

The Owl

Cookbook



The Hawthorne School

THE OWL COOKBOOK

A collection of favorite recipes
of the students and faculty of
The Hawthorne School, Washington, D.C.

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The Culinary Crew

The children of the Grayson Bunch
Had gone on strike without their lunch.
There was of course, no room for doubt
That they were sick of eating trout.

Perhaps within the realm of reason
Once a week within the season.

But upon each day of every month,
And every bite of every lunch
And every fate to every plate
The ending note to every day
Was trout to everyone's dismay!

The kids did not know what to do
As that was everything Mom knew.
She'd grown up thinking
Food was trout and that was all food was about.

In the meantime, each was thinner
As lunch was sunk
And so was dinner

So while the smell of trout grew foul
The children went to ask the Owl
Who wisely eyed the Grayson faction
And stated, "It is time for action."

"A man is born with many needs
And one of them is that he feeds.
The job of food is to entice --
Trout upon trout will not suffice."

Ma Grayson had to break her plate
As trout was just too out of date.
The Owl Cookbook was effective
Mom discovered new perspective.

Upon sinking into Whole-wheat bread and Chocolet Mousse
Ma Grayson said, "I've had enough of going fishing.
Chocolate Mousses I've been missing.
Within the realm of culinary art,
Trout is just a place to start!"

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CAPTAIN'S CASSEROLE

A delicious double duty dish!

- 2 fryers, cut in pieces (minus giblets)
- salt and pepper
- 1/2 lb butter or margarine
- 1 large yellow onion, thinly sliced
- 2 cans solid pack tomatoes, 1 lb. 12 ozs. each
- 1/2 teasp. garlic powder
- 1 teasp. salt
- 1/2 teasp. pepper
- 1 Tbsp. chopped parsley
- 1/2 teasp. powdered thyme
- 1/2 teasp. oregano
- 1 heaping Tbsp curry powder

Sprinkle chicken with salt and pepper and fry quickly in butter until golden brown. Remove. Fry onions in the butter over low heat until glossy.

Mix remaining ingredients into tomatoes, but chop up tomatoes a bit. Add this to onions and peppers and cook slowly for 5 minutes.

In a 3 qt. casserole arrange chicken, pour sauce over it and bake covered for 1 1/2 hours at 350°F. Serve with wild or brown rice and plenty of mustard pickle. Serves 8.

There should be about 2 qts. of sauce remaining. Freeze it until ready to use. Thaw and add one can Cream of Shrimp Soup, 5 lbs. prepared shrimp and heat. When all is piping hot, serve with fluffy rice and a tossed salad. Serves 10 to 12.



QUICHE LORRAINE

- 1/2 lb. bacon
- 4 eggs
- 1 1/2 cups whipping cream or table cream (according to your budget)
- pinch of salt, nutmeg, and sugar
- fresh ground black pepper
- dash of cayenne
- 1 Tbsp. softened butter
- 1/4 lb. grated swiss cheese

Preheat oven to 425° F. Prepare pie crust (single crust, page 20) and chill in quiche pan, pie plate or other suitable dish for thirty minutes. Fry bacon until crisp, but not burned; drain on paper towels and crumble into small pieces. Set aside.

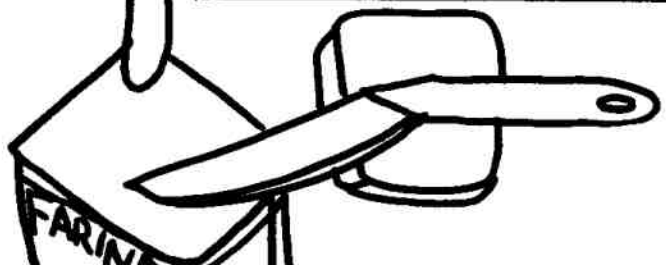
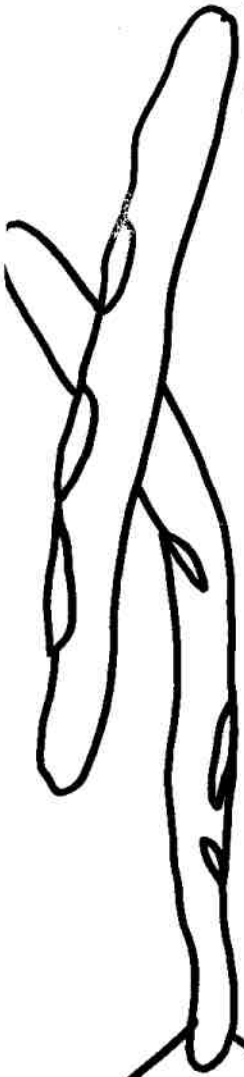
Combine: eggs, cream, salt, nutmeg, sugar, pepper, and cayenne.

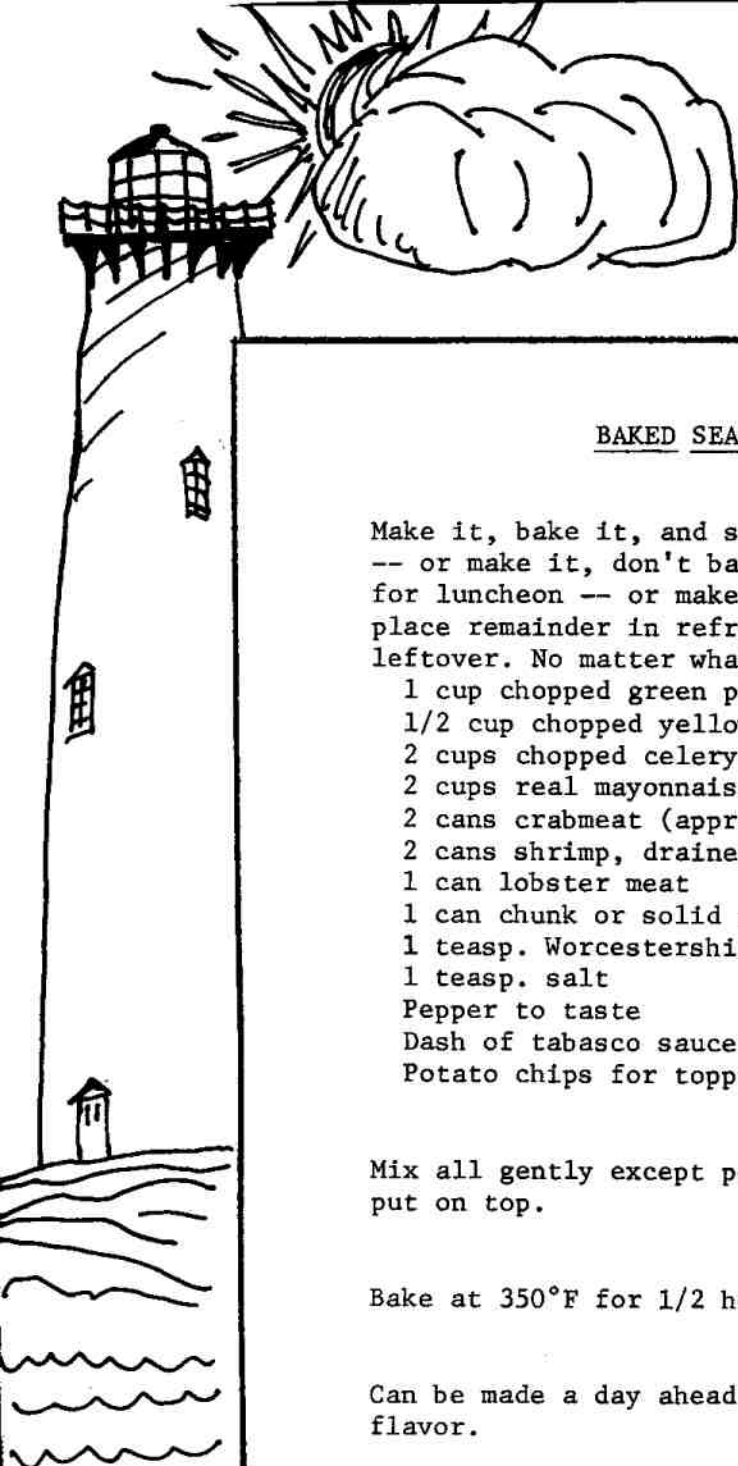
Rub chilled pie shell (bottom only) with softened butter. This prevents the crust from becoming soggy.

Sprinkle crumbled bacon and grated cheese into pie shell; pour egg mixture over all. Bake 15 minutes; reduce heat to 300°F and bake 40 minutes longer or until knife inserted comes out clean. Let stand 3 minutes before serving.

Cut into 4 or 6 wedges and serve.

The filling of this dish can be greatly varied. You can substitute ham for bacon, or fool around with all sorts of vegetables (mushroom quiches are superb). The cheese is usually kept in unless the combination of cheese and whatever else you put in turns your stomach just to think about it! The name of the quiche (pronounced "keesh") changes according to what is in it. There is only one Quiche "Lorraine"!





BAKED SEAFOOD SALAD

Make it, bake it, and serve it hot for buffet supper -- or make it, don't bake it and serve it on lettuce for luncheon -- or make it, bake it, serve it, and place remainder in refrigerator for a delectable leftover. No matter what, it's extra-special!


- 1 cup chopped green pepper
- 1/2 cup chopped yellow onion
- 2 cups chopped celery
- 2 cups real mayonnaise
- 2 cans crabmeat (approximately 2 cups)
- 2 cans shrimp, drained (also 2 cups)
- 1 can lobster meat
- 1 can chunk or solid pack tuna
- 1 teasp. Worcestershire sauce
- 1 teasp. salt
- Pepper to taste
- Dash of tabasco sauce
- Potato chips for topping

Mix all gently except potato chips. Crush chips and put on top.

