

Appetizers and Snacks

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Dip Recipes

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Curry Garlic Dip

From: mnh@catfish.ocpt.ccur.com (Michele Hardy)

Date: Fri, 8 Oct 1993 14:18:30 GMT

I will be forever grateful to Aunt Shirley for introducing us to this recipe. A mayonnaise base is seasoned with cury, garlic, and Worcestershire sauce which blend together for an unusual flavor. This dip is always a smashing success. It's also fabulous as a sauce for cold steak, pork, or lamb, and divine with cold, poached shrimp!

- 1 pint mayonnaise
- 3 tbsp chili sauce
- 1 tbsp curry powder
- 1 tbsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tbsp grated onion
- 1 tbsp Worcestershire sauce

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate for at least 24 hours, allowing the flavors to blend together. (This dip will keep refrigerated for 2 to 3 weeks.)
2. Present with an assortment of lightly blanched and raw vegetables.

About 2 cups of dip

Some Favorite Crudites

Artichoke hearts	Asparagus	Broccoli
Carrots	Cauliflower	Celerty
Cherry tomatoes	Cucumber	Mushrooms
Peppers(green, red, yellow and orange)	Radishes	
Snow Peas	Zucchini	

Source(including opening narrative): The Uncommon Gourmet by Ellen Helman

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COLLECTION: Diverse Dips

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:29 +0200

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From: arielle@taronga.com (Stephanie da Silva)

AFRICAN RED DIP WITH SHRIMP (ATA SAUCE WITH SHRIMP)
=====

West African Ata Sauce is based on a homemade red pepper paste, complex with the flavors of many spices.

Red Pepper Paste:

-
- 1/4 cup dry red wine
 - 1 tsp ground red pepper
 - 3/4 tsp salt
 - 1/4 tsp ground ginger

reserved oil, margarine and garlic in blender on medium speed, scraping sides of blender frequently, about 1 minute. Garnish with parsley. Serve at room temperature with Vegetable Dippers.

Note:

These can include carrot sticks, cauliflower or broccoli flowerets, celery sticks, cucumber or zucchini sticks, green onion pieces, small whole mushrooms, red or green pepper strips, radishes with stems.

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From: arielle@taronga.com (Stephanie da Silva)

ARTICHOKE DIP

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Ingredients:

- 1 pkg frozen artichoke hearts (10 oz)
- 1 cup sour cream
- 1 cup mayonnaise
- 1/2 cup grated Parmesan cheese

Instructions:

Preheat oven to 375F. Defrost artichoke hearts and drain. Mix together sour cream, mayonnaise and Parmesan cheese. Add artichoke hearts and mix thoroughly. Turn into a baking dish and bake until hot and bubbly.

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From: arielle@taronga.com (Stephanie da Silva)

AVOCADO AND RAISIN DIP

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Ingredients:

- 2 avocados, peeled, pitted and chopped
- 1/2 cup raisins
- 1/2 cup oil
- 1/4 cup lime juice
- 1 tsp sugar
- 1 tsp salt
- 1/4 tsp freshly ground pepper

Instructions:

Place all ingredients in blender container. Cover and blend on high speed until smooth, about 45 seconds. Serve with raw vegetables, assorted crackers or fried tortillas.

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From: arielle@taronga.com (Stephanie da Silva)

BEAN AND GARLIC DIP

=====

Ingredients:

- 2 cup cooked pinto beans
- 1/4 cup mayonnaise or salad dressing
- 1 clove garlic, finely chopped
- 1 1/2 tsp ground red chiles
- 1/4 tsp salt
- Dash pepper
- Tortilla chips

Instructions:

Mix all ingredients except tortilla chips. Cover and refrigerate 1 hour. Serve with tortilla chips.

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From: bcj@cyberspace.com (Brett Jones)

CAESAR MAYO DIP

=====

(Servings: 4)

Ingredients:

- 2 Anchovy Fillets
- 1 tsp Dijon Mustard
- 1/4 tsp Black Pepper
- 1 tblsp Lemon Juice
- 1 1/2 cup Mayonnaise
- 1 tsp Worcestershire Sauce
- 2 tblsp Parmesan Cheese

Instructions:

Chop and mash the anchovy fillets on a cutting board. Put in a bowl and

blend in the mayonnaise. Add the remaining ingredients and blend well. Cover and chill. Makes about 1 3/4 cups of dip

Suggested Dippers:

Seafood, Deli Roast Beef Or Turkey, Radishes, Broccoli, Cauliflower, Snow Peas

Submitted by Johnna Hartz

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From: morrissey@stsci.edu (Janet "Mostly Harmless" Morrissey)

CLAM CHEESE DIP

=====

Ingredients:

- 1 8-oz package cream cheese, softened
- 1/2 cup crumbled bleu cheese
- 1 tblsp finely chopped green onion
- 1/4 tsp salt
- a few drops of hot sauce
- 1 7 1/2-oz can minced clams.

Instructions:

Mix all ingredients except the clams, and beat until smooth. Drain clams and gently stir into chesse mixture. If necessary, a bit of milk or sour cream can be added if the texture is too thick.

%%%

From: arielle@taronga.com (Stephanie da Silva)

CORN AND WALNUT DIP

=====

Ingredients:

- 2 pkg (8 oz each) cream cheese, softened
- 1/4 cup oil
- 1/4 cup lime juice
- 1 tblsp ground red chiles
- 1 tblsp ground cumin
- 1/2 tsp salt
- Dash pepper

- 1 can (8 3/4 oz) whole kernel corn, drained
- 1 cup chopped walnuts
- 1 small onion, chopped (about 1/4 C)

Instructions:

Beat all ingredients except corn, walnuts and onion in large bowl on medium speed until smooth. Stir in corn, walnuts and onion. Serve with tortilla chips.

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From: arielle@taronga.com (Stephanie da Silva)

CURRY DIP

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Ingredients:

- 1 cup mayonnaise
- 1 1/2 tsp curry powder
- 1/2 tsp dry mustard
- 2 tsp lemon juice
- 1/8 tsp salt
- Fresh cut vegetables or seafood

Instructions:

Blend together mayonnaise, curry powder, mustard, lemon juice and salt. Chill and serve as dip for fresh cut vegetables or seafood, if desired.

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From: mcnichom@newton.ccs.tuns.ca (Michelle A McNichol)

DILL DIP OR SAUCE

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Ingredients:

- 1 cup (250 mL) sour cream
- 1 cup (250 mL) mayonaise (or miracle whip or...)
- 3 cloves chopped garlic
- 3 (or more) tblsp (45 mL) chopped fresh dill
- salt to taste (I use just a pinch)

Instructions:

Mix ingredients and let sit hour or more. Enjoy with chips, fresh veggies etc.

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From: arielle@taronga.com (Stephanie da Silva)

EGGPLANT DIP (BABA GHANNOOJ)

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Ingredients:

- 1 medium eggplant (about 1 lb)
- 1 small onion, cut into fourths
- 1 clove garlic
- 1/4 cup lemon juice
- 1 tblsp olive or vegetable oil
- 1 1/2 tsp salt

Vegetable Dippers (See NOTE)

Instructions:

Pierce eggplant 3 or 4 times with fork. Bake at 400F until very soft, about 40 minutes. Cool. Pare eggplant and cut into cubes. Process eggplant, onion, garlic, lemon juice, oil and salt in blender on high speed until smooth. Serve with Vegetable Dippers.

Note:

These can include carrot sticks, cauliflower or broccoli flowerets, celery sticks, cucumber or zucchini sticks, green onion pieces, small whole mushrooms, red or green pepper strips, radishes with stems.

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From: arielle@taronga.com (Stephanie da Silva)

GUACAMOLE DIP

=====

Ingredients:

- 1 avocado, peeled and seeded
- 1 tblsp lemon juice
- 2 tblsp chopped canned green chiles
- 1/2 cup chopped tomato
- 2 tblsp mayonnaise
- 1 tsp salt

1/8 tsp garlic powder
4 drops hot pepper sauce
Cooked artichokes, chilled (optional)

Instructions:

Puree avocado with lemon juice in blender. In small bowl, combine avocado mixture, green chiles, tomato, mayonnaise, salt, garlic powder and hot pepper sauce. Cover and chill 1 hour. Serve with chilled artichokes, if desired.

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From: morrissey@stsci.edu (Janet "Mostly Harmless" Morrissey)

HERB CURRY DIP

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Ingredients:

1 cup mayonnaise
1 tblsp fresh parsley, chopped
1/2 cup sour cream
1 tblsp onion, grated
1 tsp fines herbs, crushed
1 1/2 tsp lemon juice
1/4 tsp salt
1/2 tsp Worchestershire sauce
1/8 tsp curry powder
2 tsp capers, drained

Instructions:

Mix all ingredients together and chill thoroughly.

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From: arielle@taronga.com (Stephanie da Silva)

REFRIED BEAN DIP

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Ingredients:

1 (29-oz) can refried beans
1 (4-oz) can chopped ripe olives
1/2 cup minced onion
1/4 cup bottled taco sauce

1 tsp garlic salt
1 1/4 cup shredded cheddar cheese
Tortilla chips

Instructions:

Combine refried beans, olives, onion, taco sauce, garlic salt and 1 cup cheese. Spoon into 1-quart baking dish and sprinkle with remaining 1/4 cup cheese. Bake at 350F 30 minutes. Serve with tortilla chips.

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From: arielle@taronga.com (Stephanie da Silva)

SOFT CHEESE DIP

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Ingredients:

1/4 cup butter or margarine, softened
1/2 lb mild cheddar cheese, shredded
2 tblsp minced parsley
1 1/2 tblsp minced jalapeno chile
1/2 tsp hot pepper sauce
1 tblsp Worcestershire sauce

Instructions:

Cream butter until light and fluffy. Add cheese, parsley, jalapeno chile, hot pepper sauce and Worcestershire and beat until smooth.

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From: arielle@taronga.com (Stephanie da Silva)

SPICY TUNA DIP

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Ingredients:

1 (13-oz) can tuna
1 (6.5-oz) jar or can jalapeno chiles, chopped
1 onion, minced
1/2 cup mayonnaise
Chopped cilantro
Tortilla chips (optional)

Instructions:

Hummus

From: **n9249506@henson.cc.wvu.edu (Cheryl Wheeler)**

Date: Fri, 8 Oct 1993 02:45:59 GMT

3 cans chickpeas
4 T good olive oil
2 T tahini butter
3 T lemon juice
1 t salt
1 T fresh parsley (if dried, leave it out)

First step: ignore the above measurements of everything but chickpeas and tahini. Second step: puree the chickpeas and tahini butter, adding oil to make it mixable. Add some of the other stuff, stop and taste. Repeat. The final product shouldn't be runny -- then again, ignore that too.

[amyl](#)

Hummus

From: **shavelson@binah.cc.brandeis.edu**

Date: Fri, 8 Oct 1993 16:23:45 GMT

2 15 oz. cans chickpeas (garbanzo beans)
1/2 c. tahini (sesame-seed paste)
6 T. lemon juice
3 lg cloves garlic, pressed
1 t. ground cumin
salt and pepper

Drain beans, reserving liquid. Place in food processor or blender with other ingredients and 1/4 c. of liquid. Process until the mixture is smooth, adding liquid until desired consistency is reached. Adjust seasonings with more cumin, lemon, or salt & pepper.

Garnish with fresh chopped parsley, if desired. Serve with crackers, pita bread, carrot sticks, other veggies.

Makes about 3 cups.

Susanne

[amyl](#)

Hummus

From: peterb@kralizec.zeta.org.au (Peter Barker)

Date: 16 Oct 1993 15:21:48 +1000

In <291nul\$9ev@jethro.Corp.Sun.COM> Niel.Hanes@corp.sun.com (Niel W. Hanes) writes:

>I am looking for a recipe for making hummus at home.

Here is one that I often make:

1 1/2 metric cups chick peas, soaked overnight, drain

2 tsp salt

2 cloves garlic

1/2 metric cup lemon juice

3/4 metric cup tahini (sesame seed paste)

pinch cayenne pepper

2 tablespoons chopped parsley to garnish

Place chick peas in saucepan with 3 times their amount of water and 1 tsp salt. Boil for 10 mins, simmer for 1 hour or until chick peas are tender. Drain off liquid and reserve. Reserve 1/2 cup chick peas, puree the remainder. Crush garlic with remaining salt and add to chick peas. Slowly beat in tahini and lemon juice. Add reserved liquid if necessary to get right consistency (I also sometimes use more lemon juice) - you want a thick creamy consistency.

Place in a bowl, sprinkle with whole chick peas, cayenne and parsley. (I usually also dribble a little olive oil on top).

[amy](#)

Hummus

From: **remilad@ucdavis.edu** ()

Date: Mon, 18 Oct 1993 04:06:34 GMT

Niel W. Hanes (Niel.Hanes@corp.sun.com) wrote:

: I am looking for a recipe for making hummus at home.

2 cans garbanzo beans, drained
4 Tbsp tahini
juice of 2-3 lemons (to taste)
salt
1 clove garlic (optional)

Place all ingredients in food processor and blend well.

Finely chopped parsley/pomegranate seeds/whole garbanzo beans/sumaq for garnish.

Olive oil might be poured on top.

Sahtein...(the Lebanese version of Bon Appetit)

Remy E. Milad
remilad@ucdavis.edu

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Spinach Dip

From: mnh@catfish.ocpt.ccur.com (Michele Hardy)

Date: Fri, 8 Oct 1993 14:20:26 GMT

McCORMICK'S FAVORITE SPINACH DIP

1 pkg. (10 oz.)	frozen chopped spinach, thawed and squeezed dry
1 container (16 oz.)	sour cream
3/4 cup	mayonnaise
2 tsp.	Dijon-style mustard
2 envelopes (1 box)	McCormick Collection Spring Vegetable Recipe Blend
1 can (8 oz.)	sliced water chestnuts, chopped
3	green onions, chopped
1	Hollowed bread round

Combine spinach, sour cream, mayonnaise and mustard in a large bowl.

Stir in envelopes of Spring Vegetable Recipe Blend, water chestnuts and green onions. Cover and refrigerate at least 2 hours.

