

Appetizers

Humus

Salmon, Smoked, Paté

Salsa Cheese Dip

Breakfast

Crepes

Oatmeal

Bread

Baking tips

Challah (Braided Egg Bread)

Corn Bread

Irish Soda Bread

Nut Brown Ale Bread

Oatmeal Bread, Braided

Seven-Grain Bread

Wheat Bread, 100% Whole Wheat Flour

Wheat Bread, Apple

Wheat Bread, Honeyed

Desserts

Bread Pudding (with Vanilla Sauce)

Brownies

Butterscotch Bars

Desserts (con't)

Chocolate Chip Cookies

Hermit Cookies

Nut Rock Cookies

Oatmeal Raisin Cookies

Vanilla Sauce (with Bread Pudding)

Main Dishes

Baked Beans (pressure and non-pressure methods)

Beef and Vegetable Stew

Black Bean Chili with Squash and Corn (Pressure cooker)

Chicken, Trinidad Style

Chicken in Gingered Plum Sauce (Pressure cooker)

Chicken Recuerdos de Tucson

Chicken Tandoori

Cornish Hen

Crab Cakes

Curry in a Hurry, Chicken or Vegetarian (Pressure cooker)

Eggs & Beans

Flank Steak

King Mackerel Escabeche

Lamb Rack, Grilled

Lamb Shanks, Braised (Pressure cooker)

Main Dishes (con't)

Meatballs Stroganoff

Meatloaf (Pressure cooker)

Pasta (with meat or meatless)

Pike (Northern) with Artichokes in Tomato Sauce

Pork Chops with salt marinade

Pork with Artichokes in Tomato Sauce

Pork Tenderloin, Stuffed

Rice and Bean Casserole, Mexican

Rice, Spanish (Passage-making food)

Risotto with Sausage and Tomato (Pressure cooker)

Salmon Burgers

Steak Teriyaki

Veal Chops

Vegetable Stew with Ethiopian Spices (Pressure cooker)

Whitefish, Broiled

Salads

Bean Sprout Salad with Peanut Dressing

Bean Sprout Salad with Seafood

Dijon Mustard Vinaigrette

Lentil Sprout Salad, Curried

Pilgrim House Salad with Balsamic vinaigrette

Sides

Bean Sprout Stir Fry
Kale, Braised
Parsnips and Carrots, Baked
Pasta with Garlic and Cheese
Pasta with Pesto
Potatoes and Onions
Rice, Basmati
Rice & Peas, Bahamian
Sweet Potatoes, Sautéed

Soups

Bean Soup mix
Beef Vegetable Soup (Pressure cooker)
Corn, Quinoa, Shrimp Chowder
Clam Chowder
Fish Chowder
Lentil soup, Red
Minestrone, Vegetarian (Pressure cooker)
Parsnip Soup, Cream of, with Ginger
Pea Soup, Split
Quinoa, Shrimp and Corn Chowder

Baked Beans

Soak 1-2 cups of Great Northern Beans (or white navy beans) in water all day. Rinse well.

Pressure cooker method: Put soaked beans in cold water to cover with ¼ lb. Slab bacon, cut in chucks and ¼ cu sugar. Put lid and pressure rocker on cooker. Put on high heat until rocker begins to rock gently. Turn down heat to medium and cook for 15 minutes with rocker gently rocking. Turn off heat and let pressure drop before opening cooker.)

Non-pressure cooker method: Put soaked beans in cold water to cover the ¼ lb slab bacon cut into chunks. Boil briskly for 10-15 minutes. Add ¼ cu sugar and simmer for about 45 minutes or until only a little water is left.

Both methods: Drain any water that is left in the pot. Put beans and bacon into a baking dish. Sprinkle with brown sugar. Put in 400 degree oven for 10 minutes. Reduce heat to 300°F and bake for another 30 minutes or until hot.

Serve with tomato ketchup and a salad. Serves 4

Baking Tips

Bread-Making:

I mix bread dough in my largest bowl (for tossed salads). I soften yeast with water and sugar/honey/molasses (depending on the recipe) in this bowl. Then I add all the liquid or moist ingredients. Next I add all the non-white flours, including wheat germ, oatmeal, rye, whole wheat flour. Lastly, I add about half of the white flour, and continue mixing with a spoon. When the dough becomes too stiff, I add more flour slowly (1/4 cu at a time) and knead the dough in the bowl. I continue addition flour until the dough is no longer sticky. Often this means I do not add as much white flour as the recipe calls for. I find that having dough that is just past being sticky is best for rising. I continue kneading in the salad bowl until the dough is soft and elastic.

General Tips:

I rely on dried whole eggs, dried milk and dried buttermilk powder. It is hard to find dried eggs and buttermilk. Bakers Catalogue has these available via mail order. (bakerscatalogue.com) They also sell a dried milk especially formulated for bread recipes. You add the milk powder along with the flour, and increase the water by the amount of milk called for in the recipe.

I also line baking dishes (sheets, loaf pans, brownie pans) with parchment. It can be used multiple times before it tears. It is a great way to ensure baked goods do not stick to the pan, and cleanup is much easier. Silicone Baking mats for cookie sheets are a more durable solution than parchment.

Bean Soup Mix

The following is a good mix of 13 types of beans for soup (beef or vegetarian). Use about ½ - ¾ cu of the bean mix in beef or vegetable soup. Soak the bean mix all day to reduce cooking time.

Small Lima Beans: 1 cu

Chick Peas: 1/2 cu

Black Beans: 1/2 cu

Marrow or Romano Beans: 1/2+ cu)

Kidney Beans: 1/2+ cu

Great Northern Beans: 1/2+ cu

if you cannot find Great Northern Beans, use 1 ½ cu of Navy Beans

Navy (white pea) Beans: 1 cu

Black eyed Beans: 1 cu

Green Lentils: 1 cu

Red Lentils: 1/2 cu

Green Split Peas: 1 cu

Yellow Split Peas: 1/2 cu

Bean Sprout Salad with Peanut Dressing

1 lb.(about 2 cups) mung bean sprouts
Other chopped vegetables (cucumber,
carrots, peppers, tomatoes, whatever you
have available)

DRESSING:

3 tbsp crunchy peanut butter
2 tbsp soy sauce
4 tbsp vinegar

½ tsp cayenne pepper
1 tsp sugar
1 tbsp sesame oil
3 tbsp vegetable oil
1 tbsp grated ginger
2 – 3 cloves garlic, minced
1 tsp Dijon mustard
1 tbsp white wine or water (if required)

Mix the dressing ingredients well by shaking in a jar. Add the wine or water if the dressing seems too thick. Put the sprouts and vegetables in a serving dish, toss with the dressing and let marinate. You can serve right away, or refrigerate for several hours. Serves 4

Bean Sprout Salad with Seafood

2 cu seafood, canned or fresh (shrimp, crab, scallops, chopped conch)

2 cu mung bean sprouts

½ tin (cu) water chestnuts, chopped

¼ cu scallions (onions are OK if you do not have scallions)

¼ cu chopped parsley (optional)

¾ cu mayonnaise

1 tbsp soy sauce

1 tbsp lemon juice

1 tsp ginger, minced

Mix mayo, soy sauce, lemon juice and ginger in jar. Shake well. Mix seafood, sprouts, water chestnuts, scallions and parsley. Pour dressing over sprouts/seafood. Serve on lettuce leaves (optional) Serves 4

Bean Sprout Stir Fry

1 – 2 cu mung bean sprouts

1 onion, thinly sliced

2 cloves garlic, thinly sliced

½ can water chestnuts, sliced thin

Other vegetables, thinly sliced (whatever you have: carrots, celery, peppers)

2 tbsp vegetable oil

2 tbsp soy sauce

Heat oil in large frying pan over medium heat. Cook the onion, garlic, carrots and celery for 3-4 minutes, until limp, but not brown. Add sprouts, water chestnuts and peppers. Sauté for 2-3 minutes until heated through. Serve hot, and if you have leftovers, this works well as a cool salad. Serves 2-3, depending on how many other vegetables you use.

Beef and Vegetable Stew (modified from Light Hearted Cookbook)

1 lb. stewing beef	2 cu beef stock / bouillon
¼ cu flour	¼ cu tomato paste or ½ cu tomato sauce
4 small onions	1 tsp dried thyme
2 large potatoes, cut in chunks	½ tsp dried oregano
2 large carrots, cut in chunks	¼ tsp ground pepper
2 cloves garlic, minced	1 bay leaf
2 cu diced turnips (optional...Brian refuses)	

Remove all visible fat from beef; cut beef into 1-inch cubes.

In a pressure cooker, toss beef with flour. Add onions (halve or quarter 2-3 medium onions if you do not have small ones) potatoes, carrots, garlic, turnip (if using), stock, tomato sauce, thyme, oregano, pepper, and bay leaf. Stir to mix. Put the cover and the pressure rocker on the pressure cooker and bring to pressure (rocker gently rocking). Cook for 15 minutes and then allow the pressure to go down off the heat. After the pressure is released, remove bay leaf.

Makes 2-3 servings.

