

# 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As trout was just too out of date.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!

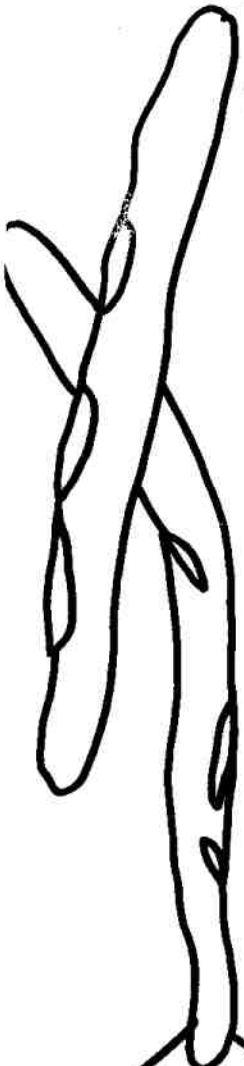
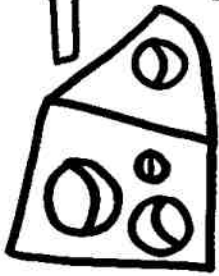
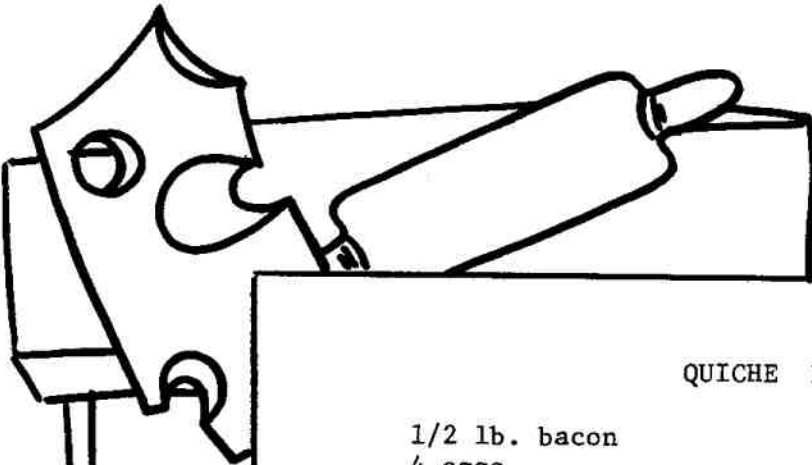
- 2 fryers, cut in pieces (minus giblets)
- salt and pepper
- 1/2 lb butter or margarine
- 1 large yellow onion, thinly sliced
- 2 cans solid pack tomatoes, 1 lb. 12 ozs. each
- 1/2 teasp. garlic powder
- 1 teasp. salt
- 1/2 teasp. pepper
- 1 Tbsp. chopped parsley
- 1/2 teasp. powdered thyme
- 1/2 teasp.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

