

Jane,



what are *you* making?

Jane Wittman Vandebogart

August 25, 1941 - February 16, 2008

On Jane's final day, an ever-changing group of friends gathered in her kitchen recounting tales of Jane's life and reeling from the sudden-ness of her departure. We took turns at her bedside, tended to details, and, of course, people brought food. Because not one of us was accustomed to idleness, we picked up a big box of recipes to sort.

Jane was eclectic in her collection. She preserved the old German recipes from her grandmother, Mama Wittman, and the carefully detailed favorites from her mother, Nettie. She clipped, copied, and adapted recipes from cookbooks, newspapers, and magazines. Mostly, she got recipes from her friends at potlucks and meetings, often hastily scribbled on the back of an envelope or an anti-war flyer.

Jane loved to eat, and therefore to cook, and she was always willing to experiment with recipes. It is no secret that she struggled with weight and what "healthy eating" meant to her. She was also willing to try just about anything. Even as a young child she was praised for liking shrimp, escargot, and all kinds of regional specialties introduced by her world-traveling parents.

Here are some recipes culled from that very large box—perhaps it will help you answer that perpetual question,

"What are you making?"

--Peg Johnston (Jane's cousin)
July 19, 2008

A handwritten signature in blue ink, appearing to read "Peg Johnston".

Mama Wittman's German Specialties



~~Winkelschauw Soße~~

2 eggs $\frac{1}{2}$ pint White Rhine Wine
1 Teaspoon flour Lemon Rind
of $\frac{1}{2}$ Lemon
2 Tablespoon Sugar
~~all ingredients~~
Beat in top Pan
Refrigerator or Double Boiler
until Thick and
it reaches top of Pan
add a few drops
of Rum if

$\frac{1}{2}$ cup flour SPRITZ USE
6 oz fine sugar THIS RECIPE
 $\frac{1}{2}$ Teaspoon Baking Powder
1 Tablespoon milk if needed
1 egg ~~solt~~
4 oz grated Almonds
 $\frac{1}{2}$ cup Flour and
Almond Extract
 $\frac{1}{2}$ Teaspoon Baking Powder
4 oz sweet Butter
use only 4 oz Butter instead 6 oz
child dough before baking then
1 round hole

BAKE ON BOTTOM RACK



This Santa Claus

is very bright;

He'll bring you luck

Both day and night.

Jane Wittman

Plum

Zwetschken Kuchen.

Ingr. 1 cup sifted flour
 1/2 teaspoon baking powder
 1/2 teaspoon salt
 1/2 teaspoon almond extract
 1 - 1/2 tablespoons sugar
 scant 1/2-tablespoons ice water
 2 1/2 ounces butter
 1 egg yolk
 8 inch baking tin (round)

1 pound ripe plums
 1/2 cup sugar
 fine white bread crumbs for sprinkling dough
 butter for generous dotting ~~sprinkled~~ dough

Method:

Sift flour, salt, baking powder and cut in (cold) butter in small dots - blend well.
 make well in center, add egg yolk and ice water and knead a few minutes; ~~refrigerate~~, cover with plastic bag and refrigerate for 2 hours (or overnight). ROLL DOUGH OUT - FIT INTO PIE T Cut plums in quarters and lay thickly on dough to cover well, sprinkle with half of the sugar and bake in 350 degree even for about 45 minutes or until done; when cake is cooled sprinkle the rest of the sugar over top

* ground Almonds after measuring 3/4 cup

Amaretti (Macaroons)

3/4 cup ground (not chopped) almonds (unblanched)

2 egg whites (not too large eggs)

1/2 cup Domino "Superfine Quality" Sugar

pinch of cream of Tartar

pinch Salt

JUICE OF 1/4 LEMON

1/2 teaspoon almond extract

add tartar and beat eggwhites until stiff, beat in sugar and salt and continue beating 20-25 minutes with electric beater-

high speed. ADD ~~LEMON JUICE~~ BEAT SOME MORE Fold in almonds and flavoring, DISTRIBUTE

SMALL TSP.

350

Bake at 350 degree F. for 15 minutes; they should not be browned

RED BOWL

Hazelnut Diamonds

1/2 pound ground hazelnuts (Filberts)

3 eggwhites

1/2 pound of Domino "Superfine Quality" sugar

1/2 teaspoon baking powder

1/2 teaspoon vanilla

1/2 teaspoon cream of Tartar

beat eggwhites until stiff, beat in sugar, baking powder and vanilla and ~~Tartar~~ continue beating 20-25 minutes with electric beater-high speed)

* Reserve about 4 large tablespoons of eggwhite mixture for ~~tapping~~ glazing then stir in ground nuts and roll out in small pieces on sugar-covered board (use same sugar as above)

Roll very lightly with rolling pin and cut uniform diamond-shaped bars - spread

* reserved eggwhites sparingly on top of bars and ~~bake~~ at 350 degree F. for 12-15 minutes; do not let them get brown, they need frequent watching

Cinnamon ~~use~~ Green Bowl





Haselnuss Torte.

Full
Am't
4 oz... ground hazelnuts
6 ... eggs
2/3... (less 2 tablespoons) cups of flour
1 1/2... teaspoons baking powder
1 ... teaspoon Vanilla
1/4... teaspoon Cream of Tartar
2.... tablespoons fresh lemon juice
7/8... cups of fine sugar

Method:

beat egg yolks 10 minutes-until very thick, blend in sugar in small amounts, lemon juice and vanilla and beat 10 more minutes; add Cream of Tartar to egg whites and beat until stiff peaks are forming; add flour sifted together with baking powder to egg yolk mixture-blend well then stir in ground hazelnuts in small amounts ~~alternately~~ alternately with stiffly beaten eggwhites (2 spoons of eggwhite at a time until used up (*FOLD IN - DON'T STIR*)
Bake in lightly greased and floured springform with tube-at (325) degree-50 minutes for full amount and 40-45 minutes for 2/3 amount, (or until done)
cool cake before removing from baking pan; cut cake into two layers and fill and top with pint - whipped cream to which a few drops of vanilla and 1 tablespoon fine sugar has been added.
over top sprinkle fine chocolate slivers
(Use big yellow bowl for egg yolk mixture and green bowl for eggwhites)

"MOM" WITTMAN'S FILLIBUPPY (STUFFING FOR HOLIDAY TURKEY)

Jeannette Wittman

Enough for one big bird

Her stuffing was the BEST! This I found in her German cookbook, written out in English in her writing on thin paper. It's called "Stuffed Breast of Veal" but we knew it best as her "fillibuppy" for roast turkey or chicken. It was a real treat!

