

This book is dedicated to the appetites of: Aramithris of Stonesoup & Bolt O'Saurus of NoOnions.

CONTRIBUTORS

Grand Duke Sir **Aramithris** of Meadowlake, Kingdom of the Burning Lands
Countess Dame **Ariona** Mixtatl of the Bear Clan, Kingdom of the Burning Lands
Grand Admiral, RAN (Ret.)*, **Asmund** Brandsson, Kingdom of the Burning Lands
Duke Sir **Auromax**, Kingdom of the Iron Mountains
Lady** **Aurora** Selene, Kingdom of the Valley of the Silver Rains (VSR)
Squire **Axgar**, Kingdom of the Burning Lands?
Bernard of Millstone, Kingdom of Goldenvale
Sir **Bolt**, Kingdom of the Burning Lands
Sir Khan*** **Caliope** Crosswinds, Kingdom of the Burning Lands
Sirrah******Elsbeth**, Duchy of Pegasus Valley
Iagen Andalsa, Kingdom of the Burning Lands
Grand Duke Sir **Ivar** Nefarious, Kingdom of the Burning Lands
Jasper Roseharp, Kingdom of Dragonspine
Squire **Gwynna** Dewdrop, Kingdom of Dragonspine
Countess Dame **Gwynne** of Tarnlea, Kingdom of the Burning Lands
Kaiya Lovborg, Kingdom of the Burning Lands
Countess **Kat**, Kingdom of the Burning Lands
Maggie MacGregor, Duchy of Pegasus Valley
Lord Squire **Malachi**, Kingdom of Dragonspine
Squire **Piranha**, Kingdom of the Burning Lands
QDink, Kingdom of the Burning Lands
Duke Sir **Raphael** Andalsa, Kingdom of the Burning Lands
Countess **Savaen**, Kingdom of the Burning Lands
Grand Duchess***** **Tawnee** Darkfalcon, Kingdom of the Burning Lands
Tilion Greymantle, Kingdom of Dragonspine
Sir **Trinity** Skythasis, Kingdom of the Burning Lands
Valentine Patrician, Duchy of Pegasus Valley
Valeria, Kingdom of the Burning Lands
Arch Duke, Sir **Wolfram** Bloodletter, Kingdom of the Iron Mountains

Editor's Note: In all cases, the titles of honor or achievement used are those preferred by the individuals who were so generous in sharing their information and recipes. In some instances, additional titles are applicable, i.e., Squire Axgar is also a lord and Countess Savaen is squired to Sir Trinity, but except during formal or specific circumstances, the additional titles are not employed by them in daily usage.

Further Notes: Duke or Duchess, used in the context of this book, indicates a former kingdom monarch (the term Duke or Duchess is also applicable to the reigning noble of a duchy but only during the period of the reign - it is not a permanent title). Grand Duke/Duchess is a person who has held the position of kingdom monarch multiple times. Arch Duke [usually] is an individual who has served 1 & ½ terms as monarch of a kingdom, i.e., assumed the position of monarch by reason of an elected monarch not being able to complete the term of his or her reign. Count or Countess is the term of address for a former kingdom consort. The word 'Dame' is a historically accurate term for a female knight; 'Lady', is a form of address for various positions of honor to include both knighthood

and countess. The positions of page or man-at-arms, since not universally recognized in Amtgard, are not indicated. Likewise, masterhoods are not included.

- * Grand Admiral, RAN (Ret.), is a courtesy title.
- ** Lady Aurora is a knight of her kingdom.
- *** Sir Kahn is a form of address adopted by Caliope to indicate her knightly status.
- **** The term Sirrah is used by Elspeth to designate her knighthood rather than the original [archaic] meaning which was "a contemptuous term of address used, as in anger, to a man."
- ***** Grand Duchess Tawnee is a knight of her kingdom.

INTRODUCTION

I decided to edit a cookbook because I don't like them. Most cookbooks are full of recipes on either how to track down, catch, dispatch, dress, age and cook the left testicle of the East African pygmy ground shrew, or were written by 52 year old Jr. League dropouts and contain painstaking descriptions of how to make, tint, flavor and apply sugar violets to a birthday cake (Ask me if I care! Ask me if anyone cares!). I also suspect that many recipes in cookbooks have not been adequately 'field tested', i.e., they don't work real good! What are too seldom found are good basic recipes that are simple to cook and good to eat, with the major emphasis being not spending any more time cooking than necessary. I like to cook but I like to eat even more.

