

Cooking for How Many?

John Duchi Cyrus Chee Mike Chang Daenielle John
Emily Roberts Helen Shi Tiffany Teng



The Compiler

Contents

1	Those Fibrous Greens	4
1.1	Cobb Salad	5
1.2	Tasty Salad	5
1.3	Cantaloupe Soup	6
1.4	Grilled Chicken and Red Pepper Salad	7
1.5	Lemon Lime Chicken Taco Salad	8
1.6	Caramelized Onions	9
1.7	Sweet Potatoes in Olive Oil	9
1.8	Nifflies (a.k.a Spätzle)	10
1.9	Goobers, Snits, and Nifflies	10
2	Entrées	11
2.1	Crêpes	12
2.1.1	Regular Crêpes	13
2.1.2	Whole Wheat Crêpes	13
2.1.3	Spinach Crêpes	14
2.2	Gruyère and Chicken Crêpes	15
2.3	Spicy Prawns with Mango Chutney	16
2.4	Orange Pork Chops	16
2.5	Chicken Pot Pie	17
2.6	Apple Stuffed Chicken Breasts	19
2.7	Almond-Crusted Cherry Chicken	20
2.8	Marinated Beef Tenderloin	21
2.9	Beef Tenderloin Cutlets	21
2.10	Lemon Chicken	22
2.11	Lemon Turkey Cutlets	23
2.12	Shrimp, Wine, and Tomatoes	24
2.13	Daenielle’s Drumsticks	25
2.14	Turkey Chili	25
2.15	Apricot Cherry Turkey	26
2.16	Southern Fried Chicken	27
2.17	Cashew Chicken	28
3	Desserts	29
3.1	John’s Grandma’s Strawberry Pie	30
3.2	Blue Ribbon Apple Pie	31
3.3	Peanut Butter Crinkles	32
3.4	Mochi	32
3.5	Sautéed Apples	33

3.6	Sautéed Apricots	33
3.7	Blond Brownies	33
3.8	Flourless Peanut Butter Chocolate Chip Cookies	34
3.9	Russian Teacakes	34
3.10	Candied Pecans	35
3.11	Popovers	35
3.12	Apple Crisp	36

Chapter 1

Vegetables, Salads, Soups, and Sides

Who the heck eats vegetables?

1.1 Cobb Salad

This is a Californian's version of Cobb salad. Serves 4.

1 medium-size head iceberg lettuce Shredded. Romaine is also a possibility	1 large tomato Seeded and chopped
6 Tbsp white wine vinegar	1 1/2 cups cooked chicken Chopped or diced
1/8 tsp garlic powder	1 avocado Large
1/8 tsp freshly ground pepper	1 Tbsp lemon juice
3 Tbsp snipped chives	1 pounds bacon
1/2 cup salad oil or olive oil	2 hard-boiled eggs
Salt	3 ounces bleu cheese

Cook bacon crisply, drain and crumble. Pit, peel, dice, and toss avocado with the lemon juice.

To make dressing, combine vinegar, garlic powder, pepper, chives, and oil, adding salt to taste. Whisk to mix.

Pour over lettuce, tossing to coat. Arrange remaining ingredients either throughout salad or in wedges, as degrees of obsessive compulsive disorder dictate.

1.2 Tasty Salad

This salad was part of a full Thanksgiving dinner that cost \$140 and served 40. On top of that, it tastes really good. Really, this is sort of a framework to be filled in at will by the maker.

- 1 box mixed greens** One of those big boxes
- 1 large orange** Chopped up
- 1/2 pound candied walnuts** Or candied pecans

Olive oil

Balsamic vinegar

Blue cheese Crumbled

1 cup cranberries Or raisins or cherries

To be honest, all of these ingredients get mixed in by taste. The recipe for candied walnuts or pecans is on page 35. For the dressing, mix equal parts balsamic vinegar and olive oil and pour it over the salad, which is a jumble of all the ingredients, to taste.

1.3 Cantaloupe Soup

Not green, not a vegetable, it must be a fruit soup!

1 cantaloupe Peeled, seeded, cubed

$\frac{1}{4}$ cup dark rum Optional

$\frac{1}{4}$ cup cream

Zest of one lemon

2 Tbsp orange juice concentrate

4 mint leaves Julienned

Cinnamon To taste

Nutmeg To taste

Place all ingredients (less the mint) in a blender and purée. Strain and chill for at least 30 minutes.

Serve with the thinly sliced mint arranged on the top. Nutmeg or cinnamon sprinkled gently is a very nice touch.



1.4 Grilled Chicken and Red Pepper Salad

Six whole people get to eat this one. A good entrée salad.

1 1/2 pounds chicken Boneless, skinless breasts	1/2 cup canola oil
2 red bell peppers	1/4 cup balsamic vinegar
1 cucumber Peeled, seeded, thinly sliced	1/4 cup orange juice
1/2 cup red onion Thinly sliced	1/4 cup lime juice
3 Tbsp fresh cilantro Minced	3 green onions Sliced
1 head red leaf lettuce Shredded	2 cloves garlic Minced
	1/4 tsp salt
	1/4 tsp ground pepper

Preheat oven to broil or warm grill.

Halve and seed peppers, placing on oiled, heavy baking sheet about 4 inches below broiler, skin side up, or directly on grill, skin side down. Broil or grill until skins become completely blistered and black. Place in plastic bag to cool, removing skin when cool enough to handle. Cut into strips.

For dressing, combine oil, vinegar, orange and lime juices, green onions, garlic, salt and pepper. Shake well.

Cook chicken breasts on grill or under broiler for about 4 minutes on each side, until cooked through.

Cut chicken into 1/2 inch wide strips, 2 inches long. Place in bowl with peppers, cucumber, onion, and cilantro. Add dressing and refrigerate until well chilled, at least 2 hours. Serve on individual plates on a bed of red leaf lettuce.



1.5 Lemon Lime Chicken Taco Salad

This is a pretty quick but very tasty taco salad. It comes flying at you with some very lemony (or limey) lightly breaded chicken, and is pretty quick to prepare.

