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Breads & Muffins

Antique White Bread (Breadmaker)

Source: More Bread Machine Magic

Rating: 8/10

I like this recipe because it has minimal ingredients, tastes good and can be put on a timer.

1 1/2 cup water
 1/4 cup oil
 1 1/2 tsp salt
 1/4 cup sugar
 4 cup bread flour
 2 tsp active dry yeast

1. Place all ingredients in above order in bread pan. Select Light Large setting.
-

Basil Tomato Parmesan Bread

Source: The Bread Machine Book

Rating: 9/10

3/4 cup water
 6 tbsp milk
 3 tbsp olive oil
 1/2 tsp sugar
 1/2 tsp salt
 3 tsp dried basil
 1/2 cup grated parmesan cheese
 3 cup bread flour
 1 tbsp yeast
 6 tbsp chopped sun-dried tomatoes

1. Add all ingredients except tomatoes. Set machine for white bread, medium crust.
 2. If tomatoes are oil-packed, blot them dry. Tomato oil may be used instead of all or part of the olive oil in the recipe. Chop tomatoes or cut with kitchen scissors. Add them to the dough after the first kneading, or when the beeper indicates it is time to add fruit.
-

Bev's Killer Rye Bread (Breadmaker)

Source: More Bread Machine Magic

Rating: 10/10

1/2 cup water
 1 tbsp butter or margarine
 1/3 cup brown sugar
 1/2 tsp salt
 1/4 cup bread flour
 3/4 cup rye flour
 3 tbsp vital wheat gluten
 3 tbsp grated orange rind
 2/3 cup raisins
 2 tsp active dry yeast

1. Place all ingredients in bread pan, using the least amount of liquid listed in the recipe. Select the whole wheat cycle on bread machine and start.
 2. Observe the dough as it kneads. After 5 minutes, if it appears dry and stiff or if your machine sounds as if it's straining to knead it, add more liquid 1 tablespoon at a time until dough forms a smooth, soft, pliable ball that is slightly tacky to the touch.
 3. After the baking cycle ends, remove bread from pan, place on cake rack, and allow to cool 1 hour before slicing.
-

Brown Sugar Pecan Bread

Source: The Bread Machine Book

Rating: 9/10

3/4 cup water
 6 tbsp milk
 3 tbsp butter
 1/2 tsp brown sugar
 1/4 tsp cinnamon
 3/4 tsp salt
 6 tbsp oat bran
 3 cup bread flour
 1/4 tsp yeast
 3/4 cup chopped pecans

1. Put all ingredients except pecans in the bread pan. Set for white bread, medium crust. Add pecans after first kneading or when the machine beeps to add fruit or nuts.
-

Country Seed Bread

None

- 1 1/4 cup warm water
- 2 tbsp liquid honey
- 2 tbsp vegetable oil
- 1 1/2 tsp salt
- 1 cup all purpose flour
- 2 cup whole wheat flour
- 1/4 cup flax seed
- 1 tbsp sesame seeds
- 1 tbsp chia seeds
- 2 tsp yeast

1. Use the bread machine to make the dough then let it rise in the loaf pan. Bake it at 350°F for 30 minutes.
-

Country White (Breadmaker)

Source: Adapted from Regal Automatic Breadmaker Guide and Cookbook

Rating: 8/10

- 7 oz water
- 1 1/2 tsp salt
- 1 large egg
- 1 1/2 tbsp olive oil
- 4 cup bread flour
- 1/3 cup milk powder
- 3 tsp sugar
- 2 tsp active dry yeast

1. Add all ingredients in above order at room temperature. Select setting 5 (Sweet).
-

French Bread (Breadmaker & Convection Oven)

Source: Dan Doliska

Rating: 10/10

I tend to leave out the egg wash portion of this recipe.

Dough Ingredients

- 5/8 cup water
- 2 tsp salt
- 4 2/3 cup all purpose flour
- 2 1/2 tsp active dry yeast

Glaze

- 1 egg white
- 2 tsp cold water

1. Place dough ingredients in bread pan, select Dough setting and start.
 2. When the dough cycle ends, the machine will beep. Set a timer and allow the dough to rise 1 more hour.
 3. Take dough out of breadmaker and turn onto lightly floured surface and let rest, covered with a cloth for 15 minutes.
 4. Prepare French bread pan or cookie sheet by greasing and sprinkling with cornmeal. Divide dough into 2 parts and roll each into a 12x8-inch rectangle. Roll up jelly-roll fashion. Pinch ends to seal. Gently roll dough back and forth to lengthen roll. Place in prepared pan. Make 1/4-inch deep slashes in each loaf. Brush with egg white lightly beaten with 2 teaspoons cold water. Let rise, uncovered, in warm place until doubled, about 1 hour. Brush loaves again.
 5. Bake in a preheated convection oven on second to lowest rack at 375°F for 30 to 35 minutes, brushing loaves again after first 3 minutes in oven. Remove loaves from pan and place directly on oven rack for 3 minutes to crisp bottom of loaf if necessary.
 6. Makes 2 16-inch loaves.
-

KM Sourdough Instructions

- 1.
2. You need: 1. A clean jar or bowl (not metal they say, I don't know why). 2. Clean, lukewarm water. If you have a water filter or source of pure water use this. 3. All-purpose flour. DAY ONE: Mix 1/2 cup lukewarm water and the package of starter powder in a bowl for 1-2 min, then add 1/2 cup plus 2 tablespoons all-purpose flour. We want a thick pancake batter consistency, so add more flour or water to get it. Cover bowl with cling wrap. Put it in a semi-warm place, i.e. the oven with the light on. Put a piece of tape over your bake button! You will forget and preheat your oven to 500F. I did this and felt guilty!! Note: some ovens get very hot (100F or more) from just the light. If you suspect you have an over-enthusiastic oven light use the top of your fridge instead, which will work just fine. DAY TWO: Just stir - Kinda vigorously. Re-cover with cling wrap. Back to the oven or fridge top. Note: We want a THICK starter. For the remaining days slowly mix in the water second, and only stir in enough to end up with a fully hydrated but thick consistency. If you tilt the jar it should move like slow lava! DAY THREE: There might be bubbles now, and maybe even a bit of a sour smell. An additional 1/2 cup all purpose flour and up to 1/2 cup pure lukewarm water, stirring thoroughly. Back in the oven. DAY FOUR: 1/2 cup flour and up to 1/2 cup water. Say something pleasant to your starter. Back to the oven home. DAY FIVE: DUMP HALF OF YOUR STARTER INTO THE GARBAGE. Just do it, be merciless. Add 1 cup flour to the bowl and (up to) 1 cup pure water and place back into the oven. Did you know that there are 5 billion Lactobacilli (and 50 million yeasts) in a single tablespoon of active sourdough starter? Everyone of them is starving for their favorite meal (flour and water yum yum) and if there are too many of them there just won't be enough food in the bowl. On day five we are taking a half-starving bloated peasantry of starter, culling the herd, and creating a lean mean starter army. If you haven't figured out by now, serious things are happening in your kitchen. Reminder: Keep it thick! It should be at least a bit hard to stir. DAY SIX: Back to half cup of flour, (up to) half cup of water, stir, oven, this is easy, be patient... DAY SEVEN: CONGRATULATIONS at this point you probably have a fully active starter! How can you tell? 1. Lots of bubbles of different sizes, and, 2. When you feed it, it doubles in size over the next 6-8 hours. I almost wanted to keep #2 to myself. Feeding your starter before bed and waking up to an overflowing mason jar messing up your kitchen is an important rite of passage. Not there yet? Keep discarding then feeding
3. (see over) and you will be soon, trust me. Note: after it doubles (or triples) it will gradually shrink again. This is normal!
4. If you bake a lot: Keep in on the counter, cover with cling wrap. Or in a slightly warmer spot like on top of the fridge. Or sleep with it next to your body to make sure it's not cold at night, as did the San Francisco Gold Rush miners in 1848 (note: they really did this). Discard then feed it daily, at around the same time. If you bake infrequently: Keep in the fridge, also covered with cling wrap. 1-2 days before you bake you will pull it from the fridge and get it active again. How? Discard then feed it, put an elastic band at the level. See if it doubles in 8 hours. If so... it's Active! If not... feed it again! If unused, discard then feed it once a week. How to Feed: Discard first, down to approx. 1/2 cup. Your starter will like to be fed a 1:1:1 ratio of starter flour and water. Some people do this by scale weight (by volume you will be adding less water than flour) but frankly just use your eyes and go by consistency and you will also be fine. Depending on your baking needs you will likely be throwing out starter before feeding to keep it to a manageable size.

Laura's Pizza Dough

Pizza dough recipe from the show Simply Laura.

- 1 1/3 cup warm water (110 degrees F)
- 2 1/2 tsp sugar
- 1 pkg 1/4-ounce envelope active dry yeast
- 2 tbsp extra-virgin olive oil
- 3 tsp salt
- 3 1/2 cup Italian 00 flour (or regular flour will do)

1. Add the warm water in a small bowl and sprinkle over 1 teaspoon of the sugar and the yeast; set aside so the yeast can proof.
 2. Oil two bowls with a little olive oil and set aside.
 3. In the bowl of a stand mixer fitted with a dough attachment, mix together the olive oil, salt, 3 1/2 cups of the flour and the remaining 1 1/2 teaspoons sugar. Stir the yeast in the water to make sure it's all dissolved and add it to the flour mixture. Mix on medium-low speed until everything is combined. Increase the speed to medium and allow the machine to knead the dough, adding more flour if necessary, until it is smooth and comes away from the side of the bowl, 6 to 7 minutes.
 4. Divide the dough in two pieces and roll each into a ball. Place a ball in each of the oiled bowls seam-side down, and brush the tops with a little oil to stop them from drying out. Cover the bowls with plastic wrap and place in a warm place (inside a microwave or a turned-off oven works best) until it doubles in size and when poked with a finger, the indent remains (it doesn't spring back), about 1 1/2 hours.
 5. Place a pizza stone in the oven and preheat the oven to 475 degrees F. If you don't have a pizza stone you can use a large baking sheet turned upside down.
 6. Sprinkle some flour onto your counter. Take 1 ball of pizza dough and dredge it in the flour on all sides. (Reserve the remaining ball for another use; store in the refrigerator for up to 24 hours.) Using your hands or a rolling pin, roll the dough out to a 10-inch circle and place it on a semolina-dusted pizza peel or an upside down baking sheet.
 7. Top the pizza with sauce and long-cook toppings.
 8. Slide the pizza onto the pizza stone or upside down baking sheet. Bake the pizza until the crust is cooked and beginning to brown, about 20 minutes.
 9. Remove and top with short-cook toppings. Pop the pizza back in the oven and bake until the toppings heats up just a little bit, about 2 minutes more.
-

Molly's Sourdough Bread (Breadmaker)

Source: Adapted from More Bread Machine Magic

Rating: 8/10

Tastes pretty good to me but make sure the Yogurt Sourdough Starter is used for this.

- 1 cup sourdough starter
- 5/8 cup water
- 1 tbsp oil
- 2 tbsp sugar
- 3/4 tsp salt
- 3 cup bread flour
- 1 tsp vital wheat gluten
- 1/2 tsp active dry yeast

1. Place all ingredients in bread pan, using the least amount of liquid listed in the recipe. Select the regular light cycle on bread machine and start.
 2. Observe the dough as it kneads. After 5 minutes, if it appears dry and stiff or if your machine sounds as if it's straining to knead it, add more liquid 1 tablespoon at a time until dough forms a smooth, soft, pliable ball that is slightly tacky to the touch.
 3. After the baking cycle ends, remove bread from pan, place on cake rack, and allow to cool 1 hour before slicing.
-

No-Knead Sourdough Bread

- 520 g flour
- 2 tsp fine sea salt
- 385 g water
- 90 g sourdough starter

1. [8 am] Twelve hours before mixing your dough, feed your sourdough starter, leaving it out on the counter making sure it doubles in size within 6 hours. Or, if you keep your starter in the fridge and fed it in the last 7 days- it is OK to use it straight from the jar, cold, without feeding. Best to use starter after it peaks, when it is "hungry".
2. [8:00 pm] Weigh-out the starter and water in a bowl first and mix. Then add the salt and flour incorporating all ingredients using a wood spoon. Mix for about 1-2 minutes, it will be hard to mix.
3. [8:20 pm] With one wet hand (put a bowl of water next to you) pull the dough from one side and stretch it upward, then fold it up and over to the center of the dough. Quarter turn the bowl and repeat, stretching up and folding it over the middle, repeat for about 30 seconds or until the dough gets firm and resists.
4. Cover the bowl with plastic wrap to keep the moisture in, and place it on your kitchen counter for 8-12 hours. 68-70F is the ideal temp.
5. [6-8 am] Check the dough in the morning. The dough should have expanded, with a slight springy dome to the top. It won't necessarily double in size (maybe 1.5 -1.75 times bigger) but will have expanded.
6. Prepare a second high-sided bowl by spraying a little cooking-oil inside to prevent sticking.
7. Loosen the dough from the all edges of a bowl with using your wet fingers, sliding down the sides of the bowl. With both wet hands, carefully pull the dough straight up, in the middle and lift it, stretching straight up in the air, about 1-2 feet and place it back down, gently folding it on top of itself. In this first stretch, the dough may feel quite loose and runny. It should firm up as it stretches and folds. After the first stretch, give the bowl a quarter turn, wait 30-60 seconds, wet your hands again and stretch it up high again, folding over itself in the bowl. Wait 30-60 seconds. (You could repeat this one more time, 15 minutes later). Then, the third time you lift and stretch, you will lift it all the way into your second bowl, folding over itself like you've been doing.
8. Place the bowl in the refrigerator for one hour uncovered which will firm up the bread, and make scoring easier and help boost "oven spring". It won't

rise in the fridge. You could also keep it in the fridge for 3-4 hours if you want to bake later. Preheat the oven for 1 hour to 465F with your dutch oven and lid inside.

9. When ready to bake, place dough by the stove. Using wet fingers, carefully lift the bread out of the bowl and place in heated dutch oven. Score the bread in the bowl using scissors dipped in cold water. One or more 3/4-inch deep cuts will allow the dough to puff out. Cover quickly.
10. Place dutch oven in the middle of the 500F oven for 45 mins with the lid on. At the end of this time, the crust should be deeply golden and internal temperature of 204 to 208F. Remove the lid for an additional 5 mins to darken the bread further.
11. Remove from the dutch oven, let it cool 1 hour on a rack.

Orange Cumin Bread

Source: The Bread Machine Book

Rating: 8/10

- 3/4 cup milk
- 6 tbsp water
- 3 tbsp vegetable oil
- 4 1/2 tbsp sugar
- 1 1/2 tbsp grated orange peel
- 1 1/4 tsp ground cumin
- 1 1/2 tsp salt
- 3 tbsp Cornmeal
- 1/4 cup bread flour
- 3/4 cup whole-wheat flour
- 1/4 tsp yeast

1. Put ingredients in bread pan. Set for whole-wheat bread, medium crust.
-

Pan co' Santi (Walnut Bread – No-knead)

Source: My Bread

Region: Italian

Rating: 10/10

3 cup bread flour
1/2 cup raisins
1/2 cup chopped walnuts
1 1/4 tsp table salt
3/4 tsp ground cinnamon
1/2 tsp instant or other active dry yeast
1 pinch freshly ground black pepper
1 1/2 cup cool (55 to 65 degrees F) water
Wheat bran, cornmeal, or additional flour
for dusting

1. In a medium bowl, stir together the flour, raisins, walnuts, salt cinnamon, yeast, and pepper, mixing thoroughly. Add the water and, using a wooden spoon or your hand, mix until you have a wet, sticky dough, about 30 seconds. Cover the bowl and let sit at room temperature until the surface is dotted with bubbles and the dough is more than doubled in size, 12 to 18 hours.
2. When the first rise is complete, generously dust a work surface with flour, Use a bowl scraper or rubber spatula to scrape the dough out of the bowl in one piece. Using lightly floured hands or a bowl scraper or spatula, lift the edges of the dough in toward the center. Nudge and tuck in the edges of the dough to make it round.
3. Place a tea towel on your work surface and generously dust it with wheat bran, cornmeal, or flour. Gently place the dough on the towel, seam side down. If the dough is tacky, dust the top lightly with wheat bran, cornmeal, or flour. Fold the ends of the tea towel loosely over the dough to cover it and place it in a warm, draft-free spot to rise for 1 to 2 hours. The dough is ready when it is almost doubled. If you gently poke it with your finger, it should hold the impression. If it springs back, let it rise for another 15 minutes.
4. Half an hour before the end of the second rise, preheat the oven to 475 degrees F, with a rack in the lower third, and place the covered 4-1/2 to 5-1/2 quart heavy pot in the center of the rack.
5. Using pot holders, carefully remove the preheated pot from the oven and uncover it. Unfold the tea towel and quickly but gently invert the dough into the pot, seam side up. Cover the pot and bake for 30 minutes.
6. Remove the lid and continue baking until bread is a deep chestnut color but not burnt, 15 to 30 minutes more. Use a heatproof spatula or pot holders to gently lift the bread out of the pot and place it on a rack to cool thoroughly.

Potato Bread

Source: The Bread Machine Book

Rating: 9/10

3/4 cup mashed potatoes
2/3 cup potato water
3 tbsp vegetable oil
1/2 tbsp honey
1/2 tsp salt
3 cup bread flour
1 tbsp yeast

1. Put ingredients in bread pan. If you don't have the water the potatoes were boiled in, use plain water. Set for white bread, medium crust.
 2. The recipe is based on plain mashed potatoes – not milk, butter or salt. However, if you have leftover mashed potatoes with additions, just adjust the recipe slightly for example reducing the water by 1 tablespoon.
-

San Francisco Sourdough Bread

Source: Canadian Living Magazine

Rating: Untried

Like many sourdough recipes, this one requires a preliminary batter or sponge which takes just minutes to prepare but must stand for about 12 hours or overnight.

Sponge

- 1 cup Basic or Yogurt Sourdough Starter
- 2 cup lukewarm water
- 2 1/2 cup all-purpose or unbleached white flour

Dough

- 6 1/2 cup (approximately) all-purpose flour
- 1 1/2 cup warm milk
- 2 tbsp granulated sugar
- 2 tbsp butter or lard, melted
- 1 tbsp salt

- 1.
 2. In large bowl, combine starter and water, mixing well. Stir in flour, mixing until batter is smooth. Cover with plastic wrap and let stand in warm place for 12 hours or overnight.
 - 3.
 4. In large mixing bowl, measure out 3 cups of the sponge. Return remaining sponge to starter to feed it. Stir 1 cup of the flour into sponge, mixing well. Stir in milk, sugar 2 tbsp melted butter and salt, mixing well. Stir in remaining flour, 1 cup at a time, adding enough to make a soft dough. Turn out onto lightly floured surface and knead until smooth and elastic.
 5. Place dough in greased bowl, turning to grease all over. Cover bowl loosely (plastic bag works well) and let stand in warm place until doubled in bulk, about 1-1/2 hours.
 6. Punch dough down. Divide into 2 equal portions and shape each into a loaf. Place in 2 greased 9x5 inch (2L) loaf pans and brush with melted butter. Let stand in warm place until doubled in bulk, about 1 hour. Bake in 375°F (190°C) oven for 40 to 50 minutes or until golden brown and loaves sound hollow when tapped. Remove from pans and let cool on wire rack. Makes 2 loaves.
-

Sourdough French Bread

Source: Canadian Living Magazine

Rating: Untried

Voila—an easy recipe for delicious French bread. This recipe requires a preliminary batter that stands overnight, so prepare it a day before you need it.

- 1/2 cup Basic or Yogurt Sourdough Starter
- 1 cup lukewarm water
- 4 cup all-purpose flour
- 1 tsp granulated sugar
- 1 tsp salt
- Cornmeal
- 1 egg white, beaten

1. In large bowl, combine starter and water, mixing well. Stir in 2 cups of the flour and mix well. Cover with plastic wrap and let stand in warm place for 12 hours or overnight.
 2. Stir sugar and salt into dough. Gradually mix in remaining flour. Turn dough out onto lightly floured surface and knead until smooth and elastic, about 10 minutes.
 3. Place dough in lightly greased bowl, turning to grease all over. Cover with plastic wrap and let stand in warm place until doubled in bulk, about 1-1/2 hours.
 4. Punch dough down and shape into loaf about 12 inches long. Sprinkle cornmeal on baking sheet and place loaf on top. Cover loosely with plastic wrap and let stand in warm place until doubled in bulk, about 1 hour.
 5. With sharp knife, make diagonal slashes across top of loaf. Brush top with some of egg white, reserving remaining white. Fill baking pan with boiling water and place on bottom rack of oven. Place bread on centre rack and bake in 400°F (200°C) oven for 30 to 40 minutes or until golden and bread sounds hollow when tapped, brushing with remaining egg white after 15 minutes. let cool on wire rack. Makes 1 loaf.
-

The Basic No-Knead Bread Recipe

Source: My Bread

Rating: 10/10

- 3 cup bread flour
- 1 1/4 tsp table salt
- 1/4 tsp instant or other active dry yeast
- 1 1/3 cup cool (55 to 65 degrees F) water
- Wheat bran, cornmeal, or additional flour for dusting

1. In a medium bowl, stir together the flour, salt, and yeast, mixing thoroughly. Add the water and, using a wooden spoon or your hand, mix until you have a wet, sticky dough, about 30 seconds. Cover the bowl and let sit at room temperature until the surface is dotted with bubbles and the dough is more than doubled in size, 12 to 18 hours.
 2. When the first rise is complete, generously dust a work surface with flour. Use a bowl scraper or rubber spatula to scrape the dough out of the bowl in one piece. Using lightly floured hands or a bowl scraper or spatula, lift the edges of the dough in toward the center. Nudge and tuck in the edges of the dough to make it round.
 3. Place a tea towel on your work surface and generously dust it with wheat bran, cornmeal, or flour. Gently place the dough on the towel, seam side down. If the dough is tacky, dust the top lightly with wheat bran, cornmeal, or flour. Fold the ends of the tea towel loosely over the dough to cover it and place it in a warm, draft-free spot to rise for 1 to 2 hours. The dough is ready when it is almost doubled. If you gently poke it with your finger, it should hold the impression. If it springs back, let it rise for another 15 minutes.
 4. Half an hour before the end of the second rise, preheat the oven to 475 degrees F, with a rack in the lower third, and place the covered 4-1/2 to 5-1/2 quart heavy pot in the center of the rack.
 5. Using pot holders, carefully remove the preheated pot from the oven and uncover it. Unfold the tea towel and quickly but gently invert the dough into the pot, seam side up. Cover the pot and bake for 30 minutes.
 6. Remove the lid and continue baking until bread is a deep chestnut color but not burnt, 15 to 30 minutes more. Use a heatproof spatula or pot holders to gently lift the bread out of the pot and place it on a rack to cool thoroughly.
-

Thin-Crust Pizza Crust

Source: More Bread Machine Magic

Rating: 8/10

- 1 1/2 tsp active dry yeast
- 1 tsp sugar
- 1/2 cup warm water
- 1 tbsp olive oil
- 1 1/2 cup unbleached flour
- 3/4 tsp salt
- 1 1/2 tsp nonfat dry milk

1. Place first three ingredients in bread-maker bread pan and allow to sit for 10 minutes.
 2. Add rest of ingredients, select Dough setting, and press Start. Allow dough to knead for 5 minutes only. Remove dough from machine.
 3. Wrap dough in plastic wrap that has been lightly coated with olive oil. Set aside to rest for 15 minutes.
 4. Using a rolling pin, roll each piece of dough into a 14-inch circle. Cover dough and let rise on the countertop for half an hour. Meanwhile, preheat oven and pizza-stone to 450°F for 1/2 hour.
 5. Uncover dough and place on pizza-stone. Bake 3 minutes.
 6. Remove crust from oven and cover with toppings of choice.
 7. Place back in oven for 5 more minutes. Rotate pizza from back to front and bake for 5 minutes more until crust is gold-brown and toppings are bubbly.
 8. Remove from oven and serve warm.
-

Yogurt Sourdough Starter

Source: Adapted from More Bread Machine Magic

Rating: 7/10

I find it difficult to create and maintain a good sourdough starter. This recipe is the best I've found so far but I think to get a better starter one needs to live near a sea-coast where natural air-borne yeasts are available.

1 yogurt starter pkg
1 cup skim milk
1 cup bread flour

1. Create at least 1 cup of milky yogurt by following the directions on the package of yogurt starter. Let stand in a warm place. I used Yogourmet brand and it took about 12 hours to get a lumpy mixture.
 2. After an active yogurt mixture has been created, add an equal part of flour (if 1 cup of milk was used and 1 cup of flour). Cover with lid and set in a warm place again until mixture ferments and bubbles and a clear liquid forms on top, about 2 to 5 days. Stir daily.
 3. It is important to keep the starter warm during the entire process. I've done this by using my oven which has a vent to one of the stove elements. Put the starter container on the element with the oven vent. Cover the container and element with a large overturned pot (this keeps the heat in). Turn on the oven to the lowest temperature. The heat from the oven escapes through the vent to warm the starter.
 4. Each time you use some of the starter you must replace it with equal amounts of milk and flour. For instance, if you use 1 cup of starter, return 1 cup of milk and 1 cup of bread flour to the container. Remember to heat the milk before adding it. I prefer a thick starter and quick often use 2/3 cup milk and 1 cup of flour to maintain it.
 5. Refrigerate starter when not in use. Ensure the starter is warmed and begins to bubble before using.
-

Zucchini Nut Muffins

Source: Canadian Living Magazine

Rating: Untried

4 eggs
1 cup granulated sugar
1/2 tsp vanilla
1 cup vegetable oil
2 cup grated unpeeled zucchini
3 cup all-purpose flour
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp salt
1 tsp cinnamon
1 cup chopped walnuts

1. With electric mixer, beat eggs with sugar and vanilla for 2 minutes. Gradually add oil and beat 2 minutes longer. Blend in grated zucchini.
 2. In large bowl, combine flour, baking powder, baking soda, salt and cinnamon; blend well. Stir in nuts. Use wooden spoon or fork, add liquid mixture to dry ingredients, stirring until moistened.
 3. Spoon batter into muffin tins lined with paper baking cups, filling each to top of paper liner. Bake in 375°F oven for 25 to 30 minutes. Makes 16 to 18 large muffins.
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Casseroles

Apple Pancakes

Source: Cooking with Jenn-Air Rating: 9/10

Dry Ingredients

- 1 1/2 cup sifted all-purpose flour
- 1 tsp salt
- 2 tsp baking powder
- 1 tbsp sugar
- 1/4 tsp cinnamon

Remaining Ingredients

- 1 cup milk or water
- 1 egg
- 2 tbsp melted butter or margarine
- 1 cup finely chopped peeled, and cored apples

1. Combine dry ingredients in a bowl. Add the remaining ingredients and beat with a fork or whisk until well blended. Stir apples into batter just before baking. Heat griddle 3 to 5 minutes on "6." Drop batter by 1/4 cup measures onto the lightly oiled griddle and cook about 1 1/2 minutes, until tiny bubbles cover the top of each pancake. Turn and cook 1 minutes longer, or until lightly browned. Add more oil to grease griddle as necessary. Cooked pancakes can be kept in a 200°F oven while the remainder bake. They are of course, best eaten right from the griddle. Serve with warm syrup or honey and sweet butter. Makes about 12 pancakes.
-

Breakfast Bread Pudding

Rating: Delicious (RMD Rating)

Here's a great way to serve bacon, eggs and toast all in one dish. It makes a great brunch dish for company but is also good for weekday breakfasts because it can be assembled the night before and baked in the morning.

- 10 slices whole wheat bread
- soft unsalted butter
- 3/4 lb bacon, cooked and crumbled (or diced smoked turkey or ham)
- 2 cup grated old Cheddar or Swiss cheese
- 2 green onions, chopped
- 1/4 tsp freshly ground black pepper
- 5 eggs
- 2 cup milk
- nutmeg

1. Remove crusts from bread and butter slices lightly. (Reserve crusts and grate for crumbs for another use). In bottom of 9-inch square baking pan, arrange some of the bread slices, buttered side down, covering as much of bottom and sides as possible. Sprinkle with bacon, most of cheese (reserve some for top) and green pepper. Top with remaining bread slices, buttered side up. Sprinkle with reserved cheese.
 2. Combine eggs with milk and a pinch of nutmeg and pour over top. Refrigerate until ready to bake, at least 2 hours.
 3. Bake in 350°F (180°C) oven for 40 to 50 minutes or until top is puffed and golden.
 4. Makes 6 servings.
-

Cauliflower and Carrot Gratin with Cheddar

Rating: Delicious (RMD Rating)

Accompany this hearty winter gratin with crisp green salad for a nutritious lunch or light supper.

- 2 lb cauliflower (1kg)
- 3 large carrots (1/2lb/250g total)

Sauce:

- 1/4 cup butter
- 3 tbsp all-purpose flour
- 1 1/4 cup milk
- 1/2 tsp salt
- 1 pinch each freshly ground pepper and nutmeg
- 1/2 cup shredded old Cheddar cheese (2 oz/60 g)

Gratin Topping:

- 1/2 cup shredded old Cheddar cheese (2 oz/60 g)
- 1/2 cup whole wheat bread crumbs
- 1/4 cup butter, melted

- 1.
2. Divide cauliflower into florets. Cut carrots diagonally into 1/4 inch slices.
3. In saucepan of boiling salted water, cook cauliflower until tender crisp, 8 to 10 minutes; remove with slotted spoon and add to cauliflower. Measure and reserve 1/2 cup of cooking liquid.
4. In heavy saucepan, melt butter; stir in flour and cook, stirring constantly, for 3 to 4 minutes without browning. Whisk in reserved cooking liquid and milk; cook, stirring almost constantly with wooden spoon, until sauce is thickened and smooth. Stir in salt, pepper and nutmeg. Blend in cheese. Taste and adjust seasoning, if necessary.
5. Place cauliflower and carrots in greased 8-cup gratin dish, keeping all vegetables at about the same level. Spoon sauce over vegetables. (Recipe can be prepared ahead to this point and refrigerated. Bring to room temperature before baking.)
- 6.
7. Combine cheese, bread crumbs and butter and sprinkle over casserole.
8. Bake in 375°F (190°C) oven for 15 minutes if ingredients are warm, 20 to 25 minutes if at room temperature. Broil for 2 to 3 minutes to crisp and brown topping. Serve immediately. Makes 6 to 8 side-dish servings or 4 main-course servings.
9. You can substitute any combination of vegetables for the ones suggested here: Brussels sprouts, broccoli, parsnips, celery, onions, potatoes and rutabaga. Cook a total just 1 of 2-1/2lb of vegetables just until tender and assemble gratin as directed in recipe.

Golden Fresh Fruit Pancakes

Source: adapted from a La Carte, Jan/Feb 1986, pg 44 (from Tom and Marlene)

Rating: 8/10

- 2 eggs
- 1 tbsp oil
- 1 tbsp honey
- 3/4 cup yogurt
- 1/2 cup milk
- 1/2 cup apple cider or juice
- 1/2 cup whole-wheat flour
- 1/4 cup oat bran
- 3/4 cup all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt (optional)
- 1/4 tsp cinnamon

- 1 small golden delicious apple, cored and finely chopped
- 1 small bartlett pear, cored and finely chopped

1. Whisk first 6 ingredients.
2. Fold in dry ingredients until well mixed. Stir in chopped fruit. Use lower heat than usual as these ingredients will scorch.

Oven Potatoes - Cheese and Hashbrowns

Source: Margo Williams

Rating: 9/10

- 2 lb hashbrowns
- 2 can tins cream of mushroom soup (condensed)
- 250 g sour cream and chopped fresh chives (optional)
- 1/2 cup chopped onion
- 1/2 tsp garlic salt
- 2 cup shredded old cheddar cheese
- 2 tbsp melted margarine
- Parmesan cheese

1. Mix all ingredients except Parmesan cheese and place in a 9" X 13" baking dish. Sprinkle top with Parmesan cheese and bake at 350 F for 1 to 1 1/2 hours (or microwave on high for 12 - 15 min. Freezes well).

Paneer

Source: LCBO Food & Drink Spring 2008

Region: India

Rating: Untried

Paneer is an Indian cheese which housewives make fresh every day. As an easy substitute, place ricotta in a cheese-cloth-lined sieve and weigh down overnight to press out the whey.

