Rauenbusch Family Cookbook

Version 15 | 36 family recipes

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https://cookbook.teratis.com/

A printable collection of the complete cookbook. Recipe wording is preserved; formatting has been adapted for paper.

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01 | WILLY’S BLOODY MARY

WILLY’S BLOODY MARY

Fill a glass half full with tomato juice, fill to ¾ full with Clamato juice. Squeeze in juice of a wedge of fresh lime. Combine with 1 ¼ ounces Finlandia vodka, 4 dashes tobasco, 3 dashes Worcestershire sauce, freshly ground pepper (no salt required). Stir well. Add ice, preferably cracked. Garnish with the squeezed lime wedge.

Note: You can use only tomato juice and/or adjust the spices to taste.

02 | Ginger Snaps (Gran’s Recipe)

Ginger Snaps (Gran’s Recipe)

1 ½ C shortening

2 c. white sugar

2 eggs

½ cup molasses

4 c. flour

2 tsp baking soda

2 tsp cinnamon, cloves, ginger

1tsp salt

Mix in order given

Roll into small balls and roll in sugar

Bake in 350 degree oven for 10 minutes

03 | HOT BUTTERED RUM

HOT BUTTERED RUM

This recipe is originally from the Olympic Hotel (now the Four Seasons), Seattle, Washington; Bill, Fran and Chris stayed there in August, 1999.

Combine 1 ½ ounces dark rum, 1 teaspoon brown sugar, 1 stick cinnamon, 1 clove, 1 small pat butter in mug, preferably glass. Fill mug with boiling water to about two-thirds full; sprinkle with allspice.

04 | Hamburgers

Hamburgers

2 Tablespoons Horseradish

1.5 lbs Beef

1 med cooking onion chopped

2 dashes Worcestershire sauce

salt and pepper

1 egg

bread soaked in beer

1. Make into soaked bread crumbs and combine with egg

2. Combine all ingredients; form patties; grill; serve

05 | PEACH DAIQUIRI

PEACH DAIQUIRI

The recipe is the same as Strawberry Daiquiri, but remove the skin and pits. To remove skin, place the whole peaches in a bowl and pour boiling water over them to cover all the peaches. Let stand for 1 minute; pour off the water and remove the skins. They should easily slide off.

06 | WILLY’S GREAT CAESAR SALAD

WILLY’S GREAT CAESAR SALAD

Preparation Time:

About 1 hour. Croutons, bacon bits and dressing can be made more or less at the same time. Everything can be made up to about 1 hour before serving; but don’t toss the salad until just before serving.

Servings: 4 to 6

Ingredients:

1 head Romaine lettuce, washed and dried

5 medium cloves garlic

4 or 5 anchovy fillets

2 tsp capers

¼ cup plus 2 tbsp extra virgin olive oil

3 tbsp freshly squeezed lemon juice

freshly ground pepper – about 25 turns of the mill

(note: no salt required)

1 fresh egg

1 ½ tbsp Dijon mustard

tobasco sauce – about 4 shakes of the bottle

Worcestershire sauce – about 3 shakes of the bottle

4 or 5 strips of bacon, diced

4 or 5 slices of white, crusty Italian or French bread

(preferably 2 days old)

1 tbsp unsalted butter

Parmesan cheese

Bacon bits

1. Cut strips of bacon length-wise and then dice.

2. Fry bacon on medium heat until crisp. Half way through frying, draw off the fat from the pan.

3. When bits are crisp, but not burned (watch carefully – they can get burned quickly towards the end), remove bits onto plate covered with paper towel to drain off fat.

4. Set aside on separate, dry plate.

Croutons

1. Remove crust from bread slices.

2. Cut slices length-wise into fingers.

3. Cut fingers into small croutons.

4. Cut 2 cloves of the garlic into about 5 slivers each; count the garlic slivers.

5. Put 1 tbsp. butter, 2 tbsp. olive oil and garlic slivers into large fry pan; melt butter on low heat, stirring occasionally.

6. Put the croutons into pan and using an egg lifter, turn the croutons over until they have soaked up the oil/butter mixture (note that the croutons should be lightly covered with the mixture, but not drenched).

7. Turn the heat down to a very low heat (the lowest possible on the element) and continue heating the croutons, turning frequently, until they are crisp. The heating process takes about 30 minutes, perhaps a little more. Note: using too much heat and/or not turning frequently will brown the croutons; you don't want them browned – only dried and crispy.

8. Remove the garlic slivers (that you counted previously) from the pan and set croutons aside on a separate plate.

Dressing

1. While cooking the bacon bits and the croutons, put remaining 3 cloves of garlic in a large, sturdy bowl (preferably a wooden one, but not necessarily). Using a strong fork, mash the garlic against the sides of the bowl to release the juices from the garlic all around the sides of the bowl. Remove and discard the pulp from the garlic using the fork or a spoon, leaving the garlic essence on all sides of the bowl.

2. Using the fork, mash the anchovy fillets in the bottom of the bowl until the anchovies form a paste.

3. Mash the capers in the bottom of the bowl. Mix the anchovy paste and the mashed capers.

4. Add the ¼ cup olive oil, lemon juice, pepper, raw egg, mustard, tobasco and Worcestershire sauce and mix well together, gathering in the garlic essence from the sides of the bowl into the dressing.

5. Cut the lettuce leaves into strips of about 1 ½ to 2 inches wide; discard the relatively tough (white) bottoms of the leaves.

6. Add the cut leaves and about ¼ of a hand-full of croutons to the bowl and toss well with the dressing.

7. Serve on large salad plates.

8. Garnish with croutons and sprinkle the top with a medium amount of bacon bits (not too many).

9. Grated parmesan cheese: either sprinkle grated cheese on top of the salad plates or present a piece of the cheese, with grater, on a separate plate for the guests to grate it themselves on their salad plates.

I HOPE YOU ENJOY!

By: William Rauenbusch

Date: 1999/10/24

07 | CHILI

CHILI

This is a great meal to keep in the freezer, You can serve it plain, over rice or Christopher style with gourmet toppings.

¼ cup olive oil

2 cooking onions coarsely chopped

2 lb. medium ground beef

1 small can tomato paste (6 oz)

4 cloves of garlic minced

1 tbs. Chili powder

1 tbs. Dijon mustard

1 tsp. Salt

1 tsp. Pepper

2 tsp. oregano

2 tsp., basil

2 large cans plum tomatoes (28 oz)

½ c, red wine (optional)

1 can dark red kidney beans (16 oz)

Heat oil in large fry pan

Add onions and cook slowly till soft.

Add ground beef and cook over medium heat until browned .

Pour off the excess fat,

Add onions and beef to large pot.

Add remaining ingredients,

Simmer for 11/2 to 2 hours, stirring often.

Add kidney beans and cook another 10 minutes.

Gourmet toppings:

sour cream or plain yogurt

chopped green onions

grated cheddar cheese.

Enjoy with fresh bread. I recommend French stick.

08 | STRAWBERRY DAIQUIRI

STRAWBERRY DAIQUIRI

In a blender, put 1 cup of washed fresh strawberries (husks removed) and the juice of 1 fresh lime. Run blender at a medium speed in short bursts until strawberries have been somewhat processed. Add ¼ cup white sugar, one-third cup white rum and 2 cups crushed ice and process in bursts at a medium speed until smooth; but don’t over process. Serve in chilled champagne (bowl, not flute) or daiquiri glasses.

