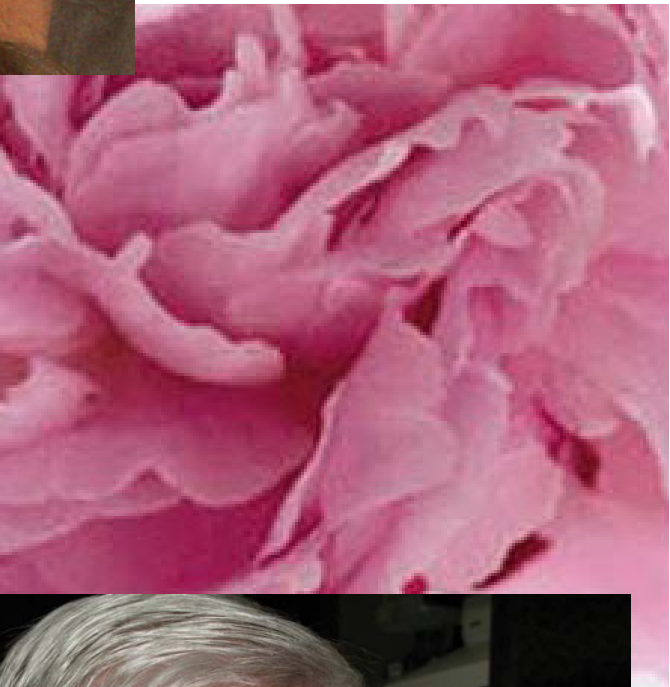
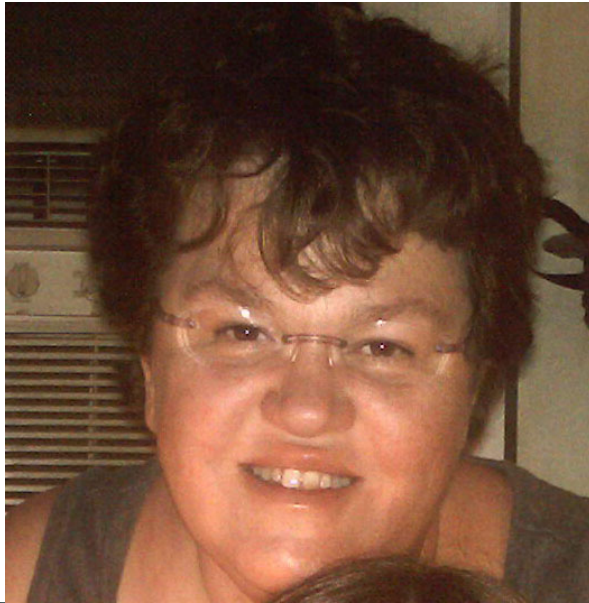
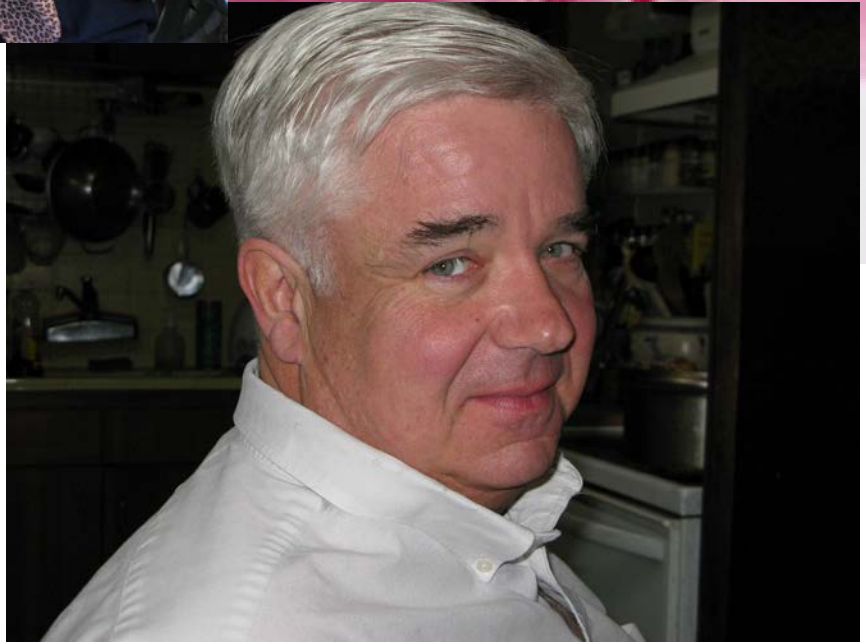


RECIPES 2009





Zoe and Bailey with Eli Nelson - hanging out on the swing



These are the recipes that I returned to over and over in 2009. I couldn't seem to get enough of them - although I'm sure I got too much! Some I found in this year, some I had gathered in years past, but never got around to making or appreciating until this year. A few became favorites because they conjured up great memories.

Not all were favorites of everyone in our house. You'll read which got Tom's approval and which Zoe highly recommends. Since I'm putting this together, all are recipes I love.

I hope you try one or two and enjoy them as we have.

Love, Trish

2009



ARTICHOKE CHILE DIP

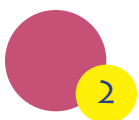
Everything old becomes new again and that was certainly true for this holdover from the early 80s. Something brought this to mind early in the fall and I threw it together. Zoe thought she had found heaven, I thought it was still good, and Tom loved it. We made it again and again, even bringing it to the Cooke's home for Thanksgiving. Eaten with corn chips and celery, it's fantastic - if it doesn't cause too many flashbacks of the Reagan era.

1 can artichoke hearts, chopped	1 tsp oregano
1 4-oz can diced green chiles, drained	1/2 tsp dill
1/2 tsp garlic salt	1/2 cup mayonnaise
Freshly ground pepper	2 cups shredded cheddar cheese

Preheat oven to 375°F. Mix together artichoke hearts, green chiles, garlic salt, oregano, and dill. Spread in the bottom of a pie plate. Spread mayonnaise over the mixture and top with cheese. Bake for about 30-35 minutes or until browned and bubbly.

Serves 6-8

Variation: Use thinly sliced cooked asparagus and use 1 cup shredded parmesan.





At the after-season finals for wrestling. Marion Cooke, Coach Isaacson, Zoe, and Natalie Hollenbaugh celebrate a clear sweep of their weight class. All three won medals.

GOAT CHEESE FONDUE

One of the highlights of this year was going to the Washington Hospital Gala with Tom. It was a memorable party - a Beatles cover band in the big tent, a jazz combo in a smaller venue, great food, and fun with colleagues at the Pathways table. My work takes me to parties like this occasionally, but this was the first time Tom came also. My co-worker Holly Smith, Tom, and I had especial fun sampling the appetizers before the dinner got underway. But the most memorable food of the night (for me) was served after dinner as a cheese course - a goat cheese fondue served with pain de mie (crustless sandwich bread, in all honesty), thin wedges of apple, and a few walnut halves. Having our friend Alan Templeton over for dinner a few weeks later was the excuse to try it myself. Alan, Tom, Zoe and I went through it in a remarkably short period of time. This is not exactly low calorie, but a little goes a long way.

