



2019 Morgan Family Cookbook

Cover photo is from the exhibit Island Universe by Josiah McElheny at the Cantor Museum at Stanford. My sister Eppie and I went to visit it when she was here in April. It wowed us both.

Throughout this cookbook are some beautiful flower photos taken by Phyllis Rothblatt at Gamble Gardens. I also want to thank Zoe and Lisa Jungherr, who proofread for me. But if something is wrong, it's my fault. Please let me know if any of the recipes seem to be missing something or don't make sense.

Comments from Trish

It's been a year. Oh, my, what a year. When last I left you, dear cookbook readers, it was June 2019 and I was finally finishing the 2018 cookbook. Tobie had died and I was exploring.

Fast forward. Still exploring. Still grieving, but it's getting to be a less bumpy ride. I feel like I've deepened old ties and made new friends. I'm closer than ever to my siblings and extended family which feels cozy and makes me happy. My work family has been so kind and loving – what a rare and special thing.

Zoe and Ryan? They moved back to the Bay Area in April and are living about five minutes away from me (oh, happy day!!). Zoe took a job as the education reporter for the *Los Altos Town Crier* and Ryan is working as a writer and graphic designer at Stanford. They and their cat Tigre have Eli as their roommate - which is amazingly cool as Eli and Zoe met when they were 4 and 6 months old and are still friends.

That's all I'm going to write here this year. I feel brimful with love and joy so much of the time. And I miss Tom horribly. Both exist concurrently. They overlap, like star systems colliding. And to each of you who have offered love, support, and showers of friendship and goodwill, thank you! It has meant more than I can ever say.



Roasted Grapes with Goat Cheese on Crackers

I really like this recipe. It's so easy and simple, but it tastes fantastic and I love the idea of taking an ingredient we know so well one way and switching it up. This is a very basic outline of a recipe.

Grapes
Olive oil
Kosher salt

Fresh thyme sprigs
Goat cheese
Good crackers or grilled French bread slices

Preheat oven to 450°F. Spread grapes on a rimmed sheet pan. Drizzle with olive oil. Sprinkle with salt. Lay thyme sprigs over top. Toss together gently with your hands. Place pan in the oven for about 10 minutes or until grapes just begin to burst. Discard the stems of thyme.

Serve the grapes with some nice crackers or grilled French bread, along with a bowl of goat cheese. To eat, schmear the cracker with the goat cheese and top with a roasted grape or two or three.



Potsticker Soup

This is the stupid easy recipe of the year. For the past few years, I've been including one recipe in each cookbook that is so simple it's amazing I even thought of it. This is in that league. It was born from a deep need for wonton soup. Not any wonton soup, but the one that I got at a little hole in the wall restaurant when I worked for hospice. The restaurant changed hands and the wontons that were lovingly made by the owner are no more! (Sigh. Sadness.) What to do, what to do? I could spend hours making my own wontons, but I think not on a weekday night. Potstickers came to mind. They aren't wontons, but they are a decent substitute. Tom and I loved this soup with a passion and Zoe and Ryan do too. It's just heartwarming and good. Since I ALWAYS have potstickers in my freezer, this goes from thought to table in about 15 minutes.

I almost always make this with strips of barely cooked green cabbage, just like the place I knew. But on occasion I'll use baby bok choy or napa cabbage, or some other kind of green. This can literally be on the table within 3-4 minutes from the broth boiling. See – stupid easy. Really, this intro is longer than the recipe by quite a bit!

6-8 cups chicken broth

3-4 slices ginger (about the size of a quarter)

1-2 carrots, cut into thin slices on the diagonal

1 bag potstickers (between 12-16 ounces)

About 1/2 head cabbage, cut in 1/2-inch strips)

1 green onion, chopped (for garnish)

In a soup pot, heat the broth with the ginger and carrot slices until boiling. Add the potstickers and cook for about 3 minutes (check directions on the bag). Put the cabbage in the serving bowl and pour the soup over it. Garnish with green onions, if you wish, and serve. That's it.

Serves 4

Note: I usually put soy sauce and spicy garlic chili sauce on the table for people to doctor the soup their way.



Turkish Red Lentil Soup

From the cookbook Milk Street Tuesday Nights, this soup was amazing. I fiddled a little, so the recipe below is what I did, rather than the original. So comforting and warming and easy to eat. It's vegetarian, but could easily be made vegan.

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| 3 tablespoons butter (or olive oil) | 1 teaspoon ground cumin |
| 1 medium-large mild yellow onion, chopped | 1 cup red lentils |
| 2 garlic cloves, minced and smashed with about 1 | 5 cups vegetable or chicken broth |
| teaspoon coarse salt | 1/4 cup medium grain rice |
| 2-3 stalks celery, chopped | Sprinkling of aleppo pepper |
| 1 tablespoon tomato paste | Fresh mint or dill, chopped (optional) |
| 1 tablespoon sweet paprika | |

Melt the butter over medium heat in a small soup pot until the butter is foaming. Add the onion and saute for about 3-4 minutes, Add the garlic and celery, then continue to saute until the onion is softening, about another 3-4 minutes. Add the tomato paste, paprika, and cumin, and saute for another couple of minutes. Add the red lentils and stir with the onion spice mixture. Let this cook for another couple of minutes, stirring every so often. Add the broth and the rice. Bring to a boil, then reduce heat to a steady simmer. Cover the pot, and cook for about 30 minutes or until the lentils have fallen apart and the rice is very soft.

Serve with a light sprinkling of aleppo pepper, mint, and/or dill on top.

Serves 4-6



Things I Loved in 2019

All my family and friends who texted me, talked to me, visited me, and generally showed me their love!

Seeing my siblings at Christmas! Phil surprising me on my birthday!

Late night movies, Lavay Smith, bridge at UUCPA, quiet time by myself



From left: Jeff, Steph, Rick, Lynette, me, and Phil, with Lynette's daughter Claire in the front

Getting Esalen massages from Lars Kallman

Dancing - whether it's at Open Floor Dance or The Stud or at home

Creating a website with Eli - the cookbooks have a new home!

Writing and journaling

Rain - and lots of it! It came after Tom died and in the late autumn to soothe me

Moving in water - my inner animal is an otter

Having Zoe and Ryan live one town over

And of course, always, Tobber

Lemon Cumin Dressing (with butter lettuce or avocado or...)

When I was in college, my friend Alan Templeton gathered a bunch of us together to buy four season tickets for the SF symphony. There were about 10 of us and we rotated going into the city. Alan has a preternatural ability to find good reasonably priced restaurants (and I'm not talking with Yelp). One of the places we used to go was a little dim French restaurant. It served what had to be one of the simplest salads in the universe - butter lettuce with a lemon cumin dressing. The cumin was barely a whiff in the background. That was it. A good lesson in not messing with perfection.

Since then,, I've found this dressing to be incredibly versatile: lovely on top of a shredded chicken salad or tossed with white beans, parsley, and celery. It's also nice on thin paillards of chicken or pork. Heck, it's a really yummy pasta sauce with a little parmesan thrown in. I'm a little tempted to bathe in it, I love it so much!

Juice of 1 lemon (Meyer if at all possible)
Enough avocado oil or grapeseed oil or light olive
oil to equal four times the lemon juice*

1/2 teaspoon cumin
1/2 - 1 teaspoon garlic salt
Finely ground black pepper to taste

Mix all ingredients well. Serve over butter lettuce (with or without avocados) or over whatever you want.

Note about oils: Since this is such a delicate and sublime dressing, I recommend you don't pull out your super secret extra-special vestal virgin olive oil. It will totally overpower the cumin and shift the balance of the dressing in a way I personally cannot condone. But if you insist, I can't exactly stop you.

Makes enough for at least a few salads



Three times, count them, three times I went to see *Pride and Prejudice*, a musical adaptation debuted by *Theatreworks* in Palo Alto. It was a singular experience. I am still humming the songs.

