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Wild Boar on the Kitchen Floor

by Harriet Hill and friends

Villagers are so hospitable! Did you ever receive a gift of fresh game? Large, furry, and on your kitchen floor? How about live chickens passed to you feet first in the course of a friendly visit? Cooking in West Africa presents certain challenges and allows for many discoveries, creations, and unique pleasures.

This cookbook is designed for cooks who are adapting to the West African food market, who don't yet know what a passion fruit looks like, or perhaps just don't have any use for it. It is designed for cooks who feel hampered by the lack of familiar ready-made products, and don't know how to make them from scratch.

Happy cooking. May you not only learn to cope in the kitchen here, but develop some family favorites that have all the pleasure and meaning of traditional dishes in your country of origin. Who knows? Maybe when you go back 'home' you'll make Mock Mango Pie, or find something that's almost as tasty as passion fruit!

Recipes have been gathered from personal experience (both pleasant and unpleasant, only the pleasant ones included), friends, and any resources available (including tattered last-remaining copies of other such collections).

Friends include: JoAnn Ellington, Laurie Becker, Dianne Bostdorff, Dianne Zents, Jane Maire, Gunborg Presson, Kathy Petersen, John and Liz Steketee, Eddie and Sue Arthur, Ralph Hill (computer consultant, tester), Diana Masson (specializing in wild things, game meat), Elvira Federwitz, Marilyn Hanscome, Nancy Burmeister, Swannie te Velde, Bob and Joyce Carlson (da specialists), Barbara Hill, Mrs. Byrly, Wilma Veenkamp, LeAnn Christie, Rosemary Hill, Cornelia Wusthoff, Marie McDonagh, Esther Petermann, Mrs. Gunningham, Heather Saunders, and more! Let's not forget Bubbles Hill, the missionary dog, who enthusiastically ate all the experiments that didn't pass the human taste test. Ann Whittet did the cover drawing.

The last word is not in yet! I've just come into contact with a wonderful fruit I'd never seen before, star fruit (carambola). It's marvelous just to peel and eat, or add to a fruit salad, but I'm sure there are more options we don't know about yet. Please

*keep me posted of any discoveries or creations you make! (s/c
SIL, 08 BP 857, Abidjan 08, Côte d'Ivoire)
Bon Appétit!*

Measurements

In this book:

<i>t</i>	=	<i>teaspoon</i>	=	<i>cuillère à café</i>
<i>T</i>	=	<i>Tablespoon</i>	=	<i>cuillère à soupe</i>
<i>c</i>	=	<i>cup</i>	=	<i>250 ml/ 1/4</i>

(This cup measure is used both for liquids and for solids that Europeans would normally weigh. Perhaps less accurate, but very convenient.)

General Equivalents (American)

<i>1/4 c</i>	=	<i>4 T</i>	<i>2 oz</i>
<i>1/3 c</i>	=	<i>5 T</i>	<i>2 1/2 oz</i>
<i>1 liter</i>	=	<i>4 cups</i>	
<i>1 pint (pt)</i>	=	<i>2 cups</i>	
<i>1 quart (qt)</i>	=	<i>4 cups</i>	

Fahrenheit - Centigrade

<i>200 F</i>	=	<i>95 C</i>
<i>350 F</i>	=	<i>180 C</i>
<i>375 F</i>	=	<i>190 C</i>
<i>400 F</i>	=	<i>205 C</i>
<i>425 F</i>	=	<i>220 C</i>

Sugar Cubes and Granulated Sugar

<i>1 cube</i>	=	<i>1 t</i>
<i>3 cubes</i>	=	<i>1 T</i>
<i>12 cubes</i>	=	<i>1/4 c</i>
<i>25 cubes</i>	=	<i>1/2 c</i>
<i>50 cubes</i>	=	<i>1 cup</i>

Gelatin

1 envelope unflavored gelatin
= approx. 1 T gelatin granules
= 4 sheets of European gelatin.
Use 1 T (4 sheets) for 2 c liquid.

French - American milk product relations

French

Crème à fouetter (UHT)=
Crème fraîche=

Kiri

Fromage frais

Lait caillé

American

whipping cream
something else
not sour cream,
used in meat sauces

cream cheese

like cottage cheese, but sour

like yogurt

11 squares Kiri = 8 oz. cream cheese

Tomato Sauce

It's not to be found. For every cup of tomato sauce, use 1/3 c tomato paste with 1/2 c water.

For 1 cup of tomato juice, use 3 T tomato paste and 3/4 c water.

British - American terminology

<i>British</i>	<i>American</i>
basin	bowl
biscuits	cookies
scones	biscuits
corn flour	corn starch
egg slice	egg turner, spatula
fairy cakes	cupcakes
fillet	tenderloin
frying pan	skillet
greaseproof paper	waxed paper
grill	broil, broiler
cooker	stove
icing sugar	confectioner's sugar, powdered sugar
kitchen paper	paper towels
liquidiser	blender
mince (meat)	grind (meat)
minced beef, mince	ground beef, hamburger
pie dish	baking dish
pie plate	pie pan
stoned (dates)	pitted (dates)
whisk	beat
broiler-old hen	broiler-young chicken
bicarbonate of soda	baking soda
seasoning	salt and pepper
semolina	cream of wheat
maize	corn

Strange Things

What is referred to as 'da' throughout this book is also known as 'bissop' or 'rosella'. It is a red flower that is dried and sold in markets.

Potential Danger

In rural areas where chickens run loose, eggs should not be eaten raw. Where chickens are raised in cages on farms, they're usually safe.

Beverages

The climate calls for lots of cold refreshing drinks. There are lots of ingredients in the market to make some wonderful inexpensive ones.

Cooling Water

A traditional African method of cooling water is to store it in an unglazed clay pot. The water cools by evaporation as it seeps through the clay. You can use 2 pots for your water filter system, and put a spigot in the bottom pot. You'll need to clean it about every 2 weeks, scrubbing them out with a brush and a chlorine solution of 10 drops to a liter. Don't use soap, as it will never come out of the clay.

You can refrigerate food in a water pot by putting it in a water tight container and submersing it.

Another way to cool water is to use a goatskin that has been sewn to be water tight. Hang it in the shade, and as the water seeps through the leather, it evaporates and cools. It doesn't flavor the water.

Cloudy Water

If your stored water is cloudy, alum will help settle the suspension. Use 1 T per 45 gallons of water. You can buy alum in the market. Allow it to stand before using. Don't use this water to wash clothes or water plants.

Cocoa Mix

Mix and store in an airtight container:

4 c powdered milk

1 1/2 c sugar

1/2 c cocoa

To use, add boiling water and mix to taste.

Passion Fruit Drink

Take the inside pits and juice out of:

7 passion fruit

Blend in blender until the pits are broken up. Some of the flavor of the passion fruit is in the pits. Pour this through a sieve and rinse the pulp with a bit of water. Mix:

1/3 c passion juice
3/4 c sugar
1 liter water

Adjust to taste. (The flavor of the passion fruit varies).

Passion Cordial

This will keep longer than the passion drink, and doesn't take as much room in the refrigerator.

Mix undiluted passion juice with an equal amount of sugar.

Mix with water to taste.

Passion Cordial #2

Remove seeds and pulp from:

10 passion fruit

Make a syrup of:

2 c sugar

1 c water

Boil. Pour boiling syrup over the passion fruit. Let stand until cold. Strain into sterile bottles. Dilute to taste with water.

Guava Cordial

Guavas have a high vitamin content!

Wash and trim ends and any questionable parts. Cut in two:
guavas

Cover with water and boil for 15 - 20 min. Strain off juice. Add equal quantities of sugar to the guava juice, and use as a cordial.

Oo - la - la, Eau de Da

Da is also called rosella. We know it's available in northern Côte d'Ivoire and Mali, and Kenya, and perhaps all points between.

Da drink makes a great communion drink, in churches where real wine is not used.

For a nice red juice, rinse in cold water (to remove dust):

4 c da flowers

Put in a saucepan with 8 cups water and boil for about 10 min. Strain out the flowers. Add sugar to taste. If the taste is too strong, dilute with water. Serve lukewarm, or cold with ice. This is also nice mixed with iced tea, or mixed with Sprite to make a foamy punch.

OPT: Hot Diggety Da: Serve da drink hot, with cinnamon sticks.

Da Cordial

Brew a strong pot of Da. Strain. Measure the da liquid and add an equal amount of sugar.

Bush Berry Juice

These berries grow in clusters on tree trunks. They taste like cranberries. They make a beautiful red tasty juice or jam. They are found in the jungle in late November and December.

In a large pan, put:

12 pints berries (24 c)

4 pints water (8 c)

Boil for 20 min. Strain the juice through a strainer or cloth.

Measure the juice and add an equal amount of sugar. Boil until clear. Skim off the top. Seal in bottles.

To use, mix the cordial with water to suit your taste.

Tamarind

These pods have a date-apricot flavor.

You can buy the fruit of the tamarind tree in the markets, where they sell the peanuts, etc by the kilo. Rinse them to remove dirt. Then boil in water. Strain, saving the juice. Add sugar to make a cordial. Dilute when serving.

Mango Nectar Punch

Peel ripe mangos, and cut from the seed. Blend the pieces. Add an equal volume of water and sugar to taste. Chill.

OPT: Add club soda instead of water.

OPT: Add lime.

Papaya Drink

Mix:

1 ripe papaya, put through sieve or blended
juice of 2 lemons
3/4 c sugar
3 c water

Add ice. Can be thinned down.

Fruit Shakes

Great when inundated with ripe fruit.

Peel, cut up, and freeze on cookie sheets:

mangos, papaya, or ripe bananas

When frozen, store in plastic bags. To prepare, blend:

2 c cold water

1 c milk powder

1/3 c sugar

1 t vanilla

2 cups frozen fruit

OPT: Vary flavors by adding different flavorings, jello, or cocoa powder (with bananas).

Blender Punch

For each serving add to blender:

1 banana

1/4 c papaya cubes

juice of 1 lime

2 ice cubes

1/4 c yogurt

2 T Grenadine

Can add 7-up, or vary the fruits.

Fruit Punch Serves 50

Boil together for 5 min:

2 c sugar

1 c water

Add:

- 1 c strong tea
- 2 c fruit cordial
- 1 c lemon juice
- 2 c orange juice
- 2 c pineapple juice

Let stand in the refrigerator at least 30 min. Add before serving:

- 4 liters water
- 1 liter soda water

OPTION: Omit sugar and water mixture, and use lemon, orange and pineapple squash instead.

Orange Julius Imitation

In a blender, mix:

- 1/2 c orange Sunquick
- 1/2 c milk powder
- 1 1/2 c water
- 6 cubes ice
- sugar to taste

Grapefruit Drink

Mix:

- Juice of approx. 4 grapefruits (2 1/2 c)
- 3/4 c sugar
- 2 liters water

Gnamakudji *Ginger-lemon drink*

This quenches your thirst during the harmattan like no other beverage.

Mix:

- 2 T ginger root, peeled and grated (or ground in blender)
- juice of 2 lemons
- 1/4 c sugar
- 1 liter water

Let the juice stand for a while. Pour it through a sieve into glasses, unless you like the bits of ginger. The longer this sits, the stronger it becomes, so you might have to add more water later.

Gnamakudji Cordial

Boil cleaned, peeled ginger with enough water to cover it for 15 min. Strain off the liquid. For each cup of ginger liquid, add:

1/2 c lime juice

1 cup sugar.

Store in the refrigerator. Dilute to use.

OPT: Add whole cloves and/or cinnamon sticks.

Lemonade

Juice lemons. Use about 2/3 to 3/4 cup of lemon juice and 1 cup sugar per 2 liter container.

OPT: Freeze lemon juice in ice cube trays or muffin tins.

When frozen, empty into a plastic bag.

Lemon/Lime Cordial

Mix equal amounts of sugar and lemon/lime juice in a saucepan. Boil for 5 min. If bottled immediately, it can keep for months. Dilute with water to serve.

OPTION: Grate lemon rind and add.

Lime Cordial makes 1 liter of undiluted cordial

Boil for 5 min.:

2 c water

2 c sugar

Cool and add:

3/4 c lime juice, strained

Iced Tea

Boil:

1 liter water

Pour over:

3-4 tea bags

Let steep. Mix:

2 c tea

1/4 c sugar

2 liters cold water

Chill, and serve with ice.

OPT: Add washed mint leaves to tea.

Sun Tea

Put a glass jar with tea bags in the hot sun for a couple hours. This will only work if the sun is quite hot.

Citronella

This is a type of long blade grass/plant that is often grown for decorative purposes. It is also known as lemon grass. To make Citronella, take a bunch of lemon grass, 1/2" diameter. Wash it and tie it together. Put it in a tea pot. Pour hot water over it and let it steep. (It is reported to have some anti-mosquito quality as well.)

Maou Tisane

Maou leaves are sold in the market. Some of the vendors refer to them as coffee leaves. A large bagful costs very little, 25 CFA. But a few leaves in a teapot with boiling water makes a marvelous tisane with great flavor, for much less cost than the European tisanes.

Tomato Juice

To make tomato juice from tomato paste, mix:

2 c tomato paste

8 c water

onion

garlic

cloves

lime juice

hot pepper

Mix well. Chill.

To make tomato juice from canned tomatoes, just buzz the canned tomatoes in the blender. Add spices if you like.

Roasting Coffee Beans

Coffee beans can be roasted in an iron skillet over a fire, or in an oven. Don't store unroasted beans, as they'll mold. Grind beans in a coffee grinder just before using.

Breads, Cereals, and Carbohydrates

Stale Bread Renewal

Old bread can be rejuvenated by running a bit of water over it, and then putting it in the oven till it gets crisp again. It can be kept fresh by putting it directly in the freezer when you buy it, if you have room.

Old cookies, croissants, and crackers can be brought back to life by heating them in the oven, to dry them out and make them crispy again.

Greaseless Griddle Cakes

Grease the pan for the first griddle cake. After that, rub a piece of raw potato over the pan instead of greasing it. The pancakes turn out like restaurant ones, and the pan doesn't smoke. If the potato gets cooked, the magic is over. You have to cut off the cooked bit once in a while.

Sesame Seeds

You can find sesame seeds in the market among all those cereals and seeds they sell by the kilo. To wash them, put about 1 kilo in a large, wide bowl of water. A calabasse works best, and is not a big investment. Wash the seeds by 'scrubbing' them against each other. The water will become dirty. The chaff will float to the top and the dirt will sink to the bottom. Pour off the water with the chaff. Add more water, scrub, and pour off again. Repeat until the water stays clean. Then scoop the seeds up gently with your hand, being careful not to disturb the dirt collected in the bottom of the bowl. To get the last of the seeds out, add water, and pour them out into a strainer, being careful to stop before the dirt begins to pour out. Repeat the whole process. There should be significantly less chaff and dirt the second time. You can toast the sesame seeds in a skillet until they're light brown. They pop a bit. OR you can dry them on a cloth in the sun. Be sure they are really dry before storing. These are good in granola, some meat dishes, sprinkled over stir-fry creations, and in candies and baked goods.

Seeds

In the market, women sell various squash seeds and other types of seeds. Many of these seeds are good roasted either by stirring in a frying pan or in the oven. Added to granola, they add a bit of interest and make up for other missing ingredients.

Flour Storage and Types

Flour can be kept in the freezer, if you have room. If weevils are in the flour, you can sift them out. If they're too many, you can kill them by 'baking' them at a very low heat in the oven. The flour has to be sifted before use. The solar method for this process works well. Set the flour in the sun. The weevils will come out and die. Then sift it and freeze it.

Packaged flour comes in 2 types, fine and more coarsely ground. Flour sold by the kilo from little shops is quite a bit cheaper. It is the coarser variety, and works well in all but the lightest cakes.

'Farine de blé noir' is buckwheat flour, not wheat flour.

Lebanese stores often sell bulgur wheat. This is wheat that has been parboiled, dried, and cracked. It comes in a fine grind (for Tabbule), a medium grind (blé cassé), and in whole kernels. The fine grind can be soaked in hot water to soften and used as wheat flour in bread. The medium grind can be used in pilaf (rice and wheat with onions, etc.), or as a whole wheat breakfast cereal. Bran is available, but you'll find it at the feed store. It's used as chicken feed, and comes in 50 kilo bags. A good time to share with friends! If you toast the bran in the oven when you get it, it will last longer without going off. You can also use the bran from millet or rice, if you can get it.

Bakeries

Baguettes are made in two ways. Regular baguettes are made on flat cookie sheets. Another kind, sometimes called 'sur plâtre' or 'pain moulé', is made by placing the dough on oiled baking sheets which have indentations for each baguette. The second variety is very nice.

You can buy bread dough from bakeries, if you come when they have some ready. It's the same price as bread. It can be used for a quick pizza dough.

Millet and Sorghum

Millet (petit mil) can be cooked in a pressure cooker with water for 30 - 40 minutes. It takes less water than rice does, and stays crunchy even when cooked. It is good stir-fried with onions, or served with peanut sauce. Millet can be used in place of rice in many recipes.

Sorghum (mil rouge ou blanc) is too hard to cook.

Millet and sorghum can be ground for flour and used in bread, granola, or to thicken soups.

Before grinding, you need to wash the grain carefully, (as for sesame seeds above) to remove dirt and stones. Dry it in the sun or oven.

The bran can be used in place of wheat bran. Toast lightly in the oven.

The grain pops like popcorn!

Humid Salt

Salt gets wet from the humidity. You can dry it out by heating it in a skillet. Stir it and heat till it looks dry.

Oatmeal

The oats available here are ground finer than those in the USA. When making oatmeal, if you do it the same way as with the more coarsely ground oats, the result is not the same. To approximate the oatmeal we know and love, boil the salted water, add the oats, stir, and turn the heat off. Cover and let stand a few minutes. You need to add more oats than if you cook it a longer time. The ratio is then:

a bit more than half the quantity of oats : the amount of water. (1+ : 2)

1/2 t salt to each cup oats

Baked Oatmeal (for breakfast)

Mix together:

1/3 c oil
2/3 c sugar
1 egg
1/2 t salt
1/2 t soda
2/3 c yogurt
2 c oats

Bake 30 min. at 350 in 9" ungreased round pan, or 15 - 20 min in muffin tins. Pour warm milk and sprinkle cinnamon on it to serve.

OPTION: Add some cinnamon to the cake when mixing.

Raw Oat Breakfast Cereal

Very simple. Put raw oats, bananas, apples, other fruit, peanuts, raisins, sugar in a bowl. Add cold milk or yogurt.

OPT: Toast the oats in a skillet, with or without oil.

Cream of Rice

Often the 'semoule de blé' and 'semoule de riz' from Europe has a rancid flavor. You can get raw rice ground up coarsely at the local grinding machine, and have a good flavored breakfast cereal.

Cream of Wheat

Sometimes Lebanese stores have cream of wheat and other treasures in a refrigerated room. You could try asking your local Lebanese: if she/he has it, it's usually quite fresh.

Grits *from dried corn*

Real hominy grits have been soaked in lye before being ground. A good substitute can be made by purchasing dried corn at the market. In a hand mill grind the corn about the size of grits. At the time of cooking, float the hulls off the top of the water before cooking.

Granola #1

Mix together:

- 3 c oats
- 3 c wheat flour
- 2 grated coconuts
- 1 c brown sugar
- 2 c cornmeal
- 1/2 c butter
- 2 t salt

Spread out on 2 large pans. Bake 350F for 1 hour, stirring often.

Granola #2

Mix together:

- 10 c oats
- 2 c coconut, grated
- 1 c nuts
- other grains, seeds

Mix in a separate bowl:

- 1 can sweetened condensed milk
- 1 1/4 c sugar (brown if possible)
- 1/4 c market honey
- 1 T salt
- 1/2 c oil
- 1/2 c water

Pour over oats, and work in. Bake till brown.

Chewy Granola Bars

Mix:

- 1 c br sugar
- 2/3 c peanut butter
- 1/2 c light corn syrup
- 1/2 c melted margarine
- 2 t vanilla

Blend well. Then add:

3 c raw oats
1/2 c grated coconut
1/2 c raisins
1/2 c sunflower sees
1/3 c wheat germ
2 T sesame seeds
1 c chocolate chips

Mix. Press into a greased 13 x 9" pan. Bake 15 - 20 min at 350 F. Cool. Cut into bars.

Cornbread

There is a corn flour sold in the market, but it is ground too fine to use for cornbread. You can buy whole kernels of dry corn as well. Bring it to a grinding machine and ask it to be ground coarse. If you have access to a mortar and pestle, pound off the husks/hulls of the kernels before grinding. Otherwise you can grind it with the hulls, and just sift the cornmeal through a coarse sifter before using.

Mix:

1 c cornmeal
1 c flour
4 t baking powder
1/2 t salt
2 T sugar
1/2 c dry milk

Add:

1 - 2 eggs
1 c water
1/4 c oil

Bake 25 min in 400 F oven.

NOTE: For a crunchy crust, put a shot of oil in a caste iron skillet and heat it in the oven while you're mixing the batter. Then pour the batter into the sizzling oil, and bake.

Cornmeal Pancakes

Mix:

1 c corn meal
1 t salt
1 - 2 T sugar

In:

1 c boiling water.

Let sit for 10 min. Add:

1 egg

1/2 c milk

2 T butter

1/2 c flour

2 t baking powder

Fry on a hot, greased skillet. Serve with maple syrup.

Millet Spoon Bread

Combine:

1 cup cooked millet

1/4 c cornmeal

2 c milk

1 t salt

2 beaten eggs

2 T melted shortening

Stir well. Place in a greased dish and bake at 325 for about an hour.

Yam Pancakes

Peel and grate:

1 medium size yam

1 onion

Add:

salt

pepper

nutmeg

1 egg

Mix together. Add till it makes a nice batter:

oats

milk

Fry on an oiled griddle in small cakes until brown on both sides. Serve with applesauce or mango sauce.

OPT: Omit the nutmeg, and add grated cheese, herbs, or corned beef.

Yam Balls

Boil and mash yam. Add a beaten egg, salt, and pepper. Form into balls, roll in dry bread crumbs. Drop into deep fat or fry in a pan. Fry until golden brown.

English Muffins

These freeze nicely, make good hamburger buns, and don't heat up the kitchen.

Mix and let stand 5 min:

- 1 T yeast
- 2 T sugar
- 1/2 c warm water

Add and mix well:

- 1 1/2 c warm milk
- 1/4 c oil
- 1 t salt
- 3 c flour

Add and knead in:

- 3 c flour

Let rise. Roll out dough and cut into 3" circles. Place on a cookie sheet sprinkled with cornmeal. Let rise 1" high. Cook on heavy ungreased griddle, turning at least 3 times, until both sides are brown. Split open with a fork.

Opt: If you're in a hurry, knead and roll out directly, without allowing to rise first.

Bagels

Combine:

- 1 T yeast
- 1 c warm water
- 2 T sugar
- 2 1/2 t salt
- 2 1/4 c flour

Knead 10 min. Let rise 15 min. Punch down. Divide dough into 8 parts. Roll each part 6" long, moisten ends and join. Let rise 20 min.

Heat 2 liters of water to boiling, and reduce heat. Simmer bagels 3 or 4 at a time in the water for about 7 min, turning once. Drain on towel. Bake on greased cookie sheet at 375 F for 30 - 35 min. Eat with Kiri.

Waffles with Yogurt and Papaya

Functional equivalent of waffles with strawberries and cream. Sweeten the yogurt. Especially good with papaya solo.

Rusk

Heat:

1 c milk

Add:

1 T sugar

1 t salt

Dissolve in 1/2 c warm water:

2 t yeast

Combine yeast and milk, and add enough flour to make a soft dough.

When the dough bubbles, add:

1/3 c shortening

1/3 c sugar

4 egg yolks (or 3 whole eggs)

Add enough flour to make a stiff dough. Knead and let rise. Fill loaf pans less than half full. Let rise again. Bake at 400 degrees F.

Let stand 1 day. Slice. Put on cookie sheets in slow oven and brown.

Soft Pretzels

Combine in mixing bowl:

1 c warm water (110 F)

1 T yeast

Let dissolve. Add:

1 1/2 c flour

2 T butter

1/2 t salt

1 T sugar

Stir in:

1 1/4 c flour

Knead until dough loses stickiness. Let rise till doubled. Punch down and divide into 12 pieces (or 36 if making pretzel sticks). Roll to pencil thinness, tapering ends. Make into pretzel shape. Let rise till doubled. Prepare a solution (NOT in an aluminum bowl) of:

4 c water

5 t baking soda

Lower the pretzels into this on a slotted spoon. Let them soak 1 min, or until they float. Place on greased cookie sheet. Sprinkle lightly with:

coarse salt

Bake in hot oven (475 F) until crispy and browned, about 12 min.

Irish Soda Bread

This is a heavy bread. It is very simple to make, and provides a nice alternative to the ever-present baguette.

Mix:

4 c flour (half white, half wheat, or some bran)

1/2 t sugar

1/2 t salt

1/2 t baking soda

2 c sour milk

1 egg (optional)

2 T butter (optional)

Knead lightly. If dough is too sticky to handle, add a bit more flour. Place in a round shape on a floured cookie sheet. Dust the loaf with flour. Slash a cross design on top. Bake 1 hour at 200 C.

The egg and butter will make for a lighter loaf. Vary the flours according to availability and your whim.

German Whole Cereal Bread

With a Lebanese store (for bulgur wheat), a feed store (for the bran), a market (for millet and sesame seeds), and the local grinding machine, you can make whole wheat bread!

Pour 3 c boiling water over:

1 c bulgur wheat

Let stand for 10 min or so. Meanwhile mix together:

2 T yeast

1/4 c water

1 t sugar

Let sit until it foams. Mix with the bulgur wheat. Then add:

1 c bran

1 c millet flour

1 T salt

1/2 c sesame seeds (opt)

4 c white flour

Mix, adding more flour as necessary. Knead. Let rise, although it won't rise much, being a pretty heavy mass. Form into loaves and roll in sesame seeds (if desired). Put in greased tins. Let rise again, and bake in a moderate oven.

OPT: If you don't have all the types of flour, you can use whatever you have. The ratio of 4 c white flour and 4 c other flour makes a nice, heavy bread. You can also try corn meal or oat flour.

Dinner Rolls

Scald:

3/4 c milk

Add:

1/2 c shortening

1/2 c sugar

1/2 t salt

2 eggs

Mix separately:

2 T yeast

1/2 c warm water

Let this foam. Add to the milk mixture. Then add:

4 c flour

The dough will be very soft. Let rise in a greased bowl. Turn out on a floured board, and shape like you want them, adding flour till dough loses it's stickiness. Let rise. Bake 400 F for 12 min.

Bisquick

Stir:

5 c flour

2 t salt

4 T baking powder

Cut in:

1 c shortening or margarine

Add and refrigerate:

2 c milk powder

2 T sugar

Pancakes: 1 1/2 c mix, 1 T sugar, 1 egg, 1 c milk

Biscuits: 1 1/2 c mix, 1/3 c milk

Coffee cake: 3 c mix (or 2 c mix and 1 c oats) 1 egg, 1 c milk, and 2 T sugar. 8 x 8" pan. Bake 20 min at 400F.

Dumplings: 1 1/2 c mix, 1 egg, 1/2 c milk. Drop spoonfuls into boiling soup or gravy of a stew. Cover pot and simmer for 10 minutes.

Raisin Bread

Cream:

1/2 c butter

1/2 c sugar

2 eggs

Add, alternating dry ingredients with milk:

2 c flour

1 T baking powder

1 t salt

1 c milk

Roll in flour (to keep them from sinking while baking) and add:

1/2 to 3/4 c raisins

Bake at 350 F in 9" square pan, or in a loaf pan. Serve hot. Can be reheated.

Yam Scones

Cook yams and mash. Add about 1/4 the amount of flour as yams, and salt to taste. Roll paper thin and cut into triangles. Cook on a heavy, dry skillet.

Manioc-Palm Wine Bread

In the evening mix:

1 c palm wine

1 c manioc flour

1 c rice flour

1 c corn flour

1 c wheat flour

Beat well to get in as much air as possible. Leave in a warm place overnight. In the morning, dissolve:

2 t salt

1 c water

Add to flour mixture. Add:

- 1 c manioc flour
- 1 c rice flour
- 1 c corn flour
- 1 c wheat flour

Knead until dough is well mixed and dry. Form loaves and let rise. Bake in moderate oven 1 hour.

