



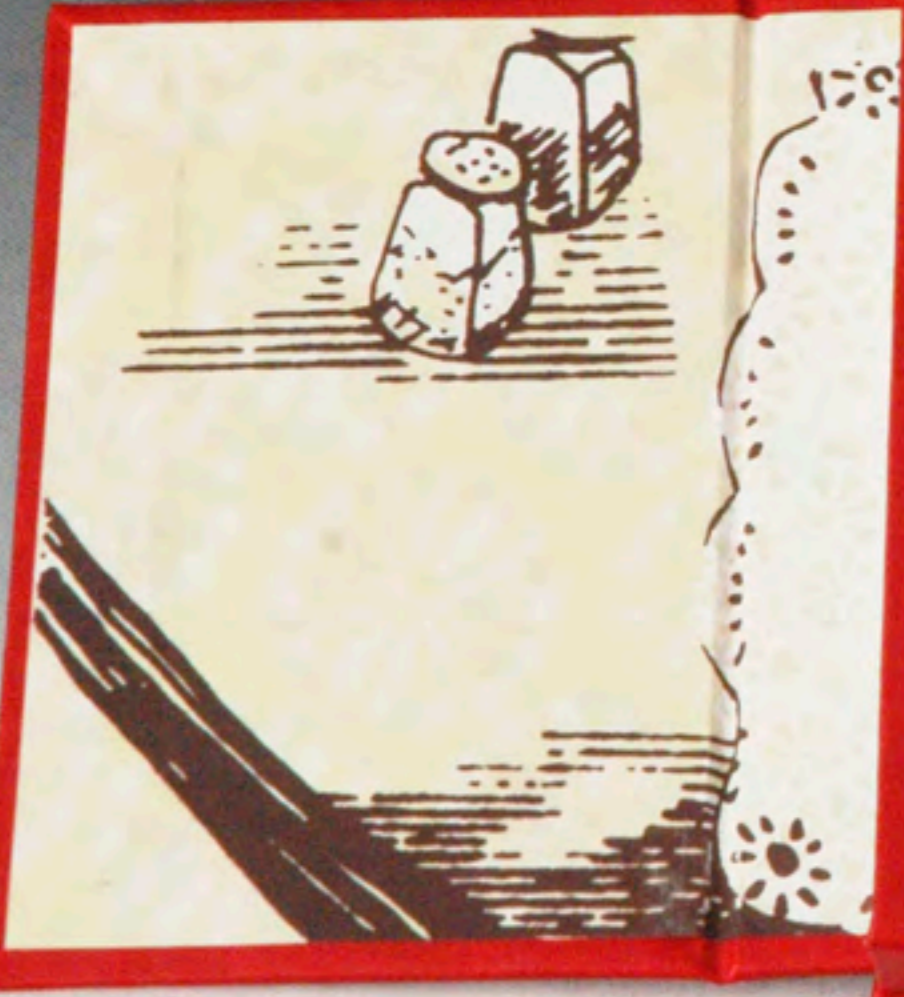
Journal Entry

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General Eats





Good Eats

Sit down, relax & enjoy.

It's the

Cook's Choice

Selections from
an appetizing array of
well-seasoned moments
and finely diced tales.

** Substitutions encouraged. ** sharing advised.*



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May we suggest...

*fine variations and substitutions that may
enhance your meals, enrich your memories, and accomodate any palate.*

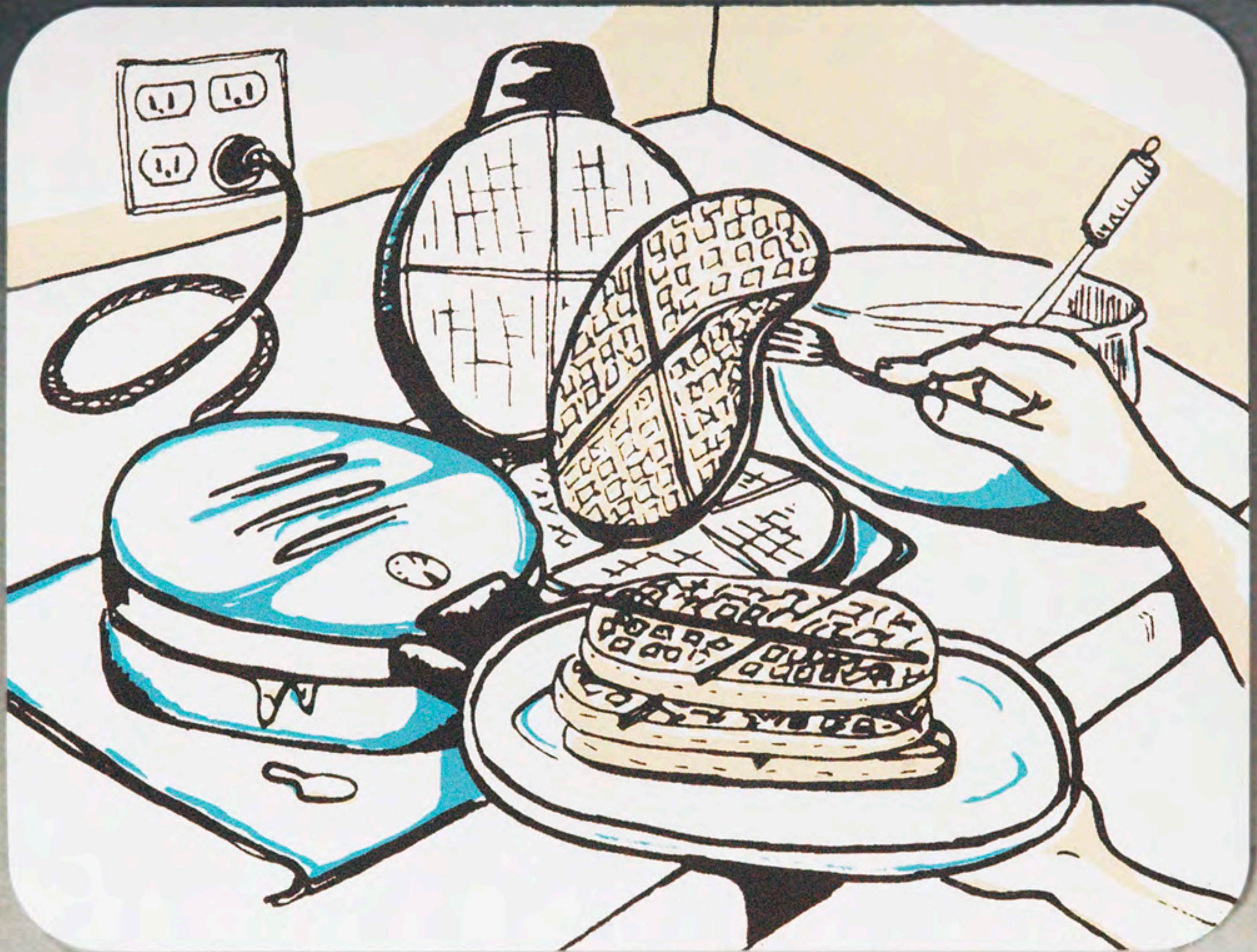
In place of:

Milk
Egg
Wheat flour
Milk Chocolate
The supermarket
Fork
Table
Wine
Cut flowers
Cat
Oven
Styrofoam bowl
Parsley

You might consider:

Soy, rice, almond or hazelnut milk
Egg replacer (plus water)
Blend of rice & tapioca flours with potato starch (6:1:2 ratio)
Carob
Your neighbor's veggie patch (with permission, of course)
Chopsticks
Picnic blanket, tree house, beach towel, bench, or Nicaraguan bus
Whiskey
Goggles (a pair for each guest)
One or more good friends
Fire ready cast-iron pot with lid and coals on top
Carved out butternut squash
Nasturtiums

