

# Vegetable (loosely) Recipes

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[amyl](#)

# Capsicum Recipes

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[amyl](#)

# Stuffed Peppers

From: Dan Griscom (griscom@media.mit.edu)

Date: 7 Jul 93 00:00:59 CDT (Wed)

(from Italian Vegetarian Cooking by Jo Marcangelo)

(Serves 4)

4 medium red or green peppers  
2 T olive oil  
1 medium onion, chopped  
1 clove garlic, peeled and crushed  
2 small zucchini, coarsely grated  
1 1/2 c sliced mushrooms  
2 T chopped fresh parsley  
2 c fresh wholewheat breadcrumbs  
1/2 c grated Parmesan cheese  
1 egg, beaten  
Salt and pepper

1) Core peppers by removing stem and then scooping out interior, removing all the white pith and seeds. Parboil for 3 minutes in boiling water; remove, rinse in cold water and drain.

2) Heat oil in frying pan, add onion, fry 2 minutes. Add zucchini, fry another 3 minutes. Add mushrooms, fry another 1 minute, drain [this is to keep the filling from being soupy; you may want to try just sauteing until the liquid is gone]. Add rest of ingredients, with salt and pepper to taste. Combine thoroughly.

3) Fill peppers with mixture. Stand upright (cutting a small slice off the bottom if necessary) in an ovenproof dish with 2 or 3 T water in the bottom.

4) Bake at 350 degrees for 30-45 minutes, or until the peppers are tender. Serve hot.

Ideas: add basil, top with cayenne pepper.

[amyl](#)

# Stuffed Green Peppers

From: "Beverley Epp" Beverley@lehman.on.ca

Date: Thu, 23 Sep 1993 00:19:57 GMT

About 8 Peppers (Green/Red/or whatever colour)

1 lb hot Italian Sausage cumbled

1 lb ground beef

1 onion chopped

1-2 cups fresh or canned tomatoes

1 cup cooked rice

Italian Seasoning

Seasoned Pepper

Grated Mozzarella

Saute beef, sausage, onion until browned. Drain fat off. Add tomatoes, seasonings and simmer for a little bit. Add rice. Stuff into peppers that have been cut lengthwise and cleaned out. Sprinkle with mozzarella or parmesan. Bake in a casserole with some tomatoe sauce underneath peppers at about 350 until hot. These freeze great. I make a lot at this time of year when peppers are cheap and freeze them.

[amyl](#)

# Stuffed Green Peppers

From: barrie.lax@synapse.org (Barrie Lax)

Date: Mon, 27 Sep 1993 13:10:00 GMT

Cut the tops off 8 green peppers and remove the seeds.

Mix a pound of lean minced beef (Hamburger) with a heaping 1/4 cup of rice. Add a clove of garlic chopped, a medium onion chopped and salt and pepper and blend well. Pack this mixture into each pepper to fill 2/3ds and replace the tops. Fit upright in a large saucepan.

To cover you will need about 2 cups of tomato juice to which add about 4 tbsp vinegar (wine preferred) along with 3 tbsp of sugar. A little chicken stock (about 1 tbsp powdered) would be nice if you have it. Add enough water to this to just cover the peppers if you are short.

Bring to a boil, reduce heat and simmer for about an hour until the peppers are tender and about 2/3ds of the liquid is absorbed.

You can sub brown sugar or honey for the sweetener...add garlic to the juice if you're a fanatic. You can also puree a can of tomatoes and add tomato juice to bring you up to quantity if you like a stronger tomato note. Adjust the rice to meat mixture to if you like. Hey...This is a recipe I have made often and can vouch for. If you like it sweeter or less meaty that's up to you. The quantities work for me. Obviously the size of the peppers will have something to do with the required amount of filling.

This recipe is of Balkan origin and is served both hot and cold as a first or main course. As I am here in Ottawa, you may call if you get into trouble.

[amyl](#)

# Stuffed Peppers

From: demers@ere.umontreal.ca (Demers Serge)

Date: Fri, 1 Oct 93 20:07:12 -0400

Here is an indian stuffed pepper recipe:

You need:

2 red and 2 green peppers (large)  
5 Tbsp oil  
1 onion, finely chopped  
2 tsp ground coriander  
1 tsp ground cumin  
1/2 tsp cayenne pepper (or to taste)  
350 gr of ground beef  
3 Tbsp rice  
1 can (400 gr) tomatoes, keep the liquid  
salt

Heat 3 Tbsp of oil in a frying pan, fry the onion until golden. Add spices and cook 2 minutes. Add the ground beef and cook well. Add the rice and the salt and cook 2 minutes.

Cut the top of each pepper, remove the seeds and the ribs inside. Fill them with the beef mixture.

Select a large sauce pan, big enough to fit the four peppers standing up. Put the last 2 Tbsp of oil in the pot, fit the peppers, add the tomatoes around and pour the tomato juice into each pepper.

Cover the pot, bring to boil and simmer for 40 minutes.

[amyl](#)

# Stuffed Green Peppers

From: [barrie.lax@synapse.org](mailto:barrie.lax@synapse.org) (Barrie Lax)

Date: Sat, 2 Oct 1993 19:08:00 GMT

Cut the tops off 8 green peppers and remove the seeds.

Mix a pound of lean minced beef (Hamburger) with a heaping 1/4 cup of rice. Add a clove of garlic chopped, a medium onion chopped and salt and pepper and blend well. Pack this mixture into each pepper to fill 2/3ds and replace the tops. Fit upright in a large saucepan.

To cover you will need about 2 cups of tomato juice to which add about 4 tbsp vinegar (wine preferred) along with 3 tbsp of sugar. A little chicken stock (about 1 tbsp powdered) would be nice if you have it. Add enough water to this to just cover the peppers if you are short. Bring to a boil, reduce heat and simmer for about an hour until the peppers are tender and about 2/3ds of the liquid is absorbed.

You can sub brown sugar or honey for the sweetener...add garlic to the juice if you're a fanatic. You can also puree a can of tomatoes and add tomato juice to bring you up to quantity if you like a stronger tomato note. Adjust the rice to meat mixture to if you like. Hey...This is a recipe I have made often and can vouch for. If you like it sweeter or less meaty that's up to you. The quantities work for me. Obviously the size of the peppers will have something to do with the required amount of filling.

This recipe is of Balkan origin and is served both hot and cold as a first or main course. As I am here in Ottawa, you may call if you get into trouble.

Bar.

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~ 1st 1.11 #300 ~ "640k should be enough for anybody" - Bill Gates, 1981.

[amyl](#)

# Mushroom Recipes

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[mara](#)



# Grilled Portobello Mushrooms

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 4 Oct 1993 18:44:25 GMT

Roger Joseph is always asking about Portobello recipes and I tore this page out of an American Way magazine on the flight back from Florida cause it had a recipe and it reminded me of him.

Brush the mushroom with olive oil, balsamic vinegar, and lots of black and red pepper (big mushroom, eh?). Grill it for 2 and a half minutes on each side, and garnish it with a puree of garlic and parsley. Serve it with lemon slices on a bed of salad greens with a roasted red bell pepper. If you have leftover stems and broken mushrooms bits, simmer them for ninety minutes in water with a bay leaf and thyme. Use the dark brew to add or enhance a mushroom flavour in sauce.

[amyl](#)

# Marinated Mushrooms

From: [st931530@pip.cc.brandeis.edu](mailto:st931530@pip.cc.brandeis.edu)

Date: Thu, 21 Oct 1993 18:00:54 GMT

1 cup white wine  
2 tbs. brown sugar  
1/4 cup sliced green onion  
1 ts hot red pepper flakes  
1/2 ts salt  
1/2 ts Oregano leaves  
1/2 cup white wine vinegar  
2 cloves garlic, finely minced  
1/4 cup diced red pepper  
1 lb small fresh mushrooms, trimmed.  
1/4 ts. ground black pepper.

Combine wine, vinegar, sugar, garlic, green onion, red pepper and red pepper flakes in an 8 cup microwaveable casserole. Cover; microwave at high for three to five minutes or until mixture is simmering. Add mushrooms. Cover; microwave at high 6 to 8 minutes or until mushrooms are tender but not mushy. Stir partway through cooking. Stir in salt, oregano, and pepper. Let stand, covered, for thirty minutes. Transfer to covered jar or container. Can be refrigerated up to one week.

Actually, it's a good one, even if you can't stand microwave cooking. Just watch the mushrooms carefully while they cook. They're also good when reheated.

Jeff Lawley

[amyl](#)

# Mushrooms in Cream

From: jongleur@aol.com

Date: Mon, 19 Jul 93 22:09:27 EDT

Adapted without permission from \*Nika Hazelton's Way with vegetables\* (a good book, and most recipes are healthier than this one)

Chop 1 pound of mushrooms into halves or quarters.  
Heat 2/3 cup heavy cream. Heat 2T butter in a deep frying pan.  
Add 3-4 chopped garlic cloves to the butter.  
Add mushrooms and cook for about 2 min, until brown.  
Add hot cream, salt, 1 tsp pepper, 2 tsp nutmeg.  
Cook for about 5 more min, then add 1/2 cup chopped cilantro.  
Serve on hot buttered rice or French bread

[mara](#)

# Mushroom Recipes : COLLECTION

Indexed : vegetables/mushrooms From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 2 Sep 93 13:29:27 +0200

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From: arielle@taronga.com (Stephanie da Silva)

BACON AND CREAM CHEESE STUFFED MUSHROOMS  
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Ingredients:

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- 8 oz. cream cheese, softened
- 4-6 strips of bacon, fried and crumbled; reserve fat
- 1 small onion, finely chopped
- 20-25 large mushrooms, stems removed
- about 8 mushroom stems, finely chopped

Instructions:

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Saute onion and mushroom stems in bacon fat until tender. Drain off excess fat. Mix crumbled bacon, onion and stems with softened cream cheese until the mixture is workable.

Stuff each mushroom and bake at 350 degrees F for 10-15 minutes. Finish under the broiler just until tops are golden.

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From: sfegus@ubvm.cc.buffalo.edu

BAKED SCALLOPS AND MUSHROOMS IN GARLIC SAUCE  
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Ingredients:

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- 3/4 lb scallops
- 1/4 cup flour
- 1/2 lb mushrooms, stems removed and minced
- 3 tblsp olive oil
- 1/4 cup white wine
- 3 tblsp fine bread crumbs
- 2 tblsp minced onion

1 tblsp minced parsely  
2 clove minced or pressed garlic  
pinch of red pepper flakes & salt

Instructions:

-----

Preheat oven to 350F. Brush a shallow baking dish with 1 tbs of the oil. Bake the 'shroom caps for 10 min. Combine stems, crumbs, onion, parsely, red pepper and salt mix together well. Add scallops to the baking dish.

(If you really want to be artistic, plan it out so the scallops are a good size to fit into the mushroom caps, and buy the same number of each. Then you can stick one scallop in each 'shroom.)

Add the wine to the baking dish. Sprinkle the minced mixture over all, and drizzle the remaining oil over. Bake for 20 more min, or until done.

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From: jkwallac@uci.edu (Janis Wallace)

BAKED STUFFED MUSHROOM  
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Ingredients:

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8-10 large fresh mushrooms  
1 can of crab meat (drained)  
1-2 tblsp mayonaise  
1/4 cup (or so) shredded swiss cheese

Instructions:

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Cut the stems of the mushrooms and scoop out the centers. Finely chop stems and centers. Combine the crab meat and mayo (as you would for tuna salad). Add whatever seasonings you like (I use "Pinch of Herbs") to taste. Add in chopped stems and centers. Add in cheese. Stuff into mushroom cups and place under the broiler for 5-7 minutes.

Note:

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My sister has a "gourmet" recipe with about 97 different ingredients, and it IS good, but this is the one dinner guests seem to prefer - they usually are the first to disappear!

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From: sue@askinc.ASK.COM (Sue Volkmann)

BAKED STUFFED MUSHROOM  
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Ingredients:

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- 12-16 large mushrooms
- 2-4 oz blue cheese (to taste)
- 1/2 tsp garlic powder
- 10 oz frozen chopped spinach - thawed and squeezed dry
- 2 tblsp butter
- salt and pepper to taste

Instructions:

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1. Remove the mushroom stems (I also remove some of the area around the stem as well) and chop these up fine (I use a food processor)
2. Mix well the chopped stems, blue cheese, garlic, spinach, and a little salt and pepper. (I omit the salt)
3. Melt the butter and coat the entire mushroom, inside and out.
4. Stuff the mushrooms with as much stuffing as can fit (the more the better :)
5. Bake at 350 degrees for 10 to 15 minutes (don't exactly recall)

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From: arielle@taronga.com (Stephanie da Silva)

CRAB-STUFFED MUSHROOMS  
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- 1/4 cup minced scallions
- 2 tsp reduced-calorie tub margarine
- 4 oz drained canned crabmeat, cartilage removed
- 2 tblsp minced fresh parsley
- 1 tblsp drained white horseradish
- 2 cloves garlic, minced (pressed)
- 2 drops hot red pepper sauce
- 2 1/4 cup small mushrooms, stems removed\* (24)
- Ground red pepper to garnish

\* Reserve stems to use in soup.

Instructions:

-----

1. Combine scallions and margarine in 2-cup measure. Microwave on High 2 minutes; stir in crabmeat, parsley, horseradish, garlic and pepper sauce. Stir well.

2. Place half the mushrooms, stemmed sides up, in a 9" pie plate. Fill each mushroom cap with 1 t. crab mixture. Microwave on High 3-4 minutes, turning plate once. Remove mushrooms to serving plate; repeat with remaining mushrooms and filling. Let stand 2-3 minutes before serving. To garnish, sprinkle with ground red pepper.

Each serving (6 mushrooms) provides: 1/4 FA, 1 P, 1 1/4V.

Per serving: 52 cal, 7 g pro, 2 g fat, 3 g car, 120 mg sod, 25 mg chol.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

CREAMED MUSHROOMS

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Ingredients:

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- 1 medium onion peeled and quartered
- 2 tblsp salad oil
- 450 g mushrooms
- juice of 1 medium lemon
- 142 ml soured cream
- salt & ground black pepper
- parsley for garnishing

Instructions:

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Reduce onion to a puree in processor or blender, lightly saute in oil in a large frying pan. If necessary peel and trim mushrooms slice finely. Add mushroom to onion, sprinkle with seasoning and lemon juice. Cover. Cook gently about 6 minutes. Lightly stir in soured cream. Adjust seasoning to taste. Cook for 2 minutes more. Serve garnished with sprigs of parsley.

This is a recipe equally good hot or cold. Good for barbecues (cold).

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From: arielle@taronga.com (Stephanie da Silva)

CRISP SAUTEED MUSHROOMS  
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Ingredients:

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1 # large whole fresh mushrooms  
these mushrooms must be absolutely fresh and the caps should  
not be separating from the stems.

Instructions:

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Brush off mushrooms and slice into 1/4" slices from the top down,  
including the stems.

With a fine mist spray bottle, mist the mushrooms to just barely dampen.

Drop into a paper bag or large ziplock bag that contains 1 or 2 cups of  
a/p flour. Stir well or shake very gently. Then, let the mushrooms  
"marinate" for a while in the flour while you prepare to cook them.

In a large, well seasoned cast-iron skillet or a commercial quality non-  
stick skillet melt 1/2 stick of fresh unsalted butter and ~1/4 cup of  
olive oil. Mix the oils well and heat to ~300-325 degrees F.

Drop the mushrooms into a colander to remove excess flour. Drop a few  
at a time into the butter/oil and coat each well. Continue 'til all the  
mushrooms are in the skillet. Turn down the heat to the saute level  
and continue to cook, turning frequently. After a few minutes add salt  
and pepper to taste.

Continue to cook until the degree of crispness is achieved.

My neighbor used to cook these for a long time, rendering nearly all the  
moisture out of the mushrooms. The finished product would be the most  
delicate, and crisp mushrooms used as a side vegetable.

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From: starman@crash.amigans.gen.nz (Robin Halligan)

EGG AND MUSHROOM STROGANOFF  
=====

(Serves 4)

Ingredients:

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- 4 eggs
- 1/2 cup long grain rice
- 1 tblsp melted butter
- 1 small onion, Finely chopped
- 3 bacon rashers, chopped
- 1 cup sliced mushrooms
- 225 g carton sour cream
- salt and pepper
- parsley, chopped for garnish

Instructions:

-----

Hard boil eggs. Cook the rice in boiling salted water until tender. Drain well and place on a serving plate. Arrange the eggs on top and keep warm. In a frying pan melt the butter, then fry the onions, bacon and mushrooms until tender. Stir in the sour cream. Mix well, then pour the mixture on top of the eggs. Sprinkle with parsley. Serve immediately.

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From: arielle@taronga.com (Stephanie da Silva)

GARDEN-STUFFED MUSHROOMS

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Ingredients:

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- 1/2 cup (125 mL) dried, crumbly-style herb seasoning stuffing mix, crushed
- 1/4 cup (50 mL) butter or margarine, melted
- 1/4 cup (50 mL) finely chopped carrot
- 1/4 cup (50 mL) finely chopped green pepper
- pinch of pepper
- 2 tblsp (30 mL) finely chopped onion
- 16 mushrooms, about 2-inch (5 cm), stems removed

Instructions:

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Heat oven to 350F (180C). In small bowl, stir all the ingredients together except mushrooms. Stuff each mushroom cap with 1 tablespoon (15 mL) filling. Place in buttered 13x9-inch (33x23 cm) baking pan. Bake for 20 to 25 minutes or until tender.

Microwave Directions:

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Prepare mushrooms as directed. Place in buttered 12x8-inch (30x20 cm) baking dish. Cover and microcook on high, turning dish after half the time, until tender (8 to 9 minutes).

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From: jdg@ulysses.att.com (J. David Garland)

Source: Taken from the Vegetarian Times

GRILLED PORTOBELLA MUSHROOMS WITH MANGO CHUTNEY

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(4 servings)

Ingredients:

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- 4 Portobellas
- 1 large ripe mango
- 1 red bell pepper
- 1 jalapeno pepper (optional)
- soy sauce
- vinegar
- 1 tsp miso
- 1 bunch arugula lettuce

Instructions:

-----

Carefully remove stems from mushrooms (use for soup) and clean them thoroughly. Marinate in vinegar/miso/soy sauce for an hour or so.

Dice the mango and pepper, chop the jalapeno, and toss with a little vinegar.

Clean the lettuce and separate into single leaves.

Grill the mushrooms on both sides. When grilling the top, turn the mushroom 90 degrees halfway through to get a square or diamond crosshatch pattern.

To serve, fan 3 lettuce leaves on the plate, center the mushroom, and place a dollop of chutney on either side.

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From: arielle@taronga.com (Stephanie da Silva)

Source: Good Housekeeping "All-Time Favorite Recipes"

HOT MUSHROOM TURNOVERS  
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Ingredients:

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- 3            3oz pkg cream cheese, softened
- butter or margarine, softened
- all-purpose flour
- 1/2 lb. mushrooms, minced
- 1            large onion, minced
- 1 t           salt
- 1/4 t        thyme leaves
- 1/4 C        sour cream
- 1            egg, beaten

Instructions:

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Early in day: In large bowl, with elec. mixer at med speed, beat cream cheese, 1/2C butter and 1 1/2 C flour until soft dough forms; wrap dough in waxed paper; chill at least 1 hr.

In med skillet, in 3 T butter, saute mushrooms and onion until tender; blend in salt, thyme, and 2 T flour; stir in sour cream; chill.

On floured surface, roll half of dough in 15 inch circle (about 1/16" thick); cut into twenty 2 3/4" circles. Roll scraps into ball; chill.

On one half of each circle, place teaspoonful of mushroom mixture. Brush edges with egg; fold other half over filling; with fork, press edges together; prick tops to let out steam; place on ungreased cookie sheet. Repeat with rest of dough, scraps, filling. Brush with egg; cover; chill.

About 20 min before serving: Preheat oven to 450 deg F. Uncover turnovers; bake 12 min or until golden. Makes about 50.

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From: arielle@taronga.com (Stephanie da Silva)

ITALIAN STUFFED MUSHROOMS  
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1 lb hot Italian sausage  
 1 slice finely chopped onion  
 1/2 green pepper, finely diced  
 1/4 tsp garlic powder  
 1/4 cup dry bread crumbs  
 dash of pepper  
 1/4 tsp salt  
 ca. 1 1/4 cups spaghetti sauce  
 40 large mushroom caps  
 oil  
 mozzarella cheese

Instructions:

-----

Cook Italian sausage, onion, green pepper, garlic powder, and a handful of mushroom stems, finely chopped, in a skillet, then drain fat. (It's best if you put meat mixture into a food processor with steel blade at this point to give meat a finer texture. Just process for about 5 seconds or less.) Then add bread crumbs, pepper, salt, and spaghetti sauce. Coat mushroom caps with oil. Fill mushroom caps with meat mixture. Cover with foil and bake at 350 about 20 minutes. Sprinkle with mozzarella cheese, then broil until cheese is melted and mushrooms are tender. (Or loosely cover with wax paper and microwave.)

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From: arielle@taronga.com (Stephanie da Silva)

MEXICAN STUFFED MUSHROOMS

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Ingredients:

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1 lb. hot sausage  
 1/3 cup soy sauce  
 1 clove garlic  
 2 lbs. LARGE mushrooms

Instructions:

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Mix together the first 3 ingredients. Stuff mushrooms. Bake at 350 F for 20 minutes or until sausage is done.

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From: arielle@taronga.com (Stephanie da Silva)

MOZZARELLA-MUSHROOM BITES

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Ingredients:

-----

- 1 pkg (16-oz) part-skim mozzarella cheese
- 2 eggs
- Water
- 1 cup seasoned bread crumbs
- 1 lb mushrooms

Sauce:

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- 1 chopped small onion
- 2 tblsp vegetable oil
- 1 can (16-oz) whole tomatoes in thick puree
- 1/2 tsp dried thyme
- 1/4 tsp crushed red pepper
- Vegetable oil for frying
- Parsley for garnish

Cut mozzarella into 1/2 inch thick slices; cut each slice into 1/2 inch strips. In small bowl or pie plate, beat eggs with 2 tablespoon water. Place bread crumbs on wax paper. Dip mozzarella sticks into egg mixture, then coat with bread crumbs. Place on baking sheet; freeze about 30 minutes to set coating. Meanwhile, dip mushrooms in egg mixture, then coat with bread crumbs; set aside.

Tomato Sauce:

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In small saucepan, saute onion in oil 5 minutes until soft. Add remaining sauce ingredients; bring to a boil. Reduce heat and simmer 10 minutes, stirring to break up tomatoes; keep warm. In 4 quart saucepan, using deep-fry thermometer, heat 2 inch oil to 370 degrees. In batches, fry mozzarella sticks 1-2 minutes until golden brown. With slotted spoon, remove to paper towels. Repeat procedure with mushrooms. To serve, arrange mozzarella and mushrooms on platter; garnish with parsley. Serve with tomato sauce.

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From: arielle@taronga.com (Stephanie da Silva)

MUSHROOM-BACON PATE - PARTY PATE WITHOUT LIVER

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Ingredients:

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- 2 lbs fresh mushrooms, chopped very fine
- 1/2 lb bacon (or more, to taste)
- 2/3 cup onion, chopped very fine
- 2/3 cup celery, chopped very fine
- 8 oz cream cheese, at room temperature
- 4 eggs
- 1/2 cup parsley, chopped very fine
- 2 cups dry bread crumbs
- 1 tsp salt
- 1 tsp dried rosemary
- 1 tsp dried oregano
- 1/4 tsp ground black pepper

(1) Fry the bacon and crumble it as fine as possible. Reserve some of the grease.

(2) Chop the mushrooms, onion, celery, and parsley as fine as possible. A food processor works best, but you can do it by hand if need be.

(3) Saute the onion and celery in the bacon grease until soft, then remove from the grease, and drain.

(4) Meanwhile, beat the cream cheese slightly, and then beat in the eggs. Add all other ingredients to the eggs/cheese mixture. Mix thoroughly.

(5) Grease a large loaf pan or two small, line with foil, and then grease the foil. Pat the mixture into the loaf pan and cover loosely with foil. Bake for 1 1/2 hours at 400 deg. F.

(6) Let cool completely before serving.

Notes:

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This pate is actually best when refrigerated before serving. Serve with crackers, or with bread cut into shapes with cookie cutters.

To make this a more elegant buffet dish, garnish the top with a thin layer of aspic.

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From: arielle@taronga.com (Stephanie da Silva)

MUSHROOM PATE  
=====

Ingredients (all approximate):

- 
- 3/4 lb      chopped mushrooms
- 2 tblsp     butter
- 8 oz        cream cheese
- 1/2 tsp     curry powder
- 1 tsp        worcestershire sauce
- 1 tblsp     dry sherry (or dry white wine)
- 1/2 cup     pecans, chopped

Instructions:

-----

Saute the mushrooms in butter until dark (about 5min or so) and drain. Process or puree with the cream cheese, curry, worcestershire sauce, and sherry. Fold in the pecans and refrigerate. Garnish with parsley or watercress.

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From: arielle@taronga.com (Stephanie da Silva)

MUSHROOM SANDWICHES

=====

This one takes a little longer. Chop up some fresh mushrooms and onions, and saute in butter, margarine, oil, whatever until the onions are clear. Drain and set aside until cool. On cocktail bread (rye or pumpernickel), pile a mound of mushrooms and onions, grated swiss cheese, grated italian cheese (i use locatella), and bread crumbs. Broil until the swiss melts, and serve immediately.

%%%%%%%%%

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From: jongleur@aol.com

Source: Nika Hazelton's Way with vegetables

MUSHROOMS IN CREAM

=====

Ingredients:

- 
- 1 pound    of mushrooms into halves or quarters.
  - 2/3 cup    heavy cream. Heat
  - 2 tblsp    butter in a deep frying pan.



3-4 chopped garlic cloves  
1 tsp pepper  
2 tsp nutmeg  
1/2 cup chopped cilantro  
salt

Instructions:

-----  
Chop 1 pound of mushrooms into halves or quarters. Heat 2/3 cup heavy cream. Heat 2T butter in a deep frying pan. Add 3-4 chopped garlic cloves to the butter. Add mushrooms and cook for about 2 min, until brown. Add hot cream, salt, 1 tsp pepper, 2 tsp nutmeg. Cook for about 5 more min, then add 1/2 cup chopped cilantro. Serve on hot buttered rice or French bread

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From: nancy@hayduke (Nancy Feagans)

Source: Los Angeles Times about 10 years ago

MUSHROOMS SUPREME

=====

Ingredients:

-----

1 doz. fresh mushrooms (2" in diameter)  
2 cups diced stale bread  
1/2 cup grated Parmesean cheese  
2 tblsp dried onions  
1 tblsp sunflower seeds  
1 tblsp dried parsley flakes  
1/2 tsp lemon pepper  
1/2 tsp seasoned salt  
2 tblsp melted butter  
1/2 cup dry vermouth  
Cheddar cheese

Instructions:

-----

Wipe mushrooms clean, carefully break off and chop stems. Scoop out remaining gills and discard. Combine chopped stems with bread, Parmesean cheese, onions, sunflower seeds, parsley flakes, lemon pepper, salt, butter, and vermouth. Pack into mushroom caps. Bake in shallow pan with small amount of water for 30 minutes at 325 degrees. Remove and criss-cross each mushroom with slivers of Cheddar cheese, then replace in oven until cheese melts. Makes 6-12 servings.

This is always a big hit when I make it; if I have 6 or more guests, I usually double the recipe :-)

\*\*\*\*\*  
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From: arielle@taronga.com (Stephanie da Silva)

MUSHROOMS TAPENADE

=====

Ingredients:

-----

- 4 tblsp capers
- 6 anchovy fillets, drained
- 1 cup olive oil
- 1/4 cup lemon juice
- 1 lb small mushrooms
- Freshly ground black pepper

Instructions:

-----

Rinse two tablespoons of capers and dry on a paper towel. Pound them and the anchovies in a mortar or press them through a sieve with a spoon. When the mixture is reduced to a paste, transfer it to a mixing bowl. Add the oil little by little, stirring as you do it. Add the lemon juice and pepper to taste. Let the sauce stand in a covered container at least 4 hours before serving. Remove the stems from the mushrooms and clean them with a damp paper towel. Place five on each plate and spoon three tablespoons of the tapenade over them. Garnish the plates with the remaining capers.