3 large Kaiser hard rolls, 2 days old
2 oz. butter
1 medium onion, finely chopped
1 tbsp. very finely chopped parsley
a pinch of dried thyme
1/2 tsp. salt
1/4 tsp. nutmeg
1 egg, slightly beaten
1 tbsp. farina (cream of wheat)

Soak the rolls in water. Press water out thoroughly. Cook the onions in butter s-l-o-w-l-y until tender and transparent. Add onions to bread, together with the egg and seasonings. Blend well. Add farina and blend in well. Let this stand 1/2 hour to absorb the farina.

For ROAST BREAST OF VEAL
1 veal shoulder about 4 lbs. Have the butcher remove bone. Sprinkle with salt and pepper. Fill the cavity with dressing and pin the opening closed. Place in roasting pan. Cover with 3 tbsp. butter. Bake at 350 degrees for 2 to 2 1/2 hours, basting often with its own juice, adding a little stock or water if needed.

For ROAST CHICKEN OR TURKEY
Grandma Wittman used the filling recipe above but added the raw chicken or turkey liver, very finely chopped which you didn't taste but added a richness to the stuffing. Dry and lightly salt the cavity. Fill the cavity and pin the opening closed. Roast according to the weight of the bird with stuffing.

Johann Strauss Omelette

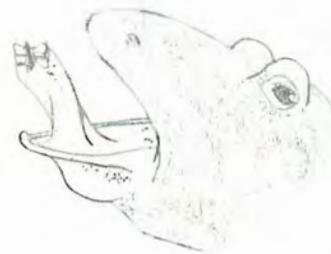
Ingredients:

2 large(reg) eggs or 3 medium
1 tablespoon of each
flour, sugar, cream
1/2 teaspoon salt ~~1/2~~
1/4 teaspoon Vanilla Extract
pinch cream of tartar
1/4 tsp. Baking Powder

Method:

Beat egg yolks with sugar, flour, cream until blended well; add cream of tartar to eggwhites and beat until it forms very stiff peaks; gently fold in to yolk mixture, (do not stir) in portions until used up. Pour into generously buttered frying pan (use sweet butter) have butter very hot but not browned; bake in pre-heated oven in medium heat about 18-20 minutes; when done place on warm platter and spread with desired marmelade or jelly; fold over once and sprinkle with fine sugar

FRONT AND HIND FOOT OF
A FROG



THE THICK STICKY TONGUE OF
THE FROG MAKES IT A GOOD TRAP
FOR CATCHING FLIES AND OTHER
INSECTS.

Biology 1967



See Frog Cake - JW.

This is Jane's most often request for
special occasions -

1 Box Nabisco Chocoate wafers - (9 oz)
1 pint Berry whipping cream.
1 Teas. Vanilla.

Whip cream, add Vanilla - Spread cream on
wafers in stacks of 4 or 5 - On 1q. Sheet of
foil, lay stacks to make a base - Frost

With rest of whip cream on all ~~sides~~
sides - Close foil - chill for 6 hours.
at this point, can be frozen. Then in
refrigerator. Slice on diagonal.



THE FOUR YOUNG LADIES IN THIS PICTURE seem to be trying to prove that old adage with Charles F. Price, the recipient. Seated (left to right) are Mrs. L. P. Compton and Mrs. Price. The girls serving as waitresses are Jane Wittman and Caroline O'Connor.

Game 8

1. weather vane
2. red roof
3. house under construction
4. U.S. flag on building
5. outdoor telephone booth.
6. church with spire
7. a ladder
8. green roof
9. church with colored windows
10. government building.

Peter Rabbit Bread

1 c. sugar	1 c. water	1/2 tsp. cloves
1 c. raisins	2 tbs. shortening	1/4 tsp. nutmeg
1 1/2 c. grated	1 tsp. cinnamon	1/4 tsp. mace
carrots		

Cook ingred. in a saucepan. Bring ingred. to a boil & let boil for 5 min. Remove from heat + cool.

Then add 1 egg 2 tsp. soda
 1/4 tsp. salt 1 c. chopped nuts
 2 cups flour

Put in greased loaf pan & bake at 275°
 for 1 1/2 hrs.



Greene County sheriff's deputies advance on area college students peacefully demonstrating for civil rights.
 Yellow Springs, Ohio March 14, 1964

Jeanette Wittman's Favorites

6. Spanish

Paella -

Guacamole, tacos.
Ceviche.

Paella

Salad with avocado, red onions,

Melon and cheese
(or strawberries in wine)



Portrait by Aunt Jane
(Freeman)

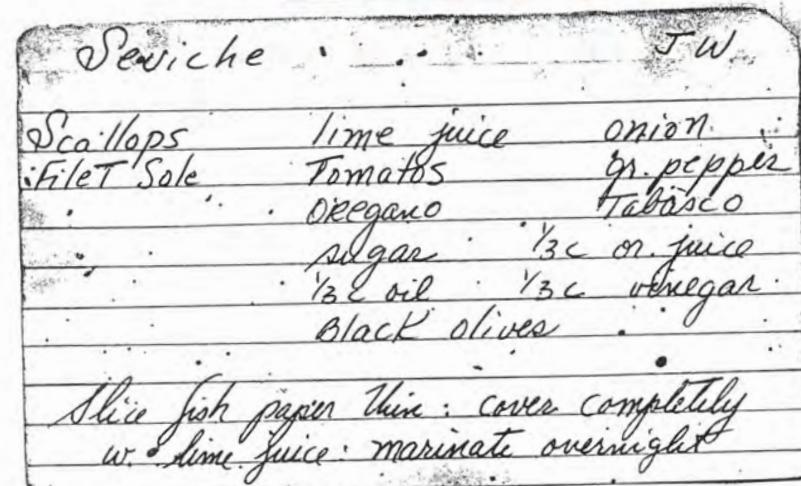
For : Perry '64
Katzman '62
Jo, Gloria, etc. &
1965

Borscht Agrodio 7/8
Quamille. Taco.
St. Chees. aline hash.
Sesame Toast - Pita

Paella
St. Beaus
Hedetree - Russ + Blac
Paolono pie - w. Th.
Rasp.