4 chicken breasts Boneless and skinless

1 cup flour

1 tsp chili powder

1/2 to 1 cup lemon or lime juice

1 Tbsp canola oil (or other vegetable oil)

Mango or corn salsa Or any other salsa

Lettuce Romaine is nice.

Sweet corn Either canned, boiled, or grilled, but in kernels to be placed on the salad.

Black beans About 1 can.

Tortilla chips

Cheese Pick your favorite kind and shred

Cut chicken into 1 inch or so pieces. In a small bowl, combine flour and chili powder, stirring with a fork to mix chili powder thoroughly. Drop pieces of chicken in flour, turning to coat. If flour runs low, use more.

Heat oil in a skillet until water fizzes when you flick the water at the skillet (medium heat). Add chicken and lemon or lime juice. Cook until chicken is cooked through; the liquid should evaporate a decent amount during cooking, so you can always add more or less to taste.

The salad fixins are way more optional than the chicken. Just spread whatever salad you have out on a plate, dump the chicken on top, and call it a day. Another topping that might be nice is grilled red peppers.



1.6 Caramelized Onions

These go well on burgers, by themselves if you are known to like onions, and with the Gruyère and Chicken Crêpes (see 2.2).

1 onion Yellow, Bermuda, or Spanish

1 Tbsp butter or olive oil

1 Tbsp brown sugar More to taste

Slice onion into thin rings, about $\frac{1}{4}$ inch thick. Heat oil or butter in sauté pan until it sizzles when water is dropped on. Place sliced onion rings in pan, stir to coat. Sprinkle with brown sugar while cooking. Stir until onion is tender and turns a slight caramel color. Add more brown sugar to taste.

1.7 Sweet Potatoes in Olive Oil

Enjoying sweet potatoes is one of my favorite pastimes.

2 large sweet potatoes Or yams: yams give a more orange color but are not quite as healthy

Salt To taste

Olive oil To taste

Preheat oven to 450° on broil. Poke holes in sweet potatoes with a fork to let steam out. Put sweet potatoes in microwave for up to 10 minutes, until they are soft enough to cut with a knife. They do not need to be too soft, though. Cut sweet potatoes into $\frac{1}{2}$ inch cubes (skin can be left on).

Spread olive oil lightly over bottom of baking pan. Spread potato pieces over bottom of pan, sprinkle with more olive oil and salt, place in oven on top rack. Broil for five minutes or until potatoes are as crisp as desired.

1.8 Niffies (a.k.a Spätzle)

My mom and grandma always called these niffies, even though they're really just the family recipe for Späetlze. I would go out on a limb and say these probably came with the German part of the family from Deutchland. Just a thought. They might be my favorite childhood food, and certainly the best part of the best beef stew (goobers, snits, and niffies (1.9)) ever made.

2 cups flour No need to sift

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

3 eggs

$\frac{1}{3}$ cup and 2 Tbsp H₂O

Place flour and salt in a bowl. Make a depression in the center of the flour and crack eggs into this all at once. Stir vigorously while slowly adding the water. Continue beating until dough is smooth, neither stiff nor runny, using the last tablespoon of water to obtain this desired effect.

Holding bowl tipped away from you in the crook of your arm, start to scoop out tiny bits (about the size of a pea) of dough with a flat-bladed knife into a large kettle of boiling, salted water. The bits will swell to three or four times their original size. Longer noodly-type bits will give more more niffy-type niffies, smaller bits will give Knöpfle. Dip knife into water frequently to prevent dough adhering. Working quickly, use up about half of the dough this way, cooking the spatzle three to four minutes.

Remove pieces with a slotted spoon into a sieve and rinse with cold water. Repeat process with remainder of dough.

These may be prepared well ahead of time and may be heated in a buttered frying pan just before serving. Pan frying them in butter makes them delicious.

1.9 Goobers, Snits, and Niffies

This is the best beef stew ever made.

Day One

Little beef rump roast

1 Can beef broth

Ketchup Some, or you can use a can of V-8

Day Two

2 Cans beef broth

A few potatoes Chunked

Niffies See 1.8, but only mix them. Don't cook them.

Cook the rump roast on low all day in a crock pot with the can of beef broth and ketchup or V-8. Now enjoy some roast beef sandwiches.

On the second day, to make the stew, add the two cans of beef broth to the leftover meat (or, if you want a real meaty stew, the whole roast), which you should've torn up into little pieces and warmed. Add potato chunks to stew and cook until almost soft, and then cut uncooked niffies into the boiling soup. Still delicious even sans potatoes.

Chapter 2

Entrées and their Accoutrements

Meat meat meat.

2.1 Crêpes

Just because crêpes go well with anything, these are getting thrown in here. Realize that some may serve better for dessert, some for dinner, but here goes.

To cook a crêpe, the key is to have a smooth batter that is easy to pour and spread. A blender is good to have to this end, but if you have skills with a whisk, by all means, make crêpes.

If using a blender or food processor, the batter can usually be made by simply putting all the ingredients in the blender, blending for 20 to 30 seconds, scraping down the sides of the container, and blending for a few more. If a blender is unavailable, beat the eggs, oil, milk, and any other liquid ingredients until blended, then gradually add dry ingredients, beating until smooth. If possible, pour batter through a coarse sieve to catch any lumps.

The pan to use for cooking crêpes is a well-seasoned pan (or a nonstick pan), at least 6 to 7 inches across. Spray cooking spray or drop a little butter or oil in the pan just to be sure the pan will be free of grabbiness. Grabby pans are the worst. The pan is at the correct heat when crêpe batter sizzles slightly when poured into the pan (usually about medium heat, sometimes lower). Two to three tablespoons of batter is *usually* enough for a 7-inch crêpe, though more or less may be used depending on the pan.

