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Calorificus

FOOD!

"When I originally decided to do the first version of this cookbook, it was primarily because our family had become extremely interested in cooking. What I realized after was the connection between food and family had existed for generations. With the internet, we have dozens of recipes at our fingertips constantly. But what I wanted to know was, what recipes are special to our family.

Some recipes are special because we have returned to them across multiple generations of cooking, some are staple recipes cooked time and again for special meals or holidays, and other are the tried and true meals that fill our bellies as we go about the habitual actions of our daily lives.

Food is a form of physical nourishment and sharing a meal with someone you love nourishes both body and spirit. I feel so grateful I get to share meals and be fed by each of you."

-Melissa



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"I am more modest now, but I still think that one of the pleasantest of all emotions is to know that I, I with my brain and my hands, have nourished my beloved few, that I have concocted a stew or a story, a rarity or a plain dish, to sustain them truly against the hungers of the world."

-M.F.K. Fisher

START



My Species

even

a small purple artichoke

boiled

in its own bittered

and darkening

waters

grows tender,

grows tender and sweet

patience, I think,

my species

keep testing the spiny leaves

the spiny heart

- Jane Hirshfield

ARTICHOKE DIP

½ cup sour cream
8 oz. cream cheese
1 cup grated parmesan
8 oz. can of artichoke hearts

1. Preheat oven to 350°.
2. Blend all ingredients.
3. Bake at 350° for 30 minutes.
4. Serve with crusty bread or crackers.



-Hannah Ryan

TANGY SHREDDED CABBAGE SALAD

Note from Marylin: This is what I serve when making Indian food. It is the perfect accompaniment to daal, rice, curry, naan, chutney, or really anything. The Haidris (previously known as the Haiders) originally came from a town in Northern India called Budaun, & during Partition they moved to Karachi, Pakistan. One day I hope to visit both these places, but until then I will keep making South Asian food.

2 cups shredded green cabbage
1 small Serrano chile, seeded & minced
2 Tbs. fresh lime juice
¼ tsp. fine sea salt
½ tsp. sugar
1 Tbs. canola oil
½ tsp. mustards seeds



1. In a medium bowl, toss together the cabbage, chile, lemon juice, salt & sugar. Taste & adjust the seasoning. You are looking for a well-balanced, sweet & sour taste.
2. Heat the oil in a small skillet over high heat. When the oil begins to smoke, add the mustard seeds, covering the pan with a lid or splatter screen.
3. When the seeds start popping, immediately pour the oil over the cabbage salad & toss well. Don't allow the seeds to become too blackened.
4. Let the salad sit for at least 15 minutes before serving, to allow the flavors to blossom. Serve cold or at room temperature.

-Mary Haidri

ZIPPY ITALIAN POPCORN

1 sack reduced fat natural flavor microwave popcorn, cooked to package directions

2 Tbs. butter

1 tsp. garlic powder

1 tsp. dried oregano

1 tsp. crushed red pepper flakes

1/3 cup grated Parmigiano

1. Pop the corn & place in a bowl.
2. Place butter & spices in a small cup or bowl & microwave to melt butter, 10 to 15 seconds.
3. Stir & pour on popped corn.
4. Sprinkle the corn with cheese & serve.

-Robby & Shae

LUMPIA

1 pound, ground beef

1 carrot, grated finely

1 cup bean sprouts, roughly chopped

1 small yellow onion, minced

1 egg

1 Tbs. soy sauce

2 tsp. Worcestershire sauce

Lumpia or Egg Roll wrappers

1. Cook ground beef & onions with soy sauce & Worcestershire sauce in skillet, let cool.
2. Add meat mixture in small bowl with egg, carrot, bean sprouts, salt & pepper, mix.
3. Follow guide to wrap lumpia.
4. Freeze in tupperware divided by saran wrap.
5. Fry until golden brown.

-AJ Gordon



PUT ABOUT 1 TABLESPOON
OF FILLING AT BOTTOM
 $\frac{1}{3}$ OF WRAPPER.



FOLD BOTTOM CORNER
BRINGING THE END
RIGHT TO THE CENTER



FOLD SIDES IN.
(IE: LIKE A BURRITO)



ROLL UP.
SEAL LAST CORNER
WITH WATER.



BASIC OKONOMIYAKI (Japanese savory "pancakes")

To make one pancake:

1/8th of a cabbage, shredded

green onion, thinly sliced

1 egg

½ tsp. soy sauce

½ cup flour

½ cup water

oil for frying

(You can always add more ingredients to the batter, such as shrimp, bacon, noodles, sweet potato, etc.)

Serve with toppings, your choice of:

BBQ sauce

Kewpie mayonnaise

Sriracha

Sliced Green Onion

Crispy shallots

Shredded nori or furikake

1. Put cabbage, green onion, egg, soy sauce, flour & water in a bowl, mix.
2. Heat a frying pan over low to medium heat, add oil.
3. Tip the okonomiyaki batter into the pan & use a spatula to form it into a round pancake a little less than an inch thick. Take your time in cooking it -- the pancake is thick & you don't want it to be raw in the middle.
4. When golden brown on the bottom, carefully flip & cook the other side until golden. You can put a lid on the frying pan to help it cook through.
5. Remove from the pan & serve immediately, or keep warm in a low oven while making more pancakes.
6. Top with choice of condiments & enjoy!

-Mary Haidri



cutting greens

curling them around

i hold their bodies in obscene embrace

thinking of everything but kinship.

collards & kale

strain against each strange other

away from my kissmaking hand and

the iron bedpot.

the pot is black,

the cutting board is black,

my hand,

and just for a minute

the greens roll black under the knife,

and the kitchen twists dark on its spine

and I taste in my natural appetite

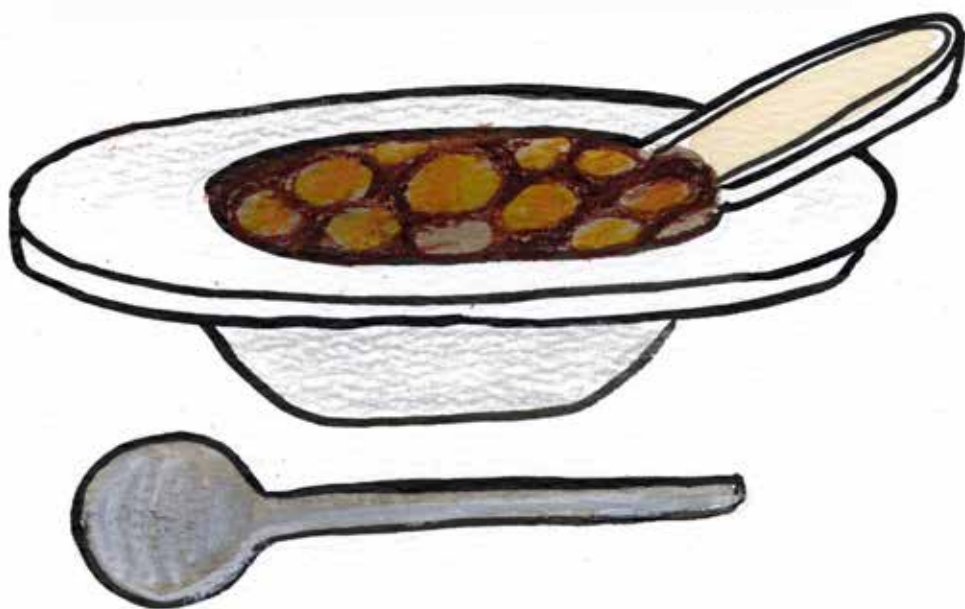
the bond of live things everywhere.

- Lucille Clifton

"We were really interested in Hungarian cuisine, since I make a mean chicken paprikash, so we had to try several of the traditional dishes. We had chicken paprikash at Rosé Restaurant, Lángos at Retró Lángos Büfé, goulash at Red Pepper, palinka (fruit brandy) at Slang Pub, and a chimney cake at Fragola. All of which were so tasty! We would recommend all of these restaurants and dishes. Hungarian food is hearty, comforting, and savory. They also love paprika and sour cream; it was everywhere. For instance, Lángos are fried circular breads, traditionally served with sour cream and cheese on top of it. It's basically like a savory funnel cake and it was oh so delicious. One afternoon we took refuge from the snow in a chimney cake store; we watched the owner make dozens of chimney cakes. They are basically dough wrapped around wooden spits and baked at a high temperature. Once they are crispy and out of the oven, they are topped with cinnamon and sugar. They are similar to a cinnamon roll but lighter in texture. They are super soft on the inside but crisp and sweet on the outside. The food was perfect for the snowy weather. There is nothing better than eating a bowl of hot goulash soup after spending hours walking around a snowy city."

-Excerpt from Jenkins Trek, a blog that captured Robby & Shae's year of travel in 2018. Find their Chicken Paprikash recipe on page 49.

SOUP

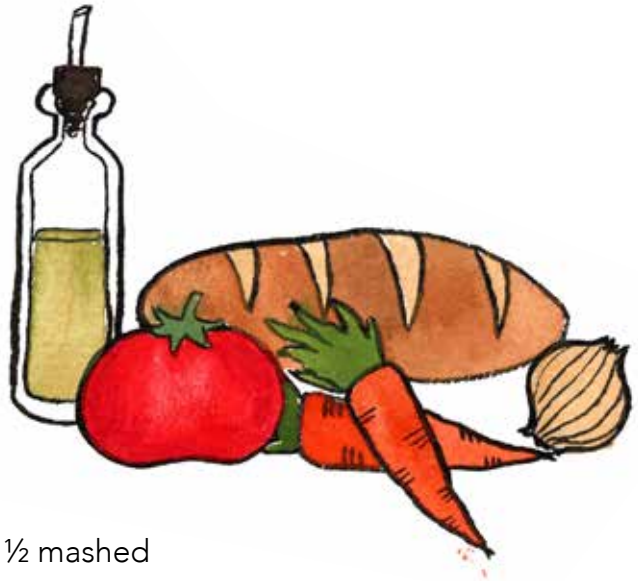


"Soup not only warms you
and is easy to swallow and
to digest, it also creates
the illusion in the back of
your mind that Mother is
there."

— Marlene Dietrich

RIBOLLITA SOUP

5 Tbs. olive oil, divided
2 cups carrots, chopped
2 cups onions, chopped
1 cup celery, chopped
1 tsp. thyme
8 cloves of garlic, peeled
6 cups chard, chopped
6 cups kale, chopped
6 cups water
6 cups broth, chicken or vegetable
½ cup tomato purée
2 tsp. granulated sugar
½ tsp. salt
½ tsp. ground pepper
2-16 oz. cans stewed tomatoes
2 -16 oz. cans cannellini (white kidney) beans, ½ mashed
24 oz. day old bread



1. Sauté onions in 2 Tbs. olive oil until translucent.
2. Add all ingredients except for the beans & bread.
3. Cook until vegetables are tender, then add the bread, beans, & remaining 3 TBS olive oil.

