

## Vegetable and Dairy

Spinach and Cheese Filled Lasagne*	3
Spinach Pasta*	4
Eggplant and Pasta Casserole	5
Vegetarian Chili*	6
Veggie Pastitsio*	7
Pasta With Mushrooms	9
Greek Pasta Casserole	10
Broccoli Gratin	11
Broccoli Rice Torte	12
Pumpkin Gratin	13
Zucchini Gratin*	14
Spinach Gratin*	15
Potatoes Au Gratin*	16
Leek Pie	17
Rice Timballo*	18
Rice and Broccoli Torte	19
Garbanzo Beans and Vegetables	20
Cheese Soufle*	21
Cheese Pudding*	22
Gibanica*	23
Ratatouille	24
Galette Pastry	25
Cheesy Pie Crust*	26
Stuffed Portabello Mushrooms	27
Quiche Lorraine*	28
Spinach Pie*	29
Rustic Spinach Pie	30
Creamed Spinach	31
Falafel*	32
Madras Egg Curry*	33
Samosas	34
Spicy Tofu	35
Spicy Tofu and Shrimp	36
Stir-fried Tofu and Vegetables	37
Garbanzo Curry*	38
Potato Cauliflower Curry*	39

Eggplant and Rice	40
Lentils and Rice	41
Mushroom Barley Risotto*	42
Mushroom and Leek Fried Rice	43
Simple Baked Beans*	44
Serbian Beans*	45
Baked Lima Beans*	46
Stuffed Tomatoes	47
Lentil Stuffed Peppers*	48
Armenian Stuffed Cabbage*	49
Lazy Stuffed Cabbage*	50
Red Cabbage and Apples*	51
Pyrohy (Varenyky)*	52
Spanakopita*	53
Rice Noodles and Vegetables	54
Noodles Romanoff*	55
Macaroni and Cheese*	56
Pasta Florentine	57
Macaroni, Broccoli, and Cheese	58
Pasta Lasagna	59
Saffron Pilaf*	60
Brown Rice Pilaf	61
Kasha*	62
Spaghetti Squash	63
Vegetable Stuffed Eggplant	64
Indonesian Fritters*	65
Vietnamese Omelet	66
Spring Rolls	67
Whole Wheat Pasta Dough	68

## **Spinach and Cheese Filled Lasagne**

### **for the noodles**

3 large or extra-large eggs

1/4 c of water

1 T of oil

3 c of flour plus more, if necessary

### **for the filling**

2 boxes of frozen or 1 1/4 lbs of fresh spinach

3/4 lb of feta cheese

3/4 c of grated parmesan cheese

2 eggs

1/2 t of nutmeg

1 onion, chopped and lightly fried in 3 T butter

1 t of salt

1/4 t of pepper

1 lb of white mushrooms, sliced

1/2 c of ham, cut into slivers (optional)

bread crumbs for sprinkling⇐

Make and cook the lasagna noodles. Steam the spinach and squeeze most of the water out of it, using a large strainer. Beat the spinach, cheeses, and eggs in a food processor and then mix in the mushrooms.

Oil a baking dish and layer the noodles and the filling, beginning and ending with noodles. Coat the top with olive oil or melted butter and sprinkle with bread crumbs.

**Bake at 375° for 30 min.**

## **Spinach Pasta**

1/2 lb of fresh spinach, steamed and water squeezed out

2 extra large eggs

1 T of oil

1 t of salt

3 1/2 c of flour

puree the first four ingredients in a food processor. In a large bowl combine the flour with the wet ingredients and knead until the dough is smooth, adding extra flour if necessary.

## Eggplant and Pasta Casserole

1 large eggplant

3 T of butter

2 T of flour

2 c of milk, hot

1/2 c of grated pecorino or parmesan cheese

2 eggs

dash of nutmeg

1/2 lb of pasta, barely cooked

Peel and slice the eggplant into large slices, about 1/3 inch thick. Salt and leave them for a half hour, then rinse and dry the slices. Lightly brush the eggplant slices with olive oil and fry until browned. Make a light white sauce from the butter, flour, and hot milk (see Sauces, etc). When the sauce is thickened but still on the fire, throw in the grated cheese and stir to melt it. Take the sauce off the fire and add the eggs and nutmeg. Oil a deep baking dish, put the eggplant at the bottom, cover with the cooked pasta, pour in the sauce, and bake for 30 min. at 350° or until nicely browned on top.

## Vegetarian Chili

2 medium onions, chopped

2 green peppers, chopped

2 cloves of garlic, chopped

1 eggplant, peeled and cubed (or equal amount of zucchini)

1/2 lb of mushrooms, sliced

oil for frying

3 cans of kidney beans, rinsed in a colander or 2 of kidney and 1 of cannellini

2 small cans of diced tomatoes with juice

1/2 can of tomato paste

3 T of chili powder

1 t of cumin seed

1 1/2 t of salt

1 bay leaf

Fry the onions, green pepper, and garlic together until they are soft. Put them to the side. Fry the eggplant and mushrooms together and put them with the onions, etc.. Put everything into a pan or pot that can be covered, bring it slowly to a boil, and simmer for one hour.

## Veggie Pastitsio

2/3 c of dried mushrooms, soaked in warm water

1 eggplant

3 T butter

1 onion, chopped

1/2 lb of fresh mushrooms, sliced

2 cloves garlic, chopped

1/2 c wine

1 T minced parsley

a small can of diced tomatoes, drained

1 t cinnamon

1/2 t nutmeg

1 t salt

1/2 t pepper

1 lb small elbow pasta

3 T butter, soft

4 extra large eggs

1/2 c grated parmesan/pecorino

4 c milk

4 T butter

6 T flour

1 c grated parmesan/pecorino

pepper

cinnamon for sprinkling

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. Squeeze out the dried mushrooms, retaining the water, and chop finely. In a large frying pan, lightly fry the onion, sliced mushrooms, and garlic. Skin the eggplant, roughly chop it, add it to the pan along with the tomatoes and dried mushrooms, and fry for ten minutes more. Add the wine and mushroom juice and boil some of it off. Add the spices and cook uncovered at low heat until it is the

correct consistency. Cook the pasta, drain it and, in a large bowl, add the butter, three eggs, and cheese. Make a cheese sauce with the butter, flour, milk, cheese, remaining egg, and pepper (see Sauces, etc). Mix about  $\frac{2}{3}$  of the cheese sauce with the pasta. Put half the pasta in the bottom of a large buttered pan, cover with the veggies and the rest of the pasta. Pour over the remaining cheese sauce and sprinkle with cinnamon. Bake at  $350^{\circ}$  for 60 minutes

## **Pasta With Mushrooms**

1 c of dried mushrooms, soaked until soft and finely chopped

1 onion, minced

2 cloves of garlic, minced

1 T of olive oil

3 T of butter

1 lb of white mushrooms, sliced

1/2 c of dry white wine

the mushroom water

1/2 t of salt

1/2 lb of pasta, cooked

Fry the onions and garlic in the oil and butter until they start to brown. Add the fresh and dried mushrooms and continue frying at medium heat until the mushrooms brown, about ten minutes. Add the wine , mushroom water, and salt and boil off the alcohol for a minute. Mix in the pasta.

