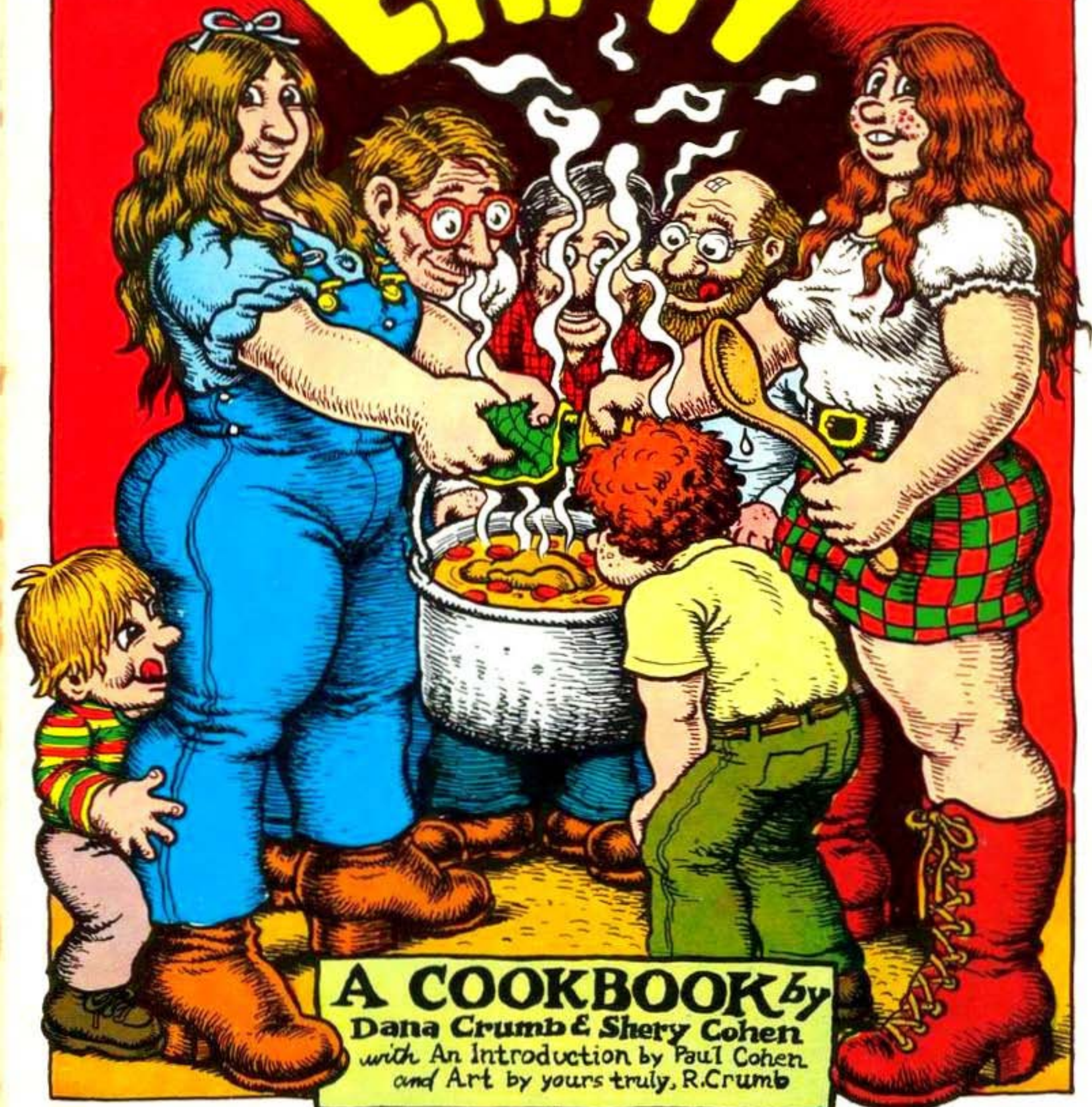


# EAT IT

\$2.95



**A COOKBOOK** by  
Dana Crumb & Shery Cohen  
with An Introduction by Paul Cohen  
and Art by yours truly, R. Crumb





To my friends and neighbors  
in Potter Valley  
and especially Liz and George Adams  
who taught me how to kill chickens  
and Hazel Hunter  
who has the store down the hill.

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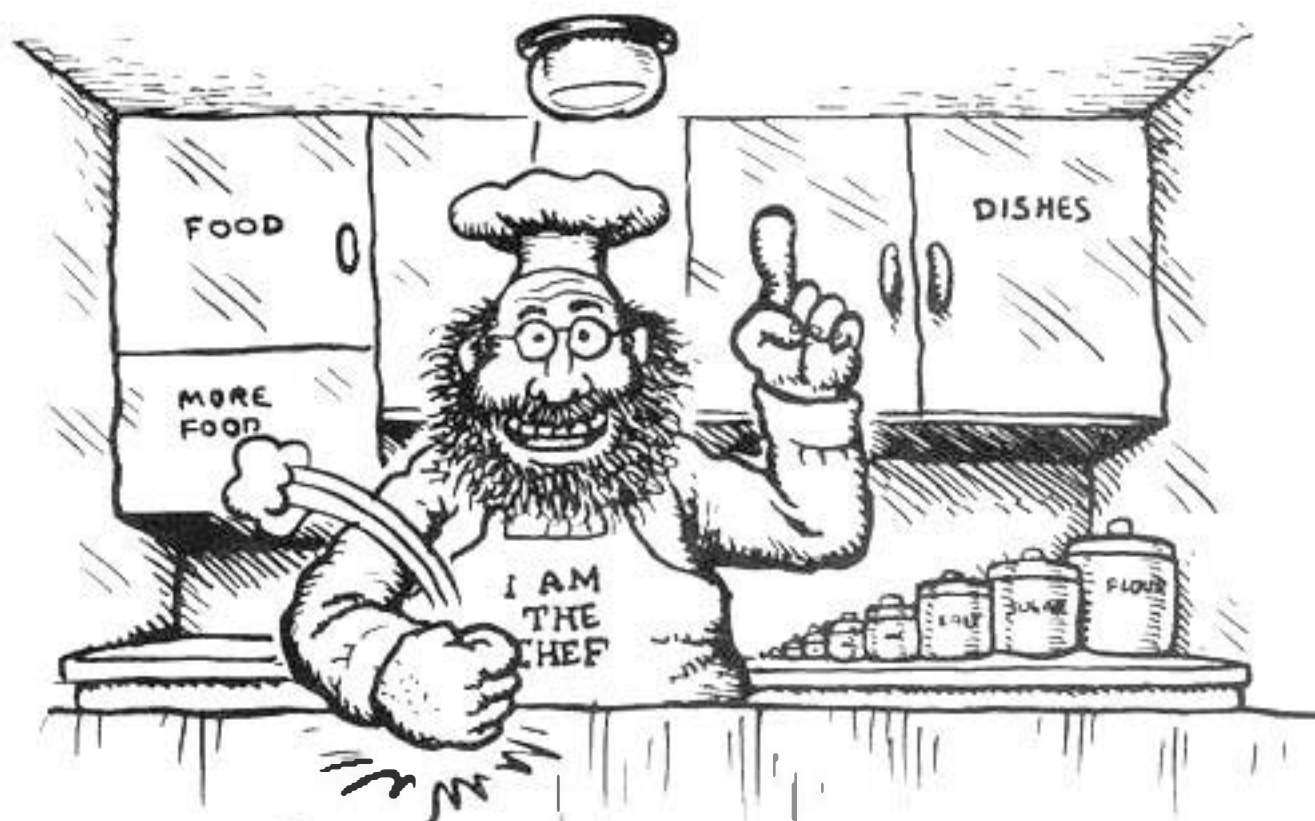


# A COOKBOOK

*by*  
**DANA CRUMB**  
*and*  
**SHERY COHEN**



R. CRUMB '72



## Introduction

by Paul Cohen

Kids, put down that artificially sweetened, artificially colored, synthetic-cream-filled goody—take it out of your face long enough to read this.

Eaters of the world, put away those chemical preservatives that have placed your very stomach linings in bondage.

Stop putting litter into your skin, your stomachs, your bloodstreams.

Put aside the products of an industry that fattens its pockets by cheating your bodies of the nutrition they crave, and read on before you take another bite.

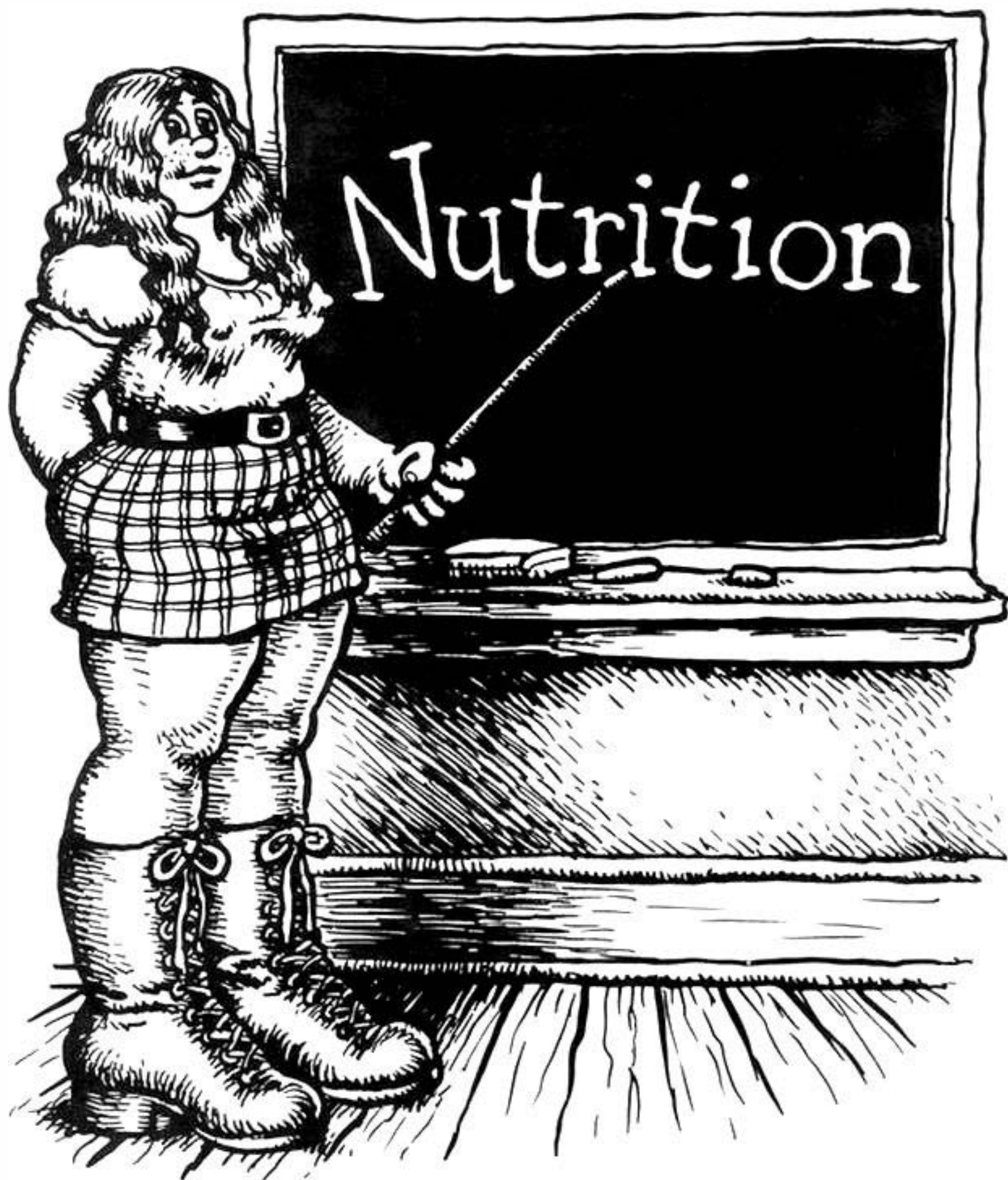
We here at EAT IT kitchens have prepared each one of these recipes with your health and happiness in mind. Not only will your "eyes" light up and your tummy say "Howdy" as you practice the EAT IT method of cookery—your red and white corpuscles will dance with glee as health pours through your entire body, self, and soul. And, you'll shit regular, too.

We have spared no expense in bringing you recipes from far-off lands, exotic places where can-opener is a hyphenated word . . . where the term "frozen TV dinner" is never said in mixed company . . . where children grow up having never tasted marshmallow-cheese spread sandwiches . . . where bread is more than the mere stuffing of life . . . where cooking and eating are events to be remembered.

So as you clumsily thumb your way through the following pages, remember that we have your stomachs in our minds, your taste buds in our eyes and your wallets near our hearts.

Remember, the EAT IT method of kitchen terpsichore requires little more than the ability to read—that and the confidence to jump right into the pot from the literal frying pan. With a firm grasp on your wooden spoon and this profusely illustrated booklet, success in your kitchen is assured. That look of satisfaction, that healthy, rosy glow which will appear on your eaters' faces will be proof enough that we here at the gleaming white kitchens of EAT IT headquarters have not failed you.

Relax, and let your mind be boggled by what you see, then dash right into the nearest kitchen and prepare one of our many delectable delicacies and above all remember: EAT IT, it's good for you!





Everyone has adamant opinions on food and its consumption and preparation. With the new awareness of environment and personal health many new food dogmas have blossomed. After a lot of research and experimentation, I have come to some conclusions which you have to read because you bought this book. So sit down and read!

*Honey*—It's better than a refined sugar because it lacks chemicals (but the bees get their nectar from the flowers and everything is full of toxic DDT and fallout) and has *some*, not much, food value in minerals and vitamins. It's good, but a panacea it ain't. The reason sugar is so "bad" is that most Americans are in such a hurry that they eat tons of "junk" food and too much of anything is bad.

*Meat and poultry*—uncooked—Most commercial livestock is literally stuffed with hormones to increase the growth speed (the quicker they grow the quicker they go and the profit is made) and with antibiotics to retard infection. These things are bad enough for the animals, but rotten for people. Also, when the cattle are herded into the stockyards for slaughtering they are frightened and their adrenalin output increases enormously. This stays in the meat and can be very toxic to humans. After the meat is cut it is artificially colored. This is bad for you, too. But, meat sure tastes good—so if ya wanna eat it go ahead and enjoy yourself. Chances are it's not as bad for you as the air you breathe every day.

*Processed meat*—(lunchmeats, etc.)—These have all the raw meat stuff plus super horrendous sodium nitrate and sodium nitrite, cosmetics which give the crap a nice appealing color and are very very dangerous and under attack now. One doctor claims they are headache-causing, another claims that the same nitrate salts were used to prevent menstrual cramps at one time and that a huge percentage of female children born to women who had taken the stuff had to have their reproductive organs removed when they were teenagers. It's heavy stuff—be careful—you really shouldn't eat it!

*Milk*—Raw is better for you and if you buy it in a store you can be sure the dairy has been checked and the cows are TB-free. Milk is a food and you'll get more for your gulp if you drink it raw. Goat milk is wonderful. We drink it because we have goats, but it lacks the folic acid which cow milk has.

*Cheese*—Processed cheese is yellow gunk. If you want food value eat unprocessed natural cheeses.

*Vitamins*—Chemical vs. organic: there's no difference in body absorption, but the cost difference is super. You should try to get most of your daily vitamins from food rather than from a pill.

*Rice*—white vs. brown—the vitamin and mineral differences are minimal. You'd have to eat a ton to really get nutritive value, but buy untreated rice if possible.

The main thing about food is to be aware of what's in it. If there's crap in the food you'll soon be full of crap too—so who needs it? Read labels, perform experiments on yourself—eat something and see how you feel. *Be aware!* Your life and well-being are at stake. Eating and sex are two of life's pleasures—so why expose yourself to nutritional venereal disease?

*Words of Wisdom  
from Sheldon Rosen, M.D.*

Along with the three basic foods (protein, carbohydrate and fat), you need certain vitamins and minerals. The vitamins are chemicals which help in the burning of food and the building up of solids. They are recycled in the process, and do not actually form a part of the body's solid material.

There are two major classes of vitamins: those which are dissolved in the body's water (the water soluble vitamins), and those which are stored in the body (the fat soluble vitamins). The major water soluble vitamins are A, D, E, and K. They are rapidly depleted from the body through urine.

Whether found in natural foods or manufactured synthetically, the vitamins perform *identical* functions. A diet which contains a goodly amount of fresh fruits and vegetables, whole grains, unsaturated vegetable or fish oils, nuts and meats will usually supply all of the known vitamins in adequate amounts. Dairy products are rich natural sources of vitamins A, B complex and, if fortified, vitamin D. Large amounts of vitamin C are found in citrus fruits, tomatoes, black currants and green vegetables, but it is easily destroyed by cooking. For people on selective and weight-reducing diets, taking a multi-vitamin pill or capsule each day is a good idea to insure minimal daily intake.

Minerals such as iron, calcium and potassium form essential parts of body solids such as bones and blood cells and are vital to many chemical reactions. Minerals are also needed for the body's special "salt water". A wide range of basic foods is advisable in order to supply all of your body's minimal needs.

