



domestic economy

a cookbook for troubled times

2010

WHAT TO EAT?


And How to Cook it, is Most Fully and Accurately Set
Forth in This Book.

WHAT TO WEAR?

And Where to Get it, and How to Make it, are Questions Not Less Important.

S. R. TURNER & CO.

The Largest and Leading Dry Goods Firm in Marietta Will Help You Answer these Questions, Showing You an Exceedingly Large and Varied Stock of All Kinds of Goods Pertaining to the DRY GOODS TRADE, and Furnishing the Fashion Sheets and Other Publications of the Butterick Publishing Co., as a Help in Choice of Styles. The Butterick Patterns, of Which they Keep a Full Stock, are generally Conceded to be the Most Reliable and Perfect Patterns Published.

 The invasion of your peaceful couch by a horde of blood-thirsty savages, may be easily prevented and the enemy utterly destroyed by the use of *Dutcher's Dead Shot*.

—CENTENNIAL COOKERY BOOK, MARIA NYE BUELL,
ED., MARIETTA, OH, 1887

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FOREWORD

do-mes-tic (də-'mes-tik): of or relating to the running of a home or to family relations. From French domestique, from Latin domesticus, from domus 'house.'

e-con-o-my (i'känəmə): careful management of available resources. Via Latin from Greek oikonomia, based on oikos 'house' + nemein 'manage.'

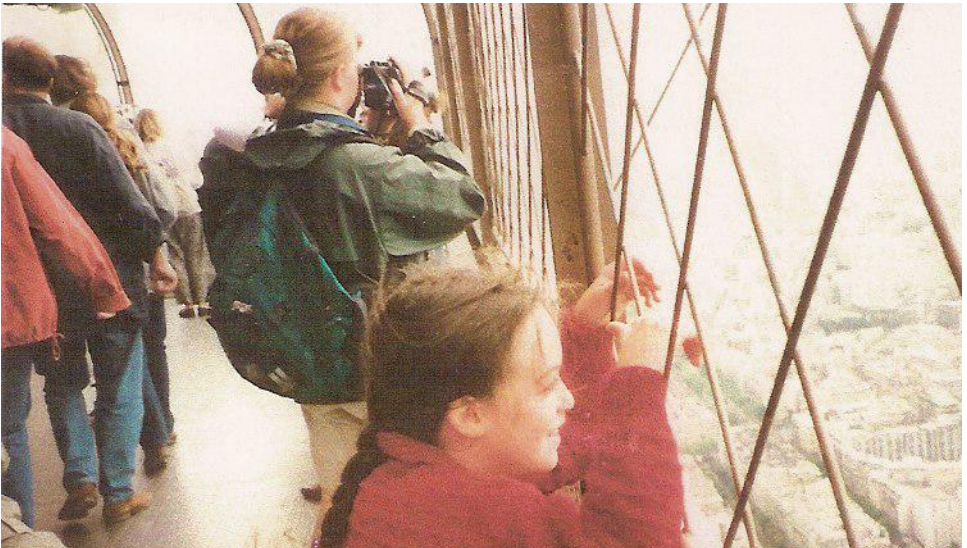
Let's start at the very beginning: Apicius, a gastronomer of ancient Rome and author of the oldest surviving European cookbook. He spent all his money on food and, when he went broke, committed suicide, fearing that he would starve to death otherwise.

An inauspicious beginning for cookbooks everywhere, and not exactly a role model for financially strapped gourmands, either. I prefer the more wallet-conscious cookbooks of the Middle Ages, which offer recipes for the "white, rabbit-like flesh" of hedgehogs and for a tuberculosis potion made of herbs and snails. After that it's downhill again. By the time *A Physiology of Taste* came out, we were talking foie and truffles, nineteen-course meals and trips to the vomitorium.

Leave it to America to say "Thanks, but no thanks." Like Tocqueville said, "Equality begets in man the desire of judging of everything for himself: it gives him, in all things, a taste for the tangible and the real, a contempt for tradition and for forms." There is no foie in early American cookery. Mary Randolph, Thomas Jefferson's cousin and author of *The Virginia Housewife*, one of the first American cookbooks, tells us that "The government of a family, bears a Lilliputian resemblance to the government of a nation." All the early American cookbooks I've seen tell me two things: how to please a husband, and how to do it cheaply.

Not that that's necessarily what I'm looking for. I'm fascinated by their advertisements: send away for electric corsets, furnaces, baking powder, or hire your local plumber or optician. Visit "the best bakery on wheels in the Connecticut Valley," or "the largest dry goods store in Marietta, OH." I love the insistence of the Ladies of various small towns, cities, churches and social groups that each and every recipe in their charity cookbook has been tried and tested. I wonder what the first name of Mrs. Fairchild was, and whether her contributor on the same page, Susan G. Deal, was a spinster.

I got my first cookbook as a gift on my sixth birthday, at a party held in the backyard of the house my parents had just bought in foreclosure. It was called *Cooking Wizardry for Kids* and had red plastic binding, the kind of shiny cover you could wipe off with a sponge, and special icons to show you when you needed a grown-up: to hold a sharp knife, to turn on the stove, to put something in the oven. The first dish I made from it was stuffed baked potatoes. We were on Cape Cod. I had to stand on a stool to reach the counter. That summer also marked the first time I had lobster. Below is a photo of me, age 7, atop the Eiffel Tower. It was on that trip to Paris that I first ate rabbit. I also unwittingly devoured a plate of kidneys. My parents felt lucky to have me, a tiny human garbage disposal, alongside my sister, who, if given the chance, would have consumed nothing but juice.



I tell you this not to provide you with the origins of my love for food (those are evolutionary). Rather, in the course of researching this book, I've gained an appreciation for the way that food—and the way people write about it—tells us about a certain moment in time. My hope is that this cookbook, and the ones that will follow, will tell us something similar, while also paying homage to the ones that came before. We all owe a debt to Thomas Jefferson, after all.

—HANNAH BLOCH-WEHBA, BERLIN, GERMANY, JULY 2010

ROMAN HOLIDAY

During the reign of Cæsar and Augustus severe laws were passed, fixing the sums to be spent for public and private dinners and specifying the edibles to be consumed. These laws classified gastronomic functions with an ingenious eye for system, professing all the time to protect the public's morals and health; but they were primarily designed to replenish the ever-vanishing contents of the Imperial exchequer and to provide soft jobs for hordes of enforcers. The amounts allowed to be spent for various social functions were so ridiculously small in our own modern estimation that we may well wonder how a Roman host could have ever made a decent showing at a banquet. However, he and the cooks managed somehow. Imperial spies and informers were omnipresent. The market places were policed, the purchases by prospective hosts carefully noted, dealers selling supplies and cooks (the more skillful kind usually) hired for the occasion were bribed to reveal the "menu." Dining room windows had to be located conveniently to allow free inspection from the street of the dainties served; the passing Imperial food inspector did not like to intrude upon the sanctity of the host's home. The pitiable host of those days, his unenviable guests and the bewildered cooks, however, contrived and conspired somehow to get up a banquet that was a trifle better than a Chicago quick lunch. How did they do it?

—*APICIUS, COOKING AND DINING IN IMPERIAL ROME*, TRANS. JOSEPH
DOMMERS VEHLING, 1926

BREAKFAST

Don't put all your eggs in one basket

TOAST

Toast is very difficult for grown people to make, because they have made it wrong all their lives, but it is easy for little girls to learn to make, because they can make it right from the first. Cut bread that is at least two days old into slices a quarter of an inch thick. If you are going to make only a slice or two, take the toasting-fork, but if you want a plateful, take the wire broiler. Be sure the fire is red, without any flames. Move the slices of bread back and forth across the coals, but do not let them brown; do both sides this way, and then brown first one and then the other afterward. Trim off the edges, butter a little quickly, and send to the table hot. Baker's bread makes the best toast.

-FROM *A LITTLE COOK BOOK FOR A LITTLE GIRL*, CAROLINE FRENCH
BENTON, 1904

OATMEAL

This is my go to "I'm starving", morning meal. It is perfect eats for a day of hiking or biking or rioting, etc. This meal is known for inducing debilitating food comas, so I recommend consuming it with coffee if you would like to remain awake. Enjoy!

1. Pour a cup of whole oats (5 minute kind, not the 1 minute kind) into a bowl.
2. Add 1 cup of water.
3. Microwave for 1.5 minutes.

BREAKFAST

4. Add a heaping scoop of peanut butter. Maybe about 2 tablespoons.
5. Microwave for .5 minutes to 1 minute, until oatmeal is not watery and gross. (It does NOT take 5 minutes. The oatmeal box is just plain wrong!)
6. Stir in 1.5 tablespoons of brown sugar. Then layer a half a tablespoon of brown sugar on top, not mixed in for ultimate flavor appeal.

—TERESA ASMA

BRO BISCUITS AND SAUSAGE GRAVY

My mom never made us biscuits and sausage gravy when I was little. This is all mine. I made this for me and my brother the morning that you sent out a call for recipes. We were just a couple of bros eating biscuits from scratch with gravy cooked in sausage fat. A lot of my white friends ate this kind of breakfast growing up while I always got carne guisada tacos.

For biscuits:

- | | |
|---|----------------------|
| 2 c. all purpose flour | 1/2 t. baking soda |
| 2 t. baking powder | 3/4 c. of buttermilk |
| 6 T chilled unsalted butter, cut into 1/4 in. cubes or shredded with grater | |

Preheat oven to 450 F. Pulse the dry ingredients together in a food processor. Scatter butter cubes evenly over top and pulse about 12 times until combined. (If you don't have a food processor, grate chilled butter onto the flour mixture using the large holes of a box grater. Cut the butter into the flour using a couple of table knives or pastry cutter.) The mixture should look like coarse bread crumbs.

Transfer the mixture to a bowl. Stir in buttermilk using a rubber spatula until formed into a soft, slightly sticky ball. Turn dough onto lightly floured counter and quickly form into a ball. Try not to overmix. Using fingers level the dough to about half an inch. With a floured overturned drinking glass, cut biscuits into 2 inch rounds. It should make about 12. Shape remaining dough into a special, scrappy biscuit. Place rounds on large ungreased baking sheet. Bake until tops are brown, about 10-12 minutes.

BREAKFAST

For sausage gravy:

1 package breakfast sausage	bay leaf (optional)
2 T flour	pinch of nutmeg (optional)
1 1/2 c. whole milk	salt and pepper

Prepare sausage according to package or whatever. I'm not fancy enough to make my own and I encourage you to buy whatever sausage you like, as long as there's fat for the roux. (If you must go with turkey or veggie sausage, after preparing add 2 tablespoons of butter to skillet.) After sausage is prepared, transfer to a towel lined plate with a slotted spoon, tent with foil.

