

# FANTASY FEAST

A FANTASY FEAST

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Artist

Ann Farnsley

Dancers

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John

Kathryn

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Priscilla

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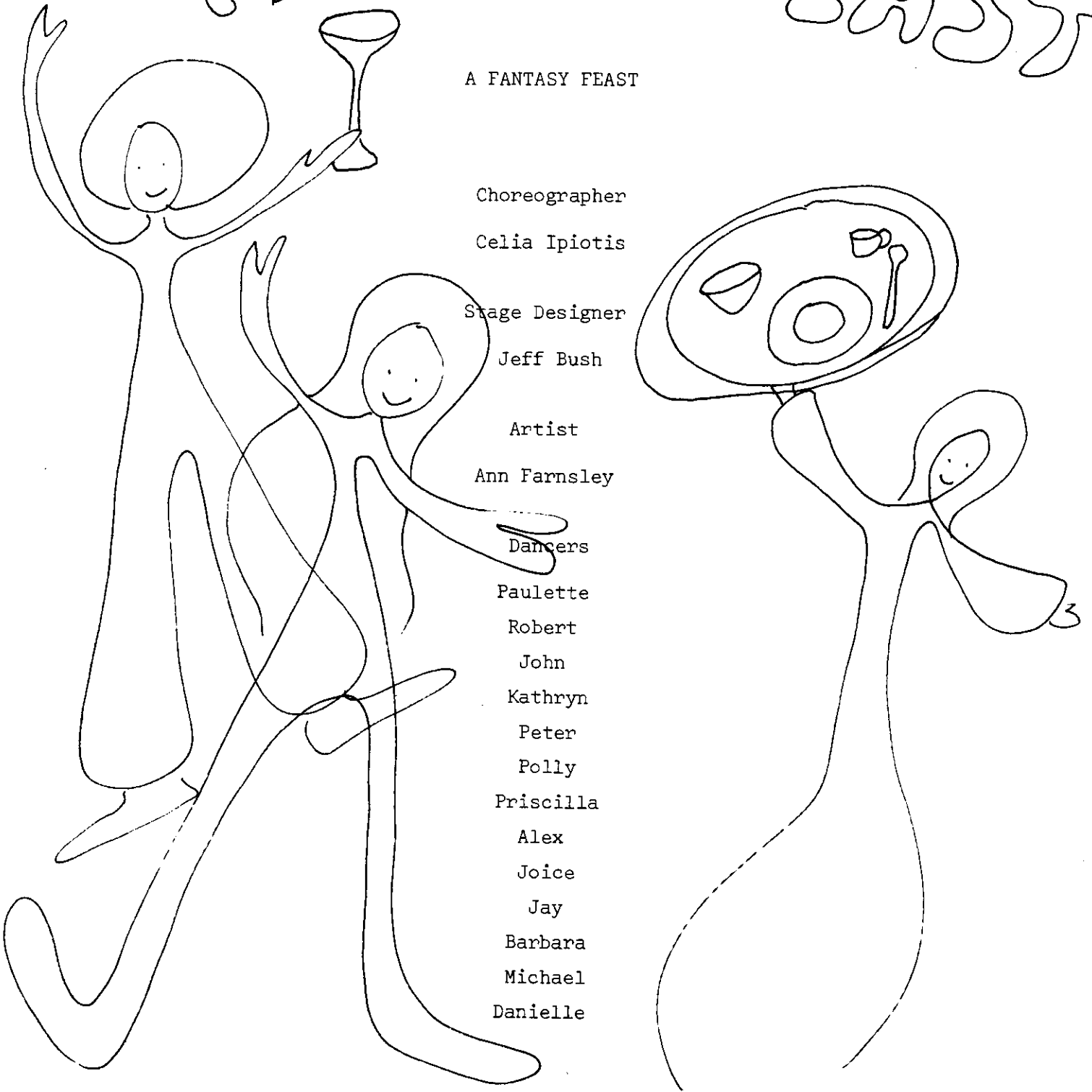
Joice

Jay

Barbara

Michael

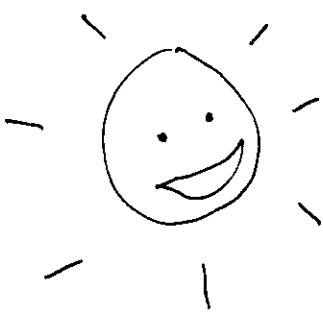
Danielle



Manuscript Edition

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### Chicken Vegetable Soup for lunch on day of feast

4 cups chicken stock  
3 peppercorns  
a lemon  
1 chicken bouillon cube  
a little salt  
3 carrots chopped  
2 celery stalks chopped  
1 cup raw rice  
1 egg

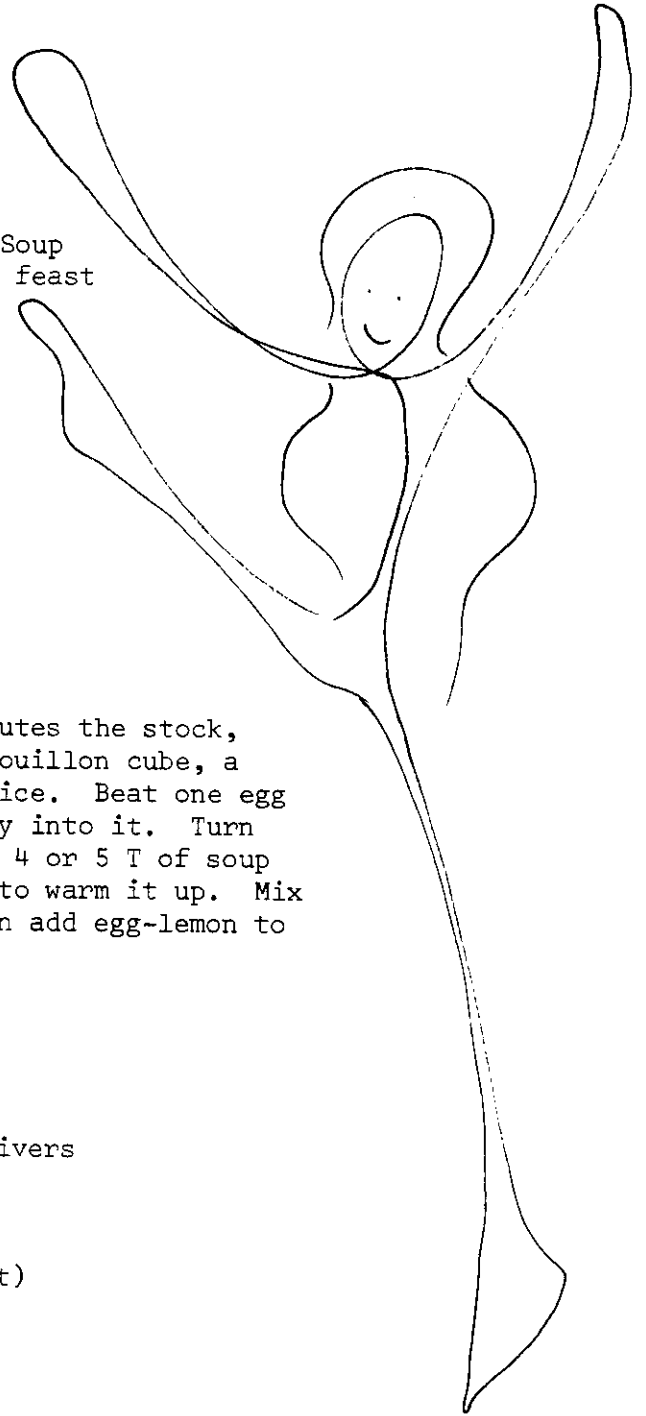
Cook covered in a pot for 20 minutes the stock, peppercorns, juice of  $\frac{1}{4}$  lemon, bouillon cube, a little salt, carrots, celery & rice. Beat one egg & squeeze juice of  $\frac{1}{2}$  lemon slowly into it. Turn off fire under soup. Pour about 4 or 5 T of soup (1 T at a time) into egg-lemon to warm it up. Mix with soup, stir & serve. You can add egg-lemon to any soup to make it creamier.

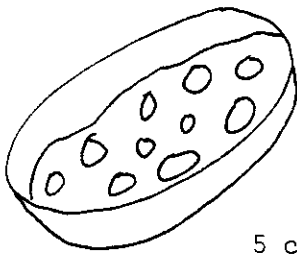


### Marinated Chicken Livers

chicken livers  
red wine (Spanish Solerno - sweet)  
white vinegar  
lemon juice  
pepper  
1 cut up onion  
3 T olive oil  
3 T butter  
 $1\frac{1}{2}$  T chopped scallions  
1 T mixed - chervil, chives, rosemary, dill & tarragon  
1 T parsley

Marinate the chicken livers for 3 days in red wine, vinegar, lemon juice & pepper. On the 3rd day add a cut up onion. Heat up 3 T olive oil & 3 T butter & fry for no more than 5 minutes. Then add  $1\frac{1}{2}$  T chopped scallions over a T of mixed herbs & 1 T parsley. Cook about 1 more minute. Sprinkle lemon juice over it.





### Rice & Lemon Soup

5 cups chicken stock  
2/3 cups uncooked rice  
juice of 2 lemons  
3 eggs

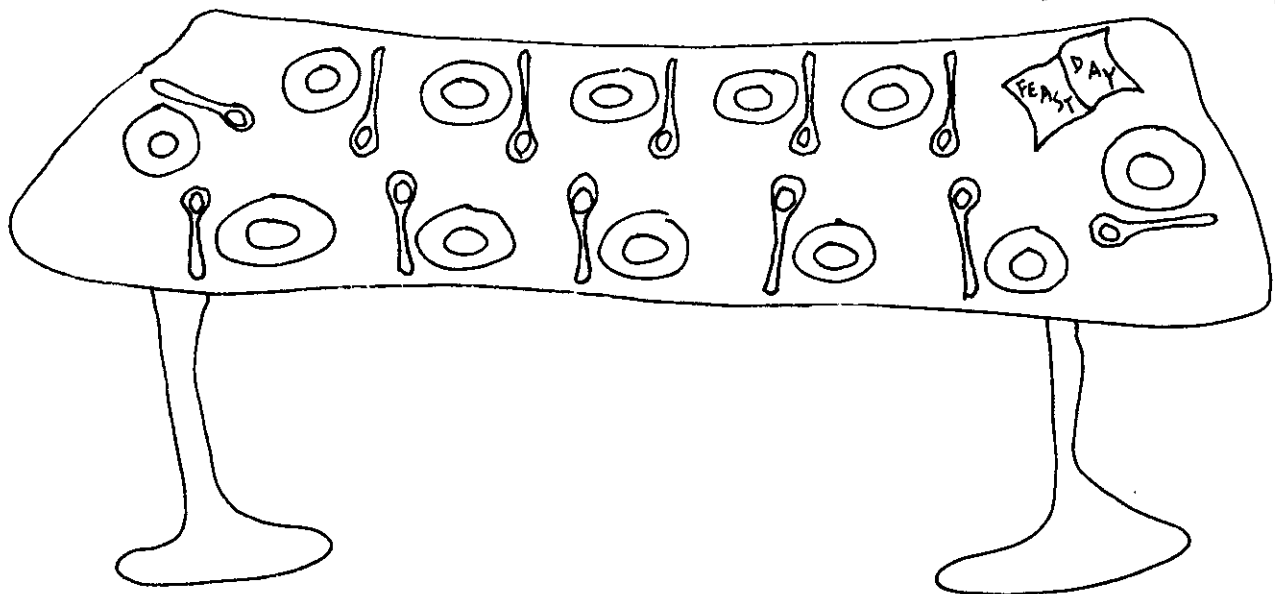
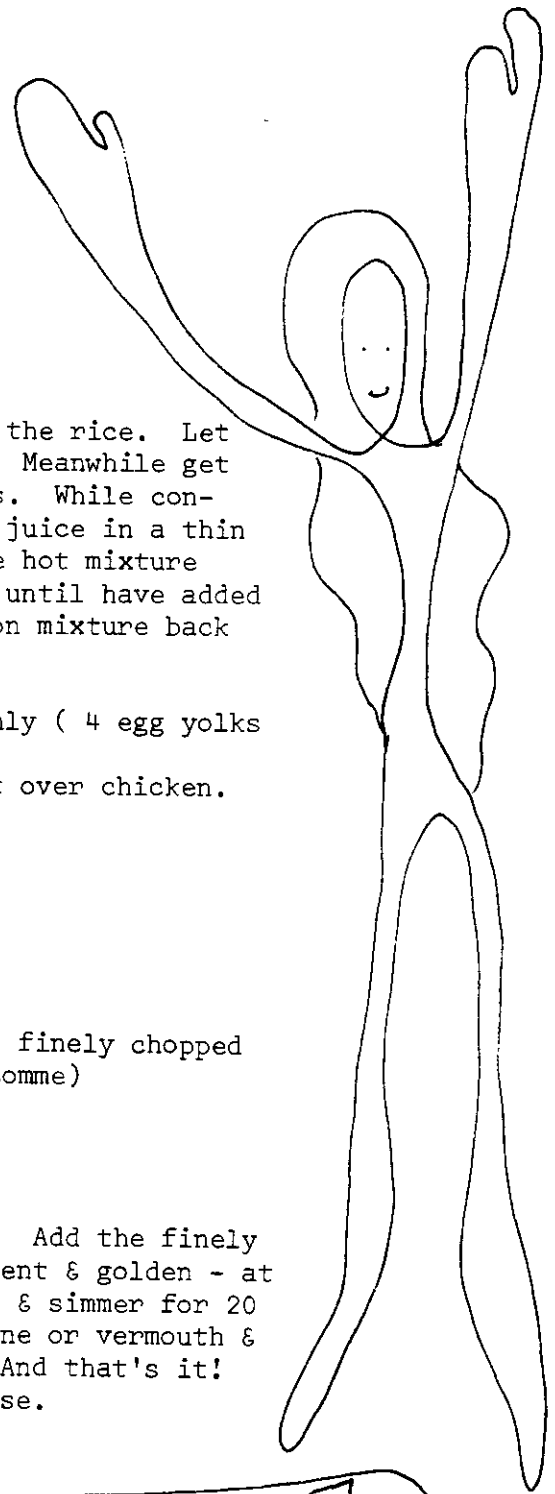
When stock begins to boil throw in the rice. Let it simmer for about 35-45 minutes. Meanwhile get the juice of 2 lemons & beat 3 eggs. While constantly beating eggs add the lemon juice in a thin stream. Then add a T at a time the hot mixture into the egg mixture while beating until have added 4 T. Turn off heat. Pour egg-lemon mixture back into soup while beating constantly.

For a thicker soup use egg yolks only ( 4 egg yolks instead of 3 whole eggs).  
For a variation add celery and left over chicken.

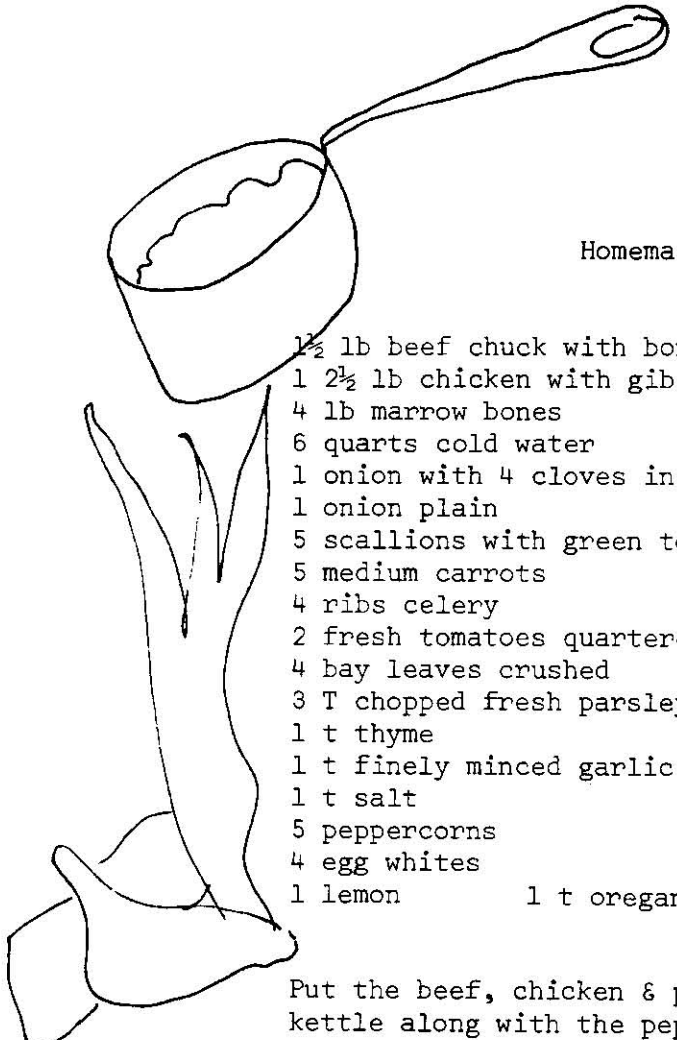
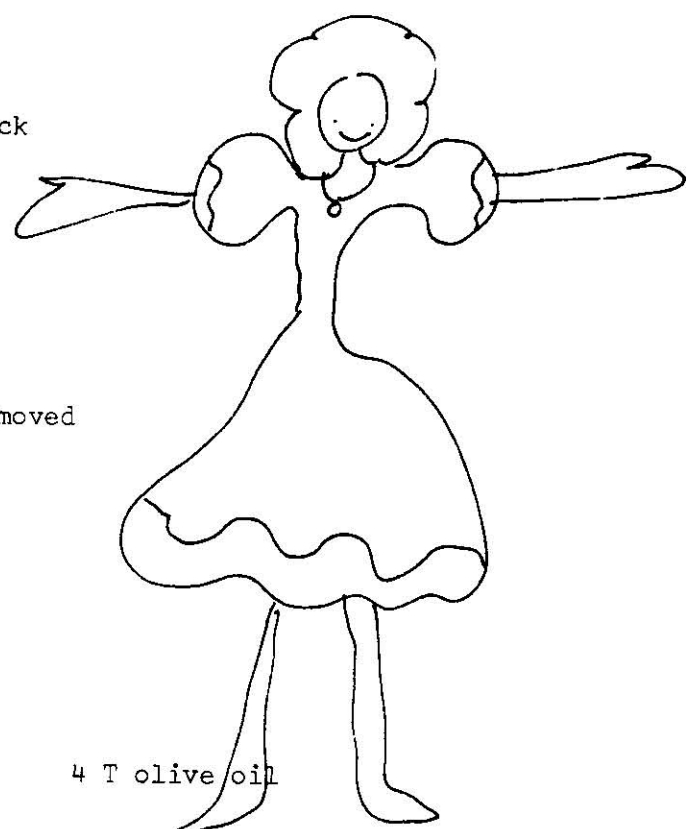
### Onion Soup

3 T butter  
1 very large Spanish onion (yellow) finely chopped  
4 cups beef stock (homemade or consomme)  
1/3 cup dry white wine or vermouth  
grated cheese

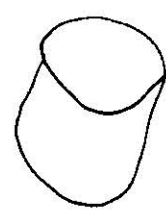
Put 3 T butter in a heavy saucepan. Add the finely chopped onion. Cook until transparent & golden - at least 20 minutes. Add 4 cups stock & simmer for 20 to 30 minutes. Then add 1/3 cup wine or vermouth & continue to simmer for 5 minutes. And that's it! You may garnish it with grated cheese.



