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Pasta and grains

Couscous

2 cups boiling water
1 tbsp oil

1 tsp salt
2 cups couscous

Procedure

- 1 Make boiling water in a ovenproof bowl. Stir in the oil and salt.
- 2 Add the couscous. Stir with a fork.
- 3 Let sit, covered, for about 5 minutes. Fluff up with a fork and serve.

Servings: 4

Perogies

6 cups flour
½ lb butter
2 eggs
3 tbsp sour cream
¼ cups water

Fillings
mashed potatoes
cheese -- cottage cheese or Cheddar
sauté onions
lots of pepper

Procedure

- 1 Cut the butter into the flour. Add eggs, sour cream and water. Knead lightly. Let rise for ½ hour.
- 2 Mix the filling ingredients together.
- 3 Roll out the dough and cut in circles and fill. Fold the circles in half and seal well.
- 4 Boil 3 minutes (when they rise to the top, they are done). Serve with melted butter and sour cream.

Salads

Bean salad

Nenny's recipe.

1 cup	celery, chopped			Dressing
½ cup	onion, chopped	¼ cup	white vinegar	
¼	green pepper, chopped	½ cup	salad oil	
1 14-oz tin	green beans	¼ tsp	pepper	
1 14-oz tin	yellow beans	1 tsp	dry mustard	
1 14-oz tin	red kidney beans	1 tsp	thyme	
1 14-oz tin	lima beans	½ tsp	salt (or garlic salt)	

Procedure

- 1 Mix celery, onions, green pepper with beans.
- 2 Mix well vinegar, oil, pepper, mustard, thyme and salt. Pour the dressing over bean mixture and toss.
- 3 Refrigerate for 24 hours, stirring occasionally.

Broccoli salad

Sometimes I blanch the broccoli before mixing it into this salad.

2	bunches	broccoli, cut into bite-size pieces	$\frac{3}{4}$ cup	mayonnaise
$\frac{1}{2}$	cup	onion, chopped	$\frac{1}{2}$ cup	white sugar
$1\frac{1}{2}$	cup	Cheddar cheese, grated	4	tbsp white vinegar
10 - 12	slices	bacon, fried and crumbled		

Procedure

- 1 Combine broccoli, onion, bacon and cheese.
- 2 mayonnaise, sugar and vinegar and pour over and let sit at least 1 hour before serving.

Caesar salad

1	romaine lettuce	1	egg yolk
1	clove garlic	¼	tsp dry mustard
¼	cup salad oil		anchovy past
1	tbsp wine vinegar	Few	drops Worcestershire sauce
1	tbsp lemon juice		salt and pepper

Procedure

- 1 Cut the lettuce into strips. Cut garlic in half and rub the salad bowl with garlic
- 2 Mix all remaining ingredients and beat well. Be careful with the amount of salt because the anchovy paste is already salty. Pour over the salad.
- 3 Add croutons and Parmesan cheese and toss well.

Servings: 4

Céleri rémoulade

This is one of my favourite salads from France. You can buy this ready-made at delicatessens in France. Using prepared mayonnaise makes this quite quick to make. In France, the celery root is cut into very thin matchsticks. This takes quite a while, so grating it coarsely is a good alternative.

2¼ lb	celery root	1 tsp	salt
1 cup	mayonnaise (store-bought or homemade)	2 tbsp	lemon juice
2½ tbsp	Dijon mustard		pepper

Procedure

- 1 Peel the celery root and grate it coarsely. As you grate, put it in cold water with lemon juice to prevent it from going brown.
- 2 Mix together the mayonnaise, mustard, 1 teaspoon of salt, lemon juice, and a few grinds of black pepper.
- 3 Mix the dressing with the celery root and taste, adding additional salt, pepper, mustard, and lemon juice, to taste.
- 4 Note: If the salad is too thick, you can add a few spoonfuls of whole or low-fat milk to thin it out.

