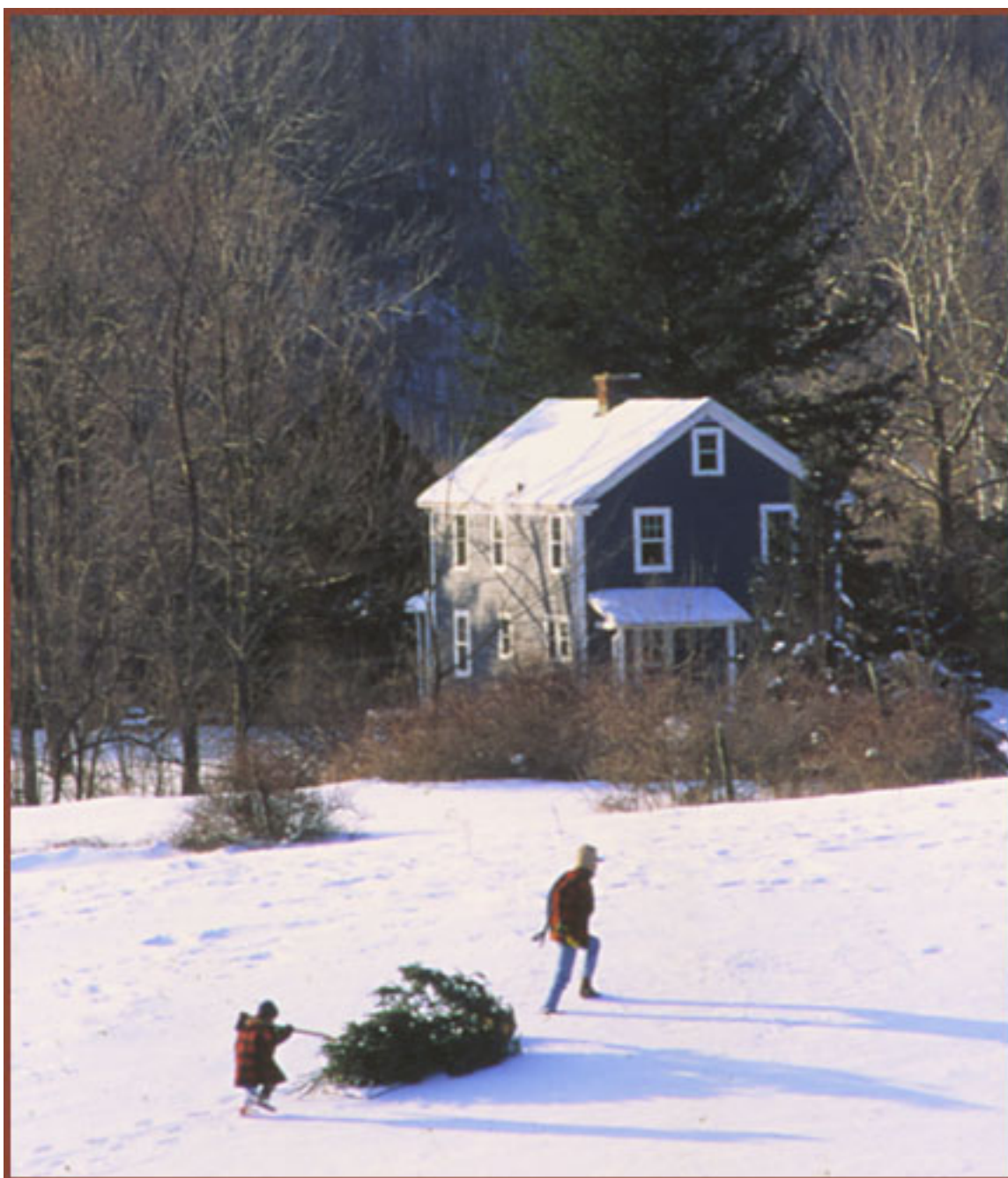


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Paseman Family Cookbook 2012



*The Paseman Family
EveryDay CookBook*



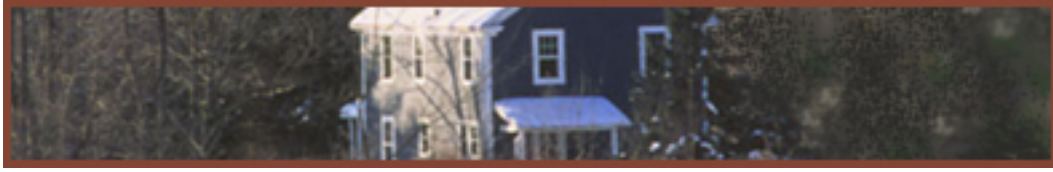
The Paseman Family in 2006



To my Kids. When you get old enough to start missing the past, I hope this book will help bring it back. Except for the Egg Pancakes, I've tried to arrange it with the dishes we cooked the most at the beginning, and the dishes we cooked least near the end. Thanks to all the cooks whose recipes I stole: Waltraud, Marguerite, Clare, Raymond, Sabrina, Katherine, Mechtha, Tatjana, Eberhard, Dagmar, Chris, Sui Mui, Mona, Valerie, Debbie, Buschel, and Rami. Special thanks to Katherine, who helped type up a number of the recipes.

Dad

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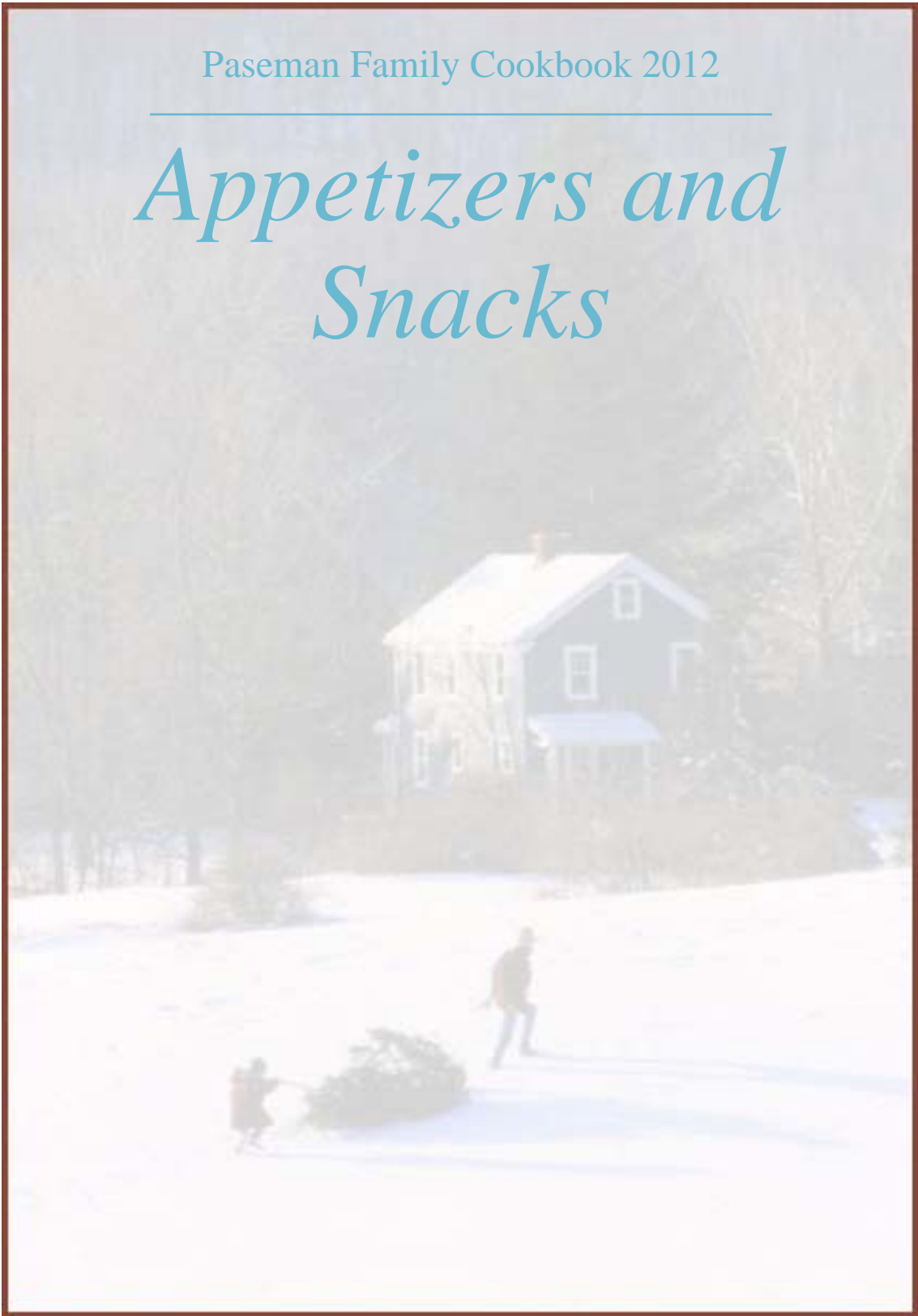
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Paseman Family Cookbook 2012

Appetizers and Snacks



An Introduction Worth Reading



Ingredients:

Directions:

I was raised in the 50's and 60's, when cooking was viewed primarily as woman's work; done by mothers, aunts, and grandmothers in the kitchen while the men smoked, drank, and played cards in the living room. During those times, I would watch my mother cook the recipes she remembered from her childhood, or clipped from a magazine, or tried to puzzle out on her own.

She had been raised in Berlin in the 30's in an atmosphere of plenty. Lots of food, room, help and security, all which would be bombed away just as she became a teenager. Capable in many things, she had not been trained to cook. Her first

meal for her American husband was a chicken that was golden brown on the outside and frozen on the inside. She would recite that tale often, telling of my father's patience as she tried out recipe after recipe on him. But by the time I was small child, she had worked out the basic set of recipes that I would always remember whenever I thought of her. Dinner recipes using that staple of the 50's: Campbell's Cream of Mushroom soup. These included Beef Stroganoff with Egg Noodles and Pork Chops in Mushroom sauce. Breakfast recipes like soft boiled egg with toast (or better, ryebread!) and egg pancake. But most of all, I remember Christmas. She would insist on decorating the Christmas tree with lit candles, and Dad would sit beside it with a fire extinguisher. I remember her pecan cookies, chocolate chip cookies and anise cookies (which I never really cared for, but she was so happy when she made them); her Waldorf, Potato and especially her Citrus Salad, made with wonderful Texas Oranges and Ruby Red Grapefruits - Grapefruits so tender and sweet you could peel and eat them like tangerines. The citrus salad was incredibly time consuming, since she would peel away all the bitter inner skin that separated the sections. She would often add Triple Sec to fruit salads, having learned that a bit of the right flavor in the right recipe can really add a lot.

I once wondered why she went to all that trouble, and why cooking Christmas recipes made her so happy. As I got older, I realized that cooking was a bit like a time machine, where she could, for a brief moment, re-visit the world that had been taken away from her. A world where she was cared for. A world where she was happy.

I wanted to create a similar world for my wife, my children and, of course, myself. So with my mother's help, I recreated her recipes, incorporated my wife's, her relative's and with time, my children's as well.

When I was younger, I summarily dismissed the importance of things like these recipes, or their power of recall. But with the passing of grandparents, then parents and finally friends, re-executing these bits of ceremony that recreate the sights, sounds, smells and tastes of the past put me back in the company of those who once loved me, as well as those who I love very, very much.

I hope these recipes help do the same for you.

Mom's Egg Pancakes

My Mother used to make this for me on Weekends. It is simple to make and very delicious. The picture below was taken of her and me around 1957 or 1958.



Ingredients:

- * **1 Egg**
- * **1 Tablespoon Sugar**
- * **1 Tablespoon Whole Milk**
- * **1 Pat Butter**
- * **(Optional) 1 Teaspoon Jam**

Directions:

1. Beat Egg, Sugar and Milk together in a cup.
2. Melt butter on medium heat in 6" skillet (preferably Cast Iron)
3. Pour egg mixture in skillet and Flip when edges crust and center is solid.
4. After pancake is cooked, place on a plate, spread a line of jam in the middle and roll into a tube.
5. Best served hot.

My Notes:

Key to the recipe is the butter.
mom00000023.JPG

Marguerite's Crepes

Marguerite really likes crepes. Here is a picture of Sabrina and Katherine making Heart shaped crepes for her (and my) 2009 Valentine's day present.



Ingredients:

- * 1/2 cup all purpose flour
- * 1/2 cup milk
- * 1/4 cup room temperature water
- * 2 large eggs
- * 2 tablespoons unsalted butter, melted
- * 1 1/2 tablespoons sugar
- * pinch of salt
- * Unsalted Butter

Directions:

1. Combine all ingredients except butter in a food processor until smooth.
2. Pour the batter into a pitcher or other container with a pouring lip.
3. Cover with plastic wrap and let stand for 30 minutes or refrigerate for up to 2 days. (optional) This allows the flour to thoroughly absorb the liquid and gives the gluten in the flour a chance to relax.
4. Place a nonstick or seasoned crepe pan over medium heat.
5. Coat the pan with the butter.
6. Stir the batter and pour about 2 tablespoons

into the pan, lifting the pan off the heat and tilting and rotating it so that the batter forms an even, very thin layer.

7. Cook until the top is set and the underside is golden. Turn the crepe over, using a spatula or your fingers (Fingers work best) and cook until the second side is lightly browned. Remove the crepe to a plate and serve.

My Notes:

We usually like to serve these with sliced fruit, powdered sugar and fresh whipped cream.

Katherine's Dutch Baby

Kat would always order this at the local pancake house, and it was very expensive. So one day we tried to make it ourselves. It was pretty easy and gave a very good results.



Ingredients:

- * 1 cup milk
- * 1 cup unbleached white flour (all-purpose or baking)
- * 2 jumbo or XL eggs (or 3 large/medium)
- * 2 tbs butter
- * 2 tbs sugar
- * 1 tsp vanilla extract
- * 1 pinch salt
- * About 2 cups fresh berries or other fruit for topping (if desired).

Directions:

1. Put butter in oven-proof skillet, casserole or pie dish and put it in the cold oven while it heats up so the butter can melt by the time the batter is ready to pour in.
2. Set oven for 425 degrees and get to mixing up the rest of the ingredients.
3. In a mixing bowl, whisk together all remaining ingredients at once.
4. The butter should be melted by now, you can spread it around to coat the walls.
5. Slowly pour all the batter in the skillet, and put it back in the oven at 425 degrees for 18 minutes.

Meanwhile slice up your fruit for the topping. When 18 minutes have passed (set a timer) reduce heat to 325 degrees and bake an additional 8 minutes, until the pan cake is golden brown.

6. Now that it is all golden brown and beautiful, carefully remove from oven and place on a safe place such as the stove top or a sturdy wooden board.

7. If desired you can sieve confectioners' sugar over the top for extra sweetness. Either way, serve while still warm from the oven with fruit spooned into the center of the pancake.

My Notes:

IMG_3527a

Clare's Cutlets

Marguerite loves these. Common in Sri Lanka (once called Ceylon) where Grandma Hsu (Clare) was born and raised. Clare met Grandpa Hsu there and was married in a grand military wedding before she left for China in 1945. Any leftovers (chicken, pork, beef, fish, turkey) can be minced to make the filling, but corned beef is best.



Ingredients:

Meat Mixture

- * 2 Russet potatoes (approx 6 inches long)
- * 1 can of corned beef
- * 1 can of chunk lean ham
- * 2 Jumbo Eggs or 3 Large Eggs, separated
- * 10 Shallots
- * 3-5 Thai hot peppers

Spices

- * 1/3 tsp Cinnamon
- * 1/3 tsp Cloves

* 1/4 tsp Cardamom

* 2 level tbs Minced Garlic and Ginger

* 2 tbs Sherry

Breading

* Bread Crumbs

* Egg whites (from separated eggs), beat lightly, add about half as much cold water to dilute.

Directions:

1. Boil potatoes until soft, mash as finely as possible (until there are no clumps)
2. Finely mince 10 shallots and 3-5 Thai hot peppers
3. Separate the eggs, reserve the egg whites for breading
4. Add the corned beef, chunk lean ham, and eggs yolks to the potatoes and mix well (Use your hands!)
5. Add in the spices and mix well (with your hands!)
6. Roll the meat mixture into bite-sized balls and then flatten into patties
7. Dunk the patties into the egg whites and completely coat with bread crumbs
8. Place in containers and freeze for later, or deep fry them right now!