1/2 cup heavy cream
5 oz soft fresh goat cheese
1 Tbl cornstarch, mixed with 2 Tbl water
1/2 tsp freshly ground pepper

1 Tbl minced parsley
Baguette, thinly sliced
6 stalks of celery, cut in 3" lengths
Walnut halves

Slowly warm the heavy cream in a small heavy saucepan until hot but not boiling. Gradually add the goat cheese and whisk until smooth. Bring to a gentle boil and add cornstarch slurry. Stir until thickened. Remove from heat and put in a small ramekin. Grind pepper over the top.

Serve with the baguette slices, apple slices, and nuts.

Serves 4 generously

Variations: Add some diced artichoke hearts or thinly sliced cooked asparagus.



QUICHE CUPS

Ellen at work brought in some delicious quiche cupcakes from Panera. There is no Panera near where we live, so I had to improvise. These came originally from a number of sources on the web, but got significantly tweaked. Tom and I both love these. They are infinitely variable in terms of ingredients - make quiche Lorraine with onion and bacon, make them with ham and cheese, or make the spinach version below. They're all good and are quick to make. I've even sliced the spinach version and used it in a sandwich. These are great as a pickup breakfast or lunch or as a snack.

1 cup plain cottage cheese (low fat is fine, as is large curd)	2 Tbl water
1/2 cup all-purpose flour	1/2 tsp salt
1 tsp baking powder	Freshly ground pepper
4 eggs	One of alternatives to the right

Preheat oven to 375°F.

Mix together all the ingredients (you might save a few bits to sprinkle on the top before baking). Spray a muffin tin liberally with nonstick spray. Fill the tins about 2/3 full. Top with the reserved ingredients, if you wish. Bake for 25-30 minutes.

Makes 12

Variation: If you like these a little more like a bread than a quiche, increase the oven temperature to 400°F and cook for 30 minutes.

Note: The picture to the right shows the muffins in paper cups. I don't use them, but you can.



ALTERNATIVES

1/3 cup green and black olives, sliced
 3/4 cup shredded Monterey jack

or

1 box frozen spinach, thawed and with all the water squeezed out
 1/4 shredded parmesan

or

3/4 cup shredded cheddar
 1/2 cup diced ham

or

1/2 cup sauteed mushrooms
 1/2 cup feta, crumbled

or

6 slices bacon, cooked and cut into 1/2" pieces

1 onion, sliced and sauteed in a little oil

1/2 cup shredded Swiss cheese or Gruyere

or

1/4 cup chopped sundried tomatoes, packed in oil

1/4 cup chopped canned artichoke hearts

4 oz goat cheese, cut up

or

1/2 cup chopped cooked broccoli

1/2 cup shredded cheddar

or . . .

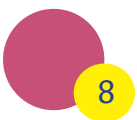
TOMATO HERB VINAIGRETTE

I made this over and over during the summer. It went with seared scallops, grilled lamb chops, steaks, and chicken, and over salads. It's absolutely scrumptious. It was a big hit with Tom, too.

5 tomatoes, chopped	1 tsp dried oregano
3/4 cup chopped basil	1 tsp kosher salt
1/4 cup chopped mint	3 Tbl red wine vinegar
1/4 cup chopped parsley	1/2 cup olive oil
3 green onions, white and green parts, chopped	

Combine all the ingredients and let sit for about 1/2 hour so flavors can blend.

Makes a ton - use it for a couple of days





ZUCCHINI PANCAKES

On my way to the Feral Women game night (a big feature of 2009 - getting together with four other women for cards and friendship), I picked up some zucchini pancakes from Whole Foods. The pancakes didn't make it to the table - they got eaten on the kitchen counter as we laid out the food. I tried and replicated them, and we got to enjoy them over and over. These are wonderful hot or cold.

5 zucchini, grated (throw out the seedy parts)	4 eggs
6 green onions, minced	1/2 cup flour
1 cup half & half	Salt & Pepper to taste
	2-3 Tbl vegetable oil

Mix together all the ingredients except oil. Heat a skillet over medium heat until hot. Add about 1/2 Tbl oil and whirl pan. Add zucchini mixture in 1/3 cup dollops. Spread with a spatula and cook until golden brown. Flip pancakes and brown on the other side. Keep warm in a 170° oven as you make the other pancakes.

Makes about 12 pancakes



CORN & ARUGULA SALAD

Another hit with the Feral Women and at home as well. This is another recipe that I first tasted at Whole Foods and then set about to re-create.

3 cups frozen white corn, thawed
1 red onion, minced
1 bunch arugula, chopped
1 tsp thyme

2 Tbl white wine vinegar
4 Tbl olive oil
Salt & Pepper to taste

Mix together all the ingredients. Eat as soon as possible.

Serves about 4



TANGERINE & RED ONION SALAD

*I made this in January and it was so good, I made it again and again. It works with any kind of oranges or tangerines and is particularly good in winter when it's foggy and the salad brings sunshine zooming into the room. This recipe began with one out of **Cooking Light**, which featured a story about the Simpatica Dining Hall in Portland, Oregon.*

10 cuties, cut crosswise into 4 slices, then skinned or about 25 slices of orange	3 Tbl olive oil
1 med red onion, diced	½ tsp kosher salt
¼ cup chopped parsley	¼ tsp black pepper
	Sprinkling of chili powder

Arrange tangerine slices on a platter. Sprinkle with red onion and parsley. Drizzle with oil. Sprinkle salt, pepper, and chili powder. Serve within 1/2 hour.

Serves 4-6



PERSIAN CUCUMBER & PURPLE RICE SALAD

*This is an adaptation of a recipe from **Gourmet** magazine. This is one of those recipes where finding the ingredients is kind of like a treasure hunt - but the end result makes it all worthwhile. It not only tastes wonderful, it looks amazing. I made it for a dinner with our friends Lisa and Greg Selzer and we all loved it, Zoe included. You could use English cucumbers or pickling cucumbers if you can't find the Persian variety, but I love the little Persian cucumbers. I find them at Asian or Middle Eastern markets. The black rice is another story. I finally found some at Andronico's. My bet is that someplace like Whole Foods would have it as well. I've also been told that there exists boxed rice labeled purple rice. From what I've read it is a combination of black rice and white rice, must like I re-create below. Black rice is sometimes labeled "Forbidden Rice."*

3/4 cup black rice	1 bunch green onions, thinly sliced
3/4 cup white rice (I like medium grain, but jasmine rice would be wonderful)	3 Tbl olive oil
2-1/4 cups water	2 tsp grated lemon zest
1 lb persian cucumbers, quartered lengthwise and sliced crosswise 1/4 inch thick	2 tsp fresh lemon juice
	1/4 cup minced Italian parsley
	Salt & Pepper to taste

Bring rices, water, and 1/2 tsp salt to a boil in a small heavy saucepan, then reduce heat to low and cook, covered, until rice is tender and water is absorbed, about 20 minutes. Remove from heat and let stand, covered, 10 minutes. Spread rice in a lightly oiled 4-sided sheet pan and cool completely.

