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A Collection of Recipes from various sources by Jamie van Dam
please note these recipes are somewhat chronological

A collection of Recipes

(By Jamie van Dam) 2000- 2006

... smell, touch, see the colors and learn about all your ingredients as much as you can, of course little by little building your knowledge for food. Food is life, life without food ...

Happy cooking to you!

Fran's Creamy Grits:

-1 cup grits for four people.

4 cups water.

1 cup grits.

2 Tbsp butter.

2-4 cups milk, cream, half + half etc...

Boil water, add butter, grits, return to boil, simmer slowly (1hr) adding water/ milk.

Leftovers: dip into egg as a patty and then bread crumbs + fry.

Cinnamon rolls:

November 2003

400 degrees for 20-25 minutes.

All purpose flour	2 cups-500mls
Granulated sugar	2Tbsp
Baking powder	4tsp
Salt	1tsp
Butter	¼ cup
Cold milk	1 cup

1- Mix dry ingredients, cut in butter until crumbly, mix in milk until a dough forms.
Set aside.

Brown sugar	1 cup packed.
Cinnamon	1tsp
Butter	1/3 cup

2- Cream butter and sugar.

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3- Work dough 8 times with a dusted board, roll out $\frac{1}{4}$ "thick, divide butter sugar mix over dough and roll. Sprinkle cinnamon on rolls. Cut in 6 and place in muffin tins with a little butter in the bottom.

4-Icing sugar and milk drizzled over top!

Murray Webber's Caesar dressing (early version)

3 Garlic cloves crushed

$\frac{1}{4}$ cup olive oil

1 tbs anchovies crushed (paste) +more

1 egg yolk only

1 lemon juice

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp black pepper (freshly ground)

Worcestershire sauce – 6-8 drops

1 $\frac{1}{2}$ tsp Dijon mustard (plus $\frac{1}{4}$ tsp)

*add a little more lemon, Worcestershire and mustard to bring a real tang so that when mixed with the greens it doesn't lose its flavor

*freshly ground black pepper into salad before serving.

Make sure the greens are dry before tossing with the dressing.

Stephen Foster's BBQ Sauce

BBQ Sauce or (ketchup, sweet chili sauce)

Sweet wine

Worcestershire sauce

Soy Sauce

Combine all ingredients in equal quantities.

Apple Strudel

*Use tenderflake puff pastry or filo pastry

Peel and finely dice 2 $\frac{1}{4}$ lb cooking apples, sprinkle with 3 Tbsp of sugar

1 $\frac{1}{3}$ cup raisins

Handful of breadcrumbs

1 cup fresh walnuts, chopped

6 Tbsp melted butter

*Brown breadcrumbs in butter with walnuts. Spread the mixture evenly over the dough that has been covered with a thin layer of Dijon mustard. Sprinkle with

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raisins and apples and 1 Tbsp cinnamon and 6 Tbsp brown sugar. Prepare
strudel and brush the top with milk.

Bake @ 400 degrees Fahrenheit for 40-45 mins.

Macaroni and Cheese

1 pound penne
4 cups milk
4 Tbsp unsalted butter
6 Tbsp unbleached all purpose flour
1 tsp paprika
Salt
Freshly ground black pepper
12oz Gruyere cheese (grated 4 cups)

Boil penne al dente.

Bring milk to just a boil and set aside. Melt butter, add flour; whisk over low heat for 5 mins (do not brown)

Add hot milk to flour mixture, season with paprika, salt and pepper

Toss mixture with penne, grease a baking dish and fill with the penne mixture, top with cheese.

Bake @350 degrees Fahrenheit for 20-25 mins

Broil the last 5 minutes

Australian lamb

1 rack of Australian lamb
2 Tbsp crushed garlic
3 Tbsp each of honey, lemon juice, soy sauce

Marinate for as long as possible. Over Night if possible

Grandma Ruth's Pie Crust from Frances Hecht

1 2/3 cup unbleached flour
2/3 cup unsalted butter
Pinch of salt. Add to make a ball of dough
5 Tbsp orange juice
- refrigerate at least for 1 hour before rolling out into pie crust

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Filling for the Pie (from the New Basics p.716)

8 tart apples – Granny Smiths
4 Tbsp unsalted butter – melted
½ cup plus 2 Tbsp sugar
2 Tbsp corn starch
¾ t cinnamon and 1 tsp cardamons (Scandinavian style)
1 tsp grated lemon zest
1 tsp vanilla extract
Core, halve and peel the apples and cut into 1 inch chunks
Combine in a bowl the apples and butter and then add the remaining ingredients
and toss to evenly coat

Zucchini Potato Soup April 4th 2004

30g Butter
1 medium (150g) onion, chopped
1 tsp dry mustard
3 medium (360g) zucchini, chopped
2 medium (400g) potatoes, chopped
2 cups (500ml) chicken stock
2 Tbsp grated parmesan cheese
½ cup (125ml) sour cream
3 medium (360g) zucchini extra
30g Butter, extra

*Cook butter, onion, mustard until onion is soft. Add zucchini and potato – cook for 5 mins. Add stock, bring to boil, simmer covered 15mins or until veggies are tender.

*Blend or process mixture

*Stir in cheese and cream

*Cut extra zucchini into fine strips fry cook in extra butter for 2 mins or until tender – add to soup as a garnish

- This recipe serves 4 and can be doubled.

Mika's Carbonara

May 2004

*Dry Pasta= 100g per person

*add salt to water only after it has boiled

8 slices bacon
3 shallots sliced thinly
6-10 Tbsp Olive Oil

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*sauté slowly together

Crack black pepper in and add white wine when dish is cooked

Sauce

4-5 eggs
4-8 Tbsp Cream
100g Parmesan
Salt and pepper

Bruschetta (Bru- ske- tta) from Mika

Cut chunks of fresh bread, toast in oven, take out of oven and rub with a clove of Garlic over each piece.

