

THE
MOLD-FREE
GOURMET

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Foreward

The recipes in this cookbook were designed to fit within the following food mold diet elimination parameters:

- No cheese of all kinds, including cottage cheese
- No mushrooms
- No vinegar and vinegar-containing foods, such as mayonnaise and other salad dressings, catsup, chili sauce, pickles, pickled beets, relishes and green olives
- No sour cream, sour milk and buttermilk
- No alcoholic liquors, especially beer and wine
- No soured breads, such as pumpernickle, coffee cakes and other foods made with large amounts of yeast
- No sauerkraut
- No cider and homemade rootbeer (commercial rootbeer is fine)
- No pickled and smoked meats and fish, including delicatessen foods, sausages, frankfurters, corned beef and pickled tongue
- No dried fruits, such as apricots, dates, prunes, figs and raisins
- No canned tomatoes, unless homemade and all canned juices (frozen fruit juice is fine)
- Eat only freshly opened canned foods and freshly prepared fresh fruits
- Do not eat meat or fish more than 24 hours old
- Avoid food if made from leftovers such as meatloaf, hash and croquettes
- Avoid hamburger unless made from freshly ground meat.

If you happen to suffer from other specific food allergies, such as nuts, milk, eggs, chocolate, wheat or corn syrup, certain recipes in this cookbook will not work for you. Please screen out the recipes containing those ingredients.

Many thanks to Dr. Richard J. Horbal, M.D., for his encouragement and support regarding this project.

Bon appetit!

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Condiments And Salsas

Old Sour

I discovered this particular condiment while vacationing in Key West. Native Key Westians (aka “conchs”) seldom enjoy their seafood without a few drops of this added as a flavor enhancer.

2 cups lime juice (Key West limes or Persian limes)
1 T. salt
2 small chopped jalapenos (or any other small hot peppers)

Mix all ingredients together. Let stand 2-3 days. Strain through cheesecloth several times, reserving peppers. Pour mixture and peppers into clean jar; seal tightly. Keep in refrigerator for at least two weeks before using. Can safely be stored in refrigerator for approximately three months.

Honey Butter

½ cup fresh honey
1 cup unsalted butter, softened
Pinch of ground cinnamon
1 teaspoon fresh lemon juice

Mix all the ingredients together thoroughly.

Yield: 1 ½ cups butter

Orange-Honey Butter

½ cup butter
¼ cup honey
2 teaspoons freshly grated orange peel

Whip butter until fluffy. Gradually add honey and orange peel; mix until blended.

Yield: About ¾ cup

Mango Spread

6 cups almost ripe or ripe mangoes, peeled and finely diced
2 T. lime juice
2 cups water
2 ½ cups sugar
¼ teaspoon freshly ground cloves
½ teaspoon cinnamon

Cook the prepared mangoes with water and lime juice for about 10-15 minutes or until soft. Add sugar and spices. Cook over medium heat. Stir frequently until the mixture is nice and thick. Pour into hot sterilized mason jars. Wipe jar rims; adjust lids and screwbands. Process in boiling water for ten minutes, according to the manufacturer's canning instructions.

Yield: About four pints

Mango Butter

½ pound butter
½ cup diced fresh mango
Fresh lime juice
2 teaspoons freshly chopped parsley
2 cloves garlic, minced
Salt and freshly ground pepper to taste

Combine all ingredients in a blender or a food processor; blend well.

Yield: ¾ cup

Eggplant Caviar

2 medium eggplants, approximately 2 pounds each
1 medium onion
1 clove fresh garlic
1 small tomato, seeded, juiced and diced
1 T. sesame oil
1 T. fresh lemon juice
3 T. flat Italian parsley, finely minced
Salt and pepper to taste

Make a few slits in the eggplants, and bake in a 450 degree oven for about 30 minutes or until they collapse and become soft. Cool.

Mince onion and garlic by hand or puree in a food processor. Scrape out flesh from eggplants into a mixing bowl with onion and garlic, discarding skins. Mash with a fork or puree in a food processor along with remaining ingredients.

Use as is for a dip with pita bread or crackers. For use as a sandwich spread, drain for 20 minutes to remove excess moisture.

Yield: Approximately 3 cups

Roasted Tomato Salsa

4 large, ripe but still firm tomatoes
3 jalapeno peppers
3 cloves garlic, unpeeled
1 medium red onion, quartered
2 T. chopped cilantro, or more to taste
Salt and freshly ground black pepper to taste

Put vegetables on a sheet pan in a 500 degree oven or on a charcoal or gas grill over medium heat. Cook until nicely charred and blistered. (The peppers will char more on the grill; char time is 30 minutes in the oven, less on the grill.)

Core, but don't peel the tomatoes. Peel, stem and seed the peppers. Peel the garlic and remove the skin from the onion.

Puree the garlic in a food processor; when pureed, scrape down the sides of the bowl. Add the onion; pulse processor a few times. Add tomatoes and peppers and pulse until you achieve the texture you desire.

Pour into a bowl, and add cilantro and salt and pepper. Allow to sit an hour or so for flavors to mix together and temperature to cool.

Serves: 2 – 3

Spicy Island Marinade

3 scallions, finely minced
1 medium onion, finely minced
1 T. minced red bell pepper
½ teaspoon freshly ground cloves
½ teaspoon salt (or to taste)
2 sprigs whole thyme leaves, chopped
3 cloves garlic, finely minced
1 T. fresh lime or lemon juice
Coarsely ground black pepper to taste
1 T. chopped hot peppers (optional)

Chop all ingredients together with a very sharp knife, mix well. Allow to sit so that flavors can combine.

This marinade is especially good when used with fresh fish. A tip: Cut “pockets”, or slashes, into the flesh of the fish with a knife, and place some marinade in each of the pockets. Rub marinade over the rest of the fish. Cover; marinate fish for 1-5 hours or overnight in the refrigerator. This marinade also works well with pork.

Yield: Enough to coat a 4 – 6 pound fish

Spicy Kiwi Salsa

4 kiwifruit, peeled and cut into 3/8 inch dice
1 teaspoon minced red jalapeno or other fresh red hot pepper
1 T. freshly squeezed orange juice
1 T. chopped mint
Pinch salt

Combine ingredients and chill 30 minutes to one hour.

Orange-Cranberry Salsa

2 cups fresh cranberries
3/4 cup freshly squeezed orange juice
1 T. minced orange zest
2/3 cup toasted pecans
4 T. pure red chile powder

Combine all the ingredients together in food processor; chop coarsely. Can drain some liquid off if too runny.

Serve with pork, turkey or chicken.

Yield: Approximately 2 cups
 Low "heat"

Tomatillo Salsa

1 pound tomatillos (about 15), husked, rinsed and roughly chopped
3 serrano chiles, with seeds
3/4 cup fresh cilantro leaves (1 bunch)
2 T. fresh lime juice
1 teaspoon salt (to taste)
1 teaspoon sugar (to taste)

Combine all the ingredients together in food processor; puree.

Can serve with most seafood; especially tasty with eggs.

Yield: Approximately 2 cups
 Medium "heat"

Salsa Romana

8 Roma tomatoes, diced
3 T. finely diced red onion
 $\frac{3}{4}$ cup julienned basil leaves (loosely packed)
1 teaspoon finely minced garlic
3 T. extra virgin olive oil
1 teaspoon salt (to taste)
Freshly ground black pepper (to taste)

Combine all the ingredients together in mixing bowl. Allow to sit at room temperature for one hour prior to serving, to give flavors time to combine.

Excellent with pasta or fish.

Yield: Approximately 3 cups
 No "heat"

Salsa Mexicana

2 T. finely diced white onion
8 Roma tomatoes (about 1 pound), diced
2 serrano chiles, finely diced, with seeds
2 T. finely chopped fresh cilantro leaves
1 teaspoon sugar (to taste)
1 teaspoon salt (to taste)

Place the diced onion in a strainer and rinse with hot water; drain. Combine all ingredients in a mixing bowl. Add more sugar to taste if tomatoes are too acidic; but be careful that salsa does not taste too strongly of sugar. Chill for approximately 30 minutes prior to serving to allow flavors time to combine.

Excellent with grilled meats.

Yield: Approximately 2 cups
 Moderate "heat"

Tomatillo-Avocado Salsa

1 pound tomatillos (about 15) husked, rinsed and roughly chopped
1 avocado, peeled, pitted, and roughly chopped
1 serrano chile, with seeds
 $\frac{3}{4}$ cup fresh cilantro leaves (1 bunch)

Combine all the ingredients together in food processor; puree.
Serve with chicken.

Yield: Approximately 2 $\frac{1}{4}$ cups
 Low "heat"

Roasted Tomato and Mint Salsa

8 Roma tomatoes (about one pound), blackened
1 small serrano chile, blackened, finely minced, with seeds
1 orange, peeled, seeded and cut into sections
3 T. loosely packed chopped mint leaves
1 T. extra-virgin olive oil
2 T. fresh orange juice
1 heaping T. minced orange zest
1 teaspoon sugar (to taste)
 $\frac{1}{2}$ teaspoon salt (to taste)

Cut the tomatoes in half; squeeze out and discard the seeds and juice. Chop the pulp and combine thoroughly with the remaining ingredients in a mixing bowl. Excellent with lamb or halibut.

Yield: Approximately 2 cups
 Low "heat"

Bell Pepper Salsa

1 large red bell pepper, roasted and julienned
1 large yellow bell pepper, roasted and julienned
1 large poblano chile, roasted and julienned
1 Roma tomato, blackened and roughly chopped
4 teaspoons minced fresh cilantro
½ teaspoon chopped roasted garlic
½ teaspoon salt (to taste)
1 T. extra-virgin olive oil
1 T. fresh lime juice (to taste)
1/8 teaspoon freshly ground black pepper (to taste)

Combine all the ingredients together in a mixing bowl; combine thoroughly. Serve with beef or fish.

Yield: Approximately 2 cups
 Low “heat”

Avocado-Serrano Salsa

2 large avocados, peeled, pitted and chopped (about one pound)
¼ cup fresh lime juice
1 Roma tomato, diced
3 T. minced red onion
4 teaspoons minced serrano chile, with seeds
2 teaspoons minced fresh cilantro
1 teaspoon salt (to taste)
Freshly ground pepper (to taste)

Gently fold all the ingredients together in mixing bowl, being careful not to mash avocados. Serve with pork and other white meats.

Yield: Approximately 2 cups
 Low to moderate “heat”

Mango Salsa

2 fresh mangoes, peeled, pitted and sliced (about 2 cups)
2 teaspoons fresh ginger juice, squeezed in a garlic press
1 T. fresh lime juice (more to taste)
½ teaspoon chile powder or cayenne powder

Combine all the ingredients together in a mixing bowl. Excellent with pork or tuna.

Yield: Approximately 2 cups
 Moderate "heat"

Melon Salsa

¾ cup diced honeydew melon
¾ cup diced cantaloupe
¾ cup diced watermelon
1 ½ teaspoons minced serrano chile, with seeds
2 teaspoons minced fresh mint (less to taste)
1 ½ teaspoons sugar (less to taste)
1 T. fresh lime juice

Combine all the ingredients together in mixing bowl. Serve with shrimp or chicken.

Yield: Approximately 2 cups
 Moderate "heat"

Squash and Corn Salsa

2 T. diced onion
¼ cup water
2 ears corn
1 2/3 cups yellow crookneck squash or yellow zucchini,
finely diced to the size of corn kernels
1 T. butter
2 large sprigs fresh marjoram
5 Roma tomatoes, oven-roasted and diced
1 teaspoon minced fresh marjoram
½ teaspoon salt (to taste)

In a sauté pan, cook the onion and water together over low heat, covered, for about 9 minutes. Cut the corn kernels from the cob with a sharp knife (about 1 ½ cups). Add to the sauté pan together with squash, butter and 2 sprigs marjoram. Cook for approximately 5 minutes longer, until the vegetables are soft and the liquid has evaporated. Discard the marjoram and transfer to a mixing bowl. Add the tomatoes, marjoram, and salt; mix thoroughly. Chill before serving. Serve with eggs or as a side dish.

Yield: Approximately 2 cups
 No "heat"

Corn and Ginger Salsa

3 ears corn
2 T. water
2 T. fresh ginger juice, squeezed in a garlic press
1 ½ teaspoons peanut oil
Pinch of sugar (to taste)
Pinch of salt (to taste)
¼ teaspoon ground coriander seed
1 red bell pepper, roasted, peeled, seeded and finely diced
2 dried arbol chiles, crumbled
3 T. freshly squeezed orange juice
¼ teaspoon cinnamon
Pinch of saffron (about 4 threads)

Cut the corn kernels from the cobs with a sharp knife (about 2 cups). Place in a saucepan with the water, ginger juice, oil, sugar, salt and coriander. Cook over medium high heat for two minutes. Remove from the heat and transfer to a mixing bowl. Add the remaining ingredients, and combine thoroughly. Excellent with lamb or duck.

Yield: Approximately 2 cups
 Moderate "heat"

Artichoke-Apple Salsa

4 quarts water
Juice of 4 fresh lemons
1 teaspoon salt
10 baby artichokes
1 ½ teaspoons peanut oil
2 green apples, peeled, cored, and diced
1 teaspoon sugar
3 Roma tomatoes, blackened and diced
¼ cup diced poblano chiles, roasted, peeled and seeded
1 T. minced fresh mint (to taste)
1 T. extra-virgin olive oil

Bring the water, lemon juice and salt to a boil in a large stockpot. Submerge the artichokes with a weight and cook for about 20 minutes or until tender at the base. Remove the cooked artichokes and let cool. Peel off and discard the hard leaves, exposing the soft leaves and the choke. Cut into quarters (there should be about one cup); transfer to a mixing bowl.

Heat the peanut oil in a sauté pan and sauté the apples with the sugar over medium-high heat for about five minutes, or until soft but still firm. Add to the mixing bowl, together with remaining ingredients and combine thoroughly. Serve with pork or chicken.

Yield: Approximately 2 cups
 Moderate “heat”

Cilantro and Oven-Roasted Tomato Salsa

15 Roma tomatoes, oven-roasted and diced (about 1 ½ cups)
3 T. finely chopped fresh cilantro
1 ½ teaspoons minced serrano chiles, with seeds
2 teaspoons fresh lime juice

Combine all the ingredients together in mixing bowl. Excellent with grilled tuna or pasta or as a sandwich spread.

Yield: Approximately 1 1/2 cups
 Moderate “heat”

Poblano Pesto

¾ cup pumpkin seeds
¼ cup canola oil
5 poblano chiles
1 cup loosely packed fresh cilantro leaves
1 T. virgin olive oil
2 T. fresh lime juice
½ teaspoon salt (to taste)

Toast the pumpkin seeds and let cool. Heat the canola oil in a skillet and when oil is almost smoking, turn the poblanos in the hot oil for 45 seconds until blistered, but not blackened. Transfer to a bowl, cover with plastic wrap, and let steam for ten minutes.

Peel and seed the poblanos, place in a food processor with the toasted pumpkin seeds and chop for one minute. Add the cilantro and blend for one minute. Add the olive oil, lime juice and salt, and blend for 30 seconds longer, or until smooth. Excellent with pasta.

Yield: Approximately 2 cups
 Medium “heat”

Corn and Crab Salsa

1 ear corn
¼ cup water
1 teaspoon sugar
¼ cup canola oil
1 poblano chile
4 ounces fresh crabmeat
½ red bell pepper, seeded and diced
1 serrano chile, minced, with seeds
1 teaspoon chopped fresh marjoram
1 T. fresh lime juice

Remove corn kernels from cob with a sharp knife (about one cup). Bring water to a boil in saucepan, add the corn and sugar, and blanch for one minute. Drain and transfer the corn to a mixing bowl.