Toss rice with remaining ingredients and season to taste. Let it stand for about 1/2 hour to meld the flavors.

Serves about 8

Note: You can make the rice up to one day ahead of time and chill it. If you do this, get the rice to room temperature before mixing in the other ingredients.



HAM & SWEET POTATO SALAD

*This recipe came from a **Gourmet** magazine in the early 1990's. We made it often in Chicago, then it disappeared from our routine. I brought it to a Feral Women's card night in 2009 and it was a big hit. It's unique and delicious, and really pretty.*

5 lg sweet potatoes, about 4-1/2 lbs, peeled	2 Tbl Dijon mustard
1 bunch green onions, finely chopped	3 Tbl red wine vinegar
3/4 lb ham, sliced thinly and cut in 1/2" dice	1 tsp sugar
2 roasted red or yellow peppers, cut into 1/4" dice	1/2 cup olive oil
	1 tsp garlic salt

Cut peeled sweet potatoes into 1" cubes. Steam over boiling water 10-15 minutes or until just tender and let them cool. Combine potatoes with green onions, ham, and peppers. Whisk the rest of the ingredients together and toss with sweet potatoes.

Serves 6-8



XAHN SALAD

There is a Vietnamese restaurant/club/bar in downtown Mountain View called Xahn. Hoda Epstein, who has volunteered for the Foundation for at least the last 7 years, first told me about this restaurant. She said they had an eponymous salad that was outrageously good (I'm not sure she used those words, but she said it was good). It took me a couple of years to try the restaurant and the salad, but she was right on the mark. It's an unusual salad, combining meat, fruit, vegetables, and lettuce, but it is sublime. At Xahn, they serve it with these ethereal crackers made from rice flour, I think. I can't recreate those without more work than I'm willing to put in. The closest substitute I can think of is very thin potato chips - but you don't really need them. Yes, it is a lot of julienned. If you have a mandoline, your job just got easier. I've added some cucumber, because I can't help myself. This is Tom favorite also.

1/2 lb thinly sliced beef (like for scalloped)	1/2 cup chopped Italian parsley
2 cloves garlic, pressed	6 cups mesclun salad mix
1 Tbl lemongrass paste (I find it with the herbs in the produce section)	1/4 cup shredded carrot
	1 tsp sesame seeds
1/2 red onion, thinly sliced	1 tsp Dijon mustard
1/2 mango, julienned	1 Tbl honey
1/2 Fuji apple, julienned	2 Tbl rice wine vinegar
1/2 cup julienned jicama	1 Tbl lime juice
1/2 cup julienned English cucumber	1/2 cup vegetable oil
1/4 yellow bell pepper, julienned	1 tsp garlic salt
	Freshly ground black pepper

Slather the beef slices with the garlic and lemongrass. Let sit while you do the julienned and make the dressing. Grill beef or pan fry quickly. Cut into 1-1/2 inch wide strips.

Whisk together the mustard, honey, rice wine vinegar, lime juice, oil, garlic salt, and pepper until emulsified.

Artfully arrange the salad ingredients, weaving together the various ingredients in a tower. Alternatively, just toss them all in a large wide bowl. Drizzle with dressing to taste. Sprinkle with shredded carrot and sesame seeds.

Serves 2-3



CHICKEN SOUVLAKI SALAD

*This year I seemed to always be craving salads (although my craving for Chinese food usually trumped it). This was one of the best - lemony and delicious. Perhaps it reminds me of the Greek island in **Mamma Mia**, the movie of which made my top ten list. Anyway, this is a salad I made up after reading way too many Souvlaki recipes.*

1 lb skinless, boneless chicken breast, sliced at an angle in 1/4 inch slices	4 oz feta cheese, cut into 1/2 inch cubes
1 Tbl olive oil	1 cucumber, peeled and seeded, then shred 1/3 of it and cube the rest
2 Tbl lemon juice	
1 tsp dried oregano	1/4 cup Greek-style yogurt
1 tsp garlic salt	1/4 cup low fat sour cream
1/2 tsp freshly ground pepper	1 Tbl minced Italian parsley
Head of romaine lettuce, chopped	1 Tbl chopped fresh dill
1 green pepper, cubed	1/2 tsp lemon zest
1/2 red onion, thinly wedged	1 tsp lemon juice
3 Roma tomatoes, seeded and cubed	Salt & Pepper to taste
1/2 cup Kalamata olives	
	Pita bread or flatbread to accompany

Marinate the chicken in olive oil, lemon juice, dried oregano, garlic salt, and pepper while you assemble the rest of the salad.

In a large serving bowl, toss the romaine, red onion, green pepper, tomatoes, and olives, along with the feta and cubed cucumber.

Combine the shredded cucumber with the yogurt, sour cream, parsley, lemon zest, and lemon juice. Season with salt and pepper to taste. Set aside as a dressing for the salad.

On the grill or in a grill pan on the stove, quickly grill the chicken slices until just cooked through, about 2-3 minutes total. Toss into the salad and serve with cucumber dressing and pita bread.

Serves 4



ROASTED CAULIFLOWER

I adore roasted cauliflower. It gains a lot of character from the roasting, becoming sweeter and deeper in flavor. It's so easy to make this when you're cooking something else in the oven. If you really want to gild the cauliflower, sprinkle with shredded parmesan for the last few minutes in the oven.

1 head cauliflower, separated into small-ish florets
1 Tbl vegetable oil

1 tsp kosher salt
Freshly ground pepper

Preheat oven to 400oF. In a 13x9 baking dish, toss cauliflower florets with oil, salt and pepper. Bake for about 30 minutes or until cauliflower is just tender.

Serves 4



DANDAN NOODLES

*This is an adaptation of a recipe I found in an old **Food & Wine** magazine. It tastes light, not heavy and is great as a vegetarian main course or as a side dish for teriyaki marinated steak or chicken.*

2 Tbl smooth peanut butter
1 small jalapeño, seeded & minced
1 garlic clove, minced
1 tsp minced fresh ginger
2-1/2 Tbl soy sauce
2 Tbl water
1-1/2 Tbl rice vinegar
1 tsp Sriracha chile sauce

1 tsp sugar
1 tsp Asian sesame oil
Kosher salt
12 oz fresh chow mein noodles or thick spaghetti
Cucumber matchsticks, sliced scallions, chopped parsley or cilantro, sesame seeds, and lime halves, for garnish

Whisk together peanut butter, jalapeño, garlic, ginger, soy sauce, water, rice vinegar, Sriracha, sugar and sesame oil. Season with salt as needed.

