

2012

MORGAN FAMILY



COOKBOOK

HAPPY HOLIDAYS 2012

Christmas is approaching and I actually have a chance of getting this cookbook done before the end of the year! My, my, what a surprise that would be. As Zoe just reminded me, last year I finished it in May. Or maybe June! [Update: I'm going to get it done before Valentine's Day!] (Dream on, Trish, it's the day before Easter and you are finally getting this out!) (It is now the first week in August and I'm still trying to get the final edits done!)



We come to this point in the year relieved at the result of the election. It was a big thing in our house this year. Election night found four friends over, a small whiteboard to record the electoral college vote as it changed, the large expanse of glass window and door covered from top to bottom with sheets of paper, each representing a local, state, or national vote. As the night went on and the votes were called, the sheets filled with results. We shouted and danced as they called the vote for Obama. We even had a visit from new school board member Steve Nelson! It was quite a night.

THE POOL

The carp on the front of this cookbook and the art on each page tell the story of this year - in the sense that for me at least, this year was filled with water. January found me barely able to walk after having torn my Achilles tendon. So I began to go to the Y. It's been an extraordinary year. I began with 100 days straight of exercising. In the pool every morning before work, I found gloriously warm, soft water. Slowly I made friends in the water as well. I feel very lucky every day when I look out the window at the Y at the trees and sky. In the summer, every evening was filled with soft golden blue light as we swam in the pool at the townhouse.

THE GIRL, THE GUY, AND THE DOG

Zoe had a good year. She was elected News Editor of her high school paper, *The Talon*, and also elected Vice President (with Eli!) of the speech and debate club. She had a great trip to Seattle with *Talon* staff, learning about first amendment issues at the high school journalism conference. She's still wrestling and interning at the *Los Altos Town Crier*. And she spent the summer once again keeping Shoreline Park beautiful as a part of their Youth Conservation Corps.

Tom is good too. He and I did Atkins this summer, losing weight and gaining energy. We're sliding now, but I think we're eating better than we ever have. Tom is subbing still and chaufferring Zoe and generally keeping us all going. He and Bailey have a regular dialogue of chatter.

We're fine and hope you are too. Enjoy the recipes.



SPICED PEPITAS

These little spicy morsels of goodness were brought to card night by Jill Matzke. They are a tiny bit sweet, spicy, savory and very, very lovely. Jill advises that as soon as they are cooled, you seal them REALLY airtight. They are originally a Martha Stewart recipe.

1 large egg white
1/4 cup sugar
1 teaspoon coarse salt
1/2 teaspoon chile powder
1/4 teaspoon ground allspice

1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper
2-1/2 cups raw pepitas (hulled green pumpkin seeds)

Preheat oven to 350°F.

In a medium bowl, beat egg white until soft and foamy. In a small bowl mix together sugar, salt, chile, allspice, cumin, and cayenne pepper. Whisk sugar mixture into egg whites. Stir in pepitas until well coated.

Spread pepita mixture in a single layer on a rimmed baking sheet. Bake until golden and fragrant and seeds are almost completely dry, 10 to 15 minutes. Place baking sheet on a wire rack to cool. Spiced pepitas may be stored in an airtight container at room temperature up to 2 weeks.



HEATHER'S VIETNAMESE SUMMER ROLLS

Heather Nishimura, who has volunteered for Pathways for longer than I have worked there, made these rolls for a reception in 2006. I was hooked. I've made them over and over through the years. They are a great meal when it's too hot, when you have picky eaters, when you want something light but yummy. I find them entirely addictive. I love the way the rice paper sheets are still stiff as you pull them out from their momentary dip in the water, but as you fill them, the sheets soften and when you're ready to roll, they are ready to drape softly over the fillings. Don't overfill!

Chicken:

2 tablespoons fish sauce
2 tablespoons finely chopped fresh ginger
1 tablespoon soy
1 tablespoons honey
1/2 teaspoon kosher salt
freshly ground pepper to taste

3/4 pound boneless, skinless chicken breast, cut
in 1/4" strips

Other Roll Ingredients

Red leaf or butter lettuce
Carrots, fine julienne
Bean sprouts
Persian cucumbers, fine julienne
Cilantro leaves
Mint leaves or Thai basil leaves (I prefer the basil
leaves, but the mint grows right outside my
door, so it's a lot handier)
Cooked bean thread (cellophane) noodles
12-in round sheets of rice paper

Combine all ingredients and marinate chicken for about 20 minutes. Add a little oil to a med-hot pan and sauté the chicken with all the marinade just until the chicken is cooked through. Cool to room temperature before using for the rolls.

To fill rolls, dip the rice paper into lukewarm water momentarily. Place on a clean plate and fill with desired ingredients. Roll like a burrito.

To hold until serving, drape with a moist paper towel or kitchen towel, cover with plastic wrap and keep in refrigerator. Serve with Dipping Sauce.

Serves 4 for a meal or 8-10 for appetizers

Dipping Sauce (Nuoc Cham)

2 tablespoons finely chopped fresh garlic
1/4 cup granulated sugar (or Splenda)
1 teaspoon tuong ot toi (Vietnamese chile-garlic sauce)
3 tablespoons fish sauce
2 tablespoons soy sauce
1/4 cup fresh lime juice
1/3 cup water

Combine the garlic, sugar and tuong ot toi in a large mortar and mash to a paste. In a small bowl, mix the paste with the fish sauce, lime juice and water. Whisk to dissolve sugar. Keeps in refrigerator for a week.

SPLIT PEA SOUP WITH ROSEMARY

This is from Cooking Light many years ago. It's a completely different kind of split pea soup from the typical ham hock variety. I liked it the night I made it, but it was even better cold from the fridge the next day. I keep thinking about it, so it has found a place in this year's cookbook.

1-1/2 cups green split peas
2 teaspoons olive oil, divided
2 cups chopped onion
1 cup diced carrot
1 bay leaf
1 tablespoon minced garlic cloves, divided
(about 3 cloves)
1 tablespoon minced fresh rosemary, divided
1 teaspoon paprika

1/4 teaspoon black pepper
1 tablespoon tomato paste
1 tablespoon low-sodium soy sauce
4 cups water
2 cups vegetable stock or 1 (14-1/2-ounce) can
vegetable broth
1 teaspoon salt
1/4 cup chopped fresh parsley
1/4 cup low-fat sour cream

Sort and wash peas; cover with water to 2 inches above peas, and set aside. Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add onion, carrot, and bay leaf; sauté 5 minutes, stirring frequently. Add 2 teaspoons garlic, 1 teaspoon rosemary, paprika, and pepper; cook 3 minutes. Add tomato paste and soy sauce; cook until liquid evaporates, scraping pan to loosen browned bits.

Drain peas. Add peas, 4 cups water, vegetable stock, and salt to onion mixture; bring to a boil. Cover, reduce heat to medium-low, and simmer 1 hour, stirring often. Discard bay leaf.

Place half of soup in blender or food processor; process until smooth. Pour pureéd soup into a bowl. Repeat procedure with remaining soup.

Combine 1 teaspoon oil, 1 teaspoon garlic, 2 teaspoons rosemary, and parsley. Stir parsley mixture into soup. Spoon soup into bowls; top each with sour cream.

Note: If you use canned broth instead of vegetable stock, omit the added salt.

Serves 4



CREAMY TOMATO SOUP

It was a cold November day and I wanted tomato soup. This is the result. It was so good, we vowed to make it again and again.

1 tablespoon canola oil	1/4 teaspoon white pepper
2 tablespoons butter	1 can (12 oz) evaporated milk
1 large yellow onion, diced small	2 cans (15 oz) tomato sauce
2 large cloves garlic, minced	2 cups water
1/4 cup all-purpose flour	1 4" length fresh rosemary
2 teaspoons chicken (or vegetable) broth granules	1 teaspoon dried basil

Heat oil and butter in a soup pot over medium heat until butter has melted and it is bubbly. Add onions and sauté for about 2 minutes. Add garlic and continue to sauté over medium heat for 5-7 minutes or until onions are wilting. Add the flour, broth granules, and white pepper and stir for 2 minutes or so. Add the evaporated milk in 5 or 6 shots, stirring after each shot. Then add tomato sauce and water and bring to a boil over medium heat, stirring often. When it comes back to a boil, add rosemary and basil and lower heat to low. Simmer for 15-20 minutes. Remove rosemary before serving.

Serves 6

Serve with large whole wheat tortillas dotted with cheddar and romano.



Zoe, Rachel Katin, Matthew Ruehle, and Jeremy Katin all helped serve food at a Pathways event this summer. It was a lot of fun to have them there.

BEEF & BARLEY SLOW COOKER SOUP

I'm just a sucker for beef and barley soup. It shames me how many of the soups I adore are a result of judicious (or injudicious) imbibing of Campbell's soups as a child. Those tastes have imprinted themselves on me and I find myself trying to create soups that taste just like Campbell's. Which is ridiculous, since it's a lot cheaper to just buy the can. But, here you go.

1 pound sirloin, cut in 3/4 inch chunks
1 medium onion, chopped
5 carrots, chopped
3/4 pound mushrooms, sliced thinly
1-14-oz can diced tomatoes
32 oz. beef broth
1 porcini broth cube (optional)

1-1/2 cup water
3/4 cup barley
1 teaspoon thyme
1/2 teaspoon rosemary
2 tablespoons cornstarch, mixed with
2 tablespoons water

Combine all except cornstarch mixture in slow cooker. Cook on high for about 6 hours. Add cornstarch slurry and mix until thickened.

Serves 4-6



CHICKEN & DUMPLINGS

This recipe is from The Fannie Farmer Cookbook – the 1970s edition. It was one of the first cookbooks I ever bought when I came to the States. I lent it to my brother Rick while I was in college and had to steal it back because he was loath to let it go. This recipe is reason enough for holding the cookbook dear. When they released a new version in the 2000s, they had changed the recipe to add breadcrumbs to the dumplings – horrors!!!! Don't mess with a masterpiece. This is quintessential American cooking.