-Jenkins Family

CREAMY CASHEW BROCCOLI SOUP

1 cup raw cashews
5 cup low-sodium vegetable broth, divided
1 Tbs. canola oil
1 onion, diced
2 cloves garlic, minced
6 cup broccoli florets
2 Tbs. low-sodium soy sauce
1 Tbs. apple cider vinegar
Salt & pepper, to taste

1. Soak cashews in hot water for 1 hour (or in cold water overnight). Drain. Blend cashews with 1 cup of the vegetable broth until smooth. Set aside.
2. Sauté onion, garlic, & broccoli in the canola oil in a large stockpot until onion begins to soften & broccoli is bright green, 3 to 4 minutes.
3. Add the cashew mixture, the remaining vegetable broth, & the soy sauce. Bring mixture to a simmer & simmer for 10 to 12 minutes, until broccoli is completely soft. Allow mixture to cool slightly.
4. Transfer mixture to a blender & blend until smooth. Return soup to stockpot & add apple cider vinegar, & salt & pepper to taste. Simmer for 5 minutes, or until hot.

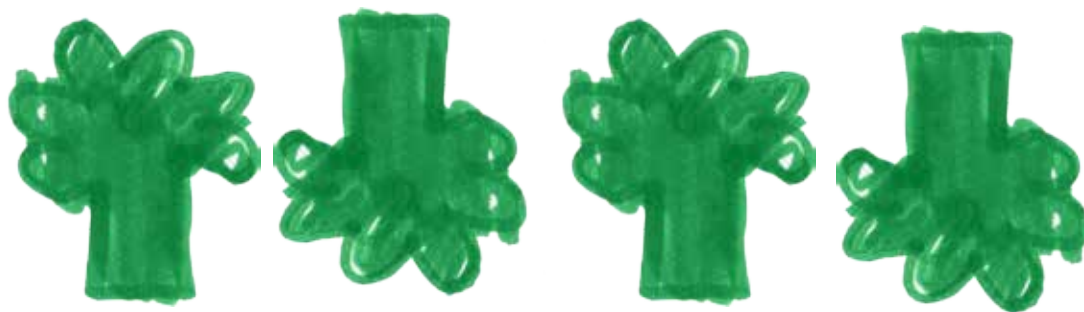
-Robby & Shae

CREAMY CHICKEN SOUP WITH MUSHROOM & KALE

1 lb boneless skinless chicken thighs, cooked
3 Tbs. ghee grass-fed butter, or refined coconut oil
2 leeks white & light green parts only, chopped
3 cloves garlic, minced
2 cups white button mushrooms, sliced
2-3 large h&fuls kale roughly chopped
2 Tbs. + 2 tsp. arrowroot starch or tapioca
2 2/3 cups chicken bone broth
2/3 cup organic coconut milk full fat
2 Tbs. nutritional yeast
1/2 Tbs. brown mustard
2 sage leaves, minced
2 tsp. fresh minced rosemary
Sea salt & pepper to taste

1. Melt the ghee, butter, or refined coconut oil in a large saucepan over medium heat. Add the chopped leeks & cook until softened, then add the mushrooms & garlic. Stir to coat, then continue to cook another 2-3 minutes until soft.
2. Meanwhile, whisk arrowroot into the broth until dissolved. Add the kale to the saucepan over the other veggies & gently stir (it's a lot, it will cook down quickly though!) then pour in the broth & coconut milk. Whisk in the nutritional yeast & mustard until combined.
3. Raise the heat & bring to a boil, stirring. Lower the heat just a bit to avoid overflow, & continue to boil & stir until thickened, then turn heat to low.
4. Add in the chicken, fresh herbs & season with salt & pepper, to taste. Allow soup to simmer another few minutes before serving.

-Robby & Shae



JARROD'S SICK DAY CHICKEN & RICE SOUP

1 whole chicken

1 yellow onion

2-3 stalks of celery

4-5 carrots

4-5 cloves of garlic

¾ lb Shiitake or baby bella mushrooms

6-8 sprigs of fresh rosemary

2-3 bay leaves

2-3 cups cooked rice of your choice (I prefer brown rice; we've learned that black rice will turn this soup purple)

Salt & pepper to taste

1. Place whole chicken in large stockpot. Fill pot with water until it covers the chicken by two inches. Add heaping amount of salt.
2. Place pot, covered, on high heat until it comes to a boil; reduce heat & simmer for one hour.
3. While chicken is simmering, remove rosemary leaves from stems & dice. Go ahead & dice the carrots, onion, celery, & mushrooms too. Mince the garlic. Cook the rice.
4. After an hour or after chicken is falling apart in a large spoon, remove chicken from broth into a large bowl. Set aside to cool. Add all veggies & herbs to the broth, return to simmer.
5. Once the chicken is cool enough to handle, strip all meat from the bones, using forks or your hands. Return the meat to the soup; discard the bones & skin or save for broth.
6. Simmer soup for an hour or so. Season with salt & pepper to your liking.
7. Remove from heat & stir in the cooked rice.
8. Serve hot, with a crusty chunk of bread or however you like it.

-Jarrod Davis



CHICKEN TORTILLA SOUP

32 oz. chicken or vegetable broth
1 14.5 oz can whole tomatoes
1 garlic bulb, chopped
2 onions, quartered
1 bunch cilantro
2 jalapeños

1 onion, chopped
2 quarts chicken or vegetable broth
1 bunch cilantro, chopped
2 cans black beans, drained
2 cups corn kernels
2 cans diced tomatoes
3 large carrots, chopped
1 jalapeño, diced
2 cans diced mild green chiles
2 tsp. salt
1 Tbs. cumin
1 tsp. red pepper flakes
½ tsp. oregano
1 Tbs. dark chile powder
1 tsp. cracked pepper
1 roast chicken, shredded

1. In medium pot, simmer 32 oz. chicken broth, whole tomatoes, garlic, 2 chopped onions, 1 bunch cilantro, & two jalapeños until soft.
2. Purée mixture.
3. Add all other ingredients to pot except chicken, bring to simmer.
4. Cook until vegetables are tender.
5. Add purée mixture & chicken.
6. Serve with chips, avocado slices, & shredded cheddar or jack cheese.

-Beth Jenkins



"Last year I abstained
this year I devour

without guilt

which is also an art"

- Margaret Atwood

Bread Soup: An Old Icelandic Recipe

Start with the square heavy loaf
steamed a whole day in a hot spring
until the coarse rye, sugar, yeast
grow dense as a black hole of bread.

Let it age and dry a little,
then soak the old loaf for a day
in warm water flavored
with raisins and lemon slices.

Boil it until it is thick as molasses.

Pour it in a flat white bowl.

Ladle a good dollop of whipped cream
to melt in its brown belly.

This soup is alive as any animal,
and the yeast and cream & rye
will sing inside you after eating
for a long time.

- Bill Holm

NOODLES



PEANUT BUTTER NOODLES

- 1 Tbs. olive oil
- 1 yellow onion, minced
- 1 ½ Tbs. fresh grated ginger
- 3 cloves garlic, minced
- ½ cup chicken broth
- 3 Tbs. soy sauce
- 3 Tbs. peanut butter
- 1 ½ Tbs. honey
- 2 Tbs. chili paste
- 1 cup bell peppers, julienned
- 1 cup carrots, julienned
- 2 cups bean sprouts
- 1 package firm tofu, cut into 1 inch cubes
- 3 packages fresh udon noodles
- 3 Tbs. chopped peanuts
- ¼ cup chopped scallions



1. Sauté yellow onion in olive oil
2. Add ginger, garlic, chicken broth, soy sauce, peanut butter, honey, & chili paste, simmer until thickened
3. At the same time, boil a pot of water to cook the udon noodles until tender
4. Add noodles, bell pepper, carrots, bean sprouts, & tofu to sauce
5. Top noodles with peanuts & scallions

-Melissa Gordon

LINGUINE WITH LEMON, GARLIC, & THYME MUSHROOMS

- 8 oz. finely sliced chestnut/cremini mushrooms
- 1/3 cup olive oil
- 1 Tbs. kosher salt
- 1 clove garlic, minced
- 1 lemon, zested & juiced
- 4 sprigs fresh thyme
- 1 pound linguine
- 1 bunch fresh parsley, chopped
- 2 to 3 Tbs. grated Parmesan
- Fresh ground pepper



1. Slice the mushrooms finely, & put them into a large bowl with the oil, salt, minced garlic, lemon juice & zest, & gorgeously scented thyme leaves
2. Cook the pasta according to the packet instructions & drain keeping some water with the pasta. Quickly put the pasta into the bowl with the mushroom mixture.
3. Toss everything together well, & then add the parsley, cheese & pepper before tossing again.

-Robby & Shae

ZA JIANG MEIN

1 Tbs. oil
1 onion, minced
1 pound ground meat (turkey, pork, or beef)
1-6 oz. can sweet bean sauce
3 ½ Tbs. ground bean sauce
½ cup water
1 ½ Tbs. sugar
Spaghetti noodles
1 cup carrots, julienned
2 cups bean sprouts
2 cups napa cabbage, chopped
½ cup scallions, chopped



1. Begin to boil water for noodles, cook noodles until done, drain.
2. In a different pan, sauté onion in oil.
3. Add ground meat, cook thoroughly.
4. Add sweet bean sauce, ground bean sauce, water, & sugar, simmer until sauce is thick & viscous.
5. Serve over fresh prepared noodles, garnish with carrots, sprouts, cabbage, & scallions.

-Gordon Family

BROWN RICE PASTA WITH TUNA, OLIVES & FRIED CAPERS

8 oz. brown rice pasta
1/3 cup olive oil
½ cup capers, rinsed & dried
12 canned anchovy fillets
8 cloves garlic, thinly sliced
½ tsp. red pepper flakes
28-oz jars olive oil-packed tuna, drained*
¼ cup pitted Kalamata olives, halved
Juice of 1 lemon
½ cup chopped Italian parsley

1. Cook pasta as directed on package until al dente, 7 to 8 minutes.
2. In a small skillet over high heat, heat oil. Cook capers, stirring, until crispy, 2 minutes. Remove capers with a slotted spoon; transfer to a plate, reserving oil.
3. In a large heavy skillet over medium-low heat, heat reserved oil. Add anchovies, garlic & pepper flakes. Cook, stirring, until anchovies dissolve & garlic begins to brown, 3 to 4 minutes.
4. Add tuna & olives; stir to break up tuna. Add lemon juice; cook, stirring, until tuna is warmed through & starting to brown, 2 to 3 minutes.
5. Divide pasta among 4 bowls; divide tuna mixture, capers & parsley evenly over pasta.

-Robby & Shae

JUDY'S PANCIT

1 Tbs. oil
1 pound pork, cut into ½ inch pieces
1 onion, minced
2 cloves garlic, minced
3 carrots, julienned
2 celery stalks, chopped
½ head cabbage, chopped
1 Tbs. soy sauce
1 package pancit bihon noodles
1 package pancit canton noodles
4 cups chicken broth
4 cups water
Lemons or Calamansi Lemons, sliced



1. Sauté onion & garlic in oil in large pot or wok.
2. Add pork, season with salt & pepper, remove when cooked.
3. Sauté carrots, celery, & cabbage in pot for 4 minutes.
4. Add broth & water to pot, cook vegetables until tender.
5. Remove vegetables & set aside.
6. Add noodles to pot & cook until all liquid has been absorbed.
7. Return veggies & meat to pot, add soy sauce, mix.
8. Transfer to serving dish, garnish with sliced calamansi.

-Judy Gordon

"When AJ & I first started dating, I asked his mom if she would teach me how to cook her pancit. She knew from that moment, I was going to be around for a while."

