

2016

Morgan Family Cookbook

Random Thoughts about 2016

Because I have no coherent narrative. Because I am in the mood to design, not write. Because ...

Crispy Hong Kong style noodles to begin the new year.



A Star Wars episode I can enjoy once again.

Zoe working at the GSB.

A trip to see killer ducks in *Duck Lake* in San Francisco with Zoe, Ryan, and Tom.

Flowers on the wall of my office.

A visit with Eppie and a birthday dinner at Mandarin Roots.

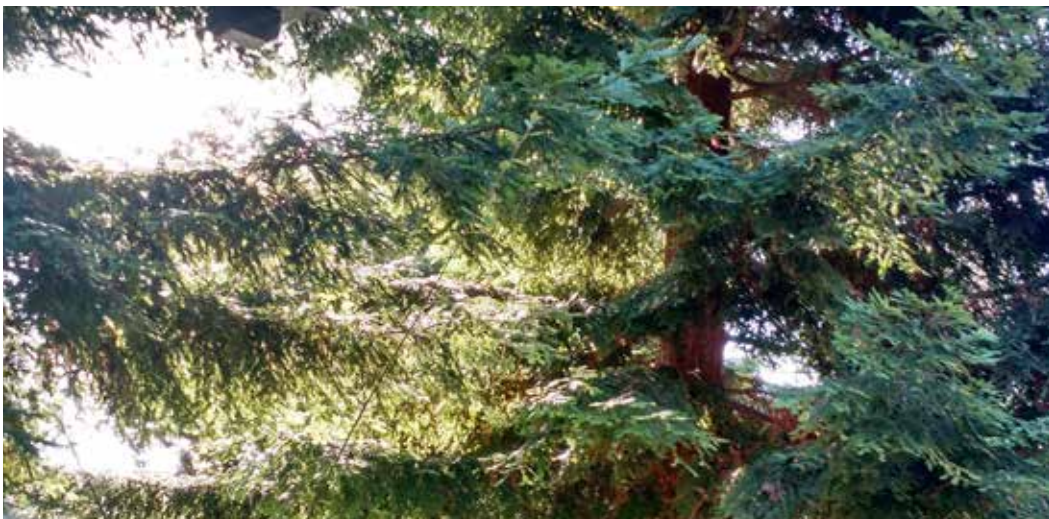
Another fourth of July with RD and family and lots of friends at Shoreline.

Zoe turned 21!

Quiet moments at Windhover with Tom.

Vinney, the stewardship team, the SF Gay Men's Chorus, and Armistead Maupin at Symphony Hall in SF! What a night!

Redwoods out our window.



Peace and quiet joy.

An election that I couldn't not fret over. A result I can't fathom and don't much want to hear about.

Rain, at last rain.

Sing-along playreading at UUCPA - Hello Dolly! and The Music Man with lots of fun.

Trips up to Davis. Swims in warm, warm water.

An early Christmas so Zoe could get to the Hague.

Two of us in the emergency room within a day of one another. And the wonderful Deb who answered a frantic call.

Our charming imp, Bailey. The amazing Coach Randy.

Hot tubs in a drizzle.

Seeing my cousin Kim.



The scent of garlic and good Italian food wafting across the pool.

Coffee with Phil.

A beautiful anniversary lunch in the Presidio, including an enrapturing basil cake with lemon curd, lemon rosemary sherbet, fresh berries and honeycomb.

You know, these cookbooks have never solely been about the recipes. Food is so much more for me ~ it's about sharing, relaxing, stories, and love.

Simplest Recipe of the Year - Parmesan Sandwich

This is one of those recipes that can vary from very plain to very sophisticated. Just smashing. I can't say a whole lot more. Good with soup, good for breakfast, great for a snack, goes along with a salad,

1 slice of bread - a kind you really like
Soft butter, thickly spread over the bread, from edge to edge
Crackings of black pepper, if you like
Shaved parmesan - sprinkled over half of the bread

Fold the bread in half. Smash the sides together - perhaps even use a rolling pin. Eat immediately, or wrap in plastic wrap and hold for later, or spread a little more butter on the outside and pan fry.

Options: Add a thin slice of very ripe tomato, or a few wafer-thin slices of cucumber, thinly thinly sliced red onion, prosciutto, roasted red pepper, go bonkers and add a slab of Brie with maybe a few dried cranberries or golden raisins, slices of slightly unripe pear or crisp apple, sliced cornichons, a sprinkling of capers, or dill, or parsley, or mint. Add a little lemon zest to the butter.

Optional: Eat while sipping a lovely cup of tea, green for my preference.

Important: Don't double by slapping two pieces of bread together. This is a calzone-like sandwich. You need the fold to make sure the slippery bits of parmesan don't feed the floor instead of you. The exception would be if you're going to make it a grilled cheese.

Serves 1



Mashed Potato Cakes

Whenever we would have leftover mashed potatoes, my mom would make these as a special treat for breakfast. When I was a kid, I would sometimes pass up eating the mashed potatoes at dinner to make sure there were some left over for these delicious little cakes – crispy, crunchy on the outside, soft and luxurious on the inside. Yum, yum, yum. There are a lot of options - you can add onions (red, white, or green). You can add parsley. They are made even more luscious if you add a little cheese – sharp cheddar or parmesan is terrific!

2 cups leftover mashed potatoes
1/4 cup flour
1 egg
2 tablespoons minced onion or green onions (optional)
1 tablespoons minced parsley (optional)
1/3 cup shredded cheese (optional)
1 tablespoons butter
1 tablespoon cooking oil (olive, canola, grapeseed, etc)

Mix all the ingredients except the butter/oil together. Heat a nonstick skillet over medium heat until hot. Add the butter and oil and heat until foamy. Drop the potato mixture into the pan in large heaping spoonfuls (to make cakes about 2-1/2 - 3 inches in diameter). When you turn them, they will flatten, so don't crowd the patties. Cook about 4-5 minutes per side or until golden brown and crispy. Add a little more butter if needed when you turn. Keep warm in the oven if you need to make another batch.