**Not responsible for persons attempting to combine all variations at once.*



✓ SUNDAY SUPPER WAFFLES

Country women vote the waffles made with four eggs a top favorite

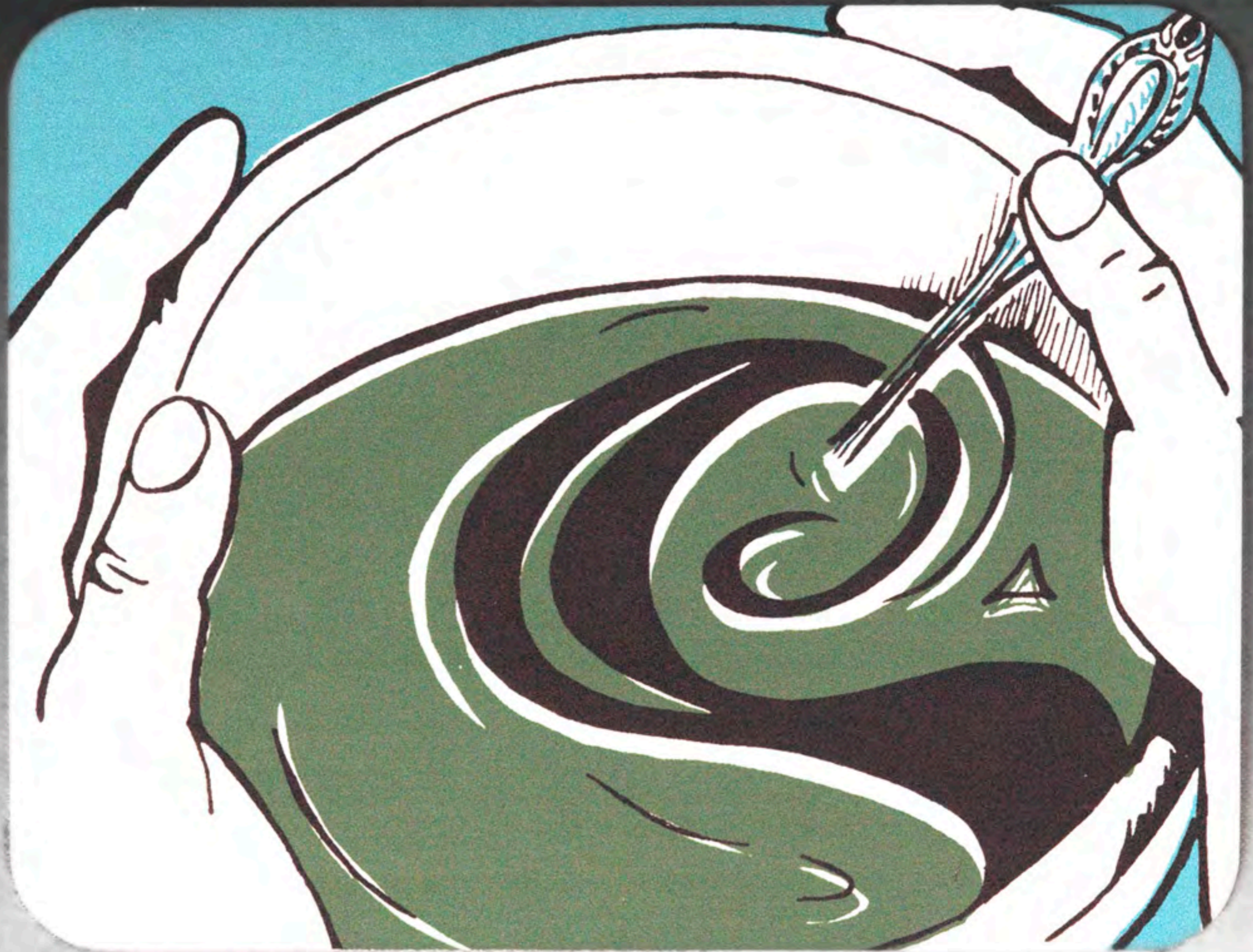
- 2 c. sifted flour
- 4 tsp. baking powder
- 1 tsp. salt
- 2 c. milk
- 4 eggs, separated
- 1 c. melted butter, regular margarine or salad oil

- Start heating waffle iron.
- Sift together flour, baking powder and salt.
- Combine milk and egg yolks. Beat egg whites until stiff.
- Add milk-egg yolk mixture to dry ingredients; beat with electric mixer at high speed, or with rotary beater, just enough to moisten dry ingredients.

- Stir in slightly cooled butter. Fold in egg whites, leaving little fluffs of them showing in batter.
- Pour batter from pitcher onto center of lower grid until it spreads to about 1" from edges. Gently close lid at once; do not open during baking.
- Bake until steaming stops or signal light shows waffle is done.
- Loosen waffle with fork and lift it from grid. Place on warm plate. Reheat waffle iron before pouring on more batter. Makes about 8 waffles.

.....
• We had them for supper on occasion, but mainly it was brunch. On lazy weekend mornings the whir and rattle of egg whites beating in the electric mixer would wake us from our beds. My brother and I would take turns pouring the batter into the old-fashioned double-barrel waffle iron. We ate them, crisp and steaming, with fresh cherry sauce (from the two little trees out back), or with maple syrup and cottage cheese, the way Mom likes them.
.....

*Always serve with real New Hampshire maple syrup
Bozeman, MT*



MINESTRONE

- 1 TBSP OLIVE OIL
- 1 MED. YELLOW ONION
- 2 CUPS DICED EGGPLANT OR ZUCCHINI
- 8-12 MUSHROOMS, SLICED
- 6 CUPS HOT WATER
- 1 14 OZ CAN STEWED TOMATOES
- 1 LARGE WHITE POTATO
- 1/4 CUP TOMATO PASTE
- 2 TSP. DRIED OREGANO
- 2 TSP. DRIED BASIL
- 3/4 TSP. SALT
- 1/2 TSP PEPPER
- 4-6 CLOVES GARLIC
- 1 CAN GARBANZO BEANS
- 1/2 CUP TUBETTINI OR ORZO PASTA

SAUTE ONION, EGGPLANT OR ZUCCHINI, MUSHROOMS + PART OF GARLIC FOR 8-10 MIN.

STIR IN WATER, STEWED TOMATOES, POTATO, TOMATO PASTE & SEASONINGS, SIMMER 20 MIN. AT MEDIUM-LOW.

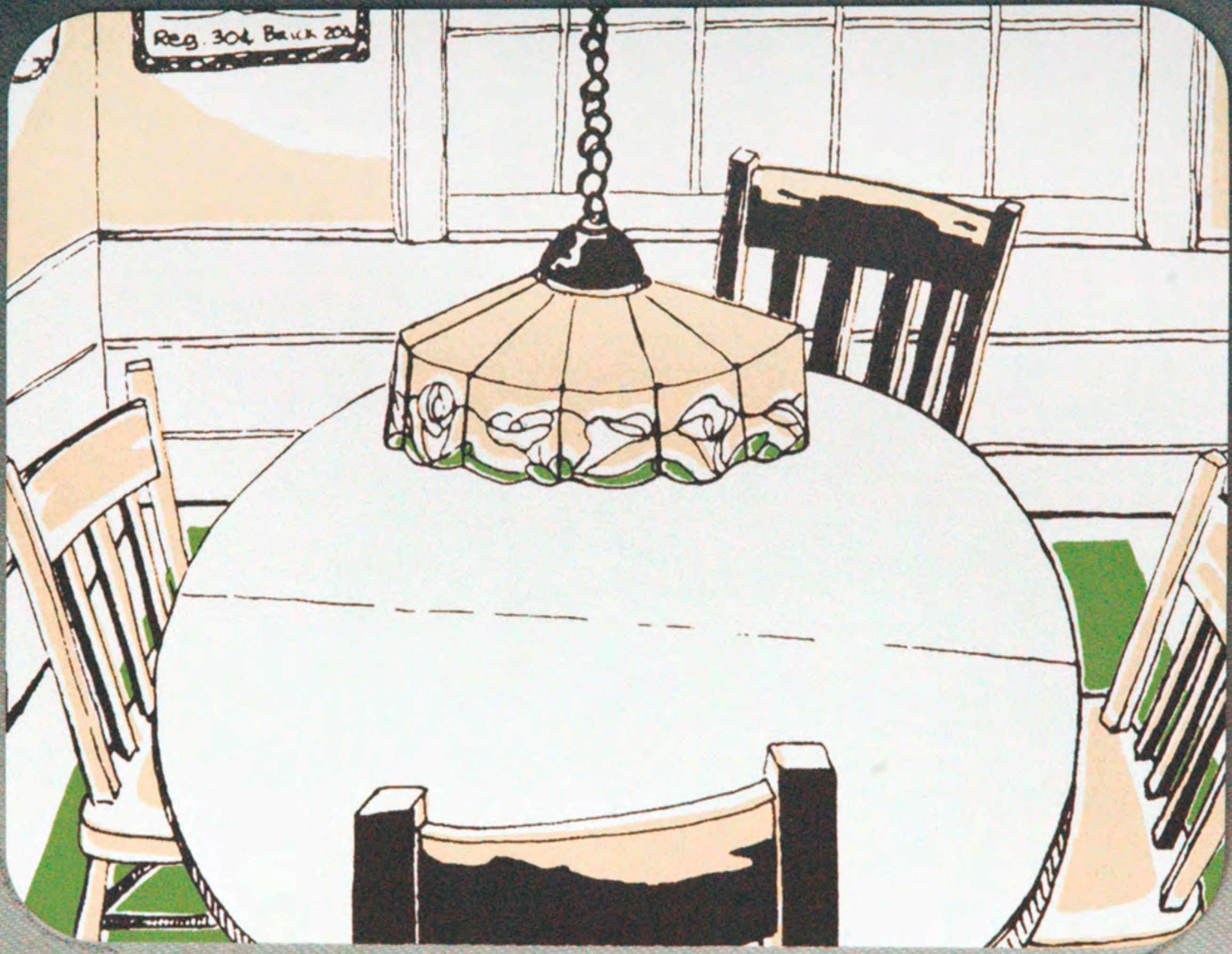
STIR IN PASTA + REST OF GARLIC AND COOK FOR 10-12 MIN.