## Greek Pasta Casserole

1 eggplant or 1 1/2 lbs of zucchini, diced  
1 yellow or red bell pepper, diced  
1 small can of diced tomatoes  
1 medium onion, chopped  
4 cloves of garlic, minced  
2 T of olive oil  
1/2 c of sun-dried tomatoes  
1/3 c of white wine  
1 T of fresh or 1 t dried oregano  
2/3 lb of short pasta, barely cooked  
1/3 c of Kalamata olives, halved  
1/2 lb of feta cheese, crumbled  
salt and pepper to taste

Peel and dice the eggplant or zucchini into 3/4 inch pieces. Lightly fry the onion and garlic in half of the oil. Add both types of tomatoes and continue frying for two more minutes. Add the wine, oregano, and bell pepper and simmer for 5 more minutes.

In the rest of the oil, saute the eggplant or zucchini for 10 minutes.

In a casserole dish with a cover, mix everything together, cover and bake at 350° for 25 minutes.

## Broccoli Gratin

4 large or 3 extra large eggs

1/2 c of barley, finely ground or 2/3 c of flour

2/3 lb of feta cheese, crumbled

1/2 c of grated pecorino or parmesan cheese

1 c of milk

1/2 t of salt

1/4 t of pepper

4 c of broccoli heads

3/4 c of bread crumbs

Thoroughly beat the first set of ingredients. Cut the larger broccoli heads into smaller pieces, add them to the liquid, and mix everything. Oil a gratin pan with olive oil and sprinkle it with bread crumbs. Sprinkle the top with bread crumbs and dribble it with a little olive oil. Bake the gratin at 350 degrees for 60 minutes.

## Broccoli Rice Torte

4 c of chicken stock  
1 1/2 c of brown rice  
3 T of butter  
3 T of olive oil  
1 large onion, sliced  
1 red pepper, sliced  
2 cloves of garlic, minced  
1/2 c of dry white wine  
8 oz of feta cheese  
5 eggs  
1/3 c of grated parmesan or romano cheese  
pepper (no salt)  
1 lb of broccoli flowerets, steamed for two minutes

Cook the rice in the stock for 40 minutes. Fry the onion and pepper until it begins to brown. Add the garlic and fry for one more minute. Add the wine and boil off the alcohol. Combine the cheeses, eggs, and pepper in the food processor. Combine everything in a large bowl. Put everything in a deep well-greased baking dish and level it. Bake it at 350 ° for 1 hour or until the top is nicely browned

## Pumpkin Gratin

1/2 c of rice

1 c of water

1 large onion, chopped and lightly fried in 1 T of olive oil

2 cloves of garlic, minced and lightly fried with the onions

1 large can of pumpkin (not pumpkin pie mix)\*\*

1 t of chopped fresh sage

2 T of parsley, chopped

1/4 lb of cheese (swiss, or parmesan, or pecorino, etc.)

2 eggs

1/4 c of bread crumbs⇐

salt and pepper to taste

Bring the water to a boil in a small pot, add the rice, cover, and cook over low heat for 15 minutes. Mix everything (except the bread crumbs) together in a large bowl. Oil a gratin dish and sprinkle with the bread crumbs, leaving some for the top. Fill it with the mixture and level. Sprinkle with bread crumbs on top, dribble with some olive oil, and bake the dish at 400° for 40 minutes.

\*\*or 4 c of pumpkin puree can be used. See the Cream of Pumpkin Soup recipe.

## **Zucchini Gratin**

3 T of olive oil

1 onion, sliced

3 cloves of garlic, minced

3 lbs of zucchini, sliced very thinly

1/2 t of salt

1/2 block of feta cheese, finely crumbled

1/2 c of grated pecorino cheese

3 T of chopped parsley

4 eggs

1/2 c of milk

1/4 c flour

Fry the onion and garlic in the oil in a large frying pan just until it begins to brown. Add the zucchini and continue frying for about ten minutes in order to evaporate some of the moisture given off by the zucchini. Mix everything in a large bowl and then transfer it into a 9X9 baking pan that has been well greased or covered with baking parchment. Bake at 375° for 50 minutes.

## Spinach Gratin

1 1/2 c water

1 c of rice

3/4 t of salt

1/2 c of grated parmesan or pecorino cheese

1/2 lb of feta cheese or 1/2 lb of ricotta plus 3/4 t of salt

2 eggs

1/2 t of nutmeg

1 1/2 lbs fresh spinach or 2 pkg frozen, thawed

3/4 c of bread crumbs←

1 T of olive oil

Bring the water to a boil, add the rice and salt to the water, and cook over low heat, covered, for 10 minutes. Turn off the gas and leave the rice covered for 5 more minutes to absorb any excess water. In a food processor, mix the cheeses, the nutmeg, and the eggs. If using fresh spinach, steam it for 5 minutes. If using frozen spinach, squeeze it to get most of the water out. Add the spinach to the food processor and process it for a minute. In a bowl, mix the rice and the processor mixture plus 1/4 c of the bread crumbs. Oil a deep pie pan, cover the bottom with baking parchment and oil that. Use 1/4 c of the bread crumbs to crumb the pan. Put in the mixture and level the surface. Cover the top with crumbs and dribble it with the olive oil. Bake at 350° for 1 hour.

## Potatoes Au Gratin

4 T of butter

4 T of flour

1 t of salt

1/2 t of pepper

3 c of hot milk

2 c of shredded Cheddar cheese

6 russet potatoes, sliced into 1/4 inch slices

1 large onion, sliced into rings

Make a white sauce with the butter, flour, salt, pepper, and hot milk (see Sauces, etc). Stir in the cheese to make a cheese sauce. Oil a large baking dish and put in half of the potato slices, cover them with the onion rings, and pour on half of the sauce. Put on the remaining potato slices and pour over the remaining sauce. Bake in a 325° oven for one and a half hours or until nicely browned and the potatoes are done.

