

STANFORD QUARANTINE



COOKBOOK

STANFORD QUARANTINE COOKBOOK

They were the best of times, they were the worst of times.

What follows are what made those times tolerable.

These recipes were gathered from the long days of Covid shutdown during the world pandemic in 2020-21. It was the year of masks, gloves, Zoom calls and meetings, hand sanitizer, forced isolation, weirdly subdued holidays and celebrations, and an unimaginable death toll.

Eating was one of our few pleasures. Our neighbors were kind enough to share these recipes that comforted them during this time.

We dedicate this book to those we lost, to those medical personnel who worked tirelessly to keep us safe, and to the people of Stanford who followed the medical guidelines to keep our community safe for all of us.

Thank you to everyone who shared their recipes.

Here's a cookbook to remember that time.

The Stanford Events Committee

June 2021 Members:

Claire Copley, Gail Goodman, Curtis Moore, William Moriarty, Amy Singer, Kathy Spiers, Alex Tibbett

Wendy Burton, Town Supervisor

Graphics: Marty Zlotkin, adptcm.com

Starters



Marinated Broiled Eggplant Appetizer

Submitted by Barbara Mauer

Slice eggplant into 1/8 - 1/4-inch thickness. Brush both sides with olive oil lightly.

Broil on both sides until light brown.

Place in Ball jar or container with lid.

Marinade:

2/3 cup olive oil	1 shallot chopped
1/3 cup balsamic vinegar	1 tbsp. garlic minced
2 tbsp. honey	2 tbsp. basil
1 tsp crushed red pepper	salt and pepper

Pour marinade over eggplant and let stand until flavors blend.

Spoon onto crispy bread rounds as a wonderful appetizer!

Refrigerate

Hot Clam Spread

Submitted by Judy Homa

2 - 6 1/2 oz cans minced clams	1Tbsp. Tabasco sauce
2 Tbsp. Lemon Juice	3/4 c. Bread Crumbs with spices
1/4 lb. Butter. minus 1 Tbsp.	Parmesan Cheese
Oregano (a pinch)	Salt and pepper
1/2 medium onion, minced	Paprika
Generous amt. of parsley	

Simmer clams in their liquid and lemon juice for 5 min. To this add butter, oregano, pepper, tabasco, onions and parsley.

Simmer another 5 min.

To this add breadcrumbs so it's consistency of oatmeal.

Place in shallow dish. Sprinkle liberally with paprika.

Bake 350° about 30 min. Or until bubbly.

YiaYia Fotika's Greek Egg Lemon Soup (*Avgolemono Soupa*)

Submitted by Joanna Rich Siegel

32 oz chicken stock (*homemade is best or Low Sodium store bought*)
3 medium sized lemons (*squeeze the lemons and remove seeds, about 3/4 cup of juice*)
12 eggs (*room temperature eggs — it is critical that the eggs not be cold*)

Rice or orzo (*2 cups cooked*)
1/2 tsp Freshly ground black pepper
1/2 tsp Salt (*or less if using Store Bought Chicken Stock that has salt*)
1 1/2 cups of cooked chicken meat, shredded (*optional*)

Cook the rice or orzo pasta in salted water to the package instructions and set aside.

Bring chicken stock to a boil. Add the juice of the lemons. Turn off the heat and allow the soup to cool for about 5 minutes. It will still be quite hot.

Meanwhile, beat the eggs with an electric hand mixer until they are a creamy yellow. While running the mixer on low speed, slowly add cooked chicken-lemon stock 1/4 cup at a time to temper the eggs. Repeat this process of slowly introducing broth into the eggs until the egg mixture has doubled in volume and is warmed up. Slowly add the tempered egg mixture back into the broth, about 1/2 cup at a time while stirring the pot.

The eggs should not cook into scrambled eggs if they have been adequately tempered and warmed to the approximate temperature of the soup.

Add the rice or orzo, the shredded chicken, and pepper and salt to taste. Do not cook the soup any longer or it will cause the eggs to cook and scramble. Serve immediately. **4-6 servings.**

Butternut Squash Soup

Submitted by Barbara Mauer

Bake halve and clean butternut squash cut side down in small amount of water in 350° oven for @ 1 hour. Set aside to cool then scrape out pulp.

In large pot saute until tender:

1 small chopped onion
2 stalks of chopped celery

2 chopped carrots

Add 1 small container of Philadelphia vegetable whipped cream cheese and let that all melt .

Add butternut squash and 4 - 5 cups of chicken broth. Heat thoroughly.

Pour into blender or use a hand blender to make smooth and creamy.

Wonderful on a cold day!

Taco Soup

Submitted by Lisa Fusco

1 pound ground beef	1 tsp cumin
1/2 onion, diced	1 tsp chili powder
1 - 15 oz can petite diced tomatoes	1/2 tsp salt
1 - 15 oz can kidney beans, rinsed and drained	1/2 tsp pepper
1 - 15 oz can black beans, rinsed and drained	1/2 tsp ground red pepper
1 - 15 oz can corn, rinsed and drained	1/2 tsp garlic powder
1 - 4 oz can diced green chiles	1/2 tsp oregano
2 - 15 oz cans beef broth, low sodium	

Toppings: lime, shredded cheese, sour cream, olives, avocado, tortilla strips (*or crushed chips*)

Brown the ground beef together with the onion in a large stock pot or dutch oven.

Add kidney beans, black beans, corn, chiles, tomatoes, beef broth, and spices to the pot.

Bring to a low boil, reduce heat, and allow soup to simmer for 15-20 minutes.

Dish into bowls and serve with a squeeze of fresh lime juice and your choice of toppings.

Homemade Gravlax

Submitted by Maxine Marron

3 pounds fresh salmon cut lengthwise	salmon
1/2 cup kosher salt spread on one side of salmon	1 bunch chopped dill spread on salt, sugar mixture
1 cup sugar spread on top of the salt on	

Cover with plain sliced salmon piece.

Cover tightly with foil. Place in plastic bag.

