

Favorite Recipes of Frank Dörenberg



their dark and smelling sauces".

Diphilus of Siphnos
(4th c. BC greek playwright)

**I love cooking with wine.
Sometimes I even put it in
the food!**

W.C. Fields
(more great
quotes from Mr Fields [here](#))

***"Bakers are trustworthy
men, as is demonstrated
every day when they open
their shops at four in the
morning, in order that we
may have fresh, tasty bread
for our tables. Cooks, on
the other hand, are little
more than scoundrels, and
even if they succeed in
putting foods on our tables,
we never know what terrible
things are hidden beneath***

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Recipe links

- [Allrecipes.com](#)
- [Epicurious.com](#)
(Bon Appétit & Gourmet magazine)
- [Discovery Channel](#)
(Great Chefs series)
- [Emeril Lagasse](#)
- [Food Network](#)
- [Martha Stewart](#)
- [3SAT Kulinarisches](#) (in German)
- [Leas Kochlust](#) (in German)
- [Bon appétit - bien sûr](#) (en français)
- [TV Gusto](#) (in German)
- [BBC Food](#)

DISCLAIMER

These are some of my favorite recipes.

No guarantees that you will like them.

And of course, there just might be a secret ingredient (or two, ha ha)

I could disclose them for a nominal fee, or some other commensurate incentive.....

Anyway, enjoy the cooking or baking and let me know how it came out!

Some parts of the world have not yet adopted the European decimal system. Instead, they still use old British measurements. As most of our recipes are not given in both, here are some conversions between standard weights, volumes, and temperatures. Unfortunately, US recipes often use volume measurements where Europeans would use weight, and vice versa. The non-European weights and volumes are given in US units, not "British Imperial".

[\[temperatures\]](#)

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Click [here](#) for a handy weights & measures conversion calculator.

Temperatures:

- Quick-and-dirty for baking temperatures: °F = 2 x °C and °C = °C ÷ 2
- 325 °F = 160 °C
- 375 °F = 190 °C
- 425 °F = 220 °C

Gas Mark	Fahrenheit	Centigrade
2	220	105
3	230	110
	250	121
4	275	135
	300	149
	325	163
	375	190
	400	204
6	425	220
	450	232
7	500	260
8	525	275

For the more scientifically inclined:

- Convert °C to °F: $\{[^\circ\text{C} \div 5] \times 9\} + 32$
Example: $100\text{ }^\circ\text{C} = \{[100 \div 5] \times 9\} + 32 = 212\text{ }^\circ\text{F}$
- Convert °F to °C: $\{[^\circ\text{F} - 32] \div 9\} \times 5$
Example: $212\text{ }^\circ\text{F} = \{[212 - 32] \div 9\} \times 5 = 100\text{ }^\circ\text{C}$

Weights & Volumes:

- 1 quart (qt) = 2 pints (pt) = 4 cups (c) = 32 fluid ounces (fl oz)
- 1 pound (lb, #) = 16 ounces (oz)
- 1 teaspoon (tsp, t) = 5 ml
- 1 tablespoon (tbsp, T) = 15 ml
- 1 fluid ounce = 2 tbsp = 30 ml
- 1 cup = 240 ml ($\pm \frac{1}{4}$ liter)
- 1 pint = 475 ml ($\pm \frac{1}{2}$ liter)
- 1 quart = 950 ml (± 1 liter)
- 1 gallon = 3.8 liter
- 1 ounce = 28 gram
- 1 pound = 450 gram ($\pm \frac{1}{2}$ kg)

Life is soooo much simpler with the decimal system:

- 1 liter (l) = 10 deciliter (dl) = 100 centiliter (cl) = 1000 milliliter (ml)
- 1 kilogram = 1000 gram

Weight			
In kilograms	grams	US pounds	US ounces
1 kilogram =	1000 grams =	2.2 US pounds =	35.2 oz
	454 grams =	1 US pound =	16 oz
	100 grams =		3.5 oz
	28.4 grams =		1 oz

Capacity (in American cups and quarts, not British)

1 liter =	10 deciliters =	4 cups + 3 1/2 Tbsp =	1.06 quarts
0.9463 liter =	9.5 deciliters (dl) =	4 cups =	1 quart
	2.4 deciliters (dl) =	1 cup	
	1 deciliter (dl) =	6 Tbsp + 2 tsp	

Note: a European tablespoon is a tablespoon like most people would use at the dinner table, not some standard measure that does not relate to spoons.

Note: there is a significant difference between teaspoons and coffee spoons. The latter being smaller.

Weights & volumes of some standard ingredients:

- 1 cup of milk = 240 ml
- 1 cup of flour = 125 grams
- 1 cup of raisins = 150 grams
- 1 cup of chopped nuts = 125 grams
- 1 cup of chopped ginger = 150 grams

- 1 cup of chopped apples = 90 grams
- 1 cup of grated cheese = 150 grams

All-Purpose Flour		
Unsifted and spooned into the cup		
Volume	Ounces	Grams
1/4 cup	1.1 oz	31 gm
1/3 cup	1.5 oz	42 gm
1/2 cup	2.2 oz	63 gm
1 cup	4.4 oz	125 gm

Firmly Packed Brown Sugar		
Volume	Ounces	Grams
1 tbsp	0.5 oz	14 gm
1/4 cup	1.9 oz	55 gm
1/3 cup	2.6 oz	73 gm
1/2 cup	3.9 oz	110 gm
1 cup	7.8 oz	220 gm

Granulated Sugar		
Volume	Ounces	Grams
1 tsp	0.1 oz	4 gm
1 tbsp	0.4 oz	12 gm
1/4 cup	1.8 oz	50 gm
1/3 cup	2.4 oz	67 gm
1/2 cup	3.5 oz	100 gm
1 cup	7.1 oz	200 gm

Butter		
Volume	Ounces	Grams
1 tbsp	0.5 oz	14 gm
1/4 cup	2.0 oz	57 gm
1/3 cup	2.6 oz	76 gm
1/2 cup	4.0 oz	113 gm
1 cup	8.0 oz	227 gm

Crushed walnuts		
Volume	Ounces	Grams
1/4 cup	1.0 oz	28 gm
1/3 cup	1.3 oz	38 gm
1/2 cup	2.0 oz	57 gm
1 cup	4.0 oz	113 gm

tables: ©2000 Americans in Toulouse (AIT)

Sizes of cans:

- US size #1 = ??
- US size #2 = ??

Cup and Spoon Conversion Table: [A-C](#) [D-P](#) [Q-Z](#)

This table gives the gram equivalent for different ingredients. My own experience for flour and sugar: 1 cup of flour = 175 gram, 1 cup of sugar = 200 gram

A-C

	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
almonds, blanched whole		4.6	130	65.0	43.3	32.5	8.13	2.71	1.35	0.68
almonds, chopped		4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
almonds, shelled		4.5	142	71.0	47.3	35.5	8.88	2.96	1.48	0.74
almonds, sliced		3.0	85	42.5	28.3	21.3	5.31	1.77	0.89	0.44
american cheese, grated	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
apples, whole med. size	3 ea.									
apples, sliced	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78
apples, chopped	2 cups	7.9	225	112.5	75.0	56.3	14.06	4.69	2.34	1.17
apricots	10 ea.									
asparagus, chopped	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
bacon, crisp cooked							1 ea.			
baking powder		5.7	162	81.0	54.0	40.5	10.13	3.38	1.69	0.84
bananas, large	2 ea.									
bananas, med.	3 ea.									
bananas	1 3/4 cups	9.1	257	128.5	85.7	64.3	16.06	5.35	2.68	1.34
bananas, sliced	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
barley		7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
blackberries		4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
bread, loaf	14 slices									
bread, fresh crumbs				1 slice						
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
bread, toasted crumbs					1 slice					
bread crumbs, dry		5.8	164	82.0	54.7	41.0	10.25	3.42	1.71	0.85
bread crumbs, fresh soft		2.0	57	28.4	18.9	14.2	3.54	1.18	0.59	0.30
beans, dried	2 1/2 cups	7.0	198	99.0	66.0	49.5	12.38	4.13	2.06	1.03
beans, string chopped	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
beets, med.	5 ea.									
beets, chopped	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
broccoli, chopped	12 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
brown sugar, packed	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
bulgar wheat		7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
butter	4 sticks		240	120	80	60	15	5		
cabbage, med. head	1/2 head									
cabbage, shredded	4 1/2 cups	3.5	100	50.0	33.3	25.0	6.25	2.08	1.04	0.52
candied fruits, chopped	2 cups	7.9	225	112.5	75.0	56.3	14.06	4.69	2.34	1.17

carrots, large	6 ea.										
carrots, med.			2 ea.	1 ea.							
carrots, sliced/grated	3 1/2 cups	4.6	129	64.5	43.0	32.3	8.06	2.69	1.34	0.67	
cashews		4.6	130	65.0	43.3	32.5	8.13	2.71	1.35	0.68	
celery, chopped	4 cups		4 sticks	1 rib							
cheddar cheese, shredded		4.0	114	57.0	38.0	28.5	7.13	2.38	1.19	0.59	
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.	
cheese, frim grated	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59	
cherries, whole	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78	
chocolate chips		6.0	170	85.0	56.7	42.5	10.63	3.54	1.77	0.89	
chocolate wafers 2"			17 ea.								
cocoa powder	4 cups	4.0	113	56.3	37.5	28.1	7.03	2.34	1.17	0.59	
coffee, dry	5 1/3 cops	3.0	85	42.5	28.3	21.3	5.31	1.77	0.89	0.44	
confect. sugar, sifted	4 3/4 cups	3.4	95	47.5	31.7	23.8	5.94	1.98	0.99	0.49	
confect. sugar, unsifted	4 cups	4.0	113	56.3	37.5	28.1	7.03	2.34	1.17	0.59	
cornmeal	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78	
corn, cooked sweet		4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59	
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.	
corn starch	2 1/2 cups	4.9	140	70.0	46.7	35.0	8.75	2.92	1.46	0.73	
corn syrup		11.0	311	155.5	103.7	77.8	19.44	6.48	3.24	1.62	
cottage cheese	2 cups	8.5	240	120.0	80.0	60.0	15.00	5.00	2.50	1.25	
cream of wheat			170.0	85.0	57.0	43.0	10.00	3.50	1.80	0.90	
cucumbers, sliced	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59	
currants, white or red		4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59	

D - P

	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
dates, pitted	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
eggs, whole large	9 each		5 ea.							
egg whites			9 ea.							
egg yolks			12 ea.							
eggplant, chopped	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
eggplant, cubed	6 cups	2.6	75	37.5	25.0	18.8	4.69	1.56	0.78	0.39
eggplant, cooked	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78

flour, all-purpose	3 1/2 cups	4.6	129	64.5	43.0	32.3	8.06	2.69	1.34	0.67
flour, cake	4 1/2 cups	3.5	100	50.0	33.3	25.0	6.25	2.08	1.04	0.52
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
flour, rye	2 2/3 cups	6.0	170	85.0	56.7	42.5	10.63	3.54	1.77	0.89
flour, wheat	3 3/4 cups	4.2	120	60.0	40.0	30.0	7.50	2.50	1.25	0.63
garlic, chopped							1 clove			
graham cracker			16 ea.							
green beans, cooked	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
hazelnuts		4.6	130	65.0	43.3	32.5	8.13	2.71	1.35	0.68
ground nuts		3.7	106	53.0	35.3	26.5	6.63	2.21	1.10	0.55
honey	1 1/2 cups	10.6	300	150.0	100.0	75.0	18.75	6.25	3.13	1.56
jam/marmalade		4.9	140	70.0	46.7	35.0	8.75	2.92	1.46	0.73
jelly		6.0	170	85.0	56.7	42.5	10.63	3.54	1.77	0.89
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
leeks, chopped	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
leeks, cooked	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
lemon juice, med.			6 ea.	3 ea.	2 ea.	1/2 ea.				
lemon rind, med.							1 ea.			
lime juice, med.			12 ea.	6 ea.	4 ea.	3 ea.				

macadamia nuts		3.9	110	55.0	36.7	27.5	6.88	2.29	1.15	0.57
maple syrup		11.0	311	155.5	103.7	77.8	19.44	6.48	3.24	1.62
mayonaise	2 cups	8.0	227	113.5	75.7	56.8	14.19	4.73	2.36	1.18
millet		7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
molasses		12.0	340	170.0	113.3	85.0	21.25	7.08	3.54	1.77
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
mushrooms, sliced	5 cups	3.2	90	45.0	30.0	22.5	5.63	1.88	0.94	0.47
mushrooms, cooked	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
oats, rolled	6 cups	2.6	75	37.5	25.0	18.8	4.69	1.56	0.78	0.39
onion, med. whole	4 med.									
onion, med. chopped				1 ea.						
onion, large chopped			1 ea.							
onion, sliced	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
onion, cooked	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
oranges, med.	3 ea.									
oranges, med. sections					1 ea.					
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
orange juice, med.					1 ea.					
parmesan cheese, grated	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
peaches, med.	3 ea.									
peaches, sliced	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78
peas, shelled	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78

peanuts		3.9	110	55.0	36.7	27.5	6.88	2.29	1.15	0.57
pecans, shelled	4 1/4 cups	3.7	106	53.0	35.3	26.5	6.63	2.21	1.10	0.55
pecans, chopped	2 cups	7.9	225	112.5	75.0	56.3	14.06	4.69	2.34	1.17
pistachios, shelled	3 1/2 cups	5.1	145	72.5	48.3	36.3	9.06	3.02	1.51	0.76
polenta		6.0	170	85.0	56.7	42.5	10.63	3.54	1.77	0.89
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
potatoes, med. sliced	3 ea.									
potatoes, mashed	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
potatoes, white med. size	3 ea.									
potatoes, white sliced	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
potatoes, sweet med. size	3 ea.									
potatoes, sweet sliced	3 cups	5.3	150	75.0	50.0	37.5	9.38	3.13	1.56	0.78
pumpkin, chopped	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
pumpkin, cooked and drained	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18

Q - Z

	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
quark	2 1/4 cups		228	114	76	57				
raisins	2 3/8 cups	7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
raspberries		5.0	142	71.0	47.3	35.5	8.88	2.96	1.48	0.74
rhubarb, cooked	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
rice, dry	2 1/4 cups	7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
salt	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
sauerkraut		8.5	240	120.0	80.0	60.0	15.00	5.00	2.50	1.25

semolina		7.6	216	108.0	72.0	54.0	13.50	4.50	2.25	1.13
sesame seed		4.7	132	66.0	44.0	33.0	8.25	2.75	1.38	0.69
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
shortening	2 1/2 cups	6.3	180	90.0	60.0	45.0	11.25	3.75	1.88	0.94
sour cream	2 cups	7.9	225	112.5	75.0	56.3	14.06	4.69	2.34	1.17
spinach, cooked	1 cup	15.9	450	225.0	150.0	112.5	28.13	9.38	4.69	2.34
strawberries		5.0	142	71.0	47.3	35.5	8.88	2.96	1.48	0.74
sugar, granulated	2 1/4 cups	7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
squash, summer grated	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
squash, summer cooked	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
squash, winter cooked and pureed	1 1/4 cups	12.7	360	180.0	120.0	90.0	22.50	7.50	3.75	1.88
sweet potatoes, grated	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
sweet potatoes, cooked and pureed	1 cup	15.9	450	225.0	150.0	112.5	28.13	9.38	4.69	2.34
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
swiss chard, packed leaves	5 cups	3.2	90	45.0	30.0	22.5	5.63	1.88	0.94	0.47
swiss chard, cooked	1 1/2 cups	10.6	300	150.0	100.0	75.0	18.75	6.25	3.13	1.56
tapioca	2 2/3 cups	6.0	170	85.0	56.7	42.5	10.63	3.54	1.77	0.89
tea, dry	6 1/2 cups	2.4	69	34.5	23.0	17.3	4.31	1.44	0.72	0.36
tomatoes, med.	3 ea.									
tomatoes, chopped	1 1/2 cups	10.6	300	150.0	100.0	75.0	18.75	6.25	3.13	1.56
turnips, chopped	4 cups	4.0	113	56.5	37.7	28.3	7.06	2.35	1.18	0.59
turnips, cooked and mashed	2 cups	8.0	226	113.0	75.3	56.5	14.13	4.71	2.35	1.18
vanilla wafers			26 ea.							
walnuts, shelled	3 3/4 cups	4.2	120	60.0	40.0	30.0	7.50	2.50	1.25	0.63
	1 Am. Lbs.	ounce/c	1 cup	1/2 cup	1/3 cup	1/4 cup	1 tbs.	1 tsp.	1/2 tsp.	1/4 tsp.
walnuts, chopped	3 1/2 cups	4.6	129	64.5	43.0	32.3	8.06	2.69	1.34	0.67
wheat berries		7.1	200	100.0	66.7	50.0	12.50	4.17	2.08	1.04
yeast, dry		13.5	384	192.0	128.0	96.0	24.00	8.00	4.00	2.00
zucchini, med. size	3 ea.									

For the computationally challenged, here are some hints on printing a recipe that you're viewing (or these printing hints, for that matter). You probably don't want to print the entire screen image, just the recipe. So, here it goes...

To print the entire recipe collection, open and print [this](#) pdf file.

To print an individual recipe from your Netscape Browser:

- click once anywhere in the recipe (the recipe window gets a black or blue border)
- click on "File" (top left on tool bar)
- click on "Print Frame"

If you insist on contributing to Bill Gates' retirement fund and are using Internet Explorer:

- get Netscape and see above (preferred), or
- click once anywhere in the recipe (you can't tell)
- click on "File" (top left on tool bar)
- click on "Print"
- in the "print frames" section, select "only the selected frame"
- hit "OK"

If you don't have direct internet access but go through AOL or similar:

- get a real Internet Provider, get Netscape and see above (preferred)
- try and find similar "print frame" command in AOL's tool bar pull-down menus

Bruschetta

(the "ch" is pronounced as a "k", as in zucchini)

Ingredients:

- minced garlic
 - parsley, chopped
 - butter
 - artichoke hearts, sliced
 - tomatoes, sliced
 - provolone cheese
 - french bread
-

Instructions:

- mix the garlic, parsley, butter
 - slice a loaf of french bread
 - spread one side of each slice with the butter mixture
 - place a slice of tomato, artichoke heart, and cheese on each buttered slice
 - bake at 350 °F (175 °C) for 15 minutes
 - serve warm
-

this recipe is brought to you by Christine Dörenberg

Italian Tuna Pie

Ingredients:

- 225-250 gram of boneless, skinless tuna fish (that is: about ½ pound drained weight, not the weight of the can). Use 1-2 cans of tuna in water, not in oil.
 - 100 gram grated cheese (not hard/dry cheese such Parmesan, which does not melt well; Frank uses Gruyere)
 - 25-50 gram grated cheese
 - 50 gram bread crumbs (dried)
 - 1 egg, beaten
 - 2 table spoons Italian herbs (mix of marjoram, thyme, rosemary, sage, oregano, basil)
 - 10-12 black olives, chopped
 - 1 grated onion
 - 4 rounded tablespoons tomato ketchup
 - 2 teaspoons minced garlic (or 1 rounded teaspoon of ground garlic)
 - salt & pepper
-

Instructions:

- in a bowl, mash the tuna into small pieces
- add all the other ingredients (except the 25-50 gram grated cheese), and mix well
- press into quiche pan (a pan of 18 cm diameter and 6-8 cm high is fine)
- sprinkle the 25-50 gram cheese on top
- pre-heat oven to 180 °C (375 °F)
- bake for 30-40 min
- can also be made in personal-size ramekins, instead of one pan



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Salmon Mousse

Ingredients:

- 1 large can (~ 420 gr net) of red salmon (not the cheap stuff)
 - 4 sheets of gelatin (~ 7 gr)
 - 20 cl mayonnaise
 - 125 ml (1/8 liter) sour cream or crème fraiche
 - 1 tablespoon dry white wine
 - several drops of lemon juice
 - 1 teaspoon fine mustard (not the yellow "hotdog" kind)
 - 2 tablespoons finely chopped gherkins (or 1 tablespoon + 1 tablespoon capers)
 - Worcestershire sauce
 - cayenne pepper
 - salt
-

Instructions:

- soak the gelatin in cold water for 5 minutes
 - dissolve the gelatin mass in 5 tablespoons of hot water (make sure you have no lumps), let cool
 - mix the mayonnaise with the sour cream, wine, lemon juice, mustard, gherkins, capers, Worcestershire sauce, small pinch of cayenne pepper, pinch of salt
 - blend in the lukewarm gelatin
 - remove the skin & bones from the salmon
 - puree the salmon in blender or food processor
 - blend the salmon and the mayonnaise mix
 - rinse a mould (e.g, a small loaf pan) with cold water; you can also line the mold with plastic kitchen foil
 - put salmon mix in mould
 - put in refrigerator for 3 hours
-

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Greek Cheese Pastries (Tiropitakia)

Ingredients:

- 1 pound (450 gr) phyllo dough
 - ½ pound (225 gr) melted butter
 - 16 ounce (500 gr) cottage cheese
 - 4 ounce (125 gr) cream cheese
 - ¾ pound (340 gr) of feta cheese
 - 3 eggs
 - ½ teaspoon of nutmeg
 - ¼ cup parsley
-

Instructions:

- mix the cottage cheese, cream cheese, and feta cheese
 - mix in the eggs, nutmeg and parsley
 - brush a sheet of phyllo with melted butter
 - put another sheet on top of first, and brush with melted butter
 - cut into thirds, lengthwise
 - put teaspoon of cheese mixture at one end of each strip
 - fold each strip over into a triangular shape, fold over to the opposite side, etc. until complete strip rolled up
 - bake 15 minutes at 350 °F (175 °C) for 15 minutes
 - makes 3 dozen
 - may be frozen uncooked, individually
-

this recipe is brought to you by Christine Dörenberg

Focaccia

Ingredients:

- 1½ cups (360 ml) warm water 110 °F (45 °C)
- 2½ teaspoons (=1 envelope = ¼ oz. = 7 gram) active dry yeast
- 6 tablespoons olive oil
- 3¼ cups (800 ml) unbleached all-purpose flour
- 2 teaspoons salt
- 1 teaspoon kosher or coarse salt
- 14 inch (35 cm) diameter round, or 10x15 inch (25x40 cm) oven dish; the bread will rise to about 1½-2 inches (3-5 cm); a smaller pan is OK, the bread will just be higher

For herb focaccia:

- 3 tablespoons coarsely chopped fresh herb (rosemary, thyme, sage)

For sage or rosemary focaccia:

- leaves of fresh sage or sprigs of rosemary

For onion and garlic focaccia:

- 2 or 3 yellow onions, peeled & (very) thinly sliced
- 3 tablespoons of olive oil
- 2-5 peeled & thinly sliced cloves garlic
- salt & pepper
- ½-1 teaspoons of dried oregano

For "the works" focaccia:

- same as onion & garlic above
 - 1 cup (240 ml, ± ¼ liter) coarsely grated cheese (Gruyere, sharp cheddar)
-

Instructions: (note: best if served immediately after baking)

- measure water in bowl, whisk in the yeast, and 3 tablespoons of the oil
- mix the flour and salt in a bowl; stir well
- stir the yeast mixture into the flour mixture with spatula or wooden spoon, until flour is evenly moist, then beat vigorously for 1 minute
- *for "the works" focaccia:* mix in the grated cheese
- cover bowl with plastic wrap
- at room temperature, let rise until doubled (appr. 1 hour)
- spread 1½ tablespoons of oil into baking pan
- turn dough out of bowl into pan, pat & press until dough covers pan bottom completely. If dough resists, wait several minutes
- cover dough with oiled plastic wrap (oil side down)
- let rise again until doubled (up to 1 hour)

- *for onion & garlic or "the works" focaccia:* slowly cook the slices onions and sliced garlic in a sauté pan in 3 tablespoons of olive oil until the onions begin to color slightly (appr. 20 minutes). Season with salt & pepper.
- preheat oven to 450 °F (230 °C), put rack at lower third of oven
- dimple surface of the risen dough with fingertips at 2-inch (5 cm) intervals
- *for herb focaccia:* sprinkle chopped herbs on top immediately before baking
- *for sage or rosemary focaccia:* insert sage leaf or rosemary sprig into each dimple
- *for onion & garlic or "the works" focaccia:* spread onions over risen dough and sprinkle with the oregano.
- drizzle with remaining 1½ tablespoons of oil, and sprinkle with the kosher or coarse salt
- bake for about 25 minutes, or until deep golden; lift side of focaccia with spatula after 15 minutes and check bottom. If too dark, slide another baking pan under the pan.
- to serve immediately (recommended) : slide from pan onto cutting board; cut into squares or large slices
- to serve later: slide from pan onto rack to cool.

based on recipe from Nick Malgieri, ©1995 "How to Bake"

Armagnac-soaked Prunes, stuffed with foie gras
Prunaux à l'Armagnac, farcis de foie gras

Ingredients:

- pitted prunes
 - foie gras, mi-cuit (duck liver preferred over goose liver)
 - Armagnac liqueur
-

Instructions:

- soak the prunes in Armagnac for at least two days
 - stuff each prune generously with foie gras
 - may be served on platter with toothpicks, or on individual spoons
 - also tastes great the next day
-

this recipe is brought to you by Frank Dörenberg

Croustillant de Chèvre *Phylo goat cheese pocket*

Ingredients:

- roll of goat cheese (chèvre)
 - sheets of phylo dough or feuilles-de-brick (very thin puff pastry)
 - honey
 - nuts (pecan, pine nut, or walnut)
 - minced garlic
 - kitchen twine/string
-

Instructions:

- preheat oven to 350 °F (175 °C)
 - toast a cup of pine nuts until golden brown
 - if using phylo dough: melt butter, brush a sheet of dough with it, put next sheet on top, brush with melted butter, etc, until you have a stack of 6 buttered sheets.
 - if using *feuille de brick* dough sheets: just use one per pocket
 - put a 1-2 cm (¾") thick slice of goat cheese in the middle of each square
 - put several toasted pine nuts and/or several chunks of roasted pecans and/or walnuts on top
 - drizzle honey over it and spread some minced garlic over it
 - make pocket (method 1): fold the dough up around the cheese + toppings, and pinch just above it to form a pocket; secure with twine where pinched, and trim about 1 inch (2-3 cm) above the string.
 - make pocket (method 2): fold one corner across the cheese, fold an adjacent corner across the top, roll the cheese over towards the next adjacent corner, wrap the remaining corner around it.
 - just before baking: heat in microwave oven for 10-20 sec
 - bake on non-stick cookie sheet until golden brown (!! only takes 2-4 minutes with *feuille de brick* !!)
 - after baking, cut off the "tail" of each pocket, just below the string, with sharp scissors
-

this recipe brought to you by Frank Dörenberg

Mango Lobster/Shrimp Appetizer

Ingredients:

- cooked lobster tail or cooked large shrimp
 - mango slices (fresh preferred)
 - maple syrup
 - finely ground sweetened coconut
 - tabasco sauce (hot red pepper sauce)
 - wine vinegar
-

Instructions:

- heat maple syrup in sauce pan, and reduce until thick
 - add drop of tabasco sauce to taste
 - add small amount of coconut
 - add small amount of wine vinegar
 - line bottom of small ramekin with mango
 - put slice of lobster tail on top
 - drizzle the thick sweet-sour maple sauce over it
-

this recipe is brought to you by Frank Dörenberg

Champagne Jelly with Red Fruits

Ingredients :

- 37½ cl champagne (½ a standard bottle; does not need to be expensive stuff)
 - 150 gram sugar cubes (1/3 lb)
 - peel of ½ orange
 - peel of ¼ lemon
 - 10 gram plain gelatin (1/3 oz.)
 - 8 cl of water (1/3 cup)
 - dozen strawberries, cut
 - dozen raspberries
 - one orange, peeled, segmented, cut
 - 1 cl of Cointreau (2 teaspoons)
 - 5 cl orange juice (4 tablespoons)
-

Instructions:

- marinate the fruit in the Cointreau and orange juice for 1 hour
 - rub the lemon and orange peels with the sugar cubes
 - in pot, heat the water, then dissolve the sugar in it
 - dissolve the gelatin in the hot sugar water
 - let cool, without letting the gelatin set
 - drain the marinated fruit and divide over 4 champagne glasses our coupes
 - very slowly & carefully pour the champagne into the gelatin mix (make sure you don't lose the bubbles!!)
 - if necessary, very slowly & carefully fold the champagne into the gelatin mix
 - put in the refrigerator for the gelatin to set
 - makes 4 portions
-

from: *Le Vin - dix façons de le préparer*, ©1999 Les Éditions de l'Épure

Pascale's Cheese Soufflé

"Soufflé au fromage"

Ingredients:

- 6 eggs
- grated cheese; amount and type to taste (e.g., 150 gram Gruyère; US cheese and "cheez whiz" not recommended)
- salt
- butter to grease the pan

Ingredients for the béchamel sauce:

- butter
 - 1 tablespoon of flour
 - milk
 - ¼ teaspoon ground white pepper
 - optional: ¼ teaspoon ground nutmeg
-

Instructions:

- preheat oven to 210 °C (400 °F)
- grease a soufflé pan with butter
- separate the egg yolks from the whites
- make béchamel sauce (see below)
- add a pinch of salt to the egg whites, and beat until stiff
- fold the egg whites into the béchamel cheese sauce (note: discard the liquidy stuff at the bottom of the mixer bowl)
- transfer to the soufflé pan
- bake for 40-45 minutes
- must be consumed immediately after baking !!!