## Leek Pie

1/3 c of dark olive oil  
1/2 of an onion, thinly sliced  
3 large leeks, thinly sliced

3 large eggs  
1/2 c of flour  
2 c of half and half  
1/4 c of chopped fresh dill  
1 t of dried oregano  
1 t of salt  
1/2 t of pepper  
1 c of crumbled fetta cheese  
an unbaked bottom pie crust

Fry the onion in the oil until it softens and then add the leeks and fry them until they soften. Mix everything in a large bowl and then transfer it to the pie crust. Bake at 350° of one hour.

## Rice Timballo

1 onion, finely chopped and fried in 1 T of butter  
1 small can diced tomatoes, rinsed, drained, and finely chopped  
4 c of chicken stock  
salt and pepper to taste  
pinch of turmeric (for color)  
2 c of rice  
  
2 eggs  
1 c of grated parmesan cheese

Fry the onion in a pot that can be covered. Add the chopped tomatoes and fry, covered, over low heat, for 5 minutes. Add the stock, bring it to a boil, and simmer, covered, for ten minutes. Add the rice and cook, covered, over low heat, for 15 minutes. Put the rice into a very large and wide bowl to cool for 20 minutes. Add the eggs and cheese and mix everything thoroughly.

Oil a large spring-form pan. Cover the bottom and sides with about 3/4 of the rice. Add the filling and spread the remaining rice over the top. **Bake at 350° for 30 min.** Let it cool for 30 minutes before removing the sides. Don't try to remove the bottom of the spring-form pan.

### Fillings:

1. 1 1/2 lb of any fish fillets, barely fried or poached, plus 1/2 lb of white mushrooms, thinly sliced, 2 T of chopped parsley, and 1 c of Dill Sauce (see Sauces, etc). (Serve the remaining Dill Sauce at the table.)
2. 1 cooked potato, peeled and thinly sliced, 2 c of sliced ham, chicken, or turkey, 1/4 lb of sliced white mushrooms, plus 1 c of medium cheese sauce (see Sauces, etc).
3. A medium eggplant, sliced and fried (see Eggplant and Pasta Casserole), 1/2 lb of white mushrooms, sliced, and 1 c of medium cheese sauce (see Sauces, etc).

## Rice and Broccoli Torte

3/4 lb broccoli flowerets, steamed for 3 minutes

1 onion, chopped

2 cloves of garlic, minced

1 red bell pepper, thinly sliced

2 T of olive oil

2 T of butter

1 1/2 c of rice

4 c of chicken stock

salt and pepper to taste

1 c of grated parmesan or pecorino cheese

4 egg yolks

4 egg whites, stiffly whipped

Fry the onions, bell pepper, and ham or prosciutto in the oil and butter. Add the wine and boil off most of it. Add the chicken stock and bring it to a low boil. Add the rice, salt, and pepper, cover, and bring it to a simmer. Simmer for 15 minutes. Cool somewhat, add the cheese, broccoli, and egg yolks. Fold the beaten egg whites into the mixture. Put in a well-greased spring-form pan and bake at 350° for one hour.

## Garbanzo Beans and Vegetables

2 T of olive oil  
a large onion, chopped  
3 cloves of garlic, chopped

2 T of coriander  
1/2 t of cumin  
1/2 t of cinnamon  
1/2 t of garam masala  
1 t of salt  
1 t of fresh ginger, chopped  
2 T of tomato paste  
1 can of garbanzo beans (15 oz), rinsed  
1 large white potato, peeled and cubed  
1 eggplant, peeled and cubed  
2 zucchini, sliced  
1 can of diced tomatoes (15 oz), rinsed

1 pint of chicken stock

3/4 c of Greek yogurt  
2 T of cilantro, chopped  
2 T of mint, chopped  
2 scallions, chopped

1/4 lb of spinach leaves, roughly chopped

In a pan that can be covered and baked, fry the onion and garlic until they are soft, add the second group and fry five minutes more. Add the stock, heat and bake at 325° for 1 hour. Mix the yogurt, cilantro, mint, and scallions to make a topping for the dish. After baking, take out a half cup of the vegetables and mash them and return them to the pot to thicken the sauce. Add the spinach, mix, and serve with a large dollop of topping on each plate.

## **Cheese Soufle**

4 eggs, separated

1/2 t of cream of tartar

2 T of oil

2 T of butter

1/4 c of flour

1/2 t of salt

1 1/2 c of milk, hot

1/2 lb of cheddar cheese, shredded

a dash of cayenne pepper

1 t of Worcestershire sauce

Make a white sauce with the oil, butter, flour, salt, pepper, and hot milk (see Sauces, etc). Add the egg yolks, the Worcestershire sauce, and the cheese and stir over a small flame until it is uniform, then let it cool. Beat the egg whites with the cream of tartar just until they are stiff. Butter a soufle dish, fold the eggs into the cheese sauce and put into the soufle dish. Bake at 375° for 45 minutes.

## **Cheese Pudding**

6 slices of buttered bread, cubed

4 eggs

1 1/2 c of milk

1 t of paprika

1/2 t of salt

1/4 t of dry mustard

3/4 lb of sharp cheddar cheese, cubed

Beat the eggs with the milk. Add everything, put into a well-greased souffle dish and bake at 325° for 40 minutes or until well browned.

## Gibanica

1 lb (or a bit more) of feta cheese

1/2 lb of cream cheese

3/4 c of Greek yogurt

4 extra large eggs (or 5 large)

1/4 c of melted butter

1/4 c of oil

1/4 c of soda water

1 package of filo dough, thawed

1/4 c of melted butter

In a bowl, break up the feta cheese into small pieces with a fork or something similar. Whip all the ingredients in the second group until smooth and uniform and then add them to the feta cheese. Don't whip the feta cheese. Oil well a deep (1 or 2 inches) baking dish, and cover the bottom with at least two layers of filo, having the filo hang over the edge about two inches. Cover the dish with about three or four somewhat crumpled up pieces of filo, then drip about a cup of the filling all over the top. Do this again and again until you are left with three or four filo layers. Bend up the filo hanging over the sides and then cover the dish with layers of filo, tucked in at the edges and well buttered with the melted butter. Pour on any remaining melted butter and spread it out.

Bake at 375° for one hour.

