Do not dip a used or licked spoon into the yogurt because an enzyme in saliva causes the bacteria in the yogurt to break down.

Combine in a bowl: 3 c NIDO Chad
6 c warm water
1/4 t pepper
Combine separately: 1/4 c yogurt
1 c grated cheese 1 c milk
mixture 1/2 c chopped onions

Blend until smooth and add to the remaining milk. Mix well and incubate in a clean glass jar or glass cups (covered with fabric) at 111° -

120°F until set (4-6 hours). Don't move yogurt while in incubation. Makes 2 quarts.

Methods for incubations:

1. Set in warm oven and turn off heat. Turn on occasionally for short periods of time. Not necessary in hotter areas.
2. Set container in a pan of warm water and wrap in a blanket.
3. Set container out in direct sunlight; if you put it out around 8 am, the yogurt should be ready just after noon. (This method depends on where you live.)

If it doesn't thicken; stir in one envelope of unflavored gelatin into 1/4 cup cold water, warm to dissolve and stir into one quart of yogurt, then chill the mixture. This lack of setting can occur because of improper water temperature, poor incubation method, unclean utensils, or ??

Do not add sugar to yogurt before incubation; it will kill the bacteria. When you are ready to serve, stir in sugar, jam, honey, or other sweeteners. Yogurt keeps in the fridge for 1-2 weeks. Yum.

CHEESE SOUFFLÉ

3 T butter
1 c milk
1/4 t dry mustard
2-3 c grated cheese

Preheat oven to 375°F (190°C). In pan, melt butter and stir in flour until smooth. Blend in milk and dry ingredients. Cook and stir until thick. Add cheese and stir. Remove from heat and add egg yolks. Whip egg whites to form peaks. Gently fold them into the sauce. Pour into greased 1 1/2 quart soufflé dish. Bake for 35 minutes.

Variations: Add 1/2 cup chopped onions, 1 cup chopped, cooked spinach or other cooked vegetable.

FONDUE

1 garlic clove, halved
800 g (3 c) grated Gruyère or Emmental
3 T kirsch (or cognac)
French bread, cut into cubes

Rub the interior of a heavy pan (preferably enameled) or a fondue pot with the clove of garlic. Put in the cheese and wine. Add pepper. Bring to a boil, stirring constantly. In a small cup, mix the kirsch (cognac) and the cornstarch. Add to the cheese mixture. Stir well. Put the saucepan over a warmer on the table. Let each guest dip their bread into the fondue. Good served with fruit and hot tea.

COTTAGE CHEESE

1 qt (4 c or 1 l) milk

Bring milk to a full rolling boil; add lemon juice or vinegar to separate whey from curd. Drain. Salt to taste.

RICOTTA

1/2 sm can (400 g) powdered milk (even skin) ^{PC Tonga}
milk will work)
4 T vinegar (plus 1)
dash cayenne

Mix ingredients well and heat over low fire. ^{1/2 t salt}
Do not boil over! When the mixture is hot, sprinkle one more tablespoon of vinegar over it. In theory, the coagulated cheesy stuff will rise gradually to the surface. Skim it off and drop it in **cold** water, then pour off water and put the ricotta in a strainer and drain away whatever water remains. Boiling, cooking too long, etc. will cause ricotta to be rubbery. Be patient; the process takes one to one and a half hours. Makes approximately 1 cup of ricotta, but oh so good! (Great for manicotti, stuffed shells, lasagna, and dozens of other dishes.)

QUICKY RICOTTA A LA GABONAISE

Combine **Vache Qui Rit** with **yogurt** in proportions that give desired consistency. Tested and unanimously approved in lasagna.

MEATS

Fish And Seafood

Fresh And Frozen Fish

Buying fish

The eyes should be bright and full, the flesh firm, and the gills red. If the gills are gray, the fish is probably spoiled. The same is true if the flesh seems to disintegrate when you cut it.

Smaller fish are good for frying or cooking in a sauce, but they're a hassle to clean and they have a lot of bones. Medium-size fish are good for frying, filleting, and cooking in sauces. Large fish are great for baking, filleting, and making fish balls. The biggest advantage of large fish is that there are fewer to clean and there aren't as many bones.

Dried fish often have worms and bugs in them - check them well!

Cleaning fish

Cut off the dorsal fins so they won't nick you.

To scale the fish, scrape with a blunt knife or the rounded end of a spoon from tail to head.

To gut the fish, cut behind the ventral fin (just below the anal vent). Move the knife around and continue cutting towards the head, via the stomach (cut around the guts, rather than through them).

When you reach the head, cut around the head fins. Then cut from the top of the head to the main bone. Now you should be able to pull off the head, and the guts should come with it (If you want to leave on the head, just cut out the gills.).

Cut off the tail and scrape any remaining membranes from the gut. Remove any remaining scales and rinse well.

Baked Fish

BASIC BAKED FISH

fish
garlic
pepper
spices: thyme, rosemary, onions, parsley,
paprika, and basil

Lightly grease a shallow baking pan with oil or butter. Slit the sides of the cleaned fish. Place it in the pan. Dot it with butter. Place slivers of garlic in the slits. Add salt, pepper, and lemon. Season to taste with your choice of spices. If you wish, pour a sauce over the fish (tomato, white, etc). Bake at 350°F (180°C) for 20-40 minutes, depending on the size of the fish.

POISSON A LA TOMATE

3 med fish
3 cloves garlic, minced
4 T oil
salt, pepper, piment

juice from 2 lemons
2 onions, chopped
1 can tomatoes

Clean fish and cut into pieces. Season it with salt and piment. Add juice of lemons mixed with 2 cloves of garlic. Marinade fish in juice in the refrigerator for 4-5 hours, turning occasionally. Sauté onions and remaining garlic in oil. Add tomatoes, bring to a boil, and cook 10-15 minutes. Place drained fish into oiled baking dish. Cover with tomato sauce. Bake in preheated oven 20-30 minutes or until bubbly.

Fried Fish

POOR FOLKS' FRIED FISH

fish
salt and pepper

flour
oil

Put flour on a plate. Season with salt and pepper. Roll a cleaned fish in the flour until it's completely covered. Heat oil (about 3/4"). Carefully place fish in frying pan. Cook fish completely on one side before turning (about 3-4 minutes). Turn fish and finish cooking. Remove from oil and drain on paper towels. Fish can be fried without flour. Just make sure to have it very dry, so that the grease won't spatter and burn you. It's easiest to fry fish in a Teflon pan as it has a tendency to stick in any other type skillet.

RICH FOLKS' FRIED FISH

fish
seasoned flour, bread crumbs, or cornmeal
salt, pepper

Dip fish in the egg, then roll in flour. Place in preheated oil and fry on both sides until crisp and nicely browned. Remove and drain on paper towels. Salt and pepper to taste.

FISH, MALIAN STYLE

fish
ripe plantains
2-3 cloves garlic
salt, onion salt, pepper

Clean fish. Heat oil in a skillet (1/2" deep). Salt and fry fish until brown. Drain. Pour out most of the oil and save for frying plantains. In remaining oil, sauté onion and garlic. Add pepper, onion and salt. When onions are soft, add 1 cup water and 1/2 Maggi cube. Add lemon or lime peel. Put fish back in and simmer, turning occasionally. Heat the rest of the oil and fry sliced plantains until soft. If you fry them slowly they'll be more like those at the marché. Serve over rice.

POISSON AU CITRON

fish
1 lemon, juiced

Clean and wash fish. Cut it into slices if it's big. Place in casserole. Add onion, lemon juice, salt, and piment. Pour in about 1 liter of water. Gently cook (simmer) for about 20 minutes, or until fish is done.

FISH CURRY

1/2 kg any white, firm fish
1 † sugar
1/2 † cayenne

1 onion, chopped
1/2 bell pepper, seeded and sliced

1-2 eggs, beaten
Clean and debone fish. Then cut into serving pieces and lay in a shallow baking dish. Mix ingredients for marinade (vinegar and spices) and pour over fish. Let marinade for 1 hour. Sauté onions in peanut oil until yellow. Add tomato sauce and green pepper. Simmer gently for 10 minutes. Add fish and marinade. Simmer for another 15 minutes or until fish is tender.

Laurel Halsey

oil
1 big African onion
1/2 chicken Maggi cube

1 onion, chopped
salt, piment

4 T vinegar
1 † curry
2 T peanut oil

FISH STEW

3 potatoes, peeled and cubed
2 sweet potatoes, peeled and cubed
1 sm can tomato paste, diluted with 1 c water
1 kg deboned fish, cut into bite-size pieces
1 t pepper

In heavy stewpot, sauté potatoes in oil until brown. Remove potatoes and set aside. Add onions and sauté until yellow. Add tomato sauce, fish, spices, and 3 cups water. Simmer until all ingredients are tender.

FISH CAKES

1 kg boneless fish
2 eggs beaten
1 clove garlic
2 t salt
1/2 t cayenne
2 T cornstarch
1 c oil for frying

Combine all ingredients for sauce. Cook over low heat for 20 minutes. While sauce is cooking, prepare cakes. Poach fish in water (just enough to cover fish) until tender. Drain. Chop finely. Add eggs, garlic, salt, cayenne, and cornstarch. Form into 3" cakes. Heat oil. Fry cakes until golden brown on both sides. Serve cakes with sauce.

FISH BALLS

1 kg boneless fish
day-old bread (for bread crumbs), or "chapelure"
2-3 cloves garlic, minced
salt, pepper, cayenne

Clean fish and scrape the flesh from the bones. Discard the skin. To make bread crumbs, reheat some day-old bread in the oven. Then break into fairly small chunks. The bread should be hard and brittle. Roll the chunks with a rolling pin (or a bottle).

[You can avoid this step altogether if you buy packaged bread crumbs, called "chapelure".] Mix all ingredients except oil. If mixture still seems too dry and balls don't hold together, add another egg or a little milk. Form balls. For even browning, roll in cold oil. Heat about 1/2" oil in a Teflon skillet. Brown several balls at a time, turning them when necessary. When done, remove from skillet and drain well on paper towels. Best served piping hot. Serve with jambalaya and a green salad or cole slaw.

sauce:

2 onions, chopped
2 cloves garlic, minced
1 can tomatoes
1 sm can tomato paste
1/2 t pepper

Margo Schultz

1-2 eggs

1 onion, finely chopped
chopped parsley (beaucoup)
oil for frying

Salted And Smoked Fish

Poisson salé (General Preparation)

Wash off excess salt. Cut into chunks that will fit into your largest pot. Soak poisson salé in water for at least 6 hours, or overnight. Change the water every so often. Rinse under running water. Remove bones and cut into bite-size pieces. Now it's ready to cook.

POISSON SALE WITH TOMATOES AND GARLIC

1/4 kg poisson salé
1 c chopped onion
1 can tomatoes

Heat 2 tablespoons of oil in large skillet. Add the onions and garlic. Sauté. Add remaining ingredients. Cook until fish is tender (about 1 hour).

CREAMED POISSON SALE A L'OSEILLE

3 T butter
2 c milk
1 1/2 c poisson salé
salt, pepper, piment

Heat butter in a heavy saucepan. Stir in flour and cook until smooth, about 2 minutes. Slowly add the milk, continuing to stir. Simmer for 2 minutes. Add the lemon juice to the fish. Add fish to the cream sauce. Add precooked l'oseille. Season to taste. Heat thoroughly and serve.

3 smoked fish
salt, piment

Soak fish in warm water for 15 minutes. Take off the skin and cut into pieces. Mix the peanut butter, salt, and piment with the fish. Put mixture in a banana leaf and cook it in the coals for about 45 minutes. Serve with plantains.

5 T oil
2 cloves garlic, minced
salt, pepper, piment (or cayenne)

3 T flour
1 T lemon juice
l'oseille, cooked

POISSON FUME AUX ARACHIDES

Canned Fish (Tuna, Sardines)

SAUTEED SARDINES

1 can sardines (per serving)
2 cloves garlic, minced
salt, pepper, cayenne to taste

Melt butter in skillet and sauté onions and garlic (about 5 minutes). Drain the can of sardines and add to skillet. Season and sauté for 10 minutes. Serve over rice or noodles or with baton de manioc.

CREAMED SARDINES

1 can sardines
1/4 c flour
2 hard-boiled eggs, finely chopped

Drain sardines. Remove the backbones and mash the fish. Melt the butter and add flour, stirring constantly. Add milk while stirring. Heat thoroughly. Stir in the sardines and eggs. Season to taste. Serve over rice.

TUNA CASSEROLE

8 oz elbow macaroni
1 c grated cheese
1 t salt
1 T minced onion
1/2 c grated cheese

Cook and drain macaroni. Combine it with the following 6 ingredients. Blend well. Put mixture into a greased casserole. Top with tomato slices and sprinkle with grated cheese. Bake in oven for 30 minutes.

TUNA CAKES

2 eggs

1 sm onion, minced
salt, pepper

In a bowl, beat eggs slightly. Add remaining ingredients. Mix well to moisten all ingredients. Form into 4-6 patties. Fry in skillet or on griddle until golden brown, turning once. Serve with mayonnaise or ketchup.
1 lg onion
4 T butter

TUNA SPAGHETTI

1 sm can tuna
3 squares KIRI (cream cheese)
enough pasta for two

Drain the tuna and put it in a saucepan with tomatoes. Add salt and curry to taste. Cook pasta. Drain and stir in the cream cheese and oil. Add the tomato sauce. Serve immediately.
1/4 c butter
1 c milk
salt, pepper

TUNA FISH LOAF

2 c canned tuna fish
1/3 c milk
1 t salt
1 T lemon juice

Drain oil from fish and flake. Cook bread crumbs in milk for 5 minutes. Stir in eggs, seasonings, and fish. Turn into buttered loaf pan. Bake about 40 minutes.
1 lg can evaporated milk
7 oz can tuna, drained and flaked
1/2 t dry mustard
2 tomatoes, sliced
HURRY CURRY TUNA

2 T butter
1 c evaporated milk
1/2 t paprika
1 can tuna, drained
1/2 c chicken broth

Melt butter. Stir in flour. Slowly add milk and chicken broth. Stir until thickened. Add curry powder, paprika, and garlic. Add tuna and coconut. Heat well. Serve over rice.
1 can (7 oz) tuna, drained

Seafood

Basic prep for shrimp

Shrimp should be dry and firm if they are fresh. Rinse. Prepare a pot of boiling water (you can season it with bouillon if you wish). Drop shrimp into boiling water. Turn down heat. Let simmer for 3-4 minutes. They will turn a nice pink color. Remove them from the heat before they begin to shrivel up. Do not overcook. Drain immediately. To shell, pull off head. Tug to release rest of shell from tail. De-vein (remove blackish-orange substance along the back of shrimp) by running the pointed end of a small knife along its back. Good served with lemon or sautéed in garlic and butter.

Beef

Meat Glossary

beef: there are several types

entrecote: rib steak; makes good steaks

faux filet: sirloin; usually tender

filet: tenderloin; very tender; the highest quality of meat and consequently the most expensive; good for steaks, roast beef

ragout: stew meat; generally tough, but good for stews and soups; the higher quality ragouts make a good and cheap ground beef

jarret: the shank of the beef; generally has the same uses as ragout

CORNED BEEF PATTIES

1 can corned beef
1 T Worcestershire sauce (optional)
1/2 c milk
1 c oil

Flake corned beef, add bread crumbs and Worcestershire sauce. Form into patties. Mix egg, milk, and flour into a batter. Heat oil in a skillet. Dip corned beef patties into the batter and fry in oil until golden.

CORNED BEEF, CABBAGE AND PEPPERS

1 med head of cabbage
2 red bell peppers
1 c water
2 t soy sauce
1 t sugar

Cut cabbage into 1" wide wedges. Slice onion in rings. Remove stems and seeds from peppers and slice them in 1/4" wide strips. Cut corned beef in thin slices. Using a marmite or other heavy pan, arrange half the cabbage on the bottom; top with half the onion, peppers, and beef slices. Repeat layers using remaining ingredients. Combine water, Tabasco, soy sauce, vinegar, and sugar. Pour over foods in pan. Cover, bring to a boil, reduce heat and simmer gently until tender, about 30 minutes. Serve in wide soup bowls or deep plates.

THE PERFECT STEAK

Heat the frying pan over high heat. Add a small amount of butter if your steak is very lean. Put the steak in the skillet and sear for 1 minute on each side. Reduce heat and continue cooking until desired doneness is achieved. (Approximately 10 minutes.) Season to taste with salt and pepper. You can also put a small piece of butter to melt on the steak.

PC Tonga

BEEF STROGANOFF

1 c soft bread crumbs
1 egg
1 c flour
1 kg filet (or hamburger)
1/4 c dry white wine
butter
1 c sour cream (or plain yogurt)

Sauté onion and mushrooms in a small amount of butter. Set aside. Brown filet (cut into bite-size strips) in skillet. Mix onions and mushrooms with beef. Season to taste. Over medium heat, add wine and sour cream. Heat well, but do not boil. Serve with noodles.

PC Tonga

BARBEQUE SLOPPY JOES

1 lg onion
2 cans corned beef
4 drops Tabasco
6 sm peppers (5 green, 1 red)
2 T vinegar
2 T butter
1 T vinegar
1 - 1 1/2 c ketchup

1 T vinegar

salt, pepper

Finely chop peppers and onions. Sauté them in butter until soft. Slowly add ground beef and brown. Pour off excess fat. Add vinegar, Worcestershire, ketchup, and brown sugar. Simmer mixture for 1 hour. Season to taste. Serve over bread.

MEATLOAF

3/4 - 1 kg ground beef
1 onion, chopped
1 10 1/2 oz. can tomato soup
2 c bread crumbs

2 beaten eggs
1 green pepper, chopped
1 tomato soup can full of 7-up

Mix all ingredients together in a bowl. (Best done with your hands.) Shape into a loaf and bake at 350°F (180°C) for 1 1/2 to 2 hour. (Ketchup or tomato paste mixed with a little water can be substituted for tomato soup and 7-up.)

STEAK & BEANS

1 kg stew meat, cut into bite-size pieces
2 cloves garlic, minced
1 lg can cooked beans (any kind)
2 t cayenne

2 onions, chopped
2 T oil
1 med can tomato paste
1/2 t oregano

If stew meat is used, first cook until tender. Then quickly brown meat, onions and garlic in hot oil. Add the rest of the ingredients, stirring well. Add water if too thick. Simmer 20 minutes. Serve warm.

BEEF BOURGIGNON

1 1/2 kg meat, cubed
2 T oil
1 1/2 c red wine
salt, pepper
1 can mushrooms, rinsed well
3 cloves garlic, minced and mashed
1 T parsley

1 T butter
4 T flour
1 1/2 c beef bouillon (hot)
2 T butter
1 onion, chopped
1/2 t thyme
2-3 bay leaves

Sear the meat in 1 tablespoon butter and 2 tablespoons oil. Sprinkle flour over meat. Add wine, beef bouillon, salt, and pepper. In another pan, sauté mushrooms, onion, and garlic in 2 tablespoons butter. Sprinkle with thyme and parsley. Add bay leaves. Mix all ingredients together. Put in an oven proof pot. Cook in a medium oven for 1 hour (covered). This tastes even better the next day. It can be frozen for up to a month.

BEEF CURRY

1 kg beef, cut into bite-size pieces
2 onions, chopped
salt, piment

3 T palm oil
1 t curry (or more, to taste)

Heat oil. Sauté onions until soft. Add meat, salt, and piment. Put the curry in a glass of water. Stir well and add all at once to the beef. Simmer for one hour.