Salt, tomatoes etc.

Swift pepper and salt shrimp serves 4

1 lb. Large Shrimp
1 tsp Salt
½ tsp sugar
¼ tsp Chili powder
3 Tbsp Canola/vegetable oil
1 Tbsp minced garlic
1 Tbsp thinly sliced fresh chili
2 scallions/green onions chopped

1. Clean and rinse the shrimp and dry on paper towels
 - Combine the salt, sugar, chili powder in a small bowl and set to the side
 - Heat wok over high heat (*remember hot wok cold oil*), swirl 1 Tbsp oil into Wok, add garlic, chili, and stir-fry for 30 secs or until garlic begins to turn light-golden in color. Add shrimp and 1 Tbsp oil, stir fry for 1 min or until lightly pink in color, Swirl once more 1 Tbsp oil and add salt mixture, stir-fry 1-2 mins until shrimp are cooked, stir in scallions.
 - Serve immediately!

van Dam Stir Fry

Jan 2005

1 cup oil
1 lb. Tofu cut into ½ inch squares
1 carrot cut into thin sticks

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6 spring onions cut into half
12 Asparagus spears cut into ½ inch pieces
4 cloves garlic smashed with salt
1 inch square of ginger grated
Chinese chicken sauce (red) 8 Tbsp
2 Tbsp fish sauce
1 Tbsp hoisin sauce

*deep fry tofu and transfer to a bowl with Chinese red sauce and fish sauce and toss. Deep fry carrots, spring onions, asparagus. When the vegetables are almost finished, add garlic and ginger and fry golden and then add hoisin sauce.

Serve with Thai rice noodles tossed with sesame oil and lime zest.

Sukiyaki (Ski-Aki) (Nabe = Pot) Kazumi (Favorite frying)

Sauce to cook in:

Soy Sauce
Sugar
Cooking Sake
Mirin Sake
Beer (to make beef softer)
Water

Vegetables:

Chinese Mushrooms (portabella)
Chinese cabbage
Green onions
Chinese spinach

-thinly sliced (rump) beef steak
-fresh noodles (udon or shirataki)
-Serve with raw egg in a bowl/cup

*place sauce in a large cooking pot in front of people and cook.

Holly's Peach Cobbler

½ cup butter (1 stick)
1 cup flour (rice flour works)
1 ½ tsp baking powder
½ tsp salt
½ cup sugar
1 cup milk

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3 cups peeled and sliced fresh peaches with their juices

-Preheat oven to 350 degrees Fahrenheit

-Put the butter in a 9 x 13 inch Pyrex baking dish in the preheating oven. Mix the batter by combining the flour, baking powder, salt, sugar and milk. When the butter is completely melted, remove the pan and pour the batter into the melted butter. Then carefully spoon the peaches and juices evenly over the batter. Return dish to the oven and bake for 30mins.

As the cobbler cooks, the batter will rise up and around the peaches.

10-12 servings

Marinade #1

-Equal parts lemon juice to soy sauce

-2 lemons squeezed is usually enough to cover

-use on salmon, lamb, chicken, pork

Marinade #2

Equal parts lemon juice and sesame oil

*same method and uses as above!

van Dam Stir-fry #2

April 2005

Marinade Pork:

1 Tbsp minced garlic

1 Tbsp minced ginger

1 Tbsp fish sauce

2 Tbsp sesame oil

½ tsp black pepper

*use 1 pork steak per person and cut into very thin strips

Vegetables:

1 onion cut into ¼ and pulled apart

Handful of green beans

½ yellow/red pepper cut into ½ pieces

*stir fry vegetables on high heat in a wok with 1Tbsp oil and covered.

Remove from wok and proceed to fry meat. Once the meat is almost cooked, add the vegetables and 4-6 Tbsp of sweet chili sauce.

Serve with Chinese noodles

Blue Cheese Potato Latkes with Roasted Pears

For the Roast Pears:

2 ripe, firm pears
½ glass sweet dessert wine

-preheat oven to 220 degrees Centigrade
-peel, core, and halve pears into oven for 10-15 mins until golden. Reduce heat to 180 degrees Centigrade and cover with Dessert wine and bake for 15-20 mins covered with Aluminum foil.

For the Potato Latkes:

4 large potatoes, peeled, grated and squeezed
1 red onion diced
1 egg
1 tsp salt
½ tsp pepper
1 Tbsp fresh Rosemary chopped
3 Tbsp flour, canola oil for pan
4 thin slices blue cheese (to serve) (preferably Finnish midnight blue or blue goat Gouda from the Netherlands)
4 sprigs Rosemary (to serve)

-drain potatoes and add onion, egg, salt, pepper, rosemary and mix. Then sprinkle flour and mix again. Then sprinkle flour and mix again. Heat oil in pan and add 3-4 Tbsp potato mixture, fry until golden on both sides and keep warm in oven. Sandwich blue cheese between latkes and top with pear. Serve with roasted Lamb leg.

Quick (traveling) Curry

1 onion chopped
4 cloves garlic
½ square of fresh ginger
Cumin, coriander, cinnamon, kaffir lime leaves etc.
1 Tbsp green curry paste per person
8-12 legs of chicken
1 can coconut milk
Sugar (raisins, figs, plums)

*Sauté onion in a wok in Olive oil with lid on and high heat. Until sweaty, add ginger, garlic, spices and cook until aromatic, then add curry paste and again

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cook until aromatic. Add chicken and sear the meat. Add half the can of coconut milk and bring to the boil for 5 mins and add remaining milk, bring to the boil and simmer for 10 mins. Turn off and leave for several hours. 1 ½ hrs before eating, begin to simmer curry until it is gravy like. Add raisins, dates or sugar.

