

Ethnic Dishes

Index

- [Ancient Roman Dishes INDEX](#)
- [Cajun Dishes INDEX](#)
- [Chinese Dishes INDEX](#)
- [French Dishes INDEX](#)
- [German Dishes INDEX](#)
- [Greek Dishes INDEX](#)
- [Historical Recipes of Different Cultures : INDEX](#)
- [Indian Dishes INDEX](#)
- [Indonesian Dishes INDEX](#)
- [Mexican Dishes INDEX](#)
- [Norwegian Dishes INDEX](#)
- [Thai Dishes INDEX](#)
- [Australian Recipes : COLLECTION](#)
- [Baklazhannaia Ikra \(Russian\)](#)
- [Injera \(Ethiopian\)](#)
- [Morocco Tangine](#)
- [Puerto Rican Beef Plantain Omelette](#)

[amyl](#)

Antique Roman Dishes - Collection

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

Date: Thu, 22 Jul 93 11:12:07 +0200

Contents

- [Native Roman Ingredients](#)
- [Conversions](#)
- [Isicia Omentata \(A kind of Roman Burger\)](#)
- [Pepones et Melones \(water and honey melons\)](#)
- [Patina de pisciculis \(souffle of small fishes\)](#)
- [Patina de Piris \(pear souffle\)](#)
- [Minutal Marinum \(seafood fricasee\)](#)
- [Gustum de Praecoquis \(starter with apricots\)](#)
- [Fabaciae Virides et Baianae \(Green and Baian Beans\)](#)
- [Pullum Frontonianum \(Chicken a la Fronto\)](#)
- [Pullus Fusilis \(Chicken With Liquid Filling\)](#)
- [Dulcia Domestica \(Housemade Dessert\)](#)
- [Aliter Dulcia \(Another Kind of Dessert\)](#)
- [Tiropatinam \(A Kind of Soufflee\)](#)
- [Ova Sfongia Ex Lacte \(Pancakes with Milk\)](#)
- [In Ovis Apalis \(Boiled Eggs\)](#)
- [Vitellina Fricta \(Fried Veal\)](#)
- [In Vitulinam Elixam \(Boiled Veal\)](#)
- [Aliter Baedinam Sive Agninam Excaldatam\(Steamed Lamb\)](#)
- [In Mitulis \(Sea Mussels\)](#)
- [Sarda Ita Fit \(Tuna\)](#)
- [Scillas \(Big Shrimps\)](#)
- [Mustacei \(= Must Rolls\)](#)

The following recipes are taken from an old Roman cookbook

MARCUS GAVIUS APICIUS: DE RE COQUINARIA

The book I have is edited and translated from Latin by Robert Maier. My humble person only translated the German translations into English. I hope the recipes are still rather near to the originals...

First I have to introduce you to some native Roman ingredients, such as:

-- Caroenum: Boiled must (you have to boil the new wine or grape juice until it is only half the amount you started

with).

-- Defritum: Either thick fig syrup, or must that's boiled until you have only a third of the amount with which you started.

-- Liebstoeckl: I didn't find an English translation. In Latin it's called 'levisticum officinale'. It's an umbelliferous plant with yellowish flowers. Its dried roots are used as spice. It seems to be a kind of celery.

-- Liquamen: a salty fish sauce. Most of the time you can replace it by salt.

-- Passum: Very sweet wine sauce, made by boiling the must (new wine or grape juice) to thicken it. (maybe add honey? - just my guess)

-- Poleiminze: A kind of mint that's growing in inundated areas. Just replace it by ordinary mint.

-- Saturei: I didn't find an English translation. In Latin it's called 'satureia hortensis'. It's a violet or white flowered kind of labiate plants which grows mainly in Southern Europe. It's used as a spice plant, especially for bean dishes.

-- Silphium: Its other names are 'Laser' or 'ferula asa foetida'. I've noticed that it's also called 'hing' in the Indian cuisine. It is an onion and garlic substitute and should be used rather sparingly because of its very strong taste and smell.

And here are some useful conversions, taken from the FAQ maintained by mara@kauri.vuw.ac.nz (great job!)

5ml = 1 tsp
15ml = 1 tblsp
28.3g = 1 ounce (==> 100g = 3.5 ounces)
454g = 1 pound (==> 1kg = 2.2 pound)
250ml = 1 cup
1 l = 4 cups
180 deg C = 350 deg F
220 deg C = 425 deg F

And now let's come to the meals. All of those are calculated for 4 servings!

Unfortunately the exact cooking temperatures and times haven't been handed down in all cases. You have to rely on your gut feeling. But I hope you enjoy all of it nonetheless!

ISICIA OMENTATA (a kind of Roman Burgers)

(Apic. 2, 1, 7)

Ingredients:

500g minced meat
1 french roll, soaked in white wine
1/2 tsp freshly ground pepper
50ml Liquamen (can be replaced by 1/2 tsp salt + a little white wine)
some stone-pine kernels and green peppercorns
a little Caroenum
Baking foil

Instructions:

Mix minced meat with the soaked french roll. Ground spices and mix into the meat. Form small burgers and put pine kernels and peppercorns into them. Put them into baking foil and grill them together with Caroenum.

PEPONES ET MELONES (Water and Honey Melons)

(Apic. 3, 7)

Ingredients:

1/2 honey melon \ both peeled, diced
1/2 water melon / and stoned
500ml Passum
a little bit of honey (or Passum)
1 tblsp minced parsley
1/2 tsp freshly ground pepper
a little bit of Liquamen, or a dash of salt
Poleiminze, Silphium, vinegar, if wanted

Instructions:

Cook diced melons in a pan together with spices and herbs until done. Sometimes Silphium is added.

PATINA DE PISCICULIS (Soufflee of Small Fishes)

(Apic. 4, 2, 30)

Ingredients:

500g boiled fillet of small fishes or whole sardelles
150g dried raisins (sultanas)
1/2 tsp freshly ground pepper
1 tblsp Liebstoeckl
1 tblsp oregano
2 small diced onions
200ml oil
50ml Liquamen, or 1/2 tsp salt
some cornstarch

Instructions:

Mix raisins, pepper, Liebstoeckl, oregano, onion, wine, Liquamen and oil together and put in a casserole. Cook until done. Then put small boiled fish fillets or boiled small whole fishes into it. Thicken with a bit of cornstarch and serve.

PATINA DE PIRIS (Pear Soufflee)

(Apic. 4, 2, 35)

Ingredients:

1kg pears (peeled and without core)
6 eggs
4 tblsp honey
100ml Passum
a little bit oil
50ml Liquamen, or 1/4 tsp salt
1/2 tsp ground cumin
ground pepper to taste

Instructions:

Mesh cooked and peeled pears (without core) together with pepper, cumin, honey, Passum, Liquamen and a bit of oil. Add eggs and put into a casserole. Cook approximately 30 minutes on small to moderate heat. Serve with a little of pepper sprinkled on the soufflee.

MINUTAL MARINUM (Seafood Fricassee)

(Apic. 4, 3, 1)

Ingredients:

500g fish fillet (e.g. salmon)
250ml white wine
500ml beef broth
3 leek branches (I hope branch is the correct expression...)
100ml oil
Liquamen or salt, coriander, pepper, Liebstoekl, Oregano to taste
a little bit of starch or flour to thicken the sauce

Instructions:

Put the fish in a pan, add Liquamen, oil, wine and broth. Chop leek branches and coriander. Chop fillets into a kind of fish goulash. Cook approximately 30 minutes on small to moderate heat. When well done ground coriander, Liebstoekl and oregano and add to the fish fricassee. Boil again shortly. Then thicken sauce with starch, sprinkle pepper on the fricassee and serve.

GUSTUM DE PRAECOQUIS (Starter with Apricots)

(Apic. 4, 5, 4)

Ingredients:

1kg firm ripe apricots or nectarines
200ml white wine
250ml Passum
^D:-y?1 peppermint tea bag (portion for one cup)
pepper, Liquamen or salt, cornstarch, a little vinegar and honeykE)T@wfC>r7wZ
{L,i&6sSyv:

Wash, cut and stone apricots. Put them with a little cold water in a pan. Ground pepper and dried mint (that's where the tea bag comes handy...), add Liquamen, honey, Passum, wine and vinegar. Pour into the pan with a little oil. Cook approximately 20 minutes on small to moderate heat. After it boiled add a bit of cornstarch to thicken the sauce, sprinkle with pepper and serve.

FABACIAE VIRIDES ET BAIANAE (Green and Baian Beans)

(Apic. 5, 6, 1)

Ingredients:

)500g soybeans with pod, or green beans
50ml Liquamen, or 1/2 tsp salt with 50ml wine
1-2 tblsp oil
1 tblsp minced coriander leaves (or 1/2 tblsp ground coriander seed)
1 tsp cumin seeds
1/2 minced branch of leek

Instructions:

Cook beans with Liquamen, oil, leek and spices. Serve.

PULLUM FRONTONIANUM (Chicken a la Fronto)/B>

(Apic. 6, 9, 13)

Ingredients:

1 fresh chicken (approx. 1-1.5kg)
100ml oil
200ml Liquamen, or 200ml wine + 2 tsp salt
1 branch of leek
fresh dill, Saturei, coriander, pepper to taste
a little bit of Defritum

Instructions:

Start to fry chicken and season with a mixture of Liquamen and oil, together with bunches of dill, leek, Saturei and fresh coriander. Then cook approximately 1 hour with 220 deg C in the oven. When the chicken

is done, moisten a plate with Defritum, put chicken on it, sprinkle pepper on it, and serve.

PULLUS FUSILIS (Chicken With Liquid Filling)

(Apic. 6, 9, 15)

Ingredients:

1 fresh chicken (approx. 1-1.5kg)
300g minced meat (half beef, half pork)
100g groats (of oat)
2 eggs
250ml white wine
1 tblsp oil
1 tblsp Liebstoekl
1/4 tsp ground ginger
1/4 tsp ground pepper
1 tsp green peppercorns
50g stone-pine kernels
Liquamen or salt to taste

Instructions:

Ground pepper, Liebstoekl, ginger, minced meat and cooked groats. Add eggs and mix until you have a smooth mass. Season with Liquamen, add oil, whole peppercorns and stone-pine kernels. Fill this dough into the chicken. Cook approximately 1 hour with 220 deg C in the oven.

DULCIA DOMESTICA (Housemade Dessert)

(Apic. 7, 13, 1)

Ingredients:

200g fresh or dried dates
50g coarsely ground nuts or stone-pine kernels
a little bit salt
honey, or red wine with honey (to stew)

Instructions:

Take the stones out of the dates and fill them with nuts or stone-pine kernels. Sprinkle a bit of salt on the filled dates and stew them in honey or honey-sweetened red wine. The dates have to be cooked in on low heat until their paring starts to come off (approximately 5-10 minutes).

Note:

You may also fill some dates with ground pepper. (I wonder how this might taste - but that's a suggestion made in the original recipe.)

ALITER DULCIA (Another Kind of Dessert)

(Apic. 7, 13, 5)

Ingredients:

250g coarsely ground nuts
100g coarsely ground stone-pine kernels
3-4 tblsp honey
1 tsp minced rue
50ml Passum
50ml milk
2 eggs
honey to drip on afterwards
a small amount of ground pepper

Instructions:

Mesh pepper, pine kernels, honey, rue and Passum with milk and eggs, and boil the dough. Serve topped with honey and sprinkle with pepper.

TIROPATINAM (A Kind of Soufflee)

(Apic. 7, 13, 7)

Ingredients:

500ml milk
6 eggs
3 tblsp honey
a little bit of ground pepper

Instructions:

Sweeten milk with honey, add eggs and mix together until smooth. Cook on low heat until stiff, sprinkle pepper on it and serve.

OVA SFONGIA EX LACTE (Pancakes with Milk)

(Apic. 7, 13, 8)

Ingredients:

8 eggs
600ml milk
100ml oil
a little bit honey

a little bit ground pepper

Instructions:

Mix eggs, milk and oil until you have a pancake dough. Fry in a pan and serve topped with honey and a little pepper.

IN OVIS APALIS (Boiled Eggs)

(Apic. 7, 19, 3)

Ingredients:

8 hard boiled eggs (not too well done - boil ca. 4 minutes)
50g stone-pine kernels
honey, pepper, vinegar, Liebstoekl, Liquamen (or salt) to taste

Instructions:

Dressing for boiled eggs: Mix together pepper, Liebstoekl, soaked pine kernels. Add honey and vinegar and season with Liquamen. Serve together with the eggs.

VITELLINA FRICTA (Fried Veal)

(Apic. 8, 5, 1)

Ingredients:

800g - 1kg veal
300g dried raisins (sultanas)
1 tblsp honey
2 tblsp vinegar
200ml wine
100ml oil
100ml Defritum
100ml Liquamen (or 1tsp salt)
pepper, celery seeds, Liebstoekl, cumin, oregano, dried onion to taste

Instructions:

Fry veal in olive oil until well done. Mix raisins, wine, vinegar, honey, oil, Liquamen and spices together in an extra pan, shortly boil the sauce. Pour over the veal, then leave the meat for 10 minutes in the sauce and cook on low heat. Serve.

IN VITULINAM ELIXAM (Boiled Veal)

(Apic. 8, 5, 3)

Ingredients:

800g - 1kg veal
pepper, Liebstoekl, cumin, celery seeds to taste
2 tblsp honey
2 tblsp vinegar
100ml oil
100ml Liquamen (or 100ml white wine + 1 tsp salt)
a little bit of cornstarch

Instructions:

Cook the veal for about 1 1/2 hour until well done. Mix together honey, vinegar, oil, ligamen and spices in an extra pan. Boil the sauce only shortly and thicken it with cornstarch. Then pour sauce over the veal and let boil on low heat for another 10 minutes. Serve.

ALITER BAEDINAM SIVE AGNINAM EXCALDATAM (Steamed Lamb)

(Apic. 8, 6, 2)

Ingredients:

10 lamb cutlets
1 l white wine
100ml oil
2 big onions, diced
2 tblsp ground coriander
1 tsp ground pepper
1 tblsp Liebstoekl
1 tsp ground cumin
200ml Liquamen (or 2 tsp salt)

Instructions:

Put cutlets into pot, together with diced onion and spices. Add Liquamen, oil and wine. Cook 45-60 minutes. Pour sauce into a pan and thicken it with starch. Serve cutlets together with the sauce.

IN MITULIS (Sea Mussels)

(Apic. 9, 9)

Ingredients:

1kg fresh sea mussels
100ml Liguamen
1 branch of leek, finely minced
1 tsp cumin
200ml Passum
1 tblsp minced Saturei
500ml white wine
ca. 500ml water

Instructions:

First water mussels, and clean them. Mix together Liguamen, wine, water, Passum and spices. Boil the broth for about 20 minutes, then add mussels. Boil additional 10 minutes. Serve.

SARDA ITA FIT (Tuna)

(Apic. 9, 10, 2)

Ingredients:

500g cooked tuna fillet
1/2 tsp ground pepper
1/2 tsp Liebstoekl
1/2 tsp thyme
1/2 tsp oregano
1/2 tsp rue
150g dates (without stones)
1 tblsp honey
4 hard boiled eggs (in quarters)
50ml white wine
2 tblsp wine vinegar
50ml Defritum
2-3 tblsp green olive oil

Instructions:

Cook tuna fillet. Mesh fillet together with dates, honey, wine, vinegar, Defritum and oil. Put mass into a bowl and garnish with egg quarters. Serve.

SCILLAS (Big Shrimps)

(Apic. exc. 17)

Ingredients:

500g cooked and prepared big shrimps
1 tsp green pepper
1 tblsp Liebstoekl
1/2 tsp ground celery seeds
2-3 tblsp vinegar
100ml Liquamen (or 1/2 tsp salt)
4-5 hacked hard-boiled egg yolks

Instructions:

Cook shrimps. Then ground pepper, celery seeds and Liebstoekl. Pour vinegar, Liquamen and egg yolks over it and mix thoroughly. Pour the mixture over the shrimps and serve.

MUSTACEI (= Must Rolls)

(Cato: de agricultura, 121)

Ingredients:

500g wheat flour
300ml grape juice (or young wine)
2 tblsp anise seeds
2 tblsp cumin seeds
100g lard
50g grated cheese (sheep's cheese would be best)
ca. 20 bay leaves

Instructions:

Pour some must over the flour, add anise and cumin seeds, the lard and cheese. Work it together until you have a reasonable dough. Form rolls, then put one bay leaf under each of them.

Bake 30-35 minutes at 180 deg C.

Note:

It's better to make the must rolls with yeast dough, because then they can be kept longer, and they are not so hard. To make the yeast dough, add 40g yeast to the flour + grape juice, leave it a while until you continue like above.

[mara](#)

Cajun Recipes

Index

- [Dirty Rice \(1\)](#)
- [Cajun Seasoning and other Herbal Seasoning blends](#)
- [Cajun Recipes : COLLECTION \(1\)](#)
- [Cajun Recipes : COLLECTION \(2\)](#)
- [Cajun Shrimp](#)

[amyl](#)

Cajun Dirty Rice

From: zeranguek@agcs.com (Karl Zerangue)

Date: 16 Sep 1993 09:18:38 -0700

Various recipes for this popular dish include lots of different ingredients, such as chicken liver, sausage, endouille, etc. But my Mom's recipe is of course my favorite and quite simple. The following is a close estimate (since no one has ever written down the actual amounts of any ingredients - until now!):

A Cajun Rice Dressing / Cajun Dirty Rice

1 lb. ground pork
1 lb. ground beef
1 large bell pepper
1 medium onion
5 - 6 peeled cloves of garlic
1 or 2 fresh, green cayenne peppers (if available)
1 tsp. salt (use to own taste)
1 tsp. red pepper (use to own taste -- balance with fresh pepper above)
2 cans mushroom steak sauce (NOT soup, usual brand I find here is Dawn's;
1 can = about 4-6 oz.)
3-4 cups cooked rice (not real sure about this amount)

The Dressing Mix:

Pan fry the ground meat well until all of the meat is well done. Put bell pepper, onion and garlic into food processor and "nearly" liquify it, then add this to the meat. The pepper/onion/garlic should sizzle as you stir it well into the the meat. When the sizzling fades, add the mushroom steak sauce and a little water and allow the entire dressing mix to simmer for at least a half hour.

Dirty Rice:

Cooked rice can be added to this mixture and thoroughly stirred. The more rice you add, the drier and "whiter" the resulting dressing will be. Adding the right amount of rice will result in a dress that is moist with the rice appearing very brown ("dirty").

Cornbread Dressing:

Substitute crumbed cornbread for cooked rice.

Save some for later:

Freeze the dressing mix, i.e., before adding rice/cornbread, separately. When needed, defrost the mix by heating it and add the rice or cornbread.

[amy](#)

COLLECTION: Cajun Recipes

From: joseph@inland.com (Roger Joseph)

Date: 20 Aug 93 07:54:58 CST

A Collection of Cajun and Other Southern Delights
These recipes were gleaned from Netters over the past couple months.

=====

Subject: SEAFOOD: Crawfish Etouffee

Crawfish Etouffee

1/2 c oil or margarine
1/2 flour
1 large onion, finely chopped
1 large celery stalk, finely chopped
3 fat cloves garlic, minced
2 1/2 c fairly rich shrimp broth
1 T lemon
1/2 c crawfish fat (substitute 3-4 T
crawfish liquid or crawfish stock)*
1 T lemon juice
1 t salt (omit if using crawfish stock)
1 T fresh parsley (1 t dried)
1/2 t cayenne pepper
1/2 t black pepper
1/2 t thyme
1 bay leaf
1 lb frozen crawfish, all liquid included
2 large scallion tops, sliced
cooked converted rice

Make a medium dark roux by whisking the flour into the oil over medium heat and cooking, stirring constantly, until the mixture is the color of chocolate. Add the onion along with the celery and garlic, and sautee over medium low heat until vegetables are tender, about 10 minutes. Slowly add the shrimp stock, and bring to a boil. Lower heat to a simmer, and add lemon juice, crawfish fat/stock/liquid, and the spices. Simmer 15 minutes. Add the crawfish and any liquid, bring to a rapid simmer, reduce to a low simmer, add the scallions, and simmer just until the crawfish are tender, about 10 minutes. Adjust seasonings. To serve, mound some rice in a plate, and ladle some of the etouffee on top. This recipe makes about 4 servings.

Note: Crawfish fat gives the dish its characteristic flavor. In New Orleans, it can be bought in the stores, but it's tough to find elsewhere, so substitute. If you do find it, keep it refrigerated, as it is very perishable. By crawfish liquid, I mean any run off from

frozen crawfish. Whenever you use crawfish for another reason (making Cajun popcorn, say), you should save any liquid from the inside of the package that remains after defrosting. This liquid is mainly water, but it will be orange in color from the crawfish fat and meat. Finally, to make crawfish stock, take a dozen or so crawfish heads left over from a crawfish boil, and cover with some of the left over cooking liquid or water. Bring to a boil, reduce to a simmer, and cook for several hours. At the end of simmering, strain the stock, and reduce in half. Be careful when using this stock because it will be very salty. Omit any salt from the recipe, and adjust at the end.

Enjoy,

--frank (a homesick Cajun)

-----End Recipe-----

The following is a recipe for Crayfish Etouffee as garnered from "The Whole Chile Pepper Book" by Dave Dewitt and Nancy Gerlach (ISBN 0-316-18223-0). I cannot purchase fresh crayfish, locally, so I substitute shrimp for the crayfish ... its real good! The recipe is printed exactly as it appears; my changes and comments are included at the end.

Crayfish Etouffee

=====

The word etouffee comes from the French word for "smother" and in this recipe, it refers to be smothered by a sauce. This dish, as with all traditional Cajun dishes, begins with a roux - or the browning of flour in a fat or oil for use as a thickening agent.

INGREDIENTS

=====

4 teaspoons Louisiana Hot Sauce
 1 small Bell pepper, diced
 1/3 cup vegetable oil
 1/4 cup flour
 1 medium onion, chopped
 2 cloves garlic, minced
 2 stalks celery, diced
 2 medium tomatoes, peeled and chopped
 1 cup fish stock or clam juice
 1/2 teaspoon basil
 1/4 teaspoon thyme
 1 bay leaf
 freshly ground black pepper
 1 pound crayfish, peeled
 1/2 cup chopped scallions, including the greens

PROCEDURE

=====

To make the roux: Heat oil in a heavy skillet until hot.
 Gradually stir in the flour and stir constantly
 until the mixture turns brown. Be very careful
 you don't burn roux.

Saute the onions, garlic, celery, and Bell pepper in the roux for five minutes.

Add the tomatoes, stock, basil, thyme, and bay leaf. Bring to a boil, stirring constantly. Reduce the heat and simmer for fifteen minutes or until it thickens to a sauce.

Add the hot sauce, crayfish, and scallions and simmer for an additional five minutes or until the crayfish/shrimp are cooked. Remove the bay leaf and serve.

Serving Suggestions: Serve with celery seed coleslaw, green beans,
===== and corn bread.

Variations: Use shrimp or lobster meat in place of the crayfish
=====

COMMENTS:

1. For the inexperienced, making the roux can be tricky ... be certain stir the roux constantly (I mean constantly!) or it will burn (if you see dark flecks forming in the roux, its burnt and it is best to throw it out and start over). Think of it this way - until you've done it a few times, operate under the following edict: "You can't stir the roux too much" Cook roux until it turns "peanut butter brown" or darker.
2. Use only fresh tomatoes, even if they're the supermarket hothouse variety. The first few times I made this stuff it was awful; I later learned why - I had substituted canned tomatoes for fresh tomatoes.
3. Instead of the required thyme, and basil try substituting the following: one tablespoon of Paul Prudhomme's Poultry Magic. Also, amount of increase Louisiana Hot Sauce to two tablespoons; in its original form, this recipe is pretty tame!
4. Serve over cooked rice with homemade biscuits (I use Bisquick for now ... I looking for a "from scratch" equivalent if anyone has suggestions!

burdick@zeppo.crd.ge.com

-----End Recipe-----

A Collection of Gumbo Recipes from Netters

=====

From: "Clark Quinn"

Subject: SEAFOOD: Gumbo

Gumbo can be many things. I learned to make it using Paul Prudhomme's first book. Other Louisiana and southern cookbooks should have it, as should Joy of Cooking and one of Jeff Smith's (The Frugal Gourmet) books. However, as a simple (and rough) starter:

Gumbo is a rich cajun soup, thickened either with a) okra, b) a roux, or c) file' powder (ground sassafrass leaves). Of course, these can be combined.

I have made all types, but the easy one to make is the roux based. Pay attention and read through before attempting, you'll need to rearrange the steps to make it efficient.

Start with oil and flour (approx 2 Tbs each). Heat the oil in the bottom of your soup pot, then add the flour. Stir the flour briskly and brown the roux. It's faster to do over high heat BUT it's easier to mess it up. Prudhomme has a section on making roux that discusses this. Be careful to not get any on you or you'll find out why it's called "cajun napalm". Take it off the heat if it gets too hot until it cools down.

As soon as the roux is medium to dark brown (don't scorch the flour or you'll need to start all over), throw in your diced onion, green pepper, and celery (the sacred trinity in cajun cooking). These should stop the roux from cooking. How much? About an onion, a green pepper, and two or three stalks of celery. About two cups diced, combined. Stir around. The roux should have been smelling wonderful and once these vegetables hit the roux the smell becomes almost unbearably good. Garlic, two cloves or so, minced, can go in now, too. Let cook till the vegetables get soft, a couple of minutes. The heat can go to medium now (you did the roux over high heat, being adventurous, didn't you?). You prepared a seasoning mix of thyme, oregano, basil, red (cayenne) pepper, black pepper, and white pepper that can be thrown in when the vegetables get soft. About 2tsp to a 1Tbs each of the herbs, 1/4 to 1/2 tsp each of the peppers. I sometimes add sage, omit the oregano and basil, or otherwise play with the ingredients. This is also the time to add some fresh chopped parsley (all too often neglected) and some chopped green onion. Both are optional, both are good. When this hits the roux/vegetable mixture your nose will go into complete ecstasy. You should also add a Tbs of Worcestershire sauce (sp?) and Tabasco to taste. Thyme, Wor. sauce and Tabasco are the other sacred trinity of cajun cooking. Now it's time to get to the meat of the matter (pun intended).

Break: Gumbo can be based on any number of things. Seafood is classic, with shrimp, oysters, crab, or fish in any combination. Chicken can also serve as a base. Sausage is almost mandatory, if you can't get andouille (I can't) then a good smoked sausage will do. For health reasons I've been using turkey sausage lately. (Turkey) Ham can go in. I've even made a seven-steak gumbo (from Prudhomme, again). If you're gonna add chicken, you should have browned the diced chicken in the oil, then removed it before you made the roux. The diced chicken, sausage, and/or ham should go in now. The seafood goes in after the stock.

Back to the gumbo, now that you've added any meat you want, you should let it get warm and lightly browned in the roux mixture, then it's time to add the stock. If this is a seafood gumbo, you should use a seafood stock. If you've crab, shrimp, or fish to add, the shells and/or bones should have been used to make a rich stock earlier. I'm talking a redolent, aromatic blend of celery tops, onion parts, bay leaf, etc simmered in water and the fish parts for at least an hour, then strained. Oyster liquor is added if available. You'll want like four cups or so. If you're using sausage, ham, and/or chicken, the bones of the chicken that you diced should have been subjected to the same procedure to make a stock. The richer, the better. You can always use some beer or wine to add more flavor. Avoid, if at all possible, the store bought stock.

Anyways, add the four cups of stock. Or, if you want, make the roux/vegetable mixture in a skillet and add to the already heated stock in the soup pot. Now, if you've got them, add shrimp, crab, fish, oysters, clams, whatever. Simmer for an hour or so. Serve some rice in a bowl, ladle gumbo over it. Voila'. You can sprinkle file' powder over as a seasoning, to taste.

-----End Recipe-----

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

Biscuit Topped Seafood Gumbo Pie

Gumbo:

3 tablespoons plus 1 teaspoon vegetable oil
 3 tablespoons all-purpose flour
 3 tablespoons butter
 3/4 pound smoked sausage, sliced
 3/4 pound cooked bonelss ham steak, cut into 2 by 1/4 inch strips
 1 large onion, chopped
 2 garlic cloves, minced
 1/2 green bell pepper, chopped
 1/2 red bell pepper, chopped
 1 small celery rib, minced
 3 tablespoons rice
 2 cups chicken stock
 2 teaspoons fresh lemon juice
 1/2 teaspoon cayenne pepper

3/4 pound shrimp, shelled
1/2 pound okra, sliced
salt and freshly ground black pepper

Biscuit topping:

2 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
6 1/2 tablespoons cold butter
3/4 cup buttermilk

Make the gumbo: In a heavy medium skillet, combine 3 tablespoons of the oil with the flour and cook over moderately low heat, stirring occasionally, until the roux is dark mahogany in color, about 1 hour. Do not let burn. Immediately remove from heat.

In a medium flameproof casserole, melt 2 tablespoons of the butter with the remaining 1 teaspoon oil. Add the sliced sausage and cook over moderate heat until well browned, about 5 minutes. Transfer to a plate with a slotted spoon. Add the ham strips to the casserole and cook until lightly browned, about 7 minutes; add to the plate with the sausage slices.

Add the remaining 1 tablespoon butter and the onion to the casserole. Cook over moderate heat, stirring constantly, until softened and translucent, about 2 minutes. Reduce the heat to moderately low and add the garlic, green and red bell peppers, celery and rice. Cook, stirring, for 5 minutes longer.

Reheat the brown roux if necessary. Scrape it into the casserole with the vegetables and rice. Stir in the chicken stock and lemon juice. Bring to a boil over high heat. Add the sausages and ham, reduce the heat to moderately low and cook, covered, for 25 minutes.

Stir in the cayenne, shrimp and okra and season with salt and black pepper to taste. Cook, stirring once or twice, for 2 minutes. Remove from the heat.

Make the topping: Preheat the oven to 450F. In a medium bowl, combine the flour, baking soda and salt. Cut in the 5 1/2 tablespoons of the butter until the mixture resembles coarse crumbs. Stir in the buttermilk until a soft dough forms.

On a lightly floured surface, roll out the dough 1/2 inch thick. Using a 2 1/2 inch round cutter, stamp out 12 biscuits.

Melt the remaining 1 tablespoon butter. Pour the hot gumbo into a shallow 9 inch round baking dish. Arrange the biscuits on top and brush with the melted butter. Bake until the biscuits are puffed and golden brown, about 20 minutes.

-----End Recipe-----

Chicken and Sausage Jambalaya

1 package chicken thighs (6 count)
1/2 package Hilshire Farms Polish Kielbasa (or other smoked sausage), sliced
1/2 bell pepper, chopped
5 stalks celery, chopped
3 large white onions, chopped (DO NOT use a food processor)
2 cloves garlic, chopped fine
1/4 cup peanut oil
2 cups white rice (regular white rice. NOT Minute rice!!!)
2 1/2 cups water
1 12oz beer (Budweiser works fine)
flour to coat chicken
1 1/2 teaspoons Rosemary
1 teaspoon Thyme
A handful of chopped parsley (hard to put too much)
Salt to taste
Lots of cayenne pepper

Start off by washing the chicken and placing it skin side down on a plate (you can remove the skin if you want). Now, depending on how spicy you want it, coat the chicken with Cayenne pepper until very red (I use a LOT of Cayenne in mine). Don't worry about getting it too hot, since this is the majority of the pepper you are going to add and it will cook into the rest of the dish. Turn the chicken pieces over and lightly coat the skin side. Let sit for 15 minutes or so to soak it all up.

Heat the oil in the bottom of a large heavy cast iron or aluminum pot (don't use thin aluminum or stainless steel since the rice will tend to stick and burn if you're not really careful). Place the flour in a paper bag (season the flour lightly with salt, cayenne pepper, black pepper, garlic powder, etc). Place a couple of pieces of chicken at a time into the bag and shake to coat.

Fry the chicken in the oil until golden brown. Don't worry about cooking it all the way through just yet. Remove the chicken. Now place the onions, celery, garlic and bellpepper into the pot (along with a bit more oil if necessary) and saute them until the onions are transparent, scraping the bottom of the pot often. Add the rosemary, thyme and parsley and cook for a minute or so.

Place the sausage slices, chicken, and a little water into the pot and mix well with the vegetables. Turn heat low, cover and simmer for about 30 minutes (until the chicken is tender). Stir the mixture frequently, always scraping the bottom to keep things from burning (break the chicken up a bit with the spatula as it cooks. It should break up

naturally as the dish cooks, but this just helps things a little).

When the chicken is cooked, add the washed rice and stir it into everything for a couple of minutes. Pour the warm beer and the water in and stir things for another minute or so.

Taste it at this point and adjust the salt if necessary.

Now, keeping the heat low, cover the pot and cook until the rice is tender (anywhere from 30 minutes to an hour). Stir the mixture every now and then, scraping the bottom of the pot.

-----End Recipe-----

JABBALAYA

- 1 bunch scallions
- 1 bell pepper
- a few cloves garlic
- a few stalks celery

meat possibilities:

sausage, pork chop, chicken (dark meat), country ham.

rice and water (1 lb meat with this much veggie is enough for 2-3 cups rice)

a few large pinches parsley (maybe 1/4 cup)
thyme, bay leaf, etc.

Tony Chachere's Creole Spice (McCormick's will work in a bind)

Brown the meat for a few minutes, then add the veggies to coat them with the juice. Add the water, herbs, and spice and boil till the meat is about cooked; add the rice and cook till the rice is done.

Serve with Tabasco and French bread.

This is a cajun recipe, to make it creole add some tomato paste, use a little more water than the rice will absorb so you have some sauce, and possibly use seafood instead of the meat. Since shrimp and crawfish cook quickly, they should be added after the rice has been going 15 minutes or so.

--

Stephanie da Silva
arielle@taronga.com

-----End Recipe-----

A Collection of Beans and Rice Recipes from Netters

=====

Red Beans and Rice

1 pound red beans, soaked overnight

1 medium onion, chopped
1 bunch of green onions, chopped
7 cloves of garlic, chopped
1/2 cup parsley
1 rib celery, chopped
1/2 cup ketchup
1 bell pepper, seeded and chopped
1 tablespoon Worcestershire sauce
2 tablespoons tabasco sauce
2 bay leaves
1 teaspoon thyme
salt and pepper
1 pound smoked sausage cut into 1 inch pieces
1 pound pickled pork, rinsed and cut into cubes
Cooked Rice

Drain the beans. Put them in a large heavy pot and add 3 quarts of fresh water. Cover and simmer for one hour or until the beans are tender. Watch that the water does not boil down too far. The beans must be covered with water at all times. Add the rest of the ingredients, except for the rice. Add more water to cover if needed. Simmer for 1 to 1 1/2 hours or until the liquid has thickened. Serve over rice.

RED BEANS AND RICE

4 servings
1 lb red beans
1 1/2 lb smoked sausage, sliced
1/2 lb smoked ham shanks
1 large onion chopped
1 green pepper, seeded and chopped
1 celery stalk, chopped
1 garlic clove, finely chopped
1 t dried thyme, crumbled
1 t ground pepper
1/2 t ground sage
1 bay leaf
Pinch of ground red pepper
Salt
Freshly Cooked Rice

Place beans in Dutch oven and cover generously with water. Let soak for 30 minutes. Add all remaining ingredients to beans except salt and rice. Bring to boil over medium heat. Reduce heat to medium-low, cover, and simmer until beans are tender, adding more water if necessary, about 2 1/2 hours. Add salt to taste. Remove ham bones. Remove about 3 Tablespoons of beans from mixture and mash to a paste. Return bean paste to mixture and stir. Simmer 15 more minutes and then serve hot over the rice.

Red Beans and Rice

1 pound red kidney beans
1 meaty ham bone
2 large onions, chopped
1 bell pepper, chopped
2 ribs celery, chopped
2 cloves garlic, finely chopped
Salt and pepper to taste (use Tony's if possible)
pinch of sugar
1 bay leaf (optional)
2 pounds Owen's spicy sausage links
1/4 cup parsley, chopped
Cooked rice

Soak beans overnight, rinse. Cover with water and cook with ham bone (fat trimmed off), onion, bell pepper, celery, salt, pepper, sugar, and bay leaf. While beans are cooking, boil sausage in skillet. Drain, fry until crisp, and set aside. Cook beans until fork tender (1 - 2 Hrs); then add fried sausage. JUST before serving, remove bay leaf and add parsley. Serves 8 (small servings) and freezes well.

Serve with corn bread and mustard greens to complete the mood.

Red Beans and Rice (Shane's 40 min variety)

2 cans Red Beans (black-eyed peas also work)
1/2 pound smoked sausage (the smokier the better)
1 medium to large onion, chopped
1/2 bell pepper, chopped (too much will make it bitter)
2 green onions (if you have them)
1 rib of celery, chopped (if you have it)
1 tsp minced garlic (I usually get it in the little jar)
salt, pepper, red pepper, tabasco (or just Tony's if you have it)
thyme and parsley (if you have them)
a little beer (if you're drinking one or have one handy)
a little vegetable oil
uncooked rice

Rinse out the Red beans in their cans and fill the cans with water, set aside. Chop up all that needs to be chopped up (including sausage) and get out your trusty deep black iron skillet or pot. Put enough oil to wet the bottom of the pot and start frying the sausage. After about a 1 min or so, season the sausage really well with the salt and pepper (esp pepper). When the sausage is about 1/2 done, stir in the onions, bell pepper, and celery. Stir fry it all until the sausage is done and the vegetables are limp. (push the sausage to the side of the skillet if it cooks too fast and

focus on the vegetables). Pour in the beans and water, and add about another can of water (cover all the contents and leave burner at frying setting). Add the garlic, a few shakes of tabasco, a little (about 2 tablespoons) beer, a pinch of thyme, and about 1/4 cup parsley. While the mixture comes to a boil, start the rice on another burner. Keep the Red beans at a raging simmer, and stir often. When the rice is done, the beans should be about done. Cook the beans down to the desired consistancy, and squash a few beans on the bottom for a more paste like texture. Serve beans over rice with a little more pepper sprinkled on top.
Serves 3.

RED BEANS AND RICE

- 1 pound of small red beans
- 1/2 pound of ham hocks or smoked hocks (optional) (can substitute polish sausage, if you want)
- 1 large yellow onion, peeled and chopped
- 3 stalks celery, chopped
- 1 Tablespoon parsley
- 1/2 green pepper, chopped
- 1-2 bay leaves
- 2 large cloves garlic, crushed
- 1/8 pound margarine
- Pepper to taste
- 1 Tablespoon Worchestershire sauce
- Tabasco to taste
- Salt to taste
- 3 cups cooked white rice

Soak beans overnight in ample water. The next day, drain the water from the beans, and place in a heavy kettle. Add the ham, onion, celery, parsley, bay leaves, and garlic, and add water to the pot barely to cover the contents. Bring to a boil, and then turn to a simmer. Simmer, uncovered, for 2 hours, being careful that the beans do not stick or become too dry. You may have to add a little water.

After the initial two hours of cooking, add the margarine, pepper, Worchestershire, and Tabasco to the pot. Continue cooking for 1 more hour, this time with a lid on the pot and the heat quite low.

Correct the seasonings. You may wish to add a bit of salt, but do not add salt until this point because salt cooks out of the ham (if present) and will season the beans.

Serve over white rice. Pass additional Tabasco sauce for the brave!

--

Stephanie da Silva

Disney Afternoon Mailing List

arielle@taronga.com

ranger-list-request@taronga.com

=====
=====End Collection=====

From: hharley@athena.mit.edu (a goofy newfie)

Carribbean Red Beans and Rice

1 diced onion
3 cloves garlic

Chop these up and toss them into a deep frying pan or a saucepan.
Fry them in a little olive oil until onions are as usual, translucent.
Add:

1/4 - 1/2 tsp nutmeg and cinnamon
1/2 - 1 tsp cloves.
salt, black or cayenne pepper to taste

(I tend to use the larger amount)

Drain and reserve liquid of 1 can kidney beans. Put beans in pan,
saute around a little bit.

Drain and reserve liquid of 1 can (14 oz) tomatoes. Moosh tomatoes up,
put them in and saute around a little bit too.

Add 1 cup rice, any kind, and the appropriate amount of liquid, using
the reserved kidney bean and tomato juice for some of it, and topping
up with water.

Cover the pan, let simmer until the rice is cooked and you have a nice
thick tomatoey clovey yummy bunch of beans and rice.

-----End Recipe-----

From: jroth@magnus.acs.ohio-state.edu (Jean E Roth)

Caribbean Rice & Beans (from Eating Well Magazine)

1 1/2 tsp olive oil
1 large pimiento or roasted red pepper cut in short, thin strips
1/2 green pepper cut in short, thin strips
2 cloves garlic finely chopped
2-16 oz cans black beans, drained and rinsed
2 tablespoons white vinegar
5-10 dashes hot pepper sauce
3 c cooked white rice (1 cup raw)
3 T finely chopped fresh cilantro
salt and pepper to taste

Saute pimiento, green pepper and garlic in oil in large saute pan 2 min.
Add black beans, vinegar and hot pepper sauce.
When hot, reduce heat to low, cover and simmer 5 min.
Stir in rice and cilantro. Taste and adjust seasonings.

Serve with additional hot pepper sauce.

Makes 6 servings. 229 cal, 2 g fat, 0 mg cholesterol, 3 mg sodium.

-----End Recipe-----

From: clc3589@tamsun.tamu.edu (Christy Corse Kalahar)

****Easy Beans and Rice****

2 cans of black beans (about 16 oz can I guess)
1/2 cup of onion
1 strip of bacon
4 heaping tablespoons of prepared picante sauce
2 cloves of garlic
salt and pepper to taste

Saute the onions in oil or non-stick spray until slightly translucent.
Cut the bacon strip into about 1 inch pieces.
Add the garlic and bacon to the onions and saute until the bacon is somewhat cooked but still limp.
Stir in the cans of beans.
Stir in about 4 heaping tablespoons of picante sauce (add more if you like).
Let this simmer for about ten minutes. Keep covered and stir occasionally.
You may want to try to mash up some of the beans with the spoon.
This mixture should ultimately be slightly soupy.
Serve over Rice in a bowl.

-----End Recipe-----

From: robertson@pasadena-dc.bofa.com

Cook some skinless pork sausage in a pan.
Throw out most of the grease, but leave the sausage.
Then saute some chopped onion with it, and at the end
throw in some hoi-sin sauce (a Chinese plum-based sauce),
and of course the beans.
Simmer to get the flavors acquainted,
Serve over rice.

-----End Recipe-----

[mara](#)

Cajun Recipes : COLLECTION (2)

From: cst@bork.nist.gov (Charles S. Tarrío)

Date: Sun, 29 Aug 1993 19:54:20 GMT

Cajun Gumbo

flour and oil for the roux

some combination of onion, bell pepper, okra, cayenne pepper, and garlic

some meat (chicken, andouille or other sausage, shrimp, crawfish, etc.)

spices (Tony Chachere's Cajun spice or combination of black pepper, white pepper, cayenne, garlic powder, and maybe some herbs, file')

To make the roux, use slightly more flour than oil. I usually use about half a cup of light (safflower or canola) oil to about 2/3 c. for 1-2 lbs of meat. In a heavy (preferably cast iron), large (>4 qt) pan, heat the oil till it's nice and thin, then add the flour. Stirring frequently, heat this mixture over low heat until it's as cooked as you think it can get, then 10 minutes more. How long this takes depends on how long you're willing to spend actually just standing there stirring the roux, which determines how hot you can cook it. If you're willing to stir it constantly, the roux can be made in 45 minutes-1:15, and can be cooked somewhere between low and medium. If you want to stir every couple of minutes, the roux takes a couple of hours and must be cooked over very low heat. This is the most important step, as it makes the flavor and consistency of the dish. If the roux is underdone, the gumbo will have a kind of floury taste and texture, whereas if you burn the oil, it will taste like burnt oil. Best thing to do is have a real Cajun show you how to do it properly (I was lucky enough to have this opportunity).

Once the roux is done, add the meat*, coat with the roux and brown the outside a little, add the veggies and some spices, toss a little more, then add hot water, making sure the mixture isn't so hot that it will spatter. The water should cover the ingredients.

Bring to a boil, stirring constantly to emulsify the roux and water, then simmer until all the meat is done, tasting and adding spice till it's right.

*Since shrimp and crawfish only take a few minutes to cook, they should only be added 5-10 minutes before serving.

Right before serving, add a few tbsp of gumbo file', less if you're using

okra, increase the heat a little, and stir until the file' is dissolved and the gumbo is thickened.

This is frequently served as a soup, but I much prefer it as a meal, with rice, bread, and lots of tabasco.

A lot of effort, but well worth it.

Cajun Jambalaya

some combination of (totalling 1/2 - 2 lb)

pork chop

chicken

Andouille, or smoked or Italian sausage

onion, bell pepper, and/or bunch scallions

Tony Chachere's or McCormick's Cajun/Creole spice (you can approximate with equal amounts of black, Cayenne, and white pepper; some garlic powder, and salt)

Herbs (a few tbsp parsley, a touch of thyme, a bay leaf)

Rice and water (1:2, 1-4 cups of rice)

If the meat has bones, boil it until it's reasonably easy to get it off the bone. (save the stock)

Dice up meat, fry it until some fat is rendered, add diced up veggies, fry until they are coated with fat and begin to soften. Add some spice and herbs, toss around until the meat and veggies are coated. Add water, bring to a boil.

Boil/simmer until the meat is over half done. (taste the stock occasionally to make sure the spices are ok) Add the rice and cook until the rice is done.

As with the gumbo, if you're using shrimp, add 5-10 minutes before done.

Serve with Tabasco and bread.

Total prep time: 40-50 minutes

total effort expended: 10-20 minutes

INCREDIBLY tasty for the amount of effort

I find that a pound of meat, a bell pepper, and a bunch of scallions go well with about 2 cups of rice. That much should serve about 4-5 folks, depending on how hungry they are.

To make Creole, add a can of tomatoes or tomato sauce/paste about 5 minutes before the end of the boil. You can also add some shrimp/other seafood 5-10 minutes before the end of the boil.

Red beans and rice

2c. red kidney beans

onion (1 medium)

bell pepper (1/2 medium)

garlic (a few cloves)

parsley

bay leaf

Cajun spice (either Tony Chachere's or equal parts black pepper, white pepper and cayenne, with beaucoup salt)

Soak the beans overnight. Discard the water, bring to a boil in 6c. water. simmer/boil for about 4 hours, topping up the water as necessary. Add veggies and herbs and spices to taste. Cook until the beans are tender and the gravy is thick.

(Add sausage, ham bone, or pork with herbs and spices if you want. A little bit adds a lot of flavor.)

Serve over rice with French bread and Tobasco.

[mara](#)

Chinese Recipes

index

- [A Chinese Menu Suggestion #1](#)
- [A Chinese Menu Suggestion #2](#)
- [A Chinese Menu Suggestion #3](#)
- [A Chinese Menu Suggestion #4](#)
- [Chinese Potato Salad](#)
- [Chinese Scallion Cakes \(1\)](#)
- [Chinese Scallion Cakes \(2\)](#)
- [Cold Chinese Noodles in Peanut-Sesame Sauce](#)
- [Garlic Chicken](#)
- [General Tso's Chicken \(1\)](#)
- [Ken & Laura's Amazing Impromptu Sweet-n-Sour Stir-Fry](#)
- [Lo Mein](#)
- [Pork and Chinese Preserved Vegetable on Vermicelli Noodles](#)
- [Pot Stickers : COLLECTION](#)
- [Steamed Dumplings](#)
- [Stir-Fry Recipes : COLLECTION](#)
- [Wonton noodles](#)

[amyl](#)

A Chinese Menu Suggestion #1

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

Date: Mon, 30 Aug 93 10:01:22 +0200

Source: Some Chinese Cook Books...

CHINESE MENU #1

=====

(Serves 4)

MENU ITEMS:

1. Raindrop Soup
2. Sweet And Sour Prawns (Shrimp)
3. Chicken Dice With Fried Walnuts
4. Pork And Bamboo Shoots
5. Fried Lettuce
6. Boiled Or Steamed Rice
7. Gingered Fruit

Note: I don't know what kind of stomach those 4 persons shall have - I'd say the amounts would suffice for a small army...

1. RAINDROP SOUP

=====

Ingredients:

- 6 water chestnuts
- 2 scallions
- 1 tblsp sherry
- 3 cups chicken stock (1 cup = 250 ml)
- 6 oz diced cooked chicken
- salt and pepper

Instructions:

Slice the water chestnuts and slice the spring onions (scallions) finely. Put these in a sauce pan with the chicken stock and the chicken. Bring to the boil and simmer, covered, for 15 minutes.

Add the sherry and season to taste.

2. SWEET AND SOUR PRAWNS (SHRIMP)

=====
Ingredients:

1 lb fresh peeled prawns
2 tblsp tomato ketchup
1 tblsp sambal oelek (meshed hot chilies)
pinch of MSG (monosodium glutamate)
1 tblsp sugar
1 1/2 rice wine
1 tblsp cornstarch stirred in 2 tblsp water
1 clove garlic
1 1/2 tblsp fresh ginger
3 oz scallions

Marinade:

1 egg white
3 tblsp cornstarch
1/2 tsp salt
3 tblsp water
5 tblsp oil

Instructions:

Marinate prawns for 20 minutes in egg white, cornstarch, salt, water and oil.

Mix together the tomato ketchup, sambal oelek, MSG, sugar, rice wine and cornstarch. Peel garlic and ingwer and chop finely. Also chop scallions finely.

Heat 3/4 litres oil in a pan or wok and fry half of the prawns. Take them out of the pan after 45 seconds and drain them. In another pan or wok put 5 tablespoons of oil and fry garly and ginger for 30 seconds. Add prawns and fry while stirring constantly.

Add prepared sauce and fry for 1 minute. Add chopped scallions and 2 tablespoons oil.

3. CHICKEN DICE WITH FRIED WALNUTS

=====

Ingredients:

- 4 dried mushrooms
- 4 oz shelled walnuts
- 1/3 cup oil
- 3 lb chicken
- 1 tsp cornstarch
- 1 tblsp sherry
- 2 tblsp soy sauce
- 1 tsp salt
- 1 tsp brown sugar

Instructions:

Soak the mushrooms in hot water for 10 minutes. Chop the walnuts and fry in 2 tablespoons of the oil for 2 minutes. Drain on absorbent kitchen paper to remove all traces of oil.

Cut the chicken meat into small pieces, fry in remaining oil for 3 minutes over fierce heat, stirring all the time. Mix the cornstarch to a smooth paste with the sherry, soy sauce, salt and sugar. Add to the chicken and mix well.

Drain the mushrooms and chop roughly, add to the pan and cook for 2 minutes. Add the walnuts.

4. PORK AND BAMBOO SHOOTS

=====

Ingredients:

- 2 lb lean pork
- 1/4 cup soy sauce
- 1 tblsp sherry
- 1 tsp brown sugar
- 1 tsp ground ginger
- 1 litre water
- 4 oz bamboo shoots

Instructions:

Cut the pork into small cubes. Mix the soy sauce, sherry, sugar and ginger together, add to the pork, toss well and leave for 10 minutes.

Put pork and flavourings in a large pan, add the water and bring gently to the boil, cover and simmer for 1 hour.

Drain bamboo shoots and shred finely, add to the pan and simmer for 10 minutes. If wished, liquid may be thickened with 1 tablespoon cornstarch mixed with a little cold water.

5. FRIED LETTUCE

=====

Ingredients:

- 1 large lettuce
- 1 tblsp oil
- 2 cloves garlic
- pinch of salt
- 1 tsp Vesop (this is a substitute for soy sauce)

Instructions:

Wash and trim the lettuce and shake off excess moisture. Cut into four. Heat the oil and fry the lettuce for 1 minute. Add the crushed garlic, salt and Vesop; mix well and cook for another minute.

6a. BOILED RICE

=====

Ingredients:

- 1 cup long grain rice
- 2 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 5 minutes, stirring occasionally to prevent sticking.

Reduce the heat to simmering, cover the pan and cook for 20 minutes or until all the water has been absorbed and the grains are quite separate

6b. STEAMED RICE

=====

Ingredients:

2/3 cups long grain rice
3 - 4 cups water

Instructions:

Was and drain the rice Cook in boiling water for 3 minutes. Drain. Put the rice in a steaming tier and cook for 30 minutes. (If no steaming tier is available, use a nylon or hair sieve in a wooden ban.)

7. GINGERED FRUIT

=====

Ingredients:

15 oz canned pineapple pieces
11 oz canned lychees
1 tblsp chopped glace' cherries
2 tblsp chopped crystallized ginger
1 cup flaked toasted almonds

Instructions:

Drain the syrup from the canned fruits. Lightly combine the pineapple, lychees, glace' cherries and ginger in a serving bowl. Chill well. Sprinkle the almonds on top and serve immediatly.