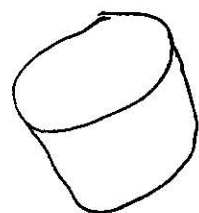
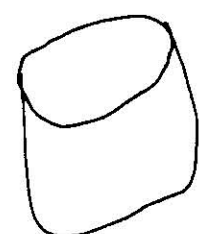
## Homemade Stock

- 
- 
- 1 1/2 lb beef chuck with bone
  - 1 2 1/2 lb chicken with giblets
  - 4 lb marrow bones
  - 6 quarts cold water
  - 1 onion with 4 cloves in it
  - 1 onion plain
  - 5 scallions with green tops removed
  - 5 medium carrots
  - 4 ribs celery
  - 2 fresh tomatoes quartered
  - 4 bay leaves crushed
  - 3 T chopped fresh parsley
  - 1 t thyme
  - 1 t finely minced garlic
  - 1 t salt
  - 5 peppercorns
  - 4 egg whites
  - 1 lemon
  - 1 t oregano
  - 4 T olive oil

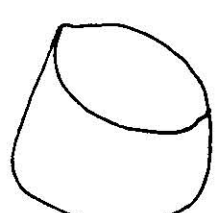
Put the beef, chicken & parts, & bones in a large kettle along with the peppercorns. Add at least 6 quarts cold water & bring to a boil. As it boils remove the scum that foams to top of water. Add onions, carrots, scallions, celery, tomatoes, & spices & spices & simmer covered for at least 3 1/2 hours. Remove the meats & use as desired. (After it cools you can take meat off the bones. Slice fresh celery over it, 1 small fresh onion sliced, 1 t oregano, salt & pepper, juice of one lemon & 4 T olive oil. Have as a side dish or for lunch).



Strain broth & place uncovered in refrigerator until all the fat gathers to the top. Remove the fat & strain the broth once again through cheesecloth (or 1 papertowel lining a strainer) into plastic containers. It's best to divide stock into 4 containers, putting one in frige for immediate use & the other 3 in the reezer for future use.



Before using, thaw out or heat up broth from one of containers. Beat one egg white with a wire wisk & pour 1 cup of broth into the egg white. Bring rest of broth to a boil in a saucepan. Take broth off of stove & pour egg white mixture into it in a thin stream beating constantly. Return to the fire & continue to stir until it begins to boil. At this point reduce heat so that it does not even simmer. Cook for 10 more minutes over very low heat. Line a strainer with 1 paper twel & very slowly strain the broth & it's ready.



### Jeff's Braised Chicken Tarragon

pieces of chicken cut up  
butter  
salt & pepper  
white wine  
water  
tarragon

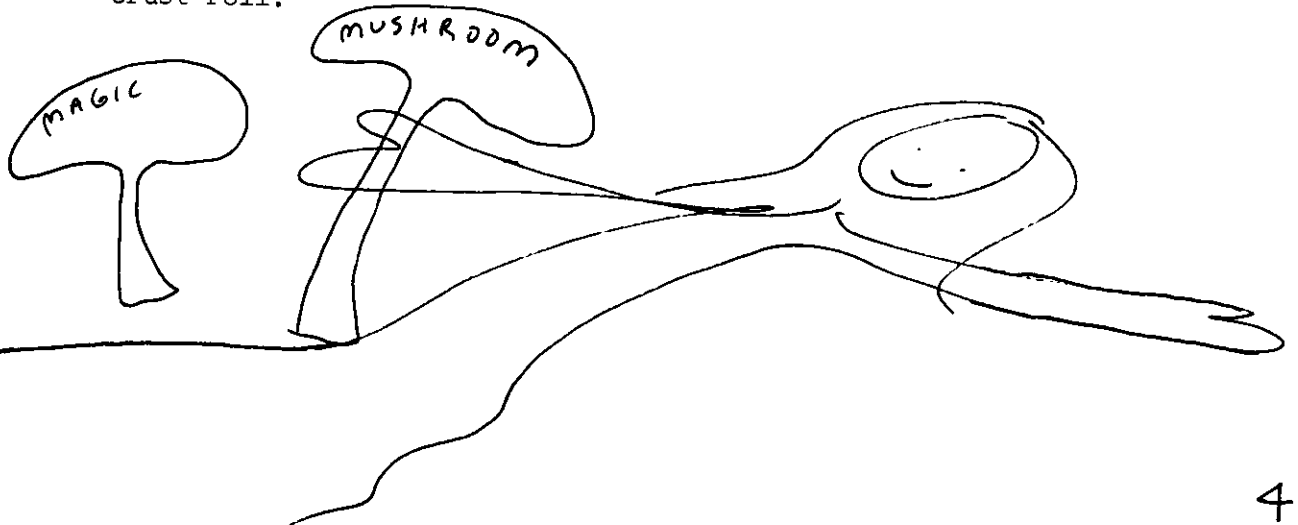



Brown the chicken pieces in butter, salt & pepper. Then you pour in some white wine & water to make a little liquid & turn down the heat at the same time - is maybe  $\frac{1}{2}$  inch liquid. Then you sprinkle a bunch of tarragon all over the chicken. Turn the chicken over once or twice & sprinkle more tarragon. Cover pan & let it simmer for about 45 minutes.

### Hamburgers with Mushroom Sauce


1 lb ground beef  
 $\frac{1}{2}$  t pepper  
1 t oregano  
3 T diced onions  
3 T shallots  
 $\frac{1}{3}$  lb mushrooms chopped  
 $\frac{1}{2}$  cup red wine  
1 T brandy  
1 T parsley  
2 T butter

Mix ground beef with pepper, onion & oregano. Quickly brown loosely packed hamburger patties in salted skillet 2-3 minutes on each side. Remove. Melt butter in same pan & add shallots. Cook for 1 minute. Add mushrooms & add wine, cook for 5 minutes. Add parsley. Put hamburgers back in skillet turning a couple of times so as to soak up the juices. Then sprinkle brandy over burgers & ignite. Serve with sauce over burgers. Good with buttered hard crust roll.







Lamb Necks Stew




5-6 lb. lamb necks  
3 good sized onions sliced  
pepper, oregano, 2 bayleaves  
olive oil  
1 lb. can of whole peeled tomatoes  
salt  
eggplant



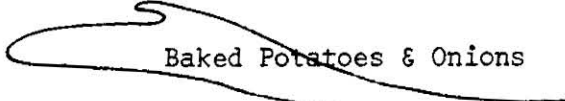
Just cover the bottom of the pot with olive oil. Put in lamb necks, onions, pepper, oregano & bayleaves. Cut up tomatoes and add to pot. Let it take one boil and simmer for about an hour. Add salt.




Cut & slice eggplant & pour salt over it. Put in a collander & let sit for  $\frac{1}{2}$  hour. Rinse off. Put on cookie sheet under broiler until golden brown. Add to top of pot (don't stir in) for about  $\frac{1}{2}$  hour. The more the meat cooks the better it tastes. Serve with rice.



Baked Potatoes & Onions



4 medium size potatoes  
4 medium size onions (yellow)  
grated parmesan cheese  
3 T butter  
1 T fresh parsley chopped  
salt & pepper

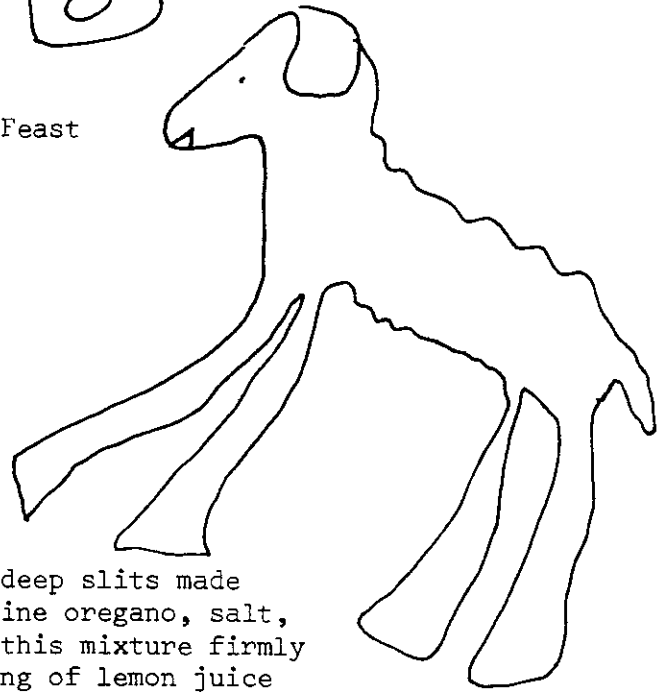


Boil water in a large saucepan. Drop the potatoes into boiling water for 10 minutes. Meanwhile preheat oven to 400°. Drain the potatoes. Put them along with the onions in the oven directly on the wire rack. (Do not remove onion skins) Bake for 60 minutes. Turn oven up to 450° after the first 30 minutes. When done take out of oven & carefully peel the onions. Split potatoes in half & place in a serving dish with the onions. Sprinkle with parmesan cheese, butter, parsley & salt & pepper.

# LAMB

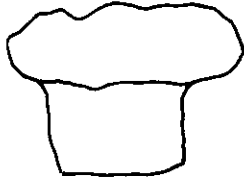
## Roast Leg of Lamb for Feast

leg of lamb  
8 thin slivers of garlic  
1 t oregano  
2 t salt  
pepper  
6 T lemon juice or more  
grated rind of 1 lemon  
2 thinly sliced onions  
1 cup boiling water



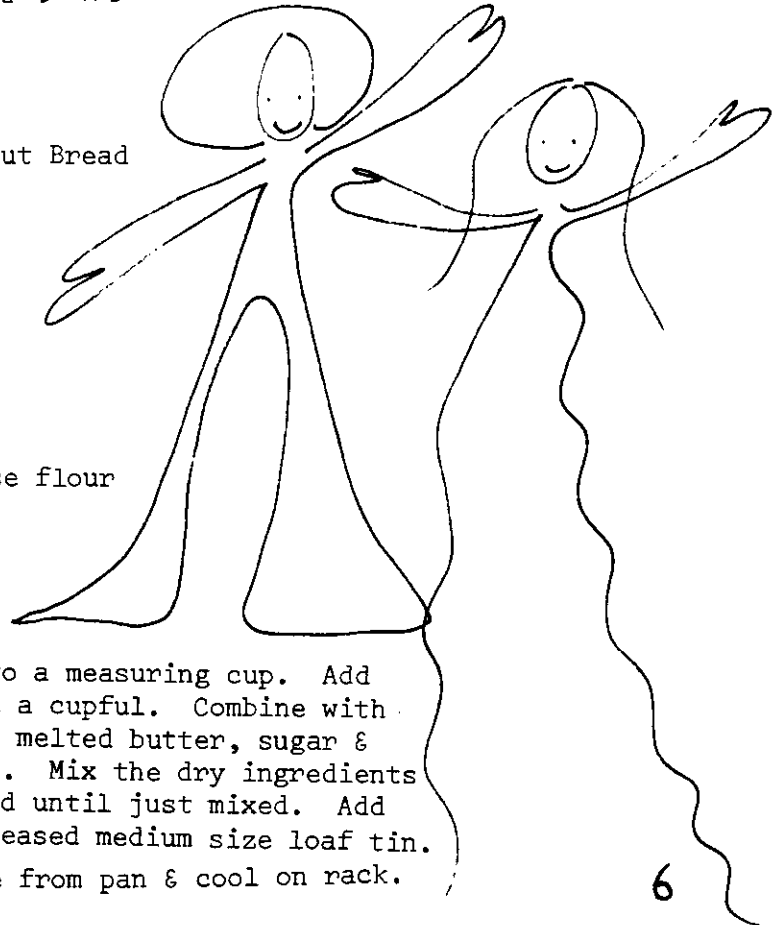
Insert thin slivers of garlic into deep slits made in fat side of a leg of lamb. Combine oregano, salt, & several grinds of pepper. Press this mixture firmly into the meat all over. Make basting of lemon juice & grated lemon rind.

Preheat the oven to 450° & place the leg of lamb on a rack in a shallow pan, fat side up & roast for 20 minutes. Reduce heat to 350° & baste the meat with 1 T lemon juice. Scatter 2 thinly sliced onions in pan. Roast for 15 more minutes. Then baste again with 1 T of lemon juice & add 1 cup of boiling water. Baste at least 4 more times with 1 T each time of lemon juice. Roast altogether for about 2 hours.



## Orange Walnut Bread

juice & rind of one orange  
boiling water  
2 T melted butter  
2/3 cup sugar  
1 egg beaten slightly  
1 t vanilla  
1/2 cup chopped walnuts  
2 cups unbleached all purpose flour  
1/2 t salt  
1 t baking powder  
1/2 t baking soda



Squeeze the orange juice into a measuring cup. Add enough boiling water to make a cupful. Combine with the beaten egg, orange rind, melted butter, sugar & vanilla & stir until blended. Mix the dry ingredients together & stir in the liquid until just mixed. Add the walnuts & pour into a greased medium size loaf tin. Bake 1 hour at 350°. Remove from pan & cool on rack.

# STEW

## Beef Stew with Walnuts

2 lb. lean chuck beef

1 1/2 T olive oil

3 1/2 T butter

24 small white onions

1 T flour

3/4 cup dry red wine

bouquet garni (bay leaf, sprig of parsley  
& thyme)

1 crushed garlic clove

salt & pepper

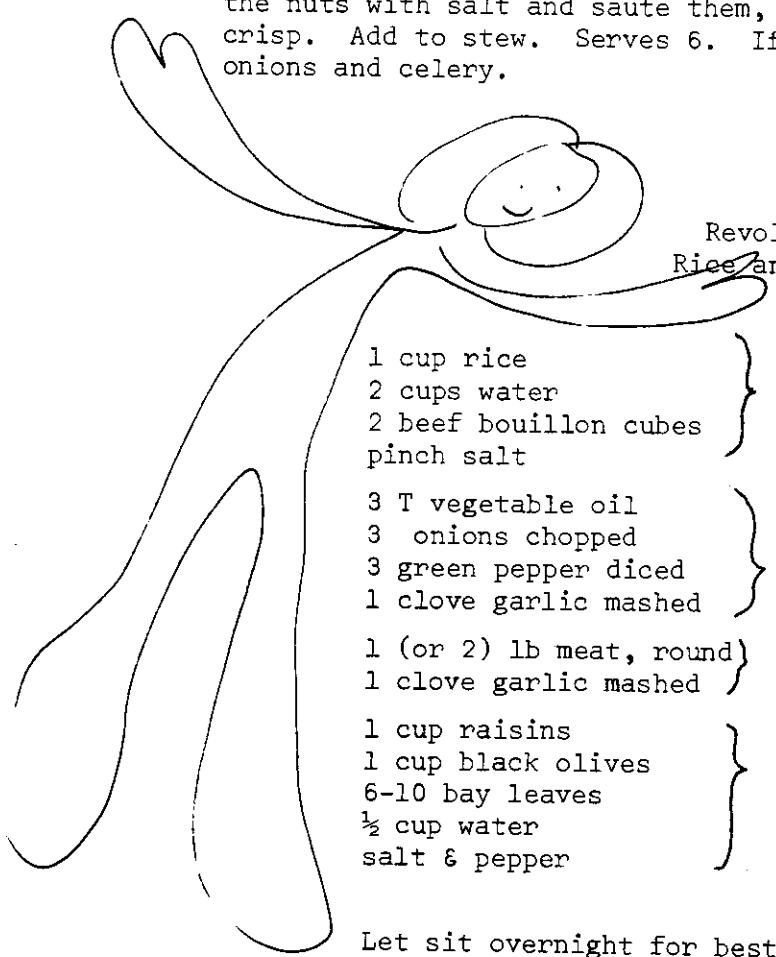
beef stock

1 bunch celery

3/4 cup walnuts

In a Dutch oven brown 2 lb. lean chuck beef, cut into large cubes, in 1 1/2 T each of olive oil and butter. Remove the meat from the pot and in the fat remaining brown 24 small white onions. Remove pot from heat and stir in 1 T flour. Return the pot to the heat and add the beef, 3/4 cup dry red wine, a bouquet garni, 1 crushed garlic clove, salt and pepper, and enough beef stock to cover the meat. Bring the liquid slowly to a boil, cover the pot, and simmer for 1 1/2 hours until meat is tender.