Irish Stew (Kind of!)

1.5 – 2kg stewing beef (Chuck)
1 onion
6-10 cloves garlic
½ of a large squash
3 potatoes
Guinness or Kilkenny
Salt and pepper
Curry paste (just a tiny bit)
Lea & Perrins
HP sauce to serve

* Marinade the Beef in L&P

Sear the beef in a pan quickly and deglaze the pan with Guinness and place meat and juices in a roasting dish (clay), sauté onion lightly & add to roasting dish. Add garlic, squash, potato, Guinness, curry paste, L&P and cover with lid or foil.

Bake for 1 ½ to 2 hours (Best to serve the next day)

Serve with fresh bread and boiled Kale and HP Sauce

The longer you cook the meat and slowly, the more tender the meat will be.

Sesame Ginger Salad Dressing

Juice of 1 lime
2 Tbsp Olive Oil / Avocado Oil
1 tsp grated fresh ginger
1 tsp Soya sauce
1 tsp brown sugar
1 tsp sesame oil

Whisk together ingredients and serve over mixed greens, Chinese sliced scallions and fried crispy noodles for the top as a garnish. **Serves 1 person.**

Garlic Prawns (Tofu) of Chili Lime

400g raw prawns peeled and drained

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1 Tbsp Olive oil / Avocado Oil
2 cloves garlic, crushed
1 lime halved
2 Tbsp sweet chili sauce
2 Tbsp Olive oil
1 bunch coriander, coarsely chopped

*Coat prawns (or tofu) in 1 Tbsp oil and garlic. BBQ prawns until pink and garnish with coriander and serve with BBQ ½ limes

Dipping Sauce

-Mix together 2 Tbsp chili sauce, 1 cooked lime and 2 Tbsp oil

Gabi's Israeli Coffee (June 2005)

1 heaping Tbsp coffee freshly ground
1 cup boiling water

Combine ingredients and let settle for 2 mins (do not filter)

Tzippy's Israeli Salad (June 2005)

Romaine/Cos Lettuce
Red pepper
Cucumber (fresh from the garden)
Tomatoes
Radish

Break apart by hand the Romaine lettuce, and cut into bite size pieces the other ingredients. Combine them and make sure there are more vegetables than lettuce

Dressing: Olive oil and fresh lemon juice with lots of salt and some pepper

Gabi's Tehinna (June 2005) (Arab)

¼ cup tehinna
1 lemon squeezed
1 tsp salt

You can add 1 clove garlic, parsley
Paprika
Add water until the consistency desired.

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Gabi's Humus (June 2005) (Arab)

- 50-100g dry chick peas soaked overnight and drained
- Then cook for 1 ½ hrs on simmer with fresh water until they are very soft
- So you can either peel or not the chickpeas
- Drain chickpeas and keep the water and food process/blend the chickpeas
- for every 50 grams add 4Tbsp tahinna, 1 squeezed lemon, 3 cloves garlic, 1 ½ tsp salt and 1 tsp cumin – blend together – add very slowly the water that they were cooked in until it gets to the right consistency
- Serve on a plate with olive oil in the middle with parsley

extra use a little of the cooked water, add 2 hot chilies, 4 cloves garlic, 2 Tbsp Olive oil, 1 ½ tsp salt and lemon squeezed and blend – either put on side or in middle or mix into humus

Gabi's Labanne (June 2005) (Oriental Israeli)

1 ½ litre of yoghurt

200 grams of sour cream (15%)

1 ½ tsp salt

1 spoon of lemon (salt)

- mix in a bowl, take a strainer and put cotton cloth in strainer (or nappy from baby shop). Place mixture into cloth strainer and let it stand for 12 – 24 hrs. Then in to refrigerator for 12 - 24 hours (Do not cover). You can shape into ping pong balls and serve on a plate with Olive oil and Zata

Zata is summer savory

Kahspang Eggs Ladakh, August 2005

Honey

Mayonnaise

Chapattis

Scrambled eggs

- Chapatti's were soft! Spread a thin layer of each honey and mayonnaise and cover with scrambled eggs.

Jambalaya Cornbread from Kevin at Jambalaya restaurant in London Ontario **Dec 12/2000**

Combine and whisk:

3 eggs

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1 oz oil
1 tsp salt
1 cup sugar

Slowly add and whisk gently, lightly, flipping
3 ½ cups Buttermilk
6 Tbsp Baking powder
3 cups Flour
3 cups cornmeal

Finish

Oil bread pans
Flour pans lightly

Bake at 350 degrees Fahrenheit for approx 40 mins.

Jamie's Galiano Granola

¼ cup butter/oil
4 Tbsp Soy milk
½ cup Maple syrup
4 Tbsp Honey
2 Tbsp Vanilla
4 ½ cups oats
½ tsp salt

*add almonds in last 5 mins of baking, you may also add dry fruit after it has cooked

½ Lynne's dressing Salad

In a very small jar combine:

1/3 Sesame Oil to 2/3 Soy Sauce

Then add to taste:

Dijon – 1 tsp

Maple syrup – 1 tsp

Rice vinegar ½ tsp or raspberry vinegar

Nuoc Chan

Garlic, Chili and fish sauce

(Vietnam)

Pound together 2 ripe red chili's and 1 clove garlic.

Add to chili garlic and pound:

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1 tsp sugar – 1 lemon – peel, removes white and adds piece by piece and pound

Stir the following into a pulp:

1 Tbsp vinegar
1 Tbsp water
4 Tbsp fish sauce

Serve in small bowl. You can use the blender but this can make a frothy sauce, best to use a mortar and pestle.

