



2013  
Morgan  
Family

# 2013

It's been a good year. Zoe turned 18. We totally cleaned the garage and got rid of lots of junk. Tom and I celebrated our 28th anniversary by getting a pair of beautiful rose bushes that delight us as we look out the window onto the patio. Mostly it was a good year in little things, and I'm thankful for every one of them.

We had a great mother's day - my present was a trip to Davis, coincidentally on the weekend of the Whole Earth Festival. It was a Davis day - there was Shakti Love Flow (All Levels) with Kali Patterson on the quad, a hooping space, swimming in the Rec Pool, meandering through the town, dinner at Ding How, and fun taking the road trip. It was a fradazzling day that brought out the Flower Magenta in me and we all had a blast.

Zoe and I got to hear a little Lavay Smith at Stanford Shopping Center as we did errands for the Pathways golf tournament.



Zoe at about 1-1/2

The Supreme Court affirmed the right of gays to marry. Hallelujah!

There was lots of good food this year. Some low carb. Regrettably for our blood sugar, some not. But what amazing food. I'm thinking of soft homemade flatbreads. Cumin cauliflower fritters. Awesome brownies. Great schwarma salads. A sausage cauliflower dish that made me crazy. Homemade gyros that were dancing good. I'm embarrassed by how much I love the food we cooked this year. So here it is - a record of the food we cooked and loved this year.

Early this year I came across a post on Facebook that I shared. It felt so right then, and it encapsulates what I learned from this year, so I'm going to include it here.

A Dog's Purpose?  
(from a 6-year-old).

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The Six-year-old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

Live simply. Love generously. Care deeply. Speak kindly.

Remember, if a dog was the teacher you would learn things like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure Ecstasy.

Take naps.

Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Think good thoughts for the ones who don't. Life is too short to be anything but happy. Falling down is part of LIFE...Getting back up is LIVING...



*Zoe, at 17-1/2, behind the wheel of a car for the very first time.*



# Chard Soup with Rice and Turmeric

*This recipe is originally from a wonderfully cosmopolitan cookbook, Street Food: Exploring the World's Most Authentic Tastes. It is a perfect springtime or summer soup. It was great right when we made it, but it was remarkably good (perhaps even better) the next few days reheated for a quick lunch at work. The first time I made it, I had also bought beets, so I used a combination of swiss chard and beet greens, which were wonderful.*

1-1/2 pound swiss chard, spinach leaves, or beet greens  
6 cups vegetable or chicken stock  
2 tablespoons canola or vegetable oil  
2 onions, finely chopped  
3 thin leeks, trimmed and rinsed, halved lengthwise, and thinly sliced  
1/2 cup long-grain white rice

2 tablespoons white wine vinegar  
2 garlic cloves, finely chopped  
1-1/2 cups plain Greek or Russian yogurt  
1/2 teaspoon ground turmeric  
Juice of 1/2 lemon  
2 tablespoons fresh mint leaves, coarsely chopped  
Salt and freshly ground black pepper

Separate the leaves from the stalks of the chard. Narrowly slice the stalks of the chard leaves. Rinse the leaves and finely shred.

Heat the oil in a heavy pan or casserole over medium-high heat. Add the onion, leek, and chard stems, and cook over low heat for 4-5 minutes until slightly colored. Add the rice and cook, stirring occasionally for 2 minutes, to coat. Season with salt and pepper. Pour in the stock and vinegar, and bring to a boil. Once boiling, reduce the heat and simmer for 12-15 minutes or until the rice is tender. While the soup is simmering, mince the garlic with a little salt. Stir into the yogurt with the turmeric and the lemon juice. Mix together, then taste and season with salt and pepper.

When the rice is tender, add the shredded chard leaves to the soup. Simmer for about 3 minutes until the leaves are tender (you will need less time if you are using spinach). Remove from the heat and whisk in the yogurt mixture. Check the seasoning, adding a little extra lemon juice or cracked black pepper if needed. Serve warm or at room temperature, to best appreciate the flavors. Serve with mint leaves and lemon wedges.

Serves 4-6



# Lemony Chicken and Orzo Soup

*There seems to be a theme in the soups here. Lemony and light. I really love celery and dill and so it's no wonder I put this soup on the save list.*

1 tablespoon olive oil  
2 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise 1/2-inch thick  
3 celery stalk, sliced crosswise 1/2-inch thick  
6 skinless, boneless chicken thighs  
6 cups low-sodium chicken broth

Kosher salt, freshly ground pepper  
1/2 cup orzo  
2 eggs, whipped  
1/4 cup chopped fresh dill  
1/4 cup freshly squeezed lemon juice  
Lemon wedges (for serving)

Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool, then cut chicken into bite-size pieces.

Meanwhile, return broth to a boil. Add orzo and cook until al dente, 8-10 minutes. Add chicken and then remove pot from heat.

Add about 1/4 cup of broth to eggs and beat quickly; keep adding broth slowly until you've added about 1 cup (this will temper the eggs and bring them up closer to the temperature of the soup). Then gently swirl the eggs into the soup and stir. A few strings of eggs may develop - that's fine. Add fresh dill and lemon juice and stir. Serve with lemon halves for squeezing over.

Serves 4-6



# Mulligatawny Soup

*Made on the first night of the first cold snap in the 2013 winter season, this soup warmed all of us. I love the curry flavor and the bright happy colors of this soup. It is a fabulous soup to freeze and storepile for work lunches. I know there are those that aren't in love with green peppers (Zoe), but it works really well here - the diced pepper melts into the soup lovingly. Many versions of mulligatawny soup feature chopped apples. I like savory more than sweet, so I skip the apples. If you think it sounds good, add one peeled, chopped Granny Smith apple when you add the liquid. This recipe was adapted from The Fanny Farmer Cookbook.*

3 tablespoons butter  
1 onion, chopped  
4 carrots, chopped  
3 stalks celery, chopped  
1 green pepper, chopped  
3 boneless skinless chicken thighs, chopped in 3/4" cubes  
1/2 cup flour

1-2 tablespoons curry powder  
6 cups chicken broth  
1 15-ounce can diced tomatoes  
1/4 cup chopped parsley  
Salt & Freshly ground black pepper to taste  
Minced parsley for garnish  
Hot cooked rice

Melt the butter in a large soup pot over medium-high heat. When it is sizzling, add the onion, carrots, celery, and green pepper. Saute for about 5-10 minutes, or until the onions are getting limp. Add the chicken and continue to cook for another 5 minutes. Add the flour and curry powder and saute for 2 minutes. Add the chicken broth, tomatoes, and parsley. Bring to a boil, then lower heat to low and simmer for 1 hour. Season with salt and pepper. Pour into a serving bowl and garnish with parsley. Serve with steaming rice.

Serves 8



# Tofu Udon Noodle Bowl

*Tom and I found this recipe in a Sunset magazine while waiting at Kaiser. It looked so good, we looked it up online as soon as we got home and made it within a day. Not only was it terrific the evening it was made, but I loved it packed for work the next two days. This is a nice soup to make on a work night, because it comes together very quickly.*

8 ounces fresh udon noodles  
6 cups chicken or vegetable broth  
1/4 cup mirin  
3 tablespoons finely shredded ginger  
1 cup julienned or shredded carrots

1/2 cup sliced green onion, plus more for garnish  
14 to 16 ounces firm tofu, cubed  
5 cups sliced napa cabbage  
5 cups bean sprouts, rinsed

Cook noodles according to package directions. Drain and divide among 4 large bowls.

Put broth, mirin, and ginger in an 8-qt. pot and bring to a boil over high heat. Reduce heat to a simmer; add carrots, 1/2 cup green onion, and the tofu. Cook until tofu is heated through, about 3 minutes. Add cabbage and bean sprouts and cook until just wilted, about 2 minutes. Divide among the bowls and garnish with green onion.

Serves 4



# Huevos Rancheros

*This is a recipe I developed when we lived in Chicago and I found myself craving Mexican food. On freezing cold, snowy weekend mornings, a big skillet of huevos rancheros made Tom and I happy. I had forgotten all about them over the years. This year, I got a sudden hankering. They still make us happy.*

1 tablespoon oil	1 chicken broth cube
1 medium onion, chopped	3/4 cup water
2 ribs celery, chopped	1/3 cup salsa (optional)
1/2 green (or red or yellow) bell pepper, chopped	4-8 eggs
2-3 cloves garlic, pressed	Thin slices cheddar cheese
1 4-ounce can green chiles	Warmed flour tortillas
1 16-ounce can stewed tomatoes	

Saute onion, celery, peppers, and garlic in oil until onions are translucent. Add chiles, tomatoes, chicken cube, water, and salsa. Boil until there is less fluid and a flavorful broth has developed. Add salt and pepper if necessary. Break eggs into the mixture, lower heat, cover and cook until eggs are covered with film. Top eggs with cheese slices and cook until cheese has melted or eggs are cooked to your liking. Serve with tortillas.

Serves 2-4



# Just Pancakes

*Over the years, I have come to make these pancakes sans recipe – mostly a product of making them week after week for Zoe when she was little. I used to make the pancakes in shapes – letters of the alphabet and in simple shapes like hearts and stars. They are a family tradition and it just occurred to me that I've never captured what I do. So here it is, with variations.*

2 cups flour  
1 tablespoon baking powder  
1/2 teaspoon salt

1-1/2 cups buttermilk or evaporated milk or milk (sometimes I use about 1/2 cup plain yogurt, greek yogurt, or sour cream in place of some of the milk)

2 tablespoons oil or melted butter  
2 eggs (1 will do in a pinch)

Butter or oil for greasing the griddle

Heat a griddle over medium heat.

Meanwhile, mix together dry ingredients. Mix wet ingredients together and add to dry. Mix well until most of lumps are gone, but don't get crazy about it.

Grease the griddle lightly with the fat of your choice. Dollop out the pancake batter in scant 1/4 cup measures, making shapes if you want. Allow to get to golden brown on the bottom (about 3 minutes), then flip and cook the other side for about 2 minutes.

Serve with syrup. These are quite nice cold for a midnight snack if you have any left over!

Makes 20-24 4-5 inch pancakes



# Mornings on Mykonos Eggs

*These are the Greek version of Huevos Rancheros. They were scumptious. They are definitely the elegant Acropolis sort of eggs as opposed to fiesta party eggs that are Huevos Rancheros. And I love the name of them - Mornings on Mykonos. It conjures up azure blue water, twisted cypress, and a relaxed approach to life. I'm there (at least in my imagination).*

3 tablespoons butter  
1 tablespoon heavy cream  
5 large eggs  
5 Kalamata olives, pitted and roughly chopped  
1 garlic clove, finely chopped  
1/2 teaspoon finely chopped fresh oregano

1/2 teaspoon finely chopped fresh dill  
1 tablespoon finely chopped fresh parsley  
1/4 cup crumbled feta cheese  
Kosher salt and freshly ground black pepper  
Toasted bread, for dipping and sopping

Preheat oven to broil.

Place the oven rack on the first shelf. Add the butter and cream to the bottom of a shallow baking dish (I like to use a stoneware braising pan). Place under the broiler until the butter and cream mixture is hot and bubbly (about 3 to 4 minutes).

Break the eggs (keeping the yolks intact) into individual bowls and set aside. In a small bowl, stir together the olives, garlic and chopped herbs. Set aside.

Once the butter and cream mixture is hot and bubbly, remove from the oven and carefully pour the five eggs into the dish (work quickly). Sprinkle the tops of the eggs with the olive herb mixture and top with the crumbled feta cheese. Liberally sprinkle with salt and pepper. Place the pan back under the broiler and cook until the egg whites are nearly cooked through (approximately 4 to 5 minutes). Remove from the oven and allow to set for 1 minute before serving. Serve hot with toast for dipping.

Serves 2 to 3



# Popeye's Special

*About a block away from the Communications Studies department in Evanston was Clarke's Diner, It featured skillet breakfasts and this was my favorite. Actually, my only, since I never tried another skillet nor ever had anything else there. I've been making it ever since. It goes wonderfully with poached eggs. Since we've been restricting carbs, I've been avoiding it, but I want it saved for a rainy day.*

1 tablespoon oil  
1 small onion, chopped  
3 medium yukon gold potatoes, cubed  
6 breakfast sausage, cut in 1/4" slices

Salt & Freshly ground pepper  
6-8 ounces fresh spinach, rinsed and spun dry  
1/2 - 3/4 cup shredded cheddar or Colby

Heat oil in a non-stick skillet over medium-high heat. Add onion and potatoes and sauté until potatoes are beginning to brown. Lower heat to medium. Add sausage and continue browning until the potatoes are cooked through and it is all nice a crispy. Season with salt and pepper.

Add spinach and sprinkle with cheese. Cover skillet and let cook for a few minutes until spinach has wilted and cheese has melted.

Serves 2-3

# Oatmeal Pancakes

*A couple of pages back is my go-to recipe for pancakes. I've made them that way since Zoe was very small. This summer I ran across this recipe and thought I'd just try it out. Zoe was outraged, until she tasted them. These are now her most favored recipe for pancakes. Tom and I like them also. They are a little chewy, but very tender. That may sound oximoronic, but both are true.*

1/4 cup all-purpose flour  
1 cup quick-cooking oats  
1 tablespoon sugar  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda

1/8 teaspoon salt  
1 cup buttermilk  
2 tablespoons butter, melted  
1 large egg

Combine all the dry ingredients in a medium bowl, stirring with a whisk.

Combine buttermilk, butter, and egg in a small bowl. Add to flour mixture, stirring just until moist.

