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Apples

Pommes

Sautéed Apple Slices

- 2 apples, peeled, cored, and quartered
- 4 tablespoons butter

Melt the butter in a skillet large enough to hold the apples in a single layer over medium heat. Add the apples, stirring occasionally until browned on all sides. Will take about 15 minutes.

Serves 4.

Rather than serve applesauce with pork, this is a nice accompaniment and something a little different. I like to sprinkle just a little cinnamon on the apples before serving.

MEP

Asparagus

Asparagus Cheese Pudding

- 1 1/2 pounds fresh asparagus
- 3 slices white bread
- 1 cup shredded sharp Cheddar cheese
- 2 eggs, lightly beaten
- 2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon butter

Preheat oven to 325 degrees.

Wash the asparagus and cut two-inch tips from eight of the stalks. Reserve for use later. Cut the remaining asparagus into one-inch pieces.

Toast the bread and cut it into one-inch squares. Arrange alternate layers of toasted bread crumbs, asparagus pieces and cheese in a buttered 10 x 6 x 2 inch baking dish. Combine the eggs, milk, salt, pepper, and butter. Heat the custard mixture and pour it into the baking dish.

Set the dish in a pan of hot water and bake for about one hour, until the custard is set.

Meanwhile, wrap the eight asparagus tips in aluminum foil and bake them until tender.

Arrange the asparagus tips over the top of the pudding for garnish.

Serve hot.

Serves 8.

MEP - The New York Times Menu Cook Book by Craig Claiborne

Asparagus with Capers and Dill Vinaigrette

- 3/4 pounds fresh asparagus, trimmed
- 1 hard cooked egg, finely chopped
- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil
- 1 tablespoon minced fresh dill
- 1 tablespoon drained capers
- salt and freshly ground black pepper

Cook asparagus in large saucepan of boiling salted water until just crisp-tender. Drain. Refresh under cold water. Drain asparagus well.

For vinaigrette, beat together, lemon juice, olive oil, dill, and capers. Season with salt and pepper. Dress asparagus with vinaigrette. Sprinkle with chopped egg.

Serves 2.

Asparagus with Hollandaise Sauce

- 2.5-3 pounds fresh asparagus
- 1/2 teaspoon salt
- 1 cup Hollandaise Sauce

Hollandaise Sauce

- 3 egg yolks
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 cup melted butter (1/2 pound)

Vegetable Preparation: Break off tough ends and wash asparagus in cold water. In a large

skillet, add salt to 1 1/2 inches of water. Bring to a boil. Add asparagus spears, and boil, covered for 8 to 10 minutes. Drain well and arrange on warm serving platter. Pour Hollandaise sauce over the top or serve on the side.

Sauce Preparation: Put egg yolks, mustard and lemon juice in bowl of food processor. Beat until well blended. Add the melted butter just a few drops at a time at first, then increasing the flow to a slow steady stream about 1/16th of an inch wide. The slower you add the butter the thicker the sauce will be, but it must be continuous. Stop at once when all the butter is added, if you do not your sauce will break down.

You can serve broccoli, cauliflower, or Brussels sprouts this same way.

MEP

Asparagus with Orange-butter Sauce

- 2 pounds asparagus
- water
- 1/2 cup butter or margarine
- 1/3 cup minced shallots
- 1 1/4 teaspoons Dijon mustard
- 1 1/3 cups orange juice
- 6 orange wedges

Snap off and discard tough ends of asparagus. In a 12 to 1-inch frying pan bring about 1 inch of water to boiling. Add asparagus and simmer, uncovered, until barely tender when pierced - about 3 to 5 minutes. Drain the asparagus.

Meanwhile, in a small sauce pan, melt 1 tablespoon butter over medium heat. Add shallots and stir until limp. Add mustard and orange juice. Boil, uncovered, over high heat until reduced to 2/3 cup. Turn heat to low and add remaining butter in one chunk, stirring constantly until incorporated.

Lay asparagus on plates and pour orange sauce over it. Garnish with orange wedges.

Serves 6.

MEP - Sunset

Asparagus with Water Chestnuts

- 2 pounds fresh asparagus
- 1/4 cup salad oil
- 1 clove garlic, mashed
- 1 five ounce can water chestnuts, sliced
- salt and freshly ground pepper to taste

Wash asparagus, snap each stalk and discard tough end. Cut each stalk diagonally into 1 inch pieces. In a large skillet heat the salad oil with the garlic. Your frying pan should be fairly hot as this is like Wok frying. Add asparagus pieces and stir continually for 5 to 7 minutes. Add sliced water chestnuts and stir until heated through. Sprinkle with freshly ground pepper.

This same approach works well for zucchini, carrots, broccoli or cauliflower, except omit the water chestnuts.

Roasted Asparagus and Wild Mushroom Fricassee

- 1 pound fresh asparagus, tough ends removed
- 3 tablespoons olive oil
- salt and pepper
- 3 tablespoons butter
- 1 large shallot, minced
- 12 ounces assorted wild mushrooms, such as crimini, oyster, chantrelle and stemmed shiitake) sliced
- 1/2 cup dry white wine
- 1 tablespoon minced fresh Italian parsley
- 1 teaspoon minced fresh tarragon

Preheat oven to 475 degrees. Arrange asparagus on a rimmed baking sheet. Drizzle oil over and turn to coat. Sprinkle generously with salt and pepper. Roast until just tender (10 to 15 minutes depending on size of asparagus).

Meanwhile, melt butter in large skillet over medium high heat. Add shallot and sauté for 1 minute. Add mushrooms, and sauté until beginning to brown, about 5 minutes. Cover, cook until mushrooms are tender. Add wine and cook uncovered until wine is absorbed, about 2

minutes. Stir in parsley and tarragon. Season to taste with salt and pepper.

Divide asparagus among 4 plates. Top each serving with the mushrooms.

Serves 4 as an appetizer, a little more if a side dish.

MEP - Bon Appetit

Savory Italian Asparagus

- 1 pound fresh asparagus
- 1 medium tomato, seeded and chopped
- 2 tablespoons chopped green onion
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- fresh ground pepper to taste
- 2 tablespoons freshly grated Parmesan cheese

Combine tomato, green onion and seasonings. Snap off tough ends of asparagus. Cover and cook in a small amount of boiling water until crisp tender. About 5 minutes. Spoon tomato mixture over asparagus and sprinkle with Parmesan cheese.

Light and Easy

Green Beans

Chinese Casserole

- 1 package frozen, French-cut green beans
- 1 sixteen ounce can mixed Chinese vegetables, drained
- 1 can cream of mushroom soup
- 1/2 teaspoon salt
- 1/4 cup chopped almonds
- 1 three and half ounce can french-fried onion rings

Place green beans in 1 1/2 quart casserole. Cover and microwave for 3 1/2 minutes. Add Chinese vegetables, soup and salt. Mix and microwave 3 minutes, covered. Stir in almonds

and sprinkle onion rings over top. Microwave 2 to 3 minutes, uncovered.

Serves 6 to 8 This can be made without a microwave, by cooking beans for about 6 minutes on top of the stove in a little salted water. Drain, mix beans with Chinese vegetables, soup and salt and place in 1 1/2 quart casserole. Bake for about 10 minutes at 350 degrees, covered. Stir in almonds, sprinkle with onion rings and bake for 5 to 10 minutes more, or until mixture is hot through and bubbly.