There is some emphasis in this book on 'why' as well as 'how'. Most people usually do any task better if they have some idea as to why they're doing it.

This is a cookbook (& Etc.) for the basically lazy (make that efficient) Amtgarders who like good food at home and at an event but who don't think spending hours over a hot stove or campfire is some sort of noble sacrifice guaranteed to get them first-in-line status at the Pearly Gates.

All born again masochists stop reading here.

TABLE OF CONTENTS

General Information	Page
Shopping and Storage	1 - 2
The 10 Not So Golden Rules	3 - 4
Bacteria and Other Noxious Beasts	5
Live steel	6 - 8
Abbreviations, Measurements & Terms	9 - 14

Ingredients	
Common Herbs, Spices & Etceteras-	15 - 22
An Amtgard Herbal	23 - 30

Recipes	
Beef (see Roast Beef and Other Beastly Dishes)	
I. Breads	31 - 37
II. Casseroles	38 - 41
Chicken (see Recipes Most Fowl)	
III. Desserts	42 - 50
IV. Drinks	51 - 68
Eggs (see Recipes Most Fowl, i.e., Apprentice Chickens)	
Ham (see Pork-)	
Hors-D'oeuvres (see Miscellaneous)	
V. Legumes and Grains	69 - 71
VI. Magic Elixir	72 - 73
VII. Miscellaneous	74 - 80
Mushrooms (see Miscellaneous)	
Pasta (see Casseroles)	
VIII. Pork, Ham and Sausage (also Swine, Boar, Pig)	81 - 90
IX. Potatoes	91 - 95
X. Puddings	96 - 98
XI. Recipes Most Fowl	99 - 109
XII. Roast Beef & Other Beastly Dishes	110 - 124
XIII. Salads	125 - 128
XIV. Sandwiches	129 - 131
Sausage (see Pork-)	
XV. Soups	132 - 143
XVI. Stir Fry	144 - 145
Turkey (see Recipes Most Fowl)	

Cooking Over a Campfire
Hosting, The Art of
Feasts, General Rules of Thumb

SHOPPING AND STORAGE

Shopping and storage are just as important as cooking; maybe even more so as the first rules are efficiency (make that laziness) and economics. Personally, I hate to shop so, by all the gods you can think of, I am incredibly good at it just so I don't have to do it very often. I am also a cheap S.O.B. and refuse to let anyone, including grocery stores, pick my pocket.

But before you shop you'll need storage and storage containers. If you don't have a freezer, other than that ridiculous little box incorporated in the top of your refrigerator, get one! Buy one used (be careful on this -look it over carefully, bring your own extension cord and test it out or, better yet, buy it from someone you know and trust and then test it *before* you hand over your money!), inherit one from your great aunt, or wait for a good sale of a major brand name. It doesn't have to be huge. Avoid the frost-free feature if possible - it's more expensive to run. Instead simply defrost once a year or so... no big deal. Once you have a freezer (any freezer) keep it full -more energy efficient - and when you get something out of it, don't stand there with the door open contemplating your navel. No matter how attractive your navel is, or how much you enjoy looking at it, the open door reduces the efficiency of the freezer and adds to frost buildup.

Storage containers: Freezer bags, zip-lock types, are easy to use, reusable if washed out between uses and are, if you shop at discount houses and/or buy non-name brands, cheap. Keep your plastic butter tubs - all sizes - and use to store/freeze liquid or semi-liquids. Both the plastic tubs and freezer bags can be labeled with a heavy, black marker. Be sure to label and date. Trust me, two weeks after the fact everything turns into 'mystery meat'. It's a real pain in the butt to defrost what you believe is round steak for dinner only to find you're having cabbage soup instead.