Hollandaise Sauce

Every Christmas morning for decades now I have made homemade eggs benedict. It is a labor of love, since every element has to be done separately, but they are oh, so yummy delicious goodness. I have almost never found a restaurant that can equal a homemade hollandaise. Having a container of this sauce in the refrigerator is like banking gold (is that still a good analogy in this non-gold standard world?). It is spectacular over asparagus, but I like to use it instead of mayonnaise in sandwiches, or on top of a peppered grilled steak (dreamy), or just a fingerful (because). It's really not that much of a pain. Made in a blender or food processor, it just takes time to drizzle in the butter slowly. This makes a thick sauce. If you like it runnier (why would you?), just whirl in a tablespoon or so of hot water.

3 egg yolks

1/2 cup (4 ounces) butter, melted (but not browned)

1/2 teaspoon salt

2-3 tablespoons fresh lemon juice (about the amount in one meyer lemon)

In a blender or food processor whirl the egg yolks for about 1 minute, or until they are thickened. Very, very slowly dribble in the melted butter while whirling. Add the salt and lemon juice and whirl a little more to combine. Taste. Add more lemon juice or hot water to achieve the taste and consistency you want.

Makes enough for 2-4 servings of eggs benedict or about 2/3 cup







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Eli put together a website for my cookbooks and the tips for grievers that I've been posting on Facebook. Check it out at www.plumeriaand-pine.com! I'd love some feedback.

A Lovely Salad with or without Beef

This is inspired by a recipe in the New York Times from a restaurant called Via Carota and was billed the best salad in the world. I have to say that such hyperbole always makes me leery. How do we know it's the best salad in the world? Is such a thing possible when people have different tastes? It's just ridiculous. So I am titling this: A Lovely Salad. Which it was for me.

After a long summer where I seemed to have no energy or enthusiasm for cooking, and ten days of being laid low with a cold, this salad created a happy little party in my mouth. I loved the contrast between the soft cold lettuce and the warm beef crispings. I loved the tang of the picholine olives (although any olives would do). And I adored the juicy pop of the yellow grape tomatoes.

The beef may be more than you need for the salad. If so, save it and make quesadillas another day, or add some beef broth and parsley and parmesan and serve over pasta. It's important, though, that the beef be actually browned, not just grey. Get some crusty bits going. It's like meaty crushed croutons. If you aren't a meat eater, consider sauteeing a cup or so of fresh roughly torn homemade bread crumbs in the olive oil with the garlic, etc.

A final note after eating the salad: it would be really nice with some cubed mango. If I was going to add the mango, I might add some lemongrass smush (maybe 1 tablespoon) to the beef as I browned it.

2 tablespoons olive oil
1 pound ground beef or pork
6 large cloves garlic, minced (less if you insist)
1 teaspoon coarse sea salt
1/2 teaspoon ground coarse pepper

8 ounces mixed salad greens
1/3 cup pitted green olives (I used picholines)
1 cup yellow grape tomatoes
1 avocado, cut in cubes (optional)

Dressing

1 cup olive oil
1 small bunch green onions, chopped
2 tablespoons white wine vinegar
1 tablespoon warm water
1 teaspoon agave syrup or honey
1 teaspoon garlic salt
1/4 teaspoon pepper

In a pan over medium-high heat, heat the olive oil and then add the beef. After you break it up and turn it once or twice, add the garlic, salt, and pepper. Continue to turn frequently until the beef is nicely sizzling and browned. Really get some brown and crusty bits going. Remove from heat and reserve.

Meanwhile, prepare the dressing. (You may have leftover. Don't feel you have to use it all. It will be great saved in the fridge for another day.)

In a salad bowl, layer some greens, sprinkle with some beef and some olives and tomatoes, then drizzle some dressing over. Do this two or three more times. Put the avocado on the top with a final small drizzle of dressing.

Serves 4-6





Ryan climbing on the Oregon coast at Thanksgiving



from l to r: Phil, Tai, Jac, son, me, Ryan, Isabelle, Zoe



Me with Joe and Danette Molinari



I made a life plan quilt this year - it's all puffy and 3D with my plans written on the back.



Cauliflower Ceviche

This was pretty mind-blowing for me. It ignited my mouth, and I didn't even put in the jalapeno, because I forgot it at the store! It's a very chunky mixture, so if you plan to use it as a dip, cut everything smaller than the picture shows. I made it with a balsamic pork cutlet. The combo was divine! I might have eaten it with a thin goat-cheese smeared crostini. (I will neither confirm or deny. Okay, not vegan, not even vegetarian, definitely not fat free.) Sigh... It was worth it! But without that crostini, this is guilt-free eating.

1 head cauliflower separated into florets
1 red onion thinly sliced
1 jalapeno pepper minced (seeds and ribs removed, optional)
1 cup chopped tomatoes

1 bunch cilantro chopped
1/2 cup fresh lime juice
Salt to taste
Tortilla chips and lime wedges (optional)

Bring a large pot of water to a boil. Add the cauliflower florets and cook until just tender when pierced with a fork. Immediately remove the cauliflower and place the florets in a large bowl of ice water to stop the cooking.

Once they are cool, pat the florets dry with a kitchen towel. Chop the cauliflower florets into small pieces. In a large bowl, place the chopped cauliflower, onion, jalapeno, tomatoes, and cilantro and toss together. Add the lime juice and salt and toss well to coat.

Refrigerate until ready to serve. Garnish with lime wedges and serve with tortilla chips, if desired.

Serves 4-6, or more if you use it as an appetizer





Ep, Rick, and me at Christmas in Boise



Taking in the QTease at The Stud on my birthday. Phil is in the blue shirt in the background, but I haven't seen him yet!



When Tom died, I opened the journal shown above on the right. Six months later, I was still writing and got this beautiful journal.





Tigre discovering the icicle isn't ice



I took part in a great writing workshop this summer with Ann Randolph. The group of writers was amazing and I had a blast.



Snapped from my car in San Francisco – roadside succulents sending up beautiful blooms.



This photo needs some explanation. I had a bad day at the office in April. The tears just wouldn't stop. It was two days after we moved offices and not a single box of Kleenex could be found. The next day, the lovely Anna Liao came to my office with a box of Kleenex and this photo mounted on purple construction paper. She knew how much I love Colin Firth and hoped this photo would help me smile more than cry. I've got it right above my keyboard in my office and every time I see it, I smile. Big.

Flageolet & Olive Salad

This is a very simple salad - the kind to which I am addicted. I had cooked flageolet beans because I wanted some for the Pale Green salad. But I had more than enough. So I made this. It was quite delicious. I like the creamy beans with the softness of California green olives. But kalamatas would provide a punchy counterpoint. Really, whatever olives you choose will be great.

2-3 cups cooked flageolet beans
1/2 cup roughly chopped olives
1/2 cup chopped celery
1/4 cup chopped parsley
2 tablespoons chopped dill

1/2 teaspoon garlic salt
1/4 teaspoon pepper
2 tablespoons citrus champagne vinegar (or use
1 tablespoon lemon juice and 1 tablespoon
champagne or white wine vinegar)

Mix all together. Eat.

Serves 2-4



Hearts of Palm & Avocado Salad Cascal

On a really lovely evening this past summer, I joined the Jungherr/Katin family for an al fresco dinner at Cascal, a restaurant in Mountain View that has a great outdoor seating area. They specialize in tapas and small plates. This was my interpretation of one that sent me over the moon.

2 tablespoons olive oil
2 teaspoons lemon zest
2 tablespoons lemon juice
2 clove garlic, minced
1/2 teaspoon kosher salt

1 large ripe avocado, cut into 1/2-inch cubes
2/3 cup sugar snap peas, chopped in 1/2-inch segments
1 cup drained, coarsely chopped hearts of palm (about a 15-oz. can)
1-1/2 cups arugula, coarsely chopped
1/4 cup chopped red onion

In a small bowl, whisk together oil, lemon zest, juice, garlic and salt until combined.