-Melissa Gordon

THE BEST VEGAN GARLIC ALFREDO SAUCE

1 medium white onion, diced
1-2 cups low sodium vegetable broth, divided
½ tsp. salt
¼ - ½ tsp. ground black pepper
4 garlic cloves, minced
½ heaping cup raw unsalted cashews
1-2 Tbs. lemon juice
2-4 Tbs. nutritional yeast

NOTE: If you are using raw cashews & you don't have a high-powered blender, then you must soak them overnight in a bowl of water, drain & rinse before blending.

1. Add the onion & ONLY 1 cup of the broth to a large pan over medium to medium-high heat. Cook for about 8 minutes until the onion is very tender. (Add a tiny bit more broth if it is cooking too fast or turn the heat down, so the onions don't burn) After 8 minutes, add the garlic & cook a couple of minutes more, stirring often. All of the broth should have evaporated by now. If not, keep letting it cook until the broth is GONE. You don't want any more liquid once it's done cooking, so the end result is thick & creamy.
2. Add the cooked veggies (the onion & garlic) to a blender. Start out by adding JUST 1/2 cup more of the remaining broth & add the remaining ingredients (salt, pepper, cashews, starting with JUST 1 tablespoon lemon juice, nutritional yeast-starting with just 2 tablespoons yeast). Blend on high for a couple of minutes until very creamy & smooth. Add any more broth to reach desired consistency, if necessary. I did not. If you don't add more broth, you would likely not need any more yeast. Taste & add any more salt & pepper or lemon, if desired.
3. Serve over preferred pasta. Note: When preparing your pasta, make sure to salt your water well, so your pasta has flavor & isn't bland, which can affect the end flavor result of the dish. I add around a tablespoon to a large pot of boiling water. Garnish with parsley, lemon zest & salt & pepper, if desired. Add any veggies you like. I like to add broccoli or even peas. Store leftovers in the fridge. The sauce will thicken up even more overnight, which you can thin out a little with a touch of broth when reheating, if necessary.

-Robby & Shae

"On afternoons of fine, persistent rain, if your loved one is far away and the invisible weight of his absence overwhelming, cut twenty-eight fresh leaves of lemon balm from your garden and put them in a litre of water on a high heat to make an infusion. As soon as the water boils let the steam moisten your fingertips and stir it three times with a wooden spoon. Take it off the heat and let it stand for two minutes. Do not add sugar, drink it sip by sip from a white cup with your back to the window. If halfway through the litre you don't notice a certain relief behind the breastbone, heat it up again and add two spoonfuls of grated sugarloaf. If the afternoon ends and the feeling persists, you can be sure he won't be coming back. Or he'll come back some other afternoon and be much changed."

- Hector Abad



VEGGIES



"We eat the year away.

We eat the spring and the

summer and the fall. We

wait for something to grow

and then we eat it."

-Shirley Jackson, We Have

Always Lived in the Castle

PEARL COUSCOUS WITH OLIVES & ROASTED TOMATOES

1 Tbs. olive oil
2 pints cherry or grape tomatoes
3 garlic cloves, unpeeled
¼ olive oil
¼ warm water
1 tsp. fresh lemon juice
3 tsp. lemon zest
1 tsp. salt
¼ tsp. pepper
2 ¾ cup chicken broth
2 ¼ cup pearl (Israeli) couscous
½ cup kalamata olives, pitted & chopped
¼ cup chopped fresh flat leaf parsley
¼ cup chopped fresh mint
1 tsp. chopped fresh thyme

1. Preheat oven to 250°.
2. Pour oil on cookie sheet, halve tomatoes, arrange cut side up on sheet along with the garlic.
3. Cook 1 hour, let cool.
4. Blend ½ of the tomatoes with the peeled garlic, oil, water, lemon juice, lemon zest, salt, & pepper until smooth.
5. Bring broth to a boil in a saucepan, add couscous & cook until done.
6. Stir puréed mixture in with couscous, olives, & herbs, season with salt & pepper if needed.

-Rick Jenkins

G.G.'s BAKED BEANS

1 Tbs olive oil
1 onion, minced
½ pound bacon, chopped
½ ground turkey or beef
¾ cup ketchup
¾ cup brown sugar
¾ tsp. salt
1 tsp. dijon mustard
1 tsp. white vinegar
1-15 oz. can pork & beans
1-15 oz. can butter beans
1-15 oz. can kidney beans

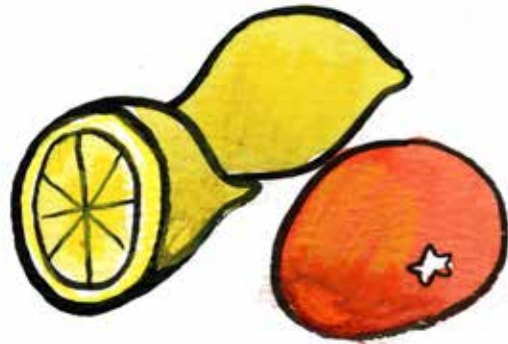
1. Preheat oven to 350 degrees.
2. Sauté onion in olive oil in a large dutch oven.
3. Add bacon & ground meat, cook thoroughly.
4. Add all remaining ingredients.
5. Put lid on & bake for one hour.



-Beth Jenkins

FARRO SALAD & WINTER FRUIT

- 1 ½ cup farro (or other hearty grain)
- 1 tsp. orange zest
- 1 Tbs. fresh orange juice
- 1 Tbs. fresh lemon juice
- 1 Tbs. grated ginger
- ¼ cup olive oil
- ¼ cup golden raisins
- ¼ cup dried sour cherries
- 2 scallions, thinly sliced
- ½ cup pistachios
- ¼ cup chopped mint
- 2 Tbs. cilantro



1. Cook farro according to instructions.
2. In a large bowl, add zest, juices, ginger, & olive oil, mix.
3. Add in warm farro, raisins, cherries, & pistachios.
4. Season with salt, mix together.

-Melissa Gordon

TOFU & GREENS

- 1 bunch of greens (collard, kale, or chard), chopped
- 1 clove garlic, minced
- 1 Tbs. olive oil

- 1 block firm or extra firm tofu
- 2-3 Tbs. olive oil
- 2 garlic cloves, minced
- 3 Tbs. brown sugar
- ½ cup chopped pecans (or other nut)

1. Sauté 1 clove chopped garlic in 1 Tbs. olive oil.
2. Add greens.
3. Add 1 cup of water to steam greens until tender.
4. Season with salt & pepper, remove & place in bowl.
5. Add 2-3 Tbs. olive oil back to pan.
6. Fry tofu in oil until golden brown on two sides.
7. Add garlic, sauté for one minute.
8. Add sugar, stir gently until it dissolves & coats tofu.
9. Add nuts & season with salt & pepper.
10. Serve tofu alongside greens.

-Melissa Gordon

SWISS CHARD & SWEET POTATO AU GRATIN

½ stick butter

1 small onion, finely chopped

3 lbs. swiss chard, leaves & stems separated & cut into 1-inch pieces

pinch of freshly grated nutmeg

2 cups heavy cream or milk

2 cloves of garlic, minced

2 Tbs. flour

2lbs. yams, peeled & cut into 1/8 inch thick rounds

1 Tbs. fresh italian parsley, chopped

1 Tbs. fresh thyme, minced

1 ¼ (5 oz.) gruyère cheese, grated

1. Preheat oven to 400°.
2. Sauté onions in 2 Tbs. butter until translucent.
3. Add chard stems & nutmeg, cook until tender.
4. Add chard leaves, stir until leaves are wilted.
5. Season with salt & pepper.
6. Transfer greens to a colander & press out liquid with back of spoon.
7. In a saucepan, combine cream & garlic, bring to a boil.
8. In separate saucepan, melt 2 Tbs. butter, stir in flour to make a roux.
9. Slowly whisk in warmed cream & garlic mixture to butter/flour mixture, whisk until thickened.
10. Butter a 9" x 13" baking dish.
11. Spread ½ yams into dish, sprinkle with salt & pepper, herbs, & ¼ cup of gruyère.
12. Layer ½ the greens on top of the yams, sprinkle with additional salt & pepper, herbs & gruyère.
13. Add half of the sauce, more salt & pepper, herbs, & cheese.
14. Repeat layers 1 more time.
15. Bake one hour until golden & bubbly.

-Jenkins Family



AJVAR (SERBIAN ROASTED RED PEPPER DIP)

2 pounds red bell peppers (about 5)

1 medium eggplant

5 cloves garlic, minced

¼ cup olive oil

1 Tbs. white vinegar

1 tsp. kosher salt

Fresh ground pepper



1. Cook peppers on charcoal grill until blackened all over. Cool & removed charred skins, seeds, & core.
2. Cook eggplant on charcoal grill until soft. When cool, trim top & scoop out flesh of eggplant.
3. Purée eggplant pulp, peppers, & garlic in food processor until roughly chopped. Add oil, vinegar, & salt & pulse until blended.
4. Transfer sauce to medium saucepan. Simmer for 30 minutes, stirring occasionally. Remove from heat, season with salt & pepper.

-Beth Jenkins

BABA GANOUSH

1 large eggplant

4 Tbs. tahini

2 garlic cloves, crushed

Juice of 2 lemons

2 Tbs. olive oil

Pomegranate, dried mint, or flat leaf parsley for garnish

1. Prick eggplant all over with fork & cook on a grill until soft.
2. Slice the eggplant in half & scoop out pulp.
3. Place the pulp in a colander & let any liquid drain out for 5 minutes.
4. Place the eggplant, tahini, garlic, & lemon juice in a bowl & mix with a fork.
5. Spread the dip on a serving plate, pour on olive oil, & garnish.

-Rick Jenkins

FALAFEL SALAD WITH LEMON TAHINI DRESSING

1 cup dried chickpeas
2 cups packed flat-leaf parsley, divided
¼ cup chopped red onion plus ¼ cup thinly sliced, divided
2 cloves garlic
5 tablespoons extra-virgin olive oil, divided
3 tablespoons lemon juice, divided
1 tablespoon ground cumin
1 teaspoon salt, divided
5 tablespoons tahini
5 tablespoons warm water
6 cups sliced romaine lettuce
2 cups sliced cucumbers &/or radishes
1 pint grape tomatoes, quartered

1. Soak chickpeas in cold water for 12 to 24 hours.
2. Drain the chickpeas & transfer to a food processor. Add 1 cup parsley, chopped onion, garlic, 1 tablespoon oil, 1 tablespoon lemon juice, cumin & ½ teaspoon salt; process until finely & evenly ground. Shape into 12 patties (1½ inches wide), using a generous 2 tablespoons each.
3. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium. Cook the falafel until golden brown, 3 to 5 minutes. Turn, swirl in 1 tablespoon oil & cook until golden on the other side, 3 to 5 minutes more.
4. Meanwhile, whisk tahini, water & the remaining 2 tablespoons lemon juice, 1 tablespoon oil & ½ teaspoon salt in a large bowl. Transfer ¼ cup to a small bowl. Add romaine & the remaining 1 cup parsley to the large bowl & toss to coat. Top with cucumbers &/or radishes, tomatoes, the sliced onion & the falafel. Drizzle with the reserved ¼ cup dressing.

-Robby & Shae

ARUGULA, FETA, & WATERMELON SALAD

¼ cup fresh orange juice
¼ cup fresh lemon juice
¼ cup minced shallots
1 Tbs. honey
½ cup olive oil
1 tsp. kosher salt
½ tsp. ground pepper
6 cups baby arugula
1/8th seedless watermelon, cut into 1" cubes
12 ounces feta cheese
1 cup fresh mint leaves, julienned



1. Whisk together orange juice, lemon juice, shallots, honey, salt, & pepper. Slowly pour in the olive oil to form an emulsion.
2. Place the arugula, watermelon, feta, & mint in a large bowl. Drizzle with vinaigrette & toss.