Twenty minutes before the end of cooking add 1 bunch of celery cut in cross wise slices and browned in butter. Add 1 more T butter to the skillet in which celery was browned and when it foams add 3/4 cup walnuts. Sprinkle the nuts with salt and saute them, shaking pan occasionally until they are crisp. Add to stew. Serves 6. If you half this recipe use as many walnuts, onions and celery.



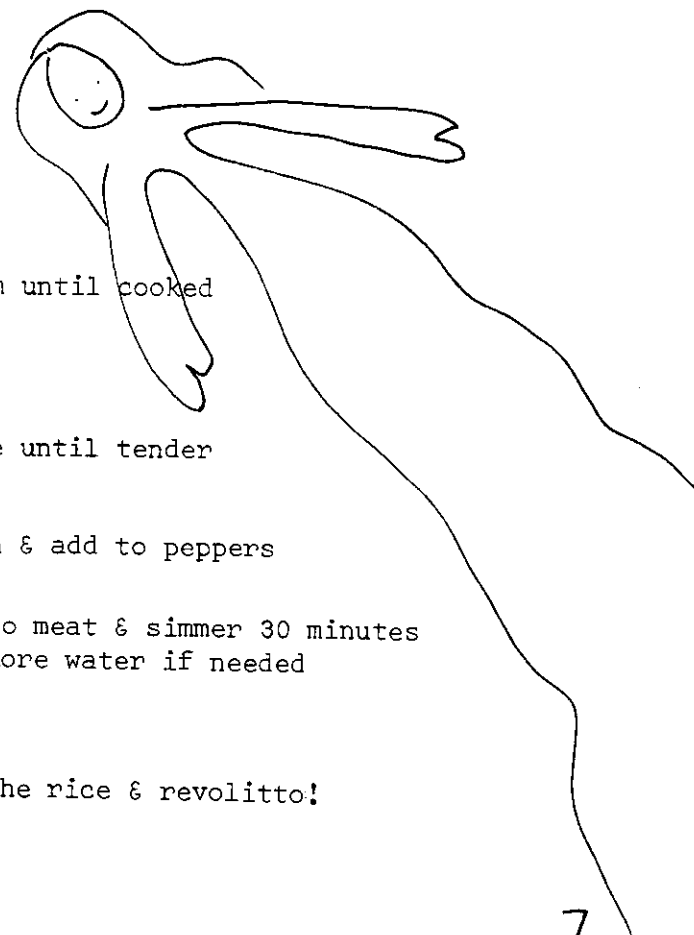
### Revoltillos Rice and Stuff

1 cup rice  
2 cups water  
2 beef bouillon cubes  
pinch salt

3 T vegetable oil  
3 onions chopped  
3 green pepper diced  
1 clove garlic mashed

1 (or 2) lb meat, round  
1 clove garlic mashed

1 cup raisins  
1 cup black olives  
6-10 bay leaves  
1/2 cup water  
salt & pepper



steam until cooked

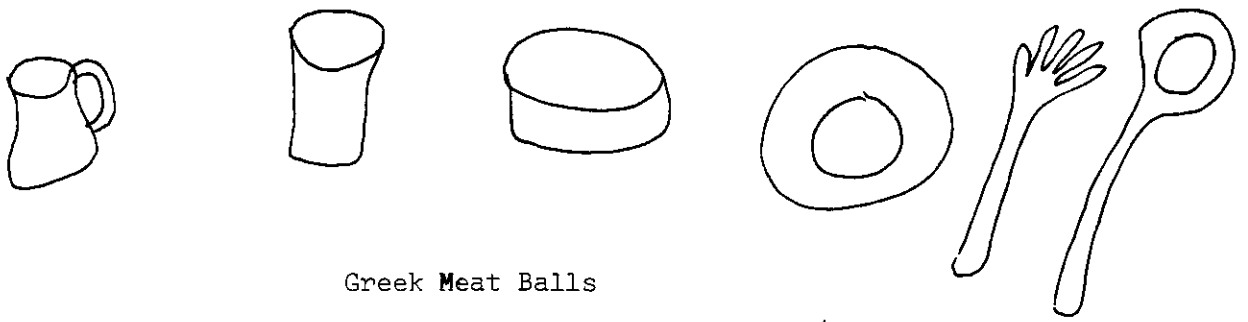
saute until tender

brown & add to peppers

add to meat & simmer 30 minutes  
add more water if needed

Add the rice & revolitto!

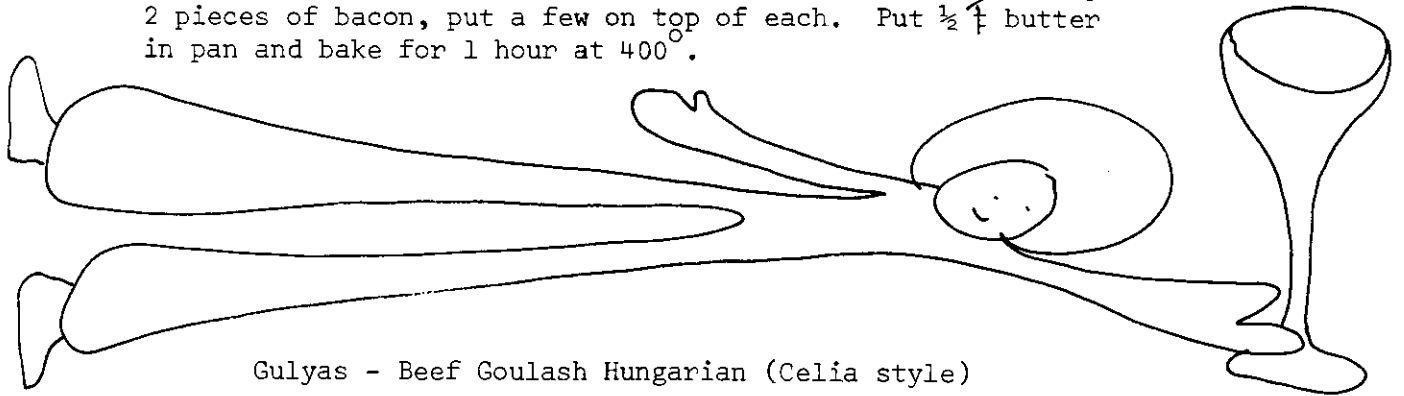
Let sit overnight for best flavor



Greek Meat Balls

- 1 lb. ground beef
  - 2 onions minced (cut in little squares)
  - 1/4-1/3 cup water
  - 1 1/2 t dried mint
  - 1/2 t salt
  - dash pepper
  - 1/2 cup breadcrumbs (herbed)
  - Salt & pepper, oregano, basil, touch sage & tarragon
  - small can tomatoes ( 1 lb.)
  - 1/3 cup tomato puree
  - 1/4 t cinnamon
- 2 pieces bacon*  
*1/2 T butter*

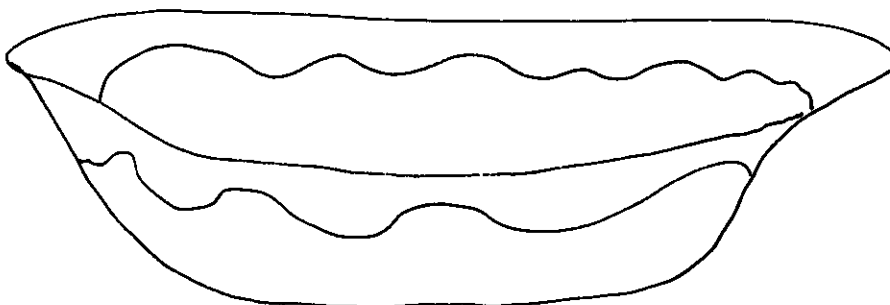
Mix everything together, shape into eggshaped balls. Cut up 2 pieces of bacon, put a few on top of each. Put 1/2 T butter in pan and bake for 1 hour at 400°.



Gulyas - Beef Goulash Hungarian (Celia style)

- 1 lb. beef stew
- 1/2 onion sliced
- lemon juice
- bay leaf
- pepper
- red wine (a bit sweet)
- 2 T butter
- 4 medium to small onions
- 2 T sweet paprika
- 1 big jar of drained canned tomatoes + 8 T juice
- 1/8 lb. salt back pork

Marinate the beef stew meat in onion, lemon juice, bay leaf, pepper & red wine. Add everything else and simmer for 45 minutes to an hour. Let sit for 3 hours before serving. Reheat - cook until everything is really soft.





### Marinated London Broil with Popover

1 lb London broil  
2 garlic cloves  
1 bay leaf  
2 sage leaves  
pepper  
oregano  
 $\frac{1}{2}$  cup red wine  
1 T olive oil  
2 t lemon juice

Make two gashes in each side of meat and put in slivered garlic cloves. Add all other ingredients & marinate for about 3 hours. Then broil for about 3 minutes on each side. When you serve it slice very thin pieces diagonally.

One big popover

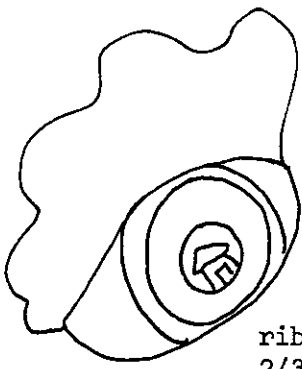
1 cup milk  
1 cup flour  
 $\frac{1}{2}$  t salt  
3 eggs

Add flour to liquids until kind of creamy. Bake at  $450^{\circ}$  for 20 minutes or  $375^{\circ}$  for 30 minutes. Use 8" bread pan.

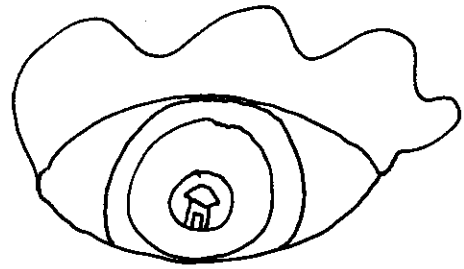
### Acorn Squash

1 acorn squash split in half  
1 T butter  
1 pkg frozen french green beans  
1 T lemon juice  
 $1\frac{1}{2}$ -2 T olive oil  
 $1\frac{1}{2}$ -2 T Helmann's mayonnaise

Butter the halved squash & bake for about an hour at  $350^{\circ}$ - $375^{\circ}$ . Pour hot water over frozen beans, drain, add to squash & cook 10 more minutes. Mix together lemon juice, olive oil & mayonnaise & pour on top.

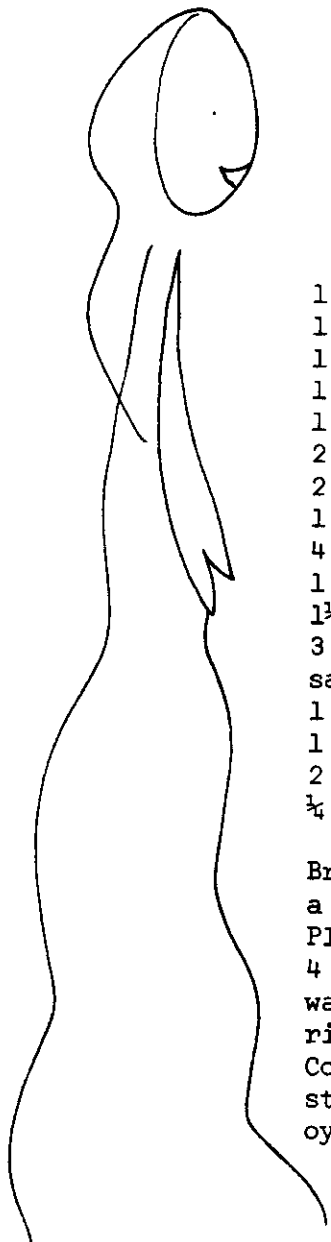


### Eye of Rib



ribeye steaks  
2/3 cup minced shallots  
3/4 cup white wine dry  
3 T butter  
juice of 1/2 lemon  
1 T parsley  
pepper

Broil ribeyes with pepper for 3 minutes on each side. Meanwhile make the sauce. Bring scallions & wine to a boil & simmer for 20 minutes. 5 minutes before done add 1 T butter. After cooked add 2 more T butter & juice of 1/2 lemon & 1 T parsley. Pour over the meat & serve.



### Cornerstone Creole

1 lb cooked ham diced fine  
1 lb pork sausage links  
1 small can tomatoes  
1 cup raw rice  
1 pint oysters  
2 cups water  
2 green peppers chopped  
1 large Spanish onion chopped  
4 cloves garlic chopped  
1 pint cooked shrimp  
1 1/2 T flour  
3 T chopped parsley  
salt & pepper to taste  
1 t oregano  
1 t hot pepper  
2 t paprika  
1/4 t mace

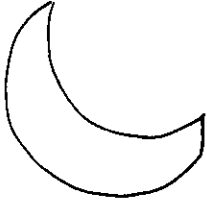
Brown the sausage in a heavy iron pot. Remove to a platter. Add the ham to the sausage fat & brown. Place on platter with sausage. Pour off all but 4 T of the pan drippings. Add flour & brown. Add water slowly to make a thin sauce, then add tomatoes, rice, green pepper, garlic onions, parsley & spices. Cover & simmer until rice is done (20-40 minutes) stirring to prevent sticking. Add the shrimp & oysters & heat through. Serves 12.



### Celia's Salad Dressing

1 garlic clove  
½ t salt  
½ T dry mustard (if you like)  
1 T wine vinegar  
2-3 T olive oil  
¼ t each - chervil, tarragon, oregano, & dill  
pepper  
feta cheese or parmesan (¼ cup)  
olives

Mash garlic with salt, keep mashing & add mustard & wine vinegar. Let it sit, then add olive oil & keep mixing with a fork. Throw herbs on top of salad leaves & then pepper. Sprinkle cheese over & garnish with olives.