For dry food storage, butter tubs are great as are the huge pickle jars, mayonnaise jars and etc. I prefer glass containers as it's easy to identify contents and a lot of dry food is pretty. I like to look at tall jars of spaghetti noodles, fat jars of rice and old canning jars full of dried beans, dehydrated soup vegies or breakfast cereals. This is not necessarily a silly sentiment. Cooking can be an art form and anything that inspires or enhances that art is worthwhile. **Note:** If you are storing a dry mix of some sort and you need the package recipe to prepare it, cut the recipe out and keep it in the jar also. However the best reason to store in glass (or tightly sealed plastic containers) is that no bugs can get at it; you know those lovely weevils (Yuck), dry food pest* (Garrgh), ants (Icky-poo) or roaches (Ultimate Barf).

There can be problems, however, with the lids of reused glass containers. Washing thoroughly in hot, soapy water with a little chlorine bleach added usually solves the problem. Also, on the 'standard' sizes of jars (pint and quart mayonnaise jars being an example), canning rings and lids can be purchased separately at most grocery stores if you just can't get that lovely, left over smell of pickles, sauerkraut, or B.B.Q. sauce out of the original lids. Trust me, a sauerkrauted lid on a reused jar that you are now using to store brown sugar is a truly disgusting combination.

*Most bugs can be handled by observing ordinary clean-up procedures but dry food pest is pernicious. If you're unlucky enough to have an infestation, you will have to throw out everything in your cupboards except for canned goods. And don't bother calling your local exterminator, bug sprays won't touch these little monsters (don't let your friendly exterminator man tell you any different). Luckily there is a cure and it's called chlorine bleach. After tossing out everything, including your cat yummys and dog

crunchies, thoroughly wash all surfaces of the shelves and then wipe them down with undiluted chlorine bleach - guaranteed cure. Just be careful to make sure the area is well ventilated - chlorine fumes are not an acceptable substitute for oxygen.

Obviously reusable containers are a very clever marketing ploy so watch the pricing. Others, not quite so obvious, can be recycled as storage when emptied. If you're the compulsive type soak the original label off in hot water. Plastic, although not my favorite material, can be better for storing large (and heavy) amounts of food simply because it is a hell of a lot lighter than glass.

One last hint on storage. If you are going to freeze a liquid, first place an open freezer bag in a large butter tub or smallish cardboard box. Fill the bag with the liquid and put it, still in the tub/box, in the freezer. Do not seal the plastic bag yet. When the stuff is frozen remove the bag from the tub or box, squeeze out all the air you can, seal and return the now frozen, tub/box-shaped plastic bag to the freezer. Food frozen into a geometric shape is easier to store. Also if you try to lay a bag of liquid on a grill-type freezer shelf the blasted stuff will tend to ooze through the grills, freeze and remain there until the next time you defrost the freezer.

TEN NOT SO GOLDEN RULES

If a thief were to try and steal your wallet, even though it contained but little, you would defend yourself. What difference to be robbed by a merchant who prices his wares far above their real value?

The reason I use the following so called rules is not because of severe budget restraints, concern for the ecology or religious conviction; it's because not using these basic guidelines is just plain dumb (as in really inefficient). Think about it. Say, for example, you have an uncontrollable lust for a brand name of vanilla yogurt sprinkled with yummie crunchies (I don't but it's a good example) and it's 50 cents a cup. Having consumed all of the yogurt at one sitting you find your addiction to the nauseous stuff unabated and go back next day to the same store to restock only to find the price is now 60 cents a cup. "So, what's a mere 10 cents?", you say. Well, it's a 20 percent increase for one. Bet if you were buying a \$50.00 or \$500.00 dollar item you'd bitch your butt off at a 20 percent increase. The principle is exactly the same for the 50 cents as it is for the \$50 dollars or \$500 dollars. The merchant is charging an unfair price for the goods whether it's a cup of yogurt or a 24 inch television set. Take your business elsewhere.