Beef Vegetable Soup

1 lb. beef short ribs or ox tails
1 tsp salt or beef broth powder
½ tsp pepper
2 bay leaves
1 onion, peeled and quartered
2 ribs of celery, sliced

3 carrots, peeled and sliced into rounds
¼ green cabbage, shredded
1/2 cu ketchup
½ cu dried beans (Bean Soup Mix), soaked overnight (see recipe Bean Soup Mix)
any leftover vegetables

Cut the short ribs between the rib bones. Browning the beef in a little oil makes a richer soup, but is not required. Cover with water, add the bay leaves, salt and pepper and cook in a pressure cooker under pressure for 15 minutes. When the pressure has released, remove the meat from the bones, discard the bones. Add the meat back to the stock. Add the onion, celery, carrots ketchup and soaked beans. Cook under pressure for 15 minutes, letting the pressure release naturally off the heat. When the pressure is released, add the cabbage and any leftover vegetables. Simmer an additional 10 minutes. If you want a thicker, stew-like soup, add a package of beef gravy mix. Cabbage is best if it is still a bit crisp.

Serves 4

Black Bean Chili with Squash and Corn (Lorna Sass, The Pressured Cook)

2 ½ cu (1 lb.) dried black beans, rinsed and soaked overnight

1 tbsp. olive oil

2 tsp cumin seeds (whole)

2 cu. onions, coarsely chopped

3 cu broth (vegetable, chicken, turkey)

1 ½ tbsp. chili powder

2 tsp. fennel seeds

½ tsp cinnamon

1 ½ tsp salt

2 lbs. butternut squash, peeled, seeded and cut into ½ inch cubes

2 tsp oregano

2 garlic cloves, minced

15 oz can, diced tomatoes

1-2 jalapenos, seeded and finely chopped

1 ½ cu. frozen corn

2 large red peppers, roasted, seeded and cut into ½ inch squares

¼ cu cilantro, chopped (optional)

Hot sauce to taste

Drain and rinse the beans.

Heat oil in pressure cooker over medium high heat. Add cumin and onions and cook, stirring frequently for 1 minute. Add broth, beans, chili powder, fennel and cinnamon. Lock lid. Bring to high pressure over high heat. Lower heat just enough to maintain high pressure and cook for 9 minutes. Quick release the pressure by running cold water over the cooker. Remove the lid.

Stir in the salt, squash, oregano and additional chili powder if required. Return to high pressure over high heat and cook for 3 more minutes. Quick-release the pressure as above. Remove lid.

Add garlic, tomatoes, corn and roasted peppers and simmer over medium heat until the squash is tender and garlic loses its raw edge, about 3 minutes. Stir in cilantro and hot sauce. Serve in large shallow bowls with sour cream.

Bread Pudding (Presto Pressure Cooking recipe book)

3 slices bread, cubed (white, but some whole wheat is good)
1 tbsp melted butter
¼ tsp salt
1 ½ cu brown sugar
½ tsp cinnamon

2 cu hot milk
2 eggs, slightly beaten
½ tsp vanilla
½ cu raisins
½ cu chopped nuts
4 cu water

Place bread in bowl. Add butter, salt, sugar, cinnamon, milk, eggs vanilla, raisins and nuts. Mix well. Pour into a buttered Pyrex bowl that fits into your pressure cooker. Cover with wax paper and tie securely with string. Place bowl on rack with water in the cooker. Close cover securely. Turn heat to high. Allow steam to flow from the vent pipe for 5 minutes. Then place the pressure regulator (rocker) on vent pipe and cook 15 minutes with regulator rocking slowly. Turn off heat and let pressure drop of its own accord. Serve warm or at room temperature with Vanilla Sauce (see recipe).

Serves 4

This is not a favorite dessert, but is a good way to use bread ends that seem to accumulate on our boat. This is best made with fresh eggs and milk rather than dried eggs and milk.

Brownies (modified From Baker's Chocolate Cookbook)

2 squares unsweetened chocolate

1/3 cu butter or margarine

2/3 cu flour

1/2 tsp baking powder

1/4 tsp salt

2 eggs

1 cu sugar

1 tsp vanilla

1/2 - 3/4 cu chopped nuts (optional)

In a saucepan melt chocolate and butter. Add sugar and vanilla and beat well. Beat eggs, one at a time, into the saucepan mixture. Stir in the flour, baking powder and salt. Spread into greased and floured 8" square pan. A parchment square on the bottom of the pan ensures an easy exit of the brownies from the pan. Bake at 350°F for 25 minutes or until brownies begin to pull away from side of pan. Cool for a few minutes, then remove the brownies from the pan and cut into the desired size. When cool, pack in an airtight container.

Makes 24 small brownies

Butterscotch Bars

½ cu flour

1 egg

¼ cu butter or margarine

1 tsp vanilla

1 tsp baking powder

¼ tsp salt

1 cu brown sugar

1 cu nuts, washed in warm water, broken

¼ cu icing sugar (optional)

Melt butter. Add sugar, egg, vanilla, nuts and flour. Bake in greased square pans (8" or 9") for 25-30 minutes in a 350°F oven. Cut in squares when cool and sprinkle with icing sugar

Makes about 12-15 squares

Challah (California Culinary Academy)

1 package active dry yeast

1 tsp. salt

1 ¼ cup warm water

4 ½ - 5 cups flour

2 teaspoons sugar

2 eggs

2 tablespoons salad oil

1 egg beaten with a teaspoon water

Sprinkle yeast over ¼ cup water in a large bowl. Add sugar. Let stand until yeast is soft (about 5 minutes). Add remaining 1 cup of water, salt eggs and oil.

Add 3 cups of flour. Mix to blend, then beat until smooth and elastic (about 5 minutes). Stir in about 1 ½ cups more flour to make a soft dough. When it is no longer possible to mix the dough with a large spoon, begin to knead the dough/flour mixture in the large bowl. Continue adding flour until the dough is no longer sticky. You may not need the entire amount of flour called for in this recipe. Knead until the dough is soft and elastic. Cover with a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Decide if you want to make one large free-form braided loaf or two smaller braided loaves in a bread pan. Punch dough down and divide into 3 equal portions if making one loaf. On a lightly floured surface roll each portion into an 18-inch long strand. Place 3 strands side by side diagonally across a large greased baking sheet; braid. Pinch ends, tucking under to seal. If making two loaves, punch down and divide dough into six equal portions, roll out into six 12 inch-strands, braid 3 strands together to form one loaf and put into loaf pans. Let rise until almost doubled in bulk (45 minutes) Preheat oven to 375°F. Brush egg mixture lightly over braid. Bake until braid is well browned and sounds hollow when tapped (45 – 50 minutes). Slide onto wire racks to cool.

Chicken, Trinidad Style (adapted from Ann Vanderhoof's The Spice Necklace)

4 bone-in chicken quarters (about 3 lbs.)

8 cloves garlic, finely chopped

Salt and pepper

2 tbsp vegetable oil

3 tbsp Patak's hot curry paste (or West

Indian curry powder)

1 tbsp tomato paste (if sauce needs thickening)

2 onions, cut in eighths

4 medium tomatoes, cut in eighths

1 cup coconut milk

2 tbsp raisins

½ cup whole peanuts

½ cu sweet or hot mango chutney

Season the chicken with garlic, salt and pepper. Set aside for at least 1 hour.

Heat oil in a large pot, add the curry (paste). If using powder, cook gently for about 2 minutes being careful to keep the curry from burning.

Add chicken pieces and coat with the curry mixture

Add the onions, tomatoes and coconut milk. Bring to a boil, then lower the heat and simmer uncovered, stirring occasionally for 40-50 minutes until the chicken is tender and the sauce has thickened.

Stir in the raisins, peanuts, chutney and tomato paste. Cook for a couple of minutes to blend the flavours. Serve over rice, or the Rice Medley (brown and wild rice and quinoa)

Makes 4 servings.

Chicken in Gingered Plum Sauce (Lorna Sass, Pressure Perfect)

2 lbs bone-in chicken, breasts or thighs

1 cu chicken broth

2 cu coarsely chopped onions or leeks

1+ tbsp balsamic vinegar

1-2 tbsp soy sauce

1 cu pitted prunes

1-2 tsp grated fresh ginger

Salt and freshly ground pepper

¼ cu scallions, thinly sliced, for garnish

Trim most of the surface fat and excess skin off chicken. In a 4 quart pressure cooker, combine the broth, onions and vinegar. Drizzle 1 tbsp soy sauce on a large plate and turn the chicken in it to coat thoroughly. Use additional tbsp of soy sauce if needed. Place the meat in the cooker along with any unabsorbed soy sauce. Scatter the prunes on top. Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure. Cook for 8 minutes. Turn off the heat and let the pressure reduce naturally. Remove lid. Test chicken for doneness. Cook without pressure for a few minutes if the meat is not fork tender. You may finish the sauce over high heat to thicken the sauce and intensify the taste, about 3-5 minutes. Add more vinegar to balance the sweetness and to sharpen the flavours, if needed. Stir in the ginger, salt and pepper. Serve over rice, barley or orzo risotto.

Chicken Recuerdos de Tucson (from Animal, Vegetable, Miracle, by Kingsolver)

1 whole cut-up chicken, or thighs and legs

Olive oil (for sauté)

1 medium onion, sliced

2-3 cloves garlic, minced

1 tsp cumin seed

Green chilies to taste, chopped

2 red or green peppers

1 large or 2 medium zucchini, thickly sliced

1-cup tomatoes

2 cups corn kernels

2 tsp. oregano

1 tsp. basil

2 cups chicken broth or water

Brown chicken in a little oil in a large kettle. Remove chicken and gently sauté the onion and garlic. Add cumin seeds, chilies, peppers, and zucchini to kettle and sauté. Add remaining ingredients to kettle along with browned chicken, cover and simmer for 30 to 40 minutes, until chicken is done to bone. Garnish with fresh cilantro.