Place heavy brick or heavy object on top and put into the fridge drawer.

Turn every 12 hours.

Ready in 48 hours.

English Muffin Canapes

Submitted by Jane Cottrell

6 Green onions, sliced thin

1 tbsp. capers, chopped

¾ to 1c. mayonnaise or Miracle Whip

1 1/2 c. grated sharp cheddar cheese

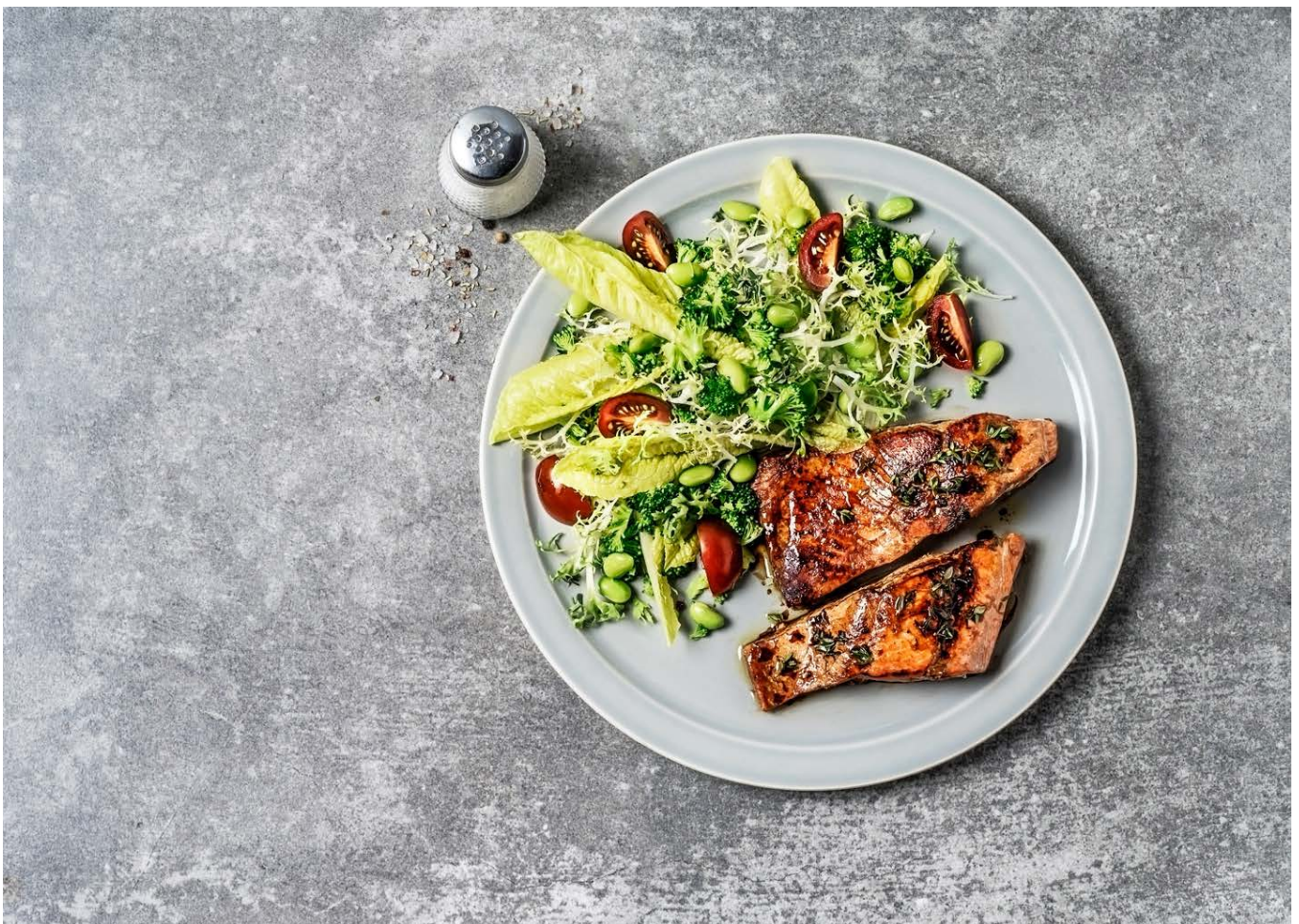
4 English muffins, split

Mix together onions, capers, mayo and cheese. Spread on English muffin halves.

Cut each half into 6 pieces and place on cookie sheet.

Broil until bubbly and slightly browned.

Main Course



Chicken Delicious *(the name my kids gave this when they were little)*

Submitted by Ritamary Bell

¼ cup butter	1 tsp. ginger
4 skinless, boneless chicken breasts, cut into bite size pieces	1 cup canned tomatoes
1 large onion, chopped – about 1 cup	1 cup chicken broth
1 clove garlic	1 small can mushrooms
1 ½ tsp. salt	1 cup heavy cream
1 ½ tsp. paprika	2 tbsps. cornstarch (or flour)

Brown chicken pieces well in butter and remove from pot.

Brown onions & garlic, add seasonings, tomatoes, broth & mushrooms

Add chicken & simmer, covered 40 minutes

Remove chicken & keep warm.

Blend in flour *(or cornstarch)* with heavy cream and stir into sauce. Simmer gently for 5 minutes, stirring constantly.

Add chicken back in and serve over hot egg noodles.

Lemon and Sage Chicken

Submitted by Gregory Bull

2 lbs. chicken pieces	3 tbl. Fresh sage, chopped
¼ cup olive oil	1 clove of garlic, minced
Juice of 2 lemons	¾ tsp. sea salt
½ tbl. Lemon zest	½ tsp. fresh group pepper

Thoroughly combine olive oil, lemon juice, lemon zest, sage, garlic, salt and pepper. Pour into a large glass baking dish. Add chicken, turning once to coat. Cover and refrigerate for 1 hour, turning the pieces every 15 minutes.