Pour batter into the pan, quickly tilting the pan to get a circular, even amount of batter. Cook until crêpe begins to set and its edges start to crisp (this usually happens in a little under a minute, but do not let too much crisping happen). This means the crêpe is ready to turn. To turn the crêpe, loosen around the edge with a spatula, turner, knife, whatever, then flip crêpe with either your fingers or the spatula. If it tears, it is probably not cooked enough, and give it a few more seconds before turning. After turning, cook the crêpe for a bit longer until the bottom is flecked brown but still mostly white (or whatever color your batter is), then remove crêpe and set aside to cool.

Crêpes can be stacked on one another, served rolled up, as blintzes, in stuffed triangles, baked, unbaked, with fruit, stored frozen or refrigerated (with waxed paper between them), or eaten right off the pan. The following recipes will probably make 10 to 16 crêpes, depending on size.

2.1.1 Regular Crêpes

Your standard run of the mill crêpe. Goes with anything, really.

2 eggs

1 $\frac{1}{3}$ cups milk

1 cup all-purpose flour

2 Tbsp vegetable oil or melted butter

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

Follow the directions above for these.

2.1.2 Whole Wheat Crêpes

These will help even the worst of us get some fiber without having to eat cardboard. The honey gives a nice little sweetness to the crêpes that makes them go well with curries or desserts.

2 eggs

1 $\frac{1}{3}$ cups milk

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

$\frac{1}{2}$ cup regular all-purpose flour

2 Tbsp vegetable oil or melted butter

1 Tbsp honey

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

Use the standard Crêpe instructions for cooking these guys.



2.1.3 Spinach Crêpes

Some pretty cool green crêpes with a little bite to them. I like them with creamy fillings (like cheese).

$\frac{1}{4}$ cup spinach Cooked and squeezed until dry

2 eggs

1 $\frac{1}{2}$ cups milk

2 Tbsp vegetable oil or melted butter

1 cup regular all-purpose flour

$\frac{1}{4}$ tsp dried thyme This is equivalent to 1 tsp fresh thyme leaves.

Dash of nutmeg

Optionally, one could add a few chopped green onions or a dash of white pepper, to taste, but I do not like to. To cook and dry spinach, boiling water and putting spinach leaves in may be the easiest way. After spinach has cooked (a solid wilt is really all that is necessary), take it out of the water, run through cold water, and squeeze with your hands until fairly dry. This squeezed lump should be about $\frac{1}{4}$ cup, but a little more or less will not hurt anyone. Chop the lump into smaller bits to be blended. When blending ingredients, blend the liquid ingredients plus flour and salt first, then add chopped spinach and everything else.



2.2 Gruyère and Chicken Crêpes

These artery cloggers are delicious, but be sure to eat them in moderation. Or do not eat them in moderation. They are healthy for your mind.

6 Tbsp butter

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

2 cups milk Whole milk is richer and tastier

1 cup water

1 Tbsp instant chicken bouillon

$\frac{1}{4}$ pound shredded gruyère

$\frac{1}{4}$ cup dry white wine The cheaper the better

2 Tbsp parsley

2 cups cooked chicken Shredded or chunked is best—about two and a half breasts.

1 recipe crêpes Try the spinach crêpes for this one (2.1.3)

Melt butter in saucepan. Stir in flour and any salt to taste, thickening butter. Add to this milk, water, and chicken bouillon, optionally going easy on the water for a thicker, richer sauce. Cook and stir this over medium heat until thickening and a little bubbly. Add wine, cheese, and parsley, stir to melt cheese a bit, then reserve.

Preheat oven to 375°.

Grease a ceramic (metal works if there are no ceramic ones) 12 × 7 inch or so baking dish with olive oil to make it non-stick. Take crêpes, cheese sauce, and chicken. With each crêpe, place a little chicken and a few spoonfuls of sauce in side, roll crêpe, then place, seam-side down (if you want to be high class), in baking dish. Once all chicken and crêpes are in the dish, cover with remaining sauce, then place in oven to bake for 15 to 20 minutes. Serve warm.

Nice accompaniments might be caramelized onions (1.6) or sautéed mushrooms. Serves four to six people. Trust me. Just because there is not much chicken does not mean you will not fill up.

2.3 Spicy Prawns with Mango Chutney

At least they aren't oysters. This is really tasty. On top of that, the colors are neat. You may want to double or quadruple the recipe if you want more than one prawn per person.

1/4 tsp paprika

1/4 tsp chili powder

2 prawns Shelled, deveined, de-capitated

1 Tbsp olive oil

4 ounces spinach

Mango Chutney

3 Tbsp honey

1 Tbsp white wine vinegar

1/2 mango Peeled and diced

1 spring onion Chopped (optional)

For the chutney, simply simmer all the chutney ingredients in a pan on low heat for 4 to 5 minutes.

For the prawns, mix equal parts paprika and chili powder in a small container and put it aside. After cleaning the shrimp, coat with spice mixture (or sprinkle by hand to keep it reasonably spiced). Heat oil in a small pan, fry prawns for 2 minutes or until thoroughly cooked.

Lastly, to cook spinach, heat oil in sauté pan, add spinach and cook to wilt.

2.4 Orange Pork Chops

I like pigs. They are intelligent, and more importantly, delicious. This recipe is a delicious way to get some non-Kosher grub. It's healthy, pretty easy, and full of vitamin C.

4 pork chops Thick, get more if thin cut

1 cup orange juice

1 cup white rice

1 cup chicken broth

Sauté the pork chops until they are slightly browned (they will not be cooked through). While you browning the chops, preheat the oven to 350°. In a Pyrex bowl (or a casserole) combine the rice, orange juice, and chicken broth. Add a little more rice and chicken broth if you like (maybe 1/2 cup of rice and about a cup of chicken broth to use the whole can). Put the browned pork chops in the bowl, cover, and put in the oven for 1 hour.

2.5 Chicken Pot Pie

Supposedly eating this is like being at home again. If you're cooking, I'm going to assume you're already home.