Serves 4



Rao's Marinara Sauce

To die for. To eat straight from the pot or cold from a container. To make simple pasta, extraordinary lasagna, fabulous eggplant or chicken parmesan. I have several favorite tomato sauces - Kathy Schletewitz's Telesco Spaghetti Sauce, Marcella Hazan's Butter Tomato Sauce, and what I always think of as Zoe's favorite Vermouth Tomato Sauce. This brings to four the number of tomato sauces I can't do without. It's an embarrassment of riches. By the way, use the San Marzano tomatoes. They make a world of difference.

- 4 28-ounce can whole San Marzano tomatoes (or at least San Marzano-style tomatoes, as Safeway labels them)
- 2 tablespoons extra virgin olive oil
- 1 pound mild or sweet Italian sausage (if you are vegetarian, leave this out and add a couple more tablespoons of olive oil)
- 6 tablespoons minced onion
- 3 cloves fresh garlic, minced.
- 1 tablespoon dried basil
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 1 teaspoon freshly ground black pepper
- 8 leaves fresh basil leaves, finely chopped

Drain tomatoes, reserving the juice. Using your hands, crush the tomatoes, gently breaking them into small pieces, removing and discarding the hard core from the stem end. Also remove any skin or tough membranes. Set aside.

Heat oil in large, heavy duty Dutch oven over medium-low heat. Add sausages and sauté until nice and brown on all sides. Remove sausages and drain on several thicknesses of paper towel. Set aside till later. I usually just stick them in the fridge. (If you are not using the sausage, just forget the last three sentences.) Add onions to pot and saute for 5 minutes or until translucent and soft. Stir in garlic, basil, oregano and salt and saute for an additional 30 seconds.

Add tomatoes and reserved juice and bring to a boil. Reduce to a very low simmer and cook for 5-6 hours, stirring occasionally or until sauce is thick and the aroma in your house is driving you crazy. Add fresh basil and remove from heat.

Note: I usually nibble at the sausage slowly over the course of the hours the sauce cooks, then start feeling too indulgent, and save the remainder to add to one container of the sauce that I freeze. This sauce freezes for months, if you can keep away from it.

Makes enough for 3-4 dinners for four



Roasted Butternut Squash Soup

This is simple and straightforward, awesome for dinner, lunch, or breakfast. After a warming meal last night, it made a spectacular breakfast today, cold from the fridge. I have to admit that I almost didn't make the soup, since the roasted squash was pretty wonderful all on its own. I had dreams of a butternut squash salad, with dill and garbanzos. Ah, well - for another day, when I roast twice as much squash.

1 large butternut squash (about 3 pounds), halved vertically, seeded, peeled, and cut into 1-inch chunks (you can also use the pre-packaged cut up butternut squash)

4 garlic cloves, smashed and peeled

1-2 tablespoon olive oil

1 teaspoon salt

1/8 teaspoon white pepper

1 tablespoon olive oil

1/2 cup chopped shallot or red onion

Up to 4 cups chicken or vegetable broth

Preheat the oven to 400°F. Place the butternut squash and garlic on a large baking pan with edges and drizzle with the olive oil, salt, and pepper. Toss it all around well. Roast in the oven for about 25 minutes or until beginning to brown.

Meanwhile, heat a soup pot over medium heat, then add the remaining tablespoon of olive oil and the chopped shallot/onion. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the butternut squash and 3 cups of the broth. Using an immersion blender or a regular blender, blend the soup until smooth. Depending on how thick you like your soup, add additional broth. Taste and season with salt and pepper as needed.

Note: Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to four days (leftovers taste even better the next day!). Or, freeze soup for up to three months.

Makes 4-6 servings



Cream of Spinach Soup

Made this one Saturday in June when we had a half box of spinach sitting in the fridge. It was so nice hot for lunch that day, but then I put the leftovers in the refrigerator. All week long, I had beautiful thick cold spinach soup to cheer my days. As I write this, it is the next Friday and I'm finishing it up for breakfast. It's beautiful to look at and soothing to eat. And flat out simple to make.

1 medium onion, chopped
4 tablespoons butter
4 tablespoons flour
4 cups chicken or vegetable broth
Salt & white pepper to taste
1/2 pound fresh spinach
1 cup heavy cream

Over medium heat, saute onions in butter until they begin to be translucent. Add flour and stir for about one minute. Slowly add broth, whisking well as you go. Salt and pepper to taste. Add fresh spinach to the pot, stirring to get the spinach wilted. Continue to stir as you add the heavy cream. Get it hot again and then puree to the desired state of puree (I like bits of leaves still showing, but you might like it totally blitzed). Serve hot or (oh, so good in the summer) chilled!

Serves 4



Preserved Mustard Green Ramen Soup

One of my favorite things to buy at the Asian market is the packages of preserved or pickled mustard greens from the refrigerator case. It's worth seeking these out. But I've never really figured out what to do with them other than just eat them straight. Then one night in May, I had a bunch of left over Larb Gai, a package of the mustard greens, and a desperate need for soup. This was so good that I'm always going to make extra larb gai, just to have this soup the next day. And the most wonderful part of all (well, not more wonderful than the taste) is that this comes together start to finish in about 15 minutes. I swear!

6 cups chicken broth

4 thin slices of ginger

Leftover larb gai (I'm not going to specify how much, because really - it's a leftover dish) -

find the full recipe for Larb Gai below

1 package, 16 ounces, preserved (pickled) mustard greens, rinsed and drained

1 medium-small head of boy choy, cut into 3/4-inch slices

2 packages ramen

Heat the broth up to boiling with the ginger slices. Add the larb gai. Bring back to a boil and then add the mustard green, bok choy, and ramen noodles (not the flavoring packets). Bring back to a boil and boil for about 2 minutes or until the noodles are done the way you want them. Serve. Sigh deeply and reflect on the good life.

Serves 4



Larb Gai

(you need only a portion of this for the recipe above)

3 half breasts of chicken,
minced in food processor

4 shallots, thinly sliced

2 slices ginger, finely minced

4 tablespoon fish sauce

2-1/2 tablespoons lime juice

1/2 teaspoon red pepper flakes

1 tablespoon vegetable oil

3 green onions, chopped

1 tablespoon minced parsley

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

Serves 4



Cucumber, Pear, and Sumac-Onion Salad

This recipe is from Michael Solomonov in Saveur. We made it with chicken schwarma and served it with rice pilaf on the side. It would have been nice with flatbread also and perhaps some tzatziki. What a lovely, fresh winter salad. It was so pretty and I loved the balance of sweet and sour, crunchy and soft. I made a few changes which are reflected below, using only one small Asian pear (I didn't want things too sweet) and adding fresh dill, because we had it and I love it. I also increased the red wine vinegar from 1 teaspoon to 1 tablespoon because 1 teaspoon disappeared instantly.

