



2017 Morgan Family Cookbook

Comments from Trish

Every year I spend quite a bit of time thinking about the cover of these cookbooks. Whatever goes there has to resonate with me, as well as setting a theme or style for the cookbook. But perhaps most important is the iconography of the image – the way in which it reflects that year for me or the feelings I was experiencing that year. While perhaps invisible to whoever sees the cookbook, it needs to have a meaning for me. This year's cover is the blending of Tom and my trips to see Zoe in Washington DC in March and the scent and beauty of eucalyptus trees. It reflects the incredible blessings and goodness that this year brought.

Cherry blossoms have been a theme for me this year. Getting to go to DC at cherry blossom time was a highlight of my life. True, the snow set in before they reached their full peak. But they were there and the memory of walking through the MLK monument with Zoe and reading his powerful words as snow began to fall, with the pale shimmer of early cherry blossoms lining the tidal pool was magical. Seeing those cherry trees in bloom is something I've wanted to do since I was a little kid and my dad returned from a trip to DC with stories of the astonishing beauty he saw. Combining cherry blossom viewing with snow – wow! And getting to know her roommate Isaac and her friend Alex was a real treat. Isaac was gracious enough to let us stay in their apartment, a big imposition, I know.

I found myself wearing pale pink for about the first time in my life. I bought dresses with cherry blossoms on them. It was a cherry blossom year.

This year was also special because we got to have Ryan with us for the summer and he got to see the beauty of the Bay Area. He reaffirmed what I've known about Zoe since she was very small – she picks wonderful people to be in her life. People (and we) thought we were crazy – four people in a two bedroom apartment with one bathroom? Ryan made it easy. He is one of the most grounded, kind, and subversively intelligent people I know. As we neared the time of the solar eclipse, Isaac, his brother Jonas, and Zoe's first college roommate Rachel, spent a couple of nights with us. (Yes, that's seven people and one bathroom.) It was a complete blast.

And I had a really special time this year, re-connecting with Phillip Min from my years at the International School in Manila. Phillip and his wife Eun Young were in town so Eun Young could be treated at Stanford Hospital. Sitting at work one day, I got a Facebook message from Phillip – he had figured out from a photo I had just posted on Facebook of the view out my office window that I worked at Stanford. He was in the surgery waiting room at the hospital. Tom and I got to spend several weeks getting to know Phillip all over again and getting to know Eun Young. The 40 years since Phillip and I had seen one another seemed like nothing – we were instantly comfortable. Phillip and I have talked about how weird it is that there is some kind of deep connection that we just didn't seem aware of for 40 years! Both Phillip and Eun Young are very special people and we have a combined love of food, so this has been a life affirming experience.

Here's some more of the blessings of the year...

Los Angeles - seeing Ge, going to the Norton Simon, and driving through the Huntington.

The trip to the beach with Zoe, Ryan, and Eli.

Sewing - I got the mojo back this year. Pants, shorts, skirts, mending. Yay!

Knitting - a beautiful plummy shrug while we were with Zoe in DC.

Work and the amazing team of people I work with - such a blessing! I am so lucky to do work that is meaningful to me, that fits my talents and interests, that I always seem to have energy for. And I am far beyond lucky in the team I see everyday. They are kind, bright, hard working, honest, and collaborative. If you've ever experienced the reverse, you'll know how special and rare this is. Add to that, that my boss is supportive, wise, and brilliant. I'm grateful to be at Stanford.

Quiet time snuggled on the couch with Tom under blankets watching Father Brown, The Good Place, Timeless, Dr. Blake Mysteries, Victoria, and a raft of movies. Having a couch that we both love to sit on is pretty wonderful.

Swimming all summer in our pool, floating under the stars, soaking in the hot tub. Watching the falcons, hummingbirds, swallows, seagulls, butterflies, and dragonflies swirl about.

Rain, rain, glorious rain!!! One winter vanquished the drought (mostly). I had a smile on my face for most of the winter.

Fitflops. Fitflops. Did I mention Fitflops? I found these shoes - okay, not shoes, sandals - that make my feet very, very happy. They are blingy or subdued, but just flat out comfy. Since I found them in late March or April, I've had virtually nothing else on my feet. I'm a total convert.

Getting to see one of Brian's robotics tournaments - just flat out fun.

Re-connecting with Phil. Seeing Eppie. Talking to Rick. Reaching out to Dia.

Getting Lipton - saying goodbye to Cloud, as Zoe and Ryan drove off with her.

Going to Puerto Rico for a conference and hearing the birds and frogs right outside my door, with gardenias and kalachuchi (plumeria) blooming in little hollows in the gardens. With swimming pools that were open 24 hours a day. Learning more about academic medicine was never so gorgeous.

Tom. Having Tom in my life, who is endlessly patient as I work crazy hours, who reminds me to go to bed, who does all the scutwork in the house while I'm at work, who hugs me and delivers ice-cold iced teas when I need them most. Who appreciates my cooking. Who, despite an external case of EOG (early onset grumpiness) is one of the kindest and most loving people I know.

Zoe. An astonishingly amazingly wonderful person. I am in awe of her and love her just as she is and for what I sense she will become. It was a great year with Zoe. I truly don't deserve a daughter and a husband like these two people.

Red Pepper Jack Sandwich

Once again, starting with a very simple recipe. I do love this vegetarian sandwich. It's a very soft taste, but so nice! It's a comfort sandwich, and as such I like it on softer bread. You can add some arugula if you like.

Sliced bread
Butter
Monterey jack cheese, sliced
Roasted red pepper

Butter bread. Lay on a single layer of cheese. If you are using jarred peppers, cut to bread size or assemble parts to equal bread size, then blot dry and put on top of cheese. Add another buttered slice of bread. Smash together and eat, carefully, gently, and mindfully.

