

Dips, Sauces, and Pickles

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White Sauce

4 T of butter

3 T of flour

1/2 t of salt

a pinch of pepper

2 c of milk, very hot

Heat the butter, flour, salt, and pepper in a saucepan until it bubbles but do not brown it. Add the hot milk all at once and whip vigorously to keep the mixture smooth. Stir until the sauce thickens, then turn the gas very low and cook for a couple of minutes.

Cheese Sauce

1 recipe of White Sauce

1/2 c of grated cheddar, swiss, or parmesan cheese

When the White Sauce is done, add all the grated cheese, leave on a low flame and stir vigorously until the cheese is dissolved.

Bagna Cauda

1 1/2 c of peeled garlic
milk for boiling

3/4 c olive oil
1/2 tube anchovy paste
2 t of truffle oil

Cook the garlic in the milk until it is soft (about 15 min.). Throw away the milk.

Process the garlic, olive oil, anchovy paste, and truffle oil in a food processor. Put it in a pot and heat it until it is very hot.

This dip can be used with a variety of fresh or slightly softened vegetables. It is popular in the Piemonte region of Italy. The name means “hot bath” in the local dialect. The recipe is from a friend, Enzo Bauducco of Torino. Actually, the old traditional recipe, found in Artusi’s cookbook, calls for a large amount of white truffles and is thus well suited to Bill Gates’ household.

Dill Sauce

3 T butter

2 T flour

1/2 t salt

pinch pepper

1 1/2 c milk, hot

1/2 bunch dill, chopped

1 c yogurt

Heat the butter, flour, salt, and pepper in a saucepan until it bubbles but do not brown it. Add the hot milk all at once and whip vigorously to keep the mixture smooth. Add the dill and keep stirring until the sauce thickens, then turn the gas very low and cook for a couple of minutes. Take off the stove, let it cool a bit, and mix in the yogurt.

This sauce is good on fish, particularly salmon, steamed or poached with a small amount of water, celery, and onions. It can be made with nonfat yogurt.

Eggplant Ikra

- 1 eggplant
- 1 onion, chopped
- 2 cloves garlic, chopped
- 3 T olive oil
- 2 tomatoes, peeled, seeded, and chopped or a small can of diced tomatoes, rinsed in a colander
- 1 t sesame oil
- 2 T parsley, chopped
- 2 t salt
- 1/2 t black pepper
- 4 T lemon juice or cider vinegar

Cut the eggplant in half lengthwise and make three or four cuts from the inside part way through the flesh. Skin side up, bake on an oiled sheet for 20 minutes at 400 degrees. While the eggplant is baking, fry the onion in the oil until it is soft, then add the chopped tomatoes and cook out some of the juice. Skin the eggplant and chop it finely. Add all the ingredients except the lemon juice or vinegar to the onions, bring to a boil and simmer until it thickens to the desired consistency. Add the lemon juice or vinegar and check the taste.

This is a Ukrainian recipe. The name is a bit of a joke; ikra means caviar in Ukrainian. It's an excellent dip for chips or plain crackers.

Hummus (Vartan's)

1 can garbanzo beans, rinsed in a colander

1 T sesame oil

1/2 T lemon juice

1/2 t cumin

1 large clove garlic, crushed

1/2 t salt

1/4 t paprika

1 T chopped fresh mint

1/4 c olive oil

3/4 c yogurt

Grind everything except the yogurt together in the food processor or blender. Mix in the yogurt by hand. Thick Greek yogurt can be mixed in the processor.

This is a dip for vegetables, chips, or plain crackers. The recipe is from a Lebanese man, Vartan Vartanian, we met in Padua.

Lentil Puree (Egyptian)

2 T olive oil

1 onion, chopped

3 cloves garlic, chopped

2 t cumin

1 t salt

1/4 t cayenne pepper

3 c water

1 1/2 c red lentils

2 T lemon juice

In a frying pan that can be covered, fry the onion and garlic in the oil until soft and just turning brown. Add the spices and then the water and bring to a boil. Add the lentils, cover and simmer for 20 minutes. Add the lemon and mash with a potato masher or whirl in a food processor.

This can be used as a dip with plain crackers or as a vegetable side dish.