MEP

Green Beans with Bacon

- 2 cups green beans
- 4 slices bacon
- 1 small onion, chopped

Cook green beans. Meanwhile fry the bacon and remove from pan with a slotted spoon. Add onion to bacon grease and fry until transparent. Reduce bacon grease remaining to about 2 tablespoons. Crumble bacon and put back into frying pan with onions. Add salt and pepper to taste. Pour over green beans and serve immediately.

Serves 4.

MEP

Melange Des Legumes

Mixed Buttered Vegetables

- 3 large potatoes
- 1/2 pound green beans
- salt and pepper to taste
- 3 tablespoons butter
- 1 clove garlic, minced

Peel potatoes and cut into 1/2-inch cubes. Drop cubes into cold water and set aside. Trim ends of green beans and cut into 1/2-inch lengths. Set aside.

Drain potatoes and put into a saucepan. Cover with water and salt to taste. Bring to a boil. Boil three minutes and drain.

In another saucepan, bring enough water to the boil to cover the beans when added. Add beans and salt to taste.

As the beans continue to cook, heat butter in a large skillet and add potatoes. Add garlic and toss over high heat. Stir as necessary. When potatoes start to brown reduce heat to moderate. Add salt and pepper to taste. Continue cooking, tossing and stirring about 8 minutes.

When beans have cooked for a total of 8 minutes or until tender drain them. Add beans to potatoes, toss and stir to blend. Cook 2 to 3 minutes to blend flavors.

Serves 4.

Looks complicated, but its easy. I often fix potatoes this way without the beans.

MEP

Szechwan Green Beans

- 1 pound fresh green beans
- 2 tablespoons Szechwan preserved vegetable
- 3 cups oil

Seasoning Sauce

- 1 teaspoon cornstarch
- 1 tablespoon sweet bean sauce
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 2 tablespoons sweet chili sauce
- 2 tablespoons chicken broth

- 1 clove garlic, chopped
- 4 ounces lean ground pork
- 2 green onions, chopped
- 1/2 teaspoon sesame oil

To prepare ahead: Remove ends from green beans, rinse in cold water, drain, and dry on paper towels. Since these are going to be fried in oil, you want to be sure that they are thoroughly

dried. Rinse the Szechwan preserved vegetable and chop into 1/8" pieces.

Mix the seasoning sauce ingredients together to make the seasoning sauce.

To cook: Heat the oil in a wok over high heat to 375 degrees. Deep fry half of the beans for about three minutes or until they are wrinkled. Remove with a strainer to a dish lined with paper towels. Repeat with the remaining beans. Carefully pour the hot oil into a heat-proof container.

Clean and dry the wok. Heat two tablespoons of oil in the wok. Add the ginger root, garlic, preserved vegetable, and ground pork. Stir-fry for one minute.

Add the green beans and sauce to the wok. Stir until the liquid is mostly gone.

Add the green onions and sesame oil. Stir to combine and serve.

Serves 4.

RGP - Dorothy Huang Cooking Class

Beets

Pickled Beets

- 3 cups cooked beets
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 stick of cinnamon
- 1/2 teaspoon allspice
- 1/2 cup vinegar
- 1 cup water

Bring sugar, salt, cinnamon, allspice, vinegar and water to a boil to dissolve the sugar. Never boil this as it will make the vinegar strong. Pour vinegar solution over cooked beets. Store in the refrigerator in a covered container. They will keep 3 to 4 weeks.

MEP

Orange Sauce Beets

- 3 cups sliced, cooked beets
- 2 tablespoons flour
- 1/4 cup sugar
- 1/2 cup orange juice
- 2 tablespoons butter
- zest of half an orange

Place beets in an oven proof casserole dish. Mix, flour, sugar, salt, orange juice and butter together. Bake for 15 minutes at 350 degrees. Sprinkle with zest and serve.

Serves 6.

MEP - Betty Crocker Cookbook

Spiced Pickled Beets

- 2 one pound cans small whole beets
- 1 medium onion, thinly sliced
- 1/2 cup white wine vinegar
- 1/4 cup sugar
- 12 whole cloves
- 1/2 teaspoon salt
- 2 hard boiled eggs, sliced

Drain beets, saving 1 cup of the liquid. In a small bowl combine the beets and onion. In a saucepan combine the beet liquid with the vinegar, sugar, cloves and salt. Bring just a boil, stirring often. Pour over beets and onions. Let cool, cover and refrigerate for 1 or 2 days.

To serve, lift beets and onions from marinade with a slotted spoon. Arrange in a bowl and garnish with eggs.

Serves 6.

This recipe along with the Green and White Salad Platter and the Marinated Mushroom Platter will provide all the salad and vegetables needed for a buffet.

MEP - Sunset Magazine

Broccoli

Broccoli Timbales

- 1 pound fresh broccoli, trimmed to 3 inches below florets
- 5 eggs
- 1 cup whipping cream
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper to taste
- pinch freshly grated nutmeg
- pinch ground red pepper

Preheat oven to 350 degrees. Generously oil six 1/2 cup timbale molds or custard cups. Bring 1 and 1/2 quarts salted water to boil in a large saucepan over high heat. Add broccoli florets and blanch about 1 minute to retain color and crispness. Drain. Combine all remaining ingredients in a large bowl and mix well. Arrange florets in molds, stem side up, trimming stems to top of mold. Pour egg mixture evenly into molds.

Set molds in shallow roasting pan. Fill pan with enough boiling water to come halfway up sides of molds.

Bake 40 minutes or until knife inserted in centers comes out clean. Invert molds onto large platter.

Serves 6 This recipe is excellent when used with Ginger-orange Carrots. Intersperse the carrots around the timbales and decorate with cilantro.

MEP

Oriental Broccoli

- 1 bunch broccoli
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 1 teaspoon lemon zest
- 1 teaspoon sesame seeds, toasted

Cut the florets from the broccoli. Steam the florets until crisp-tender. Meanwhile, combine

the soy sauce, sugar, and zest in a small bowl and whisk to dissolve the sugar.

Drain the broccoli, toss with the sauce, and sprinkle with the sesame seeds.

RGP

Sicilian Broccoli

- 1 1/2 - 2 pounds broccoli
- 1/4 pound butter
- 1 clove garlic, minced
- 1/2 teaspoon anchovy paste
- juice of 1 lemon
- salt and pepper to taste

Steam the broccoli until crisp-tender. In a small sauce pan melt butter over medium-low heat, adding garlic and anchovy paste. Blend with a whisk and let gently simmer for a minute or two. Add lemon juice, salt and pepper. Pour over cooked broccoli.

Serves 4 – 6.

Brussels Sprouts

Choux de Bruxelles au Karvi

- 1 1/2 pounds Brussels sprouts
- 4 tablespoons butter
- 1 tablespoon caraway seeds
- salt to taste

Remove the tough outer leaves, trim the bottoms, and make a couple of gashes in the base of each Brussels sprout.

Place Brussels sprouts in a sauce pan, cover with water and add salt to taste. Bring to a boil and cook 10 to 15 minutes or until tender.