Chicken Tandoori

4 chicken quarters
2 tbsp lemon juice
1 tsp salt (optional)

¼ cu Sharwood's Indian tandoori Marinade
(comes in an orange round container)
3 tbsp olive oil

Remove skin from chicken (optional) and cut several deep gashes to the bone. Make a paste of the lemon juice, spices and oil. Brush over the chicken, especially around the cuts. Let stand 4 hours in a cool place. Grill 15 minutes per side on BBQ or under oven broiler or until chicken is well cooked (180°F on meat thermometer)

Serves 4

Chocolate Chip Cookies

½ cu shortening
½ cu granulated sugar
¼ cu golden brown sugar
1 egg
1 tsp vanilla

1 cu all purpose flour
½ tsp baking soda
½ tsp salt
6 oz chocolate chips
½ cu chopped nuts

Beat shortening, sugars, egg and vanilla until light and fluffy. Add flour, baking soda and salt. Blend well. Stir in chocolate chips. Drop from teaspoon onto greased baking sheets, 2 inches apart. Bake at 375°F for 10 minutes or until lightly browned. Makes 40 large cookies.

Clam Chowder

See the recipe for Fish Chowder. Substitute a large can of clams for the fish and use the clam liquor to thicken the vegetable / flour mixture.

Serves 2 for dinner (with a loaf of fresh bread) or 4 as a soup appetizer

Corn Bread (Joy of Cooking)

1 cu flour

½ tsp baking soda

1 ½ tsp baking powder

1 tbsp sugar

1 tsp salt

¾ cu corn meal

¼ cu buttermilk powder and 1 cu water
(OR 1 cu buttermilk)

2 eggs

3-4 tsp melted butter, lard or bacon fat

Heat oven to 425°F. Put butter or fat in a large pie pan or medium sized cast iron skillet and put in the oven to get very hot. Mix the dry ingredients, including the buttermilk powder if not using liquid buttermilk. When the pan with the fat is very hot, add the 1 cu water (OR liquid buttermilk), eggs and then hot fat to the dry ingredients. Mix quickly, then put the batter in the hot pan. Bake for 30 minutes.

To add a bit of zip, add 1 tsp chopped jalapeno peppers and/or ½ cu grated cheddar cheese to the batter before baking. OR, 1/3 cup of salsa can be added to the batter.

Corn, Quinoa, Shrimp Chowder (from Lorna Sass, Whole Grains)

3 tbsp butter

1 ½ cu leeks or onions, finely chopped

1 cu celery, finely diced

½ cu red bell pepper, finely diced

¼ tsp salt

¼ cu amaranth

4 cu water, or 3 cu water and 1 cu fish or clam broth

½ cu quinoa, ivory

1-2 tbsp quinoa, red (optional)

¼ tsp thyme or oregano

4 cu corn kernels

2 tbsp parsley, minced

In a large heavy pot, melt 2 tbsp butter over medium-high heat. Stir in the onions/leeks, celery, red bell pepper and salt. Cook, stirring frequently, until the vegetables are soft, about 5 minutes. Stir in the amaranth and water/broth. Bring to a boil over high heat. Thoroughly rinse the quinoa in a sieve under running water. Stir the quinoa into the pot. Bring to a boil, then reduce the heat and cook at a gentle boil, partially covered for 10 minutes.

Meanwhile, in a blender or food processor, puree 3 cups of corn. When the quinoa has cooked for 10 minutes, stir in the pureed and whole kernels of corn. Add more salt to taste. Reduce the heat and simmer until the quinoa is tender, 3-5 more minutes. The quinoa is done when there is no starchy white dot in the center of the grains and some of the germs' tails may unfurl and float freely. The amaranth will look like tiny opaque bubbles floating on the surface. Stir in the remaining tablespoon of butter and add more salt if required. Garnish with parsley

Cornish Hen, Maple Glazed

1 Cornish hen or small chicken

1 tbsp melted butter

¼ cu maple syrup

2 tbsp balsamic vinegar

Preheat oven to 400° F. Split hens. Remove backbone and rib bones from hens. Brush hens with butter and season with salt and pepper. Place a rack in a shallow pan and place birds on rack, skin side up. Roast hens 10 minutes. Combine maple syrup and vinegar and brush liberally over hens. Roast another 5 minutes and baste hens again. Roast another 10 minutes, basting frequently or until juices are clear and instant read thermometer reads 170°F.

Serves 2

Crab Cakes, Chesapeake Bay (An Embarrassment of Mangos)

1 lb fresh lump crabmeat, well drained
1 tsp Dijon mustard
6 tbsp mayonnaise
1 egg, beaten
1 medium onion, finely chopped
2 tbsp parsley, finely chopped (or 1 tbsp
chopped parsley in oil)

1 tsp Worcestershire sauce
¼ tsp hot sauce
2 tsp fresh lemon juice
1 tsp Old Bay Seasoning
¼ tsp pepper
1 cu bread crumbs
Butter and/or oil for sautéing

Mix together all ingredients except the bread crumbs and oil. Add just enough crumbs so that the mixture holds together into when shaping into cakes ... about 4 tbsp.

Form into 4 cakes. Roll cakes in remaining bread crumbs. You may place the cakes on a wax-paper lined cookie sheet and refrigerate for 1 hour (if time and refrigerator space permit).

Heat butter or oil or a combination of both in a large skillet over medium heat. Fry until golden brown on both sides, about 5 minutes per side. Drain on paper towels. Serve with a fresh lemon wedge. You may use a can of crabmeat or a can of salmon if fresh crabmeat is not available.

Serves 4

Crepes

3 eggs

1 ¼ cu flour

1 cu milk (not skim)

1 tbsp butter, melted

¼ tsp salt

1 tbsp sugar

shot of something nice

Melt the butter. Turn on blender on low speed and add milk, sugar, salt, egg, melted butter. Add the flour slowly so that it mixes without getting lumpy. Final consistency should be like medium cream ... coating the bottom of a spoon. Add the shot and have one yourself for the next steps.

Heat the crepe pan on medium high heat and add a bit of butter. Use a scrunched up square of paper towel to coat the surface of the pan with a thin layer of butter. When the pan is hot add enough batter to coat the bottom of the pan when quickly swirled. When the crepe has browned (very quickly ... just a few seconds) and it is possible to lift up the edge, flip the crepe over and brown the other side ... just a few seconds. Each crepe should take no more than 6 seconds on the first side and 3 seconds on the second. Stack the completed crepes on a plate, keep covered with a paper towel to stop them from drying out.. If the edges are brittle they will soften up in the pile, but next time use a little less flour. If the crepes are too thick use more milk. You will have to add additional milk to the batter halfway through cooking them to keep the consistency right. Makes about 24 crepes.

Sailing Vessel Pilgrim Recipes

Curry in a Hurry (Lorna Sass, Pressure Perfect)

1 cu water

4 tbsp Patak's Mild or Hot Curry Paste

1 medium onion, coarsely chopped

1 ½ lb potatoes, scrubbed, halved and cut into 1 ½ inch chunks

1 cu plain yogurt

1 ½ cu frozen peas

Pour water into a 4-quart or larger pressure cooker. Blend in the curry paste (you can combine hot and mild or use just one type). Set over high heat and add the onion, chicken or vegetables. Lock the lid in place. Bring to high pressure over high heat. Reduce the heat just enough to maintain high pressure and cook for 8 minutes (5 minutes for vegetables). Turn off the heat and allow the pressure to come down naturally. Remove lid.

Over medium heat, stir in the peas. Cook for 1 minute. Stir in the yogurt and cilantro. Add salt to taste. Serve in shallow bowls over rice, or with Roti. Accompany with Patak's Mango Chutney.

You can substitute 2 lbs of boneless pork, beef or lamb, cut in 1-inch chunks for the chicken. If you use lamb, cook under pressure for 12 minutes rather than 8.

3 tbsp. Chopped cilantro (optional)

salt

3 lbs chicken OR

(for a vegetarian version substitute 1 medium hard squash (butternut, acorn, pepper) peeled and diced into ½ inch pieces and 1 large (28 oz) can diced tomatoes)

Dijon Mustard Vinaigrette

2 tsp Dijon mustard

¼ cu Extra virgin olive oil

2 tbsp red wine vinegar

Put ingredients in a jar and shake well. Use with a green salad, such as Pilgrim house salad, or simply over alfalfa sprouts as a simple salad.

Eggs and Beans

2 eggs

1 can (8 fl oz or 227 mL) pork and beans in tomato sauce

Salt and pepper

Ketchup and/or hot sauce

In a medium sized frying pan, dump the contents of the can of beans and cook over low heat until the beans begin to bubble. Crack eggs and place on top of beans. Put a cover on the frying pan and let the eggs steam until desired doneness. Slide one egg and half the beans onto a plate and the rest on another plate (or eat right out of the pan). Serve with toast.

Serves 2

This is our “at anchor after an overnight run” food.

Fish (Grenadier) Chowder (North Atlantic Seafood, altered)

1 lb grenadier fillets (or any firm white-fleshed fish, such as King Mackerel)
1 onion, thinly sliced
6-8 strips of bacon
1 tbsp flour
3-4 medium potatoes, peeled and cubed

2 ribs celery, coarsely chopped
1 carrot, peeled and sliced
1 bay leaf
¼ tsp pepper
small can evaporated milk
sour cream (optional garnish)

Cover potatoes with water, add bay leaf and cook over medium heat until just tender, about 15 minutes. Put aside; do not drain. If the fish is not already cooked (leftovers from another meal) cut the filets into spoon-sized cubes. Cook bacon until crisp. Crumble bacon. Sauté onion, celery, carrot and pepper in bacon fat over low heat until onion is transparent, about 10 minutes. Stir in the flour and cook 1 minute. Slowly add about 1 cup of the potato water stirring constantly to form a thin vegetable paste. Then add the vegetable paste to the potato pot (with cooked potatoes and remaining water.) Stir well. If the fish is raw, add the fish, bring to a simmer and cook until fillets flake, about 5 minutes then add the bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. If the fish is cooked, add the fish, bacon and milk and a small amount of water added to the milk can and swished around to free the milk that clings to the can. When the soup is hot, serve with a dollop of sour cream topping each bowl. Serves 2 as a main course with a fresh loaf of bread.