## **Ratatouille**

2 small cans of diced tomatoes, with juice

3/4 can of tomato paste

2 onions, coarsely chopped

2 bell peppers, chopped

4 cloves of garlic, chopped

1 eggplant, peeled and cubed

2 zucchini, cubed

10 oz of sliced mushrooms

oregano, marjoram, thyme, sage, rosemary, basil, salt, pepper

Start heating the tomatoes and tomato paste in a covered pot at low flame. In a large frying pan, fry the onions, bell peppers, and garlic in olive oil until they are soft but not browned. Add them to the pot. Fry the eggplant, zucchini, and mushrooms in olive oil until they begin to brown and then add them to the pot. Add the spices, mix everything, and allow the vegetables to cook for about a half hour. Do not allow them to become completely mushy.

Serve with cooked noodles.

## Galette Pastry

1/2 c of lukewarm water

1/2 t of sugar

2 t of yeast

1 egg, at room temperature

1/4 c of olive oil

2 1/2 c of flour

3/4 t of salt

In a large bowl, dissolve the sugar and the yeast in the water and leave for about five minutes. Add the egg and the olive oil and beat it slightly to mix. Add the flour and salt and mix in the bowl until the liquid is incorporated. Knead the dough, adding slightly more flour if necessary, until it is smooth and elastic.

**Variation:** One cup of white flour may be replaced by whole wheat flour for a more rustic effect.

## **Cheesy Pie Crust**

2 c of flour

1 t of baking powder

1/2 c of grated parmesan cheese

1/2 t of salt

dash of pepper

1/2 c of butter

1/2 c of ice water

Mix all the dry ingredients in a large cold bowl. Cut in the butter. Add the ice water and mix and lightly knead the dough until it all stays together.

Cover the dough with plastic wrap or put it in a baggie and leave it in the refrigerator for an hour or more. This makes one large open-faced pie. Bake blind at 400° for 20 minutes.

**Note:** This recipe is used in the following two dishes but is good for any nonsweet pie.

## Stuffed Portabello Mushroom

3 large portabello mushrooms

1 onion, chopped

1/2 green pepper, chopped

the mushroom stems, chopped

a tomato, peeled, seeded, and chopped

1 T of sage, finely chopped

1/4 c of olive oil

1 stalk of celery, chopped

2/3 c of bread crumbs

2/3 c of pecorino and swiss, grated

salt and pepper

Fry the first ingredients, except the tomato and sage, in the oil until they begin to brown, then add those and fry for another few minutes. Keep out half of the cheese and mix everything in a bowl for the stuffing. Coat the mushrooms with olive oil, put them on an oiled pan, and heap them with the stuffing. Bake at 375° for 30 minutes, then top them with the remaining grated cheese and bake them for another 10 minutes.

## Quiche Lorraine

1 recipe of Cheesy Pie Crust

some thin slices of swiss cheese for the bottom plus 4 strips of bacon, crisply fried and finely chopped

4 large eggs

1 pint of half and half

1/2 t salt

dash of pepper

2/3 c of grated parmesan or swiss cheese

Roll out the pie crust and put it in a large pie dish. Bake it blind at 400° for 20 minutes. Cover the bottom with the cheese slices and crumbled bacon. Mix the other ingredients in a bowl and pour the mixture into the baked crust. Bake at 325° for 45 minutes or until firm.

## **Spinach Pie**

1 lb of fresh spinach, preferably baby spinach, uncooked

1 egg

15 oz of ricotta cheese

3/4 c of grated pecorino cheese

1/4 t of nutmeg

1/8 t of pepper

a 9 inch pie shell (use 3/4 of the Cheesy Pie Crust recipe), baked blind

Blend all the ingredients in the first group in a food processor, fill the pie shell, and bake it at 325° for 60 min.

## Rustic Spinach Pie

1 1/2 c warm water  
1 T yeast  
1 T sugar  
1 egg  
1 T oil  
5 1/4 c white flour  
2 t salt

1 1/2 lb of fresh uncooked spinach or 2 packages of frozen spinach, thawed and squeezed dry in a towel  
1 T of parsley, chopped  
1 onion, chopped and lightly fried in 1 T of oil  
1 egg  
1/4 t of nutmeg  
3/4 lb of feta cheese  
1/2 c of grated parmesan or pecorino cheese  
1/8 t of pepper

Dissolve the yeast in the water, add the sugar, the egg, and the oil and mix well. Mix in the flour and salt and knead the dough until it is smooth and elastic. Put it, covered, in a warm place to double in bulk (about one hour).

Cut the feta cheese into chunks by hand. Combine all the ingredients in the second group in a food processor, using the metal blade.

Grease a 9 or 10 inch cake pan or a deep pie pan. Take about 3/5 of the dough and roll or stretch in into a circle about 3 inches larger than the pan. Fit it into the pan, pressing it well into the corners. Fill with the filling. Roll out the remaining dough to a slightly smaller size and lay over the top. Squeeze the two layers together carefully with your fingers all around the edge. Fold the edge under and tuck into the edge of the pan. The dough should be elastic and quite easy to handle. Put the pan into a warm place to let the dough rise again for about 45 minutes. Brush the top with a beaten egg and bake at 350° for 45 min.

## **Creamed Spinach**

1 1/4 lbs of spinach

2 T of water

2 T of butter

2 T of finely chopped onion

2 T of flour

a small pinch of nutmeg

1 c of hot milk

Put the water in a large pot, heat it to boiling, put in all the spinach and cook at low heat. Dump the spinach into a towel, squeeze out the excess water, and chop the spinach roughly. Make a white sauce with the other ingredients and then add the spinach and mix.

## **Falafel**

### **Falafel dough**

2/3 c of dry breadcrumbs  
1/3 c of chopped parsley  
1 t of cumin  
1 t of coriander  
1/2 t of tumeric  
1/2 t of salt  
pinch of cayenne  
1 T of chopped onion  
2 cloves of garlic, crushed  
1 large egg  
1 (15 oz) can of garbanzos, drained

### **Sauce**

1 T of olive oil  
1/2 c of yogurt  
2 T of lemon juice  
1 T of sesame oil  
1 clove of garlic, crushed  
1/2 t of salt

For the dough, put everything in the food processor and process until it is uniform. Form the dough into small patties, about two inches wide by a third of an inch high. Fry them in hot oil until they are nicely browned on both sides. For the sauce, simply beat everything together in a bowl. The falafels are typically eaten in pita bread with sliced tomato and the sauce.

## Madras Egg Curry

1 small onion, finely chopped  
1 clove garlic, minced  
4 T butter  
1 T curry powder  
1 t tomato paste  
1 T flour  
1 t salt  
1 1/2 c milk, hot  
6 eggs, hard boiled or hard poached

Fry the onion and garlic in the butter only until it is soft. Add the curry, tomato paste, flour, and salt and cook over low heat about one minute. Turn heat higher, add the milk and stir vigorously. Cook until the sauce thickens and then turn the heat low and cook for three more minutes, stirring constantly. Slice the eggs in a dish and pour the sauce over them.