Instructions for the béchamel sauce:

- make a roux, by melting the butter over low heat, and when the butter starts to foam, add the flour all at once; mix well with a wooden spoon or whisk
- cook over low heat 3 to 4 minutes, stirring constantly to incorporate and cook the flour
- little by little, add milk and mix well, until you have a fairly thick (but not pasty) sauce
- briefly beat the egg yolks

- take the roux off the heat, add the egg yolks, and very quickly (!!! we are not making an omelet) whisk the yolks thoroughly into the roux to obtain a thick mass
 - mix in the pepper and (optional) nutmeg
 - mix in the grated cheese
 - simmer and stir until the cheese has melted
 - optional/variations: cheese + spinach, spinach without cheese, smoked salmon, smoked salmon + cheese
-

Bacon-wrapped shrimp and dates

Ingredients:

- ¼ cup honey
 - 3 tablespoons soy sauce
 - 2 teaspoons sesame oil
 - ½ chili sauce
 - 12 pieces of thinly sliced bacon (10-12 oz)
 - 12 pitted dates
 - large shrimp, peeled and deveined, tails left intact (12 oz)
-

Instructions:

- in a medium size bowl, whisk the honey, soy sauce, sesame oil, and chili sauce
 - heat broiler. Line a baking sheet with Alu foil.
 - cut 3 inches of each slice of bacon.
 - wrap each of these pieces around a date, and place seam-side down on the prepared baking sheet.
 - wrap each shrimp with a piece of the remaining long strips of bacon, trying not to overlap, and place seam-side down on the same baking sheet.
 - brush the top of the dates and shrimp with half of the honey mixture
 - broil until tops are well browned (about 4 minutes). Then turn over the dates and shrimp, brush with the remaining honey mixture. Broil until well browned and the shrimp are cooked through (about another 4 minutes), and rotate the baking sheet as necessary. Remove dates if they are well browned before the shrimp are cooked.
-

Avocado with Raspberry Coulis

Ingredients:

- ripe avocado (1 per person, or 1 per 2 persons). If the fruit yields to gentle pressure in the palm of your hand, it is ready to be peeled.
- 2½ cups raspberries (1 pound frozen)
- 2 tablespoons raspberry vinegar
- ¼ cup sugar
- 3-4 shallots, minced
- some butter or duck fat
- 1-2 table spoon finely ground/pureed smoked-fish (no skin or bones); Frank uses smoked mackerel.
- ½ -1 tablespoon of your favorite Thai fish sauce
 - alternatively: 2-3 tablespoons (smoked) fish stock, or veal stock, or chicken, or duck stock; as with all stock, use home made, not the salty garbage from a can or powder); click [here](#) to see how to make your own "*fumet de poisson*" fish stock
- ½ teaspoon ground anise seeds
- 1 teaspoon crushed garlic
- lemon juice

Note: I have tried to use raspberry jam/confiture once, as a substitute for the fresh raspberries. The coulis turns out way too sweet.

Instructions:

- cut the avocado lengthwise around the seed. Rotate the halves to separate. Remove the seed by sliding the tip of a spoon gently underneath and lifting out. The other common seed-extraction technique -- striking the seed with a knife -- can be dangerous and is not recommended.
- peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, or simply scoop out the avocado meat with a spoon.
- be sure to sprinkle all cut surfaces with some lemon or lime juice to prevent discoloration.
- place avocado on individual serving saucer, cut side down
- cover entire avocado halves very generously with raspberry coulis (see below), and around the avocado as well
- presentation can be improved by decorating with half slice of lemon + half slice of lime + slice of carambola (star fruit) over which some chopped chives have been sprinkled

Instructions for the coulis:

- slowly fry the minced shallots in fat or butter until cooked and translucent (not crispy golden)
- add the raspberry vinegar, sugar, garlic, ½ -1 tablespoon of lemon juice
- on low heat, let stew for an hour or so
- wash the raspberries (if using fresh)
- crush
- bring to boil for 1 minute
- strain through sieve to remove the seeds (this may take 15-30 min)
- add to the shallots
- add the stock of your choice (and smoked fish puree if you use fish stock)
- over low heat, reduce to desired consistency
 - Note: *this is not supposed to be a thin, sweet puree!! When warm, it should at least have the consistency of thick ketchup*

- coulis can be made one or more days ahead
- serve one or both avocado halves per person
- the coulis must be served warm/hot!
- serve with white wine



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Camembert au figues et noisettes (*camembert cheese with figs and hazelnuts filling*)

Ingredients:

- 1 camembert (250 gram, 10 cm diameter = ½ pound, 10 inch diameter); kept in refrigerator
 - 125 gram mascarpone (a standard 250 gram tub is enough for two standard camemberts)
 - 50-75 gram figs (do not use the dried ones that were harvested in biblical times; but they shouldn't be too moist either)
 - 50-75 gram shelled hazelnuts
 - **the mascarpone/fig/nut filling is best made a day or two ahead**
-

Instructions:

- remove camembert from the fridge
 - cut (cold) camembert at half height into two round slices; put the top half aside
 - cut the hazelnuts into pieces (just in half if small nuts)
 - remove the stem from the figs and cut into pieces (no bigger than 1 cm = 3/8 inch)
 - put the mascarpone in a bowl and blend in the nuts and figs
 - put the mascarpone mix in the middle of the bottom half of the cheese
 - work the mascarpone mix across the cheese, to get even thickness and a straight edge; the filling should make a layer of about 2 cm (¾ inch)
 - put the other half of the cheese back on top of the mascarpone, and clean up the edge of the filling
 - decorate the top of the cheese with a small fig (stem removed, butterflied) or several hazelnut halves
 - serve at room temperature
-

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Duck liver, onion and scallops toast

Ingredients:

- french bread "baguette"
- fresh duck liver (not processed into *foie gras*)
- sea scallops (i.e., at least 3-4 cm diameter; 1-1½ inch)
- very thinly sliced onion rings
- olive oil

Instructions:

- cut the bread (on the bias, if preferred) into 1-1½ cm thick slices
- slice the scallops into thin medallions (3 mm, 1/8 inch)
- briefly (10 sec!) heat up the slices in a skillet with a very small amount of olive oil
- slowly fry the onions in olive oil until soft and translucent (not golden)
- toast the bread slices until golden on both sides
- cut liver into slices that cover the bread, and are about 1 cm thick (3/8 inch)
- briefly heat up under the broiler (but should not get thin and run off the bread)
- cover with a tablespoon of the onions
- cover with 2 slices of scallops
- briefly heat up under the broiler

recipe brought to you by Frank Dörenberg

Terrine de Foie Gras au Compôte de Figs

Ingredients for the terrine:

- 600-800 grams (1½ pounds) of fresh duck liver (*foie gras frais*)
- coarse salt
- fresh ground pepper
- small standard terrine dishes; for this amount of liver, Frank uses two dishes that measure 13x9cm and are 6 cm high (5 x 3½ x 2½ inch)



Ingredients for the Compôte de Figs:

- 150 grams (5 oz.) dried figs (do not use figs that were dried in biblical times; they still need to be soft and somewhat moist)
- 2 tablespoons finely chopped walnuts
- 2 tablespoons of sugar
- 2 tablespoons of orange blossom honey
- 1 or 2 shots of cognac or armagnac (do (not) worry, the alcohol will entirely evaporate in the process)
- tiny (!) pinch of salt

Instructions for the fig compôte:

- remove the stems from the figs
- dice the figs (about 1/4 max)
- put all compote ingredients in a sauce pan
- add water such that the ingredients are well covered
- bring to slow simmer, while stirring regularly

- may take at least 45 minutes; if necessary, add some water
- when reduced to a very thick consistency and fig skins are soft, remove from heat, and cool to room temperature. When cold, it should be hard to "cut" with a spoon. So, don't even try and use fig jam or store bought fig compote: your terrine will be a disaster!
- can be made well ahead, and can be kept for other dishes (such as *foie gras mi-cuit aux figues* or *Duck Wellington*)

Instructions for the terrine:

- prepare the liver; see further below
- compôte at room temp, such that it has workable consistency
- pre-heat oven to 160° C (320° F), with fan
- spread a teaspoon of coarse salt evenly across the bottom of terrine dish
- spread a generous amount of fresh ground pepper evenly across the bottom of terrine dish
- fill the terrine dishes with liver, to just below half height of the dish
- important: with thumbs or fingers, press the liver firmly into the dish, especially the corners.
- spread a 1 cm (½ inch) layer of fig compote across the liver
- note: if the compote is soft or even runny at room temperature, the liver below the compote will not get cooked!
- fill the rest of the terrine dish with liver, and press into place
- spread coarse salt and pepper evenly across the top, and press into the liver
- place the dishes (without lid) on a rack (not on a sheet!) in the middle of the oven
- bake for 15 minutes
- remove from oven, put lid on each dish and let cool (quicker is better); the yellow duck fat will have surfaced, and seals the liver
- after it has cooled off completely, keep in refrigerator
- remove from fridge half an hour before serving
- serve slices of the terrine, with *fig compôte* or *quince jelly* on the side



Instructions for preparation of the liver:

- if done well, this is a very time consuming process. Once you're done, it may look like you have bugged up the entire liver.
- put the liver lobes in ice cold water for several hours, or even overnight; the liver will open up a bit, and as long as the liver is very cold, the liver is more workable
- separate the lobes
- with a paring knife, remove all veins, nerves, membranes. To entirely remove them, you will have to dig into the liver, and break it up further. Don't worry: in the terrine, it will get "puttied" back together.
- the liver will warm up while you are working it, and get greasy (so will your hands). Keep lobe that you're not working on in the cold water.



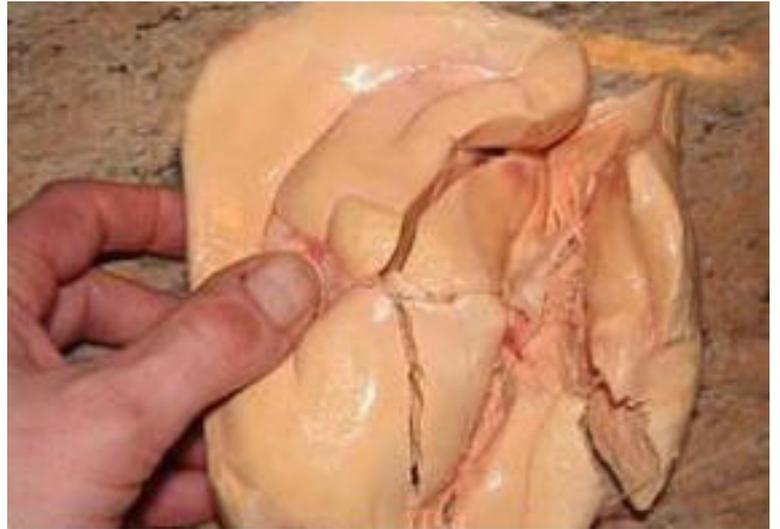






fig compote recipe brought to you by Frank Dörenberg ©2005
photos of liver prep taken from Chef Simon web page "***Déveiner et assaisonner un foie gras frais***"

Zucchini (Courgette) Soup

can also be made with aubergine (eggplant)

serves 4 - 5

Ingredients:

- 1 (very) large carrot, diced
 - 1 large zucchini (courgette), or 2 smaller ones
 - 1½ liter broth from cubes
 - 1 tablespoon minced garlic
 - 2 onions, minced
 - 1 leek, sliced into thin rings
 - 500 grams peeled tomatoes, diced
 - 3 medium size potatoes, diced
 - 2 tablespoons olive oil
 - 1 teaspoon thyme
 - 1 teaspoon paprika powder
 - salt and freshly ground pepper
 - freshly minced parsley

 - Frank has also substituted eggplant (aubergine) for the zucchini. If doing so, make sure all the eggplant is passed through the food processor (see below).
 - When using eggplant, add ½ teaspoon of cinnamon, and 1 teaspoon of gyros spice/herb mix.
-

Instructions:

- in a large, thick bottom pot, heat the oil and slowly sweat the onions, carrot, and leek
- mix in the garlic and paprika powder
- after several minutes, add the tomatoes and let stew for several minutes more
- add the potatoes, broth, pepper, thyme, and some salt
- bring to a boil with lid on the top
- reduce heat to a slow boil, and let stew for 30 minutes
- in food processor or blender, turn some/all/most of the stew into a smooth soup
- wash and dice the eggplant (do not peel), and add to the soup
- on low heat, let stew for another 15 minutes
- season with salt and/or pepper
- sprinkle the parsley on top
- serve with garlic bread or toasted bread with broiled cheese

Frank's Soup-28

(because it has 28 ingredients)

Ingredients:

- below is for an 8 quart pot (7.5 liter)
 - 1 can of Thai "Green Chili and Basil" soup - main ingredients are Thai basil (note: "horapa" or Thai basil has an anis flavor; it does not taste like European/Mediterranean basil at all; do not substitute the latter for That basil!!), cream of coconut, straw and oyster mushrooms, chili peppers, lemon grass, shallots, garlic, sugar, salt, bergamot leaves (similar in flavor to kaffir leaves), and "spices".
 - 3 chopped celery stalks
 - 6 diced tomatoes
 - tomato paste, small can (150 ml)
 - 5 potatoes (use a waxy variety); peel and cut into large cubes
 - 2 chopped red bell peppers and 1 green bell pepper
 - 3 bay leaves
 - 250 gr sliced mushrooms, sautéed (in butter!) until browned
 - 2 chopped/sliced onions, (at least half) sautéed until golden
 - 2 sliced leeks, (at least half) sautéed until golden
 - small can of corn
 - mango chutney, hot (at least two large tablespoons; I use Sharwood brand)
 - coarsely chopped chervil leaves (use one bunch fresh)
 - coarsely chopped coriander leaves (use one bunch fresh; eliminate large stalks)
 - 2 teaspoons cayenne pepper or Tabasco sauce
 - ½ cup barley
 - finely sliced fresh ginger root (or ginger powder)
 - 1 good squirt of lime juice
 - 2 tablespoons Worcestershire sauce
 - 2 large chopped carrots
 - 4 tablespoons dried thyme
 - 4 tablespoons dried basil
 - 4 tablespoons dried oregano
 - minced garlic (at least three heaping tablespoons)
 - 1 tablespoon of thai fish sauce
 - salt
 - fresh ground pepper
 - water to fill the rest of the pot
-

Instructions:

- make soup: bring to a boil, let simmer on low heat until potatoes are (almost) done.
- enjoy!
- also very tasty right out of the refrigerator, on a hot summer day!

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Barbara's Spinach Strawberry Salad

Ingredients for dressing:

- ¼ cup (4 tablespoons = 60 ml) cider vinegar
- ½ (120 ml) cup sugar
- 2 tablespoons sesame seeds
- 2 tablespoons poppy seeds
- 1½ teaspoon onion, finely minced
- ¼ teaspoon worcestershire sauce
- ¼ teaspoon paprika powder

Other ingredients:

- ½ cup (120 ml) olive oil
 - spinach
 - strawberries, sliced
 - almonds, sliced, toasted
-

Instructions:

- put all the dressing ingredients into blender
 - while blender is running, slowly add the olive oil
 - arrange spinach, strawberries, and almonds in serving bowl and drizzle dressing over all
 - left-over dressing keeps in refrigerator for 2 weeks
-

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Turkey Curry Grape Salad

- This makes enough for a large crowd, and can be scaled down!

Ingredients:

- 8 cups (2 liter) cooked turkey, or boneless chicken breast (pan fried until golden)
 - 1½ cups (360 ml) water chestnuts sliced
 - 2 lbs seedless green grapes
 - 2 cups (½ liter) chopped celery
 - 2 cups (½ liter) sliced almonds
 - 3 cups (almost ¾ liter) mayonnaise
 - 2-3 tablespoons curry powder
 - 2 tablespoons soy sauce
 - 2 tablespoons lemon juice
 - 1 large can of pineapple chunks drained [1 lb. 13 oz., 800 gr drained]
-

Instructions:

- Dice the turkey or chicken
 - Place turkey or chicken, chestnuts, grapes, pineapple, and celery in a large bowl
 - In another bowl mix the mayo, curry, soy sauce, and the lemon juice together, then mix with the turkey and fruit
 - Arrange the salad on lettuce leaves on a large platter
 - Toast the almonds (or pan fry them in some butter - this is faster than toasting)
 - Sprinkle the toasted almonds on top just before serving (or mix in with the salad)
 - This recipe can be made a day ahead (but don't add the almonds until ready to serve)
-

Broccoli Cauliflower Salad

Ingredients:

- 1 large bunch fresh broccoli and or cauliflower, cut in pieces (4-5 cups, 1 liter))
- 1 cup (¼ liter) raisins
- ¼ cup (60 ml) diced red onion
- 10 bacon strips fried , & crumbled
- 1 cup (¼ liter) sunflower seeds

Dressing:

- 3-4 tablespoons sugar
 - ½ cup (125 ml) light mayonnaise
 - 1 tablespoon vinegar (don't use balsamic - it makes the mayo look brown)
-

Instructions:

- Put washed, well drained veggie pieces in a large glass bowl
 - Add the raisins, onion, and sunflower seeds.
 - Mix together dressing ingredients
 - Just before serving, add bacon and pour dressing
 - Serves 6
 - adding a ½ cup (125 ml) of chopped red bell pepper makes the salad look more festive!
-

Sesame Noodle Salad

Ingredients:

- 12 ounces of linguine or spaghetti
 - 6 ounces Chinese pea pods, strings removed and cut crosswise into thirds
 - ¼ cup creamy peanut butter
 - 3 tablespoons soy sauce
 - 3 tablespoons rice vinegar
 - 1 tablespoon brown sugar
 - 1 tablespoon peeled, minced ginger root
 - 1 tablespoon sesame oil
 - ¼ teaspoon cayenne pepper
 - 1 clove garlic, crushed
 - 2 medium carrots, shredded
 - ½ small head red cabbage, thinly sliced (about 3 cups)
 - 12 ounces boneless, roasted chicken or turkey, cut into strips
-

Instructions:

- in saucepan, prepare linguine in boiling salted water, as label directs
 - during the last minute of cooking, add the pea pods
 - drain linguine and pea pods
 - rinse with running cold water to cool, drain again and set aside
 - in a small bowl, use wire whisk to mix the peanut butter, rice vinegar, soy sauce, brown sugar, ginger root, sesame oil, red pepper, garlic, and ¾ cup very hot tap water until blended
 - in a large bowl, toss linguine, pea pods, carrots, red cabbage, and chicken with the peanut butter sauce
 - cover and refrigerate if not serving right away
 - add flour, milk, pepper, salt to the eggs
 - blend the egg mix and the vegetable mix into batter
 - bake pancakes from batter, using vegetable oil (not butter) until golden brown on both sides
-
- makes 6 main dish servings
 - great for left over chicken or turkey
-

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Red beet feta sesame salad

Ingredients:

- 500 gram (1 lb) red beets, diced (Frank simply uses a package pre-cooked and diced beets)
 - 200 gram (½ lb) feta cheese, diced
 - 6-8 tablespoons toasted sesame seeds
 - optional: teaspoon of ground anis seeds
-

Instructions:

- mix all ingredients
 - let flavors bend for at least half an hour
 - serve
-

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Bo Phut Salad

Ingredients:

- diced mango, ripe; 1-2 tablespoons per person
 - diced tomato, drained; 1-2 tablespoons per person
 - chick peas, cooked; 1-2 tablespoons per person
 - corn kernels, cooked; 1-2 tablespoons per person
 - cooked red beet, 2 slices per person
 - leaves of Thai basil ("holy" or "horapha" basil) or of your favorite type of lettuce
 - light soy sauce, Japanese
 - toasted sesame seeds
 - coriander sprigs, 1 per person
-

Instructions:

- mix the mango, tomato, chick peas, corn kernels
 - for each person, serve on small bed of Thai basil, or of lettuce
 - put 2 slices of red beet on top of each person's salad
 - drizzle with ½ tablespoon of soy sauce and sesame seeds dressing
 - add sprig of coriander to each person's salad
-

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Stuffed Pork Loin

Ingredients:

- 150 gram pitted prunes
 - 250 ml white wine
 - 2 tablespoons sugar
 - ½ stick of cinnamon
 - 2 cloves
 - 1 pork loin filet (about 600 gram), all fat, tendons, etc. removed
 - 1-1½ pound of sliced bacon (enough to completely wrap the pork)
 - 125 ml of your favorite unsalted broth (beef, chicken)
 - 2 tablespoons crème fraîche (see "Ingredients & Substitutes" page) or sour cream
 - 2 tablespoons dark rum
 - pepper
 - butter
 - kitchen twine/string
 - **No salt!**
-

Instructions:

- put prunes, wine, 1 tablespoon of sugar, cinnamon, and cloves in sauce pan
- bring to a boil, take off the heat, let sit for an hour
- drain the prunes, but keep the liquid for later
- rinse the pork and dry off with paper towels
- slice the pork open length-wise, but don't cut through
- rub inside with pepper (no need for salt: the bacon has enough of that)
- stuff with the prunes (if any left over, add them to the broth)
- wrap stuffed pork with bacon slices
- tie with the string
- brown the wrapped pork in butter on all sides
- add the broth and the prune/wine juice
- cover, and let simmer for 25 min.
- remove the pork, and keep it warm in the oven
- add the crème fraîche to the pan
- bring to a boil
- add rum
- add pepper, sugar to taste
- boil down to desired thickness of the sauce (becomes salty when very thick)

- remove string, slice into medallions
- serve with:
 - mashed potatoes, and green beans with toasted almonds
 - or: home fries with glazed chestnuts
- serves 4-6



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Sauerkraut Dish

Ingredients:

- 250 gram sauerkraut
 - 250 gram onions
 - 400 gram ground beef
 - 200 gram mashed potatoes
 - 1 or 2 apples, coarsely grated
 - 1½ cup of raisins, soaked in hot water & drained
 - nutmeg
 - curry powder to taste (2-3 tablespoons)
 - butter
-

Instructions:

- cook the sauerkraut in water (with 1 teaspoon of curry powder) until almost done
 - drain the sauerkraut
 - cook the ground beef (in its own fat, no need to put butter in the pan) with 2 teaspoons of curry powder, and loosen with fork
 - fry the grated onions in butter, with curry powder
 - mix the beef and onions
 - mix the apples and the raisins
 - cover the bottom of an oven dish with the beef
 - cover with a layer of apple & raisins
 - cover with a layer of sauerkraut
 - repeat layers until oven dish almost filled
 - cover with mashed potatoes
 - sprinkle with nutmeg
 - put some pieces of butter on top
 - bake in oven for 30 min at 375 °F (190 °C)
-
- serves 4

Beef Wellington for Two

Ingredients for the beef:

- ½ teaspoon coarsely ground black pepper
- ½ teaspoon salt
- ¼ teaspoon dried thyme leaves, crumbled
- 2 tournedos of beef, 6 ounces (175 gram) each [we use filet mignon]
- 1 teaspoon Dijon mustard
- 1 tablespoon unsalted butter
- ¼ cup (60 ml) Potted Mushrooms
- 1 sheet frozen puff pastry, 10x8 inches (25x20 cm), 1/8 inch thick (3 mm)
- 1 egg
- 1 teaspoon milk

Ingredients for the Potted Mushrooms:

- 5 tablespoons unsalted butter
- 1/3 cup (80 ml) minced shallots
- 1/3 cup (80 ml) minced leeks, white parts only
- 2 cloves garlic, minced
- 8 ounces (225 gram) mushrooms, finely chopped
- 2 teaspoons fresh thyme leaves
- 10 ounces (275 gram) fresh shiitake mushrooms, stems removed, finely chopped
- 1 tablespoon finely snipped fresh chives
- ½ teaspoon salt
- freshly ground black pepper, to taste
- if you can't get, or don't like to use shiitakes mushrooms, you can use regular mushrooms (we use white buttons)

Instructions for the beef:

- preheat oven to 425 °F (220 °C)
- toss the pepper, salt, thyme in a small bowl
- rub the tournedos on all sides with the mustard, then sprinkle them with the spice mix
- melt the butter in a small skillet
- sear the tournedos on all sides (5 minutes)
- cool to room temperature
- arrange the tournedos on a small baking sheet
- cover them with the potted mushrooms

- cut out two 4 to 5 inch (10-13 cm) diameter circles of pastry dough
- drape each over one of the tournedos, and pinch the edges in four or five places to enclose the tournedos
- blend the egg and milk, brush this glaze over the pastry
- if desired, decorate the tops with cutouts made from pastry trimming
- bake 5 minutes for medium-rare
- serve immediately!
- serves two

Instructions for the Potted Mushrooms:

- melt 2 tablespoons of the butter in a 10-inch (25 cm) diameter skillet
- stir in the shallots, leeks, and garlic
- cook over low heat until translucent (5 minutes)
- add the 8 ounces of mushrooms and thyme; cook, stirring occasionally until the mushroom liquid has evaporated and the mixture is just moist (10 minutes)
- transfer the mixture to a bowl
- put the remaining 3 tablespoons of butter to the skillet, and stir in the shiitake mushrooms
- cook, stirring, until they are just beginning to stick to the pan (5 minutes)
- pour off any juices that have accumulated in the bowl, and add the shiitakes
- stir well, and season with the chives, salt, and pepper
- **important:** make sure to get rid of all the juices, or the puff pastry on the beef won't cook right. We usually put the mushroom mixture in a cloth and squeeze out as much liquid as possible.
- makes two cups

from: *The New Basics Cookbook*, ©1989 J. Rosso & S. Lukins

Greek Beef

Ingredients:

- 4-5 pounds of beef brisket
 - 1-2 onions, sliced
 - 2-3 cloves of garlic, minced
 - 2 x 14½ oz cans of tomatoes (822 gram)
 - ½ teaspoon allspice
 - 1 stick of cinnamon or ½ teaspoon ground cinnamon
 - ½ cup of dry sherry
 - ½ cup currants
 - salt and pepper
-

Instructions:

- Saute the onions and garlic in a little oil, then brown the meat on all sides
 - Pour the tomatoes, alspice, cinnamon, salt , pepper,and sherry over the meat and onions
 - Bake covered in a 350 °F (175 °C) oven for about 3 hours or until the meat is very tender
 - Sprinkle currants over meat during the last 20 minutes of baking
 - Slice the meat and serve over rice
-
- Serves 6-8
 - This tastes better the second day!
-

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Hazenrugfilet
Hasenrückenfilets
Filet de Lièvre avec Champignons
Hare-back Filets with Mushrooms

serves 4

Ingredients:

- 4 hare-back filets (note to Americans: a hare is not a rabbit)
 - 40 grams butter
 - 1½ shallots, peeled and minced
 - 1 teaspoon of minced garlic
 - 200 grams of your favorite (firm) mushrooms, cleaned
 - 1 dl broth (preferably of hare or other game)
 - 3 tablespoons cognac or brandy
 - 2 dl whipping cream
 - salt
 - freshly ground pepper
-

Instructions:

- towel the filets dry with kitchen paper
 - rub with pepper and some salt on all sides
 - heat up the butter in a frying pan, and quickly brown the filets on all sides (2-3 minutes)
 - remove the filets from the pan, set them aside but keep them warm (e.g., on a tray in the oven)
 - leave small mushrooms whole, and cut up larger ones (not too small!)
 - bake the shallots and mushrooms in the butter, then add the garlic
 - after a minute, add the broth and cognac
 - let boil down a bit
 - add the cream and blend
 - reduce the heat until the sauce no longer boils
 - return the filets to the sauce to reheat them
 - serve with garlic-potato puffs and peas + carrots or green beans
-