GARNISH WITH PARMESAN.

.....
• There were shopping bags in
• the back seat and a 2 hour
• drive back home, but a warm
• bowl and garlicky breadsticks
• always fueled a few more stops
• for back-to-school necessities.
• I sometimes wonder if I'd love
• minestrone so much if it hadn't
• been for those lunch dates with
• Mom. At home she would make
• it with extra garlic—added last
• for good health. I find it's also
• improved by the addition of
• yellow squash, kidney beans,
• a single bay leaf and generous
• sprinklings of rosemary and
• thyme.
•

A warm bowl in good company.
Bozeman & Billings, MT and all places since.

Reg. 304 Batch 201



GOLDEN CORN BREAD

This is Yankee-style corn bread

- 1 c. sifted flour
- 1/4 c. sugar
- 4 tsp. baking powder
- 3/4 tsp. salt
- 1 c. yellow cornmeal
- 2 eggs
- 1 c. milk
- 1/4 c. soft shortening

very good

- Sift together into bowl flour, sugar, baking powder and salt. Stir in cornmeal.
- In a small bowl beat eggs with fork; add milk and shortening. Add all at one time to cornmeal mixture. Stir with fork until flour is just moistened. Even if batter is lumpy, do not stir any more.
- Pour into well-greased 9" square pan. Bake in hot oven (425°) 20 to 25 minutes, or until done. Cut in squares and serve hot with butter. Makes 9 servings.

Her old *Farm Journal* cookbook is split at the spine and missing most of the index, but it doesn't matter too much. We have all the important page numbers memorized and marked in Mom's neat script on a scale from "good" to "excellent". Dad can recite this one by heart.

*Table for four under Aunt Sue's lamp
Bozeman, MT*

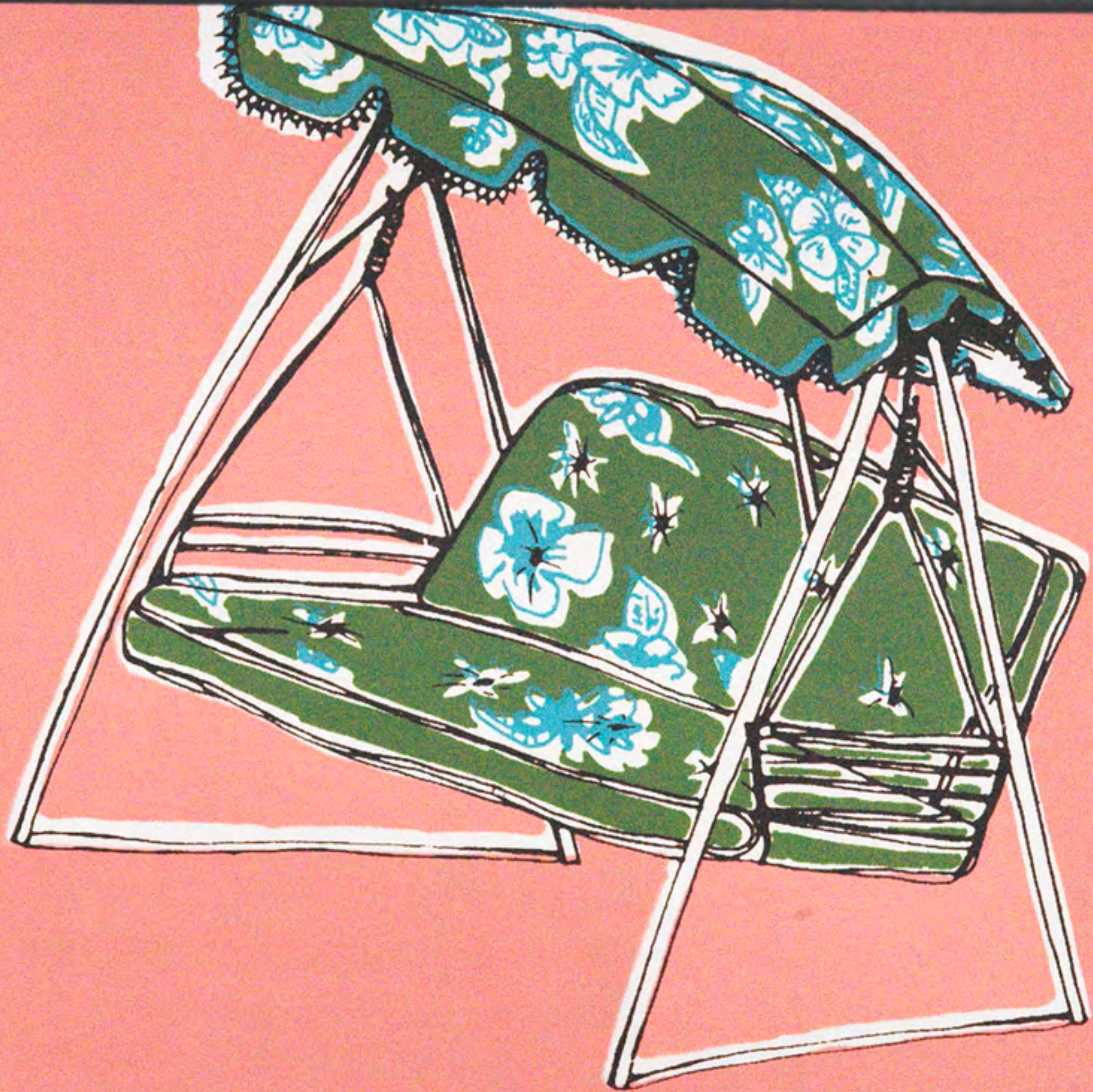


Flour Tortillas

4 cups Flour
1 teaspoon salt
4 Teasp. baking powder
2/3 cups shortening
approx. 1 1/2 cup warm water

.....
• I never saw Pops roll out a tortilla until we made it to Denver to meet our beautiful Mexican
• Great Grandma. She was humble, strong and had sun leathered hands. Her tortillas were
• perfectly round. I make them when I am abroad, attempting to conjure up the identifying cuisine
• of my mixed heritage. In China, the locals are good rollers from dumpling practice and my Italian
• friends think it is so neat what can be made out of the same ingredients as pasta.
•

Great Grandma Rodrieguez
Denver, CO



Recipe for: Molasses Sugar Cookies

from the kitchen of: Grandma

$\frac{3}{4}$ cup shortening

1 cup sugar

$\frac{1}{4}$ cup molasses

1 egg

2 tsp baking soda

2 cups flour

$\frac{1}{2}$ tsp cloves

$\frac{1}{2}$ tsp ginger

1 tsp cinnamon

$\frac{1}{2}$ tsp salt

Melt shortening let cool Add sugar,

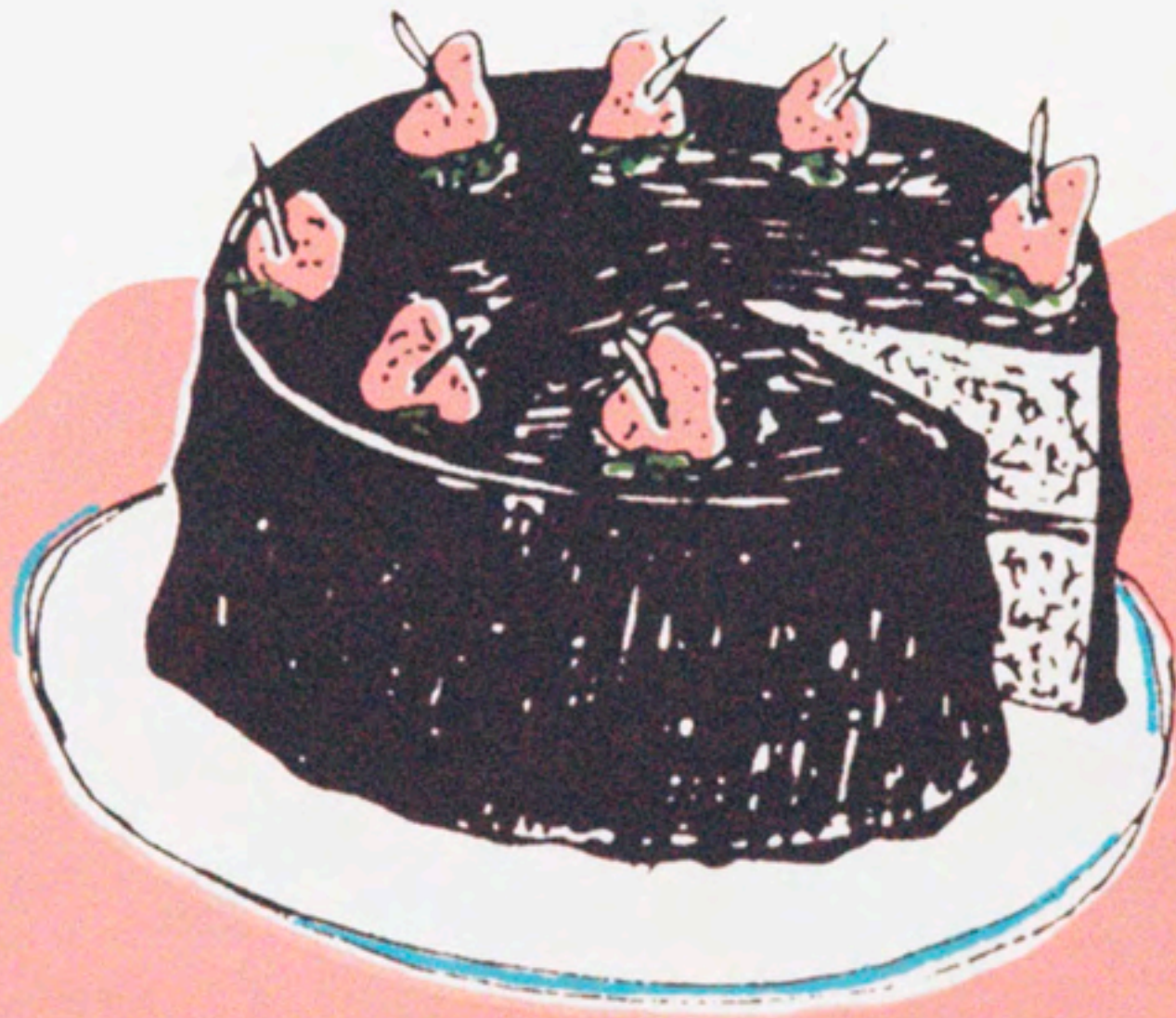
molasses and egg flour and spices.

