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Miscellaneous

Antepasta

One recipe makes 23½ small jelly jars (250 ml). In 1983, it cost \$0.96 to make a small jar. In 1997, it cost \$1.34/small jar. We made this recipe with the McGinnis' and Sutherlands for many years.

1	1-lb jar	dill pickles	3	tins	tuna
1	1-lb jar	pickled sweet onions	8	oz	olive oil
1½	lb	cauliflower	2	tins	black olives
2	15-oz tins	green beans	2	jars	stuffed green olives
1	lb	green peppers	8	oz	vinegar
1	lb	red peppers	32	oz	ketchup
3	tins	mushrooms			

Procedure

- 1 Drain pickled onions and reserve the juice. Chop cauliflower and cook in onion juice for 5 minutes. Drain.
- 2 Chop all ingredients, except the tuna, into small pieces.
- 3 Heat vinegar, oil and ketchup and mix. Remove from heat.
- 4 Add all ingredients, adding the tuna last, and mix well.
- 5 Put into mason jars and process (in a canner) for 20 minutes.

Chocolate truffles

Very good. Not difficult to make but you do need to leave the mixture in the fridge overnight to cool thoroughly. The rolling and dipping is a bit time-consuming and fiddly. Variations: Grand Marnier: Use Grand Marnier liqueur. Add ¼ tsp orange extract. Drizzle with 40 gm white chocolate melted with ¼ tsp vegetable oil. Amaretto: Use amaretto liqueur. Add ¼ tsp almond extract. Sprinkle with finely chopped almonds. Mint: Use crème de menthe liqueur. Add peppermint extract until chocolate mixture tastes strong enough. Sprinkle with coconut. Coffee: Use coffee liqueur. Mix 1 tsp instant coffee powder with 1 tsp hot water. Stir to dissolve the coffee. Add to the chocolate mixture until it tastes strong enough. Sprinkle with chocolate sprinkles. Ginger: Omit liqueur. Add 40 gm finely chopped preserved ginger in syrup, 25 ml syrup from preserved ginger and 1 tsp ground ginger. Garnish with slivered crystallized ginger.

1 cup	whipping cream	2 cups	icing sugar
300 gm	semi-sweet chocolate, chopped	500 gm	good quality eating chocolate (I sometimes need less - maybe 300 gm)
¼ cup	butter		
¼ cup	liqueur (see variations)	1 tbs	shortening
	cup ground almonds		

Procedure

- 1 In large saucepan, over medium-high heat, bring cream to a boil. (I used the microwave, but watch it carefully and stir frequently.) Remove pan from heat and add 300 gm chocolate and stir until melted. Stir in butter, liqueur, almonds and icing sugar.
- 2 Pour mixture into bowl and let cool to room temperature. Cover and refrigerate until firm. (I found it takes a long time – preferably overnight to be really cold enough to roll.)
- 3 Roll heaping teaspoonfuls (5 ml) of mixture into balls and place on baking sheet lined with wax paper. Cover and refrigerate until firm.
- 4 Put 300 gm of eating chocolate in heat proof bowl. Set bowl over hot water and melt chocolate, stirring constantly. (Again, I used the microwave.)
- 5 Using fork, dip truffles into melted chocolate. Put on baking sheet lined with wax paper. Drizzle melted chocolate over the top or sprinkle with desired topping. (I skipped the decorating step.) Cover and refrigerate until firm. Should be stored in the refrigerator.

Crème fraiche

A substitute for whipping cream or sour cream in some recipes

1 cup whipping cream

1 tbsp buttermilk

Procedure

- 1 Heat the cream to 85°. Add the buttermilk.
- 2 Cover and leave at room temperature for 12 hours until thickened.
- 3 Refrigerate and it keeps for about a week.

Crunchy granola

Recipe from Mary Simpson - friend of Nenny's

½ cup honey	½ cup skim-milk powder
½ cup oil	½ cup soy flour (I replace with whole wheat flour)
½ cup wheat germ	3 - 5 cups oatmeal (not quick oatmeal)
½ cup sesame seeds	½ cup sunflower seeds
½ cup walnuts	½ cup raisins
½ cup coconut (I leave out)	

Procedure

- 1 Heat the honey and oil.
- 2 Mix all ingredients except for the raisins and add the honey and oil. Stir together.
- 3 Bake for 1 hour at 200°, stirring every 15 - 20 minutes, until light brown.
- 4 Cool and store in airtight container.

