

# Miscellaneous

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## SULTANA LOAF

Into a bowl put:-

|                 |                    |
|-----------------|--------------------|
| 1 cup sultanas  | 1 tsp baking soda  |
| 4 ozs. sugar    | 1 Tbs golden syrup |
| 1/2 ozs. butter |                    |

Add 1 cup boiling water and let cool. Add 1 1/2 tsp baking powder mixed with 10 ozs. flour and 1 tsp mixed spice.  
Bake 1 hr. 350 degs F.

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## ICE CREAM CAKE

|                    |                     |
|--------------------|---------------------|
| 4 ozs. butter      | 4 ozs. sugar        |
| 1 dsp golden syrup | 1 tsp baking powder |
| 1 egg              | 1 large cup flour   |

Cream butter and sugar, add egg and beat well, add golden syrup then dry ingredients. Spread into swiss roll tin. Bake 20 mins. at 350 degs F. When cool top with the following:-

Cream 4 ozs. butter with 8 ozs. icing sugar, add 1 egg, 4 ozs. flour and 1 tsp vanilla. Spread over cooled base and ice with chocolate icing.

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## CRUNCH

|                       |                 |
|-----------------------|-----------------|
| 1 cup rolled oats     | 1 cup coconut   |
| 1/2 cup brown sugar   | 1/2 tsp vanilla |
| 125 g butter (melted) |                 |

Put all ingredients into a bowl, mix well then spread into a greased 20x30cm tin. Bake in slow oven 160 degs C, or 324 degs. F, for 25 mins. or until golden brown. Mark into pieces while hot but leave in tin until cold.

[amyl](#)

# Bigos

From: [r.gagnaux@chnet.ch](mailto:r.gagnaux@chnet.ch) (Rene Gagnaux)

Date: Wed, 27 Oct 1993 11:00:00 +0100

Categories: Poland, Main dish

Servings: 8

1 kg Cabbage (2 1/4 lb)  
1 kg Sauerkraut  
8 dl Water (1 2/3 pt)  
500 g Roast pork (1 1/8 lb)  
500 g Roast beef  
600 g Sausage, variety (1 1/3 lb)  
400 g Boiled ham (7/8 lb)  
10 Boletus mushrooms, dried  
10 Stones prunes  
10 Juniper berries, crushed  
10 Peppercorns  
1 Bay leaf  
2 Onions  
2 Cooking apples  
1 1/2 dl Red wine, dry (1/3 pt)  
1 ts Honey  
2 tb Lard  
Salt  
Pepper

(Preparation: 1 hour; cooking: 2 to 3 hours)

Drain the excess juices from the sauerkraut (if necessary: chop it finely). Chop the cabbage, pour boiling water over it and drain.

Rinse the mushrooms, cover with a little warm water and leave to soak for 15 minutes. Cook the mushrooms in their soaking liquid for 30 minutes, drain and cut into strips. Keep the mushroom stock.

Peel the apples and cut into cubes.

Peel and chop the onions, lightly fry them in 1 tb of lard.

Put the cabbage and the sauerkraut into a large saucepan, add onions, mushrooms, mushroom stock, apples, prunes, juniper, bay leaf and peppercorns. Add 8 dl of boiling water, cover and cook (low heat) for 1 1/2 hours.

Cut the meats into cubes. Slice the sausage and fry it lightly in lard.

Add all to the pan. Pour the wine in, add honey and cook for a further 40 minutes. Stir frequently taking care not to burn it.

Serve hot with wholemeal bread.

Remarks:

-- roast duck or venison and roasting gravies can be added to bigos

-- Bigos can be reheated for several days. It's flavour improves as it matures, tastes best on the third day.

MMMMM

[amyl](#)

# Bisquick

From: ai815@Freenet.carleton.ca (greg erwin)

Date: Sat, 13 Nov 1993 19:49:05 GMT

Bisquick is simply a pre mix of flour and the shortening. The following recipe comes from the book: oops I no longer have the title page, but it's something like Make Your Own Food check the library (which is a very good book full of good recipes).

\*\*\*Biscuit Mix\*\*\*

Ingredients:

4 cups unbleached white flour  
2/3 cup instant non fat dry milk  
1 tsp salt  
3 tbsp double acting baking powder  
1/2 cup good vegetable oil

Mix flour, milk, salt and baking powder together in blender or food processor. Mix well, then blend in the oil. Empty into covered container, and store in fridge until needed.

This yields about 5 cups of mix. Each cup of mix makes about six biscuits.

To make biscuits:

add 1/2 cup water to each 1 cup of mix.  
Roll out dough 1/2 inch thick on lightly floured board, cut into biscuits & bake on a greased cookie sheet in a pre heated 425 deg. oven for approx. 10 minutes.

Sorry about the imperial measurements, fahrenheit & so on, but it is an old book.

[amyl](#)

# COLLECTION: Breakfast Recipes

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

Date: Sun, 25 Jul 1993 02:12:42 GMT

## Contents

- [Pineapple French Toast with Ambrosia Salsa](#)
- [Baked French Toast \(Overnight\)](#)
- [Egg Casserole](#)
- [Cinnamon Butter](#)

From the Country Place Bed & Breakfast in Salado, Texas. Published in the August 1993 issue of Down Town, inc (a local Houston paper).

