

A Cookbook by Ted

by

Ted Summerfield

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Notes to Reader

All these recipes have been prepared and eaten by me for many, many years. A couple of the dessert recipes are oft-requested Christmas gifts.

Some recipes include salt, peanuts or other nuts, so be aware of diet and/or allergy issues of anyone for whom you prepare foods.

Please follow a recipe exactly as described the first time you prepare the dish. Once you know how the food tastes, you can adjust recipe to fit your style.

Some recipes were used in a small bistro I owned and operated for several years in the Vancouver, BC, Canada region. Most recipes have been in the Summerfield family for years.

Willi Hastings once said *“Eating an artichoke is like getting to know someone really well.”*

I personally don't like artichokes, which explains why you won't find artichokes in any of these recipes.

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Recipes

No diet will remove all the fat from your body because the brain is entirely fat. Without a brain you might look good, but all you could do is run for public office. Covert Bailey

Spinach Salad Dressing

Spinach Salad below

2 cloves garlic

2 tbsp. red vinegar 1 tsp. sugar

1 tsp. salt

1/2 tsp. pepper

1 tsp dry mustard

6 tbsp. salad oil (Olive oil or Becel two choices)

Mix all ingredients gently in a small jar. Cover with a lid and let stand in the refrigerator at least overnight. I've served mine on the spinach salad a week later and it was wonderful.

Spinach Salad

2 bunches fresh spinach

3 eggs, hard-boiled.

3 green onion (chopped)

1/3 cup chopped mushrooms, and alfalfa sprouts if desired

Wash spinach carefully. Let dry, then remove stems from spinach and tear leaves into a bowl. Add remaining ingredients (except eggs) and chill. When you are ready to serve the salad, shell the hard boiled eggs and grate over salad. Remove garlic from dressing and pour over salad. Toss lightly and serve at once.

Extras you can experiment with: At times I've added 2-4 different cheeses to salad, or sliced black olives and dribbled a tiny bit of olive juice onto salad, dry and crispy bacon

pieces, sliced mushrooms or tomatoes, cherry tomatoes, chopped cucumber or celery, or minced garlic. Sometimes I've added all of them to one salad.

Other times I've placed shrimp or thin slices of chicken on top, mixed in chopped chicken, crab, or salmon.

I'm a picky eater, so no radishes, cauliflower, broccoli, or artichokes.

You, on the other hand, may add what you like.

I prefer Hostess fruit pies to pop-up toaster tarts because they don't require so much cooking.
Carrie Snow

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Anton's Beets 'n' Orange

Serves four

In a saucepan mix:

3 tablespoons sugar

1 1/2 teaspoons cornstarch

1 tsp salt

then add

1 tablespoon butter

Blend over low heat.

Slowly stir in

1/2 cup orange juice

Cook and stir until sauce thickens.

Pour over 8 to 10 drained hot cooked beets (whole, sliced, quartered, diced, or julienne style).

Variation:

For carrots add to sauce: 1/4 to 1/2 teaspoon ginger.

Stuffing for:

Chicken, turkey, Cornish game hen, or pork chops

1 cup bread crumbs (2 slices of bread)

1/4 cup melted butter

1/4 teaspoon salt

1/3 cup chicken broth

1/2 cup chopped celery (one large celery stalk)

1/2 cup chopped onion

1/2 cup sliced mushrooms (optional) sage, parsley, and bouquet garni to taste

Combine all ingredients and use to stuff.

Allow half a cup of stuffing for each pound of bird.

I have learned to spell hors d'oeuvres,

Which grates on many people's nerves.

Unknown.

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Tourtiere

Traditionally served in French Canadian homes Christmas Eve.

2 pounds lean ground beef 2 pounds ground pork

1 medium onion, chopped 4 and 1/2 cups water

a bouquet made of 3 tablespoons pickling spice

3 medium potatoes, peeled and diced

1 and 1/2 teaspoons salt

1/2 teaspoon of pepper

1/4 teaspoon garlic powder

1 batch of pastry

Combine the ground beef, pork, onion, and water in large pot. Heat to boiling, stirring often. Boil slowly for 15 minutes. Add potatoes and pickling spice. Cover pot and simmer for one hour. Push spice bag down occasionally. Add salt, pepper, and garlic powder. Continue to simmer for half an hour. Mash potatoes in pot and cool until lukewarm.

Roll out pastry to fit the pans you have chosen. Line the pans and fill with meat filling.