Sailing Vessel Pilgrim Recipes

Flank Steak, Grilled Marinated (from Gourmet, July 1983)

1 ½ cu beer
4 scallions, minced
1/3 cu vegetable oil
3 tbsp soy sauce
2 tbsp brown sugar

1 tbsp ginger root, peeled & grated
2 cloves garlic, minced
1 tsp salt
1 tsp red pepper flakes
1 ½ - 1 ¾ lb. Flank steak

Mix all the ingredients except the steak. Score both sides of the steak across the grain. To score use a sharp knife and cut about ¼ inch into the steak at 1 inch intervals. Put the steak in the marinade overnight or up to 3 days. You may put the steak and marinade in a zip-lock bag and freeze it (handy for cruising or camping). If you marinate in a pan, turn several times.

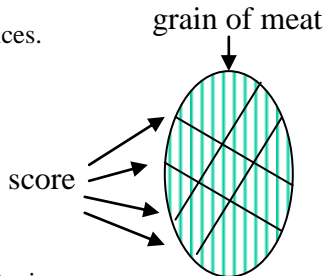
Drain the steak. Grill for 5 minutes on each side.

Cut the steak diagonally across the grain into very thin slices.

Excellent warm or cold.

Reserved marinade can be frozen and reused 2-3 times.

Serves 6. Leftover steak makes a great sandwich.



Hermits

½ cu margarine
1 cu brown sugar
1 egg
½ cu strong coffee
1½ cu flour
¾ tsp cinnamon

½ tsp ground cloves
¼ tsp baking soda
1 ½ cu mixed chopped fruit & nuts (any combination of peel, currants, raisins, dates, walnuts, almonds)

Cream together margarine and brown sugar. Beat in egg, then remaining ingredients. Drop from wet teaspoon onto buttered cookie sheet 2" apart. Bake at 375°F for 10-12 minutes. Watch carefully and keep bottoms from burning. Makes 24 cookies

Humus

½ cu dry chick peas (= 1 ½ cu cooked peas)

1 large minced garlic clove

2 tbsp lemon juice

3½ tbsp liquid from chick peas

1 tbsp tahini

3 tbsp olive oil

1 tsp salt

Hot Sauce and Olive Oil to taste

Cook chick peas until soft (15 minutes in a pressure cooker with 1 ½ cu water). Drain the chick peas. Mix the chick peas with the next 6 ingredients in a food processor or blender until smooth. Put the humus in a dish, make a depression in the middle of the humus in which you pour olive oil and several drop of hot sauce. Serve with fresh pita or vegetable sticks.

Irish Soda Bread (California Culinary Academy)

1 $\frac{3}{4}$ cu flour

1 cu whole wheat flour

$\frac{1}{4}$ cu wheat germ

3 tbsp sugar

1 tsp each baking powder and soda

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

3 tbsp cold butter or margarine

$\frac{1}{2}$ cu dried currants or raisins

$\frac{1}{3}$ cu buttermilk powder and 1 $\frac{1}{4}$ cu water

(OR 1 $\frac{1}{4}$ cu buttermilk)

Preheat oven to 375°F. In a large bowl stir together flour, wheat germ, sugar, baking soda, baking powder, buttermilk powder and salt. Cut butter into mixture until it is the consistency of coarse crumbs. Stir in currants. Add water (OR buttermilk) and stir only enough to moisten dry ingredients.

Turn dough out onto a floured board and knead lightly until it is smooth enough to shape into a flattened ball about 3 inches high. Place on greased baking sheet (or one lined with parchment paper). With a floured knife cut an X into the top of the loaf (cutting from the centre to within about 1 inch of the edge) about $\frac{1}{4}$ inch deep.

Bake until loaf is golden brown (40-45 minutes) Test for doneness by inserting a wooden toothpick into the thickest part. It should come out clean ... no crumbs. Slide loaf onto a wire rack to cool. Cut into thick slices.

This also makes a nice toast.

Makes 1 loaf

Kale, Braised

½ cu olive oil

1 large onion, thinly sliced

2 garlic cloves, minced

1 hot pepper, seeded and minced

2 lbs sturdy greens (chard, mustard greens,
kale, young collards, stems and inner ribs
removed, leaves coarsely chopped)

Salt & pepper

1 pint grape tomatoes, halved

¾ cu water

2 tbsp lemon juice

Heat olive oil over moderate heat. Cook onions, garlic and pepper until softened, about 6 minutes.

Add greens. Season with salt the pepper. Toss to wilt.

Stir in tomatoes, water and lemon juice. Cook over low heat stirring occasionally until greens are tender and tomatoes are soft, 10-15 minutes.

King Mackerel Escabeche (Modified from An Embarrassment of Mangos)

Escabeche, or escovitch, is pickled or “soused” fish. Most recipes call for a white-fleshed fish such as snapper, but king mackerel or Spanish mackerel also works well. The technique involves first frying and then marinating the fish, a marriage of two culinary traditions: African (frying the fish) and Native American (preserving or pickling the fish in vinegar or lime juice, as with ceviche). The dish can be served either chilled or hot.

4 tbsp olive oil

1 red onion, thinly sliced

1 green bell pepper, seeded and thinly sliced

2 cloves garlic, thinly sliced

1 small hot pepper, seeded and finely chopped

2 lbs fish fillets or steaks

Salt and pepper

2 bay leaves

1 tbsp fresh ginger, peeled and grated or chopped finely

6 whole peppercorns

6 allspice berries (whole)

¼ tsp mace

¼ cu white or malt vinegar

black olives, capers and roasted red peppers as garnish (optional)

Heat 2 tbsp of oil in skillet and sauté onions, peppers, garlic over medium heat about 10 minutes until the onions are soft and golden. Remove from pan and set aside. Dust the fish with salt the pepper and fry in the same pan until lightly browned on both sides, adding more oil if necessary. Place the fish in a large non-reactive dish. Put the onions and peppers on top. In a saucepan combine the spices with 1 cu water and salt and pepper and simmer gently for 15 minutes. Add vinegar and simmer 2 more minutes. Strain the liquid and pour over the fish. Garnish, if desired

Lamb Rack, Grilled

2 Frenched lamb racks (New Zealand,
vacuum packed frozen lamb racks are OK
if fresh local lamb is not available)
1 tbsp olive oil

1 tbsp rosemary
2-3 cloves garlic, minced
Salt & Pepper

Brush lamb on all sides with olive oil (olive oil in a spray bottle works well for this if you have it). Rub rosemary and garlic into meat. Let stand at room temperature about 1 hour. Just before cooking, sprinkle with salt and pepper. Grill on the BBQ or under the broiler until done to your taste. For rare, about 4 minutes per side (bones up first, then bones down). For medium rare about 4 minutes the first side and 6 minutes the second. Serve with mint jelly.
Serves 4

Lamb Shanks, Braised

2 lamb shanks

1 tbsp olive oil

2 medium onions, sliced

2 medium potatoes, quartered

salt & pepper

1 tbsp Zatar (Middle Eastern Spice ... use oregano and thyme if unavailable)

½ tsp ground cinnamon

½ tsp ground cardamon (optional)

Brown shanks in oil over medium high heat in a pressure cooker. Reduce heat, remove shanks. Add onions and potatoes and toss in the oil. Brown for about 4-5 minutes. Add spices and herbs, and about 1 cup of water, mixing the spices in well with the water/onions/potatoes. Add the browned lamb shanks. Add enough water to come half way up the lamb / potato / onion. Cover pressure cooker, and raise heat until the rocker begins to rock. Cook under pressure for 20 minutes. Turn off heat and let pressure drop of its own accord. Serve with mint jelly.
Serves 2

Lentil Soup, Red (Adapted from Splendid Soups by James Peterson. clipped from the Toronto Star)

3 slices bacon, in 1-inch strips
1 medium onion, thinly sliced
1 carrot, thinly sliced
1 stalk celery, thinly sliced
2 cups red lentils, rinsed

1 bay leaf
1 tsp. dried thyme
Small bunch fresh parsley, tied
6 (approx) cups chicken broth
1 chicken bouillon cube

In large pot, cook bacon over medium heat until crisp. Transfer to plate with slotted spoon; set aside.

To fat in pot, add onion, carrot and celery. Cook until slightly brown, about 15 minutes. Add lentils, bay leaf, thyme, parsley, broth and bouillon cube. Pressure cook for 6 minutes with natural release of pressure OR lower heat to simmer and cook, stirring occasionally, until lentils are tender, 45 minutes. Discard bay leaf and parsley.

Puree in batches with immersion blender until smooth. Stir in reserved bacon.

Makes 6 servings.

Lentil Sprout Salad, Curried

1 cu lentil sprouts

¼ cu mayonnaise

2 tbsp ketchup

2 tbsp olive oil

½ medium onion, finely chopped

½ - 1 tbsp curry powder

salt & pepper to taste

chopped parsley (if available...about ½ cu)

diced tomato (optional garnish)

Mix all ingredients except sprouts and tomatoes and shake well. Pour dressing over sprouts and garnish with diced tomatoes. May be served immediately, but is best if left to marinate for several hours in refrigerator or on the countertop.

