



2010
Morgan
Family
Cookbook





What a Year!

Once again it seemed to be one of those years that ricocheted from high to low. On a high note, Zoe graduated from junior high and began high school. Adjusting to Los Altos High School seemed seamless. Zoe began interning at the Los Altos Town Crier, joined the Speech & Debate Club, and continued with wrestling. Friday afternoons eating candy and watching TV with friends kept on rolling—only during wrestling season, Zoe made do with sugar-free gum.

We had a great summer—visits with friends, playing bridge, relaxing. I found old friends on Facebook and even got a chance to see a few in person. We picked olallieberries. We enjoyed listening to Lavay Smith at summer concerts. I can't even remember all we did, but summer seemed to be over in a snap.

The downside... Oh, let's not dwell there. We did do a lot of cooking this year. Dealing with diabetes and heart trouble meant the menus changed a little. We started eating a lot more fish and seafood. Tom was cheering about that!

I've ended up with 50 recipes that represent what we ate in 2010. Many were new to us, but quite a few recipes in this book are recipes we've eaten for years. I hope you enjoy trying them out!



Cream of Mushroom Soup

Oh, how wonderful this is on a cold night. Earthy, silky, yummy. Doesn't need much more than a green salad to go with it—maybe arugula with parmesan and a lemony dressing

8 ounces fresh white mushrooms
8 ounces fresh crimini mushrooms
3 garlic cloves, minced
4 tablespoons butter
2/3 cup all-purpose flour
1 tsp garlic salt

1/4 tsp white pepper
1 quart beef broth
1/2 cup half & half or
1/2 cup evaporated milk
Sprinkle of parsley

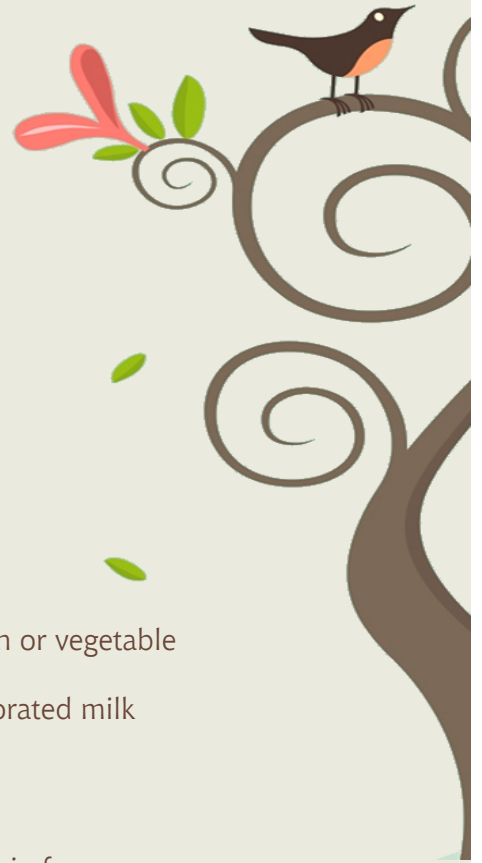
Cut the mushrooms into thick slices.

Melt butter in large frying pan. Add in garlic and mushrooms. Cook until mushroom are softening. Sprinkle in flour and stir constantly for about 5 minutes. Slowly add the broth, stirring until all is incorporated. Simmer about 10 minutes and add half & half. Stir and heat for a couple of minutes.

Serves 6







Cream of Celery Soup

Another of the series of soups we enjoyed this year. I think this one is my favorite.

1 Tbl canola oil
1 Tbl butter or margarine
4-5 stalks celery, diced
1 white onion, small-diced
3 Tbl flour

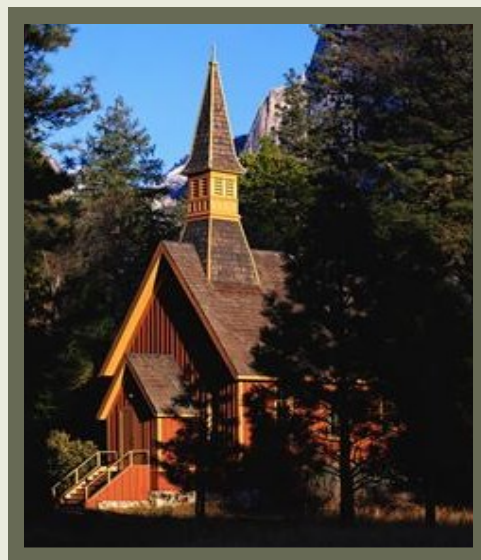
1/4 tsp white pepper
6 cups low sodium chicken or vegetable
broth
1 14-oz can fat-free evaporated milk

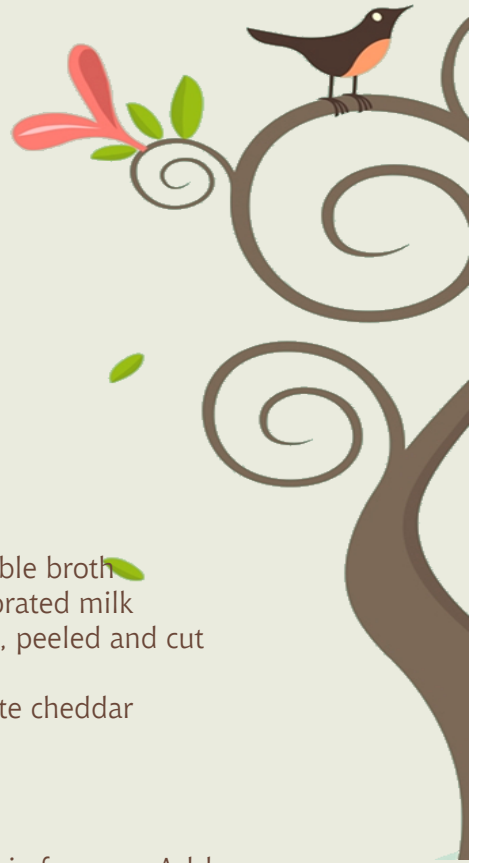
In a large pot, heat oil and butter on medium heat until butter is foamy. Add celery and onion and sauté until onion is glossy and just beginning to turn translucent and celery is just beginning to soften. Add flour and sauté for 1 minute. Add white pepper and slowly begin to add the broth, whisking to keep the soup smooth. Once all broth is incorporated, add the milk. Bring to a boil and lower heat to low. Simmer for 15-20 minutes or until thickened as desired.

Serves 4



Zoe had another great trip to Yosemite with the Katin/Jungherr family and packs of people from PACT. The Desais were there, as well as the Walkers and others. The rule was that the kids could roam the park at will—as long as they let people know they were going. The Yosemite Shuttle was invaluable!





Cream of Potato Soup

I made this one afternoon out of pure boredom and to use up some potatoes. Zoe's friends Marion & Hannah scooped some up on the way out for Halloween. It was a major hit.

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|----------------------------|--|
| 1 Tbl canola oil | 1 tsp thyme |
| 1 Tbl butter or margarine | 6 cups low sodium vegetable broth |
| 1 white onion, small-diced | 1 14-oz can fat-free evaporated milk |
| 8 cloves garlic, smashed | 2 lbs Yukon gold potatoes, peeled and cut into 1" dice |
| 3 Tbl flour | 1 cup shredded sharp white cheddar |
| 1/4 tsp white pepper | |

In a large pot, heat oil and butter on medium heat until butter is foamy. Add onion and garlic and sauté until onion is glossy and just beginning to turn translucent. Add flour and sauté for 1 minute. Add white pepper and thyme and slowly begin to add the broth, whisking to keep the soup smooth. Once all broth is incorporated, add the milk and potatoes. Bring to a boil and lower heat to low. Simmer for 30-45 minutes or until potatoes are falling apart and soup is thickened as desired. Puree using an immersion blender or in a blender. Return to pot and add cheese. Stir until cheese melts and dissolves into soup.

Serves 4

Dolmas

There is a terrific little sidewalk place in Palo Alto called Gyros Gyros. They make the best dolmas, which Zoe has loved since she was about 3 or 4. These, which are adapted from a Bon Appétit recipe circa 2001, are right on the money! This recipe, which cannot be found online for some reason, is from a Portland, Oregon restaurant, Alexis.

1 16-oz jar grape leaves	3/4 cup chopped fresh dill
4 cups water, divided	1 tsp ground black pepper
2½ cups medium grain rice	1 tsp salt
	2 cups crumbed feta cheese (about 8 oz)
	1 tsp paprika
½ cup olive oil, divided	
1½ lbs onions, chopped	4 cups water
4 large garlic cloves, minced	1/3 cup fresh lemon juice
1 cup chopped parsley	2 lemons, sliced thinly
1/4 cup toasted pine nuts	Lemon wedges

Place grape leaves in large bowl. Cover with water. Let soak while preparing rice filling, separating leaves occasionally.

Bring 4 cups of water and rice to a boil in heavy medium saucepan over high heat. Reduce heat to low, cover and cook until rice is tender and water is absorbed, about 20 minutes. Uncover; set aside.

Heat ¼ cup oil in heavy large pot over medium heat. Add onions and sauté until beginning to turn golden, about 15 minutes. Add garlic; sauté 1 minute. Remove from heat. Stir in parsley, pine nuts, dill, pepper and salt. Cool slightly. Mix in cheese and paprika, then rice. Cool completely.

Preheat oven to 375°F. Place 1 large grape leaf, vein side up, on work surface. Cut off stem. Patch or overlap with pieces of other leaves if necessary to form about 5 to 6 inch surface area. Spoon about 2 Tbl filling in center of leaf. Fold bottom of leaf over filling. Fold in sides. Roll up to enclose filling in leaf. Arrange seam side down on baking sheet. Repeat with enough grape leaves to use up remaining rice filling.

Line bottom of two 13x9 glass baking dishes with any remaining grape leaves. Divide stuffed grape leaves between prepared dishes, arranging seam side down in rows in single layer

Mix 4 cups water, oil, and lemon juice in medium bowl to blend. Pour





enough lemon-oil mixture in each dish to cover and arrange lemon slices over dishes. Cover dishes tightly with foil. Bake until lemon-oil mixture is absorbed and flavors blend, about 1 hour. Uncover; cool to room temperature.

Can be prepared four days ahead. Cover and refrigerate. Let stand at room temperature 1 hour before serving.)

Arrange grape leaves on platter. Garnish with lemon wedges.

Makes about 60 dolmas



Squash Caper Salad

This recipe came from Insalate: Authentic Italian Salads for All Seasons by Susan Simons. It is a wonderful book and the salads are inventive and delicious. This is a great winter salad, tasting bright and scintillating.

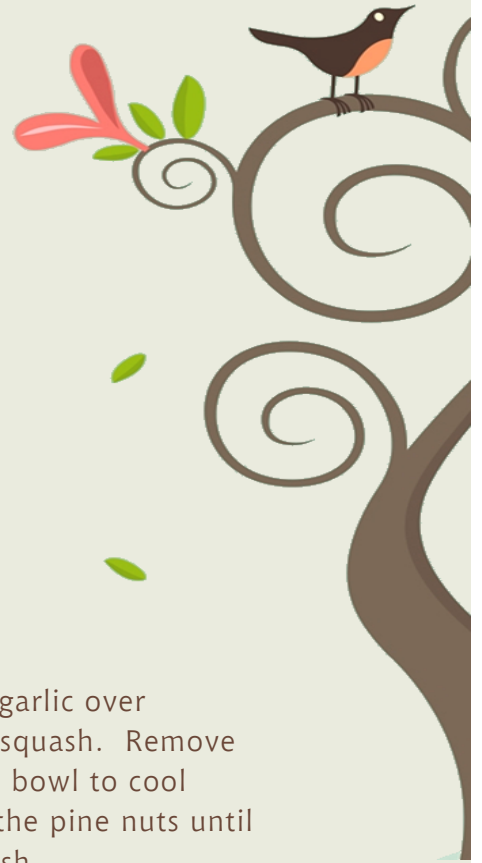
1½- 1¾ lb Hubbard or banana squash, peeled & cut into 1-inch chunks	3 Tbl pine nuts
1 clove garlic	1 Tbl olive oil
1 red onion, cut into eighths and then cut into lg chunks	Zest & Juice of 1 orange
2 Tbl capers, drained & rinsed	1 Tbl Dijon mustard
	1 tsp salt
	½ tsp seasoned pepper

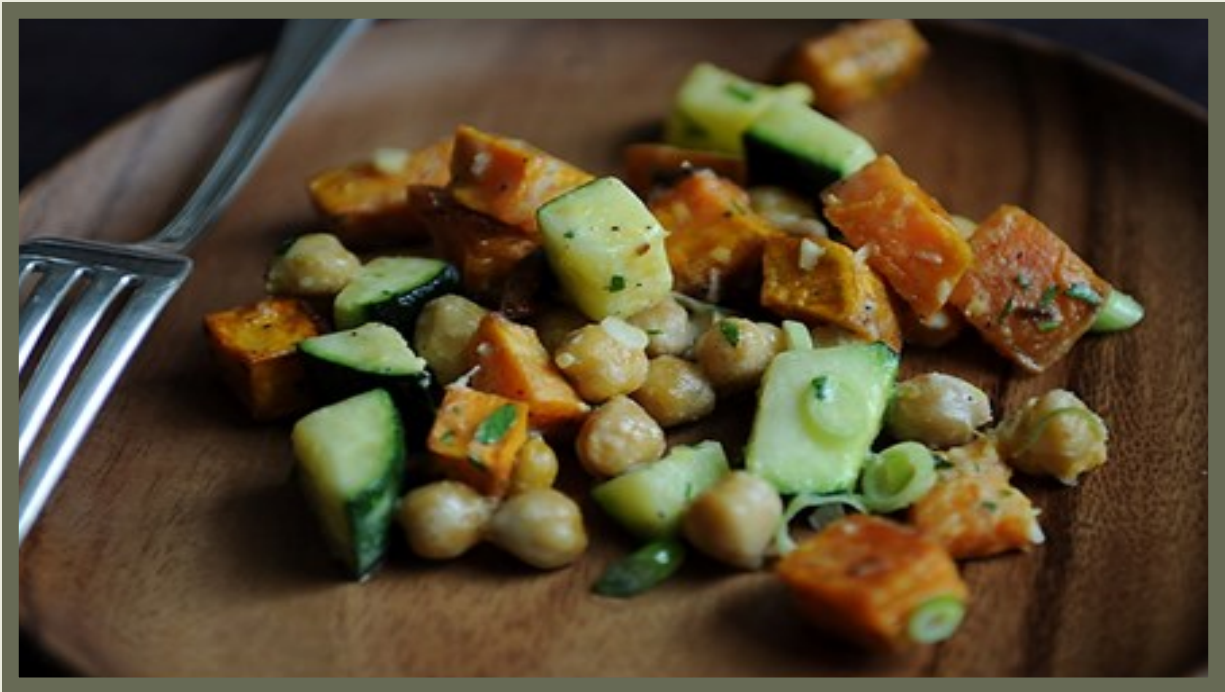
In a large pot with a steamer insert, steam squash, onion, and garlic over medium heat for 10-15 minutes or until a tester easily pierces squash. Remove garlic to a small bowl. Put squash and onion in a large serving bowl to cool slightly. Add capers. In a small pan over medium heat, roast the pine nuts until they are golden and smell like popcorn. Add them to the squash.