Bake at 350°F for 1/2 hour or until heated through.

Can be made a day ahead as marinating improves the flavor.

Serves 6. Double for a luncheon for 12 or a dinner for 10.



STEAK DANTE

4 entrecotes or 4 individual filets of beef steak
3/4" thick
1 to 2 sticks of butter
Fresh ground black pepper
1/2 cup cognac
1/2 cup heavy cream
Fresh chopped parsley
Salt to taste

Garnish:

Artichoke hearts and mushroom caps sauteed in butter (optional)

In a large, heavy skillet (preferably iron), place 1 stick butter and cover the pan evenly, but not thickly with pepper.

Place pan over medium heat. When butter has stopped bubbling, place the steaks in the pan.

Saute the steaks for 1 minute on each side for rare and for 1 1/2 minutes for medium rare. If you like your steak well-done, forget this recipe!
Remove steaks from pan and place them on a warm platter.

Remove pan from heat. Pour in cream and cognac. If more butter is desired, use part or all of the other stick. Place pan back over heat and cook stirring constantly with a wooden spoon. Be sure to scrape the brown bits off the bottom of the pan.

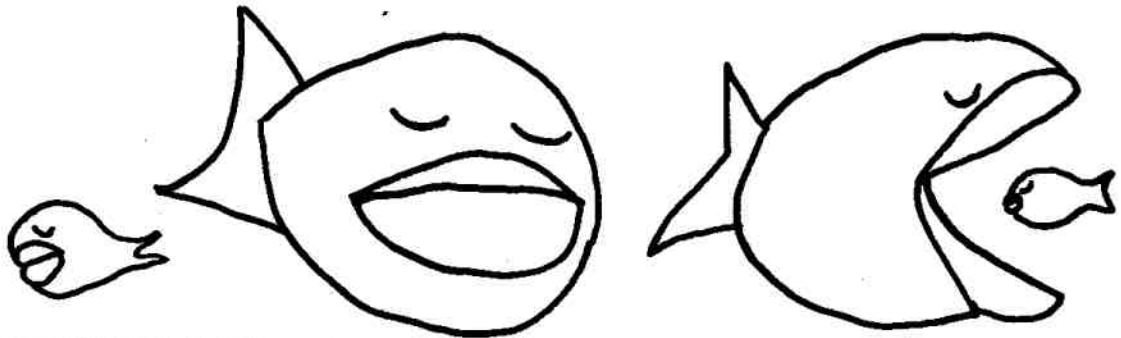
Pour the sauce over the steaks.

If you wish, garnish the steaks with sauteed mushroom caps and artichoke hearts. Top with parsley.

Caution: do not salt the steaks until you have removed them from the pan.

Serves 4.

8



FILET OF SOLE IN WHITE WINE AND BUTTER

Rinse and dry filets (about 1/2 lb. per person).
Place them in buttered glass baking dish.
Melt some butter (amount depends on the amount of fish you are using).

Pour butter and 1 or 2 Tbsp. lemon juice over filets.

Sprinkle about 1/2 cup dry white wine (Vermouth is good) over fish.

Bake at 350°F until fish is just tender (springs back when touched).

Baste once during cooking.

Sprinkle with parsley and paprika.

LOCRO

- 5 ears of corn, cleaned and cut off cob
- 1 lb. stewing meat
- Squash, potatoes, and carrots (1 per person)
- 1 medium onion, chopped
- Dash paprika
- 1 Tbsp. minced parsley
- Salt and pepper

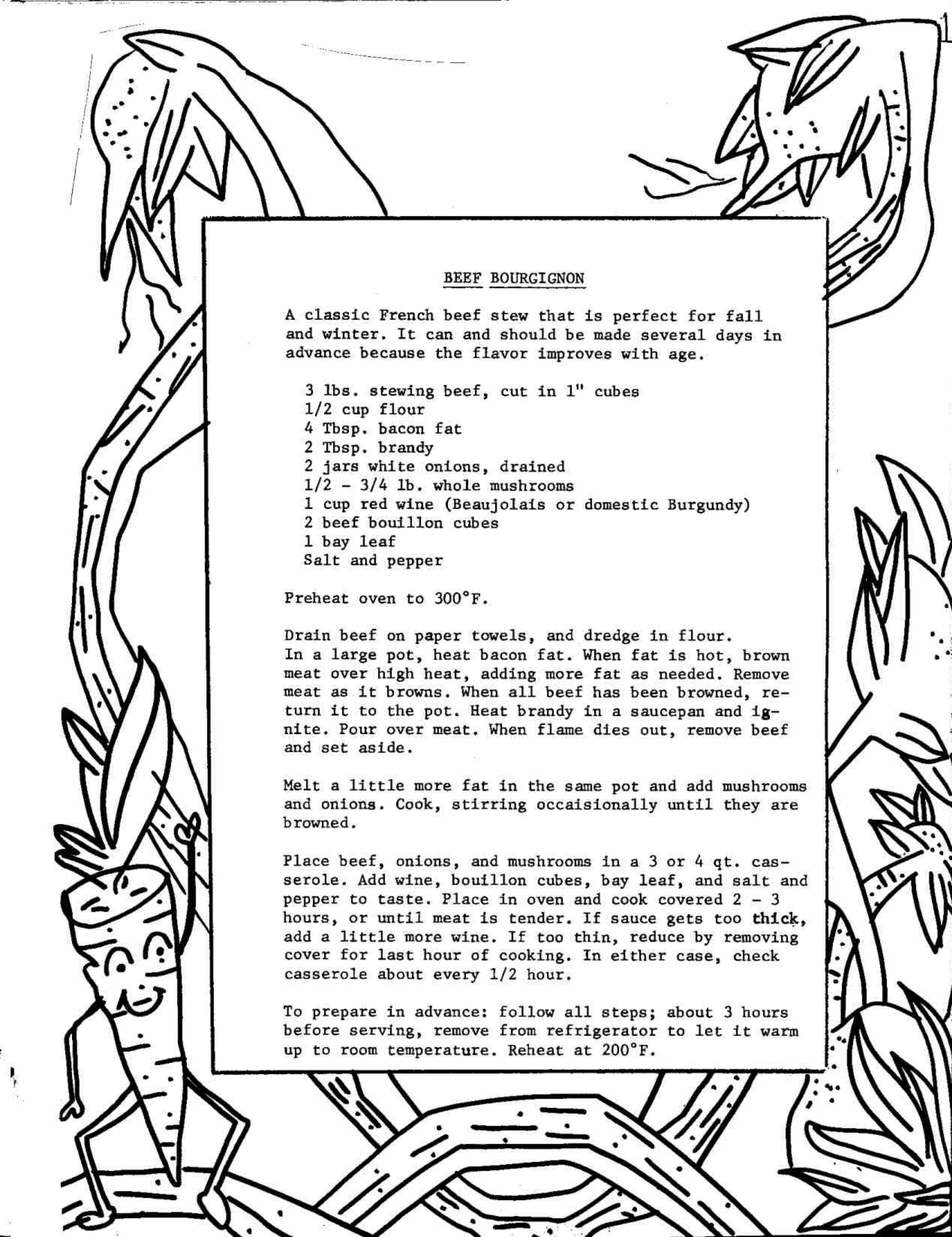
Fill large saucepan half full of water (salted) and heat to boiling. Add corn and boil a few minutes. Cut meat into small pieces and sprinkle with salt. Add meat to corn and simmer for 30 minutes.

Slice squash, potatoes, and carrots and add to meat and corn. Cook over low heat until it becomes thick.

Fry remaining ingredients in 2 Tbsp. cooking oil until glossy and golden.

Add to meat and vegetables and serve.

Serves 4.



BEEF BOURGIGNON

A classic French beef stew that is perfect for fall and winter. It can and should be made several days in advance because the flavor improves with age.

3 lbs. stewing beef, cut in 1" cubes
1/2 cup flour
4 Tbsp. bacon fat
2 Tbsp. brandy
2 jars white onions, drained
1/2 - 3/4 lb. whole mushrooms
1 cup red wine (Beaujolais or domestic Burgundy)
2 beef bouillon cubes
1 bay leaf
Salt and pepper

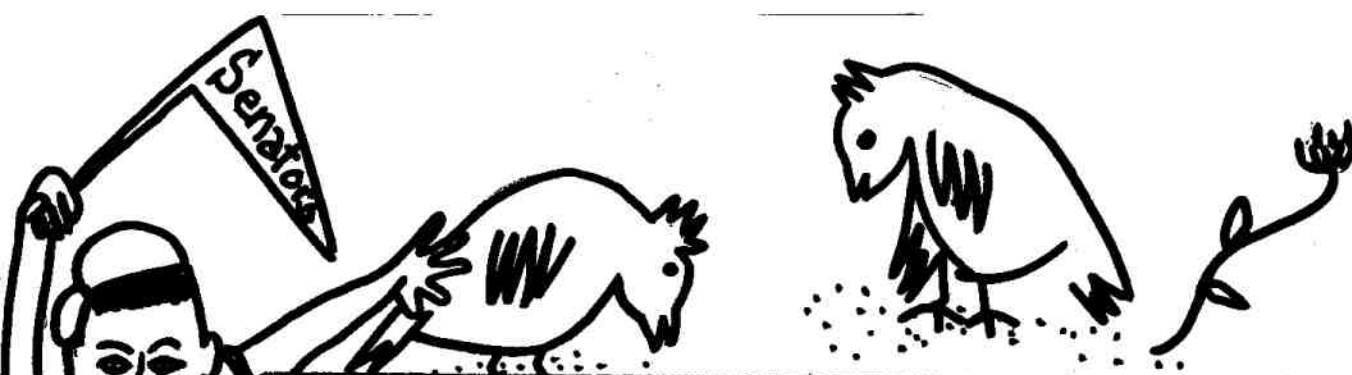
Preheat oven to 300°F.

