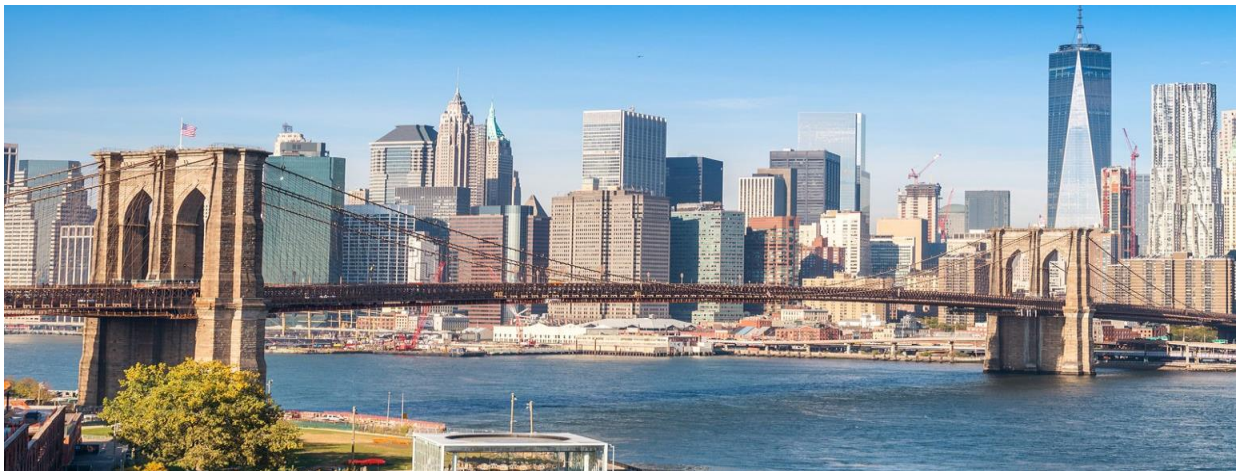
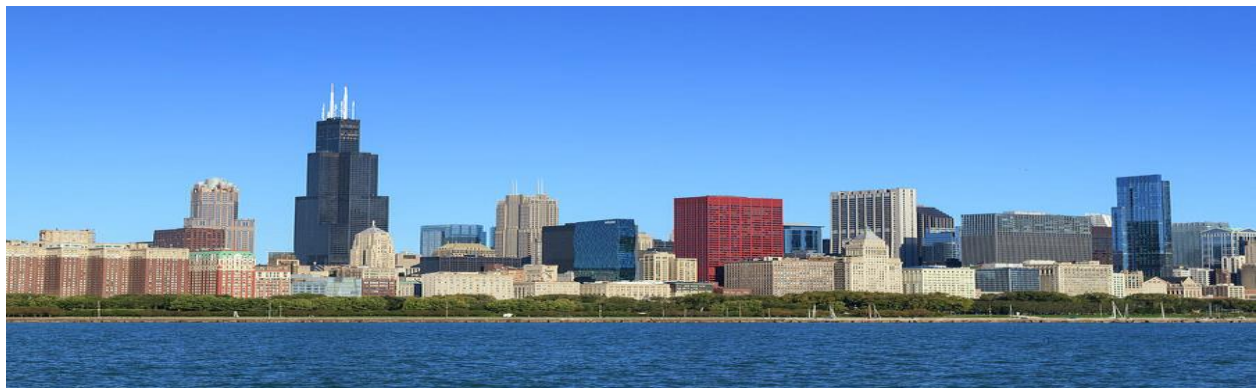


Covid

Coast-to-Coast Cookbook



Colleagues from the James G. Elliott Company pooled their culinary talents and assembled these favorite recipes that helped us endure the Pandemic of 2020.

Those recipes from our families are original. Those from other sources are identified as such.

No copyright is claimed since this is a not-for-sale, vanity project produced in the spirit of open-source publishing.

We hope you enjoy and share these recipes with family and friends—and that none of us must endure the calamities of the past 18 months ever again.

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From Our Families to Yours



Ratatouille

Appetizers and Soups



Watermelon radishes with shrimp

Faux Pizza

Contributor: Mike, Chicago

Ingredients:

Colorful and impressive appetizer that tastes like pizza despite the ingredient list!

I was challenged to come up with a dish that showcased the gorgeous watermelon radishes that a friend grew in her garden. Radishes aren't very versatile and are typically relegated to Crudités or mere decoration.

This is more of procurement-and-assembly project, so not sure it is really a recipe:

Yield: 4

Cost per serving: \$0.86

Cooking preparation:

Cut and layer, as pictured:

- Watermelon radish medallion
- Feta cheese (not crumbled)
- Carrot, cut on bias
- Slice of avocado
- Cooked jumbo shrimp (or if you buy uncooked, de-vein and sauté them in butter and garlic)
- Half of a pitted kalamata olive.

Done and done. This an impressive, vibrant and tasty appetizer.

Wine recommendation: Spanish cava

Grape Leaves Stuffed with Rice (*Alleh Gefen Memula'im*)

Contributor: John, New York (*The Art of Israeli Cooking*)

Ingredients:

24 large grape leaves

2 heaping cups uncooked rice

1 ½ cups oil

Juice of 2 lemons

2 tbs chopped parsley

1 tsp anise

3 ozs fresh chopped mint

1 large onion

Salt and pepper

Cooking preparation:

Wash the grape leaves, and place in a bowl. Pour boiling water over them and let stand for 10 minutes and then drain. Put rice in a strainer and wash under running water. Fry onion until golden in ½ cup of oil. Add the rice and spices and fry for 10 minutes. Remove from heat, add all other ingredients except lemon juice and remainder of oil, and mix. On the inside of each of 20 grape leaves, add 1 tbs of the mixture, fold each grape leaf tightly (like a parcel) and squeeze in the palm of your hand. This will remove excess liquid and also the grape leaves will remain rolled up during cooking—and then you need not tie them. Pour the remainder of the oil in a saucepan. Spread the remaining 4 grape leaves flat on the bottom of the saucepan, then tightly pack in the stuffed grape leaves. Pour enough lemon juice and then water to cover. Place a small plate over the leaves to prevent them from moving during cooking. Cover saucepan with a lid and bring to a boil. Reduce, then allow to simmer for 90 minutes. Serve cold, as a first course or side dish to a main course.