In the small bowl, mash the garlic cloves and add the rest of the ingredients. Whisk until emulsified and pour over the squash mixture. Let rest for 15-30 minutes.

Serves 6

Note: Any winter squash will do for this dish. I think I've used butternut squash most often.

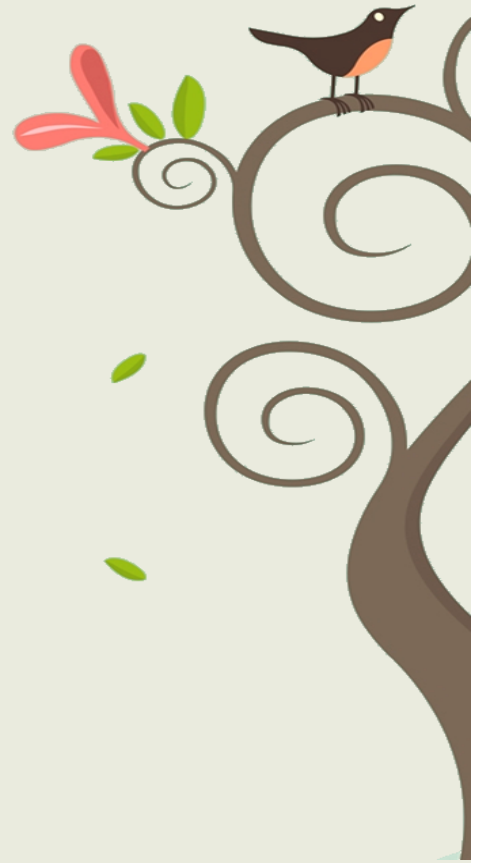




Entertainment We Loved in 2010

- White Collar
- Leverage
- Covert Affairs
- Glee
- Rubicon
- Dancing with the Stars
- Doc Martin
- Royal Pains
- Ellery Queen (on DVD)
- Pirate Radio
- Harry Potter & the Deathly Hallows Part I
- St. Trinian's
- The King's Speech
- The Social Network
- Dean Martin
- Lavay Smith





Yam, Zucchini & Chickpea Salad

I know this sounds weird, but it is incredibly compelling to eat. It's good a little warm, it's good cold. All of us like it. It's from one of my new favorite food websites, www.food52.com

For the salad:

- 2 yams or sweet potatoes, diced
Into 1-inch pieces
- 2 garlic cloves
- 2 zucchini, diced into 1-inch pieces
- 1 can chickpeas, rinsed and drained
- 3 sprigs parsley, leaves finely chopped
- 1 bunch (5) green onions, thinly sliced
on bias
- olive oil for drizzling

For the dressing:

- 1 tablespoon tahini
- zest and juice of 1 lemon
- salt and pepper
- 2 tablespoons olive oil

Preheat oven to 400 degrees. Spread diced sweet potatoes and garlic cloves in a single layer on prepared baking sheet, drizzle with olive oil, and sprinkle lightly with salt and pepper. Roast 35-40 minutes, then add zucchini and chickpeas and roast an additional 10-15 minutes, until both vegetables are softened inside and caramelized in spots. If vegetables haven't caramelized at that point, pop them under the broiler for 3 minutes, and they'll brown plenty.

Pull out garlic and mince for dressing. Set aside. Place the yams, zucchini, and chickpeas in a medium bowl. Add parsley and scallions, and toss to combine.

In a small bowl, combine tahini, lemon juice and zest, olive oil, and half of chopped garlic. Add water by the teaspoon until the dressing is smooth and runny. Taste, and add additional chopped garlic if necessary. Add salt and pepper to taste. Pour over vegetables, toss to coat, and serve warm or room temperature.

Serves 4



Natalie Hollenbaugh, Marion Cooke, Zoe, and Brian Silverman—ready to go to the 8th grade graduation dance! They seemed to spend a lot of the evening playing cards. Of course, they spent a lot of 2010 playing Risk, Diplomacy, and a variety of other games.



Brown Rice, Tomatoes, and Basil Salad

I have a hard time watching the Barefoot Contessa on TV, but boy, do I love her recipes. This is one that seemed to call to something deep in my soul –yes, it probably is my stomach!

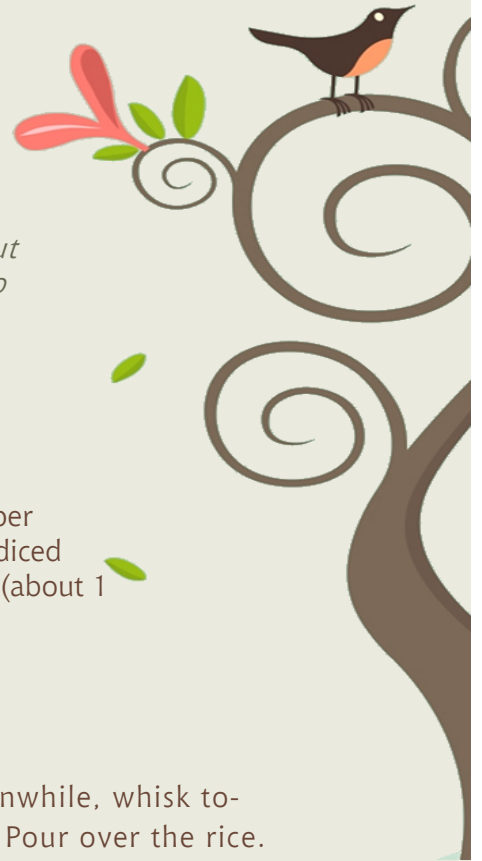
1 cup long-grain brown rice, cooked according to package directions
1/2 tsp salt
1/4 cup white wine vinegar
2 tsp sugar

1/4 cup olive oil
Freshly ground black pepper
1 lb ripe tomatoes, large-diced
1 cup packed basil leaves (about 1 bunch), slivered

When rice is cooked, transfer to a bowl and cool slightly. Meanwhile, whisk together salt, vinegar, sugar and olive oil. Add pepper to taste. Pour over the rice. Add the tomatoes and basil. Mix well and check the seasonings. Serve at room temperature.

Serves 4

Note: This needs really good tomatoes—don't try it if all you have are cottony store tomatoes. I was lucky enough to be gifted with heirloom tomatoes from my friend Heather. Find a friend like her or grow your own (I never seem to have the luck or patience for tomatoes).



8th Grade Graduation Celebration Menu

Mixed Nuts
Deviled Eggs

Tea Sandwiches

Radish Chive Cream Cheese on Black Bread
Cucumber Sandwiches on Oat Nut Bread
Ham Salad Sandwiches on Wheat Bread

GRAPES
White Chocolate Funfetti Cake
Vanilla Scones

Meyer Lemonade
Iced Tea



Myth Salad

A few years ago, when I was Executive Director at Pathways Hospice Foundation, I made a visit to one of our Board members in San Francisco. We ducked across the street from her office into the Myth Café (now closed). They had a sensational salad that I continue to make. It tastes like San Francisco.

8 slices pancetta, fried until crisp

1 lb thick asparagus spears, steamed until bright green and chilled quickly

1 can garbanzo beans, rinsed and drained

½ red onion, diced

2 stalks celery, diced

¼ cup minced parsley

1 Tbl minced fresh dill

1 Tbl minced fresh chives

1 Tbl fresh thyme leaves

Zest from one lemon

Juice of one lemon

⅓ cup olive oil

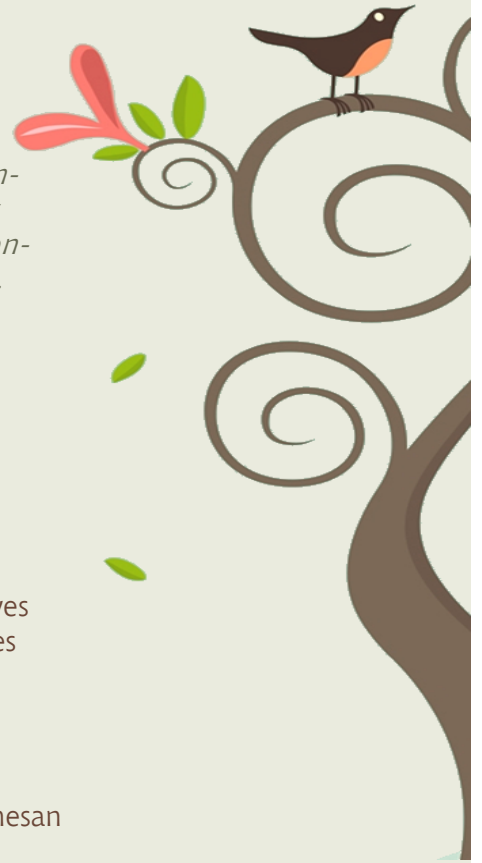
¼ cup shredded parmesan

⅓ cup garlic croutons

Mix together garbanzos, onion, celery, and herbs. Add zest, lemon juice, and olive oil. Mix well and chill to mingle flavors.

On platter, lay down a base of the asparagus spears. Top with garbanzo salad, sprinkle with parmesan and croutons and embellish with pancetta.

Serves 4





Tabbouleh

I can't seem to stop eating tabbouleh in the summer. It is one of those dishes that cools you from the inside out. I just love it and so does Tom. With Zoe, it depends on the day. It's almost impossible to add too much parsley to this dish, but adjust to your liking.

3/4 cup bulgur, medium coarse
3/4 cup very hot water

2 bunches flat leaf Italian parsley,
chopped
1/4 cup chopped mint
2 cucumbers, peeled, seeded and diced
small

3 Roma tomatoes, seeded & diced finely
1 bunch green onions, sliced thinly
1/4 cup canola oil
Juice of 1-2 lemons (Meyer lemons if
available)
Kosher salt & Coarsely ground pepper to
taste

Put bulgur in a large bowl and cover with hot water. Set aside while you prep the rest of the veggies.

When bulgur has absorbed all the water (which should happen in about 15-30 minutes), add the rest of the ingredients, using the juice from only one lemon at first. Taste and add more lemon juice if needed.

Serves 4

Note: Use good tomatoes if at all possible. If you can get Persian cucumbers, don't bother to seed them or peel them, just dice away! You can also try adding a green pepper, diced.





I had the chance this year to organize an event for people who have remembered Pathways in their estate plans. It was a wonderful party at the home of Judy and Ted Hoff high in the Los Altos Hills. Everyone had a wonderful time, the music was beautiful, the food delicious, and the flowers were gorgeous. Sometimes, I like doing events...



Norwegian Roasted Peppers

Don't ask me why this recipe claims to be Norwegian. I've had it since I was in high school and have loved it since then. It doesn't seem remotely Norwegian to me, but who knows!? Growing up, a Norwegian friend of my father's, Finn Tronrud, came to visit at least twice a year. To the best of my recollection, he never made this.

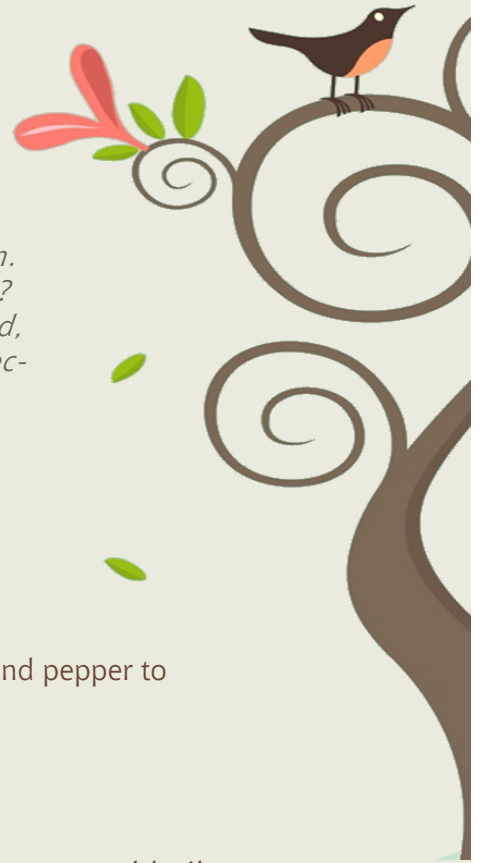
4 green peppers
4 red bell peppers
1/4 cup chopped shallots
2 Tbl Dijon mustard
2 Tbl red wine vinegar

2 tsp soy sauce
1/2 cup olive or canola oil
1/4 cup chopped parsley
Kosher salt & Freshly ground pepper to taste

Preheat oven to 375°F. Bring a pot of water to a boil. Add peppers and boil for 2 minutes. Drain. Place peppers in a foil-lined shallow baking pan. Bake for about 50 minutes, until peppers are roasted. Cool peppers slightly; peel skin, slice open and remove seeds and pith. Cut into thin strips. Combine pepper strips and shallots.

Combine mustard, vinegar, and soy sauce in a medium bowl. Slowly beat in oil. Season to taste with salt and pepper. Pour mixture over the peppers and shallots; mix well. Transfer to a serving dish and sprinkle with parsley. Chill until ready to serve.

Serves 6





These were the flowers from the event described on p. 20. They were incredible looking!



Clamage Eggplant Salad

When we lived in Boston back in the mid-1980s, we were introduced to Marc & Joanne Clamage by our friend Alan Templeton. Marc and I ended up working together for a little while. Some of my best memories, though, are of gathering in the Clamage's kitchen in Newton, sharing food. One evening, Joanne made this sublime eggplant salad that I've made ever since.