Every marriage has recipes that grow and flow with it. This is absolutely one of those for Tom & me. We ate this when we were first married in the snow and sleet of Boston, ate it as it rained in Davis, and as the icicles grew in Chicago. Zoe has eaten this since she started eating solid food. We all love it. Every single person I have ever made this dish for has loved it. I can make it in my sleep now.

It is utterly crucial (in an I'm not entirely sure you have to abide by this, but why mess with success sort of way) not to open the pot for the twenty minutes the dumplings cook. The pot may begin to boil over – lower the heat, but don't open the pot! This year we had the Hollenbaughs over for Chicken & Dumplings with Apple Sharlotka for dessert. The Sharlotka fell on the floor, but with this for dinner, who cares?

1 large yellow onion, cut in 1/2" cubes
1 chicken, cut in pieces (or 1 pkg best of fryer)
6-8 carrots, peeled & cut in 2-3" lengths
6 stalks celery, cut in 2-3" lengths
1 bay leaf
1 lg can chicken broth (48 oz or 6 cups chicken broth)
1 teaspoon dried rosemary
1 teaspoon dried thyme
1/2 teaspoon kosher salt

Dumplings

1/4 cup butter
2 cups flour
1 tablespoon baking powder
1/2 teaspoon kosher salt
2 tablespoons minced parsley
3/4 cup milk

Get a large dutch oven (capable of holding at least 1 gallon). Scatter onion at bottom. Place chicken pieces on top on onion and top with carrots & celery. Add bay leaf, chicken broth, rosemary, thyme, and salt. Cover pot and heat to boiling on high, then lower to medium and cook for 20 minutes.

Meanwhile, rub together the butter with the dry ingredients until the butter is in very small chunks (about the size of a small pea). Add the parsley and blend well. Add the milk and stir with a spoon until incorporated. You should have some floury bits left – that's good.

When the chicken has cooked for 20 minutes, take the cover off and drop in dumplings off the spoon. Don't worry about making them perfect or even totally equal in dimension. Each dumpling should be a little less than 1/4 cup. At the end, scatter in the floury bits at the bottom of the bowl. Put the cover back on and continue to cook at medium heat for an additional 20 minutes. Do not raise the cover during this time. If the pot begins to boil over, lower the heat slightly.

After twenty minutes, take the cover off, turn the heat off and serve directly to the table.

Serves 6

THAI PORK & NOODLE SOUP

Incredibly fast and simple, but very, very good. This recipe came from Real Simple. It is satisfying on those cold nights when you yearn for soup, but don't want something really heavy.

1 tablespoon canola oil
1 bunch scallions, thinly sliced
4 cloves garlic, chopped
1 tablespoon chopped fresh ginger
(from a 1-inch piece)
1 pound ground pork
1 tablespoon fish sauce or soy sauce
1 pound mushrooms, green beans, or
baby bok choy, sliced

6 cups low-sodium chicken broth
1 red jalapeno, sliced
4 ounces wonton wrappers, sliced
into 1-inch strips
Lime wedges for serving
Cilantro leaves, for serving (optional)

Heat the oil in a large saucepan over medium-high heat. Add the scallions, garlic, and ginger and cook, stirring, until fragrant, about 30 seconds. Add the pork and cook, breaking it up with a spoon, until browned and cooked through, 6 to 8 minutes. Add the fish sauce and cook for 1 minute. Add the mushrooms or other veggie and cook, stirring frequently, until tender, 2 to 3 minutes more.

Add the broth and jalapeno slices to the saucepan and bring to a boil. Add the wonton wrappers, reduce heat, and simmer until tender, 1 to 2 minutes.

Serve with the cilantro and lime wedges.

Serves 4



YOGURT SOUP WITH CUCUMBERS & WALNUTS

This is a great summer soup. I viewed it with some suspicion, I will admit, when I saw it on Food52. But the writer said his 3 year old son loved it. If a 3 year old can like it, surely I can TRY it! I removed the bread that was originally in the recipe to lower the carb count and it was indeed splendid. Try it – you too may like it.

2 garlic cloves
1 teaspoon salt
1 cup walnuts
1/4 cup olive oil
2 cups plain Greek yogurt (whole)

4 small Persian cucumbers (or 1 English cucumber, peeled and seeded)
2 tablespoons lemon juice
1 small bunch dill or mint



Crush the garlic and salt to a pulp, using either a mortar and pestle or the side of a large knife.

Reserve a few walnuts. Using a food processor (or a mortar and pestle, if you want), briefly pulse the rest of the walnuts. Transfer to a bowl.

Add a couple tablespoons of olive oil to the paste and then all the yogurt, whisking well. Add the lemon juice. Grate and add the cucumbers.

Let cool in the fridge for an hour or more, if you have it, and then add enough very cold water to make it into a spoonable soup. Chop the reserved walnuts and use for a garnish, along with the dill or mint, some lemon wedges and the olive oil.

Serves 4

THINGS WE LOVED IN 2012



The Descendants (ok –only Trish and then through massive tears!)

The warm water pool at the Palo Alto Family Y – 89° makes it a touch of paradise!

Before dinner and late night swims all summer at the pool at our townhouse

Sherlock and Elementary

The Newsroom

The favorites: *White Collar, Covert Affairs, Big Bang Theory, New Girl, Parks & Recreation*

Low carb whole wheat tortillas

Knitting and sewing and beading

Cuddling with Bailey on the couch

Playing Carcassone with Zoe and friends

Going to SF museums on Tom's birthday

Going to the Natural Bridges beach with the Desais and the Hollenbaughs on Memorial Day (even if Trish did have to be dragged across the beach in a beach wheelchair – thank you Zoe and Brij!)

Creating a workspace in the garage for sewing and crafts

Hanging lights on the porch off our room

Learning, once again, to meditate

Learning that eating the Atkins way is hard work, but feels damn good

Learning the pleasures of DVRs

Discovering smartphones

Angry Birds

The fourth of July at Shoreline with everyone – playing cards with the Desai family, while Zoe and friends chased after kites up Crittenden Hill in the dark

Great weather all summer

Deducing that TGI Friday's served our daughter hard lemonade at Francois' birthday party! (Well, perhaps we didn't love this, but it was interesting)

Watching Zoe, Eli, Brian, and Natalie set up the Christmas tree and make chains of popcorn and cranberries and then play games by the fire. Magical...



Sausage Arugula Spinach Puff

I made this the day after Thanksgiving for Tom, Alan, Zoe & I. When we were all done, there was a small 3 inch by 3 inch piece left. It tasted wonderful! We had it with a fruit salad of comice pears, blackberries, and satsuma tangerine segments.

1 tablespoon canola oil
1 large onion, diced small
2 large garlic cloves, minced
1-1/4 pounds bulk Italian sausage
Salt & Freshly ground black pepper

2 cups baby spinach leaves
2 cups arugula leaves
3/4 cup shredded parmesan
12 eggs
1/2 cup heavy cream

Preheat the oven to 375°F.

In a large skillet, heat the oil over medium-high heat. Add the onion and garlic and saute for a couple of minutes until they begin to get translucent. Add sausage and brown, flipping often, until sausage is cooked through. Add salt & pepper to taste. Add spinach and arugula in batches, tossing to wilt.

Grease a 9x13 glass pan. Spread the sausage mixture in the pan and top with the parmesan. In a bowl, whip the eggs with the cream and pour over all.

Place in the oven and bake for about 30 minutes or until puffed and lightly browned.

Serves 6-8



LEMONY CREAM CHEESE PANCAKES WITH BLUEBERRIES

I'm going to be honest here. Tom and I absolutely loved these pancakes. Zoe detested them, since she has stringent requirements for pancakes and the addition of cream cheese, lemon, and blueberries violated those requirements in at least three different ways.

1-1/2 cup flour
1 tablespoon sugar
1 tablespoon baking powder
1/2 teaspoon baking soda
1 pinch salt
2 large eggs, separated
1 cup buttermilk

6 ounces cream cheese, cut up
3 teaspoons melted butter
1 teaspoon vanilla
2 tablespoons lemon juice
Zest of one large lemon
1-1/2 cup fresh or frozen blueberries

In a medium bowl, mix together flour, sugar, baking powder, baking soda, salt. In a separate bowl, whisk together egg yolks, buttermilk. Add cream cheese and mix until cream cheese has separated into uniformly small lumps, about the size of large cottage cheese curds. Stir in melted butter, vanilla, lemon juice and lemon zest.

Add dry ingredients to wet, then stir to combine. Whisk two egg whites until stiff but not dry; fold gently into batter.

Heat a griddle or cast iron pan over medium high heat, until a drop of water sizzles. Lower heat to medium; butter or oil pan. Drop batter into pan by 1/3 cupfuls. Once the batter has spread, drop in the berries. You might want to drizzle some batter to cover them. These need to be cooked a bit longer than you might expect; they won't bubble as quickly or as much as plain pancakes. Turn down the heat if necessary, to keep them from overbrowning, and let them puff up to their full extent after you turn them, which will take 2-3 minutes. Serve with honey or maple syrup or jam.

Serves 6



LOW CARB GRANOLA BARS

These were wonderful, even if they were a little crumbly. They fully met my criteria for a low carb granola bar and were happily eaten up by Tom and Zoe. Guard them with your life if you want to have them available for breakfast.

3/4 cup rolled oats	1/4 teaspoon salt
1/2 cup chopped almonds/walnuts/hazelnuts	1/4 teaspoon baking soda
1/4 cup sunflower seeds	1/2 teaspoon vanilla
3 tablespoons soy flour	2 tablespoons canola oil
1/4 - 1/3 cup brown sugar Sucralose	1 egg white

Preheat oven to 350°F. Combine dry ingredients, then mix in wet. Transfer to a 7x5 baking dish (lined with parchment paper), and press down. Squish flat and compact as much as possible. Then cook for around 18 minutes. Wait at least 20 minutes before trying to cut into bars.

Makes about 6-8 bars



CELERY REMOULADE

I got a yen for remoulade and went through lots of recipes. This is my ultimate recombinant remoulade, combining the elements that I liked best. This tastes amazing when it is cold, cold, cold.