Wine recommendation: Galilee white or rosé

Molard's Ham and Goat Cheese Wraps

(La Bûchette Charcutière de la Fromagerie Molard)

Contributor: John, New York (*The Paris Cookbook*)

Ingredients:

About 1 tablespoon minced fresh herbs, such as chives, chervil, tarragon, or thyme (or a mixture)

4 small goat cheese rounds (each about 2 ounces)

8 extra-thin slices of smoked bacon, pancetta or smoked ham (each about 1 ½ x 8 inches)

Cooking instructions:

Sprinkle the herbs on both sides of each goat cheese round, pressing down slightly so they adhere to the cheese.

Wrap 2 slices of bacon, crisscross fashion, round each round of goat cheese. (The goat cheese can be prepared to this stage up to 8 hours in advance. Cover the cheese and keep in a cool spot.)

Heat a large nonstick skillet over moderate heat. Add the wrapped cheese and cook until the meat is browned, about 3 minutes per side. Serve immediately.

Wine recommendation: French Sancerre

Spicy Gazpacho

Contributor: John, New York

Ingredients:

2 large cucumbers, cut in half, seeded and then cut into ~6 chunks

3 medium-sized tomatoes (stemmed, cut into quarters or sixths)

1 large garlic clove

1 medium red onion

One can of 46-oz Tomato Juice

Two large spicy, roasted red peppers (fresh or from a can)

Parsley

Cooking preparation:

Put one cuke into food processor; pulse into chunks (~15 seconds); pour in a bowl and then process second cuke

Place half of tomatoes into food processor, pulse ~10 seconds; pour into bowl; process second half and then pour into bowl with cukes

Scrape food processor bowl into cuke/tomato mixture

Place onion and garlic into processor; turn on motor for ~30 seconds; scrape into bowl

Pour all of the Tomato Juice on top of mixture in bowl; stir

Chop handful of parsley by hand and sprinkle atop gazpacho

Refrigerate overnight and garnish with avocado, thinly sliced radishes or jalapeño peppers, if desired.

Wine recommendation: Spanish Tempranillo



Gazpacho

French Onion Soup (*Soupe à L'Oignon Gratinée*)

Contributor: John, New York (*Joie de Vivre—Boucherie*, New York City)

Note:

“At the restaurant, we start by slowly caramelizing Vidalia onions. Then we deglaze the pot with red wine, and a bit of red Port which gives a hint of sweetness and a rich color. Next come the veal stock and herbs (thyme, bay leaf and fennel seed). To serve, we ladle the soup into a crock, top it with a few slices of gruyère, and pop it in the oven. When the cheese is bubbling, it gets a final sprinkle of basil and is ready to be served.”—Chef Jerome.

Ingredients:

Serves 4

2 ½ tablespoons of unsalted butter, divided

½ teaspoon vegetable oil

5 ounces slab bacon

2 ½ pounds Vidalia onions, halved lengthwise, peeled, and thinly sliced

Kosher salt

Freshly ground black pepper

¾ cup dry red wine

¾ cup red Port

6 cups veal (or beef) broth—see “Veal Stock Secrets” below

5 sprigs thyme

1 bay leaf

1 baguette

1 garlic clove, cut in half lengthwise

5 ounces gruyere cheese, grated or sliced

Cooking preparation:

1. In a large pot, melt the butter over medium heat. Add bacon, oil and onions; cook until onions soften, stirring occasionally, about 15 minutes. Add salt and pepper and continue to cook, stirring occasionally, until onions are deep golden brown and caramelized (reduce heat slightly if onions seem to be browning too quickly), 35 to 45 minutes.
2. Add red wine and red Port, then raise the heat to high. Cook until almost all the liquid has evaporated, 8 to 10 minutes.
3. Tie thyme and bay leaf into a bundle with twine. Add broth and herb bundle to the pot with the onions. Bring to a boil, reduce to a simmer, and cook uncovered until the broth is thick and flavorful, 20 to 30 minutes. Taste and adjust seasoning.
4. Cut two ½-inch baguette slices for each serving of soup. Place baguette slices on a rimmed baking sheet and toast in the oven until crisp and dry but now browned, about one minute per side.
5. Place ramekins or oven-safe bowls on a rimmed baking sheet, and ladle the soup. Top each serving with toasts and cheese and bake until cheese is melted and bubbling.

Wine recommendation: Pinot Gris from Alsace

Veal Stock Secrets:

The soul of any bowl of onion soup is the veal stock. At Boucherie, the veal stock cooks slowly for five days before its ready to be used (commercial veal stocks are available from quality purveyors like D'Artagnan). Here are Chef Jerome's tips for making a rich veal stock at home.

Source veal bones from the butcher (we love the shank and knuckle). Roast the bones in a 400-degree F oven for one hour. While the bones are roasting, make a mirepoix by sweating diced carrots, celery and onion in olive oil.

Add the roasted bones, the mirepoix, red wine, water, tomato paste, whole garlic, shallots, and fennel to a large pot. Simmer slowly for five days, including overnight, skimming the pot each morning. Don't add flour to thicken the stock—time will take care of that. After five days, you'll have a thick, dark, meaty stock that can be used as the foundation for many classic French dishes.

Bay Scallop Ceviche (*Cebiche de Conchitas*)

Contributor: John, New York (*The Art of South American Cooking*)

Tiny bay scallops are the perfect size for a delicious mouthful of ceviche. Sea scallops are also good for this dish, but they must be cut in half horizontally.

Ingredients:

- 2 ¼ pounds bay scallops (see Note below)
- 1 ¼ cups lemon juice (about 9 small lemons)
- 1 ½ teaspoons minced fresh ginger
- 1 jalapeño or serrano pepper, seeded and finely chopped
- 1 teaspoon coarse sea salt
- 1 red bell pepper, very finely diced
- 8 scallions, white tops only, thinly sliced
- ¼ cup olive oil
- 4 tablespoons chopped fresh dill

Cooking preparation:

1. Place the scallops in a strainer and dip in a bowl containing cold water. Shake the strainer to loosen any sand or shell particles. Remove the strainer from the bowl and set aside to drain.
2. In a stainless-steel, porcelain or glass bowl, combine the lemon juice, ginger, hot pepper and salt. Gently mix in the scallops and marinate, covered with plastic wrap, in the refrigerator for 3 ½ hours.
3. When ready to serve, combine the red pepper, scallions, and olive oil in a separate bowl. Add this mixture to the marinated scallops; add the dill and toss gently. Correct the seasoning with salt to taste and serve.