My Notes:

Grandma's tips: Marinate beef and pork with more cloves than cardamom. Marinate other meats with more cardamom than cloves. Other tips: Use medium to medium-high heat to deep fry cutlets until they float. Always cool cutlets to room temp before deep frying. If cutlets are colder than room temp, then get the oil a little hotter first, and put cold cutlets in one at a time so as not to cool the oil too much. Maintaining heat at medium to medium/hot is essential. If oil is not hot enough, cutlet will disintegrate in the oil. If oil is too hot, then cutlet will burn on the outside and be still cold in the middle. Baking is the healthier alternative, but definitely not as tasty. You can try 350F for 10-15 minutes for a tray of 24 cutlets. mcam011.jpg

Bill's Baked Brie

When I lived in Germany, I would occasionally dip a small Brie in egg and breadcrumbs, fry it in butter and eat it with wine and bread. The experience was sort of like a small fondue, since the cheese would liquify. This recipe uses less oil, but provides a similar experience. It is dead simple and I make it occasionally at potlucks.



Ingredients:

*** 1 -room temperature- Brie cheese about 5 3/4" (15 cm) in diameter.**

*** 1 can of Pillsbury Crescent Dinner Rolls.**

*** 1 or 2 loaves of crusty French or Artisan Bread.**

Directions:

1. Preheat oven to the temperature stated on the Crescent Dinner Roll container.

2. Unroll the dough, but -do not separate the diagonals-

3. Tear the dough along the serrations at the halfway mark to create two equal sized square pieces.

4. Place the room temperature Brie in the center of one of the pieces and wrap the exposed corners of the dough up and over the cheese.

5. Turn the cheese over, rotate 90 degrees and place in the center of the other piece of dough and wrap the exposed side of the dough up and over the remaining exposed part of cheese.

6. The cheese is now completely covered with the dough. Pull and press the dough together at the seams to completely seal the cheese.

7. Bake on a cookie sheet for about 5 minutes more than the time indicated on the crescent dinner roll package.

8. Remove when golden brown.

9. Serve with sliced Bread.

My Notes:

I've made many modifications to many recipes over the years. This is the only one I've ever invented from scratch. If the Cheese is not room temperature when it hits the oven, it will not melt in the middle. Picture 003.jpg

Waltraud's Liver Pate

Mom would make this for Mona, her next door neighbor. This recipe is cut and pasted from an email Mom sent Mona. Here is the kitchen where Mom made her recipes, she is washing up a baking sheet with Dad in the background on 4623 Holly Street in Bellaire, Tx after making cookies with Sabrina and Katherine in 2004.



small soup cup and refrigerate it for an hour before I invert it onto a plate and decorate with fresh parsley.

My Notes:

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Ingredients:

- * 1/2 c. butter
 - * 1/2 c. dry sherry
 - * 1/2 c. finely chopped onions
 - * 1/8 t. minced garlic
 - * 1lb. chicken livers
 - * 1t. parsley flakes 1/2 c. mushrooms
- optional
- * 1t. salt
 - * 2t. lemon juice

Directions:

1. Melt 1/4 cup of butter and saute onion in it.
2. Add chicken livers, mushrooms, salt and remaining 1/4 cup butter.
3. Fry 5 to 8 minutes. Add sherry and cook 1 minute. Remove from heat.
4. Add remaining ingredients.
5. Blend in a blender.
6. Form into a ball if desired. I pour it into a

Mona's Cranberry Sauce

Here is a picture of Mom and Mona, Mom's next door neighbor. The picture was taken by Hellmut, Mom's brother, when he visited in the late 90's.



Ingredients:

- * 12 oz Package of Cranberries
- * 1 Apple
- * 1 Naval Orange without Seeds
- * 1 Cup Sugar

Directions:

1. Peel and dice Fruits
2. Blend and Serve

My Notes:

I have also taken the mixture, added a cup of OJ and some Orange zest, heated it under medium heat on the stove until the cranberries pop (7-10 minutes), then cooled, added 1/2 cup walnuts and served. mom00000017.jpg

Waltraud's Anchovies and Eggs

separates from the shell, making it easier to peel. Best hard boiled eggs have light yellow yolk. If yolk starts to become bluish black, try boiling for shorter time. DSCN0067.JPG

Mom used to make a lot of these for Christmas. But tastes change and now, no one seems to like it but me. So I do just 4 at a time.



Ingredients:

- * 4 eggs
- * Can of anchovies or tube of anchovy paste
- * (optional) Capers

Directions:

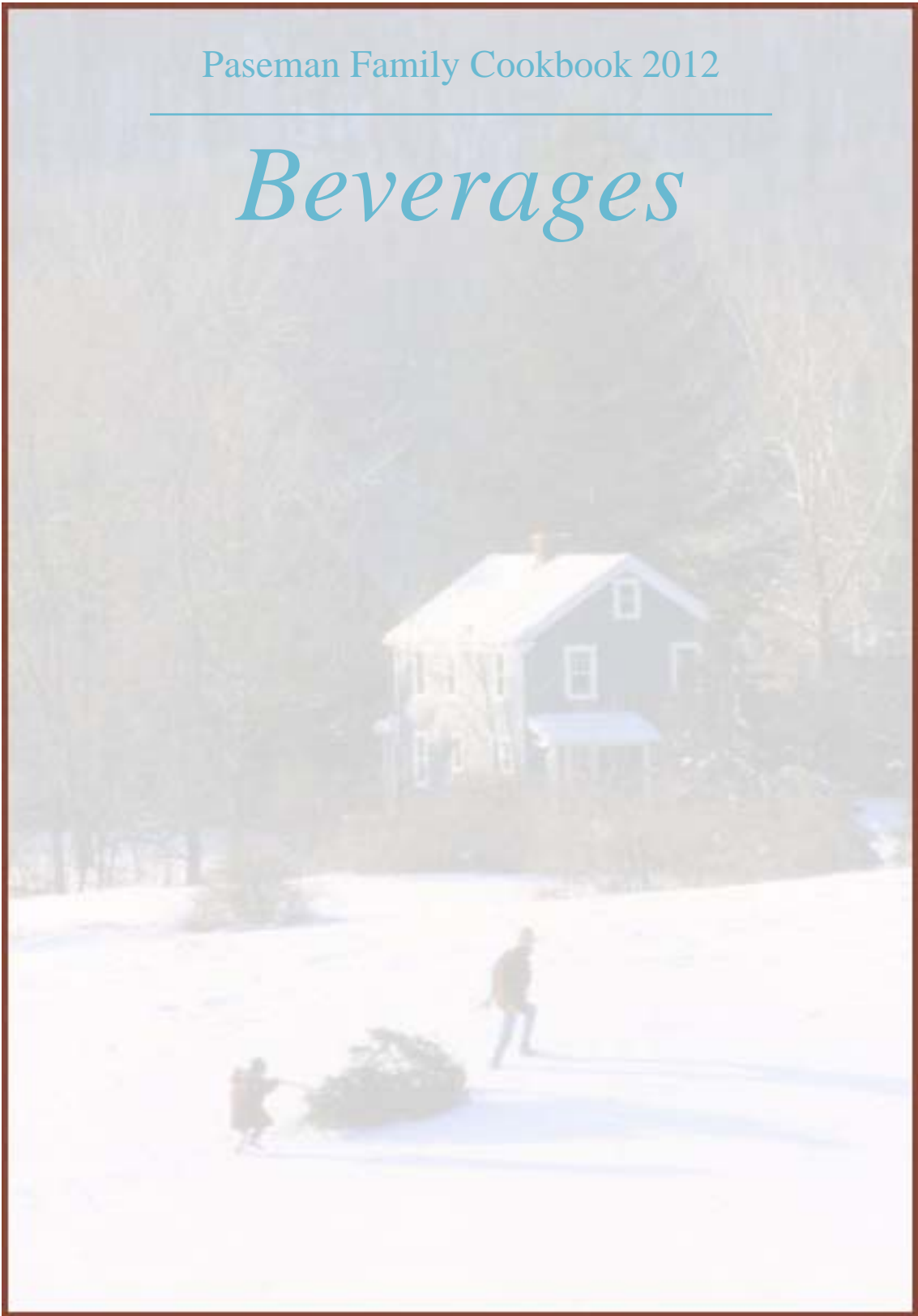
1. Place eggs in room temperature water.
2. Bring water to boil and let boil for 7 minutes.
3. Crack and peel eggs under cold running water.
4. Slice lengthwise and place on plate.
5. Place curled anchovies on the eggs (or a curl of anchovy paste).
6. (Optional) Place caper in middle of the curl.

My Notes:

Marguerite and I used to argue about the best way to boil an egg. I would puncture the egg's air bubble end with a pin and drop it in boiling water. Marguerite would put the eggs in room temperature water and bring the water to a boil slowly. Turns out that her way results in fewer cracked eggs. Eggs are ready about 5-10 minutes after the water starts to boil. Immediately cool eggs in cold water so that the egg membrane

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Beverages



Bill's Iced Tea

If harvested early, a Tea plant produces Green Tea. Harvested Later, it becomes darker. Green Tea is supposed to be better for you (more "anti-oxidants"). Grandma Hsu was always partial to Sri Lankan Tea and her sister, Sui Mui, made sure we were never out of a particular Sri Lankan tea called Hillcrest.

Ingredients:

- * 1 Teabag
- * 125 ml (1/4 Beer Mug full) Boiling Water
- * 5 dried Apricots
- * Ice

Directions:

- 1) Put Teabag in Beer Mug
- 2) Pour in Boiling water
- 3) Let steep 2-3 minutes
- 4) Remove Teabag
- 5) Add Apricots and Ice

My Notes:

Dickie explained to me that tea tastes differently everytime you reuse the teabag (and even if you steep it for different periods of time in a single use) because different oils and chemical leak out. I know for sure that the longer you leave a teabag in hot water, the more tannin (which is bitter) come out. Tannin is what they used for tanning leather.

Marguerite's Milk Tea

Marguerite likes this a lot. She used to drink it in Hong Kong.

Ingredients:

- * 1 Teabag
- * 500 ml (Beer Mug full) Boiling Water
- * 1 Tbl Condensed Milk (or "to taste")

Directions:

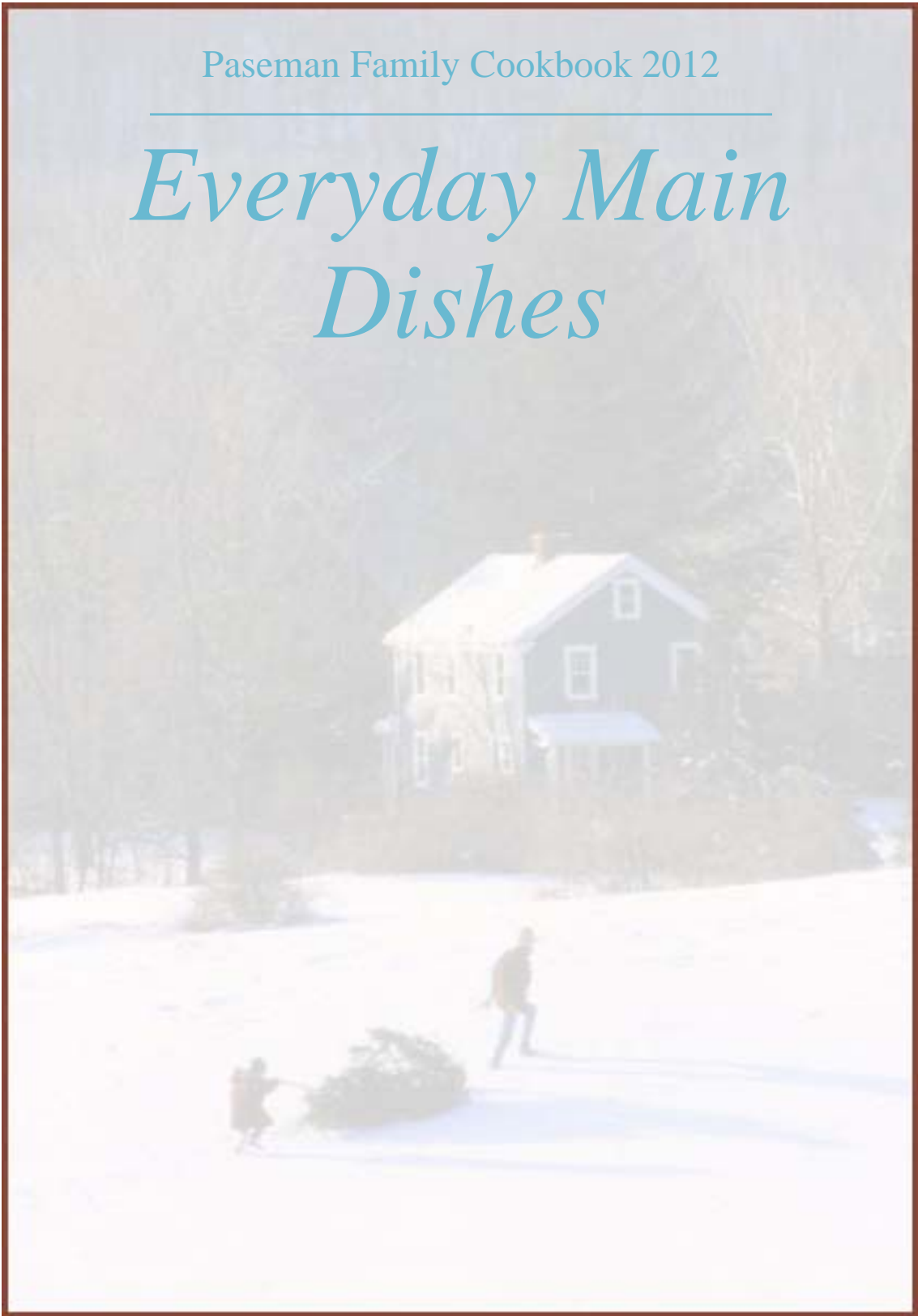
- 1) Put Teabag in Beer Mug
- 2) Pour in Boiling water
- 3) Let steep 2-3 minutes
- 4) Remove Teabag
- 5) Stir in Condensed Milk

My Notes:

These Beverage recipes are trivial. However I always wondered what my Mom drank. Now you know what your Mom did.

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Everyday Main Dishes



Mechtha's Wine Chicken

Mechtha made this for me once on a visit to Bielefeld. I have altered it by using a rich red wine (Merlot) instead of white, and by letting the chicken marinate several hours before cooking. It is fast, simple and delicious. I cook it more than any other main dish, with the possible exception of spaghetti. The picture below was taken in the mid 1980's and shows Mechtha as I remember her.



Ingredients:

- * **8 Chicken thighs**
- * **Red or White wine (a few cups)**
- * **Paprika**
- * **Salt**
- * **Pepper**
- * **Sage**
- * **Chicken bouillon**
- * **1/2 onion**

Directions:

1. Preheat oven to 500 degrees Fahrenheit
2. Wash and dry the thighs thoroughly.
3. Salt, pepper, and sprinkle paprika on both sides of each thigh.
4. Lay the thighs skin side up in a single layer in a baking dish (I use an open 14" pyrex dish. Mechtha uses a clay pot).
5. Slice onion in medium slices and insert

between thighs.

6. Sprinkle a little bouillon between the pieces.
7. Pour in wine until thighs are 3/4 covered. (exposing the skin produces crisp skin with moist meat).
8. Sprinkle with fresh or powdered sage.
9. Cook uncovered for 45 minutes.

My Notes:

IMG_0261.JPG

Bill's Spaghetti with Chunky Meat Sauce

can) crushed plum tomatoes as well.

This recipe came off the side of a Ronzinni spaghetti box. When we had kids around, it was probably the second most cooked recipe in our home. I would usually double the amount, cook it on Sunday and it would last most of the week. Katherine and Raymond used to enjoy eating this for breakfast, lunch and dinner.