Serves 4

Meatballs Stroganoff (from a Women's Day magazine in 1967)

1 lb ground beef
1 medium onion, chopped
rind of 1 lemon, grated
1 tsp salt
½ tsp pepper
1-2 tbsp cooking oil

2 tbsp flour
1 cu beef bullion
¼ cu ketchup
¼ cu sour cream
¼ cu chopped parsley (optional)

Mix the ground beef, ½ the onion, lemon rind, salt and pepper. Form balls (about 12-15). Brown balls (on 3-4 “sides”) in skillet with 1-2 tbsp cooking oil. As the meatballs brown, move them to a serving platter. When all of the meatballs are browned, add the remaining chopped onion to the skillet and brown them slightly. Sprinkle flour over the onions, toss to coat the onions and cook another minute. Add the bullion, stirring up the bits of meat and onion that have stuck to the bottom of the skillet. Let the sauce thicken (cook about 2 minutes). Add the Ketchup and stir well. Put the meatballs back on top of the onion mixture in the skillet, cover and simmer for about 15 minutes until the meatballs are thoroughly cooked. Remove the meatballs to the platter and add the sour cream to the sauce. Stir well, then pour over the meatballs. If you have fresh parsley, chop ¼ cu and sprinkle over the meatballs. Serve with noodles or rice. Serves 3

Meat Loaf with Baked Potatoes

1 lb ground beef
1 medium onion, chopped
1 ½ cu cracker crumbs
1 well-beaten egg
1 cu cold water

Salt
Pepper
Flour (about ¼ cu)
4-6 strips of bacon (optional)

Mix first 7 ingredients with your hands and shape into a loaf. Sprinkle loaf with flour. Lay strips of bacon over the loaf and attach with toothpicks. Instead of bacon, you may spread about 1/3 cup of ketchup over the meatloaf. Put in pressure cooker on the rack. Pour water into the pressure cooker until it reaches the top of the rack. Put a 2 – 4 baking potatoes on the rack next to the meatloaf. Secure the top and put the rocker on the steam vent. Set on high heat until the rocker begins to rock, then reduce heat to keep the rocker just rocking and cook for 15 minutes. Turn off the heat and let the pressure drop of its own accord.

Remove loaf and potatoes to a platter. Serve with Ketchup.

Serves 4

Minestrone, Vegetarian

1 large onion, quartered
2-3 ribs celery, sliced
3-4 carrots, peeled and thickly sliced
4-6 cloves garlic, peeled and sliced
1 28 fl oz can of tomatoes, plus ½ can water
½ cu soup beans (see recipe for mix) soaked 12 hours, rinsed and drained
1 tsp dried thyme

2 bay leaves
1 tsp salt
½ tsp pepper
¼ wedge of cabbage shredded
approximately ½ - 1 cu cooked (leftover) pasta (if there is a bit of pesto on it, all the better)
Parmesan cheese

Put the onion, celery, carrots, garlic, tomatoes & water, beans, thyme, bay leaf, salt and pepper in a pressure cooker. Secure the lid and put rocker on the steam vent. Heat over high heat until the rocker begins to rock. Reduce heat to medium and cook for 15 minutes. Turn off heat and let the pressure drop. When the pressure has dropped (you can take the rocker off the steam vent without it hissing back at you), remove the lid. (If you do not have a pressure cooker, you can use a large standard soup pot and simmer the ingredients for about 1.5 – 2 hours until the beans are cooked.

Return the pot to high heat and put the cabbage and pasta into the soup. Let simmer over moderate heat for about 3-5 minutes. Cabbage should still have a crunch. Serve with Parmesan Cheese (and hot sauce if Brian is at table) Serves 4 for dinner with a loaf of bread

Nut Brown Ale Bread (California Culinary Academy)

2 packages active dry yeast

1/2 cup warm water

1/3 cup firmly packed brown sugar

1 bottle (16 oz or 2 cups) dark ale, such as

Stewart's Special Bitter

Sprinkle yeast over 1/2 cup of water in large bowl. Add 1 teaspoon of the brown sugar. Let stand until soft (about 5 minutes)

Warm ale to 105-110°F. Add salt, butter, remaining water and brown sugar into the ale, then add the ale mixture into the yeast mixture. If you have less than 2 cups of beer, add the equivalent amount of water. Add wheat germ and rye flour. Mix to blend then beat until smooth and elastic, about 5 minutes. Stir in 3 1/2 cu flour, then about 1 more cup of flour to make a soft dough. When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover bowl with a towel. Let rise in a warm place until doubled in bulk (about 1 hour)

Punch dough down and divide into two equal portions. Shape each into a loaf. Place shaped loaves in greased (or parchment-lined) 4 1/2 inch by 8 1/2 inch loaf pans. Let rise until almost doubled in bulk (35 – 45 minutes)

Preheat oven to 375° F. Bake until loaves are well browned and sound hollow when tapped (40 – 45 minutes). Remove loaves from pans and let cool on wire racks.

2 teaspoons salt

2 tablespoons butter

1 cup wheat germ

5 – 5 1/2 cups unbleached all-purpose flour

1 cup rye flour

Nut Rock Cookies

2/3 cu brown sugar

2/3 cu margarine (or butter)

1/4 cu granulated white sugar

2 eggs, well-beaten

1 2/3 cu flour

2/3 cu raisins

2/3 cu pecans (or other nuts)

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp allspice

1/2 tsp baking soda in 1/2 tbsp boiling water

Mix all ingredients together. Drop by spoonfuls on buttered cookie sheets. Bake 20 minutes at 300°F.

Makes 30 cookies

Oatmeal (or Burgoo)

Slightly less than 1 cu quick rolled oats
2 cu water
¼ tsp salt

chopped dried fruit and nuts (blueberry,
raisins, currants, pecans)
brown sugar

Two methods:

Method One: Put water in pot. Add fruit, salt and nuts. Bring to a boil. Add oatmeal and stir. When mixture begins to bubble, remove from heat. Let stand a few minutes. Serve with brown sugar.

Method Two: Put water, oats, salt, fruit and nuts in a pot. Bring to a boil. When mixture begins to bubble, remove from heat. Let stand a few minutes. Serve with brown sugar.

Serves 2

Oatmeal Bread, Braided (California Culinary Academy)

1 cu quick-cooking rolled oats

1 $\frac{3}{4}$ cu water

1 package active dry yeast

2 tbsp honey

$\frac{1}{2}$ cu water and 1 $\frac{1}{2}$ tbsp Special Dry Milk
for Bread (OR $\frac{1}{2}$ cu warm milk)

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

3 tbsp butter

3 $\frac{3}{4}$ - 4 cu white flour

2 eggs

1 $\frac{1}{2}$ cu whole wheat flour

Bring 1 $\frac{1}{2}$ cu water to a boil and pour over oats. Add 1 tbsp + 1 tsp honey, salt, butter, and 2 eggs.

Sprinkle yeast over $\frac{1}{4}$ cu water in a large bowl. Add 1 tsp of the honey. Mix and let stand until yeast is soft and bubbly. Stir in rolled oats mixture, and $\frac{1}{2}$ cu water (OR warm milk). Add whole wheat flour and mix to blend. Add 3 cu white flour and beat until smooth and elastic. Stir in $\frac{1}{4}$ cup more of the white flour to make a soft dough. When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover bowl and let rise until doubled in bulk (about 1 hour). Punch dough down. Cover and let rest for 10 minutes. Divide into 3 equal portions if making one large free-form loaf, or into 6 equal portions if making two braided loaves in loaf pans. Roll each under palms of hands on a lightly floured surface into an 18-inch (or 12-inch) strand. Place three strands side-by-side. Pinch one end (all three strands) tightly, then braid the 3 strands, finishing with another tight pinch of all three strands. Put loaf/loaves on/in buttered cookie sheet or butter 4.5" x 8.5" loaf pans. Let rise until double in bulk (35-45 minutes) Preheat oven to 375°F. Bake until golden brown and sounds hollow when tapped (30-35 minutes). Cool on wire rack.

Sailing Vessel Pilgrim Recipes

Oatmeal Raisin Cookies (Quaker Oat Company)

½ cu margarine (1 stick)

½ cu brown sugar

¼ cu granulated sugar

1 egg

½ tsp vanilla

¾ cu flour

½ tsp baking soda

½ tsp cinnamon

¼ tsp salt

1 ½ cu oats

½ cu raisins or currants

Beat margarine and sugars until creamy. Add eggs and vanilla. Beat well. Add flour, baking soda, cinnamon, salt and mix well. Stir in oats and raisins and mix well. Drop by teaspoons onto ungreased cookie sheet. Bake 10-12 minutes in preheated 350°F oven or until golden brown. Cool 1 minute on cookie sheet then remove to a wire rack. About 2 dozen cookies.

Parsnip Soup, Cream of, with Ginger (Lighthearted Cookbook)

1 onion, chopped

4 medium parsnips, peeled and cubed

1 cu water

1 tbsp butter

2 tbsp flour

1 cu chicken or vegetable stock

1 ½ tsp grated fresh gingerroot

¾ cu milk, low fat

salt & pepper

In a saucepan, combine onion, parsnips and water. Simmer, covered for 8-10 minutes until parsnips are tender. (or pressure-cook for 4 minutes) Purée and set aside.

