



Bottrell Family Website

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Recipes

This selection of recipes is truly outstanding. We collected and refined them over decades and have served them to hundreds of people. Local conditions and quality of foodstuffs may vary, so feel free to experiment yourself. Bon Appétit! Ed & Hazel Bottrell

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Note: All recipes are in Adobe Acrobat format. If you do not have the Adobe Acrobat Reader then click the logo to download a free copy.

Capitano's Nachos

Concocted circa 1976 and refined for over two decades by Edward G. Bottrell.
Good as an appetizer for 6-8 people or main course for 3-4 people in less than 30 minutes.

$\frac{1}{2}$ - $\frac{3}{4}$ lb.	Tortilla Chips
$\frac{3}{4}$ lb.	Sharp Cheese (like Old Cheddar), shredded
$1\frac{1}{2}$ Cup	Chunky Salsa, mild
1 Can	Refried Beans (about 14-16 oz.)
1 Can	Chili Con Carne (about 14-16 oz.)
$\frac{1}{4}$ lb.	Fresh Mushrooms, thickly sliced
1	Large Onion, coarsely sliced
$\frac{1}{2}$	Green Pepper, coarsely sliced
$\frac{1}{2}$	Red Pepper, coarsely sliced
2-3	Jalapeño Peppers, thinly sliced
TOPPING	
2 Cups	Lettuce, coarsely shredded
2	Plum Tomatoes, coarsely chopped

1. Heat chili and refried beans together in a separate saucepan at medium temperature. Reduce until thick.
2. Pre-heat oven to 350° F. Randomly arrange $\frac{1}{2}$ of the chips in the bottom of a large oven proof baking dish (about 9" x 13"). Sprinkle with $\frac{1}{3}$ of the cheese. Add remaining chips and sprinkle again with same amount of cheese. Bake about 10 minutes until cheese is melted.
3. Meanwhile, sauté onions & mushrooms in a little olive oil for 1-2 minutes in a skillet at very high temperature. Add green & red peppers and Jalapeños and sauté for another 2-3 minutes until slightly charred.
4. Warm Salsa in a saucepan at medium-low temperature.
5. Set oven to Broil. Quickly (so chips don't get soggy) add chili & refried beans to top of chips, then distribute onions, green & red peppers and Jalapeños followed by the salsa. Sprinkle with remaining cheese and broil for 2-3 minutes until cheese has melted.
6. Remove from broiler, add shredded lettuce, tomatoes and serve immediately.

Serve with Guacamole, Sour Cream and Hot Sauce or Salsa

Cheddar Cheese Crisps

Like other 'sure thing' recipes that we use over and over, the origin of the cheese crisps recipe is no longer remembered, but dates back to the 1970s if not earlier. Served as an appetizer or snack, the Cheddar Cheese Crisps are always a hit. We have tried other cheeses with modest success but the crisps made from a good English Cheddar are the best. Ed & Hazel Bottrell.

12-Cubes	English Cheddar, aged 2+ years, cut into $\frac{1}{2}$ " cubes
	Cookie sheet
	Parchment Paper (don't bother to try anything else)
	Spatula, Paper Towel

1. Preheat oven to 350° F
2. Place cubes on Parchment Paper allowing space between cubes for the crisp to melt to about 2" diameter
3. Bake for 10-minutes. Cheese should melt quickly then bubble as it cooks, just turning a dark golden color.
4. Carefully slip the crisp off the Parchment Paper with a spatula and place on the paper towel to cool and drain off excess oil released by the cooking. Use another piece of paper towel to gently cover the crisps and soak up the excess oils
5. When cool, can be served immediately or (if they last long enough) kept in a covered dish.

Hazel's Party Mix

This is a dynamite party mix! There are many possible variations, but here's the place to start. Yield about 8 cups.

6 cups	Kellogg's Crispix, Rice Chex, Corn Chex, Wheat Chex cereal and/or Bugles (reg.)
1 cup	Mixed nuts, peanuts or cashews. Salted or unsalted.
1 cup	Pretzel sticks
2 Tbsp	Butter, melted
$\frac{1}{4}$ tsp	Garlic salt or garlic powder
$\frac{1}{4}$ tsp	Onion salt or onion powder
2 tsp	Lemon juice
1 Tbsp	Worcestershire Sauce

1. Preheat oven to 250°F.
2. Combine cereal, nuts and pretzels in a 13x9" baking pan or roasting pan.
3. Stir together remaining ingredients.
4. Drizzle over cereal mixture, gently tossing until evenly coated.
5. Bake 45 minutes, stirring every 15 minutes
6. Cool. Store in airtight container.

Spicy Meatballs

From Tapas to Meze. Makes 32 meatballs.

1/2 lb.	Ground pork
1/2 lb.	Ground beef
1/2 lb.	Ground veal
1 cup	Dry bread crumbs
6	Garlic cloves, minced
2 Tbsp.	Chopped fresh parsley
1 1/2 tsp.	Ground coriander seeds
1/2 tsp.	Nutmeg
1/2 tsp.	Cumin
Pinch	Cayenne
3 Tbsp.	Olive oil
1 medium	Onion, minced
1 cup	Dry white wine
3 cups	(1-28 oz. Can) Italian Plum tomatoes, crushed

1. Preheat the oven to 350° F.
2. In a bowl, combine the pork, beef, veal, bread crumbs, 4 garlic cloves, parsley, ground coriander, nutmeg, cumin, cayenne, 3/4 tsp. salt and 1/4 tsp pepper.
3. Form into 32 - 1 inch meatballs and place on a baking sheet.
4. Bake for 10 to 12 minutes.
5. Remove from the oven and reserve.
6. Heat the olive oil in a skillet. Add the onions and the remaining 2 garlic cloves and sauté 7 minutes, until soft.
7. Add the wine and the tomatoes and simmer slowly 15 minutes.
8. Add the meatballs, 1/2 tsp. salt and pepper and continue to simmer slowly 10 minutes.
9. Serve immediately, or at room temperature.

Note: This recipe can be made completely up to 2 days ahead of time. Reheat before serving. I made smaller meatballs and I also added 1 egg and some Parmesan cheese.

SMSC Caribbean Chowder 2008

We have contributed a spicy tomato-based chowder for the annual St. Margaret Sailing Club Chowder Fest since 2001 that has always received many compliments. In 2005, it seemed to be particularly good and we thought we should attempt to write down our recipe, although each year thereafter the quantities and ingredients have varied. The following recipe is a faithful rendition of what we did this year, which we called a Caribbean Chowder. Ed & Hazel Bottrell

About 16-quarts, 64-servings (one cup)

1.358Kg	Haddock, cut into bite sized pieces
5 lb	Mussels, steamed in white wine (1.5Cup) and liquid reserved for chowder
0.68 Kg	Scallops, cut into bite sized pieces
0.77 Kg	Salmon, cut into bite sized pieces
0.68 Kg	Shrimp (90/130)
4+ Cups	Sweet Onions coarsely chopped
2+ Cups	Carrots, diced (about the same volume as celery)
2+ Cups	Celery, diced (about the same volume as carrots)
4+ Cups	Green, Red, Orange & Yellow Pepper, diced
1 bulb	Garlic, minced
1.5 lb	Mushrooms, sliced
4	Potatoes (lg. Russet), peeled, diced
3 large cans	Diced Tomatoes with juice (28oz/795ml each)
3 T	Olive Oil
1.89 L	Clamato Juice
3 cans	Tomato Paste (5.5oz/156ml ea)
1 L	Cream (18%)
3	Bay Leaves
1 †	Cayenne Pepper
1 T	Coriander (ground)
$\frac{1}{2}$ T	Cumin
1 T	Salt
1 T	Pepper
1 T	Paprika
2 ea	Frozen Parsley, Basil cubes (concentrated)
1 T	Chili Garlic Paste
1	Juice and Zest from Lime

SMSC Caribbean Chowder 2008

Instructions (Approximate clock time shown for 1830 serving):

1. Prepare the fish and shellfish and set aside or refrigerate.
2. Prepare the vegetables keeping the potatoes and onion-garlic separate from the others. Diced potatoes can be stored in cold water to keep them from turning brown.
3. Spices can be pre-measured and mixed together.
4. (1545) In a very large stockpot, sauté onion, mushrooms and garlic in olive oil until onion just starts to turn translucent.
5. (1600) Add remaining vegetables (not potatoes) and sauté for about 2 more minutes.
6. (1610) Drain and add potatoes, and diced tomatoes. Add Clamato Juice, wine, seasonings, tomato paste and lime juice, stirring until up to temperature.
7. (1630) Simmer for approximately 30-minutes or until diced potatoes just start to get soft.
8. (1700) Add fish and shellfish. Bring up to temperature and simmer for 10-minutes or until fish is cooked.
9. (1715) Taste and adjust seasonings accordingly. 6-8 T of corn starch may be needed to thicken chowder.
10. (1730) Drop temperature just below boiling and stir in cream ensuring that the chowder is off the boil or it may curdle the cream.
11. (1740) Transport and transfer to crock pot and stove (on Low)
12. (1830) Serve with crusty French bread, tea biscuits or rolls.

White Bean, Pasta, Roasted Pepper Soup

From Bon Appetit - February 1997

2 Servings - can be doubled

1/3 cup	drained oil-packed sun-dried tomatoes, chopped. Reserve 2 tablespoons of the oil
1 Tbsp.	minced garlic
1 tsp.	dried savory (I used $\frac{1}{2}$ tsp. oregano and $\frac{1}{2}$ tsp. basil)
3 cups	canned vegetable broth (I used chicken broth)
1/3 cup	small pasta bows or small elbow macaroni
1-15 oz. can	Cannellini (white kidney beans), rinsed, drained
1-7 oz. jar	roasted red peppers, drained, and sliced.

1. Heat 2 tablespoons oil reserved from sun-dried tomatoes in heavy saucepan over medium low heat.
2. Add garlic and herbs and stir 1 minute. Add broth and sun-dried tomatoes.
3. Increase heat to high and bring to boil.
4. Add pasta, cover and boil until pasta is almost tender, about 5 minutes.
5. Mix in kidney beans and peppers.
6. Reduce heat; simmer uncovered until pasta is just tender but still firm to bite, about 4 minutes.

Season to taste with salt and pepper - serve.