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From: mad4@ellis.uchicago.edu (Bill Maddex)

Source: Fall '92 Vegetarian Gourmet profile of Ken Bergeron

OYSTER FRIED MUSHROOMS

=====

Ingredients:

-----

- 4 oz Oyster mushrooms, rinsed and kept slightly moist
- 1 1/2 cup safflower oil for frying

Flour mix:

-----

1 tsp nori flakes, pulverized in a coffee grinder or blender  
1/2 tsp garlic powder  
1/4 cup unbleached flour  
pinch of salt and pepper

Water mix:

-----

1/2 tsp nori flakes  
1/4 tsp garlic powder  
1/2 cup water

Bread crumb mix:

-----

2 cups fresh bread crumbs (not dried, no crust)  
4 tsp nori flakes  
1/2 tsp garlic powder

Instructions:

-----

Thoroughly mix ingredients for each of the three mixes. Heat oil to 350 (I don't trust my stove, so I got an oil thermometer. He says five mins on med heat) in a wok. Dredge mushrooms in flour mix and shake off excess. Dip mushrooms into water mix and shake off excess. Dredge mushrooms in crumb mix. Fry mushrooms four to five at a time for about 1 1/2 minutes, being careful that the breading doesn't get beyond golden. Drain mushrooms on a towel covered plate. Allow a minute between batches for oil to re-heat. Mushrooms may be kept warm in a 250 oven.

Serve garnished with fresh lime chunks.

Note:

-----

Although these are deep fried, the mag says they're only 7g fat per serving, for what that's worth.

These are supposed to resemble fried oysters. I obviously wouldn't know, but they're really good, and all the Orthodox people I've served them to have like them.

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From: mad4@ellis.uchicago.edu (Bill Maddex)

Source: Autumn issue of Vegetarian Gourmet, where it's in a piece on It's Only Natural, a great looking vegan place in Middletown, CO.

QUICK KALE & MUSHROOM SAUTE

=====

(serves 4 as a side, 2 as an entree)

- 1 tblsp olive oil (I use about 1t, but hey)
- 1 tblsp minced garlic
- 1 tblsp soy margerine (I omit this)
- 8 oz. white mushrooms (to make this really good try oysters or chanterelles)
- 4 cups kale, tightly packed
- 1/4 cup water
- 1 tsp tamari
- 5 cherry tomatoes, quartered (this time of year I tear up dried tomatoes)
- salt and pepper to taste

Instructions:

-----

Heat olive oil on medium in a 4 1/2 q sauce pan. Add garlic and margerine (if used) and saute until garlic is lightly browned. Add veggies and stir 15-30 seconds, making sure not to burn the garlic. Add water, tamari, salt and pepper and cook another 5 minutes, stirring often. Add tomatoes and cook another 5 minutes on low. Serve immediately.

Note:

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I assume this dish is meant as a side, but over couscous, millet or bulghur it's a quickie meal.

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From: katzd@herald.usask.ca (David Katz)

SAUTED MUSHROOMS ON TOAST

=====

Ingredients:

-----

- 2 cups fresh moshrooms
- 2 shallots
- 2 tblsp fresh chopped parsley
- 1 tblsp butter
- 1/2 tsp lemon juice (preferably fresh)

Instructions:

-----

Clean the mushrooms in cold water (Harlod McGee tells us that they do

not absorb enough water to be worth the fuss of using a mushroom brush. I agree. Since they are already something like 95% water, even if they absorb a large amount, they will only become ... what - 96%?)

Cut or pull the stems off of the mushrooms (save them for mushroom soup or a duxell) and slice the caps into 3/16 inch slices.

Finely chop the shallots. If you don't have shallots, use 3 tbsp chopped onion and 1 small clove of garlic, chopped, minced, diced, pressed, cleavered or otherwise made mushy in your most favorite way.

Heat a frying/saute pan over medium-high heat. Add the butter and let it melt. When the butter is bubbling, add the mushrooms. Saute, tossing or stirring until the mushrooms start to brown. If a lot of juice comes out of the mushrooms, simply boil it away and keep on.

As the mushrooms start to brown, add the shallots (or onion and garlic) and the chopped parsley. Finish browning the mushrooms.

Taste the mixture. Sometimes it will improve in flavor with the addition of the lemon juice. Sometimes it doesn't seem to be needed.

Spoon the sauted mushrooms over warm, buttered toast.

If you want to be fancy, cut the crusts off of the bread before you make the toast, cut it diagonally after it is toasted and buttered and call it 'toast points.' Sprinkle a little fresh chopped parsley on top of the mushrooms and put a small sprig of parsley on the plate beside. Invite the in-laws over and tell them you are learning to cook at the Internet Cooking School.

Another Option: In place of shallots, use about 2 -3 tablespoons of finely chopped fresh chives.

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From: yp02+@andrew.cmu.edu (Yashodhara P. Pawar)

SPICY PORTABELLA MUSHROOMS IN BALSAMIC VINEGAR

=====

Ingredients:

-----

- 2 Portabella mushrooms (they are Xpensive!)
- 2 large sweet red peppers
- 2 cherry tomatoes
- 1/2 red onion

1 tsp olive oil  
1 tblsp fresh, coarsely ground black pepper  
Coriander leaves

Sauce:

-----  
1/2 capful \*very good\* BALSAMIC VINEGAR (this is the key - get one from a specialty store, the supermarket ones are too watered down. A good Modena type is good)  
1/4 tsp Hungarian paprika for flavour  
salt to taste

Algorithm:

-----

Preparation:

-----

1. Whisk the sauce ingredients together
2. Wipe the shrooms with a moist towel and slice long.
3. Chop the onions along the grooves.

Cooking:

-----

1. Place whole peppers and tomatoes on a foil in a preheated oven at BROIL. Keep turning them until the peppers are charred. The tomatoes will bleed into the foil...don't throw that water.
2. Remove peppers and make long slices. Remove the core and the seeds.
3. Mix the cherry tomatoes and the fluid they exude, into the sauce. Mix well until the tomatoes are crushed into the sauce.
4. Pour the oil in a heated skillet. Saute onions and 'shrooms. Sprinkle with black pepper. Add half the sauce and saute for a few mts. more.

Serving:

-----

1. Arrange the shrooms on a plate. Place the red peppers around it. Pour the extra sauce on the circumference. Sprinkle coriander leaves.
2. Serve with brown rice or rye bread.

Note:

-----

This is a mildly hot recipe for my favourite 'shroom which I have perfected over months. Generally, I dislike food that has no heat...its just too unappetising for me. But this 'shroom is so flavourful that a minimum of spicing is desired. So I have struck a balance between what

my palate irks for and what the 'shroom demands..... Its fabulous!

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS (1)

=====

Select large, firm mushrooms w/underside still tightly closed. Wash in cold water and dry. Carefully remove stems and reserve.

Fillings:

-----

1. Bacon-Cheese

-----

- 7 slices bacon, cooked, drained, crumbled
- 8 oz. cream cheese, softened
- 1 bunch green onions, finely chopped
- dash garlic salt
- 1/3 cup mushroom stems, minced
- 3 tblsp butter, melted

Mix cream cheese, onion, garlic salt, mushroom stems, and bacon. Brush prepared caps with melted butter, fill, place in shallow baking dish with 2-4 T. water. Bake 20-25 min. at 350 deg.

2. Bleu Cheese

-----

- 1/2 cup fine minced mushroom stems
- 1/4 cup fine chopped green onion
- 2 tblsp margarine
- 8 oz cream cheese
- 1/2 pkg bleu cheese salad dressing mix
- 2 tblsp milk

Saute mushroom stems and onions in margarine 5 min. Mix cream cheese, dressing mix and milk. Mix in onion mixture. Fill prepared caps. Bake 20-25 min. at 350 deg.

3. Crab-Cheese

-----

- 1 pkg. (6 oz) frozen crab, thawed and drained
- 3 tblsp mayonnaise
- 2 tblsp chopped green onion
- 2 tblsp gold raisins
- 1/4 cup shredded sharp cheddar

1 tsp. curry  
fresh grated parmesan

Mix all but parmesan. Fill prepared caps. Sprinkle w/parmesan and broil 6-8 in. from heat.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS (2)  
=====

Ingredients:

-----  
1 large tomatoe  
1 large yellow onion  
several very large mushrooms  
garlic (optional)  
salt  
pepper  
olive oil

Instructions:

-----  
Wash the mushrooms, cut off the tip of the stems, and remove the stems, (I also peel the outer skin of the mushroom, but some people find this excessive). Chop the mushroom stems into very small bits. Coat the outer poriton of the caps with olive oil. Finely chop onion, garlic, and tomato. Fry onion and garlic in olive oil (just a little bit), until soft. Add mushroom bits, tomato, salt and pepper to taste. Fry until mushroom bits start to soften. Place mixture in mushroom caps, and fry or grill until caps soften. (I prefer grilling, but its a lot more work). Serve. I find that steak is an excellent complement to this dish.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS (3)  
=====

Here's a super easy one. Take frozen creamed spinach and fill the mushroom caps. Top with grated parmisan cheese and bake until cheese starts to brown at about 350. I do this when people drop in and I don't



have anything prepared.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS (4)

=====

Ingredients:

-----

- 3 large pkg big mushrooms
- 1 pkg regular pork sausage
- Salt and pepper to taste
- 1-1/2 - 2 tblsp dried onion

Instructions:

-----

Snap off stems, wash and cut up. Cook in margarine/butter, about 2  
 tablespoon. Don't add any water. Salt and pepper to taste and a little  
 bit of onion, dry about 1 1/2 to 2 tablespoon, or more if you like.  
 Cook for about 20-30 minutes. When cooked, chop fine. Wash mushroom  
 caps and drain on paper toweling. Mix together the sausage and the  
 cooked mushrooms. Stuff the caps and bake for 20-30 minutes at 375  
 degrees. Remove from pan and arrange on platter/plate. If you use more  
 packages of mushrooms, use more sausage, and increase the other  
 ingredients accordingly.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS (5)

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Ingredients:

-----

- 12 large mushrooms
- 2 tblsp butter
- 1 medium onion
- 2 tblsp dry white wine
- 1/2 cup bread crumbs
- 2 tblsp fresh snipped parsley
- 1 tblsp lime juice
- 2 cloves garlic finely chopped
- 1 tsp dried oregano leaves

3 oz shredded jack cheese  
freshly ground pepper

Instructions:

-----

Remove stems from mushrooms and finely chop. Melt butter in skillet. Cook mushroom caps top side down until light brown. Remove with slotted spoon, draining liquid from inside caps. Cook onion in same skillet until tender. Stir in wine. Simmer uncovered 2 minutes. Stir in chopped stems. Add remaining ingredients except cheese. Mix completely. Put caps on ungreased baking sheet. Place stuffing in caps. Sprinkle with cheese. Broil until cheese melts (about 3 minutes).

Note:

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This is great for company, as it can completely be made ahead of time. Just stuff the mushrooms, and put the entire baking sheet into the fridge. When you want to serve it, put it in 375 degree oven for about 15 minutes or until cheese melts.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS, ITALIAN STYLE (1)

=====

(Makes 4 to 6 portions)

Ingredients:

-----

12 large fresh mushrooms  
6 tblsp salad or olive oil, divided  
Salt  
1 cup soft bread crumbs  
1/3 cup grated Parmesan cheese  
1/2 tsp onion powder  
1/4 tsp basil leaves, crumbled  
1 egg, slightly beaten

Instructions:

-----

Preheat oven to 350 degrees. Rinse mushrooms and pat dry. Remove stems; reserve for later use. Brush outsides of the caps with 4 tablespoons of the oil; sprinkle lightly with salt. Place, cavity side up, in a shallow baking pan. Chop stems very fine (makes about 1 cup). Mix with bread crumbs, cheese, 1/2 teaspoon salt, onion powder and basil. Stir in egg. Spoon into mushroom caps. Dribble with remaining

2 tablespoons oil. Bake for 30 minutes. Serve hot.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS, ITALIAN-STYLE (2)

=====

(Makes 16 mushrooms)

Ingredients:

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- 16 medium mushrooms
- 1 large clove garlic, minced
- 1/2 lb hot Italian sausage, casings removed
- 5 green onions, chopped
- 1 tsp Worcestershire sauce (optional)
- 1/2 cup shredded Monterey Jack cheese
- Olive oil
- Italian seasoning, crushed

Instructions:

-----

Remove stems from cleaned mushrooms by gently twisting base to snap off. Chop stems and set aside. Generously coat inside and outside of each mushroom cap with oil. Place in baking dish, open side up. Sprinkle insides with Italian seasoning to taste. Heat 1 tablespoon oil in skillet and saute garlic. Add sausage, crushing with spoon into smaller pieces. Cook thoroughly, then add chopped mushroom stems. Stir-fry 1 minute. Add green onions and stir-fry another minute. Add Worcestershire. Stuff each mushroom cap generously with sausage filling and sprinkle with cheese. Broil 10 to 12 inches from heat 2 minutes, or until cheese is melted.

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From: arielle@taronga.com (Stephanie da Silva)

STUFFED MUSHROOMS PARMIGIANA

=====

(Makes 12)

Serve these Italian-flavored mushrooms as a side dish or an appetizer.

Ingredients:

-----

- 12 large mushrooms
- 2 tblsp butter or margarine
- 1 medium onion, finely chopped
- 2 oz pepperoni, finely diced
- 1/4 cup finely chopped green bell pepper
- 1 small clove garlic, minced
- 1/2 cup finely crushed cracker crumbs
- 3 tblsp grated Parmesan cheese
- 1 tblsp minced parsley
- 1/4 tsp dried oregano, crushed
- Seasoned salt
- Pepper
- 1/3 cup chicken [or vegetable] broth

Instructions:

-----  
 Rinse and dry mushrooms. Remove, finely chop and reserve stems. Melt butter in skillet. Add onion, pepperoni, green pepper, garlic and chopped mushroom stems. Cook until all vegetables are tender but not brown. Add crumbs, cheese, parsley and oregano and season to taste with seasoned salt and pepper. Mix well. Stir in chicken broth. Spoon filling into mushroom caps, rounding tops. Place caps in shallow baking pan with about 1/4 inch water. Bake, uncovered, at 325F 25 minutes, or until heated through.

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From: grm+@andrew.cmu.edu (Gretchen Miller)

VINEGARETTE MUSHROOMS  
 =====

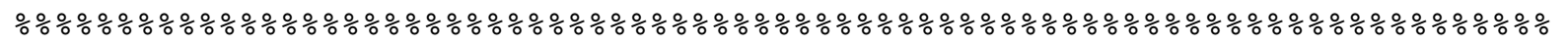
Ingredients:

- 
- 8 oz fresh mushrooms
  - 1/4 cup balsamic vinegar
  - 1/4 cup + 2 Tbsp cider vinegar
  - 1/4 cup olive oil
  - 1 small white onion, minced fine
  - 1 tsp oregano
  - 2 tblsp lemon juice

Instructions:

-----  
 Clean the mushrooms and boil them for 10 minutes in a mixture of 2 Tbsp cider vinegar and enough boiling water to cover.  
 Mix all other ingredients together. Add mushrooms. Refrigerate

overnight.



[amyl](#)

# Potato Recipes

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## Baked Potato Slices

From: kssimon@sil ver.ucs.indiana.edu (kenneth steven simon)

Date: Mon, 12 Jul 1993 21:58:10 GMT

### Ingredients:

- 4 medium even potatoes
- 1 tsp salt
- 2 to 3 Tbsp melted butter
- 2 to 3 Tbsp. chopped fresh herbs (parsley, chives, thyme, sage)
- or -
- 2 to 3 tsp. dried herbs
- or -
- 1.5 tsp caraway seeds or cumin
- 4 Tbsp grated Cheddar cheese
- 1.5 Tbsp Parmesan cheese

### Preparation:

- 1) Peel potatoes if the skin is tough, otherwise just scrub and rinse
- 2) Cut potatoes into thin slices but not all the way through. Use a handle of a spoon to prevent the knife from cutting all the way.
- 3) Put potatoes in a baking dish. Fan them slightly.
- 4) Sprinkle with salt and drizzle with butter. Sprinkle with herbs.
- 5) Bake potatoes at 425 degrees for about 50 minutes
- 6) Remove from oven. Sprinkle with cheeses.
- 7) Bake potatoes for another 10 to 15 minutes until lightly browned, cheeses are melted and potatoes are soft inside. Check with a fork.

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From: Great American Recipes

[mara](#)

# Gratin of Potatoes Girardet

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sat, 18 Sep 1993 12:00:00 +0200

Categories: Gratin

Servings: 4

400 g	Floury potatoes (14 oz)	20 g	Unsalted butter (3/4 oz)
1 x	Small clove of garlic		Salt, pepper, cayenne and
200 ml	Milk (scant 1/2 pint)		- nutmeg
100 ml	Double cream (scant 1/4 pint)		

IMPORTANT: The gratin is best if it is given gentle, slow cooking

Peel the potatoes and cut them into thin slices about 3 mm (1/8 in) thick.  
ABOVE ALL, DO NOT WASH THEM.

Peel and chop the clove of garlic very finely and mix it with the sclices of potato.

Put the potatoes into a saucepan with just enough milk to cover them.  
Season with salt, pepper, cayenne and a few gratings of nutmeg.

Put the pan over a fairly high heat and cook the potatoes for 4-5 minutes, or until you can see that the milk has blended and thickened a little with the starch given out by the potatoes. At this point, add half the cream and just bring the pan to the boil. Take it off the stove and taste for seasoning.

Butter a gratin dish. This should be big enough to take the potatoes in a layer NOT MORE THAN 2 cm (3/4 in) THICK. Arrange the potatoes in the dish with their creamy milk. Add the rest of the cream and mix it in well. Sprinkle a few flakes of butter on the surface.

Pre-heat the oven to 160 oC/320 oF. Bake the gratin at the bottom of the oven for a good 1 1/2 hours.

Excellent with any plainly cooked poultry or roast meat.

(From: Fredy Girardet, Cuisine spontanee)

[amyl](#)



# Low-fat Scalloped Potatoes

From: **Thomas P Collins**

Date: Fri, 5 Nov 93 10:31:22 EST

2 or 3 baking potatoes  
1 1/2 cups skimmed milk  
2 tablespoons flour  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
1/2 cup shredded low fat cheddar cheese

Peel and slice potatoes thinly. In a saucepan, combine milk, flour, salt, garlic powder and cayenne pepper and cook over medium heat until sauce thickens.

Layer casserole dish with potato slices. Spoon half of sauce over slices and repeat with remaining potatoes and sauce. Cover and bake in oven preheated at 350 degrees for 50 minutes to an hour. Remove from oven and sprinkle with cheddar cheese.

[amyl](#)

# Marjoram Potato Casserole

From: cschnell@iiasa.ac.at (Carey SCHNELL)

Date: Tue, 3 Aug 1993 07:41:31 GMT

750 g potatoes  
salt  
bunch of fresh marjoram (dried otherwise)  
250g cream  
2 egg yolks  
freshly ground pepper  
40 g butter  
75g ham

(If I want this as a main meal, then I use minced meat and prepare it the same way I would for Lasagna (ie spicy and rich)  
I then just alternate the layers of meat mix and the potato recipe.)

- Wash, peel and slice the potatoes thinly.
- In lightly salted, rolling boiling water, cook for 5 mins.  
(sorry about the sentence structure- I'm translating this from German- this is an "authentic" Austrian recipe...)
- Drain the potatoes thoroughly in a sieve.
- Take the Marjoram from the stalks, and chop finely.
- Mix salt, pepper and marjoram with the egg yolks and cream.
- Grease a casserole dish, and place half the potatoes in the form.
- Chop the ham finely, and spread half over the potatoes.
- Sprinkle s and p over the layers.
- Place the rest of the potatoes in the dish, and then pour the egg mix over the top. Sprinkle with ham, and dot the top with the remainder of the butter used for greasing the dish.

Cook on 250degrees Celcius (er- Farenheit, ~375) for 30-40 mins, or until golden on top.

Serve with a green salad dressed with a marjoram/vinegar combination.

Note:

I have made this with basil instead of marjoram (and the same with the salad) and it was wonderful. To cut down the fat content, I have used a mustard sauce with chunks of low fat cheese melted into it- also great!

Marjoram Potato Casserole

Carey Schnell-Wright

.... An Aussie in exile in Austria

[mara](#)

# Potato Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 2 Sep 93 13:29:24 +0200

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- [Winter Greens And Potatoes \(Vegetable Hash\) \(Marc Rumminger\)](#)

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From: arielle@taronga.com (Stephanie da Silva)

ALOHA SWEET POTATOES  
=====

Ingredients:

-----

- 4-5 medium sweet potatoes
- 1/2 cup Pineapple Preserves
- 2 tblsp butter

Instructions:

-----

Boil sweet potatoes in their jackets until tender, about 25 minutes. Let cool, then peel and cut into 1/2 inch thick slices. In a large skillet melt pineapple preserves and butter; add sweet potatoes to skillet. Cook gently; tossing lightly until sweet potatoes are glazed.

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From: pchurch@swell.actrix.gen.nz (Pat Churchill)

Source: Charmaine Solomon's vegetarian cookbook

ARMENIAN POTATOES  
=====

Ingredients:

-----

- 750 g old potatoes, peeled thinly and diced
- 3 tblsp tomato paste (I used one with added herbs and onion)
- 1/4 cup water
- 4 cloves garlic, very finely chopped
- 1 tsp salt
- 1/2 tsp paprika
- 1/4 cup oil (I used a bit less and used some of my own herbed olive oil)
- 1 cup finely chopped parsley

Instructions:

-----

Place the whole lot in a casserole dish and bake at around 375F for 45 minutes or until the potatoes are tender.

I cooked it for somewhat longer than this because the males in the family vanished to watch some field hockey later afternoon and were a bit delayed coming home. As long as you don't use mush spuds, I would say this dish is fairly forgiving of being left to fend for itself.

We had it with some small lamb roasts (these are cut from the rump and weight about 7 ounces) which I patted dry, then rubbed with a mix of herbs and spices and barbecued till medium rare then sliced thinly. We also had some al dente whole baby green beans.

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From: kssimon@silver.ucs.indiana.edu (kenneth steven simon)

Source: Great American Recipes

BAKED POTATO SLICES  
=====

Ingredients:

-----

- 4 medium even potatoes
- 1 tsp salt
- 2-3 tblsp melted butter
- 2-3 tblsp chopped fresh herbs (parsley, chives, thyme, sage)  
or 2-3 tsp dried herbs  
or 1.5 tsp caraway seeds or cumin
- 4 tblsp grated Cheddar cheese
- 1.5 tblsp Parmesan cheese

Instructions:

-----

- 1) Peel potatoes if the skin is tough, otherwise just scrub and rinse.
- 2) Cut potatoes into thin slices but not all the way through. Use a handle of a spoon to prevent the knife from cutting all the way.
- 3) Put potatoes in a baking dish. Fan them slightly.
- 4) Sprinkle with sale and drizzle with butter. Sprinkle with herbs.
- 5) Bake potatoes at 425 degrees for about 50 minutes
- 6) Remove from oven. Sprinkle with cheeses.
- 7) Bake potatoes for another 10 to 15 minutes until lightly browned, cheeses are melted and potatoes are soft inside. Check with a fork.

%%%  
\*

From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, D-44543 Castrop-Rauxel, Germany

EIFELER SCHOLES

=====

Ingredients:

-----

- 1.5 kg potatoes
- 3 rolls
- 50 g durchwachsener Speck (that is ham that is "red and white" red from the meat - and white from the fat) It is here abit smoked
- 1 little onion
- 4 eggs
- salt
- pepper

Instructions:

-----

Grate the potatoes and onion. Cut the ham into little cubes and melt/bake it out. Put the rolls into water, so that they soak water and press them out. Mix that all together (potatoes, ham and the mashed rolls) with the eggs.

Put the dough in a form (like the one you use for lasagne for example), which is greased with butter, and put it for 90 minutes into the oven (180 Celsius) untill it is "golden" on the top.

Note:

-----

The eifel is an area in Germany (where the famous Nuerburg Ring is, something like hmmm the Hockenheim Ring or Daytona ( ;- ) , where car and motorbikes races are) between Luxemburg, Belgium, Holland and the rhine area (Cologne, Bonn).

%%  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: The Popular Potato Best Recipes (without their consent)

FRENCH POTATO BALLS

=====

(Serves 6)

Ingredients:

-----

- 4 medium potatoes, peeled, sliced and cooked

2 tblsp                mayonnaise  
 1 tsp                 French Mustard  
 1 clove              garlic crushed  
 1 tblsp              chopped parsley  
 1 tblsp              chopped chives  
 pepper                to taste  
 1 1/2 - 2 cups      dried breadcrumbs (180g)  
 2                      eggs, beaten with 3 tblsp water  
 Self-Raising Flour  
 Oil for deep frying

Instructions:  
 -----

Mash potatoes with mayonnaise, mustard, garlic, parsley, chives, pepper and sufficient flour to make a firm dough. Roll potato mixture into balls. Dip each into egg the egg and water mix, then roll in breadcrumbs. Refrigerate coated balls at least 1 hr.

To cook, heat oil and deep-fry balls until brown. Serve with your favourite meat.

Hint:  
 -----

When coating food to be fried, always use egg and water, not egg and milk, as milk tends to make food stick to the pan.

%%  
 \*

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

GNOCCHIs (Potato(e) Cavatelli)  
 =====

Ingredients:  
 -----

6 cups     flour  
 3            boiled potato(e)s  
 2 tblsp    olive oil or shortening  
 1            egg (optional)

Instructions:  
 -----

Peel and mash the potatoes and pass through a sieve. Sift flour and form a well on dough board. Place potatoes and melted shortening or oil inside well, blend thoroughly, and knead until smooth.

Now you are on your own when it comes to making the shape. I am not quite sure how it is done by hand because I have a hand crank machine



that shapes them for me. Then you top them with your favorite spaghetti sauce.

Hope this helps. I can't get enough of these and everyone that I have served this to loves them.

\*\*\*\*\*  
\*

From: kathyt@ISI.EDU (Kathy)

HASH BROWNS  
=====

This is what I usally make and my S.O. loves it. It tastes good anytime of the day! I nuke (boil if you have time) some potatoes cut into fat chunks (I always use the red ones) and add sliced mushrooms, red pepper, green pepper, red onions and if you want you could also add bacon, hot salsa, chopped tomatoes, sausage, chorizo, hot peppers, etc...

I then sautee this mess for awhile until soft and tender then I throw in some fresh basil, parsley, cilantro and oregano from my garden. It is really good and easy to make! Also very filling! I like to put either salsa or ketchup on top of mine, my S.O. covers his with Blue cheese dressing. Enjoy! Kathy

\*\*\*\*\*  
\*

From: tipset@monolith.bellcore.com (Scott Temple)

HASH BROWNS  
=====

Ingrediants:  
-----

potatos (any kind work - I like Idaho bakers)  
oil (I perfer bacon fat or peanut oil)

Optional ingrediants (all to taste and based on the number and size of the potatos)  
-----

diced onions  
bacon sliced into small pieces  
grated cheddar cheese

Instructions:

-----

Peel the potatoes (this is also optional - I usually am lazy and leave the peel on).

Grate the potatoes.

Thoroughly wash the grated potato in cold water. This is a key step. It washes out much of the starch and will allow them to cook crispier. Squeeze the water out of the potato in a paper or cloth towel. Melt the fat in hot frying pan (black cast iron works best) or add the peanut oil. The potato will soak up a lot of oil, but be careful, they can taste oily if you add too much.