In a large pot of boiling water, cook the noodles until al dente. Drain and rinse under cold water. Drain thoroughly. Toss the noodles with the dressing and mound in serving bowl. Serve with garnishes.

Serves 4



POTATOES ANNA

Weve been making this for at least twenty years. It's fuss-free once you do the original work and can cook in the oven while you're cooking other stuff. It's also decadent.

6 Yukon gold potatoes, thinly sliced
1/2 stick butter, cut into pieces
Sea salt

Preheat oven to 400°F. On a large cookie sheet or other baking pan, slightly overlap potato slices. Dot with butter. Sprinkle with salt. Bake for about 45 minutes to 1 hour, depending on how dark you like the potatoes.

Serves 4-6



Zoe went to Yosemite this spring with Rachel's family and a number of PACT families.

GINGERY CELLOPHANE NOODLES

In the summer of 2009, my friend Mary Brown and her daughter Helen came to visit from Tucson. We had a wonderful weekend with them, and this was the final meal we had as we rushed to the airport. It's quick to pull together and tastes light and lively on hot summer days. Although Tom calls these slimy noodles, he likes the noodles when he eats them and Zoe loves them.

1 Tbl vegetable oil	1 English cucumber, halved lengthwise and thinly sliced diagonally)
1 lb ground pork	1 bunch scallions, thinly sliced
2 tsp ginger	1/2 cup minced Italian parsley
2 tsp garlic	1 bag (16 oz) brocco-slaw (shredded broccoli stems and carrots)
1 tsp salt	
2 Tbl soy sauce	
8 oz bean thread noodles (sai-fun)	6 Tbl seasoned rice vinegar
1 Tbl chicken broth granules	1-1/2 Tbl vegetable oil
3 slices ginger	1-1/2 tsp chopped peeled ginger
	1 tsp minced fresh jalapeño
	1 garlic clove, minced

Soak the noodles in hot water until pliable, about 10 minutes, Drain and cut into shorter lengths with scissors.

Meanwhile, in the oil, saute the pork with ginger, garlic, and salt. Once no longer pink, remove from heat, drain any liquid and add soy sauce. Set aside.

Bring a pot of water to boil with the chicken broth granules and slices of ginger. Add the noodles and broccoslaw, stirring occasionally, until noodles are just tender (about 2-3 minutes). Drain and rinse under cold water to stop cooking and cool. Drain thoroughly. Remove slices of ginger.

Mix together rice vinegar, vegetable oil, ginger, jalapeño, and garlic. Toss with noodles, broccoslaw, pork, cucumber, scallions, and parsley.

Serves 6



ORANGE SOY TOFU

*This was a part of an orange themed dinner on Halloween, served to Zoe, Natalie, and Marian before they set out trick or treating. Itg was simple and good, served with rice and a ginger carrot soup. The leftovers made a great addition to Zoe's lunch box. It came from a **Cooking Light** magazine.*

- | | |
|---|-------------------------------|
| 1 12-oz package firm tofu, drained and cut crosswise into 6 slices, then cut diagonally | 1 Tbl brown sugar |
| 3 Tbl seasoned rice vinegar | 1/2 tsp grated orange rind |
| 2 Tbl fresh orange juice | 1 tsp Asian sesame oil |
| 2 Tbl soy sauce | 2 Tbl sliced green onions |
| | 1/2 tsp sesame seeds, toasted |
-

Place tofu slices on several layers of paper towels, and cover tofu with additional paper towel. Let stand 15 minutes, pressing down occasionally.

Combine vinegar and next four ingredients in a small saucepan; bring to a boil. Reduce heat and simmer, uncovered, 6 minutes or until thick and syrupy. Heat oil in a large nonstick skillet over medium-high heat. Arrange tofu in pan in a single layer; saute 5 minutes on each side or until golden brown. Remove from heat; pour vinegar mixture over tofu to coat. Sprinkle with green onions and sesame seeds. Serve immediately.

Serves 4



SEARED SCALLOPS AND TOMATOES WITH OLIVE VINAIGRETTE

*Just good, good, good. Tom and I both loved this. Zoe doesn't like scallops or tomatoes, or vinaigrettes - so you can guess how she felt about this. But Tom and I found a few nights where she was otherwise engaged and indulged ourselves. This came from **Gourmet**, I think!*

1/4 cup chopped pitted Kalamata or other brine-cured black olives	2 tsp olive oil
1 Tbl finely chopped bottled roasted red pepper	1/2 lb sea scallops, rinsed and patted dry
1 garlic clove, minced	2 medium tomatoes, cut into wedges
1 tsp Dijon mustard	2 cups arugula, washed and spun dry
1 Tbl red wine vinegar	
1 tsp fresh lemon juice	
1/4 cup olive oil	

Mix together olives, red pepper, garlic, mustard, red wine vinegar, lemon juice, and 1/4 cup olive oil. Set aside.

Heat a nonstick skillet over high heat until hot. Add remaining olive oil and sear scallops until just cooked through, about 2-3 minutes per side. Add tomatoes to the pan and sear until just tender, about 1-2 minutes per side.

Toss the arugula with about half of the olive vinaigrette and divide between two plates. Top with scallops and tomatoes and serve with remaining vinaigrette.

Serves 2



STUFFED BELL PEPPERS

*Dim sum is a real favorite of mine and this is one of those dishes that I always look for. In **Dim Sum** by Ellen Leong Blonder I found a recipe that sounded just about right. I did take a few liberties - added chicken, water chestnuts, and more green onions. This was a very late addition to the cookbook, since I made it for the first time on December 21. But it hit the spot so sweetly that I know it's going to be a favorite. Both Tom and Zoe loved these as well - although they abandoned the pepper part - which goes to say that making these into patties would work well also.*