-Robby & Shae

LOG CABIN QUICHE

- ½ bag frozen hash browns (about 3 cups)
- ½ cup onion, chopped
- 3 Tbs. balsamic vinegar
- 3 Tbs. olive oil
- 6 eggs
- 1 ½ cup milk
- 1 bag frozen spinach
- 1 garlic clove, minced
- 1 cup mushrooms
- 1 cup bell peppers
- ½ round of brie, chopped
- 1 tsp. Italian seasoning

1. Preheat oven to 350°.
2. Sauté onions in olive oil in cast iron skillet until translucent.
3. Add hash browns, fry until golden.
4. Add balsamic, salt & pepper, cook for an additional 5 minutes, set aside to cool.
5. In a large bowl, mix eggs, milk, garlic, italian seasoning, salt & pepper.
6. Flatten cooled hash browns in skillet to create a crust.
7. Add frozen spinach, mushrooms, & cheese on top of crust.
8. Pour egg mixture on top of the other ingredients.
9. Bake for one hour or until quiche has set.

-Melissa Gordon



MEDITERRANEAN SWEET POTATOES

4 medium sweet potatoes

1 15 oz. can chickpea

½ Tbs. olive oil

½ tsp. each cumin, coriander, cinnamon, smoked paprika

Garlic Herb Sauce

¼ cup hummus (or tahini)

½ medium lemon, juiced

1 tsp. dried dill

3 cloves garlic, minced

water

sea salt

Toppings (optional)

¼ cup cherry tomatoes, diced

¼ cup chopped parsley

2 Tbs. lemon juice

1. Preheat oven to 400 & line a large baking sheet with foil.
2. Rinse & scrub potatoes & cut in half lengthwise, rub with olive oil & place face down on baking sheet.
3. Toss rinsed & drained chickpeas with olive oil & spices & add to baking sheet.
4. While the chickpeas & potatoes are roasting, prepare sauce by adding all ingredients to a mixing bowl & whisk together. Add only enough water so the sauce is pourable.
5. In separate bowl, toss cherry tomatoes & parsley with lemon juice.
6. Serve potatoes flesh side up, topped with sauce & tomatoes.

-Rick Jenkins

"Probably one of the most private things in the world is an egg before it is broken."

- M.F.K. Fisher

SPANISH PATATAS BRAVAS

1 clove garlic, minced
½ tsp. smoked paprika
1 pinch salt
1 cup mayonnaise
1 Tbs. sherry vinegar
1 tsp. tomato paste
¼ tsp. ground chipotle peppers
1 pinch cayenne
1 Tbs. salt
½ tsp. pepper
½ tsp. paprika
½ tsp. chipotle peppers
2 quarts cold water
1 Tbs. salt
1 tsp. smoked paprika
1 tsp. ground cumin
2 bay leaves
2 pounds russet potatoes, peeled & cut into 1-inch cubes
2 cups vegetable oil

1. Combine garlic, ½ tsp. smoked paprika, & a pinch of salt in a mortar & pestle, process until smooth. Mix in mayonnaise, sherry vinegar, tomato paste, ¼ chipotle chile powder, & cayenne until combined. Cover & refrigerate.
2. Mix 1 Tbs. salt, black pepper, ½ tsp. smoked paprika, & ½ tsp. chipotle powder together in small bowl, set aside.
3. Pour water into large saucepan & stir in 1 Tbs. salt, 1 tsp. smoked paprika, cumin, & bay leaves. Bring to a boil, then simmer for 10 minutes.
4. Stir potatoes into water mixture, simmer until tender, but not fully cooked. Drain potatoes & transfer to wire rack to cool completely.
5. Heat oil in large skillet, add potatoes & fry until golden. Transfer potatoes to a baking sheet lined with paper towels to cool slightly. Toss in a bowl with spice blend & serve with dipping sauce.

-Robby & Shae

"One cannot think well, love well, sleep well,
if one has not dined well."

-Virginia Woolf

ROASTED SALAD

2 bell peppers, diced

1 sweet onion, diced

Pick two or more of the following:

1 bunch of kale

1 bunch of Swiss chard

1 bunch of mustard greens

1 lb Brussels sprouts

Preheat oven to 425.

Chop greens into thin pieces. For kale & mustard greens, remove the stems; I recommend saving them in the freezer for making broth.

Lay out chopped greens, bell peppers, & onion on baking sheet. Drizzle with olive oil & toss to coat. Season with salt, pepper & garlic powder to taste.

Roast for 15 minutes. Mix the greens then roast for another 15 minutes. If all veggies have darkened & drawn up somewhat & are tender to the fork, with some crisp edges, salad is done. Otherwise, keep roasting, checking every 5-10 minutes until preferred doneness is achieved.

Remove from oven, allow to cool, & serve with your favorite dressing.

-Jarrod Davis

JARROD'S HONEY VINAIGRETTE DRESSING

2/3 Cup of Red Wine Vinegar

1 Tbsp & 1 tsp honey

1 Tbsp stone ground mustard

1 Tbsp olive oil

2 cloves of garlic, minced or 1 tsp garlic powder

Heavy sprinkle of black pepper

One dollop of plain Greek yogurt (optional)

Mix all ingredients together (if using the yogurt, wait until all other ingredients are well mixed before mixing in the yogurt). Taste & adjust to preference.

Can be used fresh, but it's better if you let it sit for at least an hour.

Without the yogurt, the dressing will keep in the refrigerator for several months. With the yogurt, I wouldn't let it go past a week or two.

-Jarrod Davis

MADELYNE'S VEGETARIAN SUSHI

3 eggs, whisked together
1 Tbs. butter
2 cups sushi rice
2 cups water
2 Tbs. rice vinegar
2 Tbs. sugar
1 Tbs. kosher salt
2 carrots, julienned
1 avocado, thinly sliced
1 cucumber, julienned
Seaweed

1. Heat up cast iron skillet over medium heat. Add butter.
2. Pour eggs onto pan, add lid & cook slowly. Remove when cooked thoroughly.
3. Cook rice & water with rice cooker or over stove until tender.
4. Combine rice vinegar, sugar, & salt in glass bowl. Microwave on high for 30 to 45 seconds.
5. Mix vinegar mixture into rice.
6. Prepare sushi according to visual instructions.

-Madelyne Gordon

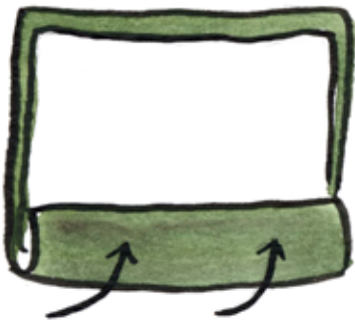




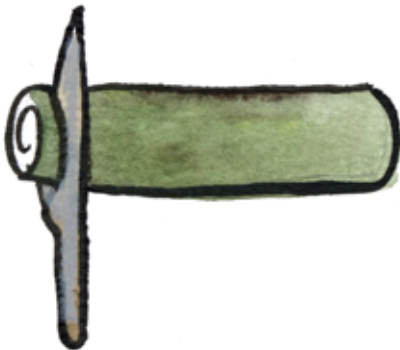
SPREAD A THIN LAYER
OF RICE OVER A PIECE
OF SEAWEED.



ACROSS BOTTOM 1/3 OF
RICE, LAY EGG, CUCUMBER,
CARROT, AND/OR AVOCADO.



ROLL SUSHI TIGHTLY



CUT WITH VERY SHARP
KNIFE. RINSE KNIFE
IF IT BECOMES TOO
STICKY.





MEATS

Roast Wolf Soup

Wolf meat
(leg; bone and cut up),
tsaoko cardamoms
(three),
black pepper
(five ch'ien),
kashi
(one ch'ien),
turmeric
(two ch'ien),
za'faran
(one ch'ien).

Boil ingredients together into
a soup.

Adjust flavors of everything
using onions, sauce,
salt, & vinegar.

- 330 CE, Yuan Dynasty.

MOROCCAN BRAISED BEEF

2 Tbs. olive oil
1 pound beef stew
2 onions, thinly sliced
¼ tsp. salt
¼ tsp. pepper
4 cloves garlic, minced
2 tsp. cumin
2 tsp. turmeric
2 tsp. paprika
1 tsp. ginger
2 14-oz cans chicken broth
¼ dried dried apricots
1/8th tsp. salt
1/8th tsp. pepper
2 cups sliced carrots

1. Season meat with salt & pepper, sear meat & remove from pan.
2. Sauté onions in olive oil.
3. Add garlic, cumin, turmeric, paprika, & ginger.
4. Add broth, bring to a boil.
5. Add apricots, simmer for five minutes.
6. Blend mixture, & return to pot.
7. Add meat to pot & simmer for one hour.
8. Add carrots, season with salt & pepper.
9. Serve over rice or couscous.

-Melissa Gordon

MARY GANDER'S SPANISH RICE WITH MEAT

During WWII meat was expensive, so my mother came up with ways to make it stretch, like including it in casseroles. -Marilyn Jenkins

1 1/2 lb. lean hamburger
2 cups Uncle Ben's converted rice (prepare according to directions on box)
Seasoning salt
2 small cans tomato sauce
1 T. dry, chopped onion
1/4 cup ketchup

1. Brown hamburger, breaking it up as it cooks. Add onion & seasoning salt (according to taste).
2. While meat continues to cook, prepare rice. Drain off fat from cooked meat & turn burner to simmer. After rice has absorbed all the water (approximately 20 minutes), combine it with the browned hamburger. Add tomato sauce & ketchup. Cover and let simmer for 15 minutes.

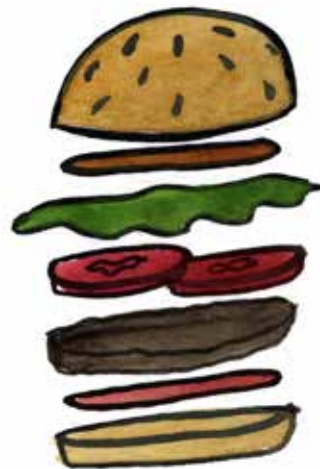
-Mary Gander

BOB'S BLEU CHEESE BURGERS

2 lbs. 80% ground beef
5 oz. crumbled bleu cheese
Salt & Pepper

1. Mix all ingredients together.
2. Shape into four patties.
3. Grill & serve.

-Bob Albers



KOREAN RICE CAKES (TTEOKBOKKI)

(Addition to the recipe - serve over ramen noodles & melt mozzarella cheese on top! BEWARE SPICY!)