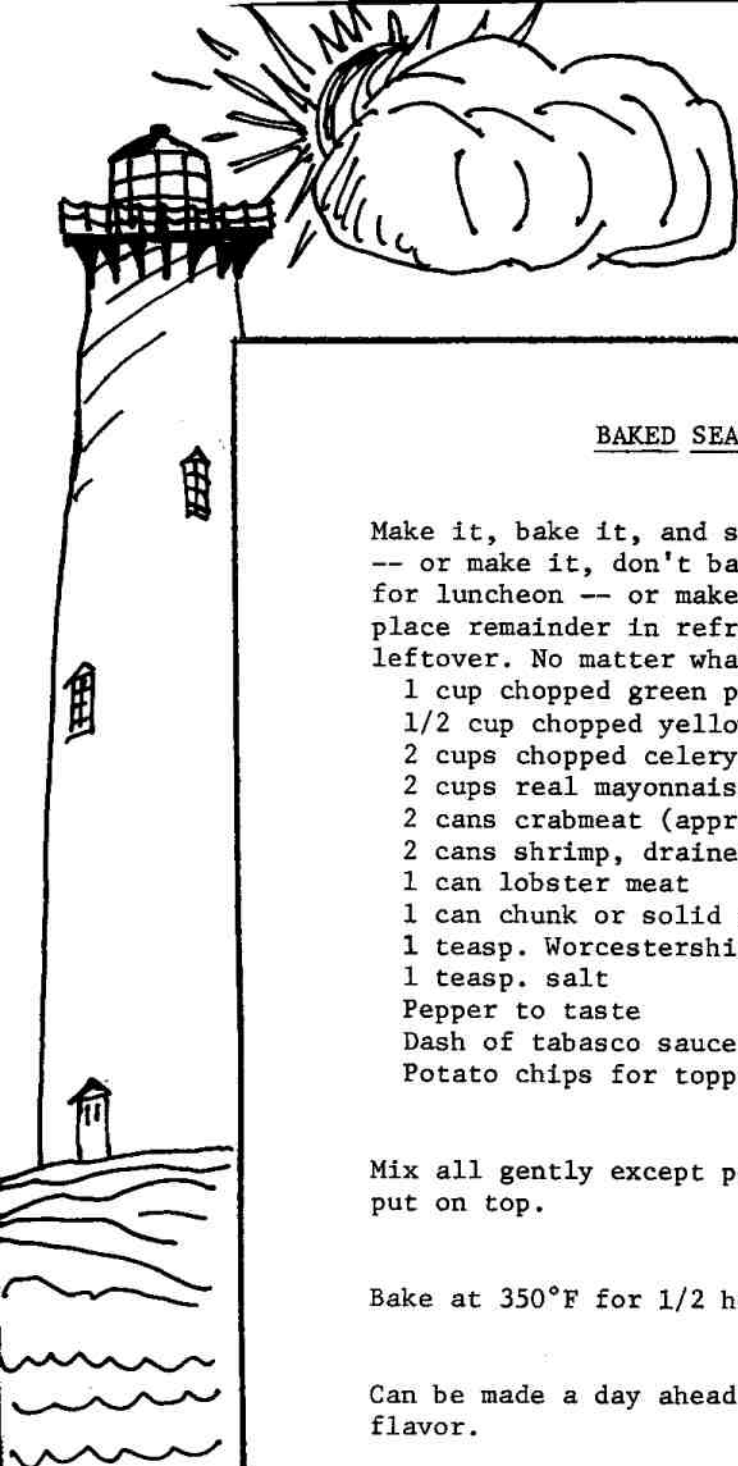
Rub chilled pie shell (bottom only) with softened butter. This prevents the crust from becoming soggy.

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.

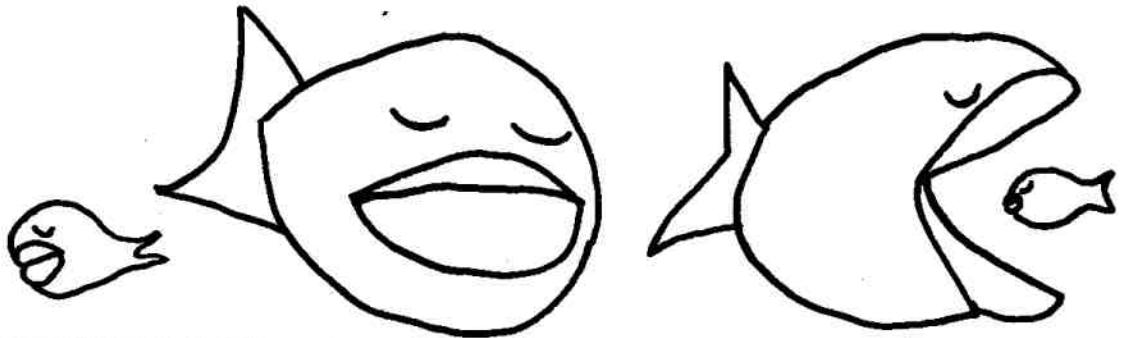
Pour the sauce over the steaks.

