

Gentle Yogis in the Kitchen

Recipes for sharing – August 2020



Mercedes Gentle yoga community



Gentle Yogis share their
favorite recipes

Oatmeal Pancakes

Miriam Struck

Add time and number of servings



Ingredients

- 1 Cup rolled oatmeal Instant or Regular
- 1 Cup Milk (can use Almond Milk)
- 1 Egg
- ½ Cup Flour
- 1 T Oil
- 1 T Brown Sugar
- Cinnamon – to taste

Preparation

1. Soak oats in milk for a few minutes
2. Add one egg (beaten) and other ingredients
3. Butter a pan or griddle
4. Drop pancakes and cook on both sides over medium high heat
5. Serve with maple syrup and fruit

“Here is my Oatmeal pancake recipe which can be made with other flours such as soy flour. The consistency will, of course, be different. This is my comfort food.”



Baked Oatmeal

Submitted by Doris Northrup

*Recipe from Café
Azafran*

Ingredients

1/2 cup canola oil

1 cup apple sauce

1 cup yogurt

1 cup milk

4 eggs

1 tablespoon plus one teaspoon of Vanilla Extract

1/2 cup sugar

1 tablespoon plus one teaspoon of Baking Powder

2 tablespoons ground cinnamon

1 teaspoon salt

6 cups whole oats

1 cup raisin

1/3 cup light brown sugar



- 1 Mix the wet ingredients
Oil, applesauce, yogurt, milk and eggs, vanilla



- 2 Mix dry ingredients
Sugar, baking powder, cinnamon, salt, whole oats and raisins



- 3 Prepare 9" x 13" pan and spray with Pam or cooking spray
Pour batter into pan
Sprinkle the top with brown sugar and 1 T. cinnamon
Bake in a pre-heated 350°oven 35-40 minutes



- 4 Cut baked oatmeal into squares and serve with fresh fruit, yogurt or warm milk

Ginger Scones

Mercedes Santos

Makes approximately 14 Scones



Ingredients

- 2 C all purpose flour
- $\frac{1}{4}$ C sugar
- 2 tsp baking powder
- $\frac{1}{8}$ tsp salt
- $\frac{1}{3}$ C unsalted butter, chilled
- $\frac{1}{2}$ C milk (ok to use soy or oat milk)
- 1 large egg
- 1-1/2 tsp vanilla extract
- $\frac{1}{2}$ C candied ginger, chopped

You can get great candied ginger bits at Penzeys..

Preparation

1. Preheat oven to 425.
2. In a large bowl, stir together the flour, sugar, baking powder and salt. Cut the butter into $\frac{1}{2}$ inch cubes and distribute them over the flour mixture. With a pastry blender or two knives used in scissors fashion (or use your fingers), cut-in the butter until the mixture resembles coarse crumbs. In a small bowl, stir together the milk, egg and vanilla. Add the milk mixture to the flour mixture and stir until combined. Stir in the candied ginger.
3. With lightly floured hands, pat the dough into a $\frac{1}{2}$ " thickness on a lightly floured cutting board. Use a floured 2-1/2" diameter biscuit cutter (or other comparable size cook cutter of any shape) and cut the rounds from the dough and place on prepared baking sheet. Gather the scraps together and repeat until all the dough is used.
4. Bake for 13-15 minutes, or until lightly browned.
5. Remove baking sheet to wire rack and cool for 5 minutes. Transfer scones to wire rack to cool.

Best Banana Bread

1 Loaf

Submitted by Jill Sayenga



Ingredients

2 ripe bananas, mashed
2 eggs
1 $\frac{3}{4}$ C unsifted flour
1 $\frac{1}{2}$ C sugar
1 C chopped walnuts
 $\frac{1}{2}$ C vegetable oil
 $\frac{1}{2}$ C plus 1 T buttermilk
1 t baking soda

1 t vanilla

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

Preparation

1. Preheat oven to 325°
2. Grease and flour 9" x 5" loaf pan
3. Combine all ingredients and mix well
4. Transfer to prepared pan
5. Bake until top is golden brown and splits slightly (about 1 hour 20 minutes).

Do not double recipe

You can change out $\frac{3}{4}$ ea. brown and white sugar

Change out $\frac{1}{2}$ C walnuts for $\frac{1}{2}$ raisins or dates

Mix wet ingredients then add in dry ingredients

Appetizers & Soup



Spiced Nuts

Doris Northrup

Makes 2 ½ Cups



Ingredients

1 large egg white

1/4 cup sugar

1 teaspoon salt

1/2 teaspoon chili powder

1/4 teaspoon ground allspice

1/2 teaspoon ground cumin

1 3/4 teaspoons cayenne pepper

2 1/2 cups pecan halves, or assorted nuts, such as cashews, walnuts, or almonds

Preparation

1. Preheat oven to 300 degrees. Beat egg white until soft and foamy. Combine all remaining ingredients except pecans; whisk into egg white. Stir in pecans until well coated; spread mixture in single layer onto an ungreased baking pan.

2. Bake pecans for 15 minutes, then remove from oven. Using a metal spatula, toss, stir, and separate nuts.

Reduce oven to 250 degrees and return nuts to bake until medium brown, about 10 minutes. Remove from oven;

3. toss, and stir again. Place baking pan on wire rack to cool (they will crisp as they cool). Break up any that stick together.

Original recipe from Martha Stewart

Mark Bittman's Appetizer Ideas

Doris Northrup

On Bread or Crackers



1. Red peppers and anchovies: Drizzle piquilloes or other roasted red peppers with olive oil, and top with a good anchovy fillet. A caper or two on each is not amiss.
2. Top rye flatbread with thin slices of crisp apple and pickled plain or schmaltz herring (not herring in cream sauce).
3. Sear skirt steak to medium-rare, not more than 8 minutes. Cut into chunks 1/2-inch to 1 inch, first with the grain, then against it. Spread bread with coarse mustard and/or butter. Top with steak and coarse salt.
4. Toss high-quality crab meat with minced shallots, a little tarragon, or a lot of parsley and/or basil, and enough mayonnaise to bind. Also good on lettuce leaves.
5. Mash together best-quality tuna, minced anchovies, minced garlic, chopped oil-cured olives and olive oil as necessary.
6. New York comfort food: Spread cream cheese or crème fraîche on small bagels or bagel chips; black bread is also terrific. Top with sturgeon, sable or lox.
7. Slice soft goat cheese and brush with olive oil. Sprinkle with salt, pepper and chopped herbs, then with breadcrumbs. Bake at 350 degrees until soft, about 10 minutes, and serve hot.
8. Might not be the new ketchup, but great stuff: purée skinned roasted peppers or piquilloes with some of their liquid, salt, and olive oil. Serve alone or with other foods - a piece of cheese, even.
9. Top buttered bread with shaved country ham, prosciutto or regular deli ham and bread-and-butter pickles.
10. Chop shrimp fine, then sauté in a minimum of oil, or poach quickly and drain. Mix premade pesto with mayonnaise so that it is gluey. Combine cooled shrimp with sufficient pesto to bind; chill.
11. Tapenade: Combine about 1-pound pitted black olives in food processor with 1/4 cup drained capers, at least 5 anchovies, 2 garlic cloves, black pepper, and olive oil as necessary to make a coarse paste. Can also be a dip. Use sparingly; it's strong.