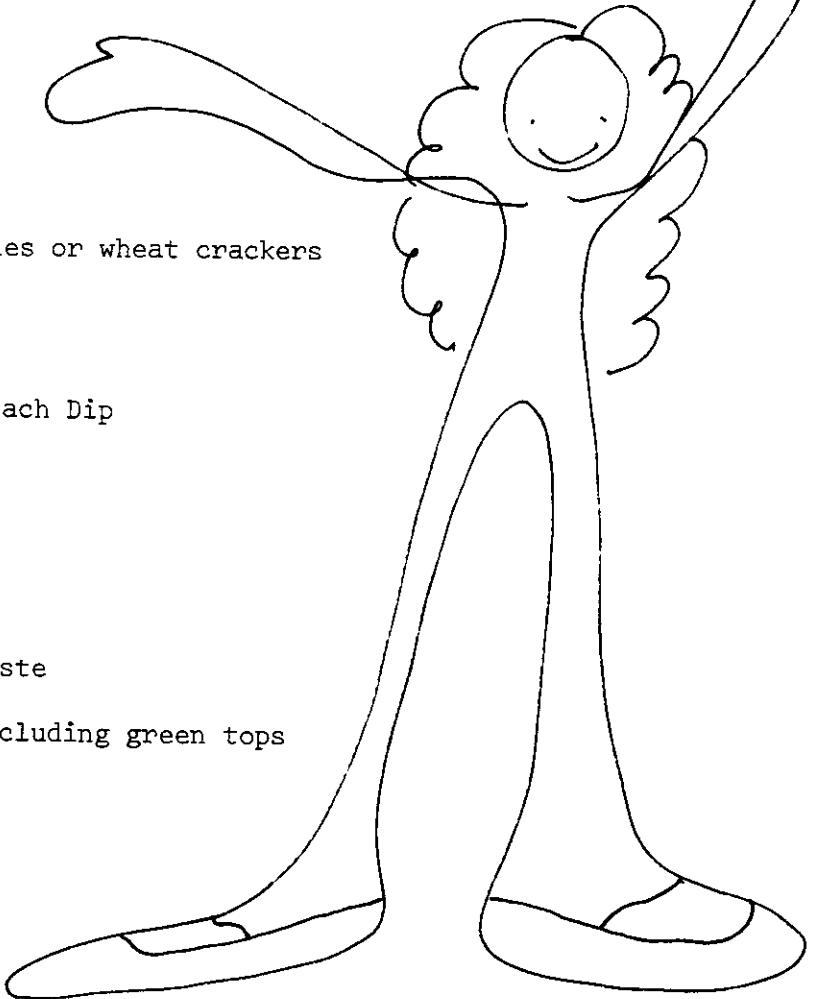
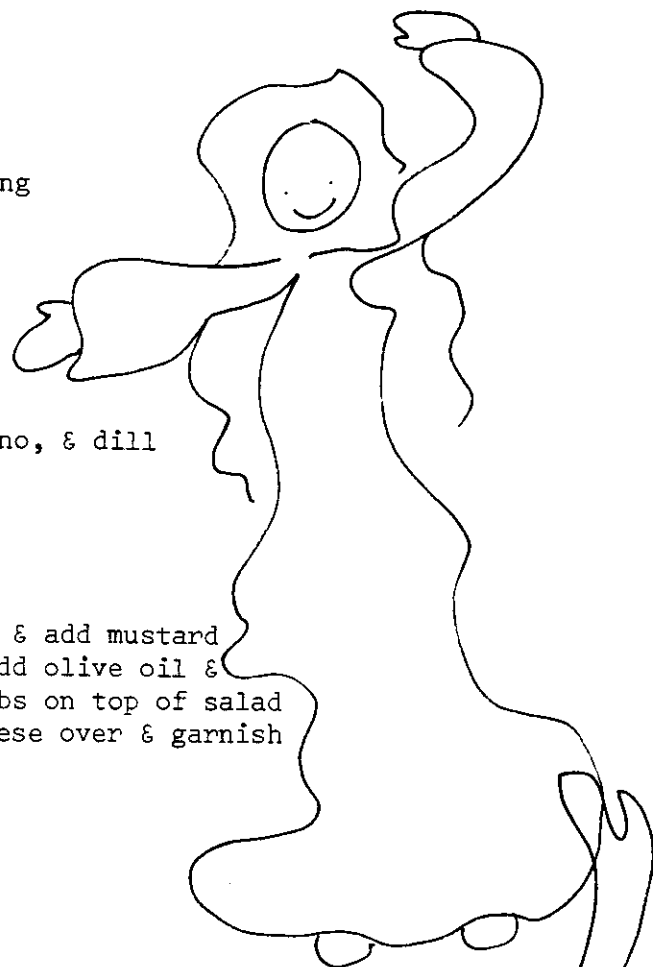
### Blue Cheese Dip

2 oz blue cheese  
16 oz sour cream  
dash garlic powder  
seasoned salt  
1 T parsley  
lemon juice

Good with fresh vegetables or wheat crackers

### Spinach Dip

2 cups sour cream  
½ cup cottage cheese  
1 T chives  
3 T fresh spinach copped  
2 t sweet pickle juice  
dash seasoned salt to taste  
pepper  
3 T chopped scallions including green tops



## Salads

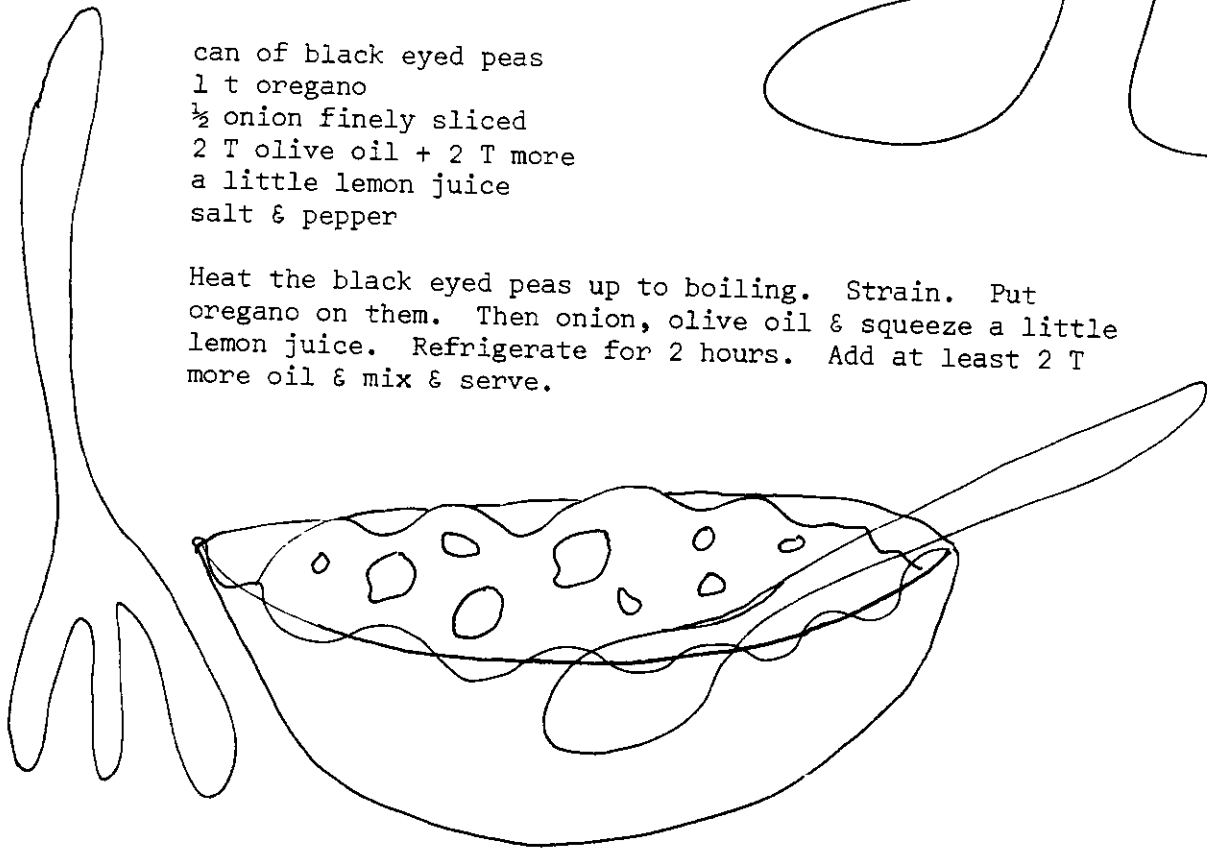
lettuce (romaine, boston, bibb, or leaf)  
chickory  
spinach (a touch)  
scallions  
feta cheese  
sprouts (alfalfa)  
avocados  
mushrooms  
tomatoes

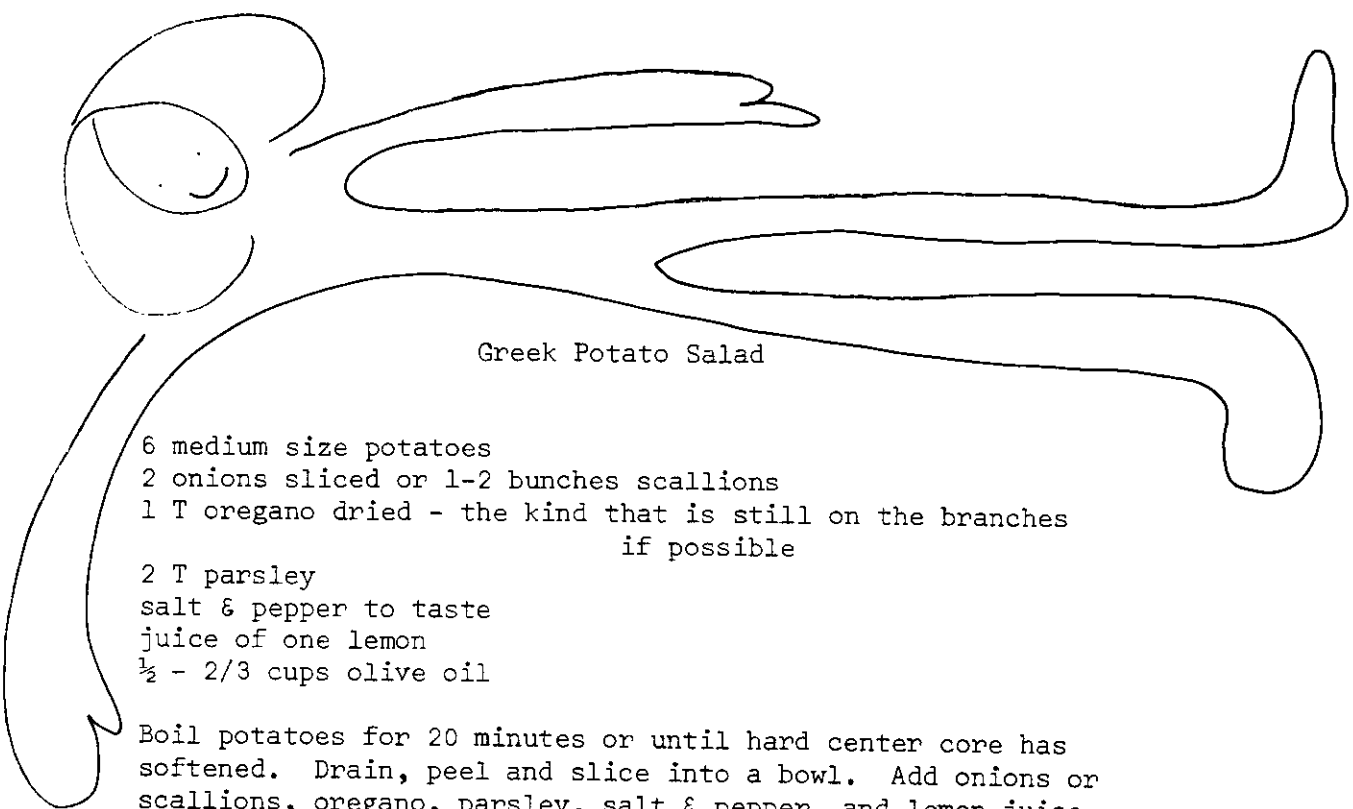
for dressing add 1 more T oil because of the bean sprouts

lettuce  
onion  
green pepper  
chick peas  
black-eyed peas (best after they are marinated  
as below)

can of black eyed peas  
1 t oregano  
 $\frac{1}{2}$  onion finely sliced  
2 T olive oil + 2 T more  
a little lemon juice  
salt & pepper

Heat the black eyed peas up to boiling. Strain. Put oregano on them. Then onion, olive oil & squeeze a little lemon juice. Refrigerate for 2 hours. Add at least 2 T more oil & mix & serve.

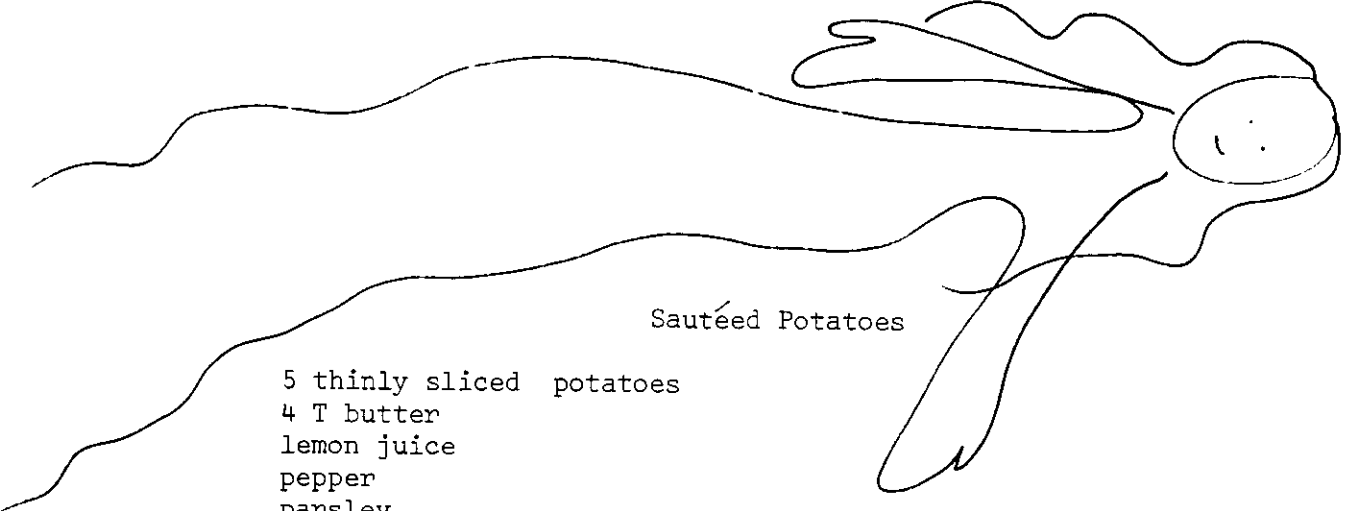




### Greek Potato Salad

- 6 medium size potatoes
- 2 onions sliced or 1-2 bunches scallions
- 1 T oregano dried - the kind that is still on the branches  
if possible
- 2 T parsley
- salt & pepper to taste
- juice of one lemon
- ½ - 2/3 cups olive oil

Boil potatoes for 20 minutes or until hard center core has softened. Drain, peel and slice into a bowl. Add onions or scallions, oregano, parsley, salt & pepper, and lemon juice. In a stream slowly beat into it the olive oil. Pour this over the salad. Let it marinate unrefrigerated for at least 30 minutes before serving. You may add a garnish of Greek olives.



### Sautéed Potatoes

- 5 thinly sliced potatoes
- 4 T butter
- lemon juice
- pepper
- parsley
- salt

Sauté the sliced potatoes in the butter for about 20 minutes. Sprinkle a little lemon juice before putting them in. Sprinkle pepper on while frying. About the last 5 minutes add parsley & salt.

### Snow Pea & Rice Salad

2 cups rice uncooked  
2/3 lb tender snow peas  
1 medium green pepper  
1 medium red pepper  
6 scallions including greens  
1/2 lb mushrooms  
1/2 cup parsley  
4 pimento or artichoke hearts (if you like)  
1/4 + 1/3 cup lemon juice  
1 cup olive oil  
salt & pepper

Cook rice & cool. Steam the snow peas & drain. Chop finely the green pepper, red pepper, scallions, mushrooms, parsley. Rinse rice thoroughly under cold water after it is cooked (you will have 4 cups rice). Add 1/4 cup lemon juice & mix. Add all vegetables except snow peas. Add 1/3 cup olive oil & mix. Add snow peas & mix. Refrigerate for 3 hours. Then add 2/3 cups olive oil in a stream to 1/3 cup lemon juice. Pour over & mix. Add salt & pepper & serve.

### Russian Cookies

2 eggs  
1 stick butter  
2 T oil  
1/2 t baking soda with vinegar  
1 1/2 cup sugar  
16 oz sour cream  
bit of salt

*flour*



Mix altogether, then keep adding flour as needed. Roll out & cut into shapes. Cook in 350° oven about 10 minutes until gold.

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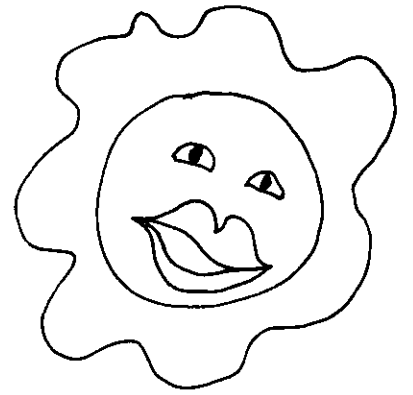
Pastitso - Alex

2 lb. chuck meat chopped  
2 medium onions chopped  
2 cloves garlic chopped  
oregano  
salt & pepper  
2-3 T tomato paste  
a bay leaf  
tiny bit of cinnamon stick  
1 lb large elbow macaroni  
3/4-1 cup grated romano or parmesan cheese  
olive oil  
4 T butter  
12 T butter }  
1 cup flour } for cream sauce  
4 cups milk }  
4 egg yolks }

Cover bottom of saucepan with olive oil. Sauté meat, onions, garlic, oregano, salt & pepper until meat is done. Mix tomato paste into hot water, then add to meat to make thick. Let it take one boil. Cover and simmer. The longer it cooks the better it is - about an hour. Add a bay leaf and tiny bit of cinnamon stick. When done set aside. Scoop out fat from top while cooking noodles.

Cook macaroni more than half way. Meanwhile start the cream sauce. Measure out 2 cups milk and have it on low heat warming up - don't boil. After melting 12 T butter, remove from heat and add 1 cup flour. Put back on fire, while stirring add warm milk. Keep stirring until of preferred consistency. Remove from heat & let cool a little. Add egg yolks & stir, then at least  $\frac{1}{4}$  cup ~~more~~ cheese.

Melt 4 T butter & scald macaroni with it (pour over drained macaroni). Put in  $\frac{1}{4}$  to  $\frac{1}{2}$  cup grated romano or parmesan cheese. Pour macaroni into baking dish with some of the cream sauce & mix well. Cover entire pasta with meat sauce. Pour the rest of the cream sauce on top. Bake 45 minutes to 1 hour at 350°.