Ingredients:

- * 1 large onion, chopped
- * 2 garlic cloves, minced
- * 1 1/2 tablespoons olive oil
- * 1/2 pound ground beef
- * 1/2 pound sweet Italian sausage, cut into 1.4" slices
- * 1 can (6 oz.) tomato paste
- * 1 can (28 oz.) Italian plum tomatoes in juice, crushed
- * 1 teaspoon sugar
- * 1 teaspoon dried Basil
- * 3/4 teaspoon salt
- * 1/4 teaspoon thyme
- * 1/4 teaspoon pepper
- * 1 package (16 oz.) Thin Spaghetti, cooked

Directions:

1. Saute onion and garlic in hot oil until tender (One variation is to cook the onion until it caramelizes. I also start water boiling for the pasta at this point.)
2. Brown Beef and sausage in same pan.
3. Stir in tomato paste, tomatoes, sugar and seasonings.
4. Bring to a boil. Reduce heat, simmer uncovered 20 minutes.
5. Serve sauce over hot pasta.

My Notes:

It is fine to use Italian style (Basil added in the

Bill's Beef Pot Roast

This is another "Cook on Sunday, serve all week recipes" that I got from "Joy of Cooking".

Ingredients:

- * **1 beef chunk (3 to 5 pounds), neatly tied if boneless**
- * **Salt with ground black pepper to taste**
- * **2 to 3 tablespoons vegetable, rendering beef fat, or lard**
- * **2 cups finely chopped onions**
- * **1/2 cup finely chopped celery**
- * **1/2 cup finely chopped carrots**
- * **1 cup beef or chicken stock, dry red wine, or water**
- * **1 bay leaf**
- * **1 1/2 teaspoon fresh thyme or 1/2 teaspoon dried thyme**
- * **1 tablespoon all-purpose flour**
- * **1 tablespoon butter, softened**

Directions:

1. Pat the meat dry and season with salt and pepper to taste.
2. Heat vegetable oil/beef fat/lard in a heavy Dutch oven with a tight-fitting lid over medium-high heat.
3. Add roast and brown on all sides, about 15-20 minutes. Maintain the heat so that the meat sizzles but does not burn.
4. Remove the meat to a plate. pour off all but 2 tablespoons of fat from the pan and heat over medium high heat.
5. Add onions, celery and carrots. Cook the vegetables, stirring occasionally, just until they begin to color, about 5 minutes.
6. Add beef or chicken stock or dry red wine or water. Bring to a boil and add bay leaf and thyme.
7. Return the roast to the pan and cover. Reduce the heat to its lowest setting. Cook the roast slowly so that the liquid just barely simmers. Turn the roast every 30 minutes or so. Flat roasts will

take 1 1/2 to 2 1/2 hours to cook; round or oblong roasts may take as long as 4 hours. Make sure there is always some liquid in the pot and add more as needed.

8. When the meat is tender, remove the roast to a platter and cover with aluminum foil to keep warm. Skim off any fat from the surface of the liquid. Strain the liquid and return the liquid to the pot. To thicken the sauce slightly, bring the liquid to a boil. For each cup liquid, stir together and whisk in flour and softened butter. Simmer, stirring constantly, until thickened.

My Notes:

We often served this with rice, though it can also be served with pasta or potatoes. Also, I usually use a real good Merlot for the wine. Do -not- use the strained vegetables for anything. They will give you gas.

Preserved Lemons

These lemons are used in making Tangine Chicken.

Ingredients:

*** 3-4 firm lemons**

*** 4 tablespoons salt**

*** Brine solution made from dissolving 1 rounded tablespoon salt in 500ml (2 cups) hot water.**

Directions:

1. Cut the lemons into quarters and rub a level teaspoon of salt all over each piece.
2. Pack these pieces very tightly in a clean jam jar.
3. Make the brine solution and cool it. Pour over the lemons making sure they are fully submerged.
4. A piece of crumpled backing or greaseproof paper can be pushed down on top of them. Screw on a lid and store in the refrigerator.
5. Use after two weeks.

My Notes:

This should not be eaten alone! It is generally used in other recipes.

Bill's Chicken Tagine with Prunes and Tomatoes

Sabrina bought me a Tangine for Christmas in 2007 after I told her how much I liked Moroccan food: Rabbit with Honey, Lemon Chicken, Couscous, etc. A Tangine is basically a Dutch Oven with a ceramic lid. A Dutch Oven can be used here also. The heavy lid keeps in the steam during cooking. I have started cooking this more and more. The picture below is of us, Meyleen Beichler, Trond Henning-Olesen and Ed Silky at our Favorite Moroccan restaurant on the CLIC IPO 10th anniversary.



Ingredients:

- * 8 bone-in Chicken thighs, excess fat trimmed
- * Coarse salt and freshly ground black pepper
- * 1 teaspoon cumin seeds
- * 1 teaspoon turmeric
- * 2 tablespoons extra-virgin olive oil
- * 1 large onion cut into 1/8 inch wedges
- * 1/2 cup low sodium chicken broth
- * 28-ounce can Italian plum tomatoes, drained
- * 1/2 cup (about 4 ounces) packed pitted prunes or apricots
- * 2 tablespoons honey
- * 1 cinnamon stick
- * 1 teaspoon toasted sesame seeds
- * Peel of 1 preserved lemon (finely chopped)

Directions:

1. In a large bowl, combine the chicken, 1 teaspoon salt and a generous grinding of pepper.
2. In a small, dry skillet over medium heat, toast cumin seeds, stirring constantly, for 3 minutes, until they darken by a shade and are fragrant.
3. Transfer cumin seeds to mortar or an electric spice grinder and grind finely.
4. Add cumin and turmeric to chicken and turn to coat with the spices.
5. Heat a high-heat tolerant tagine base over medium-low heat and add olive oil. When the oil is hot enough to sizzle, add the chicken, skin side down. Use a rubber spatula to clean all the seasonings from the sides of the bowl and add it to chicken in the tagine. Increase heat to medium and cook chicken for 5 minutes, or until lightly browned on the first side. use a spatula or tongs to turn the chicken pieces.
6. Spread the onion wedges over the chicken and cook, occasionally stirring the onion and turning the chicken, for 10 minutes, or until the onion is wilted and golden.
7. Add chicken broth, tomatoes, prunes, honey and cinnamon, breaking up the tomatoes with the side of a wooden spoon. Optionally add finely sliced peel of one preserved lemon. Discard the lemon flesh.
8. Cover with conical top and cook over medium-low for 35-45 minutes, or until the chicken falls from the bone.
9. Preheat oven to 200 degrees. Uncover tagine and use a slotted spoon to transfer chicken and prunes to a plate. Cover with foil and keep warm in the oven.
10. If there is excess broth, boil the liquid, uncovered, over medium heat for 5 minutes, or until reduced slightly. Taste and adjust the seasoning with salt and pepper.
11. Return the chicken and prunes to the tagine. Sprinkle the sesame seeds over the top. Re-cover the tagine and carry to table. Uncover. Serve.

My Notes:

In a pinch, use fresh lemon peel and/or substitute dried apricots or cherries for the prunes. Sometimes I add a tsp of coriander (cilantro) along with the cumin and tumeric. IMG_2696a

Dick's Pan Fried Pork Chops

Mom and Dad had a tempestuous relationship. They split when I was 3, 13 and finally when I was 22. When I was 13, I lived with my Dad in an apartment. The deal was that he would cook and I would wash. The first night, we had pan fried pork chops and rice. It wasn't too bad. The next night, we had pan fried pork chops and rice. The third night we had leftover pan fried pork chops and rice since I hadn't finished mine from the second night. I soon discovered that if I wanted anything different, I'd have to make it myself. I started by executing recipes from the back of frozen vegetable packages and had a reasonable repertoire by the time Mom and Dad got back the second time. To be honest, I don't cook pan fried pork chops much, however it is fine food for a single person. Doing it a few times teaches you how to select a good cut of meat in the store, how hot to make a griddle, how long to cook a piece of meat, and the value of using a spatula vs a fork to turn meat.



Ingredients:

- * Pork Chops
- * Salt and pepper to taste (lots of pepper)
- * Wesson (Safflower) Oil

Directions:

- 1) Choose -thin- pork chops from the butcher. They cook faster and crisper.
- 2) Bring to room temperature.
- 3) Salt and pepper.

4) Heat oil on griddle.

5) Put chops in hot oil. When to turn them will depend on their thickness. Certainly no more than 3-5 minutes. However, cook one first and check its doneness by cutting into it.

My Notes:

Until the day he died, Dad was a big fan of pork chops. His favorite place to eat them was at Kelly's near the intersection of 610 south and 45 near Hobby airport in Houston Texas. A variation of this dish that works well is to wrap the pork chops in saran wrap with pieces of rosemary between the chops for a few days. Rosemary grows like a weed in California, so there is really no excuse to not have a fresh bush of it near your kitchen window.

Ray's Broiled Chicken

This is Ray's Favorite everyday dish.



Ingredients:

- * 9 chicken thighs (at room temperature)
- * Salt
- * Pepper
- * Poultry Seasoning

Directions:

1. Set Oven to Broil
2. Wash and dry chicken thighs
3. Salt, pepper and add poultry seasoning to both sides to taste
4. Place skin side down on rack on aluminum foil covered pan. (This helps cleanup).
5. Broil chicken 10-12 minutes, turn them over and broil again for 10-12 minutes.

My Notes:

One thing that took me a long time to learn is the value of using meat at room temperature. Putting cold meat in a dish means that it takes cooking time to bring the meat to room temperature before it cooks. So working with room temperature meat in essence "pre cooks" the meat, requiring less time in the oven, pan or sauce. Keep the oven open slightly while broiling to prevent burning chicken and to enable easy checks of the progress.
bcam 050a

Ray's Broiled Steak

Ray likes using his "George Foreman" grill to cook hamburgers and steaks marinated with garlic salt and pepper. So in July 2009, Ray, Kat and I had a steak cooking contest. We started with three identical ribeye steaks from Costco. Ray used his George Foreman Grill. Kat pan fried hers in olive oil after marinating with some fresh rosemary. I broiled mine 10 minutes on a side after marinating it in soy sauce and garlic and coating it with peppercorns left over from a pizza delivery. The crust of mine was too spicy for the kids, but was the juiciest. Ray's was the worst since the George Foreman grill squeezed the juice out of the steak during cooking.

Ingredients:

- * Ribeye steaks (room temperature) about 1" thick.
- * 1/4 cup soy sauce
- * 1 clove minced garlic
- * Few tablespoons pepper corns (enough to coat the steak)
- * Salt and pepper to taste

Directions:

- 1) Salt and pepper the steaks.
- 2) Mix the soy sauce and garlic and marinate the steaks for a couple of hours.
- 3) Coat the steak with crushed peppercorns.
- 4) Broil 6-8 minutes on a side.

My Notes:

Again, letting the steaks get to room temperature is like "pre-cooking" them from 32 degrees Fahrenheit to 80 degrees Fahrenheit. Cook for less time if they start at room temperature.

Marguerite's Steamed Catfish

Marguerite cooks this in a two or three tiered "Steamer". She also buys live fish at a Chinese Market where they kill it in front of her. When I first met Marguerite, I thought this practice was sort of barbaric and above all, unnecessary. After all, how much difference could it possibly make if a fish was dead a few hours before you cooked it? "A lot" it turns out. Fish decomposes a lot faster than I imagined and so you can really taste the difference. In fact, Chinese like to kill all their food just before cooking (chickens, fish,...). Politicians in San Francisco once passed an ordinance forbidding the practice, except, of course, for crabs. Boy were the Chinese pissed.



Ingredients:

- * 1 whole live catfish (about 2 lbs)
- * ginger
- * green onions
- * cilantro (optional)

- * a capful cooking wine
- * soy sauce for seafood (light tasting one)
- * a little canola oil (as much or as little as desired)

Directions:

1. Cut up enough green onions and ginger into fine strips, about 2" long (or whatever looks good to you) to cover fish (as sparse or as dense as desired) on the serving dish.
 2. Cut up the remaining green onions and ginger into slices and big strips (easier to discard)
 3. Clean and wash fish
 4. Put fish and cut up big strips ginger and onions into pyrex dish
 5. Put in steamer when water is boiling
 6. Cook for 10-12 minutes (fillet takes shorter time)
 7. Fish is ready if meat flakes off the bones easily
 8. Take the fish out onto serving plate, leaving cooked ginger and onions behind on the steaming plate.
 9. Start to heat oil in a small pot
 10. Pour wine over fish
 11. Pour soy sauce over fish to taste (as much or as little as desired)
 12. Put ginger and onions over fish
 13. Pour hot oil over green onions and ginger
- * garnish with cilantro (optional)

My Notes:

You can substitute similar fresh fish like bass or trout for catfish. Whole fish looks better on the serving plate. Sometimes, when the fish is bigger, Marguerite likes to have the fish filleted, and the rest of the fish chopped up into pieces. The other pieces can be steamed in a different tier of the steamer or boiled in soup. IMG_290c

Bill's Quick Poached Chinese Fish

This is not as good as Marguerite's Steamed Fish, but it is pretty good and a -lot- faster and easier to fix. Fresh fish is important, even if you have to fight to keep it in the pan.



Ingredients:

Sauce

- * 1 tbl ginger,
- * 1 tbl garlic,
- * 2 green onions,
- * 1/4 cup rice wine,
- * 1/4 cup soy sauce,

- * 1/4 cup water,
- * 1 tbl rice vinegar and
- * 1 tbl sugar.

Fish

- * Catfish (or other fish) Fillets

Directions:

1. Mix and bring the sauce to a boil in a large pan on med-high
2. Poach the fish fillets for 5 minutes.

My Notes:

You can substitute similar fresh fish like bass or trout for catfish. Serve over Rice. scam 004.JPG

Marguerite's Shrimp and Eggs

Ingredients:

- * shrimp
- * salt
- * pepper
- * eggs
- * green onions
- * oil (olive oil for stronger taste, canola oil for lighter taste)

Directions:

1. peel shrimp
2. wash and soak in salt water for 5 min or so
3. drain, add salt, and pepper to taste
4. beat as many eggs as desired in proportion to the shrimp
5. add salt and pepper to egg as desired
6. cut up green onions and mix with eggs
7. medium-high heat, add oil
8. cook shrimp until it turns pink
9. add egg,
 10. to make light and thin scramble egg, slide pan to spread egg on pan, use spatula to flip as soon as egg becomes yellow
 11. to make thicker more omlette style egg, leave the egg to cook and then flip when cooked halfway

Marguerite's Steamed Pork and Shrimp

Ingredients:

- * 1/2 pound ground pork
- * 1/4 pound shrimp
- * 1 shitake mushroom, fresh or dried (optional)
- * 1 or 2 dried scallops (optional)

Directions:

1. marinate ground pork with cooking wine, soy sauce, teriyaki sauce, salt, pepper, sesame oil, ginger, garlic...anything to taste
2. peel shrimp
3. wash and soak shrimp in salt water for 5 min or so
4. drain, add salt, and pepper to taste
5. (Optionally) Soak "dried shitake mushroom" and/or scallops in warm water
6. dice Shitake mushroom and dried scallops
7. mix pork, shrimp, mushroom, scallop in pyrex dish
8. put in steamer when water is boiling
9. cook for 12-15 minutes

My Notes:

Pork and shrimp mixture can be steamed or stir-fried with a little oil. The cooked mixture can be served over silken tofu, heated for 1 min in microwave, add a few drops of sesame oil and garnish with green onions.

Bill's Teriyaki Salmon Steaks

possible (olive oil). Picture 213 2007 11 19.jpg

This is a very simple recipe which I use whenever there is a lot of salmon in the market.



Ingredients:

- * 4 salmon steaks, 1 inch thick
- * 1/4 cup oil
- * 2 tablespoons lemon juice
- * 2 tablespoons soy sauce
- * 1/2 teaspoon dry mustard
- * 1/2 teaspoon ground ginger

Directions:

1. Place salmon steaks in a shallow dish.
2. Combine remaining ingredients; pour over steaks. Let stand at room temperature for 1 hour, turning occasionally. Drain, reserving marinade.
3. Broil steaks for 5 minutes; turn and brush with marinade.
4. Broil steaks for 5 minutes more.
5. Check for doneness (Flesh must be cooked through) and remove when done.

My Notes:

Sabrina and I once bought one wild and one farm raised salmon steak. We then broiled each three different ways: Teriyaki style, brushed with olive oil and some fancy concoction. Our conclusion was that farm raised tasted best Teriyaki style and wild salmon tasted best when we did as little as

Katherine's Perfect Pasta

This is the first recipe that Katherine wanted to make after she got her first Cookbook "Children's Quick and Easy Cookbook". It is actually a bit more time consuming than the spaghetti recipe, but she really enjoys the crunchy pasta.