On medium heat, whisk flour into fat drippings left in skillet. After it forms a paste, add bay leaf (if using) and slowly whisk in milk. Add nutmeg (if using). Bring to a boil, whisking constantly. When boiling, reduce heat to medium/low and continue to whisk until thickened. If it you cant seem to make it thick, mix in a bit of flour 1/2 t. at a time. Add salt and pepper to taste. Remove bay leaf. Coarsely chop sausage into chunks. Add to gravy. Plate 1 or 2 biscuits per person. Drizzle on gravy and sausage pieces. There should always be color on the plate, so serve with some sort of fruit like sliced strawberries and bananas.

—RICARDO GUIMBARDA

BUTTERMILK PANCAKES WITH SWEET BACON JAM

Pancakes:

2 c. all-purpose flour	1/2 t. baking soda
1/4 c. sugar	2 eggs
1/2 t. kosher salt	2 c. buttermilk
2 1/4 t. baking powder	1/4 c. unsalted butter

Sweet bacon jam:

1 T extra virgin olive oil	2 T balsamic vinegar
1 lb double smoked bacon, diced	1/2 c. maple syrup
2 onions, chopped	1 c. Port
1/4 t. freshly ground black pepper or more to taste	

BREAKFAST

1. In a large bowl sift together flour, sugar, salt, baking powder, and baking soda. Mix thoroughly.
2. In another bowl beat the eggs with buttermilk and melted butter.
3. Combine wet and dry ingredients.
4. Brush a large nonstick skillet with additional butter. Add a generous tablespoon of batter for each pancake. Cook until surface appears dry, flip and cook second side—about 3 to 4 minutes in total.
4. For bacon jam, heat a deep skillet with olive oil. Add bacon and cook until fat almost renders out. Remove most of the fat, leaving about 1/4 cup in the pan. Add onions and cook until very tender and brown. Add balsamic and cook a few minutes longer. Add maple syrup and cook together slowly about 5 minutes. Add Port and pepper and cook very gently about 20 to 30 minutes until jam-like.

—CARRIE GUSS (A BONNIE STERN RECIPE)

APPLE PANCAKES

For two thick pancakes:

3 eggs	3/4 c. milk
4 T sugar	1 large apple
1 c. flour	

Mix eggs, sugar, flour and milk in a bowl. Cut up the apple into small, thin pieces. Put a slice of butter in a frying pan and heat the stove to the lowest setting. Pour half the batter into the pan and lay enough apple to cover the pancake. After about 5 minutes, flip the pancake over. In about 3 more minutes, the pancake will be done. Put the pancake on a plate and enjoy! [ed.: serve sprinkled with granulated sugar, if desired.]

—BEN BLOCH—WEHBA

BREADS AND QUICK BREADS

Man doth not live by bread alone

HEARTY, NOT TOO SWEET CORNBREAD

To Be Eaten With Jam.

1 c. cornmeal	1 T sugar
1 c. whole wheat flour	1 egg
1/2 t. salt	1 c. milk
4 t baking powder	1/4 c. butter, softened

Mix everything. Cook at 425 F for 20-25 minutes.

—HANNAH SCHNEIDER

BAGELS!

Ingredients for around 2-3 dozen large bagels or more small ones:

3 qts water	1/2 c. yeast
1/2 c. salt	A LOT of flour
1/2 c. dark brown sugar	

Plus stuff for toppings: poppy seeds, sesame seeds, onions, garlic...

1. Heat water. Mix in the yeast and half the dark brown sugar you will use. Wait 5 minutes for the yeast to bubble up in the water.
2. Add the rest of the sugar and all of the salt. Add flour slowly, stirring to work it into the mix.
3. Keep adding the flour until the mix won't take anymore. This should be a lot of flour—more than you'd think.
4. Knead the dough into a giant ball, adding flour to ease the process.

Let it rise for a while. Maybe 30 minutes.

5. Get a big pot of water ready to boil. Preheat oven to 500 F.

6. Break off pieces of the flour and roll into a long, thin snake-shape. Turn snake shape into a ring with a large hole in the middle (Alternatively, you can make the bagel shape by rolling the dough into a ball and then poking your fingers through the center of the ball to rip open a hole, stretching the hole into the correct position. Most prefer the latter method.)

7. Pour extra dark and light brown sugar into the water until it's murky and you cannot see the bottom.

8. Rearticulate the holes as you place the bagels in the water. The shape of the bagel as it enters the water will largely determine the ultimate shape.

9. Briefly boil the bagels, making sure both sides get action. If your bagels aren't floating, make sure they don't stick to the bottom.

10. Remove the bagels from the water with a spoon or skimmer. Place on an oiled baking sheet, add toppings and some salt. Be generous with the salt—this isn't the meal to care about your sodium intake. Bake until golden brown.

12. Bagels!

—ALEC SCHIERENBECK

BEER BREAD

3 c. flour

1 1/2 t. kosher salt

1 t. baking soda

1 T sugar

1/2 t. baking powder

1 (12 oz.) beer

Preheat oven to 425 F. Grease a standard loaf pan with butter. Whisk together dry ingredients, then add beer, stir well, and pour batter into pan. Bake for 10 minutes, then reduce heat to 375 F and bake for 30 more minutes, or until golden brown. Let cool. Slice and serve with butter or cheese.

—HBW (FROM ALEXANDRA'S KITCHEN)

CHALLAH

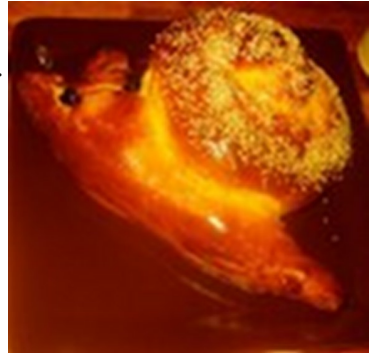
1 1/2 T active dry yeast	5 large eggs
1 T plus 1/2 c. sugar	1 T salt
1/2 c. olive oil	8 to 8 1/2 c. flour

1. In a large bowl, dissolve yeast and 1 T sugar in 1 3/4 c. lukewarm water.
2. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading.

3. Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Punch down dough, cover and let rise again in a warm place for another half-hour.

4. Divide your dough into two halves for two loaves (this is too much dough for one loaf). A three- or four-strand loaf is simplest. If you want to get fancy, divide the dough into six balls. Roll each into a long string. Make two three-strand braids, and place one on top of the other, so that the two braids are facing in opposite directions. Tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way.

Alternatively, form your challah into the shape of a snail or alligator; see right. Place braided loaves on a greased cookie sheet with at least 2 inches in between.



5. Beat remaining egg and brush it on loaves. Let rise another hour.
6. Preheat oven to 375 F and brush loaves again with egg wash. Sprinkle bread with poppy or sesame seeds, if desired.
7. Bake in middle of oven for 30 to 40 minutes, or until golden. Cool loaves on a rack.

—MARGARET ROSS (FROM *SMITTEN KITCHEN*)



-TOP AND BOTTOM IMAGES, *BUCKAROOS IN
PARADISE*. CENTER IMAGE, *WORKING IN
PATERSON*. BOTH COLLECTIONS FROM LIBRARY OF
CONGRESS.

SNACKS AND SOUPS

Don't bite off more than you can chew

ANNIE'S BUTTERNUT SQUASH SOUP

1 onion (any kind)	2 leeks
1 big butternut squash	32 oz. chicken broth
1 packet of Knorr leek soup	1 c. whipping cream
Salt	Pepper
Cayenne	Cooking sherry

1. Clean leeks by cutting into half-inch circles and pushing out the center, running under water in the sink. Chop onions into pieces.
2. Saute onions and leeks in olive oil until glassy. Meanwhile, cut butternut squash up and scrape out seeds, microwave until tender.
3. Scoop out meat, add to sauté mixture in bowl, add chicken broth. Add salt and pepper, cayenne (1/2 t. each?), and Knorr Leek soup mix. In soup pot, cook for an hour.
3. Let cool, pour it in sections into the food processor, process until smooth. Put soup back into pot, reheat. When ready to serve, add cream and sherry (cream will curdle if you add it too soon). Add sherry to taste.

—RACHEL SIBLEY

TEXAS BUTTER AND SALT TORTILLA

Butter	Fresh Flour Tortilla
Pinch salt	

Heat cast iron skillet with butter (to taste), add tortilla, brown on both sides without drying tortilla (add butter if needed, add salt, fold, and eat.

—TOMMY MCCUTCHON

SNACKS AND SOUPS

MATZO BALL SOUP

This is Kelsey's grandma's recipe for matzo ball soup, transcribed directly from a phone conversation with her.

Matzo Balls - how many?

1 cup matzo meal

1/2 cup water

4 eggs

1/2 cup melted shortening

1 tsp salt

dash pepper

add water, shortening, salt & pepper
to beaten eggs

mix well
add meat a little at a time
refrigerate 1 hr

form into balls

drop into ^{boiling} water - 1.5 quarts w/ 1 tbsp salt

cook 20 min

take out w/ slotted spoon

seltzer?

SNACKS AND SOUPS

get a good soup chicken - 10 or 12 qt
fresh dill ^{onion} makes it!
parsnips, carrot, & celery - soup mix
whole, cleaned ^{whole!}
put chicken in pot - maybe 2
corner w/ water
skim while cooking - cook til tender
put carrots in - 1 package
add bouillon cubes - 16oz chicken broth
use powder - 1/2 tsp or 2
taste!

take chicken out & roast if you want
put vegetables in when you're done
skimming ^{flat leaf}
put dill & parsley in later

few days ahead & refrigerator

matzo meal & eggs

↳ prepare ahead & chill
net hands & roll

drop into boiling water
will float when done
keep netting your hands

bag leaf + pepper corns

GRANOLA BARS

The Fruit-I use dried apricots, figs, and pears. These fruits are good because when you blend them they make a nice fruit paste. I have tried using cranberries, but they are difficult to blend. They mostly just fly all over the blender. The problem with poor blending is that you end up with really crumbly granola bars.

The Cereal-I like to use a mixture of 2 parts bran to 1 part granola. The bran is good because it does not have much sugar, and it has lots of fiber. The granola adds a little bit of extra crunch and some flavor. You could also add spices for extra flavor.