Frank's Duck Wellington for Two

Ingredients for the duck:

- Duck breast (*magret de canard*), 200-250 gram (7-8+ ounces) per person, including the skin; well chilled in fridge
- 2 slices (about 1 tablespoon each) of duck liver (*foie gras de canard*; use mi-cuit, not fresh liver; do not use "pate" or other petfood)
- 1 tablespoon fresh orange zest
- salt
- 1 sheet frozen puff pastry, 25x20 cm (10x8 inches), 3 mm thick (1/8 inch)
- 1 egg
- 1 tablespoon milk

Ingredients for the Compote de Figs:

- 150 grams (5 oz.) dried figs (do not use figs that were dried in biblical times; they still need to be soft and somewhat moist)
- 2 tablespoons finely chopped walnuts
- 2 tablespoons of sugar
- 2 tablespoons of orange blossom honey
- 1 or 2 shots of cognac or armagnac (do (not) worry, the alcohol will entirely evaporate in the process)
- tiny (!) pinch of salt

Instructions for the fig compote:

- remove the stems from the figs
- dice the figs (about 1/4 - 3/8 inch)
- put all compote ingredients in a sauce pan
- add water such that the ingredients are about half covered
- bring to slow simmer, while stirring regularly
- when reduced to a very thick consistency and fig skins are soft, remove from heat, and cool to room temperature. When cold, should be hard to "cut" with a spoon.
- can be made well ahead, and can be kept for other dishes (such as *foie gras mi-cuit aux figues* or *terrine de foie gras au compôte de figues*)

Instructions for the duck

- preheat oven to 220 °C (425 °F)

- put baking sheet in oven (to ensure bottom of puff pastry gets baked)
- remove the fat from the duck breast (very easy when the meat has been chilled first); retain 2 tablespoons of the fat
- melt the duck fat in a skillet
- quickly sear the meat on all sides (3-4 minutes total)
- cool to the touch for several minutes
- towel dry
- sprinkle the fresh orange zest, salt, and fresh ground pepper on all sides
- make incision in the top of each piece (first across, then horizontally to in both directions to make a pocket; be careful not to cut all the way through)
- insert tablespoon of *foie gras*; make sure it doesn't stick out above the meat (otherwise it will run out and prevent dough at bottom to cook)
- cover with 2 tablespoons of compote
- cut out two 4 to 5 inch (10-13 cm) diameter circles of pastry dough
- drape each over one of the duck breast pieces, wrap around, and pinch the edges in four or five places to enclose the duck
- blend the egg and milk, brush this glaze over the pastry
- if desired, decorate the tops with cutouts made from pastry trimming
- transfer to the hot (!!!) baking sheet
- bake 12-15 minutes for medium-rare
- serves two; serve with foie gras and fig compote as appetizer, and vegetables such as steamed baby asparagus

Frank's Thai Chicken Coconut Curry

Ingredients:

- 1 pound of boneless, skinless chicken breast
- 1 tablespoon of mustard seeds
- 1 tablespoon of coriander seeds, crushed
- 2 medium sized onions, finely diced
- 2 celery stalks, finely diced
- 1 medium sized carrot, julienned
- 1 large red paprika, diced
- red curry paste ("mae ploy"), 3-5 tablespoons to taste (for medium "heat", Frank uses about 50 gr, or half of a standard small can of 114 gr / 4 oz.)
- 1 can (appr. 400 ml) of cream of coconut (not coconut milk!)
- 2 tablespoons of peanut butter
- 1-2 tablespoons of thai fish sauce
- 1 tablespoon of fresh or dried orange zest
- 1 tablespoon of sesame oil
- 1-2 tablespoons of shaved fresh ginger root or 2 tablespoons of finely chopped candied ginger
- 1-2 tablespoons of minced garlic
- 4-6 tablespoons of sugar (Frank uses Indonesian palm sugar, "gula jawa")
- 3-4 kaffir leaves [mandatory ingredient!]
- 1 bunch of fresh coriander (the coriander leaves are also called *cilantro* or *Chinese parsley* in the US), coarsely cut
- peanut oil (do not use olive oil!)
- salt
- plum wine
- basmati rice

Instructions:

- brown the chicken pieces in some oil or butter, then set aside
- heat a couple of tablespoons of oil in a wok
- add the mustard seeds and coriander seeds
- when the seeds start popping, add the onions, celery, carrot
- cook while stirring regularly
- when these veggies are almost done cooking, add in the paprika
- dissolve the curry paste in a couple of tablespoons of coconut cream
- add the remaining coconut cream to the veggies
- add the dissolved curry paste to the veggies

- stir in the fish sauce, peanut butter, orange zest, sugar, kaffir leaves, sesame oil, ginger, garlic
- while stirring occasionally, let reduce until the sauce has the desired thickness
- season with salt
- just before serving, stir in the coriander (or sprinkle them on top after serving)

- serve with chilled plum wine and basmati rice
- freezes well
- can be made with shrimp instead of chicken
- sauce can be made & frozen separately

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Shrimp and Artichoke Casserole

Ingredients:

- 6½ tablespoons butter
- 4½ tablespoons flour
- ¾ cup of milk
- ¾ cup heavy cream
- 2 lb cooked/peeled shrimp
- ½ lb fresh mushrooms, sliced
- 1 can (250 grams drained weight) artichoke hearts, drained
- ¼ cup freshly grated cheese
- ¼ cup dry sherry
- 1 tablespoon Worcestershire sauce
- salt & pepper
- paprika powder

Frank uses 100 gr of butter and 5-6 heaping tablespoons of flour for the roux/sauce, 1 pound of cooked/peeled shrimp, 1 pound of mushrooms, 200 gr of grated cheese, ¼ cup of sherry, 1½ tablespoon of Worcestershire, and adds 1-2 tablespoons minced garlic to the sauce.

Instructions:

- preheat oven to 375 °F (190 °C)
- melt 4½ tablespoons butter and stir in the flour
- when blended, gradually add milk & cream while stirring constantly with whisk
- when mixture is thickened & smooth, season to taste with salt & pepper
- slice the artichokes lengthwise, and arrange over the bottom of a baking dish
- scatter shrimp over the artichokes
- cook the sliced mushrooms in 3 tablespoons of butter for 6 minutes
- spoon mushrooms over shrimp & artichokes
- add sherry & Worcestershire sauce to cream sauce & pour over baking dish
- sprinkle with cheese & paprika powder
- bake 20 - 30 minutes
- serves 4+

Frank's Salmon Wellington with Spinach Pesto

Ingredients:

- 100 gram (¼ pound) fresh salmon filet *per person* (Pacific salmon is less oily than Atlantic)
- puff pastry sheets (one large round sheet or one small square sheet per filet)
- juice from 1 lemon
- 1-2 tablespoons dill (dried is fine)
- olive oil
- 1 tablespoon minced garlic
- butter

For the spinach pesto:

- 2 cups chopped spinach, tightly packed (washed and stemmed fresh spinach, or 1 pound frozen spinach)
- to taste: 1½ tablespoon basil (dried is fine) or 1 cup fresh basil leaves
- ½ cup olive oil
- ½ cup freshly grated Parmesan cheese
- 3 tablespoons pine nuts or chopped walnuts
- 1-2 tablespoons minced garlic
- teaspoon salt
- makes enough pesto for 6 servings; leftover pesto can be saved, and used with a pasta meal.

Instructions:

For the spinach pesto:

- if using fresh spinach leaves: wash & stem the leaves, put the wet leaves in a pot (no extra water) and cook over medium heat until the spinach starts to steam (do NOT over cook!), drain very well.
- if using frozen spinach: thaw and drain very well (takes lots of squeezing in cheese cloth or paper kitchen towels!! spinach must be a big pasty lump)
- put the spinach, nuts, garlic, basil, salt in a food processor or blender
- pulse several times to begin chopping & blending the ingredients, then turn to high speed and pour in the olive oil in a steady stream. Blend until the mixture is smooth. **NOTE:** make sure that the pesto is not thin or runny at all, but a very thick spread!
- when the ingredients are pureed, transfer to a bowl and stir in the cheese.

For the Wellington:

- towel-dry the filets, sprinkle each side with dill and press-in the dill with your hand
- marinate the salmon filets for at least 30 minutes in lemon juice, olive oil (no more than half the amount of lemon juice), garlic, and dill. Use enough juice & oil to completely cover the filets.
- I use a zip-lock sealable plastic bag, put the oil, juice, garlic in it, shake, and put the filets in the bag. Turn over a couple of times to cover the filets completely. See photo below.
- preheat the oven to 175 °C (375 °F)
- roll out the dough sheets until they are about 1/3 bigger
- cut into strips that are more than twice the length of the filets, and wide enough to completely wrap the filet (with pesto on it).
- in the middle of each strip, spread a generous amount of pesto (about 1 cm high; ½"), the size of the filet. See photo below.
- put a filet on top of the pesto. If the filet is thin towards one end, fold that end over
- fold the ends of the dough strip over the salmon, and seal across
- crimp & seal the sides of the dough envelope
- turn the the dough envelope over. See photo below.
- brush melted butter on top
- preheat the cookie sheet in the oven (so the bottom of the puff pastry also gets cooked)
- lightly oil the cookie sheet (I use a quick spray of PAM) and put the salmon envelopes on the cookie sheet
- bake for 20 minutes
- if not brown after 20 minutes, put briefly under the broiler (don't walk away!)
- serve right away, and (as always!!!) use plates that have been heated in the oven







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Josh's Seafood Chowder

Note: this makes enough for a large group!!!

Ingredients:

- ½-¾ pound (225 - 350 gr) salt pork, cubed small enough to cover bottom of pan
 - 3 large yellow onions (softball size), chopped
 - 1 can fish stock or chicken broth
 - 5 or 6 large potatoes (fist size), cubed; use potatoes that are waxy, e.g., Red Bliss; do NOT use potatoes that fall apart when cooked
 - 16 ounce (500 gr) clam juice
 - 2 pounds (900 gr) clams ("steamers")
 - 2 pounds (900 gr) scallops
 - 2 pounds lobster (900 gr) , cooked and cut into medium & small size pieces
 - 1 can evaporated milk
 - 1 pint (475 ml) heavy cream
 - 1 stick (120 ml) butter
 - *I'd like to add salmon and some booze to the recipe - Frank*
-

Instructions:

- brown the cubed salt pork until crispy, then set aside; leave fat in the pot
 - cook the onions in the pork fat until translucent, add some pepper & salt while cooking
 - boil the cubed potatoes and set aside
 - cook the clams in water, just to open them; set aside
 - dump the fish stock (or chicken broth) and clam juice into the pot with the onions
 - add evaporated milk, cream and butter to the pot
 - flavor to taste with pepper & salt
 - 10 minutes before serving, add the scallops, clams, and lobster
-

© Josh Bevins

5-Spice Salmon grilled with Cilantro Oil

Ingredients:

- one decent size salmon filet (pavé de saumon) per person
 - ground 5-spice (this spice mix combines equal parts ground cinnamon, fennel, star anise, cloves, and Szechwan pepper)
 - lemon juice
 - olive oil
 - 1 bunch of fresh cilantro (coriander)
-

Instructions:

- remove largest stems from the cilantro bunch; put in blender with olive oil; blend until cilantro is chopped very fine. Use enough oil such that the mix doesn't get pasty.
 - in a dish, marinade the salmon filets for about 30 minutes in the cilantro oil and some lemon juice. Make sure all sides of the filets are covered.
 - grill the filets, e.g., on the BBQ. While cooking, cover the entire top of the filets evenly with the 5-spice (e.g., through a small sieve). Repeat after turning over the filets. Use (much) more than a light dusting!
-

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Country Captain Chicken

Ingredients:

- 3 pounds (1,4 kg) of chicken cut up, or 6-8 boneless breasts
 - 1 cup (240 ml) chopped onions
 - 1 cup (240 ml) chopped green peppers
 - 2-4 cloves of garlic, minced
 - 1½ cups (360 ml) of water
 - 14 ounce(400 gr) bottle of ketchup
 - 3-6 teaspoons of curry powder
 - 1-2 teaspoon thyme
 - Frank adds 1-2 teaspoon ground ginger
 - salt and pepper
 - 2 tablespoons olive oil
-

Instructions:

- preheat oven to 350 °F (175 °C)
 - Place chicken in a casserole
 - Saute onions, peppers, and garlic in the olive oil until lightly browned
 - Add the water, ketchup, curry, thyme, salt, and pepper to the saute pan, mixing well
 - Pour over chicken, coating each piece
 - Cover and bake one hour
 - Serve over rice
 - Serves 6
 - Can be frozen
 - Tastes even better the next day!
-

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Creamy Chicken Casserole

Ingredients:

- 8 boneless chicken breast halves
 - 8 slices "swiss cheese" Gruyere
 - 1 can Cream of Chicken or Mushroom soup (undiluted!)
 - ½ cup (125 ml) of dry white wine or dry sherry
 - 1 cup (240 ml) seasoned stuffing mix crushed
 - salt and pepper
 - ¼ cup (4 tablespoons, 60 ml) melted butter
-

Instructions:

- Arrange chicken in a greased baking dish and top with the cheese
 - Combine soup and wine in a saucepan over medium heat stirring until mixed well
 - Pour over chicken
 - Mix bread stuffing and melted butter
 - Sprinkle evenly over the chicken
 - Bake uncovered at 350 °F (175 °C) for 50- 60 min
-

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Chicken Red Curry *(Bangladesh style)*

Ingredients:

- 2 pounds boneless chicken pieces (breast or thigh)
 - 6 large garlic cloves
 - large piece of fresh ginger root (2½ x ½ inch; 6 x 1 cm)
 - 2 Roman tomatoes
 - 1 tablespoon tomato paste
 - 1 teaspoon cumin seeds
 - 4 tablespoons vegetable oil
 - 2 onions, chopped
 - 2 - 4 teaspoons of cayenne pepper powder
 - 3 teaspoons coriander
 - ½ teaspoon turmeric powder
 - ¾ teaspoon *garam masala* powder (pan roasted 2 teaspoons cumin, 4 teaspoons coriander, 1 teaspoon cardamom, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon black pepper, 2 teaspoons turmeric, 2 teaspoons of allspice, 2 teaspoons ginger, 2 bay leaves; grind & blend well). There are many regional masala variations, several can be found [here](#)
 - 1 teaspoon vinegar
-

Instructions:

- purée the garlic, ginger, tomatoes, tomato paste, and cumin seeds in blender
- heat the oil in a cooking pot, and fry the onions until lightly colored
- add the chile powder, after 5 seconds, add ¼ cup of water, stir well
- bring to a boil
- add the coriander and turmeric powder, stir continuously for 1 minute
- add the *garam masala* powder and sprinkle with a little water
- stir well, and sauté for 1 minute
- add the chicken and about 1 teaspoon salt
- sauté the chicken in the soices for 5 minutes
- after 3 minutes, add the tomato mixture and stir
- after 2-3 minutes, add 1½ - 2 cups of water or chicken stock or clear chicken broth
- leave to cook until done
- add vinegar and simmer for 1 minute

- if the souce is too thin, remove the chicken and boil down to desired thickness, then put chicken back in (the original recipe calls for 3 cups of water or broth, but that was too thin for us).
 - serve with basmati rice
 - serves 4
 - freezes well
-

Thai Pepper's Panang Chicken Curry

Ingredients for 1 person serving:

- 8 ounce white chicken meat, sliced in long flat strips
 - 1 cup coconut milk
 - 1 teaspoon finely shredded kafir lime leaves
 - 1 teaspoon red panang curry paste
 - 1 tablespoon sugar
 - 1 tablespoon fish sauce
 - 1 tablespoon vegetable oil
 - 3-4 fresh sliced bell peppers
 - 1 bay leaf
-

Instructions:

- place wok or frying pan on medium heat
 - add the oil and 3 tablespoons of coconut milk and bring to a boil
 - add the curry paste and cook until it is fragrant and some oil surfaces
 - add the chicken
 - when the chicken is blanched, add the remaining coconut milk
 - season with sugar and fish sauce
 - when curry comes to a boil, add the kafir lime leaves and bell peppers
-
- can also be made with shrimp (cook separately and add to the sauce at the end)
 - can also add several green beans
 - can also add some peanut butter
-

Chicken Satay with Spicy Peanut Sauce

Ingredients for the chicken and marinade:

- 1 pound boneless, skinned chicken breast
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1 tablespoon sesame oil
- 1 tablespoon peanut oil
- 1 tablespoon lemon juice
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger root
- 1 dash each of salt, pepper
- 1-2 dashes of hot red pepper sauce
- skewers (e.g., bamboo)

Ingredients for the sauce:

- 2 tablespoons peanut oil
- ½ cup minced onions
- 2 tablespoons minced garlic
- 1 tablespoon minced ginger root
- 1 tablespoon wine vinegar
- 1 tablespoon brown sugar
- 1/3 cup creamy peanut butter
- ½ teaspoon ground coriander
- 2 tablespoons ketchup
- 2 tablespoons soy sauce (indonesian Ketjap preferred)
- 1 tablespoon lemon juice
- 1-3 dashes hot red pepper sauce

Instructions to prepare the chicken:

- cut the chicken into 3-by-½ inch strips
- in bowl, combine soy sauce, sherry, oils, lemon juice, garlic, ginger root, salt, pepper, hot sauce
- stir to blend
- add chicken, and toss to coat
- cover, and refrigerate for at least 2 hours

Instructions for the sauce:

- heat oil in a small saucepan over low heat
- add onion, garlic, and ginger
- cook and stir for 5 minutes, or until soft
- add vinegar and brown sugar
- cook until sugar dissolves
- remove from heat and stir in the peanut butter, coriander, ketchup, soy sauce, lemon juice, and hot sauce
- blend until smooth and set aside

Instructions for cooking

- if using bamboo skewers, soak them in water + vinegar for at least 30 minutes
- thread marinated chicken pieces onto skewers
- cook on the grill, or on baking sheet in 375 °F (190 °C) oven for 5-10 minutes or until cooked through
- serve immediately with sauce for dipping, or cover with sauce

- makes about 24 pieces to serve 4-6
-

Chicken Breast Valdosta with Braised Lentils and Spinach

Petto di Pollo alla Valdostana con Lenticchie Brasate

Ingredients for the chicken dish:

- 4 chicken breasts
- 8 thin slices of prosciutto (enough to entirely cover the chicken breasts after pounding them)
- 8 slices of cheese (e.g., Gruyere), enough to entirely cover the chicken breasts after pounding them)
- tomato paste (e.g., from a tube)
- all-purpose flour
- butter and olive oil
- salt and pepper

Ingredients for the lentil dish:

- 1 cup of lentils (e.g., small, round french)
 - 1 pound of (frozen) coarsely chopped spinach, well drained (do not use "creamed" spinach).
 - 1-2 onions, diced
 - 1-2 carrots, diced
 - 1 celery stalk
 - 2 bay leaves
 - 1 tablespoon chopped basil
 - ½ cube of beef stock
 - 1-2 tablespoons minced garlic
 - 1 tablespoon course-ground mustard
 - ½ teaspoon nutmeg
 - ¼ teaspoon cayenne pepper
 - salt and pepper
-

Instructions for the lentils and spinach:

- Sweat the unions in some olive oil or butter
- Put the lentils, carrots, celery, and bay leaves in a large sauce pan
- Add enough water to cover the lentils by 6-10 cm (2-4 inch)
- Add water if the lentils begin to turn dry before they are done!!!
- Add salt and half a bouillon cube

- Bring to a boil over high heat, then reduce heat to a slow simmer
- Cook until the lentils are almost tender ("al dente"), 20 to 25 minutes.
- Remove from heat, drain well, and remove the bay leaves
- Fold in the basil, garlic, onions, and spinach
- Season with pepper, salt, nutmeg, cayenne, and mustard
- Transfer to a skillet or large frying pan, and add some olive oil
- Put aside and prepare the chicken dish
- Put the skillet back on the stove, and heat up while turning over regularly

Instructions for the chicken:

- Prepare the lentil dish, except for the last step
- Clean the chicken breasts: remove all fat, cartilage, tendons, etc. Remove the tenders; they can be treated like the breast meat.
- Season the pieces very lightly with salt
- Cover each breast with a slice of prosciutto; trim, so not too much sticks out
- Put the breasts on a sheet of kitchen wrap, prosciutto side up, and cover with kitchen wrap
- Pound the prosciutto into the chicken with fist
- Remove kitchen wrap
- Dredge the chicken breasts in flour to coat them lightly and tap off any excess flour
- Preheat the oven to 175 °C (375 °F)
- Heat 2 tablespoons of the butter and of olive oil in a skillet that is large enough for all the meat
- Place the pieces in the skillet, prosciutto side down and cook until lightly brown (do not overcook the prosciutto, as it will become tough), approximately 2 minutes; turn over and brown the other side (about 3 minutes); make sure the chicken is cooked through
- Turn over the pieces (prosciutto side up again), and put a trace of the thick tomato paste down the top of each piece
- Season the pieces with fresh ground pepper
- Completely cover the pieces with the cheese; trim, so not too much sticks out
- If the skillet is oven proof (if not, transfer the pieces to a cookie sheet or pizza sheet), put it under the broiler until the cheese bubbles and begins to turn brown (1-2 minutes; do not walk away)
- Serve chicken and lentils immediately on heated plates

brought to you by Frank Dörenberg, very loosely based on a 2001 recipe by Lidia Bastianich

Frank's Lazy Oriental Chicken Tenders

Ingredients:

- 1 pound chicken tenders (or strips of chicken breast)
 - 3-4 tablespoons olive oil
 - 2 tablespoons sweet Indonesian soy sauce (*ketjap manis*)
 - 1 tablespoon sesame oil
 - 2 tablespoons lemon juice
 - 1 tablespoon garlic powder
 - 3-4 teaspoons ginger powder
 - 1 tablespoon Worcestershire sauce
 - 1 tablespoon Thai fish sauce
 - fresh ground pepper
 - salt
-

Instructions:

- pre-heat oven to 180 °C (350 °F)
- remove tendons and membranes from chicken tenders
- in oven dish, combine all other ingredients and blend
- add chicken tenders and coat well on all sides
- cook in oven for 10-15 minutes, or until done

this recipe is brought to you by Frank Dörenberg ©2006

Frank's Oriental Chicken Stir-Fry

Ingredients:

- 1½ large yellow onion, finely diced
- ½ leek (white part only; if not a normal size leek (3-5 cm diameter, 1½-2 inch), use the entire leek); slice in half lengthwise, then cut into thin rings.
- 2 large carrots, finely diced
- 1 large red bell pepper, diced
- 2-3 celery stalks, finely diced
- 12 prunes (not dry), diced
- 250 - 350 gr (½-¾ pound) boneless chicken breast; cubed
- 2-3 tablespoons minced garlic
- 1 tablespoon mustard seeds
- 1 tablespoon coriander seeds
- 1 tablespoon Worcestershire sauce
- 2-3 tablespoons curry powder
- 2 tablespoons fresh ginger root, very finely diced
- 5 tablespoons chunky peanut butter
- optional (but recommended): 2 tablespoons of Indonesian roasted grated coconut with peanuts ("Seroendeng")
- ½ tablespoon ginger powder
- ½ tablespoon garlic powder
- teaspoon of salt
- fresh ground pepper
- vegetable oil
- butter

- couscous

Instructions:

- brown the cubed chicken in butter
- add 1-2 tablespoons curry powder, the ginger powder, and the garlic powder
- stir and put aside
- heat vegetable oil in a large frying pan
- when hot, add the mustard seeds and coriander seeds; when the seeds begin to pop, add the onions, carrots, celery, bell pepper, and leek.
- cook for several minutes, stirring regularly
- add the prunes and the peanut butter, blend well

- add the minced garlic, curry powder, 2 tablespoons of curry powder, ginger root, salt; dust the entire surface of the pan with freshly ground pepper (many turns of the pepper mill).
- cook for another couple of minutes at low heat, while stirring regularly
- optional: sprinkle with the roasted grated coconut

- serve with couscous
- freezes well
- also tastes good the next day

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Gayle's Spaghetti and Lasagna Sauce

Ingredients:

- 1 pound Italian hot-sausage links
 - 2 pounds ground beef
 - ½ pound mushrooms, sliced
 - 2 medium size onions, chopped
 - 2 cloves of garlic, minced (if you like garlic, use 4)
 - 1 small green pepper, chopped
 - 3 28-ounce cans of tomatoes in tomato puree
 - 2 6-ounce cans of tomato paste
 - 2 cups grated Parmesan cheese
 - 1 cup parsley, chopped
 - 1 cup black olives, chopped
 - 2 teaspoons Italian herb seasoning
 - 2 teaspoons sugar
 - ¾ teaspoon ground black pepper
 - 1 teaspoon salt
 - olive oil
-

Instructions:

- remove sausage from casing
- cook sausage & ground beef in 8 quart pot over high heat, stirring often, until all pan juices evaporate and meat is browned
- use slotted spoon to remove meat to a bowl
- add the onions, mushrooms, garlic, green pepper to pan dripping and sauté
- return meat to the pot and add remaining ingredients except parsley
- bring to a boil, then reduce heat to low
- cover and let simmer for an hour
- stir in the parsley

- makes 8 pints of sauce
- 1 pint is enough for ½ pound of pasta

Lasagna:

- mix ½ pound grrated mozzarella cheese, 1 pound ricotta cheese, 1 or 2 eggs
 - cook the lasagna noodles al dente
 - fill lasagna pan with layers of meat, noodles, cheese, noodles, meat, noodle, cheese
 - *or*: just 3 thick layers of sauce, noodles, cheese
 - bake at 350 °F (175 °C) for 30-40 minutes
-

Schwäbische Maultaschen

(large meat ravioli, southern German style)

Ingredients:

- 500 gram fresh pasta dough (500 gr flour, 5 eggs, knead, knead, knead, let rest for 1 hour)
 - 400 gram ground beef
 - 100 gram smoked bacon, finely chopped
 - 250 gram cooked spinach, very well drained
 - 1 cup bread crumbs (e.g., from 4 rolls)
 - 4 eggs
 - parsley, finely chopped
 - 1 onion, chopped
 - 2-3 large onions, thinly sliced
 - salt
 - pepper
 - 2 teaspoons ground nutmeg
 - optional: grated cheese (e.g., Gruyere; do not use Parmesan)
-

Instructions:

- mix the ground beef, beaten eggs, spinach, and bread crumbs in bowl
- saute the bacon & chopped onion, then add to the bowl
- season with the spices
- if making pasta dough yourself, roll it into sheets of appr. 1-2 mm thickness (position 7-8 on a standard manual pasta rolling machine)
- cut the pasta dough into strips of appr. 6-8 cm wide (3 inch) and appr. 3 times as long
- put a rounded tablespoon of the filling in the middle of each dough strip, leaving the edges clear
- moisten the edges, fold the sides over and seal well (e.g., with crimper wheel) so no water can get in when boiling
- place in boiling water or broth for 10-12 minutes
- saute the sliced onions in some olive oil or butter
- serving option 1: in large soup bowl with broth, sauteed slice onions on top; may add some grated cheese on top
- serving option 2: pan fry the cooked maultaschen in some olive oil or butter, covered with generous amount of sauteed onions; may add some grated cheese on top

- makes enough for 6 people
 - the maultaschen filling is also great for stuffing bell peppers (paprikas); stuff, cover with cheese, bake in oven.
-

Frank's Universal Pasta Sauce

(can also be used for bruschettas)

Ingredients:

- 2 yellow onions, finely chopped
 - 2 shallots, finely chopped
 - 6 tablespoons red wine
 - 250 gr (½ pound) tomatoes, diced (vine ripened cocktail, cherry, or roma tomatoes)
 - 280 gr tomato paste (double concentrate; 2 small standard 140 gr cans)
 - 250 gr ricotta cheese
 - 100 gr grated Gruyere cheese
 - 2 tablespoons garlic, minced
 - 2 tablespoons dried basil
 - 2 tablespoons dried oregano
 - 1 tablespoon Worcestershire sauce
 - 2 tablespoons balsamic vinegar
 - pinch of salt
 - freshly ground pepper (half a dozen or so turns with a big pepper mill)
 - olive oil
 - *may add cooked, loosened ground beef*
-

Instructions:

- in a non-stick frying pan, slowly cook the onions and shallots in olive oil (don't skimp on the oil), until cooked/translucent and beginning to get golden
- deglaze with the red wine (use decent wine, and have a glass yourself while you're cooking!)
- add the tomatoes and let cook for 5-10 while stirring regularly
- add the tomato paste
- add the basil, oregano, salt, pepper, garlic
- add the Worcestershire sauce and the balsamic vinegar
- slowly cook for 5 minutes, while stirring regularly
- add the ricotta; stir until color is homogeneous (more orangey then red)
- spread the Gruyere over the sauce; stir for several minutes until the cheese has melted into the sauce
- consistency should be thick!