[mara](#)

A Chinese Menu Suggestion #2

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

Date: Mon, 30 Aug 93 10:01:23 +0200

Source: Some Chinese Cook Books...

CHINESE MENU #2

=====

(Serves 4)

MENU ITEMS:

1. Tomato Soup With Egg Flower
2. Fried Shellfish
3. Braised Chicken With Peppers
4. Stewed Lamb With Orange
5. Fried Celery Cabbage
6. Fried Rice
7. Almond Cream With Chow Chow

Note: I don't know what kind of stomach those 4 persons shall have - I'd say the amounts would suffice for a small army...

1. TOMATO SOUP WITH EGG FLOWER

=====

Ingredients:

- 4 tomatoes
- 1 onion
- 1 tblsp oil
- 3 cups chicken stock (1 cup = 250 ml)
- pinch of MSG (monosodium glutamate)
- 1 egg, beaten
- salt and pepper

Instructions:

Skin and cut the tomatoes and cut the onion into eighths. Heat the oil in a large saucepan. Add the tomatoes and onion and fry for 5 minutes or

until softened but not browned. Pour off excess oil and add the stock, salt, pepper and MSG. Bring to the boil and simmer for 30 minutes.

Add the egg slowly, stirring constantly, until it separates into shreds.

2. FRIED SHELLFISH

=====

Ingredients:

ca. 1 lb shellfish

Dough:

12 oz flour
1 egg
2 tblsp baking powder
3 1/2 tblsp cornstarch
1 tsp salt
1 cup water
flour to dust
oil to fry and for the dough

Instructions:

Mix together flour, egg, baking powder, cornstarch and 1 cup water. Let stand 10 minutes. Add 10 tblsp oil and let stand another 20 minutes.

Cut fish to pieces and dust with cornstarch. Then dip fish into dough and fry in hot oil. Turn fish very cautiously when the color starts to change. Remove fish pieces when slightly brown. Let cool 5 minutes.

Now fry again in hot oil until the pieces are golden brown.

Further Ingredients:

5 oz soaked chinese mushrooms
7 oz bamboo shoots
4 oz scallions
4 cloves garlic
oil for frying
4 tblsp soy sauce
3 tblsp sugar
2 tsp pepper

3 tsp salt
4 tblsp rice wine (or white wine)
pinch of MSG
1/2 litre chicken broth or water
2 tblsp + 2 tsp cornstarch, stirred in 180 ml water
4 tsp sesame oil

Instructions:

Cut mushrooms and bamboo shoot in equally thick slices. Cut scallion in 1 inch long slices. Peel and chop garlic finely.

Heat pan, put a little oil in it and stir-fry vegetables. Take out of the pan. Heat 6 tablespoons oil in the pan and fry garlic for 15 seconds. Add soy sauce, sugar, pepper, salt rice wine, MSG and chicken broth. Add cornstarch water mixture. Add vegetables and fish and boil shortly. Season to taste with sesame oil.

3. BRAISED CHICKEN WITH PEPPERS

=====

Ingredients:

3 red peppers
1 tblsp oil
1 tsp salt
1 lb chicken meat
1 oz fresh ginger
2 tblsp oil
pinch of brown sugar
2 tsp sherry
1 tsp cornstarch
2 tsp soy sauce

Instructions:

Core the peppers and cut into thin rings. Fry in the oil and salt for 1 minute. Add 2 tablespoons water, bring to the boil, cover and simmer for 2 minutes. Drain.

Cut the chicken into 1 inch pieces. Chop the ginger finely, fry both chicken and ginger in oil for 1 minute. Add the sugar and sherry.

Mix the cornstarch to a smooth paste with the soy sauce and add to the

pan. Heat gently, stirring until slightly thickend. Add the peppers and cook for 1 minute.

4. STEWED LAMB WITH ORANGE
=====

Ingredients:

2 lb lean lamb or mutton
1 tblsp soy sauce
1 tblsp sherry
1 tsp ground ginger
2 tblsp finely grated orange rind
1 tsp salt
1 litre stock or water
1 tblsp cornstarch

Instructions:

Wipe the meat, then cut into 1/2 inch cubes. Mix the soy sauce, sherry, ginger, orange rind and salt together, add the lamb and mix well. Put the lamb into a pan with the flavourings and water. Bring to the boil, remove the scum, cover and simmer for 2 hours.

Mix the cornstarch to a smooth paste with a little cold water and add to the pan. Bring back to the boil, stirring until slightly thickened.

5. FRIED CELERY CABBAGE
=====

Ingredients:

1 lb white, or Chinese cabbage
2 tblsp oil or melted lard
1 tsp salt
2 sticks celery

Instructions:

Wash the cabbage and shred finely. Heat the oil and fry the cabbage for 3 minutes, stirring all the time. Add the salt, mixing well.

Wash the celery and cut into thin slices, add to the cabbage with 2 tblsp water; cook over a fierce heat, stirring all the time, for 2 minutes.

6. FRIED RICE

=====

Ingredients:

2 lb cooked, cold rice
2 tblsp oil
2 eggs
salt and black pepper

Instructions:

Season the rice well with salt and black pepper. Heat the oil and fry the rice gently over medium heat for about ten minutes, or until all fat has been absorbed.

Beat the eggs until smooth and pour on to the rice in a thin stream, stirring all the time. Heat gently, stirring, until the egg is evenly distributed and set.

Note:

This is the simplest form of fried rice, which, although very popular in the West, is not served in restaurant in China, and rarely in the home.

7. ALMOND CREAM WITH CHOW CHOW

=====

Ingredients:

1 lb canned chow chow or mixed fruit salad
2 cups water
1 oz unflavored gelatine
2 cups milk
1 tsp almond essence
granulated sugar to taste

Instructions:

Chop the larger pieces of chow chow in half or drain the mixed fruit salad.

Place 4 tablespoons of the water in a cup and stand it in a sauce pan of hot water. Shower the gelatine into the cup and heat, stirring, until the gelatine has dissolved. Cool.

Heat the remaining water with milk, sugar to taste, and almond essence. Stir until the sugar has dissolved. Stir in the gelatine. Pour into a shallow, lightly oiled cake tin and cool until set.

Cut the almond cream into triangular bite-sized pieces. Place these in a serving bowl with the fruit and combine very gently. Serve very cold.

Note:

Chow Chow is Chinese preserved fruit which can be bought in shops specializing in Chinese groceries.

[mara](#)

A Chinese Menu Suggestion #3

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

Date: Mon, 30 Aug 93 10:01:24 +0200

Source: Some Chinese Cook Books...

CHINESE MENU #3

=====

(Serves 4)

MENU ITEMS:

1. Watermelon Soup
2. Pineapple Fish
3. Duck With Almonds
4. Spiced Whole Lamb
5. Broccoli With Pork
6. Boiled Or Steamed Rice
7. Almond Biscuits

Note: I don't know what kind of stomach those 4 persons shall have - I'd say the amounts would suffice for a small army...

1. WATERMELON SOUP

=====

Ingredients:

- | | |
|---------|--------------------------------|
| 1 oz | dried mushrooms |
| 4 oz | bamboo shoots |
| 4 oz | green peas |
| 4 oz | lean ham |
| 2 cups | chicken stock (1 cup = 250 ml) |
| 6 oz | chicken |
| 6 oz | pork |
| 1/2 tsp | MSG (monosodium glutamate) |
| 4 lb | watermelon |

Instructions:

Cut the mushrooms into small pieces and soak in boiling water for 1 hour.

Cut the bamboo shoots into thin slices; shredd or mince (grind) the ham.

Bring the stock to the boil. Mince the chicken and pork, add to the stock and simmer for 10 minutes. Add drained mushrooms, bamboo shoots and ham, mix well and add the MSG and peas.

Cut the top from the melon and scoop out the seeds and some of the pulp. Pour the soup into the melon and replace the top. Stand the melon in a basin and steam for about 1 1/2 hours or until the melon is cooked.

The correct way to serve this soup is to place the melon on the table and scoop out soup and flesh, cutting the peel down as the level of soup is lowered.

2. PINEAPPLE FISH

=====

Ingredients:

ca. 1 lb fish

Dough:

12 oz flour

1 egg

2 tblsp baking powder

3 1/2 tblsp cornstarch

1 tsp salt

1 cup water

flour to dust

oil to fry and for the dough

Instructions:

Mix together flour, egg, baking powder, cornstarch and 1 cup water. Let stand 10 minutes. Add 10 tblsp oil and let stand another 20 minutes.

Cut fish to pieces and dust with cornstarch. Then dip fish into dough and fry in hot oil. Turn fish very cautiously when the color starts to change. Remove fish pieces when slightly brown. Let cool 5 minutes.

Now fry again in hot oil until the pieces are golden brown.

Further Ingredients:

7 oz canned pineapple pieces
3/4 cup syrup from canned pineapple
1 tblsp cornstarch
2 tblsp vinegar
1 tblsp soy sauce
2 tblsp sugar
green tops of 2 scallions

Instructions:

Place ingredients in a saucepan and bring to the boil, stirring constantly. Add the fish pieces and simmer, covered, for 5 minutes

3. DUCK WITH ALMONDS

=====

Ingredients:

1 lb duck meat
2 tblsp oil
1 tsp salt
2 tblsp soy sauce
2 sticks celery
2 oz fresh mushrooms
4 oz frozen peas
1 cups stock
2 tsp cornstarch
3 oz split, toasted almonds

Instructions:

Cut the duck meat into paper thin slices. Heat the oil, add the salt and duck and fry for about 5 minutes or until the meat is tender. Add the soy sauce and mix well.

Wash and chop the celery; wash and thinly slice the mushrooms; add both to the pan with the peas, mix well and cook for 1 minute. Add the stock, bring to the boil and simmer for 5 minutes.

Mix the cornstarch to a smooth paste with a little cold water, stir into the pan, bring to the boil, stirring all the time until slightly thickened.

Add the almonds and serve.

4. SPICED WHOLE LAMB
=====

Ingredients:

3 lb leg or shoulder of lamb
1 tsp salt
1 tblsp sherry
2 cloves garlic, crushed
1 oz fresh ginger, shredded or 1 tsp ground ginger
1/3 cup oil
1 litre stock
1 tblsp cornstarch

Instructions:

Wipe the meat and rub salt into the skin. Put in a pan with cold water to cover, bring to the boil, remove the scum, cover and simmer for 20 minutes. Drain off the liquid. Mix the soy sauce and the sherry with the garlic and ginger and rub into the lamb, leave for 10 minutes.

Heat the oil and fry the lamb for about 15 minutes, turning it to brown all over. Add the stock, bring to the boil and simmer for 2 1/2 hours.

Mix the cornstarch to a smooth paste with a little cold water. Lift the lamb on to a hot dish; keep hot. Add cornstarch mixture to the liquid in the pan and bring to the boil, stirring, until slightly thickened. Pour over the lamb.

5. BROCCOLI WITH PORK
=====

Ingredients:

3/4 lb cooked or frozen broccoli
2 tblsp peanut oil
1 tsp sugar
pinch of salt
1/2 tsp very finely chopped fresh ginger
1 clove garlic, crushed
2 tblsp soy sauce
1 tblsp sherry
1 tsp cornstarch

1 cup thinly sliced pork

Instructions:

Cut the broccoli into 1 1/2 inch lengths. Heat the oil in a saucepan, add the broccoli and fry for 2-3 minutes. Add the sugar, salt ginger and garlic, cover the pan and cook slowly for 4-5 minutes.

Mix the soy sauce sherry, and cornflour (cornstarch) with 3 tablespoons (1/4 cup) water. Stir this in to the saucepan, cover again and cook for a further 3-4 minutes.

Add the pork and reheat.

6a. BOILED RICE

=====

Ingredients:

1 cup long grain rice
2 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 5 minutes, stirring occasionally to prevent sticking.

Reduce the heat to simmering, cover the pan and cook for 20 minutes or until all the water has been absorbed and the grains are quite separate

6b. STEAMED RICE

=====

Ingredients:

2/3 cups long grain rice
3 - 4 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 3 minutes. Drain. Put the rice in a steaming tier and cook for 30 minutes. (If no steaming tier is available, use a nylon or hair sieve in a wooden ban.)

7. ALMOND BISCUITS

=====

Ingredients:

2 1/2 cups all-purpose flour
2 tsp baking powder
1/2 cup margarine or butter
1 cup granulated sugar
1 egg
1 tsp almond essence
blanched almonds for decoration
beat egg for glazing

Instructions:

Sift the flour, baking powder and salt into a bowl. Cream the margarine (or butter) and sugar together until light, white and fluffy. Beat in the egg and almond essence. Stir in the sifted dry ingredients to make a stiff dough.

Form the mixture into balls about 1 - 1.5 inch diameter and place these on a greased baking tray. Place half an almond (split lengthways) on each ball and press to flatten slightly. Brush with beaten egg.

Bake in a moderate oven (350 deg F / 180 deg C) for 20 minutes or until golden. Cool on a wire rack. This quantity makes about 45 biscuits.

[mara](#)

A Chinese Menu Suggestion #4

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

Date: Mon, 30 Aug 93 10:01:25 +0200

Source: Some Chinese Cook Books...

CHINESE MENU #4

=====

(Serves 4)

MENU ITEMS:

1. Mixed Vegetable Soup
2. Scallops With Peppers
3. Crisp Skin Chicken
4. Pork With Mushrooms
5. Fried Spinach
6. Boiled Or Steamed Rice
7. Almond Lake With Mandarin Oranges

Note: I don't know what kind of stomach those 4 persons shall have - I'd say the amounts would suffice for a small army...

1. MIXED VEGETABLE SOUP

=====

Ingredients:

- 2 carrots
- 1 small turnip
- 3 oz bamboo shoots
- 4 oz white cabbage
- 3 tsp salt
- 2 large tomatoes
- 4 cups water (1 cup = 250 ml)
- 3 oz noodles
- 3 oz Chinese pickles (cha tsai)
- 2 scallions
- 3 oz pea sprouts
- 2 tblsp Vesop (this is a substitute for soy sauce)
- 1/2 tsp MSG (monosodium glutamate)

pinch of pepper

Instructions:

Peel the carrots and turnip, shred or grate the flesh finely; grate the bamboo shoots; wash and shred the cabbage; mix 1 tsp of the salt with these vegetables. Slice the tomatoes. Fry the vegetables in a little oil for 5 minutes, stirring well. Add the water, mix well, then stir in the noodles. Simmer for 30 minutes.

Slice the pickles; chop the scallions; add with pea sprouts to the pan and cook for 5 minutes. Add remaining ingredients and simmer for 10 minutes.

2. SCALLOPS WITH PEPPERS

=====
Ingredients:

1 lb scallops
3 red peppers
1 tblsp oil
1 tsp salt
1 oz fresh ginger
2 tblsp oil
pinch of brown sugar
2 tsp sherry
1 tsp cornstarch
2 tsp soy sauce

Instructions:

Core the peppers and cut into thin rings. Fry in the oil and salt for 1 minute. Add 2 tablespoons water, bring to the boil, cover and simmer for 2 minutes. Drain.

Chop the ginger finely, fry both scallops and ginger in oil for 1 minute. Add the sugar and sherry.

Mix the cornstarch to a smooth paste with the soy sauce and add to the pan. Heat gently, stirring until slightly thickend. Add the peppers and cook for 1 minute.

3. CRISP SKIN CHICKEN

=====

Ingredients:

1 chicken (2 1/2 lb)
1 tblsp vinegar
2 tblsp soy sauce
2 tblsp honey
1 tblsp sherry
1 tsp molasses (treacle)
2 tblsp all-purpose flour
1 tsp salt
peanut oil for deep frying

Instructions:

Put the chicken in a large saucepan and add boiling water to come halfway up the sides of the chicken. Cover tightly and simmer until just tender, about 45 minutes to 1 hour. Drain, rinse under cold water and dry with kitchen paper.

Mix together the vinegar, soy sauce, honey, sherry and treacle (molasses). Brush this all over the chicken and then hang the chicken in an airy place to dry, for about 30 minutes. Brush over the remaining soy sauce mixture and hang again for 20-30 minutes. Mix the flour and salt together and rub well into the chicken skin. Fry in deep hot peanut oil until golden and crisp. Drain well on absorbent kitchen paper.

Chop the chicken into 8 pieces and serve warm with the following dips:

Cinnamon Dip:

1 tblsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp freshly ground black pepper
1/4 tsp salt

Mix together, place in a small saucepan and heat until very hot, stirring constantly.

Pepper and Salt Dip:

1 tblsp salt
1/2 tblsp freshly ground black pepper

Mix together, place in a small saucepan and heat, stirring constantly,

until the salt begins to brown.

Hoi Sin Sauce

Guests dip the pieces of chicken into the dips which are served separately in small bowls.

Note:

As this dish is eaten with the fingers, place finger bowls of cold water on the table.

4. PORK WITH MUSHROOMS

=====

Ingredients:

- 1 lb lean pork
- 1 tblsp soy sauce
- 1 tblsp sherry
- 2 tblsp oil
- 4 oz fresh mushrooms
- 1 tsp cornstarch
- 1/4 cup stock or water

Instructions:

Cut the pork in paper thin slices, add the soy sauce and sherry. Toss well. Heat the oil and fry the meat over fierce heat, stirring all the time, for 2 minutes. Remove from the pan and keep hot. Wash and dry the mushrooms. Slice them thinly and fry quickly in the remaining fat. Add the meat again and mix well.

Mix the cornflour (cornstarch) to a smooth paste with the stock or water, add to the pan and heat gently, stirring all the time, until slightly thickened.

5. FRIED SPINACH

=====

Ingredients:

2 lb fresh spinach or 3/4 lb frozen leaf spinach
1 tblsp oil
1 tsp salt
1 tblsp soy sauce

Instructions:

Wash the spinach thoroughly and drain off excess water, or defrost the frozen spinach. Heat the oil in a large sauce pan, add the leaf spinach and fry over fierce heat for 1 minute, stirring all the time, until the spinach softens. Add the salt and soy sauce, mix well and cook gently for another minute.

6a. BOILED RICE

=====

Ingredients:

1 cup long grain rice
2 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 5 minutes, stirring occasionally to prevent sticking.

Reduce the heat to simmering, cover the pan and cook for 20 minutes or until all the water has been absorbed and the grains are quite separate

6b. STEAMED RICE

=====

Ingredients:

2/3 cups long grain rice
3 - 4 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 3 minutes. Drain. Put the rice in a steaming tier and cook for 30 minutes. (If no steaming tier is available, use a nylon or hair sieve in a wooden ban.)

7. ALMOND LAKE WITH MANDARIN ORANGES

=====

Ingredients:

2 cups	milk
1/2 cup	granulated sugar
1 tsp	almond essence
1/3 cup	ground rice
11 oz	canned mandarin oranges
1/4 cup	flaked toasted almonds

Instructions:

Put the milk, sugar, essence and rice in a saucepan. Bring to the boil, stirring constantly, and simmer for 5 minutes. Pour into a dish, cover and cool. Drain the mandarin oranges well. Spoon the rice into individual dishes. Place the mandarin oranges on the rice and sprinkle with the almonds.

[mara](#)

Chinese Potato Salad

From: Tom Kreitzberg tak@tazboy.Jpl.Nasa.Gov

Date: 19 Jul 1993 19:20:58 GMT

I believe this came from Jeff Smith's cooking show, The Frugal Gourmet. It's delicious!

Chinese Potato Salad

5-6 medium potatoes (about 2 1/2 pounds)
4 slices bacon, well-cooked and crumbled
3/4 cup chopped bok choy
1 red pepper, diced
1/2 cup chopped green onion
1/4 cup chopped celantro

Sauce

1 1/3 cup mayonnaise
1 tsp sugar
1 tbs soy sauce
1-2 tsp sesame oil
1/8-1/4 tsp hot mustard powder
1/8 tsp salt

Boil the potatoes until cooked but still firm. Cut into potato salad-sized chunks. Mix the ingredients for the sauce together, using more or less sesame oil and hot mustard according to taste (the more the better, up to a point...). Put all solid ingredients together in a large bowl, then add the sauce and mix well. Chill.

[mara](#)

Chinese Scallion Cakes

From: Susan McIntosh SUSANMC@nervm.nerdc.ufl.edu

Date: Fri, 03 Sep 93 15:24:29 EDT

I'm so glad to see that someone else likes these delish cakes! My SO thinks they're strange, but I love them. I'll make a large batch and freeze them uncooked with waxed paper in between; just thaw as many as you need and fry!

Scallion Cakes

copied without permission from Chinese Cooking by Yan Kit Martin

1 1/4 C all-purpose flour (approx. 5 cups)
3/4 pint boiling water
1 or 2 Tbs cold water
1 or 2 tsp sesame oil
1 1/2 tsp salt
4 oz margarine or butter
12 oz chopped scallions (about 35)
peanut or corn oil for frying

Sift flour into a large bowl. Pour in the boiling water gradually and mix with a fork. Rub together with fingers while the flour is still warm. Add the cold water and knead to form a firm, but not hard, dough. Cover and let stand for 10 minutes.

Oil a flat surface and a rolling pin with 1 tsp sesame oil. Place dough on oiled surface. Knead a few times and divide into 6 pieces. Roll out one piece into a 6 - 7 inch circle with the edges slightly thinner than the middle. Sprinkle all over with a good 1/4 tsp of salt and press in with your fingers. Generously spread with 1/2 oz margarine all over, stopping just short of edges. Spread with about 5 Tbs of chopped scallions.

With both hands, pick of the sides nearest you and roll the cake up away from you (like a jellyroll), taking care not to let the scallions fall out. The dough should now be in a cylindrical shape. Pinch the ends closed and roll towards each other until the dough is ball-shaped. Gently roll the ball out until it's about 6 inches across. Don't worry if the surface of the cake bursts while you're rolling (this **always** happens to me!). Repeat for each piece of dough.

Heat a heavy, flat frying pan until hot. Add 2 Tbs oil. Fry the cakes over low heat, covered, for 4 or 5 minutes or until spotted brown. Turn over and fry the other side likewise. Remove and drain

on a paper towel. Serve hot.

[amyl](#)

Chinese Scallion Pancakes

From: Nina S Liang nllc+@andrew.cmu.edu

Date: Wed, 1 Sep 1993 00:28:23 -0400

I think what you're talking about is known as Chinese or scallion pancakes and they're really easy to make.

Ingredients

~2/3 c flour + some more

~1/3 c water

butter/ margarine

salt

~1/2 c chopped green onions/scallions divided to 3 portions

3 tablespoons of cooking oil

Directions

In a medium sized bowl, combine 2/3 c flour and 1/3 c water to make a manage dough. It's a good idea to start with less water and increase a tablespoon at a time since I don't know the exact measurements. The dough may be a little tough but that's okay.

Divide the dough into 3 pieces and keep the ones you're not using under a damp cloth.

Roll out the dough to a rectangular shape on a lightly floured surface.

NOTE: the thinner the dough is the more layers you'll get

Spread enough margarine to cover surface

Sprinkle enough salt to cover surface(this depends on personal taste)

Sprinkle one portion of scallions on dough

Roll up dough TIGHTLY by the short length, tucking in the scallions along the way and seal the edge.

Coil the dough into a snail shell and seal end.

Roll out as flat as possible.

Heat up frying pan with a tablespoon of oil.

Fry both sides of pancake 'til golden. The whole thing won't be brown, only the spots where it's actually touching the pan.

Slice and serve immediately when done. If it's not salty enough, it can be served with some soy sauce. Makes 3 individual pancakes.

[amyl](#)

Cold Chinese Noodles in Peanut-Sesame Sauce

From: boss@scooby.cs.umass.edu (Ronya Boss)

Date: Mon, 16 Aug 93 13:31:11 -0400

This recipe was lifted from some "California" cooking cook book...sorry, don't remember the name.

The hardest part of the recipe is amassing the ingredients. Most can be purchased in an Oriental Food Store. Once you make the dressing, you will have "instant" company fare on hand for a long, long time. The recipe makes 1 quart. I store mine in a mayonnaise-type jar in the refrigerator. Dressing will keep well indefinitely in the refrigerator. Use about 2-4 heaping Tbsp. of dressing per pound of noodles.

Recipe may be prepared up to 1 day ahead of time through Step 3 and kept refrigerated.

1 lb. chinese-style noodles (or any spaghetti/fettucini-type pasta)
2 Tbsp. dark sesame oil

DRESSING:

- 6 Tbsp. peanut butter
- 1/4 cup water
- 3 Tbsp. light soy sauce
- 6 Tbsp. dark soy sauce
- 6 Tbsp. tahini (sesame paste)
- 1/2 cup dark sesame oil
- 2 Tbsp. sherry
- 4 tsp. rice wine vinegar
- 1/4 cup honey
- 4 medium cloves garlic, minced
- 2 tsp. minced fresh ginger
- 1-2 Tbsp. hot pepper oil (see instructions below)*
- 1/2 cup hot water

GARNISH: (all are optional, depending on your taste)

- 1 carrot, peeled
- 1/2 firm medium cucumber, peeled, seeded, and julienned
- 1/2 cup roasted peanuts, coarsely chopped
- 2 green onions, thinly sliced

1. Cook noodles in large pot of boiling unsalted water over medium heat until barely tender and still firm.

2. Drain immediately and rinse with cold water until cold. Drain well and toss noodles with (2 Tbsp) dark sesame oil so they don't stick together.
3. FOR DRESSING: combine all ingredients except hot water in a blender or food processor fitted with steel blade and blend until smooth. Thin with hot water to consistency of whipping cream.
4. For garnish, peel flesh of carrot in short shavings about 4" long. Place in ice water for 30 minutes to curl.
5. Just before serving, toss noodles with sauce. Garnish with cucumber, peanuts, green onion, and carrot curls. Serve at room temperature.

* HOT PEPPER OIL: Amount you use depends on how hot you like it. 2 Tbsp. will give it a nice "bite." If your tastes run to the very hot, you might want to use 3 Tbsp.

If you don't want to buy the oil "ready made" in the market, here's a recipe:

1/4 cup hot red pepper flakes, 1 cup oil. Combine in a saucepan over medium heat. Bring to boil, and immediately turn off heat. Let cool. Strain in small glass container that can be sealed. Refrigerate. Lasts indefinitely.

[mara](#)

General Tso's Chicken (1)

From: singraha@magnus.acs.ohio-state.edu (Susan E Ingraham)

Date: 30 Aug 1993 02:46:06 GMT

This recipe is from Siam Oriental Restaurant, which is the consensus choice among my co-workers for the best General Tso's Chicken in Central Ohio:

Sauce:

1/2 cup cornstarch
1/4 cup water
1+1/2 tsp minced garlic
1+1/2 tsp minced ginger root
3/4 cup sugar
1/2 cup soy sauce
1/4 cup white vinegar
1/4 cup cooking wine
1+1/2 cup hot chicken broth
1 tsp monosodium glutamate (optional)

Meat:

3 lbs deboned dark chicken meat, cut into large chunks
1/4 cup soy sauce
1 tsp white pepper
1 egg
1 cup cornstarch
Vegetable oil for deep-frying
2 cups sliced green onions
16 small dried hot peppers

1) Mix 1/2 cup cornstarch with water. Add garlic, ginger, sugar, 1/2 cup soy sauce, vinegar, wine, chicken broth and MSG (if desired). Stir until sugar dissolves. Refrigerate until needed.

2) In separate bowl, mix chicken, 1/4 cup soy sauce and white pepper. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly. Add cup of vegetable oil to help separate chicken pieces. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on paper towels.

3) Place a small amount of oil in wok and heat until wok is hot. Add onions and peppers and stir-fry briefly. Stir sauce and add to wok. Place chicken in sauce and cook until sauce thickens.

[mara](#)

Ken & Laura's Amazing Impromptu Sweet-n-Sour Stir-Fry

From: hunt@austin.metrowerks.com (Eric Hunt)

Date: Mon, 20 Mar 1995 21:59:27 GMT

Yield: 2 servings

- 1/4 c Chopped scallions
- 2 Cloves garlic, minced
- Canola oil (sesame
-oil would work well,
-too)
- 1 c Snow pea pods, de-stringed
- 1 sm Yellow zucchini squash,
-sliced
- 1 1/2 c Broccoli (florets and
-stems, cut into small
-pieces)
- 12 oz Straw mushrooms
- 1/2 c Bean sprouts
- 1/2 c Water chestnuts
- 1/2 c Bamboo shoots
- 1/4 c Chopped red bell pepper
- 1 sm Can pineapple chunks
-(unsweetened, be sure
-to save the juice)
- 1 sm Can mandarin orange slices
- 1 Ripe mango, peeled, seeded,
-and sliced

MMMMM-----SAUCE-----

- 1 1/2 c Tamari
- Pineapple juice (leftover
-from the can)
- 3 tb Cornstarch (or enough
-to make desired thickness)
- 2 tb Water
- 2 ts Grated fresh ginger

First to go in the wok was the oil, scallions, and garlic. Use enough oil so that it'll coat all the veggies but not make them slimy (I'd say about 1/2 - 2/3 c.). Heat these ingredients until the

garlic starts to turn brown.

Then add the pea pods, squash, and broccoli. Cook about 3-5 min. Then add the bean sprouts, water chestnuts, bamboo, and peppers. Cook for a few more minutes, until veggies are slightly tender but still sort of crisp.

Then add the pineapple, oranges, and mango. Cook about a minute, then add the sauce. When the sauce starts bubbling, the stir-fry is done.

Serve over rice. Yum!

[amyl](#)

Lo Mein

From: miki@aftac1.llnl.gov (R. Miki Moore 423-9712)

Date: Tue, 20 Jul 1993 15:27:42 GMT

Although this is for beef lo mein, just substitute chicken or shrimp. This is from the Chinese Village Cookbook by Rhoda Yee. It is great, and kids love it!

1/2 lb egg noodles (I use the 12 oz package)

1/2 lb flank steak

1 tsp. cornstarch

1 tbsp light soy sauce

1 tsp. sherry

1 clove garlic, crushed

sauce mixture -

1 tbsp cornstarch

1 c. chicken stock

1 tbsp soy sauce

2 tbsp oyster sauce

1 tsp sesame oil

1 stalk green onion, diced

2 tbsp. oil

Par boil fresh egg noodles for 3 minutes. Rinse with cold water and drain. Slice beef into 1/8-inch strips across the grain. Marinate for 15 minutes. Prepare sauce mixture. Have a pot of hot water ready.

Heat wok. Add 2 tbsp oil and reheat. Add garlic; brown.

Discard. Add beef and salt stir until 3/4 done. Add sauce mixture and stir until thickened. Add green onions and sesame oil. Mix well and keep warm. Drop noodles into hot water. Stir for a minute to heat. Drain well. Pour meat and sauce over noodles.

[mara](#)

Pork and Chinese Preserved Vegetable on Vermicelli Noodles

From: shaw@latcs1.lat.oz.au (Jenny Ngan-wei Shaw)

Date: Mon, 11 Oct 1993 01:23:22 GMT

Here's your real chinese recipe, from a real chinese woman (I was born in Beijing).

It's called (deep breath) "Pork and Chinese Preserved Vegetable on Vermicelli Noodles".

Ingredients:

350gm lean pork.

half a 440ml can of shredded chinese preserve radish.

2 books of "vermicelli" (they are translucent when raw, very fine, and _white_ when cooked)

2 tbsp light soy sauce.

fresh ground black pepper to taste. (we like LOTS)

2-3 tbsp of cooking oil.

a little sesame oil.

Method:

1. Shred pork into 5x5mm matchsticks.
2. Heat oil in wok, and stir-fry pork until no pink shows.
3. Add soy sauce and black pepper.
4. Cook for another 5 mins, then keep warm. (the dish, not you!)
5. Bring a pot of water to boil, then add noodles.
6. Put on kettle, about 3-4 cups.
7. When noodles are tender, drain and place in bowl.
8. Place pork and sesame oil on bed of noodles.
9. Pour boiling water from kettle over the pork to make a soup.
10. Serve, then eat with chopsticks and chinese soup spoon.

All the recipe books would say this "serves four", but we're always so hungry that the two of us can eat all this and still want more, ie _serves two hungry people_.

This recipe is great for taking to work or school. Stop before step 9, and when lunch comes you can add hot water from the office urn, etc. Then you have a nice hot lunch - yum yum!!

Jenny .

[amyl](#)

Pot Stickers : COLLECTION

From: hammond@odin.scd.ucar.edu (Steve Hammond)

Date: Mon, 13 Sep 1993 15:22:32 GMT

Dumpling Skins jiao zi pi

The texture of these fresh pasta products is positively silky in comparison to the commercially prepared kind. Making them by hand is a very time-consuming process, but the result is certainly worth the effort. Commercial dumpling skins (gyoza) will work just fine.

Fifty skins:

2.5 cups all-purpose flour

1.25 cups boiling water

1. Place the flour in a mixing bowl and add the boiling water. With a wooden spoon, mix the ingredients to a rough ball. If the dough is too hot to handle, let it cool a bit; then turn it out onto a lightly floured surface and knead for about 5 minutes, until it is smooth and elastic. If the dough is too sticky, knead a few tablespoons of flour into it. Cover the dough and let it rest for 25 minutes.

2. Cut the dough in two and form each half into a long snakelike roll about 1 inch in diameter. Cut each half into 25 pieces. With a cut edge down, press each into a circle. Using a small rolling pin or a tortilla press that has been lightly floured, roll out each piece into a 3-inch circle. Cover the circles with a cloth or towel to prevent drying.

Fifty Dumplings Jiao Zi

Meat dumplings typify the hearty, wholesome qualities of northern home-style cooking. Traditionally, they are filled with pork, cabbage, and flavored with a generous amount of Chinese garlic chives. For a nice variation is to substitute lamb for pork

- 1.5 cups finely minced Chinese cabbage (Napa)
- 1 tsp salt
- .75 pounds ground pork
- 1 cup finely minced Chinese garlic chives, leeks, or scallion greens

Dumpling Seasoning

- 2 Tbs soy sauce
- 1 Tbs rice wine (shaohsing)
- 2 Tbs sesame oil
- 1.5 tsp minced ginger
- 1.5 tsp minced garlic

1. Place the minced cabbage in a large mixing bowl, add the salt, toss lightly to mix evenly, and let sit for 30 min. (this is done to remove the water from the cabbage, so the filling will not soak through the dumpling skin.) Take a handful of minced cabbage and squeeze out as much water as possible. Place the cabbage in a mixing bowl. Squeeze out all the cabbage and discard water. Add the pork, minced chives, and "dumpling seasoning". Stir vigorously in to combine the ingredients evenly. (If the mixture seems loose, add 2 Tbs cornstarch to bind it together.)

2. Place a heaping tablespoon of filling in the center of each dumpling skin, and fold the skin over to make a half-moon shape. Spread a little water along the edge of the skin. Use the thumb and index finger of one hand to form small pleats along the outside edge of the skin; with the other hand, press the two opposite edges of the skin together to seal. The inside edge of the dumpling should curve in a semi-circular fashion to conform to the shape of the pleated edge. Place the sealed edge dumplings on a baking sheet that has been lightly dusted with cornstarch or flour.

3. In a large wok or pot, bring about 3qts of water to a boil. Add half the dumplings, stirring immediately to prevent them from sticking together, and heat until the water begins to boil. Add 1/2 cup cold water and continue to cook over high heat until the water boils. Add another 1/2 cup cold water and cook until the water boils again. Remove and drain. Cook the remaining dumplings in the same manner. (this is the traditional method of cooking dumplings; for a simpler method, boild for about 8 minutes, uncovered, on high heat.

Serve the cooked dumplings with one (or both) of the following dipping sauces:

Dipping Sauce I

1/2 cup soy sauce
3 Tbs Chinese Black vinegar or Worcestershire sauce

Dipping Sauce II

1/2 cup soy sauce
2 Tbs Chinese Black vinegar or Worcestershire sauce
1 Tbs chili oil or chili paste with garlic

Variation

add 1 Tbs shredded gingerroot or minced garlic to either of the sauces.

Pan Fried Dumplings Guo Tie

Literally translated, guo tie means "pot stickers," and anyone who has not used a well-seasoned pan to cook these dumplings will understand the appropriateness of this title; the dumplings often refuse to dislodge themselves from the pan.

25 dumplings

3.5 Tbs peanut oil
5 meat dumpling from above
1 cup boiling water

Heat a large wok or well-seasoned skillet until very hot. Add three tablespoons of oil and heat until hot. Place the dumplings in the pan, pleated side up. Fry the dumplings over medium heat until their bottoms are a deep golden brown. Add the boiling water to the pan and cover. Reduce the heat to low and cook for about 10 minutes. Uncover, and pour out the water. Lightly rinse the dumplings for 5 seconds under hot running water to remove excess starch*. Drain. Place the pan containing the dumplings over medium-high heat. Drizzle 1/2 Tbs of oil around the dumplings and fry until the bottoms are again crisp (about 2 minutes). Loosen

any dumplings that seem to be stuck to the bottom.

* I have only had to rinse when I have made the skins myself.

Most of this came from the book Nina Simonds, "Classic Chinese Cuisine", Houghton Mifflin Company, Boston, 1982.

It is an excellent Chinese cookbook. The recipes are straight forward and typically pretty easy. It contains nice (often wordy and sometimes slightly dated) descriptions and historical notes.

Steve H.

Another spicy dipping sauce that actually comes from another recipe in the book, spicy steamed eggplant. The sauce is supposed to be poured over the steamed eggplant. We like it but love the sauce for just about everything.

1/4 cup soy sauce
1T rice wine
1T rice wine vinegar
2t sugar
1T minced scallion
1.5T minced garlic
2T sesame oil
2t chili oil or chili paste

[amyl](#)

Steamed Dumplings

From: marple@cs.ubc.ca (Kirk Marple)

Date: 9 Aug 1993 10:44:55 -0700

Chinese Silver Loaves (dough for outside of dumpling)

1 3/4 cups hot water
3 T. sugar
2 T. vegetable shortening or oil
6 cups all-purpose (plain) flour
2 T. baking powder
1/2 tsp. salt

Add sugar and shortening to hot water, stir til sugar is dissolved, and allow to cool until barely warm.

Sift remaining dry ingredients into a large mixing bowl, and gradually stir in sugar mixture. Mix well and gradually draw dough together with your hands. It should be soft, but not sticky.

On a floured board, knead dough about 5-8 minutes, or til smooth and elastic. Return to bowl, cover with damp cloth and let rise at least 1 hour.

Roast Pork Filling

makes 24 buns

1 T. sugar
1 1/2 T. soy sauce
1 T. oyster sauce
1/2 cup chicken stock
1 tsp. sesame oil
1/4 tsp. ground black pepper
1 drop red food colouring (optional)
1 T. vegetable oil
3/4 lb. diced roast pork (recipe: 3 lbs. pork sirloin cut into 2 inch strips, marinated in: 2 T. sherry, 2 T. sugar, 1/4 cup soy sauce, 3 T. hoisin sauce, 1/4 tsp. red food colouring; marinate 4-5 hrs in fridge; bake 1 hour at 325, brushing with honey three times; let cool 20 min. then dice for dumpling recipe)
1/2 inch piece fresh ginger, minced
1 large or 2 small spring onions, chopped
1 T. cornstarch
2 T. water
1 recipe Silver Loaves

Steamed Dumplings

Mix together sugar, soy sauce, oyster sauce, chicken stock, sesame oil, black pepper and red food colouring. Set aside.

Stir-fry the pork, ginger, and spring onions in the vegetable oil for 2 min. Pour in the seasoning mixture and stir for another minute. Stir the cornstarch into the water and pour into wok. Continue to cook, stirring, until the sauce is like thick custard. Remove from heat.

Knead the Silver Loaves dough for 3 minutes. Cover and let sit 10 minutes. Divide into 24 pieces and cover again with the cloth.

Pat each piece of dough into a 4 inch in diameter circle. Place a teaspoon of pork filling in centre and pleat edges of circle all the way around. Bring edges up over filling, finally pinching the pleats together firmly at the centre top. Set aside for 10 minutes.

Place each bun on a piece of wax (greaseproof) paper, and steam with 1/2 inch of space between them, for 12 minutes. Do not open the steamer while cooking or else the characteristic splitting of the top of the bun will not take place.

Shrimp and Vegetable Filling

1 T. vegetable oil
2 cloves garlic, minced
1 spring onion, finely chopped
3/4 lb. chinese cabbage, chopped, blanched in boiling water for 1 min,
drained and squeezed dry in paper towels
1/4 cup cooked baby shrimp, minced
1 tsp. sugar
1 tsp. soy sauce
1/2 tsp. ground black pepper
1 tsp. sesame oil
1 tsp. cornstarch
1 T. water

Heat the oil in a wok, fry garlic and spring onion til garlic is a light golden colour. Stir in cabbage and shrimp, and cook one more minute. Add sugar, soy sauce, pepper and sesame oil, stir; then add cornstarch mixed with water. Stir again. The mixture should thicken immediately. Fill buns as with above recipe.

Sweet Red Bean Paste Filling

(sweet red bean paste can be bought in the store, and used straight from the can for filling, but this is how to make it from scratch)

1 1/2 cups red beans, washed well
4 cups water
1/2 cup vegetable shortening
1 cup sugar

Steamed Dumplings

Place the beans and water in a saucepan, cover, bring to boil over medium high heat. Reduce heat to medium-low and cook for 1 1/2 hours, or til beans are very soft.

Strain the water from the beans, and blend them into a puree in a blender or food processor.

Press the puree through a sieve, discarding the skins, which will be left in the sieve.

Place the puree in several layers of cheesecloth, and gently squeeze to remove excess moisture.

Place the thickened puree back into the saucepan, together with the sugar and vegetable shortening, and heat over low heat, stirring until it becomes a thick paste. Stir and scrape vigourously so that it does not stick to the bottom.

Remove from heat and let cool before filling buns.

[mara](#)

From: darsie@ece.ucdavis.edu (Richard Darsie)

Date: Mon, 26 Jul 93 15:59:19 -0700

Contents

- [SZECHUAN-STYLE STIR FRY](#)
- [BROCCOLI AND TOFU IN SPICY ALMOND SAUCE](#)
- [SWEET & SOUR TOFU](#)
- [CRISP-FRIED TOFU AND GREENS](#)

SZECHUAN-STYLE STIR FRY

Source: Better Homes and Gardens (May 1991)
(made meatless by RFD)

Ingredients

1 lb. tofu, cubed
1/2 lb. snow peas
1/3 c. teriyaki sauce
3 T. Szechuan spicy stir-fry sauce
2 tsp. cornstarch
1 onion, chopped
3 c. chopped bok choy
2-3 T. cooking oil
1 c. broccoli florets
1 red bell pepper
1 7-oz. can straw mushrooms
1 14-oz. can baby corn

Instructions

Combine teriyaki, stir-fry sauce and cornstarch; set aside. Cut bell pepper in strips. Cut snow peas and baby corn in half. In wok stir-fry onion & bok choy in 1 T. oil for 2 minutes. Add broccoli & bell pepper; stir-fry 2 minutes. Remove from w Stir-fry cubed tofu in 1 T. oil for 2 minutes; add more oil if necessary. Stir sauce mixture and add to tofu; cook until bubbly. Add all vegetables; heat through. Serve over hot rice.

BROCCOLI AND TOFU IN SPICY ALMOND SAUCE

Source: The Enchanted Broccoli Forest

Ingredients

Sauce: 1/2 c. hot water
1/2 c. almond butter (original recipe was for peanut butter -
I use almond cause I'm allergic to peanut)
1/4 c. cider vinegar
2 T. tamari sauce
2 T. blackstrap molasses
1/4 c. cayenne (this is a HUGE amount - I use 1-2 tsp.)
Saute: 1 lb. broccoli
2 tsp. ginger

4 cloves garlic
1 lb. tofu, cubed
2 c. onion, thinly sliced
1 c. chopped cashews
2-3 T. tamari sauce
2 minced scallions

Instructions

Sauce: In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside. Saute: Stir-fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir-fry for 5-8 minutes. Mix with sauce. Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

SWEET & SOUR TOFU

Source: The Enchanted Broccoli Forest

Ingredients

1 lb. tofu
1/4 c. lemon juice
1/4 c. tamari sauce
6 T. water
1/4 c. tomato paste
2 T. honey
1 tsp. ginger
4 cloves of garlic
8 scallions, minced
1 green & 1 red bell pepper, sliced in strips
1 lb. mushrooms
1 c. toasted cashews

Instructions

Cut tofu into small cubes; set aside. Combine lemon juice, tamari, water, tomato paste, honey, ginger, and garlic; mix until well blended. Add tofu to this marinade, stir gently, and let marinate for several hours (or overnight). Stir-fry scallions, bell peppers, and mushrooms in 2 tsp. of oil. After several minutes, add tofu with all the marinade. Lower heat, continue to stir-fry until everything is hot and bubbly. Remove from heat and stir in cashews. Serve over rice.

CRISP-FRIED TOFU AND GREENS

Source: The Moosewood Restaurant Kitchen Garden

Ingredients

2 cakes of tofu, frozen overnight and thawed
1/2 c. water or vegetable stock

1 tsp. cornstarch
1/2 c. cornmeal or cornstarch
Marinade: 1/3 c. soy sauce
1/4 c. rice vinegar
1 T. finely grated gingerroot
2 cloves garlic, minced or pressed
dash cayenne
Sauce: 3 T. soy sauce
1/4 c. dry sherry
2 tsp. rice vinegar
2 tsp. honey or brown sugar
Vegetables: 3 T. oil
3 cloves garlic, minced or pressed
1 c. thinly sliced onion
6 c. mix of coarsely chopped pak choi, chard, kale,
nappa cabbage or 9 c. chopped spinach

Instructions

Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven. Add leftover marinade to sauce mix. Heat 3 T. oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice.

* I cut the tofu into many more smaller triangles.

This last recipe in particular is incredibly flavorful! Enjoy!

[mara](#)

Wonton noodles

From: yleung@athena.mit.edu (Yolanda A Leung)

Date: 3 Aug 1993 19:17:02 GMT

Shrimp Won-Ton

1/3 lb raw, shelled shrimp
1/4 t rice wine
1/4 t salt
1/2 t cornstarch
1/4 t MSG (optional)

1/4 cup bamboo shoot, diced
1 t chopped ginger root

30 won ton skins

Rince and de-vein shrimp, drain and cut each into 3 pieces; mix with rice win, salt, cornstarch and MSG. Add bamboo shoot and chopped ginger root. mixing thoroughly. Taking one won-ton skin, put a teaspoon of filling in the center. Trace water with fingertips along edge and fold over to form triangle with filling in the center. Bring the two outside corners together and using another drop of water, pinch the 2 edges together to seal.

Boil 6 cups of water; add won ton and green vegetable; cover. When won tons rise to the surface of the water remove, won-ton with green vegetables drain and portion into serving bowls with soup and seasoning.

Soup for Wonton

6 C stock
1 t rice wine
1 1/2 t salt
1 T shredded gingger root

Heat all above ingredients to boiling.

Seasoning in each bowl

1/4 t black pepper
1/2 t sesame oil
1/2 T soy sauce
1 T chopped green onion

Put these into each individual serving bowl.

[mara](#)

French Dishes

Index

- [Cassoulet](#)
- [Fondue Savoyarde](#)
- [French Onion Soup](#)

[amyl](#)

German Dishes

Index

- [German Onion Pie](#)
- [German Tomato Salad](#)
- [German Chocolate Cake](#)
-
- [German SurpriseChocolate Cake](#)
- [Grandma's German Potato Salad](#)
- [Hessian Dishes : COLLECTION](#)
- [Sauerbraten \(Sour roasted beef\)](#)
- [Sauerbraten \(2\)](#)
- [German Sauerbraten \(3\)](#)

[amyl](#)

Grandma's German Potato Salad

From: morrissey@stsci.edu (Mostl y Harml ess)

Date: Tue, 13 Jul 1993 17:23:04 GMT

1 lb. fat back or bacon	2 tsp celey seed
1 cup chopped onion	1/2 cup chopped celery
4 Tbsp. flour	1 cup vinegar
4 Tbsp. sugar	1 cup water
3 tsp. salt	12 cups cooked potatoes, chopped
pepper	parsley

Cook bacon til crisp; drain (reserving 1/2 cup fat), and crumble.

Cook onion and celery in fat til just tender.

Blend in flour, sugar, salt, celery seed, and pepper to taste.

Add vinegar and water.

Cook and stir til thickened and bubbly.

Add bacon and potatoes; heat thoroughly, tossing lightly so as not to break up the potato slices.

Grnish with parsley.

Can be served warm or chilled, but you taste the bacon fat a bit more when it's chilled.

[mara](#)

COLLECTION: Hessian Dishes

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

Date: Thu, 5 Aug 93 09:50:21 +0200

Contents

- [Franzoesisch Supp / Quer Durch De Garte \(French Soup / Through the Garden\)](#)
- [Frass \(rude expression for: Food\)](#)
- [Geroestete Griesssuppe \(Roasted Groats Soup\)](#)
- [Hessische Bouillon \(Hessian Bouillon\)](#)
- [Hessische Schmand- oder Specksauce \(Hessian Sour Cream or Bacon Sauce\)](#)
- [Lumpen und Fleeh \(Rags and Fleas\)](#)
- [Riwwel-Suppe \(Streusel Soup\)](#)

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Here are some German recipes from the Hessian area (Hessen being one of the federal states of Germany.). I found those dishes on some sheets that were used as separators when a copy shop returned my printing order for a science fiction fanzine I'm publishing.

I think they shouldn't be ignored and cast away, so I translated them. But beware, I never tried one of them, as I do not like the German cuisine at all. (I'm a fan of Chinese, Italian and Indian cooking!) But as far as I noticed those recipes should be novelties on the net.

Unfortunately they lacked the cooking temperatures, and sometimes exact measurements, so you have to rely on feeling and how other dishes similar to the ones mentioned are cooked. I hope that doesn't spoil your enthusiasm...

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FRANZOESISCH SUPP / QUER DURCH DE GARTE =====

[These are no typing mistakes, it's just a German dialect!]
(Roughly translated: French Soup / Through the Garden)

Ingredients: -----

- 1.5 l beef broth or water
- 1 kohlrabi (turnip-cabbage), peeled and diced

Put the mixture in a soufflee form, sprinkle some flour and butter flakes over it. Bake for 1 - 1.5 hours in the oven.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

GEROESTETE GRIESSSUPPE

=====

(Roasted Groats Soup)

Ingredients:

- 3-4 tblsp groats (or semolina, or farina)
- 1 tblsp butter
- 1 1/2 l beef broth
- 1 egg
- salt, parsley

Instructions:

Roast the groats in the butter until they are of light yellowish colour. Pour the beef broth over the groats and leave for 15 minutes. Season with salt to taste, stir in the egg and garnish with minced parsley.

Sometimes roasted, diced white bread is served with the soup.

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HESSISCHE BOUILLON

=====

(Hessian Bouillon)

Ingredients:

- 1 l beef broth
- 2 eggs
- 20g melted butter
- 2 tblsp flour
- salt, nutmeg, parsley to taste

Mix thoroughly eggs, melted butter and flour. Then pour the mixture into the boiling broth. Season with salt and nutmeg, and garnish with parsley.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

HESSISCHE SCHMAND- ODER SPECKSAUCE

=====

[Note: Schmand is a local expression for sour cream.]

(Hessian Sour Cream or Bacon Sauce)

Ingredients:

- 150g smoked bacon
- 2 medium onions
- 3/8 l sour cream

Instructions:

Pour cream in a shallow pan. Dice bacon and onions, roast golden brown and pour over the cream. This is served with boiled potatoes with or without their skins.

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LUMPEN UND FLEECH

=====

(Rags and Fleas)

Ingredients:

- 1 head white cabbage
- pork or mutton without bones
- lots of cumin
- salt, pepper to taste

Put the ingredients together in a pan and cook a hearty stew.

The name of the dish comes from the fact that the cumin seeds jump like fleas in the pan when the stew is cooked.