FOR: Family Reunion
June 24, 1973
Helen + Chuck - 14th

Empanadas - tiny,
Veg - Shrimp dip
Cheese Board
Paella -
Toss Salad
Fr. Bread
Fr. Stearr - welcome cake
Sangria



PAELLA Serves 14
Nettie made this for several July 14th parties and for the family reunion when Helen came east, it can be modified to serve 6. She uses her large Mexican clay bowl, but a large casserole can be used.

28 pieces of chicken (4 breasts cut into 14 pieces and 14 small thighs) Brown in a large fry pan in olive oil; remove to casserole

In same pan, brown $\frac{1}{2}$ # chorizos (hot Spanish sausages) or pepperoni. Put with chicken. (slice very thin)

In same oil, saute 2 medium onions, chopped; 4 crushed garlic, 1 green pepper, diced. Add to chicken and sausage in bottom of casserole. (more)



Paella - page 2

In same oil in fry pan, coat 2 cups of Uncle Ben's Converted rice (it doesn't get mushy) Add: to rice, 2 teasp. salt, pepper, dash cayenne pepper, pinch of saffron, 1 bay leaf, and 1 one-pound can of peeled tomatoes and juice. (cut up the tomatoes)

Add: to the above, 1 quart plus one cup water Or make stock with 4 chicken bouillon cubes.

Pour this mixture over the chicken in the baking dish. You can do this much of the preparation early the same day of the party - don't chill.

Near the time of serving, bake the casserole in a pre-heated 350° degree oven for 1 hour. Cover with foil or the casserole cover.



PAELLA - page 3

While the casserole bakes, bring 1 lb. of shrimp to a boil and drain. Also cook 1 box of frozen peas for 1 minute and drain

Remove cover from the casserole: on top attractively arrange shrimp, peas, and 1 8oz. jar of pimento, sliced thin. Then arrange 28 small cherry stone clams around the edge of the casserole, pressing them in the rice, open side down.

Cover the casserole, heat in 400 degree oven for 15 to 25 minutes - just long enough for the clams to open. Serve at once.

Chinese
Cashew Chicken *Jean Dunn*

Marinade overnight - 4 to 6
 2 c. raw chicken, cut in $\frac{3}{4}$ " cubes.
 mix with
 1 T. soy
 1 T. cornstarch
 1 T. dry sherry
 $\frac{1}{2}$ Tea. accent
 1 clove garlic minced
 1 knob fresh ginger.



$\frac{1}{2}$ c. diced onions
 $\frac{1}{2}$ c. bamboo shoots, cut
 $\frac{1}{2}$ c. sliced celery
 1 c. fresh mushrooms - Sliced
 (16 oz. pk. frog. pea pods (cut $\frac{1}{3}$)

Gravy - 1 T. soy
 1 T. cornstarch
 $\frac{1}{2}$ Tea. sugar
 $\frac{3}{4}$ c. chic. broth

1 c. cashews, warmed in oven.

Saute onions, bamboo, celery - high heat in 2 T. oil for 1 min. Remove

To warmed serv. dish - Saute
 mush. high heat w/ 1 T. oil
 10 seconds; remove - Set &
 Saute pea pods 30 Sec. - remove
 Saute chic high heat w/ 2 T.
 oil until done (3-5 min) - Add
 veg & gravy mix - Stir to
 thick - Garnish w. Cashew.

a happy birthday...

and have a wonderful year

ROAST DUCK ORIENTALE

In Chinese fashion the meat steams moist and tender from the inside as it roasts, crispy brown outside.

Roast at 500° for 30 minutes, then at 325° for 1 hour.

Makes 4 servings

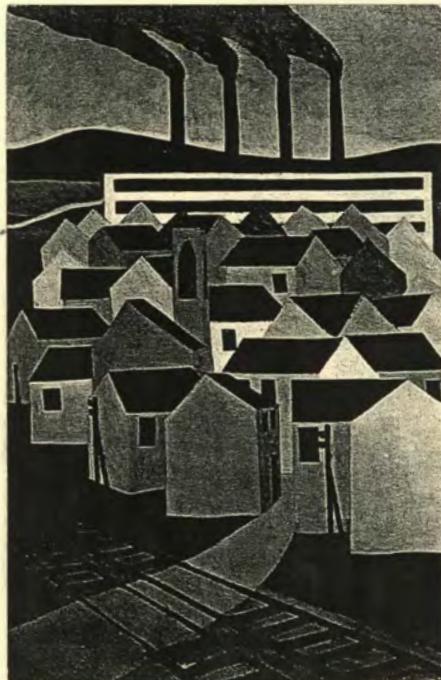
- Set aside
 $\frac{1}{2}$
- 1 ready-to-cook duckling (about 4 pounds)
 - 2 tablespoons soy sauce
 - 1 tablespoon sugar
 - 1 tablespoon pumpkin-pie spice
 - 1 teaspoon anise seeds
 - $\frac{1}{2}$ teaspoon ground ginger
 - 1 cup boiling water
 - 4 cups shredded romaine

1. Wash duckling inside and out under running cold water; dry well. Skewer neck skin to back of bird; twist wing tips until they rest flat against skewered neck skin.
2. Mix soy sauce, sugar, pumpkin-pie spice, anise seeds, and ginger in a cup. Rub into skin and inside of duckling; then pour any remaining mixture into cavity. Place duck, breast down, on a plate; cover loosely; chill overnight.
3. When ready to roast duckling, mix any sauce on plate with boiling water; pour into body cavity, then close opening tightly with skewers. Place duck, breast up, on a rack in roasting pan. Do not cover pan or add any water.
4. Roast in very hot oven (500°) 30 minutes; lower heat to slow (325°). Remove duckling from oven; dip all fat from pan with a spoon or baster, then return duckling to oven.
5. Continue roasting, spooning off fat as it cooks out, 1 hour, or until tender. (Drumstick should feel soft and twist and move easily.)
6. Place shredded romaine on a heated serving platter. Remove skewers from duckling, then set duckling on platter. Cut in four serving-size pieces with poultry shears, letting juices from cavity flow over romaine. Serve the duckling at once while the skin is at its crispiest, along with the romaine.