Drain well, add butter and caraway seeds, Stir until the sprouts are coated with butter and caraway seeds.

A good vegetable recipe for pork dishes.

MEP

Mustard-glazed Brussels Sprouts and Oranges

- 3 medium oranges such as blood and/or naval
- 1 pound fresh Brussels sprouts (about 4 cups)
- 1 tablespoon butter
- 2 teaspoons cornstarch
- 1/4 teaspoon five spice powder or dried dill weed
- 2 tablespoons honey mustard

Finely shred portion of peel of one orange to make 1/2 teaspoon peel; set aside. Have orange, squeeze juice. Working over a bowl to catch the juices, peel and section the remaining oranges removing all the membranes; set aside. Combine the juices to get 1/3 cup (add water if necessary).

Rinse Brussels sprouts. Halve any large sprouts. In a medium saucepan cook sprouts, uncovered, in a small amount of boiling water for 10 to 12 minutes or until tender. Drain and transfer to a serving bowl. Gently stir in orange sections, cover and keep warm.

In the same saucepan melt butter. Stir in cornstarch and five spice powder or dill weed. Stir in reserved orange peel, orange juice and mustard. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Pour sauce over Brussels sprouts and oranges. Toss to coat.

Serves 5 – 6.

MEP - Better Homes and Gardens 3/96

Cabbage

Chow Sauté au Beurre

Sautéed Cabbage

- 1/2 small head of cabbage, about 1 pound
- 4 tablespoons butter
- 1 teaspoon ground cloves
- salt and freshly ground pepper to taste

Cut away the core of the cabbage. Cut the cabbage into quarters. Cut each quarter crosswise into very thin slices. There should be about six cups.

Melt the butter in a skillet and add the cabbage. Add the cloves and salt and pepper to taste. Cook, stirring often, without browning, about 15 minutes.

Serves 4.

This cabbage dish goes very well with pork entrees.

MEP

New Year's Cabbage with Sausage

- 6 dried black mushrooms
- 2 green onions including tops
- 2 tablespoons vegetable oil
- 3 cloves garlic minced
- 1/2 boneless chicken breast, thinly sliced
- 1 Chinese sausage (2 ounces) cut diagonally into 1/4 inch slices
- 1 Chinese (Napa) cabbage (about 1 1/2 pounds) cut into bite-size pieces

Sauce

- 1/3 cup chicken broth
- 3 tablespoons soy sauce
- 1 tablespoon dry sherry
- 2 teaspoons chile paste (optional)
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 4 teaspoons cornstarch mixed with 2 tablespoons water

Preparation: Soak mushrooms in enough warm water to cover for 30 minutes. Drain, cut off and discard stems, and slice caps in half. Set aside. Cut white and green parts of onions diagonally into 2 inch pieces and separately set aside. Combine all sauce ingredients except cornstarch solution in a bowl and set aside.

Cooking: Place a wok or wide frying pan over medium-high heat until hot. Add oil, swirling to coat sides. Add garlic, cook, stirring until fragrant. Add white parts of green onions,

chicken, and Chinese sausage and stir fry for 2 minutes. Add cabbage and sauce. Reduce heat, cover, and simmer, stirring occasionally, for 15 minutes or until cabbage is tender. Add cornstarch solution and cook, stirring, until sauce boils and thickens slightly. Toss in green onion tops and mix well.

JPO

Carrots

Ginger-Orange Carrots

- 24 baby carrots, or 12 medium carrots halved
- 1 1/4 cups orange juice
- 1 tablespoon chopped fresh ginger or 1/2 teaspoon ground ginger

Combine carrots, orange juice and ginger in medium sauce pan. Simmer over medium-low heat until tender, about 15 minutes.

Serves 6.

This recipe goes very well with Broccoli Timbales.

MEP

Gingered Carrots

- 7-8 medium carrots
- 1 tablespoon sugar
- 1 teaspoon corn starch
- 1/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 cup orange juice
- 2 tablespoons butter
- chopped parsley for garnish

Cut carrots on the bias into 1/8 to 1/4 inch thick slices. Cook, covered, in boiling, salted water until just tender - about 7 - 10 minutes. Drain.

Combine sugar, cornstarch, salt, and ginger in a small saucepan. Add orange juice and cook, stirring constantly, until mixture thickens and bubbles. Boil 1 minute then stir in butter. Pour

over hot carrots and toss. Garnish with chopped parsley.

Serves 6 These are really perky in flavor and color. This recipe is excellent for dinner parties as it can be made ahead and reheated without losing any of the ginger's zest.

If you are in a hurry, this recipe works equally well with the prepared baby carrots that you can now buy. I buy one 16-ounce package for this recipe.

MEP - Private Collection #1 - Junior League of Palo Alto

Karrotten Vichy

- 2 bunches new carrots, scrubbed and thinly sliced
- 1/4 cup melted butter
- 2 tablespoons sugar
- salt and pepper to taste
- finely chopped parsley

Place carrots in a saucepan with butter, sugar, salt and pepper. Steam over low heat until just tender, about 7 minutes. Just before serving sprinkle with parsley. Serve very hot.

Serves 6.

MEP

Sweet and Sour Carrots

- 1 pound carrots, diagonally sliced into 1/4 inch slices
- 1 green pepper, seeded and cut into 1 inch squares
- 1 eight ounce can pineapple chunks in their own juice (unsweetened)
- 1/3 cup sugar
- 1 tablespoon corn starch
- 1/2 teaspoon salt
- 2 tablespoons vinegar
- 2 teaspoons soy sauce

In a saucepan cook carrots, covered in a small amount of lightly salted water until tender,

about 15 minutes. Add green pepper, cover and cook 3 minutes more and drain.

Drain pineapple, saving liquid, add water to make 1/3 cup liquid. In saucepan combine sugar, corn starch and salt. Stir in pineapple liquid, vinegar and soy sauce. Cook and stir until bubbly. Stir in carrots, peppers and pineapple. Heat through.

Serves 6.

This is a colorful vegetable dish that really gives a lift to a meal that would otherwise be bland.

MEP

Cauliflower

Baked Cauliflower

- 1 large head cauliflower - whole
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup bread crumbs
- 1/2 cup Parmesan cheese (I like a little Romano mixed in)
- 1 tablespoon chopped parsley
- 1 teaspoon fresh dill chopped
- 1 egg beaten

Blanch cauliflower in salted water for 5 minutes. Drain and set aside.

Combine salt, pepper, bread crumbs, cheese, parsley, and dill. Place cauliflower in a large covered baking dish. Pour beaten egg over cauliflower. Place crumb mixture on top mounding a little on the top rather than wasting on a bare dish.

Cover and bake at 350 degrees for 15 to 30 minutes or until tender. Time varies depending on size and age of cauliflower.

You can vary the flavor by substituting fresh tarragon, basil, or cilantro for the dill.

JPO

Deviled Cauliflower

- 2 medium heads cauliflower, trimmed and cut into florets
- 3 tablespoons butter
- 3 tablespoons flour
- 1 3/4 cup milk
- 1 bay leaf
- 1/2 teaspoon ground nutmeg
- 2 tablespoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/2 cup fresh bread crumbs
- 2 tablespoons butter

Cook cauliflower in pot of boiling water until crisp tender, about five minutes. Don't overcook or it will get mushy when baked. Drain, Rinse under cold water. Drain well.