Pastry

4 1/2 cups all purpose flour

1 Tbsp salt

2 cups butter Cold and small chunked

3/4 cup ice water Maybe more

Filling

1/2 cup unsalted butter

1/2 cup all purpose flour

Sea salt To taste

Fresh ground black pepper To taste

4 carrots Cut into 1/2 inch circles

1 cup pearl onions Peeled, about 3/4 pound

1 cup sweet peas Fresh, about 1 pound

1 garlic clove Chopped

Leaves from 8 thyme sprigs Fresh

Needles from 1 rosemary sprig Fresh and chopped

Juice of 1/2 lemon

1 egg Mixed with 3 Tbsp water

Coarse salt

Chicken Broth

1 free range chicken Dead, 4-5 pounds

3 carrots Cut into 2 inch pieces

3 celery sticks Cut into 2 inch pieces

1 onion Peeled and halved

2 turnips Halved

First, we have to prepare the pastry. Combine the flour and salt in a very large mixing bowl. Add the butter and mix with a pastry blender (or hands). Use fingers to pinch butter and flour together until the mixture resembles coarse crumbs. Pour in the ice water, working it in to bind the dough until it holds together without being too wet or sticky. To check this, squeeze a small amount together; if it is crumbly, add more ice water, 1 Tbsp at a time. Wrap the large ball of dough in plastic wrap and refrigerate while preparing the rest of the recipe (you can even do it the night before—it makes this behemoth of a recipe go more quickly).

On to the stock! Put the chicken in a large stockpot, covering with 3 quarts of cool water. You might as well cook the chicken here, because the chicken's got to be cooked. Add vegetables and herbs, bringing the water to a boil over medium-high heat. Simmer, uncovered, for 1 hour. Skim frequently as the oil rises to the surface. After simmering, remove the chicken to a platter to cool, and when it's cool enough to handle shred the chicken. Well, its meat. And throw away the skin

and bones. Now use a colander to strain the broth into another pot and discard the solids. You ought to have about 2 quarts of broth.

The filling comes now. Wipe out the stockpot and put it back on the burner over medium-low heat. Melt the butter, add flour as foam subsides, stirring to prevent lumps. After it becomes a rich, golden tan color, pour in reserved chicken broth, whisking to prevent lumps. Simmer for 10 minutes to cook out the starchy taste and to thicken broth. Fold in the carrots, pearl onions, peas, garlic, rosemary, thyme, and lemon juice. Stir to combine. Simmer for 10 minutes to soften vegetables. Season with salt and pepper to taste. Stir in shredded chicken. Let cool to room temperature.

The last step is to make the pie. Preheat the oven to 400° . Sprinkle your counter and a rolling pin lightly with flour, then cut the dough roughly into $\frac{3}{8}$ and $\frac{5}{8}$ ($\frac{23}{64}$ and $\frac{41}{64}$ is better division). Roll out the larger piece into a flat sheet to fit the bottom of your pie-cooking pan with an extra inch above the edge on all sides. Place the large crust into the tray. Spoon filling into pan. Roll out the smaller piece to fit on top with an extra inch or so off all sides. Pinch edges together.

Brush the top of the now complete pie with egg, sprinkle with coarse salt, and cut steam holes in the top of the pie. Bake for 45 minutes to 1 hour until puffed and golden. Enjoy. Serves 8-10.

2.6 Apple Stuffed Chicken Breasts

These are a specialty I really enjoy making. A good late summer, early fall dish. Orange or wild rice goes nicely with these.

4 boneless, skinless chicken breasts

Apple juice

2 large tart apples Granny smiths or Jonathans work nicely

3 or 4 pieces dried bread Whole wheat is a nice touch

$\frac{1}{3}$ to $\frac{1}{2}$ cup raisins

Cinnamon To taste

On the morning of (or night before) cooking, place chicken breasts in a dish, preferably glass and at least not metal, cover with apple juice, and allow to marinate. Leave four pieces of bread out to dry up; these will be for the stuffing.

Preheat the oven to 375°.

To make the stuffing, crumb the bread by tearing it into pieces. Take half of one of the apples and dice finely, into about $\frac{1}{4}$ inch or smaller pieces. Mix together bread, diced apple, and raisins. Add apple juice to this mixture to moisten it slightly (but not too soggy), then sprinkle with cinnamon to taste.

Open holes in apples for stuffing as follows: hold breast so its thinner end is pointing away. Insert knife into larger end of breast, working it down so that a pocket the length of the breast is cut with an opening at the top, larger end of breast. Do not butterfly cut the chicken. Stuff each chicken breast with as much stuffing as will fit in it, placing chicken breasts in lightly oiled baking pan after stuffing. If there is a whole in the bottom of the breast or the pocket does not go the length of the chicken, insert stuffing into the flap on the skinnier end of the breast and close flap by putting chicken flap side down. If there is extra stuffing, line the baking pan with it.

Slice the remaining apple into thin, about $\frac{1}{8}$ inch, slices. Layer slices over chicken, sprinkle with cinnamon to taste, and place in oven for 45 minutes.

Chicken breasts may either be served whole or sliced across their width to give nice cross-sections of the stuffing.

For a variation on the flavor, consider using cherry juice and dried cherries instead of apple juice and raisins; also, covering the chicken in almonds (as in the Almond-Crusted chicken on page 20) is a tasty option.

2.7 Almond-Crusted Cherry Chicken

These are relatively easy to make, and a delicious way to serve a whole bunch of people.

6 boneless, skinless chicken breasts

1 egg white

1 cup finely chopped almonds

Olive oil For stir-frying

2 cloves minced garlic

1 cup dried cherries Usually tart

1 tsp dried thyme 2 tsp fresh thyme is better

1/2 cup dry white wine

1 cup chicken broth

Preheat oven to 375°.

Lightly oil or butter a baking pan that will fit chicken breasts laid side-by-side.

Lightly beat egg white in shallow dish. Dip chicken breasts in egg white, then dip again in almonds to coat chicken with chopped nuts. Place chicken breasts in baking pan.

In heavy saucepan, heat olive oil. Cook garlic until soft, then add cherries, thyme, and white wine, simmering until almost all liquid evaporates. Add chicken broth, then pour mixture over chicken in baking pan. Cover baking pan with tin foil, place in oven, cook for 45 minutes or until chicken is of desired doneness.