Heat the canola oil in a skillet, and when almost smoking, turn the poblano in the hot oil for 45 seconds until blistered but not blackened. Transfer to a bowl, cover with plastic wrap, and let steam for ten minutes. Peel, seed, and dice the poblano, and transfer to the mixing bowl. Add the remaining ingredients and mix thoroughly. Excellent as a soup garnish or on tostadas.

Yield: Approximately 2 cups
 Moderate "heat"

Scallop Salsa

1 T. virgin olive oil
8 ounces fresh sea scallops
3 chipotle chiles en adobo
3 Roma tomatoes, seeded and diced
1 avocado, peeled, pitted and diced
½ cup diced fresh cucumber
1 T. fresh lime juice

Heat the olive oil in a sauté pan or skillet, and sear the scallops over high heat for two minutes, until cooked through. Slice the scallops in half and then half into quarters and transfer to a mixing bowl. Rinse the chipotles with water and julienne into thin strips. Add to the mixing bowl together with the tomatoes, avocado, cucumber, and lime juice, and thoroughly combine. Great with salads or as a picnic dish.

Yield: Approximately 2 cups
 Moderate “heat”

Crab Salsa

8 ounces fresh crabmeat
3 tomatillos, husked, rinsed and diced
2 serrano chiles, minced, with seeds
2 teaspoons minced fresh epazote
1 T. minced fresh basil
2 T. extra-virgin olive oil
2 T. fresh lime juice
¼ teaspoon salt (to taste)

Thoroughly combine all the ingredients together in mixing bowl. Serve with grilled swordfish or halibut. Can also be served with cold pasta or as a brunch side dish or soup garnish.

Yield: Approximately 1 ¾ cups
 Moderate “heat”

Guacamole

2 ripe avocados
1 clove garlic, minced
Juice of ½ lime
1 small tomato, diced
Salt and freshly ground pepper to taste

Peel and slice avocados. In a small bowl, combine avocado slices, minced garlic, lime juice; mash with fork until blended. Add tomato and salt and pepper to taste.

Yield: 2 cups

Chunky Applesauce

5 large Golden Delicious apples
5 large Rome apples
¾ cup sugar
½ teaspoon cinnamon
Dash ginger
5 large strips orange peel

Peel, core and slice apples into ½” slices. You should have about 12 cups. Put apples and remaining ingredients in large heavy pan. Pour ½ cup water over top. Cover; simmer 45 to 60 minutes or until apples are just tender. Don't let apples get too soft. Remove from heat and discard orange peel. Let cool. Store in refrigerator.

Yield: About five cups

Basic Brown Sauce

2 T. flour
2 T. butter
Salt and freshly ground black pepper
 $\frac{3}{4}$ cup beef stock (bouillon or broth can be used)
 $\frac{3}{4}$ cup milk

Put the flour in dry frying pan; heat flour slowly, stirring constantly until the flour is an even brown color. Whisk in butter, salt and pepper to taste. Add meat stock slowly and bring to boil. Boil for two minutes. Decrease temperature to simmer; add milk. Make sure mixture is heated through.

Can be used as a sauce or a gravy for beef.

Basic White Sauce

4 T. butter
4 T. flour
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 cups milk

Melt butter in heavy saucepan over low heat; stir in flour, salt and pepper, stirring until well blended. Remove from heat. Add milk all at once; stir until blended. Return to heat; cook, stirring constantly, until thickened and smooth.

Yield: 2 cups

Avocado Dip

2 ripe avocados
2 teaspoons lime juice
½ teaspoon salt
¼ cup diced onion
1 medium tomato, peeled and finely chopped
2 cloves garlic, mashed
1 small jalapeno pepper, finely chopped (can use any type hot pepper)
½ teaspoon minced fresh cilantro (coriander leaves)
Sliced black olives for garnish

Cut the avocados in half. Remove the pits and carefully scoop out the flesh, being careful not to pierce the shells. Place the avocado flesh in a mixing bowl and mash with a fork. Add the lime juice and salt. Mix well. Add the remaining ingredients, except the olive. Mix thoroughly. Scoop the mixture into the reserved avocado shells. Garnish with sliced black olives. Serve with sliced cucumbers, squash, or cauliflower.

Yield: About two cups

Appetizers

Scallop Serviche

1 pound scallops
6 green onions, chopped (white part only)
1 cup lime juice
½ cup fresh orange juice
6 T. finely chopped onion
4 T. finely chopped parsley
2 T. finely chopped green pepper
½ cup olive oil
½ teaspoon oregano
1 teaspoon salt
Freshly ground pepper to taste
Crushed red pepper to taste

Marinate scallops and green onions in lime juice and orange juice.
Chill at least 4 hours. Drain well. Discard marinade. Add remaining
ingredients. Mix and serve on lettuce leaves.

Serves: 6

Conch Serviche

1 pound raw conch
¾ cup lime juice
1 small cucumber, finely chopped
1 small red onion, finely chopped
1 fresh jalapeno pepper, finely chopped
1 sweet red bell pepper, finely chopped
2 T. chopped fresh parsley
6 T. vegetable oil
2 ¾ cups coconut milk (fresh is preferred)
½ teaspoon oregano
1 ½ T. sugar
½ teaspoon salt
1/8 cup shaved fresh coconut
Freshly ground pepper to taste
Lettuce
Onion slices, cucumber, fresh basil and alfalfa sprouts for garnish

One day ahead, grind fresh conch into small pieces. Add conch to lime juice, and marinate mixture for 24 hours.

Combine the cucumber, onion, peppers and parsley. Drain off about 2/3 of the lime marinade from the conch; discard marinade. Add the conch and lime juice to the oil, coconut milk, seasoning and vegetables. Mix thoroughly.

Serve on a healthy bed of lettuce with thinly sliced onion, alfalfa sprouts, thinly sliced cucumber and a sprig of fresh basil.

Serves: 6-8

Conch Fritters

1 pound raw conch
Three stalks celery, finely chopped
1 large carrot, finely chopped
1 onion, finely chopped
1 leek, finely chopped
½ cup butter
½ tsp. thyme
½ teaspoon basil
½ teaspoon oregano
Salt and freshly ground pepper to taste
1/4 teaspoon baking powder
4 eggs
¾ cup flour
Splash of milk
2 quarts vegetable oil (for frying)

Put the conch through a meat grinder or food processor.

Sauté all the vegetables in butter for about 3 minutes. Add in the herbs. Place the mixture in large bowl together with the conch, baking powder, eggs, flour and milk. Mix well to a thick, yet runny consistency. Chill.

Heat the oil to 350 degrees for frying. Using a large slotted spoon, form one-inch-thick dumplings. Allow them to fall straight into the deep fryer. Cook for about 4-6 minutes. Serve with Old Sour (see recipe, page 2) or your favorite sauce.

Serves: 6

Baked Grapefruit with Chicken Livers

2 chicken livers

Flour

Salt and freshly ground pepper to taste

Vegetable oil

½ grapefruit

1 T. butter, melted

½ T. granulated sugar mixed with ½ T. ground cinnamon

Mix salt and pepper into flour to season it. Dust chicken livers with seasoned flour. Grill or sauté the livers in hot vegetable oil and set aside. Cut out the center of the grapefruit, and cut around the sections of grapefruit to loosen. **BE CAREFUL NOT TO PIERCE THE OUTER SKIN.** Fill center of grapefruit half with melted butter, and sprinkle with the sugar/cinnamon mixture. Broil until slightly browned. Garnish with the chicken livers.

Serves: 2

Stuffed Mussels

18 mussels, cleaned
2 T. fresh lemon juice
1 T. chopped shallots
1 pound sweet butter
2 T. chopped hazelnuts
1 T. minced garlic
3 T. fresh bread crumbs
1 T. fresh chopped parsley
1 T. chopped chives
Leafy greens and lemon wedges for garnish

Steam the mussels in a small amount of water with 1 tablespoon of the lemon juice and the shallots until the shells open. Remove the top shells and discard any mussels that remain closed. Cool.

Mix the remaining ingredients very thoroughly – hand kneading works best. Cover each mussel in its shell generously with the mixture. Place briefly under broiler to brown lightly. Serve on a bed of leafy greens with lemon wedges for garnish.

Serves: 4

SOUPS

Ginger and Avocado Vichyssoise

½ cup butter
1 medium onion, finely minced
1 ounce fresh ginger, peeled and grated
1 large avocado, peeled and thoroughly mashed
2 cups chicken stock
Salt and freshly ground black pepper to taste
½ cup light cream
1 scallion, finely chopped (for garnish)

Melt the butter in a sauté pan. Cook the onions and the grated ginger for about two minutes; do not overcook. Add the mashed avocado and chicken stock. Mix all ingredients thoroughly, using a wire whisk to eliminate lumps. Simmer slowly for about 10-15 minutes. Add salt, pepper and cream. Stir and chill for at least an hour. Chill bowls prior to serving; garnish with scallions.

Serves: 6

Cucumber Soup

6 scallions, coarsely chopped
¼ cup freshly squeezed lemon juice
Salt and white pepper to taste
4-6 cucumbers, peeled, seeded, and diced in 1" cubes
2 cups heavy cream
2 cups half-and-half
Cucumber slices, scallions and Hungarian paprika for garnish

Place the first 4 ingredient in a blender. Fill the blender to the top with diced cucumber pieces (expect to use 4-6 cucumbers, depending on size). Add cream and half-and-half. Using blender's high speed, blend until mixture is creamy and thick, with large chunks. Chill for 1-2 hours.

To serve, place soup in chilled bowls and top with whole cucumber slices, chopped scallions and a sprinkle of paprika.

Serves: 6

Creamy Tomato Soup with Fresh Dill

3 cups red ripe tomatoes, peeled* and chopped
½ cup finely diced celery
¾ cup finely diced scallions
2 T. freshly chopped dill
1 clove fresh garlic, pressed
1 teaspoon sugar
1 T. tomato paste
1 teaspoon Hungarian paprika
4 T. butter
2 T. flour
4 cups half-and-half
Salt and freshly ground pepper to taste

Combine the tomatoes, celery, a half cup of the scallions, dill, garlic, sugar, tomato paste and paprika in a heavy saucepan. Simmer for about 15 minutes, stirring occasionally.

In a separate heavy saucepan, melt the butter. Whisk the flour into the butter and blend until smooth. Add the half-and-half and cook over medium-low heat for a few minutes.

Remove the vegetable mixture from heat and cook for a few minutes. Process this mixture in the container of a blender or food processor for about 5-8 seconds. Slowly add the processed vegetable mixture to the cream mixture. Blend well with whisk; add salt and pepper to taste. Serve hot, garnish each bowl with remaining diced scallions.

*To peel tomatoes, drop them in boiling water for a few minutes and skin will begin to fall off.

Serves: 4-6

Clam Chowder

1 quart fresh shelled clams, liquor reserved
1 onion, thinly sliced
4 cups diced potatoes
2 T. butter
4 cups milk
Salt and freshly ground pepper to taste

Drain clams, retaining the liquor. Sauté onions in butter until translucent (about five minutes); add cubed potatoes, clam liquor and enough water to cover. Stir well. Cook until nearly tender. Slowly add the butter, milk, salt and pepper and blend well. When potatoes are completely tender, add the clams (whole or cut up, your preference). Cook about 2-3 additional minutes. Serve hot.

Serves: 4-6

Shrimp Curry Soup

½ pound shrimp, shelled and deveined
1 T. flour
2 T. butter
2 cups milk
1 T. parsley
¼ teaspoon curry powder
¼ teaspoon onion salt
Dash white pepper, to taste

Make a paste of ¼ cup milk and the flour. In a medium saucepan combine remaining ingredients. Cook over medium heat. Add flour paste, stir until thickened. Serve.

Serves: 2

Chinese Egg Soup

4 cups seasoned chicken broth
½ cup frozen green peas
1 egg, beaten

Bring chicken broth and peas to a boil in large saucepan. Slowly add egg to the boiling broth, stirring constantly. Serve hot.

Serves: 6

Chicken Velvet Soup

1/3 cup butter
¾ cup flour
6 cups hot chicken broth
2 cups milk
2 cups small cubed cooked chicken
Salt and freshly ground pepper to taste

Melt butter in heavy Dutch Oven or large saucepan. Add flour; stir quickly to blend. Cook over low heat until smooth. Add 2 cups of the chicken stock; stir to keep mixture smooth. Add milk. Cook, stirring frequently, until thickened. Add remaining 4 cups chicken stock and the cubed chicken. Continue cooking until heated through. Add salt and pepper to taste.

Serves: 8

Cream of Shrimp Soup

1 pound medium shrimp, shelled and deveined
¼ cup butter
¼ cup finely chopped onion
¼ cup finely chopped carrot
¼ cup finely chopped celery
2 cups water
2-3 T. fresh lemon juice
Salt and freshly ground pepper to taste
1 cup heavy cream
Freshly chopped parsley

After peeling and deveining, cut each shrimp into three or four pieces. In a large saucepan, melt the butter and sauté the onion, carrot and celery over medium heat for about five minutes or until tender. Add two cups of water, lemon juice, nutmeg and salt/pepper to taste. Simmer ten minutes. Stir in the shrimp pieces. Cook just until shrimp turns pink. Add the cream and heat gently. Taste for seasoning, adding more lemon juice and nutmeg if needed.

To serve, spoon into bowls and sprinkle with freshly chopped parsley.

Serves: 4-5

Simple Oyster Stew

1 pint fresh oysters, liquor reserved
2 T. butter
2 cups scalded cream (can use milk)
Salt to taste
Hungarian paprika for garnish

Pour the oysters into a strainer over a saucepan. Reserve the oyster liquor. Remove any pieces of shell, then add the oysters to the strained liquor. In a separate skillet, melt the butter. Add the oysters and liquor. Cook slowly for about three minutes, or until the edges of the oysters begin to curl. Add cream (or milk) and salt to taste. Cook about one additional minute. Sprinkle with paprika.

Serves: 1-2

Crab Soup

2 T. finely chopped shallots
1 ½ pounds Alaskan lump crab meat
1 T. butter
3 T. Hungarian paprika
2 pinches thyme
4 cups clam broth
2 cups heavy cream
2 teaspoons cornstarch
½ teaspoon cayenne pepper
Salt and freshly ground pepper to taste

In heavy saucepan, sauté shallots in butter until translucent. Add the crab, paprika and thyme. Simmer for 3 minutes. Add the clam broth and cream. Bring the soup to a boil. Dissolve the cornstarch in 1 teaspoon of water and whisk mixture into the soup. Simmer for about five additional minutes; add seasonings to taste.

Serves: 4-5

BREADS

Johnnycakes

1 ½ cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
¼ cup lard, melted
¼ cup butter, melted
½ cup fresh coconut milk*
3 T. freshly grated coconut, peeled

Preheat the oven to 375 degrees. Liberally grease a cookie sheet. Sift together the dry ingredients – the flour, baking powder and salt. Add the lard and the butter carefully and slowly to make a dough. Gradually add the milk and the coconut, mixing well. Roll into small balls and flatten with a rolling pin to about ½ - ¾ inches thick.

Bake until golden brown. Butter while hot and serve immediately.

*To make coconut milk, crack open a coconut and remove the meat. Discard the hard outer shell. Dice the coconut into small pieces, leaving on the thin brown skin. Place about three cups water in blender, and add coconut pieces slowly to blender. Blend until mixture is almost a puree. Strain mixture through a wire mesh strainer into a separate container. Discard the strained coconut, reserving milk.

Yield: About 10-12 cakes

Cinnamon Banana Muffins

2 cups all purpose flour
2 ½ teaspoons baking powder
½ teaspoon salt
1 ½ cups (about 1 ¼ pounds) mashed very ripe bananas
¼ cup milk
½ cup butter, softened
1 cup plus 1 T. sugar
2 eggs
1 teaspoon vanilla
½ teaspoon cinnamon

Preheat oven to 375 degrees. Butter a 12-cup muffin tin.

On a piece of waxed paper, sift together the flour, baking powder and salt. Set aside. Combine the bananas and milk. Set aside.