Chill. Form into balls, sprinkle

with sugar Bake 325° 8-10 min

.....
• These molasses morsels sprinkle
• you with sugar the moment
• they arrive, for a gathering on
• the lawn under a tree, after
• a long day of swimming or a
• tough morning fighting a cold.
• They were delivered on a plate
• covered with saran wrap, with
• a post-it note of good graces,
• an envelope of a thoughtful
• newspaper clipping and a warm
• smile and hug as sweet and
• warm as the whole plate of
• cookies.
•

On the front porch with Francis
Camarillo, CA



Chocolate Cake - Gluten Free and Vegan

2 cups of gluten free flour mix*
2 tsp baking powder
1 tsp egg replacer
pinch of salt
1 tsp boiling water
1 stick soy margarine
3/4 c cocoa
1/2 c liquid egg substitute
1/2 c applesauce
2 tsp vanilla
1 1/2 c sugar
brandy rum, or other liquor
fruit jam/preserves

margarine, chocolate, & powdered sugar for frosting

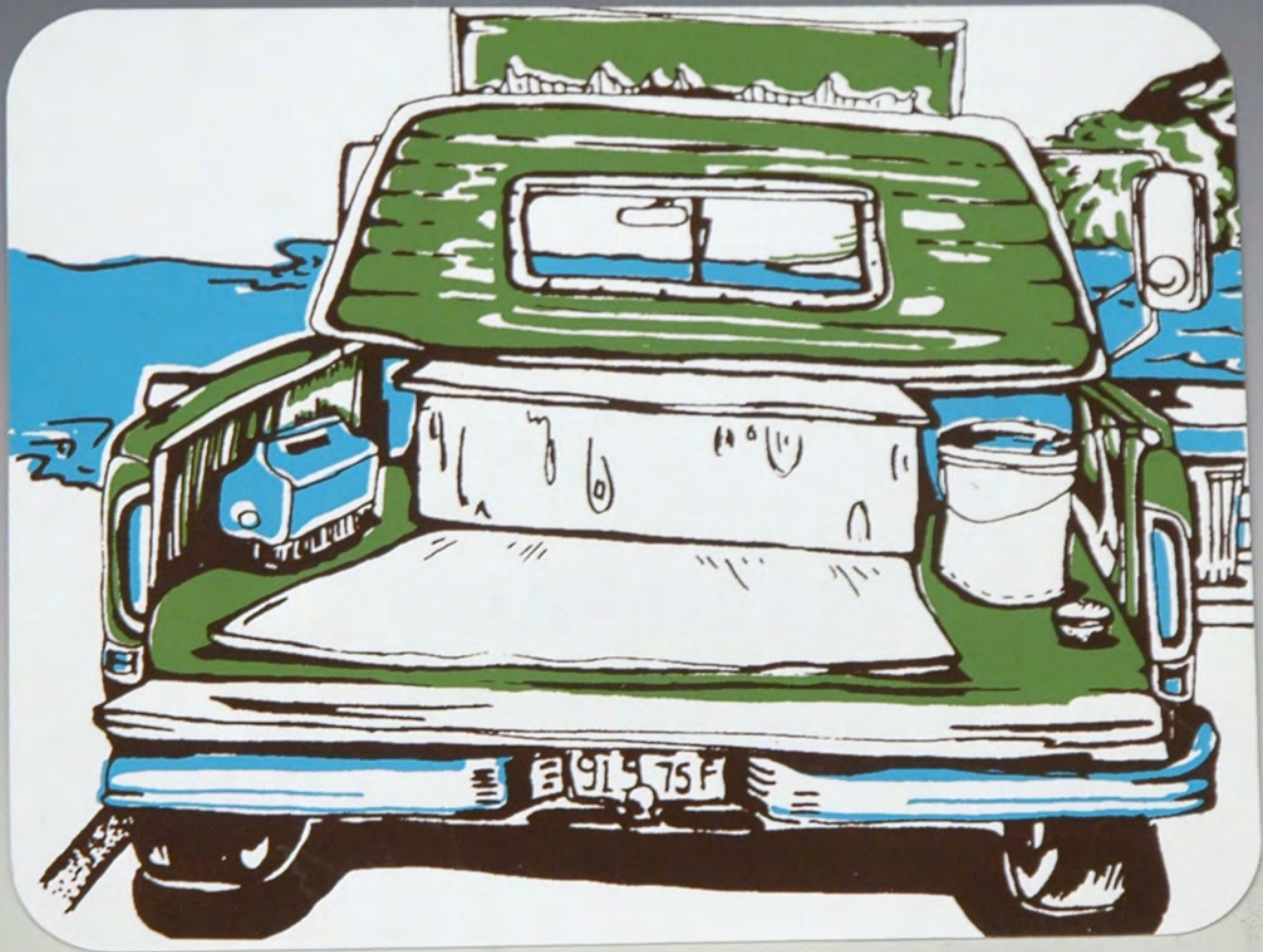
Grease hunt pan, dust with flour. Blend flour, baking powder, soda, salt, egg replacer (1 tsp). In separate bowl, mix water, margarine, and cocoa. Beat egg substitute till foamy. Add this with sugar to cocoa mixture and beat. Beat in dry ingredients till smooth. Add applesauce and vanilla and mix. Bake 350 for 50 minutes.

Cut the cake in 1/2 . Pour 1/4 c brandy or rum on layers, let soak. Spread a 1/2 c favorite jam on one layer. Make frosting.

Frosting: Blend margarine, chocolate, powdered sugar. Thin with coffee or liquor and spread over jam, assemble layers and also spread on top.

*Gluten Free Flour mix: 6 cups rice flour, 2 cups potato starch flour, 1 cup tapioca flour.

*She loved a good challenge and chocolate was her specialty.
Rosendale, NY*



Fish fry

Blue gill or trout (as many as can be caught in one week)
one gallon bucket * - - to store fish
ritz crackers (1 pack)
saltine crackers (1 pack)

some eggs
w some milk
a hot pan with lots of oil
tongs

blue gills are some of the smallest fish ever. Only catch them if the lake is clean and if you are a little kid, otherwise aim for the fresh water trout.