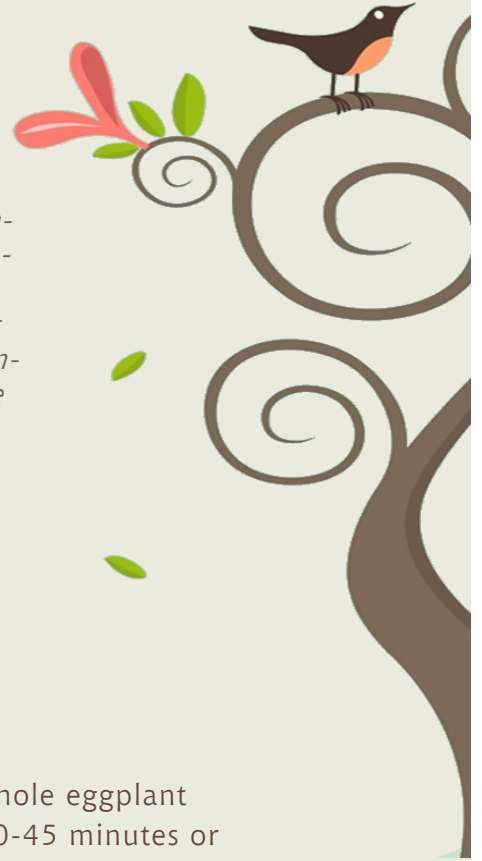
2 medium-large eggplant
1/4cup chopped parsley
5 green onions, minced

2 Tbl olive oil
1 Tbl lemon juice
1/2 tsp coarse salt

Prick the eggplants in several places, but do not peel. Place whole eggplant on a cookie sheet or baking dish and bake at 400° for about 30-45 minutes or until eggplant have deflated and are very soft. Allow to cool.

Slice eggplant in half and scrape the pulp from shell. Mix eggplant pulp with the rest of the ingredients. Chill before serving.

Makes 4 side-dish servings





Catalina Dressing

We re-discovered that 60's favorite—Catalina Dressing. But the commercial version is very high in sodium. This home version cuts the salt substantially (and it can be cut more by using low sodium ketchup)

1/2 cup ketchup
1/2 cup sugar (or Splenda)
1/2 cup red wine vinegar
1/2 cup onion, cut into cubes

1 tsp paprika
1/2 tsp Worcestershire sauce
1 cup canola oil
Salt & pepper

Combine all ingredients through Worcestershire sauce in a blender. Blend until onion has been pureed. Slowly add oil. Check seasonings. Cover and refrigerate for at least one week.

Makes 3 cups



Gingery Tomatoes

I started making this dish about 23 years ago, when we were living in Davis while I got my Master's. I don't think there's been a year that I haven't made this mid-summer when the tomatoes are fine. It's wonderful as the salad that it is, but this is also mighty fine on top of hot rice, with a slice of teriyaki steak on the side.

2 lb. ripe tomatoes
1 bunch green onions, chopped

1 Tbl finely grated ginger root
2 Tbl lemon juice
1 tsp Dijon mustard
¼ cup olive oil or canola oil
½ tsp garlic salt
Freshly ground pepper

If you wish to, pour boiling water over the tomatoes and leave for 1 minute. Peel skins off tomatoes and cut tomatoes into wedges. (If you don't care about the skins, just cut the tomatoes into $\frac{3}{4}$ inch wedges.)

Toss tomatoes and green onions with the rest of the ingredients. Let sit at least 20-30 minutes before serving.

Serves 4

Note: Good ripe tomatoes are really required here.



Enlightened Eggplant Parmesan

This is from a lovely cookbook, Hudson Valley Mediterranean. It was wonderful tasting and very different from the traditional. We all loved it.

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| 1 ¼ cups fresh bread crumbs | 2 cups Basic Tomato Sauce, your own homemade sauce, or your favorite commercial brand |
| ¼ cup finely grated Grana Padano or Parmesan cheese | 1 ¼ cups shredded mozzarella cheese |
| 4 medium eggplants (about 3 pounds), cut lengthwise into ¼ to ½-inch-thick slices | 1 ¼ cups shaved Grana Padano or Parmesan cheese |
| ¼ cup olive oil, plus extra for the baking sheets and dish | |
| Salt and freshly ground black pepper | |

Preheat the broiler. Generously grease two baking sheets (preferably nonstick) with olive oil. Lightly oil a 9 × 13 × 2-inch baking dish.

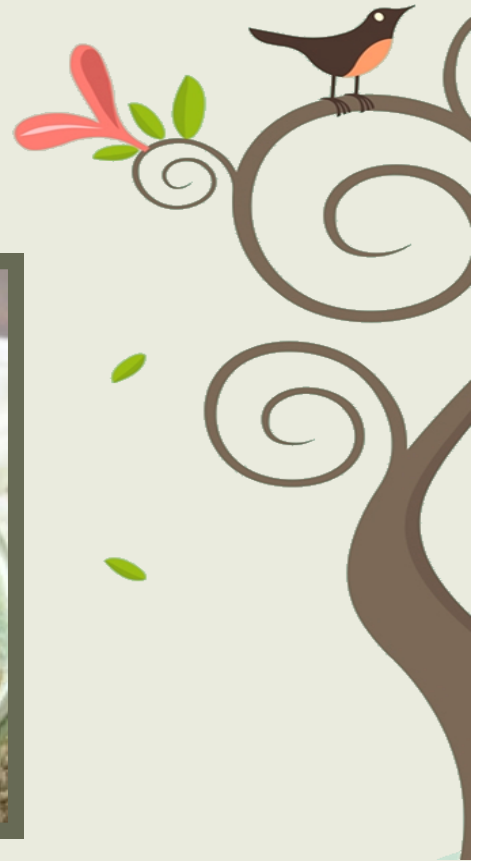
Combine the bread crumbs and grated Grana Padano in a small bowl, and set aside.

Brush both sides of the eggplant slices with the olive oil, and season them with salt and pepper. Arrange them in a single layer on the greased baking sheets and broil until the slices are tender, lightly browned, and softened, about 10 minutes. Remove from the oven and set aside to cool slightly.

Spoon ½ cup of the tomato sauce over the bottom of the oiled baking dish. Layer one third of the eggplant slices over the sauce, overlapping them slightly. Spoon ½ cup of the sauce over the eggplant, spreading it evenly, and sprinkle with ½ cup each of the mozzarella and the shaved Grana Padano. Top the cheese with another third of the eggplant slices, another ½ cup of the sauce, and another ½ cup of each cheese. Top with the remaining eggplant slices, sauce, and cheeses. Cover the dish with aluminum foil, and bake in the middle of the oven until the sauce is bubbling, about 30 minutes. Uncover, sprinkle the bread-crumble mixture over the top, and continue to bake until the crumbs are golden brown, about 10 minutes. Let stand 10 minutes before serving.

Serves 4 as a main serving or 8 side servings





Variations

- *Roast or grill the eggplant instead of broiling it.*
- *Add fresh basil and/or oregano between the layers.*

Pineapple Ginger Fried Rice

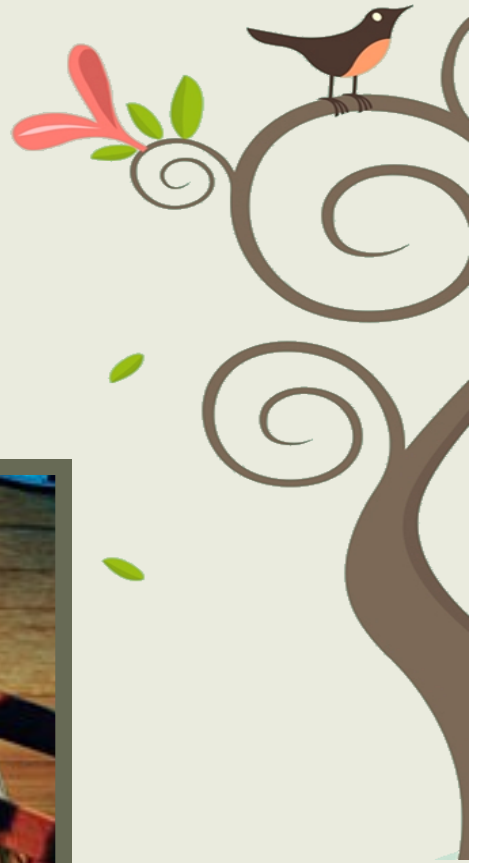
This recipe is from Gourmet circa about 2006. We brought this with us to the Desais one afternoon when we were playing bridge and they liked it too. It is subtle—not a hit over your head dish, but very nice.

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| 2 1/2 cups long-grain white rice | 1 1/2 teaspoons kosher salt |
| 3 1/3 cups water | 3/4 cup diced (1/4 inch) pineapple chunks
(fresh or canned in juice) |
| 1/4 cup peanut or vegetable oil | 1 teaspoon Asian sesame oil |
| 3 tablespoons finely grated (with a rasp)
peeled fresh ginger | 1 tablespoon oyster sauce |
| 5 scallions (white and pale green parts
separated from greens), finely chopped | |

Rinse rice in several changes of cold water in a large bowl until water runs clear. Drain in a colander. Transfer rice to a 4-quart heavy saucepan, then add water (3 1/3 cups) and bring to a boil. Reduce heat to low and cook, covered, until steam holes appear on surface and water is absorbed, about 13 minutes. Remove from heat and let stand, tightly covered and undisturbed, 5 minutes. Fluff rice with a fork and spread in a large shallow baking pan to cool quickly, about 45 minutes. Chill, covered with plastic wrap, at least 4 hours.

Heat a wok or 12-inch heavy skillet over moderate heat until a drop of water vaporizes instantly. Pour oil around side of wok, then tilt wok to swirl oil, coating side. When oil just begins to smoke, stir-fry ginger, white and pale green parts of scallions, and salt until fragrant, about 1 minute. Crumble rice into wok and stir-fry until lightly browned, 10 to 12 minutes. Remove from heat, then add scallion greens, pineapple, sesame oil, and oyster sauce, tossing to combine. Season with salt.





Gnocchi with Tomato Butter Sauce

The gnocchi is from a vacuum sealed package, the tomatoes from a can. But this is a subtle and smooth dish—it tastes soft. I can see Dean Martin enjoying it. Very nice. (Did I mention that Dean Martin became a major fave this year?) I found the recipe in a pasta cookbook written by Marcella Hazan's son, but I think he got it from Mama. This is one of those recipes that you can make mid-winter and not miss fresh tomatoes. If you're feeling energetic, you can make the gnocchi fresh—just see the recipe on page 54.

1 28-oz can whole tomatoes

2 pkg gnocchi (vacuum sealed variety)

5 Tbl butter

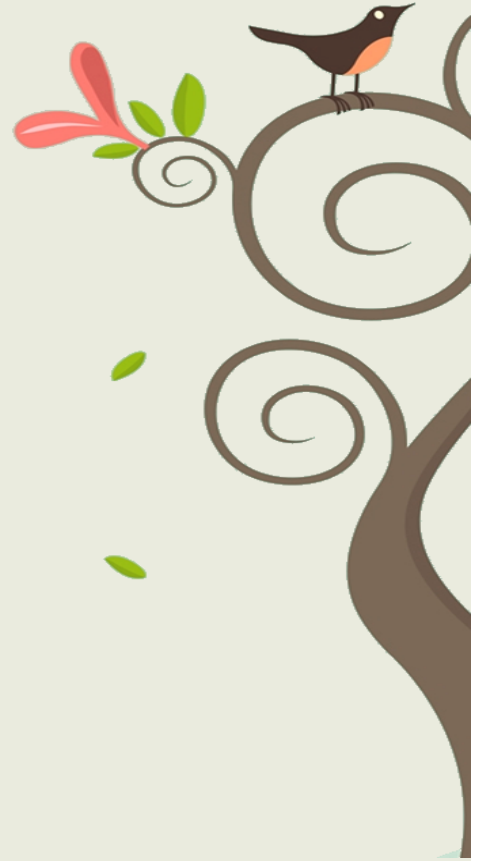
1 onion, cut in half from top to bottom

In a saucepan place tomatoes, cut roughly, with butter and onion. Add a pinch or two of salt. Bring to a gentle simmer over medium heat, then reduce heat to keep at a very gentle simmer. Cook for about 45 minutes, or until butter is floating free from tomatoes. Take the tomato out of the sauce (you can eat it if you want), and put a little sauce in the bottom of a serving dish.

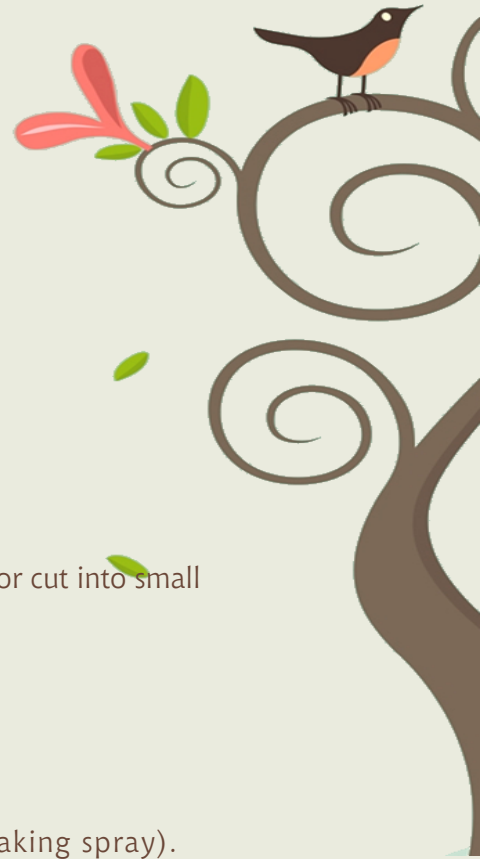
About 10 minutes before the sauce is done, bring a large pot of water to a rolling boil. Gently drop gnocchi into water (break up before this, if they are sticking together). As soon as the gnocchi rise to the surface of the water, scoop them out with a slotted spoon and transfer to the serving dish you lapped with sauce. (It shouldn't take more than a couple of minutes to cook the gnocchi.) Add sauce in layers as you scoop out the gnocchi. Toss gently and serve.

Serves 6









Trish's Scalloped Potatoes

I love scalloped potatoes, but don't like all the fat. Here's a compromise. It gets a B grade from caloriecount.about.com. That's pretty good as far as I'm concerned.

2 Tbl butter
1 Tbl canola oil
2 Tbl flour
2 cups low sodium chicken broth
1 can fat free evaporated milk
2-1/2 lbs red potatoes, sliced

Freshly ground pepper
1 tsp garlic salt
1/3 lb cheddar, shredded or cut into small cubes
1/4 cup shaved parmesan
2 Tbl minced parsley

Preheat oven to 400°F. Lightly grease an 11x7 pan (use oil or baking spray).

Melt butter over medium high heat. Add oil and onions and sauté until onions are beginning to brown. Add flour and sauté for about 1-2 minutes. Slowly add chicken broth and milk and let thicken slightly. Add potatoes, pepper, and garlic salt. Bring to a boil. Pour half of this mixture into the prepared baking pan. Scatter with half of the cheddar. Top with the rest of the potato mixture and then layer on the rest of the cheddar and the Parmesan.

Bake for about 1-1/4 hours. Let sit for about 5 minutes, then sprinkle with parsley and serve.

Serves 6



Alternative: Use about 1-1/2 lbs. Portobello mushrooms instead of the asparagus. We made a lot of simple lasagnas this year.