1/2 medium red onion, slivered
1 tablespoon red wine vinegar
1-1/4 teaspoon ground sumac
1 small Asian pears, peeled, quartered, cored, and cut into 1/4-inch cubes
1 English cucumber, trimmed and cut into 1/4-inch cubes
3 tablespoons. roughly chopped mint
1/3 cup chopped fresh dill
3 tablespoons olive oil
2 teaspoons lemon juice

In a small bowl, toss the onion with the vinegar, 1/4 teaspoon salt, and sumac and let stand for 15 minutes. In a medium bowl, combine the Asian pears and cucumber with the remaining 1 teaspoon salt, the mint, olive oil, and lemon juice. Add half the onion to the salad and stir to combine. Spoon the salad into a serving bowl and garnish with the remaining onion.

Serves 4-6



Mango, Arugula, and Tomato Salad

This salad surprised me. I was at the alumni cafe at Stanford and picked up a small serving of what was labeled Arugula Mango Salad. When I bit into it, I realized that some of the soft yellow crescents were perfectly ripe heirloom tomatoes. It was so clean and delicious.

1 large heirloom tomato, cut into 1/4-inch wedges
1/2 teaspoon Kosher salt
1 mango or peach (a little firmer is better), cut into cubes
1 tablespoon white wine vinegar
2 tablespoons olive oil
3 cups arugula or herb mix

Place the tomato wedges in a serving bowl and sprinkle with the salt. Allow to sit for a few minutes, then add the peach or mango cubes. Sprinkle all with the vinegar and oil. Cover with the greens and refrigerate until ready to serve. At the last minute, toss all together and grind some fresh pepper over the top.

Serves 4-6



Turkish Shepherd's Salad

This was just flat-out good. I know it's similar to so many Greek/middle eastern salads, all of which I seem to like, but I particularly liked the small dice that is required for this salad. It's from Martha Rose Shulman writing in the New York Times.

1 pound tomatoes, diced
3/4 pound cucumbers (1 European or 4 Persian), diced
1 green pepper, preferably a long green Italian frying pepper, seeded and diced
1/2 small red onion, sliced, soaked in cold water for 5 minutes, drained and rinsed
1/4 cup (loosely packed) coarsely chopped flat-leaf parsley
1 tablespoon chopped dill
2 tablespoons chopped mint
1 teaspoon sumac
1/2 to 1 teaspoon Turkish or Aleppo pepper
Salt to taste
3 tablespoons fresh lemon juice
3 tablespoons extra virgin olive oil
1 to 2 ounces feta, crumbled (1/4 to 1/2 cup) (optional)
Black olives as desired (optional)
Romaine lettuce leaves and pita bread for serving (optional)

Combine all of the ingredients except the feta, olives and romaine in a large bowl and refrigerate for 30 minutes. After 30 minutes toss together, taste and adjust seasonings. Garnish with feta and olives and serve, with pita bread and romaine lettuce if desired.

Serves 6

Note: You can make the salad several hours before you serve it. The cucumbers and tomatoes will release water, so if you are making it in advance put off salting it until shortly before serving.



Apple Matchstick Salad

I really love this salad and it's perfect for fall with a simply roasted pork tenderloin and some garlic-braised broccoli. Using two colors of apples makes the salad even prettier. It's adapted from The Forest Feast. Honestly, if there is no one else around, I like it just as well without the raisins, berries, or nuts. It's even more pure.

Three crisp apples, cut into matchsticks (squeeze some lemon juice over the sticks as you go to prevent browning)

1/3 cup chopped parsley

1/4 cup golden raisins or dried berries or both

1/3 cup walnuts, very roughly chopped

3 tablespoons lemon juice

4 tablespoons olive oil

Salt and pepper

Mix all together. Adjust the lemon juice and oil to your desired flavor.

Serves 6



Grilled Shrimp and Spinach Salad with Tamarind Dressing

In January, I went to lunch with a colleague from work at Indo, a great Indonesian restaurant in Palo Alto. I honestly can't remember what I had as a main dish, but we shared a salad of spinach and shrimp with a tamarind dressing that was to die for. I recreated it at home, adding a few extra goodies. My, my, this is fine. It's March and we've made it twice. Just saying...

1 pound large or extra-large shrimp, peeled and de-veined
3 tablespoons lemongrass paste
2 teaspoons chili oil

Big bunch of spinach
10-12 mushrooms, sliced thick
1 Persian cucumber, halved lengthwise and then sliced
1/4 cup coconut flakes (toasted in 350oF oven for about 5-8 min until golden)
1/3 cup chopped peanuts
Sprinkling of fresh parsley, roughly chopped

1 tablespoon tamarind paste
2 tablespoons rock sugar or brown sugar
Juice of 2 limes
3 garlic cloves, put through a garlic press
1-1/2 tablespoon soy sauce
1 teaspoon chili-garlic sauce (or some alternate source of heat)
1/3 cup oil

Marinate shrimp in lemongrass paste and chili oil for a few minutes, while you get the rest of the salad organized. Then grill until just cooked through - don't overcook them! About a minute or so a side does it usually.

In a nice large salad bowl, layer the spinach, mushrooms, and cucumbers. Top with the shrimp, coconut flakes, peanuts, and parsley. Bring to the table and toss with the dressing. Be seriously happy!

Serves 4



Glass Noodle Salad with Shrimp

Healthy, refreshing, like manna on a hot day.

For the Dressing:

4 garlic cloves, minced to tiny bits
4 tablespoons fresh ginger, peeled, and minced finely
8 tablespoons fish sauce
3-4 tablespoons light soy sauce
Juice of 2 limes
8 tablespoons water
4 tablespoons sugar
3 tsp toasted sesame oil

For the Salad:

1/2 pound cooked small shrimp
6 oz cellophane noodles
4 oz bean sprouts
1 small carrot, peel and julienne
1 small cucumber, peel and julienne
1/2 small head romaine, shredded
2-3 tablespoons chopped cashews, for garnish
Scallions, thinly sliced, for garnish
Chopped fresh cilantro, for garnish
Dashes sesame oil to prevent noodles from sticking

Whisk all dressing ingredients together and blend well. Set aside in fridge, and mix again before using. The dressing may seem strong by itself, but it will be perfect once poured on top of the noodles & salad.