Bran Muffins

Stir together:

- 1 1/4 c flour
- 1 T baking powder
- 1/2 t salt
- 1/2 c sugar

Mix together in a large bowl:

- 1 1/2 c bran
- 1 1/4 c milk

Let stand a minute or two to soften the bran. Add

- 1 egg
- 1/4 c oil

Beat well. Add the flour mixture, stirring only until combined. Pour into 12 greased 2 1/2 inch muffin pans. Bake at 400 F for 18 - 20 min.

Pumpkin Muffins

Beat together:

- 1 egg
- 1/2 c milk
- 1/2 c pumpkin puree
- 1/3 c butter/margarine

Stir in until just moistened:

1/2 c sugar
1 1/2 c flour
2 t baking powder
1/2 t salt
1/2 t cinnamon
1/2 t nutmeg
1/2 c raisins

Fill 12 medium muffin cups. Sprinkle each one with:

1/4 t sugar

Bake until golden brown, about 20 min, in hot oven (400 F).

Basic Fruit Muffin

Mix together thoroughly:

2/3 c sugar
1/3 c soft shortening
2 eggs

Stir in:

3 T sour milk or buttermilk
1 c mango or other fruit

Sift together and stir in:

2 c sifted flour
1 t soda
1/2 t salt

Blend in:

1/2 c chopped nuts

Bake in muffin tins, 15 - 20 min. at 350 F. Or bake in a greased loaf pan, 50 - 60 min.

Papaya Bran Muffins

Combine:

1 1/2 c flour
1/3 c sugar
1/2 t salt
1/2 t soda
2 t baking powder

Set aside. Beat:

1 egg
3/4 c buttermilk
1/3 c oil
2 T molasses

Add:

1 1/2 bran
1 c finely diced papaya

Add flour mixture and mix well. Fill 12 muffin cups 2/3 full.
Bake at 400 F 20 - 25 min.

Oatmeal Muffins

Mix:

1 c flour
1/4 c sugar
1 T baking powder
1/2 t salt
1 c oats
1/2 c raisins

Add:

3 T oil
1 egg, beaten
1 c milk

Put in greased muffin tins. Sprinkle with:

2 T sugar
2 t flour
1 t cinnamon
1 t melted butter

Bake in a moderate oven.

Corn Fritters

Mix evenly:

1 1/2 c flour
1 t salt
dash pepper
1 T sugar

Stir together and add to flour mixture:
2 c corn kernels and juice cut from cob
1 egg
1/2 c milk
2 T oil
Fry spoonfuls on a lightly oiled griddle.

Fruit Fritters: *Pineapple or Banana*

Stir together:
1 c flour
2 T sugar
1 t baking powder
Combine, making a smooth batter:
1 egg
1/2 c milk
Dip in batter:
3 bananas, cut in 1/2" slices.
OR pineapple pieces or rings
Fry in oil. Sprinkle with sugar and serve.

ICA Doughnuts

Dissolve:
1 T yeast in
2 c warm water
Mix:
1/2 c powdered milk
1/3 c sugar
1/2 c margarine
1 1/2 t salt
Add:
3 eggs
about 6 c flour
Knead until smooth. Let rise until double. Roll out to 1/2" thickness. Cut out in doughnut shape. Let rise again. Fry in 375 degree F. oil, turning once.
Frost with:
3 c powdered sugar
1 t vanilla
water or milk to give thin consistency

Portuguese Doughnuts

These can be made quickly, even before breakfast.

3 c flour
2 1/4 c milk
3 T sugar
dash nutmeg
3 eggs, beaten
bread (fresh or old)

Cut crust from sliced bread (fresh works best) and dip in batter. Deep fry about 1 minute. Roll in sugar or frosting. Approx. yield: 30.

Olie Bollen

This is a Dutch beignet, traditionally made January 1st, but good all year round.

Dissolve 1 T yeast in:

4 c warm milk

Let it get a bit foamy. Add

1 t salt
3 T sugar
2 T shortening
1 c raisins
3 eggs, beaten
3 medium apples, pared and chopped
6 c flour

Add just enough flour to make a soft dough that can be dropped by spoonfuls. Let rise 1 hour in a warm place. Fry in hot oil until brown, turning as necessary. Makes 6 dozen.

Chapatis (from India)

3 c whole wheat flour, or half white
1 c cold water

Work to a soft dough. Knead 5 minutes. Let set at room temperature 1/2 - 1 hour. Divide dough into small balls, about the size of a golf ball. Dip each ball into flour and roll out thinly to about 6" diameter. Grill on a hot griddle. After a few seconds, turn. When bubbles appear, turn again and press center with a cloth to expel the air. They are done when they're golden. Rub one side with butter.

Oatmeal Crackers

Place in a bowl
5/8 c flour
1/4 c oats
1/4 t salt
1/2 t baking powder

Rub in:
3 T butter

Add:
3 T sugar

Add, mix to a stiff paste:
3 T milk

Roll out on a floured board. Cut with biscuit cutter. Prick all over with fork. Put on buttered baking sheet. Bake 15 - 20 min at 375, or till golden. Excellent with cheese.

Soda Crackers

Dissolve in 2 c very warm water:
1 T yeast

Add, beat until smooth:
4 c flour

Set in fridge overnight, covered. Stir in:
2/3 c melted margarine or oil
3 t salt
1 t soda dissolved in 2 T warm water

Add:
4 c additional flour

Dough will be stiff. Knead smooth and elastic. Pinch off portions of dough and roll as thin as possible. Spread the rolled pieces on a lightly oiled baking sheet, and cut with a wheel. Prick dough with a fork, salt if desired. Bake about 10 min. at 400 F.

Quick Soda Crackers

Mix:
2 c flour
1 t salt
1/2 t soda

Rub in:
2 T butter

Stir in:

4 1/2 T milk

1 t lemon juice

Knead until smooth. Break off pieces and roll very thin. Sprinkle with salt, prick with a fork, and cut into pieces with a knife or wheel. Bake at 375 F for 10 min.

Wheat Crackers #1

Combine:

3 c white flour

1 c wheat flour

1 t baking powder

1/2 t salt

Rub into flour:

3/4 c margarine

Combine, using enough milk to make up 1 cup liquid:

1 egg, and milk

Add to dough and knead 20 min. Divide into 4 and roll each part paper-thin. Cut, preferably using a wheel. Bake 7 minutes at 425 F. Salt if desired.

Whole Wheat Crackers #2

Mix:

2 c whole wheat flour

1/2 c white flour

1 c oatmeal

1 1/2 t salt

2 T brown sugar

In another bowl, emulsify:

2/3 c cold water

6 T oil

Combine with flour. Add a little more water if necessary to make a fairly stiff dough. Knead well for 5 min., or put through a food grinder 3 or 4 times. Roll out to pie crust thinness and brush with oil or melted margarine. Sprinkle with sesame seed and roll lightly. Prick closely over the top with a fork and cut into squares or triangles. Place on cookie sheet and bake to a golden brown in 350F. Watch closely as edges will brown first.

Wheat Thins

1 1/2 c whole wheat flour
1 t salt
1/2 c yogurt

Blend flour and salt. Gradually work in yogurt to make a dough. Knead on lightly floured board for about 15 to 20 minutes. Roll until tissue thin and cut into small strips, squares, or diamonds. Place on greased cookie sheet. Prick with a fork. Bake at 350 until lightly browned.

OPTION: Sprinkle with cumin seed, caraway seed, dill seed, or sesame seed.

Graham Crackers

Cream:

1 c shortening
1 c sugar

Add:

2 eggs, beaten

Mix thoroughly. Add:

1 t soda, dissolved in 1 c milk
5 to 6 c whole wheat flour mixed with 1/2 t
baking powder

The mixture should almost be stiff enough to roll. Spread and press smooth to 1/4" thickness on greased cookie sheets. Bake at 400 for 8 - 10 min or until golden. Cut into squares while warm. Makes 4 dozen crackers.

Corn Chips #1

Stir together:

1 c cornmeal
2/3 c flour
2 T mild chili powder
1 t salt
1 t baking powder

Combine:

1/2 c water
1/4 c oil
1/2 t Worcestershire
pepper - salt

Add to first mixture, using a fork. Knead. Sprinkle two 10 x 16 inch baking sheets with cornmeal. Roll half of dough very thin to fit on one baking sheet. Repeat. Sprinkle with salt or other seasoning, pricking with fork, or with a wheel. Bake 10 minutes at 350.

Corn Chips

Mix:

1 c cornmeal

1 t salt

Add:

1 c boiling water

2 T butter

Drop by teaspoonfuls onto greased cookie sheets - 10 to a sheet, they will spread. Sprinkle with celery or poppy seeds. Bake at 425F for 8 to 10 min, until golden brown. Let stand a few minutes to crisp. Carefully remove with spatula.

Pita Bread (pocket bread)

Dissolve in 1 c very warm water:

1 T yeast

Add:

1 1/2 t salt

1 1/2 T oil

1/4 t sugar

3-4 c flour

Mix well, knead smooth, cover, then let rise until double. Punch dough down, divide into 6 pieces and shape each to a ball. Roll each ball into an 8" flat circle, and let rise about an hour. Bake near the source of heat in a 500F oven, for about 7 minutes, or until puffed and lightly brown. These can be baked on pre-heated baking sheets.

Cheese Bread

Make up to 2 c liquid:

1 can beer

warm water

Dissolve in warm liquid:

2 T yeast

Stir smoothly into yeast mixture:

2 t salt
2 T sugar
3 T oil
2 c flour

Stir in:

1 c grated cheese - Gouda

Add and stir smooth:

3 c flour

You may knead, or simply leave in the covered bowl to rise double, 45 min. Punch down and turn out onto floured board. For two smaller loaves, divide into 4 parts. Roll each part into a long round shape. Braid by placing 2 pieces crossed at the center. Braid the four ends, putting the left end over the right, and then the right over the left. Put the ends out perpendicular to the braid each time. At the end of the loaf, tuck the ends under. Let rise on a greased cookie sheet. Bake until done. For one larger loaf, divide the dough into 2 parts only.

OR cut the dough into 2 pieces, and roll each to an 11 x 15" rectangle. Cut into 3 strips, but NOT cutting one end (like the back of a long narrow comb). Braid and place in a buttered loaf pan. Cover and let rise until double (45 min.). Bake 350 for 40 - 45 min, or until golden and hollow sounding when tapped. Brush top with melted butter, and remove from pan to cooling rack.

Home-Made Noodles

1 egg
garlic powder, if desired
1 t oil
1/2 t salt
2 T milk
1 c flour

Stir and knead until you have a stiff, non-sticky dough. It should form a ball and come clean from your hands. Cover dough and let rest if desired, then roll out on cornstarch, until very thin. Dry 15 - 30 min. For noodles, stop the drying before it becomes brittle. Roll it up loosely like a scroll. Then cut strips at an angle, very narrow - 1/8 - 1/4". They will absorb water and become wider when they cook. Cut lasagne about the size of your baking dish, or in 1 1/2" strips.

To store: dry it well. Store in sealed container. Boil in salted water as for any pasta.

Yam Noodles

Mix:

2 - 3 c flour
2 t salt
1/4 t nutmeg

Mix and add:

2 c yam
2 egg yolks

Work into a firm dough, adding flour if necessary. Knead 8 - 10 min. Roll out 1/16" thick and cut strips 3/8" wide. Dry and store, or boil 7 min.

OPT: Use mashed potato instead of yams.

Chow Mein Noodles

Fry cooked spaghetti, 1/2 c at a time in a large skillet in 1/2" oil until brown and crisp. Drain.

Gnopfli (Spatzen) *This is a Swiss German specialty. It's like fresh noodles, but very easy to make.*

Mix:

2 eggs
1 1/2 c flour
1/2 c water
1/2 t salt
1/4 t baking powder

Drop by small bits into boiling salted water. This can be done in various ways: 1) buy a gnopfli contraption in Switzerland, 2) drop it from a spoon, 3) through a colander.

Simmer till done (10 - 15 min). Serve with meat.

Bulgur Pilaf Serves 4

Often Lebanese stores sell bulgur wheat.

Melt:

2 T shortening

Add:

1 c vermicelli

Cook until light brown. Add:

2 1/2 c chicken broth

some cooked chicken meat

Boil. Wash and drain well:

2 c bulgur wheat

Add to the boiling broth mixture. Cover and let cook until all the liquid is absorbed. Correct seasoning and add 2 t more butter just before serving if desired.

OPT: Add chopped tomatoes and/or green pepper

Pilaf-Stuffed Papaya

Heat 2 T oil. Stir in until brown:

1/2 c chopped onion

1/2 c rice

Add:

3 c water or broth

1/4 c raisins

1/2 t garlic powder

1/4 t allspice

1/8 t pepper

1 t salt

1/2 c bulgur wheat

Simmer till rice is tender. Stir in:

1/3 c toasted slivered almonds

1/4 c minced parsley

Mound into:

2 papayas, halved and seeded

Top each papaya half with a dallop of:

2 T yogurt

Breadcrumbs

Use old dry bread, or toast fresh bread. Whirl in blender.

Cakes, Cookies, Bars, Frostings, and Candies

Honey

African honey is available in the market. They sell it in used bottles, with interesting stoppers. Some of it is very strong, and can be used like molasses in cooking. To clean it, stretch muslin over a pot. Pour the honey into the cloth, and set it in the sun. The heat will thin it so that it drips through and is strained. Don't boil honey to kill germs. It is supposed to be germ-free (if you can just get the bugs out), and boiling changes its composition in an undesirable way.

Eggs

If you are short one egg, substitute 1 tsp. corn starch or 2 T water.

To test if eggs are fresh, put them in a bowl and cover them with water. The fresh one will lie down, and the old ones stand up or float. This is less disgusting than breaking open rotten eggs. Another way to test is to hold them up the sun or a flashlight. If the light shines through, the egg is good.

To preserve eggs a couple months, rub oil on them.

Guinea fowl (pintarde) eggs can be used for cooking, but are a bit heavier and more oily. Their shells are harder to break.

Turtle eggs are even more oily, the yolk and white will not separate, and they take a sharp blade to open. They are okay in pancake batter and puddings, but not cakes.

Anti-humidity Measures

Stale cookies or croissants can be revived by putting them in the oven till they get crisp.

Salt gets wet from the humidity. You can dry it out by heating it in a skillet. Stir it and heat till it looks dry.

Sugar

Powdered sugar (icing sugar) is often available. If not, you can make it in a blender by blending 1 cup of sugar with 1 tbsp.

cornstarch. The product is grainy, but usable for many recipes. You can substitute 1/3 c dry milk powder for 1/3 c powdered sugar in a recipe.

Brown sugar can be made by mixing 1/4 c malt or molasses, 8 c sugar, and maple flavoring.

Colored sugar: rub a few drops of food coloring into sugar, and spread on a baking sheet. Dry in a slow oven.

If granulated sugar isn't available, sugar cubes can be used.

1 cube = 1 t

3 cubes = 1 T

12 cubes = 1/4 c

25 cubes = 1/2 c

50 cubes = 1 cup

Flour

For some reason, it takes a bit more flour here than in the States. I'm not sure of the correspondence for Europe. Usually add about 1 good tablespoon extra per cup. Cookies really become disaster without enough flour, so you almost have to do a trial one first, (and then add more flour).

Rising Agents

Baking soda is called 'bicarbonate de soude'. It's found in the pharmacy, not the grocery store. If you need to substitute, use 2 teaspoons of baking powder for 1 teaspoon baking soda.

Baking powder can be made by mixing 1/3 t baking soda and 1/2 t cream of tartar, to yield 1 t baking powder.

Chocolate

To get chocolate from raw cocoa beans: Roast the beans for 30 min. in moderate oven. Shell while warm. Grind in blender, food grinder, or on a grinding stone. Keep the resulting paste in the fridge tightly covered. Use 2 slightly rounded T of the paste for 1 oz of baking chocolate in recipes. Melt with a little water.

Chocolate Chips

Chocolate chips: the American staple. Never fear. Buy a semi-sweet chocolate bar and chop it into small pieces. Alternatively, you can make a type of chocolate for chips:

Mix, and boil to soft-ball stage:

2 c sugar

1/2 c margarine

1/3 c cocoa

1/2 c milk

Add to boiled mixture:

1 c flour

flavoring

Pour into buttered pan. No beating necessary. Makes 1 1/2 lb.

Coconuts If you can't find coconuts already peeled, and have no one who can peel them for you, the hard outer shell will pop off easily if you pierce through one of the soft spots at the top, and then put them in a moderate oven until they get hot (15 - 20 min). You can hear them pop open. If you leave them in the oven too long, the coconut meat cooks and loses its flavor.

You can grind coconut very easily by putting pieces in the blender and blending it for a few seconds. Strain off the water afterwards.

Coconut Milk

Use coconut milk in puddings, chicken dishes, sherbet, etc.

For 2 cups coconut milk, place in blender:

the meat of 1 medium coconut, cut into chunks

1 - 2 c boiling water

Blend till the coconut is chopped up. If you don't have a blender, grate the coconut. Let stand at least 30 min. Strain and use the liquid. You can also use the milk drained from the coconut.

For coconut cream; use only 1/2 c water.

The coconut pulp can be used too. Mix:

1 c coconut pulp

2 T sugar

a stick of cinnamon

lime rind.

Bake for about 15 min. until toasted. Use on breakfast cereal or as a garnish for desserts.

Eggless Chocolate Cake

Mix:

1 2/3 c flour
1 c sour milk
1 t soda
1/2 c shortening
1/2 t salt
1 t vanilla
1 c sugar
5 T cocoa

Bake in a layer pan in a moderate oven. Double for a 2-layer cake.

Favorite Chocolate Cake

How can anything so easy be so good? Very moist.

Mix together:

1 c boiling water
1/2 c cocoa
2 c sugar
1/2 c oil
1 t salt

Cool. Sift together:

2 c flour
1 1/2 t soda

In another bowl mix:

1/2 c sour milk
2 eggs
1 t vanilla

Add the dry ingredients alternately with the milk mixture. Mix thoroughly (no need to really beat it). Bake at 350 F till done. Makes 2 layers or a 9 x 13" cake.

Sponge Cake no butter

Mix:

1 t lemon rind
1 c sugar

Beat until very light:

3 - 6 egg yolks

Beat the sugar in gradually. Add:

1/4 c boiling water

When cool, beat in:

1 T lemon juice OR 1 t vanilla OR 3 drops anise oil

Sift and resift:

1 c cake flour

1 1/2 t baking powder

1/4 t salt

Add the sifted ingredients gradually to the yolk mixture. Stir until blended. Whip until stiff but not dry:

3 - 6 egg whites

Fold them lightly into the batter. Bake 45 min. at 375 F in an ungreased angel food cake pan, or greased layer pans.

OPT: Top with Fruit Glaze (page 71), and whipped cream.

OPT: For a Boston Cream Pie, cut into layers, and fill with vanilla pudding. Top with chocolate glaze. For extra flair, cover the sides with whipped cream.

OPT: Cut into layers, fill with pudding, and top with Ruby Glaze, made from da.

Eggless, Milkless, Butterless Cake

Boil together for 3 min:

1 c raisins

1 c sugar

1 c water

1/2 c oil

Cool and add:

1/4 t salt

1 t cinnamon

1 t nutmeg

2 T cocoa

1 t soda dissolved in 1/4 c water

2 c flour

1 t baking powder

Bake at 350 F for 30 min.

Eggless Carrot Cake

Boil for 5 min:

- 1 1/2 c sugar
- 1 c grated raw carrots
- 1 c raisins or dates
- 1 t each: cinnamon and nutmeg
- 1/2 t cloves
- 1 1/2 c water
- 3 T margarine

Pour into mixing bowl and let cool to room temperature. Stir together and add to carrot mixture:

- 2 c flour
- 2 t baking soda
- 1/4 t salt

Stir in:

- 1 c nuts

Bake 325 F in a 9 x 13" pan for 1 hour. Sprinkle with icing sugar when serving.

Pineapple Pudding Cake

Blend:

- 1/4 c flour
- 1/2 c sugar
- 1 t salt

Stir together, then stir into dry ingredients:

- 1 T lemon juice
- 1/4 c pineapple juice
- 1/2 c milk
- 2 egg yolks
- 1/4 c finely chopped pineapple

Beat until stiff and fold in:

- 2 egg whites

Pour into buttered 1 qt. baking dish. Set in a pan with 2" warm water in it and bake 50 min at 350 F.

Mango Custard Cake

Stir together:

- 1 1/2 c flour
- 1/2 t salt

Cut in:
1/2 c margarine
Press into loose-bottomed pan or an 8" square pan. Place on
pastry:
2 c green mango slices
1/2 c sugar
1/2 t cinnamon
Bake 20 min, 375 F. Blend:
1/2 c thin mango sauce
1 egg
1 c milk.
Pour over hot pastry. Bake 30 min more to set the custard.

Mango Upside-Down Cake 6 servings

Slice:
2 c mangos
Pour over them:
2 T lemon juice
Let stand 15 min. Melt in an 8" pan:
1 T butter
Add:
1/3 c brown sugar
the mangos
Cream:
1/4 c shortening
3/4 c sugar
Add:
1 egg
Sift:
1 1/4 c flour
2 t baking powder
1/4 t salt
Add alternately with:
1/2 c milk
Pour over the mangos. Bake 50 - 60 min. at 375 F. When
cake is done, turn it upside down and serve while still warm.
Serve with whipped cream or a lemon sauce.
OPT: Pineapple Upside-Down Cake: Use fresh pineapple
instead of mangos, and add 1/2 t salt.

Mango Bread

Mix and make a well in center:

- 2 c flour
- 2 t baking soda
- 2 t cinnamon
- 1/2 t salt

Add and mix:

- 3/4 c oil
- 3 eggs
- 1 1/4 c sugar

Add and blend:

- 1/4 - 1/2 c each: raisins, nuts, or coconut
- 2 c finely diced mango
- 1 t vanilla

Put into 2 greased and floured loaf pans. Let stand in pan 20 min before baking. Bake at 350 F for 1 hour, or until done.

Banana Bread

Cream:

- 1 c sugar
- 1/2 c butter

Add:

- 2 eggs
- 1/4 c evaporated milk
- 3/4 c mashed banana
- 1 3/4 c flour
- 1 t baking powder
- 1 scant t baking soda

Put in a greased loaf pan. Bake in moderate oven until done.

Yogurt Coffee Cake

This is moist, delicious, and almost irresistible.

Combine:

- 3/4 c butter
- 1 1/2 c sugar
- 3 eggs
- 1 1/2 t vanilla.

Beat for 2 minutes. Mix together:

- 3 c flour
- 1 1/2 t baking powder
- 1 1/2 t soda
- 1/4 t salt

Add to the batter, alternatively with:

- 1 1/2 c drained yogurt

Bake either in a greased tube pan or in 2 greased loaf pans. For either, put 1/3 of the batter in the pan. Then put in 1/2 half of the filling:

- 1/2 c brown sugar
- 1/2 c chopped nuts
- 1 1/2 t cinnamon

Add another layer of batter, another layer of filling, and the final layer of batter. Bake about 1 hour in a 350 F oven. Cool slightly in the pans before removing.

Dump Cake

Sift together:

- 3 c flour
- 1 t baking powder
- 1 t salt
- 1/2 t baking soda

Cream:

- 1 c butter
- 2 c sugar

Add, one at a time:

- 4 eggs

Add alternately the dry ingredients and:

- 1 c buttermilk or yogurt
- 2 t vanilla

Begin and end with the dry ingredients. Bake in a 10" greased and floured tube pan at 325 F for 1 hour. Remove from oven and prick with a large fork, making lots of holes. Heat in a pan, but don't boil:

- 1 c sugar
- 1/4 c water
- 1/2 c butter
- 1 T vanilla

Pour over the cake.

Peanut Tea Bread

Mix:

- 1 c flour
- 1/2 c each: oatmeal, cornmeal, milk powder,
sugar
- 1 T baking powder
- 1 t salt

Mix the above and cut in as for a pastry:

- 2/3 c peanut butter

Blend, then add to dry ingredients:

- 1 1/2 c milk
- 1 egg

Pour into 9 x 5" loaf pan. Bake 70 min. at 350 F.

Split Second Coconut Chews

Incredibly fast to mix and bake!

Mix thoroughly:

- 1 egg, beaten
- 1 c sugar
- 1/2 c flour
- 1/2 t soda
- 1/4 t salt
- 1 - 2 c grated coconut

Mixture will be quite stiff. Press into 8 x 8" pan. Bake 18 min. at 350F.

Sesame Bars

Cream together:

- 1/2 c margarine
- 1/2 brown sugar
- 1/2 c granulated sugar
- 1 egg
- 1/2 t vanilla

Add:

- 1 1/2 c quick cooking oats
- 3/4 c flour
- 1/2 t baking soda
- 1/4 t salt

Stir in

1/2 c sesame seeds

1/2 c raisins

Pat mixture evenly into a greased 9" baking pan. Bake at 350 F for 30 minutes. Cool in pan. Cut into bars.

Zucchini Bars

Cream together:

3/4 c butter

1/2 c sugar

1/2 c brown sugar

Add:

2 eggs

1 t vanilla

Sift together and add:

1 3/4 c flour

1/2 t salt

1 1/2 t salt

1 1/2 t baking powder

Add:

2 c chopped zucchini

Add, if available:

3/4 c each: coconut, raisins, chopped dates

Bake in a 15 1/2 x 10 1/2 x 1" pan at 350 F for 20 min. Cool, then frost with:

1 T melted butter

2 T milk

1 t vanilla

1 c powdered sugar

Mix and spread over top. Sprinkle on nuts if you wish. Chill and cut into bars.

Reese's Bars

Reminiscent of Reese's Peanut Butter Cups!

Mix and press into a 9 x 13" pan:

1 lb. powdered sugar

1 c melted margarine

1/2 c peanut butter

1 1/4 c cookie crumbs

Melt and spread over the top:

12 oz. chocolate chips

Refrigerate. Cut before the chocolate gets hard.

Gold Rush Brownies

Grease an 8 x 8 square pan, line with waxed paper, and grease again. Layer in the pan:

2 c cookie crumbs

3/4 c chocolate chips

1/2 c nuts, chopped

1 can sweetened condensed milk

Bake in moderate oven for 20 - 25 minutes. Cut into squares immediately and remove from pan.

Coconut Brownies

Mix:

1 c + 3 T margarine

1 1/2 c sugar

3 eggs

1/2 c cocoa

1 1/4 c flour

Bake at 350 F in a greased 9 x 13" pan for 30 min. Mix:

3 c shredded coconut

1 can sweetened condensed milk

Pour over the cake, and bake 20 min. longer. Frost with:

1/4 c cocoa

2 c powdered sugar

1/4 c margarine

2 T milk (more or less)

Chewy Brownies *made with oil*

Mix:

1 c sugar

1/4 c cocoa

Add and combine:

- 1/3 c oil
- 3/4 c flour
- 1/2 t baking powder
- 2 eggs
- 1/2 t vanilla
- 1/2 t salt

Mix well. Bake in 9 x 9 pan in moderate oven. These will have a dull crust.

Peanut Butter Brownies

Very quick and delicious.

Melt in a saucepan:

- 1/2 c shortening

Cool. Then add:

- 1 c flour
- 1/2 t salt
- 1/2 t baking powder
- 1 1/2 c sugar
- 3 eggs
- 1/2 c peanut butter
- 1 t vanilla
- 1 c chocolate chips

Mix together. Spread in a 13 x 9" pan. Bake at 350 F for 25 - 30 min. Cool. Cut into bars.

Spicy Squares

Again, quick and delicious.

Combine and bring to a boil:

- 1 c water
- 1 c raisins

Remove from heat and add:

- 1/2 c salad oil

When cool, add:

- 1 c sugar
- 1 egg, slightly beaten
- 1 3/4 c flour
- 1/4 t salt
- 1 t soda
- 1/2 t cinnamon
- 1/2 t nutmeg
- 1/2 t allspice

Stir in:

- 1/2 c nuts

Pour into 13 x 9" pan. Bake at 375 F for 20 min. While still warm, frost with a thin icing of powdered sugar and water.

Janhagel

Mix together:

- 1 c butter
- 2 1/4 c flour
- 3/4 c sugar
- 1/2 t cinnamon

Spread on a cookie sheet, preferably with sides. Spread a bit of milk on top. Sprinkle with slivered almonds and coarse sugar. Bake till golden brown (20 min) at 350F.

