
Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Fri, 10 Oct 2008 01:33:35 GMT

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Is this the place to comment that I think my fried sun-dried tomato recipe never made it to Playing with your food? It was in comments... Perhaps better overall for our girth measurements.

Subject: Re: Recipe Thread

Posted by [jmeadows](#) on Fri, 10 Oct 2008 01:35:03 GMT

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Susan from Athens wrote on Thu, 09 October 2008 21:33: Is this the place to comment that I think my fried sun-dried tomato recipe never made it to Playing with your food? It was in comments... Perhaps better overall for our girth measurements.

Ack, must have gotten overlooked...

Do you have it handy? Could you copy and paste it here, and I'll post it to the recipe blog this week.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Fri, 10 Oct 2008 01:41:07 GMT

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Here you go. This was in response to ajlr's wanting something to do with her excess tomato crop. Easy to make and very tasty but ...fried!

Battered sun-dried tomatoes (Liastes domates sto kourkouti)

This is actually a traditional delicacy on the island of Tinos, where they traditionally sun dry their tomatoes (some of the best I've ever eaten), in order to preserve them for the winter months. This is a warming hors d'oeuvre or snack, or can be turned into the gluttonish main part of a meal. The quantities are deliberately vague and can be added and subtracted to, at will. Greek batter for frying in is simply a paste made of flour and water so this is unbelievably simple

sun-dried tomatoes (as many as you think you will eat)
enough boiling water to cover them

all-purpose flour

water to mix it to a paste

Olive oil (it doesn't need to be extra-virgin or super-fancy) for frying

Place the sun-dried tomatoes in a bowl and cover with boiling water. Set aside to steep for half an hour. When about 25 minutes have passed, in another shallow bowl, mix half a cup of flour with enough water (added slowly) to make a not-too-thick but not-too-runny paste. This sounds vague but you basically need it to be sticky enough to coat the tomatoes on all side, but still runny enough that it can coat, so a consistently thicker than pancake batter but a lot wetter than a sticky dough.

Put about a half centimetre of oil in a frying pan and heat over a medium heat. As with all frying, you want it hot, but you don't want it burning. Only experience and experimentation teach you the exact way to do this. If it is smoking it is too hot and you should take it off the heat.

Strain the tomatoes. You don't have to get them super-dry. I keep the liquid for adding to tomato soup or to a stew, much as I would soaking liquid from dried mushrooms. Place up to ten tomatoes at a time in the bowl and turn them round a few times to coat with batter. I find my fingers are the best way to do this. After all batter does wash off. Then place them individually into the frying pan with some distance between them, as the batter will very slightly swell up. Ten is the maximum number because by the time you have put ten in, washed your hands and got your turning implement of choice (slotted spoon and fork, or tongs or fish slice or whatever you prefer) it is time to turn them over. Check to see if they have changed colour to golden and turn in the same order you put them into the frying pan. If you think they might need some more, turn once more after a reasonable amount of time. Once done (i.e. golden all over and not burnt) remove from the frying pan and place onto a draining plate covered with frying paper.

In my household these very rarely actually make it to table. They are eaten (with burned fingers and mouths) on the fly. But they are also very good if served with skordalia (Greek aioli like sauce, a recipe for which I have already given) or tzatziki (garlic mashed up with grated cucumber and strained yoghurt). If you want to get fancier (and you should) you can add salt and pepper to the batter. If you want to get even fancier, Hungarian smoked sweet paprika makes a fabulous addition. You can also sprinkle them with oregano, or freshly chopped parsley or mint when finished. But they are great in and of themselves. Not a diet food but most definitely a comfort food.

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Fri, 10 Oct 2008 01:44:54 GMT

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Ooooh those sound delicious! I think I need to try them with the heirloom sundried tomatoes I just

got....

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Fri, 10 Oct 2008 01:49:16 GMT

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Do! and let me know how they turned out!

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Fri, 10 Oct 2008 01:54:30 GMT

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Of course! I think I'll try 'em this weekend, when I get a chance to breathe....

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Fri, 10 Oct 2008 07:46:01 GMT

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Thank you, Susan. I had this feeling I was missing a recipe I wanted to try but my brain has gone missing this last week so I hadn't tracked it down.

As well as sun-dried tomatoes, we have what are labelled in the shops as 'sun-blush' tomatoes, which are sort of semi-dried. I'm guessing they would be OK to use without soaking?

Ah, waistline, waistline, stop hiding...:)

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Fri, 10 Oct 2008 14:37:41 GMT

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waistline? I think mine might be buried somewhere in my house.... I lost it years ago!

Subject: Re: Recipe Thread

Posted by [jmeadows](#) on Fri, 10 Oct 2008 20:27:58 GMT

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AJLR, do you remember the blog post this recipe was in response to?

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Fri, 10 Oct 2008 20:35:14 GMT

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jmeadows wrote on Fri, 10 October 2008 21:27AJLR, do you remember the blog post this recipe was in response to?

'Flat tyre', and Susan posted it on 1 October. Just think, if I'd only had a working brain at the time, I could have tried some by now.....snivels::

:)

Subject: Re: Recipe Thread

Posted by [jmeadows](#) on Fri, 10 Oct 2008 20:38:03 GMT

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AJLR wrote on Fri, 10 October 2008 16:35

'Flat tyre', and Susan posted it on 1 October. Just think, if I'd only had a working brain at the time, I could have tried some by now.....snivels::

:)

Super, thanks!

You must make some. I will work on my tesseract skills. Let me know when they're ready.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Fri, 10 Oct 2008 22:32:48 GMT

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AJLR wrote on Fri, 10 October 2008 10:46

As well as sun-dried tomatoes, we have what are labelled in the shops as 'sun-blush' tomatoes, which are sort of semi-dried. I'm guessing they would be OK to use without soaking?

Ah, waistline, waistline, stop hiding...:)

Yes, you can. If they are soaking in oil, drain it a bit. I'm not sure the effect of oil on the batter sticking.

As to your waistline... well, at least they're not deep fried :)

Subject: Re: Recipe Thread

Posted by [afuzzybird](#) on Sat, 11 Oct 2008 15:39:22 GMT

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Aloo Palak with Naan

This is a staple at my house. It is also very imprecise, because I just throw it together each time. It has evolved from the recipe for Palak Tofu from the book "The Accidental Vegan" and about a million web recipes that I looked through trying to make a version with less chopping. I got the naan recipe from a video on Vah Reh Vah, an Indian cooking site. The recipe is a little hard to understand and does take some working with, but it's good in the end.

Aloo Palak

Potatoes (I use about 4 or 5 red potatoes to feed two people)

Chopped spinach (I use a few big handfuls of the fresh stuff, but I'm sure frozen would work just fine)

1 tsp turmeric

1 tsp coriander

1 tsp cardamom

1 tsp cumin

salt to taste

pinch of cayenne (optional)

2-3 cloves garlic

1 smallish knob ginger

flour or cornstarch and water for thickener

Boil the potatoes with turmeric and salt, and cook until they're almost done (I use about 2-3 cups of water). Put spinach in a wok or large frying pan with other spices and a splash of water. Cook it for a few minutes until spinach is looking wilted, then pour the entire potato pot in (this is why the amount of water is important). Turn to med-low heat and let it all cook together. At the very end, when I'm about done with the naan, I usually add the flour water mix. I use a tablespoon or two of flour and just enough water to get it to dissolve, about half a cup or so.

Naan

3 Cups flour
1 tsp dry active yeast
1 tsp sugar
water
milk (optional)
egg (optional)
oil
salt to taste (about 1 tsp)

Dissolve the yeast in about 1/2 Cup of warm water and add the sugar. Let stand for about 5 minutes or so. At this point I usually microwave about 1/2 cup of milk for a few seconds to take the chill off so it doesn't make the yeast stop working. Mix the flour, yeast mix, milk, egg (if you're using them--I usually use milk but not egg), salt, and some oil (maybe like 2 tablespoons?), and get container with more water. Add some water and knead, and keep adding until the dough is sticking nicely together. If it gets too sticky, add more flour. Once the dough is nice and mixed, form into fist-sized balls, making sure to take into consideration the size of your hands. If you've got huge fists, you might consider smaller balls. Cover with a towel and let rise for 20 minutes.

Make sure to turn on the broiler with enough lead time to let it get hot.

When you come back, rub a little more oil on your hands and start smashing the dough from hand to hand. If you can't hear it, you're not doing it right. If you're good at it (I'm not), you should be able to make it into a big circle-ish shape. Place on a sheet pan, or even better a stoneware sheet if you have one. Pull one end of the naan down so it looks like a weird oblong shape (The shape that Naan is, if you've had it before). I can usually fit two to a sheet. Broil it until it's getting brown, then take it out and flip it over to the over side, and broil that one.

Serve hot with butter, your Aloo Palak, or whatever. I do recommend you watch the video in the link at the top if you've never made or seen naan, it's good do see what it looks like. Also it shows you how to cook it over your gas stove!

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Sat, 11 Oct 2008 16:35:08 GMT
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This looks lovely, thanks afuzzybird. The spinach/potato part looks a bit like the Aloo Sag that I make occasionally, although that has a little onion and tomato in too.

I'm certainly going to try this. :)

Subject: Re: Recipe Thread

Posted by [southdowner](#) on Sun, 12 Oct 2008 08:09:29 GMT

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Curry! I looove curry recipes, thanks afuzzybird. I have a friend who is teaching me to cook chapatis, with all different fillings - it was aubergine this week (yummy) so maybe I'll get up the nerve to post some non-dog ones :)

Subject: Re: Recipe Thread

Posted by [afuzzybird](#) on Sun, 12 Oct 2008 13:43:58 GMT

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It did in fact start out with tomatoes and onions, but I didn't want to do that much chopping on a regular basis. ^_^

Subject: Re: Recipe Thread

Posted by [Kathy_S](#) on Sun, 12 Oct 2008 23:38:12 GMT

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Well, today I have determined what happens to Robin's gingerbread recipe if you substitute dark brown sugar for the molasses. I used 4 tbsp water filled to half a cup with the sugar -- US cups, not UK -- for the molasses. The result is about the color of spice cake (boxed variety, e.g. Betty Crocker), but more muffin consistency than cake. None of that dark gingerbread stickiness. Not that it will go to waste! I'll just rename it spice cake muffin bake, or something, and enjoy the flavor.

What would you have done, given a lack of molasses or any other form of liquid sweetener save honey?

Subject: Re: Recipe Thread

Posted by [jmeadows](#) on Sun, 12 Oct 2008 23:54:44 GMT

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Kathy, you might want to go to the recipe blog with this question and post the comment there. This thread will be erased eventually, and your question (along with the answer!) will be lost forever! This thread is a holding place while the PWYF people get recipes ready to post over there. :)

Here's the link: <http://www.robinmckinleysblog.com/recipes/>

Subject: Re: Recipe Thread

Posted by [Kathy_S](#) on Mon, 13 Oct 2008 00:32:21 GMT

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OK, I've posted under the correct recipe on the blog (not so easy to find if you're like me and only copied down "Gingerbread, Robin McKinley" in your recipe file). However, I suspect forum people witnessing the little light bulb turn yellow may be more likely to see the question. Doesn't noticing it on the blog require one to say, "Ah, I think I'll take a look at hot water gingerbread today"? Of course this may be totally untrue. What do I know about the blog software? Besides, Robin herself may read it upon unblocking....

promises to copy any answers to the blog, if that's the correct protocol

Subject: Re: Recipe Thread

Posted by [jmeadows](#) on Mon, 13 Oct 2008 00:34:48 GMT

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Kathy_S wrote on Sun, 12 October 2008 20:32OK, I've posted under the correct recipe on the blog (not so easy to find if you're like me and only copied down "Gingerbread, Robin McKinley" in your recipe file). However, I suspect forum people witnessing the little light bulb turn yellow may be more likely to see the question. Doesn't noticing it on the blog require one to say, "Ah, I think I'll take a look at hot water gingerbread today"? Of course this may be totally untrue. What do I know about the blog software? Besides, Robin herself may read it upon unblocking....

promises to copy any answers to the blog, if that's the correct protocol

You're right about it getting noticed here more easily, but this thread will be cleansed every month or so. They won't stay here.

On the recipe blog, there's a list on the sidebar that has the most recent comments. Yours will be one as soon as it gets approved. (Which I'll go do now.)

Subject: Butterscotch Rolls (Cinnamon Rolls), Betty Hall
Posted by [Lianne](#) on Mon, 13 Oct 2008 01:22:00 GMT
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After all the talk of cinnamon rolls on a blog thread today, I think I'm going to post my cinnamon roll recipe. Well, actually, my grandmother's. I only recently learned how to make them, but they're a hit with everyone who's had them! These are NOT yeast-based cinnamon rolls. It's a modified biscuit recipe. Now that I know how to make them, it takes me about half an hour to make a batch, including prep, mixing, baking, and cleanup time.

INGREDIENTS

2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 cup shortening
2/3 cup milk

FILLING:

6-7 tablespoons butter, melted
brown sugar
cinnamon (for cinnamon rolls, not butterscotch rolls)

Preheat oven to 375 to 425 degrees F. Combine the flour, baking powder and salt. Cut in the shortening. Add milk and mix until forms a ball (humidity can alter the flour to liquid ratios).*

Flour a board or mat, knead in additional flour if necessary. Roll into a fat log and flatten. Roll to about 1/4 inch high rectangle (flour the mat and the rolling pin). Melt butter and spread all over the rectangle. Sprinkle with brown sugar (make it as thick you LIKE**). For cinnamon rolls, sprinkle with cinnamon. Roll up into LONG roll. Seal the "flap" by pinching dough slightly at the edge (long side-not the ends). Cut into slices.*** Place into GREASED (shortening) pans. Bake for 10 to 15 minutes depending on the temperature you used. Check after 10 minutes.^ They should be slightly browned on the top. Use a plate (or cutting mat or some flat surface) to turn upside down and flip them out for serving.

The biscuit part of the recipe is the basic one for any baking powder biscuits. If you wish to make shortcake, add 2 TBSP sugar to the dry ingredients before cutting in the shortening. Drop in spoonfuls onto greased cookie sheet to bake. It can also be rolled out and cut into biscuits.

* I use a stand mixer with a paddle, and the paddle should pick all the dough off the bottom of the bowl when it's forming that ball.

** "Like" for me is a little thicker than is absorbed by the melted butter. I just crumble it up in my hand and smooth it out.

*** I usually get 18-19 slices out of my logs, and I put them into two 9" round cake pans.
^ I cook them for 12 minutes at 425 F.

Subject: Re: Butterscotch Rolls (Cinnamon Rolls), Betty Hall
Posted by [Mori-neko](#) on Mon, 13 Oct 2008 06:28:54 GMT
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Oooh.. *adds to her list of 'recipes to try'*

I generally make biscuits in my food processor, because it cuts the butter in rather than mushing it as much as my kitchenaid does. I'd never thought of turning that batter into cinnamon rolls though!