### **Pineapple French Toast with Ambrosia Salsa**

(source: Austin American Statesman, April 7, 1993)

20 oz can pineapple chunks in juice  
1 cup strawberry halves  
1/4 cup toasted flaked coconut  
4 tablespoons sugar, divided  
1 10 ounce loaf French or Italian bread  
3 eggs  
1 1/2 cups milk  
1 teaspoon salt  
1 teaspoon vanilla extract  
1 tablespoon butter

Drain pineapple, reserving 3/4 cup juice and pineapple pieces separately. In a small bowl, prepare ambrosia salsa by combining strawberries, coconut, reserved pineapple pieces and 2 tablespoons sugar, set aside.

Cut bread in 3/4 inch slices. In a 15 by 10 inch jelly roll pan, arrange bread in a single layer, set aside. In a large bowl, beat eggs, milk, vanilla, salt and remaining 2 tablespoons sugar and reserved pineapple juice, pour over bread, turning slices to coat completely. Cover and refrigerate overnight or until all liquid is absorbed, about 1 1/2 hours. In a large skillet over medium heat, melt butter. Add bread a few pieces at a time and cook until browned on both sides, turning bread once, and adding more butter if necessary. Serve with ambrosia salsa. Serves 6.

### **Baked French Toast (Overnight)**

French bread cut into one inch slices, making eight slices

Combine:

6 eggs  
3/4 cup milk  
1/4 teaspoon baking powder  
1 tablespoon vanilla

Pour over bread slices, cover and refrigerate overnight.

Next morning: Combine 10 ounce bag frozen strawberries, 4 ripe bananas, thick sliced, place in glass casserole dish, sprinkle mixture of 3/4 cup sugar and 1 tablespoon apple pie spice over strawberries and bananas. Place slices of egg-soaked bread on top of strawberries and bananas. Sprinkle top with cinnamon and sugar. Bake 450 degrees for 20-25 minutes. Serve with whipped cream or powdered sugar.

### **Egg Casserole**

12 eggs beaten  
1/2 lb. sausage  
1 can condensed creamy chicken mushroom soup  
Cheddar cheese  
Basil  
Chives  
Paprika  
Parsley

Pan fry sausage, drain, set aside. Grate cheese (enough to sprinkle on top of casserole). Beat eggs, add chopped chives, basil, seasoned salt, scramble lightly. Add together 1/2 sausage and chicken soup, (no milk added to soup), and egg mixture. Place remaining sausage in bottom of casserole dish. Pour egg mixture, soup and remaining sausage over top of sausage. Sprinkle cheese on top. Sprinkle paprika and/or parsley on top. Bake 30 minutes at 350F.

### **Cinnamon Butter**

1/2 lb butter  
1/2 lb confectioners sugar  
3 tablespoons cinnamon

Combine the ingredients and mix well with an electric mixture. Store in refrigerator.

[mara](#)

# Cajun Seasoning and other Herbal Seasoning blends

From: Pat Pate patpate@tenet.edu

Date: Sat, 11 Sep 1993 21:34:16 -0500 (CDT)

## CONTENTS

- [Cajun Seasoning](#)
- [Herbs Seasoning Blend](#)
- [Ground Seasoning Blend](#)
- [Bay Seafood Seasoning Blend](#)
- [Greek Seasoning Blend](#)
- [Five-Spice Powder Blend](#)
- [Creole Seasoning Blend](#)

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### CAJUN SEASONING

- 1 box salt
- 3T black pepper
- 2T garlic powder
- 1t onion powder
- 1t nutmeg
- 2T parsley flakes (crunched)
- 4T red pepper (ground) (cayenne)
- 2T chili powder

Combine all ingredients; store in an airtight container.