🟡 sauce keeps well, and can be prepared a day or two ahead of useage.

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Pear and Ginger Cobbler

Ingredients:

- 8 ripe pears, peeled, cored, and cut into ¼ inch thick slices
 - 1½ tablespoons grated fresh ginger (root), or more to taste
 - ½ cup (125 ml) plus 6 tablespoons sugar
 - 1 tablespoon lemon juice
 - finely grated zest of ½ lemon
 - 2 cups (900 ml) all purpose flour
 - 2 egg
 - ½ cup (120 ml) milk
 - 1 tablespoon baking powder
 - 2 tablespoons unsalted butter
 - ½ cup (120 ml) of butter
 - pinch of salt
-

Instructions:

- Preheat oven to 425 °F (220 °C)
- Butter a large 14 inch (36 cm) long baking dish or casserole
- Combine the pears, ginger, ½ cup sugar, lemon juice, and lemon zest in a large bowl
- Toss well to combine, and spoon into the prepared baking dish
- In another bowl combine the flour, salt, baking powder, and 4 tablespoons of the sugar
- Work the butter and the shortening in with a pastry blender, two knives, or your fingertips until the mixture resembles coarse crumbs
- Lightly beat the egg and milk together, and then slowly stir this into the mixture
- Knead lightly, sprinkling on more flour if necessary to form a smooth, not sticky, dough
- Break off portions of the dough and place them on top of the fruit, pressing slightly and flattening the dough
- Cover the entire surface with the dough pieces to give a "cobbled" effect
- Sprinkle the remaining 2 tablespoons sugar over the dough, and bake until well browned, 35 to 45 minutes
- Serve immediately!

● Serves 6-8

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Frank's Grilled Bananas

(easy to make and great for the barbeque season)

Ingredients:

- bananas (a little ripe is OK)
 - butter
 - apricot marmalade ("jam" in the US)
 - sugar
 - whipped cream
 - sliced almonds
 - optional: raisins and toasted pine nuts
 - chocolate sauce
 - aluminum foil
-

Instructions:

- if the bananas are large (more than 25 cm / 10"), cut them in half
- roast the sliced almonds on a cookie sheet under the broiler in the oven until light brown
- place each banana on a piece of Alu foil, large enough to loosely wrap the banana without actually touching the side & top, and be able to fold over & crimp the edges
- sprinkle sugar over the banana
- put a pad of butter on top of the banana, or right next to it
- spread a generous amount of apricot marmalade over the banana
- as a variation, add raisins and (toasted) pine nuts
- fold the Alu foil around the banana and fold over & crimp the edges; turn up the ends so no liquid can leak out
- put on the grill (a good afterglow from a charcoal grill will do fine)
- after 20-25 minutes check one of the banana pouches (be careful, steam may escape when you open it)
- the bananas are done when the butter/liquid has been boiling for a while, and the bananas are soft
- serve hot, with a good dallop of whipped cream; cover with almonds
- if you like, drizzle your favorite chocolate sauce over it
- if you like, put some more apricot marmalade on it

- can also be served with vanilla ice cream
- can be prepared ahead of time (don't cook)
- can also be prepared in the oven

this recipe is brought to you by Frank Dörenberg

Poached pears

Ingredients:

- 4 medium-size firm pears (e.g., Anjou, Bartlett, Bosc.); you can try using peeled pears from a can, but they may be too soft
 - 1 bottle robust red wine (e.g., cabernet sauvignon, merlot)
 - ½ cup sugar
 - 1 vanilla bean, cut in half lengthwise
 - 1 whole cinnamon stick
 - peel from 1 orange
 - peel from 1 lemon
 - 2 whole cloves
 - 1 star anise
 - 1 whole bay leaf
-

Instructions:

- peel the pears, and place in medium size saucepan
- add the rest of the ingredients
- if the pears are not completely covered, add some water until they are just covered
- set saucepan over high heat and bring to a boil
- reduce to simmer, and over medium-low heat, cook for 15 minutes while occasionally stirring very gently
- remove pan from heat and let pears cool in liquid
- with slotted spoon, move pears to a plate
- pears can be left whole, or cut in half lengthwise and cores removed with a melon-baller (and, if you want, the stem, using a paring knife)
- pour poaching liquid through a sieve set over a bowl
- discard solids, and return liquid to the saucepan
- place over medium-high heat, and cook for about 45 minutes, until liquid has been reduced to a syrup that coats the back of a wooden spoon
- let cool
- store pears in an airtight container until ready to serve
- when ready to serve, arrange pears on a platter or on individual plates, and drizzle poaching liquid over them.
- if you cut the pears in half lengthwise, you can (carefully) slice them lengthwise (not all the way through, but starting at least ½ -1 inch away from the stem end), and (carefully) spread them like a fan.

Peg's Apple Cake

Ingredients:

- 1½ cups (360 ml) cups vegetable oil
 - 3 eggs
 - 2 cups (480 ml) of sugar
 - 3 cups (720 ml) of flour
 - 3 cups (720 ml) peeled, coarsely diced apples
 - 1 cup (240 ml) chopped walnuts (pecans or hazelnuts may also be used)
 - 1 cup (240 ml) raisins
 - 2 teaspoons baking soda
 - 2 teaspoons vanilla extract
 - 2 teaspoons cinnamon
 - 1 teaspoon salt
 - Frank adds ½ cup (120 ml) of chopped fresh candied ginger and ½ -1 cup of crumbled almond paste
-

Instructions:

- mix the oil, eggs, sugar and vanilla in a large bowl
 - in another bowl, sift the flour, soda, salt, and cinnamon
 - add the flour mixture to the oil mixture, and beat well
 - add the remaining ingredients
 - bake for 1½ hours at 325 °F / 165 °C (any pan will do, but a bundt looks nice)
 - after cake is cool, dust with powdered sugar
-

this recipe is brought to you by Peg Cowen

Rum Cake

Ingredients for the cake:

- 1 box butter recipe yellow cake mix
- 1 package instant vanilla pudding
- ½ cup (120 ml) water
- ½ cup (120 ml) vegetable oil
- ½ cup (4 tablespoons, 60 ml) rum
- ½ cup (120 ml) chopped pecans
- 4 eggs

Note: in Germany I used "Dr. Oetker Galetta - Schnell & Lecker Vanille- Rum Geschmack" for the pudding, and Kraft Haselnuss-Kuchen Backmischung (430 g) for the cake mix. I'm sure you can find a good substitute.

Ingredients for the glaze:

- ½ cup sugar
 - 1/8 cup rum
 - 1/8 cup water
 - ¼ cup butter
-

Instructions:

- blend the cake ingredients for 3 minutes
 - grease & flour a cake spring-form pan or Bunt
 - spread the pecans on the bottom, and add the batter
 - bake at 325 °F (165 °C) for 1 hour
 - mix the glaze ingredients in sauce pan and boil for 2-3 minutes
 - while cake is still in the pan, pour glaze over top and down the sides of the cake
 - let cake cool for 20 minutes before removing from pan
-

this recipe is brought to you by Christine Dörenberg

German Apple Pie

(gedeckter Apfelkuchen - Apfelkuchen mit Decke)

Ingredients:

- 300 gram all-purpose flour (sifted)
 - 250 gram sugar
 - 150 gram butter
 - 1 egg
 - pinch of salt
 - 750 gram apples
 - juice of 1 lemon
 - ½ teaspoon cinnamon
 - 50 gram currants
 - 50 gram sliced almonds
 - 125 gram ground hazelnut
 - 2 tablespoons of apricot jam
 - 4 tablespoons powdered sugar
 - 2 tablespoons Kirsch-schnapps (or rum)
 - optional: 125 g marzipan, 100 g candied ginger
 - spring from pan (25 cm / 10" diameter)
-

Instructions:

- mix the flour, 150 gram of the sugar, butter, egg, and salt, and knead into a dough
- cover the dough and put in the refrigerator for 2 hours
- preheat oven to 200 °C (390 °F)
- roll out about one thirds of the dough and cover the spring form pan's bottom (do not grease the pan)
- prick the dough-bottom with a fork
- bake for 15 minutes on the second level from the bottom of the oven
- peel the apples, remove the core, and quarter
- steam the apples with the remaining sugar, lemon juice, cinnamon, currants, nuts, and some water
- optional: cut the candied ginger and/or the marzipan into small pieces and mix in with the apples
- roll one third of the dough into a strip and cover the wall of the pan with it, pressing it into the bottom dough
- make a ball of the remaining dough, and roll out to make a cover for the pie

- cover the bottom of the pan with the apples
 - cover the apples with the dough
 - bake for another 30 minutes
 - cool off in the pan
 - heat up the marmalade and spread over the pie
 - let the marmalade cool off
 - mix the powdered sugar with the schnapps (may need a little water) and glaze the pie with it
-

Carolyn's Pumpkin Cheesecake

Ingredients for filling:

- 24 oz. (675 gr) cream cheese
- ¾ cup (180 ml) brown sugar
- ¾ cup (180 ml) white sugar
- 5 eggs
- ¼ cup (4 tablespoons, 60 ml) heavy cream
- 16 oz. (450 gr) can pumpkin
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg
- Frank adds ½ teaspoon ground ginger

Ingredients for Graham cracker crust:

- 1¼ cups (300 ml) graham crumbs
- ¼ cup (4 tablespoons, 60 ml) sugar
- 1/3 cup (80 ml) melted butter

Ingredients for topping:

- 1 cup (240 ml) sugar
 - 6 tablespoons (90 ml) butter
 - 1 cup (240 ml) chopped walnuts
-

Instructions:

- Mix cheese with the brown & white sugar in electric mixer
- Add eggs one at a time
- Add cream, pumpkin and spices
- Mix the crust ingredients
- Press crust mix into the bottom of a spring form pan
- *Note:* use either one 10-inch (25 cm) pan, or two pans: an 8 inch (20 cm) & a 6 inch (15 cm)
- Mix topping ingredients, bring to a boil, and thicken
- Pour cream cheese mixture into springform pan with the graham crust. The mixture rises slightly, so: **do not top off the pan!**
- Preheat oven to 325 °F (165 °C)

- Bake 1 hour
- Take out of oven and add the topping
- Bake another 10 minutes
- Cool in the pan and refrigerate.



photo of Frank's finished cake

©1995 Carolyn Chase

Poppy Seed Cake

Ingredients for cake:

- 1/3 cup (80 ml) dry poppy seeds
- 3/4 cup (180 ml) milk
- 3/4 cup (175 g) butter, at room temp
- 1 1/2 cups (360 ml) sugar
- 2 cups (480 ml) flour
- 1 1/2 teaspoons vanilla extract
- 2 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 4 stiffly beaten egg whites (4 if eggs are large, else 5; keep yolks for filling); Frank adds 1/4-1/2 teaspoon of Cream of Tartar to the unbeaten egg whites, to help stiffening and stabilizing [Cream of Tartar or potassium bitartrate, also potassium hydrogen tartrate, is a component of baking powder: baking powder comprises baking soda and cream of tartar]

Ingredients for cream filling:

- 1/2 cups (4 table spoons, 60 ml) sugar
- 4 teaspoons cornstarch
- 1 1/2 cups (360 ml) milk
- 4 slightly beaten egg yolks [4 if eggs are large, else 5]
- 1 teaspoon vanilla extract
- best when made a day ahead

Instructions:

- soak the poppy seeds in the milk for 1 hour
- cream the butter
- add the sugar gradually, creaming until fluffy
- blend in the milk & poppy seed mixture, and the vanilla
- sift together the dry ingredients
- stir into the creamed mixture
- fold in the egg whites
- pour into two greased & floured cake pans (8 inch, round)
- bake in 375 °F (190 °C) oven for 20-25 minutes
- let cool for 10 minutes

- remove from pans and cool on rack
- split the cake layers
- spread cream filling between layers
- chill 2-3 hours
- dust with powdered sugar just before serving

Instruction for filling:

- in saucepan, combine sugar and cornstarch
- in a bowl, mix milk with egg yolks, and gradually add the milk mixture to the sugar mixture, stirring well
- cook over medium heat until mixture thickens and bubbles
- cook 1 more minute
- stir in the vanilla
- allow to cool before filling cake layers



this recipe is brought to you by Christine Dörenberg

Peppi's Key Lime Pie

Ingredients:

- 6 egg yolks (keep whites for meringue)
- 1 can sweetened condensed milk
- ½ cup key lime juice
- 2 small baked pie shells, or 1 large baked shell

Ingredients for meringue:

- 6 egg whites
 - ¾ cup powdered sugar
 - ¼ teaspoon cream of tartar
-

Instructions:

- in small bowl, beat the egg yolks until lemon colored (about 5 minutes)
- add the condensed milk and key lime juice
- mix well
- fold in 6 teaspoons of meringue mixture
- pour into baked pie shell(s)
- spread meringue on top
- brown in a 325 °F (165 °C) oven for 10-15 minutes
- Watch carefully after 10 minutes, as it can brown fast!

Instructions for meringue:

- beat until stiff, but still moist: 6 egg whites
 - while beating, add (1 tablespoon at a time) the powdered sugar and cream of tartar
-

this recipe is brought to you by Christine Dörenberg

Lemon Poppy Seed Pound Cake

Ingredients for the cake:

- 3 tablespoons milk
- 3 large eggs
- 1½ teaspoons vanilla extract
- 1½ cups (360 ml) sifted cake flour
- ¾ cup (180 ml) sugar
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon (loosely packed) grated lemon zest
- 3 tablespoons (dry) poppy seeds
- 13 tablespoons unsalted butter, at room temperature

Ingredients for the lemon syrup:

- ¼ cup (4 tablespoons, 60 ml) plus 2 tablespoons sugar
 - ¼ cup (4 tablespoons, 60 ml) fresh lemon juice
-

Instructions:

- preheat oven to 350 °F (175 °C)
- grease a 4-cup (= 8x4 inch = 20x10 cm) or 6-cup loaf pan
- line the bottom with parchment or waxed paper, and grease & flour the paper
- *or:* grease & flour a fluted tube pan
- lightly combine the milk, eggs, and vanilla in a medium-size bowl
- in a large mixing bowl, combine the cake flour, sugar, baking powder, and salt
- add the lemon zest and poppy seeds
- mix on low speed for 30 seconds to blend
- add the butter and half the egg mixture
- mix on low speed until the dry ingredients are moistened
- increase the speed to medium (high if you're using a hand mixer)
- beat for 1 minute
- scrape down the sides of the bowl
- gradually add the remaining egg mixture in two batches, beating for 20 sec after each addition, and scraping down the sides of the bowl as necessary

- spoon the batter into the prepared pan, and smooth the surface with a spatula (the batter will be almost ½ inch from the top of a 4-cup loaf pan). If your pan is slightly smaller, use any excess batter for cup cakes
- bake, covering the pan loosely with buttered aluminum foil after 30 minutes, to prevent over-browning, until a toothpick inserted in the center comes out clean (55 to 65 minutes, 35 to 45 minutes in a fluted tube pan)
- to get an attractive split down the middle of the crust, wait until the natural split is about to develop (when the cake has cooked about 20 minutes), and then use a lightly greased sharp knife to make a shallow mark about 6 inches long down the middle of the cake (this must be done very quickly, so the oven door doesn't remain open very long, or the cake will collapse). When the cake splits, it will open along the mark
- shortly before the cake is done, prepare the Lemon Syrup: in a small pan over medium heat, stir the sugar and lemon juice together until the sugar has dissolved
- as soon as the cake comes out of the oven, place the pan on a wire rack, poke the cake all over with a wire tester or wooden skewer, and brush it with half the syrup. Cool the cake in the pan for 10 minutes
- loosen the sides of the cake with a spatula, and invert it onto a greased wire rack. Poke the bottom of the cake with the wire tester, brush it with some syrup, and invert it onto a greased wire rack.
- Brush the sides with the remaining syrup and allow to cool completely.
- store the cake for 24 hours, tightly wrapped in plastic wrap (to give the syrup a chance to distribute evenly)
- serve at room temperature
- makes 8 portions
- tightly wrapped, the cake will keep for 3 days at room temperature, week in refrigerator, and 2 months in the freezer

from: *The New Basics Cookbook*, ©1989 J. Rosso & S. Lukins

Pineapple Carrot Cake

Ingredients:

- 2 cups (480 ml) all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 1½ cups (360 ml) sugar
- 1 cup (240 ml) vegetable oil
- 3 eggs
- 2 cups (480 ml) grated carrots
- 1 cup (240 ml) flaked coconut
- 1 cup (240 ml) chopped nuts
- 1 cup (240 ml) crushed pineapple (drain off liquid)
- 1 teaspoon vanilla extract

For the icing:

- ½ pound (225 gr) cream cheese
 - 1 egg
 - ¾ pound (350 gr) powdered sugar
 - 1 teaspoon vanilla extract
-

Instructions:

- sift flour, baking soda, baking powder, salt and cinnamon in a large bowl
 - add sugar, oil, eggs and vanilla
 - beat with wooden spoon until smooth
 - stir in carrots, coconut, chopped nuts and pineapple until well blended
 - pour into a greased 9x13 inch pan (23x33 cm)
 - bake at 350 °F (175 °C) for 45 minutes
 - let cool
 - blend the icing ingredients until smooth
 - spread icing over cake
 - **note:** icing may be too sweet for European taste
-

Linda's Carrot Cake

Ingredients:

- 2 cups (480 ml) all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon allspice
- 2 teaspoons cinnamon
- 2 cups (480 ml) sugar
- 1½ cups (360 ml) vegetable oil
- 4 eggs
- 3 cups (720 ml) grated carrots

For the icing:

- 4 ounce (125 gr) cream cheese
 - 1/8 cup (2 tablespoons, 30 ml) margarine
 - 2 cups (480 ml) powdered sugar
-

Instructions:

- combine sugar and oil
 - add eggs one at a time
 - mix in the dry ingredients
 - pour into greased pan
 - bake at 300 °F (150 °C) for 1 hour, or until done
 - let cool
 - blend the icing ingredients until smooth
 - spread icing over cake
 - note: icing may be too sweet for European taste
-

Gingerbread Cake with Cinnamon Cream

Ingredients for the cake:

- 2 cups (480 ml, 4 sticks) unsalted butter at room temperature, plus some more to grease the pan
- 1 cup (240 ml) firmly packed dark-brown sugar
- 1 cup (240 ml) granulated sugar
- 2 teaspoons pure vanilla extract
- 8 large eggs
- 1½ teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1½ teaspoons freshly ground nutmeg
- ½ teaspoon ground cloves
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons salt
- 3 cups (720 ml) all-purpose flour
- powdered sugar, for dusting

Ingredients for the cinnamon cream:

- 1 cup (240 ml) whipping cream
 - 2 tablespoons powdered sugar
 - ¼ teaspoon ground cinnamon cups unbleached all-purpose flour
-

Instructions for the gingerbread cake:

- preheat oven to 350 °F (175 °C)
- grease a 10 cup ring-mold pan (Bunt pan) well with some butter and set aside
- in a mixer bowl, with mixer on medium speed and with paddle attachment, cream the butter and sugar until light and fluffy (appr. 2-4 minutes)
- add and mix the vanilla
- add the eggs, one at a time, mixing well each time
- in a large bowl, sift together the ginger, cinnamon, nutmeg, cloves, baking powder, baking soda, salt, and flour.
- gradually add the flour mixture to the butter mixture, and mix at low speed until the flour has been incorporated
- pour batter into the greased pan and smooth the top with a spatula.
- bake until a cake tester (e.g., toothpick or skewer) inserted into the middle comes out clean (appr. 50-55 minutes)

- transfer pan to wire rack to cool completely, then invert onto a serving platter and dust with powdered sugar
- serve with poached pears (see separate recipe) and garnish with dollop of cinnamon cream (see below)

Instructions for the cinnamon cream:

- put cream, sugar, and cinnamon into a chilled medium size bowl
- whip cream until soft peaks form
- cover with plastic wrap, and refrigerate until ready to use

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Pie Crust (pâte brisée)

This recipe makes two 9-inch (22½ cm) crusts

Ingredients:

- 2½ cups all-purpose flour
 - 1 teaspoon salt
 - 1 teaspoon sugar
 - 1 cup (2 sticks) unsalted butter, chilled well (!!), and cut into small pieces
 - ½ cup ice water
-

Instructions:

- combine flour, salt, and sugar in the bowl of a food processor
- pulse the food processor to combine
- add all of the butter
- pulse the food processor until the mixture resembles coarse meal (not more than 15-20 sec!!); some pieces of butter should still be visible
- pulse in ¼ cup ice water
- the mixture should hold its shape when pinched together and will not yet form a ball in the food processor
- if necessary, add & pulse in another ¼ cup ice water
- divide the dough in half
- turn each half onto a large piece of plastic wrap
- pat the dough into flat disks and wrap tightly
- chill at least 1 hour, or overnight, before using

©1998 Martha Stewart

Christine's Date Nut Bread

Ingredients:

- ¾ cup (180 ml) chopped nuts
 - 1 cup (240 ml) chopped dates
 - 1½ teaspoons baking soda
 - ½ teaspoon salt
 - ¼ cup (4 tablespoons, 60 ml) vegetable shortening (you may try ¼ cup + 2 teaspoons of butter as substitute)
 - ½ teaspoon vanilla extract
 - 1 cup (240 ml) sugar
 - 1½ cups (360 ml) flour
 - ¾ cup (180 ml) boiling water
-

Instructions:

- Combine the nuts, dates, baking soda, and salt in a mixing bowl
 - Add shortening and boiling water
 - Allow this mixture to stand for 15 minutes
 - Stir to blend
 - Beat eggs slightly
 - Add vanilla to the eggs, then stir in the sugar and flour
 - Add egg mix to date mix
 - DO NOT OVER-MIX
 - Place in 9x5x3 inch (22x13x8cm) loaf pan
 - Bake 1 hour at 350 °F (175 °C)
 - Let cool before slicing
 - Freezes well.
-

Frieda's Lemon Quark Torte

BEST MADE A DAY (OR EVEN TWO) AHEAD

Ingredients for the crust:

- 200 grams flour (Frank replaces 50 gr flour with 50 gram ground hazelnuts or almonds, and sometimes tosses in a handful of finely grated coconut)
- 150 grams butter, cut into pieces
- 50 grams brown sugar
- pinch of salt

Ingredients for the filling:

- 200 grams sugar
 - 3 egg yolks + 2 egg whites
 - 500 gram quark (in France, *faisselle* of 6% MG works very well; if you live in a country where supermarkets don't carry quark and want to make your own? Follow this [link](#))
 - 13 grams gelatin (= 7 sheets of a standard 9-sheet/17 gram package)
 - 6 tablespoons of water
 - ¼ liter heavy whipping cream (do not use light cream)
 - juice of 3 large lemons

 - If you want to make a **Raspberry** version of this recipe, change the filling as follows:
 - add coulis of 500 gr raspberries (takes 2 seconds with a food processor)
 - reduce lemon juice to 1 lemon
 - increase gelatin to 22 gr (10 sheets of a standard 9-sheet/17 gram package)

 - Makes enough dough & filling for 1 spring-form pan of ±24 cm diameter, or 1 of 18 cm plus 2 of 10 cm Ø
-

Instructions for the crust:

- mix the flour, sugar, salt, and the butter
- knead into a dough (or put in kitchen machine at high speed until smooth or one big lump)
- let rest for 15 - 30 minutes
- cover bottom of spring pan evenly with the dough (do NOT make the bottom too thick; ±5 mm (¼ inch) is plenty)
- prick dough with fork
- preheat oven to 175 °C (350 °F)
- bake crust for 40 minutes in center of oven; **note:** in a mechanical convection oven (i.e., with fan), use lower temperature setting (e.g., 150 °C)

- leave crust in the pan

Instructions for the filling:

- mix sugar, egg yolks, one egg white, quark, and lemon juice
 - soak the gelatin sheets in cold water for about 10 minutes
 - bring the water to a boil
 - take water of the heat, squeeze the cold water out of gelatin, and dissolve the gelatin in the hot water while stirring
 - let the gelatin cool for a while, until no longer hot
 - blend the gelatin in with the quark mix , and beat at high speed for at least 5 minutes
 - whip the cream and whip the egg white
 - fold both fold carefully but thoroughly under the quark mix
 - put the filling on top of the crust in the spring pan
 - put in fridge
- keep refrigerated!
-

Kwee Lapis - Indonesian "bacon" cake
(it is called "bacon" cake, because it looks like a slice of bacon when cut)

Ingredients:

- 20 eggs (yes, 20)
 - 300 grams flour
 - 300 grams butter at room temperature
 - 500 grams sugar
 - 1 teaspoon ground freshly ground nutmeg
 - 1 teaspoon ground cloves
 - 1 teaspoon ground cardamom
 - 1 tablespoon ground cinnamon
 - 1 tablespoon ground mace (foeli)
-

Instructions:

- separate the egg yolks from the egg whites
 - mix the egg yolks, sugar, and butter until the batter is smooth
 - while stirring, mix in the flour
 - beat the egg whites until foamy and beginning to stiffen, then fold under the batter
 - put half of the batter into a separate bowl and mix in the spices
 - grease a 20 cm (8 inch) spring form pan with butter
 - cover the bottom of the pan with a thin (2 mm, 1/10 inch) layer of the spiced batter
 - bake in the oven (or under a broiler) until done
 - cover with a thin layer of the other batter, and bake until that layer is done
 - repeat layer after layer
-

Rolf's Nut Swirls

Nuß-Schnecken aus Quark-Öl-Teig

Ingredients for the dough

- 300 g regular wheat flour
- 1 small envelope of baking powder (11 g)
- 4 tablespoons sugar
- 1 small envelope of vanilla sugar (7 gr)
- 150 g of low-fat quark (Magerquark) or *fromage blanc*

Ingredients for the filling:

- 4 tablespoons heavy whipping cream
- 4 tablespoons sugar
- 4 tablespoons raisins (make sure they're not too dry - you can also mix in currants)
- 4 tablespoons chopped hazelnuts and/or almonds
- optional: some cinnamon, finely crumbled almonds paste

Note: these amounts are approximate; you must have enough to cover the rolled-out dough.