Melt 3 tablespoons butter in small, heavy saucepan over low heat. Add flour and stir five minutes. Gradually whisk in the milk. Add bay leaf and nutmeg and bring to a simmer, stirring often. Cover partially, cook until thick, stirring often (about 5 minutes). Stir in mustard and Worcestershire sauce. Season with salt and pepper. Remove bay leaf. Transfer sauce to a large bowl. Add cauliflower to sauce and stir until well coated.

Preheat oven to 350 degrees. Place cauliflower mixture in a 13x9x2 inch broiler proof baking dish. Sprinkle breadcrumbs over. Drizzle with butter. Bake until cauliflower is heated through and sauce bubbles at the edges, about 45 minutes.

Preheat broiler. Place dish under broiler and cook until breadcrumbs are golden, about 2 minutes. Cool five minutes before serving.

Serves 10 When I make this recipe, I used 1/2 broccoli and 1/2 cauliflower. I also omit the bread crumbs as they do not seem to hold up well on a buffet table.

MEP - Bon Appetit

Corn

Escalloped Corn

- 2 cups cooked corn
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1 tablespoon butter
- 1 green onion, chopped

Preheat oven to 325 degrees.

Place 1 cup of the corn, salt, the yolk of the egg, milk, butter and green onion in the blender. Blend for 1/2 minute. Mix blended ingredients with remaining cup of corn. Beat egg white until stiff. Fold egg white into corn mixture.

Place mixture into a buttered one-quart casserole. Set casserole in a pan of hot water.

Bake at 325 degrees for one hour.

Serves 4.

I have found that either frozen corn cooked or Niblets brand work the best.

MEP

Eggplant

Baked Eggplant

- 1 eggplant cut into 1/2 inch slices
- 1/3-1/2 cup mayonnaise
- 1/3 cup saltine crackers, crushed
- 1/3 cup Parmesan cheese, finely grated

Spread mayonnaise on both sides of eggplant slices. Dip slices into a mixture of cracker crumbs and cheese. Bake on cookie sheet in 400 degree oven for 15 to 20 minutes or until eggplant is tender.

MEP

Eggplant Parmigiana

- 1 medium eggplant
- salt
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 - 6 tablespoons butter
- 1/2 **Spaghetti Sauce** recipe
- 1 1/2 cups Mozzarella or Jack cheese, grated
- 1/2 cup freshly grated Parmesan cheese

Peel eggplant and cut into 1/2 inch slices. Sprinkle salt on each side and set aside for about 20 minutes or so. Pat dry. Dip into flour to which you have added the salt and pepper. Heat three tablespoons of butter in a large frying pan. Add floured eggplant and brown. Place in a 9 x 9 inch casserole.

Pour spaghetti sauce over eggplant. Top with cheese.

Bake at 350 degrees for about 30 minutes.

Spaghetti Sauce

- 1 medium onion, chopped
- 1 green pepper, cut into 1 inch pieces
- 6 mushrooms, cut into 1 inch pieces
- 1 pound lean hamburger
- 3-4 tablespoons olive oil
- 1 jar of Classico mushroom and ripe olive tomato sauce
- 1 can large pitted black olives, cut cross-wise in half
- 1 medium can of tomato juice –about 12 ounces

Brown the onion, pepper, mushrooms and hamburger in the olive oil in a large skillet or sauce pan until the onions are wilted and the hamburger is browned. Add the Classico sauce and the olives. Turn heat to low, cover skillet and simmer for at least three hours stirring occasionally. Add the tomato juice and simmer for another 1/2 hour.

I like to make baked spaghetti with this recipe. Mix 1/2 the sauce into the spaghetti and bake at 350 degrees for about 30 minutes. Serve with parmesan cheese.

This recipe freezes very well. In fact, I think it is better when it has been frozen and the flavors blend together.

MEP

Mushrooms

Wild Mushrooms in Potato Layers with Mushroom Sauce

- 2 large russet potatoes (11 to 12 ounces each), peeled
- 2 tablespoons butter
- 2 teaspoons vegetable oil
- 6 ounces portobello mushrooms, stemmed and thinly sliced
- 12 ounces fresh shiitake mushrooms, stemmed, caps thinly sliced
- 4 ounces fresh oyster mushrooms, thinly sliced
- 5 ounces fresh chanterelle mushrooms, thinly sliced
- 1/2 cup dry white wine
- 1/2 cup vegetable broth
- 1/2 cup finely chopped shallots
- 1/4 cup dry red wine
- 1/2 cup cubed, seeded tomatoes
- 3 tablespoons chopped fresh parsley

Preheat oven to 350 degrees. Line large baking sheet with parchment paper. Trim russet potatoes to four 4 x 2-inch rectangular blocks. Using a large sharp knife, carefully cut each potato block lengthwise into 1/8-inch thick rectangles. Melt 1 tablespoon butter in large nonstick skillet. Brush parchment lightly with half the melted butter. Sprinkle salt and pepper over the parchment. Arrange 16 of the most uniform rectangles in a single layer on the parchment. Brush potatoes with remaining melted butter. Sprinkle with salt and pepper. Cover potatoes with another sheet of parchment. Bake potatoes until tender, about 12 minutes.

Melt remaining tablespoon butter with vegetable oil in the same skillet over medium-high heat. Add portobello mushrooms and sauté until

almost soft, about 2 minutes. Add shiitake mushrooms and sauté until almost soft, about 2 minutes. Add oyster and chanterelle mushrooms and sauté until also soft, about 2 minutes. Add white wine, vegetable broth, and chopped shallots. Simmer until shallots are translucent, about 4 minutes. Season mushrooms to taste with salt and pepper. Strain mushrooms, reserving mushroom broth.

Arrange 4 potato rectangles on clean baking sheet, spacing apart. Top each rectangle with 3 tablespoons of the mushroom mixture. Repeat layering of potatoes and mushrooms, ending with potatoes. Place another baking sheet atop potato mushrooms to compress. Let stand at least one hour and up to 2 hours. Remove top baking sheet. Can be made 8 hours ahead. Cover mushroom dish and broth separately and chill.

Preheat oven to 350 degrees. Bake mushroom dish until heated through, about 8 minutes. Meanwhile, boil reserved mushroom broth in small saucepan until reduced to 1/2 cup. Add 1/4 cup red wine and bring to a boil. Place serving on plate, spoon broth over, and sprinkle with tomatoes and parsley.

Serves 4.

MEP - Bon Appetit November 1990 and September 1996

Onions

Scalloped Onions

- 12-14 small boiling onions
- 1 cup celery, cut crosswise into 1/4-inch slices
- 4 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1 cup milk
- 1/2 cup light cream (half and half)
- 1/3 cup freshly grated Parmesan cheese
- 1/2 cup blanched almonds
- 1/2 teaspoon nutmeg, freshly grated

paprika

Wash and peel onions and cook in boiling salted water until tender. Cook diced celery in boiling salted water until tender. Drain onions and celery and place in a buttered 1 1/2 quart casserole.