If you want to have some of the daiquiris without alcohol, process as above without the rum, remove some of the processed fruit mix, but be sure to add the ingredients (except the rum) and process in the order as above. Then add the rum in an adjusted quantity and process again for a short time.

09 | Zelnick (from Teta Helen April 28/02)

Zelnick (from Teta Helen April 28/02)

1 pkg dry yeast

½ tsp sugar

¼ cup lukewarm water

½ tsp salt

3 cups all purpose flour

1 cup hot water

½ lb melted butter

1 tsp oil

Dissolve ½ tsp sugar in ¼ cup lukewarm water. Sprinkle yeast over it and let stand for about 10 min. Sift flour in bowl and make a well. Add salt and oil and yeast mixture and then one cup of hot water and start mixing to form a dough. Knead, adding flour until dough is soft but not sticky. Cut into two round pieces, rub a little oil on round dough and let stand covered for about 15 min.

Take one round piece and roll out on table with a rolling pin. Stretch it as thinly as possible using your fists; brush with melted butter. Fold top to centre and sprinkle with butter. Repeat with bottom and each side until you have an 8-inch square. Let stand covered. Repeat with remaining round piece.

Stretch the first 8-inch square with rolling pin a little larger than baking pan. Place in baking pan, pour filling. Top with second piece of stretched dough prepared as above and seal edges. Sprinkle with butter and bake in preheated oven for about 45 minutes or until golden brown.

Filling:

1 lb cottage cheese

2 eggs

1 lb spinach washed

1 tbsp butter

salt to taste

Chop spinach and remove stems. Simmer in butter in frying pan. Add salt and remove from burner. Cool slightly and add cottage cheese and eggs. Stir well.

10 | JULIENNE DE POIVRON

JULIENNE DE POIVRON

(Curried sweet peppers)

4 red and green peppers, 2 of each Salt and freshly ground pepper to

3 tablespoons olive oil taste

1 tablespoon curry powder

tablespoon curry powder

1. Cut the peppers in half and scrape out and discard the seeds, white veins and the core. Put each half, cut side down on a cutting board and cut crosswise into julienne (1/2 inch strips).

2. Heat the oil in a large pan. When hot, but not smoking, add the pepper julienne, salt, pepper and curry.

3. Cook at high heat, stirring continually, for about 4 to 5 minutes, or until barely cooked. Don't over-cook. The julienne, when ready, should be crisp, but tender.

Serves 4

Note: This is a great dish with garlic shrimp; see separate recipe, Crevettes “Scampi”.

The curry added to the dish does give off a very strong scent that can remain around the house for several days. The peppers are great without the curry, but it does add a wonderful flavour and a touch of the “exotic”. To avoid the lingering scent, I cook the recipe as above, but I don’t put in the curry in the kitchen. I cook the peppers without the curry for less time than the recipe calls for, but I have the BBQ fired up in the backyard and standing by. After cooking the peppers for about 3 min in the kitchen, I take the pan outside, put it on the hot BBQ, add the curry to the pan and finish off the cooking there, about 1 minute. I immediately serve the peppers on the appropriate plate; i.e. with the garlic shrimp if I’m using that recipe as a main course.

By: William Rauenbusch

Date: 1999/12/09

11 | Miso Soup with Tofu + Mushroom

Miso Soup with Tofu + Mushroom

This nourishing Japanese soup takes only minutes to prepare and can be served for breakfast, lunch, or as part of a main meal. Miso, fermented soy bean paste, adds a rich flavor and is highly valued in Japan for its health-giving properties. INGREDIENTS

3 cups dashi stock RECIPE BELOW (dashi stock powder is also available at Asian food stores)

2 thinly sliced fresh mushrooms (shiitake or white button)

1½ tablespoons miso paste

1 tablespoon Japanese soy sauce

1½ oz (45g) silken tofu—cut into cubes

½ scallion—thinly sliced on the diagonal

METHOD

BRING the stock to a gentle boil in a saucepan, add the mushrooms and simmer for 3 minutes. MIX together the miso and soy sauce in a small bowl, then add to the hot dashi stock. ADD the tofu. HEAT the soup and, just before it comes to the boil, remove from the heat. POUR the soup into bowls and garnish with the sliced scallions on top to serve.

Variations: you can add various other ingredients to make a more substantial soup, such as cooked shrimp, snow pea sprouts, cooked rice noodles, or paper-thin slices of fresh ginger.

Dashi Stock

One of the regular features I'll be putting here are some basics of Japanese cooking...since that's what I am (Japanese). Believe me, it's not as hard as you might think it is.

Dashi is the basic soup stock used in Japanese cooking. Unlike Western or Chinese basic stocks that rely on stewing meat or vegetables for a long time to extract the flavors, Japanese dashi can be quite quickly made. There are instant granules available, but like instant stock cubes they are high in sodium and stuff. Not that sodium is necessarily bad, but when it's so easy to make a real stock from scratch, why go for the fake stuff?

There are basic ingredients for making dashi. One is shaved bonito flakes, called katsuo bushi. You can also buy a whole, dried bonito and shave it on something that looks like a plane, but this is too much work for me. I just use the preshaved bonito flakes that come in big bags.

Dried kombu seaweed is the second ingredient. This is a leathery seaweed, that comes in large leaves. What I do is to cut up the leaves with scissors into approximately 4 inch lengths, pack them well in multiple layers of plastic bags and store them in the freezer.

The third commonly used ngredient is dried sardines, called niboshi. This produces the most distinctively flavored stock. I rarely use niboshi myself, simply because it's rather hard to get a hold of good, non-rancid niboshi here in Switzerland. If you have some niboshi, sniff it. If it smells strange, your stock will taste strange too. Cats love niboshi, either dried or after they've been used for stock.

Following my mother's example, I usually make a dashi using bonito flakes and kombu. This is also called ichiban-dashi - first stock. Frugal housewives often make niban-dashi - second stock - by re-extracting more goodness out of the kombu and bonito flakes already used for ichiban-dashi. Niban-dashi is fine to use for stewed vegetables and the like.

Basic Recipe: Dashi stock

1 4-inch (3-4 cm) piece of dried kombu

A good handful of bonito flakes

Cold water, from the tap if you have good local water, or use bottled

Soak the dried kombu piece in 3-4 cups of cold water for about 20 minutes. Bring the water to the boil, then add the handful of bonito flakes. Immediately switch off the heat and let it sit for at least 5 minutes. Strain through a sieve, pressing out all the goodness.

Makes 3-4 cups.

12 | White Wine Sauce for Oysters

White Wine Sauce for Oysters

(typed in by Tim 2/14/2006)

Shallots finely chopped

1/2 White wine

1/2 Red wine vinegar/fancy vinegar

salt & pepper

Directions:

Combine ingredients

13 | Parsley Salad

Parsley Salad

1 bunch of Dill Fresh

1bunch of curly parsley leaves

3 whole green onions or more to your taste

3-4 plum tomatoes diced

Salt, pepper

Oil of olive

Balsamic vinegar

Cut dill fresh and parsley coarsely. If you do it too finely, the salad would sink.

14 | Chicken Broth

FRANNY'S FAVOURITE CHICKEN STOCK

CHICKEN SOUP MEAL

CHICKEN " CRUMBS' "** SANDWICHES

Chicken Stock (Based on a recipe from Gran)

10 or 12 quarter chickens, half breast ½ handful of whole peppercorns

and half leg quarters* 2 bay leaves

4 large carrots 1 tablespoon salt

2 large celery stalks, cut in half

2 medium onions

Yield: About 5, two-cup servings of concentrated broth

Lots of chicken meat for soups and sandwiches, etc.