It is said that a local patriot from Kassel (where the dish originated) has mentioned the suspicion, that some Irish people brought it to Ireland and made it famous as Irish Stew.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

RIWWELE-SUPPE

=====

[note: Riwwele is a dialect expression for Streusel, which are fine crumbs] (Streusel Soup)

Ingredients:

- 1 l milk
- 100g flour
- 1-2 eggs

Greek Dishes

Index

- [Authentic Greek Lamb](#)
- [Evangelos Doussis' Zucchini Collection \(Authentic Greek/Turkish/Lebanese\)](#)
- [Greek Cheese Pie](#)
- [Greek Dolmades Avgolemono](#)
- [Greek Homestyle Chicken](#)
- [Greek Spinach Pie](#)
- [Souvlaki](#)
- [Tsatsiki](#)
- [Vegetarian Stuffed Grape Leaves \(Dolmas\)](#)
- [Vegetarian Stuffed Grape Leaves \(2\)](#)
- [Vegetarian Stuffed Grape Leaves \(3\)](#)

[amyl](#)

Greek Cheese Pie

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

Date: Thu, 8 Jul 93 13:24:57 -0500

[a rich dish, brilliant for lunch at work served hot, or warm]

the dough :

3 cups all purpose flour
1 cup warm water
2 tbl spoons oil
1/2 spoon oregano
dash of salt

mix ingredients; knead for about 2-3 minutes; adding flour to until it doesn't stick to the hands - separate into 3 equal parts

the filling :

a couple of chopped green shallots (can replace with 1/3 white onion)
1/3 cup finely chopped parsley
2 cups feta cheese , crumbled
1/3 cup freshly grated romano cheese
1/2 cup whole milk or better still, half & half
3 eggs
salt, pepper, thyme

beat eggs;

mix all other ingredients; heat in pot until cheese starts melting;
allow to cool to room temperature; then mix in eggs

the assembly :

roll out the 3 dough balls- so that each one is a bit bigger than your
baking pan (i use 8x12 in.)- the amount of dough, for that size will
give you the right thickness

place the first layer on the greased pan, with ends hanging over the
pan rim - add half the filling

follow on with the second dough layer -add the rest of the filling

finish off with the last dough layer; fold the dough layers together

pluck a few holes, making sure you go through the second layer of dough

bake for 3/4 hour at around 400F

enjoy, with a simple tomato and cucumber salad

[mara](#)

Greek Dolmades Avgolemono

From: "Alexis D. Gutzman" adg6m@livia.acs.virginia.edu

Date: Fri, 27 Aug 1993 14:03:24 GMT

For five years, I have been trying to get this wonderful recipe out of my Grandmother (Yiayia). This weekend, she gave in and spilled the grape leaves.

This recipe contains meat and is from Southern Greece (The Peloponysos). There is also a Greek Dolmades recipe from Asia Minor (Constantinople) which was 80% Greek-populated until 1920 when ethnic cleansing by the Turks began in earnest. The other Greek Dolmades recipe is essentially seasoned rice wrapped with grape leaves and marinated. I can post that one if anyone requests it.

Yiayia's Dolmades

1 lb. ground beef
1 large onion, chopped
1/2 c. white rice
1 egg
1/2 c. dry mint
1 T. butter, softened
1/2 bunch fresh parsley
dill, if convenient
3-4 T. lemon juice
salt
pepper
water, if needed

Knead all ingredients in a bowl. If the consistency is too hard, add water, one tablespoon at a time (up to 4 T.).

Grape leaves are best picked from Grape Vines in the Spring, while they are still tender. They can be washed and frozen between layers of waxed paper and will keep for a year. They are also available in jars from some fruit markets (especially ones that carry a lot of Greek/Italian imported foods).

Depending on the size, you will need 20 to 40 grape leaves (Fila - pronounced fee'-lah). Small leaves tend to be more tender.

Boil grape leaves until they are soft, but not tender. The time will depend on the leaves. Fresh ones will only take a minute.

Fold grape leaves around small spoonfulls of meat mixture, sealing completely.

In a large pot (preferably one with a large surface area on the bottom), melt 1/2 stick (4 T.) butter. Arrange rolled dolmades on top. Do this all at once, not as you roll them. Pour 3-4 cups water or chicken broth over dolmades, cover, and simmer for 2 hours.

Avgolomono

1 egg
3-4 T. lemon juice
corn starch

Separate egg. Whisk egg white mixed with 1 tsp. water; add yolk and mix. Add corn starch (she gave no measurement) to lemon juice and stir; add to egg mixture. Skim broth off dolmades (it is now a chicken/beef broth and should be greatly reduced because of the rice) and add 1 T. at a time to the egg mixture, whisking well. Egg mixture should thicken.

Remove dolmades from heat. Arrange dolmades in a bowl for serving. Mix remaining broth into egg-lemon mixture. Stir well and pour over dolmades.

I apologize for the lack of precise measurements. She doesn't actually use measuring cups or spoons, but the palm of her hand and a coffee cup -- I did the translation.

Alexis Dalianis Gutzman (100% Greek-100% America)

[mara](#)

Greek Spinach Pie

From: doussis@convex1.TCS.Tulane.EDU (Evangelos Doussis) Date: Thu, 8 Jul 93 13:08:29 -0500

[a light, low-fat dish, brilliant for lunch at work served hot, warm, or cold]

the dough :

3 cups all purpose flour
1 cup warm water
2 tbl spoons oil
1/2 spoon oregano
dash of salt

mix ingredients; knead for about 2-3 minutes; adding flour to until it doesn't stick to the hands - separate into 3 equal parts

the filling :

about one pound of thawed frozen spinach- i prefer the chopped leaves kind
a couple of chopped green shallots (can replace with 1/3 white onion)
1/2 cup finely chopped parsley
1/3 pound feta cheese (totally optional i actually prefer it without)
salt, pepper, thyme

mix ingredients

the assembly :

roll out the 3 dough balls- so that each one is a bit bigger than your baking pan (i use 8x12 in.)- the amount of dough, for that size will give you the right thickness

place the first layer on the greased pan, with ends hanging over the pan rim - add half the filling

follow on with the second dough layer -add the rest of the filling

finish off with the last dough layer; fold the dough layers together

pluck a few holes, making sure you go through the second layer of dough

bake for 3/4 hour at around 400F

[mara](#)

Souvlaki

From: kisses@qedbbs.com (Emily L.)

Date: Thu, 23 Sep 93 15:04:57 PDT

2 lb Lamb shoulder -OR- Sirloin tip; cut in 1 1/2" long strips
 1/4 c Olive oil
 3 tsp Lemon rind
 2 c Red wine;dry
 Sweet peppers and cherry
 2 Garlic cloves; minced
 tomatoes as needed
 1 ts Oregano;dried

-----TZAZIKI-----

2 c Yogurt;pain	2 Garlic cloves;minced
1/2 Cucumber;English,peeled & -grated	3 tb Olive oil
	1 ts -salt

"Begin preparing the tzazik a few hours before serving. The flavours need time to blend. Marinate the meat overnight to absorb the wine and garlic."

Souvlaki: Place the meat in a large bowl. Pour in the wine and sprinkle minced garlic and oregano. Imbed the lemon strips among the cubes of meat and drizzle with olive oil. Cover tightly with plastic wrap and refrigerate 12 hours or overnight. Shake or stir the mixture several times during the marination period.

About 30 minutes before serving, drain off and discard the marinade. Thread the chunks of meat onto long skewers, brushing with a little olive oil. (We usually BBQ the peppers and tomatoes on separate skewers but it's really up to the chef.)

Over medium coals, barbeque the souvlaki until it's done the way you like it. Serve on a bed of rice and pass the tzaziki to spon on top. SERVES 4-6

Tzaziki: Line a colander or sieve with cheesecloth (or gauze) and set it over a bowl. Pour in the yogurt and allow it to drip for an hour or so. After the yogurt has drained, combine it, in a small bowl, with the cucumber and the garlic. Cover the bowl tightly with plastic wrap and refrigerate until just before serving. While the meat is BBQing, drizzle the olive oil over the surface, and without stirring, sprinkle on the salt. It needs no mixing - your guest will do that when they dollop it onto their souvlaki. MAKES: About 3 cups

Source: Pat, Effie and Alex Stroutzas, of Alex's Cheeses, vendors, South Market, St. Lawrence Market, Toronto, Canada.

The St. Lawrence Market Cookbook by Anita Stewart.

[amyl](#)

Historical Recipes of Different Cultures

index

- [Antique Roman Dishes - COLLECTION](#)
- [Medieval and Anglo Saxon Recipes : COLLECTION](#)
- [Medieval European Recipes : COLLECTION](#)

[amyl](#)

COLLECTION: Medieval and Anglo Saxon Recipes

From: "Jennifer A. Newbury" jnlt+@andrew.cmu.edu

Date: Wed, 13 Oct 1993 14:52:44 -0400

Contents

- [A Jellie of Fyshe](#)
- [Crustade of Chicken and Pigeon](#)
- [`Fenkel in Soppes' or Braised Fennel with Ginger](#)
- [Lozenges or Curd Cheese Pastries](#)
- [Griddled Trout with Herbs](#)
- [Hare, Robbit, Veal, or Chicken Stew with Herbs & Barley](#)
- [Small Bird & Bacon Stew with Walnuts or Hazelnuts](#)
- [Summer Fruit, Honey & Hazelnut Crumble](#)

All from The British Museum Cookbook by Michelle Berriedale-Johnson, 1987, British Museum Publications.

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A Jellie of Fyshe

Serves 6

Ms. Berriedale-Johnson explains that elaborate and highly decorative jellies were "the delight of the artistic medieval cook, often enhanced with edible gold and silver."

225 g (8 oz) hake, cod, haddock, or other well-flavored white fish

3 scallops

75 g (3 oz) prawns (shrimp)

2 onions, roughly sliced

1 tablespoon white wine vinegar

25g (1 oz) ginger root, peeled and finely chopped

1/3 teaspoon sea salt, 1/4 teaspoon white pepper

450mL (15 fl oz, 2 cups) each white wine and water

20g (3/4 oz) gelatine

Put the white fish in a pan with the onions, vinegar, ginger root, spices, wine and water. Bring it gently to the boil and simmer for 10 minutes. Add the scallops and prawns and cook for a further 3 minutes. Remove the fish; bone and skin the white fish and set it all aside. Strain the cooking juices and set aside to cool for several hours by which time a lot of the sediment will have settled in the bottom of the bowl. Carefully pour off the juices, leaving the sediment, and then strain several times through a clean tea cloth. You should have approximately 750mL (25 fl oz, 3 cups) of liquid left. Melt 20g (3/4 oz) of gelatine in a little of the liquid, cool it to room temperature, then mix it into the rest of the juices.

Pour a thin layer 1 cm (1/2 inch) of the juice into the bottom of a 1.2 liter (2 pint, 5 cup) souffle dish or fish mold and put it in the fridge to set. Flake the white fish into smallish flakes; remove the coral from the scallops and cut the white flesh into three or four pieces. Once the jelly is firm, arrange the most decorative of the fish in the bottom of the dish-- some scallop coral in the middle, prawns around the outsides, flakes of white fish in between or however you feel inspired. Spoon a little more of the juice and return it to the fridge to set. Continue to layer the fish in the mould, setting each layer with a covering of juice until you have used up all the fish and juices. Leave the jelly to set for at least 4 hours in a fridge. Unmold and decorate with fresh herbs; serve as a starter.

-----*

Crustade of Chicken and Pigeon

Serves 6

225-350g (8-12oz) wholemeal or wholewheat pastry (depending on whether you want a lid on your crustade)

1 pigeon

2 chicken joints (2 breasts or 2 whole legs)

150mL (f fl oz, 2/3 cup) dry white wine

several grinds of black pepper

4 cloves

15 g (1/2 oz) butter

50g (2oz) mushrooms, roughly chopped

25g (1oz) raisins

3 large eggs

salt, pepper, and 1/2 teaspoon ground ginger

Roll out 225g (8 oz) of the pastry and line a 20cm (8 inch) flan dish; back the crust blind.

Put the pigeon in a pot with the stock, wine, pepper and cloves and cook very slowly for an hour. Add the chicken and continue to cook for a

further 45 minutes or till the meat of both birds is really tender. Meanwhile cook the mushrooms lightly in the butter. Remove the birds from the stock and bone them. Cut the flesh into quite small pieces, mix it with the mushrooms and the raisins and spread them over the base of the flan case. Beat the eggs with a fork and season with the salt, pepper, and ginger. Add 240mL (8floz, 1 cup) of the cooking juices and pour over the meat in the flan case. If you want to have a lid, roll out the rest of the pastry and cover the flan. Bake it in moderate oven (180C, 350F, Gas Mark4) for 25 minutes if uncovered, 35 minutes if covered. Serve warm with a good green salad.

For a more 20th century flavor-- double the chicken, leave out the pigeon, and substitute 25g (1 oz) chopped fried bacon for the raisins.

-----*

'Fenkel in Soppes' or Braised Fennel with Ginger

Serves 6

The original version of this recipe comes from the "Forme of Cury," a collection of 196 "receipts" copied by Richard II's scribes at his cooks' directions.

750g (1 1/2 lb) trimmed, fresh fennel root; cleaned and cut in matchsticks
225g (8 oz) onions, thickly sliced
1 heaped teaspoon of ground ginger
1 level teaspoon of powdered saffron
1/2 teaspoon of salt
2 tablespoon olive oil
150mL (5 fl oz, 2/3 cup) each dry white wine and water
6 thick slices of coarse wholewheat or wholemeal bread (optional)

Put the fennel in a wide, lidded pan with the onions. Sprinkle over the spices and salt, then the oil and finally pour over the liquids. Bring to the boil, cover and simmer for 20-30 minutes or till the fennel is cooked without being mushy. Stir once or twice during the cooking to make sure the spices get well distributed. Serve it alone with a roast meat or griddled fish or place one slice of bread on each warmed plate, cover it with the fennel and pour over the juices.

-----*

Lozenges or Curd Cheese Pastries

Serves 6

225g (8oz) wholemeal or wholewheat shortcrust pastry
225g (8 oz) curd cheese
25g (1oz) very finely chopped stem or crystallized ginger or plump raisins
15g (1/2 oz) toasted and chopped pine nuts
sugar to taste

lemon juice to taste

Roll the pastry out very thin and cut it into small rectangles-- approximately 15x8 cm (6x3 inches). You should have at least 24. Bake them in a moderately hot oven (190C, 375F, Gas Mark 5) for ten minutes or till they are crisp and brown. Remove them and cool on a rack.

Meanwhile mix the curd cheese with the ginger or raisins, the pine nuts and the sugar and lemon to taste. Set aside. When you are ready to serve, sandwich together two pieces of pastry with the cheese mixture. They can be used as a dessert or as a snack.

-----*

Griddled Trout With Herbs

Serves 6

The herbs below are what might have been used in Anglo-Saxon East Anglia, but use whatever you might fancy. Try to use fresh, although dried is acceptable.

6 fresh cleaned trout
6 sprigs fresh rosemary, or 1-2 tablespoons dried
75g (3 oz) soft butter
18 fresh mint leaves or 2 teaspoons dried
leaves from 6 sprigs fresh thyme or 2 teaspoons dried
6 fresh sage leaves or 1 scant teaspoon dried
1-2 teaspoons coarse sea salt
6-9 grinds black pepper

Put one sprig or generous shake of rosemary down the middle of each fish. Chop all the other herbs and seasonings and mash them into the soft butter. Use this to coat the fish generously on each side. Griddle, barbeque or grill it for 4-5 minutes on each side or till the skin is well browned and the flesh flaking off the bone. Baste now and then with the butter which runs off. Serve at once with lot of fresh bread and a salad or a simple green vegetable.

-----*

Hare, Rabbit, Veal or Chicken Stew with Herbs & Barley

Serves 6

In 7th century England, herbs were one of the few flavourings available to cooks and were used heavily...

50g (2oz) butter
1 -1.5kg (2-3 lb) (depending on the amount of bone) of hare or rabbit joints, stewing veal or chicken joints
450g (1lb) washed and trimmed leeks, thickly sliced

4 cloves garlic, chopped finely
175 g (6 oz) pot barley
900 mL (30 fl oz, 3 3/4 cups) water
3 generous tablespoons red or white wine vinegar
2 bay leaves, salt, pepper
15 fresh, roughly chopped sage leaves, or 1 tablespoon dried sage

Melt the butter in a heavy pan and fry the meat with the leeks and garlic till the vegetables are slightly softened and the meat lightly browned. Add the barley, water, vinegar, bay leaves and seasoning. bring the pot to the boil, cover it and simmer gently for 1 - 1 1/2 hours or till the meat is really tender and ready to fall from the bone. Add the sage and continue to cook for several minutes. Adjust the seasoning to taste and serve in bowls-- the barley will serve as a vegetable.

-----*

Small Bird and Bacon Stew with Walnuts or Hazelnuts
Serves 6

6 fatty rashers of bacon, chopped roughly
3 cloves garlic
4 pigeons or other small game birds (6 if very small)
225 g (8 oz) mushrooms, whatever variety, chopped roughly
75 g (3 oz) roughly chopped roasted hazelnuts or walnuts
300 ml (10 fl oz, 1 1/4 cups) real ale
150 ml (5 fl oz, 3/4 cup) water
2 or 3 bay leaves
a little salt and freshly ground black pepper
6 coarse slices brown bread

Fry the bacon, with the garlic, till it is lightly browned in a heavy bottomed casserole. Add birds and brown on all sides. Add the mushrooms and nuts, continue to cook for a couple of minutes, then add the ale and water with the bay leaves.

Bring to the boil, cover and simmer very gently for 2 - 2 1/2 hours-- the birds should be falling off the bone. Remove the birds from the juices, cool juices completely and remove any excess fat. The birds can be served whole on or off the bone. If the latter, carve them while they are cold then return to the skimmed juices and reheat gently. Adjust the seasoning to taste and serve either the whole birds or the slices on the pieces of bread, with plenty of the juices and "bits". A good green salad to follow is the best accompaniment.

-----*

Summer Fruit, Honey, and Hazelnut Crumble
Serves 6

....A baked dessert like this would have been sunk in the embers of the log fire with a cauldron or pot upturned over it to form a lid...

1 kg (2 1/2 lb) mixed soft summer fruits-- raspberries, loganberries, strawberries, currants, bilberries or whatever is available
honey or brown sugar to taste
75 g (3 oz) tasted hazelnuts
75 g (3 oz) wholemeal or wholewheat brown breadcrumbs

Put the fruits in a pan or microwave dish with about 20 cm (1 inch) water in the bottom and cook gently for 10-15 minutes (4-6 minutes in microwave), or till the fruits are soft without being totally mushy. Sweeten to taste with honey or brown sugar (Saxons would have used honey); how much you need will depend on what fruits you have used. drain the excess juice and save to serve with the pudding. chop the hazelnuts in a processor or liquidiser until they are almost as fine as the breadcrumbs, but not quite, then mix the two together. Spoon the fruit into an ovenproof dish and cover with a thick layer of hazelnuts and crumbs. Bake in a moderate oven (180C, 350F, Gas Mark 4) for 20 - 30 minutes or till the top is slightly cruncy and browned. Serve with lots of cream or plain yogurt and the warmed fruit juices.

[amyl](#)

Medieval European Recipes : COLLECTION

From: "Jennifer A. Newbury" jn1t+@andrew.cmu.edu

Date: Sat, 25 Sep 1993 13:26:16 -0400

I think someone a while ago requested medieval recipes. These come from The British Museum Cookbook by Michelle Berriedale-Johnson (1987, British Museum Publications Ltd.). It's a great cookbook with recipes from the civilizations from the museum's collections. I personally haven't tried these recipes, but they sound interesting. I apologize in advance for any typos!

Contents

- [A Tart for Ember Day](#)
- [Wastels Yfarced \(or Toasted Stuffed Brown Rolls\)](#)
- [Caudel of Muscals to Potage \(Braised Mussels\)](#)
- [Spit Roasted Meat with Egerdouce Sauce](#)
- [A Salat](#)
- [A Rosy Almond Cream](#)

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A Tart for Ember Day

Ms. Berriedale-Johnson says that ember day was one of the many days in the year when the church forbade eating of meat (dairy, eggs, & fish were allowed).

250 g (9 oz.) wholewheat or whole meal pastry
(made with 150g (6 oz) wholewheat or wholemeal flour, 40 g (1 1/2 oz) each of butter and lard with a little cold water)
40 g (1 1/2 oz) butter
150g (6 oz) onions, roughly chopped
12 fresh sage leaves, chopped, (or 1 tablespoon dried sage)
2 handfuls fresh parsley, chopped roughly
75 g (3 oz) well flavoured cheese, grated
3 eggs
salt, pepper, 1/2 teaspoon each ground cinnamon, ginger
180 mL (6 fl. oz, 3/4 c.) milk
40 g (1 1/2 oz) raisins (optional)

make the pastry and line an 18-20 cm (7-8") flan case; bake it blind

melt the butter in a pan and gently cook the onions with the sage and

parsley until they are just soft. Add the cheese, eggs, seasoning and milk and mix well. Add the raisins if you are using them and pour the mixture into the flan case. Bake in a moderate oven (180 C / 350 F / Gas Mark 4) for approx.

20 minutes or till the tart is risen, firm and lightly browned. Serves 6 warm or cold.

*

Wastels Yfarced (or Toasted Stuffed Brown Rolls)

(serves 6 as a starter, 3 as a main course)

Ms. Berriedale Johnson explains that wastels were good quality loaves served to the gentry at a late medieval feast.

3 wholemeal or wholewheat brown rolls, halved and with their crumb removed
50 g (2 oz) butter
100g (4 oz) mushrooms, chopped roughly
100g (4 oz) cooked and very well drained leaf spinach, chopped roughly
50g (2 oz) raisins
salt, pepper, ground cinnamon, cloves to taste
1 large or 2 small eggs

Put halved rolls in moderately hot oven for approx. 10 minutes or till they are lightly browned and crisps

Melt the butter in a pan and cook the mushrooms for a couple of minutes. Add the spinach and the raisins and continue to cook gently for several minutes, or till the butter has been almost absorbed by the veggies. Season to taste with the salt, pepper, and spices. Beat the egg in a bowl, add to the veggie mixture and cook it gently just long enough for the egg to slightly bind to the other ingredients. Pile the filling into the halved rolls and serve at once.

*

Caudel of Muscals to Potage (or Braised Mussels)

(serves 6)

This would have been served on one of the fish eating days of the medieval calendar, and in a grand household, it would have been one of ten or fifteen of such dishes presented to the lord and his guests...

2 kg (4 1/2 lb) fresh mussels
2 tablespoons olive oil

1 large onion, very finely chopped
2 leeks, very finely sliced
40 g (1 1/2 oz) ground almonds
2 teaspoons ground ginger
1/2 teaspoon each ground saffron, cloves, salt
4 grinds of black pepper
450 mL (15 fl oz, 2 cups) milk
1-2 tablespoons white wine vinegar

Clean mussels thoroughly, removing beards, and discarding any which do not close when tapped. Bring 5 cm water to the boil in the bottom or a large pan with a few slices of lemon and 150 ml (2/3 c) white wine. Drop the mussels in, turn the heat up to maximum, cover with a lid and cook briskly for 3-4 minutes or till all of the mussels have opened. Discard any that do not.

Drain the remaining ones, remove from their shells and reserved the juices.

Meanwhile, cook the onion slowly in the oil till it is soft, but not coloured. Put the leek with the almonds, spices and the mild in a pan and bring to the boil. Simmer for a few minutes then add to the shelled mussels along with the onions. Bring all to the boil and simmer together for a few minutes. Add the wine vinegar to taste and further seasoning if needed. Thin the sauce with some of the reserved cooking liquid, if you think it needs it. Serve the broth in bowls with plenty of fresh brown bread.

*

Spit Roasted Meat with Egerdouce Sauce

In medieval Europe, the spits were turned by kitchen boys and were periodically dusted with spices and herbs. Since forks were still almost unknown the slices of meat were eaten in the fingers but accompanied by sauces. These were laid in small dishes (sauc-ers) along the tables, and diners would dip the little finger of the right hand only into the sauce and spread it on their meat. This finger was never licked but carefully wiped on a napkin out of respect for fellow diners.

In the modern kitchen-- any joint of meat can be used, but it should be well flavoured if the Egerdouce sauce is to be served with it. Cook it on a spit, a barbecue, or on an open rack in the oven. Sprinkle it lightly with ground mixed herbs plus a little of any spice that you fancy.

Egerdouce Sauce

(served six)

2 tablespoons olive oil
75 g (3 oz) onions, roughly chopped
25 g (1 oz) each of raisins and currants
1/2 teaspoon each salt, ground ginger, mace and saffron
1/4 teaspoon ground cloves
120 mL (4 fl oz, 1/2 cup) dry white wine
90 mL (3 fl oz, 1/3 cup) wine vinegar
25 g (1 oz) sugar
75 g (3 oz) wholemeal or wholewheat breadcrumbs
approx. 90 mL (3 fl oz, 1/3 c) water

Gently cook the onions in the oil till they are soft. Add the fruit and spices and cook for a few minutes. Melt the sugar in the wine and vinegar and add this to the onion and fruits. Simmer all together, covered for 15 minutes then process or liquids. Return the mixture to the pan and add the bread crumbs and enough water to make a thick but not cloggy sauce. Adjust the seasoning to taste and serve with the roast meat.

*

A Salat

Serves 6

Salads, made mainly of herbs, were popular throughout the Middle Ages, often served at the start of a meal, rather than after the main course. The make up of the salad would change according to the season and what grew in the cook's herb garden, so feel free to adapt this basic recipe as desired. Do NOT make it with dried herbs!

2 bunches of watercress
2 cartons of mustard and cress
1 medium leek, very finely sliced
6 spring onions or scallions, chopped small
1 bulb of fennel, sliced in thin match-sticks
1 large handful of fresh parsley, pull off into small sprigs
the leaves from 1 young sprig of fresh rosemary
the leaves from 4-6 prigs of fresh mint, slightly chopped
6 fresh sage leaves, slightly copped
the leaves from 2 small branches of thyme
a few leaves from any other herb you have (take care not to use too much of any very strong flavoured ones)
sea salt and freshly ground black pepper
2-3 tablespoons wine vinegar
4-5 tablespoons olive oil

Wash the cresses, herbs and fennel and dry all thoroughly. Mix them, with the leek and spring onions, in a large bowl, sprinkle with salt and pepper, and mix again. Mix the oil with the vinegar and pour over the salad just before serving.

*

A Rosy Almond Cream

Serves 6

600 ml (20 fl oz, 2 1/2 cups milk)

50 g (2 oz) ground almonds

40 g (1 1/2 oz) rice flour

1/2 teaspoon ground cinnamon

1 t ground ginger

350 g (12 oz) berries or currants, fresh or defrosted

75 g (3 oz) sugar

1-2 tablespoons wine vinegar (don't worry-- used by ancient Rome to emphasize the flavor of the fruit)

crystallized petals to decorate

Put milk in pan with ground almonds, bring to boil, and simmer for 3 minutes. Meanwhile, mix the spices with the rice flour in a pan, then gradually add the hot almond milk. Cook them together till the mixture thickens slightly. Add the fruit with the sugar. Cook them all together gently till the sugar is melted and the fruit will be mixed-- it should not totally disintegrate although it should be partially mashed. Add the vinegar to taste and spoon the dessert into glasses. Chill for a couple of hours but serve at room temp., decorated with another berry or with a crystallized rose or violet petal.

[amy1](#)

Indian Dishes

Index

- [Bengali Eggplant with Mustard Seeds](#)
- [Bengali Red Dal Curry](#)
- [Chana Masala](#)
- [COLLECTION: Indian Recipes \(1 of 2\)](#)
- [COLLECTION: Indian Recipes \(2 of 2\)](#)
- [Curry Chicken](#)
- [Dal Kofta Curry \(Steamed Toor Balls in Buttermilk\)](#)
- [Indian Chickpeas](#)
- [Indian Lamb with Spinach](#)
- [Naan : COLLECTION](#)
- [Sag Paneer](#)
- [Samosas](#)
- [Tandoori Chicken \(1\)](#)
- [Tandoori Chicken \(2\)](#)
- [Vaththalkozhambu \(Indian hot+sour sauce/soup\)](#)

[amyl](#)

Bengali Eggplant with Mustard Seeds

From: jkandell@SkyBlu.CCIT.Arizona.EDU (Jonathan Kandell)

Date: 12 Aug 93 22:49:21 GMT

1 large eggplant--1 to 1 1/2 pounds, tip cut off and cut into 1" cubes
1 1/2 T black mustard seeds, powdered in a coffee grinder
1 C+ water
1/4 t cayenne pepper
4-5 T mustard oil
1 T panch pharon mix (equal parts of whole cumin, fennel, fenugreek, mustard, kalunji seeds)
1 C yogurt
1 1/2 t salt
sprinkle black pepper, cardamon powder (optional)

Soak ground mustard seed and cayenne in one cup of water. Cut up eggplant into cubes. Heat mustard oil, put in panch pharon mix and after a few seconds add the black mustard/cayenne water. This will splatter so have a cover ready. Add eggplant and cook. You will probably need to add additional water as the eggplant cooks to keep its level about the same, perhaps another cup. Cover it for the last ten minutes.

When the eggplant is cooked add a cup of yogurt and the salt, mix and heat up yogurt, but do not boil.

Sprinkle a tiny bit of black pepper and cardamon over the top if you want.

This dish also tastes good cold the next day.

Variation: Anasua Munshi tells me that in his grandmother's village they make this without the yogurt, substituting green chillis for cayenne and using only fennel for the panch pharon mixture.

[mara](#)

Bengali Red Dal Curry

From: jkandell@Violet.CCIT.Arizona.EDU (Jonathan Kandell)

Date: 3 Aug 93 21:48:48 GMT

Key spice: Panch Phanon Mix, also known as Five Spice (do not substitute Chinese Five Spice!)

Equal proportions of whole cumin, fenugreek, anise, mustard, "Indian black onion" seeds (kalunji). You will need to go to an Indian Store to get the last ingredient. It is not related to the onion.

1 1/2 C red lentils
3 1/2 C water
6 serrano chilies (or 3 jalepeno?), either whole or sliced in quarters
1/4 t turmeric, or more to taste
1 1/2 t salt

4 T ghee, butter or vegetable oil
1 C minced onions
1 C chopped tomatoes
1 T grated fresh ginger

2 T ghee or vegetable oil
1 T panch phanon mix
4 dried small red chilies
1-3 cloves garlic

There are three basic steps to this recipe: cooking the lentils in water, making a tomato/onion/ginger mush, and making a spiced oil.

1. Rinse lentils well, add water, serrano chilies, turmeric and salt. Bring carefully to boil and cook over low to medium heat, partially covered, for 25 minutes. Cover and cook another 10 minutes. Adjust salt.
2. While lentils are cooking, cook onions in a frying pan in the oil until they are golden brown (approximately 10 minutes), stirring constantly. Add tomatoes and ginger and continue cooking until the tomatoes decompose into a delicious and fragrant mush (approximately 8 minutes.) Stir constantly so that tomato mixture doesn't stick. Turn heat to low if necessary.
3. Scrape out this mush into the lentils and stir it in. Let lentils sit while you make the spiced oil.

4. Do a quick rinse of the frying pan, without soap, and dry thoroughly. Add the remaining 2T oil and heat over medium high heat. When oil is hot add panch phanon mix and heat until the seeds begin to pop, about 15 seconds. Add red chilies and fry for another 15 seconds, until they turn a little darker. Turn off heat and add the crushed garlic and let sizzle for about 30 seconds. Stir this mixture into the lentil/tomato mixture and serve with rice. Adjust salt.

Using ghee changes the taste compared with oil. I prefer it for step 4. It tastes good either way though.

[mara](#)

Chana Masala

From: Mary Jane Kelly scarletbegonias+@cmu.edu

Date: Wed, 28 Jul 1993 12:51:45 -0400

I don't know how authentic this is, but I whipped it up last night. It tasted great to me.

2 T vegetable oil
1 medium onion, chopped
1 large clove of garlic, minced
1 T curry
1 T tomato paste (I used ketchup, how embarassing :)
15 oz can of chick peas drained, reserving 3 T liquid
1/2 T lemon juice
1/2 t salt
fresh black pepper
crushed red pepper, optional to taste
1 T butter

Heat oil on medium high heat. Fry onions until slightly browned. Reduce heat to medium. Add garlic, curry, and paste. Stir and simmer about 2 minutes. Add chick peas, liquid, lemon juice, salt, and black pepper. Simmer 5-6 minutes, stirring occasionally. Add red pepper to taste. Add butter, stirring through to melt it. Stir and simmer for 5 minutes more or until peas are softened and dish is hot. Serve over rice.

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COLLECTION: Indian Recipes (1 of 2)