1 large celery root, trimmed and shredded
Juice of 1 lime
1/2 teaspoon salt

2 teaspoon Dijon mustard
2 teaspoon hot water
2 tablespoons olive oil

1/2 cup mayonnaise
1/8 teaspoon white pepper
1 teaspoon garlic powder

2 tablespoons chopped parsley
1 tablespoon capers, rinsed
2 cornichons, julienned (or one dill pickle)



Toss shredded celery root with lime juice and salt and set aside for 20-30 minutes

Meanwhile, whisk together mustard and hot water. Add olive oil and whisk well. Add mayonnaise, white pepper, and garlic powder and whisk well.

Toss celery root with dressing, parsley, capers. Refrigerate until very cold and serve garnished with cornichons.

Serves 4

BALSAMIC TUNA SALAD

This was quite amazingly good all by itself. I made this in the midst of our efforts to eat significantly fewer carbohydrates. It was lovely served with sliced Persian cucumbers.

1 can chunk light tuna in oil
1 teaspoon balsamic vinegar
1 tablespoon canola oil
2 tablespoons minced parsley
3 tablespoons minced celery

2 tablespoons minced dill pickle
2 tablespoons minced red onion
1 teaspoon dill
Sprinkle or two of Japanese red pepper (a pinch of cayenne would work also)

Mix all together.

Serves 2

BEAN SPROUT NAMUL

I often add sautéed spinach or pea shoots to this salad for a touch of green. It's so squeaky clean and refreshing on a hot day. If you do use spinach or other greens, make sure to squeeze them out before adding to the salad.

1/2 pound bean sprouts
1 clove garlic, minced
1 tablespoon sesame oil

1/2 tablespoon soy sauce
1/4 teaspoon salt
1 tablespoon white sesame seeds

In a boiling water, cook bean sprout for 2-3 minutes. Drain well on top of minced garlic and set aside. In a medium bowl, combine seasonings and mix well.

Add bean sprouts to the bowl and mix all together.

Keep in the fridge for 30 minutes and it's ready to serve.

Serves 3



CUCUMBER PICKLED GINGER SALAD

These ingredients just seem to be made to go together. It is a delicate and palate cleansing and happy thing.

4 Persian cucumbers, sliced very, very thinly on a mandolin or a Japanese box slicer
1/2 teaspoon salt
2 tablespoons minced Japanese pickled ginger

6-8 mini yellow peppers, sliced into 1/8 inch rings
A splash or two of rice vinegar

Mix cucumbers with salt and let sit for 10-20 minutes. Squeeze out liquid and mix the cucumbers with the rest of the ingredients.

Serves 4 as tiny side



TWO CUCUMBER SALAD

We eat an astonishing number of Persian cucumbers. They appeared a few years ago in produce markets around here and they are so much better than the normal cucumber. They are crunchy and don't need to be peeled.

1 regular cucumber, peeled, seeded, quartered lengthwise & then cut in 1/3" slices
4 Persian cucumbers, cut in half lengthwise & then cut in 1/3" slices
1/2 teaspoon salt

1/4 teaspoon white pepper
1/4 cup minced fresh dill
1 tablespoon rice vinegar
2 tablespoons canola oil

Mix it all together.

Serves 2

CHOPPED SALAD WITH FETA, LIME, MINT AND SUNFLOWER SEEDS

We ate a lot of salads this year and Zoe got into them also. This one was bright and delicious in the summer. It's from Smitten Kitchen, where I seem to fall into an endless cycle of clicking from one delicious recipe to another. The recipe also has sumac, which I just fell in love with this year!

3 cups chopped, crunchy vegetables (like radishes, green & yellow beans, and celery)
2 quartered and thinly sliced Kirby cucumbers
1/2 cup (2 ounces) diced feta or queso fresco
2 scallions, thinly sliced
1/3 cup well-toasted sunflower seeds, salted or unsalted
2 tablespoons fresh lime juice
2 tablespoons olive oil

1/4 teaspoon coarse salt, plus more to taste
1/4 teaspoon chile powder or 1/8 teaspoon each your choice combination of chile powder, cumin, cayenne or sumac
Freshly ground black pepper, to taste
2 tablespoons thinly sliced fresh mint leaves

Mix the vegetables, cheese, scallions, and seeds in a medium bowl. Whisk lime juice, olive oil, salt, spices and black pepper in a small dish and pour over vegetables, tossing to evenly coat. Adjust with more salt or pepper as needed. Garnish with mint and crunch-crunch-crunch away!

Serves 2-4



EGGPLANT SALAD

This was definitely an eggplant year. I ate tiny egg-sized eggplant stuffed with Moroccan-seasoned turkey, I had Clamage eggplant salad, there was an ethereal miso-glazed eggplant, and a zucchini eggplant salad (see the next page). Then I found a new kind of eggplant parmesan (see the index for Eggplant Nicoise Casserole), and I found this salad. I have no idea where it came from. It was very, very good.

4 long (12") thin Chinese eggplant, cut in
1/2 inch dice
1/4 cup canola oil
1 teaspoon garlic powder
1 teaspoon salt
1/2 teaspoon freshly ground pepper
3 tablespoons pine nuts

Dressing

3 tablespoons red wine vinegar
1/3 cup canola oil
1 small red onion, diced small
Handful of mint, dill, and Italian parsley,
chopped

Preheat oven to 450°F. Toss the eggplant, oil, garlic powder, salt, pepper, and pine nuts together and spread on 2 cookie sheets. Roast for about 10-12 minutes or until browned on bottom.

Meanwhile, mix together the dressing. Remove the eggplant mixture from the oven and transfer to a bowl. Add the dressing and mix together. Serve.

Serves 4-6



SPICY GRILLED EGGPLANT AND ZUCCHINI SALAD WITH THAI FLAVORS

I said I liked eggplant this summer and this was one more winner from Kalyn's Kitchen blog. Very different from the last.

1-1/2 pounds Asian eggplant, ends trimmed
and cut lengthwise
1/2 pound zucchini, ends trimmed and cut into
lengthwise strips
Canola oil for brushing vegetables and grill
Salt and fresh ground black pepper

4 green onions, thinly sliced
1/3 -1/2 yellow bell pepper, chopped
1/4 cup chopped cilantro, mint, or Thai basil
1/4 cup chopped peanuts

Dressing

3 tablespoons fresh lime juice
2 tablespoons soy sauce
1 teaspoon fish sauce
2 teaspoons Sriracha Sauce
1 lg clove garlic, minced
1 teaspoon sugar or Splenda
2 tablespoons canola oil

Brush grill grates with oil, then preheat grill to medium-high. (You can only hold your hand there for a couple of seconds at that heat.) Wash and dry eggplant and zucchini, trim ends, and cut into lengthwise strips. Brush vegetables with oil and season with salt and fresh ground black pepper. Lay strips on the hot grill, flesh side down and cook about 5-7 minutes or until grill marks appear. Turn vegetables and cook until that side has nice grill marks, about 5-7 minutes more. Zucchini may take slightly longer than eggplant, but grill all vegetables until they are nicely charred and cooked through.

As they are done remove the vegetables to a cutting board and let them cool to room temperature. While veggies cool, whisk together the lime juice, fish sauce, Sriracha Sauce, sweetener of your choice, and oil. When vegetables have cooled, cut them into short crosswise pieces, toss with a few tablespoons of the dressing, and let them marinate while you finish prepping other ingredients.

Slice the green onions into thin strips and chop the cilantro, mint, or Thai basil. Chop peanuts. Stir green onions and herbs into the salad and add more dressing until the salad is as wet as you'd like it. (You may not need all the dressing; save to use as a dipping sauce at the table.) Serve salad in individual bowls, topped with a few spoonfuls of chopped peanuts.

This kept reasonably well overnight in the fridge, but it was best freshly made. I think the dressing would be good on many kinds of other grilled vegetables like peppers, onions, sweet potatoes, or winter squash.

Serves 4-6



Mango Salad a la Venti

Based on a wonderful salad Tom & I had at Pizzeria Venti near the Shoreline movie theaters. It was stellar. I first made it in January, so fresh mangos were hard to find. But the frozen cubes available at Trader Joe's worked fine in a pinch. Use fresh if you can get it!

Arugula (a lot – at least 6 oz)
8 grape tomatoes, halved
1 small or 1/2 lg mango, cubed
1/4 cup chopped walnuts
1-2 tablespoons raisins
1/4 cup gorgonzola crumbles

Dressing

1 teaspoon Dijon mustard
1 teaspoon honey
2 tablespoons white wine vinegar
6 tablespoons canola oil (or good olive oil)
Garlic salt & Pepper

Lay down a nice thick bed of arugula. Scatter the rest of the salad ingredients, drizzle with dressing.

Serves 2

Zoe and Eli competed as Parliamentary Debate partners this year. They came to love the event, which capitalizes on their interest in current events, and were a great team. Here they display their awards from the Banana Classic Parli Tournament in Sebastopol.



Napa CABBAGE SLAW

This is a recipe of my own that both Tom & I can eat at least once a week, and usually do throughout the summer. Zoe mostly likes it also. It's a very quick throw-together kind of thing that goes great with any Asian grilled meat or fish. If I have them, I sometimes quickly chop some peanuts and sprinkle them on top.

1/2 large Napa cabbage, shredded by hand
1 cup shredded carrots
4 mini sweet pepper, julienned
1 bunch green onions, chopped
1/2 cup parsley, chopped

1/4 cup cilantro, chopped
2 tablespoons canola oil
2 tablespoons light seasoned rice vinegar
Freshly ground pepper

Mix it all together and serve. Don't let it sit too long before serving.

Serves 4



TWELVE SALAD

This salad makes me feel like the band from Spinal Tap - the food-o-meter that is used to measure this salad is specially calibrated to go to 12 (out of 10). This salad is just that much better than best!

A note on serving: I made it and tasted it and it seemed like we should eat it immediately. It was so good – bright, crunchy, and with a delightful acidic edge. But the rest of dinner wasn't anywhere near ready, so we let it sit on the lazy susan and tasted it intermittently as we waited for dinner. It was great all along the way. When, finally, it accompanied a dinner of broiled lamb chops (with white Worcestershire & rosemary), asparagus, and a lemon pasta with garlic and zucchini threads) it was sublime. Everything had softened and the flavors had married together with great felicity. It was still a twelve, just a different twelve. So make up your own mind – right away, in a few minutes, or in an hour or two. I don't think it will last beyond that – your taste buds will make sure of that!