8 cup whole milk
1/2 tsp salt
1/4 cup lemon juice

1. Pour milk into a large pot over high heat. Add salt and bring just to a boil. Turn heat to low and let simmer for 5 minutes, watching carefully so the pot does not boil over.
 2. Remove milk from heat and stir lemon juice into pot, 1 tbsp at a time. The milk will begin to curdle. Keep stirring and adding lemon juice until you have large curds and slightly cloudy whey. Pour curds into a sieve and discard whey.
 3. Turn curds onto a piece of clean cheese cloth and press into a block, folding cheesecloth around curds. Place in a sieve over a large bowl, cover with a small plate and use canned goods as weights to press out any remaining whey. Refrigerate for 3 hours or until firm. Discard any remaining whey.
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Salsa Scalloped Potatoes

Source: Milk Calendar

Rating: 7/10

A gentle, smooth Mexican flavour, a slight crunch from the peppers, toasted cheese on top.

1 1/2 lb potatoes (about 4 medium)
2/3 cup diced peppers (red, green or both)
2 green onions, thinly sliced
2 tbsp butter
3 tbsp all-purpose flour
1 1/2 cup milk
1 tsp cumin (optional)
1 1/2 cup grated Monterey Jack cheese, divided
1/4 cup well-drained salsa sauce (mild or medium)
1/4 tsp salt, or to taste

1. Preheat oven to 350°F (180°C).
 2. Butter a 2 quart baking dish; set aside.
 3. Peel and thinly slice potatoes, then place in a microwavable casserole dish and cover. Microwave potatoes on high for 7 minutes, stirring once; set aside.
 4. In the bottom of the buttered baking dish, layer half of each of the potatoes, peppers and green onions. Repeat layer; set aside.
 5. In a medium saucepan, melt butter. Add flour, blending well. Add milk and cumin and cook over medium-high heat, stirring until thickened. Whisk in 1 cup of the grated cheese until smooth. Stir in the salsa.
 6. Pour milk mixture over potatoes. Sprinkle with remaining cheese. Bake for 35 minutes or until potatoes are tender and the top is bubbly and golden.
 7. Yields 4 to 6 servings.
-

Scrambled Eggs

Source: Joy of Cooking

Rating: 8/10

- 3 eggs
- 1 1/2 tbsp unsalted butter
- 1/4 tsp salt
- 2 tbsp milk or cream
- 1/8 tsp paprika (smoked)

1. Melt butter in a 10-inch skillet, preferably nonstick, over medium-low heat.
 2. Pour in the eggs and, with a wooden spoon or heatproof rubber spatula stir slowly and constantly, pushing the eggs to the center of the pan and scraping the bottom and sides. When the eggs begin to thicken, after about 2 minutes, continue stirring until not quite cooked to the desired consistency.
 3. Sprinkle with pinch of black pepper.
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Shepherd's Pie

Source: LCBO Food & Drink Autumn 2007

Region: Scottish

Rating: 9/10

"This is a very flavourful shepherd's pie, originally a Scottish dish made with ground lamb. I prefer the beef version. Sometimes this is made with leftover roast beef but it never has the same body or taste. When you're doing the vegetables try to make them all the same size, about 1/4 to 1/2-inch dice, for even cooking and attractive appearance. Although the ingredient list looks long, it is a very simple dish to make."

- 1 tbsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 1 cup chopped rutabaga or turnip
- 1 lb lean ground beef
- 1 tsp chopped garlic
- 1 pinch cayenne
- 2 tsp chopped fresh thyme
- salt and freshly ground pepper
- 1 bay leaf
- 1 tbsp flour
- 1/2 cup beef or chicken stock
- 1 cup chopped canned tomatoes
- 1 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tsp tomato paste

Topping

- 1/2 lb Yukon gold potatoes, peeled and quartered
- 1/4 cup butter
- 1/4 cup milk
- 3 tbsp dry bread crumbs

1. Heat oil in a skillet over medium heat. Add onion, celery, carrots and rutabaga and sauté until softened, about 4 minutes. Add beef, garlic, cayenne and thyme and season with salt and pepper. Sauté for 3 minutes or until meat loses its pinkness. Add bay leaf and stir in flour. Add stock, tomatoes, Worcestershire sauce, soy sauce and tomato paste. Bring to boil, reduce heat to low and simmer for 30 to 35 minutes or until sauce is thickened. Taste for seasoning.
 2. Cook potatoes in boiling salted water until tender, about 12 to 15 minutes. Drain well, return to pot and dry off on the turned-off burner. Mash with butter and milk. Season with salt and pepper.
 3. Preheat oven to 375°F.
 4. Spoon beef mixture into a medium-sized baking dish. Top with potato mixture and sprinkle bread crumbs on top. Bake for 20 to 25 minutes or until mixture is bubbling and topping is crisp.
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Spanish Potato Omelet

Source: Better Crocker's International Cookbook

Region: Spanish

Rating: 9/10

- 7 slices bacon, cut into 1-inch pieces
- 1 medium potato, cut into 1/2-inch cubes
- 1 medium onion, chopped
- 6 eggs
- 3/4 tsp salt
- 1/8 tsp pepper
- parsley

1. Fry bacon in 10-inch skillet over medium heat until crisp. Remove bacon and drain, reserving 4 tbsp bacon fat in skillet. Cook and stir potato and onion until potato is golden brown and tender, about 10 minutes.
 2. Beat eggs with salt and pepper. Stir bacon into potato mixture; add eggs. Cover and cook over low heat until eggs are set and light brown on bottom, about 10 minutes. Cut into wedges to serve; garnish with parsley.
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Spinach Quiche

Source: Better Homes & Gardens New Cook Book

Rating: 9/10

[I use store-bought pastry pie crust. I find the store-bought crust to be smaller and therefore I only need to make roughly 3/4 of this recipe. I also substitute yogurt for sour cream.]

- 1 9" pastry pie-crust
- 1/2 cup chopped onion (1 medium)
- 6 slices bacon, chopped
- 8 beaten eggs
- 1/2 cup dairy sour cream
- 1/2 cup half-and-half, light cream, or milk
- 1/4 tsp salt
- 1/8 tsp white pepper
- 1 dash ground nutmeg (optional)
- 3 cup lightly packed chopped fresh spinach
- 2/3 cup shredded mozzarella cheese
- 1/2 cup shredded Swiss cheese (2 ounces)
- Cherry tomatoes, cut up (optional)

1. Prepare and roll out Pastry for Single-Crust Pie. Line a 9-inch pie plate with the pastry. Trim; crimp edge as desired. Line unpricked pastry shell with a double thickness of foil. Bake in a 450°F oven for 8 minutes. Remove foil. Bake for 4 to 5 minutes more or until pastry is set and dry. Reduce oven temperature to 325°F.
 2. Meanwhile, in a large skillet cook onion and bacon until onion is tender and bacon is crisp. Drain on paper towels.
 3. In a bowl stir together eggs, sour cream, half-and-half, salt, pepper, and, if desired, nutmeg. Stir in onion mixture, spinach, and cheeses.
 4. Pour egg mixture into hot, baked pastry shell. Bake in the 325°F oven 45 to 50 minutes or until a knife inserted near center comes out clean. If necessary, cover edge of crust with foil to prevent overbrowning. Let stand for 10 minute before serving. If desired, garnish with cherry tomatoes.
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Thai Roti with Bananas

Source: Martha Stewart Living April 2005

Region: Thai

Rating: Untried

- 1 cup all purpose flour
- 1/4 tsp baking powder
- 1/2 cup plus 1 tbsp sugar
- 3/4 cup milk
- 1 large egg, lightly beaten
- 1 tbsp unsalted butter, melted, plus more for skillet, plus 6 more tbsp butter
- 6 ripe bananas, thinly sliced
- Coarse salt
- sweetened condensed milk, for drizzling

1. Stir together flour, baking powder, and 3 tbsp sugar. Whisk in milk, egg, 1 tbsp butter, and 3/4 cup water until smooth. Cover; let stand 1 hour.
 2. Heat a 12-inch nonstick skillet or a griddle over medium-high heat. Brush with butter. Pour in 1/3 cup batter, swirling to cover bottom. Cook, flipping once, until golden brown, about 2 minutes per side. Repeat with remaining batter.
 3. Melt 3 tbsp butter in a large skillet over medium-high heat; sprinkle with 3 tbsp sugar. Arrange half the bananas in a single layer in skillet. Cook, turning once, until golden brown, about 8 minutes. Add a pinch of salt. Repeat with remaining 3 tbsp each butter and sugar, the bananas, and salt.
 4. Place 1 cup banana mixture in center of each pancake. Fold 1 edge over bananas, then the 2 adjacent edges, then remaining edge. Transfer to a plate, seam sides down. Drizzle with condensed milk.
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Very Berry Buttermilk Flapjacks

Source: LCBO Food & Drink Spring 2008

Rating: Untried

These are thick fluffy pancakes that satisfy a hearty appetite – quite deliciously. Barley flour and flax seed add texture and nutritional value. Serve these with sausages or ham.

Strawberries

- 1 lb fresh strawberries, a generous 4 cups
- 1/2 cup pure maple syrup

Pancakes

- 1/2 cup all purpose flour
- 3/4 cup barley flour
- 2 tbsp granulated sugar
- 1 tbsp flax seed, ground
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 egg
- 1/4 cup buttermilk
- 2 tbsp melted butter
- 1/2 cup frozen or fresh berries such as blueberries and raspberries

1. Wash whole strawberries under cold running water. Dry on paper towels or a large clean tea towel. Remove hulls, thickly slice berries and set aside in a medium bowl. Only when ready to serve, pour syrup over strawberries and stir.
 2. Stir flours with sugar, flax seed, baking powder, baking soda and salt; make a well. In a separate bowl, lightly beat egg into buttermilk using a fork. Stir into flour mixture along with melted butter until just combined. Batter is thicker than usual for pancakes.
 3. Preheat large heavy frying pan or griddle over medium heat; coat with nonstick spray or oil lightly as needed. Pour 1/2 cup batter for each pancake onto hot grill; spread with rubber spatula until about 6 inches in diameter. Reduce heat to medium-low. Sprinkle each cake with about 2 tbsp berries; gently press down into pancake with fingers.
 4. Cook for 4 to 5 minutes; turn as underside is golden when a corner is lifted. Cook second side for 4 to 5 minutes.
 5. Serve berry-side up on warm plates, passing strawberries to spoon overtop – and extra butter and syrup for the indulgent.
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Desserts

Almond Cookies

Region: Chinese

Rating: Untried

These crisp cookies can be stored in airtight containers for several weeks.

1 cup butter (part shortening, if desired)
 1/2 cup firmly packed brown sugar
 1/2 cup granulated sugar
 1 tsp almond extract
 1 egg
 1 3/4 cup all-purpose flour
 1 tsp baking powder
 1/2 tsp cream of tartar
 1/2 tsp baking soda
 1/2 tsp salt
 sliced blanched almonds

1. In mixing bowl, cream butter. Blend in sugars and cream thoroughly. Beat in almond extract and egg.
 2. Sift or stir together flour, baking powder, soda, cream of tartar and salt. Stir into creamed mixture and blend well. Divide dough in half and shape each portion into roll about 1-1/2 inches in diameter. Refrigerate for 30 minutes.
 3. Slice rolls into 1/4-inch thick rounds. Place on greased baking sheets, spacing cookies about 1/2 inch apart. Place 1 or 2 almond slices on each cookie and press gently into dough. Bake in 350°F (108°C) oven for 10 to 12 minutes or until lightly golden. Makes about 50.
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Apple PizzaSource: www.cooks.com

Rating: 8/10

Mix

2 tbsp sugar
 1/2 tsp cinnamon
 1/4 tsp nutmeg
 3 tbsp butter
 3 apples

Crust

1 tbsp sugar
 1/2 tsp cinnamon
 2 tbsp butter
 1 refrigerator pizza crust (I used the Thin-Crust Pizza Crust on page 10)
 1 scoop ice cream

1. Stir 2 tbsp sugar and spices together. Peel, core, and slice apples. Melt butter in a large skillet over low heat. Add apples and sugar mixture. Increase heat to medium. Cook and stir for 5 minutes. Remove from heat; cool.
 2. Heat oven to 450 degrees. Lightly grease 12 in pizza on cookie sheet. Pat pizza dough into pan, leaving edges high. Melt butter and brush over crust. Arrange apples over crust. Combine cinnamon and sugar; sprinkle over apples. Bake 15 minutes. Then top with scoop of softened ice cream.
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Apple Strudel

Region: German

Rating: 9/10

This delicious dessert is not nearly as difficult to make as you may think. The hardest part is making sure the phyllo (filo) pastry doesn't dry out. Phyllo pastry is available in the freezer section of most supermarkets or at food specialty stores.

- 6 sheets phyllo pastry
- 3 apples, peeled
- 1/2 cup granulated sugar
- 1/2 tsp cinnamon
- 1/4 cup chopped walnuts, pecans or almonds
- 1/4 cup raisins
- 1 tsp grated lemon rind
- 1/3 cup (approximately) melted butter
- 1/3 cup (approximately) fine dry bread crumbs icing sugar

1. Thaw phyllo if frozen; make sure it's completely thawed before you try to peel off sheets of pastry. Leave package in refrigerator until all ingredients are assembled.
 2. Finely slice or chop apples. Toss with sugar, cinnamon, nuts, raisins and lemon rind. Set aside. Unwrap phyllo dough carefully and remove the six sheets needed. (You can refreeze the rest of the package.) Cover with damp cloth when not using to prevent drying out.
 3. Place one sheet of phyllo on damp tea towel. Using large pastry brush, brush top with melted butter. Sprinkle with about 1-tbsp bread crumbs. Repeat with remaining five sheets of phyllo, ending with crumbs.
 4. About 2 inches from one long edge of pastry, spoon apple mixture in a strip about 3 inches wide, leaving 2 inches free of filling at each short end. Carefully roll up, jelly-roll fashion, starting at long edge nearest filling and tucking in ends.
 5. Place on buttered baking sheet, seam side down; brush with melted butter. Cut 6 to 8 slits in top.
 6. Bake in 400°F (200°C) oven for 30 to 35 minutes or until crisp and golden. Dust top with sifted icing sugar. Serve warm or cold.
 7. Makes 8 servings.
-

Apricot Bars

Source: Marlene

Rating: Marlene-Good

- 2/3 cup dried apricots
- 1/2 cup soft butter or shortening
- 1/4 cup sugar
- 1 cup sifted all purpose flour
- 2 eggs
- 1 cup brown sugar, packed
- 1/3 cup sifted all purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup chopped almonds
- 1 tsp almond extract
- icing sugar

1. Cover apricots with water in small saucepan. Bring to a boil, turn down heat, cover and simmer 10 minutes. Drain, cool and chop finely.
 2. Heat oven to 350 degrees. Grease an 8x8x2 inch cake pan.
 3. Mix butter or shortening, sugar and 1 cup flour with a fork, then with fingers until crumbly. Press firmly in an even layer in prepared pan.
 4. Bake 10-15 minutes or until set and lightly browned.
 5. Beat eggs well. Beat in brown sugar gradually. Sift 1/3 cup flour, baking powder and salt into egg mixture and bend well. Stir in apricots, almond extract. Spread over baked bottom crust. Return to oven and bake 30 minutes. longer.
 6. Cool to lukewarm and sift icing sugar generously over top. Cool before cutting into bars.
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Banana Lassi

Source: Loosely based on a recipe from A Taste of India

Region: Indian

Rating: 9/10

One of the few drinks, other than water, that is drunk with meals in India. It is typically made by replacing the sugar with salt. Other kinds of fruit can be substituted for bananas (like mangoes). It is an excellent drink to serve with spicy-hot foods.

- 1/2 cup yogurt
- 1 1/2 cup cold water
- 1/2 banana
- 2 tsp sugar
- 1 tsp fresh mint, chopped (optional)

1. Blend all of above ingredients and serve.
-

Cherry-Berries on a Cloud

Rating: Untried

- 6 egg whites
 - 1/2 tsp cream of tartar
 - 1/4 tsp salt
 - 1 3/4 cup sugar
 - 2 (3 oz. each) cream cheese, softened pkgs
 - 1 cup sugar
 - 1 tsp vanilla
 - 2 cup chilled whipping cream
 - 2 cup miniature marshmallows
- Cherry-Berry Topping (below)

1. Heat oven to 275°F. Grease oblong pan, 13x9x2 inches. Beat egg whites, cream of tartar and salt until foamy. Beat in 1-3/4 cups sugar, 1 tablespoon at a time; beat until stiff and glossy. Do not under-beat. Spread in pan. Bake 1 hour. Turn off oven; leave in oven with door closed at least 12 hours.
 2. Mix cream cheese, 1 cup sugar and the vanilla. Beat whipping cream in chilled bowl until stiff. Fold whipped cream and marshmallows into cream cheese mixture. Spread over meringue; refrigerate at least 12 hours. Cut into serving pieces and top with Cherry-Berry Topping. Makes 10 to 12 servings.
 3. Mix 1 can (21 ounces) cherry pie filling, 2 cups sliced strawberries or 1 package (16 ounces) frozen strawberries (thawed) and 1 teaspoon lemon juice.
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Cloud Cake

Rating: 8/10

- 1 pkg 2-layer size white cake mix
- 3 oz pkg strawberry-flavoured gelatin
- 1 lb pkg frozen strawberry halves, thawed
- 3 1/2 oz pkg strawberry whipped dessert mix
- 2 1/8 oz pkg dessert topping mix

1. Prepare cake according to package directions. Bake in two 9x1-1/2-inch layer cake pans. Dissolve gelatin in 1 cup boiling water; stir in 1/2 cup cold water; set aside for 20 minutes. Cool cake 5 minutes in pans. Remove; place on racks over waxed paper. Using long-tined fork, punch holes in cake, making even rows across cake surface. Spoon gelatin over cake; chill 1 to 2 hours. Drain berries, reserving 1/2 cup syrup. Prepare strawberry whipped dessert mix according to package directions using berry syrup for the 1/2 cup water. Fold in berries. Spread 1 cup strawberry whipped dessert mix between layers; frost entire cake. Chill 1 hour. Prepare dessert topping mix according package directions; spread over pink layer.
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Glazed Shortbread Fingers

Source: Marlene

Rating: Marlene (good)

An elegant, modern version of short-bread, these are topped with a glaze of egg whites and walnuts.

- 1 cup soft unsalted butter
- 3/4 cup brown sugar
- 1 tsp instant coffee powder
- 2 cup all purpose flour
- 1 eggwhite, slightly beaten
- 1/2 cup ground walnuts

1. Cream the butter and sugar until light and blend in the coffee. Gradually add flour, mixing until dough is smooth. Refrigerate covered 2 hours, then roll to 1/2-inch thickness on a lightly floured board.
 2. Cut into 1 x 2 inch fingers, dip each in egg white and roll in nuts. Place on an ungreased baking sheet and bake in a 325 degree oven 25-30 minutes. Remove from sheet and let cool on a wire rack.
 3. Yield: 20-24.
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Graham-Cracker Crust

NA

- 1 1/4 cup fine graham-cracker crumbs
- 1/4 cup sugar
- 6 tbsp melted butter

1. Combine 1-1/4 cups fine graham-cracker crumbs, 1/4 cup sugar, and 6 tablespoons melted butter or margarine; mix. Press firmly into 9-inch pie plate. Bake at 375°F for 6 to 8 minutes or till edges are browned; cool. For unbaked crust chill 45 minutes; fill.
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Marshmallow Squares

Source: Rose Marie Doliska

Rating: 9/10

- 1/2 cup peanut butter
- 1/3 cup butter
- 6 oz pkg butterscotch Chipits
- 2 cup miniature marshmallows

1. Combine peanut butter, butter and chipits. Melt in microwave or on low heat on the stove. Cool. Add marshmallows. Set in refrigerator.
-

Plum Dumplings

Source: Fare Exchange by Dorothy Allan-Gray

Region: Ukrainian

Rating: 10/10

- 12 prune-plums, ripe (Italian)
- 12 cubes sugar
- 2 cup mashed potatoes, boiled in skins, cooled
- 3 tbsp soft butter
- 1/2 tsp salt
- 2 eggs
- 1 3/4 cups all-purpose flour
- large kettle boiling, salted water
- melted butter
- sugar

1. Remove stones from plums but do not cut completely apart. Place a lump of sugar in the centre of each.
 2. Mix potatoes, butter, salt and eggs thoroughly. Sift flour into mixture to form a soft dough. Turn out on floured board and knead lightly, adding a little more flour if the dough sticks to the hands. Roll out to 1/4" thick and cut into 4" squares.
 3. Place a prepared plum on each square. Moisten the edges of the dough and pinch it together around the plum. Dust the palms of the hands with flour, roll the dough into dumplings. Place on floured board and cover with a tea towel to prevent drying.
 4. Gently drop the dumplings into a large kettle of boiling water, a few at a time. Do not cook too many at once as the water must not go off the boil. Stir very gently with a wooden spoon to separate them and to prevent them from sticking to the bottom of the kettle. Cook for 10 minutes. Remove with perforated spoon to a colander and drain thoroughly.
 5. Place in serving dish, sprinkle with melted butter and toss lightly to keep them from sticking together. Cover and keep hot until all are cooked.
 6. Melt the 2 tablespoons butter in skillet and fry the bread-crumbs until golden. Serve the dumplings hot, sprinkled with the bread-crumbs and sugar.
-

Purity Pastry

Yields sufficient pastry for 9" double crust pie.

- 2 cup all-purpose flour
- 1 tsp salt
- 3/4 cup Tenderflake lard
- 5 tbsp cold water

1. Blend together flour and salt. Using a pastry blender, cut in lard. Sprinkle with cold water. Add the water one tablespoon at a time, mixing lightly with a fork until all the flour is dampened. Turn dough onto a piece of waxed paper and form into a ball. Chill if desired.
 - 2.
 3. Use a lightly floured surface, preferably a pastry cloth and a covered rolling pin. Divide pastry into two and form each half into a flattened ball. (If making a double crust pie, make one portion slightly larger and use it for the bottom crust.)
 4. Roll lightly, from the centre to the edge each time, until the pastry is about 1" larger than inverted pie plate.
 - 5.
 6. Fold rolled pastry in half and transfer it to the pie plate. Unfold and ease loosely into place, being careful not to stretch the pastry. Trim off any extra pastry with scissors.
 - 7.
 8. Flute edge of the pastry in your favorite way. Prick with a fork at 1" intervals. Bake in a preheated 450°F oven for 10 to 12 minutes or until golden brown. Cool before adding the cooked filling.
 - 9.
 10. Prepare as above but do not prick the pastry. Add uncooked filling and bake as directed in the filling recipe.
 - 11.
 12. Add filling to the pastry lined pie plate and moisten the edge. Roll out top crust, fold over and make slits in the centre to allow for escape of the steam. Place top crust in position, unfold. Trim off excess pastry; seal the edge and flute.
 13. Bake as directed in the filling recipe.
-

Speedy Cheesecake Pie

Rating: Delicious (RMD rating)

- 8 oz package cream cheese, softened
- 1/2 cup sugar
- 1 tbsp lemon juice
- 1/2 tsp vanilla
- dash of salt
- 2 eggs
- 1 unbaked 8-inch graham-cracker crust (see "Graham-Cracker Crust" on page 97)
- 1 cup dairy sour cream
- 2 tbsp sugar
- 1/2 tsp vanilla

1. Beat cream cheese till fluffy; gradually blend in 1/2 cup sugar, lemon juice, 1/2 teaspoon vanilla, and salt. Add eggs, one at a time, beating well after each. Pour filling into crust. Bake in slow oven (325°F) 25 to 30 minutes or till set. Combine remaining ingredients and spoon over top of pie. Bake 10 minutes longer. Cool. Chill several hours. Serve with fresh ripe strawberries or other fresh or frozen fruit, if desired.
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Warm Apple Perogies

Source: LCBO Food & Drink Autumn 2007

Rating: Untried

"Think beyond potatoes and cheddar cheese. Many eastern Europeans fill perogies with fruits such as blueberries, cherries or plums, so why not apples? Served warm in a caramel-like brown sugar sauce and with a dollop of seet sour cream on top, this dessert will warm you through to your toes with sweet satisfaction."

Perogy Dough

- 1/2 cup all purpose flour
- 1 tsp fine salt
- 2 large eggs
- 1/2 cup 2% milk
- 7 tbsp water

Apple Filling

- 2 cup loosely packed grated McIntosh apple
- 1 cup graham cracker crumbs
- 3 tbsp sugar
- 1 tbsp unsalted butter, melted
- 1/2 tsp finely grated lemon zest
- 1/4 tsp ground nutmeg

Sour Cream Garnish

- 3/4 cup sour cream
- 2 tbsp light brown sugar, packed
- 1/4 tsp pure vanilla extract

Warm Brown Sugar Sauce

- 1/4 cup unsalted butter
- 1/2 cup light brown sugar, packed
- 1/2 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 2 cup peeled and sliced McIntosh apples
- 1/3 cup raisins

1. To make perogy dough, combine flour and salt in a bowl. Whisk eggs, milk and water and add to flour. Stire with a wooden spoon until blended, then, with a floured hand, knead the dough about 6 times to create a ball (dough will be soft and bit lumpy). Cover bowl with plastic wrap and chill for at least an hour.
 2. To make filling, stir all ingredients together.
 3. To make perogies, cut dough in half, wrapping reserved half in plastic wrap. On a floured surface, roll out dough as thinly as possible without tearing (dough is quite stretchy, so will not tear easily). Cut out circles with a 3-inch cookie cutter. Place tbsp apple filling in center of each perogy. To fold, stretch dough over filling and pinch edges with well-floured fingers (no water is needed to seal the perogies), and place on a parchment lined baking tray. Repeat with remaining dough. Extra scraps can be shaped into a ball, wrapped and re-rolled after 30 minutes.
 4. To cook perogies, bring a large pot of lightly salted water to a boil. Add about 15 perogies to the pot and stir once. Boil, uncovered, until perogies float to the
-

surface. Remove with a slotted spoon and place on parchment-lined baking tray. At this point, perogies can be chilled or frozen until ready to serve.

5. To make sour cream garnish, stir all ingredients and chill until ready to serve.
 6. To make warm brown sugar sauce, melt butter, brown sugar, vanilla and cinnamon in a large sauté pan over medium-high heat until bubbling. Stir in apple slices and perogies. Stir gently until sauce bubbles again and perogies are warm. Stir in raisins.
 7. To serve, spoon a few perogies onto a plate and dollop with spoonful of sour cream garnish.
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World's Greatest Apple Pie

Rating: 10/10

Tart cooking apples which are firm and juicy make the best pies. You will need about 2 pounds for a 9" pie.

pastry for 9" lattice-top pie
6 cup thinly sliced apples (6 or 7 tart apples)
1 cup sugar (depending upon tartness of the apples)
1 tsp cinnamon
dash each of nutmeg and salt
2 tbsp butter or margarine

1. If apples lack tartness, sprinkle with 1 tablespoon lemon juice. Combine sugar, flour, cinnamon, nutmeg, and salt; mix with sliced apples. Line 9-inch pie plate with pastry; fill with apple mixture. Dot with butter or margarine.
 2. To make basket lattice top, cut 18 strips 3/4" wide with pastry wheel. Weave lattice on baking sheet generously sprinkled with sugar. Tilt baking sheet over far edge of filled pie and slide lattice onto filling. Trim and seal edge.
 3. Sprinkle top with sugar. Fold strip of foil or pie tape around rim of crust, covering fluted edge. (This keeps juices in pie and guards against boil-over and over-browning.) Bake in hot oven (400°F) 45 minutes or till apples are done. Serve pie slightly warm.
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Fish & Seafood

Clams and Cherry Tomatoes with Linguine

Source: LCBO Food & Drink Spring 2008

Rating: Untried

2 lb fresh, small clams (called Littleneck or pasta clams)
 1/4 cup olive oil, plus extra for drizzling
 5 large cloves garlic, finely chopped
 1 tsp chili flakes
 1 pt cherry tomatoes, halved lengthwise
 14 oz linguine
 2 tbsp fresh parley, finely chopped
 2 tbsp fresh basil, finely chopped
 juice of 1/2 lemon
 Salt to taste

1. Bring a large pot of salted water to the boil (there should be enough salt in the water that it tastes like seawater).
 2. In a large bowl cover clams with very cold, salted water and allow them to purge themselves of any sand for about 10 minutes; repeat this step 3 times, draining away any sandy water.
 3. Heat olive oil in a medium pot over medium heat, add garlic and chili flakes and cook for 3 minutes or until lightly golden. Add tomatoes and cook covered for 10 minutes. Meanwhile add pasta to boiling water and cook according to package instructions. Add drained clams to tomatoes, stir, cover and steam for another 10 minutes or until all the clams have opened. Discard any unopened clams. Stir in parsley, basil and lemon juice, season to taste.
 4. Drain pasta well and toss with clam sauce, coating pasta well. Divide onto 4 plates and drizzle each with 1 tsp olive oil.
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Creamy Cajun Shrimp Pasta

Source:

<http://pasta.allrecipes.com/az/CrmyCjnShrimpPst.asp>

Region: Cajun Rating: 9/10

1 pkg (8 oz) angel hair pasta
 1/4 cup butter
 1 lb shrimp, peeled and deveined
 1/2 red pepper
 2 cloves garlic, minced
 1/4 cup all-purpose flour
 1 tbsp [Chef Emeril's Creole Seasoning](https://doliska.com/recipes/chef-emerils-creole-seasoning/)
 2 cup milk
 1/8 cup grated parmesan cheese
 1 tbsp lemon juice

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Melt butter in a large heavy skillet over medium heat. Saute red pepper and garlic for 2 minutes. Add shrimp for 1 minute on each side. Remove shrimp with a slotted spoon; set aside. Stir in flour and Cajun seasoning. Cook, stirring for 2 minutes. Gradually whisk in milk, then cook until thickened. Remove from heat, and season with parmesan cheese and lemon juice. Return shrimp to sauce, and spoon over cooked pasta.
-

Exotic Thai Curry Mussels

Source: www.gaslightgourmet.tv

Region: Thailand

Rating: Untried

- 4 lb Mussels, scrubbed clean and beards taken off
- 2 Heads of garlic, roasted in tinfoil in 325°F oven until soft
- 4 6" long pieces lemon grass, roasted in tinfoil at 325°F until soft
- 1 Thumb sized piece, peeled ginger, roasted in tinfoil in 325°F oven
- 6 shallots, roasted in tinfoil in 325°F oven
- 2 Kafir lime leaves
- 1 Bunch fresh basil
- 1 Bunch cilantro, stems and leaves separated
- 6 Green chilies, roughly chopped
- 1/2 tsp White or black peppercorns
- 1 tsp cumin seeds
- 2 tsp coriander seeds
- 1 tbsp Shrimp paste
- 2 cup coconut milk
- 1/2 cup tamarind pulp
- Sugar to taste
- 1/4 cup Thai fish sauce
- 1 Fresh lime, juiced
- 1/4 cup peanut oil
- 1 cup Roasted unsalted peanuts, roughly chopped

1. Place peeled, roasted garlic, ginger, shallots and roughly chopped green chilies into a mortar and pound with pestle until a smooth paste is achieved. Scrape out contents and reserve.
2. Toast peppercorns, cumin, and coriander in a dry pan until slightly brown and fragrant. Transfer to mortar and grind with pestle to a fine powder. Add basil, kafir leaves and cilantro and grind with pestle into a paste. Add roasted garlic mixture back to mortar and combine with spice and herb paste. Allow to sit 1/2 hour before using.
3. In a large wok with a tight fitting lid, add peanut oil and preheat until oil is smoking. Add a healthy dollop of the paste that is in mortar and cook until the green "flecks" are bright and everything is fragrant. Add shrimp paste and coconut milk. Bring to a rapid boil and reduce volume by half over high heat. Add tamarind pulp, fish sauce and sugar (if desired) to balance seasoning. When boiling again, add mussels. Stir to coat. Cover and cook for 6 – 7 minutes. Discard any mussels that do not open after this time.
4. To serve, evenly distribute mussels between bowls. Bring the sauce back to a boil and reduce volume by 1/3 to intensify flavor. Ladle the sauce over the

mussels. Garnish with cilantro leaves and peanuts. Serve with limes.