Tuesday, Aug. 9, 1960.

Dearest Janie,

Boy, is it ever hard to get back to reality! Everything here seems so dull and prosaic after the heady diet of excitement that we had in Cuba. And everything is kinda jumbled in my head...I can't remember what we told you and what we didn't! I'll be interested to know if and when you got our letters from Cuba...we must have sent 5 or 6 air-mail letters and some cards, I think. There was some talk that the mail was censored here in the U.S. Let us know, will you?



We had not a snitch of trouble at Customs...they just asked if we were citizens, and didn't even look into our bags, which, incidentally were stuffed with magazines, newspapers, posters, etc. We didn't bring any gifts back with us because there was nothing of interest in that line (all made in U.S.) but we did bring some rum. For you and Carl we got some posters to put in your college rooms, some magazines, etc. to show what is being done here. We thought you would like that better than some junk. But I'll hold it here for you until we see you, O.K.?

How are things with you? Bob says you are still plagued with the poison ivy. I was so sorry to hear this, for I was sure it would all be cleared up in a week or so. Did it spoil your summer? How is the job? You really are a peach to get a job!

We found out that Havana Univ. gives a summer course in Spanish. How about it, kiddo? Want to go? I can guarantee you it will be packs of fun! We saw oodles of kids there from all over the world...there was a youth congress going on, and some 30,000 were on hand. You would have gotten a kick out of all the kids using the lobby of the Havana Libre Hotel (formerly the Hilton...the largest and most elaborate hotel I ever saw...and now taken over by the govt. and run by the workers...in fact the soda fountain boy is now the manager!)..but back to the kids...they go there to study in the lobby where is air conditioned! While we were there one day for a drink, 2 kids came around with a push cart, right in the lobby, handing out free copies of the "Humanist" magazine! Now I have seen everything'.



Janie dear,
This is our
"Special" gift
for a very
"Special" daughter.

Enjoy!



Cuba / Latin American Celebrations



BLACK BEANS - HAVANAISE

(Gloria and Janie's version)

2 cups dried black beans
2 qts. water
 $\frac{1}{2}$ pd. salt pork, cut into fine dice
1 cup finely chop onion
2 clove garlic, finely chopped
1 teas. oregano
1 bay leaf
 $\frac{1}{2}$ cup dry red wine
2 tbsp. olive oil

Wash beans, cover with 2 qts water, soak overnight. Bring beans to boil and simmer til tender - 1 hour or longer (Note: I find they need much longer cooking than this, and that I have to add more water). Cook pork in skillet til brown and crisp. Remove pork and drain. In the fat, cook onion and garlic til transparent. Add oregano and bay leaf. Blend well, add beans, salt pork, wine and oil. Simmer 30 min. more. serves 6.

BLACK BEANS

(Jeannette's version)

1 lb. dried black beans
1 slice of ham, cut into bits or 1 Spanish Chorizo sausage, cut up
2 clove garlic
1 onion, chopped
 $\frac{1}{2}$ green pepper, chopped
 $1\frac{1}{2}$ teasp. cumin
dash cayenne pepper
salt and pepper
1 bay leaf
1 tbsp sugar

Soak and cook as above. I put all the other ingredients in at the beginning, so they simmer with the beans.

The Cuban and Puerto Rican recipes all call for cumin.

Black Beans Haitian Style.

Same as above two versions, with the following addition:
grated orange and grapefruit peel added the last half hour.



7-25-93

more

Cuba / Latin American Celebrations

Black Bean Soup

In a large pot or crock pot, for 8

2-3 cloves of garlic, minced

1-2 lg onions, chopped

1 stalk celery, chopped finely

Saute in a "pour" of olive oil until soft.

Add 1 tbs. each oregano and thyme, and
1 1/2 tsp. cumin. Continue sauteing.
Add bay leaf.

Add 4 cans of black beans, including the "juice"
1 can ^{14 oz} diced tomatoes including the "juice"

Add 2 slices of fresh lemon or 2 tsp. vinegar
A splash of dry sherry

S + P to taste, fresh parsley

Warm all together. Better the

next day. Serve with a dollop of sour cream
or plain yogurt. And with love,

Jane



Picadillo Cubano

Serves 6

1# ground beef
3/4# ground pork
2 tsp. salt
1/2 tsp. pepper
1/2 + 1/2 c. dry sherry
1/2 c. olive oil
2 cloves garlic, minced
1 large onion, chopped

1 med. green pepper
1/4 c. capers (1/2 of 2 1/4 oz bottle)
1/2 c. pitted green olives
1 large bay leaf
dash of cumin and oregano
1 can tomato paste
1/2 c. raisins
1/2 c. blanched almonds

Mix first four ingredients together and marinate for two hours in 1/2 c. sherry.

Saute garlic, onions, green pepper, capers and olives in olive oil in a heavy skillet until light brown.

Add all other ingredients except the sherry and cook for one hour over low heat. Remove from heat, add sherry and let stand for 5 min.

Serve with rice, tossed salad, & fruit dessert.

Jane VDB

FLAN A LA MEXICANA

Mexican Caramel Custard

Metric/Imperial

225 g/8 oz sugar
 900 ml/1 1/2 pints milk
 pinch of salt
 1 vanilla pod, or 1 teaspoon vanilla essence, dry sherry or rum
 1 cinnamon stick (optional)
 3 eggs
 6 egg yolks

TO DECORATE

150 ml/ 1/4 pint whipped cream
 blanched almonds, toasted and crushed

American

1 cup sugar
 3 3/4 cups milk
 pinch of salt
 1 vanilla bean, or 1 teaspoon vanilla extract, pale dry sherry or rum
 1 cinnamon stick (optional)
 3 eggs
 6 egg yolks

TO DECORATE

2/3 cup whipped cream
 blanched almonds, toasted and crushed

Place half of the sugar in a heavy frying pan (skillet) over low heat and stir gently until melted and transparent. Boil briskly, without stirring, until the syrup turns golden. Pour a little caramel into each dariole mould or custard cup, turning the molds until evenly coated, part way up.