Sopa de Lima (Lime Soup)

This recipe was given to us in the 1980s by our dear friends Edward & Jacqueline Heubel, who lived in South America on several occasions during sabbaticals. It's a great soup, and can also be used as a first course for Yucatán Pork. Ed & Hazel Bottrell

About 8 servings

Chicken and Broth	
2.5-3.0 lb	Chicken, cut into serving pieces
10 Cups	Water
6	Black Peppercorns
3 sprigs	Coriander or Parsley
1 stalk	Celery
1 med.	Onion, quartered
2 †	Salt
Vegetables	
2 T	Olive Oil
1 med.	Onion, chopped
1 med.	Green Pepper, chopped
2 lg. or 2 Cups	Tomatoes, peeled, seeded, and chopped
2	Limes, halved
3 T	Coriander or Parsley, fresh, snipped for soup and more for garnish
	Salt and Ground Black Pepper to taste
2	Limes, quartered, for serving
Tortillas	
8	Corn Tortillas, each cut into 8 wedges
	Lard or vegetable oil for frying

Instructions:

1. Place chicken pieces in Dutch Oven. Add water, peppercorns, coriander or parsley sprigs, celery, quartered onion, salt, and thyme (optional).
2. Heat to boiling, and then simmer uncovered until chicken is tender, about 1.5 hours. Remove chicken, and cool. Strain and reserve broth. Remove chicken meat leaving bones and skin.
3. While chicken is cooling, heat oil in Dutch Oven over medium heat. Sauté chopped onion, green pepper in oil until tender, about 3-4 minutes. Add tomatoes, and cook for 5-minutes. Add reserved broth, juice of 2-limes. Stir in snipped coriander or parsley, and then simmer for 20-minutes. Add chicken, and then heat until hot and bubbly, about 10-minutes.
4. Heat lard or frying oil to 350 °F, and then fry tortilla wedges until crisp and golden, about 2-3 minutes. To serve, place 8-tortilla wedges in each soup bowl, add soup, and garnish with lime slices and fresh coriander or parsley.

Soufflé au Fromage (Cheese Soufflé)

This is a recipe from the 1979 printing of The New New York Times Cookbook by Craig Claiborne and Pierre Franey, with a few minor changes and comments. In my view, it a significant improvement on the '61 and '71 versions that we also have in our library of 200+ cookbooks. The other recipes are fine, but this one is outstanding, and we have served it dozens of times to rave reviews.

Yield: 4 to 6 servings.

2-2.5 Qt	Soufflé dish
6 T	Butter
$\frac{1}{4}$ lb or 125g	Gruyere Cheese (a sharp cheddar is OK)
8	Eggs
5 T	Flour
2 Cups	Whole Milk
1 t	Freshly Ground Pepper
1 t	Freshly Grated Nutmeg
Pinch	Cayenne Pepper
2 T	Cornstarch
3 T	Water
$\frac{1}{4}$ Cup	Parmesan Cheese, Coarsely Grated Parmigiano-Reggiano if possible
2 T	Gruyere Cheese, Coarsely Grated

1. Use 2 tablespoons of butter and butter all around the inside rim (about 1") and bottom of a 2 to 2.5-quart soufflé dish (2-2.3 L). Place the dish in the freezer for several hours or overnight until ready to use.
2. Allow the eggs, milk and water to come to room temperature. Preheat the oven to 400 degrees.
3. Cut the Gruyere into $\frac{1}{4}$ -inch cubes. There should be about 1 cup. Set aside.
4. Separate the eggs, placing the yolks in one bowl and the whites in another.
5. Melt the remaining butter in a saucepan and add the flour, cooking for a minute or two while stirring with a wire whisk. Add the milk slowly, stirring rapidly with the whisk to avoid clumping. Add salt and pepper to taste, nutmeg and cayenne. Cook for 30 seconds, stirring.
6. Blend the cornstarch and water and add this to the bubbling sauce, stirring. Cook for about 2 minutes. Add yolks, stirring vigorously. Cook, stirring, for about 1 minute.
7. Spoon and scrape the mixture into a large mixing bowl. Add the cubed Gruyere and Parmesan cheese. Blend well.
8. Beat the egg whites until stiff. Add half the whites to the soufflé mixture and mix thoroughly. Add the remaining whites and fold them in quickly but gently with a rubber spatula.
9. Spoon and scrape the mixture into the frozen soufflé dish. Sprinkle with the grated Gruyere and place in the oven.
10. Bake for 15 minutes. Reduce the oven heat to 375 degrees and bake for 15 minutes longer. Serve immediately.

Chicken Couscous

We use Couscous in many dishes, and occasionally as a substitute for rice. Couscous is made several ways including the use of Canadian Durum Wheat (semolina), and is a staple in North Africa and around the Mediterranean. Couscous is also the common name for a meat and/or vegetable stew, also with many variations depending on the locale and season. This version is our favorite and one we do not hesitate to serve in our Northern Climes. Ed & Hazel Bottrell

About 4-6 servings

Chicken and Spices	
$\frac{1}{2}$ Cup	Dried Chickpeas
2 T	Butter
2.5-3.0 lb	Chicken, cut into serving pieces
$\frac{1}{2}$ †	Cumin
1 T	Fresh Ginger, finely grated
$\frac{1}{2}$ †	Turmeric
$\frac{1}{4}$ †	Saffron stems
2 †	Garlic, finely chopped or pressed
	Salt and Ground Black Pepper to taste
Vegetables	
4 Cups	Chicken Broth
1 or $\frac{3}{4}$ Cup	Leek, trimmed, rinsed well and cut into small cubes
1 Cup	Tomatoes, fresh or canned, cut into quarters
4 small or 1 Cup	White Onions, quartered
2 Ribs	Celery, trimmed and cut into $\frac{1}{2}$ " lengths
3 small or 1 Cup	Carrots, scraped, trimmed and cut into 1" lengths
1	Red or Green Sweet Pepper, cored, seeded, and cut into 2" cubes
3 small or 1.5 Cups	Turnips, peeled and cut into quarters
2 small	Zucchini, trimmed and cut into 1" cubes
Couscous	
1.5 Cups	Couscous
1/3 Cup	Dried fruit such as raisins, diced apricots, etc. (optional)
3 Cups	Strained liquid from recipe
	Salt and Ground Black Pepper to taste
Hot Pepper Sauce (Harissa)	
2 T	Hot Red Pepper Flakes, dried
3 T	Water
1 T	Olive Oil
$\frac{1}{2}$ †	Coriander Seeds, ground

Chicken Couscous

Instructions:

1. Soak the chickpeas in enough water to cover for at least six hours. Drain and put in a saucepan. Add water to cover and cook about 15-minutes or until tender. Drain and set aside.
2. Heat butter over low heat in a casserole and add the chicken. Turn the pieces in the butter and sprinkle with cumin, ginger, turmeric, saffron, garlic, salt and a generous grinding of black pepper. Cook, stirring, until chicken starts to lose its raw color.
3. Add the chicken broth, leek, tomatoes and onions, and bring to the boil. Simmer 20-minutes.
4. Add the celery, carrots and sweet pepper, and continue cooking about five minutes.
5. Add the turnips and cook five minutes.
6. Add the zucchini, chickpeas, salt and pepper to taste, and cook five minutes.
7. Press a sieve into the broth and scoop out three cups of the liquid for the couscous.
8. To serve, spoon a generous amount of couscous into individual soup bowls. Serve the chicken and vegetables on top or to the side. Ladle a generous amount of broth over each serving. Put a spoonful of hot broth in a small mixing bowl and add as much hot-pepper sauce as you desire. Stir to dissolve. Spoon this over each serving.

Couscous

1. Put the couscous in a saucepan. Pour the hot broth over it. Add salt and pepper to taste. Cook over low heat, stirring, about two minutes. Cover and remove from heat.
2. Let stand 10 minutes or until ready to serve. Before serving, fluff the couscous.

Hot Pepper Sauce (Harissa)

1. Combine the pepper flakes and water in a small saucepan. Bring just to the boil, stirring.
2. Remove from the heat, and add the oil and coriander.

Chicken & Grape Salad

We stumbled upon this recipe some years ago and it has become a favorite Summer Luncheon or Light Dinner of ours and many of our friends. Ed & Hazel Bottrell

About 4-6 servings

Chicken, Grapes and Stuff	
2 C	Chicken breasts (2), cut into bite sized pieces, sautéed in butter and/or oil until cooked
1 C	Celery, diced or cut into small chunks
1 C	Spring Onions, cut into $\frac{1}{4}$ " lengths
2 C	Grapes, Red or Green Seedless
$\frac{3}{4}$ C	Sliced Almonds, toasted
4-6	Romaine lettuce leaves
Sauce	
$\frac{1}{4}$ C	Mayonnaise
$\frac{1}{4}$ C	Sour Cream
1 t	Brown Sugar
	Juice of $\frac{1}{2}$ Lemon
	Salt and Ground Black Pepper to taste
Pinch	Cayenne Pepper (optional)

Instructions:

1. Sauté the chicken pieces in buttery oil until cooked and slightly browned. Set aside to cool.
2. Clean and trim Romaine Lettuce leaves, place on a serving plate.
3. Toast the slivered almonds, turning 1-2 times - about 8-10 minutes at 300° F, until slightly browned.
4. Prepare Celery, Spring Onions, Grapes
5. Prepare and mix the mayonnaise, sour cream brown sugar, lemon juice.
6. Combine all ingredients in a (serving) bowl and mix. Add salt and pepper to taste.
7. Serve on top of lettuce leaves.

Classic Meat Loaf with Roasted Vegetables

We found this recipe in the January '96 issue of Bon Appétit and made a few minor changes to suit our tastes. The result has stood the test of time, and is a real favorite. Ed & Hazel Bottrell

About 4 servings

Ingredients	
4 slices	White Sandwich Bread, crusts trimmed, torn into bite-sized pieces
2	Eggs
4 T	Worcestershire Sauce
1 C	Onion, finely chopped
1/3 C	Ketchup
1 T	Ketchup (for covering)
2 cloves	Garlic, pressed or minced
½ tsp.	Salt
½ tsp.	Pepper
1.5 lb	Ground Beef, lean
1 can	Beef Broth (14.5 oz.)
2	Russet potatoes, peeled, quartered lengthwise
4	Carrots, peeled, halved lengthwise

Instructions:

1. Pre-heat oven to 375°F.
2. Mash bread, eggs, and 3 T Worcestershire Sauce in large bowl until smooth paste forms.
3. Mix in onion, 1/3 C ketchup, garlic, salt and pepper. Add beef and mix thoroughly.
4. Mound meat mixture in 13x9x2 inch baking pan, shaping into an 8x4 inch loaf.
5. Spread remaining 1T ketchup over meat loaf.
6. Pour broth and remaining 1T Worcestershire Sauce into pan around meat loaf. Arrange vegetables around meat loaf.
7. Cover with foil, and bake for 45-minutes.
8. Uncover, and bake until vegetables are tender and meat loaf is cooked through - about 35-minutes.
9. Using spatula, transfer meatloaf to platter. Surround with vegetables; spoon some pan juices over meat and vegetable, and serve.