Goan Fish Curry

Source: Adapted from Best Ever Indian

Region: Indian

Rating: 9/10

- 4 skinless salmon fillets, about 7oz/200g each
- 1 tsp salt, or to taste
- 1 tbsp lemon juice
- 3 tbsp sunflower oil or olive oil
- 1 large onion, finely chopped
- 2 tsp garlic paste
- 2 tsp ginger paste
- 1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1 tomato, chopped
- 1 cup (generous) canned coconut milk
- 2 fresh green chiles, sliced lengthwise (seeded if you like)
- 2 tbsp cider vinegar or white wine vinegar
- 2 tbsp chopped fresh cilantro
- cooked basmati rice, to serve

1. Cut each salmon fillet in half and lay on a flat surface in a single layer. Sprinkle with half of the salt, pinch of turmeric, and the lemon juice and rub gently. Cover and let marinade in the refrigerator for 15-20 minutes.
2. Heat the oil in a skillet over medium heat, add the onion, and cook, stirring frequently to ensure even coloring, for 8-9 minutes, until a pale golden color.
3. Add the garlic and ginger pastes and cook, stirring, for 1 minute, then add the turmeric, coriander, cumin, and chili powder, tomato, and cook, stirring, for 1 minute. Add the coconut milk, chiles, and vinegar, then the remaining salt, stir well, and simmer, uncovered, for 6-8 minutes.
4. Add the fish and cook gently for 5-6 minutes. Stir in the fresh cilantro and remove from the heat. Serve immediately with cooked basmati rice.

Grilled Salmon Fillets with Mayonnaise

Source: Joy of Cooking

Rating: 10/10

- 4 salmon fillets (8 oz each)
- Salt and black pepper to taste

1. Rinse and pat dry salmon.
 2. Place on the grill rack and grill for 5 to 6 minutes per side or until opaque throughout.
 3. Serve with [Chipotle Mayonnaise](#)
-

Indian-Flavoured Salmon

Source: LCBO Recipe

Region: Indian

Rating: 8/10

Salmon

- 1/2 tsp black peppercorns
- 2 tsp cumin seeds
- 2 tsp coriander seeds
- 1 pinch cinnamon
- 1 pinch ground cloves
- 4 6oz salmon fillets
- 1 tbsp vegetable oil
- Salt to taste

Tomato Curry

- 2 tbsp vegetable oil
- 2 cloves garlic, sliced
- 2 tsp ground cumin
- 1 tsp grated ginger
- 1 tsp ground coriander
- 1 pinch cayenne or to taste
- 1 cup drained canned tomatoes, diced
- 2 tbsp chopped coriander or basil
- salt and freshly ground pepper

- 1.
 2. Heat a dry skillet over high heat. Add peppercorns, cumin and coriander seeds and toast until fragrant – about 1 minute. Place in a coffee or spice grinder and grind until powdery. Mix with cinnamon and cloves.
 3. Preheat over to 450°F.
 4. Place salmon fillets in an oiled baking dish, flesh side up. Brush with oil and salt and coat with spices. Bake for 10 to 12 minutes or until white juice is just beginning to rise and salmon is still slightly pink.
 - 5.
 6. Heat oil in a skillet over medium heat. Add garlic, cumin, ginger, coriander, and cayenne and sauté until garlic is softened – about 1 minute.
 7. Add tomatoes and cook together for 3 minutes or until tomatoes are softened and begin to release juices. If tomatoes are very juicy, remove cooked pieces from pan, and turn up heat to reduce and thicken juices. Stir in basil, salt and pepper.
 8. Serve as a sauce for the salmon or as a side dish.
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Lemon Ginger Shrimp

Source: <http://seafoodrecipe.allrecipes.com/az/lmngingrshrimp.asp>

Region: Asian

Rating: 10/10

Barbecued shrimp marinated in a lemon ginger marinade.

- 1 1/2 lb large shrimp, peeled and deveined with tails attached
- 1/4 cup olive oil
- 1 tsp sesame oil
- 2 tbsp lemon juice
- 1/2 onion, chopped
- 1 clove garlic, peeled
- 1 tbsp grated fresh ginger root
- 1 tbsp fresh cilantro leaves
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp ground black pepper

1. In a blender or food processor, combine olive oil, sesame oil, lemon juice, onion, garlic, ginger, cilantro, paprika, salt and pepper. Process until pureed. Pour into a medium sized mixing bowl.
 2. Place shrimp into the marinade and cover with plastic wrap. Place in the refrigerator and let marinate for 2 hours.
 3. Preheat an outdoor grill for medium heat and lightly oil grate.
 4. Thread the shrimp on metal skewers or bamboo skewers that have been soaked in water.
 5. Barbecue shrimp for about 5 minutes or until they turn pink all the way through. Turn and baste frequently with marinade.
-

Louisiana-Style Barbecued Alaska Crab

Source: Salmongram.com

Rating: 9/10

- 2 lb Alaska crab (King, Snow or Dungeness) legs, thawed if necessary
- 1/2 cup butter
- 4 cloves garlic, minced
- 2 tsp Cajun Spice Mixture
- 1/2 cup chicken broth
- 1/4 cup beer
- 1/2 tsp lemon juice
- cooked rice
- chopped parsley, for garnish

1. With a sharp knife, cut crab legs into 2 inch long pieces. Melt butter in a large, heavy skillet over medium heat. Stir in garlic and Cajun Spice Mixture; sauté 1 to 2 minutes. Add crab and remaining ingredients except rice. Increase heat to medium-high and bring to a boil, stirring gently. Cook 3 to 4 minutes, or until crab is well heated. Serve crab and sauce over rice. Garnish with chopped parsley. Makes 4 servings.
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Seafood and Bacon Paella

Source: Metro Paper

Region: Spain

Rating: 8/10

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 green pepper, chopped
- 2 large garlic cloves, chopped
- 7 oz bacon, chopped
- 1 large tomato, chopped
- 1/3 cup paella rice
- 1/2 tsp saffron threads, crushed (I used tumeric instead)
- 5 cup hot chicken stock
- 14 oz frozen cooked seafood mix

1. Heat oil in large nonstick frying pan. Add onion, pepper, garlic and bacon pieces, and cook over gentle heat for 5 minutes. Add tomato and cook 2 minutes.
 2. Add rice and stir to coat in oil. Add saffron threads and heat for a few seconds, then pour in hot stock. Bring to boil, then stir lightly and simmer 5 minutes.
 3. Mix in frozen seafood, return to gentle simmer and cook until rice is tender and liquid absorbed, stirring occasionally.
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Shrimp and Pancetta over Torn Pasta Sheets

Source: Television Food Network, courtesy Emeril Lagasse, 2003
Rating: 10/10

[I used fresh pasta recipe Fresh Pasta on page 48 to make linguine instead of torn pasta]

- 1 lb torn fresh pasta sheets, or pappardelle or other wide noodles
- 1/4 cup olive oil
- 6 oz pancetta, chopped
- 1 medium red onion, peeled, cut in 1/2, and thinly sliced
- 2 tbsp minced garlic
- 1/4 cup dry white wine (optional)
- 3/4 tsp salt
- 1/2 tsp crushed red pepper
- 1/2 tsp fresh lemon juice
- 1/2 lb large (21 to 25 count) shrimp, peeled, deveined, and butterflied
- 1/4 cup chopped fresh parsley leaves
- 1 tsp finely grated fresh lemon zest, garnish
- grated Parmesan (optional)

1. In a large pot of salted water, cook the pasta until just al dente. Drain and return to the pot. Cover to keep warm. Meanwhile, in a large saute pan, heat the oil over medium-high heat. Add the pancetta and cook until golden brown, 5 to 6 minutes. To the oil in the pan, add the onions and cook, stirring, for 2 minutes. Add the garlic and cook, stirring, for 30 seconds. Add the wine, salt, red pepper, lemon juice, and shrimp and cook, stirring, until the shrimp are pink and cooked through, about 5 minutes. Add the parsley and stir to combine. Add the cooked pasta to the shrimp mixture and toss well to combine. Cook until the pasta is heated through, about 1 minute. Remove from the heat, add the lemon zest, and adjust the seasoning, to taste. Sprinkle with Parmesan. Spoon into individual pasta bowls or onto large plates, and serve immediately.

Shrimp and Spinach with Penne

Source: www.braceface.com/tobejane/Recipes
Rating: 9/10

- 2 tbsp olive oil, divided
- 5 oz fresh spinach
- 3/4 tsp minced fresh garlic
- 1/2 lb fresh shrimp
- 1 tsp lemon juice
- 1/4 tsp dried oregano
- 1/8 tsp pepper
- 1 can (14.5 oz) diced tomatoes, undrained
- 4 oz penne
- 2 oz crumbled feta cheese

1. Heat one tbsp olive oil in skillet. Add spinach and cook until wilted, around 2 minutes. Set spinach aside in bowl.
 2. Add remaining tbsp olive oil and garlic. When heated, add shrimp and sauté about three minutes, or until cooked. Stir in lemon juice, oregano, pepper and tomatoes. Cook 2 minutes or until thoroughly heated.
 3. Add shrimp to spinach mixture and toss well.
 4. Serve over pasta and top with feta cheese.
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Shrimp Creole

Source: <http://www.gumbopages.com/food/shr-creole.html>

Region: Creole

Rating: 9/10

You can use this recipe to make Chicken Creole by substituting a 3 - 4 pound chicken, cut up (or 2 - 3 pounds of chicken breasts), seasoned and browned, and using chicken stock instead of shrimp stock.

center of the plate, and ladle a generous amount of the sauce around it. Garnish with fresh chopped parsley. Serves 15 regular people, or about 7 Cajuns.

- 1/4 cup olive oil (or use 2 tablespoons butter and 2 tablespoons oil for slightly more richness)
- 2 medium brown onions, small dice
- 2 medium red onions, small dice
- 1 green bell pepper, small dice
- 1 red bell pepper, small dice
- 1 yellow bell pepper, small dice
- 2 poblano chiles, small dice
- 6 ribs celery
- 6 cloves garlic, minced
- 2 qt [shrimp stock](https://doliska.com/recipes/shrimp-stock/)
- 6 cup crushed tomatoes (if using fresh tomatoes, run them through a food mill)
- 18 oz cans tomato paste
- 1 qt ketchup
- 1/2 tsp white pepper
- 1/2 tsp freshly ground black pepper
- 2 tbsp [Chef Emeril's Creole Seasoning](https://doliska.com/recipes/chef-emerils-creole-seasoning/)
- 3 tbsp Tiger Sauce
- 3 tbsp Cajun Power Garlic Sauce
- 1/2 tsp white sugar
- 1/2 tsp brown sugar
- 1/2 tsp Steen's cane syrup or light corn syrup
- 1/2 tsp molasses
- 1 tsp hot sauce (Tabasco or Crystal)
- 2 tbsp Worcestershire sauce
- 1 tsp salt
- 4 tsp chopped fresh thyme (or 1-1/2 teaspoons dried thyme)
- 2 bay leaves
- 1/4 cup fresh squeezed lemon juice
- 3 lb medium shrimp, peeled and de-veined
- 15 cup cooked long-grain or converted rice (about 5 cups raw)

1. To make a simple, quickie shrimp stock, reserve the shells and heads from the peeled shrimp, add to 2 quarts cold water, bring to a boil, lower heat and simmer for 30 minutes. Strain thoroughly. Or see [Shrimp Stock](#). Sweat the onion, celery, bell pepper and garlic in oil and/or butter in a large covered pot until tender, about 15 minutes. Add all of the remaining ingredients except the shrimp. Bring to a boil, then reduce heat to a simmer. Simmer the sauce for 30 minutes. Add the shrimp. Simmer an additional 15 minutes. To serve, heap about 1 cup of rice in the

Singapore Noodles

Source: <https://www.seriousseats.com/recipes/2015/05/singapore-curry-noodles-stir...>

Region: Singapore

Rating: 9/10

- 1/4 lb shrimp (shelled, deveined and rinsed under cold water)
- 3 tbsp vegetable oil (divided)
- 2 1/2 tsp fish sauce (divided)
- 1 pkg dried rice stick noodles (about 5 1/2 ounces, "koong moon" on the label)
- 2 clove garlic (minced)
- 1 tsp soy sauce
- 1 tsp Shaoxing wine
- 1/4 tsp ground white pepper
- 1/4 tsp sugar
- 2 eggs (beaten with two pinches kosher salt)
- 1/4 lb Chinese roast pork or ham (cut into thin strips)
- 1/4 medium onion (very thinly sliced)
- 1/2 medium red bell pepper (stemmed, seeded and julienned)
- 12 snow peas (stemmed, tough strings removed, and sliced thinly on the bias)
- 1/2 medium carrot (julienned)
- 1 tbsp curry powder (divided)
- kosher salt
- 2 scallions (sliced very thinly on the bias)
- 2 tsp toasted sesame oil

1. Pat shrimp dry with paper towels and place in a small bowl. Add 1 teaspoon canola oil and 1/2 teaspoon fish sauce. Mix well and set aside in the refrigerator.
2. Place rice noodles in a large bowl and cover with boiling water. Let stand for 5 minutes. Drain noodles in a colander, rinse with cold running water, then drain until dry. Using scissors, cut the bundle of noodles in half.
3. Place garlic in a small bowl and add soy sauce, Shaoxing wine, white pepper, sugar, and remaining 2 teaspoons fish sauce. Mix well and set sauce aside.
4. Heat 1 teaspoon canola oil in a wok or nonstick skillet over high heat, tilting to swirl oil, until smoking. Add eggs and let cook undisturbed for about 10 second, then gently move the eggs back and forth with a spatula until they start to firm up. Break the eggs into small pieces, then set aside in a large bowl.
5. Wipe wok clean. Return wok to high heat, add 2 teaspoons oil and heat until smoking. Add shrimp and stir-fry for 30 seconds. Add roast pork and onion and continue to stir-fry for another 30 seconds. Add red bell pepper and snow peas and stir for another 30 seconds, then add carrots. Add 1 teaspoon curry powder, season with salt, and cook, tossing, until

curry is evenly distributed. Scrape wok contents into bowl with eggs.

6. Wipe the wok clean again. Heat remaining 2 tablespoons canola oil over high heat until smoking. Add the rice-stick noodles and stir-fry for 30 seconds. Add the sauce and remaining 2 teaspoons curry powder. Stir until the curry powder is evenly distributed. Return egg, shrimp, roast pork, and vegetables to wok and stir-fry until everything is evenly combined, about 30 seconds. Season with salt and remove from heat. Add scallions, drizzle with sesame oil, mix well, and transfer to a large serving bowl. Enjoy immediately.

Sweet and Sour Shrimp and Apples

Source: Sept. 22, 1999 Ottawa Citizen

Rating: Untried

- 3 tbsp olive oil
- 1 lb large shrimp, peeled and de-veined
- 2 apples, cored and sliced thin
- 1 cup green onion, cut into 1-inch pieces
- 1 sweet red pepper, cut into strips
- 1 1/2 cup fresh snow peas
- 1/2 cup cold water
- 1/3 cup brown sugar, packed firm
- 1/4 cup rice wine or cider vinegar
- 4 tsp cornstarch
- 1 tbsp sodium-reduced soy sauce
- 1 tsp ground ginger
- rice or chow mien noodles (optional)

1. In a large saucepan or wok, heat 1 tbsp of oil over high heat; stir-fry shrimp until just pink. Transfer shrimp to a bowl and reserve.
2. Add another 1 tbsp of oil to pan; add apples and stir-fry 1 minute. Transfer apples to bowl with shrimp. Add remaining oil to pan, then green onions, sweet pepper and snow peas; stir-fry 2 minutes. Transfer vegetables to bowl with the shrimp.
3. In a small bowl, combine water, brown sugar, vinegar, cornstarch, soy sauce and ginger. Mix until well-blended. Pour mixture into saucepan and cook, stirring constantly, until boiling and thickened. Reduce heat to low, return all ingredients to saucepan and heat through.
4. Serve with rice or noodles if desired.
5. Serves 4.

Togarashi Seared Ahi & Refried Black Thai Rice

Source: http://www.bestplaceshawaii.com/tips/recipes/seared_ahi.html Chef Linda Yamada, The Beach House Restaurant

Region: Hawaiian

Rating: 9/10

When I made this recipe, I used Mahi Mahi and Jasmine Rice.

8 oz ahi fillet
togashi pepper
alae salt

Rice

1 cup black Thai rice
1/4 cup fine diced onion
1 tsp ground cumin
1 cup chicken stock (may not need to use all of stock)
1 tbsp whole butter

Mango Chipotle Sauce

1 cup sugar
1 cup rice wine vinegar
1 tbsp lemon juice
1 cup mango puree
3 tbsp chipotle peppers roasted in sauce
2 tbsp chopped cilantro

- 1.
 2. Cook sugar and rice wine vinegar in a stainless steel pot until almost syrupy. Add lemon juice to stop cooking; add remaining ingredients and cook for 5 min. Remove from stove and blend with a hand blender or bar blender. Leave on side until ready to use.
 - 3.
 4. Soak, then steam 1 c black Thai rice with 1-1/2 c water until rice is tender.
 5. In a medium pan, melt whole butter on medium heat, add onions, cook until done. Add in steamed rice, season with cumin and slowly add stock. Allow rice to absorb stock, cooking until the rice has a sticky consistency. Remove from heat.
 - 6.
 7. Season 8 oz ahi fillet on both sides with togashi pepper and alae salt and sear both sides quickly in a hot pan.
 8. To serve: Place refried rice on plate, top with ahi and salsa, surround with mango sauce, and serve immediately.
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Meats

Argentinean Grilled Beef

Source: Lucy's Kitchen

Region: Argentinean

Rating: 9/10

In this recipe, the often chewy flank steak is tenderized and given a burst of flavour with a herbal, citrus marinade. Serve the beef with the spicy Chimichurri Sauce

- 1 1/2 lb flank steak
- 1 tbsp chopped fresh coriander
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh mint
- 2 tsp finely chopped garlic
- 1/2 cup orange juice
- 1 tbsp lime juice
- 1 tsp hot Asian chili sauce
- 3 tbsp olive oil
- salt and freshly ground pepper

1. Place steak in a baking dish or plastic bag. Combine coriander, basil, mint, garlic, orange juice, lime juice, chili sauce, and 2 tbsp oil. Pour over steak and marinate for 2 hours or overnight in refrigerator.
 2. Remove steak from marinade and pat dry. Brush with remaining 1 tbsp oil.
 3. Preheat grill or broiler on high. Season steak with salt and pepper. Grill for about 4 minutes per side, or until steak is medium-rare.
 4. Carve steak against grain into slices 1/2 inch thick and serve with [Chimichurri Sauce](#)
-

Barbecue Ribs with Gochujang Sauce

Region: Korean

Rating: 9/10

When we made this we followed the cooking instructions from Slow-Cooked Ribs finished on Barbecue

This gochujang rub is great on ribs, but would also work on a pork shoulder before braising, or bone-in pieces of chicken.

- 2 racks baby back pork ribs (about 2 pounds each)
- Kosher salt, freshly ground pepper

Sauce

- 4 scallions (cut into 1-inch pieces)
- 10 clove garlic (peeled)
- 1 3-inch piece peeled ginger (very coarsely chopped)
- 2 tbsp vegetable oil (plus more for grill)
- 3/4 cup gochujang (Korean hot pepper paste)
- 1/2 cup ketchup
- 1/3 cup fresh lime juice
- 3 tbsp plum sauce
- 2 tbsp light brown sugar
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- lime wedges (for serving)

1. Preheat oven to 300°. Pat ribs dry; season generously on both sides with salt and pepper. Wrap each rack in a double layer of foil, crimping edges tightly, and place on a rimmed baking sheet. Bake until meat yields easily when pierced with a skewer but is not quite falling off the bone, 2–2½ hours. Remove from oven and let sit inside foil until cool enough to handle.
2. Meanwhile, pulse scallions, garlic, and ginger in a food processor until finely chopped. Heat 2 Tbsp. oil in a medium saucepan over medium. Add aromatics and cook, stirring often, until softened, golden, and starting to stick to bottom of pan, about 4 minutes. Add gochujang, ketchup, lime juice, plum sauce, sugar, fish sauce, soy sauce, and ¼ cup water and stir until smooth. Bring to a simmer and cook, stirring often to prevent scorching, until thick, 5–10 minutes. Remove sauce from heat; season with salt.
3. Prepare a grill for medium-high heat; lightly oil grates. Remove ribs from foil (if desired, stir cooking liquid into sauce) and cut racks in half crosswise. Place ribs on grill, meaty side down, and grill until lightly charred, about 1 minute. Brush ribs with sauce and turn over. Brush with more sauce and continue to grill, turning ribs one or two more times, until sauce is lightly charred in spots, about 2 minutes. Transfer to a cutting board and let rest 5 minutes before slicing into

individual ribs.

4. Serve ribs with remaining sauce and lime wedges.

Barbecued Jerk Pork Chops

Source: Dan Doliska

Rating: 9/10

- 1 lb pork chops
- 1/4 cup jerk sauce
- 1/4 cup lemon juice
- 1/4 cup soya sauce

1. Combine jerk sauce, lemon juice, and soya sauce to make a marinade. With a fork, tenderize pork chops. Marinade pork for 2 hours. Barbecue over low heat.

Chinese Barbecue Pork Tenderloin

Source: Canadian House and Home, Mar 2001

Rating: 9/10

Be sure to allow enough time for the two-day marinating, which infuses the meat with a sophisticated sweet-and-sour flavour.

2 pork tenderloins (about 3/4 lb each)

Marinade

1/2 cup maple syrup
1 stalk celery, finely diced
1 medium carrot, finely diced
1 medium Spanish onion
1 tbsp minced fresh ginger
1/4 cup cilantro, finely chopped
1 tsp black peppercorns, crushed
1 tbsp dry sherry or marsala
1 tbsp sesame seed oil
4 tbsp soy sauce

For brushing

2 tbsp maple syrup

Sauce

1/4 tsp orange zest
3/4 cup fresh orange juice (3 oranges)
1/4 cup fresh lemon juice (1 lemon)
2 shallots, finely diced
Salt to taste
6 drop Japanese or Chinese-style chili oil

1. Combine all marinade ingredients in a bowl. Add tenderloins, turning to coat. Cover with plastic wrap and marinate in refrigerator for two days.
 2. After marinating, scrape marinade off tenderloins. Reserve marinade.
 3. Heat and grease grill. Brush pork with maple syrup and grill on each side over medium heat for 10 to 15 minutes per side. (Alternatively, tenderloins can be roasted in a preheated 375F oven for about 30 minutes, turned once and basted with pan juices at least twice).
 4. Meanwhile, prepare sauce. Using a fine strainer, strain liquid from marinade into small saucepan. Add sauce ingredients, except chili oil, and stir over simmering heat until sauce is thick enough to lightly coat back of spoon. Stir in chili oil. Keep warm. Makes about 1/2 cup.
 5. When tenderloins are cooked to desired doneness, remove from heat, cover loosely with foil and let stand about five minutes before slicing into medallions. Serve with sauce.
-

Ginger-Lamb Coconut Milk Curry

Source: Mangoes & Curry Leaves

Region: India

Rating: 9/10

1 lb boneless lamb

Marinade

1 tbsp minced ginger or ginger mashed to a paste

1/2 tsp cayenne

1 tsp coriander seeds, toasted and ground

1/2 tsp turmeric

1 tsp salt

Curry

2 tbsp coconut oil, raw sesame oil, or vegetable oil

1 1-inch piece cinnamon or cassia stick

2 cloves

4 green cardamom pods

2 cup coarsely chopped onions

6 green cayenne chilies, slit lengthwise and seeded

1 tsp minced garlic or garlic mashed to a paste

2 tsp minced ginger or ginger mashed to a paste

1/2 cup canned or fresh coconut milk, with 1/2 cup of the thickest milk set aside

1 cup water

1/4 cup coriander leaves or minced mint leaves

2 limes, cut into wedges

1. Trim the lamb of excess fat, cut into 3/4 inch pieces, and set aside in a large bowl.
2. Combine all the marinade ingredients in a small bowl, adding a little water as necessary to make a paste. Add to the meat and mix well to coat the meat. Set aside to marinate for an hour or so (if it's more convenient, marinate the meat for up to 12 hours, covered and refrigerated).
3. Heat the oil in a wide heavy pot over medium-high heat. Toss in the cinnamon, cloves, and cardamom and stir-fry until softened, about 8 minutes, adding the chilies after the first few minutes.
4. Lower the heat to medium, add the garlic and ginger, and stir-fry for 2 to 3 minutes, until a little softened. Add the meat and any excess marinade and turn and stir over medium to medium-low heat until all the surfaces have been exposed to the heat, about 6 minutes. The meat may stick a little; just loosen it from the bottom of the pan.
5. Add the 1 cup thinner coconut milk and the water and bring to a boil, then lower the heat and simmer, partially covered, until the meat is tender 25 to 30 minutes. Add the thicker coconut milk and bring almost to a boil, then lower the heat and simmer for a few more minutes.

6. Transfer to a serving bowl, sprinkle on the coriander leaves or mint, and serve hot. Put out lime wedges so guests can add a tart note as they eat.
-

Grilled Hoisin Pork Tenderloin with Cumin Onions

Source: Metro, August 27, 2012

Region: Asian

Rating: Untried

9 2/5 oz jar hoisin sauce

1 cup red wine

1/4 cup soy sauce

4 cloves of garlic, minced

1 tsp hot sauce

2 lb pork tenderloin

5 large yellow onions

2 tbsp olive oil

Kosher salt and ground black pepper

1 tbsp whole cumin seeds

1. In large zip-close plastic bag, combine hoisin, wine, soy sauce, garlic and hot sauce. Seal bag and gently shake to mix well. Add pork tenderloin – then close bag and gently turn to ensure the meat is well coated. Refrigerate for at least two hours and up to 24 hours.
 2. Trim ends from onions, then peel off outer layer of skin. Place onions in a second large zip-close plastic bag; add olive oil, a bit of salt and pepper, and cumin seeds. Seal bag, gently shake to coat evenly. Refrigerate until ready to grill meat.
 3. When ready to cook, heat one side of the grill to medium high, the other side to low.
 4. Using oil-soaked paper towel held with tongs, oil the grill grates. Add whole onions to cooler side of grill. Grill, covered, for 5 minutes. Turn onions, then add pork to cooler side of grill. Grill pork for 6 minutes per side. Remove onions when very tender and meat when it is seared on outside and reaches 145°F at centre.
 5. Transfer pork and onions to a platter and let the meat rest for 5 minutes. Thinly slice the pork and server with an onion.
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Grilled Steak with Ginger-Mushroom Broth & Radish and Orange Salad

Rating: 10/10

- 3 tbsp ginger
- 1 clove garlic (minced)
- 1 tsp sesame oil (untoasted)
- 4 cup low-sodium chicken broth
- 1/3 cup soy sauce
- 3/4 cup enoki mushrooms, or your favorite mushroom sliced thin
- 1 1/2 cup sliced rainbow chard, or any leafy green
- 5 radishes (sliced thin)
- 1 orange (peeled and sectioned)
- 1 tbsp apple cider vinegar
- 1 tbsp extra-virgin olive oil
- 1/8 tsp dijon mustard
- salt and pepper
- 1 1/2 lb grilled flank steak (sliced thin)

1. In a large pot, saute ginger and garlic in sesame oil for 2 minutes. Add broth and soy sauce. Simmer 20 minutes. Remove from heat and add mushrooms and chard.
 2. Combine radishes, orange sections, vinegar, oil and mustard. Season with salt and pepper. To serve: Pour broth into a bowl. Top with steak and radish orange mixture.
-

Lamb Stew

Source: <https://www.spendwithpennies.com/lamb-stew>

Region: Ireland

Rating: 9/10

- 2 lb lamb shoulder (cut into 1-1/2" pieces)
- salt & pepper
- 2 tbsp vegetable oil (divided)
- 1 large onion
- 2 tbsp butter
- 2 tbsp flour
- 1 can Guinness beer
- 3 carrots (chopped into 3" pieces)
- 2 large potatoes (about 1.5 lbs)
- 4 cup beef broth
- 2 spriges thyme (or 1/2 teaspoon dried)
- 1/4 cup parsley

1. Season lamb with salt and pepper. Heat 1 tablespoon oil over medium heat and brown lamb in small batches.
 2. Set lamb aside and add onions to the pot with remaining oil. Cook until tender, about 5 minutes.
 3. Add about 2 tablespoons broth to deglaze and scrape any brown bits off the bottom. Cook until broth has evaporated.
 4. Add butter and flour. Cook one minute. Turn heat to low. Add beer and then broth a small amount at a time mixing until smooth after each addition. The mixture will seem pasty and thick at first. Continue adding liquid a little bit at a time until smooth.
 5. Simmer 90 minutes or until lamb is fork tender. Add potatoes, carrots and thyme and simmer 25 minutes or until tender.
 6. Stir in parsley and serve with 6. Irish Soda Bread.
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Meat Lasagna

Source: back of Catelli Lasagna Noodle box

Rating: 9/10

- 1 medium onion, minced
- 1 clove garlic, minced
- 2 tbsp (25 ml) olive oil
- 1 lb (500 g) ground beef
- 1 can 280 ml (10 oz) can sliced mushrooms
- 1 can 225 ml (8 oz) can Catelli tomato sauce
- 1 can 150 ml (5 1/2 oz) can tomato paste
- 2 tsp (10 ml) salt (I only use half the amount)
- 1 tsp (5 ml) oregano
- 3/4 cup (175 ml) water
- 1 egg, slightly beaten
- 1 pkg 1 - 280 g (10 oz) package frozen chopped spinach (optional)
- 1 cup (250 ml) creamed cottage cheese
- 1/3 cup (75 ml) grated Parmesan cheese
- 1 pkg 500 g package Catelli Lasagne, cooked and drained
- 1 pkg 170 g (6 oz) package sliced Mozzarella cheese

1. Saute onion and garlic in half the oil; add ground beef and brown, breaking it apart with fork. Stir in mushrooms with liquid, tomato sauce, tomato paste, half the salt, oregano and water. Simmer 15 minutes.
 2. Combine egg, spinach which have been thawed and thoroughly drained, cottage cheese, Parmesan cheese, remaining oil and salt. Spread 1/3 of meat sauce in a 22 cm x 33 cm (9 x 13) baking dish. Cover with 1/3 of lasagne. Alternate another 1/3 of sauce and lasagne. Spread cottage cheese mixture over and cover with remaining lasagne and sauce. Arrange Mozzarella cheese on top and bake at 180 C (350F) 20 to 30 minutes. Let stand for about 5 minutes before serving.
 3. About 8 servings.
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Nepali Meat Momo's

Source: http://creative-homeliving.com/world_kitchen/recipes/nepalimomo's.htm

Region: Nepali

Rating: 10/10

This particular himalayan dish is very popular among Nepali. Historically, this dish was borrowed from the Tibetan cuisine; at present however, it has been known to reflect the identity of the cuisine of the Himalayas.

Serve with [Spicy Sesame Tomato Chutney](https://doliska.com/recipes/spicy-sesame-tomato-chutney/)

Dough for Wrappers

- 3 cup all-purpose flour
- 1 tbsp oil
- 1 cup water
- 1 pinch salt

Filling

- 1 lb lean ground lamb or chicken (Note that beef is not eaten in Nepal)
- 1 cup onion, finely chopped
- 1/2 cup green onion, finely chopped
- 1/2 cup cilantro, chopped
- 1 tsp garlic, minced
- 1 tsp fresh ginger, minced
- 1/2 tsp timur (szechwan pepper)
- 1/2 tsp turmeric
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp freshly ground black pepper
- 3 fresh red chilies, minced
- 1 cup Nepali cheese ([Paneer](https://doliska.com/recipes/paneer/)), roughly crushed (optional)
- 2 tbsp clarified butter
- Salt to taste

board gently flatten the ball with your palm to about 2-in circle. Make a few semi-flattened circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper. For well executed Momos, it is essential that the middle portion of the wrapper be slightly thicker than the edges to ensure the structural integrity of dumplings during packing and steaming. Hold the edges of the semi-flattened dough with one hand and with the other hand begin rolling the edges of the dough out, swirling a bit at a time. Continue until the wrapper attains 3-in. diameter circular shape. Repeat with the remaining semi-flattened dough circles. Cover with bowl to prevent from drying.