Drain beef on paper towels, and dredge in flour. In a large pot, heat bacon fat. When fat is hot, brown meat over high heat, adding more fat as needed. Remove meat as it browns. When all beef has been browned, return it to the pot. Heat brandy in a saucepan and ignite. Pour over meat. When flame dies out, remove beef and set aside.

Melt a little more fat in the same pot and add mushrooms and onions. Cook, stirring occasionally until they are browned.

Place beef, onions, and mushrooms in a 3 or 4 qt. casserole. Add wine, bouillon cubes, bay leaf, and salt and pepper to taste. Place in oven and cook covered 2 - 3 hours, or until meat is tender. If sauce gets too thick, add a little more wine. If too thin, reduce by removing cover for last hour of cooking. In either case, check casserole about every 1/2 hour.

To prepare in advance: follow all steps; about 3 hours before serving, remove from refrigerator to let it warm up to room temperature. Reheat at 200°F.



CHICKEN GEORGE MURPHY!!?

From Eleanor's files!!

2 strips of bacon, cut in pieces
 2 1/2 lbs. all-purpose chicken, cut in pieces
 1 lb. fresh or 1 box frozen peas
 1 lb. fresh or 1 box frozen green beans (Frenched)
 1/4 lb. fresh mushrooms, sliced thin lengthwise
 1 medium green pepper, sliced thin
 1 medium onion, peeled and sliced thin
 1 clove garlic, minced
 Salt and pepper
 Paprika

Sprinkle the pieces of chicken with salt, pepper, and paprika and put them in the bottom of a large, deep casserole. Add bacon.

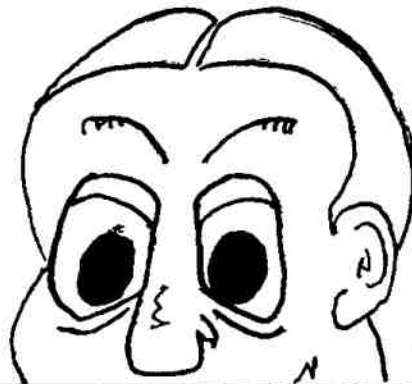
Mix peas, beans, mushrooms, pepper, onion and garlic together and put on top of chicken and bacon.

Cover and bake in oven at 350°F for 1 to 1 1/2 hours, or until chicken is tender.

The juices from the "vegetation" will season and provide the liquid for this dish; do NOT thicken it!

This chicken might jump out of the pot and do a song and dance routine to delight your family and friends!!





CURRIED SHRIMP

1 lb. fresh, jumbo shrimp, shelled, deveined, and washed thoroughly
 1 medium onion, cut up
 1 small piece fresh, peeled ginger root
 2 cups water
 1 Tbsp. mild curry powder
 Pinch paprika, parsley flakes, and oregano
 1/2 green pepper, cut in quarters
 1 fresh tomato, cut in quarters
 1 1/2 teasp. salt
 1/2 teasp. turmeric
 2 Tbsp. mustard oil, if you can get it. Otherwise, use vegetable oil

Blend onion, garlic, and ginger in blender.

In saucepan, cook shrimp, turmeric, and salt in oil over medium heat, stirring constantly until shrimps are golden brown.

Add blended and remaining ingredients to shrimp. Heat to boiling, reduce heat and simmer for 1/2 hour (uncovered).

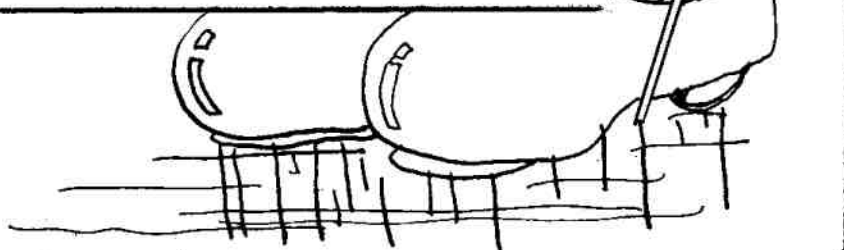
Serve with rice.

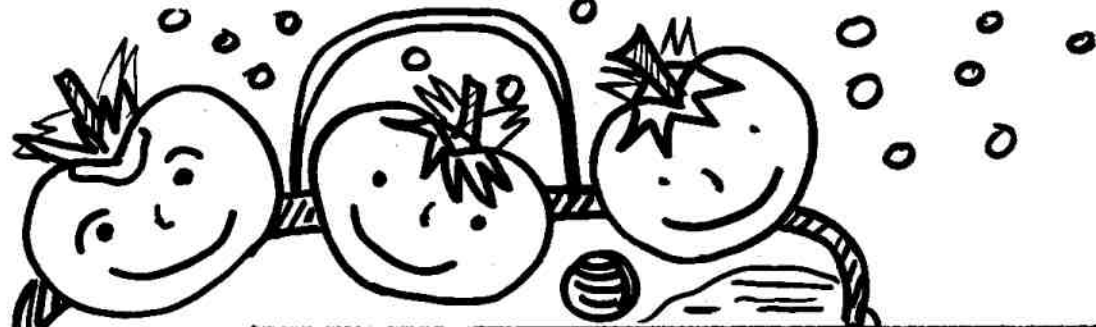
For a real delicacy, add 8-12 medium-sized almonds 15 minutes before the end of cooking time.

Makes 4 servings.



This is a favorite
 of the
 famous
SARBES!





HOT CHILI CON CARNE

Another recipe from the Mad Eleanor's files!

- 1 1/2 lbs. coarsely ground beef
- 1/4 cup bacon fat
- 3 to 5 Tbsp. chili powder
- 1 large onion, minced
- 1 clove garlic, minced
- 1/2 teasp. comino (cumin seed) ground in a mortar
- 1/4 teasp. oregano
- salt
- 1 large chili pepper

Soak shili pepper 15 minutes in hot water. Remove seeds and run through food chopper. Heat bacon fat in skillet. Add onion and garlic and brown lightly. Add meat and brown, stirring constantly. Add remaining ingredients and mix well. Transfer to a deep casserole with a tight fitting lid. Add enough water to barely cover meat.

Cover casserole and bake at 325 degrees for two hours.

Serves 4.

"This stuff is so hot that you should use asbestos napkins!"

It's neat
and hifty
sez the Big
E!



WE'RE
GLAZED SPARE RIBS!
GROAN!

GLAZED SPARERIBS

4 lbs. spareribs, cut in pieces
3 Tbsp. red wine vinegar
2/3 cup dry sherry
2/3 cup brown sugar
1/4 cup soy sauce

Arrange spareribs in single layer in a large, shallow baking pan.

Mix remaining ingredients. Pour over ribs.

Bake uncovered at 350°F for 2 1/4 to 2 1/2 hours.
Turn and baste ribs frequently.