Pre-soak dry noodles in large pot of hot tap water for 1 hour. Once they are pliable and softened, boil for 5 minutes (or according to package instructions). Drain immediately, and rinse with cold water. Work in a few dashes of sesame oil to prevent sticking.

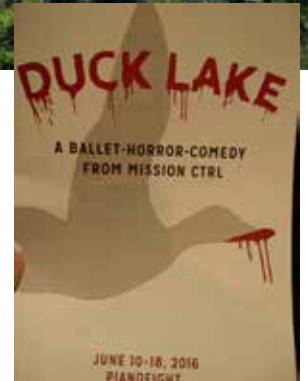
Assemble all salad ingredients, except for chopped nuts, in large bowl. Mix most of the dressing in. Toss it together, blending dressing into the entire noodle salad. Portion noodle salad onto individual plates, and sprinkle the rest of dressing on top of each plate. Sprinkle on chopped cashews and cilantro for garnish.

Serves 4



The Year in Pictures

For more, see page 34



Trish & mom Menlo 1977





Shrimp in Mild Tomato Chili Sauce

From Let's Cook Japanese Food! By Amy Kaneko

This was simply wonderful. I had no expectations for how good it would be, but it wowed both Tom and me. In Japan, this is known as ebi no chiri so-su. It's very easy and quick, but tastes subtle and amazing. The cookbook says you can add a cup of chopped green cabbage with the onions, if you want to increase the veggie component. I would just saute the cabbage with some ginger on the side. You know - this would probably be pretty great with tofu in place of the shrimp.

3/4 pound shrimp, peeled and deveined
1 tablespoon cornstarch
1 tablespoon dry sherry
1 large egg white
1/2 teaspoon salt

3 tablespoons ketchup
1 tablespoon soy sauce
1 tablespoon water
1 teaspoon chili garlic sauce
1 teaspoon brown bean sauce
1-1/2 teaspoon sake
1/2 teaspoon sugar

1/4 cup canola or other neutral oil
1 large shallot or 1/4 large onion, minced
1 large garlic clove, minced
2 tablespoons peeled and minced ginger

2 green onions, sliced thinly

In a small bowl, whip together cornstarch, sherry, egg white, and salt. Add the shrimp and mix well. Set aside at room temperature for 15 minutes.

Meanwhile, in another bowl, stir together the ketchup, soy sauce, water, sauces, sake, and sugar. Set aside.

In a large skillet or wok, heat the oil over high heat. When it is hot, add the shrimp in one layer and let cook for about 1-2 minutes or until they are a little browned and crispy. Flip them over and get the other side crispy (about another 1-2 minutes). With a slotted spoon, remove the shrimp to a serving dish. Pour out all but about 2 teaspoons of oil.

Return the wok to medium heat and add the shallot. Cook for about 1 minute, then add the garlic and ginger. Stir-fry for another minute or so, then stir in the ketchup mixture. Bring it to a boil, add the shrimp back, and toss all together. Transfer the shrimp and sauce back to the serving dish and garnish with green onions.

Serve with rice and a veggies.

Serves 2-3



Fish with Black Bean Sauce

This is from Chew Out Loud, but the original that I matched the flavor to is from Lucky Chinese Bistro here in Mountain View. I almost never get fish from steam tables, but when they've just made it, this is food to savor and slaver over.

1 pound swai or cod fish fillets, rinsed and patted dry with paper towels
1 tablespoon cornstarch
Olive or canola oil for cooking
1 large white or yellow onion, roughly chopped
1 green bell pepper, seeded and roughly chopped
1 red bell pepper, seeded and roughly chopped
5 cloves fresh garlic, chopped
2-3 dried red chilis (optional)

For the Sauce:

3 tablespoons prepared Chinese black bean sauce (I use Lee Kum Kee brand)
3 tablespoon rice cooking wine
1 teaspoon Asian toasted sesame oil
1 tablespoon white sugar

In a bowl, combine all sauce ingredients and whisk together until well incorporated. Set sauce mixture aside.

Cut fish fillets into bite size pieces. Toss well with 1 tablespoon cornstarch. Set aside.

In a large wok or pan, add 2 tablespoons oil on medium heat. When oil is hot, add onions, bell peppers, garlic, and optional dried chilis. Stir to combine. Add 5 tablespoons of the sauce mixture. Stir and cook until veggies are just tender. Transfer to a bowl and set aside.

In same wok/pan, add 3 tablespoons oil and heat on medium until oil is hot. Add fish and stir. Add remaining sauce mixture. Cook and stir just until fish turns opaque. Do not overcook.

Add the cooked veggies back into the wok/pan with the fish. Cook and stir until heated through. Serve with rice.

Serves 4



Spicy Salt and Pepper Shrimp

Such a happy dish. It snaps, crackles, and pops in your mouth, making your tongue all tingly. You really mustn't miss the dipping sauce. It perfectly compliments the shrimp. We served it with rice and broccoli sauteed with garlic. Fabulous!

Dipping Sauce:

3 tablespoons fresh lemon juice
2 tablespoons soy sauce
1 tablespoons water
1/2 teaspoon minced fresh cilantro or parsley
1/4 teaspoon sugar
1 garlic clove, minced.

Shrimp:

1/4 teaspoon sugar
1/4 teaspoon Chinese five-spice powder
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon ground white pepper

4 tablespoons corn or peanut oil
1/4 cup cornstarch
1-1/2 pounds large shrimp, peeled and deveined

2 tablespoons minced fresh ginger
3 garlic cloves, minced
1 red or green jalapeño chili, seeded and minced or 1/2 teaspoon red pepper flakes
3-4 green onions, minced
2 tablespoons mirin

In a small bowl, stir together the dipping sauce ingredients and set aside. In another small bowl, stir together the sugar, five-spice powder, salt and pepper.