6. For packing hold wrapper on one palm, put one tablespoon of filling mixture and with the other hand bring all edges together to the center, making the pleats. Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling. This holds the key to good tasting, juicy dumplings.
7. Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking. Arrange uncooked Momos in the steamer. Close the lid, and allow steaming until the dumplings are cooked through, about 10-15 min. Take the dumplings off the steamer, and immediately serve.
8. To serve, arrange the cooked Momos on a plate dressed with [Spicy Sesame Tomato Chutney](#)

- 1.
2. In a large bowl combine flour, oil, salt and water. Mix well, knead until the dough becomes homogeneous in texture, about 8-10 min. Cover and let stand for at least 30 min. Knead well again before making wrappers.
- 3.
4. In a large bowl combine all filling ingredients. Mix well, adjust for seasoning with salt and pepper. Cover and refrigerate for at least 1 hour to allow all ingredients to impart their unique flavors. This also improves the consistency of the filling.
5. Give the dough a final knead. Prepare 1-in. dough balls. Take a ball, roll between your palms to spherical shape. Dust working board with dry flour. On the

Oven Baked BBQ Beef Ribs

Rating: 9/10

- 3 lb meaty beef ribs
- 2 tbsp olive oil
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp [Chef Emeril's Creole Seasoning](https://doliska.com/recipes/chef-emerils-creole-seasoning/)
- 2 tbsp brown sugar
- 1 tsp chili powder
- 1 tsp salt
- 2 tsp smoked paprika
- 2 tsp oregano

1. Rinse ribs and dry COMPLETELY with paper towels.
 2. Douse dry ribs with liquid smoke if using.
 3. Lightly coat ribs in olive oil.
 4. Mix together seasoning and sprinkle generously over ribs, front and back. (don't have to use all of seasoning mix)
 5. Massage the spices into the ribs, adding more olive oil to help distribute the spices well if needed.
 6. Place the ribs in a large ziplock bag or covered bowl and marinate in the fridge for 1-2 hours.
 7. Preheat the oven to 250 F.
 8. Place the ribs in a Dutch oven in a single layer.
 9. Add another piece of foil on top to create a pouch for the ribs to cook in. Be sure to seal the edges of the foil so that it's tight and steam won't seep out.
 10. Bake on the middle rack of 3½ -4 hours. (Mine only needed 3½ hours) Check on it after the 3½ hour mark. The oven temperature is very low so you can afford to cook it a bit longer without worry)
 11. When the ribs are done to your liking, drain off the excess fat.
 12. Brush the ribs with desired amount of BBQ sauce.
 13. Broil on low until the sauce is sticky. (this won't take long so keep an eye on it)
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Roast Leg of Lamb

Source: http://simplyrecipes.com/recipes/roast_leg_of_lamb-print-photo/

Rating: 9/10

Marinade

- 1/2 cup orange juice
- 1 cup white wine
- 3 cloves garlic, minced
- 2 tsp fresh thyme or 1 teaspoon of dried thyme
- 2 tbsp fresh chopped rosemary or 1 Tbsp of dried rosemary
- 1/4 tsp fresh ground pepper
- 2 tbsp olive oil

Lamb Roast

- 1 (6-lb) leg of lamb, bone-in or boneless. If boneless, the leg should be tied up with kitchen string by butcher.
- salt

1. Place lamb and marinade into a plastic bag. Squeeze out as much of the air as possible from the bag and seal. Wrap again with another plastic bag to ensure that the marinating lamb doesn't leak. Marinate for several hours, or overnight, in the refrigerator. Remove the lamb, still in its marinade bag, from the refrigerator at least 30 minutes before putting in the oven to help bring the lamb closer to room temperature before roasting.
2. Preheat oven to 425°F. Arrange two racks in the oven - a middle rack to hold the lamb, and a lower rack to hold a roasting pan with which to catch the drippings. Place the empty roasting pan in the oven while the oven is pre-heating. Note that this arrangement of racks and pans, with the roast sitting directly on the oven rack, will create a natural convection of heat in the oven, causing the roast to cook more quickly than if cooked the traditional method in a rack in a roasting pan.
3. Remove the lamb roast from its marinade bag (you may want to temporarily place lamb in another roasting pan, just to make it less messy to work with.) Pat dry the marinade off the lamb with paper towels. Generously salt and pepper all sides of the roast. Arrange fattiest side up, so while the lamb is cooking the fat will melt into the meat. Insert a meat thermometer into the thickest part of the roast, not touching the bone if your roast is bone-in. Place directly on middle rack of the oven, with a roasting pan on a separate rack a rung lower, to catch the drippings.
4. Roast at 425°F for 20 minutes. Then reduce the heat to 300°F and roast an additional hour (for a 6 pound roast), about 10-12 minutes per pound. If you are cooking a roast bone-in, the bone will act as an insulator and will require a longer cooking time than a

boneless roast. Note that the method of cooking directly on the oven rack will mimic a convection oven and the cooking time/oven temp needed will be less than you would need if you cooked the roast on a rack in a roasting pan. If you are cooking the roast in a roasting pan, rack or not, start the roast at 450°F and then reduce the heat to 325°F. Also, the shape of the roast will have an impact on the cooking time. Our roast was rather long and thin, so it cooked up fairly quickly. A thicker roast may take longer than expected. At this point start checking the meat thermometer. Note that every time you open the oven door, you'll need 10 minutes or so to bring the oven back up to temperature, thus slowing down the cooking process. So, don't check too often. Remove from the oven anywhere from 130°F to 135°F for medium rare. Lamb should never be cooked until well done or it will be too dry. Let stand for 15-20 minutes before carving. Cut away the kitchen string and slice with a sharp carving knife, 1/2 inch thick slices, against the grain of the meat.

5. While the roast is resting, use a metal spatula to scrape up the drippings in the roasting pan. Use the drippings to make a gravy, or use just the drippings themselves to serve with the lamb.
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Seared Beef Tenderloin with Spiced Guinness Reduction

Source: LCBO Food & Drink Spring 2008

Rating: 9/10

The mild licorice kick of star anise goes well with the richness of the stout in this posh twist on Irish beef and Guinness stew, while redcurrant jelly tempers its sharp hoppiness.

- 8 oz pearl onions
- 1 tbsp finely chopped thyme leaves
- 1 tsp olive oil
- 1/2 tsp minced garlic
- 4 pieces beef tenderloin (4 to 6oz each)
- salt and freshly ground pepper
- 1/2 cup Guinness
- 2 whole star anise
- 4 strip orange rind inch
- 1 cup beef stock
- 1/2 cup baby carrots
- 1/4 cup whipping cream
- 2 tbsp redcurrant jelly

1. Cook onions for about 6 minutes in a small saucepan of boiling water until just tender. Drain well. When cool enough to handle, trim off stem and root ends and remove skins; set aside.
2. Preheat oven to 400°F.
3. Stir together 1 tsp thyme, the oil and garlic in a small bowl; rub evenly over both sides of beef. Sprinkle beef on both sides with salt and pepper. Heat a medium oven proof skillet over medium-high heat. Add beef; cook for 1 to 2 minutes on each side until browned. Transfer skillet to oven; cook for 5 to 7 minutes for medium-rare. Remove beef to a plate; keep warm loosely tented with foil.
4. Heat butter in same skillet over medium heat. Add reserved onions and sugar; cook, stirring, for 2 to 3 minutes, until onions are golden and starting to caramelize. Stir in Guinness, star anise and orange rind; bring to a boil, stirring to scrape up any browned bits from bottom of skillet. Boil for 2 to 3 minutes until liquid is reduced by about half. Add stock; bring to a boil over high heat. Reduce heat to medium; boil for 3 to 5 minutes, until liquid is reduced by about half.
5. Meanwhile, steam carrots over a saucepan of boiling water for 6 to 8 minutes until just tender.
6. Discard star anise and orange rind from sauce; stir in carrots and cream; simmer for 1 to 2 minutes until sauce is slightly thickened. Remove skillet from the heat. Add redcurrant jelly and remaining thyme, stirring until jelly has dissolved. Season with salt and pepper to taste. Divide beef among 4 dinner plates;

spoon sauce overtop, dividing onions and carrots evenly.

7. Serve with Roasted Garlic Champ on page 54.
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Slow-Cooked Coffee Beef Roast

Source: <http://www.tasteofhome.com/Recipes/Slow-Cooked-Coffee-Beef-Roast>

Rating: 8/10

- 1 beef sirloin tip roast (2-1/2 pounds), cut in half
- 2 tsp canola oil
- 1 1/2 cup sliced fresh mushrooms
- 1/3 cup sliced green onions
- 2 garlic cloves, minced
- 1 1/2 cup brewed coffee
- 1 tsp Liquid Smoke, optional
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1/4 tsp pepper
- 1/4 cup cornstarch
- 1/3 cup cold water

1. In a large nonstick skillet, brown roast on all sides in oil over medium-high heat. Place in a 5-qt. slow cooker.
 2. In the same skillet, saute mushrooms, onions and garlic until tender; stir in the coffee, liquid smoke if desired, salt, chili powder and pepper. Pour over roast.
 3. Cover and cook on low for 8-10 hours or until meat is tender.
 4. Remove roast and keep warm. Pour cooking juices into a 2-cup measuring cup; skim fat.
 5. In a small saucepan, combine cornstarch and water until smooth.
 6. Gradually stir in 2 cups cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with sliced beef.
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Slow-Cooked Ribs finished on Barbecue

Adapted from two recipes: "Slow Chili-Rubbed Ribs" from "Back to Basics" by Michael Smith; "Maple-Planked Ribs with Smoky Maple BBQ Sauce" from "LCBO BBQ Central Volume Two".

- 2 racks baby back pork ribs
- 1 tbsp sea salt
- 1 tbsp hot smoked paprika
- 1/2 tsp thyme
- 2 tsp ground cumin
- 2 tbsp garlic powder
- 2 tsp pepper
- 1 [Smoky Maple BBQ Sauce](https://doliska.com/recipes/smoky-maple-bbq-sauce/)

1. In a bowl, combine salt, paprika, thyme, cumin, garlic powder and pepper. Sprinkle over ribs, pressing to adhere.
 2. Place in fridge for 6 hours or overnight.
 3. Preheat oven to 400°F.
 4. Fit the ribs into a large baking pan, overlapping and fitting as needed to evenly fill the pan. If your baking pan doesn't have a tight-fitting lid, cover with foil as tightly as possible.
 5. Place the pan in the oven and lower the temperature to 250°F. Bake slowly until the meat is meltingly tender, about 3-1/2 hours.
 6. Preheat barbecue with burner on one side of the grill with smoke box with wood chips. When wood chips are smoking, the barbecue is ready for ribs.
 7. Brush both sides of ribs with Smoky Maple BBQ Sauce and place on grill on the side with burners turned off. Cook until sauce is caramelized, about 15 minutes.
-

Southwest Caesar Salad with Grilled Steak

Region: Southwest

Rating: 9/10

- 2/3 cup chopped coriander
- 1/4 cup light sour cream
- 1/4 cup lime juice
- 1/4 cup grated parmesan cheese
- 2 garlic cloves
- 4 green onions (coarsley chopped)
- 1/2 tsp salt
- 1 jalapeno pepper (seeded)
- 1/2 cup olive oil
- 8 cup romaine lettuce
- 1 sweet red pepper
- 3 cobs sweet corn
- 1 tbsp vegetable oil
- 24 tortilla chips
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp sugar
- 1 lb sirloin steak

1. In a blender, combine coriander, sour cream, lime juice, parmesan, garlic, onions, salt, and jalapeno; process until finely chopped. With motor running,, slowly add oil and blend until smooth. Set aside.
 2. Steak: In small bowl, combine chili powder, cumin, coriander, salt, pepper and sugar; rub on both sides of steak. Lightly brush corn with oil. Lightly oil grill and heat to medium-high. Place corn on grill; close lid and cook, turning often until slightly caramelized or blackened, 15 to 20 minutes. When corn has cooked, 8 to 10 minutes, add steak to grill. Cook, covered, for 3 to 5 minutes per side for medium-rare or until desired doneness. Remove steak and let stand for at least 5 minutes. Let corn cool enough to handle. With sharp knife, cut kernels from cobs.
 3. Salad: In large bol, toss lettuce, red pepper, corn and enough dressing to coat well. Divide salad among 4 dinner plates. Slice steak into thin strips; arrange on salad. Drizzle some dressing over steak. Serve with chips.
-

Sri Lankan Beef Curry

Source: Mangoes and Curry Leaves

Region: India

Rating: 10/10

Can substitute lamb for beef.

- 1 lb boneless beef (such as round steaks or roast) or 1/2 pounds shor ribs or cross ribs
- 1 tbsp vegetable oil
- 10 fresh or frozen curry leaves
- 1 green cayenne chile, finely chopped
- 1 cup finely chopped onion
- 1 tsp turmeric
- 1 tsp salt
- 1/2 cup canned or fresh coconut milk
- 1 tbsp tamarind pulp
- 1/4 cup hot water
- 3 cup water

Dry Spice Mixture

- 1 tbsp raw white rice
- 1 tbsp coriander seeds
- 1 tsp cumin seeds
- 1-inch piece cinnamon or cassia stick
- 6 cardamom seeds (from 1 to 2 green cardamom pods)

1. Cut the boneless beef into approximately 1/2-inch cubes. Or, if using ribs, cut them apart. Set aside.
2. In a small dry heavy skillet, roast the dry spice mixture over medium-high heat for 3 to 4 minutes, stirring frequently, until it has a good aroma. Transfer to a spice/coffee grinder and grid to a powder, or grind with a mortar and a pestle. Set aside in a small bowl.
3. In a wide heavy pot, heat the oil over medium-high heat. When the oil is hot, add the curry leaves, green chile, onion, and turmeric and stir-fry for 3 minutes. Add the beef and salt and cook, stirring occasionally to expose all surfaces of the meat to the hot oil, for 5 minutes, or until the meat is browned.
4. Add the reserved dry spice mixture and the coconut milk and stir to coat the meat with the coconut milk. Reduce the heat to medium and cook for 10 minutes, stirring occasionally.
5. Meanwhile, chop the tamarind pulp and soak it in the hot water for about 10 minutes. Press the mixture through a strainer or sieve placed over a bowl. Discard the pulp and combine the tamarind liquid with the 3 cups water.
6. Add the liquid to the pot and bring to a boil, then lower the heat and cook at a strong simmer for about 1 hour, or until the meat is tender and the flavors well blended.
7. Taste and adjus the seasoning, if you wish. serve hot.

Stuffed Peppers

Source: Rose Marie Doliska

Region: Ukrainian

Rating: 10/10

- 6 green peppers
- 1 lb ground pork
- 1 lb ground beef
- 1/4 cup fat (lard, bacon fat, etc.)
- 1 medium onion, chopped
- 1 clove garlic, chopped
- 1 cup uncooked rice
- 2 tsp salt
- pepper and paprika to taste
- 1 egg
- 2 can tomato soup diluted with,
- 2 can water
- 7 1/2 oz can tomato sauce
- 1/2 cup cold water
- 1/4 cup flour

Sweet Cherry Tomato and Sausage Bake

Emily made this for us in Victoria

- 2 kg Cherry tomatoes (mixed colours if you can find them)
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 sprigs fresh bay
- 1 tbsp dried oregano
- 3 clove garlic
- 12 higher-welfare Cumberland or coarse Italian pork sausages
- extra virgin olive oil
- balsamic vinegar

1. Preheat the oven to 190°C/375°F/gas 5.
 2. Get yourself an appropriately sized roasting tray, large enough to take the tomatoes in one snug-fitting layer. Put in all your tomatoes, the herb sprigs, oregano, garlic and sausages. Drizzle well with extra virgin olive oil and balsamic vinegar and season with salt and pepper.
 3. Toss together, then make sure the sausages are on top and pop the tray into the oven for half an hour. After this time, give it a shake and turn the sausages over. Put back into the oven for 15 to 30 minutes, depending on how golden and sticky you like your sausages.
 4. Once it's cooked, you'll have an intense, tomatoey sauce. If it's a little too thin, lift out the sausages and place the tray on the hob to cook it down to the consistency you like – I tend to make mine quick thick – then put the sausages back in.
 5. Check the seasoning and serve either with a good-quality loaf of bread warmed through in a low oven for 10 minutes (great for mopping up the sauce!) or with mashed potato, rice or polenta, a green salad and a nice glass of wine.
 6. PS Any leftovers can be chopped up and made into a wonderful chunky pasta dish, using penne or rigatoni, the next day.
-

Tikka Kebabs

Source: Mangoes and Curry Leaves

Region: India

Rating: 9/10

- 2 lb boneless lamb shoulder
- 1/2 cup plain yogurt
- 2 tsp minced garlic or garlic mashed to a paste
- 2 tbsp fresh lemon juice
- 1 tsp ground coriander
- 1 tbsp vegetable oil
- 2 tsp salt
- 1/2 tsp cayenne
- 1/2 tsp freshly ground black pepper lime or lemon wedges

1. Trim the lamb of excess fat and cut into approximately 3/4-inch cubes. set aside in a large bowl.
 2. In a small bowl, mix together the yogurt, garlic, lemon juice, coriander, oil, 1 tsp of the salt, the cayenne, and black pepper. Pour over the lamb, then stir with a spoon or with your hands to get all the meat surfaces coated with marinade. Cover and refrigerate for at least 2 hours, or for as long as 12 hours.
 3. Prepare a charcoal or gas grill.
 4. Slide the lamb cubes onto 6 to 8 flat metal skewers, without pressing them tightly together. Grill over moderate heat, turning occasionally, until browned on the outside and succulent pale pink in the ceter (or cook right through, if you prefer).
 5. Just before serving, sprinikle about 1 teaspoon salt over the lamb. Slide the meat off the skewers, or serve on the skewers and allow guests to slide the meat off. Put out lime or lemon wedges so guests can squeeze on the fresh juice.
 6. Serve with flatbreads or rice, or both. Put out a simple chopped salad, and a fresh herb chutney.
-

Uncle Bill's Hamburger Patties

Rating: 9/10

- 2 lb lean ground beef
- 2 large eggs (beaten)
- 1/2 cup finely chopped onion
- 1/2 cup crushed soda crackers (or 1/2 cup fine dry breadcrumbs)
- 3/4 tsp granulated garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 tbsp hickory barbecue sauce

1. In a large mixing bowl, mix together ground round, beaten eggs, onions, soda crackers, garlic powder, salt, pepper and barbecue sauce. Mix until well incorporated.
2. Weigh out hamburger patties to 6 - 7 ounce each.
3. Press together and flatten to about 3 1/2" in diameter or use a mold. The patties should be about 3/4" thick.
4. Using a round wooden spoon handle (about 1/4" round), make a hole in the center of the hamburger pattie.
5. Cook on barbecue. Turn over to cook both side. The hole that was made in the pattie will fill in when the hamburger is cooked through properly.
- 6.

Uncle Ron's Chili

Source: Uncle Ron

Rating: 8/10

- 1 1/4 lb ground beef
- 2 small onions, diced
- 1 green pepper, sliced
- 1 red sweet pepper, sliced
- 1 tbsp chili powder
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp garlic salt
- 2 can 14oz cans kidney beans (drain and save liquid)
- 1 can 28oz can crushed tomatoes with juice
- 1 can 5-1/2 oz can tomato paste

1. Brown beef and onions in frying pan. Add peppers and spices and heat together.
 2. Into a large pot place beans, crushed tomatoes and tomato paste. Add meat and beef mixture. Add drained liquid to obtain desired consistency. Heat on low-medium heat for at least 30 to 45 minutes.
-

Noodles & Pasta

Bow Tie Pasta with Sausage, Tomato in Cream Sauce

Source: Cooks.com

Rating: 8/10

I used homemade pasta instead of bow-ties with this sauce.

- 2 tbsp olive oil
- 1 lb sweet Italian sausage, casings remove and crumbled
- 1/2 tsp dried red pepper flakes
- 1/2 cup diced onion
- 3 garlic cloves, minced
- 1 can (28 oz.) Italian plum tomatoes, drained and coarsely chopped
- 1 1/2 whipping cream
- 1/2 tsp salt
- 12 oz bow tie pasta
- 3 tbsp minced fresh parsley
- Freshly grated Parmesan cheese

1. Heat oil in a large heavy skillet over medium heat. Add sausage and pepper flakes. Cook until sausage is no longer pink, stirring frequently. Add onion and garlic to skillet and cook until onion is tender and sausage is light brown. Add tomatoes, cream and salt. Simmer until mixture thickens slightly.
 2. Cook pasta in a large pot of boiling water until tender. Serve sauce over pasta, garnish with chopped parsley and Parmesan cheese.
-

Clams and Cherry Tomatoes with Linguine

Source: LCBO Food & Drink Spring 2008

Rating: Untried

- 2 lb fresh, small clams (called Littleneck or pasta clams)
- 1/4 cup olive oil, plus extra for drizzling
- 5 large cloves garlic, finely chopped
- 1 tsp chili flakes
- 1 pt cherry tomatoes, halved lengthwise
- 14 oz linguine
- 2 tbsp fresh parley, finely chopped
- 2 tbsp fresh basil, finely chopped
- juice of 1/2 lemon
- Salt to taste

1. Bring a large pot of salted water to the boil (there should be enough salt in the water that it tastes like seawater).
 2. In a large bowl cover clams with very cold, salted water and allow them to purge themselves of any sand for about 10 minutes; repeat this step 3 times, draining away any sandy water.
 3. Heat olive oil in a medium pot over medium heat, add garlic and chili flakes and cook for 3 minutes or until lightly golden. Add tomatoes and cook covered for 10 minutes. Meanwhile add pasta to boiling water and cook according to package instructions. Add drained clams to tomatoes, stir, cover and steam for another 10 minutes or until all the clams have opened. Discard any unopened clams. Stir in parsley, basil and lemon juice, season to taste.
 4. Drain pasta well and toss with clam sauce, coating pasta well. Divide onto 4 plates and drizzle each with 1 tsp olive oil.
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Creamy Cajun Shrimp Pasta

Source:

<http://pasta.allrecipes.com/az/CrmyCjnShrimpPst.asp>

Region: Cajun Rating: 9/10

1 pkg (8 oz) angel hair pasta
1/4 cup butter
1 lb shrimp, peeled and deveined
1/2 red pepper
2 cloves garlic, minced
1/4 cup all-purpose flour
1 tbsp <https://doliska.com/recipes/chef-emerils-creole-seasoning/>>Chef Emeril's Creole Seasoning
2 cup milk
1/8 cup grated parmesan cheese
1 tbsp lemon juice

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Melt butter in a large heavy skillet over medium heat. Saute red pepper and garlic for 2 minutes. Add shrimp for 1 minute on each side. Remove shrimp with a slotted spoon; set aside. Stir in flour and Cajun seasoning. Cook, stirring for 2 minutes. Gradually whisk in milk, then cook until thickened. Remove from heat, and season with parmesan cheese and lemon juice. Return shrimp to sauce, and spoon over cooked pasta.

Fettuccine with Mushroom, Ham and Rose Sauce

Source: allrecipes.com

Rating: 9/10

1 lb dry fettuccine pasta
1/4 cup butter
1/2 cup finely diced onion
3 cloves garlic, minced
6 slices ham, chopped
1 lb fresh sliced mushrooms
2 tsp dried oregano
2 tsp dried basil
2 tsp dried parsley
1 tsp crushed red pepper
1 cup spaghetti sauce
1/2 cup heavy whipping cream

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

2. In a large saute pan, melt the butter over medium heat. Add the onion and garlic and cook until softened. Stir in the sliced mushrooms and the oregano, basil and parsley [the original recipe doesn't say when to put in the crushed red pepper so I added them here]. Cook, stirring occasionally, until the liquid from the mushrooms has evaporated. Add the ham pieces and cook for another 4 to 5 minutes.

3. Pour in the heavy cream and bring to a boil. Slowly stir in the spaghetti sauce, blending it into the cream. Cook, stirring occasionally, until the sauce has reduced by a third and is thick.

4. Place fettuccini on plates and ladle even portions of sauce over top.

Fresh Pasta

Source: Television Food Network, courtesy Mario Batali

Rating: 8/10

Yield: 1 pound of pasta, 4 servings

3 1/2 cup unbleached all-purpose flour

4 extra-large eggs

1. Mound the flour in the center of a large wooden cutting board. Make a well in the middle of the flour, add the eggs. Using a fork, beat together the eggs and begin to incorporate the flour starting with the inner rim of the well. As you incorporate the eggs, keep pushing the flour up to retain the well shape (do not worry if it looks messy). The dough will come together in a shaggy mass when about half of the flour is incorporated. Start kneading the dough with both hands, primarily using the palms of your hands. Add more flour, in 1/2-cup increments, if the dough is too sticky. Once the dough is a cohesive mass, remove the dough from the board and scrape up any left over dry bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board with flour when necessary. Wrap the dough in plastic wrap and set aside for 20 minutes at room temperature. Roll and form as desired. Note: Do not skip the kneading or resting portion of this recipe, they are essential for a light pasta.
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Linguini with Cajun Chicken

Rating: 8/10

1 boneless skinless chicken breast half, cut into thin strips

2 tsp [Chef Emeril's Creole Seasoning](https://doliska.com/recipes/chef-emerils-creole-seasoning/)

1 tbsp margarine

1 garlic clove

1/2 red pepper cut into strips

4 large mushrooms, sliced

1 green onion, sliced

1 cup tomato sauce

1 cup yogurt

1/4 tsp dried basil

1/4 tsp salt

1/8 tsp pepper

linguini, cooked and drained

1. Place chicken and cajun seasoning in a re-sealable plastic bag; toss and shake to coat. In a frying pan, saute chicken and garlic in margarine until almost tender, about 5-7 minutes. Add peppers, mushrooms and onion, cook and stir for 2-3 minutes. Add tomato sauce and seasonings and bring to boil. Reduce heat and let simmer for 5 minutes. Add yogurt and bring to boil. Serve immediately on linguini. Serves 2.
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Meat Lasagna

Source: back of Catelli Lasagna Noodle box

Rating: 9/10

- 1 medium onion, minced
- 1 clove garlic, minced
- 2 tbsp (25 ml) olive oil
- 1 lb (500 g) ground beef
- 1 can 280 ml (10 oz) can sliced mushrooms
- 1 can 225 ml (8 oz) can Catelli tomato sauce
- 1 can 150 ml (5 1/2 oz) can tomato paste
- 2 tsp (10 ml) salt (I only use half the amount)
- 1 tsp (5 ml) oregano
- 3/4 cup (175 ml) water
- 1 egg, slightly beaten
- 1 pkg 1 - 280 g (10 oz) package frozen chopped spinach (optional)
- 1 cup (250 ml) creamed cottage cheese
- 1/3 cup (75 ml) grated Parmesan cheese
- 1 pkg 500 g package Catelli Lasagne, cooked and drained
- 1 pkg 170 g (6 oz) package sliced Mozzarella cheese

1. Saute onion and garlic in half the oil; add ground beef and brown, breaking it apart with fork. Stir in mushrooms with liquid, tomato sauce, tomato paste, half the salt, oregano and water. Simmer 15 minutes.
 2. Combine egg, spinach which have been thawed and thoroughly drained, cottage cheese, Parmesan cheese, remaining oil and salt. Spread 1/3 of meat sauce in a 22 cm x 33 cm (9 x 13) baking dish. Cover with 1/3 of lasagne. Alternate another 1/3 of sauce and lasagne. Spread cottage cheese mixture over and cover with remaining lasagne and sauce. Arrange Mozzarella cheese on top and bake at 180 C (350F) 20 to 30 minutes. Let stand for about 5 minutes before serving.
 3. About 8 servings.
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Pyrohe

Source: Rose Marie Doliska

Region: Ukrainian

Rating: 10/10

Dough

- 6 cup all-purpose flour
- 2 tsp salt
- 1 egg
- 1/2 cup vegetable oil

Filling

- 8 potatoes
- 1 1/2 tbsp salt
- 250 g Imperial Sharp Cheddar Cheese

1. Halve and boil 8 potatoes in pot of salted (1-1/2 tbsp) water until tender. Drain potatoes, saving water for dough and set aside to cool. Mash potatoes. Add one container of Imperial Sharp Cheddar Cheese. Mash until consistently mixed. Set aside to cool.
 2. In a 2 cup measure, add 1/2 cup of oil, 1 egg, then fill to 2 cup level with potatoe water. Combine with flour and salt stirring with fork and then when it gets thick, stir with hands. Work dough until it forms a ball (may need to add more potatoe water).
 3. Put dough on floured board and knead until smooth. Put dough in plastic bag for a few hours (waiting until potatoe mixture is cool). This settling time will allow the dough to be rolled effectively (leaving it for 6 hours would be OK and when rolling it will be less springy when rolled).
 4. Cut dough into four to make it easier to work with. Roll dough to about 2x1-1/2 foot area (approximately 1/8" thick).
 5. Cut dough into 2x2" squares. Load each square with about 1 teaspoon of fill. Fold dough around fill and pinch together ends.
 - 6.
 7. Place into boiling water and cook into pyrohe float to the surface. For added flavour lightly fry in butter and onions.
 - 8.
 9. Do not cook. Instead put on floured wax paper rack and freeze. Once frozen put in bag. To cook following cooking instructions by putting frozen directly into boiling water.
-

Pyrohe (more recent version)

Source: Rose Marie Doliska

Region: Ukrainian

Rating: 10/10

Filling Ingredients

- 5 lb potatoes
- 250 g Imperial Sharp Cheddar Cheese
- 2 cup old cheddar cheese (grated)
- pepper (to taste)

Dough Ingredients

- 2 cup potato water (lukewarm)
- 1 cup milk
- 1/2 cup vegetable oil
- 1 cup instant mashed potato flakes
- 2 tsp salt
- 6 cup flour

1. Boil potatoes in salted water. Reserve water. Drain. Put potatoes back on stove (element off) to evaporate excess water. Mash together with cheese and pepper. Cool.

2. Combine potato water, milk, oil, flakes and salt. Add flour. Mix well. Knead. Divide dough into 4 pieces and work with one piece at a time. Keep the remaining dough wrapped in saran. Roll out on well-floured board to 1/4 inch thickness (approx). Cut into strips, then squares (or circles by using a glass or coffee cup). Roll filling into 1-inch balls. Place in center of cut dough. Fold over end to end. Pinch and secure by pinching. Place perogies on floured wax paper-lined cookie sheets. Makes 10 dozen.

3. Storage: Freeze first separately on waxed paper, then put into plastic freezer bags.

4. Cooking: Bring large pot of salted water to boil. Drop in carefully and drain when they float to the top. Gently combine with onions that have been cooked in butter. Serve with sour cream or plain.

Rigatoni Alla Vodka

Source: Mom

Rating: Untried

- 2 oz olive oil
- 2 tbsp butter
- 1 onion chopped
- 2 garlic cloves, chopped
- 1 cup tomatoes, peeled & chopped
- 1/2 cup bacon, chopped (I use pancetta)
- 6 oz heavy cream
- 4 oz red wine
- 2 oz vodka
- 2 tbsp Parmesan cheese
- 2 tbsp Romano cheese
- 1/2 tsp salt
- 1 pinch pepper
- 2 tbsp parsley

1. Heat oil and cook onion, garlic & bacon for 5 min. Add tomatoes then simmer for 10 min. All cream, wine, vodka, cheeses, salt & pepper and reduce over medium heat for several minutes. Toss with cooked rigatoni or penne and serve with parsley.

Shrimp and Pancetta over Torn Pasta Sheets

Source: Television Food Network, courtesy Emeril Lagasse, 2003
Rating: 10/10

[I used fresh pasta recipe Fresh Pasta on page 48 to make linguine instead of torn pasta]

- 1 lb torn fresh pasta sheets, or pappardelle or other wide noodles
- 1/4 cup olive oil
- 6 oz pancetta, chopped
- 1 medium red onion, peeled, cut in 1/2, and thinly sliced
- 2 tbsp minced garlic
- 1/4 cup dry white wine (optional)
- 3/4 tsp salt
- 1/2 tsp crushed red pepper
- 1/2 tsp fresh lemon juice
- 1/2 lb large (21 to 25 count) shrimp, peeled, deveined, and butterflied
- 1/4 cup chopped fresh parsley leaves
- 1 tsp finely grated fresh lemon zest, garnish
- grated Parmesan (optional)

1. In a large pot of salted water, cook the pasta until just al dente. Drain and return to the pot. Cover to keep warm. Meanwhile, in a large saute pan, heat the oil over medium-high heat. Add the pancetta and cook until golden brown, 5 to 6 minutes. To the oil in the pan, add the onions and cook, stirring, for 2 minutes. Add the garlic and cook, stirring, for 30 seconds. Add the wine, salt, red pepper, lemon juice, and shrimp and cook, stirring, until the shrimp are pink and cooked through, about 5 minutes. Add the parsley and stir to combine. Add the cooked pasta to the shrimp mixture and toss well to combine. Cook until the pasta is heated through, about 1 minute. Remove from the heat, add the lemon zest, and adjust the seasoning, to taste. Sprinkle with Parmesan. Spoon into individual pasta bowls or onto large plates, and serve immediately.