Nutrition is a hotly debated topic these days and almost any opinion expressed will make somebody unhappy. However, the following statements are generally agreed upon and are worthwhile keeping in mind:

- 1) Poor nutrition is an invitation to diseases of many types.
- 2) Diets consisting mostly of processed, preserved and unfortified (vitamins and minerals not added back after processing) foods may lead to vitamin deficiencies although obvious disease may not be present.
- 3) Diets containing too small an amount of protein lead to malnutrition diseases and seriously impair the growth of children.
- 4) Too much animal (saturated) fat and cholesterol may help to cause premature heart and artery disease.
- 5) Pesticide residues, some chemical preservatives, and traces of hormones in foods are bad, bad, bad.
- 6) Infants and children need more food, vitamins and minerals per pound of body weight than do adults because they are growing and more physically active.
- 7) Children older than five months who are fed mostly milk (over one quart per day) with little meat, cereals or eggs may develop iron-deficiency anemia though they appear to be fat and healthy.
- 8) Goat milk alone given to infants without cow milk may lead to anemia due to folic acid deficiency. Folic acid, a B complex vitamin, is found in liver, green vegetables, nuts, cereal and cheeses.
- 9) Pregnant and nursing ladies need more vitamins, proteins, calcium (for baby's bones) and iron than do other adults.
- 10) Medical science does not recognize any benefit gained from eating large amounts of vitamin E, although even large amounts are not thought to be harmful.
- 11) Your body needs plenty of liquids to perform at its best, especially in hot weather.
- 12) Diet pills, of any type, are rarely helpful in sustaining weight loss. What is needed is will power. Also, take extra vitamins and proteins when dieting.
- 13) Changing over from one type of diet to another should be done gradually, giving your body a chance to adjust.

People often ascribe changes in their state of health and sense of well-being to changes in their diet. It is well to consider changes in other important factors such as sleeping habits, amount of exercise, the company you keep, taking drugs, sex life, emotional state and quality of your spiritual life before concluding that food or vitamins alone are the cause of beneficial effects.

*Words of Wisdom  
from Shery Cohen, F.A.T.*

I tend to get fat and for years have searched calorie and nutrition charts for inexpensive and available foods that taste good and make my body a slender, bright-eyed, shiny-haired bundle of energy. I have found that whether you're thin and scrawny or sagging with unsightly flab, you can, in mere minutes a day, cram your pitiful exhausted body with pep, energy, and red-blooded vigor!

Here's how you do it: First, put aside all projects, concerns, and hassles, and devote a day or more to just you. During that time relax, listen to good sounds, read Krishnamurti or Robert Crumb comics and most of all, WATCH YOURSELF. Then get ye (on foot, if possible) to the nearest library and look up the calorie and food values of all you swallowed, including licks and little tastes. Understanding how you move and what you eat will help you to see why your body is as it is. Notice that some vegetables, especially leafy greens, are very nourishing and have less calories than it takes to eat them. Figure on using lots of these in season (sprouts, chard, and many others are easy to grow at home).

Use nutrition tables only as a guide because nutrients are not always the same and even if a food has all it's supposed to, your body may not be able to break down the food for use. Take an egg, supposedly full of good shit. You can't just stick it in your ear. A lot has to happen between the shell and stomach. The white is mostly protein—that indispensable constituent of every cell in your body. Your body uses the amino acids to reconstruct proteins as they are needed to replace cells that are dying all the time inside you by the millions. Many proteins can be broken down inside the body, but egg whites must be cooked or beaten before they are any good to you at all.

If you don't eat good quality protein (that which contains all the amino acids necessary to replace those dead and dying cells), you'll get tired, you'll get sick, and if you're a kid, it'll stunt your growth and you'll be stupid. What's more, if you're filling up on junk carbohydrates, you'll have all of the above plus you'll be fat and unpopular.

A complete array of amino acids is available in the proteins found in eggs, milk products, meats and fish, as long as they aren't cooked too long at excessively high temperatures. Now you must have some vitamins to help metabolize the proteins. Those nutrition tables should show you a variety of fresh vegetables which you can easily grow or buy. To store, keep them cool and out of lights and drafts lest the vitamins elude you (see instructions, p. 9).

Many vitamins dissolve in the water you use to cook the vegetables. Save that water for soup or future cookings, or pour it on your plants (provided it's not smelly, like cabbage). You can't O.D. on vitamins you eat in fresh plants, but you can on pills. If you swallow too many vitamin A's, for example, you might get brittle bones, peeling skin, or falling hair. Avoid pills.

Some vitamins (A,D,E,K) require oil to dissolve them. We need a LITTLE fat with each meal. The fats which are easiest to digest, yielding the greatest amounts of nutrients and the least of saturated fatty acids are found in unrefined, cold pressed vegetable oils. Beware of rancid oil and stale products containing oil (even granola). It can actually cause a deficiency of vitamin E. When oil is heated food value is ruined. Use cheap oil to cook and cold pressed to eat uncooked, in dressings, etc.

Although fats are the most concentrated in calories of all foods, they probably aren't nearly as popular an obesifier as carbohydrates. Goodies made of flour and sugar are what we wear long after they've been swallowed and forgotten.

All you really need to eat in order to keep your body healthy and slender are thoughtfully prepared vegetables, protein foods, and a little fruit. ONE bit of bread or dessert wouldn't hurt, if it stopped at ONE instead of three or twenty-nine the way it usually does. The recipes in this book are designed for maximum flavor and nourishment, but only a careful studying and watching of yourself will reveal how much of each food is right for you.





**Get the Right Tool  
for the Job!**

Start collecting tools from secondhand stores, particularly the following:

- 1) Sharp knives: big, little, and bread. The big ones should be carbon steel—you can't resharpen stainless. (To clean—use cork.)
- 2) Sharpening stone—moisten with a drop of oil or spit to sharpen knives. To help knives keep edge, use a big hunk of clean board for slicing and chopping.
- 3) Three heavy bowls—the bigger the better—earthen.
- 4) One heavy cast aluminum or iron skillet with cover and two thick tight-lidded saucepans. Cast aluminum disperses heat better and burns food less. The ideal pot is aluminum or copper outside and stainless steel inside for heat distribution and cleanability (aluminum is pitted by cleaning powders).
- 5) Something that fits inside a saucepan (e.g., Pyrex or stainless steel bowl) to make a double boiler.
- 6) Egg pan (for eggs only) if you're an egg lover (or an egg).
- 7) Spoons: wooden, tuncible, ladling, and measuring.
- 8) Measuring cups: large Pyrex and smaller dry ingredient cups.
- 9) Pepper and salt grinders. Also start gathering graters, presses, mortars and pestles so you can see for yourself what a tremendous difference homegrown and ground seasonings make.
- 10) Wire whisk(s)—will take the place of mixing machines if necessary.
- 11) Colander, sieve, and flour sifter or large strainer.
- 12) Big sturdy fork, pancake turner and tongs.
- 13) Thermometers—meat is most important and others sure help.
- 14) Assorted baking pans and cookie sheets.
- 15) Rubber scraper.

## Equivalents

3 tsp. = 1 T. =  $\frac{1}{2}$  oz.  
4 T. =  $\frac{1}{4}$  cup = 2 oz.  
16 T. = 1 cup = 8 oz.  
2 cups = 16 oz. = 1 pt. = 1 lb.

So when a recipe says "1 cup butter" throw in two  $\frac{1}{4}$  lb. sticks of margarine, right?

Cheese:

$\frac{1}{2}$  lb. grated cheese yields 2 cups

Cream:

1 cup or  $\frac{1}{2}$  pt. heavy cream yields 2 cups whipped

Fruit:

3 medium apples (1 lb.) yield about 3 cups sliced

1 medium lemon yields about 3 T. juice and 1 T. grated rind

1 medium orange yields about  $\frac{1}{3}$  cup juice and 2 T. grated rind

Pasta:

8 oz. macaroni = 2 cups uncooked; yields about 4-5 cups cooked

8 oz. noodles =  $2\frac{1}{2}$  cups uncooked; yields 3-4 cups cooked

8 oz. spaghetti yields 3-4 cups cooked

8 oz. pasta serves 2 as an entree, 3 as a side dish

Rice:

1 cup raw brown rice yields 4 cups cooked

1 cup precooked rice yields 2 cups cooked

Beans:

1 lb. dry or about 2-3 cups raw yields 6 cups cooked

Chocolate:

3 T. cocoa plus 1 T. shortening = 1 oz. unsweetened chocolate.







# Vegetables and Salads

Vegetables are good for you—just ask your mother, she'll tell you—especially *raw* or very *lightly* cooked. There are many arguments for and against vegetarianism. *Nutritionally*: we feel that a complete diet is what we need, so we eat meat and dairy products with our fruits and vegetables. *Aesthetically*: we find food and the ritual of eating a meal very pleasant; one can accomplish this with *well-cooked* vegetarian dishes—but a plate of soggy zucchini and sticky brown rice turns me off and offers little in the way of real nutrition. *Morally*: Everything living must die and it has been proven that fruits and vegetables emit a death cry when torn from their life source. So no self-righteous crap about not being a murderer every time you eat a carrot.

Tired of sticking your hand into the crisper and feeling that ooze slip through your fingers—when all you wanted was a bunch of lettuce? There is a way to prevent rotting greens. **TAKE CARE OF YOUR GREENS \*\* SOMEDAY YOUR GREENS WILL TAKE CARE OF YOU.** As soon as you get them in the kitchen, separate their leafy little bodies, wash the little devils and rinse them in a quart of water mixed with 1 T. lemon juice, drain and place in a plastic bag along with a couple of dry paper towels to help absorb the moisture. Squeeze out extra air, seal bag, store in refrigerator. Then use just enough for one meal at a time—no waste, no slimy ooze.

**GET IT ALL!** Flavor and nutrition are at their peaks when the product is fresh. Grow everything you can yourself—herbs, sprouts, vegetables. Find out when produce is delivered to the market and shop as soon as possible after it comes in. Try to plan meals around plants in season; they're cheaper and better for you.

# Vegetables

**FRENCH STYLE**—Use 2 to 3 quarts boiling water per 1 pound of vegetables. Wash vegetables and trim off tough or bad spots, then plunge into the rapidly boiling water and cook quickly until scarcely tender. Remove from heat and dunk in cold water to set the color, shape, texture and flavor. To reheat, plunge briefly into hot water, drain, and toss with foaming melted butter and seasoning.

**GREEK STYLE**—Many vegetables, artichokes to zucchini (e.g., celery, asparagus, cut-up cauliflower, peeled and stripped eggplant, leeks, and little onions) can be cooked until just barely crisp in boiling water to which is added about  $\frac{1}{4}$  cup olive oil, a crushed clove of garlic, 3 T. lemon juice, a little parsley, thyme, tarragon, a bay leaf and 4 crushed peppercorns. Drain, cool and serve with garlic dressing or mayonnaise.

**ARTICHOKES**—Trim the base and cut the prickly points off of the top of each artichoke. Set them upright in a large pot (please not aluminum or iron as they discolor artichokes) with 2 to 3 inches of boiling salted water and a few T. lemon juice. Drape the tops with cloth or paper towel to keep moisture in, but don't cover the pot. Boil slowly for 30 minutes or until a leaf pulls out easily. Remove from the pot and turn upside down to drain.

**BROCCOLI** and vegetables with tough and tender, thick and thin parts—Boil water, cut off tough parts and cook them about 5 minutes before adding the tender parts. Cook until barely done.

**CORN**—Husk and either drop into boiling sweetened water (salt toughens corn; use about 2 tsp. sugar or 1 tsp. honey) and boil 3-5 minutes, or put into cold sweetened water, bring to a boil, then remove from heat until ready to drain and serve.

**STEAMED VEGETABLES**—Steaming leaves the color, flavor, vitamins and shape in vegetables. Steamers are cheap, or you can use a metal colander set in a big pot with about an inch of water in the bottom; seal the top with foil to prevent the steam from escaping. Leafy vegetables only take a few minutes; hard and thick-stemmed vegetables take a longer time. When cooked, toss vegetables with grated cheese, toasted seeds, soy sauce, butter. Many vegetables can be steamed together; put in hard ones first, add leafy ones last.

Many vegetables can be used in a wok if they are cut up and mixed with others, e.g., green beans, corn, fresh tomatoes, cabbage, zucchini, broccoli, etc. Combine for color and taste and don't overcook. Heat wok, add 2 T. oil (peanut is best, or chicken fat for flavor). When the oil bubbles, throw in hard vegetables, then soft—stir constantly. You may enjoy adding chicken stock (about 1 cup per 5 cups vegetables), soy sauce, 4 T. rice wine, 1 tsp. garlic, 1 tsp. celery seed, 1 tsp. powdered ginger or 2 pieces  $\frac{1}{2}$ -inch fresh ginger root. A whole wok full of vegetables should only take a few minutes to prepare. Quick frying in a little hot oil seals in vitamins and flavor.

# Cucumbers

Slice cucumbers thinly, put in bowl and cover with ice water at least  $\frac{1}{2}$  hour, then drain. Cover with mixture of light vinegar, sugar just to barely taste, celery seed, a few scallions, and chopped fresh dill (fresh or frozen). When ready to serve, drain cucumbers, mix in enough sour cream or yogurt to coat, and serve with just about anything—like tomatoes. You can put cherry tomatoes in the mixture and serve on lettuce.



# Caesar Salad

(serves 6)

Cut or tear a head of lettuce (romaine is best). Don't use the tough ends. Crisp in refrigerator. (See p. 9 about the care of leafies.)

Coddle 1 or 2 eggs (place in boiling water, shell on, for 45 seconds).

Mix together:

¼ cup fresh lemon juice  
1/3 cup olive oil  
2 large cloves garlic, pressed or mashed  
½ tsp. freshly ground pepper  
1 tsp. salt  
Oil from anchovies  
1 small can anchovy fillets, chopped in ¼-inch lengths  
1/3 cup freshly grated Parmesan cheese  
Few slices of French bread  
Garlic salt

Slice a few pieces of French bread in ½-inch cubes. Quickly fry in 1/8-inch olive oil until as brown and hard as desired, then sprinkle with garlic salt and Parmesan cheese.

Make sure greens are free of water. Either line a bowl with paper towels and allow to drain or put them in an automatic washer (if you happen to have one in your house) and set it on spin-dry for a few minutes.

Place greens in salad bowl and crack in eggs. Add mixed ingredients, anchovies, Parmesan cheese, and croutons (fried bread cubes). Toss. Serve right NOW!

## Nelani's Bean Salad

1 can red kidney beans  
1 can pinto beans  
1 can string beans  
1 can garbanzo beans  
1 or 2 onions finely chopped or cut in thin rings (Bermuda onions are best)  
1 cup cheddar or jack cheese, cubed  
Chopped celery can be added also

Drain all the beans and mix everything in a bowl.

Dressing:

¼ cup cider or wine or white vinegar  
1 cup oil—try peanut oil  
1½ tsp. garlic powder or 3 cloves, chopped  
½ tsp. black pepper  
½ tsp. oregano and/or sweet basil  
½ tsp. celery seed

Mix well and pour over the beans. Marinate at least 1 hour in the fridge—24 hours is good, too.

Double or triple to serve crowds.



Fruit salads are fun, easy, and good for you—  
so make one, damn it!

## **Raisin Carrot Salad**

- 1) As many carrots as you want (2 per person), grated
- 2) One or two handfuls of white or black raisins
- 3) One can unsweetened pineapple: chunks, slices, or crushed

Mix some lemon juice and cinnamon and honey with yogurt or sour cream or mayonnaise and use as a dressing on this yumminess.

## **Apple, Cabbage and Raisin Salad**

Slice and chop some apples (sprinkle with  
lemon juice to prevent them from turning  
brown)

Grate some cabbage

Toss in some raisins

Mix it, dress it and make yummy in the tummy.

The basic secret of a fruit salad is fruit—fresh, dried, canned, or frozen—some dressing  
if you wish, and an appetite.

Seeds (pumpkin and sunflower) and nuts are good, too!

## **Green Dressing**

- 1 clove garlic
- 4 anchovy fillets, finely cut (omit for kids)
- 2 T. chopped onion
- 1 tsp. chopped parsley
- 1 tsp. chopped tarragon or dill
- 2 tsp. chopped chives
- 1 tsp. tarragon vinegar
- 1½ cup mayonnaise



Cut garlic clove in half; rub cut sides over salad bowl; add anchovy, onion, parsley, chopped tarragon, chives and vinegar. Add mayonnaise, mix gently until thoroughly blended. Serve over romaine, escarole and chicory.

## **Salad That Needs No Dressing**

Shred lettuce into salad bowls. Grate a carrot over each. Garnish with slices of tomato and avocado, sprinkle with cashews and season with vegetable salt.

The richness of the avocado and cashews makes dressing unnecessary.

Vegetable salt can be made from dehydrated vegetable flakes ground in the blender and mixed with two or three times as much salt.



# George's Beans

2 32 oz. cans Stokely-Van Camp's  
pork and beans  
5 strips finely chopped bacon  
½ cup brown sugar or to taste  
1 or 2 onions, finely chopped  
1 small bottle tomato catsup



Lightly brown onions and bacon and add to combined ingredients. Place in baking dish and cook in 350° oven until solid—about 35 minutes. Serves 8-10 as a side dish.

## Sprout Your Own Sprouts

Any seed will sprout! That's how we all got here! We really love alfalfa sprouts, and they are super-excellent for you. Other good sproutable things are mung beans, whole wheat berries, and mustard seeds. These and other seeds can be found at health food stores or good grocery stores. Garden seed suppliers are not a good source unless you can be sure their seeds are not dusted with chemicals.

Get a quart jar! Get some kind of screen for the top—cheesecloth is best, or wire mesh; use a rubber band or jar ring to secure the top. Cover the bottom of the jar with seeds, then fill the jar with water. Soak the seeds 10-15 minutes. Put the top on. Turn the jar on its side and drain off all the water. Leave on its side in a dark place. Rinse the seeds every day—always drain off all excess H<sub>2</sub>O. After the seeds have sprouted, put them in the light (sun) so they turn green. The whole thing takes about four days. BATT!