Servings: 6

Courgette salad

1½ lb	courgettes	4 tbsp	parsley, chopped
4	tbsp olive oil		Dressing
¼	tsp hot pepper sauce	1	tbsp vinegar
¼	tsp cumin	2	tbsp olive oil
¼	tsp black pepper		salt and pepper
	salt		

Procedure

- 1 Slice (unpeeled) courgettes into ¼" slices. Put in pot with 2/3 c water, oil, hot pepper sauce, cumin, black pepper and salt. Cook for 5 minutes until tender-crisp. Cool and chill.
- 2 When ready to serve, drain the courgettes.
- 3 Combine the dressing ingredients, adding salt and pepper to taste. Add to courgettes, toss well and garnish with parsley. Serve immediately.

Curried chicken Waldorf salad

A nice improvement on standard Waldorf salad. This recipe makes a lot of sauce for the amount of chicken and apples.

2	Granny Smith apple	½ cup	light mayonnaise
1	red Delicious apple	½ cup	whipping cream, whipped or plain yogurt
2	tbsp lime juice	¼ cup	mango chutney
1	roasted chicken (or leftovers)	½ tsp	curry powder
¾	cup pecans, toasted and chopped	dash	cumin
3	ribs celery chopped	dash	cardamom
¼	cup dried apricots, cut into small pieces		

Procedure

- 1 Chop apples and top with lime juice to prevent discoloration.
- 2 Combine chicken cubes, apples, pecans, celery and apricots.
- 3 Stir together mayonnaise, whipped cream or yogurt, chutney (cut up any large chunks in the chutney) and spices.
- 4 Toss chicken-apple mixture with dressing. Chill until ready to serve.

Yield: 7 cups

Fennel salad

Marilyn's oriental crunch salad

A recipe from Marilyn MacLaurin - nice in the winter when salad

1	large Chinese lettuce (bok choy or nappa			Dressing
3	green onions	3/4	cup	oil
2	pkg oriental soup noodles (look like bedsprings!)	1/2	cup	sugar
1/2	cup slivered almonds	1/4	cup	white vinegar
1/4	cup butter	1	tbsp	soy sauce

Procedure

- 1 Chop up lettuce (leaves and white stalk). Mix with chopped green onions.
- 2 Break up noodles and brown with almonds in melted butter. Cool.
- 3 Mix with lettuce and onions.
- 4 To make the dressing, put all ingredients in saucepan and bring to boil. Cool.
- 5 1 hour before serving, give dressing a good shake and add to salad. Mix well.

Mayonnaise

2	egg yolks	½ tsp	Dijon mustard
1½ cup	olive oil	½ tsp	salt
1	tbsp	wine vinegar or lemon juice	

Procedure

- 1 Beat eggs yolks for 1 - 2 minutes until they are thick and sticky.
- 2 Gradually add oil, one drop at a time, beating continually with a wire whisk. Do not stop beating until the sauce has thickened. Continue beating until all the oil is absorbed.
- 3 Add vinegar, mustard and salt.
- 4 If sauce does not thicken, place the mustard in a bowl and gradually add the egg and oil mixture, one drop at a time, beating constantly. When it is thick, add the vinegar and salt.

Strawberry spinach salad

2	tblsp	sesame seeds	¼	tsp	Worcestershire sauce
1	tblsp	poppy seeds	1	tblsp	onion, finely minced
½	cup	white sugar	10	oz	fresh spinach leaves, trimmed and torn
½	cup	olive oil (or regular vegetable oil)	1	quart	strawberries
¼	cup	white vinegar	¼	cup	almond, blanched and slivered
¼	tsp	paprika			

Procedure

- 1 In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
- 2 In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Taboulé

Recipe from Jeanine Metzger (wife of our minister in Nice and long-time friend). Unlike most Middle Eastern recipes for taboulé, this French version is made with couscous, not bulgur.