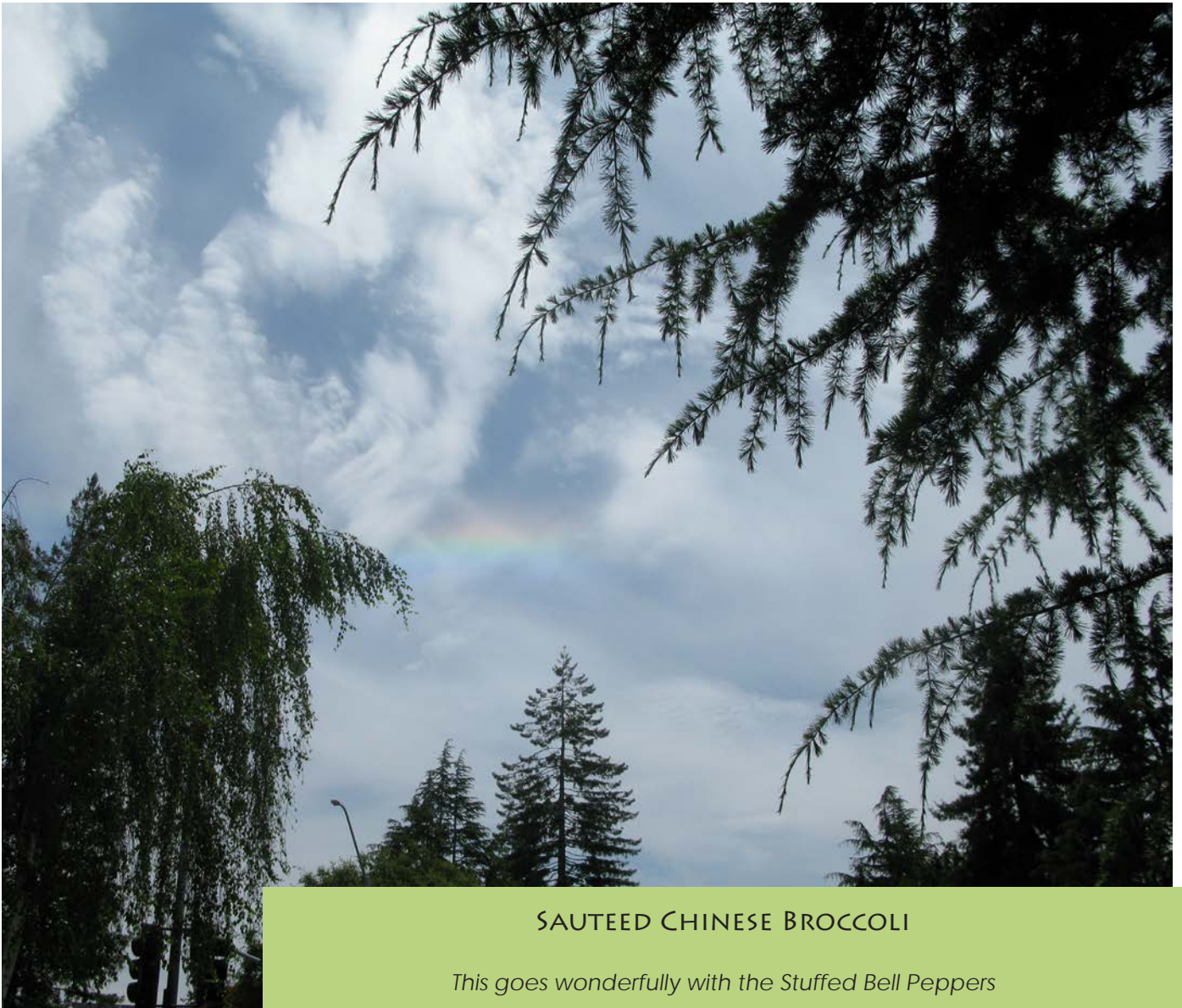
1/2 lb shrimp, peeled, deveined, and coarsely chopped	Cornstarch, to dust inside of bell peppers
1/2 lb chicken breast meat, coarsley chopped	Vegetable oil, for pan-frying
4 green onions, white and green part, minced	Sauce:
1 8-oz can water chestnuts, chopped	1/2 cup chicken stock
1 tsp salt	1 tsp soy sauce
2 tsp dry sherry or rice wine	2 tsp oyster sauce
1/2 tsp ground white pepper	1/4 tsp sugar
1 tsp cornstarch	8 fermented black beans, rinsed and drained (optional)
2 bell peppers (green, red, or yellow), cut into 24 2 x 1-1/2 inch rectangles	1-1/2 tsp cornstarch dissolved in 1 Tbl water

TO MAKE THE FILLING In a medium bowl, combine the shrimp, chicken, green onions, water chestnuts, salt, sherry, white pepper, and cornstarch. Squeeze the filling through your fingers to blend it well.

Place a spoonful of the cornstarch in a small sieve and lightly sprinkle the inside of the bell pepper slices with the cornstarch. Press a heaping spoonful of the filling into each piece, smoothing the filling to edges of the pepper.

Heat a large, nonstick skillet over medium heat; then add 2 tsp oil. When it is almost smoking, add one layer of the stuffed peppers, filling side down. Use a spatula to press down lightly on each piece to flatten out the filling. Cook for about 3 minutes, until golden brown. Turn, adding 2 Tbl water, and cook uncovered for 4 to 5 minutes, or until the water has evaporated and the peppers are crisp-tender. Transfer the peppers, filling side up, to a serving plate, and keep them warm in the oven, if needed, while you cook the remaining peppers.

TO MAKE THE SAUCE In a small saucepan, combine the chicken stock, soy sauce, oyster sauce, and sugar. If using, mash the fermented black beans slightly between your fingers, then add them to the sauce mixture. Bring the sauce to a boil and then stir in the cornstarch mixture. Reduce the heat to medium-low and cook for about 1 minute, stirring, until sauce has thickened. Drizzle the sauce over the peppers.



SAUTEED CHINESE BROCCOLI

This goes wonderfully with the Stuffed Bell Peppers

1 lb Chinese broccoli
1 tsp vegetable oil

1 tsp sesame oil
1 Tbl oyster sauce

Trim the ends off the Chinese broccoli. If the stalks are more than about 1/4 inch in diameter, peel the bottom 1/3 of the stalks with a vegetable peeler or a paring knife.

Bring a large pot of water to boil over high heat with 1 tsp salt. Immerse Chinese broccoli in water and cook for about 6-7 minutes (it will barely be coming back to a boil), or until the stems are tender-crisp. Remove stems from water, drain in a colander.

Mix together oils and oyster sauce and spoon over Chinese broccoli.

Serves 4

CHICKEN WATER CHESTNUT PATTIES

These are good hot, cold, or room temperature. They make great lunchbox or picnic food. They are very low in calories and fat. If you don't like spicy food, leave out the jalapeño; they will still be wonderful. Zoe and Tom both love these and leftovers never sit around. I often serve them with a very simple salad of cooked rice noodles tossed with a little rice wine vinegar, a splash of vegetable oil, some garlic salt & pepper, and a handful of grated carrot.