1 1/2 c. blended fruit
(nuts)

2 1/2 c. cereal or other stuff

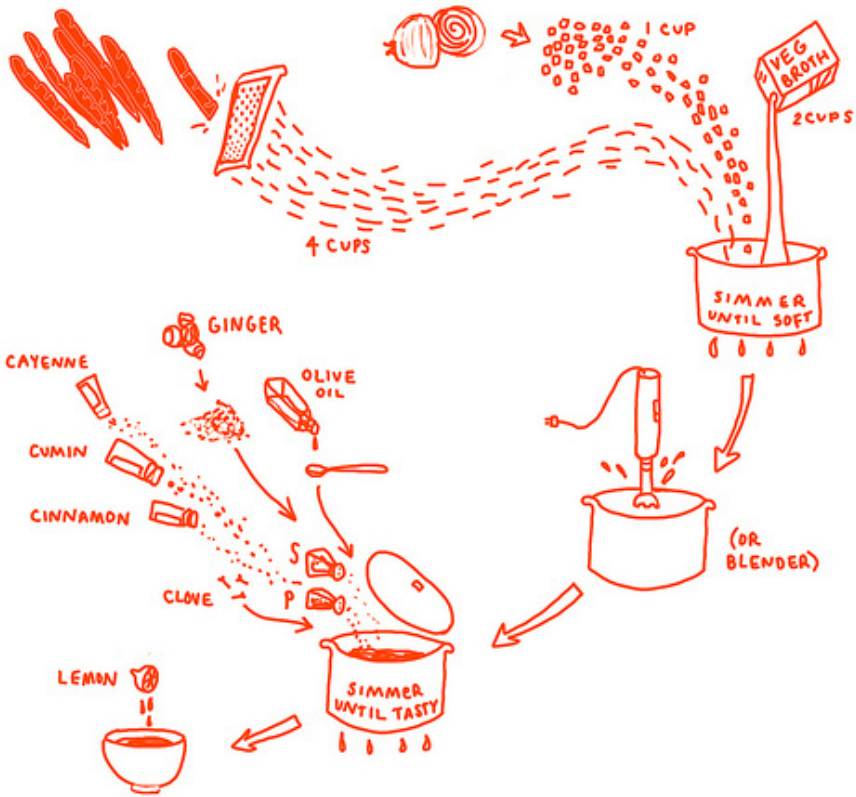
1/4 c. oil (probably not olive)

1. Blend fruit. This is by far the hardest part. You are going to want a decent blender and a couple of wooden spoons. You will have to constantly push the spoon into the blender to get the fruit to move around. You will also have to stop the blender several times mix the fruit up. Stop blending when all the fruit has been cut up. You are probably going to want to add a quarter cup of water to help with this process.
2. Put the fruit on the stove top to heat it up a little bit. Add the oil. Once the fruit is nice and warm, mix it with the cereal. Heating the fruit makes it a little easier to mix and helps get ride of a little water. The trick with making these granola bars is making sure you have enough fruit. If you do not have enough fruit, you will end up with really crumbly granola bars. To make sure that you have enough fruit, do not add all of the cereal at once. The mixture should form a big glob. If lots of little pieces of cereal or nuts are not in the glob, then you probably do not have enough fruit.
3. Once you have mixed everything, simply put the mixture in an 8x8 or 9x9 baking pan and flatten it with a spoon. Put it in the fridge to cool it, and then enjoy.

—RACHEL SIBLEY (ORIGINALLY FROM *HOW TO COOK EVERYTHING*
VEGETARIAN)

SNACKS AND SOUPS

CARROT SOUP



—KATIE SHELLEY

CHOCOLATE MUG CAKE

4 T all-purpose flour

2 T baking cocoa

3 T milk

3 T chocolate chips (optional)

1 coffee mug (I tend to use a larger mug, as the cake thing will rise when it cooks)

4 T sugar

1 egg

3 T oil

a small splash of vanilla

Add dry ingredients in mug and whisk with a fork. Add egg and mix well. Pour in the milk, vanilla, and oil and mix again. Fold in chocolate chips (if using). Put mug in the microwave and cook for 3 minutes on medium power (my microwave is kind of wonky, so this might be different for you).

—RACHEL SIBLEY



—PARMESAN BLACK PEPPER BISCOTTI, MONICA RIESE

PARMESAN BLACK PEPPER BISCOTTI

- | | |
|---|-----------------|
| 1 1/2 T whole black peppercorns | 4 c. flour |
| 2 t. baking powder | 2 t. salt |
| 4 1/2 oz Parmigiano-Reggiano, finely grated (2 1/4 c.) | |
| 1 1/2 sticks (3/4 c.) cold unsalted butter, cut into 1/2-inch cubes | |
| 4 large eggs | 1 c. whole milk |

Preheat oven to 350 F. Coarsely grind peppercorns. Whisk together flour, baking powder, salt, 2 c. cheese, and 1 T ground black pepper in a large bowl. Blend in butter until mixture resembles coarse meal.

Whisk 3 eggs with milk and add to flour mixture, stirring with a fork until a soft dough forms. Turn dough out onto a lightly floured surface and divie dough into four equal parts. Using well-floured hands, form each piece into a slightly flattened 12-in.-long log (about 2 in. wide and 3/4 in. high).

Transfer logs to 2 ungreased large baking sheets, arranging logs about 3 in. apart. Whisk remaining egg and brush some over logs, then sprinkle tops of logs evenly with remaining 1/4 c. cheese and 1/2 T ground pepper. Bake until logs are pale golden and firm, about 30 min. total.

Cool logs about 10 min. Reduce oven temperature to 300 F. Transfer logs to a cutting board and cut diagonally into 1/2-inch-thick slices

SNACKS AND SOUPS

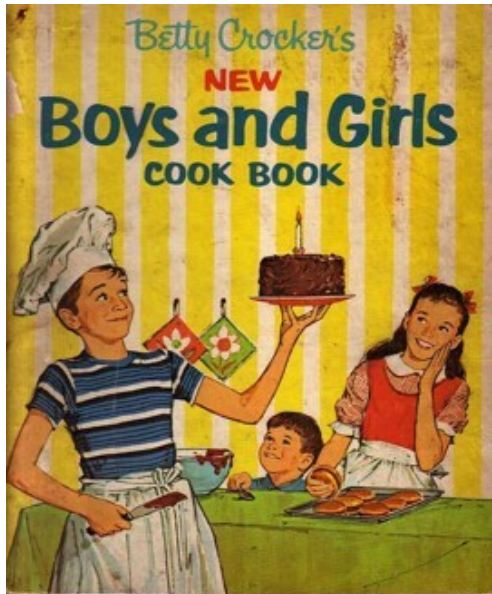
with a serrated knife. Arrange slices, cut sides down, in 1 layer on a baking sheet. Repeat with remaining logs, transferring slices to sheets. Bake, flipping once, until golden and crisp, 35 to 45 minutes total. Cool biscotti on baking sheets on racks, about 15 minutes.

—MONICA RIESE (FROM *SMITTEN KITCHEN*)

—CHRISTOPHER REED

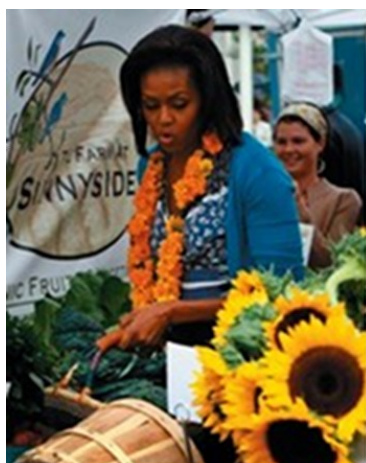
MORE THOUGHTS ABOUT BUILDINGS AND FOOD

A Photo Essay



Sorry, ladies. I don't have a recipe to swap. Grammy Jean would probably donate the recipe for her pie crust, but it sounds downright dishonest to steal a southern woman's recipe for pie crust. Not to mention I wouldn't try making the crust myself nor would I want to find out the recipe comes from Betty Crocker or some other fictional corporate spokeswoman constructed to sound All-American and thus trustworthy. Instead allow me to share some of my thoughts on a subject that consumes my life like few others: food.

Even with an understanding of the history of cook books and communities sharing recipes, I can't help but think that this FOODZINE is a consequence of the rising food movement and the continued moralization and politicization of food. I'm sure many of you



worshiped at the feet of Michael Pollan, listened to Joel Berg’s answer to “How Hungry is America?”, considered the lobster, or bemoaned the role of factory farms after reading a book by one of the many Brooklyn writers named Jonathan. Maybe you’re vegan or don’t eat raw foods. I’m sure you can explain to a layman which fruits and vegetables should be bought organic and which have negligible benefits when compared to their conventionally grown equivalents.

Many of you, I’m sure, refuse to eat beef or farm-raised fish, have marinated on the merits of the slow-food movement, and will perhaps laugh at my passé characterization of foodie culture. I don’t know, maybe you farm on the top of very tall buildings.

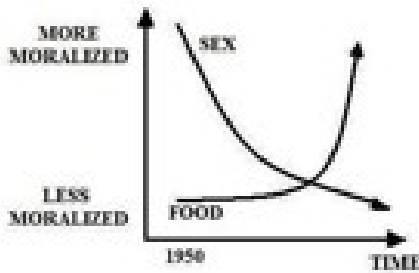
In the context of a cookbook, the consequence of all of our time spent deliberating about food is that we are not merely swapping recipes but helping the struggle to define what ought to be on one’s plate. As Mary Eberstadt pointed out in an essay for the Hoover Institution, the morality behind



the ingredients we choose has become as important if not more important than taste, price, texture or any other quality. I am sure this cookbook will reflect that shift. Eberstadt credits the phenomenon largely in part to the fact that that at literally at no other point in human history have people lived in such great abundance as to allow them moralize about what one ought to eat instead of what one can eat. Specifically, she compares our generation’s appetite for food and sex to our grandparent’s attitudes towards the same. While Kant’s categorical imperative - act only according to that maxim whereby you

MORE THOUGHTS

can at the same time will that it should become a universal law – governed older generations views on sex, their thoughts on food were generally speaking “catch as catch can.” Now the opposite is true. Our generation uses a sort of Nietzschean, Woody Allen “whatever works” philosophy in the bedroom but moralizes everything to do with food production and eating. I’m butchering her argument, so I made a graph:



Actually, come to think of it, I have one recipe to supply to this FOODZINE. I call it “Breakfast”:

Greek Yogurt (vanilla) + berries + granola,
Coffee with cream, and
Slice of wheat toast with honey.

Let me tell you—Greece may be effectively bankrupt, but at least they birthed democracy and make yogurt that is *da bomb*. It’s very thick with a texture similar to cottage cheese and is well worth the 175-250 percent price difference compared to standard yogurt. The berries are the star of the show. I smash them up before mixing them in with the yogurt and granola. I can’t emphasize that step enough.



Speaking of berries I had a pretty good tweet about them the other day: “@jrridewood Berry Power Rankings: 1: Straw, 2: Rasp, 3: Halle, 4: Black, 5: Chuck, 6: Blue, 7: Boysen, Last: Marion.”