Dampen the edges, cover with rolled pastry and crimp edges to seal. Dampen top in places where you want to decorate with addition pastry shapes. Cut slits in top. Bake at 400 degree for about 30 minutes, or until browned.

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Fish Pie

2 cups milk

2 pounds of fish filets (sole or other)

3 tablespoons butter or margarine

3 tablespoons all purpose flour

1 tsp salt

1/4 tsp pepper

1/2 tsp Worcestershire sauce

1 and 1/2 cups reserved milk

1 cooked pie shell

Sprinkle paprika

Heat milk in a saucepan. Add fish. Poach and simmer slowly until barely cooked, until it flakes easily when fork tested, about 5 minutes.

With a slotted spoon lift out the fish and place on rack; reserve milk.

Melt butter into another saucepan.

Mix in flour, salt, pepper, and Worcestershire sauce. Add reserved milk, stirring until it boils and thickens. Put fish into pie shell.

Pour cream sauce over the top. Sprinkle with paprika. Bake uncovered in 350 degree oven for 5-10 minutes until browned.

Statistics show that of those who contract the habit of eating, very few survive. Wallace Irwin.

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Two types of Pie Crusts

Tender Flakey Pie Crust

5 cups all purpose flour

3 tablespoons brown sugar

Pinch of salt

2 teaspoons baking powder

1 pound lard

2 tablespoons of vinegar in a cup then fill to 3/4 with cold water.

Mix the flour, brown sugar, salt, and baking powder together.

Then mix in the lard with the tips of your fingers. When mixture is a bunch of little lumps add the vinegar/water mixture. You will need to keep extra flour around. This is a very moist mixture. It has a beautiful flavour.

While it is possible to get an acceptable looking crust with this recipe it is next to impossible to do anything really fancy.

Designer Pie Crust

6 cups all purpose flour

2 teaspoons salt

4 teaspoons granulated sugar

2 cups cold unsalted butter; it is important that the butter be cold.

1 cup or more of ice water

Mix flour, salt, and sugar.

Mix in butter, then add the cold water.

This pie crust is a little tougher in texture but it is tasty and very easy to make fancy looking pies with.

(You may need beans or pie weights for cooking certain pies. Also, you will need a roll of wax paper and some tin foil.)

The most dangerous food is wedding cake. American proverb

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Cherry Pie

2-3/4 cup frozen or thawed cherries (preferably sour)

2/3 cup juice raspberry or pineapple, orange or other juice you like

1/4 cup corn syrup

2- 2/3 tablespoons corn starch

1/8 tsp salt

1 cup granulated sugar

Enough pastry for one or two crusts

Thaw and drain cherries. Place juice except about three tablespoons in a sauce pan with the corn syrup. Bring to boil.

Dissolve corn starch in reserve juice and add alternately with mixed salt and sugar to boiling syrup, stirring constantly till mixture becomes thick and clear. Continue boiling for a minute or 2.

Remove from heat, stir in cherries and cool. When cold, turn into a pastry lined pie pan and bake ten minutes at 450 degrees, reduce heat to 350 and continue to bake for 25 more

minutes.

This pie also tastes good with a meringue topping to which a few drops of almond extract have been added.

Pecan Pie

1/4 cup pastry flour

2-1/2 tablespoons granulated sugar

2 cups corn syrup

1 tsp salt

4 beaten whole eggs

2 tablespoons butter

1 tsp vanilla extract

1 cup skinned pecan halves

Combine flour, sugar, corn syrup and salt. Blend together thoroughly; gradually add beaten eggs alternately with melted butter, add vanilla extract.

Fill unbaked pie shell 2/3 full and arrange pecan halves over the filling close to one another; gently press pecan halves into filling.

Place in 325 degree oven and bake for 35 minutes. Serve cold.

You can add 3/4 cup of seedless parboiled drained raisins or 3/4 cup shredded coconut if you want added taste and texture.

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I've been on a diet for two weeks and all I've lost is two weeks. Totie Fields

Apple pie

Enough pastry for a bottom and a lattice top

This recipe is enough for a conservative 9 inch pie. If you want a high one or a big one make 1 1/2 to 2 times as much of the following mixture:

1 and 1/2 tablespoons flour

a pinch of salt

1/8 teaspoon cinnamon

1/8 teaspoon nutmeg

4/5 cup granulated sugar

1 quart of apples (peeled and sliced real thin)

1 tablespoon melted butter

Mix flour, salt, cinnamon, and nutmeg. Combine with sugar.