Remember to make rice.

## **Samosas**

2 lbs of white potatoes  
1 onion, finely chopped  
1/4 c of oil  
2 t of coriander  
1/2 T of ginger, finely chopped  
2/3 c of peas  
3 green chiles, finely chopped  
1 t of tumeric  
1 t of garam masala  
a pinch of cayenne pepper  
2 t of salt  
1 T of lemon juice  
  
2 c of flour  
1 t of salt  
1/4 c of oil  
1/3 c of cold water

### **Making the filling:**

Peel the potatoes, steam them until done, then chop them fairly finely but don't make mashed potatoes out of them. Fry the onion in the oil until it just begins to brown, then add the potatoes and keep frying the mixture until the potatoes become dry. Add everything else up to the lemon juice and fry for a few more minutes.

### **Making the pastry:**

Put the flour and salt in the food processor and run it just to mix them. Add the oil and pulse the processor a few times to thoroughly mix the oil and flour. Turn on the processor and pour in the water, running it just until the dough sticks together. Take out the dough, cover it with saran wrap, and let it sit for at least an hour.

## Spicy Tofu

4 squares of tofu  
1 red bell pepper, diced  
1 c of cut up string beans  
4 scallions, sliced

1/4 c of soy sauce  
1 T of sesame oil  
1 T of honey  
1 t of red pepper flakes  
1 T of rice vinegar  
1 T of chopped ginger  
2 cloves of garlic, minced

Fry the tofu and then cut it into cubes and place them in a plate. Steam the string beans for ten minutes. Meanwhile, fry the bell pepper in oil, then add the string beans and scallions and fry for five minutes more. Add all the liquid ingredients and, when hot, add the tofu and mix.

Serve with white rice - it is spicy.

## Spicy Tofu and Shrimp

2 T of black bean paste  
2 T of soy sauce  
2 T of dry white wine  
1 T of chili powder  
1 t of hot sauce  
3/4 c of chicken stock  
2 t of cornstarch  
  
3 T of oil  
1/4 lb of sliced mushrooms  
  
2 T of chopped ginger  
3 garlic cloves, chopped  
1 bunch of scallions, sliced  
  
1/2 lb of shrimp, cut in half  
4 slabs of tofu, cubed  
1 can of bamboo shoots

Mix all the first ingredients to make the sauce, mixing to dissolve the cornstarch. Heat the oil in a wok or large frying pan and fry the mushrooms and bell pepper (if using) until lightly browned. Add the ginger, garlic, and scallions and continue frying for about one minute. Add the shrimp and continue frying for about one minute (they will continue cooking in the sauce). Add the sauce and, when it is hot, add the tofu cubes and vegetables. When the sauce is hot again, stir and cook everything about two minutes more. Serve over rice.

**Variation:** Replace the bamboo shoots with some green vegetables, such as bell pepper, green beans or peas.

## Stir-fried Tofu and Vegetables

### Sauce

- 2 T of oyster Sauce
- 1 T of soy sauce
- 1 T of dry sherry or vermouth
- 1 t of sugar
- 1 t of sesame oil
- 1 /2 c of chicken stock
- 1 T of cornstarch
  
- 2 T of oil
- 1 T of minced garlic
- 1 T of minced ginger
- 2 or 3 cakes of tofu, cut into cubes

1 T of oil

2/3 lb of broccoli flowerets, string beans in 2 inch lengths, or asparagus in 2 inch lengths

Mix all the ingredients for the sauce in a little bowl and set it aside. Heat the oil in a wok or pan that can be covered, add the garlic, and fry the garlic until it begins to brown, then add the ginger and the tofu and fry the tofu until it is lightly browned. Take the tofu out onto a plate and add the oil and the vegetables and stir-fry for about three minutes at high heat. Add the sauce and, when it begins to thicken, turn the heat to low, cover the pan, and let it cook until the vegetables are tender. Add the tofu, mix everything, and reheat.

**Variation:** Carnivores can replace the tofu with slices of pork or chicken breast.

## Garbanzo Curry

2 cans of garbanzos, drained

3 T oil

1 onion, finely chopped

3 cloves of garlic, minced

1 t of tumeric

1 t of cumin

1 t of garam masala

1/2 t of chili powder

1 t of salt

Lightly fry the onions and garlic in a small pot. Add the spices and stir, over the heat, for a minute, then add the garbanzos and mix.

## Potato Cauliflower Curry

1 cauliflower, cut into flowerets  
2 new potatoes, skinned and cubed (3 if cauliflower is large)  
2 T of oil + 2 T of butter  
a small can of diced tomatoes, rinsed in a colander  
1/2 c of frozen peas, thawed  
1/2 c of boiling water  
1 t of cumin seeds  
1 t of mustard seeds  
1 t of tumeric  
2 t of coriander  
1 1/2 t of salt  
1/4 t of cayenne  
1/2 t of garam masala

Use a large pan that can be covered. Heat the oil and butter and fry the cumin and mustard seeds for a minute. Add the cauliflower and potatoes and fry until lightly browned in spots. Add everything except the peas, cover and cook over low flame, stirring occasionally, until the potatoes are done. Add the peas and rewarm the dish.

## Eggplant and Rice

1 medium eggplant, peeled and cubed  
1 t of turmeric  
1 t of salt  
  
2 T of olive oil  
1/2 c of cashews  
  
3 T of sesame seeds  
1/4 t of black pepper  
1 small dried chili, cleaned and chopped  
1 T of coriander  
1/4 t of ground cloves  
1/4 t of cinnamon  
1/2 t of black mustard seeds  
1/2 t of ground cardamom  
1 t of chopped fresh ginger  
1 t of sugar  
  
1 1/4 c of basmati rice  
2 1/2 c of water  
1 t of salt

In a large bowl, mix the cubed eggplant with the turmeric and salt and let it sit for 15 minutes. Fry the cashews in the oil until they brown slightly and then quickly remove them to a separate dish. Combine all the spices in a dish. Reheat the oil (adding more if necessary), add the spices and rice and fry them for one minute. Add the water and the salt and bring it to a boil. Add the eggplant and the cashews and simmer, covered, for 20 minutes.