Lentil Puree (Indian)

3 T olive oil

5 large cloves garlic, sliced thinly

3 c water

1 1/2 c red lentils

1 t turmeric

2 t salt

In a frying pan that can be covered, fry the garlic in the oil until soft and just turning brown. Add the spices and then the water and bring to a boil. Add the lentils, cover and simmer for 20 minutes. Leave covered for ten more minutes and then mash with a potato masher or whirl in a food processor.

This is similar to, but slightly different from, the Egyptian lentil puree. It has the same uses.

Spaghetti Sauce (possible ingredients)

canned tomatoes, whole, diced, or crushed
tomato paste

ground beef and/or pork
sausage meat

onions

garlic

dried mushrooms

fresh mushrooms

green bell peppers

eggplant

zucchini

carrot

basil

parsley

dried or fresh oregano

dried or fresh marjoram

red wine

salt

black or cayenne pepper

Fresh Tomato Pasta Sauce

1/2 of an onion

1 clove of garlic

2 large tomatoes

salt and pepper to taste

any of the following:

finely chopped parsley

finely chopped basil

finely chopped fresh rosemary

diced cucumber

diced bell pepper

In a food processor, chop the onion and garlic until fine. Add the tomato, salt, and pepper and process until roughly chopped but not completely liquified. Mix in the extra ingredients and serve on any type of pasta. Do not heat.

Bolognese Sauce

5 T of olive oil

1/2 lb of ham, cut into slivers

1 large onion, chopped

2 stalks of celery, chopped

a carrot, coarsely grated

1 large clove of garlic, minced

1 lb of lean beef, coarsely ground

1 1/2 oz of dried mushrooms, soaked for 1/2 hour and chopped

2/3 c of red wine

1 T of chopped parsley

1/2 t of dried marjoram

1/2 t of nutmeg

2 t of sugar

2 t of salt

1/4 t of pepper

1 T of flour, mashed with 1 T of butter

3 small cans of diced tomatoes, drained in a colander

Lightly fry the ham in half the oil. When the ham is browned, add the onion, carrot, celery, and garlic. Separately brown the meat in the remaining oil and, when browned, add the mushrooms with their liquid and cook for 5 minutes more. Add the wine and the spices to the meat and cook it for 5 minutes more. Turn off the heat and add the flour and butter. Combine everything, add some water if necessary, bring to a simmer, and cook for the sauce for 2 hours, covered. Near the end of the cooking, uncover the pot and slowly boil off some liquid if necessary.

Meat Sauce

3 strips bacon
1/4 lb ham, in slivers
small carrot
stalk celery
small onion
bay leaf
4 peppercorns
2 cloves garlic
2 c red wine
1 can beef broth
1 T butter
1 T olive oil
1 t chopped fresh rosemary
1/2 t dried thyme

Lightly fry bacon and the ham. Chop all vegetables, add to pan, and fry until well browned. Add the wine and the stock and boil down slowly to about 2 cups. Strain the sauce, cool it in the freezer, and skim off the fat.

This is a general purpose meat sauce, called for in many recipes. It's nice with ravioli or other pasta.

Basil and Feta Cheese Pasta Sauce

2 cloves of garlic

1 c of basil leaves

1/4 c of grated parmesan or pecorino cheese

1/2 lb of feta cheese

2 T of olive oil

salt and pepper to taste (careful not to oversalt)

hot water from the cooking pasta

In a food processor, grind the garlic and basil. Add all the other ingredients except for the water and process. Just before the pasta is finished add enough hot water to the processor to make the sauce the consistency of heavy cream.

Variation: A cup of spinach leaves can be added to this recipe.

Black Olive Pasta Sauce

3 cloves of garlic

1 can of black olives, drained

1 c of pitted kalamata or nicoise olives

1/4 c of olive oil

In a food processor, first grind the garlic and then everything together.

Pesto Sauce

1 1/2 c of basil leaves, packed
1 T of chopped parsley
1/2 T of fresh marjoram (optional)
1/2 c of pine nuts (or sunflower seeds)
3 cloves of garlic, minced
1/2 c of grated parmesan, pecorino, or romano cheese
1/4 c of olive oil
2 T of soft butter
1/4 t of salt
pinch of pepper

Grind everything together in a blender or food processor.

Variation: A small amount of spinach leaves may be substituted for some of the basil.

Variation: Arrugala may be substituted for basil to make Arrugala Pesto.

Tomato Pesto

1 clove of garlic

1 c of basil leaves

1/2 c of pecorino or romano cheese

1 T of olive oil

salt and pepper to taste (careful, don't oversalt)

1 tomato

Put everything except the tomato into a food processor and grind. Cut the tomato into pieces and add to the food processor. Grind until uniform.