*from Asian cookbook p.341

Lynne's Chocolate Mousse

5oz semi or bittersweet chocolate
5 eggs (separated)
2 tsp rum, coffee liqueur or brandy (optional)

Melt chocolate in a bowl over hot water
Remove from heat
Add liqueur (alcohol) if using
Then add egg yolks one by one

Whisk egg whites, till stiff and then fold into chocolate mixture

Chill for 2 hours in small 1 oz.cups or glasses that are exquisite and beautiful

Baraka Cafe Hummus (in Winnipeg 2005)

Chick Peas drained completely
Garlic – lots
Olive oil
Lemon
Salt

(No cumin or water or tahini = none!)

*Olive oil of pristine quality which gives the hummus a very silky texture

Lebanese Coffee (Baraka café)

1 ¼ tsp ground coffee with Cardamon (Café Najjar Classic pure Brazilian ground coffee if available)

½ tsp sugar

*per person – 1 cup of water

Boil water, add coffee and sugar and cook for 1-2 mins before it becomes bitter, add a couple drops of cold water and sit for 1-2mins. Serve

Lynne's Crepes – Paper thin French Pancakes

For 20 x 5 inch crepes or 10 x 8 inch crepes

1 cup all purpose flour, scooped and leveled
1 1/3 cup cold milk
3 large eggs
1/4 tsp salt
3 Tbsp melted butter

Mix all ingredients smoothly with a whisk
Refrigerate for 1/2 hr to allow the flour particles to absorb the liquid. Use a non-stick frying pan, cook until as little brown on medium heat

Filling:

1. squeeze of lemon and a bit of maple syrup – serve open face
2. just a bit of brown sugar rolled
3. ricotta mixed with brown sugar
4. ricotta mixed with brown sugar with scallions sautéed in butter

L.M.W Gourmet Burgers

Dec 2005

Hamburger, tarragon, paprika, crackers, egg, salt and pepper

Sauté onions in olive oil, once they are translucent add sliced mushrooms
- get the pan fiery hot and sear the burger patties on both sides. Add 'Royal red wine' – little by little or as it is needed....

Place a few slices of Danish blue cheese on top to melt

Serve on a bun with lettuce, tomatoes, pickles, relish, mustard, ketchup and of course the fried mushrooms and onions

Add a green salad

Lynne's Ribs

-Pork ribs, Foster's BBQ sauce, charcoal BBQ

Boil ribs with salt and pepper for 1 hr

Get a charcoal BBQ hot

Add ribs and baste them with BBQ sauce and cook until charred!

Serve with baked potatoes and Broccoli garlic butter.

Lynne's Poached Pears

Use soft red pears

Cover with a very good red wine and add some sugar/dates/figs

-Simmer until soft and serve with shavings of chocolate, vanilla ice cream and Lebanese coffee

Cream of Tomato Soup (5 ½ cup) Joy of Cooking p.185

Simmer covered for 15 mins:

2 cups canned or cut up fresh tomato

½ cup celery

¼ cup onion

2 tsp brown/white sugar

Prepare: 4 cups white sauce (Béchamel)

Strain into Béchamel the tomato stock

Serve with crouton, parsley, chives, paprika etc....

*Cook 4 x the amount of tomato stock (than stated above) and strain slowly into Béchamel and taste until consistency and colour are red and delicious!

Yumi's Chang Mai Curry

¾ - 1 ½ cup of coconut cream per person

1 Tbsp green curry paste per person

1 ½ Tbsp brown sugar per person

1 Tbsp fish sauce per person

Squeeze of lime at the end before serving

Mix the paste, sugar and fish sauce. Boil the coconut cream and as soon as you see oil coming out of the cream then add the mixture. Add whatever meat now and mussels go in at the end! Cook the meat. Cook veggies now!

Green cabbage or spinach, carrots, mushrooms and broccoli, little corn, paprika and sweet potato with tofu.

Mussels: boiled until open in water

Serve on top Thai basil and squeezed lime

Serve brown rice by pressing gently into a cup and place in a bowl. Separately serve curry in another bowl

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Lama Sherab's Spinach Soup

Feb 2006

Cook some potatoes (they were peeled here)

Clean and cook a couple of large bags of spinach: to do this put the leaves (and perhaps a zucchini of good quality, chopped fine) in a large pot with the rinsing water (of good quality) and some extra virgin olive oil. Heat with the lid on for awhile. Take off the lid and stir until the spinach (still bright green) is wilted down in the pot.

To the pot add some chicken stock, perhaps 2 cups or a bit more

Bring to temperature – blend with stove top immersion blender. Add butter (a large chunk) and the potatoes, continue the blending

Adjust salt, and lemon to taste.

Remember this is the tricky part as in time they shift. If a bit salty in the final tasting time, add maple syrup.

Breakfast in nz

French toast with a smear of Dijon mustard

Poached eggs with a tiny bit of Anchovies on top and green onions/scallions on top of this

Serve with sliced peaches drizzled with maple syrup

Sensational Eggs by Rik

Scramble 5 eggs

Add 1 Tbsp milk

2-3 anchovies in chunks

10 capers

2 Tbsp sour cream

Serve on top of toast

Hoevos Mutileanos ala Tarchin (leftovers – Yucatan specialty)

Using the leftovers from yesterdays meal

-Fried tortilla/ Toast

-Fried Banana / Plantain with cinnamon and sambal/chilli sauce/tomato dill sauce and sliced ginger (black pepper if too sweet)

-Fried egg on top

-Soy sauce either on top or in the pan with the egg

-Dry salty cheese (possibly)

Leftover refried beans

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Salty dry cheese
Greenpeas

Pasta Sauce from Jordan from Bosnia (from his Swiss wife)

Cook your pasta a la dente (drain the pasta) and in the same pot, add a hunk of beautiful blue cheese with milk. Top with fresh Arugula that has been slightly steamed.