Other Meats

LIVER, ITALIAN STYLE

6 † fine dry bread crumbs
1 † minced parsley
4 † wine vinegar or dry red wine
4 † oil

Combine crumbs, cheese, parsley, and seasoning and place on a plate. Pour wine into a shallow bowl. Dip each slice of liver quickly into the wine and then into crumb mixture, coating both sides. Sauté lightly and quickly in hot oil.

Poultry

What to do with a whole chicken

In Cameroon, there are two types of chicken available: "poule," which is a stewing chicken (a very tough bird indeed) and "poulet," which is a tender, young chicken. For most recipes, you will need "poulet". Most of us came to this country unprepared to deal with a chicken that fights back even though it's dead! Here's how to go about it:

How to clean a chicken:

Cut the head off at the base of the neck.

Cut off the neck at the shoulders.

Cut off the feet at the knee joints.

Cut off the oil gland located on the top side of the tail.

Cut the skin open under the tail.

Reach in, trying to keep the back of your hand against the body cavity, and scoop out the guts. This takes a few tries. (Be brave.) PC Tonga

Throw away the stomach pouch and intestines.
3 † Parmesan cheese
salt, pepper
6 slices liver
Throw away the lungs.

Cut the green gall bladder off the liver, being careful not to puncture the gall bladder. Throw it away.

Take the gizzard (the largest thing in the guts) and cut it in half. Rinse out the yellow meal; the yellow lining is rubbery and peels off.

The heart, liver, and gizzard are edible. They can be used in a sauce, soup, or stuffing, or they can be fried.

How to cut up a chicken: PC Gabon

Cut off the leg and thigh at the hips.

Cut off the wings at the shoulders.

Cut open the body cavity by cutting along the path of least resistance, usually along the ribs. This will separate the breasts from the back and ribs.

To split the breast, cut through the sternum.

Baked Chicken

ROAST CHICKEN

Use the largest **chicken** you can find (2+ kg). Clean the bird. Rub the inside and outside with **garlic**. Put **garlic** and **onions** inside the cavity. Then rub the chicken with **butter** (or margarine) and **pepper**. Bake at 350°F

(180°C) for about 60 minutes, turning the chicken over after 30 minutes for even browning. For best results, baste chicken every 15 minutes with pan drippings.

STUFFED CHICKEN

1 chicken
2 c crustless, day-old bread crumbs
1/4 to 1/2 c melted butter
celery seed, salt, sage, tarragon, pepper,
paprika, nutmeg

1/4 c chopped parsley
1/2 c chopped onion
grated carrot (optional)

Combine all ingredients and stuff chicken. Don't pack the dressing too much; it will expand while cooking. If you want more dressing, bake it in a casserole dish for approximately 1 hour.

Note: You can use beaten eggs or milk to make a moister dressing. Also good with chopped pecans or walnuts.

MOM MERTES' BAKED CHICKEN

1 chicken
3-4 cloves garlic, minced
1 t pepper

Clean and cut up chicken. Combine remaining ingredients. Dip pieces into beaten egg (optional). Dip moist pieces into flour mixture and cover until well coated. Place pieces on a greased cookie sheet. Bake for approximately 60 minutes at medium heat.

Preheat oven to 350°F (180°C). For Mom Mertes and garlic in butter about 5 minutes. Remove from heat and stir in mustard, Worcestershire, pepper, and cayenne until well blended. Dip chicken in sauce, then roll in bread crumbs. Arrange in baking dish. Pour remaining sauce over chicken. Bake 50-60 minutes. Sprinkle with cheese the last 10 minutes.

HONEY CHICKEN

PC Tonga

1 chicken, cleaned and cut
1/2 c prepared mustard
1 t curry powder

1/2 c honey
1 t salt
1/2 c melted butter

Mix all ingredients but chicken in a flat pan. Add chicken and coat with sauce. Bake at 325°F (165°C) for 45 minutes, basting chicken with sauce once or twice.

ORANGE CHICKEN

PC Tonga

1 chicken
1 sm onion
1 t salt
1 t oregano

1 c orange juice
1 c bread crumbs
1/2 t pepper

Combine orange juice and onions in a shallow baking pan. Marinate chicken in this mixture 2+ hour in the fridge. Combine bread crumbs, salt, pepper, and oregano and pour over chicken. Dot chicken with butter and bake in oven at 325° F(165° C) until brown.

BAKED CHICKEN PARMESAN

1 chicken, cleaned and cut
4 cloves garlic
1-2 t Worcestershire (optional)
2 c bread crumbs (or flour)
1/2 c Parmesan (or any available cheese)

1 onion, chopped
2 t mustard
1/2 stick butter or 1/2 c oil
salt, pepper, cayenne

YOGURT CHICKEN

1 chicken, cut up
1/2 t fine herbs (basil, oregano, etc)
3 c plain yogurt
1 1/2 t soy sauce (or Maggi)
3/4 t ginger
1/2 t cloves (optional)

2-3 cloves garlic
1/4 t pepper
3 T lemon or orange juice
2 onions, chopped
1/2 t cinnamon (optional)

Rub chicken with garlic, herbs and pepper. Combine remaining ingredients in a large bowl. Add chicken, turning to coat. Cover and marinate at least 1 hour (if possible, overnight). Preheat oven to 350°F (180°C). Remove chicken from marinade and place in baking dish. Bake 30 minutes, basting occasionally with marinade. Turn chicken and bake another 30 minutes, or until browned.

POULET YASSA

1 chicken, cleaned and cut up
1/2 c oil
10 shakes Maggi or 1+1/2 t soy sauce
4 lg onions, sliced (red ones, preferably)
1 or 2 piments, minced

1/2 c fresh lemon juice
2 T mustard
2 bay leaves
4 cloves garlic, minced
salt, pepper, cayenne

Mix all ingredients together with chicken. Let sit 1 hour. Bake 45 minutes or longer at 350°F (180° C), turning once. Serve with rice.

PEANUT CHICKEN

1/2 c peanut oil
1 c peanut butter
1 chicken, cut

1/2 t cayenne or piment
1 c tomato paste
1/2 c water

Heat oil until very hot. Add cayenne and stir. Heat for a few minutes. Brush on chicken. Mix remaining oil with peanut butter and tomato paste to make a thick sauce. Spread on chicken and bake or broil about 45 minutes, basting with sauce. Thin down the sauce with water and serve with couscous.

Fried Chicken

FRIED CHICKEN

1 chicken, cleaned and cut
1 c flour
1/8 t pepper

Beat eggs and keep them in a separate bowl big enough to soak 1-2 pieces of chicken. In another bowl (or plastic bag), mix flour, salt, and pepper. Put oil in a frying pan until it's approximately 2 cm in depth. Heat over a medium flame. Dip pieces of chicken in beaten eggs, then roll (or shake) them in the flour mixture. Make sure chicken is completely covered with flour. Place chicken in hot oil. Don't turn pieces until after the first five minutes of cooking. Turn regularly to prevent burning. Cook for 25-30 minutes or until chicken is cooked through. Place on paper towels to drain.

CHICKEN WITH LEMON, TOMATOES, AND ONIONS

thighs and drumsticks from 1 chicken
2 tomatoes, chopped
spoonful of minced garlic
2 T mustard
butter

Squeeze lemon thoroughly. Remove seeds from juice. Marinate chicken in lemon with pepper and basil (as much as you can afford) until you need it. Sauté onions and garlic in a little butter over high heat, until golden brown and tender. Remove to a plate. In same skillet, with a bit more butter, sear chicken on both sides until brown. Return onions to skillet. Turn down heat. Add a tablespoon butter; stir in mustard, vinegar, and lemon juice. Add tomatoes and a lot of pepper. Cover and simmer until chicken is no longer pink (about 20 minutes). Serve over Algerian couscous or rice.

GINGER CREAM CHICKEN

Dave Besaw

1 chicken, cleaned and cut
1 t salt 2 eggs
1 1/2 t ginger salt
2 onions, chopped
3 T flour

Combine 3/4 cup flour with salt, pepper, and ginger. Coat chicken pieces well. Heat butter or oil and fry chicken until golden. Remove chicken when done but keep warm. Sauté onions and garlic 2-3 minutes. Remove from heat and add 3 tablespoons of flour. Stir constantly until it begins to thicken. Put back on heat and add milk while stirring. Add enough to make a medium thick sauce. Add 2 teaspoons of ginger. Salt and pepper to taste. Pour sauce over chicken and serve.

Herbert Caudill

1 lemon
2 onions, chopped
2 T red vinegar
basil, pepper

Grilled Chicken

OVERNIGHT BARBEQUE CHICKEN

2 chickens, cleaned and cut
1/2 c water
4 T Worcestershire (optional)
1 t salt
2 T piment or cayenne

1 1/2 c tomato paste
1/2 c vinegar
1 1/2 c sugar
1 1/2 t pepper
3 T mustard

Poach chicken in 2" of water for 30 minutes. For marinade, combine all ingredients until well blended. Add chicken to marinade, reserving 1 cup, and let stand overnight. Grill chicken until brown. While chicken is on the grill, heat reserved marinade. Simmer for 5 minutes. Serve with chicken.

CHICKEN CURRY

1 chicken, cleaned and cut
2 T oil
1 green pepper, chopped
2 tomatoes, chopped (or 1 can tomato paste)
2 t curry

salt, pepper
2 onions, sliced
2 cloves garlic, minced
1 piment
salt, pepper

Heat oil. Salt and pepper chicken. Brown chicken in oil for about 20 minutes. Remove chicken and add remaining ingredients. Bring to a boil. (Add a little water if necessary.) Put chicken back in pot, cover, and simmer for 45 minutes.

CHICKEN IN RED CUMIN SAUCE

1 chicken, cleaned and cut
1 med can tomato paste
3 cloves garlic, minced
salt, pepper, cayenne

1 lg can tomatoes
2 onions, chopped
1 t cumin

Combine all ingredients except chicken. Let sauce simmer for about 30 minutes. Add chicken and cook another 30 minutes. Serve warm with rice, manioc, taro, etc.

CHICKEN IN PEANUT SAUCE

1 chicken, cleaned and cut
3 lg onions, sliced
1/2 - 3/4 c peanut butter
salt, pepper, cayenne, 2 bay leaves

3 T oil
3 cloves garlic, minced
2-3 c hot water

Heat oil in a stew pot. Sauté onions and garlic. Add peanut butter. Stir well. Add hot water, making sure to blend peanut butter until smooth--don't make the sauce too thin! Add seasonings and chicken. Bring to a boil, then simmer 45 minutes or until chicken is tender.

CHICKEN VINDALOO

1/2 c vinegar
1/4 t ground cinnamon
1 t ginger (or 1 T fresh)
1/2 t red pepper
1 T cumin seed
3 chilies, cut and seeded
4 garlic cloves, minced
salt to taste
water

Gaboprix Gourmet/S.W. India

1/2 t ground cloves
1/2 t turmeric
1 t black pepper
1 T mustard
T ground coriander
2 lg onions, finely minced
3 lbs chicken, cut up

Mix spices together. Sauté onions and garlic in oil. Add spice mixture and cook 5 minutes. Add chicken and about 1/2 cup of water. Cover and simmer until done. Salt to taste. Serve with white rice and lots of water.

TRADITIONAL

For a lot of these traditional recipes, it's easier to find a friend in your village or city who can help you make it first. The dishes can be pretty complicated to make and a friend may be able to offer many helpful tips. It's more fun with a friend, too!!

GRACE'S COLD WATER GARRI FOR HOT DAYS

3/4 liter water
5 cubes sugar
1 c garri (tapioca or processed millet)

Pour garri in a bowl and wash by adding the water a bit at a time, removing the "floaties". Mix in sugar, peanuts and coconut. Let stand 5 minutes, or until desired tenderness and serve. Milk can be added if desired.

EMMA'S FAST BOUILLE

4 c boiling water
1-1 1/2 c water
3 T Maizena cornstarch (or other flour)

Make a paste with 3/4 cup of water and the cornstarch. Add the paste to the boiling water. It should thicken. If not, make and add a little more cornstarch paste. Mix the milk powder with 1/2 cup of water to make another creamy paste. Add this to the boiling water cornstarch mix. Add cinnamon and/or nutmeg and the sugar until desired sweetness. Variation: Add some peanut butter for protein and a little more taste.

LE PUNESAN/GATEAU DE MAIZE

2 c crushed dried corn
2 c water

1 c dried leaves
meat, cut into strips (optional)

Crush and fry the corn, without oil, for 5-10 minutes turning continually. Remove from heat and let cool. Sift corn. Take what doesn't pass through the sifter and add it to the water. Skim off what rests on top. Grill peanuts, remove their skins and grind into a paste. Add peanut paste, sifted corn flour and leaves to the water with the corn chaff. Let sit for a while. Mix in piment, palm oil and cooked meat or dried fish chunks. Wrap the mixture tightly in banana leaves and tie. Cook in a covered marmite with ~~Grate Chamogha~~ for about a hour.

1/4 c roasted peanuts (chopped)
1/4 c coconut (shredded)
1/2 c milk (optional)

Emma Stephens

2/3 c milk powder
3/4 - 1 1/2 c sugar
1/2 t cinnamon or nutmeg

Tom Kennedy

Palm oil
1/2 c peanuts or peanut butter

PISTACHE

pumpkin or squash seeds
water
cubed meat or dried fish
piment

Crush seeds and mix with water. Set aside for 30 - 45 minutes. Put meat in and then add spices. Mix well. The mixture should be thick, but not too thick. A few groundnuts can be crushed and added if desired. Roll mixture into small balls, wrap and tie in the banana leaves. Steam in a closed pot with an inch of water for 1 1/2 - 2 hours.

KOKI

1 c precooked white beans
2 T palm oil

Mash beans, palm oil and piment together. Place in leaves and tie tightly. Steam for 1 to 1 1/2 hours in a pot with a tight cover. Serve hot or cold.

BOILED BANANAS

Peel and clean the outside layer of the bananas with a knife. Cut in half and boil until tender in salted water. (You can use green or ripe bananas.)

FRIED PLANTAINS

very ripe plantains
white sugar

Peel bananas and slice lengthwise or in rounds. Heat oil in a skillet. Place slices in hot oil (they should be covered). Turn once for even cooking. When golden brown, remove from oil and drain on paper towels. Coat with mixture of sugar and spice. Let cool before burning your tongue!

SPICY BAKED PLANTAINS

maggi

Cut peeled plantains into one inch chunks and roll these in a shallow "bath" of oil, ground piment (groundnuts (or piment) depends on your tolerance), a good pinch of sugar and a good pinch of salt. Stand the plantain pieces up, shoulder to shoulder, in an oiled marmite. Sprinkle with water, cover, and bake until tender, about 30 minutes, depending on ripeness of plantain and heat of oven.

piment to taste
cured plantain or banana leaves

Dawn Schlaepfi

oil
cinnamon and/or quatre épices

PLANTAINS PILÉ

Wash and peel 2-4 unripe plantains per person. Boil until tender. Pound the boiled plantains in a large mortar until it becomes a sticky and consistent mush. Shape into a loaf, cut and serve. A great compliment for peanut, tomato and other sauces as well as meats.

BATON DE MANIOC

Peel, split and cut manioc (cassava) tubers until they are small wedges. Soak in water for three days. Pound manioc in a large mortar while removing the stringy stems until it becomes a moist, heavy consistent mush. Ball up a handful at a time and place it on two opposing leaves that are big and have thick spines. Knead the ball with your fingers until it is spread evenly down the length of the leaves. Fold the leaves lengthwise around the manioc mush and wrap tightly with a string, starting at one end and coiling it around all the way to the other end. Steam the batons for 1 - 2 hours in a large covered pot. They are done when the manioc is almost translucent all the way through.

LOCAL EGGPLANTS WITH L'OSEILLE

1 bunch eggplants
1 onion
salt, piment

Cut stems off of eggplants and quarter (make sure to check for worms). Place eggplants and l'oseille in a pot of water. Boil until tender. Drain. Heat the oil and sauté the onions. Add the eggplants and l'oseille. Mash with a spatula until well mixed. Add salt and piment to taste.

NDOLÉ

2 bunches of bitter leaves
1/2 c oil

2 minced onions
1 big handful of dried fish or other cooked meat

Andy Kerrigan

Chop leaves into small pieces. Add to a pan over low heat with a small amount of water in it. Knead and press while cooking the leaves for about 30 minutes. Rinse the leaves numerous times to remove the bitterness. Heat the oil in the pan until hot. Add leaves, meat, onion, peanut butter, salt and piment. Simmer over medium heat for 1 1/2 -2 hours.

Andy Kerrigan

PILI PILI

2 c tomato sauce
1/4 c onion, finely chopped

Mix all ingredients together and blend. Store in a covered jar in refrigerator. Serve cold with anything.

2 bunches l'oseille
4 T palm oil

2 T peanut butter in 1/2 c water
salt

NJAMA NJAMA

1 lg plastic bag of leaves
3/4 c palm oil
1/2 kilo cubed beef
1/4-3/4 c ground pumpkin or squash seeds

Break off thick stems and wash leaves. Boil the leaves in 1/2 c water, adding more water if necessary. Heat the palm oil in a sauce pan until it becomes a clear, yellowish color. Add beef, salt, onion and tomatoes. Cook until the tomatoes are watery. Drain the leaves and add to the oil mixture. Add enough seed paste to absorb the liquid. Cook for 5 more minutes.

FOLAUN (NOT NDOLÉ)

3 packets of Folaun leaves
10 chopped tomatoes
1 onion, diced
10 cloves garlic
ginger (about the size of a small finger)

De-stem the leaves and boil with "the rock" in a big pot about 3/4 full with water for about an hour, until leaves are dark green and tender, kinda' spinach looking. Drain the excess water and wash the leaves to get the rock off. Sauté the onions, garlic and ginger. Add the tomatoes and a little bit of water and cook until goupy. Add the salt, maggi and piment and cook another 5 minutes. Mix in the leaves and Voila! Serve over ripe, boiled plantains, rice or pasta.

COUSCOUS OR FOU FOU

1 kilo flour (corn, millet, manioc)

Sift flour. Boil water. Remove 1/2 of water and set aside, keeping it hot. Add 1/2 of flour into remaining water. Stir rapidly to break up lumps. Add the rest of the flour, stirring all the time. If the mixture is too dry, add some of the reserved water, bit by bit. Cook for 15

minutes, stirring constantly. Serve with sauce of your choice.

1 sliced onion
3 sliced tomatoes

HAAKO SAUCE AND CASSAVA LEAVES

1 big bunch of cassava leaves, pounded in a mortar until tender & moist
1 small minced onion
1-2 Maggi cubes
1 t salt
1/4 c oil

Sauté the items from the first column. Add leaves and enough water to cover the leaves. Mix in the peanut butter and cook for 20 minutes with the limestone. Serve with couscous or rice. Kris Moreland

2 cubes Maggi
salt to taste
piment to taste
"the rock" (potash)
carrots (optional)

1 liter water

PKWEM WITH CORN (A BETI SPECIALTY)

2 bunches of manioc leaves
2 c of corn (fresh is best)

Pilé the manioc leaves until tender. Boil the leaves and corn together for 1/2 - 1 hour. Add oil and mix thoroughly. You can also add sugar, salt or peanut butter to taste.