Slowly add the grated potatoes - be careful of splattering the oil since they are wet.

You can leave them in place and then flip when one side is golden brown. I prefer to stir them frequently so all the little pieces brown. If you do this, when you are about half done, you can add the bacon and onions (any earlier and they tend to burn - esp the onion). If you do not stir the potatoes, mix the sliced onion and pre-cooked bacon in with the potatoes ahead of time (bacon this way must be pre-cooked to ensure it all is cooked).

Keep stirring every two minutes or so until they reach your desired brownness. Near the very end, you can grate some cheese over the potatoes.

Method 2:

-----

Use left over baked potato - or bake one for 7 minutes in the micro-wave. Do all the above steps except wash the potato

%%  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: The Popular Potato Best Recipes (without their consent)

HONEYED ROAST POTATOES

=====

(Serves 2)

Ingredients:

-----

- 2 medium potatoes, peeled
- 2 tblsp oil
- 60 g butter

salt (opt)  
1/4 cup honey (90g)

Instructions:

-----

Add potatoes to a pan of cold water, bring to the boil then drain immediately. Place potatoes in a baking dish and butter and sprinkle with a little salt (see note). Bake at 180 C. (350 F.) for 20 mins. Baste with honey and bake a further 20 mins. or until tender. Serve with any roast meat.

Note:

-----

Sprinkling potatoes with a little salt gives a light, crunchy crust. But only small amounts of salt is necessary.

%%%%%%%%%%  
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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

HOT POTATO CASSEROLE  
=====

Source: I think originated from Aust.Woman's Weekly "Dinner Parties"

Ingredients:

-----

750 g (1 1/2 lbs) old potatoes  
60 g (2ozs) butter  
1 onion  
1/3 cup sour cream  
2 tblsp milk  
salt and pepper  
paprika

Instructions:

-----

Peel and chop potatoes, cook in boiling salted water until tender; drain. Mash well. Melt butter in pan, add peeled and chopped onion, cook until transparent, add to potato with soured cream and milk, mix until smooth, season with salt and pepper. Spoon potato mixture into ovenproof dish, sprinkle with paprika, bake in mod.oven 180 C.(350 F), about 15 mins. Serve with roasts or chops etc.

If there is any left over, cut into squares and fry up with some bacon. Really good, we think it is better this way!

%%%%%%%%%%

\*

From: barbara@itek.norut.no (Barbara Wasson)

IRISH POTATOES

=====

Ingredients:

-----

- 8 medium potatoes, boiled, peeled and quartered
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1/2 stick (1/4 cup) butter
- 1/2 cup sour cream
- 1 tblsp sugar
- 1 1/2 tsp thyme
- 3/4 tsp basil
- salt and pepper to taste

Instructions:

-----

Mash the above ingredients well. Put into an ovenproof  
casserole and bake at 350 F for 1 hour.

%%%

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From: cschnell@iiasa.ac.at (Carey Schnell)

MAJORAM POTATO CASSEROLE

=====

Ingredients:

-----

- 750 g potatoes
- 250 g cream (you can use a mix of yoghurt and sour cream to lower  
the fat content)
- 2 egg yolks
- 40 g butter
- 75g ham
- bunch of fresh marjoram (dried otherwise)
- freshly ground pepper
- salt

If I want this as a main meal, then I use minced meat and prepare it the  
same way I would for Lasagna (ie spicy and rich - you don't need to tell  
The Parents this little secret though) I then just alternate the layers  
of meat mix and the potato recipe.

Instructions:

-----

Wash, peel and slice the potatoes thinly.

In lightly salted, rolling boiling water, cook for 5 mins. (sorry about the sentence stucture- I'm translating this from German- this is an authentic Austrian recipe...)

Drain the potatoes thoroughly in a sieve.

Take the Marjoram from the stalks, and chop finely. Mix salt, pepper and marjoram with the egg yolks and cream.

Grease a casserole dish, and place half the potatoes in the form. Chop the ham finely, and spread half over the potatoes. Sprinkle salt and pepper over the layers.

Place the rest of the potatoes in the dish, and then pour the egg mix over the top. Sprinkle with ham, and dot the top with the remainder of the butter used for greasing the dish.

Cook on 250 degrees Celcius (er- Farenheit, ~375) for 30-40 mins, or until golden on top.

If you choose this one, still serve with a green salad.

%%%

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From: mkay@sequent.com (Mary Kay Petersen)

MEATLESS MEATLOAF

=====

Ingredients:

-----

- 2 raw white potatoes
- 1 cup onions, chopped
- 1 cup dry bread crumbs or wheat germ
- 1 cup pecans (or walnuts or sunflower seeds)
- 2 well-beaten eggs (or for a vegan variety, add some tamari and delete salt)
- 1 tsp salt, unless you added tamari
- Dash pepper
- basil or any other favorite "meat loaf" spices, like mustard.

Instructions:

-----

Preheat oven to 350.

Put potatoes, onions, nuts, and bread through a food processor so it is all ground up, like meat loaf. Mix these ingredients well, then add the rest of the ingredients.

Put in well-greased loaf pan and bake until 1 hour or until firm.

Stays firm when cold, so it is very good for meatloaf sandwiches.

\*\*\*\*\*  
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From: Mike\_Eisele@mindlink.bc.ca (Mike Eisele)

Source: Friendly Foods

MILLET "MASHED POTATOES"

=====

Yield: 10 to 12 servings

Ingredients:

-----

- 2 cups millet
- 6 cups water
- 4 cups cauliflower pieces
- 1/4 tsp black pepper
- 2 tblsp soy margarine or unrefined corn oil (note to Canadians: Our soy margarine is not vegan)
- 1 1/2 tsp sea salt (optional)
- 1/8 tsp nutmeg (or 1/4 teaspoon dill weed; optional)

Instructions:

-----

Wash and drain the millet. Place all ingredients (except the optional spice) in a large pot and bring to a simmer over high heat. Lower heat, cover, and continue cooking until the millet mixture is soft (about 45 minutes). Check periodically to make sure the mixture does not burn. Mash the mixture using a potato masher, or blend it for about 30 seconds in a food processor. Add one of the optional spices, if you wish, and serve hot.

\*\*\*\*\*  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

MOCK WHITEBAIT

=====

Grate as many potatoes as you want, peel and grate an onion (opt) if you let this stand you will get some liquid and the potato may turn pinkish, don't worry just drain it off. Add an egg (not necessary) and salt and pepper (necessary). Cook in either fat or oil until brown and crispy.

\*\*\*\*\*  
\*

From: sfisher@megatest.com (Scott Fisher)

PAPAS A LA HUNCAINA, MAS O MENO

=====

Ingredients:

-----

- 1 lb small red potatoes, or any waxy-skinned variety cut in half or into pieces no larger than 2" in any direction
- Juice of 1/2 lime
- 2 tsp achiote seeds, ground and sifted as described
- 2 shallots, coarsely chopped
- 1/4 tsp dried thyme
- 1 habanero chile, ripe, roasted, peeled and chopped
- 2 tblsp or so olive oil
- 3-4 oz goat cheese

Instructions:

-----

Boil potatoes until done but still firm. Mix all other ingredients except goat cheese in a blender. Drain potatoes, stir in goat cheese, then pour sauce over and mix. Serve immediately, preferably with either bread or tortillas to wipe up the last of the sauce. (Kim and I almost fought over it...)

Note:

-----

This is *\*quite\** hot, but awfully good. The achiote, lime juice, and habanero work very nicely together, and the potatoes offset a lot of the fire. We served it with something simple like either a roasted chicken or shark in lime juice (see yesterday's recipe for tiburon a la margarita).

\*\*\*\*\*  
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From: liberty@liberty.com (Linda/BDT Burbank, CA)

POTATOES AU GRATIN

=====

Ingredients:

-----

- 4 tblsp butter
- 3 tblsp all-purpose flour
- 2 tsp salt
- 1 tsp black pepper
- 2 cups milk
- 5 large potatoes, peeled and sliced into medium-thin slices
- 2 onions, peeled and chopped
- 1-1/2 to 2 lbs \* sharp cheddar cheese, cubed or sliced

Instructions:

-----

In a medium saucepan, melt butter and add flour, salt and pepper. Pour in the milk and stir frequently till thickened. Set aside.

Preheat oven to 350 degrees. Lightly butter a large casserole (3-1/2 to 5 quart).

Layer 1/4 of the potatoes, 1/4 of the onion, 1/4 of the cheese and sprinkle with salt and pepper. Repeat the next layer. Then, on top of the second layer, pour half the white sauce over (be a little reserved 'cuz you want the majority of the white sauce on top of the finished casserole). Then, again, repeat the next layer with potatoes, cheese, onion, salt and pepper. Repeat the final layer with same. Pour the remaining white sauce over the top, making sure you cover all. Sprinkle the final product with salt and pepper.

Cover and bake 1 hour. Then, remove the cover and bake for another hour. Don't worry if it gets a little dark on top.

For leftovers, I put some of the casserole in a microwaveable dish. Pour a little milk over and stir. Zap in the microwave on high until heated through!

\* I prefer Tillamook medium sharp Cheddar cheese but I don't know what kind of cheese you can get where you are, but whatever you do, DON'T use American or Velveeta! :)

%%%%%%%%%%  
\*

From: bh437292@longs.LANCE.ColoState.Edu (Basil Hamdan)

Source: \_The Art Of Cooking\_ or \_Fann al Tabkh\_



POTATO KIBBEH

=====

Ingredients:

-----

- 1 kg of potatoes
- 1 cup of Burghul (soaked in water) [alternatively called Bulgur]
- 1/2 cup of flour
- 2 onions (chopped)
- 3 cloves of garlic (chopped)
- 1 bunch of fresh cilantro (or coriander) chopped
- salt to taste
- 1 g of ground white pepper
- 1 g of ground black pepper
- 1 pinch of cumin
- 1 pinch of Jawzet al Teeb spice (I do not know the English translation for this spice, I guess can be skipped)
- 150 g of olive oil

Instructions:

-----

Boil potatoes, taking extra care not to overcook them, peel potatoes. Saute' onions, garlic and cilantro in a little bit of olive oil. Mash the potatoes, mix in the flour, the burghul (after draining them and squeezing excess water out), the spices and the sauteed ingredients. Form into small patties, and fry them in olive oil over medium heat for approximately 20 minutes (until they are golden brown color). Eat.

%%  
 \*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: The Popular Potato Best Recipes

POTATO PEEL STOCK

=====

Ingredients:

-----

- Washed potato peel of 6 potatoes
- 1 onion sliced
- 2 carrots scraped and sliced
- 1 stalk celery diced
- 1.25 l water

Instructions:

-----

Combine all ingredients in a pan and bring to the boil.

Lower heat and simmer 1 1/2 hrs. As the the water evaporates, add a little more to keep the vegetables covered. Strain and discard the vegetables. Store the stock in the fridge or freeze until required. Makes 1 litre.

This recipe can be used to replace water in any soup recipe. Prepare it when when next peeling potatoes.

%%%

\*

From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, D-44543 Castrop-Rauxel, Germany

POTTKUCHEN (POT-CAKE -- MADE OF POTATOES)

=====

Ingredients:

-----

- 10 big potatoes
- 2 - 3 spoons wheat flour
- 2 eggs
- salt
- some slices of ham (not the cooked ham)
- 250 g dried plums (something like raisins but made of plums)
- 2 - 3 smoked sausages

Instructions:

-----

Grate the potatoes and mix them with the flour and the eggs and the salt (not to much - because of the smoked sausages and the ham).

Take a castiron pot, put the ham slices in it and melt them out, after that take the slices out.

Now fill layer potatoes in the pot, then a layer dried plums, again potatoes, then slices from the smoked sausage and again potatoes.

Put the pot in the oven (225 Celsius) for 1 hour.

You can eat it warm or later cut in slices and baked in a pan or cold with Apfelkraut (apple syrup).

%%%

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: The Popular Potato Best Recipes (without their consent)

SAUTEED POTATOES IN LEMON AND GARLIC

=====

(Serves 4)

Ingredients:

-----

- 4 large potatoes peeled
- 2 tblsp oil
- 60 g butter
- grated rind of 1 lemon
- juice of 1 lemon
- 2 tblsp chopped parsley
- 3 cloves garlic crushed

Instructions:

-----

Cut potatoes into 0.5 cm. thick slices. Cook in boiling water for 4 mins.(or cover with microwave wrap and cook with 2 tsp water on high 2 mins.) Drain carefully and pat dry with a kitchen towel.

Heat oil and 40g butter in a heavy-based pan. Add enough potatoes to cover the base of pan and cook, shaking pan so potatoes do not stick. When brown, carefully remove form pan and repeat until all are browned a9if necessary add a little oil and butter).

Combine remaining butter, lemon rind anad juice, parsley and garlic in a pan and heat until butter turns pale brown. Add potaotes and toss until well coated.

Mixing oil and butter together prevents the butter from burning and removes the oily taste.

%%%%%%%%%%%%  
\*

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

SCALLOPED POTATOES & TOMATOES

=====

Ingredients:

-----

- 3 tblsp olive oil
- 2 onions, finely chopped
- 750 g tomatoes, chopped
- 2-3 cloves garlic, chopped

- 1 tsp chopped fresh basil
- 1 tsp chopped fresh thyme
- 1 tblsp chopped parsley
- 1 Kg potatoes, finely sliced
- 2 tblsp grated cheese
- salt & pepper to taste

Instructions:

-----

Heat one tablespoon of the oil and fry the onions until soft, then add the tomatoes and heat through. Combine the garlic and herbs with salt and pepper to taste and one tablespoon of the oil. Lightly grease a baking dish and spread over one third of the tomato mixture. Cover with half the potato, arranged in overlapping slices.

Layer the remaining tomato mixture, garlic mixture and potatoes, finishing with a layer of tomato. Sprinkle with the cheese and remaining oil.

Bake in an oven preheated to 200 deg C (400 deg F) for 45 minutes or until the potatoes are tender. VARIATION: If serving as an accompaniment to lamb, omit basil and substitute rosemary.

%%%%%%%%%%  
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From: vickiemc@ISI.EDU (Vickie McCorkendale)

SHEPARD'S PIE

=====

Ingredients:

-----

- 1 lb of cooked meat - leftover roast (beef/pork/turkey) or browned ground (beef/turkey)
- 1 cup cooked carrots (or peas/corn/etc.)
- 1/2 cup chopped or pearl onions
- 2 cloves garlic minced
- 1 cup gravy/broth/au jus
- 1/2 tsp black pepper
- 1 tsp salt (optional)

Instructions:

-----

Add everything together in a 9" pie shell and cover with mashed potatoes.

Bake at 350 until the potatoes are well browned.

I've made a vegetarian version with just mushrooms, onions, broccoli and

carrots.

I usually use the Knorr Pepper Sauce mix for the gravy. It has a nice kick.

\*\*\*\*\*  
\*

From: cschnell@iiasa.ac.at (Carey Schnell)

SLICED AND SPICY POTATIES  
=====

Ingredients + Instructions:  
-----

Enough potatoes for 4 persons, and then 2 for luck. Scrub but don't peel. Slice thickly, approx half inch thick. Lay onto the oven tray, but make sure both sides have a little grease on them otherwise they will stick to the tray. You may need to add a little more oil (I use chili oil, but that may be a little hot for The Parents).

Keep an eye on these little suckers, as they will cook pretty quickly. The idea is that they will bubble up towards the end, and you will need to turn them over to get them all toasty on the other side as well. Sprinkle the potatoes and the chicken (make sure you turn them over at some stage in the cooking as well, but they should end up skin side up to make sure the skin doesn't get soggy) with the spice mix throughout the cooking time, to get the flavour through.

In the meantime, prepare a simple tossed salad with a simple dressing so as not to compete with the flavour of the chook. Serve with the salad and a good Turkish bread (one of the ones that you rip apart, or a crusty one if you want something a little more elegant).

\*\*\*\*\*  
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From: arielle@taronga.com (Stephanie da Silva)

SWEET POTATOES WITH GRAPEFRUIT  
=====

Ingredients:  
-----

- 1 3/4 lb sweet potatoes
- 1 large grapefruit
- 3 tblsp unsalted butter
- 1/3 cup (firmly packed) light brown sugar

- 1/4 tsp salt
- 2 eggs, well beaten

Instructions:  
-----

Preheat oven to 375F. Put the potatoes, unpeeled, in a large saucepan and cover with water. With a swivel-bladed vegetable peeler, peel the yellow zest from the grapefruit and put it in with the potatoes. Bring to a boil, reduce the heat and simmer until the sweet potatoes are just fork-tender, about 20 minutes.

Meanwhile, with a long-pronged fork or tongs, dip the grapefruit into the boiling potato water and blanch, turning constantly, for 30 seconds. Rinse the grapefruit briefly under cold running water to cool and peel off the white pith. Section the grapefruit and peel off the membranes over a bowl to catch the juice. Reserve all the juice and pulp; discard any seeds.

When the sweet potatoes are done, drain and let cool; discard the grapefruit zest. Peel the potatoes and put them into a food processor along with the grapefruit pulp and juice, the butter, brown sugar and salt. Puree until smooth. Add the eggs and mix to blend.

Pour the sweet potato mixture into a well-buttered, 6-cup souffle dish. Place in a pan of hot water and bake for 45 minutes, or until the center is set.

\*\*\*\*\*  
\*

From: mrum@pyrolab.Berkeley.EDU (Marc Rumminger)

Source: The Savory Way, by Deborah Madison, Bantam, 1990,  
ISBN 0-553-05780-4, \$24.50 in hardcover.

WINTER GREENS AND POTATOES (VEGETABLE HASH)  
=====

Ingredients:  
-----

- 1 lb (1/2 kg) mixed greens, like mustard, kale, collards, etc.
- 2 medium-sized potatoes, scrubbed, quartered, and thinly sliced
- 2 tblsp (20 mL) virgin olive oil
- 1 or 2 small dried red chilies, seeds removed, torn into pieces
- 2 medium sized fresh or canned tomatoes, chopped
- 2 garlic cloves, minced
- freshly grated or sliced hard cheese (Parm., Asiago, Romano)
- extra-virgin olive oil, to finish the dish
- freshly ground pepper

salt

Instructions:

-----

Boil the potatoes for 5-7 minutes in salted water. Cook until tender, then remove with a strainer.

Wash well and then chop the greens, removing tough stems. Cook the greens until done in the potato water. Cook the tougher greens longer.

Warm the olive oil in a wide pan and add the chilies. When oil is hot, add potatoes, stir well and cook for 1 min. or so. Add greens, tomatoes, garlic. Continue cooking for 5 minutes or so, breaking up the potatoes and working everything together. It becomes somewhat muddled, but delicious. Taste for salt, add pepper and some cheese, and serve with a bit of extra-virgin olive oil threaded over the top.

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[amyl](#)

# Potato Salad Recipes

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- [Grandma's German Potato Salad](#)

[mara](#)



# Rosti

From: jtaylor@pietro.pichem.adelaide.edu.au (Jo Taylor)

Date: 30 Sep 1993 17:39:13 +0930

This is in reply to a request which was posted earlier asking for a rosti recipe from the interlaken district of Switzerland. I'm not sure if this is what Michael was looking for but the recipe is easy, tastes great and is something different you can do with the humble old potato.

Firstly, you will need about four medium to large potatoes (this is for four people). Peel them and boil them for ten minutes (the time may vary depending on the size of the potatoes, however the potatoes should remain hard. It's important not to boil them for too long.) Allow the potatoes to cool slightly then wrap in plastic wrap and refridgerate for at least one hour. Grate the potatoes (they should be quite sticky) add salt to taste then pat into a flat round and fry in butter for about 5-10 minutes on each side or until they are golden brown. Slice into wedges and serve.

I find that if you make them into smaller individual patties they are easier to turn when cooking and look nicer when served.

[amyl](#)

# Spinach Recipes

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[amyl](#)

# Bean and Egg au Gratin

From: [arielle@taronga.com](mailto:arielle@taronga.com) (Stephanie da Silva)

Date: Mon, 11 Oct 1993 00:20:39 GMT

## Metric

500g/1 lb shelled broad beans  
salt  
3 hard-boiled eggs, sliced  
50g/2oz butter  
40g/1 1/2 oz wholewheat flour  
450ml/3/4 pint milk  
freshly ground black pepper  
2 tablespoons fresh breadcrumbs  
50g/2oz cheddar cheese, grated

## American

1 lb shelled lima beans  
salt  
3 hard-boiled eggs, sliced  
1/4 cup butter  
6 tablespoons wholewheat flour  
2 cups milk  
freshly ground black pepper  
2 tablespoons fresh breadcrumbs  
1/2 cup grated cheddar cheese

Cook the beans in boiling salted water until just tender; drain. Place half the beans in a greased ovenproof dish and place the eggs on top. Cover with the remaining beans.

Melt 40g/1 1/2oz/3 tablespoons of the butter in a pan, stir in the flour and cook gently, stirring, to make a roux. Remove from the heat and gradually add the milk, stirring. Return to the heat and bring to a boil. Cook, stirring, until thickened. Season to taste with salt and pepper.

Pour the sauce over the beans and sprinkle on the breadcrumbs and cheese. Dot with the remaining butter, place in a preheated hot oven (220C/435F) and cook for 15 minutes until golden brown.

[amyl](#)

# Chilean Black-Eyed Peas & Winter Squash

From: jagordon@agsm.ucla.edu

Date: 27 Jul 1993 18:08:17 GMT

I have made this a couple times, it's really good.

1 pound dried black-eye peas, soaked overnight, or 2 1/2 cups fresh  
1 tablespoon cold-pressed veggie oil  
2 pounds winter squash, peeled, seeded and diced  
2 large onions, chopped  
4 ears corn, kernals cut off cob,  
2 large tomatoes, sliced  
1 small chile minced  
3 to 6 cloves garlic, minced  
1 tablespoon paprika  
1/2 teaspoon salt  
1 teaspoon dried basil  
1 tablespoon dried oregano  
3 bay leaves  
1/4 teaspoon whole peppercorns  
1/2 teaspoon whole cumin seeds  
1/2 teaspoon whole corriander seeds  
1/4 to 1/2 teaspoon chile powder

*Drain the soaked peas. Place them in a large saucepan, cover with water and simmer for 20 minutes, should be about half cooked. Take off heat.*

*Heat oil in large skillet and add squash, onions, corn, tomatoes, chile, garlic, paprika and salt. Cook stirring for 10 minutes.*

*Add cooked veggies to the black eyed peas, add water to cover. Add basil, oregano, bay leaves, peppercorns, cumin and corriander seeds and chile powder. Cover and simmer for about 25 minutes, taste and correct seasonings.*

[maria](#)

# Herb Gnocchi

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 14 Oct 1993 17:01:11 GMT

Herb Gnocchi

Cross Indexed Vegetarian, Pasta

From Vegetarian Cooking, edited by Carol Handslip

Metric/Imperial	American
225g/8oz spinach	1/2 lb spinach
100g/4oz sorrel	1/4 lb sorrel
1 bunch watercress	1 bunch American cress
50g/2oz parsley	1 1/2 cups parsley
1 tablespoon chopped chervil	1 tablespoon chopped chervil
1 tablespoon chopped tarragon	1 tablespoon chopped tarragon
1 tablespoon chopped dill	1 tablespoon chopped dill
175g/6oz ricotta cheese	2/3 cup ricotta cheese
25g/1oz butter	2 tablespoons butter
75g/3oz Parmesan cheese, grated	3/4 cup freshly grated Parmesan cheese
sea salt	coarse salt
freshly ground black pepper	freshly ground black pepper
2 eggs, beaten	2 eggs, beaten
3 tablespoons plain flour, sifted	3 tablespoons all-purpose flour, sifted

Wash and drain the spinach, sorrel, watercress and parsley. Place in a large pan of boiling water and boil for 4 minutes; drain. When cool enough to handle, press out as much moisture as possible and chop finely. Add the remaining herbs and place in a saucepan over low heat for several minutes, stirring, to dry out.

Beat the ricotta cheese to a smooth consistency and add to the puree with the butter, 25g/1oz/1/4 cup of the Parmesan cheese and salt and pepper to taste. Take the pan off the heat and stir in the eggs and flour. Beat until smooth. Pour into a cool shallow dish and leave in the refrigerator overnight.

Bring a large pan of lightly salted water to a boil. Form the green mixture into egg-shaped gnocchi, using 2 teaspoons, and roll them very lightly on a floured board. Drop them in batches in the pan, but do not crowd them.

When they float to the surface, after 4 to 5 minutes, lift them out with a slotted spoon and drain. Test one to make sure they are cooked through, then transfer to a warmed serving dish.

Sprinkle the gnocchi with a little Parmesan cheese; serve the remaining cheese separately. Serve with melted butter if you like.

[amyl](#)

# Mike's Black Bean and Broccoli

From: isr@mailbox.syr.edu (Michael S. Schechter - ISR group account)

Date: Tue, 3 Aug 93 15:59:53 EDT

In response to asking for recipes, I'm posting the ones I've discovered in the last couple weeks. (I ALWAYS experiment, I read the group just for letting ideas sift thru my head)

so, here's "Mike's Black Bean and Broccoli"

Note this fills a 12" skillet, you may want to make less.

Crush together into bowl, mix into paste:

1/2 can (15oz) black bean  
7 clove garlic, crushed  
1 T ginger, minced, crushed  
1 T soy paste  
1 oz soy sauce  
1 T korean red pepper  
9 African Red Devil chilies, crushed  
1 T Laxmi brand chili powder (indian)  
water to thin

The differences in peppers are subtle, if you don't have access to a multitude of peppers, use 1 T paprika, 1 T red pepper, 5 HOT dried peppers

Cook in large skillet:

1 1/2 lb chicken or tofu  
1 t oil.

At 1/3 done point, add 1 oz oriental vermicelli.

When vermicelli is a little browned, add spice paste and water as needed.

When all done, flavored to taste, add:

1 1/2 bunch broccoli, chopped  
2 green peppers, chopped

Heat just till veggies are hot.

Serve with kim chee on side.

-Mike

[mara](#)



# Nori Rolls (vegetarian sushi)

Date: Thu, 29 Jul 1993 19:47:22 GMT

Reply-To: mwalker@taimyr.colorado.edu

## Vegetarian Sushi Nori and variations

4 sheets nori, pretoasted (oriental or natural food market)  
1 T. umeboshi plum paste  
1 T. rice vinegar  
1 clove garlic, smashed  
1 slice ginger, smashed or grated  
1.5 T soy sauce  
2 carrots  
2 eggs  
4 scallions  
4 c. cooked rice  
1 T. oil

Prepare ingredients: Heat oil in small skillet (about 20 cm diameter) on med. high. Slice carrots \*lengthwise\* into pieces about 0.5 cm diameter. Saute carrots, garlic, and ginger until carrots are just slightly cooked, about 2 minutes. Remove from pan. Stir together eggs and soy sauce. Add to pan, and cook until eggs are set. Do not disturb eggs while cooking, except to turn once. You should end up with an "omelette", fairly dry. When eggs are set and moderately firm, remove from pan. Cut into strips about 0.5 cm wide. Mix vinegar and plum paste into cooked, cooled rice.

Assemble nori rolls: Lay out a sheet of nori with the "rough" side toward you. Spread 1/4 of the rice across nori, leaving about 2 cm space on the far end and 1 cm space on the close end. Go all the way to the sides. Make an indentation in the rice about 2 cm from the close end. Lay 1/4 of the other ingredients in the indentation: carrots, eggs, and 1 scallion. Now roll up, beginning by folding over the 1 cm flap of nori closest to you, then rolling up from the folded edge. You want the roll to be nice and firm, so try to keep it tight as you go. To seal, run a slightly wet finger over the edge where the seam is. Place seam-side down. Slice crosswise into pieces 4-8 cm long (your preference). The orange carrot, yellow egg, and green scallion make a lovely center against the white (or brown) rice. Serve with soy and pickled ginger.

Notes: sticky rice works the best, but any kind will do. Use brown rice for the best nutritional value.