8 ounces fresh or thawed frozen tteok (see note)
4 ounces beefsteak, such as chuck or sirloin, very thinly sliced
½ teaspoon soy sauce
2 teaspoons sesame oil
2 cloves garlic, minced
1 small onion, thinly sliced
2 cups green cabbage, cut crosswise into large pieces (optional)
1 to 2 tablespoons gochujang (Korean chile paste)
1 to 2 teaspoons sugar
2 scallions, cut into 1-inch batons
Sesame seeds

1. Soak tteok in cold water to cover while preparing the other ingredients, about 10 minutes. Drain on paper towels.
2. Combine beef with soy sauce, 1 teaspoon sesame oil & garlic.
3. Heat a wok or skillet over high heat until very hot. Add beef mixture & stir-fry just until lightly browned, 1 minute. Add onion, scallions, & cabbage, if using, & stir-fry until crisp-tender, 2 to 3 minutes.
4. Add gochujang & mix. Add about 1/3 cup water, remaining teaspoon sesame oil, sugar & tteok. Mix & let simmer until sauce is thick & tteok is soft, adding water a little at a time as needed. Adjust seasonings with sugar & gochujang.
5. Mix in scallions & serve hot, sprinkled with sesame seeds.
6. Tteok (Korean rice cakes, also spelled dduk or toppoki) are available in Asian markets. For this dish, the traditional shape is long cylinders; cut them crosswise in half before cooking. If using dried tteok, cook according to package directions & do not soak.

ADOBO

1 ½ cup rice vinegar
1 cup coconut milk
¼ cup soy sauce
12 garlic cloves, peeled & smashed
3 bay leaves
1 ½ tsp. fresh ground pepper
1 whole chicken, cut into pieces
1 onion, sliced
3 potatoes chopped into cubes

1. Add vinegar, coconut milk, soy sauce, garlic, bay leaves, & pepper in dutch oven, mix.
2. Add chicken to pot, marinade at least two hours or overnight.
3. Add onions & potatoes & bring pot to boil.
4. Simmer, stirring occasionally until chicken is cooked thoroughly, about 30 minutes.
5. Remove chicken, reduce sauce until the consistency of heavy cream, & return chicken to pot.
6. Serve over rice.

-AJ Gordon

CHICKEN DIJON

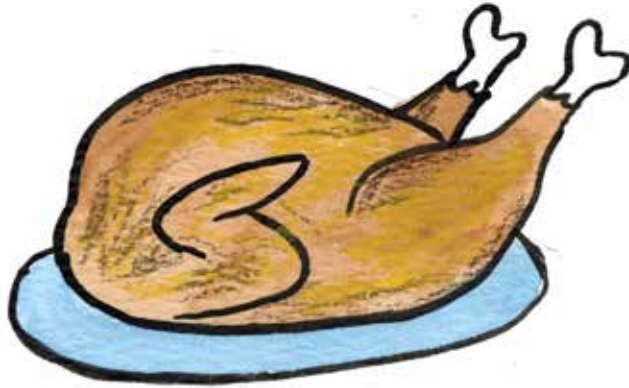
1 tsp. coriander seeds
2 Tbs. olive oil
8 medium chicken drumsticks (about 3 pounds)
Salt & Pepper
¼ cup onion, chopped
4 garlic cloves, minced
1 ½ cups chicken broth
2 Tbs. whole grain mustard
3 Tbs. crème fraîche or sour cream
2 tsp. chopped tarragon

1. In a large skillet, toast the coriander seeds over moderately high heat until fragrant, about 2 minutes. Transfer seeds to mortar & pestle. Crush the seeds coarsely.
2. In the same skillet, heat the olive oil until shimmering. Season the chicken drumsticks with salt & pepper, add them to the skillet & cook over moderately high heat, turning, until golden brown all over, about 10 minutes. Add the onion & cook, stirring occasionally, until softened, about 3 minutes. Add the garlic & cook for 1 minute. Add the broth & crushed coriander & bring to a boil. Cover & cook over moderately low heat until the chicken is cooked through, about 15 minutes.
3. Transfer the chicken to a platter, cover & keep warm. In a small bowl, whisk the mustard with the crème fraîche & tarragon. Whisk the mixture into the skillet & simmer the sauce over moderate heat until thickened, about 5 minutes. Return the chicken to the skillet & turn to coat. Serve the chicken with crusty bread.

-Jarrod Davis

BEST CHICKEN EVER

1 whole chicken
4 strips of bacon
Small handful of rosemary
4 garlic cloves
2 Tbs. butter, softened
3 Tbs. olive oil
2 tsp. lemon juice
Salt & Pepper to taste



1. In blender, combine rosemary, garlic, butter, olive oil, lemon juice, salt & pepper. Run in blender till entire concoction is liquified.
2. Using a meat injector, inject mixture into chicken in various locations, making sure to make at least two injections into each major cut (breast, leg, thigh).
3. Drizzle the outside of the chicken with leftover marinade mixture.
4. Drape bacon across chicken.
5. Cook whole chicken over indirect heat until the interior temperature reaches 170°.

Best Method:

Smoke chicken at 275° over apple or cherry wood. Should take approximately 30-45 minutes per pound.

Runner-up Method:

Grill the chicken indirectly using charcoal or, if need be, propane. To do this, you will need to either place hot coals on either end of the grill or light the burners on the end of the grill & place the chicken in the middle. If you can only keep coals or a burner lit on one end of the grill, you will need to turn the chicken every half hour or so. This method will likely keep your grill between 350° & 400°, cooking the chicken much faster. It is also very easy to burn the bacon this way; I advise that you cover the chicken with aluminum foil to keep the bacon from burning, & keep a close eye on your internal temps.

-Jarrod Davis

CHICKEN PAPRIKASH

3 to 4 pounds chicken thighs & drumsticks, or whole chicken legs
Kosher salt & freshly ground black pepper to taste
1 Tbs. neutral oil, like canola
3 Tbs. unsalted butter
1 large yellow or Spanish onion, peeled & diced
3 cloves garlic, peeled & minced
3 Tbs. Hungarian paprika, sweet or hot, or a combination
3 Tbs. all-purpose flour
1 cup canned crushed tomatoes or 1 large ripe tomato, chopped
1 cup chicken broth, homemade or, if not, low-sodium
1 pound egg noodles
¾ cup sour cream

1. Heat oven to 400°. Season the chicken aggressively with salt & pepper. Heat the oil & 1 tablespoon of the butter in a large, heavy, oven-safe sauté pan or Dutch oven set over high flame, until the butter is foaming. Sear the chicken in batches, skin-side down, until it is golden & crisp, approximately 5 to 7 minutes. Then turn the chicken over, & repeat on the other side, approximately 5 to 7 minutes. Remove chicken to a plate to rest.
2. Pour off all but a tablespoon or 2 of the accumulated fat in the pot. Return the pot to the stove, over medium heat, & add the onion. Cook, stirring frequently with a spoon to scrape off any browned bits of chicken skin, until the onion has softened & gone translucent, approximately 5 minutes. Add the garlic, & stir again, cooking it until it has softened, approximately 3 to 4 minutes. Add the paprika & the flour, & stir well to combine, then cook until the mixture is fragrant & the taste of the flour has been cooked out, approximately 4 to 5 minutes.
3. Add tomatoes & broth, whisk until smooth & then nestle the chicken back in the pan, skin-side up. Slide the pan or pot into the oven, & cook until the chicken has cooked through & the sauce has thickened slightly, approximately 25 to 30 minutes.
4. Meanwhile, set a large pot of heavily salted water to boil over high heat. Cook noodles in the water until they are almost completely tender, approximately 7 to 8 minutes. Drain the noodles, & toss them in a bowl with the remaining butter, then toss again to coat.
5. Place the chicken on top of the noodles, then add the sour cream to the sauce, stir to combine & ladle it over the whole.

-Robby & Shae

"I cannot count the good people I know who, to my mind, would be even better if they bent their spirits to the study of their own hungers."

-M.F.K. Fisher, How to Cook a Wolf

DAD'S LEMON PEPPER SALMON

Large wild Alaskan Salmon fillet

4-5 sprigs of rosemary

Lemon-Pepper all purpose seasoning

1 lemon, sliced

Cedar plank

1. Soak plank in water for at least 30 minutes.
2. Fire up gas grill to 400°.
3. Place 2-3 sprigs of rosemary on top of cedar plank, then lay salmon.
4. Sprinkle generously with seasoning.
5. Lay sliced lemon on top of salmon & top with additional rosemary.
6. Grill for 12-15 minutes.

-Dan Jenkins

BLACKENED SALMON WITH GARLIC ZUCCHINI NOODLES

1.33 lbs wild salmon fillets

2 tsp. smoked paprika

1/2 tsp. salt

1/2 tsp. garlic powder

1/4 tsp. pepper

1/4 tsp. onion powder

1/4 tsp. dried oregano

1/8 tsp. chili powder (more to taste)

2 Tbs. olive oil, divided

2 zucchini, cut into noodles

1 cup cherry tomatoes

2 garlic cloves, minced

1 lemon

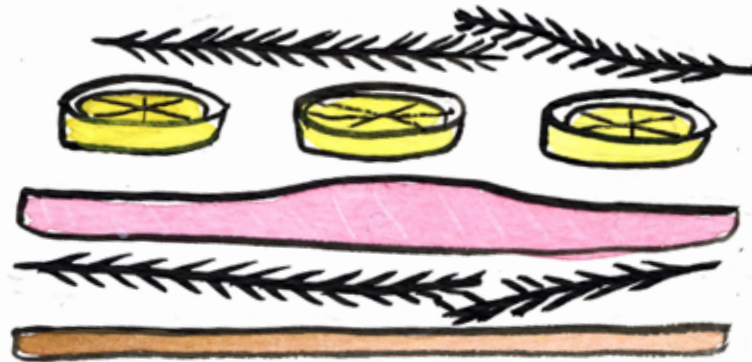
1. Mix together the smoked paprika, salt, garlic powder, pepper, onion powder, oregano, & chili powder. Pat the salmon dry & press spice mixture onto salmon.
2. Prepare your zucchini noodles using a spiralizer, sharp knife, or vegetable peeler. If time permits, sprinkle the zucchini noodles with salt & place in a colander. This will remove some of the moisture.
3. Heat the olive oil over medium-high heat in a heavy skillet. Cook the salmon for 3-4 minutes per side. Remove from the pan & set aside.
4. Add the remaining olive oil to the pan along with the garlic. Cook for 1 minute. Add the zucchini noodles & tomatoes. Cook for 3-5 minutes until al dente. Season with salt & pepper
5. Serve salmon over zucchini noodles with lemon.

SINIGANG

- 10 cups water
- 2 lbs. country pork ribs
- 1 packet Mama Sita's Sinigang Sa Sampalok seasoning
- 1 daikon radish, chopped
- 1 onion, sliced
- 2 cups baby portobello mushrooms, chopped
- 3 large carrots, chopped
- 2 bunches of greens (bok choy, kale, collards), chopped

1. Add water & pork to large pot & boil until pork is tender (this can take a few hours).
2. Add seasoning packet, onions, mushrooms, & radish, cook for 10 minutes.
3. Add carrots & greens, cook until all vegetables are tender.
4. Serve over rice.

-Melissa Gordon



"As I ate the oysters with their strong taste of the sea and their faint metallic taste that the cold white wine washed away, leaving only the sea taste and the succulent texture, and as I drank their cold liquid from each shell and washed it down with the crisp taste of the wine, I lost the empty feeling and began to be happy and to make plans."