Instructions for the dough:

- mix the dry ingredients
- add the wet ingredients
- knead in a standing mixer with a dough hook until blended well
- knead by hand to get a smooth dough

Instructions:

- pre-heat the oven: 180° C (350° F) for oven with fan, 200° C (390° F) without
- roll out the dough into a square of about 30 cm x 25 cm (12x10 inch) and about 3 mm (1/8 inch) thick
- spread the cream over the dough
- spread the sugar, and the other filling ingredients over the dough, in layers; try not to cover the edge of the dough (appr. 1 cm, 1/2 inch) along one of the long sides
- roll up the dough, starting with the long side that is covered with filling ingredients
- cut across into 2 cm (3/4 inch) wide slices and put them side-by-side on a non-stick cookie sheet, or on on a cookie sheet covered with oven paper

 bake for about 18-20 min (oven with fan) or 20-22 minutes (oven without fan)

Pascale's Chocolate Mousse

"Mousse au chocolat"

Ingredients:

- 6 eggs
 - 200 grams of dark chocolate
 - salt
 - optional: candied orange peel
-

Instructions:

- brake the chocolate up in pieces and melt in a double boiler ("au bain marie")
 - optional: add pieces of candied orange peel (make sure it is not dry, but soft)
 - separate the egg yolks from the whites
 - add a pinch of salt to the egg whites, and beat until stiff
 - briefly beat the egg yolks
 - take the chocolate off the heat, add the egg yolks, and very quickly (!!! **we are not making a chocolate omelet**) whisk the yolks thoroughly into the chocolate to obtain a thick chocolate mass
 - little by little, fold the beaten egg whites into the chocolate mass (note: discard the liquidy stuff at the bottom of the mixer bowl)
 - transfer the mass to one or more serving bowls, and refrigerate for at least 3 hours.
-
- makes 4 portions
-

Christine's easy Oven Pancake

Ingredients:

- 6 eggs
 - 10 tablespoons of butter
 - 1 cup (240 ml) of milk
 - 1 cup (240 ml) of flour
 - apples
 - ground cinnamon
 - *optional*: any ingredients you normally use in pancakes, such as raisins, walnuts or pecans, fried bacon bits, vanilla
-

Instructions:

- preheat in 425 °F (220 °C) oven
 - put 6 tablespoons of butter into oven pan and put the pan in the oven
 - beat 6 eggs together with the milk and the flour
 - peel & slice the apples, and panfry them in butter and cinnamon until soft
 - add 2 tablespoons of melted butter to the batter
 - pour the batter into the preheated pan, top the batter with the apple slices. **Note**: the pan must be really very hot when the batter goes in, to sear it!
 - bake for about 20 minutes. The pancake will puff up, and deflate when removed from the oven.
-

Canelés Bordelais

this recipe can easily compete with the famous canelés from Baillardran in Bordeaux

Makes 16 large canelés (about 6 cm high, 6 cm diameter)

This recipe is for silicone molds (moules en silicone), and is not suitable for the classical copper canelé molds (moules en cuivres)

Ingredients:

- ½ liter milk (do not use non-fat milk)
- 2 whole eggs
- 2 egg yolks
- 4 vanilla beans (use "fresh" (not dried out) beans; do not use vanilla extract)
- 1½ tablespoon dark rum
- 100 gram flour
- 250 gram fine crystal sugar
- pinch of salt
- 250 gram fine crystal sugar
- 50 gram butter (never use margarine or other substitute)
- silicone canelé mold, see photo 1



Photo 1 Do not use recipe with copper molds



Instructions:

- split the vanilla beans lengthwise, and scrape out the seeds
- add beans + seeds to milk and bring to a boil, then take off the heat
- mix the flour, sugar, eggs, egg yolks
- beat well at high speed (3-5 minutes)
- remove beans, and transfer some of the warm milk to the flour mix and beat
- add rest of the milk to the flower mix (make sure you get all the vanilla seeds into the batter) and beat well at high speed (3-5 minutes)
- let cool for 1 hour, then mix in the rum
- let cool in fridge for at least 3 hours; best is 24 hours.
- preheat oven to 270° C (520° F); this is near max in most household ovens; I have used top & bottom elements + fan
- fill the molds to 80%; make sure to fill all molds, otherwise unused molds may be damaged.
- bake at high temperature for about 5-8 minutes. The batter will rise for about 1-2 minutes, then turn golden on top and begin to bubble and caramelize, and the center will become browned. See Photo 2.
- At this point, turn the temperature setting down to 180° C (350° F) and bake for 1 hour; cover with Alu foil after about 20 minutes
- Take mold out of oven, turn over on a pie grid, and let cool.
- Done, see Photo 3. Enjoy!
- best when fresh, but can be frozen.





Photos ©2003, 2006 Frank

Quarkinis

Quarkteigbällchen - small beignets made from quark

Makes about 30 quarkinis

Ingredients:

- 500 gram quark (in France you can use *fromage faisselle*)
 - 300 gram flour
 - 200 gram sugar
 - 2 tablespoons vanilla extract
 - 3 tablespoons milk
 - 4 tablespoons vegetable oil
 - *optional*: 1 teaspoon cream of tartar (potassium bitartrate)
 - the original recipe calls for 1-2 eggs, but I think it turns out better without them
 - deep frying pan (need not be big)
 - vegetable oil, enough to fill the pan about 3 cm
-

Instructions:

- mix all ingredients and beat at high speed until batter is smooth
 - heat oil in pan (try drop of batter to determine when hot enough; keep temp
 - use two desert spoons to slide dabs of batter into the frying oil (about the size of 2 grapes)
 - turn them over after 20-30 sec
 - fry until dark golden, turn over several times while frying, then remove with slotted spoon
 - don't fry more than 4-6 at a time
 - can be served plain, or with a dusting of sugar-cinnamon mix or of powdered sugar
-

This recipe is brought to you by Frank

Pascale's Hazelnut Cookies

Ingredients:

- 7 tablespoons (= soup spoons in Europe) ground hazelnuts (like coarsely ground coffee, but definitely not chunky)
 - 4 tablespoons sugar
 - 3 tablespoons butter + butter to grease the cookie mold
 - 1 tablespoon flour + flour to coat the cookie mold
 - pinch of salt
 - 3 eggs
-

Instructions:

- Preheat oven to 230 °C (450 °F)
 - Separate the eggs, keep the whites for this recipe
 - Put the butter in a small sauce pan, and melt on low heat
 - Add the hazelnut powder, sugar, flour, salt and mix
 - Blend in the egg whites
 - Butter the cookie mold (cookie size like *madeleines* or about 2½x7½ cm rectangular (1x3 inch)) and coat with flour
 - Fill the cookie molds with the batter
 - Bake for 20 minutes
 - Makes about 12
 - Same recipe can be made with ground almonds
-

Gingerbread Soufflé

soufflé "pain d'épices"

Ingredients:

- 50 grams butter
- 70 grams flour
- ¼ liter milk
- 35 grams honey
- 70 grams apple molasses (apple "stroop")
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- ½ teaspoon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cardamom
- 1 whole egg
- 4 egg yolks
- 4 egg whites
- 90 grams brown sugar

Additionally:

- 6 soufflé ramekins (size: appr. 200 ml)
 - butter and brown sugar to coat the ramekins
 - powdered sugar
-

Instructions:

must be served immediately after baking!!!

- lightly butter the ramekins
- sprinkle inside with brown sugar (make sure sugar is loose enough)
- remove excess sugar
- pre-heat the oven to 180 °C (350 °F)
- melt butter in sauce pan
- while stirring, add the flour (i.e., basic béchamel)

- while stirring, let cook for a while on low heat (note: this recipe makes a thicker than usual béchamel)
- add the milk and stir to make smooth batter
- add the honey and molasses
- continue to stir, and let cook on low heat for 5-10 minutes
- add the spices
- transfer batter to a bowl
- add the egg, immediately blend well, and let cool for a while
- one by one, add the egg yolks and blend well
- beat the egg whites until stiff, then gradually add in the sugar
- fold the egg white mass under the batter and blend well (do not use mixer!)
- fill the ramekins up to 1 cm from the rim
- bake for 20 minutes in center of oven (do not poke or prick to see if it is done!)
- optional: sprinkle with powdered sugar, then *serve immediately*
- may be served with vanilla ice cream
- this is based on an american recipe, so it is *rather* sweet...



Pensee Taart

shortcrust pie (pâte sablée; zandtaartdeeg, Sandteig) with almond paste filling and apricot glaze

Ingredients for the pie crust:

- 300 grams all-purpose flour
- Frank adds 50 grams ground (or ground caramelized "pralin") hazelnuts
- 200 grams unsalted butter (no substitute!) at room temperature
- 100 grams brown sugar
- 1 package of vanilla sugar
- pinch of salt

Ingredients for the filling and icing:

- 300 grams almond paste (at least 50% almonds, so do not use marzipan!)
- 50 grams unsalted butter at room temperature
- 1 beaten egg
- 1 tablespoon of heavy cream (whole milk may be substituted)
- several tablespoons of apricot jam or preserve (if using the latter, remove or puree the whole pieces of apricot)

If your supermarket doesn't carry 50/50 almond paste, you can make it yourself (preferably several days ahead of use):

- 150 grams peeled/skinned "white" almonds ("amaro", "Bittermandel"), or ground almonds
- 150 grams powdered sugar
- 1 egg, beaten
- 1 tablespoon of lemon juice
- pinch of salt
- if not using ground almonds, then grind the whole almonds in a food processor
- mix in the powdered sugar
- mix in the egg, lemon juice, salt
- knead into a thick paste
- wrap in kitchen film, and keep in refrigerator

Instructions:

- mix the dry ingredients in a bowl

- cut the butter small pieces into the bowl, using two knives
- thoroughly knead into a smooth dough
- cool in refrigerator for 30 minutes
- split the dough $\frac{2}{3} + \frac{1}{3}$
- roll the $\frac{2}{3}$ part into a thin sheet (approximately 4-5 mm thick); if the dough is too sticky (this will definitely happen if you add an egg to the dough), then put the dough ball on a flour covered piece of kitchen film, dust with flour, cover with another piece of film, and roll.
- cover the bottom and side wall of a greased pie pan with the dough; if you have too much dough for the size of the pan, do NOT use it up by making the crust thicker. Frank uses a 25 cm diameter (10 inches) pie pan that is about 3 cm high ($2\frac{1}{2}$ inch)
- crumble the almond paste into a small bowl, add the butter, egg, and cream, and work into a smooth paste
- spread the almond paste evenly in the pie pan
- roll the $\frac{1}{3}$ dough into
- bake at 160 °C (320 °F) for 40 minutes; if using oven with fan, check after 30 minutes and turn off top heater elements.
- let cool
- heat the apricot jam and spread a thin layer all over the top of the pie
- let cool
- mix 6-8 heaping tablespoons of powdered sugar with some water; should not be too thin, but not so thick that it can't be brushed onto the pie.
- brush the entire pie top with the sugar glaze and let set
- this pie is rather sweet, so serve small slices!!



Marie-Louise's Tiramisu

Note: this recipe make enough for 12 people

Note: best when made one day ahead

Ingredients:

- 400-600 gram (1 pound) lady finger cookies (boudoirs, sponge fingers, Löffelbiscuits, lange vingers)
- 8 double espressos (500 ml (2 cups) of water and 125 ml (½ cup) of instant coffee)
- 150 gram (½ cup) of crystal sugar
- 500-750 gram (16 oz) mascarpone cheese
- 20 cl (¾ cup) heavy whipping cream
- 3 cl rum or grappa (Frank uses 9 cl of Myers's Dark Rum; do not use tasteless white rum)
- 4 large eggs
- 1 standard package of vanilla sugar
- cocoa powder

Instructions:

- Heat up the water (close to boiling temperature)
- Add the sugar, instant coffee, and rum; stir until completely dissolved; let cool (room temperature) and transfer to a deep dish that can easily hold 2-3 lady finger cookies (flat)
- Whip the heavy cream with vanilla sugar
- Briefly beat the eggs, then add the mascarpone and beat several minutes at high speed until a smooth mass is obtained
- Fold the whipped cream into the mascarpone mass
- Spread a layer (≈1-1½ cm; ½ inch) of mascarpone on the bottom of a 20-25 cm (8-10 inch) serving dish
- Steep one or two cookies completely in the coffee for several seconds, then put them next two each other on top of the mascarpone layer. Repeat until the entire mascarpone layer is covered.
 - Note: do not steep the cookies too long, because they will (suddenly) fall apart. But steep long enough for the cookies to soak up the coffee. As they soak up the coffee, they become heavier and less buoyant. Just try one, break it, and check that there is coffee absorbed all along the outside.
 - Note: do not try to do this with more than 2 cookies at a time!
- Cover the cookies with another layer of mascarpone.
- Repeat adding layers of cookies and mascarpone
 - adapt the last 1-2 layers of mascarpone such that there is enough mascarpone left to entirely cover the top layer of cookies

- Put in refrigerator for 24 hours
- Just before serving, lightly dust the top of the tiramisu with cocoa powder
- Serve cold



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Figs in Wine glaze- accompaniment for duck

Ingredients:

- 1 cup (or more) of dried figs - small black *California Mission Figs* are by far the best!!
 - 1 cup of veal stock (*fond de veau*)
 - 1 cup of red wine
-

Instructions for the fig compote:

- remove the stems from the figs and cut the figs in half, lengthwise
- in a sauce pan, reduce the veal stock by half
- add the figs and the red wine
- let simmer until again reduced by half
- can be made well ahead of usage, and goes very well with Duck dishes such as oven-backed duck thighs

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Frieda's Apple Pie *"Appelvlaai"*

- make 1 day ahead -

Ingredients for the crust:

- 300 g self rising flour (our 300 g plain flour with the correct amount of baking powder mixed in)
- 110 g butter, cut into pieces (soft, at room temperature)
- 1 large egg
- ½ cup of milk (at room temperature)
- 1 package of vanilla sugar (standard 8 gram envelope)
- pinch of salt
- pie pan, 24-26 cm diameter (~ 10 inch) and 2-3 cm high ((~ 1 inch); traditionally, a thin pie pan is used that has ribbed/fluted side walls that lean outward.

Ingredients for the filling

- 1 kg apples (about 700 g when peeled)
 - 110 g crystal sugar
 - 1 cup of raisins, soaked in hot water; drained
 - 12 amaretti (classic Italian almond cookies, "bitterkoekjes"), diced; in a pinch, Frank has used 120 g of crumbled almond paste instead.
 - ½-1 tablespoon fresh lemon zest (or 1-2 tablespoons lemon juice)
 - 2 teaspoons cinnamon
 - 2-3 tablespoons cointreau, or cognac/brandy, or dark rum - per your preference
-

Instructions:

- soak the raisins in the alcohol of your choice
- quarter and peel the apples
- cut each apple quarter lengthwise into 4-6 slices and put in large bowl
- add lemon zest (or lemon juice) and toss or fold to mix
- add the raisins and crumbled amaretti (or the crumbled almond paste) and toss or fold to mix
- mix sugar and cinnamon
- add and toss or fold to mix, such that all pieces evenly coated
- note that the sugar will draw liquid from the apples.

- pre-heat oven to 175 °C (350 °F)

- in a bowl, combine all ingredients for the crust
- knead into a smooth, elastic dough, by hand or with kitchen machine with dough hook (about 5 minutes)
- dough should not be sticky; if sticky, add flour 1 tablespoon at a time and knead until well absorbed
- split dough • + •
- roll out the • dough ball sufficiently to cover the pie pan bottom and slightly overhang the sides
- grease the pie pan with butter
- transfer to the pie pan and prick with a fork in about 15 spots
- evenly fill the pie pan with the apple slices, careful not to transfer the drained liquid
- roll out the • dough ball fairly thinly, large enough to fully cover the pie pan plus some overhang
- cover the pie with this, join the side and top dough, and remove overhanging dough
- with scissors, snip about a dozen or so vent holes in the top of the pie
- brush the entire top with some milk and evenly sprinkle sugar over it
- bake in oven for 30-45 minutes, until dark golden
- may serve with a dusting of powdered sugar

- keeps for days (but won't last that long!)
- best the day after baked

© Frieda Dörenberg-Hermans

Tapioca Pudding

Ingredients:

- ½ cup pearl tapioca (large pearls preferred)
 - ¼ teaspoon salt
 - 2 eggs – separated
 - 2½ cups milk
 - ½ cup sugar
 - ½ teaspoon vanilla extract
-

Instructions:

- Soak tapioca overnight in 2 cups of room temperature water.
- Drain.
- In double boiler, heat milk just until no longer cold.
- Add salt and tapioca.
- Continue heating until small bubbles appear at sides of the pan.
- Cover, turn heat very low and cook for one hour. Make sure that the mixture does not simmer or boil!
- Add small amount of the hot mixture to the 2 egg yolks, and quickly blend thoroughly.
- Add the egg yolk mixture to the hot milk mixture, stirring constantly (!)
- Place the double boiler over medium heat and cook until the tapioca mixture is very thick (about 15 minutes).
- Beat egg whites until stiff (may use ¼ teaspoon of Cream of Tartar).
- Slowly fold the hot tapioca mixture into the egg whites.
- Stir in the vanilla.
- Serve warm or chilled.

Tapioca is a flavorless starch, made from treated and dried cassava (manioc) root, usually in the form of beads or pearls. The word is derived from the Tupi language of Brazil (from *tipi'óka*), and refers to the process by which cassava (*Manihot esculenta*) is made edible.

based on recipe from Reese (supplier of large pearl tapioca)

Zézé's Apricot Tart

Tarte aux abricots

Ingredients:

- 200-250 grams of *pâte sablée* (1 standard package of 230 grams, ready-made round sheet of 33 cm diameter, from the grocery store is fine; *pâte sablée* is one of the two basic forms of French short crust pastry dough (the other one being *pâte brisée*). It has a crumbly, sandy texture, hence the name. Often used for tarts, quiches, etc. Can be sweet or savory.)
 - 100 gram butter, warm such that almost melted
 - 125 gram ground almonds (*amandes en poudre*), standard size package
 - 1 egg
 - 1 egg white
 - 100 grams sugar (adjust amount to taste and fruit used (apricots, plums, etc.), and whether using fresh fruit or fruit on syrup from a can); may substitute some of the sugar with same amount of vanilla sugar (standard packages of 7 or 8 grams) or add a teaspoon of vanilla extract
 - 1 large can of apricot halves (standard can of 850 ml, 475 drained weight), well drained (but not patted dry)
-

Instructions:

- use a shallow pie pan (30-35 cm diameter (12-14 inch); Frank uses a shallow non-stick pizza pan.
- cover bottom of the pan with the dough (roll out dough if necessary); only the bottom, i.e., not de side wall of the pan!
- put the butter, almond powder, egg, egg white, and sugar in a bowl, and mix well
- spread the almond mix evenly across the dough
- put the apricot halves on top of the almond spread (round side up!)
- bake at 200 °C (390 °F) for 10-15 minutes until golden (slightly darker around the edge); depending on the oven (fan, top + bottom heat,..) you may want to first bake for 5 minutes with the rack at the lowest position (to ensure that the dough gets baked through), then move to the middle of the oven



this recipe is brought to you by Marie-José (Zézé) Fournier

Isabelle's Lemon Yoghurt Cake *- Gateau au Yaourt -*

Ingredients:

- ½ of a standard 11 gram envelope of baking powder (not baking soda) (*levure chimique*); this is ½ US tablespoon.
 - 200 ml = 1 cup = 250 gram plain yoghurt
 - 100 ml = ½ cup vegetable oil
 - 400 ml = 2 cups of fine granulated sugar
 - 300 ml = 3 cups = 400 gram all-purpose flour (not self-rising!)
 - 2 eggs, lightly beaten
 - zest of 1 large (untreated) lemon, or of 2 medium lemons
 - pinch of salt
-

Instructions:

- preheat oven to 180 °C (355 °F)
 - mix all ingredients in the order listed
 - transfer to a non-stick cake pan (fill pan for about •)
 - bake for 30 minutes
 - the cake is done when inserted knife point comes out clean
-

Christine's Corn Bread

Ingredients:

- 1 cup (240 ml) corn meal (yellow)
 - 5 tablespoons sugar
 - 3 teaspoons baking powder
 - ½ teaspoons salt
 - 1¼ cups (300 ml) milk
 - 1¼ cups (300 ml) flour
 - 1 egg
 - ¼ cup (4 tablespoons, 60 ml) melted butter
-

Instructions:

- blend the liquid ingredients into the dry ingredients
 - do not over mix!
 - bake in greased muffin pan (or greased 8 inch square pan)
 - bake at 425 °F (220 °C) for 20-25 minutes
-

this recipe brought to you by Christine Dörenberg

Raisin Bread

Ingredients:

- 450 grams raisins
 - 450 grams currants
 - 8 dl milk
 - 25 grams (= 1 oz.) active dry yeast
 - 1 kg flour
 - 15 grams salt
 - 20 grams ground cinnamon
 - 50 grams "white" brown sugar
-

Instructions:

- rinse the raisins and currents, then towel them dry
 - heat the milk until lukewarm
 - in a large bowl, mix the yeast and a pinch of sugar in some of the milk
 - blend in the flour, salt, sugar, cinnamon, and the rest of the milk
 - knead until the dough is smooth, soft, and elastic
 - cover the bowl with a damp cloth, and put it at a warm spot
 - let the dough rise for 1-1½ hours
 - knead again and shape in to the shape of a loaf
 - put the dough into a buttered loaf pan
 - cover the pan, and let the dough rise again for ½ hour
 - preheat the oven to 200 °C (390 °F)
 - put the pan in the middle of the oven, and bake for 45 minutes
 - just before the bread is done baking, brush the top lightly with some water
 - take the bread out of the pan, and let cool
-

Artisan Bread

Takes 2 days!!

Wear short sleeves.

Ingredients for the biga:

(yeast-based starter that gives the finished loaf some of the characteristics of bread made with sourdough starter)

- ¼ teaspoon active dry yeast
- ¼ cup (4 tablespoons, 60 ml) of warm water (100-110 °F, 40 °C)
- ½ cup (120 ml) cold water
- 1½ cups (360 ml) of bread flour

Ingredients for the bread:

- ¾ teaspoon active dry yeast
- 1 cup (240 ml) of warm water (100-110 °F, 40 °C)
- 1¼ cups (300 ml) cold water
- biga
- about 5 cups (1,2 liter) bread flour (Frank uses 2 cups wheat flour + 1½ cup malted barley flour + 1½ cup rye flour; for good measure you can add some millet, linseeds, and/or sunflower seeds)
- ¾ cup (180 ml) whole-wheat flour
- 3½ teaspoons salt
- 2 cups (480 ml) chopped pecans (or walnuts)
- 1½ cups (360 ml) raisins, rinsed and soaked, then toweled dry
- ¼ cup (4 tablespoons, 60 ml) cornmeal
- water spray bottle

Instructions for the biga:

- in a bowl, sprinkle the yeast over the warm water
- let stand for about 5 minutes until foamy
- add the cold water
- with a wooden spoon, mix in the bread flour, until mixture forms a soft dough (may be dry if using whole wheat flour; if so, add 1 tablespoon water)
- cover with plastic wrap
- chill for 12 - 24 hours (slow, cool rising gives more flavor)
- let come to room temperature, about 1 hour before using

Instructions for the bread:

- in the bowl of a standing mixer (or other large bowl) sprinkle the yeast over the warm water
- let stand for about 10 minutes until foamy
- add the cold water, the biga, 3 cups (720 ml) of the bread flour, the whole-wheat flour, salt
- beat with the paddle attachment on low speed, or stir with a heavy spoon, until well blended
- gradually beat or stir in 2 more cups (480 ml) of bread flour, ½ cup at a time, until the mixture forms a soft dough
- switch to a dough hook and beat on medium speed until dough is smooth & elastic, and pulls easily from sides of the bowl but is still sticky (takes about 6-8 minutes). Alternatively: scrape dough onto a lightly floured board, and knead by hand until smooth & elastic, but still sticky (takes about 7 - 10 minutes). If the mixer is laboring or the dough feels stiff, add water, 1 tablespoon at a time, and continue kneading until soft & elastic. if dough sticks to the sides of the bowl or is too sticky to knead by hand, add more flour, 2 tablespoons at a time, until it pulls cleanly from the sides or feels only slightly sticky.
- add the nuts and beat in with dough hook (or knead by hand) until just incorporated (after kneading by hand, place dough back in bowl)
- cover bowl with plastic wrap; let rise at room temperature until doubled in volume (2 - 2½ hours), then punch down with your hand to expel air
- cover bowl with plastic wrap and let rise again until doubles (1 - 1½ hours). For more flavor, use a slow rise: chill at least 8 - 12 hours, then let come to room temperature for about 3 hours.
- scrape dough onto a well-floured board and knead briefly to expel air. Divide in half. With lightly floured hands, gather each half into a ball, then stretch and tuck the edges under, to shape into a smooth oval with slightly tapered ends (about 8 inch (20 cm) long and 4 inch (10 cm) wide in the center).
- place loaves on a well-floured surface, dust lightly with flour, cover loosely with plastic wrap, and let rise at room temperature for about 1½ hours, until they are slightly puffy; proof the dough by gently pressing one loaf: your finger should leave a distinct imprint that slowly fills in. Under-proofed loaves feel tight and spring back quickly, over-proofed loaves feel flabby and offer little resistance when pressed.
- sprinkle a 13x17 inch (35x45 cm) baking sheet generously with cornmeal. Transfer the loaves, one at a time, to the sheet, spacing 2 - 3 inches (5-8 cm) apart.
- pre-heat oven to 450 °F (230 °C)
- if using a baking stone, put it on a rack in the lower third of the oven; preheat the stone for at least 30 minutes, then slide both loaves from the baking sheet onto the stone
- with a sharp knife, make 3 diagonal slashes across the loaf tops that are 1 inch (2-3 cm) deep and 1 - 2 inches (3-5 cm) apart. This gives the loaf room to grow during its last burst of expansion in the oven
- if not using a stone, place the sheet on rack in the lower third of the oven
- spray 3 - 4 squirts of clean water on the floor or sides of the oven, taking care not to spray on/near the heating elements or lightbulb, then quickly close the door. The resulting steam prevents the crust from forming before the loaf has fully expanded and contributes to the final thick hard crust; alternatively, you can try with a loaf pan with water on the bottom of the oven.

- bake bread, spraying twice more after 5 minutes and after 10 minutes of baking, until crust is well browned, 35 - 45 minutes total
- transfer loaves to a rack to cool for at least 1 hour. Store in paper bags at room temperature up to 2 days. To re-crisp the crust, place loaves directly on a rack in a 400 °F (200 °C) and bake for 5 minutes

Lou Preston 2001



various stages of the bread making in Frank's kitchen



Nadine's Potato Casserole

Ingredients:

- 32 ounce (2 pounds, 900 gr) package of frozen hashbrowns ("Orieda" brand)
 - 1 pint (½ liter) sour cream
 - 1 can "Cream of Chicken" soup
 - 1/3 cup (80 ml) dry minced onions
 - 1½ cups (360 ml) shredded cheese
 - 2 cups (½ liter) crushed cereal ("Total" brand)
 - 2-3 tablespoons melted butter
-

Instructions:

- mix sour cream, soup, onions, cheese, and hashbrowns in a bowl
 - spread in casserole
 - top with crushed cereal
 - drizzle melted butter
 - bake at 350 °F (175 °C) for 1 hour
-

this recipe brought to you by Christine Dörenberg

Make-Ahead Mashed Potatoes

Ingredients:

- 3 pounds (1.4 kg) medium sized potatoes, pared
 - 1½ cups (360 ml) sour cream
 - 4 tablespoons butter
 - 1½ teaspoons salt
 - ¼ teaspoon pepper
 - ¼ cup (4 tablespoons, 60 ml) bread crumbs
 - 1 tablespoon melted butter
-

Instructions:

- Cook and drain the potatoes
 - Combine potatoes, sour cream, the 4 tablespoon butter, salt and pepper
 - Beat with electric mixer at low speed until blended
 - Beat at high speed until light and fluffy
 - Put lightly into a 2 quart (2liter) casserole, cover and refrigerate overnight

 - Bake covered at 325 °F (165 °C) for 1 hour
 - Toss bread crumbs in 1 tablespoon melted butter and sprinkle on top
 - Bake 30 more minutes, uncovered

 - Makes 8 cups
-

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Fancy Potato Rosettes *Pommes de terre Duchesse, farcies de fromage*

Ingredients:

- potatoes or instant mashed potatoes
 - sour cream or crème fraîche
 - minced garlic
 - chopped or coarsely grated fresh cheese (sharp Cheddar, strong Gruyère, or Asiago cheese)
 - ground nutmeg
 - butter
 - breadcrumbs
 - optional: fried bacon bits
-

Instructions:

- make mashed potatoes out of fresh potatoes or instant; make it thicker than for regular serving
 - blend in a couple of tablespoons of sour cream
 - blend in the minced garlic to taste (I use a lot)
 - blend in the grated cheese
 - blend in a good pinch of ground nutmeg
 - optional: blend in the bacon bits
 - use a pastry bag with a coarse bit, to make rosettes of the potato mix on a non-stick oven-sheet; alternatively, use spoons to make nicely shaped mounds
 - melt some butter and mix in breadcrumbs
 - put some of the buttered breadcrumbs on top of each potato mound
 - bake in oven until golden brown
-

this recipe is brought to you by Frank Dörenberg ©2002

Tian de légumes et d'agneau gratiné

Ingredients:

- eggplant (aubergine), thinly sliced
 - zucchini (courgette), thinly sliced
 - leek (poireau), thinly sliced
 - sun-dried tomatoes, coarsely chopped
 - finely minced garlic (or confit d'ail)
 - fresh sprigs of thyme
 - freshly grated parmesan cheese (not pre-grated)
 - cashews, finely chopped (they are not nuts, by the way), enough to line each serving ramekin
 - spinach leaves
 - optional: lean ground lamb (agneau haché), not a lot compared to the spinach and other vegetables
 - ground nutmeg
 - fresh mint leaf (1-2), finely chopped
 - butter
 - pesto sauce
 - grilled red peppers (poivrons rouges grillés)
-

Instructions:

- cook the ground lamb in frying pan until loose
- steam or pan-fry the sliced vegetables
- mix in the minced garlic, pinch of nutmeg, and the chopped mint leaf
- steam or blanch the spinach leaves; drain *very* well (squeeze out water with paper towels)
- mix the spinach with the ground lamb, add the sun-dried tomatoes
- melt some butter, and mix in the chopped cashews until you have a thick pasty substance that you can line ramekins with
- line ramekins with the cashew mix, press
- line the cashew covered inside of the ramekins with layers of the sliced vegetables
- stuff the ramekins tightly with spinach/lamb mix
- bake in 175 °C oven for 30 minutes (350 °F)
- towards the end of the baking, cover each ramekin with grated cheese, and broil until cheese is melted and golden brown
- empty one ramekin upside down on each dinner plate
- stick sprig of fresh thyme in each
- put generous dab of pesto around each

 put slices of grilled red pepper around each

this recipe is brought to you by Frank Dörenberg

Asparagus Tips in Puff Pastry

Lemon Butter Sauce

- serves six as a first course

Ingredients for the asparagus and puff pastry:

- 18 to 24 asparagus spears (depending on size)
- 2-3 tablespoons butter
- 1 tablespoon minced scallions or shallots
- salt & pepper
- 6 puff pastry rectangles, about 2½ by 5 inches, ¼ inch thick (6½ by 13 cm, ¾ cm thick)
- egg glaze (1 egg beaten with 1 teaspoon water)

Ingredients for the lemon butter sauce:

- 2 tablespoons fresh lemon juice
 - 3 tablespoons dry white vermouth
 - salt & white pepper
 - 1 stick chilled butter (115 gram), cut into 12 fingertip-size pieces
-

Instructions for asparagus:

- trim ends of asparagus; if necessary, peel from butt to tip to remove tough outer skin
- boil asparagus 5 - 8 minutes (depending on quality) until cooked through
- immediately remove asparagus and arrange on paper towel in one layer
- cut tip ends down to appr. 5 inches (13 cm)
- asparagus may be cooked in advance; when cold, wrap and refrigerate.