Asparagus Lasagna

I think I began making this in Chicago in the dead of winter. This past year I made it for the first time for Zoe and she loved it—even though she's not an asparagus fan. It's tastes light and fresh.

2 lbs asparagus, cleaned & snapped
2 Tbl. olive oil
6 sheets of no-cook lasagna
1/4 cup butter
1/4 cup flour

1-1/4 cup chicken broth
7 oz. Montrachet or soft goat cheese
1 tsp. lemon zest
1-2/3 cup parmesan, shredded
1/2 cup heavy cream

Preheat oven to 500°F. Snip the tips off the asparagus and set aside. In a large baking pan, toss the asparagus spears with the olive oil and roast in oven for 5-10 minutes, or until crisp-tender, shaking once or twice. Remove from oven and let cool. Cut asparagus spears into 1/2 inch pieces and salt to taste.

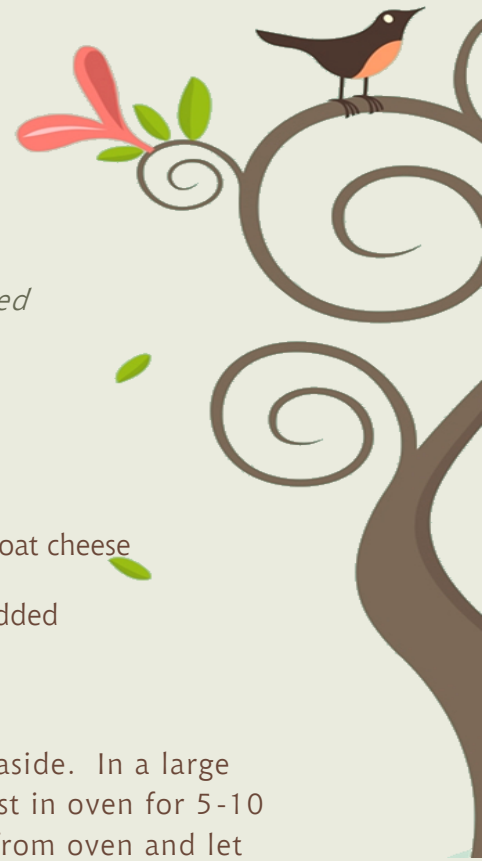
Soak the lasagna noodles in cold water for 15 minutes or until they are tender.

Meanwhile make sauce: Melt butter in a saucepan. Add the flour and whisk for a few minutes. Slowly add the chicken broth, whisking. Whisk for 5 minutes, then add the goat cheese and lemon zest. Set aside.

Organize the lasagna. Pour a little sauce in the bottom of a 13 x 9 casserole dish. Top with a sheet of pasta. Sprinkle some of the asparagus over the pasta, then sprinkle with parmesan, then add more sauce, noodle, asparagus, and parmesan again. Continue until all ingredients are used up. Top with the reserved asparagus tips, the whipped cream, and more parmesan.

Bake at 400°F for 20-30 minutes. Let set for 10 minutes before serving.

Serves 6-8





Oregon Tuna Melts

From an issue of Food & Wine, this recipe is fantastic! These are wonderful on their own or with the Cream of Mushroom soup. Awesome, awesome, awesome!

Two 6-ounce cans albacore tuna
1/4 cup finely diced red onion
1/4 cup extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon minced basil
1/2 teaspoon crushed red pepper
Salt and freshly ground pepper
4 ciabatta rolls, split

Dijon mustard and mayonnaise, for spreading
Eight 1/4-inch-thick slices of Swiss or Gruyere cheese (6 ounces)
Sixteen 1/8-inch-thick lengthwise slices of kosher dill pickle
2 tablespoons unsalted butter, softened

In a medium bowl, mix the tuna with the onion, olive oil, vinegar, basil and crushed red pepper. Season with salt and pepper.

Heat a panini press or griddle. Spread the cut sides of the rolls with mustard and mayonnaise and top each roll half with a slice of cheese. Spread the tuna salad on the bottoms and cover with the pickles. Close the sandwiches and spread the outsides of the rolls with the butter.

Add the sandwiches to the press and cook over moderate heat until the cheese is melted, about 6 minutes. Cut the sandwiches in half and serve.

Serves 4



Shrimp Biryani

A recipe from food52.com—it was so yummy! I really discovered basmati rice in 2010. I had always known about it, but stuck with my favored medium grain calrose rice. Indian food has administered an epiphany (is that possible?) and now I have multiple rice cravings. Sigh.

2 cups basmati rice	4 tablespoons oil
1 pound shrimp, shelled and de-veined	1 large yellow onion
1 teaspoon salt	1 teaspoon whole black peppercorns
1/2 teaspoon ground turmeric	1 cinnamon stick, 1 1/2 inches
1/3 cup cilantro	1/4 stick of butter
1/3 cup parsley	1/2 teaspoon whole cloves
2 jalapeño chilies	10 - 12 whole green cardamom pods
1 1-inch piece of ginger	2 bay leaves
4 large cloves of garlic	3 cups water

Preheat the oven to 350 degrees. Wash the rice and soak it in cold water until needed. Wash the shrimp and drain it well. Add the salt and turmeric and mix. Refrigerate until ready to use.

Peel the ginger and garlic and use a blender or food processor to blend it to a paste with the cilantro, parsley, chilies, and 2 tablespoons oil.

Chop the onion and mint and leave to the side until needed.

Heat 1 Tbl oil on medium in an oven safe dish. Add the peppercorns, cinnamon, cloves, cardamom and 1 bay leaf. Sauté until fragrant, approximately 2-3 minutes. Add the chopped onion and sauté until light brown, stirring constantly. Add 1/2 of the paste and sauté for another minute or two. Add water and salt (1-2 teaspoons depending on taste) and bring this to a boil. Drain the rice and add it to the boiling water and add the butter and mint. Bring this to a boil, cover and place it in the oven. Bake for 20 minutes.

When the rice has been in the oven for about 10 minutes heat 1 Tbl oil in a sauté pan and add the remainder of the paste along with the other bay leaf. Sauté this for a minute or two and add the shrimp. Sauté the shrimp until done (they should be light pink) about 5 minutes.

Remove the rice from the oven. Top it with the shrimp and serve with kachumber.

Serves 4



Kachumber

1/2 red onion, chopped
1 cucumber, peeled and chopped
4 ripe Roma tomatoes, seeded & chopped
1 Tbl white vinegar
2 Tbl canola oil
1/2 tsp sugar
Salt & Pepper

Toss all the ingredients together and let sit for at least 10-15 minutes.



Penang Shrimp

There used to be a wonderful restaurant in downtown Mountain View, Spice Islands. The manager Elizabeth was infinitely kind to us and Zoe was a special favorite. After a kitchen fire, the restaurant temporarily closed and has never re-opened. It's a shame, because their Malaysian, Singaporean, and Indonesian food was scrumptious! Almost every time we went, Tom needed the Penang Shrimp. I still need their Malaysian Nasi Goreng, but I'm not getting it. We welcomed 2010 with this dish.

1 lb peeled & deveined shrimp
8 cloves garlic, minced
1 Tbl canola oil
1/2 tsp red pepper flakes
2 Tbl diced green chilies (canned)

2 tsp Penang curry paste (about size of 2 cherries)
2 Tbl lemongrass paste

Small handful of Thai basil leaves, torn if large

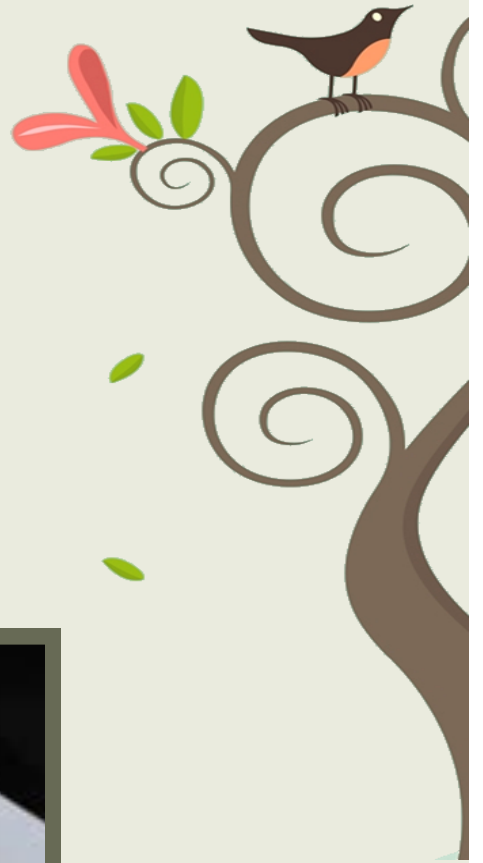
1 Tbl canola oil
1 small yellow onion, cut in 1" dice
1 small red pepper, cut in 1" dice

Combine shrimp with next four ingredients and set aside for 5-10 minutes while you prepare the onion and red pepper.

Heat oil in skillet or wok over high heat. Add onions and sauté for 1 minutes. Add Penang curry and lemongrass paste and sauté about 30 seconds. Add shrimp with marinade ingredients. Quickly sauté just until shrimp turn pink. Add basil leaves, toss, and serve.

Serves 4

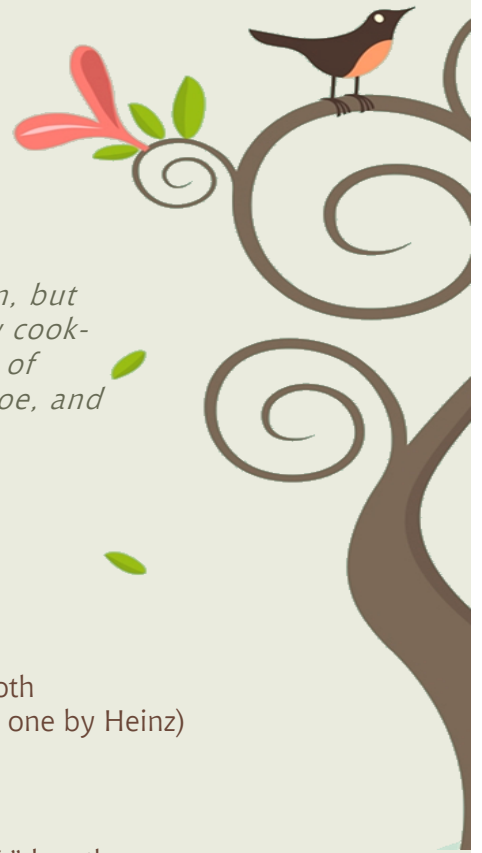






Zoe and her friend Leland Lee at 8th grade graduation.





Shrimp & Scallions

I have absolutely no memory of where this recipe came from, but it was a very big hit. So big I immediately copied it into my cooking notebook and promptly forgot the source. This was one of those meals that you want again and again—at least Tom, Zoe, and I do.

1½ lb large shrimp, peeled, deveined & butterflied
3 cloves garlic, peeled and minced
1" piece of ginger, peeled & minced
1 egg white, beaten
1 tsp cornstarch
¼ tsp red pepper flakes

¼ cup canola oil

SAUCE

½ low sodium chicken broth
½ cup chili sauce (the red one by Heinz)
2 tsp cornstarch
3 Tbl oyster sauce

6 green onions, cut into ½" lengths

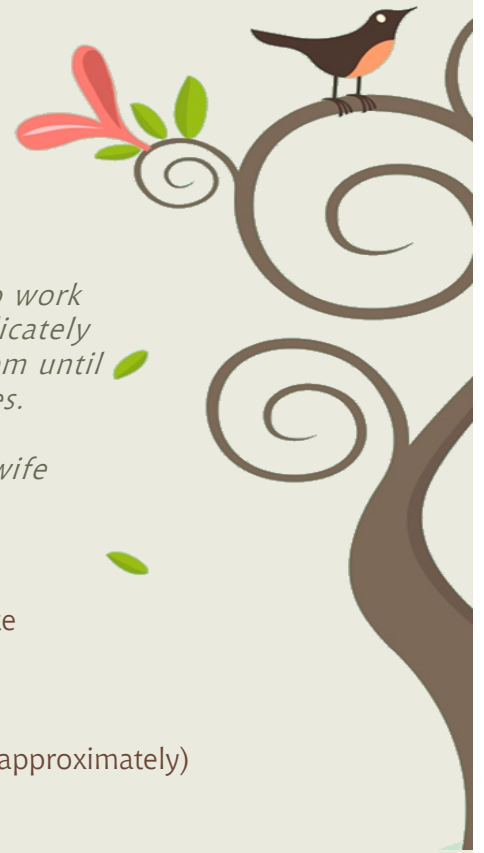
Marinate shrimp with garlic, ginger, egg white, cornstarch, and red pepper flakes for 10-15 minutes.

Mix sauce ingredients together and set aside.

Heat oil on high heat in wok. When very hot, add shrimp and stir fry for 2-3 minutes or until just cooked. Add sauce ingredients and boil until thickened. Add green onions, toss and serve.

Serves 4-6





Chintan & Simleen's Fishcakes

One day when I worked with Chintan Singh, he brought into work these little nuggets of deliciousness. The scent of cumin delicately wafted through the air. He wouldn't tell us what was in them until we had tasted them. None of us guessed they were fishcakes. Although an unusual breakfast, we devoured them before lunchtime ever came. He said this was a recipe he and his wife Simleen invented.

- | | |
|---|---------------------------------------|
| 12 oz. cod or catfish fillets, gently simmered until just cooked through | 1 tsp salt or more - to taste |
| 2 medium white or Yukon gold potatoes, peeled and cubed, cooked until just tender | ¼ tsp. cumin powder |
| 1 egg | ¼ tsp paprika |
| 1 small onion, finely chopped | 1 Tbl minced parsley |
| | ½ cup dry breadcrumbs (approximately) |
| | 2-4 Tbl canola oil |

Separately boil & mash fish and potatoes. Mix together and add chopped onions, egg & the spices. Mix well.

Make balls about the size of golf balls and roll them in breadcrumbs.

In a shallow skillet, heat 1 Tbl oil over medium heat until oil is shimmering. Add fishcakes and gently flatten slightly. Shallow fry till golden brown on both sides, perhaps two minutes per side since all the ingredients are already cooked. Add oil as needed.

Serves 3

Indian Chili & Lime Fish

At the end of this past summer, Zoe started interning at the local paper, the Los Altos Town Crier. She's been loving the chance to see small town journalism up close. This is a recipe from a local cookbook author that was featured in the Town Crier. It's wonderful!