Ingredients:

- * 1 onion
- * 1 clove garlic
- * 2 tablespoons olive oil
- * 14 oz canned tomatoes
- * 1 tablespoon tomato paste
- * Salt and pepper
- * Pinch of sugar
- * Rigatoni or Penne pasta
- * 1 lb Italian sausage
- * 2 slices stale bread
- * 30 g Cheddar cheese

Directions:

1. Preheat oven to 425 degrees F/220 degrees C.
2. Peel the onion and chop it finely. Peel the garlic and crush it or chop it finely.
3. Heat the oil in a frying pan.
4. Cook the onion and garlic over a low heat until soft, then add the canned tomatoes and tomato paste and stir well.
5. Let the pasta sauce simmer over low heat for about 10 minutes. Then season it with salt, pepper, and a pinch of sugar.
6. Boil some salted water in a saucepan. Add the pasta, cool it for about 12 minutes until just soft, and drain in a colander.
7. Meanwhile, turn on the broiler. Prick the sausages with a fork. Grill (or fry) them on all sides for about 10-12 minutes until brown.
8. Grate the cheese for the topping. Grate the bread into bread crumbs or else make the bread crumbs in a food processor. (These could be replaced with store bought, pre-grated cheese and store bought bread crumbs)
9. Stir the cooked pasta and the sliced sausages into the tomato sauce, then spoon the mixture into a baking dish.
10. Sprinkle the bread crumbs and grated cheese over the pasta.
11. Bake for 20-25 minutes until the topping is crisp

When the pasta is baked, the cheese melts into the bread crumbs, forming a crisp, golden topping.

My Notes:

Different pastas can be used but follow the package directions for cooking. For Vegetarian cooking, leave out the sausages and increase the amount of cheese used in the topping to 3 oz. Takes about 55 minutes to make. IMG_0283a.jpg

Bill's Fried Lemon Chicken with Thyme

I used to cook this a great deal, but migrated to Wine chicken since it was easier, and I seemed to be the only one who liked the Lemon Sauce. It is quite rich and tasty. Perhaps when the kids' palates mature a bit, I'll dust it off and try again.

Ingredients:

- * 3 tablespoons of flour
- * 1 tablespoon margarine
- * 1/2 teaspoon salt
- * 1 cup chicken broth
- * 1/4 teaspoon pepper
- * 3 tablespoons lemon juice
- * 4 skinless, boneless chicken breast halves (1 pound total)
- * 1/2 teaspoon thyme
- * 2 tablespoons Olive Oil
- * Lemon Wedges (optional)
- * 1 medium onion
- * 2 tablespoons chopped parsley (optional)

Directions:

1. In a paper or plastic bag, combine flour, salt, pepper and shake to mix. Add the chicken and shake to coat lightly. Remove the chicken and reserve excess seasoned flour.
2. In a large skillet, warm 1 tablespoon of the oil over medium heat. Add the chicken and brown on one side, about 5 minutes. Add the remaining 1 tablespoon oil, turn the chicken and brown well on the second side, about 5 minutes longer. Transfer the chicken to a plate and set aside.
3. Coarsely chop the onion. Add the margarine to the skillet. When the margarine melts, add the onion and cook, stirring, until softened, 2 to 3 minutes.
4. Stir in the reserved seasoned flour and cook, stirring, until the flour is completely incorporated, about 1 minute.
5. Add the broth, 2 tablespoons of lemon juice

and the thyme and bring the mixture to a boil, stirring constantly.

6. Return the chicken to the skillet, reduce the heat to medium-low and cover the skillet. Cook until the chicken is tender and opaque throughout, about 5 minutes.

7. Divide the chicken among 4 plates. Stir in the remaining 1 tablespoon lemon juice into the sauce in the skillet and pour over the chicken. Serve the chicken with lemon wedges and a sprinkling of parsley, if desired.

Waltraud's Beef Stroganoff

This was one of my favorite dishes when I was a child and the centerpiece of my 9th or 10th Birthday dinner. My mother asked what I wanted to eat that day, so I chose all of my favorite dishes: Beef Stroganoff, Chocolate Soda, Garlic Bread and Whipped Cream Cake. Mom raised her eyebrows and said nothing, but needless to say, this was WAY too much for a small child's stomach. I only made it 1/2 way through the meal before Mom took mercy and put the rest in the refrigerator.



Ingredients:

- * 1/2 cup minced onion
- * 1 clove minced garlic
- * 1/4 cup butter
- * 1 lb ground beef
- * 2 tbl flour
- * 2 tsp salt
- * 1/4 tsp pepper
- * 1 lb fresh mushrooms or 1 8 oz can sliced mushrooms
- * 10 1/2 oz can Campbell's Cream of Chicken soup (undiluted)
- * 1 cup sour cream
- * 2 tsp minced parsley

Directions:

1. Saute onion and garlic over medium heat

2. Add meat and brown
3. Add flour, salt, pepper and mushrooms
4. Cook 5 minutes
5. Add soup and simmer uncovered for 10 minutes
6. Stir in sour cream
7. Heat through, sprinkle with parsley, serve with egg noodles.

My Notes:

IMG_6819a

Bill's Meatless Moussaka

This was my primary dish when I went to graduate school at MIT. Each Saturday I would take the Green Line to Boston's farmer's market at the Haymarket stop. I would collect the produce in my green backpack and trundle back to the dorm. It incorporates no meat, so was very cheap to make. Interestingly, the winter was so cold there, that I started losing weight (6 pounds a week). The doctor told me I had to start eating some animal fat. That is not my problem today. I originally got this recipe from Family Circle's "Low Cost Main Dishes". This is a picture of Quan, Anthony, myself and Sylvia in the Ashdown House kitchen.



Ingredients:

* 2 large eggplants, sliced 1/2-inch thick but not peeled

* 2 teaspoons salt

Tomato Sauce Ingredients

* 3 medium-sized onions, peeled and chopped

* 1 clove garlic, peeled and crushed

* 2 tablespoons olive or vegetable oil

* 4 medium-sized tomatoes, peeled, cored and coarsely chopped (reserve juice)

* 1/4 teaspoon leaf rosemary, crumbled

* 2 tablespoons minced fresh mint or 1 tablespoon mint flakes

* 2 tablespoons minced parsley

* 2 teaspoons sugar

* 1 teaspoon salt

* 1/4 teaspoon pepper

* 1 can (8 ounces) tomato sauce

Cheese Filling Ingredients

* 1 carton (1 pound) cream-style cottage cheese

* 1 egg

* 2 tablespoons grated Parmesan cheese

* 1/8 teaspoon leaf rosemary, crumbled

* 1/8 teaspoon mace

* 1/4 teaspoon salt

* 1/8 teaspoon pepper

* 4 tablespoons olive or vegetable oil

* 2/3 cup grated Parmesan cheese

Directions:

1. Sprinkle both sides of each eggplant slice with salt; place between several thicknesses of paper toweling; weight down; let stand 1 hour

2. Meanwhile make the tomato sauce: Stir-fry onions and garlic in oil in a large, heavy skillet over moderate heat about 8 minutes, until limp and golden. Add tomatoes, their juice and all remaining ingredients except tomato sauce and heat, uncovered, stirring occasionally, until tomatoes begin to release their juices. Cover; lower heat and simmer 1 hour, stirring occasionally; stir in tomato sauce and simmer, uncovered, 15 minutes longer.

3. Prepare Cheese filling while tomato sauce simmers: mix together all remaining ingredients except the oil and Parmesan Cheese. Refrigerate until needed.

4. Brush both sides of each eggplant slice lightly with olive oil or vegetable oil, then broil quickly on each side to brown.

5. To assemble Moussaka, spoon half the Tomato Sauce over the bottom of a 13x9x2 inch baking pan; sprinkle generously with grated Parmesan, then arrange half the browned eggplant slices on top. Spread with cheese filling; sprinkle with Parmesan. Arrange remaining eggplant slices on top; sprinkle with Parmesan. Finally, cover with remaining Tomato sauce and one last sprinkling of Parmesan.

6. Bake uncovered, 45-50 minutes in moderate oven at 375 degrees, until bubbling and browned;

remove from oven and let stand 15 minute before cutting into squares.

My Notes:

Dish can be prepared several hours before baking and refrigerated until about an hour before serving. This actually makes it better because it gives the flavors time to mix and mingle. Eggplants release a -lot- of water, so make sure you set up pans to catch it or towels to absorb it.
IMG_0259.JPG

Mechtha's Pizza

Mechtha occasionally made this when I visited.



Ingredients:

Dough

- * 400 gm Flour (1 3/4 Cup)
- * 1 package Yeast
- * 1 tsp Sugar
- * 1 big cup lukewarm water

Sauce

- * Strongly spiced Tomatoes pureed in a mixer

Toppings

- * Handful Cheese (Emmentaler, Gouda or Mozzarella)
- * Tomatoes, Onion, Bell Pepper, Hard Boiled Egg, Salami, Ham, Prosciutto, etc.

Directions:

Knead the dough ingredients together. If the dough is too liquid, add flour. Let the dough rise until it doubles its volume. Roll the dough on a Baking pan. Spread out the heavily spiced tomato sauce. Lay down rings of sliced onions, pieces of tomato, salami, olives, Bell Peppers and whatever else you like (I liked sliced hard boiled egg). Cover with cheese. Put the pan in a pre-heated 400 degree Fahrenheit oven for about 20 minutes.

My Notes:

Pizza geht ganz einfach: 400 g Mehl, 1 T????te

Trockenhefe, 1 Teel????ffel Zucker, Salz, 1 grosse Tasse handwarmes Wasser. Das wird verknetet. Ist der Teig zu fl????ssig, mehr Mehl hineintun. Den Teig gehen lassen, bis er sich fast verdoppelt hat. Dann werden passierte Tomaten kr????ftig gew????rzt und auf den auf einem Backblech ausgerollten Teig gestrichen. Darauf legst Du Zwiebelringe, Tomatenscheiben, Salamischeiben, Oliven, Paprika und was Du sonst noch m????chtest. Dar????ber wird K????se gestreut. Das Backblech schiebst Du in einen vorgeheizten Backofen und backst die Pizza bei 200 Grad ungef????hr 20 Minuten. Cheese is Emmentaler or Gouda or something like that. That means it has not to be too soft and more than 40 % fat. Because otherwise it doesn't melt. Du hast den Teig auf ein Backblech getan. Fr????her habe ich Ketchup mit Sambal Olek, Pfeffer, Paprika etc. gew????rzt und auf den Teig gestrichen. Und dann habe ich alle Dinge draufgelegt, die auf einer Pizza schmecken. Heute nehme ich nicht mehr Ketchup sondern im Mixer p????rierte Tomaten, die ich stark w????rze und lege alle K????stlichkeiten (Salami, Schinken, hartgekochte Eier etc.) darauf. DSCN0066.JPG

Bill's Roast Chicken stuffed with Lemons

I made this an awful lot when we lived on Siesta Vista, since we had a lemon tree growing by the driveway. It is incredibly simple to make.

Ingredients:

* **Broiling Chicken**

* **Enough Lemons to fill the chicken cavity**

Directions:

- 1) Thoroughly wash and dry the chicken inside and out.
- 2) Salt an pepper inside and out.
- 3) Scrub lemons (Do not cut!). Roll around on counter to break up inner membranes and puncture 12 times with an Icepick. The idea is to have the lemons release their juices as the chicken cooks.
- 4) Stuff whole lemons in chicken and pin skin flap shut.
- 5) Roast at 400 degrees Fahrenheit for an hour or until the thickest part of the thigh exudes clear juices when cut or until and instant-read thermometer shows 175 degrees Fahrenheit.

My Notes:

It is important to have ripe flavorful lemons. When executed properly, this approach keeps the meat moist and lemony and the skin crisp.

Eberhard and Dagmar's Roast Chicken

I have always been able to count on Eberhard and Dagmar's hospitality whenever I am in Berlin. They often cook this chicken recipe.



My Notes:

Eberhard's Email: The chicken recipe is very simple. Buy a fresh chicken. Being at home wash it and then salt it add black pepper and red one and one piece of chili. Put in a baking pan add onions, tomatoes, hot peppers, black olives and some olive oil on the base of the pan and a cup of water. Put it in the oven and bake the 1200 grs chicken for 1 hour. The starting temperature will 220 degrees centigrade and there must be added circling air and heating from the ceiling of the stove even microwave is added. We have an automatic stove and it does it all alone after a given program. So we can't tell you how to do it exactly in your stove.

Ingredients:

- * Fresh Chicken
- * Salt
- * Red and Black Pepper
- * Chili peppers
- * Onions
- * Tomatoes
- * Black Olives
- * Olive Oil
- * Water

Directions:

- 1) Wash and Dry Chicken - inside and out.
- 2) Salt and pepper it (red and black pepper) inside and out.
- 3) Put one Chili pepper in cavity
- 4) Place in Baking Pan
- 5) Add Onions, Tomatoes, Black Olives, Olive Oil, 1 cup water and remaining peppers to pan
- 5) Bake at 425 degrees F in a convection oven for 1 hour.

Sabrina's Meat Loaf

I always liked meatloaf, but lost my Mom's recipe. So I looked this one up and Sabrina cooked it for Raymond and me (20110620). I am always suspicious about catsup in a recipe, but it is used here in a glaze, not the meat. Probably the best meatloaf I've ever eaten.



Ingredients:

For the Loaf:

- * 6 ounces garlic-flavored croutons
- * 1/2 teaspoon ground black pepper
- * 1/2 teaspoon cayenne pepper
- * 1 teaspoon chili powder
- * 1 teaspoon dried thyme
- * 1/2 onion, roughly chopped
- * 1 carrot, peeled and broken
- * 3 whole cloves garlic
- * 1/2 red bell pepper
- * 18 ounces ground chuck

- * 18 ounces ground sirloin
- * 1 1/2 teaspoons kosher salt
- * 1 egg

For the glaze:

- * 1/2 cup catsup
- * 1 tablespoon ground cumin
- * Dash Worcestershire sauce
- * Dash hot pepper sauce
- * 1 tablespoon honey

Directions:

1. Heat oven to 325 degrees F.
2. In a food processor bowl, combine croutons, black pepper, cayenne pepper, chili powder, and thyme. Pulse until the mixture is of a fine texture. Place this mixture into a large bowl. Combine the onion, carrot, garlic, and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed. Combine the vegetable mixture, ground sirloin, and ground chuck with the bread crumb mixture. Season the meat mixture with the kosher salt. Add the egg and combine thoroughly, but avoid squeezing the meat.
3. Pack this mixture into a 10-inch loaf pan to mold the shape of the meatloaf. Onto a parchment paper-lined baking sheet, turn the meatloaf out of the pan onto the center of the tray. Insert a temperature probe at a 45 degree angle into the top of the meatloaf. Avoid touching the bottom of the tray with the probe. Set the probe for 155 degrees.
4. Combine the catsup, cumin, Worcestershire sauce, hot pepper sauce and honey. Brush the glaze onto the meatloaf after it has been cooking for about 10 minutes.

My Notes:

<http://www.foodnetwork.com/recipes/alton-brown-good-eats-meat-loaf-recipe2/index.html>
<http://www.youtube.com/watch?v=tsyXL8zKTrM>

Arroz Con Pollo ala Waltraud (Waltraud's chicken and Rice)

Mom used to make "Chicken and Rice" occasionally. Here is my best recollection of it.

Ingredients:

- o 1 Whole Chicken
- o 2 Cups Rice
- o 2 Cups Flour
- o 2 Tablespoons Cooking Oil (Olive or Canola)
- o 2 Cups Chopped Onion
- o 2 cups water plus 1 Bouillon Cube (or 2 cups chicken stock)

Optional:

Garlic, Paprika, Peas, Red Pepper

Directions:

1. Cut chicken into pieces.
2. Dredge in 2 cups Flour, 1 tsp salt, 1/2 tsp pepper
3. Fry in 2 tablespoons vegetable or Olive Oil
4. Pour off all but 3 tablespoons of fat
5. Add 2 cups chopped onion and fry until tender.
6. Add 2 cups medium or long grain white rice
Cook stirring until rice is coated
{Add 1 tbl garlic, 1 tbl paprika}
Stir for 1 minute
7. Add 2 cups water plus a bouillon cube (Or 2 cups chicken stock) Bring to a boil, scraping the bottom. Add back chicken pieces
8. Cover tightly and cook at medium heat for 20 minutes.