Subject: Re: Butterscotch Rolls (Cinnamon Rolls), Betty Hall
Posted by [librarykat](#) on Tue, 14 Oct 2008 03:21:24 GMT
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The whole flour to liquid ratio is why I always mix by hand; I can't get good results with mixers. You need to feel the dough to know when it's just right. It's the same thing with making pie crusts. Or am I just so old-fashioned?

Subject: Re: Butterscotch Rolls (Cinnamon Rolls), Betty Hall
Posted by [Lianne](#) on Tue, 14 Oct 2008 03:42:15 GMT
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librarykat wrote on Mon, 13 October 2008 20:21The whole flour to liquid ratio is why I always mix by hand; I can't get good results with mixers. You need to feel the dough to know when it's just right. It's the same thing with making pie crusts. Or am I just so old-fashioned?

Well, I've never tried a pie crust, so I don't have an answer for that. For liquid/flour ratios in general, however, I've had much better luck with the mixer than by hand. I always had a hard time figuring out that "just right" feel. And it's so much faster/easier in a way that makes me actually willing to make whatever-I'm-trying. Now that I have the mixer, I make flour tortillas on a regular basis, and making those by hand (which I did long ago) was just so goopy and messy and sticky that I made them once every blue moon versus the every other week or so I do now. For the cinnamon rolls, though, I've never had to add any extra liquid or flour.

Caveat to this: I never baked or cooked as a kid, and have learned everything as an adult (all of the baking has been in the last year or so). My mom, who is an excellent baker, sometimes hits a wall when trying to describe things to me, because I just don't know a lot of the basics. So not

being able to feel what's right is probably part of that.

Subject: Re: Butterscotch Rolls (Cinnamon Rolls), Betty Hall
Posted by [Susan from Athens](#) on Tue, 14 Oct 2008 08:48:50 GMT
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librarykat wrote on Tue, 14 October 2008 06:21The whole flour to liquid ratio is why I always mix by hand; I can't get good results with mixers. You need to feel the dough to know when it's just right. It's the same thing with making pie crusts. Or am I just so old-fashioned?

I agree with Lianne about the great convenience of machines. But I always trust my own instincts too, so I compromise. When making pastry I don't do my rubbing in of butter and flour myself, but use the food processor. I like the cutting action. I also add the cold-as-I-can-get-it liquid up to a point. But I like to finish off by hand so as to ensure it "feels" right. Quicker but still "hand-made" in a manner of speaking :)

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Tue, 14 Oct 2008 16:09:06 GMT
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For pie crust, unless I'm doing something special (like an ultra-flakey cream cheese crust that i do with apple pies), I usually stick to my super-easy ultra-quick recipe/method. Dry ingredients in food processor, pulse a couple times to mix, then add butter (which starts out frozen and is cut by virtue of a large knife into about .5" square pieces). Pulse it some more until it's sorta cornmeal textured, then with the pour spout open and the processor on, add a dribble of ice water until it's just starting to come together in a lump. I generally let it finish coming into a ball, then dump it out to roll.

It's not as perfectly tender as a more hands-on crust can be, but it works pretty well for something quick.

Subject: Re: Recipe Thread
Posted by [Maureen E](#) on Tue, 14 Oct 2008 20:11:27 GMT
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I was typing these up for LJ anyway, so I thought I'd share them over here. Three of my favorite bread recipes.

Honey Whole Wheat Bread

This came from the Indiana State Fair in...1993, I think. Early 90's anyway. They had (have?) a Honey Queen and hand out honey recipes. This is our favorite.

2 pkgs dry yeast
1/3 c honey
1/4 c shortening
3 c whole wheat flour
3-4 c all-purpose flour
Butter or margarine, softened
1/2 c warm water
1 T. salt
1 3/4 c warm water

Dissolve yeast in 1/2 c warm water in mixing bowl. Stir in honey, salt, shortening, 1 3/4 c warm water, and whole wheat flour. Beat until smooth. Let sit for about 10 minutes. Stir in enough of the all-purpose flour to make dough easy to handle. Turn dough onto lightly-floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl, turn greased side up. Cover, let rise in warm place 1 hour. Punch down and divide in half. Shape into loaves and place in greased bread pans. Brush lightly with butter [we've never done this, but you're welcome to if you like]. Let rise 1 hour. Heat oven to 375 degrees. Place loaves on low rack. Bake 40-45 minutes. Remove from pans; cool on wire rack.

Oatmeal Bread

This is a fairly heavily adapted version of the "Smuggler's Notch Oatmeal Bread" from the King Arthur flour website. It's a fairly new recipe to us, but has quickly become a family favorite.

1/4 c butter softened
1/2 c brown sugar
1 3/4 c rolled oats
2 1/2 c hot water
2 t yeast
5-6 c all-purpose flour
1/2 t salt

Dissolve yeast in 1/4 c warm water. Combine flour and salt in medium bowl. Stir with fork. In a large bowl, combine butter, sugar, and oats; stir in 2 1/4 c warm water. Add yeast. Add dry ingredients; mix with a large spoon. Let rest after adding 4 c flour, then add rest. Sprinkle cutting board or countertop with flour, turn out mixture onto it. Knead for several minutes by hand. Let dough rise in bowl, 1-1 1/2 hours. When it has doubled, return it to cutting board. Divide dough in half.

Grease two bread pans. Shape dough into loaf, place in pan and pat down. Allow to rise a second time, about 45 minutes. Preheat oven to 350 degrees. When loaf has fully risen, slash

top [we never do this step]. Bake about 30 minutes. Remove from pan and cool on rack.

The Man's No-knead French Bread

From Herbcraft by Violet Schaefer. I've only made this once, but it was possibly the best French bread I've ever had.

1 pkg yeast

2 c lukewarm water

4 c flour

1 T sugar

1 t salt

To dry ingredients add any: (dried) basil, sage, dill, anise, rosemary, fennel

During mixing: (fresh) parsley, anise leaves, dill

Dissolve yeast in 1 c water. Add to flour sifted with salt and sugar (or just mix flour, salt and sugar together first). Add just enough of a second c of water to stir up a soft, sticky dough. Let rise until double, punch down, and divide into 2 loaves. Put in pans, buttered (or do the traditional baguette shaped loaves on a greased cookie sheet). Let rise until double. Put in cold oven and start at 400 degrees. Bake until brown on top and hollow-sounding. Remove from pans at once and cool on rack.

I put in about 1/2 t of fresh basil when I made it and would put in more next time.

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Tue, 14 Oct 2008 21:45:03 GMT

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You another Hoosier, Maureen? :)

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Tue, 14 Oct 2008 23:10:17 GMT

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Maureen E wrote on Tue, 14 October 2008 23:11 I was typing these up for LJ anyway, so I thought I'd share them over here. Three of my favorite bread recipes.

They look good. Thanks Maureen E. Also after all the cinnamon roll discussion they look heartily palette cleansing! I firmly believe that bread (particularly warm with honey drizzled all over it) can cure most of our ills.

Subject: Re: Recipe Thread
Posted by [Maureen E](#) on Tue, 14 Oct 2008 23:42:01 GMT
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Black Bear wrote on Tue, 14 October 2008 17:45 You another Hoosier, Maureen? :)

I was born there, actually near the old Herron Morton campus. I grew up in Ohio, but we visited Indianapolis fairly regularly since we had good friends there. I'm in Oregon now, but I'm a Midwest girl at heart, so I may be back in IN at some point in the future.

Quote: I firmly believe that bread (particularly warm with honey drizzled all over it) can cure most of our ills.

Susan, I am so with you on that one!

Subject: Re: Recipe Thread
Posted by [Erika in Colorado](#) on Tue, 14 Oct 2008 23:57:15 GMT
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Weird how many Hoosiers there are here. I lived in Southern Indiana for 8 years (middle school and high school). I lived in Corydon, the Old State Capital, which is just across the river from Louisville, KY.

Subject: Re: Recipe Thread
Posted by [cgbookcat1](#) on Wed, 15 Oct 2008 01:39:09 GMT
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I grew up in Ft. Wayne!

Here's a recipe that I posted a while back and may have been overlooked. A batch of these can easily be gone in a day or two with very little help from others.

Apricot Tea Cookies (originally from allrecipes.com)

pastry:

1 1/4 cups all purpose flour (I prefer King Arthur)
6 Tbsp white sugar
pinch salt
4 oz cream cheese
1/2 cup very cold butter
1 Tbsp sour cream

filling:

1 1/2 cups dried apricots, finely chopped. Cherries or cranberries also work well.
1/2 cup sugar
5 Tbsp orange, peach, mango, cranberry, etc juice

glaze:

1 cup confectioner's sugar
4 tsp orange juice (or whatever you put in the filling)

Directions:

Combine flour, sugar, and salt in a large mixing bowl. Cut in butter and cream cheese until small crumbs form. Add sour cream and mix just enough to form the dough into a ball. Cover and refrigerate for an hour. Note that the dough is very sticky even when cold.

Combine all filling ingredients into a saucepan and bring to a boil. Lower the heat, cover, and simmer for about 10 minutes. Uncover and cook until you can stir without producing small pools of liquid (5-7 min). Allow filling to cool.

Divide the dough into two equal portions. On a floured surface, roll one section into a 10-inch square. Cut this large square into 16 smaller squares. Place 1/2 to 3/4 tsp of filling in the center of each square. Connect two opposite corners of dough over the filling and pinch enough to seal. They are prone to unroll during baking! Place on a greased cookie sheet and repeat for the second half of the dough.

Bake cookies at 325 degrees F (163 C) for 18-20 min, until the cookie edges are very slightly browned. Cool slightly before drizzling glaze, so that it is visible.

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Wed, 15 Oct 2008 02:20:05 GMT

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Hey Maureen, now I remember you--you commented on my blog a while back! Glad you've made the jump to the forum. :)

It'd be interesting to do a Frappr map of the forum members, see where we're all concentrated. I'll give that some thought!

I've never been to Corydon, but I've driven past the exit many a time... and have spent a number of pleasurable hours in Ft. Wayne during my First Career. Really great Italian restaurant up there, can't recall the name of it though...

Subject: Re: Recipe Thread

Posted by [cgbookcat1](#) on Wed, 15 Oct 2008 04:39:25 GMT

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Casa D'Angelo's, perhaps? They're known locally for their great salads, among other things.

Subject: Re: Recipe Thread

Posted by [Maureen E](#) on Wed, 15 Oct 2008 05:30:38 GMT

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Black Bear wrote on Tue, 14 October 2008 22:20Hey Maureen, now I remember you--you commented on my blog a while back! Glad you've made the jump to the forum. :)

Yup! And then I had to clear my history so I never made it back to see if you'd actually responded. My apologies if I accidentally ignored you!

I am really done taking over the thread now. I promise.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Wed, 15 Oct 2008 08:49:13 GMT

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cgbookcat1 wrote on Wed, 15 October 2008 04:39 I grew up in Ft. Wayne!

Here's a recipe that I posted a while back and may have been overlooked. A batch of these can easily be gone in a day or two with very little help from others.

Apricot Tea Cookies (originally from allrecipes.com)

These look great. When I get back to baking desserts (I've got myself on a strict one a week limitation at the moment and I know I'd never be able to manage just one of these) I will definitely make them. My mother would love these too. Apricots or cranberries! Mmmmm have you ever made them with a mixture of both?

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Wed, 15 Oct 2008 11:52:29 GMT

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cgbookcat1 wrote on Wed, 15 October 2008 00:39 Casa D'Angelo's, perhaps? They're known locally for their great salads, among other things.

YES! That was it! (See, I'm not threadjacking, this is still about food.) One reason to be sad I got out of the game industry, no more distributor open house parties in Ft. Wayne... :(

And yeah, I think I did respond, Maureen, something to the effect of me driving past your former church nearly every day while I was working at IUPUI--Joy of All Who Sorrow, right? Anyway, yes, enough of this Hoosier Hijacking. I'll put up my spaghetti sauce recipe a bit later as atonement.

Subject: Re: Recipe Thread

Posted by [cgbookcat1](#) on Wed, 15 Oct 2008 14:57:40 GMT

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I've never tried a mixture of apricots and cranberries, but I should. It sounds perfect for Thanksgiving dessert.

Subject: Re: Recipe Thread

Posted by [Lianne](#) on Wed, 15 Oct 2008 15:32:32 GMT

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cgbookcat1 wrote on Tue, 14 October 2008 18:39Apricot Tea Cookies

Oooh, those look good. I think they'll go on my to-try list, too. :)

Subject: Re: Recipe Thread

Posted by [NotLonely](#) on Thu, 16 Oct 2008 07:23:28 GMT

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Hi all,

I while ago I posted a chai tea recipe on the comments. Unfortunately, I'd conflated it with my Patented Kill-Or-Cure cold remedy. Sorry! I hope no-one had disastrous responses :(

Here is the accurate version:

Chai

1 oz fresh ginger, grated

7 peppercorns

1 cinnamon stick

5 cloves

15 cardamom seeds

1 orange peel

1 pint water

Boil all together to strength required

I like to boil a vanilla pod in the water for 5 minutes before; then remove the pod and strain, storing in sugar for the next time. Then adding the spices above to the vanilla-water.

Many people add milk to chai.

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Thu, 16 Oct 2008 08:48:46 GMT
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That looks like a lovely mixture, NotLonely. I'm definitely going to try that this weekend. Thank you.

Btw, is '1 orange peel' a piece of orange peel, or the peel from a whole orange?

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Thu, 16 Oct 2008 09:05:41 GMT
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This looks fabulous. And with ginger, cardamom and pepper, probably can be a cure for most ills :)

Subject: Re: Recipe Thread
Posted by [Black Bear](#) on Thu, 16 Oct 2008 12:15:36 GMT
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NotLonely wrote on Thu, 16 October 2008 03:23Hi all,

I while ago I posted a chai tea recipe on the comments. Unfortunately, I'd conflated it with my Patented Kill-Or-Cure cold remedy.

THAT is awesome. :)

And I do like chai as well, so double awesome to you.

Subject: Re: Recipe Thread
Posted by [Cynthiadalton](#) on Thu, 16 Oct 2008 18:22:13 GMT
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Gluten-Free Cinnamon Buns

Taken fromThe Gluten-Free Gourmet Bakes Bread by Bette Hagman

For 12 buns

Topping:

- 1/4 cup butter
- 1/4 cup brown sugar
- 1 1/2 teaspoons cinnamon
- 1/2 cup chopped pecans(optional)

Melt butter and divide into bottom of muffin tins. Mix together sugar and cinnamon. Divide evenly into muffin tins and add nuts if using.

Dry ingredients:

- 2 cups featherlight rice flour mix(see below)
- 1 1/4 teaspoons Xanthan gum
- 1/2 teaspoon salt
- 1 teaspoon unflavored gelatin
- 1 teaspoon egg replacer
- 1/3 cup sugar
- 3 tablespoons almond meal
- 2 1/4 teaspoons (1 pkg) dry yeast.