In a large bowl, cream together butter and one cup sugar until light and fluffy, using electric mixer set on medium speed. Beat in one egg at a time. Beat in the vanilla. On low speed, stir the flour into the egg mixture alternately with the bananas, stirring until just combined. Spoon into the muffin tines.

Combine the remaining 1 T. sugar with the cinnamon. Sprinkle over the muffins. Bake 30 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan for 5 minutes. Place muffins on wire racks to cool.

Yield: 12 muffins

Scotch Shortbread

½ pound butter
½ cup sugar
2 ½ cups flour
Pinch of salt

Cream butter with sugar. Add flour and salt and mix well. Press in ungreased pan and bake at 350 degrees for 30 minutes or until lightly brown.

Brown Sugar Muffins

2 cups all purpose flour
1 teaspoon baking soda
¼ teaspoon salt
1 cup packed light brown sugar
1 egg
1 cup milk
½ cup butter

Mix flour, baking soda, salt and sugar in medium bowl. In separate bowl, beat egg, milk and butter, then add all at once to flour mixture. Beat another five minutes. Spoon into 12 muffin tins. Bake for 20 minutes at 350 degrees or until golden brown.

Sweet Potato Muffins

1 cup butter
1 cup sugar
6 eggs
1 teaspoon vanilla
2 cups milk
1 ½ cups flour
2 T. baking powder
1 pound sweet potatoes, peeled, cooked* and mashed

Preheat oven to 350 degrees and grease muffin tins very well.

Cream the butter and sugar together. Add the eggs, vanilla, milk, flour, baking powder and sweet potatoes. Mix thoroughly to ensure that the ingredients are well combined. Drop the batter into the greased muffin tins; fill each cup about 2/3 full. Bake about 30 minutes or until muffins are springy and golden brown.

*To cook sweet potatoes, just boil them for 25 minutes or so.

Yield: 15-20 muffins

Blueberry Lemon Muffins

1 cup fresh blueberries
1 teaspoon grated lemon peel
2 T. honey
1 $\frac{3}{4}$ cup all purpose flour
 $\frac{1}{2}$ cup sugar
2 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup milk
 $\frac{1}{3}$ cup oil
1 egg, beaten

Mix blueberries, lemon, honey, and set aside. Combine flour, sugar, baking powder and salt. Beat egg, milk, and oil, stir into flour mixture lightly. Fold in blueberry mixture. Fill greased muffin tins. Bake at 375 degrees for 20-25 minutes.

Just Plain Biscuits

$\frac{1}{3}$ cup shortening
2 cups all purpose flour
2 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon salt
 $\frac{2}{3}$ cup milk

Cut shortening into flour, baking powder and salt. Stir in milk so dough leaves side of bowl. Turn dough onto floured surface and knead lightly for 2-3 minutes. Roll or pat dough into $\frac{1}{2}$ " thickness. Cut dough into 12 biscuit shapes and place on ungreased cookie sheet. Bake at 400 degrees for 10-12 minutes.

Orange Popovers

12 eggs
3 cups milk
1 ½ cups orange juice
2 T. grated orange rind
1 ½ teaspoons salt
4 ½ cups all-purpose flour

In the large bowl of an electric mixer or food processor, combine the eggs, milk, orange juice, orange rind and salt. Mix at low speed until blended. Gradually add the flour. Mix at slow speed for ten minutes. The mixture is best when prepared one day ahead and refrigerated.

When you are ready to bake, preheat the oven to 450 degrees. Pour the mixture into cold, well-greased and floured popover or muffin pans to about $\frac{3}{4}$ full. Bake for 20 minutes or until popovers have risen. Reduce the heat to 300 degrees and continue baking 30-35 minutes.

Yield: 25-28 large popovers

Glazed Orange Bread

½ cup butter
1 ¼ cups sugar, divided
2 eggs
2 oranges
2 teaspoons baking powder
2 cups flour

Cream together butter, one cup of the sugar and one egg. Beat in second egg. Squeeze juice from one orange and add water to measure ½ cup. Grate rind from the orange and add to butter mixture along with the juice. (Mixture will look curdled). Combine flour and baking powder. Add to above mixture, stirring just until moistened. Pour into greased 9" x 5" x 3" loaf pan. Bake at 350 degrees for 55 to 60 minutes or until bread tests done. Meanwhile, squeeze juice from second orange and combine with remaining sugar in small saucepan. Bring to a simmer and heat until sugar is dissolved. Pour over hot bread. Let stand ten minutes. Remove from pan and let cool on rack.

Basic Crepes

3 eggs, well beaten
1 cup milk
1 T. sugar
¼ teaspoon salt
¾ cup flour

Beat together the eggs and milk. Add remaining ingredients and beat with mixer until smooth. Pour about 2 tablespoons batter into a preheated, buttered 8" skillet. Working quickly, rotate pan to spread batter evenly over the bottom. When cooked (this takes just a minute) turn crepe and cook other side. Turn out on dish and leave flat or roll up. Repeat, lightly buttering pan for each crepe. Makes about 16 crepes, depending on size of pan used.

SALADS

Island Fruit Cocktail

1 cup peeled and diced pineapple
1 cup peeled and diced mango
1 cup peeled and diced papaya
1 cup peeled and diced banana
1 cup orange sections
2 T. fresh lemon juice
1 cup simple sugar syrup*
Freshly grated nutmeg and mint sprigs for garnish

Fold all the fruit together gently. Pour sugar syrup over the fruit.
Chill.

To serve, scoop the fruit carefully into chilled glasses. Garnish with
nutmeg and mint springs.

* Sugar syrup is made by combining equal parts of water and sugar in a saucepan, and bringing them to a rapid boil. Simmer for no more than two minutes. Can be used in tropical drink recipes also.

Serves: 4

Mixed Fruit Cocktail

1 cup peeled and diced pineapple
1 cup peeled and diced fresh mango
1 cup peeled and diced papaya
1 cup peeled and diced banana
1 cup orange sections
2 T. fresh lemon juice
1 cup simple sugar syrup (see recipe above)
Freshly grated nutmeg, cinnamon and mint springs for garnish

Mix all the fruit together carefully. Pour simple sugar syrup over the
fruit. Chill. Scoop fruit into chilled glasses to serve. Garnish with
nutmeg, mint and cinnamon to taste.

Serves: 4

Peachy Fruit Salad

1 16-ounce package strawberry Jello®
4 cups water
1 cup thinly sliced peaches
½ cup thinly sliced bananas
½ cup thinly sliced strawberries

Heat two cups water to boiling. Stir in Jello until dissolved. Add remaining 2 cups water. Chill until consistency of unbeaten egg white. Gently fold in fruit. Pour into 6 cup mold; chill until firm.

Serves: 6 - 8

Watermelon Salad

4 cups watermelon, cubed and seeded
½ cup freshly grated coconut
1 cup simple sugar syrup*
¼ cup fresh lime juice
Lime slice for garnish

Chill the watermelon prior to dicing. Arrange cubes of watermelon in frosted glass dessert bowls. Sprinkle heavily with coconut. Mix together the simple sugar syrup and lime juice. Pour this mixture over the fruit in each bowl. Garnish with lime slice.

Serves: 4

* Sugar syrup is made by combining equal parts of water and sugar in a saucepan, and bringing them to a rapid boil. Simmer for no more than two minutes. Can be used in tropical drink recipes also.

Pineapple-Strawberry Salad

1 cup pineapple chunks
1 pint strawberries
Lettuce leaves
2 T. oil
2 T. lime juice
1 T. honey

Combine pineapple and strawberries; place on lettuce leaves on salad plate. Combine remaining ingredients and drizzle over fruit.

Serves: 4

Honeydew Slices

Honeydew melon, chilled, sliced crosswise
Cantaloupe balls
Watermelon balls
Fresh mint leaves (optional)

Place honeydew slice on individual salad plates. Top each with cantaloupe balls and watermelon balls. Garnish with mint leaves.

Crisp Green Salad

4 cups assorted salad greens
1 cup cherry tomatoes
1 cup cauliflower pieces
½ green pepper, sliced
½ small cucumber, sliced
Choice of dressing

Combine first five ingredients in salad bowl. Gently toss with dressing choice.

Serves: 6

Green Salad with Shrimp

1 bunch romaine lettuce
8 ounces small or medium shrimp, cooked
¼ cup finely chopped green pepper
1 small onion, thinly sliced and separated
1 avocado, peeled and thinly sliced
Choice of dressing

Combine first 5 ingredients in large salad bowl. Add just enough dressing to lightly coat leaves; toss gently and serve.

Serves: 4

Key West Conch Salad

1 pound conch, pounded and minced very fine (pea-sized)
Juice of two limes, freshly squeezed
One half red onion
1 cucumber, peeled, seeded and finely chopped
½ cup fresh cilantro
½ red bell pepper, finely chopped
1 cup olive oil
1 teaspoon leaf oregano
1 teaspoon sugar
Salt and freshly ground black pepper to taste
Leafy lettuce

Pound the conch and chop into 1/8-inch pieces. Cover with lime juice. Cover and marinate for 24 hours. Drain.

Chop onion, cucumber, cilantro and bell pepper finely. Combine all ingredients. Refrigerate for 24 hours. Serve chilled on a bed of leafy lettuce.

Serves: 4

Easy Conch Salad

1 pound conch, pounded and minced very fine (pea-sized)
1 large onion, finely chopped
1 green pepper, seeded and finely chopped
1 small jalapeno (or other small hot pepper) seeded and finely chopped (optional)
Salt to taste
Old Sour to taste (see recipe, page 2)

Mix all ingredients together well, adding salt and Old Sour to taste.
Chill several hours or overnight before serving.

Serves: 4

Fresh Vegetable Salad

Combine in a large bowl after cutting into bite-sized pieces:

Zucchini
Cucumbers
Celery
Peppers (red, green and yellow)
Tomato (Romas work best; slightly less juicy)
Broccoli flowerettes
Cauliflower flowerettes
Carrots
Scallions
Onions

Use roughly equal amounts of each vegetable, proportionate to how much salad you want. This is tasty when served with the Honey-Lime Dressing shown on the next page.

Bibb Lettuce with Honey-Lime Dressing

4 small heads Bibb lettuce, thoroughly washed and chilled
1 cup Honey-Lime Dressing (recipe follows)
½ cup chopped roasted pistachios or other chopped nuts
1 cup mandarin orange sections
Chopped fresh mint

Place the individual lettuce heads on chilled plates. Spread the leaves of the lettuce heads out (like flowers). Lace the spread leaves with Honey-Lime Dressing. Garnish with pistachios, oranges and mint.

Serves: 4

Honey-Lime Dressing

½ cup walnut oil (available in gourmet section of supermarkets)
Zest of two limes
½ cup fresh lime juice
1/8 cup honey
1/8 cup chopped shallots
Salt and freshly ground pepper to taste

Place all ingredients in food processor or blender; emulsify.

Yield: 1 cup

Shrimps & Shell Salad

1 pound fresh shrimp
12 ounces tri-colored pasta shells
½ onion, finely minced
2 celery hearts, chopped
2 teaspoons fresh dill
½ cup extra virgin olive oil
Freshly ground black pepper to taste
½ teaspoon Vegit seasoning (available at most health food stores)
Radicchio (red chicory)
½ cup black olive slices (optional, for garnish)
2 T. chopped pimiento (optional, for garnish)

Prepare the shrimp. Prepare pasta by cooking according to package directions. Drain well; mix together with onion, celery, dill, olive oil, pepper and Vegit. Add the shrimp and toss lightly. Chill.

Serve on bed of radicchio and garnish with black olive slices, chopped pimiento and more dill.

Serves: 4-6

SEAFOOD

Lobster Corn Chowder

Two 1 ¼ pound lobsters
3 cups corn kernels (6 ears), cobs saved
½ pound red-skinned potatoes, unpeeled
2 T. butter
1/3 cup chopped shallots
1 rib celery, cut in half lengthwise and thinly sliced
2 T. flour
1 cup warm milk
Salt and freshly ground black pepper to taste
Large pinch cayenne pepper
3 T. chopped chives

Put lobsters in large pot with steamer basket and one inch boiling water. Cover and steam ten minutes. Cool, remove meat and retain shells and cooking water. Cut meat into ½-inch pieces. (Supermarkets will sometimes steam lobsters for you if you are squeamish about steaming them yourself.)

Add enough water to the lobster pot to make two quarts. Break the corn cobs in half and add along with the lobster shells. Bring to a boil, skimming any scum that forms on the surface. Reduce heat and simmer 45 minutes. Strain, pressing the solids with the back of a spoon to extract any remaining liquid. You should have about one quart.

Meanwhile, steam potatoes, cool and cut into ½ - inch cubes. Set aside. Melt butter in a small kettle or large saucepan over medium heat. Cook shallots and celery, stirring, until shallots soften, about three to four minutes. Add flour and stir a few minutes. Add lobster-corn stock, and bring to a boil, stirring. Lower heat and simmer for approximately ten minutes.

Add corn kernels, potatoes, milk, salt, pepper and cayenne pepper. Cook approximately five minutes. Add reserved lobster and chives. Heat a few minutes. Season to taste.

Serves: 6

Curried Lobster

4 medium-sized lobster tails (can use prepackaged)
1 - 1½ cups white sauce (recipe to follow)
½ teaspoon curry powder
1 teaspoon onion juice
Cayenne pepper to taste
2-3 T. lime juice
Salt and freshly ground pepper to taste
Rice

Boil the lobster 5-10 minutes in large stockpot until meat is opaque. Remove the meat from the tails and cube. Prepare the white sauce per the recipe, and add curry powder, onion juice, cayenne pepper, lime juice, salt, pepper and cubed lobster meat to sauce. Heat through, being careful not to overheat. Serve over rice.

White Sauce

3-4 T. butter
4 T. unbleached flour
½ cup fish stock
1 cup milk

Melt butter in saucepan over medium heat. Add flour and cook for 2-3 minutes, stirring constantly. Remove from heat and add fish stock. Return to heat and add milk. Cook 3-5 minutes more until thickened.

Mix all ingredients together. Let stand 2-3 days (refrigerated). Strain through cheesecloth several times, reserving peppers. Pour mixture and peppers into clean jar; seal tightly. Keep in refrigerator for at least two weeks before using. Can safely be stored in refrigerator for approximately three months.

Serves: 4

Deviled Lobster

2 pounds lobster meat, cooked and diced
1 cup fresh bread crumbs
2 hard-cooked eggs, chopped
2 T. vegetable oil
2 scallions, finely chopped
1 large onion, finely chopped
1 medium-size tomato, finely chopped
1 cup milk, scalded
1 T. flour
2 T. lime or lemon juice
Salt and freshly ground pepper to taste
Butter

In a large bowl, combine the lobster meat with $\frac{1}{2}$ cup of the bread crumbs and the hard-cooked eggs. Set aside.

In a skillet, heat the oil. Add the scallions, onion, and tomato and sauté until the onion is translucent. Add to the lobster mixture.

Mix together the milk and flour, then add to the lobster with the lime or lemon juice, and salt and pepper to taste.

In a large saucepan over low heat, cook the lobster mixture for about ten minutes, stirring constantly. Spoon the mixture into scallop shells and sprinkle the remaining $\frac{1}{2}$ cup bread crumbs on top. Dot with butter and bake in a preheated 350 degree oven for about ten minutes, or until the bread crumbs begin to brown. Serve hot.

Serves: 4 - 6

Lobster Omelet

1 large lobster (1 to 1.5 pounds)
5 eggs
Salt and freshly ground pepper to taste
1 tsp. butter

Cook the lobster, remove meat from shell and cube cooked meat into ½ inch chunks. Set aside.