We are a society spellbound by the spectacle of the public confessional. As such I find it absolutely necessary to own up to my personal relationship with food: I don't eat beef. I would be a vegetarian if I wasn't a) such a sucker for fine dining and b) pretty certain I don't eat enough protein as it is. I have a sweet tooth but don't bake because I know I will do a poor job pawning off my baked goods and will end up eating most of what I made. I would also make a huge mess. I love beer, recently anything with enough hops to turn off

non-drinkers. My feelings on wine are the same as my feelings on golf: leave it for the bourgeoisie and other assholes. My morning cup (or two) of coffee and the ritual in making it is the single most satisfying part of most days of my life. To paraphrase a line from Bergman's *Scenes from a Marriage*, "Sometimes I can't go to sleep because I'm so excited about my cup of coffee the next morning." When I cook, I like to listen to pre-Revolver Beatles, Roy Orbison, other 60s pop or Curtis Mayfield. In an act of vanity I place my vegetables in the front bin of the cart just in case someone else is looking. I lie and tell myself it's for practical reasons, but I know the real truth. Despite having no scientific evidence to back it up, I'm convinced carrots are the healthiest food for a person. I eat about one a day despite not liking their taste. Nearly every girl I've known well has had a complicated relationship with food in some respect. A funny example was this girl I dated who would order combination fried rice at any restaurant categorized as "Asian". Only upon learning this was I certain that we would not be working out.



Bánh mì, the Vietnamese sando, is the best argument for imperialism. Surely, something can't be *all* that bad if its consequences include something as exquisite as Vietnamese sandwiches. At any rate, exciting new sandwiches are as good of reason as any for war. I would like to see this argument made at a meeting of the UN Security Council:



Pie v. Cake: Like the Israel-Palestine conflict and the abortion question, the Pie v. Cake debate is a conflict that will never be solved in my lifetime. Pie is the people's champ. It is humble, and its slices are equitable and democratic. Not limited to dessert, pie crusts can also be filled with meat, curry or the entrails of a shepherd. Although an American did not invent the dessert, an American genius named Charles Watson Townsend is credited for having invented pie "à la mode." Talk about American ingenuity. Somebody put this god among men on a stamp. Townsend had the foresight and daring to say, "Hey, why not throw a scoop of ice cream on that slice for me." It was such a good idea that another patron of the restaurant called it "à la mode" after the



This photo of the Beatles is pretty telling because, as the Beatles Anthology notes, John struggled with his weight during his post-pot, pre-heroin stage when the Beatles were still together.

French phrase for fashionable because of course, what is more fashionable and in style than a scoop of ice cream. History was changed forever.

Cake is regal and reserved for birthdays, weddings and Passover. They are pomp and circumstance, glitter and boom. We gather around them to sing songs in candlelight. Forget everything I said about à la mode; cake has ice cream injected inside of it! And in the morning cakes are undercover spies working under the pseudonym, "Muffin."

Cake is also highly decorative and occasionally shaped like genitals. On these occasions people pair their penis or boob cake with jello shots. When I think of the words

"birthday cake," I think of the cake from my 21st birthday. The icing was an exact replica of the logo for the San Antonio Spurs. When it was presented to me, I forgot the impetus for celebration and mistook the "21" on the cake as a reference to Tim Duncan, the greatest power forward in NBA history. Folks ate up my Spurs cake so quickly that there is no known picture of the cake in full. The legend of the Spurs cake was further solidified when the Spurs won the championship later that year. Coincidence? Yes, absolutely.



A few weeks ago the distant cousin of my friend's girlfriend spent the night at my apartment in Austin. He's British and spending his gap year before Cambridge travelling the states and working at organic farms. Even though I spent most of the night asking about soccer, I have two great anecdotes from his visit. First, when we got coffee, he said "Wow, even the baristas in this town are cool." That cracked me up. The second story was a revelation and the most important thing I have to tell you about food. My friend and I were trying to decide what we should eat for dinner. She asked him what types of cuisine he preferred, and he didn't have anything specific to offer us. I asked him if he had much Tex-Mex since arriving in Texas, and he asked "Like what? Taco Bell?" Needless to say, I demanded we go to one of my favorite Tex-Mex places in town. There was a long wait, so the three of us picked up some Negra Modelos at the bar. When we finally sat down at a table, he was asking me questions about different dishes on the menu: "What are fajitas? What's ceviche? What are enchiladas? What's a tortada?" I noticed when I answered him that I was explaining each item using the same basic math: bean + meat/chicken + cheese + some manner of tortilla = everything on the menu. One of the cuisines that I love and champion, when reduced to its composite parts, came across as cheap and disgusting. I felt like such an Ugly American. As luck would have it, the British have no apparent taste in food, and he inhaled the mess of greasy Tex-Mex without breathing.

So I guess my main point is this: when you take a neophyte to eat Tex-Mex, tell them to order a combination plate and don't look back.

—JONATHAN RIDEWOOD

VEGETABLES AND SALADS

My vegetable love should grow
Vaster than empires, and more slow.

BAKED ACORN SQUASH

Incredibly simple and incredibly delicious.

2 medium to large acorn squash, cut into halves

1/2 cup maple syrup

salt

Set oven to bake at 400 F. Sprinkle a generous amount of salt into the cavity of each half. Place the halves open-face down into a lightly greased or buttered baking pan and put into the oven for 45-50 minutes. At the finish, remove the pan and carefully flip the halves over. Score the inside of the squash with a fork, then drizzle in the maple syrup until you have a small pool at the bottom of each half. Turn the squash back over in the pan, trapping some (doesn't need to be all) of the maple syrup in the face-down squash. Return to oven for another 10 minutes. Allow to cool before serving.

—HAL HLAVINKA

EDNA LEWIS'S BEETS IN VINAIGRETTE

The next two recipes are from the January, 2008 issue of GOURMET, "What Is Southern?". I won't say anything more about that other than to tell you that I wept at my desk when I read that it was folding. R.I.P.

3-4 beets, trimmed (about 2 lbs)

2 t. sugar

2 1/2 T cider vinegar

1/4 c. olive oil

2 T finely chopped onion

2 T finely chopped parsley

Preheat oven to 400 F. Wrap the beets (unwashed) in foil. Bake for 1-2 hours, or until tender. Combine the vinegar, onion, sugar, and olive oil in a small bowl. Whisk well. Peel and slice the baked beets. The skins should come right off. Arrange on a plate, dress with vinaigrette and garnish with parsley.

SLOW-ROASTED TOMATOES

- 1 T sugar
- 1/2 t. kosher salt
- 1 28-oz can whole peeled tomatoes, drained
- 2 T unsalted butter, cut into small pieces

Preheat oven to 350 F with rack in middle. Lightly butter an 8-inch shallow baking dish. Stir together sugar, salt, and 1/4 t. pepper in a cup. Put tomatoes in baking dish and sprinkle all over with sugar mixture. Dot tomatoes with butter, then bake until tomatoes are partially collapsed and deeply caramelized in places, 1 to 2 hours. Serve warm or at room temperature.

—HBW

TZATZIKI

If you are ever in Montreal, it is imperative that you eat at Villa du Souvlaki on Sherbrooke Street. When my family returns to visit our hometown, we usually go straight from the airport. They do good souvlaki, I guess, but I've been vegetarian for years so all I can ever remember eating there is a pita filled with tzatziki sauce, feta cheese, and tomatoes. Still, the tzatziki makes it totally worth it. VdS knows this. At some point during my Canadian childhood, the restaurant won a contest and published their tzatziki recipe in the newspaper. My mother has this clipping pasted on the first page of her recipe-keeper, adjacent to a cut-out picture of her best friend from college. Really. Here's the VdS recipe, as modified by my mother and, parenthetically, me.

The original recipe calls for dicing all solid ingredients and whisking everything in a bowl, cucumbers last. But I like to use the mini food-processor.

VEGETABLES AND SALADS

2 c. labneh or Greek yogurt (but seriously, labneh)

2 T light-tasting oil

1 1/2 T white vinegar

5 t. salt

1 1/2 t. fresh mint or dill, finely chopped (fresh!!)

2 cloves garlic

1 small cucumber, peeled, seeds removed (use like 1/3 of an English cucumber OR one Mediterranean cucumber in which case you don't have to peel/seed it)

Using the food processor, finely mince garlic. Add cucumber and continue to process until finely chopped. Add the rest of the ingredients in order and continue to blend. Chill for several hours before serving for the best flavor. Lasts several days in the fridge. Serve in a pita with feta cheese and tomatoes. Souvlaki meat optional. Or use as dip with carrot sticks or tortilla chips. I've also been known to eat this as a salad dressing or mixed with brown rice (heated).

—MIA AVRAMESCU

FRIED GREEN TOMATOES

2 or 3 green Creole tomatoes, slice em about 1/4 inch to 1/2 inch thick. Place the slices in buttermilk. Let em soak for a few minutes. Dip each side of the soaked tomato in a mixture of corn meal, flour, and Cajun spices (Tony's) (about a half cup of each, maybe two tablespoons of Tony's?? Be generous). Fry in about a half inch of oil in a frying pan! Flip when each side is golden. Dry out on a paper towel. Serve hot!



—ANNIE BROOKS

STRING BEANS WITH GARLIC AND GINGER

2 1/2 lbs string beans (french style, slim) trimmed

4 T veg oil

1/4 c. minced fresh ginger (about 6" ginger root, peeled)

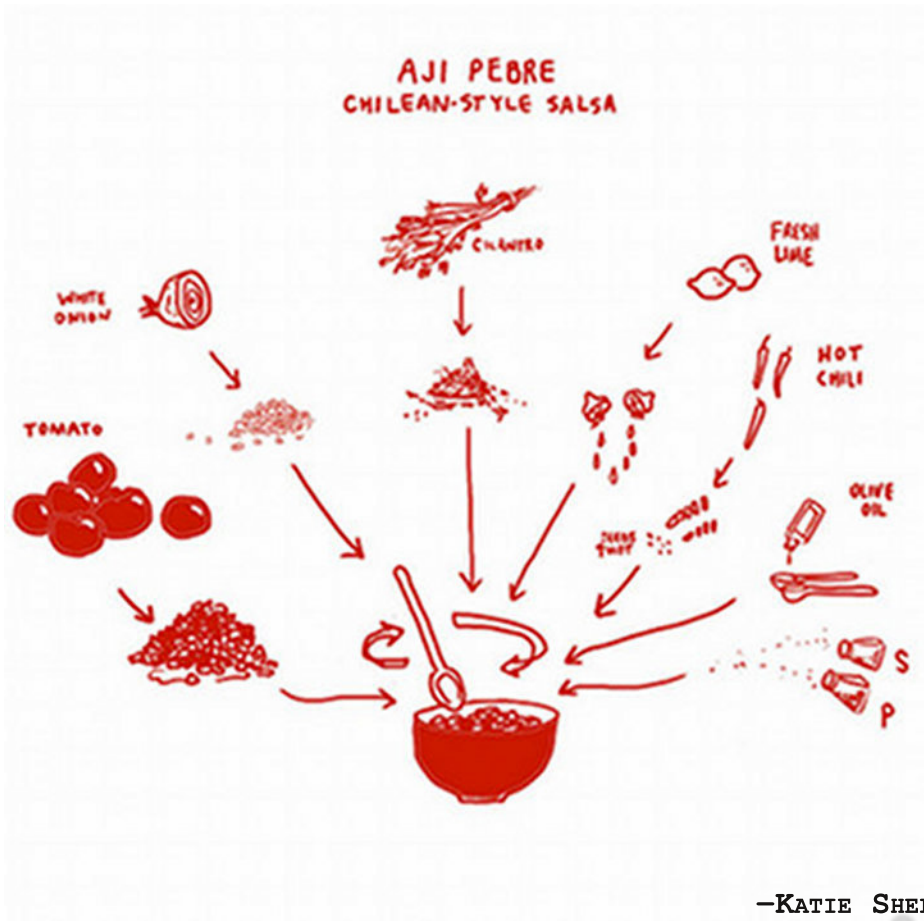
VEGETABLES AND SALADS

4 med. garlic cloves, minced

Large bowl of ice water.