NOTE: the following recipes were taken from  
 ~~~~ Southern Living Magazine.

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### HERBS SEASONING BLEND

- 1 T dried thyme
- 1 T dried oregano
- 2 t rubbed sage
- 1 t dried rosemary
- 1 t dried marjoram
- 1 t dried basil
- 1 t dried parsley flakes

Combine all ingredients; store in an airtight container.  
Use in omelets and to season fish, vegetables, or chicken.  
Yield: 1/4 cup.

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#### GROUND SEASONING BLEND

- 2 T ground celery seeds
- 1 T onion powder
- 1 T salt

Combine all ingredients; store in an airtight container.  
Use in stew, chowder, or sandwich spreads.  
Yield: 1/4 cup

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#### BAY SEAFOOD SEASONING BLEND

- 1 T ground bay leaves
- 2 1/2 t celery salt
- 1 1/2 t dry mustard
- 1 1/2 t black pepper
- 3/4 t ground nutmeg
- 1/2 t ground cloves
- 1/2 t ground ginger
- 1/2 t paprika
- 1/2 t red pepper
- 1/4 t ground mace (optional)
- 1/4 t ground cardamon (opt.)

Combine all ingredients; store in an airtight container.  
Use with seafood or chicken.  
Yield: 1/4 cup.

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GREEK SEASONING BLEND

- 2 t salt
- 2 t dried oregano
- 1 1/2 t onion powder
- 1 1/2 t garlic powder
- 1 t cornstarch
- 1 t pepper
- 1 t beef-flavored bouillon granules
- 1 t dried parsley flakes
- 1/2 t ground cinnamon
- 1/2 t ground nutmeg

Combine all ingredients; store in an airtight container.  
Serve with steaks, pork chops, chicken, or fish.  
Yield: 1/4 cup.

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FIVE-SPICE POWDER BLEND

- 2 t anise seeds, crushed
- 2 t freshly ground pepper
- 2 t fennel seeds, crushed
- 2 t ground cloves
- 2 t ground cinnamon
- 1 1/2 t ground ginger
- 1/2 t ground allspice

Combine all ingredients; store in an airtight container.  
Use to flavor fish or pork.  
Yield: 1/4 cup.

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CREOLE SEASONING BLEND

- 1 T salt
- 1 1/2 t garlic powder
- 1 1/2 t onion powder
- 1 1/2 t paprika

1 1/4 t dried thyme  
1 t red pepper  
3/4 t black pepper  
3/4 t dried oregano  
1/2 t ground bay leaves  
1/4 t chili powder

Combine all ingredients; store in an airtight container.

Use with seafood, chicken, beef, or vegetables.

Yield: 1/4 cup.

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Store herb containers in a dark, cool, dry place up to six months. Because heat weakens spice flavors, avoid displaying seasonings on open racks above or near cook tops or ovens. Store seldom-used seasonings in the freezer to maintain freshness.

Pat Pate                      patpate@tenet.edu

[mara](#)

# Caramel Frosting

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

Date: Sun, 26 Sep 93 19:52:37 PDT

Servings: 8

1/2 C Margarine or butter

1 C Packed brown sugar

1/4 C Milk

2 C Powdered sugar

Melt butter in 2 quart saucepan. Stir in brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat 2 minutes. Stir in milk. Heat to boiling, remove from heat. Cool to lukewarm. Gradually stir in powdered sugar.

Place saucepan in bowl of cold water, beat until smooth and spreading consistency.

[amyl](#)

# Crystallized Ginger

From: **Sarah Henderson**

Date: Fri, 8 Oct 1993 15:40:29 -0700 (PDT)

Note: I doubled this recipe, but stuck with one lemon. Don't let the number of days it takes scare you off. It takes a while, but the ginger requires very little attention.

adapted from Joy of Cooking

~1.5 lbs. fresh, young ginger--peeled, cut into 1/4 inch thick  
circles to make 1 quart

water

3 cups sugar

1 lemon, seeded and sliced

1 cup light corn syrup

granulated sugar or special large crystal sugar

In a large, HEAVY stainless steel pot place the ginger and cover with plenty of water. Bring slowly to a boil, reduce heat, cover and simmer until tender when poked with a knife(~20 minutes.) Add 1 cup sugar, stir until it boils. Remove from heat. Cover and let stand at room temperature overnight.

Second day, uncover, slowly bring to boil, simmer 15 minutes. Add lemon and 1 cup light corn syrup. Simmer 15 minutes more, stirring occasionally. Remove from heat. Cover and let stand at room temperature overnight.

Third day, uncover and bring to boil, stirring more often. Add 1 cup sugar and simmer 30 minutes, stirring more often. Add 1 cup sugar and bring to boil. Remove from heat. Cover and let stand at room temperature overnight.

Fourth day, slowly bring to boil, reduce heat and simmer until ginger is translucent and syrup drops heavily from side of spoon(instead of forming two drips, it forms one heavy drip from the side of the spoon.) I let it cook quite slowly at this stage, at a medium-low heat, and stirred it occasionally(just avoid scorching.) It took about 45 minutes.

Drain the ginger, reserving the syrup for flavoring other things, and remove the lemon slices. Spread ginger on a rack over a tray and dry uncovered overnight. When dried, roll slices in granulated sugar. I used a mix of plain sugar and that special large crystal sugar. Store in