125g per person
¼ cup milk

Serve with a nice salad and a medium bodied Merlot wine.

Bev's Chocolate Brownies **serves** **approximately 12**

4 oz Butter
3 eggs
Pinch of salt
½ cup sugar
½ cup flour
4 tsp vanilla essence
1 cup of chopped and soaked dates
1 cup of broken walnuts
500g thickly chopped chocolate
Cocoa Powder

1. Melt half of the chocolate and all of the butter in a pan
2. Beat eggs and salt until air is added
3. Add sugar and vanilla; add dates, walnuts and the rest of the chocolate (cool chocolate leaves big hunks of melted chocolate in the finished brownies)
4. Work in the flour – and then work in the cocoa powder until the mixture is thick
5. Turn into greased tray, bake at 180 C / 350 F for 20-30 mins until skewer comes out of centre still slightly sticky. Leave to cool and cut and eat

Pie Crust (from Jane)

Mary Ohara's easy pie crust brought to us through the patient measurement of Nicole Marengi

¼ cup cold water
1 cup flour

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½ cup vegetable shortening/ lard or butter
Pinch of salt

-cut fat into flour and salt until like coarse oatmeal. Add water and continue cutting it until ball of dough forms. Place in fridge for 1 hour. Roll out and use. Good for 2 crusts or enough for 1 covered pie.

Secret: Do not handle with the hands too much or at all if can be helped

Diagram in Jamie's book – to cut fat use this or 2 butter knives and only handle the dough with your hands to shape it.

6 Flavors

“The six flavors are bitter, sour, sweet, salty, mild and hot. The three virtues are light and flexible, clean and neat, conscientious and thorough.”

From 'How to Cook your life' Shambala 2005

Jack's Sorbet

April 2006

Serves 16

Success experiments have been done with Rum Banana and Coconut Sorbet, Pear and Sake Sorbet, Kiwifruit & Rum sorbet and Feijoa & Gin sorbet and Plum & Gin sorbet and strawberry Gin sorbet.

3 Tbsp Gin
1 bowl of ripe fruit (the size of a plastic square of strawberries)
1 ½ cups of water
½ cup of white sugar
2 Tbsp lemon juice
½ cup of dry white wine (dessert if possible or chardonnay)
1 egg white

Marinate the gin and fruit overnight

Dissolve sugar in water over heat whilst stirring. Bring sugar water to the boil and allow to simmer uncovered for 10 mins. Blend Gin, fruit, lemon juice and wine together.

Cool sugar water and add to the rest that is in the blender.

Freeze this overnight

The next day (or 6 hours later) take it out of the freezer and mash it soft and put into the blender and blend briefly. Then add the egg white and blend again briefly and freeze again.

Ready to serve.

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Chicken Tarragon (LMW)

Apr 30/06

2 onions (3/4 to begin and a 1/4 later)
1/2 cup Olive oil
3/4 cup White vinegar
Whole chicken
10 Tbsp Tarragon
Salt and pepper to taste
1 carrot
1 Yellow pepper

Heat Oil, add 3/4 of the onion (cut into 3cm pieces) and cook until translucent. Add salt, pepper, add chicken, tarragon, vinegar and simmer for 1 hour. Add the rest of the onion, carrot and yellow pepper. Taste the juice and add more tarragon if needed and maybe a little chicken stock if needed to build up the liquid

Serve with Roast potatoes

Murray Webber's Caesar Salad Dressing 2006

February

This second rendition was given orally while visiting Murray in the hospital

3 garlic cloves rubbed up the side of the wooden bowl
1/2 tsp salt
1 Tbsp anchovies minced and rubbed up the wooden bowl
Olive Oil between 1/4 cup and 6 Tbsp
3 Tbsp vinegar
2 whole eggs (I use only yolks)
1 heaping Tbsp of Dijon Mustard
6 drops of Tabasco sauce
A splash of Worcestershire sauce
Add the black pepper – do not let the people do it for themselves!

*each ingredient is added one by one and thoroughly mixed each step of the way
* The garlic, anchovies, needs to sit in the bottom of the bowl with the lemon for at least 2 mins, the garlic and anchovies need to become part of the dressing and not seen. It is very important to mix each ingredient one by one into the sauce, as they become one. Then move on

Jamie's croutons

Baguette – 3 slices
Butter – 1/4 cup

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Fresh or dry rosemary – 3 Tbsp dry
1 Tbsp fresh

Slowly cook on stove top until butter is evenly distributed through the bread and the rosemary is becoming fragrant – transfer to an oven dish and boil until golden brown

Serve with Caesar Salad

Rafael's Plum Clafouti

May 2006

Prep: 10 mins

Cook: 1 hr officially but I find it to be 30 mins

Serves: 8 people

Ingredients:

6 Tbsp white sugar
14 (or less) Italian prune plums halved and pitted
3 eggs
1 1/3 cup Milk
2/3 cup all purpose flour
1/2 tsp lemon zest
2 tsp vanilla
1 pinch salt
2 tsp ground cinnamon
2 Tbsp confectioner's sugar

Directions:

1. Preheat oven to 190 Centigrade
2. Butter 10 inch pie plate and sprinkle 1 Tbsp sugar over the bottom.
3. Arrange the plums cut side down, so they cover the entire bottom of the plate
4. Sprinkle 2 Tbsp sugar over the top of the plums.
5. In a blender, combine 3 Tbsp sugar, eggs, milk, and flour. Lemon zest, cinnamon, vanilla, salt. Process until smooth (approx. 2 mins)
6. Pour over fruit.
7. Bake for 30 mins until firm and lightly browned
8. Allow to stand for 5 mins, dust with confectioner's sugar and serve.