Magdalena Bars

Mix together:

- 1/2 c butter
- 7/8 c sugar
- 1 egg
- 1 egg yolk
- 1 c flour
- 1/4 t salt
- almond and vanilla flavoring

Spread in 10 1/2 x 15" pan (cookie sheet with sides. Top with:

- 3/4 c coconut
- 1/4 c slivered almonds
- 1 egg white, beaten until frothy

Bake 15 min at 375, till done.

Eggless Bars

Mix together:

1/2 c butter
1 T vinegar
1 c sugar
1 1/2 c flour
1/2 t soda
1 t vanilla
nuts
coconut

Bake in a greased pan at 350 F till done.

Fruit Bars

Melt:

3/4 c butter

Mix together:

1 3/4 c oats
1 1/2 c flour
2 T sesame seeds, opt.
1/2 t baking powder
1 c brown sugar
pinch of salt

Add butter and mix till crumbly. Spread in a 9 x 13" pan, reserving some of the mixture for a topping. Make a filling by mixing together in a saucepan:

2 c mango sauce
OR 2 c guava sauce
3 T cornstarch
sugar to taste

Heat this till it boils. Spread on bar crust. Then top with the reserved topping. Bake at 350 for 40 min.

Monster Cookies no flour!

Cream in a large mixing bowl:

1/2 c butter
1 c sugar
1 1/3 c brown sugar

Add, and beat until fluffy:

3 eggs

Add, mixing after each addition:

1 1/2 c peanut butter

1 t honey

1 t vanilla

4 c oatmeal

2 t baking soda

1 c chocolate chips or raisins or nuts (OPT)

Form into large balls. Place on lightly greased baking sheets, and press flat. Bake.

Sesame Seed Cookies

Cream:

3/4 c butter

1 1/2 c brown sugar

Add and beat well:

1 egg

Sift together and add:

1 c flour

1/2 t baking powder

1/4 t salt

Add:

1 t vanilla

3/4 c toasted sesame seed

Drop on cookie sheet, allowing room for spreading. Bake. Remove from cookie sheet quickly.

Coconut Cookies

Mix as for pastry:

2 c flour

1 c butter

1 c sugar

Beat in until smooth:

2 eggs

Stir in:

1 c coconut

Drop by spoonfuls onto baking sheet. Bake 10 min. at 375 F.

Ruby Cocaroons

Mix together:

- 1 c butter
- 1/2 c sugar
- 1 T water
- 1/2 t almond flavoring
- 1/2 t vanilla flavoring
- 1 1/2 c flour
- 2 1/3 c coconut, grated

Roll into 1" balls. Make a thumbprint in the middle. Bake at 350 F for 10 - 12 min. Fill the hole with red jam (da, for example).

Coconut Macaroons

Beat till stiff:

- 3 egg whites

Add and beat:

- 3/4 c sugar

Stir in:

- 2 T flour
- 1 1/2 c fine-grated coconut
- 1 t vanilla

Put spoonfuls on a baking sheet. Bake 15 min. in 300 F oven.

Oatmeal Cookies

Cream:

- 1 c brown sugar
- 1 c white sugar
- 1 c shortening

Add:

- 2 eggs, beaten
- 1/2 t vanilla

Sift and add:

- 1 1/2 c flour
- 1 1/2 t salt
- 1 t soda

Add:

- 3 c oats
- 1/2 c nuts

Drop by tsp. on greased cookie sheets. Bake at 350F for 10 min.

Peanut Butter Cookies

Mix together:

- 1/2 c margarine
- 1/2 c peanut butter
- 1/2 c white sugar
- 1/2 c brown sugar
- 1 egg

Sift and add:

- 1 1/2 c flour
- 1/2 t baking powder
- 3/4 t baking soda
- 1/4 t salt

Chill the dough. Roll into small balls. Flatten each ball, and mark a design on it with a floured fork OR a floured potato masher. Bake 10 - 12 min at 375.

Carrot Cookies

Beat until fluffy:

- 1 c margarine
- 1 c sugar

Add and mix well:

- 1 egg
- 1 c cooked, pureed, cooled carrots

Add and blend:

- 2 1/4 c flour
- 2 t baking powder
- 1/2 t salt

Bake spoonfuls on a greased baking sheet at 350 F. for 10-12 min. Frost while warm with orange icing:

- 3/4 c powdered sugar
- 2 T butter
- 2 T orange juice
- grated orange rind

Molasses Crinkles

Mix together:

- 3/4 c soft shortening
- 1 c brown sugar
- 1 egg
- 1/4 c molasses

Sift and add:

2 1/4 c flour

2 t soda

1/4 t salt

1/4 t cloves

1 t cinnamon

1 t ginger

Chill dough. Roll in small balls the size of walnuts. Dip tops in sugar. Sprinkle each cookie with 2 or 3 drops of water. Bake 8 min at 375 F.

Coconut Cream Filling *for cakes*

Make 4 c coconut cream, using 3 coconuts. Add:

2 1/4 c sugar

Cook until syrupy. Beat:

6 egg yolks

Add the mixture slowly. Return to fire, stir until thick. Let cool. Put between sponge cake layers, and on top too. Or use in trifle.

Banana Cream Filling *for cakes*

Mix well in a small heavy saucepan:

4 T sugar

2 T cornstarch

1/4 t salt

6 T milk powder

Add:

1 egg yolk

1 1/4 c water

Bring to boil, stirring. Cook 1 min. Cool. Stir in:

few drops vanilla

1 sliced banana

Fruit Cream Filling

Stir together until it thickens

2/3 c sweetened condensed milk

2 T lemon juice

Fold in:

fruit

Quick Coconut Topping

3 T melted butter
5 T brown sugar
1 c grated coconut
2 T rich cream or milk

Sprinkle over hot cake, run under broiler 2 - 5 minutes.

Chocolate Glaze

Mix together in a saucepan:

6 T cocoa
5 T butter

Heat till melted. Stir in:

1 c powdered sugar
3/4 t vanilla
2 T hot water

Add a bit more or less water if necessary. Drip over cake.

Ruby Glaze

Make a da syrup by boiling together for 10 min:

2 c water
1 c da flowers (washed)

Strain out the flowers. Add to the juice:

3/4 to 1 c sugar

Mix in carefully:

3 T cornstarch

Stir and heat until it boils. Let boil 1 min. Drip over a cake.

Orange Glaze

Mix 1/2 c orange juice and 1/4 c sugar. Pour over warm cake. This will moisten a cake in the dry season.

Caramel Frosting *Frosts a 2 layer cake*

Melt in heavy saucepan over medium heat:

1/2 c sugar

Mix:

2 1/2 c sugar

1 egg, beaten

3/4 c evaporated milk

1/8 t salt

1/2 c butter, chopped

Stir butter mixture into hot caramelized sugar. The mixture will be lumpy, but will become smooth as it cooks. Cook over medium heat 15 - 20 minutes, stirring frequently until it reaches the boiling point. Cool 5 min. Beat to almost spreading consistency, spread on cooled cake.

Penuche Frosting

Mix and boil in a saucepan over low heat:

2 c brown sugar

1/2 c milk

1/2 c margarine

1/4 t salt

Boil 1 minute. Remove from heat. Add:

1 t vanilla

Beat till of spreading consistency.

Never Fail Fudge Frosting

Boil together one minute:

1 c sugar

1/4 c butter

1/4 c cocoa

1/4 c milk

Cool, then beat until creamy but not too thick.

Decorator's Frosting

Dissolve 3/4 c sugar in 1 c evaporated milk. Cool. Cream 1 c butter. Slowly beat it into the liquid. This can be piped.

French Buttercream Frosting

Mix together in a saucepan:

1/4 c flour
2/3 c sugar
1/4 t salt
3/4 c milk

Cook till thick. Cool.(!) Add and beat until fluffy:

1 c cold butter
1 t vanilla

This can be piped and freezes well.

Chocolate-Yogurt Frosting

If you like creamy, tart frostings, try this! Surprisingly wonderful!

Melt 12 oz semi-sweet chocolate over hot water. Stir in 1 c cream cheese or slightly drained yogurt and blend well. Beat until fluffy and frost cake.

Magic Chocolate Frosting *makes 1 1/2 cups*

Mix in top of double broiler:

1 1/3 c sweetened condensed milk
1/8 t salt
6 T cocoa (adjust to taste)

Cook over rapidly boiling water, stirring often, until thick, about 10 min. Add gradually:

1 T water

Cool. Stir in:

1/2 t vanilla

OPTIONS: For mocha flavor, dissolve 1 - 2 tsp instant coffee in the water. For chocolate peppermint, add a few drops of oil of peppermint. For chocolate orange, replace water with orange juice, and add 1 T grated orange rind.

Peanut Butter Frosting *1 1/3 cups*

Cook in double boiler for 15 min:

1 1/3 c sweetened condensed milk

3 T peanut butter

OPTION: Add 3/4 c shredded coconut after frosting has thickened.

Chocolate Fudge

Cream until fluffy:

6 T cream cheese or drained yogurt

Beat in with spoon:

2 c powdered sugar

Melt over a pan of hot water:

2 oz chocolate bars

Add to above mixture. Add:

1/4 t vanilla

dash of salt

1/4 c chopped nuts

Press into a greased pan, and chill in fridge 15 min. Cut into squares.

OPTION: Peanut butter fudge: Use 2 T peanut butter rather than the chocolate bars, and increase powdered sugar to 2 1/2 c.

Traditional Chocolate Fudge

In a saucepan, mix:

2 c sugar

1 c milk

4 T cocoa

pinch of salt

Heat and stir until the mixture reaches 232 F . Stop stirring, and let the mixture boil till it reaches 234 F. The last degrees take a long time. Remove from heat and add, without stirring:

1 T butter

1 t vanilla

Let the pan sit undisturbed until the mixture cools to 110 F. Now beat it vigorously until the fudge holds its shape and loses some of its gloss. Overbeating will make it soft. Quickly pour onto a greased cookie sheet. Let it cool without trying to smooth the top. When almost cool, cut into squares.

Caramel Cream

Pressure at 10 lbs on rack, with water 1/2" up on can for 10 min:

unopened can of sweetened condensed milk

Let pressure cooker cool slowly. Caramel cream can be kept several days providing the can is not punctured. It can be eaten by the spoonful, or served over ice cream.

OPTION: If you cut out both ends of the can, the caramel cream can be pushed out and cut into 1/2 inch slices. Serve on top of a thick slice of fresh pineapple and top with whipped cream.

Nut Surprises

Chop:

1 1/2 c nuts

1 c raisins

1 c dates

Set aside 1/2 c nuts. Mix with mixture:

2 T honey

Butter hands. Roll into balls. Roll the balls in the reserved nuts.

Nutritional Snack

1 c peanut butter

1 c dry milk powder

1/2 c honey

1/3 c raisins, chopped

1/3 c peanuts, chopped

3 T wheat germ, OPT

1 1/3 c toasted sesame seeds

Mix all the ingredients thoroughly. Roll into several rolls. Chill and slice.

Peanut Butter Kisses

Mix well:

1 c powdered milk

1/2 c honey

1/2 c peanut butter

Place on wax paper in little balls.

Date Roll Candy

Boil to soft-ball stage

1 1/2 c brown sugar

1 1/2 c white sugar

1 c milk

Add and cook to hard ball stage:

1 c chopped pitted dates

1 c nuts

1 T butter

Add:

1 t vanilla

Beat mixture until creamy and stiff. Add a spoonful of milk if too dry. Place on a wet cloth and shape into a long roll, 2" in diameter. Store in fridge. Slice thin to serve.

O'Henry Bars #1

Mix:

4 c quick oats

1 c brown sugar

1/2 c white Karo corn syrup

1/2 c melted butter.

Pat into 9 x 13" pan. Bake at 350F for 20 - 25 min. until browning on edges and bubbling. Meanwhile, melt:

6 oz chocolate chips

3/4 c peanut butter

Spread over crust. Cut into squares. Chill.

O'Henry Bars #2

Mix:

4 c oatmeal

1 c margarine

1 c sugar

1/2 c brown sugar

Press onto a cookie sheet and bake 12 min at 350 F Top with a mixture of:

1/2 c melted chocolate

1/2 c peanut butter

Sprinkle with chopped nuts.

Heath Toffee Bar *Makes 1 1/2 lbs.*

Chop:

1 c toasted blanched slivered almonds

Spread 1/2 c in bottom of buttered 7 x 11" pan. Combine in heavy pan:

1 c butter

1 c sugar

Cook, stirring constantly, until it boils. Boil to hard crack stage, 300 F. Pour carefully over the almonds. Let stand about 10 minutes until top is set. Sprinkle over the top:

1/3 c chocolate chips

Smooth with spatula when melted. Sprinkle remaining almonds over the top. Let stand until cold. Break into squares.

Sesame Seed Candy

Melt in heavy skillet:

1 c sugar

Remove from heat and mix in:

1 c sesame seeds

Place on a cookie sheet and roll out with a wooden rolling pin till 1/8" thin. Cut while still warm or let cool and break into pieces.

Peanut Brittle

Grease 2 shallow pans or cookie sheets. Warm in oven. In a heavy pan, melt completely, stirring with a wooden spoon:

1 1/2 c sugar

1 T butter

Reduce heat. Add:

1 c peanuts, roasted and skinned

3/4 t baking soda

Stir rapidly from outside edge to center. Pour at once into a heated pan. Spread candy. Cool. Press bottom of pan to loosen candy.

After Dinner Mints

Beat until stiff:

1 egg white

Add:

some powdered sugar
1 t peppermint extract
1 t water

Add more powdered sugar until the mixture is able to form balls. Flatten slightly.

Peppermint Wafers

Combine in top of a double boiler:

2 c powdered sugar
6 1/2 t water
1/4 t peppermint flavoring
few drops of green or red food coloring

Cook over hot, not boiling water for 2 1/2 to 3 min. Drop teaspoonfuls of the mixture onto a piece of wax paper or plastic. Let harden.

Chocolate Rum Trifles

Melt together and beat well:

4 oz plain chocolate
1/4 c butter

Add, mixing to a smooth paste:

3/4 T milk powder
4 T powdered sugar
rum to taste

Roll into small balls. Roll balls in:

powdered chocolate milk mix (drinking chocolate)

Store in fridge.

Old Fashioned Chocolate Drops *60 - 70 candies*

Cream:

2 lb. powdered sugar, sifted
1/2 c butter
1 can sweetened condensed milk
1 t vanilla

Add:

2 c chopped nuts

Roll into balls the size of walnuts. Dip your hands in powdered sugar to keep it from sticking. Cool the balls. Heat in double boiler:

1/2 lb. semi sweet chocolate

Protect your work from drafts. Dip balls into this mixture one at a time, holding each with a toothpick, or lifting out with a fork. Place on a wire rack to cool, catching the chocolate drips on a cookie sheet. These can be re-used. This works best in dry, cool weather.

OPT: You can add paraffin (candle wax) to the chocolate coating to help it harden.

Pumpkin Candy *(from Brazil)*

Cook over low fire until thick enough to fall away from the sides of the pan:

2 c pumpkin puree

4 1/2 c sugar

Add:

1 c coconut milk

Cook mixture until a small amount dropped into a cup of cool water can be shaped into a small ball with the fingertips. Cool. Beat well. Spread into a buttered dish.

Coconut Strips

Mix in frying pan:

1 fresh coconut, cut in long strips with potato peeler

1/4 - 1/3 c milk from coconut, or water

3/4 c sugar

Cook over moderate heat, stirring constantly until the liquid and sugar glazes the coconut.

Caramel Corn

Mix in saucepan:

1/2 c corn syrup

1 t vinegar

1 T butter

1 c sugar

1/4 t salt

Boil gently until hard-crack stage (290 F). Add:

1 t soda

Mix well. Pour foamy mixture over:

12 c popped corn

Cracker Jacks

Boil hard for 5 min:

2 c brown sugar

1 c butter

1/2 c corn syrup, or honey, or maple syrup

Pinch of cream of tartar

Add:

1 t soda

1 c shelled peanuts.

Stir well and pour over:

20 c popped corn (remove unpopped kernels!)

Put on a cookie sheet in a very slow oven for 1/2 hour, stirring every 10 min. Pour out on waxed paper and allow to dry.

Separate kernels.

Candied Citrus Peel

Cut into 6th and separate peel from pulp with a spoon. You should have 2 c peel, from either:

1 grapefruit, 2 oranges or lemons

Dissolve 1 T salt in 4 c water. Add peel, weight with a plate to keep peel under water. Let stand over night. The following morning, drain and wash thoroughly. Cover with cold water, heat to boiling, and drain. Repeat 3 times (to remove bitterness). Cut in small strips.

Combine in saucepan:

2 c prepared peel

1 c sugar

1/4 c water

food coloring if desired

Cook, stirring constantly to prevent sticking, until all the sugar and water are absorbed. Peel should be translucent and soft.

Remove from heat, drain, and roll in granulated sugar. Spread to dry on a rack. Peel may be used in cakes, cookies, fruit salads, or eaten as candy.

Imitation Maraschino Cherries #1

Mix and boil to 234 F:

2 1/2 c sugar

1/3 c corn syrup or golden syrup

Add:

tender-cooked diced pineapple

Boil till pieces are transparent. Lift out pieces and re-use syrup. The pineapple may be left yellow, or you may add 1 T each of red color and almond extract to the syrup, to make a 'cherry' look for cakes.

Imitation Maraschino Cherries #2

Mix and boil till thick:

2 c sugar

1 c water

1 T cornstarch

Add red food coloring and almond flavoring, and boil layers of chopped pineapple 2 min. till candied.

Imitation raisins for cakes

Trivia: During World War II, the French required Mali to send quantities of dried bananas and mangos for the troops.

Peel and slice bananas and dry in the sun. It may take 2 days to 2 weeks. OR bake in low oven (200 F) for several hours until dry. This saves the hassle of rain ruining them, or flies spoiling them.

The dry chewy slices can be used as raisins in baking. To soften, sprinkle with sugar.

Dates

These are especially prevalent near the desert. There are two types of dates: dry ones and sticky ones. Sort through them, rinse them, and then steam them to sterilize. If you sterilize them, they will last longer.

OR you can boil the dry ones in a bit of water. They will become less leathery, and can be used in baking.

Desserts

Gelatin is available in some stores, but it's hard to recognize. It comes in transparent 4 x 9" sheets. Four sheets of gelatin equal one American packet of gelatin, which is 1 T.

Vanilla

Vanilla beans can be used instead of vanilla extract in puddings. Put the vanilla bean pod in the warm pudding for a while. Remove it, wash it, and use over till it loses its flavor.

Vanilla beans can also be stored in your sugar to give it a vanilla flavor (1 -2 beans for 2 c sugar). You can also buy packets of vanilla sugar.

Vanilla beans can be scraped, and the scrapings used in baking. OR they can be kept in a jar of brandy. Use the brandy as vanilla extract.

Pineapples

Rather than cutting off the green top (in order to fit the thing in the fridge), you can twist it off. It's easier, plus none of the pineapple dries out like it does when you cut it.

For a decorative fruit salad: Slice through a pineapple the long way, including the leaves at the top. Hollow out the shell (a grapefruit knife is handy here), cut up the pineapple, adding other fruit, and serve in the pineapple shell.

Sour pineapple: It makes your hair stand on end. Solution: slice it up, add just a bit of sugar, and bring it to a boil. Somehow the boiling cancels out some of the acidity.

Frozen Pineapple Chunks: Just cut up and freeze. These are sort of like a popsicle.

Pie Crust

A good shortening for pie crusts is called "PAX- pour pâte feuilletée". It makes a pie dough that is easy to handle and turns out crispy and airy.

Quick Pie Crust Made with oil

Mix together in pie pan, sprinkling on the water last:

1 c flour
1 t sugar
1/2 t salt
1/3 c oil
2 T cold water

Press with fingers into pan to form crust. If desired this crust can also be rolled out with a rolling pin.

Vinegar Pie Crust

This is an easy crust to handle and can be re-rolled without toughening. Keeps in freezer.

Mix:

3 c flour
1 t salt

Cut in:

1 1/4 c shortening/margarine

Mix:

1 egg, beaten
5 T water
1 T vinegar

Pour liquid into flour mixture all at once. Blend with a fork until all is moistened.

Graham Cracker Crust

Combine and press into 9" pie pan:

1 1/3 c cookie crumbs (use any cheap cookies)
1/4 c sugar
1/4 c melted margarine
1/4 t nutmeg

Bake at 375 F for 8 minutes.

No Bake Cheesecake

Beat until smooth:

11 squares of Kiri

Beat in:

- 1/3 c sugar
- 1 c crème fraîche
- 2 t vanilla

Fold in:

- 1 c whipped cream

Spoon into a graham cracker crust. Chill 4 hours before serving. Top with a fruit glaze, if desired.

Yogurt Cheese Cheesecake

12-24 hours in advance, place in a cheesecloth lined colander:

- 8 c yogurt

A lot of water will drain out at first. Then place colander in a bowl to catch the drips, and refrigerate.

To make the crust, mix:

- 1 c cookie/cracker crumbs
- 2 T melted margarine

Press into a greased 9" pie plate, or a springform pan. Bake for 12 min. Mix:

- the drained yogurt
- 1/2 c sugar
- 2 T cornstarch
- 2 t vanilla
- 4 eggs

Pour into crust and bake 25 - 30 min in moderate oven. Chill. For the topping, boil in a saucepan for 1 min:

- 4 c fruit
- 3/4 c water

Mix separately:

- 2 T cornstarch
- 2 T water

Add to fruit, and boil till thickened. Spread on top of cheesecake.

Baked Mango Pie

This turns out sort of like peach pie. You make a double pie crust, slice up ripe mangos onto the crust, add:

3 T flour
1/2 to 3/4 c sugar
some cinnamon

Dot with butter. Add the top crust. Vent it. Bake in moderate oven until the crust is brown and the fruit is bubbling.

OPT: Add 1 T lemon juice, 1 t almond extract, and 1/2 t lemon juice.

Green Mango Pie

Proceed at your own risk. According to what lots of people say, this works. I, however, could not get it to pass the taste test.

Cut up:

4-6 c green mango or green papaya slices (Mangos must be green-white when peeled, showing no yellow. Parboil slices 5 min if too hard.)

Place half in 9" unbaked pastry shell. Mix:

1 c sugar
1/4 c flour
1/2 tsp each: cinnamon and nutmeg, allspice

Put half of this on mangos. Add the remaining mangos and cover with the remaining sugar mixture.

Add:

2 T butter
lemon juice.

Cover pie with pastry. Slit. Bake 10-15 min at 450, then 30 min at 350.

OPT: Instead of a pastry top crust, top with a mixture of: 1/2 c flour, 1/2 c brown sugar, and 1/2 c butter.

Pineapple Pie #1

Unexpectedly nice!

Mix:

- 1 pineapple, cut into chunks
- 1 c sugar
- 1/4 c flour
- 1/4 t nutmeg
- 1/4 t cinnamon
- 1/4 t salt

Cook over low heat, stirring until thickened. Add:

3 T butter

If too thick add up to 2 T water. Pour into slightly baked pie crust. Cover with crust, slit in the middle. Bake 10 min in hot oven, then reduce heat to moderate oven, and bake 30 min. or until delicately browned.

Pineapple Pie #2

In an unbaked pie crust, place:

3 c crushed or cubed fresh pineapple

Beat:

- 2 eggs
- 3/4 - 1 c sugar
- 1 T lime juice

Pour over the pineapple. Dot with:

- 1 T butter
- nutmeg and cinnamon (opt)

Cover with a top crust and bake at 375 F till done.

Fruit Glaze Pie

You can use any fresh fruit in this pie.

Prepare:

1 baked pie crust

Mash:

enough fruit to make 1 1/2 cups (mango, papaya)

Add:

- 1/4 c cornstarch
- 3/4 to 1 c sugar.

Cook over medium heat, stirring, until mixture comes to a boil. Continue cooking and stirring over low heat about 2 minutes. Remove from heat and add:

1 T butter.

Cool. Add as much fresh sliced fruit as you wish to fill the pie crust, mix gently. Put in the baked pie crust. Chill. Serve with whip cream (if affordable and available).

Coconut Macaroon Pie

Prepare:

1 unbaked pie shell

Separate:

3 eggs

Beat the whites and set aside. Beat the yolks, gradually adding

1 1/4 c sugar

1/2 tsp. salt

When well beaten, add:

2 T soft butter

1/3 c flour

1/2 c milk

1/2 t almond flavoring

2 t grated lemon rind or some lemon extract

Fold in:

1 c grated coconut

the beaten egg whites

Pour mixture into 9 in. unbaked pie shell. Bake 325 F for about one hour.

Coconut Custard Pie

Mix:

2 eggs

1 t vinegar

2 t cornmeal

1/3 c milk

1 c sugar

1 t vanilla

1/4 c butter

1 c coconut

Pour into:

an unbaked pie shell

Bake at 300 F for about 45 min.

Sky High Coconut Meringue Pie

Mix:

1/2 c sugar
4 T cornstarch
dash of salt

Stir in:

2 c milk

Cook and stir until it thickens and boils 1 min. Beat:

4 egg yolks

Add 1/2 of the hot mixture to them, and then stir it all into the saucepan. Cook 1 min longer. Remove from heat. Stir in:

1 T butter
1 t vanilla
1/2 c coconut

Pour into:

a baked pie shell

Beat until foamy:

4 egg whites

Continue beating, adding 1 spoon at a time:

4 T sugar

Beat until firm. Pile on to the cream filling, sealing the edges. Sprinkle with coconut. Bake at 350 for 12 min. Cool away from draft 4 hours before serving.

Papaya Coconut Pie

Stir till smooth:

1 1/2 c papaya puree
1 c sugar
1/2 t each: salt and cinnamon
1/4 t cloves
1 c evaporated milk
2 T honey
3 eggs

Add:

1/2 c grated coconut

Pour into unbaked pie shell. Bake at 450 F for 10 min, then at 350 F for 30 min.

A Pie of Papaya

To make Coconut Crumb Crust, combine and press in pie plate:

- 1 c cookie crumbs
- 1/2 c toasted coconut
- 2 T sugar
- 1/3 c butter

Bake at 375 for 10 - 15 min, until lightly browned.

For pie filling, mix and set aside:

- 2 large papaya, cut up
- 2 T sugar

In saucepan, combine and bring to boil:

- 1 c orange juice
- 3 T honey

Add, and cook till thick:

- 2 T cornstarch
- 1 T lemon juice

Place cut up papaya in Coconut Crumb Crust. Spread orange juice mixture on top. Chill. Serve with whipped cream, sprinkled with coconut, and garnished with papaya slices.

Papaya Chiffon Pie *like pumpkin chiffon*

Mix and cook in top of double boiler till hot:

- 1 1/4 c papaya puree
- 1/4 c sugar
- 1 c milk
- 1/2 t each: salt, ginger, nutmeg, cinnamon

Beat smooth:

- 5 egg yolks

Add a bit of papaya mixture to eggs until the eggs are gradually mixed in. (The gradual process lets the eggs get hot without cooking like scrambled eggs.) Cook till thick. Stir in:

- 1 T gelatin softened in 1/4 c cold water

Chill until it sets. Beat:

- 5 egg whites, with 1/4 c sugar

Fold in papaya mixture gently. Pour in pastry shell. Chill several hours.

Pumpkin Pie

Various squashes are available seasonally in the market. Although they aren't pumpkins, some of them have quite dark orange meat like a pumpkin.

Buy a squash with dark orange meat. Ask someone to chop it up with a machete for you. Wash the pieces. Take out the seeds (wash and save for toasting). Boil the pieces in water until tender. Scoop the meat off of the rind. Put the meat through a food processor/mill.

Mix together:

- 2 c pumpkin puree
- 1/2 c sugar
- 1 t cinnamon
- 1/4 t ginger
- 1/4 t nutmeg
- 1/4 t ground cloves
- 1 t vanilla
- 1 1/2 c evaporated milk
- 2 eggs

Pour into an unbaked pie crust. Bake, first at 425 for 10 min, and then at 375 for 30 min. A knife inserted should come out clean. Serve cool and topped with whipped cream.

NOTE: If your pumpkin puree is watery, decrease the amount of milk.

Banana Cream Pie

Mix well:

- 2/3 c sugar
- 5 T cornstarch
- 1/2 t salt

Add:

- 3 c milk

Bring to boil, stirring. Boil 1 min., and remove from heat. Beat slightly:

- 3 egg yolks

Add 4 T of cooked pudding, 1 at a time. When smooth, blend into pudding in pan. Return to heat and cook 1 min more, stirring.