To make cream sauce melt butter in a small saucepan over low heat. Stir in flour and let boil for 1 minute. Add salt, pepper, milk, cream and Parmesan cheese. Stir constantly over low heat until thickened. Stir in nutmeg.

Add almonds to onions and celery. Pour cream sauce over onions. Stir to blend ingredients. Sprinkle with paprika. Bake until bubbly and golden brown.

Bake at 350 degrees for 20 to 30 minutes.

Serves 6 An excellent dish to serve with roast turkey. This is always part of every Thanksgiving dinner at our house.

This can be made ahead of time and refrigerated. Allowed about 10 more minutes baking time.

MEP

Spinach Stuffed Onions

8 large Spanish onions

- 3 bunches fresh spinach, washed and stemmed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon freshly grated nutmeg
- 1 tablespoon fresh lemon juice
- 2 tablespoons freshly grated Parmesan cheese
- 2 tablespoons butter
- 2 tablespoons flour
- 1/3 cup sour cream
- 2 eggs, beaten

Peel the onions and place them in boiling water to cover, using a 4 quart kettle. Reduce the heat to medium and cook the onions for 15 minutes. Remove the onions from the kettle and drain well in a colander. Cool and hollow out the

centers, leaving approximately a 1/3 inch shell. Save the centers for another use.

In a 3-4 quart saucepan with a cover, cook the spinach leaves over low heat, adding no water except for that clinging to the leaves from the washing. Cook covered for 4-5 minutes or until limp. In a colander squeeze all the water from the spinach and chop it finely. Place the chopped spinach in a medium-sized mixing bowl and add the salt, pepper, nutmeg, lemon juice, and cheese.

Place the butter in a heavy 8-10 inch skillet over low heat. As the butter melts, slowly add the flour, stirring constantly to make a roux, about 2-3 minutes. Allow the roux to cool for a few minutes and then blend in the sour cream and beaten eggs. Add the sour cream mixture to the chopped spinach and mix thoroughly.

Fill the onion cups with the combined spinach mixture and place the cups in a shallow baking pan. Bake uncovered in a preheated 375 degree oven for 20 minutes. Serve at once.

Serves 8 This makes a good company vegetable. You can prepare everything ahead of time except for putting the spinach in the onions. The onions tend to get too soft, unless you wait until the last minute.

I am not sure whether this should be classified as a spinach dish or as an onion dish.

MEP

Peas

Minted Peas

- 1 cup frozen petite peas
- 2 tablespoon butter, melted
- 1 tablespoon chopped fresh mint

Cover peas with boiling water and let sit for two minutes. Drain. Toss with butter and mint. Serve immediately.

Serves 4.

RGP

Peas and Mushrooms

- 1 ten-ounce package small frozen peas
- 3 -4 slices of bacon
- 1/2 cup thinly sliced mushrooms
- 3 tablespoons butter
- salt and pepper to taste

Sauté bacon until well browned. Remove and sauté lightly the mushrooms in the bacon grease. Remove mushrooms with slotted spoon.

Pour boiling water over frozen peas and allow to stand for 2 minutes. Drain and place in casserole. Crumble bacon and add to peas. Add mushrooms, butter and salt and pepper to taste.

Bake 10 minutes at 350 degrees or microwave 3 minutes or until heated through.

Serves 6 Quick and easy.

MEP

Potatoes

Company Potatoes

- 6 large potatoes, cooked in salted water with jackets on
- 3 tablespoons grated onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups cottage cheese
- 1 cup sour cream
- 1 1/2 cups Cheddar cheese, grated paprika

Lightly grease a 1 1/2 quart casserole that is deep. Peel and slice cooked potatoes and place in baking dish. Sprinkle onion, salt and pepper over potatoes.

Combine cottage cheese with sour cream and spoon over potatoes. Spread Cheddar cheese on top and sprinkle with paprika.

Bake for 20 minutes at 350 degrees or until bubbly.

Serves 8 An excellent buffet dish. Can be made ahead of time, but should increase baking time by about 10 minutes. I have found that this recipe is better if you use regular cottage cheese and sour cream rather than low fat as the low fat seems to turn watery.

MEP

Creamed Potatoes and Peas

- 12-14 small new potatoes or 4 medium ones cut into quarters
- 2 cups frozen petite peas

Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- salt and pepper to taste

Scrub the potatoes, place in a 3 quart saucepan, cover with water, bring to a boil and boil 20 minutes. Drain and return to the saucepan.

Meanwhile melt the 3 tablespoons of butter in a saucepan. Add the flour and stir until the flour bubbles for 1 minute. Add the milk, stirring constantly over low heat until the sauce thickens. This sauce is just a medium white sauce.

Place frozen peas in a bowl and cover with boiling water for 2 minutes. Drain and add to the potatoes. Pour sauce over potatoes and peas and return to stove over low heat until just heated through.

Serves 4.

MEP

Fried Potatoes

- 4 red potatoes or new potatoes
- 1 clove garlic, minced
- 3 tablespoons butter
- salt and pepper to taste

Scrub potatoes thoroughly. Place potatoes in pan with enough water just to cover. Bring to a boil and boil for 10 minutes. Drain and allow to cool. Slice into 1/4 inch slices. Melt butter in frying pan large enough to hold potatoes in a single layer. When pan is moderately hot add sliced potatoes and garlic. Stir until potatoes are browning. Reduce heat to moderate and cook for about 10 more minutes. Add salt and pepper to taste.

Serves 4 I do not peel the potatoes before boiling and I leave the skins on when slicing. This adds color, particularly if you use red potatoes besides leaving more of the nutrients in your dish.

MEP

Greek Potatoes

- 4 large russet potatoes, peeled, quartered lengthwise
- 3 tablespoons olive oil
- olive oil Pam

Preheat oven to 500 degrees (500 is correct). Cook potatoes in a large saucepan of boiling salted water for six minutes. Drain, transfer to bowl of ice water and cool. Drain and pat dry. Place potatoes in a roasting pan that has been lightly sprayed with olive oil Pam. Sprinkle olive oil over potatoes and toss to coat. Season with salt and pepper. Roast potatoes until tender, about 30 minutes.

A good way to have potatoes like French fries without the hot oil.

MEP - Bon Appetit

JP's Southern Potatoes

- 3-4 medium red potatoes parboiled and sliced or cubed
- 1-2 tablespoons butter
- 1 tablespoon bacon drippings from cooked bacon
- 2 oyster mushrooms or 1 truffle julienned

- 1 tablespoon chopped green onions
- 2 slices cooked crumbled bacon
- 1 teaspoon chopped parsley

Cajun seasoning

Sauté potatoes in butter and bacon drippings until potatoes are almost tender. Add remaining ingredients. Season to taste. Continue cooking until mushrooms are heated through.

This recipe is very good with roast duck or pork.