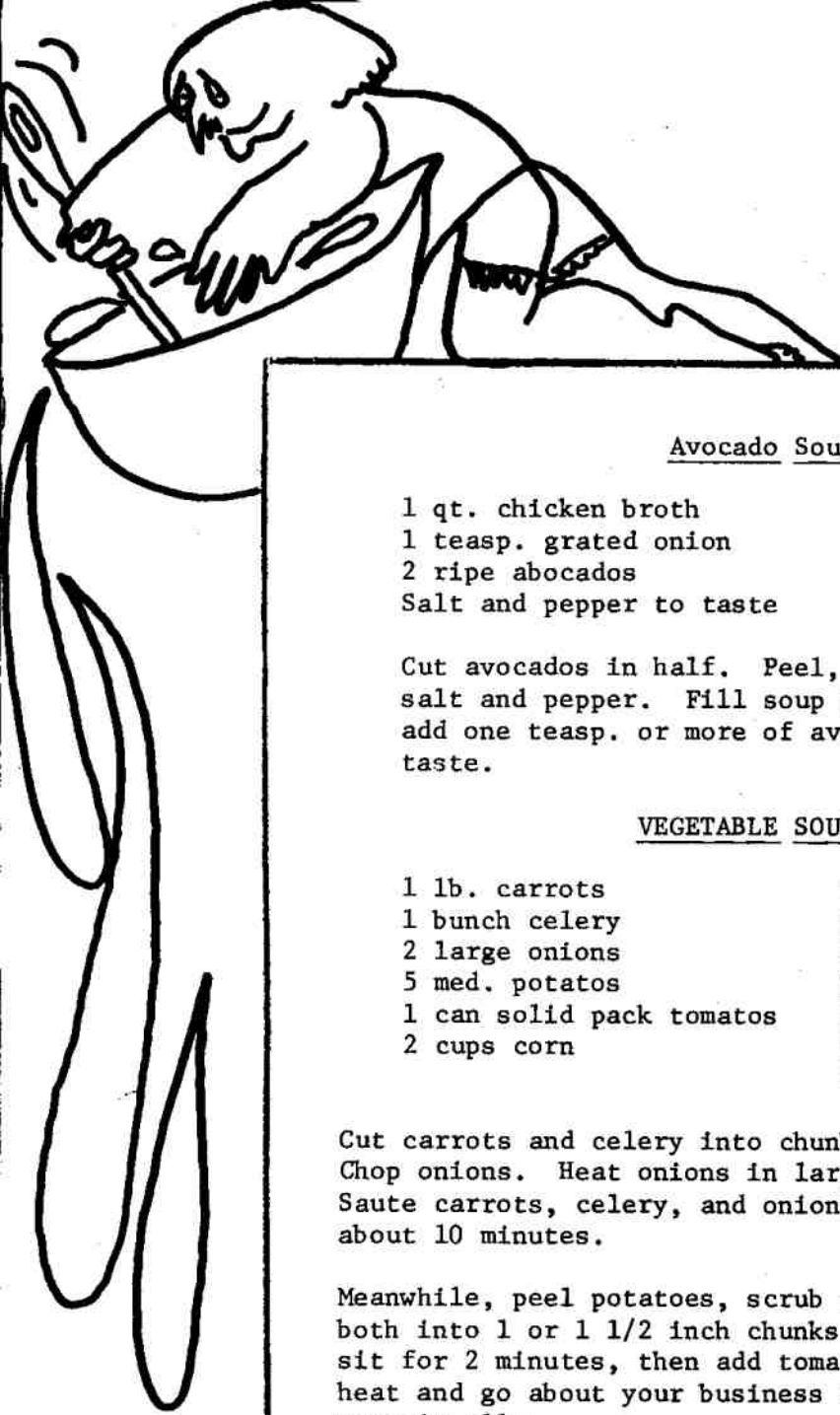
SHRIMP DE JONGHE

1 lb. cleaned, de-veined shrimp
1/4 teasp. garlic (or 1 finely minced clove garlic,
whichever comes first!)
1 lb. margarine
1 Tbsp. chopped fresh parsley
1 Tbsp. chopped onion
1/2 teasp. tarragon
1/2 teasp. salt and pepper
Pinch of mace
Pinch of nutmeg
1/2 cup fine bread crumbs
1/4 cup dry sherry

Cook shrimp. Mash garlic into softened margarine.
Add remaining ingredients except crumbs and sherry gradually. Mix thoroughly, then blend in bread crumbs and sherry. Arrange shrimp in buttered 1 1/2 qt. casserole and top with butter mixture.

Bake at 425°F for 20-25 minutes or until hot n' bubbling. Serves 4.





Avocado Soup

1 qt. chicken broth
 1 teasp. grated onion
 2 ripe abocados
 Salt and pepper to taste

Cut avocados in half. Peel, mash and season with salt and pepper. Fill soup plates with broth and add one teasp. or more of avocado according to taste.

VEGETABLE SOUP

1 lb. carrots	1/2 teasp. turmeric
1 bunch celery	1/4 teasp. basil
2 large onions	salt and pepper
5 med. potatos	1/4 cup barley
1 can solid pack tomatos	2 cups green beans
2 cups corn	2 sweet potatos
	4 Tbxp. veg. oil

Cut carrots and celery into chunks about one inch long. Chop onions. Heat onions in large pan or Dutch oven. Saute carrots, celery, and onions over medium heat for about 10 minutes.

Meanwhile, peel potatoes, scrub sweet potatoes and cut both into 1 or 1 1/2 inch chunks. Put into pan and let sit for 2 minutes, then add tomatoes. Cover, reduce heat and go about your business for a while. Stir occasionally.

After 1/2 hour add beans and spices. Water can be added at any time, but use it sparingly (1/2 cup at a time): the vegetables cook for 2-6 hours, usually the longer the better. Keep it on low heat and stir it now and then.

Cook the barley separately (it will swell to 1 cup) and add it just a few minutes before serving. Corn goes in about 10 minutes before serving. Soup can be put through blender to chop up vegetables.

Accompaniments

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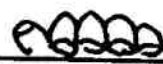
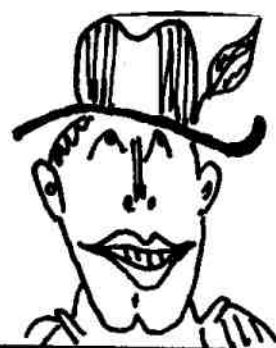
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DELICIOUS SPINIOUS (Spinach) or SPINISH YOU'LL FINISH

Buy fresh spinach (any amount). Wash it (omit soup).

Fill a pot 2/3 full of water and heat to boiling.

Place the washed spinach in a colander or strainer, or anything that won't hold water because it has holes in the bottom! Lower the spinach in the colander into the boiling water until the water just covers the spinach. Count to twenty (1/3 of a minute) and remove spinach from waters. Drain (you can do that with a colander too), and serve immediately.

Season with butter, salt, pepper, or anything your heart desires. Especially nice is the juice of a fresh lemon or one or two tablespoons of vinegar. Visually pleasant and tastefully nice if garnished with sliced hard boiled eggs or even pockets in the spinach filled with poached eggs.

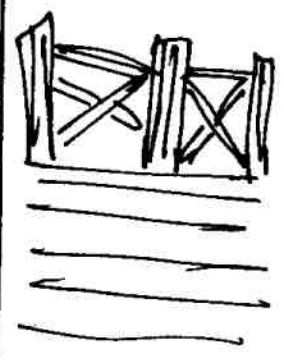
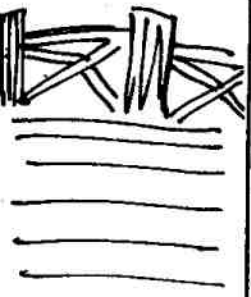
GUACAMOLE

- 1. mashed avacado
- 1 finely minced tomato
- 1/4 small onion, shaved into small pieces
- 1 can of taco sauce with liquid drained
- salt, pepper, chili powder

Mix all ingredients together for a real taste treat. Serve on shredded lettuce as a salad or inside tacos or as a dip.

When pomagranates are in season, they really do the job! Mix a lot of seeds into the guacamole - - it's real purty!

PLEASANT EATING AND HAVE FUN



GOLDEN HERB ONIONS

6 cups thinly sliced onions
 1/4 cup margarine
 1/4 cup flour
 1 2/3 cups milk
 1/3 cup water
 1 teasp. parsley flakes
 1/2 teasp. salt
 1/4 teasp. marjoram
 dash of pepper
 2 cups grated cheddar cheese

Place onion rings in ungreased 2 quart casserole. In a saucepan or skillet melt margarine over low heat; blend in flour. Stir in milk and water slowly. Cook, stirring constantly, until thickened.

Add parsley, salt, marjoram, pepper and cheese to the milk mixture. Stir until cheese is melted and sauce is smooth.

Pour over onions and bake at 350° F for one hour, or until onions are well cooked.

Serves 6 to 8.

BROCCOLI PUFF

1 bunch fresh or 2 boxes frozen broccoli (cooked)
 1 cup cream of mushroom soup
 1/2 cup sharp cheddar cheese - shredded
 1/4 cup milk
 1/4 cup mayonnaise
 1 beaten egg
 1/4 cup bread crumbs
 1 T. melted butter

Place cooked broccoli in buttered baking dish. Mix next five ingredients, pour over broccoli. Sprinkle with crumbs and bake at 325° for 45 minutes. Serves 4.



SQUASH SOUFFLE

2-3 lbs. yellow squash
 1 1/2 Tbs. Butter or margarine
 1 teasp. salt
 2 eggs
 2-3 Tbs. sour cream

Boil, mash and drain squash. Put in blender with the other ingredients and blend well.

Put in buttered casserole and sprinkle with bread crumbs.

Bake at 350° F for about 1 1/2 hours.

Delicious!

TINA'S SQUASH WITH SOUR CREAM

Cook sliced squash (any amount) in a few tablespoons of water in a covered frying pan.

When squash is done, pour sour cream over it and sprinkle thinly sliced spring onions over all. Season with salt, pepper and paprika.

Great served with corn bread!

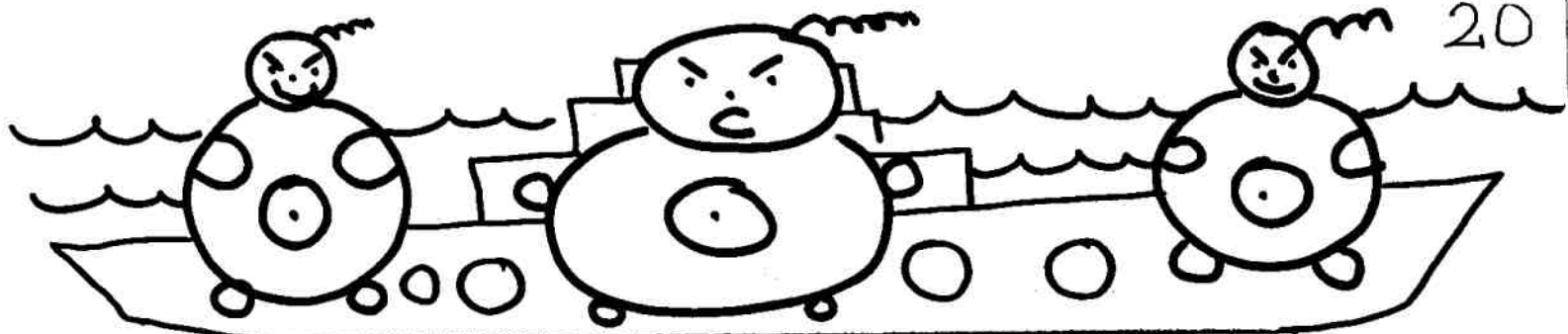
HERB AND CABBAGE MEDLEY

1 medium onion, thinly sliced
 2 Tbs. butter
 3 cups shredded cabbage
 1 cup shredded carrots
 1/2 teasp. oregano

Cook onion in butter over medium heat for 5 minutes. Stir in cabbage, bread crumbs, and salt to taste.

Cook 8 minutes longer. Add oregano and serve.

Makes 4 servings.



RISOTTO A LA MILANESE

Rich, buttery and absolutely irresistible. Serve with any veal or chicken dish.