In a saucepan melt butter over medium heat; stir in flour and cook for 1 minute. Stir in chicken stock until mixture boils and thickens. Add puréed parsnips and onions. Add ginger, milk, and salt and pepper to taste. You may not need salt if chicken stock is salted.

Serve hot topped with a dollop of sour cream and chopped fresh parsley. Soup may also be served cold.

5 servings

Parsnips and Carrots, Baked (Light Hearted Cookbook)

2 parsnips

Salt and pepper

4 carrots

Pinch of cumin (optional)

1 tbsp soft butter

1 tbsp water

Peel parsnips and carrots. Cut in half crosswise, then cut lengthwise into strips. Place in baking dish and dot with butter. Sprinkle with salt, pepper and cumin. Add water. Cover and bake in preheated 375°F oven for 50-60 minutes or until tender.

Serves 4

Pasta

2 large cans crushed tomatoes
2 small cans tomato paste
3 cloves, garlic, crushed
basil, dry, palm-full rubbed
oregano, dry, palm-full rubbed

½ tsp pepper
900 gr package of rigatoni pasta
2 lbs ground beef
Hot Italian sausage (optional)
Parmesan cheese

In a large pot mix tomatoes, tomato paste, garlic, oregano, basil, pepper. Cook on low heat (do not let boil).

In a large skillet brown ground beef and drain off fat. If using sausage, slice in ½ inch rounds and brown in the skillet. Drain. Add meat to sauce and simmer for about 2 hours or more. After 1 hour taste and adjust seasonings to taste.

Cook pasta according to package instructions. Drain. Pour a little sauce over pasta to keep pasta pieces from sticking to each other. Serve pasta in one bowl, additional sauce in another. Serve with Parmesan cheese and hot pepper flakes.

Serves 4

Mix leftover pasta and sauce in one container and refrigerate. Pasta is even better warmed up the second day.

Pasta with Garlic and Cheese

Cook enough pasta (any shape is OK except long pasta such as spaghetti or linguini) for two people (a little extra if you want to make a pasta salad or use pasta in soup the next day). Usually it takes about 12 minutes to cook pasta in salted water with a tablespoon of oil in the water to keep pasta from sticking to the pan, but dryness of the pasta and atmospheric conditions may require longer cooking. Keep checking after pasta has cooked for 10 minutes to ensure it is cooked (no crunch), but not too soft (al dente). While the pasta is cooking, heat about 2-3 tbsp of olive oil in a small pot over low heat and simmer 2-3 garlic cloves that have been peeled and thinly sliced. When the pasta is cooked, drain it well, put it in a serving dish (or back in the cooking pan), and pour olive oil over the cooked pasta. You may strain out the garlic (to be a bit more refined) and leave them mixed in with the pasta if you like garlic. Sprinkle liberally with grated parmesan cheese and toss.

Pasta with Pesto

Cook enough pasta (any shape is OK except long pasta such as spaghetti or linguini) for two people (a little extra if you want to make a pasta salad or use pasta in soup the next day). Usually it takes about 12 minutes to cook pasta in salted water with a tablespoon of oil in the water to keep pasta from sticking to the pan, but dryness of the pasta and atmospheric conditions may require longer cooking. Keep checking after pasta has cooked for 10 minutes to ensure it is cooked (no crunch), but not too soft (*al dente*). When the pasta is cooked, drain it well, put it in a serving dish (or back in the cooking pan). Spoon about 4 tablespoons of pesto (basil, garlic, parmesan cheese in olive oil) and toss. Serve with grated parmesan cheese for those who want extra cheese.

This is a *must* side dish with rack of lamb.

Pea Soup, Split

1 package of split, dried, green peas
1 tsp. baking soda
½ lb. Slab bacon cut in pieces, a thick slice
of ham (1/2-3/4 lb.) or a ham bone

large onion, sliced
4 ribs of celery, cut into 3 inch pieces
1 tbsp. dried thyme
½ tsp pepper

Soak package of split peas with baking soda overnight. Drain off the soda water and rinse well. Place peas in a kettle with bacon or ham, onion, celery, salt, pepper and thyme. Cover the vegetables with cold water.

Let come to a boil over high heat. Skim off the scum as it rises to the surface. For pressure cooking, put the lid and rocker on the cooker, bring up to pressure and cook for xx minutes. Let pressure reduce off the heat. For conventional pots, reduce heat and let simmer until the peas are “dissolved” and the celery and onions are tender – at least 2 ½ hours. Stir occasionally to keep soup from sticking.

Serve with toasted croutons (optional). The soup is MUCH better with a meaty ham bone than bacon or a ham slice.

Serves 4 for dinner with a loaf of bread

Pike (Northern) with Artichokes in Tomato Sauce (based on Bon Appétit, October, 1980)

1 can artichoke hearts (not marinated)
3 tbsp olive oil
1 large Northern Pike cleaned and cut into
1" thick steaks and a tail filet
1 medium onion, chopped
4 cloves garlic, minced
1 ½ cu chicken stock

1 tbsp minced fresh Italian parsley
(optional)
1+ tbsp tomato paste
¼ tsp salt
1/8 tsp ground pepper
chopped parsley and lemon wedges as
garnish (optional)

Heat oil in frying pan and sauté Pike. Set fish aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add Pike, cover and simmer about 30 minutes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice. Serves 4

You can substitute Pork Tenderloin cut into rounds for the Northern Pike

Pilgrim House Salad with Balsamic vinaigrette

1 medium or 6 cherry tomatoes
cucumber (about 3 inches of one)
yellow pepper (about ¼ of one)
2 tbsp unsalted roasted sunflower seeds
¼ cu crumbled feta cheese
½ jar quartered marinated artichoke hearts
(optional)

4-6 Romaine leaves
1/3 cu toasted croutons
Dressing:
1 tsp sugar
2 tbsp balsamic vinegar
¼ cu extra virgin olive oil

Slice tomatoes as thinly as possible. Peel, seed and dice cucumber. Seed and dice pepper. Put these 3 vegetables in a salad bowl. Add sunflower seeds, feta cheese and artichoke hearts(if using). Put dressing ingredients in a jar and shake well. Pour over ingredients in the salad bowl. Tear Romaine leaves and put on top of marinating vegetables in salad bowl. Add croutons. When ready to serve salad, toss. Serves 2

Pork Chops with a salt marinade (Julia Child)

2 centre-cut pork chops, about 2/3" thick

2 tsp salt

¼ tsp ground pepper

½ tsp thyme, dried

1 bay leaf, crumbled

1 clove garlic, minced

2 tbsp cooking oil

½ cu vermouth or dry white wine

Mix salt and spices/herbs together and rub into both sides of the pork chops. Let stand at room temperature for 15 minutes or covered in the refrigerator for up to ½ day. When ready to cook, scrape off the marinade and dry chops with paper towels.

Brown chops (both sides) in oil over moderately high heat for 3-4 minutes. Put chops on a platter. Pour off any excess oil in the skillet and discard. Pour vermouth into skillet, scraping up coagulated cooking juices. Put the chops back in the skillet and cover. Lower heat to very low and cook until the chops are cooked through, about 15-20 minutes depending on thickness of the chops. Remove the chops to a serving plate and reduce the sauce over moderate heat for 1-2 minutes. Pour sauce over chops and serve.

Serves 2

Pork with Artichokes in Tomato Sauce (Bon Appetit, October, 1980)

1 can artichoke hearts (not marinated)
3 tbsp olive oil
1 large pork tenderloin, or any cheaper cut
of pork
1 medium onion, chopped
4 cloves garlic, minced
1 ½ cu chicken stock

1 tbsp minced fresh Italian parsley
(optional)
1+ tbsp tomato paste
¼ tsp salt
1/8 tsp ground pepper
chopped parsley and lemon wedges as
garnish (optional)

Cut pork tenderloin into ½” “coins.” If you use another cut of pork, cut it into 1” square pieces. Heat oil in frying pan and brown pork. Set pork aside. Add onion and brown quickly. Add drained artichoke hearts that have been halved or quartered and toss with the onions. Stir in stock (I use liquid from artichoke can plus water and chicken stock powder), 2 tbsp parsley, tomato paste, salt and pepper. Blend well. Add pork, cover and simmer about 30 minutes. Before serving, if the liquid is not thickened, remove cover and raise heat for a few minutes. Taste and adjust seasonings. Turn out on a platter, sprinkle with chopped parsley and garnish with lemon wedges. Serve with rice.

Serves 4

You can substitute Northern Pike for the pork.

Pork Tenderloin, Stuffed

2 small pork tenderloins (or 1 large, split into two long pieces)

½ lb. bacon

Stuffing:

1 cooking apple, cored, seeded and chopped

1 onion, chopped

bread, cubed (about 1 medium sized loaf)

fresh parsley, thyme, rosemary and sage, chopped

½ cup raisins, washed and drained

½ cup applesauce

Split the tenderloin length-wise, (but do not cut all the way through) and flatten slightly with a meat cleaver so that you have 2 pieces of meat about ½ as thick as the original tenderloin.

In an oval ovenproof dish, lay strips of bacon across the dish, overhanging the side of the dish.

Place one tenderloin on top of bacon. Mix together the stuffing ingredients, or use a stuffing mix jazzed up with additional chopped apple, onion and washed raisins). Lightly press stuffing onto the tenderloin. Place 2nd tenderloin on top. Bring ends of bacon up over the stuffed tenderloins. Use toothpicks to secure. Bake in 325°F oven for 1 hour. Check temperature of the pork with an instant-read thermometer (170°F)

Serves 6

Potatoes and Onions

2 medium to large white potatoes

1 medium to large onion

2 tbsp vegetable oil

salt and pepper

Scrub potatoes and slice thinly. We leave skins on, but you can peel if you do not want the skins. Peel and thinly slice onion. Heat oil over medium heat in frying pan. Sauté onions for 3-4 minutes. Add potatoes and toss to coat with oil. Add salt and pepper to taste. Turn heat as low as possible (add a little water if potatoes begin to stick on the pan) and cover. Cook for about 40 minutes, until potatoes are soft.