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

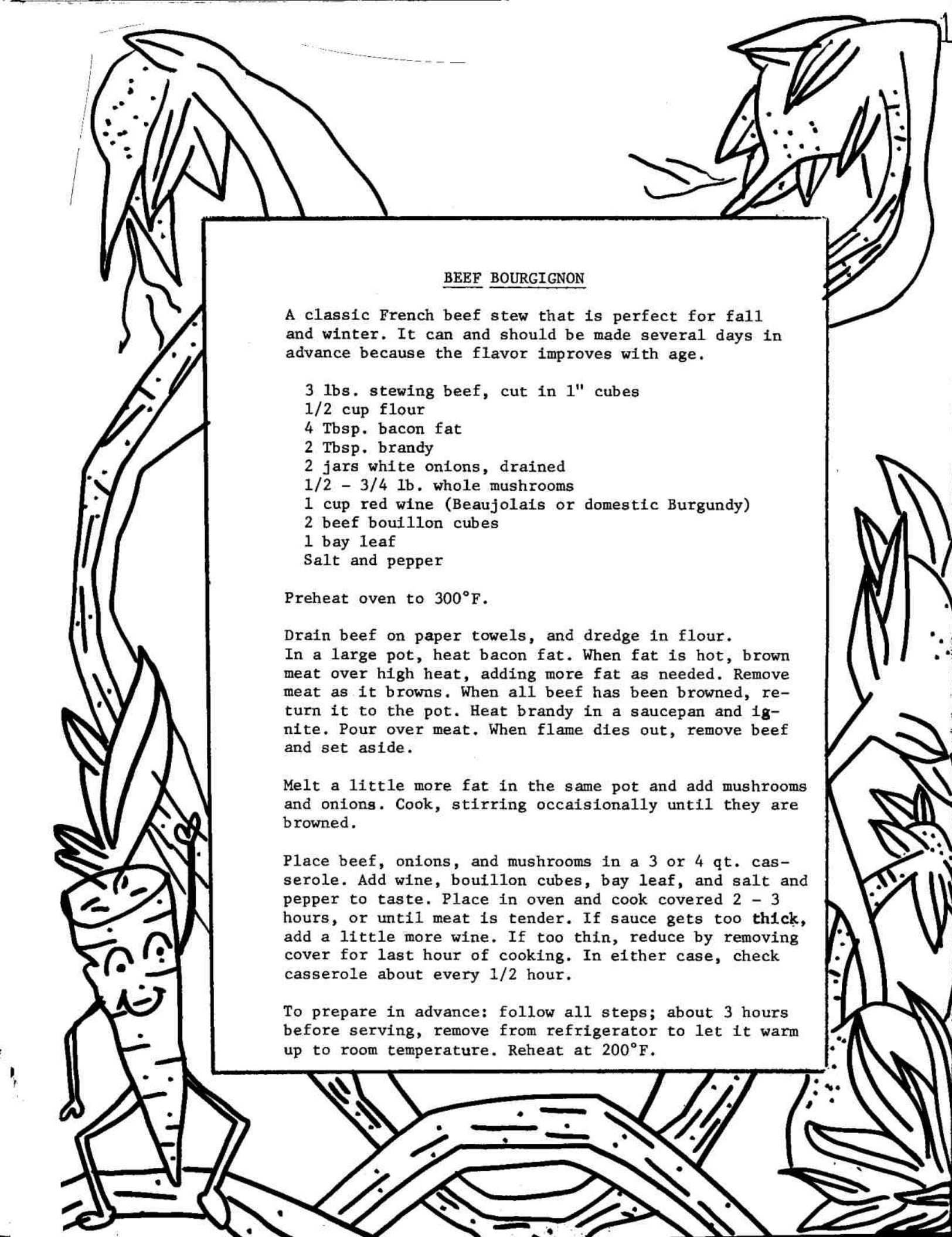
Fill large saucepan half full of water (salted) and heat to boiling. Add corn and boil a few minutes. Cut meat into small pieces and sprinkle with salt. Add meat to corn and simmer for 30 minutes.