1 can (10 1/2 ozs.) condensed chicken broth, undiluted
 1/8 teasp. saffron (optional)
 6 Tbsp. butter
 1/2 cup onion, finely chopped
 1 cup raw, regular white rice
 1/3 cup dry white wine or vermouth
 1/3 cup grated Parmesan cheese

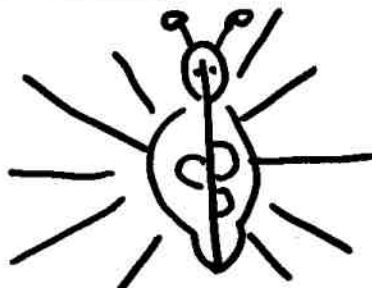
In a small saucepan, heat chicken broth with saffron until just hot; set aside. Saute the onion in butter until tender, but not brown (do this in a heavy 3 1/2 quart saucepan). Add the rice, and cook, stirring occasionally until rice is golden - about 5 minutes. Add the chicken broth, 1/2 cup water and the wine; bring to a boil. Reduce heat and simmer, covered, 30 minutes, or until all liquid is absorbed. Just before serving, stir in remaining butter and the cheese.

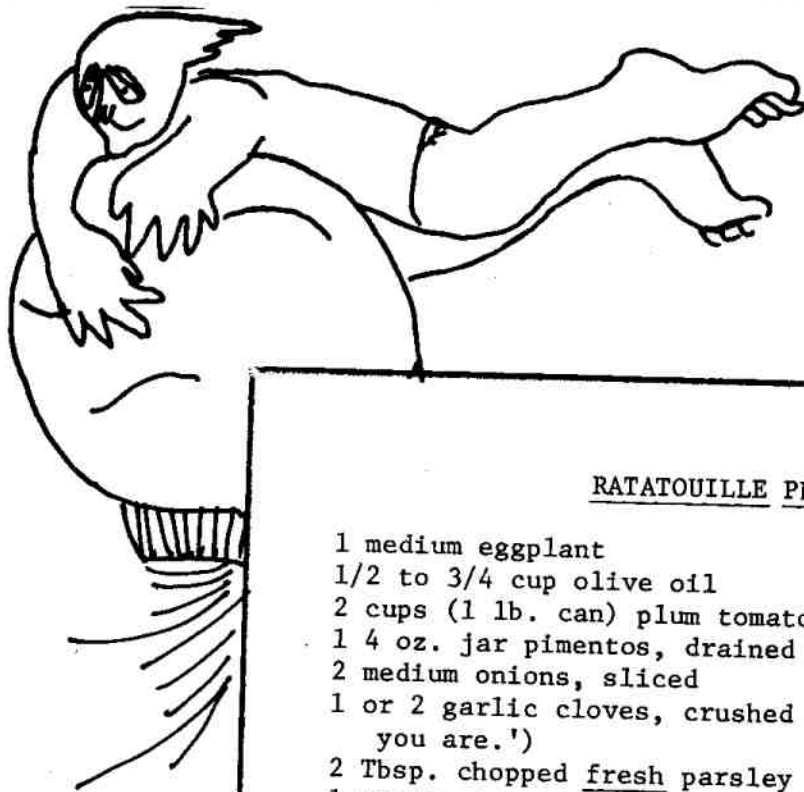
CHINESE BROWN RICE

2 cups long grain raw rice
 1 can sliced mushrooms in juice
 1/4 cup oil
 3 Tbsp. soy sauce
 1 package dry onion soup
 water

Preheat oven to 350 degrees.
 Mix together all ingredients except the juice from the mushrooms and the water, in a large (2 1/2 - 3 qt.) casserole or ovenproof dish with cover. Pour mushroom juice into a measuring cup, and add enough water to make 1 cup liquid. Pour into the casserole. Add 3 more cups of water. Stir well to mix. Cover and bake for 50 - 60 minutes.

Serves 6 - 8





RATATOUILLE PROVENCAL

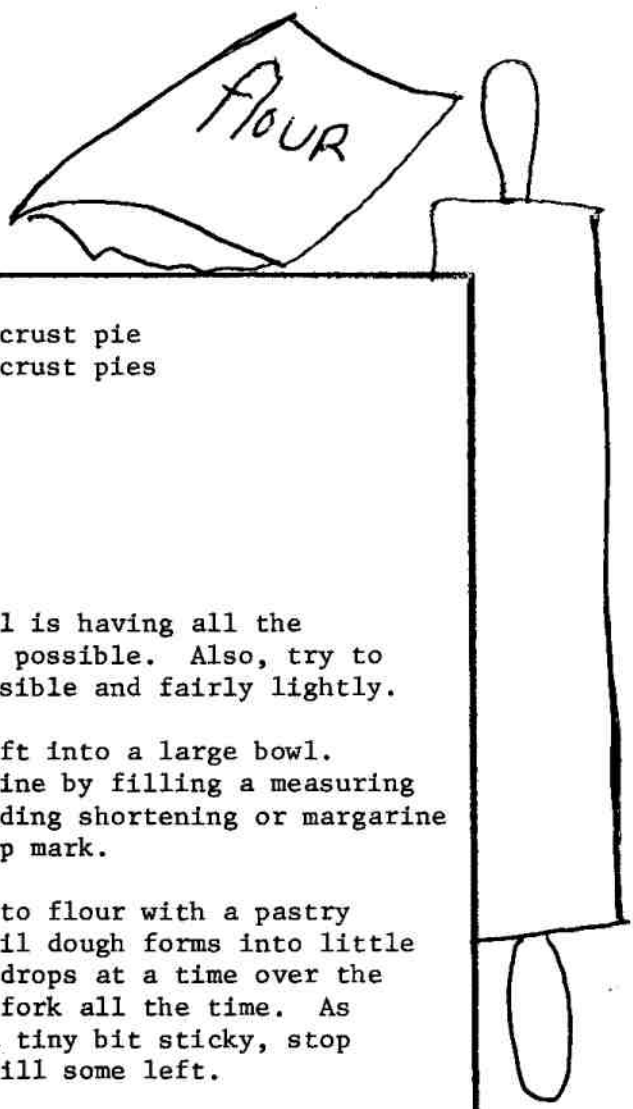
- 1 medium eggplant
 - 1/2 to 3/4 cup olive oil
 - 2 cups (1 lb. can) plum tomatoes
 - 1 4 oz. jar pimentos, drained
 - 2 medium onions, sliced
 - 1 or 2 garlic cloves, crushed (depending how Provençal you are.)
 - 2 Tbsp. chopped fresh parsley
 - 1 teasp. capers
 - 1/4 to 1/2 teasp. fresh thyme, if you can get it;
otherwise, use unpowdered thyme. The amount you use depends on your taste for it.
- Salt and pepper.

Remove stem from eggplant and cut eggplant into cubes. Saute in oil for a few minutes. Add other ingredients and cook slowly, mixing occasionally, until eggplant is cooked - about 20 minutes. Do not overcook or the vegetables will become too mushy. Cool until ready to serve.

To serve, put in casserole, grate parmesan cheese on top and place in hot oven until well-heated.

Makes 6 servings.

This recipe can be doubled, tripled, quadrupled, or whatever, because, unlike most vegetable dishes, this one keeps very well, and, in fact, improves as it keeps.



PIE CRUST for a 2-crust pie
of for two single crust pies

- 2 cups all-purpose flour
- 1/2 teasp. salt
- 1/3 cup shortening
- 1/3 cup margarine
- 1/4 cup water, iced

The trick to making pie crust well is having all the materials you're using as cold as possible. Also, try to handle the dough as little as possible and fairly lightly.

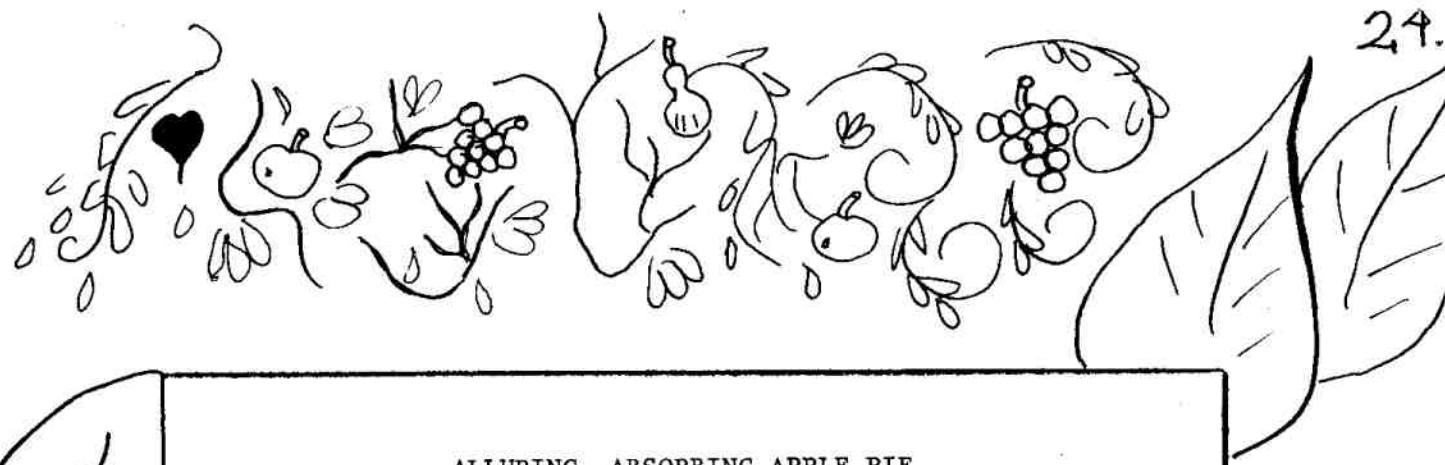
Measure the flour and salt and sift into a large bowl. Measure the shortening and margarine by filling a measuring cup 2/3 full of water and then adding shortening or margarine until the water rises to the 1 cup mark.