Put apple slices into a pastry-lined pie pan; arrange the apples in packed ring around the rim, then pile others loosely in the center: be careful to raise center slightly higher than edge.

Sprinkle sifted dry ingredients over the apples and sprinkle melted butter over. Wet edge of crust with water wherever you are joining your lattice strips. Weave lattice top.

Bake for 10 minutes in a very hot oven 450 degrees then reduce to 350 degrees and continue baking 40 minutes longer or until crust is done and apples are tender.

Serve hot or cold with cheese, a la mode, or with whipped cream.

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Quiche Lorraine (one of my favorites)

Serves 6-8

1 unbaked pie shell

12 slices of bacon, chopped

6 eggs

2 cups Creamo or milk

3/4 teaspoon salt

Pinch nutmeg

Pinch of pepper

Pinch cayenne pepper

1 and 1/2 cups of grated smoked cheese

Sprinkle pie shell with the bacon. Beat eggs and add cream (or milk), salt, spices, and grated cheese.

Mix, then pour into pie shell.

Bake at 425 degrees for 15 minutes.

Reduce heat to 300 degrees and bake for about 45 minutes or until knife inserted in center of mixture comes out clean.

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I eat merely to put food out of my mind. N. F. Simpson

Butter Tarts

1 batch pie dough

1 egg well beaten

1 cup brown sugar

1/2 soft butter or margarine

1/2 currants or raisins

3 tablespoons cream or canned milk

1/2 teaspoon vanilla

Beat egg, add the cup of brown sugar.

Melt the margarine and mix in.

Add currants, cream and vanilla.

Roll out the dough, cut into tart shells and line ungreased muffin tins.

Half fill with filling.

Bake at 375 degrees for 10-15 minutes, or until filling is puffed and golden brown.

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Pumpkin Pie

Pastry for one pie

1 cup brown sugar

1/2 tsp ginger

1 tsp cinnamon

1/4 tsp cloves

1/2 tsp salt

2 eggs, beaten slightly

2 cups evaporated milk

1 can or 2 cups fresh cooked pumpkin

Combine brown sugar, ginger, cinnamon, cloves, and salt. Blend well.

Add slightly beaten eggs, combine with canned milk and cooked or canned cold pumpkin. Blend thoroughly.

Turn filling into unbaked 9 inch one-crust pastry shell. Spread mixture as evenly as possible and bake in hot oven (425 degrees) for 40 to 45 minutes or until knife inserted into center comes out clean.

Serve cold.

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Greek Shortbread

A popular request as Christmas gift.

1 lb unsalted butter

2 tsp vanilla extract

2 cups granulated sugar

2 eggs

1/2 cup brandy. (I've added as much as 1 cup of brandy, but try 1/2 cup first.)

1 and 1/2 cup of blanched, toasted, finely chopped almonds

7 and 1/2 cups all purpose flour

1 teaspoon baking powder

1 tsp salt

1 tsp ground nutmeg

1/2 cup rose flower water. If you can't find prepared rose flower water then make your own. Many pharmacies have synthetic rosewater concentrate; just add a 5-6 drops to 5-6 cups of cold water or to your personal taste.

1 cup water

6 cups icing sugar

1 lb icing sugar to pack cookies in

Beat the butter, vanilla extract, and granulated sugar until light and fluffy.

Beat in the eggs and brandy.

Transfer to a large bowl. In a separate bowl mix the dry ingredients and chopped almonds.

Mix dry ingredients to other mixture.

Turn dough onto lightly floured surface, kneed gently till smooth.

Shape level tablespoons of dough into crescent shapes. Place about an inch apart onto greased cookie sheets.

Bake in moderate oven (350 degrees) for about fifteen minutes, or until lightly browned.

Lift shortbread onto wire racks, brush shortbread with combined rose flower water and water, cover with icing sugar.

Pack in icing sugar in a closed container and store for 3 weeks till serving.

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Double Peanut Butter Roll-ups

A favorite request as Christmas gift.

4 cups all purpose flour

1 and 1/3 cup icing sugar (plus about 1 cup more for sprinkling)

1/4 pound butter

250 grams of cream cheese

2 eggs, beaten

Sift flour, icing sugar into bowl, rub in butter and cream cheese.

Stir in egg; mix to a firm dough. Divide dough into two equal parts, cover, and refrigerate for about half an hour. Roll each piece of dough between two sheets of wax paper.