Note: An equal amount of sea scallops may be substituted for the bay scallops. Using a very sharp knife, cut the sea scallops in half against the grain horizontally into disks or vertically into half-moons.

Wine recommendation: Chilean Sauvignon Blanc

Green Garlic Vichyssoise

Contributor: John, New York

Vive la France, with a nod to their World War II resistance fighters!

Ingredients:

Serves 4 as a first course

1 cup chopped green garlic, white and pale green parts—6 to 8 stalks
1 cup sliced leeks, white and pale green parts—about 1 leek
2 cups peeled, large-diced potatoes (I used Yukon Gold)
1-1/2 tablespoons unsalted butter
1-1/2 cups low sodium chicken broth (or vegetable broth) or water
3/4 cup half & half or cream
salt
chopped parsley for garnish

Cooking preparation:

Prepare the green garlic and leek. Slice off the root base of the green garlic and peel away any tough outer parts of the stalks. Rinse carefully under cold running water. Slice the white and pale green parts and roughly chop. Trim the root portion from the leek and slice off the dark green leafy top. Slice the remaining white and pale green section of the leek lengthwise and carefully rinse, fanning layers under cold running water to wash away any grit trapped inside. Then slice into 1/2 inch pieces.

Cook the soup. Melt butter in a large stock pot or dutch oven over medium flame. Add the green garlic and leek, stirring to coat with butter and cook for 3 to 4 minutes to soften slightly, stirring frequently to avoid browning. Add potatoes and stir to coat with butter. Cook for about a minute, then add broth. Add just enough water to cover potatoes—I added 1-1/2 cups. Raise heat to medium-high and bring to a boil. Reduce heat to low and simmer uncovered until potatoes are cooked through and tender, about 20 minutes. Cool the soup briefly and then refrigerate until completely chilled. You can prepare it up to this point a day a head—in fact, letting it rest in the fridge overnight will bring out the green garlic's flavor.

Finish the soup. Working in batches, purée the soup. Transfer to a bowl. Stir in the half & half and adjust the seasoning with salt. If the vichyssoise is too thick, stir in a little water, a tablespoon at a time. Don't overdo the water—you want this soup thick and creamy. Ladle into individual bowls and top with chopped parsley. Serve.

Kitchen Notes:

Substitutions. If you can't find green garlic, use 2 cups of leeks and add 3 cloves of chopped garlic. And if you want a vegetarian version of this soup, use a good quality vegetable broth instead of the chicken broth.

Leftovers. If you're only going to use part of the soup in a sitting, only add part of the half & half to the portion you're serving. It will help keep the flavors fresher and creamier when you serve the second portion.

Wine recommendation: French country white

Entrées



Eggplant Meatballs (*Skinnytaste*)

Chicken with Basil (*Gai Koprow*)

Contributor: Vicki, Los Angeles (*Sunset* magazine)

Though most familiar to us from Italian cooking, basil is also used in the cuisine of Thailand. For *gai koprow* (chicken with basil), Thai cooks combine the herb with mint and hot chilies.

Ingredients:

3 to 4 tablespoons finely chopped green chilies, seeded

2 tablespoons soy sauce

1 teaspoon *each* sugar and vinegar

½ cup chopped fresh basil leaves, or 2 tablespoons dried basil

1 teaspoon fresh chopped mint, or ¼ teaspoon dried mint

½ teaspoon dried cornstarch

3 tablespoon salad oil

2 whole chicken breasts (about 2 lbs total), split, skinned, boned and cut into strips ¼ in thick and 2 inches long

1 clove garlic, minced or pressed

1 large onion, halved and cut into ¼-inch slices

Cooking preparation:

In a small bowl, mix chilies, soy, sugar, vinegar, basil, mint and cornstarch; set aside

Heat a wok or wide frying pan over high heat. When wok is hot, add 2 tablespoons of oil. When oil is hot, add chicken and garlic; cook, stirring constantly, until meat is opaque (about 3 minutes); remove from wok and set aside

Heat remaining 1 tablespoon in work, add onion and cook, stirring, for one minute. Stir chile mixture and pour over onion. Return chicken and juices to wok; cook, stirring until sauce thickens slightly. Makes three or four servings.

Wine recommendation: California Chenin Blanc

Seafood Pasta á la Linda

Contributor: Linda, Los Angeles

Ingredients:

1/2 lb. Bay Scallops

1 TBS. Butter

1/4 lb. Cooked Crabmeat, drained

1 lb. Plum Tomatoes, seeded and cut into wedges (*I always use Roma Tomatoes, instead*)

1 Clove Garlic, minced (*I always use more garlic*)

1/2 cup loosely packed Basil Leaves, chopped – or 1 TBS. Dried Basil

1/4 cup grated Parmesan Cheese

1/4 cup Olive Oil (*I always use EVOO*)

1 TBS. Lemon Juice

1/2 tsp. Salt

1/4 tsp. Pepper

1/8 tsp. Ground Red Pepper (Cayenne)

1 lb. Linguini

Basil sprigs for garnish

Cooking preparation:

In a medium skillet, sauté scallops in hot butter for 2-3 minutes, until opaque. Place in a large bowl with the next 10 ingredients (crabmeat, tomatoes, garlic, basil, parmesan cheese, olive oil, lemon juice, salt, pepper, cayenne). Stir well, cover and chill at least one hour. (NOTE: I've left this to marinate for hours and it only gets better, in my opinion.)

After 45 minutes, prepare linguini according to package directions. Drain and toss immediately with seafood mixture. Place on serving plates, garnish with basil sprigs.

Serve with a tossed green salad.

YIELD: 4 Servings

CALORIES PER SERVING: 484 Calories (26 grams protein, 20 grams fat, 50 grams carbs, 580 mg. sodium)

PREPARATION TIME: 15 minutes

MARINATE: 1 hour

Wine recommendation: Alto Adige Pinot Grigio



Seafood Pasta á la Linda

Quiche's King

Contributor: Mike, Chicago

This can be served throughout the year, hot or cold, and for breakfast, lunch or dinner. It also travels very well. The meat/protein & vegetables can be changed up based on your preference. Once baked, it can be frozen if necessary. (I can go through two quiches by myself in a matter of days...)