Original source New York Times

A top-down view of five different toast recipes arranged on a white marble surface. The toasts are made on dark, rectangular, textured bread. 1. Top left: Topped with a spread of light brown sauce and several thin slices of red-skinned apples. 2. Middle left: Topped with a spread of light brown sauce and several thin slices of red-skinned apples. 3. Top center: Topped with a spread of light brown sauce, several slices of avocado, a drizzle of red sauce, and a sprig of cilantro. 4. Bottom center: Topped with a spread of light brown sauce, several slices of avocado, a drizzle of red sauce, and a sprig of cilantro. 5. Right: Topped with a spread of light brown sauce, a poached egg, a drizzle of red sauce, and a sprig of cilantro. Surrounding the toasts are various garnishes: a whole black olive, a halved cherry tomato, a lime wedge, and a sprig of cilantro.

12. A kind of Moroccan tapenade: As above but use good green olives with capers; olive-oil-canned tuna (instead of anchovies); garlic, if desired; and cumin.

14. Mix together a bit of flour and good paprika. Cut Manchego or similar sheep's milk cheese into 1/2-inch-thick slices. Dip in flour, then beaten egg, then breadcrumbs, and fry quickly to brown on both sides. Drain on paper towels and serve hot.

16. Put a thick film of olive oil in a skillet over low heat with lots of thin-sliced garlic. When it sizzles, add shrimp along with pimentón. Raise the heat just enough to get the shrimp going and cook until it's pink. Stir in parsley. Spoon a little of the oil onto pieces of bread and top with shrimp.

17. Season cornmeal with lots of chili powder, salt, and black pepper. Heat a thick film of neutral oil (or oil mixed with butter) in a skillet. Dredge shucked clams, oysters or chicken breast pieces in the cornmeal and cook about 2 minutes a side, or until crisp. Serve on bread with mayonnaise, or sprinkle with lemon or lime juice and serve on toothpicks. It's almost convenience food when prepared with shucked mollusks.

Mark Bittman's Appetizer Ideas

Doris Northrup

Bruschetta



18. Bruschetta is the basis for so many good things. Don't make it too crisp and start with good country bread. Brush thick slices with olive oil. Broil until toasted on both sides. While it's still hot, rub with cut clove of garlic on one side (optional). Drizzle with a bit more olive oil, sprinkle with salt, and serve, or top with prosciutto or tapenade.

19. More than party food, and an amazing snack: Top bruschetta with white beans cooked soft (or use canned) and finished with minced garlic, sage, olive oil and salt.

20. One more level: Make white beans as above. Toss with good quality canned tuna and mash. Spoon over bruschetta.

21. Top bruschetta with chopped, well-cooked broccoli rabe or other greens tossed with minced garlic and olive oil while still warm. Health food, practically. Also good with a layer of Tuscan beans (above).

Mark Bittman's Appetizer Ideas

Doris Northrup

On Toothpicks



22. Cut pork tenderloin into 1-inch slices; broil or sauté until done. Cut each piece across into 3 or 4 thin slices, then pile onto round bread slices, toasted or not. Top with slice of Manchego and bit of piquillo pepper.

23. Cut chorizo into chunks. Cook in a lightly oiled skillet until nicely browned. Kielbasa is equally good (or better), if not as hip.

24. Portable Caprese: Skewer a small ball of mozzarella, a grape tomato and a bit of basil leaf. Sprinkle with salt and pepper, and drizzle with oil.

25. A no-brainer: Cut slab of bacon into 1/2-inch chunks. Cook in a skillet, a broiler or a high-heat oven until nice and crisp. Skewer with a grape tomato.

26. Even jazzier: Cut just-ripe pears in 1/2-inch cubes; sprinkle with a little salt, sugar and cayenne. Spear with bacon.

27. Pair crispy bacon chunks with one cube of beet and one of goat cheese.

28. Angels on horseback: Wrap oysters or not-too-large sea scallops in bacon; skewer with toothpicks. Broil, turning once, until bacon is done.

29. You can call them devils on horseback: Wrap pitted dates (replacing the pit with an almond if you like) in bacon. Skewer with toothpicks and broil, turning once, until bacon is done.

30. Rumaki, a 1960s cocktail food that deserves reviving: Brush canned water chestnuts (or chicken liver halves, or cremini mushrooms, or pieces of portobello) with a little soy sauce; wrap in pieces of bacon. Skewer closed with toothpicks and broil, turning once, until bacon is done.

31. Wash mussels or littleneck clams well; steam open in covered pot. Let cool, remove from shells, and serve with aioli, flavored mayonnaise or vinaigrette

Mark Bittman's Appetizer Ideas

Doris Northrup

On Toothpicks



32. Cook real bay scallops in hot butter or oil for just a couple of minutes. Sprinkle with lemon juice and parsley and serve hot.

33. Crab cakes: For each pound crab meat, add an egg, 1/4 cup each minced bell pepper and onion, 1/4 cup mayonnaise, 1 tablespoon Dijon mustard, 2 tablespoons bread or cracker crumbs, salt and pepper. Shape into small cakes and refrigerate, if time allows. Dredge in flour, then brown in oil (or oil mixed with butter). Serve with lemon wedges, aioli or tartar sauce.

34. Meatballs: Combine 1 thick slice white bread with 1/2 cup milk; let sit for 5 minutes. Squeeze milk from bread and gently mix bread with 1/2 pound not-too-lean ground sirloin, 1/2- pound ground pork, 1/2 cup chopped onion, 1/2 cup freshly grated Parmesan, 1/4 cup chopped fresh parsley leaves and salt and pepper. Shape into 1-inch balls. (If mixture doesn't hold well, add more breadcrumbs and an egg.) Broil about 5 minutes, turning once or twice.

35. Cod cakes with sauce rouge: I'm hedging on time here, but you're really getting two recipes in one: Combine 1 pound chopped boneless cod, an egg, 1/4 cup mayonnaise, a tablespoon Dijon mustard and some salt and pepper. Add bread or cracker crumbs until you can shape the mixture into cakes. If possible, refrigerate for an hour. Meanwhile, cook chopped canned tomatoes in olive oil with salt and cayenne until saucy. Shape small cod cakes. Dredge in flour, sauté in butter and oil until nicely browned. Serve hot or at room temperature, with sauce on the side.

36. The banderilla: The first tapa created, or at least that's what people tell me. Skewer a crisp pickled pepper, an anchovy and a pitted green olive. Incredible with dry (fino) sherry.

37. Toss peeled shrimp with lots of minced garlic, pimentón or paprika, cayenne, olive oil, lemon juice, salt and pepper. Broil until done, turning once, about five minutes.

38. Marinated mushrooms: Cut button mushrooms into chunks and toss with lemon juice, olive oil, salt and pepper. Let rest five minutes. Spear two chunks with a piece of Parmesan about the same size.

39. Cut tuna or tenderloin of beef into bite-size pieces. Sear in hot pan until browned on one side; turn; smear browned side with dark miso slightly thinned with sake. Continue to cook another minute or two.

40. Flash-cooked squid: Marinate whole baby squid for 5 minutes in olive oil, a little sherry vinegar, salt and pepper. Sear on both sides in a very hot pan or broiler for less than 3 minutes total. Cut into pieces and sprinkle with more salt. You can do this with shrimp and scallops, too.

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Doris Northrup

On Toothpicks



41. Soak a couple of tablespoons of black beans in sherry. Blast bite-size shrimp in a little peanut oil until just about cooked through; add minced garlic (and chili and ginger, if you like), then cook 30 seconds. Add black beans and their liquid, and toss. Turn off heat and add a little soy sauce. Serve on toothpicks.