Add:

- 1 T butter
- 1 t vanilla

Cool to room temperature. Add 2- 3 sliced bananas to pudding, and pour into baked pastry shell. Beat until stiff:

3 egg whites

Add:

6 T sugar

Spoon beaten whites over pudding. Bake 5 min. at 425 F.

Peanut Butter Cream Pie

Cream together until crumbly, then set aside:

3/4 c powdered sugar

1/3 c peanut butter

Stir together in saucepan or boiler:

2/3 c sugar

3 T cornstarch

1 T flour

1/2 t salt

Add to dry mixture:

3 egg yolks

3 c milk

2 T butter

1 t vanilla

Cook over medium heat until thick. Pour 2/3 of the peanut mixture in a:

baked 9" pie crust

Pour over this the custard mixture. Then add a meringue.

Beat until stiff:

3 egg whites

1/4 t cream of tartar

Gradually add:

1/4 c sugar.

Spoon this over the custard in the pastry. Sprinkle remaining peanut butter mixture on top. Bake about 20 min. at 350, until golden.

Foolproof Meringue

Cook together until clear, then set aside to cool:

1 T cornstarch

2 T sugar

1/2 c water

Beat until foamy:

3 egg whites

pinch of salt

Add cornstarch mixture to egg white. Continue beating until creamy, then add gradually:

1/2 c sugar

Beat until stiff. Pile on pie and bake until golden brown, about 20 min at 325F.

Orange Chiffon Pie

Beat to form soft peaks:

2/3 c sugar

1/4 c orange juice

1 t lemon juice

1 egg white

Beat to form soft peaks:

1 c whipping cream

Fold cream into first mixture. Fold in:

1/2 c shredded coconut

1/2 c crushed pineapple

Pour into a baked pie shell. Refrigerate.

Passion Chiffon Pie

Combine in the top of a double boiler:

1/2 c sugar

1/3 c water

4 egg yolks

1 T gelatin

2/3 c undiluted fresh passion fruit juice

Cook and stir these ingredients over boiling water until thick. Chill in refrigerator until it forms little mounds when dropped from a spoon. (Don't let the gelatin set too much!) Whip until stiff but not dry:

4 egg whites

Fold in:

1/3 c sugar

Fold the egg whites lightly into the passion mixture. Pour into a baked pie crust. Chill until set.

Key Lime Pie

Separate:

2 or 3 eggs

Beat the whites, adding sugar, to make a meringue. Mix the yolks with:

1 can sweetened condensed milk

1/2 c lime juice

green food coloring

Pour into a 9" baked pie crust. Cover with the meringue. Bake for 20 min at 350 till golden. Cool.

OPT: Fold the whipped egg white mixture into the green lime mixture. Pour into a baked pie crust and freeze for 2 - 4 hours.

Ta-Da! Farakala Surprise

Halve, peel, and remove seeds from:

2 large white guavas

They should look like pear halves. Boil with:

2 c water

1 c da flowers

sugar to taste

Simmer together until guavas are soft, but not falling apart. Remove guavas. Strain juice and discard flowers. Thicken the juice with:

2 T cornstarch

Add more sugar if necessary. Make:

3 cups custard, using custard powder

Pour the custard into 4 individual bowls. Put a guava half on each, and cover with the da sauce.

Zippety Do Da

The da cuts the sweetness of the peach syrup, plus it gives it that brilliant nice color.

Take a large can of peaches. Drain off the syrup and boil with:
da flowers (rinsed)

2 T cornstarch, mixed in

Make 4 cups of custard, using custard powder (Birds, for example). Pour a serving of custard in individual dessert dishes. Place a peach on top of the custard. Pour the da syrup over the top.

Coconut Pudding *Serves 8*

Grease and flour a deep dish. Cut into chunks the meat of:
2 young coconuts

Beat:

5 eggs
1 c sugar

Add:

1 c flour
5 T melted butter
2 c milk
1 t vanilla

Pour over coconut and bake at 350F until firm.

Tapioca Pudding *5 servings (1/2 c)*

Mix and let stand 5 minutes:

3 T Tapioca
3 T sugar
1/8 t salt
2 c milk
1 egg yolk

Beat till foamy:

1 egg white

Add:

2 T sugar

Cook milk mixture until it boils. (The tapioca here gets very gummy if you boil it too long.) Fold in the egg white mixture. Add:
3/4 tsp. vanilla.

As the pudding cools, it will decrease in volume a bit (not counting the spoonfuls that are snitched).

Baked Custard *6 servings*

3 eggs, slightly beaten
1/3 c sugar
dash of salt
1 t vanilla
2 1/2 c milk, scalded
nutmeg

Blend ingredients. Pour into either individual custard cups, one large bowl, or a mold. Sprinkle with nutmeg. Place the cups or bowl in a cake pan, and fill with hot water, up to 1/2" of the top

of the custard container. Bake in moderate oven, until a knife inserted halfway between the center and edge comes out clean. Remove from the hot water. If the oven is too hot, the custard will get holes in it, and if it's really too hot, the liquids will separate from the solids.

Caramel Custard - Flan

Heat 1/2 c sugar in a heavy saucepan, stirring until it melts and is golden brown. Pour into bottom of custard container. Let it harden 10 min. Pour custard (above) over it, and bake. Unmold to serve. If you make it a day ahead, the caramel will soak into the custard better. If you eat it as soon as it cools, a good part of the caramel sticks in the pan.

Delicious Bread Pudding

Great way to use up stale bread!

Heat:

4 c milk

Add:

2 C dry bread cubes, packed

Cool. Combine with milk mixture:

1/2 c sugar

3 eggs, beaten

4 T melted margarine

1/2 t salt

1 t vanilla

1/2 c raisins

1/4 t nutmeg

1/4 t cinnamon

Pour into a buttered baking dish. Place dish in a pan of hot water. Bake at 350 F for 1 hour or until knife inserted comes out clean. Serve warm or chilled.

Rice Pudding

Mix together:

- 2 1/2 c cooked rice
- 1 can evaporated milk
- 2/3 c sugar (brown, if possible)
- 3 T butter
- 2 t vanilla
- 1 t nutmeg
- 3 eggs, beaten
- 1/2 c raisins

Bake at 325 F till a knife inserted comes out clean.

Juanita's Pudding *Makes 10 servings, or 1 lg pie filling*

Heat in pan over medium heat:

- 4 c milk
- 3/4 c sugar

Beat until fluffy:

- 4 or 5 eggs

Add:

- 1/4 c + 1 T flour
- dash salt

Mix warm milk with eggs, using about 1 cup to temper the eggs so that they do not curdle. Pour egg mixture slowly into the saucepan of milk. Stir. Add:

- 1/4 to 1/2 c cream or evaporated milk

Bring to a boil, but do not boil. Remove from heat. Add:

- 2 t vanilla.

Chocolate Pudding *4 servings*

Mix together in a saucepan:

- 1/2 c sugar
- 2 T cornstarch
- 1/8 t salt
- 1/3 c cocoa

Mix separately:

- 2 c milk
- 2 egg yolks

Add gradually to the sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Remove from heat; stir in:

2 t vanilla

Pour into dessert dishes. Cool slightly and chill

Pineapple Dessert

Combine:

1/2 c sugar

1/4 c brown sugar

3 T cornstarch

3 1/2 c crushed pineapple (with juice)

Cook and stir till thick and bubbling. Cool. Add

1 1/2 c flaked coconut

Set aside. Mix:

2 c flour

1 t salt

Cut in:

1/2 c shortening

Add to flour mixture:

1 egg

1/2 c sour cream (or mild thick yogurt)

1 t vanilla

Chill 1 hour. Press 2/3 of the dough onto the sides and bottom of a 9 x 9 x 2" baking dish. Top with pineapple filling. Roll out remaining 1/3 dough. Cut in fancy shapes. Arrange over filling. Bake at 350 F about 30 min. Cut into squares to serve.

Mango Kuchen

Cut/rub in till mixture resembles cornmeal:

1 c flour

2 T powdered sugar

1/2 c butter

Chill 30 min. Press into loose-bottomed (European) 9" pan.

Place over pastry:

6 sliced mangos

cinnamon and sugar

Bake 15 min at 400 F. Mix, and pour over the hot pastry:
2 egg yolks
3/4 c cream, or milk mixed with double quantity of
powder
few drops of vanilla
Bake at 350 F, 30 min.

Mango Crisp

Slice and put in 8 x 8" pan:
3 - 4 mangos, either green or ripe

Mix and stir into mangos:
1/2 t cinnamon
1/2 c sugar
1 T flour

Combine:
1/2 c oats
1/2 c brown sugar
1/3 c flour
1/8 t soda
1/4 t salt
1/2 t baking powder

Add 1/4 to 1/2 c butter and blend with a fork. Spread over mangos, and bake 40 min at 350 F.

OPTION: Add 1/2 c nuts

OPTION: Alternative topping: 1/2 c brown sugar, 1/3 c flour, 1/4 c butter, 1 t cinnamon.

Guava Dessert

Sift together:
1 c flour
1 t baking powder
1/4 t salt
2 T sugar

Add and work in:
1 1/2 - 3 T butter

Beat well in a measuring cup:
1 egg
1/2 t vanilla
enough milk to make 1/2 c

Combine the 2 mixtures. Pat the dough in a greased pan with your floured palm. Cut and remove the seeds from:

4 c large guavas

Push into the crust. Sprinkle with a mixture of:

1 c white or brown sugar

2 t cinnamon

3 T melted butter

Bake about 25 minutes at 350 F.

Guava Puree

Peel only discolored spots. Cut in half, and simmer 10 - 15 minutes with about 1/2" water. Then put through food mill. Mix with yogurt or custard. If using in Bird's custard, add 1 T sugar and 1 T cornstarch to each 2 cups of milk to make it a bit thicker and sweeter.

Crème de Corosol - Soursop

This is a large green fruit with a spiky coat. It is filled with little white segments each containing a large black seed.

Break it open and scoop out the white flesh. Put it in a strainer and squeeze the juice out into a bowl. Add a little evaporated milk and sugar and serve like a pudding.

Papaya Trifle

Make a trifle using papaya. If you use cherry jello and it will taste like peaches. Use Bird's custard, adding 1 T cornstarch to each pint of custard.

Banana Dessert

Cut into pieces:

4 large bananas

Add and beat:

lemon juice

sugar to taste

2 t instant coffee powder

evaporated milk

Beat until airy. Add some rum. Pour into glasses. Refrigerate. It will get thicker as it cools.

Torta de Plantano (*Sri Lanka*)

Cook with skins on, in water to cover:

3 lg plantain bananas

When soft, remove the skins with a fork, add:

1/2 c butter

2 egg yolks

Beat until stiff peaks form:

2 egg whites

Add:

1/4 c sugar

Fold the meringue into banana preparation. Place in a greased baking dish. Bake 350 F for 25 minutes.

Bananas in spun sugar (*Chinese*)

Cut in half lengthwise, or in quarters

4 bananas

Fry in 4 T oil. Stir together in saucepan:

2/3 c brown sugar

2/3 c vinegar

3 T cornstarch

1/2 t salt

1 slice minced ginger

Cook and stir till syrup is thick. Dip the bananas in to coat them. Drain bananas, dip briefly in ice water, and place on a greased platter.

Fried Bananas and Coconut

Peel and cut into halves lengthwise:

4 firm bananas

Combine:

1 1/2 T flour

1 egg

2 T sugar

Coat the bananas with the sugar mixture. Saute for 5 minutes on both sides in:

2 T butter

Sprinkle over bananas:

1/2 c shredded coconut

Serve while hot. Can add ice cream and chocolate sauce.

Mango Sauce

This has much more flavor than applesauce, and is very easy to make. It's thinner than applesauce, so will need to be served in a bowl.

Peel mangos, and cut off pit. Blend till creamy. Chill.

Mango Mousse

Simmer in large saucepan to make syrup:

- 1 c water
- 1/2 c sugar
- 1 t powdered ginger

Mix with hot syrup:

- 2 c mango puree

Soften by soaking for 3 min:

- 2 envelopes gelatin

In:

- 1/4 c cold water

Heat the mixture to dissolve the gelatin. Add to mango/syrup mixture. Add:

- 2 egg yolks

first mixing in the mango mixture 1 T at a time. Cook until thickened, but don't boil. Cool. Beat until stiff:

- 2 egg whites

Fold into cooled mixture. Beat:

- 1 c cream (or substitute)

Fold in. Chill. Decorate with coconut.

Fruit Mousse/Bombe

Mix:

- 2 c crushed of fruit (mango,...)
- 1/2 to 1 c powdered sugar
- 1 T gelatin, soaked 2 T cold water for 3 min, then dissolved in 1/4 c boiling water

Whip:

- 2 c cream (or substitute)

Fold cream into fruit mixture. If you chill it, it's mousse. If you freeze it, it's a bombe. You can garnish it with more whipped cream when serving.

Da Gone Good

Not only is this da gone good, it's da gone pretty. A sort of creamy raspberry color.

Refrigerate till thoroughly cold:

1 can evaporated milk

Rinse in cold water to clean:

100 CFA worth of Da

Cover with water and boil for 10 min. Strain, saving the juice, throwing the da flowers away. Melt in 1/4 c cold water:

3 - 4 sheets gelatin (1 T)

Add the gelatin to 2 cups of the hot da juice, stirring to dissolve the gelatin completely. Add:

1 c sugar

Refrigerate the da jello until it sets. Beat the cold evaporated milk till it's foamy. Add:

1 c sugar

1 t lemon juice

Add the jello and beat longer. Cover and freeze.

Carter's Dessert

Beat:

8 sq. Kiri

3/4 c milk

1/2 c peanut butter

1 c powdered sugar

Prepare separately:

1 pkg. whipped topping, or 2 c whipped cream, or 1 can chilled evaporated milk, beaten.

Fold together. Pour into:

crumb crust

Top with:

chopped peanuts

Freeze. Defrost slightly before serving.

Yogurt Whip 4 servings

Dissolve in 1 c boiling water:

1 3 oz. pkg jello

Add:

3/4 c cold water

Chill until slightly thickened. Add:

1 1/2 c thick yogurt

Beat with rotary beater until mixture is light and fluffy. Chill about 2 hours.

OPT: Instead of yogurt, add 1 can thoroughly chilled evaporated milk, and whip.

Lemon/Passion/Orange Dessert

Beat until stiff:

1 can evaporated milk, thoroughly chilled

Slowly add:

3/4 cup sugar

Then add:

3 T lemon juice (or 5)

grated rind of 1 lemon

Beat until very stiff. Roll into crumbs:

cheap cookies, such as Assine, about 1 cup.

Put half of crumbs in bottom of 9 x 9" pan. Pour in cream. Add remaining crumbs on top. Cover tightly and freeze until ready to serve.

OPT: *For passion flavor:* replace lemon juice with juice from passion fruit

OPT: *For orange flavor:* Replace lemon juice with orange juice.

Easiest Ice Cream

Mix together thoroughly:

1 can sweetened condensed milk, chilled

3 c milk

1 t vanilla

pinch of salt

Pour it into a pan and freeze, mixing from time to time.

Vary the flavoring.

Vanilla: 1/2 t vanilla

Mint: 1/2 t peppermint and pink or green food coloring

Chocolate: 1/3 c drinking chocolate

Pumpkin: 1 1/2 c pumpkin puree, 1 t cinnamon, 1/2 t ginger, sprinkle of cloves and nutmeg

Ice Cream with Gelatin *1 gallon*

Soak in 1/4 c water for 3 min:

2 T gelatin

Dissolve by adding:

3/4 c boiling water.

Add:

1 c sugar

4 c milk

2 cans evaporated milk

2 cans sweetened condensed milk

2 - 3 T vanilla

Freeze.

Steketee Ice Cream

Soften in 1/4 c water:

1 envelope gelatin (1 T)

Heat to dissolve. Add:

3/4 c water

1 can sweetened condensed milk

2 c light cream (or 1 c milk powder, 2 c water)

1 T vanilla extract

Blend well. Churn or freeze in a pan in the freezer. Stir occasionally. For flavorings, try chocolate chip, pistachio (pistachio flavoring and chopped almonds), chocolate, mint (using Valda mint alcohol), coconut, or as many others as you can imagine.

Whipped Cream Ice Cream

Beat till it makes soft peaks:

1 c whipping cream

Add:

3/4 c sugar

2 t vanilla

3/4 c milk

Freeze. When partially frozen, beat again. Freeze.

Dairy Queen Ice Cream *makes 1 gallon*

Soften in 1 c water:

4 T gelatin

Dissolve by adding:

2 c boiling water

Add and mix together:

4 c whole milk powder

6 c water

2 1/2 c sugar

2 cans evaporated milk

1 1/4 t salt

1 T vanilla.

Put in a crank freezer, and crank.

Kansas City Vanilla Ice Cream *makes 1 gallon*

Mix in top of double boiler until smooth:

3 T cornstarch

1/2 c milk

Add:

1 1/2 c milk

Stir and cook until thick. Blend in a separate bowl:

2 2/3 c sugar

4 eggs

3/4 t salt

1 can evaporated milk

Add the hot cornstarch mixture gradually and beat well. Add:

2 c whipping cream

4 c milk

3 1/2 T vanilla

Pour into a crank freeze and crank.

Fruit Freeze

Combine or blend:

3 bananas, mashed

3 lemons, juiced

3 large oranges, juiced

3 c sugar

3 c water

Freeze.

OPT: Make popsicles

Coconut Sherbet

Refreshing and light!

Make 8 cups coconut cream, using 2 coconuts and 8 c boiling water. To the coconut cream, add:

1/2 t salt
2 1/4 c sugar
grated lime rind

Mix and freeze.

Corosol Sorbet

Separate the meat from the seeds of:

a corosol

Cook the meat. For about 3 cups of corosol, add:

1/2 c sugar
1/2 c water.

Strain, saving the liquid. Freeze the liquid, stirring once or twice while it freezes. Very refreshing!

Orange Milk Sherbet

Combine:

1 1/2 t grated orange rind
1 1/2 c sugar
1/4 c lemon juice
1 1/2 c orange juice
(1 1/2 bananas, mashed)

Add to:

4 cups cold milk

Freeze.

Six 3's Sherbet

Mix:

3 c sugar
3 pints water (6 c)

Cook 5 min. Cool. Add juice of:

3 lemons
3 oranges

Add and freeze:

3 thin-sliced bananas

3 c crushed pineapple

When sherbet is frozen, break into pieces, and beat until creamy. Fold in:

1 beaten egg white

Refreeze. Rebeat. Freeze finally.

Banana- Pineapple Sherbet

Stir well:

1 c crushed pineapple

1/2 c powdered sugar

Add and stir:

1 c mashed banana

1/4 c orange juice

3 T lemon juice

Freeze until firm. Beat until stiff:

2 egg whites

Add to the frozen mixture, beating together. Refreeze.

Pineapple Sherbet

Chill thoroughly and then whip:

1/2 can evaporated milk

1/2 T lemon juice

Combine:

1 c crushed pineapple

1/2 to 2/3 c sugar

1/8 t salt

Beat well. Add:

2 c plain yogurt

2 t vanilla

Freeze until firm. Beat until smooth. Fold in whipped evaporated milk. Freeze.

Guava-Yogurt Ice Cream

Combine in order:

1 c sugar

1 T flour

2 eggs

4 c milk

Cook until slightly thickened and starting to bubble. Cool, then put in fridge.

Add to chilled custard:

4 c guava puree

2 c yogurt

1 c sugar

2 lemons, juiced

Freeze. Beat when thoroughly icy but not hard. Freeze. Beat. Freeze

Mango Ice Cream

Beat and blend:

2 c mango puree

2 T grated lemon peel

1 1/2 c sweetened condensed milk

1/2 t salt

Whip

1 c cream

Beat in:

1/2 c sugar

Fold in the mango mixture. Freeze. Beat. Freeze. Beat. Freeze.

Papaya Ice Cream

Remove seeds from:

2 ripe papayas

Puree the papaya in a blender, and add:

2 T lemon juice

3/4 c sugar

3 eggs

Blend. Add and then freeze:

1 c whole milk

1 c whipping cream

Lemon Ice Cream

Beat together:

- 1 c cream
- 2 eggs
- Juice and rind of 2 lemons
- 1 1/4 c sugar
- 1 c milk

Freeze, beat, and refreeze.

Rich Banana Ice Cream

Beat until thick and light-colored:

- 2 eggs
- 1/2 c sugar
- pinch of salt

Beat until very smooth, and then beat into egg mixture:

- 1 1/2 c thinly sliced ripe bananas
- 2 t lemon juice
- 1/2 t vanilla

Beat until well blended, then fold into banana and egg mixture:

- 1 1/2 c cream
- 1 c milk

Freeze, beat, freeze, beat, freeze.

Frozen Chocolate Bananas

Take firm but ripe bananas. Cover with melted chocolate. Roll in finely chopped peanuts. If you have popsicle sticks or a functional equivalent, stick them in the bananas. Freeze on wax paper.

Fudgesicles *Makes 22*

- 1/2 c cocoa
- 1 t vanilla
- 5 T cornstarch
- 6 c milk
- 1 1/2 c sugar
- 1/4 t salt

Mix, cook 5 min, stirring constantly. Pour into molds and freeze.

Fudgesicles *with eggs*

Combine in a saucepan:

- 3/4 c sugar
- 3 T cornstarch
- 1/8 t salt
- 1/3 c cocoa

Add:

- 3 c milk

Boil for 1 min. Beat in a separate bowl:

- 2 egg yolks

with about 1 c of hot mixture. Return to sauce pan. Remove from heat. Add:

- 1 t vanilla

Freeze.

Pineapple-Yogurt Popsicles

Whisk until smooth, then freeze in molds:

- 1 c vanilla yogurt
- 1 c pineapple juice
- 1 t sugar

Pineapple Popsicles

Blend fresh pineapple in a blender. Add sugar if bitter. Freeze in popsicle shapes.

Banana Popsicles

Puree till smooth, then freeze in molds:

- 1 1/4 c orange juice
- 1 lg banana

Butterscotch Sauce *for ice cream*

Combine and boil until slightly thickened:

- 3/4 c brown sugar
- 1/4 c butter
- 1/2 c evaporated milk

Lemon Sauce

Stir together:

1/3 c sugar
pinch of salt
1 T cornstarch

Add 1 c boiling water, stirring rapidly. Cook until thick and transparent. Add:

2 T butter
2 - 5 T lemon juice

Sauce #1

Mix in double boiler or heat in pan stirring:

2 c sugar
2 T cornstarch
1/2 c cocoa

Add carefully:

1 lg. can evaporated milk

Cook about 15 minutes. Beat and add:

1 t vanilla

Sauce #2 *makes 1 cup*

Mix together in saucepan:

1/2 c sugar
6 T cocoa
6 T water
dash of salt
5 T shortening

Cook until the sugar is dissolved and the mixture slightly thickened, stirring constantly. Add:

1/4 t vanilla

Hot Fudge Sauce

Heat in small saucepan, stirring:
sweetened condensed milk

Add:

2 T cocoa
2.1 T butter
mint flavoring (opt)

Stir until dissolved. Serve immediately

Jam

The basic idea with jams is to cook some fruit, boil it down till thick if very watery, add the same amount of sugar, and boil till thick, stirring occasionally. Often lemon is added for bite. Boil the fruit and sugar to 220 degrees F, or 110 C. If you don't have a thermometer, try dripping some off a spoon onto a plate. It should drip in one drop, form a skin, stay in a heap, and ripple if you blow on it. OR drop a drip on a lid and freeze for 1 min. It should look and feel like jam.

If jam cooks too long, it turns into a sticky super-glue type consistency, which is difficult to spread on bread, and even harder to get off your teeth. A thermometer helps tremendously.

If you have canning jars, just boil them for 10 min., pour in the hot jam, and seal.

If you have to leave the kitchen after starting the process turn the heat off, and let the jam sit. It won't spoil because the sugar preserves it.

Neutralizing Acidity

If you're baking anything with Da, you'll need a lot of sugar to counteract the acidity. If you add 1/4 t baking soda, you will need much less sugar. The soda neutralizes the acidity.

Lady Guadava Jam

A friend ate this for several days, and was sure he was eating blackberry jam! The da gives the jam beautiful red color (the color jam SHOULD be!), and a tangy taste.

In 4-qt. saucepan, combine:

4 c da flowers

10 pink guavas, cut in half

8 c water

Boil until soft. Remove guavas from liquid, and strain out the da flowers. Put guavas through a food mill to remove the seeds. For every cup of juice and pulp, add:

1/2 - 3/4 c sugar

Return to boil and cook till the mixture sheets from a spoon. Pour into hot, sterilized jars. Seal.

OPT: Grind the da flowers and mix in to give a more chunky consistency.

OPT: If you have no guavas, but do have applesauce, use it.

Confiture aux 4 fruits tropicaux

Cut up and blend, or pass through food mill:

1 pineapple

2 mangos

1/2 papaya

Remove seeds and juice from:

5 passion fruit

Blend seeds with a bit of water. Strain, saving the juice.

Add the juice to the fruit mixture. Measure the fruit, and

add an equal amount of sugar. Simmer till thick. The

quantities of fruit can vary according to what you have

available and your inclination of the moment.

Guava Jelly

There are several varieties of guavas:

small with red-pink interior

medium with pink interior

large, grafted with pale interior.

The red and pink ones give a much nicer color to jams and cordials. The white ones can be substituted for pears (remove the seeds!).

Trim the blossom ends off:

guavas

Cut up. For 2 quarts of guava, add 2 c water. Cook until guava are soft. Strain, but don't press through a bag. For each cup of juice, add:

1 c sugar

1 t lime juice

Boil to 220 degrees F., 110 C.

Guava Jam

Follow the same procedure as for Guava Jelly, but put the cooked guavas through a food processor/food mill. This lets the pulp pass through, but holds back the seeds and strings. Add equal amounts of sugar, and boil until thick (110 C).

OPT: Add lemon juice.

Mango Butter

7 c cooked mango
5 c sugar
1 tsp. cinnamon
1 tsp. cloves
1/2 c vinegar

If mangos are stringy, put through food mill to remove the strings. Cook this mixture over low heat or in the oven until it gets thick.

OPT: You can use green mangos, but then skip the vinegar.

Mango-Pineapple Jam

Boil until soft:

8 c chopped ripe mango
2 c chopped pineapple
4 T lemon or lime juice

Mash. Add:

8 c sugar

Boil until thick, stirring often. Seal.

Ginger and Green Mango Marmalade

Chop fine, cover with water, and soak for 24 hours:

1 lb. fresh ginger

Boil until tender. Strain. Wash, peel, and cut off pit:

3 lb. green mangos

Simmer in water until the fruit is soft and can be mashed with a fork. Add:

6 c sugar
juice of 1 lime
the ginger

Simmer until set. Pack and seal.

Tamarind Marmalade

Wash:

1 qt. tamarind

Boil with 1 1/2 c water. Simmer until soft. Put through a sieve. Heat the pulp and for each cup of pulp, add:

1 c sugar

Simmer, stirring constantly until the mixture thickens.

Pineapple Preserves

Cook in 4 c water until tender:

4 c pineapple, cut in small chunks

Add:

4 c sugar

Cook until fruit is clear, and syrup is thick. Bottle and seal.

Pineapple Honey

Boil the remains (skins and core) of an already-eaten pineapple. Strain it. Boil down the liquid until it's concentrated. Add an equal amount of sugar, and boil until it's a syrupy consistency (110 C).

Papaya-Pineapple Jam

Grind, or blend, or cook and put through a food mill:

1 large papaya

2 or 3 pineapples

Add:

almost as much sugar as fruit

1/8 t salt

a little lemon juice

Cook slowly until done or until it begins to spit(110 C).

OPT: *Papaya Jam*: Use papaya only.

OPT: For fruit, use equal portions of papaya, pineapple, and oranges.

OPT: *Papaya Ginger Jam*: Add a piece of ginger root bruised with a hammer to release flavor. Remove before canning.

Banana Jam

Juice:

6 oranges

4 lemons or limes

Cut in small pieces:

12 bananas

For each pound of fruit, add:

1 1/2 c sugar

Simmer for 45 minutes. Pack and seal.

Orange Honey

Juice:

3 oranges

Grate the rind of one of the oranges. Add:

1 c sugar

Beat and add:

2 egg yolks

1 T butter

Cook over low fire, stirring constantly until thick and smooth as honey.