Preheat a grill or brush a large skillet with oil and set it over medium-high heat. Arrange chicken on the grill or place chicken, in batches, into the hot skillet. Discard the marinade. Cook 4-6 minutes per side or until chicken feels firm to the touch and inside temperature reaches 165° F.

Adrianna's Favorite Chicken

Submitted by Claudia De Bellis

1 pound chicken cutlets (*this scales up if you need to feed more*)

1 tsp walnut oil (*or olive oil or sesame oil*)

1/2 cup bread crumbs

1/4 cup raspberry or apple cider vinegar

Spread oil on the bottom of a microwaveable dish.

Rinse chicken and put in the dish while damp.

Roll chicken in the oil and spread the breadcrumbs evenly on the chicken.

Sprinkle all with vinegar. Cover if you like moist chicken.

Microwave on high 10-12 minutes, depending on your microwave. Turn pan after 4 minutes if your microwave doesn't have a turntable.

Check for doneness after 10 minutes. Check by piercing chicken with a sharp knife. Kids love this part. If the juices run red, cook longer.

Serve with salad and cornbread.

Blackberry Chicken

Submitted by Linda Barnes

1 teaspoon olive oil

1/3 cup chopped red onion

1 1/2 pounds boneless skinless chicken breast

1/2 teaspoon dried thyme leaves

1 tablespoon all-purpose flour

1/2-3/4 cup low sodium chicken broth

1/2 cup seedless Blackberry all fruit spreadable jam

2 tablespoon balsamic vinegar

1) in large skillet, heat olive oil and sauté onion for 5 minutes

Season chicken with thyme, dust with flour

2) add chicken to pan cooking until browned on each side about 7-10 minutes. Add broth and continue cooking another 5 minutes

3) add jam and balsamic vinegar, bring to a boil, reduce heat and cook chicken for another 15-20 minutes or until tender

You can serve this over rice, pasta or couscous.

Braised Hong Kong Short Ribs

Submitted by Janet Hayward

2 lrg oranges, zested & juiced, about 3/4 cup
1/2 Cup hoisin sauce
1 Tbsp tomato paste
1 Tbsp fresh ginger, grated
1 can beef broth, 14 oz

1/2 Cup water
1/2 Cup all-purpose flour
8 beef short ribs
1 Tbsp vegetable oil
Scallions &/or chives for serving (optional)

Heat oven to 350°

In a medium bowl, combine orange juice, hoisin sauce, tomato paste, ginger, broth & water.

Dust ribs with flour & shake off any excess.

Heat oil in a heavy Dutch oven over medium-high heat. Add ribs & brown on all sides. (*work in batches as necessary*)

Pour sauce over browned ribs. Cover & place in oven for 1 hour.

Reduce heat to 275° and continue to cook 1 more hour.

Remove ribs to a platter & keep warm. Skim & discard grease off remaining sauce. (*if making in advance, you can cool the sauce & remove grease before reheating*)

Strain, if desired, & stir in orange zest. Pour sauce over ribs & serve topped with sliced scallions &/or chives if using.

Serving suggestions:

Serve with Jasmine rice cooked with chopped ginger, garlic & chives. Toss finished rice with sliced scallions, chives & sliced water chestnuts.

Mushroom Risotto

Submitted by Helen Cook

2 tablespoons Olive Oil
4 tablespoons Butter
1/4 cup Milk
3/4 cup Arborio rice
1 Onion
3 cloves Garlic

1 cup or so Chicken stock
10 Mushrooms roughly chopped
1 small package Dried mushrooms
1 Tomato
10 torn Basil leaves
1/2 Parmesan cheese grated

- Heat olive oil with garlic and onions till onion is soft

- add Arborio rice and stir till starts to brown
 - add chicken stock 1/4 a cup at a time till gets somewhat absorbed but not soft
 - add mushrooms. Dried mushrooms should previously be reconstituted.
 - keep adding stock till rice is semi done.
 - you can stop here till the rest of the meal is 10 minutes from done.
 - resume adding stock and at end add all together Parmesan basil tomato and milk stir for one minute
 - serve immediately
- **** if you want to add other vegetables pre-cook them and add at final part with basil etc. This way veggies do not get soggy.

Lemon-Parmesan Linguine with Peas

Submitted by Marty Zlotkin

3/4 lb linguine	3 tbs fresh lemon juice
3/4 cp whipping cream/ Cut w 1/2 n 1/2 for lighter	1 tbl grated lemon zest
1 tbl butter	1/2 cp grated Parmesan cheese
1/4 tsp pepper flakes	

Frozen Peas thawed in cold water or fresh peas

Cook pasta in pot of boiling salted (*like the ocean*) water until just tender but still firm to bite.

Drain, reserving 1/2 cup cooking water.

While pasta is cooking...

Bring cream, butter and pepper flakes to simmer in heavy large skillet over medium-high heat.

Mix in lemon juice and zest.

Add pasta; toss to coat, adding reserved cooking water as needed to thin sauce to desired consistency.

Add peas, toss some more...Add cheese and toss to blend.

Season with salt and pepper.

Korean-Style Pork Tenderloin

Submitted by Gregory Bull

1/3 c. low sodium soy sauce	1 tbsp. dark sesame oil
2 tbsp. sugar	1/4 tsp. crushed red pepper
1 tbsp. minced & peeled fresh ginger	4 garlic cloves, minced
3 Tbsp. rice vinegar	1 1/2 lb. pork tenderloin

Combine first 7 ingredients in a large zip-top bag; add pork. Seal and marinate in refrigerator 8 hours or overnight, turning occasionally.

Preheat oven to 425°.

Heat a large ovenproof skillet coated with cooking spray over medium-high heat. Remove pork from bag, reserving marinade.

Add pork to pan; cook for 6 minutes, browning on all sides.

Place pan in oven; bake at 425° for 15 minutes or until meat thermometer registers 160 (medium) or until desired degree of doneness.

Let stand for 5 minutes before slicing.

Bring reserved marinade to a boil in a small saucepan; reduce heat and simmer 5 minutes.

Cut pork into 1/4 in. thick slices; serve with sauce.