tightly covered glass jars.

[amyl](#)

# COLLECTION: Fondue recipes

From: sharon@comlab.oxford.ac.uk (Sharon Curtis)

Date: Wed, 20 Oct 1993 11:20:55 GMT

Here are some fondue recipes more of the fry'n'dip type than your standard cheese or chocolate fondues.

ENJOY!!

## Contents:

Hot Oil fondues:

- [Fondue Bourguignonne](#)
- [Veal Milanese](#)
- [Spicy Chicken Fondue](#)
- [Cheesy Meatball Fondue](#)
- [Crispy Sausage Bites](#)
- [Mexican Fondue](#)
- [Pork Satay](#)
- [Teriyaki Fondue](#)

Seafood:

- [Swordfish Acapulco](#)

Hotpots:

- [Mongolian Hotpot](#)

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FONDUE BOURGUIGNONNE

Ingredients:

1kg (2 lb) fillet steak

Tomato Sauce - 1 tablespoon oil  
2 shallots finely chopped  
1 clove garlic crushed  
440g (14oz) can chopped tomatoes  
2 tablespoons tomato puree (paste)  
salt and pepper  
1 tablespoon chopped fresh parsley

Method:

To make the tomato sauce heat the oil in a saucepan add the shallots and cook gently until soft.

Stir in the garlic tomatoes with their juice and tomato puree (paste). Season with salt and pepper bring to the boil then reduce heat and simmer uncovered for about 30 mins or until sauce has reduced and thickened. Stir in the parsley and serve hot or cold.

Cut the steak into 1inch cubes and put into a serving dish. Each person spears a cube of meat with a fondue fork and immerses the meat in the hot oil to fry. The meat cube is cooked according to individual taste.

(Serves 4-6)

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#### VEAL MILANESE

Ingredients:

1 1/2 lb leg veal cubed  
3 tablespoons seasoned plain flour  
3 eggs beaten  
4 oz / 1 cup dry breadcrumbs  
2 teaspoons finely grated lemon peel

Italian Sauce - 2 tablespoons olive oil  
1 onion finely chopped  
1-2 cloves garlic crushed  
1 1/2 lb ripe tomatoes skinned and chopped  
5 tablespoons dry white wine  
salt and pepper  
1 tablespoon chopped fresh basil

Method:

Toss veal in flour; dip in egg and coat in mixed crumbs and peel.  
To make the Italian sauce heat the oil in a saucepan add the onion and garlic and cook over a low heat until soft. Add tomatoes and wine and season with salt and pepper. Simmer for 30 minutes.  
Puree sauce in a blender or food processor until smooth or press through a sieve. Stir in basil and reheat the sauce before serving. Serve with the veal cooked in hot oil.

(Serves 4-6)

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### SPICY CHICKEN FONDUE

#### Ingredients:

6 boned and skinned chicken breasts  
4 tablespoons oil  
2 teaspoons paprika  
1/2 teaspoon chilli powder

Curry Sauce - 1 tablespoon oil  
1 onion finely chopped  
2 teaspoons mild curry powder  
3 teaspoons plain flour  
10 fl oz / 1 1/4 cups milk  
6 teaspoons mango chutney  
salt and pepper

#### Method:

Cut chicken into 3/4 in pieces and mix with oil paprika and chilli powder.

Place chicken on a serving plate. To make curry sauce heat oil in a saucepan. Add onion and cook until soft. Stir in curry powder and cook for 2 minutes then stir in flour. Gradually stir in milk and bring slowly to the boil stirring all the time. Continue to cook until sauce thickens. Simmer for 5 minutes then add chutney and season with salt and pepper. Serve hot with the chicken cooked in the hot oil.

(Serves 4-6)

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### CHEESY MEATBALL FONDUE

Ingredients:

1 1/2 lb lean minced beef  
1 tablespoon finely chopped onion  
1 oz / 1/2 cup fresh wholemeal breadcrumbs  
salt and pepper  
4 oz Cheddar cheese diced

Tangy Sauce -     1 tablespoon tomato puree  
                  1 tablespoon red wine vinegar  
                  2 tablespoons honey  
                  2 teaspoons dry mustard  
                  1 tablespoon Worcestershire sauce  
                  10 fl oz / 1 1/4 cups chicken stock  
                  2 teaspoons cornflour  
                  juice of 1 orange

Method:

Mix together beef onion and breadcrumbs.  
Season meat mixture with salt and pepper and divide into  
30 balls. Flatten each ball out. Place a piece of cheese  
in centre then mould meat around cheese sealing it well to enclose  
cheese completely.

To make the tangy sauce put tomato puree (paste) wine vinegar  
honey mustard Worcestershire sauce and stock into a saucepan  
and simmer for 10 minutes. Blend cornflour smoothly with orange juice  
then stir into the sauce and simmer for 1 minute stirring all  
the time. Serve with the meatballs cooked in the hot oil.

(Serves 4)

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CRISPY SAUSAGE BITES

Ingredients:

1 lb pork sausage meat  
1 small onion finely chopped  
3oz / 1/3 cup cream cheese  
1 tablespoon chopped fresh parsley  
1 teaspoon prepared mustard  
1oz / 1/2 cup fresh breadcrumbs  
salt and pepper  
2 eggs beaten

3oz / 3/4 cup dry breadcrumbs

Relish Sauce - 1 tablespoon oil  