## Sauteed Vegetables Chinese Style

4 T. oil  
1 cup chopped mushrooms  
1 cup chopped celery  
1 bunch bok choy, chopped (if you can get it;  
if not, do more celery or Swiss chard)  
1 6 oz. can waterchestnuts, drained and sliced  
1 6 oz. can bamboo shoots, drained  
1 can pineapple chunks, or fresh pineapple  
(1 cup)  
½ cup soy sauce and ¼ cup wine or sherry  
1-2 cups bean sprouts (if making your own,  
use mung beans)  
1 bunch green onions, chopped



Heat the oil as hot as possible without smoking—you'll get cancer and die, or stoned and blow it.

When vegetables are cooked very fast, much more food value is retained. Always add heavy vegetables first—celery, bok choy, and then the lighter ones—sprouts last and only for a minute. The whole deal should cook in 5-7 minutes. All the while you're sauteing, keep adding Tamari and sherry. The sauce may be thickened with arrowroot or cornstarch—2 T. dissolved in cold water, mix, add hot liquid, mix, pour into pots of stuff, stirring constantly.

Rice is good with this dish—but start it early and all will be ready at once.

# Cole Slaw Dressing

Makes about 1 cup, enough for a large salad

About ½ cup each:

Mayonnaise

Sour cream (or yogurt)

Sugar (about 3 T. —you may prefer more)

Lemon juice (about 3 T. or more —to dissolve sugar)

Salt (scant tsp.)

Pepper (freshly ground, of course)

Celery seed (a little)

Mustard (a few T. —to taste, like everything else in this recipe)

Mix smooth, taste and add anything you think it needs, and stir into shredded cabbage, shredded carrots, diced apple, raisins, and pineapple.



# Brussels Sprouts in Casserole

- 1 lb. Brussels sprouts or  
1 large bunch broccoli
- 1 cup light cream sauce (thin)\*
- ½ cup yogurt
- 1 cup grated cheddar cheese or  
whatever kind is available
- ½ cup dry bread crumbs
- ¼ cup grated Parmesan cheese
- ¼ cup butter or margarine

Cook Brussels sprouts or broccoli until just tender. Place in buttered casserole, spoon cream sauce over it. Spoon yogurt on next, top with grated cheese. Melt margarine or butter in pan. Brown bread crumbs in butter, toss with Parmesan cheese. Sprinkle crumbs on top of everything else. Bake at about 325° for 20 minutes or so. (This is really flexible—stick it in the oven with whatever else is in for about the last 20 minutes. If the oven is hotter than 325°, check after 10 minutes to be sure the bread crumbs don't burn.)

To make this extra special, sauté ¼ lb. sliced mushrooms, put on top of Brussels sprouts, then go ahead as usual, but on the very top sprinkle sliced almonds.

\* To make cream sauce: melt 1 T. butter and stir in 1 T. flour. Mix over low heat to form paste. Slowly add milk or cream, stirring constantly until thickened.

When boiling cabbage, broccoli, ham, etc., keep them from stinking up the house by adding a little vinegar to the water.

# Tomato Stuff

Tomato sauce can be poured and is seasoned (read the can); puree is pourable and unseasoned; paste has salt. Taking the seasonings into consideration, you can interchange them—puree for sauce; paste (6 oz. can) mixed with 1 cup water equals about 2 cups puree or sauce.



# Baked Hubbard or Acorn Squash

Scoop seeds from halved squashes and fill cavities with one of the following mixtures and bake at 350° until tender. It helps to put skin side down in pan with about ¼ inch of water—this steams the squash.

Sweet:

- ½ cup honey
- 1 T. cinnamon
- 1 tsp. allspice
- 2 T. butter

Score the squash with a fork, pour mixture over it and bake.

Whole Meal—(stuffing for one squash):

- 1 cup mushrooms
- ½ cup almonds
- ¼ cup celery
- ½ cup onion
- Garlic powder, celery seed, basil, pepper, wine, and soy sauce to taste

Chop mushrooms, almonds, celery, and onion. Mix with garlic powder, celery seed, basil, pepper, and enough wine or soy sauce to moisten. Fill squashes and bake until tender at 350°.



# No Name Cabbage and Noodles

- 1 large package green noodles (½ lb.)
- 1 medium head fresh cabbage—finely chopped or shredded like slaw
- 6 T. oil
- 2 T. soy sauce
- 1 T. garlic powder or 2 cloves garlic, smashed
- 1 T. celery seeds
- 3 T. dried parsley or a few sprigs of fresh chopped parsley
- 1 cup grated Parmesan cheese

Sautéed or canned mushrooms are yummy in this

Drop noodles in 2 qts. of boiling salted water, cook till just barely done, rinse in cold water, and drain. Heat about 1 qt. of water to boiling point, throw in cabbage and cook covered until just barely done (about 5 minutes) and drain until as dry as possible. Heat pan or wok, add oil. When hot, add cabbage and garlic, and stirfry a minute. Add noodles, soy sauce, celery seeds, parsley, and stir entire mess until all of it is heated through. If using mushrooms (sautéed separately beforehand), add now. If mixture is too dry, add ½ cup water. Taste for seasoning and turn out onto heated platter. Sprinkle cheese over top, toss together and serve.

Hungarians do this dish with bread crumbs. Middle Europeans fry cabbage, cottage cheese, noodles, and bread crumbs together.

# English Steamed Pudding

Serves 4-5, can be doubled

1 cup whole wheat flour  
 1 cup milk or water  
 3 T. oil  
 2 to 3 cups of any or all of  
 following, chopped:  
     yellow onions      garlic  
     green onions      celery  
     mushrooms      carrots  
     broccoli      black olives  
     cauliflower  
 ½ lb. of cheddar cheese, grated  
 4 large eggs, separated  
 3 T. soy sauce  
 ½ tsp. vegetable seasoned salt  
 Several dashes of any of the following:  
     celery seed      sage  
     dill weed      basil  
     oregano      thyme  
     whatever



Mix the flour, milk or water, and oil in a saucepan over low heat and continue stirring until it thickens into one solid ball of dough. Refrigerate it to cool. Chop the vegetables, grate the cheese, and separate the eggs. Add the egg yolks to the dough mixture, working it until a thick, smooth batter is obtained. Mix in the vegetables and cheese. Now season it with the soy sauce, seasoned salt, and other spices.

Beat the egg whites until stiff. Fold them as gently as possible into the batter until well mixed, then pour the batter into a well-greased and floured pudding basin. (This can be a stainless steel or ceramic bowl that fits into a tall saucepan with a lid.) Put about 2 inches of water in the pan and bring it to a boil. Set the basin in the pan and cover it. Turn the heat down to simmer. If steam escapes through the lid, wrap a towel around it to seal it. Steam the pudding for approximately 90 minutes; or until a knife comes out clean. To remove it from the basin, run a knife all around the edge, then turn it onto a plate. Slice and EAT IT with meat or food, or by itself.

## Vegetable Pie

Make a crust with whole wheat flour (top and bottom). (Flakey Food, p. 50)

Filling:

As many mushrooms as you can afford  
     sauteed in butter with soy sauce or cooking  
     sherry  
 1 cup chopped celery  
 ½ cup chopped onion  
 ½-1 cup thinly sliced carrots  
 1 cup chopped scurash  
 1 cup chopped green beans  
 1-2 cups grated cheese  
 1 Bunch chard or spinach—steamed first for 2 minutes



Saute the celery, onion, carrots, scurash, and green beans. Mix with sauteed mushrooms and cheese. Thicken the sauce left from sauteing with cornstarch or flour (see thickening things, p. 35), mix and dump the whole mess in the pie shell. Put the top crust on and bake at 400° until the crust is light brown. This makes an excellent main dish.

# Guacamole

Guacamole is basically very ripe avocado mashed with lemon juice, salt, chili powder and/or diced green chilis. It makes a great salad garnish as well as a dip for crisp corn chips. Here are some suggested proportions:

2 very ripe medium-sized avocados  
1 medium-sized tomato  
1 onion or 1 bunch green onions, chopped  
3 oz. peeled green chilis, chopped (only if you have a cast iron stomach)  
Wine vinegar or lemon juice to taste  
Salt, garlic to taste



Mash avocados with a fork—not too smooth—and add other ingredients. For a *gringo* version, leave out the chilis and add a few drops of hot sauce to taste. Lemon juice will help prevent discoloration, as will wrapping it to exclude all air, but it's best to make it just before serving. You can add one or two other flavors such as minced onion, diced tomatoes, cilantro, crumbled bacon, chopped olives, coriander, chopped peanuts, *salsa jalapena*, minced garlic, or your choice. Be that as it may, it all comes out the same: it spreads like baby shit on crackers or tortilla chips.

# Arroz

Allow lots of time for brown rice—it tends not to be tender on time and it doesn't hurt to make it ahead and reheat.

Saute 1 cup rice in about 2 T. oil until browner. Add 3 cloves chopped garlic, a large chopped onion and diced green pepper or salsa to taste. Carefully (it'll splat!) pour in 2½ cups (2 cups for white rice) liquid—either water or better, a mixture of stock and tomato sauce. Cover, turn heat way down, simmer for 50 minutes (25 for white rice). Test for tenderness, add salt and pepper. Garnish with minced green onion.

Make it a main dish by stirring in about a pound of chopped cooked meat, sauteed hamburger, or grated cheese. Chopped sauteed vegetables can be substituted for the meat.

# Near Eastern Rice

Very old—very unusual

1 lb. brown or white rice—washed until water is clear—drain completely  
¼ cup oil  
1 medium onion, chopped  
5 cups beef stock or 4 cans consommé  
2 T. chopped parsley  
Pepper  
2 bay leaves



Brown rice in oil. Add chopped onion. Put in large casserole, add stock or consommé, parsley, pepper, and bay leaves. Cover and bake at about 325° at least 4 hours. Rice should be dry and nutlike.

Vegetarian variation: 5 cups vegetable bouillon instead of stock.



# Aunt Lushwell's Refritos Favoritos

Sauté a cup or so of chopped onion in  $\frac{1}{4}$  to  $\frac{1}{2}$  cup fat or oil. Add about 3 oz. dried green chili peppers, several cloves, chopped garlic, and maybe even a few chopped (green preferably) tomatoes. When the onions are tender, add about 4 cups mashed pinto beans (leftover and long-simmered beans are best for refritos). Heat through carefully, since beans (and other starchy foods) burn quickly at high heat—especially in thin pans. Stir in 1 lb. grated Monterey and/or longhorn cheese until melted. Serve with crisp tortilla chips, salsa (see below), warm flour tortillas, or as the middle of a tostada. Several T. finely diced homegrown stirred in after the heat is off makes marvelouso party dip.

## TORTILLA CHIPS

Slice a stack of tortillas like a pie. Heat about  $\frac{1}{4}$ -inch of oil in a skillet until a bit of tortilla will sizzle the moment it slips in, but please don't let the oil smoke. Slide as many of the tortilla chips into the oil as will cover the bottom of the pan without crowding. Watch them until the sizzling nearly stops and chips are stiff. Turn them with tongs and fry a minute or so more—but don't let them get very brown because like bacon and other foods cooked in hot oil, they are still cooking for a while after they're out and should be removed the second BEFORE they look completely done. Drain chips on paper and sprinkle with salt. Dip into refritos or guacamole.

## TOSTADAS

Fry whole corn tortillas as described above to crispness desired. Spread each with refritos; mound with thinly sliced lettuce; and garnish with chopped tomatoes, onions, green peppers, grated cheese, and maybe some olives or avocados.

## SALSA

Chop tomatoes and add diced green peppers, onions, garlic, salt and pepper to taste. Good with refritos et al., and may garnish nearly anything (steak, eggs, etc.).

## FRIBLES

Check dry Pinto beans for dirt and rocks. Soak overnight or allow 2 to 3 hours more simmering time. Add at least 4 parts water per 1 part beans, seasonings to taste, and simmer at least 3 hours. Do you have hard water? Try boiling it with a pinch of soda before adding the beans. Bean and corn proteins balance each other incompleteness, making red chili and yellow cornbread an all-around beautiful combination. Beans for red chili are usually simmered with as much red chili powder as you like and perhaps some garlic, bouillon cubes, cumin (just a pinch), and a little red wine or vinegar. Adding chopped onions and meat in the last hour of simmering produces an unbeatable cold day dish.

# Tearless Onions

Make ice water and submerge onions in it while peeling, or put onions in the freezer for about 5 minutes before chopping. Refrigerated onions and garlic won't bother you nearly as much. But keep the onions away from the ice cream—chocolate onion ice cream is not good.

## Special Fried Rice

(serves eight)

4 cups cooked rice  
½ lb. bacon, diced  
1 cup chopped onion  
2 eggs  
1 cup chopped shrimp  
1 cup bean sprouts  
Green onion  
Pimento  
3 T. oil  
Soy sauce  
Leftover meat (optional)



Brown about 4 cups cooked rice (leftover rice will do) in a large skillet containing 3 T. hot oil. Set aside. In a wok or large skillet, sauté about ½ lb. diced bacon with a cup of chopped onions until tender. Push aside in pan and pour in 2 beaten eggs, stirring gently until just firm. Toss everything together, stirring in the browned rice, soy sauce to taste, 1 cup chopped shrimp, any diced leftover meat and 1 cup bean sprouts. Continue heating until sprouts are hot. Garnish with finely chopped green onion and pimento.

## Green Rice

(serves 12)

4 cups uncooked rice  
2 green peppers, chopped  
3 onions, chopped  
1 cup parsley, chopped  
4 ½ cup oil  
2 cups milk  
4 eggs, lightly beaten  
3 tsp. salt  
3 cups grated cheese

Cook rice. Beat eggs lightly, add milk and other ingredients. Stir rice into this mixture and pour into greased baking dish. Bake 1 hour at 350°. No lid.

## Potato Pancakes (Latkes)

Makes about 10 servings  
or 32 pancakes

12 taters—grated  
3 onions—grated  
3 eggs, beaten  
1 tsp. salt  
A little pepper  
A little garlic powder  
1/8 tsp. baking powder

To make fewer servings  
(about 15, usually 3 per person)

6 taters  
1 onion  
2 eggs  
½ tsp. salt  
Pinches of dry ingredients

Mix the taters and onions together and pour off any excess liquid. Add eggs and other crap, drop by tablespoonfuls onto hot greased skillet or griddle, brown on both sides, drain on paper towel. Serve hot with sour cream and homemade apple sauce. They are also good the next day cold and hard and greasy—but usually only if you are Jewish.



# Soups and Currys

From curries I don't know because I'm from Jewish (with an Irish grandfather), for from soups—this I know. Soups are very probably one of the oldest and best recycling devices known to man. You save all your old bones, vegetable scraps, and other crap and put it in a big pot, add some water and spices and cook it. Soup cannot fail!

## CHICKEN SOUP

The best and cheapest way to make chicken soup is to use backs, necks, and—if you're extravagant—wings. The soup will be very flavorful and a big pot of it can feed you and friends for days at a cost of about \$2.00.

Any vegetables can be added and any spices. Here is how my family makes it:

In a large pot put all your meat and at least 4 qts. of water. Peel and quarter a couple of onions, wash and chunk some celery, wash and chunk some carrots, and dump it all in and simmer for at least 3 hours—the longer the better. I add garlic powder (2 tsh.), black pepper, a bit of basil and salt to taste. Noodles should be cooked separately and added just before you eat.



# Five Joint Soup

## Ingredients:

1/2 cup mung peas  
1/4 cup azuki peas  
1/2 cup lentils and/or split peas  
Cranberry beans – enough to  
cover bottom of kettle  
1 1/2 bunches celery  
1 lb. carrots  
4 large yellow onions  
1 bunch bok choy  
1/2 cup chard  
1 medium potato  
Any vegetable to taste – solid  
ones first, leafy ones last  
1 tomato  
1/2 lb. sliced mushrooms  
2 cubes of beef or chicken  
bouillon  
1-2 cups red wine (any cheap,  
dry red goofy)  
Grated Parmesan cheese

Use a large kettle (can be picked up for about a quarter at most thrift shops) of 1 gallon or more capacity. Put enough water in the kettle to reach 2-3 inches up the sides. Pour in cranberry beans and other beans and peas, 1 sliced onion, and 3 stalks chopped celery, including leafy part.

Season with liberal/radical amounts of salt, black pepper, celery salt, thyme, oregano.

Season conservatively with bay leaves, allspice.

Season fascistically with cayenne or curry powder.

Season piggishly with chili powder.

1. Let this first part cook for 45 minutes to 1 hour. As it comes to boil, stir occasionally.
2. Now during the first hour of cooking, get away from the stove, sit down, roll one, have some tea, look out the window, relax.
3. After one hour begin adding vegetables – hard ones first – celery, carrots, potato, etc.
4. Put in leafy vegetables after the second hour.
5. Add mushrooms and tomato in the last 20 minutes, wine in the last 5 minutes. Sprinkle with Parmesan cheese before serving.



## Lamont Cranston Soup

1 cup lentils  
Bacon or spicy sausage  
2½ onions  
4 carrots  
5 potatoes  
Bunch of celery  
Soup bones and/or meat  
1-2 cups wine, dry white or red  
Allspice  
Cloves  
3 cloves garlic  
Fresh mushrooms, as many as you like  
Peppercorns  
Handful of parsley



Begin with 4 cups of water, 2 cloves garlic (smashed or sliced), one onion (sliced), 1 cup lentils, 2 whole cloves, soup bones or meat, dash of allspice, a few peppercorns. Allow to come to a slow boil. Turn heat down to a simmer. Add 1 cup chopped celery and tops, 4 sliced carrots, 1 minced onion. Saute bacon with more onions, celery, and garlic. Drain off fat; add to soup. Or, if using sausage, fry it, drain and add to soup. Simmer for 3-4 hours, adding more water as necessary to keep from burning. Slice or chunk potatoes and add them about one hour before you'll eat. In the last 20 minutes, add the parsley and mushrooms, as much of each as you like, and the wine. Taste just before serving and add salt to suit.