RICE AND BEANS NORTHWEST STYLE

2 c dried red beans
1 lg chopped onion
lots of minced garlic
2 t minced sugar
3-5 diced tomatoes
a few big wedges of ginger for gas removal

After preparing beans (see bean section), cook the beans until tender with the large wedges of ginger. Drain. Sauté onions, garlic and ginger in oil. Add diced tomatoes and cook on medium heat until the tomatoes break down. Add this to the beans along with the tomato paste, piment, palm oil, salt, dried fish and some water. Simmer until the flavors have been well blended. Serve with rice.

JALLOF RICE

1/2 - 1 kilo of meat
2 lg tomatoes
1 T tomato paste
1 lg onion
2 c water

If using meat, boil until tender and then brown (cook in oil on a frying pan). No preparation is needed if you are using fish. Fry onion, tomatoes and pepper. Wash the rice and add to pan with water. Cover and cook until the water is gone and the rice is done. Add tomato paste and meat. Mix well.

BOILED TARO (LIKE MACABO)

Wash taro well and put in salted water. If the roots are very thick, you may want to cut them in half to save on preparation time. They are done when you can easily stick a fork through them. Let cool and peel.

1 sm can tomato paste
1/2 c oil
piment to taste
dried fish (optional)
salt & pepper

1/2 c oil
1 c rice
ground red pepper
salt
carrots (optional)

GUMBO

1 c chopped onion
1 T oil
2 chilies (or some piment)
salt

Sauté the onions and garlic for ten minutes. Add the okra and chilies; stir. Five minutes later, add the tomatoes and salt. Cover and cook for roughly 30 minutes. Excellent served with lamb, beef, or corned beef. Supposedly, lemon juice or vinegar cuts down on the sliminess.

TARO LEAVES WITH TOMATO

2 bunches young taro leaves
1/2 t pepper
3 T oil

Wash and cut leaves. Put aside. Heat oil and sauté onions until soft. Add the leaves and a bit of water to steam. Cover and let boil for 5 minutes. Add remaining ingredients and a bit more water, if needed. DO NOT undercook taro leaves as they may cause adverse biological reactions!!

DONGO DONGO (POISSON AVEC GOMBO)

2 onions
2 piments
2 Maggi cubes

Cut up all vegetables and mince. Sauté onions and garlic in oil. Add cubes. Add piment and gombo. Stir fry for about 3-4 minutes. Add enough water to cover gombo. Add fish (or browned meat). Cook thoroughly. Serve with rice, fougou, manioc, or banane pilée. If you prefer a thicker sauce, add a pinch of baking soda or a small piece of the potash (a rock that you can buy at the market). If you prefer a thinner sauce, add a small can of

tomato paste and some water, ~~or corned beef~~
whole tomatoes.

3 cloves garlic, minced
2 c chopped okra
2 tomatoes
BOEUF AUX FEUILLES DE MANIOC

750 g stew meat
3 T palm oil
1/2 bowl of peanut butter

Cut meat into bite-size pieces. Boil in water to remove the juice. Cook manioc leaves in another pot. Heat palm oil. Brown meat at high heat. Turn down heat and continue cooking. Add the manioc leaves, piment, and the remaining meat juice. Let simmer for an hour and a half. Mix the peanut butter with a small amount of water and add to mixture.

Serve with manioc.
1 sm can tomato paste
1/2 chopped onion
1 T curry

Kim Asner

6 cloves garlic
18 gombos (okra)
poisson fumé or poisson salé

MEXICAN, ITALIAN & MEDITERRANEAN

Mexican

GUACAMOLE

Mix and chill:
chunky, add:
2 ripe avocados, mashed 1
minced green pepper
juice of 1 lemon 1 sm
minced onion
2-3 cloves minced garlic 1 sm
chopped cucumber
1/2 T salt 1
chopped hard boiled egg
chili powder and black pepper

To keep it from browning, store it with the avocado pit in the bowl until ready to serve. Good as a salad topping, dip, spread or even on a sandwich!

SALSA

Essential:
3 c chopped tomatoes
1 c chopped onion
1-2 chopped green peppers
3 cloves minced garlic
1 minced piment pepper
(or 1/2 t cayenne + 1/2 T black)
2 T vinegar (optional)
1 T salt

Mix together what you want from the second with the first. Should be chunky.

ENCHILADA SAUCE (FLAUTAS)

2 T onion minced
1 T flour
1 t salt
2-4 T tomato paste

Brown onions in hot oil. Stir in flour and brown for a minute more. Stir in the rest of the ingredients, adding the tomato paste last. Add enough water so that the sauce will have a medium consistency. Simmer for 5-10 minutes.

Andy Kerrigan

For creamy, add:
mayonnaise
yogurt

Andy Kerrigan

Optional tasty additions:
fresh cilantro
fresh parsley
1 T cumin
1/4 T ground coriander
2 T dry red wine
2 T oil
2 T lime juice

PC Chad

BEEF ENCHILADAS

white flour tortillas (see Mexican section)
1 onion chopped
1 c tomato paste

Sauté onion in a small amount of oil until golden. Add remaining ingredients except beef. Brown beef in another skillet. Drain off fat. Add beef to sauce. (If desired, the sauce may be thinned with a bit of warm water or bouillon.) Spread mixture in center of tortillas and fill with chopped raw onion and grated cheese. Place in a baking dish. Bake about 15 minutes.

CHEESE ENCHILADAS

2 lbs (1 kg or 4 c) cheese, grated
2 onions, diced
1/2 c milk powder
20 tortillas (see Mexican section)

Mix cheese, onion, and milk powder together. In another bowl, mix the tomato paste with oil, the other onion, water, and seasoning for the sauce. Dip tortillas in the sauce. Place some cheese mixture on each tortilla and roll them up. Place enchiladas, flap side down, in baking dish. Pour the sauce over the enchiladas. Bake at 375°F (190°C) until bubbly (about 30 min).

NACHOS SAUCE/ MEXICAN BEER SAUCE

1/2 c chopped onions
3 cloves crushed garlic
1/4 c oil
1 t salt and pepper
1/2 t ground cumin
1/2 t ground coriander

1/2 t cayenne pepper

In a sauce pan, sauté the items from the first column. When the onions become transparent, add the pepper and tomatoes. Sauté another 10 minutes. Sprinkle in the flour and cook an additional 5 minutes. Add half the beer and congratulate yourself for all your hard work with the other half, if it hasn't already been drunk. Cook the mixture over medium heat for 15 minutes, stirring frequently. Turn the heat to the lowest setting and simmer for an additional hour stirring every 15 minutes. Remove from heat and sprinkle with sugar. Let stand for 45 minutes. Heat gently to serve, sprinkling in the cheese. Serve very hot. Good with plain beans, rice and or tortillas.

FRIJOLITOS BORRACHOS (DRUNKEN BEANS)

1 1/2 c beans, cleaned
2 T oil
2 strips bacon, chopped
2 sm chili peppers, chopped
1 lg onion, chopped
2 T ground cumin

Rinse beans and place in a large bowl. Cover with cold water and soak at room temperature for at least 12 hours. Drain. Heat oil in large pan over medium heat. When oil is hot, add bacon and cook until lightly browned. Add chili peppers, onions, tomatoes, and garlic. Continue to cook until vegetables are soft, stirring frequently. Add beans, beer, broth or water and stir. Reduce heat, partially cover pan and simmer until beans are tender and most of the liquid is absorbed, stirring continuously, about 2 1/2 hours.

1 lg chopped bell pepper
2 med chopped tomatoes
1/4 c whole wheat flour
24 oz or 65 cl of beer
2 t sugar
2 c grated cheese

Mix all ingredients and work into a soft dough. Take a golfball sized piece and roll into a thin circle using a rolling pin or bottle. Cook on both sides on a hot griddle or Teflon pan until opaque and spotted brown.

Corn Tortillas: Use 1 1/4 c flour and 3/4 c cornmeal.

Whole Wheat Tortillas: Use 1 c white flour and 1 c whole wheat flour.

TORTILLAS II

3 c flour
1 T baking powder
1 t salt

Form dough and let rest for 5 minutes. Form balls and let rest for 10 minutes. Form tortillas and cook, as above, in dry skillet.

TACO FILLING

1 lb ground beef or cooked chicken
1-2 chopped sweet peppers
4 T chili powder
6 oz. tomato paste

Brown beef or chicken. Add onion, pepper and garlic. Cook until the onions are golden. Add the rest of the ingredients and simmer for 30 minutes. Serve with tortillas.

REFRIED BLACK BEAN TOSTADA

1 1/3 c dried beans
3 garlic cloves, minced
1 1/2 t ground coriander
1/4 c oil
juice of 2 oranges
8 tortillas (see Mexican section)
shredded lettuce
grated cheese

Soak beans overnight. Drain and rinse them. Cook them with five times as much water for 2 1/2 - 3 hours. Sauté the onions, garlic, cumin, coriander, and chilies in the oil for five

to ten minutes. Drain the cooked beans and add to rest. Mash it around with a spoon or potato masher until most of the beans are mashed. Add the tomatoes and orange juice. (You can throw in the squashed orange halves too, but take them out again!). Cover and simmer for 10 minutes or so, stirring to avoid stickage. You may want to add more salt and pepper. Layer beans, lettuce, cheese, guacamole, and salsa on lightly fried tortillas.

PC Gabon

MEXICAN STYLE RICE

Serves ~~1-3 as a side dish~~
1 c water

1 c of cleaned rice
2 c of water
1 lg green pepper
3 Maggie cubes
Piment powder/chile powder/ hot red pepper powder; depending on your taste and on availability

PC Chad

Dice the large onion and green pepper. Mince the cloves of garlic (about 3 tablespoons). Place a sufficient amount of oil in a large saucepan and place a cup of cleaned rice in the sauce pan. Fry the rice until it is fairly browned and not burned. Toss in the diced onion and green pepper, minced garlic, and Maggie cubes. Sauté them with the rice until the onions and peppers are tender. Add in the tomato paste and water. Season it with as much salt pepper and hot stuff as you desire. Stir once and allow the mixture to reach a rolling boil. Reduce heat to low-medium. The rice should be ready when most of the water has been absorbed.

Karen Porter

1/2 c cooked beans
2 garlic cloves, minced
1/2 t cumin
1 t minced chilies
1 med tomato
salt
guacamole (see Mexican section)
salsa (see Mexican section)

Italian

FOCCACIA WITH ROSEMARY

2 T rosemary
1 c boiling water
1 T yeast
2 1/2 c flour (half of it whole wheat, if possible)
any other Italian herbs

Crush the rosemary. Pour the boiling water on top in a large bowl. Let the water cool to ~100°F (check it on your wrist like a baby bottle). Add the yeast and the sugar. After 5 minutes, when the yeast gets bubbly, add the salt and a tablespoon of the oil. Stir in half the flour. Add as much of the rest of the flour to make a dough that pulls away from the sides of the bowl. Knead the dough for 5-10 minutes, adding flour to prevent sticking. Put dough into an oiled bowl and let rise until doubled in bulk (~1 1/2 hour). Punch down the dough and knead it for a minute. Oil a 12" x 12" pan with olive oil. Stretch the dough into the pan. Cover the pan and let it rise again for 45 minutes. Preheat oven to 375°F (190°C). Poke the dough with your fingers, to give it dimples. Sprinkle the dough with salt, more rosemary, and the remaining olive oil. Bake for 25 minutes, until golden.

Variations: You can also press tomato or onion into the dough before the second rising. Also good to add at the end: garlic, onion, tomatoes (sundried are yummy) and basil in replace of the rosemary. Additionally, if desired, add any of the following toppings: thinly sliced onions and/or garlic sautéed in olive oil; dried Italian herbs; fresh tomato, chopped fine and drained; fresh minced or dried ground piment; grated cheese; chopped black olives, etc.

PIZZA DOUGH WITH YEAST

1 T yeast

1 c warm water
1 t salt
1 T honey (or sugar)

Sprinkle yeast over warm water with honey. Let stand for 5-10 minutes. Add salt, oil, chili powder and flour. Knead on a floured board for about 10 minutes. Shape into a ball; grease ball lightly with oil. Put in bowl and cover with a damp cloth. Let rise 1 hour, or more. Preheat oven to 350°F (180°C). Press dough into buttered pizza pans. Perforate dough with a fork. Bake 10 minutes. Cover with sauce and toppings. Bake an additional 15 minutes, or until cheese is melted and crust is ready.

CHAPATIS

Use half **corn meal** and half wheat **flour**. Add a pinch of **salt** and enough **water** to make a stiff dough. Make small balls one at a time and roll out to a very thin circle, about 6" in diameter. (Bottles make good rolling pins.) Fry on a flat, dry skillet, very hot, or use oil for a heavier bread. Fry until one side puffs up, then turn over.

Stephen Bobenhausen

2 T oil

WEDNESDAY NIGHT PIZZA SAUCE

1 chopped onion
3 cloves of garlic, minced
1 can whole tomatoes
1 med can tomato paste

Sauté onions and garlic in a small amount of oil. Add remaining ingredients and simmer 20-30 minutes. Spread over unbaked crust. Add toppings. Bake in a (preheated) 350°F (180°C) oven for 20-25 minutes or until crust looks done.

Stovetop method: Make 1/2 recipe in a 9" skillet. Cover and cook on low heat for 30 minutes. Check often to avoid burning.

Suggested toppings: minced garlic cloves, chopped onion, chopped green pepper, mushrooms, olives, sausage, diced ham, shrimp, sardines, grated cheese.

CALZONE GUTS

Clueless Gourmet/ Stephen
Bobenhausen

5 tomatoes, each cut into 12 pieces
2 green peppers, each cut into 1 cm³ pieces
2 onions, each cut into 1 cm³ pieces
2 (small) cans of tomato paste
salt
basil
1/2 kilo meat, cut into 1 cm³ pieces (close to ground meat)
*optional

Brown the meat. Add tomatoes, peppers, onions, paste, and enough water to cover it all. Boil until no real liquid remains. Just before it's done, add all the spices. For cheese, use a mix of provolone and gouda. See pizza dough recipe in Italian section for how to make the dough.

SWEET AND SOUR MEATBALLS

4 slices bread
250 g ground beef
2 t soy sauce
1 onion, finely chopped
1/2 t salt
1/2 c water
cooking oil
1/2 can mushrooms (optional)

The Bitam Gang

Mix thoroughly all ingredients except flour and oil. Make meatballs and roll in flour. Brown in oil. Use sweet and sour sauce in the sauce section. Add meatballs to sauce. Heat and serve with rice.

PC Tonga

LASAGNA

1/2 kg ground beef (optional)
2 cloves garlic, crushed
1 lg can tomatoes
salt, cayenne, basil, marjoram, 1 bay leaf,
oregano
lasagna noodles
grated mozzarella

Brown ground beef, onion, and garlic in a small amount of oil. Add tomatoes, paste, water, and seasonings. Simmer over low heat until thick.

Cook lasagna noodles in boiling, salted water (al dente). Drain and let dry. Spread ricotta over noodles. Grease a 9" x 13" baking pan. Put a thin layer of sauce in pan. Add a layer of noodles and mozzarella. Continue building, alternating with sauce, noodles, and cheese. Top the dish with Parmesan. Bake at 350°F (180°C) for 40 minutes to an hour.

For the **filling**, grill the onions and garlic, then add the spinach. Combine this with the cheese, turn off the heat, and stir in the salt, pepper, and nutmeg.

Preheat oven to 375°F (190°C). Spread some of the sauce in a baking pan. Put a big spoonful of filling onto each crêpe, and roll it up. Place them in a single layer in the pan and top with more sauce. Bake 30 minutes or until well heated.

CRESPELLE (MANICOTTI)

makes 9-10 filled crêpes

see crêpes recipe in bread section

sauce:

2 T olive oil
2 cloves garlic, chopped
1/2 t oregano
salt and pepper to taste

filling:

1 c chopped onion
2 cloves garlic, chopped
1 c grated cheese
3 c ricotta
salt and pepper

1 1/2 c onions
1/4 t basil
1 lg can tomatoes

4 1/2 t olive oil
2 c fresh spinach
1/4 c parmesan
1/8 t nutmeg

For the **sauce**, heat the oil, add the onions and garlic and sauté until the onions are translucent. Add the herbs, then the tomatoes, mashing them. Add the liquid, too. Cook for 10 minutes.

Karen Porter

Mediterranean

FALAFEL

2 c dried garbanzo beans or chick peas (or 4 c canned)
2 eggs, beaten
1/2 c celery, chopped (optional)
3 garlic cloves, minced
3 T flour or bread crumbs
1/2 t turmeric

Soak garbanzo beans in water two or more hours. Bring to a boil and let simmer until soft, adding water as necessary. Drain. Mash beans. Mix in other ingredients. Chill. Pour 2" oil in a deep pan and heat. With floured hands, make 1" diameter balls from chilled "dough". Dust balls with flour and fry in hot oil. Serve in pita (see Mediterranean section).

HUMMUS

1 1/2 c dried chick peas (or 3 c canned)
3 garlic cloves, minced
minced onion or scallions
3/4 c tahini (optional)

Soak chickpeas in water two hours or more. Drain. Cover in 2" of fresh water. Bring to a boil and let simmer until soft, about 1 1/2 hours. Mix in other ingredients. Serve topped with olive oil. You can also add tomatoes to make more.

MIDDLE EASTERN MARINADE

Add lots of ground cumin (more or less, to taste), plus lots of smashed garlic cloves and salt & pepper to plain yogurt. Marinate chicken or meat in this mixture several hours before grilling.

MIDDLE EASTERN BEAN DIP

2 c dry white beans
6 c water
1/3 c olive oil
4 garlic cloves
2 T olive oil mixed with 1/2 t paprika

Soak the beans overnight in a large pot of water and then drain them. Cook the beans in 6 c of fresh water until very tender--about an hour. Drain most of the water, then puree the beans with oil, lemon juice, and garlic. Add salt, pepper, and cayenne. Garnish with paprika oil and parsley. Serve with pita (see Mediterranean section).

TABOULI

1/4 c prepared chick peas
1 1/2 c dry couscous (Algerian), or bulghar
3/4 c green onions or shallots, finely chopped
3/4 c fresh mint leaves (or 2 T dry)
1 1/2 c fresh chopped parsley

Drain and rinse chick peas. Cook couscous for 10 minutes in 2 1/2 cups boiling water. Remove from heat and let rest for 15 minutes. Chill. Once couscous is cold, add peas, onion, parsley, and mint. Make a dressing with lemon juice and oil. Pour over salad and toss with a fork. Add tomatoes and season to taste with basil and salt. Good served with pita bread. Chill well before serving.

PITA BREAD

1 T yeast
1 c warm water
3 c flour

Combine yeast and flour and allow to sit for 5 minutes. Add in salt, oil, and half the flour and beat until smooth. Add the rest of the flour and knead for about five minutes until the dough is smooth and elastic. Put in a greased bowl, cover, and let rise until doubled in size. Punch down dough. Divide into 8 pieces.

PC Gabon

Karen Porter

balls and flatten. Let rise again until they are twice as big. Bake 7-9 minutes on a greased baking sheet at 425°F (220°C).

BREADS

Loaf Breads

Preheat oven to 350°F (180°C). Sift dry ingredients together. Add enough milk to make a soft dough, but one that is firm enough to handle. Knead lightly for a few minutes on a floured board. Shape into a loaf. Put in a greased bread tin. Bake about 1 hour. Should be firm and golden brown.