Variations: Once you have the basic method down, vary the center ingredients as you wish. This is my favorite combination, but other ideas are tofu strips, other types of cooked vegetables, fresh spices (strips of fresh dill, for example), etc.

[mara](#)

# Nut and Vegetable Loaf

From: [arielle@taronga.com](mailto:arielle@taronga.com) (Stephanie da Silva)

Date: Tue, 12 Oct 1993 03:08:33 GMT

## Metric/Imperial

25g/1 oz butter  
1 small onion, chopped  
1 small carrot, chopped  
1 stalk celery, chopped  
1 tablespoon tomato puree  
225g/8 oz tomatoes, skinned and chopped  
2 eggs  
1 tablespoon chopped parsley  
salt  
freshly ground black pepper  
225g/8 oz nuts, finely chopped

## American

2 tablespoons butter  
1 small onion, chopped  
1 small carrot, chopped  
1 stalk celery, chopped  
1 tablespoon tomato paste  
1 cup skinned and chopped tomatoes  
2 eggs  
1 tablespoon chopped parsley  
salt  
freshly ground black pepper  
2 cups finely chopped nuts

Melt the butter in a pan; add the onion, carrot and celery and cook until softened. Add the tomato paste and tomatoes and cook for 5 minutes.

Put the eggs, parsley and salt and pepper to taste in a bowl and beat well. Stir in the nuts and vegetables.

Transfer to a greased 900ml/1 1/2pint/3 3/4 cup ovenproof dish, place in preheated hot oven (220C/425F) and bake for 30 to 35 minutes.

Turn out and garnish with onion rings, parsley, and cucumber slices. Serve hot with vegetables and sauce, or cold with salad.

[amyl](#)

## Red Beans w/ Pecans, Saffron

From: jkandell@Violet.CCIT.Arizona.EDU (Jonathan Kandell)

Date: 18 Mar 1995 05:10:30 -0700

### RED BEANS WITH PECANS AND SAFFRON OVER WHOLE WHEAT SPAGHETTI

1 small can red beans  
pecan halves  
dry red wine  
saffron  
oregano  
thyme  
black pepper  
olive oil  
garlic

Drain a small can of red beans. (Pintos may substitute.) Save the juice in a small bowl and add a small amount of crumbled saffron to it so it marinates. Not too much, you want the taste to be subtle, not dominant.

Saute garlic in olive oil for a little bit, along with pecan halves and some crushed red chiles.

Add the drained beans and cook so the flavors mingle. Add quite a bit of oregano and less thyme and a pinch of black pepper. Add some dry red wine, don't be too shy.

Add in the saffron-flavored bean liquid and cook a few more minutes. The consistency should be thin but not like soup.

Serve over whole wheat spaghetti. Brown rice might also work.

[amyl](#)

# COLLECTION: Tofu (long)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 10:52:11 +0200

## Contents

- [Crisp-Fried Tofu And Greens \(Richard Darsie\)](#)
- [Cuban Tofu Salad \(Marilyn Walker\)](#)
- [Mabo Tofu \(Rodney Shojinaga\)](#)
- [Ma Pa Dofu \(Rodney Shojinaga\)](#)
- [Pad Thai Pseudo-Vegetarian Style \(Jonathan Kandell\)](#)
- [Priscilla's Tofu Pot Pie \(Tara McDermott\)](#)
- [Shanghai Stir-Fry \(Janet Hatch\)](#)
- [Shepherd's Pie \(Mary Kay Petersen\)](#)
- [Shoyu Dips \(William Ira Maddex\)](#)
- [Southern Baked Tofu \(Tara McDermott\)](#)
- [Soysage \(David "Yeah\)](#)
- [Spicy Peanut Tofu \(andrea@hivnet.ubc.ca\)](#)
- [Sweet And Sour Tofu \(Richard Darsie\)](#)
- [Szechwan Eggplant And Tofu \(Steven Frank\)](#)
- [Szechwan Spiced Bean Curd \(Mapwo Doufu\) \(Frederic W. Brehm\)](#)
- [Tofu \(Janice Morley\)](#)
- [Tofu \(Mike Phillips\)](#)
- [Tofu \(Mike Shawaluk\)](#)
- [Tofu Bacon \(Paul Houtz\)](#)
- [Tofu Bourguignon \(Allison Fink\)](#)
- [Tofu Broccoli Stroganoff \(Ellis S. Cohen\)](#)
- [Tofu Jerky \(Mike Richichi\)](#)
- [Tofu Raspberry Pudding \(jagordon@agsm.ucla.edu\)](#)
- [Tofu Spaghetti Balls \(Mary Kay Petersen\)](#)
- [Tofu With 3 Spices \(Michael\)](#)
- [Vegetarian Swiss Steak \(Kathleen G. Kidd\)](#)
- [Yuba \(William Ira Maddex\)](#)
- [Yuba Sashimi \(William Ira Maddex\)](#)

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: The Moosewood Restaurant Kitchen Garden

CRISP-FRIED TOFU AND GREENS

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Ingredients:

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2 cakes of tofu, frozen overnight and thawed  
1/2 cup water or vegetable stock  
1 tsp cornstarch  
1/2 cup cornmeal or cornstarch

Marinade:

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1/3 cup soy sauce  
1/4 cup rice vinegar  
1 tblsp finely grated gingerroot  
2 cloves garlic, minced or pressed  
dash cayenne

Sauce:

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3 tblsp soy sauce  
1/4 cup dry sherry  
2 tsp rice vinegar  
2 tsp honey or brown sugar

Vegetables:

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3 tblsp oil  
3 cloves garlic, minced or pressed  
1 cup thinly sliced onion  
6 cup mix of coarsely chopped pak choi, chard, kale,  
nappa cabbage or 9 cup chopped spinach

Instructions:

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Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.\* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the

water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven.

Add leftover marinade to sauce mix. Heat 3 tblsp oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice.

\* I cut the tofu into many more smaller triangles.

%%%%%%%%%%  
\*

### CUBAN TOFU SALAD

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#### Ingredients:

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- 1 lb firm tofu
- 1/3 cup nutritional yeast with salt, pepper, and paprika added to taste
- oil
- 1 lb new potatoes
- 1 good-sized sweet potato or yam (6-8 inches long)
- 1 mild tasting apple (Golden Delicious is good), sliced or chopped
- 4 eggs, hard cooked, sliced
- 1/2 cup green peas, cooked until still slightly firm
- 1/2 red onion, finely chopped
- 1 can asparagus tips
- mayonnaise (about 3/4 c.)
- about 2 tblsp dill weed
- vinegar, mustard, or "Durkee's special sauce"

#### Instructions:

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1. Cut tofu into 1" squares, 1/2" thick. Coat with nutritional yeast. Fry in oil over medium heat until golden brown and slightly chewy. Drain on paper towels.
2. Cut potatoes and sweet potatoes into 1" cubes. Boil until tender. Drain.
3. Mix together tofu, potatoes, apple, 3 of the eggs, peas, and onion. Add enough mayonnaise to make it creamy or to taste. Add dill weed, fresh if possible. Add enough vinegar, prepared mustard, or Durkee's Sauce (basically a mustard-vinegar sauce) to give it a tang.





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[mara](#)

# COLLECTION: Veggie Lasagna and Chili

From: darsie@eecs.ucdavis.edu (Richard Darsie)

Date: Fri, 20 Aug 1993 21:49:44 GMT

## Contents

- [Lentil Lasagna](#)
- [Vegetable Lasagne 1](#)
- [Vegetable Lasagne 2](#)
- [Cashew Chili](#)
- [Sandy's Chili](#)

### Lentil Lasagna

#### Ingredients

9 lasagna noodles  
1 pkg. frozen spinach  
1 lb. cottage cheese  
1/2 c. dry lentils  
1 c. grated cheddar  
1 c. grated mozzarella  
1/2 c. Parmesan  
large jar of spaghetti sauce (I use Prego or Classico)

#### Instructions

Cook lentils in boiling water for about 20 minutes, drain.  
Thaw spinach in microwave, press out liquid. Cook noodles al dente.  
Make layers in oblong baking pan as follows: sauce, noodles, sauce, cottage cheese, lentils, spinach, cheddar & mozzarella, more sauce.  
Cover top layer of noodles with sauce, sprinkle with Parmesan.  
Bake at 375F for 30-35 minutes. Add 1/2 lb. sliced sauteed mushrooms to sauce if desired. For variation use black beans instead of lentils.

\*\*\*\*\*

### Vegetable Lasagne 1

Source: Robert N. Hartman on rec.food.recipes (USENET)

#### Ingredients

1 lb. spinach, fresh  
2 T margarine  
1 lb. carrots, sliced  
2 c. broccoli flowerets  
2 c. vegetable broth  
1 c. milk

1/2 c. onion, chopped  
6 T. margarine  
1/2 c. all-purpose flour  
1/2 c. dry white wine  
1 c. Parmesan  
4 oz. ea. Swiss cheese, Provolone  
10 ea. Lasagna noodles  
2 c. Tomato Sauce

#### Instructions

Steam spinach until tender. Drain and squeeze until barely moist. Finely chop spinach. Combine chopped spinach, 2 T. margarine, and salt and pepper to taste; set aside. Steam carrots & broccoli until tender. Combine spinach, carrots, & broccoli, and set aside. Combine vegetable broth & milk in a saucepan. Cook over medium heat until warm; remove from heat, set aside. Saute chopped onion in 1/4 c. margarine in large skillet until tender. Add flour, and cook 3 minutes, stirring constantly. Add warm broth mixture and wine; simmer 5 minutes or until mixture is thickened, stirring constantly. Remove from heat and set aside. Combine cheeses. Arrange lasagna noodles in lightly greased 13x9 baking dish. Layer 1/4 white sauce, 1/2 vegetables, 1/3 cheese, then 1/4 white sauce again. Repeat layers. Spread tomato sauce over top. Sprinkle with remaining 1/3 cheese. Bake uncovered, at 350F for 35 minutes. Let lasagna stand 10 minutes before serving.

\*\*\*\*\*

#### Vegetable Lasagne 2

Source: Andy Balinsky on rec.food.cooking (USENET)

#### Ingredients

1/3 c. oil  
1 onion, diced  
1 tsp. garlic powder  
1 eggplant, diced  
1/4 lb. mushrooms, sliced  
1 1-lb. can tomatoes  
1 15-oz. can tomato sauce  
1/2 c. water  
1 carrot, shredded  
1/4 c. chopped parsley  
2 tsp. oregano  
1 tsp. basil  
10-16 lasagna noodles  
2 c. ricotta cheese  
2 c. shredded mozzarella  
1-1/2 c. grated Parmesan

#### Instructions

Heat oil in frying pan. Saute onion, eggplant, & mushrooms, stirring frequently for 15 minutes. Add tomatoes and their liquid, tomato sauce,

carrot, parsley & seasonings. Bring to a boil, then reduce heat and simmer, covered for 15 minutes. Cook noodles according to package directions. Drain. Oil a 9x13 or larger pan. Spread 1/4 of sauce in bottom. Arrange 1/3 of noodles over sauce. Dot noodles with 1/3 of ricotta. Sprinkle with 1/3 of mozzarella, the 1/4 of Parmesan. Repeat layering two more times. Spread remaining sauce over top and sprinkle with remaining Parmesan cheese. Bake, uncovered, at 350F for 50 minutes.

\*\*\*\*\*

### Cashew Chili

#### Ingredients

2-3 c. kidney beans  
4 med. onions  
2 bell peppers  
2 stalks celery  
3 cloves garlic  
1 tsp. each basil, oregano  
1 T. chili powder  
1 tsp. cumin  
2 cans tomatoes  
black pepper, bay leaf  
1/2 - 1 c. cashews  
handful raisins  
1 tsp. salt  
1/4 c. cider vinegar (this is really much more than is needed)

#### Instructions

Saute onions, bell peppers, celery, garlic. Add spices, fry with onion mix, stirring constantly. Add tomatoes, pepper, bay leaf, cashews, salt, raisins, wine. Add beans, simmer covered for 30 min. Add water if necessary. Add vinegar when chili is almost ready. For variety, add carrots or green beans (may need to cook longer until they are tender).

\*\*\*\*\*

### SandyUs Chili

Source: Sandy Kaplan on rec.food.cooking (USENET) (made meatless by RFD)

#### Ingredients

1/3 cup oil  
3 med. onions, chopped  
2 stalks celery, chopped  
4 cloves garlic, minced  
1 bell pepper, chopped  
1 jalapeno pepper, minced  
2 lbs. tofu chunks  
2 T. each ground red chilis, cumin, oregano  
1 bay leaf

salt to taste  
2 c. water  
2 28 oz. cans tomatos  
6 oz. can tomato paste  
2 cans. kidney beans

#### Instructions

Saute first five ingredients in oil until limp. Add tofu and saute until browned. Mix the spices together in a bowl and sprinkle into the pot. Mix thoroughly. Add water, tomatoes and tomato paste. Stir. Bring to a boil. Reduce heat and simmer for 2 hours, stirring occasionally. If desired, at this point, add the kidney beans. Taste and correct seasoning. The addition of 1 tsp. to 1 T. of cayenne pepper can make this gradually more spicy. As the recipe reads, itUs fairly tame. NOTE: The ground chilis are NOT chili powder. Most chili powder is made up of a combination of chilis, oregano, cumin, salt and garlic. If chili powder is all you can find, then you will have to readjust the cumin and oregano amounts.

[mara](#)

# Vegetarian Chili & Beans

From: Valerie Lambert valerie@valis.biocad.com

Date: Wed, 08 Sep 93 15:58:15 -0700

1 package vegi chili starter by Fantastic Foods  
2 cups of water  
big handful of dried chopped mexican arbol chilis  
2 large dried chopped pasilla chilis  
1 cup canned medium jalapenos  
1/4 cup canned chopped serrano chilis  
several tablespoons Tuong Ot Sriracha hot sauce  
several tablespoons Pico Pica hot sauce  
2 cans of kidney beans  
1 can of black beans  
1 tablespoon of dried cilantro

Stir and simmer together for about 1/2 hour. Easy and yummy!

[amyl](#)

# 3 Vegetarian Chili Recipes : COLLECTION

From: Teresa Lauren Marx tm37+@andrew.cmu.edu

Date: Fri, 17 Sep 1993 00:45:46 -0400 (EDT)

(copied without permission from Vegetarian Times, November 1990)

## Contents

- [Black Bean Chili with Cilantro](#)
- [Calico Chili](#)
- [Cincinnati Chili](#)

\*

### Black Bean Chili with Cilantro

1/4 C dry sherry  
1 Tbs olive oil  
2 C chopped onion  
1/2 C chopped celery  
1/2 C chopped carrots  
1/2 C seeded and chopped red bell pepper  
4 C cooked black beans  
2 C vegetable stock or water  
2 Tbs minced fresh garlic  
1 C chopped Italian plum tomatoes  
2 tsp ground cumin  
4 tsp chili powder (or to taste)  
1/2 tsp dried oregano  
1/4 C chopped fresh cilantro  
2 Tbs honey  
2 Tbs low sodium tomato paste

In large heavy pot, over medium heat, combine sherry and oil and heat to simmering. Add onions and saute 8 to 10 minutes. add celery, carrots and bell pepper and saute 5 minutes more, stirring frequently. Add remaining ingredients and bring to a boil. Lower heat and simmer, covered, for 45 minutes to 1 hour. Mixture should be thick, with all water absorbed. Serves 6-8.

Serving suggestion: This chili is tasty with a garnish of crushed low salt tortilla chips, grated Monterey Jack cheese, plain non-fat yogurt, or minced fresh cilantro.

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\*

## Calico Chili

1 tsp safflower oil  
1/3 C red wine or vegetable stock  
3 large onions, diced  
3 C sliced white mushrooms  
2 C chopped Italian plum tomatoes  
4 cloves garlic, minced  
1 C chopped celery  
1 C chopped carrots  
1 tsp ground cumin  
5 C vegetable stock  
2 Tbs chili powder (or to taste)  
1 C garbanzo beans, soaked and drained  
1 C kidney beans, soaked and drained  
1 C pinto beans, soaked and drained  
1/4 C diced canned green chilies  
3 Tbs low sodium tomato paste  
1 tsp dried basil

In large heavy pot, over medium heat, combine sherry and oil and heat to simmering. Add onions and saute 8 to 10 minutes. Add mushrooms and saute 5 minutes more, stirring frequently. add tomatoes, garlic, celery, carrots, and cumin. Saute 5 to 8 minutes, or until carrots soften. Add 5 C stock and remaining ingredients. Bring to a boil. Lower heat and simmer, covered, until beans are soft and liquid is absorbed, about 3 hours. Taste for seasoning, and add more chili powder if desired. Serve hot. Serves 6 to 8.

\*

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## Cincinnati Empress Chili

2 tsp olive oil  
2 medium onions, chopped finely  
4 cloves garlic, minced  
3 C vegetable stock  
2 Tbs apple cider vinegar  
1 large bay leaf, crushed #  
5 whole allspice berries #  
2 tsp salt or herbal substitute  
3 Tbs chili powder  
1 tsp carob powder (or cocoa)  
2 C low sodium tomato sauce  
1/2 tsp cayenne pepper, or to taste  
1 tsp cumin  
1 tsp cinnamon  
2 C cooked pinto beans  
2 C tofu, frozen, thawed, and crumbled



In large heavy pot, over medium-high heat, heat oil and saute onions for 8 to 10 minutes. Add remaining ingredients. Bring to a boil, then lower heat and simmer for 1 1/2 hours. Add toppings of choice (see below). Serves 6 to 8.

(for traditional chili with meat...this recipe is a little odd in this system)

->one way -- Chili

->two way -- chili and spaghetti

->three way -- chili and spaghetti topped with grated cheddar cheese

->four way -- chili and spaghetti topped with cheese and chopped onion

->five way -- chili with kidney beans and spaghetti topped with cheese and chopped onion

->coney island -- hotdog in bun with mustard, topped with chili and cheese

[amyl](#)

# Vegetarian Gravy

From: dean@underground.irhe.upenn.edu (Kareema Dean)

Date: 25 Oct 93 16:57:56 GMT

If you have a good veggie base around, it is easy. I make one about every 2 weeks. Unfortunately, I don't do milk any more so this recipe is a thing of the past for me, but it used to hit the spot.

to make 2 cups or so...

Saute small onions and 4-5 mushrooms and 1 clove garlic in butter (or just heat up some butter if you want it plain.. I like onions)

When they soft, add about 2 tblsp flour and mix it around until it is absorbed.

Pour on 1-1.5 cups veggie broth and stir. When that starts to warm up, pour a cup or less of cream or milk in and stir. Let boil stirring alot in the beginning to keep it from lumping. and voila! The amount of flour is kinda if-y. I like it thick, and usually end up adding more flour later on in the process to make it thicker.

Peace,  
kareema

[amyl](#)

# Vegetarian Gravy

From: [jagordon@agsm.ucla.edu](mailto:jagordon@agsm.ucla.edu)

Date: 25 Oct 1993 18:44:04 GMT

Dan, there are several veggie sausages on the market, check your health food store, you could any of these in place of or addition to the mushrooms.

1 pound mushrooms  
1 onion  
2 - 3 tablespoons flour  
2 milk, dairy or soy  
1/3 cup dry white wine  
vegetable oil  
salt/pepper  
sage  
thyme

slice 1 pound mushrooms  
slice one onion, thinly  
saute veggies in 2 tablespoons vegetable oil or 1/2 cup white wine if your prefer fatfree  
add 1 teaspoon of sage, more if you like it, and 1 teaspoon thyme  
salt and pepper to taste

when onions are translucent and mushrooms have given up their juice  
add flour, cook a couple of minutes  
stir in wine if youo haven't already, add milk a bit at a time  
till desired consistency is acheived.  
Add a bit of yogurt if you like it creamier

for a richer color and flavor, add a dash of soy or Bragg's Aminos

Serve over biscuits, rice, potatoes, noodles, whatever.

[amyl](#)

# Vegetarian Stuffed Grape Leaves (Dolmas)

From: dpc47852@uxa.cso.uiuc.edu (Daniel Paul Checkman)  
Date: 14 Sep 1993 21:40:10 GMT  
Cross-indexed Vegetarian, Greek

How about this Dolma recipe from `_Try 'em... You'll Like 'em... Even More_`, which is a cookbook published by Congregation Beth David Sisterhood. Anyhow, Mrs. Leitner has a recipe with no meat in it. This is being printed without permission, but I at know her and I'm sure she'd be honored to have her recipe posted here:

0.5 c. veggie oil  
4 medium onions (chopped)  
1 c. uncooked rice  
1 c. parsley (minced)  
0.5 c. raisins  
0.5 c. tomato sauce  
1 c. water  
0.75 tsp. allspice  
0.5 tsp. pepper  
Grape leaves  
2 tsp. salt (or less/ to taste)

Saute onions in the oil until browned. Add rice and cook on a low heat for 20 minutes (covered), stirring occasionally. Add all other ingredients (except grape leaves, of course) and cook for 5 minutes. When it has cooled a little, use approx. 1 tsp. of filling per grape leaf and roll up, as for a burrito. The filling should be totally enclosed. To cook the "raw" dolmas, line a large pot with grape leaves and arrange the dolmas in the pot. Put a plate on top to keep them from floating up, and cover with water. Simmer for about 1 hour.

Mrs. Leitner goes on to mention that these can be served hot (with or without yogurt) or as a cold appetizer. Basically it's the same recipe as for stuffed cabbage, except there is no meat or cabbage. I've also tried dolmas elsewhere that leave out the raisins and tomato sauce, and sometimes add pine nuts to the mixture, but they are usually a bit more bland.

Good Luck,

[amyl](#)

# Vegetarian Stuffed Grape Leaves

From: Gretchen Miller grm+@andrew.cmu.edu

Date: Wed, 15 Sep 1993 14:32:36 -0400

I just made these the other night, and they were quite good. I started with this recipe, from The Old World Kitchen, and basically eyeballed and fiddled until I had something I liked. I'll note the recipe and then note my changes:

grape leaves, fresh or bottled  
1 cup uncooked white rice  
1/4 cup olive oil  
1/2 lb onion, minced  
1/2 cup raisans  
(1 tsp coriander, which was my addition to this)  
juice of 2 lemons

Heat half the olive oil, fry onions until soft, add rice and stir to coat. Pour on a glass of water, add raisans and cook until all water is absorbed. Roll into grape leaves, place grape leaves, seam side down, in a baking dish (close together), add more water, oil and lemon juice and bake at 300F for 1 hour.

Now, my changes:

I use the bottled grape leaves, because I like the extra tang from the pickling juice. I also used green onions (both white and green) instead of regular onion, and used more of just about everything.

Heat olive oil, fry onions until soft, add rice and stir to coat. Pour on a glass of water, add raisans and coriander. As water is absorbed, add more until the rice is firm but no longer crunchy. (I've found that the one glass method tends to produce crunchy/undercooked rice). Roll mixture into grape leaves (notes on rolling below) and pack like the bottom layer of a can of sardines (or like the 12 bunnies in the bed...) with the seam side down. When the pan is full, add one or two fingers of water (i.e. pour in water so the height of the water on the side of the pan is the width of one or two fingers) Squirt lots of lemon juice on the little suckers. Cover, put in 300F over and bake for 1 hour. The tops may get a little dry during cooking, but will remoisten when stored in the refrigerator.

Note on rolling grapeleaves:

Place your grape leaf flat, stem end away from you, vein side up. Place about a tablespoon or so of mixture a tiny bit closer to you than the point where the two side leaves branch off. Fold the bottom over the stuffing toward you. Fold the side leaves in toward the center. The stuffing should now be surrounded on at least 3 sides. Roll toward you until you have a little cigar shaped packet.

Enjoy!

[amyl](#)

# Vegetarian Stuffed Grape Leaves

From: najork@cs.uiuc.edu

Date: Thu, 16 Sep 1993 15:00:51 GMT

Cross Indexed Vegetarian, Greek

This is my aunts recipe. I think it's heavenly:

3 C. rice, soaked in boiling water and salt for 1hr.

1/2 C. olive oil

Juice of one large lemon

1 bunch green onions, chopped

1 bunch parsley, minced

1 large, firm tomato, chopped

1 tsp. dried mint (optional)

salt and pepper to taste

Thoroughly rinse rice and drain well. Mix the rice and all the above ingredients in a bowl. If you are using fresh grape leaves blanch in boiling water for a minute. Stuff and cook. You could use torn grape leaves or slices of tomato to line the bottom of the pan so that the bottom layer of stuffed grape leaves won't scorch.

[amyl](#)

# Veggie Burger with Nuts

From: [cazeved1@cc.swarthmore.edu](mailto:cazeved1@cc.swarthmore.edu) (Celina da Rocha Azevedo)

Date: Thu, 11 Nov 1993 16:57:51 -0500

Here's a tasty recipe I made with some friends last night. It originally came off this newsgroup, but that was a while ago, so I thought I'd repost it.

2 oz bulgur wheat  
1/4 cup canola oil  
1 1/4 cups finely chopped mushrooms  
1 1/2 cups finely chopped carrots  
2 cups finely chopped onions  
2 tbl minced garlic  
3/4 cup walnuts  
1/2 cup sunflower seeds  
1/2 cup sesame seeds  
1/2 cup wheat germ  
1/3 cup chopped parsley  
2 tbl chopped dill  
3 tbl tahini (sesame seed paste)  
1 1/4 cups cooked chickpeas (if using canned garbanzo beans, make sure they're well-drained)  
3 tbl tamari  
3 tbl lemon juice  
1/4 tsp cayenne pepper  
1/2 tsp salt  
3/4 tsp freshly ground pepper  
3/4 tsp ground cumin  
oil for rubbing burgers and grill

Put bulgur in a bowl of hot water, soak for 10 minutes or until tender, drain well.

Heat oil in a skilled, saute mushrooms, carrots, onions, garlic for 15 mins.

Grind walnuts and sunflower seeds, put into a bowl, add sesame seeds, bulgur, and wheat germ.

Mix sauteed vegetables with parsley, dill, tahini, chickpeas, tamari, lemon juice, cayenne, salt, pepper, and cumin until blended (small lumps ok). Add to the sesame-bulgur mixture, mix well. A potato masher is useful at this stage.

Chill thoroughly to firm the mixture (at least 1 hour in the freezer, more in the refrigerator).

Shape into patties, pat with oil, cook 4 minutes on each side, flip carefully with a Wide spatula to keep from falling apart. Serve on toasted



Veggie Burger with Nuts

rolls with slices of tomato, sprouts, cucumber, yogurt.

Serves 8 to 10, depending upon size of patties/rolls.

[amyl](#)

# Zucchini Recipes

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- [Evangelos Doussis' Zucchini Collection](#)
- [Stuffed Zuchinnis](#)
- [Zesty Zucchini Chickpea Salad](#)
- [Zucchini Recipes : COLLECTION \(1\)](#)
- [Zucchini Recipes : COLLECTION \(2\)](#)

[amyl](#)

# Evangelos Doussis' Zucchini Collection

From: doussis@convex1.tcs.tulane.edu (Evangelos Doussis)

Date: Thu, 15 Jul 1993 18:44:16 GMT

these zucchini variations are all authentically greek (or turkish, or lebanese- at any rate, they're from our corner of the mediterranean!!)

the first one is one of my favourites, all veggo, lots of oil, served at room temperature or cold- perfect summer dish

## Contents

- [Briami](#)
- [Lathera](#)
- [Fried Zucchini](#)

### Briami

5-6 large zucchini, cut in 1 in. cubes  
3-4 medium potatoes, cut in similar cubes  
2 eggplants (the purple, zucchini look-alike) cut in cubes  
1 can stewed tomatoes  
3-4 cloves garlic crushed  
1 onion , cut in large chunks  
a couple of bay-leaves  
1/2 cup oil (preferably olive, but any kind will do)  
a dash of nutmeg, thyme  
salt and pepper

arrange (really throw in!) all the ingredients in your baking pan, and give them a good mix (another name for this dish is TOURLOU, i.e. mix-mix)

and bake for about 1 hour at a medium heat oven  
keep adding a touch of water to keep the stuff from frying  
allow to cool before eating-  
serve with a generous amount of oil and juices  
and with some bread to clean up the plate!