4 fresh tilapia fillets, washed and cut into small pieces
Salt to taste
1/2 teaspoon red chili powder
2 tablespoons lime juice (divided)
4 tablespoons cornstarch (to coat fish)
2 tablespoons onion, chopped
1 tablespoon ginger, finely chopped

1 tablespoon garlic, finely chopped
1-2 green chilies, slit
10-12 curry leaves, chopped (optional)
1 teaspoon black mustard seeds
1 teaspoon garam masala powder
1/2 teaspoon dry mango powder (optional)
1 tablespoon fresh cilantro leaves (to garnish)
4-5 tablespoons canola oil (to stir fry)

Wash and pat dry fish with paper towel. Cut into roughly equally-sized pieces the size of small nuggets. Add pinch of salt, pinch of red chili powder and squeeze of lime juice. Roll in cornstarch and set aside.

Heat oil in large pan. Add mustard seeds. Once they turn gray and start to splatter, add chopped onions, ginger, garlic, slit green chilies and curry leaves. Stir - fry for less than 1 minute. (Be careful not to burn garlic or yourself, as curry leaves will splatter.)

Add fish pieces and toss lightly with other spices. Cook on medium-high heat for 4-5 minutes until done. Cornstarch will make the exterior crispy but keep the inside from drying out.

Garnish with chopped cilantro and lime juice. Serve hot as an appetizer or as a light meal.

Makes 3-4 servings.

Notes: This is incredibly tasty. From experience, I've found that you don't have to have the curry leaves or the dry mango powder. They are great additions, but hard to find unless you have an Indian market close by.

Serves 4





Korean Hot Wings

I wrote one word on this recipe—OUTRAGEOUS. It is.

2 lbs. chicken wings	Sauce:
1 tsp sea salt or kosher salt	3 Tbl soy sauce
1/2 tsp freshly ground black pepper	1-1/2 Tbl brown sugar
2 Tbl cornstarch	1 Tbl sherry
	1 Tbl water
2 cloves garlic, sliced	1 tsp Korean chili sauce
1 inch fresh ginger, peeled & sliced	2 Tbl light corn syrup
1/4 cup walnut halves (optional)	2 Tbl oyster sauce
1 lemon, cut into 4 wedges	
1 Tbl chopped parsley	

Preheat the oven to 400°F. Place the chicken wings in a large plastic bag. Sprinkle with the salt, pepper, and cornstarch and mix until all pieces are coated. Set aside for at least 5 minutes.

Set the chicken wings on a baking sheet lined with aluminum foil. Bake the wings for about 30-40 minutes or until cooked.

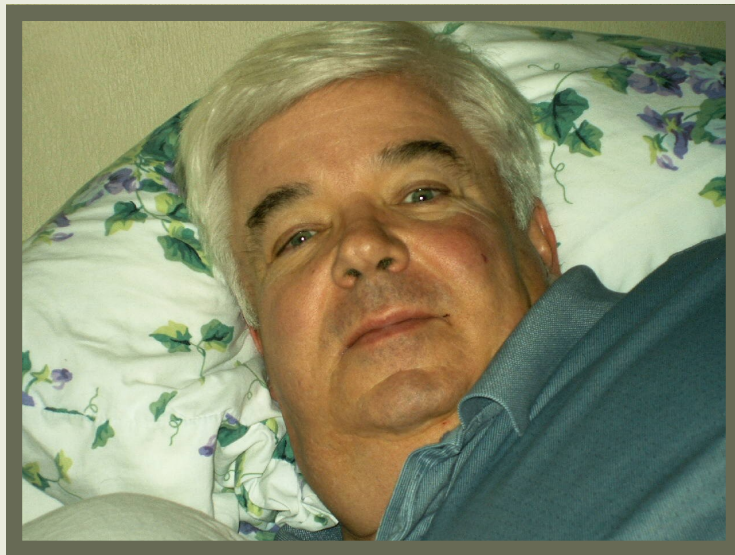
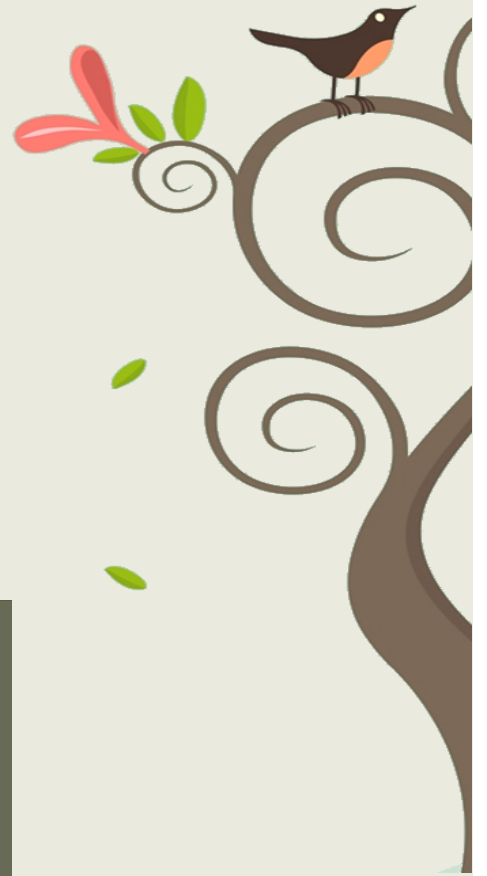
If you're using them, put the walnut halves in a small oven-proof dish and roast them in the oven for about 10 minutes, or until just beginning to brown.

In a small bowl, combine all the sauce ingredients.

In a wok, heat 1 Tbl of oil and add the garlic and ginger and stir fry for 30 seconds. Pour in the sauce. Heat on high until the mixture begins to bubble. Add the cooked chicken wings to the sauce and the walnuts (if you're using them). Stir them until all the wings are coated and hot, about 3-5 minutes. Serve with the lemon wedges and sprinkle with parsley.

Serves 4





Cheesy Chicken Enchiladas

*These are from Cooking Light magazine and very, very good.
We all loved them and wanted more.*

2½ cups chopped cooked chicken breast	cream of chicken soup, undiluted
2 cups (8 oz) pre-shredded reduced fat 4-cheese Mexican blend cheese	1 4.5 oz can chopped green chilies, drained
1 2/3 cups plain low-fat yogurt	8 flour tortillas
1/3 cup butter, melted	1 Tbl canola oil
1/4 cup chopped onion	1/2 cup (2 oz) finely shredded reduced- fat sharp cheddar cheese
1 tsp minced garlic	1/4 cup chopped green onions
1/4 tsp freshly ground pepper	
1 can condensed reduced fat, low sodium	

Preheat the oven to 350°F.

Combine first 9 ingredients in a large bowl. Remove 1/2 cup chicken mixture; set aside.

Heat a large skillet over medium-high heat. Working with one tortilla at a time, brush oil over both sides of tortilla. Add tortilla to pan; cook 5 seconds on each side or until toasted and soft. Remove from pan; arrange 1/2 cup chicken mixture down center of tortilla. Roll up and place, seam side down, in a 13x9-inch baking pan that has been coated with cooking spray. Repeat procedure with remaining 7 tortillas. Spread reserved 1/2 cup chicken mixture over enchiladas. Cover and bake for 20 minutes. Uncover and sprinkle evenly with cheddar cheese and green onions. Bake an additional 10 minutes.

Makes 8 servings





Chicken and Cabbage Salad with Fresh Mint

This is delightfully refreshing. It's a perfect summer salad. It makes me feel like I could waft away on a breeze—which is saying a lot, given me.

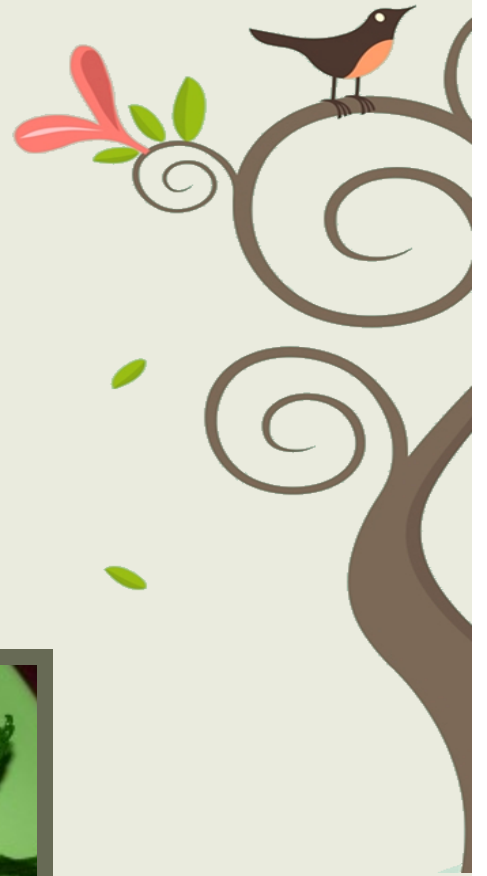
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| 1 lb or 2 cups cooked, shredded chicken breast | 1/2 cup fresh mint leaves |
| 3 Tbl freshly squeezed lime juice | 1/2 cup fresh Thai or regular basil leaves |
| 2 Tbl fish sauce | 1/2 cup fresh Italian parsley |
| 1 Tbl white vinegar | 2 cups finely shredded green, savoy, or Napa cabbage |
| 1 Tbl sugar | 3/4 cup shredded carrots |
| 1/2 tsp black pepper | 3 Tbl coarsely chopped roasted peanuts |
| 3/4 cup very thinly sliced red onion | |

Combine the lime juice, fish sauce, vinegar, sugar, and pepper in a medium bowl. Stir to dissolve the sugar and mix everything else. Add the onion and toss to coat. Set aside for 20 to 30 minutes.

Coarsely chop the mint, basil, and parsley. Add the them and the chicken, cabbage, and carrots to the bowl of onions and seasonings and toss to coat everything well. Mound the salad on a serving plate and top with chopped peanuts. Serve at room temperature or chilled.

Serves 4





Gnocchi di Patate al Sugo di Pomodoro

I have great memories of having the Uyeda/Levi family over a few years ago on Christmas eve and making gnocchi with Rachel. Although it takes a little time, gnocchi really aren't hard to make and they taste like little clouds. But whether or not you make the gnocchi from scratch, do try the tomato sauce—it's fast, easy, and delicious.

Tomato Sauce

1 Tbl olive oil
2 garlic cloves, minced
1 onion, cut in a large dice
1/3 cup dry vermouth
1 14-oz can stewed tomatoes
1 tsp dried basil leaves
1/2 tsp kosher salt (optional)
1/4 tsp coarsely ground pepper

Gnocchi

1 lb boiling potatoes, unpeeled
1/2 tsp salt
1/3 to 1/3 cup all-purpose flour (+ more for dusting surface)
Butter (for bowl)

1/2 cup freshly grated Parmesan
2 Tbl. Chopped parsley

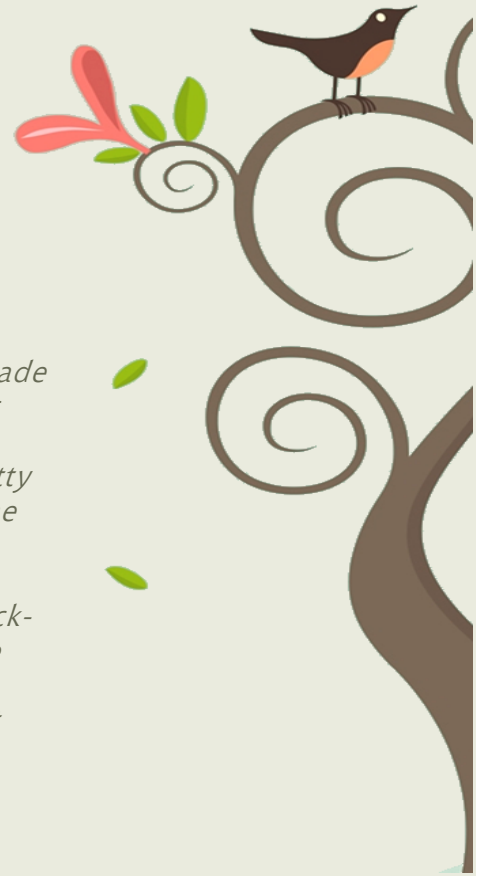
Sauce: In a medium saucepan, heat oil until just shimmering. Add garlic and onion and sauté for about 1-2 minutes, or until onion is looking glossy, but not yet softened. Add vermouth and boil vigorously for about 1 minute. Add tomatoes, basil, salt and pepper. Simmer for about 10-15 minutes or until slightly reduced and flavors are melding.

Gnocchi: In a large pot, combine potatoes with water to cover. Bring to a boil and simmer for 20-25 minutes or until they are very tender. Drain them and cool until they can be handled. Peel the potatoes and force them through a ricer or mash. Knead in the salt and flour, using only enough flour to form a soft but not sticky dough. Divide the dough into eighths and on a slightly floured surface roll out each piece of dough into a 1/2" thick rope. Cut into 1" segments. If you wish you can roll the dough pieces over the back of a fork to create a ridged surface. Lightly roll the piece across the back of the fork, using your thumb. The dough will slightly curl as you do this. (When you've made the gnocchi, they can be held for about 1 hour at room temperature, resting on a floured surface.)

Heat a large pot of boiling water. Add gnocchi in several batches, boiling them for about 10 seconds after they reach the surface. Remove them as they are ready with a slotted spoon, draining them well and transferring them to a well-buttered bowl. Sprinkle with Parmesan and parsley and serve with sauce.

Serves 6





Westmoreland Turkey Cutlets

This dish is named after a graduate school friend, Robert Westmoreland, who had dinner with us the first time we made this—back in 1988. It's become one of our standard meals and the tomato sauce (on the facing page) is Zoe's favorite tomato sauce for pasta. The whole meal goes together pretty fast. We like to serve steamed green beans to round out the meal. It's a meal my father would approve of! In fact, the gnocchi recipe is very similar to the way I remember Dad making gnocchi. And even though we normally use the packaged gnocchi, I wanted to include this recipe in case you're feeling adventurous. This meal originally came from Gourmet, but they used veal. We substituted turkey cutlets, but you can go back to the veal.

1/4 cup olive oil	3/4 cup low-sodium chicken broth
2 lbs turkey cutlets, flattened to 1/8" thickness and lightly sprinkled with salt and pepper	1/4 cup chopped fresh sage leaves (or 1 Tbl dried crumbled sage leaves)
3/4 cup dry vermouth (or dry white wine)	2 bay leaves, crumbled

In a large skillet, heat the oil over moderately high heat until it is hot but not smoking. Sauté the turkey in batches, turning it once and transferring to a plate as they are done. (Don't overcook.) Keep warm.

When all the turkey is cooked, add the vermouth and deglaze the pan, scraping up the brown bits. Add the broth, sage, bay leaves and any juices that have accumulated from the turkey. Bring the mixture to a boil and boil vigorously until it is reduced to about 1/3 cup. Strain the mixture through a fine sieve and lap the turkey slices with the sauce.