Wet ingredients:

- 2 teaspoons potato buds
- 1 cup warm water
- 1/3 cup melted butter
- 1/2 teaspoon vinegar
- 2 teaspoons honey
- 3 eggs

Blend together dry ingredients in mixer. Blend potato buds with water; add to dry ingredients with butter, vinegar and honey and blend. Add eggs and beat on high for 2 1/2 minutes.

Divide dough into prepared muffin tins. Let rise 20-25 min. until almost doubled in bulk. Bake at 375 degree (F) oven for 20 min. Turn out of pans while still warm. Serve warm or cold.

Featherlight Rice flour mix:(makes 9 cups)

- 3 cups rice flour
- 3 cups tapioca flour
- 3 cups cornstarch
- 3 tablespoons potato flour

mix together thoroughly and store in airtight container.

Notes:

Gluten-free baking is not cheap. Most of these ingredients can be found at a health food store, but you may have to look on-line for some.

This dough will be very soft. Spoon it into the muffin cups. I don't know of any recipes that the dough can actually be rolled out like traditional cinnamon rolls but at least these taste similar.

Subject: Re: Recipe Thread
Posted by [NotLonely](#) on Thu, 16 Oct 2008 18:33:35 GMT
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Thank you - I loooooove Indian food and never quite get it right.

Partly b/c I've not yet had the guts to try making naan. It (and roti, and pizza, and doughnuts) always seems .. intimidating :d

Will put on calendar for my next free-day cookery-blitz!

Subject: Re: Recipe Thread
Posted by [NotLonely](#) on Thu, 16 Oct 2008 18:36:08 GMT
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"chai conflation"
g

I reckon if it tastes good and you're hungry for it, it's gotta do you some good :)

"1 orange peel"
blush I don't remember. I contacted my friend who originally sent me the recipe, and she hasn't yet come back to me on it. Will update.

Subject: Re: Recipe Thread
Posted by [NotLonely](#) on Thu, 16 Oct 2008 18:37:27 GMT
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If you do what I do... go with a little bit (say about 10cm x 2cm) and if it's too much, cut down. Or otherwise.

My most common recipe is "Tessa Surprise."
Where I am as surprised as anyone else :p

Subject: Re: Recipe Thread
Posted by [NotLonely](#) on Thu, 16 Oct 2008 18:41:17 GMT
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southdowner wrote on Sun, 12 October 2008 10:09Curry! I looove curry recipes, thanks afuzzybird. I have a friend who is teaching me to cook chapatis, with all different fillings - it was aubergine this week (yummy) so maybe I'll get up the nerve to post some non-dog ones :)

Confession: the mental image that came to mind with the last bit here was NOT appetizing LOL!

Subject: Re: Recipe Thread
Posted by [Reading Angel](#) on Thu, 16 Oct 2008 19:59:00 GMT
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Quote:My most common recipe is "Tessa Surprise."
Where I am as surprised as anyone else

When we were growing up my dad would cook dinner once or twice a week, and he always made a variation of Dad's Surprise and it was up to us kids to assign it a number such as #4,768. Generally it was a casserole type dish...

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Thu, 16 Oct 2008 21:12:29 GMT
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NotLonely wrote on Thu, 16 October 2008 21:37If you do what I do... go with a little bit (say about

10cm x 2cm) and if it's too much, cut down. Or otherwise.

My most common recipe is "Tessa Surprise."

Where I am as surprised as anyone else :p

I find that's when I am at my most creative as a cook. When I have to produce a meal from whatever is in our (usually well stocked) cupboards and the contents of the vegetable drawers in the fridge and shelves. It pushes me to do something fresh. When I have time to plan things out I tend to overthink, overanalyse and can't make up my mind what to do. In the half an hour to feed six people situation I usually come up with something we all (or at least I) enjoy. That way I feel creative rather than administrative.

As to the peel do you mean peel with pith and all, zest, or candied orange peel? Just asking, because I really fancy that chai! :)

Subject: Re: Recipe Thread

Posted by [shalea](#) on Thu, 16 Oct 2008 21:25:54 GMT

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NotLonely wrote on Thu, 16 October 2008 03:23...Unfortunately, I'd conflated it with my Patented Kill-Or-Cure cold remedy....

So is the patented Kill-Or-Cure cold remedy posted as well? If not, could it be? :) I love my nephews dearly (3 and 7 years old), but they are Plague Rats and things which leave them sniffing tend to make nearby grown-ups very ill indeed (and much in need of cold remedies!).

Subject: Re: Recipe Thread

Posted by [Melissa Mead](#) on Sun, 19 Oct 2008 02:46:43 GMT

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I admit, I'm a lousy cook, and I don't follow recipes very well. This is my only successful recipe, but it sells out every year at my job's chili sale for charity, so I thought I'd post it.

Missy's Rainbow Chili

Ingredients: 1/2 lb. Ground beef

1/2 pkg each frozen chopped onions +peppers

Canned beans (red+white kidney, pink, black, pinto, Great Northern, small red+white, Black-eyed peas+any others you like. (NOT pigeon peas, though.)

Spaghetti sauce (some kind of meat/garlic/onion flavor), spices(garlic, onion+chili powders, cumin,

paprika, black pepper+dill.)

WARNING:This is not a formal recipe. Ingredients + measurements are subject to change without notice.)

Directions: Fry+drain beef. Boil+drain veggies. Put about 1/2 to 2/3 of them in a crock pot,+the rest in a big bowl. (Or adjust the measurements to make just a pot full-I always have a use for the extra.) Begin heating the pot as soon as the bottom's covered. Start dumping in beans. Use at least 1 can of each kind. Stop an inch or 2 from the rim. Stir. Add sauce, leaving enough room to stir. Stir again. Dust onion, garlic + chili powders+ cumin over the whole surface,+the rest over half. Stir again. Taste with a clean spoon. Add more of spices to taste. (I use a LOT of cumin.) Between additions-you guessed it!-stir some more. When you've got it how you like it, stop, heat it up, and enjoy!

It freezes well + gets even better reheated.

Subject: Re: Recipe Thread

Posted by [Chelz_catlover](#) on Sun, 19 Oct 2008 03:02:47 GMT

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Heyy everyone great recipies... I'm Chelz, holmes44 (a.k.a Bonnie`s daughter) I have a GREAT one it`s called chocolate chip spice bars!

1 cup shortening

1 cup white sugar

1/2 cup brown sugar (firmly packed)

2 eggs

1 teaspoon vanilla

2 cups white flour

1/2 teaspoon backing soda

1 teaspoon cinnamon

1 teaspoon nutmeg

1 teaspoon

1 teaspoon salt

preheat oven at 350/180 degease. hand mix all ingredients well, then place into a bread pan, spread evenly. Then sprinkle chocolate chips on top. place the bread pan in the oven for 25 min NO MORE OR IT WILL COME OUT HARD AS CONCRETE. it will come out looking half cooked but will harden as it cools, only cut when completely cool.

it's a great recipe please try it.

thanks.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sun, 19 Oct 2008 19:48:16 GMT

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It sounds great. Really mouth watering. I like my spices. When I am back once more to making desserts I will definitely try this.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sun, 19 Oct 2008 20:00:37 GMT

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I thought it would be nice to post something light to this thread. Something not so sticky.

Jewels and small coins

A stir fry for two people as an accompaniment to grilled chicken or salmon. I christened it because the vegetables are jewel bright and the multitude of seeds look like small coins.

1 long seedless cucumber, peeled and cut into 3cm segments, each of these quartered

1 red pepper, de-seeded, cut into thickish short strips

2 tbs vegetable oil for stir frying (I use olive, but peanut is better)

2 cloves garlic crushed

2 tbs grated ginger

1 tbs sesame seeds

1 tbs flax seed

$\frac{1}{2}$ cup dry white wine

2 tbs soy sauce

a few drops sesame oil

Mix the wine with the soy sauce and half the ginger in a small bowl and set aside.

Heat a wok (or a cast iron frying pan), and once hot, add the oil, swirl around and stir fry the cucumber and pepper until the cucumber just begins to change colour, but no more. Add the

garlic and the other half of the ginger and stir to distribute evenly, until the scent rises

aromatically, then the seeds and stir until they start to pop. Pour the wine mixture over, cook for another two minutes. Remove from heat, dot with drops of sesame oil and serve with grilled chicken or salmon.

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Sun, 19 Oct 2008 20:13:21 GMT

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NotLonely wrote on Thu, 16 October 2008 19:37My most common recipe is "Tessa Surprise."
Where I am as surprised as anyone else :p

In my family, this is known as an Interesting Dish of My Own Invention.

Which is what we had for supper tonight, as I found I had chicken breast fillets, rather than whole chicken breasts:

Chicken with Leek and Mushroom Serves 2

1/2 pack chicken breast fillets (200 g)

1 large leek

1/2 pack mushrooms

1/2 tbs olive oil

About 150 ml milk (? 5 fl oz)

A little water

1/2 tbs cornflour (cornstarch, if you are American)

1/2 tbs reduced-fat creme fraiche.

Seasoning to taste (I used salt, pepper, dried shallots, herbes de provence and a splash of Worcestershire sauce)

Cut chicken and leeks into bite-sized chunks and mushrooms into slices. I think the dish would have been nicest if I'd par-boiled or steamed the leeks first, so do that. Meanwhile mix milk, cream, cornflour and seasoning very thoroughly.

Put olive oil into a wok and stir-fry the chicken for a few minutes. Add the vegetables, and when it starts looking a bit dry, add a sploosh of water. Then reduce the heat, add the milk mixture, and stir until it all thickens up nicely. Continue to cook, stirring all the time, for about five minutes, adding more water as necessary.

This got served with a mixture of quinoa and rice, as I didn't have quite enough quinoa, and the bulghur wheat was past its sell-by date and smelt nasty. And brussels sprouts.

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Sun, 19 Oct 2008 20:32:50 GMT

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We seem to have gone from sweets to savories.... I've got one that's inbetween, though it's a bit vague. It's a dish my boyfriend makes, and one of my favorites.

First you take some carrots (peeled or not as you prefer, but washed at least), and cut them into coins as thin as you can (1/8th to 1/4 inch is about right).

In a pan over medium-low heat, melt some butter (how much depends on how many carrots. For 5, we generally use about a tablespoon), then toss in a handful of brown sugar and a pinch of salt. Basically, you're making a caramel. Add in a bunch of black pepper (sometimes we add some cayenne too).

When it's all melted together add in the carrots and a bit of water (to loosen the sauce so that it'll cover the carrots). Cook until the carrots are done.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sun, 19 Oct 2008 20:54:57 GMT

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I do a variation of the above glazed carrots, where you cut the carrots as paper thin as you can, almost cover with water and add a knob of butter some salt and pepper and a tablespoon of water. Cook until all the water is absorbed and it almost caramelises. Watch like a hawk at the very end. Can add chopped chives as a garnish.

Subject: Re: Recipe Thread

Posted by [NotLonely](#) on Mon, 20 Oct 2008 20:34:09 GMT

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Susan from Athens wrote on Thu, 16 October 2008 23:12

to the peel do you mean peel with pith and all, zest, or candied orange peel? Just asking, because I really fancy that chai! :)

Um, pith tends to be bitter, but I'm not fanatical about zest-only.

I tried drying orange peel in my car once. Took about a day (30+ C) but tasteless! But if you get that right you could try it.

Candied orange peel

Now I have *never* thought of that! *awe* Let me know how it works out? My imagination tells me it may work very well with the spices :d

Subject: Re: Recipe Thread

Posted by [NotLonely](#) on Mon, 20 Oct 2008 20:35:32 GMT

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shalea wrote on Thu, 16 October 2008 23:25NotLonely wrote on Thu, 16 October 2008 03:23...Unfortunately, I'd conflated it with my Patented Kill-Or-Cure cold remedy....

So is the patented Kill-Or-Cure cold remedy posted as well? If not, could it be? :) I love my nephews dearly (3 and 7 years old), but they are Plague Rats and things which leave them sniffing tend to make nearby grown-ups very ill indeed (and much in need of cold remedies!). Hi, will post it soon.

Along with my patented Yukkk! Sinus Remedy. It is, and it works :d

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Mon, 20 Oct 2008 22:25:14 GMT

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NotLonely wrote on Mon, 20 October 2008 23:34

Candied orange peel

Now I have *never* thought of that! *awe* Let me know how it works out? My imagination tells me it may work very well with the spices :d

I thought it might. It's not something I usually have around the house, except when friends bring me candied orange peel dipped in bitter chocolate. Our next door neighbours always made their own, along with candied grapefruit peel. They put all the orange and grapefruit peels left from juicing in the freezer and when they had a big enough batch candied it, dried it and offered some to us. Most yummy.

I think I'll try the chai first with zest cut in strips using the vegetable peeler and proceed in experimental fashion. Thanks, NotLonely!

Subject: Re: Recipe Thread

Posted by [NotLonely](#) on Fri, 24 Oct 2008 17:37:38 GMT

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[quote title=shalea wrote on Thu, 16 October 2008 23:25

So is the patented Kill-Or-Cure cold remedy posted as well? If not, could it be? :) I love my nephews dearly (3 and 7 years old), but they are Plague Rats and things which leave them sniffing tend to make nearby grown-ups very ill indeed (and much in need of cold remedies!).[/quote]

Kill-or-Cure* Cold Remedy˜

2 cm cinnamon stick
a few peppercorns
2 cm fresh ginger, grated

Add to a litre cold water. Bring to boil and simmer for 5 minutes.

Add:

1 tsp dried or 1 sprig fresh (each) thyme, sage and marjorum or origanum
1 tsp fenugreek seeds

Stand for 5 more minutes.

Strain ½ cup at a time and dilute (half and half – it can be strong) with hot water. Drink as hot as you can bear with brandy, honey, orange zest and lemon juice to taste. My man drinks an aspirin first.

Take litres of water to bed, dressed warmly, and get under the blankets.

Drink a few cups of remedy throughout the day, reheating only as much as you’ll drink at a time.

Spell for Banishing Colds

1 chicken
4 carrots, quartered
2 onions, quartered
2 sticks celery, cut in chunks
4 cloves garlic, chopped

1 bunch parsley, chopped

Put in large pot. Cover with cold water. Bring to boil. Cook till dead.

Drink the liquid throughout the day, reheating only as much as you need at a time.
Eat the solids when you feel up to it.

Patented* Yuckkk! Sinus Remedy

$\frac{1}{2}$ tsp dried thyme

$\frac{1}{2}$ tsp dried sage

2 tsp Epsom salts

1 5ml syringe, without needle

Plenty of tissues

Steep in 1 cup boiling water. Allow to cool. Strain very carefully.

WHEN IT'S COLD, draw a little at a time into syringe. Use to flush out sinuses.