Mix the eggs and seasonings in a bowl; beat well. Melt the butter in a non-stick frying pan over medium heat. Pour in eggs, stirring briskly with fork. As eggs cook and lift from pan bottom, keep lifting edge of omelet up with spatula to permit uncooked eggs to run underneath. When eggs are almost cooked firm, sprinkle lobster pieces over the top. Continue cooking long enough to heat lobster through. Fold over quickly and serve immediately.

Serves: 2

Baked Halibut Steaks

4 halibut steaks, approximately 1" thick
3 T. fresh lemon juice
1 teaspoon salt
½ teaspoon paprika
½ cup chopped onion
2 T. butter

In shallow dish, combine lemon juice, salt and paprika. Add halibut, turning to coat. Marinate one hour, turning steaks after first half hour. Sauté onion in butter until tender. Place halibut in greased 10" x 6" baking dish; top with onion. Bake at 450 degrees for ten minutes or until fish flakes easily with a fork.

Serves: 4

Boiled Swordfish

1 ½ to 2 pounds swordfish steaks, cut medium thick
2 T. butter
4 medium sized onions, sliced very thin
Salt and freshly ground pepper to taste
Water to cover

Wash uncooked swordfish in water; pat dry with paper towels. Put in flat-bottomed pan and barely cover with water (do not immerse). Add salt, pepper and butter. Place sliced onions on top and simmer over medium heat just until fish flakes, about 10-15 minutes. DO NOT OVERCOOK.

Serves: 4

Swordfish Steak

6 Swordfish, cut into 1" thick steaks
1 cup olive oil
4 garlic cloves, crushed
Juice of one lemon
2 T. crumbled basil
1 teaspoon celery salt
1 teaspoon black pepper
2-3 T. melted butter

Combine all ingredients in large bowl, place fish into mixture and marinate for 2-3 hours. Cook on grill 5 minutes each side. Serve with a fresh salad and enjoy.

Serves: 6

Quick Crab Cakes

2 cups flaked crab meat
1 T. lemon juice
1 egg, beaten
Salt and freshly ground pepper to taste
1 cup fine bread crumbs, plus extra
Oil

Combine first five ingredients in mixing bowl; mix well. If mixture is too wet, add more bread crumbs; if too dry, add a little water. Shape into 6 patties, dip in additional bread crumbs. Brown lightly on both sides in hot oil.

Serves: 3

Lime Garlic Shrimp

2 pounds medium shrimp, peeled, cleaned and deveined
¼ cup butter
4 cloves garlic, minced
1 cup minced scallions
¼ cup freshly squeezed lime juice
Coarsely ground black pepper
¼ cup fresh parsley, chopped

Prepare the shrimp and set aside.

In a large sauté pan, melt the butter. Add the garlic and scallions and sauté until the scallions turn bright green. Add the shrimp and lime juice. Maintain the heat and cook just briefly, until shrimp turns pink. Stir in the black pepper and parsley.

Serve over fluffy rice or on toasted, buttered rolls.

Serves: 4

Curried Shrimp

1 pound (10-12) large shrimp, cleaned, peeled, and deveined
Fresh lime juice
Salt to taste
1 clove fresh garlic, finely chopped
2 T. curry powder
2 T. olive oil or butter
1 medium onion, finely chopped
1 green pepper, finely chopped
½ cup chopped tomatoes
1 T. freshly chopped celery
1 T. freshly ground pepper
1 cup water (or less)
½ T. cornstarch

Curry condiments: mango chutney, shaved coconut, chopped scallions, chopped tomatoes, and chopped peanuts

Season the shrimp with fresh lime juice and salt. Sauté the garlic and curry in a few tablespoons of olive oil for a few minutes. Add the onion, green pepper, tomatoes, celery and ground pepper. Sauté until the vegetables are done. Add about one cup of water to the mixture and gently mix. Add ½ tablespoon of cornstarch to the mixture. Add more if necessary. Add the shrimp and cook about one minute or just until done. Don't overcook!

Serve with selection of curry condiments in small bowls.

Serves: 4

Shrimp Curry

¼ cup butter
3 medium-sized onions, finely chopped
1 apple, peeled and chopped
1 garlic clove, minced
2 T. curry powder
3 T. all-purpose flour
2 cups chicken broth
1 T. lime or lemon juice
1 bay leaf
1 teaspoon whole peppercorns
¼ teaspoon ground ginger
2 medium-sized tomatoes, peeled and chopped
2 pounds raw shrimp, peeled and deveined

In a large, heavy skillet, melt the butter and add the onions, apple, garlic, and curry powder. Sauté for about five minutes. Then stir in the flour. Add the chicken broth, lime or lemon juice, bay leaf, peppercorns, ginger, tomatoes, and salt and pepper to taste. Bring to a rolling boil. Reduce the heat and simmer for about 20 minutes, stirring occasionally.

Add the shrimp, cover, and cook for about 8 minutes, or until the shrimp turns pink. Discard the bay leaf and peppercorns before serving. Serve over a bed of boiled rice.

Serves: 6

Coconut Shrimp

1 pound shrimp, peeled and deveined
Dash salt
1 teaspoon pepper
½ teaspoon paprika
2 – 3 cloves garlic, minced
½ teaspoon onion powder
½ teaspoon thyme
½ teaspoon oregano
¾ cup flour
½ cup milk
1 egg
½ teaspoon baking powder
1 cup fresh coconut
Oil

In a large bowl, place flour, milk, egg, baking powder and mix well. Add remaining seasonings except coconut and oil. Dip shrimp into batter, then coat thickly with coconut. Fry shrimp in hot oil until golden brown.

Serves: 2

Shrimp and Rice Pattie

1 pound shrimp, cooked and cut into bite sized pieces
1 egg
1 cup cooked rice
1 T. butter, melted
Dash pepper
1 teaspoon salt
1 T. parsley
2 T. water
Flavored bread crumbs

In a medium-size mixing bowl, place shrimp, rice, butter, pepper, salt, parsley, and mix well. In small bowl, beat egg with water. Pour egg mixture in wide, flat dish. Put bread crumbs on plate next to egg mixture. Make a pattie of shrimp mixture, then dip pattie in egg and then crumbs. Fry until golden brown on both sides.

Serves: 2 - 3

Sautéed Shrimp

1 T. olive oil (can be virgin or extra virgin)
2 teaspoons fresh basil (if dried basil is substituted, add to taste)
1 shallot, peeled and finely chopped
½ pound raw shrimp, cleaned with tails left on
Lemon juice
Salt and freshly ground pepper to taste

In sauté pan over medium heat, heat olive oil with basil. Add shallot. Sauté until tender; DO NOT BROWN. Add shrimp and cook 3-5 minutes, stirring constantly, until shrimp begins turning pink. Drizzle lemon juice onto shrimp, season to taste. Serve immediately.

Serves: 2

Conch Fritters

1 cup pounded conch
½ cup sifted flour
1 teaspoon baking powder
½ teaspoon salt (to taste)
2 eggs, slightly beaten
2 T. melted butter
Vegetable oil for frying

Boil conch for about 6-7 minutes. Drain, mince into small pieces. Sift the baking powder and salt into flour. Combine eggs, conch and melted butter; stir conch mixture into flour mixture. Mix well.

In heavy saucepan over medium-high heat, heat ½ inch of oil to approximately 350 degrees. Carefully drop batter, by large spoonfuls, into oil and cook 3-5 minutes. Cook until golden brown, turning once. Remove from pan, place on paper towel to absorb oil, and re-season to taste. Serve piping hot.

Serves: About 10

Fried Cracked Conch

4 conch steaks, about 4 ounces each
1 egg, beaten
½ cup milk
1 cup cracker meal (cornmeal can be substituted)
Salt and freshly ground pepper to taste
Vegetable oil for frying

Pound raw conch for 15 minutes with heavy mallet (this will break down the tough membranes of the meat). Beat egg with fork; add milk. Dip pounded conch into meal, then into egg/milk mixture, then into meal again.

In heavy saucepan over medium-high heat, heat oil to approximately 350 degrees. Carefully drop coated conchs into oil and cook until golden brown. Remove from pan, place on paper towel to absorb oil, and re-season to taste. Serve piping hot.

Serves: 4

Stewed Conch

6 conch, about 4 ounces each
1 small onion, peeled and chopped
3 T. vegetable oil
2 T. flour
2 cups water
1 pound white potatoes, peeled and chunked

Pound raw conch for 15 minutes with heavy mallet (this will break down the tough membranes of the meat) and cut conch into bite-sized pieces. Sauté onion in oil until tender. Whisk in the flour, stirring constantly until brown. Add the water, conch pieces and potatoes. Simmer over low heat 45-60 minutes or until the conch is tender.

Serves: 4

Crab Soufflé

3 T. butter
3 T. flour
1 cup milk
2 cups crab meat
Salt and freshly ground pepper to taste
Fresh parsley, finely chopped
3 eggs, separated
1 T. lime juice (freshly squeezed, if possible)

Preheat oven to 325 degrees. Melt the butter in the top of a double boiler. Add flour, salt and pepper, stirring for about five minutes. Slowly add the milk, stirring constantly until mixture thickens. Reduce heat, add crab meat and parsley; re-season. Beat egg yolks; then add to mixture. Allow mixture to cool for 20 minutes.

Beat reserved egg whites until stiff peak stage. Fold beaten egg whites into cooled mixture. Pour into ungreased 2-quart soufflé dish. Drizzle lime juice over top. Place dish in pan filled with about an inch of water. Bake for about one hour or until knife inserted comes out clean. Serve immediately.

Serves: 4

Paper Bag Fish

4 whole small fish
Salt and freshly ground black pepper to taste
1 teaspoon fennel seed
2 T. butter
8 very thin lemon slices
12 sprigs parsley

Leave heads on fish. Sprinkle center cavity of each fish with fennel seed, dot with butter, two slices of lemon, three sprigs of parsley. Wrap in old parchment paper bag, tie with string. Bake at 350 degrees for 25 minutes. Take from oven, place directly on plates so each person can open their own fish. Serve with rice and spinach salad.

Serves: 4

Curried Fish

1 ½ - 2 pounds fish fillets
1 medium-sized onion, minced
2 T. butter
2 ripe tomatoes, chopped
2 T. curry powder
1 cup hot water with 1 T. of flour whisked in (flour slurry)
Salt and freshly ground pepper to taste
3 cups cooked white or brown rice

In large skillet, sauté onion in butter until golden brown. Add tomatoes, curry powder and salt/pepper to taste. Whisk in flour slurry and bring to simmer over low heat. Add fish fillets and simmer about ten minutes, turning once. When fish begins flaking, remove from heat. Spoon curry sauce over fish and serve hot over rice.

Serves: 4

Caribbean Baked Fish

2 pounds fresh firm fish fillets, salted to taste
1 cup ripe chopped tomatoes
1 cup chopped onions
1 cup chopped green peppers
2 cloves garlic, minced
1 teaspoon cayenne pepper
½ cup fresh lemon juice
1 T. sugar
Lawry's Seasoning Salt (to taste)
2 T. butter

Place fillets in a baking dish that has been well greased. Combine all the ingredients except the butter. Spread the vegetable mixture over the fish fillets. Preheat oven to 350 degrees.

Dot fish with butter pieces. Bake for about four minutes. Then place under the broiler for about three minutes or until fish is nicely browned on top. Do not overcook.

Serves: 4 – 6

Lime-Baked Fish

1 pound fresh fish fillets (4 – 6 fillets)
3 T. butter
2 T. fresh lime juice
Salt and freshly ground pepper to taste
1 teaspoon freshly chopped tarragon or ½ teaspoon dried
½ teaspoon freshly chopped chives
1 lime cut into thin wedges
½ teaspoon paprika

Preheat oven to 350 degrees. Melt the margarine in a shallow baking pan. Arrange fish fillets in the pan, turning well to coat both sides with the margarine. Drizzle lime juice over the fish. Combine the salt, pepper, tarragon, and chives. Sprinkle over the fish.

Cover with aluminum foil, and bake for about 8-15 minutes, until the fish flakes easily. Do not overcook.

Garnish with lime wedges. Sprinkle wedges and fish with paprika.

Serves: 4

Broiled Pompano

1 whole pompano, (about ½ pound), cleaned
1/3 cup plus 2 T. olive oil
2/3 cup butter
¼ cup fresh lemon juice
Salt and freshly ground pepper to taste
3 T. chopped fresh scallions for garnish
3 T. chopped parsley for garnish

Rub 2 tablespoons of olive oil over the fish. Charcoal-broil the fish for about seven minutes on each side. Do not overcook.

Blend the butter, lemon juice and 1/3 cup olive oil over heat. Place the fish on a serving platter and pour the sauce over it. (The fish should be swimming in sauce.) Salt and pepper to taste; sprinkle with scallions and parsley.

Serves: 4

Snapper Barbados

- 1 10-ounce snapper fillet
- 3 T. lime juice
- 2 T. fresh chopped parsley
- 1 T. thyme
- 1 T. marjoram
- 1 T. freshly chopped shallots
- 1 ½ teaspoon freshly minced garlic
- 1 teaspoon cayenne pepper (can use less to taste)
- 1 teaspoon paprika
- 1/8 teaspoon salt
- 2 tablespoons olive oil or margarine

Blend all ingredients together very well. Cover the fillet with the mixture being careful to coat the entire fillet. Broil for a few minutes or until the fish flakes when tested with a fork.

Serves: 4

Seared Shark Fillets with Fruit Glaze

1 cup fresh fruit, such as peaches, apples, plums, strawberries,
grapes or kiwifruit
2 pounds fresh shark fillets
Salt to taste
Flour for dredging
4 eggs, beaten
3 – 4 teaspoons clarified butter*
Freshly grated coconut (about ½ cup)
½ cup fresh lemon juice

Wash the fruit and slice into ¼” pieces. Pat dry.

Wash the shark fillets and slice horizontally into ¼” thick fillets.
Flatten each fillet with a mallet and lightly salt. Dip into flour, then dip
into egg batter.

Heat the clarified butter in skillet to 400 degrees. It must be very hot.
Place the fillets in the skillet and cook until brown. Turn once and
brown the other side. Remove the fillets to a serving platter. Add the
coconut to the remaining butter in the skillet. Place the fruit in the
skillet and sauté very quickly. Add lemon juice to the mixture and
heat through. Pour the sauce over the fillets.

Serves: 6 – 8

*Clarified butter is made by heating the butter and removing all impurities from the butter as they
rise to the top. The butter is then strained.

Fish with Parsley and Butter Sauce

1 T. flour
4 T. butter
1 cup fresh fish stock
1 T. freshly chopped parsley
1 ½ - 2 pounds fresh firm white fish
1 teaspoon fresh lime juice
Salt and freshly ground black pepper to taste

Make a roux* with the flour and the butter. Slowly whisk in the fish stock, parsley and lime juice. Season with salt and pepper. Simmer for about three minutes.

Wash fish with water and lime juice. Broil, grill, or steam the fish. Pour the sauce over the fish. Serve with a side dish of vegetables or a fresh garden salad.

Serves: 4

*Roux: An equal amount of butter and flour cooked a few minutes until smooth. Used to thicken, or as a base for gumbos and various other dishes.

MEATS AND POULTRY

Veal Sauté

¼ cup vegetable oil
2 pounds veal cutlets, cut ¼ inch thick
Salt and freshly ground pepper to taste
2 T. flour
2 small onions, chopped
2 tomatoes, chopped
2 green peppers, seeded and chopped
¾ cup water (seasoned chicken stock can also be used)

Heat vegetable oil in large skillet over medium-high heat. Season veal with salt and pepper; add to skillet and fry until browned. Remove meat from skillet.

In same skillet, brown flour in veal drippings. Add onions, tomatoes, green peppers, salt and pepper to taste. Sauté until tender. Return veal to skillet and blend in the water. Cover and simmer over low heat for approximately 20 minutes until meat is fork-tender.