*Adding chicken backs (very economical to buy) and any uncooked, frozen chicken/turkey necks that you have in the freezer from previous meals will add extra flavour and body to the stock.

Cooking Stock (cooking time 3 hours)

1. Put 2 half celery stalks on the bottom of a large stockpot.

2. Wash the chicken in running cold water. Handle the chicken carefully, so as not to splash water contaminated by the chicken onto counters, etc. As you wash the chicken quarters, put them directly into the stock pot, placing the first two quarters on the celery stalks in the bottom of the pot; subsequent quarters should be interspersed with carrots to facilitate the circulation of hot water as the broth heats and simmers. Add the remaining ingredients. Add water, preferably filtered (e.g. Brita), to just cover the chicken.

3. Put the pot on stove element on quite low heat, so that the water heats slowly and comes to a slow simmer after 1 hour on the element (to let the flavours out slowly, not sealing them into the meat and bones). You'll probably have to adjust the heat from time to time to accomplish that.

4. After the water comes to a boil, adjust the heat so that the broth simmers slowly for 2 more hours.

Preparing Chicken Stock

1. Remove the cooked chicken and vegetables carefully (they're hot) from the pot into a large colander/sieve placed in a bowl. Try to handle the chicken quarters carefully, particularly the ones for use in the recipe shown below for the Chicken Soup Meal. Discard the cooked vegetables (I sometimes like to eat them, but they're not particularly nutritious).

2. Pour the broth that has dripped into the bowl off the chicken and vegetables back into the stockpot.

3. Filter the stock by slowly pouring from the stockpot through a large wire colander/sieve (preferably lined with cheesecloth) into another large pot/bowl or several smaller ones. Be careful if the stock is hot; you could wait for it to cool somewhat if you're not in a hurry. Set aside to cool.

Preparing Chicken Soup Meal (preparation time 15 minutes)

When I get to this stage, I usually make a very hearty chicken vegetable soup that is a meal all by itself.

Per person:

2 fresh, carrots 1 quarter chicken, either breast

2 scallions (green onions) or leg, as desired

1 large stalk celery, cut in half

1. Put as much of the filtered broth in another pot that you will need for that meal. Note that the broth is concentrated and you will probably want to add water to it, about 50%, more or less, of the amount of the stock that you're using. Heat until adjusted broth boils somewhat, not strongly.

2. Add the whole carrots (trim off all of the stem of the leaves, except a very small piece (about ¼ inch of the stem). Let cook for 2 minutes.

3. Add the celery stalks. Let cook for another minute.

4. Add the chicken quarters; handle them carefully, so they don't fall apart. They're quite fragile because they've simmered in the broth for 3 hours! Let cook until warm, about 2 minutes. Meanwhile to the broth, add salt and freshly ground pepper to taste (don't over-season).

5. Add the scallions about 1 minute before you're ready to serve.

6. In large soup plates, place one of the chicken quarters on each plate; arrange the vegetables attractively on top of chicken and around the outside of the plates.

7. Add broth to the plates. Serve immediately, with bread - fresh baguette recommended – and a well-chilled Chardonnay – the best one you've got!

ENJOY!

Preparing Chicken for Freezing

1. After chicken has cooled somewhat, remove the skin and bones from the meat, keeping white and dark meat separate if desired.

2. Place the amount of meat that you're likely to use at one time in small plastic (sandwich size Zip-lock bags are ideal). Put a label with the date on the bag.

3. Place in freezer immediately, in one layer if possible – to speed freezing.

To thaw: It's best to thaw the chicken in the fridge for approximately over night. But you can thaw it quickly by taking the amount of meat you'll need out of the bag (pieces generally freeze separate), re-sealing the bag and putting it back into the freezer immediately. Just drop the pieces you're using into boiling soup broth or thawing it on a plate at room temperature; but be sure to use it quickly after it's thawed. If you leave the meat on the counter too long (i.e. it's at room temperature), discard it! If the meat has been previously frozen and it is thawed, don't re-freeze it, even if it's been cooked in another recipe.

Note: It's not necessary to freeze all of the meat. Put the meat you'll be using in the next 3 or 4 days in a plastic bag, seal it and keep it in the fridge. It will keep well for up to 4 days in the fridge.

The meat keeps well in the freezer for 3 to 4 months. The meat, when thawed, is great in soups, sandwiches (see separate recipe below), as a snack with fresh vegetables, and other recipes.

Chicken “ Crumbs’ ”** Sandwiches

Franny loves to make chicken sandwiches using fresh or thawed frozen chicken, usually white meat. Spread light mayonnaise on 2 slices of white bread (Italian), add washed and dried lettuce, thin slices of cucumber, chopped green onion, thin slices of chicken and add salt and freshly ground pepper to taste. Have with milk, tea or an ice-cold beer in a chilled glass!

Note: Fran used to add alfalfa sprouts. But recent studies have traced many outbreaks of bocculism in North America (about 60%) to sprounts! So don’t use them.

**Crumbs’ was a restaurant on Yonge Street near our place; but, alas, it’s no longer extant. By the way, there’s now a great restaurant on Yonge Street, quite near our place: Sapori Trattoria, 416.545.0000. Terrific Northern Italian cuisine at relatively reasonable prices.

Preparing Stock for Freezing

1. Let the filtered broth cool until it is no longer hot (takes 1 to 1½ hours). Put in fridge over night.

2. Remove most of the fat that will have formed at the top of the pot, using a slotted spoon or spatula; discard fat.

3. Using a ladle put the broth into plastic freezer containers (about 2 cups each). Since the broth will be concentrated, that will mean you’ll have about 3 cups when you use it, after thawing and diluting.

4. I recommend putting a label (masking tape works) on each container with the date and a reminder to dilute (e.g. “+50%).

5. Put in freezer immediately.

To Thaw: Remove block of frozen broth (run warm/hot water around outside of container for a short time) from container and place in a pot together with enough cold (Brita) water to reconstitute; heat until thawed; bring to a rolling boil and boil for at least 2 minutes. Adjust with additional water and seasonings with salt and freshly ground pepper to taste.

Note: Frozen broth keeps well for about 6 months, as long as it’s kept in a sealed container and frozen. Broth that has been thawed, can be re-frozen, provided it’s been boiled (rolling boil) for at least 3 minutes (e.g. if making another recipe).

By: William Rauenbusch

Date: 1999/12/11

15 | Gazpacho

TIM’S TERRIFIC GAZPACHO

Ingredients:

5 cups tomato juice 3 dashes Tobasco

3 fresh diced tomatoes 1 small diced onion

1 small diced cucumber 1 chopped green pepper

juice of ½ lemon 2 chopped scallions

juice of ½ lime 2 tablespoons wine vinegar

½ teaspoon tarragon ¼ cup chopped parsley

½ teaspoon basil Salt (not much required) and

3 small pinches ground cumin freshly ground pepper to taste

Combine all ingredients, stir well and chill. Can be eaten when chilled, but the taste is better when the flavours of the ingredients have a chance to meld overnight in the fridge.

Will keep in fridge for 3 or 4 days. Do not freeze.

Serves 8

By: Timothy Rauenbusch

Date Acquired: 1980, York Montessori (see original manuscript of recipe)

Date Typed: 1999/12/11

16 | Griesknoedlesuppe

GRIESKNOEDLESUPPE

(Cream of Wheat Dumpling Soup)

This recipe is based on one from Oma.