Date, Walnut & Coffee Loaf

This recipe can be varied – Rafael made a cranberry and date loaf during the Makarora retreat 2006

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(MW in collaboration with the Edmonds Cookery Book, p32 – slight modification to Sultana and Raisin Loaf recipe)

½ cup chopped dates
½ cup walnut pieces
1 Tbsp butter
½ cup sugar
1 Tbsp golden or Maple syrup
¼ tsp salt
1 tsp baking soda
1 cup of coffee (strong is fine)
2 cups Standard plain flour
1 ½ tsp Baking powder

Put sultanas, butter, sugar, syrup and salt in a bowl. Sprinkle baking soda over. Add water. When butter has melted, sift in flour and baking powder. Mix quickly. Put in a greased 22cm loaf tin. Bake at 180 Centigrade for 40mins, or until loaf springs back when lightly touched. Leave in tin for 10 mins before turning out onto a wire rack.

For Crepes Sake

Follow the standard crepe recipe

Filling: Sautéed scallions
4 Tbsp peanut butter
4 Tbsp Sake
4 Tbsp White Wine

Mix PB, sake wine well to form a slurry. Check taste for thickness and alcoholness.

Fill crepes with slurry and scallions. Makes 12 rolls

Serve with maple syrup, fruit compote, and mandarin. Crushed, roasted peanuts may be added for extra crunch/texture/flavor.

Stephen Foster's Coffee

January 2006

3.25% Milk
Espresso Roast Beans
Italian plunger style foamer
Demarara Sugar

*Find a way to time the heating of the milk and cooking the coffee

*the milk is heated to 50 degrees C then plunged a few times to foam.

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*use a stove top espresso maker

Pork Salad (from the Christchurch Dharma Group) **2006**

April

Pork loin: 400 grams, trimmed of all sinew
Ginger: 1 thumb, finely grated plus ½ thumb peeled and finely julienne
Sea salt: ½ tsp
Caster sugar: ½ tsp
Sesame oil: 2 tsp
Sesame seeds: 2 tsp
Shitake mushrooms: 8, stems discarded, finely sliced
Light soy sauce: 100 ml
Mirin/sweet sake: 100ml
Green tea noodles: 120 grams
Salad oil: 10 ml
Cooking oil: 1 Tbsp

Mix the grated ginger, salt, sugar, oil and sesame seeds into a paste. Rub into the pork and refrigerate for 2 hours/ or overnight. Place the shitake in a small pan with the soy, mirin, and julienne ginger, cover it and bring it to a boil, then uncover and simmer for 2 minutes. Turn off the heat and leave to cool. Cook the noodles in plenty of salted water until al dente, drain and refresh them in cold water. Drain well, then toss with the salad oil to prevent them sticking to each other. Pre-heat the oven to 200 degrees C. Heat an ovenproof pan on the stove , then pour into it the cooking oil, add the pork and cover over a moderate heat, turning to brown it on all sides. Place the pan in the oven and cook until the meat is just done, about 8 to 12 minutes depending on the thickness of the meat. Remove from the pan and leave to cool. To serve, slice the pork thinly and divide it among 4 plates. Pile the noodles on top, then spoon over the mushrooms and their cooking liquor.

Chris Fortune Soup

December 2005

The soup was shown to me by a beautiful / knowledgeable cook in Kinmount. Simple idea: Use extraction techniques to draw out the flavor yet preserve the ingredients freshness. Fry your sugary vegetables in a soup pot (onions, carrots, yams, squash, etc) on medium heat until they weep out their sugary juices and the juices caramelize. Hit the mix with enough ice cold water or stock to cover the veggies and stir it well to wash all the caramel off the bottom of the pot. Add your hard spices and astringent vegetables (cabbage, asparagus, cauliflower, etc) and beans/meat. Bring it slowly to a boil, this extracts the juices. When it begins to boil, throw in a tray of ice cubes and take it off the burner for a few minutes (This stops the overheating of enzymes and vitamins). Throw in your dry herbs, let it soak for a while, and then bring it slowly to a boil again to extract

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juices a second time. As soon as it comes to a boil, stir in your fresh herbs, turn off the heat and cover it for 1/2 hour, then adjust the seasoning and serve. Voila, perfect vegetable soup, tasty, rich broth but full of vitamins and not overcooked. No salt required.

Yumi's Thai Salad (Papaya Salad, Som Tam)

May

Serves 1 person:

- 1 head lettuce: small handful (or 1 cup green papaya, peeled, grated into thin strips, carrot or cucumber)
- 2 cloves garlic
- 3 small fresh chilies
- 3 long beans cut into 1 inch pieces
- 1 tomato cut in half and sliced
- ¼ cup unsalted peanuts, roasted
- 1 Tbsp palm sugar
- 1 Tbsp and 1 tsp fish sauce
- 1 Tbsp and 1 tsp lime juice
- 1 can of tuna: just a small little bit of it! (Do not add tuna if using papaya!)