Cut, peel, remove seeds, and put through food chopper:

1 grapefruit

1-2 oranges

1-2 lemons

Save the juice. Add 3 c water to each cup mixed juice and fruit. Let stand 24 hours. Boil 10 minutes. Let stand another 24 hours. Add for each cup of fruit mixture:

1 c sugar

Cook until jelly-like. Seal.

Orange-Lemon Marmalade *12 jars*

Slice very thin (peelings and all):

12 oranges

3 lemons

Measure and add 2 c water for each cup of fruit. Let stand 24 hours. On the second day, boil the mixture 30 minutes. On the third day, measure 3 cups of mixture into several pans. Add 2 c sugar to each pan. Cook each pan 2 hours. Pack.

Grapefruit Marmalade

Slice (peelings and all):

3 grapefruit

2 - 3 lemons

Add an equal quantity of water. Collect the seeds in a clean cloth, and soak overnight with the fruit in the water. Bring to a boil and add:

7 1/2 c sugar

Remove the seeds after 10 minutes. Boil about 45 minutes, until it sets. Pack and seal.

Lemon Curd

3 eggs

1/4 c butter

juice of 3 or 4 limes

1 c sugar

Mix up and boil. Pour into a sterilized jar. Store in the fridge.

Meats, Poultry, Fish, and Main Dishes

Preserving

A pressure cooker can preserve meat. Cook the meat, remove from the fire, but do not open the cooker or remove the weight. It will be completely sterile inside. Be careful not to jolt it, as it can break the pressure lock. After 24 hours, bring it back up to pressure for 10 minutes, and you can keep it sterile another day.

Another way to preserve meat is to soak it in salt water. Fill a glass or stainless steel container with water. Make a salt water solution strong enough to float an egg. Cut the meat in pieces not more than 1/2 to 3/4" thick. Submerge the meat in the salt solution. The meat will keep indefinitely. Before using, soak the meat in fresh water overnight and cook it in fresh water without adding more salt.

West African Take-out

If you are entertaining African guests and want to serve an authentic African meal, but at the same time doubt your abilities in this area, you have 2 convenient solutions available: 1. You can employ an African person to come in your kitchen and cook for you. Either buy all the ingredients or send her/him to the market. 2. Many small restaurants make excellent, inexpensive dishes that you can take-out. This takes the work out of being hospitable!

Killing and Cleaning

Not wild about killing chickens and other animals? Never fear. African children will be happy to do this work for a small monetary reward, or better yet, for the parts of the animal you don't eat anyway (head, feet, etc.).

Oops!

If you accidentally get too much salt in a sauce or soup, add a few slices of raw potato. If it happens when you're cooking vegetables or the like, add vinegar and sugar, a teaspoon at a time, until the salty taste has disappeared.

Hot Peppers

If you cook a pepper whole in the sauce, either dried or fresh, it will give a nice 'peppery' flavor without being so hot you can't eat it. Make sure dried peppers are whole, not broken. For those who like it hotter, some juice from the cooked pepper can be squeezed over the food. Discard before serving so someone doesn't accidentally bite into it.

BEEF

*Meat in the market comes in various prices and qualities:
-with bone: the cheapest. Some of it will look good, but they also add some that doesn't look so good. They have to do it this way to make money. You can't get all top quality meat for this price.*

-without bone: this is more expensive, but less bone and inedible bits.

-filet: most expensive, most tender, less waste. In most markets, they will clean this for you as part of the deal.

Beef will be much easier to grind if it is partially frozen. When finished grinding, to clean the grinder, put some dry bread through the grinder. You can even use the bread in what you're preparing.

Stringy Meat

Affectionately named by my son, who misses this creation when we're in the States!

Take market meat. Cut it up in chunks. Fry onions and garlic in a pan, add the meat. The meat makes it all get watery for a while, but eventually the water evaporates and the meat browns. Add cheap wine and water, salt and pepper, bay leaves, and herbes de province. The meat should be nearly covered with liquid, 3 parts water, 1 part wine approx. Pressure it at 10 lbs. pressure for about an hour. Serve over any carbohydrate, like mashed potatoes, rice, yam, couscous, attiéké, etc.

OPT: For couscous, add carrots, zucchini, tomatoes, cabbage, and turnips.

Roast Beef

Buying filet is an art. Dig your finger or thumb into the raw filet in the market. (The inconvenience of a dirty finger is worth the result.) The filet should be tender: compare several. One way to prepare filet is to bake it covered in a slow oven. It makes a great dinner, and/or wonderful sandwich meat, which is hard to find here!

To tenderize meat, you can wrap it in papaya leaves for a while. This breaks down the cell structure, and make it more chewable. Joy of Cooking says it also destroys the flavor and recommends inserting small pieces of lard into the roast before baking. This is called 'larding' among the professionals.

Where are you going to get lard? When/if you buy pork, there is an amazing layer of pure fat around it. Save this if you have a freezer. You can use it to 'lard' roasts, guinea fowl, etc.

Old-fashioned Beef Jerky

We've made this as a family project and enjoyed munching on it at the beach!

Game meat or market meat can be used. Carefully remove all fat and muscle. Cut the meat into strips along the grain, not across the grain. Season heavily with salt, pepper, oregano, marjoram, basil, thyme, and pound lightly into the straps of meat. Spread the strips on the wire racks of your oven and turn the heat to 120 degrees, a warm oven. Don't let it 'cook'. Leave the door partly open so the moisture can escape. After 4 or 5 hours turn the meat over and leave it for another 4 or 5 hours.

The jerky is ready when it has shriveled and turned black. When you take it out of the oven, the sticks should be flexible enough to bend without snapping. As it cools it will turn blacker and more brittle. Be sure it has dried until no more moisture is left in the middle of it. The dehydrating process tempers the seasoning and gives it a tangy taste.

During the drying, put foil under the racks to catch any drippings of fat. If the fat and muscle have been carefully trimmed, there will be little left to drip. Fat turns rancid quickly so be sure it's all removed.

Two-hour Jerky

Cut up to 10 pounds of meat in 1/4" strips. Boil meat strips for 5 minutes in:

- 2 liters water
- 1 c vinegar
- 2 c salt
- 2 T pepper

Roll the strips to squeeze dry using a rolling pin. Jerky should have a gray-brown color at this point. Dry strips in 200 F oven on oven racks, allowing space for air circulation. Keep oven door cracked to allow moisture to escape. Drying process takes about 1 1/2 hours.

Final seasoning -- paint with A-1 sauce, Worcestershire, or Tabasco.

Liver

Frying liver with a little oregano brings out the flavor.

Liverwurst

Boil till done:
liver

Save the liquid. Grind up the liver. Bring the liquid to a boil, and add spices to taste:

- 1 T allspice
- cloves
- nutmeg
- pepper

Add the ground liver. While still boiling, add:
flour

Stir, adding enough flour till it becomes so thick you can't stir. Place in a loaf pan and cool. To serve, slice in 1/2" slices and fry.

Tongue

Brush and rinse it well. Soak for several hours in water with 1 c vinegar. Throw the water away. Boil the tongue, covered with water, for 10 min in a pressure cooker. Throw the water away. Cook a second time in plenty of water, 1 c vinegar, peppercorns, and a bay leaf for 1 hour in a pressure cooker. Let cool. Peel the skin off the tongue, it will come off easily. Use the bouillon to make a sauce with flour and mustard - no milk! Serve with rice.

Sauce Graine

Boil in water:

palm nuts (about 1 kilo for every 5 persons)

Pound the palm nuts in a mortar, breaking up the nuts and fibers. Pour boiling water over the nuts. Mix well to permeate. Strain through a sieve, saving the liquid. To get all the flavor out of the nuts, you can pour boiling water over them a second time, using as little water as possible.

Boil the liquid. Add:

piment

onion

fish or beef or chicken or game meat

When the meat or fish is tender, serve with futu or rice or yam.

POULTRY

What to do with a tough chicken? For years I thought the best solution was to pressure cook it. The tougher the bird, the longer I pressured it. The bird became so stringy it was impossible to swallow a bite. Even the broth was tough! Joy of Cooking says that the high heat of pressure cooking tends to toughen proteins. Also, birds should be allowed to hang, or at least sit, in a cool place for 8 - 24 hours after being slaughtered. This will reduce the stringiness and develop the flavor.

To get all the goodness out of a chicken, gather up the bones and simmer for an hour or so to make broth. This is the beginning of a great soup.

Peanut Sauce with Chicken

Cover with water and boil:

1 chicken, cut up

Fry in oil

1 lg onion, minced

3 lg red piment (or the number and type you prefer)

4 tomatoes, or 3/4 c tomato paste

Stir in:

1 c ground peanuts, or peanut butter mixed with a bit of
chicken stock
chicken bouillon cubes
salt

Add to the chicken, adding more water if more sauce is
needed. Simmer until the oil rises to the top of the sauce.

OPT: Add diced eggplant and/or okra. The okra will thicken
the sauce. A piece of ginger can be added during cooking, but
remove before serving.

OPT: Prepare with beef.

Poulet à la Sauce Claire

*The method of preparing this sauce can be used for any
African sauce, just vary the ingredients.*

Cut:

1 chicken
2 onions

Put into a pan with oil. Heat a few minutes, and add 1 liter of
water with a bit of salt. When it boils, add:

6 aubergine
4 tomatoes
piments

Simmer for 30 minutes. Remove the aubergine and piments,
blend or grind them up, and return them to the sauce. Add:

2 crabs
2 small pieces of smoked fish.

Let simmer 30 minutes longer. Serve with attiéké, futu, or rice.

Kedjenou

Cut up:

1 chicken

Chop up:

onion
tomato
garlic, opt.
cabbage or other leaves, opt.
ginger, opt.
beans, opt.

Layer alternatively in a pressure cooker, adding:
1 3/4 c stock (or water with 2 maggi cubes)
whole piment

Let it macerate for an hour. Pressure 10 min. Serve with attiéké or yams. (To reheat attiéké, it should be steamed. Microwaves were made for this task: just put the attiéké in the microwave in a plastic bag, with a bit of water if dried out, and zap. OR you can fry it over a low flame, stirring and flicking with water to prevent drying.)

NOTE: To be authentic, you should cook this in a 'canari' with a banana leaf tied around the top for the lid. Instead of stirring it, the canari should be shaken regularly to prevent burning.

Bété Chicken Sauce

1 chicken, cut-up
1 lg. onion, chopped
1 clove garlic, minced
1 sm. can tomato paste
salt, pepper
Maggi cubes
piment
1 cup of elbow macaroni

Brown chicken lightly. Add onion and garlic. Add tomato sauce and water -- enough to make an adequate amount of sauce. Season to taste. Cook until tender, 1 hour, or under pressure 10 min. Add macaroni and let simmer until done. If sauce isn't thick enough, you can thicken it with flour or corn starch. Serve over rice.

Guinea Fowl

If you roast a guinea fowl in the oven, Joy of Cooking suggests putting a layer of lard/pork fat on the top and tying it with a string. This keeps it from getting dry, which is a tendency of the fowl.

Pintarde Rôti

Stuff the guinea fowl (pintarde) with:
a bunch of parsley
onion, chopped
garlic, chopped
3 ice cubes

Mix and brush over guinea fowl:

- oil
- herbs (bouquet garni)
- salt
- pepper

Bake in a hot oven for 20 min. Then remove and baste with:

- 1 cube Maggi
- 1 c water

Pour all the liquid into the baking dish. Return to the oven and roast 10 - 15 min more. Cut into pieces. Serve the sauce in a separate dish. This is very good served with cabbage that has been cut into big wedges, boiled, and then fried lightly in oil.

Coconut Chicken *Serves 4 - 6*

Bring to a boil:

- 2 c cream
- 1 1/2 c fresh or dried coconut

Remove from heat. Let stand for 30 min. Press liquid (now called coconut cream) from pulp and discard pulp. Combine coconut cream with:

- 6 chicken breasts

Cover and cook over medium heat for 30 min. Add:

- 3 cloves garlic, minced
- 1/2 onion, grated
- 1/2 t dried ground chili peppers
- 3 T ground peanuts
- 1 T grated lemon rind
- 1 t sugar
- 1 T soy sauce

Stir well until mixed. Cook for 15 minutes or until tender. Turn chicken frequently to coat with sauce. Correct seasoning. Serve with boiled rice.

Sesame Chicken

Brown in hot oil:

- 2 - 3 lb. chicken, cut up
- 1 T sesame seeds

Combine in saucepan:

- 1/4 c sugar
- 2 T cornstarch
- 1/4 t ground ginger
- 8 1/4 oz crushed pineapple
- 1 c water
- 1/2 c soy sauce
- 1 clove garlic, crushed

Cook, stirring constantly until thickened and translucent. Pour over chicken, cover and simmer 45 min. Serve over rice.

Papaya Chicken

Bake in oven for 50 min:

- 1 chicken, cut up

Meanwhile, mix in saucepan:

- 1/2 c orange juice
- 1 T lemon juice
- 1/4 c brown sugar
- 1 T cornstarch
- 1 T soy sauce

Stir and cook till it thickens. Remove from heat and add:

- 1 c papaya cubes

Pour mixture over chicken. Return to oven and bake 10 m longer.

Sautéed Pigeons

Clean thoroughly:

- 4 plump pigeons

Brush with 4 T *olive oil*. Insert a little butter and a *pinch of sage* inside each pigeon. Sprinkle outside lightly with salt and pepper.

Brown in skillet:

- 4 slices bacon.

Remove. Brown pigeons 5 min. on each side. Lower flame. Replace bacon. Add:

- 1/2 c hot water
- 1 t chopped parsley
- 1 slice lemon

Cover and simmer for 10 minutes till tender.

PORK

In some towns, the fresh pork is inexpensive and of excellent quality. It doesn't have the tendency to be tough like beef, but sometimes has a wild flavor. It depends what they are fed. If the pork in your town is tasty, you are on to a good thing! You can buy a whole 'jambon' (the back leg) and cut it up into roasts and pieces. The 'jambon' is the same price as the ribs and the shoulder, but is much better value. The thick layer of fat can be saved and put to good use to 'lard' guinea fowl or tie around beef roasts to keep them juicy.

Pork roast à la moutarde

Spread dijon mustard on a pork roast, and sprinkle with 'herbes de province'. It adds a nice flavor to the roast.

OPT: Insert slivers of garlic into the meat with a knife.

Sweet and Sour Pork

With fresh ginger and fresh pineapple, Africa is a great place to make this!

Mix together:

- 1 egg, beaten
- 1 T sugar
- 1 t salt
- 1 T soy sauce
- 1 lb pork, cubed

Let stand 20 - 30 min. Chop up:

- 1 garlic clove
- ginger root
- 1 onion
- 1 green pepper
- 3/4 c pineapple

In a separate bowl, combine:

- 3 T vinegar
- 3 T brown sugar
- 2 T soy sauce
- 1 T cornstarch
- 3/4 c pineapple juice

Remove meat from marinade and fry. When well done, add the garlic, ginger, and onion. When these are almost done, add

the green pepper and pineapple. When this is almost cooked, add the sauce and let heat through thoroughly. Serve with rice.

NOTE: If you don't have canned pineapple juice, you can get juice by squeezing pineapple pieces, or putting them in the blender.

Pork Sausage

Grind together
2 lb. fresh pork
1 lb. fat belly pork
2 onions

Mix together, then mix in a combination of any of the following spices:

1 clove garlic, pounded into 2 t salt
2 t sage
1/2 t each: cayenne and chili pepper, nutmeg
dash each: thyme, parsley, bay, allspice, savory

Use as stuffing, or shape into patties for frying. It will freeze.

OPT: omit the onion.

Home Cured Ham

Mix and store:
2/3 c brown sugar
1 c salt
1/4 c Prague powder, or 2 T saltpeter

Bone the meat. It should be as fresh as possible. For every pound of boned meat, use 1 1/2 T curing mix. Rub the dry mix over all the cut surfaces, with the meat in the dish in which it will stay to cure. Gash especially thick areas and rub the cure into the cut. Tie up the meat with a string as for rolled roast. Place in a 40 F fridge, and leave 1 day per pound. Each day, turn the meat over. A brine will develop in the dish. You can sprinkle the meat with liquid smoke after the first day. A few extra days of curing will not matter.

To cook, drain the meat and bake it. Set it into an oven heated to 450 F, turn down the heat to 350 F and roast 35 min per pound. You can soak the ham 15 min in water before baking, to remove excess salt.

OPT: Rather than baking the ham, it can be boiled in water with herbes de province, bay leaves, cloves, and peppercorns.

Corned Beef

Treat as for ham, above. Mix and add to 1 liter water:

3/4 c salt

3 T pickling spice

2 tsp. salt peter or potassium nitrate

Place 3 lb beef in this brine and soak 48 hours, stirring twice. Drain. Boil in plain water, 3 hours or till tender. Ham or corned beef can be frozen after curing and cooking.

Home-Cured Bacon

Use pieces of belly pork, streaky if possible. Treat as for ham. The pork may be cut into approx. 1 lb pieces if you wish. Place in large flat covered dish.

Leave 2 - 3 days per pound. Then separate the pieces and freeze them. Slice as thin as possible, cutting while still frozen. Cut off the rind before cooking.

Lard

Run pieces of fat through food grinder and melt slowly in a heavy pan. Pour off the lard as it collects. The grinding and a low fire help to keep the lard white. Store in fridge, covered, and use for pastry. The small pieces of connective tissue left in the pan are "cracklings" and will flavor corn bread, potatoes, etc.

LAMB

Lamb is available in the market, but is more often mutton (an animal that is older than 1 year), and can have a very strong (disagreeable) flavor. This can be mitigated a bit by sprinkling the meat with vinegar before cooking it.

Leg of Lamb

Melt:

1 c butter

Add:

2 t powdered piment

1/2 of a whole garlic cut in slivers

Let stand 1/2 hour. Take slivers of garlic and insert into meat with knife. Rub butter/piment into meat and place in roasting pan.

In bowl, mix:

3/4 c soy sauce
3/4 c water
juice of 2 lemons

Baste while baking, always adding water so there is plenty of sauce to serve with the meat.

Moroccan Couscous

Saute 2 -3 min in oil:

1 c chopped onion
1 t powdered coriander
1 T salt
1 t crushed dry red pepper
1/2 t saffron
1 t powdered cumin

Add and simmer 1 hour:

2 1/2 lb boneless lamb, cut in 2" cubes
a 3 lb. chicken, cut up
2 liters water

Add and simmer until vegetables are tender, but crisp:

1 lb carrots, cut in 1" chunks
2 sweet green peppers, cut in 1/2" strips
1 lb fresh tomatoes, cut in 1" wedges
1 lb marrow, cut in 2" rounds (or zucchini)
12 oz green beans or chick peas

Heap all onto a bed of couscous on a very large platter.

Peanut Sauce with Pork and Mutton

Cut into small pieces:

6 oz. mutton
6 oz. pork

Wash in salted water. Add salt and a little white pepper.

Steam for 15 minutes. Grind together:

1 lg onion
8 oz fresh tomatoes
1 or 2 lg pepper

Add to tomato/pepper mixture and boil 7 min:

2 c hot water
3 okra, sliced
3 or 4 small eggplants, cut up

Grind to a paste:

8 oz peanuts

Add 2 T cold water, stir into soup. Add salt, and allow to simmer 10 minutes. Serve with rice.

FISH and SEAFOOD

Lobster

If you're at the beach, you can sometimes get fresh lobster. Cooking them is easy. Get a large pot of boiling salted water, and plunge them in head first. They don't particularly like the experience, and cry and jerk a bit, so let the faint-hearted leave the kitchen first. They should boil for about 5 minutes for a 1 lb lobster, and 3 min more for each additional pound. To remove the meat, cut open the tail covering and pull the meat out.

Shrimp

Drop the shrimp into boiling salted water, and let simmer about 5 minutes. Remove from the water and shell the shrimp. The intestinal vein runs down the center back, and should be removed. You can uncover it by making a surface cut along the center back.

Dried Fish

Dried fish are available almost everywhere. Before using, they should be washed thoroughly. If you don't want too much of the smokey flavor, remove the skin.

Baked Fish

In a buttered baking dish, place fish filets. Cover with:
chopped green onions, both ends
tomatoes
green peppers
parsley
mushrooms (if affordable)
paprika
celery salt
pepper
lemon juice
butter- a few dots

Bake in moderate oven, about 15 - 20 minutes, until the fish flakes when you put a fork into it. Serve with rice.

Poisson à la braise

Scale and clean, but do not remove head or tail:
medium-sized fish

Wash and let dry thoroughly. (If the fish are wet, they will stick to the grill.) Rub the fish with:

salt
piment

Place the fish on a grill over a fire. (If you don't have a real grill, a piece of folded chicken wire will work.) Grill the fish, over a fire that is not too hot, turning as needed.

When the fish is done (flaky), place on a platter and cover with a tomato vinaigrette or a piment sauce.

Tomato vinaigrette: Cut:

tomatoes
onions
garlic
parsley

Mix in:

3 T oil for every 1 T vinegar

Piment sauce: grind up on a stone:

cooked piment
cooked tomato
cooked onion
maggi

Mix together.

Serve with attiéké.

Sweet and Sour Shrimp

Shell and devein:

1 doz med. fresh shrimp

Rub with 1 t salt. Mix:

1 egg, lightly beaten
2 T flour

Place shrimp in this mixture and coat well. Deep fry in boiling hot oil until golden brown. Remove and drain. Make the sweet and sour sauce by mixing:

1 t soy sauce
1 T catsup
1/4 c vinegar
4 T sugar
1 T cornstarch mixed with 1/4 c water
1/2 c water

Bring to a boil and pour over the shrimp. Can also be used on fish fillets.

Spaghetti Langoustine

Cook lobster and spaghetti noodles. Cut the lobster into chunks. Make a heavily garlic-ed cream sauce, with onions and parsley. Add the lobster chunks and heat. Add the spaghetti noodles.

Fish Gumbo

Stir fry in 2 T oil:

1 onion
1 tomato
2 - 3 okra, cut up

Add:

- 1 -2 cups fish
- 3 c water
- 1 bouillon cube
- 2 T tomato paste
- 1 bay leaf
- 1 T Worcestershire sauce
- pepper to taste

Cook to desire consistency. Serve on rice.

OPT: *Chicken Gumbo*: Substitute cooked chicken for fish.

Pilchard Fish Cakes *serves 5*

Mix:

- 3 small cans of pilchards
- enough oats to soak up the tomato sauce
- 1 egg
- sugar, salt, and pepper

Mold into cakes and fry, about 3 min. per side.

Spiced Shrimp

Grind to a paste:

- 1/2 c chopped onions
- 2 minced garlic cloves
- 1 1/2 t salt
- dry red pepper powder
- 1 T lemon juice
- 2 t grated lemon rind
- 2 t brown sugar
- 1 t powdered ginger

Heat 3 T oil in a frying pan, and saute the paste for 3 min, stirring frequently. Shell and de-vein:

- 1 lb. raw shrimp

Chop. Add to paste. Cook for 3 min. Add:

- 1 1/2 c coconut milk.

Blend into shrimp. Cook uncovered 10 min.

Fish Baked in a Banana Leaf (Sri Lanka)

Clean:

1 whole fish, such as cod

Grind or pound together till the consistency of butter:

1 - 2 red piment

4 cloves of garlic

1 small piece of ginger

1 - 2 t salt

1 t each: pepper, turmeric

1/2 coconut, grated

Add to the paste, and rub both inside and out of fish:

1 T lemon juice

chopped coriander leaves

1 T butter and oil

Wash, and flame over fire:

1 fresh banana leaf

Wrap the fish in the leaf. Use a toothpick to fasten. Bake 20 min, either over charcoal or in an oven at 350 F.

Fresh Fish Balls

Mash fish with a fork. Add the juice of a lemon, an egg (if available), chopped onion, salt, pepper, garlic salt, celery salt. Mix well and shape into balls. Roll in corn meal or flour. Fry in oil.

Spinach with Fish and Beef

Brown in 4 T oil:

1/4 c smoked fish or prawns

1 lb. beef, cut in small cubes

Grind, add and sauté:

2 medium tomatoes

1 lg onion

pepper to taste

Add with a little water:

2 t tomato paste

salt, white pepper, and thyme

Cover and cook until beef is tender, stirring occasionally. Add:

1 lb. fresh spinach, washed and roughly shredded.

Cook 5 min. Serve over boiled yams or rice.

GAME MEAT

Bus loads of tourists go to the Carnivore in Nairobi and spend big bucks to taste these wild meats. Profit from their availability!

The wild taste in game is improved by adding a little lemon juice to the meat before frying (except liver).

Gazelle *Delicious! Very much like breaded veal cutlets!*

Take pieces of meat and cut into thin slices or steaks. Pound the meat to make the steaks even thinner. Salt, pepper, and dip in egg and flour. Fry until brown on both sides.

Venison Mario

Blend and bring to a boil:

2 c vinegar

4 c cold water

Turn off heat and add:

2 large carrots

2 cloves garlic

2 T chopped parsley

2 cloves

1 onion

Cool. Marinate in this mixture for 24 hours in a cold place:

4 lb. venison

Take venison out of mixture and dry it. Sprinkle with salt and pepper. Rub with:

3 T flour

Over venison, place:

4 strips salt pork or bacon.

Add:

1 onion

Place in baking pan. Brown venison on both sides in hot oven (30 min). Then add all vegetables in which venison was marinated and a little of the liquid. Lower heat to moderate oven. Baste occasionally with liquid, using enough to make a gravy. Roast for about 1 1/2 hours or until tender. Add:

1 c sherry

Simmer slowly for 10 minutes. Serve very hot.

Monkey

Have the people bring it to you fresh, i.e. without burning the skin off. The female monkey has a very strong taste. You can identify it by its smell even from far away. You can give the hands and feet away.

Monkey can be fried like chicken, used in stews, braised, or ground to make 'monkey-burgers'.

Palm Rat

Don't turn your nose too fast. This is quite a tasty meat which can be used in most rabbit recipes. In the village, once the rat is brought in, it is put over a fire to remove the hair. Ask children or others who sell you such meat to bring it to you fresh and for 25 - 50 CFA, have them skin it for you. Or you can give them the head and tail as compensation, especially if you don't want those parts. Palm rat can be used in most rabbit recipes.

Squirrel *serves four*

Combine and simmer for 2 hours:

- 2 squirrels, cut up
- 1 1/2 c celery
- 1 t salt
- 1/8 t pepper
- 2 liters boiling water

Add and cook till tender:

- 2 c diced carrots
- 2 1/2 c diced potatoes
- 1/2 lb. mushrooms

Combine and stir into stew:

- 1/2 c flour
- 1/4 c cold water

Add:

- 1 T parsley
- Tabasco sauce
- 2 c corn

Heat thoroughly and serve.

Hedgehog

If you can get a hedgehog, wonderful! No doubt it got its name from the fact that it is very similar to pork in taste, perhaps better. Try it in most pork recipes. For example, you can roast it 'piqué à l'ail' with 1/2 c red wine and 1/2 water for basting.

Frogs' Legs

Frogs can be found in many places in W. Africa. Why not eat gourmet when you can?

Stuffed Frogs' Legs

Break the bones in large frog's legs and carefully remove them. In their place, insert pieces of ham the same size. Salt and pepper and dip into a tempura-type batter and deep fry.

Grilled Frogs' Legs

Marinate frogs' legs overnight in the refrigerator in olive oil containing much crushed garlic, salt, and pepper. Grill over charcoal, basting with the garlic and oil. Pour off any excess oil and serve the garlic-oil paste as a sauce with the frogs' legs.

Fried Frogs' Legs

Season and flour frogs' legs and fry in hot butter until golden brown. Sprinkle with chopped parsley, some lemon juice, and browned butter.

OPT: Fry a clove of garlic in the oil before frying the frogs' legs. Serve with shredded almonds and/or fried parsley sprigs.

Turtle

It is quite difficult to get a turtle out of its shell, so perhaps it's best to get help on this. To cook, fry the meat like chicken. Garlic salt adds a nice flavor.

Crocodile

I'm not sure how available crocodile is, but if you get one, the tail is reported to be the best part, then the legs. You can barbecue it, pressure it, or grind it.

RABBIT

Rabbits are not hard to raise and reproduce rapidly. In many areas, Catholics raise rabbits for sale. One rabbit serves 4 - 6 people, and can be used in African 'sauces' like chicken.