1 tablespoons just melted butter cream of wheat

2 or 3 eggs 3 tablespoons finely

4 cups of chicken stock* chopped parsley

salt and freshly ground pepper

* Homemade stock is best; see separate recipe (Franny's Favourite Chicken stock). You can use canned or reconstituted from powder; but these tend to be extremely salty. If you're using canned, buy Campbell's Soup Healthy Request brand, as it's less salty.

1. Add cold water to a large stock pot until it is 2/3 full of water. Heat to boiling.

2. Meanwhile, to melt the butter put it in a non-metallic dish and put it in microwave oven and run on high in 10-second spurts, until only just melted. Only about 3 spurts are required (don't do it in one 30 second spurt, since the butter will boil). If the butter is not quite fully melted, stir the butter; the rest of it will melt.

3. Turn on a small element of the stove to the very lowest setting.

4. Pour the melted butter into a small metal bowl; add a pinch of salt.

5. While stirring with a strong cooking fork, add cream of wheat a little bit at a time until it just becomes lumpy.

6. Add 2 raw eggs (crack them first!) and stir. The mixture will be somewhat lumpy. To remove the lumps, put the metal bowl on the element with the very low heat and stir immediately until the mixture becomes smooth. This won't take very long. Don't keep the bowl on the element for a long time, as you don't want the eggs to scramble!

7. Remove from the element and, while stirring, add more cream of wheat a little bit at a time, until the mixture has a consistency of soupy porridge with no lumps. If lumps appear, you can get rid of them by putting the bowl on the low heat element and stir until the lumps disappear – remember, only for short intervals, otherwise the egg will scramble.

8. At this point, if you will need more dumplings, you can add an additional egg, stir and add some more cream of wheat, a little bit at a time, until the mixture has a soupy consistency of porridge.

9. Let mixture stand for 10 to 15 minutes in order for the cream of wheat to expand. When done, it should have quite a thick consistency.

10. Turn down the heat on the pot of water to a slow simmer. Add 1 tablespoon of salt.

11. Dip a small teaspoon into the hot water to heat.

12. Put about two-thirds of a teaspoon of the dumpling mixture (try to round it on the spoon as you gather it up) at a time into the slowly simmering water; hold the spoon vertically to let the mixture slide off. Note that it's normal for a little bit of the mixture to separate from the dumplings. Adjust the heat from time to time to keep the water simmering slowly. Continue until all of the mixture is used or until there is no room for more dumplings. The dumplings will expand as they cook; don't overcrowd the water with dumplings; they should fit comfortably in one layer.

13. Heat at a slow simmer for 40 minutes, stirring the dumplings gently from time to time to ensure that they cook evenly.

14. Meanwhile, heat the chicken broth to a medium fast simmer. Adjust for seasonings (salt and freshly ground pepper).

15. After the dumplings have cooked at a slow simmer for 40 minutes, cut a dumpling to test for doneness. They should have a soft, tender consistency, without any uncooked cream of wheat in the centre.

16. When finished cooking, remove the dumplings with a slotted spoon or spatula into a colander/sieve placed in a bowl to let them drain.

17. Reduce heat on the broth until it simmers slowly. Carefully place as many of the dumplings in the broth and let simmer for a few minutes.

18. Ladle the soup carefully into soup dishes and either add a pinch of freshly chopped parsley in the centre, or present the parsley in a separate dish and spoon for the guests to add their own.

ENJOY!

By: William Rauenbusch

Date: 1999/12/14

17 | Leberknoedle Suppe

LEBERKNOEDLESUPPE

(Liver Dumpling Soup)

This recipe is based on one from Oma.

½ lb. calves liver 1 raw egg

½ medium onion, diced grated rind of one lemon

2 plus 3 tablespoons finely chopped parsley 3 slices of stale white bread

1 bottle of beer 1 large pinch of marjoram

4 cups chicken stock* salt (medium pinch) and freshly

ground pepper to taste

Serves 4

* Homemade stock is best; see separate recipe (Franny's Favourite Chicken stock). You can use canned or reconstituted from powder; but these tend to be extremely salty. If you're using canned, buy Campbell's Soup Healthy Request brand, as it's less salty.

1. Put the slices of bread in a bowl and pour ½ bottle of beer on top to soak (drink the other half while you cook. This is, of course, optional!).

2. Heat the chicken broth to a medium fast simmer. Adjust for seasonings (salt and freshly ground pepper).

3. Using a food processor (or a blender), with the metal cutting attachment, put the onion into the container of the processor, put the top on the container and slowly add the pieces of liver through the opening while running the processor to grind it; the liver should be quite well ground – no large pieces. If using a blender, you'll have to add the liver more slowly and to let the machine run a little longer, as it's not likely to be as powerful as a processor.

4. Add the marjoram, parsley, lemon rind, salt and pepper; process for a few short bursts to blend.

5. Remove the bread from the bowl and squeeze out the liquid.

6. Tear the bread into small pieces while adding them to the liver mixture and add the raw egg. Process for a few short bursts to mix. Don't over-blend. Let stand for a few minutes until the mix has a consistency of porridge.

7. Turn down the heat on the broth to a slow simmer.

8. Dip a small teaspoon into the hot broth to heat.

9. Put one teaspoon of the liver mixture at a time into the broth and hold the spoon vertically to let the mixture slide off. If the dumplings fall apart, add some more dry bread and let stand for a few minutes; but note that it's normal for a little bit of the mixture to separate from the dumplings. Adjust the heat from time to time to keep the broth simmering slowly. Continue until all of the mixture is used or until there is no room for more dumplings. Don't overcrowd the broth with dumplings; they shoul fit

comfortably on the top of the water in one layer.

10. Heat at a slow simmer for 20 minutes, stirring the dumplings carefully from time to time to ensure that they cook evenly. After 20 minutes, cut a dumpling to test for doneness. They should have a soft, tender consistency without being reddish in the centre.

11. When done, ladle them carefully into soup dishes and either add a pinch of freshly chopped parsley in the centre, or present the parsley in a separate dish and spoon for the guests to add their own.

DELICIOUS!

By: William Rauenbusch

Date: 1999/12/12

18 | ROASTED CHICKEN

ROASTED CHICKEN

1 medium size roasting chicken (3 to 5 lbs.)

2 cloves of garlic peeled

2 tbs of fresh or dried rosemary or tarragon

melted butter

white wine (optional)

salt and pepper

Preheat oven to 350 degrees.

Wash chicken in cold water and pat dry.

Stuff cavity with garlic, spice, salt and pepper.

Tie in 2 places: legs and wings.

Baste with wine and melted butter.

Insert in oven and cook for 21/2 to 3 hours, basting occasionally.

TO SERVE WITH KNOEDEL

Remove from oven and place chicken on cutting board.

Pour juice from pan into large measuring cup. Pour off grease that will rise to surface.

Pour remaining juice into roasting pan. Add 6 to 8 cups cold water, salt and pepper.

Heat on stovetop until boiling.

19 | Rice

RIZ AU FOUR

(Baked Rice)

1 tblsp. and 1 tsp. butter Salt and freshly ground pepper to 1/3 cup finely diced onion taste

1½ cups uncooked, long grain, white rice 2 sprigs fresh thyme or ½ teaspoon 2¼ cups water dried thyme

2 sprigs parsley ½ bay leaf

Tobasco sauce to taste (about 4 or 5 squirts)

1. Preheat oven to 400 degrees.

2. Melt 1 tablespoon butter in an oven-safe saucepan (with tight-fitting lid) and add the onion. Cook, stirring, until wilted. Add the rice and stir to blend.