Prep time: 15 mins

Bake time: 45 mins

Yield: 2 quiches; 16 slices. Cost: 50 cents per slice.

Ingredients:

- 4 large flour tortillas
- 12 eggs
- 1 pint heavy whipping cream
- 1 package of broccoli (approx. 1.5 lbs)
- 1 can of sweet corn
- 16 oz package of spicy pork breakfast sausage
- Salt and pepper (and crushed red pepper, if you like spicy)
- Cheese of your preference (optional)

Cooking preparation:

Render/brown pork sausage. Meanwhile, cut broccoli into small bite-sized florets (and medallion sized stems—no waste!) Par-boil for 8 minutes (keep it toothsome.) Turn on oven to 375 degrees. Whisk eggs and cream (custard) and season salt, pepper and spices that you prefer. Line each of two pie tins with a flour tortilla, put equal amounts of meat and strained vegetables; pour in custard. Slice two remaining tortillas with a pizza cutter into 8 equal wedges and place atop of the quiche. Bake for 45 minutes at 375. Enjoy!



Quiche's King (assembled)



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Instant Pot Short Ribs

Contributor: Tom, New York (*The Flavor Bender* by Dini Kodippili)

PREP TIME: 10 MINUTES

COOK TIME: 1 HOUR

OVERNIGHT CHILLING (OPTIONAL): 4

TOTAL TIME: 1 HOUR 10 MINUTES

SERVINGS: 4 People

CALORIES: 1006KCAL

AUTHOR: DINI@THEFLAVORBENDER

How to make "Instant Pot Short Ribs - This easy recipe makes delicious, tender and succulent short ribs with classic flavors! EASY - This is an easy recipe. However, it requires an Instant Pot or equivalent.

Ingredients:

- 6 lbs short ribs about 8 short ribs
- Salt to season generously
- 1 medium onion, sliced thickly
- ½ cup bourbon
- 1 tbsp paprika
- 1 tsp cayenne pepper or 2 tsps if you prefer it spicier
- 3 tbsp sugar
- 3 tbsp balsamic vinegar
- 6 cloves of garlic
- Thyme 2 - 3 fresh thyme sprigs
- 1 cup beef stock (I used homemade chicken and beef stock)
- 1 tbsp cornstarch (corn flour)
- 1 tbsp water

Cooking preparation:

1. Fill a large bowl or pot with tepid water. Immerse the short ribs then rinse in the cold water to wash off excess blood and bone dust.

2. Drain and pat dry the short ribs with paper towels. Generously sprinkle salt on all the ribs, on both sides.
3. Switch on the Instant Pot to the saute setting on high. When the instant pot is hot, pour about 2 tbsp of oil. When the oil is hot, place about 3 - 4 short ribs in the instant pot to caramelize or to sear. It's important not to overcrowd the bottom in order to get nice caramelization on your short ribs. Sear the short ribs on all sides, about 2 - 3 minutes per side. Place the caramelized short ribs on a plate.
4. Repeat with the rest of the short ribs.
5. For the next step, you will only need about 1 tbsp of oil in the instant pot. Discard the excess oil if there's more than 1 tbsp of it in the instant pot at this point.
6. Place the thickly sliced onion in the pot, and add the bourbon. Deglaze the bottom of the instant pot to make sure that all of the caramelized bits on the bottom are mixed with the bourbon (deglazing is an important step, so don't skip it). Add the paprika, cayenne pepper, sugar and balsamic vinegar. Then switch off the sauté function on your instant pot.
7. Place the short ribs back in the instant pot, and add the garlic, thyme and a pinch of salt (how much salt to add at this point depends on how well you seasoned the short ribs earlier - be careful not to over-salt, since you can always add more salt at the end if needed).
8. Pour the stock over the short ribs. Close the instant pot. Choose the manual high-pressure function and set it to high. Cook the short ribs for 45 minutes, followed by a 10 - 15 minute natural release.
9. Gently remove the short ribs on to a plate, and turn the sauté function back on for the liquid/broth in the instant pot.
10. Dissolve the cornstarch in the water and add it to the liquid/broth in the instant pot. Mix it in and bring it to a simmer until the liquid has thickened. Taste and season the liquid with more salt or balsamic vinegar, if needed. Transfer the short ribs back into the instant pot and switch off the sauté function.
11. Optional step - once the short ribs have cooled off, place your instant pot cooker pot in the fridge (covered). Leave it overnight, or for at least 4 hours, until the fat has solidified on the surface. Then remove this layer of fat and reheat the short ribs in the instant pot.
12. Serve with creamy cauliflower mash or mashed potatoes.

Notes:

Notes on cooking time These bone-in short ribs are about 0.75 lbs each in weight. If you are using bone-in short ribs that are thicker or larger than the ones I used, you may need to increase the cooking time. If you are unsure, cook the short ribs according to the recipe and after 45 minutes. If the short ribs are not tender, cook them for a further 5 - 10 minutes more until they are tender.

Nutrition:

- Carbohydrates: 17g
- Protein: 96g
- Fat: 50g

- Saturated Fat:2ig
- Cholesterol:Zg3mg
- Sodium: 447m9
- Potassium:1985mg
- Fiber:1g
- Sugar: 129
- Vitamin A: 1025ru
- Vitamin C:2.4ms
- Calcium 58mg
- Iron: 11'4mg

Wine recommendation: Oregon Pinot Noir

Eggplant Meatballs

Contributor: Ilyssa, New York (*Skinnytaste*)

PREP TIME: 20 mins

COOK TIME: 30 mins

TOTAL TIME: 50 mins

COURSE: Appetizer

CUISINE: American

Hearty eggplant is one of the best vegetable substitutes to make these luscious, meatless “meatballs.”