In a salad bowl, combine avocado, sugar snap peas, hearts of palm, arugula, and onion. Pour dressing over avocado mixture and gently fold together. Season with additional salt, if desired.

Serves 2-3



Sweet Potato, Arugula, & Wild Rice Salad with Ginger Dressing

Made this in late March for Christine Junge and Tara Kyle (and Tara's son, Jack). It was absolutely wonderful, even if I did forget the arugula until halfway through lunch and the feta entirely!

Salad

1 cup wild rice, rinsed
1/2 teaspoon fine sea salt, divided
1-1/2 pounds sweet potatoes, peeled and sliced into 1" cubes
1-1/2 tablespoons extra-virgin olive oil
3/4 cup raw pepitas, sunflower seeds, chopped pecans or almonds, or any combination
5 ounces arugula (about 5 packed cups)
1/2 cup crumbled feta or goat cheese
1/2 cup thinly sliced green onion
1/4 cup dried cranberries

Ginger dressing (this makes extra)

1/2 cup extra-virgin olive oil
2 tablespoons apple cider vinegar, to taste
2 tablespoons Dijon mustard
1 tablespoon maple syrup or honey
2 teaspoons finely grated fresh ginger
1/2 teaspoon fine sea salt
About 20 twists of freshly ground black pepper

To cook the wild rice: Bring a large pot of water to boil. Add the rinsed rice and continue boiling, reducing heat as necessary to prevent overflow, for 40 minutes to 55 minutes, until the rice is pleasantly tender but still offers a light resistance to the bite. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes, then remove the lid, stir in 1/4 teaspoon of the salt, and set aside.

Meanwhile, to roast the sweet potatoes: Preheat the oven to 425°F. Line a large, rimmed baking sheet with parchment paper for easy cleanup. Place the cubed sweet potato on the pan, drizzle with the olive oil and sprinkle with 1/4 teaspoon of the salt. Toss until the sweet potatoes are lightly and evenly coated in oil. Arrange the sweet potatoes in a single layer and roast for 25 to 30 minutes, tossing halfway, until they are caramelized on the edges and tender when pierced through with a fork. Leave the oven on and let the sweet potatoes cool for a few minutes.

To make the dressing, simply combine all of the ingredients in a small bowl and whisk until thoroughly combined. Set aside.

Combine the arugula, wild rice and roasted sweet potatoes (keep the parchment paper) in a large serving bowl or platter. Spread the seeds and/or chopped nuts on your parchment-covered baking sheet. Bake for 3 to 4 minutes, until lightly golden and fragrant (be sure to watch them carefully - they burn easily).

Spread the toasted seeds/nuts over the salad. Top with the crumbled feta, green onion and dried cranberries.

If you're serving the salad immediately, go ahead and drizzle most of the dressing on top (you probably won't use it all). Toss to combine, let the salad rest for a few minutes so the rice has time to absorb some of the dressing, and serve.

Pale Green Salad

I saw a recipe for something like this, but for the life of me can't remember where, and I can't find it on the web. So this is my version. The flavor just pops! Eli and I had this together on a cool December evening as he helped me with my website and laundry. Yes, there are a lot of ingredients. No, you don't absolutely have to have them all. Dress the salad right before serving.

1/4 cup chopped parsley	1/2 cup white beans (I cooked some flageolets, with their lovely pale green color and added them)
2 tablespoons chopped fresh dill	2 tablespoons shredded parmesan
3/4 cup thinly sliced celery	1/4 cup lemon juice
1/2 cup thinly sliced fennel stems and fronds	1/3 cup olive oil
1/3 cup thinly sliced unpeeled Granny Smith apple	Salt & white pepper to taste
1 small head baby bok choy, sliced thinly	Yuzu furikake* (optional)
1 Persian cucumber, cut in half lengthwise and thinly sliced	
1/2 cup thinly sliced kohlrabi or chayote	
1/2 cup yellow pepper, thinly sliced	

Combine all the salad ingredients in a large bowl that will give you enough room to toss things. Proceed to toss with dressing ingredients. If you have it or can find it, sprinkle with some yuzu furikake. Eat!

Serves 2-4 (depending on how big your servings are)

*I found this amazing seasoning mixture at Whole Foods in Berkeley. It combines yuzu zest with seaweed, three kinds of sesame seeds, and a dash of salt. Not at all essential, but it was a yummy topping.



Radicchio and Watercress Salad with Parmesan Curls

This recipe was published in Gourmet magazine in December 1990 and Tom and I made it that month for our Christmas dinner. We were in a little house in Winnetka, surrounded by snow, and this salad felt perfect for the season. I still love it and make it. The combo of radicchio and watercress with a mustardy dressing and curls of parmesan make my mouth water just thinking about it!

2 tablespoons white-wine vinegar
1/2 teaspoon Dijon-style mustard
2 teaspoons finely chopped fresh parsley leaves
1/3 cup extra-virgin olive oil
2 bunches of watercress, trimmed, washed well,
spun dry, and separated into small sprigs

2 small heads of radicchio , shredded fine, washed
well, and spun dry
3 scallions, sliced
6 ounces Parmesan at room temperature, shaved
into curls with a vegetable peeler

In a small bowl whisk together the vinegar, the mustard, the parsley, and salt and pepper to taste, add the oil in a stream, whisking , and whisk the dressing until it is emulsified. In a large bowl toss together the watercress, the radicchio, and the scallions, pour the dressing over the salad greens, and toss the mixture well. Transfer the salad to a serving bowl and arrange the Parmesan curls on top.

Serves 8



Zoe and Ryan's cat Tigre at rest



Watermelon Feta Salad

Another delicious salad from a dinner at Cascal. This would be lovely next to a pile of pale prosciutto or with some lovely yellow tomatoes cubed and tossed with the salad.

1 tablespoon lemon juice
1 teaspoon lemon zest
2 tablespoons champagne vinegar
1/3 cup light olive oil
Salt and pepper to taste

1 bunch watercress, cleaned and large stems removed
3 cups watermelon cubes (about 1 inch square)
1/4 cup crumbled feta cheese

Whisk together lemon juice, lemon zest, vinegar, olive oil, salt, and pepper in the bottom of a large salad bowl. Add the watercress, watermelon, and feta. Gently toss together.

Serves 4



Zoe and Isaac Klipstein



Zuni Cafe Beet & Kale Salad

I had to go up to the city to get my teeth cleaned, so I took the opportunity to have lunch with my friend Dan DiVittorio. We've worked together almost 20 years. Dan works in North Beach, in a really cool building that is incredibly old San Francisco. On hearing I had never been, Dan took me to Zuni Cafe. For three hours, we sat and schmoozed and ate. I had a fabulous pork ragu with pasta. But what took my breath away was this salad. I know, there are tons of salads with beets, kale, and goat cheese. But this one is just better - more refined, more delicate. I love that a salad of essentially hearty ingredients can seem ethereal with the right preparation.

3-4 beets, steamed until just tender, peeled, and sliced very thinly (1/8 inch or less)
3 stalks lacinato kale, thinly shredded (about 1/8 inch)
1 lemon, juiced
1/3 cup olive oil (or about 2x the amount of lemon juice)

1/2 teaspoon garlic salt
1/2 teaspoon ground white pepper
2 ounces goat cheese, crumbled
2-3 tablespoons broken walnuts

Fan beets out in the center of a platter. Mix kale with lemon juice, olive oil, garlic salt, and pepper then massage for a few minutes to soften the kale. Spread the kale over the beets, dribbling the dressing as you go. Sprinkle on goat cheese and walnuts.

Serves 2-3



Roasted Delicata Squash Salad

Such a pretty and interesting salad. It was absolutely delicious at Thanksgiving this year at the Katin/Jungherr home.