1/2 red onion	1 tablespoon white wine vinegar
1 fennel bulb	1/4 teaspoon salt
1 tangerine	
1/4 cup fresh dill, chopped	1/4 cup toasted walnuts
1/4 cup oil (I used about half and half canola and olive oil)	

Use a manoline (I used my trusty Japanese box slicer/shredder) to make paper-thin slices of the onion and fennel. Peel the tangerine and pull apart in half vertically. Thinly slice and add to the onion and fennel, capturing the juices from the tangerine. Add the rest of the ingredients, except for the walnuts and either serve or let sit for a while. Whenever you are ready to serve, toss with walnuts.

Serves 2

YELLOW PEPPER, OLIVE & FONTINA SALAD

This recipe is from James at the Palo Alto Y. James and I both exercise in the pool every morning and it was his description of this salad that first brought us together. It's a wonderful salad!!

4 yellow peppers, roasted, peeled, & cut in strips
12-15 large green olives, slivered
1/4 pound Fontina cheese, cut into matchsticks
1/4 cup chopped fresh parsley
1-2 teaspoon fresh thyme leaves

Dressing

2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1/3 cup good olive oil
Salt and white pepper to taste

Combine peppers, olives, cheese, parsley, and thyme. Whisk together the vinegar and Dijon until well combined. Slowly add olive oil and season to taste with salt & white pepper. Pour over yellow pepper mixture and chill until ready to serve.

Serves 4-6

One of the gorgeous flower photos taken by Jan Cheung, who volunteers her talents to Pathways.



NASU DENGAKU - MISO GLAZED EGGPLANT

In the midst of attempting to limit carbs, Tom and I had a great meal at a local Japanese restaurant. This was one of the things I ate and loved. Back at home, I found a ton of recipes. This one came closest to what we had at the restaurant.

1 tablespoons mirin
1 tablespoons sake
2 tablespoons white miso
3 tablespoons sugar or Sucralose

2 Japanese eggplants, cut in half lengthwise
1/2 teaspoon sesame oil
Toasted sesame seeds, for garnish
Sliced green onions, for garnish

Place the mirin and sake in a small saucepan and bring to a simmer over medium heat. Simmer for about 2 minutes to allow some of the alcohol to cook off. Then add the miso and stir until smooth. Stir in the sugar, reduce the heat to very low, and continue to cook, stirring occasionally, while you broil the eggplants, as follows.

Brush the cut sides of the eggplants with the sesame oil. Put the eggplants cut-side down on a baking sheet and place under the broiler of your oven for about 3 minutes, checking often to make sure that they do not burn. Turn them over, and cook for another 3 minutes or until the tops are a light to medium brown. Do not burn! (If your eggplant still isn't tender all the way through, turn the broil function to bake at 375°F for a few more minutes; then proceed with the recipe.)

When the eggplants are tender, top each one with the miso sauce and put them back under the broiler until the sauce bubbles up—this should take less than a minute, so watch them closely. Enjoy hot, sprinkled with toasted sesame seeds and green onions.

Serves 4 as a side dish



Our 2012 Christmas tree, as assembled and decorated by Zoe, Eli, Brian, and Natalie.

ROASTED BRUSSELS SPROUTS

We went over to the Silvermans for New Year's Eve in 2011 and had these for dinner. I couldn't seem to stop eating them. They are so simple and so very good. They are like vegetable candy to me. The recipe is originally from Ina Garten.

1-1/2 pounds Brussels sprouts
3 tablespoons good olive oil

3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.

Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Serves 6



SUN-DRIED TOMATO LOUIE DRESSING

Very good! Use it on salads or as a sauce for roasted chicken or shrimp. Or for the dill rice cakes on the next page.

1 cup mayonnaise
4 sun-dried tomato, minced
1-1/2 tablespoon minced chives
1-1/2 tablespoon minced parsley

1 tablespoon fresh lemon or lime juice
1-1/2 teaspoons tomato paste
1 teaspoon Worcestershire sauce
2 tablespoons water

Mix it all together and serve.

Makes enough for a couple of salads at least



It was a gorgeous day at work when the shuttle flew by, piggybacked on a 747.

DILLED RICE CAKES

Made the night Zoe got her wisdom teeth pulled for Marion, who was keeping her company. I tried a little piece of one and then couldn't resist finishing it. Tom was the same. Marion liked them enough to eat the remaining six, as Zoe slurped soup. These are really simple, but taste subtle and sublime.

3 cups cooked brown rice
1/4 cup chopped fresh dill
1 egg
Kosher salt & pepper

3 oz cheese (I used Colby, but you could use whatever you like)
Bread crumbs for rolling rice cakes in
2-3 tablespoons canola oil

Combine rice, dill, egg, salt & pepper. Cut cheese in a small dice and put in the middle of balls of rice mixture. Roll rice cakes in bread crumbs carefully (they will be a little delicate).

Heat oil over medium heat until nice and hot. Carefully add cakes and brown on each side for about 3-4 minutes a side or until they are golden brown.

Makes about 8 cakes



GWENYTH'S PLAYWRIGHT MELT

These are from Gwenyth Paltrow's cookbook, My Father's Daughter. They are typical 70's food and remind me of my Aunt Luly. She would make something like this to go with her leftover soup (all the leftovers each night went in a pot she kept in the fridge and as the days went by the soup subtly changed.) I just love these for lunch on a lazy weekend day.

1/4 cup black olives, roughly chopped (can be kalamatas or regular old California black olives from a can)	1 teaspoon curry powder
4 scallions, finely sliced	A few dashes Worcestershire sauce
2/3 cup packed coarsely grated cheddar cheese (the sharper the better)	2 tablespoons mayonaise
	4 English muffins, split and toasted

Mix all ingredients except the English muffins and spread the mixture evenly on the muffins. Run them under the broiler until browned and bubbling, about a minute.

Serves 2-4 depending on appetites



ESALEN EGGPLANT NICOISE WITH TOMATO OLIVE SAUCE

Based on a recipe from the Esalen Cookbook by Charlie Cascio. A great autumn meal with Italian sausage. Minutes before we started cooking, our neighbor Denise came over with some green olives - home-cured by her parents in Fresno. It was serendipity. If she hadn't come by, we would never have realized how terrifically the green olives worked in the sauce. It was a few days before Halloween and all agreed it was a keeper. Zoe, who "doesn't like eggplant," had two servings and allowed that if I needed to make eggplant, I could make this again in the future. The sauce is delicate and lovely, but this recipe will make WAY more than you need for the casserole. Freeze it and use for pasta or another round of this exquisite casserole. By the way, the olives were perfection! I have to find out how to home-cure olives!

2-3 medium size eggplants, peeled in stripes,
sliced very thinly (1/8 inch thick) – see
instructions below
Olive or canola oil
2 cups grated parmesan
Garlic Salt & Freshly ground pepper
Fresh basil leaves

Tomato Olive Sauce

1 Tbl canola oil
1 large onion, chopped in 1/4" dice
3 large cloves garlic, minced
2-14-oz cans diced tomatoes
1 tsp dried basil
1/2 tsp dried oregano
1/2 tsp fennel seeds
1/2 tsp salt
1/2 Tbl sugar
1-14-oz can tomato sauce
3/4 cup green olives, chopped

Preheat oven to 350°F.

As you slice the eggplant, rub the cut surfaces with oil (get your hands oily and glide them over the eggplant – you should be able to do 2-3 slices before re-greasing).

Layer the eggplant slices in a single layer in a 9 x 11 pan, trying not to overlap the slices, but tearing them to fit the holes. Sprinkle with parmesan, and continue building layers of eggplant and cheese. Every couple of layers, grind some pepper across the layer and very lightly sprinkle with garlic salt. The casserole should build to almost the top of the pan. Dot top with a few leaves of basil, if desired. Put a thick layer of parmesan on the top and cover with aluminum foil.

Bake for about 1 hour or until a knife moves through layers like they are softened butter.

Meanwhile, make the Tomato Olive Sauce: Heat oil in a saucepan over medium-high heat and saute onion until beginning to turn glossy. Add garlic and saute another 1-2 minutes. Add diced tomatoes, basil, oregano, fennel seeds, salt, and sugar. Lower heat to medium-low and simmer for about 15 minutes. Add tomato sauce and simmer for another 10 minutes. Blend with an immersion blender. Bring back to a simmer and add the olives. Simmer another 10 minutes.

Serves 6-8

SWEET POTATO CAKES

In December I discovered Yotam Ottolenghi. His way with vegetables is absolutely delicious. This recipe is from his cookbook Plenty. I ate these cakes for almost a week of lunches. They got better as the days went by. I preferred these with chunks sweet potatoes in them, rather than all mashed.

2-1/4 pounds peeled sweet potatoes, cut into chunks

2 teaspoons soy sauce
Scant 3/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon sugar
3 tablespoons chopped green onion
1/2 teaspoon finely chopped fresh red chile
Plenty of butter for frying

Sauce

3 tablespoons plain Greek yogurt
3 tablespoons sour cream
2 tablespoons olive oil
1 tablespoon lemon juice
1 teaspoon soy sauce
1 tablespoon chopped cilantro or flat leaf parsley

Steam the sweet potatoes until completely soft, then leave in a colander to drain for at least one hour.

To make the sauce: whisk together all the sauce ingredients until smooth. Keep chilled until ready to serve.

Once the sweet potatoes have lost most of their liquid, place them in a mixing bowl and add the rest of the ingredients (except the butter). Mix everything together, preferably by hand; do not overmix. (Ottolenghi says the mixture should be smooth. I like chunky - you decide.) The mixture should be sticky. If it's runny add more flour.



Melt some butter in a non-stick frying pan over medium heat. For each cake, use a tablespoon to lift some mixture into the pan and flatten with the back of the spoon, about 2" in diameter and 3/8" thick. Fry cakes about 6 minutes each side, or until you get a nice brown crust. Drain on paper towels and keep warm in a warm oven while you keep cooking cakes.