Deep-Dish Shepherd's Pie

We found this traditional English pie recipe in the March '94 issue of Bon Appétit and made a few minor changes to suit our tastes. The result has stood the test of time, and is a real favorite. Ed & Hazel Bottrell

About 6 servings

Filling	
1.5 lb	Ground beef, lean
0.5 lb	Hot Italian Sausage, casings removed
1 med.	Onion, halved and slivered
1	Carrot, diced
1	Garlic clove, pressed or minced
1 tsp.	Rosemary, fresh, minced
$\frac{3}{4}$ tsp.	Turmeric
$\frac{1}{4}$ tsp.	Ground Cinnamon
1 C	Beef Broth
1 T	Flour
Crust	
2 lb	Russet Potatoes, peeled, diced
3 T	Butter
2 T	Garlic, pressed or minced
1/3 C	Half and Half or Cream (10-18% m.f.)

Instructions for Filling:

1. Mix ground beef and sausages together.
2. Heat large skillet over medium-high heat. Add beef and sausages, and stir until just cooked through - about 12-min. Drain off all but 2 T of drippings.
3. Add vegetables, garlic, rosemary, turmeric and cinnamon, and sauté about 5-min.
4. Add beef broth, cover and simmer until vegetables are just tender - about 15-min.
5. Uncover and simmer until juices have almost evaporated but filling is still moist - about 2-min.
6. Mix in flour. Season filling to taste with salt and pepper.
7. Note: filling can be prepared 1-day ahead. Cover and refrigerate. Bring to a simmer before continuing.
8. Transfer filling to 9" or 10" square casserole or baking dish with 2" high sides.

Deep-Dish Shepherd's Pie

Instructions for Crust:

1. Pre-heat oven to 400°F.
2. Boil potatoes in large pot of salted water until tender.
3. Meanwhile, melt butter over medium-low heat. Add garlic, and sauté until translucent but not brown - about 3-minutes
4. Drain potatoes; return to pot. Add garlic mixture and cream.
5. Mash or mix potatoes until smooth and creamy. Season to taste with salt and pepper.
6. Spoon potatoes atop filling, spreading to edge of casserole to seal.
7. Bake until filling is heated through and potato crust is golden - about 20-min.

General Tso's Chicken

From the basic recipe (with modifications) of Hazel Mah who owns Le Piment Rouge Windsor. This dish dates back to the Ch'ing Dynasty (1644-1912) and is named for General Tso Tsung-t'ang 1812-1885 (pronounced "sow"), a distinguished general and Governor of Hunan Province. According to legend, the old general ate nothing but poultry and this dish was his favorite. This version (2x) yields: 6-8 Servings:

INGREDIENTS		4 Tbsp	Soy sauce, or 3Tbsp + 1 Tbsp Hoisin Sauce
20 oz	Chicken	1½ tsp	Vinegar
2 c	Soya oil	3 Tbsp	Cornstarch
2 Tbsp	Ginger root, minced	½ c	Chicken stock
5	Scallions, chopped including tops	1 tsp	Sesame oil
5	Bok Choy stalks, cut 1" on diagonal w/greens	MARINADE	
2 Tbsp	Garlic, minced	2	Egg white
1 Tbsp	Dry chili pepper flakes	2 Tbsp	Cornstarch
<i>or</i>		1 Tbsp	Soy sauce
10 Dried	Chinese peppers (small)	2 Tbsp	Sherry
1 Tbsp	Chili Garlic Paste	1 tsp	Orange zest
3 Tbsp	Sugar	RICE	
		3 C (dry)	Jasmine rice, washed and steamed

Instructions

1. For the best results use skinned de-boned legs of capon but chicken breasts also work well.
2. Cut the chicken into pieces about 1 inch in diameter, but not a smooth ball.
3. Prepare marinade by combining egg white, soy sauce, sherry and cornstarch in a bowl. Add chicken pieces and set aside for two hours.
4. In a deep pot, heat the oil until it reaches 350° F. In a basket, or with a slotted spoon, lower several marinated chicken pieces into the fat. Fry about 2 minutes or until the chicken becomes crisp; test for doneness before completing the batch. Continue until all pieces have been fried. Set oil and cooked chicken pieces aside.
5. In a wok, on high heat, reheat 4 Tbsp of the reserved oil. Add prepared Bok Choy and stir fry for 1 minute. Add ginger, scallions, garlic and chili peppers. Stir to prevent burning. Add sugar, soy sauce, vinegar and cornstarch mixed with chicken stock and stir until sauce thickens.
6. Add the fried chicken and stir quickly until hot. Remove from the heat and stir sesame oil into the sauce.
7. Spoon the mixture on to a hot platter and serve immediately with steamed rice.

Hazel's Macaroni & Cheese

This is one of our favorite and easy to make main course dishes. We call it macaroni & cheese although we usually make it with penne and add prosciutto or ham. Serves 6 people.

8 oz.	Penne
1½-2 cups	Gruyère cheese, grated (6-8 oz). Can also use aged Cheddar.
1 cup	Whipping cream
1 cup	Whole milk
3 oz	Prosciutto, coarsely chopped. Can also use ham.
3 Tbsp	Parmesan cheese, grated.
1/8 tsp.	Ground nutmeg

1. Preheat oven to 400°F with rack in bottom third of oven.
2. Butter 11x7" glass baking dish
3. Cook pasta in large pot of boiling, salted water until tender but still firm to bite. Drain well.
4. Whisk ½ cup Gruyère, cream, milk, prosciutto, Parmesan and nutmeg in large bowl to blend.
5. Add pasta and toss to coat.
6. Season with salt and pepper.
7. Transfer to prepared baking dish.
8. Sprinkle remaining Gruyère over.
9. Bake until cheese melts and pasta and cheese sets, about 20 minutes.
10. Serve warm.

Mexican Chicken Mole

Concocted by Edward G. Bottrell using the traditional 'mole' sauce containing cocoa.
Good as a main course with rice. Makes 8 Servings

8	Chicken Breasts (with skin)
$\frac{1}{4}$ cup	Olive Oil
1	Green Pepper, sliced $\frac{1}{4}$ "
1	Red Pepper, sliced $\frac{1}{4}$ "
2 medium	Onions, sliced $\frac{1}{4}$ "
2-3	Cloves Garlic, crushed
28 oz.	Tomato Sauce (up to 36 oz. OK)
3-4 Tbsp.	Chili Powder
Dash	Cayenne
4	Cloves, whole
3 Tbsp.	Cocoa powder (un-sweetened) dissolved in 3 Tbsp. water
Salt & Ground Pepper	to taste

1. Preheat oven to 400° F
2. Sauté chicken pieces on all sides in a hot skillet with olive oil. Remove and set aside. Drain excess fat.
3. Add peppers, onions and garlic to fat in skillet. Cook over medium heat until lightly brown.
4. Add remaining ingredients, stir and bring to a boil.
5. Put chicken in a suitable casserole dish and cover with the hot sauce.
6. Cover and cook at 400° F for about 30 minutes.
7. Serve on a bed of hot rice.

Moo Shu Pork

Yield: 5 Servings

Ingredients

12 oz	Boneless pork loin; cut into thin strips
2 Tbsp	Dark soy sauce
	Oil for wok
1/2 c	Sliced shiitake mushroom caps
1/4 c	Coarsely-chopped water Chestnuts
1/4 c	Sliced bamboo shoots
1/2 c	Water
2 Tbsp	Soy sauce
1 Tbsp	Dry sherry
1 Tbsp	Cornstarch
1 tsp	Sugar
1 tsp	Freshly-ground black pepper
1/2 c	Bean sprouts
2 Tbsp	Minced green onions
2 Tbsp	Minced fresh ginger
10	Moo Shu Pancakes
	Hoisin sauce

Instructions

1. Toss the pork with dark soy.
2. Heat 1 tablespoon of oil in a wok over high heat. Add the pork and stir-fry for 1 minute.
3. Add the shiitakes, cook for 1 more minute.
4. Add the water chestnuts, and bamboo shoots, cook for 3 minutes.
5. Combine the water, soy sauce, dry sherry, cornstarch, sugar, and pepper; work into a smooth paste. Add to the wok, stir to completely coat. Cook for 2 minutes.
6. Remove from the heat. Add the bean sprouts, green onions, and ginger.
7. Brush your Moo Shu Pancakes with a little hoisin sauce.
8. Fill with the pork and vegetables. Roll up and serve.

This recipe yields 5 servings.

Moo Shu Pork

Chinese Pancakes Yield: 6 Servings

Ingredients

2 c	all-purpose flour
3/4 c	very hot water (or more)
2 Tbsp	sesame oil

Instructions

1. Put the flour into a large bowl. Stir the hot water gradually into the flour, mixing all the while with chopsticks or a fork until the water is fully incorporated. Add more water if the mixture seems dry.
2. Remove the mixture from the bowl and knead it with your hands until smooth. This should take about 8 minutes.
3. Put the dough back into the bowl, cover it with a clean, damp towel and let it rest for about 30 seconds.
4. After the resting period, take the dough out of the bowl and knead it again for about 5 minutes, dusting with a little flour if it is sticky. Once the dough is smooth, form it into a roll about 18 inches long and 1 inch in diameter.
5. Take a knife and cut the roll into equal segments. There should be about 18.
6. Roll each segment into a ball. Take two of the dough balls, dip one side of one ball into the sesame oil and place the oiled side on top of the other ball.
7. Take a rolling pin, and roll the two together into a circle about 6 inches in diameter. It is important to roll double pancakes in this way because the resulting dough will remain moist inside and you will be able to roll them thinner but avoid the risk of overcooking them later.
8. Heat a skillet or wok over a very low heat. Put the double pancake into the wok or pan and cook it until it has dried on one side. Flip it over and cook the other side.
9. Remove from the pan, peel the pancakes apart and set them aside. Repeat this process until all the dough balls have been cooked.
10. Steam the pancakes to reheat them, or you can wrap them tightly in a double sheet of foil and put them into a pan containing 1 inch of boiling water.

Panée Porc-Pronto

Concocted (circa 1971) by Hazel A. Thomas-Bottrell.
A quick and easy main course. Makes 2-3 Servings

1	Pork Tenderloin, about 1#, cut cross-wise into 4 pieces
1 Cup	Plain Bread Crumbs
$\frac{1}{4}$ Cup	Grated Parmesan Cheese
$\frac{1}{4}$ Cup	Finely Chopped Parsley
2 cloves	Garlic, minced
1	Egg
4 Tbsp	Flour
1 Tbsp	Butter
2 Tbsp	Olive Oil
Serve with	
2-3	Tomatoes
$\frac{3}{4}$ lb.	Fresh Asparagus
$\frac{1}{2}$ lb.	Fresh pasta (fettucine or linguine)
	Butter, Salt & Pepper to taste

Note: Veal or chicken breasts can be substituted for the pork tenderloin. If using veal, accompany with lemon wedges.