Heat a nonstick griddle over medium heat. Coat pan with cooking spray. Spoon about 2-1/2 tablespoons batter per pancake onto griddle (I just used a partially full 1/4 cup measure). Turn pancakes over when bubbles begin to form on top; cook until bottom is golden.

Makes about 15 pancakes



# Sour Cream Waffles

*These are the first waffles I have ever tasted that were worthy of eating. For some reason, I have moved through most of my life unmoved by waffles (so to speak). These, from the Café Beaujolais Cookbook, changed everything. Tender and fluffy, they are the antithesis of the crispy, hard, solid-as-a-plank waffles I had always known. True, they are a pain in the butt to make, but they are worth it for special occasions. Zoe absolutely adores the, but I usually screw them up. It's my sister Diane (who spent a few months working at Café Beaujolais) who always made them for Zoe. This year, Zoe got a yen for them and figured out how to make them herself - YAY!*

2 cups all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 tablespoons sugar

4 eggs, separated  
1 cup sour cream  
1-1/2 cups milk  
3/4 cup melted unsalted butter, corn oil, or combo

Sift together the dry ingredients. In a separate bowl, beat together the egg yolks, sour cream, milk, and melted butter. Add to the dry ingredients and mix together thoroughly. Beat egg whites until stiff and fold in (there can be some fluffs of egg whites in the mix). Make waffles the way your machine demands.

Makes about 4-5 large 4-part waffles

Note: I have to admit that I've altered the recipe slightly because the original is so benumbingly picky it's mind-boggling. It asks for 1 tablespoon, plus 1-1/2 teaspoons of sugar, for example. On principle, I object to using 3 different measuring spoons for the same ingredient! And really, are we going to taste that extra 1-1/2 teaspoon of sugar in a waffle being drowned in maple syrup?





*We took a great trip to the beach with Eli Nelson before he took off for college in Minnesota. Zoe made Eli a quilt to take with him - her second completed this year. The quilt at the right is one she made for Tia Di. Puzzles continue to pile up. We put together at least one (!) - proof is below.*



# Brussels Sprout, Pineapple, Avocado, & Cashew Salad

*Odd, weird, can't quite believe you would put these ingredients together, but when you do, they sing. This was a very bright salad that tasted cheerful - there's just no other way to express it. It's surprising in the best possible way.*

1 pound brussels sprouts, washed, trimmed, and thinly sliced  
1 avocado, diced  
1 1/2 cups fresh pineapple, cut into medium size chunks  
1/3 cup cashews, roughly chopped  
1/2 T olive oil  
Sea salt

For the dressing:  
1/2 (heaping) tablespoon Dijon mustard  
1 tsp honey  
2 T apple cider vinegar  
1/4 cup olive oil  
1/2 tsp salt  
1/4 tsp ground pepper

**Roast the Cashews:** Preheat the oven to 375 degrees. In a small baking dish toss the cashews with 1/2 tablespoon olive and a generous shake of sea salt. Roast for 10 minutes or until golden brown. Set aside to cool. Place all remaining ingredients for the salad in a large bowl.

**Make the dressing:** Whisk together all ingredients but the olive oil. Once combined, stream in olive- whisking to combine as it's stirred in.

Pour dressing over the salad and toss gently to combine. Place in fridge for 30 minutes so flavors can meld. Before serving, toss once more and taste for seasoning. Add additional salt if necessary. Top salad with roasted cashews right before serving.

Makes 6-8 appetizer salad portions



# Ezekiel's Wheel Salad

*I have this thing for garbanzo beans. I just can't seem to get enough of them, particularly in salads. They are friendly, cuddly beans, round and plump. This recipe came from Aarti's Party on the Food Network. I have no idea where the name came from, but it is a pretty salad and very healthy, aside from tasting terrific. It's also one of those salads that improves overnight, which makes it perfect for a go-to-work meal.*

1 shallot, minced	3 roasted red peppers
Juice of 1 lemon	3-4 Persian cucumbers, quartered lengthwise and cut in 1/4 inch slices
Salt	Handful of pomegranate seeds or 3-4 pickled beets
1/4 cup tahini	Handful chopped parsley
1/2 cup Greek yogurt	Zaatar (3/4 tsp oregano, 3/4 tsp marjoram, 3/4 tsp thyme, 1 tablespoon lemon zest, salt)
1/4 cup or so of hot water	Ground black pepper
1 clove of garlic	
Splash of extra virgin olive oil	
2 tablespoons pine nuts	
2 cans chick peas, drained and rinsed (2 small or 1 and 1/2 large cans)	

Combine shallots, lemon juice and a sprinkling of salt in a bowl. Allow to sit for 10-15 minutes.

Have some hot water on standby. Whisk in tahini, and when it starts to seize up, add 1/4 cup of hot water. Keep adding water until you have a smooth, lighter-coloured sauce (usually takes up to 3/4 cup of hot water).

Add a splash of extra virgin olive oil. Add garlic clove, and season with salt and pepper. Stir.

Toast pine nuts over low heat for about 5 minutes, until lightly browned. Remove from heat immediately. Add to tahini dressing. Add chickpeas, red peppers, beets/pomegranate seeds, parsley and a healthy sprinkle of zaatar. Toss. Serve at room temperature.

Serves 4-6



# Ginger Miso Salad

*This was a lovely dinner on a autumny Sunday night with Vietnamese Pork (see the 2009 cookbook). Zoe had spent all day working on college essays. Tom and I ran out for a quick swim before dinner. This hit the spot for all of us! I usually think Asian pears are too bland for eating, but their crisp cold crunch was perfect in this salad. The onions added a soft savory-sweet note, while the cucumbers and cashews rounded things out.*

## **Ginger Miso Vinaigrette**

1/4 cup rice wine vinegar  
2 tablespoons white miso paste  
1 tablespoon sugar  
1 teaspoon fresh ginger, peeled and finely grated  
1 small clove of garlic, grated  
4 drops of sriracha sauce (optional - I did without it)  
3 tablespoons sesame oil  
2 tablespoons water  
1 tablespoon canola oil

## **Salad**

1 tablespoon oil  
1 medium red onion  
1/2 teaspoon garlic salt  
8 cups mixed field greens  
1 Asian pear, quartered and thinly sliced  
1 Persian cucumber, thinly sliced  
1 handful roasted and salted cashews  
Freshly ground pepper to taste

Mix all the vinaigrette ingredients in a small bowl, and slowly whisk until well blended. \*Note, you will not need to use all of the dressing for the salad. It packs a punch!

Heat oil in a sauté pan over medium heat. Add the red onions and begin to caramelize. Season with garlic salt and pepper. Allow to cool. Toss the salad together with greens, pear, cucumber, cashews, caramelized red onion, and drizzle with the Miso Ginger Vinaigrette.

Serves 3-4



# Green Mango Salad

*Growing up in Manila, green mangoes were a delicacy that I never became accustomed to. Too sour, they seemed to me - a waste of what would, in a few weeks, become deliciously sweet, yellow perfection. But tastes change and now I love the sour bite of green mangoes. This salad was so delectable. I used a julienne peeler on the mangoes, which worked perfectly. The palm sugar is not required, but I'm convinced it adds a depth of flavor. I especially like using the small mini-peppers - their thin flesh goes better with the mango.*

4 tablespoons fresh lime juice  
2 teaspoon sugar (ideally palm sugar)  
2 teaspoon chile-garlic paste  
2 teaspoon fish sauce  
2 green mangos, peeled and grated

2 Persian cucumbers, julienned  
4 shallots, thinly sliced  
4 scallions, chopped  
1/2 red bell pepper, slivered (or 2-3 mini-peppers)  
Fresh basil or cilantro leaves for garnish

Whisk together lime juice, sugar, chile paste, and fish sauce in a medium bowl. Add mango, cucumber, and shallots. Garnish with scallion, red bell pepper, and herbs. Serve within 2 hours.

4 servings



# Kale Salad with Pecorino and Walnuts

*Try this for a vegetarian supper with a tortilla de patatas (see the 2011 cookbook). I made this on a hot night in August, the night before school began. It was oppressive in Mountain View, like it rarely is. Hot and muggy. We ate this with grilled White Barbeque Sauce Chicken, accompanied by steamed broccoli. We were listening to Pride and Prejudice on a CD (summer reading left very late!). Silently we gave one another thumbs up as we ate this salad. This was adapted from a Smitten Kitchen recipe.*

1/2 cup walnuts or almonds

1/4 cup golden raisins

1 tablespoon white wine vinegar

1 tablespoon water

Coarse or kosher salt

1 bunch Tuscan/lacinato kale, washed and patted dry

1/2 cup pecorino romano cheese, shredded

4 tablespoons olive oil

1 tablespoon lemon juice

1 tablespoon golden balsamic vinegar

Freshly ground black pepper or red pepper flakes, to taste

Prepare nuts: Heat oven to 350. Toast nuts on a baking sheet for 10 minutes, tossing once. Let cool and coarsely chop.

Prepare raisins: In a small saucepan over low heat, simmer white wine vinegar, water and raisins for 5 minutes, until plump and soft. Set aside in liquid.

Prepare kale: Trim heavy stems off kale. Stack leaves and roll them into a tube, then cut them into very thin ribbons crosswise.

Assemble salad: Put kale in a large bowl. Add pecorino, walnuts and raisins (leaving any leftover vinegar mixture in dish), olive oil, lemon juice, and balsamic vinegar and toss until all the kale ribbons are coated. Taste and adjust seasonings with salt and pepper. Let sit for 10 minutes before serving, if you can, as it helps the ingredients come together.

Serves 4-6



# Mushroom Salad with Garlic and Parsley Vinaigrette

*We had this salad first on a Sunday night in May, watching episodes of Veep as we cooked dinner. It was so delicious - just a perfect counterpoint to an oven roasted turkey breast and roasted broccoli with parmesan. The softness of the mushrooms seemed to contrast delightfully with the acerbic tone of Veep.*

2 tablespoons finely chopped shallot (about 1 small)  
2 large clove garlic, finely chopped  
1/3 cup freshly chopped parsley leaves  
2 teaspoons country Dijon mustard  
4 tablespoons red wine vinegar  
1 teaspoon thyme

1 teaspoon garlic salt  
1/4 teaspoon white pepper  
5 tablespoons olive oil

1-1/2 pound white button mushrooms, thinly sliced

Place shallot, garlic, parsley, mustard, vinegar, thyme, salt and pepper in the bottom of a small mixing bowl. Stir to combine, then whisk in olive oil in a slow, steady stream. Alternately, place all ingredients in a clean 8-ounce jar. Cover and shake vigorously.

Place the mushrooms in a medium glass bowl. Add the vinaigrette and toss gently. Allow to sit at least 10 minutes, until the mushrooms are wilted and impregnated with sauce. Check for seasoning and add additional salt and pepper, if necessary.

Serves 4-6



# Plum Frisee Salad with Lemongrass Vinaigrette

*This was loosely based on a salad I had at the California Café at Stanford Shopping Center. That had mango. But when I made this in late June, it was sweltering and there wasn't a ripe mango in sight. But plums were aplenty. It's a multi-flavored salad that goes wonderfully with a steak.*

1/2 head frisee, cut up  
8 ounces herb salad  
1/2 red pepper, slivered  
1 bunch green onions, cut in 1/2-inch pieces  
2 ounces Chinese peapods, cut in 1/2-inch pieces  
1 plum, pitted and cut in small chunks (I used a Santitas)

## **Vinaigrette**

2 tablespoons lemongrass paste  
1 teaspoon garlic salt  
Juice from 1/2 lime (about 1-2 tablespoons)  
1/4 cup rice vinegar  
3/4 cup vegetable or canola oil  
Freshly ground pepper

Layer salad ingredients in a serving bowl.

Whisk together vinaigrette. At serving time, toss salad with vinaigrette.

Serves 2



# Fergus Henderson's Red Salad

*First off, I have no personal connection with Fergus Henderson. He is the chef of a restaurant in London and a proponent of "nose to tail" eating. See his picture below - I love how quintessentially British he looks. I found this salad on Food52 and it is a great slaw! The beets don't overwhelm the slaw, but are just one note in many. We had the salad in mid-March with roasted pork tenderloin. Tom, who detests beets, tentatively tasted it and was won over. It was truly delicious, he pronounced. I really like that the dressing is so free-form. Truth be told, it's the way I usually do dressings anyway. And I adore the way they describe plating the salad.*

4 small beets, peeled and finely grated  
1/2 raw red cabbage with its core cut out, very finely sliced  
1 small red onion, peeled, cut in half from top to bottom  
and finely sliced (to mellow its bite, soak in cold water  
while you make the rest of the salad, then drain)  
6 healthy dollops of crème fraîche or Greek yogurt  
2 healthy bunches of chervil (or parsley), picked

## **Dressing**

Healthy splashes of extra virgin olive oil  
A little gesture of balsamic vinegar  
A small handful of extra-fine capers  
Sea salt and black pepper

Mix everything together for the dressing. Toss all your raw red vegetables in the dressing, taste and adjust seasoning, then on six plates place a bushel of this red mixture. Next to this, nuzzle your blob of crème fraîche as if the two ingredients were good friends, not on top of each other as if they were lovers. Finally a clump of the chervil rested next to the other ingredients in the friendly fashion. A very striking salad ready for the eater to mess up.