## Homemade Noodles for Soup

(makes about 2 cups)

1 egg  
½ tsp. salt  
1 cup (about) flour, white or whole wheat

Beat egg. Add salt and as much flour as can be added to make a good stiff dough. Knead for 3 minutes. Cover and let stand for 30 minutes. Roll on a lightly floured board or pastry cloth with a rolling pin until dough is very, very thin. Leave on a cloth to dry. When dry, roll by hand into a jelly roll shape. Cut with a sharp knife into strips about 1/8-inch wide. Unroll the strips and allow to dry thoroughly. Cook the noodles in soup or salted, boiling water for 15-20 minutes.

For vegetable noodles add ½ cup finely chopped fresh spinach (or frozen spinach) cooked and completely drained.

# Dumplings

(makes about 6-8)

1 cup flour—white or whole wheat  
2 tps. baking powder  
½ tsp. salt  
Minced barley  
½ cup milk  
1 egg

Mix all of this into a thick batter and drop from spoons into boiling soup or stew for last 20 minutes of cooking time and then serve.

Variations—add any or all:

1 cup chopped spinach  
1 cup grated cheese  
½ grated onion  
½ cup cooked, crumbled bacon



# Curry

The amounts in this recipe can be varied to fit the number to be served and what you have on hand, so measure the first ingredient and use approximately equal amounts of the next two.

Cooked, sliced fowl (or other meat or vegetable)  
Carrots, celery, and onions  
Rich gravy (or stock and flour)  
Oil, about 3 T.  
A good curry powder or spices (turmeric, cumin, coriander, cayenne, pepper, fresh ginger)  
Steamed rice



Slice carrots, onions, and celery (including leaves on top) very thinly. Heat oil in pan and add carrots, celery, and onions at two-minute intervals. Stir frequently. Add curry powder or use 1½ tsp. turmeric, ½ tsp. cumin, 1½ tsp. coriander, a dash of cayenne, a dash of freshly ground black pepper, and a bit of grated fresh ginger. Cook over low heat. Add gravy, or, if you can't have gravy, stir 3 T. flour into the oil and curry or spices. Cook for 2 minutes over low heat, then slowly add stock. Let simmer and thicken. Add meat or vegetables (and maybe a little wine) and cook until they are warm.

Serve over rice. Garnish with sliced green onions or raisins or anything good.

Or, just before spooning over rice, add ½ cup sliced tomatoes and 4 T. yogurt and warm through.

Serve with condiments, or fruit salad and Leaf Bread (see p. 44).





## ~ Casseroles ~

The secret of making good casseroles is to clean the refrigerator into a well-greased baking dish. Add some grated cheese and a can of cream of anything soup, some cooked noodles or macaroni and cover the top with bread, cracker crumbs or onion rings (canned) or Chinese (canned) noodles and bake at 350° until brown and then EAT IT!

Here are some ideas—but be creative; the worst you can do is burn the damn thing and a little charcoal is good for the stomach.

### **Vegetable Hash**

Parsley, a good bunch

Carrots, small bunch

Celery, 4 large pieces

Pears, 1 lb.

Beans, ½ cup dry navy, soaked and boiled until fairly tender.

(This takes a long time. Soaking the beans overnight and then simmering them awhile is about the best way to soften them. If you are in a hurry canned beans are okay.)

Tomatoes, 1 lb.

2 good ears corn, cut off cob

3 onions and some garlic

1 tsp. each, sage, pepper, and salt (or to taste)

Coarsely chop first five vegetables and simmer in a small amount of water until half done. Drain. Slowly cook chopped onions in 3 T. oil until translucent. Add garlic and cook for 2 more minutes. Put all in an oiled baking dish, add spices, but 1 T. oil on top and bake 1 hour at 350° without lid. Check to see that the vegetables are as soft as you want them.

You may sprinkle a little cheese on top, if you wish.

# Robert Crumb's Favorite Macaroni Casserole

(serves 8)

1½ lbs. ground beef or chuck  
1 28 oz. can stewed tomatoes  
1 28 oz. can tomato puree  
or 12 oz. can tomato paste  
2 tsp. oregano  
½ cup chopped onion  
½ tsp. black pepper  
¼ tsp. sweet basil  
2 tsp. celery seed  
2 cups grated cheese (1½ lb.)  
3 cups cooked macaroni



Brown meat in skillet with onion and add all the tomato and spices. Heat to simmer. Meanwhile, boil macaroni in salted water until tender. Drain macaroni and in your baking dish (about 4 qt. capacity) layer macaroni and sauce and cheese, topping with a layer of sauce and cheese. Bake in 350° oven until cheese is brown.

**Vegetarian variation:**

Instead of meat, saute 2 cups of any soft squash (e.g. summer squash, zucchini, crookneck) and 1 cup finely chopped celery in about 3 T. oil and proceed as above.

Brown rice may be substituted for macaroni.

# Tuna Casserole

(serves 6)

Kids really love these bland creamed noodle things.

1 large can tuna—the mercury is poison, but  
so is the air we breathe!  
1 package vegetable or egg noodles, boiled  
1 can cream of mushroom soup  
2 cups grated cheese—cheddar, jack or mozzarella  
1 cup fresh mushrooms, chopped or sliced  
1 can fried onion rings



Combine all this junk and mix it well, cover the top with the onions and bake at 350° until bubbly.

**Variations:** add 2 chopped tomatoes, any chopped cooked vegetables; substitute cold leftover meat for the tuna, or brown or white rice for the noodles. Use any herbs you enjoy.



Grate up odds and ends of cheeses and freeze to use in cooking or as topping.

# Enchiladas

Here are some recipes which you can easily improvise upon to your taste. They are for 12 tortillas, serving 4 to 6.

## RED SAUCE

2 cups beef stock  
4 T. flour  
12 oz. tomato sauce  
3 T. or more red chili powder  
3 cloves mashed garlic  
Salt and pepper  
½ tsp. red wine vinegar  
¼ tsp. cumin  
2 T. oil

## GREEN SAUCE

2 cups pork or chicken stock  
4 T. flour  
½ cup raw or frozen (thawed and drained) spinach, finely chopped—optional  
½ cup chopped onion  
3 cloves mashed garlic  
Salt and pepper  
½ cup chopped green chilis  
2 T. oil

If you have a blender, put everything in, puree smooth, simmer until slightly thickened and pour over enchiladas. If not, saute onion and chili in oil. Whisk flour into cool stock, then whisk into simmering oil mixture. Add everything else and simmer until slightly thickened. (Sauce freezes well and if properly stored improves with age. You can prepare the enchiladas ahead, if you like. Roll enchiladas and freeze separately from sauce lest they get soggy. Defrost, pour on sauce, and bake.)

With sauce seething gently on the back of the stove, prepare the tortillas by dipping into hot oil until rubbery (about 10 seconds) and setting aside to drain (use tongs; save burns).

To fill with cheese: take a corn tortilla. Pretend you're rolling with one paper and in a strip across the center place some chopped onion (any color), some cheese (longhorn, cheddar, Monterey, cottage, cream cheese, or sour cream or any combination of these), and maybe some cooked meat. Roll it tightly. Place in baking pan. Tuck the others in to cover the bottom as much as you can. Pour sauce (basically stock, chili and other seasonings mixed and thickened slightly) over all. Top with grated cheese, and bake at 400° for 15 minutes.

To fill with meat: chop about 2 cups onions (green ones go well with green sauce and white cheeses). Prepare about ½ lb. cheese (or 2 cups grated). Cooked, chopped chicken or pork go well with green sauce—beef with red. Ground beef (1 lb.) can be sauteed with garlic, pepper, and a splash of dry wine or wine vinegar. Fill and roll tortillas, pour on sauce, and bake as above.







# Meat, Fish, and Chicken

You gotta have proteins—complete ones with enough of *all* the amino acids. Eggs, meat, and cheese will give all the amino acids needed, providing the cook doesn't kill them off by cooking them too hard (especially lysine, whose best source is raw meat). (See p. 4, calories and nutrition.) Fry an egg too hot and too long and the white is so tough and dehydrated you can tie your shoes with it. So it is with other proteins.

Lean meat is somebody's muscle. Muscle is made of long fibers held together by connective tissue which also holds the juices containing vitamins, minerals and flavor. When cooked too hot, this connective tissue breaks down and leaks away leaving you with a mouthful of something dry, leathery, and decidedly less nourishing than what you get when you cook long and low, so that the tissues gradually soften to tenderly hold the juices. The internal temperature should be from 120° to 160°, and the oven setting from 200° to 275°, especially for cheaper cuts. Very tender cuts (e.g., prime steak) which have little connective tissue can be broiled quickly. This softening of connectives can also be done by marinating in vinegar, wine, acid juices, or cream.

Before you cook it, meat should be at room temperature. Keep your meat from leaking away so many valuable juices by rubbing it with oil. And don't use salt except at the table. When braising (simmering in sauce), keep the temperature around 160°. Remember, long low heat.

Fish is already tender. What little connective tissue it has breaks down and smells bad at 150°. Serve when the internal temperature is 140°, or when the meat separates flaky with a fork. If it smells fishy, it's overcooked.

# Less Money--More Meat

(it'll taste better, too!)

Learning to cut your own meat saves money. Kitchen shears help, sharp knives are a must. Take advantage of sales—buy a big pot roast and carve it into cubes for stew or skewer, slices for steaks; slabs for roasting. Marinate in acid (lemon juice, vinegar, dry wine) to tenderize—add herbs for super flavor. Wrap tightly and freeze. Even cheap cuts will roast or broil up steak-tender.

Chicken can be cut without hacking and sawing through bones by cracking the joints and sliding a sharp knife between them. Save leftover carcasses to simmer and strain for wonderful stock.

## Refreezing meat:

After meat or poultry has been cooked, it can be refrozen. Recipes for leftover meat (see pages 35, 23, 26) are sometimes tastier than the original dish.

Meat that has partially defrosted but still has ice crystals in it can be refrozen—but any meat that completely defrosts will only rot if returned to the freezer.

## Cooking frozen meat and poultry:

It's pretty tricky. Meat frozen in marinade will do quite well, the only problem being to get the center warm. To be sure, insert a meat thermometer or allow 15 or 20 minutes more cooking time per lb. of meat.

## MARINADE FOR ANY BROILED OR GRILLED MEAT OR FISH

4 T. soy sauce  
1 tsh. garlic  
1 tsp. celery seed  
2 T. sherry  
Fresh ground pepper

# Skewer Meat Marinade

(serves 6)

½ cup lemon juice  
½ cup salad oil  
1 medium onion, grated  
1 tsp. salt  
1/8 tsp. pepper  
¼ tsp. curry powder  
¼ tsp. ginger  
1 tsp. Worcestershire sauce  
1 bay leaf  
1 garlic clove, crushed  
2 lbs. beef sirloin tip or top round cut in 1 or 1½ inch cubes  
Mushroom caps  
Green pepper squares



Marinate beef and mushrooms for at least 4 hours. Skewer meat, mushrooms, and green pepper and grill 20 minutes, turning.

# Roast and a Bottle of Beer, or Uncle Lushwell's Meat Can't Be Beat

From the butcher get a good piece of meat - at least 4 or 5 lbs. - rump or rolled roast. If you really want to live dangerously, get a chuck roast. Prepare a marinade from the following ingredients:

½ bottle or can of beer (cheap beer works just as well as expensive beer)  
4 oz. any wine that's around, providing it's not too sweet  
1 medium clove garlic, smashed (the garlic, not the cook)  
1 T. soy sauce  
4-5 shakes garlic powder  
3 shakes black pepper  
5-6 shakes oregano



Marinate the meat at least 2 hours in the refrigerator. Don't play with your meat, just let it sit. (Do turn it over after an hour or so, though, so that *all* of the meat gets a good soaking.)

Preheat oven to 350°.

Cook 15 to 20 minutes per pound for a good piece of meat. If you use cheap meat, better do 30 minutes per pound. This will give you rare meat. If you want it just a little pink, add on another 10 minutes per pound. As the meat cooks, baste liberally with marinade. You should run out of marinade well before the meat is done. Use the remaining half of the can or bottle of beer - if you haven't drunk it already - with about ½ T. soy sauce, and baste the meat every ½ hour for sure. Intermittently, season the meat with a little bit of oregano and pepper. About 10 minutes before you're ready to slice and serve it, pour on an ounce of dry white wine or Burgundy - this makes a richer sauce.

Tastes good with green beans: start to simmer while sauteing 1 chopped onion, 1 smashed garlic clove, and 4 slices diced bacon. Drain off grease and toss onion, garlic and bacon into green beans.

## Fats For Frying

Clarified butter (which has been melted and the oil separated from the milky solids) does not burn too easily. If frying with butter, add 1 T. oil for every T. butter to keep it from burning.

Butter foams when heated. When the foam diminishes, the butter is at the ideal browning temperature.

Do not let fat smoke. Save fat for reuse by cooking a potato in it to absorb odors, strain, and refrigerate. It can be used perhaps twice again, but never use rancid oil (see Body Building).

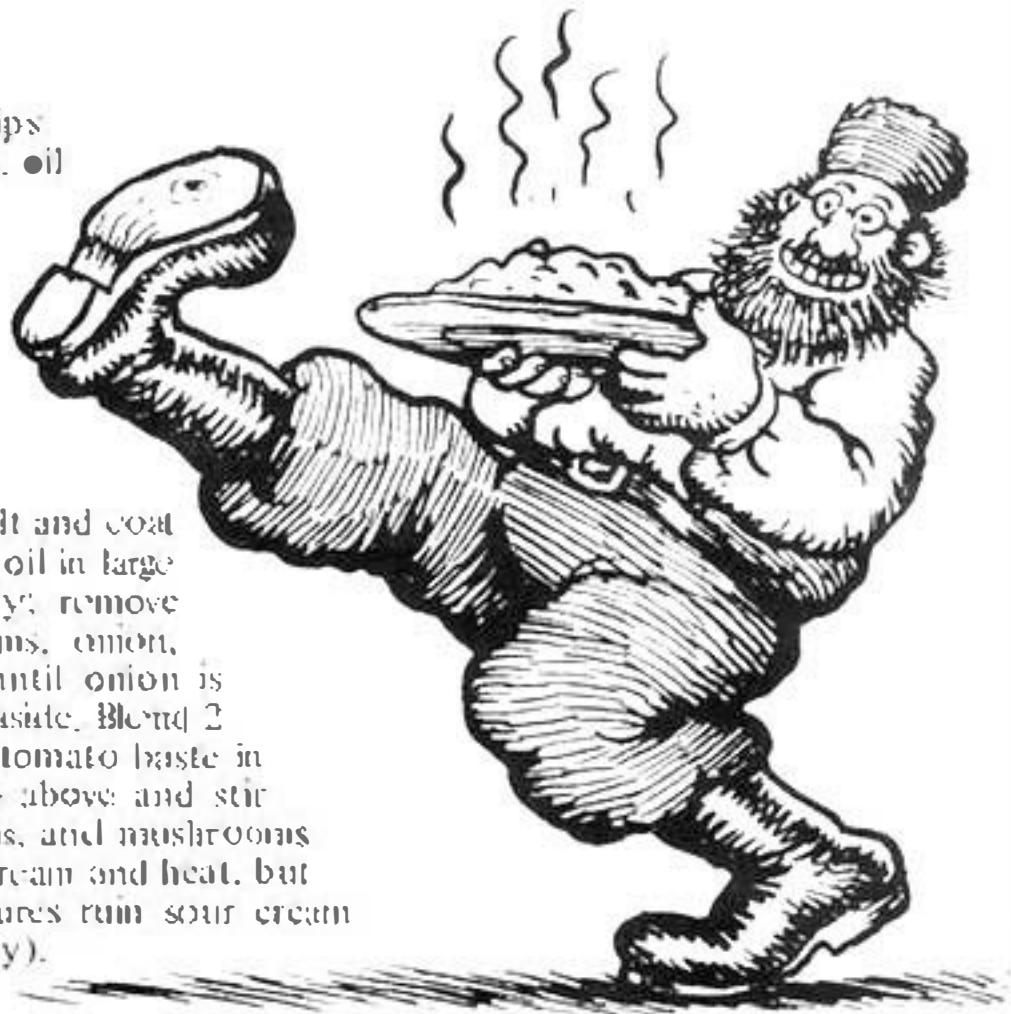
Never cover a pan in which you are heating oil - it can ignite and when you lift the lid your hair, face and clothing can also ignite.



## Original Beef Stroganoff from St. Petersburg (1890)

4 T. flour  
 ½ tsp. salt  
 1 lb. beef sirloin cut in ¼-inch strips  
 4 T. butter or 2 T. butter and 2 T. oil  
 1 cup thinly sliced mushrooms  
 ½ cup chopped onion  
 1 clove garlic, minced  
 1 T. tomato paste  
 1½ cup rich beef broth  
 1 cup sour cream  
 2 T. sherry

Combine 1 T. flour and ½ tsp. salt and coat meat with it. Heat 2 T. butter or oil in large skillet and brown meat quickly; remove meat from pan. Add mushrooms, onion, and garlic to skillet and cook until onion is clear; remove from pan and set aside. Blend 2 T. butter, 3 T. flour, and 1 T. tomato paste in pan. Slowly add beef broth to above and stir until thick. Return meat, onions, and mushrooms to pan, stir in sherry and sour cream and heat, but **DO NOT BOIL** (high temperatures ruin sour cream and yogurt by turning them gritty).