1. Put each $\frac{1}{4}$ of the tenderloin, end-grain up, between two pieces of waxed paper or saran wrap. Gently but firmly flatten to about $\frac{1}{4}$ " thick. This can be started with a rolling pin and finished with your hands. Be careful because pork tenderloin is a very soft meat and can easily disintegrate.
2. Beat the egg with 1 Tbsp. cold water.
3. Mix the bread crumbs with the Parmesan cheese, chopped parsley and minced garlic.
4. Dredge each pork slice in flour, dip in egg then coat evenly with bread crumb mixture.
5. Heat butter and oil in skillet, medium high. Fry pork about 3-4 minutes each side or until done.
6. Serve with steamed asparagus, grilled tomatoes and fresh pasta tossed in garlic, parsley & butter.

Kung Pao Chicken

In this healthier version of traditional Kung Pao Chicken, the chicken is stir-fried instead of deep-fried, reducing the fat content.

Serves 3 to 4

INGREDIENTS:

2 boneless, skinless chicken breasts, 7 to 8 ounces each (16 oz total)

Marinade:

2 teaspoons soy sauce

2 teaspoons Chinese rice wine or dry sherry

1 teaspoon sesame oil

1 1/2 teaspoons cornstarch – dissolved

Sauce:

2 tablespoons dark soy sauce

1 tablespoon Chinese rice wine or dry sherry

1 teaspoon sugar

Other:

8 small dried red chili peppers

1 Tablespoon Chili Garlic sauce

2 green onions (spring onions, scallions)

4 tablespoons Canola oil for stir-frying, or as needed – Divided in two

1/2 cup peanuts or cashews

Steamed Rice: Start with 1.5-2 C (300-400g) raw Jasmine or Basmati rice

PREPARATION:

Cut the chicken into 1-inch cubes. Combine with the marinade ingredients. Marinate the chicken for at least 30 minutes.

While the chicken is marinating, prepare the sauce and other items. In a small bowl, combine the dark soy sauce, rice wine, and sugar. Set aside.

Cut the green onions in half lengthwise, then on the diagonal into 2" lengths.

Heat the wok over high heat. Add 2 tablespoons oil. When the oil is hot, add the chicken. Stir-fry until it turns white and is 80 percent cooked. Remove from the wok temporarily.

Add 2 tablespoons oil. When the oil is hot, add the Chili Garlic sauce and Chili Peppers, stir-fry about 1-minute.

Add the sauce to the wok. Bring to a boil. Add the chicken, peanuts and the green onion. Stir-fry for about 1-minute. Serve hot on steamed rice.

Pork & Broccoli Stir Fry

Taken from Lighthearted Everyday Cooking by Anne Lindsay
Serve with Rice. Makes 4 servings.

3/4 lb.	Lean boneless pork (tenderloin)
1 tbsp	Cornstarch
1 tbsp	Soy sauce
1 tbsp	Sherry
1	Bunch broccoli
2 tbsp	Vegetable oil
1 Clove	Garlic, minced
2 tbsp	Minced ginger root
1/4 cup	Water
2 tbsp	Hoisin sauce

1. Slice pork thinly across the grain. In bowl, stir together cornstarch, soy sauce and sherry; add pork and stir to coat well.
2. Separate broccoli into florets; peel stalks, then cut into 1-1/2 inch pieces.
3. In wok or large nonstick skillet, heat oil over high heat.
4. Add pork mixture; stir-fry for 2 minutes or until meat is lightly browned.
5. Stir in garlic, ginger and broccoli; stir-fry for 2 minutes.
6. Add water; cover and steam for 2 minutes or until broccoli is tender-crisp.
7. Stir in Hoisin sauce.

Note: Boneless chicken or turkey can be substituted for pork.

Quiche Lorraine

From Julia Child's Mastering the Art of French Cooking

For 4 to 6 Servings

1	8" partially cooked pie shell
4 oz.	Grated Swiss cheese (Gruyère or Emmenthal)
6-8 slices	Bacon (or ham) (4 oz.)
3 eggs	Or 2 eggs & 2 yolks
1½-2 cups	Whipping cream or half cream and half milk
½ tsp.	Salt
Pinch	Fresh ground pepper
Pinch	Fresh ground nutmeg
1-2 Tbsp.	Butter cut in pea-sized dots

1. Preheat oven to 375 F degrees.
2. Press ham or bacon into bottom of pastry shell
3. Sprinkle grated cheese on top of ham/bacon
4. Beat eggs, cream or cream and milk, and seasonings in a mixing bowl until blended. Check seasonings.
5. Pour into pastry shell and distribute butter pieces on top.
6. Set in upper third of preheated oven and bake for 25 to 30 minutes, or until quiche has puffed and browned.

SINGAPORE NOODLES: SERVES 4, 5-BATCHES REQUIRED

Preparation Steps – Ingredients stored in 1-large Bag:

1. Chicken & Mushrooms–Small Ziploc Bag

- | | | | |
|---|-----|-----------|------------------------------------|
| 1 | Cup | (0.09 Kg) | Mushrooms, halved and quartered |
| 8 | Oz | (0.25 Kg) | Chicken, cut into 1/8" x 1" shreds |

2. Veggies–Small Ziploc Bag

- | | | | |
|-----|--------------------|-----------|--|
| 1 | Lg. Onion | (0.25 Kg) | Halved and slivered |
| 1 | Stalk | | Celery, cut into diagonal, thin slices |
| 1 | Cup | | Bean Sprouts, washed |
| 2 | Stalks | | Green Onions, halved lengthwise, cut into 1.5" lengths |
| .25 | lb (.11 Kg) | | Snow Peas, trimmed, cut lengthwise into thin strips |
| 1 | Green Bell Pepper, | | thinly sliced |

3. Curry & Spices – Small Ziploc Bag

- | | | |
|---|------|------------------|
| 2 | Tbsp | Hot Curry Powder |
| 2 | tsp | Ginger |
| 1 | tsp | Sugar |
| 2 | Tbsp | Soy Sauce |
| 4 | Tbsp | Chicken Stock |

4. Rice Stick Noodles: 0.5lb-Ziploc Bag**5. Shrimp & BBQ Pork – Small Ziploc Bag**

- | | | |
|----|------------------------|--------|
| 16 | Cooked Shrimp-90 Count | Halved |
| 16 | BBQ Pork Pieces | Halved |

Singapore Noodles Wok Instructions (about 10-min):

1. Bring a large pot of water to boil ready for noodles. Take off the boil when ready for noodles
2. Add 2 Tbsp Canola Oil to Hot Wok. Stir fry Bag #1 Chicken & mushrooms until nearly done, about 3-4 minutes. Remove from Wok and set aside.
3. Add 1 Tbsp Canola Oil to Hot Wok. Stir fry Bag #2 veggies until tender crisp, about 1-2 minutes.
4. Push veggies aside and add Bag #3 Curry & Spices to centre of Wok.
5. Add Bag #5 Shrimp & BBQ Pork, reserved chicken & mushrooms, and stir.
6. At the same time Break/cut into 4 chunks and cook Rice Stick Noodles for 30-seconds in water. Briefly drain in a colander.
7. Add noodles, combining with vegetables by using chopsticks or forks to lift, shake and separate strands of noodles, until they are evenly coated with sauce, moist but not wet. Add more chicken stock if too dry. Serve.

Steak & Mushroom Pie

Beefsteak and Kidney Pie with Mushrooms is a famous, very British dish that can be found at "Simpsons-in-the-Strand" in London, or at the sixteenth-century English Pub, "The Cheshire Cheese" just off Fleet Street, although they will often substitute small pieces of game for the mushrooms. Hazel found this recipe and first made the dish in the early 1970's; however, she dropped the (three veal) kidneys in favour of a few more mushrooms and never looked back. This dish is "uncommonly good" as the British say and is a Christmas Eve tradition for our family, either in the 'pie' form or just with mashed potatoes. Ed & Hazel Bottrell

The Filling (6-8 servings)

3 lb	Steak or good stewing beef	1-2	Bay Leaf
6+ Tbsp	Flour	$\frac{1}{4}$ tsp	Mace
6 Tbsp	Butter	$\frac{1}{4}$ Cup	Parsley, chopped
1	Onion (about one Cup)	2 tsp	Worcestershire Sauce
1+ lb	Mushrooms	1 tsp	Salt
1 Cup	Port	$\frac{1}{2}$ tsp	Pepper
1 Cup	Beef Stock or Consommé		

1. Cut beef into 1" cubes and dredge in flour.
2. Heat half the butter in a heavy skillet, and brown the meat on all sides then transfer to an oven-proof casserole.
3. Add remaining butter and sauté onions and mushrooms in skillet, stirring frequently, until onions are translucent.
4. Add port, beef stock, bay leaf, mace, parsley, Worcestershire sauce, salt, and pepper. Cook until thoroughly hot.
5. Pour mixture over meat in casserole. Cover and bake at 350°F for 1-hour
6. Serve immediately or transfer to a pie dish with crust and bake until crust is brown
7. If preparing for freezing, cool first, then refrigerate until well chilled before transferring to a pie dish and topping with an uncooked crust.

The Crust (flaky pastry or pie dough)

$\frac{3}{4}$ Cup	Flour	6 Tbsp	Beef Suet, shredded or Butter
1 tsp	Baking Soda	1	Egg
1/8 tsp	Salt		Cold water

1. Sift flour, soda, and salt into mixing bowl and cut in suet. Add enough cold water (about $\frac{1}{2}$ to $\frac{3}{4}$ Cup) to form a stiff dough and chill for 30-min.
2. Roll out on lightly floured board in a round, about 1/2" wider than the pie dish.
3. Beat egg lightly with a little water and moisten rim of pie dish with beaten egg.
4. Add meat mixture and pie dough crust, and brush with remaining egg and water.
5. Wrap and freeze pie.
6. To serve, cut 3-4 slashes in the frozen crust and bake in a 350°F oven for 1-1.5 hr.