One at a time, roll them into rectangular shapes approximately 10 inches x 16 inches.

Spread evenly with filling which is **listed below**.

Roll up dough from each long side to meet in centre, cover, refrigerate till firm.

Cut roll into slices - a little shy of a quarter inch.

Place slices on greased oven trays about 1 inch apart.

Bake in 350 degree oven for 20 minutes or until slightly browned. Let stand for a few minutes before lifting onto wire racks to cool. Dust half of each cookie with icing sugar.

Peanut Roll-ups Filling

2 1/2 cup crunchy peanut butter

120 grams of cream cheese

2 tablespoons icing sugar

2 tablespoons water

Beat the peanut butter, cheese, sifted icing sugar and water in small bowl with electric mixer until just combined.

This recipe will make plenty of cookies to freeze for Christmas entertaining and presents.

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Meringue Topping

Double or triple the recipe for a cloudlike, mile-high presentation. Do not prepare in copper or

aluminum because of cream of tartar.

5 egg whites (3/4 cup)

1/2 teaspoon cream of tartar

Pinch of salt

1/2 cup granulated sugar, preferably super-fine

1 teaspoon vanilla extract

Place the egg whites in a stainless steel bowl set over simmering water and heat until warm to the touch. Beat until foamy.

Add the cream of tartar and salt and continue beating until the whites form soft peaks.

Add the sugar, 1 tablespoon at a time, beating well after each addition. Beat in the vanilla and continue beating until stiff, glossy peaks form.

Spread the meringue over the filling, making sure the meringue touches the inner edge of the pastry to prevent weeping and shrinkage.

Using a spatula or knife blade, swirl the top of the egg whites decoratively. Bake until lightly browned, about 10 minutes.

To prevent shrinkage of the baked meringue, transfer the pie to a draft-free place that is not too cold and let stand until serving. Do not refrigerate.

If almond meringue is needed for cherry pie, substitute 1 tsp almond extract for the vanilla.

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Butterscotch Pie

One pre-baked pie shell

1/4 cup butter plus one tablespoon

2/3 cup demerara sugar

1 and 2/3 cups cold milk

2 tablespoons cornstarch

2 tablespoons flour

1/2 tsp salt

4 beaten egg yolks

1 tsp vanilla

2 egg whites stiffly beaten

1/4 cup granulated sugar

Melt 1/4 cup butter over low heat; add brown sugar all at once and stir until mixture is thoroughly blended and sugar melted (if using candy thermometer, until mixture reaches 220 degrees) stirring constantly.

Then add 1 and 1/3 cups of the milk, which has been brought to the scalding point, to prevent crystallizing or lumping of the sugar mixture, and stir constantly with a wooden spoon.

When milk has been added, increase heat and bring to a boil stirring constantly. Place over hot water.

Mix cornstarch, remaining 1/3 cup of milk, flour, and salt. Blend thoroughly.

Gradually mix cornstarch mixture alternately with beaten egg yolks to the boiling butterscotch; stirring constantly and vigorously with a wire whisk until thickened.

Remove from heat and cool a little; stir in vanilla and remaining butter, then fold in the stiffly beaten egg whites with remaining sugar.

Turn butterscotch cream filling into a pre-baked shell and top with meringue. Bake 15 minutes in a low-heat oven (325 degrees) or until meringue is delicately brown.

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Curried Shrimp

Serves 4

1 lb. shelled shrimp

1/4 cup lime or lemon juice

1/4 cup of water

1 teaspoon of salt

2 tablespoons of vegetable oil. You can substitute with olive oil or peanut oil.

3/4 cup of minced onion

1 cup of minced celery

1 tablespoon of chopped chives

2 teaspoons of curry powder

2 tomatoes, peeled and chopped

1/4 cup of flour

1 cup of fish stock or chicken bouillon

4 cups of hot cooked rice

In a bowl, combine lime juice, water and salt. Add shrimp and marinate for 20 minutes, then drain, reserving liquid.

Heat oil in a skillet. Add onion, celery, chives and curry powder; cook for 5 minutes without browning.

Add tomatoes and cook one minute more.

Add flour and stir to blend. Gradually add fish stock and reserved liquid, stirring until cooked and thickened.

Mix in shrimp and heat just until they are hot.

Serve immediately over rice, with condiments such as sliced bananas, dried coconut flakes, tomato and onion in vinegar, raisins and pineapple chunks.

Options: crab, lobster or scallops.