P.s. if you're camping and wait till friday to catch all the fish, this will taste much better

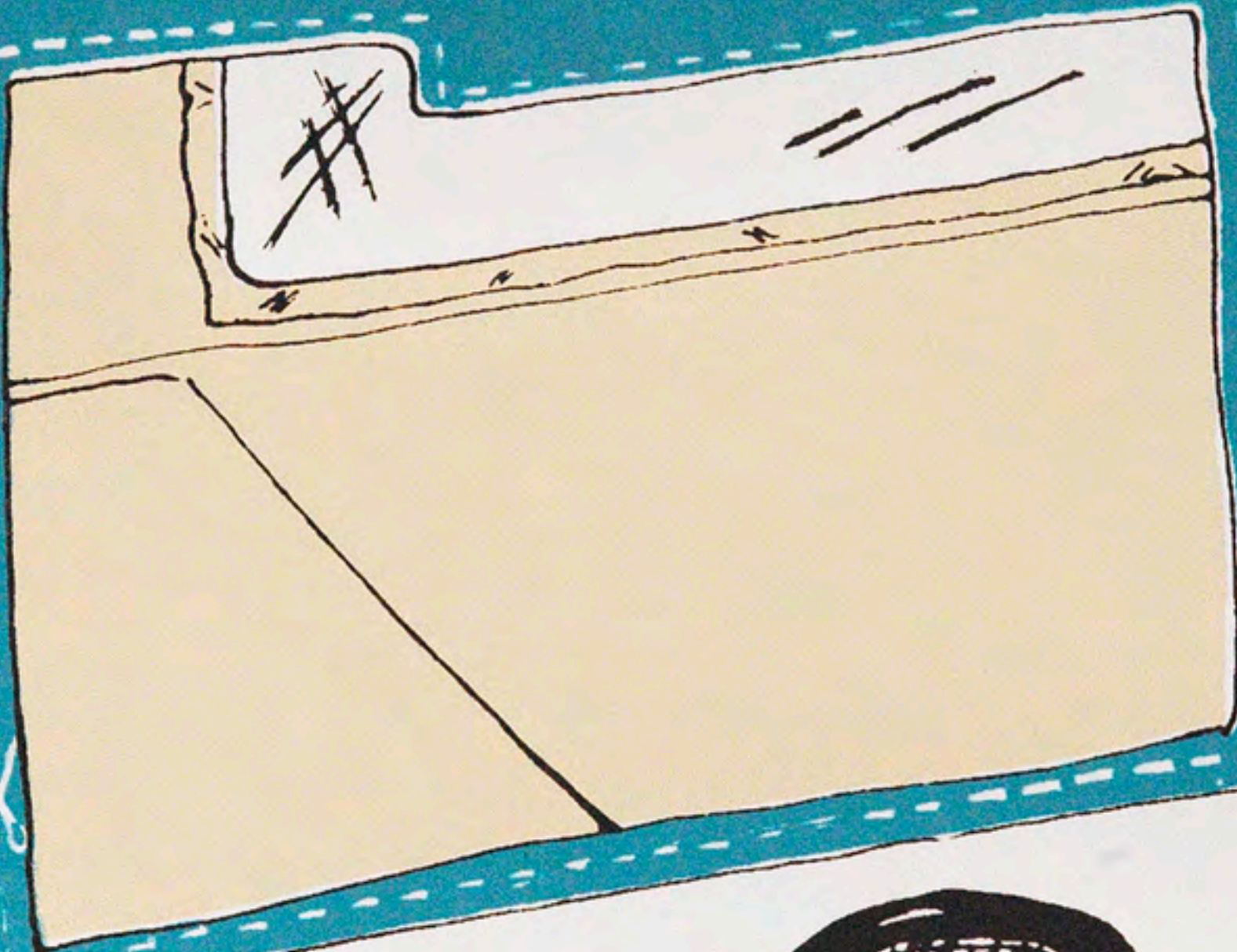
1. mix equal parts egg & milk
2. crush crackers into crumbs
3. heat up a pan of oil

cut filets, and dip in the egg-milk mixture, then into the ritz and fry em' up

LASAGNA

drilla

on Facts



* Replace beef with 2-3 Links of Hot Italian Sausage
 use spinach if vegetarian w/ it in Fry Pan

→ LASAGNA AL FORNO ←

- 16 pieces (about 1 lb.) Lasagna, uncooked
- 1 lb. ~~ground beef~~ *
- 3 cups (about 28 oz. jar) spaghetti sauce

- 4 cups (2 lb.) ricotta cheese ^{mix}
- 2 cups (8 oz.) shredded mozzarella cheese ^{with one egg}
- 3 tablespoons grated Parmesan cheese

Heat oven to 375°. Cook pasta according to package directions. In medium saucepan, ~~cook meat until brown, drain.~~ Stir in spaghetti sauce; simmer 5 minutes. In 13 x 9-inch baking dish, spread 1/2 cup meat sauce. Place 4 pasta pieces lengthwise over sauce, overlapping edges. Spread one-third ricotta and

mozzarella cheeses over pasta; cover with one-fourth sauce. Repeat layers TWICE, beginning and ending with pasta. Spread remaining sauce on top; sprinkle with Parmesan cheese. Cover with foil; bake 30 minutes or until hot and bubbly. Remove foil; bake 5 minutes. Let stand 5 minutes before serving.

* Chop Onion & one pepper (any color) & clove of garlic
 Fry onion with garlic to almost golden & add pepper
 Nuke the Sausage to almost done (3min) then slice into 1/2" Rounds Add Sausage to peppers & onions
 Fry for a couple minutes



Stuffed Squash w/ Wild Rice & Cranberries

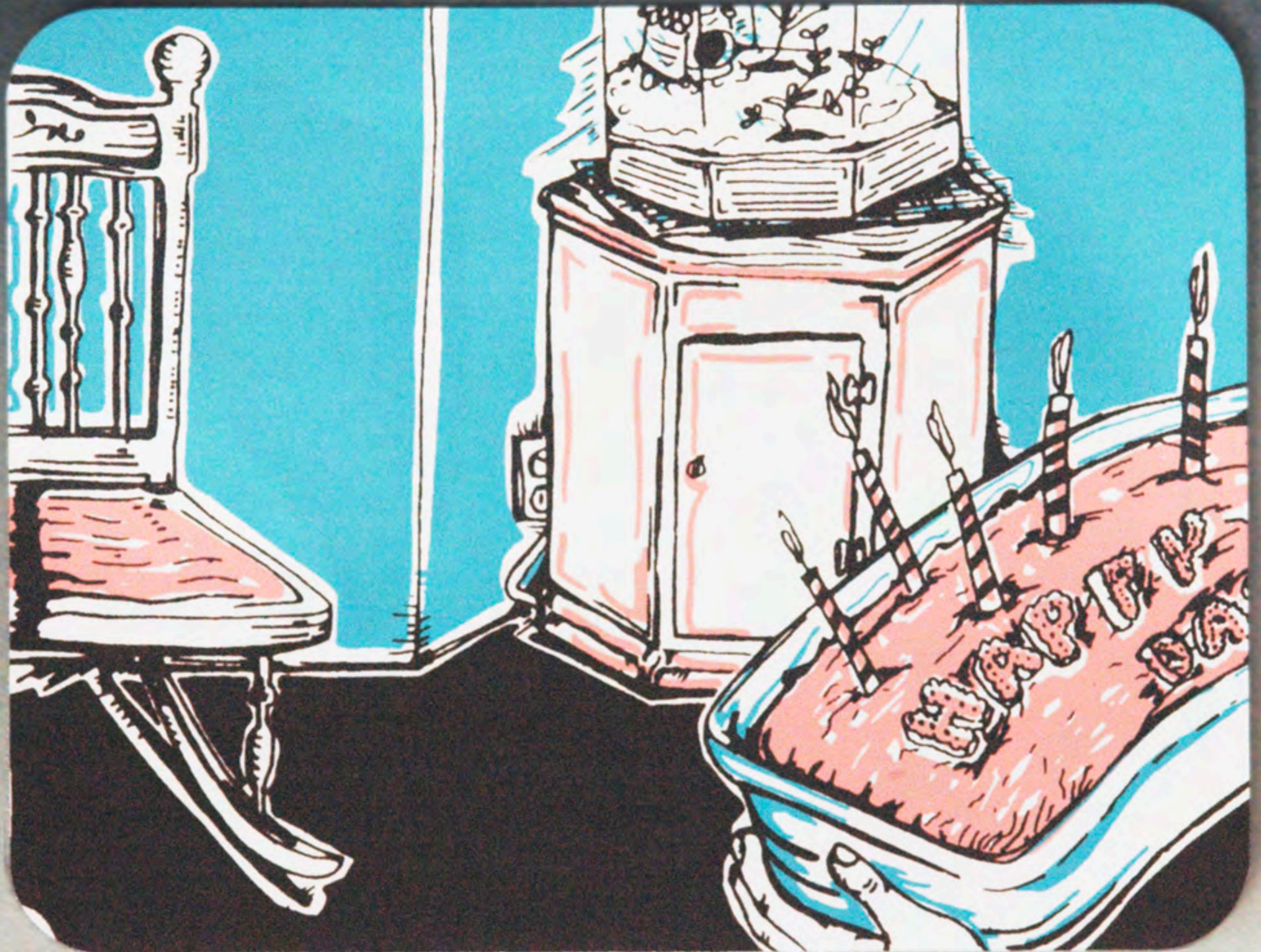
- wild rice
 - *cooked with bay leaf or broth
- a few small winter squash
 - *cut in half & seeded
- onion and garlic
- sage
- lemon juice or dry white cooking wine
- handful of dried cranberries
- toasted hazelnuts or almonds
- chopped parsley
- salt and pepper
- butter or oil