Serves 6-8

LEMON PASTA WITH GARLIC & ZUCCHINI THREADS

This is lovely, lovely, lovely. You could add capers if you wanted. Or not. Serve with Standard Lamb Chops. I like the way the zucchini extends the pasta and reduces the carb load. One could do away with the pasta altogether...

1/2 pound spaghetti or other long thin pasta

2 tablespoons butter

1 tablespoon oil

1 medium zucchini, made into shoestring threads (I used a julienne peeler)

2-3 cloves garlic, sliced very thinly

Salt & Freshly ground pepper

1/2 cup heavy cream

Zest from one lemon

Juice from 1/2 lemon

Boil pasta until just short of al dente.

Meanwhile, heat butter and oil in a pan over medium-high heat until sizzling. Add the garlic and zucchini and quickly saute (object is to saute, not poach the zucchini). This should take no more than a couple of minutes. Add salt and pepper and cream. Bring to a boil and then add the pasta. Toss to mingle with sauce. Take off the heat and add the lemon zest and lemon juice. Toss quickly and serve with parmesan, if desired.

Serves 4



FISH & CAPER KABOBS

Once I had heard about Yotam Ottolenghi, I got all his cookbooks from the library and we began to feast. This is from his newest Jerusalem. Oh my goodness, are these good! We ate them with a green salad and an eggplant salad. They were marvelous.

14 oz white fish fillets, skinned & bones removed (I used Swai)
1/2 cup fresh bread crumbs (1 large slice of bread was enough)
1/2 large egg beaten
2-1/2 tablespoons capers, rinsed
1/3 cup fresh dill, chopped
2 green onions, finely chopped

Grated zest of 1 lemon
1 tablespoon freshly squeezed lemon juice
3/4 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/2 teaspoon salt
1/4 teaspoon ground white pepper

Canola oil to cook kabobs



Cut the fish into very thin slices, only about 1/8 inch. Cut the slices into a tiny dice and put in a medium mixing bowl. Add the remaining ingredients and stir well. Dampen your hands and shape the mixture into 12 fingers about 3 inches long and 1-1/4 inches wide. Arrange on a plate, cover with plastic wrap, and leave in the fridge for at least 30 minutes.

Pour enough oil into a frying pan to form a thin film on the bottom and place over medium heat.

When the oil is hot, add the kebabs in batches for 4-6 minutes per batch, turning until colored on all sides and cooked through.

Serve with an eggplant salad and Greek yogurt.

Serves 2-4 depending on appetites

INDONESIAN SHRIMP AND CORN CAKES WITH ASIAN MAYO

I got a crazy craving for shrimp and corn cakes one night in February. I had never had a shrimp and corn cake before, but there it was – I had to have one. I discovered they are not unknown in the culinary world – there are southern shrimp and corn cakes, New Orleans shrimp and corn cakes, New England shrimp and corn cakes. There were international corn and shrimp cakes touted as Thai, Indonesian, and Malaysian. I got a little dizzy. Ultimately, I mostly went my own way. Over the past months, these little cakes have settled into my mind as Indonesian for no particular reason. They are no more Indonesian than Japanese or Thai or Australian. We love them. That first time, it was cold (as cold as it gets in the Bay Area in February) outside, but inside these were little sunshine cakes. They make me do a happy dance when I make them.

2 cups frozen corn, thawed
1-1/2 cups small shrimp (or larger shrimp cut in pieces)
1 bunch green onions, minced
1/2 orange pepper or two mini peppers, diced small
2 tablespoons minced parsley
1 tablespoon minced cilantro
1-2 cloves garlic, minced
1 teaspoon Sriracha
1 tablespoon soy sauce

4 eggs, beaten
1/2 cup all-purpose flour
Ground white pepper, to taste
Nonstick spray or vegetable oil

Asian Mayo

1/2 cup mayonnaise
Juice of 1/2 lime
1 tablespoon soy sauce
1 teaspoon sesame oil

Mix all the ingredients together except the vegetable oil. Heat a griddle over medium heat. Spray with non-stick spray or just film pan with oil. Heap 1/4 cupfuls of the mixture onto the griddle and brown on each side (about 3 minutes/side).

Make Asian Mayo: Combine all the ingredients and mix well. Serve on the side of the corn cakes.

Makes about 16 cakes (figure 3-4 per person)



ROASTED INDIAN SHRIMP

I made these one night, just kind of tossing things together to go with a cauliflower and tomato dish from the Kaiser website. Tom, Zoe and I all gave them an A+. I keep being reminded that I need to keep it simple - the more complicated and elaborate recipes often disappoint. When you get the simple ones right, they sing.

1 pound shrimp, peeled and deveined
2 tablespoons canola oil
1 teaspoon garam masala

1 teaspoon curry powder
1/2 teaspoon kosher salt

Preheat oven to 450°F. Soak shrimp in salted water for about 15 minutes (about 1 teaspoon salt to about 4 cups of water). Rinse and dry well with paper towels. Toss shrimp with the rest of the ingredients and spread out in a single layer on a cookie sheet. Roast for 7-10 minutes.

Serves 3-4



TRA VIGNE ROASTED GARLIC CRAB

Found in a Sunset Magazine in 1996 or so, this recipe is delight personified. It is easy, quick, doesn't mess too much with a good thing (the crab), and is finger-licking good. The only problem is the question of what to serve with it. We tend to make this for either Christmas Eve or New Year's Eve. This year it was Christmas Eve and Zoe ate nothing but this. It's so good and so engrossing with all the hunting for nuggets of crab, that you tend to ignore the add-ons. But this year, I think we did the extras right. We made Twelve Salad (see page 22) and steamed artichokes. Oh goodness were we happy!

6 tablespoons butter
1/3 cup extra-virgin olive oil
3 tablespoons finely minced fresh garlic

3 fresh-cooked, cleaned and cracked Dungeness crabs (between 4-5 pounds total)
1/4 cup minced Italian parsley
Fresh lemons

In a 12-by-17-inch roasting pan, combine the butter, oil and garlic. Heat the mixture in a 500°F oven just until hot, about 2 minutes. Add the cracked crab pieces and stir to coat. Return the pan to the oven and roast just until the garlic is golden and the crab is hot, about 10 minutes.

Sprinkle the minced parsley and a squeeze of lemon juice over the hot crab and pan juices; stir to coat all pieces.

Spoon the crab pieces and pan juices onto a large platter for family-style dining or arrange pieces of 1 crab on each of 4 dinner plates. Garnish the servings with parsley sprigs and lemon wedges.



Serves 4

OIL POACHED FISH

The most succulent fish results from this preparation. And it's absolutely foolproof as well as foolishly easy. As Tom said when he saw the recipe, "Any idiot could make this." We had an a ridiculously good meal with the fish, oregano sumac dressing, oven roasted cherry tomatoes, artichokes, and braised beet greens with garlic and golden raisins. It was entielly delicious and low carb to boot!

Fish fillets of any kind
Olive oil (not the best, but decent)

Herbs (fresh rosemary, bay leaves, sage,
oregano, thyme, etc.)
4 cloves garlic, slivered

Place fish in a glass ovenproof dish. Pour over oil until almost covered. Tuck in herbs and garlic. Bake at 250°F for about 30 minutes (for 1" fillet), basting every 10 minutes or so. Serve.

THE EXTRAS

OVEN ROASTED CHERRY TOMATOES: put cherry tomatoes in a dish with a sprinkling of coarse salt, ground black pepper, 2-3 cloves garlic smashed, and a good drizzle of canola oil. Bake at 375°F for about 45-50 minutes or until browned but not dried out. Take out of oven and smash a little.

OREGANO SUMAC DRESSING: 1/4 cup oregano leaves, packed, whirled in blender with 2 table-
spoons red wine vinegar, 1/2 cup olive oil, salt & pepper. When the dressing is fully emulsified, add
about 1 tablespoon ground sumac.

BRAISED BEET GREENS: In a skillet, heat about 1 tablespoon of canola oil over medium-high heat. Add about 2-3 garlic cloves, slivered, and about 1/2 teaspoon salt. Saute until garlic is just start-
ing to turn golden. Add about 12 oz beet greens, cut in ribbons (include stems) and 2 tablespoons
golden raisins. Toss and then reduce heat to low, cover, and let steam for about 3-4 minutes.

CHICKEN WITH HERB-ROASTED TOMATOES & PAN SAUCE

This is lip-smacking good. It's easy to make and tastes bright and fresh. It crosses seasons, since you can get decent cherry or grape tomatoes even in the heart of winter.

1-1/2 pound cherry or grape tomatoes
6 tablespoons olive oil, divided
2 tablespoons herbes de Provence
1 teaspoon kosher salt plus more
Freshly ground black pepper
1 tablespoon Worcestershire sauce

1 pound skinless, boneless chicken breasts
1 small shallot, minced
2 tablespoons red wine vinegar
3 tablespoons flat leaf parsley leaves
3 tablespoons fresh tarragon leaves

Preheat oven to 450°F. Combine tomatoes, 2 tablespoons oil, and herbes de Provence in a large bowl. Season with salt and pepper; toss to coat. Heat 1 tablespoon oil in a large heavy ovenproof skillet until oil shimmers. Carefully add tomatoes to pan (oil may spatter). Transfer skillet to oven and roast, turning once, until tomatoes burst and give up some of their juices, about 15 minutes. Transfer to a medium bowl and drizzle with Worcestershire sauce.

Meanwhile, season chicken all over with 1 teaspoon salt and pepper. Heat 2 tablespoons oil in a large ovenproof skillet over medium-high heat. Sear chicken on both sides until golden brown, 6–8 minutes. Transfer pan to oven and roast chicken until cooked through, 8–10 minutes. Transfer chicken to a cutting board and let rest for at least 5 minutes.

Add remaining 1 tablespoon oil to same skillet; heat over medium heat. Add shallot and cook, stirring often, until fragrant, about 1 minute. Deglaze pan with vinegar, scraping up browned bits from bottom of pan; add tomatoes and their juices and simmer until sauce is just beginning to thicken, about 1 minute. Season sauce to taste with salt and pepper.