### Lathera (translates to THE OILY DISH)

the following is a variation of the above theme, different presentation  
the veggoes come out crispier this way

4-5 medium size zucchini, cut in 1/4 in. disks  
3-4 medium potatoes, cut in 1/4 in. disks  
1-2 medium onions, sliced in thick rings  
1-2 medium tomatoes, sliced in 1/4 in. disks  
6-7 cloves garlic, peeled and whole  
1/2 cup olive oil (or any other oil)  
1/2 cup chopped parsley  
salt and pepper  
2 tbspoons oregano (save for the end!)

arrange in loose layers in the baking tray. try and keep the onion  
rings at the bottom of the pan, they get nice and crispy, and the  
tomatoes go at the top of the assembly, to let the juices drain down  
onto the veggoes

bake for about 1 hour, at medium oven

the oregano should be added a few minutes before taking the tray out  
of the oven- burnt oregano loses its flavour, and has a bitter taste  
allow to cool before eating

## **Fried Zucchini**

for the batter:

1 egg (beaten)  
1/3 cup milk  
1 cup flour  
salt, pepper,  
water if needed

stir batter ingredients until batter is smooth- if it's too thick add  
water- otherwise add flour- i get it to where it kinda sticks to the  
fork

for the jucchini

5-6 jucchini- cut either steak fries style, or in 1/4 in. disks

dip jucchini in batter

deep-fry in preheated oil (i set the stove on medium high) until

batter is crispy

serve with that good tsatsiki that you've made already :-)

[mara](#)

## Stuffed Zuchinnis

From: 00sgmoses@leo.bsuvc.bsu.edu

Date: 8 Jul 93 17:45:59 EST

### Filling:

1 cup of rice Washed and soaked for an hour  
2 tbsp Tomato paste (from a small can)  
3 Tbsp cooked lentils  
1 small onion Grated  
3 cloves of garlic crushed (or less ;-))  
1 tbsp cinamon  
2 tsp cumin  
2 tbsp minced fresh cilantro (approximate big time!)  
you could also throw in a  
salt and pepper

### Fill-ees

4 zukes with the tops off and the insides scooped out with a corer or peeler. ( a long tedious task that I do in front of the TV- be careful to to break the skin!- yours or the zukes!)

I would double the filling and thus the zukes!

Core those suckers and then throw the filling together in a bowl. Fill each Zuke only 3/4 full and place the top on it (I taper the top with a knife so it fits on) Place lettuce leaves in the bottom (so the zukes don't burn) of a large pot (the biggest you have) and put the zukes in Bottom down (if you have enough room; if not, put in howeve they will fit and try to secure in place by wedging potatoes or whatever to keep in place. Cover with water or brothWELL SALTED- VERY IMPORTANT- MAY BE ADD MORE!) and add the rest of the small can of tomato paste and a chopped onion and some garlic, cumin whatever and coover with lid and cook about 45min-1 hour on medium highish till boilin and then reduce to medium/low ish so it is simmering. After the hour check a zuke to see if the rice is done... if it is then you are done. Remove the zukes onto a serving platter and spoon a little liquid over them. (discard lettuce and whatever else) You can ccover with a onion-mint yohurt sauce and garnish with a sprinkle of paprika for color. Yum!

[mara](#)

## Zesty Zucchini Chickpea Salad

From: morrissey@stsci.edu (Mostly Harmless)

Date: Thu, 15 Jul 1993 16:08:53 GMT

This is from the Favorite Brand Names Recipes' Meatless Meals collection. Comments are mine.

3 medium zucchini (about 6 oz. each)  
1/2 tsp salt  
5 Tbsp. white vinegar  
1 clove garlic, minced (or more if you like garlic)  
1/4 tsp dried thyme leaves, crumbled (or 1/2 tsp. fresh thyme, minced)  
1/2 cup olive oil  
1 cup drained canned chickpeas  
1/2 cup sliced pitted ripe olives  
3 green onions, minced  
1 canned chipotle chili pepper in adobo sauce, drained, seeded, minced  
1 ripe avacado  
1/3 cup crumbled feta or 3 Tbsp. grated Romano cheese  
1 head Boston lettuce, cored, separated into leaves  
sliced tomatoes and cilantro sprigs for garnish

Cut Zucchini lengthwise into halves; cut halves crosswise into 1/4-inch-thick slices. Place slices in medium bowl; sprinkle with salt. Toss to mix. Spread on several layers of paper towels. Let stand at room temperature for 30 minutes to drain.

Combine vinegar, garlic, and thyme in large bowl. Gradually add oil in thin, steady stream, whisking continuously until dressing is thoroughly blended.

Pat zucchini dry; add to dressing. Add chickpeas, olives, and onions; toss lightly to coat. Cover; refrigerate at least 30 minutes or up to 4 hours, stirring occasionally.

Add chili to salad just before serving. Stir gently to mix. Peel, pit, and cut avacado into 1/2-inch cubes. Add avacado and cheese to salad; toss lightly to mix.

Serve salad in shallow lettuce-lined bowl or plate. Garnish with slices of tomato and springs of cilantro if desired.

[mara](#)

# Zucchini Recipes - Collection

From: darsie@ece.ucdavis.edu (Richard Darsie)

Date: Thu, 15 Jul 93 11:20:22 -0700

## Contents

- [Zucchini Bread](#)
- [Zucchini Muffins](#)
- [Fettucine with Zucchini and Mushrooms](#)
- [West African Groundnut Stew](#)
- [Zucchini Ankara](#)
- [Stuffed Zucchini with Yogurt Sauce](#)

### ZUCCHINI BREAD (The best ever!)

Source: Family Circle, June 1991

2 c. all-purpose flour  
1.5 tsp. salt  
3 tsp. cinnamon  
1 tsp. baking soda  
1/2 tsp. baking powder  
1 c. oil  
3 eggs  
1 tsp. vanilla  
1-1/2 c. sugar  
3 c. shredded zucchini  
1/2 c. chopped walnuts  
1/2 c. raisins

Preheat oven to 350F. Grease two small loaf pans. Sift together flour, salt, cinnamon, baking soda, baking powder. In a large bowl whisk together oil, eggs, vanilla, sugar. Stir in flour mixture and remaining ingredients. Divide into prepared pans. Bake for 55-60 minutes or until cake tester comes out clean. Cool on wire racks to room temperature.

### ZUCCHINI MUFFINS (originally carrots instead of zucchini)

Source: Ladies' Home Journal, May 1991



1/2 c. all purpose flour  
1/2 c. whole wheat flour  
1 tsp. baking powder  
1 tsp. cinnamon  
1/2 tsp. baking soda  
1/4 tsp. salt  
4 egg whites  
2/3 c. sugar  
1/4 c. oil  
1/2 tsp. vanilla  
1-1/2 c. shredded zucchini  
1/2 c. raisins (optional)

Sift together flours, baking powder, cinnamon, baking soda and salt. In a large bowl whisk together egg whites, sugar, oil, and vanilla. Mix in dry ingredients until combined. Stir in zucchini and raisins (if desired), spoon mix into prepared muffin cups. Bake at 375F for 20 min. or until toothpick comes out clean. Makes 1 dozen.

## **FETTUCINE WITH ZUCCHINI AND MUSHROOMS**

Source: Meatless Meals

1 lb. pkg. fettucine  
1/2 c. butter  
1/2 lb. mushrooms  
1.25 lb. zucchini  
1 c. half-and-half  
3/4 c. Parmesan  
1/2 c. parsley

Cook fettucine al dente. Cut zucchini into julienne strips. While pasta is cooking, saute mushrooms and zucchini in butter for 2 minutes. Add half-and-half to saute; reduce heat and simmer for 3 minutes. Add cooked fettucine to saute, along with cheese and parsley, and toss to mix well.

## **WEST AFRICAN GROUNDNUT STEW**

Source: New Recipes from Moosewood Restaurant

2 sweet potatoes, cubed  
2 T. oil  
3 cloves garlic, minced

3 T. fresh gingerroot, minced  
2 T. ground coriander  
1/2 tsp. cayenne  
4 c. chopped onion  
1 eggplant, cubed  
2 tomatoes, chopped  
1/4-1/2 c. stock or water  
1 c. chopped zucchini  
2 green bell peppers  
2 c. tomato juice  
1/2 c. peanut butter (I use almond butter cause I'm allergic to pb)

Steam or boil sweet potato cubes until tender. Saute garlic, ginger and spices for 1 minute; add onions and cook until soft. Add tomatoes, eggplant & stock/water; simmer 10 minutes. Add zucchini & bell pepper, continue to simmer until all vegetables are tender, ~ 20 minutes. Add sweet potatoes to stew along with tomato juice and almond butter. Stir well and simmer on very low heat for 5-10 minutes, stirring to prevent sticking. Serve on rice, couscous or millet.

## **ZUCCHINI ANKARA**

Source: New Recipes from Moosewood Restaurant

1/4 c. olive oil  
2 c. chopped onions  
3-4 cloves garlic  
3 zucchini/yellow squash  
1 tsp. marjoram  
1 can garbanzos  
1/2 c. sliced black olives  
1 T. cumin  
3-6 T. lemon juice  
black pepper to taste  
pinch cayenne  
1 c. grated feta cheese

Saute onions and garlic in olive oil until onion is translucent. Add squash & marjoram and cook on medium heat until squash is just tender. Add garbanzos, olives, cumin (or 2 tsp. mint if desired), lemon juice and seasonings. Cook until everything is heated through. Ladle mixture over cooked rice or couscous. Top with feta cheese.

## STUFFED ZUCCHINI WITH YOGURT SAUCE

This recipe is from "Madhur Jaffrey's World of the East Vegetarian Cooking"

4 medium zucchini

Stuffing: 1/4 c. red lentils  
1/2 c. bulgur  
3 T. olive oil  
1 onion, chopped  
1/2 tomato, minced  
1 clove garlic, mashed  
1 tsp. salt  
4 tsp. lemon juice  
1/4 c. fresh parsley

Sauce: 2 tsp. cornstarch  
2-1/2 c. plain yogurt  
1 clove garlic, mashed  
salt, pepper to taste

Wash zucchini well. Do not trim ends. Cut each zucchini in half lengthwise. Scoop out all seeded portion of zucchini flesh. Sprinkle a tiny amount of salt into each shell. Set aside for an hour. Wash and drain lentils. Simmer them in 2 c. water for 2 minutes, then let sit, covered, for 45 minutes. In a bowl, cover bulgur with 3 c. water and let sit for an hour. When lentils have sat for 45 min, bring to simmer again. Lower heat and simmer for ~10 minutes or until tender. Drain and put in a bowl. Drain bulgur and squeeze out as much liquid as possible. Put bulgur in same bowl as lentils. Heat olive oil in skillet over medium flame. Saute onion for 2 minutes. Add tomato, saute for another 2 minutes. Mix saute with lentils and bulgur. Add garlic, salt, lemon juice and parsley, mix well. Arrange a steamer by setting a colander on top of a large pot with an inch or so of water. Stuff zucchini with lentil-bulgur mixture. Place stuffed zucchini in colander and cover. Steam for 10-15 minutes until zucchini shells are just tender. Sauce: Mix cornstarch and 1 T. water in a bowl. Add the yogurt. Whisk until creamy. Put yogurt in heavy saucepan and bring to simmer over medium-low heat,

stirring constantly. When yogurt begins to bubble, lower heat and cook for 5 minutes, stirring gently. Add remaining sauce ingredients and mix. Put cooked stuffed zucchini on plates and top with sauce.

[mara](#)

# Zucchini : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 6 Sep 93 09:32:55 +0200

## Contents

- [Briami \(Evangelos Doussis\)](#)
- [Corn Stuffed Zucchini \(Carol Sharp\)](#)
- [Courgette With Pine Kernals And Anchovy \(Colin Crist\)](#)
- [Fried Zucchini \(Evangelos Doussis\)](#)
- [Ham And Zucchini With Noodles \(Mary Smith\)](#)
- [Lathera \(Evangelos Doussis\)](#)
- [Parsley Zucchini \(Christa Keil\)](#)
- [Stuffed Zucchini \(Christa Keil\)](#)
- [Stuffed Zucchini With Yogurt Sauce \(Richard Darsie\)](#)
- [Stuffed Zukes \(Mahsheel\) \(Kareema\)](#)
- [Tomato-Zucchini Scallop \(Beth Starkey\)](#)
- [Tortino Di Zucchini \(Martin Jahr\)](#)
- [Zucchini Ankara \(Richard Darsie\)](#)
- [Zucchini Country-Woman Style \(Christa Keil\)](#)
- [Zucchini Fritata \(Ima Dove\)](#)
- [Zucchini In Dough Or Dressed With Bread-Crumbs \(Christa Keil\)](#)
- [Zucchini-Omlett \(Christa Keil\)](#)
- [Zucchini Parmigian \(Doris Woods\)](#)
- [Zucchini With Garlic Sauce \(Christa Keil\)](#)

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From: doussis@convex1.tcs.tulane.edu (Evangelos Doussis)

BRIAMI  
=====

Ingredients:  
-----

5-6            large zucchini, cut in 1 in. cubes

Zucchini : COLLECTION

- 3-4 medium potatoes, cut in similar cubes
- 2 eggplants (the purple, zucchini look-alike) cut in cubes
- 1 can stewed tomatoes
- 3-4 cloves garlic crushed
- 1 onion, cut in large chunks
- a couple of bay-leaves
- 1/2 cup oil (preferably olive, but anny kind will do)
- a dash of nutmeg, thyme
- salt and pepper

Instructions:

-----

Arrange (really throw in!) all the ingredients in your baking pan, and give them a good mix (another name for this dish is TOURLOU, i.e. mix-mix) and bake for about 1 hour at a medium heat oven.

Keep adding a touch of water to keep the stuff from frying. Allow to cool before eating. Serve with a generous amount of oil and juices and with some bread to clean up the plate!

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From: prkenne@lims01.lerc.nasa.gov (CAROL SHARP)

CORN STUFFED ZUCCHINI  
=====

Ingredients:

-----

- 4 medium zucchini
- 1 1/2 cups fresh corn kernals
- 1 small onion chipped
- 1 tsp seasoned salt
- 1/2 tsp salt
- 1/8 tsp pepper
- 2 tblsp margarine
- 1/4 cup chopped parsley
- 1/2 cup grated cheddar cheese

Instructions:

-----

Cut off ends of zucchini. Cook unpeeled zucchini whole in small amount of boiling water about 5 minutes. Cut in half lengthwise. Carefully remove insides leaving 1/4" shell. Chop removed pulp finely. Put pulp, corn, onion, seasoned salt, salt and pepper in melted butter in a skillet and cook, stirring occasionally, until the mixture thickens, about 10 minutes. Add parsley. Put zucchini shells in shallow baking

dish and fill with corn mixture. Sprinkle with cheese. Bake uncovered in 350 degree oven for 30 minutes. 4 servings.

I got this out of the local newspaper - I usually use about double the amount of cheese called for. Also, depending on what you call medium zucchini I found that this recipe is prettty much 4 servings of a main dish and halving the recipe works as a side dish. Enjoy!

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From: cnc@sweep.muppet (Colin Crist)

COURGETTE WITH PINE KERNALS AND ANCHOVY  
=====

Slice the courgettes longways as for stir frying. Slice a couple of shallots and some garlic. Shred some fresh coriander leaves Take one or two anchovy fillets and cut into small pieces. Have a few ounces of pine kernals at the ready.

Now, gently fry the shallots and garlic in some olive oil, when they become translucent, add a few ounces of pine kernals, the anchovey and the courgettes and fry until the courgettes are done to taste (a few mins for crispy. Finally, season to taste and at the last minute add the coriander.

Serve with couscous or as a vegetable accompaniment.

Note: zucchini == courgette

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From: doussis@convex1.tcs.tulane.edu (Evangelos Doussis)

FRIED ZUCCINI  
=====

Ingredients:  
-----

Batter:  
-----

- 1 egg (beaten)
- 1/3 cup milk
- 1 cup flour

salt, pepper, water if needed

Instructions:

-----

Stir batter ingredients until batter is smooth - if it's too thick add water - otherwise add flour - I get it to where it kinda sticks to the fork.

For the juccini:

-----

5-6 juccini - cut either steak fries style, or in 1/4 in. disks

Dip juccini in batter. Deep-fry in preheated oil (i set the stove on medium high) until batter is crispy. Serve with that good tsatsiki that you've made already :-)

\*\*\*\*\*  
\*

From: girl@slavery.EBay.Sun.COM (Mary Smith)

HAM AND ZUCCHINA WITH NOODLES

=====

Ingredients:

-----

- 6 oz uncooked noodles
- 2 tsp butter or marg
- 1 medium onion thinly sliced
- 3 cups cooked ham
- 4 small zucchini cut julienne
- 1 medium bell pepper in small strips (1/4")
- 1/8 tsp pepper
- 1/4 cup low fat sour cream
- 1/4 cup fat free plain yogurt
- 1 tsp poppy seed

Instructions:

-----

Cook noodles as directed on package. Heat butter in skillet. Cook onion in butter stirring until tender. Stir in ham, zucchini, bell pepper and pepper. Cover and cook over med for 8 Minutes stirring occasionally untill crisp tender. Stir in sour cream yogurt and poppy seed.. Heat through and serve on noodles.

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From: doussis@convex1.tcs.tulane.edu (Evangelos Doussis)

LATHERA (translates to the OILY DISH)

=====

Ingredients:

-----

- 4-5 medium size zucchini, cut in 1/4 in. disks
- 3-4 medium potatoes, cut in 1/4 in. disks
- 1-2 medium onions, sliced in thick rings
- 1-2 medium tomatoes, sliced in 1/4 in. disks
- 6-7 cloves garlic, peeled and whole
- 1/2 cup olive oil (or any other oil)
- 1/2 cup chopped parsley
- 2 tblsp oregano (save for the end!)
- salt and pepper

Instructions:

-----

Arrange in loose layers in the baking tray. Try and keep the onion rings at the bottom of the pan, they get nice and crispy, and the tomatoes go at the top of the assembly, to let the juices drain down onto the vegoes.

Bake for about 1 hour, at medium oven. The oregano should be added a few minutes before taking the tray out of the oven - burnt oregano loses its flavour, and has a bitter taste. Allow to cool before eating.

%%%%%%%%%%  
\*

From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

PARSLEY ZUCCHINI

=====

Ingredients:

-----

- 2-4 zucchini
- 1-2 medium potatoes, diced
- 1-2 tblsp parsley (coarsely cut)
- 1-2 tomato, cut finely
- 1 clove garlic, crushed
- salt, pepper
- oil
- water

Instructions:

-----

Cut zucchini in slices and salt them . Let stand for a while. Pour off the water that comes out of the zucchini.

Mix together zucchini, potatoes, tomatoes and garlic. Add salt and pepper and fill in an oven proof pan. Pour a cup water and a little oil over the vegetables.

Stew at high heat for about 1 hour in the oven. If necessary add some more water after 1/2 hour.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

STUFFED ZUCCHINI  
=====

Ingredients:

-----

- 4-6 medium zucchini
- 1 tomato
- 2 tblsp boiled grains
- 1 tblsp grated cheese
- 1/2 tblsp bread-crumbs
- 1 egg (may be omitted or replaced with soy flour)
- garlic
- onion
- olives
- olive oil
- spices: ground cloves, salt and pepper
- herbs: parsley, basil, chives

Instructions:

-----

Cut zucchini lengthwise and core them until they look like a boat.

Finely cut tomatoes, zucchini cores, garlic, onions and olives and boil them together in a pan with a little olive oil until you have a sauce. This should take about 10-15 minutes.

Mix sauce together with boiled grains, grated cheese, bread-crumbs and

(optionally) a beaten egg. Add finely minced herbs and season to taste with salt, pepper and ground cloves.

Fill the zucchini boats with this sauce and put them in an oven proof pan. Bake at medium heat in the oven until done (about 20 minutes).

It tastes even better when you add a lot of the following tomato sauce in the pan.

Tomato Sauce:

-----

- 6 tomatoes
- 100 ml olive oil
- 1 paprika (bell pepper)
- 2 potatoes, finely grated
- 1-2 tblsp finely cut vegetables (eg. potatoes, celery, zucchini, eggplant)
- cream (if you like)
- 1 clove
- 1 tblsp flour
- bay leaves
- herbs: basil, rosemary, thyme, sage
- spices: chili pepper, curry, salt

Instructions:

-----

First roast the spices and herbs in the oil, then add the vegetables. Steam it a bit and add a little water. Boil on low heat, and stir in flour just short bevor the other ingredients are done. Now boil until it \*is\* done.

If you like it, you might add a little cream.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: "Madhur Jaffrey's World of the East Vegetarian Cooking"

STUFFED ZUCCHINI WITH YOGURT SAUCE  
=====

Ingredients:

-----

4 medium zucchini

Stuffing:

-----

1/4 cup red lentils  
1/2 cup bulgur  
3 tblsp olive oil  
1 onion, chopped  
1/2 tomato, minced  
1 clove garlic, mashed  
1 tsp salt  
4 tsp lemon juice  
1/4 cup fresh parsley

Sauce:

-----

2 tsp cornstarch  
2-1/2 cup plain yogurt  
1 clove garlic, mashed  
salt, pepper to taste

Instructions:

-----

Wash zucchini well. Do not trim ends. Cut each zucchini in half lengthwise. Scoop out all seeded portion of zucchini flesh. Sprinkle a tiny amount of salt into each shell. Set aside for an hour. Wash and drain lentils. Simmer them in 2 c. water for 2 minutes, then let sit, covered, for 45 minutes.

In a bowl, cover bulgur with 3 c. water and let sit for an hour. When lentils have sat for 45 min, bring to simmer again. Lower heat and simmer for ~10 minutes or until tender. Drain and put in a bowl. Drain bulgur and squeeze out as much liquid as possible. Put bulgur in same bowl as lentils. Heat olive oil in skillet over medium flame. Saute onion for 2 minutes. Add tomato, saute for another 2 minutes. Mix saute with lentils and bulgur. Add garlic, salt, lemon juice and parsley, mix well.

Arrange a steamer by setting a colander on top of a large pot with an inch or so of water. Stuff zucchini with lentil-bulgur mixture. Place stuffed zucchini in colander and cover. Steam for 10-15 minutes until zucchini shells are just tender.

Sauce: Mix cornstarch and 1 T. water in a bowl. Add the yogurt. Whisk until creamy. Put yogurt in heavy saucepan and bring to simmer over medium-low heat, stirring constantly. When yogurt begins to bubble, lower heat and cook for 5 minutes, stirring gently. Add remaining sauce ingredients and mix. Put cooked stuffed zucchini on plates and top with sauce.

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From: ews@netnews.upenn.edu (Kareema)

STUFFED ZUKES (MAHSHEE)

=====

Filling:

-----

- 1 cup of rice, washed and soaked for an hour
- 2 tblsp tomato paste (from a small can)
- 3 tblsp cooked lentils
- 1 small onion, grated
- 3 cloves of garlic crushed (or less ;-))
- 1 tblsp cinnamon
- 2 tsp cumin
- 2 tblsp minced fresh cilantro (approximate big time!)
- salt and pepper

Fill-ees:

-----

4 zukes with the tops off and the insides scooped out with a corer or peeler. (a long tedious task that I do in front of the TV - be careful to to break the skin! - yours or the zukes!)

Instructions:

-----

I would double the filling and thus the zukes!

Core those suckers and then throw the filling together in a bowl. Fill each Zuke only 3/4 full and place the top on it (I taper the top with a knife so it fits on) Place lettuce leaves in the bottom (so the zukes don't burn) of a large pot (the biggest you have) and put the zukes in Bottom down (if you have enough room; if not, put in howeve they will fit and try to secure in place by wedging potatoes or whatever to keep in place.

Cover with water or broth (WELL SALTED- VERY IMPORTANT- MAY BE ADD MORE!) and add the rest of the small can of tomato paste and a chopped onion and some garlic, cumin whatever and coover with lid and cook about 45min-1 hour on medium highish till boilin and then reduce to medium/low ish so it is simmering. After the hour check a zuke to see if the rice is done... if it is then you are done. Remove the zukes onto a serving platter and spoon a little liquid over them. (discard lettuce and whatever else) You can ccover with a onion-mint yohurt sauce and garnish with a sprinkle of paprika for color. Yum!

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From: starkey@netcom.com (Beth Starkey)

TOMATO-ZUCCHINI SCALLOP

=====

Ingredients:

-----

- 2 small zucchini squash, sliced
- 1 medium onion, thinly sliced
- 2 small tomatoes, peeled & sliced
- 1 cup plain croutons
- 1 tomato, cut in wedges
- 4 oz sharp cheddar cheese, shredded (1 C)
- 1 tsp salt
- pepper

Instructions:

-----

In a 1 1/2 quart casserole, layer half of the zucchini, onion, sliced tomatoes, & croutons. Season with 1/2 tsp salt and dash pepper. Repeat layers. Top with tomato wedges. Cover and bake moderate oven (350 degrees) for 1 hour. Uncover and sprinkle with cheese. Return to oven til cheese melts. Makes 6 servings.

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\*

From: maja@cs.tu-berlin.de (Martin Jahr)  
 Martin Jahr, Welserstr. 13-15, D-1000 Berlin 30

Source: Essen & Trinken

TORTINO DI ZUCCHINE

=====

Ingredients:

-----

- 1 bunch mooth parsley
- 4 small twigs Majoran
- 800 g zucchini
- 10 tblsp olive oil
- 6 eggs
- 5 tblsp creme fraiche
- 50 g Pecorino or Parmesan (cheese)

3 small garlic cloves  
salt, black pepper  
some flour

Instructions:

-----

Preheat oven to 220 deg C.

Mince herbs, wash zucchini and cut lengthwise in 1/2 inch (1 cm) slices.

Season zucchini with salt and pepper, dip in flour so that they are completely covered. Heat 1 tbls oil in a pan and fry zucchini slices 3 min each side until they are golden brown. Put out of the pan and drain.

Stir together eggs, creme fraiche and chees. Season with salt, pepper and herbs.

Put 2 tblsp oil in oven proof pan. Put zucchini in pan and pour egg mass over them. Peel garlic, cut in thin slices and spread over the egg zucchini mass.

Bake 30 minutes at 220 deg C (hot air oven: 20 min at 200 deg C).

Serve in portions, drip the rest of the olive oil over it.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: New Recipes from Moosewood Restaurant

ZUCCHINI ANKARA  
=====

Ingredients:

-----

1/4 cup olive oil  
2 cups chopped onions  
3-4 cloves garlic  
3 zucchini/yellow squash  
1 tsp marjoram  
1 can garbanzos  
1/2 cup sliced black olives  
1 tblsp cumin

3-6 tblsp lemon juice  
1 cup grated feta cheese  
black pepper to taste  
pinch cayenne

Instructions:

-----

Saute onions and garlic in olive oil until onion is translucent. Add squash & marjoram and cook on medium heat until squash is just tender. Add garbanzos, olives, cumin (or 2 tsp. mint if desired), lemon juice and seasonings. Cook until everything is heated through. Ladle mixture over cooked rice or couscous. Top with feta cheese.

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\*

From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

ZUCCHINI COUNTRY-WOMAN STYLE  
=====

Ingredients:

-----

2-4 zucchini  
2 tblsp olive oil  
2 tblsp flour  
1 tblsp butter  
2 tsp milk  
2 tblsp grated cheese (I use a lot more)  
50 g bread crumbs  
3 tblsp Rahm  
2 eggs (can be replaced with soy flour + milk or be omitted)  
spices: salt, pepper, nutmeg  
herbs: parsley, marjoram, basil, rosemary, savory, sage  
garlic

Instructions:

-----

Cut zucchini in little rods and steam until done.

Add garlic and herbs, season with salt and pepper.