* not really, but it sounds good

⚠️ as with any natural remedy, do not use if you're concerned about side-effects or possible interactions with medications. Check with your doctor.

Subject: Re: Recipe Thread

Posted by [NotLonely](#) on Fri, 24 Oct 2008 17:40:44 GMT

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Susan from Athens wrote on Tue, 21 October 2008 00:25 Our next door neighbours always made their own, along with candied grapefruit peel. They put all the orange and grapefruit peels left from juicing in the freezer and when they had a big enough batch candied it, dried it and offered some to us. Most yummy.

I think I'll try the chai first with zest cut in strips using the vegetable peeler and proceed in experimental fashion. Thanks, NotLonely!

Ooooooh sounds good!

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Sat, 25 Oct 2008 15:13:20 GMT

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I have just discovered that you can buy ginger-mint tea again, after about five miserable years when it was not made! I'm not good at making my own teas.

Meanwhile, Mirasol is quite right - honey is superb for coughs; last night I had the most appalling tickly cough that would not go away and let me sleep - but 1/2 teaspoonful of honey (and a little smeared on where I'd cut my finger earlier) did the trick! Instantly.

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Sat, 25 Oct 2008 16:31:44 GMT

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Well, I've been having a congested icky throat for a few days, and this is what finally kicked it apart for me (it tastes nasty beyond belief, but works)

about a tablespoon of salt
a dose of plain yellow Listerine (or similar other brand)
Water as hot as you can stand it

Mix everything together and gargle until the glass is empty. You don't want to swallow, believe me!

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sat, 25 Oct 2008 17:22:56 GMT

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Mrs Redboots wrote on Sat, 25 October 2008 18:13
Meanwhile, Mirasol is quite right - honey is superb for coughs; last night I had the most appalling tickly cough that would not go away and let me sleep - but 1/2 teaspoonful of honey (and a little smeared on where I'd cut my finger earlier) did the trick! Instantly.

Well honey has been used in Greece for healing purposes for millennia. There are recipes for cures dating all the way back from antiquity. The classic flu and cold thing is honey and lemon juice in equal quantities, swallowed. Then you can add hot water, or brandy (particularly if you want to sleep).

There is honey and tsikoudia (Cretan fire water but vodka works a treat too) for sore gums and

honey with yoghurt for constipation.

There is also a lovely syrup made by Korres with honey and aniseed, fennel seeds and a mixture of other things with only herbal ingredients which is great for soothing sore throats and tickly coughs. And tastes good to boot.

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Sat, 25 Oct 2008 20:31:18 GMT

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Susan from Athens wrote on Sat, 25 October 2008 18:22

There is also a lovely syrup made by Korres with honey and aniseed, fennel seeds and a mixture of other things with only herbal ingredients which is great for soothing sore throats and tickly coughs. And tastes good to boot.

Well, Susan, I'm betting a few of these people -

<http://news.bbc.co.uk/1/hi/england/cumbria/7691020.stm> would be glad of something to sooth throats and warm them up this evening. Aren't you glad you're safe away from there today! :)

Subject: Re: Recipe Thread

Posted by [Melissa Mead](#) on Sat, 25 Oct 2008 22:04:48 GMT

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Well, that's done it.

I almost never eat honey, but between reading Chalice and reading this thread I had to go get some.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sat, 25 Oct 2008 22:44:12 GMT

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AJLR wrote on Sat, 25 October 2008 23:31 Aren't you glad you're safe away from there today! :)

You said it! Of course I wouldn't be caught dead running a marathon come hell or high water :) They're running the classic marathon tomorrow and the course is a real bummer, because so much of it is uphill. There used to be some great spots for honey along that route but urban sprawl

has unfortunately put paid to that.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Sat, 25 Oct 2008 22:47:11 GMT

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Melissa Mead wrote on Sun, 26 October 2008 01:04Well, that's done it.

I almost never eat honey, but between reading Chalice and reading this thread I had to go get some.

And Melissa with a name like yours! The thing is to find the honey for you, as you are right now. I think I have six different honeys in my cupboard (I'm spoiled and a pack rat) and I always have a run on one specific variety. I figure my body is aware of what it requires in the trace element and metal ion way and finds them this way. Try a bunch and find out what you like. Honey comes in so many flavours from ultra sweet to quite bitter tasting, from light and flowery to almost tannic.

Subject: Re: Recipe Thread

Posted by [Melissa Mead](#) on Sat, 25 Oct 2008 23:58:55 GMT

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You're right-between my first and last name, you'd think I'd be addicted!

They had some that donates the profits to Steve Irvin's conservation program. I have no idea what Australian honey tastes like, but I figure that helping animals is a good thing.

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Sun, 26 Oct 2008 00:26:21 GMT

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Susan from Athens wrote on Sat, 25 October 2008 18:47Melissa Mead wrote on Sun, 26 October 2008 01:04Well, that's done it.

I almost never eat honey, but between reading Chalice and reading this thread I had to go get some.

And Melissa with a name like yours! The thing is to find the honey for you, as you are right now. I think I have six different honeys in my cupboard (I'm spoiled and a pack rat) and I always have a run on one specific variety. I figure my body is aware of what it requires in the trace element and metal ion way and finds them this way. Try a bunch and find out what you like. Honey comes in so

many flavours from ultra sweet to quite bitter tasting, from light and flowery to almost tannic.

I love honey. My favorite for day-to-day uses is usually a fruit-flower honey (rasberry or orange blossom, particularly), but for when I want something special I have a jug of caramelized honey. It's AMAZING stuff! It's somewhere between normal honey, molasses, and caramels. Just an amazing complexity of flavor.

Subject: Re: Recipe Thread

Posted by [librarykat](#) on Sun, 26 Oct 2008 03:56:00 GMT

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cgbookcat1 wrote on Tue, 14 October 2008 23:39 Casa D'Angelo's, perhaps? They're known locally for their great salads, among other things.

I love Casa D'Angelo's! My hubby attended Seminary in Fort Wayne, so we lived there for six years, and I worked at the Allen County Public Library! When I interviewed for the job, the librarians took me to lunch at Casa D'Angelo's! It was one of our favorite restaurants while we lived there.

Subject: Re: Recipe Thread

Posted by [cgbookcat1](#) on Sun, 26 Oct 2008 06:08:41 GMT

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At which branch did you work? I frequented Tecumseh and Georgetown, and I still go to the downtown branch when visiting my parents for more than a week. They recently did a comprehensive remodeling of all (I think) the branches.

Subject: Re: Recipe Thread

Posted by [Loramir](#) on Sun, 26 Oct 2008 23:09:48 GMT

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Susan from Athens wrote on Sat, 25 October 2008 18:47 The thing is to find the honey for you, as you are right now. I think I have six different honeys in my cupboard (I'm spoiled and a pack rat) and I always have a run on one specific variety. I figure my body is aware of what it requires in the trace element and metal ion way and finds them this way. Try a bunch and find out what you like. Honey comes in so many flavours from ultra sweet to quite bitter tasting, from light and flowery to almost tannic.

Where exactly does one get six different honeys? Perhaps you have more options in Greece? I live in a small decidedly un-gourmet Southern town, where Bi-Lo is the nicest supermarket, and they only have...just honey, I guess? I think some of it is clover honey, and some of it is all-natural/raw honey, which is what we usually get, but other than that they don't do variety. I suppose maybe upscale grocery stores like EarthFare and Fresh Market might have more variety. Perhaps I'll check when I'm in Columbia next.

Also, how do you prefer to eat honey? On bread? In recipes? In tea? Plain? Just wondering. I like honey but am never really sure how to eat it besides on bread, occasionally accompanied by cheese. Chalice made me want to eat lots of honey, but our boring honey seemed very dull compared to Mirasol's special honeys.

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Sun, 26 Oct 2008 23:20:21 GMT
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I know the farmer's market around here has someone selling a bunch of different types of honey, differentiated primarily by what sort of plant they come from. You can also find it differentiated by how refined it is (I remember seeing a white honey from hawaii that always intrigued me, but I never actually got...)

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Sun, 26 Oct 2008 23:26:47 GMT
[View Forum Message](#) <> [Reply to Message](#)

Loramir wrote on Mon, 27 October 2008 01:09Where exactly does one get six different honeys?

...

Also, how do you prefer to eat honey? On bread? In recipes? In tea? Plain? Just wondering. I like honey but am never really sure how to eat it besides on bread, occasionally accompanied by cheese. Chalice made me want to eat lots of honey, but our boring honey seemed very dull compared to Mirasol's special honeys.

I love honey on fresh baked bread. It is one of life's greatest sensory pleasures. But I enjoy my honey in so many other ways. At the moment breakfast is honey on Greek yogurt. Sometimes I add pears or bananas or strawberries (when in season) and that is nice too. I have honey on omelettes (a taste worth acquiring, particularly if you make souffle omelettes), in salad dressings, on fruit (apples, pears etc). If it is a really good honey, I'll just lick it off the spoon. But then I can only consume a very small quantity.

I never take honey in my tea or other warm drinks. I don't like the way it tastes like that and I believe it has a negative effect on some of its immune-system boosting capacities. I know, however, that lots of people disagree with me.

A recent treat was some fresh xinomyzithra cheese: naturally low in fat, tastes like a mixture of ricotta, yoghurt and sour cream, on dried rusks with honey drizzled on top. You can also add toasted sesame seeds to something like that. It's seriously good.

As to where you can find it, try and find if there is any local bee-keeping and whether you can find local honey at a local farmer's market or equivalent.

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Mon, 27 Oct 2008 15:59:36 GMT

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Honey on yoghurt is delicious. My parents have bees at the bottom of their garden (so does my brother), and the honey from them is what I mostly eat, simply because my mother gives it to me! They get as much honey as they want from the actual beekeepers simply for providing house-room for the bees.

But my favourite honey in this world is lavender honey; we go to the Vercors every spring for a skating competition, and the weekly market always has a stall selling it. Plus local walnuts soaked in local honey - I stock up on that, too, and am very, very sparing of it, but put a little in yoghurt from time to time.

And then I buy cheap "cooking honey" from the local discount supermarket, so as not to waste the lovely stuff - even that, though, is wildflower honey (I wouldn't buy Tesco's cheap honey, it's blended and not so nice!).

Definitely on bread and toast; as a sweetener in drinks if you like your drinks sweetened; in cooking to replace some or all sugar or syrup (try flapjacks made with honey instead of golden syrup, they are much nicer!)... and so on. Last night I made baked apples for supper pudding - the core taken out and filled with dried cranberries and drizzled with honey. Only I was too mean to use the walnut honey, which is also really nice in a baked apple.

And, of course, 1/2 teaspoonful neat for a cough, a little smeared on a cut or scratch, and as the traditional lemon-and-honey toddy for a cold (my family put whisky in it, not brandy!).

(Edited to add about the baked apples)

Subject: Re: Recipe Thread
Posted by [shalea](#) on Mon, 27 Oct 2008 18:39:07 GMT
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Mori-neko wrote on Sat, 25 October 2008 20:26... but for when I want something special I have a jug of caramelized honey. It's AMAZING stuff! It's somewhere between normal honey, molasses, and caramels. Just an amazing complexity of flavor.

Caramelized honey? WHERE might one find such a thing???? :)

Subject: Re: Recipe Thread
Posted by [shalea](#) on Mon, 27 Oct 2008 18:46:03 GMT
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Loramir wrote on Sun, 26 October 2008 19:09Where exactly does one get six different honeys? Perhaps you have more options in Greece? I live in a small decidedly un-gourmet Southern town, where Bi-Lo is the nicest supermarket, and they only have...just honey, I guess? ...

You might check farmers' markets or roadside fruit stands. And Fresh Market and Earthfare will definitely give you some more options as well.

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Mon, 27 Oct 2008 21:10:52 GMT
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Well, I find it at the Santa Monica Farmer's Market. Being that I don't live in SoCal anymore, I get it by the very large (one gallon, I think) jug. I'll check the people that make it when I get home. Maybe they have a website.

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Mon, 27 Oct 2008 21:49:06 GMT
[View Forum Message](#) <> [Reply to Message](#)

Mrs Redboots wrote on Mon, 27 October 2008 17:59Plus local walnuts soaked in local honey - I stock up on that, too, and am very, very sparing of it, but put a little in yoghurt from time to time.

We have such confections too. And honey with pistachios or cashews is wonderful, but I virtuously

do not consider this a honey, but a "dessert". There is somewhere in my archives a version of a cheesecake topped with pistachios marinated in honey...
I will go search...

Subject: Re: Recipe Thread
Posted by [Loramir](#) on Mon, 27 Oct 2008 22:35:28 GMT
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Hm. I shall have to check the fancier supermarkets in Columbia next time I go. Charlotte would probably be even better, being considerably more upscale, food-wise. My parents did beekeeping a few years ago, and my aunt does some too, but only one hive, I think. Recently we helped some friends in NC make sorghum molasses, which was very interesting. I don't usually like molasses, but I actually did like theirs. It wasn't as super-dark and rich as most molasses, but lighter and more honey/caramel-like.

I've never been to our tiny local farmer's market - we usually have plenty of our own garden vegetables, and we raise our own pastured pork and chicken and get grass-fed beef from my uncle, so we're usually well-fixed. I'll have to try the Columbia farmer's market, which is a lot bigger.

I want to try this caramelized honey too! I did a bit of research on it. Here is a discussion of what looks like the same kind that Mori-neko buys at the Santa Monica market. It does look like you can make your own, though, as in this recipe.

Thanks for the advice :)

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Mon, 27 Oct 2008 22:47:11 GMT
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If you found the sorghum molasses interesting you might try petmez. We used to make it every autumn, using must: freshly pressed, unclarified wine juice we bought from any of the small wine presses in the areas around Athens, where they grow an awful lot of grapes for wine.

You clarify the must, by simmering it for a couple of hours with a sachet that contains ash, especially ash from burnign old vine branches. You skim regularly to remove any scum. You can use the clarified must to make jellies and something we call mustalevria, where you boil up semolina with it, set it and sprinkle with sesame seeds and chopped almonds and/or walnuts.

Otherwise you continue to boil down somewhat more vigorously until it can set, i.e. you have soft caramel, that coats the back of a spoon and if you draw your finger through it (the stuff on the back of the spoon) you leave a line.

It's used similarly to honey for a number of things in Greece and just like wine differs in flavour according to variety and terroir.

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Tue, 28 Oct 2008 00:30:55 GMT
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Yup! That's what I've got! It's yummy.... ^_^

Subject: Re: Recipe Thread
Posted by [Black Bear](#) on Tue, 28 Oct 2008 02:43:07 GMT
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Loramir wrote on Sun, 26 October 2008 19:09
Where exactly does one get six different honeys?

Farmer's Markets are a good start, as folks have said; but you might also see if South Carolina has a Honey Producers Association website, which would link you up with individual bee farmers who could ship you their stuff. I tend to buy most of my year's supply of honey at our State Fair every year--there's a family company called Hunter's Honey who always have about 15 different kinds and let you sample on the spot. :) (I'd link to them here, but you should see what you can find locally first...)