Chow Mein Chicken-Turkey Casserole

For decades, we tried many recipes for left-over turkey or chicken with OK results until this excellent, home-style recipe came to our attention through family in Wisconsin - it is truly a keeper. Serves 6

Ingredients:

1 Tbsp	Butter
16 Oz	(0.45Kg, about 3 Cups) cooked chicken or turkey, cut into 3/4" chunks
1	Red Pepper, chopped
2	Garlic Cloves, minced
16 Oz	Mushrooms, sliced
3	Green Onions, chopped
1/3 Cup	Slivered Almonds
1 Can	Cream of Mushroom Soup, 10 oz, undiluted
0.75 Cup	Mayonnaise
2 tsp	Soy Sauce
1/4 tsp	Pepper
3 Oz (85g)	Package of Fried Chow Mein Noodles

Preparation:

1. Melt butter in large skillet. Add Red Pepper, Garlic and Mushrooms; sauté until tender
2. Stir in almonds and rest of ingredients except noodles.
3. Pour into a lightly greased 11x7x1.5 inch baking dish and sprinkle with the Fried Chow Mein Noodles
4. Bake at 350° F for 30-minutes or until bubbly

Notes: 9x13x2 baking dish is twice the volume of a 11x7x1.5 in. dish; 9.5x13.5x3 is three times the volume.

Red Snapper Veracruz

Concocted by Edward G. Bottrell. Good as a main course with rice.

Makes 6-8 Servings.

2 lbs.	Red Snapper fillets
$\frac{1}{4}$ cup	Olive Oil
2 medium	Onions, sliced $\frac{1}{4}$ "
1	Clove Garlic, crushed
28 oz.	Tomatoes with liquid (up to 36 oz. OK)
1-2	Jalapeño chilies or equivalent, seeded & chopped
$\frac{1}{4}$ cup	Pimento-stuffed Olives, sliced
2 Tbsp.	Capers
1	Lemon, cut into 6 wedges
	Salt & Ground Pepper to taste

1. Preheat oven to 350° F.
2. Sauté onion in a hot skillet with olive oil.
3. Add tomatoes, garlic, salt and pepper and cook about 5 minutes. Chop tomatoes as they cook.
4. Arrange Red Snapper fillets in a baking dish. Pour hot sauce over the fish and sprinkle with olives and capers.
5. Bake at 350° F for 25-30 minutes or until fish can be flaked easily with a fork.
6. Serve on a bed of hot rice with lemon wedges.

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

This recipe was given to us in the 1980s by our dear friends Edward & Jacqueline Heubel, who lived in South America on several occasions during sabbaticals. We have served it several times with fabulous results and great fun breaking open the baker's clay with a hammer to serve. We learned the hard way not to cook this dish in a Pyrex or other glass dish because of the high temperature - use a foil lined metal baking pan to catch any drips. The Sopa de Lima (Lime Soup) is sometimes served as the first course.

Ed & Hazel Bottrell

About 8 servings

Pork and Spices	
3-5 lb	Pork Loin Roast, boneless
1.5 T	Achiote Paste or Chili Powder
2 T	Salt
1.5 T	Garlic, minced
1.5 †	Cumin, ground
1 †	Oregano, dried leaves
1 †	Black Pepper
2 T	Orange Juice
2 T	Lemon Juice
1 T	Cider Vinegar
	Baker's Clay (see recipe)
	Parchment Paper
	Lime Wedges
Baker's Clay	
4 Cups	Flour
1.75 Cup	Salt
1.5 T	Cumin, ground
1.5 Cups	Water
Yucatán Tomato Sauce	
4	Ancho Chili Pepper (dried Poblano)
2/3 Cup	Water, boiling
6 Lg.	Tomatoes, peeled, seeded, chopped
4-6	Green Chili Peppers (hot), seeds and stems removed
2 med.	Onions, quartered
1 lg. clove	Garlic
2 T	Olive Oil
2 T	Orange Juice
1 T	Cider Vinegar

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

1 T	Lemon Juice
1 †	Salt
$\frac{3}{4}$ †	Cayenne Pepper
$\frac{1}{2}$ †	Sugar
Black Bean Puree	
$\frac{1}{2}$ lb	Black Beans
1	Ancho Chili Pepper (dried Poblano)
$\frac{1}{4}$ Cup	Water, boiling
1 sm.	Onion, minced
1	Green Chili Pepper (hot), halved, seeds and stem removed
$\frac{1}{4}$ Cup	Lard (or vegetable oil)
4 cloves	Garlic, crushed
1 †	Salt
1 †	Epazote leaves, dried
Rice	

Instructions:

Pork

1. Preheat oven to 500° F.
2. Heat achiote in water to cover in saucepan to boiling, and then reduce heat. Simmer uncovered 5-minutes. Let stand overnight.
3. Place achiote and liquid in blender. Cover and blend until seeds resemble coarsely ground pepper. Combine mixture with salt, garlic, cumin, oregano and pepper in a small bowl.
4. Mix orange juice, lemon juice, and vinegar, and then gradually add 1-2 T of the liquids to the seasonings mixture, stirring until paste consistency. Reserve remaining liquid.
5. Make Baker's Clay. Mix flour, salt, and cumin in large bowl. Sprinkle mixture with water, about $\frac{1}{2}$ Cup at a time, mixing until flour is moistened and dough almost cleans the side of the bowl. Gather in a ball, then roll-out into a 20x18" rectangle on a floured waxed-paper surface and place the parchment paper on top.
6. With the pork fat side up, score fat making 1" deep cuts every inch or so. Rub meat with seasoning paste ensuring that it is in the cuts. Brush with reserved liquid.
7. Place pork fat side down on parchment paper on the rectangle of baker's clay. Wrap the pork completely in the parchment paper, then the baker's clay, smoothing and sealing the seams.

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

8. Place the pork on a foil-lined metal roasting pan, seam side down (fat side up), ensuring that the seams stay sealed. Puncture the clay with small holes in a few places on the top. Optional, insert a meat thermometer.
9. Roast until thermometer registers 170° F, about 2.5 hours.
10. Crack clay with a hammer and peel off parchment paper. Serve with lime wedges, heated Yucatán Tomato Sauce, Black Bean Puree and Rice.

Yucatán Tomato Sauce

1. Remove stems, seeds, and veins of ancho chili peppers while rinsing under cold water. Cut anchos into 1" pieces and place in 2/3 Cup boiling water. Let stand 45-minutes. Caution, do not touch eyes, and wash hands after working with chilies
2. Blend chilies with tomatoes, green chili peppers, onions, and garlic. Puree until smooth.
3. Heat oil in skillet over medium heat. Simmer uncovered, stirring occasionally for 15-minutes. Stir in remaining ingredients. Simmer until raw taste disappears, about 30-minutes. Add water if sauce becomes too thick.
4. Note: Yucatán Tomato Sauce tastes best when made 2-3 weeks before serving. Sauce can be stored in refrigerator and used for other dishes such as Eggs Motul.

Black Bean Puree

1. Rinse beans and soak in cold water overnight.
2. Exchange water. Heat beans to boiling, then simmer uncovered until beans are soft, about 2-3 hours, adding water if necessary. Cool.
3. Puree beans in a blender until smooth, and then return to the saucepan.
4. Remove stems, seeds, and veins of ancho chili peppers while rinsing under cold water. Cut anchos into 1" pieces and place in 2/3 Cup boiling water. Let stand 45-minutes, and then blend until smooth.
5. Sauté pureed chili mixture, onion, green chili pepper, garlic, salt, and epazote in lard over medium heat until golden, about 3-minutes.
6. Stir in pureed beans, and heat until hot, stirring constantly. Add water if needed. Remove green chili before serving.

Bolognese Meat Sauce

From Essentials of Classic Italian Cooking by Marcella Hazan

Ragù as the Bolognese call their celebrated meat sauce, is characterized by mellow, gentle, comfortable flavor that any cook can achieve by being careful about a few basic points:

- The meat should not be from too lean a cut; the more marbled it is, the sweeter the *ragù* will be. The most desirable cut of beef is the neck portion of the chuck.
- Add salt immediately when sautéing the meat to extract its juices for the subsequent benefit of the sauce.
- Cook the meat in milk before adding wine and tomatoes to protect it from the acidic bite of the latter.
- Do not use a *demi glace* or other concentrates that tip the balance of flavors toward harshness.
- Use a pot that retains heat. Earthenware is preferred in Bologna and by most cooks in Emilia-Romagna, but enameled cast-iron pans or a pot whose heavy bottom is composed of layers of steel alloys are fully satisfactory.
- Cook, uncovered, at the merest simmer for a long, long time; no less than 3 hours is necessary; more is better.

For 2 heaping cups, for about 6 servings and 1½ pounds pasta

1 Tbsp.	Vegetable oil
3 Tbsp.	Butter
1 Tbsp.	Butter for tossing the pasta
½ cup	Chopped onion
2/3 cup	Chopped celery
2/3 cup	Chopped carrot
¾ lb.	Ground beef chuck (see prefatory note above)
1 cup	Whole milk
1	Whole nutmeg
1 cup	dry white wine
1½ cups	Canned imported Italian plum tomatoes, cut up, with their juice
1¼ - 1½ lbs.	Pasta
	Freshly grated <i>Parmigiano-Reggiano</i> cheese at the table
	Salt and Black pepper, ground fresh from the mill

Recommended pasta

There is no more perfect union in all gastronomy than the marriage of Bolognese *ragù* with homemade Bolognese *tagliatelle*. Equally classic is Baked Green Lasagne with Meat Sauce,

Bolognese Meat Sauce

Bolognese Style. *Ragù* is delicious with *tortellini* and ireproachable with such boxed, dry pasta as *rigatoni*, *conchiglie* or *fusilli*. Curiously, considering the popularity of the dish in the United Kingdom and countries of the Commonwealth, meat sauce in Bologna is never served over spaghetti.

1. Put the oil, butter, and chopped onion in the pot, and turn the heat on to medium. Cook and stir the onion until it has become translucent, then add the chopped celery and carrot. Cook for about 2 minutes, stirring the vegetables to coat them well.
2. Add the ground beef a large pinch of salt, and a few grindings of pepper. Crumble the meat with a fork, stir well, and cook until the beef has lost its raw, red color.
3. Add the milk and let it simmer gently, stirring frequently, until it has bubbled away completely. Add a tiny grating-about 1/8 teaspoon-of nutmeg, and stir.
4. Add the wine, let it simmer until it has evaporated, then add the tomatoes and stir thoroughly to coat all ingredients well. When the tomatoes begin to bubble, turn the heat down so that the sauce cooks at the laziest of simmers, with just an intermittent bubble breaking through to the surface. Cook uncovered, for 3 hours or more, stirring from time to time. While the sauce is cooking, you are likely to find that it begins to dry out and the fat separates from the meat. To keep it from sticking, continue the cooking, adding $\frac{1}{2}$ cup of water whenever necessary. At the end, however, no water at all must be left and the fat must separate from the sauce. Taste and correct for salt.
5. Toss with cooked drained pasta, adding the tablespoon of butter, and serve with freshly grated Parmesan on the side.