To serve, stir well and spoon into hollowed bread round. Arrange bread cubes, crackers or fresh vegetable pieces around bread for dipping.

Source: McCormick (Note: There is often a recipe for a dip on the box but it is not the same as this one. I have made this one twice and it has received rave reviews both times.)

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Tsatsiki

From: doussis@convex1.TCS.Tulane.EDU (Evangelos Doussis)

Date: Tue, 13 Jul 93 09:22:27 -0500

ingredients

4-5 cloves garlic crushed to death (juices saved with the garlic)
1/2 lb. plain flavour yogurt
1/2 tblspon olive oil
salt and pepper

1/4 cucumber, peeled , grated, and drained

assembly

mix first four ingredients
store in fridge until ready to serve (at least 1/2 hour)
mix in cucumber right before serving

i love tsatsiki as a sauce for french fries, fried zucchini -
my friend likes it on her steak !!!

[mara](#)

Enormous Appetizer Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 18 Jul 93 17:02:11 CDT

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- [Stuffed Mushrooms](#) **CilieGINE Con Prosciutto**

Small, cherry-sized balls of cow's milk mozzarella, packed in sealed plastic containers are available in the dairy section of many supermarkets or speciality stores.

1/2 medium lemon
1 medium garlic clove
2 tbl snipped fresh chives
1/4 cup olive oil
1/4 tsp hot red-pepper flakes
9 ounces fresh mozzarella "cherries" or fresh mozzarella
15 thin prosciutto slices (6 ounces)
If you can find Parma it's worth the extra money.
1 medium bunch dill

Squeeze lemon juice into a medium bowl. Peel and crush garlic and put it into the bowl along with the chives, olive oil, and red-pepper flakes. Drain and add cheese "cherries" or cut mozzarella into 3/4-inch cubes and add to the mixture. Marinate at room temperature at least 2 hours. (Can cover and refrigerate overnight). Cut prosciutto slices in half lengthwise. Wrap 1 slice of prosciutto around each piece of cheese and 1 small sprig of dill.

Secure with a toothpick and serve. Let me know if you want any others. I have many. Or if it is something special you are looking for. I would be happy to help you knock the socks off of your aunt.

Baked Brie/B>

Also, baked Brie is fabulous. If you want to get fancy with the brie, saute some mushrooms with tarragon, garlic and a bit of wine until the mixture is almost dry (the mushrooms should be sliced or chopped, by the by), take a wheel of brie, slice it in half, put the mushroom mix in the middle, and wrap it in phyllo or puff pastry (the frozen puff pastry works fine). Put in the freezer for 20 minutes to firm everything up.

At this point, it can be moved to the fridge and kept until needed. Bake it in a moderate oven until the puff pastry browns. Let sit for 15-20 minutes before cutting.

You can also use puff pasty scraps to cut out little leaves and stuff to put on top of the whole thing for decoration. This is best with the small wheels, about 5 inches in diameter.

Shrimp wrapped in pea pods

Steam the peas so they're limp. Boil and peel the shrimp, leaving the tails on. Wrap each shrimp in a pea pod and skewer with a fancy toothpick to keep it on. Have a couple of dipping sauces.

Puff Pastry Calzone with Chevre & Artichoke Hearts

1 PKG frozen pastry shells (6), defrosted
8 oz. Chevre cheese, crumbled or feta cheese
1/4 cup cut up onion slices
8 ounces marinated artichoke hearts, drained & chopped
2 Tablespoons sliced black olives
grated paremasan cheese

Stack 3 pastry shells together & roll them out to measure 8" (this makes a big one you can do it like this & have people cut off a slice or make little ones).

Place pastry on a lightly greased cookie sheet.

When you defrost shells don't let them get too soft - just so they are still chilled.

Combine the next 4 ingredients & place in center of pastry leaving a 1" border along the edge. (you can also add some garlic to the mixture)

Roll out the remaining shells in the same fashion & place over the filling. Press & seal the edges with the tines of a fork. Scallop them in a decorative fashion. Pierce top with fork & brush top with a little water & sprinkle with a little grated parmesan cheese.

You can either bake it now or put it in the fridge until the next day if need be.

Bake in a 400 oven for about 25 minutes or until top is a deep golden brown. place in a platter & cut into wedges to serve. Serves about 6.

If you assemble this in advance that's fine but don't bake it until just before serving.

Russian Stuffed Eggs

1 doz. large (jumbo) eggs
1/2 lbs large mushrooms
1 bunch parsley
ground black pepper
Mayonnaise (I used Cholesterol Free Kraft)

Boil the eggs for 10 minutes or more (until they're hard) let them cool off completely.

Chop the mushrooms very finely (a good food processor will help) The goal is to have about 2 cups of chopped mushrooms for every dozen eggs.

Chop 1/2 cup of parsley (very very fine, food processor type fine)

Cut the eggs in half and take out the yolks. Mix the egg yolks with the mushrooms, parsley and add a tea spoon full of black pepper.

Add 1/2 cup mayonnaise and stir the whole thing. You should have a grey, mushroomy paste.

Stuff each hollow egg half with heaping teaspoon of the paste. Put a tiny little bit of mayo on top and stick a parsley leaf on. Refrigerate before serving.

Most people grabbed 3 - 4 halves, so plan accordingly. If you're handy around the kitchen, 3 dozens of this should not take you more than 1 hour and you can prepare this hours ahead.

Boboli pizza

- 1 Boboli (Italian crust in the shape of pizza pre-made up)
Pesto sauce
sun dried tomatoes
grated cheese (Monterey Jack works great)

Spread the pesto sauce on the boboli. Lay the sun dried tomatoes on top (I laid them on paper towels to get some of the excess oil off). Cover top with grated cheese. Bake at 450 for 10 minutes or until cheese is melted. Cut in diamond shapes, then cut shapes in half to get finger-sized triangles. Serve warm.

Savory Egg Rolls

(makes around 56 small rolls)

- 1 Medium Carrot (Julienned)
- 6 - 8 Scallions (chopped)
- 2 Medium Cloves of Garlic (crushed)
- 1/2 Lb. White Mushrooms (chopped) or Shitake if you're from Palm Beach
- 3/4 Lb. Spinach (stemmed and broken up)
- 10 oz. Cooked Salmon (canned, or preferably fresh)
- 12 - 15 medium to large shrimp (peeled, deveined, and chopped)
- 2 Tbsp. Chinese Cooking Wine or Dry Sherry
- 2 Tbsp. Dark Soy Sauce (Kikkoman?)
- 1 Lb. Package of Won Ton Wrappers
- About 1/2 Package of "White Sauce" mix (for thickener)
- Salt and Pepper to taste
- 1 - 2 Cups Vegetable oil (for deep frying)

Filling Preparation:

In a fairly large sauce pan or fry pan, saute garlic, scallions, and carrot in a little oil until vegetables are limp. Add wine, soy sauce, spinach, seafood and mushrooms and stir fry, while breaking up the salmon into small pieces. Be careful not to overcook. Shrimp should turn pink and mushrooms and spinach should have rendered their liquid and gone soft. Add some of the White Sauce mix a little at a time until good consistency is reached, and ingredients stick together (like stuffing). Let this mixture cool before making the rolls.

Stuffing and Frying:

Lay out a sheet of wax paper for a work area, and have within reach a saucer with a little water. It's best to do three at a time, I found. Place about a well rounded teaspoon of filling in the lower third

of each Won Ton wrapper. Then fold the two sides part way over the mixture. Wet your finger in the saucer and use it to moisten the top end of the wrapper. Roll it up and seal it. For frying, put enough oil in the pan to just cover the rolls. Fry for 3-5 minutes each until golden brown. You can fry maybe 5-8 at a time depending on the size of the pan. Turn each occasionally to check doneness and color. Drain on paper towels.

Dipping Sauce:

This one goes well. Just mix about 2 Tbsps. of Grey Poupon (or similar) mustard with 1 Tsp. honey and 1 Tbsp. dark soy sauce.

These are not so difficult to make as it may seem. The worst part is the wrapping, but that might take only 15 minutes or so once you get adept and have a little practice. These rolls reheat well by low temp (325) oven or microwave. Heat before serving, but they're OK at room temp.

Mini Quiche

Prepare a double batch of pie crust or purchase a pie crust mix. Roll out and cut in circles using a donut cutter or cooking cutter. Place circles into bottom of muffin pan so that pie crust curls up the sides by about 1/4 inch. Fill with any combo of filling. I used bacon, mushrooms, onions, and swiss for one filling. The other was broccoli, onions and cheddar cheese. Place just enough filling so it does not go above lip of crust. Beat 2 eggs and 3/4 cup sour cream. Spoon 1 teasp. of egg mixture over each quiche.

Bake for 20-25 min in 375 oven.

Reheat defrosted quiche for 10 min in a 400 oven.

A Different sort of Rumaki,/B>

Shrimp (usually use the med size prawns, fresh is better)

Pepper Bacon (really really it makes a difference)

A full large head of garlic

several lemons and limes

1 -2 tsp dried red pepper

Peel and devein the shrimp. Marinate them with all the garlic (peeled and crushed), the red pepper and enough of equal amounts of fresh lime and lemon juice to cover all the shrimp. Marinate in the 'fridge for 3-6 hours. I usually do this in the morning and let

them go all day.

After marinating, drain the shrimp (If you are grilling outside I recommend that you save the marinade and baste with it) and cut the bacon strips in half. Wrap the bacon around the shrimp and secure with a toothpick. Either grill over mesquite basting with the reserved marinade (the favored method) or broil in the oven. You may pre-grill these and refrigerate, then warm in the broiler prior to serving. In fact, I think they even taste better that way!

Layered Bread Loaves

order loaves of bread from a bakery (or bake yourself if you're really ambitious). you can even ask them to make them in pastel shades if you're so inclined. just ask them to slice the bread horizontally for you ... so you have about 5 or 6 long slices. trim the crust and spread/stuff/fill with whatever you like. i've used pate, cream cheese (again, tinted if you want) with chopped olives, cherries, nuts, whatever ... or you can use any one of the prepared flavored cream cheeses in the supermarket. roll up, fasten with toothpicks, wrap first in saran, then in foil (the saran keeps the foil from getting stuck to the rolls), and freeze for an hour or so. remove from the freezer an hour or so before you're going to serve them and slice. you have pretty little pinwheel-looking things.

Mushroom sandwiches

this one takes a little longer. chop up some fresh mushrooms and onions, and saute in butter, margarine, oil, whatever until the onions are clear. drain and set aside until cool. on cocktail bread (rye or pumpernickel), pile a mound of mushrooms and onions, grated swiss cheese, grated italian cheese (i use locatella), and bread crumbs. broil until the swiss melts, and serve immediately.

Filled Tortillas

6 flour tortillas (El Ranchito brand work best)

Salsa (optional)

1 pkg (12-16 oz) cream cheese (softened)

1 1/2 tbl chopped black olives (measurement is a guess)

4 jalipinios chopped fine (fresh are better than canned) (more or less to taste)

1/4-1/2 tsp chili powder

3/4 tsp Johnnys (or other) seasoning salt

Mix softened (can be done in the microwave) cream

cheese, olives, jalipinos, chili powder, and seasoning salt. Spread a thin layer on tortilla going all the way out to the edges. Roll tortilla. Repeat for each tortilla. At this point you can either put them in a plastic bag in the refrigerator and save until you are ready to serve them, or serve immediately. (Sometimes I warm them for a few seconds in the microwave to soften, other times I serve cold). Cut into 1/2" slices before serving. Can be dipped into salsa.

Crab Puffs

- 1 pkg. wonton skins
- 8 oz. cream cheese
- 7 1/2 oz. crab
- 2 tsp. soft breadcrumbs
- 2 drops sesame oil

Combine all ingredients except skins. Fill squares with 1 tsp. of the mixture and fold over, making triangles. Moisten to seal edges. Fry in oil heated to 370 F for 3 minutes, or until brown and puffed, turning once. Serve with Chinese mustard.

Mexican Stuffed Mushrooms

- 1 lb. hot sausage
- 1/3 c. soy sauce
- 1 clove garlic
- 2 lbs. LARGE mushrooms

Mix together the first 3 ingredients. Stuff mushrooms. Bake at 350 F for 20 minutes or until sausage is done.

Fresh Fruit Dip

- 8 oz. cream cheese, softened
- 1/2 c. lemon yogurt
- 1/2 tsp. vanilla
- 1/2 c. coconut, toasted
- 3 tbl. milk

In a small mixer bowl beat together the cream cheese, lemon yogurt, honey, and vanilla till smooth. Stir in the coconut and milk. Turn into serving bowl. Cover and chill in the refrigerator till cold. Serve with slices of fresh fruit.

Filo Dough Triangles

2 boxes (2 pounds) Filo pastry leaves

1 to 1+1/2 pounds unsalted butter, melted and slightly cooled
3 batches of FILLING(s) (see below)

Melt the butter. Take a filo leaf, lay it out flat, and brush it with melted butter. Put another leaf on top of this one and butter it as well. Cut this into four long strips (the dough is usually 18x24, so when you cut it, you should get four 4.5x24 strips). For each strip, put a spoonful of filling at the top, and then flag-fold the strip into a triangle with the filling inside. Repeat until you run out of either the filling or the filo leaves.

Slash the tops of the triangles -- be careful not to cut through to the filling.

Bake these at 450 degrees F. for about twenty to twenty-five minutes. (Basically, you just want to make them golden-brown.)

Roquefort-Leek filling

1/2 cup minced leeks (about two leeks)
3 tbsp butter
2 oz. Roquefort cheese
2/3 cup Ricotta cheese
1 egg-yolk
Salt and pepper if you want

Cut the green tops off the leeks; discard. Quarter the leeks down their long axis, and rinse well in a pot of water. Now mince finely. Saut'e in the butter until tender. Crumble the roquefort and mix in; also stir in the ricotta. If you really feel that you *must* add a bit of salt, and you don't mind that it's going to ruin your blood pressure, besides clogging your arteries with the cholesterol from the butter and cheeses, (:-) then add some. Same with the pepper. :-)

Mix well. Fills up about 24-30 triangles.