Right now on my shelf I have basswood, which has a very delicate sweet flavor; black raspberry, which has a lovely hint of the fruit in the aftertaste; tulip poplar, which is darker and richer, a little less overtly sweet; buckwheat, which has such a strong flavor that I tend not to use it except in cooking; and finally a pound of mixed wildflower stuff from one of my neighbors who keeps a couple hives in the back yard. :)

Subject: Re: Recipe Thread
Posted by [shalea](#) on Tue, 28 Oct 2008 15:02:58 GMT
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Loramir wrote on Mon, 27 October 2008 18:35

I want to try this caramelized honey too! I did a bit of research on it. Here is a discussion of what looks like the same kind that Mori-neko buys at the Santa Monica market. It does look like you can make your own, though, as in this recipe.

Oh my. Guess I'm baking this weekend! :) Many thanks.

Subject: Re: Recipe Thread

Posted by [Melissa Mead](#) on Tue, 28 Oct 2008 18:57:18 GMT

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The Australian honey was delicious! I don't know if it was that particular honey, or if I just like honey more nowadays, but Mmmm!

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Tue, 28 Oct 2008 22:01:32 GMT

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I don't know whether any of the other Britons on this list were watching tonight's Autumnwatch, but they said there that bees are suffering quite dreadfully, and the honey harvest has been very poor after two poor summers and an infestation of some mite or other. I couldn't help wondering where was Chalice when we needed her?

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Tue, 28 Oct 2008 23:34:27 GMT

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It's the varroa mite and it's been playing havoc with bee populations for the last few years. Needs a lot of really good bee-husbandry, apparently, to keep it even slightly under control. I suspect it's not going to be an easy winter to nurse colonies through, one way and another.

Subject: Re: Recipe Thread

Posted by [ssshunt](#) on Wed, 29 Oct 2008 22:48:07 GMT

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This Trappist Monastery makes their own honey and it's wonderful. They also have an online

store.

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Wed, 29 Oct 2008 22:54:27 GMT
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Oooh that looks yummy. I think I need to order a box at some point...

Subject: Re: Recipe Thread
Posted by [Black Bear](#) on Fri, 31 Oct 2008 00:00:05 GMT
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Those mites have devastated bee populations in the US for a number of years now. But last I talked to my honey-farming contacts, things seem to be improving here again... at least for the moment.

Subject: Re: Recipe Thread
Posted by [Robin](#) on Mon, 03 Nov 2008 12:29:09 GMT
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Come on, you ratbag! CRASH! Or anyway whisper in my shell like ear WHY all MY computers crash!!!!

Subject: what to do with ROSE HIPS
Posted by [Jeanne Marie](#) on Mon, 03 Nov 2008 15:48:35 GMT
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OK, does anyone know what I can do with rose hips? My Wild Thing bush (which is behaving like a climber, truth be told) has produced a lovely crop of beautiful rose hips (in her first fall no less! she's quite enthusiastic), and I would love to make tea and such, but I'm not sure exactly how to go about it. Just add hot water and stir? break them open? Dry them, then rehydrate? Dance around them under a full moon?

I'm sure there are other things besides tea I could try...so, any and all suggestions would be welcome!

Many thanks in advance!
Smiles,
Jeanne Marie

Subject: Re: what to do with ROSE HIPS
Posted by [Susan from Athens](#) on Mon, 03 Nov 2008 16:15:18 GMT
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Jeanne Marie wrote on Mon, 03 November 2008 17:48OK, does anyone know what I can do with rose hips? My Wild Thing bush (which is behaving like a climber, truth be told) has produced a lovely crop of beautiful rose hips (in her first fall no less! she's quite enthusiastic), and I would love to make tea and such, but I'm not sure exactly how to go about it. Just add hot water and stir? break them open? Dry them, then rehydrate? Dance around them under a full moon?

I'm sure there are other things besides tea I could try...so, any and all suggestions would be welcome!

Many thanks in advance!
Smiles,
Jeanne Marie

Well done on your Wild Thing, I'm sure she made your heart sing (sorry I couldn't resist). Just to get started there's a rose jelly recipe on epicurious.

I know I have some other stuff in my books, I'll have a look when I get back home. Have fun and let us know how they turn out

Subject: Re: what to do with ROSE HIPS
Posted by [Jeanne Marie](#) on Mon, 03 Nov 2008 21:37:53 GMT
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Thanks, Susan! If the recipe means 1 3/4 pounds rather than cups (some of the reviews thought they might), I don't have enough for the jelly, but it does sound like the kind of thing that would make your heart sing, doesn't it! [:) hee hee!] Thanks so much for looking, I look forward to whatever you might find!

Much appreciation!
Smiles,
Jeanne Marie

Subject: Re: what to do with ROSE HIPS

Posted by [Susan from Athens](#) on Mon, 03 Nov 2008 22:45:12 GMT

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I'm sure you've already found these but there's more information on rose hips (and how to make that tea) here, and recipes here. Have fun.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Mon, 03 Nov 2008 23:38:58 GMT

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I looked at my various cookbooks, obvious and obscure and came up with nothing. My mother remembers collecting rosehips just after the war to make rosehip syrup for the school. She bitterly commented, on being asked tonight, on the septic thumb she acquired in collecting said rosehips, although some sixty years have gone by :) .

That said, there is a wealth of information on the internet. I really like the idea of rose hip puree for tarts with cinnamon and ginger and of rosehip schnapps. I'm afraid you're on your own.

Subject: Re: Recipe Thread

Posted by [Jeanne Marie](#) on Tue, 04 Nov 2008 16:29:07 GMT

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Thanks so much Susan, for looking, and for the links!

Smiles,

JM

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Tue, 04 Nov 2008 23:50:40 GMT

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Jeanne Marie wrote on Tue, 04 November 2008 18:29 Thanks so much Susan, for looking, and for the links!

Smiles,

JM

You're welcome Jeanne Marie. Hope whatever it is you make turns out wonderfully. :)

Subject: Re: Recipe Thread

Posted by [ancientharp](#) on Mon, 10 Nov 2008 01:01:37 GMT

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I thought this might be appropriate for the new release of Sunshine... I found it on Recipezaar:

<http://www.recipezaar.com/Tart-of-Darkness-202441>

;p

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Mon, 10 Nov 2008 09:55:53 GMT

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That looks very interesting - nicely sharp and sweet together. Mind you, if one uses good balsamic vinegar, I wouldn't have thought it needed reducing, just less to start with - the really good stuff is pretty expensive too.

Btw, for anyone using this thread, I'm going to transfer a few more recipes over to PWYF this week, clearing out some of the earlier posts here when done. Please say if there's anything anyone particularly wants left here.

Subject: Re: Recipe Thread

Posted by [ssshunt](#) on Thu, 13 Nov 2008 00:27:35 GMT

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I need to teach y'all how to make enchiladas. But enchiladas have cheese, damn it.

Subject: Re: Recipe Thread

Posted by [Mori-neko](#) on Thu, 13 Nov 2008 01:54:04 GMT

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ssshunt wrote on Wed, 12 November 2008 19:27 I need to teach y'all how to make enchiladas. But enchiladas have cheese, damn it.

raises hand We LOVE cheese over here!

Subject: Re: Recipe Thread
Posted by [holmes44](#) on Thu, 13 Nov 2008 02:40:33 GMT
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Mori-neko wrote on Wed, 12 November 2008 20:54ssshunt wrote on Wed, 12 November 2008 19:27I need to teach y'all how to make enchiladas. But enchiladas have cheese, damn it.

raises hand We LOVE cheese over here!
me too. *waves*

Subject: Re: Recipe Thread
Posted by [shalea](#) on Thu, 13 Nov 2008 15:49:06 GMT
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I personally adore cheese. If we say pleeease in a very appealing and encouraging fashion, maybe you'll teach us how to make enchiladas? :d

Subject: Re: Recipe Thread
Posted by [Creek](#) on Thu, 13 Nov 2008 17:49:16 GMT
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shalea wrote on Thu, 13 November 2008 10:49I personally adore cheese. If we say pleeease in a very appealing and encouraging fashion, maybe you'll teach us how to make enchiladas? :d

Pretty pretty please? With whipped cream and a cherry on top!!

I absolutely love enchiladas and am always looking for a new recipe!

Subject: Re: Recipe Thread
Posted by [Laura](#) on Thu, 13 Nov 2008 17:51:26 GMT
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Creek wrote on Thu, 13 November 2008 12:49shalea wrote on Thu, 13 November 2008 10:49I personally adore cheese. If we say pleeease in a very appealing and encouraging fashion, maybe you'll teach us how to make enchiladas? :d

Pretty pretty please? With whipped cream and a cherry on top!!

I absolutely love enchiladas and am always looking for a new recipe!

My first thought was, "What a weird enchilada THAT would be!"

Then I realized that you did not actually intend to put whipped cream and a maraschino cherry on your enchilada.

Subject: Re: Recipe Thread

Posted by [Creek](#) on Thu, 13 Nov 2008 17:54:55 GMT

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Loramir wrote on Sun, 26 October 2008 19:09

Also, how do you prefer to eat honey? On bread? In recipes? In tea? Plain? Just wondering. I like honey but am never really sure how to eat it besides on bread, occasionally accompanied by cheese. Chalice made me want to eat lots of honey, but our boring honey seemed very dull compared to Mirasol's special honeys.

I personally like to use honey when I'm making applesauce. I just replace the sugar with honey, it just gives it that extra little kick.

Subject: Re: Recipe Thread

Posted by [Creek](#) on Thu, 13 Nov 2008 18:02:02 GMT

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Laura wrote on Thu, 13 November 2008 12:51Creek wrote on Thu, 13 November 2008 12:49shalea wrote on Thu, 13 November 2008 10:49I personally adore cheese. If we say pleeease in a very appealing and encouraging fashion, maybe you'll teach us how to make enchiladas? :d

Pretty pretty please? With whipped cream and a cherry on top!!

I absolutely love enchiladas and am always looking for a new recipe!

My first thought was, "What a weird enchilada THAT would be!"

Then I realized that you did not actually intend to put whipped cream and a maraschino cherry on your enchilada.

It was all part of begging for an enchilada recipe...

I just entered dessert enchilada into my search engine and got a bunch of recipes, so an enchilada with whipped cream and a cherry isn't TOO far fetched of an idea.

Subject: Re: Recipe Thread

Posted by [ancientharp](#) on Thu, 13 Nov 2008 22:34:52 GMT

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Fermented...

(for the honey question)

Subject: Re: Recipe Thread

Posted by [ssshunt](#) on Fri, 14 Nov 2008 02:40:06 GMT

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Enchiladas--OK! But first I need to write down the recipe and make sure I'm not leaving anything out! (It's one of that "a handful of this, a pinch of that recipes...")

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Wed, 19 Nov 2008 01:17:15 GMT

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Torta di Mandorle e Cioccolata
Chocolate and almond Cake

This recipe is from Claudia Roden's wonderful The Book of Jewish Food, which is so much more than a cookbook: it is sociology of food for one ethnic group around the world, eminently readable, while also delicious. This is the virtuous but delicious low-cholesterol, gluten-free, dairy-free chocolate cake that tastes delicious. The look is slightly speckled but the flavour is full-on chocolate. She found it in a book called Dal 1880 ad oggi: la cucina ebraica della mia famiglia (1982), by Donatella Limentani Pavoncello and is a dish once cooked in the Rome Ghetto. It uses only beaten egg whites and no egg yolk.

250g (9oz) blanched almonds
200g (7oz) dark, bittersweet chocolate
(I used Valrhona: Le Noir Gastronomie, 61% cacao)
250g (9oz) sugar

7 egg whites
oil and flour (or matzo meal) for the cake tin.

Finely chop the almonds and chocolate together in a food processor, then add the sugar and mix well. Beat the egg whites into a stiff meringue and fold into the chocolate and almond mixture. Oil a 23cm (9-inch) springform pan (actually mine was 25cm and it came out fine and I used ordinary olive oil), then dust with flour or matzo meal. Bake in a preheated 330 F / 150 C / gas mark 2 oven for 1 hour, until firm.

Cool and, before serving, run a knife around the edge and remove the springform. Serves 10-12.

Delicious and light on the day baked and the day after. It didn't survive any longer.

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Wed, 19 Nov 2008 01:18:21 GMT
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And when I made that, I also made this:

Lemon curd

Adapted from several recipes including the one in the Martha Stewart Living Cookbook. Quantities maximized to be made with the Almond and Chocolate cake, as I hate wasting 7 egg yolks.

7 large egg yolks
2 large whole eggs
1 and 1/8 of a cup sugar
3/4 cup lemon juice
6 tablespoons butter
grated zest of 3 lemons.

Mix the lemon juice and sugar together and let sit for 5 minutes.

Whisk the eggs and the egg yolks together in a medium bowl. Combine with the lemon juice and sugar and place in a bain marie (double boiler) but with the bottom actually in the boiling water (if you can achieve this). Cook whisking constantly (and I mean stirring and whisking without stopping for an instant) for 8-10 minutes, until the mixture coats the back of a wooden spoon (i.e. thick and syrupy).

Remove from heat. (if it is lumpy which it shouldn't be; whisk some more and pass through a fine sieve), add the butter, a small lump at a time, until smooth. Stir in zest

carefully. Place in sterilized jars, cool and refrigerate. Makes 2 big jars.

Subject: Re: Recipe Thread

Posted by [Jeanne Marie](#) on Wed, 19 Nov 2008 15:03:14 GMT

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I found this recipe today and thought I'd share it and the story behind it with everyone...hope you all enjoy!

from Urban Grown, the newsletter of the Kansas City Center for Urban Agriculture, in an article by Bonnie Winston:

Late afternoon, August 14th, KCCUA's Katherine Kelly, myself and our indispensable interpreter Ayan Arale set out to visit Khadija Yussuf, a small, beaming Somali refugee, in her home at Juniper Gardens in Northeast Kansas City, KS. Khadija welcomes us wrapped in colorful African prints from head to toe. At age 23, she is one of nine children and mother of four. She grew up in a small town in the northern part of the East-African nation of Somalia; she says she began cooking with her sisters when she was 14 years old. In Somalia, the kitchen is the sole province of women. Women do all the cooking, both at home and in Somali restaurants. And by the way there are several such restaurants right here in Kansas City but more on that later.

While the majority of traditional Somali dishes are meat-based (beef, goat, lamb, chicken and camel), it seems likely that the Bantu, the tribe or clan to which Khadija and many of the other women living at Juniper Gardens belong, eat more vegetables. The Somali cuisine has been influenced by the English, French and Italians who colonized them. Pasta, for example, has become a staple in the Bantus' everyday diet, along with basmati rice.