Mincemeat

Nenny's recipe -- used to make mincemeat pies. This recipe makes a lot of mincemeat - can make $\frac{1}{4}$ or $\frac{1}{2}$ the recipe. But, stored in the fridge, mincemeat will keep from one year to the next. If it dries out, just mix in a bit of sherry!

CHECK AGAINST MY RECIPE

1 lb	suet, ground	2 lb	sultanas
$\frac{2}{4}$ lb	sugar	$\frac{1}{2}$ lb	candied peel
3 lb	apples	2	lemon or 1 lemon and 2 - 3 tbsp sherry
$\frac{1}{2}$ lb	stoned raisins	2 tsp	mixed spice
2 lb	currants	pinch	ginger
		pinch	nutmeg

Procedure

- 1 Mince all ingredients using a meat grinder or food processor.
- 2 Put in well-washed and sterilized jars. (See "Tips.")

Yield: 12 jam jars

Paella

Paella

2	lb	clams	1	green pepper, sliced
½	lb	shrimp	2	tomatoes, large
2½	lb	chicken pieces (drumsticks, thighs)		parsley
½	lb	lean pork, cubed	1	tsp saffron
2		onions, chopped	½	lb chorizo sausage
2	cloves	garlic	4	cups uncooked rice

Procedure

- 1 Steam the clams and reserve the broth.
- 2 Simmer the shrimp and reserve the broth. Remove the shells.
- 3 Sauté the chicken pieces and pork. Add and sauté the onions, garlic and green pepper.
- 4 Peel the tomatoes and add to the meat mixture. Add the saffron and simmer until meat is tender. Add rice and cook until rice is tender.
- 5 Sauté sausage until warm.
- 6 Add sausage, clams, shrimp artichoke hearts, peas, salt and pepper. Simmer 10 minutes, adding extra stock if necessary. Add rice and cook until rice is tender.

Servings: 8

Preserved lemons

A recipe given to me by Jacqueline Cohen in Nice. Preserved lemons are great for making lemon chicken.

1 kg lemons, large with thick skins olive oil
4 tbsp salt

Procedure

- 1 Cut the lemons into ½ cm. thick slices.
- 2 Put in a sieve, sprinkle with salt and allow to drain for 12 hours.
- 3 Layer the lemon slices in a Mason jar and cover completely with oil. Put the jar (uncovered) in the fridge. The lemons are ready to use in 20 days.

Sirop de cassis

A recipe from Jean Caire - a neighbour of the Faure's in Aix.

- 1 litre vin rouge ou rosé
- 1 poignée cassis (poignée de Jean!) sucre

Procedure

- 1 Ecraser les cassis dans le vin. Laisser macérer pour 48 heures. Filtrer.
- 2 Ajouter 750 g sucre pour 1 kg de jus. Faire cuire jusqu'à à l'ébullition (à peu près 2 min.)
- 3 Mettre en bouteille mais attendre une journée avant de les boucher.

Strawberry squares

One of Nenny's favourite desserts.

½ cup walnuts, chopped	2	egg whites
1 cup flour	1	pkg frozen strawberries, thawed
¼ lb margarine	2	tsp lemon juice
½ cup brown sugar	2/3	cup sugar
1 pkg Dream Whip (of 1/2 pint whipping cream)		

Procedure

- 1 Mix walnuts and flour. Melt margarine, add brown sugar and blend with nut mixture.
- 2 Mix well and spread onto a cookie sheet. Bake for 20 minutes at 350°, stirring several times.
- 3 Beat Dream Whip or whipping cream. Refrigerate.
- 4 Beat egg whites until form peaks. Add thawed strawberries. Add lemon juice and sugar. Mix. Fold in Dream Whip.
- 5 Sprinkle 3/4 crumbs in a 13" x 9" pan. Pour strawberry mixture over crumbs. Sprinkle with remaining crumbs.
- 6 Cover and freeze until ready to serve.

Servings: 12

Suze

A French aperitif wine that you can buy ready-made. This is Jean Caire's homemade version.