Three-Cheese filling with Pepperoni

1/2 cup Ricotta cheese
3 tbsp grated mozzarella
3 tbsp freshly grated Parmesan
1/4 cup very finely chopped pepperoni
1 egg yolk
Salt and pepper if you want

Mix everything together. Fills up about 24-30

triangles.

Crab filling

8 oz. fresh crab meat
3 tbsp butter
3 tbsp shallots, finely chopped
1 tbsp sherry
1 tbsp Dijon mustard
Salt and pepper if you want

Melt butter, saut'e shallots until soft but not browned. Add the crab and sherry, saut'e or 30 seconds. Stir in the rest, let cool. Fills up about 24-30 triangles.

Curried Lamb filling

8 oz lean boneless lamb
3 tbsp butter
1/2 cup finely chopped onion
1 clove garlic, minced
1-2 tsp curry powder
1/4 tsp ground coriander
a pinch of cayenne pepper
Salt and pepper if you want

Chop lamb into 1/4 inch pieces. Melt 2 tbsp butter in a pan and brown lamb over medium-high heat. Move lamb to a bowl, and saut'e the onion, garlic, curry, and coriander until soft. Stir in lamb and season to taste with salt, pepper, and cayenne. Fills up about 24-30 triangles.

MEXICAN APPETIZER

1 (8 oz) package cream cheese, softened
1/2 jar thick and chunky picante sauce
1/2 jar dried beef, chopped
8-10 flour tortilla shells
1 C cheese, grated
Paprika

Mix cream cheese, picante sauce and dried beef until creamy. (You may chop the dried beef in a food processor, then add the other two ingredients and mix.) Place one tortilla shell on serving dish and spread with a layer of the mixture. Repeat this process until you have a stack of 8 to 10 tortilla shells with cream cheese layers between. Cover with plastic wrap and refrigerate overnight. Cut into wedges to serve. Sprinkle with grated cheese and

paprika. If desired, serve with sour cream, guacamole, or extra picante sauce on the side.

The grated cheese can also be added to the cream cheese mixture rather than sprinkled on top.

CRAB RANGOON

1 or 2 packages (8 ounces) Neufchatel cheese, softened (or cream cheese) {amount based on how "cheesy" you want them} 1 can (6 ounces) crab meat, drained and flaked 2 green onions including tops, thinly sliced 1 clove garlic, minced 2 teaspoons Worcestershire sauce 1/2 teaspoon lite soy sauce 1 package (48 count) won ton skins vegetable spray coating In medium bowl, combine all ingredients except won ton skins and spray coating; mix until well blended. (To prevent won ton skins from drying out, prepare one or two rangoon at a time.) Place 1 teaspoon filling in center of each won ton skin. Moisten edges with water; fold in half to form triangle, pressing edges to seal. Pull bottom corners down and overlap slightly; moisten one corner and press to seal. Lightly spray baking sheet with vegetable coating. Arrange rangoon on sheet and lightly spray to coat. Bake in 425 degree oven for 12 to 15 minutes, or until golden brown. Serve hot with sweet-sour sauce or mustard sauce. Makes 48 appetizers. NOTE: Rangoon can also be fried in oil. Spicy Phyllo Cups

6 sheets phyllo pastry
1 T olive oil
1 onion, finely chopped
1/4 cup pine nuts
2 cloves of garlic, crushed
1 t ground cumin
1 t ground cardamom
1/8 t cayenne pepper
1/4 t ground cinnamon
1/4 pound mushrooms, chopped
1/3 cup raisins, chopped
1 T olive oil
1/2 pound rump steak, chopped (I used tenderloin)
black pepper
chives

Stack three sheets of phyllo dough on a work surface. For cups, use a three inch round tart pan or mold to cut out circles, and then place the circles in 2 1/4" tart pans. For boats, use a 4 1/2 x 2" boat-shaped tart mold as a guide and place the phyllo into 3 1/2 x 1 1/2" boat-shaped molds. Cut out approximately 30 cups or boats.

Bake at 425 for 6-8 minutes. They should be golden brown. Remove carefully from the molds and cool on a wire rack.

Heat 1 T olive oil in a frying pan. Cook onion over medium-low heat until soft but not browned (5-6 minutes). Add the pine nuts the garlic, and the cumin, cardamom, cayenne, and cinammon. Cook 2-3 minutes. Add mushrooms and cook until soft. Add raisins. Transfer to a plate.

Heat 1 T olive oil in the frying pan. Stir-fry the steak until it changes color. Add the mushroom mixture and combine. Season with pepper, and salt if desired. Spoon filling into cups or boats. Sprinkle with cut chives. Serve warm.

Brie En Croate

1 ea Brie round
1 ea Pastry dough
1 ea Egg
2 T Milk

Completely enclose cheese in pastry. Make egg wash of egg and milk.

Put brie on baking sheet with seam side of dough down. Brush with egg wash. Cut garnish of leaves, flowers, etc., from scraps of pastry and decorate top of Brie. Bake at 350F about 30 minutes or until golden brown.

Cheese puffs

8 ea Slices white bread
2 c Milk
8 oz Old English cheese slices
1/2 t Pepper
3/4 t Dry mustard
1/4 c Butter, melted
1 t Salt
3 ea Eggs

May be prepared the day before.

At least 4 hours before cooking, trim crusts and cut bread into 1" squares. Cut cheese into bite size pieces. In large greased casserole, alternate layers of bread and cheese. Pour melted butter over top. Beat eggs well, stir in salt, pepper, mustard and milk. Combine thoroughly. Pour over casserole. Cover and refrigerate. One hour before serving, bake at 350 degrees, 30 minutes covered, then 30 minutes uncovered until top is golden and puffy.

Goat Cheese Spread

6 cloves garlic (unpeeled)
1 Tbsp olive oil
1/2 Lb. fresh goat cheese (e.g. Montrachet)(any other suggestions??)
1/3 C drained oil-packed sun-dried tomatoes, cut julienne

Preheat oven to 350 F. Toss whole cloves with oil in heavy small baking dish. Bake until soft and brown, about 15 min. Cool slightly. Slip skins off

garlic; transfer to medium bowl and mash to paste. Mix in goat cheese and tomatoes. Can be prepared 4 days ahead; refrigerate.

Let stand 1 hr before serving.

Olive-Caper Spread

1/2 C pitted black Kalamata olives
3 Tbsp olive oil
1 Tbsp chopped fresh basil
1 Tbsp drained capers
2 garlic cloves, minced

Puree olives with oil, basil, capers and garlic in processor. Transfer to bowl. Can be prepared 4 days ahead; refrigerate. Let stand one hr. at room temp before serving.

Croutons (for spreads)

1 8-ounce French baguette, in 1/2 inch slices
1/4 C (1/2 stick) unsalted butter, melted

Preheat oven to 400 F. Arrange bread slices on baking sheet. Brush both sides with butter. Bake until crisp and golden brown, about 10 min. Cool slightly. Can be prepared 1 day ahead. Cool completely; store in plastic bag at room temp.

Spring-Fresh Hors d'ovres

Endive leaves, separated
Cream cheese plus another cheese for flavoring (roquefort, goat, gruyere, or other cheese of your choice)
Fresh herbs (thyme, rosemary, parsley combination is nice)
Garlic powder (just a bit)
Fresh chives (leave in their lengthy state; don't chop)
Smoked salmon
Red bell pepper

Chop some fresh herbs and set aside. Process together cream cheese and second cheese of your choice. Now cream together in a bowl the cheese mixture, herbs, and a bit of garlic powder to taste. (You may also add some salt, white ground black pepper, or even cayenne pepper if you like.) Put into a pastry bag and fit with an attractive piping attachment (I use the "scallop edge" attachment). Pipe the cheese in a line along the length of the

endive "boat". Do this until all endive leaves or cheese mixture is used. Now top off each by placing on top of the piped cheese length: 1 strand of chive (cut shorter as necessary), a bit of minced red bell pepper, and a small strip of smoked salmon. Place all "boats" on a lined cookie sheet, cover with plastic wrap, and refrigerate until ready to serve. Very attractive & quite artistic.

Sourdough Baguettes

A great little cafe in Reno (yeah, we don't all eat in casinos) serves little sourdough baguette slices topped with, in order, cream cheese, pesto sauce, and roasted red pepper slices, and its wild!!

My wife and I have made it a few times, and now that roasted red peppers are readily available in jars from most supermarkets, it's a pretty easy task. Just soften the cream cheese, spread a nice little layer on the sourdough slice, then a dollop of your favorite pesto, and a little slice of red pepper. People with an aversion to raw fish have to be assured that the red pepper really is vegetal matter, and not something of the sea, as it has an almost lox-like appearance.

bacon and cream cheese stuffed mushrooms

8 oz. cream cheese, softened
4-6 strips of bacon, fried and crumbled; reserve fat
1 small onion, finely chopped
20-25 large mushrooms, stems removed
about 8 mushroom stems, finely chopped

saute onion and mushroom stems in bacon fat until tender. drain off excess fat. mix crumbled bacon, onion and stems with softened cream cheese until the mixture is workable.

stuff each mushroom and bake at 350 deg. f for 10-15 minutes. finish under the broiler just until tops are golden.

bstila - moroccan chicken/nut pie

brown 1/2 lb blanched almonds in a little oil until golden. chop coarsely or pound with a mortar and pestle. add 1/2 tsp cinnamon and (optionally) honey or sugar to sweeten to taste (anc adds none but cites recipes calling for up to 1/2c sugar--i favor a little honey as the contrast of the sweetness with the savory chicken is part of the exotic appeal of the dish). set aside.

heat 1 tbsp clarified butter and 1/3 cup butter in a large heavy pot. add 1 minced medium onion and saute for a few minutes. add chicken meat equivalent to about 1/2 chicken (e.g. two boneless breasts), cut in small pieces (as for a pot pie), along with:

1/2 tsp pepper
1 pinch saffron (or, per ongoing thread, 1/2 tsp turmeric)
1/2 tsp cinnamon
3/4 cup minced parsley
1/4 cup minced coriander (cilantro, chinese parsley)
salt to taste

simmer until the chicken is done. beat 2 eggs and slowly stir them into the sauce. remove from heat.

have ready phillo sheets, melted butter (at least 1/4 lb), and a pastry brush. select a shallow baking pan about 8" in diameter, such as an iron skillet. what you basically want to do is construct a pie by layering the phillo sheets in the pan and then folding them over the contents; it will probably be easiest if you cut the sheets in half or smaller, for instance into long rectangles about the width of the pan and twice as long. brush one of the sheets with melted butter, and put it, butter side up, in the bottom of the pan, the excess dangling over the side. add another sheet, at an angle to the first, and repeat so that you have phillo covering the bottom of the pan and dangling out all around (this is hard to describe). use about 5 sheets to form this layer. repeat the process, forming another layer. now pour the chicken and sauce into the pan. put several more buttered sheets on top of the chicken, this time not overlapping the edge--use smaller pieces or fold them in half. spread the nut mixture on top of this. put another layer or so of phillo, then fold the dangling ends over the top so as to close the envelope. (your mileage may vary on the number and details of layering the sheets). brush the top with butter. at this point the bstila can be refrigerated if desired (this is time-consuming and you may wish to do all

this the day before serving).

just before serving, put the pan in a 350-degree oven for 15-20 minutes until the top is golden: flip it onto an oven-proof plate (or use an ordinary plate to flip it over back into the skillet) and return to brown the other side, 30-40 minutes total. place on a serving platter, sprinkle with powdered sugar, then make fanciful decorative designs with ground cinnamon. (when i had this in a restaurant it said something like "eat me").

thai bbq chicken appetizers,/B>

3 lbs chicken wing drumettes

marinade:

1/4 cup coarsely chopped garlic

roots and lower stems of one bunch cilantro, chopped (about 1 tbsp - shop for a bunch that still has some roots attached)

1 tsp ground turmeric

1 tsp curry powder

1.5 tsp ground dried chilis (cayenne or equivalent)

1 tbsp sugar

1/4 tsp salt

3 tbsp thai fish sauce (filipino or vietnamese is ok, too)

basting liquid:

1/2 cup coconut milk (canned is ok)

garnish:

cilantro sprigs (left over from making marinade)

dipping sauce (see recipe below).

process all marinade ingredients in a blender until smooth. marinate chicken, refrigerated, overnight. grill over hot coals until done, brushing frequently with coconut milk. serve garnished with cilantro sprigs, accompanied by steamed rice and bowls of dipping sauce.

dipping sauce for bbq chicken

1/2 tsp dried chili flakes or cayenne

2 cloves garlic, coarsely chopped

1 tbsp brown sugar

1/4 tsp salt

1/2 cup chinese red rice vinegar

a thinly sliced green onion
1 tbsp coarsely chopped cilantro leaves

pound first 4 ingredients to a paste with mortar and pestle, then dissolve in vinegar. alternatively, put it all in a blender and blend until smooth. float the green onions and cilantro on top.

trota piccante

8 servings

2 pounds whole trout, gutted
3 t flour
1 c olive oil
2 med. onions, peeled and chopped
8 med. cloves garlic, peeled and minced
2 med. jalapeno peppers, seeded and minced
2 med. bunches cilantro, washed, dried and chopped
2 t hot red pepper flakes
1 t salt
2 1/2 lemons, juiced
1/4 c pine nuts, toasted

1. remove head, tail and fins from the trout and discard. wash with water and rub over all surfaces with a cut lemon. (or save the lemon peels after juicing and use those.) pat dry with paper towels and dredge in flour.

2. in a very large skillet, heat the olive oil over medium heat until very hot. fry the trout 4 to 5 minutes on each side, or until done. remove from the pan and cool on paper towels. reserve the oil.

3. remove the skin and bones from the trout and crumble into small pieces. set aside.

4. strain the oil into another saute pan and cook the onions until translucent. add the garlic, jalapeno, cilantro, coriander and hot pepper flakes. cook over low heat for 3 minutes.