42. Chicken meunière: Sounds fancier than it is, and works with veal, turkey, pork, oysters, clams, shrimp, etc. Cut boneless meat into bite-size pieces (not too small). Dredge in flour, brown quickly in a combination of butter and oil. Serve with lemon wedges.

43. Cut tenderloin or other tender beef into bite-size chunks. Toss with a lot of roughly chopped basil (say, 1 cup basil per pound of meat) and peanut oil. Stir-fry with garlic and red pepper flakes until rare. Sprinkle with soy sauce or nam pla and lime juice

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Doris Northrup

On Skewers



44. Chicken kebab, Greek style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with minced onion, minced garlic, lemon juice, olive oil, salt, pepper, crumbled bay leaf and oregano. Skewer. Broil, turning occasionally, until browned.

45. Chicken kebab, South Asian style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with equal amounts ground cardamom, minced garlic, ground allspice, ground turmeric and thyme leaves; add a dash of nutmeg and peanut oil to moisten. Skewer. Broil, turning occasionally, until nicely browned.

46. Chicken kebab, faux-tandoori style: Cut boneless, skinless chicken thighs into 1-inch chunks. Toss with yogurt, chopped onion, minced garlic, minced lime zest, ground cumin, coriander, paprika, cayenne and lime juice. Skewer and broil, turning occasionally, until nicely browned.

47. Chicken teriyaki: Cut 1 pound of boneless, skinless chicken thighs into 1-inch chunks. Toss with 1/4 cup each soy sauce, sake and mirin, and a tablespoon of sugar. Skewer. Boil remaining sauce for a minute or so. Broil the chicken, turning and basting with the sauce after a couple of minutes.

48. Pork kebabs, West Indian style: Mix 1 tablespoon garlic, 1/2 teaspoon ground allspice, a pinch of nutmeg, a teaspoon of fresh thyme leaves, 1/4 cup chopped onion and the juice of a lime. Toss with 1-pound pork shoulder (you need some fat, or these will be tough) cut into 1-inch cubes. Skewer and broil about 5 minutes.

49. Pork kebabs, Iberian style. Mix 1 tablespoon garlic, 1/4 cup chopped onion, 1 tablespoon ground cumin, 2 teaspoons paprika, 1 tablespoon grated or minced lemon zest and 1/4 cup freshly squeezed lemon juice. Toss with 1-pound cubed pork shoulder (with fat). Skewer. Broil about 5 minutes.

Mark Bittman's Appetizer Ideas

Doris Northrup

Finger Foods



50. The egg's gift to cocktail parties: Hard-cook eggs, peel, and cut in half; carefully remove the yolks. Mash yolks with salt, mayonnaise, good mustard and cayenne. You can also add minced radish, snow peas, scallions (or any crunchy vegetables) or curry powder. Spoon back into the whites, sprinkle with paprika, pimentón or parsley.

51. Even more fabulous: Cook eggs as above. Mash yolks with cooked and minced shrimp, a little chopped olive, minced onion, parsley, salt, pepper and mayonnaise to bind. Spoon back into whites. Garnish with parsley or a piece of anchovy or shrimp.

52. Aioli with steamed cold vegetables: Make the mayonnaise yourself or flavor bottled mayonnaise with lemon, garlic, anchovy (if you like it) and a little saffron (if you have it) for amazing color. Serve with lightly cooked carrots, snap peas, purple potatoes, seafood, etc.

53. Shrimp cocktail: Combine ketchup with chili powder, pepper, lemon juice, Worcestershire, Tabasco and horseradish. Make lots, because people will be double-dipping. Serve with cooked shrimp.

54. Sprinkle rib lamb chops (rack of lamb, separated) or loin chops with good coarse curry powder, or any spice mix you like. Broil quickly, until crisp but not well-done. Serve hot, with yogurt mixed with same spice rub. These will go very fast.

55. Stuff Medjool dates with a piece of Parmesan or Manchego or an almond. Or fresh goat cheese. Or mozzarella and bake until the cheese begins to melt.

56. Wrap small pieces of melon, figs and/or dates with thinly sliced prosciutto.

57. Buy the best anchovies you can find. Curl each around a tiny ball of butter. Eat.

58. Teeny tiny hamburgers: The hardest part is finding teeny tiny buns, but you can use toast squares. Make them small from beef mixed with salt and pepper. Cook quickly in a hot skillet and serve with ketchup and bits of onion and tomato.

59. Nachos: Yes, nachos. Top a layer of tortilla chips with grated cheese (something orange is traditional) and bake until cheese melts. Top with warm beans seasoned with chili powder, along with chopped scallions. Other possible toppings: jalapeños, sour cream, cilantro, tomatoes, olives.

Mark Bittman's Appetizer Ideas

Doris Northrup

Finger Foods



60. Hot wings: Cut chicken wings into three sections; discard the tips. Sprinkle with salt and pepper and broil until browned on one side, about 5 minutes. Meanwhile, melt butter with vinegar, garlic and hot sauce to taste. Pour off excess fat, baste the wings with hot sauce, turn them, baste again, and brown. Baste once more and serve, with napkins.

61. Sweet wings: As above but melt the butter with Dijon mustard and honey or maple syrup.

62. Soy ginger wings: This time baste with equal parts vinegar and soy sauce, mixed with a couple of tablespoons each minced ginger and sesame oil. You can sprinkle toasted sesame seeds on the wings.

63. Put peeled raw shrimp in a food processor with garlic, chili, ginger, shallot or red onion, salt, pepper and cilantro, chop finely. Shape into small patties and shallow-fry or broil, then serve with napkins or on buns, with lime juice or spiced mayonnaise.

64. Gently cook raw nuts in oil or butter (or a mixture) with salt and spices - pimentón, chili powder, curry powder, ginger, sugar - whatever combination you like. When they're fragrant, bake for 10 minutes at 350 degrees. Let cool or they won't be crunchy.

65. Beyond simple: Buy decent tortilla chips; sprinkle with lime juice and chili powder. Eat fast, before they get soggy.

66. Coat good olives in olive oil mixed with crushed garlic, rosemary, thyme, and/or lemon or orange peel; spices, like chilies, are O.K. Let sit overnight if time allows.

67. Little pizza Bianca: Cut prepared dough into small pieces and press out. Brush with oil, sprinkle with rosemary and good coarse salt. Bake at about 500 degrees until browned. Cut up to serve.

68. Quarter quail rub with olive oil or peanut oil. Broil, skin side down, about 3 minutes. Broil, skin side up, until brown, crisp and cooked through, about 5 minutes more. Brush lightly with pesto or soy sauce and sesame oil and serve hot or warm.

69. Popcorn parmigiana: Make real popcorn, pour melted butter over it, and toss with fresh Parmesan.

Mark Bittman's Appetizer Ideas

Doris Northrup

Finger Foods



70. Cut baby back ribs into individual ribs; sprinkle with salt and pepper (lots). Broil, turning as needed, 10 minutes or so. Sprinkle with lemon juice.

71. Fill endive leaves with crème fraîche or sour cream and caviar or salmon roe. Or use drained ricotta mixed with chopped parsley, thyme, a little olive oil and a little minced garlic.

72. Steamed asparagus wrapped in prosciutto. That's the recipe.

73. Cucumber and caviar: Take 3/4-inch-thick slices of cucumber. (The quality of the cuke is more important than that of the caviar; it must be good enough to leave the skin on.) Scoop out most of the seeds, leaving the bottom of each slice intact. Fill it with a spoonful of yogurt, sour cream or crème fraîche mixed with dill, and top with caviar or salmon roe.