Pan drippings with the cherries make a good topping for rice and chicken; adding a little flour will make a nice gravy out of them.



2.8 Marinated Beef Tenderloin

There are few times in life I have gotten to hold huge bleeding hunks of meat. If you get two beef tenderloins, cooking this recipe can make this one of those times for you. How often do you actually get to hear your mother shout, “Don’t drip blood on the carpet!”?

1 cup catsup

2 tsp prepared mustard

$\frac{1}{2}$ tsp Worcestershire sauce

$1\frac{1}{2}$ cups water

1 (.7 oz) envelope Italian salad dressing mix

1 beef tenderloin About 4 to 6 pounds, and trim it (cut off the thin end pieces and save for filet).

Combine the first 5 ingredients, mixing well. Then spear the meat in several places and place it all in a heavy duty zip-top plastic bag. Once the marinade is in the bag with the meat (because pouring the marinade on the meat once it’s sealed in the bag seems a little silly), seal the bag, place it in a shallow pan, and refrigerate it for about 8 hours, turning every once in a while.

After marinating is done, drain and reserve the marinade for basting. Place tenderloin on a rack in a baking pan and bake at 425° for 30 to 45 minutes until meat thermometer in thickest part of loin registers desired temperature. Just so you know, the desired temperature is 140° . That’s rare. For the less carnivorous, 150° is medium rare and 160° is medium. Don’t let the beef get more done than that.

Incidentally, this serves about 12 to 15 folks.

2.9 Beef Tenderloin Cutlets

Tasted, tested, and accepted by Andrew Joseph Duchi.

12 oz beef tenderloin Cut into $\frac{3}{4}$ -inch cutlets

1 cup red wine Don’t worry about quality here

1 cup chicken broth

$\frac{1}{4}$ tsp rosemary

2 Tbsp Bleu cheese Also to taste

2 Cloves garlic Minced or diced

Olive oil For cooking

In a skillet, heat olive oil until water sizzles when flicked on it. Fry tenderloin cutlets until desired done-ness, about 3 minutes per side for medium-rare. Remove cutlets and set aside.

In same pan, fry garlic until tender, then add red wine. Bring to a simmer, reduce wine by half. Add rosemary and chicken broth, and reduce again by half.

Add bleu cheese to sauce, and place steaks in sauce to reheat. Serve, garnished with more bleu cheese if desired. Serves 2.

2.10 Lemon Chicken

I think this might be stolen from the Silver Palate Cookbook, but I am not sure. Who cares, huh?

5 pounds boneless, skinless chicken breasts	1/2 cup canola oil
2 cups lemon juice Fresh is ideal	2 Tbsp lemon zest
2 cups flour	1/4 cup brown sugar
2 tsp salt	1/4 cup chicken stock
2 tsp paprika	2 lemons Sliced paper thin
1 tsp black pepper Freshly ground	

Combine chicken pieces and lemon juice in a bowl just large enough to hold them comfortably. It's very important for the chicken to be comfortable. Cover and marinate in the refrigerator overnight, turning occasionally. Actually, putting them in in the morning is fine. The idea is the longer the better, really.

Drain chicken thoroughly and pat dry. Fill a plastic bag with flour, salt, paprika and black pepper, and shake well to mix. Put 2 pieces of chicken into the bag at a time and shake, coating completely.

Preheat oven to 350°; while oven is heating, stir fry chicken pieces until slightly browned. This takes about 10 minutes per batch of chicken bits. Then arrange browned chicken pieces in a single layer in a large shallow baking pan. Sprinkle evenly with lemon zest and brown sugar. Mix chicken stock and a little bit of extra lemon juice together and pour around chicken pieces. Set a couple thin lemon slices on top of each piece of chicken.

Bake chicken for 35 to 40 minutes, or until tender.

2.11 Lemon Turkey Cutlets

Another of my favorite dishes, these guys are a great meal after running around outside all day. Or sitting inside all day, but outside is nicer. As a nice compliment to the slight tanginess of these turkeys, try the sweet potatoes (1.7).



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

Zest of one lemon

$\frac{1}{4}$ cup dijon

1 tsp fresh thyme Finely chopped

1 tsp fresh basil Finely chopped

1 tsp fresh rosemary Finely chopped

1 tsp fresh oregano Finely chopped

1 tsp parsley Finely chopped

$1 \frac{1}{2}$ pound turkey breast cutlets Turkey tenderloins work just as well. Use a little more turkey if hungry people are eating.

All the spices in the recipe are optional, so do not worry if you do not have every spice. Note that fresh spices are slightly less potent than dried ones, so if using dry spices, divide the amount of spices by about two.

Combine all ingredients except turkey in a bowl, mixing by hand with a whisk. Arrange turkey in container, adding marinade to cover as much of the meat as is possible. Marinate in the refrigerator for one hour.

After one hour, heat large skillet until water sizzles on it, cover with cooking spray or a little oil, and add turkey. Cook, turning once or twice, until cooked throughout. This may take a relatively short or longer amount of time, anywhere from four to twenty minutes, depending on the thickness of your turkey.

A few comments: be sure to throw away the marinade, as it is inundated with poultry juices. Longer marination times give more potent turkey.

2.12 Shrimp, Wine, and Tomatoes

These are a cool meeting of shrimp scampi and regular spaghetti, tending more toward the spaghetti side, we guess.