WHOLE WHEAT BREAD

1 generous T yeast
2 c warm water
2 T sugar- brown sugar
2 t salt
4 c white flour

1/2 c hot water
1/2 c brown sugar
3 T shortening (butter)
4 c whole wheat flour

Soften yeast in 2 cups warm water (5-10 minutes.). Add sugar, salt and white flour and beat until smooth. Keep the dough in a warm place until light and bubbly (about a hour). Combine 1/2 cup hot water with brown sugar and butter. Stir and let cool to lukewarm. Add to the yeast-flour mixture. Then add 4 cups of whole wheat flour. Mix until smooth. Turn the dough onto a lightly floured surface. Knead until smooth, about 10 minutes. Place in a greased bowl. Turn over to grease the top. Cover and let rise in a warm place until doubled in bulk. Knead down dough. Cut in half with a knife. Shape each half into a ball. Cover, let rest 10 minutes. With a rolling pin or bottle, roll out each ball into a 10" x 14" rectangle. Break bubbles in surface. Roll up the dough, rolling toward yourself. Seal each loaf with the heel of your hand; seal the ends of the loaves with the side of your hand. Fold the seams under the loaf. Place in 2 lightly greased loaf pans. Cover, let double in bulk. Bake at 375°F (190°C) for about 50 minutes.

QUICK BREAD

4 c flour
1 t salt
2 t baking powder

3+ c flour
1/2 - 1 c milk

QUICK LOAF BREAD

3 c flour
5 t baking powder
1 t salt
1/4 t soda

Sift dry ingredients together. Mix milk, honey and sugar together. Add to dry ingredients. Mix well. Add shortening and mix well. Bake in greased loaf pan in moderate oven at 350°F (180°C) for 1 hour. Adding dried fruit (esp. apricots) soaked in hot water after margarine adds a lot of flavor.

SIMPLE BREAD

1 1/3 c flour
1 t baking soda
1 c thick milk or yogurt
1 T honey

Combine the flour, oats and baking soda in a large bowl and set aside. Combine the milk, oil and honey in second bowl (you may add fruit or preserves for taste). Combine ingredients of both bowls. Put bread into pan or muffin tins. Cook at 400°F (210°C) until lightly brown.

BONNIE BREAD

1 cube sugar
1 c water

Combine in a bowl and mix well until blended. Cover and allow to ferment (at room temperature) a couple hours or overnight.

1c boiling water
6 cubes sugar
1-2 T oil
1/2 c bulgar (cracked wheat), or Quaker oatmeal, coarse cornmeal, or a combination

Combine in a bowl and let cool to room temperature.

PC Tchad

Add both mixtures with 3+ c of flour and knead 8-10 minutes. Let rise to double in size (about 1 hour at room temperature). Punch down, form into loaves and let rise to double. Bake in preheated oven until golden, about 30-40 minutes. For a crispier crust, toss a little water or a few ice cubes into the oven when you put the bread in to bake.

PC Chad

2/3 c oats
1 egg, beaten
2 T oil (optional)

PC Gabon

1 c flour
1 t dried yeast

2 T NIDO
1 t salt
3+ c flour

LEMON BREAD

mix:

1 c sugar
1 T grated lemon rind
2 eggs
1 1/2 c sifted flour
6 T shortening (butter or margarine)

topping:

1/2 c sugar (scant)

Preheat oven to 325°F. Cream 1 cup of sugar with shortening. Add lemon rind. Beat in eggs. Sift flour, salt and baking powder together. Add alternately flour and milk, beginning and ending with flour mixture. Stir in nuts. Pour in 9"x5" loaf pan. Bake for 35-40 minutes.

For the topping, in a saucepan, heat 1/4 cup sugar with lemon juice. Heat until sugar is dissolved. Pour over hot bread. Let bread cool in pan. Remove and slice, serving with butter.

1 c honey
1 c butter or margarine
1/2 t salt
1 c sour milk or coffee
1 t baking soda
2 t baking powder
1/2 c milk
1 c sugar
1/2 c chopped nuts

Cream butter and sugar. Add eggs, honey and rest of ingredients. Add baking soda dissolved in a little bit of warm water. Bake in 8" x 8" square pan at 350°F (180°C) for 40 minutes.

SWEET BREAD

2 T yeast
1/2 c warm water
1 1/4 c buttermilk
2 eggs
5 1/2 -6 c flour

Dissolve yeast in water. Let sit for 5 minutes. Then stir. Stir in buttermilk, eggs, 2 1/2 cups flour, margarine, sugar, baking powder and salt. Stir in an additional 2 1/2 cups flour until the dough starts pulling away from the sides. Turn out onto a floured surface and knead until a stiff elastic dough. Add flour as needed to prevent it from being too sticky. Put in a greased bowl and cover. Set in a warm place and let rise until doubled in bulk. Bake at 375°F (190°C) until golden brown. For 'egg bread', leave out sugar.

Where There is No Cook

1/2 c margarine
1/2 c sugar
2 t baking powder
2 t salt

SOFT HONEY BREAD

PC Tchad

CAMPING CORN BREAD

1 c cornmeal (sifted corn flour)
1/2 c whole wheat flour
1/3 c white flour
1 T baking powder
1 t salt

Sift dry ingredients and mix together. Add the rest of the ingredients and mix thoroughly. Pour into a greased pan. Bake until it's golden brown and passes the toothpick test.

ROMAN BREAD

1 T sugar
1 T yeast
1 1/2 c lukewarm water
4 c flour

Add sugar and yeast to water in a large bowl and stir until dissolved. Add flour, salt, and onion and mix well. Turn out onto a floured board and knead until smooth. Place dough in greased bowl and let rise until doubled in bulk. Punch down. Flatten dough on greased baking sheet to round shape, about 2" thick. Brush top of dough with oil. Let rise until doubled. Sprinkle with salt and rosemary. Bake at 400°F (205°C) for 30-35 minutes. Serve hot or cut in half and use as pizza crust.

BANANA BREAD

3-4 ripe bananas, mashed
1 c sugar
1 egg
1 1/2 c unsifted flour
1 t lemon juice (optional)

Mix in the order given. Bake at 350°F (180°C) for 1 hour.

PEANUT BUTTER BREAD

2 c flour
1/3 c sugar
2 t baking powder
1/4 t salt
1/2 t vanilla
3 T honey or brown sugar
Preheat oven to 350°F (180°C). Grease a loaf pan. Mix together the dry ingredients in a large bowl. Add the peanut butter, milk, and egg. Mix well. Spoon batter into loaf pan and bake for about 50 minutes. Remove from the pan and let cool on a rack.

Andy Kerrigan

MANGO BREAD

2 c flour
2 t baking soda
3 eggs
2 t salt
1/2 c oil
1/2 c chopped onions
1/2 c mangoes, partially mashed and diced
1 t rosemary or basil

Beat eggs, add oil and beat 2 minutes. Add mangoes and dry ingredients. Nuts may be added. Let stand in bowl for 20 minutes. Pour into greased and floured pans. Bake at 350°F (180°C) for 45-55 minutes.

SWEET POTATO BREAD

2 c flour
1/2 t salt
1/4 nutmeg
1/2 c brown sugar
2 eggs
1 c cooked, mashed sweet potatoes

PC Chad

1 t salt
Combine flour, baking powder, salt, allspice, and nutmeg in a large bowl, set aside. Combine 1/4 c melted butter, sugar, margarine, milk, eggs orange rind, and nuts, beating well. Add to dry ingredients, stirring just until moistened. Pour batter into greased pan and bake at 350°F (180°C) for 45 minutes. Cool in pan for 10 minutes and then remove and cool completely.

ZUCCHINI BREAD

PC Gabon

3 c flour
1 1/2 c sugar
2 t cinnamon
1 t salt
1 t baking powder
1 t baking soda

3 lg eggs
2-3 c shredded zucchini
2 c raisins-optional
1 c walnuts, chopped
2 t vanilla
1 c olive oil

Sift together flour, sugar, cinnamon, salt, baking powder, and baking soda in a bowl. In another bowl, combine eggs, zucchini, raisins, walnuts, vanilla, and oil. Combine mixtures and bake in preheated 350°F (180°C) oven about 1 hour, or until a toothpick inserted in the center comes out clean.

GINGER BREAD

1/2 c butter or margarine (melted and cooled)
1/2 c sugar
1 egg
2 1/2 c sifted flour
1 1/2 t baking soda
1 T powdered ginger
1 T orange rind

Beat sugar and butter well. Sift dry ingredients together. Mix molasses, honey, water and orange together. Add alternately with flour mixture to butter mixture. Bake in greased and floured pan for about 1 hour at 325-350°F (170-180°C).

Small Breads (muffins, rolls, biscuits)

Muffins

BASIC MUFFIN MIX

2 c sifted flour
1 T baking powder
1/2 t salt
3 T sugar

Preheat oven to 450°F (230°C). Sift together dry ingredients. In another bowl, combine remaining ingredients. Pour this mixture over dry ingredients. Stir only until dry ingredients are moist. Do not over mix. Spoon batter into greased muffin pans or a 9" x 9" pan or cake pan. Bake 25-30 minutes (20-25 minutes for muffins).

SUGAR APPLE MUFFINS

2 c flour
1 t baking powder

1/4 t cinnamon
1/4 t nutmeg
1/2 t salt
1/4 t nutmeg
Preheat oven to 425°F (220°C). Sift flour, baking powder, cinnamon, nutmeg, and salt. To beaten egg, add butter, milk, and sugar. Add liquid ingredients to dry ingredients. Stir thoroughly. Fold in apples. Put in greased muffin tin. Bake 25 minutes.

Gaboprix Gourmet

ENGLISH MUFFINS

1 c hot water
1/2 c scalded milk
2 t sugar
1 t salt

Combine water, milk, sugar, and salt. Dissolve yeast in 2 tablespoons of water. Combine the two mixtures. Beat 2 cups of flour into the mixture. Cover bowl with a damp cloth and let rise in a warm place until it collapses back into the bowl. Beat in butter. Beat or knead in remaining flour. Let dough rise again until doubled. Place on a lightly floured board. Pat out until about 3/4" thick. Cut into 3" circles (use a glass or empty tin can). Let stand until doubled -- do not place them on a hot surface another. Cook until light brown on a fairly hot grill or in a well buttered frying pan. Turn once. Cool. To serve, split with a fork and toast in the oven. Serve with butter and jam. These muffins are also great for making miniature pizzas.

EGGLESS MUFFINS

2 c whole wheat flour
1 t salt
3 t baking powder
1/4 c molasses or honey or sugar

Mix all ingredients well. Spoon into a greased pan or muffin tins and bake at 350°F (180°C) until brown.

1 egg, beaten
3 T melted butter

Biscuits

BUTTERMILK BISCUITS

3 c flour
4 † baking powder
1 1/2 † salt
1/2 c shortening

1/8 † baking soda
1 c + 2 T buttermilk
egg white
flour

Preheat oven to 375°F (190°C). Sift together flour, baking powder, and salt. Add shortening and cut in well. Combine soda and buttermilk and add to flour mix. Blend well. Place on floured board and roll out to 3/4" thick. Cut into biscuits and place (touching each other) on a lightly greased baking sheet. Brush tops with egg white mixed with 1 teaspoon water. Bake 15-20 minutes.

QUICK BISCUITS

2 c flour
1 T baking powder
1/2 t salt
3 T shortening (oil or butter)

Mix everything together. Roll out on a floured surface. Place onto a greased baking sheet, 3" round, 1 1/2" thick. Cook at 450° (210°C) for 10-15 minutes.

CHEESE BISCUITS

3 c flour
2 t baking powder
1 t salt
4 T milk powder

Sift dry ingredients into a mixing bowl. Add shortening and cheese, and blend until mealy-textured. Stir in water, adding a few drops more if needed, until dough is a clean ball. Knead lightly, 25 times. Roll and cut into desired shape. Bake on greased and floured cookie sheet until lightly browned, about 10 minutes.

Rolls

ROLLS

1 T yeast
1/4 c warm water
1 c milk, scalded with 1 T butter and cooled to lukewarm

Generously grease a large bowl and 10" round baking pan. Sprinkle yeast over warm water in a large bowl and let stand 10 minutes. Stir in milk, sugar, and salt. Add 2 cups flour and mix well. Add 1 more cup flour and mix thoroughly. Turn onto floured board and knead in remaining flour until dough is smooth (about 10 minutes). Place in greased bowl, turning to grease entire surface. Cover and let rise in warm area until doubled in bulk (1

1/2 hours). Punch down dough and knead several times. Shape into rolls (16) and arrange in prepared 10" pans so sides of each roll barely touch each other. Brush with butter. Let rise until doubled (30-40 minutes). Bake 30 minutes at 375°F (160°C).

Variations: Roll dough into rectangle after first rising. Sprinkle with sautéed onions and garlic, or brush with butter and sprinkle with cinnamon, sugar, and raisins. Roll into log shape and pinch closed. Cut into cross-sections and allow to rise until doubled. Bake as above.

PC Tonga

4 T shortening
1/2 c grated cheese
1 c water

1 T sugar
1 t salt

3 1/2 c flour

HOT ROLLS

Put in a mixing bowl:

1 c lukewarm milk

1 T of yeast

Let stand for 5 minutes. Stir. Add:

2 T soft butter or margarine

1 T sugar

1 t salt

Mix in gradually:

2 1/2 c flour

Beat thoroughly for 5 minutes (until stiff). Add enough extra flour to make dough barely firm enough to handle. Knead dough for 5-8 minutes until it is smooth and elastic. Shape into small balls (for rolls), or however your heart desires. Place in buttered pan. Brush with melted butter. Cover with cloth and let rise for 1 hour. (or until double the size). Bake at approximately 425°F (215°C) until well browned (about 12-20 minutes). Makes about 15 dinner size rolls (light and fluffy).

SWEET ROLLS

Mix:

2 c flour

1 T yeast

1 c milk

1/3 c sugar

Icing:

2 T boiling water

1/2 t vanilla

In a mixing bowl, combine 2 cups of flour with yeast. Heat milk, sugar, butter, and salt, just until warm (115°F-120°F/~46°C). Stir constantly. Add to flour mixture. Add eggs. Beat until well mixed (about 10 minutes by hand). Stir in as much of 2 - 2 1/2 cups flour as you can with a spoon. Put dough on a floured surface. Knead in enough more flour to make a moderately stiff dough that is smooth and elastic (about 8 minutes). Shape into a ball and put into a greased bowl. Turn over once. Cover with a plate or damp cloth.

Let rise until double (about an hour). Punch down and divide in half. Cover and let rest 10 minutes. Shape and bake as below.

CINNAMON ROLLS: Roll dough into a rectangle (about 1/4" thick). Spread **3 tablespoons melted butter** over dough. Combine **1/2 cups sugar** and **2 teaspoons cinnamon** and sprinkle over dough. Next sprinkle with **3/4 cup raisins**. Roll up and seal. Slice into 24 pieces. Place in two greased 9" round pans. Cover and let rise until double. Bake at 375°F (190°C) for 20-25 minutes. Drizzle with powdered sugar icing.

CARAMEL ROLLS: Roll out dough into a rectangle. Spread with **melted butter** and sprinkle with **cinnamon sugar**. Roll up, seal, and slice. In the bottom of greased baking pans, put a thin layer of **brown sugar** (about 1/4"). Put many dots of **butter** over the sugar. Place rolls over sugar and butter. Let rise and bake. When done, turn over pan and let caramel finish drizzling down over rolls. These could also be flavored with pecans.

1/3 c butter, margarine or oil

1 t salt

2 eggs (or 1 egg + 1/4 c water)

2 - 2 1/2 c flour

1 c powdered sugar

Other Small Breads

QUICK CINNAMON BUNS

3 c flour
6 t baking powder
3/4 t salt
6 T margarine
3/4 c brown sugar (or 1/3 white, 1/3 brown)

Sift together dry ingredients and add margarine. Mix well using a fork. Add beaten egg to milk and add slowly to dry ingredients to make soft dough. Roll out about 1/4" and brush with softened butter. Sprinkle with brown sugar, cinnamon and raisins. Roll up like a jelly roll. Cut into 2" pieces. Place pieces of dough in a pan and cut edges up. Allow to stand for 15 minutes. Bake at 350°F (180°C) for 1 hour.

Sift all dry ingredients together. Add onion and pepper. Break egg into a measuring cup. Add enough milk to the egg so that the total volume measures 1/2 cup. Mix all ingredients. Cook 10 minutes in simmering broth, soup, or stew.

1 egg
softened butter
1 c milk
2 t cinnamon
1/2 c raisins and walnuts

SCONES

1 1/2 T butter
2 c flour
1 1/2 T sugar
1/2 c raisins or other dried fruit(optional)

Preheat oven to 450°F (230°C). Combine the butter and flour until all the lumps are out (Use your fingers!!!). Stir in everything but the milk. Slowly add the milk until you have a smooth but not sticky dough. Roll the dough to 1/2" thick on a floured surface. Cut into circles or wedges and place on a buttered baking sheet. Bake for 20 minutes.

1/2 t baking powder
3/4 c milk
1/2 t salt

Karen Porter

DUMPLINGS

1 c flour
1/2 t salt
2 t baking powder
1 T onion, chopped

3 T green pepper, chopped
1 egg
milk

PC Tonga

BAGELS

4 1/2 - 4 3/4 c flour
2 T yeast
1 1/2 c warm water (110°F-115°F)

In a mixing bowl, combine 1 1/2 cups of flour with the yeast. Combine warm water, 3 tablespoons sugar, and salt. Pour over flour mixture. Beat until well-mixed. Stir in as much remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6-8 minutes). Cover and let stand 10 minutes. Cut into 12 portions. Shape each into a smooth ball. Punch a hole in the center of each. Pull gently to make a 1 1/2" - 2" hole. Place on a greased baking sheet. Cover and let rise for 20 minutes. Broil 5" from heat source for 3-4 minutes, turning once (optional). (Tops should not brown.) Heat 1 gallon of water and the 1 tablespoon sugar to boiling. Reduce heat. Boil 4-5 bagels at a time for 7 minutes, turning once (as soon as they rise to the surface). Drain. Place on a greased baking sheet. You may glaze with 1 egg white and 1 tablespoon water and then add toppings such as spices or onions, etc. Bake for 25-30 minutes at 375°F (190°C).

Herb Bagels: Add 2 teaspoons dried crushed marjoram, 1 teaspoon dried dill weed, 1 teaspoon dried crushed tarragon, or 1/2 teaspoon garlic powder.

Onion Bagels: Cook 1/2 cup finely chopped onion in 3 tablespoons butter until tender but not brown. Brush onion mixture over tops of bagels after the first 15 minutes of baking.

BREAD STICKS

1 c hot milk
1 t sugar
4 T butter
2 t salt

Combine hot milk, sugar, butter, and salt in a large bowl. Let mixture cool. In a small bowl,

sprinkle yeast over water and let stand 5 minutes. Add yeast and 2 cups of flour to milk mixture. Stir well. Stir in remaining flour until dough pulls away from the sides of the bowl. Knead for 2 minutes and let dough stand for 10 minutes. Knead again until smooth. Put in an oiled bowl and let double in bulk. Punch down. Take golfball size pieces and roll into little "logs", about 1/2" in diameter. Put on a well greased cookie sheet. Let rise again. Brush with egg white and water before baking. Bake at 300°F (150°C) for 30-35 minutes or until golden brown.

Variations: They can be sprinkled with coarse salt, parmesan, sesame seeds, or poppy seeds.