1	kg	tomatoes	500	gm	couscous
1		cucumber			olive oil (about equivalent to volume of lemon juice)
		salt			
3 - 4		lemons, juice only	1	cup	parsley, chopped

Procedure

- 1 Chop tomatoes and cucumber, place in large bowl and sprinkle with salt to draw about the juices. Let sit for 15 - 30 minutes.
- 2 Add couscous grain to the mixture. Add lemon juice and sufficient oil to moisten. Mix well. Add additional oil and lemon, as the couscous absorbs the liquid, if required.
- 3 Refrigerate at least 4 hours. Add chopped parsley. Fluff before serving.
- 4 Options: can add pine nuts, raisins etc.

Vinaigrette

Papa's recipe. Variations (that are not papa's): use lemon juice instead of wine; replace regular wine vinegar with balsamic vinegar; add chopped herbs (such as parsley, chives, tarragon or basil)

2 tbsp wine vinegar
½ tsp Dijon mustard

4 - 6 tbsp olive oil
 salt and pepper

Procedure

1 Beat vinegar and mustard together. Add oil, salt and pepper.

Servings: 8

Warm lentil salad with walnuts and goats' cheese

A nice vegetarian dish.

1	14-oz can	lentils, rinsed			Dressing
1½	oz	walnuts, chopped	4	oz	goats' cheese
1	oz	arugula	1	clove	garlic
1	tbsp	olive oil	1	tsp	sea salt
1		red onion, small, finely chopped	1	tsp	dry mustard
1	clove	garlic	2	tbsp	balsamic vinegar
1		bay leaf	2	tbsp	walnut oil (could replace with olive oil)
1	tsp	fresh thyme (or ¼ tsp dried)			freshly ground black pepper
		salt and pepper			

Procedure

- 1 Roast the walnuts in the oven for about 4 minutes.
- 2 Sauté onion and garlic in oil until softened (about 5 minutes).
- 3 Stir in lentils, bay leaf and thyme. Coat well with oil. Heat through.
- 4 Make the dressing: crush garlic with salt, until it is creamy. Add the mustard, whisk in the vinegar and oil. Season with salt and pepper.
- 5 Toss the lentils with the dressing. Add the walnuts, toss and top with crumbled goats' cheese and arugula.

Servings: 4

Warm spinach and smoked salmon salad

This makes a very special hors d'oeuvre - maybe for New Year's Eve.

5	oz	packed baby spinach, washed	2	tsp	sugar
3	oz	sliced smoked salmon	1/2	tsp	sea salt
1	tbsp	drained capers	1/2	cup	cream, 35%
1/2	cup	oil-packed artichoke hearts, cut into quarters (or use tinned artichoke hearts)	2	tbsp	vegetable oil
3	tbsp	cider vinegar	3/4	cup	red onion, thinly sliced

Procedure

- 1 Place spinach, smoked salmon, capers and artichoke hearts in large bowl.
- 2 Combine vinegar, sugar, salt and cream.
- 3 In non-aluminium/non-iron pan, heat vegetable oil over medium heat. Add onions and stir to coat with oil. Add cream mixture and bring to a boil.
- 4 Reduce until the dressing thickens slightly. Remove from the heat and pour immediately over the salad ingredients. Toss well and serve.

Servings: 4

Vegetables

Gratin dauphinois

A speciality of the Dieulefit area

2 lbs	boiling potatoes	1/8 tsp	pepper
½ clove	unpeeled garlic	1 cup	Gruyère, grated
4 tbsp	butter	1 cup	boiling milk
1 tsp	salt		

Procedure

- 1 Peel and slice potatoes.
- 2 Rub a baking dish with cut garlic and smear the inside with 1 tsp of butter. Spread half the potatoes in the bottom of the dish.
- 3 Spread half the salt, pepper, cheese and butter over the potatoes. Arrange remaining potatoes over the first layer. Spread the rest of the salt, pepper, cheese and butter over the potatoes.
- 4 Pour on the boiling milk.
- 5 Bake at 425° for 20 - 30 minutes until potatoes are tender and top is browned.