5. stir in the pine nuts. transfer to a bowl and chill. serve cold as an appetizer.

galloping horses (thai appetizer)

servings: 8-10

1 t.	oil	1 lb.	ground pork
4-8 cloves	garlic, finely chopped	3	green onions, white part, chopped
1/3 c.	sugar	1/2 tsp.	pepper
3/4 c.	roasted salted peanuts	1	fresh pineapple, or
	lettuce leaves	5	tangerines, or
	mint or coriander leaves	4	oranges
	chopped chilis		

grind peanuts. heat oil in a frying pan, add pork, garlic and onions. cook until pink color disappears. drain off most of the fat. add sugar and pepper, cook 1-2 minutes. add peanuts, mix in well, then remove from heat. cool to room temperature.

prepare platter, lining with lettuce leaves. peel and segment the citrus fruit if used, cutting each segment down to the back and fanning open to form a circle. if using pineapple, cut off top leaves and outer skin, as thinly as possible, from top down. look at the "eye" pattern, as it forms a spiral down the pineapple. cut the spirals with a sharp knife held at about a 45 degree angle. cut off bottom. cut pineapple into about 5 or 6 wedges and then cut each of those into 1/4 inch slices. arrange fruit on platter.

mound meat mixture onto fruit, and decorate with other garnishes. serve at room temperature, or chilled.

chicken pastry or b'stila

1 chicken
 salt, fresh black pepper
 1/2 teaspoon turmeric
 pinch of saffron
 a tablespoon of mixed herbs or "bouquet garni"
 3 large onions, peeled and minced
 3 tablespoons oil
 1/2 cup butter, margarine or diet margarine, clarified
 7 eggs beaten
 1/2 teaspoon salt
 1 cup chopped cilantro or parsley
 2 cups ground toasted almonds
 1 tablespoon cinnamon
 12 filo dough sheets

1/4 cup powdered sugar.

place chicken in a roasting pan. if you use saffron threads, let them soak in half a cup of water. pour on fowl. sprinkle salt, pepper, turmeric and mixed herbs on top. roast chicken in oven at 400 f for 45 minutes to an hour. cool. remove skin and all bones. cube chicken. keep giblets, except for the neck, with all the spicy, herbed juice. set aside.

in a skillet, saute minced onions in oil. place in a bowl.

in the same skillet, with a little oil, fry the beaten eggs mixed with salt and chopped cilantro. place in another small bowl. still in the same oiled skillet, toast almonds until slightly brown and grind them in a food processor. set aside.

clarify the shortening, and everything is ready to be put together now.

on the bottom of the pan used to roast the chicken, after washing and greasing it, stack 2 sheets of filo dough, letting edges overhang. brush on top some of the clarified shortening. at broil, rapidly brown these 2 sheets. then add cubed chicken, with all spices and juice. spread again 2 more dough sheets with some shortening brushed on.

broil rapidly. add soft mixture of eggs with cilantro. cover with 2 more greased sheets. broil rapidly. add almonds mixed with cinnamon and sugar. finish with your best-looking greased sheets. tuck in all dough and bake 25 to 30 minutes at 400 f until golden brown. cool slightly. sprinkle with remaining powdered sugar, making a decorative crisscross with cinnamon on top. serve hot. it can be reheated several times. it can also be frozen.

artichoke heart dip

1 cup mayonnaise or sour cream
1 cup parmesan cheese grated
2 cans water packed artichoke hearts
sprinkle garlic powder
sprinkle paprika

cut artichoke hearts into small pieces. mix all ingredients together except paprika. put into baking dish and sprinkle paprika on top for color. bake at 350 degrees f for 20 minutes or until bubbly. serve with crackers or baguette thins. people usually rave about this one!

a whole brie wrapped in phyllo and baked, served with apricot jam and french bread.

teriyaki chicken drumettes dusted with sesame seeds.

tiny meatballs in a sauce made from red current jelly and bbq sauce.

a finger-food salad of raw broccoli and cauliflower flowerettes marinated overnight with italian dressing, black olives, and cherry tomatoes.

a tray of whole strawberries with a dipping sauce made of sour cream and grand marnier.

a huge wedge of sharp natural cheddar cheese with some crackers and pears for slicing.

a wonderful hot dip (i have three favorites: one of dried beef and cream cheese, one of crab and cream cheese, and one of artichoke hearts and parmesan.)

inari sushi (fried tofu skins stuffed with seasoned sticky rice)

a tray of assorted italian cookies, some wickedly rich and sweet and others crisp and light.

phyllo triangles stuffed with spinach and feta.

endive leaves stuffed with dilled shrimp salad.

stuffed grape leaves drizzled with lemon juice.

i like to set up an hors d'oeuvre party in three four stations: one for hot and cold meat or fish nibbles, one for bread and cheese, one for vegetable, and one fruit and desert. then i may set out seasoned popcorn, nuts, or wine crackers in small bowls around the room for "instant gratification." i also have a "serve yourself" bar for drinks of whatever kind i'm serving, usually a not-too-sweet punch and soda, with wine or beer. (an excellent and pretty nonalcoholic punch can be made with white grape juice, a good gingerale like canada dry or schweppes, and a little pomegranate juice. to spike it, add brandy to taste. if you like it sweeter, use framboise instead of the pomegranate juice. or try creme de cassis.) in the winter, i may make some mulled wine or cider.

Bacon-Wrapped Shrimp

8 oz. Canadian-style bacon, cut in 12 slices
12 med. shrimp, shelled and deveined
1 med. red bell pepper, seeded and cut into 12 strips
1 1/2 T. low-sodium teriyaki sauce (I'd use regular)
1 1/2 T. low-sodium chili sauce (" " ")
1 T. hoisin sauce

1. Place bacon on rack; cover with paper towel. Microwave on High 1 minutes; pat dry on paper towel. Let cool slightly.

2. Wrap one shrimp and one pepper strip in each piece of bacon; secure with wooden pick. Place in 11x7" baking dish.

3. In small bowl, combine the teriyaki, chili and hoisin sauces with 2 T. water; pour over shrimp. Cover and refrigerate 2 hours, turning once.

4. Uncover and microwave on High 3-4 minutes, until shrimp is cooked through. Let stand 5 minutes before serving.

Chevre, Pear, Prosciutto, and Walnuts in Filo Bundles

3 pears, peeled, cored, and diced

12 oz. chevre
2 oz. prosciutto, sliced very thinly and julienned
1/2 cup chopped walnuts
1 tbl sage or pineapple sage, minced
1 pkg filo dough
1 cup butter, liquid
1 cup cream
garnish: chopped chives, 1 star fruit, 1 cucumber

Combine diced pears, 8 oz. chevre, julienned prosciutto, chopped walnuts, and minced sage in a bowl. This is the filling.

Cut filo sheets in half so they are roughly square. You will use three sheets, or six half sheets per serving, but you'd better count to be sure you have enough. Lightly butter the bottoms of eight custard cups or ramekins and place on a sheet pan. Lay six half-sheets, buttered with a brush, over each other in a messy, offset pattern. Ease into a custard cup. Repeat for all eight custard cups. Divide the filling among the cups, placing it in the filo dough, and then twisting the tops into a bundle over the filling. Brush the top lightly with butter. Bake the bundles in a 350°F oven until nicely browned and the inside is hot, about 20 minutes.

Combine 4 oz. chevre with 1 cup cream over moderate heat. Stir vigorously to make the mixture smooth and reduce until the sauce coats a spoon.

To serve, divide the sauce among eight salad-sized plates. Tilt the plates to make the sauce evenly coat the inner area of the plate. Ease the filo bundles out of the custard cups by loosening the edges with a knife and then lifting it out with a spoon. Place a filo bundle in the center of each plate.

Optional garnish: Sprinkle snipped chives on the sauce on the bottom half of the plate. On the top half of the plate, place a thin slice of star fruit on the right and a cucumber fan on the left.

See any book on garnishing for cucumber fan instructions. A cucumber fan is made by slicing a cucumber in half lengthwise, cutting grooves in the skin with a citrus zester/groove tool, and then making four thin slices cut at a 45° angle, but held together in one corner. The fan is mooshed on to the plate to make an ornamental fan. If you have a very sharp knife and a steady hand, it's really quite easy.

Stir fried Lamb with Lemon-Soy Vinaigrette

4 shallots minced
1 red jalapeno pepper with seeds, minced
2 green jalapeno peppers with seeds, minced
5 garlic cloves, minced
1 tbs plus 1 tsp peanut oil
1.5 pounds lean ground lamb
1/5 cup chopped fresh coriander (cilantro) plus 1/4 cup whole

leaves for garnish

1/4 cup chinese preserved or pickled cabbage
1/2 tsp soy sauce
1/4 tsp salt
1/4 tsp freshly ground black pepper
18 radicchio leaves
1/4 small red onion, sliced crosswise 1/8 inch thick
1/4 small white onion, sliced crosswise 1/8 inch thick
lemon-soy vinaigrette (recipe follows)

In medium skillet, cook shallots, red jalapeno, half of the green jalapeno, and the garlic in 2 tsp of peanut oil, stirring over low heat until softened, about 5 minutes. Set aside to cool.

In a bowl, combine the cooled vegetable mixture with the ground lamb and mix thoroughly. Add chopped fresh coriander, pickled cabbage, soy sauce, salt and pepper.

In a large skillet, cook the lamb mixture in the remaining 2 tsp of peanut oil over high heat, stirring well to break up clumps, until browned, about 4 minutes. Drain and set aside.

Place 3 radicchio leaves on each plate and fill with the lamb mixture (i.e., serves six) and fill with the lamb mixture. Combine the red onion, white onion, fresh coriander leaves and remaining green jalapenos; sprinkle on top of the lamb. Serve drizzled with a few tbsp of lemon-soy vinaigrette; serve remaining vinaigrette on the side.

Lemon-Soy Vinaigrette

3 tbsp rice wine vinegar
2 tbsp peanut oil
2 tbsp soy sauce
1 tbsp sesame oil
1.5 tbsp fresh lemon juice
salt & freshly ground pepper

In small bowl, whisk all ingredients together until combined. Cover and refrigerate up to 1 day.

artichoke dip

8oz cream cheese
12oz shredded mozzarella
1 cup mayonaise
1 cup grated parmesean
1 onion (finely chopped)
2 cloves of garlic (finely chopped)
2 small jars (approx 13oz) marinated artichoke hearts (drain well)
- tear artichokes apart with your fingers
2 bags of pita bread

cut up pita bread into chip size triangles, seperate and bake on a cookie sheet until crispy (approx 5 minutes).

combine all other ingredients and mash (a kitchenaid mixer works great).

bake in a uncovered casserole dish for approx 30 minutes @ 350 or until bubbly.

serve hot out of the oven and scoop up dip with pita bread. if you intend to take this to a party or are having friends over be prepared to recite this recipe a number of times. my wife and i bring xerox copies with us!

CRISP SAUTEED MUSHROOMS

1 # large whole fresh mushrooms
these mushrooms must be absolutely fresh and the caps should not be separating from the stems.

brush off mushrooms and slice into 1/4" slices from the top down, including the stems.

with a fine mist spray bottle, mist the mushrooms to just barely dampen.

drop into a paper bag or large ziplock bag that contains 1 or 2 cups of a/p flour. stir well or shake very gently. then, let the mushrooms "marinate" for a while in the flour while you prepare to cook them.

in a large, well seasoned cast-iron skillet or a commercial quality non-stick skillet melt 1/2 stick of fresh unsalted butter and ~1/4 cup of olive oil. mix the oils well and heat to ~300-325 degrees.

drop the mushrooms into a colander to remove excess flour. drop a few at a time into the butter/oil and coat each well. continue 'til all the mushrooms are in the skillet. turn down the heat to the saute level and continue to cook, turning frequently. after a few minutes add salt and pepper to taste.

continue to cook until the degree of crispness is achieved.

my neighbor used to cook these for a long time, rendering nearly all the moisture out of the mushrooms. the finished product would be the most delicate, and crisp mushrooms used as a side vegetable.

pate a chou (profiteroles)

1/2 c. water	1/2 c flour
1/4 c. butter	3 eggs

place water and butter in a medium saucepan, heat until water boils and the butter is melted. remove from the heat and

dump in the flour all at once. stir vigorously until the flour mixture forms an elastic ball in the saucepan. let the dough mixture cool, and then beat in an egg until it is fully incorporated into the dough mixture. repeat the process with each of the remaining eggs, beating them into the dough, one at a time.

place the dough in the refrigerator to cool, for at least 45 minutes to 1 hour. this will stiffen the dough, so it will not flatten when baked into puffs or profiteroles.

when ready to bake, preheat oven to a hot 475 degrees f. using a couple of teaspoons, scoop small (large walnut sized) mounds of dough on a greased cookie sheet. place cookie sheet in the hot oven for 10 minutes. then reduce the heat to 325 degrees f. and continue baking for an additional 25 - 30 minutes, or till puffs are a medium brown color. the puffs must remain in the oven for the full baking time, or they will collapse soon after being taken from the oven.

after cooling, the tops may be removed with a sharp knife, any remaining uncooked dough may be removed from the inside, and the puffs may be filled with any appetizer filling or desert filling desired.

this recipe makes approximately 18 puffs.

profiteroles a la reine
puffs with tarragon-flavored chicken

2 tbs. butter	1/4 tsp. grated nutmeg
2 tbs. flour	cayenne pepper, pinch
1/2 c. chicken broth	2 tsp. chopped fresh tarragon, or
1/2 c. heavy cream	1 tsp. dried.
salt, if desired	1 1/2 c. leftover chicken, cut into cubes
black pepper, to taste	24 cream puffs

melt the butter in a medium saucepan, add the flour, stirring with a wire whisk. when blended, add the broth, stirring rapidly with the whisk. when it is thickened, stir in the cream, and stir til blended. add the salt, pepper, nutmeg, cayenne and tarragon. let simmer, stirring, for about 2 minutes. stir in the chicken and bring to a boil. remove from the stove. this should have a very thick consistency. if it is not thick enough, it may be further thickened by the addition of a small amount of flour dissolved in water or broth, and stirred into the mixture while being heated, until it thickens.

slice off the tops of the cream puffs. spoon an equal amount of the chicken mixture into each puff. replace the tops and serve. these may be made up an hour or two in advance, and reheated before serving in a slow (325 degree) oven, or for a few seconds in a microwave. do not make them up too far in advance, since the puff casings will tend to get soggy.

profiteroles aux crevettes a l'indienne

puffs with curried shrimp filling

3/4 lb. fresh shrimp, shelled and deveined	3 tbs. finely chopped chutney salt, if desired
1 tbs. butter	freshly ground black pepper, to taste
3 tbs. finely chopped onion	
1 tbs. curry powder, or less, to taste.	24 cream puffs

chop the shrimp into 1/2 in. or smaller pieces. there should be about 1 1/4 cups. set aside. melt the butter in a medium saucepan and add the onion. cook, stirring until the onion is golden. add the curry powder and stir to blend. add the cream and chutney and cook down until there is only about 1/2 cup left. add the salt, pepper and shrimp, and cook, stirring, for 1 or 2 minutes, or until the shrimp loses its raw look.

slice off the tops from all the cream puffs. spoon an equal portion of the shrimp mixture into each cream puff. replace the tops and serve.