1 T yeast
1/4 c warm water
3 c (or more) flour
1 egg white mixed with 1 t water

Fried Breads

ROTI (INDIAN FLAT BREAD)

2 c flour
1/2 t baking powder
1/2 - 3/4 c milk

Sift together the dry ingredients. Stir in 1/2 cup milk; add more as needed to create a stiff dough. Knead on a well floured board. Shape into four balls. Roll each ball into a 8-9" circle. Brush each with oil and then roll into a ball again. Cover them and let sit 15-20 minutes.

Roll them out again to their original size. Heat a heavy skillet and cook each roti for about 1 minute, then flip and cook until it is lightly browned on both sides. Let it cool until you can handle it, then pat it in your hands until it is supple. Keep them moist by covering them. Eat them as a flat bread or stuff them like tortillas.

NON (FLAT RUSSIAN ONION BREAD)

6 T butter
1 1/2 c onions, finely chopped
3/4 c lukewarm water

Melt 1 tablespoon butter in a heavy skillet set over high heat. Add the chopped onions, reduce the heat to low and, stirring constantly, cook 3-5 minutes, or until the onions are soft but not brown. Transfer them to a bowl and let cool to room temperature. Melt the remaining 5 tablespoons of butter in the skillet and pour it into a large mixing bowl. Add the lukewarm water and (with a large spoon) stir in onions, salt, and 2 1/2 cups flour--1/2 cup at a time. If necessary, beat in as much of the remaining 1/2 cup flour as you need to make a dough that does not stick to your fingers. Gather the dough into a large,

compact ball and divide it into 16 pieces. With the palms of your hands, shape each piece into a 1 1/2" - 2" ball. Then, with a lightly floured rolling pin (or bottle), roll out the balls into circles about 8" in diameter. ~~Skillet~~ ~~Set~~ ~~heavy,~~ ~~ungreased~~ ~~frying~~ ~~pan~~ ~~over~~ ~~high~~ ~~heat.~~ ~~When~~ ~~it~~ ~~is~~ ~~hot~~ ~~enough~~ ~~that~~ ~~a~~ ~~drop~~ ~~of~~ ~~water~~ ~~flicked~~ ~~gross~~ ~~its~~ ~~surface~~ ~~evaporates~~ ~~instantly,~~ ~~place~~ ~~one~~ ~~round~~ ~~of~~ ~~dough~~ ~~in~~ ~~the~~ ~~center.~~ ~~Brown~~ ~~3-4~~ ~~minutes~~ ~~on~~ ~~each~~ ~~side.~~ ~~Do~~ ~~not~~ ~~be~~ ~~concerned~~ ~~if~~ ~~the~~ ~~bread~~ ~~does~~ ~~not~~ ~~brown~~ ~~evenly.~~ ~~Cool~~ ~~on~~ ~~a~~ ~~rack.~~ ~~If~~ ~~the~~ ~~bread~~ ~~becomes~~ ~~limp~~ ~~after~~ ~~a~~ ~~day~~ ~~or~~ ~~so,~~ ~~bake~~ ~~them~~ ~~5-10~~ ~~minutes~~ ~~in~~ ~~a~~ ~~300°F~~ ~~(150°C)~~ ~~oven.~~

SKILLET GARLIC BREAD

I keep garlic butter in my fridge at all times (about 1 spoonful of minced garlic per 3 spoonfuls of butter, with a little parsley, smashed with a fork). Slice part of a loaf of **French bread** at an oblique angle, to maximize surface area. Spread **garlic butter** on each slice. Heat up a skillet, then place bread slices, butter side down, on the skillet. When it looks right--I like mine golden brown with a little black around the edges--turn it over for just long enough to barely toast the other side.

PC Zaire

YEAST DOUGHNUTS

3 - 3 1/2 C flour
2 T yeast
3/4 c milk
1/3 c sugar
shortening or cooking oil for deep-fat frying

Combine 1 1/2 cups flour and yeast in a large mixing bowl. In a saucepan, heat milk, sugar, 1/4 cup butter (shortening) and salt until warm. Stir constantly. Add to flour. Add eggs. Beat for about 10 minutes by hand. Then stir in as much of the remaining flour as you can stir in with a spoon. Turn out dough onto a lightly floured surface. Continue kneading in flour until dough is moderately

soft, smooth and elastic. Shape into a ball. Put in a greased bowl and turn over once. Cover and let rise until double (about an hour). Punch down. Turn out again onto lightly floured surface. Cover and let rest 10 minutes. Roll out dough (1/2" thick). Cut with a glass or tin can. Cut hole out of center. Cover and let rise again until very light, about an hour. Heat oil to 375°F (190°C). Cook 2-3 doughnuts at a time, frying about 1 minute on each side. Drain. Glaze with icing or sprinkle with sugar.

PERFECT PANCAKES

PC Chad

2 c flour
3 t baking powder
1 t salt
3 T sugar

2 eggs
1 3/4 c milk
1/4 c oil or melted shortening

Sift the dry ingredients together into mixing bowl. Break eggs into a different bowl. Add milk and beat well. Pour into flour mixture. Stir with a large spoon until all the flour is moistened; then stir in the oil. Do not beat. Lightly butter or grease a frying pan. Pour a dipperful of batter in the pan. Cook until cakes are full of bubbles, then turn over to complete cooking on the other side.

Option: Add several mashed bananas and a little extra milk.

EGGLESS PANCAKES

PC Zaire

1 c flour
1/2 c milk
2 t baking powder

2 T sugar
2 T butter or oil

Make batter of above ingredients. Add extra milk or flour to attain right consistency. Pour onto hot greased griddle and fry.

Variations: Mix crushed fruit into the batter--ripe bananas, mangos, oranges, pineapple.

OVERNIGHT NO EGG PANCAKES

in his words...

1 spoon yeast & 1 spoon sugar & water & enough flour to make consistency of Elmer's Glue. Put in ant-proof covered container overnight. In a.m. add flour to make right consistency & pinch of salt. Fry.

CINNAMON-OATMEAL PANCAKES

1 c milk
1 egg
1/4 c oil
1 c oats (Quaker)
1/4 c brown sugar

Blend, rest, drop by 1/4 cups onto hot pan.

NAVAJO FRY BREAD

4 1/2 c flour
2 t baking powder
1/2 c milk

Sift flour, salt, and baking powder in a bowl. Stir in other ingredients. Knead with hands. Pat or roll into circles approximately 5" in diameter. With fingers make small hole in center. Fry in several inches of hot oil. Dough will puff and bubble. Turn when golden brown. Serve hot with honey, or use with tacos.

CRÊPES

2 eggs
1 c milk
1 c flour

Beat the eggs well. Then beat in the milk, salt, flour, and the butter. Heat a 7" or 5" skillet or crêpe pan until moderately hot. Grease it very lightly with butter or shortening using a brush or whatever you

have. Using a ladle or small cup, pour the batter, spreading it evenly in the thinnest possible layer. Cook for a few minutes, until the bottom is lightly browned and the edges lift easily from the pan. The crêpe should then lift easily from the pan. Turn it with a spatula or by catching the edge with your fingers. Cook the second side for a minute or so. It will brown in spots. Serve with sugar, brown sugar, powdered sugar, jam, applesauce, fresh fruits, chocolate spread, etc.

1 c flour
2 t baking powder
2 t ground cinnamon
1 t salt

PC CHAD

1/2 t salt
1 1/2 c water

2 T butter, melted
add 1 T sugar for sweet crepes
add vanilla for more flavor

SUNDAY MORNING FRENCH TOAST

2 eggs
1 c milk
1 t vanilla

Mix together first 5 ingredients. Cut bread in 1" thick slices. Dip into mixture. Flip slices and let bread soak up mixture. (For dry French toast, soak 1-2 minutes. For custard-like French toast, soak for 20 minutes, flip slices, add another 1/2 cup milk, and soak for 20 more minutes.). Sauté in butter on medium heat for about 5 minutes on each side, or until golden brown.

Sourdough Recipes

Sourdough is used for making bread without the use of commercial yeast. It was originated by pioneers of the American West. This type of bread requires the cultivation of starter. Starter is naturally fermented flour and milk which can be kept a long time and actually improves with age.

SOURDOUGH STARTER

To make starter, put **1 cup milk** (be sure it's pasteurized!) in a non-metal bowl or container, cover, and let stand for 24 hours. Then stir in **1 cup flour**. Leave in a warm place (about 80°F) for 2- 5 days. It should be lightly covered, not airtight. A cloth and rubber band are good. When it smells sour and is bubbly, it is ready. Every time you use some of the starter, add equal parts of milk and flour to what is left and set in a warm place overnight. If it begins to dry out, add some warm water. If the starter is too sour, add extra soda to your recipes.

SOURDOUGH BREAD

1 pint to 1 quart starter

4 eggs, beaten
2 c milk

Therese Mertes

1/2 t salt

In a mixing bowl, combine starter, eggs, milk, and oil. Stir. Begin adding flour; continue adding until the dough becomes thick enough to knead. Add more flour. How much? If too little, it will be sticky, if too much, it will be too heavy. Knead until velvet in texture and appearance, about 8-10 minutes. Cover the bowl with a damp cloth and let the dough rise to double in size (about one hour). Punch it down and let it rise again. Preheat oven to 375°F (190°C). Form into loaves. Let double in size. Bake 10-15 minutes, reduce heat to 325-350°F (~175°C) and bake for an additional 30-35 minutes. Loaves are done when tops are relatively done. If tops are too hard, brush with butter.

Variations: A wide variety of breads can be made with sourdough starter. Try adding in rye, wheat, or rice flour, cornmeal, oats, etc.

PC Zaire

1 c oil (or less)

24-HOURS SOURDOUGH BREAD

PC Zaire

1-2 c warm water
1 c starter
6 c flour

2 † salt
2 † sugar
1/2 † baking soda

Combine warm water, starter, 4 cups flour, salt, and sugar. Mix in a non-metal bowl and leave at room temperature for 18 hours. It should double in size. Gradually add an additional cup of flour mixed with soda. Turn dough onto floured surface and knead at least 8 minutes, slowly adding about 1 more cup flour. Shape dough into 1 or 2 loaves on a lightly greased surface, cover with a cloth, and let rise in a warm place 3-4 hours. Before baking, brush top with water or oil and slash with a sharp knife. Bake in a 400°F (205°C) oven for 45-50 minutes.

SOURDOUGH ENGLISH MUFFINS

PC Zaire

1/2 c starter
1 c milk
2+ c unsifted flour

1 T sugar
3/4 † salt
1/2 † baking soda

In a large non-metal bowl, mix starter, milk, and 2 cups flour. Stir together, cover bowl with a cloth, and set at room temperature for about 8 hours. In a separate bowl, mix sugar, salt, soda, and 1/2 cup flour. Sprinkle this over the dough and mix in. Turn dough onto floured surface and knead for 2-3 minutes. Cut out circles with a cookie cutter, an empty tin can, or a glass. Place muffins 1" apart on a surface sprinkled with cornmeal and sprinkle more cornmeal on top. Cover with a cloth and let rise in a warm place for 45 minutes. Fry on a lightly greased pan for 8-10 minutes per side.

DESSERTS

Cookies

CHOCOLATE CHIP COOKIES

Ingredients

1 c butter
1 1/2 c sugar
1 egg
1 1/2 t baking powder
1 t baking soda
2 t cinnamon
1 t vanilla
1/2 t salt
3 c flour
250 g baking chocolate

Melt Rosa. Add sugar, egg, salt, vanilla, cinnamon, baking powder and baking soda. Mix well. Add flour and mix. Chop chocolate to desired-sized chips. Add and mix chocolate. Ball. Makes about 30. Flatten some. Bake on greased, oiled or Rosa'd pan (flattened roofing works great as cookie sheets) at 350°F (180°C) for 12 minutes. Cookies always look a little underdone in the oven.

PMS COOKIES

1 c butter substitute
1 1/2 c sugar
1 egg
6 T coco powder
1 t baking soda
1 t baking powder

Melt butter. Add sugar, egg, cocoa powder, baking soda, baking powder, and salt. Mix well. Add flour. Mix well. If this is too dry to ball, you may need to add a little oil or melted butter. Chip and add chocolate mix. Ball. Makes about 30 cookies. In a separate bowl,

combine sugar and Nutmeg. Mix. Roll balls well in mix. Flatten. Bake on your toll. ("Toll" as in the roofing material, not as in "Toll House Cookies.") cookie sheet at 350°F (180°C) for 12 minutes.

Clueless Gourmet/Stephen Bobenhausen

Translation (for clueless folks)

Rosa
Not cane
A non-floater
tsp = the little spoon
3 powder = 1 soda if you're out
Go to Score
1 packet at the Corner Store
NaCl for M/S types
No daisies
Milk chocolate will sub in a pinch

Clueless Gourmet/Stephen Bobenhausen (a.k.a. Death by

1 T salt
3 c flour
250 g chocolate
a little oil
6 T sugar
2 T nutmeg

AUNT FRAN'S SUGAR COOKIES

3 c flour
2 t baking powder
1/4 t salt
1 c sugar
1 t lemon or vanilla extract

Mix together flour, butter, baking powder, soda and salt. In a separate bowl, beat 2 eggs, sugar, milk, and lemon extract. Add to flour mixture. Form dough into a ball. Let chill overnight. Roll thin (1/4") with a rolling pin or bottle. Cut with cookie cutters or a glass. Bake on an ungreased cookie sheet for 5-8 minutes at 400°F (205°C). These make great Christmas cookies and are especially nice frosted with confectioner's sugar icing.

LEMON SQUARES

6 T butter
1 c flour

filling:
2 eggs
2 T flour
3 T lemon juice

Beat butter. Add sugar and beat until fluffy. Add flour. Pat into bottom of an 8" x 8" pan. Bake at lowest setting for 15 minutes. Meanwhile, beat eggs, sugar, flour, lemon peel, baking powder, and lemon juice. Beat 3 minutes or until thickened. Pour over baked crust. Bake another 25-30 minutes or until filling sets and edges are golden brown. Let cool before cutting.

BUTTER COOKIES (EGGLESS)

1 c butter
1/2 c sugar

Soften butter. Add sugar and vanilla. Mix in the flour. Knead the dough and roll it out with a rolling pin. Make the dough into little

balls and flatten them into cookies. Bake 25 minutes at 300°F (150°C).

Variations: Make small divots in cookies and fill with jam or frosting.

Almond butter cookies: Replace vanilla extract with almond extract and add almonds to the cookie centers.

Toni McCall & Barbara Ruys

1/4 c sugar

3/4 c sugar
1/4 t lemon peel, grated
1/4 t baking powder

PC Chad

2 c flour
2 t. vanilla

SPICE COOKIES (EGGLESS)

1/2 c molasses
3 T butter (or oil)
2 c flour
1/2 t nutmeg
1/2 t cloves

Preheat oven to 375°F (190°C). Heat molasses to boiling. Add sugar, butter, and milk. In a bowl, sift together flour, soda, and spices. Add dry ingredients to moist ingredients. Mix all. Drop by teaspoonfuls onto a greased cookie sheet, keeping cookies 1" apart. Bake for 8 minutes.

CHOCOLATE PEANUT COOKIES

1/2 c butter
1 egg
2 t baking powder
1 c peanuts

Preheat oven to 375°F (190°C). Cream butter and sugar. Add egg and beat well. Mix in sifted dry ingredients. Add peanuts. Put on greased cookie sheets by the spoonfuls. Bake 20 minutes.

BROWNIES

2 eggs (or just one, for chewier brownies)
1 c sugar
6 heaping T Nescao
1 c chopped nuts (optional)
1 t vanilla

Preheat oven to 325°F (165°C). Beat eggs lightly with a spoon. Stir in sugar and salt. Add oil and chocolate. Stir in flour and nuts. Do not beat! Spread in a greased pan (8" x 8"). Bake 20 minutes.

Variation: Chocoholics may want to add in chocolate chunks. Diminish amount of oil by 1/4 cup and swirl 1/4 cup peanut butter through batter for peanut butter brownies.

BUTTERSCOTCH BROWNIES

1/4 c sugar
1/4 c melted butter
1 c brown sugar
1/4 t salt
1/2 t cinnamon
1 c chopped nuts (optional)

Mix all ingredients. Spread in a greased 8" x 8" pan. Bake 25 minutes at 325°F (165°C). Cut in squares or strips while warm.

PC Tonga

1/2 c sugar
1 c flour
2 T cocoa
1/2 t salt

1/2 t salt
1/2 c oil
3/4 c flour (more makes it less fudgy)
1/2 t baking powder

NO-BAKE CHOCOLATE-OATMEAL COOKIES (EGGLESS)

1 1/4 c sugar
1/2 c milk
1/2 c peanut butter

In a saucepan, mix sugar, cocoa, milk, and butter. Heat over medium flame until boiling. Remove from heat. Let cool 1 minute. Add peanut butter and oatmeal. Stir well. Drop by teaspoonfuls on waxed paper or a greased surface (or pour into a greased plastic or glass dish). Cool.

FUDGY OATMEAL COOKIES

1 can sweetened condensed milk
1 c oats
2 squares unsweetened chocolate (or 6 T cocoa and 2 T butter)

Preheat oven to 350°F (180°C). In the top of a double boiler, combine condensed milk and chocolate. Cook over rapidly boiling water, stirring constantly, until very thick. Remove from heat. Stir in vanilla. Blend in oats and nuts. Drop by teaspoonfuls, about 2" apart, onto greased cookie sheet. Bake 8-10 minutes, or until set.

OATMEAL RAISIN COOKIES (Soft and Chewy)

1 c sugar
1/4 c oil
1/4 c margarine
1 egg
1 c flour
1/4 t baking powder

Starting with sugar and liquids, mix well adding everything but raisins and oatmeal until the end. Spoon onto greased baking sheets and bake about 10 minutes at 350°F (180°C), removing when still soft. Optional: A great addition is 1/2 cup shredded coconut.

BANANA DROP COOKIES

1/3 c Nescao
2 1/2 c flour
1/2 c butter (or 6 T oil)
1 c sugar
3/4 c oats (or cereal)
3/4 t salt
2 eggs, beaten
1 t vanilla

Sift flour, sugar, baking powder, baking soda and salt. Cut in the margarine and add the eggs, the bananas, and vanilla. Mix well. Drop by teaspoonfuls onto a greased cookie sheet. Mix the cinnamon and a little sugar and sprinkle over the cookies. Bake at 350°F (180°C) until light brown.

1 t vanilla
1/2 c coarsely chopped nuts

Erin Hatch

1/4 t baking soda
1/2 t vanilla
1/2 t cinnamon
1/4 t salt
1 1/2 c quick cooking oats
1 c raisins

PEANUT BUTTER OATMEAL BARS

1 c flour
1/2 t baking soda
1/2 c butter
1/2 c brown sugar, packed
1/3 c peanut butter
1/2 t vanilla

topping:

1/4 c powdered sugar
2-3 T milk

Grease a 9" x 13" baking pan. Preheat oven to 350°F (180°C). Combine flour, oats, soda, and salt. Cream butter, add sugars, and beat until light and fluffy. Add egg, peanut butter, milk, and vanilla. Beat well. Add dry ingredients to beat mixture, mixing until smooth. Spread mix in pan. Bake 20 minutes. Sprinkle chocolate pieces over top. Let soften and then spread evenly. Cool. For peanut butter topping, combine powdered sugar and peanut butter. Add enough milk to make of drizzling consistency. Drizzle over top. Let stand several hours before cutting.

PEANUT BUTTER COOKIES

1/2 c shortening/margarine
1/2 c sugar
1 egg, beaten
1-1/2 c flour
1 t baking soda

Preheat oven 350°F (180°C). Grease pans. Cream shortening and sugars. Add egg, beat well. Stir in peanut butter. Mix together remaining ingredients and add to peanut butter mixture. Mix thoroughly. Form into balls. Cross with fork and bake, 10-12 minutes.