## Can't Beat It Meat Loaf

2 lbs. ground beef  
 ½ cup red wine—or more  
 ¼ cup red wine vinegar  
 ¼ cup soy sauce  
 ½ tsp. pepper  
 1 tsp. basil or oregano (maybe more)  
 ½ tsp. garlic or 2 cloves, minced  
 ½ tsp. chili powder  
 ½ cup bread crumbs or ½ cup oatmeal  
 2 beaten eggs (set about 1 T. aside to brush pastry)  
 Optional—finely chopped onions and celery  
 and Parmesan cheese

Mix together and put in refrigerator to marinate 2 to 24 hours.

Mix ½ Flakey Foont pie crust recipe and roll out at least ¼ inch thick. Pat meat mixture into brick shape. Drape pastry over meat, covering all but the bottom side. Decorate top with shaped trimmings from dough, brush with egg, and bake 2 hours at 350°.



# Cheap Steak

(serves 6)

1 cup brown rice  
2 lbs. round steak—have butcher tenderize  
or pound with a mallet  
Garlic  
Soy sauce  
Pepper  
Lemon juice or wine vinegar  
1 bunch green onions  
¼ lb. fresh mushrooms  
2 T. cornstarch  
½-¾ cup grated Parmesan cheese  
1½ cups or more dry wine  
2 T. margarine  
4 T. oil



Start cooking the brown rice. Rub both sides of the meat with half a clove of garlic, soy sauce, freshly ground pepper, lemon juice or wine vinegar. Cut meat into 6 pieces. Heat oil in a heavy skillet and sear the meat all over. Set meat aside. Chop a bunch of green onions (save the tops for later) and slice mushrooms into paperthick pieces. Sauté onions in meat drippings, adding oil if necessary, for 2 minutes. Add mushrooms and sauté for 1 more minute. Stir 2 T. cornstarch into a cup or more of wine and pour into the mixture in the skillet, stirring until thick. Add pepper, garlic (sliced) and soy sauce to taste. Preheat oven to 450°.

Generously spread each piece of meat with sauce, roll, fasten the rolls with toothpicks and place in shallow baking dish. Pour remaining sauce over the meat rolls and pop into oven for about 15 minutes.

By now the rice should be done. Stir in 2 T. margarine, ¼ cup finely chopped green onion tops, ¼ to ½ cup grated Parmesan cheese, ¼ cup wine. Stir. Spread on a generous platter. Arrange the meat rolls thereon and pour sauce over all. If possible, warm a bit of brandy or rum, pour on top and light with a match for flaming steak. With hot garlic bread or a salad, what a grand (cheap) party!

## Main Dish Meatballs

2 lbs. very lean ground beef  
½ cup oatmeal or bread crumbs  
1 egg  
½ cup grated Swiss or Parmesan cheese  
½ tsp. celery seed  
¾ tsp. garlic salt or 3 cloves garlic, finely chopped  
1 onion, very finely chopped  
¼ tsp. salt  
¼ tsp. black pepper  
¼ tsp. sweet basil  
1 cup cooking sherry

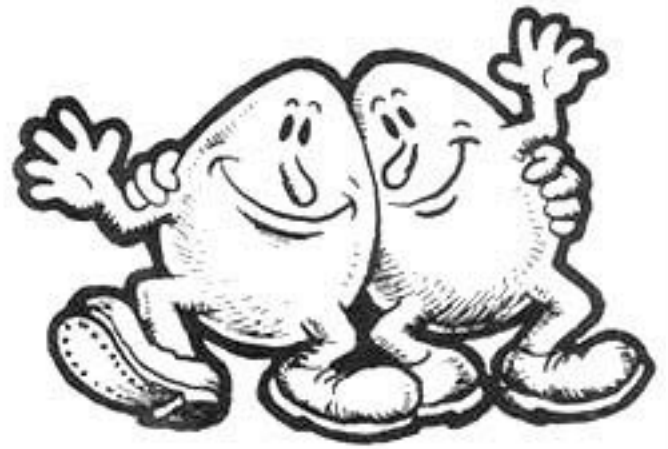


Mix everything but the sherry, preferably with your hands. When ingredients are blended well, form into balls about 2 inches in diameter. Sauté the meatballs in a little bit of vegetable oil until done as well as you like. Five minutes before serving, pour the sherry in with the meatballs and bring to a boil. Remove the meatballs and thicken the sauce with flour or cornstarch (see notes on thickening, p. 35). Serve with rice or noodles.

# Fritata

(serves 6)

Olive oil  
1½ lbs. lean ground beef  
1½ large onions  
1 cup fresh cooked spinach or  
chard, shredded  
¼ lb. fresh mushrooms, chopped  
8-10 eggs, beaten with a little  
water and salt  
Salt, pepper, garlic and lots of  
oregano, to taste  
White wine  
Grated Parmesan cheese



Heat a few drops of olive oil in a frying pan. Brown beef and onions together, adding garlic, salt, saff, oregano and pepper while cooking over a very slow flame. After the meat is cooked, add the spinach and chard. Continue to season while you cook. I just sort of sprinkle oregano in through the whole thing. Add half the chopped mushrooms, mix in thoroughly the beaten eggs. Keep mixing so the eggs don't settle. Now add a little white wine, the rest of the mushrooms. Let simmer until the rest of the moisture disappears, mixing occasionally. Just before serving, sprinkle liberally with Parmesan cheese. Serve with hot garlic French bread.

# Chickens

(set your chickens free)

Frying:

Cut into pieces (or buy one cut up).

Make a wash of half egg, half milk. For one or two 2½ to 3 lb. chickens, use one egg, ½ cup milk, 1 tsp. lemon juice, 2 tsp. wine.

Make a breading of equal parts of flour and fine bread or cracker crumbs. For one chicken use about ½ cup flour, ½ cup bread crumbs, plus any combination of seasonings to taste (yes, you can taste it). Suggested: 2 tsb. salt, 1 tsp. pepper, 1 tsp. granulated garlic, 1 tsp. paprika, ½-1 tsp. each sage, tarragon, thyme, parsley, Parmesan cheese, and so on.

Dip pieces of chicken into wash, then shake in sack with breading and seasoning.

Slip into ¼ inch or more hot (350° or when it browns a bread cube in 60 seconds) oil or butter (see FATS below) and saute golden (about ten minutes each side).

Then remove chicken to 350° oven and continue cooking for about another 20-30 minutes.

When frying, *do not* crowd pieces in pan; fry thickest pieces first if pan isn't big enough to hold all at once—and remove to oven to continue cooking until smaller pieces are done.

Want to be sure it's done? Poke a fork into the thickest meat, pull out, and watch for at least 30 seconds. If the fluid seeping from the holes is continuously clear, the chicken is done. If even a little of the fluid is pink, better cook it 5 more minutes and test again.

# Chicken a la Golden Post

Chicken tits (I like white meat) cut into two-  
or three-bite pieces

Garlic

Olive oil

Oregano—basil works too

Salt

Potatoes, quartered or eighthed lengthwise

White wine—cheap sauterne is cool, maybe  
good wine would be better—I've never tried  
it.



Brown sliced garlic (or smashed, if you prefer) in a goodly amount of oil in a *large* skillet.\* Remove or leave in as you see fit, but if you leave it try not to burn it. Brown potatoes well over high flame—they're best when slightly crispy outside. When potatoes are almost completely browned, throw in the chicken (from a distance of not more than 12 [twelve] feet, nor less than 15 [fifteen] feet), brown slightly (it shouldn't be crispy—leave that to Colonel Sanders' crispy chicken fingers). Add oregano and lots of salt here. Cook slowly with a lid on it (no, dummies, not *that* kind) until everything is pretty well done, ½ an hour or so. In the last five minutes, or thereabouts, pour in the wine—maybe ½ cup per chicken or so and simmer with the lid back on. It's good to have lots of juice in which to dip fresh French bread.

A light rose wine goes well with it.

If you leave the wine out, it's called Chicken Vesuvio.

\*It's important to keep all chicken and potatoes in contact with the skillet bottom at all times to avoid losing their flavor, so use two skillets if you don't have one that's large enough.

## Cock Au Vin

(Stewed chicken)

(serves 6)

1 good-sized stewing chicken (about 6-7 lbs.)  
or 2 fryers, but stewing chickens are better

1 qt. white wine

2 cups water

1 dozen small white boiling onions (clean and  
peel but leave whole)

1 cup sliced mushrooms

2 bay leaves

1 tsp. sweet basil

½ tsp. black pepper

Dump all of the above into a huge pot and cook  
until chicken is tender (about 1½ hours) over  
medium flame.



To serve, place chicken on platter, arrange onions and mushrooms around it. Thicken  
the stock with either flour or cornstarch (see thickening things, p. 35) and serve on side.



# Loong Ha Peen

Shrimp, Chicken, and Vegetables  
(serves 8-10)

For a very large pan or large Chinese wok

4 T. cold pressed oil  
2 minced garlic cloves  
2 lbs. raw shrimp—shelled  
1 lb. sliced mushrooms  
1 cup sliced bamboo shoots  
1 cup cooked chicken cut in ½-inch cubes  
4 cups chicken stock (vegetable bouillon may  
be substituted)  
Soy sauce  
1 lb. snow peas  
About 1 cup fresh bean sprouts  
1 tsp. sugar  
2 T. cornstarch



Heat oil—add garlic, then shrimp and vegetables. Cook, stirring about 4 minutes. Add 3 cups stock, soy sauce to taste, stir about 2 minutes. Combine cornstarch, 1 cup stock, sugar, add to sauce, cook one minute, and serve with rice.

## Shrimp in Black Bean Sauce

(serves 4-6)

1 T. Chinese black beans  
2 T. oil  
1 lb. raw shrimp (shelled)  
1 garlic clove, minced  
1 T. cornstarch  
½ cup water or chicken stock  
3 scallions (green onions), sliced thin

The secret of cooking with a wok is speed and heat.

Heat the wok, add the oil (peanut is best, or chicken fat for flavor). When the oil bubbles, throw in hard vegetables, then soft—stir constantly and serve. A whole wok full of vegetables should only take a few minutes to prepare.

Wash beans and crush with the side of a knife. Heat wok, add oil. Cook shrimp and garlic quickly on high heat. Mix cornstarch, water or stock, and beans together and add to shrimp. Stirfry, then add scallions.

To change this dish add any of the following:

1 cup snow pea pods; ½ cup water chestnuts, sliced; 1 lobster tail, cut up; 1 cup fresh mushrooms.

For a main dish for 8 add everything listed above to pan in this order:

Oil, garlic, shrimp and lobster. Stirfry over high heat about 3 minutes, then add pea pods, 5 scallions, sliced water chestnuts, mushrooms and stirfry 2 minutes. Mix together and add 1 cup chicken stock, 2 T. cornstarch, 2 T. black beans. Serve with hot rice.

# Chow Mein

(serves 8)

(Save up bits of leftover meats and fowl for this; exact amounts are not crucial.)

Prepare bowls containing:

- 1 cup chopped onions
- 2 cups celery
- 3 cups bok choy or Chinese cabbage
- 1 cup sliced mushrooms
- 2 cups bean sprouts
- About 4 oz. waterchestnuts (sliced)
- 2 T. cornstarch whisked into 1 cup stock and  $\frac{1}{4}$  cup soy sauce
- 1 cup slender strips of cooked meat
- $\frac{1}{2}$  cup steamed green peas
- Diced green onion tops and pimientos—enough to garnish
- Toasted Almonds
- 2-3 cans Chinese noodles or Chinese noodles pan-fried\*



Heat 2 T. oil in wok or skillet until a drop of water will pop in it—do not let it smoke. Stir-fry in onions; then add celery, bok choy, and mushrooms, stirring until vegetables are just heated through (taste one). Stir in bean sprouts, water chestnuts, and stock mixture. As soon as sauce is thickened slightly, ladle over warmed noodles; canned crisp or pan-fried Chinese-style boiled noodles.\* Over this mound spread the sliced meat and sprinkle everything with peas, green onions, pimientos and toasted almonds.

Try with Special Fried Rice.

\*This is prepared by first boiling 2-3 lbs. dry or fresh Chinese-style noodles until just done. Then drain and dry them between two towels. Heat 2 T. oil in large wok or pan until hot and pan fry *half* of the noodles about 2 or 3 minutes. Do not stir noodles but flip entire mass over after a minute or so. *Do not overcook.* Noodles should come out of pan just before they start to get crisp. Repeat for other half.



## Thickening Things

The secret is to add just enough thickening to give body to the sauce without making flour soup. Mix thickeners with a little cool liquid before adding to the pot, and whisk it in slowly to prevent lumping. Start with about 1 T. flour per 1 cup of liquid—2 T. per cup makes very thick gravy—3 T. per cup makes pudding—4 T. makes horsehooves. Cornstarch will thicken more translucently and delicately than flour and you need about two-thirds as much. A scant T. makes thick sauce, 2 T. per cup makes pudding. Don't boil cornstarch too very long or it might thin out, but do be sure to cook for two or three minutes to get rid of the cornstarch taste. Arrowroot, which also makes sauce at 1 T. per cup of liquid, makes a clear and brilliant sauce which is particularly good for desserts. It reaches maximum thickness at about 170°; further heating causes it to thin.

# Siu Ghuy

Barbecued chicken for 10

- 3 Frying chickens
- 1 cup soy sauce
- 3 garlic cloves, minced
- 2 tsp. salt
- 1 tsp. pepper
- 4 tsp. sugar
- 6 tsp. five spice (this is a must—any Chinese market will have it)
- 8 T. oil



Cut chicken in small serving pieces. Mix soy sauce, garlic, sugar, pepper, five spice and oil. Coat chicken pieces with oil-spice mixture and let stand at least an hour. Spread in large roasting pan; cook in 350° oven till crisp and done. Don't overcook—usually 1 to 1½ hours. Baste or turn 1 or 2 times during cooking.

This freezes well—if you plan to freeze, cook only 1 hour and cool, wrap and freeze. Finish cooking when you defrost it to serve.

## Turkey Slow and Low

(Have you ever seen a man-eating turkey?)

- 1) 10-25 lb. birdie—fresh or thawed (if frozen).
  - 2) Wash the birdie and pat him dry (with a towel).
  - 3) Stuff him and truss him by sticking pins along the sides of the openings, then fastening with string or strong thread.
  - 4) Put him in a roaster and cover with foil or a lid (tee-hee) and place the whole deal in a 200° oven for at least 8-10 hours. For larger birds we do it the night before and cook all night and morning next.
  - 5) Remove lid—get stoned—and brown the bird.
- You won't believe how yummy in the tummy this birdie will be.

### BREAD STUFFING—VERY TRADITIONAL

- 1) Save old ends of bread in a dry place for a few weeks, or dry fresh bread in a low oven on cookie sheet. I usually figure about 1 loaf per 10 lbs. of bird.
- 2) Tear the bread, or pound it into pieces in a plastic bag if it's hard.
- 3) Chop one or two bunches of celery, depending upon bird size and your love of celery.
- 4) Chop onions to taste, 2-3-4.
- 5) Chop big bunch of parsley—it's good for you.
- 6) Mix all this together with a melted stick of butter or ½ cup oil and season to taste with poultry seasoning, garlic powder and whatever else you like.
- 7) Cram all this into the bird and cram him into the oven.

### FOWL DRESSING (STUFFING)

(Just because it's chicken it doesn't have to be foul.)

You can stuff just about anything into a turkey, chicken or other cavity (heh-heh).

- 1) Add fresh oysters
- 2) Add chopped almonds or walnuts
- 3) Stuff with white, brown or wild rice rather than bread
- 4) Stuff with cornbread crumbs
- 5) Add chopped mushrooms—black, white or psychedelic
- 6) Stuff with chopped apples, raisins, nuts, rice or bread crumbs and cinnamon; baste with wine.

# Crumb Family Recipe a la Veronica

1 large can (28 oz.) tomatoes, mashed  
1 large can tomato puree (28 oz.)  
12 oz. tomato paste  
2 large onions chopped finely  
2 stalks celery  
2 carrots  
3 T. sugar  
12 cloves garlic (do not chop)  
1 T. celery seed  
3 T. salt  
1 bay leaf  
Up to 36 oz. water  
(or substitute 6 oz. red wine for part of the water)



Saute onions in 2 T. olive oil (do not brown). Combine with remaining ingredients, except for bay leaf, in large pot. Cover and simmer slowly for 1½ hours. Add the bay leaf for the last ½ hour.

Note: Meat balls, partially cooked, may be added to the sauce the last 15 or 20 minutes of cooking. Strain (or blenderize) sauce if desired before adding meat. Straining is optional, but better for tender stomachs. 1½ lbs. lightly browned, drained ground beef may be added in place of meat balls. **ADD MEAT THE LAST 20 MINUTES OF COOKING ONLY.**

Serve with grated Romano or Parmesan cheese.

Important notes:

- 1) For vegetarians: use 1 lb. of mushrooms in place of meat. Add after the sauce has cooked for an hour.
- 2) Never use green peppers or any other variety in this recipe.

## Cooking Pasta

In a huge kettle, boil about 6 quarts of water per pound of pasta with 1 tsp. salt per quart. Add the pasta gradually so that water doesn't stop boiling. Boil briskly, uncovered for about 4 minutes. Will a spoon cut it without finding its center hard? Yes? Taste it. If it offers no resistance at all, you've cooked it too long. If it's hard in the middle, give it a few more minutes, then taste again. When it offers just a bit of resistance as your tooth sinks in, pour the contents of the kettle into the colander and rinse in hot water. Toss in a bit of olive oil to keep the strands from sticking together. If you don't serve it right away, reheat by dumping the pasta into rapidly boiling water. Make sure it is separated and not in big, starchy globs: stir around to heat through, then drain quickly.

Keep water from boiling over when cooking rice or pasta by oiling the inside edge of the pot about an inch from the top. Like flaky rice? Rinse in cold water in sieve or cool in refrigerator. Just before serving, stir with fork and warm in oven.