Blend shortening and margarine into flour with a pastry blender or two knives. Blend until dough forms into little balls. Sprinkle the water a few drops at a time over the dough mixing the water in with a fork all the time. As soon as the dough begins to get a tiny bit sticky, stop adding water, even if there is still some left.

Dust your hands lightly with flour and form the dough into two balls (for a two crust pie, make one ball slightly larger than the other). Chill the dough in the freezer for about 15 minutes.

Place one ball on a slightly floured pastry cloth or on two overlapped pieces of waxed paper. Roll dough out from the center in short strokes with a rolling pin into a circle about one inch wider than the pie plate you're using (no wider than 9"). Place the rolled dough in the plate by folding the dough double and placing it in the plate and then unfolding the dough.

Prick the crust, pour in the filling, roll the second ball in the above manner and place it over the filling. Put a little water between the top and bottom crusts along the edge and seal the two by crimping or fluting them along the edge. You probably have (or will develop) your own style of sealing the edge and making it look pretty.



ALLURING, ABSORBING APPLE PIE

Crust for two crust pie (next page)
6 or 7 medium McIntosh Apples
1/2 to 2/3 cup white or dark brown sugar
1/4 teasp. cinnamon
1/4 teasp. nutmeg
1/8 teasp. salt
1 to 2 Tbsp. cornstarch

Peel, core, and slice apples into thin wedges. Combine the dry ingredients and stir them gently until the apples are well-coated.

NOTE: The amount of sugar used depends on the tartness of the apples.
The amount of cornstarch used depends on the dryness of the apples. If the apples are very juicy, use 2-3 Tbsp. cornstarch. But whatever you do, don't forget to use it, otherwise, your filling will turn out like sliced apples and apple cider instead of pie filling.

Pour the filling into the prepared pie shell, dot with butter and cover with the top crust. Make a pleasing design on the top crust by pricking it with a point utensil (???) if you've got the time and feel creative.

Bake in hot oven at 450 degrees for 10 minutes. Reduce heat to 350 degrees and bake for about one hour more. If the edges brown too quickly, cut some curved strips of aluminum foil and put them around the edges.

Cool and serve.



LENA'S REVANI

(moist honey-rum cake)

8 eggs (separated)
2 sticks butter
1 1/2 cups flour
1 1/2 cups cream of wheat
3/4 cup milk
1 tbsp. grated lemon peel
2 teasp baking powder
1 1/2 cups sugar
1/2 cup sliced almonds

Beat butter till fluffy. Add 3/4 cup sugar. Beat 3 minutes. Add egg yolks one at a time, beating well in between. Sift flour and baking powder and add to mixture alternately with the milk, beating well all the time. Add cream of wheat and lemon peel. Beat egg whites until soft peaks form. Add remaining sugar and beat until stiff. Fold into egg mixture. Pour into 8 x 13 buttered baking pan, sprinkle almonds on top and bake at 350 degrees for 40 minutes or until a knife comes out clean when inserted.

Syrup

While cake is baking, you make this syrup to add the final touch.

2 cups sugar
3 cups water
juice of 1 lemon
1/3 cup honey
1/3 cup rum

Boil for 3 minutes all ingredients except rum. Remove from heat, add rum and pour over hot cake. Let stand one hour before cutting.

ORANGE CAKE

Squeeze an orange; mix juice with 1/2 cup sugar.
set aside

Put rind and one cup of raisins through food
chopper.

Cream 1/2 cup shortening and 1 cup sugar. Add
two eggs and mix well.

Sift together: 1 3/4 cups of flour, 1/2 teasp.
baking soda, and 1 teasp. baking powder.

Add flour and 2/3 cup milk (alternately) to
shortening and then mix in ground fruit.

Bake in greased ring pan (or two loaf tins) in oven
at 350° for 45-50 minutes.

Pour Orange juice mixture over warm cake and let
stand in pan til cool.

EAT!

WHOLE WHEAT GINGER BREAD

1/2 cup butter
 2 Tbsp. sugar
 3/4 cup light molasses
 1 cup sifted flour (all purpose)
 1 cup sifted whole wheat flour
 1 teasp. ginger
 3/4 teasp. baking soda
 1/2 teasp. salt
 1/2 teasp. cinnamon
 1/2 teasp. mace or nutmeg
 1/2 cup chopped walnuts
 1/2 cup raisins
 3 Tbsp. minced, candied lemon peel
 2 eggs
 1/2 cup milk

Melt butter in saucepan. Stir in sugar and molasses. Sift all dry ingredients into a bowl. Stir in nuts, raisins, and lemon peel. Beat eggs and milk together. Add molasses mixture to that. Stir in dry ingredients. Stir everything until well blended. Pour into buttered, 8 inch square pan.
 Bake at 350 degrees for 40 minutes.

INFAMOUS NO BAKE PEANUT BUTTER
COOKIES

1/2 cup Karo syrup
 1/2 cup sugar (brown or white)
 1 cup peanut butter
 2 cups Special K cereal (or anything similar)

Heat syrup and sugar in saucepan to boiling. Remove from heat. Stir in peanut butter. Add cereal.
 Drop by spoonfuls on waxed paper and eat when hungry.

YUMMY _ BUT SO FATTENING

CARROT CAKE

1 cup sugar
 1/2 cup cooking oil
 1 1/2 cups sifted all purpose flour
 2 teasp. baking powder
 1/2 teaspoon baking soda
 1/4 teasp. salt
 1 teasp. cinnamon
 1 cup grated carrots
 2 eggs
 1/2 cup chopped nuts

Preheat oven to 350 degrees. Mix sugar and oil. Add dry ingredients and carrots. Add eggs (one at a time). Add nuts and blend well. Turn into greased 9x5x3 loaf pan. Bake 55 to 60 minutes. Cover cake with aluminum foil for first 20 minutes of baking time to reduce cracking. Makes one loaf.

APPLESAUCE SPICE CAKE

1/2 cup butter or shortening
 1 cup sugar
 2 eggs, well beaten
 1/2 cup chopped nuts
 1 cup chopped raisins
 2 cups sifted cake flour
 1 teasp. baking soda
 1/2 teasp. nutmeg
 1 teasp. cinnamon
 1 cup unsweetened applesauce

Cream butter and sugar together until fluffy. Add eggs and mix thoroughly. Add nuts and raisins. Sift dry ingredients together 3 times and add it and the applesauce (alternately) to creamed mixture, beating thoroughly after each addition. Pour into greased baking pan and bake at 350 degrees for one hour. Makes one loaf or two 9 inch layers (reduce baking time to 25 minutes for layers.)

BAKED BY NICK - VERY SUCCESSFUL

SOUR CREAM CAKECake

1/2 cup butter
 3/4 cup sugar
 1 egg
 1 cup flour
 3 teasp. baking powder
 1 teasp. lemon extract

Filling

1-2 cups cherries (sour)
 juice of one lemon
 1/4 cup milk
 a pkgs. gelatin
 3 egg yolks
 3/4 cup sugar
 1 pint sour cream
 1/2 pint whipped cream

Cake

Cream butter and sugar until fluffy. Add egg and beat well. Sift flour and baking powder together and add to egg mixture. Add lemon extract. Mix well. Batter will be fairly stiff. Spread evenly in bottom of "spring-form" pan.

Bake on lowest rack of oven at 425 degrees for 20 - 25 minutes until dark golden brown.

Filling

Combine juice of lemon and 1/4 cup milk and 2 pkgs gelatin in saucepan. Cook over low heat, stirring constantly, until gelatin is completely dissolved.

Combine 3 egg yolks and 3/4 cup sugar. Beat until thick and lemon colored. Mix 1 pint sour cream and 1/2 pint whipped whipping cream with other ingredients.

To Put Together

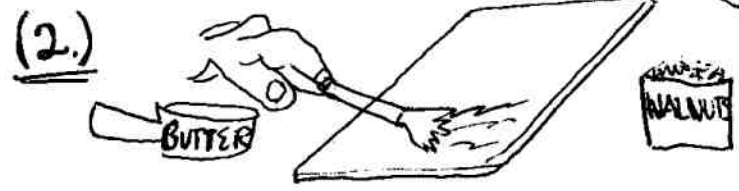
Split the baked caked in half (carefully!!). Set top half aside. Pour about half of filling onto bottom half of cake (still in spring-form pan.) Spread cherries over this evenly. Pour in remaining filling.

Carefully put top half of cake on top of filling.

Refrigerate until firm.

Sift powdered sugar on top, or spread with 1/2 pint of whipped cream.

Serves 12, at least!



LENA'S BAKLAVA

- 1 lb. Phyllos leaves (bought at the International Safeway, or Greek or Armenian store)
- 1 lb. butter
- 2 lbs. shelled walnuts, chopped
- Syrup (see below.)

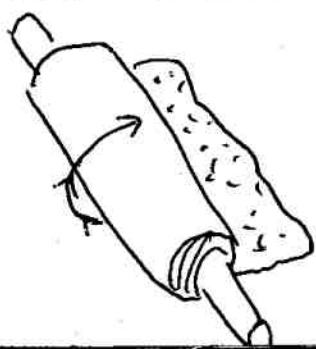
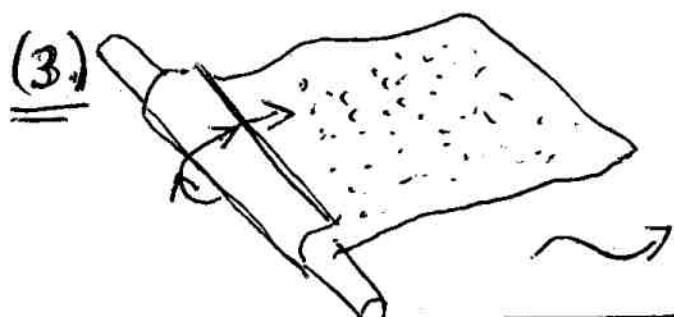
Caution: Phyllo leaves dry very fast, and become hard to work with. Work as quickly as possible.