Bring salted water to boil in large pot. In two batches, boil string beans just until tender, crisp & bright green, maybe 4 minutes. Plunge into ice water. Lift when cool and drain on towels. Keep refrigerated wrapped in towels until use. Can do 1 day ahead. Heat 2 tablespoons of oil in wide skillet, high heat. Add half beans, half ginger, half garlic and cook, stirring and tossing constantly until beans heated through and garlic & ginger soft and aromatic. Sprinkle with salt and remove to serving dish. Repeat with 2nd batch. Serve.

—CARRIE GUSS



—KATIE SHELLEY



—KATHERINE MCCREA

SALAD

Who do I think I am, insulting your intelligence by offering you a recipe for a bowl full of rabbit feed? Well, this is my cookbook, and I consider myself a proselytizer for the salad cause. Not because it's healthy, but because it's delicious, beautiful, and full of contrasting tastes, temperatures, and textures. See? Proselytizer.

It has been my job to make salad dressing for a long time. As long as I can remember, in fact, although my father almost fired me once, at age 10, for spilling a box of kosher salt into the bowl. Salad dressing from scratch is tastier, healthier, and cheaper than the stuff from the bottle. I am the first to admit that I usually just throw the vinegar and oil onto the salad and don't look back. But science tells me that salads with emulsified dressings wilt more slowly, and my tastebuds tell me that they're paying for my laziness.

The basic rule of salad dressing is: three times as much oil as vinegar, flavor as you like.

1 T vinegar (apple cider, balsamic, white wine, red wine, etc.
Raspberry vinegar is putrid, in my view)

3 T oil (olive, rapeseed, sunflower... I like olive best, but if you're
out, it's not a disaster)

Flavorings:

garlic

herbs (tarragon, parsley, mint, chives...)

mustard (dijon, grainy, spicy)

sweeteners (honey, sugar, brown sugar, agave)

juices (lemon, lime, orange: decrease vinegar to taste)

Combine in a small bowl or jar and whisk or shake until emulsified.
Makes enough for one large salad. Keeps refrigerated in an airtight
jar, 1 week. My favorite salad, though it's practically a seasonal
impossibility, is a whole grapefruit, supremed, with a whole cubed
avocado, 2 oz. goat cheese, Bibb lettuce, and Dijon vinaigrette.

—HBW



—KATHERINE MCCREA

VEGETABLES AND SALADS

FIG SALAD

Fried plantain

Black figs

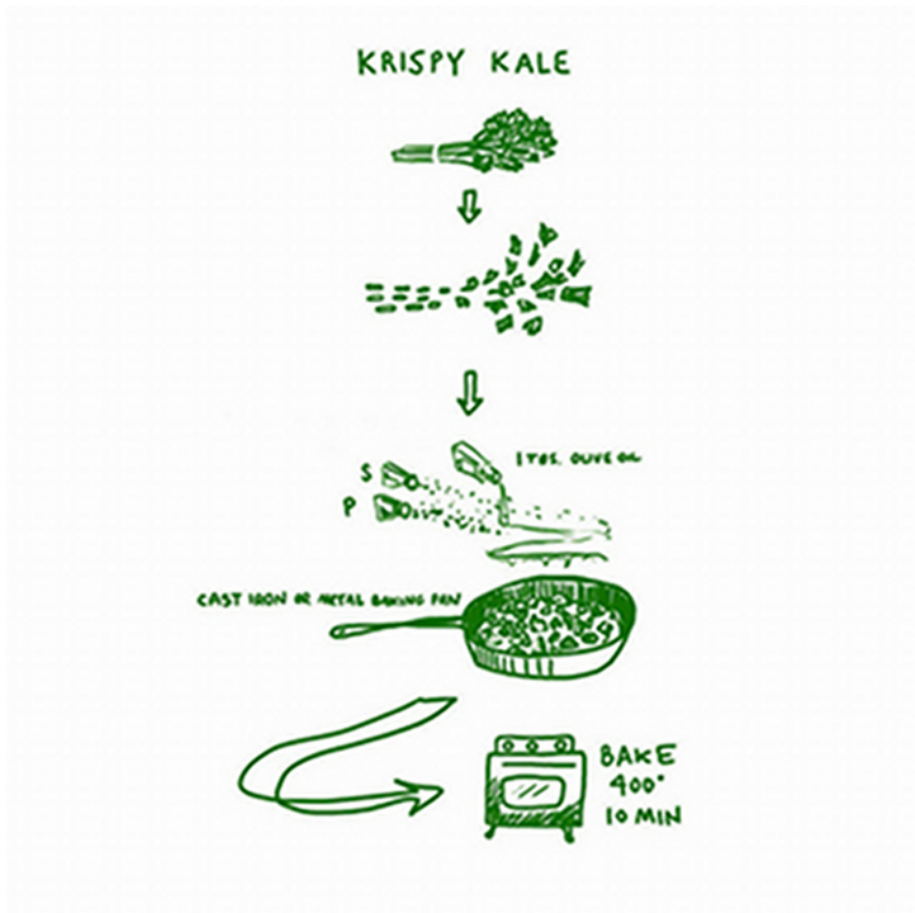
Diced mango

Red onion

Green figs

Dressing: salt, pepper, olive oil, half a lime.

—CARRIE GUSS



—KATIE SHELLY



-WILLIAM TASKER, WORK PROJECTS ADMINISTRATION POSTER
COLLECTION (FROM THE LIBRARY OF CONGRESS)

TO STARCH, OR MY FAMILY, WITH LOVE

When I was a kid, every meal had some kind of meat, some kind of vegetable, and some kind of starch. Meat was almost always beef, and the vegetables were almost always from a box in the freezer. Starch was the only course that offered some real variety.

We only ate pasta when my parents weren't around. My dad hated anything with cheese melted on it, and that included boxed spaghetti with canned tomato sauce and Kraft powdered "Parmesan" cheese sprinkled on top. On Saturday nights, though, when my parents would go out to dinner with friends and leave my brother, my sister, and me either alone or with the babysitter, we got a reprieve and were given the option of making spaghetti with tomato sauce or macaroni and cheese out of the box. The thrilling part, of course, was that we were allowed to make it ourselves. Thus came about our first experience cooking "from scratch" (there were other experiments involving cake mixes and ramen noodles that I've chosen to leave aside here).

In my extended Oklahoma Lebanese family, the starch of choice for family dinners was never pasta but either the standard Middle Eastern rice option or some form of potato, to go with the beef we had at nearly every meal. My mother's Sunday favorite was Uncle Ben's rice, cooked in the electric Presto rice cooker with a 2:1 water:rice ratio and preferably some broken vermicelli sautéed in butter before the rice went in. We pretty much always ate this rice with a Lebanese

stew of beef and green beans cooked in butter with tomato, onion, cinnamon, and pepper, and we called that *ruz bi yahkni*.

Mom considered potatoes the most plebeian option, though I remember having them almost every night during the week. I guess we were in fact pretty plebeian. We mostly ate plain Idaho potatoes thrown to bake in the oven, or, in later years, in the microwave. We also had them peeled and cut into chunks and boiled past recognition on the stove. Some Sundays after church we would have them mashed, with Birdseye frozen sweet peas and fried chicken alongside them. And on rare occasions, my mom would cut raw potatoes into sticks and deep-fry them in Crisco. I remember that happening no more often than once a year, and they were so delicious I can't even remember what we ate with them.

My favorite potato dish was scalloped potatoes, which were easy to make: lay sliced potatoes in a buttered Pyrex baking dish; pour a can of Campbell's cream of mushroom soup concentrate over them, mixed with a little milk; and bake until done. At least that's the way I remember it. I know that there were nights when I ate the whole casserole of potatoes myself after my brother and sister had gotten up from the table.

When I had my own kids to feed, I doctored all of these recipes but never strayed too far. There was a rough period we all remember in the early 90s when I made rigatoni with sautéed garlic and chopped tomatoes for Hannah and Lucy almost every night. I would try to branch out a bit by sautéing crushed fennel seeds along with the garlic, or dried or fresh rosemary, or, on occasion, red pepper flakes. We had a couple of Marcella Hazan's cookbooks, and I would refer to them to try to distinguish it further, following her pasta recipes and including items like sweet onion, chicken liver (never a favorite), sage, and pancetta. We tried different shapes and sizes of pasta, which didn't seem to make much difference. Lucy liked shells, I think, and Hannah might have preferred penne (am I remembering this right?), and Mommy and Lucy particularly liked it when the spaghetti would clump together and be hard and sticky soft at the same time because

you didn't stir it enough (or at all) while it was boiling. I couldn't abide capellini because it was too thin and soft and made me feel like I was going to choke, etc.

Last year Ben and I took it upon ourselves to update Mom's Lebanese rice recipe by sautéing the broken noodles in olive oil instead of butter, then sautéing the rice for a long time, too, before steaming it in hot chicken stock instead of water. We still argue over whether to add a bay leaf (he says no; I say yes); and there have been times when I have added chopped onion, turmeric or saffron, and frozen peas at the end to make something that looks but doesn't taste like Mexican rice.

I haven't made the cream of mushroom soup potatoes since I was a kid, but I've approximated it a couple of times by making something called gratin dauphinois from an Elizabeth David book. That's sliced potatoes laid in a buttered dish then baked with chopped garlic and hot milk and a little cream poured on top. No mushrooms, no cheese.

One of Ben's favorites is potatoes sliced then tossed with fresh rosemary sprigs in lots of olive oil then laid out in a buttered baking dish and baked covered for 30 minutes then uncovered until they're brown on top.

You get the idea? Slice, butter, lay out, pour something over it, bake. Works with just about anything.

The best example I can give is Patricia Wells's recipe for a grain of celery root and potato. You parboil slices of peeled celery root and potato and lay them out in layers in a buttered baking dish. Maybe two parts potato to one part celery root if not half and half. Then you make a rough sauce by sautéing chopped fresh tomatoes with garlic in olive oil. Mix in a little of the celery root water, then a cupful of crème fraîche. Each layer of potato or celery root gets covered with salt and pepper and the tomato sauce, then you sprinkle grated Gruyere or Emmental over the whole thing and bake uncovered for about half an hour.

—JOHN WEHBA

CUCUMBER PICKLES.

MRS. DROWN.