Serves as many as you like

Stelline Soup (Pastina)

Just the thing when you're feeling a little under the weather or need a quick meal that comforts. One of Zoe's favorite soups as a little kid was Chicken and Stars - this is the slightly grown up Italian version. It kind of rides the border between soup and pasta - just perfect. Double, triple, quadruple, or whatever you need. Feel free to experiment a little - use canned diced tomatoes instead of the fresh and tomato sauce. Forget the tomato sauce and throw in a couple more tomatoes. Add a little swirl of pesto if you have it at the end. Sprinkle with parsley. Add celery or carrot cubes when the water boils.

1 scant cup water
1 teaspoon chicken or vegetable broth granules
1 tablespoon butter or olive oil
1/4 cup stelline pasta (or any other very small pasta shape)
2-3 cherry tomatoes, cut in quarters (if you have them)
2 tablespoons tomato sauce (I opened a small can and froze the rest in an ice cube tray)
Freshly ground pepper
Parmesan, grated

Bring the water, broth granules, and butter or olive oil to a rolling boil over high heat. Add the stelline and tomatoes, and lower the heat a couple of notches. Cook for about 7 minutes, stirring pretty often to keep the pasta from sticking to the bottom. About halfway through add the tomato sauce and a few gratings of the pepper. Bring back to a boil and continue to stir until pasta is tender. Serve with Parmesan and a drizzling of olive oil,

Note: Add some chopped carrot or peas or other vegetables. Time the addition to suit the vegetable (I put chopped carrots in with the stelline and tomatoes. I'd add frozen peas right at the end.)

Serves 1



Absolut Pear Drop

Before Zoe came home this summer, I got some pear vodka on a whim, since we don't usually have much liquor in the house. It was excellent, I must say. This drink got high marks.

1 ½ parts Absolut Pears
½ part lemon juice
½ part simple syrup (1 to 1 water to sugar)
1 slice pear

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a rocks glass filled with ice cubes. Garnish with pear.



Garbanzo Celery Salad

This is flat out delicious and ridiculously simple to make. It went nicely with a butter, parmesan, and monterey jack sandwich.

- 1 can garbanzo beans, drained and rinsed
- 1 cup sliced celery - in about 1/2 cm slices
- 1 Persian cucumber (or about 1/4 of an English cucumber), quartered lengthwise and chopped in 1 cm cubes
- 1/4 cup chopped parsley
- Juice of 1/2 lemon
- 1/4 cup olive oil
- 1/2 teaspoon garlic salt
- Coarsely ground pepper - about 5-6 gratings

Mix everything together!

Option: add a handful of halved green or black olives



Tangerine Cucumber Salad

I could just keep eating this salad. It is so clean and fresh tasting. We had it with a lemony farro za'atar salad (see the next page), and a grilled steak. I put roasted beets on the side (since I love them and Tom does not). Feta is optional on top. Some kind of rustic green (beet greens, baby kale, power greens) is optional on the bottom. Mmmmm!

4-5 Persian cucumbers, halved or quartered lengthwise and then sliced
1/4 cup chopped parsley
1/4 cup chopped fresh dill
1/2 small red onion, sliced thinly and soaked for 10-15 minutes in a salty ice bath
4-6 small tangerines, peeled and sliced
1/4 cup olive oil
1 tablespoon red wine vinegar
1/2 teaspoon garlic salt

Mix it all together and serve.



Lemony Za'atar Farro Salad

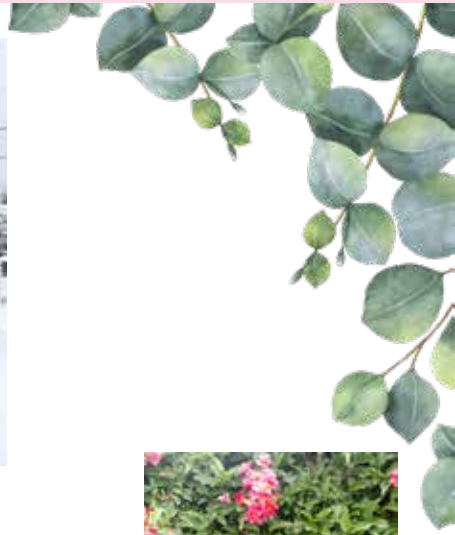
Splendid and yummy. You could substitute barley for the farro if that's easier! I've given you some options, as well.

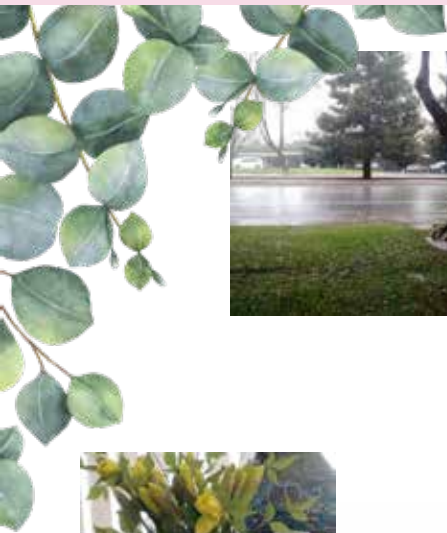
2 cups pearled farro
4 cups water
1 bay leaf
1 teaspoon salt
1 lemon, zested and juiced
1/3 cup olive oil
2 tablespoons za'atar
Garlic salt and pepper, as needed

Optional:
1/4 cup crumbled feta
5-6 radishes, sliced
Arugula, to go below

Combine the farro with the water, bay leaf, and salt and cook about 25 minutes or until tender, but chewy. Rinse under cool water to chill, then toss with the rest of the ingredients. Chill or serve right away.







Butternut Squash with Brown Butter and Sage

We really, really liked this. It's autumn comfort food and superlative with a simple pork chop or pork roast. It's from Food & Wine.

5 tablespoons unsalted butter
One 3-pound butternut squash, peeled, seeded
and cut into 1/2-inch dice
1/2 cup sage leaves, torn in 1/2-inch pieces
Sea salt
Freshly ground pepper

In a large sauté pan, melt the butter over moderately high heat. Swirl the butter in the pan until foaming subsides and the butter just begins to brown. Add the butternut squash and sage, season with salt and pepper and toss to coat. Cook over moderate heat for 10 minutes, or until tender and golden brown. Transfer to a bowl and serve.