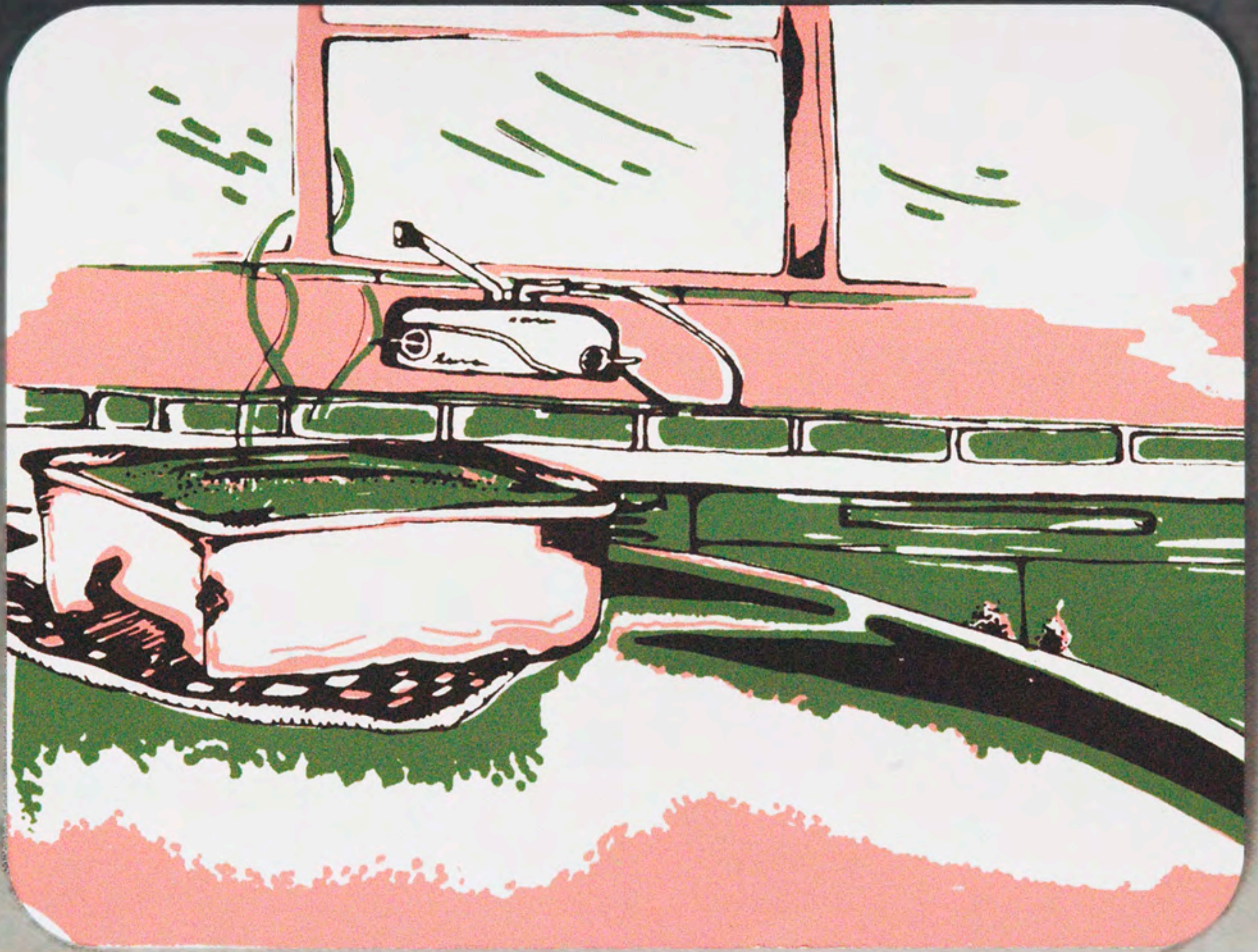
Assemble a small flock of friends and crowd into the kitchen cutting, mixing, scooting around, and making all your favorite fall comfort dishes. You'll need a jug of wine, too, but forget the turkey — its always too dry and time consuming, and most of your friends are vegetarians, anyway.

Bake the squash face down (on an oiled sheet) until tender and scoop out the pulp when cooled. Keep the shells. Saute some onion and garlic, and add the sage.,. then squash, rice, and lemon (or wine). Mix in the cranberries, nuts, and parsley. Season with salt and pepper. Stuff the shells and bake again, just enough to warm through. garnish generously with more cranberries, nuts, & parsley

(and, if you use organic squash, eat the skins, too!)

A moveable feast
St. Paul, San Francisco, Boston, New York . . .





Banana Bread

Pre heat oven to 350°

1 ³/₄ c sifted flour

2 Teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/3 c oil

2/3 c sugar

2 whole eggs

1 c mashed bananas (ripe) ^{3 med} or 2 lg

- 1 Sift together flour, baking powder, baking soda, & salt
- 2 Add remaining ingredients, then mashed bananas.
3. Turn into well greased bread pan. Fill pan ³/₄ full.
- 4 Cool for 1 1/2 hour

.....
• Her dish towels are blue and white checkered, the bread pans tattered, and the eggs fresh from the
• coop. With only three children in the house, she would prefer 10 but will invite the neighbors instead.
• If you can't catch her inside she is probably mowing the lawn and drinking a Pepsi with ice while the
• bread is cooking. This recipe gets more dear and delicious with time and added sprinkles of flax seed
• meal and buckwheat flour.
.....

Oxnard, CA



BREAD AND BUTTER PICKLES

- 2 qts. sliced onions
- 6 qts. small sliced cucumbers
- 2 red peppers cut fine
- 4 green peppers cut fine.

Let stand 3 hours in salt water

DRESSING

- 3 pts. vingar
- 2 heaping tbs. flour
- 2 oz. whole mustard
- 1 tsp. tumerick
- 5 cups granulated sugar

Drain salt water off pickles pour dressing over and let come to a boil, stir thru

.....
• Open up the fridge and you will see ... salami, swiss cheese, with the large mouse holes, and a large
• jar of miracle whip. On the counter you will find the oreo cookies and animal crackers coated with
• white and pastel pink. Outside in the fridge there are capri-suns, maraschino cherries, cigarettes and
• boxed wine. On the storage shelf, the pickles. Just eat one or two; they are sweet ... or eat them
• with everything you just found, but just a little at a time. . . starting with the salami of course.
•

*The kids' table and the bowling plaque
1594 E Rowland St
Camarillo, CA*



Pea Curry (*Matar ki kari*)

2 tablespoons ghee
1 onion, chopped

1 tablespoon chopped
coriander leaf

1 inch (2.5 cm) piece ginger,
finely chopped

2 cups peas

1 teaspoon salt

1 teaspoon turmeric powder

1 teaspoon garam masala

$\frac{1}{2}$ teaspoon cumin powder

1 tablespoon lemon juice

1 teaspoon coriander powder

$\frac{1}{2}$ teaspoon paprika or chilli
powder

Heat ghee and fry the onion, coriander leaf and ginger till golden. Add the spices and fry for a few minutes. Stir in the peas and salt, mix well, cover and cook gently till the peas are tender. Before serving sprinkle with garam masala and lemon juice. Serve with rice. Tomatoes go well with this recipe. Add them with the peas. Broad beans and other green beans can be prepared in this way.

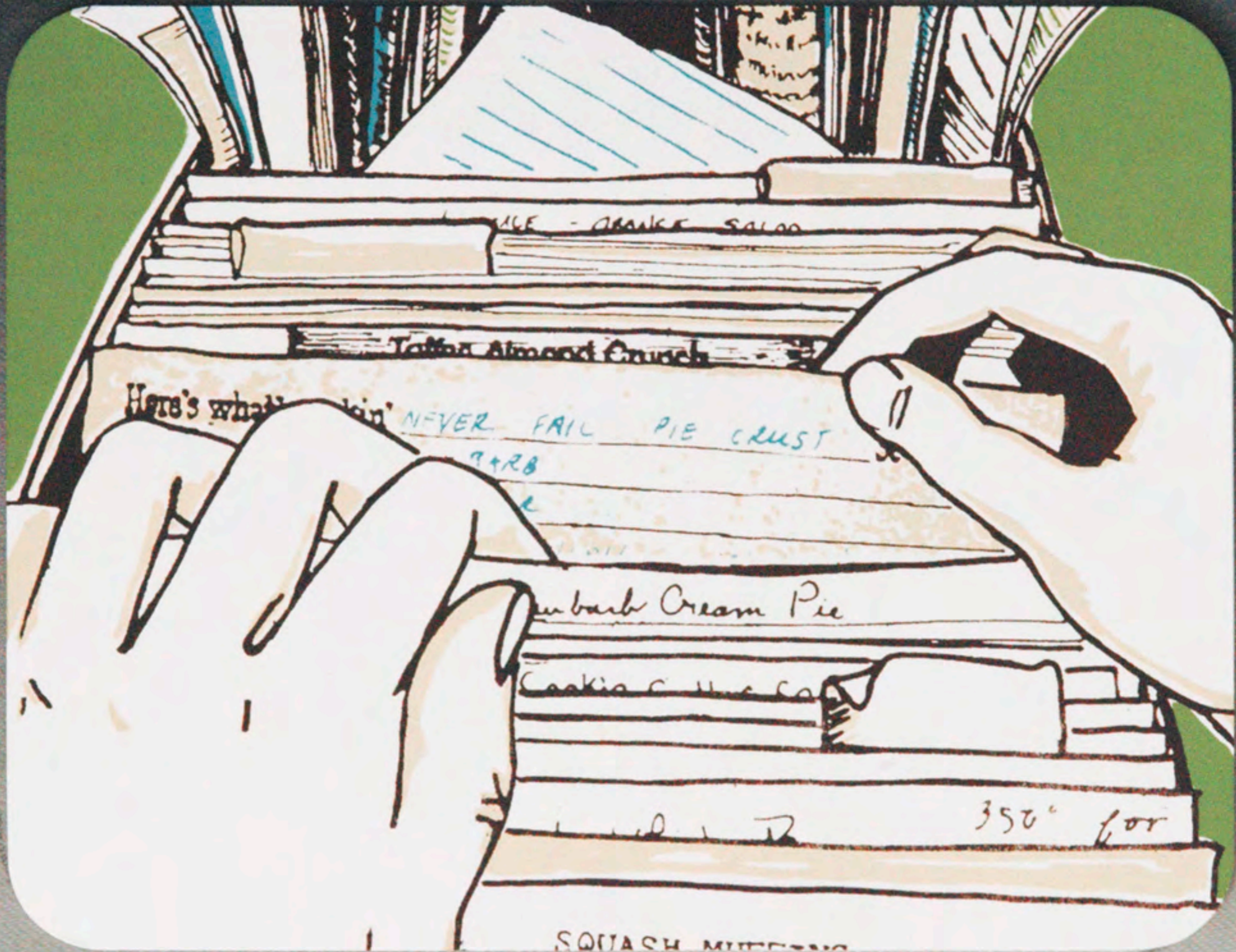
Peas and Potatoes (*Matar ālū*)