3. Add the water, stirring until there are no lumps in the rice. Add the rest of the ingredients. Cover, continue heating and when the water boils, put the covered saucepan in the oven.

4. Bake in the oven for exactly 17 minutes. Remove the lid, discard the parsley, bay leaf and thyme. Use a large fork to stir in 1 teaspoon of butter. If you're not serving the rice immediately, keep covered in a warm spot.

Serves 4 to 6

Note: This is a great, tasty rice for any meal. It's a great dish with garlic shrimp; see separate recipe, Crevettes "Scampi".

20 | SPAGHETTI SAUCE (GRAN'S RECIPE)

SPAGHETTI SAUCE

(GRAN'S RECIPE)

2 large cans of plum tomatoes (28 ounces)

1 can tomato paste (12 ounces)

2 cooking onions coarsely chopped

2 stalks celery chopped

4 cloves of garlic minced

1 tbs. crushed chili peppers

1 tbs. Basil

1 tbs. salt

2 lb. Hamburger meat

In frypan, sauté on medium heat onion, celery and garlic until limp (8 min.).

Pour into large pot.

Add tomatoes and tomato paste.

Heat on medium-low , stirring occasionally.

Meanwhile, use frypan to brown hamburger meat.

When meat is no longer pink, add to tomato mixture.

Add chili peppers, basil, salt.

Simmer for 2 to 3 hours, stirring occasionally.

Makes 4 to 6 servings.

Serve over cooked noodles such as spaghettini.

Leftover sauce can be frozen.

21 | SALADE PANACHEE

SALADE PANACHEE

(salad with endives)

1 bunch watercress 1 clove garlic finely minced

2 Belgian endives 1 tablespoon Dijon mustard

2 sliced tomatoes 2 tablespoons tarragon vinegar

3 green onions 6 tablespoons extra virgin olive oil

salt and freshly ground pepper to taste.

1. Trim off the ends of the endives and separate into leaves; use just the larger leaves (you should get about 8 to 10 leaves per endive, depending on the size). Trim off the tough stems of the watercress, and the both ends of the green onions. Wash and dry the vegetables. Slice the tomatoes; you will get about 4 or 5 slices per tomato. Cut the green onions in half and then cut the leaves length-wise to get slivers.

2. Arrange the leaves and vegetables on a salad plate.

3. Blend the vinegar, minced garlic and the mustard in a small mixing bow. Stir with a whisk, gradually adding the oil. Note that the proportions of vinegar and oil are important to get the correct consistency of the dressing. Add salt (very little required) and freshly ground pepper to taste.

4. With a spoon, dribble the dressing sparingly over the greens and tomato slices around the plate in circular motion, gradually working toward the centre of the plate.

Note: This dressing is a classic and can be used for a variety of salads.

Serves 4.

By: William Rauenbusch

Date: 1999/12/08

22 | Bratwurst und Sauerkraut

BRATWURST UND SAUERKRAUT

Serves 4 people

TO BUY

2 packages fresh or frozen German Sausages (Schneiders Oktoberfest, Bratwurst, Weiswurst of Nuembergerle)

1 jar Sauerkraut (Bicks)

1 red pepper

white crusty bread or rolls

TO PREPARE

Sauerkraut

1 ½ hours before dinner:

In microwave dish with cover, heat on high for one minute one finely chopped onion and 4 slices of bacon chopped

Stir

Continue to heat on medium for 2 to 4 minutes until onions are soft

Rinse sauerkraut under cold water

Add sauerkraut to onions and bacon mix in microwave dish

Add ½ to ¾ bottle of beer (prefer Labatt's Bleu)

Cover and microwave on high until mixture comes to a boil (6 to 10 min).

Once it has reached boiling turn temperature down to low and continue to microwave for an hour or more.

Stir occasionally.

Sausages

½ hour before dinner:

Boil first before you BBQ.

In frying pan, heat sausages and water until they come to a boil.

Simmer for 12 minutes.

BBQ or fry until brown (about 5 to 10 minutes).

For colour, you want to BBQ assorted colours of peppers.

Garnishes: dill pickles, Dijon mustard, butter, bread.

By: Frances Rauenbusch

Date: 1999/12/11

23 | Sauteed Monkfish

SAUTEED MONKFISH WITH RADISH SALAD

This is a wonderfully elegant and complete meal, ideal for a dinner party, even a fairly large one (say, 3 or 4 couples). Most of it, except the cooking itself, can be prepared ahead of time. A great appetizer is lobster or crabmeat and avocado with seafood sauce (recipe forthcoming).

Ingredients:

Fish:

Monkfish filets, 1 inch thick, about 5 or 6 oz. Canola oil

per serving (Grouper or Sea Bass also Salt and fresh pepper to taste

work very well), skin removed ½ tbsp. butter per serving chopped Italian (flat leaf) parsley, ½ tbsp. (reduce amount of butter if

per filet desired)

Radish Salad:

3 tbsp. finely julienned scallion (green onion), Lemon oil (you can spend a

about 1 ½ inches long fortune to buy, or to make

3 tbsp. finely julienned carrots, about 1 ½ inches it yourself, see recipe below)

long 1 tbsp. chopped chives

3 tbsp. finely julienned white radish, about 1 ½

inches long

Note: the recipe for the radish salad is enough for up to 6 servings.

Vegetables:

6 of each of yellow and green beans per serving, 4 small, red potatoes per

stem ends removed serving. Using a potato

finely chopped dill or parsley peeler, peel a small

strip around the centre of each potato

For the Salad: At least 1 hour before serving (the longer the better), in a small dish put several pieces of lemon rind (use potato peeler to remove the rind from lemon) in about 1 tablespoon of extra virgin olive oil; let sit, stirring occasionally. About 1 hour before serving, place the julienned scallion, carrot, and radish in a bowl of cold water with some ice cubes; put the bowl in the fridge. The scallion will curl and the cold water will permit the vegetable salad to be placed in a neat, light nest on the cooked filets for presentation.

For the Vegetables: Rinse and place the beans and potatoes in separate, small pots, with just enough water to cover; add a small amount of salt to each pot. Heat to boiling; reduce heat to a low roll and continue heating to desired degree of doneness. Note that the beans should still be crisp

(about 4 minutes of boiling) and the potatoes should be firm (about 15 minutes of boiling). The cooking time for each of the vegetables and the fish is different. Time the start of the cooking of each so that they'll be ready at about the same time.

For the Fish: Heat 1/8 inch of oil in a skillet large enough to hold the filets without crowding. Season the fish with salt and pepper, add to the pan, and sauté over medium-high heat for about 3 minutes, then turn the filets; cook for a further 3 minutes. You can check for doneness by inserting the point of a sharp knife into the middle of a filet; it should almost separate into flakes. Add the butter to the skillet, then baste the filets; add the chopped parsley.

Presentation: Before cooking the fish, drain the iced vegetables; toss them lightly with the chopped chives and a small amount of the lemon oil, having removed the lemon peel.