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

Date: Thu, 12 Aug 93 10:11:13 +0200

```
*****  
*  Archivist's note : having read the comment below, I am *  
*  not keen to mark up the contents to provide direct *  
*  links to the recipes.  If I get requests (and have *  
*  some spare time) I will do it, but until then, I'll *  
*  let myself assume that it isn't needed - Amy *  
*****
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Hi Folks!

The following is an ASCII transcription of Somesh Rao's "The Graduate Student's Guide To Indian Recipes".

Due to the length of the File I had to cut it into two parts. As I kept the original order in chapters, the alphabetical Contents does not correspond directly with the order in the file. The best thing is, to paste the files together, then you have Somesh Rao's book as a whole...

Somesh Rao's "The Graduate Student's Guide To Indian Recipes" Vol.1 (of 2)

Posted with permission!

CONTENTS:

Besan Burfi
Bhel
Bonda With Instant Mashed Potato
Boondhi Raita
Carrot Halva
Cauliflower And Potatoes (Aloo Gobi)
Chapati (Phulka)
Chicken Curry (Murga)
Chicken Curry North Indian Style
Chicken Pullao (Sriram, 1985)
Chole "Bill And Jim" (Chick Peas) (Somesh Rao)
Coriander Fish (Bharria Machli)
Curried Eggplant (Bhartha)
Curried Garbanzo Beans
Curried Mushrooms
Dahi Vada (Savory Balls In Yogurt)
Dry Potatoes (Sookha Aloo)

PREFACE

=====

SOMESH RAO

I have collected these recipes over the network. I am just responsible for typesetting it and running it through a spell checker. In a later edition I hope to add my own recipes.

At this point I would like to apologize to those whose recipes I have used but whose names I have not mentioned. During the editing process I lost most of the addresses.

Finally, I am not responsible for any of the recipes as I have been so busy trying to put this book together that I have had no time for experimentation. Please send comments, suggestions and other recipes to

somesh@maxine.wpi.edu

somesh@wpi.wpi.edu

This book (\LaTeX and Postscript version!) is available through anonymous FTP from

wpi.wpi.edu

in recipes/indian.recipes.*

I would like to thank Greg Leichtman and Jamille Hetke at The University of Michigan who took the trouble to correct my \LaTeX errors.

By the way, I would prefer recipe contributions in electronic form.

Bon Appetit.

=====

INGREDIENTS

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GUIDE TO INGREDIENTS

Most of the ingredients are available at the grocery stores or supermarkets. Some, though, are special and have to be obtained from the Indian stores.

Substitutes may change the character of the dish. It is better to omit an ingredient if not available than to substitute for it. If whole spice is not available, you may use the ground form, but the ground form

is less pungent.

NAME	INDIAN NAME	DESCRIPTION
Asafoetida	Hing	Dried gum resin from the root of various Iranian and East Indian plants. Has a strong fetid odor - definitely an acquired taste. May be obtained.
Besan	Besan	Flour of dried chick peas.
Cardamom	Elaichi	Dried fruit of a plant. Mostly the seeds are used. Seeds of 4 pods measure approximately 1/4 t.
Coriander	dhania	Aromatic herb of the parsley family. Sold as cilantro or chinese parsley. Also sold as seed or dry powder.
Cumin	Jeera	Very aromatic and reminiscent. Sold whole or ground.
Dals	Dal	Hindi name for all members of the legume or pulse family. Commonly used are: Arhar, Channa, Masur, Mung, Labia (black-eyed peas), Rajma (red kidney beans).
Fennel Seed	Sauf	Has an agreeable odor and licorice flavor. Available whole or ground.
Fenugreek	Methi	Has a pleasant bitter flavor and sweetish odor.
Garam Masala	Garam Masala	A mixture of spices; details come later.
Chat Masala	Chat Masala	A variation of Garam masala. Available in Indian stores.
Ghee	Ghee	Fat for frying. Pure ghee is clarified butter.
Mustard oil	Larson	Pungent oil made from black mustard seeds.
Mint	Pudina	Aromatic herb. Fresh and dried leaves are used in the preparation of chutneys. Dried leaves are much less fragrant than the fresh ones.

Pomegranate Anar dana A flavoring agent. Has some scent.

Saffron Kesar Made of stigmas of a flower grown in Kashmir and Spain. It is aromatic and yields a yellow color.

Turmeric Haldi An aromatic powdered root. Used as a flavoring, and for flavoring curries.

To make

GARAM MASALA

=====

(approximately 1 1/2 cups)

Ingredients:

3 - 5" pieces Cinnamon stick
1 c (???) Green cardamom pods
1/2 c Cumin seed
1/2 c Black pepper corns
1/2 c Cloves
1/2 c Coriander seeds

Procedure:

Dry the ingredients in an oven. Do not let them turn brown. Remove the seeds from the cardamom pods. Pound cinnamon sticks into smaller pieces. Combine ingredients until they are well mixed and blend at high speed for 2-3 minutes until completely pulverized.
(LINE MISSING, The recipe seems to be complete, but as the original had this I am letting it remain.)

=====

THIS AND THAT

=====

ONION AND TOMATO RAITA

=====

(4-6 Servings)

Ingredients:

8 oz. Yogurt (plain)
1 small Onion
1/2 t Salt

1 small Tomato
1/2 t Chat Masala (optional)
1/2 t Black pepper (ground)
1/4 c Milk

Method:

Beat yogurt and milk until smooth. Chop onion and tomatoes and add to yogurt. Add salt and pepper and sprinkle the Chat Masala over, and serve.

BOONDHI RAITA

=====

Ingredients:

1/4 c Besan
1/2 c Water
Ghee for frying
to taste Salt
to taste Pepper
to taste Chat Masala
1 1/2 c Yogurt
1/4 c Milk

Method:

Make a pouring paste of the besan and water. Heat ghee and drop paste into it through a slotted spoon to get little drops that fall one at a time (these are boondhi). Remove the drops when golden brown and dry on a paper towel to remove extra oil. Soak the drops in warm water. Add milk, salt, pepper, and add Chat Masala to yogurt. Squeeze water out of boondhi and add to yogurt.

MINT AND CORIANDER CHUTNEY

=====

Ingredients:

1 bunch Coriander leaves
1 bunch Mint leaves
1 Green chili
1 oz Seedless tamarind
1 tsp Salt
4 T Water
1 medium Onion

Method:

Wash and soak tamarind in water for 1/2 hour. Clean, pick and wash the coriander and mint. Separate pulp from the tamarind and squeeze out the pulp. Grind coriander, mint, green chili and onion into a fine paste. Add the tamarind pulp and salt. Blend well. In an airtight jar this can be refrigerated for up to one week.

=====

BREADS

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CHAPATI (PHULKA)

=====

(for 4, serving 1 or 2)

Ingredients:

1 c Whole wheat flour (or 1/3 white + 2/3 whole wheat)
1/2 c Water

Method:

Put flour in a large bowl with half the water. Blend the two together until it holds. Beat and knead well until it forms a compact ball. Knead dough until it is smooth and elastic. Set aside for 30 minutes.

Knead and divide dough into 4 to 6 parts. Roll each ball into a tortilla like flat, about $\frac{1}{8}$ " thick. Heat an ungreased skillet.

Put phulka on it, and let it cook for about 1 minute (The top should just start to look dry and small bubbles should just start to form).

Turn and cook the second side for 2/3 minutes until small bubbles form.

Turn again and cook the first side pressed lightly with a towel. It should puff. Serve warm (maybe slightly buttered).

Note:

Since the rolled out chappati's will dry out if they are left to stand while cooking the others, it is advantageous to roll them out individually before cooking them.

PARATHA

=====

Ingredients:

1 c Whole wheat flour
Ghee
Water

Method:

Make chappati dough. Divide into 6 parts and make balls. Flatten and roll each.

Spread ghee over them and fold. Roll again.

Heat the paratha on a griddle like you would a chappati, but spread some ghee over the top side. Turn and spread ghee on the other side. Fry until the bottom is crisp and golden, then turn and fry the remaining side.

Repeat with all six.

Serve at once, since they lose crispness if stored.

STUFFED PARATHAS

=====

Make dough for regular chappati's.

Fillings:

Potato - Boil potatoes, mash, add salt and chili to taste. Add Garam Masala and mango powder.

Radish - Grate one large Diakon Radish, add salt and leave for 1/2 hour. Squeeze out all the water, add grated ginger, chili, and pomegranate seeds.

Cauliflower - Grate cauliflower, add salt, pepper, garlic, and Garam Masala.

Method:

Roll out 2 small chappati's. Place filling on one, cover with the second, seal edges and cook as for parathas.

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SNACKS

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BHEL

=====

This is a concoction that I often bought from street vendors in India. My mouth still waters whenever I think of Bhel. The recipe presented here was taken off the net, and I haven't had a chance to try it yet. I include the note from the contributors:

Warning:

This recipe is directed at those who know what Bhelpuri tastes like, quantities mentioned are approximate, proportions are left to the reader's taste. Purists will have to go to an Indian grocery shop. Deviationists may use substitutes. The most important thing is to keep the puffed rice-sev mixture crisp by not adding the other ingredients to it until it is served. This should be done on the plate.

Ingredients:

Puffed Rice (1 carton of Rice Krispies may be used)
 1 packet Bhel mix or Sev
 2 cups Mashed boiled potatoes (mashed coarsely and then salted)
 1/2 cup Chopped fresh coriander leaves (a.k.a Chinese parsley)
 3 Tbsp Freshly roasted and ground cumin
 to taste Green chilies
 1-2 Tbsp Freshly ground black pepper
 to taste Tamarind
 to taste Jaggery (or Brown Sugar)
 1 cup Chopped onions.

Method:

First boil the potatoes, mash them, salt them, and add pepper to taste. Add some coriander leaves too.

Roast the cumin and grind it.

Dissolve about 4 Tbsp of tamarind concentrate in 1 cup of hot water, and let it simmer and thicken gradually. Dissolve the jaggery (or sugar) until the sauce becomes tart and slightly sweet. (You may add some salt and ground red paprika, if you want to.) The sauce should be of a consistency slightly thinner than maple syrup. Pour into a serving container (like a creamer). Mix the puffed rice and sev/bhel mix in a large bowl.

On a plate, serve the rice-bhel mixture, add the potatoes, then the

onions, chilies, and then dust the cumin powder over it. Next pour on the sauce and top with the coriander garnish. (Add salt/pepper to taste).

Mix the ingredients on the plate and eat.

BONDA WITH INSTANT MASHED POTATO

=====

This recipe was taken from Saranya Mandava's book on Indian cuisine.

Ingredients:

1 medium Onion
2 cups Potato buds
1 1/2 cup Peas and carrots
2 big ones Green chilies
1 teaspoon Lemon juice
1 cup Gram flour
1/2 tsp Mustard seed
pinch Turmeric
1/2 tsp Baking powder
1/4" piece Ginger
1 small bunch Coriander leaves
2 tsp Salt
Oil

Method:

The filling is prepared as follows:

Mix potato buds and 1/2 teaspoon of salt with 1 cup of hot water. Finely chop ginger, chilies, coriander leaves, and onion. Heat oil (about 5 Tbsp) and add mustard seeds. Add chopped ingredients and fry until onions are brown. Add carrots, peas, turmeric and 1 tsp of salt and cook on low heat for about 10 minutes. Add potato (now mashed) and fry for 5 minutes. Remove from heat, add lemon juice and let cool.

The batter is prepared as follows:

Combine gram flour, 3 Tbsp of oil, 3/4 cup water, 1/2 tsp salt, the baking powder and mix thoroughly

After the batter is prepared, make small balls out of the filling and roll them in the batter. Next fry it in hot oil. You will get about 20-30 small bondas.

PAKORAS (SAVORY FRITTERS)

=====

Ingredients:

Batter:

- 1/2 c Besan
- 5 oz Warm water
- 1/4 t Red pepper
- 3/4 t Salt
- 1/2 t Garam Masala
- paprika (optional)

Vegetables:

- 1 Small onion
- 1 Potato
- A few spinach leaves
- Oil for deep frying

Method:

In a bowl put the besan and half the water, and stir until it becomes a thick batter. Beat hard for 5 minutes. gradually add the rest of the water, and leave to swell for 30 minutes. Add salt, pepper and Garam Masala and beat again.

Wash peel and slice the onion and potatoes. Wash and pat dry the spinach leaves.

Heat oil until smoking hot, dip the vegetables in the batter and deep fry until golden brown.

Serve hot.

DAHI VADA (SAVORY BALLS IN YOGURT)

=====

Ingredients:

- 1/2 c Urad dal
- 1/2 Moong dal
- 1 c Yogurt
- Spice to taste (cumin and paprika)
- Oil for frying

1/4 c Milk

Method:

Clean dal, wash and soak in water for 4 hours. Blend in blender at medium speed using the minimum amount of water required to keep paste moving freely. Add salt and start heating oil.

Drop spoonfuls of batter in the hot oil using a large tablespoon. Fry until golden brown. Drop in water. Let it soak till ready to serve.

Beat yogurt with milk. Add spice according to taste. Squeeze out water from the vada and add yogurt. Serve.

UPMA

====

Recipe from Sriram, 1985

This is a breakfast dish in the southern part of India.

Ingredients:

1 cup	Cream of wheat
1	Onion cut lengthwise
1 tsp	Salt
1/4 tsp	Mustard seeds
1/8 tsp	Urad dal
1	Cashew-nut
1/4	Lemon
1/2 cup	Peas
1 clove	Garlic
1/10" piece	Ginger
1	Green chili cut into small pieces.

Method:

Fry cream of wheat on a dry pan for 5 minutes and set aside.

Put two tablespoons of oil in a pan and heat. Add mustard seeds, Urad dal, cashewnut, and garlic clove. Wait till mustard seeds stop splitting. Add the onion, chili, and ginger and fry till the onion turns brown. Add cream of wheat and fry for 3-5 minutes. Add salt and peas. Add two cups of boiling water and stir for 2 minutes. (Switch off the stove as soon as the water is poured.)

Cover the vessel for 4 minutes. Add lime if needed.

VEGETABLE PUFF

=====

(12 puffs)

This is a local Karnataka speciality.

Ingredients:

1 Ready to use pastry roll (Pepperidge farms)
Mixed Vegetables. (potatoes, peas may be added)
to taste Masala
Green Chilies
to taste Salt

Method:

Cook a vegetable mix with potatoes, peas, green chilies and lots of Masala. Check for salt, before you stuff it in the pastry roll; no way to rectify it later.

Thaw the roll for about 10 minutes before unfolding.

After the pastry roll has thawed, open it out on a flat sheet and roll it with a pin to make it a little thinner. The pastry sheet would now be about 12" x 12".

Cut the sheet into 6 pieces.

Place about 2-3 Tbsp of the cooked vegetable onto the sheet and fold it around it. Seal all the corners, by pressing the sheets together and applying a little water.

Stick it into a pre-heated oven (350 \$F^\circ\$) for about 20-30 minutes or until it browns. Make sure that you flip it around every 5-10 minutes.

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VEGETABLES

=====

GOBI ALOO (CAULIFLOWER AND POTATOES)

=====

This is my own recipe.

This recipe livens up ordinary cauliflower and potatoes into something quite different. The recipe shown here has spices that are not

necessary (like cloves and cardamom) or at least that's not how mom made it at home, however it adds a nice touch.

Ingredients:

1	Large cauliflower
3	Medium sized potatoes
1/2	large Onion sliced thinly in long slices
1 tsp	Mustard seeds
2 or 3 pods	Cardamom
1 tsp	Coriander
1 tsp	Cumin seeds
1/2 tsp	Turmeric
1	Bayleaf
3	Cloves
3 tblsp	Vegetable Oil

Method:

Start boiling the potatoes in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a collander.

While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves.

Mix around for a while and then add onions. Wait until the onion starts to turn before adding the rest of the spices (except for turmeric).

Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir.

Continue stirring the vegetables under medium heat for another couple of minutes. Add 1/2 cup of water and reduce heat to low. Cover skillet and let cook for 5 minutes.

Check tenderness of vegetables. If they are still too hard, add another 1/4 cup of water and cover again for 5 minutes.

Salt to taste and serve.

CHOLE "BILL AND JIM" (CHICK PEAS)

=====

This recipe is named after Bill Chiles and Jim Muller both of whom liked my concoctions well enough that I started cooking this a lot. This is a real simple way of making chick peas. It barely takes 15 minutes and the result is quite delicious. Ask Jim and Bill.

Ingredients:

1 can Chick peas (also called garbanzo beans)
 (Progresso is a good brand.)
 1 large Onion chopped finely
 2 medium sized Potatoes (optional)
 1 tsp Mustard seeds
 2 or 3 pods Cardamom
 1 tsp Coriander
 1 tsp Cumin seeds
 1 tblsp Garam Masala
 Vegetable Oil

Method:

If you are using the potatoes, start boiling them in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves.

Mix around for a while and then add onions. Wait until the onion starts to turn golden before adding the rest of the spices (except for the Garam Masala).

Add chick-peas with all the liquid. Cut up the potatoes into bite sized pieces and add to the skillet. Add Garam Masala.

Continue stirring the chick-peas under medium heat for 5-7 minutes without covering.

Check the tenderness of the potatoes. If they are still too hard, add another 1/4 cup of water and cook for another couple of minutes.

Salt to taste and serve.

MASALENDAR SEM (SPICY GREEN BEANS)

=====

(Serves 6)

This recipe is mostly Madhur Jaffrey's, although I don't follow it to the letter when I cook anymore. I like to serve the beans a little crunchier than you would find in an indian home, so I don't cook it as much in the end. It definitely warrants experimentation. This recipe is guaranteed to spice up an ordinary meal. It also goes well with plain rice and meat or chicken that has been prepared simply.

Ingredients:

1 1/2 lb. Green beans (Trim the ends and then cut the beans in half crosswise.)
1 1/2" long and Fresh ginger (Peel and chop coarsely.) 1" thick piece
10 cloves Garlic peeled
1 cup Water
4 tblsp Vegetable oil
3 tsp Whole cumin seeds
2 tsp Ground coriander seeds
2 medium Tomatoes, peeled (put tomatoes in very hot water for a few seconds, peel off the skin and finely chop.)
to taste Salt
Freshly ground pepper
3 tblsp Lemon juice (or to taste)

Method:

Put ginger and garlic into a food processor and add 1/2 cup water. Blend until fairly smooth.

Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds. Stir for half a minute. Pour in the ginger-garlic paste. Stir and cook for about two minutes. Put in the coriander and stir a few times.

Put in the chopped tomatoes. Stir and cook for 2 minutes while mashing the tomato pieces with the back of a slotted spoon. Put in the beans and salt and one cup of water and simmer them. Cover, turn heat to low and cook for 8-10 minutes or until the beans are tender.

Remove the cover. Add the lemon juice and a generous amount of freshly ground pepper.

Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

VEGETABLE KURMA

=====

Recipe from Sriram

Ingredients:

2 cups Vegetables
2 Onions cut length-wise
2 Green chilies cut length-wise
1 tsp Coriander powder
1 1/4 tsp Salt
one pinch Turmeric powder
1/2" Cinnamon stick
2 Cloves
2 Cardamom
2 tblsp Coconut powder
1 tsp Khus-Khus (poppy seeds)
1/4 tsp (3 cloves) Garlic
1/4 tsp powder (or 1/2" fresh) Ginger

Method:

Put a reasonable sized vessel on the range and heat oil. Add cinnamon, cloves and cardamom and fry for 2-3 minutes. Add onions and green chilies and fry till onions turn brown. Add garlic + ginger paste and fry for a minute or so. Add vegetables and fry for about 3 minutes. Add Water (about a cup or two). Let the vegetables + turmeric powder cook.

If you are using canned or frozen vegetables skip the above step.

Add coconut paste, khus-khus, salt and wait until cooked.
(Note: Cook on low heat.)

VEGETABLE CURRY

=====

Recipe from Sriram, 1985

Ingredients:

1 cup Vegetables
1/4-1/2 tsp Coriander powder
1/8-1/4 tsp Chili powder
1/8-1/4 tsp Garlic powder
1 tsp Salt
1 large Onion
1/4-1/2 tsp Mustard seeds
1/8 tsp Urad Dal
1/4-1/2 cup Tomatoes-crushed

Method:

Mix the garlic, coriander and the chili powder along with salt and place it aside.

Pour about 2 tablespoons of oil in a pan and heat. Add mustard seeds and urad dal. The mustard seeds will split and the oil may spill. Be careful when you are doing this. Wait until the mustard seeds stop making any noise. Add onions and fry until the onions turn brown. Add the vegetables, the mixture of step 1 and the crushed tomatoes.

Fry for about 5 minutes, if you are using canned vegetables. Otherwise cover the pan and let the vegetables cook. (This might take about 10-15 min.)

GREEN PEPPER CURRY

=====

Recipe from Sriram

Ingredients:

2 large ones Green Pepper
1/4 tsp Chili powder
1/8 tsp Turmeric powder
1/2 tsp Dhania powder
1 tblsp Coconut flakes
1 tsp Khus Khus (poppy seeds)
1 small bunch Fresh Coriander leaves
2 small Tomatoes
2 Onions
2 tblsp Oil
1 small piece Vadium (Vadium is a combination of various spices)
1 1/4 tsp Salt

Method:

Cut the green peppers, onion and tomatoes lengthwise. Grind chili-powder, turmeric, dhania powder, coconut and poppy seeds.

Heat oil and add vadium. When vadium turns brown, add onions and fry for 4 minutes. Add tomatoes and fry for 2 minutes. Add green pepper and Masala. Add coriander leaves.

Cook on low heat (should take around 15 minutes).

DRY POTATOES (SOOKHA ALOO)

=====

(4-6 Servings)

Ingredients:

- 4 medium size Potatoes
- 2 t Cumin seeds
- 1 t Salt
- 2 t Mango powder
- 1/4 t Hot pepper
- 2 t Garam Masala
- Oil (to fill pan to 2")

Method:

Boil potatoes until cooked but not overdone. Peel and cut into 1/2" cubes.

Heat oil very hot, add and brown cumin seeds. Add potatoes and fry until they are golden brown. Add the remaining ingredients, and fry for 2-3 minutes or more. Remove from oil with a slotted spoon.

Serve hot.

Tips: Use enough oil so that the potatoes will not need to be stirred often. This avoids breaking them up.

OKRA (BHINDI)

=====

(Serves 6)

Ingredients:

- 1 lb okra
- 2 small Onions
- 2 small Tomatoes
- 1/4 t Turmeric
- to taste Salt
- Red pepper (optional)
- Oil for frying

Method:

Wash the okra and dry it thoroughly. Cut off the heads and cut into small circles. Chop the onions and tomatoes separately. Deep fry the okra until very brown. Remove from heat and set aside. Pour out some oil.

Add turmeric to hot oil. Add the onions and fry until golden brown.
Add the fried okra, salt, pepper, and tomatoes.

Cover and bake at 250 deg F for 15 minutes.

PANEER (CHEESE)

=====

Ingredients:

1 1/2 pints Milk
1/2 t White vinegar AND
1/2 t Lemon juice OR
1 c Yogurt

Method:

Heat milk and stir constantly to prevent a layer of cream from forming on the top. Remove from heat when it boils and slowly add white vinegar and lemon juice or yogurt. This sours the milk. Strain through a muslin cloth or a double layer of cheese cloth and squeeze out the whey (liquid).

Hang to drip dry for 2-3 hours (or overnight). Then lay out the cheese in a rectangle in a tray and place a weight (the more the better, but at least 10 lbs) on it for 3/4 hour.

Cut it into whatever shape you like.

MATTAR PANEER (PEAS AND CHEESE)

=====

Ingredients:

2 Onions
2 Tomatoes
4 cloves Garlic
1/2 packet frozen Peas
1" cube Ginger
1/4 t Turmeric
to taste Salt
to taste Pepper
1/2 t Garam Masala
2 c Water

Method:

Cut paneer in 1" cubes and deep fry. Make Masala with onion, garlic, ginger, and tomatoes. Season and add turmeric. Add peas and paneer.

NAVRATHNA KURMA

=====

(Serves 6)

Ingredients:

100 g Paneer (or cottage cheese)
2 teacups Mixed boiled vegetables
(carrots, french beans, green peas, potatoes)
3 Tomatoes
2 Onions
1 t Ginger and garlic paste
1 1/2 t Chili powder
1/2 t Turmeric powder
2 t Coriander powder
1 t Garam Masala
1 teacup Milk
3 t Fresh cream
3 t Ghee
to taste Salt
Ghee for deep frying

Method:

Grate the onions. Put the tomatoes in hot water. After 10 minutes take off the skin and chop. Cut the paneer into small pieces and deep fry in ghee.

Heat oil in a vessel and fry the onions for a few minutes. Add the ginger and garlic paste, and fry for 1/2 minute. Add the chopped tomatoes, turmeric powder, coriander powder and chili powder, Garam Masala and salt. Fry for at least 3-4 minutes. Add the boiled vegetables, milk, cream and fried paneer pieces. Cook for a few minutes.

Serve hot decorated with silver foil.

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THANKS TO THE DELIGHTS OF VEGETARIAN COOKING -- TARLA DALAL
=====

CAULIFLOWER AND POTATOES (ALOO GOBI)

=====

Ingredients:

1 medium Cauliflower
 2 medium Potatoes
 1 Onion
 1 Tomato
 1 clove Garlic
 1" piece Ginger
 pinch Turmeric
 to taste Salt
 to taste Pepper
 to taste Garam Masala

Method:

Make Masala with onion, garlic, ginger, and tomatoes. Add turmeric and spices. Break the cauliflower in flowerettes and cut the potatoes into cubes (8 pieces each). Add both to Masala and lower heat to simmer. Cover the pot until the cauliflower and potatoes are coated.

CURRIED EGGPLANT (BHARTHA)

=====

(Serves 4 to 6)

Ingredients:

2 lb Eggplant
 4 medium Tomatoes
 3 t Fresh chopped coriander
 1/2 c Ghee
 1/2 c Finely chopped onion

Method:

Preheat oven to 450 deg F. Bake in the middle level of the oven for 1 hour or until very tender. While they are still warm, peel and crush the eggplants.

Heat oil and fry onions until soft and clear. Do not brown. Add the tomatoes and fry for 2 minutes. Add the eggplant and stir until almost all liquid disappears and the mixture leaves the side. Place into a bowl, sprinkle on coriander and serve at once.

CURRIED MUSHROOMS

=====

Ingredients:

1/2 lb Mushrooms
 1 large Onion
 1/4 t Turmeric
 to taste Salt
 to taste Chili
 2 large Tomatoes
 Oil

Method:

Wash and finely slice mushrooms. Slice onion fine. Heat oil and add turmeric and onions. Fry until soft. Add the sliced tomatoes and cook for 3 minutes, stirring all the time. Add the mushrooms, cover and simmer for 15-20 minutes. Remove cover and dry out all the water. Serve hot.

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LENTILS

=====

This chapter needs more recipes about Dals. For now, I only have a recipe for 'sambar' a thin dal recipe from South India. This is typically served with idlis or plain rice. Idlis are hard to make and I haven't been able to find a satisfactory recipe for them to date.

SAMBHAR

=====

Recipe from Sriram

Ingredients:

1 cup Toor Dal
 1 tsp Tamarind
 3 tsp Salt
 a pinch Turmeric
 2 tsp Channa Dal
 3 tsp Dhania seeds
 1 pinch Hing
 3 Red chilies
 1/4 cup Grated coconut
 1 tsp Mustard
 10 Coriander leaves
 1 Green peppers cut into pieces
 1 Onion chopped
 1 Tomato cut into pieces

Method:

Boil the toor dal with 3 cups of water.

Fry channa dal, dhania seeds, hing, and red chilies for a few minutes, and then fry them with the grated coconut. Grind the above mixture with water.

Fry the green pepper in oil for a few minutes. Boil the tamarind paste, water, salt, turmeric, tomato and vegetables.

Add ??? 3 ??? and cook for about 5 minutes. Add boiled dal and bring it to a boil

In the meantime fry the mustard seeds and onion.

Add the above ingredients & coriander leaves to the mixture.

MASUR DAL (LENTILS)

=====

(Serves 4)

Ingredients:

1 c	Dal (Moong - yellow, or masur - pink)
3 1/2 c	Water
to taste	Salt
to taste	Pepper
1/4 tsp	Turmeric
2 cloves	Garlic
1" piece	Ginger
1	small Onion
2-3 Tblsp	Ghee (Can be replaced by butter)
1 t	Cumin seed

Method:

Wash the dal and drain it. Boil water and add the dal, salt, pepper, turmeric, finely chopped ginger, and garlic. Cover the pot and simmer for 20 minutes.

When done, heat the ghee, add the cumin and fry until golden brown. Add thinly sliced onions. Fry until crisp and brown. You may add paprika and finely chopped tomatoes to the above for color (Pour over the dal and serve).

MAH KI DAL (WHOLE BLACK BEANS)

=====

Ingredients:

1 c Urad or Mah dal
1" piece Ginger
12 cloves Garlic
Water
to taste Salt
2-3 Tblsp Ghee (Can be replaced by butter)
to taste Green chili (optional)
to taste Garam Masala
1/4 t Turmeric

Method:

Clean, wash and add the dal to boiling water. Add turmeric, salt, half of the finely chopped ginger, garlic and cook on medium heat for 2-3 hours or pressure cook at 15psi for 1/2 hour. Uncover, cook further in same pan on low heat for 1/2 hour, stir and mash every now and then until a creamy consistency is achieved.

Heat the ghee, add remaining ginger, stir, add sliced onions, chili, and fry until golden brown. Add cumin or coriander (optional). Pour over dal just before serving.

RED KIDNEY BEANS (RAJMA)

=====

(Serves 6 - 8)

Ingredients:

2 c Red kidney beans
3 qt Water
1 t Turmeric
1 T Salt
1/4 c Oil
1 c Onion, Chopped
1" piece Ginger, chopped
1 t Garam Masala
3 Chopped tomatoes
Coriander leaves for garnish

Method:

Wash beans and boil for 2-3 hours or 1/2 hour in a pressure cooker. In

the meantime make Masala of onions, garlic, ginger and tomato as in chicken curry. Add to the beans and cook again until most of the liquid dries up and the beans are soft and thoroughly cooked. Garnish with coriander leaves and serve.

CURRIED GARBANZO BEANS

=====

Ingredients:

8 oz Garbanzo beans
to taste Green chili (optional)
12 cloves Garlic
2" piece Ginger
to taste Pepper
1 large Cardamom
6 Cloves
1" Cinnamon stick
to taste Salt
Paprika
4 oz Oil
Mango powder
3 Onions
Dried pomegranate seeds
4 Tomatoes

Method:

Clean, wash and soak the beans overnight. Boil them in the same water with salt, 1 small finely chopped onion, 4 cloves garlic, 4 large cardamom, a 1" piece of ginger and 6 cloves. Simmer in pan about an hour or until tender, or pressure cook for 7 minutes at 15 psi.

Heat oil. Fry thinly sliced remaining onions and cloves of garlic. Cook until mixture browns and dries up. Add finely chopped tomatoes and cook 4-5 minutes more.

Add the beans and cook for 10 minutes more. Add the mango powder and pomegranate seeds, grated ginger and simmer over low heat for 15-20 minutes.

Before serving, pour 1 oz. (2 T) sizzling ghee over the beans.

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RICE

====

CHICKEN PULLAO

=====

Recipe from Sriram, 1985

Ingredients:

2 large Onions cut lengthwise
2 large Chilies cut lengthwise
2 c Basmathi rice (about 1/2 kg. (1 kilogram = 2.2lbs))
1 large Tomato (cut into small pieces)
10-15 Coriander leaves
5 Mint leaves
1 clove Garlic
1" piece Ginger
1/2 cup Coconut powder
3 tsp Salt
3-4 Cloves
2 Cardamom
1 Bay leaf
1" Cinnamon stick
1 c Yogurt
2 tblsp Butter
1 lb. Boneless chicken

Method:

Heat vessel with butter. Fry bay leaves, cloves, cardamom and cinnamon. Put onions and chilies in vessel and fry on low heat until onions turn brown. Add ginger + garlic paste and fry until oil separates. Add tomato and fry for 1 minute. Add chicken + salt + yogurt and fry for one minute. Add mint + coriander leaves. Cover and cook until the gravy becomes semi-solid.

Cook rice in a separate vessel. Put rice into chicken and mix (It is advisable to cook rice about 3/4 ths and then let it cook with the chicken). Remove and serve (Will serve about 4 hungry grad. students.)

SOUTH INDIAN PULLAV (RICE)

=====

>From Sriram, 1985

Ingredients:

1 c Rice (Preferably Basmathi rice)
1/3 c Tomato puree
1 large Onion

1 c Vegetables (preferably peas and carrots)
 1/4-1/2 tsp Coriander powder
 (also called dhania powder)
 1/8-1/4 tsp Garlic powder or
 1 1/2 cloves garlic
 1/8-1/4 tsp Ginger powder
 1/4" piece Ginger
 1/8-1/4 tsp Chili powder
 1 Green chili cut into small pieces
 1-2 pieces Cardamom
 1 piece Cloves
 1/4" stick or 1/8 tsp powder Cinnamon
 1 Bay leaf
 1 tsp Salt
 1 tsp Coriander leaves (if needed)

Method:

Clean the rice with water and set aside. Cut the onions length wise. Fry the onions and cardamom in butter for about 4 minutes. If you are using green chili, then add the chili. Add bay leaf, cloves, cinnamon and fry until the onions turn golden brown (This will probably take another 4-5 minutes). Add the garlic and ginger paste (preferably prepared from fresh ginger and garlic). Add dhania powder and chili powder (if green chili was not added before). Add the tomato paste and one cup of water (you have to experiment with the quantity of water needed. I found 1- 1/2 cups to be optimal) and bring the mixture to boil. Add the vegetables, rice and salt. If you like coconut, add 1/4 cup of coconut flakes.

Reduce the flame and cover the vessel. After about 4 minutes, stir the mixture. Cover the lid again and wait until cooked (might take about 10-15 minutes). Sprinkle on the coriander leaves in the end.

VEGETABLE PULLAV (2)

=====

Recipe from Sriram, 1985

This recipe is slightly spicier than the previous one.

Ingredients:

1 c Rice
 1 1/2 c Water
 1 c Vegetables
 1/2" Cinnamon stick
 2 Cloves

2 Cardamom
 1 1/4 tsp Salt
 1/8 tsp Turmeric powder
 1 tsp Dhania powder
 2 Chilies or 1/4 tsp powder
 1/2 can or 1 lb. (16 oz) Tomatoes
 1/2 cup Coconut
 1 bunch Coriander leaves
 4 cloves Garlic
 1/2" piece Ginger (made into a paste)
 2 tblsp Butter
 1 Onion cut lengthwise

Method:

Wash the rice and drain the water. Extract one cup of water from tomatoes. Pour the butter into a vessel and heat. Add cinnamon, cardamom and cloves. Add onions and chilies and fry until onions turn golden brown. Add ginger + garlic paste and turmeric powder paste and fry until you get a nice smell. Now pour in the tomato water + 1 cup water. Add coconut, coriander powder (Dhania powder), salt and let boil. Add rice + coriander leaves + vegetables. Reduce to low heat and let the rice cook.

SAFFRON RICE (KESAR CHAWAL)

=====

Ingredients:

2 c Rice
 4 c Water
 6 T Ghee
 1 t Saffron threads (or less)
 2 T Hot water
 1 c Sliced onion
 1 small Cinnamon stick - splintered
 4 Bay leaves
 4 large Black cardamoms
 1 T Cumin seed
 4 Cloves
 2 t Salt

Method:

Soak saffron in hot water. Wash and soak rice in 3 c water (optional). Heat ghee and fry onions and then remove and keep aside. Add cinnamon, cumin seeds, cardamoms, cloves and salt. Wait 1 minute and then add the bay leaves and 1/2 the onions. Drain the rice and reserve the water.

Add the rice grains and stir for 4-5 minutes until all the water evaporates and the grains of rice are coated with oil. Add the water and bring to a boil. Add saffron and its water and pressure cook at 15 psi. Remove from the heat and allow the pressure to drop by itself.

NAVRATTAN PULLAO (NINE-JEWELLED RICE)

=====

Ingredients:

1 c Basmathi rice
1 3/4 c Water
1/4 c Oil
1 small Finely sliced onion
6 Cloves
1" Cinnamon stick
1 t Salt
1/2 t Cumin seed

For Mixing with rice before serving:

- A) 1/4 c frozen peas (boiled), salt, 6 drops green food coloring mixed with 1 t water.
- B) 1/4 c diced tomatoes, 1/4 t red pepper, salt, Garam Masala, 6 drops red food coloring mixed in 2 t water.

Ingredients:

1 Thinly sliced onion
2 1/4 c Ghee
1 oz Almonds
1 oz Cashew nuts
1 1/2 oz Golden raisins
1 oz Pistachio nuts
1" piece Ginger thinly sliced
1 Green chili (optional)
1 Hard boiled egg

Method:

Clean, wash, and soak rice in 1 3/4 c water for pressure cooking, or in 2 cups of water for pan cooking. Heat oil and fry the onions. Add whole spices. Fry 1 minute. Add rice and fry for 2/3 minutes to coat the rice grains with oil. Add the water which the rice was soaking in. Pressure cook, building up the pressure to 15 psi and let drop, OR cook in a pan bringing to full boil then down to a simmer followed by 20 minutes of cooking until the rice is done.

Divide rice into three parts. Thoroughly mix A with one part and B with another. Leave the last part plain. Keep rice separate and warm in the oven.

(C) Meanwhile fry the onion until it is crisp. Remove and fry almonds, cashew nuts, pistachios, raisins, ginger and chili. Chop egg and sprinkle with salt. Keep warm until required.

To serve, place onions, nuts, chopped egg and all of (C) in a dish and spread the three batches of rice in clumps above it aesthetically.

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FISH
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PRAWN (SHRIMP) CURRY
=====

Recipe from Sriram, 1985

Ingredients:

1/2 kg = 1.1 lb. Prawns
2 Onions diced into small pieces
1/4" Cinnamon stick
1/4 tsp Chili powder
1/2 tsp Dhania powder
1/4 tsp Garlic powder
1/2 tsp ginger powder
1 bunch Fresh coriander
1 tsp Salt
1/4 tsp Turmeric powder
1 tblsp Oil

Method:

Clean the prawns and squeeze out the water. Add chili, dhania, garlic, ginger, turmeric powder, salt and mix well. Boil prawns on low heat. Add 1 teaspoon of oil to the boiling prawns. When water evaporates and the prawns are dry remove from the stove. Heat the oil and put in the cinnamon. Add prawns and fry for 2 minutes. Add onions and fry until they turn brown. Sprinkle on coriander leaves, remove from the heat and serve.

CORIANDER FISH (BHARIA MACHLI)
=====

Ingredients:

4 lb Sole, flounder, rock cod, or any other white whole fish
8 cloves Garlic
3 Hot chilies (optional) (or cayenne)
1" piece Ginger
1 medium bunch Coriander
1 T Coriander seeds
1 t Brown sugar
1 t Turmeric
1/2 t Black mustard
1/2 t Fenugreek seeds
1 T Salt
1/2 c Lemon juice
1/2 c Vegetable oil
2 c Chopped onion
1 c Chopped tomato
1/2 t Garam Masala

Method:

Preheat oven to 400 deg F. Wash and pat fish dry. Sprinkle 1 t salt inside and set aside. Blend garlic, chili, ginger, 1/2 the coriander, coriander seeds, brown sugar, turmeric, mustard seeds, fenugreek seeds, salt and lemon juice until it all becomes a smooth paste (Add some water if needed).

Fry onions until they are soft and golden brown. Add the blended Masala and cook until most of the liquid is gone, and it starts to leave the sides of the pan. Add the tomatoes and Garam Masala. Fry for 2 minutes more and remove.

Coat one side of fish, stuff 1 1/2 cups inside. Close opening, spread the rest of the Masala over it. Cover tightly and bake for about 25 minutes. Grill for 1-2 minutes in the broiler, and sprinkle on the remaining coriander. Serve.

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CHICKEN

=====

MUGHLAI CHICKEN WITH ALMONDS

=====

This recipe is taken from Madhur Jaffrey's book

Ingredients:

 1" piece Ginger
 8-9 cloves Garlic
 6 tblsp Blanched Almonds
 7 tblsp Vegetable oil
 1" Cinnamon stick
 2 Bay leaves
 5 Cloves
 10 pods Cardamom
 2 medium Onions (cut into small pieces)
 2 tsp Ground cumin seeds
 1/8-1/2 tsp Red pepper
 7 tblsp Yogurt
 1 small carton Whipped Cream
 1/4 tsp Garam Masala
 2-2 1/2 lbs Chicken boneless (2 trays of holy farms)
 2 1/2 tsp Salt
 one bunch Coriander leaves

Method:

 Grind the ginger, garlic, and almonds with water. Heat oil in a non-stick pan, and fry the chicken until it turns golden brown. Keep it aside and drain the oil. Heat some oil and add the cardamom, bay leaves and cloves and fry until the bay leaves turn brown. Add the onions and fry for a few minutes.

Pour the paste from the blender and fry for a couple of minutes until the oil separates. Add 1 tablespoon of yogurt and fry for 30 seconds. Keep adding tablespoons of yogurt and fry until you get a consistent mixture. Add the chicken, whipped cream and salt and cook gently (low heat) for 20 minutes. Add Garam Masala and coriander leaves and cook for another 10 minutes.

MALAI CHICKEN

=====

Recipe from Sriram, 1985

Ingredients:

 1 Tray chicken
 1 Chopped onion
 1 small can Tomato paste
 1 Red Chili
 2 Cloves
 2 Cardamom
 1/2" Cinnamon stick

1 Bay leaf
1 carton Light whipping cream
1 tsp Dhania powder
1/2 tsp Cumin powder
1 tsp Garam Masala
1-1 1/4 tsp Chili powder
1/2" piece Ginger made into a paste
6 cloves Garlic (made into paste)
Fresh coriander
to taste Salt
Turmeric

Method:

Heat oil. Add red chili, cloves, cardamom, cinnamon stick, and bay leaf, and cook until the bay leaf turns golden brown. Add the onion and fry for two minutes. Add the ginger garlic paste and fry for 4 - 6 minute. Add the chicken and fry for 5 minutes. Sprinkle in chili, dhania powder, cumin powder and turmeric.

Cover chicken + salt (add water if needed) and cook for around 15 minutes until 3/4 cooked. Add can of tomato paste and cook on low heat. Just before removing, add the whipping cream and cook for a few minutes. Add Garam Masala and coriander leaves Remove after a couple of minutes.

CHICKEN CURRY NORTH INDIAN STYLE

=====

My own, mostly from mom's but synthesized with recipes from other friends.

Ingredients:

1 lb Chicken-drumsticks, thighs, breast pieces
1 small carton Plain yogurt
2 medium Onions very finely chopped
4 tbl Vegetable oil
2 Cloves
1/2 tsp Mustard powder
2 pods Cardamom
1/2 tsp Cumin powder
1 tsp Garam Masala
1 tsp Chili Powder
1/2" piece Ginger
4 cloves Garlic
1/3 tsp Coriander Seeds
to taste Salt
1/2 tsp Freshly ground pepper

Method:

Remove fat from the chicken and then salt and pepper it. Sprinkle with chili powder. Add yogurt and mix well until the chicken is covered liberally with yogurt. Use your hands. Set aside for 1 hour before cooking. If kept in the refrigerator, set aside for at least 4 hours.

Heat oil in a large heavy pan. When oil is hot, add mustard seeds, if you are using them. Add cloves, cardamom, and coriander seeds and fry for 30 seconds. Add the onion and fry for two minutes until the onion begins to turn brown. Lower heat to medium. Add the ginger and garlic paste and fry for 4-6 minutes. Add mustard powder, if using it, add Garam Masala, and add cumin powder.

Brush excess yogurt off the chicken and put it in a large pot. Add ingredients from the frying pan. Cook uncovered over high heat for 4 minutes. Reduce heat to low and cover. Cook for 25 minutes or until the chicken is tender, stirring every 5 minutes.

Important note:

When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely, if there is too much liquid in the pot, cook uncovered until the liquid evaporates.

Variations:

There are several variations to the above recipe:

- 1.) Leave out the yogurt. Add 1/4 cup of water just before turning the heat to low and covering the pot.
- 2.) Boil two potatoes for 10 minutes before slicing them thinly. Add sliced potatoes to the pot when you start cooking the chicken.
- 3.) This variation is usually called "Malai Chicken" or literally "creamy" chicken. Leave out the yogurt. When the chicken is 3/4 done, add one small can of tomato paste. Just before removing add a small carton of whipping cream, and cook for a few minutes.

CHICKEN CURRY (MURGA)

=====

(4-6 Servings)

Ingredients:

2-2 1/2 lb Skinned chicken
1 t Garam Masala
3 t Salt
1 c Finely chopped tomato
1/4 c Vegetable oil
1/2 c Water
1 1/2 c Finely chopped onion
1 1/2 t Fresh ginger, chopped
1 t Finely chopped garlic
1 t Vinegar
1 Dried chili (optional)

Method:

Cut chicken, separate legs and thighs, back and split breast. Heat oil over high heat. Add onions and fry until golden brown. Take care not to burn them. Add garlic, ginger and tomatoes. Fry until a smooth paste is obtained. Add chicken, add water, bring to a boil, and add salt. Cover pot and lower heat. Add chili to make it hot if desired. Stir constantly to avoid burning and coat the chicken pieces evenly.

After the chicken is done, add vinegar and cook for another 5 minutes on very low heat. Sprinkle on Garam Masala and serve.

TANDOORI CHICKEN

=====

(2-3 Servings)

Ingredients:

6 pieces Thawed chicken, skinned
2 tsp Ground Coriander
2 tsp Masala (Tandoori paste is available)
to taste Red pepper powder
Dash Garlic powder
to taste Salt
1 tsp Ground jeera
Soy sauce (or yogurt)
(needed only if tandoori masala is used)

Method:

If you are using the ready made tandoori paste then life is a lot easier. Replace all occurrences of masala and soy sauce (or yogurt) with the tandoori paste.

Take the chicken and make *deep* cuts in it (so that the Masalas seeps in quickly). If you are using soy sauce as the base, put some on the

chicken pieces and let it seep in the cuts.

Rub in the Masalas as a mixture or one at a time. The idea is to let the Masalas seep in the cuts with the soy sauce. You can leave it for little while to seep in.

If you are using yogurt, you'll get a more authentic taste since the original TC is after all marinated in it. In this case, mix the Masalas in the yogurt first and then rub the stuff into the chicken cuts as before. The yogurt tends to leave a considerable amount of water behind. DON'T THROW THIS AWAY. Let it evaporate in the oven with the chicken. This will keep the pieces from getting dry if over-cooked. I have not faced the same problem with the soy sauce version (of dry chicken).

Cook the chicken until it starts turning brown. and the cuts you made start "expanding."

Notes:

You may use any other interesting sauce as the base. Some previous experiences of my own are: Teriyaki (my Japaani-tandoori), Oriental sauce (my supermarket-tandoori).

[mara](#)

COLLECTION: Indian Recipes (2 of 2)

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

Date: Thu, 12 Aug 93 10:11:15 +0200

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*****
*  Archivist's note : having read the comment below, I am *
*  not keen to mark up the contents to provide direct    *
*  links to the recipes.  If I get requests (and have    *
*  some spare time) I will do it, but until then, I'll   *
*  let myself assume that it isn't needed - Amy          *
*****
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Hi Folks!

The following is an ASCII transcription of Somesh Rao's "The Graduate Student's Guide To Indian Recipes".

A \LaTeX or Postscript version can be obtained via anonymous FTP at wpi.wpi.edu in the recipes-directory. Due to the length of the File I had to cut it into two parts. As I kept the original order in chapters, the alphabetical Contents does not correspond directly with the order in the file. The best thing is, to paste the files together, then you have Somesh Rao's book as a whole...

Somesh Rao's "The Graduate Student's Guide To Indian Recipes" Vol.2 (of 2)

Posted with permission!

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LAMB AND BEEF
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LAMB VINDALOO
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>From Esquire Magazine, 1986:

I have made the recipe a couple of times and both times with very good results. The finished dish is a spicy lamb dish that is quite exquisite. Be warned that this recipe takes quite a bit of effort to put together.

Ingredients:

3 lbs Lean boneless lamb

3 Meaty lamb bones

Marinade made from:

4 tblsp	Light vegetable oil
1/4 c	Cider vinegar
3 tblsp	Tamarind pulp
to taste	Salt

Puree made from:

2 tblsp	Vegetable oil
1	large White onion
6	Garlic cloves
2 tblsp	Fresh ginger root, chopped
1/2 c	Vegetable oil
3 c	Onion, thinly sliced
1 tsp	Ground cumin
1 tsp	Ground mustard
3 tsp	Turmeric
1 1/2 tsp	Red pepper
3 tsp	Paprika
2 1/2 c	Hot water

Method:

Cut lamb into 3/4 " cubes.

Place lamb and the bones in a non-metallic bowl with the four tablespoons of oil, the vinegar, tamarind pulp, and salt. Let it marinate at room temperature for eight hours or, refrigerated, for 24 hours.

Put two tablespoons of oil, the onion, garlic, and ginger in an electric blender or food processor and run the machine until a fine pasty puree is formed.

Heat the one-half cup of vegetable oil in a large enamel coated skillet over medium-high heat. Add the onions and saute until they are caramel brown, stirring constantly to prevent burning.

Add the puree. Reduce the heat and add ground cumin, ground mustard, turmeric, red pepper, and paprika. When the spices begin to sizzle and turn dark, in about 15 seconds, add the lamb and bones. Cook until slightly seared (about ten minutes).

Add the water and bring to a boil, then lower the heat and simmer, partially covered, until the meat is very tender (about thirty minutes).

Pick out and discard bones. Serve over rice.

EGG COOKED WITH MEAT AND FRIED (NARGISI KOFTA)

=====

Ingredients:

Meat:

1 lb Ground lean meat
1/4 c Chopped onion
4 cloves Chopped garlic
1" piece Ginger, chopped
1/2 t Turmeric
3/4 c Water
to taste Salt and pepper

To mix with meat:

4 T Besan (chick-pea flour)
1 T Yogurt
6 Hard boiled eggs
1 Egg for mixing and coating
1/2 t Garam Masala
Oil for frying

For curry (Masala):

Oil or ghee
2 Chopped onions
8 Cloves chopped garlic
2 Tomatoes or equivalent paste
1" piece Ginger, chopped
1/4 c Yogurt
1/4 t Turmeric
Green onion
1/2 t Garam Masala
10-15 leaves Coriander
to taste Salt and pepper

Method:

Heat the water and add the meat, onions, ginger, garlic, salt and pepper. Pressure cook for 10 minutes at 15 psi (or 25 min over low heat. Reduce pressure and drain half the liquid. Add the besan (or 1/2 c soaked lentils) and cook for 10 minutes. Knead or grind until

slightly sticky, mix in egg yolk, Garam Masala and yogurt and knead well.

Coat the hard boiled eggs with the above and deep fry.

Heat ghee, fry the onions to a golden brown, add garlic, ginger, tomatoes and yogurt and fry well until the Masala is a paste. Add water to the mix if necessary. Add the green sprigs of onion, 1 1/2 c water and cook for 10 minutes covered.

When curry is ready, pour into a serving dish, cut the koftas in half and arrange over the curry. Cover and bake at 250 $^{\circ}\text{F}$ for 15-20 minutes.

Serve garnished with coriander leaves and Garam Masala.

PORK CURRY

=====

(Serves 6 or 8)

Ingredients:

1 1/2 lb	Pork
3	Medium onions
2" piece	Ginger
4 cloves	Garlic
2	medium Tomatoes
2 T	Vinegar
2 t	Salt
1/2 t	Garam Masala
2 T	Vindaloo paste (hot)
1	medium Potatoes
2 c	Water

Method:

Clean, wash, trim and dry pork. Cut into 1" cubes.

Make Masala with onions, ginger, and tomatoes as in chicken curry, etc. Add the vinegar and Vindaloo paste and cook for 2 minutes. Add the pork and pressure cook for 20 minutes, or in a heavy pot for 1 1/2 hours, until the pieces are tender.

Cube potatoes, add and cook the potato pieces coated in the liquid. Boil down the amount of water (30 minutes) while the potatoes cook.

SHAHI KORMA (MUTTON CURRY)

=====

Ingredients:

1 1/2 lb Goat mutton
3 Medium onions
3/4 c Yogurt
4 cloves Garlic
pinch Saffron
2 t Salt
3/4 c Cream
1 oz Almonds
1/2 c Oil
1 oz Coriander seed
1 t Red pepper (optional)
1/2 t Garam Masala

Method:

Clean, wash and dry mutton. Blend coriander seeds, 1 onion, almonds and garlic. Marinade the mutton in above mixture for 2 hrs. Heat oil and fry the remaining thinly sliced onion. Keep aside.

Add the mutton and fry until the liquid dries up. Add 3/4 c hot water and simmer until the meat is almost done (3/4 cooked) OR pressure cook at 15 psi for 20 minutes. Reduce pressure. Add salt and pepper. Uncover and dry the liquid. Add beaten yogurt and fry until it leaves oil. Add fried ground onion.

Beat the cream. Add soaked or ground saffron. Mix it with the cooked mutton. Add Garam Masala and bake at 250 deg F for 1/2 hour. Serve garnished with chopped coriander leaves.

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DESSERTS AND OTHER GOODIES

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KHEER (VERMICELLI PUDDING)

=====

Recipe from Dalbir Chadda:

This has been my all time favorite dessert. Ever since I was very little, I can remember asking for seconds and thirds. What makes this dessert unusual is that it is not as sweet as most Indian desserts. It is fairly simple to make. Make sure that the vermicelli is very fine

(angel hair pasta is ok but the very fine vermicelli that can be bought at chinese stores is the best).

Ingredients:

1 stick Butter
2 handfuls Very fine vermicelli
4 cups Milk
1 pint Whipping cream
1 handful Raisins
3 tblsp Sugar
4 Almonds (optional) peeled and thinly sliced

Method:

Melt butter in a 4 qt pot. Break vermicelli into 3" pieces. Over low heat stir vermicelli into butter until it turns light brown. Pour in the milk and stir over medium heat until it boils. Put in the raisins, almonds and sugar.

Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Remove from heat and, when cool, chill in the refrigerator before serving

RICE FLOUR PUDDING

=====

(6 servings)

Ingredients:

4 1/2 c Milk
3/4 c Sugar
2 oz Rice flour
6-8 drops Rose water
1 oz Almonds
1/2 oz Pistachio nuts

Method:

Blanch (optional) and shred nuts. Mix rice flour into the milk and mix until smooth. Cook over medium heat until a creamy consistency is achieved (20-30 minutes?). Simmer and add sugar and stir for 2-3 minutes more.

Cool (in refrigerator for 30 minute) add the rose water, almonds and pistachios (maybe before it cools). Pour into individual dishes and serve.

BESAN BURFI

=====

Ingredients:

1 c Besan
1 c Shortening
1 c Sugar
4 seeds Cardamom
Nuts (optional)

Method:

Melt shortening in a pan. Turn down heat and add cardamom and Besan. Fry, stirring constantly to prevent burning until it has changed to a brown color and smells done. (Test: a few drops of water sprinkled on it sputters instantly).

Turn off the heat and stir in the sugar. Spread 1/2" thick onto a platter. Cut into diamond shapes after it has cooled down.

KHEER

=====

Ingredients:

1/2 c Rice
4 c Milk
1/4 c Raisins
3/4-1 c Sugar
1 t Cardamom seeds
1/4 c Shredded blanched almonds
6-8 drops Rose water
1/2 c Water

Method:

Wash and drain the rice. Soak in 1/2 c water for 1/2 hour. Boil the rice in the same water until it is coated and the water dries up. Add the milk and simmer on low heat for 1 1/2 hours.

Scrape the sides and bottom frequently to prevent sticking and mash rice while stirring. When it is creamy, add sugar and stir in well. Remove from heat and add crushed cardamom seeds, rose water and shredded almonds.

Serve hot or cold decorated with silver leaves (optional). [Silver leaves are VERY FINE, tasteless sheets of silver.]

GULAB JAMUNS (EASY METHOD)

=====

Ingredients:

1 c Bisquick
2 c Carnation powder
2 c Water
1 1/2 c Sugar
4 pods Cardamom
few drops Rose water
1/2 stick Butter (4 T)
1/8 c Yogurt
Milk
Oil for frying

Method:

Heat butter and pour in a bowl. Add Bisquick, carnation powder and yogurt and blend together. Knead well adding milk if necessary. Make a smooth ball, cover and let rest (30 minutes?). Make 12-14 small balls.

Heat the water, add sugar, bring to boil, add cardamom seeds and simmer. Boil, then simmer to reduce the water by half. Heat the oil until hot and fry the balls to a golden brown or until they are dark brown---almost black.

Soak in sugar syrup until they double in size (1 hour or overnight).
Serve hot or cold.

SUJI HALVA (SEMOLINA HALVA)

=====

(4-6 servings)

Ingredients:

1/2 c Suji (semolina)
1/2 c Sugar
1/2 c Ghee
1 1/2 c Water
1 oz Sliced almonds
1 oz Raisins

8 Green cardamoms

Method:

Boil sugar and water together for 5 minutes. Heat ghee add suji and stir on low heat until mixture becomes light creamy in color and ghee leaves the side of the pan. Add the syrup and stir briskly until it is absorbed in the semolina. Mix in crushed cardamom seeds, almonds, and raisins. Serve hot.

SEWIAN (VERMICELLI)

=====

Ingredients:

2 c Sewian (vermicelli)
 3 1/2 c Milk
 3/4 c Sugar
 1/4 t Rose water (or 6-8 small cardamom seeds)
 Ghee

Method:

Fry the sewian in hot oil until golden brown. Heat the milk to boiling and add the sewian. Cook until the milk is reduced by half. Add sugar and cook on low heat until creamy (about 25 minutes). Remove from the heat. Add in rose water. Decorate with blanched finely shredded almonds and pistachio nuts and silver leaves if desired.

CARROT HALVA

=====

Ingredients:

4 lbs Carrots
 1/2 gal Milk
 2 c Sugar
 2 c Carnation milk powder
 1 c Oil
 to taste Nuts

Method:

Clean and grate the carrots. Heat milk to boiling and add the carrots. Cook until liquid is almost gone, stirring to prevent sticking and burning (3 to 4 hours). Add oil and cook more, stirring often, to roast

the carrots well (about 1/2 hour). Add the powdered milk and sugar and cook until all the liquid is gone and the mass does not stick to the sides. Add the nuts and raisins and turn off the heat. Pour in a serving dish and serve warm or cold. Will keep in the refrigerator for up to 1 week.

RASGOOLA

=====

Ingredients:

1 ltr	Homogenized Milk
2 tsp	White Vinegar
1 1/2 C	Sugar
3 C	Water