(add 1 cup frozen peas; 1/3 cup pimentos or roasted red pepper; 1/4 cup olives)
9. Cook until rice is tender (10 minutes)

My Notes:

In the Summer of 2005, I had a summer job with Texaco Research in a Dallas suburb called "Duncanville" and rented one side of a Duplex. 105 degrees with no air conditioning. I wrote up notes on my music synthesizer during my free time and had to wrap a piece of paper around my forearm so that the sweat wouldn't smear the ink as I wrote. I made this dish in a pressure cooker I had brought with me and mistakenly left it out on the stove. After only 24 hours, it had grown a feathery variety of mold. That's the thing about Texas. Most things will grow there, and the only gardening implement you really need is a machete.

Valerie's Curry Coconut Chicken

I first met Valerie when she left Paris and was making a trip through America with her friend Danielle around 1983. Always smiling and upbeat, she made an unforgettable impression. I visited her in 1985 when she was a nurse in Versailles. She went on to work in an NGO as a nurse with her husband in Mali, Niger and Madagascar. We (briefly) hosted her son at our house in 2006 and she was nice enough to show me around Bordeaux during the summer of 2011 for a fantastic two days. She served this and a parfait the night before I left.



Ingredients:

- o 1 1/2 Onions, diced
- o 3 Tomatoes, cut into small pieces
- o 2 slices ham
- o 2 Tbl Olive Oil
- o 6 Chicken legs (Thigh and drumstick)

- o 3 Apples, Quartered
- o 400 MI Coconut Milk, or make from fresh coconut.
- o 1 Tbl each Curry, Cumin, Coriander, Turmeric, Ginger
- o 12-20 pods of Cardamon
- o Salt and Pepper to taste
- o A few sprigs Fresh Thyme and freshly cut Parsley
- o 2 Bay leaves
- o Juice of two lemons

Directions:

- 1) Sweat the onions in the Olive Oil.
- 2) Brown the chicken with the onions.
- 3) Add everything else except lemon juice and parsley, stir and stew for an hour.
- 4) Take from heat and add lemon juice and parsley

If you use a fresh coconut, reserve the milk and scrape the insides into a bowl with a glass of warm water. Press the pulp to extract the juice. Use the milk, juice and water in place of the canned product.

My Notes:

Valerie is not a fan of exact measurements, and enjoys the fact that the food tastes a little different every time. Very French. The picture shows her in 2009 with one of her necklace designs.

Chia's Gemü?se Eintopf

Kiat Ming Chia Dahlmeier and I were two German emigrants to Nixdorf in 1979. She from Singapore and I from the US. We worked together for about 6 months. When I returned for a visit in 1985, she cooked a stew for her little son Daniel, her sister and I.



Ingredients:

800 g Rinderbrust

1 Zwiebel

1 Lorbeerblatt

2 Tl Salz

1 Tl getrockneter Thymian

1 Tl Pfefferkörner

500 g Möhren

300 g Kartoffeln

500 g Broccoli

150 g TK-Erbesen

Salz

Pfeffer

Muskat

Directions:

2 l Wasser aufkochen. Rinderbrust, Zwiebel, Lorbeerblatt, 2 Tl Salz, Thymian und Pfefferkörner zugeben. Aufkochen und halb zugedeckt bei mittlerer Hitze 2 Std. garen. Inzwischen Möhren und Kartoffeln schälen und in 2 cm große Würfel schneiden. Broccoli putzen und in Röschen teilen.

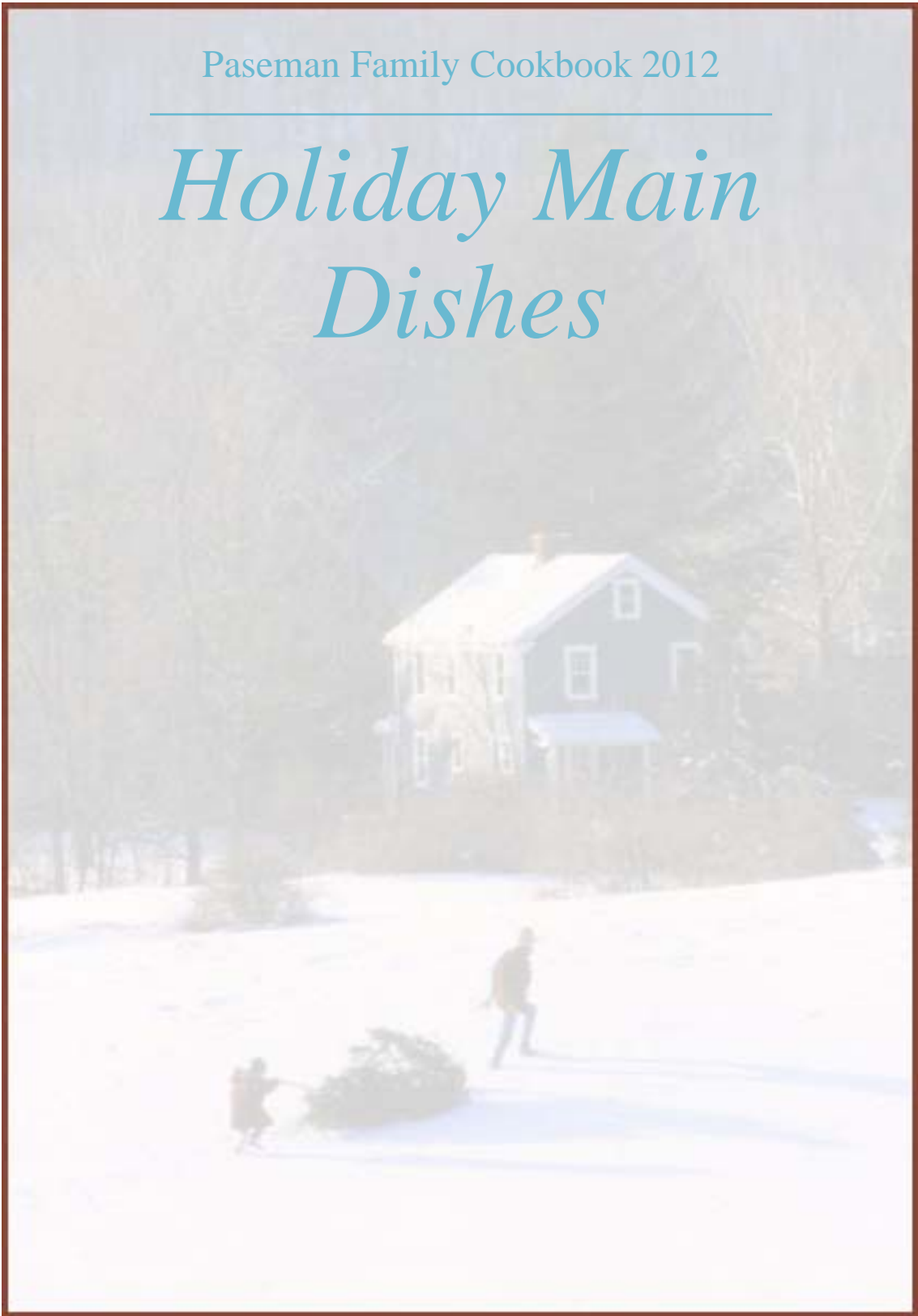
Rinderbrust herausheben, etwas abkühlen lassen. 1,2 l Brühe abmessen und aufkochen (brühe einfrieren). Kartoffeln und Möhren 15 Min. darin bei mittlerer Hitze garen. Broccoli nach 10 Min., Erbsen nach 12 Min. zugeben und mitgaren. Fleisch in 2 cm große Würfel schneiden und in der Brühe erhitzen. Mit Salz, Pfeffer und Muskat würzig abschmecken.

My Notes:

Below is the recipe for the Gemü?se Eintopf in German. You can leave out Thymian if you do not like it. I think I omitted it as you visited me, because it was too much taste for the little Daniel. I copied this recipe from internet and changed a bit. I do not have it in my recipe-collection. Enclosed a zip file with my recipe-collection. 800 g Rinderbrust 1 Zwiebel 1 Lorbeerblatt 2 Tl Salz 1 Tl getrockneter Thymian 1 Tl Pfefferkörner 500 g Möhren 300 g Kartoffeln 500 g Broccoli 150 g TK-Erbesen Salz Pfeffer Muskat 2 l Wasser aufkochen. Rinderbrust, Zwiebel, Lorbeerblatt, 2 Tl Salz, Thymian und Pfefferkörner zugeben. Aufkochen und halb zugedeckt bei mittlerer Hitze 2 Std. garen. Inzwischen Möhren und Kartoffeln schälen und in 2 cm große Würfel schneiden. Broccoli putzen und in Röschen teilen. Rinderbrust herausheben, etwas abkühlen lassen. 1,2 l Brühe abmessen und aufkochen (brühe einfrieren). Kartoffeln und Möhren 15 Min. darin bei mittlerer Hitze garen. Broccoli nach 10 Min., Erbsen nach 12 Min. zugeben und mitgaren. Fleisch in 2 cm große Würfel schneiden und in der Brühe erhitzen. Mit Salz, Pfeffer und Muskat würzig abschmecken. Viel Spass beim Kochen! Grüße Chia

Paseman Family Cookbook 2012

Holiday Main Dishes



Bill's Corned Beef (and Cabbage)

I usually cook this a few time a year, especially around St. Patrick's Day. I once forgot to wash off the Brine and the nitrates stayed on the meat gave me a headache. It is typical of the kind of meal I would be served as a child.

Ingredients:

***1 corned beef brisket about 3 pounds**

***20 black peppercorns**

***2 Bay leaves**

***1 head green cabbage, cut into wedges**

Directions:

- 1) Wash the brisket under running water to remove the surface brine.
- 2) Place in a large pot and add water to cover.
- 3) Drop in the peppercorns and bay leaves. Simmer, covered, until a fork can easily penetrate to the center, about 3 hours.
- 4) If desired, add the cabbage to the pot for at last 15-20 minutes of cooking.
- 5) Remove the meat and let stand for 15 minutes.
- 6) Drain the cabbage and keep warm.
- 7) Cut the brisket into thin slices against the grain and remove to a platter.

My Notes:

We often combined this with the "New England Boiled Dinner" to make a soup. Just the meat alone is very good on bread.

New England Boiled Dinner

Ingredients:

- * **Corned beef above without cabbage**
- * **10-12 medium beets**
- * **10 baby or pearl onions, peeled**
- * **6 carrots, peeled and quartered**
- * **6 medium potatoes, peeled and quartered**
- * **3 parsnips, peeled and quartered**
- * **3 turnips, peeled and quartered**
- * **1 head green cabbage, cut into wedges**
- * **Chopped fresh parsley**

Directions:

While cooking the Corned Beef, separately cook beets until tender and then cool, peel and quarter. When the brisket is cooked, remove it from the pot and add onions, carrots, potatoes, parsnips and turnips to the stock. Simmer uncovered for 30 minutes. Add the cabbage. Simmer until tender, 10-15 minutes. Return the meat to the pot just to reheat it.

My Notes:

This makes a very good soup, however if you would rather leave out the stock: Slice and serve immediately surrounded by the beets and the drained vegetables from the stock. Garnish with the Parsley. (I usually leave out the Beets).

Sabrina's Thanksgiving Turkey

Sabrina started cooking the Family's Thanksgiving Turkey when she was 13. This included not only the Turkey, but pumpkin pie, bread and stuffing. This picture was taken in 2006 when she was 14.



Ingredients:

* 1 (14 to 16 pound) frozen young turkey

For the brine:

- * 1 cup kosher salt
- * 1/2 cup light brown sugar
- * 1 gallon vegetable stock
- * 1 tablespoon black peppercorns
- * 1 1/2 teaspoons allspice berries
- * 1 1/2 teaspoons chopped candied ginger
- * 1 gallon heavily iced water

For the aromatics:

- * 1 red apple, sliced
- * 1/2 onion, sliced
- * 1 cinnamon stick
- * 1 cup water
- * 4 sprigs rosemary
- * 6 leaves sage
- * Canola oil

Directions:

TWO TO THREE DAYS BEFORE ROASTING:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

CREATE BRINE

Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

EARLY ON THE DAY OR NIGHT BEFORE YOU'D LIKE TO EAT:

Combine the brine and ice water in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

ON THE DAY YOU WANT TO EAT

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.

Create a "hat", a triangle of Aluminum foil that "fits" over the top of the turkey breast all the way from front to back. The triangle should cover the breast, but not the dark meat. (You will use this during the 350 degree cooking stage).

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 151

degrees F. Put on the "hat". A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

My Notes:

Sabrina got this recipe from Alton Brown's "Good Eats" program on the Food Network. As Alton discusses, the problem with turkey is creating a nice brown skin on two types of meat (dark and white) while keeping the white meat moist. Alton did this with three tricks. First, he marinates the meat, second, he cooks at two temperatures and finally, he makes the turkey wear a hat. ;) More detail below:

<http://www.foodnetwork.com/recipes/alton-brown/good-eats-roast-turkey-recipe/index.html>
IMG_4812.JPG

Bill's Standing Rib Roast

Ray really liked the Rib Roasts I'd cook in the rotisserie. Generally I'd cook them for New Year's or Christmas or when we had guests over to enjoy July 4th. It was really pretty simple... if you have a rotisserie. Here is a recipe from Ina Garten that is quite similar, and all you need is a Roasting Pan. The picture is from Marguerite's 50th birthday party. The rib roast and roasted lemon chicken are in the foreground. The rotisserie is in the background.



Ingredients:

- * 3 Rib Roast (Bone In)
- * 1 tbl salt
- * 1/2 tbl pepper

Directions:

- 1) Rub the Salt and Pepper on the roast
- 2) Place bone side down (Fat side up) in the Pan
- 3) Cook at 500 degrees F for 45 min (Crisp it)
- 4) Cook at 325 degrees F for 30 min (Cook it)
- 5) Cook at 450 degrees F for 30 min (Crisp it)
- 6) or until internal temperature is 125 degrees F
- 7) Cover with Aluminum foil
- 8) Let sit 20 minutes

My Notes:

In addition, I would rub with garlic, and generally use a boneless roast. The nice thing about Bone-in

roast is that it suspends the meat above the bottom of the pan. I think the reason Ray likes this so much is that a rib roast is just a set of rib eye steaks that have not been separated yet.

IMG_9458a.JPG

<http://www.hulu.com/watch/179500/barefoot-contessa-rib-roast>

Bill's 52nd Birthday - Timpano Alla "Big Night"

I saw Stanley Tucci's movie of the same name and had wanted to cook this dish for years. However, I had never made dough. Then, Marguerite's Auntie Sui Mui came to visit. She was from Sri Lanka and had made "String Hoppers" from scratch for us before. I talked her into helping make the timpano dough from scratch for my birthday in 2006. Between making the sauce and meatballs from scratch, it took a full day.



Ingredients:

FOR THE DOUGH:

- * 4 cups all-purpose flour
- * 4 large eggs
- * 1 teaspoon kosher salt
- * 3 tablespoons olive oil
- * 1/2 cup water

TO PREPARE THE PAN:

- * Butter Olive oil

FOR THE FILLING:

- * 2 cups 1/4 x 1/2-inch Genoa salami pieces
- * 2 cups 1/4 x 1/2-inch sharp provolone cheese cubes
- * 12 hard-boiled eggs, shelled, quartered lengthwise, and each quarter cut in half to create chunks
- * 2 cups Polpette (little meatballs)
- * 8 cups Ragu Tucci (Meat-Based Tomato Sauce Tucci-Style)
- * 3 pounds ziti, cooked very al dente (about half the time recommended on the package) and drained (18 cups cooked)
- * 2 tablespoons olive oil
- * 2/3 cup finely grated pecorino Romano cheese
- * 4 large eggs, beaten

Directions:

1. To make the dough, place the flour, eggs, salt, and olive oil in a stand mixer fitted with the dough hook. (A large capacity food processor may also be used.) Add 3 tablespoons of the water and process. Add more water, 1 tablespoon at a time, until the mixture comes together and forms a ball. Turn the dough out onto a lightly floured work surface and knead to make sure it is well mixed. Set aside to rest for 5 minutes. (To knead the dough by hand, mix the flour and salt together on a clean, dry work surface or pastry board. Form these dry ingredients into a mound and then make a well in the center. Break the eggs into the center of the well and lightly beat them with a fork. Stir in 3 tablespoons of the water. Use the fork to gradually incorporate some of the dry ingredients into the egg mixture. Continue mixing the dry ingredients into the eggs, adding the remaining water 1 tablespoon at a time. Knead the dough with your hands to make a well-mixed, smooth, dry dough. If the dough becomes too sticky, add more flour. Set aside to rest for 5 minutes.)
2. Flatten the dough out on a lightly floured work surface. Dust the top of the dough with flour and roll it out, dusting with flour and flipping the dough over from time to time, until it is about 1/16 inch thick and is the desired diameter.