Wash cucumbers and put in brine 24 hours. Take them out, wipe dry and lay in a jar, pour cold vinegar over them and let stand 5 or 6 weeks; then remove from vinegar and lay in jar, sprinkling some mixed spices between the layers of cucumbers, put on top a cup of sugar, pour over this hot vinegar in which a little alum has been dissolved. Keep the pickles under the vinegar by pressing a plate over them. Tie up the jar and they will keep a year.

CUCUMBER PICKLES.

MRS. A. J. WARNER.

Take small, green cucumbers, cover them with a weak brine, and let them stand 24 hours. Then take out the cucumbers, and wipe the black specks from them. Put them into a brass kettle, add sufficient vinegar to cover them, and a small lump of alum. Heat slowly, stirring them from the bottom occasionally. When scalded, turn them into a crock and let them stand 24 hours. Add a few green peppers, sliced.

To 600 pickles, take 3 gallons vinegar (if needed to cover them), 3 pints brown sugar, 3 gills of mustard seed, a large handful of cloves, a handful of cinnamon, 1 teaspoonful of celery seed, a few pieces of ginger-root, and a lump of alum the size of a walnut. Tie all the spices in a muslin bag and scald with the vinegar in a porcelain kettle. Drain the first vinegar from the cucumbers, and pour over them the spiced vinegar after it has cooled a little. Add some green grapes and horse radish, when cold.

CUCUMBER.

MRS. HAWKS.

Wash the cucumbers clean. Make a brine and pour scalding hot over them. Let stand 3 hours. To 1 gallon of vinegar add 1 piece of alum, size of a hickory nut. Let it get scalding hot. Put your pickles in and let them remain 15 minutes. Then take them out, and throw the vinegar away. Now take 1 gallon of fresh vinegar and add to it 1 green pepper cut in two. Cinnamon and cloves, if you like, and a little alum. Let this also come to a scald. Put the pickles in and let them scald. Seal up in glass jars. Be sure and get good apple vinegar and your pickles will keep.

4

—CENTENNIAL COOKERY BOOK, MARIA NYE BUELL, ED.,
MARIETTA, OH, 1887

RICE, PASTA, AND GRAINS

O Beautiful for spacious skies
For amber waves of grain

RAW NUT PESTO

For tomato sauce:

1/4 c. olive oil	1 clove garlic, finely chopped
1 medium onion, finely chopped	salt and pepper
1 lb canned whole peeled tomatoes with juice (or just one can)	

For the pesto:

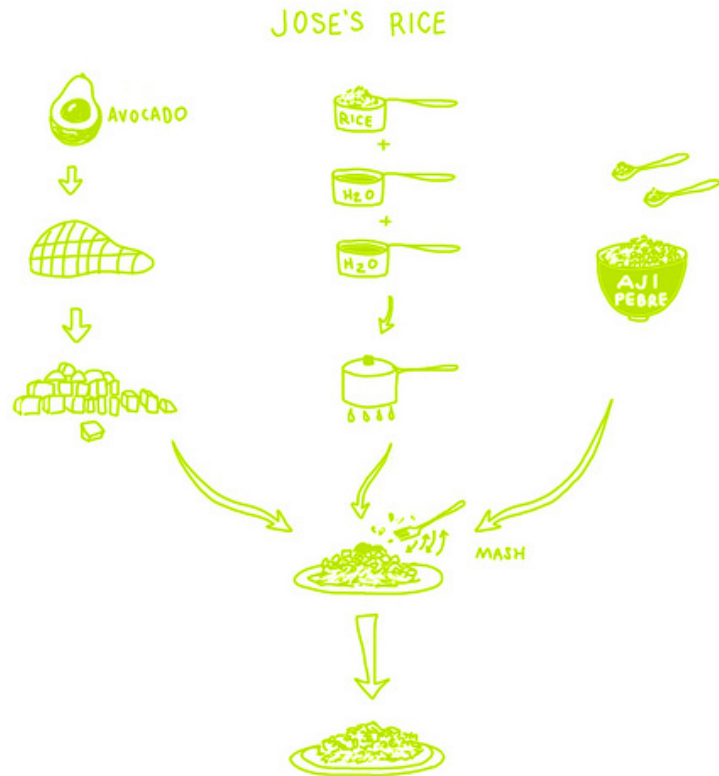
2 garlic cloves, crushed	2 t. hot red pepper flakes
5 T olive oil	3 to 4 leaves of fresh mint
2 c. mixed whole raw nuts, like pine nuts, walnuts, pistachios and hazelnuts	
ground pepper	

1. For tomato sauce: In a heavy-based saucepan over medium heat—heat oil and saute onion until translucent. Add garlic and tomatoes with their juices, breaking up the tomatoes. Season. Simmer uncovered until most of the juices have evaporated—20 to 30 minutes. Meanwhile....

2. For pesto: In a food processor, combine garlic, hot pepper flakes, olive oil, nuts and mint. Pulse to make a "smooth" paste. Season with pepper.

3. Cook pasta. Drain. Set aside 1/2 cup of pasta water. Return pasta to warm pot. Add both sauces and toss well to coat--adding reserved water as needed. Garnish with fresh mint...for those of us with class. Serve with pecorino.

—HANNAH SCHNEIDER (ORIGINALLY FROM THE *NEW YORK TIMES*)



—KATIE SHELLY

MARCELLA HAZAN'S TOMATO SAUCE WITH BUTTER AND ONION

1 can (28 oz) whole peeled tomatoes 1 onion
4-8 T (1/2-1 stick) butter salt and pepper to taste

Halve the onion crosswise. Add to a medium saucepan with the butter and tomatoes. Simmer over medium heat, breaking up the tomatoes with a wooden spoon, until the butter is melted and a "rich perfume spills through your house" (Marcella's sentiment, not mine). Season to taste. Serve with spaghetti.

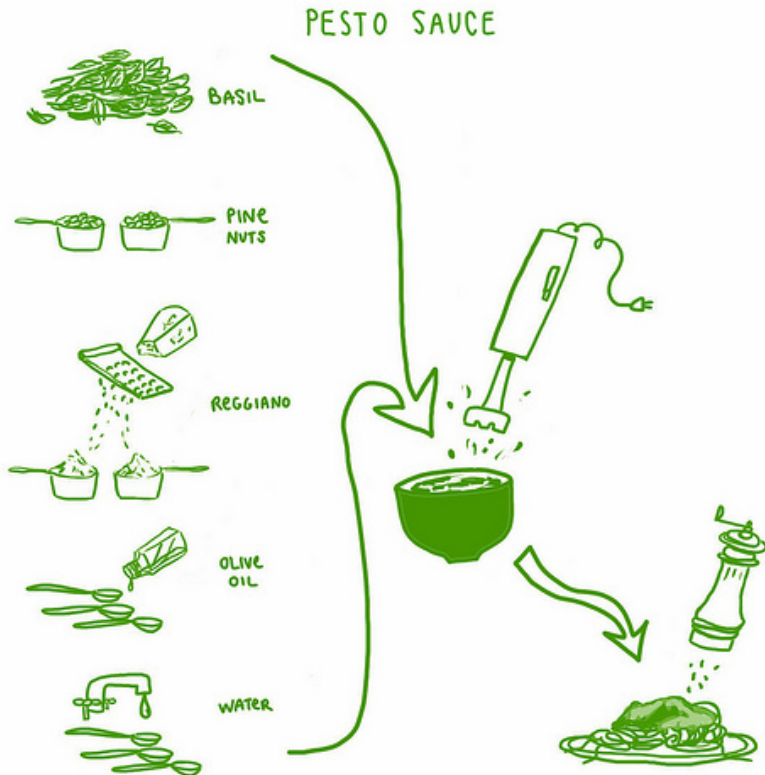
—HBW

COCONUT GINGER RICE

- | | |
|------------------------------------|--------------------------|
| 2 cloves garlic, peeled and minced | 1 T butter |
| 1 1/2 c. long-grain white rice | 2 t. minced fresh ginger |
| 1 c. unsweetened coconut milk | 1 1/2 c. water |
| 1 1/2 t. salt | |

Heat the butter in a medium-sized heavy saucepan over medium heat. Add the garlic and ginger (you could easily double the amounts of these for bolder flavor) and cook until fragrant but not brown, about 1 minute. Add the rice and stir for 1 minute. Add the coconut milk, water and 1 1/2 teaspoons salt and bring to a boil. Reduce the heat, cover and cook the rice until the liquid is absorbed and the grains are tender, about 20 minutes.

—HBW (ADAPTED FROM THE WEDNESDAY CHEF)



—KATIE SHELLY



- "ONE TIME KEVIN ATE A WHOLE BAGUETTE," HAL HLAVINKA



- "IT WAS THIS DEAR GOAT, FITTINGLY
NAMED MINT, WHO TURNED ME INTO A
VEGAN," MARGARET ROSS

MEAT, POULTRY AND FISH

Bring home the bacon

Dexterity, grace, and tact in carving and distributing the delicate morsels of the dish, have been many a man's passport into popularity. Nor is this accomplishment unworthy of cultivation in the elegant woman; affording a pretext, too, for that assistance of some favoured neighbour which men love to offer to the fair.

—GEORGE ROUTLEDGE, ROUTLEDGE'S MANUAL OF ETIQUETTE

UNCLE DICK'S JAMAICAN JERK SAUCE

1 t. allspice	1/2 t. cinnamon
1 t. thyme	2 cloves crushed garlic
1 t. cayenne	2 t. olive oil
2 t. sugar	1 t. soy sauce
1/2 t. white pepper	1 t. vinegar
1/2 t. nutmeg	1 T orange juice

Great on grilled chicken.

—HANNAH SCHNEIDER

BRISKET

This is my best friend's mom's brisket recipe, but actually she sent it to me and it is from a 2004 issue of FOOD & WINE magazine and is Russ Pillar's Grandma Selma's recipe. I don't know who Russ Pillar is, I guess he's a chef but when you Google him it looks like he is seven different highly accomplished businessmen. The description from the magazine said this: "This is Russ's modern take on his grandmother's

recipe. He experimented with a mix of spices and unexpected ingredients (such as Coca-Cola) to re-create her dish and came up with this version." It is possibly the best thing I've ever tasted, definitely definitely the best brisket I've ever tasted, also possibly because according to the version they've posted on recipenzaar.com every serving has 1100 calories, 700 of them from fat. But it is so good SO GOOD it is definitely marry-me brisket unless you try to use it to woo a vegetarian.