Place one filet (browned side up) on one side of each plate and gently place some of the crisp, iced, julienned vegetables on one (the smaller) end of the filet, working the vegetable salad into an attractive, light, teepee-shaped nest. Toss the potatoes with a small amount of butter and the dill or parsley. Arrange the beans and the potatoes in separate areas on the other side of the plate, with each of the green and yellow beans in a separate pile, the cut end of each bean facing towards the centre of the plate.

Serve with a terrific white wine. A great Napa Valley Chardonnay is ideal.

THIS IS ONE GREAT MEAL. ENJOY!

By: William Rauenbusch

Date: 2000/05/22

24 | Scampi

CREVETTES “SCAMPI”

(Shrimp broiled in olive oil and herbs)

16 Shrimps, the larger the better, but don’t 1/8 teaspoon crushed red

get Tiger shrimps; get fresh if possible. peppers

For main course portion, use 4 or 5 per ½ teaspoon dried crushed

person; for appetizer, use 3 per person oregano

½ cup olive oil Salt and freshly ground

1½ teaspoons finely chopped garlic pepper to taste

3 tablespoons finely chopped parsley; use

more parsley if desired

1. Preheat broiler and arrange oven shelf 3 or 4 inches below the element. Preheat the plates in a 250-degree oven if possible.

2. Peel the shrimps but leave the tail section intact. Rinse in cold water and drain well. Split them down the back, using a sharp knife or a shrimp de-veiner knife. Rinse and pat dry with paper towel. Wrap in dry paper towel and set aside in fridge.

3. If you’re preparing a main course portion, put the shrimp in a bowl and add the remaining ingredients; if preparing an appetizer portion, reduce the quantity of the remaining ingredients and add to shrimp. Toss to coat evenly.

4. Line a cookie sheet or baking dish with aluminum foil, shiny side up, and arrange the shrimp evenly on it. Spoon any remaining ingredients in the tossing dish evenly and carefully on the shrimp.

5. Put the sheet with the shrimp about 3 or 4 inches under element of the broiler. Broil 5 to 6 minutes, or perhaps slightly less, until the shrimp are a nice, pink colour. Don’t over-cook or they’ll get tough.

6. Arrange shrimp on preheated plates. With a spoon, baste the shrimp with all of the oil and herb mixture left in the baking sheet.

Servings: 4

Presentation

Arrange the shrimp in a semi-circle around the outside of the plate. Serve with fresh baguette for dipping the extra herbed oil at the bottom of the plates. If doing a main course, serve with curried peppers julienne and baked rice (see separate recipes attached).

Arrange the peppers and rice within the semi-circle of shrimp.

By: William Rauenbusch

Date: 1999/12/09

25 | SPAETZLE

SPAETZLE

2 ¼ cups of flour

6-8 eggs

1 tablespoon and a pinch of salt

1. Fill a large pot half ¾ full of water; add 1 tablespoon of salt and heat to boiling; turn down heat to simmer.

2. Put the flour in a large, solid bowl; add 6 eggs and pinch of salt. With a strong fork, stir vigorously, beating the dough until it becomes smooth. Add up to 2 more eggs if that is necessary. Continue beating until the dough is smooth (this requires some elbow grease!) and until it runs slowly off the fork. It may be necessary to add a little bit of water until it runs slowly off the fork. Add only very small amounts of cold water (about 1 teaspoon) at a time, since the dough will become runny with only small amounts of water.

3. Put some dough in a spaetzle maker, put it over the simmering pot of water and use the spaetzle maker in accordance with its directions. The water should be simmering slowly.

4. ALTERNATIVELY, put some of the dough on a cutting board. Hold the cutting board at the side of the simmering pot of water, angled down, over the side of the pot, and using a sharp knife, cut the dough as it slowly runs off the edge of the board into the water. You can adjust the angle of the board to slow down, or speed up, the rate at which the dough runs off the board. After a little experimenting, you will find that this method works quite well if you don't have a spaetzle maker.

5. Cook the spaetzle in batches, for about 5 minutes in simmering water. Remove each batch from the pot using a slotted cooking spoon or ladle; drain in a sieve. Don't put too much of the dough into the pot at one time (certainly not in layers), otherwise the spaetzle won't cook and will become mush.

6. NOTE for cleaning up: Soak all the utensils with dough on them in cold water as soon as you're finished. If you don't, the dough will harden, almost like glue and very difficult to remove.

Spaetzle are a versatile dish that can be used with a variety of dishes. They are also great warmed up in a pan with a small amount of vegetable oil and roasted until they're golden.

Servings: 4 to 5

By: William Rauenbusch

Date: 199/12/08

26 | Veal Chops

COTES DE VEAU AUX VERTS

(Veal Chops with Greens)

4 Veal chops (approx. 12 oz. each), about Salt and freshly ground

1½ to1¼ inches thick, preferably French pepper to taste

cut 1¼ cups shredded radicchio

1 whole lemon 1½ cups shredded dandelion

2 cloves garlic, smashed (use fork or spoon) greens

4 sprigs, plus 5 whole stems fresh rosemary 1½ cups shredded arugula

3½ tablespoons olive oil (watercress OK if you

can't find arugula). Use

more greens if desired.

1 Wash the 4 sprigs of rosemary and remove the leaves from the stems and pat dry. Put the 5 whole stems of rosemary in a bowl and fill with water.

2 Remove as much of the fat and sinew from the veal chops as possible and place in a dish (glass preferable) to hold the chops in one layer. Place in the fridge while you prepare the marinade.

3 Remove the zest (peel) of the lemon with a zester and place in a small bowl; squeeze the juice from the lemon. Place 2 tablespoons of the juice in the bowl with the zest; reserve the remaining lemon juice for the dressing.

4 To the bowl with the zest, add the smashed garlic, rosemary leaves (smash them by tearing the leaves into small pieces with your fingers), 1½ tablespoons of olive oil and salt and pepper to taste. Stir with a fork or spoon, smash and bruise all the ingredients to release and combine their flavours. Spoon the marinade onto both sides of each chop. Cover the dish, either with a lid or plastic wrap. Place in the fridge to marinate ½ to 1 hour.

5 When ready to grill the chops, prepare the grill (BBQ).

6 Prepare the dressing for the greens: in a small bowl, whisk 2 tablespoons olive oil, the remaining lemon juice (about 2½ tablespoons), and salt and pepper to taste. Shred the greens by cutting them into about 1½ inch widths. Place the greens in a large bowl.

7 Remove the chops from the marinade and, using a knife or spatula, scrape the marinade (i.e. garlic, zest and rosemary) off each side of the chops.

8 Remove the 5 whole stems of rosemary from the bowl of water and work them onto the hot coals of the BBQ. A BBQ spatula works best in pushing the stems through the grill onto the hot coals. The smoldering rosemary gives off a wonderful aroma and imparts that to the veal chops. Needless to say, if you're grilling the chops indoors, you won't be using the rosemary on the elements!

9 Place the chops on the grill with very high heat for the first two minutes on each side and then on medium high heat for approximately an additional 3 to 4 minutes for each side (i.e. a total of 5 to 6 minutes per side). This will do the chops medium rare. Note that the chops can be grilled under an oven broiler or in a skillet, but BBQ does them best. Watch carefully for extended grease flare-ups; have a squirt bottle with water ready to douse flames; turn down the heat somewhat if extended flare-ups persist.

10 Just before serving, pour as much of the dressing over the greens that you think would coat them evenly without drenching them. Toss to cover the greens evenly. Divide the greens among the plates and spread them to make a bed for the chop.