74. Boil frozen or fresh edamame in pods for 3 to 5 minutes. Sprinkle with coarse salt. For this they charge you eight bucks.

Mark Bittman's Appetizer Ideas

Doris Northrup

Dips and Spreads



75. Purée white or other beans (if canned, drain them) with garlic and olive oil in food processor, adding olive oil as needed. Stir in lemon juice to taste. Garnish with chopped scallions or red onion. You can add cumin or chopped rosemary with lemon zest.

76. Hummus: Truly one of the great culinary inventions. Mix four parts well-cooked or canned chickpeas with one-part tahini, along with some of its oil, in a food processor. Add garlic, cumin or pimentón and purée, adding as much olive oil as needed. Stir in lemon juice, salt, and pepper to taste; garnish with olive oil and pimentón.

77. Drain good whole-fat yogurt in cheesecloth for 15 minutes; squeeze to remove remaining liquid. Add salt, pimentón and olive oil. Thin with a little more yogurt to use as a dip or serve on crackers or bread.

78. Mix four parts drained yogurt (as above), farmer cheese or cream cheese with one-part sour cream, until creamy. Add thyme and chopped parsley (or any fresh herbs), minced garlic, salt, and pepper.

79. Start by draining yogurt as above but do not squeeze; or use sour cream. Stir in chopped seeded cucumber, bell pepper, scallion, dill, then add salt, pepper, and lemon juice to taste. Or use chopped arugula and/or cress, with some herbs. Or use horseradish and/or Dijon mustard, with or without vegetables. Or minced or puréed onion or shallots and chopped fresh parsley. Always taste for salt.

80. Drain yogurt as above but do not squeeze; or use sour cream. Add flaked smoked trout or whitefish, or minced smoked salmon, along with chopped parsley, cayenne, and lemon juice. Or add minced onion with salmon roe or caviar.

81. Taramosalata: Take 3 or 4 slices good white bread, preferably stale, and soak in water to cover for a few minutes. Squeeze out water, purée bread with 2 or 3 cloves garlic, 8 ounces fish roe (tarama) and at least 1/4 cup olive oil, adding more as needed. Stir in lemon juice and pepper to taste.

82. Mix four parts cream cheese or fresh goat cheese to one part chopped walnuts. A little spice mix (chili powder, curry powder, whatever) is nice in here. Or replace the nuts with roasted peppers, olive oil and minced anchovies.

83. Boursin: Maybe you have a few Ritz? Mash cream cheese with minced garlic (if you have roasted garlic, so much the better), pepper and small amounts of minced thyme, tarragon, and rosemary.

84. Mix three parts cream cheese, one part minced cooked shrimp, a few mashed capers and pepper.

85. Mash four parts goat cheese with one-part fig jam.

Mark Bittman's Appetizer Ideas

Doris Northrup

Little Sandwiches



86. Layer cooked ham and cheese (Gruyère, Cantal or good Cheddar) on thin bread, then press and grill in a not-too-hot skillet with butter or oil.

87. Finding top-quality roast beef is worth a little legwork. Slice it thin and serve with horseradish on rye.

88. Dice cooked shrimp, toss with chopped onion and/or celery, and bind with aioli or well-seasoned mayonnaise.

89. Extra seasoning takes this egg salad higher: Toss chopped hard-cooked eggs with scallions, chopped anchovies and parsley. Bind with well-seasoned mayo.

90 Toss shredded or cubed chicken with minced shallot or red onion, chopped black olives, olive oil, lemon zest, lemon juice, salt, pepper and chopped herbs. Adjust seasoning to taste. Serve on slices of toast.

91 Cheese quesadillas: Use 4-inch tortillas; on each, put grated cheese, scallions and minced canned green chilies or chopped fresh poblanos. Salsa and beans are optional. Top with another tortilla. Griddle with oil, turning once, about 5 minutes.

Mark Bittman's Appetizer Ideas

Doris Northrup

You Might Need a Fork



92. This is easier than carpaccio: Cut trimmed filet mignon into 1/2-inch or smaller cubes. Toss with arugula, parsley, olive oil, lemon juice, salt and pepper.

93. Make parsley pesto (parsley, garlic, oil, lemon juice) in a food processor. Sauté whole shrimp or small pieces of fish in oil. Arrange fish on small beds of the pesto. You can put this on bread and forget the plates.

94. Ceviche: Thinly slice - or cut into 1/4-inch dice - sea or true bay scallops (or any really fresh fish). Toss with a bit of peeled and minced bell pepper, some lime zest and about 1/4 cup lime juice per pound. Add salt and cayenne to taste. Garnish with cilantro.

95. Mock ceviche: Briefly poach a mixture of (for example) shrimp, scallops and squid, cut to bite size. Drain, then combine with olive oil, minced fresh chili, red onion, and (optional) garlic. Finish with lime juice and cilantro and serve in lettuce cups.

Mark Bittman's Appetizer Ideas

Doris Northrup

Soups and Wraps



. Bisque: Heat shrimp, lobster, fish or chicken broth with minced onion and chopped tomato for 5 minutes. Add chopped shrimp or lobster to the simmering stock and cook another two minutes. Purée, then add heavy cream or half-and-half, along with salt and pepper. Serve in small cups garnished, if you like, with a piece of cooked shrimp or lobster.

97. Avocado soup: Put 2 cups avocado flesh in a blender with 3 cups whole milk along with some salt and cayenne. Purée, then add fresh lime or orange juice to taste, and adjust seasoning. Refrigerate or serve immediately in small cups garnished with a piece of avocado or cooked shrimp.

98. Gazpacho: Chop 2 pounds of tomatoes and a cucumber; blend with a couple of slices of day-old bread, torn into pieces, olive oil, sherry vinegar, garlic (optional) and anchovies (optional). Add a little water (or more oil) to the blender, if necessary. Taste and adjust seasoning, then serve in small cups. Optional garnishes include minced bell pepper, a drizzle of olive oil, a piece of anchovy, and/or parsley.

99. Buy roast duck and take meat off bones; toss with hoisin sauce and roughly chopped scallions. Roll in small tortillas.

100. Roll prosciutto and Parmesan in small tortillas. Bake gently to soften the cheese.

101. Broil a good hot dog, roll in a good tortilla spread with brown or Dijon mustard. Slice. You know everyone will eat them.

Heirloom Tomato Soup

Gail Kaufmann



Ingredients

The following are approximate quantities to make this delicious soup.

In a deep pot with a little evo on the bottom,

Put in the following:

4 large red heirloom tomatoes, coarsely chopped

6 spring onions, white and light green

parts, chopped

Approximately 1/4 cup torn fresh basil, leaves

1 to 2 Tablespoons sugar

Salt and fresh ground pepper to taste. I like a lot of pepper

Preparation

1. In pot, bring to boil. Stir some.
2. Turn heat to meet/low and cook for about 30 minutes.
3. When ingredients appear to melt (cook down), remove, cool slightly.
4. Blend in a blender or with handheld immersion blender.
5. I like the soup to be slightly chunky.
6. Best if made ahead, even a day or more.
7. Serve warm with drizzle of good evo

Farmer's Markets have the best selection

Add nutritional information

Fran Berman's Ginger and Lentil Soup

Add contributors

Submitted by Doris Northrup



Ingredients

1-pound brown lentils	3 to 4 carrots, peeled and diced
2 tablespoons extra-virgin olive oil	3 2/3 cups water
1 large onion, chopped (1 1/2 to 2 cups)	6 cups chicken or vegetable stock
3 to 6 cloves garlic, chopped	Fine sea salt to taste
3 to 4 tablespoons fresh, peeled ginger root, diced or grated	Freshly ground pepper to taste
	Dashes of balsamic vinegar, to taste

Preparation

1. Put the Lentils in a colander under cool running water and set aside often, for 30 to 40 minutes, until the lentils are cooked, and the soup has the consistency of porridge.
2. In a 6-to-8-quart or larger heavy pot, warm the olive oil over medium heat. Add the chopped onion, garlic and ginger and sauté until transparent. Add 1/6 of the water and the diced carrots and simmer a minute. Stir in the rinsed lentils. Add the stock and remaining water. Partly cover and simmer over a low flame, stirring
3. Remove from heat and let cool briefly. Stir in salt, pepper and dashes of balsamic vinegar to taste.