Chicken Ravioli in Port Mustard Creme Sauce with Mango Ginger Chutney serves 4 as a pasta dish before the main meal.

1 cup flour
1 egg
1 tbl water
1 tbl olive oil (gives gummy texture)

prepare two sheets of pasta rolled out to "6" on the Atlas machine. You can knead by hand forever or use a food processor on the dough.

1 egg
2 tbl water

whisk together and brush on one side of each piece of pasta. The egg wash acts as a glue to hold the ravioli together during cooking.

6 oz. cooked chicken (Chef Johnson called for smoked)
1/6 cup cream
1/4 cup mango ginger chutney (buy from your grocery store!)

Combine in food processor, or chop chicken finely with knife and mix together. (Chef Johnson called for some cayenne and more chutney, but I cut it down to my taste because I thought it was too spicy.)

Prepare ravioli by putting 1-1 1/2 tsp lumps of chicken filling on one piece of pasta in a 2xN matrix where N is ~10-12. Place other piece of pasta over this. Egg side of both sheets should be toward the inside. Cut ravioli with a knife or a ravioli wheel. Seal ravioli with fingers or by pressing with a fork. Flour well and set aside.

You should make 20-24 ravioli. You will need 16 to serve. Expect a few

to fall apart while cooking.

When sauce is ready, cook ravioli until they rise.

Sauce

1 cup port wine
8 peppercorns, bruised or cracked
1 bay leaf
2 shallots, diced

Reduce over high heat until nearly dry.

1 cup chicken stock

Add and reduce until total volume is about 1/4 cup.

1 cup cream
1 tbl mustard

Add, whisk, and reduce until sauce naps. (Napping means: dip a spoon in the sauce, wipe the back horizontally with your finger. If the sauce does not run it is thick enough.)

Strain the sauce and keep warm. (Strained sauces come from French tradition. You want a smooth pretty sauce with no chunks of pepper and lumps of shallots.)

I adjusted the proportions in this recipe from Chef Johnson's original. I used less cream and more port because I like the greater flavor and color from the port.

Prepare four individual plates. On each plate, pour an equal portion of the sauce. Makes sure the sauce coats the entire center of the plate but none of the side. Place four cooked ravioli on the plate, and scoop about 2 tbl of the chutney on the middle of the plate. It should look very pretty.

What sort of wine would go with this course? I've had it with a Chardonnay and with a German Riesling. In both cases, the ginger, etc., overpowered the wine. Perhaps an Alsatian Gewurztraminer would do better, or perhaps this course just isn't suited to wine. :-)

Baba Ghanoush / Eggplant with Tahini

3 large eggplants
2-4 cloves garlic, or to taste
Salt
1/2 c tahini or less, depending on size of eggplants
juice of 3 lemons, or more to taste
1/2 t ground cumin (optional)
2 T finely chopped parsley

A few black olives or 1 tomato, thinly sliced, to garnish

Cook the eggplants over charcoal or under a gas or electric broiler (sear until skins are black and start to blister with the flesh soft and juicy, rub skins off under cold water taking care to remove any charred particles, then gently squeeze out as much of the bitter juice as possible).

Crush the garlic cloves with salt. Mash the eggplants with a potato masher or fork, then add the crushed garlic and a little more salt, and pound to a smooth, creamy puree. Alternatively, use an electric blender to make the puree.

Add the tahini and lemon juice alternatively, beating well or blending for a few seconds between each addition. Taste and add more salt, lemon juice, garlic, or tahini if you think it is necessary, and if you like, a little cumin.

Pour the cream into a bowl or a few smaller serving dishes. Garnish with finely chopped parsley and black olives, or with a few tomato slices. Serve as an appetizer with Arab or other bread, as a salad, or as a party dip.

Turkish Leeks

2 lbs leeks
1/3 cup finest virgin olive oil
2 small carrots, peeled, halved lengthwise, then sliced 1/2" thick
2 tablespoons uncooked rice
1 1/2 teaspoons sugar
salt to taste
lemon juice (1/2 lemon)
1 1/2 cups water

Trim the leeks. Remove a few of the outer layers. Slice 3/4 inch thick; discard the tough green leaves. Wash several times in plenty of water and drain.

In a heavy pan heat the olive oil. Stir in the leeks and carrots. Cover and cook 30 minutes over low heat, shaking the pan occasionally. Stir in the rice, sugar, salt, juice of 1/2 lemon and water. Cover and simmer 30 minutes or until leeks are tender. Check the liquid level and add hot water in very small quantities if necessary. When cooked it should be very moist but not watery. Serve cold sprinkled with lemon juice to taste. Like all cold olive oil dishes it is very good with crusty bread.

Scallops with Leeks

1/4 cup dry vermouth

1/8 teaspoon powdered saffron
5 tablespoons butter
1 pound leeks cut into 1.5 inch julienne
3 tablespoons finely minced shallots
2 large garlic cloves, minced
1/2 pound sea scallops, halved
1/2 pound shelled shrimp
1/4 cup dry white wine
1 tablespoon fresh tyme, minced
Pinch of cayenne pepper
Pinch of freshly ground white pepper
1 cup whipping cream
Salt
2 cups rice, freshly cooked

Bring vermouth to simmer in heavy small saucepan. Stir in saffron. Remove from heat and let steep until ready to use.

Melt 2 tablespoons butter in heavy large skillet over medium-low heat. Add leeks and cook until slightly brown, stirring occasionally (about 20 minutes). Transfer to bowl.

Melt remaining 3 tablespoons butter in same skillet over medium heat. Add shallots and cook until translucent, stirring frequently (about 3 minutes). Add garlic and saute until just golden (about 3 minutes). Stir in scallops, shrimp and wine. Simmer until scallops and shrimp are cooked (2-3 minutes). Add seafood mixture to the leeks, using a slotted spoon.

Add vermouth to skillet and bring to simmer. Mix in thyme, cayene and pepper. Strain in any liquid from seafood-leek mixture. and simmer until all liquid is reduced by half. Add cream and simmer until slightly thickened (about 3 minutes). Stir in seafood-leek mixture and heat through. Season, with salt, to taste.

PHYLLO CHEESE PASTRIES

1 lb muenster cheese
2 eggs, lightly beaten
1 TB chopped parsley
1 lb frozen phyllo dough
2 sticks melted butter

Grate the muenster cheese finely in a food processor or with a hand grater. Add eggs and parsley and blend well.

Remove the phyllo dough from the freezer and gently unroll. With a sharp knife, slice dough into thirds, lengthwise, so that each is approximately 4" x 12". Re-wrap two thirds of the dough in plastic and return to the freezer.

Tear a large piece of wax paper and place on counter. Working quickly, take one sheet of phyllo dough and brush liberally with butter. Top with two more sheets of phyllo, brushing each with butter. Place approximately 1 TB of cheese mixture at one end of the buttered sheets, 1 inch from the edge. With your fingers, roll the dough over the cheese mixture twice. Fold in the edges of the dough and continue rolling tightly until the end. (Be careful not to tear the dough or roll too loosely, otherwise the cheese will spill out when baking).

Place

seam side down on a cookie sheet and brush tops with butter. Repeat with remaining phyllo sheets. Bake at 400 degrees for approximately 15 minutes or until golden and crispy.

BRANDY BAKED BRIE

1 1/2 cup brown sugar
1/2 cup brandy
2 cups chopped walnuts
2 pound wheel of brie or camembert

In a small mixing bowl, combine brown sugar and brandy. Stir in walnuts. Place brie on top of oven proof serving platter and spoon walnut mixture over top, covering completely. Wrap platter in plastic and refrigerate for at least two hours.

Preheat oven to 400 degrees.

Remove brie from refrigerator, unwrap and bake for 10 to 15 minutes or until cheese begins to melt.

Cool slightly and serve with graham crackers or alone.

MUSHROOM PATE

ingredients (all approximate):
3/4 pound chopped mushrooms
2 tbsp butter
8 oz cream cheese
1/2 tsp curry powder
1 tsp worcestershire sauce
1 tbsp dry sherry (or dry white wine)
1/2 Cup pecans, chopped

saute the mushrooms in butter until dark (about 5min or so) and drain. process or puree with the cream cheese, curry, worcestershire sauce, and sherry. Fold in the pecans and refrigerate. Garnish with parsley or watercress.

Hot Mushroom Turnovers

(from Good Housekeeping "All-Time Favorite Recipes")

3 3oz pkg cream cheese, softened
butter or margarine, softened
all-purpose flour
1/2 lb. mushrooms, minced
1 large onion, minced
1 t salt
1/4 t thyme leaves
1/4 C sour cream
1 egg, beaten

Early in day: In large bowl, with elec. mixer at med speed, beat cream cheese, 1/2C butter and 1 1/2 C flour until soft dough forms; wrap dough in waxed paper; chill at least 1 hr.

In med skillet, in 3 T butter, saute mushrooms and onion until tender; blend in salt, thyme, and 2 T flour; stir in sour cream; chill.

On floured surface, roll half of dough in 15 inch circle (about 1/16" thick); cut into twenty 2 3/4" circles. Roll scraps into ball; chill.

On one half of each circle, place teaspoonful of mushroom mixture. Brush edges with egg; fold other half over filling; with fork, press edges together; prick tops to let out steam; place on ungreased cookie sheet. Repeat with rest of dough, scraps, filling. Brush with egg; cover; chill.

About 20 min before serving: Preheat oven to 450 deg F. Uncover turnovers; bake 12 min or until golden. Makes about 50.

MUSHROOM-BACON PATE - PARTY PATE WITHOUT LIVER

2 lbs fresh mushrooms, chopped very fine
1/2 lb bacon (or more, to taste)
2/3 cup onion, chopped very fine
2/3 cup celery, chopped very fine
8 oz cream cheese, at room temperature
4 eggs
1/2 cup parsley, chopped very fine
2 cups dry bread crumbs
1 tsp salt
1 tsp dried rosemary
1 tsp dried oregano
1/4 tsp ground black pepper

- (1) Fry the bacon and crumble it as fine as possible. Reserve some of the grease.
- (2) Chop the mushrooms, onion, celery, and parsley as fine as possible. A food processor works best,

but you can do it by hand if need be.

- (3) Saute the onion and celery in the bacon grease until soft, then remove from the grease, and drain.
- (4) Meanwhile, beat the cream cheese slightly, and then beat in the eggs. Add all other ingredients to the eggs/cheese mixture. Mix thoroughly.
- (5) Grease a large loaf pan or two small, line with foil, and then grease the foil. Pat the mixture into the loaf pan and cover loosely with foil. Bake for 1 1/2 hours at 400 deg. F.
- (6) Let cool completely before serving.

NOTES

This pate is actually best when refrigerated before serving. Serve with crackers, or with bread cut into shapes with cookie cutters.

To make this a more elegant buffet dish, garnish the top with a thin layer of aspic.

Lumpias

1 10 Oz Can Water Chestnuts Drained and Minced
2 Eggs
1 Tsp Black Pepper
1 Bunch Green Onions, Minced
2 Yellow Chili Peppers, Minced
1/2 Tsp Salt
1 Tsp Minced Garlic
1Lb Ground Pork
1 Package Mu Shu Pork Wrappers
An egg and 1 Tbl Flour Mixed together in a small bowl
Chili Sauce

Combine the first eight ingredients and mix thoroughly. With a wrapper on a plate in front of you, put about 1 tbl meat on a corner as though you were going to wrap the meat up in a piece of butcher paper. Using your fingers, pinch the meat into a cylinder. Bring the lower corner up over the meat, wrap the sides in, and roll the meat up around the rest of the wrapper. Secure the edge of the wrapper by using the egg mixture as glue. Deep fry the lumpias until crispy and golden brown. Serve at once with chili sauce.

Roasted Garlic

1 head of garlic

Butter and fresh thyme (optional)

Using a sharp knife, cut the pointed top off the garlic head so that the cloves are just visible through the cuts in the top of the garlic. Several hours before serving, put the garlic in the oven at 250 degrees for 20-25 minutes. Remove and let cool.

Just before serving, put the garlic on a heatproof serving dish; garnish with butter and crossed sprigs of fresh thyme, if desired. Heat oven to 450 degrees and roast garlic for 5-10 minutes, or until brown all across the top. Serve while still warm.

To serve: We use cocktail forks (gotta have some use for the silly things) to scoop out the cloves of garlic from the head. Then you mash them on warm French bread. The appetizer last night included a wedge of herb Brie next to the head of garlic, and the combination was very nice.

Stuffed Mushrooms

Select large, firm mushrooms w/underside still tightly closed. Wash in cold water and dry. Carefully remove stems and reserve.

Fillings:

Bacon-Cheese

7 slices bacon, cooked, drained, crumbled
8 oz. cream cheese, softened
1 bunch green onions, finely chopped
dash garlic salt
1/3 c. mushroom stems, minced
3 T. butter, melted

Mix cream cheese, onion, garlic salt, mushroom stems, and bacon. Brush prepared caps with melted butter, fill, place in shallow baking dish with 2-4 T. water. Bake 20-25 min. at 350 deg.

Bleu Cheese

1/2 c. fine minced mushroom stems
1/4 c. fine chopped green onion
2 T. margarine
8 oz. cream cheese
1/2 pkg. bleu cheese salad dressing mix
2 T. milk

Saute mushroom stems and onions in margarine 5 min. Mix cream cheese, dressing mix and milk. Mix in onion mixture. Fill prepared caps. Bake 20-25 min. at 350 deg.