Fried Rabbit serves 4 - 6

Clean and cut into serving pieces:

1 rabbit (3 - 4 lbs)

Place in deep dish. Cover with cold water; add:

2 T salt

Let stand in cold place for about 4 hours. Remove. Wash in cold water and dry. Brown in skillet:

6 slices bacon

Remove from skillet. Add:

1/8 lb. butter

pinch of sage

Sprinkle rabbit lightly with pepper and salt to taste. Fry for 15 min., till golden brown. Lower flame; cover; continue frying about 1/2 hour or until tender. Serve very hot with green salad and lemon slices.

Roasted Rabbit

Thoroughly clean, washing in cold water:

1 rabbit (3 - 4 lb.)

Place in a deep pan. Cover with cold, salted water. Marinate 4 hours, then remove. Rinse and dry.

Sprinkle the cavity with:

1 t sage

salt

pepper

Take:

6 slices bacon

Place 4 slices over the rabbit, and 2 inside. Place in baking pan. Add:

2 T olive oil

3 sliced carrots

2 sliced onions

Roast in hot oven about 30 minutes, until brown on both sides. Baste occasionally. Lower heat. Add 1 c hot water. Roast 30 min. more, or until tender.

Rabbit in Mushroom Sauce

Melt in large skillet:

1/4 c butter

Brown on all sides:

1 rabbit (2 1/2 lb.)

Blend in:

3 T flour

3 c water

1 T tomato paste

Cook 2 - 3 minutes. Add:

6 medium whole onions

1 clove garlic, crushed

3 sprigs parsley

1 t salt

1/8 t pepper

1 bay leaf

1/8 t powdered thyme

Simmer 1 1/2 - 2 hours, until the meat is tender. Add:

1 c canned sliced mushrooms, drained

Heat thoroughly.

Civet de Lapin (Rabbit Stew)

Cut into serving pieces, reserving liver:

1 rabbit (2 1/2 - 3 lb)

In small saucepan, cook in boiling water for 5 minutes:

1/4 lb. salt pork

Drain.

In heavy saucepan, heat *2 T butter*. Add salt pork and cook for 5 minutes, till brown. Remove and set aside. Add rabbit to pan and cook for 10 minutes, till browned on all sides. Add:

2 T chopped onion

1 small clove garlic crushed

Continue cooking for 5 minutes, stirring occasionally. Return salt pork to pan. Add:

1 t salt

1/4 t pepper

1 c dry white wine

Bring to boil. Cover and continue cooking briskly for 20 min.
Chop liver and rub through a fine sieve. Remove rabbit from pan. Add liver puree to pan, and cook for a few seconds until sauce thickens, stirring constantly. Remove from fire and add:
2 T butter
Stir until butter is melted. Pour over rabbit. Sprinkle with:
1 T chopped parsley
Serve with boiled potatoes.

Rabbit Stew *serves 4*

Clean and cut into pieces:
1 rabbit (3 - 4 lb)
Place in an enamel pot, cover with salted water (2 T salt). Let stand for 2 hours, then wash in cold running water and dry. Heat 4 T *olive oil* in pot and saute the rabbit for about 20 min. with :
2 chopped onions
Season with salt and pepper. Continue browning. Add:
2 c canned tomatoes
Cover, cook slowly for 20 min. Add:
4 medium sized potatoes, quartered
1 c water.
Cook 1/2 h. longer, or until rabbit and potatoes are tender.

Hasenpfeffer

Place in bowl:
2 1/2 lb rabbit, cut up
1 1/4 c water
3/4 c vinegar
1 onion, sliced
3 bay leaves
10 whole cloves
1 t salt
1/2 t pepper
Cover tightly and refrigerate 2 - 3 days. Remove rabbit and coat with a mixture of:
1/3 c flour
1 t salt
Melt and fry rabbit in:
1/3 c shortening

Gradually add:
 strained vinegar mixture (above)
 brown sugar
Cover and simmer until tender, 1 hour. Add just before
serving:
 1 c dairy sour cream
Heat but do not boil.

Rabbit à la moutarde

Cut up:
 1 rabbit
Spread with:
 dijon mustard
Brown in oil. Remove rabbit from pan. Brown in pan:
 500 gr. sliced onions
Cover and let cook until soft. Add the rabbit, salt and pepper.
Cook till done.
Before serving add:
 2 - 3 T crème fraîche
Serve with noodles or rice.

SNAKE

The best snake meat is python. "Serpent noir" tends to be a bit drier, but is good as well. Don't be afraid.

Stir-Fried Snake

Use snake as any other meat in your stir-fry concoctions.

Snake Soup *(from China)*

Cut into 4-inch pieces:
 1 skinned, cleaned snake
Slash each piece with several diagonal cuts. Dry well and coat lightly with cornstarch. Brown in oil:
 scallion sections
 slices of ginger
Remove from pan. Brown the snake pieces. Return the scallions and ginger, add:
 chicken or fish stock

Bring to a boil and simmer for 10 min. Add:
a little sherry
a little vinegar
chopped Chinese parsley (coriander)
a drop or 2 of sesame oil.
Cover again and simmer a few more minutes.

MAIN DISHES

Attiéké with tomatoes and eggs

In a bowl, mix well with your fingers:

3 c attiéké (prepared)
1 1/4 c chopped onions
3 T tomato paste
1 t chopped garlic
1 t pepper
1/4 t hot pepper
2 t salt
4 medium tomatoes, chopped

In a skillet, heat:

1/2 c oil

Add and stir till cooked:

6 eggs, lightly beaten

Reduce the heat and stir in the attiéké mixture. Stir and cook until the attiéké is heated through.

Variation on Attiéké

Fry:

chopped onion
chopped tomatoes
chopped green peppers
1 bag (2 cups) prepared attiéké

Eat with meat sticks.

Riz Au Gras

Fry in oil until translucent:

chopped onion
tomato concentrate

Add:

- water
- rice
- piment
- dried fish, opt
- vegetables, opt.
- garlic, opt.

Cook until the rice is tender.

Basic Stir-Fry

Slice thinly:

- meat (beef, chicken, pork, snake)
- any combination of vegetables
- bean sprouts (opt)

Prepare the sauce:

- 1 T molasses
- 1/4 c soy sauce
- 1/2 t brown sugar
- 2 T cornstarch
- 1 c water

Brown the meat in oil. Remove from pan. Cook vegetables, either one at a time, or starting with the longest-cooking varieties first, and adding others, orchestrating it so they all get done at the same time. The vegetables should be cooked, but still crisp. Just before they're done, pour the sauce over it, and let it come to a boil. Remove from the pan. Serve over rice or noodles. Sprinkle with peanuts or sesame seeds.

Stir-Fry with Spaghetti

A great solution to left-over spaghetti noodles.

Prepare:

- 250 g. spaghetti noodles, cooked
- 1 - 2 onions, chopped
- 1 - 2 green peppers, cut in long strips
- bean sprouts, optional
- fillet or pork, marinated for 15 min. in 2 t soy sauce and 1 t cornstarch

Fry the meat in a wok or frying pan first. Remove it and fry the onions, green peppers, and bean sprouts. Add the meat and the

cooked spaghetti noodles. Toss, and sprinkle with 1 T soy sauce and 1/2 t pepper.

OPTION: Add garlic and shredded cabbage.

OPTION: Substitute 1 egg per person for the meat, scrambled and cut into thin strips.

Peanut Loaf

1 c peanut butter
1 c cooked rice
1 c soft bread crumbs
2 c milk
1 beaten egg
2 t salt
1/4 t pepper

Mix. Bake in loaf pan, 45 min at 350.

Nut Sausages

1 lb. mashed potatoes
6 oz fried onions
6 oz peanuts, ground
2 eggs
salt and pepper
1/2 t sage

Mix. Shape into sausages. Roll in beaten egg, then in fine dry breadcrumbs. Fry.

Spaghetti Sauce

Brown in oil:

1 lb. ground beef

Add:

1/4 - 1/2 c onion
1/4 c chopped celery

Add:

1/2 T beef bouillon (MAGGI)
1 c water
3/4 c tomato paste
1 lg. can tomatoes, crushed
1/4 t garlic salt, or one clove garlic
1/4 t sage
1/4 t black pepper
1 t salt
1 - 1 1/2 t brown sugar
1/16 t ginger
1/8 t chili powder
1/8 t paprika
1/4 t oregano

Simmer 1/2 - 1 hour. Use for spaghetti or pizza.

OPT: You can add eggplant to spaghetti sauce. If the pieces are small enough to be invisible, no one (under 10) will even notice.

Sardine Spaghetti

Mix:

2 T tomato paste
3 T water
2 c medium white sauce
4 T finely chopped onions
1 can sardines
1 c grated cheese
1 1/2 t salt
pepper
cooked spaghetti

Bake in a moderate oven about 30 min.

OPT: Smoked fish can be used instead of sardines.

OPT: Add corn

Italian Lasagna

This isn't as hard as it sounds. Making the noodles is easier in some ways, because you don't have to boil them and get them un-stuck from each other.

First, make the noodles, (pg 33). Make 1 1/2 recipes. Roll out the dough and cut into 3 large noodles the size of your baking

dish. Let them dry a bit while you make the sauce, etc. You don't have to boil them before using.

Second, make the cottage cheese (pg 143). Let this drain while you make the sauce, etc.

For the sauce, brown:

- 1 lb sausage
- 1/2 lb ground beef
- 1 c chopped onion
- 2 cloves garlic, minced

Add:

- 2 t sugar
- 2 t salt
- 1 1/2 t basil leaves
- 1/2 t fennel seed
- 1/4 t pepper
- 1 lg can tomatoes, broken up
- 1 1/2 c tomato paste

Let this sauce simmer. Meanwhile, mix:

- 2 c cottage cheese
- 1/4 c chopped parsley (or more)
- 1/2 t salt

Grate:

- 1/2 kilo cheese

Place 1 1/2 c meat sauce in pan. Next, add a lasagna noodle, then 1/3 of the cottage cheese mixture, 1/3 of the cheese (adding Parmesan if you have it). Repeat the cycle till it's all used up. Bake for 25 min at 375, until the cheese is bubbly. Let stand 10 min before cutting.

Ravioli

Place in a large bowl and mix:

- 2/3 c flour
- 1 egg
- 1 t oil
- 1 T water
- 1/2 t salt

Knead. Let rest, covered, 1 hr. Roll thin. Leave to dry about 30 minutes, then place spoonfuls of filling in rows 3 " apart, over half the dough. Dip your finger in water and draw along the lines between rows of filling. Cut the unused half of the dough free and lay it on top. Seal the ravioli by pressing along the dampened

lines between fillings. Dry for 2 hours. Cut ravioli apart with a knife, and drop them one at a time into boiling salted water. Cook 20 min. Serve with tomato sauce.

Ravioli Filling: Mix together lightly:

1/4 c bread crumbs
1/2 c cheese (can use cottage cheese) or
chopped meat
1/4 c spinach
1 egg
seasonings

German Ravioli Filling:

Fry:

1/2 lb. pork sausage
onions, chopped
parsley, chopped
2 bread rolls, soaked in water and squeezed out
1/4 c cooked drained chopped spinach
1 egg
salt, pepper, nutmeg, marjoram

Pita Bread Pizza

The Pita (Lebanese bread) makes a great pizza crust. Make some robust pizza sauce, add the grated cheese and toppings and bake. The trick is to melt the cheese without turning the Pita bread into cardboard. Don't leave it in too long.

French Bread Pizza

Slice a 140 gram loaf of French bread horizontally. Spread on pizza sauce, cheese, and toppings. Bake till the cheese is bubbly.

Pizza Crust

2 c flour
2 t baking powder
1 t salt
2/3 c milk
1/4 c oil

Mix the ingredients. Knead a few times in the bowl. Press out into 2 13" circles. Add pizza sauce, cheese, and toppings, bake, enjoy.

Yeast Pizza Dough

Mix:

- 3 c warm water
- 3 T yeast
- 3 T sugar
- 2 t salt
- 6 T oil
- 9 c flour

Knead a bit. Let rise 1 hour. This makes 3 cookie sheets of pizza crust. Bake for 10 min at 350. Add toppings, and bake till bubbly. You can store unbaked dough in the fridge for 6 days.

Sloppy Joes

Brown:

- 1 kilo ground beef

Add:

- 1 c chopped onions
- 1 1/2 green pepper, chopped
- 2 lg. cloves on a toothpick (discard before serving)
- 1 t chili powder
- 1 t cinnamon
- 1 t brown sugar
- 1 t salt
- 1/2 t black pepper
- 2 c tomato sauce (or 1 c tomato paste and 1 c water)
- 1 t Worcestershire sauce
- 1 1/2 T vinegar
- 1 1/2 c hot water
- 2 beef bouillon cubes

Simmer and serve over hot rolls.

Mexican-Food Lovers' Survival Information

For Mexican-food lovers, Africa does not offer much ready made. However, with ingenuity and determination, we can 'bricoler'.

For Mexican flavor, you need 'cilantro', which is fresh coriander. They sell it in the market, under the name of 'persil chinois'.

One small item someone might be willing to send you: green chilis. There is no substitute!

Flour

Combine in mixing bowl:

2 c unsifted flour

1 t salt

1/4 c oil

1/2 c lukewarm water

Knead the dough a bit. Divide into 8 or 11 balls. Roll them out (round). Cook them on an ungreased griddle, about 20 seconds per side. They should get little brown flecks in them when cooked. Use for Mexican dishes.

OPT: To make Tortilla Shells for Taco Salad, take a flour tortilla. Find a metal bowl that's about the size you want your shell to be. Put the tortilla on the outside of the bowl, and plunge it into deep, hot oil and hold it there. Don't let the bowl fill with oil. Let it fry until crisp.

Flour Tortillas #2

Sift together:

2 c flour

1 t salt

1 1/2 t baking powder

Cut in:

1 T margarine

Add:

2/3 c water

Knead well. Refrigerate if desired. Cook as above.

Corn Tortillas *Makes 12*

These are much easier to make than rolled-out tortillas: it's like making crepes. They have a surprisingly good flavor, and hold together well as you negotiate eating a taco and maintaining table manners.

Stir together:

- 1 c sifted flour
- 1/2 c cornmeal
- 1/2 t salt

Add and beat well:

- 1 small egg
- 1 1/2 c cold water

Warm a lightly oiled smooth surfaced frying pan. Place 2 T batter on the pan and spread with the back of a spoon, quickly, to as large a circle as possible, 8" or so. Keep over a low fire. The edges will curl, so you can pick up the edge and peel it off the pan. If it resists peeling, wait a moment, turn down the fire if it's getting too brown. Turn it over, cook about 30 seconds on the second side, and set on a rack to cool. Use these for enchiladas or burritos. Deep fry for tostadas or tacos.

OPTION: Cut into triangles and deep fry for corn chips. Serve chips with guacamole.

OPTION: Add more corn meal and less flour, 3/4 c each.

Corn Tortillas

Boil:

- 1 1/2 c water

Add:

- 2 T margarine.
- 1 c ground corn (corn meal)

Lower the heat and cover the pan. Let it cook for 5 min. Add:

- 1 T margarine

Set aside to cool. Mix:

- 1 1/4 c flour (whole wheat if possible)
- 1 t salt

Stir into the cooled cornmeal and knead, adding water or flour if necessary, until a soft dough is formed. Divide into 12 pieces, and roll into balls. Flatten each ball between plastic zip loc bags, using a small amount of cornmeal to avoid sticking. Press down with a heavy skillet, and then roll out with a rolling pin till it is 6 or

7 inches in diameter. Cook on a hot dry griddle for 1 1/2 min, until flecked with dark spots. Heat up in the oven or fry for taco shells. For chips, roll a bit thinner and cut into desired shapes. Fry in hot oil.

Masa Harina Tortillas

For authentic tasting tortillas and chips! A bit more work, but worth it!

Only two ingredients in this recipe, but both need explanation. Buy dried shelled yellow corn in the market. The men that sell various grains and seeds by the kilo sell dry corn for about 200 CFA per kilo. Lime is what is used to whitewash houses, also called 'chaux'. Usually you have to buy it in large buckets, so you'll probably want to beg/borrow from someone who has a construction project.

In a large pan, cover with water:

1 1/2 kilos dry corn

Mix with a bit of water to dissolve:

1/2 c lime

Add the lime to the pot and cook for about 1/2 hour, till the corn is partially tender. Remove from heat and cool. Wash it in clear, cold water several times until all the husks are washed off the corn and the water comes clear or until all traces of the lime are washed off. Bring the washed corn to the local grinder, and have it ground as fine as possible. (If you have a good grinder, you can do it yourself.) You can freeze the dough if you like.

The dough rolls better if it's warm. If you've frozen it, it will look strange and flaky when it unthaws, but warming it will solve this. Add salt to the dough. Roll a 1 1/2 inch ball out between two zip-lock plastic bags (or heavy plastic) till it forms a 6" circle. The dough will be a bit sticky, especially if it isn't warm. Flour the surface of the bags a bit. Cook on an ungreased medium hot griddle till it seems done. The tortillas can be frozen at this point. To serve, heat, either on a griddle, or by frying in hot oil until somewhat crispy, but not brittle. Fold in half before while still hot. For tortilla chips, cut into desired shapes and deep-fry.

Pita Chips

Pull the two layers of pita bread apart. Spread each piece with butter flavored with garlic and/or onion. Cut the pitas in chip sizes

and shapes. Sprinkle with salt, and/or spices (chili powder, paprika). Bake in a moderate oven, stirring occasionally, until they become crispy.

Quesadillas

Pita bread comes in the large size (about 12" diameter), or the charwama size (about 6" diameter). You can special order the smaller size from Lebanese grocers, or buy it from charwama shops.

The recipe is simple: put some grated cheese in 1/2 or 1/4 of a pita bread, and heat in frying pan until the cheese melts. Fried onions put in the Pita give more flavor.

Chili Sauce

Mix in saucepan:

- 2 c tomato sauce
- 1 med onion chopped
- 1 small green pepper
- 2 red peppers (piment)
- 1 t salt
- 1/4 t cumin
- 1 clove garlic, crushed

Heat to boiling, simmer uncovered for 10 min. Pour over filling in tacos.

Fresh Salsa

Mix together:

- 1 finely chopped tomato
- 1/2 finely chopped onion
- 2 chopped jalapenos
- 1/4 c tomato juice
- 1/4 t salt
- finely chopped cilantro (fresh coriander)
- cumin (ground or seeds)
- finely chopped green pepper (opt)
- finely chopped parsley (opt)
- chili powder (opt)

Adjust seasonings.

Chili Con Queso

Cook tomatoes with onion and seasonings. Add and melt 1 lb. cheese, which is cut into chunks. Blend. Add chili powder. Keep hot. Serve with pita chips.

Guacamole

Mash:

2 ripe avocados

Add:

1 T salad oil

1 T lime juice

1 T chili sauce

1 T minced onion

1 T minced green pepper

salt and pepper

Set in fridge, with the avocado seed on top to keep it from turning brown. Serve with chips.

Pita Tostadas

Spread a single layer of a Pita with butter or oil. If you have the large pitas, cut them in quarters for a more manageable tostada. Fry until it becomes crisp. If you're not cholesterol conscious, you can fry it in oil.

Layer on top of the tostada:

fried ground beef

onions

chopped lettuce

chopped tomatoes

grated cheese

picanté sauce

Spanish Rice

Chop finely:

onion

green pepper

parsley

garlic

Fry in oil:

2 c rice

Add the chopped items. Fry till translucent. Then add:

1 small can tomatoes, broken up

2 t salt

4 c water

chili powder

Cook till tender.

Refries

Find a dry bean that looks most similar to a pinto. Soak overnight, or boil for 1 minute and let stand for 1 hour. Cook in a pressure cooker with onions and piment until VERY soft. Overcooking them makes them easier to smash. Drain, saving the juice in case the beans are too dry. Smash with a potato masher, or with a mixer, or in a frying pan with the back of a wooden spoon. Traditionally, refries are beans refried with lots of grease, crushed with the back of a wooden spoon. So, add butter or grease as your conscience allows. Spice as desired: cilantro (Chinese parsley), cumin, chili powder, salt, pepper.

Taco Filling

Brown:

1/2 k hamburger

Add:

3/4 c water

1 med onion chopped

2 T chili powder

1 t salt

1/2 t ground cumin

1 clove garlic, crushed

Heat to boiling. Simmer uncovered until thickened, about 10 min. Serve on fried corn tortillas folded in half. Top with chopped lettuce, tomatoes, and chili sauce or fresh salsa.

Shredded Beef

Market meat is great for this. Buy a chunk. Clean it a bit. Place in a pressure cooker with chopped onions, hot peppers, black pepper, salt. Add water, about 3 inches. Pressure for a good while, 45 min. When done, shred the beef by pulling it apart with a fork. Use in tacos and enchiladas.

Green Enchiladas

Prepare:

1 cooked chicken, cut up into strips

3/4 c chopped green onions

300 grams grated cheese

In a skillet, cook one at a time in hot oil for about 15 seconds on each side:

12 corn tortillas

On each tortilla place 3 T cheese and 1 T onion, and some chicken, and roll up. Place filled tortillas seam side down in a baking dish.

In a sauce pan, melt:

1/4 c butter

Add:

1/4 c flour (blend in)

2 c chicken broth

Cook until it thickens. Then stir in:

1 c drained yogurt

1 can green chilies, chopped

Heat through, but don't boil. Pour over tortillas, and bake for 20 min at 425 F. Sprinkle with grated cheese 5 min before done.

Serve with fresh salsa.

Cheese Enchiladas

Grate:

750 g cheese

Set a bit aside for topping. Mix the rest with:

2 green onions, chopped

1/2 c margarine

Separate mixture into 12 sections. Roll each section into sticks the length of a tortilla. Soften in hot oil:

12 corn tortillas

Place cheese stick in tortilla and roll up. Place in 13 x 9" pan and cover with sauce. Top with cheese and minced olives.

Sauce: Mix together and simmer 1/2 hour:

1 can green chilis

1/4 c flour

1/4 t marjoram

1/4 t oregano

1 1/2 t chicken maggi

2 c chicken broth

2 c crushed tomatoes, with juice

1 1/2 c water

Yogurt and Milk Productions

Drained Yogurt *A sour cream substitute*

This has a much less of a yogurt-y taste, and so it works much better as a substitute for sour cream than plain yogurt. It can be used for cheesecake, baking, as sour cream for potatoes (add chives, which are the tops of- green onions), for sandwich fillings, etc.

Pour yogurt into a colander lined with cloth. Set it over a bowl and drain, at first over the sink, and then when it drains slower, put the colander over a bowl, and transfer to the fridge for 12 - 24 hours. Or, put the yogurt in a piece of muslin and let it hang above your sink overnight.

Preserving Cheese *If you don't have a fridge and need to keep cheese, you can seal it in wax, but be sure the wax doesn't crack as you bump along down the road. OR you can wrap it in a cloth soaked in vinegar or wine.*

Cottage Cheese *made with yogurt*

Very easy.

Boil together:

3 c milk (liquid)

1 c yogurt

It will separate. Strain through cloth. Dress with whole milk and salt. Refrigerate. Makes approx. 1 cup.

Soft Cream Cheese

Do you find the half-eaten rotting squares of KIRI embarrassing? You can unwrap them all into a small container, let soften, beat in some milk, and have a pot of soft cream cheese. Easier to spread. It doesn't keep as long as the wrapped squares though.

Buttermilk *for cooking*

Have regular milk at room temperature. In the bottom of a 1 c measuring cup, put:

1 T lemon juice or white vinegar

Fill the cup with milk. Stir. Let sit for 5 min.

Cream Substitute #1

1 c unsalted butter
1 c milk
1 t gelatin

Heat gently to dissolve and melt. Cool. Stir with a wooden spoon, then put in a blender for 30 seconds. Leave it in a jar in the fridge several hours or overnight. This can be whipped or piped. Adding a teaspoon of Dream Whip powder will make it ready to use sooner.

Cream Substitute #2

Beat until soft peaks form:

1/2 c ice cold water
1/2 c milk powder

Add:

3 T lemon juice

Add, while beating, 1 spoon at a time:

3 T sugar.

Chill 1 hour.

Cream Substitute #3

Mash:

1 medium banana

Beat stiff:

1 egg white

Add the banana, 1 tsp at a time. Add:

1 t sugar.

Chill, and use for fruit or pudding.

Cream Substitute #4

Chill thoroughly:

1 can evaporated milk

Whip with electric beaters. It will increase in volume three times.

Lo Cal Cream Substitute

Soak:

1 T pure gelatin

In:

1 c skim milk

Heat to dissolve the gelatin. Add:

1 T honey

1/2 t vanilla

dash salt

Whip to consistency of whipped cream. Use at once.

Dried Milk

Nido has great flavor and is easy to mix. For cooking however, there is a much cheaper brand of powdered milk which they sell in little shops and in the market in plastic bags. It costs about 650 CFA per kilo. Some people buy a 25 kilo sack, but then you have to store it. The price per kilo and by sack is about the same.

If you store your milk with a vanilla bean in the container, it will improve the flavor of the milk.

Yogurt basics

Every cook has, after much effort, found his/her yogurt recipe which he/she feels is THE way to make yogurt. We have compiled several here for you to consider.

Use 2 t starter to 4 c liquid. Using more will make the yogurt sour and watery, as the bacillus does not like to be crowded.

Sour yogurt or curdled yogurt can be used in baking for buttermilk and as a starter for a new batch. The more milk powder you add, the thicker the yogurt will be.

Yogurt curdles and separates if the milk is too hot.

Yogurt #1

Mix:

- 8 c water, 125 degrees F.- 50 degrees C.
- 3-4 c milk powder
- 2 T yogurt 'nature actif'

Put this in a covered container in a warm water bath (125 F.) in a cooler for approx. 4 hours. Controlling the temperature of the ingredients and the environment makes a yogurt that does not go sour quickly in the fridge.

Yogurt #2

- 1 carton of yogurt
- 1 lg. can evaporated milk
- 1 c powdered milk
- enough water to make 1 liter

Heat the condensed milk, powdered milk, and water until lukewarm. Whisk the yogurt in a bowl. Add a little milk and whisk. Add the remaining milk and mix. Cover the bowl and wrap in a towel. It should be yogurt in 6 - 8 hours.

Yogurt #3

Mix well:

- 2 c water at room temperature
- 2 c milk powder
- 2 T yogurt starter

Add:

- 2 c nearly boiling water

Cover, and set in a quiet corner. Wrap in a thick nest of towels (like 8). Check after 3 - 4 hours.

Yogurt #4

Mix:

- 3 1/2 c cold water
- 3 c milk powder
- 2 1/2 c boiling water
- 1 can evaporated milk
- 3 T yogurt

Let sit in warm place till thick.

Yogurt with stuff in it

Affectionately named, a take-off on what the Swiss make but we can't pronounce (Bichermeusli). We like it for breakfast.

Mix:

1 c oats

1/2 c sugar

juice of 2 oranges (or a shot of orange syrup)

1 apple, cut up

3-4 bananas

some raisins, 1/4 c or so

2 1/2 c yogurt

Serve with peanuts. Coconut strips are good in/on this too. Actually, you can use any type of fruit.

Snacks

Cucumber-Onion Dip

8 oz cream cheese
1 T grated onion
3 T grated cucumber
dash of garlic salt

Soften the cream cheese, then mix in grated onion and cucumber. Mix together well and add garlic salt. If too thick, add more cucumber or a little yogurt. Good with fresh vegetables or chips. Best made several hours ahead.

Cucumber and Yogurt Dip

Blend cucumber and yogurt to taste. Season with pepper. Add green color and celery salt.

Garbanzo Bean Dip

2 lb. garbanzo beans, cooked
1 minced clove garlic
1/4 c Italian dressing
salt, pepper, paprika

Mash beans and garlic together. Add remaining ingredients. This is excellent with fresh vegetables.

OPT: Use other beans. Add onion, curry powder, and red pepper.

Hummus

To 2 c chick peas, add:
4 cloves garlic
1/4 c lemon juice

Blend, adding oil a little at a time, until the consistency is dip-like. Season with:

2 t ground cumin
1 1/2 t salt

Serve on a bed of lettuce, accompanied with pita bread.

Curry Dip *for vegetables*

Mix and chill:

- 1 c mayonnaise
- OR 1/2 c salad dressing and 1/2 c yogurt
- 2 t lemon juice
- 1 t curry powder
- 1/2 t minced onion
- 1/2 t Worcestershire
- 1/4 t hot pepper sauce
- 3 T catsup
- salt and pepper

Keep in fridge.

Curried Cheese Puffs

Mix together:

- 1 c flour
- 1 c grated cheese (cheddar)
- 1 t curry powder
- 1 t garlic salt

Beat until stiff:

- 2 egg whites.