Originally from the New York Times

275 calories, 6 grams fat, 5 milligrams cholesterol, 75 milligrams sodium, 20 grams protein, 40 grams carbohydrate.



Salad

Sicilian Green Salad

Submitted by Doris Northrup

Sunset Magazine - Italian



Ingredients

- 1 head romaine, washed, drained and chilled
- 2 can 2.5 oz. sliced ripe olives well drained
- 2 oranges, peeled, white membrane removed
- $\frac{1}{4}$ C orange juice
- 1 t. red wine vinegar
- $\frac{1}{2}$ t. salt
- $\frac{1}{4}$ t paprika
- $\frac{1}{4}$ C olive oil or salad oil

Preparation

1. Slice oranges thinly.
2. Break lettuce into bite size pieces and place in large salad bowl.
3. Top with oranges and olives.
4. 4Mix dressing ingredients in small bowl and pour over salad.

"this is a big favorite with my family" - Doris

Cucumber Yogurt Raita Salad

Serves 6 or more

Ingredients

1 cup (227 grams) plain, full-fat yogurt
1 garlic clove, peeled
1-inch piece of fresh ginger, peeled
1/4 teaspoon granulated sugar
Juice of half a lemon (about 2 tablespoons)
1 tablespoon minced mild or hot fresh chile (I used a jalapeno)
1 teaspoon cumin seeds, black or yellow mustard seeds or nigella seeds (I used black mustard seeds)
2 tablespoons chopped mint leaves, divided
2 tablespoons chopped cilantro leaves, divided
Kosher salt to taste
2 long, English-style cucumbers (2 pounds total)
1 cup cherry or grape tomatoes, diced
1/2 medium red onion, chopped small

1. Make the dressing by placing yogurt in a medium bowl and using a very fine grater to grate the garlic and ginger over it. Stir in sugar, lemon, chile, seeds, half of the mint and cilantro and season it with salt to taste.
2. Set aside until you're ready to serve the salad.
3. Cut the cucumbers in half lengthwise, then each half three more times into long wedge-shaped pieces (i.e. 8 long pieces per cucumber). Cut them into 1 to 1 1/2-inch lengths on a diagonal and add them to a big bowl.
4. Pile tomatoes and onion on top and when you're ready to eat, mix half of the dressing with the salad. Sprinkle with remaining mint and cilantro and serve with extra yogurt dressing on the side.

Ludo Lefebvre's Roasted-Carrot Salad

Elise Shapiro from the NYT Food Section

Serves 4



For the Carrots

FOR THE CARROTS

½ teaspoon ground cumin
1½ pounds small carrots,
approximately 5 inches in length,
scrubbed clean and tops trimmed
1 bay leaf (fresh, scored)
1 head garlic, cut in half
5 to 7 sprigs fresh thyme
⅓ cup extra-virgin olive oil
Kosher salt and freshly ground
black pepper to taste

FOR THE BLOOD-ORANGE VINAIGRETTE

2 blood oranges, juiced
1 tablespoon white vinegar
1 tablespoon granulated sugar
½ teaspoon kosher salt
⅓ cup extra-virgin olive oil

This recipe is a lot of work but so worth it! People will be licking their plates!

Ludo Lefebvre's Roasted-Carrot Salad

Elise Shapiro from the NYT Food Section

Serves 4



Make a mess when serving, so that everyone gets plenty of crème fraîche along with the vegetables.

Preparation

- Preheat oven to 400. Toast the cumin for both the carrots and the crème fraîche in a small pan set over medium heat until it becomes aromatic. Remove from heat and set aside.
- Place carrots, bay leaf, split head of garlic, thyme and olive oil into a bowl and mix them together. Sprinkle 1/2 teaspoon cumin over the carrots and mix again.
- Tip the carrot mixture onto a sheet pan, and spread evenly into one layer, then season with salt and pepper and place in oven.
- Roast until the carrots are soft and beginning to caramelize, 30 to 45 minutes
- Remove carrots from oven, discard aromatics and set aside to cool.
- Meanwhile, make the vinaigrette. Combine blood-orange juice, vinegar, sugar and salt in a large mixing bowl, and whisk to incorporate. Slowly add the olive oil while continuing to whisk, until the dressing is emulsified. Add the carrots to the bowl and toss to combine.
- Make the cumin crème fraîche. Combine the crème fraîche, lemon juice and remaining toasted cumin in a mixing bowl and stir to combine. Thin the mixture slightly with a few tablespoons of water. Add a pinch of salt.
- Assemble the salad on a large serving plate. Put the crème fraîche in the center of the plate, and using the back of a spoon, spread it evenly across the bottom. Arrange the carrots on top of the crème fraîche. Sprinkle the onion and the nuts on top of the carrots, then add the Supremes of blood orange. Sprinkle the herbs across the top of the salad, and finish with a pinch or two of salt.

Make a mess when serving, so that everyone gets plenty of crème fraîche along with the vegetables.

Quinoa Salad with Hazelnuts, Apple, and Dried Cranberries

Doris Northrup



This recipe is gluten free!

Recipe is from
Food 52

1 Preheat your oven to 325F and toast your hazelnuts for about 7-10 minutes. Let them cool completely. You should begin to hear their skins crackle while cooling; this is a good sign!



2 Meanwhile, cook your quinoa. Importantly, rinse it well! Boil the water with a pinch of salt and add your rinsed quinoa. Turn your stove down to medium-low and let it cook for roughly 15 minutes, or until the water is absorbed. Fluff quinoa with a fork, and let it cool in the fridge.



3 Going back to the cooled, toasted hazelnuts; remove the skins. Chop the hazelnuts up, leaving them in large pieces.



Ingredients

1 cup quinoa, rinsed well

1 1/2 cups water, for quinoa

1 tablespoon of olive oil

1 small onion, finely diced

2 stalks of celery, finely diced

1 cup hazelnuts, toasted, de-skinned and chopped

1 bunch (about 5 to 6) green onions, chopped
(green parts only)

1/2 cup dried cranberries, chopped * see note

1 bunch flat leaf parsley, thoroughly rinsed and
chopped

1 gala apple (really, any kind of apple will do)

1 large lemon, juiced

Generous drizzle of any kind of oil (I like hazelnut)

Fine sea salt and freshly ground black pepper to
taste

Quinoa Salad with Hazelnuts, Apple, and Dried Cranberries

Doris Northrup



This recipe is gluten free!
Recipe from Food 52

4

Rinse your parsley well and chop it finely followed by your dried cranberries and green onions. Add all this to the onion and celery mixture.

5

Core and dice the apple, put your apple chunks in the bowl with the other ingredients. Squeeze the entire lemon over the apple to season the salad and prevent the apple from turning brown.