Serve 6





Stir Fried Lettuce

We don't do enough interesting things with lettuce. I love, love, love this. It is simple, as befitting lettuce, but delightful. Give it a try.

- 1 head of iceberg or romaine lettuce
- 2 teaspoons soy sauce
- 2 tablespoons oyster sauce
- ¼ teaspoon sesame oil
- ½ teaspoon salt
- ¼ teaspoon sugar
- Freshly ground white pepper, to taste
- 2 tablespoons vegetable oil
- 1 slice fresh ginger, ⅛-inch thick, smashed with the side of a knife
- 1 clove garlic, chopped

Take the lettuce and firmly hit it on the counter to remove the core. Remove the first outer layer of the lettuce and any discolored leaves and discard. Tear the lettuce with your hands into large 4 to 5-inch pieces. Rinse and dry (a salad spinner comes in handy).

Combine the soy sauce, oyster sauce, sesame oil, salt, sugar, white pepper into a small bowl and set aside.

Heat your wok over low heat, and add 2 tablespoons of oil and the fresh ginger slice. Infuse the oil for 15 seconds, being careful not to burn the ginger. Turn the heat up to the highest setting, and stir in the chopped garlic. Then immediately add the iceberg lettuce. Stir-fry everything together, using a scooping motion to coat the lettuce uniformly with the oil.

After about 20 seconds, pour the soy sauce mixture over the lettuce. Stir fried lettuce should be slightly crunchy, so be sure not to overcook it. This whole process from start to finish takes less than 2 minutes in the wok.

Serves 4



Crystal Shrimp with Baby Bok Choy and Chinese Mushrooms

*Is it soup? Is it a stir-fry? Is it a braise? I don't know - somewhere in there. I ran out of cornstarch (read: I dropped it on the floor) and the sauce ended up being a little saucier than expected. But it was awfully wonderful just the same. As Tom said, one of those gentle meals that make you feel better. Not explosive tastes, but the shrimp are clean and clear. The technique for handling the shrimp comes from Irene Kuo, whose *The Key to Chinese Cooking* is probably the best Chinese cookbook I have ever encountered. She only ever wrote that one cookbook, but what a book it is.*

1 lb shrimp, de-shelled and butterflied through the back curve
3-1/2 teaspoons kosher salt, divided
1 tablespoon cornstarch
1 egg white
1 tablespoon dry sherry
1 tablespoon oil

6-7 dried shiitake mushrooms, rehydrated in very hot water
1-1/2 lbs small bok choy or other chinese greens, cut in 1-inch lengths
4 garlic cloves, minced
4 slices ginger, minced
1 tablespoon oil

2-3 cups water
2 tablespoons oil
2 slices ginger

1 teaspoon - 1 tablespoon cornstarch (depending on how thick you want the sauce)
1 tablespoon oyster sauce
1/2 cup chicken broth

Put the shrimp and 1 teaspoon of the salt in a large deep mixing bowl. Holding the chopsticks as a whisk or using a wooden spoon, stir the shrimp rapidly in a circular, whipping fashion for 1 minute so that the shrimp skid, bounce, and turn against the side of the bowl. Put them in a colander and spray with cold water for 1 minutes, tossing them with your hands. Drain and repeat the salt-whipping and rinsing two more times. Then shake them and roll them in paper towels to dry. Put them in a mixing bowl and add 1/2 teaspoon salt, egg white, sherry, and oil. Mix well, cover and let them set in the refrigerator for at least one hour. You can do this in the morning and then finish cooking them in the evening.

If you are making rice, start it about 15 minutes before starting to cook. Mix together the cornstarch, oyster sauce, and chicken broth and set aside.

In a wok, heat the water with the oil and ginger slices until it reaches a full rolling boil. Add the shrimp and stir with the chopsticks. Only allow to cook for about 1 minute, then drain and set the shrimp aside.. (The shrimp will finish cooking in the sauce.)

Wipe out the wok, put it back on high heat and add 1 tablespoon oil. When it is hot, add the ginger and garlic and stir fry for about 30 seconds. Add the bok choy and mushrooms and quickly stir-fry about 2-3 minutes or until the leaves are starting to be wilted. Add the sauce mixture and continue to stir and toss for another minute or until the sauce is starting to boil. Add the shrimp and toss again. At this point, it should be ready to serve.

Serves 4



Years ago, Tom and I came up with a little song. It was about a bear and a daisy. It went like this...



*I woke up to a bear and a daisy
What to do with a bear and a daisy?*

Bop the bear on the head with the daisy...



We never got any further than that. It's always been an unfinished song. But now, at least we have the pictures!

Nigella's Tuna Lemon Spaghetti

This is one of those meals that are perfect on a hot night in summer when you need real sustenance, but, honestly, you can't bear the thought of much cooking. It is scrumptious, simple, and homey, but looks a treat. You can, of course, multiply to serve more than 2 people.

8 oz uncooked spaghetti
1 6- to 8-ounce can tuna, drained
Zest and juice of 1 unwaxed lemon
½ clove garlic, peeled
3 scallions, thinly sliced
¼ tsp crushed red pepper flakes, or to taste
½ tsp kosher salt or ¼ tsp table salt, or to taste
1 tbsp extra-virgin olive oil
1 cup packed arugula or spinach or nothing (it's optional)

Put a large pot of salted water on to boil for the pasta and, once boiling, add the spaghetti, cooking following the package instructions, though it's best to check 2 minutes before it should be ready.

While that's cooking, fork the drained tuna into a large bowl, and add the lemon zest and juice and grate in (or mince and add) the garlic.

Still using your fork, add and mix in the sliced scallions, then season to taste with the red pepper flakes and salt and, finally, add the extra-virgin olive oil, beating with your fork to combine.

Before draining the spaghetti, scoop out a little pasta-cooking liquid and reserve, then toss the drained pasta into the bowl of tuna, scallions, etc., and mix together really well, adding a spoonful or so of pasta-cooking water to bring some starchy creaminess to the sauce.



Add the arugula leaves and gently work them through the pasta before dividing it between two bowls.