We followed Khadija (with 7-month old Makai tied securely onto her back) into her kitchen where she proceeded to prepare "Kana", a dish based on pac choi greens, okra and other seasonal veggies. Though Americans are used to cutting and chopping on a board, Khadija deftly cut everything in her hands while we held our breaths. She worked effortlessly, efficiently, comfortably, adding, stirring, simmering. I watched her carefully, trying to judge how much, how many, how long. I'm sure Khadija's never cooked from a recipe and probably never will but the delicious conclusion was too good not to share (see recipe below).

Kana

Vegetable Oil, ¼ c

Pac Choi, 1 bunch
Onion, ¼ small
Okra, about 8 medium-size
Chicken Bouillon Cube, 1 (21gr/1 oz)
Grape / Cherry Tomatoes, about 1c
Green Bell Pepper, ½ medium
Potato, 1 medium
Water, 1 c
Salt, ¼-1/2 t
Cumin, ground, ½ t

Remove stems from pac choi. Roll/gather leaves tightly; chop cross-wise into julienne strips, about 1/8" wide. Heat oil in a medium-sized sauce pan. Stir in pac choi, and cook over medium-low heat, stirring occasionally. Add chicken bouillon cube. Slice onion & add. Add tomatoes, crushing slightly with the back of a spoon. Cut okra into about ½" slices & add to pan. Chop green pepper, small dice; add. Add cumin, cover & simmer 10-15min. Peel potato & cut into sticks, about ¼" thick & ¼" wide; add along with 1 cup water; stir well and cook until potato is tender.

Serves 4-6.

Subject: Re: Recipe Thread
Posted by [Mori-neko](#) on Thu, 20 Nov 2008 01:41:25 GMT
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Hrm.... that book looks good. Might add it to my present to my dad and his wife. (I got them a different Jewish cookbook last year for Hannukah, and they loved it).

When I get home, I got linked to a delicious sounding mac and cheese recipe. Also, to derail slightly, for a truly impressive bit of cooking, take a look at Alinea at Home or (by the same woman) French Laundry at Home

Subject: Re: Recipe Thread
Posted by [Piankatank](#) on Thu, 27 Nov 2008 22:49:23 GMT
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This is from the Virginia Hospitality cookbook 1975. I am giving the recipe as written, but I don't use the butter in mine. I have also decided that 3 large sweet potatoes must equal six cups when

mashed, measuring is for those that seek a consistent product and my family is more accustomed to the unexpected at the dinner table. As sweet potatoes vary in sweetness you should give a taste test to the potatoes prior to adding anything. I have never gotten fancy enough to try it in half an orange.

Sweet Potato Souffle'

6 cups sweet potatoes, cooked and mashed
1 cup brown sugar
1/4 cup butter
1/8 tsp. nutmeg
pinch of salt
3 eggs
1/2 tsp. vanilla

Preheat oven to 400. Combine all ingredients in large bowl and mix well. Pour into lightly buttered 2 quart casserole. Bake until light brown. Serves 8.

Note: May be placed in an orange half and baked in same manner with marshmallows on top.

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Fri, 28 Nov 2008 09:04:20 GMT

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Thanks, Piankatank, that looks like an interesting one. Do you use anything in place of the butter, or just not use any fat at all?

Subject: Flax-Date Cookies

Posted by [Jeanne Marie](#) on Mon, 01 Dec 2008 15:32:10 GMT

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Hello all!

It was cold and snowy/rainy yesterday, and I was seized mid-afternoon by a bit of post-Thanksgiving-driving-9-hours-baking-bug. So, I experimented with re-creating (or at least sidelining) a cookie of which I am inordinately fond that's made by a local bakery. I made two batches, and don't see a huge difference between them, but batch 2 was completely gluten-free, for those to whom such things matter. Feel free to experiment and report back!

Smiles,
Jeanne Marie

Flax-Date Cookies

Get two large eggs and two sticks (1 cup) of butter out of the fridge, and set on counter to get up to room temp.

Preheat oven to 350 F (375 if you aren't using those nifty air-bottomed pans like I have). Put water on to boil.

Place ~6 oz whole pitted dates (minus the two "test dates" I munched) in a pyrex mixing cup. Completely cover the dates with boiling water and set aside.

In a smallish bowl, mix together:

1 cup whole wheat/whole spelt flour combo*

1 cup white sorghum flour+

1/2 cup of tapioca flour

1 tsp baking soda

1 tsp sea salt

Set these dry ingredients aside.

Cream the room temp butter with 1 cup of sugar. Scrape down the bowl at least once while creaming. Add 1 tsp vanilla extract (yes the good stuff!) and the two room temp eggs. Again, scrape down the bowl while beating til fluffy. Set briefly aside.

Now, drain the dates, but reserving the water. Put dates in a food processor and process til smooth-ish and paste-like, adding a few tsp of reserved water if they seem recalcitrant. Blend the date paste into the butter-egg mix. (Feel free to drink the remaining date water!)

Add the dry ingredients to the butter-date mix in two or three batches, scraping down the bowl before each addition. Finally, fold in 1 cup of whole flax seeds. Taste batter, just in case!


Drop batter by rounded spoonfuls onto parchment paper-lined cookie sheets. Bake roughly 10-15 minutes, until bottoms are golden brown and tops are puffed by no longer shiny-wet. Cool in pan a few minutes, then remove to rack or kitchen table. Makes probably 2 dozen, depending on your spoon size! Best texture is the next morning, but they taste yummy hot, too!

*Flour in my house tends to be a bit of an adventure. I generally look around the bulk section of Nature's Pantry and get a bit of this, a bit of that...whatever looks good, and then dump it all into a yellow tupperware container, giving a vigorous stir before burping the lid [I love lid-burping, don't you?]. Please feel free to substitute your favorite wheat-ish based flour, if you go the Batch 1 route.

+For Batch 2, I used all sorghum flour, for a gluten-free treat! That was the only difference in the batches. The only noticeable difference was that Batch 2 was a tiny bit crumblier. You might add 1 tsp of xanthan gum if using all sorghum flour, that might cure the crumblier-ness.

Subject: Re: Recipe Thread

Posted by [Piangkatank](#) on Mon, 01 Dec 2008 22:52:10 GMT

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I don't use any fat at all, it cuts down on the guilt of having sugar in a "sorta" vegetable dish.

Subject: Re: Recipe Thread

Posted by [Piangkatank](#) on Mon, 01 Dec 2008 22:54:15 GMT

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AJLR wrote on Fri, 28 November 2008 04:04 Thanks, Piangkatank, that looks like an interesting one. Do you use anything in place of the butter, or just not use any fat at all?

I don't use any fat at all, still tastes good to me and cuts down on the guilt of the sugar calories.

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Wed, 03 Dec 2008 14:41:16 GMT

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I have bought sweet potatoes today, but will either use them in a casserole, or just plain roasted or mashed. I don't think I should like them sweetened in any way; despite their name they are, to me, very much a vegetable (and I don't believe I should care for a sweetened version served with the meat course, although, paradoxically, I do like cranberry sauce or blackberry-and-apple jelly with meat!). Are they eaten all year round in the USA, or just at Thanksgiving?

Subject: Re: Recipe Thread

Posted by [shalea](#) on Wed, 03 Dec 2008 16:13:54 GMT

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Mrs Redboots wrote on Wed, 03 December 2008 09:41...Are they eaten all year round in the USA, or just at Thanksgiving?

Depends on where you are and what's available, I imagine. In this part of the country (where most of them are grown), sweet potatoes are available and eaten year 'round. Baked or roasted or mashed are all good, and a touch of cinnamon and/or butter are good even if you don't want to sweeten them. I will say I'm not big on sweets outside of desert either and I still enjoy them with a bit of brown sugar sometimes.

Subject: Re: Recipe Thread

Posted by [Kathy_S](#) on Wed, 03 Dec 2008 23:22:23 GMT

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shalea wrote on Wed, 03 December 2008 11:13Mrs Redboots wrote on Wed, 03 December 2008 09:41...Are they eaten all year round in the USA, or just at Thanksgiving?

Depends on where you are and what's available, I imagine. In this part of the country (where most of them are grown), sweet potatoes are available and eaten year 'round. Baked or roasted or mashed are all good, and a touch of cinnamon and/or butter are good even if you don't want to sweeten them. I will say I'm not big on sweets outside of desert either and I still enjoy them with a bit of brown sugar sometimes.

They're around pretty much all year where I live, too. However, the extravagant candied versions are only for special occasions. Most of the time they're in the look-at-all-the-beta-carotene, good-for-you category. In addition to all of the plain sweet potato dishes, you find them brightening up casseroles, or incorporated into unlikely cuisines. Chicken and peppers and sweet potatoes and curry type spices served over rice is one I remember. Someone once even served them as Japanese tempura, very nice.

Subject: Re: Recipe Thread

Posted by [shalea](#) on Thu, 04 Dec 2008 01:40:10 GMT

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Kathy_S wrote on Wed, 03 December 2008 18:22...Someone once even served them as Japanese tempura, very nice.

You get that a lot in the Japanese restaurants here! Very tasty indeed. The tempura dipping sauce is a nicely tangy contrast to the sweet potato.

Subject: Re: Recipe Thread

6 carrots, chopped in bite size pieces
Anything else you like--peppers, tofu, whatever.

Heat a little olive oil in a medium sized dutch oven. Stir fry your chicken pieces til they're browned and no raw bits showing.

Add all the liquids and the bonito. Bring it back up to a boil, then turn it down to a simmer for about 5 minutes. Scrape up any bits of chicken on the bottom of the pan.

Add in the veggies that will need longer cooking--mushrooms, carrots, etc. Put the lid partly on the dutch oven, and let it simmer for 6-7 minutes.

Add in the bok choy and shallots, and let that cook for another 6-7 minutes. Check to see if the carrots are tender yet. As soon as they are, turn the heat off and serve it hot in a bowl with rice. This'll serve 3-4 people easily, but you can expand or contract it as needed.

Subject: Re: Recipe Thread
Posted by [ssshunt](#) on Wed, 10 Dec 2008 20:48:42 GMT
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Oh that sounds good. Yum.

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Wed, 10 Dec 2008 21:29:17 GMT
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Sounds just the thing for a winter's night oh mighty Black Bear.

Many thanks

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Wed, 10 Dec 2008 21:45:20 GMT
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That looks lovely, thanks Black Bear. Is the soy sauce the dark stuff or the lighter/medium coloured one?

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Thu, 11 Dec 2008 01:17:27 GMT

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I don't think the soy sauce matters--I think I'm using the low-sodium dark stuff. It's whatever you like, to taste. The things I would NOT sub out of this recipe are the rice wine vinegar (though actually come to think of it that was originally a sub for mirin, which I never have on hand... so you could go back and take out a cup of liquid and the pinch of sugar, and put in a cup of mirin) and the bonito. And maybe the bok choy, because it adds a great element of texture and flavor to the thing. But you can mess about with it.

Incidentally, I am not in any way shape or form Japanese, so if I have turned a traditional dish into a terrible American travesty I apologize in advance. But it still tastes pretty good. ;)

Subject: Sweet potato and bean stew

Posted by [Mrs Redboots](#) on Thu, 11 Dec 2008 12:54:34 GMT

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I'm not sure where one would get bonito flakes in this country, and, sadly, I can't digest mackerel... or many oily fish, for that matter (thank goodness I can still digest salmon and trout!).

This is one of my favourite sweet potato recipes, which I made earlier in the week. Vegan; dairy- and gluten-free, but contains peanuts. Serves four, with a green vegetable or two on the side.

2-3 medium-sized sweet potatoes

1 large onion

2-3 cloves of garlic (optional, but I'm one of those who think you can never have too much garlic!)

1 red or yellow sweet pepper

1-2 chilli peppers, depending on strength

1 tin chopped tomatoes

1 tin aduki or other red beans

Seasoning to taste, including vegetable stock powder

2 tbs peanut butter

Roasted peanuts or cashew nuts for sprinkling

Peel and chop onion. I always give my onions 3 minutes in the microwave, but you could give them 20 minutes in a little olive oil on top of the stove instead.

Peel potatoes, and cut into bite-sized chunks; cut the sweet pepper into strips, chop the chillis and crush or chop the garlic. Drain and rinse the beans.

Put all the above into a slow cooker, add the tin of tomatoes and just enough water to come to the top of the pile. Season and stir vigorously, then leave to cook on "auto" for at least 5 hours. If you don't have a crock-pot or slow cooker, give it 3 hours in the bottom of a very slow oven, but it's apt to go a bit mushy if you do, I find (I have cooked this recipe this way when making double-quantity for a church lunch).

When ready to serve, put your peanut butter into a bowl, add 2 tbs of the cooking liquid and stir vigorously until it dissolves down. Now add this back into the casserole and stir.

Serve sprinkled with peanuts or cashew nuts, and a green vegetable on the side. Utterly delicious, and of course, you can make it in the morning and it will wait until you're ready to eat in the evening.

Subject: Re: Recipe Thread
Posted by [ssshunt](#) on Thu, 11 Dec 2008 21:26:09 GMT
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Two words--sweet potatoes.*shudders*

Sorry, it's not you, Mrs. Redboots, it those horrible things...

Subject: Re: Recipe Thread
Posted by [Creek](#) on Fri, 12 Dec 2008 05:00:02 GMT
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ssshunt wrote on Thu, 11 December 2008 16:26Two words--sweet potatoes.*shudders*

Sorry, it's not you, Mrs. Redboots, it those horrible things...

I agree completely!! They are horrid!

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Fri, 12 Dec 2008 14:14:00 GMT
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I should think they would be with nasty marshmallows on top, but I like them as a vegetable.

I'm having them again tonight, roasted, with other veg like butternut squash, mushrooms, sweet pepper, carrots and parsnip (so you could happily leave out whatever of that lot you didn't like), and served with the following curry sauce (and probably rice, since what is a curry without rice?):

1 onion, chopped

As many cloves of garlic as you like

1 apple, cored and chopped

1 banana, peeled and chopped

1 tbs olive oil

1 tin tomatoes

1 tsp honey

2 heaped tsp curry powder - I like a Madras blend, but Balti works well; it wants to be a fairly hot one, though, for this curry

Other seasoning to taste

Put oil in saucepan, add curry powder and cook for a few seconds. Then add onion, garlic, apple and banana, and cook for a few minutes, stirring all the time. Add tomatoes, honey and any other seasoning you fancy, and a little boiling water if it's too stiff. Allow to cook for about 15 minutes. Then whisk with a hand blender until smooth.

Subject: Re: Recipe Thread

Posted by [ArtfulMagpie](#) on Fri, 12 Dec 2008 18:04:54 GMT

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Mrs. Redboots, I'll be the dissenting voice and say that slow-cooker sweet potato recipe you posted sounds lovely!

Here's something I made recently. It was my husband's birthday, and he requested "white cake...or yellow cake...or, is there such a thing as like, banana cake?" Which of course there is, but it's more like banana-bread texture than cake texture, which wasn't what he wanted.