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

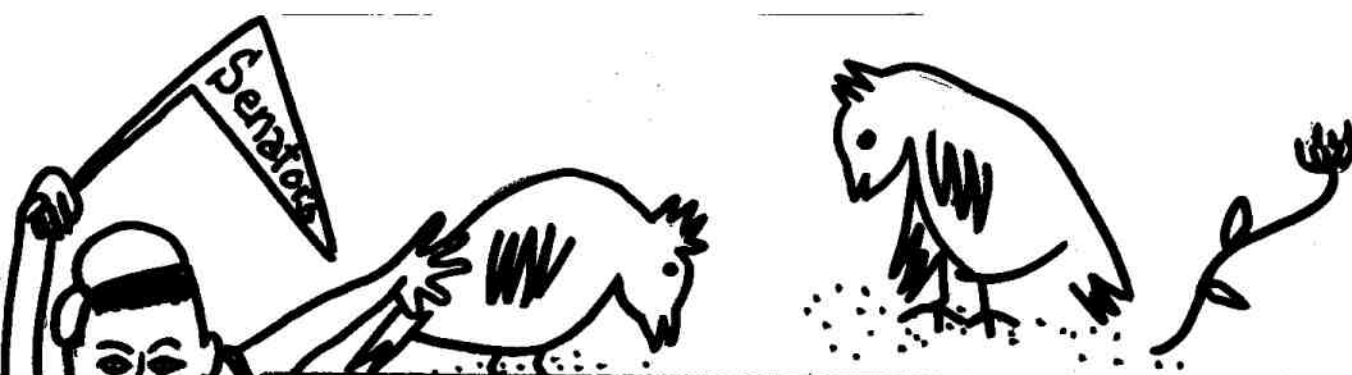
Preheat oven to 300°F.

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.

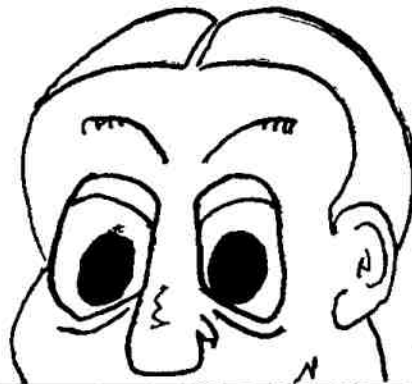
Mix peas, beans, mushrooms, pepper, onion and garlic together and put on top of chicken and bacon.

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).

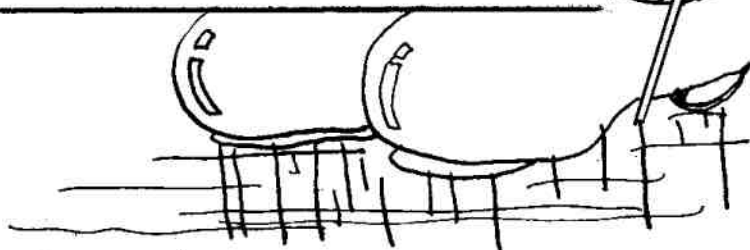
Serve with rice.

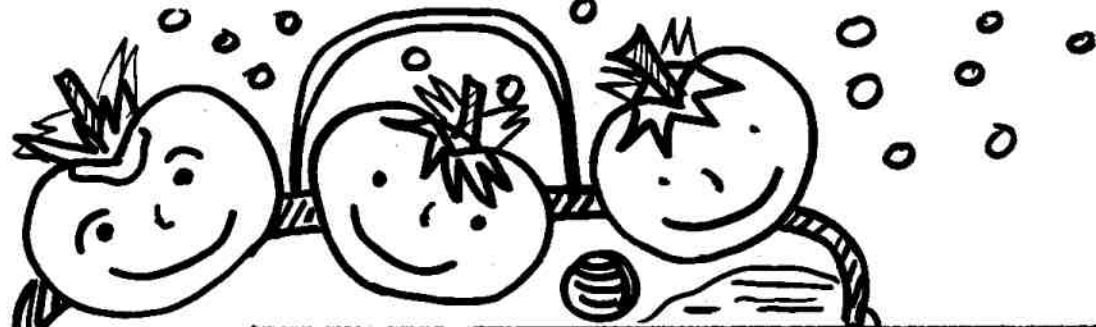
For a real delicacy, add 8-12 medium-sized almonds 15 minutes before the end of cooking time.