Serves 2



Seared Sea Scallops and Tomatoes with Olive Vinaigrette

I can't quite believe I haven't included this in a family cookbook before. It is divine. No, DEEEEE-VINE! The brininess of the olives goes perfectly with scallops. The tomatoes make it all so fresh. This is adapted from an old Gourmet recipe.

- 1/2 cup chopped pitted Kalamata or other brine-cured black olives
- 1/4 cup chopped bottled roasted red pepper
- 1 large garlic clove, minced
- 1 teaspoon Dijon mustard
- 2 tablespoon red-wine vinegar
- 1 teaspoons fresh lemon juice
- 1/3 cup olive oil (preferably extra-virgin) (divided)
- Salt and pepper
- 1 pound sea scallops, rinsed and drained
- 3 plum tomatoes, seeded, cut in half lengthwise and then in 1/2 inch slices
- 4 cups arugula, stems discarded and leaves washed well and spun dry

Optional: 3/4 cup cooked & cooled whole-grain Israeli couscous, lentils, black rice, or small white beans

In a small pitcher, whisk together olives, roasted pepper, garlic, mustard, vinegar, lemon juice, 3 table-spoons olive oil, salt & pepper to taste. Set aside.

Discard small tough muscle from side of each scallop if necessary and in a small bowl toss scallops with remaining tablespoon oil and salt and pepper to taste.

Heat a well-seasoned ridged grill pan over high heat until hot and grill scallops until just cooked through, 2 to 3 minutes on each side. Transfer scallops to a plate and keep warm. Grill tomatoes over high heat until tender and lightly charred, 1 to 2 minutes on each side.

Toss arugula with half the vinaigrette and divide between 2 plates. If using the grain/bean, sprinkle over the arugula. Top arugula with scallops and tomatoes and serve with remaining vinaigrette if desired.

Serves 2 as a main meal



Grilled Chicken with Cucumber-Radish Salsa

So easy and so good. This was done in about 20 minutes, start to finish. I made the salsa as the chicken cooked and we served it with a green salad. It was bright and fresh. Want an island vibe? Swap mango for the cucumber and lime juice for the rice vinegar.

3 tablespoons extra-virgin olive oil, divided
1/2 teaspoon ground coriander
1/2 teaspoon salt, divided
1/2 teaspoon ground pepper, divided
4 “thin-cut” boneless, skinless chicken breasts or cutlets (4 ounces each), trimmed
1 cup diced English cucumber
1/2 cup diced radishes
1/4 cup chopped fresh mint
1 tablespoon rice vinegar

Preheat grill to medium-high.

Combine 1 tablespoon oil, coriander and 1/4 teaspoon each salt and pepper in a small bowl. Brush on both sides of chicken.

Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 10 minutes total. (Alternatively, cook the chicken in a grill pan over medium to medium-high heat.)

Meanwhile, combine cucumber, radishes, mint and vinegar in a medium bowl with the remaining 2 tablespoon oil and 1/4 teaspoon each salt and pepper. Serve with the chicken.

Serves 4



Oyako Donburi

From Martin Yan's Asia, this is a meal that is truly comforting. I've adapted the recipe to use chicken broth instead of dashi, but switch back if you like. I've also added bean sprouts and more spinach. This is one of those very quick meals that is perfect for a cold night after too much work or when you are recovering from the flu. It's gentle and delicious.

1 cups chicken stock
1/4 cup mirin
1/4 cup soy sauce
2 tablespoons sugar

Bunch of green onions, cut diagonally in 1-inch lengths
2 chicken breasts
1 bunch spinach, washed and drained
6 ounces bean sprouts, rinsed
2 eggs, lightly beaten

2 cups hot cooked rice

Heat the donburi sauce in a wok over medium heat. Add the green onion and chicken. Simmer until chicken is no longer pink.

Add spinach and bean sprouts, heat until the spinach wilts, then add the egg. Cover and reduce the heat to low; allow to cook until egg is softly set, 2-3 minutes.

Place rice in two individual serving bowls and spoon the topping and broth over.

Serves 2



Papa Murphy's Thai Chicken Pizza

A number of years ago, Jill Matzke brought this to a CPB card night. It was so terrific, but Papa Murphy's stopped carrying it. So....

Thin crust pizza shell

1/2 c. Thai sweet chili sauce mixed with 1/2 tea-
spoon grated fresh ginger

1 c. grilled chicken, cubed & seasoned with cumin,
salt, & pepper

1 medium zucchini, thinly sliced

1/4 white onion, thinly sliced

1/4 red onion, thinly sliced

2 c. shredded mozzarella, 1 c. reserved

2 tbsp. sliced green onions

Red pepper flakes, optional garnish

Preheat oven to 425.

With prepared pizza dough on a round pizza pan or stone. Spread sweet chili sauce evenly over crust. Top with 1 cup shredded mozzarella followed by zucchini slices, chicken, and onions (red and white). Sprinkle remaining cheese evenly over pizza.

Bake for 12-15 minutes or until cheese is melted and bubbly.

Garnish with green onions & red pepper flakes.

Serves 2-4



Sesame & Madras Curry Fried Chicken

I made this one night when Nancy Houtz came to dinner and we all thought it was stellar. She took home the leftovers and when her son found them, he ate them all! They are amazingly good. It's a recipe from the Foreign Cinema restaurant in San Francisco.

Madras curry mix

3 tablespoons Madras curry
1 teaspoon garlic powder
Small pinch sugar
1/8 teaspoon red chili flakes

Frying chicken:

3-pound chicken, cut into 8 pieces, skin on
2 teaspoons kosher salt
3 cups buttermilk

Coating mix

2 cups all-purpose flour
1 teaspoon kosher salt
1 teaspoon black pepper
1 teaspoon Madras curry
2-3 tablespoons sesame seeds

Plus: 4 cups peanut oil, for frying

Combine all the curry ingredients and mix well.

Liberally salt chicken pieces, then lightly rub with curry mix. (Chill overnight for maximum flavor.)

Mix all the coating ingredients in a large bowl.