Lemon and Garlic Pasta

Submitted by Gregory Bull

Makes 4 servings.

1/2 lb. pasta	1/4 cup chopped fresh parsley
2 cloves of garlic	1 tsp. grated lemon zest
1/4 cup olive oil	2 tsp. lemon juice
2 tbs. butter	Salt and pepper

Cook the pasta in boiling, salted water until done. Drain and return to hot pot. Mince the garlic.

In a small pan, heat the oil and butter. Add the minced garlic and cook for 1 minute.

Toss the garlic, oil, parsley, lemon zest and juice, 1 tsp. salt and 1/4 tsp. pepper with the pasta.

Taste for seasoning and add salt and pepper as needed.

Serve at once.

Salad Nicoise

Submitted by Jane Cottrell

Salad:

½ lb. cooked green beans cut into bite-sized pieces
2 hard boiled eggs, sliced
1 can chunk light tuna in oil
3 boiled Yukon gold potatoes, diced

1 head iceberg lettuce or several heads of Romaine lettuce
½c. diced celery
¼ c. each diced green and red pepper
3 ripe tomatoes, chopped
12 black olives, pitted

Dressing:

2/3 c. olive oil
1/3 c. red wine vinegar
1 tbsp. Dijon mustard
½ tsp. salt

½ tsp. dried basil
½ tsp. dried tarragon
2 cloves minced garlic
Black pepper to taste

Thoroughly blend dressing ingredients.

Arrange salad ingredients on individual serving plates with lettuce as the base.

Dress just before serving.

Wilted Bacon Salad

Submitted by Jane Cottrell

1/3 c. chopped onion
3 Tbsp. brown sugar
3 Tbsp. cider vinegar

4 slices bacon, cooked and crumbled
6 c. spinach or other salad greens

Saute the onion in a small saucepan with a small amount of the bacon fat or oil.

Add the brown sugar, vinegar and bacon and bring to a boil.

Reduce heat and simmer just until the sugar is dissolved.

Pour over the greens in a large bowl and toss gently.

Serve warm.

Oven to Barbecue Ribs

Submitted by Erik Kusco

This recipe provides a softer texture and more flavor-infused style of ribs as opposed to directly BBQ'ing the ribs and then applying a sauce. Since the BBQ is required only for a few minutes, toward the end of this recipe, I find it best to BBQ something else while the ribs are in the oven, so as to better utilize the BBQ. - ***This is a relatively easy dish to make***

Prep time:

Dry Rub & Marinade: 15 minutes prep; 8-24 hours marinade

Braising: 5 minutes prep; 6 hours cooking

Glazing & Caramelizing: 15 minutes - ½ hour

Serve with: *Corn on the cob* - **Pairs well with:** *Zinfandel*

Ingredients

Two whole slabs pork baby back ribs or one slab of regular pork ribs [*country style ribs are good, too*]

Dry Rub

8 parts light brown sugar (16 Tbsp = 1 cups)

1 part chili powder (2 Tbsp)

1/6 part black pepper (1 tsp)

1/6 part cayenne pepper (1 tsp)

1/6 part jalapeno seasoning (1 tsp)

1/6 part Old Bay seasoning (1 tsp)

1/6 part thyme (1 tsp)

1/6 part onion powder (1 tsp)

Braising Liquid

1 cup homemade chicken broth

Original recipe calls for "1 cup white wine," but
broth thickens better

2 tablespoons white wine vinegar

2 tablespoons Worcestershire sauce

1 tablespoon honey

Steps

Mix all dry rub ingredients in a large bowl (*pastry blender works well for mixing this*)

Rub ribs well with dry rub (*you'll only need about ½ of what you made above*) and marinate 8-24 hours in heavy duty aluminum foil (*dull side in*) - be sure to use plenty of aluminum foil [*double layer*], as a braising liquid (>1 cup) will be poured in later and should not rise up to the level or it will leak out

Store remaining dry rub in the refrigerator for another time

After the marinating is complete, you're about 6½ hours from putting the ribs on the BBQ grill or in the oven. Plan your BBQ activity accordingly.

Preheat oven to 225° F

In a microwavable bowl or measuring cup, combine all ingredients for the braising liquid (*I add the honey to the boiling liquid*). Microwave on High, until the liquid just boils.

Place the wrapped ribs in a large, glass oven tray

Carefully open the aluminum foil the ribs are in

Pour the braising liquid all over the ribs and seal the aluminum foil with the tightest seal you can make without having the liquid ooze out of the seams

Put the tray in the oven for 6 hours [start checking after 5 hours] - *when done, the meat should be tender - pulling back from the bones, but not easily falling off*

Remember to start the BBQ grill if you're using that!

After the braising, transfer the braising liquid into a medium saucepot, turn off the oven, and put the ribs back in (covered) to stay warm. **NOTE:** *I've found that draining off the braising liquid with a basting bulb into the saucepan before the ribs are done works well, as the liquid realistically takes ~½ hour to reduce [original recipe says something like 5-6 minutes]*

Bring the liquid to a gentle boil and reduce by half or until of a thick syrup consistency – I have not found a good thickener to add, although I've not tried xanthan gum

Remove the ribs from the oven and place the large bowl or tray you'll be serving the ribs in the oven to warm up. **NOTE:** *If you're using the oven to broil the ribs, figure out another way to heat the serving bowl/tray.*

If you're using the oven to broil the ribs, set the rack to mid level and turn the broiler to Lo

Brush the glaze onto the ribs

If using the BBQ grill spread the coals so the heat is not too high and place the ribs on the grill (*direct heat*) until the glaze caramelizes lightly. Repeat for the other side of the ribs.

OR

If using the oven, place the ribs on a roasting rack, place in oven, and stick a butter knife between the edge of the stove and top of the door to keep thermostat from shutting off the broiler frequently. Broil until the glaze caramelizes lightly. Repeat for the other side of the ribs.

Use a separator and meshed strainer to remove the fat and solids from the glaze and pour into the preheated serving bowl or tray

Slice each rib slab into bone portions and toss the ribs into the glaze from a distance of no less than 3'.