Shrimp and Spinach with Penne

Source: www.braceface.com/tobejane/Recipes
Rating: 9/10

- 2 tbsp olive oil, divided
- 5 oz fresh spinach
- 3/4 tsp minced fresh garlic
- 1/2 lb fresh shrimp
- 1 tsp lemon juice
- 1/4 tsp dried oregano
- 1/8 tsp pepper
- 1 can (14.5 oz) diced tomatoes, undrained
- 4 oz penne
- 2 oz crumbled feta cheese

1. Heat one tbsp olive oil in skillet. Add spinach and cook until wilted, around 2 minutes. Set spinach aside in bowl.
 2. Add remaining tbsp olive oil and garlic. When heated, add shrimp and sauté about three minutes, or until cooked. Stir in lemon juice, oregano, pepper and tomatoes. Cook 2 minutes or until thoroughly heated.
 3. Add shrimp to spinach mixture and toss well.
 4. Serve over pasta and top with feta cheese.
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Singapore Noodles

Source: <https://www.seriousseats.com/recipes/2015/05/singapore-curry-noodles-stir...>

Region: Singapore

Rating: 9/10

- 1/4 lb shrimp (shelled, deveined and rinsed under cold water)
- 3 tbsp vegetable oil (divided)
- 2 1/2 tsp fish sauce (divided)
- 1 pkg dried rice stick noodles (about 5 1/2 ounces, "koong moon" on the label)
- 2 clove garlic (minced)
- 1 tsp soy sauce
- 1 tsp Shaoxing wine
- 1/4 tsp ground white pepper
- 1/4 tsp sugar
- 2 eggs (beaten with two pinches kosher salt)
- 1/4 lb Chinese roast pork or ham (cut into thin strips)
- 1/4 medium onion (very thinly sliced)
- 1/2 medium red bell pepper (stemmed, seeded and julienned)
- 12 snow peas (stemmed, tough strings removed, and sliced thinly on the bias)
- 1/2 medium carrot (julienned)
- 1 tbsp curry powder (divided)
- kosher salt
- 2 scallions (sliced very thinly on the bias)
- 2 tsp toasted sesame oil

1. Pat shrimp dry with paper towels and place in a small bowl. Add 1 teaspoon canola oil and 1/2 teaspoon fish sauce. Mix well and set aside in the refrigerator.
2. Place rice noodles in a large bowl and cover with boiling water. Let stand for 5 minutes. Drain noodles in a colander, rinse with cold running water, then drain until dry. Using scissors, cut the bundle of noodles in half.
3. Place garlic in a small bowl and add soy sauce, Shaoxing wine, white pepper, sugar, and remaining 2 teaspoons fish sauce. Mix well and set sauce aside.
4. Heat 1 teaspoon canola oil in a wok or nonstick skillet over high heat, tilting to swirl oil, until smoking. Add eggs and let cook undisturbed for about 10 second, then gently move the eggs back and forth with a spatula until they start to firm up. Break the eggs into small pieces, then set aside in a large bowl.
5. Wipe wok clean. Return wok to high heat, add 2 teaspoons oil and heat until smoking. Add shrimp and stir-fry for 30 seconds. Add roast pork and onion and continue to stir-fry for another 30 seconds. Add red bell pepper and snow peas and stir for another 30 seconds, then add carrots. Add 1 teaspoon curry powder, season with salt, and cook, tossing, until

curry is evenly distributed. Scrape wok contents into bowl with eggs.

6. Wipe the wok clean again. Heat remaining 2 tablespoons canola oil over high heat until smoking. Add the rice-stick noodles and stir-fry for 30 seconds. Add the sauce and remaining 2 teaspoons curry powder. Stir until the curry powder is evenly distributed. Return egg, shrimp, roast pork, and vegetables to wok and stir-fry until everything is evenly combined, about 30 seconds. Season with salt and remove from heat. Add scallions, drizzle with sesame oil, mix well, and transfer to a large serving bowl. Enjoy immediately.

Sweet and Sour Meatballs

Rating: 9/10

- 1 pkg PC frozen meatballs
- 1 cup ketchup
- 1 cup water
- 1/2 tsp dry mustard
- 2 tbsp Worcestershire sauce
- 2 tbsp brown sugar
- 1 tbsp vinegar

1. Mix all ingredients together. Stir until it boils. Pour over cooked meatballs.

Poultry

Apple Cider Brined Chicken with New Potatoes Green Onion and Maple Mustard Vinaigrette

Source: www.justwingit.ca

Region: Ontario

Rating: 8/10

800 ml apple cider
 2 tbsp brown sugar
 1/8 cup kosher salt
 2 cloves of garlic
 1 cinnamon stick
 2 bay leaves
 6 black peppercorns
 6 chicken breasts
 1 lb new potatoes
 1 bunch green onions
 1 bottle "Just Un'dressing"

1. Heat 1/2 the apple cider with the salt, sugar and aromatics. Infuse for 20 minutes and remove from the heat.
 2. Add the remaining apple juice and chill.
 3. Add chicken breasts and cure over night.
 4. Remove from brine and rinse. Place on a roasting sheet, rub with a dash of oil and bake until cooked (preheated 400°F oven for 20 minutes).
 5. Meanwhile boil up the potatoes in slightly salted water. Remove from water and while warm, cut in half and add chopped green onions and enough "Just Un'dressing" to coat the potatoes.
 6. Serve the chicken over the potatoes and finish with a drizzle of "Just Un'dressing".
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Baked Buffalo Wings

This recipe has been adapted from a number of different recipes.

3/4 cup all-purpose flour
 1 tsp cayenne pepper
 1 tsp garlic powder
 1/2 tsp salt
 1 tsp baking powder
 10 chicken wings (full wing : drumette, wingette, and tip)
 1/4 cup melted butter
 1/4 cup hot pepper sauce (such as Frank's RedHot)

1. Line a baking sheet with aluminum foil, grate on top. Place the flour, cayenne pepper, garlic powder, baking powder, and salt into a resealable plastic bag, and shake to mix. Add the chicken wings, seal, and toss until well coated with the flour mixture. Place the wings onto the prepared baking sheet, and place into the refrigerator. Refrigerate at least 1 hour, the longer the better, even overnight.
 2. Preheat oven to 425 degrees F (220 degrees C).
 3. Remove wings from grate, and spray the grate with oil. Place the wings fleshy-side down. Bake for 25 minutes.
 4. Flip the wings over (fleshy-side up), and bake for an additional 20 minutes.
 5. Melt butter in a pot. Whisk in hot sauce until smooth. Toss the wings with the butter and hot-sauce mix and serve.
-

Butter Chicken

Source: Web Page

Region: Indian

Rating: 9/10

Instead of using tandoori masala, I used the spice base from the marinade used in the recipe for [Tandoori Chicken](https://doliska.com/recipes/tandoori-chicken/).

- 1 whole chicken cut up into pieces

Marinade

- 1 tbsp tandoori masala
- 1/2 tbsp [garam masala](https://doliska.com/recipes/garam-masala/)
- 2 tbsp lime juice
- 1/2 tsp cumin powder
- 5 tbsp yogurt
- Salt to taste

Main Ingredients

- 2 tomatoes (blended)
- 2 onions chopped
- 1 tbsp ginger-garlic paste
- 15 cashew nuts (made into a paste using water)
- 2 tbsp butter
- 3 tbsp thick cream
- 1 tsp chili powder
- 1 tsp oil
- Cilantro for garnishing

1. Marinate the chicken in the marinade for one hour.
2. Heat oil in a pan and fry the chicken for 10 minutes. Remove the chicken and keep aside.
3. In the remaining oil, fry the chopped onions till golden, then add the ginger-garlic paste and fry sprinkling some water now and then till oil separates.
4. Add the cashew nut paste, chili powder, tomato paste and cook for 10 minutes.
5. Add the butter, cream and chicken. Mix well and cook until it is done.
6. Garnish with cilantro.

Chiang Mai Chicken (Kai Yang)

Region: Thai

Rating: Untried

- 1 cup cilantro leaves and tender stems
- 1/2 cup fish sauce
- 1/2 cup soy sauce
- 1/4 cup light brown sugar
- 1 lemon grass stalk (ends trimmed, bottom 8 inches chopped)
- 4 clove garlic (peeled and smashed)
- 1 tbsp coriander seeds
- 1 tbsp black peppercorns
- 1 tbsp white peppercorns
- 4 chicken breast and leg quarters
- 1 cup kosher salt
- [Tamarind Dipping Sauce](https://doliska.com/recipes/tamarind-dipping-sauce/)

1. In a blender, combine the cilantro, fish sauce, soy sauce, sugar, lemon grass, garlic, coriander and both peppercorns. Blend until smooth, about 1 minute. Reserve 1/4 cup of the marinade for the glaze.
2. Place the chicken in a large zip-close plastic bag. Pour in the remaining marinade and seal. Set in a bowl and refrigerate for 2 hours.
3. Heat the oven to 400°F with the rack in the middle position. Line a rimmed backing sheet with foil and spread the salt over it. Mist a wire rack with cooking spray, then set over the salt.
4. Arrange the chicken on the rack over the salt. Bake for 30 minutes. Brush the chicken with the reserved marinade and continue to bake until the thighs register 175°F and the breasts register 160°F, another 10 to 15 minutes.
5. Transfer the chicken to a carving board and let rest for 20 minutes. Serve with lime wedges or Tamarind Dipping Sauce, if desired.

Chicken and Mango Curry

Region: Thai

Rating: 10/10

1/3 cup peanut oil or vegetable oil
4 tbsp red curry paste
2 clove garlic
2 can coconut milk (14oz)
1 cup chicken broth
1 lb boneless skinless chicken breast or thigh
(cut into bite-sized pieces)
1 inch ginger (or galangal) (cut in thick slices)
1 large onion (coarsely chopped)
1 red bell pepper (seeded, and cut in strips)
1 green bell pepper (seeded, and cut in strips)
1 mango (peeled, pitted, cut in strips)
1 can straw mushrooms (14oz) (I used fresh mushrooms)
6 tbsp fish sauce
3 tbsp brown sugar
1/4 cup cilantro (chopped)

1. In a deep frying pan or wok heat oil over medium heat until hot. Add curry paste and garlic and cook, stirring, for about 30 seconds.
 2. Slowly stir in coconut milk and chicken broth. Reduce heat to simmer; add chicken and cook for 10 to 15 minutes.
 3. Remove and discard garlic. Add ginger, onion, and peppers; cook until tender, about 7 minutes.
 4. Add mango, straw mushrooms, fish sauce, and sugar. When heated through, serve over individual plates of hot rice. Garnish with cilantro.
-

Chicken Cacciatore in 20 Minutes

Source: Mike "Bushman" Carter

Rating: 9/10

1 lb boneless chicken strips
1/2 cup chopped onion
1 garlic clove minced
2 tbsp oil
1 can (28oz) tomatoes
1 can (8oz) tomato sauce
1 tsp salt
1/2 tsp oregano
1/2 tsp basil
1/8 tsp ground red pepper
1 cup green pepper strips
1 1/2 cup cooked rice

1. Brown chicken onion and garlic in oil. Add tomatoes, tomato sauce seasonings and green pepper. Bring to a full boil. Stir in rice. Cover, remove from heat. Let stand 5 minutes. Stir before serving. Makes 4 servings.
-

Chicken Curry

Source: Anandra Bangari's recipe

Region: Indian

Rating: Untried

- 1 small whole chicken, skinned & cut into pieces
- 1 medium onion, sliced
- 3 cloves garlic
- 3/4"piece of ginger, chop & blend with garlic to make a paste (use one tbsp water for blending)
- 2 1/2 tbsp vegetable oil
- 1-1/2"piece of cinnamon stick
- 5 cloves
- 3 pods of cardamom
- 1 bay leaf
- cilantro

Curry Paste

- 1 tsp ground tumeric
- 1/2 tsp ground red chili
- 1-1/2 tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp salt
- 1/2 cup water
- 1-1/2 tbsp tomato paste

1. Combine all curry-sauce ingredients together.
2. In a heavy bottom pan, heat the oil and fry the onions on medium-low heat until they start to soften and brown. Add the garlic-ginger paste and continue frying but don't let the garlic burn. Add the cloves, cinnamon, bay leaf & cardamom to the pot to release their aroma. Add the spice mixture and curry-paste next and cook slowly for a few minutes until the oil rises to the top of the mixture. If necessary add a tiny bit of water to keep the mixture from drying up. Once the oil glistens, add the chicken pieces and stir. Cook on medium-low heat, stirring occasionally until chicken is cooked. After cooking sprinkle some cut cilantro leaves on top.
3. Serve with white rice.

Chicken Curry with Onion (Khukura re Pyaj Tareko)

Source: www.food-nepal.com

Region: Nepal

Rating: untried

In this recipe, boneless and skinless chicken pieces are fried over medium-high heat with onions and other spices making the chicken distinctively delicious. Onions are added during the middle of cooking process. The dish can be served as a main meal with rice or as a snack-food with tortillas, rice chiura (beaten rice) or puffed roti-bread (poori).

- 1/2 lb combination of chicken breasts and thighs (well rinsed, skinned, boned, visible fat removed and cut into 1-inch square pieces)
- 4 tbsp clarified butter (gheu) (or use half vegetable oil combination)
- 2 whole green cardamom pods, slightly cracked
- 1 stick cinnamon inch
- 4 cloves, head bud pinched off
- 1 medium cassia or bay leaf (tej pat)
- 2 medium garlic cloves, peeled and minced to a fine paste
- 1 piece fresh ginger, peeled and minced to fine paste inch
- Salt to taste
- 1/2 tsp turmeric powder
- 2 medium-size white or yellow onion (halved, cored and chopped into 1/2 inch pieces)
- 1/4 tsp freshly cracked black pepper
- 1 tsp paprika powder
- 5 1/2 tsp [garam masala](/?q=node/78)

1. Wash chicken pieces thoroughly in cold water and pat dry removing as much moisture as possible. Place them in a cutting board and remove visible fat, bone and skin. Cut into 1-inch square pieces. Set it aside.
2. Prepare herb and spices as indicated in the ingredients and set it aside.
3. Heat oil or (clarified butter) in a heavy-based large skillet over medium-high heat. When hot add cardamom, cloves, cassia leaves, cinnamon sticks and fry until they release a pleasant aroma.
4. Add chicken pieces and cook until golden brown on all sides to seal the meat. Add ginger-garlic paste, salt and turmeric and continue frying until chicken is half cooked, tender and moist. At this stage of cooking the oil starts separating from the chicken, now add onion and the remaining ingredients and continue cooking, stirring continuously until onions are rich, dark brown. Adjust the heat to low to prevent burning. The finished dish should be quite dry, the onion should still hold its shape, but be soft and transparent.

-
5. Remove from heat and add the garnish. Transfer to serving dish and serve hot.
-

Chicken Korma

Source: Spices of Life

Region: Indian

Rating: 8/10

Korma refers to the thick mild-flavoured north Indian curries which are usually quite rich with ingredients like cream, yogurt, nuts, and raisins. Excellent for people who like spiced food but don't want it too hot.

- 2 lb chicken pieces
- 5 garlic cloves, crushed
- 2 onions, chopped
- 1 tsp ginger, grated
- 6 cloves
- 12 cardamoms
- 1 cinnamon stick
- 1/2 tsp cayenne pepper
- 2 tsp turmeric
- 1 bay leaf
- 1 cup yogurt
- 2 tbsp fresh cilantro, chopped
- ghee
- salt and pepper

1. Heat oven to 300°F (150°C).
 2. Begin by placing the chicken pieces into a pan and pouring enough water to cover. Put in 3 of the crushed garlic cloves and some salt. Bring to a boil, cover, and then reduce heat to a steady simmer for 20 minutes.
 3. Heat some ghee or oil in a heavy pan and gently cook the onions for 1 minute or so before adding the remaining garlic, ginger, cloves, cardamom, and cinnamon. Fry for a few minutes, stirring constantly to prevent sticking.
 4. At this point sprinkle in the cayenne pepper, turmeric and bay leaf and mix. Pour in the yogurt and season.
 5. Take out the cooked chicken pieces and place them in the spice and yogurt mixture, adding some of the liquid the chicken was cooked in to make a sauce.
 6. Cook, covered, in the oven for 1 hour and remove the lid for the last 10 minutes. On serving, stir in the cilantro and accompany with rice or bread.
 7. Serves 4 to 6.
-

Chicken Piccata

Source: Joy of Cooking

Rating: 10/10

Prepare the chicken as in [Sauteed Boneless Chicken Breasts](https://doliska.com/recipes/sauteed-boneless-chicken-breasts/).

Sautéed boneless chicken breasts ([Sauteed Boneless Chicken Breasts](https://doliska.com/recipes/sauteed-boneless-chicken-breasts/))

- 3 tbsp minced shallots or scallions
- 1 cup chicken stock or broth
- 4 tbsp fresh lemon juice
- 2 tbsp drained small capers
- 3 tbsp butter

1. After preparing sautéed chicken, keep warm in a 200F oven.
 2. Remove all but about 1 tbsp of the fat in the skillet. Heat the remaining fat over medium heat and add the shallots. Cook, stirring, until wilted, about 1 minute.
 3. Increase the heat to high and add chicken stock. Bring to a boil, scraping the bottom of the skillet with a wooden spoon to loosen the browned bits.
 4. Add lemon juice and capers. Boil until the sauce is reduced to about 1/3 cup, 3 to 4 minutes. Add any accumulated chicken juices and reduce again to 1/3 cup.
 5. Remove from the heat and swirl in butter.
 6. Pour the sauce over the chicken and serve immediately.
-

Chicken Satay

Source: Entree to Asia

Region: Malaysia

Rating: 10/10

I find this Satay sauce hard to make and a bit bitter, instead use <https://doliska.com/recipes/satay-sauce/> recipe instead.

chicken (or any meat) cut into thin long strips
bamboo skewers (presoaked)

Satay Marinade

3 tsp sugar
3 chopped garlic cloves
1 tsp coriander powder
2 tsp tumeric powder
1/2 tsp cumin seed powder
1/4 cup oil
2 tsp fish sauce

Satay Sauce

course salt
1 stalk lemon grass, minced
2 coriander roots (or just bottom portion of fresh coriander)
2 tbsp red shallots, minced
3 cloves garlic
1 tsp cumin seed powder
1 tsp coriander seed powder
2 tsp chilli flakes
1 tsp shrimp paste (or anchovy paste)
1 tbsp oil
2 tbsp tamarind water
1 cup coconut milk
1/3 cup crunchy, salted, peanut butter

1. Presoak bamboo skewers in water.
- 2.
3. Prepare marinade by mixing Satay Marinade ingredients. Add chicken to marinade and let stand for as long as possible, overnight. Thread onto skewers.
4. Grill individual skewers, turning once. Serve with peanut sauce.
- 5.
6. In a mortar, start with a little course salt. Start with coarsest ingredients adding gradually softer ingredients, pounding between each new ingredient. Lemon grass, coriander roots, shallots, garlic. cumin seed powder, coriander seed powder, chilli flakes, and shrimp paste.
7. Fry above paste in oil until starting to brown. Add tamarind water. Then add coconut milk and peanut butter.

Chicken Shawarma

Region: Middle Eastern

Rating: 8/10

Serve with Tahini Sauce

3 chicken breast
2 clove garlic
1/2 cup yogurt
1 tbsp vinegar
1 tbsp olive oil
1 tsp cumin
2 tsp coriander
1/2 tsp turmeric
1/2 tsp ground cardamom
1 pinch ground allspice
1 pinch cayenne
salt and pepper
2 tsp lemon juice
4 pita breads
1/2 cucumber (diced)
1 tomato (diced)
1/2 small red onion (thinly sliced)
fresh parsley (chopped)
1 tahini sauce

1. Preheat BBQ to medium-high.
2. Place chicken into a large re-sealable plastic bag. Whisk together garlic, yogurt, vinegar, olive oil, spices and lemon juice. Pour over chicken. Seal bag completely and massage marinade into the chicken. Refrigerate for at least 30 minutes.
3. Lightly coat grill with non-stick cooking spray. Grill chicken for 4-5 minutes per side or until golden brown and the internal temperature has reached 165°F (74°C).
4. Wrap pita bread in foil and place on the grill while chicken is cooking. Turn occasionally.
5. Slice chicken into thin 1/2 inch (1 cm) strips. Divide chicken between pitas and top with cucumber, tomatoes, onions, parsley and pickles. Drizzle with tahini sauce. Serve as a wrap.

Chicken with Red Curry and Asparagus

Source: Fox2Detroit.com

Region: Thai

Rating: Untried

- 1/2 cup coconut cream
- 1 tbsp red curry paste, to taste
- 1 lb boneless and skinless chicken breasts, slightly frozen
- 1 1/2 cup coconut milk
- 1 lb asparagus spears, cut diagonally into 2-inch lengths
- 2 tbsp fish sauce (nam pla)
- 1/4 tsp salt
- 1 1/2 tsp brown sugar or palm sugar
- 4 scallions, white and green parts, cut into 2-inch lengths
- 5 fresh kafir lime leaves, chopped
- 1/2 cup Thai basil leaves, chopped
- hot red chili, cut into thin diagonal strips

1. In a wok or large skillet, heat the coconut cream over medium-high heat until it's reduced to an oily and very reduced. Add the curry paste and cook it, stirring constantly, for about 1 minute (it will appear shiny). Add the chicken and cook another 30 seconds. Add the coconut milk, asparagus, fish sauce, salt, sugar and lime leaves (if using) and cook for about a minute more. Add the scallions and half the basil leaves and cook for 1 minute more. Serve, hot, garnished with the remaining basil and chili strips with cooked jasmine rice on the side. Makes 4 servings.
-

Chili Chicken

Source: Web Page

Region: Indian

Rating: 10/10

- 1 lb boneless chicken
- 1 onion chopped
- 1 capsicum (blended)
- 4 green chilies chopped
- 2 tomatoes chopped
- 1 tsp turmeric
- 2 tbsp ginger-garlic paste
- Few drops of vinegar and soya sauce
- Salt to taste
- Oil for frying

1. Mix vinegar, ginger-garlic paste, salt, turmeric, capsicum paste, and soya sauce in a bowl and marinate the chicken for 3-4 hours.
 2. Remove only the chicken pieces from the marinade and deep fry in oil. Keep it aside.
 3. Heat oil in a pan, add onions, green chilies, and tomatoes and fry them for a while.
 4. Add the remaining gravy from the marinade and fried chicken pieces to the pan and cook for 15-20 minutes.
 5. Serve hot with fried rice.
-

Cinnamon Gardens Chicken Curry

Source: Lucy's Kitchen

Region: India

Rating: 10/10

An excellent fragrant curry to eat with Indian bread or rice. Use a curry paste that suits your taste – mild, medium or hot.

- 2 tbsp vegetable oil
- 2 cup finely chopped onions
- 1 tbsp finely chopped gingerroot
- 1 tbsp finely chopped garlic
- 2 tbsp Indian curry paste
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 lb boneless, skinless chicken breasts, cut in 2-inch pieces
- salt and freshly ground pepper
- 1 cup coconut milk
- 2 cup chopped canned tomatoes
- 2 cup baby spinach
- 1 cup raisins
- 1 tbsp lemon juice
- 2 tbsp chopped fresh coriander

1. Heat oil in a large wok or skillet over medium-low heat. Add onions and cook slowly for about 10 minutes, or until softened and browned on edges. Add ginger and garlic. Cook for 5 minutes longer.
 2. Stir in curry paste, cinnamon, coriander and cumin and cook for about 1 minutes, or until fragrant.
 3. Raise heat to medium-high, add chicken and sauté for about 4 minutes, or until coated with spices and slightly browned. Season with salt and pepper and remove chicken to a bowl.
 4. Add coconut milk and tomatoes to wok and stir in, scraping up any bits on bottom of pan. Bring to a boil. Reduce heat and simmer for 5 minutes, or until thickened.
 5. Return chicken to pan and simmer, uncovered, for 4 to 5 minutes, or until chicken is almost cooked through. Add spinach and raisins and cook for 5 minutes longer. Stir in lemon juice. Taste for seasoning, adding salt or lemon juice as needed. Sprinkle with coriander.
-

Coq au Vin

Source: Better Homes and Gardens, New Cook Book

Region: France

Rating: 9/10

The name of this classic French recipe means chicken cooked in wine. Serve the chicken over noodles to soak up all of the delicious sauce.

- 3 lb meaty chicken pices (breast halves, thighs, and drumsticks)
- 2 tbsp cooking oil
- 18 pearl onions or shallots, peeled
- 1/4 cup Pinot Noir or Burgundy
- 1/4 cup chicken broth or water
- 1 cup whole fresh mushrooms
- 1 cup thinly sliced carrots (2 medium)
- 1 tbsp snipped fresh parsley
- 2 cloves garlic, minced
- 1/2 tsp snipped fresh marjoram or 1/2 tsp dried marjoram, crushed
- 1/2 tsp snipped fresh thyme or 1/2 tsp dried thyme, crushed
- 1 bay leaf
- 2 tbsp all-purpose flour
- 2 tbsp butter or margarine, softened
- 2 slices bacon, crisp-cooked, drained, and crumbled
- Snipped fresh parsley (optional)
- Hot cooked noodles (optional)

1. Skin chicken. In a 12-inch skillet cook chicken in hot oil about 15 minutes or until light brown, turning to brown evenly. Drain fat. Season chicken with salt and black pepper. Add onions, wine, broth, mushrooms, carrots, the 1 tablespoon parsley, garlic, dried marjoram (if using), dried thyme (if using), and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 35 to 40 minutes or until chicken is no longer pink (170°F for breasts; 180°F for thighs and drumsticks). Add fresh marjoram and thyme, if using. Transfer chicken and vegetables to a serving platter; keep warm. Discard the bay leaf.
 2. In a small bowl stir together the four and softened butter to make a smooth paste. Sit into wine mixture in skillet. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Season to taste with salt and black pepper.
 3. Pour sauce over chicken and vegetables. Sprinkle with bacon. If desired, top with additional parsley and serve with hot cooked noodles.
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Creamy Chicken Tikka

Source: Best Ever Indian

Region: Indian

Rating: 9/10

- 1 1/2 lb skinless, boneless, chicken breasts, cut into 1-inch/2.5cm cubes
- 2 tbsp lemon juice
- 1/2 tsp salt, or to taste
- 1/2 cup strained, whole-milk plain yogurt, or Greek-style yogurt
- 3 tbsp heavy cream
- 1/4 cup grated mild cheddar cheese
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 1/2 tsp chili powder
- 1/2 tsp ground turmeric
- 1/2 tsp sugar
- 1 tbsp chickpea flour, sifted
- 1 tsp [garam masala](https://doliska.com/recipes/garam-masala/)
- 2 tbsp sunflower oil or olive oil, plus 2 tbsp for brushing
- 3 tbsp melted butter or olive oil salad and chutney, to serve

1. Put the chicken in a non-metallic bowl and add the lemon juice and salt. Rub well into the chicken. Cover and let marinate in the refrigerator for 20-30 minutes.
 2. Put the yogurt in a separate non-metallic bowl and beat with a fork until smooth. Add all the remaining ingredients, except the melted butter. Beat well until the ingredients are fully incorporated. Add the chicken and mix thoroughly until fully coated with the marinade. Cover and let marinate in the refrigerator for 4-6 hours, or overnight. Return to room temperature before cooking.
 3. Preheat the broiler to high. Brush 6 metal skewers generously with the remaining 2 tablespoons of oil and thread on the chicken cubes. Brush over any remaining marinade. Place the prepared skewers in a broiler pan and broil about 3 inches/7.5 cm below the heat source for 4-5 minutes. Brush generously with the melted butter and cook for an additional 1-2 minutes. Turnover and cook for 3-4 minutes, basting frequently with the remaining melted butter.
 4. Balance the skewers over a large saucepan or skillet and let rest for 5-6 minutes before sliding the chicken cubes off the skewers with a knife. Serve with salad and chutney.
-

Crispy Roast Duck

Source: Joy of Cooking

Rating: 9/10

Slow-roasting in a very low oven ensures that the delicate breast meat will remain moist and that the skin will be crispy and without fat. When I made this I also added Chinese 5-spice with the salt.

- 1 4 1/2 to 5 lb duck
- salt
- Chinese 5-spice

1. Position a rack in the center of the oven. Preheat the oven to 250°F. Remove the neck and giblets from the duck. Pull out all large pieces of fat from the openings of the body and neck cavities. Rub the body cavity and sprinkle the skin with salt and Chinese 5-spice. Prick the skin all over in 20 to 30 places. Place the duck breast side down on a V-rack in a large roasting pan.
 2. Roast for 3 hours, giving the skin a few extra pricks every hour or so.
 3. Drain the fat out of the roasting pan, turn the duck breast side up and increase the oven temperature to 350°F. Roast for 45 minutes more.
 4. Remove the duck to a platter and let stand for 10 minutes.
-

Curried Chicken

Region: Indian

Rating: 9/10

Serve the curry with steamed white rice and Indian beer, and make a stop at an Indian restaurant to get some samosas to pass as appetizers, and the flatbread called naan to sop up the curry sauce.

- 3 tbsp vegetable oil
- 3 cup chopped onions
- 1/4 cup minced peeled fresh ginger
- 3 garlic cloves, minced
- 3 tbsp curry powder
- 1 tsp ground cumin
- 1/4 tsp ground cinnamon
- 2 tbsp all-purpose flour
- 1 cup plain yogurt
- 3 tbsp tomato paste
- 3 cup canned low-salt chicken broth
- 1 cup unsweetened applesauce
- 4 lb skinless boneless chicken breasts, cut crosswise into 1/2-inch-thick slices
- 1 pkg (10oz) frozen peas
- 1/2 cup sour cream
- 1/2 cup canned unsweetened coconut milk
- fresh cilantro sprigs
- steamed white rice
- Major Grey mango chutney
- sliced peeled bananas
- chopped pitted peeled mangoes
- shredded unsweetened coconut
- chopped toasted peanuts

1. Heat oil in heavy large pot over medium heat. Add onions and saute until golden, about 15 minutes. Add ginger and garlic; saute 1 minute. Add curry, cumin and cinnamon; saute until fragrant, about 1 minute. Add flour, then yogurt and tomato paste, whisking until sauce is smooth, about 1 minute. Add broth and applesauce. Bring to boil. Reduce heat; simmer until sauce thickens slightly, stirring occasionally, about 30 minutes. (Can be made 1 day ahead. Cool slightly. Cover and chill. Bring to simmer before continuing.)
2. Add chicken and peas to sauce. Simmer until chicken is almost cooked through, about 3 minutes. Add sour cream and coconut milk. Reduce heat to medium-low. Stir until chicken is cooked through and sauce thickens enough to coat spoon, about 3 minutes (do not boil). Season with salt and pepper. Transfer to bowl. Garnish with cilantro sprigs.
3. Place rice, chutney, bananas, mangoes, coconut and peanuts in separate bowls. Serve alongside curry. Makes 8 to 10 servings.

Curried Chicken with Peaches over Jasmine Rice

Source: Gusto

Region: Indian

Rating: 9/10

- 4 small chicken legs
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 3 tbsp vegetable oil
- flour for dredging chicken
- 1/4 tsp turmeric
- 1 cinnamon stick
- 1 tsp freshly grated ginger
- 1/8 tsp allspice
- 2 bay leaves
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin seed
- 1/8 tsp ground aniseed
- 2 dried chilies, crushed
- 1/4 cup dry white wine
- 1 cup canned crushed tomatoes
- 1 cup diced peaches
- 1 cup water
- 1/4 cup coconut milk
- salt and pepper, to taste

Jasmine Rice

- 2 cup jasmine rice, rinsed several times
- 4 cup water
- 1 tsp salt
- 1/2 tbsp vegetable oil

1. Remove skin from chicken legs and remove meat from bones. Cut into large chunks. Dip in flour and set aside.
2. Over high heat, in a large non-stick pan, heat 2 tbsp oil. Add cumin, coriander, aniseed and chilies, saute 1 minute. Reduce heat to medium and add chicken cooking until browned, 3 to 5 minutes. Remove chicken and set aside.
3. Add remaining oil, onion, garlic, ginger and remaining spices. Saute 3 minutes, or until onion is soft. Add wine, chicken, water, tomatoes, coconut milk and peaches. Reduce heat and simmer, covered, 30 to 40 minutes, or until chicken is tender and sauce has slightly thickened, stirring occasionally. Season to taste.
4. To prepare rice: Bring water to a boil with salt and oil. Add rice and stir. Reduce heat and simmer, covered, about 20 minutes, stirring occasionally. Remove from heat and let stand 5 minutes. Fluff with fork.
5. To serve: Pour chicken over rice.
6. Serves 4 to 6.