Warm a wok or large fry pan over high heat until very hot and pour in 2 Tbs. of the oil. Meanwhile, spread the cornstarch on a plate. Quickly pat the shrimp dry with paper towels and dip in the cornstarch, coating both sides and shaking off the excess. Add the shrimp to the wok in a single layer and sear, turning once, just until opaque throughout, about 1 minute per side. Using a slotted spoon, transfer the shrimp to a bowl.

Return the wok to high heat and pour in the remaining 2 Tbs. oil. Add the ginger, garlic and chili and stir-fry until fragrant, about 5 seconds. Add the spice mixture and mirin, quickly return the shrimp to the wok, and stir-fry until the shrimp are coated with the spice mixture and are heated through, 15 to 20 seconds. Transfer the shrimp to a platter and serve with the dipping sauce (see note above).

Serves 4.



Best Chinese Chicken Salad Dressing and Chicken

The dressing is from a cookbook of recipes from Sheraton Hotels around the world. I first tasted it when I taught in Manila after college - Ann Goldman made it for a dinner party. It's still the best dressing for Chinese chicken salad that I've ever tasted. The chicken is an attempt to copy the chicken from Lucky Chinese's Chinese chicken salad, but it will always fail because Lucky Chinese clearly deep fries their chicken, which I won't and don't do. But the flavor was wonderful.

I'm not going to tell you how to make the salad, because you'll have your own ideas of what works, but here are some ideas: cabbage cubed, napa cabbage, red cabbage (got the cabbage=y thing?), iceberg shredded, mesclun, cucumbers, water chestnuts, mandarin oranges, red onion, green onion, red or yellow peppers, sugar snap or snow peas - cooked or uncooked, celery, broccoli, shredded carrots, baby corn, smashed up ramen noodles (uncooked), baked or fried wonton strips, parsley, cilantro, etc., etc. Have at it!

Chicken:

3 boneless chicken breasts, halved horizontally to make 2 paillards of each
1/3 cup soy sauce
2 teaspoon sesame oil
1/3-1/2 cup roasted sesame seeds (get these at an Asian food store)
2 tablespoons dark brown sugar
1 teaspoon kosher salt

Mix the soy sauce and sesame oil in a shallow bowl. Do the same with the sesame seeds, brown sugar, and salt - and mix this one well. Dip the chicken in the soy mixture, then coat with the sesame seed mixture. Lay on an oiled baking sheet. Bake at 375°F for 10-15 minutes or until just cooked through.

Dressing:

1/4 cup soy sauce
1/3 cup white wine vinegar
3/4 cup salad oil (vegetable, olive, canola, grapeseed, etc.)
3 tablespoons fresh lemon juice
1 teaspoon sesame oil
1 teaspoon grated ginger
1/2 teaspoon garlic salt
1/4 teaspoon white pepper
1/4 teaspoon sugar

Mix it all together and let sit to meld flavors. Before dressing salad, whisk again to emulsify.

Serves 4-6



Apple & Grilled Chicken Salad with Cheddar Toasts

An appropriately autumnal salad. Tom and I about inhaled this salad. From Eating Well. I'm not entirely sure what the secret is about Montreal "steak" seasoning, but it does add incredible flavor to virtually everything. I got a giant jar from Smart & Final a couple of years ago and just keep finding ways to use it.

1 pound boneless, skinless chicken breasts, trimmed
1 teaspoon Montreal steak seasoning (or salt and pepper mixed)
1 tablespoon white balsamic vinegar
2 tablespoons olive oil

4 diagonal slices baguette (1 inch thick)
1/2 cup shredded aged Cheddar cheese

3 tablespoons olive oil
2 tablespoons white balsamic vinegar
1 tablespoon Dijon mustard
1/2 teaspoon Montreal seasoning (or a mix of salt and pepper)

1 head butter lettuce, torn into bite-size pieces
1 sliced sweet, crunchy apple, such as Honeycrisp, cut into 8 wedges and then thinly sliced
1 small red onion, cut vertically in quarters and then thinly sliced
12 pimento stuffed olives

Preheat grill to medium-high.

Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Oil the grill rack. Grill the chicken, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 165 °F, about 15 minutes total. Grill baguette slices over the coolest part of the grill until toasted on the bottom, 1 to 3 minutes. Turn over, sprinkle with cheese and cook until the cheese melts, 1 to 3 minutes.

Meanwhile, whisk oil, vinegar, mustard and the remaining 1/4 teaspoon each salt and pepper in a large bowl. Add escarole, apples and onion; toss to coat.

Slice the chicken and add to the salad. Serve with the cheese toasts.

Serves 4



Orange Hut Mandarin Chicken

When I got to Davis in 1977, there was one place that made me feel like home. It was a little hole-in-the-wall Chinese hotplate place called Orange Hut. I loved their almond chicken, their broccoli beef, their twice cooked pork, and (for a time at least, while they had it) their sukiyaki beef. I know, a Chinese restaurant should not have sukiyaki, but.... It was good. Their chow mein was awesome. I must have gone to Orange Hut at least once, no, make that twice a week for the rest of my time in Davis. (I must truthfully admit to sometimes three times a week.) I remember that first year I would bike across campus in the midst of downpours to escape the dining commons for dinner. People thought I was a little crazed, and I probably was, but this was the closest Asian food I could find for very cheap prices. When I left college, I had dreams of Orange Hut, and one of the biggest thrills of returning to Davis for grad school was the chance to go back to Orange Hut - now moved across the street into much fancier digs. When we left Davis to go to Chicago in 1990, I asked the owner if he would share a couple of the recipes with me. The one I wanted in particular was Mandarin Chicken Wings - a sweet, salty, spicy treat that I had fallen in love with. He told me to come back one Thursday afternoon at 1pm - after the rush - and he would teach me. It was a great hour and a half in the kitchen. And he personally wrote out the recipe for the chicken. It was all proportion, since they did huge batches. Orange Hut is now just a memory - the couple who owned it retired in 2011. If you want to be classic, you would deep-fry the chicken, but I marinate it in some soy sauce and rice wine, then bake it for about 45 minutes, then broil it, then glaze it with the sauce. The trick is to get the sauce really, really, really thick. Have lots of rice handy. Enjoy.