-Ernest Hemingway, *A Moveable Feast*

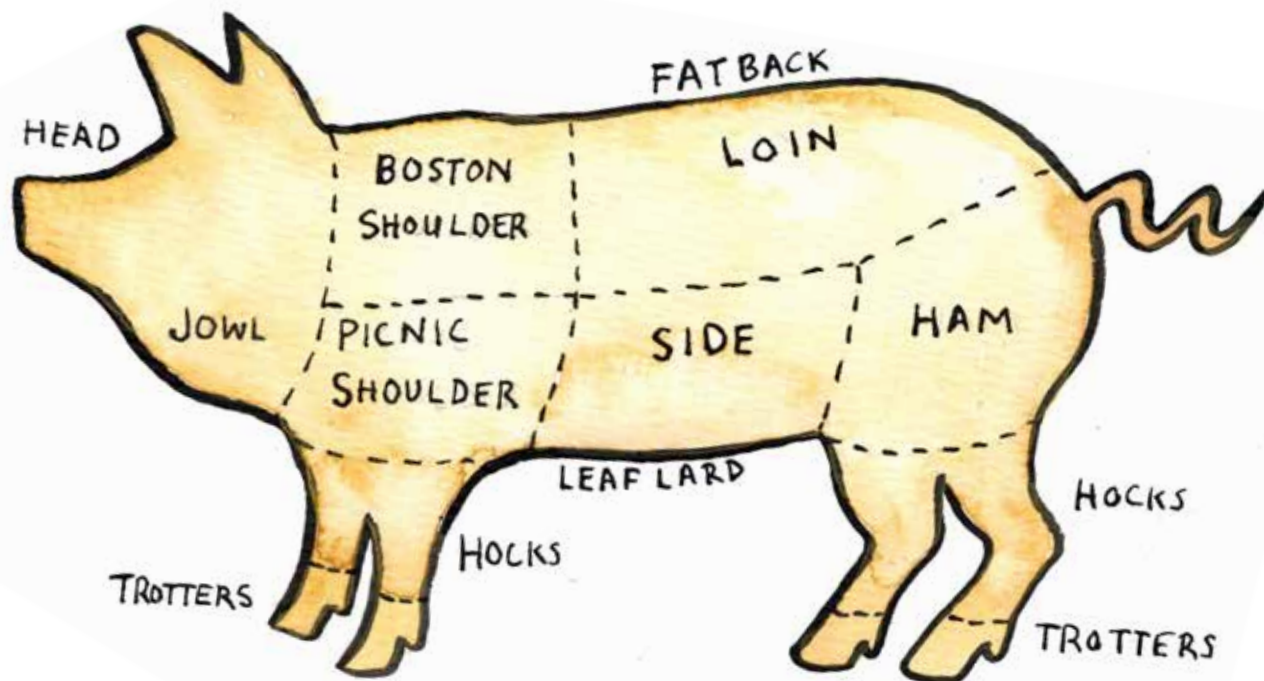
WHOLE HOG BARBEQUE

- 1 whole hog, butchered & butterflied, ideally between 100 & 120 lbs. Head & trotters optional.
- 1 lb of iodized table salt (not sea salt, not kosher salt, not special Himalayan pink salt; I don't know why, but you need the cheap stuff)
- Vegetable oil or lard to coat
- Half gallon Eastern NC style, vinegar based barbecue sauce (that recipe is a secret none of you are permitted to know; Scott's BBQ Sauce is probably the best you can buy)

Special Equipment Needed:

- Burn barrel with grate 2/3 way up from the bottom & large hole cut below grate for shoveling out embers.
- Shovel
- Half a cord of hardwood, preferably a mixture of oak, hickory, & a fruit &/or nut wood such as pecan, cherry or apple.
- Pig cooker
- or-
- Dig a barbecue pit in your yard
- or-
- Build a temporary barbecue pit out of cinder blocks
(Instructions available online.)

This will take 9-12 hours. Plan accordingly.



1. Pile wood in burn barrel on top of grate & set on fire. Add fresh wood as needed. It will take at least an hour to produce enough hot coals to place under pig.
2. Meanwhile, place butterflied whole hog skin side up & salt liberally. You don't have to use the entire pound of salt, but some do. Let salted pig rest on pig cooker/in pit so that it starts warming to room temperature, & the salt draws excess water from the skin.
3. After at least one hour, use a towel or several paper towels to sponge pooled moisture off of skin. Rub down the entire skin-side of the pig with vegetable oil or lard. Add more salt if preferred. Close lid on pig cooker/cover the barbeque pit. Keep it closed.
4. Begin shoveling hot coals under pig. Start with two shovelfuls of coals on either end of the pig. Bring cook temperatures up to 275°. Keep them there as best you can, adding coals as needed. Do not forget to continuously feed wood into the fire.
5. Between 4 & 4 ½ hours, flip the pig so that it is skin side down. This is best done by two people in one smooth motion. Close the lid again & keep it closed.
6. Keep the cooker at 275°.
7. Near the 8-hour mark, check the temperature of the pig. Insert a meat thermometer in the thickest parts of the shoulder & ham. The pig will be done when internal temperatures reach 185°.
8. If the internal temperature is between 165° & 170°, close the lid & add enough coals so that cooker temperatures reach 325°. This is to crispy up the skin, & will likely be the last time you need to add coals.
9. Once temperatures at the hams & shoulders reach 185°, leave the lid open & let the pig rest for 20 minutes or longer. Then serve with barbecue sauce.
10. Signs of a perfectly cooked pig are being able to pull bones from the shoulders & legs that come out perfectly clean, with no meat clinging to them.

Serving Suggestions:

Pig Pickin' Style: Leave the pig on the cooker. Provide tongs & let people serve themselves from whatever cuts of meat they prefer.

High Class Pig Pickin' Style: Pull the meat off the bone & present in some sort of serving dish. Allow people to help themselves to the portions they prefer.

Authentic Chopped BBQ: Pull all the meat from the bones, & the crispiest portions of skin. Using heavy meat cleavers, chop the meat & skin into fine morsels. Mix all chopped meat & skin with vinegar-based sauce.

-Jarrod Davis

"Food is not rational. Food is culture,
habit, craving, and identity."
-Jonathan Safran Foer



SWEETS



See's Fudge make 4 lbs.
4 1/2 c. sugar.
1 can nestles milk (large)
cook for 9 min after comes to boil
place in large bowl 1/2 lb. butter ^{stir}
or oleo. 2 tsp. vanilla.
18 oz. nestles choc. bits
1 pt. marshmallow cream.
2 cup nuts
pour hot mixture over this
stir until bit are melted.
put in large greased pan &
cool in refrigerator.

Original See's Fudge Recipe from Mary Gander

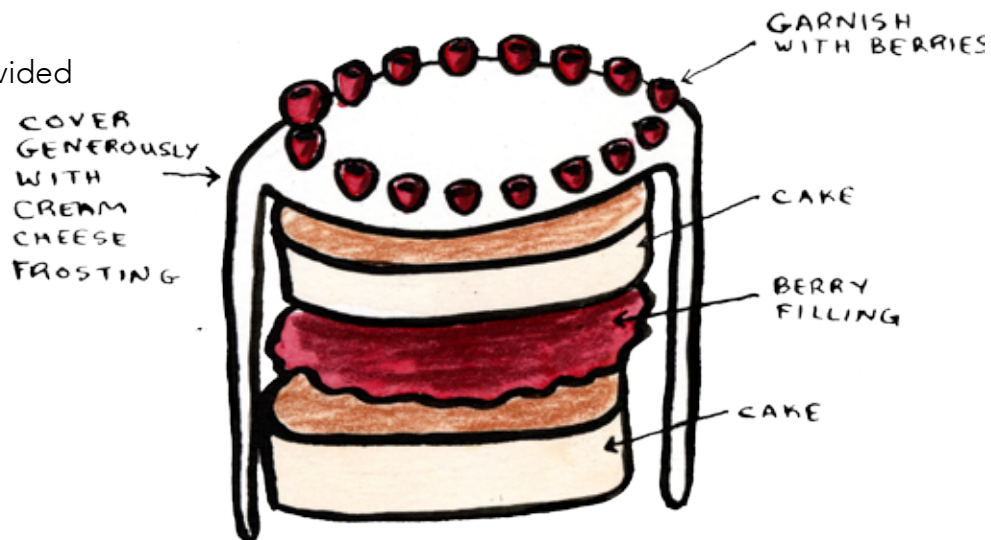
"No one who cooks, cooks alone. Even at her most solitary, a cook in the kitchen is surrounded by generations of cooks past, the advice & menus of cooks present, the wisdom of cookbook writers."

-Laurie Colwin

WHITE CAKE WITH BERRIES & CREAM CHEESE

Cake:

- 2 large eggs
- 1 cup granulated sugar, divided
- 1 $\frac{3}{4}$ cups cake flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup unsalted butter
- 1 tsp. vanilla extract
- $\frac{1}{2}$ cup milk
- $\frac{1}{8}$ tsp. cream of tartar



1. Preheat oven to 350°.
2. Butter & flour two 8-inch round cake pans.
3. Separate eggs, placing egg white in one bowl, yolks in another.
4. In a mixing bowl, whisk together, flour, baking powder, & salt.
5. In a bowl of an electric mixer, beat butter until soft, add $\frac{3}{4}$ cup sugar, & beat until fluffy.
6. Add egg yolks one at a time to butter mixture, while continuing to mix, then add vanilla.
7. With the mixer on low speed, alternately add flour & milk, in three additions, beginning & ending with the flour.
8. In the clean bowl of an electric mixer, using the whisk attachment, beat egg whites, additional $\frac{1}{4}$ cup sugar, & cream of tartar until soft peaks form.
9. With a rubber spatula, gently fold in whites to batter.
10. Divide batter into separate pans.
11. Bake for approximately 20-25 minutes or until a toothpick entered into the center of the cake comes out clean.
12. Cool cakes on a wire rack before removing from pans.

Filling:

- $\frac{1}{4}$ cup raspberry or strawberry purée
- Fresh berries

Cream Cheese Frosting:

- $\frac{1}{2}$ cup unsalted butter
- 1-8 oz. block of cream cheese at room temperature
- 2 $\frac{1}{2}$ cups powdered sugar
- Zest of one lemon or orange

1. Cream butter & cream cheese with mixer until smooth.
2. Add powdered sugar, mixing together one cup at a time.
3. Add zest & vanilla, beat on high speed until light & fluffy.
4. Assemble cake & serve fresh!

-Jessica Jenkins Davis

GUINNESS CHOCOLATE CAKE

2 cup Guinness
2 cup butter
4 cups sugar
1 1/2 cup baking cocoa
4 large eggs, beaten & room temperature
1 1/3 cup sour cream
4 cups all-purpose flour
1 Tbs. baking soda

1 batch chocolate ganache frosting

1. Preheat oven to 350°. Grease three 9-inch springform pans & line the bottom with parchment, set aside.
2. In a small saucepan, heat beer & butter until butter is melted. Remove from heat; whisk in cocoa until blended.
3. Whisk flour, sugar, baking soda, & 1 1/2 teaspoons salt in large bowl to blend.
4. Using electric mixer, beat eggs & sour cream in another large bowl to blend.
5. Add stout-chocolate mixture to egg mixture & beat just to combine.
6. Add flour mixture & beat briefly on slow speed.
7. Using rubber spatula, fold batter until completely combined.
8. Divide batter equally among prepared pans. Bake cakes until tester inserted into center of cakes comes out clean, about 35 minutes. Transfer cakes to rack; cool 10 minutes. Turn cakes out onto rack & cool completely.
9. Assemble cake.

-Jessica Jenkins Davis

CHOCOLATE GANACHE FROSTING

1 pound. bittersweet chocolate, chopped
2 cup heavy cream

1. Place the chocolate into a mixing bowl. Heat the cream in a small saucepan over medium heat, bring just to boil.
2. When the cream has come to a boil, pour over the chopped chocolate & whisk until smooth.
3. For a fluffy frosting allow to cool until thick, then whip with whisk until light & fluffy.