Method:

Bring the milk to a boil and add vinegar to the boiling milk to separate the whey. Throw away the liquid part by sifting the stuff onto a muslin cloth. Pour some cold water over the curd to cool and wash it. Discard the water and hang the cloth for 15-20 minutes to let the excess water drip off.

Put the curd in a food processor or blender and blend at high speed to get a smooth consistency. You may add just a little (1 tsp or so) water while blending, if the curd is too dry and will not blend. Be very careful so as not to add any extra water. Remove the paste and make small balls (1-2" in diameter).

Boil water in a wide vessel. Make sure that there is at least 2-3" of water in the vessel. If not, add more water and increase the quantity of sugar proportionately. Add sugar to the boiling water to make a light syrup.

Continue boiling the syrup and gently drop the curd balls in the boiling syrup. Cook the balls in the boiling syrup for 30-40 minutes. Remove from the heat and let the stuff cool down. Put the balls and the syrup in a storage container and refrigerate (don't freeze). Serve cold.

MANGO ICE CREAM

=====

This is a great desert which can be made with very little effort. You can replace the Mango pulp with any other pureed fruit.

Ingredients:

1 can Condensed Milk
12 oz. Whipped cream(Cool whip)
1 can Mango pulp (Alphonso)

It is very confusing to describe quantities as 1 can. Well, I do not remember the exact numbers so let me describe the sizes. The Mango pulp can is about 6" high and 3" in diameter. I think it is the only size available in an Indian store. The condensed milk can is about 3" high and about 2.5" in diameter and should be available in your neighbourhood grocery store.

Method:

Mix all of the pulp, condensed milk and whipped cream in a bowl. Put in the freezer for about 8 hours.

[mara](#)

Curry Chicken

From: PLANCHAJ@ctrvax.Vanderbilt.Edu (Tony Planchart)

Date: Fri, 16 Jul 1993 18:16:43 GMT

This recipe was given to me by an Indian post-doc in my lab. It is absolutely delicious.

Marinade

1/4 tsp Tumeric powder

Coriander to taste (1/2 tsp is starting point)

Cumin to taste (1/2 tsp; optional)

1-2 tsp plain yogurt

Salt

Chili powder to taste (can be cayenne, ground red pepper, etc.)

Salt to taste

1 Lb of fresh chicken (sliced, diced or shredded... your choice)

Mix the above ingredients making sure to thoroughly coat the chicken. You may want to add a little bit of oil to facilitate coating the chicken. Allow to marinate for approximately two hours.

two cloves of garlic, chopped

1/2 cup chopped onion

Add enough oil to a skillet to fry the garlic and onion. Add 1/2 tsp of sugar and allow it to caramelize over medium heat. Add garlic and fry until golden brown, then add onion and fry until tender.

Place the marinated chicken in the garlic/onion mixture and fry it over low heat (do not add any more oil). Cover it and allow it to fry until done. Stir occasionally.

When chicken is done, grate about a tsp of fresh cinnamon over it and serve immediately over a bed of steamed rice. Enjoy!

[mara](#)

Dal Kofta Curry (Steamed Toor Balls in Buttermilk)

From: jkandell@Violet.CCIT.Arizona.EDU (Jonathan Kandell)

Date: 3 Aug 93 21:46:14 GMT

Recipe by Aroona Reejhsinghani, modified by me

For kofka balls:

1	cup	Toor dal*	*toor dal is also known as toovar dal
1/2"	piece	ginger	
4		green chilies	
2	cloves	garlic	
1		small onion	
1	handful	cillantro leaves (optional)	

For Curry:

4	cup	buttermilk or yoghurt	
4		green chilies, finely chopped	
1 "	piece	ginger, grated or finely chopped	
1	teasp. each	ground coriander, cumin, channa dal [roasted if desired]	
1/4	teaspoon	fenugreek	
1/2	teaspoon	turmeric	
1/4	cup, approx.	desiccated unsweetened coconut, ground if desired	

For flavored oil:

2	tablespoon	oil	
1/2	teaspoon	black mustard seeds	
a few		curry leaves	

- =====
1. Wash and soak toor dal for a few hours. Drain and grind to a course paste along with onion, ginger, garlic, and chilies. (I do this by chopping the large ingredients and blending with the dal in batches. Add enough water so the blender pastes, but not so much that it turns to watery mush.) Mix in salt and (optionally) cillantro leaves. Form into balls and steam 20 minutes. Remove from heat and cool balls. They will obtain a somewhat rubbery texture as they cool.
2. Gently heat buttermilk/yogurt in a pan. Add spices (ground coriander, cumin, channa dal, fenugreek, turmeric) and enough dried coconut to give a nice flavor and slightly thicken the sauce. (I add all these ingredients to a coffee grinder and grind to a powder.) Add ginger and chilies. Add salt to taste. Adjust spices. It will taste like it's missing something until you add the flavored oil.

3. Carefully place kofta balls into sauce.
4. Heat a little oil in a separate frying pan over medium heat, add mustard seeds and curry leaves. When mustard seeds stop bursting, add oil into the curry. You may want to partially cover pan to prevent seeds from popping grease all over your kitchen.

If you use non-fat yogurt, there is only 2 T oil in the whole dish!

Enjoy.

[mara](#)

Indian Chickpeas

From: demers@ere.umontreal.ca (Demers Serge)

Date: Sun, 12 Sep 93 14:20:01 -0400

Here is one of our favorite "vegetarian dish". We always include it to our menu for an indian dinner.

250 gr of chickpeas (1 cup)
2 Tbsp vegetable oil
1 onion chopped
2 cm cinnamon stick
4 cloves
2 garlic cloves, squashed
2 cm fresh ginger, chopped
1 green chili pepper, finely chopped
2 tsp ground coriander
3/4 cup of chopped tomatoes (from a can)
1 tsp garam massala
1 Tbsp cilantro, chopped

Soak chickpeas overnight, rince, cook in water until tender. Drain,
KEEP THE COOKING LIQUID!

In a frying pan heat the oil, fry onion until golden. Add cinnamon
and cloves, cook a few seconds. Add garlic, ginger, chili pepper,
ground coriander and cook 5 minutes, stirring.
Add tomatoes, with the juice and cook until all liquid
has evaporated.

Add the chickpeas to the pan, mixe well, cook 5 minutes.
Pour the cooking liquid of the chickpeas and simmer for 25 minutes,
until all the liquid is gone.

Sprinkle with the garam massala and cilantro.

Can be served hot of cold.

Indian Chickpeas

Serge Demers

[amyl](#)

Indian Lamb with Spinach

From: demers@ere.umontreal.ca (Demers Serge)

Date: Fri, 12 Nov 93 20:29:12 -0500

Here is a Lamb and spinach recipe, I do not know its Indian name.

Serve 6

1 lb of lamb cut into 1-inch cubes
1 large onion, finely chopped
4 tsp ground coriander
1 Tbsp mustard seeds
2 tsp ground cumin
1 tsp chili powder (or less if you want)
1 tsp turmeric
1/4 cup plain yogurt
1-inch finely chopped fresh ginger
3 garlic cloves, crushed
2 lb of fresh spinach, trimmed, washed and torn in small pieces
1/4 tp salt
1/2 Tbsp vegetable oil

Heat the oil in a casserole and cook the onion over medium-high heat, stirring constantly, until soft. Stir lamb, coriander, mustard seeds, cumin, chili powder and turmeric. Mix all the ingredients well. Add 1 Tbsp of yogurt and cook over high heat, stirring the meat until all the yogurt is absorbed - 3 to 5 minutes. Repeat with a second Tbsp of yogurt, third, etc...

When the yogurt is used up, stir in the ginger and garlic, add just enough water to cover the meat and bring to boil. Cover the casserole, lower the heat and simmer for one hour.

When the meat is cooked, increase the heat to medium and add the spinach in batches, stirring each batch until it is wilted. When all the spinach is incorporated, cook the stew, uncovered, over high heat to evaporate any excess liquid - about five minutes. Add the salt just before serving.

Serve with rice and pappadoms.

Serge Demers

[amyl](#)

COLLECTION: Naan

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

Date: Tue, 17 Aug 93 10:31:24 +0200

Contents

- [Naan \(Greg Richter\)](#)
- [Nan \(Susheel\) \(Mary Jane Kelly\)](#)

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

From: greg@colossus.central.sun.com (Greg Richter)

NAAN
=====

Ingredients:

- 4 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp baking powder
- salt to taste
- 1 egg, beaten
- 6 Tblsp plain yogurt
- 3 Tblsp butter or ghee, melted
- About 1 Cup milk
- 1 Tblsp poppy seeds

Instructions:

Sift flour, baking powder, baking soda and salt together in a bowl.

Stir in egg, yogurt and 2 tablespoons of the butter. Gradually stir in enough milk to make a soft dough. Cover with a damp cloth and place in a warm place for 2 hours.

Preheat oven to 400 degrees F (205 C) (Note: I use even higher temp 500F and place a pizza stone in my oven)

Knead dough on a floured surface for 2 or 3 minutes until smooth.

Divide into 8 pieces Roll each piece into a ball then into ovals about 6 inches long.

If you must use a baking sheet, grease it and brush the underside of the bread with water. Brush the other side with butter and sprinkle with poppy seeds

Bake 6 to 10 minutes until puffy and golden brown. (This is where the stone makes a difference)

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From: mjkelly+@cs.cmu.edu (Mary Jane Kelly)

NAN (SUSHEEL)

=====

Ingredients:

- 2-1/2 C. white flour (can use 1/2 whole wheat flour)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 C. milk
- 1/2 C. yogurt
- 1 tbs oil
- 1 egg, beaten
- 1/2 tsp sugar, optional
- 1/2 tsp cumin seeds

Instructions:

Mix dry ingredients. Heat oil in pan. Heat beaten egg, milk and yogurt until barely warm. Add to flour mixture. Mix the dough, kneading just enough to hold together. Add water if necessary. Add cumin seeds. Let dough rest, covered, 35-40 minutes in warm spot. Divide into 20 small balls. Roll each ball to 1/8" thick. Broil, turning once.

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[mara](#)

Sag Paneer (paneerless)

From: ariel le@taronga.com (Stephanie da Silva)

Date: Fri, 9 Jul 1993 15:23:57 GMT

2 tablespoons vegetable oil
1 large onion, chopped
pinch of cumin seed
2 cardamom seeds
1 stick of cinnamon
2 or 3 bay leaves
2 whole cloves
1 teaspoon each fresh ginger and garlic
1 small fresh tomato, sliced
1 teaspoon black papper
1/2 pound fresh spinach, chopped
2 teaspoons salt
1 teaspoon cumin powder
1/2 teaspoon turmeric
1 teaspoon ground coriander
1/2 teaspoon garam masala
1 cup whipping cream
1 teaspoon tomato puree
fresh cilantro leaves
Paneer

Heat oil in saucepan and saute chopped onion until light brown. Add cumin seed, cardamom, cinnamon stick, bay leaves, cloves, ginger, garlic, sliced tomato and black pepper and saute about 30 seconds. Add chopped spinach and saute, stirring until it begins to change color. When it goes dark green, it means it is about half cooked and still remains crunchy.

Add salt, cumin, turmeric, coriander powder and garam masala. Mix well with spinach while it is sauteeing. Add cream, tomato puree, cilantro and cubes of cheese (paneer). Cook it well, stirring so it doesn't scorch. When cream boils, cook another 1 1/2 minutes over high heat. Serves 4.

[mara](#)

Samosa Recipes

Index

- [Stephanie da Silva's Samosa Collection](#)

[mara](#)

Stephanie da Silva's Samosa Collection

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

Date: Tue, 13 Jul 93 12:54:36 CDT

Contents

- [Samosas \(1\)](#)
- [Samosas \(2\)](#)
- [Samosas \(3\)](#)

Samosas (1)

For the pastry:

2 cups flour
1/2 tsp salt
4 Tbsp oil
4 Tbsp water

For the stuffing:

4-5 medium potatoes, boiled in their jackets and allowed to cool
4 Tbsp oil
1 medium onion, peeled and finely chopped
1 cup (175 g) shelled peas
1 Tbsp finely grated peeled fresh ginger
1 fresh hot green chilli, finely chopped
3 Tbsp very finely chopped fresh green coriander (cilantro)
3 Tbsp water
1 1/2 tsp salt
1 tsp ground coriander seeds
1 tsp garam masala
1 tsp ground roasted cumin seeds
1/4 tsp cayenne pepper
2 Tbsp lemon juice
oil for deep frying

Sift the flour and salt into a bowl. Add the 4 tablespoons on oil and rub it in with your fingers until the mixture resembles coarse breadcrumbs. Slowly add about 4 tablespoons water -- or a tiny bit more -- and gather the dough into a stiff ball.

Empty the ball out on to clean work surface. Knead the dough for about 10 minutes or until it is smooth. Make a ball. Rub the ball with about 1/4 teaspoon oil and slip it into a plastic bag. Set aside for 30 minutes or longer.

Make the stuffing. Peel the potatoes and cut them into 1/4 inch dice. Heat 4 tablespoons oil in a large frying pan over a medium flame. When hot, put in the onion. Stir and fry until brown at the edges. Add the peas, ginger, green chilli, fresh coriander (cilantro), and 3 tablespoons water. Cover, lower heat and simmer until peas are cooked. Stir every now and then and add a little more water if the frying pan seems to dry out.

Add the diced potatoes, salt, coriander seeds, garam masala, roasted cumin, cayenne, and lemon juice. Stir to mix. Cook on low heat for 3-4 minutes, stirring gently as you do so. Check balance of salt and lemon juice. You may want more of both. Turn off the heat and allow the mixture to cool.

Knead the pastry dough again and divide it into eight balls. Keep 7 covered while you work with the eight. Roll this ball out into a 7 inch (18 cm) round. Cut it into half with a sharp, pointed knife. Pick up one half and form a cone, making a 1/4 inch wide (5 mm), overlapping seam. Glue this seam together with a little water. Fill the cone with about 2 1/2 tablespoons of the potato mixture. Close the top of the cone by sticking the open edges together with a little water. Again, your seam should be about 1/4 inch (5 mm) wide. Press the top seam down with the prongs of a fork or flute it with your fingers. Make 7 more samosas.

Heat about 1 1/2 to 2 inches (4-5 cm) of oil for deep frying over a medium-low flame. You may use a small, deep, frying pan for this or an Indian karhai. When the oil is medium hot, put in as many samosas as the pan will hold in a single layer. Fry slowly, turning the samosas frequently until they are golden brown and crisp. Drain on paper towel and serve hot, warm, or at room temperature.

Samosas (2)

2+1/2 cups flour
1/2 tsp. salt
1 Cup buttermilk or yogurt
extra flour, as needed

- 1) Place the flour in a medium-sized bowl. Mix in the salt.
- 2) Mix in the milk or yogurt to make a smooth dough.
- 3) Add extra flour, as needed, to keep the dough from being sticky. The dough will be quite soft. Knead in bowl for about 5 minutes. Cover tightly and refrigerate till you are ready to assemble the pastries.

2 large potatoes (the size of a large person's fist)
1 Tbs. butter
1 Cup finely minced onion

2 medium cloves garlic, minced
1 Tbs. freshly grated ginger
1 tsp. mustard seeds
1 tsp. dried coriander (if available)
3/4 tsp. salt
1+1/2 Cups uncooked green peas (froze+thawed=fine)
2 Tbs. lemon juice
Cayenne, to taste.

1) Mash the potatoes (i.e. peel, cut into 1-inch squares, boil, drain & mash.) Set aside.
2) Melt the butter and saute onions, garlic, ginger, mustard seeds, coriander and salt over medium heat for about 8 minutes, till onions are soft. Add this to the mashed potatoes. Cool for at least 15 minutes before filling the pastries.

1/2 Cup cider vinegar
1/2 Cup water
3 Tbs. brown sugar
1 small clove garlic, minced
1 tsp. salt

1) Place all ingredients in a small saucepan. Stir till the sugar dissolves.
2) Heat to boiling, then let simmer uncovered for about 10 minutes. It reduce slightly.
3) Serve warm or at room temp.

ASSEMBLY:

1) Preheat the oven to 425F. Generously oil a baking sheet.
2) Keep a small container of flour, a fork, a small bowl of water, and a pastry brush close at hand. Flour a clean surface, and, using a rolling pin, rook 1-inch balls of dough into 5-inch circles.
3) Place app. 1+1/2 Tbs. filling in the center and fold over, like a turnover. Brush the inside edges of each circle with a little water, and fold the edges together to make a small hem. Crimp the edges firmly with fork.
4) To bake: Place the samosas on the oiled baking sheet. Brush the tops with oil. Bake 15 minutes at 425F, then reduce heat to 375F and bake 10 min. more. For maximum crispiness, turn the samosas over when you turn the oven down.
5) Serve within 15 min. with dipping sauce.

Samosas (3)

Pastry:

1 1/2 cups flour
3/4 tsp salt
1 tbsp ghee (a vegetable shortening with a buttery taste)
1/2 cup warm water

Filling:

1 1/4 tbsp ghee
garlic, crushed (1 - 5 cloves, to taste)
2 tsp curry powder
1/2 tsp salt
1 tbsp lemon juice OR vinegar
8 oz. ground lamb (or beef)
1 tsp mint leaves
1 tsp coriander (optional)
1 onion (finely chopped)
1 tbsp garam-masala
1 tbsp ginger, grated (fresh)
1/2 cup hot water
oil for cooking

PASTRY

Sift flour and salt into bowl, add ghee and water, mix thoroughly, knead for a couple minutes. Cover with plastic, make filling.

FILLING

Heat ghee in pan, fry onions, ginger, add garlic. fry until onions are soft. Add curry, salt and vinegar, mix well. Add meat and fry over high heat, stirring constantly, until meat changes color. Turn down heat, add water and cover. Cook until liquid is absorbed (~ 10 - 15 min). Towards the end, stir meat to keep it from sticking. Add garam-masala, mint, and coriander, mix, remove from heat, cool, and add the rest of the onion. Mix.

Take small pieces of dough, shape into balls, and on a lightly floured board, roll each ball to a very thin circle, about the size of a saucer. Cut circle in half. Put ~ 1 tsp of filling in the middle of each half circle, brush edges with water, fold dough over and press edges together.

When they are all made, heat oil in a wok, deep fry a few at a time until golden brown on both sides. Drain on paper towels. Eat until too full.

[mara](#)

Vaththalkozhambu (Indian hot+sour sauce/soup)

From: kg@myan.uc.edu (Ramaswamy Krishnan)

Date: Tue, 24 Aug 1993 19:30:46 -0400 (EDT)

Well, if you don't mind a visit to the local Indian grocer, here is a TRUE Tamilian (South Indian) dish.

'vaththalkuzhambu'

The usual way to eat it is to mix it with boiled plain rice. Some edible oil or melted butter can be added to reduce the hot taste depending on the taste buds.

THE side dish for vaththalkuzhambu is 'sutta appaLaam' (toasted rice/lentil wafers) - a very complicated one to make from scratch. These are available at all Indian grocers and need to be just toasted over gas/electric stove.

THE dish for which vaththalkuzhambu is a good side dish is 'thayir chaadham' (boiled rice mixed with yogurt and salt).

All the ingredients should be available at Indian grocery stores, except the exotic ManaththangaLikkai/Subdaikkai, which may not be in all stores. But as you can see below, it forms the last of the ingredients in importance (yes, purists will contest it!).

Turn on the exhaust fan before the spice roast smell hits you!

Quantity	Item in order of importance	What/How is it ; Where to get
3/4 tsp	Tamarind concentrate	Sour; at Indian/Chinese grocers
1 tsp	Salt	
4 tsp	Red Chilli Powder	HOT!; at most grocers
1 tsp	Rice powder (fine)	Plain; at Indian/Chinese grocers
4 tsp	Cooking Oil	
1/2 tsp	Mustard	1mm brown spheres; at most grocers
1/2 tsp	Vendhayam (Fenugreek)	bitter; at most grocers
1 pinch	Hing (Asafoetida) powder	a type of gum; at most grocers
1 tsp	Chana Daal	a lentil; at Indian grocers
A few	Curry leaves (fresh or dried)	for flavor; at Indian grocers
10	Whole Peanuts	
3 tsp	Manath-than-gaLik-kaai and / or Sun-daik-kaai	They have bitter+salty taste. VERY special wild berries. Sundaikkai is cranapple size and Mana... is peppercorn size. Dried

salted, and later roasted, these ARE unique (a bit like anchovies). Available at some Indian grocers. To identify when buying, Sund... is 1 cm dia and looks black. Mana... looks like peppercorn. They have bitter+salty taste.

1. Dissolve tamarind concentrate paste in 1.5 cups of water. Filter the juice to remove any dregs. Keep it away for now.
2. Add 1 teaspoon of rice powder to 1 cups of water and blend EVENLY. Keep it away for now.
3. Switch on you exhaust and have some ventilation (it is not needed if cooking is done right) but it never is :) - don't blame yourself for poor ventilation later.
4. Warm sauce pan and add the cooking oil.
5. Add in order :
Mustard, Chana Daal, Vendhayam (Fenugreek), and Peanuts.
If available, add Sundaikkai and/or ManaththangaLikkai vaththal.
6. Wait till the Daal gets brown (or Mustard starts cracking) and turn stove to low heat.
7. Add the Tamarind juice and then the Chilli powder.
8. Add Asafoetida, cover pan and let it boil for 4-5 minutes.
9. Add rice water, salt and then curry leaves.
10. Mix evenly and let it simmer till it thickens to the consistency of a thick soup - about 3-5 minutes. Put the stove on medium heat if need be. The water will evaporate from the mix and the mix will thicken - don't let it burn. Keep an eye on it and turn stove off to cool when done.

AppaLaams (also called Paapad) are available at all Indian grocers. AppaLaam is Sun dried rice/lentil wafer - a very tedious recipe. Roast a few appaLaams directly over a gas grill or electric stove coil. To make an even roast, keep alternating the side of the appaLaam to the flame. The appaLaam should be fully roasted and at the same time not be burnt (black). To overcome this intricate roasting, some grocers sell microwave appaLaam now. If roasting doesn't work, try deep frying the appaLaam - again, heat the oil well first and don't let the appaLaam become dark. If all else fails, get a bag of good corn / potato chips.

Boil and cool 1 cup of plain rice. Add a teaspoon of edible oil or melted butter. Add vaththalkuzhambu and mix. Add more oil or butter as needed for taste. Enjoy this with appaLaam as side dish.

If you prefer it NOT hot :

Mix boiled and cooled rice with plain yogurt to an edible consistency. Add a pinch of salt. Eat this with 'vaththalkuzhambu' as side dish.

[mara](#)

Indonesian Recipes

Index

- [Es Cendol'--Indonesian Cold Dessert](#)
- ['SAMBAL BALADO' -- Indonesian Crispy Crunchy Beef](#)

[mara](#)

'Es Cendol'--Indonesian Cold Dessert

From: dchan@pyrite.SOM.CWRU.Edu
Date: Mon, 30 Aug 93 3:36:22 EDT

Es Cendol

It is a popular Indonesian Cold Dessert that people who have visited Indonesia usually miss a lot. :)

Ingredients: (6 servings)

One pack (12 oz.) of frozen "BANH LOT" (available at oriental store)
One can of coconut milk, preferrably one made for dessert
1/4 lb. of Coconut sugar or "Gula Jawa" (brownish colored)
Ice cubes
Cold Water

Instructions:

1. Thaw the 'Banh Lot' in cold water, rinse once or twice afterwards
2. Boil the coconut milk with coconut sugar until they are completely mixed together
3. In an individual serving glass (or dessert bowl), put in:
 - 3 to 4 tbs. of Banh Lot
 - 4-5 tbs of the mixing of coconut milk and coconut sugar
 - add cold water (1 tbs) and ice cubes (can be crushed, if wanted)
4. Serve immediately, more of the ingredients can be added to taste.

Banh Lot is a Vitnamese food (but I found it taste similar to the 'cendol' of Indonesian. It is a frozen product, hence found in the freezer section. In the US, it is made by "Sincere Orient Foods Co." in El Monte, Calif.

The coconut milk & coconut sugar can also be found at Oriental markets.

[mara](#)

'SAMBAL BALADO' -- Indonesian Crispy Crunchy Beef

From: dchan@pyrite.SOM.CWRU.Edu
Date: Mon, 30 Aug 93 3:52:59 EDT

Ingredients:

2 lbs beef round steak or boneless chuck
2 cups water
7 tbs peanut or corn oil
1 cup thinly sliced onions
10 cloves garlic, peeled and sliced thin
3 tbs red hot 'Sambal Oelek' chili paste (available at Oriental markets)
or use hot chili sauce
Salt to taste
1 cup cubed ripe tomatoes

Instructions:

1. Place beef in water in a 4-quart pot. Bring to a boil, then reduce heat to low and simmer for 20 minutes. Discard water and cool beef until it can be handled. Slice beef as thin as possible, then cut into 2-inch squares. Let drain in a colander for about 10 minutes before drying with paper towels.
2. Heat 4 tbs. oil in a 12-inch skillet set over medium-high heat. Add beef slices and fry for 5 minutes, or until beef is brown and dry. Remove and set aside.
3. Heat remaining 3 tbs. oil in same skillet. Fry onions and garlic for 3 minutes. Add chili paste, salt and tomatoes. Cook for 5 mins. more. Add beef and stir-fry for 5 mins to coat slices and distribute flavors.
4. Serve immediately with rice (to reduce spiciness) and a cucumber/vinegar salad.

Serve 4 as a main dish or 8 as a side dish.

Recipe by Amy Gorsica (Mrs. Cloud) in the Plain Dealer, 8/15/1993.

[mara](#)

Mexican Dishes

Index

- [Championship Chili Recipe--Puppy's Breath Chili](#)
- [Chili Recipes : COLLECTION](#)
- [Chili Tex-Mex Style](#)
- [Churros and Hot Chocolate : COLLECTION](#)
- [Enchiladas Chipotle](#)
- [Fajitas](#)
- [Fajitas : COLLECTION](#)
- [Flour Tortillas \(1\)](#)
- [Flour Tortillas \(2\)](#)
- [Jailhouse Chili](#)
- [Mexican Chocolate : COLLECTION](#)
- [Mexican Pork Chops and Beans](#)
- [Mexican Recipes : COLLECTION](#)
- [8 Pepper Chili \(Spicy!\)](#)
- [Spinach Empanadas](#)
- [Stephanie da Silva's Tamale Collection](#)
- [Tamale Pie](#)
- [Tamales ala Diana Kennedy](#)
- [Vegetable Bean Enchiladas](#)

[amyl](#)

Championship Chili Recipe--Puppy's Breath Chili

From: **Pat Pate**

Date: **Sat, 23 Oct 1993 22:11:11 -0500 (CDT)**

Here's a recipe for all of you chiliheads on the net. It was taken from a newspaper article that appeared in the Thursday, Oct. 21, 1993 issue of COUNTRY WORLD.

This recipe (by Cathy Wilkey of Seattle) took the first place \$25000 prize at the 1993, 27th Worlds Chili Championship in Reno, Nevada.

3 lbs. tri-tip beef or sirloin tip, cut in small pieces or ground coarse
2 tsps. cooking oil
1 small yellow onion
1 14 1/2 oz can beef broth
3 1/2 Tbsp. ground cumin
1/2 tsp. oregano
6 cloves garlic, finely chopped
3 Tbsp. Gebhardt chili powder
1 Tbsp. New Mexico mild chili powder
5-6 Tbsp. of California chili powder
1 8 oz. can tomato sauce
1 dried New Mexico chili pepper, boiled and pureed
3 dried California chili peppers
1 14 1/2 oz. can chicken broth
1 tsp. of Tabasco pepper sauce
1 tsp. of brown sugar
1 lime
Dash of MSG
Salt to taste

DIRECTIONS:

Brown meat in oil for about 30 minutes over medium heat. Add onion and enough beef broth to cover meat. Bring to boil and cook for 15 minutes. Add 1 Tbsp. cumin and 1/2 tsp. oregano.

Reduce heat to light boil and add half of the garlic. Add half of the chili powder, and cook for 10 minutes.

Add tomato sauce and pulp from the dried peppers and remaining garlic. Add any remaining beef broth and chicken broth for desired consistency.

Cook for one hour on medium heat stirring occasionally. Add remaining chili powders and cumin. Simmer for 25 minutes on low to medium heat,

stirring occasionally.

Turn up heat to light boil and add Tabasco pepper sauce, salt to taste, brown sugar and juice of lime. Simmer on medium heat.

[amyl](#)

Chili Recipes : COLLECTION

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

Date: Thu, 9 Sep 93 11:14:07 +0200

Contents

- [Arcadian Eight Bean Chili \(Shel Talmy\)](#)
- [Black Bean Chili With Oranges \(Darin Wilkins\)](#)
- [Cashew Chili \(Richard Darsie\)](#)
- [Chili \(Carol Sharp\)](#)
- [Chili \(Chuck Morford\)](#)
- [Chili \(Erik. A Speckman\)](#)
- [Chili \(Mike Van Pelt\)](#)
- [Chili \(Sandy Stempien\)](#)
- [Cincinnati Chili \(Kate Connally\)](#)
- [C.V. Woods World Championship Chili \(Shel Talmy\)](#)
- [Dynamite Chili With Beans \(Shel Talmy\)](#)
- [Fast 2-Alarm Chili \(Vanisa Yuthasastrakdsol\)](#)
- [Fred Drexel's 1981 Winning Recipe Chili \(Shel Talmy\)](#)
- [Green-Chile Stew \(Scott Fisher\)](#)
- [Green Chili - Triple HHH \(Garry Howard\)](#)
- [Jay Pennington's Just Plain Good Chili \(Shel Talmy\)](#)
- [Judicial Misconduct Beef, Pork, Sausage Chili \(Shel Talmy\)](#)
- [Kathy Hirdler's Fire Camp Chili \(Shel Talmy\)](#)
- [Los Venganza Del Almo Chili \(Shel Talmy\)](#)
- [Martin's Turkey Chili \(Martin Drabik\)](#)
- [Queen Of Chilis \(Kate Connally\)](#)
- [Sandy's Chili \(Sandy Kaplan\)](#)
- [Ten Chile Chili \(Stephanie da Silva\)](#)
- [Vegetarian Green Chile \(Marie-Louise "Emmelle"\)](#)
- [Zesty Chili \(Brian Rush\)](#)

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From: talmy@rand.org (Shel Talmy)

ARCADIAN EIGHT BEAN CHILI

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(Serves 25)

Ingredients:

- 1/4 lb each of the following dried beans: kidney, white, pink, black, red, pinto, cranberry, and navy
- 1 lb bacon
- 5 large onions, peeled and chopped
- 2/3 cup minced garlic
- 1/4 cup toasted coriander seeds, ground
- 1/4 cup ground cinnamon
- 1/4 cup paprika
- 1/4 cup cayenne pepper, or to taste for the timid of tongue
- 1/2 cup ground dried Poblano chili peppers
- 108 oz (#10 can) Italian plum tomatoes, with juice
- 12 oz beer
- 5 lb lean ground beef
- salt to taste

Instructions:

In a large pot, soak the beans together overnight in water to cover.

Drain and add fresh water to cover. Cook at a simmer for 1 1/2 hours or until beans are just tender.

While the beans are simmering, heat a large skillet. Mince the bacon and cook it until it begins to crisp. Add the onions and garlic and cook over medium heat for 5 minutes. Add all the spices and the ground Poblanos and cook another 5 minutes. Add the tomatoes with their juice and the beer. Simmer for half an hour.

In another pan, cook the beef until the pink color disappears. Drain and add it to tomatoe mixture.

When the beans are fully cooked, drain them, reserving the liquid, and add the beans to the meat/tomato mixture. Salt to taste and let the mixture simmer for about 1 hour. If it is too dry, add some of the bean liquid.

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From: wilkins@scubed.com (Darin Wilkins)

Source: Sunset magazine, January 1993

BLACK BEAN CHILI WITH ORANGES

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(serves 6-7)

Ingredients + Instructions:

In a 5- to 6-quart pan (with lid), combine:

2 large (about 1 pound, total) onions, chopped
2 cloves garlic, pressed or minced
1 tblsp salad oil.

Place over high heat. Stir often until onions are tinged with brown, about 8 minutes.

Add:

2 quarts regular-strength chicken broth
1 pound (about 2 1/2 C) dried black beans, sorted for debris and rinsed
1 tblsp coriander seed
1 tsp whole allspice
1 tsp dried oregano leaves
3/4 tsp crushed dried hot red chilies
6 cardamom pods, hulls removed (1/4 tsp seed).

Bring to a boil over high heat. Reduce heat to simmer. Cover and simmer until beans are tender to bite, about 1 1/2 to 2 hours.

While the beans simmer, prepare the fruit as follows:

Remove 2 teaspoons zest from:

2 1/2 pounds (approximately) oranges, mandarins (tangerines), tangelos, or tangelolos. (Tangelolos, a cross between grapefruit and tangelos, are a fairly recent development and aren't widely available.)

Ream enough fruit to produce:

1/2 C juice.

Remove the peel and white membrane from the remaining fruit. Thinly slice fruit crosswise. Remove any seeds.

After the beans become tender, raise heat to high, uncover, and boil until most of the liquid evaporates, about 10 - 15 minutes. (Reduce the heat and stir occasionally as mixture thickens.)

Remove beans from heat and stir in:

1 tsp zest
the 1/2 C juice.

Ladle beans into serving bowls.
Place the sliced fruit equally on top of the beans in each bowl.

Add to taste:

sour cream
fresh cilantro (coriander) sprigs
salt.

Garnish with the remaining 1 tsp zest.

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From: darsie@eecs.ucdavis.edu (Richard Darsie)

CASHEW CHILI

=====

Ingredients:

2-3 cups kidney beans
4 medium onions
2 bell peppers
2 stalks celery
3 cloves garlic
1 tsp basil
1 tsp oregano
1 tblsp chili powder
1 tsp cumin
2 cans tomatoes
1/2 - 1 cup cashews
1 tsp salt
1/4 cup cider vinegar (this is really much more than is needed)
handful raisins
black pepper, bay leaf

Instructions:

Saute onions, bell peppers, celery, garlic. Add spices, fry with onion mix, stirring constantly. Add tomatoes, pepper, bay leaf, cashews, salt, raisins, wine. Add beans, simmer covered for 30 min. Add water if necessary. Add vinegar when chili is almost ready. For variety, add carrots or green beans (may need to cook longer until they are tender).

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From: prkenne@lims02.lerc.nasa.gov (Carol Sharp)

CHILI

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Ingredients:

- 1 lb. ground beef, browned and drained
- 1 medium onion, diced
- 1 small or 1/2 large green pepper diced
- 1 1# can diced tomatoes
- 1 1# can chili beans (Brooks Hot Chili beans are my favorite)
- 1 small can tomato paste
- 1/2 cup red wine
- 1 pkg chili seasoning mix
- 1 tblsp chili powder

Instructions:

Mix everything together in the crockpot and cook on low 6 or more hours. This is really good with some cheese stirred in just before serving and a dab of sour cream on top.

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From: cmorford@umbio.med.miami.edu (Chuck Morford)

CHILI

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Ingredients:

- 2 lb Ground Beef (The leaner the better)
- 1 15oz Can Kidney Beans (I tried it starting from scratch with dried beans but it wasn't worth the effort)
- 1 15oz can Black Turtle Beans (Progresso makes good ones)
- 1 8oz can tomato sauce (I don't like a lot of tomato in my chili)
- 1 large Yellow Onion (Chopped)
- 5-6 cloves of garlic (or about 2 teaspoons of garlic in oil)
- 12 Large Jalapeno peppers (Take the seeds out before using)
- 1 tblsp Paprika
- 1 tblsp Cumin
- 1 tblsp Garlic Powder

- 1 tblsp Oregano
- 1 tsp Cayenne (I told ya I liked it hot)
- 1/2 tsp Black Pepper
- Salt to taste
- Enough Olive oil to saute the onions,garlic and jalapenos

Instructions:

Chop the onions, peppers and garlic. Saute them in olive oil until the onions are browned. Throw in the Beef and continue cooking until the beef is browned. When done, throw the mixture along with all of the other ingredients, into a crock pot or stewing pot. In the crock pot cook for 6 to 10 hours. In the stew pot cook covered for about an hour and a half. If more liquid is needed I like to add beer, but red wine is great too.

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From: especkma@reed.edu (Erik. A Speckman)

CHILI
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Ingredients:

- bay leaf
- 2-3 cups soaked beans (black or red)
- 4 tsp cumin
- 4 tsp oregano
- 4 tsp paprika
- 1/2 tsp cayenne
- ground "New Mexico" chili powder (however much looks good, few tsp.?)
- Gebhardt's chili powder (however much looks good, few tsp.?)
- 1 chili negro or ancho
- peanut oil
- 2 large onions, chopped
- 4-6 cloves garlic, minced
- salt
- ca. 4 cups tomatoes, chopped (fresh/peeled or canned)
- 1-2 tsp chopped chipotle chili
- 1/4 cup red wine
- 1-2 Tblsp vinegar (wine, cider, rice)

Instructions:

Cover beans and bay leaf with 2 inches of fresh water, bring to boil. Lower heat and simmer. Toast cumin and oregano over med. heat, stirring so they don't burn. When they're fragrant, add paprika,

cayenne, and chili powders--toast a few seconds. Remove from heat. Then grind with mortar and pestle. Dry the chili negro or ancho in a hot oven (400) for a few minutes. Cool and remove stem, seeds, veins. Shred it and then grind in food processor, blender, etc. Saute onion in oil till soft, add garlic, salt, ground herbs and chili, cook 5 min. Add tomato, juice, 1 tsp. chipotle, and some red wine, cook about 20 min. Add to the beans and add more water to cover beans by 1 inch. Cook till beans are soft (1 hr.) Taste chili, add vinegar to taste. Adjust seasoning (cumin, oregano, salt, chili powder, chipotle, vinegar.)

If you can wait, it's best to serve it a day later. Very good with cornbread.

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From:.mvp@netcom.com (Mike Van Pelt)

CHILI
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Ingredients:

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- 3 cups dried beans, 1/2 pinto, 1/2 black beans
- 1 can S&W salsa
- 1 bulb garlic (6-8 cloves for the garlic-tolerance-impaired)
- 1/3 cup chili powder (I used 1/2 cup, it was maybe a bit much.)
- 1 tblsp cumin
- 1.5 lb ground beef ("chili grind", or braising tips cut into 1/4" cubes.)
- 1/4 tsp oregano
- 3 Chipotle peppers (or 4 or 5...)
- 1 large onion.

Instructions:

Soak the beans overnight. Brown the ground beef, and drain off the fat. If the chipotles are dried, soak them for 5 minutes in hot water, then pulverize them with the onion and garlic in a blender. Add onion, oregano, chili powder, cumin, beef, garlic, and beans to crock pot, with "enough" water. Let simmer for about 12 hours. About an hour before it's done, add the can of salsa.

The "chili powder" is bulk powdered "chili powder" chilies, New Mexico chilies, I think. NOT the mixture with all kinds of other spices in it that is more common in grocery stores. I like my chili heavier on the chili powder, lighter on the tomatoes.

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

CHILI

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(Serves 4)

Ingredients:

- 1 small can tomatoe paste
- 3 (15 oz.) cans tomatoe sauce
- 1 large can stewed tomatoes
- 1 green pepper (diced)
- 1 onion (diced)
- 3 jalepeno peppers (diced)
- 1 lb ground beef or sliced steak
- 2 tsp chilli powder (approximate)
- chayenne pepper (to taste)
- 1 can kidney or red beans

Instructions:

Brown beef, peppers, and onion. Drain off any grease. Stir in the rest of the ingredients. Add the beans last.

Bring to a boil, and reduce heat to VERY low. cook with the lid off an Hour. Then cook 1 hour with the lid on. Cook on VERY low!

For a milder chilli take out the cheyenne pepper and the jalopenos.

Its best with grated chedder cheese on top and corn bread on the side!

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From: connally@vms.cis.pitt.edu (Kate Connally)

CINCINNATI CHILI

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Ingredients:

- 1 qt beef broth
- 2 lb ground beef
- 1/4 cup onion flakes
- 4 tblsp chili powder
- 1 tsp ground cinnamon

- 1 tsp ground cumin
- 3/4 tsp instant minced onions
- 1/2 tsp salt
- 1/4 tsp ground allspice
- 1/4 tsp ground cloves
- 1/16 tsp ground red pepper (cayenne)
- 1 bay leaf
- 15 oz can tomato sauce
- 2 tblsp cider or white vinegar
- 1/2 oz unsweetened chocolate

Instructions:

Boil beef broth in a 4-qt. saucepan. Slowly add beef to broth until meat separates into small pieces. Cover and simmer 30 minutes. Add remaining ingredients and mix well. Bring to boil. Reduce heat, simmer, covered, 1 hour, stirring occasionally. Refrigerate overnight. Skim off fat and reheat. Serves 6.

I don't know about you but I think the first one sounds so much better than the second one. That's why I never tried the second one.

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From: talmy@rand.org (Shel Talmy)

C.V. WOODS WORLD CHAMPIONSHIP CHILI

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(Serves 12)

Ingredients:

- 1 (3 lb) chicken
- 1 1/2 qt water
- 1/2 lb beef suet
- 1/4 cup finely chopped celery
- 7 cup peeled, chopper tomatoes
- 2 tsp sugar
- 5 lbs ctr cut pork chops , thin
- 4 lbs flank steak
- 3 medium onions, cut in 1/2 inch pieces
- 3 green peppers, cut in 3/8 inch pieces
- 1 lb jack cheese, shredded
- 6 long green chiles
- 1 tsp oregano
- 1 tblsp ground cumin
- 1/2 tsp MSG
- 1 tblsp pepper

4 tsp salt
5 tblsp chili powder
1 tsp cilantro
1 tsp thyme
1 cup beer
2 cloves garlic, finely chopped
juice of lime

Instructions:

Cut chicken into pieces and combine with water in large saucepan. Simmer 2 hours then strain off broth.

In 2 qt saucepan combine celery, tomatoes and sugar and simmer 1 1/2 hours.

Boil chiles 15 min until tender, remove seeds and cut in 1/4 in squares.

Mix oregano, cumin, MSG,pepper, salt, chili powder, cilantro and thyme with beer until all lumps are dissolved. Add tomato mixture, chiles, beer mixture and garlic to chicken broth.

Melt suet to make 6-8 tblsp droppings. Pour 1/3 of suet drippings into skillet, add 1/2 pork chops and brown. Repeat for remaining pork chops. Add pork to broth mixture and cook slowly 30 min.

Trim all fat from flank steak and cut into 3/8 cubes. Brown flank steak in remaining drippings about 1/3 at a time. Add to pork mixture. Return to simmer and cook slowly about 1 hour. Add onions and green peppers, simmer 2-3 hours longer, stirring with wooden spoon every 15-20 min. Cool 1 hour then refrigerate 24 hours.

Reheat chili before serving. About 5 minutes before serving time, add cheese. Just before serving, add lime juice and stir with wooden spoon.

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From: talmy@rand.org (Shel Talmy)

Source: Food & Wine 2/82

DYNAMITE CHILI WITH BEANS
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(Serves 4)

Ingredients:

2 cup water

- 1/2 cup dried pinto beans, soaked overnight then drained
- 1 tblsp oil or bacon drippings
- 1 onion, sliced
- 1/2 green bell pepper, cored, seeded and chopped
- 1 garlic clove, minced
- 2/3 lb boneless pork, cut into 1/2" cubes
- 1/3 lb beef stew meat, cut into 1/2" cubes
- 16 oz canned whole tomatoes, drained
- 2 tblsp chili powder
- 1 diced green chile, Jalapeno or Serrano
- 1 tsp dried oregano, preferably Mexican, crumbled
- 2 tsp cumin
- 1/3 cup dry red wine
- salt and fresh ground black pepper to taste
- 2 tblsp prepared tortilla flour or masa harina, mixed with water to form a paste (optional)

Instructions:

Combine water and beans in medium saucepan and bring to boil over medium high heat. Reduce heat and simmer until tender, about 1 hour.

Heat oil in large skillet over med-high heat. Add onion, green pepper, and garlic. Saute until tender. Transfer to Dutch Oven and set aside.

Add pork and beef to same skillet. Brown well. Stir into vegetables in Dutch Oven. Add beans and their liquid along with tomatoes and seasonings. Mix well, cover and simmer 1 hour. Add wine and cook, uncovered, 30 minutes.

Season with salt and pepper. If mixture is too liquid, stir in some of the tortilla flour paste to thicken.

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From: yuthasas@plains.NoDak.edu (Vanisa Yuthasastrakdsol)

FAST 2-ALARM CHILI
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Ingredients:

- 1 lb medium ground beef
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 1 tblsp chili powder
- 1 tsp leaf oregano

- 1 tsp cumin
- 1/4 tsp cayenne pepper
- 1 large green pepper, finely chopped
- 1 19oz can tomatoes, including juice
- 1 19oz can kidney beans, well-drained

Instructions:

Place ground beef, onion and garlic in large frying pan. Cook uncovered over medium heat, stirring often with a fork, about 10 minutes.

As soon as meat is no longer pink, drain off fat. Sprinkle meat with the seasonings.

Add remaining ingredients and increase heat to medium high. Break up tomatoes with a fork. As soon as the mixture comes to a boil, reduce the heat to medium low. Boil gently covered, stirring occasionally for about 10 minutes to develop the flavours.

Makes approximately 4 servings.

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From: talmy@rand.org (Shel Talmy)

FRED DREXEL'S 1981 WINNING RECIPE CHILI

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(Serves 4)

Ingredients:

- 2 1/2 lb beef brisket, cut into 1" cubes
- 1 lb lean pork, ground
- 1 large onion, chopped finely
- 2 tblsp Wesson oil
- salt and pepper to taste
- 3 cloves garlic, minced
- 2 tblsp diced green chilies
- 8 oz tomato sauce
- 1 beef bouillon cube
- 12 oz Budweiser beer
- 1 1/4 cup water
- 4 tblsp chili powder (or 6 tblsp if desired)
- 2 1/2 tblsp ground cumin
- 1/8 tsp dry mustard
- 1/8 tsp brown sugar
- 1 pinch of oregano

Instructions:

In a large kettle or Dutch oven, brown the beef, pork and onions in hot Wesson oil. Add salt and pepper to taste. Add remaining ingredients. Stir well. Cover and simmer 3 to 4 hours, until meat is tender and chili is thick and bubbly. Stir occasionally.

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From: sfisher@megatest.com (Scott Fisher)

GREEN-CHILE STEW

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Ingredients:

- 6 - 8 fresh long green chiles, roasted, peeled, seeds removed
and cut into coarse chunks (note 1)
- 1 medium onion, chopped fine
- 3 to 5 cloves of garlic, minced
- 1 tsp oregano
- 1 tsp cumin
- 1 lb lean pork, cut into 1" cubes
- Juice of 1/2 lime
- Up to 1-1/2 cups chicken stock
- Salt, black pepper, and hot green chiles to taste (see note 2)
- 1 tblsp olive oil

Instructions:

Heat Dutch oven or medium saucepan over high. Saute onion, garlic, oregano and cumin until onion is clear. Add green chiles, saute and stir. Add pork cubes and stir to seize all sides of the pork; add lime juice and mix.

Now add chicken stock, stopping when most of the pork cubes are covered with liquid. Stir well, reduce the heat to a simmer, cover and set the timer for 30 minutes. Check occasionally to make sure the stuff isn't scorching on the bottom. When the timer goes off, check the consistency and either add more stock if it's gotten thicker/drier than you like it, or raise the heat and cook uncovered to thicken if it's too runny. Add salt and black pepper now.

Serve with fresh corn tortillas, a pepper-garlic-onion garnish I'll describe shortly, and lots of cold beer, horchata, or jamaica. You can also serve this with sour cream, which is nice.

Garnish:

 I've taken to chopping up fresh chiles to make my own food hotter, since the kids max out at Anaheim chiles. My base mild mix is to cut up an ancho or poblano chile (the dark green glossy ones, triangular and medium-pungent) into 1/4" dice, as well as about a quarter of an onion and a clove of garlic. Add a little olive oil and some dried oregano, stir well and salt to taste. Sprinkle this on the chile verde, roll it up in your tortillas, use it in omelettes or even on Texas-style chili.

Notes:

 1. Long green chiles: if you can't find them fresh, you can use canned but the taste will be slightly different; the canned variety add lots of citric acid as a preservative. You might want to cut down on the lime in that event. I used fresh Anaheim chiles from my garden last year, and will do so again this year as the Anaheim is producing earliest (four chiles!) but I'm anxious for my New Mexico varieties to get going. The original poster is in the center of the universe for this stuff, though, and frankly you'd probably get better recipes asking your co-workers, fellow students, or the janitorial staff there than the net; if you do, please post it! :-)

2. Hot chiles: The Anaheims are pretty mild. Some people like to add jalapenos to this, but I preferred the serranos when we had the pepper garden last year. I liked six Anaheims and six serranos when it was just for me and Kim, but the girls wouldn't touch it, which is why I started making the garnish. You can also garnish with chopped fresh cilantro or epazote if you can find it; we're growing that and I love it so far, it's like a cross between cilantro and sorrel in flavor.

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From: garhow@hpubmaa.esr.hp.com (Garry Howard)

GREEN CHILI - TRIPLE HHH (HOWARD'S HOTTER'N HELL)

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(Servings: 10)

Ingredients:

 1 tblsp Oil
 2 lb Chicken breasts boneless - or Pork Shoulder Roast
 2 Onions
 2 tsp Minced garlic
 1 tsp Oregano
 1 tsp Cumin powder
 2 tsp Ground red chili

- 1 tblsp Red chili flakes
- 1 Tomato
- 1 can Tomatillos
- 4 lb Green chilis
- 4 cup Wyler's chicken boullion
- 3 tblsp Cornstarch

Instructions:

Preferably use fresh roasted, peeled, and seeded New Mexican green chilis. Since these are not available in most parts of the country outside the Southwest, dried, frozen, or canned chilis may be substituted, in that order of desirability. Dried chilis are the next best thing to fresh. Frozen new mexican chilis under the brand name "Bueno" are available in some parts of the country and are good quality. Canned chilis are the least desirable but can be used if you are desperate. If possible use a mixture of canned and fresh or dried. Dried green chilis, and a large assortment of other dried chilis, spices, and Mexican food ingredients are available through mail order from Old Southwest Trading Company, P.O. Box 7545, Albuquerque, NM 87194. Call 1-800-748-2861 for a catalog. In August and September they will ship fresh green chili.

Cut chicken breasts into 1/2" cubes. Slice onions lengthwise. Chop chilis, tomato and tomatillos. Add oil to heavy, preferably cast iron, skillet and brown chicken over high heat. It is best to do it in two or three small batches. Remove to large saucepan. Add onions and garlic to leftover oil and brown until onions are soft. Add oregano, cumin, and red chili, and cook for two or three minutes. Transfer from skillet to saucepan with chicken. Add tomato, tomatillos, chilis, and chicken broth. Bring to a boil and simmer for 3 - 4 hours. Add water as necessary to maintain the desired consistency. Add 3 - 4 tablespoon cornstarch mixed with water prior to serving to thicken as desired.

Eat from a bowl accompanied with a warm flour tortilla or use it as a sauce over chili rellenos, eggs, enchiladas, or just about anything. One of my favorite meals is to grill a steak until nice and juicy, smother with green chili, sprinkle some grated cheese on top and serve with Mexican rice.

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From: talmy@rand.org (Shel Talmy)

JAY PENNINGTON'S JUST PLAIN GOOD CHILI
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(Serves 16)

Ingredients:

- oil
- 3 medium onions, finely chopped
- 2 medium green peppers, finely chopped
- 3 stalks celery, finely chopped
- 8 lbs coarsely ground beef
- 1 can (6oz) tomato paste
- 2 can (1lb-13oz) cans stewed tomatoes
- 2 can (1lb) tomato sauce
- 1 can (7oz) chile salsa
- 3 cloves garlic, finely chopped
- 2 jar (3oz) chili powder
- 1 medium jalapeno chili, seeded and chopped
- 2 tblsp salt
- Oregano
- garlic salt
- coarsely ground pepper

Instructions:

Thinly cover bottom of heavy 2 gal pot with oil. Saute onions, green peppers and celery 10 min. Add meat and cook 10 min or until brown. Stir in tomato paste, stewed tomatoes and tomato sauce.

Add chopped garlic, chili powder, salt, dash oregano, chile salsa and jalapeno. Cook 30 min, season to taste with garlic salt and pepper, then simmer 2 1/2 hours. Stir every 10-15 min.

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From: talmy@rand.org (Shel Talmy)

Source: Mike Donohue. Contributed by Dave Zurschmeide Cooks Online

JUDICIAL MISCONDUCT BEEF, PORK, SAUSAGE CHILI

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(Serves 20)

- 3 tblsp Oil rendered from suet (or bacon drippings)
- 3 lbs Ground beef, the leanest, chili grind
- 2 lbs Round steak, extra lean (or flank steak), cubed
- 1 lb Pork shoulder, extra lean, chili grind or cubed
- 1 lb Linguica or andouille sausage, chopped fine
- 3 Purple onions, large, chopped small
- 3 Walla Walla Sweet Onions, or other sweet onion
- 6 Garlic cloves, finely minced
- 2 cup Green Chiles, chopped (Ortega or other good brand)

2 Green peppers, chopped small
2 Red peppers, chopped small
2 Celery ribs, minced
1/4 cup parsley, minced
8 tblsp Chili powder (GebhardtUs or other good brand)
2 tblsp Cumin, ground
2 tblsp Spanish sweet paprika
2 tblsp Oregano, dried (preferably the Greek variety)
4 Red peppers, dried (or 2 tblsp crushed)
2 tsp Black pepper, freshly ground
1 tsp MSG (Accent)
2 tsp Salt
1 tsp Coriander (crushed or ground)
2 tblsp Maggi Seasoning
1/4 cup Tiger Sauce
16 oz Beef broth
2 cup Tomato sauce (15 oz. Each)
1 cup Tomato paste (12 oz)
1 cup Italian plum tomatoes, whole, diced
2 tblsp Masa Harina (or flour)
1 lb Black beans (optional), soaked overnight
1 Beer from a good microbrewery like Ballard Bitters
Walla Walla sweets, diced, for garnish
Monterey Jack cheese, shredded, for garnish

Instructions:

Wash beans carefully and soak in enough salted water overnight to cover them by 2 inches of water. Bring to a boil and simmer the next day until tender (usually 2-3 hours).

In the meantime, heat 2 tblsp of oil in a large, heavy skillet. Add garlic, onions, bell peppers, and celery. Cook until the onions are clear. Remove and reserve.

Mix ground meats. Add 1 T. Oil to skillet and saute meat, cooking on high heat until thoroughly browned. Drain fat. Remove ground meat and reserve. Brown cubed meat, drain, and reserve. Place reserved vegetables and meats in chili pot along with linguica (or Andouille). Add all remaining vegetables, spices and liquids (except the beer, Masa Harina, or beans), a little at a time, stirring and mixing thoroughly between additions. Carefully bring temperature up to a simmer.

Cook covered on very low heat approximately 5 hours. Adjust the consistency after 3 hours. If too thin, uncover and reduce by turning up heat (carefully) slightly. If it is still not the desired consistency, add masa harina (or flour) to thicken, beer to thin, as needed. Taste and adjust for spices carefully (the flavor will develop as the chili cooks). It should be hot enough to be memorable, but not

so hot it takes the skin off the roof of your mouth. ItUs better to sneak up on hot. You canUt take it out. If it cries out to be hotter, add just enough Louisiana hot sauce.

Finally, and only if you absolutely must, add the beans. A chili purist would jettison them without a second thought. If you canUt bring yourself to do it, but want to serve the chili beanless as God intended, serve the beans on the side and let people indulge their own leguminous perversions.

Serve topped with chopped Walla Walla sweets, shredded Monterey Jack cheese, and a pinch of parsley.

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From: talmy@rand.org (Shel Talmy)

KATHY HIRDLER'S FIRE CAMP CHILI
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(Serves 1200 approximately)

Ingredients:

- 100 lb pinto beans
- 48 large onions, chopped
- 4 cup jalapeno chilies with juice
- 40 lb meat (ham, sausage, pork, bacon ends, ground beef, etc)
- 4 cup chili powder
- salt to taste

Instructions:

Soak beans overnight, then raise to a boil on high heat. Add all ingredients and simmer until tender (about 6 hours). Add water as necessary. Stir occasionally. Makes 60 gallons.

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From: talmy@rand.org (Shel Talmy)

Source: Bill Pfeiffer, 1982 World Champion Chili

LOS VENGANZA DEL ALMO CHILI
=====
(Makes 1 pot)

Ingredients:

- 1 tblsp oregano
- 2 tblsp paprika
- 2 tblsp MSG (monosodium glutamate)
- 11 tblsp Gebhardt's Chili powder
- 4 tblsp cumin
- 4 tblsp beef bouillon (instant, crushed)
- 36 oz Old Milwaukee beer
- 2 lb pork, cubed (thick butterfly pork chops)
- 2 lb chuck beef, cut into cubes
- 6 lb ground rump
- 4 large onions, finely chopped
- 10 cloves garlic, finely chopped
- 1/2 cup Wesson oil or kidney suet
- 1 tsp mole (powdered), also called mole poblano
- 1 tblsp sugar
- 2 tsp coriander seed (from Chinese parsley, cilantro)
- 1 tsp Louisiana Red Hot Sauce (Durkee's)
- 8 oz tomato sauce
- 1 tblsp Masa Harina flour
- salt to taste

Instructions:

In a large pot, add paprika, oregano, MSG, chili powder, cumin, beef bouillon, beer and 2 cups water. Let simmer.

In a separate skillet, brown meat in 1 lb. or 1 1/2 lb. batches with Wesson oil or suet. Drain and add to simmering spices. Continue until all meat is done.

Saute chopped onion and garlic in 1 T. oil or suet. Add to spices and meat mixture. Add water as needed. Simmer 2 hours. Add mole, sugar, coriander seed, hot sauce and tomato sauce. Simmer 45 min.

Dissolve masa harina flour in warm water to form a paste. Add to chili. Add salt to taste. Simmer for 30 minutes. Add additional Louisiana Hot Sauce for hotter taste.

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From: mdrabik@bio.ri.ccf.org (Martin Drabik)

MARTIN'S TURKEY CHILI
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Ingredients:

1 cup black beans
3 tblsp olive oil
1 turkey breast (half breast), skinned
4 medium yellow onions, chopped
4 cloves garlic, minced
3 ribs celery, sliced
1 small green pepper, chopped
1 28-oz can crushed tomatoes
1/2 cup water
4 tblsp chili powder
1/2 tsp cayenne pepper
1 tsp whole cumin seed

Toppings:

Shredded sharp cheddar cheese and sour cream OR
Chopped ripe avocado

Instructions:

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1. Soak the beans overnight in water to cover generously. Drain and rinse briefly.
 2. Heat the oil in a large, heavy bottom pot over medium high heat. When hot, brown the turkey breast well on all sides. Remove and set aside.
 3. Add the onions, garlic, celery, and green pepper. Saute, stirring frequently, until the vegetables are soft, 5-7 minutes.
 4. Add the beans, tomatoes, water, chili powder, cayenne, and the turkey breast. Heat until the pot starts bubbling, then reduce heat to a slow simmer, partially cover, and simmer for 1 1/2 hour. Stir occasionally, watching carefully that the bottom does not start to stick.
 5. Remove the turkey breast, remove the bone, and coarsely shred the meat with two forks (hold the meat with one fork, tear with the grain with the other.) Return the meat to the pot.
 6. Heat a heavy bottom skillet over low heat. Add the whole cumin seed and toast 2-3 minutes, shaking the pan occasionally, until lightly brown and aromatic. Remove from heat. Coarsely crush the cumin in a mortar and pestle or with a rolling pin. Add to the pot.
 7. Cook an additional one hour, or until the beans are tender.
 8. For the traditional approach, top with the cheese and sour cream;

for the modern/healthy approach, top with the avocado.

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*

From: connally@vms.cis.pitt.edu (Kate Connally)

QUEEN OF CHILIS (Cincinnati-style)

=====

Ingredients:

- 3 onions
- 1 lb ground chuck
- 2 garlic cloves, minced
- 1 cup barbeque sauce (I think I used K.C. Masterpiece)
- 1 cup water
- 1 tblsp chili powder
- 1 tsp black pepper
- 1/2 oz unsweetened chocolate, grated
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- 1/2 tsp allspice
- 1/2 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground coriander
- 1/4 tsp ground cardamom
- 1 tsp salt
- tomato juice, as needed
- 9 oz spaghetti, cooked and buttered
- 1 16-oz. can kidney beans, heated
- 1 lb Cheddar cheese, shredded
- oyster crackers

Instructions:

Chop 2 of the onions and set aside. Chop remaining onion fine. Salt a large skillet. Turn heat to medium and add meat, finely chopped onion, and garlic. Break up meat with fork and cook until it is browned. Drain fat.

Add barbeque sauce and water. Bring to a boil. Add remaining seasonings.

Cover and simmer over very low heat 30 minutes, stirring and tasting occasionally, adding tomato juice if mixture is getting too dry. Chili is best when allowed to age overnight in refrigerator and reheated.

To construct the plate of 5-way chili, layer spaghetti on a plate (a

small oval plate is traditional), top it with hot chili, then with a sparse layer of beans, then chopped onions. Pat on plenty of cheese while chili is still hot and serve immediately, with oyster crackers on the side. Serves 4.

*

From: Sandy Kaplan (made meatless by Richard Darsie)

SANDY'S CHILI
=====

Ingredients:

- 1/3 cup oil
- 3 medium onions, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, minced
- 1 bell pepper, chopped
- 1 jalapeno pepper, minced
- 2 lbs. tofu chunks
- 2 tblsp each ground red chilis, cumin, oregano
- 1 bay leaf
- 2 cups water
- 2 28 oz. cans tomatos
- 6 oz. can tomato paste
- 2 cans kidney beans
- salt to taste

Instructions:

Saute first five ingredients in oil until limp. Add tofu and saute until browned. Mix the spices together in a bowl and sprinkle into the pot. Mix thoroughly. Add water, tomatoes and tomato paste. Stir. Bring to a boil. Reduce heat and simmer for 2 hours, stirring occasionally. If desired, at this point, add the kidney beans. Taste and correct seasoning. The addition of 1 tsp to 1 tblsp of cayenne pepper can make this gradually more spicy. As the recipe reads, itUs fairly tame. NOTE: The ground chilis are NOT chili powder. Most chili powder is made up of a combination of chilis, oregano, cumin, salt and garlic. If chili powder is all you can find, then you will have to readjust the cumin and oregano amounts.

*

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

TEN CHILE CHILI

=====

(Tho I can only count nine)

Ingredients:

1/3 cup cumin seeds
2 tblsp coriander seeds
2 ancho chiles
2 mulato chiles
4 pasilla chiles
6 lb trimmed beef chuck, cut into 1 1/2 by 1/4 inch strips
1/2 lb thickly sliced lean bacon, cut crosswise into thin matchsticks
3/4 lb ham, finely diced
1 1/2 tblsp corn oil
3 lb large yellow Spanish onions, finely diced
3/4 cup diced celery
1 cup ground ancho chile powder
1/2 tsp cayenne pepper
5 bay leaves
1 pequin chile (optional)
3 jalapeno peppers, seeded and minced
3 serrano peppers, seeded and minced
1/2 can (3 1/2 ounces) chipotle chiles in adobo sauce, coarsely chopped
1 smoked ham hock
2 cans (24 ounces each) Italian peeled tomatoes, drained
1/2 cup golden tequila
2 cups beef stock
1/2 tsp rosemary
1 tsp crumbled sage
1 tsp oregano

Instructions:

Preheat the oven to 500F. In a medium skillet, toast the cumin and coriander seeds over moderate heat until fragrant, 1 to 2 minutes. Immediately remove from heat. Grind to a powder in a spice grinder or food processor.

Place the ancho, mulato and pasilla chiles on a baking sheet and toast them in the oven until fragrant and puffed up, about 2 minutes. Remove the stems and seeds and grind the chiles in a spice grinder or food processor until powdered.

In a stockpot, combine the beef, bacon, ham and corn oil. Cook over moderate heat until the fat is rendered and the bacon is golden, about 20 minutes.

Add the celery, ground chiles and ancho chile powder. Cook, stirring frequently, until the celery is softened and the chile powder is fragrant, about 10 minutes.

Add the cayenne, bay leaves, pequin chile, jalapeno and serrono peppers, chipotle chiles, ham hock, tomatoes, tequila, stock, rosemary, sage and oregano. Simmer uncovered over low heat, stirring occasionally, for 4 hours.

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*

From: mlj@beta.lanl.gov (Marie-Louise "Emmelle")

VEGETARIAN GREEN CHILE

=====

I serve this sauce over enchiladas, burritos, eggs, beans, using fresh New Mexico green chiles. Do not use canned chiles for this recipe. (They just don't taste like green chiles to me.)

Amounts are approximate. I usually just dump ingredients, esp. chile and garlic, until it looks "right". This is a very forgiving recipe and very basic. I so much appreciate the taste of fresh, unadulterated green chile and garlic, that I rarely add any other seasonings.

Ingredients:

- 1 onion chopped
- 3-4 garlic cloves, smashed or chopped (I use more!!)
- 1 Tbsp olive oil
- 6 cups vegetable stock or vegetable bouillon
- ~12 roasted, peeled, chopped green chile (adjust according to heat of the chile)
- 2 Tbsp flour or cornstarch
- salt & pepper to taste

Procedure:

Saute onion, garlic in olive oil. Add chile, stock. Add salt and pepper. Dissolve flour or cornstarch in a cup of hot water and add, stirring to prevent lumps. Simmer for 45 minutes.

Optional ingredients:

- 1-2 potatos diced (1/2" or so)
- 1-2 chopped tomatos
- 1-2 whatever else
 - cilantro, cumin, oregano

Add with the chile and stock. Potatos help thicken the chile, especially after it has been frozen since they tend to disintegrate in the freezer. Add the cilantro after it has simmered to retain the fresh cilantro flavor.

*

From: rush@eggneb.astro.ucla.edu (Brian Rush)

Source: 7/20/93 issue of women's day magazine.

ZESTY CHILI
=====

Ingredients:

- 1 lb carrots
- 1 lb zucchini
- 1 lb onions
- 1/4 cup vegetable oil
- 3 lb ground turkey (or beef)
- 1 tblsp minced garlic
- 4 28-oz cans crushed tomatoes
- 1 15-oz can of tomato sauce
- 2 tsp salt

Instructions:

Chop carrots, zucchini and onions in the food processor.

Heat 1/4 cup vegetable oil in a 6 quart pot. Add vegetables. Cook over medium-high heat 15-20 minutes, stirring 3 or 4 times until almost tender.

Put 3 lbs. ground turkey (or beef) and 1 tblsp. minced garlic in a 8 quart pot. Cook, breaking up meat, until it is no longer pink. Stir in the vegetables, four 28-oz. cans crushed tomatoes in puree (drain some of the juice or it might be too watery), a 15 oz. can of tomato sauce and 2 tsp. salt. Bring to a boil; reduce heat to medium-low. Simmer 15 to 20 minutes for flavors to develop.

You will have about 22 cups of meat sauce. You can use the sauce as is for spaghetti sauce or freeze some for future chili.

(or you can decrease proportions and make less to begin with).

With 7 cups of the meat sauce, add 38-oz. of kidney beans and 2 or more

tablespoons chili powder. Top with shredded cheese and onions.

Refrigerate up to 5 days. Freeze up to 4 months.

%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%%

[amyl](#)

Chili Tex-Mex Style

From: t_brown@pavo.concordia.ca (BROWMAN, TRACEY)

Date: Tue, 26 Oct 1993 01:03:00 GMT

Chili recipe from the book THE KITCHEN SURVIVAL GUIDE by Lora Brody:

Ingredients:

2 Tbsp vegetable oil
2 large onions, peeled and chopped
3 cloves garlic, finely chopped
1 large green-pepper, chopped
2 lbs lean ground beef
3 1-lb cans tomatoes, plus liquid from the cans
2 6-oz cans tomato paste
3 1-lb cans red kidney beans, drained
2 cups water
1 1/2 tsp salt
3-4 tbsp chili powder
tabasco or other hot sauce
salt and pepper to taste
grated cheddar or monterey jack cheese
sour cream

Method:

Heat the oil in a large pot. Add the onions, garlic, and green-pepper, and cook over medium heat, stirring frequently and taking care that the garlic does not brown.

Crumble the ground beef into the pot and continue to cook, stirring frequently, until the meat is well browned.

Add the tomatoes, the tomato paste, the beans, the water, the salt, and 2 tbsp of the chili powder. Bring the mixture to a boil, then reduce the heat to a low simmer. Cook uncovered, for at least one (1) hour (the longer the better), stirring occasionally to make sure the bottom is not burning.

Season with additional chili powder if desired, tabasco, and salt and pepper.

Garnish with grated cheese and a dab of sour cream on each serving.

Serves 10. Freezes great.

::I like to add beef cubes to the ground meat to add variety.

[amyl](#)

COLLECTION: Churros and Hot Chocolate

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

Date: Fri, 13 Aug 93 3:26:41 CDT

Castillian hot chocolate

1/2 c. cocoa
1 c. sugar
7 t. cornstarch
1/2 c. water
1 qt. milk

Shift the cocoa and sugar together into a medium-sized saucepan. Dissolve the cornstarch in the water, and stir into the cocoa and sugar until it is a smooth paste. Begin heating the mixture, stirring it with a whisk, and gradually pour in the milk. Continue stirring with the whisk as you bring the liquid to a simmer. Allow the chocolate to simmer for about 10 minutes, stirring often, until it is thick, glossy and completely smooth. Serve steaming hot.

Serves six.

Churros (about 15 or so)

1 c. water
1/2 T. oil
dash salt
1 c. flour
(oil for frying; granulated sugar for sprinkling)

Bring water, oil, and salt to boil in a saucepan. Add the flour all at once, reduce heat, then stir (vigorously) with a wooden spoon until it forms a ball. Let cool a bit, then put into a pastry bag with 1/2 in. star tip. Heat 1/2 in. oil for frying. Squeeze dough into oil in 4 in strips. (Do a few at a time.) When golden on one side, turn over. Drain on paper towels, then sprinkle in sugar.

CASTILLIAN HOT CHOCOLATE

1/2 cup unsweetened powdered cocoa
1 cup sugar

7 tsp cornstarch (cornflour)
1/2 cup water
4 cups milk

- (1) Mix the cocoa and sugar together.
- (2) Dissolve the cornstarch (cornflour) in the water and combine with the cocoa-sugar mixture in a medium-sized saucepan. Stir this until it is a smooth paste.
- (3) Begin heating this mixture, continuously stirring it with a whisk. Gradually pour in the milk. Continue stirring as you bring it to a simmer.
- (4) Simmer, stirring often, for about 10 minutes. The cocoa is ready when it thickens and is glossy and smooth.

Hot Chocolate

2 oz of heavy cream
6-8 oz of milk
1 stick of cinnamon
1 vanilla bean, split in half length wise
2 oz of some excellent dark chocolate, finely chopped. I suggest Lindt.
freshly made whipped cream

heat the cream and milk with the cinnamon and vanilla bean very slowly for 15-20 minutes. (if you don't have any beans add 1-2 tsp of vanilla after heating). remove the bean and cinnamon. add the chocolate. mix until fully melted. serve topped with some very dense fresh whipped cream. serves 1-2 depending upon how much of a glutton you are.

Mexican Hot Chocolate (serves 3-4)

Melt 3-4 squares semi-sweet baking chocolate over low heat. Meanwhile, heat 1.5 cups heavy cream and 2 cups milk until hot but not boiling. Stir a little of the hot milk into the chocolate, to make a paste, then add the rest. Keep stirring over low heat. Add 1 tblsp sugar (or to taste). Then, beat 1 egg with vanilla (this part can be omitted). Stir a little hot chocolate into egg to warm it up, then add the egg to the chocolate. Stir over low heat for 3 minutes. Add a good hard

sprinkle of cinnamon and serve.

Spanish chocolate (Chocolate Espanol)

2 cups milk
2 oz. sweet chocolate, broken or grated (Ybarra from Mexico or swiss would probably be best.)
1/2 tsp. cinnamon
2 eggs, beaten

Stir the milk with the chocolate and the cinnamon over low heat until the chocolate dissolves. Add the eggs and beat the mixture until it becomes thick, taking care not to boil.

Orange Scented Hot Chocolate

2 Cups milk
4 Ounces bittersweet (not unsweetened) or semi-sweet chocolate, chopped
3 2X1 inch orange peel strips (orange part only)
1/2 teaspoon instant espresso powder or instant coffee powder
1/8 teaspoon ground nutmeg

Combine all ingredients in heavy medium saucepan. Stir over low heat until chocolate melts. Increase heat and bring just to a boil, stirring often.

Remove from heat and whisk until frothy. Return to heat and bring to boil again. Remove from heat; whisk until frothy. Repeat heating and whisking once again. Discard orange peel. (Can be prepared 2 hours ahead. Let stand at room temperature. Before serving, bring just to boil, remove from heat and whisk until frothy.)

Pour hot chocolate into mugs, 2 servings.

[mara](#)

Enchiladas Chipotle

From: ariel le@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:30:30 CDT

Filling:

3 half-breasts chicken, cooked and cubed
9 oz sharp cheddar cheese, grated
3/4 c minced onion

Sauce:

2T butter
2T flour
1 c beef broth
1 c water
1 t cumin
3 cloves garlic, minced
1 t oregano
3-4 canned chipotle chiles, seeded and minced *see note
2 T adobo sauce from can
2 T sour cream

Melt the butter in a skillet. Stir in flour. Cook this roux until it is light brown. Remove pan from heat and slowly stir in broth. Place pan over medium heat and whisk in water. Add the spices, garlic, chiles, and adobo sauce. Simmer uncovered for 20 minutes. Whisk in sour cream.

Preparation:

Heat some oil in a skillet. Lightly fry a corn tortilla to soften it. Place it on a plate and fill with 1T cheese, 1T onion, and 1T chicken. Roll and place in a 9" x 13" dish. Repeat 12 times. Cover the enchiladas with the chipotle sauce. Top with any remaining onions and cheese. Bake at 375 degrees for 8-10 minutes, just until the sauce bubbles.

*note: Canned Chipotle Chiles are fully ripened jalapenos that are canned in an adobo (vinegar-and-stuff) sauce. They are very hot and very tasty. Because they are so hot, I usually only use 2 chiles and 1.5 T sauce. You can find the chiles in Safeway in California and in Mexican food marts.

[mara](#)

Fajitas

From: MWORKMAN@vm.cc.purdue.edu

Date: Sun, 18 Jul 1993 03:33:12 GMT

Here is the recipe that I use to make fajitas. I hope you enjoy it!

Marinade:

2 Tbsp oil
2 Tbsp lemon juice
1 clove garlic, minced
1 1/2 tsp seasoned salt
1 1/2 tsp oregano
1 1/2 tsp cumin
1/2 tsp chili powder
1/2 tsp paprika
1/2 tsp crushed red pepper
1 1/2 lb. steak or chicken, cut in strips

Fajitas:

1/2 cup cilantro (optional)
1/2 cup chopped onions
1 cup red peppers
1/2 cup sliced green onions
3 to 4 Tbsp oil
8 tortillas

Directions:

In skillet, quickly saute vegetables in oil until lightly browned. Remove from pan. Saute meat 4 to 5 minutes. Return vegetables to pan and toss with meat. Spoon into tortillas.

(of course, marinade the meat in the marinade for at least an hour before beginning)

[mara](#)

COLLECTION: Fajitas

From: Laura Ann Wallace WALLLAU@karl.acc.iit.edu

Date: Thu, 29 Jul 1993 18:12:10 -0600 (CST)

From: Ward Tomlinson TOMLINSON@neurophys.wisc.edu

Subject: COLLECTION: Fajitas

Date: Mon, 19 Jul 93 16:11 CST

Contents

- [FAJITAS 1](#)
- [FAJITAS 2](#)
- [FAJITAS 3](#)
- [FAJITAS 4: CHICKEN FAJITAS](#)
- [FAJITAS 5: Shrimp Fajitas](#)
- [FAJITAS 6](#)
- [FAJITAS 7](#)
- [FAJITAS 8: Real Tex-Mex Fajitas](#)
- [FAJITAS 9 Fajitas on the Grill](#)
- [FAJITAS 10 Winter Fajitas](#)
- [FAJITAS 11 BEEF FAJITAS](#)

----- FAJITAS 1

Well, I wing my fajitas every time I do them, but here's a guess at the measurements.

2 Tablespoons oil
1 1/2 lbs boneless, skinless chicken breasts and thighs cut in thin slices
1 large onion, cut in slivers from pole to pole
1 green bell pepper, cut in slivers pole to pole
1 red bell pepper, cut (you guess it) in slivers pole to pole
4 cloves garlic, finely chopped
2 Tablespoons chili powder
3 teaspoons ground cumin
1 teaspoon black pepper
ground red pepper (to taste)
salt (to taste)
flour tortillas

In a large wok, warm the oil. Cook the chicken slices until done, stir regularly. Add everything except tortillas. Mix well. Cook covered. Stir every few minutes. It's done when the peppers are tender and the

vegetables are starting to get browned in spots. Serve with warmed flour tortillas. (I warm them individually in the microwave for 20 secs.)

Additional toppings for the fajitas can include salsa, sour cream, avacados, and tomatos. To me cheese is a sacrilege; but, to each his own.

NOTE: My grocer carries "fajita tortillas". These are smaller and thicker than ones I would use for burritos. They hold up much better with the fajita filling.

NOTE 2: If tortillas are not handy, use pita halves. They work great.

- Jeff
jshearer@beta.tricity.wsu.EDU

----- FAJITAS 2

Fajitas are marinated skirt steak. This is the diaphragm muscle in the cow. Anything else is NOT a true fajita.

INGREDIENTS

1 skirt steak for each 4 people (this is the diaphragm muscle)
Kraft Zesty Italian Salad Dressing.

Flour tortillas
Refried beans
Guacamole
Grated cheddar cheese
diced tomatoes
Salsa

Marinate skirt steak in enough salad dressing to cover meat,
for a full 24 Hours, NOT LESS!

grill steak over charcoal (mesquite is best)

slice steak with the grain into thin strips

warm tortilla (works great to wrap in Saran wrap and heat in microwave)
spread some beans down center of tortilla, add some meat, top with
other condiments, roll into a tube and enjoy.

Not bad, but if you live in a part of the country where you can get "real" Mexican food products, you can marinate the meat in something called "mojo criollo". This comes in bottles and consists of oil, vinegar and an assortment of other spices. It's specifically for this kind of use. It's available in most Supermarkets around here.

Tom's recipe mentions a couple of important points:

1) Marinate the meat overnight at least. It makes a big difference. You can also do this with skinless, boneless chicken breasts.

2) Slice the meat *after* cooking, not before. The pre-cut beef and chicken products "for fajitas" you see some places just don't come up to snuff.

----- FAJITAS 3: (from USENET cookbook)

Fajitas originated in Texas as a way to make cheap meat palatable. Unfortunately, it was too successful. It is still palatable, but because the word is out that fajitas are so delicious, the meat isn't cheap any more. Because this is not a traditional Mexican dish but a recent invention of Mexican immigrants, there is no fixed formula for it. Many different kinds of marinade are used; this one is adapted from a recipe given to a friend over the phone by Tortuga's in Austin, Texas.

INGREDIENTS (serves 8)

3 lb skirt steak
2 large yellow onions
2 Tbsp vegetable oil
16 flour or whole-wheat tortillas
2 cups grated cheese
3 cups guacamole

MARINADE

1 cup lime juice
1 Tbsp ground black pepper
2 Tbsp garlic, minced

PICO DE GALLO

1/2 cup fresh cilantro, chopped
2 scallions, chopped (green onions)
2 large tomatoes, chopped
1 tsp garlic, minced

PROCEDURE

(1) Combine marinade ingredients in a large glass baking dish.

(2) Peel the fatty membrane from both sides of the skirt steak. This requires a very sharp knife. Add meat to marinade and marinate for at least 4 hours, preferably overnight. Keep it in the refrigerator if you marinate overnight.

(3) Make the pico de gallo: combine all of the ingredients in a small serving bowl.

(4) Slice the yellow onions into 1/4-inch slices, and cut each slice into a semicircle. Grill the meat until it is cooked slightly less than the way you

like it. Meanwhile, saute' the onions in the oil until they are soft. Use a large frying pan that will have enough room for the meat later.

(5) After removing the meat from the grill, slice it into strips that are cut across the grain. The strips should be 3-4 inches long and 1/4 inch thick. Add the strips to the onions in the pan, and fry for another minute or two.

(6) Place on the table the pan full of meat, the bowl of pico de gallo, a basket with the tortillas, a bowl with the guacamole, and a bowl with the grated cheese. You may wish to provide picante sauce in addition.

(7) Each person makes their own fajita by taking a tortilla, spooning some of the meat onto it, then adding their choice of each of the other ingredients in whatever combination they want.

NOTES

Skirt steak is somewhat like flank steak: somewhat tough, and with a very stringy texture. It is covered on both sides with a fatty membrane that must be removed or the meat will be very tough. The key to good fajitas is the proper removal of this membrane.

Fresh-squeezed lime juice is best, but bottled will do.

Some people from out of state choose to put sour cream on their fajitas.

Time: 45 minutes preparation, several hours marinating, 10 minutes cooking. Precision: no need to measure.

>From: whitley@mksol.dseg.ti.com
Organization: Texas Instruments

----- FAJITAS 4: CHICKEN FAJITAS

Prep: 10 Min. Marinade: 1 Hour Cook: 10 to 15 Minutes
Serves: 6

1 1/2 lbs. skinless, boneless chicken breasts
1/4 cup bottled taco sauce (Tabasco or the like)
3 tbs lime juice (best if real limes used)
3 tbs tequila
2 ea jalapeno peppers, seeded and minced

COLLECTION: Fajitas

1 ea crushed dried habanero
2 ea garlic cloves, minced
1 tsp salt
1/2 tsp ground cumin
12 ea flour tortillas
Salsa \\
Guacamole \\
shredded lettuce \ as accompaniment
sour cream /
shredded cheese /
Pico de Gallo /

Rinse chicken breasts and pat dry. Trim off any fat or gristle. In a large bowl, combine taco sauce, lime juice, tequila, jalapenos, garlic, salt, and cumin. Add chicken and toss to coat. Cover and marinate, tossing occasionally, 1 to 2 hours at room temperature, or up to 12 hours refrigerated.

Prepare a hot fire. Set chicken on an oiled grill 4 to 6 inches from heat. Grill, turning and basting with marinade several times, until chicken is white throughout but still moist, 8 to 10 minutes. Let stand 3 to 5 minutes before cutting or tearing into large strips.

While chicken is standing, heat tortillas directly on grill for 20 to 30 seconds per side, or wrap in foil in 2 packages, 6 tortillas to a package, and warm, turning several times, 3 to 5 minutes.

To serve, put chicken strips on tortillas. Top with salsa, guacamole, shredded lettuce, and sour cream. Roll up and eat.

Serving Suggestions: Serve with "Black Bean Salad" and top shelf margaritas!

Enjoy!

FAJITAS 5: Shrimp Fajitas

None of the recipes I've tried seemed worth posting, until this one. It's so darned good, I had to share it.

1 pound shrimp, shelled
1 cup lightly packed chopped cilantro
1 clove garlic, pressed
1/3 cup lime juice
4-6 flour tortillas
1 Tbsp vegetable oil

2 green bell peppers, sliced
1 onion, sliced
1/2 cup plain non-fat yogurt
green salsa (optional)

Marinate shrimp in lime juice with garlic and cilantro for 20 minutes at room temperature. Warm tortillas in foil in oven. Heat oil in skillet and saute bell peppers and onions for 10 minutes, stirring occasionally. Take vegetables out and put shrimp with juice in. Cook on high heat about 3 minutes until done (cut to test, should be opaque in center). Put vegetables back in pan, warm them up, add yogurt. Place mixture on flour tortillas, roll them up, and top with salsa.

This recipe came from a cookbook which I think was entitled "Light & Lively" by Sunset...something like that. As you can see, it is a low-fat as well as nutritious meal. Yum yum!

lisap@olomana.soest.hawaii.edu (Lisa Petersen)
School of Ocean and Earth Science and Technology

----- FAJITAS 6

I have a very easy recipe that I use (I think I got it from the back of the tortilla package).

Marinate strips of steak and or chicken in Italian Dressing for a couple of hours. (I have marinated over night)

Cook meat in hot skillet in a little bit of oil. Add green pepper, red pepper and onions (that have been sliced). Add the rest of marinade to the skillet and cook until the veg. are tender and the meat is done. You can season with garlic, but I find the seasoning in the dressing to be fine.

Serve on warmed tortillas with chopped lettuce, tomatoes and sour cream.

YUMMY! and its real easy.

Angie
33s@oasys.dt.navy.MIL

----- FAJITAS 7

LIME JUICE is our basic fajitas recipe. Marinate the beef or chicken in lots of lime juice, at least a few hours. Then we grill (if it's a fillet) or saute (if it's strips or raining), sauteeing usually with cumin.

To serve: my husband prefers plain meat with some fresh coriander leaves added as he wraps in tortillas. I want more vegies so I usually sautee onions and peppers, usually with lots of cumin and some garlic, but the spices varies. I also eat the fajitas with the fresh coriander, yogurt, and maybe chopped tomatoes or some salsa.

The fresh coriander is essential for us.

Aiko Pinkoski	Epoch Systems, Inc.
aiko@epoch.com	8 Technology Drive
uunet!epochsys!aiko	Westborough, MA 011581
	(508) 836-4711 ext. 307

----- FAJITAS 8: Real Tex-Mex Fajitas

This is a fajita recipe by one of my dad's college buddies, Abel Garcia, a native Texan. The quantities are party-sized.

10 lbs. fajitas (flank or skirt steak)
4 lemons or limes plus rinds
1 can beer or wine
1 6oz can pineapple juice
2 tbsp vinegar
2 tbsp tenderizer
2 sweet onions, sliced (not diced)
8 cloves garlic, minced
1 tsp lemon pepper
1 tsp cumin
1/2 tsp oregano
1 tsp black pepper

Mix all the ingredients of the marinade together, then trim the meat. Marinade the meat overnight (we put it in big ziplock bags) in the refrigerator.

Cook over a hot fire on the grill til medium. Grill the onions too, if you like (fresh sliced bell peppers are also good). Have the buffet ready when you start grilling the meat: tortillas, diced tomatoes and onions, refried beans, guacamole, sour cream, grated cheese, pico de gallo, salsa, etc. While the meat is still hot off the grill, slice it into strips and serve.

Laura Wallace

WallLau@iitvax
WallLau@karl.acc.iit.edu
WALLLAU@chico.acc.iit.edu

-----FAJITAS 9 Fajitas on the Grill
 from the "El Paso Chili Company's Texas Border Cookbook"
 by Park and Norma Kerr

Here is a grand mixed fajita parrilla: grilled skirt steak, lobster, chicken, and shrimp--a real party. On simpler occasions we halve the marinade and use just one or two of the main components.

Two practical notes: The live lobsters can be replaced with 4 defrosted frozen lobster tails, slightly undercooked according to the directions on the package. And, although some grill manufacturers warn against heavy basting, Park has always just dumped all the remaining marinade over the fajitas on the grill (the fuming cloud of steam and smoke is full of flavor) and he reports it has not harmed his grill.

2 1/4 pounds (2 or 3 pieces) skirt steak
 1 1/2 pounds boneless, skinless chicken breasts, halved
 and trimmed of fat and connective tissue
 1 pound (about 18) large shrimp, shelled and deveined
 2 live lobsters (about 1 1/2 pounds each)

2 Tbsp plus 1 tsp salt
 2 cups tomato-based bottled hot salsa
 1 cup chopped red onion
 1 cup packed fresh cilantro (stems may be used)
 4 fresh jalapeno chiles, stemmed and chopped
 1/4 C gold tequila
 1/4 C fresh lime juice
 1 cup amber beer, such as Dos Equis

24 6-inch flour tortillas, warmed
 Pico de Gallo
 Guacamole

Bring a very large pot of water to a boil. Stir in 2 tablespoons salt, add the lobsters, and cook them, stirring once or twice, for 10 minutes. The lobsters' tails, when straightened, should snap back in place, and the lobster meat should be almost fully cooked. Cool the lobsters to room temperature in a colander. Crack open the claws and body shell and remove the lobster meat in pieces as large as possible. The lobsters can be cooked up to 1 day in advance. Wrap the meat and refrigerate it.

In a food processor, working in batches if necessary, puree together the salsa, red onions, cilantro, jalapenos, tequila, lime juice, and 1 teaspoon salt. Stir in the beer. In two or three shallow nonreactive dishes, combine the lobster meat, skirt steaks, chicken breasts, and shrimp with the marinade. Cover and let them stand at room temperature, stirring once or twice, for 2 hours. Thread the shrimp on skewers.

Preheat a gas grill (medium-high) or light a charcoal fire and let it burn down until the coals are evenly white. Position the rack about 6 inches from the heat source. Lay the skirt steaks on the grill and spoon half the will be steam and smoke), and cover the grill. Cook another 7 minutes,

turning the chicken breasts, lobster meat, and shrimp at the halfway point,
Transfer the steaks and chicken breasts to a cutting board, tent them with foil, and let them rest 10 minutes. Keep the shrimp warm. Slice the lobster and serve immediately, accompanied by the warmed tortillas, pico de gallo, and guacamole.

-----FAJITAS 10 Winter Fajitas
from the "El Paso Chili Company's Texas Border Cookbook"
by Park and Norma Kerr

These indoor fajitas are for the dead of winter, when the grill is buried under a snowdrift, or for any time, really, when you just don't want to cook outdoors. This marinade is slightly different from the one we use for our grilled fajitas (above), it boosts the flavor with chipotles and liquid smoke flavoring to make up for the lack of an open flame. Cook these in one or two heavy cast-iron skillet or on a large ridged cast-iron grill pan that will fit across two burners. (Those cute little fajita skillet that come with a wood or wicker holder are useless for cooking on, but two or three can be preheated and used as serving pieces.) Be sure to turn off the smoke alarm before setting out to make this recipe.

2 1/2 to 3 pounds skirt steak, cut into -inch sections
Nonstick cooking spray
1 large onion (about 1 pound), peeled, halved, and cut
into thin slices
2 large heavy sweet red peppers, stemmed, cored, and cut
into julienne strips
1/2 teaspoon salt
1 cup tomato-based bottled hot salsa
1/2 C chopped red onion
1/2 C packed fresh cilantro (stems can be used)
1/4 cup olive oil
3 chipotles adobado, with clinging sauce
2 Tbsp tequila
2 Tbsp fresh lime juice
1 Tbsp liquid hickory smoke flavoring
1/2 C amber beer, such as Dos Equis

18 6-inch flour tortillas, warmed
Pico de Gallo
Guacamole

note: "chipotles abobabo" are pickled peppers in tomato sauce

In a food processor, puree salsa, red onions, cilantro, 2 tablespoons of the olive oil, the chipotles, tequila, lime juice, and liquid smoke. Stir in the beer. In a shallow nonreactive dish, pour the marinade over the skirt steak and let it stand at room temperature, covered, turning it once or twice, for 2 hours.

Heat one or two heavy cast-iron skillet or a cast-iron stove-top grill pan over medium-high heat. When they are very hot, lightly coat the skillets with nonstick cooking spray. Letting the excess marinade drip off, and working in batches if necessary, place the meat in the skillets. Cook, turning once or twice, until browned on the outside and medium-rare inside, 4 to 5 minutes per side. Transfer the meat to a cutting board and let it rest for 10 minutes.

Meanwhile, in a large heavy skillet over medium heat, warm the remaining 2 tablespoons of olive oil. Stir in the onions and sweet red peppers, season with salt, and cook, covered, stirring once or twice, for 8 minutes.

Cut the meat, across the grain and at a slight angle, into thin slices. Add the meat and any juices from the cutting board to the skillet with the onions and peppers. Raise the heat to high and cook uncovered, tossing and stirring, until the meat is heated through and the onions and peppers are lightly browned, about 5 minutes. Transfer to heated fajita pans or a large heated platter and serve immediately, accompanied by warmed tortillas, pico de gallo, and guacamole.

-----FAJITAS 11 BEEF FAJITAS

Ingredients:

Beef skirt steaks (you may have to ask the butcher for these outside the Southwest; they are inexpensive and readily available in the prime fajita areas of the country such as Texas) [Note that you can use flank steak if forced to but it just doesn't taste the same.]

Flour tortillas

For the meat marinade:

Olive or other vegetable oil as preferred and about an equal amount of fresh lime juice (or a combination lime juice and white vinegar); salt; pepper to taste; minced garlic or garlic powder

Accompaniments:

salsa, raw sliced onions, shredded mild cheese, diced tomatoes, shredded lettuce, sour cream, etc.

First, marinate the skirt steaks in the oil/lime juice mixture as described above. Overnight in the refrigerator works well using a ziploc bag. The amount of marinade depends on the amount of meat. [The lime juice imparts an incredibly sweet and fresh taste to the meat; you will love the effect.]

Prepare your accompaniments and have them ready for guests to use according to their own preferences. Some people fry onions (instead of using them raw) and others cook some green pepper as accompaniments. I personally think that this

detracts from a simple fresh taste, but hey this is food, not medicine...

Grill the fajitas outside (over wood charcoal if you can get it)--over a medium hot fire this will require about 10 minutes a side. After grilling, allow the skirt steaks to sit for a couple of minutes, then slice across the grain in relatively thin slices.

Warm the flour torillas slightly (microwave will do nicely if you aren't a purist).

Allow people to assemble the fajitas themselves: slices of meat rolled in the torillas together with accompaniments of their choice. You may also want to have some hot pepper sauce and cilantro also at the ready.

This is a "can't lose" company dish; the meat when re-heated tastes good as left-overs as well.

Michael Karchmer
MAKARCHMER@gallua.gallaudet.EDU

[mara](#)

Flour Tortillas

From: Pat Dennis pld@acsu.buffalo.edu

Date: Tue, 28 Sep 1993 09:31:25 -0400

2 cups all-purpose flour
1/2 teaspoon salt
1/4 cup shortening
1/2 cups warm water

Mix flour and salt together. Rub shortening into flour with fingertips until mixture has a fine, even texture. Stir in water until dough forms. Knead on a floured surface until smooth, about 2-3 minutes. Wrap in plastic and let rest at room temperature for 20-30 minutes. Knead a few times and divide into 8 pieces (for 10" tortillas), or 12 pieces (for 8" tortillas). Roll each into a ball and cover with plastic to keep from drying out. Roll each ball out on a floured surface, turning over frequently. Stack between sheets of waxed paper.

Heat an ungreased heavy skillet over medium high heat until "a water droplet flicked onto it dances in tiny droplets". Place a tortilla in the pan and cook until the top is bubbly and the bottom is flecked with brown (about 30 seconds). Turn it over and cook the other side about 20 seconds. If it puffs up during cooking, just flatten it back down with the spatula. Cook the rest the same way. Tortillas can be refrigerated up to 3 days or frozen up to two weeks. Reheat before using.

(lifted from Consumer's Guide Mexican Cookbook)

[amyl](#)

Flour Tortillas

From: akrob@acpub.duke.edu (Adam Krob)

Date: 1 Sep 93 14:10:55 GMT

This recipe was given to me by my aunt in Santa Fe, New Mexico, so I assume that it is authentic.

- 4 cups all purpose flour
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons baking powder
- 4 tablespoons lard (or shortening, which I prefer)
- 1 1/2 cups warm water

Combine dry ingredients in a mixing bowl. Cut in shortening with a pastry blender. Make a well in the center and add water, a small amount at a time, to form the dough. Knead the dough in a bowl until it is smooth and feels elastic. Cover and set aside for 10 minutes. Form dough into egg-sized balls and flatten between palms. With a rolling pin, roll each ball into a 6 inch circle, about 1/8 inch thick. Cook on preheated, ungreased skillet over medium high heat for about 2 minutes on each side. The tortilla should look slightly specked. Cover with a clean towel to keep warm and soft. Serve warm. Makes about a dozen, depending of course on the size of the tortillas.

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[amyl](#)

Jailhouse Chili

From: Sarah Henderson sehender@reed.edu

Date: Fri, 17 Sep 1993 10:58:45 -0700 (PDT)

This is from A Bowl of Red, by Frank X. Tolbert--the preeminent book on chili. This recipe comes from a former director of the prison system in Texas, Dr. George Beto. It is given in proportions that would be called for in a prison.

Jailhouse Chili

25 lbs. coarsely ground beef
1/2 lb. comino (I assume this is cumin)
1/4 lb. chili powder
1/8 lb. paprika
2 handfuls of crushed dried red chili peppers
1/2 lb. finely chopped garlic

Put this all in a big pot with water to cover, closed tight. Cook 15 minutes on high before stirring. Then stir and simmer 30-40 minutes. "Prison cooks never add water, although they 'correct the seasoning to desired strength' in the final 30 minutes of simmering and put in 2 handfuls of monosodium glutamate 'for the desired taste balance.'"

[amyl](#)

Chile Rellenos & Other Mex. Recipes

From: joseph@inland.com (Roger Joseph)

Date: 1 Sep 93 08:39:35 CST

This recent collection of Mexican recipes contains three for rellenos.

A Collection of Misc. Hispanic Recipes from Netters

From: liblp@rosie.uh.edu (Tammy Stark Blandino)

Keiko's Tex-Mex 7-Layer Dip

My boss, Keiko Horton, gave me this recipe. It's one of her most popular. The trick to keeping the dip from being runny is to drain and (in some cases) pat dry with paper towels everything.

Layer 1: 2 large cans bean dip (preferrably Frito Lay)
 - drain any water from cans and spread on bottom of a
 rectangular cake dish

Layer 2: 3 avocados peeled and crushed
 2 tbsp. lemon juice
 sprinkling of garlic salt
 - mix 3 ingredients well and spread over bean dip

Layer 3: 16 oz. sour cream
 1 pkg. taco seasoning mix
 - mix well and spread over avocado layer

Layer 4: 1 bunch green onions, chopped fine
 - spread over sour cream layer

Layer 5: 2 large tomatoes, sliced, seeds removed, patted dry on
 paper towels, and diced
 - spread over onions

Layer 6: small can sliced black olives, drained, patted dry, and
 chopped
 - spread over tomatoes

Layer 7: 4-8 oz. cheddar cheese, grated
 - spread over black olives

-----End Recipe-----

From: jagordon@agsm.ucla.edu

Mexican Lasagne

Soak, cook and mash 1 pound pinto beans, seasoned with a little garlic, cumin and chili powder .
1 dozen corn tortillas
1 container non fat ricotta cheese
1 16 ounce container salsa
non fat yogurt - optional

In a casserole, spoon a couple spoonfuls of salsa cover bottom of casserole with tortillas.

Spread a layer of mashed beans
Spoon on some salsa
Layer of tortillas
Layer of ricotta or tofu
Spoon on some salsa
Tortillas
Beans yogurt and salsa

Bake 350 degrees farenheit for about 1/2 hour.
Good with mexican rice and/or a big salad.

-----End Recipe-----

From: gjs8323@trex.oscs.montana.edu

TAMALE PIE

Ingredients (for approximately 10 servings, if not more)

- 2 lbs ground beef (don't use the leanest stuff, the fat gives flavor, and is poured out after cooking anyway)
- 2 approx. 16 oz. cans corn
- 2 approximately 26 oz. cans diced totatoes
- 1 ripe green bell pepper
- 3 beef tamales (XLNT brand are recommended if available)
- 1/4 lb. cheddar cheese (I use colby longhorn)
- 1 small can pitted black olives

Directions:

- Thoroughly break up and brown ground beef, drain fat
- Combine equal amounts diced tomatoes and corn in a strainer, mix and drain thoroughly.
- Grate cheese
- Slice tamales (make sure they're thawed and drained) into approx. 1/4 inch slices
- Gut and slice bell pepper into approximately 1/8 inch ring slices (i.e. cut horizontally through pepper).
- In an approximately 13" dia. by 8" deep casserole bowl, layer the above ingrediants as follows, from bottom to top.
- 1 layer tamale slices

- 1 layer corn/tomato mix
- 1 layer ground beef
- 1 layer corn/tomato mix
- 1 layer ground beef (Note: a layer is just enough to cover the
- 1 layer grated cheddar cheese previous layer)
- 1 layer tamale slices
- Decorate with bell pepper slices and olives, putting pepper slices so their edges touch, but don't overlap (O.K. they can overlap a little!), and fill in holes with olives, as many as you want.

Cooking:

Bake in a preheated 375 degree F oven for 1 hr.

Serving suggestions:

This dish can be served several different ways, it's great with flour or corn tortillas as burrito stuffing, on a fried tortilla as tostada topping, or served all by itself with sour cream, guacamole, salsa. Best of all, if you can't possibly consume all of it's mass in one sitting it keeps for about a week in a refrigerator.

Phyllis J. Stoddard

From: MWORKMAN@vm.cc.purdue.edu

Fajitas

Marinade:

- 2 Tbsp oil
- 2 Tbsp lemon juice
- 1 clove garlic, minced
- 1 1/2 tsp seasoned salt
- 1 1/2 tsp oregano
- 1 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp crushed red pepper
- 1 1/2 lb. steak or chicken, cut in strips

Fajitas:

- 1/2 cup cilantro (optional)
- 1/2 cup chopped onions
- 1 cup red peppers
- 1/2 cup sliced green onions
- 3 to 4 Tbsp oil
- 8 tortillas

Directions:

In skillet, quickly saute vegetables in oil until lightly browned. Remove from pan. Saute meat 4 to 5 minutes. Return vegetables to pan and toss with meat. Spoon into tortillas.

(of course, marinade the meat in the marinade for at least an hour before beginning)

-----End Recipe-----

From: MWORKMAN@vm.cc.purdue.edu

Here is a recipe for tortillas that was adapted from Simply Simpatico: A Taste of New Mexico. It was originally posted by Steve H.

Flour Tortillas (Makes 12)

4 cups flour, all purpose or 1/2 all purpose and 1/2 whole wheat
1 1/2 tsp salt
1 1/2 tsp baking powder
4 T shortening, margarine and Crisco both work
1 1/2 cup warm water, may vary with the flour used

Combine the dry ingredients, then cut in shortening. Make a small well in the center and gradually add water. Knead the dough until it is soft, smooth and elastic. Set aside 10 minutes, then divide into 12 equally sized balls. Roll balls into 1/8 inch thick circles, and cook on a preheated, ungreased grill for about 2 minutes a side, until the tortilla is lightly speckled. Cover to keep warm.

-----End Recipe-----

From: D.Rutherford@appbio.utas.edu.au (Macfudd)

Tacos

Dry Ingredients

2 tablespoon Cumin powder
1 tablespoon Nutmeg powder
1 tablespoon Pimento (Allspice) powder (NB not pimiento)
1 tablespoon Paprika (hot or sweet)
1 tablespoon cracked peppercorn
salt to taste

Wet Ingredients

1 medium onion, diced
1 medium green capsicum, diced
1 medium red capsicum, diced
1 seeded tomato, roughly chopped
12 hot little fresh red chillies, sliced
6 pickled jalapenos, sliced
1 tablespoon tomato paste
1/4 cup tomato juice
2 tablespoons of olive oil

Meat

1 kilo lean choice grade mince (ground beef)

To Cook

*In a heavy bottomed frying pan (skillet) saute the onion in the oil until golden

*Add the mince and fry with stirring until cooked dry. This means all the water has gone and only oils remain; the meat looks dry at this point.

*Add all the dry ingredients to the meat and cook for two minutes with stirring. This cooking without water brings the natural oils out of the spice and gives a better flavour. If too dry then add a little oil, not water.

*Add the wet ingredients and stir in well.

*Reduce heat to very gentle, cover fry pan and cook for 3/4 hr. Stir occasionally to reduce sticking to pan.

The mixture should not be runny, if so remove lid and reduce.

Real taco meat should not be mince but in fact shredded cooked beef. I like a chunk of tough stuff simmered in vegetable stock until VERY tender. Make sure, when shredding by hand, that you shred along the grain; not against it.

-----End Recipe-----

From: kmh2@toto.cc.lehigh.edu (Kathy M. Miller)

Taco Salad

1 head lettuce, broken into bite-size pieces

4 medium tomatoes, diced

1-1/2 lb. hamburger

3/4 cup water

1 (8 oz) bottle Thousand Island dressing

1/2 cup sugar

1 onion, diced

8 oz. cheddar cheese, shredded

1 pkg. taco seasoning mix

1 pkg. taco flavored corn chips

Brown the burger. Reserve 1 tablespoon taco seasoning mix. Add the rest to the meat with about 3/4 cup water. Simmer for a few minutes then remove from heat. Let cool. Layer lettuce, tomatoes, onion, meat, and cheese. Repeat layers until all is used.

Refrigerate.

Sauce: Mix 1/2 cup sugar, 8 ounces Thousand Island dressing, and 1 tablespoon taco seasoning mix. Just before serving, add sauce and broken taco chips to vegetables and toss. Enjoy!

-----End Recipe-----

From: whitney@magnum.sybase.com (Whitney Martin)

Taco Salad

=====

1 lb. ground beef
1 taco seasoning packet (I use Shilling)
1/2 head of head lettuce, chopped
1/2 bag tortilla chips, broken into medium size pieces
1 can garbonzo beans, drained
1 can kidney beans, drained
1-2 cups grated cheddar cheese
1 avocado, diced
1 tomato, diced
1/2 red onion, diced
sour cream and salsa for garnish, if desired

Brown the ground beef, and season with packet, following directions on package as if you were making for tacos. Set aside and allow to cool slightly while you make the rest of the salad. Mix together the lettuce, garbonzo and kidney beans, cheese, avocado, tomato and onion. Add tortilla chips and meat last, toss, and serve immediately, topped with sour cream and salsa if desired. (The seasoning/sauce on the meat become your dressing, and you really don't need anything else.)

-----End Recipe-----

From: spp@zabriskie.berkeley.edu (Steve Pope)

Chile Rellenos (4 rellenos, serves two)

4 Anaheim chiles, roasted and peeled (canned Ortegas work OK)
3-4 oz. monterey jack cheese
8 oz. mild green chile salsa (canned salsa works OK)
2 eggs, separated

Stuff the chilis with the cheese. Whip the whites of the eggs until extremely fluffy; then add the yolks and stir once or twice (overstirring will deflate them).

In a large frying pan, heat 6 oz. of salsa to boiling. Reduce heat. Place 2/3 of the egg mixture in the pan in four relleno-sized lumps. Place one stuffed chile on top of each lump, and the remaining egg mixture on top of the chiles. Use up the remaining salsa by carefully spooning a dollop of salsa on top of each relleno. Cover and cook over low heat for a few minutes -- until the egg is firm and the cheese melted; do not overcook. You will need a large pancake turner to dish the rellenos from the frying pan onto serving plates -- they have a tendency to fall apart, so do this carefully.

To make these extra wonderful, start with fresh Anaheim peppers, two green and two red, roasting and peeling them right before preparation.

-----End Recipe-----

From: sfisher@megatest.com (Scott Fisher)

Chile Relleno

The classic Mexican-restaurant chile relleno uses what's called a Long Green Chile, of a number of cultivars. Easiest to come by is the Ortega brand of canned green chiles, which are known as the Anaheim chile when fresh. They're almost completely fire-free but very flavorful, especially the ones we picked last night for chile verde (recipe later, this one's a winner). You can stuff any pepper you like; I've stuffed habaneros, poblanos, Fresnos, Hungarian hot wax peppers, Spanish Spice, etc. They're all good, but the one that is most often used in restaurants is the Anaheim, mainly due to Col. Ortega's trek in 1906 from New Mexico to Oxnard, California, and later to Anaheim, where he developed a technique for roasting and peeling chiles mechanically.

If you're using fresh chiles, that's the trick: roasting and peeling. Batter won't stick to the shiny outer skin of fresh peppers, so you have to remove it. Besides, the taste changes drastically when you fire-roast a pepper, and it's worth doing at least once -- except you'll probably get hooked. (I covered roasting peppers not long ago, but basically, you hold them in an open fire till they turn black, then let them cool and peel off the black skin. The flesh of the peppers stays green, or red, or orange, and takes on a smoky flavor.)

Once roasted, make a slit about 1/3 to 1/2 the length of the pepper, just below the calyx (the base of the flower around the stem). Cut out the core and seeds. Stuff the chiles with cheese -- the classic is to use Monterey jack, but I've become addicted to the salty-sour taste of feta or goat cheese (and goat cheese is more likely what the Indians of New Mexico would have used anyway, it turns out).

For the Mexican restaurant flavor, beat egg whites to stiff peaks, then fold in beaten yolks with a little salt. Dip the stuffed peppers in this batter and then fry immediately in hot oil, removing to drain on paper towels when the coating turns golden brown.

What I've come to like, however, is dipping the peppers in beaten egg, then in corn meal, then in egg and in corn meal again. Then deep-fry them and drain when golden. This gives a crispier crust with a great corn-meal snap to it; blue corn meal gives it a deeper flavor and looks really cool besides.

In a restaurant, they'll serve these with a basic salsa ranchera, which I don't like well enough to know how to make it. I usually serve the ones I describe with sour cream and a fresh pico de gallo (chopped tomatoes, fresh chiles, onions, cilantro, cumin, salt, and lime juice). They would be Homeric with a green chile-tomatillo sauce.

I've also stuffed them with cheese, topped them with a grated cheese and popped them under the broiler for a low-fat/low-mess variation. In some ways I prefer that: there's more roasted-chile flavor than there is with the battered-and-fried variety, but you do miss the nifty crunch and the corn-meal flavor.

-----End Recipe-----

From: jsmith@cyote.dasd.honeywell.com

BAKED CHILI RELLENOS

Stuff 6-8 fresh roasted and pelled chilies (remove seeds, but keep stems) with monterey jack or longhorn cheese. Lay in greased casserole and pour batter over. Bake 325 until batter is done and lightly browned on top, 25 - 30 minutes. Serve with cheese sauce.

BATTER:

Beat 4 or 5 egg whites very stiff and add 1/4 tsp salt, add the yolks and continue beating while adding 2 Tbls flour.

CHEESE SAUCE:

Heat and bubble 2 Tbls butter and 2 Tbls flour and 1/4 tsp salt. Add 1 cup milk. Heat and stir until thick. Add 1 cup shredded cheddar or longhorn cheese and melt.

NOTE: To make for a party, open the chilies and lay flat, use grated cheese to make a complete layer, and add another layer of chili. Top with batter and bake as above.

[amyl](#)

8 Pepper Chili (Spicy!)

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

Date: 24 Sep 1993 22:03:48 GMT

I haven't made this in some time, as we haven't been eating meat for the last year and some. It makes a big pot of very meaty, spicy chili (You may find that you can make use of more than 8 kinds of peppers, but using fewer is discouraged!)

1 lb beef for stew

1 can Brooks hot-n-spicy chili beans

1 can (16 oz) tomatoes, drained and chopped

1 can (16 oz) tomato sauce

1 cup onion, chopped

3/4 cup green pepper, chopped

4-6 cloves garlic, crushed

1-3 jalapeno peppers, chopped

2-4 assorted hot peppers...banana, habanero, hungarian...

spices: salt, pepper, chili powder, basil, oregano, paprika,
white pepper, tabasco sauce, worcestershire sauce

tortilla chips

shredded cheddar cheese

sour cream

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Cut beef into medium size chunks (about bite-size).

Chop onion and peppers, crush garlic.

(you may wish to leave a few of the peppers whole, or halved, just cleaning out the seeds)

In a large pan (I use a dutch oven, about 6 qt) cook the beef, onion, peppers and garlic until beef is browned. Add 1/2 to 1 Tbsp. worcestershire and tabasco to taste and cook until vegetables are tender.

DO NOT DRAIN!

Stir in tomatoes, tomato sauce, and beans. Add remaining spices to taste (about 1 tsp. each of basil, oregano, paprika), not too much salt!

Reduce heat to low and cook, covered, 1-2 hours. Stir occasionally.

(At this point, I put the base to our wok over the burner and set the pan on top to cook it very gently for a couple of hours. Your mileage may vary.)

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Serve with tortilla chips, and top each bowl with a sprinkle of shredded cheddar and a Tbsp. of sour cream.

Enjoy!

[amyl](#)

Spinach Empanadas

From: tak@bushrat.jpl.nasa.gov (Tom Kreitzberg)

Date: 2 Nov 1993 17:04:11 GMT

Pastry

2 8-ounce packages cream cheese, softened
3/4 cup butter, softened
2 1/2 cups all-purpose flour
1/2 tsp salt

Filling

1/4 cup onion, finely chopped
3 cloves garlic, minced
4 slices bacon, cooked and crumbled
1 tbs bacon drippings
1 10-ounce package frozen spinach, thawed and drained
1 cup cottage cheese
1/4 tsp pepper
1/8 tsp ground nutmeg

1 egg, beaten

In a large mixing bowl, beat the cream cheese and butter till smooth. (Use a stand mixer, since the mixture is heavy.) Gradually add in the flour and salt. Lightly knead the dough by hand. Cover with plastic wrap and refrigerate for 3 hours.

In a medium skillet, cook the onion and garlic in the bacon drippings until the onion is tender but not brown. Mix in the bacon, spinach, cottage cheese, pepper, and nutmeg; let the mixture cool.

Preheat the oven to 450 F. Roll out the pastry on a floured surface to a thickness of 1/8 inch. Cut 3-inch circles in the pastry, place 1 teaspoon of the filling in each circle, just to one side of the center. Moisten the edge of the circle with the egg, fold the dough in half over the filling to make a semicircular empanada. Seal the edges with fork tines, and poke the top of each pastry with a fork to make a vent. Put the empanadas on an ungreased cookie sheet, brush their tops with egg, and bake for 10 to 12 minutes or until golden.

Makes 60 empanadas.

[amyl](#)

Stephanie da Silva's Tamale Collection

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

Date: Tue, 13 Jul 93 12:56:08 CDT

Contents

- [Basic Tamales](#)
- [Turkey in Green Mole Sauce](#)
- [Pork in Red Tomato Sauce](#)
- [Sweet Tamales](#)

Basic Tamales

This is a simplified recipe for tamales but they still should have a fairly authentic taste.

24 dried corn husks

1 cup lard

1 teaspoon salt

2 1/2 cups masa harina mix

1 1/2 cups warm pork or poultry broth filling (Turkey in Green Mole Sauce or Pork in Red Tomato Sauce)