Soooo I compromised and made a yellow cake from a very basic recipe, but I made a banana icing from scratch! It came out very very tasty...sweet and with a hint of banana-y-ness. The longer it sits, the more the banana flavor comes out, though. And it was really quite simple!

- * 1/4 cup butter, softened
- * 1/2 cup mashed bananas (which came out to being about a banana and a half when I made it)
- * 1/2 teaspoon lemon juice
- * 1/2 teaspoon vanilla extract
- * 3 1/4 cups confectioners' sugar

DIRECTIONS

1. Cream together butter, banana, lemon juice and vanilla.
2. Slowly beat in confectioners' sugar, adding more if needed to make a nice fluffy, spreadable icing.

Makes about 2 1/3 cups.

Subject: Re: Recipe Thread
Posted by [Melissa Mead](#) on Fri, 12 Dec 2008 20:25:36 GMT
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Here's an experiment I just tried, for anyone who likes popcorn but has to cut down on salt. I haven't worked out exact amounts yet.

1 large mixing bowl full of popped popcorn.
1/2 stick melted butter.
Approx. 1/2-1 tsp each of garlic powder, onion powder, cumin and turmeric.

Stir the spices into the melted butter. (Chili powder makes a nice twist, but adds salt.) Drizzle the mixture onto the popcorn. Stir until the popcorn turns golden. Enjoy!

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Fri, 12 Dec 2008 20:58:14 GMT
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In my popcorn eating days my sister and I experimented a lot and we usually popped in equal mixtures of butter and olive oil. For spice we added hot sweet paprika into the fat as it heated up,

allowed it to sizzle for a moment or two, then added the unpopped corn (and put the top on). WE liked the result ;)

Subject: Re: Recipe Thread
Posted by [Melissa Mead](#) on Fri, 12 Dec 2008 21:24:10 GMT
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Mmm, sounds great!

Subject: Re: Recipe Thread
Posted by [Black Bear](#) on Sat, 13 Dec 2008 00:10:42 GMT
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I'm a fan of dry mustard on popcorn, too--you might try that in a mix sometime! Mustard makes anything better, frankly.

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Sat, 13 Dec 2008 01:19:10 GMT
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Oh, you mean like Colman's mustard powder, which has some horseradish as well? That sounds good too. Something to do over the holidays...

Subject: Re: Recipe Thread
Posted by [Mrs Redboots](#) on Sat, 13 Dec 2008 15:44:28 GMT
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Melissa Mead wrote on Fri, 12 December 2008 20:25 (Chili powder makes a nice twist, but adds salt.) Drizzle the mixture onto the popcorn. Stir until the popcorn turns golden. Enjoy!

I would have thought you would get far more salt from the butter than from chilli powder, which is just powdered chillis. You could use chilli flakes from a mill, though.

Also, although I am sure you can get it flavoured with horseradish, Colman's mustard powder is just that - mustard powder, with perhaps something to keep it powdery. Try 1/4 teaspoonful in a cheese sauce, next time you are making one!

Subject: Cheese pudding

Posted by [Mrs Redboots](#) on Sat, 13 Dec 2008 15:54:41 GMT

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Here's the recipe for the cheese pudding I mentioned in the other thread:

Serves 2

4 slices wholemeal bread, crusts removed, spread thinly with butter.

60 g strong cheese, grated

300 ml milk

2 eggs

Seasoning: salt, pepper, garlic powder.... whatever.

Put 2 slices of the bread butter side up in an oven-proof bowl, sprinkle with half the cheese. Put the other two slices on top, and sprinkle with remaining cheese. Whisk the eggs, milk and seasoning together and pour over the bread and cheese. Bake in a moderate oven (gas 4-5, 185 C) for 45 minutes.

Subject: Re: Recipe Thread

Posted by [Melissa Mead](#) on Sat, 13 Dec 2008 16:59:19 GMT

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Mrs Redboots wrote on Sat, 13 December 2008 10:44Melissa Mead wrote on Fri, 12 December 2008 20:25 (Chili powder makes a nice twist, but adds salt.) Drizzle the mixture onto the popcorn. Stir until the popcorn turns golden. Enjoy!

I would have thought you would get far more salt from the butter than from chilli powder, which is just powdered chillis. You could use chilli flakes from a mill, though.

Also, although I am sure you can get it flavoured with horseradish, Colman's mustard powder is just that - mustard powder, with perhaps something to keep it powdery. Try 1/4 teaspoonful in a cheese sauce, next time you are making one!

The chili powder I have is a store-bought blend that includes things like cumin and salt too. I suppose you could use unsalted butter.

Subject: Re: Recipe Thread

Posted by [ssshunt](#) on Sat, 13 Dec 2008 21:57:18 GMT

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I do love cumin!

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Sun, 14 Dec 2008 15:17:53 GMT

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Spurred by the fact that it's a chilly and rather grey Sunday afternoon here, I offer the following very simple recipe. A slice (with or without a little butter) will make any grey day seem brighter. :)

Bran Tea Loaf

Ingredients

All Bran (the breakfast cereal from Kelloggs - I'm assuming this is widely available? If you can't get it, use ordinary bran but only about 3/4 of the quantity. It doesn't work with Bran Flakes - not enough bran in that)

Dried mixed fruit

Sugar (any granulated type is fine)

Milk (I use semi-skimmed but any type is fine)

Self-raising flour (or plain/all-purpose flour with a rounded tsp of baking powder to a mug-full)

To make a mixture that slightly more than half fills a 2 lb loaf tin, you will need an average-sized (half a pint or 10 fl oz) coffee mug of each of the above ingredients.

Put a mug-full of All Bran and a mug-full of milk together into a good-sized mixing bowl and leave to soak for an hour (needs slightly less soaking time if you're using skimmed milk). Grease the loaf tin (or any other baking/cake tin of approximately the same capacity) well - this really does need to be well greased and I've found butter works much better than oil. After the All Bran has reduced to mush in the milk, add all the other ingredients and stir well. Pour the mixture into the baking tin and put into the middle of an oven, pre-heated to 200 degrees C (gas mark 6), for an hour, checking from 45 minutes onwards if you're using a tin that allows the mixture to spread out more than a loaf tin will. It's done when the top is firm to the touch. Allow to cool in the tin for a few minutes and then turn out onto a rack to finish cooling.

This will keep for 4 days if kept well-wrapped (not that it usually has a chance to, around here...)

Subject: Re: Recipe Thread

Posted by [ssshunt](#) on Sun, 14 Dec 2008 18:35:39 GMT

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I kept wondering where the tea in the recipe was...

You know my dad was Irish, second generation. Everyday when he got home at 3:30 pm everything stopped for tea. As I got older I was included in the ritual (which I didn't know was a ritual). I always had a little cream in my tea and dad would tease me for drinking it "like a bleedin' Englishman."

I think I was 18 before I realized that not everyone in Texas stopped for tea in the middle of the afternoon and figured it all out.

Now that I am married to a Frenchman, we stop for a bit of wine. And sometimes I have tea.

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Sun, 14 Dec 2008 19:30:01 GMT
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Yes, everything stops for Tea. Particularly when it's Sunday Afternoon Tea. Mind you, too many slices of this particular recipe and it's hard to get started again...:)

I must say I prefer tea with my Tea, usually Darjeeling, sometimes Oolong or Earl Grey.

Subject: Re: Recipe Thread
Posted by [b_twin_1](#) on Sun, 14 Dec 2008 22:20:02 GMT
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Wow. That recipe is nearly identical to the one that we have in the show schedule. (And I have won that class for a few years now... hehe)

Fruit Loaf

1/4 cup milk powder

3/4 cup sultanas

1 cup All Bran

1 cup chopped apricots

3/4 cup raw (granulated) sugar

1 1/4 cups water

1 1/2 cups wholemeal self raising flour

1/2 tsp cinnamon (when I am not making a show cake I add more)

Combine milk powder, water, sultanas, All Bran, apricots and sugar. Stand for 2 hours. Stir in

sifted flour and cinnamon. (Let's face it - wholemeal flour doesn't really sift. So I don't.) Spoon mixture into a greased, lined 23cm x 13cm loaf pan, bake at 180C, 55-60 minutes until cooked.

I find it keeps very well. Easily a week + in a cool dark place in an airtight container. Well it would.... if it didn't vanish really quickly. It's a very handy recipe if you have someone who can't have eggs.

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Sun, 14 Dec 2008 22:45:17 GMT
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Yes, nice simple recipes, aren't they. Out of interest, why milk powder + water in your one, rather than milk? I can see that the cinnamon would be a nice addition.

Subject: Re: Recipe Thread
Posted by [b_twin_1](#) on Sun, 14 Dec 2008 23:17:06 GMT
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Originally the class was sponsored by a milk powder company. :) So the recipe used their product ;) I don't think that the water/milk powder ration equals full cream milk either.

Subject: Re: Recipe Thread
Posted by [ssshunt](#) on Sun, 14 Dec 2008 23:44:36 GMT
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I have lost my recipe for shrimp creole. Sob. After Christmas I will make it from another recipe I have, and experiment with what I remember from the old recipe. It was one of those "reduce by half" recipes that took a while, but was delicious. Wah.

Subject: Re: Recipe Thread
Posted by [shalea](#) on Mon, 15 Dec 2008 17:05:14 GMT
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Tragedy indeed!

Subject: Re: Recipe Thread

Posted by [Mrs Redboots](#) on Mon, 15 Dec 2008 20:40:23 GMT

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Is that the All-Bran loaf recipe from the WI "Come Cooking Again" booklet that everybody seemed to have when it came out in the early 1980s? I have made it many times... and my mother has made the lemon drizzle cake from there so often that is practically her trade-mark, and my daughter begged for it to be served at the lunch-party before her wedding! My oven won't make it, alas....

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Mon, 15 Dec 2008 20:44:15 GMT

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My copy comes from my elderly neighbour, who brought us a gift of a loaf a couple of months ago and was also happy to pass on the recipe. Where she got it from, I know not, unfortunately.

Subject: Bird's Nest Cookies

Posted by [Marian](#) on Wed, 17 Dec 2008 07:15:23 GMT

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Hello,

I've been getting some appreciable action, lately, out of the playingwithyourfood section of the blog, so I thought I'd offer up my own most worn-in recipe.

This is what I make most frequently when I feel like I need to bake something for person/event x but can't afford to try anything new and therefore possibly disasterous. They are demanded every month by the little old ladies in my mother's bridge group (unless that's just her way of getting me to make them). Anyway, that being the case, these are also what I make most often around Christmas, and the association has stuck. The recipe is a (very) much adulterated version of tea cookies that my grandmother used to bake (I was only allowed one cookie at a time, which is another reason why I bake them whenever I have an excuse).

1/2 cup butter

1 large egg

1 tsp vanilla

1 cup sugar (preferably 1/2 brown well packed, and 1/2 white)

1 tbsp milk or cream

1 cup flour (sifted if you have the patience, which I almost never do)

1 tsp baking powder
1/2 tsp baking soda
1 cup quick oats (or slow oats, blitzed to a similar consistency in your food processor or brave coffee grinder)
1/4 cup - 2/3 cup of shredded coconut, depending on your threshold for the stuff (and not dessicated, if possible)
1/4 cup of ground nuts. I like hazelnuts best. (optional)
icing sugar for dusting
good raspberry jam for nesting (I like a tart jam with these - something where sugar is the second ingredient. Although a jar of homemade is obviously ideal, for those who are lucky enough to have Aunt Mildred bottling away all year long.

Preheat your oven to 350, and butter a couple of pans (or pans with parchment on them - in which case still butter the parchment)

-Cream the butter.
-Beat in the egg, then the vanilla, then the sugar, then the milk/cream.
-Add the flour and the baking powder and soda in three or four stages, until it's nice and smooth-like.
(if you were mixing electric up until this point, then switch to a fork or whatever you like best - I just go fork all the way, myself)
-Add the oats, then the coconut and the ground nuts.
-When everything is mixed, drop by mounded spoonfuls onto your trays. Depending on how buttery you were willing to get, or not get, these can either stick pretty close to the shape you dropped them in, or flatten and expand. Allow some room in any case, and let the first round be your guide.
-My enthusiastic oven cooks these in as little as six minutes, but maybe 8-10, depending. Until they're turning pale gold at the edges.
-Right out of the oven, push a little finger indent into each of them while still soft.
-Switch over to racks when they're sturdy enough not to fall apart, and when they're entirely cool, dust icing sugar over them artfully, and put about a teaspoon or so of jam into each of your indents.

Obviously these can be done without jam at all. They're also good with raisins, without (or still with) the coconut, with a teaspoon of cinnammon, etc.

Subject: Re: Bird's Nest Cookies
Posted by [AJLR](#) on Thu, 18 Dec 2008 21:32:24 GMT
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Mmm, thanks, Marian, for this. I can feel my innate little old lady coming out when I look at the recipe. I will be trying a batch of these soon, I think. :)

Subject: Rum Truffles

Posted by [Mrs Redboots](#) on Sat, 20 Dec 2008 19:21:40 GMT

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I actually have two recipes for this - no, three (one is chestnut chocolate truffles, and can be found here).

For the first recipe, you make a ganache with about twice as much dark chocolate as whipping (heavy) cream. A good cooking chocolate is best. And of course the alcohol of your choice. You heat the cream up almost to the boil and melt the chocolate, which you have broken into its component squares and NOT eaten any of en route, into it.

For the second recipe, you make a chocolate butter icing - twice as much icing sugar as butter, plus cocoa powder, plus the alcohol of your choice. Cream it all together.

In terms of alcohol, despite its name, rum isn't the best choice; I prefer brandy or, better still, Vana Tallinn, but some people like Cointreau or Amaretto or - well, whatever you do like, really, but Robin - it's an awful waste of good Laphrohaig!

Anyway, you let your ganache or butter icing solidify in the fridge for a few hours, and then you roll teaspoon-sized amounts into little balls, roll in a bit of cocoa powder, and store in a plastic tin between sheets of greaseproof paper. Actually, I usually get my husband to do this bit, or not a lot would get in the tin, and anyway, I can never resist licking my fingers (it is a seriously messy job!).

Subject: Re: Bird's Nest Cookies

Posted by [Marian](#) on Sun, 21 Dec 2008 04:43:44 GMT

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Yes, they definitely coax out the little old lady, which I must have in some pretty impressive quantity. I'd be curious to know how they turn out, if you make them, because I don't think I've ever attempted to write down a recipe for anyone before (which mostly has me fearing that they'll

fail somehow, although that might be useful to know too).

Subject: Re: Recipe Thread

Posted by [AJLR](#) on Wed, 24 Dec 2008 17:42:59 GMT

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This is a lovely warming meal for a cold winter evening, just brought to mind by Black Bear's mentioning that she liked the sausages over here. :)

Sausage, Onion and Potato Casserole

(for 3 - 4 portions)

1 lb of good sausages (pork and herb or pork and leek are good), ie those from a butcher or brand you trust and with at least 80% meat in the filling.