1-1/4 pounds delicata squash
1 shallots, quartered lengthwise
1 tablespoon extra-virgin olive oil
1/2 teaspoon fine sea salt plus a pinch, divided
1/8 teaspoon ground pepper

1 tablespoon honey
1/4 cup cider vinegar
1/2 cup pomegranate seeds
2 tablespoons pine nuts, toasted
2 tablespoons finely chopped fresh mint

Position racks in upper and lower thirds of oven; preheat to 400°F.

Halve squash lengthwise and scoop out the seeds. Cut crosswise into 1-inch-thick slices. Toss the squash slices and shallots with oil, 1/2 teaspoon salt and pepper in a large bowl. Divide between 2 large rimmed baking sheets.

Roast, turning each piece over and rotating the pans top to bottom halfway through, until the squash is tender and caramelized in spots, 30 to 40 minutes. Transfer the squash and shallots to a serving platter.

Combine honey, vinegar and a pinch of salt in a small bowl; whisk well. Drizzle the dressing over the squash. Serve topped with pomegranate seeds, pine nuts and mint.

Serves 4



Stanford Summer Bean Salad

On a gorgeous July day, I slept late, went swimming at Stanford, meditated at Windhover, sat on a bench by Lake Lagunita, and then came home and made this salad. The colors are Stanford's colors - red and white - the tastes just perfect. Another ridiculously simple recipe.

1 can white or pink beans, rinsed and drained
1/2 red onion, slivered thin
1-1/2 - 2 cups chopped very ripe tomatoes (I used some very large grape tomatoes, quartered lengthwise)

Salt and white pepper to taste
1 tablespoon red wine vinegar
2 tablespoons olive oil

Mix everything together and serve.



Butter Braised Radishes

What a great way to use radishes! Cooking them does something alchemic to them. It turns the crisp bite into a soft gentle morsel of comfort. And they turn a beautiful pink. This would be the perfect side dish for Easter, Passover, or another spring holiday meal.

1-1/2 pounds red radishes, about 3 bunches
Salt and pepper

6 tablespoons butter (3/4 stick)
3 tablespoons dill or parsley, freshly chopped

Trim the tops from the radishes, leaving 1/4 inch of green stem. Cut off the roots at the base of each radish, then cut radish in half from top to bottom. Soak radishes in a large bowl of lukewarm water, agitating them to loosen any clinging sand. Drain and rinse, then soak them in cold water. Soak and rinse a third time if necessary.

Put radishes in a wide skillet and season well with salt and pepper. Add butter and 1 cup water and bring to a boil over high heat. Cover and reduce heat to a brisk simmer. Cook radishes until tender when pierced but no further, about 5 minutes.

Remove lid, raise heat and boil to evaporate most of the liquid. Serve in the buttery juices with a sprinkling of dill or parsley.

Serves 6



Roasted Cabbage with Walnuts, Parmesan, & Balsamic

This is just flat out good. It's a really nice winter side dish. It goes wonderfully with Uncle Maurizio's Pork Chops (page 34 in the 2014 cookbook. Lemons just ring my bell.

1 head Savoy cabbage, cut into 8 to 10 wedges
8 tablespoons extra-virgin olive oil, divided
Salt and pepper to taste
2 tablespoons white balsamic vinegar
2 cloves garlic, minced

1/3 cup toasted walnuts**
1/3 cup grated Parmigiano Reggiano, plus more for serving
Juice of 1 lemon

Heat oven to 475°F.

Spread the cabbage wedges out onto a large sheet pan. Drizzle with 4 tablespoons of the olive oil. Season with salt and pepper to taste. Toss to coat, then spread back into a single layer. Transfer to the oven and roast for 15 minutes or until it's browned and crisped around the edges and slightly softened in the center. Note: don't be alarmed if you see extra-charred bits—this is going to happen. What you don't want to happen is have the cabbage not be all the way cooked through. Plus, the perfectly bronzy bits are so, so good.

Sprinkle the vinegar over the cabbage and toss lightly to season them, trying to keep them intact.

While the cabbage is roasting, put the garlic in a small bowl and pour on the remaining 4 tablespoons of olive oil. Add the walnuts, bread crumbs, parmesan, and 2 tablespoons fresh lemon juice. Season with salt and pepper. Stir and adjust the seasoning to taste. The texture is supposed to be like a loose, sloppy salsa, and to achieve this, you may need to add more lemon and olive oil. Both times I've made this, I've ended up using all of the lemon juice (so about 3 tablespoons total), and 2 more tablespoons olive oil. Also, the mixture itself may taste quite lemony and maybe a little salty ... this is OK—when it hits the sweet cabbage, the sharp flavors will soften.

Arrange the cabbage wedges on a platter. Spoon some of the walnut salsa over top—keep the extra handy in a small bowl at the table...you'll want more with every bite. Grate a little more parmesan over top. If you wish, drizzle on more balsamic or lemon.

Serves 4

****To toast walnuts:** Preheat the oven to 350°F. Spread the walnuts on a sheet pan. Transfer to the oven and cook for about 9 minutes or until the nuts are golden and smelling toasty. Remove, let cool, then, if you're up for it, transfer to a tea towel and rub away the skins. Then transfer nuts to a sieve and shake to remove the papery skins.

Chana Dal

This is a very rough recipe. You could certainly up the heat factor by including cayenne or adding a jalapeno or two when sauteeing the onions. I kind of like it calm and serene and comforting. I made this for a Sunday night supper with Maya Desai, Mari Putney, Zoe, Ryan, and Eli. It disappeared. That night I forgot about the greens entirely, but the parsley and sour cream were nice.

1/2 cup chana dal
6 cups water

1 tablespoon olive oil
1 onion, chopped
5 cloves garlic, minced
1-1/2 inches ginger, minced
1 tablespoon curry powder
2 teaspoons cumin

2 cups water
1 can stewed or diced tomatoes
1 teaspoon salt

1 pound greens, swiss chard, spinach, collards, or others (optional)

Parsley or Cilantro, optional
Yogurt or Sour Cream, optional

Sort through the chana dal and then rinse thoroughly. Soak in the water overnight. Drain and rinse.

In a large pot, heat the olive oil over medium heat, then add the onion, garlic, and ginger. Saute until the onion begins to be translucent. Add the curry and cumin and saute for another 30 seconds or so. Add the drained chana dal, water, tomatoes, and salt. Allow to cook for about 30-45 minutes or until the chana dal is to your liking. (I like it still whole and not mushy at all, but it's all a matter of taste.) In the last 5 minutes of cooking, add greens if you are using them.

Sprinkle with dill, parsley, or cilantro and serve. Yogurt or sour cream tastes pretty nice on top.

Serves 4



Local Union 271 Spicy Garbanzos & Kale

I thought this was going to be an appetizer with roasted spiced garbanzos and crispy kale. It wasn't. It was an almost soupy mixture of garbanzos with shards of barely cooked kale in one of the most sublime sauces I've ever tasted. I used a spoon to capture the last drop. So this will be a little soupy - that's okay.

I think I've finally found my hangout bar in Local Union 271 on University Avenue in Palo Alto. A beautiful high-ceilinged whitewashed space by day, at night it is transformed into an intimate space lit by candles and dim hanging lights. This past summer I went there five times in less than a month.

1 tablespoon olive oil
1 tablespoon roasted garlic, smashed to a mush*
1 teaspoon ground cumin
1 15-oz can garbanzos, drained, rinsed, and dried
1/4 to 1/2 jalapeno, chopped (optional, depending on your love of heat)

1 bunch lacinato kale (about 12-14 spears), sliced in 1/4-inch ribbons across and rinsed
1/4 cup vegetable broth
1 tablespoon freshly squeezed lemon juice
Salt and pepper to taste

Heat oil in a saucepan over medium heat. Add the roasted garlic, cumin, garbanzos, and jalapeno; saute for about 5 minutes, then add the lacinato kale and cook, tossing for another 5 minutes or so. Add the vegetable broth, lower the heat to low, and cook for about 5 more minutes. Squeeze lemon juice over everything and season to taste with salt and pepper.