Crab-Cheese

1 pkg. (6 oz) frozen crab, thawed and drained
3 T. mayonnaise
2 T. chopped green onion
2 T. gold raisins
1/4 c. shredded sharp cheddar
1 tsp. curry
fresh grated parmesan

Mix all but parmesan. Fill prepared caps. Sprinkle w/parmesan and broil 6-8 in. from heat.

Pork

1/2 lb. lean pork, minced
1 small green onion, minced
1 slice ginger
1 T. sherry
1 T. soy
1 tsp. sugar
1 tsp. cornstarch
1 tsp. peanut oil

Grind together pork, onion and ginger. Blend in remaining ingred. Fill prepared caps and steam 30 min.

--

Stephanie da Silva
arielle@taronga.com

Moderator, rec.food.recipes

GO !d p c+ l- m++/--- s-/s g- w+ t+ r- x++/--

Oh, what are you?? The Pirate Den Mother?! -- Baloo

Disney Afternoon Mailing List
ranger-list-request@taronga.com

Endorphins Mailing List

endorphins-request@taronga.com

Beer Battered Nuggets

From: hybl@umbc.edu (Dr. Albert Hybl)

Date: 11 Sep 1993 20:14:26 -0400

Preparation of the Nuggets:- A nugget is a bite-size morsel from the list of optional nugget ingredients. You can use one ingredient alone or in combination with others ingredients. (One pound of nuggets will yield 4-6 servings.)

Optional Nugget Ingredients:-

Raw shrimp (shelled and deveined)

Chicken or turkey breasts (skinned and deboned); cut into nugget sizes

Turkey or chicken thighs (skinned and deboned); cut into nugget sizes

Large peeled potatoes cut into 3/16 inch thick slices

Large peeled sweet potatoes cut into 3/16 inch thick slices

Mushroom caps

Bermuda onions cut and separated into rings

Cauliflower heads

Broccoli heads

Preheat Canola Oil or equivalent cooking oil. Add a few drops of sesame oil for flavor. Use a good thermometer and bring the cooking oil to 370 degrees F.

Beer Battering the Nuggets:-

1 lb. nuggets	1 c. flour
1 t. baking powder	1/2 t. salt
1 whole beaten egg	1/2 c. beer

Sift flour, baking powder and salt into a bowl. Beat in egg and beer (Pilsner Urquell or Martiner are both good beers). Dip nuggets in batter, coating them well. Fry the nuggets in cooking oil until browned. Drain on paper towels and keep warm.

Sweet-and-sour Pineapple Sauce for Shrimp or Chicken Nuggets:

1 T. cornstarch	1 t. salt
1 T. sugar	4 T. vinegar

Beer Battered Nuggets

1/2 c. pineapple juice

1 c. pineapple chunks

Mix the cornstarch, sugar and salt with the vinegar. Add pineapple juice. Cook over low heat, stirring steadily, until thickened. Arrange the batter fried nuggets and pineapple chunks on a dish and pour sauce over all.

[amyl](#)

Crostini

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 12 Aug 93 10:41:59 +0200

From: uphrrmk@gemini.oscs.montana.edu (Jack Coyote)

(makes 12)

Ingredients:

1 baguette herbed bread
2 tblsp butter
seasoning to taste
1/4 cup white wine (optional)
2 1/2 tblsp butter or oil
1/2 cup basil (fresh if possible)
1/3 cup cheese (parmesan or romano)
2 cloves garlic
2-3 sliced roma tomatoes

Optional:

1/2 cup sliced onion OR 1 can minced clams (or shrimp)

Instructions:

Remember: This is Italian food. You can be liberal with the ingredients.

Take baguette of herbed bread. Slice into approx 1" thick pieces. Cover BOTH surfaces with butter (seasoned is best -- we use basil, oregano, garlic and pepper). Place slices on a baking pan.

In a small saucepan, combine wine, oil/butter, garlic (and clams) and simmer for five minutes. Add basil (and parmesan or romano cheese) and heat for about a minute and then remove from heat. Let stand until thick.

Spoon pesto over the bread (don't waste any :)) Put sliced tomatoes on top and cover with slice of mozzarella.

Place baking pan in the oven and broil until the cheese starts to brown.

[mara](#)

Garlic Chips

From: Michael_Elwood@quickmail.apple.com (The Central Scrutinizer)

Date: Fri, 19 Nov 1993 17:59:26 GMT

During one of my Fishing/Gambling/Skiing excursions in South Lake Tahoe last year, I happened upon the Tahoe Pizza Co. and ordered an interesting appetizer called "Garlic Chips". Being a bonified card carrying fan the the stinking rose, I was very happy to receive a true wonder of the garlic world. What I got was far from the "Chips" that I saw in my minds/tastebuds eye. It resembled a small (10") pizza with a super thin corn based crust with a topping of Olive oil, Mozzarella, and about 5-8 Large cloves of garlic. The flavor was fantastic and, after fighting my wife and son for a few nibbles, got the fiercest garlic buzz ever.

Since that time, I have attempted to duplicate or at lease approximate that mighty dish. This is my closest attempt:

Crust:

1 cup finely ground corn flour (not corn meal)
..5 cup whole wheat pastry flour
1 tsp olive oil
1 tsp salt
1 pinch sugar (optional)
enough warm water to make the dough workable.

Combine all ingredients and knead until well mixed.

Roll out very thin, (.25")
(a marble surface works great for this)

Place on a non-stick cookie sheet with a sprinkling of corn meal underneath.

Topping: (You can use as much or as little garlic as you can stand)

Mozzarella cheese on the bottom
Mix olive oil and coarsely chopped garlic and put on top gererously.

Bake in a preheated 400 degree oven for 5-6 minutes or until the cheese is bubbly and the crust is starting to brown.
The key here is to cook the thin crust quickly so the garlic does not brown on top. (garlic loses much of its medicinal properties when cooked)

When it's done, cut it in wedges and serve hot.

_enjoy.

[amyl](#)

Perogies

From: sbrown@symcom.math.uiuc.edu (Scott Brown)

Date: 28 Oct 1993 16:04:18 GMT

I like potato&onion perogies, which I make as follows:

Saute a medium onion and a few crushed garlic cloves in some butter and olive oil. Once these vegetables are tender, add the reccomended amount of water for the desired amount of instant mashed potatoes to the pan and prepare potatoes as directed.

Using your favourite pasta dough recipe, roll out thin sheets and cut into 3" squares (approx.).

Place a teaspoon or two (approx.) of the potato-onion mixture in the middle of each square of pasta. Brush a little milk or milk-egg mixture on two sides of each square and fold over diagonally. Pinch to seal, then using a pizza cutter or pasta wheel trim excess dough to form a circular edge. Flute edges with fingertips, if desired.

These can be frozen and kept for a while, or stored in the fridge; if they aren't going straight into the cooking pot, dust them with flour before storing to prevent sticking.

Scott

[amyl](#)

Puppy Chow

From: **Glorianne_Wong@notes.pw.com**

Date: **Thu, 11 Nov 93 08:33:05 PST**

This is a great appetizer or can be used as a quick dessert

1 box Krispix Cereal or any type of Chex Cereal

1 Stick of Butter

1 6oz Package chocolate chips

1 Cup Peanut butter

Powdered Sugar

Put cereal into large mixing bowl. Melt butter, chocolate chips and peanut butter in sauce pan. Stir until just melted. Pour mix over Cereal and stir gently. Let cool. After it has cooled, put into bag with some powdered sugar and shake until coated.

YUMMMMMM

[amyl](#)

COLLECTION: Sandwiches, Burgers and Spreads

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 27 Jul 93 13:12:08 +0200

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Avocado Salmon Sandwich (Stephanie da Silva)

From: arielle@taronga.com (Stephanie da Silva)

Ingredients:

1 ripe avocado
juice of 1 lemon
6 hamburger buns, split
2 cans (7 3/4 oz each) sockeye salmon, or 1 large can
6 slices process type Swiss cheese
Sesame seeds

Instructions:

Preheat broiler to about 475F. Peel and slice avocado and sprinkle with part of the lemon juice.

Divide avocado slices evenly over the bottoms of the hamburger buns.

Drain salmon and break into chunks. Divide evenly over avocado slices, and sprinkle with remaining lemon juice. Top with second halves of the buns, then with cheese slices. Sprinkle with sesame seeds. Broil about 8 inches from heat until cheese melts and the sandwiches are heated through. Garnish with dill pickles.

BBQ Burgers (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: 3 burgers)

Ingredients:

1/2 cup walnuts
3/4 cup cooked rice
1/2 onion, chopped
2 tsp oil
1 Tbsp vegetarian "bacon" bits
1/2 Tbsp barbecue sauce
salt and pepper to taste
dash garlic powder
flour

Instructions:

Process walnuts in food processor and pour into a bowl. Process rice and pour in with walnuts. Saute onion in oil until tender and add to walnuts and rice along with the rest of ingredients except flour. Add enough flour to make patties. Refrigerate for 1 hour. Fry in a little oil for several minutes, turning occasionally. Serve on a bun with barbecue sauce and pickles.

Breakfast Sandwich (Simone J. Hardy)

From: hardy@ug.cs.dal.ca (Simone J. Hardy)

Ingredients:

1 bagel, cut in half,
2 cheese slices,
Thinly sliced apple slices,
Cinnamon.

Instructions:

Put the cheese slices on the bagel, and top with apple slices and sprinkle with cinnamon. Heat in oven (I prefer conventional ovens over microwaves) til cheese is melted. Great stuff.

I also heard today that cheese whiz melted over Apple Pie is pretty damn awesome too, but I haven't tried that one out yet.

Bruschetta (Drew)

From: st701987@brownvm.brown.edu (Drew)

Ingredients:

1 fresh loaf of Italian or French bread
some fresh cloves of garlic
oil or balsamic vinegar

Optional:

sliced tomatoes
roasted peppers
carmelized onions
roasted eggplant

Instructions:

Clark Dorman requested a recipe for bruschetta (pronounced Brue-SKEH-tah), a favorite of mine during the spring and summer. It's hearty and wonderful and, best of all, very simple. First, you should start with a good, fresh loaf of Italian or French bread (some folks use sourdough also), which you can insure by baking your own. Cut into thick slices (1 1/2 - 2 inches) and toast until crusty on outside, but still soft inside (the best method I've found is over a grill, or even hibachi). Take some fresh cloves of garlic and cut them in half lengthwise. Rub a garlic half over each slice vigorously (you won't need the cloves for anything else, so I save them for another dish - usually a half clove will do for each two slices).

You may then drizzle oil or balsamic vinegar over the top. Usually, I use a flavored oil to add a little punch - a strong garlic oil is good (simply use very high quality extra virgin olive oil and slice half a head of garlic into it. Seal tightly and taste daily - when strong enough for you, strain the oil and keep in a dark place), as is a sweet red pepper oil. Brush the slice well and liberally.

Toppings again vary - freshly sliced tomatoes work great, as do roasted peppers, carmelized onions, and roasted eggplant (I especially enjoy this - I can give you an excellent recipe if desired). Top with your favorites and sprinkle good quality parmesan or romano. Stick back in oven/over grill for a short while (1-2 mins) to make nice and warm and to let the flavors blend.

Burgers That Don't Fall Apart (joseph@inland.com)

From: joseph@inland.com

Ingredients:

1 lb ground round or sirloin (or hamburger)

1 egg
1 Tbsp L&P or A1 type sauce (or your fav.)
1/4 to 1/2 cup bread crumbs
1/2 cup chopped onion (opt.)
1 tsp garlic powder (opt.)

Instructions:

Combine all ingredients in a bowl and mix very well. I use my hands to mix. The ground meat should be very finely divided so that when you make the patties they are very dense. This is what keeps them from falling apart on the grill.

Cinnamon Toast (Stephen Wilcox)

From: wilcox@vax.oxford.ac.uk (Stephen Wilcox)

Toast a couple of slices of bread. (I use the stuff with nutty bits in it.) While it's doing preheat the grill (which I suspect is called something else in the USA) to its highest setting. Meanwhile mix together plenty of butter or marger, more demerara sugar than is good for you and a good healthy pinch of each of cinnamon and nutmeg. Spread the gunge on the toast and cook under the grill for a few minutes. Let it cool down for a minute or two, when you will be able to eat it without burning your mouth out and it will be quite crispy.

Curried Egg Sandwiches (Kristen McQuillin)

From: kristen@telerama.pgh.pa.us (Kristen McQuillin)

Ingredients:

hardcooked eggs
curry powder
salt & pepper
orange juice & zest
mayonnaise

Instructions:

Chop the eggs very fine and season with curry, salt & pepper. Mix in a touch of orange juice and orange zest and add enough mayonnaise to hold the eggs together. Very nice on pumpernickle bread.

Feta Cheese Spread (Cynthia Besselman)

From: ccb@blizzard.corp.sgi.com (Cynthia Besselman)

(Greek: Ree-ga-na'-tha)

Ingredients:

1/2 lb feta, crushed with a fork

1/4+ C olive oil

2 T oregano

Juice from 4 ripe summer tomatoes squeezed (use meat of tomato to dip with)

Instructions:

Mix all thoroughly & Dip with crusty warm bread.

Feta Cheese Spread Variant (Cynthia Besselman)

From: ccb@blizzard.corp.sgi.com (Cynthia Besselman)

Ingredients:

1/2 lb feta, crushed with a fork

1/4+ C olive oil

2 T oregano

1/2 lemon

2 cloves garlic crushed

Instructions:

Mix all thoroughly & Dip with crusty warm bread.

French Toast (John Thienes)

From: johnt@mentorg.com (John Thienes)

Source: Dec. '92 issue of Bon Appetit. The original was for 8 servings, this one is for one selfish eater or two less voracious breakfasters.

Ingredients:

2 eggs

1/2 cup milk

1 1/2 tbls Cointreau or other orange flavor liquor

1 tsp vanilla
1/4 tsp cinnamon (I *dash* it in)
3 - 4 slices of bread, halved (see note below)
melted butter
powdered sugar

Instructions:

Whisk the first five ingredients together in a mixing bowl. Lay the bread halves out on a baking sheet that has a rim on it all the way around. Pour the egg mixture over the bread and let it soak in. Turn the bread halves over once or twice to make sure all of the liquid is absorbed.