Preparation:

1. place the garlic and chili into a pestle and mortar and pound roughly
 2. add long beans, palm sugar, fish sauce, lime juice and tomato pounding each ingredient to integrate them into the whole
 3. stir in a bowl and add tuna and peanuts(which are still slightly warm)
- Ready to serve with the Paneang curry

Yumi's Paneang Curry (Gai)

May 2006

Ingredients serve 1 person

- 1/3 of a cup of firm tofu or chicken, beef, pork, pumpkin.
- ¾ cup thick coconut milk (soy milk or fresh milk)
- 1 or 2 Tbsp curry paste
- 1 Tbsp fish sauce
- 1 Tbsp palm sugar
- 1 Kaffir lime leaf, torn into pieces and stem discarded
- ½ of a large red chili, sliced thin (for the garnish)
- 10 sweet basil leaves

Preparation:

1. Mix the curry paste, sugar, and fish sauce together and set aside.

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2. Place $\frac{1}{4}$ cup of thick coconut milk into the sauce pan and heat over medium heat until the coconut oil starts to separate out
3. Add the curry paste mixture and continue to stir until the curry paste is cooked - about 1 minute or until you begin to smell the curry in the air.
4. Add the tofu and continue to cook until the tofu has changed into the color of the curry, add remaining coconut milk and kaffir lime leaf.
5. Add veggies at this point (cabbage, carrots, red onion, sweet bell pepper, broccoli, snap peas, etc...)
6. Add sweet basil one minute before the veggies are cooked.
7. Remove from heat and serve garnished with shredded kaffir lime leaf, basil leaf and sliced chili.

Chocolate Mousse Cake

Yield: 8 servings

Ingredients

4 egg whites
 $\frac{1}{2}$ cup (100 g) sugar
5 oz (140 g) hazelnuts, finely ground
2 tablespoons unsweetened cocoa powder

9 oz (250 g) dark semi or bittersweet chocolate (60-70%)

4 egg yolks
 $\frac{1}{3}$ cup (60 g) sugar
 $\frac{1}{4}$ cup + 1 cup (0.6 + 2.4 dl) whipping cream

Cake

1. Preheat oven to 350 deg F (Gas mark 4 or 180 deg C).
2. Line a 9 inch (23 cm) cake tin with greaseproof or other non-stick paper and grease the tin.
3. Whisk the eggs whites until stiff and in peaks by using an electric mixer, gradually add the sugar and whisk well each time sugar has been added.
4. Mix with finely ground hazelnuts and cocoa powder.
5. Bake at 350 degrees for 15 minutes or until a wooden pick inserted in center comes out clean.
6. Cool the cake.

Filling

1. Melt finely chopped dark chocolate over hot water.
2. Beat the egg yolks with 2 oz sugar until white.
3. Heat $\frac{1}{4}$ cup whipping cream to the boiling point, and whisk in beaten egg yolks.
4. Fold in melted chocolate. The mixture will immediately thicken. Cool to approx. 100 deg F / 38 deg C.

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5. Whisk 1 cup of whipping cream. Fold with the egg and chocolate mixture, one tablespoon at a time until the filling becomes soft, then the remaining part of the cream.
6. Transfer to the cake tin, and place in the refrigerator for several hours.

*If served cold the filling appears more like chocolate truffle than mousse. If you prefer a sweeter flavor of the filling you can use semisweet chocolate (40-45%) instead of the recommended type.

Lynne's salmon

Salmon _____ tamari + maple syrup + ginger (chopped) mixed and applied to the Salmon before cooking

Refried rice (Feb.20th 2007)

I created this recipe in a guru yoga retreat. I had very little ingredients and enjoyed the starch and salt combination

Cooked Rice
Cooking Oil
Tamari/ Soysauce/ Balsmic Vinegar
Salt and Pepper
Cooked vegetables sliced
Minced garlic
Minced ginger

Rice Mixture: Add oil to cold cooked rice, just enough to moisten each rice grain. Add Tamari - just enough to moisten each rice grain. Add tamari = the same amount as you did for oil. Salt and pepper to taste.

Frying: Add slices of garlic/ginger and cook slightly. Add rice mixture to the pan and cook until warm, add minced garlic/ginger and continue to fry.

Thai Green Curry from 'Thai Kitchen'(Feb.20th 2007)

400 ml Coconut milk
1 Tbsp green curry paste
2 boneless, skinless chicken breasts cut into bite size pieces OR 2 cans of salmon
1 to 2 Tbsp fish sauce
2 Tbsp brown sugar
1/3 cup chicken stock
Vegetables: Bamboo shoots, snow peas, mini carrots etc = 3/4 cup
Fresh basil
Jasmine rice

Simmer over medium heat for 5 minutes the Coconut milk and curry paste. Add meat, fish sauce, brown sugar, vegetables and chicken stock and simmer for 10 minutes. Garnish with the fresh basil and serve with jasmine rice

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Serves 2 to 4 people

Chocolate Chip Cookies

1 cup butter softened
1 cup packed brown sugar
½ cup granulated sugar
2 tsp vanilla
2 eggs
2 ¼ cups all purpose flour
1 tsp baking soda
1 pkg 300 grams Bakers milk chocolate chips
Optional: 1 cup copped pecans or walnuts

1. Cream butter, sugars, vanilla and eggs until light and fluffy.
2. Mix together flour and baking soda.
3. Add drys to wets
4. Stir in the chocolate chips
5. Drop by heaping teaspoons onto UNgreased cookie sheet 2 inches apart.
6. Bake in preheated 375 F oven for 10 to 12 minutes or until lightly browned on the bottoms. Transfer to a rack to cool

Variation: Add 1 cup quick cooking rolled oats or coconut to the batter.

Apple Krisp (Moosewood Cookbook)

8 – 10 medium apples (substitute with pears or peaches, but with peaches reduce cooking time to 25 minutes)
Juice of 1 lemon
½ cup butter
1/3 cup honey
2 cups raw oats
¾ cup flour
Optional: ¼ cup walnuts, ¼ sunflower seeds
1 tsp cinnamon
½ tsp allspice
½ tsp salt
½ cup orange juice

Peel (if necessary), pare and slice the apples. Drizzle them with fresh lemon juice. Spread half of them into a large oblong pan. Melt the butter and honey together. Combine with oats, flour, nuts, seeds, salt and spices. Crumble ½ of this mixture onto apples in pan. Cover with remaining apples and then the rest of the topping. Pour O.J. over the top. Bake 40 – 45 minutes uncovered at 375 F. Cover with tinfoil with it crisps too fast
Optional: Add raisins or cranberries to apples.