## **Lentils and Rice**

3 T of olive oil

1 large onion, chopped

5 cloves of garlic, minced

6 c of chicken stock

1 T of ground cumin

2 t of ground coriander

1 t of salt

1/4 t of cayenne pepper

1 stalk of celery, chopped

1 1/2 c of red lentils

1 1/2 c of rice

In a large pan that can be covered, fry the onion in the oil for a couple of minutes. Add the garlic to the pan and continue frying until the onions just begin to brown. Add the chicken stock and bring it to a boil. Add all other ingredients, cover and simmer for 20 minutes.

## Mushroom Barley Risotto

2/3 c of dried mushrooms  
2 T of oil  
1 lb of brown mushrooms, sliced  
4 T of butter  
1 1/2 c of chopped onions  
2 cloves of garlic, minced  
1 bell pepper, finely diced  
2/3 c of white wine  
1 1/2 c of pearl barley  
6 c of chicken stock  
pepper and salt to taste  
2/3 c grated parmesan or mixed swiss and pecorino cheese

Soak the dried mushrooms in 1/2 cup of warm water for an hour, wring them out, keeping the mushroom water, and chop them finely. Fry the fresh mushrooms in the oil for about 15 minutes and then put them aside on a dish. Melt the butter in the pan and fry the onions, bell pepper, and garlic together until they begin to brown. Add the chopped dried mushrooms, the wine, and the mushroom liquid to the pan and let it boil off for a few minutes. Transfer the contents of the pan to a pot, add the barley and two cups of the chicken stock. Bring to a slow boil and continue cooking, stirring occasionally, and adding stock when necessary, for an hour. You should end up using all the stock. Add the fried mushrooms, mix, taste, and add the pepper and salt if necessary. Add the grated cheese and mix. Cover the pot and let it sit for fifteen minutes.

## **Mushroom Leek Fried Rice**

1 large leek, cleaned and sliced small  
1/2 lb of brown mushrooms, cut into small pieces  
1 T of soy sauce  
salt and pepper to taste  
2 c of cooked brown rice (or other whole grains)  
1 bunch of scallions, sliced

Fry the leek in 1 T of oil for about three minutes and then remove it to a plate. Fry the mushrooms in oil until they are well browned. Add the soy sauce, salt and pepper, and scallions. Fry for two minutes and then add the rice and fry until everything is warmed.

## Simple Baked Beans

1 large onion, chopped

3 T of oil (vegetable or olive)

1 lb (2 1/2 c) of small beans, soaked overnight

2 c (small can) of chicken stock

2 c (small can) of diced tomatoes, blended in the food processor

1/2 c water

2 T of paprika

2 t of dried thyme

2 t of salt

2 T of dijon mustard

Fry the onion in the oil until it is soft. Put everything except the salt and mustard in a covered pan, bring it to a boil, and then bake it at 325° for two hours. Add the salt and mustard and mix.

## Serbian Beans

1 lb (2 1/2 c) of large white beans, soaked overnight

1/4 c of olive oil

4 c of chicken stock or water

6 c of chopped onion

4 cloves of garlic, minced

1/3 c of paprika

1 t to 1 T of hot sauce

1 T of salt

2 bay leaves

Cook the beans in the chicken stock or water and oil, covered, for 1 to 1 1/2 hours on low heat or until they are just soft. Put into a baking dish with all the other ingredients and bake, uncovered, for 2 hours at 350° , stirring occasionally.

## **Baked Lima Beans**

3 1/2 c of dried limas, soaked overnight

2 onions, chopped

4 cloves of garlic, finely chopped

1 can of beef stock

1 can of chicken stock

1 T of dijon mustard

1/2 t of salt

1/4 lb of ham in one piece

Fry the onions and garlic until soft. Add everything, cover, bring to a boil, and bake at 325° for two hours. Add more water if necessary.

## Stuffed Tomatoes

1 1/2 c of bread crumbs

1 1/2 c of grated cheese, half pecorino and half jahrlsberg

2 T of chopped parsley

1/2 c of kalamata olives, chopped

1/4 c of capers, chopped

1 chopped onion, fried in 1/4 c of olive oil

6 large tomatoes

Cut the tops off the tomatoes and empty them out without cutting through the skin. Mix every thing in a bowl and stuff the tomatoes. Bake them at 350° for 30 minutes.

## **Lentil Stuffed Peppers**

1 T of olive oil

1 onion, chopped

4 cloves of garlic, minced

6 c (large can) of chicken stock

2 t of ground cumin

1 1/2 t of ground coriander

1/2 t of salt

1/4 t of cayenne pepper

2 c of brown or red lentils

1 c of rice

6 large bell peppers with the tops cut off (but saved to be used as lids) and the insides removed

Soften the onions and garlic in the oil. Add the chicken stock, the spices, and the lentils, bring to a boil. For brown lentils, simmer, covered, for 15 minutes before adding the rice. Add the rice (and red lentils, if used), bring to a boil, and simmer, covered, for 15 minutes.

Stuff the peppers, fit them into a baking pan, add 1/2 inch of water to the pan, and bake at 350° for 45 min.

## Armenian Stuffed Cabbage

1 c of water

1 c of white rice

1/2 c of olive oil

3 - 4 c of sliced onion

2/3 c of parsley, finely chopped

1/2 c of raisins

2/3 c of pistachio nuts

1/2 c of tomato paste

1/2 t of allspice

1/2 t of cinnamon

2 t of salt

1/4 t of black pepper

a large head of cabbage

2 c of chicken broth

Heat the water to boiling in a small pot, add the rice and bring it back to a boil. Cover the pot and cook the rice on a very low flame for three minutes, then turn off the flame and let the rice stay in the covered pot to absorb the water.

Brown the onions in the oil in a frying pan at medium heat, add all the other ingredients in the second group and fry for another ten minutes at low heat. Then add the rice to the pan and mix thoroughly.

Bring a large pot of water to the boil. With a sharp knife, take the core out of the cabbage to a depth of about three or four inches. Immerse the cabbage in the boiling water with the core hole up. Using rubber gloves, remove the outer leaves of the cabbage, one by one and set them aside to dry.

Form the cabbage rolls and place them in a wide baking pan with a tight cover. Pour the chicken stock over the rolls and place a heavy plate on top of the rolls. Cover the pan, bring to a boil on the stove, and bake at 350° for 40 minutes.