Generously grease the timpano baking pan with butter and olive oil. Fold the dough in half and then in half again, to form a triangle, and place it in the pan. Open the dough and arrange it in the pan, gently pressing it against the bottom and the sides, draping the extra dough over the sides. Set aside. Preheat the oven to 350 degrees F.

3. To prepare the filling, have the salami, provolone, hard-boiled eggs, meatballs, and ragu at room temperature. Toss the drained pasta with the olive oil and 2 cups of the ragu. Distribute 6 generous cups of the pasta on the bottom of the timpano. Top with 1 cup of the salami, 1 cup of the provolone, 6 of the hard-boiled eggs, 1 cup of the meatballs, and 1/3 cup of the Romano cheese. Pour 2 cups of the ragu over these ingredients. Top with 6 cups of the remaining pasta. Top that with the remaining 1 cup salami, 1 cup provolone, 6 hard-boiled eggs, 1 cup meatballs, and 1/3 cup Romano cheese. Pour 2 cups of the ragu of over these ingredients. top with the remaining 2 cups ragu over the pasta. Pour the beaten eggs over the filling. Fold the pasta dough over the filling to seal completely. Trim away and discard any double layers of dough.

4. Bake until lightly browned, about 1 hour. Then cover with aluminum foil and continue baking until the timpano is cooked through and the dough is golden brown (and reaches an internal temperature of 120 degrees F), about 30 minutes. Remove from the oven and allow to rest for 30 or more minutes. The baked timpano should not adhere to the pan. If any part is still attached, carefully detach with a knife. Grasp the baking pan firmly and invert the timpano onto a serving platter. Remove the pan and allow the timpano to cool for 20 minutes. Using a long, sharp knife, cut a circle about 3 inches in diameter in the center of the timpano, making sure to cut all the way through to the bottom. Then slice the timpano as you would a pie into individual portions, leaving the center circle as a support for the remaining pieces.

My Notes:

Marguerite and the kids were very polite, but the dish is HUGH and very filling. As a result, I wound up eating most of the 16 servings myself.
http://www.kitchenlink.com/cookbooks/1999/0688159028_1.html
IMG_5012

Ragu Tucci

This is the Ragu used in Timpano Alla "Big Night" (Pictured below).



Ingredients:

- * 1/4 cup olive oil
- * 1 pound stewing beef, trimmed of fat, rinsed, patted dry, and cut into pieces
- * 1 pound country-style spareribs, trimmed of fat, cut in half, rinsed, and patted dry
- * 1 cup roughly chopped onions
- * 3 cloves garlic, roughly chopped
- * 1/2 cup dry red wine
- * One 6-ounce can tomato paste
- * 1 1/2 cups warm water
- * 8 cups canned whole plum tomatoes (about two 35-ounce cans), passed through a food mill or pureed in the blender
- * 3 fresh basil leaves
- * 1 tablespoon chopped fresh oregano leaves or 1 teaspoon dried

Directions:

1. Warm the olive oil in a stew pot set over medium-high heat, sear the stewing beef until brown on all sides, about 10 minutes. Remove from the pot and set aside in a bowl. Add the spareribs to the pot and sear until they are brown on all sides, about 10 minutes. Remove the ribs and set aside in the bowl with the stewing beef. (If your pot is big enough to hold all of the meat in a single layer, it may be cooked at the same time.)

2. Stir the onions and garlic into the pot. Reduce the heat to low and cook until the onions begin to soften and lose their shape, about 5 minutes. Stir in the wine, scraping the bottom of the pot clean. Add the tomato paste. Pour 1/2 cup of the warm water into the can to loosen any residual paste and then pour the water into the pot. Cook to warm the paste through, about 2 minutes. Add the tomatoes along with the remaining 1 cup warm water. Stir in the basil and oregano. Cover with the lid slightly askew and simmer to sweeten the tomatoes, about 30 minutes. Return the meat to the pot, along with any juices that have accumulated in the bowl. Cover with the lid slightly askew and simmer, stirring frequently, until the meat is very tender and the tomatoes are cooked, about 2 hours. Warm water may be added to the sauce, in 1/2-cup portions, if the sauce becomes too thick. (If you have made meatballs, they may be added during the last half hour of cooking. The meatballs will soften and absorb some of the sauce.)

NOTE: When preparing ragu for timpano only the sauce is used and the meat is served as a separate course. The sauce for timpano should be thin, so measure out 7 1/2 cups of prepared sauce and stir in 1/2 cup water before proceeding with the timpano recipe.

VARIATION: Sweet Italian sausage may be added to this sauce. Saute' it after the spareribs and then proceed with the recipe as written

My Notes:

http://www.kitchenlink.com/cookbooks/1999/0688_IMG_5035

Polpette (Meatballs)

This are the Meatballs used in Timpano Alla "Big Night" (Pictured in the bowl below along with all the other Timpano ingredients).



Ingredients:

- * **Ten 1-inch-thick slices Italian bread**
- * **1 pound ground beef chuck**
- * **2 tablespoons chopped fresh parsley leaves**
- * **2 cloves garlic, finely chopped**
- * **1 large egg**
- * **5 tablespoons finely grated pecorino Romano cheese**
- * **Kosher salt and freshly ground black pepper**
- * **2 tablespoons olive oil**

Directions:

1. Arrange the bread on a cookie sheet and allow it to dry out, uncovered, about 3 days. Place the dried bread in a bowl and cover with warm water. Set aside until the bread softens, about 5 minutes.

2. In another bowl, combine the meat, parsley, garlic, egg, cheese, and salt and pepper to taste, using your hands to mix the ingredients. Remove and discard the crust from each slice of bread. Squeeze the water out of the bread, and breaking it into small pieces, add it to the meat. Work the bread into the meat until they are equally combined and the mixture holds together like a soft dough.

3. Warm the olive oil in a large frying pan set over medium-high heat. Scoop out a heaping tablespoon of the meat mixture. Roll it between the palms of your hands to form a ball about 1 1/2 inches in diameter. (Meatballs that are being prepared for timpano should be very small. Use a 1/2 teaspoon to scoop out the dough and form it into 1/2-inch balls.) Cook one meatball until well browned on all sides, about 8 minutes. (A meatball that sticks to the pan is not ready to be turned.) Taste the meatball, and if needed, adjust the seasoning of the remaining mixture by adding more cheese or salt and pepper. Proceed to cook the meatballs in small batches. As each batch is completed, remove it to a warmed serving plate. Serve when all the meatballs are cooked.

VARIATION: Meatballs that will be added to ragu sauce should be slightly, undercooked (about 6 minutes), as they will finish cooking in the sauce. Add the meatballs to the ragu during the last half hour of cooking. Some of the pan juices from cooking the meatballs may be used to flavor the ragu sauce. Discard half of the oil and cooking juices left in the pan. Pour the remaining half of the pan juices into the ragu sauce. Add 2 tablespoons water to the pan and stir with a wooden spoon to remove any meat that may have stuck to the bottom of the pan. Pour this into the ragu sauce as well.

My Notes:

http://www.kitchenlink.com/cookbooks/1999/0688IMG_5007

Raymond's TacoTown Birthday Taco

the pizza and then fold it. Pretty much exactly what it looks like haha.

I sent the kids a pointer to one of my favorite SNL video commercials: The TacoTown Taco. Raymond was clearly inspired and created this for his roommate at UCSD in February 2010.



Ingredients:

1 Digiorno's pizza

sour cream

guacamole

cheese

lettuce

chili beans

beef

Directions:

Cook the pizza

Heat up the beans and beef

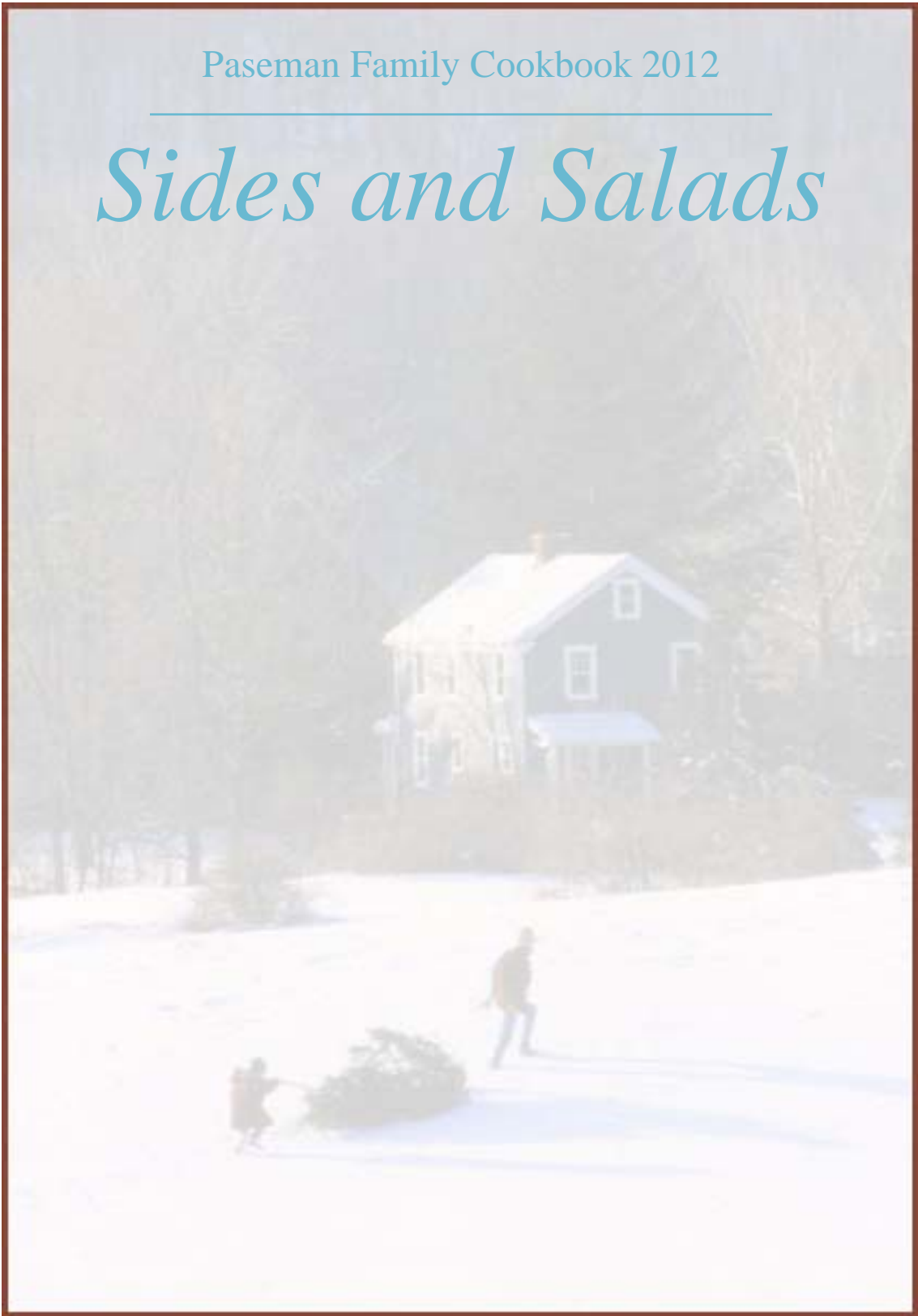
When the pizza is done, pour the beans and beef, guacamole, sour cream, lettuce, and cheese onto the pizza and then fold it.

My Notes:

When I asked Ray for the recipe and picture, here is what he wrote: Uh...1 Digiorno's pizza, sour cream, guacamole, cheese, lettuce, chili beans and beef. Cook the pizza, heat up the beans and beef, when the pizza is done, pour the beans and beef, guacamole, sour cream, lettuce, and cheese onto

Paseman Family Cookbook 2012

Sides and Salads



Marguerite's Stir Fry Vegetables

This is the general mechanism Marguerite uses to create any stir fried vegetable dish. The picture is of Marguerite at a Campsite in Corcovado Park in Costa Rica. She took me there for my 50th birthday.



dry, add a little hot water or chicken broth
8) add a drop or two of sesame oil (optional)

My Notes:

DSCN7145.JPG

Ingredients:

- * green vegetables (bok choy, broccoli, spinach, asparagus, or anything)
- * canola oil
- * garlic, ginger
- * sugar
- * salt
- * white pepper
- * sesame oil (a drop or two)

Directions:

- 1) put a little oil in the pan over medium high heat
- 2) lightly brown a clove of garlic and a small piece of ginger (optional)
- 3) set to high heat and put in the vegetable and stir fry it for a few minutes
- 4) set the heat back to medium high
- 5) put a little sugar and stir fry some
- 6) then put salt and white pepper to taste
- 7) if vegetable is not cooked yet and the pan is

Marguerite's Napa Cabbage with Rice Bean Thread

**Marguerite buys Rice Bean Thread at a
Chinese Grocery Store**

Ingredients:

- * one head of napa cabbage
- * rice bean thread (soaked in warm water until soft, not cooked through)
- * garlic (optional)
- * sugar
- * salt (optional)
- * white pepper (optional)
- * chicken broth
- * sesame oil (a drop or two, optional)

Directions:

- 1) put a little oil in the pan over medium high heat
- 2) lightly brown a clove of garlic (optional)
- 3) set to high heat and put in the vegetable and stir fry it for a few minutes
- 4) set the heat back to medium high
- 5) put a little sugar and stir fry a couple minutes
- 6) put a little salt and white pepper (optional)
- 7) add chicken broth, and cook cabbage until soft
- 8) add bean thread and cooked until desired softness
- 9) if you want it soupy, cover
- 10) if you want it dry, turn up heat to evaporate broth
- 11) add a drop or two of sesame oil (optional)

Marguerite's Steamed Egg

Ingredients:

* as many eggs as desired

* same amount of chicken broth

Directions:

- 1) beat the eggs
- 2) put in pyrex dish
- 3) add as much volume of chicken broth to plate
- 4) mix well
- 5) put in steamer when water is boiling
- 6) steam for about 10 minutes
- 7) egg is done when it solidifies

My Notes:

Marguerite's Sweet version of this: 1 Egg 2/3 Cup
Milk 2 tbl Sugar little vanilla

Waltraud's Cauliflower with Bread Sauce

Another simple recipe we cook a lot. I sometimes leave out the breading, since Sabrina is very calorie conscious. The picture shows our 2006 Thanksgiving dinner with the Citrus Salad and roasted fingerling potatoes in the Background.



Ingredients:

- * 1 Washed Head Cauliflower trimmed of leaves and most of the stem
- * Bread Crumbs (less than a 1/2 cup)
- * Butter (about 1/4 stick)

Directions:

1) Steam the Cauliflower until done. I do this by putting a layer of water in a pot, then insert some bamboo "spacers" to hold the cauliflower above the water. I turn the heat on high enough to boil the water and check the cauliflower with a fork for doneness. Usually takes about 20 minutes.

2) In small saucepan, melt the butter, and heat until it clarifies ("becomes clear" Don't turn the heat so high that the butter burns). Add breadcrumbs until the butter is absorbed, but the mixture can still be stirred as a liquid.

3) Take Cauliflower from pot, put in serving bowl and pour mixture over the top.

My Notes:

IMG_4785.JPG

Waltraud's Green Beans and Bacon

This Dish is incredibly simple, and is one of Katherine's favorites. The picture is from our 2006 Thanksgiving table.



Ingredients:

* 1/2 pot of washed, cleaned (cutting of the stems and tips) Green Beans sliced into 1-1.5" lengths.