1/3 c. light brown sugar	1 t. sweet paprika
2 T kosher salt	1 t. coarsely ground black pepper
1 t. garlic powder	1/2 t. cinnamon
1 t. cayenne pepper	1/2 t. cocoa powder
1/2 t. ground coriander	1/2 t. freshly ground white pepper
One 5-pound beef brisket, trimmed	3 T vegetable oil
4 large onions, sliced 1/2 in. thick	2 c. Coca-Cola
2 lbs. carrots, cut 1/8 in. thick	1/4 c. ketchup
1 (28-oz) can crushed tomatoes	

1. In a bowl, mix the brown sugar, salt, garlic powder, cayenne, paprika, black pepper, cinnamon, cocoa, coriander and white pepper. Rub the mixture all over the brisket, set it in a baking dish and cover with foil. Refrigerate overnight.
2. Preheat the oven to 350 F. In a large enameled cast-iron casserole, heat the oil. Add the brisket, fat side down, and brown well over moderately high heat, 6 minutes per side. Transfer to a plate.
3. Reduce the heat to moderate and add the onions. Stir well, cover and cook, stirring, until softened, about 15 minutes. Add the carrots, cover and cook, stirring, until the carrots begin to soften, 5 minutes. Transfer to a bowl.
4. Add the Coca-Cola, tomatoes and ketchup to the pot and stir over moderate heat. Add the brisket and any juices and spread the onions and carrots around the meat. If necessary, add enough water to half-submerge the brisket in liquid. Cover tightly and braise in the oven for 2 1/2 hours.

5. Transfer the brisket to a cutting board, cover with foil and let stand for 30 minutes. Raise the oven temperature to 425 F. Slice the meat across the grain 1/4 inch thick, return to the casserole and spoon the sauce over the meat.

6. Return the pot to the oven and cook uncovered for 1 hour, or until the meat is fork-tender. Check every 20 minutes; if necessary, add water so the meat is half submerged. Remove from the oven and let stand for 15 minutes. Transfer the meat to a platter, spoon the onions, carrots and sauce over and serve.

—CARRIE GUSS

HOISIN MARINADE

I usually use this on a flank steak, but the book says it can be used on chicken/lamb/pork.

6 T soy sauce (reduced sodium if you have it)	2 T sugar
1/4 c. hoisin sauce or sweet bean paste	2 T minced garlic
1/4 c. rice wine or dry sherry	
2 t. crushed dried red chilies or red pepper flakes	
1 T olive oil (or any vegetable oil)	

Combine the ingredients in a medium-sized bowl. Place meat in bowl or a zip-lock bag and add marinade. Refrigerate and leave overnight.

—JASON REIF (FROM JANE BRODY'S *GOOD FOOD GOURMET*)

RUNZAS: GERMAN-RUSSIAN POCKET BREAD SANDWICHES

Dough:

1 cake yeast, or 1 1/4 packages	2 c. warm milk
1/2 c. sugar	1/2 c. butter
1 t. salt	2 eggs, beaten
7-8 c. flour	

1. Mix yeast with milk, sugar, and salt.
2. Add butter and eggs gradually to yeast mixture. Best if done with a mixer, but can also be done by hand.
3. Gradually stir in flour until dough is consistency of ear lobe.

4. Knead 5-6 minutes on floured board.
5. Place dough in greased bowl and let rise in a warm, humid place, approximately 45 minutes to an hour. For a good, warm location: heat oven briefly at 200F, and place two bowls of boiling water in oven.
6. Punch down dough, and let rise again.
7. Turn dough out onto board, and divide into 5-inch squares.

Filling:

1 lb. ground beef	1 large onion
1 medium head white or red cabbage	1 t. caraway seeds (optional)
1 t. salt	Pepper and garlic powder to taste

(Alternately, I like to use turkey sausage and potatoes in lieu of ground beef. Broil sausage until well done and steam potatoes either on the stove or in the microwave, then sauté sausage, potatoes, onion and cabbage together until cabbage and onions are cooked and clear.)

1. Finely chop onion, and cook with meat until brown.
2. Shred cabbage, and add to meat mixture. Season with caraway seeds and salt.
3. Spoon meat mixture onto dough squares, and pinch dough pockets closed. To do so, draw edges of dough together from middle of runza, and work your way to each end, folding over the ends and pinching them closed.
4. Bake on greased sheet at 350 F until golden brown, about 20 minutes. Makes approx. 24 runzas.

—ERIN McMANUS

BOLOGNESE MEAT SAUCE, AKA

CAT FOOD SAUCE (AND LOTS OF IT) A LA MARCELLA HAZAN

This sauce is delicious and time consuming to cook, so you can't argue that it's not sensible to make a whole lot of it and freeze it. Then you always have something to eat. Warning: Don't let it fall out of the freezer onto a child's head or your own foot. Serve on generously buttered pasta. You can also make less. Just divide. This makes approximately a gallon.

MEAT, POULTRY AND FISH

4 Tbs vegetable oil (I use olive oil)	12 T butter plus
3 c. chopped onion	2 c. chopped carrot
2 c. chopped celery (do NOT leave this out, even if you dislike celery; it's been tried with bad results)	
3 1/2 lbs ground beef chuck	1 quart whole milk
1/2 t. grated nutmeg	1 quart dry white wine
6 c. (approx) canned Italian plum tomatoes, cut in with their juice (a giant food services can)	
salt, pepper, freshly grated parmigiano-reggiano cheese	
Pasta of choice: tagliatelle, but works equally well with rigatoni, fusilli, and conchiglie	

1. Put oil and butter in a pot with chopped onion. Turn heat on to medium. Cook and stir onion until translucent. Add chopped celery and carrot. Cook for 2-4 minutes more, stirring the vegetables to coat them well.
2. Add ground beef, a large pinch of salt, and a few grindings of pepper. Break up the meat and stir well, cooking until the beef has lost its raw, red color.
3. Add the milk and let simmer gently, stirring frequently, until it has bubbled away completely. This can take a while.
4. Add the grated nutmeg and stir. Add the wine and let simmer until it has evaporated. This will take a while—a 1/2 hour or more.
5. Add tomatoes and stir thoroughly to coat all ingredients. When the tomatoes begin to bubble, turn heat down so that the sauce cooks at the laziest simmer with occasional bubbles breaking. Cook uncovered for 3 hours or more, stirring from time to time. If the sauce begins to dry out and the fat separates from the meat, add 1/2 c. of water to keep it from sticking to the pot. At the end, however, no water should remain and the fat must be separate from the sauce. Taste and correct for salt.
6. To serve: toss with cooked drained pasta, adding the final tablespoon of butter. Serve with the parmesan on the side. If you're going to freeze the sauce, when you do serve it, reheat it and simmer for 15 minutes before adding pasta.

—SIMONE BLOCH

FRIED CHICKEN MASALA

For The Buttermilk Brine:

3 c. buttermilk	1 t. ground peppercorns
1/4 c. kosher salt	1/2 t. ground ginger
2 T sugar	1/2 t. paprika
1 1/2 t. Garam Masala	1/4 t. cayenne pepper
1 t. ground coriander	

To make the brine, mix the ingredients. Transfer to a large resealable bag, add the chicken, shake to coat and refrigerate overnight.

3 ½ to 4 pounds chicken legs or 1 whole chicken, cut into 8 pieces	
Canola oil, for frying	1/4 t. cayenne pepper
2 c. all-purpose flour	2 t. ground coriander
2 t.s Garam Masala	2 t. ground peppercorns
1 t. turmeric	1/2 t. kosher salt

Heat 1 inch of canola oil in a high-sided skillet over medium-high heat until it's hot enough (to test, 1. stick the handle of a wooden spoon in, if it gives off bubbles it's ready or 2. Throw a grain of rice in, if it rises to the top and starts cooking, it's ready.)

In a bowl, whisk the flour with the spices and add the chicken to coat. Let the chicken rest in the flour while the oil gets hot. When the oil is ready, tap off the excess flour from the chicken and add as many as possible to the skillet. Fry until browned, 6 to 8 minutes. Turn the chicken over and fry until it is deeply browned on the other side, another 6 to 8 minutes. Transfer chicken to a paper towel-lined plate to drain.

—JASON REIF (FROM SUVIR SARAN'S *AMERICAN MASALA*)

REFLECTION

These are things I did for college credit:

- Wrote a too-long piece of prose entitled "on breakfast" for a creative writing class.
- Did a serious, ten-page experimental "inquiry" involving the scientific methodology behind properly poaching an egg.
- Maintained a food blog about sandwiches for three months.
- Did a group project entitled "what is a cupcake?" for a math class.
- Took the course "NTR 311: food and culture": learned the origin of cookies and what pygmies eat.

What does this mean?

-LEIGH PATTERSON

EAT THESE EVERY DAY



MILK—a pint for adults—more for children
cheese or evaporated milk or dried milk
ORANGES tomatoes grapefruit—raw cab-
bage or salad greens at least one of these
VEGETABLES green or yellow—some raw
some cooked **FRUITS** in season also dried
and canned fruit **BREAD** and cereal—whole
grain products or enriched white bread and
white flour **MEAT** poultry fish—dried beans
peas or nuts **EGGS**—3 or 4 a week cooked any
way you choose or used in prepared dishes—
BUTTER vitamin rich fats and peanut butter
Then eat any other foods you may choose

MADE BY WTC WPA WAR SERVICES

—WORK PROJECTS ADMINISTRATION POSTER COLLECTION (FROM THE
LIBRARY OF CONGRESS)

DESSERTS

You catch more flies with honey than with vinegar

AUNT MARCIA'S POPPY SEED CAKE

Preheat oven to 350 F. Dust off a Bundt or angel food cake pan.

Soak 2 oz. poppy seeds in 1 c. buttermilk.

Cream together:

1 c. butter

4 egg yolks

1 c. sugar

Sift together:

2 c. flour

2 T baking powder

1 T baking soda

A pinch of salt

Whisk 4 egg whites until stiff.

Mix:

1/2 c. sugar

1 T cinnamon

Have ready:

1 t. almond extract

Add poppy seed/buttermilk concoction and dry ingredients in alternate batches to the creamed mixture. Add almond extract and fold in egg whites. Line greased pan with cinnamon sugar. Pour 1/2 of batter into pan and sprinkle with cinnamon sugar. Pour remaining batter. Smooth and cook for 1 hour.

—HANNAH SCHNEIDER

AUSTIN FAMILY BIRTHDAY CAKE

Below is the recipe for the traditional Austin family birthday cake, which my grandmother used to make for my dad and his siblings, and which someone has made on almost every birthday in my household that I can remember. It's still pretty much the best cake I've ever had, and I'd like to think my affinity for it is not purely nostalgic. It's just a damn good cake. Also pretty easy to make and without any uncommon ingredients. We call it cake with a hole in the middle, because it's supposed to be baked in a pan with a hole in the middle, though it can of course be made into a traditional layer cake. We always eat it with caramel frosting [recipe below].

1 1/2 sticks butter	2 1/2 c. of flour
1 1/4 c. sugar	2 1/2 t. baking powder
4 eggs	1/6 t. salt
3/4 c. milk	1/2 t. vanilla

Preheat oven to 350 F (for a pan with a hole) or 325 F for a layer cake. Grease pan. Cream butter and sugar. Add well-beaten eggs. Sift dry ingredients and add alternately with milk to creamed mixture, then add vanilla. Pour into pan, bake for 45 minutes and frost with caramel icing.