-Jessica Jenkins Davis

BÛCHE DE NOEL

2 cups heavy cream

½ cup confectioner's sugar

1 tsp. almond extract

Green food dye (optional)

1 ½ cups unsalted pistachios, ground

6 eggs, divided into yolks & whites

¾ cup white sugar, divided

⅓ cup unsweetened cocoa powder

1 ½ tsp. vanilla extract

⅛ tsp. salt

¼ cup white sugar

½ batch chocolate ganache

1. Preheat oven to 375°. Line a 10" x 15" jelly roll pan with parchment paper, set aside.
2. In a large bowl, whip together cream, confectioner's sugar, food dye & almond extract, refrigerate.
3. In a large bowl, using an electric mixer, beat egg yolks with ½ cup sugar until thick & pale. Blend in cocoa, vanilla, & salt.
4. In a separate bowl, with clean beaters, beat egg whites to soft peaks, add ¼ cup sugar & beat until stiff peaks form.
5. Immediately fold the yolk mixture into the whites.
6. Spread batter evenly into prepared pan, bake for 12 to 15 minutes.
7. Dust a clean dish towel with confectioner's sugar. Run a knife around the edge of the pan, & turn the cake out onto the towel. Remove & discard the parchment paper.
8. Starting at the short edge of the cake, roll up the cake with the towel. Cool for 30 minutes
9. Unroll the cake & spread the filling to within 1 inch of the edge. Sprinkle pistachios generously before rolling cake back up. Chill for one hour.
10. Place seam side down on serving plate & cover with chocolate ganache. Sprinkle with additional pistachios.

-Melissa Gordon

"There are only four great arts:
music, painting, sculpture, and ornament-
tal pastry-- architecture being perhaps the
least banal derivative of the latter."

- Julia Child, My Life in France

PIE CRUST (Makes two shells)

2.5 cups plus 2 Tbs. flour

½ Tbs. kosher salt

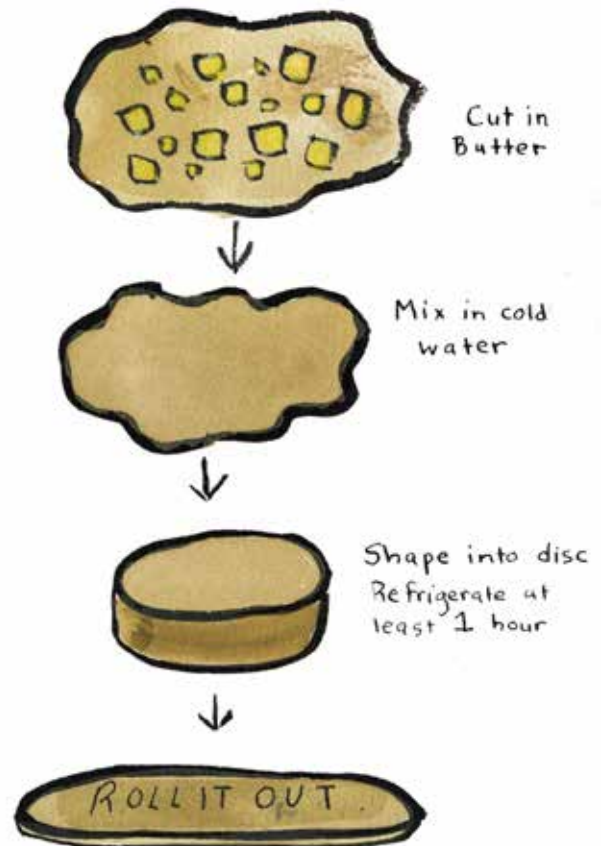
¾ sticks cold unsalted butter, cut into pieces

¾ cups plus 2 Tbs. shortening, chilled & cut into pieces

½ cup ice water

1. Mix flour & salt together.
2. Cut in butter & shortening with pastry blender or fingers.
3. Stir in water with fork.
4. Knead gently with h&s, be sure to not overwork the dough.
5. Form two discs, chill at least one hour before using.

-Melissa Gordon



PEAR PIE

3 Tbs. flour

1 tsp. cinnamon

½ tsp. fresh grated nutmeg

1/8 tsp. salt

½ cup brown sugar

5 peeled & cored Bartlett or Anjou pears

1 Tbs. lemon juice

1 tsp. vanilla

Double pastry crust

1 Tbs. butter cut into bits

1 large egg, plus 1 Tbs. water mixed together

1 Tbs. sugar

1. Put baking sheet in oven, preheat to 450°.
2. Whisk together flour, cinnamon, nutmeg, salt & brown sugar.
3. Toss pears with lemon juice & vanilla, mix in flour mixture
4. Let pears st& for 5-15 minutes.
5. Roll out dough.
6. Transfer pear filling to pie shell, add butter.
7. Cover with second pastry shell.
8. Brush the top of pie with egg wash, sprinkle with sugar.
9. Cut a few slits in crust.
10. Bake for 20 minutes, then lower temperature to 375° for additional 40-45 minutes.

-Melissa Gordon

MORMON COOKIES

2 $\frac{3}{4}$ cup flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
 $\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup white sugar
2 sticks butter
2 tsp. vanilla
2 eggs
2 cups chocolate chips



1. Preheat oven to 375°.
2. Beat butter with paddle of electric mixer until smooth & creamy.
3. Slowly add sugar, then eggs & vanilla, beat until fluffy.
4. Mix flour, baking soda, & salt together in separate bowl.
5. Add dry ingredients to wet ingredients.
6. Mix in chocolate chips.
7. Roll cookies into balls & place on cookie sheet.
8. Bake for 9-11 minutes.
9. Remove from oven & let cookies sit on pan for additional 2 minutes.
10. Remove cookies & place on cooling rack.

-Robby & Shae

SPICED NUTS

$\frac{1}{3}$ cup dark brown sugar
 $\frac{2}{3}$ cup white sugar
1 tsp. kosher salt
Generous pinch of cayenne pepper
1 tsp. cinnamon
1 pound nuts
1 egg white
1 Tbs. water

1. Preheat oven to 300°.
2. Mix together sugars, salt, cayenne, & cinnamon.
3. Beat egg whites & water with electric mixer until frothy.
4. Add nuts to egg white mixture, mix together.
5. Coat nuts with sugar mixture.
6. Spread nuts onto greased or lined cookie sheet.
7. Bake for 30 minutes.

RAW SALTED CARAMEL PROTEIN BALLS

- 1 cup cashews
- ½ cup dessicated coconut (without preservatives)
- 15 small Medjool dates
- 1 Tbs. chia seeds
- 1 Tbs. maple syrup
- 2 Tbs. raw pepitas
- 2 Tbs. water
- Good crack/pinch of salt
- 1 Tbs. cashew butter (optional)
- 1 scoop of protein powder (optional)
- Extra coconut for rolling

1. Blend cashews in food processor until chunk-form.
2. Add all other ingredients & blend until ingredients are clumping together.
3. Pour extra coconut into a small bowl.
4. Roll mixture into small balls & coat with coconut.
5. Freeze to set & enjoy.

-Robby & Shae

2ND PLACE SOURDOUGH BREAD

- 600 grams water
- 130 grams sourdough starter
- 30 grams oil
- 24 grams sugar
- 20 grams salt
- 800 grams bread flour
- 200 grams all purpose flour

1. Mix ingredients together in large bowl, set aside for one hour.
2. Fold dough over on itself 4 times, rotating clockwise with each fold.
3. Let sit 8-12 hours covered in warm area of kitchen.
4. Separate dough & place in two greased bread loaf pans for 2-4 hours.
5. Bake at 375 for 43 minutes.

-Jessica Jenkins Davis



"... And suddenly the memory revealed itself. The taste was that of the little piece of madeleine which on Sunday mornings at Combray (because on those mornings I did not go out before mass), when I went to say good morning to her in her bedroom, my aunt Léonie used to give me, dipping it first in her own cup of tea or tisane. The sight of the little madeleine had recalled nothing to my mind before I tasted it. And all from my cup of tea."

-Marcel Proust

"If more of us valued
food and cheer and
song above hoarded
gold, it would be a
merrier world."

J.R.R. Tolkien



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4/22/2005

A Brief Botany Lesson on Coffee Cherries and Coffee Beans

At harvest time coffee trees are laden with bright red coffee cherries. Ripe coffee cherries are just slightly larger than a cranberry. An unroasted coffee bean is simply the pit of the coffee cherry. The skin of the coffee cherry is very thick, with a bitter flavor. The fruit beneath the skin, however, is intensely sweet. The texture of this layer of fruit is similar to a grape. Beneath the fruit is the parchment, covered with a thin, slippery, honey-like layer. The parchment of the coffee cherry serves as a protective pocket for the seed, much like the small pockets that protect the seeds of an apple. Removing the parchment will reveal two translucent, bluish-green coffee beans that are coated with a very thin layer called the "silverskin".

Love Poem of a Barista

Oh,
I would reach past all that bitterness
the angry flush of your skin
to reach inside & reveal that sweet fruit
lying beneath the surface of
you you you . . . would you let me?
To explore the secret honey of your nature, not sour and jaded,
but soft.
Lithesome.
pliable.
There are chambers within you which I would learn by heart.
You keep small pocket and holes of protection,
buried inside so deep. You embed your heart in silverskin,
hidden away where none will see the translucence
of its bluish-green hue . . .
Let me remove this thin parchment st&ing between us.
I would plunder my treasure with a
loving
tender hand . . .

and then roast you, my little coffee bean, at 435 degrees Fahrenheit until you crack and blacken.

-Mary Haidri



BLUE.



COFFEE.



MUGS.

SANGRIA

2 bottles red or white wine
1 bottle sparkling juice
½ cup orange juice
1-3 shots triple sec
Sliced fruit

1. Mix all ingredients in large pitcher.
2. Let mixture sit for one to eight hours before serving.
3. Serve over ice.



-Jenkins Family

APEROL SPRITZ

Chilled Prosecco
Aperol
Club Soda or Blood Orange soda
Ice
Sliced orange for garnish

1. Fill a glass with ice.
2. Add 3 parts prosecco to 2 parts aperol, to 2 parts club soda/blood orange soda.
3. Stir & garnish with orange slice.

-Robby & Shae

CRANBERRY TEA

8 cups water
4 regular tea bags
64 oz. cranberry juice
1 cup sugar
20 whole cloves
2 cinnamon sticks
2 Tbs. lemon juice

1. Bring water to boil, add tea bags, simmer for 10 minutes.
2. Remove tea bags.
3. Add other ingredients, simmer one hour.
4. Remove cloves & cinnamon sticks, serve hot.

-Beth Jenkins

TEDDY'S COLD COCOA

1 cup chocolate milk
3 Tbs. creamer

1. Pour a cup of chocolate milk into glass.
2. Add creamer. Do not mix. Enjoy.

-Teddy Gordon

"We need to remember
what's important in life:
friends, waffles, work.

Or waffles, friends,
work. Doesn't matter,
but work is third."