1-1/2 lb ground chicken	1 tsp minced fresh jalapeño
1 8-oz can whole water chestnuts, rinsed and drained	2 Tbl chopped parsley
1 bunch scallions, chopped (1 cup)	1-1/4 tsp garlic salt
	2 tsp vegetable oil

In a food processor, coarsely chop water chestnuts, scallions, jalapeño, and parsley. Stir together with the chicken and garlic salt. Form mixture into 18 (2-inch diameter) patties.

Heat 1 tsp oil in a nonstick skillet over medium heat until hot, but not smoking. Add one layer of patties and cook until golden on both sides (about 3-5 minutes per side). Transfer to a platter and keep warm while you continue to cook the rest of the patties with the remaining oil.

Serves 6



CHICKEN PICCATA

*I found this recipe in a magazine **Cuisine At Home** that was delivered as an incentive in 2007. I've been making it ever since, because it's a great version of this dish. It's not the simplest dish, but it stretches chicken breasts and has the most sublime lemon flavor when made with the Meyer lemons from our bush. Everyone in the family loves this dish, as do es every guest who has ever had them. The chicken is tender and amazing. I usually serve this with rice pilaf and asparagus or sugar snap peas.*

3 chicken breasts, sliced horizontally into 4 thin cutlets each	1/2 cup chicken broth
1/2 cup flour (approx) mixed with kosher salt and pepper	2 Tbl fresh lemon juice
2 Tbl vegetable oil	1 Tbl capers, rinsed and drained
1/4 cup vermouth	2 Tbl butter
1 lg garlic clove, minced	1 lemon, cut into about 7-8 slices
	Chopped fresh parsley, to garnish

Lightly dust chicken cutlets with flour mixture. Spray a skillet with nonstick , add vegetable oil and heat over medium high heat. Saute cutlets in one layer until just golden brown, 2-3 minutes per side. Transfer the cutlets to a plate and keep warm in a 170° oven, as you finish sauteeing cutlets.

When all the cutlets have been done, deglaze the pan with vermouth and add garlic. Cook until garlic is slightly brown and liquid is nearly gone, about 2 minutes.

Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side 1 minute. Transfer cutlets to plate. Add butter and lemon slices to skillet. When butter melts, pour sauce over cutlets. Garnish with chopped parsley and serve.

Serves 4 easily



LARB GAI

I discovered this recipe on the web. It looked so easy and it turned out to be even easier to make. I have played with it a little. I've served it with steamed carrots and beans or with an Asian slaw and rice. It was absolutely fantastic to my taste. It would be great wrapped in a leaf of butter leaf lettuce.

3 half breasts of chicken, minced in food processor	1/2 tsp red pepper flakes
4 shallots, thinly sliced	1 Tbl vegetable oil
2 slices ginger, finely minced	3 green onions, chopped
4 Tbl fish sauce	1 Tbl minced parsley
2-1/2 Tbl lime juice	

Combine the first six ingredients. Heat 1 Tbl vegetable oil in a wok over high heat. When almost smoking, add the chicken mixture and quickly stir-fry until chicken is just cooked - about 5 minutes. Add green onion and parsley and serve.

Serves 4

ASIAN SLAW

I just like this, with almost anything. We can inhale large quantities of this salad in our house.

3 Tbl light rice vinegar	1 bunch green onions, chopped
3 Tbl vegetable oil	1/4 cup chopped Italian parsley
1 tsp garlic salt	1 lb coleslaw mix
Pepper to taste	

Mix all the ingredients together. Let sit for about 10-15 minutes before serving.

Serves 4



CHICKEN PROSCUITTO MEATBALLS

*The original of this recipe appeared in one of the last issues of **Gourmet**. I made a number of changes to the recipe and in a short period of time this recipe became an all-time hit at the Morgan table. Tom and Zoe both love these. When sent for lunch with Zoe, they never come back. They also cook very quickly - astonishingly quickly - but they are cooked through. I made these for Zoe while Tom was in the hospital with his foot surgery. Within a couple of days of coming home, Tom asked me to make them for him. He said he couldn't stop thinking about the fact that we had been enjoying these while he got hospital food. By the way, I've taken to opening a small can of tomato paste, using what I need and then freezing the can in a small ziplok. It keeps forever and you can scrape out what you need as you need it.*

2 slices whole wheat bread, torn	3 Tbl finely chopped Italian parsley
1/3 cup milk	1/4 cup shredded parmesan
1 small onion, finely chopped	
1 garlic clove, minced	1 Tbl tomato paste
2 Tbl olive oil, divided	
3 oz proscuitto, finely chopped	1 jar marinara sauce
1 large egg	1 lb pasta, cooked
1 lb ground chicken	

Preheat oven to 400°F. Combine the bread with the milk in a small bowl. Let sit for about 5 minutes. Meanwhile, in a small saucepan, saute onion and garlic in 1 Tbl of the olive oil until translucent. Mix in with the bread. Add proscuitto, egg, ground chicken, parsley, and parmesan. Form 12 meatballs and arrange separated in a 9 x 13 pan. Stir together the tomato paste with the remaining 1 Tbl olive oil. Brush on the top of the meatballs. Bake in the upper third of the oven for 15-20 minutes, or until cooked through.

Meanwhile, cook the pasta and heat the marinara sauce.

Serves 4



BUTTER CHICKEN

Over the past few years, I've been making more and more Indian food. It reminds me of growing up in Manila with friends from the Indian sub-continent. Going to their homes was always a spark to my sense of smell - the spices and cooking smelled so unlike the Asian food I was used to, as well as my parents' German and Italian fare. I looked hard to find a butter chicken recipe that didn't contain vats of butter. I know I should use ghee to be genuine, but I can't ever take the time or effort. This is still not by any means low calorie. But it's good!

1 onion, chopped	1/2 cup whipping cream
2 Tbl chopped fresh ginger	1-1/2 lbs boneless chicken thighs cut into chunks
1 jalapeño, seeded and chopped	1/2 tsp coarsely ground black pepper
1 Tbl vegetable oil	Salt
2 tsp garam masala	1/4 cup butter
1 6-oz can tomato paste	Rice & Lime wedges
2 cups chicken broth	

In a large skillet, combine onion, ginger, jalapeño, and oil over high heat. Sauté until onion is lightly browned. Stir in garam masala. Scrape mixture into a blender; add tomato paste and chicken broth. Whirl until very smooth. Pour mixture back into the pan, add cream, and bring to a gentle boil over high heat (beware - mixture tends to spatter). Reduce heat and simmer, stirring often, until thickened, about 5 minutes. Pour sauce into a bowl and wipe out skillet.

Mix chicken with pepper and sprinkle lightly with salt. Set skillet over high heat; add 1 tablespoon butter and the chicken. Sauté until chicken is no longer pink on the surface. Add the sauce and simmer over medium heat, stirring often, until chicken is no longer pink in the center, about 5 minutes. Cut remaining butter into chunks and stir into the sauce until melted. Serve with rice and lime wedges.