## **Linyvi Holubtsi (Lazy Stuffed Cabbage)**

1 c of brown rice, cooked with 2 c of water and 1 t of salt

1 T of butter

1 medium onion, chopped

1 small or 1/2 of a large cabbage, cored and sliced into about 1/4 inch strips

2 T of oil

1 small can of diced tomatoes, ground with the juice in a the food processor

1/2 c of bread crumbs⇐

Cook the rice for 45 minutes. Fry the onion in the butter until soft but not browned. Mix together the onion and rice. In a large frying pan or wok, heat the oil and fry the cabbage until it is soft and wilted, but not browned. In a baking pan that can be covered, put a layer of half of the cabbage, then a layer consisting of all the rice and onion. Put another layer of the rest of the cabbage, dribble on the tomatoes, sprinkle on the bread crumbs, cover, and bake at 350° for 45 minutes.

## Red Cabbage and Apples

1 onion, sliced

2 T of oil

2 T of butter

1 red cabbage

1/4 c of cider vinegar

1/4 c of white wine

1/4 c of honey

1 t of salt

2 t of caraway seed

1 large or 2 small apples, peeled, cored, and cut into sections

In a large pan that can be covered, lightly fry the onion in the oil and butter. Core and slice the cabbage into shreds about one eighth of an inch wide. Add the cabbage to the pan and fry it until it softens a bit. Then, add everything else except the apples, cover the pan, bring to a boil. Cook on low heat for about ten minutes, then add the apples, mix, cover, and cook another ten minutes. Check the amount of liquid and, if it is too much, turn the heat up and boil some off.

## **Pyrohy (Varenyky)**

1 egg

1/2 c of water

1 t of salt

2 1/2 c of all purpose flour

Mix the egg, water, and salt in a bowl. Add the flour and make a pasta dough without kneading or working the dough too much. Leave the dough rest while making the filling.

## **Potato, Onion, and Cottage Cheese Filling**

2 c of mashed potatoes (with no milk)

3 T of butter

1/2 of an onion, chopped very small

1 1/2 c of cottage cheese

1 t of salt

1/4 t of pepper

Fry the onion in the butter until it is soft. Mix everything in a bowl.

Cut the dough into six parts. For each of the parts, roll the dough to #5 in a pasta machine so that it is about 3 to 4 inches wide. Cut it into sections and put about a tablespoon of filling in each and fold it over, sealing the edges carefully. Lay the pyrohy on a well-floured towel. Heat up salted water in a large pot. Cook the pyrohy for about ten minutes. Either transfer the cooked pyrohy to a wide bowl with a few inches of warm stock or put them in a plate with a large amount of melted butter. Be careful – if they do not have enough butter they will stick together like glue. Serve them with sour cream.

## Spanakopita

2 1/2 lbs of spinach  
2 bunches of scallions, finely chopped  
1 medium onion, finely chopped  
3 T of olive oil  
12 oz of feta cheese, crumbled  
1/2 c of grated pecorino cheese  
3 eggs, lightly beaten  
1/2 c of parsley, finely chopped  
1/2 c of fresh dill, finely chopped  
1/2 t of nutmeg  
a pinch of pepper

1 package of fillo dough  
1/3 c of olive oil  
1/2 stick of butter, melted

Steam the spinach just until completely wilted, put it into a towel, squeeze out almost all the water, and then chop it finely. Fry the scallions and onions in the oil just until completely softened. Then mix all the first set of ingredients in a bowl to make the filling.

Oil a 9 by 13 inch baking dish and cover the bottom with one quarter (approximately) of the fillo sheets, brushing each sheet with the oil-butter mixture. Make three layers, each containing one third of the filling, topped by one quarter of the fillo (each sheet separately brushed with oil). With a sharp knife, cut through only the top sheets to form the separate servings. Bake at 350° until the dish is deeply browned, about 50 minutes. Let the dish cool slightly and then cut through to form the separate servings.

## Rice Noodles and Vegetables

1 c of dried mushrooms, soaked for 20 minutes

2 T of light soy sauce

1 T of white wine vinegar

1 t of sugar

1 t of oyster sauce

1 boned chicken breast, cut into thin slices

6 oz of rice noodles (mie fun)

1 qt of chicken broth, boiling

1 egg

1 t of oil

1 large carrot, cut into 2 inch matchsticks

1 c of brown mushrooms, thinly sliced

1 head of Napa cabbage, thinly sliced

1. Put the dried mushrooms to soak. In a small bowl, marinate the chicken in the soy sauce, vinegar, sugar, and oyster sauce.
2. Put the noodles into the boiling stock and leave for 15 minutes. Then drain them, reserving the stock for other uses.
3. Chop the dried mushrooms, adding their water to the chicken and combine them with the sliced mushrooms.
4. Heat 2 T of oil in a wok, add the chicken and marinade, and fry for a few minutes. Add the carrot sticks and fry for a few more minutes. Add the mushrooms and fry a few more minutes. Reserve all in a bowl.
5. Put 2 T oil into the wok, heat and add the cabbage. Fry until wilted. Then add everything together and mix well.

## **Noodles Romanoff**

1/2 lb of egg noodles, cooked in salted water

1 1/2 c of large curd cottage cheese

1 c of sour cream

1 t of worcestershire sauce

dash of tabasco sauce

1 clove of garlic, minced

3 scallions, finely chopped

1/2 c of grated parmesan cheese

Combine everything except the grated cheese in a bowl and pour it into a buttered casserole pan. Top with the cheese and bake at 350° for 25 minutes.

## Macaroni and Cheese

1 lb of elbow macaroni  
4 T of butter  
1/2 of an onion, chopped  
1/2 t of paprika  
4 T of flour  
4 c of hot milk  
Salt and pepper  
4 c of grated cheddar cheese (12 oz)

bread crumbs (optional)

Cook the macaroni until barely soft. Make a white sauce with the butter, onion, paprika, flour, salt and pepper, and milk. Mix in the cheese and stir it until melted. Add the macaroni, mix, and put into a large baking pan. Cover with bread crumbs and dot with butter if desired. Bake at 350° for about 30 minutes or until nicely browned.

## **Pasta Florentine**

1 lb of short tube pasta

2 T of olive oil

1 bunch of scallions, sliced

about 6 oz of baby spinach leaves, slightly chopped

1/2 c of grated Pecorino

zest of one lemon or 2 T of lemon juice

1 c of fresh ricotta cheese

1/2 c of basil leaves, chopped

1/4 c of chopped parsley

Cook the pasta, saving some of the cooking water. In a separate pan, fry the scallions until they soften, then add the spinach and cook only until it completely wilts. Add the cooked pasta and everything else and mix thoroughly. If necessary, add some of the pasta water. Season with salt and pepper to taste.