1. Go shopping when the store is not crowded. Mid-morning or late evening on weekdays and very early morning on weekends is usually best - fewer bratty kids and hysterical housewives.
2. If there is a discount food club or a commercial grocery supply house (which will accept retail customers) by all means shop there, especially for food you normally buy in bulk i.e., flour, sugar, noodles, dried milk, rice, beans, commercial sized packaging items such as pickles, canned pinto beans, spices, barbecue sauce and etc. Beware, however, as some of the items handled by these types of stores are 'name brands' and can be more expensive than the generic stuff at a regular grocery store.
3. Avoid buying brand name products unless they are radically on sale, i.e., the same price or lower than generic or store brands but do not automatically assume that the generic and store brands are necessarily cheaper. You will occasionally be very surprised.
4. Any food you can dry-store or freeze, buy in quantity when at a good sale price even if you don't need it right away. As an example: Ten pounds of hamburger at .59 cents per pound sure beats \$1.79 per pound and can be broken into 1 to 2 pound hunks and frozen for later use as long as you plan to use it within about 2 to 3 months. Also buy meats that are 'reduced for quick sale' but use or freeze immediately.
5. Never buy spices at a grocery store. Expennnnnsive! Always buy in bulk at a food warehouse. Also, surprise - surprise, drug stores and discount houses often have spices at very reasonable prices; not as good as the warehouses but a whole lot better than the regular grocery stores whose proprietors frequently wear a mask and carry a gun whilst 'selling' you spices.

6. Only buy what you will (eventually) use. Even if a whole elephant is a fantastic buy do you seriously think you'll ever use it? See exception, page 164.
7. Store brands/generic brands are generally the only kind of packaged meals or dinners worth the price. Examples are dried potato dinners, rice dinners, macaroni and cheese, etc. Same on basic canned soups such as tomato and cream of pick-a-vegie. Don't buy meat soups as you get massively bent over, price-wise, for about 6, dime sized pieces of meat. Never buy frozen dinners unless you have a severe psychological hang up and really get into being pillaged before you are sacked (~~see~~ PUN #1 ~~see~~).
8. Even if something sounds like a good buy at first glance, be sure to check out the per pound price. The cost per pound of beef jerky can cause nosebleeds. Same with chips - obscene! If you're like me and mathematically retarded, take a pocket calculator or a math whiz genius-type with you when you go shopping.
9. Beware store-wide sales. I guarantee most people will buy 10 non-sale items for every 3 sale items. I also guarantee the non-sale item prices will be jacked up by 10 to 20 percent. Your grocery bill will actually end up higher if you fall for this. **Solution:** Beat them at their own game and buy only what's on sale, thumb your nose at the manager, then get the rest of your stuff at some other store.
10. Never shop when you're hungry - you'll end up buying out the store.

BACTERIA AND OTHER NOXIOUS BEASTS

What can I say? Food and the preparation thereof is one of the easiest ways of passing on various and sundry yucky things. Everyone knows that if the canned stuff bulges or the fresh stuff smells bad you don't use it. Likewise it's common knowledge that pork must be well done, vegies should be washed before cooking or eating and the Thanksgiving turkey should not be left out overnight. However there are some additional pitfalls that are easy to fall in to. For instance, how about the cutting board? If it's one of the modern plastic types, there's not much danger but the wooden types can harbor some really nasty beasts, especially if you use one to cut fresh meat. A good rule is to immediately wash the wooden board after cutting meat. Since I'm lazy, I make a habit of adding a squirt of regular, old chlorine bleach as well as detergent to the dish water. I wash off the cutting board with this combination, rinse it then let it air dry and bacteria be gone. This also has the added benefit of producing clean hands and fingernails - always a notable plus whether at home or at an event.

While I'm at it, allow me to comment on a rather delicate subject, to wit: Always wash your hands thoroughly after visiting (and presumably utilizing) the little persons' room. This can be awkward at an event but, again, a pan of hot and soapy water, with that little dash of chlorine bleach added, can help prevent a myriad of gastrointestinal upsets not to mention some really serious illnesses such as typhoid fever, salmonella and etc.

LIVE STEEL AND OTHER LOVELY WEAPONS

Maybe it's an aberration but I have a fascination for knives. More to the point, I have a lust for the proper tool for whatever project upon which I am embarked. Since most Amtgarders are likewise enamored of good swords/knives it is not inappropriate to insert a few words on kitchen knives.

The same general construction rules hold true for kitchen knives as for those whose use is perhaps a bit more historically aggressive.

Number one, the knife should have a continuous tang, that is a tang which extends entirely through the haft or handle of the knife. Anything other than this mode of construction guarantees a knife (other than pocket knives) which is cheaply made and which will not give good use. **Note:** Like most worthy tools, a good knife can seldom be had for less than a good price. Be prepared to pay for what you get and then take damned good care of it.