2 Tbsp olive oil

2 cloves garlic More to taste

2 cups tomatoes

1/2 cup white wine

1/2 cup basil Fresh preferably

1 tsp oregano

1 1/2 poundss shrimp

1 cup crumbled feta Less is reasonable on this one

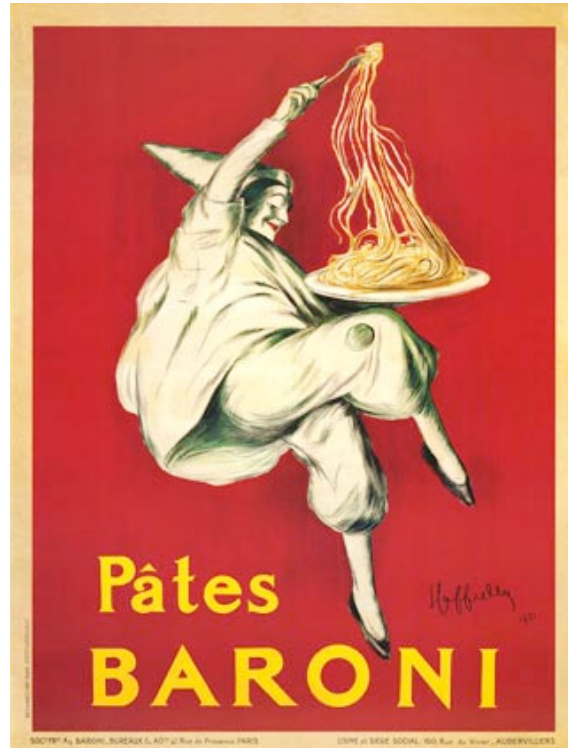
Pasta to serve four Spaghetti, linguini, or fettucine are nice

Preheat oven to 400 degrees.

Heat olive oil in skillet until water sizzles when flicked at it. Put garlic in skillet, then tomatoes, cooking garlic until tender and just beginning to brown. Add wine, salt and pepper to taste, basil, and oregano, allowing to heat.

Spoon shrimp into ceramic baking dish. Sprinkle shrimp with feta and the tomato mixture. Cook in oven for 10 minutes or until piping hot.

Serve mixture spooned over pasta, but do not be selfish. Leave some shrimp for others.



2.13 Daenielle's Drumsticks

6 chicken drumsticks or thighs Skin on or off as desired

$\frac{1}{2}$ cup flour

1 tsp salt

$\frac{1}{4}$ tsp pepper

Paprika To taste

Melted butter

Preheat oven to 425 degrees if chicken is skinless, 475 if chicken has skin on.

Mix together flour, salt, pepper, and any paprika being used. Dip chicken pieces into butter, coating thoroughly. Then dip into mix of flour, salt, and pepper to coat. Place chicken pieces into lightly greased baking tin, then bake for 30 minutes if using skinless chicken pieces, 40 minutes if the skin is on.

2.14 Turkey Chili

This is a fairly simple chili, not too much spice, pretty meaty. It scales well, too; feeding twelve or fifteen with this is not a problem.

2 pounds lean ground turkey

3 medium onions

1 quart tomatoes It is easiest to get already diced and peeled tomatoes

2 cans tomato soup The smaller rather than the larger cans

2 cans kidney beans The more the merrier

1 can water This is not strictly necessary, but just refill one of the tomato soup cans and pour it in.

Chili powder To taste

Brown the ground turkey in a skillet (or the pot in which you'll be cooking) and pour off the extra fat. Mix all the ingredients together in a large pot, then simmer, stirring periodically, for about an hour.

This chili will keep when frozen very nicely.

2.15 Apricot Cherry Turkey

The sauce comes courtesy of the Good Harbor Grill, in Glen Arbor, Michigan. That place is just about the best restaurant east of the Mississippi.

1 can apricot nectar These are usually 46 oz.

$\frac{1}{4}$ cup lemon juice

$\frac{1}{8}$ cup dijon mustard

$\frac{1}{8}$ cup brown sugar

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

$\frac{3}{8}$ cup cornstarch

$\frac{3}{8}$ cup cold water

1 $\frac{1}{2}$ cups dried cherries

$\frac{1}{2}$ cup pecan halves

1 $\frac{1}{2}$ pounds turkey medallions

Combine apricot nectar, lemon juice, mustard, sugar, and nutmeg, whisking to mix. Put mixture on stove and bring to a boil. Dissolve cornstarch in cold water, adding to boiling mixture to thicken. Stir mixture until it thickens. Remove the thickened sauce from heat and add cherries and pecan halves, mixing thoroughly.

This sauce will thicken considerably if let cool, so if you desire a thicker sauce, prepare this the night before you are going to serve it, then let it cool and reheat it. It will taste just as good.

For turkey, heat some olive oil in skillet until water sizzles when flicked on oil. Sauté turkey until cooked through. Serve turkey on plates, pour apricot sauce over turkey to drown to desired depth. The apricot cherry sauce is just as good on a pork roast (though I must admit, I have a penchant for turkey medallions), and since this recipe will make significantly more sauce than will serve one meal, you might as well make another one with pork tomorrow night.



2.16 Southern Fried Chicken

A warning on this recipe—it is quite dangerous. Michael Chang, one of our favorite American citizens from Taiwan, cooked part of his arm along with the chicken, so beware. This will serve eight.

2 chickens About 2 or 3 pounds each, cut into serving pieces

2 cups all-purpose flour

3 Tbsp seasoning salt

2 cups milk

Vegetable or canola oil Lots and lots of this

Wash the chicken and pat it dry with paper towels. Mix the flour and seasoning salt in a bowl, then pour milk into a separate bowl. Pour oil to a depth of 3 inches or so into a cooking pot or wok, heating until it is nice and toasty.

Dip chicken pieces into milk, then coat with the flour and salt mix. When the oil is hot, add the chicken. Cook for about 10 minutes, until chicken niblets are golden brown. When the first batch is complete, place on a serving platter or in oven to keep warm until serving. Reuse oil for second batch until all the chicken is cooked.



Chicken Cronies

2.17 Cashew Chicken

3 pounds chicken breast Boneless, skinless	2 cups chicken broth
2 green peppers Sliced	3 Tbsp soy sauce
2 red peppers Sliced	8 Tbsp corn starch
3 carrots Sliced	1 tsp sugar
2 sticks celery Sliced	1 tsp salt
4 cloves garlic	1 cup cashews
2 white onions Cubed	6 Tbsp vegetable oil
	6 Tbsp H₂O

In the interests of turning this into an educational exercise, some of these measurements will not be referred to by quantitative measurements. Mix half of the cornstarch with the chicken broth and set it aside. Now, slice the chicken breast horizontally into thin slices. Cover with the remaining cornstarch and the soy sauce, turning to coat chicken completely.