Heat butter in another pan, stir in some flour. Now stir in milk and heat while stirring constantly. Add cheese, cream and egg yolk. Beat egg white until stiff and fold in. Season to taste with salt, pepper and nutmeg.



Mix sauce with zucchini and pour the mass in an oven proof pan. Sprinkle with bread-crumbs (\*) and then with olive oil. Bake at medium heat for 15-20 minutes.

(\*) I sprinkle the zucchini mass first thinly with grated cheese and then add the bread-crumbs - or the other way round, depending on when it occurs to me that I want some additional cheese...

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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From: liberty@liberty.com (Ima Dove)

ZUCCHINI FRITATA  
=====

Ingredients:  
-----

- 1 large zuchini (grated - 1 cups fresh corn (or use frozen)
- 1/2 large onion (grated) or to taste
- 3 eggs (or use eggbeaters)
- salt and pepper to taste
- 1 tblsp flour

Optional: fresh shrimp, shelled and deveined. Coarsely chop.

Instructions:  
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Mix all ingredients well - the mixture should be thick. Drop by the tablespoon on greased, hot griddle. Cook until firm and lightly browned on both sides, turning once.

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From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

ZUCCHINI IN DOUGH OR DRESSED WITH BREAD-CRUMBS  
=====

Ingredients:  
-----

- 700-800 g zucchini
- spices: salt, pepper, curry
- herbs: basil, oregano, marjoram

oil  
bread-crumbs

Dough:

-----

4 tblsp      sieved wheat flour  
1 - 2 egg    (or 1/2 cup soy flour)  
1 tblsp      milk  
2 tblsp      water  
salt

Instructions:

-----

Mix together ingredients for dough.

Cut zucchini in slices, salt and season them. Dip in the dough and fry in a pan with hot oil from both sides until brown.

When you want the zucchini 'dressed' turn the dough covered slices around in bread-crumbs and fry them in butter.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

%%  
\*

From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

ZUCCHINI-OMLETT  
=====

Ingredients:

-----

800 g      zucchini  
125 ml     sunflower- or corn oel  
6           eggs  
salt  
ground    oregano  
freshly ground black pepper

Instructions:

-----

Cut away the stems of the zucchini and the area around them. Wash and split them lengthwise, then cut them in slices.

Heat oil in a pot and steam the vegetables until gold-yellow while turning them several times.

Stir eggs thoroughly, season them with salt, oregano and pepper. Put a bit of the oil in which you had steamed the vegetables in a large pan and pour in the egg mass.

Spread the drained zucchini pieces over the egg mass and stir them in a bit. Let the omlett curdle slowly, then serve immediatly. Serve fresh flat bread with it.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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From: dfw@thumper..bellcore.com (Doris Woods)

ZUCCHINI PARMIGIAN  
=====

Ingredients:

- 
- 3 or 4 large zucchinis sliced about 1/4 inch thick
- Lots of olive oil
- Italian seasoned bread crumbs
- 6-7 eggs scrambled
- 1 cup flour
- 2-3 cups shredded mozzarella
- 1/2 cup parmesean cheese

Instructions:

-----  
Take zucchini slices and dredge through flour, egg and bread crumbs. When fully coated fry them in a heavy pan with olive oil (about a 1/4 inch deep) Until browned and very tender. You may have to change oil after about 10 slices otherwise it starts smoking and you end up with nasty burnt tasting zucchini.

After all has been fried, coat a lasagne pan with a small amt of sauce then layer it such: zucchini, sauce, mozzarella. Repeat. Last layer should be both cheeses. Cover with plastic wrap and let sit in fridge for about 3 to 4 hours to let flavors marry.

Then take wrap off and cover with foil and bake for 35 to 40 min at 350 f.

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From: christa@horga.ruhr.de (Christa Keil)  
Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

ZUCCHINI WITH GARLIC SAUCE  
=====

Ingredients:  
-----

- 800 g        Zucchini
- salt
- freshly ground pepper
- flour
- olive oil to fry
- 4            mashed potatoes
- 8 tblsp     olive oil
- salt
- 4 cloves    peeled and crushed garlic
- 4 tblsp     herb vinegar

Instructions:  
-----

Cut zucchini in slices, add some salt and pepper, turn in flour and bake in the olive oil.

For the Sauce:  
-----

Boil potatoes with skin, then peel them. Put them together with olive oil, salt, garlic and vinegar and knead them together. If it's too dry add some more oil and vinegar. Season with salt to taste.

Suggestion:  
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It is better to prepare the garlic sauce in advance because it is served cold together with the hot zucchini.

Translation by Micaela "Stayka" Pantke - any mistakes are therefore mine.

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[mara](#)

# Artichokes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 6 Sep 93 09:31:59 +0200

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- [Artichoke Appetizer \(Laura Aden\)](#)
- [Artichoke Dip \(Stephanie da Silva\)](#)
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- [Artichoke Pilaf \(Bill Maddex\)](#)
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- [Nuked Artichokes \(Barry Hayes\)](#)
- [Puff Pastry Calzone With Chevre & Artichoke Hearts \(Stephanie da Silva\)](#)
- [Shrimp-Stuffed Artichokes \(Stephanie da Silva\)](#)
- [Tortellini And Artichoke Pasta Salad \(Leslie Forte\)](#)

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From: lauraa@dragonwings.EBay.Sun.COM (Laura Aden)

ARTICHOKE APPETIZER  
 =====

Ingredients:  
 -----

2 Small Jars of marinated artichoke hearts  
 1/4 cup mayo  
 1/2 cup parm. cheese  
 paprika (to taste - I put about 1 table spoon)  
 cayenne pepper (to taste - I put about 1/4 teaspoon)

Instructions:  
 -----

Chop up artichoke hearts (I put them in the food processor) and mix with all of the other stuff. Put in an oven safe bowl and bake @ 350 for 20 minutes or pop in the microwave for 4 minutes.

Dip what ever you like - I prefer wheatable crackers.

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From: arielle@taronga.com (Stephanie da Silva)

ARTICHOKE DIP

=====

Ingredients:

-----

- 8 oz cream cheese
- 12 oz shredded mozzarella
- 1 cup mayonaise
- 1 cup grated parmesan
- 1 onion (finely chopped)
- 2 cloves of garlic (finely chopped)
- 2 small jars (approx 13oz) marinated artichoke hearts (drain well)  
- tear artichokes apart with your fingers
- 2 bags of pita bread

Instructions:

-----

Cut up pita bread into chip size triangles, seperate and bake on a cookie sheet until crispy (approx 5 minutes).

Combine all other ingredients and mash (a kitchenaid mixer works great).

Bake in a uncovered casserole dish for approx 30 minutes @ 350 or until bubbly.

Serve hot out of the oven and scoop up dip with pita bread. If you intend to take this to a party or are having friends over be prepared to recite this recipe a number of times. My wife and I bring xerox copies with us!

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From: arielle@taronga.com (Stephanie da Silva)

ARTICHOKE HEART DIP

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Ingredients:

-----

- 1 cup mayonnaise or sour cream
- 1 cup parmesan cheese grated
- 2 cans water packed artichoke hearts
- sprinkle garlic powder

sprinkle paprika

Instructions:

-----

Cut artichoke hearts into small pieces. Mix all ingredients together except paprika. Put into baking dish and sprinkle paprika on top for color. Bake at 350 degrees f for 20 minutes or until bubbly. Serve with crackers or baguette thins. People usually rave about this one!

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From: mad4@ellis.uchicago.edu (Bill Maddex)

ARTICHOKE PILAF

=====

Ingredients:

-----

- 1 1/2 cup basmati rice
- 4 large cloves garlic
- wee bit olive oil
- pinch each of dried thyme, marjoram and basil
- 3 cups water.
- 8 canned (not marinated) artichoke hearts

Instructions:

-----

Rinse rice several times, until rinse water runs clear. Saute garlic and herbs in olive oil until fragrant, about two minutes, being ultra careful not to scorch the garlic. Add rice and saute andother two or three minutes. Add artichoke hearts and saute another minute. Add water and bring to a boil. Cover, reduce heat and cook about fifteen minutes. Turn off burner and let sit five more minutes. Fluff with forks.

Note:

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I got the idea for this while flipping through a book called Trucs\_of\_the\_Trade @a bookstore one day. I don't remember what all the guy called for, but this seemed like the logical accopaniment to the above.

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From: arielle@taronga.com (Stephanie da Silva)

EGGPLANT FANS

=====

Ingredients:

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- 3 medium sized eggplants, ends trimmed
- 2 large, firm tomatoes, halved lengthwise, cored and thinly sliced
- 1/3-1/2 cup olive oil (75 to 125 ml)
- 1 large onion, finely chopped
- 4 garlic cloves, thinly sliced
- 4 tender artichokes
- 1/2 cup small pitted black olives, rinsed (125 ml)
- 2 bay leaves, crumbled
- 1 tsp mixed dried thyme, oregano and savory (5 ml)
- Salt and pepper

Instructions:

-----

Split the eggplants lengthwise. Place the halves, split side down, on a chopping board, and cut each half lengthwise into 1/2 inch (1 cm) thicknesses, leaving the slices attached at the stem end to form fans. Slip tomato slices into the slits of the eggplant halves. Oil a large gratin dish with 2 tablespoons (30 ml) of the olive oil, and scatter half the onion and garlic over the bottom. Arrange the eggplant halves, gently forced together, side by side in the dish.

Pour the remaining olive oil into a bowl. Pare the artichokes to the hearts and quarter them, removing the chokes; place the hearts immediately into the oil, turning them around to coat them completely and protect them from contact with air. Force the quartered artichoke hearts and the olives into the crevices around the eggplant fans. Fit in the bay leaf fragments here and there, scatter the remaining onion and garlic over the surface, and sprinkle with the herbs, salt and pepper. Press everything into place to form as regular a surface as possible. Dribble the oil left over from the artichokes over the entire surface, adding a bit more if necessary. Place a sheet of aluminum foil loosely over the surface and bake for about 1 1/2 hours, starting with a very hot oven, preheated to 450F (230C), and turning the heat down to about 350F (180C) after 10 minutes or so.

When done, the stem ends of the eggplants should be soft to the touch. Sierve as an hors d'oeuvre, at room temperature.

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From: bhayes@xenon.stanford.edu (Barry Hayes)



NUKED ARTICHOSES

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Instructions:

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Take an untrimmed artichoke and wash it out by running water through it and shaking it out a few times. Cut the stem back to about 1 cm below the base -- you don't want to trim as much as you would if you were steaming. Leave the outer leaves and tops on.

Put one choke in a container, base down. I just use the plastic bag I brought it in. Nuke on high for 4 minutes [your milage may vary], maybe turning it if your microslave is uneven. Maybe let it sit a while to steam a bit more. Now throw away about one or two layers of leaves and eat the rest. For guests, you could trim the top now, and if you suspect that any bitter bits are left in the stem, trim that as well.

%%  
\*

From: arielle@taronga.com (Stephanie da Silva)

PUFF PASTRY CALZONE WITH CHEVRE & ARTICHOKE HEARTS

=====

Ingredients:

-----

- 1 pkg frozen pastry shells (6), defrosted
- 8 oz. Chevre cheese, crumbled or feta cheese
- 1/4 cup cut up onion slices
- 8 ounces marinated artichoke hearts, drained & chopped
- 2 Tablespoons sliced black olives
- grated paremasan cheese

Instructions:

-----

Stack 3 pastry shells together & roll them out to measure 8" (this makes a big one you can do it like this & have people cut off a slice or make little ones).

Place pastry on a lightly greased cookie sheet.

When you defrost shells don't let them get too soft - just so they are still chilled.

Combine the next 4 ingredients & place in center of pastry leaving a 1" border along the edge. (you can also add some garlic to the mixture)

Roll out the remaining shells in the same fashion & place over the filling. Press & seal the edges with the tines of a fork. Scallop them in a decorative fashion. Pierce top with fork & brush top with a little water & sprinkle with a little grated parmesan cheese.

You can either bake it now or put it in the fridge until the next day if need be.

Bake in a 400 oven for about 25 minutes or until top is a deep golden brown. place in a platter & cut into wedges to serve. Serves about 6.

If you assemble this in advance that's fine but don't bake it until just before serving.

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From: arielle@taronga.com (Stephanie da Silva)

SHRIMP-STUFFED ARTICHOSES

=====

Ingredients:

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- 6 medium artichokes
- 1 1/2 lb raw small shrimp
- 8 tblsp lemon juice
- 4 3/4 tsp salt
- 1/2 tsp tarragon
- 1/4 tsp ground black pepper
- 1 cup mayonnaise

Instructions:

-----

To prepare the artichokes, remove the stems, cut one-half inch off the tops and snip off the sharp tips of each leaf. Then cook, tightly covered, in plenty of boiling water to which you have added two tablespoons of the lemon juice and two teaspoons of salt, until the base can be pierced with a fork, 30 to 40 minutes. Drain well.

To cook shrimp, bring one quart water to a boil, add one tablespoon lemon juice and two teaspoons salt. Add shrimp and bring the water to a boil again. Reduce heat and simmer, covered, three to five minutes or until shrimp have turned pink. Reserve one-half cup of the water the shrimp were cooked in. Then drain, peel and clean the shrimp. Reserve 18 shrimp for garnish. Place remaining shrimp in a blender with the reserved liquid, the remaining five tablespoons of lemon juice, seasonings, including the remaining three-quarter teaspoon of salt, and

one cup of mayonnaise. Blend until the shrimp are broken up. Chill the mixture in the refrigerator, where it will become considerably thicker, until ready to fill artichokes.

Note:

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To insure that this dish looks as attractive as it should, you must remove the chokes of the artichokes very carefully. After you have spread out the center leaves, pull out the very innermost ones -- they will be pale in color and rather thorny -- then scrape away the fuzzy choke with a spoon. If it doesn't come easily, cut around it with a grapefruit knife. Don't overcook the artichoke lest it fall apart when you handle it.

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From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

TORTELLINI AND ARTICHOKE PASTA SALAD

=====

Ingredients:

-----

- 1 10oz pkg cheese or chicken stuffed tortellini
- 4 whole marinated artichoke hearts
- 2 to 3 tblsp roasted red pepper or pimento, diced
- 4 tblsp reduced calorie mayonnaise
- 1 tblsp dijon mustard
- 1 tblsp parmesean cheese, grated
- 2 tblsp basil, chopped
- 2 tblsp parsley, chopped
- salt and pepper

Instructions:

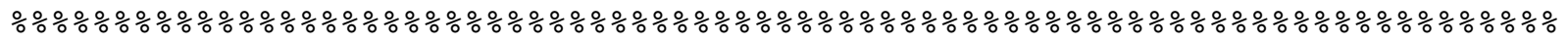
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Cook tortellini, rinse and drain well. Toss with 1 tblsp of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refigerate if not served immediately.

Note:

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Canned non-marinated artichokes can also be used - in that case, use some olive oil to keep the pasta from sticking together and a little bit of vinegar may be needed to give the salad a kick.



[amyl](#)

# Avocado Recipes - Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 22 Jul 1993 18:23:06 GMT

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### **Berried Avocado Grapefruit Salad**

Bibb lettuce

Watercress

2 avocados, seeded, peeled and sliced

2 cups grapefruit sections

1 cup fresh raspberries

Prepared sweet vinegar and oil dressing

Line serving platter or individual salad plates with lettuce and watercress. Arrange avocado, grapefruit and raspberries over and sprinkle with dressing.

### **Strawberry Avocado Parfait**

2 avocados, seeded, peeled and cubed  
6 large fresh or thawed frozen strawberries  
1/2 cup strawberry flavoured yogurt  
1 tablespoon orange juice concentrate  
1 teaspoon brown sugar  
Shredded coconut, optional

Place strawberries in a bowl; lightly mash with fork. Add avocado cubes and gently mix together. Spoon strawberry/avocado mixture into four long-stemmed wine glasses. Combine yogurt, orange juice concentrate and brown sugar in a small bowl. Drizzle yogurt mixture over strawberries and avocado and sprinkle with coconut.

### **Avocado 'N Everything Pizza**

2 cups buttermilk baking mix  
1/2 cup hot water  
1 can (8 ounces) tomato sauce  
1/4 cup chopped green onion  
1/2 cup shredded mozzarella cheese  
1/2 cup sliced mushrooms  
1/3 cup sliced ripe olives  
1 small tomato, sliced  
2 tablespoons olive oil  
1 avocado, seeded, peeled and sliced  
Fresh basil leaves, optional

Heat oven to 425F. Stir together buttermilk mix and water with fork in small bowl. Pat or roll into 12-inch circle on ungreased baking sheet or pizza pan. Mix together tomato sauce and green onion; spread over pizza dough. Top with cheese, mushrooms, olives and tomato slices. Drizzle olive oil over top. Bake 15 to 20 minutes or until edge of crust is golden brown. Remove pizza from oven and arrange avocado slices over top. Garnish with basil leaves and serve.

### **Prosciutto/Salmon Wraps**

2 avocados, seeded and peeled  
8 slices each prosciutto and smoked salmon  
Fresh lemon or lime

Cut each avocado into 8 slices. Diagonally wrap each with a prosciutto or salmon slice. Arrange wraps on serving platter, garnish with lemon or lime and serve.

## Party Dip

1 can (16 ounces) refried beans  
1 can (4 ounces) chopped green chiles, drained  
1 envelope (1 1/2 ounces) taco seasoning mix  
2 avocados, seeded and peeled  
1 tablespoon lemon juice  
taco sauce to taste  
1 cup sour cream  
shredded lettuce  
1 tomato, chopped  
ripe olives, sliced  
shredded Cheddar cheese  
tortilla chips

In a small bowl, mix together refried beans, chiles and taco seasoning mix; spread over serving platter. Coarsely mash together avocados, lemon juice, and taco sauce; spread over bean mixture. Top with sour cream and sprinkle lettuce, tomato, olives and cheese over all. Serve with tortilla chips.

## Vegetable Pick-Ups

2 avocados, seeded, peeled and mashed  
1 package (8 ounces) cream cheese, softened  
2 tablespoons butter  
2 teaspoons lemon juice  
4 to 6 drops hot pepper sauce  
2 stalks celery, cut into 3-inch pieces  
1/4 pound fresh mushrooms, stems removed  
1 each green and red bell pepper, seeded and cut into thick strips  
garnishes: fresh chives, parsley sprigs, radish slices, olive slices,  
pecan or walnut halves

Blend avocados, cream cheese, butter, lemon juice and hot pepper

sauce in blender or food processor until smooth. Spoon filling into celery pieces, mushroom caps and pepper strips or use pastry tube to pipe filling onto vegetables. Garnish each as desired and serve.

### **Avocado Sorbet**

1 cup sugar  
1 cup light corn syrup  
2 cups water  
1 teaspoon grated lime peel  
3 avocados, seeded, peeled and mashed  
2 tablespoons lemon juice  
1 tablespoon lime juice  
Fresh raspberries and crisp cookies, optional

Bring sugar, corn syrup and water to boil in large saucepan. Remove from heat; stir in lime peel. Cool 50 to 60 minutes. Blend avocados and lemon and lime juice in blender or food processor until smooth. Add cooled sugar mixture; blend until thoroughly combined. Pour into 13 x 9 x 2 inch pan or 2 smaller pans so depth is about 1/2 inch. Freeze 1 hour. Remove sorbet from freezer, beat 2 to 3 minutes until light and creamy. Pour back into pan; cover with plastic wrap and freeze until firm, about 4 hours. Serve sorbet with fresh raspberries and crisp cookies.

### **Melons with Sweet Avocado Dip**

1 package (8 ounces) cream cheese, softened  
1 carton (8 ounces) sour cream  
2 tablespoons sugar  
1 avocado, seeded, peeled and mashed  
assorted fresh melon (honey dew, watermelon, crenshaw, casaba, cantaloupe), seeded, peeled and cut into bite-sized pieces

Blend all ingredients except melon in blender or food processor until smooth. Cover dip with plastic wrap; refrigerate 1 hour. To serve, spoon dip into small serving bowl and surround with melon pieces.

### **Safari Sandwich**

2/3 cup mayonnaise  
3 tablespoons chutney  
12 ounces sliced ham



1 can (20 ounces) pineapple slices, drained  
2 tablespoons butter  
4 onion rolls, split and toasted  
2 avocados, seeded, peeled and sliced  
Fresh parsley sprigs, optional

Mix mayonnaise and chutney together in small bowl; set aside. Saute ham slices and pineapple in butter until lightly browned. Spread about 1 tablespoon chutney mixture on each cut side of onion rolls. For each sandwich, place ham slice over chutney mixture; top with 3 or 4 avocado slices and pineapple slice. Garnish with parsley and any remaining pineapple slices.

### **Tropical Compote**

#### Honey Lime Dressing

2 avocados, seeded, peeled and cubed  
2 kiwis, peeled and sliced  
1 banana, peeled and sliced  
1 papaya, seeded peeled and sliced  
1/2 cup sweetened flaked coconut, toasted

Prepare Honey Lime Dressing. Mix fruit together in serving bowl; pour Honey Lime Dressing over top. Sprinkle with coconut and serve.

#### Honey Lime Dressing

3/4 cup plain yogurt  
2 tablespoons lime juice  
1/4 cup honey  
1/4 teaspoon grated lime peel

Stir all ingredients together.

### **Fruited Rice Salad on the Half**

4 cups cooked brown or wild rice  
1/4 cup raisins  
1/2 cup chopped dried apricots  
1/2 cup chopped pecans  
2 avocados  
Vinaigrette

Chill rice. Pour boiling water over raisins and apricots in small bowl. Let stand 10 minutes, drain and cool. Heat oven to 350F. Place pecans on shallow baking pan; bake 5 to 8 minutes. Remove from oven, set aside. Prepare Vinaigrette. Toss rice, raisins, apricots, and pecans with Vinaigrette, refrigerate 1 hour. Just before serving, halve, seed and peel avocados. Fill each half with rice salad and serve.

#### Vinaigrette

1/4 cup safflower or vegetable oil  
1 tablespoon lemon juice  
1 tablespoon red wine vinegar  
1 teaspoon honey  
1/4 teaspoon ground coriander  
1/4 teaspoon Dijon-style mustard  
Salt and pepper to taste

Shake all ingredients together in tightly covered container.

#### **Chicken Waldorf Pitas with Curried Yogurt Sauce**

##### Curried Yogurt Sauce

2 whole chicken breasts, skinned, boned, cooked and cubed  
1/2 cup Italian dressing  
1 medium green apple, cubed  
1/4 cup thinly sliced celery  
1/4 cup sliced almonds, toasted  
3 tablespoons raisins  
2 avocados, seeded, peeled and cubed  
4 pita breads, halved  
8 pieces curly greenleaf lettuce  
Cherry tomatoes, optional

Prepare Curried Yogurt Sauce. Marinate chicken in Italian dressing 4 to 8 hours. Stir in apple, celery, almonds and raisins. Add Curried Yogurt Sauce. Gently fold in avocados. Place lettuce in pita halves and fill with chicken mixture. Garnish with tomatoes.

##### Curried Yogurt Sauce

1 cup plain low-fat yogurt  
1/2 to 1 teaspoon curry powder  
1/4 teaspoon mace

Stir ingredients together.

## **Spaghetti Squash and Avocado Salad**

Avocado Oil Vinaigrette

1 medium spaghetti squash

6 mushrooms, sliced

1/2 each red and green bell pepper, julienned

1 can (4 ounces) sliced black olives, drained

2 avocados, seeded, peeled and sliced

Prepare Avocado Oil Vinaigrette at least 24 hours before serving time. Halve squash lengthwise, scoop out seeds. Place halves cut side down in large saucepan; add water to a depth of two inches; cover and bring to a boil. Reduce heat; simmer squash 20 minutes. Drain off water; cool squash and shred into strands. Mix squash, mushrooms, peppers, olives and avocados in serving bowl. Pour Vinaigrette over, toss gently and serve.

Avocado Oil Vinaigrette

3/4 cup avocado oil or light vegetable oil

1/4 cup white wine vinegar

2 to 3 cloves garlic, crushed

1 teaspoon each oregano, sweet basil, rosemary, dry mustard and Worcestershire sauce

Salt and pepper to taste

Shake all ingredients together in tightly covered container. Let Vinaigrette stand at least 24 hours.

## **Crab and Avocado Melts**

3 cups shredded Cheddar cheese

1 can (6 ounces) crab meat, rinsed, drained and flaked

1/3 cup finely chopped green bell pepper

6 slices bacon, cooked and crumbled

2/3 cup sour cream

1/2 cup mayonnaise

Salt and pepper to taste

2 avocados, seeded, peeled and sliced

5 English muffins, split and lightly toasted

Combine 1 cup cheese, crab meat, green pepper, bacon, sour cream, mayonnaise and salt and pepper in a large bowl. Spoon crab mixture onto muffin halves. Top each with avocado slices and remaining cheese. Broil 3 to 5 minutes or just until cheese melts.

### **Turkey Curry Bombay**

1/4 cup butter  
2 cups cooked and cubed turkey or chicken  
1 medium onion, minced  
1 to 1/2 tablespoons curry powder  
1/4 cup chutney  
1/4 cup sherry  
Bombay sauce  
2 avocados, halved, seeded and peeled  
Crumbled bacon  
Peanuts or toasted coconut, optional

Melt butter in a medium frying pan. Saute turkey and onion until lightly browned. Add curry powder; continue to saute. Stir in chutney and sherry. Pour Bombay Sauce into turkey mixture and place over low heat to warm through. Spoon into each avocado half. Garnish with bacon, peanuts or coconut and serve.

### **Bombay Sauce**

2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon each pepper and paprika  
1/4 teaspoon salt  
3/4 cup milk  
1 cup shredded mild Cheddar cheese

Melt butter in saucepan; add flour, pepper, paprika and salt and mix well. Whisk in milk until smooth and cook over low heat until thick and bubbly. Stir in cheese.

### **Confetti Chicken Salad**

1/4 cup fresh lime juice  
3 tablespoons olive oil

1 clove garlic, crushed  
1 teaspoon chili powder  
1/4 teaspoon salt  
2 cups cooked and cubed chicken  
1 red bell pepper, cut into thin strips  
1/3 cup sliced green onions, including tops  
2 tablespoons chopped fresh cilantro or parsley  
2 jalapeno peppers, stemmed, seeded and minced  
3 cups cooked rice, cooled  
2 avocados, seeded, peeled and cut into chunks

Blend lime juice, oil, garlic, chili powder and salt in large bowl. Add chicken, red pepper, onions, cilantro and hot peppers. Cover and refrigerate 2 to 3 hours. Add rice and avocado chunks; toss lightly, and serve.

### **Pesto Avocado Torta**

Pesto

2 packages (8 ounces each) cream cheese, softened  
2 cups butter, softened  
2 avocados  
French bread

Prepare pesto. Line 9 x 5 x 3-inch loaf pan with foil. Beat cream cheese and butter together until smooth. Spoon about 1 1/2 cups cream cheese mixture into bottom of loaf pan; spread evenly. Spread pesto over cream cheese layer. Spoon another 1 cup cream cheese mixture over pesto, spreading evenly. Halve, seed and peel avocados. Cut each half into 8 slices but do not pull apart. Lay sliced avocado halves on cream cheese layer and top with remaining cream cheese mixture. Cover and refrigerate 6 to 8 hours or overnight.

Thirty minutes before serving, lift torta from loaf pan and remove foil. Serve with large slices of French bread.

Pesto

1 cup fresh spinach  
1/2 cup fresh basil leaves  
1/3 cup grated Parmesan cheese  
1/3 cup olive oil  
1/4 cup pine nuts  
1 clove garlic, crushed

Blend all ingredients in blender or food processor until smooth.