JPO

Mashed Potato Cakes with Green Onions and Sesame Seeds

- 3 medium russet potatoes, unpeeled and scrubbed
- 1/2 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 2 garlic cloves, minced
- 2 teaspoons minced fresh ginger
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

- 1 large egg
- 4 teaspoons plus 1 tablespoon oriental sesame oil
- 3 tablespoons sesame seeds
- 1 tablespoon olive oil

Cook potatoes in large saucepan of boiling salted water until tender when pierced with knife, about 40 minutes. Drain. Cool slightly. Peel potatoes. Cut potatoes into large chunks and place in a medium bowl. Add green onions, cilantro, garlic, ginger, salt and pepper. Mash potatoes until well blended. Mix in egg. Form mixture into eight 2/34-inch-diameter patties that are about 3/4th of an inch thick.

Drizzle 1/2 teaspoon oriental sesame oil over both sides of each potato cake. Sprinkle both sides of cakes with sesame seeds. Heat oil and remaining tablespoon of sesame oil in large skillet over medium-high heat. Cook potatoes until golden brown on each side, about three minutes per side. Depending on you skillet, these may need to be done in batches.

Serves 4

I like to use this recipe for either leftover potatoes or mashed potatoes. I find it works best if you heat the potatoes in the microwave before preparing this dish.

MEP – Adopted from a Bon Appetit recipe

Original Dirigibles

Stuffed Baked Potatoes

- 8 one-pound baking potatoes
- 1/2 pound cooked turkey, cut into 1/2 inch cubes
- 1/2 pound cooked ham, cut into 1/2 inch cubes
- 1/2 pound medium-sharp cheddar cheese, cut into 1/2 inch cubes
- 1/2 pound provolone cheese, cut into 1/2 inch cubes
- 1 cup medium celery, cut into 1/4 inch slices
- 1 medium onion, chopped
- 1/2 cup butter, melted

Garnishes

- sour cream
- chives, chopped
- bacon, crisply cooked and chopped

Preheat oven to 500 degrees. Scrub potatoes under cold running water. Place wet on baking sheet and bake until potatoes test done, about 75 minutes. Let potatoes cool until warm.

Combine turkey, ham, cheeses, celery and onion in a bowl and toss to mix. Cut potatoes lengthwise. Loosen pulp and remove about 1/4. Divide butter among potatoes and mix well. Mound with meat and cheese mixture.

Bake in a 375 degree oven until heated through and cheese is melted or microwave on high about 5 minutes.

Serves 8.

I served this for a luncheon to some former students during the holidays with French Onion Soup and Christmas cookies for dessert. These

can be made up ahead of time and wrapped in plastic wrap. They will keep 3 or 4 days in the refrigerator.

The original recipe called for 2 chopped green peppers, but I prefer the celery.

Don't forget the garnishes, they really add a lot to the taste and appearance of this dish.

MEP

Oven-fried Potatoes

- 3-4 medium sized potatoes, unpeeled
- 1/4 cup butter melted
- 1/2 teaspoon paprika
- salt to taste

Scrub potatoes and slice as you would for large French fries; about 1/2 to 2/3 inch thick. Soak in cold, salted water for 15 - 30 minutes.

Preheat oven to 450 degrees. Dry potatoes well with paper towels. Toss with melted butter in a 9 x 13 baking dish. Spread the potatoes out into one layer. Sprinkle with paprika. Bake, uncovered, 30 - 40 minutes, turning the potatoes several times. When nicely browned, drain on paper towels and sprinkle with salt to taste.

Serves 4.

A way to have potatoes like French fries without using hot oil.

MEP

Parmesan Potatoes

A simple and tasty Italian-style potato dish.

- 4 large russet potatoes
- 1/4 cup olive oil
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup freshly grated Parmesan cheese
- 3 tablespoons chopped fresh basil

Position rack in lower third of oven and preheat to 375 degrees. Wash potatoes and slice into

eighths lengthwise. Combine potatoes and olive oil in baking pan and toss to coat. Season with salt and pepper. Bake potatoes until crusty on the outside and tender on the inside, turning once (about one hour). Toss with Parmesan cheese and basil and serve.

I like these better without the red pepper flakes -
- mep

RGP

Parsleyed Red Potatoes

- 8 small red potatoes, well scrubbed
- 3 tablespoons fresh parsley, finely minced
- 1/4 cup butter

Place potatoes in a shallow baking dish and microwave until done, or bake in the oven. Cut potatoes in fourths. Melt the butter and stir in the parsley. Pour parsleyed butter over potatoes.

Serves 4 Do not peel the potatoes, just bake. The red color and the parsley make a pleasing color combination on a plate. This is a simple microwave recipe that is quick and easy. Particularly nice to use when other elements of the meal are time consuming.

MEP

Potato Pie

- 1 10-inch unbaked pastry shell
- 1 pound cottage cheese
- 2 cups mashed potatoes
- 1/2 cup sour cream
- 2 eggs
- 2 teaspoons salt
- 1/8 teaspoon cayenne pepper
- 1/2 cup scallions, sliced
- 3 tablespoons grated Parmesan cheese

Put the cottage cheese through a food processor until smooth. Beat the mashed potatoes into the cottage cheese. Beat in sour cream, eggs, salt, and cayenne pepper. Stir in scallions. Spoon into pastry shell. Sprinkle with grated cheese.

Bake at 425 degrees for 50 minutes or until golden brown.

A good company dish as can be prepared ahead of time. I have also baked and reheated in the microwave, when my oven was occupied or just to save time and pressure.

When I make this I like to make my mashed potatoes with herbed cream cheese rather than using milk or cream.

If doing with a roast, can be done at lower temperatures, but need to increase the baking time slightly to compensate, although best baked at higher temperature.

MEP

Potatoes Mont-Dore

- 2 pounds potatoes, peeled and quartered
- 2 eggs, separated and at room temperature
- 1/4 cup unsalted butter
- freshly grated nutmeg
- salt and freshly ground pepper
- 3/4-1 cup of milk, heated
- 1/8 teaspoon cream of tarter
- 1/2 cup unsalted butter, melted

Bring potatoes and enough salted water to cover to boil in a large saucepan over medium-high heat. Reduce heat and simmer until tender, about 20 minutes.

Drain potatoes. transfer to a large bowl and beat with electric mixer at medium speed until smooth. Mix in yolks. Beat in butter with nutmeg and salt and pepper to taste. Gradually beat in 3/4 cup of milk. The potatoes should be light but not loose, if not, add remaining milk 1 tablespoon at a time. In another large bowl, beat egg whites with cream of tarter until stiff but not dry. Gently fold egg whites into potatoes.

Place potatoes in a broiler-proof baking dish. Drizzle with butter and broil until lightly browned.

This can be piped onto stew and then broiled.

MEP

Scalloped Potatoes

- 4 cups potatoes, peeled and sliced 1/4 inch thick, about 8 medium potatoes
- 8 tablespoons minced onion
- salt and pepper

Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 1 cup Cheddar cheese grated
- 1 teaspoon Dijon mustard

Prepare sauce by melting butter over low heat in a sauce pan. Add flour and stir until bubbles 1 minute. Add milk, cheese and mustard. Stir constantly over low heat until sauce thickens and cheese has melted.

Place a layer of the peeled and sliced potatoes in a 7 x 11 inch greased casserole. Sprinkle 2 tablespoons of the minced onion on top. Sprinkle with salt and pepper. Spoon 1/4th of the sauce over the potatoes. Repeat until you have made four layers or until all the ingredients are gone, being sure to end with the cheese sauce.