Serves: 4

Arroz Con Pollo (Chicken and Rice)

1 frying chicken, cut up (approximately 3 pounds)
¼ cup virgin olive oil
3 cloves garlic, crushed
1 green pepper, seeded and chopped
2 medium onions, chopped
1 medium tomato, chopped
3 cups water
4 strands saffron
1 ½ cups white rice

In a six-quart Dutch oven, brown chicken in olive oil over medium high heat. Remove chicken. Sauté garlic, pepper, onions and tomato in olive oil until onion is transparent. Add the water, saffron, chicken and rice. Stirring occasionally, cook over low heat about 30 minutes until chicken is tender and rice is cooked. Serve immediately.

Serves: 4-6

Fried Chicken

1 chicken, cut up
1 egg
½ cup milk
1 cup flour
Salt and freshly ground pepper
Oil

Wash chicken; pat dry. Combine egg and milk in small dish. Combine flour, salt and pepper. Dip chicken in flour, then in milk mixture, then back in flour. Add one inch oil to skillet; heat. When hot, add chicken and brown on both sides. Reduce heat; continue cooking until chicken is tender, about 20 to 30 minutes (do not cover). Turn chicken several times while cooking. Drain on paper towels.

Serves: 4

Oven Fried Chicken

1 chicken, cut up
½ cup flour
1 ½ teaspoons salt
¼ teaspoon pepper
1 teaspoon paprika
¼ cup oil

Combine dry ingredients. Coat chicken pieces with flour mixture. Pour oil into jelly roll pan. Add chicken, skin-side down. Bake at 400 degrees for 30 minutes. Turn and bake 30 minutes or until tender. If chicken pieces are small, bake 20 minutes on each side.

Serves: 4

Fried Chicken and Gravy

1 2 ½ pound fryer, cut up
Vegetable oil
2 T. butter
1 ½ cups flour
Salt and freshly ground pepper to taste
Red cayenne pepper (optional)
1 pint milk

Wash chicken; pat dry with paper towels.

Place dry frying pan on the stove; turn on to high heat. Allow frying pan to get very hot. Carefully pour vegetable oil 1/2 inch deep in the hot pan. When oil has heated, add the butter. Heat until butter bubbles. Dredge chicken in seasoned flour; drop chicken into hot oil. Note: Cook the meatier chicken pieces first.

Brown chicken on one side and turn over carefully. When both sides of chicken are lightly browned (about 15-20 minutes), reduce heat, cover tightly and cook 30-40 minutes. Uncover last 5-10 minutes to allow chicken to crisp.

To make the gravy, remove chicken from pan and drain off all the fat except 2-3 tablespoons. Sprinkle in about 3 tablespoons of the seasoned flour. Stir constantly, but do not allow it to brown. Slowly add the milk to the mixture and re-season with salt and pepper to taste.

Serves: 4

Savory Grilled Chicken

1 chicken, cut up
Seasoned salt
Butter, melted

Place chicken on large piece of heavy duty foil. Sprinkle generously with salt. Fold foil over and secure tightly. Place on grill and cook 4 minutes turning frequently to avoid burning. Open foil; place chicken directly on grill, turning to brown both sides. Baste with butter.

Serves: 4

Easy Oven Chicken

1 chicken, cut up
½ cup butter, melted
¾ teaspoon salt
½ teaspoon lemon pepper
¼ teaspoon dried basil

Place chicken in 9 x 13" baking dish. Combine remaining ingredients and brush chicken with some of the mixture. Bake at 350 degrees for 60 minutes or until tender, basting frequently with additional butter mixture.

Serves: 4

Coconut Chicken

3 pounds chicken parts
2 cups coconut milk*
2 cups cooked rice
Salt and freshly ground pepper to taste
½ cup shredded coconut

In a large Dutch oven over medium-high heat, brown the chicken. Add the coconut milk and simmer, covered, about 30 minutes until chicken is fork-tender. Season with salt, pepper and shredded coconut; serve immediately over rice.

*Coconut milk is the liquid obtained by blending fresh coconut meat with water. Put fresh coconut meat from one coconut into food processor, and add 2-3 cups water. Blend mixture at high speed until smooth. Pour through a wire mesh strainer; reserving coconut milk and discarding pulp.

Serves: 4

Baked Chicken Curry

1 chicken, cut up
½ cup butter, melted
1 teaspoon lemon juice
2 cloves garlic, minced
1 teaspoon salt
2 teaspoons curry powder

Place chicken, skin-side down, in greased 9 x 13" baking dish. Combine remaining ingredients. Brush chicken with some of the sauce. Bake at 350 degrees for 30 minutes, basting once. Turn chicken, bake 30 minutes, basting with additional sauce every ten minutes until chicken is tender.

Serves: 4

Avocado Chicken

2 medium-sized ripe avocados, halved and pitted
1 T. lime juice
2 T. butter
2 T. flour
Salt and freshly ground pepper to taste
 $\frac{3}{4}$ cup milk
1 cup diced cooked chicken or turkey
2 T. chopped pimiento
2 T. chopped green pepper
2 T. finely crushed saltine crackers

Preheat oven to 350 degrees. Sprinkle avocado halves with lime juice. Cut a small slice from the bottom of each avocado so that the halves will sit without tipping.

Melt butter in skillet over medium heat. Whisk in flour; cook 2-3 minutes. Slowly whisk in milk. Add salt and pepper to taste, and cook over low heat until thickened. Remove from heat; add meat, pimiento and green pepper. Place avocados in shallow baking dish. Fill avocados with meat mixture. Sprinkle with paprika and cracker crumbs.

Pour in enough warm water to barely cover the bottom of the baking dish. Bake about five minutes (just enough to heat avocados through). DO NOT OVERCOOK. Serve at once.

Serves: 4

Chicken with Country Dumplings

1 3 – 3 ½ pound chicken, cleaned
1 ½ quarts water
1 small onion, chopped
2 stalks celery, chopped
1 teaspoon salt
1 teaspoon black pepper
1 cup flour
Pinch of baking powder
1 large egg
1/3 cup chicken broth
Salt and pepper to taste

Place the chicken, water, onion, celery, salt and pepper in a large pot. Bring to a boil, then simmer the chicken until done, about one hour. Remove chicken from the broth and allow to cool. Reserve the broth.

In a bowl, place flour and baking powder. Make a deep well in the center. Add the egg and 1/3 cup chicken broth. Gently beat egg and broth together. Mix in surrounding flour. Form into a ball. Pinch small amounts of dough and roll on a floured board. Roll very thin. Cut in ½” strips and drop into boiling chicken broth. Cook slowly until tender.

Remove the bones from the meat. Cut the meat into bite-sized pieces and return to the pot with the dumplings once they are tender. Add salt and pepper to taste.

Heat through and thicken with flour if necessary.

Serves: 6

Chicken with Scalloped Bananas

4 chicken breast halves, boned and skinned
4 T. butter
Salt and freshly ground pepper to taste
8 Scalloped bananas (recipe follows)
4 peach halves and juice

Sauté the chicken breasts in butter, until tender and browned. Season with salt and pepper to taste. Serve each with 2 Scalloped Bananas alongside and a peach half and juice on top.

Scalloped Bananas

4 medium ripe bananas, peeled
1 cup flour
½ cup milk
1 cup bread crumbs, unseasoned
Vegetable oil for deep-frying
5 T. sugar
5 T. cinnamon

Cut each banana into three or four 1 ¾" chunks. Roll each chunk in the flour. Dip in milk, then roll in bread crumbs. Deep-fry in oil heated to 350 degrees until golden. Combine the sugar and cinnamon. Roll the bananas in the cinnamon/sugar mixture. Serve warm, next to the chicken. These can also be served as a side dish with other entrees or as a dessert.

Serves: 4 - 6

Chicken in Lime Sauce

3 pounds chicken pieces, skinned and boned
1 cup fresh lime juice
2 teaspoons honey
2/3 cup water
2 teaspoons salt
1 teaspoon coarse black pepper
1 teaspoon thyme
2 T. vegetable oil
1 T. fresh ginger, peeled and finely chopped
Slices of lime for garnish

Place all ingredients except chicken and garnish in the container of a food processor or blender. Cover and process until ingredients are combined. If done by hand, be sure to blend well. Pour this marinade over the chicken pieces. Cover and let marinade in the refrigerator for several hours, possibly overnight. In the morning, drain and reserve the marinade.

Bake at 325 degrees for about one hour and twenty minutes, basting with the reserved marinade every 20 minutes. Garnish with fresh slices of lime.

Serves: 4 – 6

Roast Cornish Hens

4 Cornish hens
1 teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon paprika

Wash and drain hens, but do not dry. Combine last three ingredients, and sprinkle evenly over hens. Place breast down in buttered shallow baking pan. Bake at 425 degrees for 30 minutes. If hens stick, add a little butter to pan. Turn breast side up and bake 30 to 40 minutes longer or until golden brown and tender, basting occasionally with pan drippings.

Serves: 4 (large helpings)

Basic Omelet

3 eggs
½ teaspoon salt
1/8 teaspoon pepper
1 teaspoon water
1 T. butter

Slowly heat a 8” or 9” curved-side non-stick skillet over medium heat. The pan must be hot enough for the butter to melt but not brown. Combine first four ingredients in small bowl, mixing with fork until whites and yolks are just blended. Add butter to skillet; increase heat slightly. When melted, add eggs all at once. As eggs begin to set, pull edges slightly up and toward the center, letting uncooked egg flow underneath. When eggs are lightly set, fold in half and serve. Makes one omelet.

Note: Fillings such as peppers, onions, fresh tomatoes, etc., can be added to top of omelet just before the eggs start to set.

Savory Eggs

1 medium onion, diced
4 eggs
½ teaspoon salt
2 T. water
Freshly ground black pepper, to taste

Place onion in small amount of butter and sauté. Beat remaining ingredients and add to onions, scramble eggs.

Serves: 2

Scrambled Eggs

8 eggs
¾ teaspoon salt
1/8 teaspoon pepper
½ cup milk
2 T. butter

Combine first four ingredients. Beat with fork just until yolks and whites are blended. Melt butter in large skillet. Add eggs and cook over low heat. Stir gently with spoon, cooking just until eggs are set and still moist. Serve immediately.

Serves: 4

Heat and Hold Scrambled Eggs

¼ cup butter
12 eggs
1 1/3 cups milk
1 teaspoon salt
1/8 teaspoon pepper
2 T. flour

Melt butter in large skillet over low heat. Combine remaining ingredients in mixing bowl; mix until smooth. Pour mixture into skillet. As eggs cook, lift outside edges to allow uncooked eggs to flow to outer edge of skillet. Continue stirring until eggs are cooked, but mixture still has a creamy appearance. Serve, or cover and keep warm until serving time.

Serves: 6

Curried Beef

¼ cup vegetable oil
1 garlic clove, minced
2 sprigs chives, chopped
1 small fresh hot pepper, seeded and sliced (optional)
2 medium-size onions, chopped
1 teaspoon ground ginger
2 T. curry powder
2 pounds lean beef, cut into 1-inch cubes
2 cups water
Salt

Heat the vegetable oil in a large skillet and add the garlic, chives, pepper, onions, ginger, and curry powder. Sauté for about two minutes, stirring constantly. Add the cubed beef and sauté until evenly browned. Add the water and salt to taste. Reduce the heat and simmer until the meat is tender, about 1½ hours. Serve with rice and vegetables.

Serves: 6

Hamburgers with Onions

1 pound fresh lean ground beef
½ cup fresh bread crumbs
1 teaspoon salt
1/8 teaspoon pepper
1/3 cup butter
2 large onions, thinly sliced

Combine ground beef, bread crumbs, salt and pepper. Shape into 4 oval patties. Melt three tablespoons butter in large skillet; add onion and cook until tender and lightly browned. If desired, season with salt. Remove and keep warm. Add remaining butter to skillet; add meat patties and cook to desired degree of doneness. Arrange on serving dish and top with onions.

Serves: 4

Standing Rib Roast

1 standing rib roast (4 ribs)

Place beef, rib side down, on rack in shallow roasting pan. Insert meat thermometer so tip is in center of roast. Bake at 325 degrees to desired degree of doneness. The roast will continue internally after removing from oven. Remove from oven when thermometer reads:

Rare	remove at 120 degrees (15 - 17 min/lb)
Med Rare	remove at 140 degrees (17 – 20 min/lb)
Medium	remove at 150 degrees (20 – 25 min/lb)

Cover with foil and let roast stand 20 minutes before carving. Allow $\frac{3}{4}$ - one pound per person.

Rolled Rump Roast

Rump roast, boned and rolled (use top grades for roasting)
Salt and freshly ground pepper

Place meat, fat side up, on rack in shallow roasting pan; sprinkle with salt and pepper. Insert meat thermometer; roast, uncovered, at 325 degrees for 2 to 2.5 hours for a 4 to 6 pound rump roast (150 to 170 degrees). Remove roast from pan; cover and let stand ten minutes before serving.

Serves: 6

Basic Pot Roast

3 to 4 pound rump, chunk or round beef

Flour

¼ cup oil

1 large onion, cut into large wedges

Salt and pepper to taste

1 ½ teaspoons of thyme (or any herb blend)

Heat oil in heavy pot or Dutch oven. Rub roast with flour. Brown meat slowly in hot oil, turning to brown all sides. Add remaining ingredients along with about one cup water. Cover and bake at 350 degrees for about 2 to 2.5 hours, or until meat is tender. Add more water if necessary. If desired, potatoes and carrots can be added last half hour of cooking time.

Serves: 6 - 8

Pepper Roast

2 pound sirloin tip roast

2 ½ teaspoons seasoned salt

3 teaspoons fresh coarsely ground black pepper

Rub surface of roast evenly with combined salt and pepper mixture. Place on rack in roasting pan. Bake at 350 degrees for 30 minutes per pound or until meat thermometer inserted in center registers 140 degrees for medium rare or 150 degrees for medium. Cover with foil and let stand 15 minutes for easier carving.

Serves: 4

Beef Fajitas

1 pound skirt steak, flank steak or sirloin steak
½ cup fresh lime juice
¾ teaspoon garlic salt
½ teaspoon freshly ground black pepper
2 T. butter
Flour tortillas, warmed

Place beef in shallow dish. Combine next three ingredients and pour over meat. Cover and refrigerate several hours or overnight. Remove meat from marinade; drain thoroughly. Brown on grill or in hot oil. Slice diagonally into strips. Serve in warm flour tortillas. Tip: Chicken breast halves can be substituted for the beef. Favorite condiments served with fajitas are salsa, chopped onion, peppers, guacamole, and tomato.

Serves: 4

VEGETABLES, PASTA, RICE AND POTATOES

Fried Onion Rings

5 - 6 large Bermuda onions, cut into ¼" rings

Milk

2/3 cup flour

¼ teaspoon salt

2/3 cup water

2 T. vegetable oil

1 egg white, stiffly beaten

Vegetable oil for frying

Cut onions into ¼" rings; select only the largest rings. Soak onion rings in milk for approximately 1-2 hours. Remove from milk and blot dry on paper towels.

Sift together flour and salt; other seasonings (black pepper, cayenne pepper, etc.) can be added to suit taste. Add water and beat until smooth. Add oil and fold in the beaten egg white.

Dip onion rings into the batter mixture one at a time, and drop into hot vegetable oil. (note: this recipe calls for oil in a heavy skillet, but a deep fryer can also be used.) Don't allow the rings to overlap while cooking, or the batter will pull off.

Remove from hot oil when lightly brown; drain on paper.
Re-season. Serve hot.

Serves: 6

Scalloped Potatoes

3 T. butter
3 T. flour
1 ½ cups milk
Salt and freshly ground pepper to taste
1 clove garlic, minced
4 potatoes, peeled and cut in ¼" slices

Preheat oven to 375 degrees and grease a 2-quart casserole dish.

Melt butter in saucepan over medium heat. Add flour; cook 2-3 minutes. Reduce heat. Slowly stir in milk and cook over low heat until mixture thickens. Add garlic and salt and pepper to taste. Remove from heat.