# Manila Green Beans

*Tom, Zoe, and I must have eaten a pound and a half of these green beans. For me they are evocative of the Philippines and my childhood. For Zoe and Tom, they were just good.*

1 tablespoon oil  
2 large shallots, minced  
2 large cloves garlic, minced  
1-1/2 pounds green beans, trimmed and snapped in 1-1/2  
inch lengths

1 tablespoon Maggi Seasoning Sauce  
1/2 teaspoon garlic salt

Heat the oil in a skillet over medium high heat until shimmering. Add the onion and garlic and sauté for about 1 minute. Add the green beans and toss and stir until they have turned a very bright green. Add the Maggi and garlic salt, toss again a few times and put a cover on the pan. Let cook for about 2 minutes or until done to your liking (I like them pretty squeaky crunchy).

Serves 3-4

Zoe showing off her trophy from the Berkeley tournament in February. She competed in Lincoln-Douglas debate.



Zoe and Eli got to the semi-finals in Parliamentary debate at the Santa Clara Invitational in April. This photo was taken at 11:45 pm on a Sunday night and they had been debating since 8 am. Yes, that's close to 16 hours of debate. Yes, she is my daughter!

# One Pan Israeli Couscous

*Significantly adapted from a recipe from Smitten Kitchen, which was itself significantly adapted from a recipe from Martha Stewart's Living of June 2013. We served this with the Yogurt Greek Chicken and Clamage Eggplant Salad and it was like we has been transported to the edge of the crystalline Mediterranean! Tom, Zoe, and I were in heaven!*

1 cup whole wheat Israeli couscous  
3/4 cup V-8 (sub with water if no V-8)  
1-1/4 cup water  
1/2 onion, cut in quarters lengthwise and then thinly sliced  
2 garlic cloves, sliced thinly  
1 tablespoon chopped fresh oregano  
3 tablespoons chopped fresh basil (plus more shredded for garnish)

9 ounces grape or cherry tomatoes, halved or quartered  
(or could use some roasted cherry tomatoes, or canned diced)  
1 tablespoon olive oil  
Salt & freshly ground pepper to taste

## **Toppings**

2 tablespoons grated Parmesan  
Shredded basil

Put everything but the toppings in a saucepan. Bring to a boil, then reduce heat and allow to gently bubble without a cover for about 20 minutes or until the couscous is done. Every so often, give it a swirl with a spoon.

To serve, sprinkle with the extra basil and the parmesan.

Serves 3-4



# Cauliflower and Cumin Fritters with Lime Yogurt Sauce

*For my birthday this year, Lisa Selzer gave me the original Ottolenghi cookbook, originally published in Britain in 2008 and published for the first time in the U.S. this year. I have said before how much I loved Plenty and Jerusalem. Well, the first cookbook is a wowser (yes, I said wowser). I made these fritters and they just about dropped Tom and I in our seats. I think these have to be the best new thing I've tasted this year. They were fabulous just made and damn good for lunch the next day with a salad. The sauce is pretty fabulous also. The cookbook advises serving these in a pita. They don't need all that bread, but you could do it...*

1 head cauliflower  
1 cup flour  
4 eggs  
3 tablespoons Italian parsley, minced  
2 shallot, finely chopped  
1 garlic clove, minced  
1-1/2 teaspoons cumin  
1/2 teaspoon turmeric  
1 teaspoon garlic salt  
1/2 teaspoon ground black pepper

2 cups oil for frying

## **Lime Yogurt Sauce**

1-1/3 cups plain Greek yogurt  
Zest from 1 lime  
2 tablespoons lime juice  
1/2 teaspoon grated ginger  
Salt & pepper to taste

Cut the cauliflower into small florets. I also cut up the stems and even the leaves (for the leaves, I split them in half lengthwise, then cut into 1/4 inch strips). Get some salted water boiling and add cauliflower. Boil for about 8-10 minutes or until the cauliflower is fairly soft. Drain into a colander.

Meanwhile, mix together the other ingredients for the fritter. Drain the cauliflower and add to the fritter batter. Mix well to break down the cauliflower a little.

Place the oil into a wide pan to a depth of about 2/3 inch and heat over medium to medium-high heat. When it is very hot, carefully spoon in batter in scant 1/4 cupfuls. Space them apart. Cook about 3 minutes on each side until nicely browned. Remove from pan and drain well on paper towels.

Serves 4



# Creamy Garlic and Green Olive Pasta

*This is an old recipe from the Frugal Gourmet. Basically it's just Pasta Alfredo with some green olives thrown in, but those green olives are mighty yummy. The ingredients are without quantities because it is all relative, being a largely free-form recipe.*

Pasta, shape of your choice  
Green olives  
Fresh garlic  
Olive oil

Whipping cream or light cream or half-and-half  
Parmesan cheese  
Black pepper  
Parsley

Put on a big pot of water to boil. Pick out your pasta, cook it al dente and keep it hot. You can use spaghetti, capellini, vermicelli, or linguini, whatever you prefer, or even shapes that aren't straight(!).

Next the garlic. Peel a bunch of garlic cloves. At least a couple per person you're feeding. Slice the garlic, but not too thinly.

Get some green olives - Any kind you want, really. They can be the kind stuffed with pimento or fancy French olives. Make sure that if they have pits, you get the pits out. Chop up the olives a bit, not tiny. You should have a small handful per person.

In a hot non-stick sauté pan, put a little olive oil, the fresh sliced garlic and the chopped green olives. Sauté the garlic and olives just a bit, being careful not to let the garlic brown, or it may become bitter.

Add some cream, and bring to a simmer. Figure you will need at least 1 cup cream per pound of pasta. Cook over low heat until the liquid has been reduced by almost half, and it is thick, stirring very often.

Pour this over the hot pasta, sprinkle generously with parmesan, chopped parsley and black pepper, preferably fresh from the pepper mill. Toss and serve immediately.

# Gnudi with Fresh Tomato Sauce

*Until about a year or two ago, I avoided any recipe with ricotta. I hated the grainy texture of the ricotta you get at the standard grocery store. Then I discovered Whole Foods' fresh ricotta. It was smooth and rich. No graininess at all. Suddenly, I was free to make recipes with ricotta! This was a delightful recipe. I took a deep breath and plopped (gently) the gnudi in the boiling water. I was certain they would disintegrate and I'd end up with white-speckled water instead of lovely dumplings. I was wrong. The gnudi were tender and yet substantial. They were delicious with the fresh tomato sauce.*

1 pound fresh ricotta cheese  
1 large egg  
1/3 cup finely grated Pecorino Romano cheese (about 1 ounce) plus additional for serving  
1/2 teaspoon salt  
Large pinch of ground white pepper  
3/4 cup all purpose flour plus additional for coating

## **Fresh Tomato-Basil Sauce**

4 large ripe tomatoes  
2 large cloves of garlic  
1/4 cup olive oil  
1/3 cup chopped fresh basil  
salt and pepper

Line a colander with cheesecloth or several layers of paper towels. Spoon ricotta cheese into the colander. Let drain at least 30 minutes and up to 1 hour.

Meanwhile, make the sauce: Heat the olive oil in a medium saute pan. Smash the garlic cloves with the side of a large knife and add to the oil. Heat the garlic in the olive oil over a low flame while you prepare the tomatoes.

Bring a saucepan of water to a boil. Cut an "X" in the bottom of each tomato. Gently submerge the tomatoes into the boiling water for about one to 2 minutes. Remove from the boiling water and peel off the skin. Cut each tomato in half around the equator and use your fingers to remove the seeds. Dice the tomatoes and set aside.

Remove the garlic from the oil and add the chopped tomatoes and a little salt and pepper. Let simmer while you prepare the gnudi dough. Add the chopped basil and taste for salt and pepper.

Beat egg, 1/3 cup Pecorino Romano cheese, salt, and white pepper in large bowl to blend. Mix in ricotta. Sprinkle 3/4 cup flour over and stir gently to blend. Cover and chill dough 1 hour. Do ahead Can be made 1 day ahead. Keep chilled.

Line rimmed baking sheet with plastic wrap. Place some flour in bowl. For each gnudi, gently roll 1 heaping teaspoonful of dough into ball. Add to flour; toss to coat lightly, shaping into short log. Place on baking sheet. Do ahead Can be made 4 hours ahead. Cover; chill.

Cook gnudi in large pot of boiling salted water until very tender, about 6-8 minutes.

Serves 4



# Pickled Shrimp

*This recipe comes from from A New Turn in the South by Hugh Acheson. The shrimp are sweet and plump, briny and perfumed. This would make a great appetizer, but we liked it as a summer dinner, alongside a couple of salads.*

2 tablespoons Old Bay Seasoning  
1 pound shrimp, peeled (I like 26 to 30 count for this)  
1/2 teaspoon celery seeds  
1/4 teaspoon allspice berries  
1/2 teaspoon dried red pepper flakes  
1 tablespoon sea salt

1 cup extra-virgin olive oil  
1/2 cup freshly squeezed lemon juice  
2 garlic cloves, minced  
6 fresh bay leaves or 12 dry  
1/4 cup fresh flat-leaf parsley leaves, minced  
1/2 medium Spanish onion, thinly sliced

Prepare an ice bath by filling a medium bowl half with water and half with ice.

Bring a large pot of water to a boil. Add the Old Bay, then the shrimp and immediately reduce the heat to low. Cook for about 2 minutes, or until the shrimp are pink through and just cooked. Plunge the shrimp into the ice bath to cool, then drain and reserve them in the fridge.

Grind the celery seeds and allspice in a spice grinder or in a mortar. Combine in a bowl with the red pepper flakes, salt, olive oil, lemon juice, garlic, bay leaves, and parsley. Stir.

In a clean, nonreactive container, layer the shrimp and the pickling liquid. Repeat. Cover and let sit in the fridge for 24 hours. In a pinch, you can do this all in a large sealable bag.

Makes 6 cups, certainly enough for 3-4 people as a main course and for at least 8-10 people as an appetizer



# Tuscan-Style Tuna Salad

*This salad was a very big hit at our house. The original recipe was very streamlined and I have to admit I ruffled it up a bit. The salad got a dose of parsley, celery, dill, and garlic salt. I added in beets and cucumbers. Presented in separate bowls, it lets everyone choose their favorite bits. Zoe, Tom, and I inhaled this. This version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for a few days.*

3 6-ounce cans chunk light tuna, drained  
2 15-ounce can small white beans, rinsed and drained  
6 scallions, trimmed and sliced  
2 stalks celery, cubed  
1/4 cup minced parsley  
2 tablespoons minced fresh dill  
4 tablespoons extra-virgin olive oil  
3 tablespoons lemon juice

1/2 teaspoon garlic salt  
1/4 teaspoon ground white pepper, to taste  
15 cherry tomatoes, quartered  
3 Persian cucumbers, quartered lengthwise and then cubed  
1 can julienned beets, drained  
1 head butter lettuce, cleaned and roughly torn

Combine tuna, beans, scallions, celery, parsley, dill, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

In separate side bowls, place tomatoes, cucumbers, beets, and lettuce. Serve with bean & tuna salad.

Serves 4

# Fujianese-Style Stir-fried Fish and Yellow Peppers

*This recipe is from one of my cookbook finds of the year, Grace Young's Stir-Frying to the Sky's Edge. I don't know how I missed her cookbooks in the past, but I thoroughly enjoyed exploring this lovely book. I loved this recipe in so many ways. The fish was firm, not at all fishy, and cooked perfectly. The colors were amazing - pale ivory fish, with bright yellow peppers, and green scallions. It was beautiful. Finally, when done eating we felt great. It's light and easy on the stomach.*

12 ounces firm boneless white fish, such as cod or swai  
1 egg white, lightly beaten with 1/2 teaspoon salt

3 tablespoons chicken broth  
1/2 teaspoon salt  
2 tablespoons Shao Hsing rice wine or dry sherry  
2 teaspoons cornstarch  
1/2 teaspoon sugar

2 cups water with 2 tablespoons oil

2 tablespoons oil  
1 tablespoon minced garlic  
1 tablespoon finely shredded ginger (the younger the better)  
2 medium yellow peppers, cut into 1" chunks  
1 bunch green onions, shredded

Halve the fish lengthwise along the deep natural crease of the fillet, into 2 strips, each roughly 2 inches wide. Cut strips one at a time crosswise to make bite-sized pieces. In a medium bowl, combine the fish gently with the egg white and salt. Let aside.

Mix together chicken broth, salt, wine, cornstarch, and sugar in a bowl and set aside.

Bring water with oil to a boil. Add the fish gently to the water and stir to make sure the fish doesn't clump together. Cook it for 30 seconds or until the fish is barely opaque and is not cooked through yet. Remove the wok from the heat and remove the fish with a slotted spoon to a dish. Empty the water out of the wok and wipe the wok dry.

Heat the wok over high heat until a bead of water vaporizes in 1-2 seconds of contact. Swirl in 2 tablespoons oil. Add the garlic and ginger, stir fry for 10 seconds or until the aromatics are fragrant. Add the bell peppers and stir fry for about 1 minute, or until the peppers just barely begin to soften. Return the fish to the wok with the scallions. Restir the cornstarch mixture and swirl it into the wok. Gently stir-fry the fish 30 seconds to 1 minute, or until the fish is just cooked through and the ingredients combined.