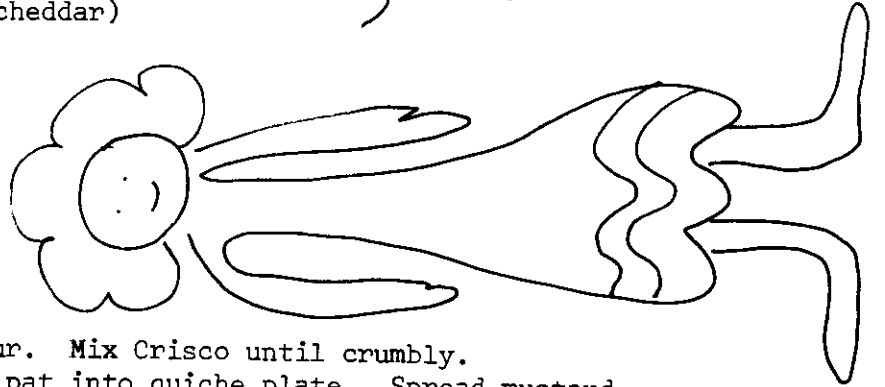


### Quiche Lorraine à Celia

- 6 slices bacon
  - 2 T parsley
  - 1 medium onion
  - 6 medium mushrooms
  - 1 13 oz can evaporated milk
  - 1/3 cup plain yogurt
  - 3 egg whites
  - 2 eggs
  - 1/4 cup grated Greek cheese (Mitzithra or Romano)
  - 1/4 cup grated caraway seed cheese
  - 1/4 cup parmesan cheese
  - 1/4 cup Kasserri (or white cheddar)
  - salt & pepper
  - 1 T olive oil
  - 1 T butter
- } less or more  
as please

#### Pastry:

- 1 2/3 cup flour
- 1/2 cup + 1 T Crisco
- 3 1/2 T ~~flour~~ WATER
- 1/2 t salt



Sift together salt & flour. Mix Crisco until crumbly. Quickly swirl in water & pat into quiche plate. Spread mustard over bottom of pastry. Beat well one egg white & brush liberally all over pastry shell. Bake at 400° for 10 minutes. Remove & cool.

Broil bacon until crisp & drain on absorbent towel. Cook onion & mushroom in oil/butter mixture for 3 minutes. Mix milk, yogurt, cheeses & 2 egg whites & two eggs together until smooth. Add parsley. Break up bacon & put on bottom of cooled shell. Pour in onion/mushroom mixture & pour over milk mixture. Add salt & pepper. Sprinkle with parmesan & cut up 1 T butter over top. Bake at 375° for 35-45 minutes.

## Noodles & Green Beans

8-10 oz thin noodles  
2 pkg frozen french style green beans

Boil noodles for 5 minutes. Take out, pour cold water in & then drain. Quick boil green beans - drain on top of noodles.

### Bechamel sauce:

1½ cup milk  
2 peppercorns  
½ carrot  
1 bay leaf  
1/8 t mace  
a little parsley  
¼ onion

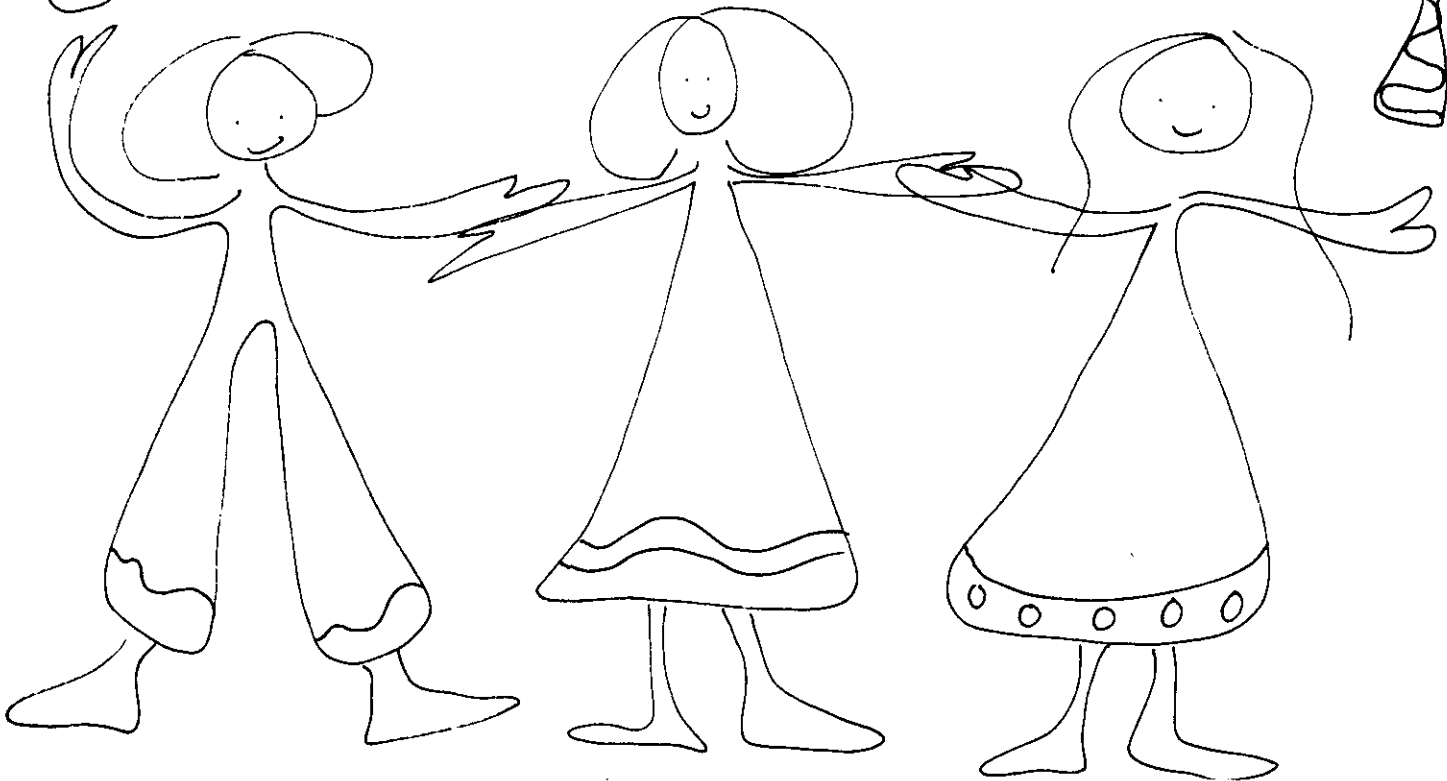
2 T butter  
4 T flour  
½ + ¼ cup Parmesan cheese

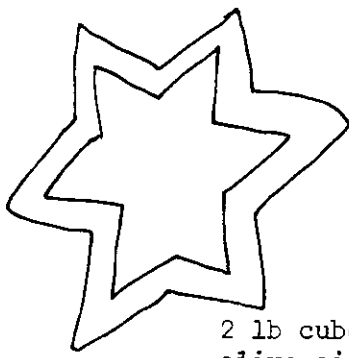
Slowly bring to boil & simmer for 10 minutes the milk, peppercorns, carrot, bay leaf, mace, parsley & onion. Melt 2 T butter in saucepan. Take off heat & add 4 T flour. Put back on heat constantly stirring with wisk over low fire for 2 minutes. Take off heat & slowly pour in milk & keep beating. Back on heat. For thinner sauce add more milk. Add ½ cup Parmesan cheese.

Put noodles & beans in casserole. Pour sauce on top and

1 T butter in pieces  
another 1/4 cup Parmesan cheese.

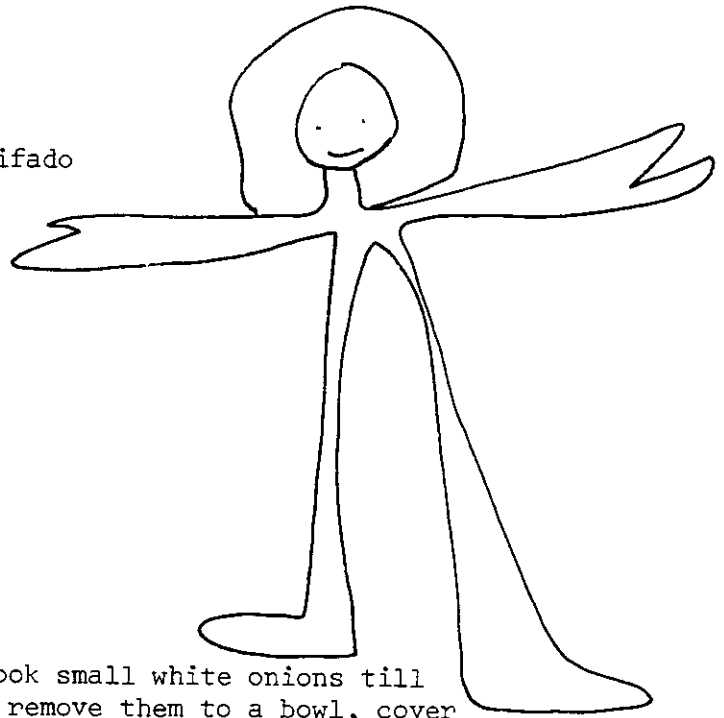
Cook in 350° oven for about 15 minutes. Another 10 minutes at 450° to brown top. And that's it!





2 lb cubes of beef  
olive oil  
small white onions  
3 cloves garlic  
beef cubes  
2 T tomato paste  
bay leaf  
salt & pepper  
small stick of cinnamon  
1 cup of red wine  
3 t vinegar

### Stifado

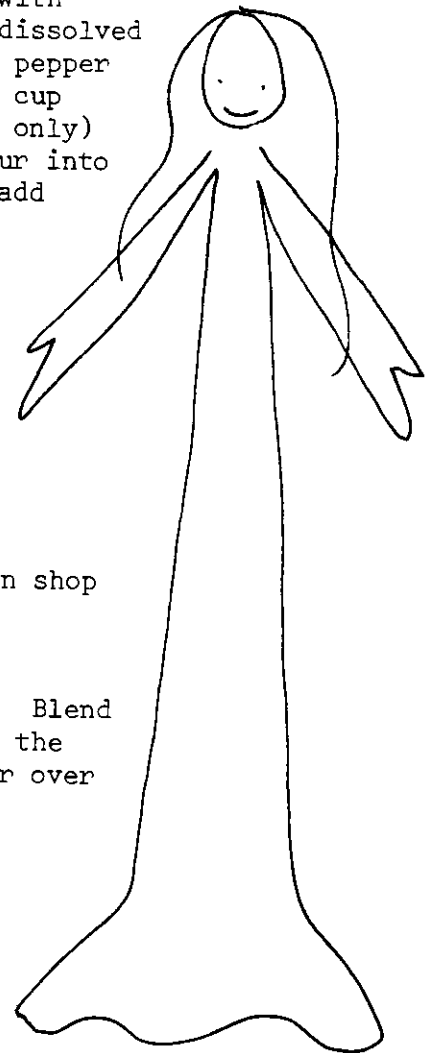
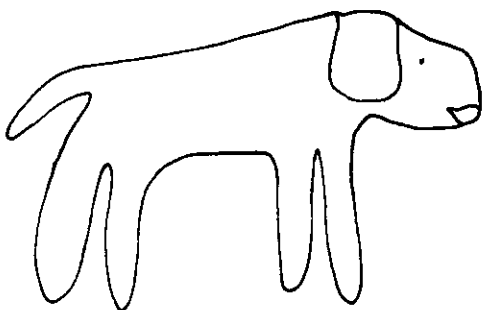


Put oil in sauce pan & cook small white onions till golden brown. When done remove them to a bowl, cover & keep them warm. In same saucepan put 3 cloves of garlic, brown them & put them in the same pot with beef cubes. In same pan put 2 T tomato paste dissolved in one cup of hot water. Add bay leaf, salt & pepper to taste & a small stick of cinnamon. Put one cup of red wine with 3 t vinegar (or 1 cup vinegar only) into tomato sauce. Cook for a few minutes, Pour into pot with meat, cover & cook for  $\frac{1}{2}$  hour. Then add onions & simmer for  $1\frac{1}{2}$  hours.

### Basil Pasta

$2\frac{1}{2}$  cups fresh basil leaves dried  
 $\frac{3}{4}$  cup olive oil  
 $\frac{1}{2}$  cup or more grated romano cheese  
1 T pine nuts (if you like) - find in an Italian shop  
pasta

Mix all in a blender with  $\frac{1}{3}$  of the olive oil. Blend at high speed for 1-2 minutes. Add the rest of the olive oil & blend for another 2-3 minutes. Pour over pasta. We had fettucini.





### Tomato Sauce for Spaghetti

2 lb can tomatoes  
3 T olive oil  
3 medium onions sliced  
2 cloves garlic split  
1 T basil  
1 carrot thinly chopped  
small celery stalk finely diced  
1/4-1/3 cup wine (not too sweet)  
1/2 t sugar  
salt & pepper  
oregano or parmesan cheese  
bay leaf, cinnamon stick or mushrooms (if you like)

Put olive oil in a frying pan. Brown garlic & discard. Add onions to oil with basil & cook for 10 minutes along with carrot & celery. Add tomatoes - strain & push through as a puree. Add wine & cook for an hour. Let it sit for a few hours before serving. When reheating add 1/2 t sugar, a little salt, pepper, oregano or parmesan cheese, or other spices if you like.

### Garlic Spaghetti

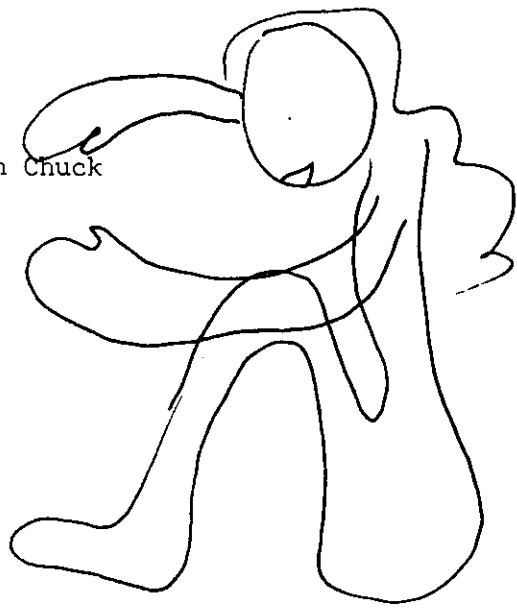
spaghetti  
2/3 cup olive oil  
5 cloves garlic split  
2 T parsley  
1 egg beaten

Put olive oil in a little enamel pan & heat it up with about 5 cloves of garlic split. Let it keep heating for about 20-30 minutes. Add parsley. When spaghetti is cooked, drain & throw it back into pot. Throw a beaten egg in & mix well. Add the olive oil & garlic mixture & heat it up stirring constantly. Read to serve.



### Spaghetti Sauce with Chuck

- 2 lb chuck steak with bone
- 2 T butter
- 2 T olive oil
- 1½ lb can tomatoes
- ½ cup wine
- 2 onions
- 2 garlic cloves sliced in half
- 1 bay leaf
- ½ stick cinnamon
- 1 T oregano
- 1 T parsley
- ¼ cup cheese
- salt & pepper



Put 1 T butter & 1 T olive oil in large skillet. Lightly brown garlic & discard. Brown the chuck steak in oil/butter quickly 3 minutes on each side. Add rest of butter & oil, then add onions & cook for 10 minutes. Then put in tomatoes, bay leaf, cinnamon, & 1 T oregano & cook for 30 minutes. Add wine & parsley, salt & pepper, & continue to simmer for 30 minutes uncovered. Add cheese to sauce before serving.

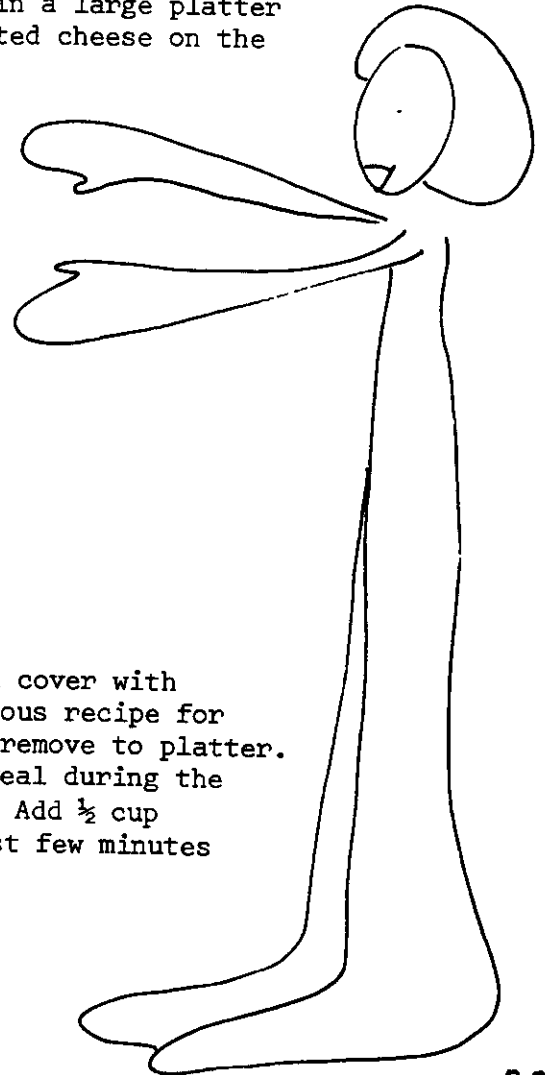
Make any spaghetti or macaroni. Serve in a large platter with meat sauce on top. Have extra grated cheese on the table.