Sides



Scalloped Tomatoes and Zucchini

Submitted by Ritamary Bell

3 cups chopped fresh tomatoes
3 cups sliced fresh zucchini
1 cup sliced fresh mushrooms
1 medium onion, chopped
4/3 cup bread crumbs

1 clove garlic minced
1 cup grated sharp cheddar cheese
1/2 tsp salt
1 1/2 tsp. freshly ground black pepper
3 tbsps. butter

Butter a 2 qt. casserole. Arrange half the tomatoes evenly in the bottom of the dish. Follow with half of the zucchini and half the mushrooms.

In a small bowl, toss together the bread crumbs. Onion, garlic, grated cheese salt & pepper. Sprinkle half of this mixture over the zucchini, tomatoes & mushrooms.

Repeat with the rest of the vegetables and then the bread crumb mixture.

Dot with butter and bake for 40 minutes at 350°.

Anne's Amazing Potato Salad

Serves 8 --maybe

Submitted by Jane Czepiel Dinh

Combine:

5 cups cubed cooked potatoes (I use 2 large russets)
2 teaspoons vinegar--mix into potatoes when they are still warmish
2 teaspoons salt (I don't use any)

1 Tablespoon celery seed
1 cup chopped onion
1 cup sliced celery
1/2 cup relish

Add mayo and mix. Fold in eggs

1 1/2 cups mayo (or combo, mayo and yogurt) (*I don't use this much*)
4 hard-cooked eggs diced

I also add for color and crunch

Finely chopped radishes

Chopped peppers

Frank's Favorite Cornbread

Submitted by Claudia De Bellis

1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown (or white sugar)

3/4 cup cornmeal
1 1/4 cup "regular" flour (we use unbleached white)

1 egg, beaten
1/4 cup oil

1 cup milk, skim or whole
A little extra oil or butter for greasing pan.

Grease an 8-or 9-inch microwaveable cake or pie pan.

Stir dry ingredients together into the pan.

Stir oil, milk, and egg together.

Pour into pan and stir well with dry ingredients. Spread into corners and smooth surface.

Microwave on high for 2 minutes, turn pan if your microwave doesn't have a turntable. Microwave for 3-4 minutes more. Total time 5-6 minutes, depending on your microwave oven.

Let cool for five minutes. Serve with butter and jam.

Zucchini Bake

Submitted by Barb Mauer

In large bowl grate unpeeled zucchini. Let drain and set aside. Eventually squeeze out excess moisture.

Mix together the following:

1 cup Bisquick	1/2 tsp. oregano
1/2 cup chopped onion	1 clove minced garlic (optional)
1/2 cup grated parmesan cheese	1/2 cup Crisco oil
2 tbsp. parsley flakes	4 eggs beaten
1/2 tsp. salt	

Mix above with grated zucchini and spread evenly in greased pan.

Bake at 350° for 45 minutes. Delicious hot or cold.

Roasted Red Peppers

Submitted by Barb Mauer

Slice peppers into strips. Toss with olive oil. Place on cookie sheet in 300° oven. (I use parchment paper)

Turn every 15 minutes until edges start to brown.

Place in container with:

1/4 cup olive oil

salt and pepper

garlic chunks

sprigs of fresh Rosemary

Great for pizza night, antipasto salads or as an appetizer on crispy bread rounds

Briam (*Greek Baked Zucchini and Potatoes*) Original recipe yields 4 servings

Submitted by Jane Cottrell

2 lbs potatoes, peeled and thinly sliced

4 large zucchini, thinly sliced

4 small red onions, thinly sliced

6 ripe tomatoes, pureed

½ cup olive oil

2 tbs chopped fresh parsley (Optional)

sea salt and freshly ground black pepper to taste

Step 1 - Preheat oven to 400 degrees F (200 degrees C).

Step 2 - Spread potatoes, zucchini, and red onions in a 9x13-inch baking dish, or preferably a larger one. Use 2 baking dishes if necessary. Cover with pureed tomatoes, olive oil, parsley. Season with salt and freshly ground pepper. Toss all ingredients together so that the vegetables are evenly coated.

Step 3 - Bake in the preheated oven, stirring after 1 hour, until vegetables are tender and moisture has evaporated, about 90 minutes. Cool slightly before serving, or serve at room temperature

David Bonom's Chipotle Mac and Cheese

Submitted by Jane Cottrell

1 7-oz can chipotle chiles in adobo sauce

1 tablespoon butter

½ cup finely chopped onion

½ cup finely chopped green bell pepper

1 garlic clove, minced

2 tbs all-purpose flour

1 (14 ½ oz) can diced tomatoes and green chiles, undrained

4 cups hot cooked elbow macaroni (about 2 cups uncooked)

2 cups (8-ozs) shredded reduced-fat sharp cheddar cheese

1 cup 1% low-fat cottage cheese

1 cup 2% reduced-fat milk

¼ cup (1 oz) grated fresh Parmesan cheese

1 large egg, lightly beaten

Cooking spray

3 tbs dry breadcrumbs

Step 1 - Preheat oven to 350°.

Step 2 - Remove 1 teaspoon adobo sauce from can; set aside. Remove 2 chipotle chiles from can; finely chop to measure 1 tablespoon. Reserve remaining chiles and adobo sauce for another use.

Step 3 - Melt butter in a Dutch oven over medium-high heat. Add chopped chiles, onion, bell pepper, and garlic; cook 4 minutes or until onion is tender, stirring frequently. Sprinkle with flour;

cook 30 seconds, stirring constantly. Reduce heat to medium; add tomatoes. Cook 3 minutes or until thickened. Add reserved 1 teaspoon adobo sauce, pasta, cheddar cheese, cottage cheese, milk, Parmesan, and egg; stir to combine. Spoon pasta mixture into a 2-quart baking dish coated with cooking spray; top with breadcrumbs. Bake at 350° for 30 minutes or until bubbly.