* Several Cups Chopped Onion

* Bacon to Taste

Directions:

1) Cover the Bottom of the pot with bacon.
2) Fry it on medium heat until it is done to your liking (crisp or limp).

3) Pile in the Chopped Onion, then the Green beans on top

Reduce heat to low, cover and cook until beans are tender.

4) Mix pot contents and serve.

My Notes:

We used to eat this quite a bit when I was young. Now it is prepared mostly on holidays. A common mistake is to turn the heat too high. This will burn the bacon and bottom layer of beans and onions.
IMG_4784.JPG

Bill's Duchess Potatoes

I have used this recipe for mashed potatoes since I was in College. I originally got it from Family Circle's "Low Cost Main Dishes". This picture is from our 2009 Thanksgiving dinner. We had Hector Franco and his wife Wendy over that year. The potatoes are visible in the middle, along with a sweet potato pie the girls had baked and the bread from our bread machine.



Ingredients:

- * 6 Medium Sized Potatoes, pared
- * 1/3 cup milk
- * 2 eggs
- * 2 tbl butter
- * 1 tsp salt

Directions:

1. Cook potatoes in a large saucepan in boiling salted water 15 minutes, or until tender (a toothpick easily penetrates to the center); drain. Return potatoes to pan and shake over low heat until dry and fluffy.

2. Mash potatoes; beat in milk, eggs, butter and salt until fluffy light. cool.

My Notes:

I usually use a lot more butter than the recipe calls for. Also, keep in mind that the eggs are RAW. So I put them in as soon as the potatoes are roughly mashed in order to slightly cook them.

Waltraud's Citrus Salad

This salad can be very painstaking to create, but turns out well if executed correctly. Below, Ray, Katherine and Marguerite are working to create this salad for our 2006 Thanksgiving.



Ingredients:

- * Oranges
- * Grapefruits
- * Triple Sec
- * Ground Coconut Flakes
- * 1 Maraschino cherry

Directions:

1) Remove peels and separating membranes from as much fresh citrus as you have patience for. If the membranes are left in, the salad will taste bitter.

2) Mix Oranges and Grapefruits. Let rest in the refrigerator for a few hours.

3) Add Triple Sec to taste. Sprinkle on Coconut flakes and put cherry on top.

My Notes:

The citrus needs to be good quality. I prefer fresh Texas Oranges and Ruby Red Grapefruits if possible. It is better to have a small quantity of well prepared fruit than to "make up" the volume with poorly prepared fruit, since the bitterness will permeate the dish. IMG4753

Marguerite's Egg Rice

This is one of my (Marguerite's) favorite quick recipes along with many of the other steamed dishes that my nanny used to make for lunch. Eating it reminds me of all the lunch breaks when I would walk home from school, eat, walk to back to school and still have enough time to play a ball game with my classmates. I suspect this regimen of walking and running up and down 6 flights of stairs every day helped me athletically.

Ingredients:

- * 1 bowl of cooked rice
- * 1 soft boiled egg
- * 1 tsp of butter (optional)
- * 1 or 2 drops of sesame oil (optional)
- * add salt, pepper, soy sauce to taste

Directions:

The simple instruction is to mix all these together.

On the stove:

1) To make soft boiled egg, cool egg to room temperature. Heat water in small pot till it comes to hard boil. Put egg into boiling water for 2-3 minutes. Cool under cold water immediately. Break with teaspoon and pour over hot rice. Add salt pepper, soy sauce over egg, (add butter and/or sesame oil to rice if desired) and mix well.

2) To make rice, 1 cup of rice to 2 cups of water, steam for 20 minutes.

You can, of course, make rice using the rice cooker.

In the microwave:

1) Heat up the cooked rice for 3-4 minutes to make it really hot.

2) Break the egg over the rice. If the egg is too raw for you, microwave for 20-30 seconds. Add salt pepper, soy sauce over egg, (add butter to rice if desired) and mix well.

Gerhard's Rice with Butter

When I was growing up, we did not use "rice cookers". Instead we cooked rice on a stovetop following directions on the bag. Mom cooked rice more often than potatoes, since rice was relatively cheap, and it was grown locally in Eastern Texas and Louisiana. When Gerhard (my brother) was little, he would take the rice and slather butter on top, independently discovering what Nancy David once said: "Using butter is a little like cheating. Even cardboard fried in butter tastes good!". This is also how they serve rice in many Persian (Iranian) Restaurants, although they also add Saffron. Below is a picture of Gerhard with Dad in 2007.



Ingredients:

- * Rice
- * Butter

Directions:

- 1) Cook the rice
- 2) Cover with Butter

My Notes:

Waltraud's Cucumber Salad

Mom used to make this pretty regularly, and I made it just recently for 2010 New year's day. I got the recipe from Joy of Cooking, and I was amazed at how simple it was. Great way to make a salad from nothing as a side dish.

Ingredients:

- * 2 Cucumbers
- * 1/4 cup rice wine vinegar
- * 1 tbl sugar

Directions:

- 1) Mix the sugar and vinegar, stirring the mixture until the sugar is dissolved.
- 2) Peel and finely slice the cucumbers. (I use the mandolin part of Mom's old grater. You can also use a knife).
- 3) Toss and let chill in the refrigerator for an hour.

Bill's Brussels Sprouts

My enthusiasm for Brussels Sprouts was not shared by Marguerite or the kids until around 2010, when I stopped boiling them and started using a (slight) modification of an Ina Garten recipe.

Ingredients:

- * 1 1/2 pounds Brussels Sprouts
- * 3 tablespoons Olive Oil
- * 3/4 teaspoon salt
- * 1/2 teaspoon freshly ground Pepper

Directions:

- 1) Grease a Baking Pan with Olive Oil.
- 2) Trim and cut the Sprouts in half.
- 3) Place cut side down on the Greased Pan.
- 4) Sprinkle a little Olive Oil on top
- 5) Salt and pepper to taste.
- 6) Bake at 400 degrees F for 35-40 minutes.

My Notes:

Ina Garten puts the Brussels sprouts in whole. Cutting them increases the crispy part and decreases cooking time. Katherine likes these, but then again, she has always had a pretty mature palate. When we were in a Caribbean cruise in 1997, she would suck on whole lemon slices. The waiters were amused by this and made sure she had a dish of slices for each meal.

Waltraud's Broccoli (or Spinach) Casserole

This was one of the staples that Mom brought to potlucks.

Ingredients:

- * 3 pkgs. Chopped spinach or 2 pkgs. chopped broccoli
- * 2 Eggs beaten
- * 1 can Cream of mushroom soup
- * 1/2 c. Mayonnaise,
- * 1/2 Onion chopped
- * Salt & pepper
- * Cheese Ritz crackers, crumbled

Directions:

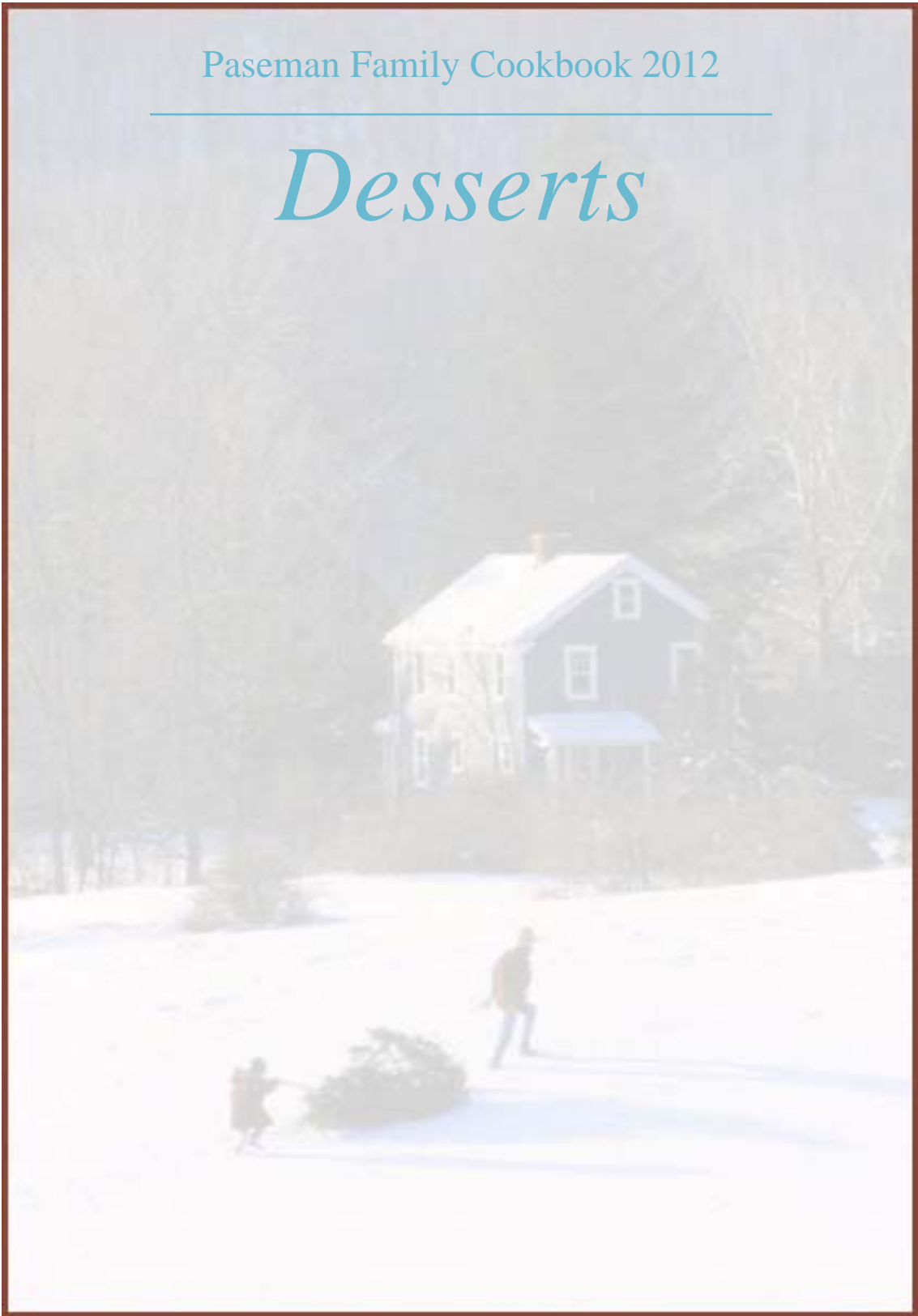
1. Cook vegetables according to directions; drain thoroughly. Mix all ingredients together , except for crackers.
2. Put in buttered casserole dish. Top with finely rolled cheese Ritz crackers; dot with butter.
3. Bake at 350 degrees for approximately 45 minutes.

My Notes:

I've only cooked this once. Mona said that Mom called this a "Spinach souffle". It is easy to eat more than one serving since it is so light.

Paseman Family Cookbook 2012

Desserts



Waltraud's Refrigerator Cookies

This is one of 3 types of cookie Mom (Waltraud Paseman) would make around Christmas Time. She would ship them to the kids after they left home, wrapping each finished cookie individually in wax paper. Here is a batch cooling on the counter in her home on Holly Street.



The nuts originally came from the pecan tree in the back of Mom's house on Holly Street. The last of the tree blew down in September 2011, but I still have a few of its nuts in the refrigerator. The rolls may be frozen for later use. I usually watch the first batch closely, that one determines the best baking time for the particular oven I use. When baking, the one thing I often forget is the importance of butter temperature. If it is too cold when combined with sugar and flour, it won't mix properly. If it is too liquid, the end product has poor texture. IMG_0260.JPG <- Card DSCN5703.JPG

Ingredients:

- * 1 cup shortening (2 sticks butter)
- * 2 cups sugar
- * 2 eggs
- * 2 teaspoons vanilla
- * 3 cups flour
- * 1 teaspoon soda
- * 1 pinch salt
- * 1 cup nuts (chopped pecans)

Directions:

Cream sugar and butter. Beat in eggs and vanilla. Sift flour, soda and salt into creamed butter + eggs. Add chopped nuts. Work with wooden spoon or hands until well mixed. Make 2 rolls of about 2" diameter out of dough. Wrap in wax paper, store in refrigerator for at least 2 hours. Slice into thin slices (about 1/8 inch thick), place on cookie sheet, bake at 375 degrees for 8-10 minutes or until golden brown. Cool on rack.

My Notes:

Waltraud's Tollhouse Chocolate Chip Cookies

This is one of 3 types of cookie Mom (Waltraud Paseman) would make around Christmas Time. She would ship them to the kids after they left home, wrapping each finished cookie individually in wax paper. The original recipe came from the back of a Nestle Toll House semi-sweet morsel bag. Here, Sabrina is making up a batch of Cookies, Brownies and cake for Harker Key Club.



Ingredients:

- * 2 1/4 cups unsifted flour
- * 1 tsp baking soda
- * 1 tsp salt
- * 1 cup butter (2 sticks), softened
- * 3/4 cup granulated sugar
- * 3/4 cup packed brown sugar
- * 1 tsp vanilla extract
- * 2 large eggs
- * 2 cups (one 12 oz package) of chocolate chip morsels
- * 1 cup chopped nuts

Directions:

PREHEAT: oven to 375 degrees F

COMBINE: flour, baking soda and salt in a small bowl. Beat butter, granulated sugar, brown

sugar and vanilla extract in a large bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE: for 9 to 11 minutes until golden brown. Cool on baking sheet for 2 minutes, remove to wire racks to cool completely.

My Notes:

Picture 068.jpg

Bill's Maine Blueberry Gateau

I saw this in a newspaper, and made it first for Gia Audebert as a thank you for inviting Katherine to the French Riviera the summer of 2005. Here is a picture of Sabrina whipping up one. I have made it at least a dozen times since (whenever blueberries look especially good in the store). A tip: When spreading the blueberries over the top, keep them away from the center of the cake. Otherwise the center will incompletely cook.



Ingredients:

- * 2 large eggs .
- * 4 oz unsalted butter, softened (1 stick) .
- * 1 c sugar .
- * 1 tsp flour .
- * confectioners' sugar, for garnish .
- * 1 pint blueberries, rinsed & drained (may substitute 2 c frozen wild blueberries) .
- * 1 c flour .
- * 1/4 tsp vanilla .
- * 1/2 tsp kosher salt .
- * 1 tsp baking powder .
- * 1 tsp lemon juice

Directions:

- 1) Preheat the oven to 350 degrees fahrenheit.
- 2) Lightly grease a 9-inch springform pan & dust with flour.

3) (You can also make this cake in a 9-inch cake pan that has been greased & dusted with flour, & lined on the bottom with parchment paper.

4) In a bowl, mix 1 c of the flour with baking powder & salt & set aside.

5) Using an electric mixer on medium-high to high speed, cream the butter, sugar & vanilla until light & fluffy, about 3 mins.

6) Add the eggs one at a time & continue beating until well mixed.

7) Reduce the speed to low & slowly add the flour mixture.

8) Beat until smooth.

9) pour the batter into the prepared pan.

10) In a medium bowl, mix the blueberries with the remaining tsp of flour & the lemon juice.

11) Spoon berry mixture over batter.

12) Bake for 1 hr at 350???? or until a cake tester or toothpick inserted in the center comes out clean.

13) Remove from the oven & let the cake cool in the pan for 10 mins.

14) If using a springform pan, slide a thin knife around the edges of the cake to release it from the pan before you release & remove the springform.

15) (If using a cake pan, slide a knife around the edges of the cake & invert it onto a cake rack.

16) Transfer the cake to a platter, berry side up.

17) Dust with confectioner's sugar before serving.

My Notes:

bcam 240.jpg

Sabrina's Pumpkin Pie

Sabrina has made this pumpkin pie from scratch for several Thanksgivings. It also comes via the Food Network.