CARAMEL ICING

Melt 1/2 c. butter, add 1 c. brown sugar. Boil, stir 1 minute or until slightly thick. Cool (but not until it hardens. Don't skip this step!). Add 1/4 c. milk; return to heat. Beat in about 3 1/4 c. sifted powdered sugar till of proper consistency.

—CHARLOTTE AUSTIN

OMA'S APPLE CAKE

Dough:

1 1/2 c. flour	1/4 lb. butter, softened
1/2 c. sugar	juice of 1 lemon
1 egg	1 t. baking powder

Filling:

8 large apples, about 3 lbs.	1 handful of raisins, or two
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Mix the dough ingredients and cover the bowl, refrigerate for at least 3 hours or as long as 3 days. Butter a 10" baking pan. Press the cold dough into the baking pan and up the sides. Slice the apples very thin [use the slicing side of a box grater] and fill the baking pan. Distribute the raisins in between the apples. Lass es Euch gut schmecken.

—RUTH BLOCH

CAKES

In making cake, accuracy in proportioning the ingredients is necessary. The cake should be put into the oven as soon as made. The oven being already hot, and ready for it. The eggs must be fresh and the butter good.

Do not beat the eggs or butter in tin, as the coldness of the latter prevents the lightness of the cake. To ascertain if the cake is sufficiently done, use a straw, if it comes out the least moist, let the cake remain in the oven longer.

—CALIFORNIA RECIPE BOOK, BY LADIES OF CALIFORNIA, 1872

ANTONIA'S MOTHER'S CINNAMON COFFEE CAKE

Preheat oven to 350 F.

Combine and blend well:

2 1/2 c. flour	2 1/2 t. cinnamon
1 c. brown sugar	1 1/2 t. ginger
3/4 c. granulated sugar	1/2 t. salt
3/4 c. oil	

Remove 1/2 c. of mixture to a small bowl and add:

1/2 c. chopped pecans	1/2 t. cinnamon
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Set aside for topping. To original bowl, mix in:

1 c. buttermilk

1 t. baking soda

1 egg

1 t. baking powder

Spread into a greased 9" x 13" pan and sprinkle with nut topping.

Bake for about 35 minutes, or until a toothpick comes out clean.

—HANNAH SCHNEIDER

CHOCOLATE HARVEST CAKE

One-Bowl Cake:

1 c. buttermilk

1 t. baking soda

1 c. water

1/2 t. salt

2/3 c. cooking oil

2 c. all-purpose flour

2 c. sugar

3/4 c. cocoa powder

2 eggs

Pumpkin Cream Filling:

1 8 oz. pkg. cream cheese, softened

1/4 c. sugar

1/3 c. canned pumpkin

1/4 t. ground cinnamon

Chocolate Glaze

1/2 c. whipping cream

4 oz. semisweet chocolate, chopped

Preheat oven to 350 F. Grease and flour two 9x 1-1/2-inch round baking pans; set aside.

In an extra-large bowl combine buttermilk, water, oil, sugar, eggs, baking soda, and salt. Using a large wire whisk, whisk until well combined. Add flour and cocoa powder; whisk vigorously until smooth. Divide batter between prepared pans.

Bake for 30 to 35 minutes until top springs back when lightly touched in center. Cool in pans on a wire rack for 10 minutes. Remove from pans and cool completely.

In a medium bowl whisk together cream cheese, pumpkin, sugar, and cinnamon until thickened. Place one cake layer on plate. Spread filling over top. Top with second cake layer.

In a saucepan bring whipping cream just to boiling over medium-high heat. Remove from heat. Add chocolate (do not stir). Let stand 5 minutes. Stir until smooth. Cool 15 minutes or until slightly thickened. Pour over cake, allowing glaze to drip down sides. Chill until set, about 30 minutes. Top with seedless red grapes, whole blackberries or raspberries, toasted hazelnuts, or shredded orange peel. Makes 14 servings.

—RACHEL SIBLEY



RED VELVET CAKE

- | | |
|---|------------------------------|
| 2 1/2 c. sifted cake flour | 2 large eggs |
| 1/2 t. salt | 1 t. pure vanilla extract |
| 2 T Dutch-processed cocoa powder | 1 c. buttermilk |
| 1/2 c. unsalted butter, at room temperature | |
| 1 1/2 c. granulated white sugar | 2 T liquid red food coloring |
| 1 t. white vinegar | 1 t. baking soda |

Cream Cheese Frosting:

- 8 oz. cream cheese, room temperature
- 3/4 t. pure vanilla extract
- 1 c. confectioners' (icing or powdered) sugar, sifted

Preheat oven to 350 F and place rack in center of oven. Butter two 9 in. round cake pans and line the bottoms of the pans with parchment paper. Set aside.

In a mixing bowl sift together the flour, salt, and cocoa powder. Set aside.

Using a mixer, beat the butter until soft (about 1-2 minutes). Add the sugar and beat until light and fluffy (about 2-3 minutes). Add the eggs, one at a time, beating well after each addition.

Scrape down the sides of the bowl. Add the vanilla extract and beat until combined.

In a measuring cup whisk the buttermilk with the red food coloring. With the mixer on low speed, alternately add the flour mixture and buttermilk to the butter mixture, in three additions, beginning and ending with the flour.

In a small cup combine the vinegar and baking soda. Allow the mixture to fizz and then quickly fold into the cake batter.

Working quickly, divide the batter evenly between the two prepared pans and smooth the tops with an offset spatula or the back of a spoon. Bake in the preheated oven for approximately 25-30 minutes, or until a toothpick inserted in the center of the cakes comes out clean.

Cool the cakes in their pans on a wire rack for 10 minutes. Place a wire rack on top of the cake pan and invert, lifting off the pan. Once the cakes have completely cooled, wrap in plastic and place the cake layers in the freezer for at least an hour. (This is done to make filling and frosting the cakes easier.)

—ANNIE BROOKS

GERMAN GREAT-GRANDMOTHER'S CRUMBLY CHOCOLATE KUCHEN

This recipe is a little imprecise, but it always tastes great even with minor variations (vaguely disgusting amounts of butter, sugar, and cocoa can't go wrong). Also, this is only a cake in the loosest sense of the word.

DESSERTS

- | | |
|----------------------------|---------------------------|
| 1 3/4-2 c. flour | 1 stick butter |
| 1 egg | 1/2-3/4 c. cocoa powder |
| 1 "healthy handful" Crisco | 1 1/2 c. granulated sugar |
| 2-4 T sour cream | |

Preheat oven to 325 F. Make the *mürbe Teig* (dough) by mixing the flour, egg, and Crisco (+ pinch of salt if desired). Roll out dough into rectangle, place on cookie sheet. Spread thin layer of sour cream over top of dough. In a separate bowl, mix butter, cocoa powder, and sugar—this should become coarse and crumbly. Sprinkle this mixture thickly over the sour cream and bake for 15-20 minutes. Keeps well (covered) for several days on the counter or in the refrigerator.

—JESSE CORDES SELBIN

MELKTERT (SOUTH AFRICAN CUSTARD-ISH PIE THING.)

Use a regular, half-baked pie crust.

Filling:

- | | |
|-----------------|-----------------------|
| 2 c. whole milk | 2 T cornflour |
| 2 T butter | 2 eggs |
| 4 T sugar | 1/2 t. almond essence |
| cinnamon | |

In a large pan gently boil milk, sugar and butter. In a separate bowl mix the cornflour with a dash of milk, to a smooth paste, and beat in the eggs. Add this mixture to the boiling milk, and stir quickly to avoid lumps, until mixture thickens. Add almond essence. Pour into pie crust and sprinkle with cinnamon. Cool to room temperature and serve.

—RACHEL SIBLEY

PLUM TORTE

This torte is incredible and easy as can be, but unfortunately should only be made with Italian plums, which are in season for about two weeks out of the year. No joke. Italian plums are sort of tart and dark and look like large grapes. If you see a pretty batch of them, make this immediately.

DESSERTS

1/2 c. butter	2 eggs
1 c. sugar	A pinch salt
1/2 c. sifted flour	12 plums, halved and pitted.
1 t baking powder	

Topping:

sugar, lemon juice, cinnamon.

Preheat oven to 350 F. Cream butter and sugar. Add flour, baking powder, salt and eggs. Beat well. Spoon batter into a 9" springform pan. Place plum halves skin side up on top of batter. Sprinkle lightly with sugar and lemon juice. Sprinkle about 1 t. cinnamon. Bake for 1 hour. Remove and cool (un-sprung...springed?).

—HANNAH SCHNEIDER

PIE CRUST

This pie crust is the best one I've tried so far. It's simple, easy, and always works. Remember to keep your utensils and ingredients cold (using a metal bowl, pre-chilled in the freezer, works well for this). You can also use a food processor. Double this recipe for a two-crust pie; a single recipe works well for a fruit tart or galette. You can also cut the sugar for a savory tart crust.

1 1/2 c. flour	1 T sugar
3/4 t. salt	7 T cold butter
1/4 c. ice water	3/4 t. apple cider vinegar.

Combine flour, sugar, and salt in a large, cold bowl. Cut in the butter using two knives, a pastry cutter, or your fingers, until the mixture is grainy and the largest lumps of butter are no larger than peas. Mix the vinegar into the ice water. Slowly dribble the water-vinegar mixture into the flour mixture, a little at a time, tossing with your fingers until it holds large clumps. Form into a disc and refrigerate, wrapped in plastic, at least two hours before rolling out.

—HBW

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Never grease pie plates; sprinkle them lightly with flour.

Put sugar on the bottom crust of fruit pies, and the juice will not run out; be careful not to have the oven too hot or the sugar will harden.

To stone raisins easily, pour boiling water over them, and drain off.

Put a small dish of water in the oven, when baking cake, to prevent too rapid browning.

All cakes in which molasses is used, are more apt to burn than others. Watch them well.

Boiled custard frequently becomes curdled from over cooking; when it does, it may be returned to proper consistency by beating with an egg beater, as soon as taken from the stove.

Weights and Measures.

Four teaspoons of liquid—one tablespoon.

Three teaspoons of dry material—one tablespoon.

Four tablespoons of liquid—one wineglass.

Eight tablespoons of liquid—one gill.

Sixteen tablespoons of liquid—one cup.

Four cups of liquid—one quart.

Four cups of flour—one pound or quart.

Two cups of solid butter—one pound.

Two cups of granulated sugar—one pound.

Two and a half cups of powdered sugar—one pound.

Three cups of meal—one pound.

One pint of milk or water—one pound.

One pint of chopped meat, solid,—one pound.

Nine large, or ten medium eggs—one pound.

Butter, the size of an egg—a quarter of a cup.

**—COOKS IN CLOVER: RELIABLE RECIPES, BY THE LADIES OF THE
NORTH REFORMED CHURCH, PASSAIC, NJ, 1889**

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