1. Separate pastry leaves and fold into quarters. Cover completed stack with a wet paper towel (see pictures)
2. Take each sheet and brush with melted butter. Then sprinkle with walnuts.
3. Roll each sheet onto a 1 or 1 1/2 inch diameter 14 inch long stick. (see pictures)
4. Stand stick on end. Gently squish pastry down like an accordion.
5. Remove pastry from stick and place in greased baking pan.
6. Bake at 350 degrees until light brown (about 20 mins.)
7. Pour syrup over pastries and let soak overnight or 3-4 hours.
8. Cut each one into 3 pieces and place in paper cup cake cup.

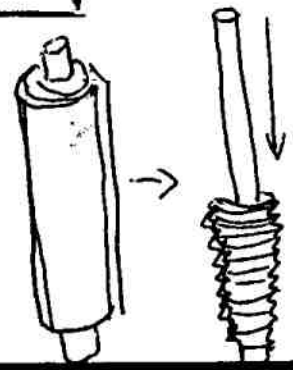
Syrup

- 3 cups sugar
- 1 1/2 cups water
- 1/2 cup lemon juice
- 1/2 cup rum
- 1 cinnamon stick

Boil all ingredients until slightly thick (about 10 minutes). Cool.



(4)
30'





CHOCKLIT IDIOT CAKE

Step One:

Sift together into ungreased 8" square pan:

- 1 1/2 cups flour
- 1 cup sugar
- 3 Tbs. cocoa
- 1 teasp baking soda
- 1/2 teasp. salt

Step Two:

Mix together and add to flour mixture:

- 6 Tbs. Cooking oil
- 1 Tbs. vinegar
- 1 teasp. vanilla extract
- 1 cup water

Step Three:

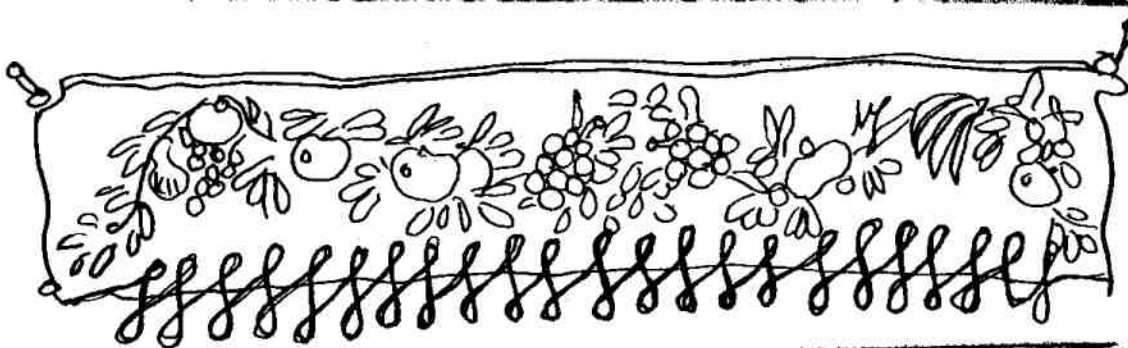
Stir thoroughly with a fork and bake at: 350° F for 35-40 minutes.

CHOCKLIT IDIOT FROSTING

Ingredients:

- 1 heaping teasp. butter
- 1 cup sugar
- 1 egg well beaten
- 4 Tbs. cocoa
- 4 Tbs. cream (table)
- Dash of vanilla extract

Melt butter in saucepan. Add all remaining ingredients except vanilla. Cook over low heat until mixture bubbles through. Add vanilla. Frost cake when cool.



MEXICAN FRUIT SALAD

Watermelon
Banana
Cantaloupe
Lime

Papaya
Mango
Pomegranates In season (available at Intl. Safeway)

Cut fruit into small pieces - except for banana and lime. Cut bananas lengthwise. Place them in such a way that they make a circle on a plate. Put other fruit in center of plate.
Squeeze lots of lime over the top*.

*The lime is the secret!

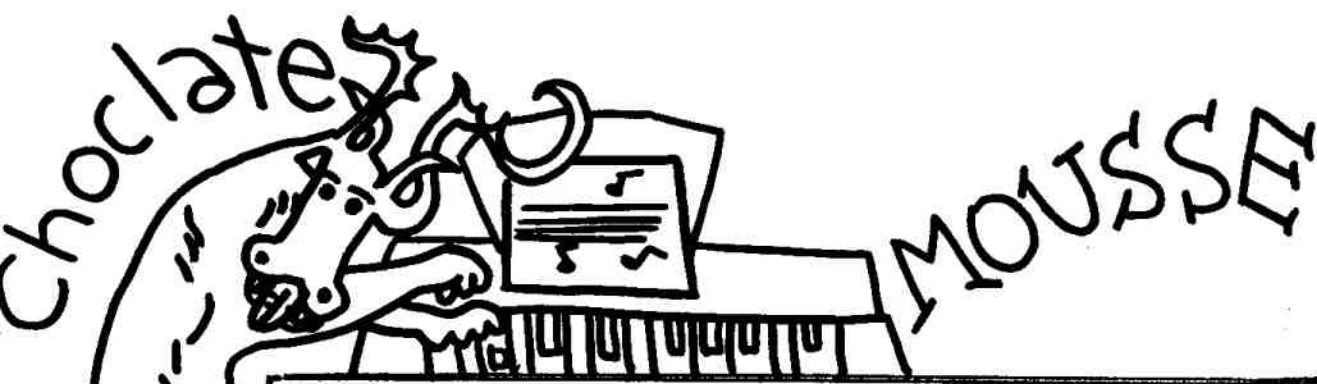
ANJANETTE'S APRICOT WHIP

1 envelope unflavored gelatin
1 can apricot halves
3/4 cup evaporated milk

Open apricots and drain syrup into a measuring cup. If there is less than one cup syrup use more milk so that there will be 1 3/4 cups liquid. Heat syrup to boiling. Empty gelatin into a bowl, or mold or what you wish. Pour syrup over it and stir until gelatin dissolves completely. In blender, combine milk and most of the apricots and blend until smooth. Chop the remaining fruit into little pieces, stir into milk mixture and pour all into syrup. Chill until set. Garnish with cocoanut, honey, fresh fruit, or whatever pleases you.

Serves 4-6.

Chocolates MOUSSE



CHOCOLATE MOUSSE

This one is a real zinger!

- 4 egg yolks
- 1/4 cup sugar
- 2 Tbs. Cognac
- 6 ounces semisweet chocolate (break into small chunks)
- 3 Tbs. strong coffee
- 1/4 lb unsalted butter (cut into small pieces)
- 4 egg whites
- 1/2 cup heavy cream (Whipped)

In a heat proof mixing bowl beat the egg yolks and sugar for 2 - 3 minutes, or until they are pale yellow and thick enough to form a ribbon when whisk or beater is lifted from bowl. Beat in the Cognac.

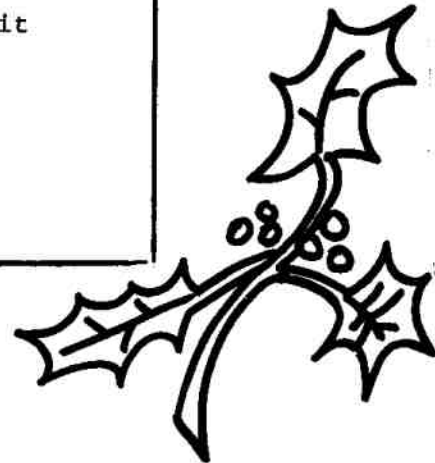
Set the mixing bowl over a pan of simmering water, and continue beating for 3 or 4 minutes, or until mixture is foamy and hot. Then set bowl over a pan of iced water and beat for 3 or 4 minutes longer, or until mixture is cool again and as thick and creamy as mayonnaise.