## **Pesto Lasagna**

### **Pesto:**

1/2 c of pecorino cheese  
3 cloves of garli  
1/4 c of pine nuts  
2 c of basil leaves  
2 T of parsley  
olive oil

### **Cheese Sauce:**

6 T of butter  
1 c of flour  
2 t of salt  
a pinch of pepper  
a pinch of nutmeg  
4 c of hot milk  
3/4 c of pecorino cheese  
2 eggs

### **Pasta dough:**

3 c of flour  
4 extra large eggs  
1 T of oil  
1 t of salt

## Saffron Pilaf

2 c of basmati rice

4 c of chicken stock

3 T of oil

2/3 c of slivered almonds

1 onion, finely sliced

1 T of chopped ginger

1 t of saffron, ground in a mortar and pestle

1 T of sugar

1/2 t of cloves

1 t of cinnamon

1 t of cardamom

1/2 t of turmeric

1 t of salt

1/2 c of raisins

Rinse the basmati rice in a large amount of cool water, letting it soak for about a half hour, stirring occasionally to remove the starch coating on the rice, and then drain it through a strainer. In a large pan that can be covered, heat the oil and then fry the almonds until they just begin to brown. Throw in the onion and ginger and fry them until the onion is completely soft. Add the rice to the pan and mix it until the grains are covered in oil. Add the chicken stock, the spices, and the raisins and bring everything to a boil. Close the pan and put it into a 325° oven for 30 minutes and then mix the rice thoroughly but carefully so as not to break up the grains.

## **Brown Rice Pilaf**

1 c of brown basmati rice  
2 T of oil  
1/4 c of slivered almonds  
1 large onion, chopped  
1 clove of garlic, chopped  
  
1/2 t of cumin  
1/2 t of cardamon  
1 t of cinnamon  
1/4 t of ground cloves  
1 bay leaf  
1 t of salt  
2 c of chicken broth (a small can)

Rinse the rice in a strainer and let it drain for five minutes. Heat the oil in a pan that can be covered. Add the almonds, fry them until they just start to brown and then add the chopped onion. Fry the onion until it is well browned and then add the garlic and fry for another minute. Add the rice and fry it until it is coated with oil. Add the spices and stock and bring to a boil. Cover the pan and simmer for 40 minutes. Turn it off and let it sit for another 10 minutes.

## **Kasha**

2 c of whole grain kasha

1 egg

1/4 c of oil

2 t of salt

4 c of boiling water

Heat the oven to 350° . Lightly oil a wide shallow baking pan. In a bowl, mix the kasha with the egg until the grains are all coated. (**note:** If you halve the recipe, use only half a beaten egg. A whole egg in one cup of kasha gives you too wet a mixture.) Spread out the kasha in the baking pan thinly. Put it in the oven and bake, stirring frequently, until the kernels are separated, dry, and very lightly browned. Don't over cook them. Take the kasha out of the oven and increase the oven temperature to 400 ° . Put the kasha, oil, salt, and water in a pot that can be covered and put into the oven, bring it to a boil on the stove and cook, uncovered, on fairly high heat until the clear surface water has been absorbed by the kasha. Cover the pot and put it into the oven for 45 minutes.

**Note:** I realize that this recipe seems ridiculously complicated for cooking a simple grain. Kasha can be cooked just like white rice, but the result is very much inferior to the delicious, separate-grain, nutty flavored dish that results from this recipe, which is from Stechishin's Ukrainian Cookbook (on sale at Amazon for only \$426).

## Spaghetti Squash

1 spaghetti squash

vinegar and oil dressing with dijon mustard

some cooked shrimp

some black olives

salt and pepper to taste

Half the squash and clean out the seeds. Bake the squash (cut side down on oiled aluminum foil) at 375° for 30 minutes. Scrape out the spaghetti into a large bowl. Add the rest of the ingredients and mix.

## Veggie Stuffed Eggplant

a large eggplant  
1 onion, chopped  
1 stalk of celery, chopped  
3 cloves of garlic, minced  
1 T of olive oil  
2 slices of bread, made into crumbs⇐  
1/4 c of parsley, chopped  
1 t of salt  
dash of pepper  
1 egg

Split the eggplant, take out most of the pulp, without splitting the skin, and chop it finely. Fry the eggplant and other vegetables in the oil until they are soft. Add the other ingredients and mix. Stuff the eggplants and bake at 400° for 30 minutes.

## Indonesian Fritters

1 12 oz can of corn niblets  
2 T of chopped onions  
1/2 c of chopped shrimp  
2 cloves of garlic, crushed  
2 scallions, sliced thinly  
1 t of salt  
1 T of cornstarch  
a dash of pepper  
2 eggs, beaten  
oil for frying

Mix everything together well. Fry in heaping tablespoonfulls until browned on both sides. Serve with applesauce, preferably fresh.

## Vietnamese Omelet

4 eggs

1/2 c of rice flour

1 t of sugar

pinch of pepper

1 T of oil

1/2 c of ham, julienned

1/2 lb of mushrooms, sliced

1/4 lb of cooked shrimp

1 1/2 c of bean sprouts

3 scallions, sliced

### **Sauce:**

1/4 c of light soy sauce

2 T of hoison sauce

1 T of lime juice

2 T of peanut butter

Make the sauce by mixing the last four ingredients and reserve it.

Beat the eggs with the rice flour, sugar, and pepper in a small bowl and put aside. Fry the ham and mushrooms in the oil for 2 minutes, add the shrimp, bean sprouts, and scallions and fry only until the bean sprouts begin to soften. Then reserve the mixture in a bowl separate from the eggs.

Oil the pan, heat it, and add half the eggs, tipping the pan to coat it evenly. Add half the mixture evenly over the top. Once the omelet has browned a bit, flip it over onto a plate and slide it back into the pan to cook the other side for a short time. Then flip it back onto the plate to serve it with the sauce.

## **Spring Rolls**

### **Possible Fillings for Rolls**

thin noodles

roughly grated carrot

thinly sliced cucumber

lettuce

thinly sliced mint leaves

cilantro, leaves only

scallions

thinly sliced red bell pepper

shrimp, ham, or chicken

### **Peanut Dipping Sauce**

1/3 c of peanut butter

1/2 c of water

1 T of hoisin sauce

1 T of lime or lemon juice

1T of sesame oil

1 t of sugar

1 clove of garlic, mashed

### **Soy Dipping Sauce**

1/4 c of soy sauce

1 t of sesame oil

1/4 c of hoisin garlic sauce

1 T of lime or lemon juice

## Whole Wheat Pasta Dough

1 1/2 c of wheat berries

1 c of flour

4 eggs

1 T of oil

1 t of salt

Use the pasta maker up to level 5.