Variation: add 1/4 cups mashed bananas.

PEANUT BUTTER WHIRLS

1/2 c butter

1 c sugar
1 t vanilla
1/2 t soda
2 T milk
1/4 t salt

1/2 c sugar
Cream butter, peanut butter, sugar, egg and vanilla. Sift flour, soda, and salt. Add alternately with milk to creamed mixture. Depending on the type of peanut butter used, you may need to add 1-2 extra tablespoons flour to obtain a dough that can be managed for rolling. Chill for 1 hour. Roll out on floured paper to form a rectangle 12" x 8". Melt chocolate over hot water, let cool slightly and spread on dough. Roll up lengthways and chill for 30 more minutes. Slice into 1/8" slices. Place on an ungreased cookie sheet. Bake at 350°F (180°C) for 8-10 minutes.

PEANUT BUTTER BARS (EGGLESS)

1 c brown sugar
3 T peanut butter
1 t soda
chocolate frosting (see Icing section)

Preheat oven to 350°F (180°C). Cream brown shortening, and peanut butter. Sift flour, soda, and salt, and add to creamed mixture. Batter will be very thick. Press into an ungreased pan. Bake about 25 minutes. Cool. Spread with frosting.

dash of salt
1/3 chopped nuts (optional)

PUMPKIN BARS

2 c flour
2 t baking powder
1 t salt
2 c pumpkin (local squash, cooked and mashed)
1 1/2 c sugar

Preheat oven to 350°F (180°C). Combine flour, cinnamon, baking powder, soda, and salt. In another bowl, combine eggs, pumpkin, and sugar. Beat. Combine the two mixtures. Spread batter in an ungreased 15" x 10"

baking pan. Bake 25 minutes. Cool and frost with cream cheese frosting.

TOFFEE BARS

1 c butter
1 c brown sugar
1 t vanilla

Mix all ingredients and spread 1/4" deep on a cookie sheet. Bake 15-20 minutes in a 350°F (180°C) degree oven. While hot, spread with chocolate frosting or break a bar of milk chocolate into pieces. Return to oven a few minutes until the chocolate are partially melted. Remove from pan and spread chocolate with a knife.

CHOCOLATE PEANUT CLUSTERS

1/2 c sweet milk
1 T butter/margarine

Heat sweet milk and margarine, stirring constantly. Add chocolate powder. Stir for about 20 minutes until it becomes like toffee. Add peanuts, mix well. Drop by spoonfuls on cookie sheet. Refrigerate until hard.

SESAME SEED COOKIES

1/2 c toasted sesame seeds
1 1/4 c butter
1/2 c brown or white sugar
2 eggs
1/2 t cinnamon

Cream the butter and the brown sugar together until light and fluffy. Beat in the eggs, one at a time, along with the vanilla. Sift together flour, salt, baking powder, and cinnamon. Stir in the sesame seeds. Add to the creamed mixture. Mix thoroughly. Line the cookie sheet with waxed paper, or grease really well. Drop the dough by the teaspoonful onto the cookie sheet, allowing

enough room for the cookies to spread out. Bake at 325°F (170°C) for 20-25 minutes or until the cookies are slightly browned. While the cookies are still hot, remove them from the cookie sheet. PC Chad

PEANUT BRITTLE

2 c sugar
1 c peanuts

Melt sugar over low heat in an iron skillet, stirring constantly with a wooden spoon. When thoroughly dissolved add peanuts and baking soda. This will cause the brittle to become foamy. Spread mixture on a cookie sheet, plate, etc. immediately. Work fast! Allow to cool.

PC Chad

COCONUT SQUARES

6 T cocoa powder
2 eggs
1/2 t vanilla
1/4 c crushed nuts

Beat eggs until foamy. Beat in sugar, salt, and vanilla. Stir in coconut and nuts. Sift flour over batter and stir lightly. Spoon into a buttered pan. Bake 30 minutes in a moderate 350°F (180°C) oven. Cool and remove from pan. PC Chad

COCONUT CHEWIES (EGGLESS)

1 t vanilla
1/4 t salt
1/4 t baking powder
1/2 c butter
1 c wheat or white flour

Preheat oven to 350°F (180°C). Mix all ingredients, adding enough wheat flour to make a stiff dough. Pat into a 1/2" slab. Cut into finger lengths. Bake on a greased cookie sheet until golden brown, about 5 minutes.

"QUARTER CUP" COOKIES

1/4 c shredded coconut
1/4 c Quaker oatmeal
1/4 c flour
1/4 t baking powder
2 t vanilla
2 T vegetable oil

1/4 c hulled sesame seeds
1/4 c chopped nuts
1/4 t salt
1/4 c brown sugar, packed
1 egg

Preheat oven to 400° F (210°C). Combine coconut, sesame seeds, oatmeal, nuts, flour, salt, and baking powder. Beat brown sugar, vanilla, egg, and oil. Add to dry ingredients and combine well. Divide dough into 12 equal pieces. Roll each piece in more coconut. Place on oiled baking sheet about 2 inches apart. Bake 10-15 minutes. Cool on rack. Store in airtight container.

ERIK'S MOLASSES COOKIES

Gaboprix Gourmet

3/4 c melted butter
1 egg
2 1/4 c flour
1/2 t ginger
1/2 t salt

1/4 c molasses
2 t baking soda
1/2 t cloves
1 t cinnamon
1 c sugar

Mix butter, molasses, and egg. Mix remaining dry ingredients. Mix together and chill dough, if possible. Roll into small balls and roll in sugar (or add 2 tablespoons of sugar to recipe). Flatten slightly on ungreased pans. Bake 8-10 minutes at 375°F (195°C).

SCOTCH TEAS (EGGLESS)

Gaboprix Gourmet

1 c packed brown sugar
2 c oats
pinch of salt

1/2 c butter
1 t baking powder

Mix and heat sugar and butter until butter melts. Remove from heat. Stir in remaining ingredients. Pat into an 8" square pan. Bake at 350°F (180°C) for 20-25 minutes. Cut into bars while hot.

LINZER SCHNITTEN

2 eggs
3/4 c butter, melted
1 t baking powder
1 t cloves
1/4 t salt
1 c apricot or strawberry jam

Beat together eggs, sugar, and butter. Mix dry ingredients together. Mix with egg mixture. Stir in lemon. Mix well. Cover and let sit for 1 hour. Form into balls, flatten with thumb, and fill thumbprint with jam.

after mixing ingredients. Add 2 teaspoons cinnamon to batter.

Simple Spice Cake: Add 2 teaspoons cinnamon, 1/2 teaspoon ground cloves, 1 teaspoon nutmeg, 1 teaspoon vanilla.

Simple Carrot Cake: Do not add milk. Replace 1 cup flour with 2 cups grated carrots. Add 1/2 teaspoon each: nutmeg, cinnamon, and allspice.

Simple Brownies: Use only 2 cups of flour. Add 1/4 cup cocoa powder. No milk. 1/2 cup chopped nuts, optional.

Peanut Butter Cake: Use only 1 1/2 cups sifted flour, 1/2 cup butter, 1 cup sugar, 2 teaspoons baking powder, 2/3 cup milk, 1/2 t salt, 1 egg. Add 1/4 cup peanut butter.

Cakes And Icings

Cakes

1-2-3-4 CAKE

1 c butter, at room temp.(use less to make drier)
2 c sugar
3 t baking powder
4 eggs

Preheat oven to 350°F (180°C). Cream butter and sugar. Gradually beat in eggs one at a time. Stir in milk. Sift flour salt and baking powder together. Combine wet and dry ingredients until well blended (but don't overbeat). Batter will be the consistency of thick pudding. Pour into buttered and floured cake pan. Makes one 9" x 13" sheet cake.

Simple Chocolate Cake: Reduce flour to 2 3/4 cups. Add 1/4-1/2 cup Nescao and 1 teaspoon vanilla.

Simple Lemon Cake: Use 1 cup lemon juice and 3 tablespoons powdered milk in place of milk.

Simple Apple Cake: Peel and core four large apples. Slice and dip in flour. Add to batter

Steven Metz

1 c milk
a pinch of salt
3 c flour

DEVIL'S FOOD CAKE (EGGLESS)

2 c flour
 1/2 t salt
 2/3 c oil
 3/4 c sugar

Mix and bake in a greased and floured pan at 350°F (180°C) for 35 minutes.

BUTTER POUND CAKE

2 c butter
 1 pound (2 c or 1/2 kg) sugar

Preheat oven to 325°F (165°C). Cream butter with sugar until light. Add eggs, one at a time, beating after each addition. Add flour, mixing only until smooth. Turn into a pan. Bake 1 hour.

EGGLESS CINNAMON COFFEE CAKE

2 c sugar
 3/4 c margarine
 3 c flour
 1 t salt

Cream together first five ingredients. Reserve 1 cup for toppings. Add vinegar to milk and set aside. Mix baking soda with milk and then add the mixture to flour mixture. Mix well and pour into a baking pan. Add the topping. Bake at 350°F (180°C) degrees for 30 minutes.

COFFEE CAKE TO DIE FOR

Cake:
 1/2 c butter
 1 c sugar
 2 eggs
 2 1/2 c flour
 1 t baking soda
 1 1/2 t baking powder

1/4 t salt
 1 1/2 c sour cream with 1 t vanilla (can be substituted with milk and yogurt or Bailey's Irish Cream)
 1/2 c cocoa
 1 t soda

2 c sour milk or yogurt
Topping: Combine all the ingredients with your fingers. Add more oatmeal if not a coarse meal.

Cake: Cream butter and sugar. Add eggs one at a time and beat well. Separately, sift flour, soda, baking powder, and salt. Add this to wet mixture alternately with the sour cream, stirring after each addition. Spread 1/2 batter into buttered pan and sprinkle on 1/2 of the topping. Add the rest of the batter and then the rest of the topping. Bake about 45 minutes at 350°F (180°C).

BUTTER CAKE

<u>2 layer cake</u>	<u>3 layer cake</u>
1/3 c	1/2 c
1 c	1 1/4 c
2	3
1 t	2 t
2 c	2 1/4 c
3 t	3 1/2 t
1/4 t	1/4 t
2/3 c	2/3 c

Cream shortening: add sugar slowly, mixing thoroughly. Add unbeaten eggs one at a time beating well after the addition of each egg. Add vanilla. Sift together dry ingredients and add alternately with milk to the first mixture. Bake in greased loaf pan at 350 degrees about 1 hour or in greased layer cake pans for about 25 minutes.

GINGERBREAD CAKE

Topping:
 2 eggs
 1 c brown sugar
 1 1/2 c oatmeal
 3/4 c brown sugar
 2 T cinnamon
 3/4 c molasses
 5 T butter
 3/4 c melted margarine
 2 T cocoa
 2 1/4 c flour
 1/2 c nuts (optional)
 2 1/2 t baking powder

Add beaten eggs to sugar, molasses and melted shortening. Add flour sifted with other ingredients. Add hot water last. Bake in greased shallow baking pan at 350°F (180°C) degrees for about 40 minutes. Honey or any other sugar syrup can be used instead of molasses, although it will change the taste some.

HOT MILK SPONGE CAKE

PC Chad

4 eggs
2 c sugar
2 t vanilla
2 c flour

2 t baking powder
1/4 t salt
2 t butter
1 c hot milk

Beat eggs until light and thick. Gradually add sugar and continue beating. Add vanilla. Fold sifted dry ingredients into egg mixture. Melt butter in hot milk and add all at once. Pour into 2 greased 8" square pans and bake at 375°F (190°C) for 30-35 minutes. You can also add chocolate chips if desired.

OATMEAL CAKE

1 1/4 c water (boiling)
1 1/2 c flour
2 t baking powder
1/2 c butter
1 c brown sugar

topping:

1/2 c melted butter
1/4 c evaporated milk
1/2 c brown sugar

Preheat oven to 350°F (195°C). Pour water over oats, let cool. In a medium bowl, sift together dry ingredients. In another bowl, cream butter and sugar. Add eggs to butter mixture, one at a time, beating until fluffy. Stir in oats, then sifted dry ingredients. Bake in a 9" square greased pan for 40 minutes.

Mix together all ingredients for topping. Spread on cake and place under broiler for 5 minutes, or until browned

STEVE'S SKILLET CAKE (EGGLESS)

1/2 c (~110-120 g) unsalted butter
1 c flour
cinnamon and nutmeg to taste
2 c fresh fruit, in chunks (mangoes recommended)
sweetened yogurt for topping (optional)

Preheat oven to 375°F (175°C). Put butter in an oven proof round 9" pot (or baking dish). Put in oven until butter has melted. In a separate container, combine sugar, flour, salt, spices, and baking powder. Stir in milk and mix until smooth. Stir in butter. Put batter back in pan. Put fruit in center. Bake about 1/2 hour (more if pan is smaller than 9"), until browned. Serve warm topped with yogurt. Makes 4-6 servings.

EGGLESS APPLESAUCE CAKE

1/2 c margarine
1 c sugar
1 c applesauce (Quaker)
1 t baking soda
2 c sifted flour

1 c sugar
2 eggs
Cream margarine and sugar. Add applesauce and blend well. Sift flour, soda, salt and spices. Add to creamed ingredients and beat till smooth. Add raisins and nuts. Pour into greased 8 x 8 pan and bake at 350°F (180°C) for about 30 minutes.

PC Tonga

Amihan Huesmann

1 c sugar
1/4 - 1/2 t salt
1 t baking powder
1 c milk

PC Chad

UPSIDE DOWN CAKE

1 1/2 c flour
3/4 c sugar
1/2 c milk

topping:

1/4 c butter, melted
1 c mashed fruit (sliced pineapple, papaya, apples, mango, or peaches)

Preheat oven to 400°F (205°C). Sift together flour, baking powder and 1/2 cup sugar. In another bowl, mix together egg, milk, 1/2 cup butter. Stir gently into the flour mixture. Pour 1/4 cup melted butter into the bottom of a cake pan. Add brown sugar. Place the fruit of your choice in next. Cover with batter. Bake about 35 minutes. When done, turn over immediately onto a plate. Remove cake pan.

Preheat oven to 325°F-350°F (~175°C).

Combine first 8 ingredients (water - allspice) and boil for 3 minutes. Sift together other ingredients. When syrup is cool, mix all ingredients and put in a greased loaf pan. Bake for 50 minutes or until done. Cool 10-15 minutes and remove from pan. Frost if desired.

Eggless Banana Bread: Add 1-2 bananas, sliced, to syrup.

Eggless Lemon Cake: Add grated rind or 1/4 - 1/2 citron to syrup and mix as above. When cake is done boil the juice of 2 citrons with 11-13 cubes sugar until sugar dissolves. Poke holes in cake and pour citron syrup on top.

CHOCOLATE CAKE

2 c flour
1 T baking powder
2 eggs
5 heaping T Nescao

Mix ingredients thoroughly. Bake in a buttered and floured pan. Bake at 350°F (180°C).

1 c sugar (35 cubes crushed)
pinch salt
3/4 c oil
1/2 - 3/4 c water

Laurel Halsey

EGGLESS SPICE CAKE

3/4 c water or beer
3/4 c nuts (optional)
3-4 T butter, oil, or margarine
1/8 t nutmeg
1/4 t salt
1+1/2 c flour (or 1+1/4 c flour + 1/4 c Maizena)
3/4 t baking soda (or 3/4 sachet levure chimique)
1/4 - 1/2 sachet levure chimique (baking powder)

3/4 c raisins (optional)
3/4 c brown sugar (or white)
3/4 t cinnamon
1/4 t allspice (optional)
1/2 - 1 sachet sucre vanillé

3 T NIDO

Amihan Huesmann

YOGURT CAKE

1 pack baking powder (*levure chimique*)
1 c butter (No butter? Use margarine or vegetable oil)
1 c yogurt (No yogurt? Use milk.)
1 pack vanilla flavor (*sucre vanille*) (No vanilla? Use the juice of a lemon or an orange)

These are cups according to the Camlait Yogurt container (125 ml).

Beat egg yolks very well. Add sugar and vanilla. Pour yogurt into the mix, along with the melted butter. Mix. Add baking powder. Mix well. Add flour and mix until there's a nice and smooth consistency (no lumps). Beat the egg whites separately. Then add it bit by bit progressively into the cake mixture/batter. Mix as you add. Once you've added all the egg white, mix very well. Now grease the cake pan, pour the mixture in the pan and bake for about 40 minutes. After greasing the pan, sprinkle flour (evenly) to prevent sticking. Then pour the batter in the pan and bake. Bake at 350°F (180°C). Do not open the oven door (or the top of the marmite pot) until you think it's done, which should be after 30-45 minutes.

FUDGE CAKE

1/4 c shortening
2 eggs, separated
4 oz. (1/2 c or 115 g) unsweetened chocolate, melted
2 t baking powder
1 c chopped nuts (optional)

Preheat oven to 350°F (180°C). Cream shortening, 1 1/2 cups sugar, and egg yolks until light. Add a few drops of milk if needed to cream sugar. Add chocolate and blend thoroughly. Sift together flour and baking powder. Add dry ingredients alternately with milk to chocolate mixture, blending well after each addition. Stir in vanilla and chopped nuts. Beat egg whites until stiff. Fold into

cupcakes in muffin or cake pan.
Bake 30-40 minutes. Remove from pan and cool on a cake rack.

CHOCOLATE MAYONNAISE CUPCAKES (EGGLESS)

2 1/2 c sugar
3 c flour
1/3 c cocoa
1 1/4 t baking soda
1 1/2 c water

Preheat oven to 350°F (180°C). Sift together flour, sugar, cocoa, baking powder, and soda. Gradually stir in mayonnaise. Stir in water and vanilla. Fill 2 dozen greased or paper-lined muffin tins. (Or use small tomato paste cans.) Bake for 25-30 minutes. Cool in tin for 5 minutes. Remove and allow to cool on rack.

2 c sugar
1 1/2 c milk
2 c flour
1 t vanilla

SHORTCAKE

2 c flour
pinch salt
1/4 cream of tartar, if available
1/2 c milk

Mix together. Bake at 350°F (180°C).

MARSHMALLOW ICING

1 c sugar
1/4 c sugar
2 egg whites
1/2 c cream of tartar
1 1/2 t vanilla
1 c melted butter

Boil sugar and water and add slowly to the stiffly beaten egg whites. While still warm, add cream of tartar and vanilla. Beat until the bowl is cool.

SCOTCH SHORTBREAD (EGGLESS)

1 c butter, melted
2 3/4 c flour

Mix all ingredients. Press into 10" x 14" pan and poke with fork. Bake at 350°F (180°C) until golden, 20-30 minutes. Cut while hot.

Gaboprix Gourmet

1/2 c sugar
3/4 c cornstarch (Maizema)

CHOCOLATE SHORTBREAD (EGGLESS)

3/4 c butter
2 c flour

Cream butter and sugar. Mix in flour and cocoa. Chill dough if possible. Pat out and cut into shapes or bake as one big cookie (can be cut while hot). Spread with melted chocolate.

Gaboprix Gourmet

6 T sugar
3 T unsweetened cocoa

Icings (frostings, glazes, etc.)

POWDERED SUGAR FROSTING

1/3 c shortening or butter
2 T cream or milk

Cream the butter and salt. Beat in the sugar. Add cream or milk. Beat well. Add more sugar for a thicker frosting, more milk for a thinner frosting. You can add 1 teaspoon vanilla or rum for flavor.