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

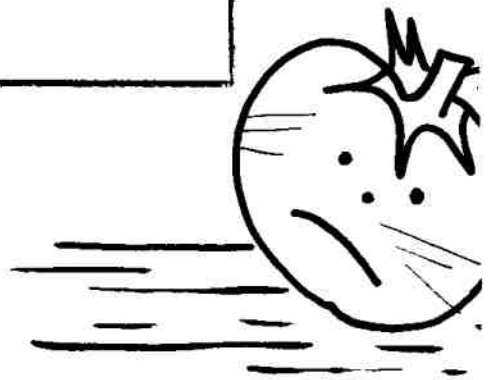
Soak shili pepper 15 minutes in hot water. Remove seeds and run through food chopper. Heat bacon fat in skillet. Add onion and garlic and brown lightly. Add meat and brown, stirring constantly. Add remaining ingredients and mix well. Transfer to a deep casserole with a tight fitting lid. Add enough water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

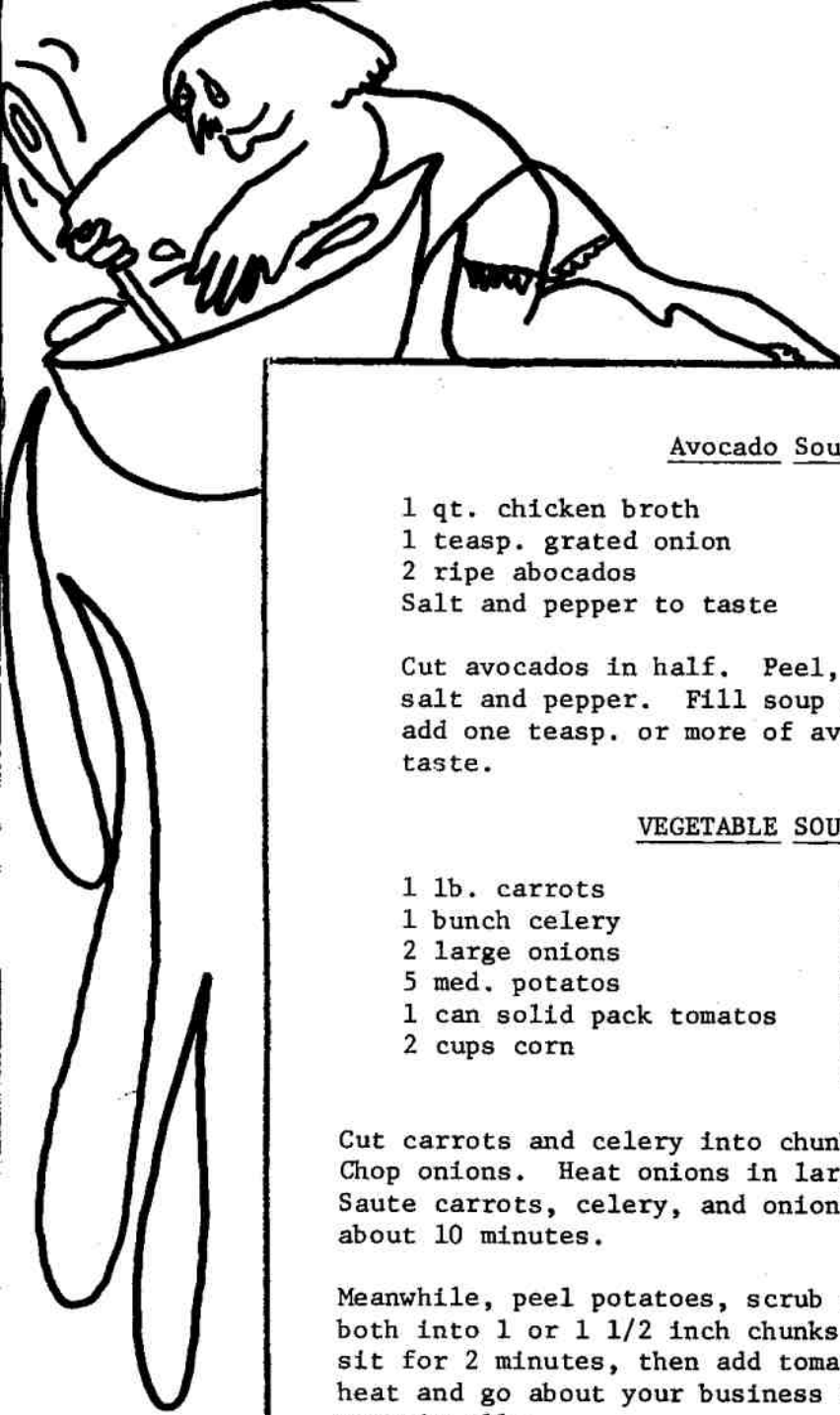
SHRIMP DE JONGHE

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.