Imperial Rice (Com Hoang Bao)

Vietnamese recipe.

4	shallots, coarsely chopped		pepper
2	tbsp oil	2	cups steamed rice
3	oz diced pork or chicken	1	egg, fried and chopped
4	oz small shrimp	1	large lotus leaf
4	oz dried lotus seed, boiled and drained	2	leeks, chopped
¼	tsp salt		

Procedure

- 1 Quickly sauté shallots in oil. Add pork, shrimp, lotus seeds, salt and pepper. Cook until pork is done.
- 2 Mix with steamed rice and egg. Stir well.
- 3 from heat and place on lotus leaf. Sprinkle with chopped baby leek. Fold into a neat package and serve. Note: a large grape or fig leaf can be used in place of the lotus leaf.

Spicy squash

A recipe from Pat Quon.

1	squash, medium, cut into ½" pieces		soy sauce (to moisten)
2	tbsp black beans, mashed	1½	tsp chili paste
1	clove garlic, mashed	1	piece boneless pork, 3"x1" piece
1	tsp sugar		

Procedure

- 1 Fry pork until cooked through. Set aside.
- 2 Combine black beans, garlic, sugar, soy sauce and chili paste. Mix well.
- 3 Fry squash, do not cook through. Add chili mixture. Cook, watching carefully to make sure it does not burn.
- 4 Just before serving, add the pork. Heat through.

Spinach casserole

Nenny's recipe

2 lbs	spinach (or 2 pkg frozen)		salt and pepper
8 oz.	cream cheese	1 cup	soft bread crumbs
½ cup	butter	¾ tsp	sage

Procedure

- 1 Wash spinach and cook 5 - 8 minutes in tablespoon of water. Chop.
- 2 Mix spinach with cheeses, half the butter and salt and pepper.
- 3 Pour into 1½ quart casserole. Cover with crumbs mixed with remaining butter
- 4 Bake 20 - 30 minutes at 350°.

Servings: 5

Vegetable medley

2	carrots, large	1½ cup	Cheddar cheese, grated
1½ lb	broccoli	2 tbsp	parsley, chopped
1	cauliflower, medium	1 tbsp	Dijon mustard
¼ cup	butter	1 cup	breadcrumbs
¼ cup	flour	½ cup	Parmesan cheese, grated
2¾ cup	milk	2 tbsp	butter, melted

Procedure

- 1 Cut up carrots, broccoli and cauliflower. Cook carrots until just tender then add broccoli and cauliflower and cook for 2 minutes. Drain vegetables and rinse in cold water to stop the cooking. Drain and turn into shallow 3 litre casserole.
- 2 Melt butter and stir in flour. Cook for a few seconds and gradually stir in milk. Cook until thick, stirring constantly. Add cheddar cheese, parsley and mustard and cook until cheese has melted.
- 3 Pour sauce over vegetables and refrigerate until ready to bake.
- 4 Combine breadcrumbs, Parmesan cheese and melted butter and sprinkle over casserole. Bake covered for 45 - 50 minutes at 325° until hot and bubbly.

Servings: 10

Yansson's temptation (Frestelse)

A Swedish recipe from Mike and Gunilla Renn.

- | | |
|---|-------------|
| potatoes, cut into thin strips | cream |
| 1 onion, sliced | breadcrumbs |
| 2 tins anchovies, rinsed and patted dry | |

Procedure

- 1 Layer potatoes in bottom of baking dish. Cover with onion and anchovies. Cover with second layer of potato
- 2 Pour in cream to almost cover.
- 3 Top with breadcrumbs and few knobs of butter.
- 4 Bake 175° - 200° C (350° - 400° F) for about 1 hour. Can be kept in the fridge for up to a week, but does not freeze well.