Ahead-of-time note

If you cannot watch the sauce for a 3- to 4-hour stretch, you can turn off the heat whenever you need to leave, and resume cooking later on, as long as you complete the sauce within the same day. Once done, you can refrigerate the sauce in a tightly sealed container for 3 days, or you can freeze it. Before tossing with pasta, reheat it, letting it simmer for 15minutes and stirring it once or twice.

Variation of Ragù with Pork

Pork is an important part of Bologna's culture, its economy, and the cuisine, and many cooks add some pork to make their *ragù* tastier. Use 1 part ground pork, preferably from the neck or Boston butt, to 2 parts beef, and make the meat sauce exactly as described in the basic recipe above.

Hazel's Vinaigrette

Developed by Hazel A. Thomas-Bottrell circa 1968

2 Tbsp.	Mayonnaise
1 Tbsp.	Dijon mustard
2 cloves	Garlic, minced
$\frac{1}{4}$ cup	White wine vinegar, Tarragon
$\frac{3}{4}$ cup	Olive oil
salt and pepper to taste	

1. If you have a blender, or mixer, mix all ingredients together until creamy and slightly thickened.
2. If you don't have mixer or blender, put mayonnaise, mustard and vinegar into a bowl and beat well with wooden spoon or fork. Then add the olive oil slowly, beating continuously until slightly thickened.
3. Add garlic and salt.

COULIS DE TOMATES À LA PROVENÇALE

Fresh Tomato Purée with Garlic and Herbs. A thick, concentrated tomato sauce with real Mediterranean flavor. (from Mastering The Art of French Cooking by J. Child, L. Bertholle and S. Beck). Used with broiled or boiled chicken, boiled beef, meat patties, hot meat leftovers, eggs, pastas, and pizzas.

For about 2 cups:

- A heavy-bottomed, 3-quart saucepan
 - 1/3 cup finely minced yellow onions
 - 2Tb olive oil
1. Cook the onions and olive oil slowly together for about 10 minutes, until the onions are tender but not browned.
 - 2 tsp flour
 2. Stir in the flour and cook slowly for 3 minutes without browning.
 - 3 lbs. ripe red tomatoes, peeled, seeded, juiced, and chopped (about 4½ cups)
 - 1/8 tsp sugar
 - 2 cloves mashed garlic
 - A medium herb bouquet: 4 parsley sprigs, ½ bay leaf, and 1/4 tsp thyme tied in cheesecloth
 - 1/8 tsp fennel
 - 1/8 tsp basil
 - Small pinch of saffron
 - Small pinch of coriander
 - A 1-inch piece (¼ tsp) dried orange peel
 - ½ tsp salt
 3. Stir in the tomatoes, sugar, garlic, herbs, and seasonings.
 4. Cover pan and cook slowly for 10 minutes, so the tomatoes will render more of their juice.
 5. Uncover and simmer for about half an hour, adding spoonfuls of tomato juice or water if the sauce becomes so thick it risks scorching.
 6. The purée is done when it tastes thoroughly cooked and is thick enough to form a mass in the spoon.
 7. Remove herb bouquet.
 8. If necessary, stir in 1 or 2 tablespoons of tomato paste for color, and simmer 2 minutes.
 9. Correct seasoning.
 10. Strain the sauce if you wish.
 11. May be refrigerated or frozen.

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

This recipe was given to us in the 1980s by our dear friends Edward & Jacqueline Heubel, who lived in South America on several occasions during sabbaticals. We have served it several times with fabulous results and great fun breaking open the baker's clay with a hammer to serve. We learned the hard way not to cook this dish in a Pyrex or other glass dish because of the high temperature - use a foil lined metal baking pan to catch any drips. The Sopa de Lima (Lime Soup) is sometimes served as the first course.

Ed & Hazel Bottrell

About 8 servings

Pork and Spices	
3-5 lb	Pork Loin Roast, boneless
1.5 T	Achiote Paste or Chili Powder
2 T	Salt
1.5 T	Garlic, minced
1.5 †	Cumin, ground
1 †	Oregano, dried leaves
1 †	Black Pepper
2 T	Orange Juice
2 T	Lemon Juice
1 T	Cider Vinegar
	Baker's Clay (see recipe)
	Parchment Paper
	Lime Wedges
Baker's Clay	
4 Cups	Flour
1.75 Cup	Salt
1.5 T	Cumin, ground
1.5 Cups	Water
Yucatán Tomato Sauce	
4	Ancho Chili Pepper (dried Poblano)
2/3 Cup	Water, boiling
6 Lg.	Tomatoes, peeled, seeded, chopped
4-6	Green Chili Peppers (hot), seeds and stems removed
2 med.	Onions, quartered
1 lg. clove	Garlic
2 T	Olive Oil
2 T	Orange Juice
1 T	Cider Vinegar

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

1 T	Lemon Juice
1 †	Salt
$\frac{3}{4}$ †	Cayenne Pepper
$\frac{1}{2}$ †	Sugar
Black Bean Puree	
$\frac{1}{2}$ lb	Black Beans
1	Ancho Chili Pepper (dried Poblano)
$\frac{1}{4}$ Cup	Water, boiling
1 sm.	Onion, minced
1	Green Chili Pepper (hot), halved, seeds and stem removed
$\frac{1}{4}$ Cup	Lard (or vegetable oil)
4 cloves	Garlic, crushed
1 †	Salt
1 †	Epazote leaves, dried
Rice	

Instructions:

Pork

1. Preheat oven to 500° F.
2. Heat achiote in water to cover in saucepan to boiling, and then reduce heat. Simmer uncovered 5-minutes. Let stand overnight.
3. Place achiote and liquid in blender. Cover and blend until seeds resemble coarsely ground pepper. Combine mixture with salt, garlic, cumin, oregano and pepper in a small bowl.
4. Mix orange juice, lemon juice, and vinegar, and then gradually add 1-2 T of the liquids to the seasonings mixture, stirring until paste consistency. Reserve remaining liquid.
5. Make Baker's Clay. Mix flour, salt, and cumin in large bowl. Sprinkle mixture with water, about $\frac{1}{2}$ Cup at a time, mixing until flour is moistened and dough almost cleans the side of the bowl. Gather in a ball, then roll-out into a 20x18" rectangle on a floured waxed-paper surface and place the parchment paper on top.
6. With the pork fat side up, score fat making 1" deep cuts every inch or so. Rub meat with seasoning paste ensuring that it is in the cuts. Brush with reserved liquid.
7. Place pork fat side down on parchment paper on the rectangle of baker's clay. Wrap the pork completely in the parchment paper, then the baker's clay, smoothing and sealing the seams.

Yucatán Pork (Cochinita Pibil) Baked in Clay

Served with Yucatán Tomato Sauce, Black Bean Puree and Rice

8. Place the pork on a foil-lined metal roasting pan, seam side down (fat side up), ensuring that the seams stay sealed. Puncture the clay with small holes in a few places on the top. Optional, insert a meat thermometer.
9. Roast until thermometer registers 170° F, about 2.5 hours.
10. Crack clay with a hammer and peel off parchment paper. Serve with lime wedges, heated Yucatán Tomato Sauce, Black Bean Puree and Rice.

Yucatán Tomato Sauce

1. Remove stems, seeds, and veins of ancho chili peppers while rinsing under cold water. Cut anchos into 1" pieces and place in 2/3 Cup boiling water. Let stand 45-minutes. Caution, do not touch eyes, and wash hands after working with chilies
2. Blend chilies with tomatoes, green chili peppers, onions, and garlic. Puree until smooth.
3. Heat oil in skillet over medium heat. Simmer uncovered, stirring occasionally for 15-minutes. Stir in remaining ingredients. Simmer until raw taste disappears, about 30-minutes. Add water if sauce becomes too thick.
4. Note: Yucatán Tomato Sauce tastes best when made 2-3 weeks before serving. Sauce can be stored in refrigerator and used for other dishes such as Eggs Motul.

Black Bean Puree

1. Rinse beans and soak in cold water overnight.
2. Exchange water. Heat beans to boiling, then simmer uncovered until beans are soft, about 2-3 hours, adding water if necessary. Cool.
3. Puree beans in a blender until smooth, and then return to the saucepan.
4. Remove stems, seeds, and veins of ancho chili peppers while rinsing under cold water. Cut anchos into 1" pieces and place in 2/3 Cup boiling water. Let stand 45-minutes, and then blend until smooth.
5. Sauté pureed chili mixture, onion, green chili pepper, garlic, salt, and epazote in lard over medium heat until golden, about 3-minutes.
6. Stir in pureed beans, and heat until hot, stirring constantly. Add water if needed. Remove green chili before serving.

Refried Beans - Frijoles Refrito

Concocted (circa 1976) by Edward G. Bottrell using raw ingredients. Good for accompanying a main course, included with Nachos or as a filling in an omelet.

Makes 8 Servings

FOR THE BEAN SOUP:

1 lb. or 500 gm	Pinto Beans
$\frac{1}{4}$ lb.	Bacon, Ham or Diced Salt Port
$\frac{1}{4}$ lb.	Chorizo Sausage (optional)
1 lg.	Onion, chopped
4 cups	Chicken Broth or Stock
2-3	Cloves Garlic, minced
$\frac{1}{4}$ cup	Olive Oil
	Salt & Ground Pepper to taste

FOR THE BEANS:

$\frac{1}{2}$ lb.	Monterey Jack Cheese, grated
3-6	Sprigs of Fresh Parsley

1. Wash & rinse beans, pick out any stones or bad beans.
2. Cover with water and let sit for 12 hours then drain. Drain & replace water every hour or so. Bring to a boil, cook for 30-minutes, then drain.
3. In the meantime, chop onion, garlic and dice meat. Sauté mixture in olive oil.
4. Add mixture to beans and stir until beans are well coated. Add chicken broth and water to cover by about 2". Bring to a boil and simmer for about 2 hours covered. Add chicken broth if necessary.
5. Season to taste with salt & pepper. Let cool then cover and refrigerate until serving time or for up to 2 days (if you cover and refrigerate before cooling, the beans can turn sour). This bean soup will also freeze well.
6. For refried beans, start with the soup (hot or cold) and mash about 1-2 cups leaving remaining beans whole.
7. Add bean mixture to a hot skillet and cook until reduced to desired consistency about 15-20 minutes. Stir frequently and adjust heat to keep beans from burning. Add to a casserole or serving dish, cover with grated cheese, melt & toast under broiler and serve with sprigs of parsley.

Apple Pie Muffins

From David Wood Food Book and published by Mary McGrath in the "Toronto Star". Makes 15 Muffins.