11 Place a chop in the middle of each of the beds of greens and serve immediately.

SCRUMPTIOUS!

Serves 4

Serve with fresh baguette on side plates.

By: William Rauenbusch

Date: 1999/12/10

27 | CALVES’ LIVER

CALVES’ LIVER

4 thin slices calves’ liver (3/4 lb.)

¼ Cup flower

2 tbs. Vegetable oil

3 tbs. Butter

1 tbs. Shallots finely chopped

½ tbs. Red Wine Vinegar

1 tbs. Chopped Parsley

1 tbs. Chopped Chives

½ tsp. Chopped Tarragon

This is great with grilled tomatoes. (See: Grilled Tomatoes)

Place liver, salt, pepper, flower in plastic bag. Shake of excess.

Heat oil in frying pan and cook liver about one minute per side until nicely browned.

Remove liver to warm platter.

Wipe out pan with clean cloth. Add butter. Cook over high heat until butter is hazelnut brown. Add the shallots, stirring, and cook about 5 seconds. Add the vinegar. Pour hot sauce over the liver. Sprinkle with parsley, chives and tarragon.

Note: Serves Two

28 | QUICHE LORRAINE

QUICHE LORRAINE

If you do not have a homemade pie crust, you can buy a frozen crust.

Preheat oven to 450 degrees. Bake empty crust in oven for 2 to 3 minutes.

Remove from oven when it seems ready. You do not want it to bubble or get holes. Be careful!

Meanwhile you can prepare filling.

½ LB bacon cut in small pieces and fried

2 green onions finely chopped and lightly fried on low heat

½ cup gruyere cheese grated (do not eat any or there will not be enough)

Meanwhile the oven heat should be lowered to 350 degrees,

In bowl or pot, mix well these ingredients:

4 eggs

1 tsp. Dijon mustard

few drops Tabasco

few drops Worcestershire

2 cups milk

By now you should have accomplished the following:

oven at 350

bacon and onions fried

cheese grated

egg and milk and stuff mixed together

Now to assemble:

in pie crust, sprinkle half of cheese

then scatter bacon and onions

sprinkle remainder of cheese

pour milk mixture over top

Insert in oven.

It will be ready in approximately 50 minutes.

29 | Grilled Tomatoes

GRILLED TOMATOES

2 Tomatoes

1 tbs. Vegetable oil

2 cloves Garlic, cut in slivers

Salt and Pepper

Ensure that the oven is very hot

Cut top off tomatoes. Insert slivers of garlic into the cut side of the tomatoes. Sprinkle with salt and pepper and oil.

Cook for 5 minutes. Remove the garlic slivers.

Note: Serves Two

Plum tomatoes are nicest

If you enjoy tomatoes, you may do four.

30 | Eggs Benedict

Eggs Benedict

Sliced Ham

1. Wrap in foil and bake in oven 250-300 degrees for 15 minutes

English Muffins

1. Lightly toast

Hollandaise Sauce

Blend:

- 3 egg yolks
- dash tabasco
- salt and pepper
- juice of 1 lemon

(whip for 1 minute)

Melt 1/2 cup of butter - slowly drizzle into blender so egg yolks can absorb

(Can fluff in microwave)

Eggs

1. Bring deep pan with water to boil. Add vinegar.
2. Stir to make a well, add egg
3. When can handle with spatula

Assemble:

Drizzle sauce

Heat broiler on high; broil one minute

Serve with asperagus

After putting ham in the oven, trim ends

Rinse in cold water

Tie with string

1-2 inces of water om sauce pan

stems boil; top part steam

31 | Lime, Chili and Sesame Roasted Salmon

Lynn’s Amazing Lime, Chili and Sesame Roasted Salmon

4 5 – 6 oz salmon fillets or steaks

1/4 cup (50 ml) teriyaki or soy sauce

Juice and zest of 1 lime

1 tsp (5 ml) hot Asian-style chili sauce

1 tsp (5 ml) chopped fresh ginger

1 clove garlic, chopped

1 tbsp (15 ml) honey

1 tbsp (15 ml) sesame seeds

2 green onions, chopped

Preheat oven to 425F (220 C). Place salmon in a non-stick or parchment paper-lined baking dish. Place the teriyaki or soy sauce, lime juice and zest, chili sauce, ginger, garlic and honey in a bowl and whisk to combine. Spoon the mixture over the fish; sprinkle with sesame seeds. Bake for 15 – 20 minutes, or until the salmon is just cooked through. Spoon the pan juices over top, sprinkle with green onions and serve.

32 | Shitake Mushroom Soup

Shitake Mushroom Soup

Shiitake Mushroom Soup

Serves 4 Preparation Time: 10 minutes Cooking Time: 10-12 minutes Seasons: Spring/Summer

1 tablespoon

extra-virgin olive oil

1 small onion, finely chopped

10 fresh shiitake mushroom caps, sliced

1/2 teaspoon salt

4 cups boiling water

1-2 tablespoons freshly squeezed limejuice

1/2 teaspoons crumbled wakame, dulse, or kelp sea vegetable

freshly ground black pepper to taste

Garnish

1 cup arugula or bok choy, coarsely chopped 1 finely chopped scallion

1. In a medium soup pot, heat olive oil over medium heat Add the onion, mushroom caps, and salt and saute for about 5 minutes or until the onion is soft.

2. Add the boiling water to the onion and mushrooms and cook for 5 more minutes. Turn off the heat and season with lime juice, sea vegetable, and pepper, adjusting as necessary. Garnish individual bowls with arugula or bok choy and scallions just before serving.

33 | Mom's Stuffing

Mom's Stuffing

(typed in by Tim 2/14/2006)

1/2 bread

1/2 brown rice

10 mushrooms sliced

1 cooking onion

Sage (fresh if possible) sliced

salt & pepper

Directions:

Microwave brown rice

Pull bread into pieces

Sautee mushrooms/onions

Mix with white wine or cooking brandy

Stuff both ends of bird

34 | Seared Tuna with Ginger Butter

Love at first bite! Patti was dining in Hans' restaurant the night they met. Hans won Patti over immediately, and they have been a culinary power-duo ever since. Opposites truly do attract – Hans and Patti believe the key to their successful relationship lies in their different styles and focuses. Says Hans of their relationship, "We build on each other's strengths and work hard on each other's weaknesses." Sounds like a match made in heaven to us!

Spicy Seared Tuna Sashimi with Sesame Vinaigrette

Chef Hans Röckenwagner of Röckenwagner – Santa Monica, CA

Adapted by StarChefs

Yield: 6 servings

Ingredients:

1 ½ pounds sushi-quality Ahi tuna

6 cups loosely packed Mizuna greens, curly endive, or red leaf lettuce

2 Tablespoons finely chopped chives to garnish

Salt, to taste

White pepper, to taste

Ginger butter 2 tablespoons unsalted butter

1 teaspoon fresh ginger, minced

Sesame Vinaigrette 1/3 cup rice vinegar

1 ¼ teaspoons granulated sugar

½ teaspoon salt

¼ teaspoon freshly ground black pepper

½ Tablespoon white sesame seeds, toasted

1 Tablespoon soy sauce

2 Tablespoons sesame oil

¼ cup vegetable oil

Method: For the ginger butter:

Melt the butter over low heat, stir in the ginger and remove from the heat. Allow the mixture to infuse for at least 2 to 3 hours or overnight for the flavor to develop.