Serves 2 as a main dish or 4 as part of a Chinese meal



# Lemongrass Fish with Greenery and Peanuts

*I swear this is an absolutely genius recipe. It is adapted from a cookbook by Kim Kushner that I picked up on a whim at the library: The Modern Menu: Simple. Beautiful. Kosher. Zoe complained that the recipe made fish taste like chicken, but that's a big plus for me. The sauce smelled so good when I was done whirling that I wanted to find a bunch more food to smear it on. If I was only allowed by some angry god to share one recipe this year, it likely would be this one. You could smear the sauce on chicken, pork, shrimp, beef, veggie before grilling. Or tofu- that would be incredible. If you can get your hands on some, make the peanuts be Filipino garlic peanuts. Wow, wow, wow!*

6 8-ounce halibut fillets (I used barramundi), cut in largish chunks	1 teaspoon toasted sesame oil
	1 teaspoon turmeric
	1/2 teaspoon garlic salt
2 stalks lemongrass	
1 jalapeño, with pith and seeds removed	3 tablespoons Italian parsley or cilantro
3-inch length of ginger, peeled and roughly chopped	3 tablespoons peanuts, chopped
3 garlic cloves, chopped in halves	
2 tablespoons soy sauce	

Preheat oven to 375°F. Line a rimmed cookie sheet with parchment paper and arrange the fish on the paper.

Cut off the bottom and the top of the lemongrass stalks to get about 6-inch lengths. Peel the lemongrass until you get down to the soft bendy part. Cut each stalk in five or six pieces.

In a small food processor, or with a mortar and pestle, combine the lemongrass, jalapeño, ginger, garlic, soy sauce, sesame oil, turmeric, and garlic salt until a smooth paste is formed. Spread paste on the fish chunks.

Roast fish in the oven for 12-15 minutes. Remove from oven, place on serving plate and sprinkle with parsley and peanuts.

Makes 6 servings

# Potato, Garlic, and Shrimp Fritters

*Adapted from The Essential Diabetes Cookbook: Good Healthy Eating from Around the World by Antony Worrall Thompson. Very nice fritters. We all loved the nutty coating. There were a couple left over and Zoe took them to school the next day very happily. These were very special!*

1-1/4 pound new potatoes, quartered  
1 tablespoon oil  
2 tablespoons sunflower seeds  
4 scallions, finely sliced  
1 teaspoon ground turmeric  
4 garlic cloves, finely minced  
2 teaspoons black mustard seeds  
4 tablespoons chopped fresh parsley (can sub cilantro)  
2 teaspoons chopped fresh mint  
2 teaspoons finely chopped curry leaves (optional)  
1/2 pound cooked shrimp, peeled and deveined  
2 egg yolks

## *Dukkah*

1/3 cup walnuts or hazelnuts  
1-1/2 tablespoons sesame seeds  
1-1/2 tablespoons coriander seeds  
1-1/2 tablespoons cumin seeds

Prepare dukkah: In a dry frying pan over low heat, toast the nuts and seeds until they release their fragrance - about 2-3 minutes. Cool, then put in a ziplock bag and crush with a rolling pin. Set aside

Cook the potatoes in boiling salted water until tender, about 15-20 minutes. Drain, then mash half the potatoes with a fork or masher and lightly crush the remainder. Set aside.

Meanwhile, heat the oil in a saucepan over low heat (you can use the one you made the dukkah in - without washing). Add the sunflower seeds, scallions, turmeric, garlic, and mustard seeds. Cook very gently for 4 minutes, stirring often. Add the parsley, mint, and curry leaves, and mix well. Add the spice mixture to the potatoes while both are still warm, then leave to cool.

Fold the shrimp and egg yolks into the potato mixture. Shape into about 12 cakes, squeezing them firmly. Refrigerate for an hour or so to firm up.

Dip the cakes into the dukkah, pushing the seeds in well. Either lightly fry in a nonstick pan or bake in a 350F oven for about 20 minutes, turning once.

Serves 4

Serve with a crunchy salad of cucumber, carrots, and radishes.



"Live your life and  
forget your age."



WHAT MAKES MY HEART SING

# Accidental Turkey

*This was a recipe from Ina Garten, which I found somewhere else – that’s the way it goes when you start looking at recipes online. We tried this in advance of Thanksgiving to make sure it worked and it worked beautifully. It was quick, it was yummy, the leftovers lasted a very short time. What more can you ask? When Tom made it a week later for Thanksgiving at the Desai’s, there was virtually nothing left by the end of the evening.*

Kosher salt  
1 tablespoon minced fresh rosemary leaves  
Grated zest of 1 lemon  
1 (12- to 14-pound) fresh turkey

1 large yellow onion, unpeeled and cut in eighths  
1 lemon, quartered  
8 sprigs fresh thyme  
4 tablespoons (1/2 stick) unsalted butter, melted  
Freshly ground black pepper

Two or three days before you plan to roast the turkey, combine 3 tablespoons salt, the rosemary, and lemon zest. Wash the turkey inside and out, drain it well, and pat it dry with paper towels. Sprinkle 1 tablespoon of the salt mixture in the cavity of the turkey and rub the rest on the skin, including under the wings and legs. Place the turkey in a shallow dish to catch any drips and wrap the whole dish tightly with plastic wrap. Refrigerate for one or two days. The day before you plan to roast the turkey, remove the plastic wrap and leave it in the fridge. The skin will dry out and turn a little translucent.

Preheat the oven to 450 degrees. Be sure your oven is very clean!

Place the onion, lemon, and thyme in the cavity. Tie the legs together with kitchen string and tie the wings close to the body. Brush the turkey with the butter and sprinkle it with salt and pepper.

Roast the turkey for 45 minutes, placing it in the oven legs first. Lower the temperature to 325 degrees and roast it for about another hour, until 165 degrees for the breast and 180 degrees in the thigh on an instant-read thermometer. Remove from the oven, cover the turkey tightly with aluminum foil, and allow it to rest for 20 to 30 minutes. Carve and serve with the pan juices.

Serves 10 (or makes a lot of leftovers)



# Alba's Chicken Cutlets

*When I was a child in Manila, my parents' favorite restaurant was Alba's, which specialized in Spanish cuisine. Mom and Dad would take out-of-town guests there, we would go there whenever the older kids came home for vacation, and occasionally we would go there just because Daddy wanted their gambas al ajillo. It was the kind of place that served a little glass boat filled with crushed ice and spears of celery, carrots, and radishes to start. They had a band that roamed the room and my father loved singing with them. My mom and I had the same thing every time - Chicken Cutlets. Not very Spanish at first blush, but they were so good we couldn't be tempted by anything else. They were less than a quarter inch thick and big enough to cover the plate. Crispy and delicate, mom and I savored them. It's been over two decades since I've been to Alba's, but the memory of their chicken sticks with me. One night when Brian was over, I made them, and they were a big hit.*

6-8 boneless chicken thighs or breasts  
2 eggs, beaten with 3 tablespoons water  
2 cups bread crumbs  
1 teaspoons garlic salt

1/2 teaspoon white pepper  
2-3 tablespoons vegetable oil  
1 lemon, in wedges

Beat the chicken until it is even and very thin - as thin as you can get them. Break eggs into a wide bowl and beat with 3 tablespoons of water. In a rimmed plate, mix together bread crumbs, garlic salt, and white pepper. Set both aside.

Heat a griddle or frying pan over medium heat until very hot. Add a tablespoon of oil. As it heats up, dip a piece of chicken into the egg, then coat with bread crumbs. Add to pan and fry for about 3-4 minutes a side. Remove to platter and keep warm. Continue to make the rest of the chicken.

Serve with lemon wedges to squeeze over the cutlets.

Serves 4



# Angry Bird Skewered Salad

*Based on a wonderful lunch I had at the Sharon Heights Country Club this past summer. These skewers were so good, I stopped on my way home from work to get the ingredients so I could re-create them. They are spicy, sweet, yum, yum, yummy. The peanut sauce is mine. I usually don't like peanut sauce, but this one I love! It's loosely based on one I had at the Sheldon apartment in Davis one night before we played bridge, years and years and years ago.*

4 boneless chicken breasts, cut into 1-inch chunks  
2 tablespoons soy sauce  
4 large garlic cloves, pressed or minced  
2 tablespoons sweet chili sauce (available in the Asian food aisle or at Asian food stores)  
1 teaspoon turmeric  
Mesclun

## **Angry Bird Vinaigrette**

2 tablespoons sweet chili sauce  
1/2 teaspoon garlic salt  
1 tablespoon lime juice  
1/3 cup canola oil  
Freshly ground black pepper

## **Peanut Sauce**

1 tablespoon cooking oil  
1 shallot, minced  
1 teaspoon ginger, peeled and minced  
2 cloves garlic, minced  
1 tablespoon fish sauce  
1 tablespoon soy sauce  
1 tablespoon lime juice  
2 tablespoons peanut butter  
1 teaspoon chili sauce (with or without garlic)  
2-3 tablespoons water

Combine the chicken with the soy sauce, garlic cloves, sweet chili sauce, and turmeric. Let marinate for at least 30 minutes. Skewer and grill. Serve on a bed of mesclun with the Angry Bird Vinaigrette and the peanut dipping sauce.

To make the vinaigrette, combine all the ingredients and whisk well.

To make the peanut dipping sauce, heat the oil over medium-high heat in a small saucepan until shimmering. When hot, add shallot, ginger, and garlic. Saute for about 30 seconds, then add the rest of the ingredients. Whisk well and heat until combined and thickened (only takes a minute or two).



# Chicken and Swiss Chard Rolls with Fresh Tomato Sauce

*This was a lovely dish from an Australian website. What I loved most about this meal was the pop of lemon in the filling. It tasted delicate and very healthy. I also loved that in Australia Swiss chard is called silverbeet. Making this was a little awkward, because the leaves are somewhat stiff, the filling is very soft, and it therefore becomes a messy job. Having said that, in the end, it is a forgiving recipe. The leaves soften and enfold the filling as though they had never struggled against one another. I suppose, if you were inclined to work harder, you could blanch the leaves before you made the rolls, but to my mind that's just too much work.*

1 1/4 cups long-grain rice, cooked

1 pound ground chicken

1 bunch green onions, coarsely chopped

1 garlic clove, peeled and minced

1 egg

Zest from 1/2 lemon

2 tbs fresh lemon juice

8 large Swiss chard leaves, washed, dried (save stalks for sauce)

## **Fresh tomato sauce**

Olive oil spray

1 red onion, finely chopped

2 garlic cloves, minced

8 stalks Swiss chard, cut in 1/4 inch slices

1 x 400g can whole peeled tomatoes

125ml (1/2 cup) water

1 tsp chicken stock powder

1/4 cup chopped fresh basil

Use a sharp knife to remove the thickest part of the stems from the chard leaves.

Cook the rice following packet directions or until tender. Drain.

To make the sauce, lightly spray the base of a non-stick saucepan with olive oil spray and place over medium heat. Add the onion and cook, stirring, for 2-3 minutes or until soft. Add the chard stalks and sauté for a minute. Add the tomato, water and stock powder and bring to the boil. Reduce heat to medium-low and simmer for 15 minutes or until the sauce thickens. Stir in the basil and season with salt and pepper.

Meanwhile, mix together the chicken, green onion, garlic, egg, lemon zest, and lemon juice in a bowl. Season with garlic salt and pepper.

Divide the chicken mixture into 8 portions. Place 1 chard leaf on a clean work surface. Spoon 1 portion of chicken mixture along the centre of the leaf. Fold in ends and roll up firmly to enclose the filling. Repeat with the remaining Swiss chard leaves and chicken mixture to make 8 rolls.

Place the rolls, seam-side down, on top of tomato sauce. Cover pan and steam for 8-10 minutes or until bright green and cooked through. Slice.

Divide the rice among serving plates. Top with chicken and spoon over the tomato sauce to serve.

Serves 4



# Chicken Cutlets with Tomatoes and Basil

*This was a simple, but very good meal. My love of thin cutlets of chicken continues. I really have come to dislike whole chicken breasts. These days chicken breasts are so large that they end up tasting like wads of balsa wood. Seasonings don't penetrate to infuse the meat. Cutting the breasts horizontally makes all the difference. So does not overcooking the chicken. This is a happy summer meal.*

1 pound ripe plum tomatoes (5 medium), seeded and cut into 1/2-inch dice  
1/4 cup packed fresh basil leaves, thinly sliced  
5 Tbs. extra-virgin olive oil  
2-1/2 Tbs. balsamic vinegar

1 medium clove garlic, finely chopped  
Kosher salt and freshly ground black pepper  
4 boneless, skinless chicken breast halves (2 pounds)  
4 ounces (4 loosely packed cups) baby arugula

Position a rack in the center of the oven and heat the oven to 200°F.

In a medium bowl, combine the tomatoes, basil, 3 Tbs. of the oil, the vinegar, garlic, 1/4 tsp. salt, and 1/8 tsp. pepper.

Butterfly each chicken breast by slicing it horizontally almost but not entirely in half so you can open it like a book. Open and pound each breast between two pieces of plastic wrap with a meat mallet or the bottom of a heavy pan until 1/4 inch thick.

Pat the chicken dry and season lightly with salt and pepper. Heat 1 Tbs. of the remaining oil in a 12 inch skillet over medium-high heat until shimmering hot. Cook two of the breasts until golden-brown on one side, 2 to 3 minutes. Flip and continue to cook until just cooked through, about 30 seconds more. Transfer to a rimmed baking sheet and keep warm in the oven. Repeat with the remaining 1 Tbs. oil and chicken.

Divide the arugula among 4 dinner plates. Set the chicken on top, and spoon a generous amount of the tomato mixture and its juice over all.