Serves 6



HAINANESE CHICKEN RICE

*I first had this at Spice Islands, a wonderful restaurant in Mountain View featuring the foods of Malaysia, Singapore, Indonesia, and environs. It was served cold, as is customary, and was absolutely scrumptious on a hot day. This year, I made this dish over and over, mostly, I have to admit, for the ginger sauce that goes with it. I just love the ginger sauce, as salty as it is. This recipe is from **Martin Yan's Asia**, with variations (of course).*

6 chicken thighs
4 cups water
1 tsp salt
6 quarter-size slices ginger

1 English cucumber, halved lengthwise
and sliced thinly

SEASONED RICE

2 Tbl vegetable oil
2 shallots
1 tsp minced ginger
1 tsp minced garlic
1-1/2 cups long-grain rice
1/2 tsp sesame oil

GINGER SAUCE

1/3 cup chopped peeled ginger
1/4 cup chicken broth
1 tsp salt
1/2 tsp sugar
1 tsp sesame oil
2 Tbl vegetable oil

CHILI SAUCE

2 fresh red jalapeño chilies, seeded
1/4 cup chicken broth
1 Tbl lime juice
1/2 tsp sugar
1/2 tsp salt
2 Tbl vegetable oil

Place chicken, water, salt, and ginger in a medium-size pot and bring to a boil. Reduce heat, cover and simmer until chicken is just cooked through, about 30-40 minutes. Lift out chicken and let cook. Reserve broth for rice and sauces.

For seasoned rice, place a 2-quart pan over high heat until hot. Add oil, swirling to coat sides. Add shallot, ginger, and garlic; stir-fry until fragrant, about 30 seconds. Add rice and cook stirring, for 2 minutes. Add 2 cups broth and sesame oil. Bring to a boil, cover, reduce heat to the lowest setting, and simmer until rice is tender and liquid is absorbed, about 20 minutes.

For ginger sauce, place all ingredients except vegetable oil in a blender and process until smooth. Heat vegetable oil in a small saucepan over medium heat. Add puree and cook until slightly thickened, about 2 minutes.

For chili sauce, place all ingredients except vegetable oil in a blender and process until smooth. Heat vegetable oil in a small saucepan over medium heat. Add puree and cook until slightly thickened, about 2 minutes.

Serve chicken with rice, sauces, and cucumber.

Serves 4



VIETNAMESE GRILLED CHICKEN OR PORK

There is a wonderful Vietnamese restaurant near the corner of San Antonio Road and El Camino. I first discovered it when I worked on San Antonio Road. They make a terrific grilled chicken and grilled pork. This is my version and it is easy, delicious, and addictive. I use a paste of lemongrass that is available in the refrigerated section of the produce section of our local supermarket. Otherwise, I'd mince 2-3 stalks of fresh lemongrass.

3 half breasts of chicken, thinly sliced
horizontally or 1 lb. thinly sliced pork
tenderloin or loin roast
2 large cloves garlic, pressed
1 Tbl fish sauce
4 Tbl lemongrass paste
1 Tbl soy sauce
1 tsp sugar

1/4 tsp freshly ground pepper
1 bunch green onions, chopped
Slices of English cucumber
Thin carrot sticks
2 Tbl light seasoned rice wine vinegar
1 Tbl water
1 Tbl minced parsley

Combine chicken or pork with garlic, fish sauce, lemongrass paste, soy sauce, sugar, and pepper. Squish together and let sit for about 30 minutes. Grill on a barbecue quickly. Serve topped with green onions. On the side, serve rice and cucumber and carrot sticks. Mix together rice wine vinegar, water, and parsley. Serve to dip the meat and veggies into.

Serves 4



COLD ROAST WITH CAPERS

OK - I don't really know what to call this. It's what I did over and over this year when we had leftover pork loin or London broil or some other meat. It's so good, I sometimes cooked a pork roast or grilled a steak to have this the next day. It's kind of like a leftover carpaccio with cooked meat.

Leftover meat, sliced thinly (can use
beef, pork, lamb)

2 Tbl capers
Handful Italian parsley leaves

2 Tbl lemon juice
1 tsp Dijon mustard
1/3 - 1/2 cup olive oil
Coarse salt & pepper to taste

Arugula or a mesclun salad mix or oak
leaf lettuce (if you're in the vicinity of
Half Moon Bay)

Slice meat very thinly. Spread out on a platter. Sprinkle with capers. In a small bowl, whisk lemon juice, mustard, and oil. Taste and add more oil if needed, as well as salt and pepper. Drizzle a few tablespoons over meat and flutter parsley leaves over the top. At this point, let it sit for about 10-15 minutes, to let the dressing sink into the meat. Serve with greens and some crusty bread.

Servings depend on amount of meat



EDIE'S FLANK STEAK

I found this recipe in a magazine years and years ago. It was meant to be cooked ahead of time and brought along to a picnic along with a cold scalloped potato dish. The potatoes were great, but fussy. This recipe was easy and we've made it over and over. This year, we couldn't seem to get enough of it.

1 flank steak, scored on both sides in a diamond pattern
1/2 cup V-8 juice
1/2 cup soy sauce

1/4 cup vegetable oil
4 garlic cloves, smashed
Black pepper

Marinate the steak for at least one hour, or up to overnight. Grill to desired doneness. Yum!

Serves 4-6



BUCATINI WITH BEEF & PARSLEY

I have had a little pasta cookbook since sometime in high school. When Tom and I were living in Davis while I did my Masters, I found this recipe. It was originally to be made with beef leftover from a roast. Not roasting a lot of beef at the time, we substituted ground sirloin. I'm not even sure if there were other ingredients - we make it from memory now and gravitate to it when it's cold or rainy.

1 Tbl olive oil
1 lb ground sirloin
4 cloves garlic, minced
Freshly ground black pepper

2 14-oz cans beef broth
1-2 bunches of parsley, chopped
1 lb bucatini or penne pasta, cooked
Shredded Asiago cheese

In a large skillet, heat olive oil over medium-high heat. Add beef and garlic and saute until beef has almost lost all the pink. Grind pepper over the pan as you like. Add beef broth. Bring to a simmer and simmer for about 10 minutes. Add parsley at the last minute and serve over cooked bucatini or penne pasta. It will be very soupy - that's normal. Pass around Asiago to top the pasta.

Serves 4



PEPPER STEAK

This is another blast from the past dish. I got hooked on pepper steak when Budget Gourmet made a frozen dinner version. Then Budget Gourmet disappeared and I had to look for a real recipe. This was a big favorite in the late fifties and early sixties. I remember eating something like this at friends' homes when I was growing up. I came across this version from Rachel Ray, made a few small tweaks, and I can taste home again.