Serves 2-3

*To roast just a little garlic, put peeled cloves (like 2-4 for this recipe or up to a dozen or more) in a small pan with about 6 tablespoons of olive oil and heat the oil on medium heat for about 2-3 minutes. When the oil just begins to sizzle around the edges of the cloves, lower the heat to low. Stir and flip the garlic as it cooks slowly for about 20-30 minutes until they are golden and tender. Remove the cloves from the oil. Cool and use or freeze. Save the oil too to cook with.



Crispy Baked Lemongrass & Ginger Tofu

Made for Ep and Liz and Cal Sloan in April 2019, this was really luscious! I served it with cellophane noodle with cabbage, but could totally see doing it on rice with baby bok choy sauteed with ginger.

- | | |
|---|---------------------------------------|
| 1 pound firm or extra firm tofu | 1 teaspoon finely grated fresh ginger |
| 1 tablespoon blue agave syrup | 2 cloves garlic minced |
| 2 tablespoons tamari | 2 teaspoons neutral oil |
| 1 tablespoon finely chopped lemongrass or
lemongrass smush (bought at store) | |

Line a plate with some paper towels, place the tofu on the paper towels and add another few layers of paper towels on top of the tofu. Put something really heavy on top of all that. Keep switching out the paper towels above and below until little or no moisture is leaving the tofu anymore. It will take about an hour or so, but that will depend on the tofu you use. Longer is generally better. Once pressed, slice the tofu into 1/4 inch thin strips. Spray a large shallow baking dish, or a baking tray with non-stick spray. Lay the tofu strips flat in the dish

Mix the agave syrup, tamari, lemongrass, ginger, garlic and oil in a small bowl and whisk to combine well. Pour the marinade over the tofu strips, and allow to sit for at least 15 minutes (longer is better).

Preheat oven to 400°F.

Bake the tofu for 20 mins, take out and flip, and bake for 15 minutes more. The strips should be golden when done.

These can be served warm or chilled and served cold.

Serves 4





Julie's Linguine & Clam Sauce

Tom was married for about a year when he was 21. Despite the brevity of the marriage, Julie left one enduring legacy with Tom - her recipe for linguine and clam sauce. It was the first dinner Tom ever cooked for me. Both Tom and I loved this recipe and ate it a lot in the early days of our marriage. Zoe's clam allergy meant we didn't make it much when she was growing up, but it always had a special place in our hearts. This is an ideal thing to make when you don't have a lot time, you're just home from work, and you are hangry. Although traditionally, Italians don't use cheese with seafood-based pasta sauces, we always applied liberally.

2 tablespoons olive oil
6-8 cloves garlic, chopped
1 teaspoon oregano, crushed between your palms
as you let it drop in the pan
1 bunch parsley, chopped (about 1 cup packed)
1/2 cup white wine

2 cans chopped clams, liquid drained from one can
Fresh ground black pepper
1/2 pound linguine, cooked until just al dente
Parmesan cheese (optional)

Start the water for the pasta and then cook the linguine as your make the clam sauce.

In a skillet, heat the olive oil over medium heat until it is getting hot. Add the garlic and saute until it is softening, but not getting golden yet. Add the oregano and stir well, Add the parsley and cook for about a minute, or until it is wilted. Add the white wine and bring to boil. Cook for about 2-3 minutes Then add clams and clam liquid. Once again, bring the sauce to boil and cook for an additional 5-7 minutes or until the sauce has thickened somewhat. Season with black pepper.

By now the pasta should be cooked and drained. Add it to the pan with the sauce and combine well. Pour into a serving bowl. Offer parmesan at the table.

Serves 3-4



Helena's Chicken

Tom's grandmother, Oma, had a German cook who had been with her for years - many years before World War II. Helena was a curmudgeonly, heart-as-soft-as-whipped cream kind of person. She adored Tom and vice versa. To Tom as a child, Helena was the epitome of a great cook, which may have had a lot to do with her lavish use of butter and sugar. This chicken, which Tom often threw together for us when I was late at work or it was his night to cook, is classic Helena. Extravagantly simple. And really good.

4 tablespoons butter
6-8 bone-in chicken thighs
1/2 cup flour
1 teaspoon thyme

1 teaspoon garlic salt
1/2 teaspoon black pepper
1 tablespoon fresh or dried parsley
1 lemon, cut in 6-8 segments

Heat the oven to 400°F. In a 9x13 pan, put the butter and place the pan in the oven for a few minutes or until the butter has melted and started bubbling. Pull the pan out of the oven and set close to the chicken dipping operation (below).

Meanwhile, combine the flour, thyme, garlic salt, pepper, and parsley in a shallow bowl. Dredge the chicken pieces through the flour and twirl through the melted butter, ending with skin-side up.

Place the pan in the oven and roast for about 1 hour. You really want to cook these so the chicken is deeply browned and falling off the bone.

Serve with the lemon wedges to squeeze over the chicken. My, yummy!

Serves 4-6



Madeline's Chicken Pasta Casserole

Madeline Dominguez was a volunteer at MidPeninsula Hospice Foundation. She was a manager of the resale store Treasures. In a corner of the store, a small set of three offices had been carved out. That was where I started working for the foundation. All the volunteers had to trek through the three offices to get into and out of the store at the beginning and end of the day. Madeline was unfailingly evenhanded, calm, helpful, and with a great sense of irony. I just loved her. This was a meal she brought in one weekend for the other volunteers. Old-fashioned goodness.

Vegetable oil for sauteeing	1 can cream of chicken soup
6 cloves garlic, chopped, divided	1 cup sherry
1 pound boneless, skinless chicken (thighs or breasts), cut in 1-1/2" pieces	Dash cayenne pepper
1/2 bell pepper, chopped	1/2 teaspoon black pepper
1/2 onion, chopped	1 pound linguine or other pasta
1/2 pound mushrooms, sliced	1 cup frozen peas
	1/2 cup grated parmesan

Over medium-high heat in a little oil, saute chicken with about 2 chopped garlic cloves. When lightly browned, remove from pan and continue without washing the pan. Add a little more oil and about 2 more chopped garlic cloves, bell pepper, onion, and mushrooms. Saute until onion is just translucent and starting to soften. Add rest of garlic and the sherry and cook a couple of minutes, stirring to loosen any browned bits on the bottom. Add cream of chicken soup and cayenne and pepper. Salt to taste.

Meanwhile, cook pasta until just shy of al dente; drain. Put the pasta in a casserole dish and scatter peas over. Dot top with chicken. Top with sauce and sprinkle parmesan over the top. Bake for about 1/2 hour in a 350°F oven until bubbling.

Serves 6-8



Herb Roasted Turkey Breast

I made this for Thanksgiving this year and it was luscious. So moist and so easy. I've decided that I'm really all about the white meat with turkey. (Let the criticisms roll in.) This makes such good turkey. I'm converted. Just a note: when I say a turkey breast, I don't mean only one turkey boob. You need both, still joined together. These are often found right near the Thanksgiving turkeys.

1 bone-in full turkey breast (5 to 6 pounds)
5 teaspoons lemon juice
1 tablespoon olive oil
1 to 2 teaspoons pepper
1 teaspoon dried rosemary, crushed

1 teaspoon dried thyme
1 teaspoon garlic salt
1 medium onion, cut into wedges
1 celery rib, cut into 2-inch pieces
1/2 cup white wine or chicken broth

Preheat oven to 325°. With fingers, carefully loosen the skin from both sides of turkey breast. Combine lemon juice and oil; brush under the skin. Combine the pepper, rosemary, thyme and garlic salt; rub over turkey.