To soak corn husks, cover with warm water; weigh down. Let soak at least 3 hours or overnight.

For tamale dough: Beat lard and salt until fluffy. Slowly beat in masa harina mix alternately with broth until very light and fluffy.

To assemble tamales: Drain corn husks, pat dry. Spread 2 tablespoons dough on center of husks forming a 3 x 2-inch rectangle and spreading completely to right edge.

Spoon 1 tablespoon filling lengthwise down center of rectangle.

To enclose tamales, turn right side over to center of filling; fold left side over filling, allowing plain part of husk to wrap around filling. Fold top end down over bottom end. Secure ends by tying a string around center of tamale.

To steam tamales, place a rack 2 inches above gently boiling water in steamer or 4-quart dutch oven. Stack tamales, folded side down,

on rack. Cover, steam about 2 hours or until done. To test for doneness, remove one tamale from center and one from side of steamer. Open husks; tamales should be firm and come away easily from husk. Makes 24.

Turkey in green mole sauce

3/4 cup turkey or chicken broth
1/2 cup toasted sesame seeds
1/4 teaspoon cumin
1/8 teaspoon pepper
1 cup canned, drained, chopped tomatillos
1/4 cup chopped onion
4 serrano chilies, seeded and chopped
1 1/2 teaspoons salt
2 garlic cloves
2 sprigs fresh coriander
2 tablespoons lard
2 cups shredded, cooked turkey or chicken

Place broth, sesame seed, cumin and pepper in blender container. Blend until smooth, set aside. Place tomatillos, onions, chilies, salt, garlic and coriander in blender, blend until smooth. Heat lard in heavy 10-inch skillet; add tomato puree (hm, I noticed this recipe neglected to list the amount. I'd say try 1/8 to 1/2 cup). Cook over high heat about 10 minutes or until reduced, stirring occasionally. Reduce heat. Gradually stir in sesame seed mixture. Do not boil. Add turkey; continue cooking over low heat 5 to 10 minutes or until mixture is thick. Makes about 2 1/2 cups.

Note: To use fresh tomatillos, remove papery husks; rinse. Place in saucepan, cover with water. Simmer about 10 minutes, or until tender. Drain.

Pork in red tomato sauce

2 large ripe tomatoes
2 garlic cloves
1 teaspoon salt
1 tablespoon lard
1/2 cup chopped onion
4 fresh jalapenos, seeded and chopped
2 cups shredded cooked pork

Broil tomatoes until charred on all sides; cool. Place in blender container with garlic and salt; blend until smooth. Heat lard in heavy 10-inch skillet. Add onion; saute until tender. Add tomato puree and chilies. Continue cooking over medium heat about 5 minutes. Add pork; continue cooking over medium heat 8 to 10 minutes or until mixture is thick. Makes about 2 1/2 cups pork filling.

Sweet tamales

32 dried corn husks
1 cup lard
1 teaspoon salt
3 cups masa harina mix
1 1/2 cups warm water
1/2 cup firmly packed brown sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
2/3 cup chopped pecans
2/3 cup raisins

Soak husks according to directions in Basic Tamales. For tamale dough: Beat lard and salt until fluffy. Slowly beat in masa mix alternately with water until very light and fluffy. Add brown sugar, baking powder, cinnamon and nutmeg, mixing until well blended.

To assemble tamales: Drain corn husks; pat dry. Spread 2 tablespoons dough on center of husks, forming a 3 x 2-inch rectangle and spreading completely to right edge. Spoon 1 teaspoon each pecans and raisins lengthwise down center of rectangle.

To enclose and steam tamales, proceed according to directions in Basic Tamales. Makes 32.

[mara](#)

Tamale Pie

From: gjs8323@trex.oscs.montana.edu

Date: Wed, 14 Jul 1993 17:06:18 MDT

Ingredients (for approximately 10 servings, if not more)

-2 lbs ground beef (don't use the leanest stuff, the fat gives flavor, and is poured out after cooking anyway)

-2 approx. 16 oz. cans corn

-2 approximately 26 oz. cans diced totatoes

-1 ripe green bell pepper

-3 beef tamales (XLNT brand are recommended if available)

-1/4 lb. cheddar cheese (I use colby longhorn)

-1 small can pitted black olives

Directions:

-Thoroughly break up and brown ground beef, drain fat

-Combine equal amounts diced tomatoes and corn in a strainer, mix and drain thoroughly.

-Grate cheese

-Slice tamales (make sure they're thawed and drained) into approx. 1/4 inch slices

-Gut and slice bell pepper into approximately 1/8 inch ring slices (i.e. cut horizontally through pepper).

-In an approximately 13 high by 8" deep casserole bowl, layer the above ingrediants as follows, from bottom to top.

-1 layer tamale slices

-1 layer corn/tomato mix

-1 layer ground beef

-1 layer corn/tomato mix

-1 layer ground beef

(Note: a layer is just enough to cover the previous layer)

-1 layer grated cheddar cheese

-1 layer tamale slices

-Decorate with bell pepper slices and olives, putting pepper slices so their edges touch, but don't overlap (O.K. they can overlap a little!), and fill in holes with olives, as many as you want.

Cooking:

Bake in a preheated 375 degree F oven for 1 hr.

Serving:

This dish can be served several different ways, it's great with flour or corn tortillas as burrito stuffing, on a fried tortilla as tostada topping, or served all by itself with sour cream, guacamole, salsa. Best of all, if you can't possibly consume all of it's mass in one sitting it keeps for about a

week in a refrigerator, and makes GREAT leftovers,.....the turkey of the mexican world shall we say. I have yet to have any left over from a pot luck however, so of you're partial to it, get yours before it's all gone! Enjoy!

[mara](#)

<TITLE>Tamales ala Diana Kennedy</TITLE>

<H1>Tamales ala Diana Kennedy</H1><P>

<DL COMPACT>

<DT>From: garhow@hpubmaa.esr.HP.COM (Garry Howard)<DD>

<DT>Date: 28 Oct 1993 14:54:25 GMT<DD>

</DL>

<PRE>

From "The Cuisines of Mexico"

By Diana Kennedy ISBN 0-06-012344-3

This is the definitive book on authentic Mexican cooking. I highly recommend it to anyone who want's to learn to cook Mexican food as it is prepared in Mexico.

Notes on Making Tamales

1. The corn husks. It is usual for corn husks bought here to be trimmed and flattened ready for use. But if by chance you have some in their rough state, just as they were when removed from the ear, cut off the cupped part at the bottom of the leaf and trim off the pointed tip. When you get them the husks will be dried out and papery. To soften them ready for use, pour plenty of very hot water over them and leave them to soak for several hours. Shake them well to get rid of excess water and pat them dry with a towel.

2. Making the tamales. Smear a thin coating of the tamal dough over the broadest part of the husk, allowing for turning down about 1 1/2 inches at the bottom broad part of the leaf and about 3 inches at the pointed top. Let us say, for a good-sized tamal spread the dough over an area approximately 3 inches wide and 3 1/2 inches long.

Spread the filling down the middle of the dough. Fold the sides of the husk together firmly. Turn up the pointed end of the leaf and fold the broader end over it. Tear some of the husks lengthwise into narrow strips, and use one for tying each tamal across the top flap. The husks are water repellent, and since the dough is to be steamed, the idea is to form a water-tight package so that when the dough is cooked through it will be light and spongy. If moisture gets in it will be soggy.

3. Cooking the tamales. The most convenient way to cook tamales is a conventional steamer. You can, of course improvise, but improvisations are not usually as efficient--a lot of good steam escapes and the cooking is not as even.

Fill the bottom of the steamer with water up to the level indicated and bring to a boil. Line the top of the steamer with corn husks, covering the bottom and sides well. Stack the tamales upright, with the tied-down flaps upwards. For the best results, they should be packed firmly but not too tightly, because the husks swell out as the dough cooks. (I always find that a small batch of tamales, not firmly packed in the steamer, do not cook as well or as quickly and are more likely to absorb the condensed steam.) Cover the tamales with more corn husks. Cover the top of the steamer with a thick cloth--a piece of old toweling is best--to absorb the condensation from the lid of the steamer. Cover the steamer with a tightly fitting lid.

As the water in the bottom part comes to a boil, put a coin into it, put the top part of the steamer on, and let the tamales cook for

about 2 1/2 to 3 hours over a medium flame. Keep the water bubbling, but not boiling violently. That is the reason for the coin. You will be able to hear it dancing about, and it will tell you if the water goes off the boil or is getting dangerously low. If the water is allowed to go off the boil the tamales will be heavy. Keep a kettle of water simmering so that you can refill the steamer when necessary.

To test the tamales for doneness, remove one from the center, and one from the side of the steamer. As you open the husks, the dough should come away easily from the husks and be completely smooth. To make doubly sure, open up the tamales and see if they are spongy and well cooked throughout.

4. Serving and storing the tamales. Once cooked, tamales are very good tempered. They are wonderful eaten right away, straight out of the husks, but after they cool off they are also extremely good heated through very gently in their husks in an ungreased heavy frying pan, or on a griddle. Just keep turning them so that they heat through evenly and the husk gets slightly browned but does not burn. They can be refrigerated, and will keep well stored that way for about a week. It is best, however, to freeze them. To reheat, they can be wrapped in foil, put into a 350 degree oven still frozen, and heated through for about 30 minutes.

Title: Tamales Nortenos [Northern Tamales]

Categories: Mexican, Main dish

Servings: 12

-----FILLING-----

1 1/4 lb Pork shoulder
1/4 onion, sliced
1 clove garlic, peeled
1/2 ts salt
4 peppercorns
Water to cover
3 chile anchos
1/2 ts cumin seeds
2 tb lard

-----THE TAMALES-----

Basic Tamal Dough
2 ts chili sauce
-from the filling
72 small corn husks
-soaked

From: The Cuisines of Mexico

By: Diana Kennedy ISBN 0-06-012344-3

This recipe is from northern Mexico and I think it is closer to the tamales made in Texas. Tamales from central Mexico are thick and fluffy and are mostly dough. This is the original recipe as it would be prepared in Mexico, including lard. Adjust as necessary to suit your sensibilities. I substitute Crisco for the lard. I have also made this recipe using chicken in place of the pork.

Enjoy!
Garry

The smallest tamales of all are the nortenos from Coahuila and Chihuahua. They are as thick as a very fat finger and about 2 1/2 inches long. The northerners express contempt for the large, fluffy

white ones of central Mexico, which to them are all dough and very little else--which is true of the commercially made ones. The dough in these is almost overcome by the filling of pork in a sauce of chiles anchos strongly flavored with cumin.

Cut the meat into 1-inch squares--it should have a little fat on it--and put it into the saucepan with the onion, garlic, salt, and peppercorns. Barely cover the meat with water and bring to a boil. Lower the flame and simmer the meat until it is tender--about 40 minutes.

Set the meat aside to cool off in the broth. Strain the meat, reserving the broth, and chop it roughly.

Heat the griddle and toast the chiles well, turning them from time to time so that they do not burn. Let them cool a little. When they are cool enough to handle, slit them open and remove the seeds and veins.

When the chiles have cooled off they should be crisp. Crumble them into the blender jar or spice grinder and grind them with the cumin seeds to a fine powder.

Melt the lard, add the chili powder, and cook it for a few seconds, stirring it all the time. Add the meat and, continuing to cook, let it season for a minute or so.

Add the pork broth and let the mixture cook for about 5 minutes over a medium flame so that it reduces a little--there should be quite a bit of sauce left. Add salt as necessary.

Make the basic dough but do not add any baking powder. Mix the chili sauce into the dough to give it a little color.

Using the smallest husks or the large ones cut in half, spread a scant tablespoon of the dough thinly over each husk, covering an area about 2 X 2 inches. Put a little of the meat with plenty of sauce into the center of the dough and fold the husk as you would for ordinary tamales.

Stack the tamales in the steamer and cook for about 2 hours. Test to see if they are done.

</PRE>

<ADDRESS>amyl</ADDRESS>

Vegetable Bean Enchiladas

From: leong@owl.net.rice.edu (Cheng Wan Leong)

Date: Thu, 15 Jul 1993 21:11:57 GMT

Ok, so zucchini isn't a main ingredient, but it's a recipe with zucchini as /an/ ingredient, and I like it, so. . .

Note: This recipes has received several (local) rave reviews. Really.

1 dozen tortillas [flour preferred to corn -cl]

3-4 cups enchilada sauce (recipe follows)

Filling:

3 Tbsp. oil

1 onion, minced

1 green pepper, chopped fine

3 stalks celery, chopped

1 Tbsp. dried parsley

2 cups coarsely grated ZUCCHINI

2 cups green beans, chopped

1 Tbsp. cornmeal

dash each of cumin, chili powder, and garlic powder

1 cup grated cheddar and/or jack cheese

2 cups cooked pinto, kidney or other beans

[A good idea before you start on the enchiladas is to start on the sauce (following) and let it simmer while you prepare the actual enchiladas. -cl]

Preheat oven to 350 degrees. Saute onion, pepper, celery and parsley in oil. Add vegetables and cook, covered until tender. Add cornmeal, seasonings, and beans. Fill tortillas with generous 1/3 cup vegetable mixture and roll to form enchilada. Place enchiladas in single layer in baking pan. Cover with sauce. Top with cheese. Heat in oven for 20-30 minutes. Serves 6-8

Sauce for above enchiladas:

2 cans (15 oz) tomato sauce;

1/2 green pepper, chopped,

1 stalk of celery, chopped finely,

1/2 onion, chopped,

parsley to taste,

1/8 tsp. garlic powder,

1 tsp. basil,

1 tsp. oregano,

1/2 tsp coriander,

Vegetable Bean Enchiladas

1/2 tsp. cumin,
1/2 tsp. chili powder. [if you are generous here, you will be rewarded.]

Puree vegetables and spices with 1 can tomato sauce in blender. Pour into pan and add second can of tomato sauce. Simmer for 10-15 minutes.

[this recipe taken from Rob Fullmer's on-line vegetarian recipe database living at ~fullmer/bin/recipes on Rice's Owlnet. -cl]

[mara](#)

Norwegian Dishes

Index

- [Berry Pudding With Cream](#)

[mara](#)

Thai Recipes

Index

- [Lemongrass Soup](#)
- [COLLECTION: Pad Thai](#)
- [Thai dishes and soups : COLLECTION](#)
- [COLLECTION: Thai Recipes Vol.1](#)
- [COLLECTION: Thai Recipes Vol.2](#)
- [Thai Basil Chicken](#)
- [Thai Chicken with Basil](#)
- [Thai Stir-Fried Beef with Mint](#)

[amyl](#)

COLLECTION: Pad Thai

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

Date: Mon, 2 Aug 93 14:20:23 CDT

Contents

- [Pad Thai \(1\)](#)
- [Pad Thai \(2\)](#)
- [Pad Thai \(3\)](#)
- [Pad Thai \(4\)](#)
- [Pad Thai with Shrimp](#)

Pad Thai (1)

1/2 pound dried rice noodles 1/8 inch wide
Warm Water
1/2 pound shrimp, chicken, pork or combination
1/4 cup fish sauce
1/4 cup + 2 tablespoons granulated sugar
1/4 cup + 2 tablespoons white vinegar
1 teaspoon paprika
4 green onions
1/2 cup vegetable oil (more if needed for step six)
1 teaspoon chopped garlic
2 eggs
3/4 pound bean sprouts
ground roasted chiles (see note at bottom)
ground unsalted roasted peanuts
Lime wedges

1. Soak noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Later cooking in liquid will soften them more. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8 inch lengths if you find it easier to stir-fry then that way.
2. Peel and devein the shrimp leaving the tails intact (or remove if preferred) Slice chicken, pork into 1/8 inch strips 1-2 inches long.
3. Mix the fish sauce, sugar, vinegar, and paprika in a bowl and stir until the sugar dissolves. Set aside. Slice green onions both the green and white parts, diagonally into 1-1/2 inch long pieces. Set aside.
4. Heat a wok, add the oil and swirl over the surface. Add the garlic and stir fry until light golden. Add the meat and stir-fry until shrimp is pink. If

using chicken or pork stir-fry until pink disappears. Add the noodles and toss lightly to coat with oil and the distribute meat and garlic(I often do this in a larger pot since things tend to come out of the wok).

5. Add the liquid from step 3 and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce heat to medium and boil the mixture, folding frequently until the noodles have absorbed the liquid (I find a pasta server works great for this step).

6. Lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break the egg and slip it into the oil. Break the yolk and cover the egg with the noodles immediately. Repeat this on the opposite side with the other egg. Allow eggs to cook undisturbed, over moderate heat until they are set and almost dry. Additional oil may be added if the eggs or the noodles begin to stick to the wok.

7. When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.

8. Add the green onions (and bean sprouts if you prefer them mixed in) and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes or until onions are tender.

9. Take a large platter spread with bean sprouts(if you left them out above). Spread Pad Thai from wok over top. Sprinkle ground chilies(see note) and ground peanuts over the top and squeeze lime over the top. Or serve toppings separately for each diner to add according to taste.

Note on chilies: Buy whole dried chiles and grind since pre-ground often lack the "bite" of whole ones. Thai chilies may be used (VERY hot), or milder American chiles may be used. The Thai chilies are known as Prig hang. They may also be found in Mexican food sections under the name "Chiles Arbol". Use sparingly if you aren't used to them they are quite potent.

Pad Thai (2)

1/2C. vegetable oil
6 cloves garlic, finely chopped
1C. small cooked shrimp
1T. sugar
3T. fish sauce
1 1/2T. ketchup
2 eggs, beaten
3/4lb. rice vermicelli, soaked in hot water for 15 mins. and drained
1C. bean sprouts

Garnish

1T. dried shrimp powder
2T. peanuts, coarsely ground
1/2t. dried red chili flakes
2 green onions, finely chopped
2T. coriander leaves, chopped
2 limes, sliced into rings

Heat oil in a wok and fry garlic until golden. Quickly add the shrimp and stir fry until heated through. Add the sugar, fish sauce and ketchup and stir until sugar dissolves. Add the beaten eggs, letting them set slightly, then stir to scramble. Add the noodles and toss and stir for about 2 mins. Reserving about 4 Tbls. of bean sprouts, add the remainder to the wok. Stir over heat until the bean sprouts are barely cooked. Turn the Pad Thai onto a platter, placing the reserved, raw bean sprouts on one side.

Presentation

Sprinkle the noodles with the garnish ingredients in the following order: shrimp powder, peanuts, chili flakes, green onions, coriander leaves. Ring the platter with the lime slices and serve.

From: The Original Thai Cookbook by Jennifer Brennan

Pad Thai (3)

noodles - vermicelli or rice noodles ~ 6 oz.
2 T. peanut butter
5 T. soy sauce or tamari
1 T. brown sugar
2 scrambled eggs
6 diced scallions
5 cloves pressed garlic
peanuts
1/3 cup vinegar
quartered lime

Cook, rinse and refrigerate the noodles ahead of time.
In a bowl mix the PB, soy, and sugar.

In the wok, sautee the scallions and garlic. You can add bean sprouts at this point too. After a few minutes, add the noodles, and stir-fry them for about 5 minutes. Then add the stuff in the bowl, and the vinegar. Cook this for a couple more minutes. Last, add the eggs and peanuts, and heat until hot. Serve with the lime wedges on the side.

Pad Thai (4)

1 Pkg (10-16 oz. (.3-.5 kg) rice stick noodles

2Tbl oil (30 ml)
3 or more cloves garlic, crushed or minced
8oz. (250•g) Shrimp, peeled (optional)
8oz. (250g) Chicken, Pork or more Shrimp, cut into dice or matchsticks (optional)
2 or 3 eggs
1 Cup (250ml) bean sprouts
1/4 Cup (60ml) chopped/ground peanuts
1 red chile, finely chopped, or 1 tsp (5ml) red pepper flakes (optional)
1 Cup (250ml) sliced cabbage
Cilantro leaves
Lime wedges

Sauce

1/4 Cup (60ml) Thai Fish Sauce
1/4 Cup (60ml) White Vinegar
2 Tbl (30 ml) white sugar
3 Tbl (90 ml) Paprika

Soak the rice noodles in cold water at least two hours before cooking.
Drain

In a large wok, heat oil and stir-fry garlic for 30 seconds. Add shrimp and other meat if used.

Add the noodles, and stir-fry until al dente. Add sauce ingredients, cook to allow most of this to be absorbed (2 minutes or so).

Spread the noodles, etc. out to the sides, and add eggs. Some will crack the eggs directly into the wok, others will pre-scramble. If cracked into the pan, start stirring them up when partially cooked, so you get 'streaky' yellow and white eggs. As they cook, fold the noodle mixture back in.

Add 1/2 the bean sprouts, peanuts, red pepper, folded into the mixture.

Serve hot, garnished with the rest of the bean sprouts, chopped cabbage, cilantro. Serve with lime wedges to be squeezed into the noodles.

In my house, we have doctored this with thai hot chile sauce, sweet and sour sauce, or sate-style peanut sauce. It takes to any of these very well, depending on your tastes.

Pad Thai with Shrimp

8 oz. small size rice noodles
3 T tomatoe sauce or tamarind paste
2 T veg. oil
1 T pickled radish
3 T sugar
1/3 c water or chicken stock

1 egg
3 T fish sauce
1/2 lb shrimp, cleaned and shelled
1 handful bean sprouts (fresh); chopped once or twice
2 oz green onions, cut into 1/2 inch pieces
2 T finely chopped peanuts

1. Soak the rice noodles in cold tap water about 20 minutes, until they are "springy". Then drain in a colander until needed.
2. If using dried tamarind, soak the tamarind in hot water for awhile, then mash with a fork to soften. Force as much of the mixture as you can through a sieve to remove bits of bark, etc.
3. Heat oil in wok, and add the tamarind/tomato sauce, pickled radish, and sugar. Mix well and let heat up.
4. Add the noodles, small portions at a time, and add that water/stock. Mix well until all the noodles are coated with the mixture. Add more liquid if necessary -- it will cook out. Don't be easy on the noodles -- chop them with the spatula or spoon some to separate them. It may help to "toss" the noodles like a salad, to get them coated.
5. Beat the egg and mix with the noodles. Add the fish sauce and shrimp. Mix everything thoroughly. The noodles will tend to "clump", so stir or "toss" like a salad to get everything mixed, and to ensure that the egg and shrimp cook thoroughly. It will help to cover the wok with a lid for a minute or so, then toss the mixture, then cover again. You'll know it's done when the shrimp are completely pink. There may be a little browning of the noodles; stirring will keep them from burning.
6. Add the bean sprouts, green onions, and chopped peanuts. Mix well, then turn off the heat and let stand a minute or so. Serve.

[mara](#)

COLLECTION: Thai dishes and soups

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

Date: Mon, 2 Aug 93 14:21:29 CDT

Contents

- [Eggplant with Tofu](#)
- [Thai Chicken Coconut Soup](#)
- [Red or Green Thai Curry](#)
- [Green Bean Curry](#)
- [Evil Jungle Prince with Chicken \(or with Mixed Vegetables\)](#)
- [Yellow Curry Chicken](#)
- [Thai chicken and coconut milk soup](#)
- [Tom Kha Gai](#)

Eggplant with Tofu -- from Keo's Thai Cuisine by Keo Sananikone

3/4 lb Japanese eggplant (about 3 cups sliced)

1/4 lb tofu

6 T oil

2 to 3 cloves garlic, crushed

1 to 5 red chili peppers, seeded and chopped

10 to 15 sweet basil leaves

1 to 3 T yellow bean sauce (yellow bean sauce from Thailand is saltier than sauce from Hong Kong or China, so season to taste)

Slice unpeeled eggplant crosswise into slices 1/8-inch thick. Cut tofu into 1/2-inch cubes. Heat oil in skillet; add garlic and stir-fry until light brown (don't burn!). Add eggplant and tofu and cook for 5 to 7 minutes. Add remaining ingredients; mix gently. Serve immediately, since eggplant and basil turn dark if dish sits after cooking. Makes 3 to 4 servings.

Thai Chicken Coconut Soup -- Posted by Tamar More based upon an ingredient list

3-4 cans coconut milk (make sure it's the unsweetened kind)

3 tbs chopped scallions

1 to 3 tsp lemon grass

cilantro (preferably fresh. I sometimes leave this out. Niels says that's defeating the whole point, but I think it still comes out great)

tofu, cubed into smallish pieces.

chicken, also cubed to bite size.
mushrooms
1 carrot, grated
juice from loads of limes (8? i can never put in enough)
serrano chillies (or any other hot chili pepper, again preferably
fresh, but powdered will do)
1 tsp galanga powder

Heat the coconut milk in a pot. Add everything else. As the lemon grass is inedible, put it in a tea ball and immerse the ball in the soup so you can retrieve it later. Cook until the chicken is done and the soup is hot (30 minutes?). Taste to see if it needs more limes (it always does) or more hot peppers (it's better to start mild and build up to the desired level of spicyness).

Red or Green Thai Curry -- Carol Miller-Tutzauer (riacmt@ubvms)

You can add other things (holy basil, fish sauce, chopped hot Thai chiles, lemon grass, galanga, shrimp paste, etc.).

2 T red or green curry paste (use more for hotter curry; Mae Ploy brand is excellent)
3 T vegetable oil
3/4 lb boneless chicken meat, cut into 3/4-inch pieces
2 cans (unsweetened) coconut milk (approx. 3 c in all)
1 c water or chicken broth
1/2 c baby corns
1/2 c straw mushrooms (or substitute other mushroom of your choice)
1/2 c sliced bamboo shoots
5 kaffir lime leaves (dried are fine; these are available in packages on the bottom -- usually dusty -- shelf of the Asian market; they look like dried, curled-up leaves)
1/2 t salt (more or less to taste)
if green curry, 10 fresh basil leaves
if red curry, 1/2 red bell pepper, cut into matchstick-size strips

Fry curry paste in oil in saucepan until fragrant. Add chicken (if using) and saute for about 1 minute over medium high heat. Add remaining ingredients except basil leaves or red bell pepper. Bring just barely to a boil; reduce heat and simmer 20-30 minutes. Just before serving, stir in basil leaves or red bell pepper. Serve with cooked Thai Jasmine rice.

Green Bean Curry (aka Country Curry or Jungle Curry)

1 lb fresh green beans [if necessary, you may substitute whole frozen ones]
2 T Thai Curry Paste (I like to use the "Key" brand packets of either "Country Curry" or "Red Curry"; but they are all flavorful.
Mae Ploy and Tommy Tang are other good brands.

2 T vegetable oil

Bamboo shoots (optional; I like to use a large can of bamboo tips because they are tender and I can cut them into 1/4 inch thick round slices. You can also use a couple of the small cans of sliced bamboo shoots, but they will not absorb the flavor as well. I think carrots cut into coins would also be good, if you like those. I tried potatoes once, but they just disintegrated.)

6 c chicken broth

Clean and pick green bean tips. In a dutch oven (or equivalent size vessel), heat oil. Add curry paste and "fry" until fragrant, about 1 minute. Add broth, green beans, bamboo shoots (or other vegetable). Bring to a rapid boil and cook like that for about 15-20 minutes (watching that liquid doesn't reduce too much; add water as necessary). Reduce heat to a hard simmer and continue cooking until green beans are VERY done and have absorbed the flavor of the curry broth. Serve in bowls over rice.

Evil Jungle Prince with Chicken (or with Mixed Vegetables)
Keo's Thai Cuisine by Keo Sananikone, Ten Speed Press, 1986,

1/2 lb boneless chicken breast (or 1/2 lb mixed vegetables, see note below)

2 to 6 small red chile peppers

1/2 stalk fresh lemon grass

2 kaffir lime leaves

2 T oil

1/2 c coconut milk

1/2 teaspoon salt

1 to 4 T fish sauce, based on personal taste (omit for veggie version)

10 to 15 basil leaves

1 c chopped cabbage

Thinly cut chicken into 2-inch strips. (If doing veggie version, cut vegetables into thin strips.) Grind together red chili peppers, lemon grass, and kaffir lime leaves in a food processor or pound in a mortar. Heat oil to medium-high and saute pepper mixture for 3 minutes. Stir in coconut milk and cook for 2 minutes. Add chicken (or vegetables) and cook for 5 minutes or until cooked (same time for veggies). Reduce heat to medium-low. Stir in fish sauce (if using), salt, and basil. Serve on a bed of chopped cabbage.

Makes 3 to 4 servings.

Note: For mixed vegetables, choose from among bell peppers, string beans, water chestnuts, tomatoes (small cherry tomatoes are best), bamboo shoots, miniature corn, asparagus, cucumbers, zucchini, Japanese eggplant, and mushrooms. I particularly like string beans or asparagus, a few cherry tomatoes, shredded (rather than sliced) bamboo shoots, miniature corn, and some straw mushrooms or slender (Japanese) eggplant.

Yellow Curry Chicken

1 lb bnls, skinless chicken breast, cut in bite-size pieces
2-3 c fresh veggies: mushrooms, asparagus, onions, zucchini, ...
2 potatoes, peeled and cut in pieces, pre-cooked
1-2 carrots, cut in bite-size pieces, pre-cooked
1/2 c or so frozen peas

1-2 T veg. oil
1 T red curry paste
1 can (14 oz) coconut milk
3-4 T fish sauce
dash salt
1-2 T sugar
1 T yellow curry powder
1/2 c water or chicken stock
1/2 bay leaf

1A. Pre-cook potatoes and carrots. Don't cook them too done, since they will simmer with the main dish later.

1. Cut boneless, skinless chicken breast into bite-size pieces.
2. Wash and cut fresh vegetables into bite-size pieces.
3. In a heavy saucepan on medium heat, heat the veg. oil, red curry paste, and about one third of the coconut milk. Heat 5-10 minutes, stirring, until it forms a thin gravy.
4. Turn the heat to high, add the chicken, and cook until the chicken is half cooked, maybe five minutes.
5. Add the fish sauce, sugar, salt, and rest of the coconut milk, and mix well.
6. Stir in the curry powder, potatoes, carrots, and water/stock. If desired, add 1/s bay leaf. Let simmer just a minute or two.
7. Add the fresh vegetables and the frozen peas, and let simmer for 3 to 5 minutes, until fresh veggies are just done.
8. Serve (with jasmine rice...).

Thai chicken and coconut milk soup

1 12-ounce can coconut milk
1/4 pound chicken breast, cut into small chunks
The juice and grated peel of 1 lime
1 4" piece of lemon grass, cut into very thin (1/16") slices on the

diagonal

3 or 4 slices of galanga (fresh ginger may be substituted)
Hot chile peppers to taste -- preferably Thai birds, with serranos
an acceptable substitute, cut into thin circles
Cilantro for garnish

Pour the lime juice on the chicken and let stand while you prepare the rest of the soup. In a medium saucepan, place the coconut milk, lemon grass, grated lime peel, galanga or ginger, and (optionally) chiles. (The optional part is that if you don't want the whole dish to taste spicy, add the chiles later; the earlier you add them, the hotter the resulting dish.) Bring the coconut milk to a simmer.

When the soup is simmering, add the lime-soaked chicken pieces and stir to distribute them. Reduce the heat so the soup stays just below a boil and cook for 12 to 15 minutes, or till the chicken pieces are finished cooking. Remove from heat and serve immediately with fresh cilantro leaves for garnish.

Now, the *best* way I ever had this soup was with pieces of fresh grouper instead of chicken. I also added slices of kumquats instead of the ginger, and used the sweet Fresno chiles instead of Thai birds. We also served it over Vietnamese rice noodles. If you can't find grouper, it'd be good with any tender, delicate white fish -- sole, maybe, or a very fresh sea bass, or maybe little chunks of monkfish. I believe I've had this with shrimp as well.

Tom Kha Gai

2 boneless chicken breast - cut up bit sized
2-3 stalks of lemon grass - cut up into 2" pieces and separated
6 pieces of dried galangal
1 can coconut milk
2 Tbs sugar
2 tsp salt
1 tsp dried crushed red chilis (optional)
7 cups water

Place the chicken, lemon grass and galangal in a soup pot. Add the water and cook over medium for about 30 minutes. Add the remaining ingredients and simmer for 20 minutes. You may need to adjust the salt, sugar and water as I find the taste varies with the brand of coconut milk used. Serve with extra chilis and white rice.

[mara](#)

From: stigle@cs.unca.edu (Sue Stigleman)

PAD THAI -- GENERAL NOTES:

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Rice Noodles:

You can use fresh or dried, in widths from 1/8 to 1/2 inch wide. I've never tried fresh. The dried ones have to be soaked in water to soften them. The recipes call for soaking in cold water, lukewarm water, hot water, and boiling water for anywhere from 7 minutes to 2 hours. I put mine into warm tap water and let them soak while I'm preparing everything else. Just before I start cooking, I dump them into a colander to drain. One recipe suggests cellophane noodles as an alternative to rice noodles -- I've never tried that variation.

Meat or No Meat:

The most common meat called for is shrimp, with chicken and/or pork use in addition to or in place of the shrimp. Some recipes add bean curd; some substitute it for the meat. Jeff Smith's recipe uses deep fried bean curd. My own variation is to substitute various veggies (asparagus, red bell pepper, broccoli, snow peas, or whatever else looks good.) As Nancie McDermott says, "Thai cooks blithely tinker with the classic formula to create signature variations, and you can, too."

Oil and Seasonings:

Cooking pad thai starts with vegetable or peanut oil. Most versions add garlic, and sometimes shallots, shrimp paste (be prepared for the smell!), onions, fresh red chilies, and/or preserved sweet white radish.

The Sauce:

What makes pad thai, in addition to the rice noodles, is the sauce. The general mix of flavors is sweet, salty, sour, and hot. Typical ingredients are:

- fish sauce (sometimes soy sauce is used in addition, or in place of for pure vegetarian versions)
- sugar (sometimes palm sugar is suggested)
- vinegar (various kinds specified; tamarind sauce or lime juice are sometimes used instead)
- "red stuff" -- may be paprika, tomato paste, catsup, chili powder, hot chili sauce, chili paste with garlic, tomato sauce, or cayenne pepper, depending on the recipe.
- Other possible additions: salt, black pepper, chicken stock, dried shrimp powder. One recipe calls for boiling the sauce before using.

Eggs:

Anywhere from 0-6. Some recipes call for beating the eggs before adding; others suggested breaking the yolk after adding the egg to the pan. Various techniques are suggested for manipulating the egg while cooking. One recipe calls for cooking the egg before starting the pad thai, cutting it into strips, and then adding the egg strips back at the end of cooking. I haven't tried this myself but have had it in restaurants.

Bean Sprouts and Scallions:

These are usually added last in cooking, or added to the finished dish without cooking.

Garnishes:

Various things can be added to finished dish as an edible garnish:

- lime or lemon wedges
- ground roasted chilies
- ground roasted peanuts
- dried red chili flakes
- fresh coriander leaves
- cucumber slices
- dried shrimps
- fried basil leaves
- cherry tomatoes
- mint sprigs

Experiment, and enjoy!

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

Source: Keo's Thai Cuisine by Keo Sananikone

EGGPLANT WITH TOFU

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Ingredients:

- 3/4 lb Japanese eggplant (about 3 cups sliced)
- 1/4 lb tofu
- 6 T oil
- 2-3 cloves garlic, crushed
- 1-5 red chili peppers, seeded and chopped

- 10-15 sweet basil leaves
- 1-3 T yellow bean sauce (yellow bean sauce from Thailand is saltier than sauce from Hong Kong or China, so season to taste)

Instructions:

Slice unpeeled eggplant crosswise into slices 1/8-inch thick. Cut tofu into 1/2-inch cubes. Heat oil in skillet; add garlic and stir-fry until light brown (don't burn!). Add eggplant and tofu and cook for 5 to 7 minutes. Add remaining ingredients; mix gently. Serve immediately, since eggplant and basil turn dark if dish sits after cooking. Makes 3 to 4 servings.

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

Source: Keo's Thai Cuisine by Keo Sananikone, Ten Speed Press, 1986

EVIL JUNGLE PRINCE WITH CHICKEN (or with Mixed Vegetables)

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(3-4 servings)

Ingredients:

- 1/2 lb boneless chicken breast (or 1/2 lb mixed vegetables, see note below)
- 2-6 small red chile peppers
- 1/2 stalk fresh lemon grass
- 2 kaffir lime leaves
- 2 T oil
- 1/2 c coconut milk
- 1/2 tsp salt
- 1 to 4 T fish sauce, based on personal taste (omit for veggie version)
- 10 to 15 basil leaves
- 1 c chopped cabbage

Instructions:

Thinly cut chicken into 2-inch strips. (If doing veggie version, cut vegetables into thin strips.) Grind together red chili peppers, lemon grass, and kaffir lime leaves in a food processor or pound in a mortar. Heat oil to medium-high and saute pepper mixture for 3 minutes. Stir in coconut milk and cook for 2 minutes. Add chicken (or vegetables) and cook for 5 minutes or until cooked (same time for veggies). Reduce heat to medium-low. Stir in fish sauce (if using), salt, and basil. Serve on a bed of chopped cabbage.

Note:

For mixed vegetables, choose from among bell peppers, string beans, water chestnuts, tomatoes (small cherry tomatoes are best), bamboo shoots, miniature corn, asparagus, cucumbers, zucchini, Japanese eggplant, and mushrooms. I particularly like string beans or asparagus, a few cherry tomatoes, shredded (rather than sliced) bamboo shoots, miniature corn, and some straw mushrooms or slender (Japanese) eggplant.

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

GALLOPING HORSES (THAI APPETIZER)

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(servings: 8-10)

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

Preparation:

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.

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

GREEN BEAN CURRY

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(aka Country Curry or Jungle Curry)

Ingredients:

- 1 lb fresh green beans [if necessary, you may substitute whole frozen ones]
- 2 T Thai Curry Paste (I like to use the "Key" brand packets of either "Country Curry" or "Red Curry"; but they are all flavorful. Mae Ploy and Tommy Tang are other good brands.)
- 2 T vegetable oil
- Bamboo shoots (optional; I like to use a large can of bamboo tips because they are tender and I can cut them into 1/4 inch thick round slices. You can also use a couple of the small cans of sliced bamboo shoots, but they will not absorb the flavor as well. I think carrots cut into coins would also be good, if you like those. I tried potatoes once, but they just disintegrated.)
- 6 c chicken broth

Instructions:

Clean and pick green bean tips. In a dutch oven (or equivalent size vessel), heat oil. Add curry paste and "fry" until fragrant, about 1 minute. Add broth, green beans, bamboo shoots (or other vegetable). Bring to a rapid boil and cook like that for about 15-20 minutes (watching that liquid doesn't reduce too much; add water as necessary). Reduce heat to a hard simmer and continue cooking until green beans are VERY done and have absorbed the flavor of the curry broth. Serve in bowls over rice.

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From: sehender@reed.edu (Sarah Henderson)

Source: Madhur Jaffrey's Far Eastern Cookery

HOT AND SOUR SHRIMP SOUP (THAI)

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Ingredients:

- 1 lb. medium shrimp
- 2 sticks fresh or 2 tablespoon. dried lemongrass
- 4 fresh or dried kaffir lime leaves

11 oz rice or cellophane noodles (sen kel or woon sen),
 soaked in cold water for 7-10 minutes, if dried

1/4 cup chicken stock

3 tblsp dried shrimps, chopped

1/3 cup unsalted peanuts, chopped

4 spring onions, sliced

15 oz bean sprouts

Sauce:

1 cup water

1/2 cup tamarind juice

1/3 cup palm sugar

1 tblsp white soya sauce

Instructions:

Mix all the sauce ingredients together in a pan and boil until reduced to about 2/3 cup. Set aside to cool.

Heat the oil in a wok or pan until very hot, then add the prawns and bean curd and stir-fry lightly for 1 minute. Add the preserved radish and shallot, fry for 1 minute, and break in the eggs. Stir-fry for a minute, then add the noodles and chicken stock. When the noodles are soft (about 2 minutes), add the dried shrimps, peanuts, spring onions and bean sprouts. Add the sauce, fry for a couple of minutes and serve.

Serve accompanied by chopped peanuts, chopped dry chillies, sugar, lime wedges, spring onions, and fresh bean sprouts, all in small containers.

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From: steven.frank%acclbbs@ssr.com (Steven Frank)

Source: Joyce Jue - Prodigy Guest Chefs Cookbook

MEE KROB

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(Serves 6)

Ingredients:

1 2-in piece of tamarind pulp

Peanut or corn oil (for deep-frying)

1/4 lb Dried rice stick noodles

6 oz Med shrimp, shelled and deveined

1 Whole boned chicken breast, cut into slices

4 Shallots; minced

1 tblsp Minced garlic

2 small Serrano chiles, finely minced
 1 Lime (zest only)
 3 1/2 tblsp Tomato paste
 4 tblsp Sugar
 1/4 c Thai fish sauce (nam pla)
 3 tblsp Fresh lime juice
 4 Green onions; trimmed, cut into 1-in lengths, blanched
 3 tblsp Fresh coriander leaves
 1/2 lb Bean sprouts; tails removed (for garnish)

Crispy Egg Lace

Oil 1 for deep-frying
 1/4 tsp Salt
 2 Eggs; lightly beaten

Instructions:

COVER TAMARIND WITH 3/4 CUP hot water. Crush and break up pulp with a fork and let it stand for 20 minutes. Pour mixture through a strainer and press it through. Collect 1/2 cup tamarind liquid. Pour oil into a wok or deep saucepan to a depth of about 2-inches. Heat oil to 375F. In a large paper bag pull rice stick noodles apart into small batches. Add 1 batch to the oil. If the temperature is correct, noodles should puff up within seconds. Remove with a slotted spoon or strainer and drain on paper towel. Repeat with remaining noodles. If you are making the Crispy Egg Lace, prepare it at this time (See below). When the rice stick noodles and egg lace are done, pour off all but 2 tablespoons of oil from wok. Reheat wok and oil over medium-high heat. When hot, add shrimp and chicken; stir-fry for 1 minute or until shrimp are bright orange and chicken is white. Remove and set aside. Add shallots, garlic, minced chiles and half the lime zest to the hot wok; stir-fry until soft, but not browned (about 1 minute). Add tomato paste and sugar. Cook, stirring constantly, until sugar becomes a dark crimson red with a sticky consistency. It should pull away from the wok into a thick mass. This is just short of the caramelized state (about 3 to 4 minutes). Be careful not to burn the mixture. Immediately add the reserved tamarind liquid and fish sauce, reduce to low heat and simmer together for 1 minute. Add lime juice, reserved chicken-shrimp mixture, green onion and remaining lime zest; toss just enough to heat through. Remove from heat. Add 1/3 of fried rice stick noodles to the sauce. Gently crush noodles and toss with sauce to coat. Repeat with another third of noodles. Add last third of noodles only if there is enough sauce to coat. Toss in the coriander leaves. Mound noodles on a platter, Crispy Egg Lace (broken into smaller pieces) and bean sprouts.

CRISPY EGG LACE: After frying noodles, skim leftover bits from wok. Keep oil hot. Beat eggs with salt in bowl. When oil is 375F, hold a medium-fine-mesh skimmer over oil; gently pour half the eggs through.

almost tender. Drain and rinse them well, then spread them on paper toweling to dry slightly. Heat a wok or large skillet and add about 2 1/2 tablespoons vegetable oil. Fry the Serrano peppers about 30 seconds, then add the garlic and stir-fry until it is soft. Add the chicken or pork and stir-fry until the chicken is almost opaque throughout or the pork is browned. Stir in the shrimp and the sauce and mix completely. Make a well in the center of the mixture and pour in the eggs. When they are almost set, scramble them evenly. Add half the noodles, thoroughly incorporating them into the mixture; stir in the remaining noodles and half the bean sprouts. Cook just until the bean sprouts are nearly wilted.

Heap the meat and noodles onto a platter. Cover one half of them with ground peanuts and the other half with uncooked bean sprouts. Ring the noodles with lime wedges, cherry tomatoes, and mint sprigs and garnish the top with the fried basil.

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From: melcue@is.rice.edu (Melissa Elaine Cue)
 nell@is.rice.edu (Paula Gaynell Warnes)

Source: Thai Home-Cooking from Kamolmal's Kitchen

NUE GRA PAO: STIR-FRIED BEEF WITH MINT
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 (Serves 4 to 6)

This is a rich, hearty dish with plenty of typical Thai flavors. Any kind of beef may be used, but flank steak works particularly well because it is easy to cut it across the grain, which helps keep the meat from falling apart during stir-frying and produces a tender result. Be sure to serve plenty of rice, because it helps moderate the hot chilies without detracting from the flavor. You may reduce the number of chilies by up to one half, but traditionally this dish should have a rich, hot chili flavor.

Ingredients:

 1 pound flank steak
 14 (2 ounces) finely chopped Serrano chilies
 1/4 cup (2 ounces) finely chopped garlic
 1/2 cup (2 ounces) finely chopped yellow onion
 1/4 cup + 2 tblsp vegetable oil
 3 tblsp fish sauce
 1 tblsp granulated sugar
 1/2 cup water (more if needed in Step 5)
 1/2 cup loosely packed mint or basil leaves
 Green lettuce leaves

4 green onions
1/4 cup + 1 tblsp lime juice
2 tblsp fish sauce
1 tsp ground roasted chilies *
2 tblsp ground toasted rice **
Red lettuce leaves
Coriander sprigs
Mint or Basil leaves

Instructions:

1. Remove the stems, but not the seeds, from the chilies. Slice the chilies crosswise into pieces 1/8" thick. Place the sliced chilies and vinegar in a small serving bowl. Let it stand for at least 15 minutes.
2. Grill the beef to the desired doneness, preferably over charcoal. Slice it across the grain into strips 1/8" thick and 1 to 2 inches long. Put these in a large ceramic bowl.
3. Peel the red onion, remove the root portion, and slice the onion vertically into thin strips. Slice the green onion diagonally into thin pieces. Add both types of onion to the beef.
4. Add the lime juice, fish sauce, ground chilies, and ground rice. Mix well
5. Arrange a single layer of lettuce leaves on a serving platter, and place the beef mixture on top. Garnish with sprigs of coriander and mint or basil leaves.
6. Serve at room temperature, the vinegar sauce (from Step 1) and rice.

* Use small hot chilies about 3 to 4 inches long. Roast whole chili stems and all, in a dry wok or skillet until the color changes to dark red or brown depending on the chilies used. Be careful not to let them burn. When the chilies have cooled, remove the stems and seeds. Place the chilies in a food processor or blender and grind using short pulses. Pre-ground chilies are also commercially available, but often lack the "bite" of home ground ones and may be more expensive.

** Place uncooked rice in a dry wok or skillet and heat over moderate heat until deep golden brown, stirring frequently to keep from burning and to allow it to develop a uniform color. Watch the rice carefully after it begins to change color and stir constantly because it can burn easily at this stage. When it is a uniform deep golden color, remove from heat and allow to cool to room temperature. Grind it to a fine powder in a blender or a spice grinder. This can be made in advance and kept in quantity so that there is always a supply on hand, but it is also easy to make up while preparing the dish.

- 1/2 C vegetable oil
- 6 cloves garlic, finely chopped
- 1 C small cooked shrimp
- 1 T sugar
- 3 T fish sauce
- 1 1/2 T ketchup
- 2 eggs, beaten
- 3/4 lb rice vermicelli, soaked in hot water for 15 mins. and drained
- 1 C bean sprouts

Garnish:

-
- 1 T dried shrimp powder
 - 2 T peanuts, coarsely ground
 - 1/2 t dried red chili flakes
 - 2 green onions, finely chopped
 - 2 T coriander leaves, chopped
 - 2 limes, sliced into rings

Instructions:

Heat oil in a wok and fry garlic until golden. Quickly add the shrimp and stir fry until heated through. Add the sugar, fish sauce and ketchup and stir until sugar dissolves. Add the beaten eggs, letting them set slightly, then stir to scramble. Add the noodles and toss and stir for about 2 mins. Reserving about 4 Tbls. of bean sprouts, add the remainder to the wok. Stir over heat until the bean sprouts are barely cooked. Turn the Pad Thai onto a platter, placing the reserved, raw bean sprouts on one side.

Presentation:

Sprinkle the noodles with the garnish ingredients in the following order: shrimp powder, peanuts, chili flakes, green onions, coriander leaves. Ring the platter with the lime slices and serve.

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From: jjfink@skcla.monsanto.com (Joel Finkle)

PAD THAI
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Ingredients:

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- 1 Pkg (10-16 oz. = 0.3-0.5 kg) rice stick noodles
 - 2 Tblsp oil (30 ml)
 - 3 or more cloves garlic, crushed or minced
 - 8oz. (250g) Shrimp, peeled (optional)

8oz. (250g) Chicken, Pork or more Shrimp, cut into dice or matchsticks (optional)
 2 or 3 eggs
 1 Cup (250ml) bean sprouts
 1/4 Cup (60ml) chopped/ground peanuts
 1 red chile, finely chopped, or 1 tsp (5ml) red pepper flakes (optional)
 1 Cup (250ml) sliced cabbage
 Cilantro leaves
 Lime wedges

Sauce:

1/4 Cup (60ml) Thai Fish Sauce
 1/4 Cup (60ml) White Vinegar
 2 Tblsp (30 ml) white sugar
 3 Tblsp (90 ml) Paprika

Instructions:

Soak the rice noodles in cold water at least two hours before cooking.
 Drain.

In a large wok, heat oil and stir-fry garlic for 30 seconds. Add shrimp and other meat if used.

Add the noodles, and stir-fry until al dente. Add sauce ingredients, cook to allow most of this to be absorbed (2 minutes or so).

Spread the noodles, etc. out to the sides, and add eggs. Some will crack the eggs directly into the wok, others will pre-scramble. If cracked into the pan, start stirring them up when partially cooked, so you get 'streaky' yellow and white eggs. As they cook, fold the noodle mixture back in.

Add 1/2 the bean sprouts, peanuts, red pepper, folded into the mixture.

Serve hot, garnished with the rest of the bean sprouts, chopped cabbage, cilantro. Serve with lime wedges to be squeezed into the noodles.

In my house, we have doctored this with thai hot chile sauce, sweet and sour sauce, or sate-style peanut sauce. It takes to any of these very well, depending on your tastes.

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From: qc@titan.ucs.umass.edu (Quentin J Clark)

PAD THAI

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Ingredients:

- ~6 oz noodles - vermicelli or rice noodles
- 2 T peanut butter
- 5 T soy sauce or tamari
- 1 T brown sugar
- 2 scrambled eggs
- 6 diced scallions
- 5 cloves pressed garlic
- peanuts
- 1/3 cup vinegar
- quartered lime

Instructions:

Cook, rinse and refrigerate the noodles ahead of time. In a bowl mix the PB, soy, and sugar.

In the wok, sautee the scallions and garlic. You can add bean sprouts at this point too. After a few minutes, add the noodles, and stir-fry them for about 5 minutes. Then add the stuff in the bowl, and the vinegar. Cook this for a couple more minutes. Last, add the eggs and peanuts, and heat until hot. Serve with the lime wedges on the side.

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: Frugal Gourmet on Our Immigrant Ancestors

PAD THAI (1)

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Ingredients:

- 1/2 lb thai flat rice noodles (bahn pho) or rice sticks
- oil for deep-frying
- 1/2 lb fresh firm bean curd, cut into tiny cubes
- 1/4 cup peanut oil
- 1/2 tblsp garlic, chopped
- 1/2 cup very thinly sliced skinless and boneless chicken breast
- 1/4 lb shrimp, peeled and cut in half the long way
- 2 eggs, beaten
- 1 tblsp dried shrimp powder
- 1/4 tsp freshly ground black pepper
- 3 tblsp finely chopped dry-roasted salted peanuts
- 2 tblsp lime juice, freshly squeezed

- 1 tblsp sugar
- 6 tblsp Thai fish sauce
- 1/4 cup tamarind sauce
- 2 tsp red chili paste with garlic
- 2 cups fresh bean sprouts
- 2 limes, quartered
- 1/3 cup fresh coriander leaves
- 3 chopped scallions
- 4 tblsp finely chopped dry-roasted peanuts

Instructions:

Soak the noodles in ample warm water until supple, about 15 minutes, drain and set aside. Place the noodles in boiling water and cook just until the water returns to the boil. Drain again.

Heat the oil for deep-frying to 375 degrees and deep-fry the cut bean curd. Be sure to pat the bean curd dry on a paper towel first so that it will not spatter fat on you. Drain the bean curd and set aside.

Heat a large wok and add the peanut oil, garlic, and chicken. Chow for a few minutes and then add the shrimp, drained noodles, beaten eggs, and deep-fried bean curd. Toss well and chow for 3 to 4 minutes over medium-high heat. Add the remaining ingredients, except the garnishes, and chow or stir for a few more minutes until the noodles are hot and tender.

Place on a serving platter with the garnishes, which are an integral part of the dish.

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From: stigle@cs.unca.edu (Sue Stigleman)

PAD THAI (2)
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(Serves 2)

Ingredients:

- 1/4-1/3 lb flat rice stick noodles (banh pho), 1/4 " wide
- 1/4 cup peanut oil
- 1/4 lb pork, cut into matchstick strips
- 6 shrimps, peeled and deveined
- 1 tsp crushed garlic
- 1 egg
- 2 Tblsp water
- 2 Tblsp rice vinegar
- 1 Tblsp fish sauce

- 1 Tblsp sugar
- 1/4 cup chopped toasted peanuts
- 1/4 tsp ground dry shrimp
- freshly ground white pepper
- 1/4 tsp Asian chili powder (to taste)
- 1 cup bean sprouts, washed and drained
- 1/4 cup scallions, cut 3/4" long
- fresh coriander
- wedges of fresh lime

Ingredients:

Soak noodles in warm water for 60 minutes. Drain and set aside.

Prepare all other ingredients and arrange near the wok. You will need to work fast.

In the wok, fry the pork in the peanut oil at medium heat. When half cooked, add the shrimps and garlic and stir. Cook until shrimp and pork are done.

Beat the egg and add it to the mixture. Cook, stirring, for about half a minute.

Turn the heat to high. Add the drained noodles to shrimp mixture. Add water, vinegar, fish sauce, sugar, shrimp powder, and most of the peanuts. Sprinkle in white pepper and chili powder. Toss to combine. Let it cook on one side (Don't stir; keep checking the underside as if it were a big pancake). Flip it over as best you can and repeat until nearly cooked, about 5 to 10 minutes.

Add most of the sprouts and scallions. Stir and cook for another minute.

Turn onto a plate. Top with the rest of the sprouts, scallions, and peanuts. Garnish with coriander and serve with a wedge of fresh lemon.

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From: stigle@cs.unca.edu (Sue Stigleman)

PAD THAI (3)

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Ingredients:

- 1 pkg (16-ounce) chantaboon rice sticks, medium thread
- 1 tblsp vegetable oil

6 eggs beaten
1/4 cup vegetable oil
8 garlic gloves
1 lb pork, beef or chicken, sliced thin, bite sized,
or shrimp, shelled and deveined.

1/4 cup white vinegar