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Baked Pineapple Rice

Cook 1 cup of white rice

(For every cup of rice bring 1-3/4 to 2-1/2 cups of water to a boil, 3/4 tsp salt, and 1 tablespoon of melted butter. Mix in rice then turn down to low heat and cook with tight fitting lid for 20-30 minutes)

Drain 3 1/2 cups of fresh pineapple, cut into cube-size pieces

Place 1/3 the rice in a buttered baking dish

Cover with 1/2 the pineapple. Repeat the layer of rice and pineapple, making sure to dot each layer with 1 1/2 tablespoons of melted butter mixed with 1/4 cup of brown sugar

Place the last 1/3 of the rice on top

Pour 3/4 cup pineapple juice over everything

Bake the rice, covered; for about 1 hour.

NOTE: This recipe calls for 5-1/2 tablespoons butter and 3/4 cup sugar in total.

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Poets have been mysteriously silent on the subject of cheese. G. K. Chesterton

Three Cheese Rice

Almost cook 1 cup brown rice

(For every cup of rice bring 1-3/4 to 2-1/2 cups of water to a boil, 3/4 teaspoon salt, and 1 tablespoon of melted butter. Mix in rice then turn down to low heat and cook with tight fitting lid for 40-50 minutes)

When the water is nearly absorbed, add:

1/2 to 3/4 cup or more of three kinds of grated cheese

1/4 teaspoon paprika

Dash of cayenne

Then add:

1 can condensed tomato or mushroom soup

Stir the rice over low heat until the cheese has melted.

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Mulligatawny Stew

Serves 4-8

3 tablespoons butter or margarine

1 large onion, coarsely chopped

1 to 4 deboned, skinless chicken breasts cut into bite sized pieces

2 tablespoons curry powder

1-1/2 tablespoons flour

4 cups chicken broth

2 medium green peppers, chopped

2 medium carrots, scraped and sliced

2 large ribs celery, sliced

2-1/2 tablespoons sugar

1/2 teaspoon salt (depending on saltiness of chicken broth)

1/4 teaspoon pepper

1 only 16 oz can of stewed tomatoes - broken up

4 medium apples peeled and chopped

1/2 cup plain yogurt

In a pot melt butter or margarine, add onion, half the chicken and stir over medium heat to brown lightly, and cook 3-4 minutes.

Remove chicken with a slotted spoon.

Add remaining chicken and repeat until slightly browned.

Remove chicken with a slotted spoon.

Add curry powder and flour to what little drippings that have collected. Stir and cook a minute

or so.

Whisk in the chicken broth. Then stir in green peppers, carrots, celery, sugar, salt, and pepper.

Bring to a boil; reduce heat and simmer, covered, until vegetables are tender, about 20 minutes.

Add tomatoes, apples, and chicken, heat until hot, about three minutes.

Adjust seasonings to your taste. Swirl in several spoonfuls of yogurt, using the rest to garnish stew once it is ladled into bowls.

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Never eat more than you can lift. Miss Piggy

Stew and Dumplings

Stew

1/4 cup flour

1 tsp salt

1/8 tsp. pepper

2 lbs stewing beef cubed (or round steak, or blade steak)

6 slices of bacon, cut up (optional)

3 medium onions, chopped

3 tsp salt

1/4 tsp pepper

1/8 tsp marjoram

1 clove garlic crushed

2 cups boiling water

2 beef bouillon cubes, or 2 tbsp beef soup base

6 medium potatoes, cut up

1/2 whole celery, chopped

6 carrots cut in 6 pieces

1 small turnip (optional)

Combine flour, salt, and pepper in a flat dish, roll cubes of meat in mixture.

Put bacon pieces in a large frying pan or saucepan and cook over a medium heat until transparent.

Add onions and celery. Cook and stir until bacon is browned.

Add meat and brown lightly on all sides stirring constantly.

Add salt, pepper, marjoram, garlic, water, and bouillon cubes, and bring to a boil, turn down heat, cover tightly and simmer till meat is nearly tender (1 1/2 to 2 hours)

Add more water if necessary to keep stew from sticking.

Add potatoes, carrots, and turnip (if used), simmering until everything is tender.

Dumplings

2 cups flour

4 tsp baking powder

1/2 tsp salt

2 tbsp shortening or margarine

1 cup water or milk

1/8 tsp bouquet garni or sage, if desired

Mix dry ingredients, cut in margarine or shortening, add water.