Excellent

Use the same recipe as above, adding 1 lb (450 g) half-cooked chopped potatoes with the peas and an extra teaspoon of salt. The spices may be slightly increased in quantity according to taste.

.....
On summer nights among
the twilight chatter of kids
playing on neighborhood
lawns, you can hear
the soft patter of Dad
shucking peas into a bowl
on the kitchen table.
Hardly paying attention to
the pods passing through
his large hands, he related
animated tales about his
landlord, years ago. She
must have been charmed
by how her young *mzungu*
tenants loved to eat
curries, because she'd
often send her young son
to the rented guest house
out back, delivering spicy
delicacies under shiny tin
covers.
.....

Pea patch
Bozeman, MT



ORANGE SALAD

Taffin Almond Crunch

Here's what you can't win' NEVER FAIL PIE CRUST

9+28

Carb Cream Pie

Cookie & the Cat

350° for

SQUASH MITTENS

Here's what's cookin' NEVER FAIL PIE CRUST Serves
Recipe from the kitchen of BARB

2 CUPS FLOUR

3/4 C. SHORTENING plus 1 TBSP.

1 1/2 tsp salt

1 egg

enough milk to make 1/2 cup



Rhubarb Cream Pie

1 1/2 C. sugar

3 T. flour

1/2 t. nutmeg

1 T. butter

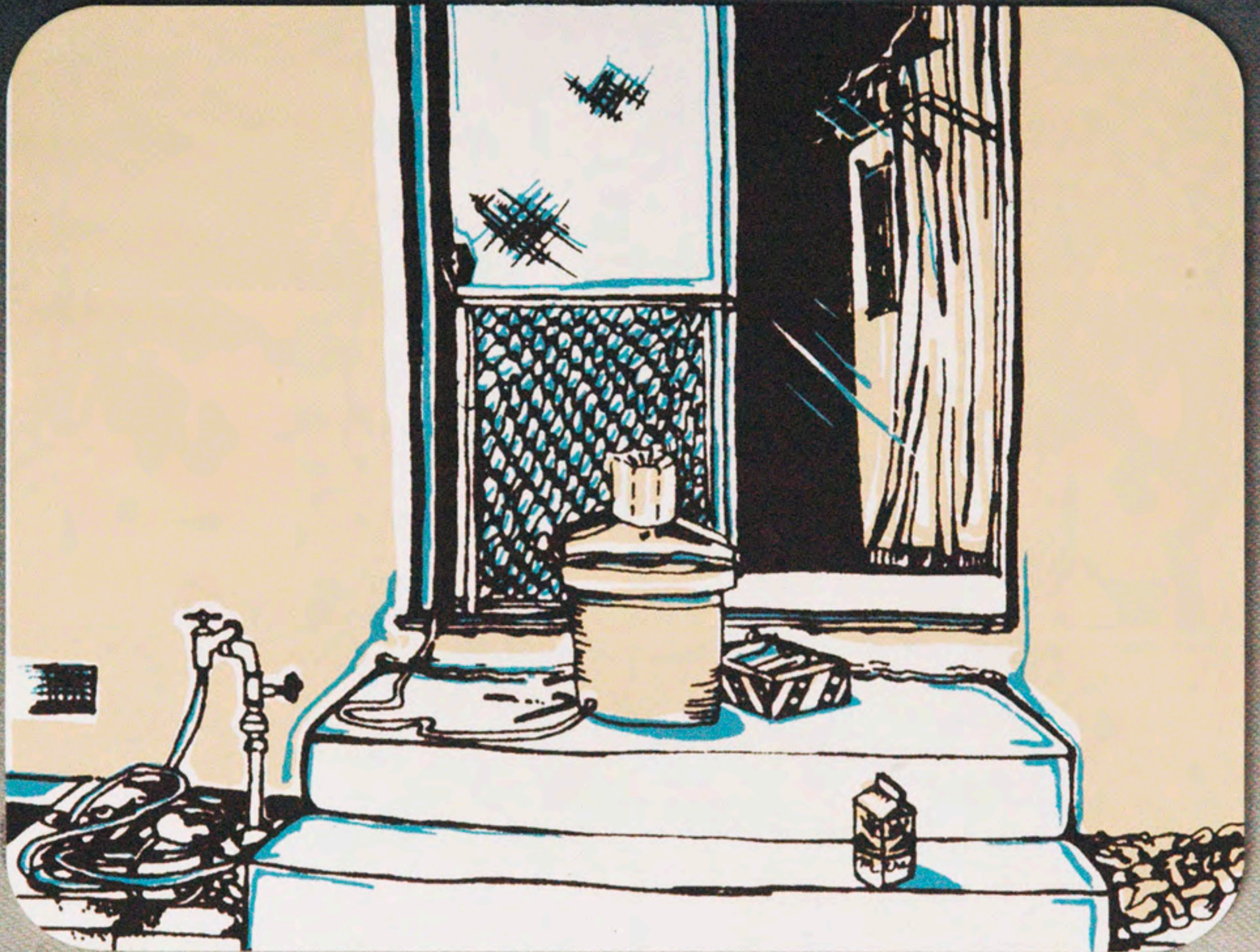
2 beaten eggs

3 C. cut rhubarb

1 recipe plain pastry

Blend sugar, flour, nutmeg and butter.
Add eggs, beat smooth, pour over rhubarb
in 9-inch pastry-lined pan. Top with pastry
cut in fancy shapes. Bake in hot oven
(450°) 10 minutes, then, in moderate oven (350°)
about 30 min - or til done.

The rhubarb grows in the flower bed, among the columbines and day lilies. The broad dark leaves are poisonous (though they're great for compost), and the rosy colored stems will make the most perfect sweet-tart pie.