Heat milk in heavy saucepan over a low heat. Add the remaining sugar, the salt, vanilla and cinnamon stick, if used. Cook, stirring frequently, for 2 to 3 minutes. Allow to cool.

Beat the eggs and egg yolks together until frothy, then stir in the milk. Strain the custard and pour into the prepared moulds.

Place the moulds in a roasting pan, containing about 2.5 cm/1 inch hot water. Cover the moulds with buttered grease-proof (waxed) paper. Bake in a preheated moderate oven (180° C, 350° F, Gas Mark 4) for about 45 minutes, or until a knife inserted into the centre of the custard comes out clean. Allow to cool, then chill.

To unmould, dip into hot water and let stand for a few minutes. Shake the moulds gently to loosen the custard and turn out onto individual serving plates.

Decorate with whipped cream and almonds.

Gaspacho

Serves 6

Blend 10 oz Tomato juice
 1/2 Med Cucumber CUT
 1 Med TOM - CUT
 1 TBsp Sugar
 1/4 C Red Wine Vinegar
 1/4 C Salad oil

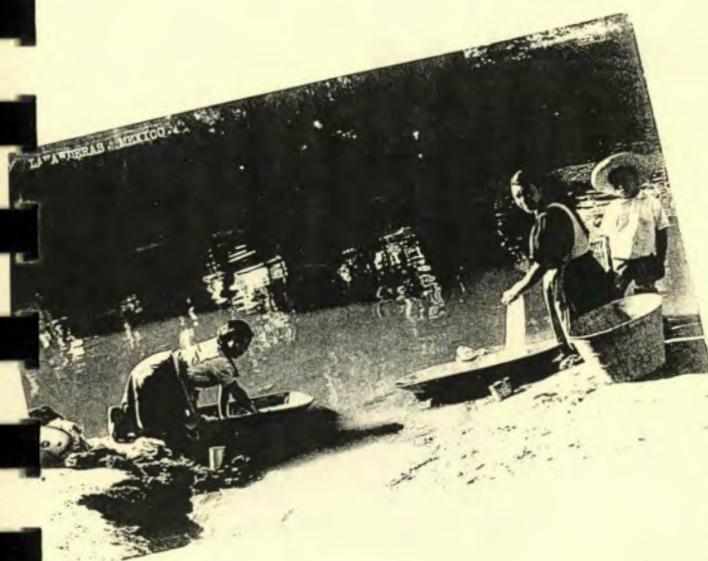
To Blended ingredients

Add

2 1/2 C To juice
 1 Med Tom & fo
 1/2 Med Cuc
 1 Sm. Onion
 All chopped fine

Serve cold with any or
 all of:

CROUTONS
 ch hard boiled egg
 ch Green pepper
 ch onion



Potluck Favorites



Ethiopian Steamed Vegetables in Spiced Butter

Serves 6 - Do butter first
 1 1/2 # new potatoes
 1 broccoli head + stem
 4-5 lg. carrots
~~1 med. onion~~
 1 sm. cauliflower
 Clean, peel + chop to even size. Steam potatoes + carrots the longest - till just fork tender. Then steam others - also to fork tender.

Spiced butter
 (over) (2 c.)
 will keep
 refri. 2-3 m.

1 # butter
 4 tbs. onion chopped
 1/2 tbs. finely chopped garlic
 2 tsp. fresh ginger, grated
 (freeze ginger, then grate when frozen)
 1/2 tsp. turmeric
 2-4 Cardamom seeds, crushed
 1" piece cinnamon
 2-3 whole cloves
 1/8 tsp. ground nutmeg

Slowly melt butter in saucepan, then bring to a boil. Add other ingred. + simmer uncovered on lowest heat until the surface is transparent + milk solids are on the bottom - 45 to 60 min. Turn off heat. Strain thru double cheesecloth + discard spices. Strain again.

Cold Gingered Asparagus Still life w/Menor

1/4 c. rice vinegar
 1 1/2 tbs. grated (frozen) ^{white} fresh ginger
 - Combine in small saucepan
 + bring to boil. Cook 10-15 min.
 uncovered until reduced by half.
 Set aside.

2 # asparagus -
 Cut in 1 1/2 " pieces. Steam about 5 min. until just tender + bright green. Cool quickly in ice water for 10 min. Drain + dry on paper towels.

1 clove garlic, minced
 2 tbs. Chinese sesame oil
 3 tbs. veg. oil
 1/2 tsp. salt
 1 tsp. soy sauce
 - Combine all, pour over asparagus, cover tightly, & marinate, and refrigerate.

About 15 min. before serving, spoon the vinegar + ginger mixture over the asparagus-oil mixture, stir + serve chilled.

Peanut Butter-Maple Oat Cookies

Barely sweet, very easy
Cookie - from Linda & Nikki

goldbeck's book

$\frac{1}{4}$ c. honey
 $\frac{1}{4}$ c. maple syrup
 $\frac{1}{4}$ c. peanut butter

2 eggs

1 tsp. vanilla

2 1/2 c. oatmeal (uncooked)

350° oven. Blend first five
ingred., when blended, add
oats. Drop by 1/2 tsp. on oiled
sheet, bake 10-12 min.

The Politics of Food

The earth's green growth is what sustains life on this planet. Every creature on earth eats plants or eats something that eats plants. We are dependent on what the earth produces, and yet we rob her with little thought of her future. Earth's vast contribution to our diet and general welfare is not limitless. There is even an end in sight, due to our exploding population surge.

To conserve the sources of our food supply should be of paramount concern to every thinking, feeling being on earth. If not our own future (and already many of earth's inhabitants have been affected by scarcity of food) then the future of our children's children is threatened by disaster.

It behooves every one of us who is aware of the perilous situation in the world today to take the matter seriously and find and enact solutions to the denuding and poisoning of earth's surface greenery.

Inordinate herds of munching cattle turn the grasses they consume into meat which humans eat as second-hand food. It is more economical to eat the greenery directly, and pleasanter and kinder.