Indian Spiced Roast Chicken

Source: LCBO Recipe

Region: Indian

Rating: 9/10

Chili Pesto

- 1/4 cup chopped fresh mint
- 3 tbsp vegetable oil
- 2 tbsp chopped garlic
- 2 tbsp chopped ginger
- 1 tbsp lemon juice
- 1 tbsp mild Indian curry paste
- 1 tsp chopped jalapeno pepper

Chicken

- 2 tbsp chopped ginger
- 4 boneless chicken breasts, skin on salt and freshly ground pepper

Onion-Tomato Salsa

- 2 tomatoes, chopped
- 1/2 red onion, chopped
- 1 tbsp lemon juice
- 2 tbsp chopped mint

1. Preheat oven to 425°F.
 2. Combine mint, oil, garlic, ginger, lemon juice, curry paste and jalapeno in a bowl or food processor to make the chili pesto.
 3. Brush the chili pesto over the chicken and skin, and brush inside where there is a natural opening between the filet and the breast. Season with salt and pepper.
 4. Place chicken breasts in a shallow pan or skillet and bake for 20 to 25 minutes, basting occasionally or until juices run clear and skin is crisp. Remove from oven and rest 5 minutes.
 5. Mix together tomatoes, onions, lemon juice and mint for the salsa.
 6. Cut breasts into 1/2-inch slices and surround with salsa.
-

Linguini with Cajun Chicken

Rating: 8/10

- 1 boneless skinless chicken breast half, cut into thin strips
- 2 tsp [Chef Emeril's Creole Seasoning](https://doliska.com/recipes/chef-emerils-creole-seasoning/)
- 1 tbsp margarine
- 1 garlic clove
- 1/2 red pepper cut into strips
- 4 large mushrooms, sliced
- 1 green onion, sliced
- 1 cup tomato sauce
- 1 cup yogurt
- 1/4 tsp dried basil
- 1/4 tsp salt
- 1/8 tsp pepper
- linguini, cooked and drained

1. Place chicken and cajun seasoning in a re-sealable plastic bag; toss and shake to coat. In a frying pan, saute chicken and garlic in margarine until almost tender, about 5-7 minutes. Add peppers, mushrooms and onion, cook and stir for 2-3 minutes. Add tomato sauce and seasonings and bring to boil. Reduce heat and let simmer for 5 minutes. Add yogurt and bring to boil. Serve immediately on linguini. Serves 2.
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Mexican Chili Chicken

Source: Canadian Living March 1998

Region: Mexican

Rating: Untried

Mexican food is rich, earthy and full of flavour. Grilling is usually an integral part of this cuisine, but when you're stymied by our fierce Canadian winter weather, you can just as easily cook this dish in a skillet. Serve with [Guacamole Salsa](https://doliska.com/recipes/guacamole-salsa/), and put a basket of warmed tortillas on the table so that guests can help themselves.

- 6 boneless skinless chicken breasts
- 1 tbsp olive oil

Chili Rub

- 2 tbsp tomato paste
- 2 tbsp lime juice
- 2 tsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp oregano
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp coriander
- 1/2 tsp salt
- 1/4 tsp pepper

1. In small bowl, combine tomato paste, lime juice, oil, minced garlic, oregano, chili powder, cumin, coriander, salt and pepper. Place chicken breasts in single layer in shallow dish; spread chili rub over both sides. Cover and refrigerate for at least 30 minutes or for up to 4 hours.
 2. In large nonstick skillet, heat oil over medium-high heat, or heat lightly greased grill. Cook chicken for 6 to 8 minutes per side or until no longer pink inside. Serve with salsa.
 - 3.
-

Moroccan Turkey Breast with Charmoula Sauce

Source: LCBO Food & Drink, Holiday 2008

Region: Moroccan

Rating: 9/10

Moroccan Butter

- 1/4 cup softened butter
- 2 tsp ground ginger
- 2 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp cinnamon
- pinch saffron
- 1/2 tsp red pepper flakes
- 1 boned turkey breast, 4lbs, skin on
- Salt and freshly ground pepper to taste

Charmoula Sauce

- 1/4 cup chopped parsley
- 1/4 cup chopped coriander
- 1 tbsp chopped garlic
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 tsp paprika
- 1 tsp ground cumin

1. Combine butter, ginger, cumin, paprika, cinnamon, saffron and red pepper flakes. Spread under skin of breast and all over the skin. Season with salt and pepper.
 2. Preheat oven to 400°F.
 3. Place breast on a rack over a baking dish and roast for 1 hour 15 minutes or until an instant-read thermometer reads 165°F.
 4. Remove breast from pan and let sit for 10 minutes before slicing.
 5. Combine parsley, coriander, garlic, lemon juice, olive oil, paprika and cumin in food processor until puréed. Season with salt and pepper.
 6. Slice turkey and serve over couscous.
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Nepali Grilled Chicken

Source: Mangoes & Curry Leaves

Region: Nepal

Rating: 9/10

- 1 3-1/2 to 4 lb chicken, cut into 12 to 16 pieces, or 3 to 3-1/2 lbs chicken legs and breasts, cut into smaller serving pieces

Marinade

- 1 cup chopped ripe tomatoes or canned tomatoes
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1 tbsp minced ginger
- 3 tbsp chopped garlic
- 1 tbsp fresh lime juice
- 2 tsp salt
- 1/4 cup vegetable oil

1. Wash the chicken well in cold water and set aside. Place all the marinade ingredients except the oil in a blender or food processor and process to a paste. Transfer to a large bowl and stir in the oil. Place the chicken in the bowl and rub to coat them with marinade. Cover and refrigerate for 4 to 8 hours.
 2. Prepare a charcoal or gas grill or preheat the broiler. Place chicken on a rack about 5 inches from the coals or flame and grill, turning several times, until cooked through about 20 minutes.
-

Nepali Style Chicken Curry

Region: Nepal

Rating: 9/10

This is an authentic recipe and as a result somewhat oily.

- 2 lb Chicken (breast/thighs)
- 1 large onion
- 3 serrano pepper
- 2 indian-bay leaves
- 1 tsp cumin seeds
- 2 cloves
- 1 tsp mustard seeds
- 1 tsp fenugreek seeds
- 2 tsp turmeric powder
- Salt to taste
- 3 tbsp ginger-garlic paste
- 2 tbsp cumin-coriander powder
- 2 tbsp chicken masala
- 1/8 cup oil
- 2 tomatoes
- cilantro (to garnish)

1. Heat the oil and fry Cinnamon leaves, Cumin, Cloves, Mustard and Fenugreek seeds.
 2. Once they are brownish black, add onions and Serrano pepper. Fry until golden brown.
 3. Add chicken, salt and turmeric. Fry until it becomes slightly crispy/golden brown.
 4. Add Ginger-garlic paste, Cumin-coriander powder, Chicken curry masala and Tomatoes. Do NOT stir, just cover and cook for 5 minutes on a medium heat.
 5. By this time, tomatoes should melt and the mixture should become gravy in texture. Stir and cook chicken for another 5-10 minutes on a medium heat.
 6. Garnish with Cilantro and enjoy it with rice.
-

Orange Roast Chicken

Source: LCBO Food & Drink, Holiday 2007

Rating: 9/10

When I made this I used a convection oven, brined the chicken for 6 hours, put the chicken on a rack, and I did not peel the oranges (not sure if I was supposed to). I was surprised at how the orange flavor had been imparted into the chicken.

- 1 chicken, about 4 1/2 lbs
- Sea salt and freshly ground pepper
- 3 large oranges
- 2 large garlic cloves, unpeeled and crushed
- 2 tbsp unsalted butter, melted
- 2 tsp herbes de Provence
- 1 tbsp vegetable oil
- 1/2 cup homemade or low-salt chicken stock

1. Preheat oven to 425°F.
 2. Wash and pat the chicken dry, remove any excess fat. Season the chicken cavity with salt and pepper.
 3. Squeeze the juice from 1 orange then set the juice aside. Put the squeezed orange halves and garlic inside the chicken. Skewer the cavity closed and truss the bird.
 4. Brush the chicken all over with the melted butter and then season well with salt and pepper and sprinkle with herbes de Provence. Cut the remaining 2 oranges into quarters.
 5. Coat the bottom of a roasting pan with the oil, then place the chicken in the pan, with the orange quarters.
 6. Roast the chicken for 20 minutes then reduce the oven temperature to 350°F. Continue to roast the chicken, basting with the pan juices for another hour or until an instant-read thermometer inserted into the thickest part of the thigh reads 165°F.
 7. Transfer the chicken and oranges to a serving platter, placing the chicken breast-side down. Let rest loosely covered with aluminum foil for 10 to 15 minutes.
 8. Tip the roasting pan and spoon out any excess fat. Place the pan over medium heat, add the chicken stock and deglaze the pan by scraping up the browned bits from the bottom with a wooden spoon. Add the orange juice and bring to a boil,, then boil until the liquid is reduced to about 2/3 cup then season with salt and pepper.
 9. Remove the trussing string from the chicken, turn chicken breast-side up and carve. Add any juices from the chicken to the sauce. Serve the chicken with the sauce and orange wedges.
-

Roadside Cafe Chicken

Source: Mangoes & Curry Leaves

Region: India

Rating: 9/10

[I made this with a whole chicken instead of just drumsticks.]

- 6 chicken drumsticks
- 1 tbsp vegetable oil, raw sesame oil, or peanut oil
- 2 tbsp ghee or butter
- 1 tsp Bengali Five-Spice Mixture (page 37), or a scant 1/4 tsp each black mustard, cumin, fennel, fenugreek, and nigella seeds
- 2 whole cloves or generous pinch ground cloves
- 1 cinnamon or cassia stick
- 2 bay leaves
- 1 tsp ground coriander
- 2 tsp minced garlic or garlic mashed to a paste
- 1 tbsp minced ginger or ginger mashed to a paste
- 1 1/4 cup packed grated onions
- 4 dried red chilies
- 1 1/2 cup water
- 1 tsp salt, or more to taste
- 1 tsp sugar

1. Rinse the drumsticks and peel of the skin if you wish. Use a cleaver to chop each one into three pieces. Check the cut surfaces and discard any bone fragments. Rinse well with cold water and set aside.
2. Heat the oil and ghee or butter in a wide heavy pot over medium-high heat. When hot, toss in the spice blend, cloves, cinnamon stick, and bay leaves and stir until aromatic, 2 to 3 minutes. Lower the heat to medium, add the ground coriander, and stir, then add the garlic and stir-fry for 30 seconds. Add the ginger and cook until softened, 2 to 3 minutes. Add the onions, raise the heat to medium-high, and stir-fry dried chilies and stir briefly, then lower the heat to medium and cook until the onions are very soft, about 5 minutes.
3. Raise the heat to high and add the chicken pieces. Cook, turning and pressing the chicken pieces against the hot pan until all surfaces are browned a little, about 8 minutes. Add 1 cup of the water and bring to a boil. Add the salt and sugar and stir well, then cover tightly, lower the heat to medium, and cook for about 30 minutes. Check occasionally to make sure nothing is sticking.
4. Add another 1/2 cup water to the pot and bring to a boil, then reduce the heat, partially cover, and simmer for 15 to 30 minutes, until the chicken is cooked through.
5. Taste for salt just before serving and adjust if necessary. Server hot.

Roast Chicken

This is adapted from a number of recipes.

1 Chicken

1. Place ovenproof roast pan in oven and preheat oven to 500°F.
 2. Season the chicken. I use Montreal-style Chicken spice. Place chicken in a roasting rack breast-side down. When oven is at temperature, place the chicken on the roasting pan with legs facing the back. Roast for 20 minutes.
 3. After initial 20 minutes, reduce the heat to 350°F. There could be a lot of smoke so don't open the oven door yet. Set the timer for another 20 minutes.
 4. Now flip the chicken so that it is breast side up. Continue roasting until the internal breast temperature has reached 175°F.
 5. Remove from oven, let stand covered with foil, and then serve.
-

Rotisserie Chicken

Source: www.allrecipes.com

Rating: 9/10

When I make this, I also put a smoke-box in the barbeque with mesquite wood chips.

- 1 (3 lb) chicken
- 1 pinch salt
- 1/4 cup butter, melted
- 1 tbsp salt
- 1 tbsp paprika
- 1/4 tsp ground black pepper

1. Season the inside of the chicken with a pinch of salt. Tie the legs and wings with twine to prevent them from over cooking.
 2. Put the chicken onto the rotisserie of the barbeque. Don't place over direct flame, cook with indirect flame. My barbeque has two burners, I place the chicken over the burner nearest the temperature gauge so that I get actual temperature of the air around the chicken, but turn the opposite burner on. I also place a pan under the chicken to catch the drippings.
 3. Set the grill on high. Cook for 10 minutes.
 4. During that time, mix together the butter, salt, paprika and pepper. Turn the grill down to medium and baste the chicken with the butter mixture. Close the lid and cook for 1 to 1-1/2 hours, maintaining a temperature of 325°F, basting occasionally until the internal temperature reaches 180°F (83°C) when taken in the thigh with a meat thermometer.
 5. Remove from the rotisserie and let stand for 10 to 15 minutes before cutting into pieces and serving.
-

Sauteed Boneless Chicken Breasts

Source: Joy of Cooking

Rating: 9/10

Sauteed, this chicken should be a rich nut-brown on the outside, tender and juicy on the inside. The secret to success is high heat. If the oil is hot enough, the chicken will take only about 4 minutes per side to cook through.

- 4 boneless, skinless chicken breast halves (about 1 1/2 pounds)
- 1/4 cup all-purpose flour
- 1/2 tsp butter
- 1/2 tsp olive oil
- salt and pepper

1. Sprinkle both sides of breast with salt and pepper
 2. Put flour on a plate. Coat the chicken on both sides with the flour; shake off the excess.
 3. In a heavy 10 to 12 inch skillet, heat butter over medium heat until fragrant and nut brown. Add olive oil and swirl together.
 4. Saute chicken for exactly 4 minutes. Using tongs, turn the chicken and cook until firm to the touch, 3 to 5 minutes more.
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Soy-Ginger Roast Chicken with Shiitake Mushrooms

Source: The KSEE Chef

Region: China

Rating: Untried

Brining the chicken with soy sauce and brown sugar produces deep mahogany skin and aromatic meat. Mirin, a sweet rice wine, and hoisin are available in well-stocked supermarkets and in Asian grocery stores. Serve chicken and mushrooms with hot rice cooked with coconut milk.

- 1/4 cup soy sauce
- 1 cup firmly packed brown sugar
- 1/2 cup coarsely chopped fresh ginger
- 10 clove garlic, peeled and crushed
- 1 chicken (6 to 8 lb.)
- 1/2 cup chopped fresh cilantro
- 1/4 cup cilantro sprigs, rinsed
- salt and pepper
- 1 cup fat-skimmed chicken broth
- 1/4 cup rice vinegar
- 1/4 cup mirin (see notes) or sake
- 1 tbsp prepared hoisin sauce
- 1 tbsp Asian (toasted) sesame oil
- 2 lb fresh shiitake mushrooms (2-in. caps)
- 1 lb green onions

1. In a 10- to 12-quart pan, combine 1 cup soy sauce, brown sugar, 1/4 cup ginger, 6 cloves garlic, and 4 quarts water; mix well.
2. Remove giblets from chicken and reserve for other uses. Pull off and discard lumps of fat. Rinse bird well inside and out; pierce skin all over with a fork. Lay chicken breast down in brine; cover and chill at least 4 or up to 12 hours, turning bird several times.
3. Discard brine and rinse chicken thoroughly under cold running water, rubbing gently; pat dry. If desired, fold wing tips under first joint. Set bird breast up on a V-shaped rack in an 11- by 17-inch pan.
4. Starting at the neck, gently ease your fingers under skin to loosen it over breast. Push 1/4 cup chopped cilantro under skin and spread evenly over breast. Place cilantro sprigs in body cavity; add 2 tablespoons ginger and remaining 4 cloves garlic. Sprinkle chicken lightly with salt and pepper.
5. Roast in a 425F regular or convection oven for 30 minutes.
6. Meanwhile, in a large bowl, mix remaining 1/4 cup soy sauce, 2 tablespoons ginger, and 1/4 cup chopped cilantro with broth, vinegar, mirin, hoisin, and sesame oil. Rinse and drain shiitake mushrooms; trim and discard stems. Rinse and drain green onions; trim and discard ends. Cut off green tops and chop; also chop

white bottoms. Mix mushrooms, chopped white parts of onions, and all but 1/2 cup chopped green tops with soy mixture. Lift out with a slotted spoon and distribute around chicken in pan; reserve soy mixture.

7. Continue to roast chicken, turning vegetables with a wide spatula after about 20 minutes, until a thermometer inserted through thickest part of breast to bone reaches 170F, or 180F through thickest part of thigh at joint, 3/4 to 1 1/4 hours longer.
8. Insert a carving fork into body cavity, piercing carcass; lift bird and tilt to drain juices into pan. Set chicken on a rimmed platter. With a slotted spoon, arrange vegetables around chicken. Let rest in a warm place about 15 minutes.
9. Meanwhile, skim and discard fat from pan. Add reserved soy mixture and stir often over high heat, scraping browned bits free, until reduced to 3/4 cup, about 10 to 12 minutes. Pour through a fine strainer into a small pitcher or bowl.
10. Sprinkle mushroom mixture with remaining 1/2 cup chopped green onion tops. Carve chicken and serve with vegetables and pan juices. Add salt and pepper to taste.

Spicy Braised Chicken with Mushrooms and Star Anise

Rating: 8/10

- 1 tbsp peanut oil
- 4 chicken breast halves with skin and bones
- 12 oz fresh shiitake mushrooms, stemmed, caps quartered
- 2 cup chopped green onions
- 2 tbsp minced garlic
- 1 tbsp minced peeled fresh ginger
- 14 1/2 oz cans low-salt chicken broth
- 1/2 cup hoisin sauce
- 4 whole star anise
- 4 cup 3/4-inch-wide strips Napa cabbage (about 1/2 small head)
- 1 tbsp hot chili sauce (such as sambal olek or sriracha)

1. Heat peanut oil in heavy large pot over medium-high heat. Add chicken; saute until brown, about 4 minutes per side. Transfer to bowl. Add mushrooms and cook until they are tender, about 5 minutes. Return chicken to pot. Add chicken broth, hoisin sauce and star anise. Bring to boil. Add garlic, ginger and green onions. Reduce heat, cover and simmer until chicken is cooked through, about 20 minutes.
 2. Remove chicken from pot; cool slightly. Remove skin and bones from chicken and discard. Cut meat crosswise into 1/2-inch-wide strips.
 3. Meanwhile, boil mixture in pot until reduced to 2-1/2 cups, about 20 minutes. Stir in cabbage and chili sauce. Boil until cabbage is tender, about 4 minutes. Return chicken to pot; simmer until heated through, about 2 minutes. Transfer to bowl. Discard star anise. Sprinkle with remaining 1/2 cup green onions.
 4. Makes 4 servings. Serve on rice.
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Tandoori Chicken

Source: Best Ever Indian

Region: India

Rating: 9/10

- 4 chicken pieces, about 8oz, skinned
- juice of 1/2 lemon
- 1/2 tsp salt, or taste
- 1/3 cup strained, whole-milk plain yogurt or Greek-style yogurt
- 3 tbsp heavy cream
- 1 tbsp chickpea flour
- 1 tbsp garlic paste
- 1 tbsp ginger paste
- 1 tsp chili powder
- 1 tsp ground coriander
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp [garam masala](https://doliska.com/recipes/garam-masala/)
- 1/2 tsp ground turmeric
- 2 tbsp vegetable oil, for brushing
- 3 tbsp melted butter or olive oil
- Salad, to serve
- Lemon wedges, to garnish

1. Make 2-3 small incisions in each chicken piece and place in a large nonmetallic bowl. Rub in the lemon juice and salt, cover, and let marinate in the refrigerator for 20 minutes.
2. Meanwhile, put the yogurt in a separate bowl and add the cream and chickpea flour. Beat with a fork until well blended and smooth. Add all the remaining ingredients, except the oil and melted butter, and mix thoroughly. Pour over the chicken and rub in well. Cover and chill in the refrigerator for 4-6 hours, or overnight. Return to room temperature before cooking.
3. Preheat the broiler to high. Line a broiler pan with foil and brush the rack with oil. Using tongs, lift the chicken pieces out of the marinade and put on the prepared rack, reserving the remaining marinade. Cook the chicken for 4 minutes, then turn over and cook for an additional 4 minutes. Baste the chicken generously with the reserved marinade and cook for an additional 2 minutes on each side.
4. Brush the chicken with the melted butter and cook for 5-6 minutes, or until charred in patches. Turn over and baste with the remaining marinade. Cook for an additional 5-6 minutes, or until charred, tender, and the juices run clear when a skewer is inserted into the thickest part of the meat.
5. Transfer the chicken to a dish. Serve with salad and

garnish with lemon wedges.

Wok-Cooked Chicken in Tomato & Fenugreek Sauce

Source: Best Ever Indian

Region: Indian

Rating: 9/10

- 1 lb skinless, boneless chicken thighs, cut into 1-inch cubes
- juice of 1 lime
- 1 tsp salt, or to taste
- 4 tbsp sunflower oil or olive oil
- 1 large onion, finely chopped
- 2 tsp ginger paste
- 2 tsp garlic paste
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1 tbsp ground coriander
- 15 oz canned chopped tomatoes
- 1/2 cup warm water
- 1 tbsp dried fenugreek leaves
- 1/2 tsp [garam masala](https://doliska.com/recipes/garam-masala/)
- 2 tbsp chopped fresh cilantro leaves
- 2 fresh green chiles

1. Place the chicken in a nonmetallic bowl and rub in the lime juice and salt. Cover and set aside for 30 minutes.
2. Heat the oil in a wok or heavy skillet over medium-high heat. Add the onion and stir-fry for 7-8 minutes, until it begins to color.
3. Add the ginger and garlic pastes and continue to stir-fry for about a minute. Add the turmeric, chili powder, and ground coriander, then reduce the heat slightly and cook the spices for 25-30 seconds. Add half the tomatoes, stir-fry for 3-4 minutes, and add the remaining tomatoes. Continue to cook, stirring, until the tomato juice has evaporated and the oil separates from the spice paste and floats on the surface.
4. Add the chicken and increase the heat to high. Stir-fry for 4-5 minutes, then add the warm water, reduce the heat to medium-low, and cook for 8-10 minutes, or until the sauce has thickened and the chicken is tender.
5. Add the fenugreek leaves, garam masala, half the cilantro leaves, and the chiles. Cook for 1-2 minutes, remove from the heat, and transfer to a serving plate. Garnish with the remaining cilantro and serve with Indian bread.

Salads & Dressings

Augustus Ceasar

Source: Pure Green Magazine puregreenmag.com: vol 4

Rating: 10/10

Salad

- 3 small heads romain lettuce
- 1/4 cup sundried tomato pieces
- 1 cup mushroom, sliced
- 1 cup croutons
- prosciutto (to taste)
- cracked pepper for garnish

Dressing

- 1 tbsp hot prepared mustard
- 2 tbsp capers
- 1/2 tsp ground pepper
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1/2 cup grated parmesian cheese
- 3 cloves garlic, chopped
- 1 tbsp Worcestershire sauce
- 1 egg yolk (optional)

1. Wash, dry, and tear or chop romaine, place in a bowl with tomato and mushrooms and put bowl in refrigerator. In a food processor, or bowl using an immersion blender, whip all dressing components until creamy.

Bangkok Salad with Miso Dressing

Region: Thai

Rating: 10/10

Fermented soybean paste — called miso — is the key ingredient here.

- 1/3 cup rice vinegar
- 2 tbsp white or yellow miso (fermented soybean paste)
- 2 large garlic cloves, peeled
- 1 tbsp sugar
- 2 tsp chopped fresh ginger
- 1/2 cup olive oil
- 2 cup vegetable oil (for deep-frying)
- 20 wonton wrappers, cut into 1/3-inch squares
- 1 head romaine lettuce, torn into bit-size pieces

1. Puree vinegar, miso, garlic, sugar and ginger in blender. With machine running, gradually pour in 1/2 cup olive oil; blend until mixture is creamy. Season dressing to taste with salt and pepper.

2. Heat 2 cups vegetable oil in heavy large saucepan over medium-high heat. Working in batches, add wonton squares to pan and fry until crisp and brown, about 30 seconds. Using slotted spoon, transfer wontons to paper towels; drain.

3. Place lettuce and fried wontons in large bowl. Toss with enough dressing to coat and serve. Makes 4 servings.

Caesar Salad Dressing

Source: Adapted from Newspaper Article

Rating: 10/10

- 2 anchovies (or 1/2 tsp salt)
- 1 large clove garlic, finely chopped
- 1/4 cup good olive oil
- 1 tbsp white wine vinegar
- juice of 1/2 lemon
- 1 egg yolk (or 1 tbsp mayonnaise)
- 1/2 tsp dry mustard
- 1/2 tsp Worcestershire sauce
- 3 drop hot-pepper sauce
- 1 tbsp grated parmesan cheese

1. In a jar with a tight-fitting lid combine all the ingredients, cover tightly, shake well. Store in refrigerator for up to one week. Shake well before using. Makes 1/2 cup.

Chinese Chicken Salad

Source: LCBO Food & Drink Spring 2008

Region: China

Rating: Untried

This salad routinely appears on West Coast restaurant menus – and at potlucks! Pick up a roasted chicken at the grocery store. Busy Marilyn Faso substitutes a can of drained mandarin oranges for the fresh segments.

- 1 cooked whole chicken, or 3 to 4 large cooked breasts
- 3 naval oranges
- 1/4 cup rice-wine vinegar (not "seasoned")
- 1 tbsp sugar
- 2 tbsp canola oil
- 1 tbsp tamari or soy sauce
- 1 tsp grated fresh ginger, or 1/4 tsp dried
- 1 tsp sriracha or other hot sauce
- 1/2 tsp dark sesame oil
- 12 cup shredded romain lettuce
- 1 cup slivered or sliced almonds, toasted
- 2 cup crispy chow mein or "salad" noodles
- 2 green onions, thinly sliced

1. Pull skin and bones away from chicken meat; discard. Pull meat into shreds; there should be 5 to 6 cups.
 2. Finely zest 1 tsp of orange rind; set aside for dressing. Using a sharp knife, cut skin off oranges exposing deep-orange interior. Holding fruit, use a paring knife to cut out deep orange segments into a small dish; set aside. Discard membranes.
 3. Whisk rice-wine vinegar with zest, sugar, canola oil, tamari, ginger, hot sauce and sesame oil; set aside. (Dressing can be covered and refrigerated for a day or 2.)
 4. When ready to serve, toss romaine lettuce with dressing. Add chicken; toss again. Divide among serving plates; top with orange segments, almonds, chow mein noodles and green onions.
-

Classic Vinaigrette

Rating: Untried

- 1/4 cup white wine vinegar
- 1 tsp dijon mustard
- 3/4 tsp salt
- freshly ground pepper
- 1 clove garlic
- 3/4 cup vegetable oil
- 1 tbsp chopped fresh herbs (tarragon, chives, parsley), optional

1. Whisk together vinegar, mustard, salt, and pepper to taste; stir in garlic. Gradually whisk in oil. Stir in fresh herbs, if using. Makes about 1 cup.
-

Crunchy Slaw

Source: Every Day's a Party – Emeril Lagasse

Region: Vietnam

Rating: 8/10

[This is a very large recipe.]

- 3 tbsp olive oil
- 2 cup unsalted roasted peanuts
- 1 cup rice wine vinegar
- 1/2 cup sesame oil
- 1/4 cup honey
- 4 tsp salt
- 1 tsp freshly ground black pepper
- 1 large head white cabbage (about 3 1/2 pounds), cored and shredded
- 1 head red cabbage (about 1 1/2 pounds), cored and shredded
- 2 cup sliced red onions
- 1 cup chopped green onions or scallions (green part only)
- 1 cup loosely packed fresh cilantro leaves
- 1/2 tsp cayenne

1. In a large, heavy skillet, heat the olive oil over medium heat. Add the peanuts and, stirring often, toast them for 5 minutes. Remove from the heat and set aside.
 2. In a medium-size mixing bowl, combine the vinegar, sesame oil, honey, 1 teaspoon of the salt, and 1/2 teaspoon of the black pepper.
 3. Put the cabbage, red onions, green onions, and cilantro in a very large mixing bowl and season with the remaining 1 tablespoon salt, remaining 1/2 teaspoon black pepper, and the cayenne. Add the dressing mixture and toss to mix well and evenly. Store in large storage bags and refrigerate for at least 4 hours before serving. Keeps 1 day before getting soggy.
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Cucumber Raita

Source: Best Ever Indian

Region: Indian

Rating: 8/10

- 1 small cucumber
- 3/4 cup plain yogurt
- 1/4 tsp sugar
- 1/4 tsp salt
- 1 tsp cumin seeds
- 10 black peppercorns
- 1/4 tsp paprika

1. Peel the cucumber and scoop out the seeds. Cut the flesh into bite-size pieces and set aside.
 2. Put the yogurt in a bowl and beat with a fork until smooth. Add the sugar and salt and mix well.
 3. Preheat a small heavy-bottom saucepan over medium-high heat. When the pan is hot, turn off the heat and add the cumin seeds and peppercorns. Stir for 40-50 seconds, until they release their aroma. Remove from the pan and let cool for 5 minutes, then crush in a mortar with a pestle or on a hard surface with a rolling pin.
 4. Set aside 1/4 teaspoon of this mixture and stir the remainder into the yogurt. Add the cucumber and stir to mix.
 5. Transfer the raita to a serving dish and sprinkle with the reserved toasted spices and the paprika.
-

FatooshSource: <http://www.rogerstelevision.com/>

Region: Mediteranean

Rating: Untried

A pungent Middle Eastern spice blend composed of sesame seeds, thyme, marjoram and sumac. It is used as a flavouring for pita bread and also sprinkled over meats and vegetables.

Sumac comes from a decorative bush and yields brick-to dark purple-red berries. Mainly sold ground and has a pleasantly fruity, astringent taste that complements every dish from fish to meat to vegetables

- 2 pita breads
- olive oil
- pepper and salt
- 1/2 cup chopped parsley
- 1/4 cup chopped fresh mint leaves
- 1 clove of garlic, peeled and chopped
- 1/4 cup Zahtar powder
- 1/4 cup lemon juice or juice from approx. 2 lemons
- 1/4 cup olive oil
- 1 tsp salt
- 1/4 tsp ground pepper
- 8 leaves romaine lettuce torn into bite-size pieces
- 4 green onions, finely sliced
- 1 cucumber, seeded and chopped
- 4 ripe tomatoes cut into 8 wedges each

1. Preheat oven to 350F. Rub pitas with olive oil and sprinkle pepper and salt on top. Toast pitas for 5 –7 minutes in oven until crisp. Break into bite size pieces
 2. In mixing bowl, combine chopped parsley, mint, garlic, and Zahtar powder lemon juice, olive oil, salt and freshly ground pepper.
 3. In a large presentation bowl, combine romaine, green onions, cucumber, and tomatoes.
 4. Just before service toss in crisp pita and pour over the dressing
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Fattoush Lime Vinaigrette

Region: Mediteranean

Rating: Untried

- 1 1/2 lime (juice from)
- 1/3 cup olive oil
- 1 tsp ground sumac
- 1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- salt and pepper

1. To make the lime vinaigrette, whisk together the lime juice, olive oil and spices in a small bowl.
-

Fattoush Salad

Region: Mediterranean

Rating: Untried

- 2 slice pita bread
 - olive oil
 - 1 tsp sumac
 - 1 hread of Romaine lettuce (chopped)
 - 1 English cucumber (chopped)
 - 5 Roma tomatoes (chopped)
 - 5 green onions (both white and green parts chopped)
 - 5 radishes (stems removed, thinly sliced)
 - 1 cup fresh parsley leaves (stems removed)
 - 1 [Fattoush Lime Vinaigrette](/?q=node/452)
-

Garlic Roast Potatoes with Warm Spinach Salad

Rating: 9/10

For the Potatoes

- 4 baking or boiling potatoes (unpeeled/cubed)
- cloves from 1 garlic, thinly sliced
- 1/4 cup olive oil
- 1/2 tsp salt
- lots and lots of ground pepper

For the Salad

- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp favorite mustard
- 1 tbsp apple cider vinegar
- 1 bag of baby spinach

1. Preheat oven to 425 Vigorously toss together potatoes, garlic, olive oil, salt, and pepper until thoroughly combined. Pour everything into a large roasting pan, roast until golden brown, fragrant and delicious, stirring once or twice, about 30 minutes. While spuds are roasting, pour the olive oil into festive salad boiwl squeeze in honey, spoon in mustard, add vinegar, then whisk until smooth. Top with spinach and wait for the caramelizing action in the oven. When potatoes are done, scrape them onto the spinach. Toss.
-

Greek Salad Dressing

Region: Mediterranean

Rating: 9/10

- 1/4 cup olive oil
 - 3/4 tsp garlic powder
 - 3/4 tsp dried oregano
 - 3/4 tsp dried basil
 - 1/2 tsp pepper
 - 1/2 tsp salt
 - 1/2 tsp onion powder
 - 1/2 tsp Dijon-style mustard
 - 1/3 cup red wine vinegar or lemon juice
 - 2 tbsp mayonnaise
-

Guacamole

Region: Mexican

Rating: 8/10

- 2 large avocados
- 1 tomato, peeled, seeded and chopped (or 4oz can of tomatillos, drained and mashed)
- 1/2 small white onion, chopped
- 2 canned serrano chillies, chopped
- 1 tbsp chopped cilantro
- salt

1. Mash the avocados into a bowl and mix with other ingredients. Season with salt and serve immediately.

2. Makes about 3 cups.
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Guacamole Salsa

Source: Living March 1998

Region: Mexican

Rating: Untried

- 2 tomatoes, seeded and diced
- 1 avocado, peeled and diced
- 1/2 English cucumber, diced
- 1 Jalapeno pepper, minced (or 1/2 tsp hot pepper sauce)
- 1/3 cup chopped green onion
- 1/4 cup chopped fresh coriander or parsley
- 2 tbsp lime juice
- 2 tbsp olive oil
- 1/2 tsp salt

1. In bowl, toss together tomatoes, avocado, cucumber, jalapeno pepper, onion, coriander, lime juice, oil and salt.
-

Light Orange Juice Dressing

Source: Original

Rating: 8/10

- 1 garlic clove
- 3 oz orange juice (from 2 oranges)
- 4 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/2 tsp Worcestershire sauce
- 2 tbsp white vinegar
- 1/4 tsp salt
- 1 tsp sugar

1. Mix all ingredients and let sit for at least 1/2 hour. Do not leave overnight. Makes 2/3 cups of dressing.

Madame Benoit's Salad Dressing

Rating: 9/10

- 1 cup salad oil
- 1/3 cup vinegar
- 1 tsp salt
- 1 tsp sugar
- 1/2 tsp paprika
- 1/2 tsp dry mustard
- 2 cloves of garlic, minced

1. Mix ingredients and serve.

Nepali Green Bean-Sesame Salad

Source: Mangoes & Curry Leaves

Region: Nepal

Rating: 9/10

[Instead of cayenne chilies I used a jalapeno pepper].