2 shallots finely chopped  
1 clove garlic crushed  
440g (14oz) can chopped tomatoes  
2 tablespoons tomato puree (paste)  
salt and pepper  
1 tablespoon chopped fresh parsley  
2 tablespoons sweet pickle relish

Method:

Put sausagemeat and onion into a frying pan; cook until lightly brown and crumbly.

Turn into a bowl and add cream cheese parsley mustard fresh breadcrumbs and season with salt and pepper. Shape into 16-20 small firm balls (moulding them to make them smooth). Dip first in beaten egg then roll in dry breadrums until evenly coated. Chill until required.

To make the relish sauce heat the oil in a saucepan add the shallots and cook gently until soft.

Stir in the garlic tomatoes with their juice and tomato puree (paste). Season with salt and pepper bring to the boil then reduce heat and simmer uncovered for about 30 mins or until sauce has reduced and thickened. Stir in the parsley and relish. Serve warm.

Each person spears a sausage ball and immerses it in the hot oil to fry until crisp and golden.

(Serves 4)

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## MEXICAN FONDUE

Ingredients:

2lb lean rump steak

Mexican Sauce - 1 tablespoon oil  
1/2 a Spanish onion finely chooped  
1 clove garlic crushed  
14oz can tomatoes  
2 tablespoons tomato puree (paste)  
1/2 teaspoon chill powder  
1 fresh green chilli seeded and finely chopped  
salt and pepper

Method:

Cut meat into 1" cubes and put onto a serving plate.

To make the Mexican sauce heat the oil in a saucepan; add onion and garlic and cook gently until softened. Stir in tomatoes and their juice tomato puree and chilli powder. Simmer uncovered for 10 minutes.

Remove the sauce from the heat and puree in a blender or food processor until smooth or press through a sieve to give a smooth sauce. Return to the heat add the chopped chilli and simmer for a further 15 minutes. Season with salt and pepper. Serve with the meat cooked in the hot oil.

(Serves 4-6)

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PORK SATAY

Ingredients:

1/2 teaspoon chilli powder  
1 teaspoon ground coriander  
1/2 teaspoon turmeric  
3 teaspoons oil  
3 teaspoons soy sauce  
1/2 teaspoon salt  
2lb pork fillet cubed

Peanut Sauce - 2oz / 2/3 cup desiccated coconut  
10 fl oz / 1 1/4 cups boiling water  
5 tablespoons crunchy peanut butter  
2 teaspoons sugar  
1 fresh green chilli seeded and finely chopped  
1 teaspoon lemon juice  
1 clove garlic crushed

Method:

In a bowl mix together spices oil and soy sauce and salt to make a paste. Add pork and with wet hands knead paste into meat. Cover bowl and leave in the refrigerator for at least 2 hours.

To make the peanut sauce put the coconut into a bowl pour over the boiling water and leave to stand for 15 minutes. Strain mixture into a saucepan pressing well to extract all moisture. Discard coconut. Add remaining ingredients and mix well. Cook over a low heat stirring until the sauce comes to the boil. Serve hot with the meat

cooked in hot oil.

(Serves 4-6)

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### TERIYAKI FONDUE

#### Ingredients:

2lb fillet steak  
3 teaspoons light soft brown sugar  
4 fl oz / 1/2 cup soy sauce  
6 tablespoons dry sherry  
2 cloves garlic crushed  
1 teaspoon ground ginger

Beansprout Salad - 1 small head Chinese leaves  
8 oz fresh beansprouts  
1 red pepper (capsicum) seeded and finely sliced  
1/2 bunch spring onions shredded  
6 tablespoon sunflower oil  
1 tablespoon wine vinegar

#### Method:

Cut steak into thick strips 1/2" wide and 4" long.

Put 1 teaspoon of sugar and 2 tablespoons of soy sauce into a bowl and set aside. In a large bowl combine remaining sugar and soy sauce sherry garlic and ginger. Add strips of meat and leave to marinate for 1 hour. Weave the strips of meat onto 20-24 bamboo skewer ready for cooking in the hot oil.

To prepare the salad shred the Chinese leaves and put into a bowl with beansprouts pepper (capsicum) and spring onions. Add oil to reserved sugar and soy sauce then whisk in vinegar and pour over salad. Toss lightly together.

(Serves 4-6)

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### SWORDFISH ACAPULCO

#### Ingredients:

1 1/2 lb swordfish steaks cut into bite size pieces.

Marinade: 4 tablespoons oil  
5 fl oz / 2/3 cup dry white wine  
1 clove garlic crushed

Thousand Island Sauce - 1 hard-boiled egg  
8 fl oz / 1 cup mayonnaise  
1 teaspoon tomato puree (paste)  
2 tablespoons finely chopped onion  
salt and pepper  
1 tablespoon chopped fresh parsley

Method:

Combine marinade ingredients; stir in fish.

Cover and leave fish to marinate in refrigerator for 2-3 hours.  
To make Thousand Island sauce chop egg. Put all ingredients into a bowl; season to taste with salt and pepper and mix together. Spoon into a serving dish.

Before cooking the fish in hot oil drain from marinade and arrange in a serving dish.

(Serves 4)

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### MONGOLIAN HOTPOT