1/4 cup sugar
1 cup sliced salted radish (chai Po)

1/4 cup fish sauce (nam pla)
1 cup coarse ground roasted peanuts
2 tblsp chile powder or paprika
2 cups bean sprouts
1 cup sliced green onion
1 cup sliced cilantro
1 lime

Instructions:

Soak rice sticks in lukewarm water for 1 hour, drain and set aside. Set wok over high heat, for 1 minute. Heat wok with 1 tablespoon of oil until sizzling hot and coat sides of wok evenly. Add eggs and fry, until eggs set, turn over and fry, until light brown on both sides. Remove from wok and slice thin, bite size. Set aside.

Heat 1/4 cup of oil in wok until sizzling hot. Add garlic and cook until fragrant. add meat, stir and cook, until meat or tofu is done, about 1 to 2 minutes. Add rice sticks and vinegar, cook until rice sticks soften. Add eggs, and the next 5 ingredients, stir to blend. Remove to serving plate. Serve bean sprouts cold on the side. Garnish with green onion and cilantro.

Serve with slices of fresh lime. Squeeze lime on pad thai.

Serves 10 as a side dish. Serves 6 as an only dish.

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From: jkandell@ccit.arizona.edu (Jonathan Kandell)

PAD THAI PSEUDO-VEGETARIAN STYLE

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Ingredients:

1/4 cup thai fish sauce
1/4 cup + 2 T white vinegar
2-4 T sugar

- 1 t paprika
- 8 oz thai rice noodles about 1/4" thick
- 8 oz tofu
- 1-2 T dried shrimp (optional)
- 3 T oil
- 2-3 cloves garlic
- 2 eggs
- 3/4 lb bean sprouts
- 3 green onions, sliced on the diagonal, including white part
- 3/4 C ground peanuts
- 1+ T roasted red chili peppers. [Take some dried reds and cook them in an ungreased wok over low stirring constantly until they start to brown. Grind in a coffee grinder or spice mill.]

Instructions:

Combine first four ingredients and let sit until sugar dissolves. Soak rice noodles/sticks in warm water until they are soft but don't disintegrate when pressed, about 40 minutes. Drain. Drain tofu by wrapping it in a clean towel and pressing with a large can of tomatoes, about 30 minutes. Cut into 1/4 inch cubes. Rinse dried shrimp in water and drain.

Put oil in wok, heat to medium, put in crushed garlic. Swirl around for about a minute. Add noodles and mix around for a minute or two.

Add the tofu and shrimp then immediately add the liquid. Keep stirring until the liquid has all been absorbed into the noodles, about a couple of minutes.

Lower heat to low or medium-low. Push some of the stuff aside at one end of wok, and break an egg in. Immediately cover with noodles. Do the same at the other end of wok. Let the eggs cook *undisturbed* until the yolks are practically cooked, about three minutes. (*Carefully* peak if unsure.) Slip a slotted spoon under each egg in turn, and bring upward, through the noodles, shaking as you go. The idea is to break up the cooked egg into the rest of the mixture into tiny bits.

Mix in sprouts and green onions. Let cook for another two minutes. Turn off heat. Add crushed peanuts and enough roasted red chilies to your desired hotness.

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From: stigle@cs.unca.edu (Sue Stigleman)

PAD THAI (SAUTEED RICE NOODLES)

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Ingredients:

- 1 pkg (16 oz) rice noodles
- 1/2 cup vegetable oil
- 5 or 6 garlic cloves, finely chopped
- 1 lb medium shrimp, shelled and deveined
- 2 firm-style bean curd squares, cut into 1/2 inch cubes
- 1/4 cup coarsely chopped pickled turnips
- 1/2 cup white vinegar
- 1/5 cup fish sauce
- 1 tblsp paprika
- 1/4 cup sugar
- 2 eggs, beaten
- 1/4 lb mung bean sprouts
- 3 scallions, cut into 1/2 inch pieces
- 1/2 cup ground unsalted peanuts
- 1 fresh red chili pepper, seeded and coarsely chopped
- 1 lemon, cut into wedges
- coriander leaves for garnish
- 1/4 cup crushed red pepper (optional)

Instructions:

In a large bowl, soak the rice noodles in 10 to 12 cups of cold water for 2 hours. Drain and cover with a damp towel to retain moisture.

In a wok or large frying pan, heat the oil and stir-fry the garlic until it is light brown. Add the shrimp, bean curd and pickled turnips; stir in the vinegar, fish sauce, paprika and sugar. When thoroughly mixed, fold in the noodles. When the noodles are completely coated, spread them out to the sides of the wok or frying pan, leaving a space in the middle. Add the beaten eggs. As the eggs cook, fold the noodles over them and stir to combine all of the ingredients evenly. Stir in half of the bean sprouts, then add the scallions, ground peanuts and chopped chili pepper. Toss several times to mix well.

Serve on a large platter with lemon wedges. Top with the remaining bean sprouts and garnish with coriander leaves. Serve the crushed red pepper on the side, for those who like it extra-spicy.

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From: danielh@sequent.com (Daniel Hobbs)

PAD THAI WITH SHRIMP

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Ingredients:

- 8 oz. small size rice noodles
- 3 T tomatoe sauce or tamarind paste
- 2 T veg. oil
- 1 T pickled radish
- 3 T sugar
- 1/3 c water or chicken stock
- 1 egg
- 3 T fish sauce
- 1/2 lb shrimp, cleaned and shelled
- 1 handful bean sprouts (fresh); chopped once or twice
- 2 oz green onions, cut into 1/2 inch pieces
- 2 T finely chopped peanuts

Instructions:

1. Soak the rice noodles in cold tap water about 20 minutes, until they are "springy". Then drain in a colander until needed.
2. If using dried tamarind, soak the tamarind in hot water for awhile, then mash with a fork to soften. Force as much of the mixture as you can through a seive to remove bits of bark, etc.
3. Heat oil in wok, and add the tamarind/tomato sauce, pickled radish, and sugar. Mix well and let heat up.
4. Add the noodles, small portions at a time, and add that water/stock. Mix well until all the noodles are coated with the mixture. Add more liquid if necessary -- it will cook out. Don't be easy on the noodles -- chop them with the spatula or spoon some to separate them. It may help to "toss" the noodles like a salad, to get them coated.
5. Beat the egg and mix with the noodles. Add the fish sauce and shrimp. Mix everything thoroughly. The noodles will tend to "clump", so stir or "toss" like a salad to get everything mixed, and to ensure that the egg and shrimp cook thoroughly. It will help to cover the wok with a lid for a minute or so, then toss the mixture, then cover again. You'll know it's done when the shrimp are completely pink. There may be a little browning of the noodles; stirring will keep them from burning.
6. Add the bean sprouts, green onions, and chopped peanuts. Mix well, then turn off the heat and let stand a minute or so. Serve.

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: Real Thai, by Nancie McDermott; Chronicle Books; ISBN 0-8118-0017-2

PAHT THAI

=====

Paht Thai is a noodle dish almost everyone seems to like. A tangle of slender rice noodles is sauteed with garlic, shallots, and an orchestra of sweet, sour, and salty ingredients that play a piquant symphony of Thai flavors. A handful of fresh bean sprouts provides a cooling contrast to the hot, seasoned noodles, and circles of lime invite you to bring sourness to center stage as you begin to eat.

Traditional ingredients are salty dried shrimp; crispy pieces of fried, pressed bean curd; sweet-sour nuggets of pickled white radish; chopped peanuts; flat, green garlic chives; and a balanced chorus -- sweet, sour, salty, hot -- of palm sugar, tamarind, vinegar, lime, brown bean sauce, and crushed dried red chilies.

Thai cooks blithely tinker with the classic formula to create signature versions, and you can, too. Siriluk Williams, owner of Sukothai Restaurant in Ft. Lauderdale, Florida, gave me her recipe for home-style paht Thai. I love its accessible ingredients, simple steps, and delicious results.

Ingredients:

*1/4 lb dried rice stick noodles
 2 tblsp vegetable oil
 1 tblsp coarsely chopped garlic
 8 shrimps, peeled and deveined
 1 egg, lightly beaten
 1 tblsp fish sauce
 2 tsp sugar
 2 tblsp coarsely chopped, dry-roasted peanuts
 1 cup bean sprouts
 4 slender green onions, sliced in 1 inch lengths
 1 lime, quartered lengthwise*

Instructions:

Soak rice noodles in warm water to cover for 15 to 20 minutes. Meanwhile, prepare all the remaining ingredients and place them next to the stove, along with a small serving platter. When the noodles are very limp and white, drain and measure out 2 1/2 cups. Set these by the stove as well.

Heat a wok or large, deep skillet over medium-high heat. Add 1 tablespoon of the oil and swirl to coat the surface. When the oil is very hot, drop a piece of the garlic into the pan. If it sizzles immediately, the oil is ready. Add the garlic and toss until golden,

fryer) and fry the peanuts for 5 to 6 minutes. Drain thoroughly on kitchen paper towels. Allow to cool, then work to a fine powder in an electric grinder, or with a pestle and mortar.

Put the terasi, shallots and garlic, if using, in a cobek or mortar. Pound to a very smooth paste, then add a little salt. Heat 1 tablespoon vegetable oil in a pan, add the paste and fry for 1 minute, stirring constantly. Add the chili powder or sambal ulek, sugar and water, bring to the boil, then add the ground peanuts. Stir well, then simmer until thick, stirring occasionally. Add the creamed coconut (santen) if using, and stir until dissolved. Keep hot.

Note:

This really isn't as time-consuming as it sounds, providing you use roasted peanuts (avoiding the deep-frying step), and get your terasi, sambal ulek and coconut milk from the nearest Asian market. I must have had a lot of time on my hands the first time I made this, as I decided to eschew the grinder and use a mortar and pestle.

This is from The Encyclopedia of Asian Cooking, general ed. Jeni Wright, published in the USA 1984 by Exeter Books.

*terasi [Malaysia] Also known as balachan/blacan (Malaysia), kapi (Thailand) and ngapi (Burma). A kind of pungent shrimp paste, used in very small quantities. Depending on the recipe in which it is used, it can be crushed with spices to make a paste which is then sauteed in oil. Alternatively, it may be grilled (broiled) or fried first, then added to other ingredients.

*sambal ulek [Indonesia] Used as an accompaniment and in cooking. Made by crushing fresh red chillis with a little salt: Remove the seeds from the chillis, chop finely, then crush with salt using a pestle and mortar. Three chillis will make about 1 tablespoon sambal ulek. also available ready-prepared in small jars from Oriental stores and some delicatessens.

*santen [Malaysia] see coconut milk.

Coconut milk [India/Malaysia/Thailand/Vietnam] Known as narial ka dooth in India, santen in Indonesia and Malaysia. Best made from fresh coconuts: Grate the flesh of 1 coconut into a bowl, pour on 600 ml/1 pint/2-1/2 cups boiling water, then leave to stand for about 30 minutes. Squeeze the flesh, then strain before using. This quantity will make a thick coconut milk, add more or less water as required. Desiccated (shredded) coconut can be used instead of fresh coconut: Use 350g/12 oz./4 cups to 600 ml/1 pint/2-1/2 cups

boiling water. Use freshly made coconut milk within 24 hours.
Canned coconut milk is also available.

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From: riacmt@ubvms (Carol Miller-Tutzauer)

RED OR GREEN THAI CURRY
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Ingredients:

- 2 T red or green curry paste (use more for hotter curry; Mae Ploy brand is excellent)
- 3 T vegetable oil
- 3/4 lb boneless chicken meat, cut into 3/4-inch pieces
- 2 cans (unsweetened) coconut milk (approx. 3 c in all)
- 1 c water or chicken broth
- 1/2 c baby corns
- 1/2 c straw mushrooms (or substitute other mushroom of your choice)
- 1/2 c sliced bamboo shoots
- 5 kaffir lime leaves (dried are fine; these are available in packages on the bottom -- usually dusty -- shelf of the Asian market; they look like dried, curled-up leaves)
- 1/2 t salt (more or less to taste)
- if green curry, 10 fresh basil leaves
- if red curry, 1/2 red bell pepper, cut into matchstick-size strips

Note:

You can add other things (holy basil, fish sauce, chopped hot Thai chiles, lemon grass, galanga, shrimp paste, etc.).

Instructions:

Fry curry paste in oil in saucepan until fragrant. Add chicken (if using) and saute for about 1 minute over medium high heat. Add remaining ingredients except basil leaves or red bell pepper. Bring just barely to a boil; reduce heat and simmer 20-30 minutes. Just before serving, stir in basil leaves or red bell pepper. Serve with cooked Thai Jasmine rice.

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From: neiger@vaxc.cc.monash.edu.au (David Neiger)

SPECIAL THAI CHICKEN WITH CHILLIES (mild)
=====

Ingredients:

- 2 tblsp oil
- 4 Fresh Red Chillies (seeded and sliced)
- 3 cloves garlic (sliced)
- 500g chicken breast (sliced)
- 1 Onion (sliced)
- 2 tblsp oyster sauce
- 1 tblsp fish sauce (available from Asain food shops alternatively use 2 tblsp soy sauce)
- 1 tblsp tamarind sauce
- 2 tsp brown sugar (or jaggary if available)
- 1/2 cup straw mushrooms (or tinned mushrooms if desperate)
- 1/2 cup bamboo shoots (strips)
- juice of 1/2 lime
- 6 bunches coriander (fresh)

Instructions:

Heat oil in wok, add chillies and garlic and fry until crisp and golden. Drain onto paper towels (but leave oil in the wok). Fry chicken and onion in oil until chicken is cooked. Add lime juice and vegetables. Fry for about 2 minutes. Add sauce.

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: Cooking with Bon Appetit: Oriental Favorites

STIR-FRIED RICE NOODLES

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(Serves 6)

Ingredients:

- 8 oz (1/8 inch wide) rice noodles
- 1 whole chicken breast, boned, skinned
- 8 medium-size shrimp, shelled, deveined
- 1/2 cup water
- 1/4 cup fish sauce
- 3 tblsp sugar
- 1 tblsp lime juice
- 1 tsp paprika
- 1/8 tsp red (cayenne) pepper
- 1/2 lb bean sprouts
- 3 green onions, white part only, cut into 1 inch shreds
- 3 tblsp vegetable oil
- 4 large garlic cloves, finely chopped

- 1 egg
- 4 tblsp finely crushed roasted peanuts

Instructions:

Place rice noodles in a large bowl. Cover with water; soak 45 minutes. Cut chicken into 1 1/2" by 1/3" strips. Cut shrimp in half lengthwise; set aside. Combine water, fish sauce, sugar, lime juice, paprika, and red pepper in a small bowl; set aside. Reserve 1/4 of bean sprouts for topping; combine remaining bean sprouts and green onions. Drain noodles. Heat a wok over medium-high heat. Add oil and heat. Add garlic; fry until garlic starts to brown. Increase heat. Add chicken; stir-fry until almost cooked, about 2 minutes. Push chicken to one side. Break egg into wok. Stir quickly to break up yolk and scramble egg. When egg is set, mix with chicken. Add drained noodles, shrimp, fish-sauce mixture and 3 tablespoons peanuts. Cook and stir over high heat 2 to 3 minutes or until noodles are soft and most of liquid is absorbed. Add green-onion mixture; cook, stirring, 1 more minute. Spoon onto a heated platter. Sprinkle with reserved bean sprouts, then with remaining peanuts.

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[mara](#)

COLLECTION: Thai Recipes Vol.2

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

Date: Tue, 24 Aug 93 11:04:10 +0200

Contents

- [Thai BBQ Chicken Appetizers \(Stephanie da Silva\)](#)
- [Thai Chicken And Coconut Milk Soup \(Scott Fisher\)](#)
- [Thai Chicken Coconut Soup \(Stephanie da Silva\)](#)
- [Thai Chicken Salad \(Stephanie da Silva\)](#)
- [Thai Chicken With Fresh Basil \(Clay Irving\)](#)
- [Thai Fried Noodles \(1\) \(Sue Stigleman\)](#)
- [Thai Fried Noodles \(2\) \(Sue Stigleman\)](#)
- [Thai Fried Noodles \(3\) \(Sue Stigleman\)](#)
- [Thai Noodles \(Katherine Albitz\)](#)
- [Thai Noodles \(Michael L. Johnston\)](#)
- [Thai Rice Noodles \(Sue Stigleman\)](#)
- [Thai Salmon Parcels \(Karen Valley\)](#)
- [Thai Tomyum Gung \(Shrimp\) / Gai \(Chicken\) nat@megatek.com](#)
- [Toam Yum Gai \(Thai Soup\) \(Hiroki Morizono\)](#)
- [Tom Kha Gai \(Stephanie da Silva\)](#)
- [Yellow Curry Chicken \(Stephanie da Silva\)](#)

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

THAI BBQ CHICKEN APPETIZERS
=====

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).

Preparation:

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.

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From: megatest!sfisher@uu2.psi.com (Scott Fisher)

THAI CHICKEN AND COCONUT MILK SOUP

=====

(Tom ka gai or kai tom ga)

Ingredients:

- 1 12-ounce can coconut milk, such as Chaokoh
- 1/4 lb chicken breast, cut into small chunks
- juice and grated peel of 1 lime
- 1 4" piece of lemon grass, cut into very thin (1/16") slices on the diagonal
- 3-4 slices of galanga (fresh ginger may be substituted)
- Hot chile peppers to taste -- preferably Thai birds, with serranos an acceptable substitute (though I've used sweet Fresno chiles in a variation I'll describe below), cut into thin circles
- Cilantro for garnish

Instructions:

Pour the lime juice on the chicken and let stand while you prepare the rest of the soup. In a medium saucepan, place the coconut milk, lemon grass, grated lime peel, galanga or ginger, and (optionally) chiles. (The optional part is that if you don't want the whole dish to taste spicy, add the chiles later; the earlier you add them, the hotter the resulting dish.) Bring the coconut milk to a simmer.

When the soup is simmering, add the lime-soaked chicken pieces and stir to distribute them. Reduce the heat so the soup stays just below a boil and cook for 12 to 15 minutes, or till the chicken pieces are finished

cooking. Remove from heat and serve immediately with fresh cilantro leaves for garnish.

Now, the *best* way I ever had this soup was with pieces of fresh grouper instead of chicken. I also added slices of kumquats instead of the ginger, and used the sweet Fresno chiles instead of Thai birds. We also served it over Vietnamese rice noodles. Was it southeast Asian or Caribbean? Who cares, it was wonderful. If you can't find grouper, it'd be good with any tender, delicate white fish -- sole, maybe, or a very fresh sea bass, or maybe little chunks of monkfish. I believe I've had this with shrimp as well. (Grouper, BTW, is a type of fish common in the Caribbean and, if I recall, in other warm-water parts of the world; the flesh is very white, very tender, and quite delicately flavored. I've seen it in one Asian grocery store in the Bay Area, as well as in the Bahamas, so I'd guess that Gulf Coast netters should be able to find it readily.)

Notes:

1. Galanga is similar to ginger, an edible rhizome available in most Asian groceries. If not available fresh, you can usually find it frozen. (Well, this is the SF Bay Area; if you can't find it at Tin Tin or the New Castro Market, you have to have friends smuggle it in from Bangkok for you... Other parts of the country may vary.)

2. Chile peppers add a lot to the dish; I've had it so hot that I could barely eat it, and I've had it completely smooth, sweet and mild. I like it in the middle.

3. Lemon grass adds a lot to the flavor and aroma, but as near as I can tell it isn't edible unless you puree it. (If there's sufficient demand, I'll print my recipe for Vietnamese turkey fajitas.) I just eat around the slices of lemon grass and ginger.

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

Posted by Tamar More based upon an ingredient list

THAI CHICKEN COCONUT SOUP
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Ingredients:

- 3-4 cans coconut milk (make sure it's the unsweetened kind)
- 3 tblsp chopped scallions
- 1-3 tsp lemon grass
- cilantro (preferably fresh. I sometimes leave this out. Niels says that's defeating the whole point, but I think it still comes out great)

tofu cubed into smallish pieces.
 chicken also cubed to bite size.
 mushrooms
 1 carrot grated
 juice from loads of limes (8? i can never put in enough)
 serrano chillies (or any other hot chili pepper, again preferably
 fresh, but powdered will do)
 1 tsp galanga powder

Instructions:

 Heat the coconut milk in a pot. Add everything else. As the lemon
 grass is inedible, put it in a tea ball and immerse the ball in the soup
 so you can retrieve it later. Cook until the chicken is done and the
 soup is hot (30 minutes?). Taste to see if it needs more limes (it
 always does) or more hot peppers (it's better to start mild and build up
 to the desired level of spicyness).

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

THAI CHICKEN SALAD

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Ingredients:

3 cups vegetable oil, for frying
 20 won ton skins, cut into 1/4 inch strips
 8 cups shredded mixed salad greens
 4 cups bite-size pieces of barbecued or roast chicken (from a 3 lb bird)
 1 cup bean sprouts
 1 large yellow bell pepper, cut into thin julienne
 1/2 European seedless cucumber (about 8 oz), cut into thin julienne
 6 tblsp fresh lime juice
 1/4 cup fish sauce (nuoc mam)
 1/4 cup (packed) light brown sugar
 4 serrano chiles, seeded and minced
 1/2 tsp freshly grated nutmeg
 1 tblsp finely minced fresh lemon grass (optional)
 1 tblsp finely minced fresh ginger
 1/4 cup minced fresh mint
 3 tblsp minced fresh basil
 1/4 cup dry-roasted unsalted peanuts, coarsely chopped

Instructions:

In a large skillet, heat the oil over moderately high heat until a strip
 of won ton bounces across the surface. Add the won ton strips in
 batches and fry, turning, until crisp and golden, about 1 minute.
 Transfer to paper towels; drain well.

In a large bowl, combine the mixed greens, chicken, bean sprouts, yellow pepper and cucumber.

In a medium bowl, whisk together the lime juice, fish sauce, brown sugar, chiles, nutmeg, lemon grass, ginger, mint and basil. Add the dressing to the salad and toss well. Gently fold in the crisp won ton strips. Turn out onto a serving platter and sprinkle with the peanuts.

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From: clay@panix.com (Clay Irving)

THAI CHICKEN WITH FRESH BASIL

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(Serves 4)

Ingredients:

- 3 Tblsp Vegetable Oil
- 1 lb Chicken breast -- boned
- 2 Tblsp Garlic -- coarsely chopped
- 3 Tblsp Nuoc Nam (fish sauce)
- 3/4 Cup Basil -- thinly sliced
- 2 Tblsp Sugar
- 2 Serrano chilies
- 2 Tblsp Water

Instructions:

Skin chicken and cut into 1.25 X 1 in strips. Remove stems from chilies and cut lengthwise into thin strips (discard the seeds). Heat oil in wok or large skillet over high heat. Add garlic and stir until golden brown, about 10 seconds. Add 0.5 cup of basil and the chilies and stir-fry just until basil wilts, about 1 minute. Add chicken and stir-fry about 3 minutes. Add nuoc mam, water and sugar and stir-fry until sauce bubbles and thickens slightly, about 2 minutes. Add remaining 0.25 cup of basil and stir-fry until just wilted, about 5 seconds. Serve immediately with steamed rice...

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: The Southeast Asia Cookbook, by Ruth Law

THAI FRIED NOODLES (1)

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(Yield: 3-4 serving)

Ingredients:

 1/2 lb fresh rice noodles, cut into 1/2-inch slices,
 or flat dried rice noodles
 1 cup fresh bean sprouts
 1/3 cup oil
 1 tblsp minced garlic
 4 tblsp minced shallots
 2 tsp shrimp paste (kapee)
 1 tblsp chopped dried shrimp (optional)
 10 medium shrimp, shelled, deveined (or substitute pork)
 3 tblsp fish sauce (nam pla)
 1 tblsp rice vinegar
 2 tblsp light brown sugar
 2 tblsp tomato ketchup
 1/2-1 tsp chili powder (optional)
 2 eggs, lightly beaten

Garnishes:

 1/3 cup coarsely ground unsalted peanuts
 1/2 tsp dried red chili flakes (optional)
 2 green onions, finely sliced
 2 tblsp chopped coriander leaves
 2 limes, cut into wedges
 1 small cucumber, sliced.

If using dried rice noodles, soak in hot water for 20 minutes before cooking. Drain. In 4 quarts boiling water, cook fresh rice noodles 2 to 3 minutes or until just tender to the bite, al dente. Drain. Rinse. Drain for 30 minutes or until dry. In boiling water, blanch the bean sprouts for 30 seconds. Refresh under cold water. Drain.

Heat oil. Fry garlic and shallots until golden. Add the shrimp paste and dried shrimp. Stir. Add the shrimp and stir-fry until done. Add the fish sauce, vinegar, sugar, ketchup, and chili powder. Stir until sugar dissolves. Add the beaten eggs and let them set slightly. Then stir to scramble. Add the noodles and toss for about 2 minutes. Place the Pad Thai on a platter. Sprinkle the noodles with peanuts, chili flakes, green onions, and coriander. Arrange lime wedges around the edge of the platter. Serve with a side dish of fresh bean sprouts and cucumbers.

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: James McNair's Pasta Cookbook

THAI FRIED NOODLES (2)

=====

Ingredients:

- Asian rice noodles, cut about 1/8 inch wide,
or 1 pound fresh or dried flat rice noodles
- 3/4 cup fish sauce or 6 tablespoons soy sauce
- 4 tsp rice wine vinegar or distilled white vinegar
- 2 tblsp sugar
- 4 tsp high-quality paprika, or 1/4 cup catsup or tomato paste
- 1/2 cup vegetable oil, or more if needed
- 8 oz boneless pork or boned and skinned chicken, cut into very small pieces
- 2 tblsp minced or pressed garlic
- 2 tsp ground dried red hot chili,
or 1 tblsp minced fresh hot chile
- 4 eggs, lightly beaten
- 8 oz medium-sized shrimp, shelled and deveined, tails left intact
- 10 oz fresh bean sprouts
- 3 green onions, thinly sliced
- 1/2 cup chopped unsalted dry-roasted peanuts
- 1/4 cup chopped fresh cilantro (coriander)
- finely minced dried shrimp for garnish
- fresh cilantro sprigs for garnish
- lemon or lime wedges for garnish

Instructions:

In a bowl, cover the noodles in lukewarm water and let stand to soften, about 15 minutes for fresh noodles or about 30 minutes for dry noodles. Drain and cut into 6-inch lengths, if desired. Set aside.

In a small bowl, combine the fish sauce, vinegar, sugar, and paprika, catsup, or tomato paste. Set aside.

Heat a wok or saute pan over high heat. Add the oil and swirl to coat the pan. Add the pork or chicken, garlic, and chili and stir-fry for 1 minute. Stir in the drained noodles and the reserved fish sauce mixture and stir-fry about 30 seconds. Push the noodles to one side, pour in about a tablespoon more oil, if necessary, and add the eggs; cook just until slightly set, then break them up. Add the shrimp and stir-fry just until they turn pink. Add most of the bean sprouts, the green onion, and 1/4 cup of the peanuts and stir-fry until the sprouts and onions are crisp-tender, 1 to 2 minutes. Remove from the heat and transfer to a serving plate.

Sprinkle with the chopped cilantro, remaining 1/4 cup peanuts, and dried shrimp. Garnish with the remaining bean sprouts, cilantro sprigs, and lemon or lime wedges, and serve immediately. Diners squeeze lemon or lime juice to taste.

Serves 8 as a pasta course, or 4 as a main course

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From: stigle@cs.unca.edu (Sue Stigleman)

Source: The Book of Thai Cooking, by Hilaire Walden; HPBooks,
ISBN 1-55788-038-7

THAI FRIED NOODLES (3)

=====

Ingredients:

- 3 tblsp vegetable oil
 - 4 garlic cloves, finely crushed
 - 1 tblsp fish sauce
 - 3-4 tblsp lime juice
 - 1 tsp crushed palm sugar
 - 2 eggs, beaten
 - 12 oz rice vermicelli, soaked in water 20 minutes, drained
 - 4 oz peeled shrimp
 - 4 oz bean sprouts
 - 4 green onions, sliced
 - 2 tblsp dried shrimp, ground, to garnish
- Finely chopped roasted peanuts, cilantro leaves and lime slices to garnish

Instructions:

Heat oil in a wok, add garlic and cook, stirring occasionally, until golden. Stir in fish sauce, lime juice and sugar until sugar has dissolved. Quickly stir in eggs and cook for a few seconds. Stir in noodles to coat with garlic and egg, then add shrimps, 3/4 of the bean sprouts and half of the green onions.

When noodles are tender, transfer contents of wok to a warmed serving dish. Garnish with remaining bean sprouts and green onions, dried shrimp, peanuts, cilantro leaves and lime slices.

Makes 4 servings.

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From: kra@sdd.hp.com (Katherine Albitz)

THAI NOODLES

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Ingredients:

- 3 cups chopped cabbage
- 1 medium onion, chopped
- 1.5 t oil
- 9 oz pasta shapes (shells, bow-ties, etc)

- 1/4 cup crunchy peanut butter
- 1 T fresh lime juice
- 1.5 t brown sugar
- 1.5 t soy sauce
- 1.5 t worcestershire sauce
(Vegetarian or regular worcestershire sauce, as you prefer.)
- 1/4 t crushed red pepper
- 1/2 t curry powder
- 1/8 t ground cloves
- 1 clove garlic, minced or mashed
- 7 oz coconut "milk"
- 1 T chopped fresh cilantro
- 1 t chopped fresh basil

Instructions:

Saute cabbage and onion in oil til just softened. Set aside in large bowl. Cook pasta till al dente. While pasta cooks, mix next 9 ingredients in a sauce pan. Heat gently, adding coconut milk gradually. Do not boil. Mix cooked pasta with sauce and veggies. Mix in cilantro and basil. Serve immediately.

4-6 main dish servings. This is a heavy dish; serve with a steamed veggie, and/or a light green salad.

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From: mike_johnston.trwgbr@gmail4.nba.trw.com (Michael L. Johnston)

Source: Thai Home-Cooking

THAI NOODLES

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(Yield: 6-8 servings)

Ingredients:

- 1/2 lb dried rice noodles 1/8 inch wide
- warm water
- 1/2 lb shrimp, chicken, pork, or a combination
- 1/4 cup fish sauce
- 1/4 cup + 2 tblsp granulated sugar
- 1/4 cup + 2 tblsp white vinegar
- 1 tsp paprika or 1 tblsp tomato paste
or 1 tblsp catsup (all are optional)
- 4 green onions
- 1/2 cup vegetable oil
- 1 tsp (2 cloves) finely chopped garlic
- 2 eggs
- 3/4 lb bean sprouts
- 2 tblsp ground roasted chilies

3/4 cup ground roasted unsalted peanuts
lime wedges

Instructions:

-
1. Soak the noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Later cooking in liquid will soften them more. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8-inch lengths if you find it easier to stir-fry them that way.
 2. Peel and devein the shrimp, leaving the tails intact, or slice the chicken or pork across the grain into strips not more than 1/8 inch thick and 1 to 2 inches long.
 3. Mix the fish sauce, sugar, vinegar, and optional paprika, tomato paste, or catsup in a bowl, and stir until the sugar is dissolved. Set the mixture aside. Slice the green onions, both white and green parts, diagonally into pieces 1 1/2 inches long and 1/4 inch thick. Set aside.
 4. Heat a wok, add the oil, and swirl it over the surface of the pan. Add the garlic and stir-fry until light golden. Add the meat and stir-fry until the pink color disappears completely. If you are using shrimp, stir-fry until they turn pink. Add the noodles and toss lightly to coat them with oil and to distribute the meat and garlic.
 5. Add the liquid from Step 3 and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce the heat to medium and boil the mixture, folding frequently, until the noodles have absorbed the liquid.
 6. Using a wok scoop or a stiff spatula, lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break 1 egg and slip it into the oil. Break the yolk, and cover the egg with the noodles immediately. Repeat this on the opposite side of the wok with the remaining egg. Allow the eggs to cook undisturbed, over moderate heat, until they are set and almost dry. Additional oil may be added if the eggs or the noodles begin to stick to the wok.
 7. When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.
 8. Add the bean sprouts and sliced green onions and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes, or until the bean sprouts and green onions are crisp-tender.

9. Place the mixture on a large warm platter. Sprinkle the ground chilies and peanuts over the top and squeeze lime juice over that, or serve these garnishes separately, for each diner to add according to taste.

Variation:

Omit the shrimp, pork, or chicken from the list of ingredients, and ignore any instructions for them. Substitute 1/2 pound tofu and 1/4 pound dried shrimp. Put the tofu on a triple layer of paper towels, cover it with another triple layer, put a plate on top of that, and put a 2-pound weight, e.g. a can of tomatoes, on top of the plate. Let stand for 20 to 30 minutes to press out the excess water. Put the dried shrimp in a sieve, rinse them quickly under hot running water, and set them aside to drain. After the tofu has been pressed, slice it into 1/4-inch cubes. Add the tofu and shrimp in Step 5 of the instructions and proceed with the main recipe. Note: in Thailand, dried shrimp are available in a smaller size than is generally available in the United States. If you would like to simulate that, chop the dried shrimp very coarsely after they have been rinsed.

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From: stigle@cs.unca.edu (Sue Stigleman)

THAI RICE NOODLES

=====

Ingredients:

4 oz dried rice noodles, medium size
 1/4 cup vegetable oil
 2 cloves finely minced garlic
 3 tblsp chopped raw shrimp
 3 tblsp lean ground pork
 1 tsp sugar
 1 tblsp fish sauce
 1 tsp soy sauce
 2 tsp hot chili sauce
 2 beaten eggs
 2 tblsp tamarind sauce
 1/4 cup bean sprouts
 1 sliced scallion
 1 tblsp salty preserved radish
 2 tblsp coarsely ground salted or unsalted peanuts
 2 tblsp sliced green onions
 2 wedges lemon
 1 cucumber

Instructions:

-
1. Soak noodles in hot water for 20 minutes, or until soft. Drain.
 2. Heat oil in a wok or large skillet and saute garlic until golden. Add the shrimp and ground pork and stir-fry until lightly browned. Add the sugar, fish sauce, soy sauce, and chili sauce and stir-fry until the sugar dissolves. Pour in the beaten eggs, let them set slightly, then stir to scramble.
 3. Add the noodles and stir-fry about 2 minutes. Push noodles to side of wok or skillet. Add the tamarind sauce and cook for 1 minute. Add the bean sprouts, scallions, radish, and stir-fry until bean sprouts are slightly cooked, about 1 minute. Stir noodles down into tamarind mixture and stir-fry until well-mixed.
 4. Pile noodles on a serving dish and sprinkle with peanuts and scallions. Seed cucumber and slice lengthwise into 4 pieces. Place lemon and cucumber wedges on side of plate.

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From: kv@aifh.ed.ac.uk (Karen Valley)

Source: Delia Smith's summer collection

THAI SALMON PARCELS

=====

(serves 2)

Ingredients:

2 4-5oz salmon fillets
 4 sheets filo pastry
 1 oz butter
 1 tsp grated ginger
 1 clove garlic (pressed)
 1 spring onion (finely chopped)
 1 Tblsp fresh coriander (finely chopped)
 zest & juice of 1 lime
 salt & pepper

Instructions:

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of filo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the

remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter. Cook at gas mark 5 for 20-25 mins, until brown and crispy.

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From: nat@megatek.com

THAI TOMYUM GUNG (SHRIMP) / GAI (CHICKEN)

=====

Ingredients:

- 2-3 stalks of lemon grass
- ~2 lbs of tiger shrimps or boneless chicken meat
- 5-6 lime leaves (sorry, I don't know what they are called; maybe you have seen them--small shiny green leaves)
- some lemon juice & fish sauce
- 2-3 small red/green chili peppers
- 1 can of straw mushrooms
- 1.5 tblsp of Thai chili paste with soya beans oil (dark redish-brown color), which comes in a jar that can be bought at any Thai grocery
- cilantro/parsley for garnishing and the nice smell

Instructions:

Boil some water (half of the pot) in a 1.5qt sauce pan. Put in lemon grass, and the chili paste. Put in the shrimps and the mushrooms. Let it boil for 10 minutes. Put in the "lime" leaves and sliced chili peppers (1 min). It's done!!

Now you can mix it in a serving bowl with some lemon juice and fish sauce. Garnish with cilantro and serve hot with Thai Jasmine rice.

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From: hiroki@limerick.cbs.umn.edu (Hiroki Morizono)

Source: "Smart Cooking" by Somebody (I forget) Kerr

TOAM YUM GAI (THAI SOUP)

=====

Ingredients:

- Generic Chicken Broth (We're making a stock here -- this one is worth keeping in it's own right as a stock stock recipe.)
- 2 tblsp Olive Oil

1 tsp Sesame Oil
 3 whole cloves (like in the cigarettes, not garlic--don't use the cigs...)
 2 bay leaves
 1 decent sized sprig of fresh thyme (ad libbed with about 1 tsp or 1 tblsp of powdered thyme)
 1 medium sized onion cut into pieces
 2 largish carrots cut into pieces
 1 chicken cut into pieces. (Some boneless skinless chicken pieces, plus some thighs with the bones bashed once with the back of a knife would be ok too -- the point being to get the flavor from the marrow out.)
 6 cups of water

Everything else:

 As many mushrooms as you want, cut any way you want, of any kind you want
 Likewise with shrimp if you want (I hate shrimp, so can't help you here)
 1 stalk lemongrass cut into 2 inch pieces. (I read this to mean one whole stalk, ie, several leaves worth)
 2 slices galanga root (more if you like chewing on them.)
 4 Kaffir lime leaves (Tastes like eucalyptus to me.)
 As much cilantro leaves as you like.
 1 tsp chili sauce (this is the red sauce found at the tableside of vietnamese restaurants. I used more because it glops out like ketchup... Somewhat hot)
 2 tblsp Fish sauce (nuoc nam or something of that ilk--it's made of some kind anchovies usually.
 1 1/2 tblsp lemon juice
 Optional: sliced hot peppers--enough for 2 or 3 slices per serving.

Instructions:

 Use a large covered stockpot. Heat olive and sesame oil on high heat. Add cloves, bay leaves, thyme, (these should be pounded a bit first to crack the fibers and release more flavor) and onion, carrots. Cover 2 minutes, stir if you want.

Add chicken on top, and pour ONE cup of water over the tops of the chicken. Cover. Cook 5 minutes on high.

Add remainder of water, cover, continue heating till it starts to boil, then turn heat down and simmer covered 30 minutes. Skim off foam occasionally Remove chicken, debone, and cut into bite sized pieces. Strain soup, avoid getting the sediment at the bottom. (What you do with the leftover veggies after making a stock is up to you. I think they end up in Minnesotan hot dishes....)

Take 4 cups of the stock, heat until it begins to boil, turn down the heat till it is just simmering. Add galanga, lemongrass, Kaffir lime

leaves (bash them a bit to break the fibers--it allows them to release more flavor). Add mushrooms, chicken, (shrimp if you must). Stir in the fish sauce, chili paste. Cover, cook for another 5 minutes. Serve.

Add lemon juice (just have slices of lemon or lime that you can squeeze) cilantro, and thinly sliced jalepenos or other hot peppers at the table. Fresh liquorice basil also adds a nice touch.

Comments/Modifications:

We cheated and used Swansons reduced salt chicken stock for the water in the beginning because we used boneless skinless chicken. Can't tell if it hurt or helped.

Also had 4 shiitake mushrooms which had been soaking for several days, so they were cut up, and the soaking juice was added along with the chicken and mushrooms. About one cup of this. Big win. Yum.

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

TOM KHA GAI
=====

Ingredients:

- 2 boneless chicken breast - cut up bit sized
- 2-3 stalks of lemon grass - cut up into 2" pieces and separated
- 6 pieces of dried galangal
- 1 can coconut milk
- 2 Tblsp sugar
- 2 tsp salt
- 1 tsp dried crushed red chilis (optional)
- 7 cups water

Instructions:

Place the chicken, lemon grass and galangal in a soup pot. Add the water and cook over medium for about 30 minutes. Add the remaining ingredients and simmer for 20 minutes. You may need to adjust the salt, sugar and water as I find the taste varies with the brand of coconut milk used. Serve with extra chilis and white rice.

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

YELLOW CURRY CHICKEN
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Ingredients:

- 1 lb bnl, skinless chicken breast, cut in bite-size pieces
- 2-3 c fresh veggies: mushrooms, asparagus, onions, zucchini, ...
- 2 potatoes, peeled and cut in pieces, pre-cooked
- 1-2 carrots, cut in bite-size pieces, pre-cooked
- 1/2 c or so frozen peas

- 1-2 T veg. oil
- 1 T red curry paste
- 1 can (14 oz) coconut milk
- 3-4 T fish sauce
- dash salt
- 1-2 T sugar
- 1 T yellow curry powder
- 1/2 c water or chicken stock
- 1/2 bay leaf

Instructions:

1A. Pre-cook potatoes and carrots. Don't cook them too done, since they will simmer with the main dish later.

1. Cut boneless, skinless chicken breast into bite-size pieces.
2. Wash and cut fresh vegetables into bite-size pieces.
3. In a heavy saucepan on medium heat, heat the veg. oil, red curry paste, and about one third of the coconut milk. Heat 5-10 minutes, stirring, until it forms a thin gravy.
4. Turn the heat to high, add the chicken, and cook until the chicken is half cooked, maybe five minutes.
5. Add the fish sauce, sugar, salt, and rest of the coconut milk, and mix well.
6. Stir in the curry powder, potatoes, carrots, and water/stock. If desired, add 1/s bay leaf. Let simmer just a minute or two.
7. Add the fresh vegetables and the frozen peas, and let simmer for 3 to 5 minutes, until fresh veggies are just done.
8. Serve (with jasmine rice...).

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[mara](#)

Thai Basil Chicken

From: Thomas P Collins tcollins@magnus.acs.ohio-state.edu

Date: Tue, 10 Aug 93 12:06:29 EDT

1 lb. skinned, boned chicken breasts
4 cloves garlic, minced
4 green onions, chopped
2 TBS peanut or olive oil
4 tiny green or red Asian chili peppers, stemmed and finely chopped
3/4 cup finely chopped fresh basil leaves
2 TBS fish sauce

Put chicken breasts in freezer until firm but not frozen solid. Cut chicken into tiny slivers. Heat up wok, add oil, and stirfry garlic and green onions until tender but not brown, about 1-2 minutes. Add chili peppers and cook, stirring, about 1 minute more. Add chicken and stirfry until cooked through. Stir in basil and fish sauce, mixing thoroughly. Serve over rice, if desired.

- tom

[mara](#)

Thai Stir-Fried Beef with Mint

From: melcue@is.rice.edu (Melissa Elaine Cue)

Date: Mon, 2 Aug 1993 19:05:54 GMT

(NUE GRA PAO)

This is a rich, hearty dish with plenty of typical Thai flavors. Any kind of beef may be used, but flank steak works particularly well because it is easy to cut it across the grain, which helps keep the meat from falling apart during stir-frying and produces a tender result. Be sure to serve plenty of rice, because it helps moderate the hot chilies without detracting from the flavor. You may reduce the number of chilies by up to one half, but traditionally this dish should have a rich, hot chili flavor.

Serves 4 to 6

1 pound flank steak

14 (2 ounces) finely chopped Serrano chilies

1/4 cup (2 ounces) finely chopped garlic

1/2 cup (2 ounces) finely chopped yellow onion

1/4 cup + 2 Tablespoons vegetable oil

3 tablespoons fish sauce

1 tablespoon granulated sugar

1/2 cup water (more if needed in Step 5)

1/2 cup loosely packed mint or basil leaves

Green lettuce leaves

1. Slice the beef across the grain into strips 1/4 inch thick and 2 to 3 inches long. Set aside.

2. Pound or grind the chilies, garlic, and onion to a coarse paste in a mortar or blender. If you use a blender you may need to add the oil to aid in grinding.

3. Heat a wok, add the oil, and swirl it over the surface of the pan. (Do not add more oil if you have ground the chilies, onion, and garlic in oil.) Add the paste from Step 2 and stir-fry until it is light golden.

4. Add the beef and stir-fry until it is a uniform tan color, but do not overcook it.
 5. Add the fish sauce, sugar, water, and mint (or basil) leaves. More water may be added if the sauce is too dry. There should be about 1/2 to 3/4 cup sauce, depending on how much water you added.
- Ahead of time note: The dish may be prepared a day in advance to this point. To do so, proceed through Step 5, omitting the mint or basil leaves. When you are ready to serve, heat the mixture and add the leaves. If the meat has absorbed the liquid, add just enough warm water to bring it back to the original consistency.
6. Arrange a single layer of lettuce leaves in a serving bowl and put the beef mixture over them. Serve the beef immediately or keep it warm while preparing other dishes.
 7. Serve with rice.

[mara](#)

Australian RECIPES: DAMPER AND PAVLOVA.

From: louray@seas.gwu.edu (Another time's forgotten space... (mickey))

Date: 8 Oct 1993 21:56:25 GMT

Well, let's start with damper. This I got from the Usenet Cookbook or someplace on the net, but it's from Stephen Withers, when he was(if he is not there now) at the U. of Melbourne.

DAMPER

2 1/2 cups self-rising flour
1 tsp salt
1 tsp butter
1 tsp sugar
1 cup milk (or 1/2 cup powdered milk and 1 cup water.)

preheat oven to 350 Far. (don't know how tospell the rest :)

Mix together the dry ingredients and the butter. Add the liquid and mix well. Knead for about 5 minutes.

Shape into a flattened ball, and place on a greased and floured baking sheet or in a greased and floured round ckae tin (he recomends the latter, about 7 or 8 inch diameter, as it gives a better shape. Bake for 30 minutes. Use a dutch oven if you are cooking in an open fire (as this was originally made. Damper was traditionally cooked in the coals of a camp fire.) use your experience as to cooking time.

Notes:
serve in moderately thick slices while still fairly hot. He's told that golden syrup (made as a by-product of cane sugar refining) is the traditional thing to spread on it. It goes well with jam, too.

Ratings:
easy, 10 min. preparation, measure carefully.

Also from the usenet cookbook

PAVLOVA (australian meringue dessert).

Interesting legend behind this:

It seems a chef in adelaide created the pavlova after he had seen Anna Pavlova dance, saying that he wanted to create a dessert that was as light and airy as her dancing.

Ingredients (serves 6-8)

4 egg whits at room temperature
1 cup castor sugar (granulated)
1 tsp vinegar
1 tsp cornflour (same as cornstarch)
1 tsp vanilla flavour.

preheat oven to 250 degrees F.

With an electric mixer beat the egg whites until soft peaks form then gradually add the sugar. Beat until firm.

Add the cornflour, vinegar and vanilla. When combined, turn out into a flat tray that has been greased and dusted with cornflours. Try a circular shape with slightly more mixture at the edges, so that it may be served by placing goodies in its center depression.

Cook in a pre-heated, cool (250 deg. f) oven for one hour. when cooked, turn the oven off, leave the oven door slightly ajar, and allow to cool slowly in the oven. This slow cooling works to prevent the loss of too much height.

Serve cold, with whipped cream and fresh fruit pieces, strawberries and kiwi for examples.

Notes:

Make sure that you beat the egg-whites well, and that the sugar is fully dissolved before going on to the next step. Over-whipping can't hurt. The final texture should be meringue on the inside with a thin crust on the outside.

ratings-

diffic: moderate

time 30 min's prep, 1 hr cooking, 1 hr cooling

precision: measure the ingredients.

This one was from Alex Patison, Pyramid Technology Australia

Enjoy them,

[amyl](#)

Baklazhannaia Ikra

From: ah787@freenet.carleton.ca (Bill Stuart)

Date: Sun, 12 Sep 1993 18:03:45 GMT

Here is a Russian Recipe that I've tried and liked.

This one is sort of a bread spread, it's very good at parties.

1 large eggplant
1 cup finely chopped onions
6 tablespoons olive oil
1/2 cup finely chopped green pepper
1 teaspoon finely chopped garlic
2 large ripe tomatoes, peelec, chopped, seeded
1/2 teaspoon sugar
2 teaspoons salt
freshly ground black pepper
2-3 tablespoons black pepper
dark rye or pumperknickel bread

Preheat oven to 425 degrees. Bake the eggplant on the middle rack for about an hour, turning it over once or twice untill it is soft and it's skin is charred and blistered.

Meanwhile, cook the onions in 4 tablespoons of the olive oil over moderate heat untill they are soft but not brown (6-8 mins). Stir in the green pepper and garlic and cook, stirring occasionally, for 5 minutes longer. With a ruber spatula, scrape the contents of the skillet into a mixing bowl.

Remove the skin of the egplant with a sharp knife, then chop the pulp finely, almost to a puree (it should be almost soft enough to stir in). Add it to the mixing bowl and stir in the tomatoes, sugar, salt, and a few grindings of black pepper. Mix together thouroughly. Heat the two remaining tablespoons of olive oil in the skillet over moderate heat and pour in the eggplant mixture. Bring to a boil, stirring constantly, then turn the heat to low, cover the skillet, and simmer for an hour. Remove the cover and cook for another half-hour, stirring from time to time, untill all the moisture in the pan has evaporated, and the mixture is firm enough to hold it's shape in a spoon. Stir in 2 tablespoons of lemon juice and taste for seasoning, adding more salt, pepper, and lemon juice to taste. Transfer the mixture to a bowl and chill, covering it with plastic wrap, untill ready to serve. Serve on pieces of rye bread.

[amyl](#)

Injera

From: gkoszegi@alt.cam1.unisys.com (Gayle Koszegi)

Date: Fri, 10 Sep 1993 15:21:23 -0700 (PDT)

Someone requested a recipe for injera. I found this recipe in the Lassen Family Natural Foods newsletter of August 1993; I haven't tried it yet, but it looks like fun. Judging from the source, I would guess that you can find the main ingredient in health food stores.

Text and recipe copied/paraphrased without permission.

Teff is the staple grain of Ethiopia. The grain yields a seed much smaller than the size of a wheat grain, but is the basis of Ethiopian traditional cookery. Teff flour is the main ingredient of the pleasantly sour pancakelike bread known as injera, which literally underlies every Ethiopian meal.

To set an Ethiopian table, one lays down a circular injera on top of which the other food is arrayed, directly, without any plate. Other injeras are served on the side and torn into pieces to be used as grabbers for the food on the "tablecloth" injera. Eventually, after the meal is finished, you eat the tablecloth, a delicious repository of the juices from the food that has been resting on it.

Nutrition-minded Americans have turned to teff as a source of calcium, fiber, and protein. It is also an alternative grain for people allergic to the gluten in wheat. It has an appealing, sweet, molasses-like flavor, and it boils up into a gelatinous porridge.

INJERA

Ingredients:

3/4 cup teff, ground fine (this may be done either in a flour mill or in a blender after moistening in 3 1/2 cups water)
salt
sunflower or other vegetable oil

1. Mix ground teff with 3 1/2 cups water and let stand in a bowl covered with a dish towel, at room temperature, until it bubbles and has turned sour. This may take as long as 3 days. The fermenting mixture should be the consistency of pancake batter (which is exactly what it is).
2. Stir in salt, a little at a time, until you can barely detect the taste.
3. Lightly oil an 8- or 9-inch skillet (or a larger one if you like). Heat

Injera

over medium heat. Then proceed as you would with a normal pancake or crepe. Pour in enough batter to cover the bottom of the skillet. About 1/4 cup will make a thin pancake covering the surface of an 8-inch skillet if you spread the batter around immediately by turning and rotating the skillet in the air. This is the classic French method for very thin crepes. Injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes, but less than you would for a flapjack.

4. Cook briefly, until holes form in the injera and the edges lift from the pan. Remove and let cool.

Yields 10 to 12 injeras.

[mara](#)

Moroccan Tagine

From: blkcat!Ted.Taylor@uunet.uu.net (Ted Taylor)

Date: Sun, 31 Oct 1993 01:25:12 -0500

Title: Lamb & Pear Tagine.

2 lg Onions, peeled & sliced	1 ts Cumin
1 kg Lean lamb, leg or shoulder -cut into 4cm cubes.	1 ts Ground coriander
4 Pears, peeled cored & cut -into 4cm chunks	1 ts Ground ginger
1/2 c Sultanas	1 ts Cinnamon
1/2 c Silvered almonds	1 ts Black pepper
1 tb Olive oil	Water, to cover the meat
	Salt, to tast

Intro.

Tagines are Moroccan slow-cooked meat, fruit & vegetable dishes which are almost invariably made with mutton. Using lamb cuts down the cooking time, but if you can find good hogget (older than lamb, younger than mutton, commonly labelled "baking legs" and sold cheaply) that will do very well.

1. In a large saucepan gently fry the onion in the olive oil until soft, add the meat to the pan and cook until it changes color, then add the spices. Add water to just cover the meat and salt to taste.
Cover and simmer gently until the meat is tender, about 1 1/2 - 2 hours. (Displace the lid a little after an hour if there appears to be too much liquid.)
2. Add the pears to the meat together with the sultanas & almonds. Cook for a further 5 minutes or until the pears are soft.
Serve with rice.

[amyl](#)

Puerto Rican Beef Plantain Omelette

From: dmcmenam@mtholyoke.edu (Dianna McMenamin)

Date: 2 Nov 1993 14:44:29 GMT

Carl Harris (ceharris@csugrad.cs.vt.edu) wrote:

Plantains are good sliced and sauteed. They're also good substituted into any recipe that uses cooked bananas. Many caribbean recipes that call for banana originally called for plantain, but the recipe-writer thought you wouldn't have access to plantain.

Here is a recipe from "The Total Banana" by Alex Abella (Harcourt, Brace, Johanovich, 1979). The book has lots of other plantain recipes, too.

The recipe is a little heavy in the fat department, so I usually leave out the meat, and skimp on the oil and butter. (I don't know how authentic the veggie version is!) Also, the author wants us to boil the beans to death. I have taken the liberty of changing that in the body of the recipe.

~ <-- (Take that as a tilde over the 'N')

PINON

(Puerto Rican Beef Plantain Omelette)

3 very ripe plantains
Oil for frying
1 onion, chopped
1/2 green pepper, chopped
2 cloves garlic
1/2 pound ground beef <--- I usually omit.
1/4 cup tomato sauce
1 Tablespoon capers
1 Tablespoon sliced green olives (optional)
Salt and pepper
1/2 pound green beans, fresh or frozen, cut in 3-inch pieces
6 eggs
1/4 cup butter <--- I reduce this by about half

Peel the plantains, cut into 2-inch thick legthwise slices, and fry in oil till golden brown. Remove, drain, and keep warm.

In a frying pan, saute the onion, green pepper, and garlic until soft but not brown. Add the ground beef and fry at high heat for 3 minutes. Pour in the tomato sauce and add the capers and olives, if desired. Cook 15 minutes over medium heat, stirring occasionally. Season with salt and pepper to taste.

Wash the string beans and steam till tender.

Beat the eggs, adding salt and pepper to taste. Butter the sides and bottom of a round casserole and melt the remaining butter in the bottom.

Pour in *half* of the beaten eggs and cook over medium heat for about 1 minute or until slightly set. Cover the eggs with one-third of the plantain slices, following with layers of half the ground meat and half the string beans. Add another layer of plantains, the remainder of the ground beef, another layer of beans, and top with plantains. Pour the rest of the beaten eggs over the top.

Cook over low heat for 15 minutes, uncovered, being careful not to let the omelette burn. Then place in a preheated 350-degree oven for 10 to 15 minutes to brown the top of the pin~on. Serve with rice and beans. Excellent for lunch.

Serves 4

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