Cauliflower, Cashew, Pea and Coconut Curry

Submitted by Jane Cottrell

1 (1-inch) piece fresh ginger, peeled and chopped	½ teaspoon chile powder
4 garlic cloves, chopped	1 large head cauliflower (about 1 1/4 pounds), broken into bite-size florets
1 green chile, roughly chopped (seeded if you prefer less heat)	1 (14-ounce) can unsweetened coconut milk
Kosher salt	4 ounces unsalted cashews (about 3/4 cup)
4 tablespoons canola oil	½ cup frozen peas
2 large onions, finely chopped	½ teaspoon garam masala
1 tablespoon tomato paste	1 small bunch cilantro, leaves chopped, for serving
1 ½ teaspoons ground coriander	1 lemon wedge, for serving
1 ¼ teaspoons ground cumin	Cooked basmati rice, for serving

Place the ginger, garlic and green chile in a mortar and pestle with a pinch of salt. Mash until a paste forms and set aside. Alternately, finely chop the ginger, garlic and green chile together, sprinkle with a pinch of salt, then mash into a coarse paste using the flat portion of your chef's knife.

In a large skillet with a lid, heat 3 tablespoons oil over medium. Cook the onions until golden, about 10 minutes. Add the ginger paste and cook, stirring, until fragrant, 3 to 4 minutes.

Stir in the tomato paste, coriander, cumin, chile powder and 1 1/4 teaspoons salt. Stir in the cauliflower and coconut milk and bring to a simmer. Reduce the heat to low, cover and cook until the cauliflower is tender, 10 to 12 minutes.

Meanwhile, heat the remaining 1 tablespoon oil in a small skillet over medium. Fry the cashews, stirring occasionally, 2 minutes. Transfer to a plate to cool.

Add the peas and garam masala to the cauliflower mixture and cook, stirring, 5 minutes. Season to taste with salt.

Top the curry with the cashews, cilantro and a squeeze of lemon just before serving. Serve with a big steaming bowl of basmati rice.

Dukkah

Submitted by Amy Singer

(Dukkah is a mixture of spices, nuts and seeds. This condiment has its origins in Egypt)

There are many ways to use dukkah. A typical way is to dip a slice of really good bread in olive oil and then plunk it into the Dukkah. Or sprinkle on roasted vegetables, on soups. *e.g.*, carrot or butternut squash soup or sprinkle on a salad or scrambled eggs. ***Experiment!***

1 cup of shelled pistachio nuts, almonds or hazelnuts (or a mix). I prefer pistachio
1/2 cup of sesame seeds
1/2 cup of coriander seeds
1/4 cup cumin seeds

1 tsp fennel seeds
several pinches of thyme, oregano or herbes de provence
sea salt
freshly ground pepper

Heat the oven to 350°

-Spread the nuts on a sheet pan and toast in the oven until fragrant (about 10 minutes). If you used hazelnuts, rub them with a towel to remove the skins that have loosened. Pour those hot nuts on a plate to cool.

-Next, toast the seeds the same way until lightly colored and fragrant, about 5 minutes and then put on a plate to cool.

-Transfer the cooled nuts and seeds to a food processor. Add thyme, oregano, marjoram or Herbes de Provence (whatever you like... not strict) and pulse until *roughly* ground. Do not let the mixture become paste-like. There should be texture and crunch.

-When the texture is right, season with salt and pepper

Can be stored in the freezer. I put it on practically everything except sweets!

Breads



Mike's Multi-Grain Bread *(With Commercial Yeast)*

Submitted by Michael Frisch

This makes 2 1lb.+ loaves.

Check and collect all ingredients before starting.

Mix the following liquid ingredients in a 4 cup measuring pitcher and let stand for 5 minutes to proof the yeast:

3 cups warm spring/filtered water (100-110 degrees)
1 T cider vinegar

5 T honey or honey and molasses
2 T high quality veg oil
1 packet/half a cube/1T of dry or cake yeast

Mix the following dry ingredients in the bowl of your dough mixer:

2 cups organic white bread flour
2 cups organic stone ground whole wheat flour
2 T soy protein powder
1 T sea salt

2 T vital wheat gluten (I use Fearn's, from health food store)
1/4 t dried orange peel *(optional)*
1 cup walnuts, raisins and other seeds *(optional)*

Pour the wet into the dry mixture to create a sponge. Mix thoroughly.

Let rise/bubble 1+ hour in a warm place. It should be quite bubbly.

Mix in 2/3 cup of rolled multigrain hot cereal mix *(uncooked)* and approx. additional 2 cups of white bread flour *(and optional walnuts, raisins etc.)*. Mix and then switch to dough hook attachment or knead by hand until a smooth, somewhat sticky dough is formed. Add extra flour as needed to create a smooth but not dry surface.

Let rise 1-1.5 hours in a warm place.

Punch down and knead in machine or by hand for 5-10 minutes adding small amounts white flour as needed to keep it manageable.

Let the dough rest and oil the two loaf pans.

Cut the dough in half. Knead briefly and shape each half into an elongated sphere and place each in a pan. Let rise in warm place until roughly doubled, about an hour (do not let the bread over-rise before baking.)

Preheat oven to 350°. Bake loaves on center rack for 50 minutes; internal temperature 190-200 F degrees. Remove from oven, let the loaves rest for 10 min, then remove from pans and let cool on racks. Slice when room temp and enjoy.

Frank's Favorite Cornbread

Submitted by Claudia Del Bellis

1/2 teaspoon salt	1 egg, beaten
2 teaspoons baking powder	1/4 cup oil
1/4 cup brown (or white sugar)	1 cup milk, skim or whole
3/4 cup cornmeal	A little extra oil or butter for greasing pan.
1 1/4 cup "regular" flour (we use unbleached white)	

Grease an 8 or 9 inch microwaveable cake or pie pan.

Stir dry ingredients together into the pan.

Stir oil, milk, and egg together.

Pour into pan and stir well with dry ingredients. Spread into corners and smooth surface.