- 1 lb green beans or yard-long beans
- 3 tbsp sesame seeds
- 2 tbsp peanut oil or vegetable oil
- 2 green cayenne chilies, seeded and sliced into rings
- 1/2 tsp salt
- 3 tbsp fresh lemon juice, to taste
- Chopped coriander leaves or several mint leaves, minced

1. Cook the beans in a large pot of boiling salted water until just tender and still firm. Drain, refresh in cold water for a moment, and then drain again. Trim the beans on a diagonal into 1/2-inch lengths. Set aside in a bowl.
 2. Heat a dry heavy skillet over medium-high heat. Add the sesame seeds, lower the heat to medium, and dry roast, stirring constantly with a wooden spoon, until lightly touched with gold and aromatic. Transfer to a spice/coffee grinder and grind to a coarse powder, then set aside.
 3. Heat the oil in a small heavy skillet, a wok, or a karhai over medium-high heat. Toss in the chopped chilies and stir-fry for about 30 seconds, or until lightly touched with brown. Pour the chilies and hot oil over the beans and toss. Sprinkle on the ground sesame seeds and salt and toss. Add the lemon juice and toss.
 4. Serve warm or at room temperature. If you wish, add chopped coriander or mint to the salad just before serving.
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Onion and Tomato Salad

Source: Best Ever Indian

Region: Indian

Rating: 9/10

- 3 tomatos, seeded and chopped
- 1 large onion, fiinely chopped
- 3 tbsps chopped fresh cilantro, puls extra to garnish
- 1 fresh green chiles, seeded and very finely sliced
- 2 tbsps lemon juice, or to taste
- 1 tsp salt, or to taste
- 1 pinch sugar
- pepper

1. Put the tomatoes, onion, cliantro, and chiles in a bowl. Add the lemon juice, salt, sugar and pepper to taste, then gently toss all together. Cover and chill for at least 1 hour.
 2. Just before serving, gently toss the salad again. Add extra lemon juice or salt and pepper to taste. Spoon into a serving bowl and sprinkle with chopped cilantro.
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Orange Salad

Source: Canadian Living Magazine

Rating: Untried

- 4 oz Philadelphia cream cheese
- 1 small canmandarin oranges, drained
- 1 orange Jello (small) pkg
- 1 cup hot water
- 1 Dream whip pkg
- 1/2 cup milk

1. Pour juice from oranges into Jello mixture — add 1 cup hot water. Mix creamed cheese and add. Mix 1/2 cup milk and Dream Whip — mix into Jello liquid. Stir in oranges. Set.
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Roasted Garlic and Sun-Dried Tomato Dressing for Greek Salad

Source: LCBO Food and Drink Summer 2007

Region: Greece

Rating: Untried

"Greek salad is a natural for this dressing, but it also works well as a marinade for barbecued pork or chicken."

Dressing

- 1 head garlic, unpeeled
- 1/4 cup olive oil
- 1/2 tsp dried oregano leaves
- 1/4 tsp each salt and pepper
- 2 tbsps balsamic vinegar
- 2 tbsps water
- 2 sun-dried tomatoes, minced

Greek Salad

- 8 cup torn romaine lettuce leaves
- 1 tomato, cored and cut into wedges
- 1 cup diced cucumber
- Handful of Kalamato olives
- 1/2 cup crumbled feta cheese

1. Preheat oven to 400°F.
 2. Using a knife, slice off 1/4 to 1/2 inch from top of unpeeled garlic head to expose cloves. Place garlic in a small dish and drizzle with 1/2 tsp oil. Cover with foil, then bake in oven until cloves feel soft when pressed, 25 to 35 minutes.
 3. Once garlic is baked and cool enough to handle, squish 5 to 6 garlic cloves into a medium bowl (remaining cloves can be eaten as is, mashed into potatoes or with butter and used as a vegetable topper). Mash with a fork. Stir in oregano, salt and pepper. Then whisk in remaining oil, vinegar and just enough water for a dressing consistency. Stir in sun-dried tomatoes. Taste and add additional salt if needed.
 4. In a large bowl, toss lettuce with tomatoes and cucumber. Toss with dressing. Add olives and cheese and toss again.
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Roquefort Pear Salad

Source: Allrecipes.com

Rating: 10

- 1 head leaf lettuce, torn into bite-size pieces
- 3 pears - peeled, cored and chopped
- 5 oz Roquefort cheese, crumbled
- 1 avocado - peeled, pitted, and diced
- 1/2 cup thinly sliced green onions
- 1/4 cup white sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tbsp red wine vinegar
- 1/2 tsp white sugar
- 1/2 tsp prepared mustard
- 1 clove garlic, chopped
- 1/2 tsp salt
- fresh ground black pepper to taste

1. In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.
2. For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper.
3. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

Russian Dressing

Source: Better Holmes and Gardens, New Cook Book

Rating: 8/10

- 1/4 cup salad oil
- 1/4 cup ketchup
- 1 tbsp sugar
- 1 tbsp white wine vinegar or vinegar
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/8 tsp black pepper

1. In a screw-top jar combine oil, ketchup, sugar, vinegar, lemon juice, Worcestershire sauce, paprika, salt, and pepper. Cover; shake well.
2. Serve immediately or cover and store in refrigerator for up to 2 weeks. Shake before using.

Southwest Caesar Salad with Grilled Steak

Region: Southwest

Rating: 9/10

- 2/3 cup chopped coriander
- 1/4 cup light sour cream
- 1/4 cup lime juice
- 1/4 cup grated parmesan cheese
- 2 garlic cloves
- 4 green onions (coarsley chopped)
- 1/2 tsp salt
- 1 jalapeno pepper (seeded)
- 1/2 cup olive oil
- 8 cup romaine lettuce
- 1 sweet red pepper
- 3 cobs sweet corn
- 1 tbsp vegetable oil
- 24 tortilla chips
- 2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp sugar
- 1 lb sirloin steak

1. In a blender, combine coriander, sour cream, lime juice, parmesan, garlic, onions, salt, and jalapeno; process until finely chopped. With motor running,, slowly add oil and blend until smooth. Set aside.
2. Steak: In small bowl, combine chili powder, cumin, coriander, salt, pepper and sugar; rub on both sides of steak. Lightly brush corn with oil. Lightly oil grill and heat to medium-high. Place corn on grill; close lid and cook, turning often until slightly caramelized or blackened, 15 to 20 minutes. When corn has cooked, 8 to 10 minutes, add steak to grill. Cook, covered, for 3 to 5 minutes per side for medium-rare or until desired doneness. Remove steak and let stand for at least 5 minutes. Let corn cool enough to handle. With sharp knife, cut kernels from cobs.
3. Salad: In large bol, toss lettuce, red pepper, corn and enough dressing to coat well. Divide salad among 4 dinner plates. Slice steak into thin strips; arrange on salad. Drizzle some dressing over steak. Serve with chips.

Spinach Salad

Source: Joy of Cooking

Rating: 10/10

I find that the mustard seed has a tendency to make the dressing too spicy.

- 4 slices bacon
- 1/4 cup cider vinegar
- 2 tbsp olive or vegetable oil
- 1 tsp yellow mustard seeds (optional)
- 2 tsp minced parsley
- 1 tsp minced onion
- 1 tsp sugar
- 1 large bunch baby spinach

1. Cook bacon in a skillet over medium-high heat until crisp. Drain on paper towels, cool, and crumble.
 2. Combine well. vinegar, oil, mustard seeds, parsley, onion and sugar.
 3. Wash spinach well and place in a salad bowl.
 4. Pour the dressing over the spinach and toss, Sprinkle with the crumbled bacon.
-

Spinach Salad with Grapefruit, Orange, and Avocado

Source: Joy of Cooking

Rating: 9/10

- 6 cup baby spinach leaves
- 3 pinch salt
- 4 tbsp [Tangerine Shallot Dressing](/?q=node/317)
- 1 grapefruit, peeled and sectioned
- 1 naval orange, peeled and sectioned
- 1 avocado, pitted, peeled, and sliced
- Sesame seeds, toasted
- Black pepper to taste

1. Toss spinach, salt and dressing in a salad bowl.
 2. Divide the spinach among salad plates and arrange fruit on top. Sprinkle with sesame seeds and season with pepper.
-

Superslaw (Cabbage Salad)

Rating: Delicious (RMD rating)

- 8 cup shredded cabbage (maybe made of a mixture of cabbage)
- 1 cup chopped onions
- 1 cup grated carrots
- 1 cup sliced radishes
- 1/2 cup vegetable oil
- 1/2 cup vinegar
- 1/4 cup sugar
- 1 1/2 tsp salt
- 1 tsp celery seeds
- 1/2 tsp dry mustard
- 1/4 tsp pepper
- 1/4 cup cup sour cream

1. In large bowl combine vegetables.
2. In small saucepan combine remaining ingredients except sour cream; stir over low heat to dissolve sugar. Remove from heat and add sour cream, whisking until smooth. Pour dressing over vegetables and mix well. May be served immediately or chilled before serving; keeps several days in refrigerator.

3. Serves 8.

Tabouli

Region: Lebanese

Rating: 10/10

this Lebanese dish has become a popular salad or appetizer in the United States. If you feel adventurous, sprinkle some cayenne pepper on it.

- 1/2 cup very fine bulgur
- 2 bunches parsley, large stems discarded and then chopped
- 1 small onion, minced
- 2 medium tomatoes, chopped
- 1/4 cup chopped fresh mint
- 1 tsp salt
- 1/4 cup lemon juice
- 1/4 cup olive oil

1. Soak bulgur in enough fresh water to cover for 10 minutes. Drain well.
 2. Toss all ingredients in a large bowl. Add oil last.
 3. Chill well in the refrigerator. You can even chill it overnight.
 4. Serve garnished with lettuce leaves.
-

Tangerine Shallot Dressing

Source: Joy of Cooking

Rating: 8/10

This dressing is especially good on any salad with chicken or drizzled over grilled chicken.

- 1 garlic clove, peeled
- 3 pinch salt
- 1/4 cup fresh tangerine or clementine juice
- 2 tbsp fresh lemon juice
- 1 small shallot, minced
- 2/3 cup vegetable oil

1. Mash together garlic and salt to a paste.
 2. Whisk together remaining items except oil until well blended.
 3. Add oil in a slow, steady stream, whisking constantly.
-

Thai Salad Dressing

Source: Taste of Home (Oct/Nov 2009)

Region: Thailand

Rating: 9/10

- 1/2 cup rice vinegar
- 1/3 cup peanut or canola oil
- 2 tbsp lime or lemon juice
- 1 tbsp sugar
- 1 1/2 tsp minced fresh ginger
- 1 1/2 tsp hot pepper sauce
- 1 1/2 tsp soy sauce
- 1 tsp salt
- 1 garlic clove, minced
- 1/2 tsp crushed red pepper flakes

1. Whisk ingredients.
-

Vegetable Salad

Source: World in your Kitchen Calendar 2001

Region: Colombia

Rating: Untried

You can serve the salad when the beans and corn are still warm from cooking - they absorb the dressing better.

- 1/2 lb green beans
- 1/2 cup sweetcorn
- 2 tomatoes, chopped
- a few lettuce leaves, torn into small pieces
- 2 scallions/spring onions, chopped
- 1 tbsp fresh parsley, chopped
- 1 clove garlic, crushed
- juice of 1/2 lemon
- oil
- salt and pepper

1. If using fresh or frozen beans or sweetcorn, cook them in boiling water and then drain.
 2. In a salad bowl, mix the beans with the sweetcorn.
 3. Next, combine the garlic and lemon juice together with the oil; season. Pour the dressing over the beans and corn and mix well.
 4. Now add the tomatoes, lettuce, scallions/spring onions and parsley, and toss before serving.
-

Your House Salad with Your House

Dressing

Source: Chef Michael Smith, Fast Flavours

Rating: 9/10

House Dressing

- 1 cup olive oil
- 1/2 cup vinegar or lemon juice
- 1/2 cup honey, maple syrup, or your favourite jelly
- 1 tbsp mustard
- 1 tbsp herb or spice (optional)
- 1 tsp salt
- Lots of freshly ground pepper

Salad

- 2 heads of lettuce, chopped and shredded
- 1 cup nuts or seeds, toasted if you like
- 1 cup dried fruit, chopped if needed
- 3 cup chopped or shredded vegetables

1. To create your very own house dressing, have a look at what you have on hand. Root around a bit. Pour your ingredients into a Mason jar, screw on the top, and shake vigorously until a smooth dressing forms. You'll quickly be rewarded with your own house dressing.
 2. Fill a festive salad bowl with your choice of greens and garnishes. Pour in some of the dressing and toss thoroughly. Your goal is to lightly coat the salad with the dressing instead of soaking and overwhelming it. Fill your table, break out the salad tongs, serve, and share.
-

Sauces, Spreads, & Mixtures

Bengali Five-Spice Mixture

Source: Mangoes & Curry Leaves

Region: India

Rating: Untried

1 tbsp nigella seeds
 1 tbsp cumin seeds
 1 tbsp black mustard seeds
 1 tbsp fenugreek seeds
 1 tbsp fennel seeds

1. Combine all the spices in a jar with a tight-fitting lid. Label and store away from heat and bright light.
-

Cheese Sauce

Source: Better Homes and Gardens New Cook Book

Rating: 9/10

2 tbsp butter or margarine
 2 tbsp all-purpose flour
 1 dash black pepper
 1 1/2 cup milk
 1/2 cup shredded process Swiss, Cheddar, or Gruyere cheese

1. In a small saucepan melt butter. Stir in flour and pepper. Stir in milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more.
 2. Over low heat, stir in cheese until melted.
-

Chef Emeril's Creole Seasoning

Source:

<http://www.webcom.com/gumbo/food/creole.html>

Region: Creole

Rating: 9/10

1/2 tbsp paprika
 2 tbsp salt
 2 tbsp garlic powder
 1 tbsp onion powder
 1 tbsp black pepper
 1 tbsp cayenne pepper
 1 tbsp dried leaf oregano
 1 tbsp dried leaf thyme

1. Combine all ingredients thoroughly and store in an airtight container. Makes about 2/3 cup.
-

Chile-Garlic Spice Paste

This is the marinade I use for chicken-tacos.

This paste is good with poultry, firm-texture fish, shrimp and vegetables.

3/4 cup minced jalapeno peppers
 1/2 cup garlic cloves
 1/2 cup olive oil
 2 tbsp grated lemon or lime zest
 juice from lemon or lime
 2 tbsp cracked black peppercorns
 1 tbsp salt
 2 tsp chili powder

1. Combine ingredients in a blender or food processor until smooth.
-

Chimichurri Sauce

Source: Lucy's Kitchen

Region: Argentina

Rating: 8/10

This is not very authentic but good nonetheless.

1/4 cup olive oil
 2 tbsp red wine vinegar
 1 tbsp lime juice
 1 tsp chopped garlic
 1 cup chopped green onions
 1/2 cup chopped fresh coriander
 1/2 cup chopped parsley
 2 tbsp seeded and chopped jalapeno

1. In a food processor, combine all ingredients. Process until combined but still with a bit of texture. Season with salt and pepper.
-

Chinese Five-Spice Powder

Source: <https://www.food.com/recipe/chinese-five-spice-powder-24232>

Rating: 9/10

1 tsp ground cinnamon
 1 tsp ground cloves
 1 tsp fennel seeds (toasted and ground)
 1 tsp ground star anise
 1 tsp szechuan peppercorns (toasted and ground)

1. Mix the spices together and store in an airtight container.
-

Chinese Stir-Fry Sauce

Source: Based on "Szechwan Chicken With Cashews" in Betty Crocker's International Cookbook
Region: Chinese
Rating: 8/10

- 1 tbsp hoisin sauce
- 1/2 cup chicken broth
- 1 tsp chili pepper paste
- 1 tsp soy sauce
- 1 tbsp cold water
- 1 tbsp cornstarch

1. Mix above ingredients except water and cornstarch. In a separate small bowl, mix cold water and cornstarch to form a paste and then add other ingredients. Add as sauce to stir-fry dish.
-

Chipotle Mayonnaise

Source: Joy of Cooking
Rating: 9/10

A zesty sauce for grilled meat and poultry.

- 1 cup mayonnaise
- 2 tbsp chopped cilantro
- 1 tbsp minced canned chipotle peppers
- 1 tbsp adobo sauce from peppers
- 1 tbsp fresh lime juice
- 1 tsp minced garlic
- Salt and pepper to taste

- 1.
-

Fragrant Sri Lankan Spice Powder

Source: Mangoes & Curry Leaves
Region: Sri Lanka
Rating: 9/10

- 1 tbsp raw white rice
- 1 2" piece cinnamon or cassia stick
- 4 cloves
- 2 tbsp coriander seeds
- 2 sprigs fresh curry leaves (optional)
- 1 tsp black peppercorns
- Seeds from 3 cardamom pods
- 1 tbsp cumin seeds
- 1 tbsp fresh or frozen grated coconut
- 1 tsp black mustard seeds

1. Heat a medium or large cast-iron skillet over medium-high heat. Put in the rice and dry roast until just starting to brown. Add the cinnamon, cloves, coriander seeds, curry leaves, if using, black peppercorns, and cardamom and cumin seeds and roast, keeping an eye on the skillet to make sure the ingredients don't burn; shake the skillet every once in a while. Depending upon your skillet and the heat, the spices will need 5 to 6 minutes to get brown and smell great. Add the coconut and mustard seeds and continue to roast, shaking the skillet occasionally or stirring with a wooden spoon. The mustard seeds will pop and fly around, but not to worry. Roast until the spices are quite dark, but not burned. Turn out onto a plate and let cool a little.
 2. Use a stone mortar for grinding, or use a spice/coffee grinder, and grind in batches until very fine. Place the powder in a sieve over a bowl and sift. Re-grind again any spices not yet finely ground.
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Guacamole

Region: Mexican
Rating: 8/10

- 2 large avocados
- 1 tomato, peeled, seeded and chopped (or 4oz can of tomatillos, drained and mashed)
- 1/2 small white onion, chopped
- 2 canned serrano chillies, chopped
- 1 tbsp chopped cilantro
- salt

1. Mash the avocados into a bowl and mix with other ingredients. Season with salt and serve immediately.
 2. Makes about 3 cups.
-

Jerk Marinade

Region: Jamaican

Rating: 9/10

- 3 scallions (chopped)
- 4 large garlic cloves (chopped)
- 1 small onion (chopped)
- 5 scotch bonnet or habanero chiles (stemmed and seeded)
- 1/4 cup fresh lime juice
- 2 tbsp soy sauce
- 3 tbsp olive oil
- 1 1/2 tsp salt
- 1 tbsp packed brown sugar
- 1 tbsp fresh thyme leaves
- 2 tsp ground allspice
- 2 tsp black pepper
- 3/4 tsp freshly grated nutmeg
- 1 tsp cinnamon

1. Mix together all ingredients.

Mint and Spinach Chutney

Source: Best Ever Indian

Region: Indian

Rating: 9/10

Very refreshing.

- 2 oz tender fresh spinach leaves
- 3 tbsp fresh mint leaves
- 2 tbsp chopped fresh cilantro
- 1 small red onion, coarsely chopped
- 1 small garlic clove, chopped
- 1 fresh green chile, chopped (seeded if you like)
- 2 1/2 tsp granulated sugar
- 1 tbsp tamarind juice (or juice of 1/2 lemon)

1. Put all the ingredients in a blender or food processor and blend until smooth, adding a little water to enable the blades to move, if necessary.

2. Transfer to a serving bowl, cover, and chill in the refrigerator for at least 30 minutes.

Nam Prik Jaew

This Thai Chili Dipping Sauce is best served with grilled meats, from chicken to pork and sometimes it's also used as a dipping sauce for sticky rice.

Source: "Colonel I. F. K. Philpott", Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

Region: Thai

Rating: Untried

- 1/4 cup yellow bean sauce
- 1/4 cup lime juice
- 1/4 cup minced garlic
- 1/4 cup minced ginger
- 2 tbsp thinly sliced prik ki nu (green Birdseye chili)
- 1/4 cup light soy sauce
- 1/4 cup palm sugar

1.

Satay Sauce

Rating: 9/10

A word about this recipe: If you're looking for a Chinese-style peanut sauce that goes over noodles or Vietnamese-style peanut sauce that is served with fresh spring rolls, this is not it. You can use this sauce in that way, if desired. But this is a Thai satay sauce which is on the sweet side, has a flavor that is found in Thai curry (but is not supposed to be hot), and is served as a dipping sauce for Thai-style satay. If you're looking for the kind of peanut sauce that contains Chinese ingredients such as sesame oil, chili sauce, or hoisin sauce, this is not it. Thai-style satay sauce does not contain any of those ingredients and is not seasoned in the same way.

- 1 can coconut milk
- 2 oz Thai red or Massaman curry paste
- 3/4 cup natural creamy peanut butter (Do not use regular peanut butter or anything with added emulsifiers. It must be the type of natural peanut butter that comes with natural peanut oil on top and no sugar added.)
- 1/2 tbsp salt
- 3/4 cup sugar (Yes this is correct)
- 2 tbsp apple cider vinegar (Do not use white wine, red wine, balsamic, or anything else — not even rice vinegar)
- 1/2 cup water

1. Put everything into a medium heavy-bottomed pot and bring to a very gentle boil over medium heat, whisking constantly.
2. Let the mixture simmer for 3-5 minutes over low heat; be careful not to let the mixture scorch at the bottom of the pot.
3. Take the pot off the heat, let the sauce cool down to room temperature (or slightly warmer), and serve the sauce with satay or fried tofu.
- 4.
5. This peanut sauce keeps in a glass container in the refrigerator for weeks. Refrigerated sauce will thicken up considerably. All you have to do is thin it out with a little bit of water to desired consistency, reheat, and serve. The sauce also freezes beautifully. I prefer Maesri red curry paste. But you can also use Mae Ploy red curry paste (it's hotter). A lot of people like to use massaman curry paste, and you can do that too. Originally, Mom used roasted peanuts, ground up in a mortar and pestle. For those who feel the use of natural peanut butter in this recipe is blasphemous, please feel free to go that route. But then, what is unsweetened, natural peanut butter if not roasted

peanuts ground up into a paste? For those living in areas of the world where commercial natural peanut butter is not available, please grind up 12 ounces of roasted peanuts using whatever means most convenient for you. Then use the peanut paste in the same manner as peanut butter as directed.

Smoky Maple BBQ Sauce

Rating: 8/10

- 3 tbsp canola oil
- 6 clove garlic (finely chopped)
- 1/2 small onion (finely chopped)
- 1 1/2 cup ketchup
- 1/2 cup maple syrup
- 2 tsp ancho chili powder
- 1 tbsp chipotle in adobo (finely chopped)
- 1 tbsp Worcestershire sauce
- 1/4 cup cider vinegar

1. Heat oil in a medium saucepan over medium heat.
 2. Fry garlic until golden, 2 - 3 minutes. Add onion and cook for 5 more minutes, stirring occasionally.
 3. Stir in ketchup, maple syrup, ancho, chipotle, Worcestershire and cider vinegar.
 4. Bring to a boil, reduce heat to low, and cook with the lid on for 5 minutes.
-

Spicy Sesame Tomato Chutney

Source: <https://www.thecuriouschickpea.com/tibetan-vegetable-momos-with-spicy-sesame-tomato-chutney/>
Region: Nepali
Rating: 9/10

- 1 tbsp oil
- 4 clove garlic, coarsely chopped
- 1/2 1/2-inch piece of ginger, coarsely chopped
- 1 tbsp red pepper flakes
- 3 tbsp sesame seeds
- 1 cup red onion, chopped
- 14 oz canned diced tomato
- 2 tbsp soy sauce
- 1/4 cup lemon juice
- 1 cup water

1. Heat the oil in a skillet over medium. Add the garlic and ginger and cook until fragrant, about 1-2 minutes. Add the sesame seeds and red pepper flakes and let toast for 1 minute.
 2. Add the onion to the skillet and saute until soft, about 4 minutes, then add the canned tomatoes. Cook until soft and juicy, about 5 minutes.
 3. Transfer the mixture to a blender, add the soy sauce, lemon juice, and water and blend until smooth. Taste and add salt if desired. Use immediately or allow to chill in fridge.
-

Taco Seasoning Mix

Rating: 8/10

- 1 tbsp cornstarch
- 2 tsp chili powder
- 1 tsp salt
- 1 tsp smoked paprika
- 1 tsp sugar
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp cumin

1. Mix all ingredients together. Add seasoning mix to taco meat with water (approx 1/2 cup).
-

Tahini Sauce

Region: Middle Eastern
Rating: 9/10

- 1/2 cup tahini
- 2 clove garlic (minced)
- 3 tbsp yogurt
- 1 tsp honey
- 2 tbsp lemon juice
- 1/2 cup hot water

1. WHISK together tahini, garlic, yogurt, honey and lemon juice. Gradually whisk in hot water to achieve a saucy consistency
-

Ultimate Pizza Sauce

Source: <http://www.recipezaar.com/114392>
Rating: Untried

- 2 tbsp olive oil
- 1 tbsp butter
- 1/2 cup onions, chopped
- 1/4 cup celery, chopped
- 1 garlic clove, minced
- 1 can (8 oz) tomato sauce
- 1 can (6 oz) tomato paste
- 2 tbsp grated parmesan cheese
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/4 tsp black pepper
- 1 small bay leaf
- 1 tsp fennel seeds

1. In a large skillet, melt butter with the oil. Add the onion, celery and garlic and saute until soft and transparent.
 2. Add tomato sauce and tomato paste and stir until smooth.
 3. Add remaining ingredients and bring to slow simmer.
 4. Simmer for 30-60 minutes (or not at all depending on your taste and time frame).
 5. Remove the bay leaf and spread the sauce on your prepared pizza dough.
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Soups & Stews

Cheddar Cheese Soup

Source: Betty Crocker's International Cookbook

Rating: 9/10

The village of Cheddar, in southwest England, is one of the most charming spots in Britain, famed for its spectacular ravine and wonderful caves. Cheddar cheese was first made in Cheddar in the sixteenth century. Early English settlers brought the formula to the United States and Canada. Cheddar Cheese Soup is a great favorite in Britain, Canada, New Zealand and Australia.

- 1 small onion
- 1 medium stalk celery, thinly sliced
- 2 tbsp margarine or butter
- 2 tbsp flour
- 1/4 tsp pepper
- 1/4 tsp dry mustard
- 10 3/4 oz can condensed chicken broth
- 1 cup milk
- 2 cup shredded Cheddar cheese (8 oz)
- paprika

1. Cover and simmer onion and celery in butter in 2 quart saucepan until onion is tender, about 5 minutes. Stir in flour, pepper and mustard. Add chicken broth and milk. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Stir in cheese; heat over low heat, stirring occasionally, just until cheese is melted. Sprinkle with paprika.
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Cream of Mushroom Soup

Rating: Untried

- 1/4 cup butter
- 2 onions, finely chopped
- 1 1/2 lb mushrooms, finely chopped
- 1/4 cup all-purpose flour
- 5 cup chicken stock
- salt and freshly ground pepper
- 1 cup light or whipping cream
- 1 tbsp dry sherry (optional)

1. In large saucepan or soup pot, melt butter; cook onions until tender but not browned. Stir in mushrooms and cook for a few minutes longer. Sprinkle with flour and cook, stirring for 5 minutes.
 2. Stir in stock and bring to boil. Season with salt and pepper to taste. Reduce heat, cover and simmer for about 30 minutes.
 3. Puree soup in blender or food processor and return to saucepan. Stir in cream and heat through. Stir in sherry, if using. Garnish with sliced mushrooms before serving. Makes 6 servings.
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Cream of Pumpkin Curry Soup

Source: Margo Williams

Rating: 9/10

- 3 tbsp butter
- 1 cup (1 small) finely chopped onion
- 1 clove garlic, finely chopped
- 1 tsp curry powder
- 1/2 tsp salt
- 1/4 tsp ground coriander
- 1/8 tsp crushed red pepper
- 3 cup water
- 3 Maggi Chicken or Vegetable Bouillon Cubes
- 1 3/4 cup (15 oz) Libby's Solid Pack Pumpkin
- 1 cup half-and-half
- sour cream and chopped fresh chives (optional)

1. Melt butter in large saucepan over medium-high heat. Add onion and garlic; cook for 3 to 5 minutes or until tender. Stir in curry powder, salt, coriander and crushed red pepper; cook for 1 minute. Add water and bouillon; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes to develop flavors. Stir in pumpkin and half-and-half; cook for 5 minutes or until heated through.
 2. Transfer the mixture to food processor or blender container (in batches, if necessary); cover. Blend until creamy. Save warm or reheat to desired temperature. Garnish with dollop of sour cream and chives.
 3. Preparation tip: soup may be prepared the day ahead. Cool to room temperature after adding pumpkin and half-and-half. Cover and chill. Just before serving, blend then reheat to serving temperature, but do not boil.
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Curried Butternut Squash Bisque

Source: Sept. 22, 1999 Ottawa Citizen

Rating: Untried

- 2 tbsp canola oil
- 2 onions
- 3 cloves garlic, minced
- 1 tbsp curry powder
- 1/2 tsp ground cumin
- 6 cup chicken stock
- 1 cup apple cider
- 1/2 cup white rice (uncooked)
- 2 lb butternut squash, peeled and cubed
- salt, ground pepper, to taste
- 1/2 cup plain yogurt
- 2 tbsp milk

1. In a heavy soup pot, heat oil over medium heat. Add onions and garlic, saute 2-3 minutes or until softened. Stir in curry and cumin and cook for 1 minute. Add chicken stock, cider, rice and squash; bring to boil. Reduce heat to low and cover the pot; simmer 30-40 minutes or until the squash is tender.
 2. Strain the mixture and puree solids in a food processor or blender until very smooth. Return the puree and liquid to the soup pot.
 3. To serve, heat soup gently and season a little with salt and pepper to taste. In a small bowl, stir together yogurt and milk. Ladle soup into serving bowls, then add a dollop of the yogurt mixture to sit on top. Draw the tip of a knife or toothpick through the yogurt to make decorative swirls.
 4. Serves 6.
-

Daal-Bhat (Lentil Soup & Rice)

Region: Nepalese

Rating: Untried

3 cup water
1 cup red lentils
1 tbsp peeled minced fresh ginger
1 tsp seeded, chopped fresh green chili
1/2 tsp salt
1 tsp sugar
1/2 tamarind concentrate (available at specialty stores)
1 tsp vegetable oil
1/4 tsp black mustard seed (kolongi)
spice to taste with coriander, cumin, chili power, garlic powder and ginger
cooked basmati rice

1. Bring water to boil in pan over medium heat. Add lentils. Reduce heat and simmer covered until lentils are tender, about 15 minutes. They should break easily when pressed between thumbs and index fingers. Remove from heat.
 2. Puree this mixture with ginger and green chili in blender until smooth. Return to pan and bring to simmer. Add salt, sugar, tamarind and stir to dissolve the tamarind. Remove from heat.
 3. Heat oil in a 6-inch skillet over medium-low heat. Fry black mustard seeds for a few seconds. As soon as the seeds start popping, remove from heat and pour contents of pan over the lentil mixtures. Simmer 2 to 3 more minutes. Stir in five spices. Cover and let stand for a few minutes to help develop the flavors. Spoon over hot rice. Daal-Bhat is often served with a side-dish of curried vegetables. (Serves four.)
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Dal (Lentils)Source: www.food-nepal.com

Region: Nepal

Rating: Untried

5 1/2 cup lentil (any kind)
5 cup of water (depends preference of your consistency of liquid)
1/2 tsp turmeric
1 tsp garlic, minced
6 tbsp clarified butter (ghee)
3/4 cup sliced onions
2 chillies (dried red chillies preferred) (depends on your preference)
Salt to taste
1/4 tsp asafetida
1/4 tsp jimbu
1 tbsp fresh ginger paste

1. Wash lentils and soak lentil for 10 minutes.
 2. Remove anything that float on the surface after it and drain extra water.
 3. Add drained lentils in fresh water and bring to a boil again. Add all spices.
 4. Reduce the heat and simmer, covered, for 20 to 30 minutes until lentils are soft and the consistency is similar to that of porridge.
 5. In a small pan heat the remaining of butter and fry the onions, chillies and garlic.
 6. Stir into the lentils few minutes before you stop boiling. Serve with rice.
-

French Onion Soup Gratinee

Rating: 9/10

Region: French

Very authentic. The original recipe indicates 4 servings but I think it makes 8 servings.