Heat up your skillet or griddle to medium while awaiting the bread to finish soaking.

Lightly oil or butter your skillet or griddle and put on the bread. Cook for 3 minutes on each side.

Serve with a little melted butter and powdered sugar sprinkled on. Inhale. - Ahem - Sorry, I think you'll enjoy these if you try to eat this meal as politely as possible, too.

Note: I use homemade bread that I can "thick-slice" to 3/4 of an inch, this makes sure all of the egg mixture gets absorbed. Adjust the number of slices you need accordingly.

French Toast (Sandy Stempien)

From: sstempie@sol.cs.wmich.edu (Sandy Stempien)

Ingredients:

1 egg
dash of milk
pinch of salt
2 slices of bread

Instructions:

Beat egg. Add milk and salt. Dip bread in egg mix. Fry in preheated pan. Fry it in margarine NOT grease. Fry until light brown.

Herbed Chicken Sandwiches (Kristen McQuillin)

From: kristen@telerama.pgh.pa.us (Kristen McQuillin)

Ingredients:

1 c chopped cooked chicken
1/4 c chopped almonds
1 t sage
2 tsp parsely
1/2 t lovage (celery tops will work, too)
 mayonnaise

Instructions:

Combine ingredients. Spread on bread and garnish with watercress.

Israeli Chocolate Spread (Mr. Ian Soboroff)

From: ian@umbc.edu (Mr. Ian Soboroff)

(todah rabah la'mitbach b'kibbutz sa'ad!)
(makes 2 1/2 really big bucketsful)

Here's a recipe that I thought I'd post... For any of you who've spent time in israel, you know that a big thing over there is chocolate spread. Kind of like peanut butter, but it's chocolate.

Well, on the kibbutz I lived on last year, I had the opportunity to make it in bulk for the kids' houses. (day care centers). You'll have to forgive the rough (in places) estimates on proportions... This is bulk preparation here!

Ingredients:

150 500g sticks of unsalted margarine
80 eggs
1 tub-full (hmmm... 18" x 12" x 4" deep sounds right...) sugar
1 kg cocoa
1 tsp vanilla extract
1 tsp rum extract

Instructions:

Mix all this stuff up, adding water to soften the mixture as needed. Heating up the whole thing also makes it easier... It will harden a bit when left alone. We used a big motorized mixer-thing, which did the job nicely.

Mahi Mahi Burgers (Stephanie da Silva)

From: arielle@taronga.com (Stephanie da Silva)

3 cups broiled Mahi Mahi
1/4 cup almonds or macadamia nuts, chopped
1/4 cup pineapple, crushed
1/4 cup mayonnaise
1/4 tsp curry powder
1 egg, beaten

Instructions:

Shred Mahi Mahi with fingers. Combine fish, nuts, pineapple, mayonnaise, curry and egg. Mex well. Form into patties. Fry or broil.

Marilyn Burgers (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: about 6 burgers)

Ingredients:

1 cup ground almonds
1/4 cup tahini
1/4 cup tamari
1/2 onion, diced fine
1 carrot, diced fine
juice of 1 lemon

Instructions:

Add everything to the almonds. Make patties and fry in a little oil or broil. Handle carefully as not to break.

Meatless Loaf (Judy Karpen)

From: karpen@nrlfs1.nrl.navy.mil (Judy Karpen)

(orig. posted by Jean Reese, adapted from Veg. Times)

makes 1 loaf, approx. 6x10" (fits comfortably into a 9x13" pan with a couple inches margin around for sauce --- see below).

Ingredients:

2 tbs sunflower or other veg. oil
2 medium onions, chopped
4.5 oz TVP granules
1 cup hot water or vegetable stock
1.5 cups breadcrumbs
0.5 Tbs mixed herbs (such as parsley, sage, rosemary and thyme)
1 Tbs freshly chopped parsley
2 cloves crushed garlic
1 egg, beaten (or egg replacer)
2 Tbs soy sauce
salt and pepper to taste

Sauce:

2 16 oz cans of chopped tomatoes
1 6 oz can tomato paste
salt and pepper to taste

Instructions:

Preheat oven to 350 degrees. In a large saucepan, heat oil and saute onions until lightly browned. Add the TVP mince, stir and cook for two minutes. Pour the hot water or stock over the saute and simmer for four minutes.

In a separate bowl, mix the breadcrumbs, herbs and garlic together with one cup cold water. Stir in the egg and leave to one side for ten minutes.

Combine the cooked TVP mince with the breadcrumbs mixture, then add the soy sauce. Stir well and season to taste. Using your hands, shape the mixture into an oval mound and place it in the center of a large baking dish, leaving plenty of space all around for the tomato sauce to run.

Heat the tomatoes, tomato paste and seasoning in a small saucepan, and pour over the loaf, then bake for one hour. Serves 6.

JTK's notes: I usually add more herbs & chopped garlic, and saute chopped vegetables like celery, carrots, and/or mushrooms after onions are done but before adding TVP. Hot sauce is a good addition, too, or other flavored sauce like veg. Worcestershire. The egg replacer works fine --- not sure if it's even necessary. Also, I make the tomato sauce differently (sometimes I use canned/jar or homemade frozen sauce, and I prefer canned whole tomatoes, pureed, to prechopped ones), but it doesn't matter much. I make breadcrumbs from whatever bread is available, preferably wholewheat (lightly toasted for dryness) --- doesn't matter much either. Cracker crumbs would probably do as well,

if you don't have bread around or a food processor/blender. I've made 1.5x recipe into a single loaf OK, but larger wouldn't work (would have to make separate loaves, if larger quantities are desired)

Mock Greek (Ovo-Lacto) Vegetarian Sandwiches (Vickie McCorkendale)

From: vickiemc@isi.edu (Vickie McCorkendale)

Ingredients:

Green Leaf lettuce (rinsed and torn as for salad)
4 oz Gruyere cut into small pieces
some sliced black olives (I used regular, but that's because I don't like oil cured olives, those would be better)
4 scallions sliced thinly
4 pita bread

Instructions:

Mix together everything except the pitas. Toss with the dressing and serve in the pitas. I served them with Spicy Hummus and a Herbed Youghurt sauce (simple recipe follows).

Basic Basalamic Vinegrette:

1/4 C Basalamic Vinegar
1/2 C Olive Oil
2 garlic cloves sliced thinly

Whisk ingredients together. Let stand 30 minutes before using. Remove garlic before using.

Simple Youghurt Sauce:

1 pint plain youghurt
2 Tbls dill (1/2 this if using fresh)
2 Tbls parsley (1/2 this if using fresh)
2 Tbls lemon juice
1/2 tsp cracked pepper
2 garlic cloves - pressed

Combine all ingredients. This gets better with a little age.

Mushroom Sandwiches (Kristen McQuillin)

From: kristen@telerama.pgh.pa.us (Kristen McQuillin)

Ingredients:

1/2 lb mushrooms
1/4 c butter
1/2 c butter
1/4 t black pepper
1/4 t salt
3 T dry sherry

Instructions:

Sautee the mushrooms in 1/4 c butter. Blend the sauteed mushrooms and remaining ingredients in a food processor or blender until smooth. Spread on rye rounds.

Mushroom Sandwiches (Stephanie da Silva)

From: arielle@taronga.com (Stephanie da Silva)

This one takes a little longer. Chop up some fresh mushrooms and onions, and saute in butter, margarine, oil, whatever until the onions are clear. Drain and set aside until cool. On cocktail bread (rye or pumpernickel), pile a mound of mushrooms and onions, grated swiss cheese, grated italian cheese (I use locatella), and bread crumbs. Broil until the swiss melts, and serve immediately.

Old Fashioned Hamburgers (Maxine Wesley)

From: mxw@dmu.ac.uk (Maxine Wesley)

Ingredients:

1 small onion
tea cup of yoghurt
dash of lemon
1 lb mince
seasoning (use curry powder for spicy variation)

Instructions:

Mix with hands (dead sticky) and press into shape with lots of force so they are compact (I use the lid of an old coffee jar to shape them). Grill at medium heat turning ONCE after about 4 mins or when brown.

Pain Dore (Fearnley Anne)

From: fearnley@ERE.UMontreal.CA (Fearnley Anne)

Ingredients:

2 eggs (makes 3-4 slices)
50ml sugar (for 2 eggs), or maple syrup, or honey
dash of salt
dash of lemon juice
milk
some fat

Instructions:

Beat some eggs (2 eggs makes 3-4 slices).

Add brown sugar to taste, maybe 50ml for 2 eggs (or maple syrup, or honey).

Add a dash of salt and a dash of lemon juice.

Add milk to almost double the volume (less if you use maple syrup).

Beat well so that the mixture is uniform.

In a frying pan, heat some fat (don't use butter, it will burn) until it is almost smoking (190-200C on an electric frying pan) the idea is to almost deep-fry the bread so you must use quite a bit of fat.

For each slice, soak it in the mixture until it cannot absorb any more liquid, squash the bread a bit with a fork if needs be. Then put it on the frying pan to cook. Don't worry if liquid oozes out of it, it will stay attached to the bread when cooked. Turn the bread and add more fat if needs be. The bread is done when it is very dark on both sides.

I do many slices in a large frying pan. Stale bread works much better than fresh bread because it absorbs more liquid. Don't try to be dainty while taking out the slice from the liquid, don't use a fork, use your hands otherwise the saturated bread will disintegrate.

Paste/Spread From Parsi Culture (Boman Abadan)

From: abadan@coke.cs.utk.edu (Boman Abadan)

Well this spread has a Green color that does turn some people off. We (my family) commonly use it for sandwich's and to make fish. here is the recipe for the basic paste. (WARNING: All measurments are approximates.)

Ingredients:

1 Bunch Mint (Fresh)
2 Bunches fresh green Coriander (also known as cilantro)
1 Cup coconut
2 Tbs sesameseed
1 Tps Cummin
1/2 Tps Salt
10-12 Almond's
4 Garlic cloves
green chili to your taste
to make paste lime juice

Instructions:

Use only the leaves of Mint and Coriander. In a blender/food processor add all the above and blend.

Add lime juice till in form of a paste. The paste should not be too thick or to thin, say about as thick as Ranch dressing or a little thicker.

Now some uses and Directions:

My fav. is Sandwich:

- Add butter to the paste and spread on bread.
- Add butter and a chopped hard boiled egg and spread on bread.

My mothers fav:

- Add about a teaspoon or two of the paste to your eggs when making Scrambled eggs.

Ok. Now some real food tips:

- Boil your fav. fish till half cooked.
- Wrap the fish in this paste and then in butter paper.
- Bake at about 200F for an hour or so.

Ok. Now salad Dressing:

- Mix about a tablespoon to a cup of yogurt and blend.
- Mix about a cup of vinegar and half cup of olive oil to 1/4 cup of paste.

(Note: If doing this use vinegar instead of lime juice in the recipe.)

Popeye Burger (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: 12 - 15 burgers)

Ingredients:

10 ounces frozen chopped spinach
1 large potato
1 medium onion
1 medium bell pepper
1 cup french-style cut frozen green beans
1 Tbsp garlic powder
1 Tbsp dried chopped onions
1/2 tsp paprika
1/2 cup BBQ sauce
1/2 cup bread crumbs (seasoned, if desired)
1 1/2 cups quick rolled oats
1/tsp seasoned salt (ie, Vege-Sal)
1 tsp vegetable broth powder (ie, Gayelorde Hausers)

Instructions:

Thaw spinach in microwave. Microwave potato until completely cooked and then finely chop. Finely chop onion and pepper and soften in microwave. Mix all ingredietsns together thoroughly in large mixing bowl. Form into thin patties (the thinner the better) and fry in a lightly oiled iron or "no-stick" pan. Serve on kaiser roll with sauteed onions, dill pickle slices, ketchup, Nayonaise and Vegan Yeast "Cheese" spread (not tested in contest).

Note:

They go on how they softened foods using oven pans instead of using a microwave on a second try. Second Note: Since entering the contest, Keith Zimmer has reworked his recipe. He now eliminates the green peppers and green beans, reduces the rolled oats to 1/2 cup, adds 1/2 cup corn meal, and replaces the Vege Sal and vegetable broth with tamari, dijon mustard, tarragon, basil and parsley. This recieved "High Honors for Low-Fat".

Refried Bean Burgers (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: 10 - 12 burgers)

Ingredients:

2 cups Fantastic Foods instand refried beans, prepared according
to package instructions
1/2 cup stock or water, if needed
1 cup cooked rice
1 cup toasted seeds
2 Tbsp nutritional yeast
1/4 cup tamari
1/4 tsp oregano
1/4 tsp thyme
1/2 cup raw grated carrots
2 cups rolled oats or bread crumbs

Mix all ingredients together and form into patties. Freeze, then take out and fry or bake. Mustard can be added for a different taste.

Note:

We did not add stock, because the mixture formed perfect patties without it. Although unspecified, we used short grain brown rice and sunflower seeds. We also made these a second time, eliminating the sunflower seeds and using an oil-free refried bean ix from Great Taste Adventures. This low-fat version was just as tasty.

Safari Sandwich (Stephanie da Silva)

From: arielle@taronga.com (Stephanie da Silva)

Ingredients:

2/3 cup mayonnaise
3 tblsp chutney
12 ounces sliced ham
1 can (20 ounces) pineapple slices, drained
2 tblsp butter
4 onion rolls, split and toasted
2 avocados, seeded, peeled and sliced
Fresh parsley sprigs, optional

Instructions:

Mix mayonnaise and chutney together in small bowl; set aside. Saute ham slices and pineapple in butter until lightly browned. Spread about 1

tablespoon chutney mixture on each cut side of onion rolls. For each sandwich, place ham slice over chutney mixture; top with 3 or 4 avocado slices and pineapple slice. Garnish with parsley and any remaining pineapple slices.

Sandwich Spreads: Spicy Tofu Pate (Judy Karpen)

From: karpen@nrlfs1.nrl.navy.mil (Judy Karpen)

>From the net, don't know authorship (sorry).