For the vinaigrette:

In a small saucepan, heat the vinegar and whisk in the sugar until it is dissolved. Remove from the heat and allow it to cool. Stir in the salt, pepper, sesame seeds, and soy sauce, then whisk in the sesame and vegetable oils, whisking until the mixture is completely emulsified.

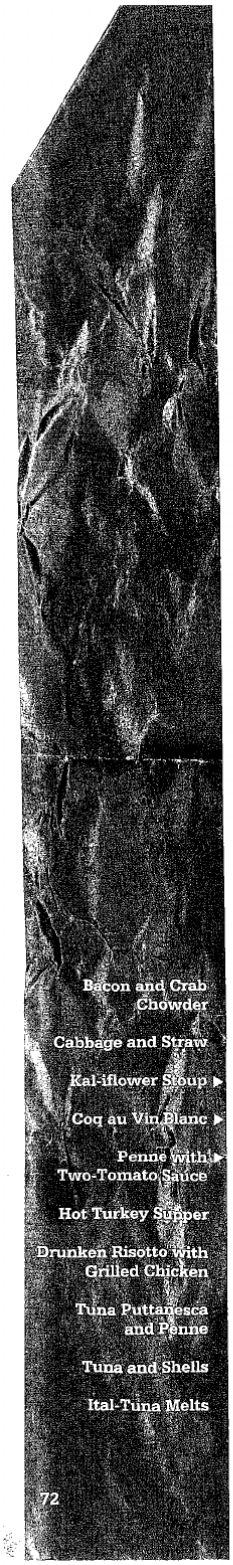
For the tuna:

Reheat the butter and ginger infusion until it is soft enough to spread easily. Brush six 5x5-inch squares of aluminum foil with some of this mixture, and sprinkle with salt and white pepper. With a very sharp knife, slice the tuna against the grain about 3/8” thick and lay 2 slices in a single layer on each piece of foil. Preheat a grill, grill pan, or large, heavy skillet to very high heat.

Toss the greens with just enough vinaigrette to coat the leaves. Reserve the remaining vinaigrette for another use. Mound an equal amount of the salad on each of 6 serving plates.

Transfer the sheets of foil to the hot grill and cook for about 30 seconds, or until the tuna is seared on one side and still raw on the other. Immediately transfer the tuna slices, raw side up, to the plates, draping them around the edges of the salad. Garnish with the chives and serve immediately.

35 | Kal-iflower Stoup





Kal-iflower Stoup

4 SERVINGS

Save this recipe for the first wonderfully chilly fall night. This meal combines kale and cauliflower in a "stoup," which is thicker than soup and thinner than stew—and wildly delish!

- 3 tablespoons extra-virgin olive oil (EVOO), 3 turns of the pan
- 2 russet potatoes, peeled and cut into ½-inch dice
- 1 large onion, chopped
- 5 garlic cloves, finely chopped
- 3 tablespoons finely chopped fresh rosemary (about 5 sprigs)
- Salt and freshly ground pepper
- 1 large head cauliflower (about 2½ pounds)—quartered, cored and chopped
- 2 jarred roasted red peppers—drained, patted dry and chopped
- 6 cups chicken broth
- 1 pound kale, stems stripped off and discarded and leaves thinly sliced
- ¼ teaspoon freshly grated nutmeg, or to taste
- Freshly grated Pecorino Romano cheese, to pass around the table
- 4 onion rolls, toasted until crusty and cut into 1-inch-wide sticks

1. Heat the EVOO, 3 turns of the pan, in a medium pot over medium-high heat. Add the potatoes, onion and garlic as you chop them; season with the rosemary, salt and pepper and cook, stirring frequently, until the vegetables soften a bit, 7 to 8 minutes. Add the cauliflower and cook for a few minutes. Stir in the peppers and chicken broth, cover and bring to a boil. Add the kale to the pot by the handful, letting each handful wilt before adding the next. Season with the nutmeg and cook for 5 minutes, then adjust the salt and pepper.
2. Ladle the stoup into bowls and sprinkle with the grated Pecorino Romano at the table. Pass around the crusty onion-roll sticks for dunking.

36 | Wayside Inn Roast Turkey with Bread Stuffing and Giblet Gravy

Recipe contributed by Megan and Diane Bamburak.

Serves 8

Stuffing yield: About 8 cups

Oven temperature: 325°F (165°C)

Ingredients

Turkey

1 turkey, approximately 12 lb, with giblets and neck reserved

2 teaspoons salt, divided

¼ teaspoon pepper, plus extra for the skin

Wayside Bread Stuffing (below)

½ cup butter, softened

2 slices bacon

2 cups water

1 onion, studded with 3 whole cloves

1 stalk celery

2 carrots

2 bay leaves

5 sprigs parsley

½ teaspoon thyme

Wayside Bread Stuffing

½ cup butter

2 onions, chopped

2 stalks celery, chopped

1 cup finely diced cooked ham

1 cup finely diced cooked chicken

½ cup Wayside country sausage*

6 cups day-old bread crumbs

4 eggs, lightly beaten

1 teaspoon crumbled sage

¼ teaspoon pepper

¼ teaspoon thyme

¼ teaspoon mace

¼ teaspoon marjoram

1 teaspoon salt

½ cup chicken stock

Giblet Gravy

Turkey giblets, neck and wing tips

1 quart water

6 tablespoons fat from the roasting pan

6 tablespoons flour

3 cups combined giblet stock and defatted roasting juices

Cooked giblets, chopped

Method

Prepare the stuffing

Melt the butter in a large skillet. Add the onions and celery and cook over low heat for 10 minutes.

Add the ham, chicken and sausage. Cook for another 5 minutes, stirring occasionally.

Place the bread crumbs in a large mixing bowl. Add the skillet mixture, eggs, sage, pepper, thyme, mace, marjoram and salt.

Mix lightly, then stir in the chicken stock to moisten. Stuff the turkey immediately before roasting.

Prepare and roast the turkey

Preheat the oven to 325°F (165°C).

Season the turkey's cavity with 1 teaspoon salt and ¼ teaspoon pepper. Loosely fill the body and neck cavities with stuffing.

Secure the legs and tuck the wings close to the body. Rub the skin with the butter, then sprinkle with the remaining teaspoon of salt and a little pepper.

Place the turkey breast-side up in a shallow roasting pan. Lay the bacon slices over the breast.

Add the water, clove-studded onion, celery, carrots, bay leaves, parsley and thyme to the pan.

Roast, basting with the pan juices every 30 minutes. The original recipe estimates 3½–4 hours, but allow additional time as needed. Use a thermometer to confirm that the breast, innermost thigh and centre of the stuffing each reach 165°F (74°C).

Transfer the turkey to a warm platter and let it rest for about 20 minutes before carving. Prepare the gravy while it rests.

Make the giblet gravy

While the turkey roasts, simmer the giblets, neck and wing tips in 1 quart water for 2 hours. Strain, reserving the stock. Chop the cooked giblets.

After removing the turkey from the roasting pan, strain the pan juices and separate the fat. Reserve 6 tablespoons of fat.

Combine the defatted pan juices with enough giblet stock to make 3 cups.

Return the reserved fat to the roasting pan. Stir in the flour and cook over medium-low heat for 5 minutes, scraping up the browned bits from the bottom and sides.

Gradually whisk in the stock mixture. Cook, stirring, until the gravy is smooth and thickened.

Stir in the chopped giblets and serve with the turkey and stuffing.

The original recipe refers to a separate Wayside country sausage recipe, which is not included in the supplied page.