Place onion and celery in a 3-qt. baking dish. Top with turkey breast, skin side up. Pour wine or broth into the dish.

Bake, uncovered, 2 to 2-1/2 hours or until a thermometer reads 165°F. (Cover loosely with foil if turkey browns too quickly.) Cover and let stand 15 minutes before carving.

Serves 8-12



Pork with Preserved Turnip & Bamboo Shoots

No, don't make an assumption about the bamboo shoots. They won't be stiff and prickly. You'll go to an Asian market and buy canned bamboo shoots - halved only. They are soft and young, You'll shred them and mix them with strings of pork and bits of garlic and preserved turnip. You'll be happy. Just trust me. (And while you are at the Asian market, pick up the preserved turnip sometimes labeled preserved vegetable.)

1 nice thick boneless pork loin chop
3 cloves garlic, minced
1 tablespoon rice wine
1/2 tablespoon soy sauce
1 teaspoon sesame oil

1 tablespoon mild oil
3-ounce package preserved turnip, shredded
1 14-ounce can halved bamboo shoots
1 tablespoon rice wine
1/2 tablespoon soy sauce
1 bunch green onions, chopped

Horizontally slice the pork chop into slices about 1/6 inch. Then slice thinly, so that you've created shreds the width of the pork chop. Combine in a small bowl with garlic, rice wine, soy sauce, and sesame oil. Set aside to marinate as you prepare the vegetables.

Rinse the bamboo shoots under hot water. Then treat the bamboo shoots as you did the pork, by slicing horizontally. Then julienne the long way, so you have long shards of bamboo shoot. Prep the green onions, and set them aside separately.

Heat a wok over high heat. Add the oil, then the pork and garlic. Spread out a little and give the pork a minute or so to sear. Then begin to flip and stir, until the pork no longer appears pink. Add the preserved turnip and bamboo shoots. Flip a few times, then add the rice wine and the soy sauce. Allow the liquid to almost evaporate, then toss in the green onions and serve.

Serves 3-4



Shanghai Fried Noodles

This makes me very happy to eat. It's quick and easy and great late-night cooking. It's from one of my favorite websites of Chinese cooking - Woks of Life.

6 ounces lean pork, sliced into ¼" strips
¾ teaspoon cornstarch
½ teaspoon light soy sauce
⅛ teaspoon dark soy sauce
1 teaspoon shaoxing wine
Pinch of sugar

3 tablespoons oil, divided
8 shiitake mushrooms (fresh or dry – you have to soak them first if they're dried), thinly sliced
1 lb. Japanese-style udon noodles
2-½ teaspoons dark soy sauce
2-½ teaspoons soy sauce
¼ teaspoon sugar
1 small bunch choy sum or baby bok choy, washed and trimmed

Mix together the pork, cornstarch, two soy sauces, wine, and sugar and set aside for 5-10 minutes while you prepare the other ingredients.

Heat a tablespoon of oil in a wok over high heat. Add the pork and stir-fry until browned. Turn down the heat, remove the pork from the wok and set aside. Add a couple more tablespoons of oil to the wok and saute the mushrooms for about 2 minutes using medium heat. Break up the noodles gently with your hands and add them to the wok.

Add the soy sauces and sugar. Stir-fry everything together until the noodles get an even, deep brown color. If you're not seeing the color you want, add a little more dark soy sauce.

Add the leafy greens now and mix in with the noodles until wilted. Serve hot. Some people like to add a few drops of dark vinegar right before eating—totally up to you.

Serves 2-4





Jeremy Katin



Zoe and Mari Putney



Zoe and me for Halloween - Zoe was Miss Marple; I was pajama boss

Phil, Zoe, and me at The Stud



Eppie and me at the Cantor museum



Hank and Diane Hollenbaugh



College buddies
Lisa Kremer Selzer
and Mary McCann
Brown



Me and my cousin Kim Umbreit

This was really a year of reconnecting with friends and family. I had my 60th birthday party at The Stud (a famous gay bar in San Francisco), took a trip to Miami that allowed me to see my sister Diane and swim at night in the Atlantic, took a few trips to see my cousin Linda in Pacific Grove, dyed my hair purple, and had wonderful times with Hank and Diane Hollenbaugh (even though they moved to Seattle), and had Christmas in Boise with my family. There were wonderful Sunday night suppers with friends.



Diane Sliverman and I bond over our hair



My two Larses - Lars Kallman and Lars Madsen



Phil, me, and our cousin Linda Paterson

Aunt Kay's Braciolo

I have to admit this is a recipe I got at a funeral. When I was in college my Uncle Jim died. I went to Sacramento for the memorial and afterwards, Aunt Kay had us all over for a family dinner. She made this braciolo and it seemed to bloom warmth into the cold, dreary day.

1 flank steak (about 1-1/2 pounds)
1/2 cup bread crumbs
1/3 cup shredded Parmesan
1/4 cup packed chopped fresh basil
1/4 cup packed chopped Italian parsley
4 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil

Sauce

1 green pepper, chopped
1/2 large onion, chopped
2 cloves garlic, minced
1 16-ounce can tomatoes, with juice
1/2 cup burgundy
1 teaspoon beef broth granules

Chopped fresh parsley and basil

On a flat surface, pound the flank steak with a meat mallet until it is about half again bigger than it was originally. Preheat the oven to 350°F.

Mix together bread crumbs, Parmesan, basil, parsley, garlic, salt, and pepper. Sprinkle the mixture evenly over the steak to cover the top evenly. Start at one of the longer ends, roll the steak into as tight a roll as you reasonably can. Using butcher's twine, tie the steak at about 1-1/2 inch intervals. Sprinkle the outside with additional salt and pepper.

Heat the olive oil in a Dutch oven on the stove over medium heat. When very hot, add the beef roll and brown on all sides. Then add the green pepper, onion, garlic, tomatoes, burgundy, and beef broth granules. Cover and place in the oven.

Roast for 1-1/2 to 2 hours or until the meat is very tender. Sprinkle with fresh chopped parsley and basil, then serve with rigatoni or other hearty pasta.

Serves 4-6



Charlotte's Hungarian Goulash with Spaetzle

I make no claim that this is genuine Hungarian goulash. It's just what my mom made by that name. To go with this homey dish, she made spaetzle. Real, from-scratch spaetzle. I now have a dandy spaetzle maker that I love, but I used to push the dough through a colander with big holes or just drop the dumplings into the water off a fork. I really encourage you to try them. They are so good. By the way, my mom always pronounced them to rhyme with Presley, but my friend Diane Hollenbaugh, whose mother also made these from scratch, pronounces them to rhyme with pretzel, which is the more accepted pronunciation. We discovered both are accurate, it just depends what part of the German-speaking world you come from!

3 large onions, sliced in 1/4-inch slices	1/8 teaspoon pepper
3 tablespoons oil	Dash cayenne
1-1/2 pounds boneless chuck or round steak, cut into 1/2 x 3 inch strips	1 bay leaf
1 tablespoon paprika	1/2 cup water
1 teaspoon salt	1 beef boullion cube
	1 cup sour cream

Saute onions in 1 tablespoon hot oil in a large heavy pan with a tight-fitting lid over very low heat, 10-15 minutes or until tender. Remove and reserve.

Brown meat in remaining oil over medium heat. Add paprika, salt, pepper, cayenne, onions, bay leaf, water, and boullion cube. Bring to a boil, then cover, lower the heat to low, and simmer, stirring occasionally, for about 50-60 minutes, or until meat is tender.

Remove from heat and remove bay leaf. Fold in sour cream. Serve with spaetzle, boiled tiny potatoes, or egg noodles.