Preheat the oil in a cast iron skillet to 300 degrees. While the oil is warming, dip the curried chicken pieces into the buttermilk, then into the coating, covering each piece thoroughly. Set aside.

When the oil is hot, place chicken pieces, skin-side down, in skillet. Do not overcrowd. Cook chicken on one side until golden brown, about 7-8 minutes. Turn chicken pieces and finish cooking until done, 5-7 more minutes each.

Place the fried chicken on a rack on a sheet pan and keep warm in a 200-degree oven until ready to serve. Serve with a fresh green salad. Also good served at room temperature or cold for picnics. In the summer, ratatouille is a wonderful accompaniment.

Serves 4



Carnitas and Olive Salad

What to do with leftover carnitas (see the 2012 cookbook for the recipe)? Aside from having happy little burritos of cabbage, red onion, carnitas, and fresh salsa? Or making ants on a tree? What about this sublime salad? For lunch the day after Thanksgiving, it was a bowl of joy. Multiply as appropriate.

Handful or two of baby arugula
Sprinkling of pimento stuffed olives
A small handful of carnitas
A couple of tablespoons of fresh salsa

Build your bowl in the order of the ingredients. Eat.

Serves 1





Pork and Green Peppers

This is Italian, not Chinese, but it is at the base rock bottom of the food of my heart. I still remember the first time I ever had it - a Sunday in Manila. It was stormy outside and Daddy and I were in the kitchen in the middle of the afternoon. He decided to make this dish - although I'm pretty sure it was with veal. No one else was around and we did it together, him telling me stories about cooking with his mother in the midst of the Great Depression. This dish was so simple and so astonishingly delicious to me that it will forever be one of my top five meals.

That said, no one in my current immediate family agrees. Zoe and Tom are beyond indifferent - they have an active dislike of this dish.

But succulent, salty green peppers, silky from the heat, with the skins blistered, mingling softly with thin slices of pork (or, honestly, no meat at all), roasted garlic, and a sauce of the dish's own making. Served with steamy rice. Come on, it's paradise!

2 tablespoons olive oil, divided
3/4 pound thinly sliced pork cutlets, veal scallopine
6 green peppers, seeded and sliced into 3/4-inch slices
5-6 large cloves garlic, smashed and peeled
1 teaspoon kosher salt

Preheat the oven to 400oF.

In a heavy-duty oven-proof skillet (with a lid - you'll need it later), heat 1 tablespoon of the oil over medium-high heat. When very hot, quickly sear the meat. It doesn't need to cook through, just sear with a few nice browned spots. Remove the meat from the pan and reserve. Leave any oil in.

Reheat the pan over a little higher heat and add the extra oil, if needed. When very hot, add the peppers. Allow to sit for about 1 minute, then toss, The peppers should be getting blistered - seriously, popped dark blisters. Add the garlic and the salt and toss a couple more times, allowing more of the pepper to get blistered. Add the meat and nudgel* it down under the peppers.

Cover the skillet and place in the oven for 30 minutes. Meanwhile, make the rice. Oh, my, God!

Serves 3-4

*Nudgel: Def. To poke and prod, while gently shaking and encouraging.

Taiwanese Stir-Fried Noodles with Ground Pork

This was really, really good. Tom and I both gave it an A+. It's from www.tastehongkong.com. The site has some wonderful recipes. This was one of those dishes that I couldn't let sit in the fridge. There is absolutely no chance that leftovers will be forgotten.

Marinade for pork

1/4 tsp salt
1/2 tsp sugar
1/4 tsp soy sauce
1/4 tsp water
pinch of ground white pepper
few droplets of cooking wine
pinch of corn starch
dash of sesame oil

120g dried rice noodles
100g ground pork

Scald dried rice noodles in hot water until they just get softened. My thin rice noodles are ready in about 30 seconds. Loosen them in a colander; blot dry, or air dry (or fan dry) it. Then season noodles with salt and oil.

Marinate ground pork (add corn flour and oil after other seasonings), and let it stand for at least 15 minutes.

300g cabbage
2 cloves garlic, thinly sliced
1 shallot, thinly sliced
~3 tbsp cooking oil
1/2 tsp salt, or to taste
1 scant tablespoon oyster sauce
pinch of ground white pepper, optional

1/2 tsp salt
1 tsp cooking oil
1 teaspoon chicken broth granules



Wash cabbage, drain dry, and shred.

Over medium flame, heat oil in wok. Sauté sliced garlic and shallot until lightly brown. Add in marinated pork and stir-fry, also until golden brown, about 1 to 2 minutes. When stir-frying, mash the ground meat into separate pieces with the back of your turner if they lump together. Add the oyster sauce and toss.

Push aside (or dish up) the pork, allowing the oil to drain back to center of wok. Toss in cabbage shreds and keep stirring until they start to tender. Sprinkle in salt, stir well.

Drop in rice noodles, stir in pork, and quickly mix well with cabbage, about a minute (add 1 to 2 spoons of water should you find them too dry to stir). Finish with a pinch of ground white pepper.

Serve hot (with a chili sauce if your prefer).

Serves 4

Xi'an Stuffed Pancakes

I made these with Hank Hollenbaugh for a holiday breakfast feast. They were interesting to make and really wonderful to eat. They would be wonderful to make for a picnic, since they are easy to eat by hand.

For the dough

2¼ cups all purpose flour
¾ cup water
½ teaspoon salt

For the filling

1 cup ground pork (or ground lamb, beef, or chicken)
½ teaspoon five spice powder
Pinch of cumin
1 tablespoon soy sauce

Pinch of sugar
½ teaspoon salt, divided
1 cup finely chopped green cabbage
1 scallion, chopped
¼ teaspoon garlic powder
1 teaspoon sesame oil
Pinch of white pepper
2 tablespoons sesame seeds

½ cup oil for frying



Start by making the dough. Add the flour, water, and salt to a mixing bowl and mix until it forms a dough. Knead for 5 minutes. Set aside and cover with a damp kitchen towel to rest.