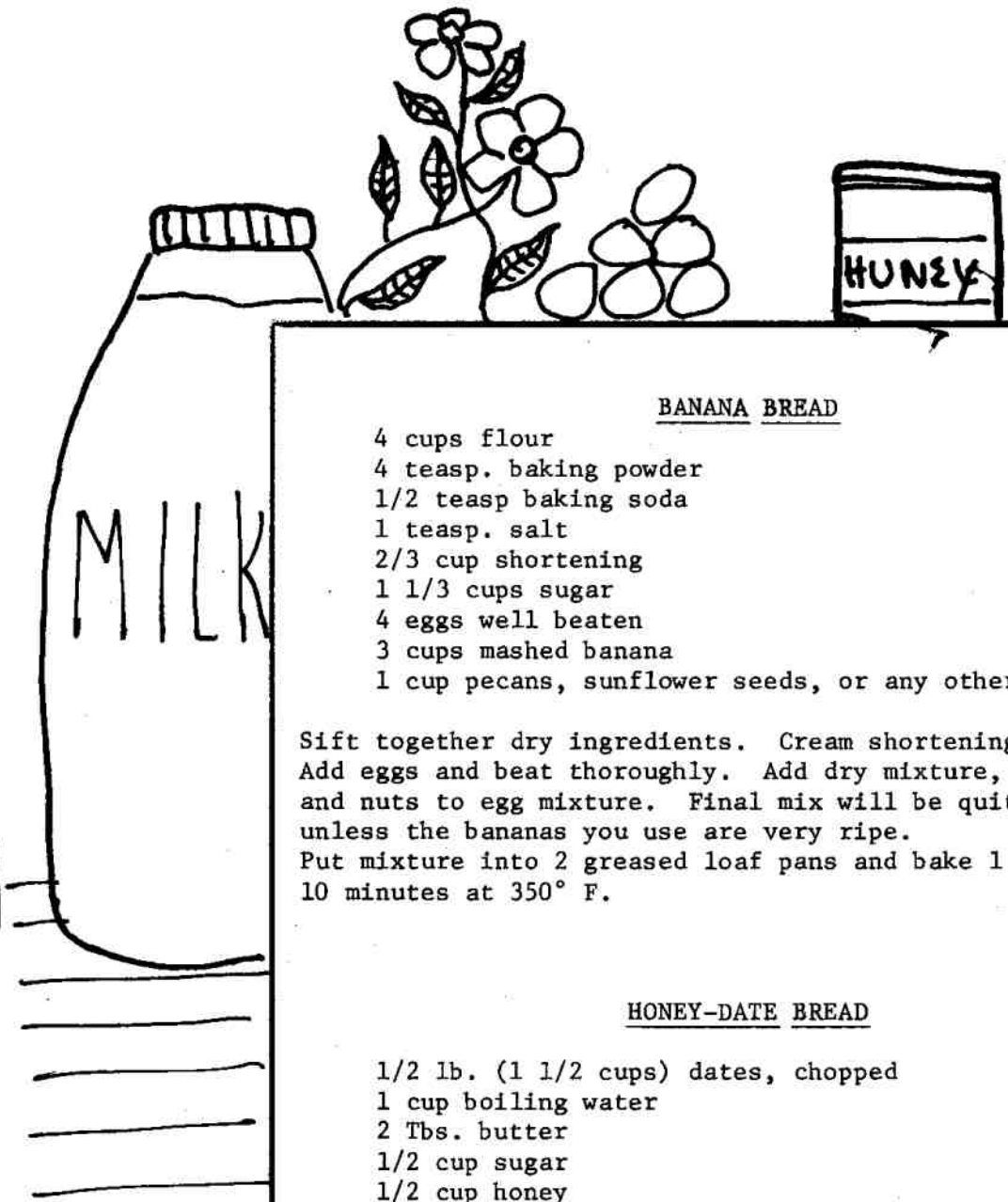
In a heavy 1 to 2 qt. saucepan set over low heat, or in the top of a double boiler, melt chocolate with the coffee, stirring constantly. When all the chocolate is melted, beat in butter, one piece at a time, to make a smooth cream. Then beat the chocolate mixture into the egg yolks and sugar. In a separate bowl, with a clean beater, beat the egg whites until they are stiff enough to form peaks. Stir about 1/4 of the egg whites into the chocolate mixture to lighten it, then very gently fold in the remaining egg whites.

Spoon the mousse into dessert cups and refrigerate for at least 4 hours or until it has set.

Whip the chilled cream in a large, chilled bowl until it is firm enough to hold its shape.

Garnish the mousse with the whipped cream.





BANANA BREAD

- 4 cups flour
- 4 teasp. baking powder
- 1/2 teasp baking soda
- 1 teasp. salt
- 2/3 cup shortening
- 1 1/3 cups sugar
- 4 eggs well beaten
- 3 cups mashed banana
- 1 cup pecans, sunflower seeds, or any other nuts

Sift together dry ingredients. Cream shortening and sugar. Add eggs and beat thoroughly. Add dry mixture, bananas and nuts to egg mixture. Final mix will be quite stiff unless the bananas you use are very ripe. Put mixture into 2 greased loaf pans and bake 1 hour and 10 minutes at 350° F.

HONEY-DATE BREAD

- 1/2 lb. (1 1/2 cups) dates, chopped
- 1 cup boiling water
- 2 Tbs. butter
- 1/2 cup sugar
- 1/2 cup honey
- 3 cups sifted all purpose flour
- 3 teasp. salt and cinnamon
- 1 egg, beaten
- 1/2 cup california walnuts, chopped

Combine first five ingredients. Let cool completely. Sift dry ingredients remaining. Add egg to cooled date mixture then stir into dry ingredients. Stir in nuts. Bake in well greased, floured loaf pan at 350° F for 55-65 minutes. Cool.



ONE HOUR WHOLE-WHEAT BREAD

3 cakes or 3 Txp. dried yeast
3 1/2 to 4 1/2 cups lukewarm stock
1 Txp. honey
2 teasp. salt
1/2 cup nutritional yeast
8 cups whole-wheat flour (approx.)

Soften yeast in stock. Blend in honey and then remaining ingredients. Dough should be slippery and sticky, yet stiff enough so that a spoonful will cling to the spoon. Dough should not "flatten out" immediately after mixing and no liquid should show at sides of bowl. Add more stock or flour as needed to get this texture. Fill greased bread pans 2/3 full of dough. Let rise for 15 minutes at 85 degrees.

Bake at 400 degrees for 15 minutes, reduce heat to 350 degrees and bake 15-20 minutes longer. Cool.

CRANBERRY-ORANGE BREAD

2 cups sifted all purpose flour
3/4 cup sugar
1 1/2 Tbsp. baking powder
1 teasp. salt
1/2 teasp. soda
1 cup coarsely cut cranberries
1/2 cup chopped California walnuts
1 Tbsp. grated orange peel
1 egg, beaten
3/4 cup orange juice
2 Tbsp. salad oil

Sift dry ingredients together. Stir in cranberries, nuts and orange peel. Combine egg, orange juice and salad oil. Add to dry ingredients, stirring until just moistened.

Bake in greased loaf pan for 50 minutes. Remove from pan and cool.

A FEW WORDS ABOUT THIS SOURDOUGH STARTER

Sourdough starter is essentially a living culture of a wild yeast plus the food material needed to keep it alive. It is a marvelous leavener, as it adds its own sourish flavor and interesting crispy-chewy texture to finished dough creations. This particular yeast strain was "caught out of the air", so to speak, by a friend (Pat Bok; Camden, Maine; April, 1971).

* * *

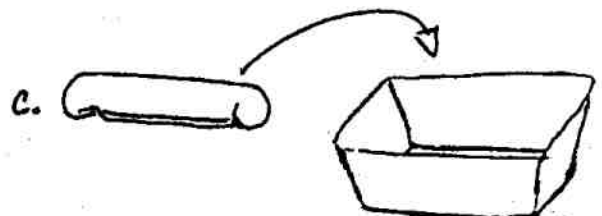
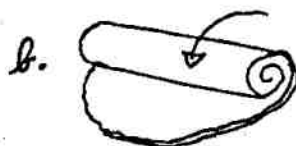
SOURDOUGH LOAF BREAD

- INGREDIENTS:
- | | |
|----------------|------------------------|
| 1 c. starter | 1 c. milk |
| 1/3 c. sugar | 1 egg |
| 2 tsp. salt | 1/4 c. butter or marg. |
| 5 - 6 c. flour | 2 loaf pans |

PROCEDURE:

- 1) Mix 1 c. starter with 2 c. warm water + 2 c. white flour. Return 1 c. of this mixture to clean starter container and set it aside overnight at room temperature before returning it to the refrigerator.
- 2) To remaining mixture, add the sugar, salt, milk, egg, butter, and 2 c. flour. Stir or mix well (electric mixer recommended!). Continue adding flour, shifting to stirring and then to kneading as the dough stiffens. You're aiming for a moderately stiff, unsticky, smooth dough.
- 3) Set dough aside in a covered bowl at room temperature and let it rise until it triples or quadruples size (this may take 8 - 16 hours, depending on the temperature). It becomes more and more sour the longer it rises.
- 4) Punch down the dough, divide in two equal portions, and roll out each portion to 1/3" - 1/2" thickness. Form each into a "loaf-roll" (see diagrams) and place in buttered loaf pan. Brush with melted butter, cover, and let rise until double in size. Bake at 375°F for 1/2 hour or so, until brown on top.

NOTE: Starter will keep well for up to three months between replenishments, if it stays in the 'fridge.



SOURDOUGH PANCAKES & WAFFLES

INGREDIENTS: 1 c. starter 1/4 c. evap. or reg. milk
 2 c. flour 1 tsp. salt
 2 c. warm water 1 tsp. soda
 1 egg 2 T. sugar
 2 T. oil

- 1) Mix 1 c. starter with the flour & warm water. Return 1 c. of this to clean starter container and set it aside overnight at room temperature before returning it to the refrigerator.
- 2) Let remainder of batter sit overnight in a covered container in a warm place.
- 3) Blend dry ingredients in bowl. Add liquids to batter, then stir in dry blend, which will cause a foaming action.
- 4) Let batter rest 5 minutes, then drop onto very hot griddle to make \$1 - sized pancakes, OR: put into waffle machine.

* * *

SOURDOUGH ENGLISH MUFFINS

INGREDIENTS: 1/2 c. starter 1 tsp. salt.
 1 c. milk 1/2 tsp. soda
 3 c. flour 3 T. corn meal
 1 T. sugar

PROCEDURE:

- 1) Mix starter, milk, + 2 c. of the flour. Cover loosely and set aside in warm place overnight.
- 2) Mix 1/2 c. flour, the sugar, salt, and soda, and stir into dough. Place on floured dough board and knead in more flour, until dough is smooth and no longer sticky.
- 3) Roll dough to 3/4" thickness. Use a Tuna can to cut out muffins. Place 1" apart on cooky sheet which has been sprinkled with corn meal. Sprinkle more cornmeal on top. Cover and set aside in warm place to rise (1 hour or so).
- 4) Bake on lightly greased griddle over medium heat, 8 - 10 minutes per side; turn once.