3 pounds chicken wings or chicken legs (if using the legs, cut some slits in the skin and flesh to let the marinade soak in)

1/2 cup soy sauce

1/4 cup Chinese rice wine

1 cup chicken broth

3/4 cup soy sauce

2 tablespoons oyster sauce

2 tablespoons Chinese rice wine

2 tablespoons white vinegar

5 tablespoons sugar

1 teaspoon hot chili flakes



Minced green onions

Marinate the chicken in the soy sauce and rice wine for at least a couple of hours.

Preheat the oven to 400°F. Drain the chicken and place it on a broiling rack. Bake it for about 45 minutes or until it is cooked through and getting brown. Turn the chicken so the unbrowned underside is exposed and broil the chicken, turning occasionally, until it is evenly browned and getting crispy.

While the chicken is baking, make the sauce. Add all the ingredients to a saucepan and cook over medium-high heat until the sugar is dissolved and the sauce has thickened - really thickened - to a consistency close to jam-like. Set aside until the chicken is done.

When you remove the chicken from the oven, toss with the sauce (reheat a little if needed), sprinkle with green onions, and serve with rice.

Serves 6-8



Crispy Pan-Fried Noodles with Chicken and Chinese Greens

Crispy and a little saucy, egg noodles pan-fried until they form a crispy-on-the-outside, tender-in-the-middle cake is a classic Hong Kong dish. I made this New Year's Day 2016 and it was scrumptious!

- 1 egg white
- 1 tablespoon cornstarch
- 2 teaspoons Chinese cooking wine
- 1/4 teaspoon salt
- 2 boneless chicken breasts, thinly sliced

- 3-4 tablespoons cooking oil, divided

- 2 cups chicken stock
- 1 tablespoon oyster sauce
- 2 tablespoons soy sauce
- 1/4 teaspoon white pepper powder
- 1 tablespoon sesame oil
- 3 tablespoons cornstarch

- 1 pound choy sum or other Chinese greens, cut in 2" lengths (or if small, halved lengthwise)
- 3 cloves garlic, finely minced (about 2 teaspoons)

- 8 ounces fresh thin chow mein noodles, gently separated

Mix together egg white, cornstarch, salt, cooking wine, and oil. Add chicken and mix well. Set aside to marinate for about 30 minutes. When done marinating, heat 3-4 cups of water in a wok, or until at least halfway up the wok. Add a tablespoon of cooking oil and bring to a boil. Add the chicken, stirring to distribute and expose all surfaces to the boiling water/oil mixture. Cook for about 2 minutes, by which point the chicken should be just barely cooked through. It will finish cooking in the sauce. Remove to a bowl and let rest as you continue cooking.

Heat 1 tablespoon oil in a non-stick skillet over high heat until shimmering. Add noodles and cook, swirling gently, for 30 seconds. Reduce heat to medium, add 1/4 cup of water, and cook, swirling pan occasionally until beginning to brown. Continue cooking, swirling, until golden brown underneath, about 5 minutes total. Top skillet with a large plate. Flip the noodle cake quickly, putting the cooked side up. Add another tablespoon of oil to the skillet and then slide the noodle cake back into the skillet so the uncooked side is now down. Add another 1/4 cup water to the center and let cook until the bottom is golden. Keep warm on a platter in a warm oven or leave in skillet over very low heat on the stovetop while you proceed on with the recipe.

Combine stock, oyster sauce, soy sauce, white pepper, sesame oil, and cornstarch in a medium bowl. Stir to combine and set aside.

Heat another tablespoon oil in the wok over high heat until smoking and add the garlic and greens. Stir fry quickly until greens get glossy, but are still crisp. Remove to a bowl. Add the sauce ingredients and the chicken and bring to a boil. Cook for a couple of minutes until the sauce is thickened and the chicken is fully warmed. Pour this sauce over the greens and mix together. Pour the chicken/greens mixture over the noodles. Some of the noodles will absorb the sauce and get soft. Around the edges, the crispy noodles will provide yummy contrast.

Serves 3-4



Chicken and Tomatoes

Beef and Tomatoes is an easy recipe to find. It's ubiquitous on the web and in most well-curated Chinese cookbooks. But I had boneless chicken thighs and a lovely bag of small, but very ripe Roma tomatoes. I also had a recipe that dated from high school. I remember making it in M building, in college. I played with it a little. It's good. Very good.

5-6 small boneless chicken thighs, cut into 1-inch cubes
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon Chinese rice wine or dry sherry
1 tablespoon oil

1/3 cup oil
1 medium red onion, cut into wedges about 1/2" thick at the thickest
3 cloves garlic, minced
1-1/2-inch length of ginger, cut into very thin shreds

1 bunch (about 6) green onions, cut in half lengthwise, then cut into 2-inch lengths
6 small Roma tomatoes, cut into 5-6 wedges

1/2 cup chicken broth
1 tablespoon Chinese rice wine or sherry
1 tablespoon soy sauce
1 tablespoon oyster sauce
1 teaspoon cornstarch

Marinate the chicken in the cornstarch, soy sauce, wine, and oil. Mix well and set aside for about 15 minutes

Heat a wok over high heat until very hot. Add oil and allow to come to almost smoking. Add the chicken and stir fry for about 3 minutes, or until starting to brown and pretty much cooked through. Place the chicken in the serving dish and pour out (but reserve) all but about 1 tablespoon of the oil.

Return the pan to the heat and when hot again, add the red onion, garlic, and ginger. Stir-fry for about 2 minutes or until the red onion is beginning to show the effects of the heat. Add the green onions and stir-fry another minute or two, then add the tomatoes. Flip and stir-fry for about 30 seconds, then add back in the chicken. Toss all together and then dribble the sauce around the edge of the wok. Toss and stir until the sauce thickens.

Serve immediately with rice.

Serves 4



Chicken and Green Chiles

So flipping good. This is comfort food - soft, soothing, warming, delicious. It was fabulous reheated for lunch for the next few days. There are two ways to do this - as a casserole or as a skillet dish.

6 boneless chicken thighs, cut into large chunks
Salt and pepper
1 tablespoon oil
1 onion, chopped
3 cloves garlic, minced
1 can cream of chicken soup
1/2 cup chicken broth
2 small cans diced green chiles
3 cups cooked rice
1-1/2 cup shredded Monterey jack or pepper jack cheese

Lightly salt and pepper the chicken chunks. Heat a pan over medium-high heat and add the oil. Add the chicken and spread out in one layer, with as much space between the pieces as possible. Saute until just starting to turn lightly golden on both sides. Add the onion and garlic and continue to saute until the onion begins to turn translucent. Remove from heat.