Serves 2

Quinoa, Shrimp and Corn Chowder (based on Lorna Sass, Whole Grains)

2 tbsp unsalted butter

1 ½ cu finely chopped leeks (white and light green parts) or onions

2 cu finely diced celery

½ cu finely diced red bell pepper

¼ tsp salt

4 cu water of fish broth

¼ cu amaranth

2 tbsp red quinoa

½ cu ivory quinoa, thoroughly rinsed

¼ tsp dried thyme

4 cu thawed frozen corn kernels

½ lb. Peeled small shrimp

2 tbsp minced fresh parsley

Melt 2 tbsp butter over medium heat. Stir in leeks, celery, pepper and salt. Cook, stirring frequently until vegetables are soft, about 5 minutes.

Stir in the amaranth, red quinoa and 4 cu water (or fish or clam broth). Bring to a boil. Stir in ivory quinoa and thyme. Return to boil. Reduce heat slightly and cook at a gentle boil, partially covered for 10 minutes.

In a blender, puree 3 cups of the corn kernels with 1 cu water. When the quinoa has cooked for 10 minutes, stir the corn puree and remaining corn kernels into the soup. Add salt to taste.

Reduce heat and simmer until the quinoa is tender, 3-5 more minutes. When the quinoa is done, there will be no starchy white dot in the center of each grain and some of the germs' "tails" may unfurl and float freely.

Add shrimp and cook until they turn pink, about 1 minute. Garnish with parsley

Rice, Basmati

1 tbsp butter

½ medium onion, finely chopped

1/3 cu basmati rice

2/3 cu water

1 package of powdered stock (chicken, beef, vegetable)

¼ cu pine nuts

¼ tsp salt (optional ... depends on saltiness of stock)

¼ tsp ground pepper

¼ tsp saffron threads (optional)

Melt the butter in a medium-sized saucepan. Add the onion and sauté for about 2 minutes. Add the rice and toss with the onion. Cook for 1 minute. Dissolve the stock powder in water. If you are using saffron, the water must be boiling; let the stock powder and saffron steep for 5 minutes, then strain the liquid before pouring over the rice. OR put both water and stock powder in the rice pan and stir. Stir in the pine nuts, salt and pepper. Cover and simmer over very low heat for 15-20 minutes until the stock is absorbed. Fluff with a fork.

Serves 2

Rice and Bean Casserole, Mexican (The Lighthearted Cookbook)

1 tsp vegetable oil	1 can (28 oz., 796 ml.) red kidney beans, drained and rinsed
½ cu water	1 can (19 oz., 540 ml.) tomatoes
1 onion, chopped	1 tbsp. Chili powder
2 cloves garlic, minced	2 tsp. Cumin (ground)
1 ½ cu mushrooms, sliced (1/4 lb.)	¼ tsp. Cayenne pepper
2 sweet green peppers, chopped	1 cu shredded low-fat mozzarella cheese
¾ cu long-grained rice	

In a large skillet, Dutch oven or pressure cooker, heat oil with water over medium heat. Add onion, garlic, mushrooms, and green peppers; simmer, stirring often, until onion is tender, about 10 minutes.

Add rice, beans, tomatoes, chili powder, cumin and cayenne; cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed or pressure cook for 10 minutes once the pressure has built and the rocker is rocking. Let pressure drop of its own accord.

Transfer to baking dish and sprinkle with cheese. Bake in 350° F for 15 minutes or microwave at high power for 1-2 minutes or until cheese melts. Makes 6 servings.

Rice, Spanish

1 medium to large onion, chopped

3 cloves of garlic, minced

3 tbsp. Oil (olive, vegetable or butter)

1 cu rice

1 28 fl. oz. can tomatoes, chopped

1 15 fl. oz can whole kernel corn (or equivalent frozen corn), drained

1 15 fl oz can of kidney beans (or $\frac{3}{4}$ cup cooked dried beans), drained and rinsed

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

$\frac{1}{2}$ tsp. cayenne pepper (optional)

1 hot pepper, seeded and finely chopped

$\frac{1}{2}$ tsp. pepper

2 tbsp. chili powder (or less, to taste)

Sauté the onion and garlic in oil in a large saucepan until translucent. Add rice, beans corn tomatoes and once cup of water. Bring to a gentle boil. Add the chopped pepper and spices and stir well. Cover and simmer until the rice is cooked and the liquid is absorbed. Serve with grated cheese (optional). This keeps 2 of us going for 2-3 days at sea.

Overnight passages can be difficult; there may be swells and choppy water, or wind and heeling making working in a galley difficult. Stomachs may be acclimatizing themselves to the motion of the boat. It may be cold. The crew could be expending energy hoisting and trimming sails, taking in reefs, adjusting the autohelm, and handling unforeseen emergencies. It is important to have easy to prepare, nutritious food. We have found this Spanish Rice fits the bill well for us. It is prepared before departure. We heat it in our double-boiler, but it can be packaged in meal-sized ovenproof dishes and heated in the oven. It can be left at room temperature (meaning 65 – 70° F) and eaten unheated. The combination of rice and beans gives a good protein balance; adding cheese gives more protein and flavour, but is not necessary. Rice is settling for the stomach, while the beans (if well rinsed) keep the plumbing in working order. We like a hotter, spicier dish, but it can be tamed down by avoiding the hot peppers and cayenne pepper. The rice, served in soup bowls, is not sloppy and likely to be dumped into a bouncing cockpit. The dish is good for vegetarian crew.

Rice & Peas, Bahamian (An Embarrassment of Mangos)

2 tbsp vegetable oil	½ tsp thyme, dried
1 small onion, chopped	1 tsp salt
1 celery rib, chopped	¼ tsp pepper
½ hot pepper, seeded and finely chopped	1 ½ cu water
2 tbsp tomato paste	1 cu uncooked rice
1 cu cooked pigeon peas or black-eyed peas	Hot sauce
(1/2 cu dried peas soaked and cooked)	

In a heavy pot, heat oil over medium heat. Cook onion, celery and pepper for a few minutes until softened but not browned. Add tomato paste and cook for 2-3 minutes. Stir in peas, thyme, salt and pepper. Add water and bring mixture to a boil. Stir in rice and reduce heat to low. Cook covered until water is absorbed and rice is done, about 20 – 25 minutes. Remove from heat and allow to stand, covered, for about 10 minutes. Fluff with a fork and serve with hot sauce.

Serves 4-6

Risotto with Sausage and Tomato (Lorna Sass, Pressure Perfect)

1 tbsp olive oil	2 ½ cu water
½ cu finely chopped onions	1 tsp salt (or less)
½ lb fresh Italian sausage, hot or mild, casings removed)	Diced tomatoes, 15 oz can
1 ½ cu Arborio rice	½ cu grated Parmesan cheese
½ cu dry white wine or dry vermouth	Freshly ground pepper
	3 tbsp chopped fresh parsley (optional)

Heat oil in 4-quart or larger pressure cooker. Add onions and cook over high heat for 1 minute, stirring frequently. Stir in sausage, breaking up the meat and brown. Add rice, taking care to coat it with oil.

Stir in the wine. Cook over high heat until the rice has absorbed the wine, usually about 30 seconds. Stir in the water and salt. Take care to scrape up any rice sticking to the bottom of the cooker. Pour the tomatoes on top and do not stir.

Lock the lid in place. Over high heat bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 4 minutes. Turn off the heat. Quick release the pressure by setting the cooker under cold running water. Remove the lid and allow the steam to escape. Set the cooker over medium high heat and stir vigorously. The risotto will be fairly soupy at this point. Cook uncovered stirring every minute or so until the mixture thickens and the rice is tender but still chewy, usually 3-5 minutes. Off the heat stir in the cheese, salt and pepper to taste and parsley.

Salmon Burgers

1 can salmon, drained well
1 egg
small onion, finely chopped

about ½ cup dried bread crumbs
1 tbsp cooking oil
lemon wedges for garnish

Mix all ingredients except lemon very well. Shape into 2 patties. Fry in about 1 tablespoon of oil or margarine over low heat, just warm enough to set the egg, for about 5 minutes. Flip the burgers and fry the other side about 5 minutes until the burger is set. Serve with a slice of lemon. Serves 2

Salmon, Smoked, Paté

1 can salmon

1 8 oz. package cream cheese

about 1 tsp liquid smoke (often on grocery shelf with Worcestershire sauce)

Drain the liquid from the salmon. Put salmon, cheese and liquid smoke in a food processor. Blend thoroughly. Taste for smokiness and add more liquid smoke if desired. You may add a few drops of red food colouring.