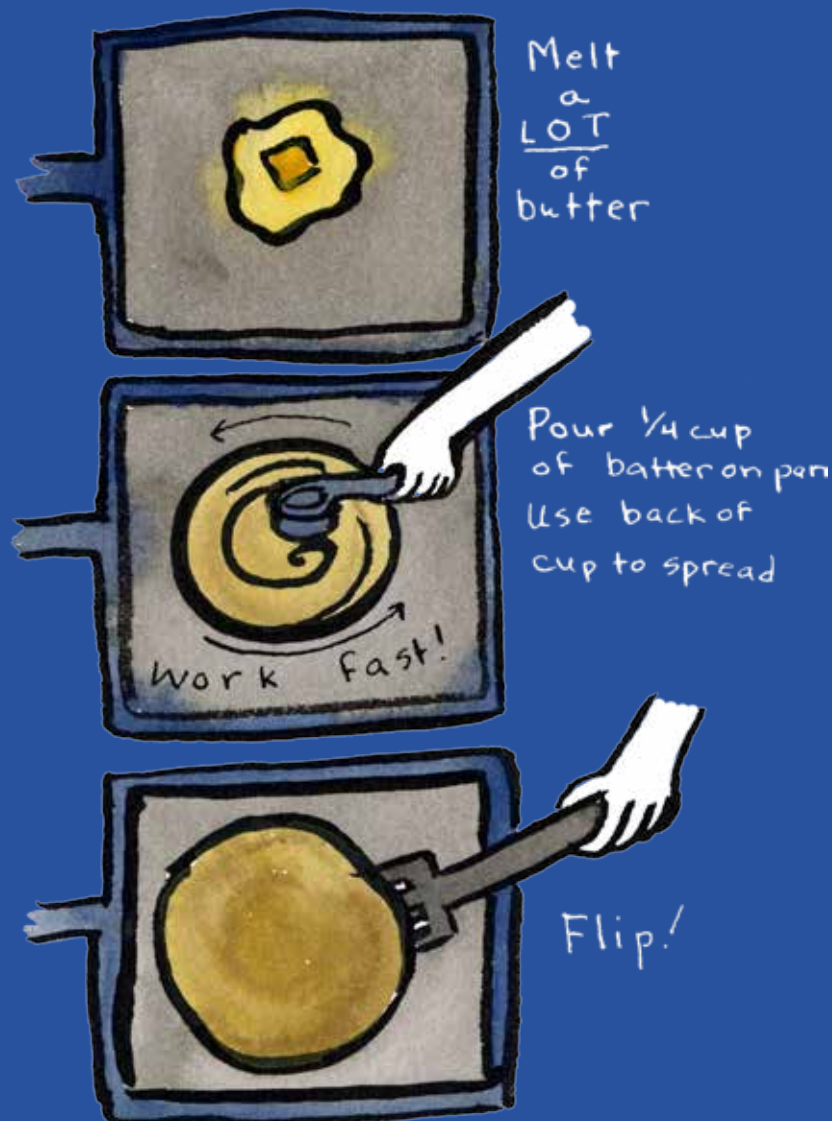
-Leslie Knope



BREAKFAST

"Great Grandma (Marilyn) grew up with her mother, Grandma Gander, often making Swedish pancakes served in the classic style with butter, cinnamon, and sugar. Dad remembers Grandma Gander making these breakfast treats when he, Pete, and Suzanne would spend the night with her. After we were married, I wanted to cook things from Dad's childhood that he loved. This recipe quickly became a family favorite. We learned that the pancakes could be filled with a variety of ingredients, but are best when served with family and friends."

-Beth Jenkins



SWEDISH PANCAKES

1 ½ cup flour
1 tsp. salt
2 Tbs. sugar
1/8 tsp. nutmeg (or more)
1 tsp. cinnamon (or more)
1 2/3 cup milk
4 eggs, separated
7 Tbs. butter, melted

1. Beat egg yolks until light yellow, add milk & butter.
2. In separate bowl, mix together dry ingredients.
3. Add wet mixture to dry mixture.
4. Clean mixing bowl, beat egg whites to stiff peaks.
5. Fold egg white into batter.
6. Fry per visual instructions.

-Beth Jenkins

OATMEAL CASSEROLE

2 cups rolled oats
1/3 cup brown sugar
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. salt
1 cup walnut pieces
1 cup fresh or frozen berries
½ cup chocolate chips
2 cups milk
1 egg
3 Tbs. butter, melted
1 Tbs. vanilla
1 banana, sliced

1. Preheat oven to 375°.
2. Mix wet ingredients & dry ingredients in separate bowls.
3. Combine wet & dry ingredients.
4. Bake for 35-40 minutes.

-Jessica Jenkins Davis



WHOLE WHEAT PANCAKE & MUFFIN MIX

- 3 ½ cup old fashioned or rolled oats
- 4 cups whole wheat flour
- 1 cup all purpose flour
- 3 Tbs. sugar
- 3 Tbs. baking powder
- 1 Tbs. salt
- 1 Tbs. baking soda

1. Grind the oats in blender or food processor until chopped fine.
2. Mix all ingredients, store until further use.



-Melissa Gordon

WHOLE WHEAT PANCAKES

- 1 cup pancake mix
- 1 cup liquid (buttermilk, coconut milk, applesauce, etc.)
- 1 egg
- Butter for frying

1. Mix ingredients together (mixture should be fairly thin. If using applesauce, you may need to thin with additional milk).
2. Fry on skillet with butter.

-Melissa Gordon

WHOLE WHEAT MUFFINS

- 2 cups pancake mix
- 1 cup preferred liquid (buttermilk, coconut milk, applesauce, etc.)
- ¼ cup honey or maple syrup
- 2 ripe bananas, mashed
- 1 tsp. cinnamon
- 1 tsp. vanilla
- ½ cup mini chocolate chips

1. Preheat oven to 350° & prep muffin pan.
2. Mix all ingredients together & divide into pan.
3. Bake for around 20 minutes.

-Melissa Gordon

DAVIS FAMILY SAUSAGE BALLS

- 1 lb bulk hot breakfast sausage
- 10 oz extra sharp cheddar cheese, grated
- 3 cups Bisquick

1. Combine all ingredients in large mixing bowl. Mix with h&s to combine, until all ingredients cling together in one giant lump.
2. Pinch off a piece of the giant lump & roll into a ball in your h&s. Ping-pong ball size is ideal.
3. Arrange sausage balls on a baking sheet, no closer than 1 inch apart.
4. Bake at 425 for 15-20 minutes, until tops start to brown.
5. Let cool for a minute before removing the sausage balls from the pan.

-Jarrod Davis

GRANOLA

6 cups rolled oats
2 cups chopped nuts
1 cup sunflower seeds
1 cup pumpkin seeds
1 Tbs. cinnamon
½ tsp. salt
3 Tbs. butter
¾ cup maple syrup or honey
2 cups dried fruit

1. Preheat oven to 325°.
2. Combine, oats, seeds, & spices.
3. Melt butter in bowl, add syrup & mix together.
4. Combine syrup mixture to oat mixture.
5. Pour into roasting pan, bake 30-45 minutes, stirring occasionally.
6. Let cool, finish by mixing in dried fruit.

-Melissa Gordon

DUTCH BABY

3 large eggs
¾ cup whole milk
3 Tbs. butter, melted
½ cup flour
2 Tbs. sugar
2 Tbs. cornstarch
½ tsp. salt

1. Put a cast iron pan in the center of your oven set to 400°.
2. Combine all dry ingredients in small bowl.
3. Crack your eggs into a blender & blend at high speed for 1 minute
4. With blender on low, gradually pour in milk & 2 Tbs. of melted butter, blend 30 seconds.
5. Add all dry ingredients & blend until batter is smooth.
6. Add remaining butter to skillet & pour on batter.
7. Bake until puffy, around 15 to 20 minutes.

-Melissa Gordon



CARAMEL ROLLS

Dough:

- 2 packages dry yeast
- ½ cup warm water
- ½ cup sugar
- 6 cups flour
- 1 cup buttermilk
- 4 eggs
- 2 tsp. salt
- ¾ cup melted butter

1. In a large bowl, mix yeast mixture with warm water, let sit five minutes until foamy.
2. Mix together dry & wet ingredients separately.
3. Alternately, add wet & dry ingredients to yeast mixture.
4. Knead for 5-10 minutes until dough is glossy.
5. Place in grease bowl until doubled in size (about one hour).

Caramel Sauce:

- 1 cup butter
- 1 cup brown sugar
- 2 Tbs. corn syrup

3. Combine all ingredients into sauce pan.
4. Cook over medium heat until dark & bubbly.

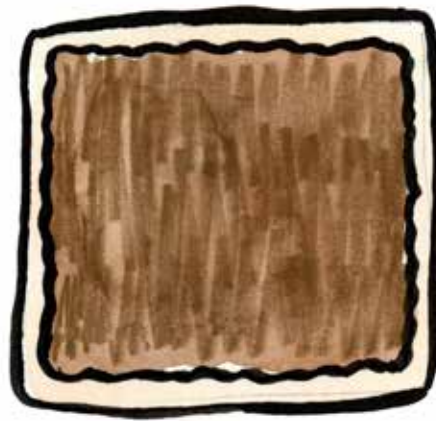
Filling:

- ½ cup butter, softened
- Cinnamon
- Sugar
- Raisins (optional)
- Chopped nuts (optional)

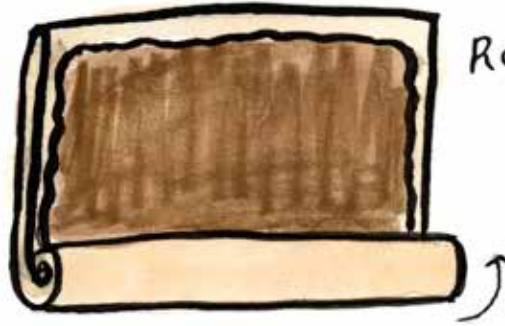
Assembly:

1. Preheat oven to 350°.
2. Flatten dough & roll into large rectangle approximately 9"x13" in size.
3. Rub dough with butter, sprinkle with cinnamon, sugar, nuts & raisins.
4. Roll rectangle into a long jelly roll.
5. Cut into 1 ½ inch rolls with floss.
6. Pour cooled caramel sauce into 9"x 13" pan.
7. Place rolls on top of sauce.
8. Bake for 20-25 minutes, or until slightly brown at bottom.
9. Let cool 5 minutes, then invert pan to release rolls.

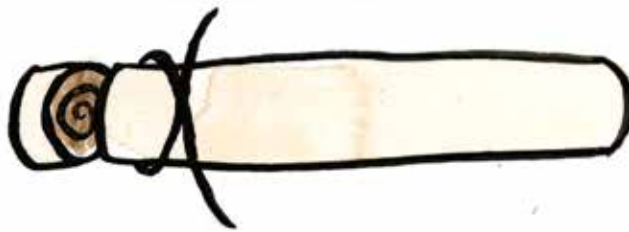
-Beth Jenkins



ROLL OUT DOUGH
TO ABOUT
TOP WITH FILLING,
LEAVING 1" MARGINS



ROLL UP DOUGH.



CUT 1-1/2"
PIECES USING
FLOSS/STRING



PLACE ROLLS IN
CARAMEL-FILLED
PAN.
BAKE

"Grandma Groethe was a wonderful baker. Our house was always filled with homemade cookies, breads, cream puffs, and, on special occasions her wonderful caramel rolls. She was a very private person, but showed her love through baking. Some of my favorite memories with her are the moments we shared sipping a cup of hot tea and enjoying one of her sweet treats."

-Beth Jenkins