Serves 4-6

Spaetzle

2 eggs	1/2 teaspoon salt
1/2 cup water	1/2 teaspoon baking powder
2 teaspoons minced parsley	Finely ground white pepper
1-1/2 cup flour	1 tablespoon butter or oil

With a fork in a medium bowl, beat the eggs until they are thickened and lemon yellow. Add the water and parsley and combine well. Dump in all the rest of the ingredients (except the butter/oil) and mix together until you have a very wet dough.

Now comes the tricky part. To really make spaetzle properly, it helps immeasurably to have a spaetzle maker. You can do it if you have the perfect colandar to assist or even cut them on a board. The idea is to put strings or clumps of dough in boiling water. Let them rise to the top and cook for about a minute, then fish them out with a slotted spoon and transfer to a serving dish. Toss with a little butter or oil.

Korean Beef Barbeque

This recipe originally came from Good Housekeeping circa about the time that Tom and I met. We made it throughout our marriage and it was one of the dishes that Tom made a lot when he cooked for us. It's simple, delicious, and the leftovers are great for snacking.

1/3 cup soy sauce
1/3 cup Asian sesame oil
1/4 cup sugar
2 tablespoons white wine

1/4 teaspoon pepper
1 bunch green onions, chopped
1 3-pound boneless beef chuck steak, 2" thick

In a 13 x 9 inch baking dish, mix soy sauce, sesame oil, sugar, wine, pepper, and green onions. Slice steak crosswise into 1/4 inch thick slices. Add steak to marinade. Cover and refrigerate at least 4 hours.

Place steak in one layer on a broiling pan; broil about 3-5 minutes per side or as done as you want, turning slices once. You could also grill on barbeque grill.

Serves 8-10



From a great exhibit at the DeYoung featuring the art of Ed Hardy

Perfect Roast Beef

I made this on an early November night with scalloped potatoes. It was astonishingly good and with a cut of beef I would not have thought would be tender. And remarkably easy. Zoe and Ryan and I all agreed. Outstanding beef. Keep your comments about using onion soup mix to yourself.

3 - 3 1/2 lb beef bottom round roast or rump roast 1 teaspoon Montreal steak seasoning
1 package onion soup mix

Remove the roast from the fridge 45 minutes to 1 hour before roasting. About 15 minutes prior, preheat the oven to 400°F. Meanwhile, place a roasting rack in a roasting pan. Spray with cooking spray and set aside.

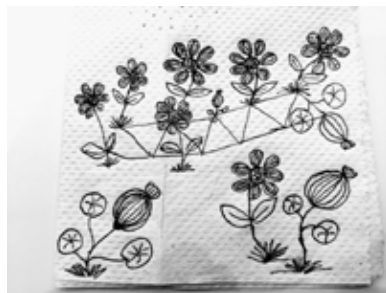
Season the roast on all sides with the onion soup mix and the Montreal steak seasoning. Place the beef on the roasting rack with the fatty side up. Roast 30 minutes to give the meat a head start on a nice brown exterior.

Reduce heat to 300°F and continue roasting an additional between 30-45 minutes or until the internal temperature reaches the desired level of doneness on a meat thermometer. This may happen a little faster or slower (the original recipe said to leave it at 300°F for 1-1/2 hours, but this would have been way, way too long. I took it out of the oven when it hit 125°F and tented it with aluminum foil for another 20 minutes). As a general guide, remove the roast at 120°F for rare, 130°F for medium-rare, 140° for medium and 150°F for well-done.

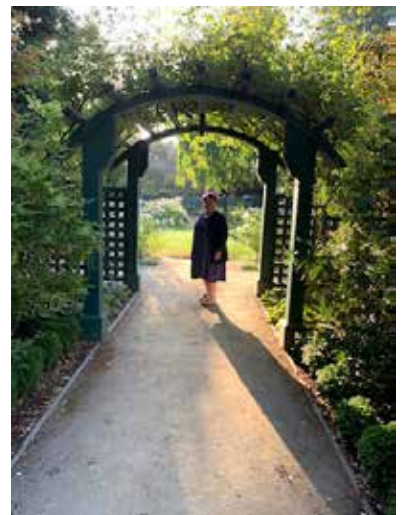
Dissolve the drippings in beef broth or stock to make delicious gravy if desired. Serve and enjoy.

Serves 8-12



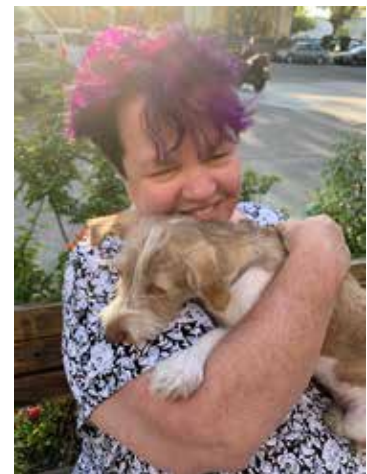


A random meeting doodle





Hank and I getting bagels his last official day as a resident of Mountain View (for now!)



My new friend, Snoop

Rouladen Stew

One of my mother's signature German dishes was rouladen. I get the taste in my mouth and nothing will do but that I make rouladen. The problem is that they are a little time consuming and you need space, since you have to create these little rolls (see picture below). But the flavors are to die for and I love, love, love it over rice (potatoes is more German, I admit). Recovering from a cold, I tried to make this as a stew. It was so satisfying. The beef, marbled with fat, was almost falling apart tender. I added a couple of extra chopped baby dills for about the last ten minutes of cooking.

3 pounds boneless chuck roast, cut in large squares	1 large clove garlic, smashed and peeled
Salt and pepper	3-4 pickles, chopped
1 tablespoon of yellow mustard (maybe a little more - play it by ear)	1/2 cup pickle juice
2 tablespoons neutral oil	1-1/2 cups beef broth
1 onion, chopped	10-12 whole peppercorns
3 carrots chopped	1 large bay leaf
3 slices bacon, chopped in 1/2-inch strips	Slurry of 1 tablespoon cornstarch with 2 tablespoons water

Toss the beef cubes with the mustard and some salt and pepper. In a large wide skillet, heat the oil over medium-high heat. Add the beef cubes and brown. When they are browned on at least two sides, add the onion, carrots, bacon, and garlic. Allow to continue cooking over medium heat for about 2-3 minutes. Then add the pickles, the pickle juice, and the beef broth. Stir and add the peppercorns and the bay leaf. Cover the skillet and cook over low heat for about 1-1/2 hours or until the beef is really tender and lovely. Thicken the sauce with the cornstarch slurry, allowing to come back to boil and become translucent, before serving.

Serve with boiled potatoes or rice.

Serves 8-10



Sirloin Tips & Arugula Rice Pilaf

This is a Rachel Ray recipe that I love. It's simple, but tastes great and works well for guests.

4 tablespoons extra-virgin olive oil, divided
1/2 cup orzo pasta
1 cup long-grain white rice
2 cups chicken stock
2 cups chopped arugula
1/2 cup grated Parmigiano-Reggiano

2 pounds sirloin steak, trimmed and cut into 1-inch cubes
1 teaspoon kosher salt
1/4 teaspoon pepper
4 garlic cloves, minced
1/2 cup flat-leaf parsley, finely chopped
Zest and juice of 1 lemon
1/2 cup vermouth or dry white wine

Heat the extra-virgin olive oil in a sauce pot over medium heat. Add the orzo and toast until deeply golden, 4 to 5 minutes. Stir in the rice and toss with the orzo. Add the stock and bring to boil. Reduce the heat to a simmer, cover and cook 16 to 18 minutes until tender. Stir in the arugula and cheese and toss to combine. Transfer to a serving bowl and serve.

Meanwhile, toss steak with salt and pepper. While pilaf is simmering, heat 3 tablespoons oil in a large skillet over medium-high heat. Cook steak until browned on all sides, about 5 minutes. Add garlic, parsley, and zest; cook for 1 minute more. Remove steak to a serving bowl.