In a large bowl, stir together soup, broth, and green chiles. Add the chicken mixture and combine well.

In a 9 x 13 baking dish, spread out the cooked rice. Top with the chicken mixture and sprinkle the cheese over all. Bake at 350°F for about 30-40 minutes or until all is nicely bubbling and the cheese is slightly browned.

Serves 6-8

Alternative: You can also add the soup, broth, and chiles to the chicken in the skillet. Bring to a boil and simmer for about 5 minutes. Serve with rice and cheese on the side.



Ma Po Tofu

Yes! I love this. It's both comforting and assaulting, with the bite of the chilies. You can add peas if you want. I rarely do. Most of the time I don't use the Sichuan peppercorns, just because I don't have them, but it is still plenty spicy, particularly if you use spicy black bean sauce. This is happy food for me.

3/4 cup low sodium chicken broth
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon ketchup
1 tablespoon red wine vinegar
1 tablespoon oyster sauce
1 teaspoon sugar
1 tablespoon sesame oil
4 medium cloves of garlic, minced
1 tablespoon minced ginger
6-8 green onions white part only, minced
1 tablespoon fermented black beans, roughly chopped (black bean paste will also work)
1/2 teaspoon Sichuan peppercorns, black seeds removed then ground (optional)
1 pound ground pork
1 tablespoon doubanjiang (chili bean paste)
2-14 ounce blocks of soft or silken tofu, drained and cut into 3/4" cubes
Green part of green onions minced for garnish

Add the chicken stock, cornstarch, soy sauce and sugar to a small bowl and stir to combine.

Heat a wok or large frying pan until hot. Add the sesame oil, garlic, ginger and green onions and stir-fry with a spatula until fragrant. Add the black beans and Sichuan pepper and continue stir-frying.

Add the ground pork and use the spatula to break it up into small grains (you don't want clumps of meat). When the pork is cooked, add the doubanjiang and stir to distribute. Add the tofu, and toss lightly to mix (if you stir it, the tofu will lose its shape).

Give the stock mixture a good stir to incorporate anything that may have settled, and then pour it over the pork and tofu. Toss to coat, then boil until the sauce thickens.

Garnished with the green parts of the green onions, then serve with hot rice.

Serves 3-4



Spaghetti Carbonara

Recipe adapted from Seventeen Magazine

Seriously, I cannot believe that I haven't included this recipe in one of the past seven (7!) cookbooks. This is an absolutely basic Trish recipe. I started making it when I was about 15 years old when it was published in Seventeen magazine. Yes, I know... but the truth is in the taste and this, this is dee-vine! Love, love, love, love, love this.

I have a wonderful memory of planning with my best friend Lisa Pan to make this for dinner one night when my parents were out at a party. About the time we were ready to start cooking, Gary Dilley, a good friend of my parents', called to ask what was for dinner (he was that kind of friend). When I said Spaghetti Carbonara, we had a third for dinner. It was a great evening of food and cards. In return, he gave me and all my friends permission to use his pool any time, regardless of whether he was in town or not. What a plate of spaghetti will get you...

3/4 pound spaghetti
1/4 pound bacon, cut in 1/2-inch lengths
1 large red onion, thinly sliced
2 tablespoons butter
1/2 cup chicken broth
4 egg yolks
1/4 pound prosciutto, cut in thin strips
1/2 cup chopped parsley
1/4 cup or more grated Parmesan

Cook spaghetti until al dente.

Meanwhile, brown bacon. Remove bacon grease, add a little oil and onion to pan and saute until onion is soft and browned. Add bacon again. Drain spaghetti and add. Stir in butter. Pour in chicken broth. Remove pan from heat! Add egg yolks and stir quickly. Mix in parsley and prosciutto.

Sprinkle with Parmesan. Toss well until cheese is evenly distributed. Serve immediately.

Serves 4



Chinese Mustard Greens and Ham

Growing up when our family went out for Chinese food, each of us got to pick one item for everyone to share. My father always picked the soup and it was always - always - Ham and Mustard Greens. So simple, just chicken broth, thin slices of ham, and large chunks of Chinese mustard greens. When I came to the States, I was surprised that this soup was not on the menu of most Chinese restaurants and when I went to the store, I was even more surprised that what passed for mustard greens bore no resemblance to the meaty thick slabs of greens I knew. This fall Tom and I both got sick. After several soups, I wanted something less brothy, but I really wanted the taste of my father's favorite soup. This was the result. I'd be happy to make it any time, sick or not. It's truly worth the effort to get to an Asian store and find some Chinese mustard greens, also known as gai choy. Serve it with rice - it's delectable and very pretty. And quick - did I say that? Start the rice before you start cooking the main course.

1 tablespoon oil
3 large garlic cloves, smashed and chopped
3 green onions, chopped
About 6 thin slices of ham, cut into 1-inch squares (should be about 2/3 cup)
1 large Chinese mustard green (about 1-1/4 pounds), cut into 2-inch squares and washed well
1/2 teaspoon Kosher salt
1/8 teaspoon ground white pepper
2 tablespoons Chinese rice wine or dry sherry
3/4 cup chicken broth
1 tablespoon cornstarch

Heat oil over high heat in a wok. When it's very hot, add the garlic, green onions, and ham. Stir fry for about 30 seconds or a minute, then add the mustard greens. Sprinkle with salt and white pepper, toss, and then add the wine. Toss again, cover, and let steam for about 2-3 minutes. Meanwhile, stir together chicken broth and cornstarch.

When you take off the cover, you'll notice that the large chunks of stem are beginning to change color and become bright and glossy. Toss again and let some of the remaining liquid boil off as you carefully watch the color of the stems. When it looks like most of the stem is losing its whiteness, add the cornstarch mixture and bring to a boil while stirring. The sauce will thicken. Remove from heat and serve.

Serves 4



One-Pan Gnocchi with Sausage and Spinach

When you are starving and need Italian comfort food without a lot of fuss, this is your baby. It's sooooo good. It takes about 20 minutes, start to finish.