1 litre	vin blanc	sucre en morceaux
20 gm	racine de gentiane, nettoyée et coupée en petits dès	sirop de citron

Procedure

- 1 Macérer pendant 40 jours. Enlever les racines. Pour chaque litre de jus ajouter 40 morceaux de sucre et 1 verre à moutarde de sirop de citron.
- 2 Laisser quelques mois. Filtrer. Mettre en bouteille.

Treize desserts

A list of the traditional twelve desserts served at Christmas in France.

Christmas log

walnuts

almonds

candied fruit peel

raisins

apples

bananas

honey

prunes

dates

nougat

hazelnuts

mandarins

pears

pineapple

chestnuts

Vin d'orange #1

Grandpapa Faure's recipe

1¼ litres	marc	25	dried peels of oranges
2	vanilla pods	10 litres	rosé wine
1½	lemons	1.8 kg	sugar
3	oranges		

Procedure

- 1 Cut lemons cut into pieces.
- 2 Put all the ingredients, except the sugar, in a large glass container and allow to steep for 40 - 60 days, stirring from time to time.
- 3 Filter. Add sugar and put into clean bottles.

Vin d'orange #2

An alternate recipe from Grandpapa Faure

6 pints	sour oranges	1	clove
2	lemons	4 litres	white wine
1	vanilla pod	1 litre	marc

Procedure

- 1 Cut lemons into pieces.
- 2 Combine all ingredients, except the sugar, and allow to steep for 40 days.
- 3 Filter. Add sugar. Put into clean bottles.

Yorkshire pudding

Nenny's recipe. Excellent with roast beef

1 cup flour	½ cup water
½ tsp salt	2 eggs
½ cup milk	

Procedure

- 1 Beat the eggs and add the milk and water.
- 2 Mix flour and salt. Stir in liquid, until just blended (may still be small lumps of flour). Do not over beat.
- 3 Put teaspoon of shortening in each cup of a muffin tray and melt in a hot oven. Fill about ½ - ¾ with batter. Bake for about 40 minutes at 350° - 375°.

Yield: 8

Sauces, marinades and dips

Guacamole

2	ripe avocados	1	small tomato, diced
1	small onion, chopped	1½	tbsp lime juice (about juice of 1 lime)
1	clove garlic		salt and pepper

Procedure

- 1 Peel and mince the onion. Chop the tomato. Mix together.
- 2 Peel avocado and remove pit (see "Tips").
- 3 Mash avocado in a bowl and add remaining ingredients.

Pistou (Pesto)

2 cups	basil	½ cup	parmesan cheese
½ cup	olive oil		salt and pepper
3 cloves	garlic		

Procedure

- 1 Turn on the food processor and drop in the garlic while it is running.
- 2 Add basil and oil. Process until smooth.
- 3 Add cheese, salt and pepper.
- 4 Can add pine nuts as well.

Southern dry rub for BBQ

Susan Dohoo's recipe for a dry rub that she uses for pulled pork. Delicious!

¼ cup	cumin seeds	2	tbsp	ground red pepper
¼ cup	brown sugar, packed	1	tsp	ground mace
½ cup	sweet paprika	¼ cup		salt (or less)
¼ cup	chili powder	¼ cup		cracked black peppercorns

Procedure

- 1 Toast cumin seeds in a dry frying pan over medium heat until fragrant, about 2-3 minutes. Cool to room temperature and grind to powder with coffee grinder or mortar and pestle.
- 2 Put in small bowl and add remaining ingredients.
- 3 Makes enough for many uses. Keeps for a long time in a plastic bag.

Snacks and sandwiches

Grilled tofu sandwiches

In spite of the tofu, I managed to get the boys to eat these! The filling is smooth with crunchy peanuts.

¾ lb	tofu	½ tsp	salt
2 tbsp	oil		fresh black pepper
2	green onions, chopped	12 slices	whole-wheat bread
2 tbsp	salted peanuts	½ cup	soft butter
1 tbsp	parsley, chopped	¼ cup	sesame seeds
1 tbsp	celery, chopped		

Procedure

- 1 Put all ingredients, except last 3 and peanuts, in food processor and blend until smooth. Add peanuts and process until peanuts are in small pieces.
- 2 Spread mixture on half the slices of bread to make sandwiches.
- 3 Cream butter with sesame seeds and spread half the mixture on one side of the sandwiches.
- 4 Put buttered side down in frying pan and cook until browned. Spread remaining butter on the other side of the sandwich, flip and cook until brown.

Yield: 6

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