Microwave on high for 2 minutes, turn pan if your microwave doesn't have a turntable. Microwave for 3-4 minutes more. Total time 5-6 minutes, depending on your microwave oven.

Let cool for five minutes. Serve with butter and jam.

Pandemic Beer Bread

Submitted by Lorraine Laufer

3 cups sifted flour	1/4 cup sugar
3 teaspoons baking powder	1 warm 12 ounce beer
1 teaspoon salt	1/4 cup melted butter

Preheat to 375°.

Lightly grease a loaf pan.

Mix the dry ingredients. Add beer and combine to form dough.

Place in greased loaf pan. Spread evenly. Pour melted butter over it.

Bake about 1 hour but check at 45 minutes. Remove from oven and cool 15 minutes.

Note: *the type of beer will affect the taste. Ales, lagers and stouts all work well, but **do not use gluten free beer**. For a softer crust, use more butter.*

Whole Wheat Vegan Beer Bread

Submitted by Lorraine Laufer

3 cups whole wheat flour
3 TB maple syrup
1TB baking powder

1 tsp salt
1 12 ounce bottle warm beer (11.2 ounces is fine)

Preheat oven to 375°. Lightly grease a loaf pan.

Whisk dry ingredients to combine. Add syrup and beer to form dough. *(It will be sticky. Feel free to use your hands.)*

Scrape into a lightly greased loaf pan. Spread evenly.

Bake 45 minutes to one hour. Check with a knife at 45 minutes. Remove and cool 15 minutes

Note: *Type of beer will affect taste. Lagers, ales and stouts all work well. Gluten free beer not recommended.*

Mike's Multi-Grain Bread *(With Sour Dough Starter)*

Submitted by Michael Frisch

This makes 2 1lb.+ loaves.

Check and collect all ingredients before starting.

Working with starter as rising agent usually takes longer than using yeast, so budget your time flexibly.

The night before you want to bake, bring your starter to room temp and “feed” it with water and flour as usual. Cover loosely and let it bubble until you are ready to start the baking process

On baking day, harvest starter to return to frig and use the remaining starter for this recipe

Mix the following liquid ingredients in a bowl with your starter (total liquid should be approx. 3 cups, so adjust water to how much liquid starter you are using):

2 cups (approx..) warm spring/filtered water
(100-110 degrees)
1 T cider vinegar

5 T honey or honey and molasses
2 T high quality veg oil

Mix the following dry ingredients in the bowl of your dough mixer (Note that salt is added later to give the starter a stronger start):

2 cups organic white bread flour

2 cups organic stone ground whole wheat flour
2 T soy protein powder
2 T vital wheat gluten (I use Fearn's, from health food store)

1/4 t dried orange peel (optional)
1 cup walnuts, raisins and other seeds (optional)

Pour the wet/starter mixture into the dry mixture to create a sponge. Mix thoroughly.

Let rise/bubble 1-2 hours in a warm place. It should be quite bubbly and begin to smell sour.

Add 1 T sea salt and mix thoroughly. Mix in 2/3 cup of rolled multigrain hot cereal mix (uncooked) and approx. additional 2 cups of white bread flour (and optional walnuts, raisins etc.). Mix and then switch to dough hook attachment or knead by hand until a smooth, somewhat sticky dough is formed. Add extra flour as needed to create a smooth but not dry surface.

Let rise 1- 1.5 hours in a warm place.

Punch down and knead in machine or by hand for 5-10 minutes adding small amounts white flour as needed to keep it manageable.

Let the dough rest and oil the two loaf pans.

Cut the dough in half. Knead briefly and shape each half into an elongated sphere and place each in a pan. Let rise in warm place until roughly doubled, about an hour (do not let the bread over-rise before baking.)

Preheat oven to 350°. Bake loaves on center rack for 50 minutes; internal temperature 190-200 F degrees. Remove from oven, let the loaves rest for 10 min, then remove from pans and let cool on racks. Slice when room temp and enjoy.

Desserts



Mike Bell's Chocolate Chip Birthday Cake

Submitted by Ritamary Bell

2 cups all-purpose flour	½ tsp baking soda
1 cup dark brown sugar, packed	½ cup shortening (I use melted butter)
½ cup granulated sugar	1 ¼ cup milk
3 tsp. baking powder	3 eggs
1 tsp. salt	1 cup mini semi-sweet chocolate chips

Heat oven to 350°. Grease and flour 2 round cake pans

Measure all ingredients into large mixing bowl.

Blend ½ minute on low speed, scraping bowl constantly.

Beat 3 minutes on high speed, again scraping bowl.

Pour into pans and bake for 40 – 45 minutes.

Cool completely.

Frosting

3 cups whipping cream	¾ cup cocoa
1 ½ cups confectioners' sugar	¼ tsp salt.

In chilled bowl, combine all ingredients and beat until stiff. Ice both layers and chill at least 4 hours.

Apple Cake

Submitted by Arlene Christensen

6 green apples – pared and sliced	1 cup of oil
3 cups of flour	4 eggs
2 cups of sugar	¼ cup of orange juice
3 teaspoons baking powder	2½ teaspoons of vanilla

5 tablespoons of sugar

2 teaspoons of cinnamon

1. Mix flour, sugar, baking powder, oil, eggs, orange juice and vanilla – batter will be very thick
2. In separate bowl mix 5 tablespoons of sugar and 2 teaspoons of cinnamon
3. Grease and flour tube pan

4. Pour half the batter into pan, layer half the apples and sprinkle half the sugar and cinnamon mix on top of the apples