Heat skillet or wok with half of the vegetable oil, waiting until water sizzles on oil. When it is hot, add the chicken (but not the chicken broth), stirring for about three minutes until chicken is opaque. Chicken does not need to be completely done, as it will later be added in with the vegetables. Set chicken aside.

Add remaining oil to skillet, then stir fry vegetables for about four minutes, less or more as crunchiness desirability dictates, then add chicken and cook until chicken is fully cooked. When chicken is done, add chicken broth mixture, stirring until sauce thickens, then pour in cashews to complete the dish. Serves eight or so folks.



Chapter 3

Desserts

Mmmm. Sugar.

3.1 John's Grandma's Strawberry Pie

Nothing says sunny summer day like a nice cool strawberry pie.

1 quart strawberries Washed. 1 quart is about 2 pounds.

1 cup sugar

$\frac{3}{4}$ cup water

3 Tbsp cornstarch

1 tsp lemon juice

1 baked pie shell 9 inches is the preferred size

Blueberries and raspberries Put in the pie to taste

Make sure berries are well drained. Mix cornstarch and sugar together; make sure the cornstarch is evenly distributed within the sugar. Mix together water, sugar, cornstarch, and a third to half the berries in blender, blending until fairly smooth and there are no obvious chunks in the liquid. Place mix on stove, stirring over medium heat until mixture thickens, darkens, and clears a little (this will happen when mixture bubbles a little). Stir in lemon juice, then set mixture aside to cool.

Turn remaining berries into pie crust, then, once mixture is cooler than just off the stove, cover berries with mixture as evenly as possible. Chill in refrigerator until firm (overnight is good).

Serve cold. May garnish with sweetened whipped cream or vanilla ice cream.



3.2 Blue Ribbon Apple Pie

This pie is good. It is almost as good as John's Grandma's strawberry pie, but it isn't quite. Such is the life of a pie; it may claim blue ribbon status, and in most places it probably deserves it. In this cookbook, though, the competition is steeper.

Innards

5 to 7 apples Johnny Appleseed apples are the best; Granny Smiths are also okay. Tart is the key.

$\frac{3}{4}$ to 1 cup sugar More for sweeter

2 Tbsp flour

$\frac{1}{2}$ to 1 tsp cinnamon To taste

A dash of nutmeg

A dash of salt

2 Tbsp butter

Pastry for single crust pie All we need is the bottom of the pie

Topping

$\frac{1}{2}$ cup quick oats

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup brown sugar

$\frac{1}{3}$ cup butter Softened, but not melted, and a little less won't kill you

Peel, core, and slice the apples. Combine the flour, spices, and salt, mixing with the apples until everything is a bit gooey, but the apple slices are still nice slices. Line a 9-inch pie tin with the pastry and fill it with apple mixture, then dot with butter.

To make the topping, just mix the topping ingredients together and sprinkle them over the top of the pie. Now bake at 400° for 45 to 50 minutes, keeping an eye on the crumb topping and crust around the edge to avoid browning them too much. Making a ring of aluminum foil or a disposable aluminum pan with the middle cut out can keep the pie from burning.

Serve warm, and probably with ice cream, to be honest.

3.3 Peanut Butter Crinkles

These are not crinkly. But they are peanut-buttery. In my PhD dissertation on the development of cooking etiquette in early Germany, I successfully argued that these were the best cookies ever made.

1 cup butter Softened	
1 cup peanut butter	2 1/2 cups flour Unsifted
1 cup sugar	1 tsp baking powder
1 cup brown sugar Firmly packed	1 tsp baking soda
2 eggs	1 tsp salt
1 tsp vanilla	2 cups chocolate chips

With mixer at medium speed, beat first six ingredients until fluffy. At low speed, beat in next four ingredients. Add chocolate chips and mix them in. Shape them into balls and roll those little guys in sugar. Place 2 inches apart on ungreased cookie sheet.

Bake at 350° for 12 minutes or until light brown, then remove cookies from cookie sheet and cool.

To make these easier to clean up, put parchment paper on top of the cookie sheet and put the dough (in little balls) on top of the parchment before cooking. That way, when the cookies are done you can slide the parchment off and not have any cleanup. Neat.

3.4 Mochi

These are not the standard ice cream Mochi that Stanford Dining sometimes has—they are much tastier. Pretty much brownies, except they are not brown and they are fruity.

4 eggs

1 can evaporated milk 12 oz

1 cup melted butter (2 blocks)

2 tsp vanilla extract

1 3/4 cups sugar

2 tsp baking powder

1 box mochiko flour 16 oz

1 can blueberry filling This should be 21 oz, and cherry filling will also be delicious.

Preheat oven to 350°. First, mix together eggs, milk, butter, and vanilla extract. After mixing, add in sugar, baking powder, and flour. Then stir in fruit filling. Pour mixture into 9 x 13 x 2 baking pan. Bake for 1 hour.

3.5 Sautéed Apples

These little sweet guys are almost like an apple pie filling, but the pie is unnecessary. Put them with ice cream or inside crêpes.

2 apples Diced and sliced. Maybe even twice.

1 Tbsp white wine or brandy This is optional, but adds a nice flavor

1 Tbsp butter or Canola oil

3 Tbsp brown sugar You can use more to taste

Cinnamon and nutmeg to taste

Heat oil or butter in skillet until water sizzles. Put apples in skillet, turning to coat. Throw brown sugar, alcohol, and cinnamon and nutmeg on top of apples, again turning; cook until apples soften a bit and there is a nice syrup in the pan. Serve warm.

3.6 Sautéed Apricots

3 apricots Diced and sliced. Maybe even twice.

1 Tbsp white wine or brandy This is optional, but adds a nice flavor

1 Tbsp butter or Canola oil

3 Tbsp brown sugar You can use more to taste

Cinnamon and nutmeg to taste These are more optional than in the apple recipe.

Use same directions as for the apples (3.5). Put to same uses.

3.7 Blond Brownies

One time, I ate half a pan of these. I felt sick. But don't let that deter you—they are delicious. Incidentally, these are a sort of block cookie, but better and gooier.