Ingredients:

Crust:

- * 1 1/4 cups flour
- * 1 teaspoon cinnamon
- * 2 teaspoons sugar
- * Dash of salt
- * 4 tablespoons frozen butter, cut in pieces
- * 1/4 cup vegetable shortening, frozen in pieces
- * 1/2 egg, lightly beaten
- * 2 to 3 tablespoons cold water

Pumpkin pie filling:

- * 3/4 cup light brown sugar
- * 1/2 teaspoon salt
- * 1 teaspoon cinnamon

- * 1/2 teaspoon ground ginger
- * 1/4 teaspoon ground cloves
- * 2 eggs
- * 1 (15-ounce) can solid pack pumpkin
- * 1 (12-ounce) can evaporated milk

Directions:

CRUST

In the bowl of a food processor fitted with the steel blade, process the flour sugar, cinnamon and salt. Add the frozen butter and process until it is the size of large peas, about 5 seconds. Add the frozen shortening and process for 3 seconds. In a measuring cup, combine the egg and the water. Add egg mixture and process for 5 seconds. Empty the dough onto a counter and incorporate Remaining flour without overworking the dough. Let rest 2 hours.

FILLING

In small bowl, combine sugar, salt and spices. Beat eggs in a large bowl. Stir in pumpkin and evaporated milk. Pour into pie shell. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 and bake for 45 minutes or until firm

My Notes:

<http://www.foodnetwork.com/recipes/traditional-pumpkin-pie-recipe/index.html>
IMG4815

Tatjana's Rice Pudding

I first met my cousin Tatjana when she was 9 and we played in the garden of her mother's weekend house in 1976. She visited me in 2001 and sent me a recipe for Rice Pudding after she heard that I liked my Grandmother's pudding, but could not recreate the recipe. Here is a picture of her and I in 2003 in Bodenmais with Greg Joe (who I've known since college) and Oliver, Tatjana's then fiance and now husband.



Ingredients:

- * 2 1/2 cups (600 ml) of whole milk
- * 1/3 cup (66 grams) of uncooked long or short grain white rice
- * 1/8 teaspoon salt
- * 1 egg
- * 1/4 cup (50 grams) dark brown sugar
- * 1 teaspoon of pure vanilla extract
- * 1/4 teaspoon of ground cinnamon
- * 1/3 cup (40 grams) raisins

Directions:

1. In a medium heavy bottomed saucepan, combine milk, rice and salt and bring to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.

2. In a small mixing bowl, whisk together egg

and brown sugar until well mixed. Add a half cup of the rice mixture - a tablespoon at a time - beating to incorporate.

3. Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 10 minutes or so, until thickened. Be careful not to have the mixture come to a boil at this point. Stir in the vanilla. Remove from heat and stir in the raisins and cinnamon.

Serve warm or cold.

My Notes:

DSCN0527.JPG

Clare's Milk Candy/Toffee

Mrs. Hsu would make this for Christmas. I could always count on a jar as a present. She would also send a jar every year to my father, who had a big sweet tooth. In fact, one story my father would often recite was when he was a little boy visiting his father's father. He brought a bag of jelly beans for the summer, which his grandmother promptly confiscated. Thereafter throughout the whole summer, the woman would give my father one jellybean a day. The thing that really got him upset was that they were HIS jellybeans. Although he did not eat much in general, he always had a jar of jellybeans sitting around the house as I grew up, and so especially liked this yearly gift from Clare.



Ingredients:

- * 12 oz Sugar
- * 4 oz Water
- * 1 stick butter, cut into 8 pieces
- * 1 can condensed milk
- * Added flavorings such as Skor bars or almond extract (optional)

Directions:

1. Dissolve the sugar in the water
2. Add 1/8th stick of butter, watch till it completely dissolves
- 2a. (Optional) if you want to add coffee, golden

syrup, cocoa, malt or other flavor, add now

3. Add 1 can condensed milk.
4. Stir for 45 minutes (no stopping!) until it "leaves the bowl" using medium or medium/low heat. As the candy thickens and start to leave the pot, add vanilla or almond extract (1tsp)
6. Pour the goo into the buttered container; Let sit for 5 minutes
7. Score the candy with a butter knife (cut into 4 pieces); flip over to cool on both sides

Note: Candy is most delicious in this semi-molten semi-cooled state.

8. After about 10 minutes, completely cut the candies and store in a jar

My Notes:

mcam 005

Bill's Pan Fried Figs

I invented this two ingredient recipe in the summer of 2011. My father's mother (Hilda) had a fig tree in the front yard and would eat them as they became ripe. I would think of her whenever I saw them. So I bought a tray at Costco shortly after Sabrina and I attended a Menlo Park Street Fair. We had bought a pear infused balsamic vinegar and a Meyer lemon infused Olive Oil. I was especially enamored of Fruit infused Olive oils that summer since we had eaten some Bi-Rite ice cream that was covered with Blood orange infused Olive Oil.

Ingredients:

* Figs

* Meyer Lemon infused Olive Oil

Directions:

Cut the stems off the figs and slice them in half.

Heat a skillet to medium high with a table spoon of olive oil in the one spot.

After the oil becomes hot, plop a fig down in the oil and slide it to one side. Continue until all figs have some oil underneath and are sizzling.

Cook until tender.

Hilda's Whipped Cream Cake

Many of the recipes here are from the 50's and 60's, a time where we walked everywhere, and so obesity was not the problem it is today. This recipe is from even before then, from Hildegard Paseman, my father's mother. In essence, it is a simple tiramisu, with vanilla wafers taking the place of ladyfingers. Probably the most fat per cubic inch of anything you will ever try, it is simple and delicious. Don't eat too much.

Ingredients:

- * Whipping Cream
- * Sugar
- * (Optional) Liqueur
- * Vanilla wafers

Directions:

- 1) Whip the Cream according to carton directions, sweeten to taste and add liqueur if desired.
- 2) Spread a layer on a serving plate.
- 3) Pack down a single layer of Vanilla wafers.
- 4) Spread a layer of whipped cream.
- 5) Repeat until cake is of desired height.
- 6) The last layer should be Whipped cream.
- 7) Put in Refrigerator until wafers become soggy (6-12 hours)
- 8) Slice and eat.

Rami Rubin's Chocolate Espresso Cheesecake

I worked for Rami in the early 1980's at Daisy Systems, my first job in California. He was a really sweet guy, willing to put up with all sorts of attitude on my part (presumably because I could deliver product). This is the recipe for a cake he brought to a potluck, which I have made many time since. It is a real crowd pleaser. Here is a picture of Daisy's first employees at its 1981 Xmas party showing Rami (in the red shirt), myself and a few others, including Vinod Khosla, who later co-founded Sun and Harvey Jones, who later co-founded Synopsys.



Ingredients:

- *24 ounces of cream cheese**
- *18 crushed Oreos or 26 crushed chocolate wafers**
- *2 Tb sugar**
- *1/4 cup butter or margarine, melted**
- *12 ounces semisweet chocolate pieces**
- *2 Tb instant espresso coffee or instant coffee**
- *2 Tb hot water**
- *1 cup sugar**
- *3 Tb flour**
- *3 eggs**
- *2 egg yolks**
- *1 cup heavy cream**

Directions:

- 1) preheat oven to 350
- 2) Let cream cheese soften to room temperature in a large bowl
- 3) Blend the cookie crumbs, sugar and melted butter in a small bowl. Pour into spring form pan and press firmly over the bottom and half way up the side. Chill briefly before filling.
- 4) Melt chocolate in top of a double boiler over hot, not boiling water
- 5) Dissolve espresso in hot water and set aside
- 6) Beat cream cheese with electric mixer at medium speed just until smooth. Add sugar gradually, beating just until light and fluffy. Sprinkle flour over mixture, blend throughly. Add eggs and egg yolks, one at a time, beating well after each addition.
- 7) Beat in melted chocolate, dissolved espresso and cream at LOW speed. Pour into prepared pan.
- 8) Bake in moderate oven for one hour. Turn off heat and let cake remain in oven, with door closed, 40 minutes or longer.
- 9) Remove cake from oven: Cool completely on wire rack.
- 10) Refrigerate several hours or overnight
- 11) Serve at room temp, but keep unused cake in refrigerator. Garnish with whipped cream rosettes and chocolate curls if desired.

My Notes:

IMG_0261.JPG

Chris' Fresh Peach Delight

Chris, Marguerite's Sister, is a registered nurse and was there for each of our children's births. Stated differently, whenever she was needed most, she was there. She actually got this recipe published in the cookingclub.com magazine around May of 2009. She is also Sabrina's Godmother and is here with Sabrina on her graduation day.



Ingredients:

1/2 cup butter, softened

1/4 cup powdered sugar plus extra for garnish, divided.

1 cup plus 3 tablespoons all-purpose flour, divided

2 eggs

3/4 cup sugar

2 tablespoons lemon juice

1 1/2 lb. white or yellow peaches (3 to 4 large), peeled, finely chopped (4 cups)

Directions:

1. Heat oven to 350 degrees F. Grease 8" square baking pan. Beat butter and 1/4 cup of the powdered sugar in large bowl at medium speed until combined. At low speed, beat in 1 cup of the flour. Press inot bottom of pan. Bake 15 minutes or until set.

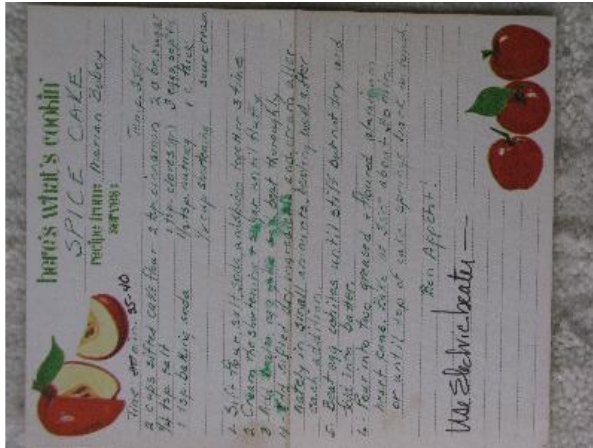
2. Meanwhile, whisk eggs in medium bowl. Whisk in sugar, remaining 3 tablespoons flour and

lemon juice.

3. Arrange peaches over crust to cover completely. Pour egg mixture over peaches. Bake 35 to 40 minutes or until set (do not overbrown). Cool on wire rack. Sprinkle with powdered sugar right before serving.

Hilda's Spice Cake

This recipe was sent to me by Debbie Douglass, my father's brother's daughter. The recipe card is from my father's maternal cousin (Marion Bobey) and comes close to the spice cake my grandmother (Hilda Paseman) would make.



into batter.

6. Pour into two greased and floured heart pans. Bake at 350 degrees about 30 minutes or until top of cake springs back on touch.

My Notes:

IMG_0339a.jpg

Ingredients:

- * 2 cups sifted cake flour
- * 1/4 tsp flour
- * 1 tsp baking soda
- * 2 tsp cinnamon
- * 1 tsp ground cloves
- * 1/2 tsp nutmeg
- * 1/2 cup shortening
- * 2 cups brown sugar
- * 3 eggs (separated)
- * 1 cup thick sour cream

Directions:

1. Sift flour, salt, soda and spices together 3 times.
2. Using electric beater, cream the shortening and sugar until fluffy.
3. Add eaten egg yolks and beat thoroughly.
4. Add sifted dry ingrediaents and cream alternately in small amounts, beating well after each addition.
5. Beat egg whites until stiff, but not dry and fold

Buschel's Spanish Almond Cake

Margot Pfeiffer Scholtz (My Grandmother on my mother's side) took in Borders after her husband died. One Border was Buschel, who was a friend of my Uncle Wolfgang. Buschel gave me this recipe at Wolfgang's funeral. Buschel was an incessant smoker and an ardent socialist when I first met him in 1976. My uncle Dickie explained that Buschel had started as a Nazi, had moved to CDU, CSU, SPD,... Pretty much every political system under the sun in his slow migration from extreme right to the extreme left. It seems that a lot of misfits passed through Grandmas house. She seems to have given shelter to them all. Not the worst legacy to have left behind.

Ingredients:

- * 375 gm Zucker
- * 10 Eier
- * 500 gm Mandeln
- * 1 pkg (8 gm) VanillaZucker
- * 1 tsp BitterMandeln Oel

Directions:

- 1) Mix Ingredients together in order
- 2) Bake in a convection oven at 160 degrees C for 45 minutes.

My Notes:

This is a variant of a German Madeltorte (Almond Tort Cockaigne in "Joy of Cooking"). However, JOC's recipe separates the eggs and folds in the beaten whites before baking. It also adds lemon zest and juice, which Marguerite and Kat found disagreeable.

Sabrina's Cupcakes

Sabrina made these cupcakes for her boyfriend in 2009 for Valentine's day. From left to right, top to bottom, they are: "Corn on the Cob", Chicken Drumstick, Mashed Potatoes, "Corn on the Cob", Spaghetti, Peas and Carrots



Ingredients:

Peas and Corn - "peas" - Lime Jellybellies placed "end on" in the icing with "carrots" - orange Starburst candies.

Spaghetti,

"Corn on the Cob",

Mashed Potatoes,

Chicken Drumstick

Directions:

Picture 1.jpg

Valerie's Parfait

Valerie made this on the last night of my August 2011 visit. She is pictured with her husband Francois, and wore that dress earlier in the day during our trip to Saint Emilion.



Ingredients:

- o 500 ml strawberries or raspberries
- o Juice 1/2 lemon
- o 500 g Frozen Red berries
- o 100 g sugar
- o 2 egg whites
- o Vanilla Ice Cream

- o Whipped cream
- o 8 Mint Leaves
- o Small shortbread cookies
- o (optional) Chocolate shavings or cinnamon powder

Directions:

- 1) Blend the strawberries (or raspberries), add the juice of 1/2 lemon
- 2) Refrigerate.
- 3) Blend the frozen red berries, sugar and 100 ml of cold water for 30-40 seconds.
- 4) Beat two egg whites, add to the blender and blend an additional 1-2 minutes. The mixture should increase in volume and start to foam.
- 5) Prepare 4 cups, layering in a portion of reduced strawberry juice, red berry foam, a scoop of ice cream, some whipped cream and some mint leaves.
- 6) Optionally sprinkle with chocolate shavings or cinnamon powder and garnish with cookies.

My Notes:

Reduce to juice of the fresh strawberries (or raspberries), add half of the freshly squeezed lemon juice, and keep in the fridge. Just at the time of serving, cooking the rest: In a blender, put 500g of frozen red berries, a little sugar (approximately 100g, no more), and 100ml of cold water. Mix 30 in 40 seconds. Put in the device the spatula's egg white, and add two egg whites. Mix 1 in 2 minutes: the mixture sets of the volume, and tranforme foam. In cups, put the juice of strawberry, the foam of red berries, a scoop of vanilla ice cream, the whipped cream, some mint leaves. We can decorate with vermicelli of chocolate, cinamon in powder, or what we want, since it is attractive. And of course, biscuits. It is ready for the tasting!

Marguerite's Favorite Egg Puffs

Marguerite loves Egg Puffs and was sad when a local dessert place that serves them was shut down. So Sabrina gave Marguerite an egg puff pan for Christmas 2011.

Ingredients:

Flour : 4 ounces

Corn Starch : 1 ounce

Baking Powder : 1 teaspoon

Egg : 2

Granulated Sugar : 4 ounces

Evaporated Milk : 2 ounces

Water : 4 ounces

Directions:

1. Sieve the flour, corn starch and baking powder first.
2. Mix the egg and the granulated sugar evenly. Then add the evaporated milk and water to the mixture little by little. Finally, add the powder. Keep stirring until the mixture becomes thick.
3. Heat your egg puff iron on the both sides, then rub some oil into the mold and pour the flour paste into it (80% full). Put the lid on the mold. Clamps the molds together tightly. Finally, heat both sides for 2 to 3 minutes until the egg puff is done.
4. Finally, use a fork to sort the egg puff out.

My Notes:

Egg Puffs (also called as Gei Dan Jai, Egg Waffles, Eggettes or in Chinese 吉蛋仔;) is a Hong Kong style waffle usually made and sold by street hawkers and eaten warm on the street. They are crisp on outside with a little layer of doughy-creamy texture on the inside, but the bubbles are hollow. Egg, sugar and evaporated milk are used in the Egg Puffs recipes, giving them a sweet flavor. They are generally soft and not dense. Traditional Egg Puffs are full of the flavor of yolk. Sometimes different flavors, such

as chocolate and honey melon flavor are used in the recipe and create various colors. The batter is very thin and poured from the pitcher into Egg Puffs iron which is a two piece mold that is then closed and flipped around to distribute the batter. The bags have little holes in them so as to prevent condensation from the heat.



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