### **Avocado Mousse Melba**

2 avocados, seeded, peeled and mashed  
1 can sweetened condensed milk  
1/2 cup lemon juice  
2 cups heavy cream  
Raspberry Sauce

Blend avocados, milk and lemon juice in blender until smooth. Whip 1 cup heavy cream; fold avocado mixture into whipped cream. Spoon mixture into 4 cup serving dish; refrigerate 3 to 5 hours. Prepare Raspberry Sauce. Just before serving, whip remaining 1 cup heavy cream. Spoon 1/2 cup whipped cream on each plate. Spread into 5-inch circle with back of spoon. Drizzle a thin line of Raspberry Sauce in a circle near the center. Drizzle another thin line of Raspberry Sauce in circle 1 inch from outside edge of cream. Using a knife, draw through whipped cream and Raspberry Sauce beginning at center and going to outside edge. Spoon avocado mousse on side of whipped cream; serve with Raspberry Sauce.

### **Raspberry Sauce**

1 package (10 ounces) frozen raspberries  
1/2 cup currant jelly  
1 tablespoon water  
1 1/2 teaspoons cornstarch

Thaw raspberries; heat with jelly to boiling. Combine water and cornstarch; stir into raspberry mixture. Heat to boiling; continue to boil and stir 1 minute. Cool sauce. Press through sieve to remove seeds before serving, if desired.

### **Spicy Nachos Supreme**

1 can (8 ounces) tomato sauce  
1 can (4 ounces) diced green chiles  
1/2 cup chopped green bell pepper  
1 green onion, sliced  
1/4 teaspoon hot pepper sauce  
1 bag (10 ounces) tortilla chips

2 cups shredded Cheddar cheese  
1 avocado  
1 teaspoon lemon juice  
1/2 cup sour cream  
Jalapeno pepper slices, optional

Combine tomato sauce, chiles, green pepper, green onion and hot pepper sauce in bowl; let stand 15 minutes. Place tortilla chips in shallow 8 x 10 inch baking dish. Pour sauce over chips; sprinkle grated cheese over all. Broil nachos 3 minutes or until cheese melts. Just before serving, seed, peel and mash avocado. Stir in lemon juice. Spoon avocado mixture and sour cream on hot nachos and top with jalapeno slices. Serve immediately.

### **Classic Guacamole**

4 avocados, seeded and peeled  
2 tablespoons lemon juice  
1 clove garlic, crushed  
1 tomato, finely chopped  
1/4 cup finely chopped onion  
1/4 teaspoon ground cumin  
3 to 4 drops hot pepper sauce  
Tortilla chips

Using a fork, coarsely mash avocado with lemon juice and garlic. Stir in remaining ingredient to blend. Garnish as desired and serve with tortilla chips.

### **Avocado Salmon Sandwich**

1 ripe avocado  
juice of 1 lemon  
6 hamburger buns, split  
2 cans (7 3/4 oz each) sockeye salmon, or 1 large can  
6 slices process type Swiss cheese  
Sesame seeds

Preheat broiler to about 475F. Peel and slice avocado and sprinkle with part of the lemon juice.

Divide avocado slices evenly over the bottoms of the hamburger buns.

Drain salmon and break into chunks. Divide evenly over avocado slices, and sprinkle with remaining lemon juice. Top with second halves of the buns, then with cheese slices. Sprinkle with sesame seeds. Broil about 8 inches from heat until cheese melts and the sandwiches are heated through. Garnish with dill pickles.

[mara](#)



# Two Beet Recipes

From: jgenyuk@magnus.acs.ohio-state.edu (Julia V Genyuk)

Date: 12 Aug 1993 16:55:39 GMT

Here are two Russian beet recipes (I'm not sure, that their origin is in Russia, but they are pretty popular there)  
All quantities are approximate.

## Vinegret (Beet Salad)

Boil a couple average beet roots, potatoes and carrots.  
Peel them and cut in small cubes. Cut finely 1 raw onion (you may soak it in cold water for a while before this, if you want less sharp taste). Cut into cubes 1-2 sweet pickles.  
Mix everything together and add olive oil. Add also a little bit of salt and vinegar to your taste.

## Svekolnik (Beet Soup) Perfect for hot weather!

You will need a bunch of beets \*with greens\* for this soup.  
Peel the beet roots and boil until almost done. (You may add some vinegar or lemon acid to the water, to make color more deep).  
Add chopped beet greens and continue boiling until greens are soft.  
Shred beet roots (not too finely), cool down the soup and put in the refrigerator. Boil 1-2 eggs, cut them and a cucumber into small pieces, mix and store separately. Serve cold. Before serving, add eggs and cucumber to the soup (as much as you like; for me 2 eggs make 3-4 servings).  
Add also some plain yogurt or light sour cream to your taste (In Russia we use kefir; I saw it in health food stores, but never tasted, so I don't know if it's the same). It might be possible to use something non-dairy instead, I never tried.

Enjoy!

Julia

[mara](#)

# Beet Recipe

From: ida@arezzo.ATC.Olivetti.Com (Ida Meomartino)

Date: 13 Aug 1993 23:54:27 GMT

Take the beets (3 or 4) and just cut their leaves.  
Then wash them and put in a pan. (An old one would be fine)  
Finally broil or bake in the oven (electrical or gas oven, don't use  
a microwave) for about 2 hours at 400 degrees.  
After the cooking, clean them pulling up the skin (like a boiled potato)  
cut in little stripes or little pieces and dress with salt, vinegar and oil.  
That's it.

Let me know if you like it.

I was forgetting to tell you that you can keep the leftovers into refrigerator.

[mara](#)

# Boston Baked Beans

From: "Kathy Klipec Crow" klipec@ee.Princeton.EDU

Date: Fri, 27 Aug 93 15:39:02 EDT

I saw a request for Boston Baked Beans a little while back. This is the recipe my mom has used for years. Note that this is one dish that is often even better as leftovers than the first time around!

## BOSTON BAKED BEANS

1 pound pea or navy beans  
water  
2 tsp. dry mustard  
pepper  
1 tsp. salt  
3 onions, quartered  
1/4 cup brown sugar  
1/4 cup molasses  
2 Tbsp. sweet pickle juice  
    or 2 Tbsp. vinegar with 1/8 tsp. each of ground cinnamon and cloves  
1/4 pound salt pork

Pick over beans and wash. Cover with 3 cups of water and soak 8 hours or overnight. Then add 2 cups of water, mustard, 1/4 tsp. pepper and next 5 ingredients. Boil, covered, about 1 hour or until skins start to wrinkle. Start heating oven to 250 degrees F. Cut salt pork into cubes and place beans over pork in beanpot. Sprinkle with pepper and bake 6-8 hours or until tender. When beans are two-thirds baked, add about 3/4 cup water or just enough to cover. Uncover last half hour.

VARIATION: All of the cooking can be accomplished in an electric cooker, for those who don't want to leave an oven unattended all day. This is how my mom generally does it.

[mara](#)

# Boston Baked Beans

From: ianst@qdpii.ind.dpi.qld.gov.au (Ian Staples)

Date: Tue, 24 Aug 93 21:00:01 +1000

ELLIOT, Rose (1979) *\_The Bean Book\_* (Fontana/Collins). Pp. 125-126  
[11th impression 1985]

BOSTON BAKED BEANS - Serves 4

12 oz. (350 g) haricot beans  
1 large onion  
1 tablespoon oil  
1 teaspoon dry mustard  
2 teaspoons black treacle [I've heard that some yanks use molasses]  
1/4 pint (150 ml) tomato juice (or the liquid from a can of tomatoes)  
2 tablespoons tomato puree  
2 teaspoons brown sugar (presumably the *\*really\** brown, not raw?)  
1/2 pint (275 ml) [not my conversions :) ] unsalted stock

Soak, drain and rinse the beans, then cook them in fresh water until they are almost tender, and drain them again.

Set the oven to 275 F (140 C), mark 1. Peel and slice the onion. Heat the oil in a flameproof casserole and fry the onion for about 5 minutes, then add the rest of the ingredients and bring the mixture up to the boil. Cover the casserole and put it into the oven; cook for about 4 hours, stirring occasionally. "These beans are lovely served with hunks of hot whitewheat bread, or garlic bread."

(This recipe immediately precedes the one for "Continental Lentil Toad-in-the-Hole, but I don't know if that is significant ;-)

Cheers, Ian S.

[mara](#)

# Candied Yams

From: timmea@bu.edu (Timmie Sparks)

Date: 29 Sep 1993 15:45:07 GMT

well i don't use brown sugar but here's what i use.  
I usually measure by eye and taste  
real butter, white sugar, cinnemon, nutmeg and about  
a tsp of vanilla flavoring.

peel and cut sweet potatos or yams put in pot cover half way with water  
add sugar to taste, about a tsp of cinnemon, nutmeg, vanilla flavoring  
and butter. boil until tender about 30mins ( maybe less) then you transfer  
to a baking dish with a little juice sprinkle with marshmellow and bake  
until marshmellows melt. I usually skip the marshmellows and we eat them  
after they are boiled.

[amyl](#)

# Choucroute Garnie

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 15 Jul 1993 10:55:15 GMT

3 pounds sauerkraut  
1/2 pound chunk bacon  
2 tablespoons butter  
1/2 cup carrots, thinly sliced  
1 cup onions, thinly sliced  
parsley sprigs  
1 bay leaf  
6 peppercorns  
10 juniper berries (or 1/4 cup gin)  
1 1/2 cups beef bouillon  
3/4 cup water  
1 cup dry white wine  
salt  
1 2 to 3 pound smoked pork butt  
1 kielbasa  
4 knockwurst  
3 smoked bratwurst  
3 unsmoked veal sausages

Drain the sauerkraut. Place in a large bowl and cover with cold water. Soak for 20 minutes, changing the water twice. Drain again. Then take up large handfuls and squeeze out as much water as possible. Set aside.

Remove the rind from the bacon and cut into strips about two inches long and one half inch wide. Blanch bacon by placing in a saucepan and covering with two quarts of cold water. Bring to a boil, then simmer 10 minutes. Drain. Melt the butter in a two and one half or three quart casserole.

Add the blanched bacon, carrots and onion and cook slowly, covered, for 10 minutes. Do not let the vegetables brown. Stir in the sauerkraut, breaking up any clumps in it. Cover and cook on top of the range slowly for 10 minutes. Preheat the oven to 325F. Tie the parsley, bay leaf, peppercorns, and juniper berries in cheesecloth, and bury them in the sauerkraut. Pour in the bouillon, water, wine and gin if you are using it. Add salt to taste. Continue cooking on top of the stove until it comes to a boil, then place in the oven and

cook, covered, for 4 hours. Check now and then to be sure the sauerkraut is not too dry. If all the liquid has cooked away, add a little more bouillon or wine. The sauerkraut should just bubble.

Start the meat two and one half hours before serving. Place the pork butt in a pot, cover with cold water, and bring to a boil. Reduce the heat and simmer, covered, two hours. Start the sausages one hour before serving time. Place the kielbasa in a large pot with cold water to cover. Bring to a boil, then simmer, covered, 20 minutes. Add the knockwurst and smoked bratwurst to the kielbasa pot. Bring to a boil again, then simmer 10 minutes. Add the veal sausages and simmer 5 minutes longer. Turn off the heat and let stand 5 minutes more. Remove the herb bouquet before transferring the choucroute to a platter.

[mara](#)

# Crispy Eggplant Rounds

From: [natalie@meaddata.com](mailto:natalie@meaddata.com) (Natalie Adams Bendure)

Date: Tue, 19 Oct 93 14:50:51 EDT

(Adapted without permission from "Fresh Ways with Italian Cooking")

2 eggs, slightly beaten (I use just the whites for less fat & calories)  
about 3/4 to 1 cup "Italian Style" Breadcrumbs (Breadcrumbs with a little  
basil, oregano, & parmesan  
cheese mixed in)

1 lb. of eggplant  
1 tsp. of olive oil

Wash eggplant, remove top(s), and slice in 1/2 inch thick rounds. Spread the olive oil on a cookie sheet. Put the breadcrumbs in one bowl, and the eggs in another bowl. Dip the slices first into the eggs, allowing the excess to drip off back into the bowl, and then dip both sides into the breadcrumbs. Place on cookie sheet. Bake in 425 degree (F) oven for about 15 minutes, turn, and bake another 10 minutes, or until desired crispness.

(Just tried this last night, and it was excellent! Like eating "fried" appetizers without the fat and calories!!)

[amyl](#)



# Eggplant Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 2 Sep 93 13:29:25 +0200

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- [Szechwan Eggplant And Tofu \(Steven Frank\)](#)

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From: arielle@taronga.com (Stephanie da Silva)

BABA GHANOUSH / EGGPLANT WITH TAHINI

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### Ingredients:

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- 3 large eggplants
- 2-4 cloves garlic, or to taste
- Salt
- 1/2 cup tahini or less, depending on size of eggplants
- juice of 3 lemons, or more to taste
- 1/2 tsp ground cumin (optional)
- 2 tblsp finely chopped parsley
- A few black olives or 1 tomato, thinly sliced, to garnish

### Instructions:

-----

Cook the eggplants over charcoal or under a gas or electric broiler (sear until skins are black and start to blister with the flesh soft and juicy, rub skins off under cold water taking care to remove any charred particles, then gently squeeze out as much of the bitter juice as possible).

Crush the garlic cloves with salt. Mash the eggplants with a potato masher or fork, then add the crushed garlic and a little more salt, and pound to a smooth, creamy puree. Alternatively, use an electric blender to make the puree.

Add the tahini and lemon juice alternatively, beating well or blending for a few seconds between each addition. Taste and add more salt, lemon juice, garlic, or tahini if you think it is necessary, and if you like, a little cumin.

Pour the cream into a bowl or a few smaller serving dishes. Garnish with finely chopped parsley and black olives, or with a few tomato slices. Serve as an appetizer with Arab or other bread, as a salad, or as a party dip.

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From: srivasta@theory.TC.Cornell.EDU (Sanjeev Srivastav)

BAIGAN BHARTA (MASHED EGG-PLANT)  
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Cooking the eggplant:  
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Poke the eggplants (say 2, medium sized ones) with a knife, and insert slivers of garlic in the slits. The eggplant can be roasted either in a conv. oven, a microwave, or ideally, on a slow charcoal grill. When they are done (they become kinda' limp), peel, and mash up the insides. Use a knife to cut up the long fibres.

Seasoning:  
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In a wok, heat some oil, and add chopped onions, and chopped ginger. Fry till the onions are semi-browned, and then add the mashed eggplant. Add salt, and pepper to taste. Season with lots of chopped cilantro (coriander leaves). Since the eggplant is already cooked, you need not cook for long in the wok... just long enough to mix things up good. A tomato or two chopped fine, and added with the eggplant also tastes good.

Alternative sesoning:

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Chop onions, ginger, tomatoes, and cilantro, and mix \*cold\* with the mashed eggplant, and a few table spoons of mustard oil. The mustard oil gives a nice tangy taste. Look for mustard oil in your nearest Indian grocery store. (Salt and pepper too.)

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From: jkandell@SkyBlu.CCIT.Arizona.EDU (Jonathan Kandell)

BENGALI EGGPLANT AND YOGURT WITH MUSTARD SEED  
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Ingredients:  
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- 1 large eggplant--1 to 1 1/2 lb, tip cut off and cut into 1" cubes
- 1 1/2 tblsp black mustard seeds, powdered in a coffee grinder
- 1 cup+ water
- 1/4 tsp cayenne pepper
- 4-5 tblsp mustard oil
- 1 tblsp panch pharon mix (equal parts of whole cumin, fennel, fenugreek, mustard, kalunji seeds)
- 1 cup yogurt
- 1 1/2 tsp salt
- sprinkle black pepper, cardamon powder (optional)

Instructions:  
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Soak ground mustard seed and cayenne in one cup of water. Cut up eggplant into cubes. Heat mustard oil, put in panch pharon mix and after a few seconds add the black mustard/cayenne water. This will splatter so have a cover ready. Add eggplant and cook. You will probably need to add additional water as the eggplant cooks to keep its level about the same, perhaps another cup. Cover it for the last ten minutes.

When the eggplant is cooked add a cup of yogurt and the salt, mix and heat up yogurt, but do not boil.

Sprinkle a tiny bit of black pepper and cardamon over the top if you want.

This dish also tastes good cold the next day.

Variation:  
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Anasua Munshi tells me that in his grandmother's village they make this

without the yogurt, substituting green chillis for cayenne and using only fennel for the panch pharon mixture.

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From: mukesh@berlioz.nsc.com (Mukesh Kumar)

BENGAN BARTHA  
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Bake an eggplant in an oven 400 deg C for 30 to 40 minutes till it's cooked right through and no hard portions remain. It should be cooked to the core. The eggplant should be turned a few times so it cooks evenly on each side and the skin does not blister. When it's done it'll shrivel up a bit.

Bake 3 large tomatoes for 20 minutes at 350 deg C. till they cook right through.

In a deep pan heat a little mustard oil. Drop in a table spoonful of minced garlic and a table spoonful of minced ginger. Add a few thinly diced hot green chillies. Stir for a minute or so till the mix. is lightly browned. Now add in the cooked eggplant and tomatoes. Using a spatula crush the eggplant and tomatoes very well till they mix thoroughly. Simmer on low for 10 minutes. Add salt to your liking and add some chopped green coriander to the dish and stir.

The dish is ready to eat. It's eaten with Daal and Rice but I just eat it with hot rice. Enjoy and thank me.

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From: darsie@eecs.ucdavis.edu (Richard Darsie)

Source: Persian Cooking: A Table of Exotic Delights, by Nesta Ramazani, 1974, ISBN 0-8139-0962-7

EGGPLANT CASSEROLE (MIRZA GHASSEMI)  
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Ingredients:  
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- 2 medium eggplants
- 2 medium onions, chopped
- 8 cloves garlic, grated

1/4 cup butter or shortening  
 1 tsp turmeric  
 1/2 tsp salt  
 1/4 tsp pepper  
 1 tomato  
 4 eggs

Instructions:

-----  
 Roast the eggplants over a charcoal grill until brown. Or roast them in a 400 deg F oven until brown on the outside and soft on the inside (test with a fork). Cool and peel. Mash the pulp. Saute the onions and garlic in the butter or shortening until golden brown. Stir in the turmeric. Add the eggplant pulp and saute briefly, stirring well. Add the salt and pepper.

Drop the tomato briefly into hot water to loosen its skin, and then peel. chop it into small pieces, and stir them into the eggplant. Cook over a low heat for 5 minutes. Beat the eggs and pour them over the eggplant. When the eggs start to solidify, stir briefly, and serve.

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From: arielle@taronga.com (Stephanie da Silva)

EGGPLANT FANS  
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Ingredients:

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 3 medium sized eggplants, ends trimmed  
 2 large, firm tomatoes, halved lengthwise, cored and thinly sliced  
 1/3-1/2 cup olive oil (75 to 125 ml)  
 1 large onion, finely chopped  
 4 garlic cloves, thinly sliced  
 4 tender artichokes  
 1/2 cup small pitted black olives, rinsed (125 ml)  
 2 bay leaves, crumbled  
 1 tsp mixed dried thyme, oregano and savory (5 ml)  
 Salt and pepper

Instructions:

-----  
 Split the eggplants lengthwise. Place the halves, split side down, on a chopping board, and cut each half lengthwise into 1/2 inch (1 cm) thicknesses, leaving the slices attached at the stem end to form fans. Slip tomato slices into the slits of the eggplant halves. Oil a large

gratin dish with 2 tablespoons (30 ml) of the olive oil, and scatter half the onion and garlic over the bottom. Arrange the eggplant halves, gently forced together, side by side in the dish.

Pour the remaining olive oil into a bowl. Pare the artichokes to the hearts and quarter them, removing the chokes; place the hearts immediately into the oil, turning them around to coat them completely and protect them from contact with air. Force the quartered artichoke hearts and the olives into the crevices around the eggplant fans. Fit in the bay leaf fragments here and there, scatter the remaining onion and garlic over the surface, and sprinkle with the herbs, salt and pepper. Press everything into place to form as regular a surface as possible. Dribble the oil left over from the artichokes over the entire surface, adding a bit more if necessary. Place a sheet of aluminum foil loosely over the surface and bake for about 1 1/2 hours, starting with a very hot oven, preheated to 450F (230C), and turning the heat down to about 350F (180C) after 10 minutes or so.

When done, the stem ends of the eggplants should be soft to the touch. Sierve as an hors d'oeuvre, at room temperature.

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\*

From: arielle@taronga.com (Stephanie da Silva)

IMAM BAYILDI  
=====

Ingredients:  
-----

- 2 large eggplants
- 2 cups olive oil (the best quality you can afford)
- 1 large tomato
- 2 large onions
- 1 cup lemon juice
- 1/4 cup sugar
- 1/2 cup kosher salt
- 1 tblsp paprika
- 2 tblsp parsley
- 4-6 cloves garlic

Instructions:  
-----

Slice the eggplants in half and coat them with all but 3 tbsp of salt. Cover with paper towels and place a weight on them to drain. Let sit 15 minutes.

Dice tomato, onions and mince garlic. Saute until garlic is brown and onions are golden in 1/2 cup olive oil.

Add parsley, lemon juice, sugar, salt and paprika to taste to the tomato mixture. Cook until about the texture of jam.

Scoop out a hollow in the center of each eggplant half. Wipe away the salt. Place 2 of the eggplant halves face down in a skillet w/ half of remaining olive oil, cook until browned and olive olive oil is absorbed. Repeat using other halve and remaining oil.

Place the eggplant halves in a baking dish and fill the hollows with tomato mixture. Place in 400 degree oven for twenty minutes. Serve, garnished with paprika.

Alternately, the eggplant can be chopped and sauted in chunks until soft and brown. In that case the baking step is omitted and the eggplant is simply mixed with the tomato mixture.

\*\*\*\*\*  
\*

From: thomase@tekig5.pen.tek.com (Stan England)

MOUSSAKA

=====

(Servings: 10)

Ingredients:

-----

- 4 eggplants - medium
- 4 tblsp butter
- 2 lb ground beef
- 3 onions - chopped
- 2 tblsp tomato paste
- 1/4 cup parsley - chopped
- 1/2 cup red wine
- 2 eggs
- 1/2 cup grated cheese
- 1/2 cup bread crumbs
- 6 tblsp butter
- 6 tblsp flour
- 3 cups milk - hot
- 4 egg yolks - lightly beaten
- dash nutmeg
- dash cinnamon
- salt
- pepper

cooking oil  
grated cheese

Instructions:  
-----

Remove 1/2-inch-wide strips of peel lengthwise from eggplants, leaving 1/2-inch peel between the strips. Cut into thick slices, sprinkle with salt, and let stand between two heavy plates while browning meat and making sauce.

In frying pan melt the 4 tablespoons butter and in it saute meat and onions until meat is browned. Add tomato paste, parsley, wine, salt and pepper, and water. Simmer until liquid is absorbed. Cool. Stir in cinnamon, eggs, cheese and half the bread crumbs.

Make sauce: In saucepan melt the 6 tablespoons butter over low heat. Add flour and stir until well blended. Remove from heat. Gradually stir in milk. Return to heat and cook, stirring, until sauce is thick and smooth. Add salt and pepper to taste and the nutmeg. Combine egg yolks with a little of the hot sauce, then stir egg mixture into sauce and cook over very low heat for 2 minutes, stirring constantly.

Brown eggplant slices on both sides in hot oil. Grease an ovenproof casserole and sprinkle bottom with remaining bread crumbs. Cover with layer of eggplant slices, then a layer of meat, and continue until all eggplant and meat is used, finishing with a layer of eggplant. Cover with sauce, sprinkle with grated cheese, and bake in a 350-degree oven for 1 hour. Serve hot.

\*\*\*\*\*  
\*

From: scarletbegonias+@CMU.EDU (Mary Jane Kelly)

Source: LA Times.

ROASTED EGGPLANT AND RED BELL PEPPER SOUP  
=====

Ingredients:  
-----

- 3 large Japanese eggplants (or 1 very large regular)
- 2 sweet red peppers
- 1 large onion, sliced
- 4 cloves garlic, crushed
- 1 quart chicken stock
- 1 bunch fresh basil
- Salt and pepper



Extra virgin olive oil

Instructions:

-----

Wash eggplants and split lengthwise in halves (in quarters if using 1 large regular eggplant). Lightly season with salt and pepper and sprinkle with olive oil to taste. Roast at 400 degrees for 45 minutes or until tender and golden brown. Puree flesh with skin in blender or food processor and set aside.

Place peppers under broiler until skins are scorched on all sides. Place in plastic bag for 10 min to soften, then peel and remove seeds. Puree flesh in food processor until smooth. Set aside.

Heat 1 tbsp olive oil in skillet. Saute onion and garlic until tender. Cover to sweat over very low heat for 5 min. Add roasted eggplant puree and chicken stock to onion-garlic mixture. Cook over low heat 15 min until flavors blend and mixture is heated through. Puree mixture in blender or food processor until smooth, then strain into clean bowl. Season to taste with salt and pepper.

To serve, place serving of soup in deep bowl and spoon red pepper puree in center, swirling it into soup. Drizzle lightly with olive oil if desired, and sprinkle with chopped basil.

Makes 6 servings, 150 calories each. It has a wonderful smoky taste and is good either hot or cold.

%%  
\*

From: zola@hardy.u.washington.edu (reine des tournesols)

Source: Gourmet 4/92, Domain Chandon, Napa Valley, CA

ROASTED EGGPLANT SOUP WITH MOZZARELLA CROUTONS  
=====

Ingredients:

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- 1.5 lb Japanese eggplant, halved lengthwise
- 1 red bell pepper, halved lengthwise and seeded
- 4 tblsp extra-virgin olive oil
- 2 onions, unpeeled and halved lengthwise
- 3 plum tomatoes, halved lengthwise
- 8 garlic cloves
- 1 tblsp unsalted butter
- 3 fresh thyme sprigs, chopped fine

- 3 fresh oregano sprigs, chopped fine
- 3 fresh basil sprigs, chopped fine
- 8 cups chicken broth
- 1 bay leaf, crumbled
- 12 1/4-inch-thick slices of French bread, toasted
- 3/4 lb goat's milk mozzarella, grated coarsely

Instructions:

-----

In a bowl coat the eggplant and the bell pepper lightly with 1 tablespoon of the oil and season the vegetables with salt and pepper. In a foil-lined roasting pan arrange the eggplant, skin sides down, the bell pepper, skin sides up, the onions, cut sides down, and the tomatoes, cut sides down, and roast the vegetables in the upper third of a pre-heated 400degree F. oven for 10 minutes. Put the garlic in the pan near the tomatoes, roast the vegetables for 30 to 40 minutes more, or until the bell pepper is charred, and let them cool. Remove the skin from the bell pepper and the onions and coarsely chop the eggplant, the bell pepper, the onions, and the garlic.

In a large kettle melt the butter with the remaining 3 tablespoons oil over moderately high heat, add the chopped vegetables including the garlic, the tomatoes, the thyme, the oregano, the basil, and enough of the broth to just cover the mixture, and bring the mixture to a boil. Add the bay leaf and simmer the soup for 30 minutes, or until it is thickened slightly. In a blender or food processor puree the soup in batches, transferring it as it is pureed to the cleaned kettle (the soup will be thick and textured, flecked with black bits of the eggplant), and heat it with the remaining broth over moderately low heat until it is heated through.

Arrange the bread slices on a baking sheet, sprinkle them with mozzarella, and broil the croutons under a preheated broiler about 4 inches from the heat for 3 to 4 minutes, or until the cheese is golden. Ladle the soup into 6 bowls and top each serving with 2 croutons. Serves 6.