Slice chicken; divide among plates. Spoon tomatoes and sauce over; garnish with herbs.

Serves 4



AVOCADO CHICKEN SALAD

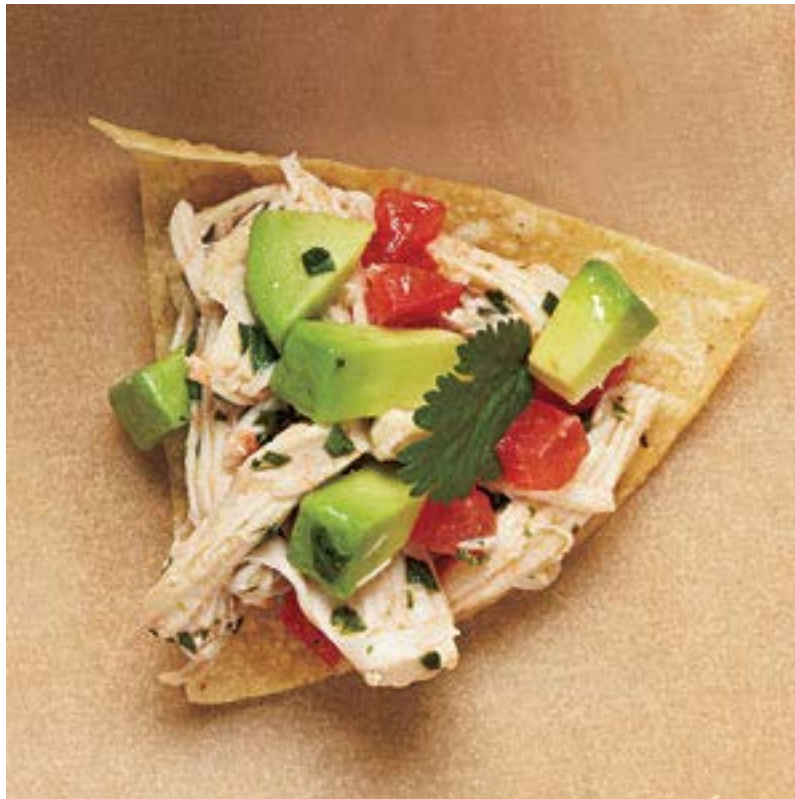
From Cooking Light. Outrageously good! Oh, wowie, wowie. Happiness on a tortilla chip. Served with a white corn and black bean salad that I threw together. Could count as an appetizer or a light meal. Especially good in summer when you want something lazy but bright.

2 tablespoons olive oil
2 tablespoons fresh lime juice
3/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
2 cups shredded skinless, boneless rotisserie chicken breast

1/4 cup chopped fresh cilantro
3/4 cup refrigerated fresh salsa (mild)
1 ripe avocado, peeled and chopped
3 ounces tortilla chips

Combine first 4 ingredients in a medium bowl, stirring with a whisk. Add chicken and cilantro; toss to combine. Gently fold in salsa and avocado. Serve with chips.

Serves 4



SUMAC GRILLED CHICKEN

I've become totally hooked on sumac this year. I love the lemony flavor and zingy taste. I made sumac chicken a lot this year - to put on salad or for its own sake. I just love it on a salad with garbanzos, tomatoes, cucumber, red onion, and cucumbers. But I found a recipe that called for sumac chicken served on a base of curried Israeli couscous. Wow, that was great, so I've put the recipe below. I love how the carb load of the couscous has been cut with a rainbow of veggies.

1-1/2 pounds chicken tenders or breasts,
cut into palliards
2 tsp sumac
Juice of one lemon
1 tablespoon olive oil

1/2 teaspoon cumin powder
Cayenne pepper
More olive oil & lemon juice
3 tablespoons mint
Salt and pepper

Cut chicken horizontally into thinner palliards. Place in a glass dish and marinate with sumac, lemon juice, olive oil, cumin powder, cayenne, salt and pepper and let it marinate for about one hour or so. Grill chicken in a grill pan. When grilled on the outside and still juicy in the middle, remove from pan, add additional olive oil and lemon juice. Coat well. Sprinkle with mint and serve hot.

Serves 4

CURRIED ISRAELI COUSCOUS

4 ounces Israeli couscous
1 carrot, diced
1 small eggplant, diced
1/2 red bell pepper, diced
3 tbs cherry tomatoes, cut in quarters
1 shallot, diced
1/2 cup cooked chick peas
1 tsp curry powder
1 tablesoon cilantro or Italian parsley, chopped
1 tablesoons mint, chopped



First start cooking couscous. Heat olive oil in a pot, add couscous and let it brown and get coated by olive oil like you would proceed for a risotto. Add broth and cook until couscous is tender but not too soft. Drain and set aside.

In a pan, brown shallots, then add the rest of the vegetables except for the chick peas. Add salt and pepper and let it cook until vegetables tender. Add chick peas. Add curry powder. Stir well and cook for about 5 minutes, then add tomatoes. Add couscous and mix well all ingredients together. Adjust with salt and pepper. Add mint and cilantro and serve hot.

KOREAN BARBEQUED CHICKEN

Tom made this over the summer as we ate the low carb way. It was really delicious! 'Nuff said.

2 pounds chicken pieces
2 tablespoons chili garlic paste
3 tablespoons dry sherry
1 tablespoon soy sauce
4 cloves garlic, crushed

1-1/2 tablespoons toasted sesame oil
1 tablespoon grated ginger
2 scallions, minced
2 teaspoons black pepper
1 tablespoon Splenda

Put chicken in a large ziplok bag. Mix together everything else and pour over the chicken. Press out air, seal the bag, and let marinate for several hours.

Grill until done and crispy.

Serves 4



Zoe turned 17 this year. It doesn't even seem possible.

POACHED TURKEY BREAST SALAD WITH LEMON, CAPERS, CORNICHONS, AND MINT

Early in 2012, I stumbled on Salad as a Meal by Patricia Wells. It was early January and not the most opportune time to encounter a salad cookbook. But what a cookbook! Almost every page had me salivating and making plans to cook - soon! This was one of the first recipes I tried and it was an absolute winner. Tom made it and thought it a little strange to be marinating it after it was cooked, but the results couldn't be argued with. Try it!

1 boneless turkey breast (about 4 pounds)
1 large onion, halved (do not peel) and stuck with 2 cloves
3 carrots, chopped
2 fresh or dried bay leaves
2 tablespoons coarse sea salt
1 teaspoon whole black peppercorns
A 1-inch knob of fresh ginger, peeled
4 plump, moist garlic cloves, peeled, halved, and green germ removed
6 tablespoons distilled white vinegar

Marinade

Grated zest of 2 lemons, preferably organic
1/2 cup freshly squeezed lemon juice
1 cup extra-virgin olive oil
1 tablespoon imported French mustard
6 small spring onions or scallions, white part only, trimmed, peeled, and cut into very thin slices
12 cornichons (page 290), thinly sliced
1/2 cup capers, rinsed & drained
1/4 cup fresh mint leaves, cut into a chiffonade, for garnish

Place the turkey breast in the stockpot and add enough cold water to cover by 1 inch. Remove the turkey to a platter. Add the onion, carrots, bay leaves, salt, peppercorns, ginger, garlic, and vinegar to the pot. Bring to a boil over high heat. Carefully lower the turkey into the pot, reduce the heat to a bare simmer, and poach, covered, for 1-1/4 hours.

Remove the pot from the heat and let the turkey cool in the liquid, uncovered, for 30 minutes. Drain the turkey and discard the poaching liquid and solids.

Prepare the marinade: In a bowl, whisk together the lemon zest, juice, oil, and mustard. Stir in the spring onions, cornichons, and capers.

Place the turkey in a sturdy resealable plastic bag and pour the marinade into the bag. Seal the bag and turn it back and forth to coat the turkey. Refrigerate for at least 4 hours and up to 24 hours.

At serving time, remove the turkey from the bag, reserving the marinade, and place it on a cutting board. With a meat slicer or a very sharp chef's knife, cut the turkey into paper-thin slices. Arrange the turkey slices on a platter. Moisten the turkey with the marinade. Garnish with the mint, and serve.

Makes 8 servings

Salsa Fresca Chicken

My, oh my how good this tastes. So simple and so quick and so delicious. I discovered the fresh salsas available in the refrigerator case in the deli section of the supermarket. I could make the salsa from scratch, but this gives me more time in the pool on a summer's night. I usually make extra paillards of chicken so that I can have this for lunch at work for a couple more days. This is a great low-carb dinner.

2 chicken breasts, each slice horizontally
into 3-4 paillards
1/4 teaspoon garlic salt
1/8 teaspoon pepper
1/2 teaspoon cumin
1/2 teaspoon chili powder
1 tablespoon minced parsley

1 tablespoon canola oil

1 cup salsa fresca (I like mild, you pick your level)

Salad greens (could add corn, avocado, black beans, cucumbers)

Rub chicken paillards with garlic salt, pepper, cumin, chili powder, and parsley. Let stand about 10 minutes. Heat a pan to medium-high heat and swirl in the oil. Saute the chicken paillards until lightly browned on both sides and cooked through (about 2 minutes a side). Remove to a platter and serve with the salsa fresca and salad stuff.

Serves 3-4





Memorial Day at Natural Bridges beach in Santa Cruz with the Desais and Hollenbaughs. It was the perfect start to summer.



SIMPLE LEMON CHICKEN WITH SAUTEED SPINACH

Zoe and Brian made this for dinner one night over winter break. It was delicious and the only suggestion we could make was to make more. As of the writing of this (early February 2013) we've now had this four times and it's gotten better each time.

1 pound chicken breast
Salt & pepper
2 teaspoons dried chicken bouillon
2 tablespoons cornstarch

1-1/2 cups water
1/4 cup lemon juice
1 pound frozen spinach

Cut each chicken breast in half lengthwise and season with salt and pepper. Cook chicken in a skillet over medium until lightly browned.