6

Add your quinoa and hazelnuts to the mixture, drizzle with the oil. Add salt and pepper to taste. Season with more lemon juice if you like.



7

Preheat a skillet with 1 tbsp of oil and soften your finely chopped onion and celery. Season with a pinch of salt and pepper to taste. Try not to brown them, 5 to 7 minutes on medium - low heat should do the trick. Set aside in a large salad bowl.

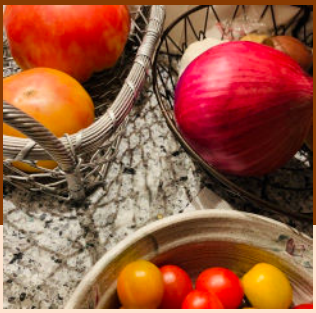
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Mix well and cool completely. Allow the flavors to meld – at least 20 minutes.

"I recommend using good quality dried cranberries. Craisins work but they tend to turn the salad a pinkish hue after a few hours, and I find they're too sweet."



Vegetables



Zucchini Flan

Submitted by Elise Shapiro

Ingredients

- 1 ½ pounds zucchini, thinly sliced
- Salt and pepper
- 4 eggs (3 eggs)
- 2 ½ cups milk or half-and-half (¾ C. Cream, ½ C Milk)
- Pinch of grated nutmeg
- 1 teaspoon chopped thyme (I skipped this)
- A few torn basil leaves
- 2 tablespoons butter for greasing baking dish
- 4 ounces grated cheese, such as Gruyere or Cheddar
- A handful of cherry tomatoes, cut in half
- (4) Ears corn cooked, cut from cob (leftover)

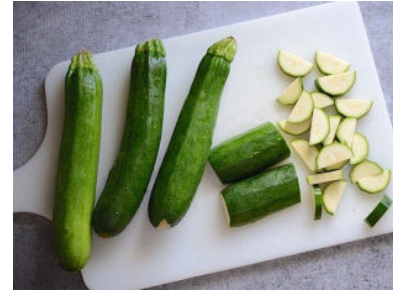
Slice the zucchini. I roasted the zucchini at 375° for 25 minutes, if you are feeling ambitious you can turn them halfway through. Set aside Halve the corn ready also

Cut the cherry tomatoes in half. I sprinkled them with a bit of salt and some basil and let them sit for a few minutes.

Adapted from a recipe from the NYT FOOD column

Original recipe by David Tanis.

This is a recipe that you can play with depending on what you have on hand, this is a version I made recently My changes are in a different color.



- 1 Heat oven to 375. Bring a large pot of salted water to boil. Add zucchini and blanch for 1 minute. Drain and spread zucchini out to cool on a towel. Season lightly with salt and pepper.



- 2 Beat eggs and milk with 1/2 teaspoon salt, then add nutmeg, thyme and basil leaves.



- 3 Butter a 2-quart low-sided baking dish and arrange blanched zucchini over bottom. Scatter cheese over zucchini, then pour in custard.



- 4 Bake for 30 minutes or until custard is still a bit jiggly, but an inserted knife comes out clean. Cool to room temperature before serving.

Parmesan Roasted Broccoli

Doris Northrup – from Ina Garten

Serves 3



Ingredients

- 2 -2 1/2 lbs broccoli
- 2 -2 1/2 garlic cloves, peeled and thinly sliced
- 3 1/4 tablespoons extra virgin olive oil, divided
- 3/4 teaspoon kosher salt
- 1/4 teaspoon fresh ground black pepper
- 1 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- 1 1/2 tablespoons pine nuts, toasted
- 1/6 cup freshly grated parmesan cheese
- 1 tablespoon finely sliced fresh basil leaves (about 12 leaves)

Preparation

1. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks.
large enough to hold them in a single layer.
2. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets.
3. Place the broccoli florets on a sheet pan
4. Toss the garlic over the broccoli and drizzle with 5 tablespoons of the olive oil. Sprinkle with the salt and pepper.
5. Roast at 400F. (Ina originally baked at 425) for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

Recipe originally from Food.com

Mom's Carrots

Gail Kaufmann



Ingredients

- 2 lbs. carrots, sliced
- 1 green pepper, chopped
- 1 medium onion, thinly sliced
- $\frac{1}{2}$ C sugar
- $\frac{1}{2}$ C vegetable oil
- $\frac{1}{2}$ C cider vinegar
- 1 can tomato soup, undiluted

Preparation

1. Boil carrots for 5 minutes.
2. Combine sugar, oil, vinegar and soup, in pan till well mixed. Cool
3. And then pour over carrots. Rest in refrigerator for 24 hours up to 3 days

An old-fashioned Southern Recipe – also known as Copper Penny Salad

Corn and Pea Salad

Gail Kaufmann



Ingredients

1/3 cup veg oil

1/3 white vinegar

1/4 cup sugar

Pinch of salt

1 10 1/2 ounce can yellow corn kernels

1 cup chopped celery

1 cup chopped green pepper

1 cup chopped sweet onion

8. Ounces of frozen peas, Run under cold water. No need to totally defrost

Preparation

Combine oil, vinegar, sugar and salt In a pan and bring to boil, stirring.

Cool for 10 minutes.

Combine remaining ingredients in a bowl and pour on cooled vinegar etc.

Chill for at least 8 hours, stirring a few times.

Serve with slotted spoon

Pasta



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Tagliatelle With Prosciutto and Butter

By Alexa Weibel

Like cacio e pepe, this prosciutto-studded pasta coated in emulsified butter, starchy pasta cooking water and Parmesan requires repetition to master, but it's not at all difficult. Adapted from Evan Funke's pasta cookbook, "American Sfogolino," this dish comes together with just a few ingredients, but you'll need to work fast: Add the pasta, pasta water and cheese to the butter and prosciutto quickly, then stir vigorously while gently jostling the pan back and forth with the other hand. Serve immediately, as the pasta can lose its luster within minutes as it soaks up the sauce.

INGREDIENTS

6 tablespoons unsalted butter
2 ounces prosciutto, torn into bite-size pieces
Kosher salt and black pepper
 $\frac{3}{4}$ pound handmade fresh Tagliatelle or store bought tagliatelle
 $\frac{1}{2}$ cup finely grated Parmigiano-Reggiano, plus additional for garnish if desired
Step 1

YIELD 2 servings

TIME 15 minutes

From the New York Times
Recipe by Alexa Wiebel

Submitted by Judy Winston



Preparation

Bring a large pot of water to a boil over high heat.

Step 2

In a large skillet, melt the butter over medium-high heat until frothy and golden, about 1 minute. Add half the prosciutto in one flat layer. Cook until crisp, 1 to 2 minutes, then transfer cooked prosciutto to a paper towel-lined plate. Repeat with remaining prosciutto, leaving it in the skillet, and remove skillet from heat.

Step 3

Season the boiling water lightly with salt. When the salt dissolves, add the tagliatelle and cook until toothsome and slightly undercooked, 2 to 4 minutes or according to package instructions.

Step 4

Just before your pasta is ready, return the skillet to the heat and warm over medium. Do not drain the pasta, but use a slotted pasta fork or tongs and transfer the cooked pasta directly to the skillet. Working quickly, add 1/2 cup Parmigiano-Reggiano and about 1/4 cup of the pasta cooking water and swirl vigorously to emulsify, jostling the pan at the same time, and cook just until sauce is silky, about 1 minute.

Step 5

Divide the pasta among shallow bowls, sprinkle with pepper and remaining prosciutto and serve immediately, along with additional Parmigiano-Reggiano if desired.