FOR THE TOPPING:

1/2 cup	Brown sugar - firmly packed
6 Tbsp	All-purpose flour
1/4 cup	Unsalted butter - melted
1 tsp	Ground cinnamon

FOR THE BATTER:

1.5 cups	Brown sugar - firmly packed
2/3 cup	Vegetable oil
1 large	Egg
1 tsp	Vanilla
2.5 cup	All-purpose flour
1 tsp	Baking soda
1/2 tsp	Salt
1 cup	Buttermilk
2 cups	Diced apple (Granny Smith)

Three secrets to success: (1) keep the wet ingredients separate from the dry until the last moment; (2) mix the dry ingredients thoroughly to distribute the baking soda and powder evenly; and, (3) mix the muffins as little, as lightly, and as quickly as possible once you have combined the wet with the dry.

1. Preheat the oven to 325° F. Grease and flour a 15-cup muffin tin; line with paper cups if you wish.
2. Make the topping: Combine the brown sugar, flour, melted butter and cinnamon in a small bowl and mix until crumbly. Set aside.
3. Combine the brown sugar, oil, egg and vanilla in a large bowl. Mix and set aside.
4. Sift together flour, soda and salt. Blend the flour into the mixture alternately with the buttermilk. Add the diced apple. Mix until just combined. Spoon into the prepared muffin tins. Sprinkle generously with the topping.
5. Bake in the preheated oven for 30 minutes, until golden brown and the top springs back when touched.

Country Seed Bread

A favorite for Bread Machines

Makes 1½ - 2 lb. Loaves

1¼ cups	Water	(300ml)
2 Tbsp	Liquid Honey	(25ml)
2 Tbsp	Vegetable Oil	(25ml)
1½ tsp	Salt	(7ml)
2 cups	All-purpose Flour	(500ml)
1 cup	Whole Wheat Flour	(250ml)
¼ cup	Flax Seed	(50ml)
2 Tbsp	Sesame Seeds	(25ml)
1 Tbsp	Poppy Seeds	(15ml)
2 Tbsp	Chopped Pine Nuts (opt.)	(25ml)
2 tsp	Quick-rising Dry Yeast	(10ml)

Place all ingredients in baking pan in the order listed above. Do not allow yeast to come into contact with any liquid ingredients. Choose appropriate cycle for this type of bread according to manufacturer's instructions... for example:

Whole Wheat - Medium - Large Loaf

When cycle finishes, remove bread and cool.

No-Knead Bread by Jim Lahey

The following Basic No-Knead Bread Recipe is from "My Bread" by Jim Lahey, Founder of the Sullivan Street Bakery. We were given a photocopy of this recipe by a good friend in Toronto and have made dozens of loaves with great success and to rave reviews. The following is a reproduction from pages 50-52 of "My Bread"...

The Basic No-Knead Bread Recipe

Here's my basic no-knead, long-fermented rustic bread, a round loaf, or *boule*. It's an adaptation for the home kitchen of the much larger oval *filone* and the football-shaped *pugliese* sold at the Sullivan Street Bakery. I suggest you try this before any of the variations in Chapter Three, to get the hang of it. Even if you've baked before, the process is probably nothing like what your experience would lead you to expect. For one thing, many people who bake this bread find the dough to be unusually wet. Remember that most of the water is meant to be released as steam in the covered pot, and you'll be handling the dough very little anyway.

Don't feel too uptight about any of this. For example, I specify that the dough should rise at room temperature, about 72 degrees Fahrenheit. (In many of the recipes, I say to put the dough in a warm, draft free spot – same thing.) But if that's not what you have at the moment, you'll be okay anyway. Just pay attention to the visual cues: At the end of the first rise, the dough is properly fermented when it has developed a darkened appearance and bubbles, and long, thread-like strands cling to the bowl when it's moved. After the second, briefer, rise, the loaf has risen sufficiently if it holds the impression of your fingertip when you poke it lightly, making an indentation about ¼ inch deep. It should hold that impression. If it springs back, let it rise for another 15 minutes.

Despite my own efforts to get this and all the other recipes in this book to reflect what I think is the optimal approach, conditions are going to vary from kitchen to kitchen. I hope you'll ultimately have the confidence to experiment yourself, adjusting the ingredients and timing to your own tasted and circumstances. As the journalists who've reported on my bread have written, even the loaves that aren't what you'd regard as perfect are way better than fine.

ON TIMING: This bread is incredibly simple and involves little labor, but you need to plan ahead. Although mixing takes almost no time, the first rise requires from 12 to 18 hours. Then you'll need to shape the dough and let it rise for another 1 to 2 hours. The longer rise tends to result in a richer bread, but you need the patience and the schedule to do it. In any event, the shorter rise is acceptable too: Just pay attention to the signs of a good rise described in the recipes. A reminder: The visual cues – a bubbly surface with a darkened appearance – are key. Usually, 18 hours is optimal. (**Very cold weather exception:** in the dead of winter, when the dough will tend to rise more slowly, a longer period may be necessary, as much as 24 hours.)

After preheating the oven and the pot, you've got 30 minutes of covered baking, another 15 to 30 minutes of uncovered baking, and about an hour of cooling. And, please, don't gulp down that first slice. Think of the first bite as you would the first taste of a glass of wine: smell it (there should be that touch of maltiness), chew it slowly to appreciate its almost meaty texture, and sense where it came from in its hint of wheat. Enjoy it: You baked it, and you did a good job.

No-Knead Bread by Jim Lahey

YIELD: One 10-inch round loaf; 1 ¼ lb.

EQUIPMENT: A 4½ to 5½ quart heavy pot

INGREDIENTS	MEASURE	WEIGHT
Bread Flour	3 Cups	400 grams
Table Salt	1 ¼ teaspoons	8 grams
Instant or other Active Dry Yeast	¼ teaspoon	1 gram
Cool (55-65 degrees F) Water	1-1/3 Cups	300 ml
Wheat Bran, Cornmeal or additional Flour for dusting		

1. In a medium bowl, stir together the flour, salt, and yeast. Add the water and, using a wooden spoon or your hand, mix until you have a wet, sticky dough, about 30 seconds. Make sure it's really sticky to the touch; if it's not, mix in another tablespoon or two of water. Cover the bowl with a plate, tea towel, or plastic wrap and let sit at room temperature (about 72 degrees F), out of direct sunlight, until the surface is dotted with bubbles and the dough is more than doubled in size. This will take a minimum of 12 hours and (my preference) up to 18 hours. This slow rise – fermentation – is the key to flavor.
2. When the first fermentation is complete, generously dust a work surface (a wooden or plastic cutting board is fine) with flour. Use a bowl scraper or rubber spatula to scrape the dough onto the board in one piece. When you begin to pull the dough away from the bowl, it will cling in long, thin strands (this is the developed gluten), and it will be quite loose and sticky – do not add more flour. Use lightly floured hands or a bowl scraper or spatula to lift the edges of the dough in toward the center. Nudge and tuck in the edges of the dough to make it round.
3. Place a cotton or linen tea towel (not terry cloth, which tends to stick and may leave lint in the dough) or a large cloth napkin on your work surface and generously dust the cloth with wheat bran, cornmeal, or flour. Fold the ends of the towel loosely over the dough to cover it and place it in a warm, draft-free spot to rise for 1 or 2 hours. The dough is ready when it is almost doubled. If you gently poke it with your finger, making an indentation about ¼ inch deep, it should hold the impression. If it doesn't, let it rise for another 15 minutes.
4. Half an hour before the end of the second rise, preheat the oven to 475 degrees F with a rack in the lower third position, and place a covered 4½ to 5½ quart heavy pot in the center of the rack.
5. Using pot holders, carefully remove the preheated pot from the oven and uncover it. Unfold the tea towel, lightly dust the dough with flour or bran, lift up the dough, either on the towel or in your hand, and quickly but gently invert it into the pot, seam side up. (Use caution – the pot will be very hot; see photos, page 55.) Cover the pot and bake for 30 minutes.
6. Remove the lid and continue baking until the bread is a deep chestnut color but not burnt, 15 to 30 minutes more. Use a heatproof spatula or pot holders to carefully lift the bread out of the pot and place it on a rack to cool thoroughly. Don't slice or tear into it until it has cooled, which usually takes at least an hour.

Pumpkin Muffins

From Smart Cooking by Anne Lindsay. Makes 15 Muffins

$\frac{3}{4}$ cup	Natural bran
$\frac{3}{4}$ cup	Whole wheat flour
$\frac{3}{4}$ cup	Granulated sugar
$1\frac{1}{2}$ tsp.	Cinnamon
1 tsp	Baking powder
1 tsp	Baking soda
1 cup	Raisins
$\frac{1}{2}$ tsp	Salt
1 cup	Mashed/canned cooked pumpkin
2 eggs	Unbeaten
$\frac{1}{2}$ cup	Vegetable oil (Crisco)
$\frac{1}{2}$ cup	Plain yogurt or buttermilk

1. In bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt and raisins and toss to mix.
2. Add pumpkin, eggs, oil and yogurt. Stir just until combined.
3. Spoon batter into paper lined, or non-stick, muffin tins.
4. Bake in 400°F oven for 25 minutes, or until firm to the touch.

Yorkshire Pudding

Makes approximately 12 small puddings.

1 Cup	Milk
1 Cup	Flour
2	Eggs
$\frac{1}{2}$ tsp.	Salt

1. Preheat oven to 400 F.
2. Beat milk and flour together until lump-free. Add eggs one at a time, beating thoroughly. Add salt.
3. Place a dot of butter (shortening, oil, etc. can be substituted) in each of the muffin pans. Place in oven to melt and brown slightly. Remove, pour batter into each muffin pan.
4. Bake in oven for approx. 20 minutes or until puffed and golden.

Auntie Fran's Oatmeal Cookies

100 year old recipe!

From Auntie Fran in Wisconsin. Makes 8 dozen

1 cup	butter
1 cup	Crisco shortening or margarine
2 cups	granulated sugar
1	egg
2 cups	flour, sifted
1 tsp	baking soda
$\frac{1}{4}$ tsp	salt
4 cups	Quick Quaker Oats
	powdered sugar

1. Cream butter, shortening (or margarine) and sugar until light and fluffy.
2. Beat in egg. Mix in flour, baking soda and salt. Mix in oatmeal.
3. Drop by small teaspoons on greased cookie sheet. Flatten with fork dipped in cold water.
4. Bake at 350°F, 10-12 minutes.
5. Sprinkle with powdered sugar.

Baklava

From Evelyn Gonsavles, Caribbean cookbook.