Fold into cheese mixture with:

- 1 T dry sherry.

Shape into small balls. Freeze. To serve, place on greased cookie sheet at 350 F for 25 - 30 min. Raise the temperature to 450 F till brown.

Olive Cheese Puffs

Blend:

- 2 c grated cheese
- 1/2 c soft butter

Stir in:

- 1 c flour
- 1/2 t salt
- 1 t paprika

Mix well. Wrap 1 t of mixture around:

- 48 stuffed olives

Arrange on a baking sheet or flat pan and freeze firm. The place in plastic bags and return to the freezer. When ready to use, bake 15 min at 400 F.

Cheese Spread

Mix and store in fridge:

1 lb grated cheese

1 c wine

finely chopped parsley

Peanut Preparation

1. To blanch: Cover raw shelled peanuts with boiling water. Let stand about 5 min. or until brown skin will slip off easily. Do only a small amount at a time to prevent them getting soggy. Also the skins slip off easier when still hot. Dry nuts and cook in your favorite way.

2. To dry roast: Cook in a heavy pan over medium heat:

2 c raw shelled peanuts, blanched or not

1/2 c water

2 t salt

Cook till the water evaporates, stirring so all the peanuts get salted and don't burn. Continue cooking till the peanuts are done, or spread out on a baking sheet and bake in a low oven, stirring, for about 30 - 40 min.

3. To cook in sand: This is the way the bottled peanuts are prepared. It is a tremendous amount of work. First boil the peanuts in water and then dry in the sun. Get some sand. Heat it in a heavy skillet. Add peanuts with the skins still on. Stir and cook until the skins change color. Remove peanuts from the sand by putting it all through a sieve with big holes. Remove the skins.

Deep Fried Peanuts

This is a quick way to cook peanuts and they are not greasy.

Deep-fat fry raw shelled peanuts (with red skins on). Be careful not to over cook as peanuts continue to brown while cooling. Drain and salt while hot.

Sugar Peanuts

Mix, and boil:

2 c sugar

1 c water

Add:

4 c raw peanuts, with red skins left on

Boil till the nuts are dry. The sugar forms on the nuts. Turn out onto trays, and bake in low oven 15 minutes if they aren't completely dried out.

OPT: Add cinnamon with sugar and water.

Peanut Butter

1 kilo raw peanuts

1 t salt

1/2 c oil

Roast peanuts at 300 F until medium brown, about 1 1/2 hours. When skin comes off easily, they are done. Remove all skins and grind in meat grinder. Grind once with a fine blade. Add oil in which salt has been dissolved (heat oil and salt a little). Blend, grind again. Makes 4 to 6 cups.

OR grind the peanuts in a blender, using as much oil as necessary to keep the mixture liquid enough for the blender to handle. Add the peanuts progressively. Put the peanut butter in a jar. The extra oil will rise to the top. It can be removed, and used in cooking. (Leave enough oil to mix in to make a nice consistency.)

NOTE: Market peanut butter often has other products mixed in for volume. Sometimes it has picked up a piment flavor as it was made (less nice for peanut butter and jam sandwiches). It most likely contains germs too. To sterilize it, you can heat it in a frying pan and stir till it bubbles, or pressure it for 5 minutes in a pressure cooker. It tends to get pasty both ways, so add a bit of oil to compensate.

Cashew Nuts

Cashew nuts should always be roasted outside. They give off fumes that are harmful to most people. Handle the roasting nuts with a long instrument so you won't get in the fumes.

Sauces, Condiments, etc.

Maple Syrup

Heat equal amounts of sugar (preferably brown) and water. When it boils, add about 2 tsp. of cornstarch per cup of water. Mix the cornstarch with a bit of water, and add it to the syrup. Add about 1 tsp. mapeline flavoring. Bring it to a boil again.

Opt: Add 1/4 t vanilla, and 1/4 t salt.

Coconut Syrup

Make coconut milk (see index). Add equal amount of sugar, and boil till it makes a thin syrup. Delicious on pancakes.

Homemade Corn Syrup

This is to use in cooking, not for pancakes!

Bring to a boil:

4 1/2 c sugar

1 c water

1/2 t powdered alum

Coffee Cream

Combine and mix at high speed in blender:

1 c fresh skim milk

1 T vegetable oil

1/2 c dry skim milk

Cran-da-berry Sauce

Cover da flowers with water in a saucepan, and boil for 10 min. Strain out the flowers (saving the juice), and put through a meat grinder. Return to the juice, and sweeten to taste.

This can be used as a condiment for meat, or in recipes for cranberry bread, etc.

Cheese Sauce

In the absence of 'real' cheese, 'Vache qui rit' portions added to a white sauce make an acceptable cheese sauce.

Catsup#1 *from tomato paste*

Measure into a saucepan and cook until thick:

- 1 c tomato paste
- 1 c water
- 3/4 tsp. salt
- 1/3 c sugar
- 1/8 tsp. cloves
- 1/4 tsp. allspice
- 1/8 tsp. cinnamon
- 1/2 c mild vinegar
- 1 lg. clove garlic, sliced
- 1/4 c onion, finely chopped
- 1/4 tsp. paprika

Catsup #2 *from fresh tomatoes, makes 4 liters*

Chop and cook:

- 30 lb. tomatoes
- 10 onions
- 6 sweet peppers

This should result in 4 liters of pulp. Add:

- 1 - 2 c sugar
- 1 liter vinegar
- 2 T salt
- 1 t cinnamon
- 1 t mustard
- 4 t other spices as desired: paprika, celery seed, black pepper, allspice, dash of mace, cloves, bay

Simmer slowly, stirring often, until it is thick. Bottle in sterile jars.

Barbecue Sauce

Mix:

- 1 c catsup
- 1/3 c molasses
- 2 T vinegar
- 1 T worcestershire
- 1 clove garlic, minced
- 1 t salt
- 1/2 onion, minced

Pour over meat during last 30 min of cooking.

Chili Sauce

Mix:

- 4 liters chopped ripe tomatoes
- 3 c chopped onion
- 8 sweet peppers, chopped
- 7 c vinegar
- 2 c sugar
- 1/4 c salt
- 1 T each: cinnamon, allspice
- 1 t each: ground cloves, cayenne
- 3-4 hot peppers or to taste

Simmer for 3 - 4 hours, stirring occasionally. Bottle.

Mango Chutney #1

Mix:

- 2 lb. cut mango pieces (almost ripe)
- 2 c sugar
- 1 c raisins
- 1 c vinegar
- 1 c water
- 1 T curry powder

Boil and stir 30 minutes. Bottle.

Mango Chutney #2

Mince:

- 1 lb. mango or green tomato
- 1/2 c raisins
- 1/2 c currants
- 3 red peppers

Add:

- 3/4 c sugar
- 2 T onion, chopped
- 2 T fresh ginger
- 1 pt vinegar

Simmer 40 minutes.

OPT: Add 1 t each: mace, ginger, nutmeg, and mixed spice.

Mango Chutney #3

Good with curry or cold meats.

Boil together, stirring often:

- 6 dry chilis
- 2 T garlic, chopped fine
- 2 large onions, chopped
- 1 c vinegar
- 2 c brown sugar

Add:

- 2 - 3 c chopped pineapple
- 4 slightly green large mangos

Continue to boil, stirring often. When chutney thickens (it should be thicker than jam), remove from fire. Put in jars and seal.

Hot Dog Relish

- 4 c ground green tomatoes
- 4 c ground onions
- 4 c ground cabbage
- 12 green peppers, ground
- 6 red peppers, ground

Mix ground vegetables and stir in 1/2 cup salt. Let stand overnight. Rinse and drain dry, then combine these ingredients:

- 6 c sugar
- 1 1/2 tsp. turmeric
- 1 T celery seed
- 4 c vinegar
- 1 t mustard seed
- 2 c water

Pour over mixture; heat to boiling and let simmer 3 minutes. Pack in jars and seal.

A-1 Steak Sauce

Mix, bring to boil, cool, and bottle:
2 c vinegar
2 T molasses or brown sugar
2 t allspice
2 t salt
1 t dry mustard
3 t cornstarch
2-3 sugar cubes

Teriyaki Sauce

Mix together:
1/4 c oil
1/4 c soy sauce
2 T catsup
1 T vinegar
3 cloves garlic, crushed
1/2 t pepper

Marinate chicken in this all day. Broil.

Company Best Bread and Butter Pickles

Wash and place in large container:
10 medium cucumbers

Cover with boiling water, and let stand overnight. Drain the following day. Repeat pouring boiling water on cucumbers for each of the next 3 mornings. If possible, do it at the same time each day. (This makes them crunchy.) On the 5th day, drain and slice cucumber into 1/2" pieces, and return to container.

Combine and bring to a boil:
8 c sugar
5 T salt
4 c cider vinegar
2 T mixed pickling spices

Pour over cucumbers, and let stand 2 days. On the 3rd day, heat cucumber and syrup. Place in jars and seal while hot.

Dill Pickles

Boil together for 3 min:

- 1 c vinegar
- 3 c water
- 1/4 c rock salt

Fill quart-size jars with:

- slices, spears, or whole cucumbers
- 5 cloves garlic per jar
- 1 T dill seed
- small amount of alum

Pour liquid over cucumbers. Seal jars.

Papaya Pickles

Cut into pieces:

- firm, yellow papayas

Make a syrup of:

- 1/2 c vinegar
- 1 c sugar
- 1 t pickling spice

Pour syrup over papayas. Bring to a boil. Pack in sterilized jars.

Sweet Cucumber Relish

Mix:

- 8 lg. ripe cucumber, sliced
- 1/4 c salt

Let stand overnight in the fridge. Drain. Grind coarsely, with:

- 4 lg. onions
- 4 lg sweet peppers

Place in large pot. Add:

- 4 1/2 t each: celery seed, mustard seed
- 2 1/2 c sugar
- 1 1/2 c white vinegar

Boil 30 minutes. Seal in jars.

Sweet Pepper Relish

Grind:

- 3 dozen very large sweet peppers
- 20 small onions

Pour boiling water over, let stand 20 min., drain. Pour boiling water a second time, let stand 20 min., drain. Combine:

3 c white vinegar

3 c sugar

2 t salt

Add peppers and onions. Boil 20 min. Pack in sterile jars.

Zucchini Relish

Grind up and let stand overnight:

2 bell peppers (1 red, 1 green)

10 c zucchini

4 c onion

5 T pickling salt

Drain and rinse with cold water. Place in kettle and add:

2 1/2 c cider vinegar

4 c sugar

1 t each: nutmeg, turmeric, mustard seed, dry mustard,
cornstarch

1/2 t pepper

1 t cinnamon

2 t celery seed.

Cook for 30 min. Seal in hot jars. Makes about 7 pints.

Soup and Salad and Sandwich

Tomato Soup

Saute:

- 2 T margarine
- 2 T onion, chopped

Blend in:

- 3 T flour
- 2 t sugar
- 1 t salt
- 1/8 t pepper
- dash of garlic salt, basil, oregano, thyme

Remove from heat. Gradually stir in

- 2 c tomato juice OR
- 2/3 c tomato paste mixed with 1 1/4 c water

Bring to a boil, stirring constantly. Boil 1 min. Stir hot tomato mixture into:

- 2 c cold milk

Heat almost to boiling and serve.

NOTE: If you use too much tomato paste, the milk will curdle.

If you have a blender, you can mix this all together very quickly and without bumps, and then heat it.

Potato Soup

This is a take-off on scalloped potatoes, which we liked very much but found a bit dry, and not cheesy enough.

Cook in a large pan, covered with water:

- potatoes - 1 per person
- leeks - 2 - 3 bunches
- ham, chopped
- parsley, 1/2 bunch
- a few green onions, both ends

When the potatoes are cooked, add:

- 1 can evaporated milk
- spices: paprika, celery salt, pepper, salt.
- flour to thicken, about 1/3 c, mixed with water or milk

Let it cook a while longer. If too thick, or if you need more soup, add more regular milk. Finally, add:

- some grated cheese, about 1 1/2 c

Basic Soup

Wash, cut up:

- leeks or onions
- carrots
- potato
- parsley
- celery
- any left-over vegetables

Cover with water, add:

- 2 chicken or beef bouillon cubes
- salt
- pepper

Pressure for 5 min. Puree and dilute if too concentrated.

Cream of Mushroom Soup

Boil about 15 min, till tender:

- fresh or smoked mushrooms (found in market)

Drain and save the water. Chop mushroom caps finely (the stems are usually too tough). Using the mushroom water and powdered milk, make:
a white sauce

Add the chopped mushrooms and spice as you like.

OPT: You can make cream of anything soup in this same way.

French Onion Soup

Melt 6 T butter in skillet. Add:

- 4 lg onions, sliced or chopped fine

Cover tightly and steam over a low flame until pureed and soft.

Add:

- 3 c chicken broth
- 3 T flour
- pinch sugar, salt, pepper
- 1 cup dry white wine

Simmer 1 hour, or pressure for about 10 min. In serving bowls place croutons and grated cheese. Cover with hot soup.

Mushroom Soup Substitute

For cream sauces, fry onions in oil. Add 1 can evaporated milk, and 2 Tbsp. flour mixed with a bit of water. Add spices (paprika, celery

salt, salt, pepper, parsley) and let it cook till thick. If you need more, or it's too thick, add regular milk.

Creamed Spinach Soup

Blend:

2 T melted butter

3 T flour

Add, cook, and stir smooth:

up to 4 c milk

1 c cooked, pureed spinach

Add seasonings:

grated onion

dash nutmeg

paprika

Pumpkin Soup Serves 6

Melt in saucepan

2 T butter

Sauté and let cook 5 min:

1/4 c chopped green pepper

2 T chopped onion

parsley

1/8 t thyme leaves

1 bay leaf

Add:

1 c canned tomatoes

2 c pumpkin puree

2 c chicken broth

Cover and simmer 30 min. Press through a food mill or strainer.

Blend together:

1 T flour

1 c milk

1 t salt

1/8 t pepper

Add to soup. Bring to a boil. Serve.

King's Arms Tavern Cream of Peanut Soup

Chop and saute in 4 T oil:

1 med onion

2 celery stalks

Add 1 T flour, then 1 c stock and blend well. Bring to a boil. Puree.
Blend with puree:
7 c stock
2 c rich milk
1 c peanut butter
seasonings
Heat gently without boiling. Serve hot or cold.

Chilled Peanut Soup 4 - 5 servings

Weigh and grind:
2 oz peanuts
Heat to scalding, and pour over the nuts:
1 cup milk
Melt, saute until soft:
1 T butter
1 small onion, minced
Add, stirring well:
1/4 c flour
Blend in:
3 c strong chicken stock
Boil 7 - 10 min. Then add nuts and milk. Blend:
1 egg yolk
2 1/2 oz cream
Add a little hot soup to them, then blend into soup in pan. Cook 2 minutes. Chill before serving.

Lentil Soup with Lemon

In a 5 qt. kettle, combine:
1 1/2 c washed lentils
8 c water
4 beef bouillon cubes
Cover and simmer. Add to simmering mixture:
1 med potato, peeled and diced
2 bunches Swiss chard leaves (1 1/2 lb.), (cut off heaviest part of stems), sliced in 1/2" strips
Simmer 40 min. In a frying pan, saute until golden in 6 T olive oil:
1 med. onion, finely chopped
Mince finely:

3/4 bunch of coriander (or 3/4 t ground)

3 cloves garlic

Add to onions and saute a few minutes. Add onion mixture to soup. Stir in:

3/4 t salt

1/4 t pepper

1/2 t ground cumin

3 T lemon juice

Let simmer 5 min. Garnish with:

lemon slices

1/4 bunch coriander, chopped coarsely

For a real Lebanese meal, serve with Tabbule and pita bread.

Creamy Lentil Soup

Combine and bring to boil:

1 c washed red or brown lentils

4 c water

Add and simmer until soft:

1 lg. potato, peeled and diced

Meanwhile, saute in 2 T butter about 15 min:

1 small onion, minced

Add to soup:

2 cubes beef bouillon

2 cubes chicken bouillon

Pass the soup through a food mill. Season to taste. Return to kettle and stir in:

1/2 c light cream or milk

Serve with seasoned croutons.

Green Bean Soup

Simmer until tender:

- 6 c water
- 2 t salt
- 1/2 t pepper
- 2 lb potato or yam, peeled and cut in chunks
- 2 lg onions
- 2 med tomatoes
- 1/4 c chopped parsley and celery leaves
- 1/3 c peanuts

Put in blender. Return to pan. Simmer until tender in the soup:

- 1 lb. fresh green beans, cut thinly

Garnish when serving with:

- 1 T chopped chives

Tanzanian Coconut Bean Soup

Saute 5 minutes:

- 1/2 c onion
- 1/2 c sweet peppers
- 1 t curry powder
- 1 t salt
- 1/4 t pepper
- 3 T oil

Add and simmer 10 minutes:

- 1 c fresh chopped tomato
- 2 c cooked beans
- 1/2 c cooked rice
- 2 c coconut milk

Spinach Soup

Steam with very little water:

- 3 - 4 qt. washed spinach leaves
- 1 - 2 onions, sliced

Blend. Boil with spinach 5 min.:

- 2 c chicken bouillon
- 1/2 - 1 t hot red pepper powder

Gazpacho *6 servings*

Combine:

- 1 c finely chopped peeled tomatoes
- 1/2 c chopped green pepper
- 1/2 c finely chopped celery
- 1/2 c finely chopped peeled cucumber
- 1/4 c finely chopped onion
- 2 t finely chopped parsley
- 2 t chopped chives
- 1 small clove garlic, minced
- 2 1/2 T wine vinegar
- 2 T olive oil (opt)
- 1 t salt
- 1/4 t pepper
- 1/2 t Worcestershire sauce
- 2 c tomato juice (or equivalent paste + water)

Cover and chill thoroughly several hours.

OPT: Blend in blender 1 min. Serve with garlic croutons.

Chilled Cucumber and Yogurt Soup

Beat well:

- 2 c yogurt

Add:

- 2 c well-flavored chicken stock

Add:

- lemon juice
- salt, pepper
- 2 T chopped parsley
- 1 T chopped mint

Chill for 4 - 5 hours. When ready to serve, add:

- 1 grated cucumber, seeds removed.
- 2 ice cubes in each bowl

Chilled Avocado Soup

Blend 30 seconds:

- 3 avocados, mashed
- 1 1/2 c chicken broth
- 1 1/2 c water
- 1 T lemon juice
- 1/2 t salt
- 1/4 t chili powder

Stir in:

- 1/2 c cream or yogurt

Sprinkle on top when serving:

- crumbled crisp bacon

Non-classic Vichyssoise

- Sauté golden in 2 T butter
- 2 medium onions, or part leek

Add and simmer 15 minutes:

- 8 lg potatoes, sliced thin
- 4 c stock

Remove from fire. Add:

- 1-1 1/2 c diced cucumber.

Blend all of the above, or put through food mill. Stir together and add:

- 1 - 2 c cream, double thick milk from powdered milk, or yogurt and milk
- dash of mace or nutmeg
- salt and pepper

Chill for several hours. Serve with chopped chives and/or a spoonful of yogurt.

Gazpacho Salad

Mix in salad bowl:

- 1 lb. sliced tomatoes
- 1 lb. cucumber, thinly sliced
- 1 lg sweet pepper, in rings
- 1/2 c onion, in rings

Mix and add:

1/3 c oil

1/3 c wine vinegar

1 T chopped chives crushed into 1 t salt pepper

Chill 2 hours.

Salade Bassamoise

1 can tuna - in water

1 large onion, cut in wedges

tomato, cut in pieces

parsley, chopped fine

oil

prepared attiéké

Maggi sauce

Heat oil in skillet. Saute onion until clear or lightly browned. Add tuna - heat thoroughly. Add attiéké, cooking until heated. Remove from heat. Gently stir in tomato and parsley. Sprinkle liberally with Maggi sauce.

Couscous Salad

A great way to use up left-over couscous.

Combine:

2 cups couscous, cooked and cooled

1 c peeled seeded, chopped cucumbers

1 c chopped tomato

1 med. onion, minced

1/4 c chopped parsley

1 bunch mint leaves, minced (OPT)

Mix separately:

1/3 c oil

2 - 3 T red wine vinegar or lemon juice

1 t Dijon mustard, OPT

salt and pepper to taste

Pour over couscous mixture. Toss gently. Chill. Serve on lettuce leaves.

German Hot Potato Salad *Serves 4 - 6*

Boil:

1 1/2 lb. potatoes, sliced

Sauté until crisp:

6 strips bacon, chopped

Drain off excess fat, leaving enough to brown:

1 med. onion, chopped

Sauté. Add:

1/3 c vinegar

1/2 c water

1/2 c chopped parsley

2 t flour

3 t sugar

1 1/2 t salt

1/4 t pepper

Cook slightly until thick. Add potatoes and blend well. Serve warm.

Papaya Goddess Salad

Cut in half lengthwise

2 papayas

Scoop out seeds. Combine:

2 c shredded cooked chicken

1/2 c sliced green onions

Dress with:

1 c mayonnaise

2 T chopped parsley

1 T tarragon vinegar

1 t capers

1 t tarragon, crumbled

1/4 t salt

Heap mixture in papaya halves. Arrange on lettuce-lined plates.

Cucumber Onion Salad

Mix together:

- 1 -2 cucumbers, sliced
- 2 T sugar
- onion, sliced (opt)
- 1/2 t salt, pepper
- 1/4 c vinegar
- 1/4 c water

Chill 1/2 hour.

Melon-Cucumber Salad *Serves 4*

Mix:

- 1/2 c oil
- 1 t sugar
- 2 T lemon juice
- 1/8 t pepper

Toss with:

- 1 medium cucumber, thinly sliced
- 2 c watermelon pieces

Cover and refrigerate. Serve on lettuce.

Bean Salad

Cook 3 types of beans, 2 cups of each. Cool. Mix and pour over them this dressing:

- 3/4 c sugar
- 1/3 c salad oil
- 2/3 c vinegar
- 1 t salt
- 1/2 t pepper

Add thinly sliced onion rings and green pepper. Sweet pickle is optional.

Chinese Salad

Mix in heavy skillet:

- 1/2 c slivered almonds or whole peanuts
- 3 T sugar

Stir over medium heat until sugar coats the nuts. Remove and cool. Toss:

- 3 green onions, chopped
- 1 c celery, optional
- 1 c orange sections, with membranes removed

Mix and chill:

- 1/2 t salt
- dash pepper
- 1/4 c oil
- 1 T chopped parsley
- 2 T sugar
- 2 T vinegar

Just before serving, toss dressing and nuts with salad.

Tabbouleh Serves 8 - 10

This is a Lebanese salad. Lebanese sell bulgur wheat.

Wash well and soak in hot water 1 hour:

- 1/2 c bulgur wheat

Squeeze the water out of the bulgur with your hands. Place in a large dish. Wash and chop fine:

- 1/4 kilo parsley
- 2 medium cucumbers (up to 1/4 kilo)
- 1 green pepper
- 1/2 c mint leaves
- 3 med. tomatoes
- 2 green onions

Mix well. Add:

- 1/2 c olive oil
- salt
- 2 large lemons, juiced

Mix vegetables and bulgur. Serve on a bed of lettuce.

Russian Salad

Cook carrots, green beans, potato cubes, and peas in equal portions, or as desired. Cool and mix with mayonnaise or salad dressing.

Bean Sprout Salad

Pour boiling water over:

- 8 oz bean sprouts

Let blanch 2 min. Rinse and cool. Fry without stirring:

1 beaten egg

Cut into thin shreds. Add to salad with:

1/2 c sliced green onions.

Chill. Dressing:

1 T vinegar

1 1/2 t soy sauce

1/2 t sugar

1 t oil

sesame seed

Avocados with Hot Bacon Sauce

In a small saucepan over medium heat, heat:

1/2 c water

1/2 c sugar

1/2 c white vinegar

1/2 c Worcestershire sauce

1/2 c butter

1 c chili sauce

Boil, then simmer 15 min, stirring occasionally. Arrange 12 avocados peeled and halved on lettuce leaves. Spoon on hot sauce and sprinkle with crumbled bacon. Serves 24 as a first course.

Palm Heart Possibilities

Palm hearts are found near the top of older palm trees where the leaves grow. In young palm trees, it is found near the ground level. It is best to choose a small tree, about 10 feet tall. The taste is similar to celery.

1. Sliver and use with mayonnaise as coleslaw slaw.
2. Add small slices to a tossed salad.
3. Parboil, combine with white sauce with or without cheese. Bake in greased baking dish.
4. Bake in the oven in its sheath until tender. Serve with lemon juice and salt.

Passionate Jello *makes 4 c*

Gelatin is available in transparent sheets. 4 sheets equal 1 T, which equals 1 American packet.

Remove the juice from passion fruit. Soak:

3 T gelatin

in 1/2 c cold water. Add 1 1/2 c boiling water. Stir to dissolve the gelatin completely. Add:

2/3 c fresh passion juice concentrate

1 1/3 c cold water

Refrigerate until set. Add sliced bananas when partially set if desired.

Mango Jello

Full of flavor and color!

Soak:

1 T gelatin

in 1/4 c cold water for 3 min. Add:

3/4 c boiling water

1/3 - 1/2 c sugar

Stir to dissolve. Add

1 c mango puree

Refrigerate until set. Add banana slices if desired when partially set.

La-Dee-Da Jello

Make da juice by boiling together for 10 min:

4 c water

2 c da

Strain our the flowers, and combine the juice (3 c) with:

sugar to taste

3 T gelatin, soaked in 1/3 c water to soften

Stir to dissolve. Then add:

1 c applesauce

1 t cinnamon

Pour into jello mold and chill.

Lemon or Lime Gelatin

Soak in 2 T cold water for 3 min:

1 T unflavored gelatin

Add:

1 1/2 boiling water

Stir to dissolve. Add, stirring to dissolve:

3/4 c sugar

1/4 t salt

6 T lemon or lime juice.

Makes 2 cups of jello.

Dressings

Wine vinegar

Mix equal quantities of soured wine and vinegar.

Olive Oil *(or something similar)*

Put 4 large olives in 1 c salad oil. Store in fridge 1 week, covered.

Creamy Garlic Dressing *2 cups*

Combine in blender or bowl:

1/3 c dry milk

2 t sugar

1/4 t onion powder

1/2 t salt

1/8 t white pepper

1 t garlic powder

Add one item at a time, beating slowly :

1/3 c water

3 T vinegar

Beat at high speed while adding:

1 1/2 c oil

Refrigerate at least 24 hours. Thin with milk if desired.

Ranch Style Dressing

Combine and store in fridge:

- 1 c yogurt
- 1 c mayonnaise
- 1 t minced parsley
- 1/2 t onion salt
- 1 t garlic salt
- minced chives

Quick Thousand Island Dressing

Blend:

- 1/2 c salad oil
- 1/2 c evaporated milk
- 1/4 c vinegar
- 1/4 c catsup
- 1/2 t salt
- 1 t Worcestershire sauce
- 1/4 t paprika

Add and chill:

- 2 T minced onion
- 2 T minced sweet pepper
- 2 minced cloves garlic
- 2 chopped hard-cooked eggs

Salad Dressing

This dressing, mixed with yogurt, makes an excellent dressing for coleslaw slaw or potato salad. It is creamier and more tart than traditional mayonnaise, besides being easier.

Put all in blender without stirring:

- 2 eggs
- 1/2 c sugar, or less
- 2 t dry mustard
- 2 t paprika
- 1 t salt
- 1/2 c vinegar
- 1 1/2 c salad oil

Mix in saucepan:

- 4 T cornstarch
- 1/2 c cold water

Add:

1/2 c boiling water

Cook, stirring until clear and thick. Pour immediately over the ingredients in the blender while running the motor. Beat until smooth. Store in fridge.

Cooked Salad Dressing *non-blender*

Combine in top half of double boiler:

2 T sugar

2 T flour

1 t each: salt, dry mustard, pepper

Add:

1 egg

3/4 c milk

Place top pan over hot (not boiling) water in lower pan. Stir constantly until smooth and thickened. Add:

1/4 c vinegar

1 1/2 t butter

Stir to melt butter. Chill

OPTIONS: For Green Goddess: Add fine-chopped tarragon, parsley, chives, lemon juice.

For 1000 Island: Chop and add pickle, onion, catsup, hard-boiled eggs, olives, sweet pepper.

For Creamy French: Add additional oil, wine vinegar, sugar, paprika.