Put a layer of potatoes in the casserole dish. Pour half the sauce on top. Repeat.

Bake, covered, for approximately 40-45 minutes. Uncover and bake an additional 10-15 minutes more until potatoes are tender and top is brown.

Serves: 4

Potatoes with Peppers and Onions

1 T. olive oil
1 medium green bell pepper, seeded and cut into thin strips
1 medium onion, thinly sliced
4 medium red potatoes, washed and thinly sliced
Salt and freshly ground black pepper to taste
Pinch hot pepper flakes

Heat oil over medium heat in a large, heavy-bottomed skillet. Layer half the pepper, then half the onion, and half the potatoes, seasoning each layer with salt and pepper and a pinch of hot pepper flakes. Repeat.

Reduce heat to medium low. Cover and cook about twenty-five minutes or until potatoes are soft. Stir every five minutes with a wide spatula.

Serves: 4

Skin-On Home-Fry Potatoes

4 medium potatoes, leave skin on
2 large onions, diced
¼ cup cooking oil
Salt and freshly ground pepper to taste

Wash potatoes, pat dry, and cut up in bite-sized pieces. Place oil in skillet and lightly brown onions. Add potatoes, salt and pepper, stirring occasionally until brown, tender but firm. Serve.

Serves: 2 – 3

Potatoes Anna

6 medium potatoes, peeled
½ cup butter
Salt and freshly ground black pepper to taste

Slice potatoes into 1/8" rounds. Generously butter a deep 10-inch pie dish. Arrange potatoes in the bottom, overlapping the slices spiral-fashion. Build up layers, dotting each layer with butter and seasoning with salt and pepper. Cover with foil and bake at 400 degrees for 45 minutes. Remove foil and bake, uncovered, until potatoes are very tender and browned on top, usually about 20 to 30 minutes. The potatoes should be brown and crisp on the outside and tender and buttery on the inside. Invert on plate and serve.

Serves: 6

Easy Potato Fans

4 medium large potatoes
¼ cup melted butter
Salt and freshly ground black pepper to taste

Stand potatoes on end and cut lengthwise sliced ¼" thick, cutting slices to within one inch of bottom. Lay on side and spread potato in a fan-shape. Place on flat baking sheet; sprinkle with salt and pepper. Brush generously with melted butter. Bake at 400 degrees for 4 minutes or until potatoes are tender, basting occasionally with butter.

Serves: 4

Criss-Cross Potatoes

2 large baking potatoes, halved lengthwise
¼ cup melted butter
Salt and freshly ground black pepper to taste
Paprika

Score potatoes in crisscross pattern, making cut about 1" deep without cutting through skins. Brush with butter. Sprinkle with salt, pepper and paprika. Place on baking sheet. Bake at 450 degrees for 35 minutes or until done, basting occasionally with butter.

Serves: 4

Easy Dinner Fries

Whole red potatoes, as many as desired
Oil
Salt

Boil potatoes until tender; do not overcook. Cut into bite-sized chunks, leaving peel on. Heat oil in heavy saucepan to 375 degrees. Add potatoes (not too many at a time); cook until golden brown. Drain on paper towels. Sprinkle with salt while still hot.

Oven French Fries

2 large baking potatoes
1 T. oil
¼ teaspoon paprika
Salt

Scrub potatoes but do not peel. Cut in half lengthwise; cut each half into 6 to 8 wedges. Soak potatoes in cold water for 20 minutes; drain. Blot dry with paper towels. Place in small bowl; sprinkle oil and paprika over top. Toss to coat evenly. Arrange potatoes in single layer in greased shallow baking pan. Bake at 475 degrees for about 20 minutes, stirring or turning to brown evenly. Cook until tender and lightly browned.

Serves: 4

New Potatoes with Butter Sauce

2 pounds small new potatoes, peeled
¼ cup butter
1 ½ teaspoons lemon juice
Salt and pepper
1 teaspoon dried parsley

Cook whole potatoes in boiling salted water until tender, about 25 to 30 minutes. Meanwhile, melt butter with remaining ingredients. Drain potatoes; put in serving bowl. Pour butter mixture over top.

Serves: 4

Summer Squash Skins with Garlic Bread Crumbs

Olive oil cooking spray
4 cloves garlic, chopped
¼ cup fresh bread crumbs
3 ½ pounds zucchini or combination of zucchini and yellow
crookneck squash, each no larger than six inches
1 T. butter
1 T. extra virgin olive oil
Salt and freshly ground black pepper to taste
3 T. chopped fresh parsley

Preheat oven to 400 degrees. Spray a small baking sheet with olive oil cooking spray. Combine garlic and bread crumbs and spread evenly on the baking sheet. Spray again with olive oil cooking spray and bake 10 to 15 minutes or until nicely browned. Stir a few times to toast evenly.

Trim ends of the squash. Holding each squash upright (vertically), slice off the skins into long, narrow slices all around. (You should have about 1 ¼ pounds.) Cut slices into long strips, about ¼" wide. Discard inner pulp.

Put butter and oil in a large skillet over medium-high heat. Add squash strips, raise heat to high, and toss. Cook, tossing occasionally, until squash strips are just beginning to soften, but are still lightly crunchy (about five minutes).

Add garlic bread crumbs and parsley, toss and serve.

Serves: 4

Roasted Summer Squash with Fresh Herbs

Olive oil cooking spray

3 pounds different kinds of summer squash, including zucchini, crookneck squash, scallopini, pattypan and sunburst squash, all cut in $\frac{3}{4}$ " cubes

2 medium red bell peppers, cut into 1" squares

2 small red onions, peeled and halved, each half cut into $\frac{1}{2}$ " wide wedges (can also use 16 small boiler-type onions left whole)

Salt and freshly ground black pepper to taste

1 T. chopped fresh thyme or summer savory

2 T. chopped fresh basil

2 T. chopped chives

2 T. extra-virgin olive oil

Preheat oven to 500 degrees. Spray a large, shallow roasting pan with olive oil cooking spray. Add all vegetables, spray well with olive oil cooking spray, and toss. Add salt and pepper and toss again. Put in the oven and cook 8 to 10 minutes. Toss and cook 8 to 10 minutes more. Add herbs, toss, and cook 5 minutes or until vegetables are cooked but still maintain their shape. Add olive oil and toss.

Serves: 8 (as a side dish)

Fried Eggplant

1 eggplant, cut in $\frac{1}{2}$ " to 1" slices

2 T. flour

$\frac{1}{2}$ teaspoon baking powder

2 eggs, beaten

3 T. water

Oil (or half oil and half butter)

Combine flour, baking powder, eggs and water; mix thoroughly. Dip eggplant in batter; fry slowly in hot oil until nicely browned. Turn and brown other side. Cook a few slices at a time, adding more oil when necessary. Do not crowd pan.

Sautéed Zucchini with Corn and Avocado

3 medium zucchini, trimmed
2 teaspoons avocado oil or olive oil
1 red bell pepper, diced (about $\frac{3}{4}$ cup)
6 trimmed scallions with 1" of green thinly sliced
2 cloves garlic, minced
2 cups corn kernels, preferably fresh
1 avocado, peeled and coarsely chopped
1 teaspoon toasted cumin, ground
1 teaspoon kosher salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper

Grate zucchini using a hand grater or the grater attachment of a food processor. Set aside. Heat oil in a large skillet or wok and add pepper, scallions, and garlic. Cook two minutes over medium heat. Add zucchini and corn. Cook five minutes. Add remaining ingredients and cook just until avocado softens, but vegetables are still firm.

Serves: 6

* To toast cumin seeds or other whole spices, put them in a cast-iron or other heavy skillet over low heat and shake them periodically. When their aroma begins to be noticeable, after about five minutes, remove the skillet from the heat. Cool the seeds, then grind them in a spice grinder, or by hand with a mortar and pestle.

Oven-Roasted Carrots and Sweet Potatoes

Butter flavored cooking spray
1 pound carrots, peeled and cut into one-inch chunks
1 pound sweet potatoes, peeled and cut into one-inch chunks
2 T. chicken or vegetable stock
1 ½ T. melted butter
Salt and freshly ground black pepper to taste
1 teaspoon ground mace

Preheat oven to 500 degrees. Spray a shallow roasting pan with cooking spray. Put carrots and sweet potatoes in the roasting pan. Combine stock, butter, salt, pepper and mace in a cup. Pour over carrots and sweet potatoes and toss. Roast about 25 minutes (tossing twice) or until tender.

Serves: 4

Orange Sweet Potatoes

1 very large or 2 medium sweet potatoes (1 ½ pounds), cut in half, then lengthwise into 8 wedges
¾ cup freshly squeezed orange juice
1 teaspoon extra-virgin olive oil
½ teaspoon cinnamon
½ teaspoon cumin
1 teaspoon honey
Salt (to taste)

Toss potato wedges with orange juice, olive oil, cinnamon, cumin, honey and salt. Spread in a shallow baking dish and bake, covered, in a 400-degree oven until fork-tender but not mushy (about 45 minutes), basting once or twice during baking. Uncover for the last fifteen minutes.

Serves: 6

Cottage Fried Sweet Potatoes

4 sweet potatoes
1 quart vegetable oil for frying
Salt

Carefully cut the sweet potatoes into slices as thin as potato chips. Soak them in ice water until they are ready for use. At the very last minute before serving, heat the oil in a fryer or an electric frying pan to 400 degrees. Blot the sweet potato slices dry and fry them for about two minutes or until crisp and golden brown.

Remove the chips with a slotted spoon and drain on paper towels. Sprinkle salt on them and serve at once.

Serves: 4

Candied Sweet Potatoes

Canned sweet potatoes, drained
Butter
Brown sugar
Large marshmallows

Place desired number of sweet potatoes in shallow baking dish. Top generously with slices of butter. Sprinkle generously with brown sugar. Bake at 350 degrees for one hour. Remove from oven. Top with marshmallows spaced 2 inches apart. Return to oven; bake until marshmallows are puffy and lightly browned (watch carefully).

Sweet Potato Balls

1 pound sweet potatoes, cooked and mashed
1 to 2 T. butter
1 egg, beaten
1 medium-sized onion, finely chopped
Pinch of salt
1 T. all-purpose flour
½ teaspoon chopped fresh parsley
2 T. milk
Unseasoned dried bread crumbs
Vegetable oil for frying (about ¼ cup)

Mix together all the ingredients, except the bread crumbs and oil. Form into small balls (use about 2 teaspoons of the mixture for each) and dredge in the bread crumbs. Heat the vegetable oil and fry the balls evenly until golden brown. Drain on paper towels and serve warm.

Yield: 18 balls

Old Fashioned Sweet Potatoes

3 pounds sweet potatoes, peeled
¼ cup butter
1/3 cup sugar
¾ cup firmly packed light brown sugar
1 teaspoon salt
½ cup water

Cut potatoes in quarters or thick slices. Melt butter in large heavy frying pan or electric skillet. Add potatoes; sprinkle with sugar, brown sugar and salt. Add water. Cover and cook over medium heat for 20 minutes. Turn potatoes, cover and lower heat. Continue cooking 20 minutes, turning once or twice, until tender and richly glazed.

Serves: 6

Festive Stuffed Yams

4 large hearty yams (can substitute sweet potatoes)
4 T. butter, softened
¼ cup milk
2 T. pure maple syrup (can substitute pancake syrup)
1 T. freshly ground nutmeg
1 T. fresh orange juice
1 teaspoon freshly grated orange zest
Salt and freshly ground pepper to taste
Topping (recipe follows)

Preheat oven to 425 degrees. Bake yams for 40-50 minutes or until centers are soft (prick with a fork to test for doneness). When cooled, slice in half and scoop out the pulp into a bowl; reserve yam shells. Mash all of the yam filling well. Add the next 7 ingredients, and mix well. Spoon the filling back into the shells and smooth tops over with a spatula.

Spoon topping over potatoes. Bake about 15 more minutes.

Topping

½ cup chopped pecans
½ cup brown sugar
¼ cup butter, softened
¼ cup flour

Combine all ingredients.

Serves: 4

Fried Tomatoes

2 large tomatoes (fully ripened)
1 cup flour
1 ¼ teaspoons salt
½ teaspoon freshly ground pepper
¼ cup extra virgin olive oil

Cut a thin slice from the stem end of the tomatoes and discard. Cut each tomato into 8 slices. Combine flour, salt, and pepper. Coat each slice well with this flour mixture.

Heat oil to about 325 degrees. Fry the tomato slices for about one minute per side. Serve immediately.

Serves: 4

Zucchini and Tomatoes

6 small fresh zucchini
1 clove fresh garlic, peeled and pressed
½ pound fresh tomatoes, diced
1 small onion, diced
1 T. vegetable oil
1 T. sugar
1 T. salt
½ teaspoon freshly ground black pepper
½ cup water

Cut zucchini into bite-sized pieces. Combine with the other ingredients, and simmer in a covered saucepan for about 15-20 minutes or until the zucchini is just tender.

Serves: 6

Fried Plantains

2 very ripe plantains
¼ cup sugar
Vegetable oil

Peel plantains and slice diagonally about ¾" thick. Sprinkle plantain slices with sugar. Cover with paper towels and let stand for approximately one hour.

In a heavy skillet, heat ½" deep vegetable oil. Over medium heat, add plantains to hot oil and fry until golden brown. Drain on paper towels; serve hot.

Serves: 4

Pumpkin and Rice

1 T. vegetable oil
½ medium pumpkin, peeled and chopped
1 green pepper, chopped
2 onions, chopped
3 cloves garlic, finely chopped
Hot water
Salt and freshly ground pepper to taste
2 cups rice

Heat vegetable oil over medium high heat in a heavy skillet. Sauté the green pepper, onions, garlic and pumpkin in the hot oil until tender. Add hot water to cover, salt and pepper to taste. Stir.

Add rice and simmer, stirring occasionally, over low heat for approximately 20 minutes until pumpkin is fork-tender and rice is done.

Serves: 8

Caribbean-Style Rice and Peas

4 T. butter
4 T. curry powder (or to taste)
2 cups chopped onions
2 cups cooked rice
4 cups cooked green peas

In a large sauté pan, melt the butter. Sauté the curry powder and the onions. Add the rice and peas and sauté until hot. Serve.

Serves: 4

Cooked Rice

1 cup regular rice
2 cups water
Dash of salt
1 T. oil

Place all ingredients in saucepan; cover and bring to boil. Simmer for fifteen minutes and turn off. Let cool down for two minutes and serve.

Yield: 2 cups cooked rice

Almost Saffron Rice

1 cup rice
2 cups water
1-2 pats butter
1 teaspoon turmeric

Place ingredients in saucepan and bring to boil. Simmer for 15 minutes and let stand 5 minutes in pot before serving.

Serves: 2

Rice Pilaf

¼ cup butter
1 small onion, finely chopped
1 cup uncooked long grain rice
2 cups chicken broth
1 teaspoon salt
1/8 teaspoon pepper

Melt butter in medium saucepan. Add onion; sauté until tender, but not browned. Add rice; cook, stirring occasionally, until rice is golden. Stir in broth; bring to a boil. Add salt and pepper. Cover pan and reduce heat. Cook over low heat 15 to 20 minutes or until broth is absorbed and rice is tender.

Serves: 6

Sugar Snap Peas with New Potatoes

10 ounces sugar snap peas
Salt and freshly ground black pepper to taste
1 pound very small new potatoes
2 T. butter
1 T. chopped chives
2 T. chopped fresh mint

Remove strings from peas. Put peas in boiling water with one teaspoon salt for three minutes. Drain and plunge into ice water until cold. Drain well.

Wash potatoes and do not peel. If potatoes are not very small, quarter or halve as necessary. Place in a steamer basket in a large pot and steam fifteen to twenty minutes or until just tender.

In a large skillet, melt butter over low heat until it begins to look nutty brown and smells like nuts. Add peas and potatoes, raise heat to medium and toss well. Add chives, mint, salt and pepper to taste. Toss again until well coated.