Serves 4



# Chicken Spanaki

*A great recipe! I found this online and we just loved it! Zoe was out the night I made it, but she thought the leftovers were amazing cold. There was something oddly satisfying about stuffing the breasts until they resembled plump little packages. I can't remember what we served them with, but now that I think about it, they would go very nicely with the Creamy Garlic and Green Olive Pasta on page 27. On the other hand, I can also see them served with an escarole salad.*

1/4 cup olive oil	1 teaspoon dill
3 green onions, chopped	1/2 teaspoon oregano
1 small onion (or 1/2 large), chopped	1 tsp freshly ground black pepper
8 ounces frozen spinach, washed, squeezed to remove excess water	2 tsp lemon juice
1 egg	4 large boneless, skinless chicken breasts
4 ounces feta cheese, crumbled	

Saute both onions for 1 minute in the olive oil, and then add spinach. Saute for another 5 to 10 minutes.

Pour spinach mixture in a bowl and cool. Add the eggs, feta, pepper and lemon juice to the spinach mixture and mix very well.

To Stuff the Breasts: Make a pocket on the thicker side of each breast: Using a sharp knife, cut into the breast about 1/2 inch from one end. Create a pocket, slicing to within about 1/2 inch of the other side. Stuff each breast with some filling, distributing it evenly throughout the pocket and to the ends. Press on the top of each breast to close the pocket.

Line up two wide shallow dishes. In the first, whisk 1 large egg with the juice of 1/2 lemon, and in the the second, 1 cup fresh breadcrumbs mixed with salt and pepper.

Season the breasts with salt and pepper. Dip each into the egg mixture, turning to coat evenly and then dredge in the breadcrumbs, pressing to make the crumbs adhere evenly. Gently shake off any excess. Refrigerate for at least 5 minutes and up to 3 hours to let the breading set.



Heat oven to 375°F.

Heat 2 to 3 tablespoons of olive oil in large skillet. When the oil is very hot, carefully add two of the breasts to the pan and cook until golden brown, about 3 minutes per side. Transfer breasts to a baking pan, drizzle with a little olive oil and lemon juice and bake about 30 minutes.

Serves 4

# Chicken Schwarma Salad

*Based on a salad from DishnDash, a wonderful little restaurant in Sunnyvale. I think I could eat this every day and not get tired of it. I eat it for lunch and go home craving it for dinner. The nice thing about this salad is that you can serve the parts separately, accomodating vegetarians as well as poultry eaters. You can serve this with flatbread if you like (see page 63).*

## **Chicken**

Juice of 2 Meyer lemons  
1/4 cup oil  
1 teaspoon ground sumac  
1 teaspoon oregano  
Freshly ground black pepper  
1 teaspoon garlic salt  
1 teaspoon garlic powder  
4 chicken breasts, halved horizontally

## **DishnDash Oregano Vinaigrette**

Juice from 1/2 Meyer Lemon (about 2 tablespoons)  
1/3 cup olive or canola oil  
1/3 cup packed fresh oregano leaves  
1 heaping teaspoon ground sumac  
1/2 teaspoon garlic salt

Mix together lemon juice, oil, sumac, oregano, pepper, garlic salt, garlic powder. Add the chicken breasts and marinate for at least 30 minutes. Grill - quickly, so they don't over cook. Slice.

Put the vinaigrette ingredients in a blender and blend well. Set aside

To make the salad, combine all the elements of the salad in a large bowl.

To make the tzatziki, mix together all the ingredients, seasoning to taste with the salt and pepper. Make a day ahead if you can manage it.

Serve the salad with the chicken, vinaigrette, and tzatziki on the side. Let everyone do their own thing.

Serves 4-6



# Garlic Black Pepper Chicken

*I was bored, I needed to do something with chicken. I threw this together based largely on the deliciously lovely Paragon Beef (see page 55). We deemed it a great success. Hurrah!*

2 tablespoons Maggi Seasoning  
2 tablespoons oil  
2 tablespoons Vermouth  
1 teaspoon onion powder  
1 teaspoon garlic salt  
1 teaspoon powdered ginger  
1/2 teaspoon ground black pepper

4-6 boneless skinless chicken breasts, halved horizontally  
Oil for grilling pan

Mix together Maggi, oil, Vermouth, onion powder, garlic salt, ginger, and pepper. Marinate chicken in this sauce for at least 30 minutes.

Lightly oil a grill pan. Quickly grill the chicken.

# Phenomenal Grilled Green Chicken

*One of the food blogs I found this year that I have really enjoyed is Nom Nom Paleo. It is written by a pharmacist who lives in Palo Alto with her husband and their two small sons. The food is good, with Asian flavors predominating. This chicken really was phenomenal, both hot and cold.*

1 medium sweet onion, peeled and coarsely chopped  
(about 1 cup)  
1 cup packed cilantro leaves and stems  
1-1/4 cups packed basil leaves  
1/4 cup packed mint leaves  
4 tablespoons of Red Boat fish sauce  
3 peeled garlic cloves

Zest of 1 lime  
Plenty ground black pepper  
2 tablespoons of apple juice or 1 teaspoon sugar  
1 teaspoon Kosher salt  
3-5 pounds of chicken drumsticks or thighs  
  
Lime wedges

Combine the onion, cilantro, basil, mint, fish sauce, garlic, lime zest, black pepper, Aleppo pepper, and apple juice into a blender and puree until smooth. Taste and adjust salt. Since I was using it as a marinade, I was more heavy-handed with the salt than I normally would be if it was used as a sauce.

Place the chicken in a gallon-sized Ziploc bag and pour marinade over. Let marinate for at least one hour and up to a day.

Grill chicken over coals or bake on a wire rack at 400°F until cooked through (anywhere between 35 minutes over coals to 45 minutes in the oven).

Serves 4-6



# Sriracha Glazed Chicken

*It was a hot July evening. I marinated the boneless chicken thighs and enticed Tom out to the pool. I didn't have time to cut up the chicken and skewer it and get all hot over a barbeque. It probably would have been fabulous that way (and as Bon Appetit suggests), but it was the broiler and boneless thighs instead. Zoe ate four and wanted more. They were stupendous with a sprinkling of tiny Greek columnar basil leaves. If you've never tried to grow this kind of basil I strongly recommend it. It's super easy in a container, it grows straight and tall with small basil leaves that are all spicy goodness. They don't seem to flower, so they just keep going and going. The recipe is modified from Bon Appetit and the picture is directly from them.*

1/2 cup (lightly packed) brown sugar  
1/2 cup unseasoned rice vinegar  
1/3 cup sambal oelek  
1/4 cup Sriracha  
1/4 cup soy sauce

1/4 cup fish sauce (nam pla or nuoc nam)  
2 teaspoon finely grated peeled ginger  
3 pounds skinless, boneless chicken thighs  
2-3 tablespoons small basil leaves  
1 tablespoon cilantro leaves (optional)

Whisk brown sugar, vinegar, chili paste, fish sauce, Sriracha, and ginger in a large bowl. Add chicken and toss to coat. Let them sit around while you hit the pool.

If you are going to grill them, prepare grill for medium-high heat.

Transfer marinade to a small saucepan. Bring to a boil, reduce heat, and simmer until reduced by half (about 1 cup), 7-10 minutes.

Broil or grill chicken, turning and basting often with reduced marinade, until cooked through, 12-15 minutes under the broiler, 8-10 minutes for kebabs on the grill.

Serves 6 (if you're lucky!)



# White Barbeque Sauce Chicken

*Simply good. This dish doesn't scream and shout but is very gentle and delicate. It's lovely. It went wonderfully with the Kale Salad with Pecorino and Nuts (see page 19).*

1/2 cup mayonnaise  
1 tablespoons fresh lemon juice  
1 tablespoons apple cider vinegar  
1/2 teaspoon garlic salt  
1/4 teaspoon freshly ground black pepper

3-4 chicken breasts, shallow horizontal cuts made on the skin side

Mix together the barbecue sauce. Place the chicken breasts in a glass dish and cover with sauce, rubbing into the cuts. Let sit for a couple of hours, then grill.

Serves 3-4



# Yogurt Greek Chicken

*Talk about moist, flavorful chicken! What an easy recipe that tastes subtle and complex. A great summer recipe which can be served warm or cold.*

3 boneless chicken breasts, cut horizontally into 3-4  
paillards  
1/2 cup plain Greek yogurt  
Juice of 1 lemon  
2 tablespoons olive oil  
1 clove garlic, minced

1/4 cup fresh oregano leaves  
1/4 cup fresh dill, chopped  
1 teaspoon garlic powder  
1 teaspoon onion powder  
2 teaspoons sumac

Mix all together and let marinate at least 30 minutes. In a non-stick frying pan, heat to medium-high heat, add 1 tablespoon of oil and sauté chicken in batches, adding oil as necessary and only cooking until both sides are browned and just cooked through. Resist the urge to overcook - 2-3 minutes total are probably all the paillards will take. Keep warm in the oven as you cook them.

Note: Alternative is to sprinkle the cooked paillards with feta and broil quickly.

Serves 3-4

# 2013 - The Good Stuff

Was it just me or was there less fabulous new stuff this year? I can't really remember a film that made me crazy, or 12 great new TV shows, or anything like that. Yet still, there were things that thrilled us.

- 🌸 West Wing - again, the whole series (I'm not kidding)
- 🌸 College applications (I'm kidding)
- 🌸 The Americans (scary, exciting, & fun TV)
- 🌸 The gorgeous drip system Zoe, Eli, and Natalie installed for us - and the vegetable and herb garden it enabled!
- 🌸 The amazingness of Netflix, which we finally bowed to and Wii, which enabled it
- 🌸 Knitting
- 🌸 Zoe and Matthew trying to find their way across SF from the train station to the De Young on their own
- 🌸 Night swims in the pool
- 🌸 Zoe getting to be editor in chief of *The Talon*
- 🌸 Elementary & Sherlock
- 🌸 Caro Emerald - what a singer!
- 🌸 A fradazzling day in Davis for the Whole Earth Festival - Shakti Love Flow with Kali Patterson (all levels), hooping spaces, Rec Pool, and dinner at Ding How - it couldn't have been a better Mother's Day - it definitely brought out the Flower Magenta in me
- 🌸 Davis in November with Alan amidst blustery winds, talk of art and tea, and an amazing dinner with Darrel Corti featuring the first public appearance of a dried melon delicacy and an amazing Tokaji (Tokay) that was perhaps the best sip of wine I've ever had. Meeting the renown ceramicist Annabeth Rosen was a delight.
- 🌸 The Great Gatsby - Zoe read the book and went to the movie with her whole AP English class.
- 🌸 Loving Parks & Rec. It just keeps getting funnier, no matter what Zoe says.
- 🌸 Zoe's deviled egg costume for Halloween - a giant yolk on a white t-shirt with red horns, tail and fork.
- 🌸 Celebrating Zoe's entrance to adulthood. She's 18!
- 🌸 Reading the reviews on Amazon of a book called *How To Avoid Huge Ships*. I laughed until I cried.



# Pork Rendang Skewers

*It was a hot Friday night. Tom and I had gone for a swim and wanted to eat something quick and healthy. This hit our sweet spots in so many ways. The pork relies on a rending paste that is available at Asian markets. This is so easy, but it tastes sooooo good. We ate it with the Black Kale and Black Olive Salad and Garlic Relish Sour Cream. The salad was amazing. The funkiness of the kalamata olives and the earthiness of the garbanzos match up well with the heartiness of the kale. The Parmesan unites the two. To make the mélange of cultures even more confusing, consider the Indian garlic relish sour cream. We went around the world in one meal (Malaysia, Italy, and India), but it worked.*

## **Pork**

1 package Rendang Curry paste  
3 pounds pork loin, cut into 1-inch cubes

## **Garlic Relish Sour Cream**

2 teaspoons Patak's Garlic Relish  
1 cup sour cream

## **Black Kale and Black Olive Salad**

1 bunch black kale (about 3/4 pound), cut into thin ribbons  
1/2 red onion, cut in small dice  
1 can garbanzo beans, rinsed and drained  
1/3 cup pitted Kalamata olives, roughly chopped  
1/3 cup grated Parmesan  
1/2 teaspoon garlic salt  
Freshly ground black pepper  
2 tablespoons sherry vinegar  
1/4 cup olive oil

Mix together curry paste and pork; allow to marinate for at least 30 minutes. Skewer and then grill or broil until done to your taste (if you leave the pork a little pink, it will be juicier).

Meanwhile, mix together the garlic relish with the sour cream. Refrigerate until ready to serve.

Combine all the salad ingredients. Toss and toss and toss. Eat.

Note: This salad can sit for up to an hour or even more.

Serves 4-6



# Roasted Pork Tenderloins

*This is a recipe I have made for years. It came about when Zoe was little. High on my priority list at the time were recipes that were fast, didn't require a lot of fussy work, and were kid-friendly. This one fit the bill in every way. It's good year-round, can be dressed up or down depending on the side dishes, and is fantastic cold for lunch the next day. If you have some extra you don't want to use for lunch, then slice it very thinly, fan it on a plate, and drizzle on some good olive oil, lemon juice, and capers. A few parmesan shavings and it is another meal altogether. I happen to adore the taste of the Maggi, but if you don't have it, can't find it, or dislike it, just leave it out or sub in some lemon juice or soy sauce (or both).*

2 pork tenderloins  
2 tablespoons olive or canola oil  
1 teaspoon garlic salt

1 teaspoon thyme  
Several grinds of black pepper  
2 teaspoons Maggi Seasoning

Preheat the oven to 400°F. Rinse and pat the tenderloins dry.

In a 9x13 pan, mix together the rest of the ingredients. Add the pork tenderloins and turn them to coat on all sides with the mixture. Let sit until the oven is preheated.

Roast for about 25-30 minutes or until a thermometer is at least 145°F. Cover with foil and let rest for another 10 minutes or so. The internal temperature will have risen and the center will be lightly pink (it's fine!) and the ends will be more well done. Slice as you wish.