Serves 6



Arugula Steak Salad

Embarrassed to be including this—but it's so simple and so good and we ate it so much... It's one of those things it would be easy to forget because it's so simple.

4 steaks—tenderloin, rib eye, New York, sirloin (whatever you like and can afford)
Olive oil
Freshly ground black pepper
Garlic salt (Lawry's) or garlic powder (get the good stuff with large flakes and parsley)

1/2 cup olive oil
Juice from 1 Meyer lemon
Freshly ground coarse black pepper
Salt to taste

6 cups arugula
Shaved parmesan

Drizzle olive oil over the steaks and sprinkle with pepper and garlic salt. Let sit for at least 20 minutes. Grill to desired doneness. Let rest while you prepare the salad. Slice thickly.

Mix together the olive oil, lemon juice, pepper and salt. Drizzle over the arugula (you'll probably have leftover dressing). Top with parmesan. Serve with slices of the steak.

Serves 4



Hunan Beef

I printed this recipe a couple of years ago and then never made it. But when I was looking for a Chinese recipe that wasn't loaded with sodium, this one came to the fore. And we all loved it!

3/4 lb beef flank steak
1 egg white
1 Tbl cornstarch

1 Tbl soy sauce
1/2 Tbl chili paste with garlic
1 1/2 tsp cornstarch
1/2 tsp sugar

1/2 tsp Asian sesame oil
2 cloves garlic, minced

2 Tbl canola oil

4 cups watercress leaves
1 Tbl dry sherry
1/8 tsp salt

Slice flank steak thinly against the grain. In a bowl, combine beef with egg white and cornstarch.

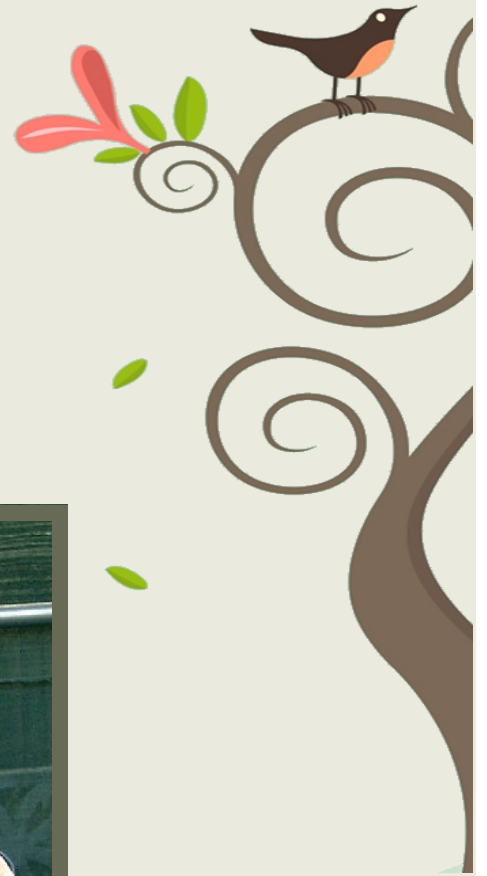
In a separate bowl, mix together soy sauce, chili paste, cornstarch, sugar, sesame oil, and garlic. Set aside.

Heat 1 Tbl of the oil in a wok or large skillet. Stir-fry meat, half at a time, about 2 minutes. Use additional oil if needed for second batch. Remove meat to platter and keep warm.

Heat a little extra oil if needed; add watercress, sherry, and salt. Stir-fry for 30 to 40 seconds. Arrange watercress around beef on platter.

Serves 4





Zoe with her main buds—Natalie and Marion



Garlic Fried Jasmine Brown Rice

1 1/2 cups brown jasmine rice	1 tablespoon minced garlic
1 1/2 tablespoons plus 1 tsp. canola oil, divided	Kosher salt
	Freshly ground black pepper

Cook rice according to instructions, then chill, uncovered, until firm and dry, at least 2 hours.

Heat 1 1/2 tbsp. oil in a 12-in. frying pan over medium-high heat. Add rice and heat, stirring gently, until hot, 1 to 2 minutes. With a wooden spoon, clear a space in center of pan; pour in 1 tsp. oil and stir garlic into oil. Let garlic sizzle for about 30 seconds, then stir into rice to combine. Season to taste with salt and pepper.

Make ahead: Cook rice through step 2 up to 1 day before using; chill, covered.



Beef Adobo Salpicao

This is an updated version of a very traditional Filipino dish. It is easy and delicious. I dream about this.

- | | |
|---|--|
| 1 cup thinly sliced shallots (4 to 6 large) | 1 bay leaf |
| 1/4 cup canola oil | 3/4 teaspoon freshly ground black pepper |
| 1/4 cup olive oil | 2 tablespoons soy sauce |
| 1 1/2 pounds top sirloin steak, cut into 3/4-in. chunks | 2 tablespoons coconut vinegar* or |
| 3 large garlic cloves, minced | 4 tsp. cider vinegar |

In a 12-in. frying pan over medium heat, cook shallots in oils, stirring often, until deep golden, 7 to 8 minutes. With a slotted spoon, transfer shallots to paper towels. Discard all but 2 tbsp. oil from pan.

2. Increase heat to high. Add beef to frying pan; cook until browned on underside, 1 to 2 minutes. Stir in garlic and bay leaf. Turn meat; when second side is brown, stir in pepper, soy sauce, and vinegar. Boil until reduced by half, 1 to 2 minutes. Spoon meat into a bowl and top with shallots.

Serves 6

Serve with Garlic Fried Rice (facing page).

**Note: Look for coconut vinegar in the Asian food aisle of your grocery store or buy it at an Asian market.*



Anise Flank Steak

Tom & I have been making this as long as we've been married. It works well hot or cold and goes well with a lot of side dishes (including the potatoes on the next page). I love the spikiness of the lemon juice and find that it melds wonderfully with the anise seeds.

6 Tbl lemon juice

2 Tbl soy sauce

2 cloves garlic, roughly chopped

1/2 tsp anise seeds, crushed

1/4 tsp pepper

1 flank steak, scored in diamond pattern

Mix all the ingredients except the flank steak. Add flank steak and marinate for at least a couple of hours at room temperature or up to overnight refrigerated. Grill until done to desired doneness.

Serves 6-8





Hasselback Potatoes

This is a traditional Swedish recipe. It packs a visual wow—especially if you use potatoes of different colors. They are simple to make, yummy to eat.

12 medium potatoes—red, white, yellow, purple 1/2 tsp freshly ground black pepper
1/2 tsp sea salt or kosher salt 2 Tbl olive oil

Slice the potatoes at 1/4 inch intervals the length of the potato. Toss with salt, pepper, and olive oil, and bake about 45 minutes at 400 degrees.



Roasted Pork & Cucumber Salad

We often cook pork tenderloin and have it one night warm, then the next night slice it thinly for a salad. This is one of the better ones we made this year.

1 lb pork tenderloin, roasted
3 Tbl sesame seeds, toasted
2 small cucumbers (or Persian cucumbers), halved lengthwise and seeded (you don't need to seed Persian cucumbers)
1 heart of celery (the inner white ribs)
1 bunch scallions, finely sliced
1 fresh red jalapeño, seeded and finely chopped
Finely grated zest of 1 lime
2 stalks lemongrass, tough outer leaves discarded, thinly sliced
30 fresh cilantro leaves

20 fresh mint leaves, torn
Salt & freshly ground pepper

Dressing

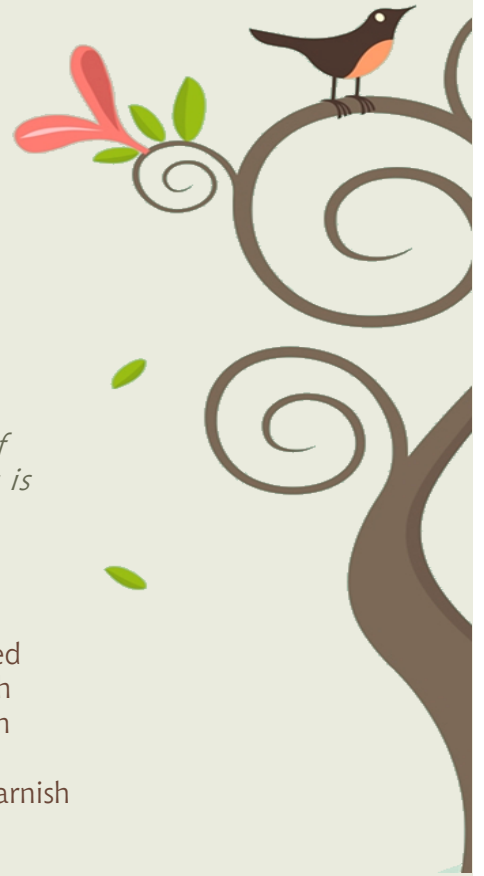
2 tsp sugar
Juice of 2 limes
2 Tbl rice vinegar
1 tsp ground coriander
1 fresh red jalapeño, seeded and finely chopped
2 Tbl toasted sesame oil
1 Tbl Asian fish sauce
1 Tbl soy sauce

To make dressing, put the sugar, lime juice, and vinegar in a small saucepan. Add 1 Tbl water and bring to a boil. Stir in coriander and jalapeño. Pour the liquid into a food processor or blender and process until smooth. Stir in the sesame oil, fish sauce, and soy sauce. Set aside.

Cut the cucumber into matchstick-sized pieces. Cut the celery to the same dimensions. Put the cucumber and celery in a large bowl. Add the scallions, chile, lime zest, lemongrass, and most of the sesame seeds. Sprinkle in the cilantro and mint, reserving some for garnish. Cut the pork into thin slices and add to the salad. When ready to serve, pour the dressing over the salad and toss gently to mix. Garnish with the remaining cilantro and mint and sprinkle the remaining sesame seeds over the top.

Serves 4





Pork Birds with Fontina

My mom often made German Rouladen—thinly sliced beef wrapped around bacon, pickles, onion, and mustard. This is a much more delicate version of that idea.

8 thin slices of pork loin, pounded very thin	1 Tbl olive oil
Kosher salt & freshly ground pepper	2 cloves garlic, minced
1/2 lb fontina cheese, cut into 8 sticks	1/4 cup dry vermouth
1/4 cup minced parsley	1/4 cup chicken broth
1 bunch arugula or spinach (each will give a special flavor)	1 tsp butter
	Minced parsley for garnish

Lightly salt and pepper the pork slices, then top with fontina, parsley, and 4-6 leaves of arugula for each slice. Roll up and secure with toothpicks.

In a 12-in. frying pan over medium-high heat, heat olive oil until shimmering. Add pork birds and brown evenly on all sides, turning heat down to medium as they begin to brown on the first side. When browned on all sides, remove the pork birds to a serving platter.

Add garlic to the pan and sauté for about one minute. Add vermouth and deglaze pan. Add chicken broth and bring to a boil. Boil vigorously for about 2-3 minutes, or until slightly reduced. Add butter and swirl. Pour over the pork birds and serve.

Serves 4

Ginger and Honey Baby Back Ribs

These were on the cover of Bon Appétit in 2009. Although we couldn't eat these often, they were superb. You might not believe it, but I've altered the recipe significantly to reduce sodium.

5 lbs meaty baby back pork ribs, cut into
4-5 rib sections
1/4 cup chopped peeled fresh ginger
6 garlic cloves, chopped
1 Tbl sugar
1 tsp coarse Kosher salt
1 tsp coarse ground black pepper
2 Tbl honey
1 Tbl soy sauce
1 Tbl Asian fish sauce

2 limes, cut into 6 wedges each
White pepper to dust ribs

Combine ginger, garlic, sugar, salt, and black pepper in processor and puree to blend well. Add honey, soy sauce, and fish sauce and process until blended. Spread spiced marinade on both sides of ribs. Cover with plastic wrap and refrigerate at least 4 hours (or leave at room temperature for 2 hours).

Spray a grill rack with nonstick spray. Place rib racks meaty side down on grill rack. Grill ribs for 8 minutes per side, then cover and barbeque until ribs are cooked through (about another 8 minutes per side). Alternatively, transfer ribs to baking dish and bake at 375°F for 45 minutes.

Transfer ribs to cutting board and cut into individual ribs. Lightly dust with white pepper and serve with lime wedges.





Garlic Knots

Very yummy and decadent. I made them when Zoe had some friends over and they were gone almost immediately. They're pretty too!

2 Tbl olive oil, plus more for greasing pan	1/4 tsp salt
2 lb frozen pizza dough, thawed	1 Tbl finely chopped fresh Italian parsley
1 garlic clove	1/2 cup grated Parmesan cheese

Place oven racks in upper and lower thirds of oven and preheat oven to 400°F. Lightly oil 2 large baking sheets.

Divide dough in half. Keep half of dough covered with a clean cloth. Gently roll out other half into a 10-inch square on a lightly floured surface with a lightly floured rolling pin. (Use your hands to pull corners. If dough is very elastic, cover with a clean kitchen towel and let rest about 3 minutes.)

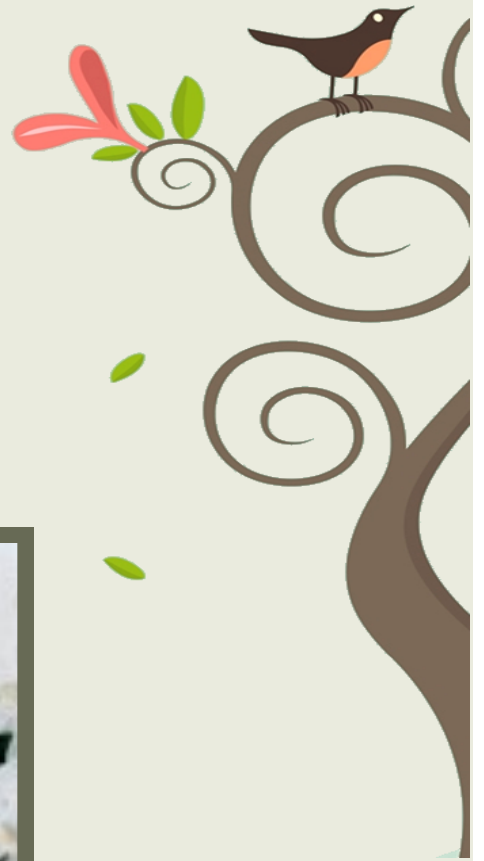
Cut square in half with a pizza wheel, then cut each half crosswise into 15 strips (about 2/3 inch wide). Cover strips with a clean kitchen towel.

Keeping remaining strips covered, gently tie each strip into a knot, pulling ends slightly to secure (if dough is sticky, dust light with flour) and arranging knots in staggered rows on 1 baking sheet. Keep knots covered with clean kitchen towels. Repeat with second half of dough, placing them on second baking sheet. Bake for 20-25 minutes or until golden, switching pans once.