Serves: 6

Seafood-Stuffed Potatoes

2 large baked potatoes
2 T. butter
½ cup onion, finely chopped
¼ cup celery, finely chopped
1 garlic clove, finely chopped
½ cup cream or milk
½ teaspoon salt (optional)
¼ teaspoon white pepper (optional)
1 cup chopped shrimp, crab, lobster or fish

Bake potatoes; allow to slightly cool. Cut a thin slice across top of each potato and scoop out pulp, being careful not to tear potato shells. Place potato pulp in mixing bowl, cover and set aside. Keep the potato shells warm.

Melt butter in a saucepan. Add the onion, celery and garlic and cook over medium heat until tender, about 10 minutes.

While the vegetables are cooking, whip the potato pulp with the cream or milk. Add salt and pepper; mix well and set aside.

Mix the seafood into the sautéed vegetables. Add the whipped potatoes and heat through. Heap the mixture into the warm potato shells and garnish with parsley sprigs.

Serves: 2

Barbecued Corn

1 17 oz. can whole kernel corn or
1 10 oz. package frozen corn
2 T. butter, melted
Salt and freshly ground pepper, to taste

Roast corn over an open charcoal or wood fire in a metal popcorn popper, shaking constantly. When roasted brown, place in crockery bowl and pour melted butter over it. Add salt and pepper. Keep hot until ready to serve.

Serves: 3

Corn Creole

1 small green pepper, chopped
3 T. butter
1 17 oz. can of corn, drained
3 T. heavy cream

Sauté the pepper in the butter until tender. Do not allow the fat to brown. Add the corn and cream. Cook over low heat 5-7 minutes.

Serves: 2-3

Corn off the Cob with Chili Butter

4 large ears fresh corn, shucked
2 T. butter
1 teaspoon chili powder

Slice kernels off each ear of corn. Put corn in a skillet with 1/3 cup water, and cook, stirring a few times, over medium heat until water evaporates, about 3 minutes. Add butter and chili powder. Lower heat slightly and cook about three minutes, stirring a few times.

Serves: 4

Corn Sauté with Herbs and Peppers

2 T. butter
1 red bell pepper, chopped, about ½ cup
1 or 2 jalapeno peppers, depending on taste, finely chopped
1 small onion, chopped, about ½ cup
1 rib celery, chopped
3 cups corn kernels (about 6 ears)
1 teaspoon fresh sage, chopped
1 teaspoon fresh thyme
2 T. chopped chives
Salt and freshly ground pepper to taste

Put butter in large skillet over medium heat. Add the peppers, onions, and celery. Cook about five minutes until onion softens. Add corn and remaining ingredients and cook about five minutes, stirring constantly. Add seasonings to taste.

Serves: 4

Corn Pudding with Okra

½ pound okra
Salt and freshly ground black pepper to taste
2 T. butter
1 small onion, chopped
2 T. all-purpose flour
2 cups milk, warmed
3 cups corn kernels
1 egg
¼ teaspoon cayenne pepper
Butter flavored cooking spray
½ teaspoon sweet paprika

Trim stems from the okra, and steam about 5 to 7 minutes until barely tender, but still quite firm. Cut into ½-inch slices, season with salt and pepper, and set aside. Preheat oven to 350 degrees.

Put the butter in a large saucepan over medium heat. Add onion and cook about five minutes until onion softens. Add flour, stir, and cook a few minutes. Add milk and bring to a boil. Simmer approximately five minutes, stirring a few times.

Remove from heat and add okra, corn, egg, and seasonings.

Spray a two-quart casserole or soufflé dish with butter-flavored cooking spray. Pour in corn and okra mixture and dust with paprika. Bake about 40 minutes, or until pudding just begins to pull away from the sides of the pan.

Serves: 6

Broccoli Stir-Fry

4 cups cut broccoli, flowers and stems
1 T. oil
6 thin slices fresh ginger
1 garlic clove, minced
1 teaspoon sugar
½ teaspoon salt

Steam broccoli until tender. Heat oil in large skillet or wok. Add ginger and garlic. Cook, stirring frequently, about a minute. Add broccoli, sugar, salt and one tablespoon water. Cook, stirring frequently, until heated through.

Serves: 4

Cauliflower – Broccoli Dish

1 head cauliflower, cooked whole
12 pieces broccoli, cooked
¼ cup melted butter
Paprika

Place cooked cauliflower in center of round serving plate. Surround with broccoli. Pour melted butter over top. Sprinkle lightly with paprika.

Serves: 6

Company Baked Carrots

1 pound carrots, sliced diagonally into ½” slices
3 T. butter, sliced thin
1 T. packed light brown sugar
½ teaspoon salt
¼ teaspoon cracked pepper

Place carrots in 1 ½ quart casserole. Distribute butter pieces over top. Sprinkle with brown sugar, salt and cracked pepper. Cover and bake at 350 degrees for one hour or until carrots are tender.

Serves: 4

Carrots with Basil

1 pound carrots, sliced diagonally into ½” slices
2 T. butter, butter, melted
2 T. sliced almonds
¼ teaspoon salt
1/8 teaspoon cracked pepper
½ teaspoon basil

Steam carrots until crisp tender. Combine remaining ingredients. Pour over carrots, tossing to coat.

Note: Asparagus, broccoli or Brussels sprouts can be substituted for the carrots.

Serves: 4

Steamed Carrots with Lemon and Garlic

1 pound carrots, trimmed, scrubbed or peeled, and cut into 3/8"
slices
1 ½ T. butter
2 cloves garlic, minced
2 teaspoons fresh lemon juice
1 teaspoon grated lemon zest
Salt and freshly ground pepper to taste

Steam carrots in a steamer basket over an inch of water in covered
saucepan for about ten minutes or until tender.

Put butter in a nonstick skillet over medium heat. Cook garlic about a
minute. Add lemon juice, and zest, and stir. Add carrots, salt and
pepper. Cook until carrots are nicely coated.

Serves: 4

Onions and Peppers

1 ½ T. oil
¼ teaspoon paprika
½ red pepper, cut into narrow strips
½ green pepper, cut into narrow strips
2 onions, thinly sliced, separated into rings
Salt and freshly ground black pepper to taste

Heat oil in large skillet. Stir in paprika. Add peppers and onions. Cook, stirring frequently, until vegetables are crisp tender.

Excellent with hamburgers and steaks.

Sautéed Green Beans with Bread Crumbs

1 pound green beans, trimmed
1 T. butter
1 T. extra-virgin olive oil
2 T. minced shallots
Salt and freshly ground black pepper to taste
3 T. seasoned bread crumbs
1 T. chopped fresh parsley

Boil or steam beans, then chill beans in ice water to enhance flavor and color (blanche). When beans are completely cooled (about ten minutes), drain them well.

Heat butter and oil in large skillet over medium-high heat. Add shallots and cook about 30 seconds. Then add beans, salt and pepper. Cook two minutes, stirring frequently. Add bread crumbs and parsley. Cook, stirring frequently, until the bread crumbs are crisp and nicely browned and the beans are hot (about two minutes).

Serves: 4

Easy Butter Spaghetti

1 pound package thin spaghetti, cooked and drained
¼ pound butter, melted
¼ cup parsley
¾ cloves garlic, minced

Cook spaghetti and drain. In same pot, melt butter. Add parsley, garlic and cooked spaghetti, toss lightly and serve.

Serves: 4 – 5

Pasta with Salsa Cruda

2 pounds ripe, locally grown tomatoes
2 T. chopped fresh basil
2 large cloves garlic, smashed but left whole
2 T. extra-virgin olive oil
Salt and freshly ground pepper to taste
1 pound pasta of your choice

Core the tomatoes and squeeze out some of the seeds and juice. (Some seeds may remain.) Slice, then chop the tomatoes into medium dice. Put in a small mixing bowl. Add the remaining ingredients except for the pasta. Stir, cover, and let sit at room temperature for one hour. Taste for basil, salt, pepper and garlic. The garlic flavor should be noticeable but very subtle. Remove and discard the garlic.

Boil a large pot of water for pasta. Cook pasta until al dente and drain well. Put tomato sauce in a serving bowl and toss with pasta.

Serves: 4 (as an entrée)

DESSERTS AND SWEETS

Banana Pudding

12 large bananas
2 eggs, beaten
¼ pound (1/2 cup) butter
½ cup sugar
½ teaspoon nutmeg
½ teaspoon cinnamon
½ cup flour
2 teaspoon baking powder

Preheat the oven to 400 degrees and heavily grease an 8x8x2" baking pan. Mash the bananas. Add the beaten eggs, melted butter, sugar, nutmeg and cinnamon. Mix the flour with the baking powder and stir into the banana mixture.

Bake until the mixture begins to bubble up. Reduce oven temp to 200 degrees and cook until a knife inserted comes out clean. Let cook before cutting to serve. Garnish with whipped cream if desired.

Serves: 8

Custard

4-6 oranges, peeled and evenly sliced into rounds
1/3 cup granulated sugar

Arrange the orange slices in the bottom of a serving dish. Sprinkle sugar over slices and chill thoroughly.

Custard:

4 egg yolks
¼ cup granulated sugar
Dash of salt
2 cups milk, scalded
Meringue (recipe to follow)

To prepare the custard, in the top of a double boiler, beat the egg yolks slightly. Beat in the sugar and salt. Pour the scalded milk over this mixture. Stir until the mixture forms a coating on a spoon. Chill, then pour over the chilled oranges.

Meringue:

4 egg whites
½ cup confectioners' sugar
½ teaspoon vanilla extract

To prepare the meringue, beat the egg whites stiffly and gradually add the confectioners' sugar. Add vanilla. Place heaping teaspoons of meringue into a baking pan filled with very hot water. "Poach" them for a minute. Lift out carefully with a skimmer and place on the custard.

Serves: 4-6

Banana Pudding with Lemon Sauce

12 large ripe bananas, peeled
½ cup sugar
1 teaspoon fresh lemon juice
1 egg, well beaten
Lemon sauce (recipe to follow)

Preheat oven to 350 degrees and heavily grease a 2-quart baking dish. Crush the bananas until the pulp is smooth. Mix in the sugar, lemon juice and egg. Beat well. Pour into baking dish and bake for one hour or until brown. Test for doneness by inserting a knife into the center. If it comes out clean, the pudding is set. Let the pudding stand about 30 minutes before serving. Serve warm with lemon sauce.

Lemon sauce:

½ cup sugar
1 T. flour
½ cup cold water
1 ½ cups boiling water
Juice of one lemon
Grated zest of one lemon
1 egg yolk, slightly beaten

In a small saucepan, blend the sugar and flour into the cold water. Slowly pour the boiling water over this sugar mixture, stirring constantly. Cook slowly over low heat until it thickens. Add the lemon juice, lemon zest and egg yolk and stir over heat a few minutes more. Serve hot.

Serves: 8

Frozen Lemon Soufflé

1 teaspoon unflavored gelatin
¼ cup cold water
4 eggs, separated
1 teaspoon grated lemon zest
½ cup fresh lemon juice
1 cup sugar
Pinch salt

Sprinkle gelatin over water. Set aside. Put egg yolks and grated lemon zest in the top of double boiler and stir. Gradually mix in lemon juice and half the sugar. Put the double boiler over simmering water, stirring constantly with a rubber spatula, until the mixture thickens enough to coat the back of a spoon, about 15 to 20 minutes. Remove from heat, add gelatin, and stir to dissolve. Let cool, stirring occasionally.

When lemon mixture is cool, beat egg whites and salt until whites start to thicken. Gradually add the remaining sugar and beat until peaks form. Do not overbeat or the whites will become dry. Fold lemon mixture into the meringue and pour into a one-quart soufflé dish. Cover with plastic wrap, then foil. Freeze several hours or more.

Serves: 4

Lemon Tart

3 eggs, slightly beaten
2/3 cup sugar
Juice and the grated rind of 4 lemons
9 inch partially baked tart shell

In a bowl, combine the eggs, sugar, lemon juice, and grated rind. Mix well. Pour into the pastry shell and bake in a preheated 350 degrees oven for 30 minutes or until filling is set and golden. Cool and serve at room temperature.

Note: Any kind of fruit glaze can be brushed over the top of the finished tart.

Serves: 8

Saucepan Brownies

1/3 cup butter
2 squares chocolate
1 cup white sugar
2 eggs
3/4 cup flour
1/3 teaspoon salt
1/2 cup chopped nuts
1/4 teaspoon vanilla

Melt butter and chocolate in a saucepan; cool. Add sugar, vanilla and blend. Add eggs, one at a time. Blend after each addition. Slowly blend in flour, salt, then add nuts. Pour into greased floured 8" x 8" x 2" pan. Bake at 350 degrees for 35 – 40 minutes. (if using a non-stick pan, reduce heat 25 degrees.)

Floating Islands

3 eggs, separated
½ cup plus 6 T. sugar
Pinch of salt
1 cup evaporated milk
1 cup whole milk
1 teaspoon vanilla extract
1 teaspoon almond extract
2 squares unsweetened chocolate

To make a soft custard, beat egg yolks and add ½ cup of sugar and a pinch of salt. Beat slightly. Scald the evaporated milk and the whole milk together. Slowly stir into the egg mixture. Place mixture in a double boiler and stir constantly for about 10 minutes or until the custard thickens. Strain custard and add the vanilla and almond flavoring. Cover with a clean piece of linen (can also use plastic wrap) to avoid a crust forming on the custard. Spoon custard into clear glass sherbet glasses.

Beat the egg whites, gradually beating in 5 tablespoons of sugar until stiff. Grate 1 ½ squares of chocolate into the mixture. Heap the whites onto the custard. Grate the remaining chocolate on top of the whites. Serve warm or cold.

Serves: 4

Orange Custard

1 14-oz. can sweetened condensed milk
1 quart water
6 eggs, separated
 $\frac{3}{4}$ cup sugar
4 T. cornstarch
 $\frac{1}{4}$ cup cold water
5 oranges, peeled and sectioned
Meringue or whipped cream

In a 2-quart saucepan mix the condensed milk with the water. Over low heat, heat to just below the boiling point. Beat the egg yolks until light and add the sugar. In a small bowl, mix the cornstarch with cold water to form a smooth paste and add to the egg yolks. When the milk is warm, but not boiling, add the egg yolk-cornstarch mixture. Stir constantly while thickening. After it is thickened, let cook for 1-2 minutes in order to cook the cornstarch. This will make a thick custard. Add orange sections and chill.

Just before serving, top with meringue or whipped cream.

Serves: 8

Hominy Custard

2 T. butter, melted
3 eggs, beaten
2 T. sugar
¼ tsp. salt
2 T. vanilla
1 cup uncooked hominy* grits
½ cup water
½ can sweetened condensed milk
1 cup milk
1 can evaporated milk

Preheat the oven to 250 degrees. Coat a 2-quart casserole dish with melted butter. Add sugar, salt vanilla and hominy grits to the beaten eggs.

Mix the water with the condensed milk, milk and evaporated milk. Pour the mixture into the buttered dish. Bake for about 40 minutes or until set.

(*Hominy is white corn that has been hulled and crushed or coarsely ground.)

Serves: 6-8

Flan
(Spanish Custard)

½ cup granulated sugar
2 T. water
9 eggs, well beaten
1 14-oz. can sweetened condensed milk
1 12-oz. can evaporated milk
1 teaspoon vanilla
¼ teaspoon salt

Preheat oven to 325 degrees. Place sugar and water into a flan mold. In a double boiler, over medium heat, caramelize the sugar, stirring constantly. Remove from heat when lightly brown. Set aside. Coat the mold to cover entire mold with caramelized sugar.

In a large bowl, combine the eggs with both cans of milk, vanilla and salt. Beat well with whisk or mixer. Do not whip. Allow to rest about five minutes. Gently pour mixture through strainer into caramelized mold. Cover tightly with foil.