Bake in a 350 degree oven for an hour or until the potatoes are tender.

Serves 8.

This is an excellent potato dish to serve with ham.

You can vary the degree of cheese in the sauce to suit your taste. My family likes it very "cheesy" so I often will continue adding cheese until the sauce has a real golden color.

MEP

Stuffed Baked Potatoes

- 2 large baking potatoes
- 1/4 cup sour cream

- 8 teaspoons Romano cheese, freshly grated
- 4 slices bacon, crisply fried, drained and crumbled
- 4 teaspoons minced green onion salt and freshly ground pepper

Garnishes

- 4-8 pats butter
- fresh parsley, minced
- paprika

Preheat oven to 425 degrees. Bake potatoes for 45 minutes. Remove from oven and reduce heat to 350 degrees. Cut each potato in half horizontally and gently scoop pulp into a small bowl, saving the skins.

Add sour cream, 4 teaspoons of the cheese, bacon, and onion to potato pulp. Mix with a fork until well blended but not mashed. Add salt and pepper to taste.

Fill potato skins and sprinkle with remaining cheese. Bake until heated through, about 20 minutes.

Add 1 to 2 pats butter to each half and top with a sprinkling of parsley and paprika.

Serves 4.

This the way Canlis Restaurant in Seattle prepares their baked potatoes. They are excellent particularly if you like sour cream on your potatoes.

MEP

Twice-Baked Potatoes

- 4 medium-sized baking potatoes
- 3/4 cup cream
- 1 tablespoon onion, minced
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1 tablespoon parsley, minced
- 1 cup sharp Cheddar cheese, grated, about 4 ounces

Scrub potatoes thoroughly and rub with shortening, then prick with a fork to allow steam

to escape while baking. Bake at 400 degrees until done, about 1 hour.

Cut potatoes in half lengthwise and carefully scoop out insides, saving shells. Place scooped-out potato in bowl and mash. Add cream, onion, butter, salt, parsley and butter. Beat until smooth and creamy.

Spoon mixture back into potato shells, sprinkle with grated cheese and bake at 400 degrees for 10 minutes or until heated through.

Serves 8.

Can be made ahead of time, but increase baking time to 20 minutes or so.

MEP

Spinach

Creamed Spinach

- 3 tablespoons butter
- 1 onion, finely chopped
- 1/2 cup Hunter or Summer sausage, finely chopped
- 2 tablespoons flour
- 1 cup milk
- 4 bunches spinach, cooked and finely chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly grated nutmeg

Sauté onion in the butter in a saucepan large enough to hold all the ingredients until wilted. Add the sausage and sauté lightly for 2 or 3 minutes. Add the flour and stir to blend. Add the milk, stirring continually until sauce is thickened and smooth. Add spinach, salt and nutmeg, stirring gently to blend.

Serves 4 to 6.

MEP

Spinach Rockefeller

- 2 packages (10 ounce each) frozen, chopped spinach, cooked and well drained or 2 bunches of spinach, cooked, well drained and chopped
- 12 tomato slices, 1/4 inch thick
- 1/2 teaspoon garlic salt

Crumb Mixture

- 1/4 cup dry bread crumbs
- 1/4 cup minced scallions
- 2 eggs beaten
- 4 tablespoons melted butter
- 1/4 cup freshly grated Parmesan cheese
- 1/2 teaspoon minced garlic
- 1/2 teaspoon thyme
- 1/8 teaspoon pepper
- 1/4 teaspoon salt

Sprinkle tomato slices with garlic salt. Arrange in a shallow 2-quart baking dish. Combine spinach with bread crumb mixture and spoon 1/4 cup onto each tomato slice. Shape in a mound. Bake at 350 degrees for 15-20 minutes or until heated through.

Serves 8 to 12.

MEP

Squash

Butternut Squash Gratin with Sausage

- 2.25-2.5 pounds butternut squash, peeled, halved lengthwise, seeded, cut crosswise into 1/4-inch-thick slices
- 3/4 pound pork, chicken, or turkey sausage
- 3 cloves garlic - 2 minced, 1 halved
- 3 tablespoons chopped fresh Italian parsley
- 1 1/2 teaspoons grated orange peel
- 1 3/4 cups canned low-salt chicken broth
- 1 tablespoon butter
- 1 cup fresh bread crumbs from crustless French bread

Position rack in top third of oven and preheat to 400 degrees. Cook butternut squash slices in medium pot of boiling, salted water until crisp-tender, about 4 minutes. Drain squash slices.

Sauté sausage in heavy large skillet over medium-high heat until cooked through, breaking up sausage, about 8 minutes. Drain sausage. Place drained sausage in a medium bowl. Mix in minced garlic, parsley, and orange peel.

Rub 13 x 9 x 2 inc glass baking dish with cut halves of garlic. Discard garlic halves. Butter baking dish. Arrange 1/3 of squash slices on bottom of prepared dish. Sprinkle with salt and pepper. Spread half of the sausage mixture over the squash slices. Add another layer of squash and sausage and top with the remaining third of the squash.

Pour chicken broth over squash and sausage. Bake uncovered until squash is tender and almost all the chicken broth is absorbed, about fifty minutes.

Meanwhile, melt 1 tablespoon butter in small skillet over medium heat. Add bread crumbs and stir until bread crumbs are dry and coated with butter, about 2 minutes.

Sprinkle bread crumbs evenly over gratin. Bake until topping is golden brown, about 10 minutes longer. Let stand for 10 minutes. Serve hot.

Makes 6 to 8 servings.

This recipe can be used as a vegetable or as a main dish. I like it best with pork sausage.

MEP - Bon Appetit, October 1996

Fancy Squash

- 2 medium sized acorn squash, halved and seeded
- 2 tablespoons butter
- 1/4 teaspoon dry mustard
- paprika
- 2 teaspoons dark molasses
- 2 tablespoons butter
- 1 medium onion, chopped

- 1 ten-ounce package frozen mixed vegetables
- 2/3 cup water
- 1/4 cup water chestnuts, chopped
- 1 teaspoon cornstarch blended with 1 teaspoon water
- 1/8 teaspoon cumin
- salt and pepper
- parsley, chopped

Arrange squash halves, cut side down in about 1/2 inch of hot tap water in a 9 x 13 inch baking pan. Bake at 425 degrees for 20 minutes.

Melt the two tablespoons of butter and mix the mustard with it. Turn squash over, cut side up, and brush with the mustard mixture. Sprinkle with paprika. Drizzle the molasses evenly over the squash. Return to oven and bake about 45 minutes longer or until tender when pierced with a fork.

Meanwhile melt remaining 2 tablespoons of butter in frying pan over medium heat. Add onion and sauté until limp. Add frozen vegetables and water and cook covered until just tender. Stir in water chestnuts and the cornstarch mixture. Cook, stirring constantly until thickened. Stir in cumin and salt and pepper to taste.

Evenly spoon the vegetable mixture into the hot squash halves. Sprinkle with the parsley and serve immediately.

Serves 4.

MEP-Lois Knatz

Shredded Zucchini

- 6 small zucchini
- 2 tablespoons butter
- 6 green onions, chopped
- salt and freshly ground pepper to taste
- freshly grated nutmeg
- Parmesan cheese (optional)

Shred zucchini. A food processor is ideal, use the coarser shredding disk. Drain on paper towels for a few minutes.