1/8 t salt
2 c powdered sugar

SEVEN MINUTE ICING

1 1/2 c sugar
1/8 t salt
1/4 c water

Mix sugar, cream of tartar, salt, egg whites, and water in the top of a double boiler. Beat with a mixer or wire whisk until thoroughly blended. Beat for 5-7 minutes. Remove from heat and continue beating until thick enough to spread. Add vanilla just before spreading.

Caramel Icing: Substitute 1 cup brown sugar for white sugar. Omit vanilla.

Lemon or Orange Icing: Substitute 1/4 cup lemon or orange juice for water. Omit vanilla.

Coffee Icing: Add 1 tablespoon instant coffee after removing frosting from heat.

Coconut Icing: Add 1/2 cup grated coconut before spreading.

Banana Icing: Add 1/2 cup mashed bananas.

1/2 c sugar
1/2 c water
1 egg yolk, beaten
1/4 c cream of tartar

2 egg whites
2 T vanilla
Mix cornstarch and sugar together, add water. Cook in double boiler until thick and smooth, stirring constantly. Add egg and cook for 2 minutes longer. Remove from the fire and add lemon juice, rind and butter. Cool. Spread on and between cake layers with a layer of thinly sliced bananas to top it off.

Pineapple variation: add 1/2 cup pineapple juice and 2/3 cup crushed pineapple. Use only 2 teaspoons of lemon juice. Leave out egg yolk and butter.

CREAM CHEESE ICING

4 squares KIRI cream cheese
1 1/2 c powdered sugar
1/8 t salt

Beat all ingredients until of spreading consistency. Will frost and fill a two-layer cake.

1 egg white, slightly beaten
1 sachet sucre vanillé

PEANUT BUTTER FROSTING

1/3 c milk
3 c powdered sugar

Combine milk and butter in a saucepan. Heat until butter has melted. Pour over sugar. Blend. Add peanut butter. Beat until well mixed and of good spreading consistency. Frosts the sides and tops of two 8" layers.

2 T butter
1/3 c peanut butter

LEMON CREAM FILLING

3 T cornstarch

2 T lemon juice

PC Tchad

CHOCOLATE FROSTING

1 100g chocolate bar
7 T milk
1 T honey (optional)

Combine all ingredients in a saucepan. Bring to a rolling boil, stirring constantly. Let boil 1 minute. Cool. Beat until thick.

MOCHA FROSTING

1/3 c butter
2 T cocoa
3 T strong hot coffee

Cream butter until soft. Gradually add sugar and cocoa. Blend until creamy. Add salt and coffee. Beat for about 2 minutes. When icing has cooled, add vanilla or rum. Let stand for 5 minutes. Mix again before spreading.

BASIC GLAZE

powdered sugar

Gradually add hot water to sugar, a few drops at a time. Beat until well mixed and thick enough to pour. Pour over cake and let dribble down the sides.

Variations: To add flavor, substitute hot orange juice, lemon juice, coffee, or any other hot liquid for water.

WHIPPED EVAPORATED MILK

evaporated milk

To whip evaporated milk, chill the milk in the fridge for 12 hours (or in the freezer for 15 minutes). Add 1/2 teaspoon lemon juice for every cup of milk. When crystals form around the edges, whip until stiff.

MOCK WHIPPED CREAM

1/2 c sugar

1/2 c milk

1/4 c butter

Cream sugar with butter. Slowly add milk, beating until light and fluffy. If mixture seems to curdle, continue beating until smooth. Flavor with vanilla.

LACE TOPPING

Place a paper doily or a cut paper pattern of your own design on top of the cake. Sprinkle powdered sugar over the doily and cake. When thoroughly covered, lift the doily straight up and off the cake, not upsetting the design. This technique can also be used with finely grated semi-sweet chocolate over an iced cake.

Pies

Pie Crusts

hot water

PIE CRUST I

makes 1 crust

1 1/2 c flour

1/2 t salt

Combine flour and salt. Work in butter with a pastry blender, or using a fork and knife. When the "grain" in the mixture becomes pea size, stir in cold water, one tablespoon at a time. Stop adding water as soon as the mixture holds together when you gather it into a ball. Set in fridge (covered) for 1/2 - 1 hour. (Or put it in the freezer if you're in a hurry.) Roll out on a lightly floured board, using a rolling pin or a bottle. Carefully put in pie tin. Makes one 9" crust.

PIE CRUST II

makes 2 crusts

2 1/4 c flour
3/4 c butter or margarine

3/4 t salt
4-5 T cold water

Follow the same procedure as above. Before rolling out, divide dough into two unequal parts. Roll out the larger piece and line the bottom and sides of pie pan. Use the smaller piece as the top crust.

CRUMB CRUST

1 1/2 c crushed cookies
1/2 t salt
1/4 c crushed nuts

3 T sugar
1/3 c melted butter

Therese Mertes

Mix all ingredients and press mixture firmly and evenly against bottom and sides of a 9" pie pan. If desired, reserve 2-3 tablespoons for topping. Bake in oven.

Pie Fillings

ALL AMERICAN APPLE PIE

1 double pie crust
6-7 c apples, peeled, cored, and sliced very
thinly
1 1/2 T cornstarch
1/8 t nutmeg (optional)
1/2 t grated lemon rind
1 1/2 - 2 T butter

Preheat oven to 450°F (230°C). Put the
apples in a large bowl. Sift over them the
sugar, salt, cornstarch and spices. Add lemon
juice and lemon rind. Mix well. Add vanilla
and mix. Put mixture into bottom pie shell.
Dot with butter. Cover with top crust. Prick
the upper crust using a fork or knife. Brush
pie crust with egg white. Bake for 10 minutes,
then reduce heat to 350°F (180°C) and bake
until done (an additional 35-50 minutes).

Variation: Substituting papaya for apples
makes a yummy papaya pie.

ORANGE PIE

no-bake filling

1 pie crust, baked
3 T flour
1 c orange juice

Put egg yolks in the top of a double boiler.
Stir in flour. Add remaining ingredients.
Cook until thick. Pour into baked pie crust and
let set. Chill.

PINEAPPLE PIE

1 double pie crust
3/4 c sugar
1 t cinnamon
2 T lemon juice

Preheat oven to 350°F (180°C). To pineapple,
add mixture of sugar, spices, and flour. Add
lemon juice. Put in a 9" pastry-lined pan. Dot
with butter and add top crust. Bake 45-50
minutes.

1/2 c white or brown sugar

1/8 t salt

1/4 t cinnamon

1 T lemon juice

1 sachet sucre vanillé

1 egg white

3 egg yolks, beaten until thick

1/2 c sugar

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2 c pineapple (sliced)

1/2 t nutmeg

1 T flour

butter

HAWAIIAN BANANA PIE

1 double pie crust
1/2 c pineapple juice
1 t cinnamon

Preheat oven to 400°F (205°C). Soak sliced bananas in pineapple juice for 20-30 minutes. Drain, saving the juice. Place bananas in pastry-lined pie pan; add sugar and cinnamon. Add 2 tablespoons of the pineapple juice. Dot with butter and cover with top crust. Bake 30-45 minutes, or until crust is browned.

PC Tonga

1 single pie crust
1 1/2 t cinnamon
4 sliced bananas (ripe but firm)
1/2 t salt
1/2 c sugar
1 c scalded milk (or evaporated milk)
1 t butter
1 1/2 c local squash (peeled, diced, boiled or baked until tender, and mashed)

Mix all ingredients. Pour into an unbaked pie crust and bake in hot oven for 10 minutes. Reduce heat and cook an additional 45 minutes, or until knife comes out clean. Great served with whipped cream.

EASIEST KEY LIME PIE

12 + limes (depending upon how sour you like it)
1 large can sweetened, condensed milk

Squeeze limes. Mix lime juice and milk. Pour into pie crust. Put in refrigerator or set in cool place to let the lime juice curdle the milk and to let the mixture set. Enjoy.

Cookie crumb pie crust

Shane Walker

GREEN PAPAYA "TASTES LIKE PUMPKIN" PIE

filling:

green papaya
3/4 c sugar
1/2 t salt
1 T ginger

Mix pie crust as for Pie Crust I. Peel green papaya and cut into 8 pieces (discard seeds). Boil in 2 cups of water until soft, about 30 minutes. Drain, cool, and mash until it reaches the consistency of applesauce. In another bowl, beat eggs slightly. Add milk and sugar and continue to beat. Add papaya and spices. Mix and pour into prepared pie crust. Cook on medium heat until a knife inserted in the center comes out clean (about 35-45 minutes).

2 eggs
1 can Lait Idéal (condensed milk)
1 t cinnamon

Therese Mertes

PUMPKIN PIE

SWEET POTATO PIE

1 single pie crust
boiling salted water
butter
1 t cinnamon

Preheat oven to 400°F (205°C). Cover sweet potatoes with boiling water and boil until tender. Drain pineapple, reserving 3 tablespoons of liquid. Mash sweet potatoes and add pineapple juice. Put into a 9" pie shell. Dot with butter and sprinkle with brown sugar and cinnamon. Bake 20 minutes.

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topping, cook fruit with sugar and water. Thicken with about 2 tablespoons of cornstarch. Cool slightly, then pour over yogurt filling. Bake for 30 minutes in 350°F (180°C) oven. Can be eaten warm or chilled. Keeps up to 4-5 days, refrigerated.

OATMEAL PIE

1 single pie crust
1 c sugar
2/3 c coconut
3 T cream
2 T melted butter
1/2 t salt

Preheat oven to 350°F (180°C). Cream eggs and sugar. Add rest of ingredients. Mix well and pour into a pie shell. Bake 45 minutes.

PC Tonga
3 eggs
2/3 c brown sugar
2/3 c oatmeal
2 T milk
1 t vanilla

AFRICA'S CHEESECAKE

crust:
3/4 c flour
3/4 c oatmeal
1/2 c brown sugar
1/4 c butter (or oil)

topping:
fruit (pineapple, mango, papaya, or strawberries)
sugar
water
cornstarch

Mix until crumbly: flour, oatmeal, brown sugar, and butter. Pat into the bottom of a square 8" baking pan. Combine milk, yogurt, and juice. Mix well. Pour over crust. For

filling:
1 can sweetened condensed milk
1 c yogurt
1/4 c lemon or orange juice

NEVER FAIL CHEESECAKE

crust:

1 pkg. Petit Beurre cookies
butter
cinnamon

Crush cookies with a rolling pin bottle. Add cinnamon to taste. Melt butter and add to crumbs. Pat crumbs into bottom and sides of pie tin. You can save a few tablespoons to garnish the top. Mash KIRI in a large bowl. Add beaten eggs. Mix. When it reaches uniform consistency, add sugar. Mix. (No need to eliminate all lumps; baking will do that) Add vanilla. Pour filling into crust. Sprinkle remaining crumbs on top. Bake in 350°F (180°C) oven for about 30 minutes. Cool and refrigerate until serving.

CREAM PIES

9" crumb crust
3 T cornstarch (or flour)
2 c milk
1 T vanilla

Stir together sugar, cornstarch, and salt in saucepan. Blend milk and egg yolks, gradually stir them into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Flavor as you wish and pour mixture into baked pie shell.

Vanilla Cream Pie: Add in 2 tablespoons of butter.

Chocolate Cream Pie: Add 1 bar chocolate and stir until melted.

Banana Cream Pie: Slice 2 large bananas into the bottom of baked pie crust.

Coconut Cream Pie: Decrease vanilla to 2 teaspoons and stir in 3/4 cups coconut.

Papaya Cream Pie: Pour 3/4 cups of mashed, drained, ripe papaya into mixture.

For topping, chill a deep mixing bowl (glass or metal) along with a wire whisk or fork for at least an hour. Chill crème liquid in freezer for 15 minutes to 95 more, but do not freeze. Whip for about 5 minutes or until stiff peaks form. (This takes a good arm -- have patience!) Flavor the whipped cream as you wish (see below). Garnish the pie with crust crumbs, bits of shaved chocolate, banana slices, almond slivers, etc. Chill another 4-5 hours.

Recommended flavor variations for topping:

For vanilla, banana, coconut, or papaya cream pie, add 1 tablespoon sugar to whipped cream.

For coconut cream pie, add 1 tablespoon flaked, toasted coconut.

For chocolate cream pie, add 2 tablespoons melted, then cooled chocolate to the whipped cream. (To melt the chocolate, put 1/4 chocolate bar and 2 tablespoons water in a heavy saucepan. Melt over low heat) [This chocolate topping on chocolate pie once won the esteemed "Best Pie I Ever Tasted" Award, and was known as "Chocolate Orgasm Pie".]

For lemon cream pie, add 1/3 cup lemon juice.

Pudding

VANILLA PUDDING

2 T cornstarch
1/4 t salt
3/4 t vanilla extract

Mix cornstarch, sugar, and salt. Add 1/4 cup milk. Stir until dissolved. Scald remaining milk. Add to sugar mixture. Cook over hot water, stirring constantly until thick. Cover. Cook 10 minutes. Add vanilla extract. Chill. Variation: Add 2 mashed bananas for banana pudding.

CHOCOLATE PUDDING

PC Gabon

1 tin sweetened condensed milk
2 c water
3 T flour
3 T butter

1/4 t salt
1/2 c cocoa
1 t vanilla

Heat together milk, salt, 1-1/2 cups water, and cocoa. Dissolve flour in 1/2 cup water and add to cocoa mixture. Cook until thick, about 10 minutes. Remove from heat and add vanilla and butter.

CHOCOLATE MOUSSE

serves 4

6 oz. (3/4 c or 180 g) chocolate pieces
5 T boiling water
2 T brandy or rum

dash of cinnamon
4 eggs, separated

Put chocolate and cinnamon into blender. Add boiling water immediately. Blend until chocolate is melted. Add egg yolks and rum. Blend. Scrape down sides of bowl while blending. With blender running, add egg whites and continue to blend until color is uniform. Pour into a decorative bowl, mold, or individual serving cups. Chill for at least 4 hours. Top with whipped cream.

TAPIOCA PUDDING

3/4 c finely grated manioc (gari), or 1/3 c rice
1 egg
1 t salt
1 t vanilla
1/3 c raisins or other fruit (optional)

Heat 2 1/2 cups milk and add manioc. Cook until manioc is dissolved, or rice is tender. (This takes from 20-30 minutes.) Beat egg with 1/2 cup milk, sugar, and salt. Slowly add to the manioc mixture, mixing well. Cook 2-3 minutes, remove from heat. Add butter and vanilla and stir.

Chocolate Tapioca: Add 1/2 cup unsweetened cocoa and 1/4 cup sugar.

Banana Tapioca: Add 2 mashed bananas.

Lemon Tapioca: Add 1 tablespoon lemon rind, grated. (Omit vanilla.)

Coconut Tapioca: Add 1/2 cup grated coconut.

PC Tonga

Soak the bread in the milk for about an hour. Then, with a fork, mash the bread in the milk until there are no lumpy pieces. (This is the key part; too much bread- too dry, too much milk- too runny. Try for a good even ratio.) Beat eggs, sugar, and vanilla together in a separate bowl and add to milk mixture. Pour into a big marmite and then place that in a larger marmite with water in it and 3 rocks to make a double boiler. (This prevents burning but it is not really necessary, especially if you have a good oven. Bake for about 30-45 minutes or until the pudding firms up.)

Sauce: In a double boiler or sauce-pan, melt butter over low heat, then add sugar gradually, beating with a fork. Do not allow mixture to become too hot. Add beaten eggs slowly, stirring constantly. Remove from heat and add your choice of liquor. Spoon over pudding and serve immediately.

BREAD PUDDING WITH LEMON SAUCE

2 eggs
1/8 t salt
1 t vanilla
1/2 t nutmeg

Mix eggs, sugar, and salt. Stir until sugar is dissolved. Add milk, vanilla, and bread. Sprinkle nutmeg on top. Put casserole into a pan filled with 1" hot water. Bake at 350°F (180°C) for about 1 hour. Test with a knife for doneness. Serve with lemon sauce.

1/2 c sugar
2 c milk
2 slices bread, buttered and cubed
Lemon Sauce (see Sweet Sauces)

PC Tonga

BREAD PUDDING

Serves 6-8

1 qt milk (Nido)
about 1/2 loaf of stale bread broken into small pieces
4 egg yolks, beaten
1/2 c sugar
2 t vanilla

Heather Groth

Rum Sauce:

1/2 stick butter
1/2 c sugar
4 eggs yolks, beaten
1/4 c rum or brandy

Frozen Desserts

ICE CREAM I

1 can lait sucré
water

Mix both cans of milk. Add enough water to make a total of 2 cups milk. Put in freezer. When half frozen beat in flavoring and freeze until hard.

Vanilla Ice Cream: Flavor with grated vanilla bean, or vanilla essence.

Chocolate Chip Ice Cream: Chop up chocolate bar.

Chocolate: Add 1 small can Nescoa to the milk mixture and decrease lait sucré.

Coffee Ice Cream: Add in 1 teaspoon instant coffee.

Praline Ice Cream: Rub a heavy frying pan with butter. Add 1/2 cup sugar and put over medium heat. Stir constantly until sugar melts. Add more sugar by 1/2 cupfuls and stir as before until you have as much clear brown sugar syrup as you need. Add a few grains of salt. Add chopped nuts. Cool and roll with a rolling pin, to crush into small bits.

Fruity Ice Cream: Add mashed papaya, banana, mango, or pineapple.

Bailey's: Add 1/3 cup Baileys to vanilla mixture.

Mix all ingredients. Freeze in your freezer and stir every half hour until frozen solid. Make frozen yogurt with fruit, if desired. (Some suggestions: puréed banana, mangoes, pineapple, canned peaches, blueberries, etc.)
1 can lait non-sucre

DREAMSICLES

1 bottle Fanta
1 can evaporated milk (non-sucre)

Mix, freeze and serve.

ICE CREAM II

1 can condensed milk
preserves (apricot, etc.)

sugar

Freeze condensed milk to slush stage. Whip to double. Fold in sugar and preserves to taste. Freeze until firm.

PC Gabon

FROZEN YOGURT

1 1/2 liter plain yogurt
sugar (optional)

1 sachet sucre vanillé

SHERBET

1 pkg. kool-aid
3 c milk

Mix, freeze and serve.

LEMON MILK SHERBET

1/4 liter lemon juice
1 1/2 c sugar

pinch of salt
1 liter milk

Mix all ingredients together and freeze.

SORBET A LA NOIX DE COCO

1 c grated coconut
2 c water
1/2 c coconut milk

2/3 c sugar
5 cl rum
juice of one citron

Combine all ingredients. Let set for 12 hours. Bring mixture to a boil. Let cool. Put in freezer. Stir every hour until completely frozen.

SORBET A LA MANGUE (Mango Sorbet)

2 c water
1/2 lemon

2/3 c sugar
1 1/3 c mango pulp

Heat water and sugar in a saucepan. Bring to a boil. Boil for 1-2 minutes. Remove from heat. Add lemon juice and mango pulp. Let cool. Put in freezer. Stir every hour until completely frozen.

Jams And Jellies

Jams and jellies are easy to make! Basically, all you do is add equal weights of fruit and sugar. DO NOT ADD WATER. Cook the fruit and sugar in your heaviest pot, over a low

flame. Do not cover the pot. Stir the mixture often.