Main Dishes





Marinated Shrimp

Submitted by Doris Northrup – Recipe from Pat Montalvan

Ingredients

1 LB. JUMBO SHRIMP (ABOUT 13 PER POUND), COOKED AND SHELLS

2 TABLESPOONS TARRAGON VINEGAR

$\frac{1}{2}$ CUP OLIVE OIL

$\frac{1}{2}$ CUP VEGETABLE OIL

3 TABLESPOONS CHOPPED OREGANO

$\frac{1}{2}$ TEASPOON OF SALT

JUICE OF $\frac{1}{2}$ LEMON

$\frac{1}{2}$ SMALL RED ONION, SLICED THIN

1 MARINATED RED PEPPER, SLICED

1. Combine the vinegar, oils, oregano, salt and lemon juice in a mixture.
2. Toss the shrimp, onion, and red pepper with the mixture.
3. Allow to marinate 3 to 4 hours.

4-6 Appetizer Servings

Crispy Sour Cream and Onion Chicken

Elise Shapiro

Served 4



Ingredients

4 boneless, skinless chicken breasts, halved horizontally (see Tip) and pounded 1/8-inch thick, or use 4 chicken cutlets (don't split or pound)	2 tablespoons onion powder 2 cups panko breadcrumbs Canola oil, for frying 1 lemon, cut into wedges
Kosher salt and black pepper	
1/2 cup sour cream or Greek yogurt	
1/4 cup thinly sliced chives (or 1 tablespoon dried chives), plus more for serving	

Freezing the chicken breasts for 15 minutes to firm them up will make slicing them through the middle easier.

Crispy Sour Cream and Onion Chicken

Elise Shapiro

Served 4



Preparation

Pat chicken dry, and season both sides with salt and pepper.

In a medium bowl, stir together the sour cream, chives and 1 tablespoon onion powder. Season with salt and pepper. Add the chicken and turn to coat. (Chicken can sit in the marinade for up to 8 hours.

Refrigerate, then let come to room temperature before cooking.)

In a shallow bowl or lipped plate, stir together the panko and remaining 1 tablespoon onion powder; season with salt and pepper.

Working one at a time, press the chicken breasts into the panko, using your fingers to pack the panko onto both sides of the chicken, and place on a large plate or a sheet pan.

Line a plate with paper towels. Heat 1/8-inch canola oil in a large skillet over medium-high. Drop a piece of panko in: If it sizzles, the oil's ready. Add a chicken cutlet (or two, if they can fit comfortably), and cook until golden brown, 3 to 5 minutes per side.

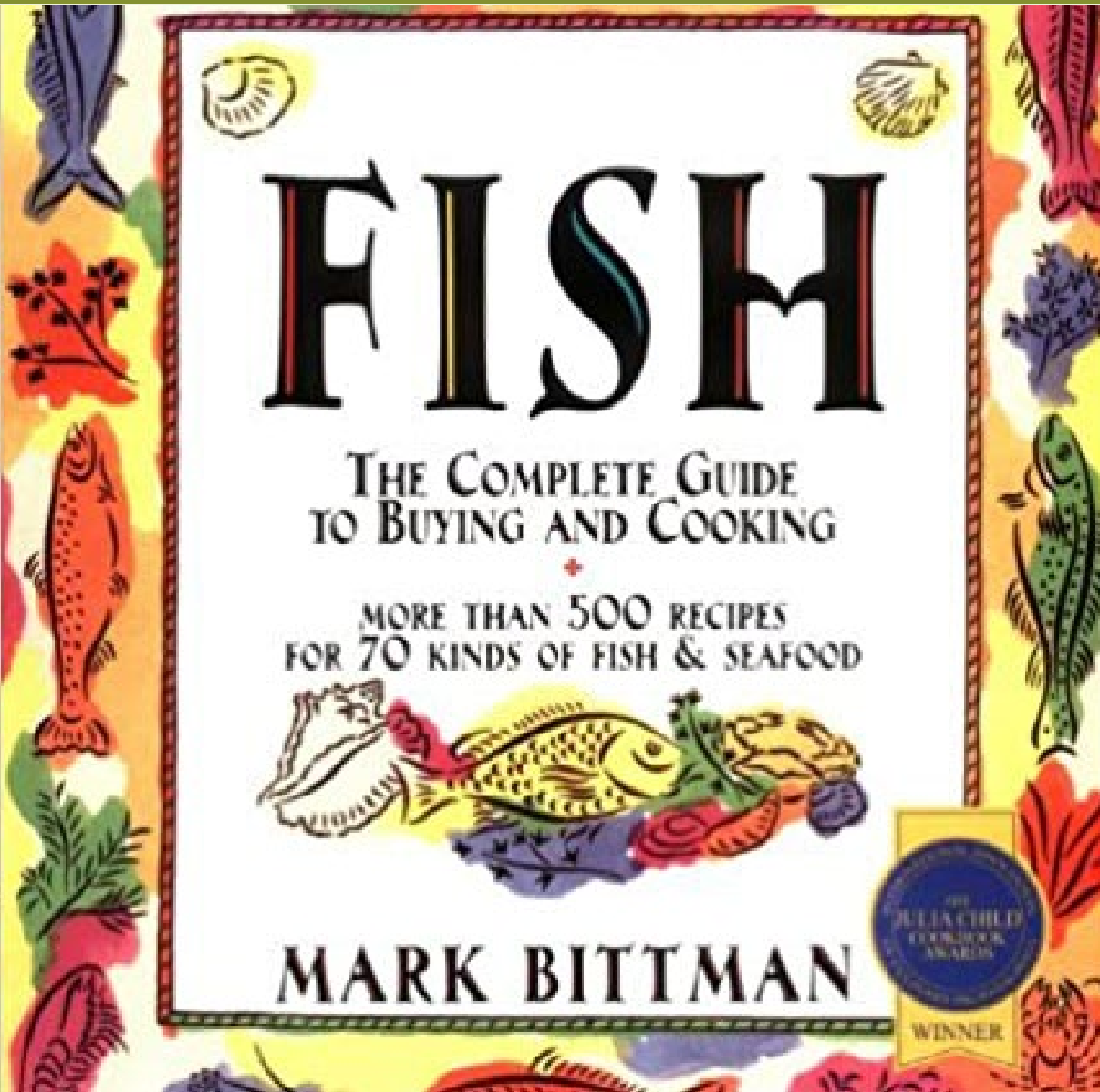
Transfer to the paper towel-lined plate and sprinkle with salt. Repeat with remaining chicken, adding, and heating more oil as needed, and removing excess panko from the pan with a slotted spoon.

Serve chicken with more chives and lemon wedges for squeezing.

Poached Halibut With Vegetables

Serves four

Submitted by Doris Northrup



Ingredients

2 CUPS CHICKEN OR FISH BROTH

3 T. BUTTER

2 MED. SIZED CARROTS AND

2 MED. SIZED ONIONS

2 STALKS CELERY

(ALL VEGETABLES FINELY DICED)

1 CLOVE GARLIC, MINCED

2 HALIBUT STEAKS, 3/4 TO 1 LB EACH

SALT AND PEPPER TO TASTE

Preparation

1. BRING STOCK TO BOIL AND KEEP WARM. IN THE SMALLEST SKILLET OR CASSEROLE THAT WILL LATER HOLD BOTH THE FISH STEAKS, MELT THE BUTTER OVER MEDIUM HEAT. ADD ALL THE VEGETABLES AND COOK OVER MEDIUM HEAT, STIRRING OCCASIONALLY, UNTIL THEY WILT, 5 TO 10 MINUTES.
2. PLACE THE FISH ATOP THE VEGETABLES. SEASON WITH SALT AND PEPPER AND ADD STOCK TO COVER.
3. SIMMER OVER MEDIUM-LOW HEAT UNTIL DONE, 10 TO 12 MINUTES.
4. REMOVE FISH WITH SLOTTED SPOON AND SERVE, TOPPED WITH VEGETABLES AND BROTH.