Just before serving, when the pastry is baked and ready:

- melt 2 - 3 tablespoons of butter in a frying pan that is large enough to hold the tips in one layer
- add the shallots or scallions and cook for a moment, then add the asparagus tips
- roll the asparagus tips over to coat them with butter
- season lightly with salt & pepper, then roll again

Instructions for puff pastry:

- preheat oven to 450 °F (230 °C)
- about 15 minutes before serving, arrange the dough rectangles (still frozen, if you wish) on a baking sheet
- paint the tops (not the sides) with egg glaze
- after half a minute or so, paint with a second coat
- make decorative knife cuts or cross-hatchings in the surface
- immediately bake in middle of oven for 12 - 15 minutes, until the pastries have puffed up and browned, and the sides have crisped
- may be baked somewhat ahead of time and left in truned-off oven, door ajar (will be less flakey and buttery, though)

To serve:

- while still hot, split pastries in half horizontally
- arrange 3 or 4 hot & buttery asparagus on each bottom half, their tips sticking out one of the ends
- spoon a bit of the lemon butter sauce over the asparagus
- cover loosely with with the top pastries
- **serve at once!**

Instructions for the lemon butter sauce:

- takes 3 -4 minutes to make
- in a small saucepan, slowly boil the lemon juice, vermouth, and ¼ tablespoon of salt
- boil down to about 1 tablespoon
- a piece or two at a time, beat in the chilled pieces of butter, adding another piece or two just as the previous pieces just have melted, so that the sauce remains ivory colored, rather than looking like melted butter
- season to taste with salt and pepper

Roasted Brussels Sprouts with Balsamic Vinegar

Ingredients:

- 750 g Brussels sprouts, cleaned and halved lengthwise
 - butter
 - olive oil
 - balsamic vinegar
 - 200 gr lean bacon, finely diced
 - *optional*: 500 gr fresh mushrooms, stems removed, sliced
 - salt & pepper
-

Instructions:

- Fry the bacon bits in a frying pan, until brown and crispy; set aside
- If preparing this dish with mushrooms:
 - heat 2-3 tablespoons and a generous amount of olive oil in a frying pan
 - add the slice mushrooms and immediately toss them
 - slowly cook until done; set aside
- **Option 1: oven roasted**
 - preheat oven to 375 °F (190 °C)
 - combine the Brussels sprouts, 4 tablespoons olive oil, salt, and pepper in a bowl.
 - toss to coat the sprouts
 - spread the sprouts out on a non-stick baking sheet, cut side up
 - place in center of oven and roast for 20-30 minutes (depends on size of the sprouts) or until sprouts are brown and tender
 - sprinkle with balsamic vinegar
 - let cook some more, until the vinegar is evaporated
 - if serving with the mushrooms, add those now, to re-heat them
- **Option 2: pan fried:**
 - cover bottom of a frying pan generously with olive oil and heat up
 - add the sliced Brussels sprouts and toss to coat them
 - cook while tossing occasionally, until the sprouts begin to develop brown spots
 - cover pan with lid, stir occasionally, until the sprouts are "al dente"
 - sprinkle pepper and salt over the sprouts
 - sprinkle a fair amount of balsamic vinegar over the sprouts, toss, and let the vinegar evaporate
 - add the fried bacon and mushrooms

 serves 4+

Lychee and ginger accompaniment for seafood

Ingredients:

- medium size can of lychees (lichis) on light syrup (typ. about 16-20 large lychees)
 - candied ginger
 - ¼ teaspoon ground cardamom seeds
 - sugar
-

Instructions:

- drain the lychees **but** keep the syrup
 - put syrup into small saucepan
 - slice the chunks of candied ginger (about 2 mm thick), and add to syrup
 - add the cardamom
 - add several tablespoons of sugar
 - bring the syrup to a boil over medium heat, stirring regularly, until golden brown caramelized
 - take off the heat
 - add the lychees to the thick syrup and stir them in, to coat them and to warm them up
 - great with shrimp and grilled salmon
-

this recipe is brought to you by Frank Dörenberg ©2003

Spicy Peanut Marinade

for chicken, beef or pork on the grill

Ingredients:

- ½ cup (125 ml) chunky peanut butter
- ½ cup (125 ml) peanut oil
- ¼ cup (about 4 tablespoons) white wine vinegar
- ¼ cup (about 4 tablespoons) japanese soy sauce (e.g., Kikkoman Light)
- ¼ cup (about 4 tablespoons) fresh lemon juice
- 4 cloves garlic, minced (or 1½ tablespoons)
- 8 sprigs of cilantro, minced (or 1½ tablespoons dried cilantro)
- 2 tablespoons dried red pepper flakes
- 2 tablespoons fresh grated ginger root

Frank adds:

- 1 tablespoon sesame oil
 - 1 tablespoon brown sugar
 - 1 tablespoon minced onions
 - half-and-half japanese "Kikkoman" soy sauce and indonesian soy sauce (ketjap)
-

Instructions:

- in the bowl of a food processor or blender, combine all ingredients
- blend well to emulsify, adding a few drops of water if mixture is too thick
- use to marinade chicken, beef or pork before grilling
- makes about 2 cups
- leftover (but not contaminated with chicken) marinade stores very well in the fridge/freezer

this recipe is brought to you by Christine Dörenberg

Spicy Dry-Rub Marinade

(for grilled chicken & shrimp)

Ingredients:

- 1 tablespoon paprika powder
 - 2½ teaspoon salt
 - 1 teaspoon onion powder
 - 1 teaspoon cayenne pepper
 - ¾ teaspoon black pepper
 - ¾ teaspoon white pepper
 - ½ teaspoon thyme leaves
 - ½ teaspoon oregano
-

Instructions:

- mix all ingredients
 - store in airtight container
-

this recipe is brought to you by Christine Dörenberg

Cranberry Relish Mold

Ingredients:

- 2½ cups (600 ml) crushed pineapple
 - 2 packages cranberry Jello (or cherry or raspberry)
 - ¾ cup (180 ml) sugar (no sugar if you use canned berries)
 - 2 cups (480 ml) hot water
 - ½ cup (120 ml) cold water
 - 1-2 tablespoons lemon juice
 - 1½ cups (360 ml) ground raw cranberries, or 1 can of whole berries
 - 1 small orange ground (including peel)
 - 1 cup (240 ml) chopped celery
 - ½ cup (120 ml) broken walnuts
 - ½ cup (120 ml) chopped apple (with peel)
 - 2 packages unflavored gelatin
-

Instructions:

- Drain pineapple, but keep the syrup !
 - Combine gelatins and dissolve in hot water
 - Add cold water, lemon juice and pineapple syrup
 - Chill until partially set
 - Add pineapple and remaining ingredients
 - Pour into 2 quart mould and allow to set overnight
-

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Ron's Church Punch

Ingredients:

- 1 can lemonade concentrate, thawed
 - 1 can orange juice concentrate, thawed
 - 1½ quart cold water
 - 1 quart (1 liter) apple juice
 - 2 quarts (1.9 liter) soda (7 Up, or Sprite, or Lemon/lime)
 - an ice-ring, made with cut up fruit and mint leaves
 - Southern Comfort for extra "punch" (depends on the rules of the church you attend)
-

Instructions:

- mix all ingredients in (very) large bowl
-

this recipe is brought to you by Christine Dörenberg

Oliebollen



- traditionally served in Holland on New Years's Eve -
photo ©2003 Frank

Makes about 20 oliebollen

Ingredients:

- 100 grams raisins
 - 50 grams currants
 - 500 grams flour
 - optionally: 3 heaping tablespoons of corn starch
 - 2 teaspoons salt
 - 14 grams active dry yeast (2 pouches)
 - 450 cl milk
 - 1 tablespoon vanilla extract
 - 2 teaspoons lemon juice
 - ½ apple
 - 1 egg
 - 50 grams chopped candied (moist) orange peel (sukade, citronnat, fruit confit)
 - powdered sugar
 - do not make more than 1½ batch at a time, as the dough will rise out of the bowl.
-

Instructions:

- soak the raisins & currants in very hot water for 10 minutes, then drain and towel them dry, and toss them in flour (so they won't sink in the batter)
 - peel the apple and dice into small pieces (size of several raisins), and sprinkle the lemon juice over them
 - sift the flour and mix in the salt in a big bowl
 - thoroughly mix in the yeast
 - heat the milk until lukewarm
 - beat the egg, take the milk off the heat, then blend in the egg and the vanilla
 - make a large dimple in the middle of the flour mix
 - bit by bit, pour some milk mix into the middle of the flour, and stir in the surrounding flour with a wooden spoon or with hand mixer with dough hooks
 - continue stirring for about 5 minutes, until the batter is smooth; it should fall off a spoon in lumps
 - stir the raisins, currants, candied orange peel, and apple into the batter
 - cover the bowl with a damp cloth or with plastic kitchen foil, and put it at a warm spot (or in a 50 °C (120 °F) oven with the door open)
 - let the dough rise for 1-1½ hours or until doubled in size
 - do not stir the batter again
 - line a colander with kitchen paper
 - in a large pot (heavy cast-iron is best, as it keeps the temperature more stable), heat 2 liters of frying oil to 175 °C (350 °F), or until white vapor appears (or test with a piece of bread)
 - dip a metal ice cream scoop (or two large table spoons) into the hot oil, then scoop up batter and let it slide into the hot oil (or use one of the table spoons to scoop up batter, and the other spoon to slide the batter of the first spoon into the oil). Don't make the batter balls too big, as they may take too long for the inside to be done.
 - fry until golden brown (4-5 minutes), regularly turning over with a fork, throughout the frying; to get a feel for the frying time, cut open the first oliebollen to check for doneness.
 - DO NOT fry more than 3 at a time, as putting batter into the oil causes its temperature to drop
 - when done, scoop the oliebollen out of the oil with a slotted spoon, and put in the colander to drain
 - serve covered with powdered sugar; best when still warm.
-
- alternatively, make oliebollen without the fruit; inject (may have to slice open the balls) with stiffly beaten whipped cream (with sugar) and sprinkle with powdered sugar. Snowballs!

this recipe is brought to you by Frank Dörenberg

Weihnachstollen mit Marzipan (a.k.a. Christstollen)

MUST BE MADE SEVERAL DAYS AHEAD (about a week) !!!
Fruit filling must be made 1 day ahead of making the bread.

makes 2 loafs of about 1.7 kg (about 3¾ pounds) each

Ingredients for the fruit mix:

- 100 grams slivered almonds, toasted
- 250 grams currants (raisins de Corinthe, Korinthen, krenten)
- 250 raisins
- 250 grams moist candied fruit mix (macédoine de fruits confits, 150 grams Orangeat + 100 grams Zitronat), diced
- 2 teaspoons almond extract (not artificial!) (Bittermandelaroma; arôme amande amère)
- 120 ml dark rum
- seeds scraped from 1 vanilla bean; keep the scraped-out bean
- zest of ½ untreated large orange
- zest of ½ untreated large lemon

Ingredients for the dough:

- 150 ml milk
- 90 grams yeast (block of yeast, absolutely no bakers yeast "powder")
- 100 grams of honey
- 520 grams flour (Type 405 (D: Kuchenmehl), Type 45 (F: patisserie); cake/pastry flour (US))); do not use self-rising flour.
 - European flour is categorized by its ash content percentage.
 - US flour by its usage; white flour is typically bleached in the US.
- 300 grams flour (Type 550 (D: helles Brötchenmehl), Type 55 (F: brioche, pain, tarte); all-purpose & bread flour (US)); do not use self-rising flour
- 2 eggs
- 2 egg yolks
- 400 gram butter, soft, at room temperature (absolutely no margarine or other substitutes!!!)
- 2 teaspoons of salt

Ingredients for the almond paste filling:

- 300 grams almond paste (only ingredients: ground almonds, rose water, and no more than 35% sugar; absolutely do not use cheap, colored marzipan)
- 30 grams powdered sugar

Additional ingredients:

- 250 grams clarified butter (Butterschmalz; beurre clarifié); warm enough to be liquid. See instructions all the way at the end for how to make your own. Not difficult.
- 300 grams vanilla sugar
- powdered sugar
- soft butter and flour for the baking pan.

Traditionally "stollen" are baked in a "Stollenform" pan with a lid, of about 35-40 cm length (14-16 inch) and 15 cm wide (6 inch).



Alternatively, one can use an adjustable baking "fence" of similar size on several layers of oven paper on baking or cookie sheet, or simply "freestyle" on twice-folded (= 3 layers) oven paper on a baking sheet.

Instructions for the fruit mix - must be made 1/2-1 day ahead of making the bread:

- put all the fruit mix ingredients (including the scraped out bean) in a bowl, and fold over several times to mix well and coat with rum
- cover the bowl with plastic kitchen foil
- let sit overnight at room temperature

Instructions for the pre-dough:

- make sure the milk is lukewarm/tepid and put in a large bowl (e.g., the bowl of your kitchen machine)
- with your fingers, break up the block of yeast and add to the milk
- stir to fully dissolve the yeast
- add the honey and the 200 grams of the 520 grams of flour
- knead in a kitchen machine until smooth and elastic (it will be a "solid" dough)
- cover and let rise for about 15 minutes at a warm spot (e.g., in the oven at 40-50 °C (105-120 ° F))

Instructions for the dough:

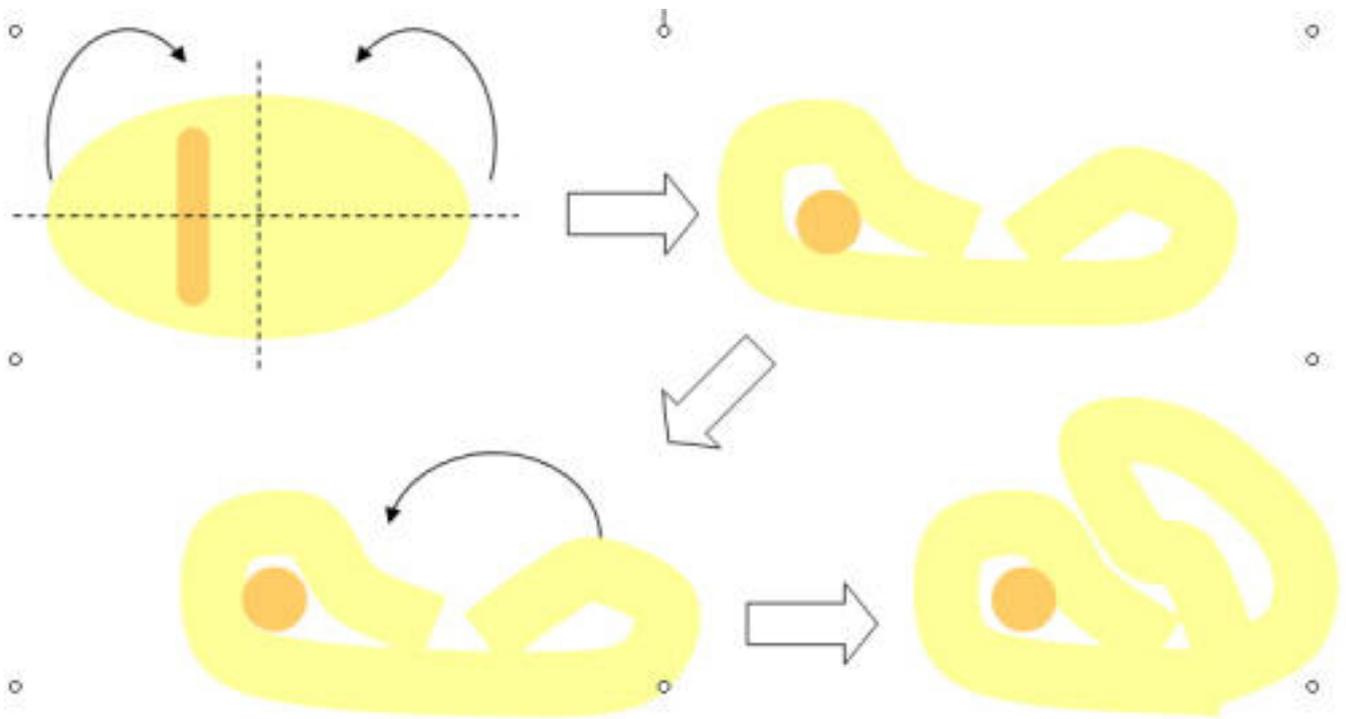
- to the pre-dough, add the rest of the flour (320 grams + 300 grams), the eggs, the egg yolks, and 100 grams of the 400 grams of the (diced) butter
- thoroughly knead with the dough hook (speed 1 or 2)
- continue kneading, and bit by bit, add the rest of the butter
- knead until the dough is smooth
- dust the dough with flour and cover the bowl with plastic kitchen foil
- let rise at room temperature for one hour, or until the dough has doubled in volume
- fold over the fruit mix one more time, remove the vanilla bean, and add the mix to the dough
- add salt
- briefly knead until the fruit mix is well incorporated

Instructions for the almond paste filling:

- crumble the almond paste into a bowl, add the powdered sugar,
- if the almond paste is dry, add a beaten egg yolk and a tablespoon of heavy cream
- mix thoroughly and knead well
- shape into a ball and cut in half
- roll each half into a round bar of about 30 cm (12 inch) long

Instructions for making & baking the bread:

- pre-heat the oven to 220 °C (425 °F)
- cut the dough ball in half and dust each half with flour
- roll out each half into an oval shape, about 1-1½ cm thick (½ inch), 35 cm wide, 45 cm long
- place an almond paste bar on each dough slab, across the narrow part, slightly off-center. Make sure that the almond bar does not extend all the way to the edge of the dough
- fold the dough over the almond bar and lightly pad against it
- likewise, fold the opposite end of the dough over the (now covered) almond bar
- pinch the tips of the resulting loaf, such that the almond bar is not visible



- if you use "Stollenform" baking pans:
 - grease them with butter and dust with flour
 - put each loaf in a pan, seam-side up
 - close the lid of the pan
 - let the dough rise for another 15 minutes *before* putting in the oven
- if baking "freestyle":
 - cover the baking sheet (large enough for two stollen) with twice-folded (i.e., 3 layers) of oven paper
 - put both loafs on the paper, seam-side up
 - make sure that they don't touch, as the loafs will sag and spread somewhat
 - let the dough rise for another 15 minutes *before* putting in the oven
- put the baking pans or the baking sheet with the loafs at about half height in the oven
- reduce the oven thermostat setting to 175 °C (350 °F) - fan oven
- bake for 50-60 minutes (inserted metal skewer must come out clean)
- if you use "Stollenform" baking pans: remove the loafs from the pan
- let the loaf briefly cool (just a couple of minutes)
- while the loafs are still wam, generously brush them on all sides with the clarified butter
- cover the loafs on all sides with the vanilla sugar
- then very generously dust the loafs on all sides with powdered sugar
- let the loafs cool completely
- wrap each loaf in aluminum kitchen foil, making sure to fold-over and crimp the seams (it needs to be airtight; e.g. in a gallon-size ziplock freezer bag, with the air sucked out)
- keep in fridge for 1 week (!!), to let the dough soften a bit, and the flavors fully develop (it will be OK to eat several hours after baking, but the dough will be on the dry side).



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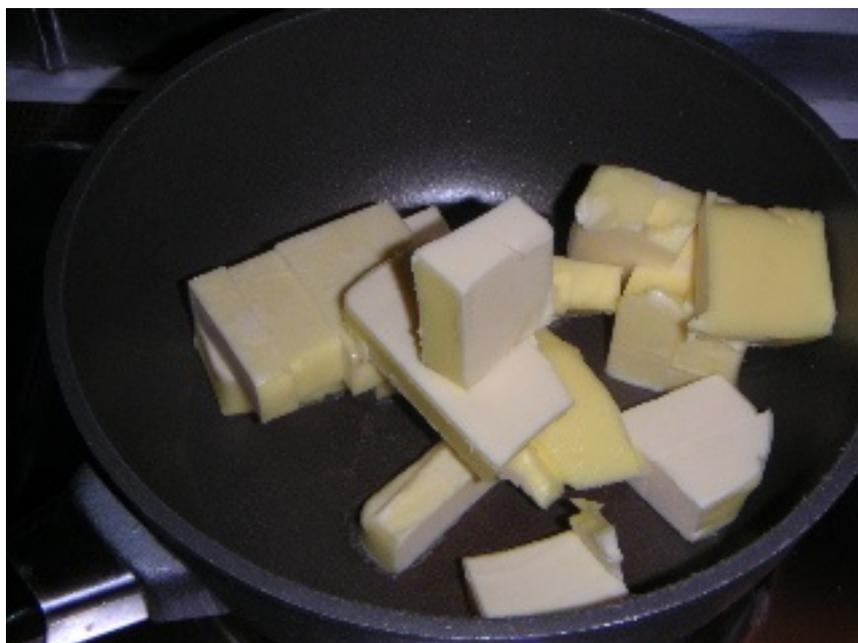


very slightly adapted from Alfons Schuhbeck's recipe ©2007

<http://www.br-online.de/umwelt-gesundheit/thema/schuhbecks-bayerische-kueche/christstollen-mit-marzipan.xml>

Instructions for making 250 grams of clarified butter (Butterschmalz; Ghee):

- the purpose is to remove water and milk solids from the butter, and end up with only the tasty butter fat. This is done at **low** temperature, as the butter **should not turn brown at all!**
- cut 350 grams of unsalted butter into pieces
- melt the butter **at lowest heat** in a heavy duty pan, while stirring occasionally
- when all the butter is completely melted, **slightly** increase the heat
- small bubbles will begin to form (and the water in the butter will begin to evaporate); white foam will float to the surface and white protein parts will form on the bottom of the pan
- when all the water is evaporated, the temperature of the butter will go up by itself
- stir regularly
- the white milk solids will slowly caramelize (only the milk solids, not the clear yellow butter!!)
- when all the white flakes have disappeared (some white froth will remain on top) and have turned into brownish granules on the bottom, turn off the heat and let rest for a couple of minutes
- scoop off the white foam with a spoon
- carefully pour off the clarified butter, making sure to leave the brown granules in the pan.
- can be kept in fridge for several months (will be white and solid when cold).





Greek Spinach Pie (Spanakopeta)

Ingredients:

- 2 pounds (900 gr) of spinach, steamed and well drained
 - 2 cups (½ liter) of diced onions
 - 1 teaspoon oregano
 - 1 teaspoon basil
 - 3 teaspoons minced garlic
 - 5 eggs
 - 16 ounces (450 gr) feta cheese, crumbled
 - 16 ounces (450 gr) cottage cheese
 - 8 ounces (225 gr) sour cream
 - 3 tablespoons flour
 - phyllo dough (1 pound package of sheets) or a ready-made pie shell
-

Instructions:

- sauté the onions and herbs in some olive oil
- mix the eggs, cheeses, sour cream, and flour
- combine the above (this is the pie filling)

Options 1:

- in a large baking dish, place 8 sheets of phyllo, cover with filling, 8 sheets of phyllo, etc. (end with phyllo on top)
- preheat oven to 350 °F (175 °C) and bake for 55 minutes

Option 2:

- pre-bake pie shell until light brown
- fill with the filling
- bake for 45 minutes at 350 °F (175 °C)

this recipe is brought to you by Christine Dörenberg

Mushroom Pie

Ingredients:

- dough rolled out for top & bottom pie crust, refrigerated for 1 hour
 - 2 pounds (900 gr) mushrooms
 - 3 tablespoons butter
 - 1 cup (¼ liter) sliced onions
 - salt
 - pepper
 - ½ teaspoon Worcestershire sauce
 - 1 tablespoon lemon juice
 - ¼ cup (4 tablespoons, 60 ml) sherry
 - 1 pound (450 gr) "swiss cheese" (Gruyere or Emmenthaler)
 - 1 beaten egg white
-

Instructions:

- saute the mushrooms, onions, Worcestershire, lemon juice, sherry, salt & pepper, in the butter
 - drain well
 - put the dough for the bottom crust in the baking pan and brush with the egg white
 - fill the bottom crust with the mushroom mixture
 - put dough for top crust on top
 - crimp all around the edges
 - cut slits in top crust to let steam escape
 - bake at 375 °F (190 °C) for 35 - 40 minutes
-

this recipe is brought to you by Christine Dörenberg

Leek Pie

Ingredients:

- 2 pounds leek - chopped & well rinsed
 - 1 beaten egg
 - 1 paprika (bell pepper), chopped
 - ½ pound (250 gr) boiled ham, chopped
 - ½ pound (250 gr) grated cheese, e.g., Gruyère
 - ¼ pound (125 gr) mushrooms
 - puff pastry sheets
 - ½ teaspoon ground nutmeg
 - salt & pepper
-

Instructions:

- boil the leek for about 5 minutes, drain very well (takes some squeezing)
 - cook the bell pepper in some oil or in the microwave oven
 - cook the mushrooms in some oil, drain very well
 - mix all ingredients in a bowl, adding the egg last
 - line bottom of a spring form pan with puff pastry (loaf pan is OK)
 - bake blind in preheated oven at 350 °F (175 °C) for 5-10 minutes (to avoid soggy bottom)
 - line sides of the pan with puff pastry, make sure to overlap all edges & seal
 - fill with leek mix
 - cover with puff pastry, cut vent holes
 - brush with egg whites or milk
 - bake at 350 °F (175 °C) for 45-60 minutes or until golden brown
-

Frank's Pancakes

The only way to make decent pancakes is from scratch. None of this pancake-mix stuff, please.
Other pancake recipe collections [here](#), [here](#), [here](#), and [here](#)

Ingredients:

- 2 cups of milk
 - 4-5 eggs
 - 1½ cups (180 gram) regular flour, or: 1 cup regular + ½ cup buckwheat flour
 - ¾ cups (80 grams) chopped walnuts
 - 1 cup (150 grams) chopped candied ginger or stem ginger. Do not use ginger root!
Make sure it is not dried out, or use stem ginger on syrup (in which case you can also add a couple of tablespoons of the syrup); I prefer Australian ginger
 - 1 cup raisins (150 grams), soaked in hot water and drained
 - 2 apples: peeled, cored and thinly sliced (about 3 cups, 250 grams)
 - 2 cups (250 grams) grated cheese (Dutch, or Swiss from Switzerland, not from the USA)
 - 2 teaspoons vanilla extract
 - 1½ teaspoon cinnamon powder
 - 1½ teaspoon lemon juice
 - ¼ teaspoon nutmeg or 1 tablespoon Cointreau
 - 2 teaspoons baking powder
 - pinch of salt
 - butter
-

Instructions:

- beat the eggs in the mixing bowl
- add the milk while continuing to beat
- add the flour, while continuing to beat
- mix in the vanilla, cinnamon, nutmeg, baking powder/soda, salt
- mix in the ginger, ginger syrup, raisins, apples
- melt 2 tablespoons of the butter, and mix in with the batter
- preheat oven to about 180 °F (85 °C)
- bake pancake golden brown on both sides in butter
use no more than medium-high heat: these pancakes are thick and take time.
- put pancake on plate in oven and sprinkle some cheese over it
- bake next pancake, put on top of previous one sprinkle with cheese, etc.