Then make the filling components. In a small bowl, combine the pork, five spice, cumin, soy sauce, pinch of sugar, and ¼ teaspoon salt. In another bowl, combine the cabbage, scallion, garlic powder, sesame oil, and white pepper.

Now you're ready to assemble the pancakes. Divide the dough into 8 equal portions and keep the unused dough covered with a damp towel. Next, use a couple drops of oil to lightly oil your work surface--a bamboo or wood cutting board works well. Roll one of the dough pieces into a long, thin rectangle about four inches wide. No need to make it perfect. Very lightly oil the dough and spread on about an eighth of your pork mixture. Then add about 2 tablespoons cabbage to one end. Roll the dough forward like a snail. Then stand it on one end so it's like a standing cylinder. Press the dough down into a flat pancake (about ¾ inch thick, with a diameter of about 3½ inches) with one hand and then sprinkle with sesame seeds. These measurements are just meant to give you a general idea so no need to get out any tape measures!

Next, pour ½ cup oil into a small cast iron skillet or pan and heat to about 300 degrees. Place pancakes into the pan (we did 3 at a time) and fry until golden. Carefully flip and fry on the other side (about 3 minutes per side). Always be extra careful when working with hot oil.

When golden brown, transfer to a plate lined with paper towels. These pancake rolls are best eaten as soon as they come out of the pan, but they can also be placed in the refrigerator or even frozen and re-toasted in the oven.

Makes 8

Lamb Chops Sizzled with Garlic

From Food and Wine, these were a super-winner on Christmas night. Served with rice pilaf and sugar snap peas. Amazingly delicious.

Eight 1/2-inch-thick lamb loin chops (about 2 pounds), fatty tips trimmed
Salt and freshly ground pepper
Pinch of dried thyme
3 tablespoons extra-virgin olive oil
10 small garlic cloves, halved
3 tablespoons water
2 tablespoons fresh lemon juice
2 tablespoons minced parsley
Pinch of crushed red pepper

Season the lamb with salt and pepper and sprinkle lightly with thyme. In a very large skillet, heat the olive oil until shimmering. Add the lamb chops and garlic and cook over moderately high heat until the chops are browned on the bottom, about 3 minutes. Turn the chops and garlic and cook until the chops are browned, about 2 minutes longer for medium meat. Transfer the chops to plates, leaving the garlic in the skillet.

Add the water, lemon juice, parsley and crushed red pepper to the pan and cook, scraping up any browned bits stuck to the bottom, until sizzling, about 1 minute. Pour the garlic and pan sauce over the lamb chops and serve immediately.

Serves 4





Ragù d'agnello e peperoni (Lamb and Red Pepper Sauce)

This was an unusual and delicious meal. I used fancy pasta - bucatini made in small batches and slow-dried.. It was worth the cost - the pasta was dense and chewy. The sauce is thinner than you might expect, but it works beautifully with the pasta. I used fresh Roma tomatoes, cut in a small dice. As a result, when you add the peppers and tomatoes to the pot, you may think it won't work - there isn't any liquid really. But, over the low heat, the tomatoes and peppers give up their juices and the result is heavenly.

250g (1/2 lb) lamb shoulder, cut into small pieces or ground (see Notes)	6-7 juniper berries
2 medium red bell peppers, trimmed and cut into a small dice (or use 1 red and 1 yellow pepper)	2 sprigs fresh rosemary
3-4 cloves of garlic, peeled and slightly crushed	3-4 tomatoes, canned or fresh
3 fresh bay leaves (or 1-2 dried)	Salt and pepper
	White wine
	Olive oil
	250 g (1/2 lb) high quality pasta

In a saucepan, preferably made of terracotta or enameled cast iron, gently sauté the garlic cloves and bay leaves in a generous amount of olive oil for just a few minutes, until you can smell the garlic's aroma and the cloves are just beginning to brown.

Add the lamb and continue sautéing, seasoning with salt and pepper as you go. If using ground lamb, sauté just until the lamb has lost its raw color. If using lamb in pieces, you may want to let them caramelize a bit. Add a splash of white wine and let it evaporate.

Add the tomatoes and the red bell pepper. If using canned tomatoes, just crush them between your fingers as you add them to the pot. If using fresh tomatoes, you can blanch them quickly to loosen their skins, peel and seed them, and then cut them into dice before adding them to the pot (I didn't do this and it wasn't a problem).

Cover and turn the heat down to very low. Let the ragù simmer very gently for about 1-1/2 to 2 hours, until the lamb is perfectly tender and the sauce has developed a rich flavor.

Serve with a really good pasta of your choice.

Serves 4



Grilled Ribeye with Soy Butter Glaze

Soy sauce and butter together are sublime. One of my secret vices is to put a pat of butter on a steaming pile of freshly made rice and then drizzle with soy sauce. It is indulgent and savory and oh, so very comforting. Now I can have some steak with that rice as well.

1 thick-cut rib-eye steak
Salt and pepper to taste
3 tablespoons melted butter
¼ cup low sodium soy sauce

Sprinkle steak on all sides with salt and pepper, to taste. Heat your grill to the max.

Mix the melted butter together with the soy sauce in a small bowl.

When the grill is heated, put the steak on the grill, letting it brown for about 1-2 minutes. You can close the grill lid to let the heat build up and get some nice caramelization on the edges of the steak. After about 4 minutes, flip the steak and grill the other side. When the steak is pretty well-browned on both sides, use your tongs lift up the steak and brown the edges. Thick cut steaks need some edge cooking.

Liberally brush the steak with the soy-butter mixture. Flip the steak and brush the other side. You may want to wear an oven mitt for this process, as the butter may cause some fairly strong flame-ups. The glaze will make the steak perfectly caramelized and charred on the outside. Liberally glaze the steak continuously until it's cooked to your preferred doneness--rare, medium-rare, medium, etc

Remove the steak from the heat and let rest for 10-15 minutes. Serve with additional soy-butter glaze on the side.

Serves as many as steak will allow - it's variable.