Variation: The sauce can be made more spicy by replacing the black pepper with 1/4 t red pepper flakes.

Puttanesca Spaghetti Sauce

3 T of olive oil

2 large garlic cloves, minced

1 large (or 2 small) can of tomatoes

1/2 c of kalamata or nicoise olives, finely chopped

2 t of capers, chopped

1 t of red pepper flakes

1/2 t of dried oregano or marjoram

a small can of anchovies, chopped or 1/2 tube of anchovy paste

2 T of parsley, chopped

2 T of tomato paste

In a frying pan, soften the garlic in the oil but do not brown it. Add everything else and cook, covered, with low heat, for 30 minutes. The anchovies, olives, and capers can all be chopped together in a food processor. Do not add more salt – the anchovies are salty.

StirFry Sauces

Marinade

2 t of cornstarch

2 t of soy sauce

2 t of dry sherry

2 t of water

1 clove of garlic, minced

1/2 t of fresh ginger, minced

1 t of black bean paste

1 t of oil

Cooking Sauce

1 T of cornstarch

1/2 c of water (part mushroom water)

1 T of dry sherry

1 T of oyster sauce

1/2 t of sugar

1 t of sesame oil

Olive Crostini

1 c (130 g) of grated parmesan or pecorino cheese

1 c (130 g) of grated jack or muenster cheese

3 cloves of garlic

1 c of black olives

1 c of pimento-stuffed olives

1 stick of butter, soft

1/4 c of olive oil

1/2 c of chopped parsley

about 30 thin slices of French bread from a baguette

Grate the cheeses together in the food processor and put into a medium-sized bowl. Mince the garlic in the food processor, then add the olives and grind them until they are fairly finely chopped. Put everything into the bowl with the cheeses and mix together to form a paste. Spread on the bread slices and put them into a broiler or very hot oven until the bread begins to brown at the edges.

Sangria

2 bottles of red wine

1/2 c of sugar

1 qt of selzer

1 lemon

1 orange

With a potato peeler, make spirals from the outer rind of the orange and lemon and add them to the wine. Then squeeze out the orange and lemon juice into the wine. Add the sugar and selzer and mix until the sugar is dissolved.

Mango Chutney

1 lb of mango, peeled and coarsely chopped

1 cup of golden raisins

3/4 cup of sugar

3/4 cup of cider vinegar

1/2 lb of ginger, finely chopped

1 tsp salt

To chop the ginger, peel it, cut it into thin slices, and process it in the food processor until it is finely chopped but not pureed. Mix all ingredients in a pot and bring the mixture to boiling. Reduce the heat and simmer, uncovered, for 45 minutes, or until the mixture thickens.

Dill Pickles

Pickle brine

3 c water

1 1/2 T salt (not iodized)

1 c cider vinegar

Pickles

about 8 pickling cucumbers

garlic, fresh dill, cumin seed, and mustard seed

Wash the cucumbers and prick them all over with a fork. Add 2 or 3 cloves of garlic, about 3 sprigs of dill, 1/2 t cumin seed, and 1/2 t mustard seed to a quart jar. Put in the cucumbers and fill the jar with boiling hot brine. Leave at room temperature with the jar top only loosely closed for a day, then tighten the top and store in the refrigerator.

This is a very easy Ukrainian recipe. After being left for about three days they are better than any pickles that you can buy.

Granola

4 c of regular oats

1 c of wheat bran

1 1/2 c of flaked almonds

1 t of cinnamon

1/3 c of oil

1/2 c of honey

1/3 c of water

1/2 t of salt

1 t of vanilla extract

1 c of raisins, dried cranberries, chopped apricots, etc.

Mix the dry ingredients in a large bowl. Mix the wet ingredients separately, add to the dry, and mix everything thoroughly. Spread it out on a baking pan and bake at 300° for 40 minutes. Let it cool and store it in an airtight jar in the refrigerator.

Spaetzle Dough

1 c of flour

2 eggs

1/4 c of milk

1/2 t of salt

Mix everything well then cover and leave it rest for at least an hour.

Curry Powder

4 T of coriander

2 T of cumin

2 T of tumeric

1 T of ground ginger

1 T of dry mustard

1/2 T of cinnamon

1/4 t of cayenne