Note: To make a really easy meal, when you put the pork in the oven, add a pan of carrot sticks and potato chunks tossed in salt, pepper, and oil. Roast for the same length of time as the pork.

# Sausage Cauliflower

*I made this on an ordinary weekday night, but it became something extraordinary when we tasted this. Every one of us wanted more. This meal originated I don't know where - it was a sausage spinach gnocci dish. I tried it another time with pasta. It was good, but there seemed to be something missing. Adding some vermouth and cream did magical things. The oregano was the perfect herb. Putting it on top of roasted cauliflower made it low carb, but none of us missed the pasta. This is in very close competition for meal of the year.*

1 pound bulk Italian sausage	
3 large garlic cloves, minced	1 head of cauliflower, made into small 1" florets and stems sliced in 1/4" slices
1 onion, chopped	1 tablespoon oil
Sea salt & Freshly ground pepper	Salt & Freshly ground pepper
1/4 teaspoon red pepper flakes	
1 teaspoon oregano	Shredded Parmesan
1/4 cup vermouth	
1/4 cup heavy cream	
6 ounces spinach, arugula or a combination of the two	

Preheat oven to 375°F.

Heat a skillet over medium high heat. Add the sausage and break it up, browning it.

Meanwhile, in a baking dish, toss cauliflower with oil, salt, and pepper. Spread the cauliflower out. When the oven is ready, put the cauliflower in and roast for 20-25 minutes, or until the florets are starting to brown.

When there is almost no pink in the sausage, add the garlic and onions and saute until they are browned. Add the salt, pepper, red pepper flakes, and oregano and toss together for a minute or two. Add the vermouth and simmer until it is almost gone. Add the cream and bring to a boil. Turn off the heat. Top the cauliflower with the sausage sauce.

Serve with Parmesan.

Serves no more than 3 people

# Beef and Broccoli Lo Mein

*We all fell in love with udon noodles this year. They are just such bouncy and chewy and satisfying noodles. Zoe can eat a phenomenal amount of these noodles, but then again so can I and I absolutely shouldn't. We had them in soup, stir-fried with shimeji mushrooms and oyster sauce, in a salad, and then in this dish. I happily took the leftovers to work the next day.*

1 pound hot cooked udon noodles  
1-2 teaspoon dark sesame oil

3/4 pound boneless tender beef steak, sliced thinly across the grain

1 teaspoon cornstarch  
1/4 teaspoon baking soda  
1 large garlic clove, minced  
1 tablespoon soy sauce

2 tablespoon peanut oil, divided  
1 tablespoon minced fresh ginger  
2 tablespoons fresh minced garlic  
1 bunch green onions, cut in 2" lengths

3-4 cups fresh broccoli, preferably Chinese broccoli (cut in florets) (if using gailan, cut in 2" lengths and blanche briefly before using)

2 large carrots, peeled and sliced thinly on the diagonal (blanche with gailan, if using)

1 large onion, sliced (do not use sweet onion)

3 tablespoons soy sauce  
1 teaspoon brown sugar  
1 tablespoon oyster sauce  
1teaspoon cornstarch  
1 teaspoon chili paste with garlic  
black pepper (optional)

Combine the cooked udon noodles and sesame oil; toss well to combine.

Heat 1 tablespoon peanut oil in a large skillet over high heat until almost smoking. Add beef, spread out, and let brown without disturbing. Flip and let sit a few minutes. Remove to serving plate.

Return pan to burner at medium-high heat. Add 1 tablespoon peanut oil and heat. Add in ginger and garlic; saute for about 1 minute. Add in the broccoli and onion slices; saute for 3 minutes. Add noodles back in and toss, giving noodles a chance to brown a little. Then add the sauce ingredients and beef to the pan. Bring to a boil, until sauce thickens and everything is hot.

Season with black pepper if desired.

Serves 4

# Corned Beef Hash

*Growing up, my mother would occasionally make corned beef hash for dinner. Sometimes it was with the leftovers of a corned beef and cabbage dinner, but as I got to be a teenager we would sometimes make corned beef hash with a can (yes, a can) of corned beef. These dinners were always reserved for times when my father was out of town and it was just the two of us. So there is something very cozy for me about corned beef hash. Interestingly, Tom feels the same way. His father, known as Eddie Bear, loved canned corned beef hash - the Dinty Moore variety - also for dinner on quiet nights when Tom's mother was out. So Tom and I have only good feelings when we get a chance to eat corned beef hash.*

2 tablespoons canola oil or unsalted butter  
1 medium onion, finely chopped (about 1 cup)  
1 small green onion, chopped  
2-3 cups chopped, cooked corned beef (I used a can of corned beef)

2-3 cups chopped cooked potatoes, preferably Yukon gold  
(or a package of cubed hashed browns Simply Potatoes)  
Salt and pepper  
Chopped fresh parsley

Heat oil or butter in a large skillet (preferably cast iron) on medium heat. Add onion, green pepper, potatoes, and corned beef. Spread out evenly over the pan. Increase the heat to medium high and press down on the mixture with a metal spatula.

Do not stir the potatoes and corned beef, but let them brown. If you hear them sizzling, this is good. Use a metal spatula to peek underneath and see if they are browning. If nicely browned, use the spatula to flip sections over in the pan so that they brown on the other side. Press down again with the spatula. If there is too much sticking, you can add a little more oil or butter to the pan. Continue to cook in this manner until the potatoes and the corned beef are nicely browned.

Remove from heat, stir in chopped parsley. Add plenty of freshly ground black pepper, and add salt to taste. Serve with fried or poached eggs for breakfast.

Serves 4-6.



# Grilled Kalbi Flank Steak

*I made this for Tom, Zoe, and I on Father's Day. It was a Parade Magazine recipe, I think - but from the internet. It was monstrously good.*

1/2 cup Soy Sauce  
1/2 cup brown sugar  
2 tablespoons sesame oil  
1/2 medium onion, chopped  
2 green onions finely chopped  
2 tablespoons minced garlic

1 tablespoon minced ginger  
2 pounds flank steak

## **Garnish**

2 tablespoons roasted sesame seeds  
2 green onions slivered

In a medium dish whisk the soy sauce, brown sugar, water, sesame oil, onion, green onions, garlic, and ginger. Cut the flank steak along the grain in 3 inch strips. Add the steak to the marinade turning each side once. Cover the dish with plastic wrap and refrigerate for at least 8 hours, preferably overnight.

Remove the steak from the refrigerator an hour before desired grill time to allow the meat to come to room temperature.

Oil the grill grate and heat on high heat. Place the steak on the grill on cook for 5-6 minutes on each side for a medium done steak.

Remove the steak from the heat and place on a plate. Tent the plate with aluminum foil to allow the steak to rest for 5 minutes before cutting. Cut the steak into thin strips against the grain. Garnish with the roasted sesame seeds and green onions. Serve immediately.

Serves 6

# Hamburger Chop Suey

*This is part of the comfort food series. Not low carb, not dynamically healthy, but my is it good. It warms the little cockles of my heart. I was not only good the first night, but got better when I heated it up at work for lunch. It looks like the dog food we always made for our dogs in Manila and for our wonderful Nikko, but it tastes divine. I wouldn't make it for company, but if they happen by I'd shower on some parsley and call it good.*

1 cup brown rice	1-1/2 pounds ground beef
1 tablespoon canola oil	1 8-ounce can sliced mushrooms, drained
1 large onion, chopped	2 cans cream of chicken & mushroom soup
1-1/2 cups celery chopped (with leaves if they're available)	1/3 cup soy sauce

Preheat oven to 350°F.

Meanwhile, in a large skillet, heat oil and brown onion, celery, and ground beef until browned. Cook until all the liquid is gone. Add mushrooms, soup, and soy sauce. Mix in rice. Place in a casserole dish.

Cover casserole and bake for 45 minutes - 1 hour.

About 35 minutes before serving, bring a large pot of salted water to a boil. Add the rice and reduce heat to medium. Boil until rice for 30 minutes. Turn off the burner. Drain the rice and put it back in the pot. Let sit on cooling burner for 5 minutes.

Serves 4

# Paragon Beef

*There used to be a little restaurant and bar on the corner of 2nd and G Streets in Davis. The bar got a little raucous as the night went on, but it was pretty quiet earlier in the evenings. I remember the Paragon for two notable reasons - it was the first restaurant I ever went to dine alone. At the time, in my freshman year, it seemed daring and independent and I thoroughly enjoyed the experience, which I repeated every so often thereafter. In my junior year, Mary McCann Brown and I took our Economics professor and our TA out to lunch - at the Paragon. It was part of program to get students to know their professors better - UCD reimbursed the students for price of the lunch for the professor. It must have been one of the more spectacular successes of that program; we took about 3 hours over that lunch, talking, telling stories, and laughing a lot. I often think fondly of that professor. He was Dutch, and always wore brightly colored plaid pants with bright orange clogs - just one of the Davis characters!*

*You may question the converted rice. All I can say is that that is what the Paragon served and it tastes different without it. But you're not operating based on taste-memory, so use whatever rice you like.*

1 flank steak, cut into 4-6 pieces

## **Marinade**

1/2 cup soy sauce

1/4 cup Vermouth

1 teaspoon onion powder

1 teaspoon garlic powder

2 tablespoons sugar

2 crushed garlic cloves

Freshly grated black pepper

1 bunch green onions, chopped

1-1/2 cup converted rice, cooked according to package instructions

Mix the marinade ingredients together and add the steak. Let marinate for at least one hour, turning every so often. Broil or grill. Serve atop a bed of converted rice with the green onions scattered on top.

Serves 4-6



*I can't believe I found this photograph of the old Paragon, gone many years now.*

# Pot Roast Enchiladas

*If you have any leftovers from the recipe on the next page, you might consider using them for this recipe. Although, the next recipe is to die for and you will want to scarf it up out of hand. This recipe was a way to rescue a kitchen disaster. I made a horrible pot roast this year. I don't know what it was - not paying attention, the cut of meat. Really, it was almost tasteless. The next day, with a pile of meat in front of me, I made this. It was from a website called New Jersey Bites. It was wonderful - the meat became infused with the Mexican flavors and all was well.*

1 large can (28 ounce) red enchilada sauce  
1 tablespoon oil  
3 cloves garlic, minced  
1 onion, chopped  
1 small green pepper, chopped (or 1/2 large green pepper)  
Leftover pot roast, pork roast, or cooked chicken, shredded  
1 can Rotel tomatoes, drained

1 can black beans, drained & rinsed  
Kosher salt & Freshly ground pepper to taste  
8 medium size (8-inch) flour tortillas  
2-3 cups shredded cheddar cheese  
1/2 can black olives, halved

Preheat oven to 375°F. In a 9x13 baking dish, lay down about 2/3 cup of the enchilada sauce. Set aside.

In a skillet, heat the oil over medium high heat and sauté the garlic, onions, and green pepper until onion is translucent and green peppers are starting to go limp. Toss with pot roast, tomatoes, beans, and about 1/2 cup of the enchilada sauce. Season with salt and pepper to taste.

Place some filling in the middle of each tortilla and roll. Place in baking dish, seam side down. Cover with the rest of the enchilada sauce. Sprinkle cheese on the top. Dot with olives. Cover loosely with aluminum foil. Bake for 30-40 minutes or until bubbly and yummy.

Serves 8-10



# Nach Waxman's Brisket of Beef

*I made this one Sunday afternoon when Brian Silverman came over. It was so good there was almost nothing left when dinner was over. We had latkes on the side and everyone was stuffed to the gills. This reminded me a lot of wonderful briskets that Mary Brown used to make for us in Davis.*

1 6-pound first-cut (a.k.a. flat-cut) beef brisket, trimmed so that a thin layer of fat remains	8 medium onions, peeled and thickly sliced
1 to 2 teaspoons all-purpose flour	3 tablespoons tomato paste
Freshly ground black pepper	Kosher salt
3 tablespoons corn oil (or other neutral oil)	2 to 4 cloves garlic
	1 carrot, peeled

Heat the oven to 350°F.

Lightly dust the brisket with flour, then sprinkle with pepper to taste. Heat the oil over medium-high heat in a large ovenproof enameled cast-iron pot or other heavy pot with a lid just large enough to hold the brisket snugly. Add the brisket to the pot and brown on both sides until crusty brown areas appear on the surface here and there, 5 to 7 minutes per side.

Transfer the brisket to a platter, turn up the heat a bit, then add the onions to the pot and stir constantly with a wooden spoon, scraping up any browned bits stuck to the bottom of the pot. Cook until the onions have softened and developed a rich brown color but aren't yet caramelized, 10 to 15 minutes.

Turn off the heat and place the brisket and any accumulated juices on top of the onions.

Spread the tomato paste over the brisket as if you were icing a cake. Sprinkle with salt and more pepper to taste, then add the garlic and carrot to the pot. Cover the pot, transfer to the oven, and cook the brisket for 1 1/2 hours.

Transfer the brisket to a cutting board and, using a very sharp knife, slice the meat across the grain into approximately 1/8-inch-thick slices. Return the slices to the pot, overlapping them at an angle so that you can see a bit of the top edge of each slice. The end result should resemble the original unsliced brisket leaning slightly backward. Check the seasonings and, if the sauce appears dry, add 2 to 3 teaspoons of water to the pot.

Cover the pot and return to the oven. Lower the heat to 325°F and cook the brisket until it is fork-tender, 1 1/2 to 2 hours. Check once or twice during cooking to make sure that the liquid is not bubbling away. If it is, add a few more teaspoons of water—but not more. Also, each time you check, spoon some of the liquid on top of the roast so that it drips down between the slices.