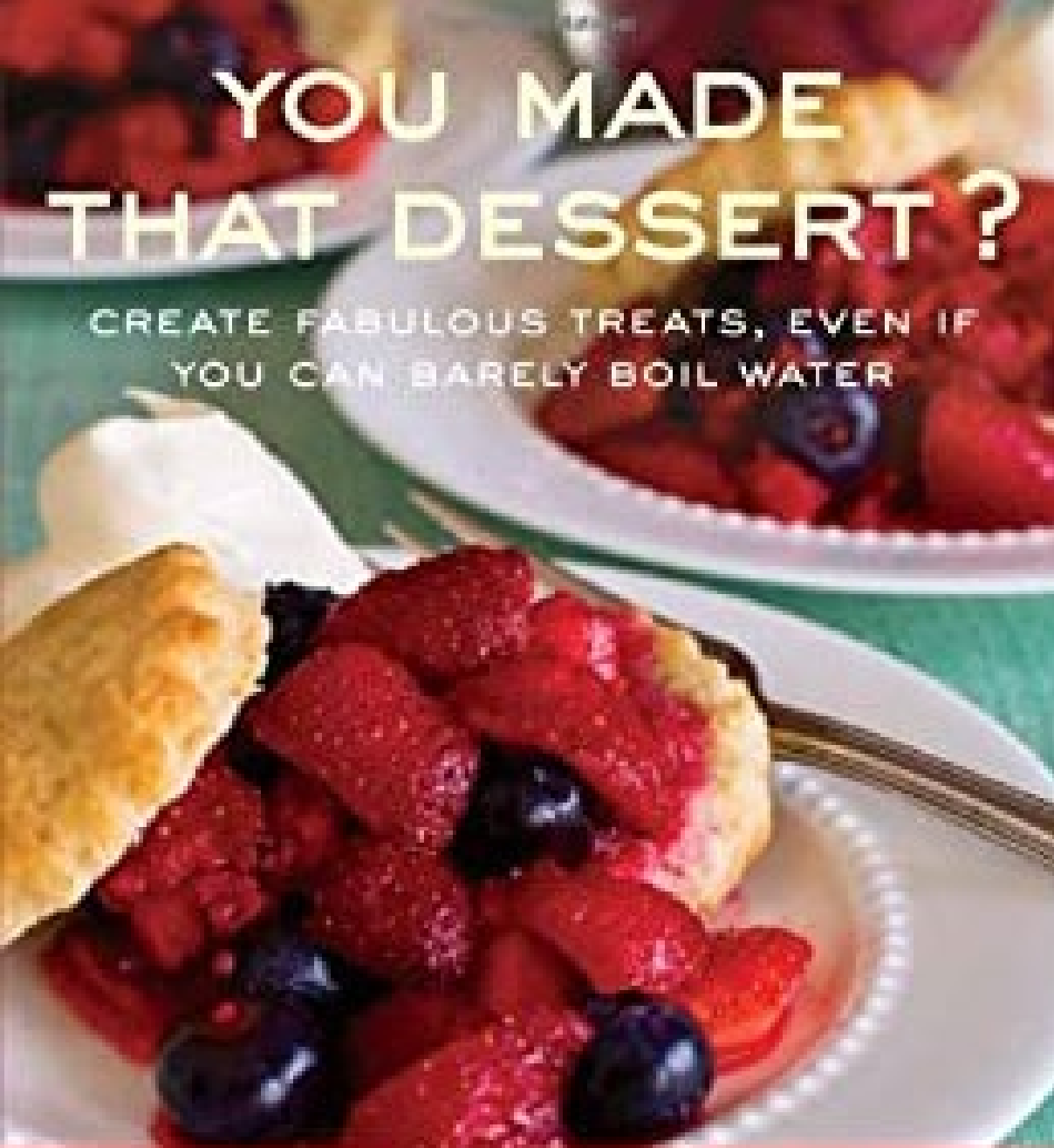
Doris suggests using filet not steaks! Alternatively you can use any white flesh fish, cod, hake, grouper.



Desserts

YOU MADE THAT DESSERT?

CREATE FABULOUS TREATS, EVEN IF
YOU CAN BARELY BOIL WATER



Gingersnap Cookies

Cookbook recommended by Jill Sayenga

Ingredients

2 C. all purpose flour (8.5 oz.)

2 tsp. Baking soda

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

1 T. plus 2 tsp. grated ginger

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

$\frac{1}{4}$ tsp. ground cloves

12 T. (1 $\frac{1}{2}$ sticks unsalted butter) at room temperature

1 $\frac{1}{2}$ Cups (10 oz.) sugar

1 large egg at room temperature

$\frac{1}{4}$ C. molasses

$\frac{1}{2}$ tsp. vanilla extract

Gingersnap Cookies

Preparation

1. Preheat the oven to 350°. Line three rimmed baking sheets with parchment paper. In a small bowl mix the flour, baking soda, ginger, cinnamon cloves and pepper and stir with a fork to combine.
2. In a large bowl, using an electric mixer at medium speed, beat together the butter and 1 C sugar until light and fluffy, about 2 minutes. Stop the mixer and add the egg, molasses, and vanilla, then beat until combined. Stop the mixer and scrape down the sides and bottom of the bowl with a flexible spatula. Beat again until the mixture is uniform. (The mixture may look curdled and separated at first, but don't worry; as you beat it, it will come together and turn a pale brown.
3. Stop the mixture and add the flour mixture. Use a flexible spatula or wooden spoon to mix the dry ingredients into the butter mixture until a dough forms. Scrape down the sides and bottom of the bowl and stir well so that all the dry ingredients are fully incorporated.
4. Place the remaining $\frac{1}{2}$ C sugar in a small bowl. Use a small ice cream scoop or 2 teaspoons to scoop out pieces of dough and roll them one at a time, in your palms to form balls that are about 1 $\frac{1}{2}$ wide. One at a time, roll the balls in the sugar until they are coated, then place the dough balls 2" apart on the baking sheets, (don't crowd them – they will spread a lot). Use the bottom of a glass to lightly press the balls into discs.
5. Bake the cookies 10 -11 minutes, until lightly browned. Let them cool on the pans or on wire racks for 5 minutes. Then use a spatula to remove the gingersnaps and place them on the wire racks to cool completely.

Stay Up All Night Meringues

Makes approximately X cookies

Submitted by Susan Kilborn recipe from Alice Kinter



Ingredients

2 Egg Whites

2/3 c. sugar

½ tsp vanilla

1 cup chocolate bits*

Preparation

1. Heat oven to 375°
2. Beat egg whites until they hold peaks
3. Add sugar gradually
4. Add vanilla
5. Beat mixture until very stiff
6. Fold in chocolate bits
7. Drop by tsp. on ungreased cookie sheet
8. Put in oven, close door and turn oven **OFF**
9. **DO NOT OPEN THE OVEN DOOR UNTIL THE NEXT MORNING!**
10. Remove from cookie sheet with spatula
11. Can be stored in a glass jar (so you can see them!)

*You can use candied ginger bits instead of chocolate