Ingredients:

3lb lean lamb leg of fillet  
3 pints / 7 1/2 cups chicken stock  
1 teaspoon peeled grated fresh root ginger  
1 clove garlic crushed  
2 tablespoons chopped spring onion  
2 tablespoons chopped fresh coriander  
4 oz spinach leaves shredded  
8 oz Chinese leaves shredded  
3 oz instant soup noodles

Hotpot Dipping Sauce - 6 tablespoons soy sauce  
3 tablespoons smooth peanut butter  
2 tablespoons rice wine or dry sherry  
pinch of chilli powder  
3 tablespoons hot water  
1 shallot, finely chopped

Method:

Slice lamb very thinly and arrange on two large plates. Put stock into a large saucepan with ginger and garlic and simmer for 15 minutes. Put psring onion coriander spinach Chinese leaves and noodles into separate serving bowls. Combine the ingredients for dipping sauce and divide between 6 small dishes.

Put stock into a special Mongolian hotpot or a fondue pot. Add spring onions an bring back to boil. Transfer pot to burner. Each person uses fondue forks or Chinese wire strainers to cook pieces of food in stock. The food is then dipped in sauce before eating. Any remaining spinach and Chinese leaves are finally added to the pot with coriander and noodles. When noodles are tender the soup is served in bowls.

(Serves 6)

[amyl](#)

# Herbed Vinegar

From: a4gy@jupiter.sun.csd.unb.ca ("N. Webber")

Date: Tue, 21 Mar 1995 10:17:34 +0000

Yield: 1 bottle

1 1/2 c White wine vinegar  
1/2 c Fresh basil leaves

Pour vinegar into non-aluminum 2-quart saucepan. Heat until very hot, stirring occasionally. Do NOT boil. (If vinegar boils, it will become cloudy.)

Pour into glass bowl; add basil. Cover with plastic wrap. Let stand in cool place about 1 week until desired amount of flavour develops. Strain before using. Store up to 6 months in jar or bottle with tight-fitting lid.

Variations: Substitute 1 tablespoon of either fresh oregano, thyme, chervil or tarragon for the basil. Or, substitute cider vinegar for the wine vinegar.

Source: Favorite All Time Recipes: Country Christmas Recipes

[amyl](#)

# Stephanie da Silva's Jambalaya Collection

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

Date: Tue, 13 Jul 93 12:39:29 CDT

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- [Chicken and Sausage Jambalaya](#)
- [Jambalaya](#)

### 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.

## Jambalaya

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.

[mara](#)

# Kolaches and the nine fillings

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

Date: 4 Nov 1993 14:16:29 -0500

Preliminaries:-

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Peel 6-8 potatoes, wash and cut into chunks having no edge longer than about 1 inch. Place potato chunks into a pressure cooker with slightly more than one cup of water and steam cook for about 8 minutes. Cool cooker with cold water. Drain and SAVE the potato water. Add salt, butter, and a small amount of milk to the steamed potato chunks and mash until smooth.

Stir 1 package of dry yeast in 1/2 cup of the potato water to which 1 T. of honey was added. (Take care that the water is not too hot.) Let stand. Place 1/4 cup of Fleischmann's Sweet unsalted 100% Corn oil spread or equivalent shortening into the microwave and heat (on low) until it becomes a soft liquid. Place 1 whole egg and one egg yolk into a bowl and beat until smooth in texture.

Mixing and kneading in a Cuisinart:-

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Into the Cuisinart, add:

|                            |        |                         |
|----------------------------|--------|-------------------------|
| 1/2 c. mashed potatoes     | 1 1/2  | eggs (beaten)           |
| 3 1/2 c. all-purpose flour | 1/4 c. | soft (melted) margarine |
| 1/2 c. sugar               | 1/2 c. | milk                    |
| 1 t. salt                  | 1/2 c. | activated yeast mixture |
| 1/8 t. mace                |        |                         |

The above indicated quantity of flour is about 1 cup less than what will actually be needed. Mix until the dough becomes a gooey paste. Then add incremental portions of extra flour to the Cuisinart and continue mixing -- this is equivalent to kneading. Add flour until the dough is no longer sticky. Transfer the dough to a floured bowl; cover and let rise for about 1 hour; you can put it into the refrigerator until the next day. Prepare the fillings.

Baking open-faced kolaches:

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Form ping-pong sized balls from the dough, place on a greased cookie sheet. Brush with melted butter, cover and let rise until double in size. Press down the center only and insert about 1 T. filling. Cover and let rise. Bake 8-10 minutes at 450 degrees F;

take out of oven when they are golden brown. One batch of dough will make about 4 dozen open-faced kolaches.

Baking diapered squares:-

=====