- serve pie-wedges from the stack with maple syrup
- makes 6-8 pancakes of 10" (25 cm)
- if you want, you can fry some pieces of bacon strip in the pan before putting in the batter
- freezes well



©1999 Frank Dörenberg



Oatmeal-Raspberry Pancakes with Berry Coulis

PREP AND COOK TIME: About 1 hour

NOTES: Cooks at La Note swirl a little of the jamlike coulis on top of the pancakes. You can make the coulis up to 1 week ahead; chill airtight. Also offer butter and syrup with the pancakes.

MAKES: About 12 pancakes; 5 to 6 servings

- 1½ cups rolled oats
 - 1 cup buttermilk
 - 1½ cups all-purpose flour
 - ¼ cup sugar
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - ½ teaspoon salt
 - 4 large eggs
 - 1½ cups milk
 - 1 teaspoon vanilla
 - 1 cup fresh raspberries, rinsed
- Salad oil

Berry coulis (recipe follows)

1. In a bowl, mix oats and buttermilk; let stand at least 15 minutes or up to 30 minutes.
2. Meanwhile, in a small bowl, mix flour, sugar, baking soda, baking

powder, and salt.

3. In a large bowl, beat eggs, milk, and vanilla to blend. Stir in flour and oat mixtures just until evenly moistened, then gently stir in raspberries.

4. Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with oil and adjust heat to maintain temperature (see "The perfect pancake," page 118). Pour batter in ½-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides,

1½ to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.

5. Serve the pancakes as cooked, or keep them warm in a single layer on baking sheets in a 200° oven for up to 15 minutes. Stack pancakes on plates and serve with berry coulis (see notes).

Per serving: 341 cal., 22% (74 cal.) from fat; 13 g protein; 8.2 g fat (2.6 g sat.); 53 g carbo (3.9 g fiber); 591 mg sodium; 149 mg chol.

Berry Coulis

In a 3- to 4-quart pan, combine 2 cups rinsed fresh blueberries, 2 cups rinsed fresh raspberries, 1½ cups sugar, and ¼ cup lemon juice. Bring to a boil over medium-high heat, then reduce heat and simmer, stirring occasionally, until berries begin to disintegrate and mixture starts to thicken, about 15 minutes. Press through a fine strainer into a bowl, extracting as much liquid as possible with the back of a spoon or a spatula; discard seeds and skins. Serve coulis warm; if mixture cools before you're ready to serve, reheat in a microwave oven. If it's too thick, stir in a little warm water. Makes about 2 cups.

Per ¼ cup: 91 cal., 2% (1.8 cal.) from fat; 0.3 g protein; 0.2 g fat (0 g sat.); 23 g carbo (0 g fiber); 2.1 mg sodium; 0 mg chol.

TUCSON

Arizona Inn

There's just no beating the right pancake in the right place. No offense to the other versions on the menu at Tucson's Arizona Inn (they're terrific too), but the blue corn pancakes with prickly pear syrup—the rich, dense cornmeal setting off the fruity hints of the syrup—deliver the perfect desert breakfast experience.

ARIZONA INN, 2200 E. Elm St.; (520) 325-1541 or www.arizonainn.com. Pancakes available in the dining room and through room service 7–10 A.M. — Matthew Jaffe

Blue Corn Pancakes

PREP AND COOK TIME: About 25 minutes

NOTES: Though the Arizona Inn serves these thin, slightly crunchy pancakes with butter and prickly pear syrup, they taste great with regular maple syrup too.

MAKES: 10 pancakes; 4 to 5 servings

- 1 cup blue or yellow cornmeal
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1½ cups milk
- 2 large eggs, beaten to blend
- 6 tablespoons butter or margarine, melted

Salad oil

1. In a bowl, mix cornmeal, flour, baking powder, and salt. Whisk in milk and eggs until blended, then whisk in butter.
2. Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with oil and adjust heat to maintain temperature (see "The perfect pancake," page 118). Spoon batter in ⅓-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1½ to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.
3. Serve pancakes as cooked or keep warm in a single layer on baking sheets in a 200° oven for up to 15 minutes.

Per serving: 410 cal., 46% (189 cal.) from fat; 10 g protein; 21 g fat (11 g sat.); 45 g carbo (2.1 g fiber); 727 mg sodium; 132 mg chol.

SEATTLE

Coastal Kitchen

Coastal Kitchen knows where to draw the line at too much of a good thing. The regional lunch and dinner menus at this Capitol Hill cafe change often, shifting from foods of Gascony one quarter to Indian or Patagonian cuisine the next, and the eclectic art on the walls changes as often as the menu. But happily the pancakes remain untouched—cinnamon-hazelnut, buttermilk, fruit-of-the-day, and corn pancakes every day, with the occasional regional specialty. All come with real maple syrup; add a side of ham or sausage—the best you'll ever eat.

COASTAL KITCHEN, 429 15th Ave. E.; (206) 322-1145.

—Jim McCausland

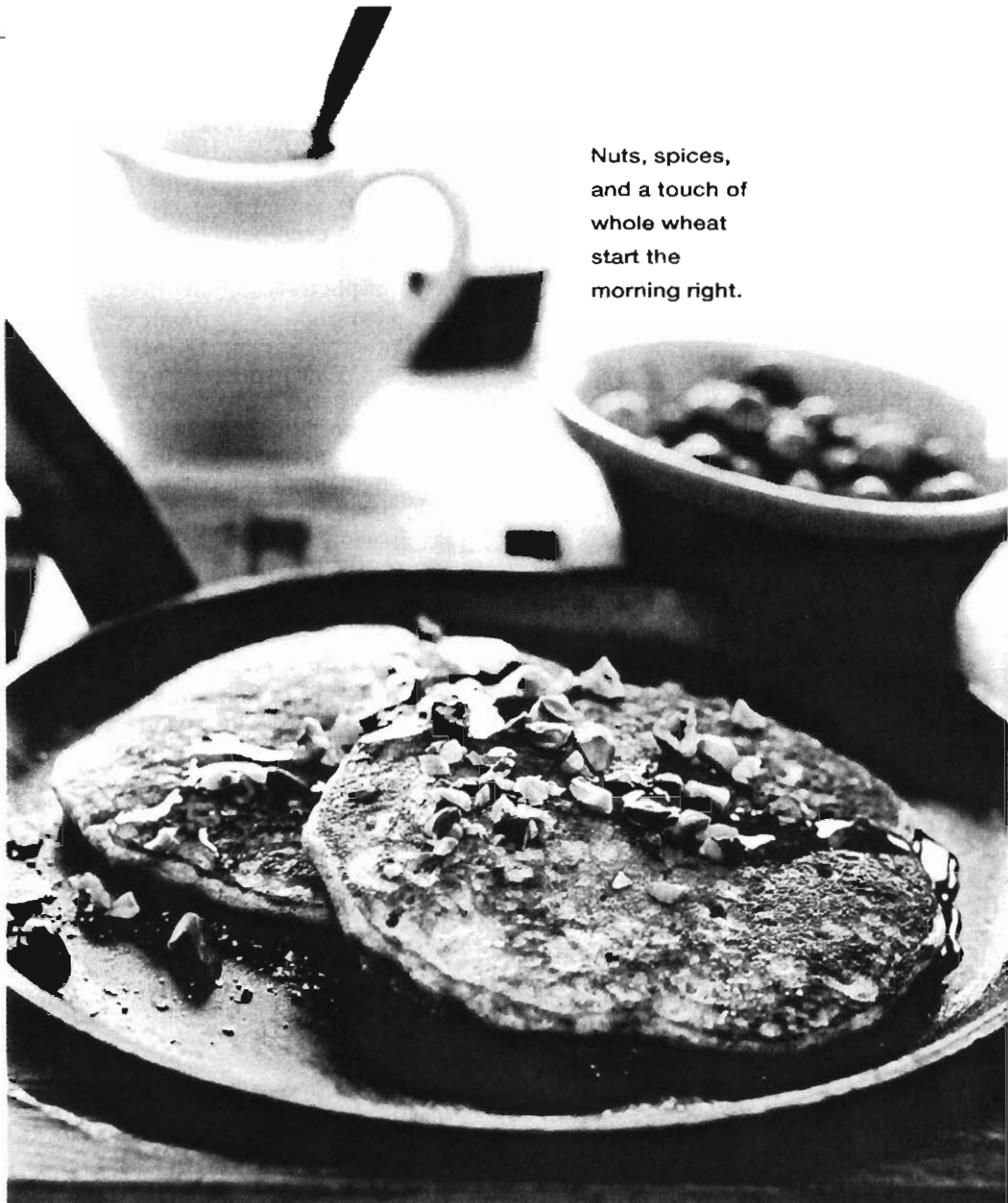
Cinnamon-Hazelnut Pancakes

PREP AND COOK TIME: About 1 hour

NOTES: Chefs at the Coastal Kitchen serve these chunky pancakes simply, with butter and maple syrup.

MAKES: 20 pancakes; 6 to 8 servings

- 1¼ cups hazelnuts (about 6 oz.)
- 1¾ cups all-purpose flour
- ¾ cup whole-wheat flour
- 2 tablespoons sugar
- 2 teaspoons ground cinnamon
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- 3 cups buttermilk
- 3 tablespoons butter or margarine, melted
- Salad oil



Nuts, spices, and a touch of whole wheat start the morning right.

1. Toast hazelnuts in a 10- by 15-inch baking pan in a 350° regular or convection oven until golden beneath skins, 7 to 10 minutes. Pour onto a clean linen towel. When nuts are cool enough to handle, rub in towel to remove loose skins. Whirl hazelnuts in a food processor until finely chopped, or finely chop with a knife; you should have 1¼ cups. Reserve ¼ cup to sprinkle over cooked pancakes.

2. In a bowl, mix all-purpose flour, whole-wheat flour, sugar, cinnamon, baking powder, baking soda, and salt. In a small bowl, whisk eggs, buttermilk, and butter until blended. Stir egg mixture into flour mixture until evenly moistened, then gently stir in remaining 1 cup hazelnuts.

3. Place a nonstick griddle or a 12-

inch nonstick frying pan over medium heat (350°). When hot, coat lightly with oil and adjust heat to maintain temperature (see "The perfect pancake," page 118). Spoon batter in ½-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1½ to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.

4. Serve pancakes as cooked or keep warm in a single layer on baking sheets in a 200° oven for up to 15 minutes. Sprinkle with reserved hazelnuts.

Per serving: 395 cal., 50% (198 cal.) from fat; 12 g protein; 22 g fat (4.8 g sat.); 41 g carbo (3.9 g fiber); 473 mg sodium; 68 mg chol.

SAN DIEGO

Crest Cafe

With hip, comfortable food and a retro diner look made slightly prim and proper by church pews enjoying their second life as cafe seating, Crest Cafe has been packing in Hillcrest-area habitués since 1982. Favorite menu items include a famous "onion loaf" (a deep-fried tangle of battered rings), grilled sandwiches, and honey-glazed pork chops. On weekends, breakfast specials such as the divine lemon- or orange-ricotta buttermilk pancakes and blackberry-topped whole wheat-cottage cheese "power pancakes" raise pancake expertise to an art form.

CREST CAFE, 425 Robinson Ave.; (619) 295-2510. — Peter Jensen

Lemon-Ricotta Pancakes

PREP AND COOK TIME: About 30 minutes
NOTES: This is our adaptation of Crest Cafe's lemon-ricotta pancakes, which are served with fresh strawberries and bananas. Top the bananas with a sprinkling of grated lemon peel and offer warm maple syrup to drizzle over the fruit and cakes.

MAKES: About 8 pancakes; 4 servings

1½ cups all-purpose flour

2 tablespoons sugar

1 teaspoon baking soda

½ teaspoon salt

1½ cups buttermilk

2 large eggs, separated

1 tablespoon grated lemon peel

⅓ cup part-skim ricotta cheese

Salad oil

1. In a large bowl, mix flour, sugar, baking soda, and salt. In a medium bowl, whisk buttermilk, egg yolks, and lemon peel to blend. Stir buttermilk mixture into flour mixture just until evenly moistened. Gently stir in ricotta cheese.

2. In a bowl, with a mixer on high speed, beat the egg whites until soft

peaks form. With a flexible spatula, gently fold the whites into the batter just until they are incorporated.

3. Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with oil and adjust heat to maintain temperature (see "The perfect pancake," at right). Drop batter in ½-cup portions onto the griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn cakes with a wide spatula and brown other sides, 1½ to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.

4. Serve pancakes as cooked, or keep warm in a single layer on baking sheets in a 200° oven for up to 15 minutes.

Per serving: 318 cal., 21% (68 cal.) from fat; 13 g protein; 7.6 g fat (2.6 g sat.); 48 g carbo (1.4 g fiber); 759 mg sodium; 116 mg chol.



Try these light and fluffy lemon-ricotta pancakes with the berry coulis on page 115.

the perfect pancake

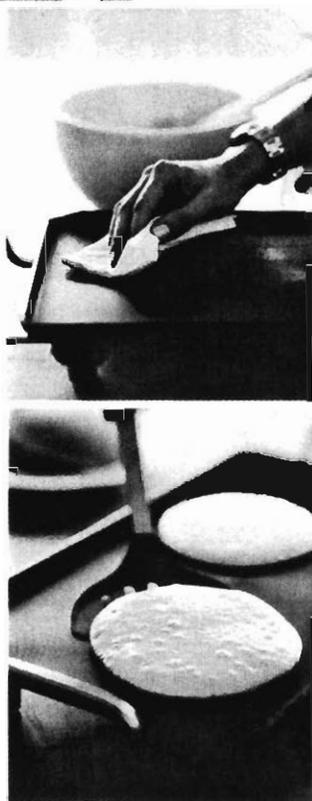
In many ways, making pancakes couldn't be simpler—at their most basic level, they consist only of flour, leavening, eggs, liquid (most often in the form of milk or buttermilk), and sometimes melted butter or oil. But there are a few simple techniques that ensure turning out a perfect pancake every time.

- **Combine** the dry ingredients first, then mix the liquid ingredients with the dry ingredients gently with a flexible spatula, just until evenly moistened. Avoid overmixing the batter, which can result in tough, rubbery pancakes.

- **Use** the right pan and amount of oil. The outside texture of the pancake depends on the surface of the griddle or pan and how much oil you use. While some people prefer the dark rings produced by a cast-iron surface, we like the results of a nonstick surface that has been coated with oil, then quickly wiped nearly clean with a paper towel.

- **Heat** the pan over medium-high heat until a small dollop of batter dropped in makes a sizzling noise. Lower the heat, add the first pancake, and observe how it cooks: By the time the edges of the

pancake start to look dry and bubbles are forming and popping on top, the underside should be golden brown. Lower the heat if the pancake darkens too fast and raise it if the pancake is still too light when bubbles form.



WHITEFISH, MONTANA

Buffalo Cafe

Although located just off Central Avenue, Buffalo Cafe is breakfast central in Whitefish. Ranchers and skiers gather in the morning at the lunch counter or in comfortable booths, surrounded by walls adorned with snowshoes, wooden skis, and a bulletin board posting notices for craft bazaars and sea-kayaking lessons. It's the kind of place, says Linda Maetzold, who owns the cafe with her husband, Charlie, "where people talk from table to table, because everybody knows everybody."

BUFFALO CAFE, 514 Third St. E; (406) 862-2833.

— Caroline Patterson

Strawberry Pancake Roll-ups

PREP AND COOK TIME: About 1 hour

NOTES: This is our version of a popular spring breakfast special at the Buffalo Cafe. Thin and tender, the pancakes are rolled around a strawberry pink filling. You can make the strawberry sauce and cream cheese mixture (steps 1 and 2) up to 2 days ahead; cover separately and chill.

MAKES: About 8 roll-ups; 4 servings

- 1½ quarts **fresh strawberries**, rinsed and hulled
- 6 tablespoons **sugar**
- 2 tablespoons **lemon juice**
- 8 ounces **cream cheese**, at room temperature
- 1½ cups **all-purpose flour**
- 1 teaspoon **baking soda**
- ½ teaspoon **salt**
- 2 **large eggs**
- 1½ cups **buttermilk**
- 1 cup **milk**
- Salad oil**

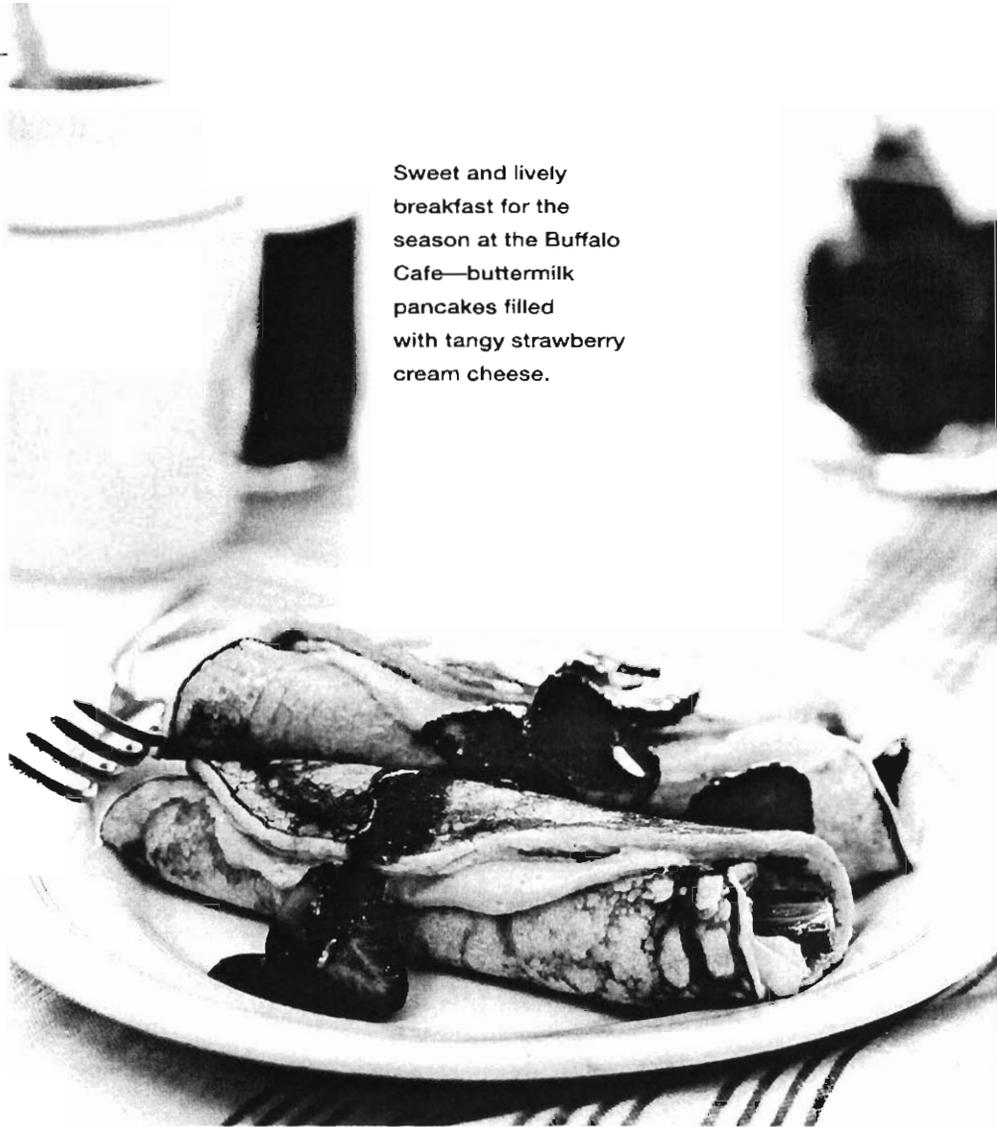
1. Thinly slice 2 cups strawberries. In a blender or food processor, whirl remaining 1 quart strawberries until smooth. Press through a fine strainer into a bowl, extracting as much liquid as possible with the back of a spoon or a spatula; discard residue. Whisk ¼ cup sugar and the lemon juice into strawberry purée.

2. In the blender or food processor (no need to rinse), whirl cream cheese and ½ cup of the strawberry purée until blended and smooth.

3. In a bowl, mix flour, baking soda, salt, and remaining 2 tablespoons sugar. In another bowl, whisk eggs, buttermilk, and milk just to blend. Whisk milk mixture into flour mixture just until evenly moistened.

4. Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with oil and adjust heat to

Sweet and lively breakfast for the season at the Buffalo Cafe—buttermilk pancakes filled with tangy strawberry cream cheese.



maintain temperature (see "The perfect pancake," page 118). Spoon batter in ½-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1½ to 2 minutes longer. As pancakes are cooked, transfer to baking sheets and keep warm in a 200° oven. Coat pan with more oil as necessary to pan to cook remaining pancakes.

5. Spread each pancake with about 2 tablespoons cream cheese mixture and roll up. Set two roll-ups on each plate, top evenly with sliced strawberries, and drizzle with a little strawberry purée; serve with remaining purée to add to taste.

Per serving: 646 cal., 40% (261 cal.) from fat; 19 g protein; 29 g fat (15 g sat.); 81 g carbo (7.5 g fiber); 936 mg sodium; 181 mg chol. ♦



Die Rezepte der Sendung vom 18. Sept. 2005

- Pikante Quarkpfannkuchen
- Vollkornpfannkuchen mit Spinat
- Quarkpfannkuchen mit Preiselbeeren
- Pfannkuchensäckchen mit Pfifferlingsragout
- Käsepfannkuchen
- Schaumpfannkuchen mit Apfel und Lauch
- Leinwebers-Eierkuchen
- Schaumpfannkuchen mit Zitronengras und karamellisierten Brombeeren
- Pfannkuchentörtchen mit Mousse von geräucherten Forellen
- Abgeflämmte Mille feuille' von Orangencepe' an Grand Manier Apfelsinen
- Pfannkuchen nach Brauhaus Art

Pikante Quarkpfannkuchen



Marlen Kummer, Wiesbaden

Zutate:

für 2 Personen:

250g Speisequark (20%)

100 ml Milch

3 Eier

100g Weizenvollkornmehl

Salz, Pfeffer

1 kleine Chilischote

250g Brokkoli,

150g Möhren (oder Tomaten und frische Keimlinge)

2-3 Eßl. Butterschmalz

25g geriebener Parmesankäse

Zubereitung:

Quark, Milch und Eier verrühren. Das Mehl unterrühren, mit Salz und Pfeffer würzen. Chilischote halbieren, entkernen, Schote in feine Ringe

schneiden, zum Teig geben. ½ Stunde quellen lassen.

Brokkolistielchen in wenig Salzwasser 5 Minuten andünsten, dann Röschen zugeben, weitere 5 Minuten andünsten. In Eiswasser abschrecken und abtropfen lassen. Mit den in Stifte geschnittenen Möhren ebenso verfahren.

Schmalz in 2 Pfannen zerlassen. Teig durchrühren und in die beiden Pfannen gießen, etwas stocken lassen, dann das Gemüse und den Käse aufstreuen. Zugedeckt stocken lassen.

Vollkornpfannkuchen mit Spinat



Gabriele Stichel, Schwalbach

Zutaten:

Für 4 Personen

250g Weizen oder Dinkel gemahlen, ersatzweise 250g Vollkornmehl

1 Teelöffel Backpulver

3 Eier

1 Prise Salz

½ l Flüssigkeit (375ml Milch und 125ml Mineralwasser)

1 Paket Tiefkühlspinat

Zubereitung:

Mehl und Backpulver mischen, Salz, Eigelb und Flüssigkeit zugeben, alles miteinander verrühren. Drei Eiweiß zu Schnee schlagen, vorsichtig unterheben und ca. 1 Stunde quellen lassen.

In der Zwischenzeit Spinat nach Packungsangabe zubereiten.

Fett in der Pfanne erhitzen, Pfannkuchenteig einfüllen, Pfannkuchen von beiden Seiten goldgelb backen und auf einen Teller gleiten lassen. Auf die Hälfte des Pfannkuchen Spinat geben und Pfannkuchen zusammenklappen.

Quarkpfannkuchen mit Preiselbeeren



Irene Meyer, Weilrod

Zutaten:

Für 4 Personen

3 Eier

150g Magerquark

150g Mehl

50g abgezogene, gemahlene Mandeln

1/8 l Milch

5 EBl. Mineralwasser

1 EBl. Vanillezucker

1/2 Teel. Zimt

2 Teel. Zitronensaft

1 Prise Salz

80g Butter

400g Preiselbeerkonfitüre

3 El. Kirschwasser

2 El. Puderzucker

Zubereitung:

Eier trennen. Quark mit Mehl, gemahlene Mandeln, Eigelb, Milch, Mineralwasser, Vanillezucker, Zimt, Zitronensaft und Salz verquirlen. Den Teig zugedeckt 30 Minuten ruhen lassen. Inzwischen Eiweiß steif schlagen. Den Eischnee gründlich unter den Teig ziehen.

Nach und nach Butter in einer großen, schweren Pfanne erhitzen. Darin 8 Pfannkuchen von jeder Seite goldbraun backen und warm halten, bis alle fertig sind.

Konfitüre mit Kirschwasser unter Rühren erwärmen. Eierkuchen damit bestreichen, zusammenklappen und mit Puderzucker besieben.

Irene Meyer, Weilrod



drucken



versenden

Pfannkuchensäckchen mit Pfifferlingsragout



Bernd Kreck, Dietzhölztal-Mandeln

Zutaten:

für 4 Personen:

Pfannkuchen:

250g Weizenmehl, gesiebt

4 ganze Eier (Größe M)

1 Prise Zucker (zum Abrunden des Geschmacks)

1 Messerspitze Salz

375 ml Milch

125 ml Mineralwasser

ca. 60g Butterschmalz oder 8 Eßlöffel Raps- oder Sonnenblumenöl zum Ausbacken

Pfifferlingsragout:

600g Pfifferlinge

20g Butter

80g fein gewürfelte Zwiebeln / Scharlotten

80g fein geschnittene Dörrfleischstreifen

¼ l Gemüsebrühe

100 ml Sahne

40g Butter

40g Mehl mit Butter verknetet (beurre manié)

Salz und frisch gemahlener Pfeffer

8 blanchierte Schnittlauchstängel zum Binden

Kräuter-Kochkäse-Schaum:

½ Paket Kräuter für Frankfurter Grüne Soße

125 ml Gemüsebrühe

100g Kochkäse ohne Kümmel

100 ml Sahne

restliche beurre manié

Salz und frisch gemahlener Pfeffer

Zubereitung:

Aus den Zutaten einen Pfannkuchenteig rühren. 8 gleichmäßige Pfannkuchen (20-22 cm Durchmesser) ausbacken und warm stellen.

Speckstreifen in 20g Butter andünsten, fein gewürfelte Zwiebeln / Schalotten zugeben.

Gewaschene Pfifferlinge zugeben und garen. Gemüsebrühe und Sahne beifügen und durchköcheln

Mehl mit Butter verkneten, das Pfifferlingsragout abbinden und mit Salz und frisch gemahlenem Pfeffer abschmecken.

Gemüsebrühe, Sahne und Kochkäse erhitzen. Gehackte Kräuter zugeben und ziehen lassen (nicht mehr kochen lassen!). Mit Salz und frisch gemahlenem Pfeffer abschmecken.

Pfannkuchen in konischen Behälter geben und das Pfifferlingsragout einfüllen und mit Schnittlauchstängeln zubinden.

2 gefüllte Pfannkuchensäckchen in einen heißen, großen, tiefen Teller geben, mit Kräuter-Kochkäse-Schaum angießen und mit Pfifferlingen und

Schnittlauchröllchen garnieren.

Käsepfannkuchen



Margret Grün, Weilburg-Ahausen

Zutaten:

Für 4 Personen

200 g Weizenmehl

1/2 Liter Milch

4 Eier

Salz

100g geriebener Hartkäse

Wasser

Fett zum Backen

Zubereitung:

Mehl, Salz, Eier und Milch zu einem glatten Pfannkuchenteig verrühren und diesen eine halbe Stunde ruhen lassen. Dann den geriebenen Käse und eventuell noch Wasser einrühren, dass ein dünner Pfannkuchenteig entsteht. In einer Pfanne wenig Fett erhitzen und eine Schöpfkelle Teig hineingeben. Die Pfannkuchen auf der Unterseite goldgelb backen, dann wenden, noch etwas Fett nachgeben und auf der anderen Seite fertig backen.

Mit dem restlichen Teig ebenso verfahren. Die Pfannkuchen in der Hälfte zusammenlegen und auf einer vorgewärmten Platte anrichten.