Ingredients:

- cooking spray
- 1/2 tbsp olive oil
- 1 1/4 lbs unpeeled eggplant (cut into 1-inch pieces)
- kosher salt
- 1/4 tsp black pepper
- 2 garlic cloves (crushed)
- 2 tbsp chopped basil (plus leaves for garnish)
- 1 1/2 cups Italian seasoned breadcrumbs
- 1 large egg (beaten)
- 2 ounces Pecorino Romano cheese (freshly grated, plus more for serving)
- 1 tablespoon chopped flat-leaf parsley
- 1 25.25-ounce jar DeLallo Pomodoro sauce
- part skim ricotta cheese (for serving (optional))

Cooking Instructions:

1. Heat the oven to 375°F. Spray a large-rimmed baking sheet with cooking spray.
2. Place 1/2 tablespoon olive oil in a large nonstick skillet over medium high heat. When hot add the eggplant and 1/4 cup water. Season with salt and pepper to taste and cook, stirring occasionally until tender, 10 to 12 minutes. Transfer to the bowl of a food processor and pulse a few times.
3. Transfer to a bowl and add bread crumbs, beaten egg, Romano cheese, parsley, garlic and chopped basil into the eggplant. Season with 1/2 teaspoon kosher salt and 1/8 teaspoon of pepper.

4. Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transfer to the prepared baking sheet. Bake until firm and browned, about 20 to 25 minutes.
5. Heat the sauce in a large deep skillet to warm the sauce. Add the meatballs to the sauce and simmer for 5 minutes. Garnish the meatballs with basil leaves and serve with ricotta cheese if desired.

Serving: 4 meatballs, Calories: 222.5 kcal, Carbohydrates: 31g, Protein: 10.5g, Fat: 7.5g

Saturated Fat: 2.5g, Cholesterol: 41mg, Sodium: 1066mg, Fiber: 6g, Sugar: 6g

Wine recommendation: Virginia Cabernet Franc

Penne Puttanesca

Contributor: Kim, Los Angeles

Ingredients:

1 lb Penne Pasta

3 cups of fresh Arugula—tear apart into smaller pieces (baby arugula is better because you don't have as many stems)

1 tablespoon of Red Pepper flakes

1 tablespoon of capers

2 minced garlic cloves

28 oz Red chopped tomatoes (drained)

2 cups of pitted chopped kalamata olives

1/2 cup of good finely shredded parmesan cheese

Cooking Instructions:

Sauté the garlic in Olive Oil - 30 seconds

Add the 28-oz can of chopped tomatoes - simmer for a few minutes

Add the capers, red pepper flakes and the kalamata olives - simmer everything for 10 minutes

In the meantime, cook the Penne in boiling water for 10-11 minutes

Prepare a deep serving dish with 3/4 of the arugula

When the pasta is ready, drain the water, then put the pasta right on top of the arugula. Then add the sauteed dish right on top. Mix together gently.

You'll want to move the arugula from the bottom and spread evenly throughout the dish. Add the cheese, salt and pepper as desired, top with the remaining arugula then enjoy.

It's a real crowd pleaser. You can serve it at room temperature or hot.

Wine recommendation: Sangiovese from Umbria

Indian Butter Chicken (*Murgh Makhani*)

Contributor: Tom, New York (*Cook's Illustrated*)

Serves 4 to 6

Why this recipe works:

Butter chicken (*murgh makhani*) should taste rich and creamy but also vibrant and complex, so we started by softening lots of onion, garlic, ginger, and chile in butter followed by aromatic spices such as *garam masala*, coriander, cumin, and black pepper. Instead of chopped or crushed tomatoes, we've opted for a hefty portion of tomato paste and water, which lent the sauce bright acidity, punch, and deep color without making it too liquid-y. A full cup of cream gave the sauce lush, velvety body, and we finished it by whisking in a couple more tablespoons of solid butter for extra richness. To imitate the deep charring produced by a tandoor oven, we broiled chicken thighs coated in yogurt (its milk proteins and lactose brown quickly and deeply) before cutting them into chunks and stirring them into the sauce.

Before you begin:

Traditionally, butter chicken is mildly spiced. If you prefer a spicier dish, reserve, mince, and add the ribs and seeds from the chile. Serve with basmati rice and/or warm naan.

Ingredients:

- 4 tablespoons unsalted butter, cut into 4 pieces and chilled, divided
- 1 onion, chopped fine
- 5 garlic cloves, minced
- 4 teaspoons grated fresh ginger
- 1 serrano chili, stemmed, seeded, and minced
- 1 tablespoon garam masala
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon pepper
- ½ cups water
- ½ cup tomato paste
- 1 tablespoon sugar
- 2 teaspoons table salt, divided
- 1 cup heavy cream
- 2 pounds boneless, skinless chicken thighs, trimmed
- ½ cup plain Greek yogurt
- 3 tablespoons chopped fresh cilantro, divided

Cooking Instructions:

1. Melt 2 tablespoons butter in large saucepan over medium heat. Add onion, garlic, ginger, and serrano and cook, stirring frequently, until mixture is softened and onion begins to brown, 8 to 10 minutes. Add garam masala, coriander, cumin, and pepper and cook, stirring frequently, until fragrant, about 3 minutes. Add water and tomato paste and whisk until no lumps of tomato paste remain. Add sugar and 1 teaspoon salt and bring to boil. Off heat, stir in cream. Using

immersion blender or blender, process until smooth, 30 to 60 seconds. Return sauce to simmer over medium heat and whisk in remaining 2 tablespoons butter. Remove saucepan from heat and cover to keep warm. (Sauce can be refrigerated for up to 4 days; gently reheat sauce before adding hot chicken.)

2. Adjust oven rack 6 inches from broiler element and heat broiler. Combine chicken, yogurt, and remaining 1 teaspoon salt in bowl and toss well to coat. Using tongs, transfer chicken to wire rack set in aluminum foil-lined rimmed baking sheet. Broil until chicken is evenly charred on both sides and registers 175 degrees, 16 to 20 minutes, flipping chicken halfway through broiling.
3. Let chicken rest for 5 minutes. White chicken rests, warm sauce over medium-low heat. Cut chicken into $\frac{3}{4}$ -inch chunks and stir into sauce. Stir in 2 tablespoons cilantro and season with salt to taste. Transfer to serving dish, sprinkle with remaining 1 tablespoon cilantro, and serve.