When cooking dumplings it may be necessary to pour off some of the stew liquid so dumplings can rest on meat and vegetables as they cook.

Drop spoonfuls of dough onto stew mixture. Allow space for the dumplings to rise.

Cover pot with a tight fitting lid. Boil hard 12-14 minutes.

Reheat reserved stew liquid and serve on stew as gravy.

I'm in favour of liberalized immigration because of the effect it would have on restaurants. I'd let just about everybody in except the English. Calvin Trillin

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Roast Beef and Yorkshire Pudding

1/4 cup instant blending flour

6 tablespoons Becel margarine

1 tablespoon dry mustard

1 teaspoon Hungarian paprika

Dash of white pepper

3 rib standing rib roast (about 6 pounds)

Beef drippings

2 eggs

1 cup milk

3 tablespoons beef drippings

1 cup unbleached or instant blending flour

1/2 teaspoon salt

Heat oven to 325 degrees.

Put the 1/4 cup of flour in a heavy weight frying pan.

Cook over a medium-high heat till brown (give this your undivided attention-**do not leave unattended** and keep stirring with a wooden spoon). Remove from heat.

Cream the butter. Add browned flour, mustard, paprika, and pepper and blend well. Rub mixture over the roast -use it all.

Set as is in a roasting pan. Makes sure the bones are on the bottom.

Roast 15 minutes a pound plus 15 minutes for rare (130-140 degrees on the meat thermometer). Cook 22-25 minutes per pound for medium (160 degrees on the meat thermometer).

Remove from oven and let stand while baking Yorkshire Pudding.

Increase oven temperature to 450 degrees. Grease muffin tins well with drippings from roast.

Beat eggs well.

Beat in milk and 3 tablespoons drippings from roast. Add one cup flour and salt and beat until smooth with hand mixer or mixmaster.

Pour batter into prepared baking tins.

Bake about 25 minutes or until well browned and firm to touch.

Serve immediately with roast. Spoon pan juices over roast beef and Yorkshire Pudding.

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Herbs and Spices

HERBS are the leaves of certain plants that usually grow in temperate climates. A herb is a flowering plant whose stem above ground does not become woody. Herbs are valued for their medicinal properties, flavor or scent.

SPICES are the buds, fruits, flowers, bark, seeds, and roots of plants and trees, many of which grow in tropical climates. Spices are plants with spiky tufts or heads, equivalent to a

spike. Spices are pungent or aromatic substances of vegetable origin.

1. Store spices in a cool place, tightly covered in opaque containers. Heat, light, and moisture deteriorate herbs and spices rapidly.
2. Don't use stale spices and herbs, and don't buy more than you can use in about 6 months. Whole spices keep longer than ground, but both lose much flavor after 6 months.
3. Be cautious after you have replaced old spices. The fresher products are more potent, so the amount you used before might now be too much.
4. Whole spices take longer to release flavours than ground spices, so allow for adequate cooking time.
5. Whole herbs and spices for flavouring a liquid are tied loosely in a piece of cheesecloth (called a bouquet or sachet) for easy removal.
6. When in doubt, add less than you think you need. You can always add more.
7. Except for dishes like curry and chili, the spices should not dominate. Often they should not even be evident. If you can taste the nutmeg in creamed spinach, there's probably too much nutmeg.
8. Herbs and spices added to uncooked foods such as salads and dressings need several hours for flavours to be released and blended.
9. Taste foods before serving. Adjust seasonings.

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Herbs.

A herb is a flowering plant whose stem above ground does not become woody and persistent. Herbs are valued for their medicinal properties, flavor, or scent.

Some herbs are:

Anise- goes with cookies, cakes, and breads Basil- tomatoes, fish, eggs, spaghetti sauce. Liquorice-flavoured.

Bay leaf- stock, soup, pâtés, stew, stuffing, marinade. Leaves are very mild; develop their full flavor several weeks after picking and drying. A Bay Leaf is a dried leaf of the bay laurel.

Chervil- salad, eggs, soup, veal, chicken, and season mild-flavoured dishes.

Chives- eggs, salad, potatoes, cream cheese, garnish. Plant has insect-repelling properties which can be used in gardens to control pests, and it also attracts bees to garden.

Cilantro - See Coriander

Coriander - Caribbean, Mexican, Southeast Asian dishes. Cilantro is Spanish for Coriander plant. Leaves have a different taste than the seeds, with some people finding a soapy taste to the leaves. Try the seeds first. Fresh leaves are used in some South Asian chutneys, also in

salsa and guacamole.