5. Repeat

Bake at 375° for ½ hour – reduce heat to 350° and bake for 1 more hour

Oreo Cookie Freeze

Submitted by Arlene Christensen

28 Oreo cookies

¼ cup of butter

½ gallon of vanilla ice cream

Cool Whip

1 cup walnuts

Ingredients for chocolate sauce

12 oz can of evaporated milk

1 cup of sugar

6 tablespoons of coco powder

2 tablespoons of butter

2 oz of unsweetened chocolate

1. In food processor mix the Oreo cookies and butter – should be crumbs
2. Spread in an 9X13 or 7X11 pan and freeze
3. Slightly thaw the ice cream and layer on top of the frozen Oreos – freeze
4. Make chocolate sauce: In a small pot mix all ingredients
5. Stir/simmer on medium heat until thicken – 10 to 15 minutes
6. When sauce has cooled pour over ice cream – freeze
7. Slightly thaw Cool Whip and mix in the nuts – spread over chocolate – freeze

Wendy's Favorite Chocolate Chip Cookies

(Adapted from the Violet Bakery Cookbook) Submitted by Katherine St. John

1 lb butter

2 c brown sugar

1 c sugar

1 T vanilla

6 egg yolks

1 T coarse salt

1 1/2 t baking soda

4 2/3 c flour

3 c chocolate chips

Beat the butter and sugars in a bowl until combined. Add the vanilla and egg yolks and mix well.

Mix in the baking soda and salt, followed by the flour a half cup at a time. Mix well.

Mix in the chocolate chips.

The cookies are much tastier if they freeze overnight. Use a baking tray that will fit into your freezer.

With two spoons or a small ice cream scoop, scoop out portions of dough and place tightly on the baking tray.

After freezing, transfer to an airtight container and keep in the freezer until needed.

When ready to bake, heat the oven to 350° and spread out on a baking sheet. **Allow 5 to 10 minutes to warm up if straight from the freezer.**

Bake for 15-18 minutes or until golden brown. Allow to cool for 5 minutes on the tray before serving.

Solo Almond Cake

Submitted by Judy Homa

1 c. Butter
3 eggs
1c. Sugar
12 1/2 oz. Solo Almond Filling
2 1/4 c. Flour
2 tsp. Baking Powder
1/2 tsp. Salt
1/4 C. Milk

350°. 60 min.

Glaze

1c. Confectioners sugar
2 Tbsp. Light cream
1/4 tsp. Almond extract

Combine flour, baking powder and salt in bowl. In mixer cream butter, and sugar.

Add eggs one at a time, then add almond Filling.

Add flour and milk alternately.

Grease tube pan well. Bake 325° for 60 minutes or till done. Cool then add glaze

Nutella Chocolate Cheesecake

Submitted by Maxine Marron

Buy a graham cracker pie base.

Mix :

4 ounces softened butter

1 package cream cheese

1 bottle Nutella. (7.7 ounces)

Fill crust with mixture

Add: blueberries or raspberries on top for decoration. Serve chilled.

Easy Coffee Ice Cream

Submitted by Maxine Marron

3 eggs separated

1 can sweetened condensed milk (14 ounce)

2 cups heavy cream

1 tablespoon instant coffee granules mixed with 1 teaspoon hot water.

Beat egg yolks with condensed milk.

Beat egg whites until stiff

Beat cream until stiff

Gently fold all together and add and mix in cooled coffee.

Freeze.

Serve plain or with chocolate sauce.

Graham Cookies

Submitted by Jane Cottrell

Lois Winans Coffin, 1885-1963

1 cup of sugar

1 tablespoonful of molasses

piece of butter size of an egg

1 cup of sour milk or buttermilk

1 egg. Pinch of salt

1 teaspoonful of cinnamon

2 cups of graham flour

1 teaspoonful of saleratus (now baking soda)

Drop from a teaspoon into a pan, and bake. (Drop them quite a distance apart.)

Put a raisin in the center of each and sprinkle a little sugar over the top before baking.

Sisters Hill Smoothie

Submitted by Jane Cottrell

Place in blender, in this order:

-A little of the liquid you're using -- almond milk, coconut water, pineapple juice, whatever

-Chia seeds

-A bit more liquid poured gently atop chia seeds

-Lots of Sisters Hill Farm spinach

-Hemp protein powder

-Frozen banana, skin on, cut into 1" slices

-Remaining liquid

If thick, pour in bowl and top with hemp hearts or seeds, cocoa nibs, pumpkin seeds, whatever, and eat with spoon. If thin, drink.

Lena's Gingerbread

Submitted by Jane Cottrell

1 egg

1/2 cup sugar

1 cup molasses

2 1/2 cups flour

1 cup water

1 1/2 tsp.soda

1/2 tsp.ginger

1 tsp.cinnamon

1/2 cup butter

1/2 tsp.cloves

1/2 tsp. salt

Lena Winans VanBenschoten 1878-1963

Grandma's Ginger Cookies

Submitted by Jane Cottrell

1 cup shortening

2 heaping teaspoons soda

1 cup hot water

3/4 cup sugar

1 large teaspoon ginger

2 1/4 cups molasses

7 cups flour

Henrietta Robinson Winans, 1853-1944

Raspberry Almond Shortbread Thumbprints

Makes about 42 cookies.

Submitted by Jane Cottrell

1 c. softened butter

2/3 c. sugar

1/2 tsp. almond extract (can substitute vanilla extract)

2 cups all-purpose flour

1/2 cup raspberry jam

1 cup powdered sugar

2-3 tsps. Water

1 1/2 tsp. almond extract

Combine sugar, butter and 1/2 tsp. almond extract in bowl. Beat at medium speed, scraping bowl often, until creamy. Add flour; beat at low speed, scraping often until well mixed. Cover, refrigerate for at least 1 hour or until firm (prefer to refrigerate for about 4 hours or so, then dough is cold but not too cold).

Heat oven to 350°.

Shape dough into 1 inch balls. Place 2 inches apart onto ungreased cookie sheets. Make indentation in center of each cookie with thumb (*edges may crack slightly*) (*prefer to use back of a 1/4 tsp to make the indentation*). Then with fingers smooth out cracks on edges as best that you can. Fill each indentation with about 1/4 tsp. jam.

Bake 14-18 minutes or until edges are lightly browned. Let stand 1 minute on cookie sheets; remove to cooling rack. Cool completely.

Combine all glaze ingredients in bowl with whisk until smooth. Drizzle over cookies.