Schaumpfannkuchen mit Apfel und Lauch



Julia Newald, Braunfels

Zutaten:

für 4 Personen:

1 Stange Lauch, ca. 600 g

1 großer Apfel

4 Eier

150 g Mehl

1 Messerspitze Backpulver

0,3 Liter Mineralwasser

4 Teelöffel Butterschmalz

8 Scheiben Frühstücksspeck

Salz

Zubereitung:

Den Lauch putzen, waschen und in Ringe schneiden. Den Apfel schälen und in 4 Scheiben schneiden. Das Kerngehäuse ausstechen. Die Eier trennen. Die Eigelbe mit 1 Prise Salz schaumig schlagen. Das Mehl mit dem Backpulver vermischen und darüber sieben. Das Mineralwasser zugeben und schnell unterrühren. Eiweiß steif schlagen und portionsweise unter die Masse heben. Für 4 Pfannkuchen je 1 Teelöffel

Butterschmalz in einer Pfanne erhitzen. 2 Scheiben Speck und 1 Apfelscheibe einlegen und ein Viertel des Lauches darüber verteilen. Kurz andünsten und ein Viertel des Teiges darüber geben. Von beiden Seiten goldgelb backen.

Leinwebers-Eierkuchen



Marga Busch, Dietzhöhlztal

Zutaten:

für 4 Personen:

600 g Kartoffel

150 g Weizenmehl

¼ Liter Milch

4 Eier

Salz, Pfeffer, Muskat

1 Bund Schnittlauch

150 g durchwachsenen Speck (Dörrfleisch)

Zubereitung:

Die Kartoffel waschen und schälen. Die Kartoffel in dünne Scheiben schneiden.

Aus Mehl, Milch und Eier einen Pfannkuchenteig herstellen. Mit Salz, Pfeffer und Muskat würzen und den fein geschnittenen Schnittlauch zugeben.

Den Speck in feine Würfel schneiden.

Dann jeweils ¼ der Menge Speckwürfel in einer Pfanne ausbraten. Kartoffelscheiben dazugeben, mit Salz und Pfeffer würzen und braten. ¼ de

Pfannkuchenmasse darüber geben und auf beiden Seiten hellbraun braten. Mit dem Rest ebenso verfahren.

Dazu Gurkensalat servieren.

Schaumpfannkuchen mit Zitronengras und karamellisierten Brombeeren



Hotel-Restaurant "Zur Krone"

Zutaten:

Für 6 Personen

4 Eigelb

1 Stange Zitronengras

½ Vanilleschote

30 ml Milch

7 Eiweiß

120 g Zucker

70 g Mehl

40 g Butter

30 g Milch

300 g Brombeeren (man kann auch Ananas nehmen)

150 g Zucker (zum Karamellisieren)

ca. 40 g Butter zum Braten

Zubereitung:

Zuerst die Zitronengrasstangen plattieren, in kleine Stücke schneiden, in der Milch kurz aufkochen und 15 Minuten ziehen lassen. Eigelb und Eiweiß trennen. Eigelb, abpassierte Zitronengrasmilch und Vanillemark gut miteinander verrühren. Eiweiß mit Zucker steif schlagen und vorsichtig unter die Eigelbmasse heben. Mehl über die Mischung sieben und melieren. Die warme Butter langsam beifügen. In einer Pfanne Butter erhitzen und kleine Pfannkuchen backen- ca. 1 Minute von jeder Seite. Pfannkuchen auf einen Teller legen und kräftig mit Puderzucker bestäuben.

Für die karamellierte Brombeeren 150 g Zucker in einem Topf schmelzen lassen, bis die gewünschte Farbe des gebräunten Zuckers erreicht ist. Danach die gewaschenen und abgetrockneten Brombeeren zugeben, alles mit einem Holzkochlöffel verrühren und zusammen mit den Pfannkuchen auf dem Teller anrichten.

Hotel-Restaurant "Zur Krone"

35792 Löhnberg, Obertorstraße 1

06471-6070

Pfannkuchentörtchen mit Mousse von geräucherten Forellen



Treuschs Schwanen

Zutaten:

für 4 Personen

80 g Mehl

100 g Milch

1 Ei

Kräuter

Salz, Pfeffer

200 g geräuchertes Forellenfilet

180 g Sahne

2 Blatt Gelatine

10 g Forellenkaviar

Salz, Pfeffer

160 g Lachsforellenfilet

15 g Salz

15 g Zucker

½ Teelöffel weiße Pfefferkörner

Dill

Blattsalate

Vinaigrette

Zubereitung:

Das Lachsforellenfilet mit Salz, Zucker und Pfefferkörner ca. 24 Stunden beizen. Dafür in einem flachen, dem Fischfilet angepassten Gefäß die Hälfte von Salz, Zucker und Pfefferkörner geben. Darauf das Lachsforellefilet mit der Hautseite nach oben legen. Die andere Hälfte der Gewürze darüber geben, mit Frischhaltefolie bedecken, diese etwas beschweren und in den Kühlschrank stellen. Nach ca. 24 Stunden den Fisch herausnehmen, mit kaltem Wasser abwaschen und trocken tupfen.

Milch und Mehl glatt rühren, das Ei unterschlagen, fein gehackte Kräuter zugeben und würzen. Aus diesem Teig dünne Pfannkuchen backen.

Diese erkalten lassen und mit einem runden Ausstecher (ca. 6 cm) ausstechen.

Das Forellenfilet im Mixer pürieren und dann durch ein feines Sieb streichen. Die Sahne steif schlagen und unter das Forellenmousse heben. Die zuvor in kaltem Wasser eingeweichte Gelatine durch Erhitzen flüssig machen. Diese dann schnell unter das Mousse heben und abschmecken.

Das Mousse und die Pfannkuchentaler zu Törtchen aufschichten. Fest werden lassen.

Zum Anrichten die Törtchen in die Mitte der Teller setzen. Den Forellenkaviar darauf verteilen. Das gebeizte Lachsforellefilet in dünne Scheiben schneiden und mit den angemachten Salatblättern um die Törtchen arrangieren.

Treuschs Schwanen, Armin und Thomas Treusch

Rathausplatz 2, 64385 Reichelsheim

Tel/Fax/mail 06164-2226 / 06164-809 / info@treuschs-schwanen.com

Abgeflämte Mille feuille' von Orangencrepe' an Grand Manier Apfelsinen



Hotel Lahnschleife

Zutaten:

125 g 20% Quark

100 g Zucker

1 Orange

Orangenessenz

½ Vanilleschote

2,5 Blatt Gelatine

30 g Quark

50 g Puderzucker

2 Trauben Johannisbeeren

2 Lavendelzweige

50 ml Grand Manier

20 g Mondamin

60 g Mehl

170 g Milch

1,5 Eier

15 g Zucker

Prise Salz

30 g Mangosauce

30 g Quark

30 g Himbeersauce

50 g Isomaltzucker

etwas Minze

Orangenschale

Zubereitung:

Aus Mehl, Eier , Zucker , Salz und Orangenschale ein Crepeteig herstellen.

Crepe dünn in der Pfanne braten, auskühlen lassen.

125 g Quark mit 35 g Zucker verrühren. Orangenschale und Vanilleschote hinzufügen, 2,5 Blatt Gelatine auflösen dazugeben, halb stocken lassen, Sahne unterheben. Crepe in Metallringgröße ausstechen und immer ein ausgestochener Crepe und eine Schicht Creme einfüllen, mit Crepe abschließen. Im Kühlschrank stocken lassen danach mit Puderzucker bestäuben und einer heißen Fleischgabel abflämmen.

Für die Grand Manier Orangen: 65 g Zucker karamellisieren mit 50 ml Grand Manier ablöschen einkochen mit 20 g abgerührtem Mondamin leicht abbinden.

Für Spiralen: Isomalt schmelzen dann Spiralen und Gitter herstellen.

Hotel Lahnschleife

Hainallee 2 35781 Weilburg /Lahn

06471-49210 Fax : 06471- 4921 777

Pfannkuchen nach Brauhaus Art



Weilburger Hof

Zutaten:

für 2 Personen

Teig:

250g Mehl (alternativ Vollkornmehl)

3 Eier

¼ l Altdeutsch Dunkel (alternativ helles Pils oder Altbier)

je ein Zweig Rosmarin und Thymian

ein gute Prise Salz

20g Butterschmalz (Öl)

Belag:

50g herzhafter Räucherschinken gewürfelt

1 Champignon

1 Apfel

100g Edamer gerieben

Zubereitung:

Mehl, Eier, Bier, Kräuter und Gewürze zu einem dünnen Teig verrühren und 30 Minuten kühl ruhen lassen. Den Teig in eine vorgewärmte mit Butterschmalz bestrichene Pfanne geben. Wenn der Teig sich vom Pfannenboden leicht löst, die noch flüssige Oberseite mit Schinkenwürfeln, Champignonscheiben und den Apfelspalten belegen. Die Pfanne in den Ofen oder unter einen Grill stellen. Wenn der Pfannkuchen angezogen hat, wird er mit Käse bestreut und unter dem Grill goldgelb überbacken. Dazu schmecken frische Blattsalate und ein Bier!

Weilburger Hof,

Schwanengasse 14, 35781 Weilburg/Lahn

06471-7153, 06471-38350

WDR

WDR Lokalzeit Münsterland - Kuchenbuffet - Schinkenpfannkuchen mit Äpfeln

<http://www.wdr.de/studio/muenster/lokalzeit/serien/kuchenbuffet/Schinkenpfannkuchen.jhtml>

KUCHENBUFFET

Schinkenpfannkuchen mit Äpfeln

von Ben Weenink und Ido Berghuis aus Lievelede/Niederlande

Zutaten für 4-6 Pfannkuchen

- 5 Eier
- 500 g Mehl
- 50 g Paniermehl
- 50 g Buchweizenmehl
- 1/2 l Vollmilch
- 1 Prise Salz
- 6-8 Scheiben Schinkenspeck
- 2-3 Äpfel, am besten eignen sich säuerliche Sorten, z.B. Jonagold

Zubereitung:



Eier aufschlagen und mit Milch verrühren. Das Mehl und Buchweizenmehl hinzu geben, mit Salz abschmecken und zum Schluss das Paniermehl unterrühren. Falls der Teig zu dünn ist, noch etwas Mehl hinzufügen. Die Äpfel schälen, das Kerngehäuse entfernen und in Scheiben schneiden. Den Speck in einer Pfanne kurz anbraten, 1-2 Löffel Teig darüber geben und je nach Geschmack mit Apfelscheiben belegen. Wenn der Pfannkuchenteig langsam fest wird, den Pfannkuchen wenden und goldbraun braten.

Tipp: Heiß mit Rosinen, eingelegt in Brantwein, und Ananasscheiben servieren.

Guten Appetit!

Boekweitpannenkoekjes met appelblauwekaasspread

Hapje voor 10 personen

Voor de spread:

- 2 grote stevige appels
- 1 eetlepel boter
- ½ theelepel suiker
- 1 klein sjalotje, gehakt
- 120 gram roomkaas
- 60 gram blue roquefort
- 150 gram zure room
- ½ theelepel zout

Voor de pannenkoekjes:

- 50 gram boekweitmeel
- 50 gram bloem
- 1 zakje droge gist
- 1 theelepel suiker
- snufje zout
- 150 milliliter karnemelk
- 2 eieren
- 30 milliliter calvados
- 15 gram boter (gesmolten) + extra om te bakken

De spread:

Schil 1 appel, verwijder het klokhuis en snijd het vruchtvlies in blokjes. Smelt de boter in een koekenpan en roer de suiker erdoor. Voeg de appelblokjes en het sjalotje toe en bak af en toe roerend op zacht vuur circa 25 minuten. Het mengsel wordt goudbruin van kleur. Laat helemaal afkoelen. Meng in een kom de roomkaas, de roquefort, de zure room en het zout. Meng er het appelmengsel door en laat de smaken in de koelkast circa 30 minuten intrekken.

De pannenkoekjes:

Klop een beslag van de 2 soorten bloem, de gist, de suiker, het zout, de melk, de calvados, de eieren en de boter. Laat circa 45 minuten rijzen. Smelt wat boter in een koekenpan en bak telkens 3 pannenkoekjes tegelijk in een pan. Keer ze pas als er belletjes aan de bovenkant verschijnen en ze goudbruin van onderen zijn. Besmeer de pannenkoekjes dik met de spread en garneer met plakjes van de overgebleven appel.

Frieda's Phoo Yongh Hai (Egg Phoo Yongh)

Ingredients for Phoo Yong Hai pancakes:

- 2 onions, chopped
- 2 cloves of garlic, minced
- x leek, chopped
- x sellery greens
- x white cabbage, chopped fine [original recipe calls for the 2 foot long pointed cabbage]
- x crab meat
- x slices of "boiled" ham, cut up
- 6 - 8 eggs
- 1½ tablespoons flour (2 if using 8 eggs)
- 1 beef or chicken bouillon cube
- milk
- salt
- pepper
- vegetable oil

Ingredients for sauce:

- x ketchup or "hot" ketchup
- x minced garlic
- worcestershire sauce
- x stem ginger (coarsely chopped) + syrup
- pinch of sugar
- corn starch

Instructions for Phoo Yongh Hai pancakes:

- fry onions with the garlic in a little vegetable oil
- add "spitskool", leek, sellery, bouillon cube, pepper
- cook until done & crispy, almost dry
- let cool off
- mix in the crab meat and ham
- beat eggs
- add flour, milk, pepper, salt to the eggs
- blend the egg mix and the vegetable mix into batter
- bake pancakes from batter, using vegetable oil (not butter) until golden brown on both sides

Instructions for the sauce:

- mix all ingredients except corn starch
- bring to slow boil for a couple of minutes
- thicken with corn starch

- serve with rice, peas, and sauce

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Orange Marmalade

Ingredients:

- 4 juicy oranges
 - 1 lemon
 - 1 white grapefruit
 - ½ cup (120 ml) white sugar for each cup of fruit juice
 - Angostura bitters
 - sterilized jars
-

Instructions:

- wash fruit well
 - cut into halves (do not peel fruit!)
 - thinly slice fruit and remove seeds
 - measure fruit & juice
 - add 3 times that amount of water
 - soak 12 hours
 - bring to a boil, reduce heat, and simmer uncovered for 20 minutes
 - remove from heat
 - cover and let stand 12 hours at room temperature
 - add ½ cup of sugar to each cup of fruit mixture
 - next, the mixture is slow-boiled in batches of 6 cups each
-
- transfer 6 cups of mixture to a sauce pan
 - depending on your stove, you may be able to do several pots at a time
 - add 5-6 drops of Angostura bitter to each pot
 - bring mixture to a boil
 - reduce heat to medium and boil slowly for 2½ hours, stirring occasionally until jelly forms on the back of spoon
 - let cool in the pan for 15 minutes
 - pour into sterilized jars

- DO NOT cook in batches larger than about 6 cups of mixture in a saucepan!
- yields 6-7 pints

this recipe is brought to you by Christine Dörenberg

Cynthia's Candied Citrus Peel

Ingredients:

- 5 large navel oranges, *or* 3 large grapefruits, *or* 8 large limes, *or* 8 medium lemons
 - 2½ cups (600 ml) sugar
 - 1½ teaspoons ground ginger
 - ¾ cup (180 ml) semi-sweet or milk chocolate
 - 1-2 tablespoons paraffin wax
 - waxed paper
-

Instructions:

- cut fruit into 4 or 8 wedges
- remove fruit flesh **but** leave white pith attached to rind!
- cut into 2-3 inch long by ½ inch wide strips
- put into heavy sauce pan
- repeat 5 times:
 - cover with boiling water
 - let simmer for 5 minutes
 - drain
- drain well
- spread out the strips on paper towels (separated)
- in same sauce pan, combine 1½ cups sugar, ¾ cups water, and the ginger
- bring to a boil, then reduce heat and let simmer without stirring until sugar dissolves
- add the peels
- partially cover the pan and let simmer gently 1-1¼ hours, *or* until peels are tender and the syrup is almost absorbed
- meanwhile, line a large tray with waxed paper
- use tongs to transfer the hot peels to the paper, keeping the strips separated
- let cool
- roll strips in 1 cup of sugar
- place in single layer on fresh waxed paper, and let sit overnight to dry
- if still sticky, sprinkle on more sugar or roll again in sugar, and dry again overnight
- melt paraffin wax in microwave (takes a while), or in 1 cup container over simmering water
- add the chocolate to the melted paraffin and heat in microwave until smooth
- dip the peels halfway in the chocolate, and twirl off the excess
- lay on waxed paper to harden

 store peels in glass jar or cookie tins

 yields 2 pounds

 90 cal. per ounce

this recipe is brought to you by Christine Dörenberg

Jan's Swiss Cheese Fondue

Ingredients:

- 450 gr (1 pound) Gruyère cheese (sharp, salty if available)
- 450 gr (1 pound) Emmentaler cheese
- 225 gr (½ pound) Tilsitter cheese
- 100 gr (¼ pound) Appenzeller cheese (= soft and high fat)
- 100 gr (¼ pound) Vacherin cheese (= soft and almost high fat)
- 1 dl (1/3 cup) dry white wine per person
- garlic clove
- Kirschwasser (cherry schnapps)
- cornstarch
- pepper (NO salt)
- french bread (not too fresh), diced
- Dutch or pearl onions, relished pickels, prosciutto
- if possible, have the cheeses grated when you buy them (most cheese stores won't do this for the soft cheeses)
- you need about 250-300 gr cheese per person; above amounts are for 4 persons

Instructions:

- grate the cheeses, and mix
- a crock-type fondue pot is best
- rub the inside of pot with garlic clove; if desired, put couple of teaspoons minced garlic in pot
- heat up some wine in the pot, enough to cover the bottom ½ - 1 cm (¼+ inch)
- reduce heat to "low"
- add some of the cheese, stir
- a wooden spoon with hole works best; adjust your stirring pattern according to your stove (old fashioned electric plates have hot spots)
- as necessary, add some wine, to keep the cheese smooth
- keep stirring!
- bit by bit, add the rest of the cheese, and some wine as necessary; keep stirring
- slowly increase the heat
- keep stirring until smooth(takes a while)
- in a shot glass, dissolve a couple of teaspoons cornstarch in Kirschwasser
- as necessary, add some cornstarch to the pot, to get the right consistency
- season with some pepper
- whole melting process takes up to 45 minutes

- serve with chilled white wine, hot black tea, Kirschwasser (NO softdrinks or beer)
- serve with the diced bread. According to local Swiss customs, women who drop their bread in the cheese pot must kiss all men at the table, men who drop their bread have to donate a bottle of wine
- serve with Dutch or pearl onions, relished pickels, prosciuto

original recipe by J.C. van Straaten

Curry Powder

IT IS ONE OF THE MOST ABUSED and misused of Indian spices. It is dumped into and onto dishes without any thought as to the final taste. It is usually too strong and turns people off.

It is curry powder.

To begin with, you must realize that there is no such thing as "a" curry powder. There are thousands of curry powders, each made up of different types and amounts of spices, depending on individual tastes.

In India, each household has its own formula for producing curry powders. They make them at home or take the ingredients to a spice store and have them ground. And if curry powder is made at home, it is made fresh every day.

The biggest difference between the Indian cook and the Western cook is that the latter puts herbs and spices into the dish one by one. The Indian cook assembles all the herbs and spices and works them into a blend, placing the final mixture into the dish. The idea is that the flavor of the curry should be the flavor of the blend.

The classic Indian curry powder contains at least six spices: cumin, coriander, fenugreek, turmeric, black pepper and cardamom. The cumin, coriander, fenugreek and cardamom give the powder its fragrance; the turmeric its golden color; the black pepper its heat.

To these basic spices you can add whatever suits your tastes. Some spices to consider include cinnamon, nutmeg, fennel, anise, saffron, caraway, bay leaf, clove, mace, ginger, onion, garlic, red pepper, allspice, cayenne and mustard seed.

It is easy to make a curry powder. One can start by mixing ground spices in a glass bowl or by using a coffee grinder, which has never been used for coffee, to grind whole seeds.

Of course, if you don't want to be bothered with making your own curry powder, there are many excellent commercial powders on the market. Three of the better brands are Spice Islands, McCormick and Sun Brand Madras.

In addition to the basic spices, Spice Islands contains quite a bit of ginger and dill which give it a pleasant herbal fragrance, making it excellent for butters, salads, dips, soups and mayonnaise-based spreads.

McCormick is perfumed with coriander, fenugreek and celery, and is especially suitable for vegetables, lentils, poultry, cheeses, soups and gravies.

Sun Brand Madras has fennel and anise which produce a licorice aroma, along with ginger, garlic and salt. It is an all-purpose curry powder and is excellent in casseroles.

Ingredients Hot Curry Powder:

- ½ cup ground turmeric
- ½ cup ground coriander
- 5 tablespoons ground black pepper
- 2 tablespoons ground cardamom
- 1 tablespoon ground red pepper
- 1 tablespoon ground ginger
- 1 tablespoon ground cumin
- ½ tablespoon ground cayenne pepper

Instructions:

- combine all ingredients in a bowl, and mix thoroughly
 - pack the powder into small jars and seal tightly
 - makes 1½ cups
-

Ingredients Mild Curry Powder:

- ¾ cup coriander seeds
- 2½ tablespoons dried chili peppers
- 1 teaspoon saffron threads

- 2 tablespoons poppy seeds
- 2 tablespoons mustard seeds
- 2 tablespoons cumin seeds
- 2 tablespoons salt
- 1 tablespoon garlic powder

Instructions:

- put first 6 ingredients into a grinder, and whirl until pulverized
 - add remaining 2 ingredients and mix well
 - makes 1 cup
-

Ingredients Madras Curry Powder:

- ½ cup coriander seeds
- ½ cup dried red chili peppers
- 5 tablespoons ground turmeric
- 1 tablespoon black peppercorns
- ½ teaspoon mustard seeds
- ½ teaspoon fenugreek seeds
- 6 whole cloves
- 6 cardamom seeds
- 2-inch (5 cm) stick cinnamon, broken into pieces

Instructions:

- put all ingredients into a grinder, pulverize the mixture
- makes 1½ cups

Poffertjes

Makes about 70

Ingredients:

- 250 grams flour (regular, or 125 gram regular flour + 75 gram buckwheat flour + 50 gram rice flour)
 - 3 dl lukewarm milk
 - 10 grams active dry yeast (about 1½ pouches)
 - 2 eggs
 - 5 grams salt
 - butter
 - poffertjes griddle (thick, heavy, round, cast iron griddle with many 5 cm (2 inch) diameter dimples)
 - powdered sugar
-

Instructions:

- mix half of the milk with the flour, yeast, salt and the eggs into a smooth batter
 - while stirring, mix in the rest of the milk
 - cover the bowl with a damp cloth or with plastic kitchen foil, and put it at a warm spot
 - let the batter rise for 1 hour
 - grease the hot poffertjes griddle
 - quickly fill each of the dimples half way with batter
 - turn each poffertje over with a small fork as soon as they batter is dry on top, and bake until bottom is also golden brown
 - serve each batch of poffertjes on a plate, let some butter melt on top of them and dust with powdered sugar
-



Trucs et astuces

- Il est important (mais pas indispensable) de faire reposer la pâte pour que le gluten contenu dans la farine ait le temps d'absorber le liquide. La pâte deviendra alors plus souple, se rétractera moins à la cuisson et les crêpes pourront être plus fines.
- Avant d'utiliser la pâte, fouettez-la pour obtenir de nouveau une pâte homogène, car la farine a tendance à retomber au fond du bol.
- La poêle doit toujours être bien chaude avant de verser la pâte et juste graissée à l'aide d'un papier absorbant huilé ou d'une noisette de beurre.
- Mettre du beurre ou de l'huile dans la pâte évite que les crêpes n'accrochent à la poêle et permet de maîtriser la quantité de matières grasses utilisées.
- Évitez les cuissons à feu trop vif. Les bords de la crêpe se dessèchent et noircissent.
- Si vous avez des grumeaux dans la pâte, passez-la à la passoire fine ou au mixeur.
- Remplacez un peu du lait par de l'eau ou de la bière (1/4 bière, 3/4 lait ou 1/2, 1/2), les crêpes seront plus légères.
- Ne conservez pas la pâte plus de trois jours. S'il en reste, congelez-la. Laissez-lui juste le temps de décongeler quelques heures à température ambiante ou au frais la veille pour le petit déj du lendemain.

CELLE D'UN GRAND CHEF

Par Michel Guérard

Pour 10 petites crêpes environ

Préparation : 10 mn

- 100 g de farine
- 40 g de sucre en poudre
- 1 œuf + 1 jaune
- le zeste d'1/2 orange non traitée râpé
- 25 cl de lait
- 50 g de beurre

Dans un saladier ou le bol d'un robot, fouettez la farine, le sucre, les œufs, le zeste d'orange et 1 pincée de sel. Versez progressivement le lait et continuez de mélanger jusqu'à obtenir une pâte lisse. • Faites chauffer le beurre dans une petite casserole jusqu'à ce que toute l'eau s'évapore et qu'il devienne blond (beurre noisette). Versez le beurre dans la pâte et mélangez à nouveau 15 s. • Laissez reposer 30 mn. Faites cuire les crêpes comme dans la recette de base.

UNE POUR CHANGER

A la bière

Pour 15 crêpes environ / Prép. : 5 mn

- 250 g de farine
- 40 g de sucre en poudre
- 3 œufs
- 25 cl de bière blonde
- 25 cl de lait
- 30 g de beurre
- 1 c. à soupe de rhum

Mélangez la farine, les œufs, le lait, 1 pincée de sel, le rhum et un peu de bière. Fouettez pour obtenir une pâte bien lisse. Faites fondre le beurre, ajoutez-le dans la pâte. • Versez le reste de bière et mélangez. • Laissez reposer, puis faites cuire les crêpes comme dans la recette de base.

RECETTE DE BASE

Par Bertrand Denis, maître crêpier

Pour 15 crêpes environ

Préparation : 5 mn

Cuisson : 4 mn + 4 mn + 4 mn...

- 250 g de farine fluide
- 25 g de sucre en poudre (facultatif)
- 1/2 l de lait
- 3 œufs
- 25 g de beurre

Dans un grand saladier, mélangez tous les ingrédients avec 2 pincées de sel. Faites fondre le beurre et ajoutez-le. • Fouettez une dernière fois et laissez reposer 1 h. • Mélangez à nouveau. • Faites chauffer une poêle anti-adhésive sur feu vif. Quand elle est bien chaude, ramenez à feu moyen et versez une louche de pâte dans la poêle. Inclinez-la légèrement de manière circulaire pour que la pâte s'étale bien dans toute la poêle en une couche mince et uniforme. Déposez sur le feu. Dès que la première face de la crêpe est colorée, retournez-la et laissez cuire encore un peu. • Déposez la crêpe sur une assiette et couvrez d'une assiette retournée ou d'une feuille d'aluminium.

L'abus d'alcool est dangereux pour la santé.
A consommer avec modération

Pour changer de la beurre-sucre

- Une confiture légèrement acidulée (griottes, rhubarbe, groseilles, myrtilles...) mélangée à un peu de fromage blanc battu.
- Un caramel laitier réalisé avec 60 g de sucre, 20 cl de crème liquide et 60 g de beurre.
- Des pommes ou des poires sautées dans une poêle avec beurre, sucre et un peu de cannelle.
- Un peu de sucre et un filet de jus de citron.

CELLE QUI RAPPELLE LES SPORTS D'HIVER

Par Grand Marnier

Pour 15 crêpes environ / Prép. : 5 mn

- 220 g de farine
- 20 cl de lait
- 50 g de sucre en poudre
- 4 œufs
- 5 cl d'huile
- 10 cl de Grand Marnier (liqueur)

Dans un grand saladier, mélangez le lait, 20 cl d'eau, les œufs, le sucre et 1 pincée de sel. • Incorporez la farine petit à petit pour obtenir une pâte bien lisse. • Versez l'huile et éventuellement un peu de Grand Marnier. Mélangez. • Laissez reposer la pâte 2 h. • Faites cuire les crêpes comme dans la recette de base. • Au moment de servir, saupoudrez chaque crêpe de sucre et arrosez de Grand Marnier.

LA SANS BALANCE

Pour 15 crêpes environ / Prép. : 5 mn

- 8 c. à soupe bombées de farine
- 4 œufs + 2 jaunes
- 1 verre à moutarde de lait
- 1/2 verre à moutarde d'eau
- 2 grosses noix de beurre
- 1 pincée de sel

Procédez comme dans la recette de base en veillant à laisser reposer la pâte.