Wine recommendation: Portuguese Alvarinho



Turmeric

Fettuccine Adriatica

Contributor: Kim, Los Angeles

Ingredients:

1 lb Fettuccine

2 cups of good red Italian marinara sauce. Homemade if that's your thing (see "Basic Tomato Sauce," by Mario Batali later in this eCookbook under Sides). My better half makes a fabulous sauce, so I'm spoiled.

1 lb of roasted medium wild caught deveined and tail-off shrimp.

Cooking preparation:

Cook the pasta, drain, then add the amount of sauce that you desire.

In the meantime, roast the shrimp in the oven on a sheet pan - mix the shrimp with 1 or 2 tablespoons of olive oil and salt and pepper. Roast on 350 for 10 minutes.

When the shrimp is done, simply add it to the fettuccine with sauce and enjoy.

Wine recommendation: Rosso from Sicily



Basil

Nolan Beef Stew

Contributor: Chris, Chicago

Ingredients:

2 lbs stew meat

1 small onion

6 carrots, peeled and cut into 4" pieces

2 bay leaves

2 whole garlic cloves

Combine - 2 Tsp salt, 1 Tbsp sugar, 2 Tbsp Minute tapioca, ground black pepper to taste

8 oz tomato juice

Cooking preparation:

Cut the ends off and peel the onion and garlic, add the bay leaves and stew meat (can substitute lamb, if you're feeling Irish). Add the carrots and sprinkle the combined spices over all. Add the tomato juice (I sometimes add a liberal splash of red wine too).

In a Dutch oven (or a normal baking dish covered with foil)

Cover and place in a preheated oven at 250 for 4 hours. Serve with mashed potatoes and maybe a crusty baguette. Easy and delicious.

Wine recommendation: Guinness



Chicken Pesto Pasta

Contributor: John, New York (pesto recipe from *Bon Appétit* online)

Ingredients:

Brine 4 chicken thighs for 30 minutes, pat dry, salt and pepper and then bake at 375 for 40 minutes—set aside and cube once cooled

Make pesto (see below for classic recipe from *BA*)

Cook short pasta ~9 minutes in angry boiling water

Combine chicken, pasta and pesto (do NOT overstir)

If the dish is refrigerated or made ahead of time, hit with three shakes of olive oil and stir once

Cooking preparation (Pesto):

This bright, herbaceous pesto makes pretty much everything taste better. More than just a booster for pasta, pesto is a truly versatile addition to any condiment arsenal, equally at home coating blistered green beans as it is swooshed under lamb meatballs with Greek yogurt or dolloped on top of scrambled eggs.

You will need a food processor—if you don't have one, we highly recommend making this an excuse to get one; it's a good investment that you'll use forever and ever and ever—and a handful of ingredients like basil, pine nuts, olive oil, Parmesan, garlic, and salt. The key for this classic pesto is to add the basil at the very end instead of blending everything all at once. That way the herbs will maintain their verdant color without bruising or losing flavor.

MAKES ABOUT 1½ CUPS

½ cup pine nuts

3 oz. Parmesan, grated (about ¾ cup)

2 garlic cloves, finely grated

6 cups basil leaves (about 3 bunches)

¾ cup extra-virgin olive oil

1 tsp. kosher salt

Preparation

Step 1

Preheat oven to 350°. Toast pine nuts on a rimmed baking sheet (or quarter sheet pan), tossing once halfway through, until golden brown, 5–7 minutes. Transfer to a food processor and let cool. Add cheese and garlic and pulse until finely ground, about 1 minute. Add basil and place the top back on. With the motor running, add oil in a slow and steady stream until pesto is mostly smooth, with just a few flecks of green, about 1 minute. Season with salt.

Do Ahead: Pesto can be made 1 day ahead. Top with ½" oil to prevent browning. Store in a covered container (an extra drizzle of oil on top will help prevent oxidation) and chill.

Step 2

If you want to use this with pasta, cook 12 oz. dried pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving ½ cup pasta cooking liquid.

Step 3

Place pesto and 2 Tbsp. unsalted butter, cut into pieces, in a large bowl. Add pasta and ¼ cup pasta cooking liquid. Using tongs, toss vigorously, adding more pasta cooking liquid if needed, until pasta is glossy and well coated with sauce. Season with salt.

Step 4

Divide pasta among bowls. Top with finely grated Parmesan.

Wine recommendation: Washington Riesling

Fish Cake Juan Mari in Basquaise Sauce

Contributor: John, New York (*The Basque Kitchen*)

Ingredients:

1 pound rock cod fillet, free of bones
Kosher salt
Freshly ground white pepper
2 tablespoons (¼ stick) unsalted butter, melted
2 tablespoons dried bread crumbs
8 large eggs
1 cup Basquaise sauce (see recipe below)
1 cup heavy cream
2 teaspoons Kosher salt
¼ teaspoon freshly ground white pepper

Cooking preparation:

Sprinkle the fish with salt and pepper.

In a steamer, bring to a simmer a few cups of water, put in the fish, and cook for 9 minutes. Using a fork, shred the fish, removing any remaining visible bones as you work; set aside to cool.

Preheat the oven to 400 degrees F.

Brush the bottom and sides of a 7 x 3 ½-inch springform mold with melted butter, and then coat the inside of the mold evenly with bread crumbs; set aside.

In a large mixing bowl, whip the eggs to a soft peak. Add the Basquaise sauce, heavy cream, 2 teaspoons of salt, and ¼ teaspoon ground pepper. Add the flaked fish, mix the ingredients together well, and pour into the prepared mold.

Place the mold in a roasting pan filled halfway with water and bake in the oven until a knife comes out clean, about 75 minutes.

Cool slightly before unmolding. Cut into 6 to 8 pieces. May be served warm or cold.

Basquaise Sauce

3 tablespoons Spanish olive oil

1 medium onion, coarsely chopped

3 small red bell peppers, cored and coarsely chopped

5 garlic cloves

4 tomatoes, coarsely chopped

1 bouquet garni

1/8 teaspoon *piment d'Espelette*

1 teaspoon Kosher salt

¼ teaspoon freshly ground white pepper

1/3 cup water

Warm the olive oil in a large saucepan over high heat. Add the onion, bell peppers, and garlic and sauté over medium-high heat until golden brown, about 10 minutes.

Add the tomatoes, bouquet garni, *piment d'Espelette*, salt, pepper and 1/3 cup of water; bring to a boil. Reduce the heat to medium, cover, and simmer gently until the mixture thickens, about 45 minutes.