While knots bake, mince garlic and mash to a paste with salt, then stir together with oil in a very large bowl. Immediately after baking, toss knots in garlic oil, then sprinkle with parsley and parmesan. Serve warm or at room temperature.

Makes about 5 dozen knots





Cornmeal, Chile, and Corn Scones

When the chile is baked into these scones, it becomes more mild. You can also reduce the amount if you want to reduce the heat further. I loved these.

1¾ cup all-purpose flour	½ cup fresh corn kernels (about 1 ear)
¾ cup cornmeal	1 jalapeño pepper, seeded and minced
1 Tbl baking powder	1 cup nonfat buttermilk
1 tsp kosher salt	
4½ tsp chilled butter, cut up into small pieces	

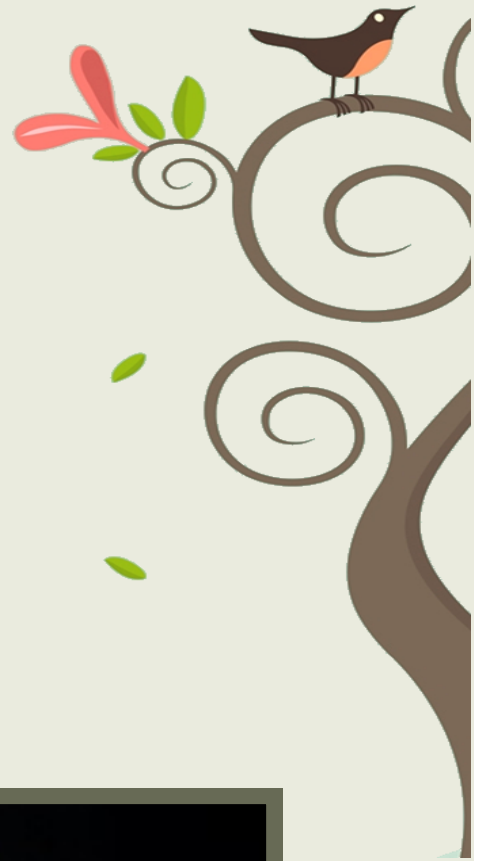
Preheat oven to 400°F.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cornmeal, baking powder, and salt in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender until mixture resembles coarse meal. Stir in corn kernels and chile. Add buttermilk, stirring just until moist (dough will be slightly sticky).

Turn dough out onto a lightly floured surface and knead lightly 2 or 3 times. Pat the dough into a 9-inch circle on a baking sheet coated with cooking spray. Cut dough into 12 wedges, cutting to, but not through, dough. Bake for 25 minutes, or until lightly browned. Cool on a wire rack.

Makes 12 scones







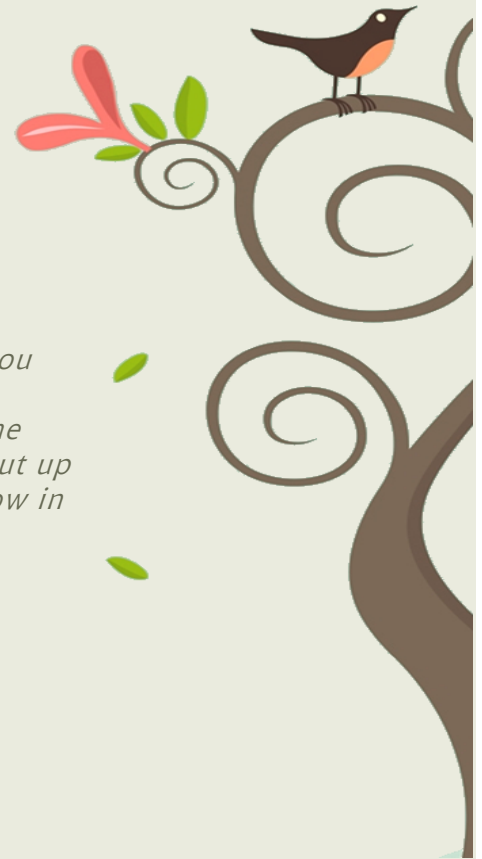
Granola

This is a wonderful granola recipe based on one by Molly Wizenberg in Bon Appétit. You can tinker with it by using almonds, walnuts, pecans, pepitos, or sunflower seeds. If you like, add 1/2 cup of unsweetened shredded coconut before baking the granola. Add citrus zest if you like. And once the granola is cooled, add dried cranberries or blueberries, or cut up dried apricots. I love golden raisins in it. You can also throw in some chocolate chips after everything is cooled off.

3 cups old fashioned oats
1 cup chopped nuts
3 Tbl packed brown sugar
3/4 tsp cinnamon

1/2 tsp ground ginger
1/4 cup honey
2 Tbl canola oil
1 cup dried fruit

Preheat the oven to 300°F. Line rimmed baking sheet with parchment. Mix oats through ginger in large bowl. Stir together honey and oil in a saucepan over medium heat until smooth; pour over oat mixture and toss. Spread in prepared pan. Bake until golden; stirring every 10 minutes, for about 40 minutes total. When cool add dried fruit.



Apple Walnut Flax Seed Bread

Diane Hollenbaugh handed me a few slices of this bread, fresh from her oven. Even a few months later, I can still taste it—warm, soft, appley, mmmmmm!

1 cup all-purpose flour
3/4 cup whole wheat flour
3/4 cup brown sugar, packed
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
generous pinch freshly ground nutmeg
2/3 cup buttermilk**

1/3 cup unsalted butter, melted and slightly cooled
1 teaspoon vanilla extract
2 large eggs, lightly beaten
1 cup grated apples
1/2 cup coarsely chopped apples
1 tablespoon flax seeds
3/4 cup coarsely chopped walnuts, divided
cinnamon and sugar for sprinkling

Preheat oven to 350 degrees F. Grease and flour a 9×5x3-inch loaf pan and set aside.

In a medium bowl, whisk together flours, sugar, salt, baking powder, baking soda, cinnamon and nutmeg.

In a small bowl, whisk together buttermilk, eggs, melted butter and vanilla extract.

Mix the wet ingredients into the dry ingredients. Add the grated apples, chopped apples flax seeds and half of the chopped walnuts. Fold to incorporate thoroughly.

Spoon batter into prepared pan and top with granulated sugar, cinnamon and the rest of the walnuts. Bake for 40 to 50 minutes or until a skewer inserted in the center of the loaf comes out clean.

Let cool in the pan for 15 minutes then invert onto a cooling rack to cool before wrapping. Serve slightly toasted with butter.





** If you don't have buttermilk, put 1 Tbl lemon juice in a 1 cup measure and top off with milk (nonfat, low fat, or full fat all work). Let sit for a couple of minutes and you'll have faux buttermilk.

Apple Sour Cream Coffee Cake

Another superlative apple confection. This was made several times—Zoe and friends liked this a lot! This came from the Hudson Valley Mediterranean Cookbook.

Coffee Cake

2 cups all-purpose flour
1 ¼ cups sugar, divided
4 tsp ground cinnamon, divided
2 tsp baking powder
2 large eggs
¾ cup milk
¼ cup sour cream (or plain yogurt)
8 Tbl unsalted butter, melted
2 medium apples (Gala, Honeygold, Empire),
cored, peeled, and cut into small dice (about
2 cups)

Streusel Topping

⅓ cup firmly packed light brown sugar
⅓ cup sugar
12 Tbl cold unsalted butter, cut into tiny pieces
1 ½ tsp ground cinnamon
½ tsp salt
½ tsp vanilla extract
2 cups all-purpose flour

Preheat oven to 350°F. Butter and dust a Bundt pan with flour; set aside.

Make the streusel topping: Combine all the ingredients with a mixer, food processor, or your fingers until it really comes together and the butter is well-incorporated. The topping should feel moldable when squeezed in your hands. Set aside.

Mix the flour, 1 cup of the sugar, 1 tsp of the cinnamon, and the baking powder in a large bowl. In a separate bowl, mix the eggs, milk, sour cream, and butter until well blended. Stir the wet mixture into the dry mixture until well incorporated.

Pour half the batter into the prepared pan and use a spatula to spread it out evenly.

In another bowl, mix the apples, the remaining ¼ cup sugar, and the remaining 3 tsp cinnamon. Spread ¾ (about 1 ½ cups) of the apple mixture over the batter. Cover the apple layer with the remaining batter.

Scatter the remaining apple mixture over the batter, followed by the streusel topping. Bake in the center of the oven until a toothpick inserted in the center of the cake comes out clean, about 70-75 minutes.

Transfer the cake to a wire rack and allow the cake to cool completely.



Variations:

- Instead of apples, substitute 2 cups berries, 1 cut pitted fresh cherries, 1 cup drained crushed pineapple, or 2 medium bananas (sliced and laid in the center, or chopped into the streusel).
- Omit the fruit entirely and sprinkle a little of the streusel between the two layers of batter.



I finally went on Facebook this year and found so many old friends. It was a revelation—this whole world of people I thought I had lost touch with forever. This photo, taken in about 1975 or 1976, with our high school group brought back so many memories. It shows Eddie Lyons, myself, Chris Bastian (behind), John Niblock, Jan Vandebande, Ginny, and Brent.

Triple Citrus Cheesecake

This is a recipe from Philadelphia Cream Cheese that is fantastic. It is the best cheesecake I've ever eaten. It's light and creamy. The only possible problem is that the top does crack and I've failed to prevent that. Kraft claims that if you barely beat in each egg the top won't crack. I don't buy it. If cracks in the top of cheesecakes bother you, spread on a layer of sour cream.

1 cup graham cracker crumbs (from about 6 graham crackers) - can use low fat	1 tsp. vanilla
1/3 cup firmly packed brown sugar	4 eggs
4 Tbl butter or margarine, melted	1 Tbsp. fresh lemon juice
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened (2 can be reduced fat)	1 Tbsp. fresh lime juice
1 cup granulated sugar	1 Tbsp. fresh orange juice
2 Tbsp. flour	1 tsp. grated lemon zest
	1 tsp. grated lime zest
	1 tsp. grated orange peel

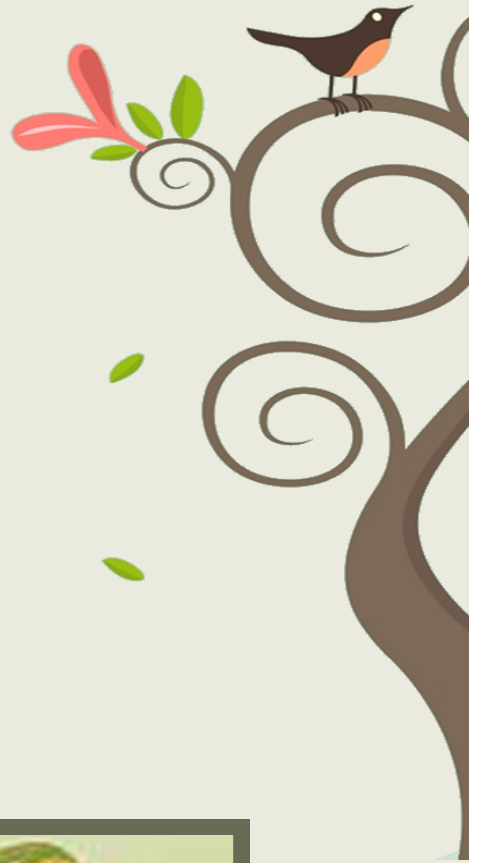
Preheat oven to 325°F if using a silver 9-inch springform pan (or to 300°F if using a dark nonstick 9-inch springform pan). Mix crumbs, brown sugar and butter; press firmly onto bottom of pan. Bake 10 minutes.

Beat cream cheese, granulated sugar, flour and vanilla with electric mixer on medium speed until well blended. Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Stir in remaining ingredients; pour over crust.

Bake 1 hour and 5 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Store leftover cheesecake in refrigerator.

Makes about 16 slices





Sugar Donut Muffins

These are a somewhat healthier alternative to doughnuts—but let's face it, they're not entirely healthy! They are yummy and disappeared at home and work at a rapid clip.

3/4 cup sugar (can do 1/2 cup sugar and 1/4 cup Splenda)	1/4 tsp ground nutmeg
1 large egg	1/4 cup canola oil
1 1/2 cups all-purpose flour (can do 1/2 cup whole wheat flour and 1 cup all-purpose flour)	3/4 cup milk (low-fat is fine)
2 tsp baking powder	1 tsp vanilla
1/4 tsp salt	1 Tbl butter, melted
	1/3 cup sugar, for rolling
	(See variations below)

Preheat oven to 350°F. Lightly grease a muffin tin with cooking spray or oil.

In a large bowl, beat together sugar and egg until light in color.

In a small bowl, whisk together flour, baking powder, salt, and nutmeg. Pour into egg mixture and stir to combine. Pour in oil, milk, and vanilla.

Divide batter evenly into 10 muffin cups or 28 mini-muffin cups, filling each about 3/4 full.

Bake regular muffins for about 18 minutes, mini-muffins for about 15 minutes or until a tester comes out clean.

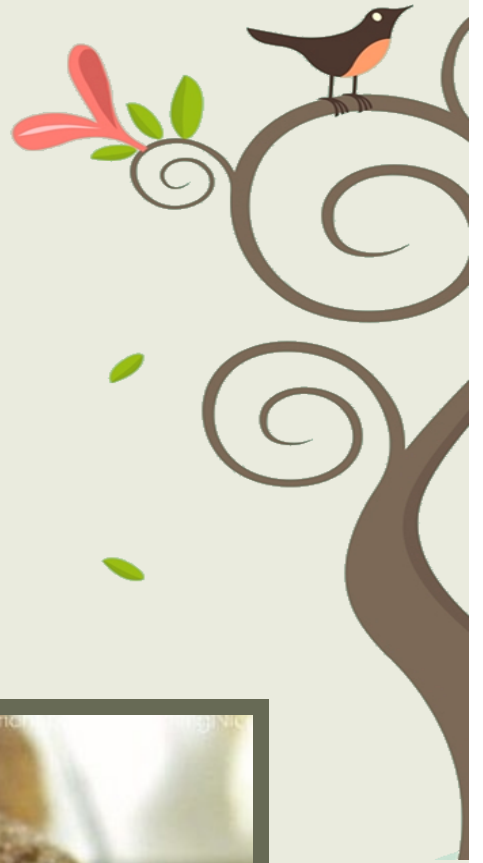
While muffins are baking, melt butter and pour remaining sugar into a small bowl. When muffins are done, lightly brush the top of each with some melted butter, remove from the pan and roll in sugar. Cool on a wire rack

Makes 10 muffins or 28 mini-muffins

Variations:

- Cinnamon Sugar: Add 1 Tbl cinnamon to sugar before rolling muffins
- Powdered Sugar: Roll twice: once when warm and then again after cooling all the way





Cranberry Oatmeal Bars

My colleague Genie brought these into work one day and they were amazing. They're not too sweet, but full of flavor. They are adapted from a recipe in Cooking Light magazine. You'll want to zest the orange before you juice it!