Place zucchini in a large skillet with butter and green onions. Turn on high heat and toss zucchini mixture until just heated through. Takes about 7 to 10 minutes. Remove from heat and season to taste with salt, pepper and freshly ground nutmeg. Serve immediately, sprinkling with Parmesan cheese if you wish.

Serves 6.

Zucchini becomes elegant. There is no other description for it. Even my family who are not fond of zucchini commented on how good this recipe is. Be sure you use freshly grated nutmeg.

MEP - Private Collection #1 - Junior League of Palo Alto

Zucchini Custard

- 2-3 cups sliced raw zucchini
- 2-3 slices of bacon, fried crisply, drained and crumbled
- 2 slightly beaten eggs
- 1 cup milk, scalded
- 2 tablespoons grated onion
- salt and pepper to taste
- grated cheese

Place sliced zucchini in a greased baking dish. Sprinkle crumbled bacon over zucchini. Combine slightly beaten egg and scalded milk. Stir in grated onion and salt and pepper. Pour mixture over zucchini. Sprinkle generously with grated cheese. Bake until custard is firm.

Bake at 350 degrees for 40 minutes.

MEP

Sweet Potatoes / Yams

Roasted Sweet Potatoes (Yams) with Honey Glaze and Pecans

- 2 1/4 pounds yams, peeled and cut into 1 1/2" pieces (about 7 cups)
- 6 tablespoons butter
- 3 tablespoons honey

- salt and pepper
- 1 teaspoon lemon juice
- 1/2 cup pecans

Preheat oven to 350 degrees. Arrange sweet potatoes in a 13 x 9 x 2 inch glass baking dish that has been sprayed with Pam. Stir butter, honey and lemon juice in a small sauce pan over medium heat until butter melts. Pour butter mixture over sweet potatoes and toss to coat. Sprinkle generously with salt and pepper. Bake sweet potatoes for 35 minutes, add pecans and stir to coat with glaze. Bake an additional 15 minutes or until sweet potatoes are tender when pierced with a fork.

I have not put cranberries or raisins with the recipe, but I think it would add color and taste.

MEP - Adapted from Bon Appetite

Yam Soufflé

- 2 cups cooked and pureed yams
- 2 teaspoons lemon juice
- 2 tablespoons minced or grated onion
- 1/2 cup butter, softened
- 1/4 cup brown sugar
- 1 tablespoon flour
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup milk
- 3 Eggs
- 1 cup fresh or dried cranberries
- 1/2 cup chopped hazelnuts or pecans

Preheat oven to 350 degrees.

Yams may be cooked and pureed hours ahead of time. Just add the lemon juice, cover tightly, and refrigerate until ready to use.

Beat yams and all the other ingredients, except the cranberries and nuts, together until smooth. Sit in the cranberries and nuts. Pour into a 2 quart lightly butter soufflé dish or casserole. Bake uncovered for 45 minutes to 1 hour until center is firm to the touch.

Serves 8.

This recipe can be made with carrots or sweet potatoes. If using carrots you will probably want to leave out the cranberries.

MEP

Tomatoes

Baked Tomatoes

- 6 large ripe tomatoes
- 1/2 cup bread crumbs, or 1/2 cup freshly grated Parmesan cheese or 1/4 cup of each
- 2 tablespoons melted butter
- 1/4 cup chopped parsley
- 1/2 teaspoon salt
- 1 teaspoon basil
- dash
- white pepper

Cut tomatoes in half across the middle. With a sharp knife, cut around outside of pulp and make several cuts in the tomato pulp. With the back of a spoon, push pulp down into the tomato. Mix the remaining ingredients and place on the top of each tomato.

Bake at 350 degrees for 12 minutes or microwave for 2 or 3 minutes or until heated through.

Serves 6 to 12 An excellent addition to a dinner plate that needs color. Half a tomato is plenty for a serving. When I'm in a hurry, I simply put a daub of butter on the tomato, sprinkle with basil, salt and pepper, and top with the bread crumbs and/or Parmesan cheese.

MEP

Other

Stir-fried Vegetables

- 1 onion
- 4 ounces fresh mushrooms
- 4 ounces fresh snow peas

Seasoning Sauce

- 1 teaspoon cornstarch
- 1/2 teaspoon sugar
- 2 tablespoons chicken broth, or water
- 1 tablespoon oyster sauce
- 1/4 teaspoon sesame oil
- 3 tablespoons oil
- 1/4 teaspoon salt

To prepare ahead: Cut the onion into 8 wedges and separate into layers.

Rinse, drain, and cut mushrooms into 1/2" slices.

Rinse and remove tips and strings from snow peas.

Combine the seasoning sauce ingredients in small bowl to make thickening sauce.

To cook: Heat oil in a wok over high heat. Add the vegetables and stir-fry for 2-3 minutes. Add the salt and briefly stir.

Add the seasoning sauce and stir until thickened. Serve.

Serves 4.

RGP - Dorothy Huang Cooking Class

Vegetable Gateau

- 3/4 pound carrots, coarsely chopped
- 1 pound cauliflower, coarsely chopped
- 1 pound celery, coarsely chopped
- 3 tablespoons butter
- 3 small russet potatoes, peeled and quartered
- 3/4 cup water
- 9 eggs
- 2 tablespoons brown sugar
- 1 1/4 teaspoons salt
- 3/4 teaspoon white pepper
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon celery salt
- boiling water

Lightly oil two 9 x 5 inch loaf pans. In three medium skillets, separately sauté carrots, cauliflower and celery in 1 tablespoon butter

each, just until they begin to brown. Add 4 potato quarter and 1/4 cup water to each skillet. Cover and simmer until tender, adding small amounts of water if necessary and stirring frequently to prevent scorching. drain any remaining liquid.

Preheat oven to 350 degrees. Transfer contents of each skillet in separate batches to blender and puree as follows:

1. To carrots add 3 eggs, brown sugar, 1/2 teaspoon salt and 1/4 teaspoon pepper
2. To cauliflower add 3 eggs, 1/2 teaspoon salt, 1/4 teaspoon pepper and 1/4 teaspoon nutmeg
3. To celery add 3 eggs, 1/4 teaspoon salt, 1/4 teaspoon pepper and 1/4 teaspoon celery salt

Layer pureed vegetables in loaf pans with carrots on bottom, cauliflower in the middle and celery on the top. Set in larger pan and add boiling water to depth of 1 inch around loaf pans. Bake until edges begin to pull away from sides of pan, about 35 minutes. Cool to room temperature. Turn onto serving platter and cut into uniform slices.

Serves 10-12 very generously.

Seasonal vegetables may be substituted or just do one vegetable and use a smaller loaf pan. Make your vegetable selection with varied colors in mind. I have tried both sweet potatoes and turnips and they work very well. I have also used just carrots and celery which makes a colorful dish.

For turkey dinners I use just sweet potatoes following the directions for carrots doubling the quantity of carrots. I add 1 1/2 cups coarsely chopped fresh cranberries or cran-raisins and 1/2 cup chopped pecans.

MEP