### Spaghetti Sauce with Veal

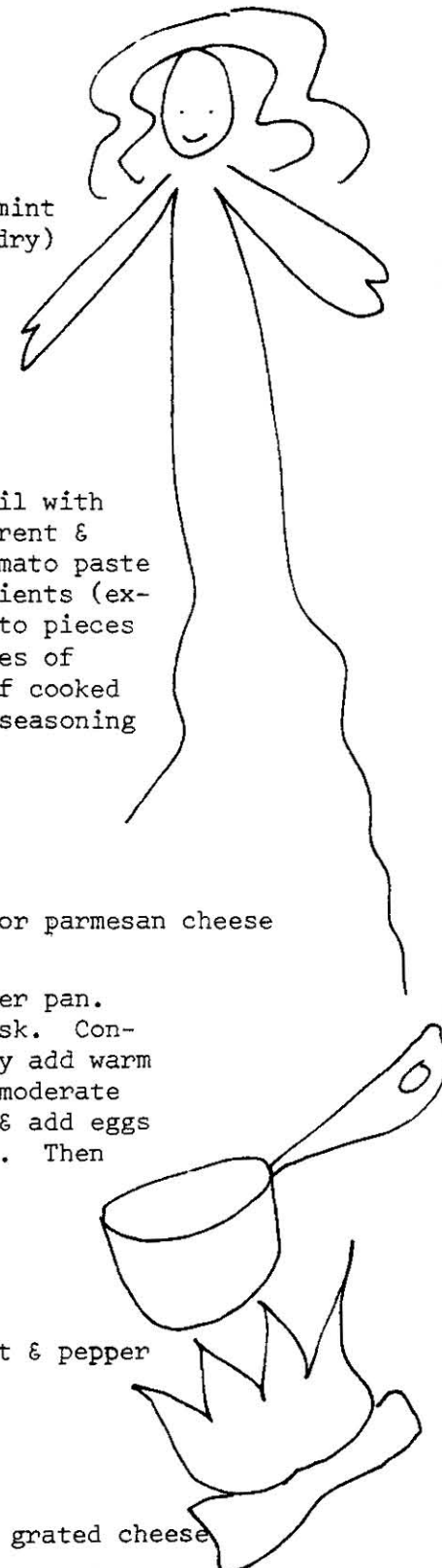
- 1 lb thin cut, pounded veal cutlets
- bread crumbs, fine
- 1 egg
- 2/3 cups milk
- salt & pepper
- other ingredients as above
- ½ carrot diced (if you like)
- ½ cup grated parmesan/romano cheese
- 2 T chopped parsley

Dip cutlets into egg-milk mixture & then cover with fine bread crumbs. Continue as in previous recipe for chuck steak except after browning veal, remove to platter. Add carrot to onions if you like. Add veal during the last 15 minutes of sauce' cooking time. Add ½ cup grated parmesan/romano cheese during last few minutes & sprinkle with 2 T chopped parsley.





Pastitso - Celia



⊕ Meat sauce:

- |                          |                             |
|--------------------------|-----------------------------|
| 2 lb ground beef         | 1 t each thyme, dill & mint |
| 4 onions                 | 1/2-2/3 cups red wine (dry) |
| 1/2 carrot diced         | 2 T parsley                 |
| 1/2 rib celery diced     | 1 cinnamon stick            |
| 2-3 cloves garlic minced | 2 bay leaves                |
| 4 T olive oil            | 2 lb can whole tomatoes     |
| 1 T oregano              | 8 oz can tomato sauce       |
| 1 T basil                | 1/2 t sugar                 |
| 2 T tomato paste         | salt & pepper               |

First cook onions, carrot, celery & garlic in olive oil with oregano & basil for about 20-30 minutes until transparent & soft. Add meat & brown for about 10 minutes. Add tomato paste & cook for 3 minutes. Add all the rest of the ingredients (except for sugar, salt & pepper) cutting up larger tomato pieces & simmer for 1 hour. Add 1/2 t sugar for last 15 minutes of cooking & salt & pepper. Meat sauce is much better if cooked in the morning & used in the evening. Can add extra seasoning after it is cooked if you like.

⊕ White cream sauce:

- |                         |   |
|-------------------------|---|
| 8 T butter or margarine | 3 cups milk                               |
| 12 T flour              | 2/3 cups grated Romano or parmesan cheese |
| 3 eggs                  | salt & pepper                             |

Heat milk (do not boil) while melting butter in another pan. Take butter off fire & add flour while mixing with wisk. Continue to mix & put back on fire for 3 minutes. Slowly add warm milk to butter-flour mixture & continue to cook over moderate to low heat until thick - very thick. Take off fire & add eggs (beaten with 3 T of the cream sauce already mixed in). Then add cheese & set aside.

⊕ Macaroni cream:

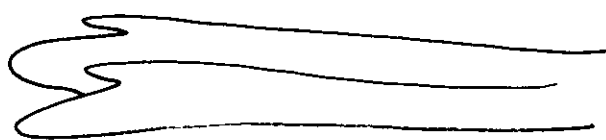
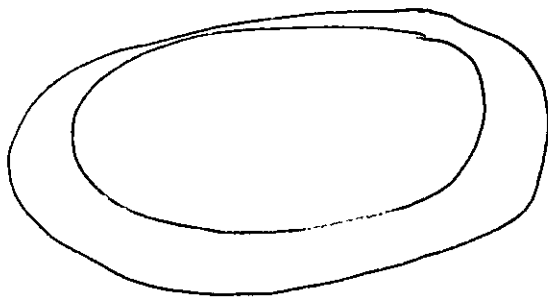
- |            |             |               |
|------------|-------------|---------------|
| 4 T butter | 2 cups milk |               |
| 4 T flour  | 1 egg       | salt & pepper |

Follow same directions as for cream sauce above.

⊕ Pasta:

- |                     |       |                         |
|---------------------|-------|-------------------------|
| 1 lb thick macaroni | 1 egg | 1/2-1 cup grated cheese |
|---------------------|-------|-------------------------|

Boil the thickest macaroni you can find. Drain & put in a deep 4 quart casserole. Mix in macaroni cream & 1/4 cup grated cheese. Pour meat mixture over top of macaroni. Pour thick cream sauce over meat. Sprinkle 1/2 cup of grated cheese over top. Bake at 350°-375° for 35-45 minutes until top is lightly golden.

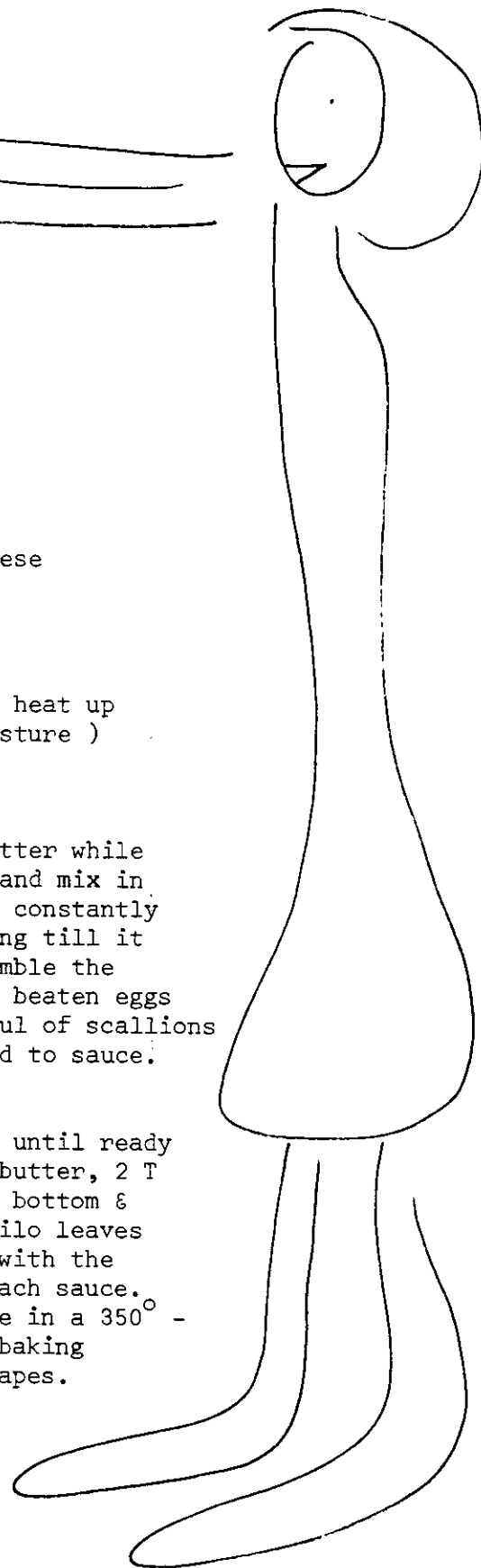


Spinach Pie

streudel leaves (filo) - buy at store  
5 T butter  
1 cup milk  
3 T flour  
 $\frac{1}{2}$  cup (5 oz) ricotta cheese  
5 oz feta cheese  
2-3 oz left over muenster or cheddar cheese  
3 eggs beaten  
a little salt & pepper  
handful of chopped scallions  
4 T olive oil  
 $\frac{2}{3}$  lb fresh spinach ( or 1 pkg frozen - heat up  
& squeeze out moisture )  
2 T margarine

First you make cream sauce. Melt 3 T butter while heating the milk. Take butter off fire and mix in 3 T flour. Back on fire and keep mixing constantly for 2 minutes. Pour in milk. Keep mixing till it gets real thick. Remove from heat & crumble the cheeses into the sauce. Slowly mix in 3 beaten eggs & a little salt & pepper. Saute a handful of scallions in 2 T olive oil for 5 minutes & then add to sauce. Throw in the spinach.

Keep filo leaves covered with damp towel until ready to use - they dry out easily. Melt 2 T butter, 2 T margarine & 2 T olive oil in a pot. Oil bottom & sides of baking pan generously. Put 7 filo leaves on the bottom of pan brushing each leaf with the butter mixture. Pour in all of the spinach sauce. Then six more buttered filo leaves. Bake in a  $350^{\circ}$  -  $375^{\circ}$  oven for about 35 minutes. Before baking score the top of the pie with diamond shapes.





Liver & Onions

1 lb calves liver sliced into thin strips  
(3 inches long)

paprika

flour

3 medium size onions sliced

2 T butter

2 T olive oil

$\frac{1}{4}$  cup beef stock or consomme

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

1 t each chopped parsley, chervil, tarragon,  
chives & dill

salt & pepper

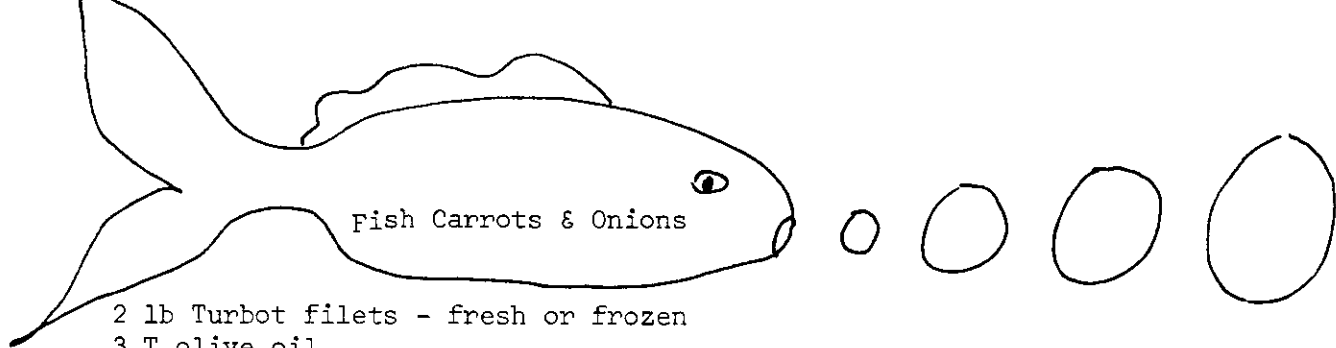
juice of  $\frac{1}{2}$  lemon

$\frac{1}{4}$  lb chopped mushrooms (if you like)

Dust the liver in flour, sprinkled with paprika, salt & pepper. Leave it to dry for about 10 minutes before cooking. Heat 1 T butter & 1 T olive oil in a pan & sauté onions till golden, about 10 minutes. Can include mushrooms in last couple of minutes with the onions if you like.

Heat 1 T butter & 1 T olive oil in another pan & saute liver for 5 minutes. Then throw the onions in with the livers. Pour in the stock & let it cook for about 30 seconds. Add wine & all the spices. Cook another 5 minutes & sprinkle lemon juice over it.

Especially good poured over linguini.



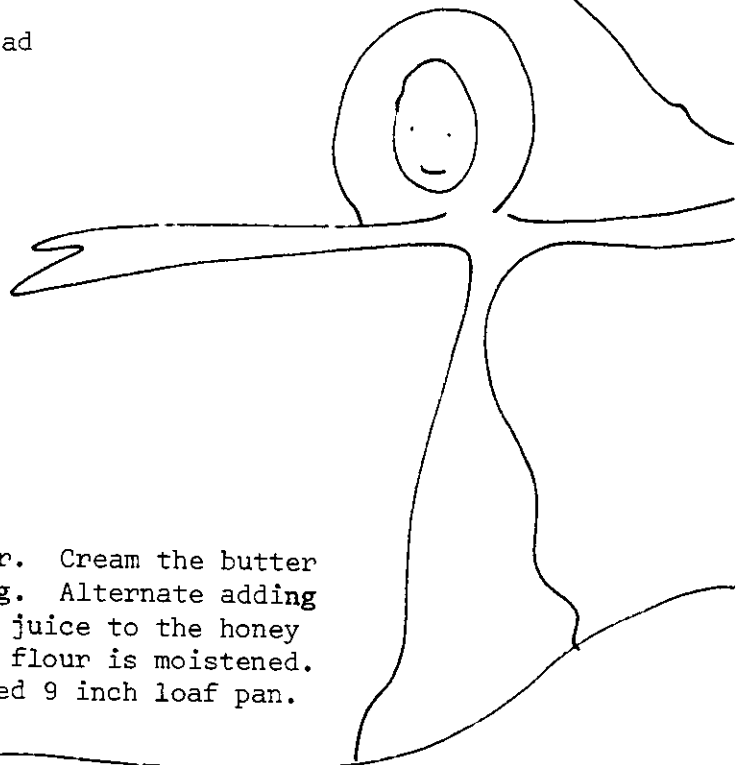
2 lb Turbot filets - fresh or frozen  
3 T olive oil  
1 T peanut oil  
40 tiny white onions  
4 carrots diced  
1¼ cup dry white wine  
juice of 2 lemons  
4 fresh tomatoes - peeled seeded & chopped  
bouquet garni (bay leaf, thyme & fresh parsley)  
10 peppercorns  
¼ t coriander seeds  
¼ t mace  
pinch of oregano  
salt & pepper

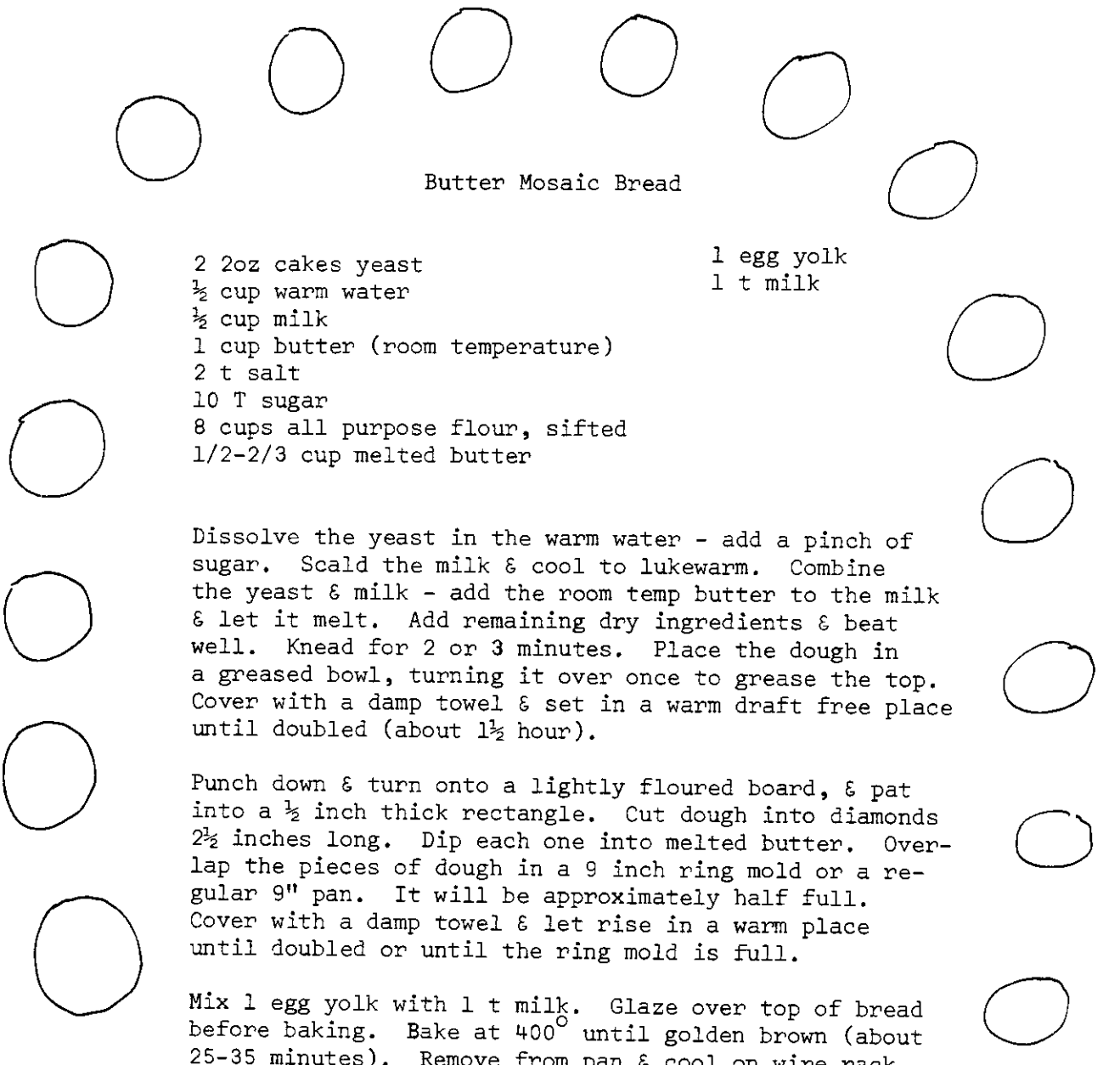
Heat the oils in a pan. Cook the onions & carrots in the oils until golden. Add the wine, lemon juice, tomatoes & all the seasonings. Simmer 20 minutes uncovered. Add fish (thawed if frozen) & cook covered for 12-15 minutes. Put fish in serving dish & pour sauce over it. Serve with rice.