Brownies

1 square = 28 grams or 1 ounce

4 squares baker's unsweetened chocolate chopped
¾ cup butter

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2 cup granulated sugar
3 eggs
1 tsp vanilla
1 cup all purpose flour
Optional: 1 cup nuts (pecans, walnuts, hazelnuts etc.)

1. lightly grease a 13 x 9 inch baking pan
 2. microwave chocolate and butter in a large bowl on high for 2 minutes or until melted
 3. stir sugar into chocolate until well blended; mix in eggs and vanilla
 4. stir in flour and nuts; spread in pan
 5. bake in preheated oven at 350 F for 30 to 35 minutes or until done. Do not overbake!
- Makes 24 brownies or one BIG one ☺

Pastry

Yields 3 x 9 inch double crust pies or 6 pie shells

6 cups cake and pastry flour
OR
5 ½ cups all purpose flour
2 tsp salt
1 lb tenderflake lard
1 Tbsp vinegar
1 egg, lightly beaten
cold water

1. mix together flour and salt
2. cut in lard with pastry blender or 2 knives until mixture resembles coarse oatmeal.
3. in a 1 cup (250 ml) measure, combine vinegar and eggs. Add water to make 1 cup. Gradually stir liquid into tenderflake mixture. Add only enough water to make dough cling together .
4. gather into a ball and divide into 6 portions . if desired , wrap unused portions and refrigerate or freeze
5. roll out each portion on lightly floured surface. If dough is sticking, chill 1 to 2 hours
6. transfer dough to pie plate. Trim and flute shells and bake according to your recipe.

Jerome's Juice March 2007

1/3 glass organic juice
2/3 glass tonic or soda water

Optional: add slices of lime, lemon, crushed or cubed ice, celery, parsley, cilantro, etc.

Emily's Bread

8 cups flour (may use more or less for kneading)
1 tbsp instant yeast
1 tbsp salt
2 tbsp brown sugar
4 cups warm to hot water
2 tbsp oil (any kind)

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Mix drys, add wets, mix, knead and then refrigerate overnight in a plastic bag. Next morning: remove from fridge and allow to warm slightly, then shape into loaves, proof 1hr or until the loaves have sprung (risen and relaxed so that when gently prodded they don't spring back immediately from the touch but rather, retain a slight indent) then bake at 450 F for 35- 45 min. I always dust mine with flour and make a shallow slash across the top. I also spray the inside of the oven or place a pan of water inside the oven to create steam.

The important lesson with bread (apart from how to handle the dough) is to see it as a basic chemical formula rather than a specific recipe. For example, look at the original water to flour ratio and then at the relative amount of yeast and salt. Once you've got that, you can change all of the variables. eg.: substitute milk for water, mollasses or honey for sugar, butter for oil or other kinds of flour for the white wheat flour. You can add things like seeds, nuts ,cooked grains, herbs, cheese, sausage, dried or fresh fruit, spices, sprouted grains, etc...

You don't actually need any oil or sugar at all and the resulting loaf will be superior in many ways. Each of these substitutions will produce an interesting variation. You should keep in mind that if you are adding something very dry or very wet you may need to compensate for that difference by adding liquid or adding flour and always the feel of the dough while kneading will guide you.(very intuitive).

One of my favourite easy and very satisfying tricks is to soak some quick oats in hot water and add them with the wet ingredients. They produce an elastic, chewy, and sweet tasting bread which really does seem greater than the sum of its parts.

Rice Bread

1 $\frac{3}{4}$ cups white or brown rice flour
1/2 cup tapioca starch
1 tsp salt
1 tsp active dry yeast
1 $\frac{1}{2}$ cups warm water
2 Tbsp olive oil
2 eggs
Optional: 2 Tbsp honey, maple syrup

Mix and sift rice flour, tapioca starch, salt and yeast. In another bowl and using a beater, mix the water, oil, eggs and honey, if using. (The bakery uses the paddle attachment on a standing mixer, but a hand held mixer will also work.) Gradually add in the flour mixture, beating constantly until the dough is smooth, about 2 to 3 minutes. Pour into 2 greased loaf pans, cover with plastic wrap and let rise in warm place about 1 hour. Bake in preheated 350F oven about 1 hour. OR bake 10 minutes at 400 F, place foil over bread and bake an additional 50 minutes. Makes 2 loaves.

The dough has the consistency of thick cake batter. Because there is yeast, the bread will rise very quickly in warm weather but because there is no gluten to form a structure to hold the bread together, it will collapse into a sloppy mess if it over-rises. If you use all white rice flour the dough appears more like cookie batter than bread dough, so don't be alarmed.

Kazumi's Garlic Rice / serves 5 to 8

Ingredient

- Japanese rice (or any white rice) x 4 cups dry wash them until the water is clear, leave in water at least 30 minutes (If the rice is old it is better to lweave in water for 1 hour). Then cook.

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- Garlic 1 to 2. half of them are minced and rest are sliced
 - Spring onion 1 to 2 bunches. Slice them diagonally, thinly.
 - Canola, safflower or sunflower oil
 - Salt and pepper
-
1. heat the oil, add sliced garlic. Then minced garlic. Cook till it gets golden color
 2. add spring onion. Just to coat with garlic flavoured oil. Lightly season with salt and pepper
 3. add rice. Stir fry them and season with salt and pepper