French Vinaigrette

After 10 years of being shown how to make vinaigrette and many hair-raising, palate-shocking results, I finally can do it right!

The flavor of this depends on the quality of the vinegar and oil used.

Blend together:

1 clove garlic

2/3 c oil (not palm oil)

1/2 c vinegar

1/4 t mustard (wet is fine)

salt

pepper

spices

Avocado Dressing

Blend for 1 minute:

- 1 c avocado pulp
- 1 c thick yogurt
- 1 T honey
- 1 T vegetable oil
- 1/4 t salt
- dash of favorite herbs

This is especially good with citrus and fruit salads.

Honey Dressing

Mix in blender:

- 2/3 c sugar
- 1 t dry mustard
- 1 t paprika
- 1/4 t salt
- 1/3 c vinegar
- 1 T lemon juice
- 1 t grated onion
- 1/3 c honey

Add slowly:

- 3/4 to 1 c oil.

Beat for several minutes. If too thick, add a t of water. Stir in:

- 1 t celery seed

Croutons

Melt:

- 3 T butter

Add and saute until golden and crisp:

- 1 c bread cubes

Spices, such as garlic or herbes de province, can be added to the butter or sprinkled onto the croutons.

Sandwiches and Sandwichy things

Croque Monsieur

Very similar to grilled cheese, but there's a secret ingredient.

Mix:

2 eggs
grated cheese

Dip in this:

ham slices

Put a bit of the cheese mixture on a slice of bread, then a piece of ham, then more cheese. Spread butter (or mayonnaise) on the outside of the bread, and fry till brown and the cheese is melted.

Very Simple Fish Paté

Blend a few moments:

7 oz can of fish (any kind)
1/2 c butter
1 - 2 T lemon juice
salt, pepper

Corn Dogs *Serves 4*

Sift together:

1 c flour
1 1/2 t baking powder
1 t salt
2 T sugar

Stir in:

2/3 c cornmeal

Cut in:

2 T shortening

Combine:

3/4 c milk
1 slightly beaten egg

Add to cornmeal mixture, stirring well until blended. Put frankfurters (500 g.) on a stick and dip in mixture, then fry in deep fat.

Filling for Egg Rolls for 30 - 35

Mix:

- 250 g lean pork, ground and cooked
- 250 g chopped shrimp, blanched
- 1/3 c water chestnuts OR finely shredded cabbage
- 4 pieces mushroom
- 1/2 c small green onions, chopped
- 1 t salt
- 1/4 t pepper
- 1/2 t monosodium glutamate
- 1 egg
- 1 t soy sauce

Spoon 1 - 2 T filling near one edge of rice paper. Roll. Seal the roll with a paste of 1 T each water and cornstarch. Use your finger to rub it on edges to be sealed. Place on oiled baking sheet until ready. They can be frozen until serving time. Fry in deep fat and serve immediately, dipping in a sauce made of:

- 1 part nuoc man sauce
- 1 part water
- 1 part vinegar or lemon juice
- a little sugar
- finely sliced cucumber and carrot
- finely sliced garlic
- piment (opt)

Spiced Tongue

Cook tongue. Cut in slices and place in jar in fridge with:

- 3 bay leaves
- 12 peppercorns
- 2 T salt
- 1 T mustard
- 1/2 c brown sugar
- 1/2 c vinegar

Use as a luncheon meat.

Vegetables

Cooking Beans

If you're cooking dry beans, add 1 t baking soda in the soaking water. It will be much more pleasant, as the beans will cause less gas!

Bean Sprouts

Bean sprouts are an excellent source of protein and crunch, especially if you don't have access to fresh vegetables. They can be eaten raw on sandwiches or salads, blanched, or sauteed. They are good in any stir-fry creation.

Some Vietnamese shops sell mung beans for sprouting, if you ask for them, or you can bring them/get them from home. Another option is to use the smallest bean sold in the market. To sprout them: Soak 1/3 c beans in water overnight. Drain, and put in a jar in a dark place. Rinse 2 or 3 times per day, being sure to drain all the water off. Cover the jar with something that will keep the bugs out, but let the air pass (cheesecloth, mosquito netting). The sprouts will be edible after 3 days.

Alternatively, you can spread the soaked beans out on a cloth or paper towel in a pan or cookie sheet. This way, the roots of the sprouts grow into the cloth/paper towel, and the sprouts stand straight up and become long and white. When you harvest them, cut the sprouts off just above the root. The paper towel, roots, and unsprouted beans can be thrown out.

If using market beans, pick out the unsprouted ones after 2 days, or they will rot and cause the others to spoil.

Water Chestnuts

Use boiled palm hearts, which are available in markets at certain times of year.

Spinach Souffle

Cook and puree:
2 c spinach

Mix:
1/4 c melted butter
1/2 c flour

Add and cook, stirring until thickened:
1 c milk

Separate:
2 eggs

Beat yolks. Add 2 - 3 T of sauce prepared above to the yolks slowly, and beat smooth. Return all to the sauce. Fold in the drained spinach. Beat egg whites stiff and fold in. Pour into straight-sided baking dish. Bake 30 min in moderate oven until set.

OPT: Tender young sweet potato leaves can be used as spinach.

Spinach Loaf

Mix:
1 1/4 c cooked chopped spinach
1 c bread crumbs
2 eggs, beaten
1/2 c grated cheese
1 T lime juice
1 t salt
1/4 t pepper

Steam until set, or bake 25 min in moderate oven. Tomato sauce is good served with this.

Spinach au Gratin *Serves 6*

Wash and chop:
4 c spinach
Add and cook 10 min.:
4 t butter
2 T parsley

Beat and add:

- 4 eggs, beaten
- 2 c milk
- 1 c cheese
- 1 t salt
- 1/2 t paprika

Turn into a buttered baking dish, place in a pan of hot water, and bake at 300 for 45 min.

OPTION: Topping: Separate 2 eggs. Beat yolks, and add 1/2 c thick white sauce. Fold in stiffly beaten whites. Cover spinach and bake.

Spinach Quiche

Brush 9" pastry shell with egg white and set in 450 F oven for 5 min. Saute:

- 1 medium chopped onion
- 3-4 strips bacon, chopped

Place in pastry. Add:

- 1 c grated cheese

Scatter over the cheese:

- 1 c cooked, drained, chopped (or pureed) spinach

Mix and pour over:

- 1 c evaporated milk
- 4 eggs
- seasoning

Bake at 375 F for 30 - 40 min.

Spinach Stuffed Tomatoes

Hollow out:

- 4 large tomatoes

Saute until tender:

- 3 slices of bacon
- 1/4 c chopped onion

Add, cover and steam until tender:

- 8 oz fresh spinach

Chop. It should be dry, not needing draining. Add:

- 1/2 c yogurt
- dash hot pepper sauce

Fill the tomatoes. Bake at 375 F for 20 min. Put 1/2 c grated cheese on top and bake 3 min. more.

Varagheh - Persian Eggplant Dish

Cut into thin rings:

2 eggplant or zucchini

Fry in 2 T butter or oil. Put in greased baking dish. Beat and pour over vegetables:

5 eggs

1 t pepper

1 T salt

Cook until eggs are set and golden.

Potatoes and Eggplant

Cut into 2" chunks:

8 potatoes

1 lb. eggplant

Heat 4 T oil. Fry potatoes first, then add eggplant when potatoes are partially cooked. Fry until golden and half cooked (10 - 15 min.). Add:

1 onion

3 garlic cloves crushed into 1 t salt

Cook 5 min, stirring and sprinkling with 3/4 c water. Cook 15 - 20 min. covered, until done.

Deep-Fried Eggplant Chips

If eggplant is bitter, soak it in a salt solution for 1/2 hour.

Peel, cut into sticks the size of your little finger. Dip into milk, then into flour. Shake off excess. Deep fry golden and serve hot.

OPTION: Make a batter of 1 c milk, 1 c flour, 1 egg, 1 T oil, 1 t salt. Dip eggplant pieces and drain well. Deep fry.

OPTION: You can cut the eggplant into 1/8" slices, and sandwich a slice of cheese between 2 pieces before battering and frying.

Eggplant Parmigiana

Slice, salt and pepper:

1 lg eggplant

Dip into fine dry breadcrumbs, then egg, then crumbs again. Fry until tender in oil. Put in baking dish.

Chop and saute. Add to eggplants.
2 onions
2 green peppers
Puree and pour over eggplant:
1 1/2 c tomato puree (or thinned tomato paste)
1 t mixed oregano, basil, and thyme
Sprinkle 8 oz. grated cheese on top and bake 20 - 30 min. in moderate oven.

Ratatouille

Chop and saute in oil:
1 lg eggplant
2 onions
2 sweet peppers
1 lg or 3 small zucchini
Add and let simmer about 15 min:
4 - 5 large chopped tomatoes

Ratatouille--more complicated *Serves 6 - 8*

Toss in colander and let drain:
1 medium eggplant, peeled and cubed
2 zucchini
1 T salt
Saute in skillet:
2 T olive oil or salad oil
2 med. green peppers, seeded and diced
2 med. onions, peeled and sliced
Cook until green pepper begins to soften, and onion is translucent but not brown. Add:
6 tomatoes, peeled and quartered
2 cloves garlic, crushed
2 T parsley, minced
1/2 t pepper
Cover and simmer for 10 min. Set aside. Rinse eggplant and squash with cool water and pat dry. Heat 1/4 c oil and saute until beginning to brown. Layer vegetables in a casserole or skillet, alternating the 2 mixtures. Cook on stove top for 30 min., or bake in oven 30 - 45 min at 350F.

Scalloped Eggplant

Cut into 1" cubes, boil or fry 8 minutes:

1 medium eggplant

Mix with eggplant and put in casserole:

1 egg

1/2 c milk

2 T butter

1 sm chopped onion

1 c soft bread crumbs

Sprinkle on top:

1 c dry bread crumbs stirred into 3 T melted butter.

Bake 30 min. at 350 F.

Marinated Eggplant

Peel and cut eggplant into 2" x 1" strips. Fry in 1/3 c oil until golden. Add:

1/2 c chopped celery

2 T chopped parsley

1/3 c vinegar

1/4 t oregano

salt and pepper

Serve with cold meats.

Leeks

Leeks have a delicate, onion-y flavor. To my knowledge, only the white part is eaten by Europeans, but Africans also use the green leaves. They must be washed carefully, as dirt gets trapped between the leaves at the top of the white part.

Leeks are excellent in soups, or can be boiled, and served with a white sauce as a vegetable dish.

Corn

Most of the corn grown here is what we would call field corn. If it hasn't been left in the field too long, however, it can be quite juicy. If you can, make a deal with a farmer to harvest some 'early' for you.

When buying corn on the cob, see if your thumb nail can pierce the grains of corn. If it can, and juice comes out, the corn

is tender. If your thumb nail bends against the hard kernel, you might want to pass.

Canned corn is expensive. You can buy corn on the cob cheaply, boil it, cut it off the cobs, and freeze or can it for when it's out of season.

Creamed Corn

Grate the ears of corn lightly to open the kernels, or cut off just the tips with a sharp knife. Then turn the knife over, and push out all the pulp with the dull side of a knife. Either way, obtain 2 cups of corn pulp. Fry corn pulp lightly in 4 T oil. Add:

1/2 c grated onion

Fry 2 min. Add:

salt, pepper

2 T butter

1/2 c milk

minced ham or bacon, optional

Cook 10 min more over low fire, stirring often. It can be thickened with 1 T cornstarch mixed with 1 T water.

Carrot Ring

Cook:

2 lb carrots

Drain and mash. Saute:

1 onion, chopped

Add to carrots. Add:

4 T butter

1/4 c chopped parsley

1 1/2 t salt

1/4 t pepper

Pour into a buttered ring mold. Bake in a pan of water at 325 F for 30 min, till it pulls away from the side.

Turn out the mold on a platter. Heat peas and fill the center hole with the peas.

Sweet Potatoes

These are called "patate douce". There are 3 kinds: red skinned with white inside, white skinned with white inside, and white skinned with red inside. The critical feature you want to ask for is the color inside. If they have just been harvested, they

should sit for about a week, so the orange color deepens. These can be a bit stringy, but are delicious if you're a sweet potato fan.

Savory Green Beans

Simmer in heavy pot for 1 hour:

1 1/2 lb green beans, cut up

1/4 c olive oil

1 sliced medium onion

2 - 3 tomatoes, chopped

pinch oregano, 1/2 t salt, pepper

Even older beans will become more tender.

Okra Possibilities

1) Dip 1/4" slices into cornmeal and pan-fry. Okra shrinks a lot, so prepare about twice as much as you think you'll need. Fry for about 15 - 20 minutes.

2) Substitute for corn in corn fritters.

3) Stir-fry with onion and tomato, or onion and corn cut from the cob. Serve with rice.

4) Thin-slice young tender pods, or leave them whole. Steam them until they are brightest green. They will still be a little crisp, but adequately cooked and will not be slippery. They can be sprinkled with lemon juice.

5) Okra Creole: Fry 1 c sliced okra with 2 T each chopped onion and pepper in oil. Add 1 c chopped tomatoes, salt and pepper, 1 t sugar and 2 T water. Cover and simmer 20 min.

Okra and Tomatoes Casserole

Saute:

1/4 c sliced green onions

2 T oil

Stir in and cook till bubbly:

1 T flour

salt, pepper

1/2 c milk

Add:

1/4 c grated cheese

Fold into sauce:

8 oz. okra, cut into 1/2" chunks and steamed 5 min, until
brightest green

1 3/4 c tomatoes

Mix 5 min. over fire:

3/4 c bread crumbs

1 T melted butter

Put on top of casserole. Bake 30 min. in moderate oven.
Serve with cornbread and a beans and rice dish.

Marrow au Gratin

Marrows are a type of pale green squash that look like a large
cucumber. The large ones are yellow. They can be 12" long, and
are watery with little flavor.

1/4 c butter

4 c thin-sliced peeled marrow

1 c thin-sliced onion

salt, pepper

1/4 c water or 2 peeled sliced tomatoes

Cook, covered, on low fire 12 minutes. Sprinkle with 1/2 c
grated cheese and 1 t soy sauce.

Stuffed Marrows

Peel, cut in half, remove seeds and sprinkle with salt:

6 small marrows

Fry until brown:

1 lb ground beef

2 T fat

2 chopped onions

Add:

1 t salt

1/4 t pepper

Drain the marrows, fry until light brown, and leave to cool.
Stuff with meat mixture. Fry lightly:

2 tomatoes, peeled and chopped

2 T fat

Place marrows in a pan with 1 1/2 c water and a little salt.
Place tomatoes on top of the marrows. Simmer until cooked.

OPTION: The marrow can be boiled 10 min, then stuffed, and
baked in oven in a dish with 1/2 c water for 1 hour at 300F.

Green Da

Cook green da leaves in water. Drain. You can add a bit of baking soda to cut the acidity. Use in peanut sauce, or as a type of spinach.

Pumpkin

In French, 'courage'.

It's easier to get the meat off the skin off after the pumpkin is cooked. In addition to eating boiled pumpkin, there are other possibilities.

Cut into chunks and peel. Steam, if you like adding onions and chopped tomatoes. When the pumpkin is tender, add seasonings and 1/2 c chopped peanuts or 1 c peanut butter. Serve over rice or as a side dish.

For a sweet dish, steam and blend. Add butter and brown sugar.

Be sure to save the seeds. Wash them and toast them in a frying pan. They can be eaten plain, or added to granola or other baked goods.

Stuffed Pumpkin

Steam until tender:

a stuffer piece of pumpkin, with skin left on

Mix together:

12 oz corned beef

1 c mashed cooked yam or bread crumbs

2 eggs

seasoning

Stuff and re-steam or bake 30 minutes.

Yam (Iiname) Info

There is a vast variety of types of yam, and unfortunately no apparent systemized way of referring to the different types. Some are bitter, others sweet. Some get sweeter as they are stored. Some can be kept indefinitely, others spoil in a short time, such as the Florida. You'll need to ask the seller which ones are sweet. Generally, smooth skinned yams are sweet, hairy, dirty skinned yams are bitter.

The simplest way to cook yams is to peel them, washing immediately to preserve color. Boil in water to cover. They can be also be mashed like potatoes, adding milk, butter, salt and pepper.

Scalloped Yams

Partially cook thinly sliced yams. Prepare a cream sauce with grated onion, paprika, and grated cheese. Gently mix the sauce with the yams and bake till bubbly.

Igname Braisé

You can buy these from sidewalk vendors.

Wash yam. Grill over a fire. Scrape off the skins when cooked.

Yams and Beans (Tanzania)

Clean and soak overnight:

1 lb beans (red or other)

Boil for 1 hour. Peel, cut up, and cook 30 min:

1 large yam

Add:

1 onion, chopped

1 c grated coconut

2 t salt,

pepper to taste

Cook 30 min. Serve with rice.

Yam and Sausage Loaf

Mix:

1 lb sausage meat

2 c cooked mashed yam

1 minced onion

1 egg

salt, pepper

1/2 t poultry seasoning (sage, thyme,
coriander, allspice and savory)

Shape into a loaf, roll in dry oats if desired. Bake at 350 for 1 hour.

Yam Soup

Chop and saute in 2 T oil:

1 lg onion

Add and simmer 30 minutes:

2 tomatoes, chopped

salt and pepper

1 lb yams

3 c beef stock

chopped parsley

pinch of thyme

Mash or blend. Correct the seasonings. Serve hot.

Peanut Butter Stuffed Yams

Boil and mash, adding seasoning and a bit of milk:
white potatoes or yams

OR: bake the potatoes and scoop out the center, reserving the skins to use as serving dishes. For each potato half, mix with mashed potato:

2 T peanut butter

Refill skins, or shape mounds with a spoon. Place in moderate oven until hot and golden.

Potato Chips

Slice as thinly as possible:
peeled potatoes

Soak the slices 2 hours in cold water, changing the water twice. Drain and dry well. Heat oil to 380 F, and put a metal basket in the oil. Drop the 'chips' one by one into the oil. Cook until golden. Drain, and place on paper towels (or something equivalent).

Onion Rings

Slice 1/4" thick and break into rings:
2 lg onions

Chill in fridge in cold water 2 hours. Drain well on a towel. Mix batter:

1 c flour
1 t baking powder
1 c milk
1 egg

Coat rings with batter, and deep fry.

African French Fries

You can use any root vegetable to make french fries. You might find some more tasty than potatoes.

Yam French Fries: Be sure to select a sweet variety, as the frying process makes the bitter ones uneatable. Peel and slice. If you have time, soak in cold water for 2 - 3 hours to remove excess starch. Dry on towels. Deep fry until pale golden, not brown, or they will be bitter. Salt and serve.

Manioc French Fries: Boil the manioc first, and when cool cut into pieces and fry in deep hot oil until crisp and light brown. The flavor is much better than if you fry the raw manioc, and some find it better than yam chips.

Plantain Bananas: If you use unripe plantains and slice them thinly, they become like potato chips when fried.

Pumpkin or Sweet Potato: Cut, par-boil, drain, dry and fry.

Plantain Banana Possibilities

1) Place very ripe plantains on baking dish. Sprinkle with sugar and orange or lemon juice. Bake until tender, turning once.

2) Place slices of ripe plantains on top of cake batter. They sink in a bit as the cake bakes.

3) Make a type of 'applesauce' with them. Cook ripe plantains, adding a bit of sugar and lemon or cinnamon. Serve with custard.

4) Slice plantains and fry in oil till brown. These are especially good fried in palm oil. If the plantains are not ripe, slice thinly (perhaps with a potato peeler): they will become like potato chips. If they are ripe, slice in 1/4" rounds. Some people use them to stuff an omelettes. They will be sweet. Ladies make these in the market, they're called 'aloco'.

5) Stuff an omelette with sliced plantains.

Green Mango Possibilities

Ripe mangos freeze exceptionally well. Peel, cut from pits, slice or cube. Freeze in bags or containers. You don't have to add sugar or parboil.

1) Slice and cook with a little sugar until tender. Mash, process, or blend. Add a little cinnamon or ginger. Serve as applesauce.

2) Add mango sauce to Bird's pudding, with 1 T each cornstarch and sugar.

3) see Green Mango Pie

TROPICAL LIVING TIPS

Roach Control

Mix borax (or boric acid) and sweetened condensed milk. Shape into balls and set in lids in the back of your cupboards.

Ant Control

Wipe cupboards with vinegar, and the ants will run away.

Power Cuts

To protect your freezer when the electricity is off for a long time: avoid opening it, and set blankets and chair cushions all around it 10 cm. thick. A full freezer keeps better than an empty one, so keep it filled with cans of frozen water if you don't have it full of food. A freezer can stay frozen 40 - 50 hours.

Shower curtains and mold

Use lightweight cloth instead of plastic for shower curtains. Make buttonholes at the top to put the hooks through. The cloth is available locally, can be decorative. It doesn't tear, dries quickly, doesn't mold as quickly, and can be washed easily.

The Living Wash Rag Syndrome

Does your Wash Rag strike fear in your heart? Does it take courage to touch it? Can you smell it from the bedroom? Washing doesn't help, you say? You've bleached it for a week and it still feels slimy? Don't despair. Try boiling it in a big pot for a while, with soap and bleach. For especially lively wash rags, you might need to change the water several times.

Malaria meds

To swallow the infamous malaria medicines, there is a trick. Slit open a raisin. Inject the pill. Swallow the raisin. It goes down without leaving that bitter after taste.

African 'éponge'

How about using the African 'éponge'? They scrub wonderfully, getting the dirt out. They also give you a wonderful massage, and lather wonderfully. Since they are netting, they dry well. If you are having trouble knowing how to use it, ask an African friend to give you 'body washing' lessons.

Loofah (sponge)

The plant from which we get loofah are grown in many villages. (Villagers can show you what to look for.) Pick them when they are brown and dry. Peel off the outer skin and remove the seeds. Dry in the sun. Use as any sponge. Excellent for baths. Many British people buy them at the chemists.

Stain removal

If you get palm oil stains in clothes, lay them out on the grass in the sun. The stains will somehow be absorbed by the grass.

Extra Oven Racks

Your oven has only 1 rack. It's possible to get a blacksmith to make another one, if you give him the exact measurements. The home-made one will probably rust, and not slide in and out, but as a bottom rack, it'll increase your baking capacity 100%.

Custom-made Sifter

Sifters take on remarkable importance in the kitchens of West Africa. American sifters aren't fine enough to sort the good from the bad: it all falls through. The sifters in the market do a great job, but are so wide, the flour tends to go all over the counter as well as in the bowl. You can order a custom-made sifter, and even ask your good man to put a handle on it.

Cutting Boards

Easy. Buy a piece of wood and get it planed and sanded. Resand as necessary.

Scrubbing

You can get your pans quite shiny clean by scrubbing them with sand, or ashes. Boiling da in a pan makes the inside brilliant.

Skin So Soft

Skin So Soft from Avon can be used as an insect repellent. Just rub it on.

Plastic Bags

Plastic bags of various sizes are available in markets in Côte d'Ivoire. They are inexpensive.

Medicine for Dysentery

L'Euphorbia Hirta grows everywhere, especially at the juncture of dirt and stones or cement. It is an effective cure for amebic dysentery as well as dysentery caused by other bugs.

Take a handful of this plant. Wash and boil it in 1 liter of water until it is reduced to 1/2 liter. Drink this in 3 equal portions the first day. The second and third day, make more and drink 1 cup. Then wait 2 days and repeat the whole treatment again if necessary.

Cough Medicine

Get leaves of "Pervenche de Madagascar". Boil together for 5 min:

20 leaves
20 sugar cubes
2 c water

For children and babies, give 3 - 4 t per day. For adults, 3 - 4 T per day. This will make enough for 2 people. It will keep a couple weeks in the fridge.

Ice Crisis

Guests means thirst - means cold drinks means -- Oh no, we're out of ice again! If you have room in your freezer (if you have a freezer), freeze water in aluminum containers. Having your freezer full of frozen things will also keep it from defrosting during power cuts.

Dog Biscuits

Mix together:

- 1 pound peanuts, chopped
- 4 pounds corn flour (from market)
- 1 pound liver or raw meat, chopped

Add sufficient water to form a biscuit dough. Roll to 1/2" thickness and cut into biscuits. Bake in 350 F oven till well-cooked.

Seasons

Approximate times of year when things are available or especially good in the center of RCI. Keep track in your area.

citrus	all year, but esp. Nov - Feb
corn	July and Nov
da	available all year, esp. Dec - Feb
guava	Aug/Sept
mangos	Feb - May, July/Aug
papaya	all year, but esp. Nov
passion	fruit especially Aug/Sept
pineapple	good when it's sunny
plantains	all year, but esp. Nov
yams	all year, but esp. Dec/Jan

NOTE: Papayas will produce all year, but at certain times they are tasteless and barely edible. Be sure to try a good one before you decide you don't like them!

Spices you can grow

Grow herbs in pots, in a rich, well-drained soil, or in the garden. Start herbs in pots, and set out when they are 1" high or have 2 sets of leaves. To dry them, carefully cut off the top leaves on a dry day, after the dew has dried, before flowers form on the plant. Hang them in an airy, shady place -- not the kitchen where the air is oily. Turn them so that they dry evenly; store in glass jars when crisp.

Bay leaves: lime leaves can substitute. Remove before serving.

Basil: This easily seeds itself, though it will be more bushy if you pinch off the flowers. Cut with scissors to use. A pot in the house wards off flies!

Celery: Start from seed, and be patient; it will take forever to germinate! Just keep watering, and one day you may see a

celery leaf. It will take about 6 months to grow to 4" high, when you can separate plants and set out, but once the plant has grown you can keep cutting off outer ribs with a knife and the plant will serve you for 1 - 2 years. Dry or freeze the leaves, or liquidise them with a little water and store in small jars in the freezer to add to soup, etc.

Chives: Beg bulbs from a friend and set them out singly in a pot; they will multiply. Use them for a mild onion flavor. Snip 1/8" lengths of leaf with scissors to decorate dishes. When picking, choose leaves from different bulbs, as they multiply via the leaves. If they seem to die down, just water lavishly.

Coriander (cilantro, 'persil chinois'): Plant seeds, begged from a friend or bought among spices. Chop the leaves to use in Asian cooking: a fresh, delicate flavor.

Garlic: Before going on leave, plant out the bulbs you haven't used. Harvest when the leaves die. Store peeled in oil to keep fresh. The oil can be used later too.

Ginger: Plant a root that is budding and you'll have a crop next year.

Lemon grass (citronella): Divide tufts to multiply. Used in Asian and West African dishes for a mild lemon flavor. Also makes a refreshing tea.

Marjoram: Cuttings root easily. Give it sun half the day and water it well, especially in dry season. Use sparingly, in meat, stuffing, tomato sauce.

Mint: Beg roots from a friend, or root cuttings in a glass of water, then plant. Use for tea, sweets, salad, chutney, sauces, dips. Divide mint and replant often, whenever the stems seem too long. Water well.

Parsley: Soak seeds overnight to aid in germination, which is slow. A plant will last over a year. It complements every kind of savory food. It is richer in vitamins A and C than oranges.

Thyme: Plant in a well-drained sandy soil. Divide a plant at the roots, or look for seedlings around the base of a 'mother plant'. Use it like salt in meat dishes. A teaspoon in hot water is said to make a tea to help headaches.

Other Information Sources

Other recommended cookbooks are:

-The Wycliffe International Cookbook. This contains many great culinary delights and useful information.

- More With Less by Doris Janzen Longacre (1976) Pennsylvania: Herald Press. \$7.00. We haven't repeated the many good ideas found in this valuable resource, assuming you will have or want a copy yourself.

-Joy of Cooking, by Irma S. Rombauer and Marion Rombauer Becker, (1975) New York: Bobbs-Merrill Co. \$17.00 This is a real cooking encyclopedia. Although it is American, it contains all sorts of recipes (bear, squirrel, etc.) that are useful in the bush. It also explains all about the foods and cooking processes.

-Pour réussir la Cuisine Naturelle, Pour réussir Glaces et Dessert Frais, Pour Réussir des plats à l'autocuiseur, by Grund. 2000 CFA each. Available in many bookstores in RCI. Very useful here.

-Easy Basics for International Cooking by Sunset (Lane Publishing, Menlo Park, CA 94025, USA). \$17.00. Very good, with color pictures and step by step procedures.

-The Africa News Cookbook: African Cooking for Western Kitchens 1985, Durham, North Carolina: Africa News Service. A collection of dishes from all over the continent, explained in terms an American cook in America could follow.

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