Turn dough onto lightly floured board; pat out about 1/4-inch thick. Cut into 2-inch squares with a pizza cutter. Put about 1 T. filling into each square. Stretch opposite corners to center and pinch together. Place on greased baking sheet far enough apart so kolaches do not touch while rising. Cover with plastic wrap; let rise 30-45 minutes. Brush with beaten egg. Bake in 400 degree oven 10 minutes until nice and brown. Remove from oven and brush with melted butter.

Preparing the Fillings:-

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Poppy seed Filling

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Put 1/4 lb. freshly ground poppy seed into a small pan, add 1/2 cup or less of water to moisten and cook through a little. When thickened, pour enough milk, about 1/2 cup, to cover. Continue cooking slowly for about 10 minutes being careful that it does not scorch. Stir frequently! Add 1 T. butter, 1/2 t. vanilla, 1/2 t. cinnamon and 1/2 cup sugar. Continue cooking for about 5 minutes and remove from heat. If the mixture is too soft, add crushed vanilla wafers or graham crackers.

Prune filling

=====

- 1-16 oz. package of pitted prunes
- 1 c. water
- 1/2 c. sugar
- 1 t. lemon juice
- 1 t. lemon rind
- 1/2 t. cinnamon
- 1/2 t. allspice

Cook prunes with sugar in the water using low heat. Stir constantly (a potato masher is useful for this task) until smooth and thick. Add lemon juice and spices. May be prepared before starting kolach dough and stored in

a freezer.

Apricot filling

=====

1-16 oz. package of dry apricots  
1 c. water  
1/2 c. sugar

Cook as above, using dry apricots, instead of the prunes.  
Omit lemon juice, rind, cinnamon and allspice.

Pineapple filling

=====

1-13.5 oz. can of crushed pineapples  
1/4 c. water  
1/4 c. sugar  
1 T. cornstarch (level)

Cook until thick, stir in 2 T. butter while warm.  
Cool before using. Top with the following:

3/4 c. flour, 1/2 c. sugar, and 1/3 c. butter mixed  
together until ingredients are crumbly.

\* \* \*

Save the green top from fresh pineapple for an unusual house  
plant. Root it in water and pot it in sand mixture.

Nut Filling

=====

2 eggs  
3/4 c. sugar  
1/4 c. butter  
1/2 t. vanilla  
2 c. ground nuts

Beat egg yolks and half of the sugar. Beat in the soft butter  
until quite stiff. Beat egg whites until stiff and add  
remaining sugar a little at a time. Fold into egg yolk  
mixture. Add vanilla and nut meats. For a crunch topping:

1/2 c. flour, 1/2 c. sugar, 1 T. butter and 1/8 t. cinnamon  
mixed together until ingredients are crumbly.

Cottage Cheese filling

=====

- 1 lb. cottage cheese
- 2 egg yolks mixed with 3 T. butter  
a little grated lemon rind
- 1/2 t. vanilla  
sugar to taste
- 1/2 c. raisins which have been washed in hot water

Mix all ingredients together. If the cheese was not the real dry kind, you may add a little cream of wheat to thicken it. This mixture should stand a while. May be prepared before starting kolach dough.

Apple, Cherry or Blueberry filling

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Use the pie fillings available in 21 oz. (1 lb. 5 oz.) 595 grams cans. If the apples slices are too large, just cut them into smaller pieces.

[amyl](#)

# Lemon/Lime Butter

From: [hy7754@cis.ohio-state.edu](mailto:hy7754@cis.ohio-state.edu)

Date: Fri, 15 Oct 93 04:38:33 GMT

Hi! I found an recipe of Lime Butter. I think you can substitue lime with lemon. There is also a recipe of lemon butter.

#1  
1/4 lb. (1 stick) butter, softened  
2tbsp lime (lemon) juice  
1tbsp freshly grated lime zest  
2tbsp soy sauce

Cream all the ingredients in a small bowl.  
Form the mixture in a cylinder and wrap in waxed paper.  
Chill until ready to use.

#2  
1/4 lb. (1 stick) butter, softened  
1tbsp chopped fresh parsley  
1tbsp fresh lemon juice  
Salt and freshly ground black pepper to taste

Same method of preparation as the above.

Hope you enjoy it!

[amyl](#)

# Raspberry Vinegar

From: a4gy@jupiter.sun.csd.unb.ca ("N. Webber")

Date: Tue, 21 Mar 1995 10:17:32 +0000

Yield: 1 cups

1 1/2 c White wine vinegar  
1/2 c Sugar  
1 c Fresh raspberries or siced  
Strawberries, crushed

Combine vinegar and sugar in non-aluminum 2-quart saucepan. Heat until very hot, stirring occasionally. Do NOT boil. (If vinegar boils, it will become cloudy.)

Pour into glass bowl; stir in raspberries. Cover with plastic wrap. Let stand in cold place about 1 week until desired amount of flavour develops. Strain through fine mesh sieve or cheesecloth twice. Store up to 6 months in jar or bottle with tight-fitting lid in refrigerator.

Source: Favorite All Time Recipes: Country Christmas Recipes

[amyl](#)

# Stuffed Quince (Persian)

From: Sarah Henderson sehender@reed.edu  
Date: Mon, 13 Sep 1993 19:21:14 -0700 (PDT)

From \_Food of Life\_.

Stuffed Quince(Dolmeh-e Beh)

4 large quinces similar in size  
1/4 cup yellow split peas or green peas  
1 onion, finely chopped  
1/2 lb. ground meat(lamb or beef)  
2 Tbsp. oil  
1 tsp. tomato paste  
1/3 cup vinegar or lemon juice  
2 tsp. salt  
1/4 tsp. pepper  