Hummus with Beef and Pine Nuts

I had lunch with a friend at Oren's Hummus in Mountain View - the first time I had gone. They had something on the menu with this name and I was intrigued. Oh, it was good! Along with some Moroccan spiced carrots, ohhhhh! I had the leftovers for breakfast the next morning and they were truly marvelous - a nutritious and filling breakfast. You can make your own hummus or just buy some. I usually just buy it, because that makes this a super quick, filling, and satisfying meal.

1 cup hummus (buy or make your own)

1/4 tsp coriander

1/8 tsp cardamom

1/8 tsp cinnamon

pinch of nutmeg

pinch of allspice

1 tsp salt

1/4 tsp pepper

1 lb ground chuck (beef)

1/4 cup pine nuts

Olive oil

Paprika

Minced parsley

Grilled pita or warm laffa

For the beef, heat the olive oil in a large skillet over medium heat. Add the onions when hot and sauté for 4-5 minutes until softened and translucent. Add the garlic, paprika, cumin, coriander, cardamom, cinnamon, nutmeg, allspice, salt and pepper. Sauté for about a minute to release the oils and aromas from the spices. Add the beef and break it up as it browns. Cook for 8-10 minutes until the beef is cooked through and browned nicely. Mix in the pine nuts and cook for another minute. Taste and adjust seasoning.

Plate the hummus on 4 serving dishes and create a well in the middle. Place some of the beef right in the middle of the well. Garnish with olive oil, paprika, and parsley. Serve immediately with pita or laffa.

Serves 4



Beef with Spinach

I've been making this for more than 30 years and it is still one of my all-time favorite recipes. It comes from a cookbook by the Ma family. Mrs. Ma's Chinese Cookbook was one of my mother's standbys. Then her daughters joined her in the cookbook enterprise. I love this dish and it taught me a lesson I've used over and over - a tiny bit of baking soda in a marinade will soften meat to a lovely lusciousness. The baking soda reacts to the other ingredients of the marinade and you'll detect a tiny bit of effervescing. Just don't over-marinate. For the spinach, this dish is most delicious with the large meaty leaves that come in bunches.

1 pound beef sirloin or filet, sliced in 1/4-inch slices

Marinade

4 tablespoons dry sherry
2 teaspoons finely minced ginger
2 teaspoons cornstarch
4 tablespoons soy sauce
2 cloves garlic, minced
Dash pepper
1 teaspoon toasted sesame oil
1/2 teaspoon baking soda

2 tablespoons oil
1/4 teaspoon salt
1/2 pound spinach, rinsed and dried (I usually leave the stems, because I love them)
4 tablespoons oil
1 teaspoon cornstarch, mixed with 1/4 cup water
Pinch salt
1/2 teaspoon sugar
4 tablespoons oyster sauce

Mix together marinade and beef and allow to sit for about 15 minutes. Meanwhile, clean and dry the spinach.

Heat 2 tablespoons oil, add the salt and stir-fry the spinach for about 1 minute. Remove to the edge of a serving platter.

Heat the 4 tablespoons oil over high heat and sear the beef (quickly place the beef in hot oil, distribute and then leave alone for at least a minute or two, until the meat has really begun to brown). Toss once and let sit for another minute or two to get more searing action. The meat should still be medium-rare, so don't overcook. Combine the cornstarch mixture, salt, sugar, and oyster sauce and pour over the meat. Stir until thickened, and serve in the center of the spinach.

Serves 3-4



Cheeseburger Quesadillas

Just plain good. I think I like these better than cheeseburgers, but I admit I'm weird.

2 tablespoons butter (for the pan)
1 pound ground beef
1 teaspoon Worcestershire sauce

4 10-inch flour tortillas
3 1/2 cups grated sharp cheddar cheese

For serving

Chopped tomatoes
Lettuce
Pickles (I used bread and butter chips)
Ketchup and mustard or the sauce below

Sauce (simply mix all the ingredients together):

1/2 cup ketchup
1/4 cup mayonnaise
1 tablespoon yellow mustard
Cayenne pepper and Paprika to taste

In a large pan, combine the ground beef, worcestershire, and some seasoned salt (you can also just use regular salt and pepper and you can even leave out the worcestershire). Cook until browned and drain. Set aside.

Wipe out the pan and butter each tortilla on one side. Place one tortilla on the pan, top with half of the meat and half of the cheese and then top with another tortilla (buttered side out). Cook for a few minutes on medium high heat until one side is browned and then flip, cooking until that side is browned and the cheese is melted. I just use a big spatula to flip it. If you aren't confident though, you can fold each tortilla in half once it's filled and then cook it so you have four halves instead of two wholes when you're done.

Repeat the same process with the remaining quesadilla. Cut each quesadilla into 6 wedges with a pizza cutter and serve with tomatoes, lettuce, pickles, and sauce. I opened the quesadilla before I cut it and loaded some pickles on, but you can do it however you want.

Serves 4



Steak Salad with Pear, Cucumber, & Arugula

This was an extremely minimalist recipe that I found. But the flavors seemed so good, that I took a chance and just winged it. Tom and I both loved the combination of the pear and cucumber.

1 pound ribeye or sirloin steak, about 1-1/2 inch thick

1/4 cup soy sauce

1 tablespoon palm or brown sugar

1-in piece of ginger, minced

3 garlic cloves, minced

Dressing

1 tablespoon palm or brown sugar,

2 tablespoons white vinegar

1 tablespoon soy sauce or fish sauce

1/2 jalapeno, seeded and minced

2 green onions, minced

1/4 teaspoon finely ground black pepper

3 tablespoons oil

1 ripe green pear (I like them a little crispy, so a green anjou or slightly unripe Bartlett), cut in a julienne

3-4 Persian cucumbers or 1 English cucumber, cut in a julienne

Several handfuls of arugula

Cut a shallow diamond pattern on each side of the steak. Mix together the marinade ingredients in a plastic bag and marinate the steak up to 24 hours. Grill to your desired doneness.

Mix together dressing. Set aside.

Assemble salad: arugula as the base, then the cucumber and pear, with sliced steak on top. Drizzle with dressing.