It is ready to serve with its juices, but, in fact, it's even better the second day. It also freezes well.



Serves 10 to 12

# Tomato Beef on Rice

*I made this with leftover steak and it was wonderful. It was exactly like the idea I had in my head, and that's a rare occurrence! Fabulously good, to my tastes. With this recipe, it is never again necessary to get Tomato Beef at a Chinese restaurant.*

1/2 pound sirloin steak  
1/4 teaspoon baking soda  
1-1/2 teaspoons light soy sauce  
1 teaspoon sherry  
1-1/2 teaspoon corn starch  
1-1/4 teaspoon sugar  
1/4 teaspoon sesame oil  
2-3 teaspoons oil  
1 inch piece ginger, finely shredded

2 pound tomatoes (I used very ripe romas)  
1/4 cup chicken broth  
2 teaspoons cornstarch  
1/4 teaspoon white pepper  
2 tablespoons soy sauce  
3 tablespoons oyster sauce  
4 green onions, cut lengthwise then in 1" lengths  
  
Cooked white or brown rice

Slice the steak against the grain into thin strips. Combine steak strips with baking soda, soy sauce, wine, corn starch, 1 tsp sugar and sesame oil; set aside. While steak is marinating, shred ginger and green onions and cut tomatoes into 1/2 wedges. Combine broth, cornstarch, white pepper, soy sauce, and oyster sauce, mixing well; set aside.

Combine steak with 1 tsp of oil. Heat a large skillet or wok and add another teaspoon of oil. When oil is nearly smoking, add ginger and stir fry 1 minute. Spread out beef in the pan and allow the beef to brown before flipping, cook the beef until just a bit underdone - do not overcrowd the pan or the beef will steam rather than brown, cook in batches if necessary. Transfer the beef to a plate.

Add the tomatoes to the pan along with a little more oil if needed and sauté for a minute or so. Then add beef back in along with any accumulated juices and add the sauce slurry. Allow to cook for about 2-3 minutes or until tomatoes are slightly limp and the sauce is thickened. Add the green onions and toss. Serve with steamed rice.

Serves 4



# Gyros in June

About 1972 or 1973, schwarma stands started appearing in Manila. I still remember the first schwarma I ever tasted at Makati Supermarket. It was tiny - a puffy soft pita perhaps 3 inches in diameter, with a couple of slivers of tomato, a few more slivers of red onion, and a couple of slices of meat from a turning spit. It was heaven in two bites. Then in college, there was the occasional gyro (pronounced Guy-row). In Boston, there was an amazing gyro shop in Methuen (pronounced Gee-row). Then came Chicago, where the Evanston gyro shop would not sell you a gyro unless it was pronounced Year-row. Can I also mention the AHMAZZING gyro at Chez Shea in Half Moon Bay or the damn fine gyro at Opa! In Los Altos? Or the number of times Nancy Houtz and I have gone in search of schwarma/gyros in Sunnyvale? But I think my favorite instance is this one, which I made tonight for Tom and I as Zoe babysat for a friend's child. It's based on a recipe from the web from Kevin Weeks on about.com, but I changed it up a little. It got interesting and a little funky when we added the Brinjal Eggplant Hummus to the mix, but wowie, zowie! It's a humdinger! Try this on the homemade Flatbread (page 63).

1 large sweet yellow onion, cut in rough chunks	1 pound ground beef
6 larges cloves garlic, halved	1 pound ground lamb
3 teaspoons ground cumin	
1 tablespoon salt	2 tablespoons canola oil
· teaspoon nutmeg	
2 teaspoons ground black pepper	
1 tablespoon oregano	
1 tablespoon lemon juice	

Put first set of ingredients though lemon juice in a food processor and pulse until onion and garlic is finely chopped. Add meats and pulse until well-combined. Divide into eight portions and roll each portion into a 5" x 1-1/4" log. Flatten each and let sit, divided and covered by wax paper, for at least 30 minutes.

Heat a griddle at medium-high heat and lightly coat with oil. Brown the patties for about 6-7 minutes or until cooked to your preference, lowering heat to medium if they are browning too fast.

Serve with:

- Plain Greek yogurt, mixed with white pepper, garlic salt, and minced fresh dill
- Slivered red onions
- Lettuce (chopped romaine or mesclun)
- Flat gyro pitas (hard to find, but if you have a Middle Eastern store nearby, try!)
- Greek Salad: parsley, dill, · big red onion, 4 tomatoes, 4 Persian cucumbers, 1 large green pepper, 20 or so pitted kalamata olives, red wine vinegar, canola oil, freshly ground pepper, and garlic salt
- Brinjal Eggplant Hummus: In processor or blender, make a hummus out of 1 can garbanzos, 2 tablespoons Patak's Brinjal Eggplant Relish, juice of 1 meyer lemon, a little of the garbanzo bean water.

# Cheese Puffs

*Made these New Year's Day 2013 to take to the Hollenbaugh/Desai party. They reheated well and were scooped up by people. They were in high demand for dipping into the tomato soup.*

1 cup milk  
1/4-pound (1 stick) unsalted butter  
1 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
Pinch thyme leaves

1 cup all-purpose flour  
4 extra-large eggs  
1/2 cup grated Gruyere  
1/4 cup freshly grated Parmesan

Preheat the oven to 425°F. Line 2 baking sheets with parchment paper.

In a saucepan, heat the milk, butter, salt, pepper, and thyme over medium heat, until scalded. Add the flour all at once and beat it vigorously with a wooden spoon until the mixture comes together. Cook, stirring constantly, over low heat for 2 minutes. The flour will begin to coat the bottom of the pan. Dump the hot mixture into the bowl of a food processor fitted with the steel blade. Immediately add the eggs, Gruyere, and Parmesan and pulse until the eggs are incorporated and the dough is smooth and thick.

Spoon the mixture onto the baking sheets in small puffs. Bake for 15 minutes, or until golden brown outside but still soft inside.

# Just Biscuits

*I remember reading Edna Lewis' cookbook on Southern cooking in the mid-1970s. In my memory, there was a story about her mother or grandmother making biscuits without a recipe, proceeding by feel alone. Boy, did I aspire to make biscuits like that. Living in the Philippines with almost no knowledge of the American South, I found myself wishing I could cook like that. I've always liked the idea and reality of biscuits. They are homey and comforting to me. I find myself craving biscuits, in a way that I don't crave lots of foods. After many years, I can now finally throw them together without a lot of thought. I consider it a fine accomplishment. I've included a list of the optional ingredients I toss in on occasion. Sometimes I double them up – black pepper cheddar biscuits for example. Sometimes I just make plain unadulterated biscuits. With butter. Hot from the oven. Sighing with pleasure.*

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
5 tablespoons cold butter, cut into small cubes (about 1/4 inch cubes)  
1/2 -3/4 cups buttermilk or evaporated milk or cream or Greek yogurt or sour cream

Options:  
1/3 cup chopped chives  
1/3 cup diced cheese (sharp cheddar, Asiago, or Gruyere are nice)  
Freshly ground black pepper  
2 tablespoons minced parsley  
1/3 cup finely diced ham or prosciutto

Preheat the oven to 425°F.

Meanwhile, mix together dry ingredients. Dump in the butter and work it into the flour a little – just a little to make sure the diced butter isn't sticking together. You want the mixture to be lumpy, with chunks of butter about the size of peas. Add the dairy product of your choice and stir together until the mixture is still a little floury and not at all wet. The dough should just come together barely.

Knead a couple of times in the bowl, then put out on a floured board and pat and shape into a rough rectangle about 9 x 5 inches and about 1-1/4 inches thick. With a sharp knife, cut into 12-15 squares. Place on cookie sheet and place in oven. Bake for about 13-14 minutes or until just barely golden.

Eat with butter warm for heaven on Earth.

Makes 12-15 biscuits

# Mealie Bread

*This is from one of my favorite food websites of all time: Global Table Adventure. As of this writing the author is finally done with a food tour around the world - 195 countries, one a week. It took her four years. I love her writing, I love the food, and I love seeing how her daughter (now five) reacts to each country's food. If you haven't checked it out, look it over. This bread, from Africa, is cornbread on steroids. It is moist and astonishingly good. We destroyed a loaf almost immediately.*

1 1/2 cup frozen corn kernels, thawed  
2 eggs  
2 tablespoons butter, melted  
1 cup flour

2 tsp baking powder  
2 tablespoons sugar  
1/2 tsp salt

Preheat the oven to 350°F and grease a loaf pan.

Next, in a blender, blend 1 cup of corn, the eggs, and melted butter together until a coarse mixture forms. Add the remaining 1/2 cup of corn and pulse the mixture one or two more times. Leave many kernels whole.

Next, whisk together the flour, baking powder, sugar, and salt. Using a large spoon, combine the dry ingredients with corn mixture until a thick mixture forms.

Add it to your loaf pan and bake about 30-35 minutes. Let the bread cool slightly before slicing.

Makes one loaf, serving 2-8



# Homemade Flatbread

*Early in November, we were all having a lazy day at home. I was planning to make pork gyros that night, but didn't have any flatbread. It sounded like a fun project to try to make my own. A recipe from The Food Network was found almost instantly. The recipe was easy and dreamy to make. The flatbread came out soft and perfect. It made the gyros! As soon as it cools, put it into a ziplock to keep soft.*

1 package active yeast  
1/2 teaspoon sugar  
1 3/4 cup all-purpose flour  
1 teaspoon coarse salt

1 tablespoon fresh thyme leaves or other herbs (optional -  
I didn't use this for flatbreads for pitas)  
3/4 cup water (might need a little less)  
1 teaspoon oil

Adjust racks in the oven so that the bowl from your mixer will fit on the upper rack. Turn the oven on to warm for just a couple of minutes. Turn off and put a pan of very warm water onto a lower rack and turn on the light.

In the bowl of a stand mixer with a dough hook, combine the yeast, sugar, flour, salt and thyme (if using). Turn mixer on lowest speed and combine. Add the water in a steady stream until the dough begins to form a ball (I added about 1/2 cup of water to start, then slowly added almost all the rest - I didn't need to add about 1 tablespoon). Knead on the lowest speed for about 2 minutes, then increase speed one level higher and knead for about 3 minutes or until very smooth and elastic. (I pulled dough off the dough hook between the two speeds.)

Remove the dough from the mixer bowl and coat the bowl with oil. Place dough in bowl, and cover with a cloth dampened with warm water and wrung out. Put in the prepared oven to rise until double in size, about 1 hour.

When the dough has doubled in size, punch the dough, turn it out onto flour-dusted board, and knead it lightly into a smooth ball.

Preheat a stove top grill pan over medium high. Do not oil.

Cut dough into 4 pieces. Put 3 on a plate under a damp cloth. Divide the remaining portion into 3 pieces and with a rolling pin roll each out to form very flat 5 to 6-inch circles.

Place bread on hot grill and cook without touching it until you see bubbles on the surface, about 1 to 2 minutes. Turn and continue to cook 1 to 2 minutes more or until bread has puffed up. Serve immediately.

Makea about 12

# Quick Pumpkin Bread

*This recipe is from the Katins. Zoe made it there and loved it. She brought a little home and we loved it also.*

3-1/2 cups sifted all-purpose flour  
1/2 teaspoon double-acting baking powder  
2 teaspoon baking soda  
2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
2-2/3 cups sugar

2/3 cup butter, softened in the microwave  
4 eggs  
2 cup cooked or canned pumpkin (one 15-ounce can)  
2/3 cup water or milk (I think we used milk)  
1 teaspoon vanilla  
1 cup coarsely chopped nuts (optional)

Preheat oven to 350°F. Butter and flour two loaf pans.

Sift together flour, baking powder, baking soda, salt, cinnamon, and cloves. Set aside.

In a large bowl, beat the sugar and butter until light and fluffy. Add the eggs one at a time until well combined. Add the pumpkin and mix well.

Mix together the water or milk and the vanilla.

Add the sifted dry ingredients alternately with the water or milk, starting and ending with dry ingredients. Do not overbeat between each addition.

Fold in nuts. Pour batter into prepared pans and bake about 1 hour or until bread tests done.

Makes 2 loaves

# Bread Pudding

*Made in May for Zoe and Eli, after we had taken Eli to donate blood for the first time. Zoe doesn't like pudding, Eli had seconds. Tom and I had seconds too, although we shouldn't have. This is such a simple, homey, happy dessert. The sort of thing you want on a snowy day, a rainy day, or when your heart needs a little comfort. It fills the house with the lovely scent of cinnamon sugar. I actually used 12 grain omega-3 bread that is low-carb and it was great.*

4 large slices bread (from a peasant loaf; if regular bread,  
use 8 slices)

1/2 cup butter, softened

2/3 cup sugar

2 cups heavy cream

5 eggs

2 teaspoons vanilla

2 tablespoons brown sugar

1 teaspoon cinnamon

Preheat oven to 350°F.

Spread butter on bread, then cut bread into 1-inch cubes and tumble into 9-inch square baking dish.

In a bowl, whisk together sugar, heavy cream, eggs, and vanilla until sugar is incorporated well. Pour gently over the bread. There should be enough liquid to mostly cover the bread.

Mix together the brown sugar and cinnamon and sprinkle over the bread. Cover the dish with aluminum foil and bake for 25 minutes. Remove the foil and bake for another 20 minutes or so, until puffed and browned.