(Also, instead of full slices as croutons, after broiling, with a sharp knife the toasted bread can be cut into smaller croutons and sprinkled onto the soup)

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From: lsamura@iniki.soest.hawaii.edu

SPICY HOT EGGPLANT SAUTEE - Yen King Restaurant  
 =====

Ingredients:

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- 1 lb eggplant
- Vegetable oil (preferably peanut oil)
- 2 tblsp shredded pork
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 5 to 7 diced chili pepper
- 1 tblsp cooking wine
- 1 tsp soy sauce
- 2 tblsp shredded bamboo shoot
- 10 straw mushrooms
- 1 tblsp shredded black fungus
- 1 cup chicken stock
- 1/2 tsp vinegar
- 1 tsp minced green onion
- 1 tblsp of a thick mixture of cornstarch and water
- 1 tsp glazing oil

Instructions:

-----

Partially peel the skin off the eggplant lengthwise. Cut the eggplant into finger-size strips. Deep fry in oil until slightly brown. Drain. Set aside. Heat wok for 20 seconds. Add 1 T oil, shredded pork, minced garlic, minced ginger and the chilis. Stir 10 seconds. Add wine, soy sauce, bamboo shoots, straw mushrooms and black fungus. Stir and flip the ingredients in the wok several times. Add stock, vinegar and green onion. Simmer 20 seconds. Add cornstarch mixture and glazing oil. Flip ingredients to blend in the thicken cornstarch and to spread glazing oil. Serves 4.

Note:

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Spicy Hot Eggplant Sautee includes a glazing oil that can be used on many stir-fry dishes. To make the glazing oil, simmering about a cup each of ginger and green onion trimmings in 1 gallon of vegetable oil for 30 minutes. Strain the ginger and green onion from the oil which should be put in a dark, well-sealed and clean glass container. The oil should be kept in a dark, cool place for a couple of months.

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From: steven.frank%acclbbs@ssr.com (Steven Frank)

SZECHWAN EGGPLANT AND TOFU

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(Serves 4)

Ingredients:

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- 3 tblsp Soy sauce
- 2 tblsp Minced garlic
- 1/4 cup Dry sherry or Chinese rice wine
- 1 tblsp Minced fresh ginger
- 1/4 tsp Black pepper
- 1 tblsp White or brown sugar
- Cayenne pepper to taste
- 1 tblsp Cider vinegar
- 3 Cakes firm tofu, cut into strips
- 3 tblsp Cornstarch
- 2 tblsp Peanut oil
- 8 Scallions: greens minced, whites in strips, keep separate
- 1 medium Onion, thinly sliced
- 1 large Eggplant, cut into strips, thinly
- 1 bunch Cilantro, minced (optional)
- 3/4 tsp Salt

Instructions:

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Sauce:

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Combine soy sauce, vinegar, sherry, sugar in a liquid-measuring cup. Add enough water to make up to 1 cup. Place cornstarch in a small bowl, pour in the liquid, pour on the liquid & whisk till dissolved. Set aside.

Heat a large wok over a high flame. Add oil & onion & stir fry for about a minute. Add eggplant & salt & stir fry for 8 to 10 minutes till the eggplant is soft. Add garlic, ginger & black pepper & cayenne. Cook a few minutes more.

Add tofu & scallion bottoms. Stir the bowl of liquid that has been set aside & add to the wok. Mix well & stir fry for another few minutes till the sauce is thickened.

Remove from the heat & serve over rice topped with scallion greens & cilantro.

%%%

[amyl](#)

# Felafel (1)

From: hammond@odin.scd.ucar.edu (Steve Hammond)

Date: Thu, 15 Jul 1993 17:22:50 GMT

This recipe is from page 140 of the Moosewood Cookbook, by M. Katzen  
I have made it many times and the felafel are great.

4 cups cooked chickpeas (2cups, soaked 1.5 hours, boiled until very soft)  
2 beaten eggs  
3 cloves garlic (crushed)  
1/2 cup \*each\*, finely minced, celery and scallions  
1/2 tsp ground cumin  
3 Tbs tahini  
1/2 tsp tumeric  
3 Tbs flour  
1/4 tsp cayenne, dash black pepper  
1.5 tsp salt

Mash chickpeas well (make sure they are cooked well enough to be mashable).  
Combine with other ingredients. Chill well.  
With floured hands, make the batter into one-inch-diameter balls.  
Dust each one lightly with flour.  
Heat a two inch pool of oil in heavy skillet to 365 degrees.  
Deep fry felafel until golden brown, serve immediately.

My Modifications:

I usually use 1-2 tsp of cayenne because I like them spicy.  
I usually heat the oil in my wok and then drop the batter into the wok  
by spoonfuls. Don't put too many in the wok at a time or the temp.  
will drop.

I peel, seed and slice cucumber, cube tomato and grab a bunch of  
alfalfa sprouts and tuck them into a pita with some ranch dressing

[mara](#)

# Fried Plantains

From: **Nancy Whitney**

Date: **Mon, 1 Nov 93 9:47:47 EST**

This is an easy and tasy way of preparing plantains;

2 Pantains

Oil for frying

Cut plantains into about 1/2 inch slices. Fry for several minutes in hot oil, until slices begin to turn golden (not too dark), and they are beginning to get tender. They do not need to be really soft at this point.

Take slices out of oil and drain on a paper towel. Move to a sturdy surface like a cutting board, and smash the slices down with the bottom of a cup (like a juice glass or some such). The point is to make them smash down to about 1/2 their original height, not to get them really thin.

Throw back into hot oil and fry again, until they get more tender, maybe 1-2 minutes on each side. Take out of oil, drain, sprinkle with salt and server in place of potatos.

[amyl](#)

# Lentils

From: [kasserra@helix.nih.gov](mailto:kasserra@helix.nih.gov) (Claudia Kasserra)

Date: Sun, 14 Nov 1993 12:33:02 -0500

Someone asked for lentil recipes. This is my mothers recipe, I can never get enough of it. Its fast and inexpensive.

- approx. 4 cups lentils
- 4 slices bacon
- Polish sausage (or Farmer's etc.)
- 1 large onion, chopped
- 1 bag carrots, chopped
- 2-4 bouillon cubes
- 1/2 cup vinegar

Saute onion and chopped bacon in oil. I like to do this in a pressure cooker, you will know the reason in a moment. Add chopped sausage, lentils, bouillon cubes, and about six cups of water. Heat mixture thoroughly, stirring occasionally, adding water as the lentils soak it up so that you have a stew consistency. Add 1/4 cup of the vinegar and cook for about 1 hour. This is where the pressure cooker comes in. If you don't have one, you'll have to continue cooking until the lentils are soft, about 2 1/2 hrs. If you do have a pressure cooker, after the 1 hr regular cooking, pressure cook the mixture for about 15 min. Season to taste with salt, pepper and the rest of the vinegar. Oops, add the carrots after 1 hr of cooking. Terrific on a cold night!

Claudia

[amyl](#)

# Curing Olives

From: marple@cs.ubc.ca (Kirk Marple)

Date: 14 Jul 1993 17:56:41 -0700

These instructions for curing olives are from The Food of Greece by Vilma Liacouras Chantiles (Simon & Schuster, 1975):

Collect the olives as ripe as possible (late November in Greece). Slash or stamp each olive with the side of knife or board to make an opening, then soak in cold water in earthenware or glass containers for 10 days, changing the water daily. Soak in a brine solution for 24 hours, then wash off the brine and soak for 24 hours in vinegar. Drain. Store in jars in olive oil. This method will preserve olives indefinitely. (If sourer olives are preferred, add a little vinegar to the oil).

[mara](#)



# Red Beans and Rice

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 14 Jul 1993 13:58:58 GMT

## Contents

- [Recipe #1](#)
- [Recipe #2](#)
- [Recipe #3](#)
- [Recipe #4](#)
- [Recipe #5](#)

### Red Beans and Rice #1

1 pound red beans, soaked overnight  
1 medium onion, chopped  
1 bunch of green onions, chopped  
7 cloves of garlic, chopped  
1/2 cup parsley  
1 rib celery, chopped  
1/2 cup ketchup  
1 bell pepper, seeded and chopped  
1 tablespoon Worcestershire sauce  
2 tablespoons tabasco sauce  
2 bay leaves  
1 teaspoon thyme  
salt and pepper  
1 pound smoked sausage cut into 1 inch pieces  
1 pound pickled pork, rinsed and cut into cubes  
Cooked Rice

Drain the beans. Put them in a large heavy pot and add 3 quarts of fresh water. Cover and simmer for one hour or until the beans are tender. Watch that the water does not boil down too far. The beans must be covered with water at all times. Add the rest of the ingredients, except for the rice. Add more water to cover if needed. Simmer for 1 to 1 1/2 hours or until the liquid has thickened. Serve over rice.

### RED BEANS AND RICE #2

4 servings

1 lb red beans  
1 1/2 lb smoked sausage, sliced  
1/2 lb smoked ham shanks  
1 large onion chopped  
1 green pepper, seeded and chopped  
1 celery stalk, chopped  
1 garlic clove, finely chopped  
1 t dried thyme, crumbled  
1 t ground pepper  
1/2 t ground sage  
1 bay leaf  
Pinch of ground red pepper  
Salt  
Freshly Cooked Rice

Place beans in Dutch oven and cover generously with water. Let soak for 30 minutes. Add all remaining ingredients to beans except salt and rice. Bring to boil over medium heat. Reduce heat to medium-low, cover, and simmer until beans are tender, adding more water if necessary, about 2 1/2 hours. Add salt to taste. Remove ham bones. Remove about 3 Tablespoons of beans from mixture and mash to a paste. Return bean paste to mixture and stir. Simmer 15 more minutes and then serve hot over the rice.

### **Red Beans and Rice #3**

1 pound red kidney beans  
1 meaty ham bone  
2 large onions, chopped  
1 bell pepper, chopped  
2 ribs celery, chopped  
2 cloves garlic, finely chopped  
Salt and pepper to taste ( use Tony's if possible )  
pinch of sugar  
1 bay leaf ( optional )  
2 pounds Owen's spicy sausage links  
1/4 cup parsley, chopped  
Cooked rice

Soak beans overnight, rinse. Cover with water and cook with ham bone ( fat trimmed off ), onion, bell pepper, celery, salt, pepper, sugar, and bay leaf. While beans are cooking, boil sausage in skillet. Drain, fry until crisp, and set aside. Cook beans until fork tender ( 1 - 2 Hrs ); then add fried sausage. JUST before serving, remove bay leaf and add parsley. Serves 8 ( small servings ) and freezes well.

Serve with corn bread and mustard greens to complete the mood.

## Red Beans and Rice #4

( Shane's 40 min variety )

2 cans Red Beans ( black-eyed peas also work )  
1/2 pound smoked sausage ( the smokier the better )  
1 medium to large onion, chopped  
1/2 bell pepper, chopped ( too much will make it bitter )  
2 green onions ( if you have them )  
1 rib of celery, chopped ( if you have it )  
1 tsp minced garlic ( I usually get it in the little jar )  
salt, pepper, red pepper, tabasco (or just Tony's if you have it)  
thyme and parsley ( if you have them )  
a little beer ( if you're drinking one or have one handy )  
a little vegetable oil  
uncooked rice

Rinse out the Red beans in their cans and fill the cans with water, set aside. Chop up all that needs to be chopped up ( including sausage ) and get out your trusty deep black iron skillet or pot. Put enough oil to wet the bottom of the pot and start frying the sausage. After about a 1 min or so, season the sausage really well with the salt and pepper ( esp pepper ). When the sausage is about 1/2 done, stir in the onions, bell pepper, and celery. Stir fry it all until the sausage is done and the vegetables are limp. ( push the sausage to the side of the skillet if it cooks too fast and focus on the vegetables ). Pour in the beans and water, and add about another can of water ( cover all the contents and leave burner at frying setting ). Add the garlic, a few shakes of tabasco, a little ( about 2 tablespoons ) beer, a pinch of thyme, and about 1/4 cup parsley. While the mixture comes to a boil, start the rice on another burner. Keep the Red beans at a raging simmer, and stir often. When the rice is done, the beans should be about done. Cook the beans down to the desired consistency, and squash a few beans on the bottom for a more paste like texture. Serve beans over rice with a little more pepper sprinkled on top.  
Serves 3.

## RED BEANS AND RICE #5

1 pound of small red beans  
1/2 pound of ham hocks or smoked hocks (optional) (can substitute polish sausage, if you want)  
1 large yellow onion, peeled and chopped  
3 stalks celery, chopped

- 1 Tablespoon parsley
- 1/2 green pepper, chopped
- 1-2 bay leaves
- 2 large cloves garlic, crushed
- 1/8 pound margarine
- Pepper to taste
- 1 Tablespoon Worcestershire sauce
- Tabasco to taste
- Salt to taste
- 3 cups cooked white rice

Soak beans overnight in ample water. The next day, drain the water from the beans, and place in a heavy kettle. Add the ham, onion, celery, parsley, bay leaves, and garlic, and add water to the pot barely to cover the contents. Bring to a boil, and then turn to a simmer. Simmer, uncovered, for 2 hours, being careful that the beans do not stick or become too dry. You may have to add a little water.

After the initial two hours of cooking, add the margarine, pepper, Worcestershire, and Tabasco to the pot. Continue cooking for 1 more hour, this time with a lid on the pot and the heat quite low.

Correct the seasonings. You may wish to add a bit of salt, but do not add salt until this point because salt cooks out of the ham (if present) and will season the beans.

Serve over white rice. Pass additional Tabasco sauce for the brave!

[mara](#)

# Red Kale with Grated Coconut

From: Nita Goyal nita@CS.Stanford.EDU

Date: Fri, 15 Oct 93 13:07:59 -0700

This is a recipe for Red kale that I got from a friend. I am sending it without her permission but I am sure she will be happy to share it. The recipe comes from the Kerala region of India (south western coastal area). You might want to reduce the amount of green chillies!

(obtained from Anna Verghese)

(Can sometimes call it 'thoran', but grandma may protest:-))

Kale :This is a leafy vegetable like "Cheera". You get two varieties in the grocery stores. I prefer red one to the green one. you can try the green one too.

Ingredients :

Kale : One bunch - chopped fine.

Shallots : one.- chopped fine. (This is the small ulli we get in Kerala. Here it is not small:-)). Available in grocery stores.

Garlic : one or two ( paste half a teaspoon)- chopped fine

ginger : half an inch cube - chopped fine

Green chillies : 3 to 4 chopped.

Coconut powder : 3 table spoons.

Onion : Half - chopped fine.

oil : 2 to 3 teaspoons.

salt : one teaspoon

Mustard seeds : One teaspoon.

Turmeric powder : Quarter teaspoon

Cumin seeds : a pinch

Procedure :

Heat oil in a shallow vessel.( preferably Non-stick)

Put mustard seeds and then shallots.

When shallots start turning brown, mix the kale .

Then put the onions, ginger, garlic, salt, cumin seeds, coconut powder, and turmeric powder.

Mix it well and keep the vessel open.

Stir it occassionally till it is fully dry.

Note :

1. Those who do not like coconut can avoid it.

2. Those who can get hold of a grinder can mix the onions, garlic, ginger, coconut, cumin seeds, and turmeric in it.

Enjoy !!!!

-Anna

[amyl](#)

# Spaghetti Squash

From: **marcia@netcom.com (Marcia)**

Date: Mon, 11 Oct 1993 22:52:06 GMT

My favorite way to prepare spaghetti squash is: boil/bake until soft, separate strands. Drain if you boiled it. Add about a cup of grated cheese, basil, and margarine. Toss. Salt and pepper to taste.

Yum.

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-----  
Marcia Bednarczyk.

ADDRESSES: marcia@netcom.com

Don't tell me not to burn my candle at both ends -  
just tell me where to get more wax!

mlb@cisco.com

[amyl](#)

# Spiced Acorn Squash

From: [marie@ai.mit.edu](mailto:marie@ai.mit.edu) (Marie Lamb)

Date: 18 Nov 1993 19:11:49 GMT

Just in time for Turkey Day, my favorite squash recipe:

6 whole acorn squash  
3/4 tsp. cinnamon  
3/4 tsp. ginger  
3/4 tsp. mace  
6 Tbs. butter or margarine, melted  
1 Tbs. cider vinegar  
6 Tbs. maple syrup\*\*

Preheat oven to 350F. Split each squash in half lengthwise; scoop out and discard seeds and fiber from centers. Slice a thin piece from each bottom so they will rest flat in the pan. Place squash in a shallow baking dish. Mix spices together and sprinkle over squash. Mix melted butter with vinegar; drizzle over squash. Add 1/2 Tbs. maple syrup to each cavity. Cover dish with foil and bake for 1 and 3/4 hours. Remove foil; baste. Return to oven for 10 minutes. Serves 12.

\*\*If you can't get maple syrup in your area, you can substitute pancake syrup, or sprinkle the squash with brown sugar before drizzling with the butter mixture.

[amyl](#)



# Squash Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Wed, 15 Sep 93 10:47:53 +0200

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- [Malai Koftas \(Sridhar Venkataraman\)](#)
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- [Squash Casserole \(???\)](#)
- [Squash Recipes \(Chuck Narad\)](#)
- [Squash Shells \(Barry Carlson\)](#)

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From: mjkelly@nl.cs.cmu.edu (Mary Jane Kelly)

Source: Southwest Cooking, published by Beekman House.  
 Recipe Development: Jan Nix.

### COLACHE

=====

(Serves 6-7)

### Ingredients:

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- 2 tblsp vegetable oil
- 1 Butternut Squash OR small Pumpkin (about 2 lbs) peeled, seeded, and diced
- 1 medium onion, coarsley chopped
- 1 clove garlic, minced
- 16 oz canned tomatoes, undrained
- 1 green pepper, seeded, cut into 1" cubes
- 14 oz can whole kernal corn
- 1 green chili, coarsley chopped (optional)
- 1/2 tsp salt
- 1/4 tsp pepper

### Instructions:

-----

Heat oil in large skillet over medium heat. Add squash, onion, and garlic; cook for 5 minutes or until onion is tender.

Coarsley chop tomatoes; add tomatoes and bell pepper to skillet. Bring to a boil over high heat. cover; reduce heat and simmer 15 minutes.

Add remaining ingredients. Simmer covered, 5 minutes or until squash is tender. Uncover; increase heat to high. Continue cooking a few minutes or until most liquid has evaporated.

Note:

-----

Pumpkin is the traditional squash used in this dish, but butternut is less stringy and easier to cut an peel.

My Notes:

-----

I used butternut, and it was yummy. Also used more garlic. It took me a bit longer to cook than the recipe indicates. I didn't have whole tomatoes, but crushed which probably made a liquid difference. My squash may have been cubed a bit big, too. So if you dish is taking long, I suggest adding the green pepper late in the stage for it to retain color better. This is a very attractive dish. I would also suggest using fresh or frozen corn instead of canned for appearance and taste.

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\*

From: sridhar@asuvox.eas.asu.edu (Sridhar Venkataraman)

MALAI KOFTAS (SOUTH ASIAN MEATBALLS & VEGETABLE BALLS)

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Ingredients:

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Kofta Ball:

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- 2 yellow squash
- 2 zuchini squash
- 1 white or yellow onion
- ca. 2 cups chickpea (garbonzo) flour.
- 1 tblsp ground Coriander
- 1/2 tsp Cayenne
- bit of salt
- 1/2 tsp baking powder
- 1 egg (optional)

Instructions:

-----

There are two parts to the preparation. I start with the Kofta (vegetable) balls. While baking (or deep fry if you like grease) the Kofta balls, prepare the Malai (Hindi for "cream") sauce.

Heat oven to 425 or so. In large bowl, grate the squashes and onion, add spices, add optional egg.

Mix chickpea flour till bread dough consistency. Form kofta "dough" into 1 inch diameter balls. Place on cookie sheet, bake for 25 minutes or so.

While cooking: Mix Malai sauce.

Malai Sauce:

-----

4 large tomatoes  
1 hot chili (serrano or Jap). Remove seeds if wimpy.  
1.5 inch fresh ginger. or full teaspoon powdered.  
2 cups cream

Puree above in blender.

Heat 4 tablespoons peanut oil in saucepan.

Mix:

----

2 tsp ground Cumin  
3/4 tsp Turmeric  
2 tsp Garam Masala  
2 tsp Paprika

Add the above spices all at once to hot oil for 1 minute. Add tomato(e) puree to spices. Add 1 more cup cream to spices and the puree. Boil.

Reduce heat, simmer for 10 minutes. Add half of the cooked Kofta balls. Simmer another 10 to soften them.

Serve with brown rice, chapatis, vinegar soaked onions and chilies.

Heuristics:

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1) Slightly wet hands when forming Kofta balls.

2) Freeze other half of Kofta balls and use with next batch of Malai to save time.

3) Keep Kofta balls seperate from Malai sauce till needed. (They absorb the liquid from sauce)

4) Milk can be substituted for some of the cream. Have not tried soy milk.

5) Add 1 drop red and 1 drop yellow food coloring to vinegar to make reasonably authentic orange onions (a la Akbar's)

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From: hksru@usho82.hou281.chevron.com (Kathie Rupert-Wayne)

SOUTHERN SUMMER SQUASH  
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Ingredients:  
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- 1 1/2 lbs of yellow squash
- 3 tblsp bread crumbs
- 2 tblsp diet marg.
- 2 egg whites
- 1 tblsp minced onion flakes
- 2 tsp diet marg.

Instructions:  
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Preheat oven to 350. Wash and slice squash and put in pan of water. Cook on top of the stove until soft, drain. In a large bowl mash squash up. Add the 2 tbs of marg, egg whites, onion, and 1 1/2 tbs of bread crumbs, mix well. Pour mixture in a greased pan. Dot the top with the 2 tsp of marg and sprinkle the rest of the bread crumbs on top. Bake for 45 minutes.

Note: This is a great veg. dish for people watching their weight.

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From: arielle@taronga.com (Stephanie da Silva)

SPAGHETTI SQUASH AND AVOCADO SALAD  
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Ingredients:

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Avocado Oil Vinaigrette

- 1 medium spaghetti squash
- 6 mushrooms, sliced
- 1/2 each red and green bell pepper, julienned
- 1 can (4 ounces) sliced black olives, drained
- 2 avocados, seeded, peeled and sliced

Instructions:

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Prepare Avocado Oil Vinaigrette at least 24 hours before serving time. Halve squash lengthwise, scoop out seeds. Place halves cut side down in large saucepan; add water to a depth of two inches; cover and bring to a boil. Reduce heat; simmer squash 20 minutes. Drain off water; cool squash and shred into strands. Mix squash, mushrooms, peppers, olives and avocados in serving bowl. Pour Vinaigrette over, toss gently and serve.

Avocado Oil Vinaigrette:

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- 3/4 cup avocado oil or light vegetable oil
- 1/4 cup white wine vinegar
- 2 to 3 cloves garlic, crushed
- 1 tsp each oregano, sweet basil, rosemary, dry mustard and Worcestershire sauce
- Salt and pepper to taste

Shake all ingredients together in tightly covered container. Let Vinaigrette stand at least 24 hours.

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From: ??? (I accidentally erased the poster, sorry!)

SQUASH CASSEROLE

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Ingredients:

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- 4 cups chopped zucchini squash
- 1 cup chopped onion
- 1/4 cup water
- 1/4 tsp salt

Cook, drain, cool.

Blend:

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1 1/2 cup cracker crumbs (saltines)  
3 tblsp margarine

Add to 3/4 of crumbs:

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1 beaten egg  
1 cup cubed cheese (Velveeta)

Add to squash and onion. Top with remaining crumbs. Bake 350 degrees til done.

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From: narad@Eng.Sun.COM (Chuck Narad)

SQUASH RECIPES  
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Acorn, butternut, bannana, spaghetti etc squash are great if you just steam them in the microwave until soft, then mash in a little margarine and cinnamon.

I like to take zuchinni, crookneck (yellow), and pattypan (summer) squash, and either layer them with a little garlic, black pepper, and steam them in the microwave (with a splash of sake for flavor), or sautee them with onions and mushrooms with rosemary and white wine. Slice into thin chunks for either.

Bannana squash also makes a great thickener and sweetener for winter vegetable soups (with cabbage, potatoes, onion, turnip, celery, and whatever else is in the fridge).

You can also slice acorn or butternut squash in half, make a filling of some kind of grain or rice with nuts, cheese, sauteed veggies, maybe some raisins, then stuff the squash halves and bake at 350 until the squash is soft. Be creative.

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From: Barry\_Carlson@mindlink.bc.ca (Barry Carlson)

SQUASH SHELLS  
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Ingredients:

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- 1/2 spaghetti squash per person
- 1/4 cup cooked ham chunks per squash half
- 1/2 cup cooked peas
- 1/2 beaten egg yolk per squash half
- 1/4 cup cream per squash half
- 1/4 cup Parmesan cheese per squash half

Instructions:

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Cook and drain the squash. Separate out the spaghetti strands, handling the shells carefully so they do not tear. Set the shells aside to drain. In a bowl mix together the strands of spaghetti squash with the rest of the ingredients. Mound this mixture back into the squash halves and microwave or bake until heated through.

Notes:

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Since I was growing spaghetti squash last year - I planted three which was a big mistake - those vines are incredibly prolific - the need to find things to do with them turned critical pretty fast. Here is my list:

1. Cooked spaghetti squash has a "noodle-like" quality which makes it a good addition to lots of soups.
2. Eat the seeds. They are great raw and even better dried and lightly salted and toasted (similar to pumpkin seeds).
3. Eat as a side dish vegetable with appropriate herbs, butter, cheese... (Incidentally, the best way to cook spaghetti squash is in the Microwave -1/2 squash, cut lengthwise, covered and vented for about 8 minutes on Hi).
4. I had so much of the stuff around that I got out all my old zuchinni recipes and tried using finely chopped spaghetti squash instead of zuchinni in all those cake and loaf recipes...worked like a charm.
5. Spaghetti squash can be sliced in chunks and eaten raw, either added to salads or with a dip.

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[amyl](#)

# Sweet Potatoes with Grapefruit

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 00:37:57 GMT

1 3/4 pounds sweet potatoes  
1 large grapefruit  
3 tablespoons unsalted butter  
1/3 cup (firmly packed) light brown sugar  
1/4 teaspoon salt  
2 eggs, well beaten

Preheat oven to 375F. Put the potatoes, unpeeled, in a large saucepan and cover with water. With a swivel-bladed vegetable peeler, peel the yellow zest from the grapefruit and put it in with the potatoes. Bring to a boil, reduce the heat and simmer until the sweet potatoes are just fork-tender, about 20 minutes.

Meanwhile, with a long-pronged fork or tongs, dip the grapefruit into the boiling potato water and blanch, turning constantly, for 30 seconds. Rinse the grapefruit briefly under cold running water to cool and peel off the white pith. Section the grapefruit and peel off the membranes over a bowl to catch the juice. Reserve all the juice and pulp; discard any seeds.

When the sweet potatoes are done, drain and let cool; discard the grapefruit zest. Peel the potatoes and put them into a food processor along with the grapefruit pulp and juice, the butter, brown sugar and salt. Puree until smooth. Add the eggs and mix to blend.

Pour the sweet potato mixture into a well-buttered, 6-cup souffle dish. Place in a pan of hot water and bake for 45 minutes, or until the center is set.

[mara](#)



# Swiss Style Green Beans

From: **Thomas Fenske**

Date: Thu, 4 Nov 1993 17:36:19 -0500 (EST)

This is an old family favorite that is a holiday staple at our house. It is especially nice because it can be prepared the night before and popped in the oven on Thanksgiving/Christmas Day ... one less thing to do on these busy days.

Serving Size : 10

Qty	Measurement	Preparation	Ingredient
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2	T.	Grated	Onion
7	T.		Margarine
2	T.		Sugar
1	t.		Salt
1	t.		White Pepper
1	Pt.		Sour Cream
8	oz	Grated	Swiss Cheese
4	16 oz	Cans-French Style	Green Beans
1/2	Cup	Crushed	Corn Flakes

Lightly saute the onions in 4 T. of the margarine, and stir in the flour, sugar, salt and white pepper. Blend well. Stir in the sour cream. Cook until thick, stirring occasionally. Drain the green beans and add to the sour cream mixture. Pour into a buttered casserole. Top with swiss cheese. Melt the remaining 3 T. of margarine, then stir in the corn flakes. Spread over the top of the cheese.

Bake at 350 F. for 30-40 minutes

This may be prepared in advance and refrigerated, but it is better if you prepare the corn flake mixture when you are ready to bake the dish.

Thomas Fenske  
Duke University Press

[amyl](#)