- 4 tbsp butter
- 1 tsp salt (Do not leave this out as it helps the break-down of the onions.)
- 2 large red onions (thinly sliced)
- 2 large sweet onions (thinly sliced)
- 48 oz chicken broth
- 14 oz beef broth
- 1/2 cup red wine
- 1 tbsp Worcestershire sauce
- 2 sprigs fresh parsley
- 1 sprig fresh thyme leaves
- 1 bay leaf
- 1 tbsp balsamic vinegar
- salt and freshly ground pepper
- 4 thick slices French or Italian bread
- 8 slices Gruyere or Swiss cheese slices (room temperature)
- 1/2 cup shredded Asiago or mozzarella, cheese (room temperature)
- 4 pinch paprika

1. Melt butter in a large pot over medium-high heat. Stir in salt, red onions and sweet onions. Cook 35 minutes, stirring frequently, until onions are caramelized and almost syrupy.
2. Mix chicken broth, beef broth, red wine and Worcestershire sauce into pot. Bundle the parsley, thyme, and bay leaf with twine and place in pot. Simmer over medium heat for 20 minutes, stirring occasionally. Remove and discard the herbs. Reduce the heat to low, mix in vinegar and season with salt and pepper. Cover and keep over low heat to stay hot while you prepare the bread.
3. Preheat oven broiler. Arrange bread slices on a baking sheet and broil 3 minutes, turning once, until well toasted on both sides. Remove from heat; do not turn off broiler.
4. Arrange 4 large oven safe bowls or crocks on a rimmed baking sheet. Fill each bowl 2/3 full with hot soup. Top each bowl with 1 slice toasted bread, 2 slice Gruyere cheese and 1/4 of the Asiago or mozzarella cheese. Sprinkle a little bit of paprika over the top of each one.
5. Broil 5 minutes, or until bubbly and golden brown. As it softens, the cheese will cascade over the sides of the crock and form a beautifully melted crusty seal. Serve immediately!

Grilled Steak with Ginger-Mushroom Broth & Radish and Orange Salad

Rating: 10/10

- 3 tbsp ginger
- 1 clove garlic (minced)
- 1 tsp sesame oil (untoasted)
- 4 cup low-sodium chicken broth
- 1/3 cup soy sauce
- 3/4 cup enoki mushrooms, or your favorite mushroom sliced thin
- 1 1/2 cup sliced rainbow chard, or any leafy green
- 5 radishes (sliced thin)
- 1 orange (peeled and sectioned)
- 1 tbsp apple cider vinegar
- 1 tbsp extra-virgin olive oil
- 1/8 tsp dijon mustard
- salt and pepper
- 1 1/2 lb grilled flank steak (sliced thin)

1. In a large pot, saute ginger and garlic in sesame oil for 2 minutes. Add broth and soy sauce. Simmer 20 minutes. Remove from heat and add mushrooms and chard.
2. Combine radishes, orange sections, vinegar, oil and mustard. Season with salt and pepper. To serve: Pour broth into a bowl. Top with steak and radish orange mixture.

Hong Kong Noodle Soup

Source: Entree-to-Asia Cookbook

Region: Asian

Rating: 8/10

Seasoning

- 1 tbsp light soy sauce
- 3 tsp salt
- 2 tsp sugar
- sesame oil, a few drops to taste
- 1/4 tsp white pepper, or to taste
- 2 tbsp Chinese wine, or whisky

Main Ingredients

- 8 cup boiling water
- 1 lb fresh egg noodles
- 6 cup chicken stock
- 15 large prawns peeled
- 1/2 lb Chinese barbecue pork, sliced (or any cold leftover meat)
- 2 green onions, cut in 1-inch sections
- 2 small Shanghai bok choy, quartered lengthwise, trimmed and cleaned or any tender quick cooking vegetable such as water cress

1. Prepare all ingredients and have at hand. In a deep pan bring chicken stock to a boil. Adjust the heat to a slow simmer and season the stock with the salt, sugar, sesame oil, white pepper and Chinese wine. Add the pork and the green onion.
 2. In a large pan, cook the egg noodles with the boiling water until just done (3 to 4 minutes from time the water returns to a boil). Quickly rinse noodles with cold running water, then drain well and place them in a deep tureen or large soup bowl. Toss with the light soy sauce.
 3. While the noodles are cooking, add the Shanghai bok choy and prawns to the simmering stock, and cook to your liking. Remove from the stock and arrange them on top of the noodles.
 4. Now remove the pork from the stock and arrange them on top of noodles and bok choy.
 5. Increase the heat under the stock, taste and adjust the seasoning, adding salt or sugar as desired.
 6. Carefully pour the hot soup over the noodles to cover them and serve with fresh coriander leaves and a sprinkle of white pepper.
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Lamb StewSource: <https://www.spendwithpennies.com/lamb-stew>

Region: Ireland

Rating: 9/10

- 2 lb lamb shoulder (cut into 1-1/2" pieces)
- salt & pepper
- 2 tbsp vegetable oil (divided)
- 1 large onion
- 2 tbsp butter
- 2 tbsp flour
- 1 can Guinness beer
- 3 carrots (chopped into 3" pieces)
- 2 large potatoes (about 1.5 lbs)
- 4 cup beef broth
- 2 sprigs thyme (or 1/2 teaspoon dried)
- 1/4 cup parsley

1. Season lamb with salt and pepper. Heat 1 tablespoon oil over medium heat and brown lamb in small batches.
 2. Set lamb aside and add onions to the pot with remaining oil. Cook until tender, about 5 minutes.
 3. Add about 2 tablespoons broth to deglaze and scrape any brown bits off the bottom. Cook until broth has evaporated.
 4. Add butter and flour. Cook one minute. Turn heat to low. Add beer and then broth a small amount at a time mixing until smooth after each addition. The mixture will seem pasty and thick at first. Continue adding liquid a little bit at a time until smooth.
 5. Simmer 90 minutes or until lamb is fork tender. Add potatoes, carrots and thyme and simmer 25 minutes or until tender.
 6. Stir in parsley and serve with 6. Irish Soda Bread.
-

Lentils with Fresh Chiles, Mint & Cilantro

Source: Best Ever Indian

Region: Indian

Rating: 10/10

I make half this recipe using only red lentils.

- 1/3 cup split red lentils (masoor dhal)
- 1/3 cup skinless split chickpeas (channa dhal)
- 3 tbsp sunflower oil or olive oil
 - 1 onion, finely chopped
- 2 tsp garlic paste
- 2 tsp ginger paste
 - 2 fresh green chiles, chopped (seeded if you like)
- 1 tsp ground cumin
- 2 1/2 cup warm water
 - 1 tsp salt, or to taste
- 1 tbsp chopped fresh mint
- 1 tbsp chopped fresh cilantro leaves
- 4 tbsp unsalted butter
 - 1 fresh green chile and...
 - 1 small tomato, seeded and cut into julienne strips, to garnish

1. Wash both types of lentil together until the water runs clear and let soak for 30 minutes.
 2. Heat the oil in a medium saucepan, preferably nonstick, over medium heat and add the onion, garlic paste, ginger paste, and chiles. Sitr-fry the mixture until it begins to brown.
 3. Drain the lentils and add to the onion mixture together with the cumin. Reduce the heat to low and stir-fry for 2-3 minutes, then pour in the warm water. Bring to boil, reduce the heat to low, cover, and simmer for 25-30 minutes.
 4. Stir in the salt, mint, cilantro, and butter. Stir until the butter has melted, then remove from the heat. Serve garnished with the strips of chile and tomato.
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Mulligatawney Soup

Source: Spices of Life

Region: Indian

Rating: 9/10

The name "Mulligatawney" comes from the Tamil work "Milagu-tannir" — pepper water. Because this soup is so spicy it's often given to people when they have a cold in the hope that it will clear any blockages.

- 5 cup chicken, lamb or good vegetable stock
- 10 peppercorns
- 2 onions, chopped
- 4 garlic cloves, chopped
- 1 tsp fresh ginger, chopped
- 4 tomatoes, chopped
- 1 1/2 tsp turmeric
- 3 tsp ground coriander
- 2 tsp ground cumin
- 1/2 tsp curry powder
- 6 curry leaves
- 1 carrot, grated
- 1 cup coconut milk
- 1 tsp lime or lemon peel, grated
- juice of 1 lime or lemon
- salt and pepper

1. Bring the stock to a boil and then add the peppercorns, onions, salt and pepper. Simmer for 15 to 20 minutes.
2. Now add the garlic, ginger, tomatoes, turmeric, coriander, cumin, curry powder, curry leaves, grated carrot and grated lime or lemon peel. Simmer again for a further 20 to 30 minutes.
3. Then pour in the coconut milt and stir until the soup bubbles just below boiling point.
4. Now adjust the seasoning, adding the lime or lemon juice just before serving. For a thin soup, pour the mixture through a sieve and then add lime or lemon juice as above.

5. Serves 4 to 6.

Mushroom Soup

Source: Jessica Nicholas' Web Page

Rating: Untried

3 tbsp oil
1 onion, chopped fine
4 stalks celery, chopped
3 carrots, chopped
1 lb mushrooms, sliced
3 tbsp flour
1 pt sour cream
1 cup milk
2 qt chicken broth
salt
paprika

1. Steam oil, onion, celery and carrots together with salt and 2-3 tablespoons of water until soft. Add mushrooms and saute 2 minutes more. Sprinkle with paprika. Add broth and simmer. Combine flour, sour cream and milk and add slowly. Simmer 5 minutes until thickened.
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Shrimp Stock

Source: <http://www.webcom.com/gumbo/food/shrimp-stock.html>

Region: Creole

Rating: 6/10

Shrimp stock can be very pungent, so be careful not to overpower the other flavors in your dish.

4 qt shrimp shells and heads (about what you'd get from shelling 2 pounds of shrimp)
8 qt cold water
2 tbsp oil
2 lemons, halved
1 cup parsley, coarsely chopped, stems and all
White Mirepoix:
4 oz onions, diced
4 oz leeks, white portion only, washed well, trimmed and chopped
4 oz celery, diced
4 oz parsnips, chopped
Sachet d'epices:
8 bay leaves
1/2 tsp dried basil leaves
1/2 tsp dried oregano leaves
1/2 tsp dried tarragon leaves
1/2 tsp dried thyme leaves
1/2 tsp cracked black peppercorns

1. The Sachet d'epices ingredients are placed into a 4" square of cheesecloth and tied into a sack.
 2. Rinse the shells briefly under cold water and drain well. Sweat the shells briefly in the oil, then add the mirepoix and sweat for 2-3 minutes. Add to cold water, add the parsley, lemons, and sachet and bring to a boil. Reduce heat and simmer for 40 minutes. Strain the stock thoroughly in a china cap or strainer layered with cheesecloth. Cool the stock completely in an ice-water bath and use, refrigerate or freeze immediately.
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Spinach, Mustard Green and Potato Soup

Rating: Untried

Mustard greens, increasingly common in supermarkets today, cook as quickly as fresh spinach. Their assertive taste is terrific here in a warming winter soup.

- 4 tbsp olive oil
- 2 cup chopped onions
- 2 lb Yukon Gold potatoes, peeled, cut into 1-inch pieces
- 8 cup (or more) water
- 1/2 tsp dried crushed red pepper
- 4 garlic cloves, minced
- 1 bunch mustard greens (about 12 ounces), stems trimmed, leaves coarsely chopped
- 10 oz package fresh spinach, stems trimmed
- sour cream

1. Heat 2 tablespoons oil in heavy large pot over medium heat. Add onions and saute until tender and golden, about 8 minutes. Add potatoes; saute 3 minutes. Add 8 cups water and crushed red pepper. Bring to boil. Reduce heat. Simmer until potatoes are tender, about 20 minutes.
 2. Meanwhile, heat remaining 2 tablespoons oil in another heavy large pot over medium heat. Add garlic; saute until fragrant, about 1 minute. Add mustard greens and all but 1 cup spinach leaves; saute until wilted, about 3 minutes.
 3. Add sauteed greens to potato mixture. Working in batches, puree soup in blender until smooth. (Can be prepared 1 day ahead. Cool. Cover and refrigerate.) Return soup to pot. Bring to simmer, thinning with more water, if desired. Season soup to taste with salt and pepper.
 4. Cut remaining 1 cup spinach leaves into 1/3-inch-wide slices. Ladle soup into bowls. Add dollop of sour cream to each bowl. Garnish soup with sliced spinach leaves and serve.
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Split Pea Soup

Rating: Delicious (RMD Rating)

- 2 cup dried split peas
- 8 cup water
- 1 meaty ham bone
- 1 cup chopped onions
- 1/2 cup chopped celery
- 1 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 1/4 tsp dried savory
- 1 cup finely chopped carrots

1. In large saucepan, combine peas, water, ham bone, onions, celery, salt, pepper and savory; bring to boil. Reduce heat, cover and simmer until peas are tender, about 2 hours. Stir in carrots and cook for 30 minutes longer or until tender. Remove ham bone from soup; trim meat from bone and chop finely. Return meat to soup and heat thoroughly. Taste and adjust seasoning, if necessary. Makes 6 to 8 servings.
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Summer Gazpacho

Region: Spanish

Rating: 9/10

Make this delicious chilled soup ahead of time to sip while the main course cooks. If you're in a hurry, a food processor makes quick work of this soup. Garnish it with cucumber slices.

- 2 avocados
- 1 cup chopped cucumber
- 1/2 cup finely chopped green onion
- 1 sweet green pepper, chopped
- 4 tomatoes, peeled, seeded and chopped
- 1 tbsp chopped fresh parsley
- 1 tbsp lemon or lime juice
- 1 clove garlic, minced
- 1 tsp salt
- 1 tsp chopped cilantro
- 1 tsp hot pepper sauce
- 3 cup tomato juice

1. Peel and pit avocados; chop into small cubes. In large bowl, combine avocados, cucumber, onion, green pepper, tomatoes, parsley, cilantro, lemon juice, garlic, salt and hot pepper sauce.
 2. Stir in tomato juice; mix well. Refrigerate until chilled. Taste and adjust seasoning.
 3. Makes 8 servings.
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Tom Kha Kai (Chicken Soup with Coconut Milk)

Source: Colonel I. F. K. Philpott", Systems Engineering,
Vongchavalitkul University, Korat 30000, Thailand

Region: Thai

Rating: 10/10

This is a mild but spicy chicken soup (it can also be made with shrimp, pork, beef or mushrooms).

- 16 oz soup broth (chicken stock) or water
- 2 kaffir lime leaves, rolled to crack them to release the flavour, but otherwise intact
- 2 piece lemon grass, bruised to release flavor inch
- 1"cube galangal ("kha") sliced thinly.
- 4 tbsp fish sauce (or to taste)
- 2 tbsp lime juice (or to taste)
- 4 oz chicken breast cut into smallish bite sized pieces
- 1/4 cup chopped mushrooms
- 1/4 cup chopped baby corn
- 1 green onion
- 5 oz coconut milk
- small red chillies, slightly crushed.
- cilantro leaves to garnish.

1. Heat the stock, add the lime leaves, lemon grass, galangal, fish sauce, and lime juice. Stir thoroughly, bring to a boil. Strain mixture to remove inedible and let soak in soup throughout rest of procedures. Add the chicken, vegetables, and coconut milk, bring back to the boil, lower the heat to keep it simmering and cook for about 2 minutes (until the chicken is cooked through).
 2. Not really intended to be eaten as a separate course, you could serve it with just a serving of steamed white (jasmine) rice, or together with a Thai meal. This quantity serves 4 with other food, but is probably only enough for two if eaten separately.
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Vietnamese Beef Noodle Soup with Ginger

Source: Martha Stewart Living April 2005

Region: Vietnamese

Rating: Untried

The stock needs to be refrigerated for at least six hours; make it a day ahead.

- 8 whole star anise
- 1 whole cinnamon stick
- 6 whole cloves
- 1 piece (4 inches) peeled fresh ginger
- 2 medium onions, halved
- 4 lb oxtail, rinsed thoroughly
- 6 scallions, white and pale-green parts only, cut into 2-inch pieces, plus 4 thinly sliced on the diagonal
- 1 tsp whole black peppercorns
- 1 tsp coarse salt
- 8 oz thin rice noodles (rice-stick)
- 2 shallots, thinly sliced
- 3/4 cup fresh bean sprouts
- 3/4 cup fresh cilantro sprigs
- 3/4 cup fresh basil leaves
- 1 lime quartered

1. Heat star anise, cinnamon, and cloves in small dry skillet over medium-high heat until fragrant, about 2 minutes. Transfer to a 6-quart stockpot.
2. Preheat broiler. Broil ginger and onions, flipping once, until blackened, about 5 minutes per side. Transfer to pot. Add oxtail, 2-inch scallion pieces, and peppercorns. Add 5 quarts water; bring to a boil. Skim foam. Add salt. Reduce heat. Simmer, skimming occasionally, 2-1/2 hours.
3. Pour stock through a large sieve into a large bowl; discard solids. Let cool 20 minutes. Pour through a cheesecloth-lined sieve into a large bowl. Refrigerate, covered, 6 hours or overnight.
4. Chill beef in freezer until firm, about 2 hours. Cover noodles with cold water. Let stand until noodles are softened, about 30 minutes; drain.
5. Cut beef in half. Place each half flat side down, and cut beef against the grain as thinly as possible. Allow beef to warm to room temperature.
6. Skim fat from stock; discard. Transfer stock to a pot; add shallots, and bring to a boil. Reduce heat, and simmer until shallots are soft, about 15 minutes.
7. Bring a medium pot of water to a boil. Add noodles; cook until just tender, about 10 seconds; drain.
8. Divide noodles, beef, and sprouts among 4 bowls. Add simmering stock (it will cook beef gently). Top with thinly sliced scallions and herbs; serve each with

a lime wedge.

Wonton Soup

Source: Adapted from Betty Crocker's International Cookbook

Region: Chinese

Rating: 9/10

- 1/2 lb ground pork
- 1 green onion
- 2 tsp soy sauce
- 1/2 tsp cornstarch
- 1/4 tsp fresh ginger, grated
- 1/4 tsp salt
- 24 wonton skins
- 5 cup water
- 3 can (10oz each) condensed chicken broth
- 3 can (10oz each) water
- 1 tbsp soy sauce
- 1 cup bok choy, chopped

1. Cook and stir pork and green onion until pork is brown; drain. Mix pork, green onion, 2 teaspoons soy sauce, the cornstarch, ginger and salt. Place 1 teaspoon filling on centre of each wonton skin. Moisten edges with water and flour mixture. Fold each skin in half and then make a fold to seal long edge; then fold ends of long edge backwards and pinch together. (Wontons can be covered and refrigerated no longer than 24 hours.)
2. Heat 5 cups of water to boiling in Dutch oven; add wontons. Heat to boiling; reduce heat. Simmer uncovered 2 minutes. (Wontons will break apart if overcooked.) Drain. Heat chicken broth, 3 cans water and 1 tablespoon soy sauce to boiling in 3-quart saucepan; add bok choy. Heat just to boiling. Place 3 wontons and 1 cup hot broth in each soup bowl.

Vegetables

Aloo Achar (Potato Salad)

Source: Recipe comes from Krishnarpan Restaurant in Katmandu's Dwarika's Hotel

Region: Nepalese

Rating: Untried

- 1 lb potatoes, peeled and cubed
- 3 oz sesame seeds
- 4 hot green chilies
- 2 large cloves garlic
- 1" piece peeled fresh ginger
- 1 tbsp minced fresh cilantro
- juice from 4 lemons
- Salt to taste
- 2 tbsp mustard seed oil or vegetable oil
- 1 tsp fenugreek seed
- lettuce leaves as needed

1. Boil potatoes until tender; drain and set aside.
 2. Toast sesame seeds in a hot oven until fragrant and lightly colored. Cool then grind in food processor with hot chilies, garlic, ginger and cilantro. Add lemon juice and salt.
 3. Mix sesame seed past with warm potatoes and toss lightly.
 4. Sauté fenugreek in oil; pour over salad and mix lightly. May serve on bed of lettuce.
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Aloo Gobi

Source: "Bend It Like Beckham" DVD

Region: Indian

Rating: Untried

- 2 tbsp vegetable oil
- 1 small onion, peeled and cut into small pieces
- 1/2 bunch fresh coriander, separated into stalks and leaves and roughly chopped
- 1 small green chilies, chopped into small pieces (or one teaspoon chili powder)
- 1 small cauliflower, leaves removed and cut evenly into eighths
- 2 potatoes, peeled and cut into even pieces
- 1 can diced tomatoes
- fresh ginger, peeled and grated
- fresh garlic, chopped
- 1/2 tsp cumin seeds
- 1 tsp turmeric
- 1/2 tsp salt
- 1 tsp [garam masala](/?q=node/78)

1. Heat vegetable oil in a large saucepan.
2. Add the chopped onion and one teaspoon of cumin seeds to the oil.
3. Stir together and cook until onions become creamy, golden, and translucent.
4. Add chopped coriander stalks, one teaspoon of turmeric, and a half-teaspoon of salt.
5. Add chopped chillis (according to taste) Stir tomatoes into onion mixture.
6. Add ginger and garlic; mix thoroughly.
7. Add potatoes and cauliflower to the sauce plus a few tablespoons of water (ensuring that the mixture doesn't stick to the saucepan).
8. Ensure that the potatoes and cauliflower are coated with the curry sauce.
9. Cover and allow to simmer for twenty minutes (or until potatoes are cooked).
10. Add two teaspoons of Garam Masala and stir.
11. Sprinkle chopped coriander leaves on top of the curry.
12. Turn off the heat, cover, and leave for as long as possible before serving.

Asparagus with Almond Sauce

Source: Better Homes and Gardens; New Cook Book

Rating: 10/10

- 1 lb asparagus spears or 1 10-oz package frozen asparagus spears
- 1 tbsp butter or margarine
- 2 tbsp sliced almonds
- 1/4 tsp cornstarch
- 1/2 cup water
- 2 tsp lemon juice
- 1/2 tsp instant chicken bouillon granules

1. Snap off and discard woody bases from fresh asparagus. If desired, scrape off scales. Cook fresh asparagus, covered, in a small amount of boiling lightly salted water for 3 to 5 minutes or until crisp-tender. (Or, cook frozen asparagus according to package directions.) Drain well; transfer to a serving platter.
2. Meanwhile, for sauce, melt butter in a small saucepan; add almonds. Cook and stir over medium-low heat for 3 to 5 minutes or until golden. Stir in cornstarch. Add water, lemon juice, bouillon granules, and dash black pepper. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Spoon sauce over asparagus.

Asparagus with Lime

Source: April 2000, Canadian Living

Rating: 9/10

- 2 lb asparagus, trimmed
- 2 tbsp olive or vegetable oil
- 1 tsp grated lime rind
- 2 tbsp lime juice
- 2 tsp liquid honey
- 1/4 tsp salt
- 1 pinch pepper
- 1 tbsp each chopped fresh mint and chives
- 2 tbsp diced sweet red pepper

1. In large skillet, simmer asparagus in salted water for 6 minutes or just until tender. Drain on towels; transfer to platter.
 2. Whisk oil, lime rind and juice, honey, salt and pepper; stir in mint and chives. Drizzle over asparagus; garnish with red pepper.
 3. Makes 8 servings.
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Cauliflower, Potato, and Pea Curry

Region: Nepal

Rating: 9/10

- 1/4 cup cooking oil
- 1 tbsp ground coriander
- 1 1/2 tsp ground cumin
- 1/2 tsp turmeric powder
- 1/4 tsp crushed red pepper flakes
- 1 medium head cauliflower (cut into large florets (about 4 cups))
- 1 1/2 lb boiling potatoes (about 4) (peeled and cut into 1/2 inch pieces)
- 1 cup canned crushed tomatoes in thick puree (I used 2 real tomatoes.)
- 1/2 cup cilantro (chopped)
- 1/2 cup water
- 1 tsp salt
- 1 cup frozen peas

1. In a large deep frying pan, heat the oil over moderate heat. Add the coriander, cumin, turmeric, and red-pepper flakes and stir. Add the cauliflower and potatoes and cook, stirring frequently, until the vegetables start to soften, about 5 minutes.
 2. Add the tomatoes, 1/4 cup of the cilantro, the water, and the salt. Bring to a simmer, reduce the heat to low, and cook, covered, until the vegetables are tender, about 15 minutes. Stir in the peas and the remaining 1/4 cup cilantro and cook, covered, until the peas are tender, about 2 minutes longer.
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Garlic Rosemary Potatoes

Source: April 2000, Canadian Living

Rating: 8/10

2 lb small new potatoes
2 tbsp olive or vegetable oil
1 onion
1/2 tsp salt
1/4 tsp pepper
2 cloves garlic
2 tsp fresh rosemary (or 1/2 tsp dried)
1 cup chicken stock
2 tbsp fresh parsley

1. Cut 2 lb small new potatoes in half. In large nonstick skillet, heat 2 tbsp olive or vegetable oil over medium-high heat; cook potatoes, 1 onion, sliced, 1/2 tsp salt and 1/4 tsp pepper, stirring occasionally, for 15 minutes or until lightly browned.
 2. Stir in 2 cloves garlic, minced, and 2 tsp chopped fresh rosemary (or 1/2 tsp dried); cook for 2 minutes. Stir 1 cup chicken stock. Reduce heat to medium-low; cover and cook, stirring often, for 30 minutes or until tender. Stir in 2 tbsp chopped fresh parsley.
 3. Makes 8 servings.
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Quick-fried French (green) beans in onion and garlic sauce

Source: The Love of Chinese Cooking: Kenneth Lo

Region: China

Rating: 10

2/3 cup green beans
1/2 chicken stock cube
8 cup hot clear broth
4 cloves garlic
2 scallions
3 tbsp vegetable oil
1 1/2 tbsp butter
1 tsp salt
1 tsp sugar
1 tbsp soy sauce
1 tbsp dry sherry

1. Top and tail the beans. Dissolve the stock cube in the broth. Crush the garlic and cut the spring onions (scallions) into thin rounds.
 2. Heat the broth in a large saucepan. Add the beans and simmer until nearly all the liquid has evaporated, turning them constantly. Heat the oil and fat in a large frying-pan over moderate heat. Add the garlic, salt and spring onions (scallions). Stir and turn them in the hot fat for 1/2 minute. Add the beans and stir and turn them in the fat until they are well coated. Sprinkle with soya sauce, sugar, and sherry. Stir-fry for a further 1 minute.
 3. Turn on to a warmed dish. This is an excellent dish to accompany rice and meat.
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Roasted Garlic Champ

Source: LCBO Food & Drink Spring 2008

Region: Ireland

Rating: 8/10

The indispensable sidekick for any rich gravy, traditional Irish champ combines mashed potato and green onions. This update adds roasted garlic and chives to the mix.

- 1 whole head garlic
- 1 tsp olive oil
- 2 lb Yukon Gold potatoes, peeled and cut into 2 inch chunks
- 1/4 tsp salt
- 3/4 cup whipping cream
- 2 tbsp butter
- 1/2 tsp freshly ground pepper
- 1/4 cup snipped fresh chives

1. Preheat oven to 400°F.
 2. Discard any loose papery skin from head of garlic; slice off top to expose cloves. Put garlic on a piece of foil, drizzle olive oil over top. Wrap in foil to enclose completely. Roast for 30 to 40 minutes until garlic is very tender. Set aside until cool enough to handle. Unwrap garlic; squeeze cloves out of skins into a small bowl.
 3. Combine potatoes and salt with enough cold water to cover them in a large saucepan. Bring to a boil over high heat. Reduce heat to medium-low; simmer, covered, for 25 to 30 minutes until potatoes are very tender.
 4. Drain well; return potatoes to saucepan. Shake saucepan over low heat for a few seconds to dry potatoes.
 5. Meanwhile, in a 2-cup microwave-safe measuring cup, heat cream and butter in microwave on high (100%) for 1 to 2 minutes until steaming. Add cream mixture, garlic and pepper to potatoes; mash roughly with a fork. With a hand-held electric mixer, beat potatoes until smooth (do not overbeat or potatoes will become gluey). Stir in chives. Season with salt and pepper to taste. Pile into a warm serving dish; serve at once.
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Sag Paneer

Source: LCBO Food & Drink Spring 2008

Region: India

Rating: Untried

Most sag paneer are cooked until the spinach is very soft and really loses its spinach taste and consistency. Then it is pureed. This dish has more texture.

- 3 tbsp vegetable oil
- 2 tbsp thinly sliced garlic
- 1 tsp grated ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp black mustard seeds
- 5 cup packed baby spinach
- 1 cup [Paneer](https://doliska.com/recipes/paneer/)
- 1/4 cup yogurt
- 1 tbsp chopped fresh mint
- salt and freshly ground pepper

1. Heat vegetable oil in a skillet over medium heat. Add garlic and ginger and sauté for 4 minutes or until pale gold. Remove garlic and reserve.
 2. Return pan to burner and add cumin, coriander and mustard seeds. Sauté for 1 minute or until you can just smell the spices. Immediately add spinach and cook together until spinach is wilted. Add paneer and cook until paneer is warmed through, about 1 minute. Remove from heat and stir in yogurt, mint and salt and pepper. Sprinkle fried garlic overtop.
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Sag Tarkari

Region: Nepal

Rating: 10/10

- 1 lb spinach
- 1 lb swiss chard (or other green leaf)
- 4 tbsp mustard oil
- 1 tbsp aniseed
- 5 big dry chillis
- 1/2 tsp turmeric powder
- 1 tsp salt

- 1.
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Spinach with Potatoes - Sag Aloo

Region: Northern Indian

Rating: Untried

- 10 oz packets frozen spinach
- 2 tbsp water
- 4 oz onions, peeled
- 5 tbsp vegetable oil
- 1 pinch ground asefetida
- 2 tsp black mustard seed
- 2 cloves garlic, finely chopped
- 18 oz potatoes, peeled & cut roughly into 1" cubes
- 1/4 tsp cayenne pepper
- 1 tsp salt

1. Bring 1/2 pt water to the boil and cook the frozen spinach until just done. Drain in a collander and rinse under cold water. Press out most of the liquid from the leaves and then chop coarsely.
 2. Cut the onions into half lengthwise and then cut crosswise into very thin slices.
 3. Heat the oil in a heavy saucepan over a medium heat. When hot put in the asefetida and, a second later, the mustard seeds. When the mustard seeds begin to pop put in the onions and garlic and stir fry for 2 mins more.
 4. Put in the potatoes and cayenne. Stir fry for a few more mins.
 5. Put in the spinach, salt and 2 tsps water and bring to the boil. Cover lightly, turn the heat very low and cook gently for about 40 mins or until the potatoes are tender.
 6. Check a few times during the cooking period, making sure there is always a little liquid still in the pot.
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