To make rice whiter and fluffier, add 1 tsp. lemon juice to each quart of water while cooking.





# Eggs & Dairy

## Umlaut Omelette

Combine:

3 eggs beaten to near foam

2 tsp. cream

1 T. lemon juice—continue beating (whip and boots optional)

¼ tsp. salt

USE AN OMELETTE PAN, not a frying pan—heat ¼ stick butter until it just begins to brown over medium heat. Pour the egg-cream-lemon mixture in a circular motion into the hot pan. IMMEDIATELY begin to shake and vibrate the pan in a circular rhythm (while singing *Omelette Christian Soldiers*). This will jell the bottom of the omelette while keeping it from sticking. As the mixture cooks, keep shaking. When the edges are cooked and the center is still gooey, THAT'S the time to add whatever you want (grated cheese, tomatoes, sprouts, onions . . . ). Allow added ingredients to cook for one minute. Then fold the omelette gently and slide it onto a plate. Preserves or fruits, powdered sugar, maple syrup or honey can be ladled on top.

For a party, lay out many dishes of appetizer-type foods—like caviar (?), cheeses, lox, cream cheese, sprouts, sausage, corned beef—and let your guests choose their filling. Don't multiply the recipe for lots of people; make several batches. It takes longer, but works much better. A 12-egg omelette in one little pan will burn, fall apart, and taste lousy.

# Make Your Own Yogurt

Heat  $\frac{1}{2}$  gallon Guernsey (extra rich) milk—*raw if possible*—and slowly bring to a boil. Remove from heat and cool until a finger (your own) can be immersed to the count of ten.

Add  $\frac{1}{4}$ - $\frac{1}{2}$  cup yogurt culture\* to one cup boiled milk; mix and pour into the rest of the milk.

Pour the mixture into clean quart jars or glasses and place them in a container of warm water; a large pot will do. Cover the warm water container and wrap with a towel, blanket, or thick layer of newspaper. Let it stand 8-12 hours. Check from time to time to make sure it is not turning too cook; if it is, add very warm (not boiling) water. Do not put directly over heat, or you may kill it. You can strain the yogurt through cheesecloth to remove the whey.

Chill it!

\*You can buy yogurt culture or just use plain store-bought yogurt instead. Be sure the prepared yogurt has no additives such as vegetable gum; only plain yogurt will work.

Homemade yogurt is usually softer than store-bought yogurt. To make it more solid, add one cup powdered whole milk before adding yogurt culture.



## Hank's Peach Soup

Dip 6 to 8 large, medium-ripe peaches in boiling water, peel and slice. Put into hot and add about 1 T. sugar or 2 tsp. honey per peach. Don't oversweeten. Cover with water, bring to boil, add juice of 1 lemon, cook until soft by simmering covered. Set aside until cool; refrigerate.

When very cold, mash peaches or blend. Add 3 eggs, 1 to 1 $\frac{1}{2}$  pints of sour cream (use a mixer). Gradually add the sour cream—the soup should be thick, but not too much cream or you lose the peach flavor. If you have it, put in  $\frac{1}{4}$  cup peach brandy. Let soup ripen in refrigerator for several hours. Serve it in small chilled bowls with a sliced peach as garnish for each bowl. About the only thing you can serve with this is a light salad, black bread, or cold fish. It's rich. You can use other fruits.

# Mayonnaise

2 T. lemon juice or vinegar  
½ tsp. salt  
Several vigorous shakes pepper  
2 eggs or egg yolks (the yolks are what emulsify or suspend the oil)  
1 tsp. mustard  
2 cups oil (more or less)  
½ cup yogurt



Into a blender or bowl pour lemon juice, salt, pepper, mustard, eggs and any spices you like (e.g., dill, tarragon). Add a bit of honey or fruit juice if you want a sweet dressing. Mix everything thoroughly, then begin adding oil, dribble by drip. Make yourself comfortable; you will be dribbling and dripping for at least 10 minutes. It takes a long time for those yolks to hold up that oil. Beat the oil slowly with a wire whisk. If using a blender, keep going at the lowest speed and dribble the oil in at the top. As the mixture begins to thicken, add yogurt. Continue beating until very thick. If necessary, drip more oil to reach desired thickness.

The ideal temperature for mayonnaise ingredients is 70°. On hot summer days, mayonnaise may remain syrupy. If the mixture won't emulsify, pour it into another container and start again by beating an egg yolk and slowly dripping the mayonnaise mixture into it. Beat constantly until thick.

# Cheese Souffle

(serves 4)

3 T. each butter or  
margarine and flour  
1 cup milk  
Dash cayenne  
½ tsp. dry mustard  
½ tsp. salt  
2-3 cups shredded cheddar  
and/or Swiss cheese  
6-8 eggs, separated



In a saucepan melt butter and stir in flour until smooth. Blend in milk and dry ingredients; cook and stir until thick. Add cheese and stir until it melts. Remove pan from heat and add egg yolks. Whip egg whites to peaks—fold the whites into the sauce then pour into well-greased 1½ quart souffle dish or deep-sided glass baking casserole dish.

Draw a circle on surface an inch or so in from rim with knife, chopstick or finger. Give your souffle the finger!

Bake at 375° for 35 minutes or until very puffy and golden brown.

Variations:

½ cup finely chopped onions or 1 cup chopped spinach may be added to the sauce.

Just like time and the river, souffles wait for no one.  
So immediately upon removal from the oven EAT IT!

# Cheese Blintzes

from my mother, The Blintze Queen of the World

THE FILLING for Blintzes (makes about 1½ dozen)

- 1 lb. dry cheese, farmers' or cottage (drained in strainer)
- 1 container (8 oz.) ricotta cheese (optional)
- 3-5 egg yolks—the more the richer
- 3 tsp. honey or sugar
- 1 tsp. salt
- 2 tsps. lemon juice
- ½ tsp. nutmeg



Mix all these together and chill: it should be firm like cottage cheese and yummy.

## THE BLINTZES

- 1 cup flour (Note: *Please, forget nutrition and don't use whole wheat flour: 5000 years of Jewish blintze makers would blotz, if you used whole wheat flour—unbleached flour, okay.*)
- 2 T. corn starch
- ½ cup milk
- 1 T. melted butter or oil
- 2 tsp. lemon juice
- 3 T. honey

Mix all this together: it should be like heavy cream and soupy enough to pour—thin with water if necessary.

Now: you get a nice little 6-inch or 7-inch frying pan, grease it, get it hot, pour in 1 T. of batter, and rapidly twirl until the bottom of the pan is covered with batter. When the top looks glossy and the edges curl, turn out pancake on paper towel. Keep this up until all batter is used. The pancakes should be thin but no holes.

Okay, now: place a *zafit* (good-sized) spoonful of filling in the center of each blintz and roll the blintz around the cheese. You put the filling on the browned side. Step three: brown the *rolled* blintzes on both sides in butter and serve. These are very rich and 3 or 4 usually make a meal. They may be served with fresh fruit topping or sour cream (or yogurt)—honey-nutmeg topping.

# Ambrosia

- 2 bananas, sliced and squirted with lemon juice
- 2 apples, sliced
- 2 oranges, peeled and chunked
- A handful of coconut (packaged or fresh shredded)
- 1 can unsweetened (or fresh) pineapple chunks or slices
- ½ cup chopped, pitted dates (optional)
- Any fruit in season, and frozen or canned fruits may be added or substituted (i.e., strawberries, grapes, pears, peaches, apricots, raspberries, etc.)



Most fruits should be squirted with lemon juice (avocados are also a fruit) to prevent them from turning brown. The juice also seems to enhance the natural flavor. For us the juices of all the fruits are dressing enough, but yogurt, honey, sour cream, whipped cream or drizzled honey may be used on your Ambrosia.





Sitting around waiting for afternoon to become dinner time, there's nothing that starts the hunger vibes going faster than the smell of fresh bread that comes wafting and wandering. It's amazing what a little flour mixed with liquid and maybe a few other things and baked in the oven will do. For yeast bread, I start with water that feels warm (not hot) on my wrist. I stir in the yeast and, depending on the kind of bread, I might add honey or molasses, eggs, oil and spices. Then I beat in the salt and the flour, knead the dough, let it rise, knead it again, shape it, let it rise again, and bake it. Flour, yeast, water, salt, time.

Yeast needs time to lift the bread. The coarser the flour, the more time it needs. Actual mixing and kneading time takes about 30 minutes. The other 2 to 10 hours is spent in a warm (but not hot enough to kill the yeast) place rising, or in the oven baking. Say you don't get home until 5 and you'd like fresh bread for dinner at 7. Prepare the dough the night before and store in the refrigerator. It will rise, in spite of the cold. At 5, yank it out. Knead it vigorously to warm it up. Shape into small loaves, slash designs on top, and let it rise in a warm place until 6:15. Pop into an oven preheated to 425° and bake until brown, crusty, and hollow-sounding when tapped.

Please experiment with different flours and flavors, sampling lightly as you go (eating lots of raw dough makes one belch). If you are not satisfied, mail the unused portion to us.

The basic proportions for bread are 2 cups liquid, 2 T. dry yeast, 1 to 2 tsp. salt, and 5 to 6 cups flour. Use enough flour so that you can pinch the dough and your earlobe and they feel about equally soft. Starting your dough the night before, besides saving time the next day, also makes for better textured whole grain and crusty breads because it gives the bran a chance to soften. Beating and kneading also improves texture by developing the gluten without which French bread would have no crust. Try grating or blending a potato and adding as part of the liquid to give moistness and keeping qualities. Also for moistness try adding scalded oatmeal, or a little cottage cheese. Chopped alfalfa, rye or wheat sprouts worked in during kneading (about 1 cup of sprouts per 2 cups of liquids in recipe) are especially nutritious.

The ideal temperature for raising bread is about 100°. If your oven has a pilot, it might be warm enough. Otherwise, set your bread bowl in a large pan containing a few inches of warm water. Too much heat will kill the yeast, so watch the temperature.

Always have surfaces and hands covered with flour when you knead and oil your dough while it's rising. And preheat oven well before the bread is put in to bake.

## Basic Bread

½ C. warm water  
2 pkgs. or 2 T. active dry yeast  
2 T. honey or sugar  
2 cups warm liquid (milk, water, or juice)  
2 tsp. salt  
2-4 T. oil or melted butter  
6 C. unbleached flour



Dissolve yeast in warm water with honey or sugar. Let it sit a few minutes until it begins to foam. If it doesn't foam, the yeast is no good. Add warm liquid, salt, oil and 2 cups of flour. Beat well. Continue adding flour, mixing well all the time. Turn the dough out onto a lightly floured board and knead until smooth and elastic, adding more flour if the dough is too sticky. Rub oil or butter on the inside of a bowl. Form the dough into a ball and roll the ball around in the oil until coated lightly. Cover with a damp cloth and let rise in a warm place.

When the dough has doubled in size, punch it in the middle to let some of the air out, then knead it again. Shape it into loaves to fit your pans, then put the loaves into the greased pans. Cover the pans and let the dough rise until it is almost doubled in bulk.

Bake at 425° for about 30-35 minutes—take the bread out of the pan and thump it on the bottom; if it sounds hollow, it is done—if not, put it back in the oven for a few more minutes.

Makes two ordinary-sized loaves.

### BASIC BREAD VARIATIONS

1) Pizza bread: Make basic dough. Before you add flour to liquid mixture, add a small can of drained stewed tomatoes, ½ cup chopped onion, garlic powder, pepper, oregano, celery seed and whatever else you like in pizza. The dough should always be smooth and elastic; add more flour if necessary to keep it that way. Just before you make the dough into loaves add grated cheese and knead it in. This bread is fantastic!

2) Cheese bread: Add 1-3 cups grated cheese (any kind) to liquid before adding flour. Caraway seeds are good in this, too—use about 3 T.

3) Raisin bread: Put raisins into the liquid before adding flour. Mix in about 3 T. cinnamon and a little extra honey. When you make the loaves, sprinkle the dough with cinnamon sugar and roll it up like a jelly roll. Drizzle honey or confectioners' sugar icing (confectioners' sugar mixed with milk or water to form a thin syrup) over top of hot loaves after baking.

## LEAVENING

The three kinds of baking powders are double-acting, phosphate, and tartrate. Tartrate baking powder is made from cream of tartar which comes from grapes and is nutritionally sound. The others are made from sodium aluminum phosphate. When using single action baking powder in a recipe written for double-acting, increase the amount by  $\frac{1}{2}$ . Most baked goods can be leavened with eggs rather than baking powder or soda. Beat the whites stiff, add part of the sweetening from the recipe to help hold them up, and beat some more. Fold into other ingredients.

## Leaf Bread

(This bread must rise a long time, but it requires minute preparation.)

4 cups whole wheat or unbleached flour  
1 T. honey  
1 T. baking powder  
 $\frac{1}{4}$  tsp. salt  
2 eggs  
1 cup milk  
 $\frac{1}{2}$  tsp. coriander or nutmeg (optional)



Combine dry ingredients. Drop in eggs and stir in milk. Knead 10 minutes, oil dough ball, let rise 3 hours. Preheat oven to  $450^{\circ}$ . Divide dough into about 6 pieces and roll each out to an oval or leaf shape about  $\frac{3}{8}$ -inch thick. Bake 6 minutes. Broil to brown. A sprinkling of coriander is lovely.

## Biscuits

3 cups flour, heaping  
6 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
1 cube margarine, melted  
Enough milk to make dough pliable

Grease and flour a cookie sheet. Heat oven to  $350^{\circ}$ - $375^{\circ}$ . Mix ingredients together and roll to  $\frac{1}{4}$ -inch thickness on a floured board. Dip the top of a juice glass in flour, then use to cut circles from the dough. When you've cut all the circles you can from the dough, form the scraps into a ball and roll out again. Repeat until all the dough is used. Bake on the cookie sheet until light brown.

(Speaking of biscuits, the following worked beautifully for us while we were camping this summer:)

## Skillet Corn Bread

Mix up a large quantity of your favorite cornbread recipe except for the oil, milk, and eggs. In other words, thoroughly blend together all the dry ingredients, using unbleached or whole grain flour. When camping, you'll need 2 skillets, one with a lid. Place both skillets and lid over heat or hot coals. Mix liquid into the dry ingredients. Grease skillet that has lid. Pour in batter, cover tightly, place inside other skillet (this keeps the bottom from burning and the hot lid provides the necessary top heat—it's about the closest thing to an oven) and put whole conglomerate over a good, steady, but not fierce heat. Your product will not brown on top, but it will bake through and taste outrageously good out there in the woods.

# Pizza

2 packages yeast, dissolved in  $\frac{1}{2}$  cup warm water and  $\frac{1}{2}$  tsp. sugar  
4 cups flour  
1 cup water  
 $\frac{1}{2}$  cup olive oil  
1 tsp. salt



Mix flour, water, olive oil, and salt. Add yeast water and knead. Roll on a floured board or shape with hands to form into 2 large pizzas and 1 loaf bread. For crisper crust, preheat pizza pan in 400° oven or even prebake crust for about 10 minutes before adding sauce.

## PIZZA SAUCE FOR 2 ROUND PIZZAS

1 16 oz. can chopped tomatoes in sauce  
1 6 oz. can tomato paste  
2 tsp. celery seed  
 $\frac{1}{2}$  cup water or red wine  
 $\frac{1}{2}$  tsp. sweet basil  
 $\frac{1}{2}$  - 1 tsp. oregano  
2 T. sugar or honey (if you like it slightly sweet)  
2 tsp. garlic powder or 4 cloves of garlic, finely chopped

Blend all the above and simmer about 20-30 minutes while your dough is getting high and you are grating cheese or the other way around if you can dig it. Remember—good pots in every kitchen! Spread sauce liberally to within  $\frac{1}{2}$  inch of the end of the dough. Throw on trimmings\* and cover with 2 cups grated mozzarella (more if you dig it super-goopy). Mozzarella is sufficient if you are on a low budget. If it's "fat city" time, add 1 cup grated provolone and  $\frac{1}{2}$  to 1 cup grated Parmesan to the mozzarella. Bake at 375° for about 20 minutes or until crust gets crisp and brown.

Hard cheese such as Parmesan keeps for weeks in the box and is good on everything—vegetables, casseroles, chocolate cake, blisters, etc. Buy a hunk and grate as needed—a little lasts longer that way.

\*Other pizza junk—chopped olives, mushrooms, anchovies (gag), green peppers, meat or sausage (boil the Italian sausage first and then slice—the pizza cooks faster and much of the fat is lost)—you name it. Marijuana (homegrown) is fab sprinkled upon your pizza and consciousness.





## Brewers' Bread

3 T. dry yeast dissolved in  $\frac{1}{2}$  cup warm water  
 About  $\frac{1}{2}$  lb. malt syrup (left over from making beer)  
 $\frac{1}{4}$  cup oil  
 1 cup powdered milk mix d double strength, or evaporated milk, warmed until it feels just warm when dribbled on your wrist  
 3 eggs  
 1 cup cottage cheese  
 About 1 cup sunflower seeds (optional)  
 3 tsp. salt  
 1 cup oatmeal  
 1 cup gluten flour  
 About 5-6 cups whole wheat flour



Mix all ingredients except flour thoroughly. Sift in flour until dough is the consistency of your earlobe (unless you have stony ears). Knead bread for about 3 minutes and at the same time soak a heavy bowl in hot water. At the end of kneading shape the dough into a ball, coat liberally with oil, and place in the bowl (dry and oil it first). Cover the bowl with a cloth and place in a warm place to rise for quite a while. When it has doubled in size, knead for about 5 minutes. Let the dough rise until doubled in size again and knead, smearing with oil as you go. Cut the ball in thirds, shape each third into a loaf, rub with a little oil, and place in well-oiled pans to rise. Bake at 400° for 15 minutes, then at 350° for about 40 minutes, or until loaves sound hollow when tapped.