Cumin- most popular spice in the world after black pepper. Use in soups, stews, chili, enchiladas, beans, rice and curries. Can be used ground or as whole seeds.

Dill- seasoning for fish, potatoes, salad, cucumber, borsch, pickles. Use fresh leaves or dried dill seeds. Fresh dill loses flavor fast, so just buy what you need.

Horse-radish- cocktail sauce, boiled fish, sauces, meat. Can be dried green and used instead of wasabi.

Marjoram / Oregano (slightly stronger)- Spanish and Mexican dishes, lamb, mushrooms, sausage, soup, salad, and stews.

Mint- iced tea, fruit, peas, lamb, jelly, juleps.

Mustard- sauces, salad dressing, pickles, cold meats, frankfurters.

Parsley- salads, meats, soups, stews, garnish.

Rosemary- lamb, poultry, sauces, potatoes, spinach.

Saffron- paella, bouillabaisse, rice.

Sage- stuffing, pork, goose, herb bread, poultry.

Savory- poultry, salad, peas, string beans, horse-radish sauce, pork, Italian foods, tea.

Sorrel- leaves can be pureed and used in soups and sauces, added to salads. Tastes like kiwi fruit. Use small amounts, **large amounts can be fatal**.

Tarragon- salad, chicken, soup, fish, vinegar, sauces

Thyme- tomatoes, lamb, veal, pork, stock.

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Spices

Spices are plants with spiky tufts or heads, equivalent to spike. Spices are pungent or aromatic substances of vegetable origin.

Some spices are:

Allspice- pickles, relishes, cakes, cookies, pot roast, stew, meatloaf

Cardamom marinade, mulled wine, coffee, bread, cake, Swedish meatballs

Cinnamon- cakes, cookies

Cloves- ham, mulled wine, tea, fruit, chutney, pickles, boiled meats, soups, cookies, cakes

Curry Powder- curry, eggs, marinade, sauce

Ginger- cookies, cakes, puddings , pot roast, fruit, sweet potatoes, squash, carrots

Nutmeg- eggnog, spice cake, compote, applesauce, meatloaf, spinach

Pepper- white with sausages, pale-colored foods and sauces; black with dark sauces, red meats, salads; cayenne pepper in some sauces, used sparingly.

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More information on Herbs and Spices.

ALLSPICE (whole, ground) is a small brown berry. The flavour resembles blend of cinnamon, cloves, and nutmeg. It can be used on sausages, braised meats, meatloaf, poached fish, stewed fruits, pies, puddings, cakes, cookies, pastries, breads, pickles, and relishes.

BASIL (whole, ground, crushed leaves) is an aromatic leaf; a member of mint family. It can be used on tomatoes and tomato dishes, pesto (Italian basil sauce), egg dishes, lamb chops, eggplant, peas, and squash.

BAY LEAVES (whole) are stiff dark green oblong leaves that have a pungent aroma. These are one of the most important herbs and are used in stocks, sauces, stews, and braised meats.

CARA WAY SEEDS (whole) are dark brown curved seeds familiar rye bread seasoning. Are used in rye bread, cabbage, sauerkraut, pork, cheese spreads, eastern European dishes.

CARDAMOM (whole pod, ground seed) is a tiny brown seed inside white or green pod; sweet and aromatic; expensive. It can be used in pickling, Danish pastries, curries, BBQ sauces.

CAYENNE (ground) is ground form of hot red pepper; looks like paprika but is extremely hot. It can be used in small amounts in many sauces, soups, meat, fish, egg and cheese dishes.

CELERY SEED whole, ground, ground mixed with salt (celery salt), are tiny brown seeds with strong celery flavor. They can be used in salads, coleslaw, salad dressings and tomato products.

CHERVIL (crushed leaves) is a herb with mild flavor of parsley and tarragon; can be used in soups, salads, sauces, egg and cheese dishes.

CHILI POWDER (ground blend) is a blend of spices including cumin, chili peppers, oregano and garlic. It is used in chili and Mexican dishes, egg dishes, appetizers, and ground meat.

CHIVES (fresh, dried, frozen) are a grass-like herb with an onion flavor. Can be used on salads, egg and cheese dishes, fish, and soups.

CINNAMON (sticks, ground) is the aromatic bark of cinnamon or cassia trees. Used in pastries, breads, desserts, cooked fruits, ham, sweet potatoes, and hot beverages.