Working in small batches, transfer the ingredients to a blender or food processor fitted with a metal blade and puree until the sauce is smooth, about 2 minutes. Season with salt and pepper to taste. Use immediately or store in an airtight container in the refrigerator for up to 1 week. Can be frozen for up to 3 months.

Wine recommendation: French Beaujolais

Turmeric Porkchops over Leeks

Contributor: John, New York

Ingredients:

Note—Wear disposable gloves because turmeric will stain your hands

4 Porkchops

1 Leek

Turmeric powder

Salt and pepper

Cooking preparation:

Brine porkchops for 30 minutes, pat dry and add salt and pepper. Pour a large amount of turmeric into a mixing bowl and dredge each chop until it is thoroughly coated. Bake at 350 degrees for 30 minutes.

While chops are cooking, cut leek in half, lengthwise, and clean thoroughly under water to remove any sand. Remove chops after 30 minutes, place briefly on a plate and pour a few drizzles of olive oil on the baking sheet. Arrange leeks on sheet. Put porkchops back atop them and cook for 20 additional minutes.

Wine recommendation: Argentinian Cabernet Sauvignon

Curried Goat

Contributor: John, New York (*Grace the Table*)

Ingredients:

2 pounds goat leg, boned and cut into stewing chunks

¾ cup curry powder

2 tablespoons allspice berries, coarse-ground

1 Scotch bonnet pepper, minced

¼ cup garlic, minced

8 bay leaves

1 tablespoon black pepper, coarse-ground

1 tablespoon salt

2 large onions, minced

4 scallions, minced

3 large stem tomatoes, peeled and cut into chunks

Juice of 4 limes

½ cup live oil

8 cups chicken stock

Cooking preparation:

Put goat meat into large bowl and add ½ cup curry powder, allspice berries, Scotch bonnet pepper, garlic, bay leave, black pepper, salt, onions, scallions, potatoes, lime juice and olive oil. Let stand 1 hour, or—preferably—refrigerate overnight.

Heat a Dutch oven to medium-high, pour goat and marinade into pot, and brown for 15 minutes being careful not to allow the meat to stick to the pan. When browned, deglaze the pot with chicken stock. Add remaining ¼ cup curry powder, bring to a boil and simmer 2 hours. Adjust for seasoning. During those 2 hours, mashe potatoes to help thicken gravy. Serve with plain white rice.

Perciatelli with Roasted Vegetables

Contributor: John, New York

Ingredients:

Actually, any long-strand pasta will work. Plus, the veggies can be grilled rather than broiled/roasted.

- Pasta
- Three colorful veggies (last night, I used yellow and green squash, plus red peppers—eggplant, carrots or green beans would be fine)
- Parsley
- Grating cheese

Cooking preparation:

- Get a huge pot of water boiling rapidly
- Cut veggies into equal length and width
- Grill/roast/broil veggies for 4 or 5 minutes; flip over and cook 3 more minutes
- Remove veggies from oven and place in a cold sauté pan; turn on flame/heat to Low and then put in one small can of tomato paste and enough white wine to make a thin-ish sauce
- Read directions on pasta about cooking time; set timer for 1 minute less than recommended; taste pasta with 2 minutes left on the timer for doneness
- Just before removing pasta to strain, take out 1 cup of pasta water to add to the sauce if it is too thick (and also to add to leftovers since they will dry out somewhat in the refrigerator). DON'T use a plastic measuring cup for removing the pasta water. It will melt. Believe me since I've made that mistake. Once.
- Drain pasta and put into saucepan to cook for 2 minutes
- Cut parsley and sprinkle over pasta; grate cheese atop

Serve with the same white wine used in the sauce, a green salad and bread.

The dish also works equally well if you make it in advance and serve cold.

Wine recommendation: Moscato Bianco from Piedmont

Sides



Garlic bulbs, whole

“Famous” Baked Mac ‘n Cheese

Contributor: Sherry, Chicago

Ingredients and Cooking preparation:

- 2 cups cooked elbow macaroni (according to box instructions, less 1 minute)
- 2 eggs (whisked)
- 3 cups shredded sharp cheddar cheese (not finely shredded)
- 1 stick of margarine or butter (softened)
- Sprinkle 1 tsp sugar or sweetener
- Sprinkle 1/2 tsp black pepper
- Sprinkle 1/2 tsp salt
- Stir all of the above ingredients together in medium baking dish, making sure cheese is evenly mixed throughout
- Stir in enough milk (2%, whole or evaporated) to slightly cover ingredients
- Sprinkle more shredded cheese on top and bake uncovered in the middle of the oven at 300 degrees for 35-40 minutes (until you can press the middle with the bottom of a tablespoon and no milk spills onto the spoon)
- Remove from oven and let sit for about 8-10 minutes uncovered before serving or covering

Enjoy!



Cuban Black Beans

Contributor: Tia Glo, New York

Ingredients:

1 pound dry black beans

1 green pepper

1 Spanish onion

2 garlic cloves

2 bay leaves (fresh, if possible)

white wine vinegar

canola oil

small ham bone (optional)

sofrito (red & green pepper, onion, cilantro, garlic, mix in blender or buy Goya brand frozen)

adobo

fresh parsley

Tabasco sauce

Cooking preparation:

Pick through beans and discard the ones that look bad. Rinse beans in cold water and place beans in a deep pot covered with cold water. place 1/2 green pepper, 1/2 onion, 2 garlic cloves, 2 bay leaves and ham. Cook on low flame for 3-to-4 hours, adding additional hot water when needed. once beans are tender, plunge a potato masher into the mixture three times to smash some of the beans, then add 1 tablespoon of sofrito, 1 tablespoon of white vinegar, 1 tablespoon of canola oil, cumin, adobo and fresh black pepper to taste. Cook on low flame for 30 more minutes and beans are ready to serve over rice. They're even tastier the next day.

Presentation—cook white or yellow rice. put a drop of canola oil into a teacup or small bowl and wipe it around with a paper towel. scoop rice into the teacup or bowl and then invert it in the center of a plate.

Spoon the black beans around the mound of rice and confetti with fresh chopped parsley. Liberally douse black beans with Tabasco sauce.