2 tablespoons olive oil
1 onion, chopped
4 garlic cloves, minced
1 pound Italian sausage (bulk, no casings)
1 (16 oz) package fresh potato gnocchi
1 (14.5 oz) can Italian flavored diced tomatoes with juices (do not drain)
1/4 cup low sodium chicken broth
4 cups fresh baby spinach leaves
1/4 teaspoon freshly ground black pepper
1/2 cup shredded mozzarella cheese
1/2 cup freshly shredded Parmesan cheese

In a large nonstick skillet, add oil and heat over medium high until hot. Add onion and garlic and saute until fragrant, about 30 seconds. Add sausage; stir and break it up into pieces. Continue cooking until nicely browned. Don't drain. Add uncooked gnocchi. Stir for 1 minute, gently breaking up any clumps. Stir in tomatoes with juices and chicken broth. Cover and cook on medium heat for 5 minutes or just until gnocchi is fluffy and cooked through. Turn off heat.

Add spinach and pepper. Stir until spinach leaves are wilted. Sprinkle with cheeses and cover for 3-5 minutes or until cheese is melty. Serve immediately.

Serves 4

NOTES

Make it meatless: Simply skip the sausage and add another veggie instead. Sub veggie broth for chicken broth.



Garlic Steak Fried Rice with Arugula

What a lovely thing to eat on a lazy Sunday afternoon, grazing through recipes collected through the years while watching The People vs. OJ Simpson. It was quick to throw together, given that you have the steak and cooked rice. Spinach or any other green could have subbed for the arugula or it would have been fine without. I personally am addicted to Maggi Seasoning and have been since I had it at Masako Takagaki's house in the fourth grade. Thank heaven I live near an Asian food store.

2 teaspoon oil
2 teaspoon butter
3 teaspoon Maggi seasoning (or soy sauce)
3 large clove garlic, minced
3/4 pound steak, cubed in 3/4-inch cubes
3 large stalk celery, diced in 1/2-inch dice
2 cups baby arugula

Cooked rice

Heat oil and butter in a skillet over medium-high heat until hot and foamy. Add Maggi and stir well. Add garlic and saute for about 30 seconds. Add steak and celery and saute for about 1 minute. Add arugula and saute until arugula has just wilted.

Serves 1



Grilled Steak Bites with Chimichurri

Such a snappy meal for your mouth. I love the green, vinegary bite of the chimichurri sauce.

2 pounds boneless beef chuck cut into 1-1/2-inch cubes
2 tablespoons red wine vinegar
2 large cloves garlic, chopped
1/4 cup olive oil
2 teaspoons dried oregano
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper

1 large bunch cilantro (or parsley or half and half)
1 large clove garlic, minced or pressed
1/4 cup finely chopped onion (red or yellow)
1 tablespoon chopped capers
1/4 cup red wine vinegar
1/2 cup extra-virgin olive oil
Salt and freshly ground black pepper to taste

Combine the ingredients for the meat; cover and chill at least 8 hours or up to 48 hours.

Combine the ingredients for the chimichurri sauce and season with salt and pepper to taste. Use immediately or cover and chill up to 1 day.

Heat a grill over a high flame. Arrange the beef cubes on skewers and grill approximately 2 minutes to each side before flipping, or until each piece is about medium-rare. Transfer to a serving dish to let cool a couple minutes before removing the skewers. Serve with the chimichurri sauce.

Serves 4-6



Gyro Pizza

A two-plus hour drive to Davis for the gyro pizza at the Symposium Restaurant seemed a bit much, so we settled for trying to mimic it ourselves. This was the result and the cold leftovers the next day were even better! Truth is that one pound of beef is probably a little too much - I'd make that much, then use half of it on the pizza and use the rest in gyro pita pockets the next day.

1 tablespoon olive oil
1 pound ground beef
5 cloves garlic, minced
2 teaspoons dried oregano
1 teaspoon salt
1/4 teaspoon ground pepper
1 thin pizza crust - 12-14 inches (like Boboli)
1 cup mozzarella
1/3 - 1/2 red onion, in thin slivers
3 green onions, chopped
2-3 Roma tomatoes, chopped
1/3 cup crumbled feta cheese
Handful of kalamata olives, halved (optional)
Small handful of spinach, shredded (optional)

Preheat oven to 450°F. Meanwhile, heat a skillet over medium high heat. When hot, add the olive oil, the beef, garlic, and oregano. Brown the meat, adding the salt and pepper near the end. Remove from heat.

Place the pizza crust on a cookie sheet. Sprinkle about a third of the mozzarella over the crust, then spread out the ground beef, sprinkle on the red and green onions, then top with the rest of the mozzarella. Bake in the oven for 15 minutes.

Take the pizza out of the oven and sprinkle on the tomatoes and feta (and olives and spinach if you are using them). Serve right away!

Serves 2 with leftovers for the next day



Just a few more notes and pictures

We're still watching *The Americans*, but in very small doses - both Tom and I get weirded out by it! *Frankie and Grace* still holds appeal.

I got sucked in by *People V. O.J. Simpson: American Crime Story*.



I binged on *Jane the Virgin* loving every minute. Then I got hooked on *The Good Place*.

Tom and I couldn't get enough of *Timeless* on NBC and *The Crown* on Netflix.

We eagerly inhaled *Partners in Crime* on PBS.



Batik Marie Cake

I made this for a birthday at work and it was quite nice. You certainly can't beat the quick easiness of the recipe, or the sort of forbidden pleasure it gives - cookies, Nutella, and and two more kinds of chocolate kind of have that effect. It's a well-known cake in Australia, the middle east, and other parts of the Muslim world.

36 Marie biscuits or 20 English digestive biscuits,
1/4 cup butter (1/2 stick), melted
2/3 cup condensed milk
1/3 cup cocoa
1/2 cup Nutella
1/2 cup chocolate chips
1/3 cup pistachios (optional)

Take the cookies and place in a large plastic bag. Pound them with your fist or a mallet until they are smallish nuggets. Set aside. Mix condensed milk, cocoa, sugar, melted butter, chocolate chips, and Nutella in a bowl. Microwave for about 1 minute, then mix until smooth. Gradually fold in cookie crumbs. Form into cylinder or press into cake or loaf pan that has been lined with wax paper. Cover with plastic wrap and either refrigerate or freeze. When ready to serve, slice into circles or wedges.

Serves 12



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What a year!