#### Orange Honey Bread

2½ cups sifted white flour  
½ t baking soda  
½ t salt  
2½ t baking powder  
4 T butter  
2/3 cup honey  
1/3 cup brown sugar  
1 egg well beaten  
¾ cup orange juice  
¾ cup chopped nuts  
½ t lemon rind grated

Sift the dry ingredients together. Cream the butter & honey well & add the beaten egg. Alternate adding the dry ingredients & the orange juice to the honey mixture, blending only until the flour is moistened. Add the nuts & pour into a greased 9 inch loaf pan. Bake at 350° for one hour





## Butter Mosaic Bread

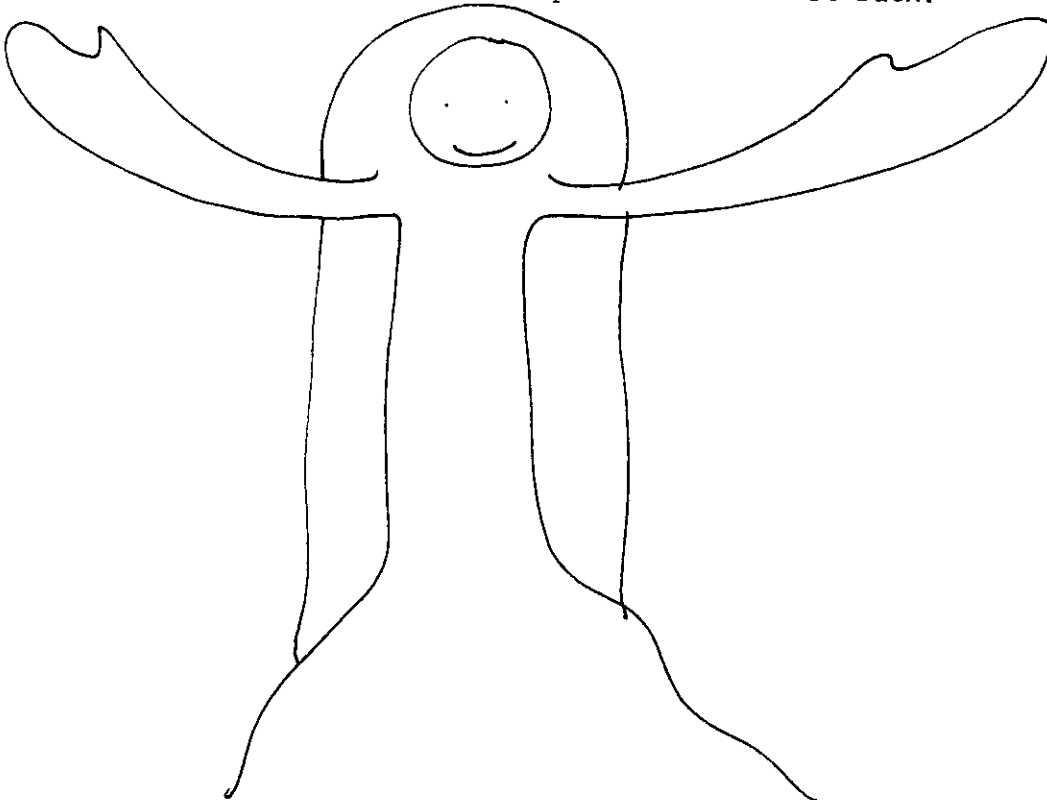
2 2oz cakes yeast  
½ cup warm water  
½ cup milk  
1 cup butter (room temperature)  
2 t salt  
10 T sugar  
8 cups all purpose flour, sifted  
1/2-2/3 cup melted butter

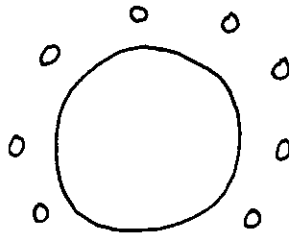
1 egg yolk  
1 t milk

Dissolve the yeast in the warm water - add a pinch of sugar. Scald the milk & cool to lukewarm. Combine the yeast & milk - add the room temp butter to the milk & let it melt. Add remaining dry ingredients & beat well. Knead for 2 or 3 minutes. Place the dough in a greased bowl, turning it over once to grease the top. Cover with a damp towel & set in a warm draft free place until doubled (about 1½ hour).

Punch down & turn onto a lightly floured board, & pat into a ½ inch thick rectangle. Cut dough into diamonds 2½ inches long. Dip each one into melted butter. Overlap the pieces of dough in a 9 inch ring mold or a regular 9" pan. It will be approximately half full. Cover with a damp towel & let rise in a warm place until doubled or until the ring mold is full.

Mix 1 egg yolk with 1 t milk. Glaze over top of bread before baking. Bake at 400° until golden brown (about 25-35 minutes). Remove from pan & cool on wire rack.





### John's Bread for Feast

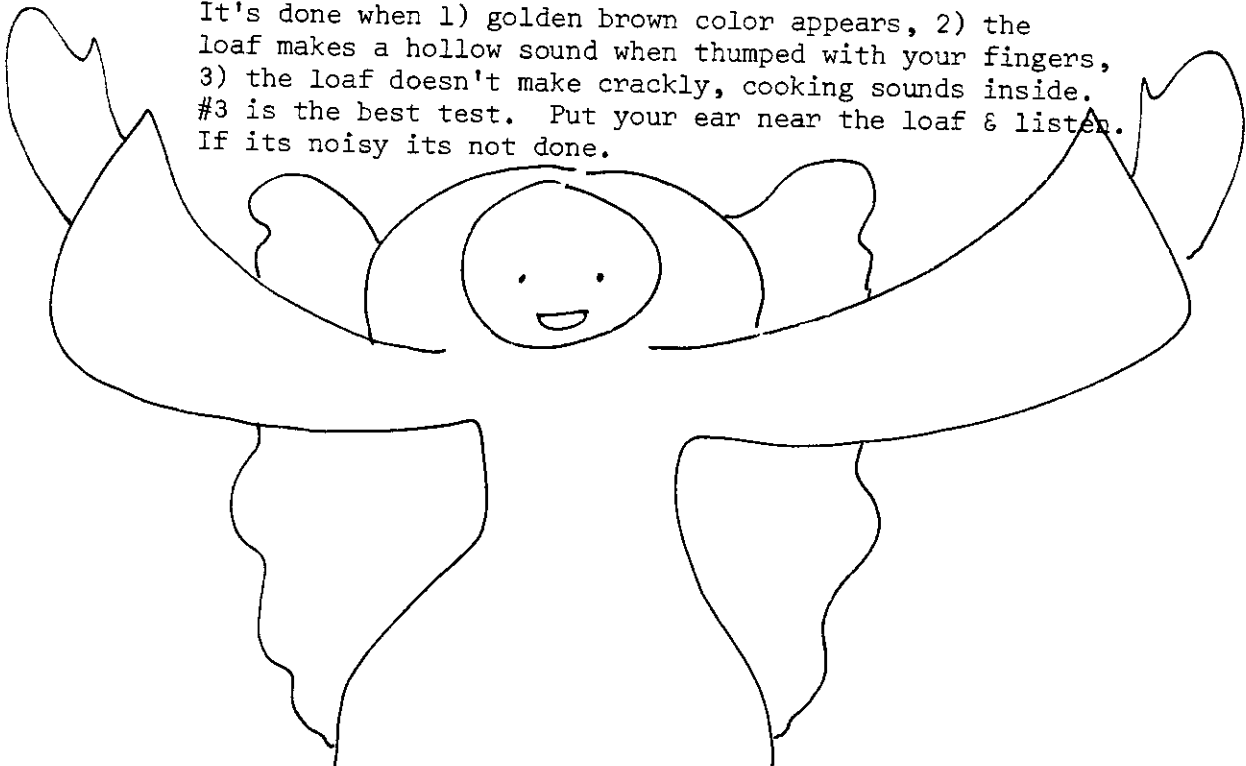
2 pkg active dry yeast ( or 1 cake yeast)  
3/4 cup warm water (water should be warm to the touch  
not hot - 105-115°)  
2 2/3 cups warm water (milk can be used for some or  
all of the liquid. The more milk  
the richer the bread)  
1/4 cup honey  
pinch salt  
tiny pinch of cardamon, cinnamon & or nutmeg (if you're daring)  
3 T shortening  
9-10 cups flour

Dissolve yeast in 3/4 cup warm water. Mix salt, spices  
& honey with warm milk or water (2 2/3 cups). Mix to-  
gether & add half of the flour. Stir well until smooth  
& then stir some more until air bubbles form. Mix in  
more flour until the dough is easy to handle.

Turn dough onto lightly floured board & knead about 10  
minutes. The more you knead the better the texture.  
Place in greased bowl & turn greased side up. Cover &  
put in oven with pilot or some other warm (85-90°) cozy  
place. Let rise for about 1 hour or until depression  
remains when you stick finger into the dough.

Punch down, divide into loaves & put in greased bread  
pans. Brush with butter (the more butter the crustier  
the loaf) & let rise until double. Heat oven to 425°  
(take loaves out first) & bake for 30-35 minutes.

It's done when 1) golden brown color appears, 2) the  
loaf makes a hollow sound when thumped with your fingers,  
3) the loaf doesn't make crackly, cooking sounds inside.  
#3 is the best test. Put your ear near the loaf & listen.  
If its noisy its not done.



# BREAD

New Year's Bread - Vasilopita



1 cup butter  
6 large eggs  
1½ cups sugar  
2 pkg. dry yeast  
1 t salt  
2½ lb. flour  
sesame seeds

½ t baking powder  
2 medium white potatoes (boiled & mashed)  
½ cup potato water (cooled to lukewarm)  
½ cup cinnamon water (1 cup water boiled with 2-3 cinnamon sticks for 5 min.)  
1 egg yolk mixed with 1 T water

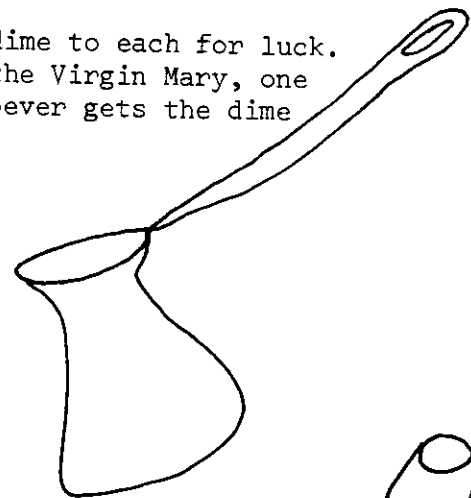
Beat butter until white and fluffy. Add sugar & beat well. Add eggs and beat again. Dissolve yeast in potato water (5 min. foamy). Add yeast mix to butter mix and mix well. Add mashed potatoes and mix well. Add flour and baking powder & mix well (more flour may be necessary). Knead. Place dough in greased bowl. Cover with damp towel doubled. Punch down after risen (about 3 hours or more). Punch down again (second time rises quicker - 2 hours). Shape loaves round and place on greased flat cookie sheets. Let rise again. Brush tops with egg yolks and sprinkle blanched sesame seeds on top. Bake 1 hour at 350°.

Just before molding the round loaves add a dime to each for luck. When you serve the bread cut one piece for the Virgin Mary, one for Jesus Christ and one for the house. Whoever gets the dime has the luck.

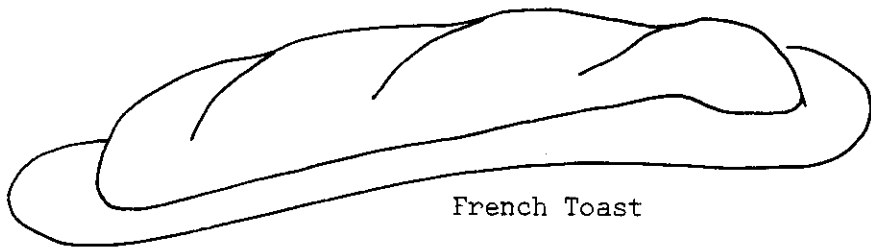


Greek Coffee

Greek coffee pot  
little cups (like Italian espresso cups)  
Greek coffee - buy at a Greek food store  
sugar



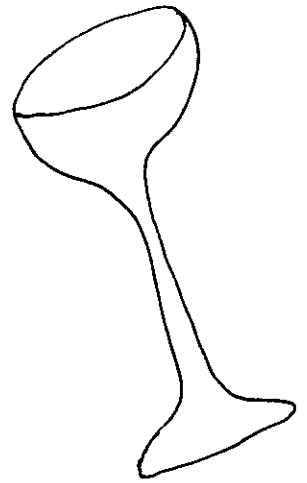
Measure 2 cups of water from one of the little cups into the pot, & then two heaping t of coffee. Add 1 flat t of sugar & stir a little. Put pot on the fire. Then stand & watch it. As it starts to foam up lift pot off fire a little so that it foams right to the top edge & then back down. Put back on fire & repeat once more (or twice). Pouring it out is also important. Set out the cups - pour each cup half full & then fill up each cup to preserve the foam topping. If you want more than 2 cups, make another pot, or get a bigger pot.



French Toast

2/3 cup milk  
2 eggs  
2 T sugar  
1 t cinnamon  
½ t cloves, nutmeg or allspice (whatever you prefer)  
1 t vanilla

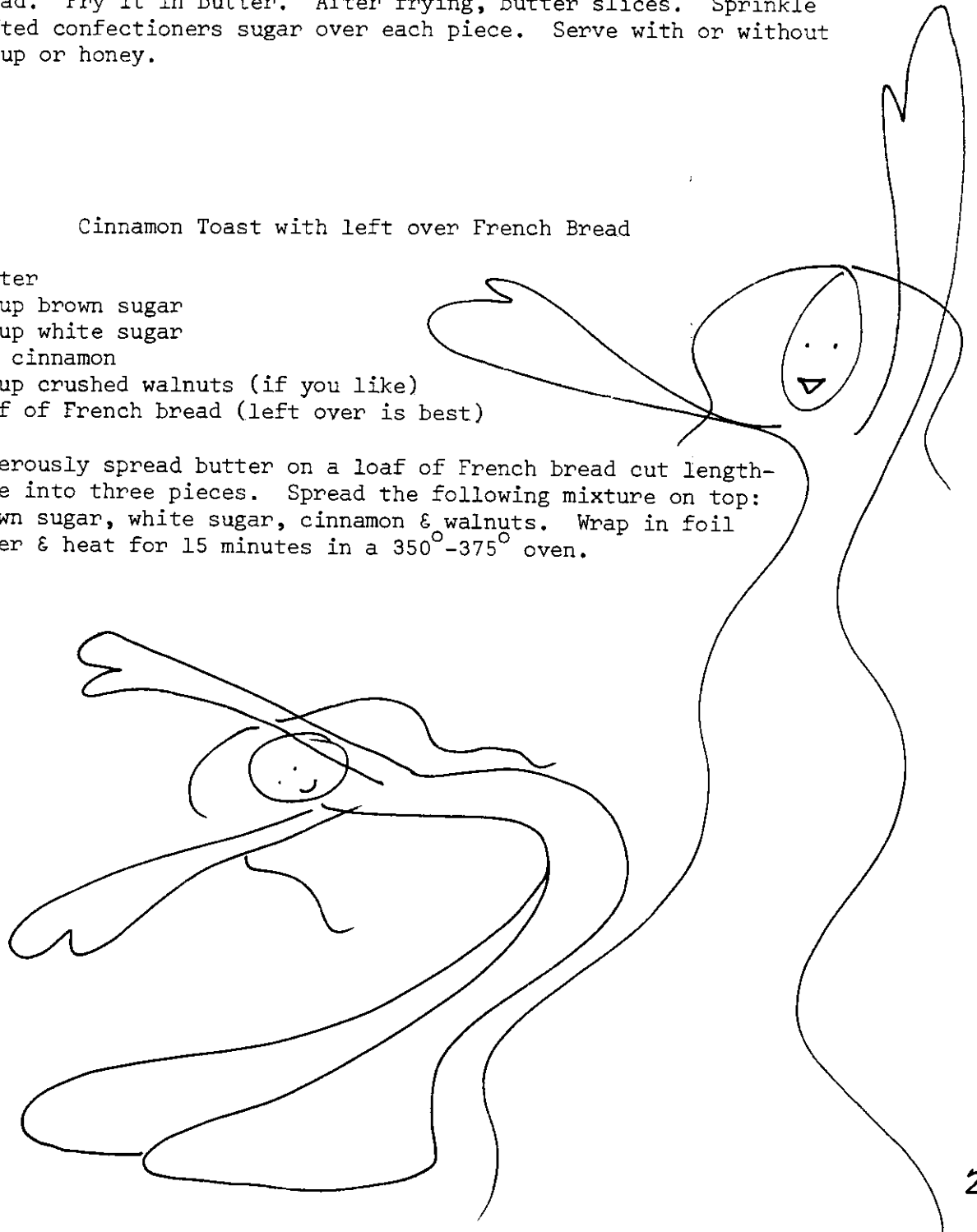
Beat it - dip in slices of thin cut white or whole wheat bread. Fry it in butter. After frying, butter slices. Sprinkle sifted confectioners sugar over each piece. Serve with or without syrup or honey.