Add lemon juice and vermouth to the pan and deglaze. Boil on medium for a few minutes until the liquid is reduced and thickened. Pour over steak and serve with arugula rice pilaf.

Note: I served it with oven-roasted carrots, roasted at about 375°F for about 25-30 minutes. Do this step first if you want to have the carrots.

Serves 4-6



Easy No-Knead Cinnacaccia

This started out as a recipe for olive rosemary focaccia. My brother Phil and I made it for Christmas brunch this year. Then Christmas night we made another batch - this time for cinnamon focaccia (ergo cinnacaccia). As kids, Phil and I both had a soft spot for crunchy/soft cinnamon toast, run under the broiler. This was absolutely fabulous!!! As Phil said, there's enough butter in this that it has to taste amazing.

Moreover, there is no kneading, no need for a stand mixer or any mixer at all, and no futzy work. It literally takes about 10 minutes max to get it started and perhaps another 5 minutes hours later. Use a scale if you have one.

500 grams (~ 3- 1/4 cups) all-purpose or bread flour	1 teaspoon cinnamon
15 grams (~ 1 tablespoon) kosher salt	1 tablespoon brown sugar
4 grams (~ 1 teaspoon) instant yeast	1 tablespoon white sugar
60 grams (~ 3 tablespoons) brown sugar	
325 grams (1 1/2 cups minus 1 tablespoon) water	2 tablespoons butter, softened
1 tablespoon neutral oil	1 teaspoon cinnamon
2 tablespoons butter	1 tablespoon brown sugar
	1 tablespoon white sugar

Combine flour, salt, yeast, brown sugar, and water in a large bowl. (The bowl should be at least 4 to 6 times the volume of the dough to account for rising.) Mix with hands until no dry flour remains.

Cover bowl tightly with plastic wrap, making sure that edges are well-sealed, then let rest on the countertop for at least 8 hours and up to 24 hours. Dough should rise dramatically and fill bowl. (If you are planning a shorter rise and it's cold in your house, I would recommend putting the bowl an unheated oven. On an oven shelf below the bowl, put a large pan of very, very hot tap water.)

Punch down the dough and flatten a little, then sprinkle the top of the dough lightly with flour. Transfer it to a lightly-floured work surface. You'll be forming it into a ball by sprinkling some of the cinnamon sugar mixture on top, then pulling the sides up and over the cinnamon sugar. Do this four times total..

Pour oil and 2 tablespoons butter in the bottom of a 12-inch cast iron skillet or large cake pan. Place on the stove over very low heat just until the butter barely melts. Remove the pan from the heat and transfer dough to pan, turning to coat in butter/oil, and position it seam-side-down. Press the dough to fit the pan. Cover tightly with plastic wrap and let the dough stand at room temperature for 2 hours.

After the first hour and a half, adjust an oven rack to the middle position and preheat oven to 550°F. Also, mix together butter and cinnamon with brown and white sugars. Set aside.

At the end of the 2 hours, dough should mostly fill the skillet up to the edge. Flip once so both sides are covered with butter/oil mixture. Use your fingertips to press the dough around until it completely fills the pan, popping any large bubbles that appear. Lift up one edge of the dough to let any air bubbles underneath escape and repeat, moving around the dough until there are no air bubbles left underneath and the dough is evenly spread around the skillet. Drop flattened flakes of the butter/cinnamon/sugar mixture all over the surface of the dough.

Transfer skillet to oven and bake until top is golden brown and bubbly and bottom is golden brown and

crisp, 15-16 minutes (to check the bottom, use a thin spatula, loosen focaccia and peek underneath). Transfer to a cutting board, allow to cool slightly, slice, and serve. If you have leftover bread, you can reheat it in a 300°F oven for about 10 minutes before serving.

Olive Rosemary Focaccia

To make this into Olive Rosemary Focaccia, do the following:

- No brown sugar in the dough, no cinnamon/sugar mixes at all
- After the first rising, form into a ball by holding it with well-floured hands and tucking the dough underneath itself, rotating it until it forms a tight ball. Repeat four times then transfer to the pan, into which you have put **2 tablespoons oil (no butter)**
- After the second rising, sprinkle with **4 ounces pitted and sliced green olives** and **1/4 cup roasted pistachios (chopped roughly)** Press them into the dough slightly, then drizzle with **1 tablespoon olive oil**, and sprinkle on **1 tablespoon olive oil**, **2 tablespoons roughly chopped fresh rosemary**, and about **1/2 teaspoon coarse salt**.





Tom was my bear, loving me and protecting me so I could venture forth, unafraid. And I was holding onto him just as hard.

Thank you, my love.

Helena's Birthday Cake

Earlier (page 30), I wrote about Helena, who Tom loved with all his heart. She made a special cake for family birthdays, but for years no one could get the correct recipe from her. It always came out wrong. In 1984, as she made the cake for Tom and my birthdays, I asked her to let me watch. At a crucial moment, she sent me into the pantry to get some powdered sugar. I peeked out and discovered her secret ingredients - the booze! Although I didn't make the cake this year, I wanted it to be the final recipe as a tribute to Tom and a way of preserving it. It's really outrageously luscious.

Late update: Zoe tried to make this and it flopped. I then made it and discovered a couple of important things I had missed. First - grind the almonds and chocolate (separately!) in a food processor. You want to get them sandy, but not like paste. Second - absolutely, without fail, put a round of parchment paper at the bottom of the pan. My cakes came out of the oven beautiful, but I labored to get them out of the pans and they ended up coming out in pieces! One other point - this is a appliance/bowl intensive recipe. You need a food processor, a stand mixer, a hand beater, two mixing bowls, parchment, a double boiler, a whisk, three cake pans, and lots of time and patience.

9 egg yolks
1 pound powdered sugar
1/2 pound semi-sweet chocolate, ground*
1/2 pound blanched almonds, ground*
1/4 teaspoon salt
1 tablespoon flour
1 teaspoon vanilla
9 egg whites, stiffly beaten (in a separate bowl)

Icing
4 ounces semi-sweet chocolate
3 eggs
1/8 teaspoon salt
1-1/2 cups powdered sugar
1/4 pound butter (1 stick), quite soft
2 teaspoons vanilla
1/4 cup brandy
2 tablespoons rum

Preheat the oven to 350°F. Prepare the pans. Butter the bottom of 3 8-inch round cake pans. Cut parchment paper into rounds to just fit the bottom of the pans (I do this by putting a pan on top of a sheet of parchment and tracing around the pan with a pencil. Then I cut just inside the line. Then butter and flour the parchment bottom and the nude sides of the pans. Set aside.

In a very clean bowl and a hand mixer, beat the egg whites until they are just stiffly beaten. Set aside.

With a stand mixer and in another mixing bowl, beat egg yolks until thick and creamy, then slowly add the powdered sugar. Add the chocolate, almonds, salt, flour, and vanilla. Gently fold in the egg whites, being carefully not to overmix. It's fine if there are still globs of egg white showing.

Divide into the three cake pans. Bake 25 minutes and then check with a toothpick or cake tester. If the batter is still moist, bake another 5 minutes or until the toothpick comes out pretty dry and the cake has pulled away from the sides of the pans.

For Icing: Put the chocolate in the top of a double boiler. Meanwhile, whisk together eggs, salt, and powdered sugar. When the chocolate has melted, add the egg mixture to it, whisking rapidly and continuously until it is thick (this took me about 5-8 minutes). Then add the butter, vanilla, brandy, and rum and whisk to combine until the butter is fully melted. Remove the mixture from the pot and cool. Spread between the layers and on top of the cake. The sides aren't meant to be covered. Refrigerate.

*Don't grind the chocolate or almonds too fine. They aren't meant to be flour, but sandy and granular. Don't fret too much about the chocolate - that can be a touch larger, since it will melt in the cake. Please don't use chocolate chips as they have additives that can interfere with their melting power.

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