## Applesauce Nut Bread

2 cups sifted flour  
 $\frac{1}{4}$  cup sugar  
 3 tsp. baking powder  
 1 tsp. salt  
 $\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{2}$  tsp. cinnamon  
 1 cup coarsely chopped walnuts  
 1 egg  
 1 cup applesauce  
 1 T. melted shortening

Heat oven to 350°

Sift together flour, sugar, baking powder, salt, soda and cinnamon. Add walnuts and mix into flour. Beat egg in a mixing bowl, add applesauce and shortening. Add dry ingredients; stir until just blended. Pour into greased loaf pan. Bake 1 hour or until a knife stuck into the center comes out clean.



# Soy Bread

2 T. powdered yeast or 1 cake dissolved in  $\frac{1}{2}$  cup warm (not hot!) water in which  $\frac{1}{2}$  tsp. sugar or honey has been dissolved. The sweet stuff is food for the yeast, and if the yeast foams you'll know that it is good.

$\frac{1}{4}$  cup brown sugar or honey  
2 T. oil  
1  $\frac{1}{2}$  cups soy flour  
 $\frac{1}{2}$  tsp. salt  
2 cups scalded milk or hot orange juice  
4  $\frac{1}{2}$  cups sifted whole wheat flour

Heat the liquids. Add salt and oil. Let cool to lukewarm, then add yeast. Add the flour, soy and wheat. Knead on a floured board until smooth and elastic. Put in a greased or oiled bowl, cover with a wet towel and let rise in a warm place. Punch in the middle, then knead. Shape into loaves and put them into greased loaf pans. Bake at  $375^{\circ}$  until the tops are brown and the bottoms of the loaves sound hollow when they are thumped. Soy flour goes rancid quickly and tastes awful. Buy it fresh and use it fast.

# Sticky Buns

(makes 2 dozen buns)

1  $\frac{1}{2}$  cups milk  
1 package active dry yeast  
 $\frac{1}{2}$  cup warm water  
5 cups sifted flour, or more  
1  $\frac{1}{2}$  tsp. salt  
1 T. sugar  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{4}$  cup sugar  
2 eggs  
 $\frac{1}{4}$  cup butter or margarine  
 $\frac{1}{2}$  cup brown sugar  
2 tsp. cinnamon  
 $\frac{1}{2}$  cup chopped walnuts  
 $\frac{1}{2}$  cup raisins or currants  
1 cup dark or light corn syrup

Scald milk, cool to luke warm. Dissolve the yeast in water and let stand for 10 minutes, then combine with milk. Make a sponge by adding 2 cups of flour, salt, and 1 T. sugar, beating until smooth. Set aside in a warm place. Beat shortening until light, whip in  $\frac{1}{4}$  cup sugar, and add eggs one at a time, beating each in thoroughly. When the sponge is bubbly, gradually beat in shortening mixture, then stir in remaining three cups of flour. Cover and let rise in a warm place until double in bulk.

Divide dough in half and roll each portion to  $\frac{1}{2}$ -inch thickness. Spread with softened butter or margarine, sprinkle with mixture of brown sugar and cinnamon. Scatter on nuts and raisins or currants; drizzle with part of syrup. Roll like a jelly roll and cut in 1  $\frac{1}{2}$ -inch lengths. Place buns in two deep 9-inch pans that have been well-buttered and filled with syrup to a depth of  $\frac{1}{4}$ -inch. Cover. Let rise until double in bulk. Bake in moderate oven ( $350^{\circ}$ ) until brown—about 45 minutes. Turn out of pan immediately.

Optional: Spread more nuts in the syrup in the pan before adding buns—you can make patterns with them if you like.



# Honey Oatmeal Bread

- 1 cup rolled oats
- 2 cups boiling water
- 2 packages dry yeast
- 1/3 cup lukewarm water
- 1/2 cup honey
- 1/4 cup oil
- 1/2 cup powdered milk
- 6 cups (about) whole wheat flour
- 2 1/2 tsp. salt



Place oats in large bowl or pan and add boiling water. Let stand until lukewarm (20 minutes). Dissolve yeast in lukewarm water and add to oats. Stir in honey and oil. Sift dry ingredients together twice and add to bowl. Knead vigorously for 5 minutes. Let rise, knead again. Shape into 2 loaves. Let rise 10 minutes. Bake in well-greased loaf pans at 325° for 1 hour. Turn out and brush top with butter.

Honey attracts moisture and makes a baked product softer.

# Banana Bread

(Cake-like)

- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1/2 cup shortening (solid or cold-pressed oil)
- 1 cup sugar or 1/2 cup honey
- 4 eggs
- 2 cups mashed ripe bananas—for a super moist, heavy texture, add more banana and an extra egg
- 1 tsp. lemon juice
- 2 cups sifted flour (unbleached white or whole wheat or half graham and half white)
- 3 tsp. baking powder
- 1/2 tsp. salt
- 1-1 1/2 cups chopped nuts and/or sunflower or pumpkin seeds, shelled

Optional additions:

- 1 cup chopped dates
- 1 cup raisins
- 1 cup crushed pineapple
- 1 cup coconut
- Any garbage you have around



Mash the bananas with a fork or in a blender or squish 'em through your fingers; then add lemon juice. Cream the shortening and sugar or honey. Mix the spices and baking powder and salt and add to the creamed stuff. Add the bananas. Sift the flour (whole wheat is possible, but makes a heavier bread) and mix with the egg-banana glop. When everything is well blended add any nuts or other goodies, mix again and bowl into greased loaf pans, filling the pans no more than 2/3 full. Bake at 350° until knife inserted into center of bread comes out clean. The more stuff you add the more volume you have and the more loaves you'll get. It's so good you won't believe it!



# ~Desserts~

Desserts can be good for you and a healthy part of your daily nutrition. Desserts can also be a pure indulgence. Sugar isn't very good for you, but if you really crave a chocolate éclair then eat one and enjoy it! Screw cholesterol, sugar, preservatives and all that. Like who needs whole wheat éclairs stuffed with yogurt? Believe me, from these little binges and lack of restraint you wouldn't die.

*Sugars*, refined, are pure calories. Only natural sweeteners, such as uncooked honey, unsulphured molasses, or date sugar, supply any nutrition. Brown sugar is really not better for you than white; adding a little molasses to white sugar gives the same effect.

## SUGAR SUBSTITUTIONS

For 1 cup white sugar, use:

1 cup brown sugar

1½ cups molasses or sorghum less ¼ cup liquid (from elsewhere in the recipe) plus ½ tsp. soda

¾ cup honey less ¼ cup liquid

1½ cups maple syrup less ¼ cup liquid + 1 tsp. soda

½ cup date sugar—to taste

Dr. Bronner's Barley Malt Sweetener—add to taste *after* cooking.

When substituting honey for sugar in fruit desserts, add a tsp. or more of lemon juice to allow the fruit flavor to predominate rather than the honey.



Please don't cook puddings or sauces containing milk in aluminum or cast iron pots as they seem to add a flavor and color of their own.



To stabilize whipped cream for frosting or cream pies, soak 1 tsp. unflavored gelatin in 2 T. cold water until soft, place over hot water until melted, and add very slowly as you whip.



## Flakey Foont Pie Crust

3 C. flour  
1/8 tsp. salt  
Blend in 1/4 C. shortening until like meat then fork in  
1 egg, beaten  
1 T. vinegar  
4 T. cold water



Mix the dry ingredients and with 2 knives or a pastry blender—"cut" in the shortening until the flour, and shortening looks like lots of little flour peas (lumps, etc.). Now mix all liquids and slowly add them to the dry ingredients, mixing well. Use your hands to mix. Ball! Roll out 1/2 for the top and 1/2 for the bottom crust. Put some flour on a hard surface and roll out the pastry. Cold dough is easier to use, and floured rolling pin and hands are nice, too. For prebaked pie shell brush the crust with milk or egg white before cooking—to keep it from getting soggy.

To use oil rather than solid shortening, use 1/4 cup oil.

## Citrus Chiffon Pie

4 egg yolks  
1 15 oz. can sweetened condensed milk  
1/2 cup lime juice or lemon juice  
1/4 tsp. salt  
6 egg whites  
1/2 cup sugar  
1 9-inch baked pastry shell

Beat four egg yolks well until almost as thick as mayonnaise; stir in milk, lemon or lime juice, and salt, blending well. Beat egg whites until foamy; gradually add sugar and continue beating until meringue thickens (stands in peaks) and looks fluffy. Fold 1/2 cup of meringue into egg yolk mixture and pour into baked pie shell. Cover top with remaining meringue. Bake in a 400° oven 8 to 10 minutes or until meringue is lightly browned. Refrigerate overnight for better pie.

## Pumpkin Pie

1/8 tsp. salt  
2/3 cup honey or sugar or 1/3 molasses & 1/3 honey  
2-3 tsp. pumpkin pie spice  
2-3 eggs, beaten  
1-2/3 cups milk  
1 1/2 cups mashed, cooked pumpkin,  
canned or fresh  
1/2 pastry recipe



To use fresh pumpkin, cut off top and remove seeds. Cut pumpkin into chunks and boil until flesh is soft. Blend or use if skin is left on. If not, mash with fork.

Prepare pastry; line pie pan with it.

Mix ingredients together thoroughly and pour into pie shell. Bake at 450° for 10 minutes, then reduce temperature to 325° for 35 minutes or until knife inserted into center of pie comes out clean.

# Elena's Sweet Tater Pie

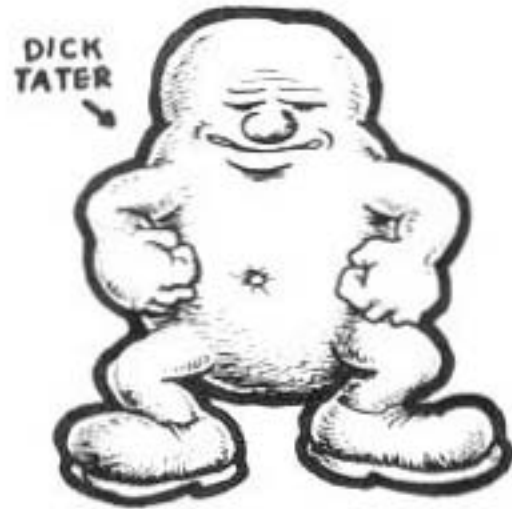
(This makes about 3 pies)

Make 1 1/2 recipes of Flakey Foont or other pie crust (3 bottom crusts)

Boil 6 large sweet potatoes or yams for 45 minutes in covered pot. Leave skins on to keep the minerals intact.

Peel and mash with:

1/2 lb. butter  
2 1/2 to 3 cups sugar (light  
brown sugar is good for this)  
2 T. cinnamon  
3 eggs  
2 T. vanilla  
3 cups milk  
Dash salt  
Dash allspice (optional)  
Nutmeg (Try fresh nutmeg. It's a little brown  
nut about the size of an acorn. Cut off a bit  
and scrape with a serrated knife to make  
ground nutmeg. Use 1/2 of a nut.)



Mix it all up till it's smooth, thick, but pourable. Keep tasting for sweetness, since that depends on the potatoes. Pour into unbaked pie shells and bake 45 minutes at 350° or until knife inserted halfway between center and edge comes out clean (if center jiggles around a bit the pie isn't done.) Serve hot! May be reheated till all gone.

## Illegal Apple Pie a la Dana

1 recipe for double crust pie (Flakey Foont, p. 50)

10-12 firm green apples  
1/2 cup lemon juice  
1/4 to 1/2 cup honey (to taste)  
Cinnamon—lots—to taste  
1/4 stick butter or margarine  
1/4 cup flour



Roll out bottom crust. Put in 10-inch pie plate and poke holes with fork. I do not peel the apples because the skins contain many vitamins. Core and slice thinly into pie shell, layering apples, lemon juice, flour, spices and drizzles of honey and dabs of butter until you have a huge mound. The apples cook down quite a bit, so use lots of raw ones. Do more butter at the very last and put on the top crust. Seal the edges and poke holes in top. Put the pie on a cookie sheet to save your oven and nose from spilling, burning juices.

Bake at 400° for about 1 hour or until apples are soft and crusts are crisp. (A glass pie pan allows you to observe the browning of the bottom.)

(Glass baking dishes are a trial—especially with casseroles like enchiladas—to watch the cheeses and meats and juices getting it on.

# Veronica's Cream Cheese Custard Pie

## Dough:

1/8 lb. butter (4 T.)  
4 T. sugar  
1 cup sifted flour  
1/2 tsp. baking powder  
Pinch of salt  
1 beaten egg

Mix everything together well with hands. Fit into *deep* pie plate which has been greased. Put in refrigerator.

## Filling:

1/2 lb. cream cheese  
1/2 cup sugar  
2 eggs—separated  
1 tsp. vanilla extract  
Juice of 1/2 lemon  
1 T. flour  
1 1/2 cups milk

Soften cream cheese and mix with sugar; an egg beater or electric mixer speeds this up, but a wooden spoon is just as good. Add egg yolks, vanilla, lemon juice and flour; mix well. Add milk slowly; the consistency should be kept as smooth as possible. Beat egg whites stiff with a pinch of salt, then fold into batter. Pour into the dough-lined pan. Bake in 350° oven for 50 to 55 minutes, or until the center doesn't jiggle when you move it.

## Superfast • Supereasy • Supergood Fudge

2 cups sugar  
1 tsp. salt  
3 T. cocoa or carob  
1/2 cup light Karo syrup  
1/2 cup milk  
1 tsb. vanilla

Mix first five ingredients in heavy pan. Cook to soft ball state\*—take off heat. Add vanilla. Cool 20 minutes, then beat till real firm and drop in spoonfuls on waxed paper. Cool 1/2 hour.

\*When a few drops dripped into a cup of cold water coagulate to form a soft ball. The ball should neither fall apart nor be hard to the touch; keep testing till you hit it.



Egg whites—beat until they form wet-looking peaks. Once they get dry and grainy-looking, they fall apart. Adding sugar after whites are beaten will help hold them up. They must be beaten right before they're needed because they refuse to wait for anything. Raw whites can be frozen and, when defrosted, can be beaten like fresh. If they refuse to get stiff, try sprinkling in a little cream of tartar and continue beating until they behave.

# Sour Cream Chocolate Cake

2 cups sifted cake flour (unbleached white)  
2 tsp. baking powder  
¼ tsp. soda  
1/3 cup shortening, oil, or margarine  
1 cup honey or sugar  
2-4 eggs—beaten—the more the lighter  
4 ounces (squares) unsweetened chocolate—  
melted  
½ cup milk or cream  
½ cup sour cream  
1 tsp. vanilla

Cream shortening with sweetener; add eggs and melted chocolate and beat it. Sift dry ingredients together and add alternately with liquids in small amounts, beating well (hard) at all times. Having fun? Pour into well-greased pan and bake at 350° until knife inserted into middle comes out clean and cake is springy when sprung.

## CREAM CHEESE FROSTING

3-6 ounces cream cheese  
1½ cups powdered confectioners' sugar—sifted  
1 tsp. vanilla

Cream all ingredients together until fluffy and spread 'em, baby.

Variations—Add one of the following:

- 1) 3 squares melted chocolate
- 2) 2 tsp. coffee
- 3) Lemon or orange peel—grated (great on spice cakes)
- 4) ½ cup chopped fresh or canned fruit, or jam



# Hot Fudge Sauce

1 can sweetened condensed milk  
2 to 4 squares unsweetened chocolate  
½ tsp. vanilla  
1 cup water

Melt chocolate squares in double boiler. Stir in milk and cook until very thick.

Add the vanilla and water. Add more water if sauce becomes too thick. *Stir constantly!*

Slice sponge cake into 1-inch layers. Fill with ice cream and ladle fudge sauce all over.

# Nuts

Pick nuts that are clean, whole, and do not rattle when shaken (this indicates dried up meats). After they are cracked, store them in plastic bags, tightly closed with all the air squeezed out. Nuts can be refrozen. Toasted or raw nuts and seeds are delicious over almost anything.



## Fine Chocolate Chip Cookies

4 C. flour  
2 C. sugar or 1-1/3 C. honey  
1 T. vanilla  
3 eggs, beaten  
1 tsp. baking soda  
1/2 tsp. salt  
2 C. shortening (solid) or 1-1/3 C. oil  
1 or 2 12 oz. pkgs. chocolate or carob chips  
1 or 2 C. chopped walnuts or pecans



Mix dry ingredients and sift them into a bowl. Add liquids and mix. Blend in chips and nuts; dough should be stiff. Drop cookies from a spoon onto cookie sheets and bake at 350° until brown. Makes about 5 dozen cookies.

## Applesauce Cake

2 eggs  
1/2 cup butter  
1 cup brown sugar or 1/2 cup honey  
1 1/2 cups whole wheat flour (finely ground,  
not coarse)  
1/4 tsp. salt  
1/4 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. cloves  
1 cup thick unsweetened applesauce  
1 cup chopped nut meats  
1 cup raisins  
Brandy, sherry, rum or whatever

Cream butter and sugar until light and fluffy. Beat eggs into the creamed mixture. Reserve a little flour and mix with raisins and nut meats. Sift remaining flour with salt, soda, cinnamon, and cloves. Add flour mixture to creamed mixture and stir until batter is smooth. Add the raisins and nut meats. Heat the applesauce and stir it into the batter. Pour into a well-oiled loaf pan and bake at 350° for 50 minutes. While still warm, wrap in paper towel and sprinkle brandy over outside and wrap tightly with foil and store for a few days.