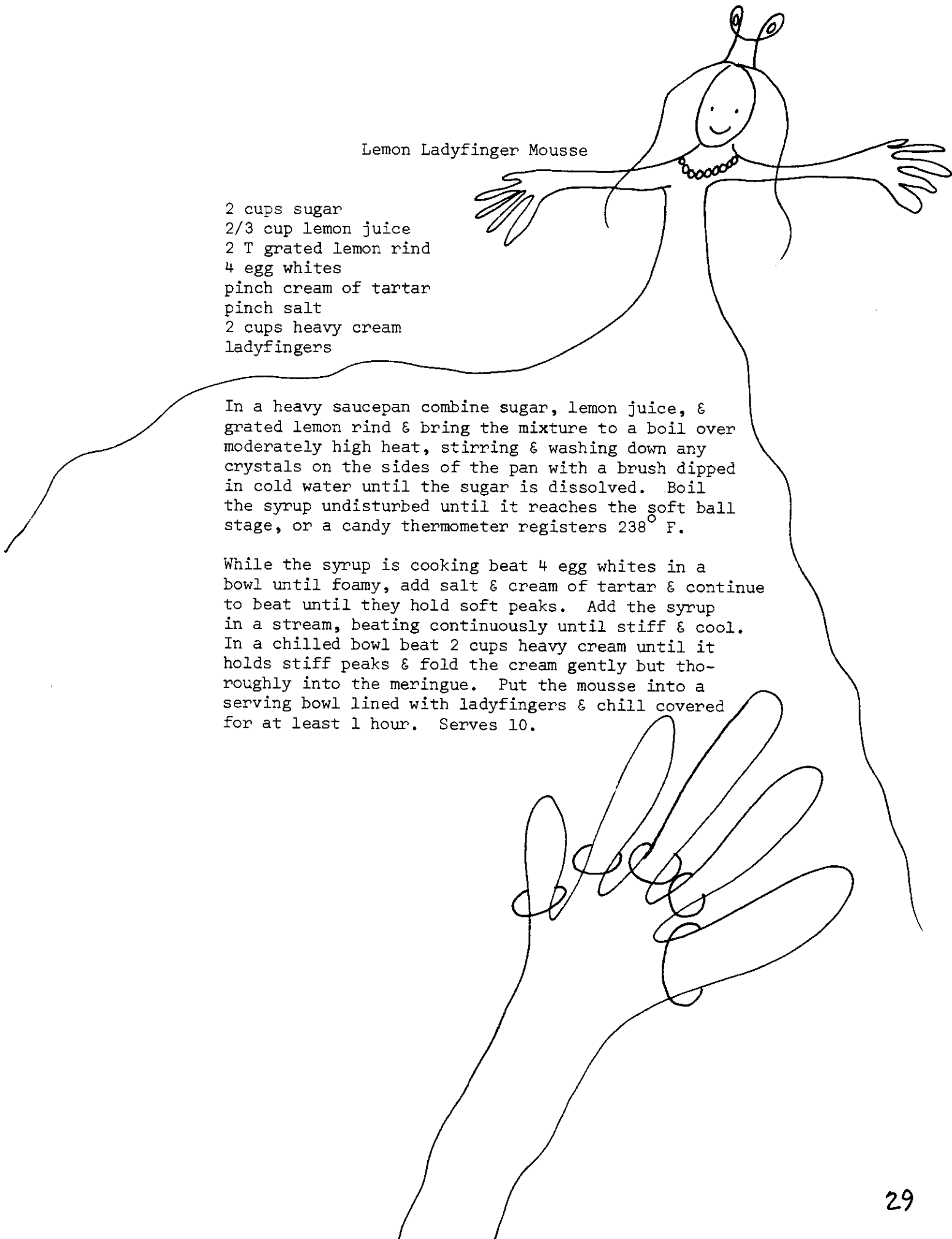


#### Cinnamon Toast with left over French Bread

butter  
½ cup brown sugar  
¼ cup white sugar  
1 T cinnamon  
¼ cup crushed walnuts (if you like)  
loaf of French bread (left over is best)

Generously spread butter on a loaf of French bread cut lengthwise into three pieces. Spread the following mixture on top: brown sugar, white sugar, cinnamon & walnuts. Wrap in foil paper & heat for 15 minutes in a 350°-375° oven.





Lemon Ladyfinger Mousse

2 cups sugar  
2/3 cup lemon juice  
2 T grated lemon rind  
4 egg whites  
pinch cream of tartar  
pinch salt  
2 cups heavy cream  
ladyfingers

In a heavy saucepan combine sugar, lemon juice, & grated lemon rind & bring the mixture to a boil over moderately high heat, stirring & washing down any crystals on the sides of the pan with a brush dipped in cold water until the sugar is dissolved. Boil the syrup undisturbed until it reaches the soft ball stage, or a candy thermometer registers 238° F.

While the syrup is cooking beat 4 egg whites in a bowl until foamy, add salt & cream of tartar & continue to beat until they hold soft peaks. Add the syrup in a stream, beating continuously until stiff & cool. In a chilled bowl beat 2 cups heavy cream until it holds stiff peaks & fold the cream gently but thoroughly into the meringue. Put the mousse into a serving bowl lined with ladyfingers & chill covered for at least 1 hour. Serves 10.

### Alex' Lemon Pie

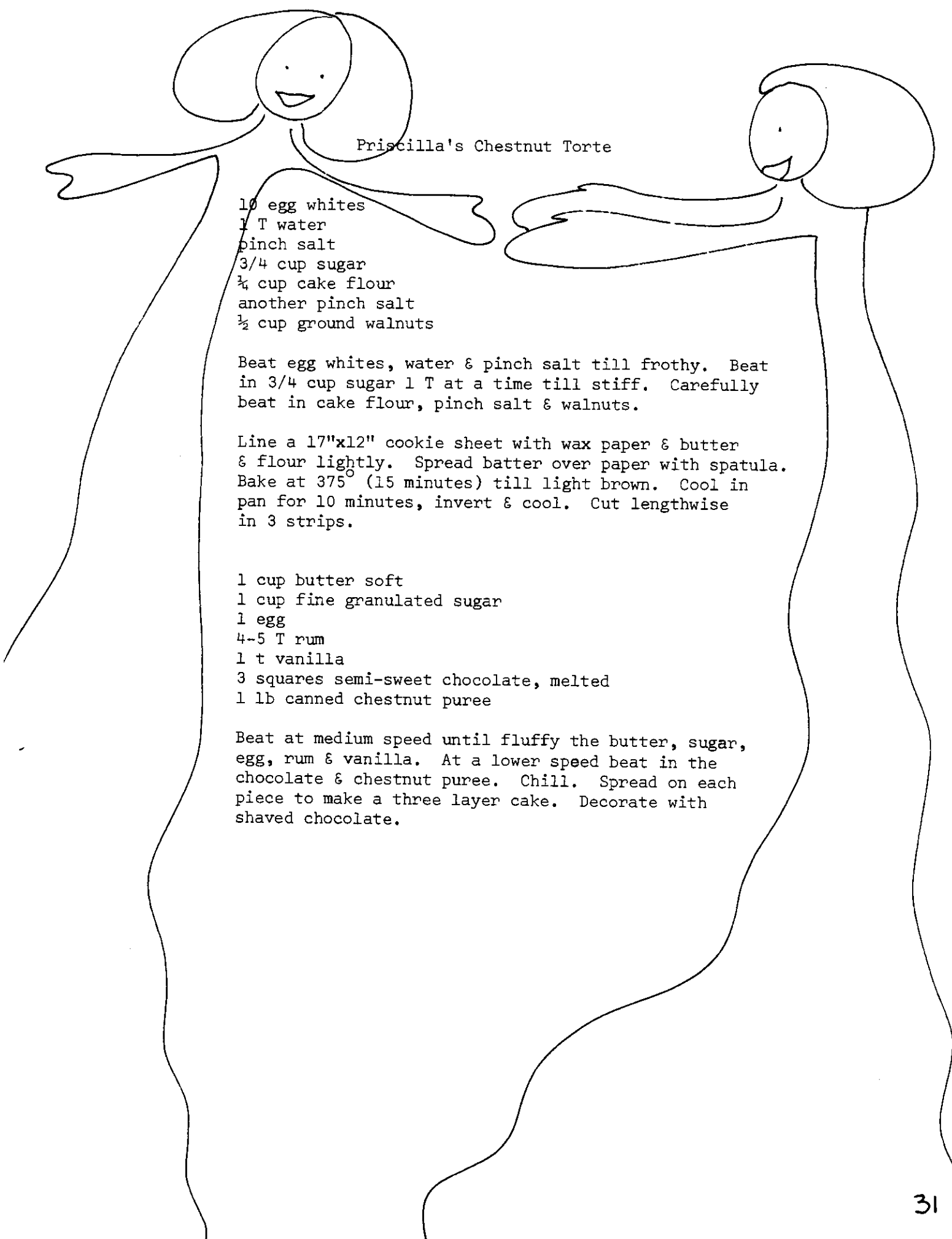
$\frac{1}{2}$  cup fresh lemon juice  
1 (8-10 oz) can condensed milk  
4 T sugar  
 $\frac{1}{4}$  t cream of tartar  
2 egg yolks  
2 egg whites

Mix lemon juice, condensed milk & yolks together well. Pour into a ready made 9" graham cracker pie crust. Beat whites with sugar & cream of tartar until thick. Pour over pie. Cook for 20 minutes in a 325°-350° oven.

### Chocolate Chip Cookies

$1\frac{1}{4}$  cup flour  
 $\frac{1}{2}$  t baking soda  
 $\frac{1}{2}$  t salt  
1 t vanilla  
 $\frac{1}{4}$  t cinnamon  
 $\frac{1}{2}$  cup soft butter (or 4 T butter + 4 T vegetable shortening)  
1 egg  
10 T brown sugar  
6 T white sugar

Cream butter for about 5 minutes. Add sugar. Continue to beat for 5 minutes. Add the egg, then the vanilla. Sift together flour, baking soda, salt - add this to the egg & butter mixture. Add cinnamon & mix in 8 ounces chocolate chips. *Cook 8-10 minutes on ungreased cookie sheet at 375°.*



Priscilla's Chestnut Torte

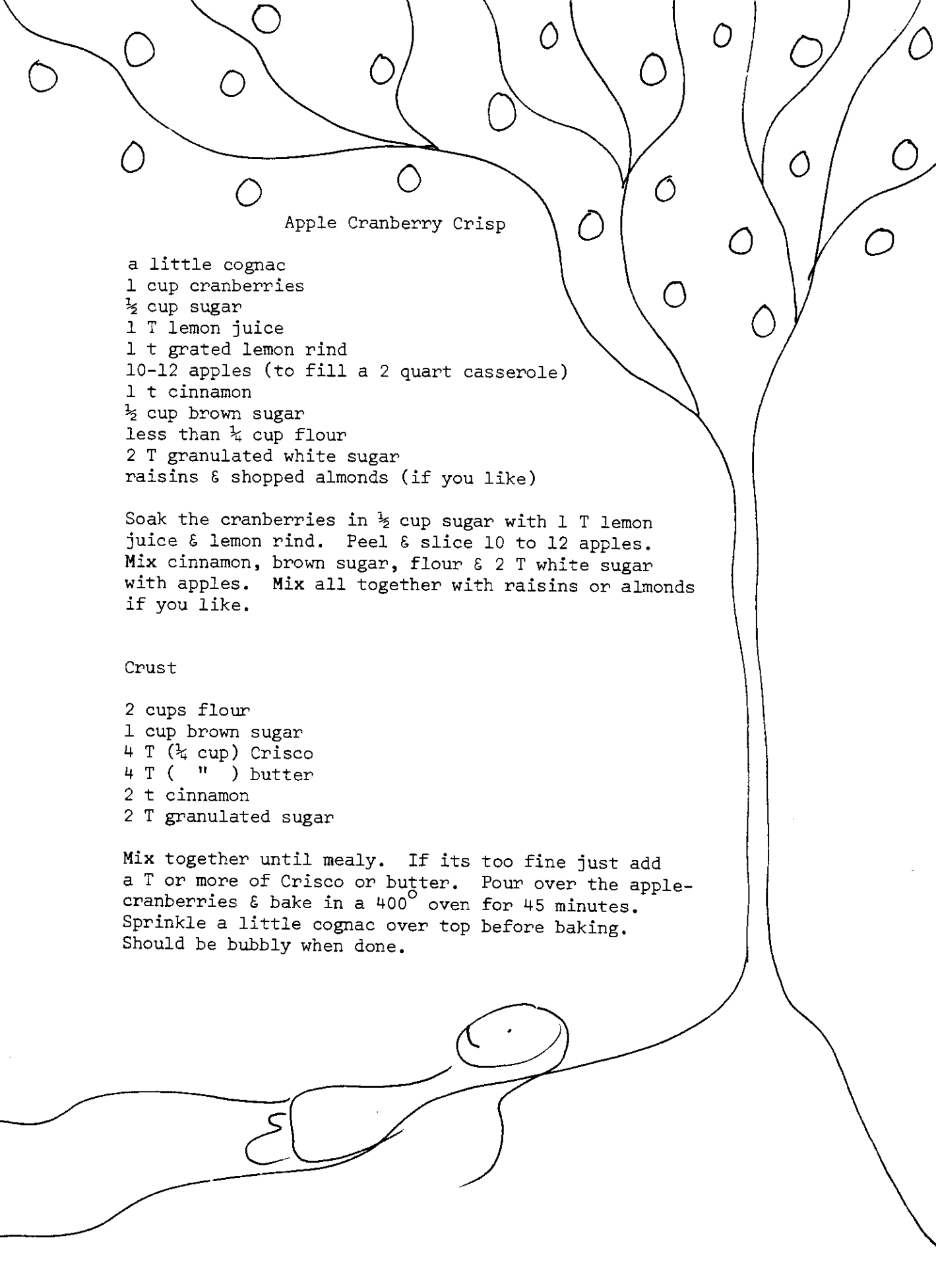
10 egg whites  
1 T water  
pinch salt  
3/4 cup sugar  
1/4 cup cake flour  
another pinch salt  
1/2 cup ground walnuts

Beat egg whites, water & pinch salt till frothy. Beat in 3/4 cup sugar 1 T at a time till stiff. Carefully beat in cake flour, pinch salt & walnuts.

Line a 17"x12" cookie sheet with wax paper & butter & flour lightly. Spread batter over paper with spatula. Bake at 375° (15 minutes) till light brown. Cool in pan for 10 minutes, invert & cool. Cut lengthwise in 3 strips.

1 cup butter soft  
1 cup fine granulated sugar  
1 egg  
4-5 T rum  
1 t vanilla  
3 squares semi-sweet chocolate, melted  
1 lb canned chestnut puree

Beat at medium speed until fluffy the butter, sugar, egg, rum & vanilla. At a lower speed beat in the chocolate & chestnut puree. Chill. Spread on each piece to make a three layer cake. Decorate with shaved chocolate.



Apple Cranberry Crisp

a little cognac  
1 cup cranberries  
 $\frac{1}{2}$  cup sugar  
1 T lemon juice  
1 t grated lemon rind  
10-12 apples (to fill a 2 quart casserole)  
1 t cinnamon  
 $\frac{1}{2}$  cup brown sugar  
less than  $\frac{1}{4}$  cup flour  
2 T granulated white sugar  
raisins & shopped almonds (if you like)

Soak the cranberries in  $\frac{1}{2}$  cup sugar with 1 T lemon juice & lemon rind. Peel & slice 10 to 12 apples. Mix cinnamon, brown sugar, flour & 2 T white sugar with apples. Mix all together with raisins or almonds if you like.

Crust

2 cups flour  
1 cup brown sugar  
4 T ( $\frac{1}{4}$  cup) Crisco  
4 T ( " ) butter  
2 t cinnamon  
2 T granulated sugar

Mix together until mealy. If its too fine just add a T or more of Crisco or butter. Pour over the apple-cranberries & bake in a 400° oven for 45 minutes. Sprinkle a little cognac over top before baking. Should be bubbly when done.