2 cups flour Sifted

2 cups brown sugar

1 tsp baking powder

3 eggs

1 tsp salt

2 tsp vanilla

$\frac{2}{3}$ cup butter

2 cups chocolate chips

Preheat oven to 350°.

Sift the flour with the baking powder and salt, then melt the butter in a large saucepan. Remove it from heat and add brown sugar, stirring, until dissolved. Cool this for 5-10 minutes so the eggs will not cook in them, and then add the eggs and vanilla. Beat the mixture well, and stir in the sifted dry ingredients and $\frac{3}{4}$ cup of the chocolate chips. Pour into a greased 9 × 13 × 2 inch baking pan and sprinkle the remaining chocolate chips over the batter.

Bake for 30 minutes or until a knife comes out clean, then cut into squares.

3.8 Flourless Peanut Butter Chocolate Chip Cookies

Somehow, Mike's mother found a way to make cookies without flour. There is not even any butter in these bad boys. Pretty cool. Usually, these do not stay around for very long—so simple to cook, they become a “Hey, I ought to make myself a quick snack” food and thus are their life spans limited.

1 cup packed brown sugar

1 cup peanut butter

1 cup chocolate chips

1 tsp baking soda

1 egg

Preheat oven to 375°. Mix all ingredients together well. Place dollops of batter, if that is what it ought to be called, on unlined cookie sheet. Bake for 8 to 10 minutes.

3.9 Russian Teacakes

Why are they Russian? We do not know. They are also not made of tea.

$\frac{1}{4}$ tsp salt

1 cup butter

$\frac{1}{2}$ cup powdered sugar

1 tsp vanilla

2 $\frac{1}{4}$ cups flour

$\frac{3}{4}$ cup ground nuts Almonds are especially nice

Get butter out and allow to soften. Mix flour and salt together. In a separate bowl, sieve the powdered sugar to get rid of the lumps, then mix well with the softened butter. Add the vanilla to the butter and sugar combination. Set this bowl aside, then lightly brown nuts on stove (another option is putting them in the oven for 5 minutes on pretty high heat). Mix the dry and wet ingredients together, adding the ground nuts at the end of mixing.

Roll dough into small balls and place on cookie sheet. Bake at 400° for 10 to 12 minutes, until lightly brown on the bottom. Let the balls cool a bit, then roll them lightly in powdered sugar. Store or eat.

3.10 Candied Pecans

These are a tasty Christmas treat, or good in salads, or anything, really. I am not 100% on the recipe at this point, but I think it's correct.

1 pound pecans

1 tsp salt

1 egg white

1 tsp cinnamon

1 tsp water

1 cup sugar

Beat the egg white and water until frothy. I mean really frothy. Mix the sugar, cinnamon, and salt together. Pour the pecans into the frothy egg white, stir to coat, then dump the sugar mixture over the pecans, coating them.

Preheat the oven to 275° , spread pecans on a cookie sheet (probably put parchment paper under these so they don't stick), and bake for an hour. Remove from oven and remove from cookie sheet as soon as you remove the pecans, otherwise you will enjoy a sticky mess on your cookie sheet.

3.11 Popovers

Fill these little buggers with anything you want. Nutella, creamy custard, whipped cream, and apricots are all recommended highly.

4 eggs

2 cups all-purpose flour

2 cups whole milk

1 tsp salt

Preheat oven to 450°F .

Grease muffin tin or custard cups. In mixing bowl, beat eggs well, because underbeaten eggs will not rise as well. Add milk, flour, and salt to eggs, beating until just blended. Do not overblend, as this will make mixture less fluffy.

Fill muffin tins or cups to $\frac{3}{4}$ full with mixture, then place all on center rack of oven, baking at 450° for 15 minutes, lowering heat to 350° then and baking for another 15 minutes. Be sure not to open the oven door, as this will cause the popovers to collapse.



3.12 Apple Crisp

This is like apple pie, only it's crispier and Tiffany makes this deliciously. I will be honest, I have argued with her about the amount of butter that goes into this. That is debatable.

Filling

5 or 6 cups apples Peeled and diced

$\frac{3}{4}$ cup sugar

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

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

Topping

$1 \frac{1}{2}$ cups oats

$1 \frac{1}{3}$ cups flour

$1 \frac{1}{2}$ cups brown sugar

$1 \frac{1}{2}$ sticks butter

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

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

Preheat oven to 350°F.

Mix sugar, nutmeg, and cinnamon for the filling together. Pour this onto the apples and toss well in a bowl. Add lemon juice and toss again until apples are well covered.

For the topping, mix oats, flour, brown sugar, and nutmeg together in a bowl. Cut the butter into the flour mixture, pinching and molding until butter is mixed in and our amalgam resembles coarse crumbs.

Bake for 20 to 25 minutes.

About the Authors

Cyrus *Danger* Chee was born and raised in Vancouver, Canada. After his dreams of becoming a professional hockey player were served an icy dish of reality, Cyrus set his sights on law school. Other than hockey, his interests include Jesus, the Cold War, and playing tennis, guitar, and Settlers of Catan.

Mike Chang hails from Taiwan and Canada, has citizenship in fourteen countries, and loans his car out to everyone who needs it. It's a beamer.

John Duchi studies computer science at Stanford University. He is known to scooter as much as he can, which is less appreciated by his peers than it ought to be. A native of Ohio, and poser farmboy, John began cooking when he got hungry after swim practices every morning all summer. He also wears turtlenecks.

Daenielle John is at Goshen College and spent the summer of 2005 at Stanford working in the dining halls and waiting for her school to start. A Malaysian import with a Wisconsin-born mother, Daenielle is thinking of pursuing a career in journalism and is studying sociology.

Emily Roberts has a degree from Stanford in American studies, which will turn her into a great trial lawyer with no time for any of her poor friends.

Helen Shi made mochi.

Tiffany Teng is studying human biology. She likes volleyball, has faith in Jesus, knits almost as well as my grandma, and is from New York.