## Honey Cake

2 eggs  
1 cup sugar  
1/3 cup oil  
1 cup honey  
1 cup warm black coffee  
3 cups flour  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. allspice



Beat eggs and sugar. Add oil and honey, then add warm black coffee. Sift dry ingredients and add to mixture. Line loaf pan with waxed paper or oil, and flour it. Pour in batter; bake about 1 hour in 350° oven (until a knife stuck in the middle comes out clean). When done, brush honey over top and return to oven for a few minutes. 1/2 cup chopped walnuts with 2 tsp. sugar can be added to topping.

## Honey Cake II

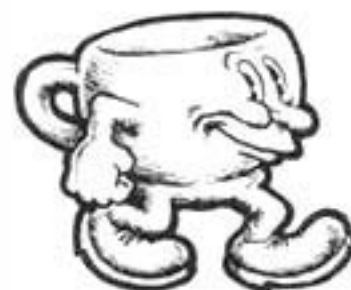
5 eggs  
1 1/2 cups sugar  
1 1/2 cups honey  
3/4 cup oil  
2 tsp. brandy  
1 1/2 cups strong coffee  
4 1/2 cups flour  
3 tsp. baking powder  
1 1/2 tsp. baking soda  
1 cup orange marmalade



Beat eggs and sugar. Add oil. Mix honey with coffee and add alternately with sifted dry ingredients, about 1/3 at a time. Add marmalade and brandy. Bake in two loaf pans, which have been greased and floured, for about 1 hour at 325°. Add nuts to batter if desired.

## Bran Cake

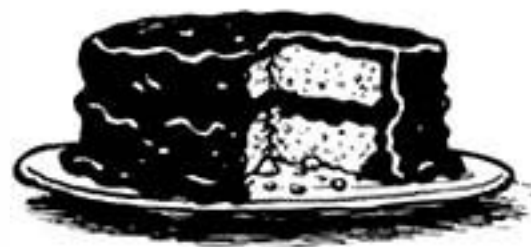
2 cups whole wheat flour  
2 cups bran (packaged bran buds work okay)  
3 tsp. vegetable oil  
1 tsp. baking powder  
1 tsp. soda  
2 cups sour milk (to sour milk, add 1 T. lemon juice per 1 cup milk)  
1 tsp. salt  
1/2 cup chopped nuts  
1/2 cup chopped raisins  
1/2 cup brown sugar



Mix well. Bake like a fruit cake—about 1 hour at 325° in a greased and floured pan.

# Grandma's Chocolate Cake

½ cup shortening  
1 cup white sugar  
½ cup brown sugar  
2 well-beaten eggs  
1 tsp. vanilla  
3 1 oz. squares unsweetened chocolate, melted  
½ cup hot water  
2 cups unbleached white flour  
¼ tsp. salt  
1 tsp. soda  
2/3 cup sweet or sour milk — to sour milk add 1 tsp. vinegar to 1 cup milk



Cream shortening and sugars; add eggs and vanilla; beat until fluffy. Melt chocolate in hot water over low heat; blend thoroughly and cool slightly. Gradually add to creamed mixture. Add sifted dry ingredients alternately with milk; after each addition, mix just until smooth. Pour into wax paper lined layer pans. Bake at 350° for 25 minutes.

## MOCHA CHOCOLATE FROSTING

6 T. cocoa  
6 T. hot coffee  
6 T. butter  
1 tsp. vanilla  
3 cups powdered sugar

Mix cocoa and coffee. Add butter and vanilla, beating until smooth. Gradually add powdered sugar.

# Fruit Balls

1 cup raisins  
1 cup pitted prunes  
1 cup pitted dates  
1 cup walnuts  
½ cup dried cherries  
1 cup apricots  
½ cup figs  
½ cup coconut (optional)  
Any of your favorite dried fruits (substituted or added)



Chop with a sharp knife or grind all ingredients together (the fine blade of a meat grinder does this nicely), and mix well. Shape into small balls and roll in fine coconut.

Get most of the sulphur dioxide off dried fruits by soaking in warm water 15 minutes and drying thoroughly.



Dissolve 1 part honey in 3 parts cool water and store in refrigerator to pour over fresh sliced fruits—prevents darkening, just like lemon juice or ascorbic acid.



Dry fresh spices, herbs, citrus peels on a cookie sheet in a warm oven, then seal in jars and store. Dried orange peel is a great flavoring—try it in your tea pot.

# My Grandmother Pearl's Graham Cracker Pecan Cake

½ cup shortening  
1 cup sugar  
3 egg yolks  
2¼ cups sifted graham cracker crumbs  
¼ cup sifted unbleached flour  
3 tsp. baking powder  
½ tsp. salt  
1 cup milk  
1 tsp. vanilla  
½ cup chopped pecans  
3 egg whites



Cream the shortening; add the sugar; cream sugar and shortening until light and fluffy. Add the egg yolks, one at a time, and beat thoroughly after each addition.

Roll graham crackers to crumbs with a rolling pin, sift, and measure (or use prepared graham cracker crumbs). Sift the flour once, measure, and resift twice with baking powder, salt and graham cracker crumbs. Add to the batter alternately with the milk, beating until smooth after each addition. Add nuts and vanilla and blend.

Beat the egg whites until stiff, but not dry. Fold into the cake batter, gently but thoroughly. Pour batter into two greased 9-inch layer cake pans and bake in a moderate oven (350°) for 30 minutes or until done.

## Smutty Fluffy Honey Frosting

Enough to frost tops and sides  
of 8-inch round cake layer  
or small loaf cake

1 cup honey  
2 egg whites  
Pinch salt (or a friend)

Boil honey in a saucepan over a low heat. Add the salt to egg whites and pour the hot honey very slowly in a thin stream into the egg whites while beating furiously. Continue 2 or 3 minutes, or until you peak.

Spread on cake.





# Isadora's Carrot Cake

1 cup oil  
2 cups sugar  
4 eggs—separated  
6 T. boiling water or hot orange juice  
2½ cups flour  
1½ tsb. baking powder  
½ tsp. soda  
1 tsp. cinnamon  
1½ cups raw, finely grated carrots  
1 tsp. salt  
1 tsp. vanilla (omit if you use orange juice)



Beat oil and sugar. Add 1 egg yolk at a time, beating thoroughly. Add 6 T. hot liquid. Mix all dry ingredients. Add to rest with carrots and nuts. Beat egg whites till stiff and fold into mixture. Pour into greased and floured loaf pan. Bake at 350° for 1 hour.

## A Version of Noodle Pudding

(serves 10 or, cut smaller, 15)

1 large package broad or medium noodles  
3-6 eggs  
A quart of milk  
Sugar  
1 T. cinnamon or allspice  
Juice of 1 or 2 lemons  
1 tsb. vanilla  
1 cup raisins (soak in boiling water)

Cook the noodles in boiling water until just barely tender; drain and rinse. Spread in large, greased baking pan.

Mix the eggs, milk, sugar (to taste), cinnamon or allspice, lemon juice, vanilla, and raisins. Pour mixture over noodles. It should just come to the top of the noodles. If it doesn't, add more milk. Dot top with butter; bake uncovered in 350° oven until center is firm.

You can add sliced apples, pears, almonds, or 1 pint of cottage cheese. If you use a pint of dry cottage cheese or ricotta, increase milk, sugar, and spice.

You can make a topping with chopped nuts, brown sugar, and crumbs, and serve with or on the pudding. If served cold, you can top with sour cream or fruit.

### Unsweetened

Bake noodles, milk, eggs, cottage cheese mixture. (Chopped green onions, salt, pepper, and celery seed can be added, and buttered bread crumbs used as topping.)

Very good with chicken or turkey or roast. Any version can be baked in a mold.



Store coffee in the freezer to keep its oil from becoming rancid. If you have a blender, grind beans you buy whole. If you make filtered coffee, you can blend the beans to a fine powder and gets lots more flavor per measure.



# =Canning=

You can can. Oh yes, you can!

Home canning is one of the big mysteries of cooking, but it need not be. It is very economical and rewarding.

Vegetables are tricky and can grow the very deadly botulin toxin, so we have included only fruits and pickles which, even if they do get a bit moldy, *will not* harm you. An excellent test for canned food eatability is when you open the jar it should pop. This means it was sealed. Then the food should smell just as it does when fresh, and the color should be close to the fresh state also. If all these things happen—EAT IT!

I use honey to can because I don't like to use huge quantities of sugar. Sugar and honey are preservatives because their molecular structure is dense and retards the growth of bacteria. Salt and vinegar are also preservatives.

The biggest expense in canning will be your jars. You can save here by going to the store and purchasing a box of lids and rings for wide- and small-mouth jars. Before you discard any jar try a lid on for size. Also, jars are often found in thrift stores. It is vital to have sterile jars—boil for at least 20 minutes before filling with hot (boiling) fruit mixture.

Tomatoes can grow botulin, but it is rare and home-canned tomatoes are so good it's worth the risk. I cook them with the skins on. I also add bell peppers and onions and *boil* them in a huge pot for about 15 minutes and can them. Or you can simmer them for hours and make your own buree or paste. Any spices can be added if you desire.

I never peel fruit—the skins contain many nutrients. Wash all fruits well, slice into pot and only use enough water to prevent sticking. The fruit will give off its own juice while cooking. Add honey after cooking, because it can stick and burn.

Any fresh fruit—peaches, plums, pears, apricots:

- (1) Wash and pit fruit
- (2) Fill pot  $\frac{3}{4}$  full
- (3) Add 1 cup water
- (4) Simmer until boiling
- (5) Add sweetener
- (6) Pour into hot, sterile jars
- (7) Seal

*Jam*—again, any fruit or berry. When making jam or jelly it's best to do small batches; they seem to set (jell) better. Pectin is what makes the jelly set. Follow package directions; amounts below are approximately what you should use.

- 4-6 cups washed, chopped fruit  
Pectin—quantity according to package directions  
1 cup water  
Honey to taste or sugar as in pectin package directions  
Boil  
Pour into hot, sterile jars



## Applesauce

- As many apples as you can get  
Cinnamon and allspice to taste  
Water or apple cider  
Honey to taste (omit for Applesauce Cake)

Remove cores (the seeds contain cyanide) and slice apples into pot—don't peel unless you really feel you must. Pour in  $\frac{1}{2}$  cup water or juice and simmer, stirring often and adding spices until it's sauce. Add any sweetener at the very last.

To store, pour simmering sauce into hot canning jars and seal. It'll keep on shelf or in fridge for months.

## Hazel Hunter's Bread and Butter Pickles

- 12 cucumbers  
6 onions

Slice the cucumbers and onions and soak in brine for 12 hours. You can make brine by dissolving 1 cup of salt in 1 gallon of water. Use coarse salt or Kosher salt—not table salt.

Make the following syrup:

- 2 cups sugar  
3 cups vinegar  
1 cup water  
1 tsp. turmeric  
1 tsp. mustard seed  
1 tsp. celery seed

Bring syrup to a boil and add cucumbers and onions. Boil 3 minutes, put in jars, and seal.



# Green Tomato Mincemeat

1½ pints chopped tart apples  
1 pint chopped green tomatoes  
2 tsh. cinnamon  
1 tsp. salt  
1 tsh. allspice or more (to taste)  
1 tsh. cloves or more  
2 oz. brandy  
2 cups sugar  
1 lb. raisins  
¼ cup vinegar  
1 cup chopped suet or 1 cup oil or margarine



Chop apples. Mix all ingredients together: bring to rapid boil and simmer until thick. Pour into clean jars to within one inch of top.

## Devastating Alternative

Reduce suet to ½ cup and add 2 cups meal (neck or chuck) which you've simmered all day and then minced.  
Add ¼ cup molasses and reduce sugar by ½ cup  
Lots more spices.

Simmer until thick and allow to cool. Add as much brandy as you dare. (If mixture is too hot, it will evaporate the alcohol.) Freeze to store.



# Baby

# Food



Babies have rather delicate digestive systems, so lay off the spices and heavy, hard-to-digest foods. Food should be either room temperature or warmer, but never *hot* or *cold*.

Never force a child to eat! If he refuses to eat several meals in a row, see a doctor—severe illness could be indicated. But if the baby just doesn't eat every bit, don't force him. In very young children the refusal to suck for two or more feedings could be a sign of illness—call a doctor!

The prepared baby foods are made to appeal to mama and are not very good for baby. Blenderized portions from the family stew pot are (as long as they are not too spicy) better and more economical. If you don't have a sturdy blender, buy one. It will last for years and the money you save on baby food will pay for it. Unfortunately, most \$14.99 blenders are not a bargain. Check, compare, watch sales, have them demonstrated, and listen to the sound of the motor on each one. A low, throaty whirr is the sound of a sturdy motor—avoid whiny blenders with tiny voices and skimpy casings. Glass containers are nice, but exorbitant to replace if broken. A plastic one is safer if you have a cramped, precarious kitchen.

Here's a convenient way to prepare baby foods: Blend home-cooked fruits and vegetables, fruits canned in light syrups, or mild, easily digested vegetables, such as peas, carrots—no sauerkraut or beans. Go lightly on salt, other spices, and sugar. (There is one place where I really prefer honey. Babies do not need sugar and if they do not develop a sweet tooth, they'll be much better off.) Freeze the mixture in ice cube trays, remove cubes from the trays after frozen, then store in plastic bags. To use, put a cube into a sturdy cup, set in a pan of water, and heat on stove to desired warmth. Just be sure not to store the cubes too long, since their vitamins gradually slip away; two to three weeks is the optimum storage time.

Here are some ideas of things to make for your baby to eat:

**Cereal**—You can buy rice polishings in a health food store and mix a few teaspoons of them with fruit and/or milk and/or juice. They are very nutritious.

**Fruit**—Any fruit can be blenderized and served fresh and slightly warmed. Bananas are very easy to digest and are high in potassium.

**Vegetables**—Yellow ones have A vitamins. Green ones have more protein. Most babies do not need too much starch, so potatoes can be avoided. Start with yellow vegetables first—they are usually easier to digest. If possible, blenderize first and then warm, but if you have to cook first, do that.







# Remedies and Tonics

If you are really ill or suspect that you may be, please see a doctor. But if you have a mild cold or the 24-hour shits or ate too much and are vomiting, maybe a few of our ideas will help you. But please, very young children and very old people are very delicate and doctors should be consulted first. Really! If an infant refuses to nurse (suck) for two or more feedings it can be indicative of severe illness. So don't fool around—use your head!

**Upset stomach:** Cola syrup will work wonders for vomiting and nausea. Usually a teaspoonful will do the trick. I know it sounds very unorganic and all, but it works.

**Indigestion:** A tsp. of baking soda in a glass of water will make you belch your troubles away. But not if you're pregnant: baking soda is a salt and salt is often a bad thing for expectant ladies. A tsp. of peppermint extract (from the drugstore) in a glass of water will relieve gas and indigestion and tastes lovely.

**Headache:** I suffer from severe migraine and have tried everything, so if you have a remedy please send it to me. One source suggested taking a tsp. of honey as soon as you feel the headache coming on.

*Diarrhea:* This is often a symptom of other illness, so if it lasts more than a day or two call a doctor. But for a mild case of the shits:

- 1) Plain yogurt in small, frequent amounts is excellent for children and adults
- 2) Charcoal tablets—taste awful, but stop the shits.
- 3) Bananas are good, but only one or two at the most—on the greenish side.

*Colds and Fever:* An elevation in body temperature (fever) is your body's way of fighting infection—it heats up to kill the bad bacteria— but if the fever gets up to 103° and lasts more than 2 days (1 day for children), call the doctor. Do not eat a lot when you are ill and stay away from heavy foods which are hard to digest. Let your body use its energy to get well. Drink a lot of clear liquids—teas are very good, and honey or sugar in them will give you some extra energy.

### BETSY'S ANTI-MUCUS TEA

4-6 cups boiling water  
6 whole cloves  
1 walnut-sized piece of fresh, peeled ginger root (or dried root)  
● Orange, lemon, or lime slices  
Honey  
1 stick cinnamon



Put the spices in the lightly boiling water and let steep for 10 minutes. Add fruit slices; serve with honey and proceed to drink. Clear fluids help kidneys wash dead bacteria from your body. When you have a cold and lots of mucus, don't drink a lot of milk or eat cheese and eggs—these are highly mucus-forming. But mucus is good: it cleanses body tissue, so you need some. Cold or hot mist vaporizers are wonderful things to have around and a must if you have children. Aspirin will bring a fever down very fast. A natural source of aspirin is willow bark or willow bark herb tea (get it at health food stores).

### HOT TODDY

Take a cup of very hot tea and add ½ oz. brandy, juice of ½ lemon, and honey to taste. You'll be so drunk you'll forget the cold, plus the Vitamin C in the lemon is medicinal.

Everyone is cramming himself full of Vitamin C—for me it does nothing, but do what you want. If your urine turns bright yellow you are taking too much—really!

*Poison Oak and Itch*—(Don't scratch (How?)—the oil gets under your fingernails and spreads the itchies. Put oatmeal in a sack, wet it, and use as a compress on affected areas—this works on any itchy surface. Often antihistamines (allergy and cold tablets) work to relieve itching. Hot water will make the itch worse while you are in the water, but after you'll be itch-free for 4-5 hours.

When I was nursing my second child I contracted mastitis, which is a painful and dangerous swelling of the milk ducts. The doctor gave me penicillin, but the area was feverish and swollen. My dear mother-in-law told me about "Hanack Tagel" poultice—it worked in a few hours. She used it on her face once when she had an abscessed tooth.

### HANACK TAGEL

Mix flour and honey to form a paste and apply it to the swollen area. Wrap area in towel and let it draw the poison and fever out.

Garlic and parsley capsules taken daily help me to ward off infections.

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