Salsa Cheese Dip

Mix equal parts of nacho cheese (Cheese Whiz if you cannot find nacho cheese) and Salsa (we like hot, but you can use medium, mild, extra hot, etc.) Serve with corn chips or raw vegetables

Seven Grain Bread (California Culinary Academy)

2 cups warm water

½ cup bulgur wheat

2 packages active dry yeast

¼ cup molasses

¼ cu Special dry milk for bread + 1 cu
water (OR 1 cup warm milk)

2 teaspoons salt

2 tablespoons salad oil

1 cup quick-cooking rolled oats

4 – 4 ½ cups unbleached all-purpose flour

¼ cup each soy flour and wheat germ

½ cup each rye flour and whole wheat or
graham flour

Pour ½ cup warm water into a large bowl. Sprinkle yeast over water. Add 1 teaspoon of the molasses. Let stand until soft (about 5 minutes)

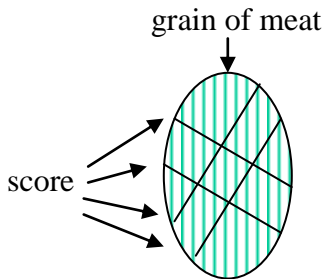
Bring 1 ½ cups of the water to a boil; pour over bulgur wheat in a medium bowl. Stir in 1 more cup of water (OR milk), remaining molasses, salt and oil into bulgur mixture and add oats. When cooled to 115°F add to the yeast mixture. Add the soy, rye, & whole wheat flours, dry milk and wheat germ. Stir well. Add 2 cups of the unbleached flour. Stir to blend, then beat until smooth and elastic (about 5 minutes). When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover with a towel. Let rise in a warm place until doubled in bulk (about 1 hour) Punch dough down and divide into two equal portions. Shape each into a loaf. Place shaped loaves in greased or parchment lined 4½ inch by 8 ½ inch loaf pans. Let rise until almost doubled in bulk (35 - 45 minutes)

Preheat oven to 350° F. Bake until loaves are well browned and sound hollow when tapped (45 – 50 minutes). Remove loaves from pans and let cool on wire racks.

Sailing Vessel Pilgrim Recipes

Steak Teriyaki

This is a good way to grill cheaper cuts of steaks, such as top or bottom round steak. Score both sides of the steak, as for Flank Steak. To score, use a sharp knife and cut about ¼ inch into the steak at 1 inch intervals. Put the scored steak into a dish or large zip-loc bag and cover the bottom of the dish with teriyaki sauce. If you marinate in a pan, turn several times. Marinate for an hour or up to several days. If in a zip-loc bag, the steak can be frozen, useful for cruising or camping drips. Drain steak, pat dry and grill for 5 minutes / side or to taste.



Sweet Potatoes, Sautéed

2 medium to large sweet potatoes or yams

2 tbsp vegetable oil

Dried thyme, salt and pepper

Peel potatoes and slice very thin. Heat oil over medium heat in frying pan. Toss in potatoes and cover with oil. Add salt and pepper to taste and toss again. Cover and lower heat. You may add a little water if the potatoes begin to stick to the pan. Cook for about 40 minutes or until potatoes are soft.

Serves 2

Vanilla Sauce (The Joy of Cooking)

¼ cu sugar

1 tbsp flour

1 cu water

1-3 tbsp butter

1-2 tsp vanilla

Put the sugar, flour and water in a saucepan and whisk well over low heat until the mixture thickens and loses its opaque colour. Remove from heat and stir in butter, until melted, and vanilla. Serve warm over Bread Pudding (see recipe).

Veal Chops

Loin white veal chops (if you can afford them)

Olive oil in a spray bottle

Thyme

Garlic, 1 medium clove per chop

Salt and pepper

Pat the chops dry with a paper towel. Spray one side with oil (just a light “dusting”). Mince or crush garlic and spread ½ of it on the chop. Sprinkle liberally with thyme. Sprinkle with salt and pepper to your taste.

Turn over chops and repeat the oil spray and thyme, salt and pepper sprinkling.

Grill on a medium hot BBQ for 3 minutes (for thin chops, less than ½ inch) or 5 minutes (for chops ½ inch thick and thicker) per side.

If you do not have a BBQ, you can either broil on a greased broiler pan about 4 inches from the heat source for the same amount of time OR you can fry in a tablespoon of oil in a frying pan over medium high heat for the same amount of time.

Vegetable Stew with Ethiopian Spices (Lorna Sass, *The Pressured Cook*)

1 tbsp olive oil	1 lb. Red-skinned potatoes, scrubbed and cut into 1-inch chunks
1 ½ tsp cumin seeds	5 large carrots, peeled and cut into 1-inch pieces
1 ½ cu onions, coarsely chopped	1 ½ lbs green or Savoy cabbage, cored and coarsely chopped
4 tbsp. Tomato paste	6 tbsp crunchy peanut butter at room temperature
3 cu broth (chicken or vegetable)	½ cu hot water
1 tsp salt	1 ½ tbsp minced fresh ginger
½ tsp cinnamon	1 cu frozen green peas, thawed
½ tsp cardamom	½ cu roasted peanuts, chopped, for garnish
¼ tsp each cayenne, cloves, pepper	
1 ½ lbs winter squash, peeled, seeded and cut into ½ inch dice	

Heat oil in pressure cooker. Add cumin seeds and cook until they turn a shade darker, about 30 seconds.

Stir in onions and tomato paste and continue cooking for 2 minutes.

Add broth, taking care to scrape up any browned bits sticking to the cooker. Add salt, spices, squash, potatoes and carrots. Pile cabbage on top.

Lock lid. Over high heat bring to high pressure. Reduce heat just enough to maintain high pressure and cook for 4 minutes. Quick release the pressure under cold running water. Remove the lid.

Blend peanut butter with hot water. Stir in ginger. Add this to the stew. Stir in additional broth and spices to your taste. Once the seasonings are OK, add the peas and cook until just tender, about 1 minute.

Garnish individual portions with roasted peanuts.

Wheat Bread, 100% Whole Wheat Flour (King Arthur Flours)

1 package active dry yeast

1 1/3 cu warm water

1/4 cu vegetable oil

1/4 cu honey

3 1/2 cu whole wheat flour

1/4 cu nonfat dry milk

1 1/4 tsp salt

Combine all the ingredients and stir until the dough starts to leave the sides of the bowl.

Transfer the dough to a lightly greased surface, oil your hands and knead it for 6-8 minutes or until it begins to become smooth and supple. (Note: I usually add more flour if the dough is still sticky) Transfer the dough to a lightly greased bowl, cover and let rise until puffy, though not necessarily doubled in bulk, about 60 minutes depending on the warmth of the area.

Shape into loaf and put in greased 8.5" x 4.5" loaf pan. Cover and allow to rise for about 30-60 minutes or until it has crowned about 1 inch above the edge of the pan.

Bake in a preheated 350°F oven for about 40 minutes. Bread should be browned and sound hollow when thumped. Interior temperature should register 190° F at the centre of the loaf.

Turn loaf from pan and cool on wire rack.

Makes one loaf

Wheat Bread, Apple (California Culinary Academy)

1 package active dry yeast

1 ¼ cu warm water

¼ cu brown sugar

¼ cu Special Dry Milk for Bread + 1 cu
water (OR 1 cu warm milk)

1 ½ tsp salt

2 tbsp vegetable oil

4 ¾ - 5 ¼ cu white flour

1 ½ cu whole wheat flour

1 large apple peeled, cored and shredded

Sprinkle yeast over ¼ cu water in large bowl. Add 1 tsp brown sugar. Mix and let stand until dissolved and bubbly. Stir in remaining water (2 cu OR 1 cu + 1 cu milk), brown sugar, apple, salt and oil. Add whole wheat flour and dry milk and blend. Beat until dough is smooth and elastic. Stir in 3 cu white flour. Beat to form a soft dough. When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover with a towel and let rise in a warm place until doubled in bulk (1 ¼ - 1 ½ hours). Punch dough down and divide into two equal portions. Shape each into a loaf. Place in greased or parchment-lined 4.5"x8.5" loaf pans. Let rise until almost doubled in bulk (40-45 minutes. Preheat oven to 350°F. Bake until loaves are well browned and sound hollow when tapped (40-45 minutes). Remove loaves from pans and let cool on wire racks. Makes 2 loaves

Wheat Bread, Honeyed (California Culinary Academy)

5 ¼ - 5 ¾ cu flour

2 cu whole wheat flour

2 packages active dry yeast

2 tsp salt

½ cu Special Dry Milk for bread + 2 cu water (OR 2 cu milk)

½ cu water

½ cu honey

2 tbsp vegetable oil

In large bowl combine yeast, water and 1 tsp honey. Stir and let sit until soft and bubbly, about 5 minutes. Add 2 cu water (or milk), ½ cu honey, and vegetable oil. Stir in whole wheat flour and dry milk and mix thoroughly. Stir in 2 cu white flour and beat until smooth and elastic. Add another cup of flour. When you can no longer stir in flour with a spoon, begin to knead the dough in the large bowl. Continue adding flour until the dough is no longer sticky and knead until dough is springy and small bubbles form just under the surface. (12 – 15 minutes) Cover dough and let rise until double in bulk, about 1 hour.

Punch down and divide dough into 2 equal portions. Shape each into a loaf. Place loaves into a greased or parchment-lined 4.5" x 8.5" loaf pan. Cover with a towel and let rise until doubled in bulk (40-45 minutes). Preheat oven to 375°F. Bake until loaves are well browned and sound hollow when tapped (30-45 minutes). Remove from pans and let cool on wire racks.

Makes 2 loaves

Whitefish, Broiled

Wash the filleted fish under cold water. Remove floater bones, if desired, with pliers.

Let fish drain.

Butter a baking pan with a narrow lip. Put the fish on the pan with skin down. Sprinkle with a little salt and paprika. Melt about $\frac{1}{4}$ cu margarine or butter.

Preheat broiler. Broil close to heat source for 5 minutes. Pour melted margarine over fish.

Broil for another 5 minutes.

Serve with lemon wedges and parsley sprigs.