2 lbs potatoes, peeled and very thinly sliced (either on a mandolin or with a sharp knife and a keen eye to your fingertips)

1 lb onions, peeled and also sliced very thinly

1 rounded T tomato puree

1 tsp mustard (Dijon is good)

1 pint (US) or 3 / 4 pint (UK) of either milk or good chicken stock, brought to simmering point

2 T butter

Seasoning to taste

Pre-heat the oven to gas mark 6. Use some of the butter to well-grease a good sized casserole dish. Layer the sliced potatoes and onions thickly in the casserole dish (overall to a depth of around 2 inches), seasoning to taste as you go. Add the tomato puree and mustard to the hot milk/stock and stir to mix well. Pour this mixture over the vegetables in the dish, dot the top with the remaining butter, and put the dish, covered, into the middle of the oven for an hour and a quarter (standing the dish on an oven tray). After the first hour and a quarter, place the sausages, individually, directly on top of the onion/potato and return to oven, uncovered. Cook for about another 30 - 40 minutes, until the sausages are brown and done and the onion/potato layers are nicely soft underneath and crispy on top.

The potato and onion part of this dish is nice with all sorts of other things as well, just remember to give it at least an hour and a half cooking time overall. If making it without the sausages I often add half a tsp of dried sage in with the liquid.

Subject: Re: Recipe Thread

Posted by [sun_star_n_moon22](#) on Thu, 25 Dec 2008 00:04:57 GMT

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This recipe I got from my hairdresser, who swore to the high heavens that it was the best apple pie recipe that ever existed. The thing that makes it different than other apple pie recipes is that you cook it in a brown paper bag. (One from the grocery store works just fine). You would think the brown paper bag would catch on fire in the oven, but my hairdresser swore that it didn't. And God knows, you dont argue with your hairdresser. It turns out she was right. So now Im sharing the recipe with you!

I hope you enjoy it!

~Roxanne

Paper Bag Apple Pie

1 unbaked pie shell
4-5 large apples (2 1/2 pounds)
1/2 cup sugar
2 tablespoons flour
1 teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons lemon juice

For the topping:

1/2 cup sugar
1/2 cup flour
1/2 butter

Peel and core apples , then slice them thinly. Place apples, sugar, flour, cinnamon, nutmeg, lemmon juice in the pie shell. Combine topping ingredients in a bowl and spread evenly over the apple mixture. Slide pie into a heavy brown bag, fold bag and fasten with either staples or paper clips. Place on a cookie sheet and bake at 425° F for one hour. Split bag open and remove pie

and let cool.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Thu, 25 Dec 2008 02:48:13 GMT

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That sounds interesting, I wonder what the paper bag does?

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Thu, 25 Dec 2008 02:53:52 GMT

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AJLR is hosting family and wanted a spanakotyropitta recipe, so I figured the easiest thing would be to post it here with best wishes for all.

Spanakotyropitta (or Greek spinach pie with cheese)

Asking a Greek cook about their spinach pie is like asking for a saga of personal choices in a sea of other people's failures, because each Greek cook is convinced that their spanakopitta or spanakotyropitta is the best - or their mother's or grandmother's version is. And there are as many versions as there are ways of putting together a herb garden. The main ingredients are obviously spinach and in most cases feta cheese, although on Crete that will be a mild cottage-cheese like mizithra or a salty graviera. And there are those who want big thick chunks of cheese and others who want their barely discernible (I belong to the latter category and like my feta very finely chopped indeed and will pulse it in the food processor to get it that way). And it doesn't end there: you add other greens as well. Plain spinach is OK but it is plain. Everybody adds spring onions (green onions for the Americans) chopped into rounds - some sauté them, others don't. Then we have myronia and kalfalithres (Caucalis), which are wild greens that add flavour and sweetness. Others add parsley by the handful and dill which are easy to find. But you can also add maratho (fennel fronds) and even wild carrot greens which offer a variety of flavours. Fresh coriander and spearmint are also good. Lots of people add dried bread crumbs, rice or bulghur to absorb the juices, so the pastry doesn't get soggy, but that does change the texture.

Adding to the variety you can make it with phyllo pastry (ready made or homemade) or homemade pastries of many varieties. You can put it on a baking dish like a baklava, or roll it up like a strudel or a long cigar-like shape that you roll up like a Danish pastry. You can sprinkle the top with sesame seeds or not (usually with phyllo pastry you don't). The varieties are endless. Going for simple and internationally available I give you the following recipe. It works for a 10 by

14 inch baking pan or any near enough in size not to stretch the filling too thin or make it bunch up too thick) You will need approximately:

1 1/2; kilo phyllo pastry (A total of 12 sheets and save the good ones that aren't cracked for the top)

2 kilos spinach washed with roots cut off

salt and pepper

1 cup olive oil or slightly more

4-5 spring onions ; chopped medium fine

300 grams feta cheese chopped finely or pulsed in the food processor

1 cup chopped parsley

1 cup chopped dill

When making the filling you want to wilt the spinach. You can do this in two ways: (a) by chopping finely, rubbing with salt and allowing to drain for about an hour (which will be high in sodium but very tasty) or (b) by placing it in a large pan with no water over a low heat, covering and leaving it for about six minutes, whereupon the large pile of spinach will have reduced by a lot, into a little mound (this is how I do it).

Either way: place the spinach you have wilted in a colander and press hard to squeeze as much water out of it as possible. Put some elbow grease into this process. Whatever water you do not remove here will end up giving you soggy pastry later on. It is worth the extra effort to squeeze it out well. If you have wilted according to method (b) you should now chop your spinach mound thoroughly and salt to taste (about half to a teaspoon of salt is sufficient).

In a large pan add about half a cup of olive oil, sauté the spring onions lightly ; you don't want them to brown and add the spinach and sauté for another 3 minutes. Remove from heat, allow to cool slightly and add the fresh chopped herbs and the cheese.

Prepare your phyllo dough. If it is frozen or ready-made and paper-dry, lay it out and cover it with a damp dish cloth. After you remove each sheet of pastry replace the cloth, so that it doesn't dry out entirely. Lay out a bowl with olive oil and one with water and have a pastry brush on hand.

Oil your baking dish and lay down one layer of phyllo pastry. Oil it lightly (i.e. you want a very fine layer of oil over it all but you don't want oil dripping and pooling). Place your hand in the water bowl and flick very lightly so there are some beads of water on the pastry. In similar fashion lay down six sheets of phyllo pastry with oil and water between each layer (as the pie heats up this water will turn into steam and cause the layers to separate and crisp up). Go up the sides of your tin and don't worry if the phyllo gets torn or shredded ; it won't show up on the final product. The final layer you brush more liberally with oil.

Next lay out your filling evenly over the whole of the pastry and cover with another six layers of pastry. Trim the corners well and tuck them in (if you don't cut off a lot of the corner pastry the corner pieces will be very thick with phyllo which some people prefer). Oil well and score through the top 4 layers of pastry with a sharp knife, cutting into 4-5 cm strips from one end of the pan to

the other and crosswise into squares or diamond shapes. Brush more oil into the cuts and down the sides and sprinkle the top with water to prevent the pastry sheets from curling upwards. Bake in a 350 degree Fahrenheit oven (175 degrees Centigrade) for 40-45 minutes, until golden with the sheets of pastry separating.

Cool slightly and cut the pieces. Serve hot or cold.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Thu, 25 Dec 2008 02:56:16 GMT

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And because I was rash enough to boast about this on one of the threads, here is my recipe for creme brulee

Crème Brûlée

Originally contributed by Sirio Maccioni to the New York Cook Book by Molly O'Neill. (Wonderful cookbook, great recipe; serves 8, the measures are American not Imperial. The Crème Brûlée this makes is thick and creamy but not cloyingly sweet)

4 cups heavy (whipping) cream
1 vanilla bean, split lengthwise,
pinch of salt
8 large egg yolks
3/4 cup and 2 tablespoons granulated sugar
8 tablespoons packed light brown or raw sugar

1. Preheat oven to 300F. Place eight 3/4 cup ramekins in a roasting pan. Heat a kettle full of water.
2. In a saucepan, over low heat, place the cream with the salt. Scrape the vanilla pod and add the seeds to the cream. Warm for 5 minutes.
3. In a large bowl, combine the egg yolks and the granulated sugar. Gently pour in the hot cream stirring gently to combine. Strain the custard into a pitcher and skim off any bubbles.
4. Pour the custard into the ramekins, filling them up to the rim. Place the roasting pan in the oven and carefully pour the warm water you have heated into the pan until it reaches halfway up the sides of the ramekins. Loosely cover the pan with aluminium foil. Bake until set, 1 1/4 hours.
5. Remove the ramekins from the water bath and allow to cool. Cover individually and refrigerate for at least 3 hours or up to 2 days.
6. When ready to serve decide how you will create the crust. The easiest way is using the broiler (grill) on your cooker, which you should now pre-heat. If you have a blowtorch, now is the time to

use it, but you may also have those traditional French cast-iron circle-impressions that you heat up to burning on the gas hob and the press lightly onto the surface of the (sugared) custards. Going with the broiler method:

7. Uncover the ramekins and place on a baking sheet. Top each with 1 tablespoon of brown or raw sugar and using a metal spatula or knife, spread the sugar evenly over the custards. Broil until the sugar caramelizes, 30 seconds to 2 minutes. Serve immediately or refrigerate for up to 4 hours.

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Thu, 25 Dec 2008 14:48:51 GMT
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Susan from Athens wrote on Thu, 25 December 2008 02:53AJLR is hosting family and wanted a spanakotyropitta recipe, so I figured the easiest thing would be to post it here with best wishes for all.

THANK YOU, Susan, very much. You are a truly wonderful human being, posting this today. :)

Subject: Re: Recipe Thread
Posted by [shalea](#) on Fri, 26 Dec 2008 17:42:10 GMT
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Oh, I am a happy camper indeed! Creme brulee AND spanakotyropitta. Thank you, Susan!

Subject: Re: Recipe Thread
Posted by [Susan from Athens](#) on Sat, 27 Dec 2008 10:15:51 GMT
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My pleasure. Let me know how it turns out.

Subject: My mother's cheese biscuits
Posted by [Mrs Redboots](#) on Sat, 27 Dec 2008 12:35:38 GMT
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These were new to me - my mother may be 80, but she is still capable of surprising me, on occasion. I haven't yet made these, but she says they're dead easy, and is making them every week during the shooting season, as apparently the guns all demand them with their coffee. And since people are probably rather tired of sweet Christmas food:

Equal quantities by weight of bread (any type!), grated cheese (any, but the stronger-flavoured the better), butter and flour.

Possibly a drop of Tabasco sauce, or a sprinkle of dried chilli flakes, or 1/4 tsp dry mustard powder, and maybe a pinch of dried mixed herbs.

Whizz everything together in food processor until breadcrumby. Bring together with the hands into a dough; chill if necessary. Roll out to about 1/4"-1/2" inch thickness, then stamp out rounds (or Christmassy shapes, if you have Christmassy cookie cutters!).

Bake on greased baking tray at 180 in a fan oven (Mark 5, 375 F) for about 15 minutes.

Subject: Re: Recipe Thread
Posted by [Black Bear](#) on Sun, 28 Dec 2008 19:49:40 GMT
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I suppose now is not the time to mention that I once entered a dish called "Spam-okopita" in the Indiana State Fair's Hormel Spam cooking competition?

I won't post the recipe; not only does it violate all Robin's rules for food having natural and reasonably un-chemically-tainted ingredients, but it was also frankly kind of gross. :)

Subject: Re: Recipe Thread
Posted by [AJLR](#) on Sun, 28 Dec 2008 22:06:16 GMT
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Ah - let me guess, Black Bear - Spam, and Okra, in pitta bread? :)

By the way, Susan, your recipe was received very enthusiastically. What with that, pastitsio, carrot salad, a green salad, and tabbouleh, followed by two fairly decadent desserts, the various family members sat around in a postprandial stupor for most of the afternoon. :)

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Mon, 29 Dec 2008 02:02:12 GMT

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Sounds wonderful overall, brava the cook!

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Tue, 30 Dec 2008 04:57:38 GMT

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AJLR--Good lord, no! What kind of heathen do you take me for? :) It was genuinely spanakopita (sorry Susan, that's the way us Americans butcher the spelling on that dish) only with a layer of finely chopped spam in-between the layers of phyllo and spinach/cheese mixture. It was.... heavy.

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Tue, 30 Dec 2008 15:47:42 GMT

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Permit me to faint in dismay! (that is the expurgated version of my appalled reaction to the idea of spam in anything and baked most particularly: why not release a ton of toxic gases in your kitchen for the same effect? :p)) AAAAARRRRRGHHHHH (this is definitely a non-Pollyanna kind of response, for which I feel sufficient aggravation has been given. I have utmost respect for you Black Bear as a person, but spamakopita is a perversion of a national dish. Like putting anchovies in apple pie only worse, because anchovies are edible.

The image of pink and green is also violating my sense of aesthetics. No more!

Subject: Re: Recipe Thread

Posted by [Black Bear](#) on Tue, 30 Dec 2008 16:39:30 GMT

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LOL Susan! I think where Spamakopita is concerned, Robin would be right with you in the non-Pollyanna department. :)

Allow me to further confess here that I spent a childhood eating Spam, and I do rather like it on seldom occasions despite its containing enough nitrites to kill a pony. But the kitschy hilariousness of there being a Spam-cooking competition at the Fair (with a cash prize) was the real draw for me. You'll be relieved to know that the earnest midwestern housewives who judge the

competition did not even GET the pun in the title (apparently the availability of Greek cuisine is fairly limited beyond the confines of Indianapolis here) and deemed my contribution "not spammy enough," and I did not win. So you can decide for yourselves if that's a happy ending or not. :) But I promise you I'll never make it again...

Subject: Re: Recipe Thread

Posted by [Susan from Athens](#) on Tue, 30 Dec 2008 19:36:15 GMT

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Black Bear wrote on Tue, 30 December 2008 18:39 But the kitschy hilariousness of there being a Spam-cooking competition at the Fair (with a cash prize) was the real draw for me. You'll be relieved to know that the earnest midwestern housewives who judge the competition did not even GET the pun in the title (apparently the availability of Greek cuisine is fairly limited beyond the confines of Indianapolis here) and deemed my contribution "not spammy enough," and I did not win. So you can decide for yourselves if that's a happy ending or not. :) But I promise you I'll never make it again...

What a relief :)

Subject: Recipes and comments, October - December 2008, archived

Posted by [AJLR](#) on Wed, 31 Dec 2008 21:37:57 GMT

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Below are all the recipes and chat for the first three months of the forum. All the recipes themselves, and any 'how to' comments, have been copied to the 'Playing with Your Food' blog, and catalogued for easy searching.