Even to eat less would be a slight move in the direction of conserving earth's products. The inhabitants of the rich nations of the world might well cut down on their food consumption. We are so preoccupied with the subject of food preparation and consumption that it is almost top of our list of important concerns. It should be minor, a matter of nourishing the body with the necessary elements and then getting on to more important jobs.

Life is not just food and drink. It is for other higher purposes. It is for self-expression and inner growth, for creativity and idealism. We have to eat--yes,--but let it be a minor preoccupation. Center on food and food preparation only as much as is necessary. Do not put it on top of the list.

I believe in eating things raw whenever possible and as simply prepared as possible: no elaborate concoctions. Cook little and lightly. Put no more time into the preparation than it takes to eat the food. Eat little and lightly and go on to more interesting worthwhile things in life: reading, writing, playing an instrument, working in the garden, or visiting friends.

Go easy on using up the earth's resources. Go easy on food preparation and consumption. Eat good organic fresh food. Live and let live. The world would be a kinder place.

- HELEN NEARING

Helen Nearing resides at the Good Life Center in Harborside, Maine. Her most recent book is *Loving and Leaving the Good Life*, published by Chelsea Green press, Vermont, in 1992. She and her husband Scott published *Living the Good Life* in 1954, and it has been in constant demand ever since.

PESTO!

Jane's favorite recipe slightly modified from Moosewood Cookbook

Serves 6

Summer's best-ever dish for pasta, steamed veggies and other creative ideas of yours. I could live on pesto!

In a blender, put all ingredients in the following order:

1/2 cup olive oil
1/4 cup melted butter
2 cloves garlic
salt to taste (1 tsp.?)
3/4 cup packed fresh parsley leaves (remove stems)
3 cups packed fresh basil leaves (remove stems)
1/2 cup pine nuts, walnuts, almonds or combination

Blend well, stopping occasionally to push ingredients down with a wooden spoon. Should make a smooth paste. Scrape from the blender into a bowl, then add and mix in 3/4 c. grated parmesan cheese.

Toss over hot pasta, or fresh pesto can be frozen for future use. I like to freeze it in a plastic ice cube tray; one cube is one portion. Remove cubes once frozen and store in lockable plastic bag in freezer.

Pesto will darken and not look so wonderfully green if exposed to the air, so eat it up or freeze it right away.

Many years ago while I was living in Texas, there was a kindly-but eccentric-old man who was known to live alone in the hills outside of Austin. As long as anyone could remember, he had been a regular in local peace movement activities. Once while attending a rally against the Vietnam War, he motioned me over and whispered, "You young people don't understand: writing letters to Nixon won't create a better world; demonstrations alone will not bring peace; simply refusing to pay war taxes won't bring the government to its knees. Peace will only come after we have transformed ourselves." He then handed me a card but before I could get more of an explanation he melted back into the crowd. So I offer it to you to decipher its meaning...

Communist-Anarchist-Pacifist Zap

This recipe has 3 parts, all made more or less simultaneously and combined before serving.

CHEESE SAUCE:

3 Tbsp oil
1/3 cup flour
1 1/4-1 1/2 cups milk
1 1/4-1 1/2 cups cheddar cheese, grated
1/2 tsp salt
1/4 tsp pepper, fresh grated

Combine oil and flour in medium pot. Add milk and stir until blended. Heat at very low temperature and stir often until it thickens. Add cheese, and salt and pepper (to taste).

TOMATO/BASIL MIXTURE:

2 Tbsp oil
3 large cloves garlic, minced
1 medium onion
4 medium tomatoes, remove skin and crush (loosen skin by dipping in boiling water)
1 Tbsp dried basil (or 2 Tbsp fresh)
1 jalapeño or Tabasco pepper, chopped fine (this is the "zap")

Sauté the garlic and onion in oil in a large skillet. Add the tomatoes and basil and heat thoroughly. Add the pepper.

PASTA:

16 oz pasta (rotelli or spirals)

Cook, but don't overcook, and drain.

Combine the pasta and cheese sauce with the tomato mixture in the skillet. Heat. Add additional milk if too thick. Serve at once.

Serves 6-8

- ED HEDEMANN, BROOKLYN, NEW YORK

THAI RED CABBAGE SALAD

12 oz. finely shredded red cabbage (about 8 oz.)
1 1/2 cups rice noodles (I use one package about 1"x6"x9")
or rice sticks (more or less doesn't matter a lot)
1/2 cup slivered or chopped almonds, toasted
1/4 cup sesame seeds, toasted
1/4 cup rice vinegar
1/4 cup sesame oil
1/8 cup salad oil
1 Tbs. sugar
1 teasp. salt
Optional: finely chopped carrots, celery, parsley, cilantro.

Boil a quantity of water and pour it over the rice noodles. Let stand until they are soft, then drain and cut with scissors or two knives in 2-3" sections.

Shred the cabbage and put in large bowl. Add the prepared noodles.

Roast the cut almonds and sesame seeds either in the oven at 350 degrees until they are light brown or on top of the stove in a pan with a small amount of oil. Watch carefully so they don't burn. Add to cabbage-noodle mix.

Add remaining ingredients. Mix very well and taste for seasoning, adding more vinegar or sugar as needed.

My recipe says (true!), "This is frighteningly good." I didn't use any of the optional ingredients this time.

Jane VanDeBogart
1/24/94

Incomparable Chile

serves 6-8 Mezcal

2 Tbs veg oil
2 1/2 c. chopped onion
3 cloves garlic minced
3 Tbs chili powder
2 Tbs cumin
2 Tbs oregano or marjoram
2 Tbs ground coriander
2 Tbs flour
Saute onion+garlic
Add Spices
2-3 16 oz. cans tomatoes
not drained.
1 oz. or 1 sq. semi-sweet chocolate
3 c. cooked kidney or pinto beans.

Add tom. + bring to a boil. Add choc. + simmer 1 1/2 hrs. Add beans to sauce + heat thru. Serve w/ brown rice, grated cheese, chopped green onions + Tabasco to taste.

Cornbread

2 cups buttermilk
2 eggs
1 tsp. salt
1 scant tsp. soda
4 tbsp. melted shortening
1 3/4 - 2 cups cornmeal

Set oven at 450°. Heat cast iron skillet or pyrex baking dish, with shortening, in oven. Beat eggs, salt & soda into buttermilk. Add melted shortening & cornmeal. Bake for 15 minutes or so.