Place the mold on a rack in a shallow pan of hot water and place in oven. Bake about one hour, until toothpick inserted comes out clean. Allow to cool; invert to serve.

Serves: 8

Frozen Orange Soufflé

2 T. unflavored gelatin
1 cup cold water
1 pint orange juice
6 egg yolks, beaten
2 cups granulated sugar
1 pint whipping cream, whipped

Prepare a waxed paper collar for a 1½ quart soufflé dish. The collar should stand 3 inches above rim. Secure with cellophane tape.

In a 1-quart saucepan, sprinkle gelatin over cold water. Allow to stand one minute to soften. Cook over low heat until gelatin dissolves completely. Remove from heat and stir in the orange juice, egg yolks and sugar. Stir until sugar is dissolved.

Pour mixture into a bowl; cover and refrigerate, stirring occasionally, until mixture mounds when dropped from a spoon. Gently fold in the whipped cream. Pour into prepared soufflé dish and freeze until set (about four hours).

Serves: 12

Frosted Grapes

1 cup sugar
1 teaspoon cinnamon
About five dozen seedless red and green grapes, stemmed

Mix sugar and cinnamon in a small bowl.

Wash grapes, but do not dry. Roll individually in the sugar mixture and place on a 12 x 17-inch pan so that they do not touch. Put the pan in the freezer for about an hour, or until grapes are frozen. Remove and eat as a snack, or use as a garnish for desserts.

Tropical Ice

Juice of 2 oranges
Juice of 2 limes
2 bananas, mashed
¼ cup sugar
¼ cup water

Mix together the orange juice, lime juice and mashed bananas. Add the sugar and water. Mix. Pour into a freezing tray, cover and freeze, stirring occasionally until partially frozen, about three hours.

Spoon mixture into a chilled bowl, and beat with a mixer at medium speed until smooth but still icy. Return to tray, cover and freeze until firm.

Serves: 4-6

Mango Sherbet

1 cup sugar
2 cups water
2 cups ripe mango pulp
2 cups ginger ale
Juice of one lime

Boil the sugar and water into syrup until it spins a thread (230 - 234 degrees on a candy thermometer). When cool, pour over the mango pulp. Add the ginger ale and the lime juice.

Pour into 2 freezing trays, cover and freeze, stirring occasionally, for about three hours.

Spoon mixture into a large, chilled bowl and beat with a mixer at medium speed until smooth but still icy. Return to trays, cover and freeze until firm, about three hours.

Serves: 12-14

Banana Cream Pie

2 cups milk
3 eggs, separated
2 T. sugar
3 T. cornstarch
Pinch of salt
2 teaspoons cold water
1 teaspoon vanilla extract
1 baked 9-inch pie crust
3 ripe bananas, peeled and thinly sliced
2 teaspoon sugar

Heat the milk in a one-quart saucepan over low heat. In a separate bowl, beat the egg yolks. Add the sugar, cornstarch, salt and cold water. Mix well. Just as the milk boils, fold in the mixture. Stir until thick. Remove from heat and add the vanilla. Allow mixture to cool. Place the thinly sliced bananas into the baked pie crust. When the custard is cool, spread it over the bananas. Beat the egg whites with 2 teaspoons sugar until stiff. Spread on top of the pie and brown in the oven.

Serves: 1 - 9 inch pie

Candied Bananas

3 T. butter
4 firm bananas, peeled, cut in half lengthwise and crosswise
3 T. sugar

Melt butter in heavy skillet over low heat. Add bananas, cut side down, and cook until lightly browned. Sprinkle sugar over bananas and cook until glazed. Serve warm.

Serves: 4

Lemon Delight

3 eggs, separated
Juice and grated peel of 2 large lemons
2 T. butter, melted
½ cup flour
1 ½ cups milk
1 ½ cups sugar

Combine egg yolks, lemon juice, grated peel, butter, flour, milk and one cup of the sugar. Beat until smooth. Beat egg whites until soft peaks form. Add remaining ½ cup sugar and beat until stiff but not dry. Gently fold into first mixture. Pour into ungreased shallow, 2-quart baking dish. Set in larger pan. Pour about one inch hot water into larger pan. Bake at 375 degrees for 40 to 45 minutes or until set. Chill before serving.

Serves: 6

French Madeleines

4 eggs
2 cups sugar
2 cups flour
1 ½ cups butter, melted
1 T. vanilla extract
Sifted powdered sugar

Combine eggs and sugar in top of double boiler. Heat until lukewarm. Remove from heat and place mixture in mixer bowl. Beat until cooled. Add flour gradually, mixing well after each addition. Add melted butter and vanilla, mixing until smooth. Use special shell shaped Madeleine molds which have been greased and floured or small 1½-inch greased and floured muffin tins. Fill molds two-third full. Bake at 425 degrees for 8 to 10 minutes or until just lightly browned around the edges. Remove from oven; let stand about a minute. Tap pan to release cakes; cool on rack. Just before serving, sift powdered sugar lightly over top.

Yield: 6 dozen

Coconut Pie

1 T. butter

2/3 cup sugar plus 2 tsp.

1 T. flour

3 eggs, separated

Milk of 1 medium-sized coconut*

1 medium sized coconut, grated (or 1 ½ cups shredded coconut)

1 unbaked 9-inch pie crust

Preheat oven to 300 degrees. Cream the butter, 2/3 cup sugar and flour. Beat egg yolks slightly and add. Stir in the milk from the coconut, adding just enough to make a thick enough custard for pie filling. Fill the pie shell and bake about one hour, until knife inserted comes out clean. Top with meringue.

To make meringue, beat 3 room temperature egg whites with 2 teaspoons sugar until stiff peaks form.

(*Coconut milk is the milky liquid obtained from blending fresh coconut meat with water. To make, place fresh coconut meat in the container of a blender or food processor with about 3 ½ cups water. Blend mixture at high speed until smooth. Pour through wire-mesh strainer or cheesecloth to strain. Discard pulp.)

Serves: 1 9-inch pie

Corn Syrup Pecan Pie

3 eggs, slightly beaten
1 ½ cups dark corn syrup
¼ teaspoon salt
1 teaspoon vanilla extract
1 heaping teaspoon cornstarch
2/3 cup pecan halves
1 9-inch unbaked pie crust
Whipped cream

Preheat oven to 350 degrees. Add the corn syrup, salt, vanilla and corn starch to the slightly beaten eggs. Add the pecans last. Pour the mixture into an unbaked pie shell and bake until done. When serving, top with whipped cream.

Serves: 1 9-inch pie

Key Lime Pie

1 teaspoon unflavored gelatin
2/3 cup lime juice
2 eggs, separated
1 T. sugar, divided
1 14-oz. can sweetened condensed milk
1 9-inch baked pie crust
Grated lime peel for garnish

Put the gelatin in the lime juice and dissolve. In a separate bowl, beat the egg yolks and ½ tablespoon of sugar until lemon colored. Add the gelatin mixture and condensed milk. Beat thoroughly.

In a glass or metal bowl, beat the egg whites and ½ tablespoon of sugar. Fold the egg whites into the egg yolk mixture. Pour into a baked pie crust. Chill. Sprinkle the top with grated lime peel, if desired.

Serves: 1 9-inch pie

Papaya Pie

2 cups all purpose flour
2/3 cup shortening
Salt
5 T. cold water
1 ½ cups cooked ripe papaya*
Water
¼ cup brown sugar
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/8 teaspoon allspice
8 eggs, slightly beaten
1 ½ cups rich milk, scalded
1 9-inch unbaked pie shell

Sift the flour with ¾ teaspoon salt (less to taste). Cut in the shortening and add the water all at once. Mix with a fork. When all gathers together so that the bowl is left clean, dough may be chilled or rolled out at once and placed in a 9-inch pie pan.

Preheat oven to 400 degrees. Combine the papaya, brown sugar, ½ teaspoon salt and spices. Mix well. Stir in the eggs and milk. Cook. Pour the mixture into an unbaked pie shell. Bake for 30-40 minutes or until a knife inserted comes out clean.

* To cook papaya: Peel, seed and chop. Place in a 2-quart saucepan with enough water to cover. Bring to a boil, reduce heat and simmer until very soft.

Serves: 1 9-inch pie

Key Lime Ice Box Pie

1 1/2 teaspoon unflavored gelatin
1/3 cup cold water
4 eggs, separated
3 T. lime juice
1 cup granulated sugar, divided
1/8 teaspoon salt
1 9-inch baked pie crust
1 cup whipped cream

Soak gelatin in cold water. Place the egg yolks, lime juice, 1/2 cup of the sugar and salt in a bowl. Place over boiling water kept at boiling point and whip until firm and creamy.

Remove from the heat and fold in the dissolved gelatin. Cook. Beat egg whites until peaks form. Slowly add 1/2 cup sugar and beat until stiff but not dry. Pour into baked pie crust and refrigerate for at least two hours.

Just before serving, whip the cream and spread over the top of the pie.

Serves: 1 9-inch pie

Fresh Strawberry Pie

1 quart fresh strawberries, hulled
1 cup water
1 cup sugar
4 T. cornstarch
1 prebaked 9" pie shell

Simmer one cup of strawberries and 2/3 cup of water for one minute. Mix together the sugar, cornstarch and 1/3 cup water. Add it to the berry mixture and bring to boil. Boil until thickened. Cool. Slice remaining strawberries and add to cooled mixture. Pile the strawberry mixture high into the pie.

Serves: 8

Macaroons

14 ounces shredded coconut (fresh preferred; can use bagged)
1 14-ounce can sweetened condensed milk
1 teaspoon vanilla extract
Non-stick vegetable cooking spray

Preheat oven to 350 degrees and spray baking sheets with non-stick spray. Combine all ingredients, mixing well. Drop by teaspoons on baking sheets and bake on middle rack of oven 15-20 minutes until golden brown. Watch carefully to prevent burning on the bottom. Remove from sheets immediately and cool on waxed paper.

Yields: 3-4 dozen

Berry Ice (allow time to freeze)

¾ cup sugar
1 cup water
4 cups fresh strawberries or raspberries
2 cups pink lemonade
2 cups cranberry-raspberry juice drink

In a small saucepan over medium heat, cook sugar and water to boiling. Boil gently for 10 minutes; cool.

Meanwhile, put berries in the container of a blender or food processor bowl and blend until smooth. Strain through a sieve to remove seeds. In a bowl, stir together cooled sugar syrup, blended berries, lemonade and cranberry drink.

Pour into a 13x9" pan. Freeze until almost firm (about 3 hours). Break mixture into chunks and place into a large chilled bowl. Beat with electric mixer until smooth, but still icy. Return to pan and freeze until firm.

Yield: 8-10 cups

Coconut Drops

3 egg whites, room temperature
1 cup sugar
1 T. all-purpose flour
1/8 teaspoon salt
2 cups shredded coconut

Preheat oven to 300 degrees; grease and flour baking sheets.

Beat egg whites until stiff but not dry. Combine sugar, flour, salt and coconut and gently fold into whites, mixing well. Mold into 1 ½-inch balls; place on baking sheet and flatten slightly. Cover with greased parchment paper and bake for 30 minutes.

Yield: About 4 dozen 1 ½ inch cookies.

Candied Orange Peel

4 oranges
1 cup cold water
2 cups sugar, divided
½ cup boiling water

Quarter oranges and remove peel. Place peel in a 2-quart saucepan and cover with cold water. Bring to a boil, reduce heat and simmer until soft. Remove peel; place on wax paper. When cool enough to handle, scrape out white pith with a spoon. Cut the peel into thin strips with a knife or kitchen shears. This will make about 2 cups peel.

In a saucepan combine peel with ½ cup sugar and ½ cup boiling water. Cook, stirring, over medium heat until peel is translucent. Drain and roll in remaining sugar. Dry on rack.

Yield: About 2 ½ cups

Coconutties

2 cups brown sugar, packed
¾ cup heavy cream
1 T. butter
2 cups grated dry coconut
1 teaspoon vanilla extract

In a 2-quart saucepan over medium heat, combine brown sugar, cream and butter. Boil for about 12 minutes, to the medium-ball stage (238 - 244 degrees on a candy thermometer). Remove from heat and add vanilla. Drop by spoonfuls onto a greased cookie sheet. Cool.

Yield: 2 dozen pieces

Grandma's Apple Pie

Crust

2 cups all-purpose flour
¼ teaspoon salt
½ cup canola oil
1/3 cup plus a few tablespoons well-chilled milk

Filling

6 cups (about 4 to 5 large) tart apples (such as Northern Spy or
Granny Smith), peeled, cored, and thinly sliced
¾ cup plus one tablespoon granulated sugar
½ cup brown sugar
3 T. flour
1 teaspoon cinnamon
½ teaspoon nutmeg

For crust, combine flour and salt in a bowl. Combine oil and milk in a covered jar and shake vigorously to mix. Make a well in the center of the flour mixture and pour in oil and milk mixture. Form two balls, one slightly larger than the other. Roll out the larger one between two sheets of plastic wrap so it is just large enough to cover the bottom and sides of a 9" pie pan. Place in pie pan.

Preheat oven to 450 degrees. Put apples in a large bowl. Combine ¾ cup granulated sugar, brown sugar, 3 tablespoons flour, and seasonings in a small bowl. Pour over apples and toss. Put apples in a pie plate and spread evenly.

Roll out remaining ball of dough. Place over filling, pinch edges all around to secure, and make a few slits on top with a sharp knife. Brush with remaining milk and sprinkle with remaining tablespoon of sugar. Brush with remaining milk and sprinkle with remaining tablespoon of sugar. Bake on a sheet pan for 15 minutes. Reduce heat to 350 degrees and bake 45 to 60 minutes more or until nicely browned and bubbly. Serve warm or at room temperature.

Baked Apple Dessert

Filling

5 cups peeled and sliced tart apples
¾ cup sugar
2 T. flour
1 teaspoon pure vanilla extract
½ teaspoon nutmeg
1 teaspoon cinnamon
¼ teaspoon salt
¼ cup water
1 T. butter, softened

Batter

½ cup flour
½ cup sugar
½ teaspoon baking powder
¼ teaspoon salt
2 T. butter, softened
1 egg, slightly beaten

Preheat oven to 375 degrees. To prepare the filling, combine the apples, sugar, flour, vanilla, nutmeg, cinnamon, salt and ¼ cup water. Turn into a well-greased 9 x 9 x 1 ¾" baking pan. Dot the apples with butter.

To prepare the batter, mix all the batter ingredients together well. Spoon the batter on to the apple mixture in about 9 portions – batter will spread. Bake for 30 – 40 minutes.

Serves: 6

Cranberry Baked Apples

6 apples, washed and cored
4 – 6 T. honey
1 cup fresh cranberries
Water, just enough to cover bottom of saucepan
¼ teaspoon lemon juice

Place washed and cored apples in saucepan, add water. Try to place cranberries into hole of apples first. Spread the remaining freely. Add juice and honey. Cover and simmer until apples are firm but tender when piercing with fork.

Pull Candy

2 cups granulated sugar
¾ cup water
1 teaspoon cream of tartar mixed with a few drops water
8 drops oil of peppermint

In a 2-quart saucepan over medium heat, bring sugar and water to a boil. Add cream of tartar paste. Boil without stirring to the hard-ball stage (254-265 degrees on a candy thermometer). [Can test candy by dropping spoonfuls of syrup into cold water; it will form a pliable ball that holds its shape.]

Drop mixture onto a buttered marble slab and add peppermint. Using a spatula, work hot mixture into a central mass. When cool enough, pick up with oiled hands. Pull between hands about 18 inches apart then fold it back on itself. Twist and pull until the taffy forms a satiny ribbon. The candy will be opaque and elastic.

Form a ball and pull out a long, 1-inch thick rope. Cut into bite-size pieces with buttered shears. Wrap separately or put in a tightly covered tin.

Yield: About one pound