Serves 2-3





Greek 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 (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

Preheat oven to 450oF. 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. Serve right away!

Serves 3



Trish's Laredo Chili

I keep trying to recreate Stag Laredo Chili. Man I love it!! I don't know why I keep trying, since it is quite convenient in the can as it is. But this was my 2017 attempt. It's definitely pepper-rich. Tom and Zoe declared it outstanding.

- | | |
|---|--|
| 1 pound pink beans | 2 7-ounce cans whole green chiles, diced |
| Salt | 2 15-ounce cans tomato sauce |
| 3-1/2 pounds ground beef | 1 15-ounce can diced tomatoes |
| 1 tablespoon oil | 1 15-ounce can of water (could be equivalent amount of tomato juice or V8) |
| 1 large (or 2 small/medium) onion, chopped | 1 tablespoon beef bouillon paste or granules |
| 2 green peppers, chopped (could use one green, one red) | 2 packages taco seasoning |
| 6-7 cloves garlic, minced | Salt and pepper to taste |

Soak the beans overnight in a gallon of water with 3 tablespoons of salt added. The next day, drain out the salt water, add water to cover by 2-3 inches and add 1 teaspoon salt. Bring to a boil, then lower heat to lowest possible setting, cover, and let cook until ready (anywhere from 1-2 hours usually). Drain and set aside.

In a large pot, brown the beef and then drain the fat. Add the oil, onions, peppers, and garlic and cook for about five minutes, or until onions and peppers are beginning to soften. Add the rest of the ingredients (except the salt and pepper) and bring to a boil. Lower to low heat and simmer for about two hours. Then add the beans and simmer another 30 minutes or so.

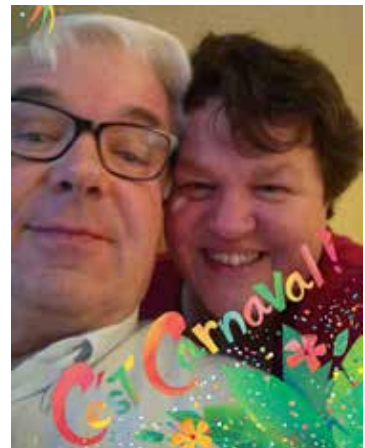
If it's still too thin, you can thicken with a slurry of 1/4 cup cornstarch to 1/4 cup water.

Serves a lot (at least 12)

If you want to make your own taco seasoning, try this: (it's equivalent to one package):

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper





Poached Sunshine (aka Poached Apricots)

Just simple, plain, amazingly good food. You could add vanilla, cinnamon, cardamom, lemon peel, thyme. But why? This is like spring sunshine captured in a bowl. It's also a throw-back to my mom, Charlotte, who loved all dried fruit poached. She poached prunes, dried apples, apricots, anything she could get her hands on. This makes me think of her - particularly since it's her favorite color - yellow.

1 cup water
12 dried apricots
1/4 cup golden raisins

Add the water and apricots to a small pot. Bring to a boil over high heat. Add the raisins and allow to cook for another minute or so (the water will not yet have come back to a boil). Turn off the heat, cover the pot, and let sit on the burner until the fruit has cooled down. Put in a covered container and refrigerate. Great for dessert.

Serves 3-4





Egg White Bites

I've become enamoured of Starbucks' sous vide egg bites - the egg white/red pepper variety. But they are ruinously expensive. Seriously, \$4.45 for two? So I decided to try them out myself. Not having a sous vide machine, I used the old-fashioned bain marie method in the oven. (And by the way, don't tell me Starbucks' egg bite don't see the light of an oven or direct heating device - they are slightly browned!) Here's how I did it. They were mighty good!

1 tablespoon butter

1 cup egg whites (I used the kind that come in a carton)

1/2 cup cottage cheese with chives

1/2 cup shredded Monterey jack

2 tablespoons feta

1/2 teaspoon kosher salt

1/8 teaspoon white pepper

1/3 cup chopped spinach (it was about 10-12 large leaves)

1/4 scant cup roasted red pepper, chopped

Preheat the oven to 170oF or as close as you can get. Fill the bottom of a broiler pan (or some other large rimmed pan, within which your muffin tin will fit) with about an inch of water.

Use the butter to butter a twelve-muffin pan. In each muffin space, distribute the spinach and red pepper. Set aside.

In a blender, combine the egg whites, all three cheeses, salt, and pepper. Whirl until it is uniform. Pour into the muffin tin, distributing as evenly as possible between the twelve.

Place the muffin tin in the water bath in the oven and bake for 1-1 1/2 hour. When just done (they pull away a little from the edge and they hold together, broil the tops just until slightly browned (just a couple of minutes).

Makes 12 muffins



Crème au Chocolate

This recipe is from Country French Cooking by Sunset. I bought it while I was in college and one of the first things I made was this recipe. I made it for years, but probably haven't for at least 20 years! But in early December, Nancy Houtz came to dinner just a couple of days before her birthday. In honor of that and of the 40 years that Nancy and I have known one another, I made these little chocolate bombs. I really don't know why I haven't made them for so long. They were super easy and infinitely good. The booze is fully optional (I prefer these without, but I give you leave to drink up). And nary a hint of cream (well except for the source of the butter, of course!).

8 ounces semi-sweet or bittersweet chocolate,
melted
1 cup butter
3/4 cup sugar
6 eggs
3 tablespoons rum or brandy (optional)

Set chocolate to melt over a double-boiler or carefully in the microwave.

Meanwhile, cream together butter and sugar until they are creamy, gradually increasing the speed of the electric mixer to high. Add the chocolate and again, whip at high speed. Still at high speed, add the eggs, one at a time, until thoroughly blended. If you wish, at this point add the alcohol.

Spoon into 8-10 individual cups. Cover and refrigerate for at least 4 hours or up to 3 days. Freeze for longer storage.

If you wish, garnish just before serving with some sweetened whipped cream and a candied violet.





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“Darkness cannot drive out darkness,
only light can do that. Hate cannot
drive out hate, only love can do that.”

Martin Luther King, Jr. 1963