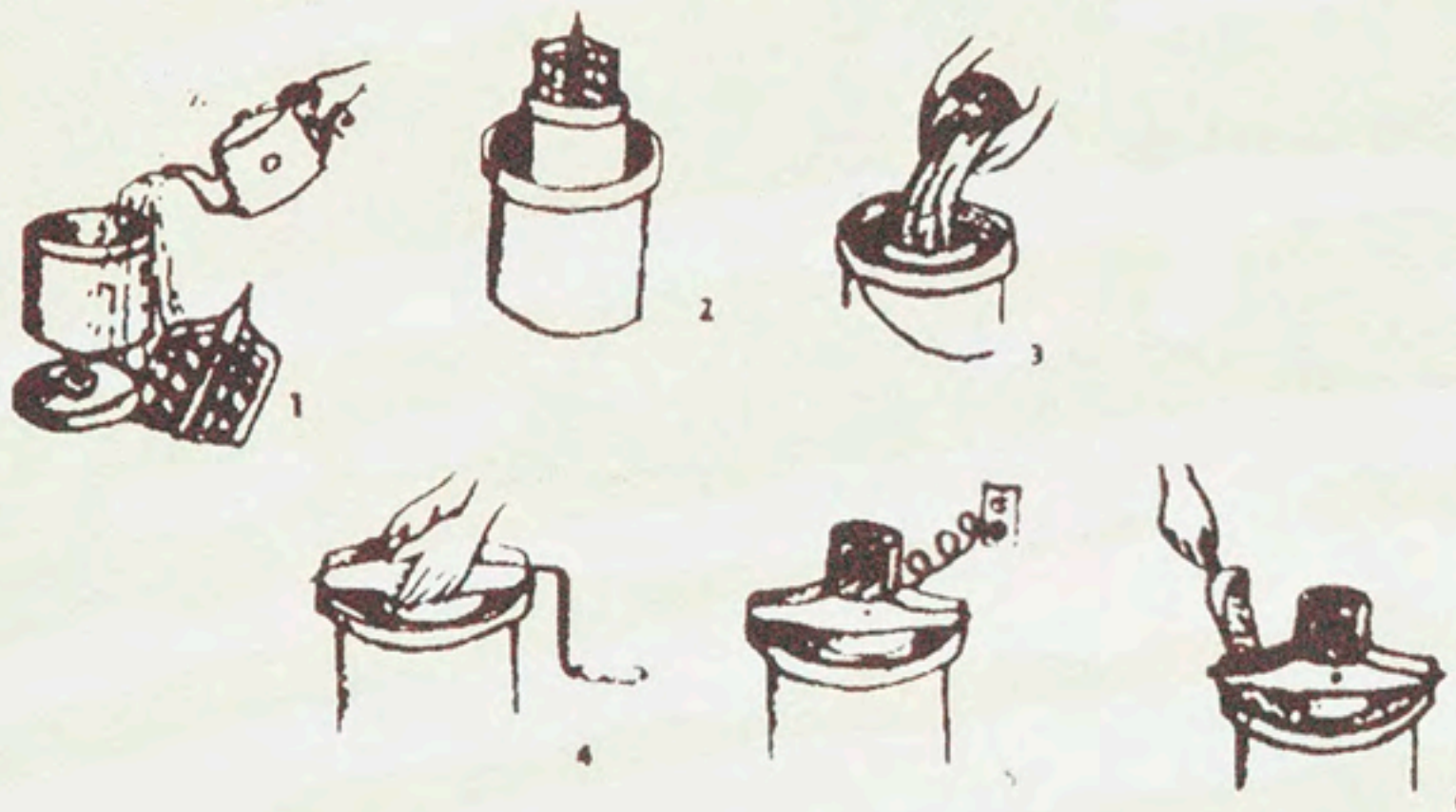


VANILLA CREAM (Basic Recipe)

2 cups milk
cup sugar

$\frac{1}{4}$ teaspoon salt
4 cups of light or table cream
4 Tablespoons vanilla

1. Scald milk.
2. Add the sugar and salt to the milk and stir until both are thoroughly dissolved.
3. Add the cream.
4. Stir in the vanilla.
5. Cool.
6. Turn into freezer. Makes 2 quarts.



We made this on the back porch on sunny winter days. Don't forget to add the candy canes. You know, the ones that they sell for a discount right after the holidays. We got them at Thrifty's where Pops always worked. He's brought home enough for the whole school and three more crates for the garage. They last awhile if you don't open the wrappers.

This makes alot so you can invite all the neighbors.

If it ain't Thrifty's, it better be homemade.

4962 Perry Way
Oxnard, CA



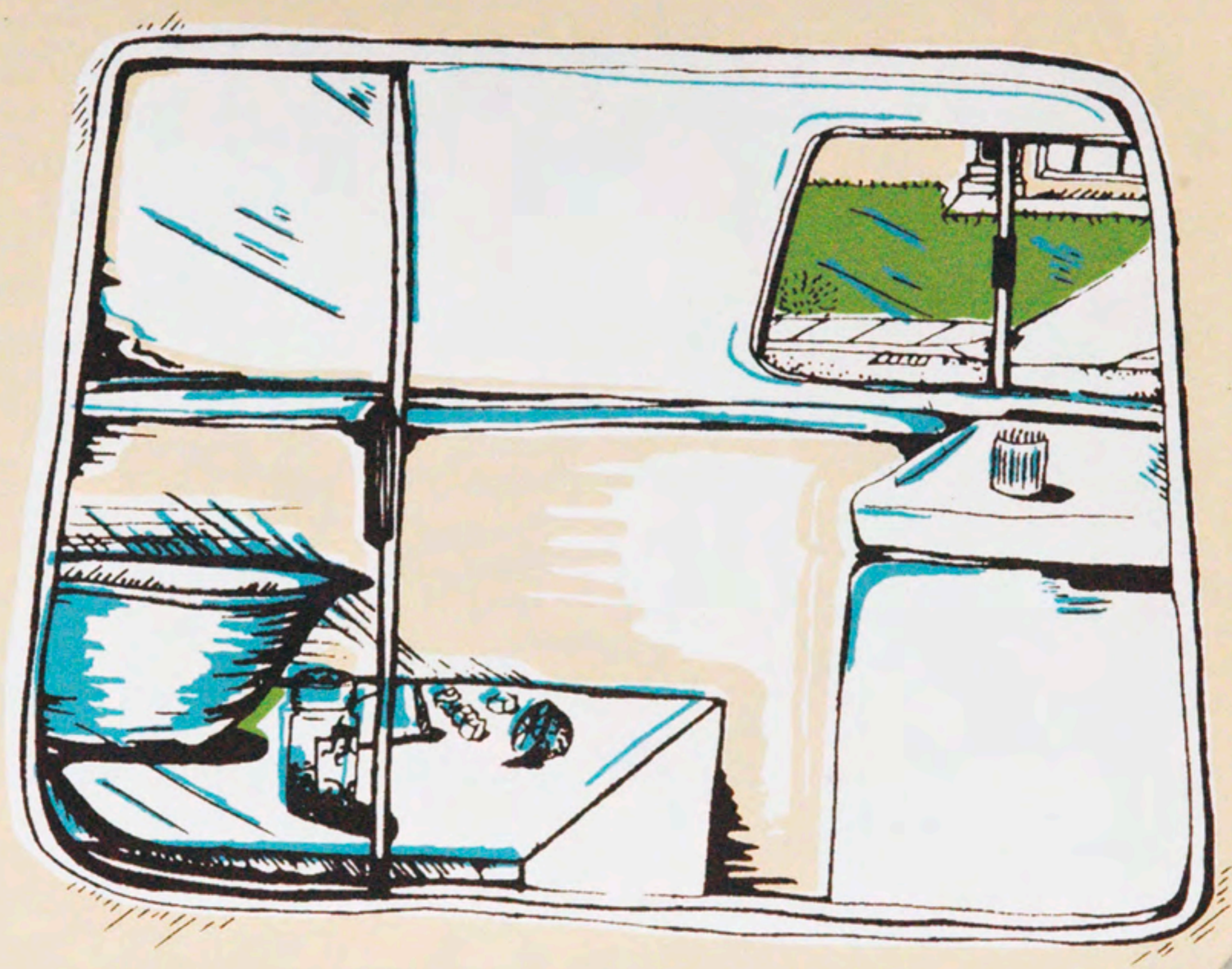
Rice Noodle Salad

4-6 cloves garlic
1 c. chopped cilantro
1/2 jalapeno, chopped
3 T. sugar
1/4 c. lime juice (about 2 limes)
3 T. fish sauce, or 1 tsp. salt
12 oz. rice vermicelli
2 carrots, peeled and julienned or grated
1 cucumber, sliced into thin half-rounds
1/4 c. coarsely chopped fresh mint
4 leaves from Napa cabbage, sliced thin
1/4 c. chopped, unsalted peanuts

Mince the garlic with cilantro and hot pepper. Transfer to a bowl, add lime juice, fish sauce, and sugar and stir well. Let sit for 5 minutes. Bring a large pot of salted water to a boil. Add the rice noodles and boil them for 2 minutes, no more. Drain and rinse well with cold water until cool. Let them drain for a few minutes. In a large bowl, combine the sauce, noodles, vegetables and mint. Toss well and garnish with peanuts.

.....
• It was a drafty old duplex, with ivy vines
• creeping in the gaps around the storm
• windows, but the kitchen was always warm.
• With five of us in the house, chances were
• you'd find company behind the double
• swing door – someone heating a pot of tea
• or trying out an exotic new-found recipe.
• And always there was a welcome invitation
• to cozy up in the vinyl booth to share a
• bite over a chat about last week's midterms,
• postmodernism, or some idle gossip.
•

1552 Portland Avenue, left side
Saint Paul, MN



papinos

If you eat these enough you will acquire the fresh and spicy palette for latin street food

Add to cucumbers

a little sprinkle of salt, some chili powder and a squeeze of lemon or lime

if the ice - cream man sells them, he'll stop the engine for you, and cut them up fresh, stir them in a tin bowl and serve them up in a styrofoam cup with a toothpick

Don't tell ma / you got cucumbers instead of popsicles

Sprinkle with the spice and salt all fruit to taste,....especially jicama, green mango and papaya

Señor Ice-cream man's mobile street treat unit
Oxnard, CA