Crust

1 cup all-purpose flour
1 cup old fashioned oats
1/2 cup packed brown sugar
1/4 tsp salt
1/4 tsp baking soda
1/4 tsp cinnamon
6 Tbl butter, melted
3 Tbl orange juice (from orange used for zest)

Filling

1 1/3 dried cranberries (about 6 oz)
3/4 cup sour cream
1/2 cup sugar
2 Tbl all-purpose flour
1 tsp vanilla
1/2 tsp grated orange peel
1 large egg white, lightly beaten

Preheat oven to 325°F. Coat an 11x7 baking pan with cooking spray and set aside.

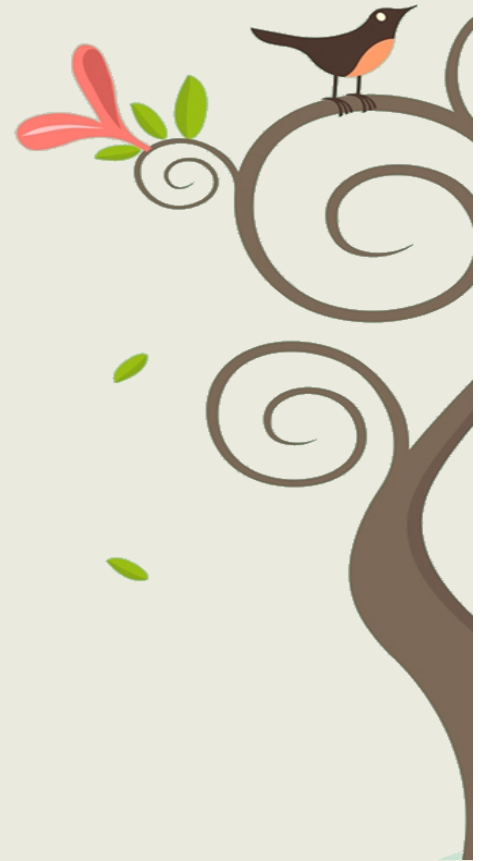
To prepare crust, combine flour and ingredients through cinnamon in a medium bowl, mixing well. Drizzle butter and juice over flour mixture, stirring until moistened (mixture will be crumbly). Reserve 1/2 cup oat mixture. Press remaining into the bottom of the baking pan.

To prepare filling, combine cranberries, sour cream, granulated sugar, and remaining ingredients in a medium bowl, stirring well. Spread cranberry mixture over prepared crust; sprinkle reserved oat mixture over filling.

Bake at 325°F for 40 minutes, or until edges are golden. Cool completely in pan on a wire rack.

Makes about 2 dozen bars





Variations:

- Cherry Oatmeal Bars: Substitute dried cherries for the dried cranberries and lemon zest for the orange zest in the filling
- Blueberry Oatmeal Bars: Substitute dried blueberries for the dried cranberries and lemon zest for the orange juice and orange zest.
- Maple-Date Oatmeal Bars: Substitute chopped pitted dates for the dried cranberries. Omit granulated sugar from filling, and add 2 Tbl maple syrup and 2 Tbl brown sugar.

Russian Tea Cakes

We had a lot of fun baking these over Christmas break. They were wonderful, although I have to say that my colleague Holly, who knows from both pecans and things Russian, says that Russians don't have pecans. It's a conundrum, then, how these can be called Russian Tea Cakes.

1 cup butter
1/2 cup powdered sugar
1 tsp vanilla
2 cups all-purpose flour

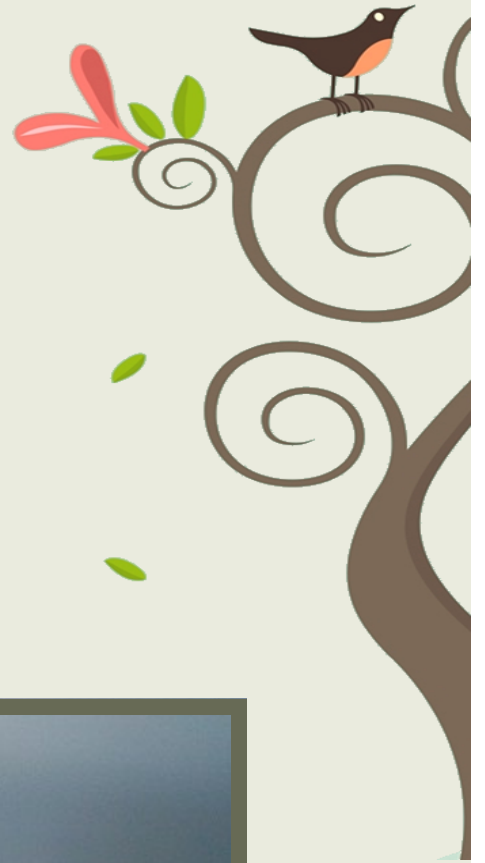
1/4 tsp salt
1 cup chopped pecans (can also use walnuts
or hazelnuts)

Cream butter with sugar until well blended. Beat in vanilla, then add flour and salt. Mix well. Add nuts, if using. Chill several hours in refrigerator. Form 1" balls and bake on ungreased cookie sheet at 400 degrees for 8-12 minutes. Cookies should not brown, but be light golden on bottom.

Immediately drop into powdered sugar, roll, and place on rack to cool. When the cookies are cool, roll again in powdered sugar to coat.

Makes about 4 dozen





Stick Cookies

There is a little old lady up in Los Altos Hills who has created quite a business selling her special recipe stick cookies. They are flat out amazing—crispy, buttery, light—to die for. But they retail for about \$8 for a small batch. Here's my try, based on her ingredients and a batch of recipes.

1 cup butter
¾ cup brown sugar
2 tsp vanilla
2 Tbl cane sugar

2 cups all-purpose flour
1 tsp baking soda
1/8 tsp salt

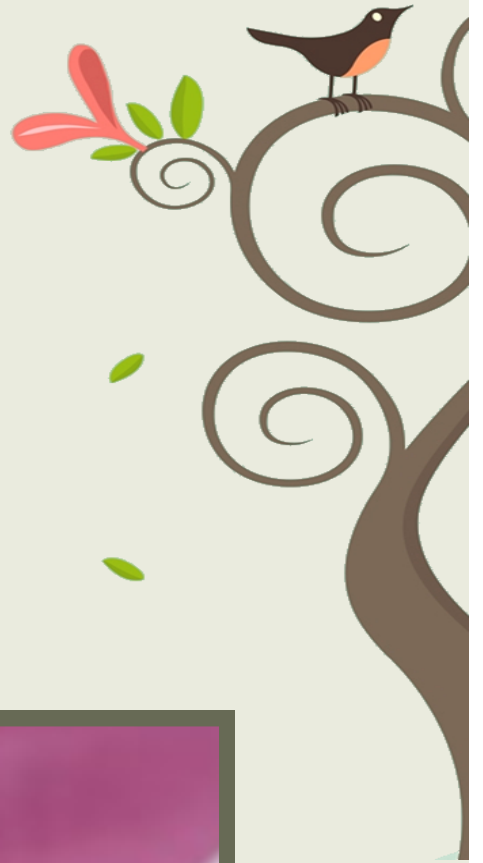
Fill kitchen sink with about 2 inches of cold water. Melt butter in a 2- to 3-quart heavy saucepan over moderate heat and cook, stirring occasionally, until butter turns golden with a nutlike fragrance and flecks on bottom of pan turn a rich caramel brown, 10 to 12 minutes. (Butter will initially foam, then dissipate. A thicker foam will appear and cover the surface just before butter begins to brown; stir more frequently toward end of cooking.) Place pan in sink to stop cooking, then cool, stirring frequently, until butter starts to look opaque, about 4 minutes. Remove pan from sink and stir in sugar and vanilla. Then stir in cane syrup.

Whisk together flour, baking soda, and salt in a small bowl and stir into butter mixture until a dough forms. Shape into a ball, wrap with plastic wrap, and let stand at cool room temperature 1 to 2 hours (to allow flavors to develop).

Divide dough in two pieces. Roll each into a log about 1-1/4" diameter. Roll in sugar. Put on a cookie sheet. Put oven rack in middle position and preheat oven to 350°F. Bake logs for about 30-35 minutes. Let cool for 5 minutes, and then cut on the diagonal into ½" slices.

Makes about 2½ dozen





Truffle Brownies

From Bon Appétit in June 2010. I can only say one thing— these are good.

Nonstick vegetable oil spray	3 large eggs
12 ounces bittersweet chocolate (do not exceed 61% cacao), chopped, divided	1 1/2 teaspoons vanilla extract
11 tablespoons (1 stick plus 3 tablespoons) unsalted butter, cut into 1-inch cubes	1/4 teaspoon salt
1 1/4 cups sugar	1 cup unbleached all purpose flour
	1 cup walnuts, toasted, coarsely chopped
	3/4 cup heavy whipping cream

Position rack in center of oven and preheat to 350°F. Line 9 x 9 x 2-inch metal baking pan with foil, leaving overhang. Spray foil with nonstick vegetable oil spray. Combine 6 ounces bittersweet chocolate and butter in medium metal bowl. Set bowl over saucepan of simmering water and stir until chocolate and butter are melted and smooth. Remove bowl from over water and cool chocolate mixture until lukewarm, 5 to 10 minutes.

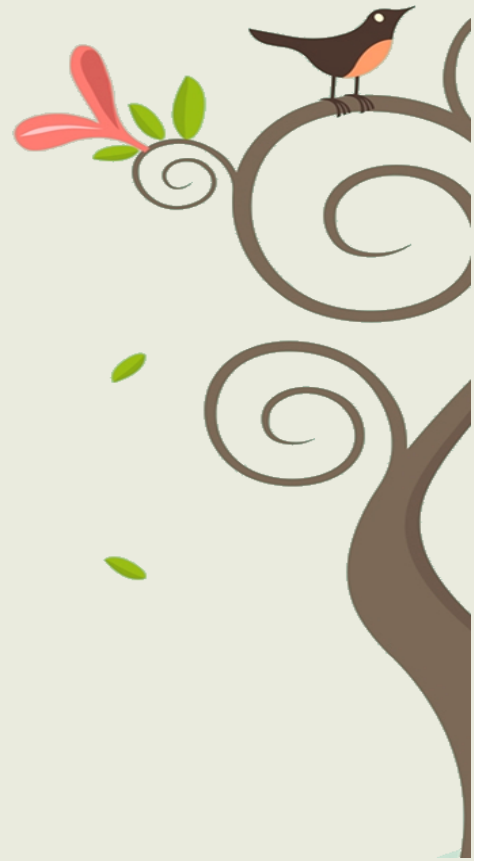
Whisk sugar, eggs, vanilla extract, and salt in large bowl to blend. Whisk in chocolate mixture. Stir in flour, then chopped toasted walnuts. Transfer batter to prepared baking pan. Bake brownies until tester inserted into center comes out with moist crumbs attached, 26 to 28 minutes. Transfer pan to cooling rack and let brownies cool completely.

Bring cream to simmer in small saucepan over medium heat. Remove from heat. Add remaining 6 ounces chocolate to hot cream and let stand 5 minutes to soften, then whisk until melted and smooth. Pour chocolate ganache over brownie sheet in pan and spread to cover completely. Let stand at cool room temperature until topping is set, about 4 hours. DO AHEAD: Can be made 1 day ahead. Cover and store at room temperature.

Using foil as aid, lift brownie sheet from pan. Fold down foil edges. Using large sharp knife, cut brownie sheet into 25 squares, wiping knife with hot moist cloth after each cut. Arrange brownies on platter and serve.

Makes 25 brownies







Glaze

1 1/2 c powdered sugar
1 tsp vanilla
enough heavy cream to make a thick glaze

Mix all ingredients and spoon over warm scones. Zoe and friends prefer a thickly applied glaze. Go figure!



Vanilla Scones

I end this cookbook where the year began. I made these early in January 2010, for the first of what would be several monthly four-board Risk games that Zoe and her friends engaged in. They were inhaled. I mean that almost literally. I made a whole batch. They were there. They were gone. I have no idea how they disappeared as fast as they did. Suffice to say, they were requested again and again. All agree that the glaze requires heavy cream (they're teenagers). I think it's fine with fat free evaporated milk. If you want to splurge, get some vanilla beans and scrape out the seeds—add to the dough & glaze.

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup sugar, or vanilla sugar
5 tablespoons butter, cold
1 cup full-fat sour cream

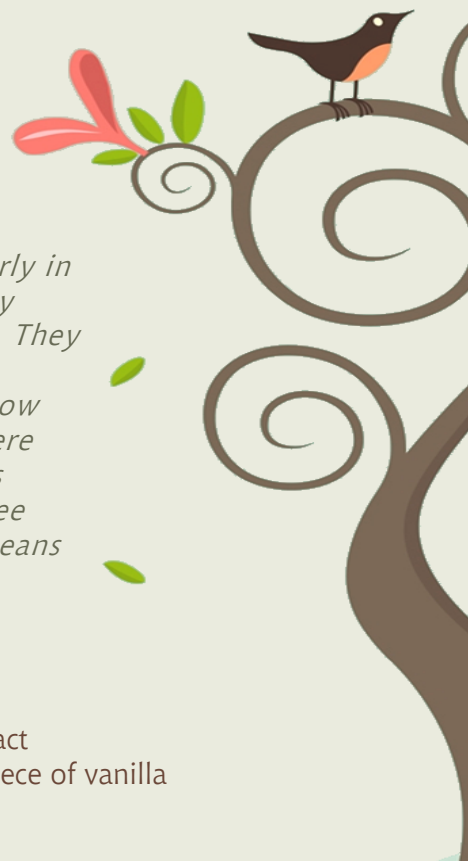
1 large egg yolk
2 teaspoons vanilla extract
Scrapings from a 1/2" piece of vanilla (optional)

Preheat oven to 350°F. Rub the cold butter into the dry ingredients until flour is crumbly. In a separate bowl, whisk together the sour cream, egg yolk, vanilla scrapings, and vanilla extract until blended. Add to the flour mixture and stir with a fork until dough forms a ball. Dough will be sticky.

Divide the dough into 10-12 balls. Place the balls onto a silpat lined baking sheet and pat into disks about 1-inch thick. Cut the dough into 4 wedges but do not separate. Let stand twenty minutes, so the gluten can relax.

Bake for 15 minutes or until just pale golden. Glaze (see opposite page).

Makes 40 scones



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