Serves 6





*Tom and I took a trip to San Francisco to visit SFMOMA before they closed three years for major rebuilding. My favorite piece is at the right. It was tucked away in a quiet alcove.*



*Wrong year, I know, but I couldn't help but add this photo from election night 2012. Zoe had plastered the window wall with sheets of paper representing every national, state, and local vote. As the results came in, she marked each sheet. She had a small whiteboard set up on the table next to the TV, where she was keeping track of the electoral college. Three friends were over (see Rachel Katin at the left) to keep us company and provide running commentary. I've never had such fun on an election night!*

# Brown Sugar Shortbread

*Zoe and I made these for the first time to take somewhere I can't remember now. But the cookies were so memorable Zoe and Natalie made them a few weeks later on the summer solstice for a picnic we had with the Hollenbaughs and Brian at Shoreline Park. We got there as the restaurant at the lake was closing up tight, so we snagged a few tables, spread out a tablecloth Hank had been prescient enough to bring, and had a feast. These cookies, half coated in chocolate, were a highlight! With a wedge of watermelon in one hand, a cookie in the other, and the last remains of the sunset over the hills, it was a great night!!*

1 cup butter, softened  
1/2 cup packed brown sugar  
2 teaspoons vanilla

2-1/4 cups all-purpose flour  
Semi-sweet chocolate for dipping (optional)

In a large bowl, cream butter and sugar until light and fluffy. Add vanilla. Gradually stir in flour and mix well. Turn onto a lightly floured surface and knead until smooth, about 3 minutes. Pat into a 1/2-in.-thick rectangle measuring 11 in. x 8 in.

Cut into 2-in. x 1-in. strips. Place 1 in. apart on ungreased baking sheets. Prick with a fork.

Bake at 325° for 25 minutes or until bottoms are lightly browned. Cool for 5 minutes before removing from pan to a wire rack.

When fully cool, dip one end of the sticks into melted chocolate

Yields 3-1/2 dozen.



# Cream Cheese Walnut Cookies

*The dough for these slice-and-bake cookies can be shaped into logs and frozen for up to two weeks. They are very appealing crunchy, but equally appealing tender. I made them New Year's Day and they were taste-tested by the Hollenbaughs and the Desais. Although everyone said at first that they preferred the tender 12 minute cookies, they ended up coming back for the 18 minute crunchy ones. It's really a toss up.*

4 cups all-purpose flour	1 1/4 cups sugar
1 1/4 teaspoons coarse salt	2 tablespoons plus 1/2 teaspoon pure vanilla extract
2 cups (4 sticks) unsalted butter, softened	2 1/2 cups walnut halves (1 1/2 cups toasted and coarsely chopped and 1 cup finely chopped)
6 ounces cream cheese (not whipped), room temperature	

Whisk together flour and salt in a large bowl; set aside. Put butter and cream cheese in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until pale and fluffy, about 2 minutes. Mix in sugar and vanilla. Reduce speed to low. Add flour mixture, and mix until just combined (do not overmix). Mix in toasted walnuts.

Transfer dough to a work surface. Divide in half; shape each half into an 8 1/2-inch long log about 2 inches in diameter. Roll in 1/2 cup chopped walnuts. Wrap each log in parchment paper; freeze until firm, about 30 minutes or up to 2 weeks.

Preheat oven to 350 degrees with racks in upper and lower thirds. Unwrap 1 log, and cut into 1/4-inch-thick rounds. Space 1 inch apart on baking sheets lined with parchment paper.

Bake cookies, rotating halfway through, for 12 minutes if you want tender cookies, 18 minutes if you want something crunchier and with more of a taste of brown butter. Let cool on sheets on wire racks.

Yields 4 dozen



# Charlotte's Leche Flan

*Leche flan is a Filipino classic, served everywhere and made by every class of society. Invariably, leche flan is made in oval baking dishes ranging from about 5 inches to 8 inches in length. This recipe makes two small ovals or about 6 ramekins. In terms of texture, however, there are gradations. Some are thick, some sweet as honey, made with undiluted sweetened condensed milk, plus sugar. My mom preferred a much lighter version, just lightly sweetened. In our house, milk for recipes almost always meant evaporated milk from a can, so that's what is called for here. I hope you enjoy.*

1/2 cup sugar for caramelizing

3 eggs

1/4 cup sugar

2 cups evaporated milk

1/4 teaspoon salt

1 teaspoon vanilla

Caramelize 1/2 cup sugar in a pot and pour into 6 ramekins or 1 leche flan oval.

Preheat oven to 300°F. Meanwhile, beat eggs well and add sugar, beating until sugar is dissolved. Add the rest of the ingredients and beat very well.

Pour through a sieve into the ramekins or oval. Place them into a larger baking dish and gently add water to the outer pan until it reaches at least 2/3 of the way up to the edges of the ramekins or oval. Carefully place the whole shebang into the preheated oven and bake for 45-60 minutes or until a knife inserted in the middle comes out clean.

Cool, then chill in the refrigerator at least 3-4 hours or until very cold. Run a hot knife along the edge of the ramekins and upend on a plate. Remove ramekin.

Serves 6

Note: This is a great dessert to take along to a picnic or party because you can take it in the ramekin/oval and then unmold at the site.

*I found this photo of my mother and my Aunt Luly online this year. My sister apparently sent it to an alumni website, but I had never seen it. This is undoubtedly from their trip to the US in 1936, when they brought Uncle Hans and Uncle Gerry to Menlo with their mother. Mom (on the right) would be 18 and Aunt Luly 16. I still have the shawl my mom has draped over her dress. I love this photograph.*



# Fudgy Dark Brownies

*Zoe and I cleaned up the kitchen and found four - yes, four - tubs of cocoa powder. So when she needed to make brownies for a friend's birthday, she went looking for a recipe using cocoa. This is a vintage Hershey's recipe and it's very good! The brownies come out moist and delectable. A month later she needed to make a double batch for two more friends, and this was the go-to recipe.*

2/3 cup butter, melted and divided  
1 cup semi-sweet chocolate chips  
1-1/3 cups all-purpose flour  
1 teaspoon vanilla extract  
1/4 teaspoon salt

2 cups sugar  
2 eggs  
1/2 cup boiling water  
3/4 cup cocoa  
1/2 teaspoon baking soda

Heat oven to 350°F. Grease 13x9x2-inch baking pan.

Stir together cocoa and baking soda in large bowl; stir in 1/3 cup butter. Add boiling water; stir until mixture thickens. Stir in sugar, eggs and remaining 1/3 cup butter; stir until smooth. Add flour, vanilla and salt; blend completely. Stir in chocolate chips. Pour into prepared pan.

Bake 35 to 40 minutes or until brownies begin to pull away from sides of pan. Cool completely in pan on wire rack. Frost if desired. Cut into squares.

Makes 24 to 36 brownies.



# Kentucky Bluegrass Fudge Pie

*I can't quite believe I haven't already put this recipe in one of the preceding cookbooks. I've been making it since high school, when I found it in a magazine - Family Circle I believe. I love how choc-a-block it is with walnuts. If you don't like walnuts, pass this right by. The nuts are essential. If you want a nut-less recipe, look to your left! Both recipes are easy to make on a whim, since all the ingredients are almost always on my shelves.*

2/3 cup sifted all-purpose flour  
1/2 cup unsweetened cocoa powder  
1/4 tsp salt  
1 1/2 cups coarsely chopped walnuts  
1/2 cup (1 stick) butter, softened

1 cup sugar  
2 eggs  
3 tsp vanilla  
1 pint vanilla ice cream (optional)

Preheat oven to 350°F.

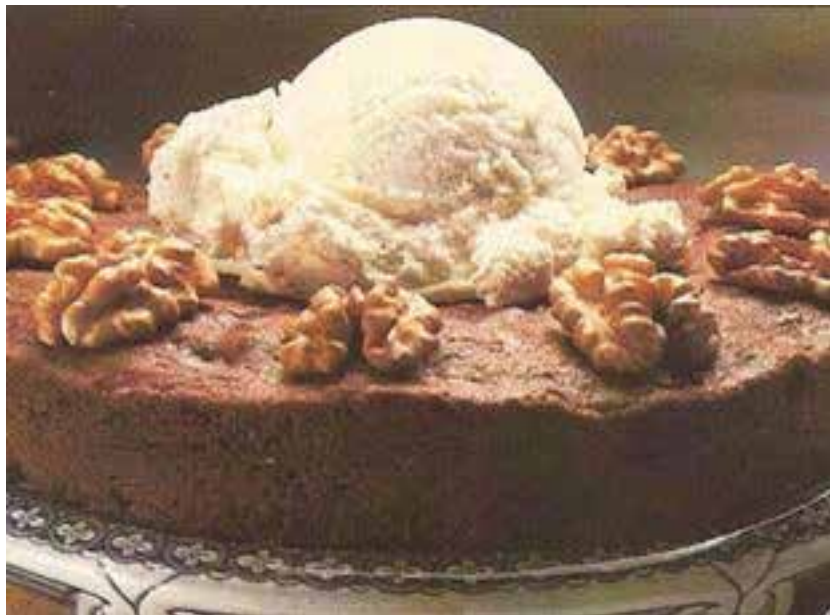
Grease and flour an 8x1-1/2 inch cake pan or a 9-inch pie plate.

Combine flour, cocoa and salt on wax paper.

Beat butter, sugar, eggs and vanilla in medium-sized bowl until light and fluffy. Stir in flour mixture until well blended. Stir in walnuts. Turn into prepared pan.

Bake in preheated oven for 30 minutes or until a wooden toothpick inserted in the center comes out with moist crumbs. Do Not Overbake! Cool on wire rack. Remove from pan. Spoon ice cream into center of pie; cut into pie-shaped wedges.

Serves 8



# Ultimate Ginger Cookies

*This is based on a recipe by Ina Garten. I made these for our double feature of *The Godfather* & *The Freshman*. We only got halfway through *The Godfather* before we got diverted by dinner and these cookies. Tom took them to a reunion of some old friends. They were a big hit.*

2-1/4 cups all-purpose flour  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
1 teaspoons ground cloves  
1 teaspoon ground nutmeg  
1/2 teaspoon ground ginger  
1/4 teaspoon kosher salt

1 cup dark brown sugar, lightly packed  
1/4 cup vegetable oil  
1/3 cup unsulfured molasses  
1 large egg, at room temperature  
2 ounces minced crystallized ginger (maybe 1/2 cup)  
Granulated sugar, for rolling the cookies

Preheat the oven to 350°F. Line 2 sheet pans with parchment paper.

In a large bowl, sift together the flour, baking soda, cinnamon, cloves, nutmeg, ginger, and salt and then combine the mixture with your hands. In the bowl of an electric mixer fitted with the paddle attachment, beat the brown sugar, oil, and molasses on medium speed for 5 minutes. Turn the mixer to low speed, add the egg, and beat for 1 minute. Scrape the bowl with a rubber spatula and beat for 1 more minute. With the mixer still on low, slowly add the dry ingredients to the bowl and mix on medium speed for 2 minutes. Add the crystallized ginger and mix until combined.

Scoop the dough with a small ice cream scoop (1-1/2" in diameter) and then flatten them lightly with your fingers. Press both sides of each cookie in granulated sugar and place them on the sheet pans. Bake for exactly 13 minutes. The cookies will be crackled on the top and soft inside. Let the cookies cool on the sheets for 1 to 2 minutes, then cut into 1/2-inch strips and allow to cool on wire racks.

Makes about 30 cookies

# Intensely Chocolate Sables

*Inspired by Balthazar, adapted quite a bit from Miette and Smitten Kitchen, then finally adapted more by Trish. These are such killer cookies, I can't even tell you! They are intensely chocolaty (as in their name), but not overly sweet. Originally, the recipe called for sprinkling with coarse sugar (like turbinado sugar). I ignored this and very lightly sprinkled them with coarse sea salt. AMAZING! I saved these to the very end of the cookbook as the final wondrous recipe. Enjoy!*

1/2 cup (1 stick, 4 ounces or 115 grams) unsalted butter, at room temperature

2/3 cup (100 to 135 grams) granulated sugar (less for a more bittersweet cookie)

1/4 teaspoon fine sea salt

1 large egg yolk

1/2 teaspoon vanilla extract

1 cup (125 grams) all-purpose flour

1/3 cup (30 grams) cocoa powder

3-1/2 ounces (100 grams) semi-sweet chocolate, grated or finely chopped until almost powdery in a food processor

Coarse sea salt for sprinkling

Grate the chocolate and put in freezer. (I do this because then I don't have to chill the dough before rolling out. I make an effort and grate the chocolate on my Japanese slicer/grater, but the original recipe says you can pulverize the chocolate in a food processor until it's almost a powder.)

Cream butter, sugar and salt together in a large bowl with an electric mixer until light and fluffy. Add egg yolk and vanilla, beating until combined, then scraping down sides. Add dry ingredients and grated chocolate and mix until just combined.

Heat oven to 350°F. Scrape dough onto a piece of plastic wrap. Dough can be refrigerated until needed, up to two days, or frozen longer, but let it warm up and soften a bit before rolling it out for decreased frustration. If you're not delaying (and why would you?), roll out the dough to about 1/8" thick. Cut with a 2-inch scalloped biscuit cutter or other cookie cutter. Space them an inch apart on a parchment-lined baking sheet. Sprinkle very lightly with coarse sea salt. Bake for 10 minutes. Leave cookies on baking sheets out of the oven for a couple minutes before gently, carefully transferring them to cooling racks, as they'll be fragile until they cool.

Makes 36-40 2-inch cookies

Note: Cookies can be stored in an airtight container for up to two weeks.



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