Ingredients:

1 lb tofu (fresh)
1/4 c whole wheat flour
1/4 c cornmeal
1/2 c wheat germ
1/4 c veg. oil
2 Tbsp soy sauce
1 tsp molasses
1/2 tsp ground fennel
1 clove garlic or 2 tsp. garlic powder
1/4 tsp savory
1/4 tsp powdered sage
1/2 tsp allspice
2 tsp oregano
2-3 tsp Dijon mustard (or any prepared mustard)

Instructions:

Mash tofu in a large bowl. Add remaining ingredients, mix well with fork or by hand. Pack into small oiled casserole dish; cover with two or three paper towels. Steam 25 to 35 minutes on a rack inside a covered pot with water on stove or in a pan of water in the oven at 375 degrees.

Top will brown slightly. Cool before removing from dish. Steaming blends flavors. Stores up to two weeks in fridge. Makes 2.5 cups.

JTK's notes: I accidentally used wheat bran instead of germ, and it still worked (kind of dry, though). I made this in a 2-qt. porcelain souffle dish, which it filled approx. 2/3. I didn't have savory so I substituted fresh thyme. As usual, I added more garlic & hot sauce. Mash tofu very well, or you will have lots of tofu lumps --- I think I might try blending this in the food processor next time, to avoid this problem. This was enough for maybe 4 days of lunches for me (pate on 4-5 Wasa breads/rice cakes per day).

Sandwich Spreads: Tofu Spread (Judy Karpen)

From: karpen@nrlfs1.nrl.navy.mil (Judy Karpen)

makes 1 med-large plastic container full
(enough for 1-1.5 weeks' lunches for me)

Ingredients:

1-1.5 blocks firm tofu, sliced in half and pressed to remove excess water
a couple stalks celery
1-2 carrots
a few scallions or small onion
1 handful or more fresh parsley and/or dill
soy sauce (any variant) to taste
hot sauce to taste
a pinch turmeric (for color, optional)
1 tsp (or more) prepared mustard, to taste
1-2 Tbs tofu mayonnaise (if lacto, can use nonfat yogurt)
optional: green or black olives, other herbs, radishes,
sweet red pepper, ground black pepper, pickles, etc.

Instructions:

Wash & dry parsley and/or dill, and chop finely in food processor. Cut veggies into chunks small enough to fit in food processor and process until well-chopped (if you want it chunkier, stop earlier). Crumble pressed tofu into processor --- as much as will fit, leaving some room at top for expansion --- and add mustard, soy sauce, and enough mayo to moisten. Pulse processor several times to mix, then process until smooth. If too dry, add more mayo or, for less fat, a liquid like orange/lemon juice. Taste and add more of whatever you think necessary (this can be really bland without amendments).

Pressing tofu:

Try to cut slices same depth, so pressure will be distributed evenly across them. Stack (from bottom): newspapers, 1-2 layers of paper towel, tofu slices (lay slices side by side, compact as possible), another layer of paper towel, a cutting board, and weights (I use jars of beans, CAREFULLY distributed across the board). Be careful here to balance jars, etc., I broke at least one unique ceramic canister this way! Leave for a few hrs (1/2 hr. minimum).

Note:

This is NOT a precise recipe, so play with it until you like the

results. Hence the vague directions! Also, if you don't have a food processor, handchopping and mashing (with potato masher) will work, but results will be less homogenized (maybe better for some). If you add the turmeric, it will look more like (dare I say it?) egg salad.

Sauted Mushrooms On Toast (David Katz)

From: katzd@herald.usask.ca (David Katz)

Ingredients:

2 cups fresh mushrooms
2 shallots
2 tbsp fresh chopped parsley
1 tbsp butter
1/2 tsp lemon juice (preferably fresh)

Instructions:

Clean the mushrooms in cold water (Harlod McGee tells us that they do not absorb enough water to be worth the fuss of using a mushroom brush. I agree. Since they are already something like 95% water, even if they absorb a large amount, they will only become ... what - 96%?)

Cut or pull the stems off of the mushrooms (save them for mushroom soup or a duxell) and slice the caps into 3/16 inch slices.

Finely chop the shallots. If you don't have shallots, use 3 tbsp chopped onion and 1 small clove of garlic, chopped, minced, diced, pressed, cleavered or otherwise made mushy in your most favorite way.

Heat a frying/saute pan over medium-high heat. Add the butter and let it melt. When the butter is bubbling, add the mushrooms. Saute, tossing or stirring until the mushrooms start to brown. If a lot of juice comes out of the mushrooms, simply boil it away and keep on.

As the mushrooms start to brown, add the shallots (or onion and garlic) and the chopped parsley. Finish browning the mushrooms.

Taste the mixture. Sometimes it will improve in flavor with the addition of the lemon juice. Sometimes it doesn't seem to be needed.

Spoon the sauted mushrooms over warm, buttered toast.

If you want to be fancy, cut the crusts off of the bread before you make the toast, cut it diagonally after it is toasted and buttered and call it 'toast points.' Sprinkle a little fresh chopped parsley on top of the

mushrooms and put a small sprig of parsley on the plate beside. Invite the in-laws over and tell them you are learning to cook at the Internet Cooking School.

Another Option: In place of shallots, use about 2 -3 tablespoons of finely chopped fresh chives.

Smoked Salmon Spread (mikeb@bunny.ucdmc.ucdavis.edu)

From: mikeb@bunny.ucdmc.ucdavis.edu

Ingredients:

8 oz cream cheese, softened
3 Tbs heavy cream
5 oz smoked salmon trimmings, minced
1 Tbs minced fresh chives or green onions
Fresh lemon juice
ground cayenne pepper
ground black pepper

Instructions:

Combine cream cheese and heavy cream in a bowl and whip with an electric mixer or a wire whip until light and fluffy. Stir in the smoked salmon, chives and add lemon juice, cayenne and black pepper to taste. Serve on bagles, other breads or as a dip for raw veges. Serve at room temperature.

Southwest Tuna Salad Sandwich (Sandra Vigil)

From: vigil@esca.com (Sandra Vigil)

Source: Seattle Times Wednesday Food section

Ingredients:

2 cans (6-oz) solid white tuna packed in water, drained well
1/2 cup minced red bell pepper
1 medium-sized jalapeno pepper, seeded and minced
1 Tbsp minced cilantro
1/2 cup light mayonnaise
2 Tbsp lemon juice
1 large clove garlic, peeled and forced through a press
1/4 tsp Tabasco sauce (opt)

6 small inner leaves, romaine lettuce, cut into fine shreds
2 whole pita bread, split and opened

Instructions:

Break up the tuna into fine flakes. Add the bell pepper, jalapeno and cilantro. Stir together they mayonnaise, lemon juice, garlic and Tabasco, if using.

Combine the tuna mixture with the mayonnaise dressing and refrigerate until ready to use.

Just before serving, stir the the shreds of romaine. Fill the pita bread and serve.

Soy-Brazil Nut Burgers (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: about 20 burgers)

Ingredients:

2 cups dry soybeans, cooked in 4 cups water in crock pot set on low for 12 hours (I'm sure you could just COOK them the usual old way!)
5 medium carrots, raw, peeled
1 cup Brazil nuts
1/2 cup tamari
1 Tbsp dried parsley
1 Tbsp dried basil
about 3 cups wheat germ

Instructions:

Puree cooked soybeans and raw carrots in blender. Grind Brazil nuts and mix all three together with tamari. Add parsley and basil. Mix in wheat germ for dough consistency. Form into patties and bake in oven for 30 minutes at 400 degrees.

Note:

Although unspecified, we chopped teh carrots and blended them in several batches with the soybeans and cooking water. We used about 3 1/2 cups of wheat germ.

Spicy Mexican Bean Burger (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: 8 - 10 burgers)

Ingredients:

16 ounce can of red kidney beans, drained and mashed
1/2 cup small onion, coarsley chopped
1/2 green pepper, coarsley chopped
1 carrot, steamed and mashed
1/8 cup picante sauce or salsa (spicy or mild to your taste)
1 cup bread crumbs
1/2 cup flour
1 tsp black pepper (or to taste)
dash of chili powder

Instructions:

Mix all ingredients together. Add more flour to create a firmer mixture, or more salsa if mixture is too stiff. Form into balls and smash into patties. Bake at 450 degrees for 15 - 20 minutes, until firm, brown and done. Serve on a whole wheat bun with lettuce, tomato and salsa. Accompany with tortilla chips and a large glass of iced tea. These can be grilled or pressed in those new-fangled sandwich presses... a lot quicker and tastier than baking.

Author's note:

"When I studied in England for a semester, I fell in love with Wimpy's Spicy Mexican Bean Burgers. Upon returning to the states, I struggled to recreate this burger. This is what I've come up with."

Note:

We cut back black pepper to 1/2 tsp. Although unspecified, we used whole wheat flour. We made these a second time, adding 1/2 tsp. of salt. Many of us preferred them this way.

Tea Sandwiches (Vickie McCorkendale)

From: vickiemc@ISI.EDU (Vickie McCorkendale)

Source: Silver Palate Good Times Cookbook

On wheat bread: Softened Chevre
Orange Marmalade

On wheat bread: Whipped Cream Cheese with crumbled bacon
An arugala leaf

On white bread: Sweet Butter
Thin Slice of cucumber
A mint Leaf

On white bread: Basil, parmesean mayonaise
Thin slice of seeded tomato

Tofu Burger (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

Source: Vegetarian Voice (NAVS magazine) Vol. 19, no. 1

(yield: 6 burgers)

Ingredients:

1 lb tofu
1/2 cup whole wheat flour
3 Tbsp nutritional yeast
2 Tbsp vegetable bouillon powder
pepper to taste
2 Tbsp soy sauce
1/4 cup (or more) sesame seeds
1 small scrubbed potato
1/4 tsp (or more) garlic powder
onion powder to taste, or one small onion

Instructions:

Grind the tofu, potato and onion (if using) in a food processor. Don't let it get too fine. Mix in remaining ingredients, shape into burgers and bake at around 350 degrees on a very lightly oiled cookie sheet for 15-20 minutes, turning once. They can also be fried.

TVP Burgers (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(yield: 3 burgers)

Ingredients:

1 Vegex cube (or vegetable bouillon)
1 tsp Spike
1/2 tsp onion powder
1 tsp Gravy Master
3/4 cup boiling water
1 cup dry TVP
1 small onion, diced
1 Tbsp oil
1/2 tsp chili powder
1/4 tsp garlic powder
pinch of black pepper
1/2 tsp oregano
1 Tbsp soy sauce
1/4 cup white flour

Instructions:

Add Vegex, Spike, onion powder and Gravy Master to boiling water. Pour over TVP and let soak for 10 minutes. Saute onion in oil. Add to soaked TVP. Add chili powder, garlic, pepper, oregano and soy sauce. Add flour and stir until mixed well. Mold and flatten into three patties. Fry in a small amount of oil until nicely browned on each side. Serve on whole wheat roll or pita pocket with your favorite toppings.

Note:

These made a scant three burgers. For two or more people, you might want to make more than one batch.

Vegan Yeast "Cheese" (Tara McDermott)

From: tara@starburst.umd.edu (Tara McDermott)

(compliments of Abbot George Burke, so they say)

Ingredients:

1/4 cup nutritional yeast flakes
1/4 cup unbleached white flour
1/2 tsp sea salt
1/4 tsp garlic powder
1 cup water
1 Tbsp non-dairy margarine
1/4 tsp prepared mustard

Instructions:

Mix dry ingredients in saucepan. Whisk in water. Cook over medium heat while whisking until mixture thickens and bubbles. Cook 30 seconds more. Remove from heat. Whip in margarine and mustard. Let cool slightly.

[mara](#)

Spinach and Prosciutto En Croute

From: mnh@catfish.ocpt.ccur.com (Michele Hardy)

Date: Fri, 8 Oct 1993 14:19:26 GMT

A pastry turnover encasing a spinach, cheese, olive, and prosciutto filling, baked until golden. This hors d'oeuvre gets a 5-star rating in our home - it's my husband's favorite.

2 tbsp olive oil
1 small clove garlic, crushed
1/4 tsp black pepper
1 tbsp Parmesan cheese
1 lb frozen puff pastry, thawed
10 oz pkg. frozen chopped spinach, thawed
1/2 lb coarsely grated swiss cheese
1/4 lb prosciutto, thinly sliced
1 cup ripe black olives, sliced
1 tbsp cold water

1. Mix together the oil, garlic, black pepper, and Parmesan. Cover and marinate for 2 to 3 hours.
2. Roll out the puff pastry on a floured board to form a rectangle 12x20-inches. (Pinch any seams together so that you essentially have one large piece of dough.) Chill for 30 minutes.
3. Squeeze the spinach of all its liquid. Spread the spinach down the center of the length of the dough forming a layer 4 inches wide and extending to within 1-inch of either end.
4. Cover the spinach with half of the Swiss cheese. Blanket the cheese with even layers of prosciutto. Spoon the marinade over the ham.
5. Sprinkle the remainder of the Swiss cheese over the prosciutto. Top everything with black olives.
6. Fold the dough like a turnover, overlapping the sides. Crimp the ends together firmly to seal. Place seam side down on an ungreased baking sheet. (Up to this point may be prepared 2 to 4 hours in advance and refrigerated. Return to room temperature to bake.)
7. Beat the egg and water together. Brush the pastry with the egg wash. This gives the loaf a golden glaze when baked.
8. Bake in a preheated 350F degrees oven for 30 minutes. Transfer to a platter, cut into 1 and 1/2-inch wide slices, and serve immediately.

Spinach and Prosciutto En Croute

6 portions

Source(including opening narrative): The Uncommon Gourmet by Ellen Helman

[amyl](#)

Toasted Pumpkin Seeds

From: coello@ruf.rice.edu (Robert Scott Colello)

Date: Sat, 23 Oct 93 00:02:01 CDT

My favorite snack for Thanksgiving or Halloween is toasted pumkin seeds.

scoop seeds from pumpkin

separate seeds from pulp and rinse

you may have to pick them out by hand

drain and dry seeds

put seeds on cookie tray or toaster tray

sprinkle with salt

toast at 300 F (I'm not sure about this)

turn once

seeds should be dry and barely turn golden brown

some seeds will puff up.

These are similar to sunflower seeds and have a nice nutty flavor,

but the shells are harder to crack open if they are small.

-teg@owlnet.rice.edu

[amyl](#)