Serve with overripe avocado splashed with oil and vinegar.

Wine recommendation: Spanish Rioja



Habana, Cuba

Ratatouille

Contributor: Bill Buford, author of *Dirt and Heat*

Ingredients:

Eggplant

Peppers (red and green)

Zucchini

Onions

Tomatoes

Garlic

Cooking preparation:

Choose equal amounts of each ingredient (except garlic).

Cook each separately. Shock the tomato in just-boiled water for 20 seconds, drop it into an ice water bath and then remove it and peel the skin. Cut the peeled tomatoes into quarters, place the slices onto a baking sheet, sprinkle with salt and pepper and bake at low temperature for 90 minutes.

Oven roast peppers (90 minutes at low temperature).

Sautee the onion in olive oil.

Then zucchini lightly.

Finally, eggplant in a non-stick pan without any oil.

Combine all cooked vegetables into a pan, add two shots of red wine vinegar and heat gently.

Tom B's "Put 'Em on Anything" Rub & Sauces

Contributor: Tom, New York

Rub for ribs or Pulled Pork

- Brown Sugar
- Coffee (I've learned that coffee adds great flavor)
- Smoked Paprika
- Cayenne Pepper
- Cumin
- Salt & Pepper
- Garlic Powder
- Dry Mustard

Mop Sauce

- 1 Cup Apple Cider Vinegar
- 1 Cup White Vinegar
- 1 tbsp Honey
- 1 tsp Salt & Pepper
- 1 tbsp Crushed Red Pepper Flakes
- 2 tbsp Worcestershire Sauce
- 2 tbsp Brown Sugar
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dry Mustard
- Hot Sauce (I like to use Sriracha Sauce) – How much depends on you

BBQ Sauce

- Baby Ray's BBQ Sauce—Hickory & Brown Sugar (I use it as a base)
- Honey or Molasses
- Catsup
- Mustard
- Worcestershire Sauce
- Sriracha Sauce
- Salt
- Pepper
- Garlic Powder
- Onion Powder
- Smoked Paprika
- Cayenne Pepper

Basic Tomato Sauce

Contributor: Mario Batali (*Molto Italiano*)

Ingredients:

¼-cup extra virgin olive oil

1 Spanish onion

4 cloves of garlic, thinly sliced

3 tablespoons chopped fresh thyme

½ medium carrot, finely shredded

Two 28-ounce can whole tomatoes

Salt

Cooking preparation:

In a 3-quart saucepan, heat the olive oil over medium heat. Add the onion and garlic and cook until soft and light golden brown, 8 to 10 minutes. Add the thyme and carrot and cook 5 minutes.

Add the tomatoes, with their juice, and bring to a boil, stirring often. Lower the heat and simmer until as thick as hot cereal, about 30 minutes. Season with salt. The sauce can be refrigerated for up to 1 week or frozen for 6 months.

Sourdough Coffee Cake

Contributor: Kristene, Chicago

READY IN: 50 minutes

SERVES: 8

YIELD: 1 cake

UNITS: US

Ingredients:

Nutrition

- CAKE
- 1 cup sourdough starter
- $\frac{1}{3}$ cup vegetable oil
- 1 egg (slightly beaten)
- 1 cup all-purpose flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- TOPPING
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup brown sugar
- 2 tablespoons butter or 2 tablespoons margarine
- 1 tablespoon flour

Cooking preparation:

- Combine sourdough starter, oil and egg.
- Stir together dry ingredients and add to sourdough mixture.
- Put dough into greased 9-inch square pan.
- Crumble topping ingredients together (I use a pastry blender) and sprinkle topping on top of batter.
- Bake for 35 minutes at 350 degrees.

Cranberry Sourdough Muffins with Streusel Topping

Contributor: Kristene, Chicago (*Taste of Home*)

Total Time

Prep: 30 minutes

Bake: 20 minutes

Makes

1 dozen

Ingredients and Cooking preparation:

- 1 cup [Sourdough Starter](#)
 - 1/2 cup packed brown sugar
 - 1/3 cup plus 1-1/2 cups all-purpose flour, divided
 - 1/2 teaspoon ground cinnamon
 - 1/4 cup cold butter, cubed
 - 1/4 cup chopped hazelnuts
 - 1/2 cup sugar
 - 1 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1 large egg, room temperature
 - 1/2 cup butter, melted
 - 1-1/2 teaspoons grated orange zest
 - 1 cup fresh or frozen cranberries, thawed
 - 1/4 cup chopped dried apricots
-

Water Salad

Contributor: John, New York

Ingredients:

Water

Mint

Cucumber

Lemon

Fruit (orange, strawberries or blueberries)

In one gallon of water or a large pitcher, add all ingredients and allow to steep for 10 minutes before pouring.

Consume minimum of 4 12-oz. glasses per day



Water Salad

Dessert



Fudge

\$\$\$ Million Dollar Fudge \$\$\$

Contributor: Linda, Los Angeles

Ingredients:

12 oz. Semi-Sweet Chocolate Bits or Semi-Sweet Squares, cut into small pieces

1 cup Marshmallow Cream

2 cups White Granulated Sugar

2 TBS. Butter

3/4 cup Evaporated Milk

1/8 tsp. Salt

1 tsp. Vanilla

1 cup Chopped Nuts (walnuts preferred)

Cooking preparation (YIELD: Approximately 2 lbs):

Oil a jellyroll pan or 9" x 9" pan. Set aside.

In a large, heat-proof bowl, combine chocolate and marshmallow cream. Set aside.

In a 3-quart heavy pot, mix sugar, butter and evaporated milk, stirring to combine well.

Gradually bring to a boil over low heat (be patient!), stirring until sugar dissolves.

Dip a pastry brush in cold water and wash down the sides of the inside of the pot, but don't add too much water to the pot.

Continue to boil, stirring constantly without touching a spoon to the sides of the pot, for 5 minutes.

Pour mixture over chocolate mixture in bowl. (CAUTION: Mixture is very hot!)

Add salt and vanilla.

Stir until chocolate melts and mixture is smooth.

Stir in nuts.

Spread on cookie sheet or pan and let stand until firm. (I always refrigerate or put in a cold area.)

Cut into squares and store in air-tight containers.



Destin, Florida (sunset June, 2021)

Compiled from family recipes and other sources

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