1 tsp. cinnamon  
1/4 cup sugar  
1 Tbsp. butter, melted  
1/4 tsp. saffron, dissolved in 1 Tbsp. hot water

Wash quinces, cut off tops and hollow out(scoop out seeds and some pulp), leaving 1/2 inch pulp on all sides. Save tops and set fruit aside. Cook split peas in 2 cups water for 30 minutes over medium heat, then drain. OR cook green peas in 1/4 cup water for 10 minutes and drain.

Brown onion and meat in 2 Tbsp. oil. Add tomato paste, 2 Tbsp. vinegar or lemon juice, split peas or peas, 1 1/2 tsp. salt, pepper, and cinnamon. Mix thoroughly. Fill quinces with stuffing, replace tops and place in greased baking dish.

Combine 1 cup water with remaining vinegar or lemon juice, sugar, 1/2 tsp. salt, 1 Tbsp. butter, and saffron. Pour over the fruit. Cover and place in preheated 350 degree F oven. Bake 1 1/2 hours, basting occasionally with juices.

Check to see if fruit is done. Serve with bread, yogurt, and fresh herbs.

[amyl](#)

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# Tea Recipes Collection - Janet Morrissey

From: morrissey@stsci.edu (Mostly Harmless), jmfranz@uci.edu

Date: Wed, 14 Jul 1993 14:17:43 GMT

## Contents

- [Smoked Salmon Canapes with Mascarpone](#)
- [Cucumber Tea Sandwiches with Tarragon Butter](#)
- [Lemon Curd Tartlets](#)

From the Los Angeles Times food section 6/17/93

"Because teas are normally scheduled between 2 and 5 in the afternoon, there is a lot of flexibility in what you serve. More than dessert, finger sandwiches and scones are part of the table. If you want, the spread can constitute a light meal. Chilled sparkling wine, sparkling water and varied tea choices are appropriate beverages. Iced tea is an option in hot weather.

"The tea table is typically set up as a buffet and the offerings are finger-type foods. With bite-size sandwiches, sweets and fruit, small plates can be provided but they are not required - dainty napkins can suffice. Certainly forks are unnecessary."

Recipes from chef Richard Hughes, Pelican Club, New Orleans

### Smoked Salmon Canapes With Mascarpone

(The sweetness of mascarpone cheese makes these canapes special. A lightly smoked salmon works best in this mild combination.) 1/3 cup unsalted butter, softened 1/3 cup snipped chives 1/2 pound thinly sliced smoked salmon 1 cup mascarpone cheese 3 tablespoons chopped dill 36 (1 inch) rounds whole-wheat or pumpernickel bread Dill sprigs

Combine butter and chives. Roll bite-size pieces of smoked salmon into 1-inch-high cone shapes. Stir mascarpone cheese with chopped dill until fluffy. Fit pastry bag with fine tube. Fill pastry bag with dill cheese.. To assemble, spread chive butter on bread rounds. Place rolled salmon cones upright on bread rounds. Pipe dill cheese into center of each cone. Garnish with small dill sprigs. Can be made few hours in advance and refrigerated. Before serving, let stand briefly to remove chill.

### Cucumber Tea Sandwiches with Tarragon Butter

(For looks, dip one end of a sandwich into mayonnaise, then into minced fresh parsley)

1 large English cucumber, peeled, sliced paper thin  
1/2 teaspoon salt  
2 tablespoons white vinegar

1 cup unsalted butter, softened  
1/4 cup minced fresh tarragon  
1/4 cup minced fresh chervil  
30 thin slices whole-wheat bread, enough to make 72 (2x4inch) rectangles  
Watercress leaves, optional

Put cucumber slices in large bowl. Toss with salt. Sprinkle with vinegar. Toss to mix well. Let stand 1 hour. Drain well in colander.

Combine butter, tarragon and chervil.

To assemble, spread butter over 1 side of each bread slice.

Cover 15 slices with cucumbers, dividing evenly.

Close sandwiches. Trim crusts. Cut into 36 rectangles.

Arrange on platter, garnished with watercress leaves.

### **Lemon Curd Tartlets**

(These tartlets are very lemony, rich and wonderful. One tartlet per guest is sufficient, but if you're smart, you'll make extras.)

7 large egg yolks

1 cup sugar

1/2 cup fresh lemon juice

1/2 cup unsalted butter

1 1/2 tablespoons grated lemon zest

16 to 20 (2 inch) pre-baked tartlet shells

edible flowers, optional

Whip egg yolks at high speed in mixer until doubled in volume, about 10 minutes. They will be pale-yellow in color. Meanwhile, place water in bottom of double boiler and heat until barely simmering. In another saucepan, bring sugar, lemon juice and butter to boil. When egg yolks are whipped, decrease mixer speed to medium. Gradually add hot sugar-butter mixture, beating constantly. Place mixing bowl just above water level over simmering water. (Do NOT let bowl touch water) Whisk mixture constantly and cook until mixture is thick custard, consistency of sour cream, about 10 minutes. Immediately transfer to 3-cup mixing bowl. Stir in lemon zest. Cover with plastic wrap. Refrigerate until chilled. (Can be made few days in advance. Before using, stir well to smooth out consistency.) Up to 2 hours before serving, fill pre-baked shells with lemon curd. Refrigerate until serving time.

[mara](#)