The mixture has "taken," or jellied when it passes the following test: Take a tablespoon and scoop out a small bit from the mixture. Set the spoon aside and let it cool. When cool, turn the spoon upside down. If it runs off, cook it some more.

Jeff Whisenant

Important Hints

Clean the jars (old jelly or mustard jars) the best you can. In a large pot of water, boil the jars and lids just before pouring in the jelly.

If the fruit is very tart, you can sweeten it by adding bananas or ripe papaya.

The skin of the fruit is often necessary to provide pectin, which makes the jelly take.

Possible Combinations

Orange or orange amère: Add several peels of orange to make a marmalade.

Wild cherry: Needs papaya or banana to make it less tart. Take out pits, leave peel.

Coconut: Add a package of sucre vanillé plus one cup of coconut juice per coconut.

Combine any of the following

Mango, passion fruit, papaya, banana, pineapple, grapefruit, pommes cythères, raisin de gorille. Season with cinnamon, nutmeg, and allspice.

Another possibility is a combination of wild cherries and "potirons" (the local pumpkins). It tastes just like damson jelly.

Experiment!

PINEAPPLE-PAPAYA JAM

1 large, firm, ripe papaya, peeled, seeded, and diced

1 pineapple, peeled, cored and cut into chunks

1 coconut, grated

Place the papaya, pineapple, and sugar in a large saucepan. Pour water over the grated coconut, then squeeze out all the milk you can. Add this milk to the fruit mixture. Boil it down until thick and jam-like, about an hour.

Variation: Use just grated coconut (no cream) and substitute banana for the pineapple.

PAPAYA JAM

6 lbs papaya (ripe, but firm)

6 lemons, juiced

Peel, seed, and cut papaya into 1" cubes. Mix fruit with sugar, let sit 24 hours. Drain the syrup from the fruit, keep fruit in separate bowl, and bring to a boil. Then add fruit. Add the lemon juice and the ginger. Boil until tender and turns a good color. Remove ginger. Seal in sterile jars.

YOUR BASIC CHUTNEY

Fruit (peeled, cored, cut), onions, raisins, apples, ginger, garlic, piment (minced), salt, zest and juice of lemon. Combine the desired above ingredients. Mix brown sugar, vinegar, dried chilies, and spices (coriander, cloves, etc.) and bring to a boil. Pour boiled mixture over fruit mixture. Store in well sealed, sterilized jars.

PC Tonga

6 c sugar

1/4 c water

International Women's Club

4 1/2 c sugar

4 oz ginger root, covered with tissue

GREEN MANGO CHUTNEY

24 sugar cubes
1 t whole coriander seeds
4 green mangoes, peeled and chopped
1 t salt
1 red piment, minced

Combine and cook 1+ hour. Season to taste.
Fills two (450g) sterilized jars.

well. Roll out a small amount at a time to 1/8" thick on a well-floured surface and cut into 2" squares. Put on a greased cookie sheet. Bake at 350 degrees for 8-10 min.
1 c dark raisins
1 t minced fresh ginger

Still More Sweets

FLAMBAYED BANANAS

Christine Wernet

ripe bananas
oil for frying

sugar

Peel and slice bananas lengthways. Fry bananas in hot oil, turning occasionally. Cook until warm, about 5-10 min. Sprinkle with sugar.

BIG BAD BILL'S PINEAPPLE DELIGHT

PC Tchad

can of pineapple
can opener

fork (optional)

Preparation time: 2 seconds. Open can with can opener. Eat pineapple.
Variation: Put in freezer for 24 hours for a frozen delight

EGGLESS CINNAMON CRISPS

1 c sifted flour
1 t cinnamon
1/3 c sugar

1 t baking powder
1/3 c butter
3 T milk

Sift flour, powder and cinnamon together. Cream butter and sugar. Add sifted dry ingredients in fourths and milk in thirds, mix

FUDGE

Stir Together:

1/3 c fresh,(i.e. liquid) milk
1 T margarine or peanut butter
2 T margarine

Boil 2 minutes, counting when bubbles cover the entire surface. Remove from heat, cool, and add:

2 t vanilla
1/2 - 1 c peanuts

Stir until smooth and creamy. Pour onto buttered paper or plate; cut into squares or eat directly by the spoonful!

QUICKY FUDGE

1-2 chocolate bars (or a bunch cocoa powder)
2 t vanilla (or 1 sachet sucre vanillé)

Combine lait sucré and chocolate in a heavy-bottomed pot. Heat over low flame until chocolate is completely melted, stirring occasionally. Remove from heat and add vanilla (nuts, peanut butter, or mint candies, too, if desired). Pour into a greased pan. Refrigerate until firm.

CANDIED PEEL

Oranges, lemons or grapefruits
1/4 c water
1 c sugar

Cut fruit into sixths. Separate peel from pulp. Dissolve salt into 4 cups of water. Add the peel to the water and weigh it down to keep it under water. Let stand over night. Drain and wash thoroughly. Cover with cold water, heat to boiling and drain. Repeat three times. Cut peel into small strips, making sure to remove any membrane (white stuff) left on the peel. Combine 2 cups of the prepared peel with sugar and 1/4 cup water. Cook until all

the sugar and water are absorbed. Pe Zaire should be translucent. Remove from heat, drain and roll in sugar. Spread on a rack to dry. 3 T cocoa
1 c sugar

OAT CRISP

3 T butter
1 c oats

Melt butter - 2/3 - 3/4 spoon and milk. Spread on a cookie sheet and toast in oven for 10 minutes. Cool.

1 can (400 g) lait sucré

4 c water
1 T salt

CARAMEL POPCORN

Popcorn:

3/4 c popcorn

1 1/2 T oil

Pop popcorn in oil for 6 cups popcorn. For syrup, melt ingredients. Stir to dissolve sugar. Bring to a boil. Cover and cook for about 3 minutes, then uncover. Continue cooking until a small amount dropped in cold water forms a solid flat ball. Pour syrup over popcorn and mix gently to coat. Roasted peanuts may be added.

PEANUT BUTTER POPCORN

1/2 c sugar

1/2 c peanut butter

Popped popcorn

Bring sugar and honey to a boil. Add other ingredients. Mix well and pour over popcorn.

BANANAS FOSTER

4 bananas

1/4 c butter

1/8 t cinnamon

1/2 orange, chopped (optional)

Slice bananas and toss with citron juice. Melt butter and sugar. Add bananas, sauté until bananas are hot, add cinnamon, nuts, and orange, and sauté some more. Remove from heat and cool slightly. Gently pour warmed rum on top and ignite. Spoon gently until flame goes out. Serve with crêpes and/or ice cream.

FRUIT CLAFOUTI

1/2 c milk

1 T Cognac (or other brandy/flavoring)

3 T flour

PC Zaire

Combine first five ingredients in a bowl and beat until smooth. Pour batter over fruit in buttered 1 1/2 cup shallow baking pan. Bake at 350°F (180°C) for 30-35 minutes. Dust with powdered sugar if possible.

Syrup:

1/2 c sugar

1/2 c brown sugar

1/2 c water

PC Tchad

1/2 c honey (or sweet milk)

1/2 t vanilla

Amihan Huesmann

juice of 1 citron

1/2 c brown sugar

1/4 c chopped nuts (optional)

1/2 c rum, warmed (optional)

PC Gabon

1 egg

3 T sugar

1/2 lb fresh fruit, sliced 1/4" thick

MARSHMALLOWS

PC Tchad

4 T Gelatin
pinch salt
1/2 c boiling water

1/4 - 1/2 c sugar
1 c water
1/4 c cold water
1/2 t grated lemon rind
1/2 c sugar
1/8 t salt
1 t vanilla

Soak gelatin in cold water. Cook sugar in boiling water until dissolved. Pour boiled syrup over gelatin and add salt and vanilla. Beat with egg beater until stiff. Pour into buttered pan and spread 1/2" thick. Cool. Cut into squares and roll in coconut, if desired.

Stir sugar, cornstarch, and water together over low heat until thickened. Add remaining ingredients. May be used hot or cold.

Sweet Sauces

HONEY DESSERT SAUCE

PC Tonga

8 oz plain yogurt

2 T honey

Mix together until well combined. Use as a sauce on top of canned fruit, fresh fruit or ice cream.

MAPLE BROWN SUGAR SYRUP

1 c brown sugar, packed
1/2 c water

1 T butter
1/2 t maple flavoring

Combine sugar and water in a saucepan and bring to a boil. Let boil for 2 minutes. Remove from heat and stir in butter and vanilla. Serve hot.

HOT APPLE SYRUP

1/2 c apple jelly
1/8 t cinnamon

2 T butter

Heat until smooth. Good served over pancakes.

LEMON SAUCE

COCONUT SYRUP

1 coconut
sugar

Grate coconut. Add the hot water to coconut and squeeze it to get out the cream. Add an equal amount of sugar to the cream. Bring to a boil and remove from heat.

CARAMEL TOPPING

1 T butter
2 t honey
pinch of salt

Melt butter in a saucepan. Add remaining ingredients except water. Stir over heat until mixture is thick and turns a rich caramel color. When the mixture leaves the sides of the pan, remove pan from heat and add hot water, a little at a time. Return to heat and simmer 2-3 minutes. Allow to cool. Serve with ice cream, pancakes, or cake.

CHOCOLATE TOPPING

1 c sugar
2/3 c water
1/4 c butter

Simmer sugar, cocoa and water. Add the remaining ingredients and boil 2-3 minutes (depending on desired thickness).

HOT FUDGE SAUCE

1 1/2 c sugar
3/4 c cocoa
1/2 t salt
2 T butter
2 t vanilla

Combine first five ingredients in a medium saucepan. Add milk, butter, and water. Cook over medium heat, stirring constantly, until

boiling. Cook 5 minutes longer. Cool and stir in vanilla.

1/4 c hot water

BUTTERSCOTCH SAUCE

6 oz. brown sugar
4 oz. condensed milk

Combine ingredients and boil until slightly thickened.

2 T brown sugar
2 T condensed milk
1/4 c hot water

2 T cocoa
2 T honey

PC Tonga

1/2 c brown sugar
1/4 c flour
14 oz. can evaporated milk
1 c water

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More Recipes From Catherine Harmon

RPCV - Cameroon: 2003 - 2005

Hi,

As I'm leaving, I'm proudly packing up my 'Chop Fayner.' It's been a great cookbook, and turned me from someone who only cooks because she has to, into someone who searches for new recipes to try in her spare time, and can cook a mean spaghetti sauce from scratch. Or maybe it was the enormous amount of free time and no other options that did it to me?

Anyway, as I slowly turned myself into a real cook, I stumbled on some new recipes that I think could make the cut of the next version. Over-Chop fayner? All these recipes are tried and tested by yours truly.

The first one I can't believe ever got missed in a Peace Corps cookbook!

BEER BREAD

12 oz beer (1 1/2 cups)
3 cups flour
3 t baking powder
1/2 t salt
6 t sugar

mix, bake in greased loaf at 350 degrees for 30-40 mins, or until brown.

JUMBALAYAGOUA (this recipe was in the original chop fayn, I'm not sure why it got left out the first version. It's really good.

tomatoes
onions
green pepper
any other veggies
white pepper
rice
water
stock (chicken, veg, or beef)
oregano
fresh hot pepper
tomato paste
garlic
meat, if available (chicken, sausage, beef, fish)

Cook meat in oil and garlic, set aside. Stew tomatoes, garlic, tomato paste, water. Add other veggies and watch to make sure soupy consistency.

Add rice after everything is mixed and there is plenty of water. Stir often so it doesn't stick. After rice is soft, mix in the meat.

CATHY'S RED CABBAGE AND SWEET POTATO SOUP

(my original recipe)

2 small sweet potatoes
2 medium red onions
4 garlic cloves, minced
water
veggie bullion to taste
olive oil
1 TB sugar
1/2 cup chopped carrots
1/2 head red cabbage
green beans, green beans, tomatoes, and whatever
other veggies you have around Spices: basil, dill, rosemary, Chinese five spice (nutmeg, ginger, clove)

cut sweet potatoes into 1 cm cubes. Sauté onion in olive oil 1 minute. Add garlic, sauté one minute.

Add sweet potatoes, sauté 5 minutes. Add water, bullion, simmer 10 minutes. Add rest of veggies, sugar and spices. Simmer till veggies cooked.

CARRIBEAN BEANS AND RICE

(I know the last thing you need is another bean and rice recipe, but this one is a little different and very, very good)

2 cups dry beans
6 cups water
1 TB salt
2 TB oil
1 clove garlic (African garlic, more)
2 green onions, chopped
1 or 2 large tomato, chopped
1/4 cup lime juice (or more to taste)
1/4 t ground cloves
1 TB chopped parsley
1/4 t black pepper
2 c. rice

Soak beans in water and salt overnight. Bring to a boil, simmer 40 mins until tender. Drain, reserve liquid. In oil, sauté garlic, green onions, tomato, lime juice, clove, parsley, pepper, and the drained beans for 5 minutes. Add rice and 4 cups reserved liquid. Boil, cover, simmer 20-25 minutes without stirring. This recipe serves an entire family, you might want to make half recipe.

CURRIED CARROT SOUP

1 TB butter
1/2 large onion, chopped
6 carrots peeled and chopped
1 celery stalk, chopped
1 clove garlic, minced
2 TB curry
6 cups chicken broth (more if you like it thin)
black pepper and salt to taste

Melt butter, sauté veggies and garlic 5 minutes.

Add curry cook several minutes. Add stock, bring to boil, turn down heat and simmer 30 minutes. Puree in a blender, season to taste. Sprinkle with parsley if you want to make it pretty. Also try making with much less liquid and serving over rice. If you want to spice it up, add garam masala.

DILL STICKS

1 lb. green beans
1 lb. carrots
salt
1 TB dill
2 t. mustard seed (or just mustard)
4 cloves garlic, minced
2 1/2 cups water
1 cup white vinegar
1/2 cup sugar

Wash and cut ends off beans. Drop in boiling water, cook 5 minutes, drain. Cut carrots into sticks. Drop in boiling water, cook 3 minutes. Combine veggies, dill, mustard, garlic. In a small pot, combine rest of ingredients and bring to a boil, enough to dissolve sugar. Pour over veggies, chill 3 hours. Keeps well in fridge, if no fridge make less. Slightly less than one recipe of the brine, plus veggies, fills one nalgene.

PICKLED BEETS

1 lb beets
3/4 cup white vinegar
3/4 cup water
1/3 cup sugar
1 TB caraway (optional)

To cook beets, cut off all but 1 inch of beet tops, leave roots. Drop in enough boiling water to cover.

Cook till tender, 30-50 minutes depending on beet size. Drain and drop in cold water (ha!) to slip off the skins. Eat them now or pickle them. To pickle, boil the water, vinegar, sugar and caraway to dissolve sugar, pour over beets, let sit a while.

KINDA LIKE BAKED BEANS

not quite as good as canned, but a fun addition to a party.

- 1 cup white beans
- 1 qt. water
- 1 1/2 TB oil or butter
- 1 1/2 TB flour
- 2 TB brown sugar, molasses, or white sugar
- 2 TB corn syrup (HA! Use white sugar)
- 1/2 t salt
- 2 t vinegar (or more to taste)
- 1 cup hot water
- small tin tomato paste

Soak and cook beans until tender. In skillet, lightly brown flour in oil or butter. Gradually add all other ingredients. Bring to boil, cook a few minutes.

Pour over hot, drained beans. If you are lucky enough to have beef jerky, mix it in with the sauce.

ZUCHINI GARBANZO COUS COUS

Ok, you can only do this in south Cameroon, near a big city. But it's good.

- 2 TB olive oil
- 2 cloves garlic (or more)
- 1 med onion, chopped
- 4 t. cumin
- 1 t. turmeric
- 2 t. paprika
- 1/8 t. cayenne
- 2 med zucchini, 1/2 cubes
- 1 15 oz can garbanzo beans, or 2 cups cooked, rinsed and drained
- 1 16 oz can of tomatoes, or 2 cups chopped
- 1/2 cup raisins
- 1 1/2 cups veg stock
- 1/2 t salt
- 1 cup cous cous

Sauté onion 1 minute, add garlic, sauté one minute.

Add cumin, turmeric, paprika, and cayenne, cook 2 minutes. Stir in zuc, garbanzo, tomatoes, raisins. Cover and simmer 10 until zuc is tender. In small pot, boil stock and salt, add cous cous, cover and set aside. 5 minutes later, fluff with fork. Serve zuc over cous cous.

TOMATOES, OKRA, CORN

- 2 TB butter
- 1 sm. onion, chopped
- 1 small green pepper, chopped
- 1 lb okra, 1/2 inch or smaller slices
- 2 large tomatoes, chopped
- 1 cup corn (canned if you can get it is sweeter)
- 1/2 t. oregano
- salt and pepper to taste

Cook onion and green pepper in butter 3-4 minutes.

Add Okra, cook 2 minutes. Add rest, simmer 10 minutes until okra cooked.

GARBANZO AND ONION STEW

2 cups canned or cooked garbanzo beans, rinsed, drained
4 cups veggie stock (or less)
1 TB oil
1 lb (2 med) red onions, thin sliced
1 lb (2-3 large) ripe tomatoes, chopped
1/2 t saffron, dissolved in 1/2 cup warm water (or get real and skip)
1/2 t chili pepper flakes
1/4 t ground coriander
1/4 t cumin
1/4 t cinnamon
2 t salt
1/2 t sugar

Place garbanzos in water. Boil then simmer 5 minutes.
Meanwhile, in separate pan, sauté onions until golden brown.
Add to chickpeas. Add everything else and simmer 20 minutes. If you want, accompany with yogurt, fine-chopped tomatoes, bell pepper strips.

CREAMED GREENS

1 quart finely chopped greens: celery leaves, lettuce, spinach, kale, beet greens, cabbage, water leaf, njama njama leaf, and anything else that looks edible.

Add basil and parsley leaves for good taste.

1 cup milk
2 TB flour
1 egg
onions if desired

season to taste: salt, pepper, mustard, sugar

Place greens and onions in saucepan with water clinging to leaves. Cook just enough to wilt.

Beat rest of ingredients together, pour over greens.

Cook, stirring frequently, until mix thickens. Serve immediately.

EGGS AND CURRY SAUCE

Make a thick tomato sauce seasoned with curry. Add halved hard-boiled eggs, heat through. Serve with rice.

BORCHT, OR AT LEAST SOMETHING LIKE IT

2-3 good sized beets, cooked
2 cups course chopped cabbage
1 large onion, chopped
4-6 cups beef stock
2 TB cider vinegar
1/2 t salt
pepper to taste
1 TB dried dill parsley sour cream or unsweetened yogurt

Boil and simmer everything except vinegar and sour cream. When everything is cooked, add vinegar and adjust seasonings and flavor. Serve with a dollop of sour cream or yogurt.

MUCH IMPROVED MAGGI SAUCE

1 small bottle maggi
1 TB grated ginger
1 t vinegar

Put in jar, shake, store in fridge. More like a teriyaki sauce, much better than plain maggi.

SAUCE FOR CHINEESE STIR FRY

1 t fresh grated ginger or 1/4 t powdered
1 t sugar
3 TB cornstarch
5T soy sauce
3/4 cup stock or bullion

mix above in a bowl. After stir=frying whatever you are stir-frying, add sauce, cook till sauce thickens and clears.

PEANUT BUTTER SALAD DRESSING (no oil)

8 sugar cubes
2 TB water
2 TB peanut butter
2 TB powdered milk
2 TB vinegar
1/2 t salt

Heat water to dissolve sugar. Add rest, mix.