Combine bouillon and cornstarch in a small bowl and stir in water slowly until smooth. Pour the mixture into the pan and cook for 10 minutes, stirring occasionally. Add the lemon juice when sauce starts to thicken and cook until it starts to boil.

Meanwhile, in another saucepan, heat oil over medium heat. Saute garlic for about 30 seconds, then add spinach. Cook until hot. Season with salt.

Serve chicken over spinach and top with sauce.

Serves 4



SPICY TAIWANESE CHICKEN AND CELERY

This was a big hit with all three of us and there were requests to make it again – soon! I love celery and this dish reminds me of a great Hunan restaurant in San Francisco that I frequented in 2004 when I was taking a week-long database course in the city. A small group of us would hike to this restaurant located off an alley in the financial district. It was superb and this dish is too.

1 bunch Chinese celery (approx 1 pound),
cleaned and cut into 1 inch pieces or use regular celery if needed

2 tablespoons canola oil

3 boneless chicken thighs, julienned

4 cloves garlic, minced

1 teaspoon chili garlic sauce

1 tablespoon soy sauce

1 tablespoon fish sauce

1 teaspoon sesame oil

1 tablespoon Shaoxing rice wine or dry sherry

1 tablespoon corn starch

Excluding the celery and canola oil, combine the remaining ingredients in a bowl. Allow to marinate for at least a half hour but no more than 4 hours.

Heat a large skillet or wok over high heat. Add about half the oil and heat until almost smoking. Add the chicken to the skillet and saute, stirring constantly until the meat is almost done. Move chicken to a plate.

Add another tablespoon oil and heat again to almost smoking. Add the celery. Saute for 2 minutes, but don't allow them to cook completely. Add the chicken back in and stir for another minute and then remove from heat.



Serves 4

ASPARAGUS AND PROSCIUTTO PIZZA

Lots of supermarkets now have fresh pizza dough in the refrigerated section. It means homemade pizza is a lot quicker to make. This pizza was utterly delicious.

1 pound refrigerated fresh pizza dough
8 ounces buffalo mozzarella, drained, sliced
4 ounces prosciutto slices
Thin asparagus (if using thick asparagus, slice in half lengthwise)

1/4 cup grated pecorino romano cheese
2 tablespoons grated parmesan
Pepper

Roll out pizza dough in whatever shape you want. We made a long, narrow pizza to fit the cookie sheet. Place pizza crust on parchment paper. Lightly brush pizza crust with olive oil.

Arrange one layer mozzarella cheese over crust. Top with layer of prosciutto. Arrange asparagus spears over prosciutto. Top with grated cheese.

Slide crust onto pizza stone (or on tray on lowest rack) in preheated 475°F oven. Cook until crust is golden brown and cheese is bubbly, about 15 minutes.

Before serving, sprinkle with freshly ground black pepper and drizzle with extra-virgin olive oil.

Serves 4



PORK CARNITAS a La Diana Kennedy

Made this in July – absolutely wonderful! The flavors blended together so well and I didn't even miss the tortillas (flour or corn) which are usually served with carnitas. This is the simplest of recipes and reminds me how terrific it can be to taste the basic flavors of food without extras. I think we made it at least three or four more times before the end of the year.

3 pounds pork shoulder, butt, or country-style
spare ribs, skin and bone removed
Cold water to barely cover

2 teaspoons salt, or to taste

Cut the meat, with the fat, into strips about 2 x 3/4 inches. Barely cover the meat with water in a flameproof casserole dish, add the salt, and bring it to a boil, uncovered. Lower the flame enough to bring down to a simmer. Let the meat continue simmering until all the liquid has evaporated – about 1 hour and a half, depending on your pot. By this time the meat should be cooked through but not falling apart.

Lower the flame a little more and continue cooking the meat until all the fat has rendered out of it. Keep turning the meat until it is lightly browned all over – about 1 hour and 10 minutes.

Serve with lime wedges to squeeze over the meat as you eat.

Notes: The meat will get more evenly cooked if the dish is rather large and shallow. Do not add too much water at the beginning or the meat will fall apart at the frying stage. If the meat is still fairly hard when the water has evaporated, then add a little more water and continue cooking. Choose pork that has a fair amount of fat or you will have to add a few tablespoons of butter for it to brown properly.

Serves 12

SERVE WITH SALSA FRESCA, QUESO FRESCO, CHOPPED RED
ONION, LIME WEDGES, AND MEXICAN COLESLAW

MEXICAN COLESLAW

1 head cabbage, finely shredded
1/4 cup chopped cilantro
1 bunch green onions, chopped
1/2 cup shredded carrots

Juice from 1 lime
1/4 cup olive oil
Pinch of kosher salt and white pepper

Mix all together and let sit for just a few minutes before serving.

Serves 4-6



MALAYSIAN STEAK SKEWERS WITH SCALLION DIPPING SAUCE

Originally from an article in Bon Appetit on Malaysian food, I took a couple of liberties to simplify the recipe. I couldn't get enough of the scallion dipping sauce. I just ate it straight. It would be great tossed with roasted eggplant. Honestly, it would be good with anything.

This was one of those recipes that I made twice within a week, we all loved it so much. I used sirloin, but you can also use tri-tip or rib eye. I broiled them in the oven, but grilling would be so much better. The black vinegar could be subbed with balsamic vinegar, but it's worth it to try to find it. I really like it – it is very smooth and mild. I've had a bottle for a few years, but it doesn't go bad.

1 cup canned unsweetened coconut milk
1/4 cup fish sauce
2 tablespoons palm sugar or (packed) light brown sugar
1 tablespoon fresh lime juice
6 garlic cloves
4 red or green Thai chiles, stemmed
3 tablespoons lemongrass paste or 2 lemongrass stalks, bottom third only, tough outer layers removed
1 1-1/2" piece ginger, peeled
2 pounds tri-tip, top sirloin cap steak, or rib eye

Scallion Dipping Sauce

1 bunch scallions, very thinly sliced
1/4 cup soy sauce
3 tablespoons grapeseed oil
2 tablespoons chinkiang (black) vinegar
2 tablespoons toasted sesame seeds

Purée all ingredients except steak in a blender or a food processor until smooth. Cut meat into approximately 1" cubes. Place meat in a large bowl. Add marinade and toss to coat; cover and chill overnight or for at least an hour or so. Remove fat and meat from marinade, brushing off excess. Thread onto skewers so that pieces are touching but not pressed tightly together (which would slow down cooking). Leave at least 1" of space at the ends of skewers for easy turning. Discard marinade.

To make scallion dipping sauce, combine all ingredients in a large bowl just before you begin grilling; stir occasionally.

Build a medium fire in a charcoal grill, or heat a gas grill to medium-high. Grill skewers, turning every 2 minutes, for 10 minutes. Stop basting and cook, turning every 2 minutes, until browned around edges and cooked through, about 6 minutes more. Serve with scallion dipping sauce on the side.

Serves 6-8

THAI BASIL BEEF

We made this on a Sunday in August just before school started again. Natalie was over and we were rushing to get dinner done before Brian arrived to go see the latest Spiderman movie. We made this with a Korean-inspired slaw, Japanese bean sprout salad, and brown rice. It was a pan-Asian meal that pleased us all.

Sauce

- 3 tablespoons fish sauce
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1 teaspoon brown sugar

Accompaniments

- Boston lettuce leaves
- Slivered red cabbage
- Lime wedges
- Brown rice, if desired

Meat

- 2 tablespoons canola oil
- 6-7 large cloves of garlic, minced
- 1-2 Thai chilies, finely chopped (or jalapeños or serranos)
- 1-1/2 pound ground sirloin
- 1 cup Thai or sweet basil (loosely packed)

In a small bowl, whisk together the fish sauce, soy sauce, lime juice and brown sugar. Set aside. Heat the oil in a large skillet or wok and add the garlic. Cook over medium-high heat for about a few seconds, then add the chilies and cook for about a minute or so.

Add the ground beef to the garlic & chilies. Break up the meat with your spoon as it cooks, taking care to brown completely. Once browned, add the sauce and mix until completely incorporated. Cook for about 30-60 seconds and remove from heat. Finally, add the basil and mix well.

Serve with accompaniments and wrap beef in lettuce leaves with cabbage and a squeeze of lime. Or serve next to some rice – your choice.

Serves 4



STEAK WITH BLOOD MARY TOMATO SALAD

This recipe is from Smitten Kitchen and it is beyond good. I discovered it this summer and we made it with tomatoes from Heather Nishimura's garden (the best) and tomatoes from the Milk Pail Market (still pretty good). This is the best version of a bloody mary.

Steak

2 1-1/2 pound skirt steaks, flat iron steak, or flank steak
Kosher salt
4 teaspoons Montreal Steak rub
2 teaspoons paprika
1/4 teaspoon Japanese red pepper
Vegetable oil (for brushing)

Salad

1 cup finely chopped red onion
3 tablespoons Sherry vinegar, divided
2 pints cherry or grape tomatoes, halved
1 cup chopped celery hearts (inner stalks and leaves)
1/2 cup chopped pimento stuffed green olives plus 2 tablespoons olive brine
1 tablespoon Worcestershire sauce
1/2 teaspoon hot red pepper flakes
1/2 teaspoon celery seeds
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground black pepper