CLOVES (whole, ground) are the dried flower buds of a tropical tree; pungent, sweet flavor. Whole: marinades, stocks, sauces, braised meats, ham, pickling. Ground: cakes, pastries, fruits.

CORIANDER (whole, ground) is a round, light brown, hollow seed; slightly sweet with a musty flavor. Used in pickling, sausage, pork, curried dishes, and gingerbread.

CUMIN SEED (whole, ground) is a small seed resembling caraway, but lighter in color. It is used as an ingredient of curry and chili powders; sausages and meats; egg and cheese dishes.

CURRY POWDER (ground blend) is a mixture of 16 to 20 spices, including red pepper, turmeric, cumin, coriander, ginger, cloves, cinnamon, black pepper; different brands vary greatly in flavor and hotness. It is used on curried dishes, eggs, vegetables, fish, soups and rice.

DILL crushed leaves (called dill weed), whole seed, is a herb and seed with familiar "dill pickle" flavor; seed is more pungent than the herb. The seed is used in pickling, sauerkraut, soups. The herb is used in salads, cheese dishes, fish and shellfish, and some vegetables.

FENNEL (whole seed) Greenish-brown seeds similar in flavour to anise, but larger size. Used in Italian sausage, tomato sauce, and fish.

GARLIC (whole bulbs, dried, granulated powder and mixed with salt) is a strong, aromatic member of the onion family ; fresh bulbs composed of many small cloves. Is used in a wide variety of foods.

NOTE: I love garlic and use minced garlic in most of my foods. I buy the large container of "Spice World" minced garlic at Costco because it is so darn cheap.

GINGER (whole, ground, also fresh, candied, or crystallized) is a light brown knobby root of the ginger plant. Is used in baked goods and desserts, fruits, curried dishes, braised meats, fresh in Chinese and other oriental dishes.

JUNIPER BERRIES (whole) are slightly soft, purple berries with "piney" flavour: principal flavouring of gin. Used in marinades, game dishes, and sauerkraut.

MACE (whole, ground) the orange outer covering of nutmeg, similar flavour but milder. Used in baked goods, desserts, fruits, sausages, pork, fish, spinach, squash, other vegetables.

MARJORAM (crushed leaves) is a grey-green herb with pleasant aroma and slightly minty flavour, but milder. Used in Pates and ground meats, braised meats, sauces, roast lamb, poultry and poultry stuffing.

MINT (leaves) is an aromatic herb with familiar cool flavour. There are two varieties peppermint and spearmint. Used on lamb, fruit, tea, beverages, peas, carrots, and potatoes.

MUSTARD SEED (whole, ground, prepared) is a very pungent seed in two varieties: white or yellow, and brown. Brown is stronger. Used in cheese, egg dishes, pickling, meats, sauces, and gravies.

NUTMEG (whole, ground) is the sweet, aromatic kernel of the nutmeg fruit. Used in soups, cream sauces, chicken, veal, many vegetables (spinach, mushrooms, squash, potatoes) desserts, custards, breads, and pastries.

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Frozen Chicken or Turkey.

Chicken and turkey will keep for up to one year in the freezer. If you store a chicken or turkey in your refrigerator, store at 38 degrees F and use within 1-2 days.

Keep Healthy. Do not stuff poultry before refrigerating or freezing. To store leftovers separate stuffing from bird and store in separate container.

To thaw keep bird in its freezer wrapper and thaw in the refrigerator for 1-3 days depending on the size of the bird.

To thaw in the microwave leave bird in its bag but remove the metal clip.

Broiler or fryer chicken(2 1/2-3 pounds cut up) micro thaw 18-20 minutes; separate after 12 minutes.

For whole, micro thaw breast up for 10 minutes. Invert; micro-thaw 5-10 minutes. Let either broiler/fryer or whole chicken stand 10 minutes.

Roasting chicken (4-5 lbs) Micro-thaw whole bird breast up, 10 minutes; let stand 10 minutes; micro-thaw breast down 10 minutes ; let stand 10 minutes.

Micro-thaw breast up 5-10 minutes longer.

Turkey: Micro-thaw one 7-8 lb whole turkey, breast up, 15 minutes; let stand 5 minutes then give bird a quarter turn; repeat steps of micro-thawing, standing, and turning for a total of 45-50 minutes. When finished, let stand 30 minutes.

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The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found. Calvin Trillin

Appendix

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