2 tablespoons vegetable oil	2 tablespoons all-purpose flour
2 pounds tenderloin tips or sirloin, cut into chunks	1/4 cup dry sherry
Coarse salt	1/4 cup light soy sauce
2 tablespoons butter	1 1/2 cups beef consomme (1 can)
2 green bell peppers, seeded, 2 inch dice	1 tablespoon tomato paste
1/2 white onion, large dice	1 teaspoon coarse black pepper

Preheat a large skillet over high heat. Add vegetable oil to really hot pan. Add meat and sear on all sides, 5 minutes. Season with salt and remove to a plate. Cover meat loosely with foil to hold heat. Reduce heat on pan to medium. Add butter to pan. Add peppers and a little onion. Saute peppers and onions 5 minutes. Sprinkle flour over vegetables and cook 1 minute longer. Whisk in sherry and soy sauce and start to pick up pan drippings. Whisk in consomme and continue whisking. Add tomato paste and black pepper. Slide meat back into the pan and coat with sauce. Reduce heat to low and simmer 5 minutes.

Serves 6-8



SHAKIN' BEEF WITH WATERCRESS

This is one of those dishes that tastes good in every season. It's warming in the winter, cooling in the summer. I must like this dish, because I found I had four different versions saved in different places. This is my favorite. Zoe and Tom both like this, although Z passes up the red onions. In the winter I tend to serve it with rice, in the summer as a salad with a cucumber salad.

1 lb thickly cut steak, NY strip or rib eye	2 Tbl rice wine vinegar
1 Tbl fish sauce	1 tsp vegetable oil
2 tsp soy sauce	1 tsp sugar
1/2 tsp sugar	1/2 tsp salt
1/2 tsp ground black pepper	1/2 tsp ground black pepper
2 Tbl vegetable oil	1/2 cup very thin wedges red onion
2 Tbl finely chopped garlic	2 cups torn watercress or spinach

To marinate the beef, begin by cutting it into big, bite-sized chunks, about 1 inch square. In a medium bowl, combine the fish sauce, soy sauce, sugar, and pepper and mix well. Add the beef, toss to coat it evenly, and set aside for 20 to 30 minutes while you make the salad. Or cover and refrigerate for up to one day.

To make the watercress salad, combine the vinegar, oil, sugar, salt, and pepper in a medium bowl and stir well. Add the thinly sliced onion and toss to coat it with the dressing. Add the watercress to the bowl but don't toss it yet.

To cook the beef, heat the oil in a large, heavy skillet over high heat until a bit of garlic sizzles at once. Add the beef and let it cook on one side, undisturbed, until nicely browned, 1 to 2 minutes. Shake the pan to turn the meat and cook the other surface the same way. Add the garlic and continue cooking, shaking and searing the meat, until evenly browned and done to your liking. Remove the pan from the heat and set aside while you prepare the serving platter.

Toss the watercress to coat it with the dressing and arrange it on a small serving platter. Scoop up the steak, pile it in the center of the watercress salad, and serve hot or warm.

Serves 4



LAMB CHOPS WITH TOMATO PESTO

We first made this over New Years. I pulled the original recipe off of epicurious.com, then made some changes. Tom & Zoe and I inhaled these chops. They were so good Zoe and Tom repeatedly requested them over the year. To make things a lot simpler, you can use a pre-made sun-dried tomato pesto.

8 sun-dried tomatoes, packed in oil
6 garlic cloves, peeled
2 large shallots, peeled & halved
1 Tbl dried oregano

1 Tbl fresh rosemary, chopped or 1 tsp
dried rosemary
Salt & Freshly ground pepper
1 rack of lamb or 8 lamb chops

In a food processor, whirl tomatoes, garlic, and shallots until a paste forms. Add oregano and rosemary. Season with salt & pepper. Rub about half of the paste over the rack of lamb or over the lamb chops. Bake at 400°F for about 20-30 minutes for the rack and about 15 minutes for the chops. In last five minutes, spread remainder of paste on top.

Serves 6



LIME SHORTBREAD COOKIES

*I found this recipe originally in **Bon Appetit**, then made some changes. They use white chocolate instead of the dark chocolate I used. These are very nice cookies. Zoe thought the idea of lime shortbread was ridiculous and advocated baking half a batch before adding the lime zest. She ended up requesting that next time we make the whole batch with the zest. They're just that good.*

2 cups all purpose flour	3 Tbl lime zest (about 4 limes)
1/2 cup powdered sugar	1 tsp vanilla extract
1/2 tsp salt	1/2 bar good dark chocolate
1 cup (2 sticks) chilled butter, cut into 1/2-inch dice	1/2 cup chopped toasted almonds

Preheat oven to 325°F. Butter 13x9x2 inch metal baking pan. Blend flour, sugar, and salt in processor. Add butter, 2 tablespoons lime peel, and vanilla; process until just blended and dough forms clumps. Press evenly into prepared baking pan. Pierce dough all over with fork. Using sharp knife, cut dough into 12 squares, cutting through dough completely, then cut each square in half on the diagonal, forming 24 triangles total.

Bake shortbread until golden brown, crisp around edges, and firm to touch, about 45 minutes. Remove from oven. Using sharp knife, immediately recut shortbread, gently separating triangles. Cook in pan on rack.

Place chocolate in small bowl and microwave on high for about 1 minute, or until mostly melted. Stir until all the chocolate is melted. Using a fork, drizzle melted chocolate over the shortbread (it's time to do your best Jackson Pollock imitation). Sprinkle evenly with almonds and remaining 1 tablespoon lime zest. Let stand until chocolate sets, about 1 hour.

Makes 24 cookies



*Clumber Park's Lime Tree Avenue is the longest of its kind in Europe. Planted in about 1840, it is almost 2 miles long and consists of 1,296 common limes (*Tilia x europaea*) planted in a double row on each side of a drive.*

CHOCOLATE WALNUT TORTE

This is simple and good. It is like very good brownies. In fact, could be very good brownies. We all loved this! It seems that every year, I have a different favorite brownie recipe. As far as I'm concerned, if the only cookies in the world were brownies and chocolate chip cookies, I'd be just fine.

8 oz semisweet chocolate, chopped 1/2 cup cake flour
1/2 cup butter, cut into 8 pieces, at room temperature 1 cup chopped walnuts
2/3 cup sugar
3 eggs

Preheat oven to 350°F. Butter and flour an 8-inch cake pan with 2-inch high sides or a square 8-inch pan.

Melt chocolate in the top of double boiler over simmering water. Remove from over water. Add butter, one piece at a time, mixing until melted and smooth. Mix in sugar, then add eggs one at a time, mixing until well combined. Add flour, then walnuts and stir to combine. Transfer batter to the prepared pan.

Bake about 45 minutes.

Serves 8



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