1 1/2 lb.	chopped walnuts
1 tsp.	Cinnamon
1/2 tsp.	freshly grated nutmeg
1 lb.	melted butter
1/2 cup	Sugar
1 tsp.	ground cloves
1 lb.	phyllo pastry leaves
SYRUP	
1 1/2 cups	Sugar
	grated rind of 1 lemon
1/4 cup	fresh lemon juice
1 1/2 cups	Water
1 cup	Honey

1. Mix together the chopped walnuts, sugar and spices.
2. Brush a large (16" x 11") pan with melted butter.
3. Layer 6 phyllo leaves in pan, brushing each with melted butter.
4. Sprinkle 1/4 of walnut mixture over phyllo.
5. Top with 4 phyllo leaves, brushing each with butter.
6. Sprinkle with 1/4 walnut mixture.
7. Repeat layers twice more, using 4 phyllo leaves for each layer.
8. After last layer of walnut mixture top with 6 phyllo leaves, brushing each with melted butter.
9. Cut baklava into diamonds using very sharp knife, dipping in water to aid cutting.
10. Bake at 350 degrees until golden, about 1 hour.

Make syrup by combining sugar, water, lemon rind and bring to a boil, cooking for about 10 minutes. Strain, cool slightly then add the honey and lemon juice.

Pour cooled syrup over baklava as soon as they come out of the oven. Store without refrigerating at least 8 hours before serving. After serving, go on a diet!!

Carrot Cake

From the David Wood Food Book.

Mom always gave us our choice for our birthday cake and mine was Carrot Cake. Her recipe was great but we have tried dozens of others and this one is the best. Here it is with a few of our modifications from the printed version.

CAKE	
2 cups	Carrots, cut into 2" pieces
2 cups	Sugar, granulated
1½ cups	Vegetable oil (flavorless)
3	Eggs, large
1 tsp	Vanilla extract
2 cups	Flour, all purpose
2 tsp	Baking Soda
2 tsp	Cinnamon, ground
½ cup	Pineapple, crushed
1 cup	Raisins
½ cup	Pecans, chopped
FROSTING	
4 oz (1-stick)	Butter, unsalted and room temp
1 cup	Icing Sugar, sifted
1 tsp	Vanilla extract
4 oz	Cream Cheese, room temp

1. Preheat oven to 325°F.
2. Lightly butter and flour a 10" springform pan or Bundt pan.
3. Finely chop carrots in a food processor. Scrape out the work bowl and set carrots aside.
4. Combine the sugar, oil, eggs and vanilla in the work bowl; process for 30-seconds.
5. Add the flour, soda and cinnamon; process for 25-seconds.
6. Add the carrots, raisins, pineapple and pecans; process for 5-seconds.
7. Scrape the batter into the prepared springform or Bundt pan.
8. Bake in preheated oven for 60-75 minutes until a tester comes out clean.
9. Remove from oven then remove from pan after 15-minutes.
10. For the frosting: Cream butter and cream cheese until fluffy.
11. Add the sugar and process until smooth.
12. To assemble: Cut the carrot cake into two equal layers if using a springform pan.
13. Spread a thin layer of frosting between the layers, over the sides and top of the cake.
14. Chill until ready to serve.

Chocolate Chip Cookies

Makes approx. 8 dozen cookies, or 32 bar cookies

1 cup (250 ml)	butter (8-oz), softened
1 cup (250 ml)	granulated sugar
$\frac{1}{2}$ cup (125 ml)	brown sugar, firmly packed
2 eggs	
$1\frac{1}{2}$ tsp (7 ml)	Vanilla
$2\frac{1}{4}$ cups (575 ml)	Flour
1 tsp (5 ml)	baking soda
$\frac{1}{2}$ tsp (2 ml)	Salt
2 cups	Chocolate chips
1 cup	Chopped Walnuts (optional)
1 cup	Rains (optional)

1. Preheat oven to 375 F. (190 C.)
2. Beat butter and sugars together until fluffy.
3. Beat in eggs, one at a time.
4. Stir in vanilla.
5. Gradually stir in flour, baking soda and salt.
6. Add chocolate chips.
7. Drop by teaspoonful onto lightly greased cookie sheets.
8. Bake at 375 F. for 8 to 10 minutes, until golden.

FOR BAR COOKIES:

1. Alternately put into 9" x 13" pan (having added only 1 cup of the chocolate chips to the mixture) and sprinkle remaining cup of chocolate chips evenly on top.
2. Place in 350 F. oven for 5 minutes - with a fork spread the chocolate chips evenly and return to oven and bake for approx. 20 minutes or when needle comes out clean.

Hazel's Glazed Almonds

Concocted (circa 1972) by Hazel A. Thomas-Bottrell as a traditional Christmas gift to friends and family. Ed & Hazel make about 18-20 lb of these almonds every year

!

2 Cups	Whole Almonds (raw)
1 Cup	Granulated White Sugar
$\frac{1}{2}$ Stick	Butter (2oz. or 4 Tbsp)
1 tsp	Pure Vanilla
	Salt, Tin Foil & Cookie Sheet

1. Put ingredients in a medium sized saucepan on medium-high heat and stir constantly with a wooden spoon. Oven proof mittens are highly recommended. Sugar and butter will combine and coat the almonds in a very coarse texture for a few minutes and then the sugar will begin to caramelize.
2. Usually the almonds will make a popping sound after 6-8 minutes and the mixture will become quite syrupy. The almonds will be ready about 1-1 $\frac{1}{2}$ minutes after the first pop.
3. Put in the vanilla and stir for a few seconds. Scrape out onto tin foil laid on top of a cookie sheet.
4. Spread out almonds into a single layer with the wooden spoon and sprinkle with salt.
5. When cool, break-up into single-almond pieces with the back of a spoon.

Other details in case you're interested:

- 2-Cups Almonds weighs 10.5 oz
- 1-Cup Sugar weighs 7.5 oz
- Each batch produces about 20 oz of glazed almonds before 'breaking-up'
- For volume production, plan on a maximum of 4-6 batches an hour + break-up time and rotate the saucepan and spoon every 3-4 batches.

Hello Dolly Squares

Very rich and very good

1 Stick	Butter
1 Cup	Graham Cracker crumbs
1 Pkg.	Chocolate chips
1 Pkg.	Butterscotch chips
1 Pkg.	Flaked coconut
1 Cup	Chopped pecans
1 Can	Eagle Brand Milk

1. Melt butter in 8"x8" pan.
2. Mix Graham Cracker crumbs with butter and spread evenly on bottom of pan.
3. Layer remaining ingredients in order.
4. Pour milk over top.
5. Bake in 350°F oven for 30 minutes. When cool, cut into squares.

Pineapple Carrot Bars

$\frac{1}{2}$ cup	packed brown sugar
2 tablespoons	vegetable oil
1 teaspoon	vanilla
1	egg
1 cup	whole wheat flour
1 tablespoon	cinnamon
1 teaspoon	baking powder
1 teaspoon	baking soda
1 cup	finely grated carrots
$\frac{2}{3}$ cup	drained crushed unsweetened pineapple
$\frac{1}{2}$ cup	raisins
$\frac{1}{4}$ cup	milk

1. Preheat oven to 350 F.
2. In large bowl, combine sugar, oil, vanilla and egg. Stir well and set aside.
3. In separate bowl, combine flour, cinnamon, baking powder and baking soda
4. Add to sugar mixture, stirring well.
5. Stir in carrots, pineapple, raisins and milk.
6. Pat mixture into 13 x 9 inch (3.5 L) baking pan lightly greased.
7. Bake in 350 F. oven for 25 minutes or until top is golden.
8. Let cool before cutting into bars.
9. Store in refrigerator, loosely covered.

Pot de Crème au Chocolat

This is one of our favorite and easy to make desserts taken from one of the popular American cookbooks in the '60s.

Serves 6 people.

4 oz.	Bakers or German bittersweet chocolate
$\frac{1}{2}$ cup	Whipping cream
2	Egg yolks
1 Tbsp.	Sugar
1 tsp.	Vanilla

1. Melt chocolate in small saucepan with cream and sugar over low heat
2. Stir in beaten egg yolks
3. Add vanilla
4. Pour into 6 demi-tasse cups
5. Refrigerate
6. Serve with whipped cream

Rhubarb Cake

From Peggy Page of Wisconsin

FOR THE TOPPING:

$\frac{1}{2}$ cup	Sugar
$\frac{1}{2}$ tsp	Ground cinnamon

FOR THE BATTER:

$1\frac{1}{2}$ cups	Brown sugar, firmly packed
$\frac{1}{2}$ cup	Shortening
1 large	Egg
1 tsp	Vanilla
2 cups	All-purpose flour
1 tsp	Baking soda
$\frac{1}{2}$ tsp	Salt
1 cup	Sour milk
1-2/3 cups	Rhubarb, diced

1. Preheat the oven to 350° F. Grease a 9" x 13" pan.
2. Make the topping: Combine the sugar and cinnamon in a small bowl. Set aside.
3. Combine the brown sugar, shortening, egg and vanilla in a large bowl. Mix and set aside.
4. Sift together flour, soda and salt. Blend the flour into the mixture alternately with the sour milk. Add the diced rhubarb. Mix until just combined. Put into prepared pan and sprinkle with the topping.
5. Bake in the preheated oven for 35-40 minutes.

Scotch Teas

Makes 2 dozen

$\frac{1}{2}$ cup	butter or margarine
1 cup	brown sugar
2 cups	quick-cooking rolled oats
$\frac{1}{4}$	teaspoon salt
1	teaspoon baking powder

1. Preheat oven to 350 F.
2. Combine butter and sugar in a saucepan; cook and stir until butter melts.
3. Stir in remaining ingredients; mix well.
4. Pour into greased 8"x8"x2" baking pan.
5. Bake in 350 F. oven for 20 to 25 minutes.
6. Cool. Cut into bars.

Homemade Baby Wipes

Made from Bounty paper towels - other brands do not work. Containers available at most \$ stores or use an empty 2L ice cream container. With a sharp knife, cut the roll of Bounty in half. Take out cardboard centres and place each half in a container. Mix together:

- 2 Cups boiling water
- 2 Tablespoons baby oil
- 1.5 Tablespoons baby wash

Divide mixture into two and pour over paper toweling in each container. Put cover on and leave overnight. They will be ready to use the next day.

Quilter's Hand Cream

This recipe was apparently developed by ER nurses and printed in the CQA/ACC magazine in Spring 1999. Hazel has made it several times, for quilters and others, who thoroughly enjoy this homemade cream. Ed & Hazel Bottrell

About 2 400ml Jars

Ingredients	
400ml	Jar of Vitamin A Cream (Shoppers Drug Mart <i>Life</i> brand)
400ml	Jar of Vitamin E Cream (Shoppers Drug Mart <i>Life</i> brand)
60 ml	Baby Oil
50 g	Vaseline
15 g	Polysporin Cream

Instructions:

1. Whisk all the ingredients together - a hand mixer will work.
2. Refill the two 400ml jars or other containers.
3. The cream absorbs quickly and helps to heal dry, chapped hands.