Spoonbread

1 1/2 cups cornmeal
1 teaspoon salt
1 1/2 cups boiling water
4 tablespoons melted butter
5 eggs
2 cups milk
1 tablespoon baking powder

Add salt to cornmeal and scald with boiling water. Add melted butter. Beat eggs and add to milk. Combine the two mixtures. Add baking powder. Pour into baking pan and bake for 30 to 40 minutes in 350° oven.

SPICY BAKED SWEET POTATO CHIPS

3 large sweet potatoes, peeled and very thinly sliced
2 Tablespoons vegetable oil
1/2 teaspoon curry powder
1/2 teaspoon paprika
1/4 teaspoon salt

Pat the potato slices between paper towels to dry. Arrange in single layer on several sheets of paper towel. Let stand 10 minutes, then place slices in a medium bowl. Preheat the oven to 375 degrees. Line two baking sheets with foil and spray with non-stick cooking spray. In small skillet, heat the oil. Add curry powder. Cook until just fragrant, 15-20 seconds. Remove from heat. Stir in the paprika and drizzle over potatoes. Sprinkle with salt and toss to coat. Arrange the potatoes in single layer on baking sheets and spray evenly with non-stick cooking spray. Bake until lightly browned, 12-15 minutes. Turn and bake until slightly browned at the edges, 5-10 minutes. Place in paper towel-lined serving bowl and serve warm.

Jan Henderson



Orange
Vegetarian Lentils

Serves 6-8
Africa News Cook Book - from
Allan

2 c. orange lentils [boil
1 tsp. salt. till
1/4 c. oil tender
1 lg. onion, chopped 10-15 min.
1 tsp. fresh ginger, grated
1 tsp. minced garlic
1 tsp. each ground coriander
turmeric
cumin seeds, pounded
cardamom seeds, "
chili pepper or $\frac{1}{2}$ tsp. cayenne
1 sm. can tomato paste Add lentils
+ water

Heat oil, fry onions + garlic,
add all other ingred., simmer
few min. Add lentils



7/3/94

Kiki's Great
Mantouade

8 oz lemon yogurt
4 oz. dijon mustard
dill
Chopped garlic
Add olive oil to thin.

For fish, chicken, warm
veggies.

Next yr. ask '97

Marta Cotton
Jill Hamborg
Nick Roman
Judy Ames
Doris Goldberg & Grap
Carol Hanish
Sheila Finan
Jeff Cohen



ANNIE'S SEVEN LAYER SALAD

24 hours ahead of serving time, layer over one head of iceberg lettuce, broken into pieces;

1/2 c finely chopped scallions

1 can water chestnuts, sliced

1/2 c Bermuda onions, chopped

2 10 oz frozen peas, not thawed

1 1/2 c mayonnaise, spread over top like frosting

1 T sugar, sprinkled over mayonnaise

Before serving add:

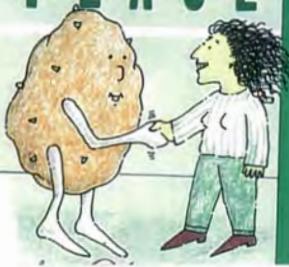
1 lb bacon, cooked and crumbled

6 - 8 oz grated cheddar cheese

chopped parsley

4 tomatoes, peeled and diced

MAKING PEACE WITH FOOD



Fantasy Cheesecake

by Jane Van De Bogaert

Serves 8

2 c. plain yogurt
2 c. vanilla flavored yogurt

} the lower calorie brand

Drain each in Melitta filters overnight (24 hrs). Discard whey, what's left is thickened yogurt (now called yogurt cheese. Use this.) Will be about 2 c. yogurt cheese.

2 tbs. sugar (optional) or sugar substitute equiv.
1/2 tsp. vanilla
2 eggs, lightly beaten

Combine ingredients in order. Mix with wire whisk until well blended. Pour into 7" pie pan. Bake at 325° for 20-25 minutes. Cool slightly & refrigerate uncovered 24 hrs.

1 pkg. Weight Watchers Cheesecake Mousse

5 oz. skim or nonfat dry milk (prepared as liquid)

Prepare mix according to directions. Spread as topping.

Strawberries - spread cut halves on top.

Equals 1/4 milk exchanges per serving
1/4 egg

23 optional calories
1 or 1/2 fruit (as desired)

5 Demo at Kingston Hosp. Pro-Choice.

thursday
jeudi
jueves

6 began Scarsdale diet at 234

friday
vendredi
viernes

4 april
avril
abril

6 began 2nd two weeks of Scarsdale
diet at 220

monday
lundi
lunes

5 may
mai
mayo

4 began 3rd 2 weeks at 204

monday
lundi
lunes



Dried Apple Gingerbread Stack Cake

3 c. (6/2 oz.) dried apples
3 c. cider (or more)
1/4 c. sugar
Combine & cook 20-30 min. to thick
puree.

Gingerbread

1 1/3 c. lightly packed brown sugar
2 Tbsp. ground ginger
1/2 - 2 Tbsp. finely chopped crystallized
ginger
Zest of 1 lemon
pinch each of allspice, cinnamon &
black pepper
2 lg. eggs
3 lg. egg whites
1/4 c. unsulfured molasses
2 c. sift before measuring white flour
1/3 c. veg oil - pref. canola
3/4 c. buttermilk
1 tsp. baking soda
XXXX sugar for dusting. Preheat to
Spray 12 c. Bundt mold 350°
Beat eggs till frothy at med speed.
Add molasses, then spice mixture.
Lower mixer speed, add 1/3 flour,
then the oil, then 1/3 flour.
Quickly stir in mixed buttermilk
& baking soda. Add last 1/3 flour.



Pour into pan. Bake for 45-50
min. Cover w/ foil if browning
too quickly. Cool in pan on wire
rack 15 min. Then invert onto
rack & cool completely.