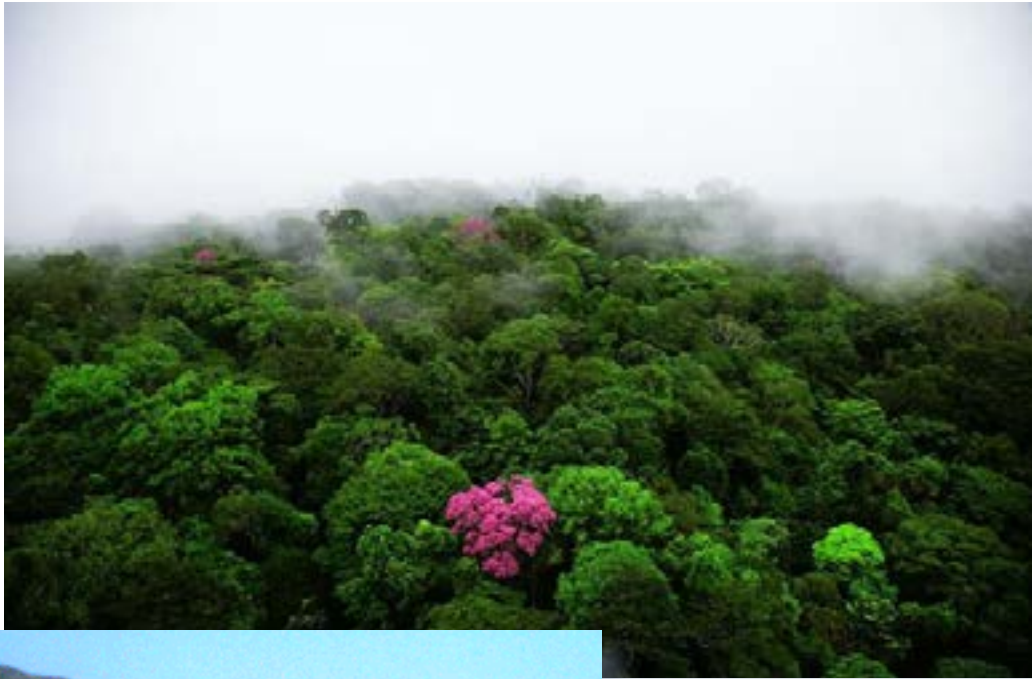


Put steaks in a plastic bag with all the steak ingredients except vegetable oil. Seal bags and rub to distribute; let them marinate in this rub for 1 to 3 hours, covered in the refrigerator. Remove steaks from fridge 1 hour before you're ready to cook them, to bring them to room temperature.

Pour 1 tablespoon sherry vinegar over onions in the bottom of a large bowl and let them sit for 10 minutes, stirring occasionally. This will temper the onion's bite. Add tomatoes, celery and olives. Whisk remaining 2 tablespoons vinegar, reserved olive brine, Worcestershire, pepper flakes and celery seeds in a medium bowl. Slowly drizzle in oil, whisking constantly until combined. Add to tomato salad and toss to coat. Season with salt and pepper to taste. Set aside until needed, and up to 4 hours in advance, if covered and refrigerated.

Preheat a charcoal grill to medium-high or a gas grill to the highest heat. Brush grill grates with oil. Grill steaks for about 4 to 5 minutes on each side for medium-rare. Let rest for 10 minutes before slicing into 1/4-inch thick slices, against the grain. Alternately, cook the steaks inside: Heat a large cast-iron skillet on medium-high to high and coat bottom with oil. When oil begins to shimmer, place steak in skillet and do not move it for 5 minutes. Turn it once, and cook for another 3 minutes for medium-rare. Repeat with second steak. If your steaks are too large to cook in one piece, you may halve them to fit. Let rest for 10 minutes before slicing into 1/4-inch thick slices, against the grain.

Serves 8



Natalie and Diane Hollenbaugh with us at Santa Cruz.

Other photos are screen savers from the year.



THE STANDARD LAMB CHOPS

Tom and I have been making these lamb chops since we started dating. I have the recipe written down from a dinner I made very soon after Tom & I met in 1983. We do other things with lamb, but in a pinch, without thinking, this is what both of us default to. It's very good, but it is essential that you have White Worcestershire Sauce or Lea & Perrins Marinade for Chicken or whatever they are calling the white version of Worcestershire. It isn't the same at all with regular Worcestershire. This also works for lamb kabobs.

6-8 lamb chops
2 tablespoons white worcestershire
1 teaspoon rosemary (dried) – if you want to use
fresh, use 1 tablespoon chopped leaves

2-3 cloves garlic pressed or minced
Freshly ground black pepper

Slather the lamb chops with the rest of the ingredients. Let sit for at least 1/2 hour. Broil or grill. Eat.

Serves 3-4



MRS. LAMPKIN'S FAMOUS DISAPPEARING GINGERBREAD MEN

Zoe first made this recipe when she was in kindergarten and she's still making it. This year, Zoe rediscovered her love for baking. She bakes almost every weekend and takes the results to school for her friends. This recipe is both tricky and indestructible (a lot like kindergarteners, come to think). The dough doesn't seem to come together at all and yet the cookies are divine. You can add a little water or oil. If you go too far, you can throw in some more flour. No matter what you seem to do, the cookies are absolutely delicious. Personally, I like them a little thicker than normal.

1/2 cup vegetable shortening
1/2 cup sugar
3/4 cup molasses
1 egg
3-1/2 cups flour

1 tsp. baking soda
2-1/2 tsp. ground ginger
2 tsp. ground cinnamon
1/4 tsp. ground allspice
1/4 tsp. salt

Cream together the vegetable shortening and sugar. Add the molasses and egg and beat well. Add the rest of the ingredients and mix in until barely combined. Dough will be stiff.

Cover and chill 1 hour or overnight. Roll out dough on lightly floured cutting board to 1/4 inch thickness. Cut dough with cookie cutters. Or have kids model their own ginger people. Place on greased baking sheets.

Bake at 350°F for 10 minutes.

Makes 22-24 5 inch cookies.



DO NOT LEAVE UNATTENDED OR THEY MAY DISAPPEAR!

APPLE SHARLOTKA

Made for the Hollenbaughs, it fell on the floor as I was taking it out of the pan. We rescued most of it and ate it for dessert. It's fantastic, but be careful if you use a non-stick pan as I did! It reminds me of a recipe my mother would have loved because she loved apple pie. I remember her first encountering Apple Pie Ice Cream on a trip to visit Di in Blacksburg, VA. She couldn't stop talking about it. So here, a Sharlotka for Charlotka (as my father liked to call her). This is from Smitten Kitchen originally.

Butter or nonstick spray, for greasing pan
6 large, tart apples, such as Granny Smiths
3 large eggs
1 cup granulated sugar

1 teaspoon vanilla extract
1 cup all-purpose flour
Ground cinnamon, to finish
Powdered sugar, also to finish

Preheat oven to 350°F.

Line the bottom of a 9-inch springform pan with parchment paper. Butter the paper and the sides of the pan.

Peel, halve and core your apples, then chop them into medium-sized chunks. (I cut each half into four "strips" then sliced them fairly thinly — about 1/4-inch — in the other direction.) Pile the cut apples directly in the prepared pan. Meanwhile, in a large bowl, using an electric mixer or whisk, beat eggs with sugar until thick and ribbons form on the surface of the beaten eggs. Beat in vanilla, then stir in flour with a spoon until just combined. The batter will be very thick.

Pour over apples in pan, using a spoon or spatula to spread the batter so that it covers all exposed apples. Bake in preheated oven for 55 to 60 minutes, or until a tester comes out free of batter. Cool in pan for 10 minutes on rack, then flip out onto another rack, peel off the parchment paper, and flip it back onto a serving platter. Dust lightly with ground cinnamon.

Serve warm or cooled, dusted with powdered sugar.

Serves 12



CONGO BARS

These are genius cookies. They are easy to make and delicious. I think these require nuts, but many disagree with me, so sometimes after I spread them in the pan I dot half the pan with walnuts and leave half nude. Then everyone is satisfied. I like to sing the old Andrews Sisters tune "Bingo Bango Bongo, I Don't Want to Leave the Congo" as I make these.

1/2 cup butter, melted
1-1/2 cups brown sugar
2 large eggs
2 teaspoons vanilla
2 cup all-purpose flour

2 teaspoon baking powder
1/2 teaspoon salt
2 cups semi-sweet chocolate chips
1 cup walnuts (optional)

Preheat the oven to 325°F degrees.

Stir the melted butter and the brown sugar together in a large bowl with a spatula. Next crack and stir in the eggs until combined. Mix in the vanilla. Dump the flour, baking powder, and salt on top of the wet mixture, and stir in until smooth. Mix in the chocolate chips, and nuts (if using)

Spread in a non stick sprayed 13 x 9 pan. Bake in a preheated 325 degree oven for 30 minutes or until the top is just browned and a little puffed. Do not overbake these if you want soft bars.

Cut into squares, triangles, or diamonds, while the blondies are warm. They get considerably harder to cut after completely cool.

Makes a pan of Congo Bars - number of servings all depends.



ESPRESSO BROWNIES

I first had these brownies at a luncheon of an event committee, courtesy of Marilyn Jandro. They were devilishly good and I couldn't resist. When my niece Tai came to town for Thanksgiving and I offered to bring something to a party for her, I thought of these. They get rave reviews from everyone who tries them. They are from a recipe from Giada De Laurentiis. Zoe thought the idea of coffee in a brownie was disgusting... until she tasted them. While I don't normally cook from mixes, this is worth it.

Nonstick vegetable oil cooking spray
1/3 cup plus 2 tablespoons water
1/3 cup vegetable oil
2 large eggs
2 tablespoons plus 2 teaspoons espresso powder
1 (19.8-ounce) box brownie mix (recommended:
Duncan Hines) (I used DuncanHines Milk
Chocolate Brownie mix and added about 1/4
cup cocoa powder to deepen the chocolate
flavor)

3/4 cup semisweet chocolate chips
1 teaspoon vanilla extract
1-1/2 cups powdered sugar
1 tablespoon unsalted butter, room temperature

Preheat oven to 350°F. Spray a 9 by 13-inch baking pan with nonstick spray.

Whisk 1/3 cup of water, oil, eggs, and 2 tablespoons espresso powder in a large bowl to blend. Add the brownie mix. Stir until well blended. Stir in the chocolate chips. Transfer the batter to the prepared baking pan. Bake until a toothpick inserted into the center of the brownies comes out with a few moist crumbs attached, about 35 minutes. Cool completely.

Meanwhile, dissolve the remaining 2 teaspoons of espresso powder in the remaining 2 tablespoons of water in a medium bowl. Whisk in the vanilla. Add the powdered sugar and butter and whisk until smooth. Pour the glaze over the brownies. Refrigerate until the glaze is set. Cut into bite-size pieces. Arrange the brownies on a platter and serve.

Makes 36 bite-sized brownies





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