Split into 3 even layers
Assemble w/ apples. Cover cake
w/ plastic wrap & let stand 30 to
1 hr to let flavors blend.
Dust w/ ~~xx~~ sugar
before serving. Serves 16
295 cal. 4 g. protein
6 g. fat, 60 g. carb., 110

Nancy's Scores
(Carole Farman)

Preheat oven to 425°
Crush together in
food processor if you
have one)
2 c. white flour
1 Tbs. baking powder
1/2 t. baking soda
1/4 t. salt
2 T. sugar
1/2 orange or lemon rind
grated

Add to flour mixture
Cut in 8 T. cold butter
Add 1 C. dried fruit of
your choice
Add to this mixture
2/3 c. buttermilk. Use
back of wooden spoon to
combine until grainy.
Turn onto floured board.
Sprinkle 1 Tbs. flour
onto surface + hands. Form
dough into ball + knead
Form into 8-9" circle.
Cut into 8 wedges. Brush



DEPOSIT TICKET

JANE VANDERBOGART
176 TINKER STREET PH. 914-679-7502
WOODSTOCK, NY 12498

DATE DEPOSITS MAY NOT BE AVAILABLE FOR IMMEDIATE WITHDRAWAL
19



1:50 20 1:3501 57650 07862"



BLACK BEAN HUMMUS

18-ounce can black beans, drained
1 tablespoon sesame paste (tahini), optional
3 tablespoons Spanish olive oil *aceite de aceitunas*
Juice of 1 lime
1 to 2 cloves garlic, sliced *cjo*
Salt and freshly ground black pepper to taste
1 teaspoon ground cumin
In a food processor fitted with a steel blade,
combine all ingredients and process until smooth.
Cover and refrigerate until ready to use. Bring to
room temperature before serving. Serve with green
plantain chips, toasted baguette rounds, or fresh
vegetable chunks. Makes $1\frac{1}{2}$ cups.

Wilson Hospital's Mediterranean Wrap

sundried tomato bread wraps

fillings: Sautéed eggplant
in olive oil onions
mushrooms
zucchini
yellow squash

fresh basil leaves
goat cheese

Sandy Grifffin



Meringue Choc. Chip Cookies

makes 90.

Preheat oven to 225°

3 lg. egg whites at room temp.

Add 1/4 tsp. cream of tartar.

Beat till foamy. Then add

3/4 c. sugar slowly, one tsp. at a time.

Beat now until peaks stand straight up.

Fold in with a rubber spatula:

1/2 tsp. vanilla

6 oz. choc. chips.

1/2 c. chopped pecans

By teaspoon, drop batter on 2 ungreased cookie sheets in rows of 6x8.

Bake 50 min. at 225° Turn off heat + leave cookies in oven overnight. (or 2 hrs. in oven or until dry.)

They freeze well.

Shrimp and Scallops Sautée' with Sesame Oil - (for six)

Mary - Xmas '79

Marinade:

2 cloves garlic (finely chopped)

approx 4 tablespoons soy sauce

1 teaspoon sugar

1 teaspoon dry vermouth or rice wine

1 tablespoon SESAME OIL

over →





Aaron's Favorite
Sour White Fudge

2 c. light brown sugar Use a
 1 c. white sugar Candy Thermometer
 1/2 c. yogurt
 1/2 c. sour cream
 2 tbsps. butter
 1 tsp. vanilla extract
 2 c. nuts, hickory, ^{but} walnut, pecan etc.

Combine 1st 4 ingred. in med. saucepan + cook, stirring constantly, to 236. Remove from heat, drop in butter but do not stir. Set aside to cool without stirring, to 110° or until the candy is lukewarm. Add vanilla, then beat w/ elec. beater until the mixture loses its gloss. Stir in nuts + pour into a slightly →

No cook Ricotta Pudding
 "Angel Pudding"

4 lg. eggs, separated
 2 1/2 c. ricotta cheese
 1/2 - 3/4 c. sugar (start w/ 1/2 c.)
 1 tsp. vanilla extract
 1/4 tsp. almond extract
 dash of salt
 grated orange rind
 grated lemon rind

Beat egg whites till stiff. Set aside. Without cleaning beaters, in separate bowl, beat together ricotta, yolks, + sugar. Add extracts + rinds.

Fold in egg whites.

Garnish w/ fresh raspberries in season.

Parsley Soup

Our great aunt Jane, the portrait painter, and our aunt, Elizabeth Freeman, both made this quick soup. Nice color.

1 cup of finely chopped curly parsley
1 medium sized cooked white potato
milk or cream, 1-2 cups as you see fit.

If available, chop parsley in food processor, add potato, salt, pepper, and milk to an appropriate consistency. If no blender or food processor, chop parsley finely and mash potato, and heat gently over low heat with milk. May be eaten hot or cold, with scallions as a garnish.

Aunty Jane's Seaweed Horror

One recipe that has thankfully died with Jane is another dish from our great aunt, A precursor to jello, perhaps, Aunty Jane collected seaweed on the beach, boiled it down to a gelatinous mess, and added sour grapes. Jane made it for us once as a family history lesson. Yuck!! Some things are better left to history and luckily the directions have been lost.

JH

Nov. 17, 1986

Janii dear!

That was such a great evening! The fun dinner and a great play! we always say it's a good show when we talk about it for days afterward - And out come the encyclopedias, etc. to learn more of the people - but found no mention of Sally - Historians sure can mangle history!

Yours bag of "goodies" is wonderful - The "re" gen - !



J.
for
you.

COPONATA

(ma Stewart's)

1 Eggplant (c-2 #)
Salt - pepper - Vegetable Oil
2 Medium onions - chopped
2 crushed garlic cloves
1 cup. chopped celery
1 Can (1#) Italian peeled Tomatoes
10 Large Green olives -
3 Tbsp. pine nuts
1/4 cup capers
1/4 cup wine vinegar
2 Tbsp. sugar

also to taste
1/4 Tsp. basil
1/4 " oregano
2 Tbsp. parsley

Cut eggplant into 1" cubes - do not peel. Season w. Salt & pepper. Fry in heated oil till tender. Take out & set aside. Sauté onion in some oil till tender. Add garlic, celery, tomatoes & olives. Cook slowly 10 min. Add eggplant, pine nuts & capers. Add vinegar & Stir in sugar. Add to Vegetable mix tree - Check seasonings & cook 5 min longer