Number two, the handle of the knife should be of a dense wood (rosewood is a good example) or of horn or plastic and be solidly riveted to the tang. **Note:** No knife should be washed in a dishwasher nor allowed to soak in dishwater for any period of time - not good for the blade or the handle.

Number three, many modern knives are made of stainless steel although carbon steel knives are readily available. The advantage of stainless steel is of course that it will not rust - disadvantage is that stainless steel is harder to sharpen and a good stainless steel or serrated knife is never quite as sharp as a good carbon steel or non-serrated knife. Carbon steel knives are much easier to sharpen but must be thoroughly dried immediately after washing to avoid rusting and pitting. In any event a knife sharpening system is pretty much essential for all knives other than the serrated, never-need-sharpening types. My suggestion is to visit a good knife shop and pick their brains on the basics of knife sharpening - it's not difficult to do once you've learned the basic principles.

Basic Kitchen Knives

First and foremost is the chef's knife. This is a basic investment and can be used for most food preparation functions from slicing meat to mincing vegetables. It comes in sizes medium to aggressive.

The second most handy knife is the vegetable or paring knife for use in preparing smaller food items. A filleting knife is also a good investment for those of us who prefer to de-bone our own chicken, beef, pork and fish rather than paying premium prices to the local butcher.

The bread knife is a must for any of us who consistently bake bread. In appearance it is relatively long, non-tapered and has a serrated edge. This little beauty allows you to literally saw the bread in order to produce nice, uniform, non-squished slices. **Note:** A bread knife is also handy for slicing semi-rigid foam if you're engaged in Amtgard weapon smithing.

There are of course many other more specialized knives to include tourne knives, cleavers and etc. Depending on your recipe preferences/requirements you can probably find just the right knife for whatever job you have in mind.

So why do you need a sharp knife? The old wives tale is that, if you cut yourself, a sharp knife leaves a 'clean' cut rather than a ragged cut and will heal easier. Possibly. The more likely reason is that a sharp knife requires much less pressure to perform its function and hence you are less likely to exert the force that will result in cutting yourself.

Important: Use common sense whenever you are using a knife - they are not toys. Be careful when you give one to another person to use. Don't hand the knife over but rather lay the knife down and allow the other person to pick it up. Don't lay down a knife with it's edge or point extending over a counter or table. Use some intelligence when washing or storing knives. Don't just dump them into soapy dishwater with the rest of the crockery - good way to slash a hand. Store them blade down if in a drawer or, better yet, use a knife holder (block or magnetic strip) to avoid accidents.

Specialized and/or downright weird cutting tools

A vegetable or rotary peeler is almost a necessity if you are into peeling potatoes or other root vegetables. They're inexpensive, most grocery stores carry them and they seem to last forever.

Egg slicers, food graters and cheese slicers are also big time savers and of course saving time is as important as anything else in cooking. I guess if you had to you could peel a potato with a chef's knife or de-bone a chicken with a paring knife but I wouldn't want to - sort of like using a screw driver to hammer in a nail (or visa versa). Like any other endeavor, having the right tools makes the job easier.

Cleavers are also kind of cool. Handy when cutting up large pieces of meat or separating bones and you can also use the flat edge to beat garlic into submission or convince a fillet mignon that it should be round rather than amorphous in shape.

Saws can be used to cut soup bones into manageable sizes, slice frozen rolls or cut other frozen foods into the portions required. Special food saws are available but they are nothing more than hacksaws which you can buy at any hardware store for a fraction of the price you will pay at a specialty store. The only proviso is that you must be very careful to clean and dry the saw and blade after using - especially when using on bone and or meat.

A food grinder is in essence also a cutting tool and quite frankly I don't know how anyone can prepare some foods without one. I'm a proponent of hand driven kitchen equipment (electric can openers are possibly the most ludicrous implement on the face of this earth). After much seeking and searching I located an arm powered food grinder at a flea market for about \$18.00 but they can also be purchased from kitchen specialty catalogs at a average price of \$35.00 to \$50.00. All of that left over chicken, ham, roast beef and pork suddenly becomes the primary ingredient for spreads, pates, meatballs and etc. if you have access to a food grinder. Food grinders are also invaluable for grinding up nuts, various root vegetables, stale bread, hard cheeses and etc. and will save you a bundle over buying pre-ground ingredients. If you're really into it, most grinders have separate attachments available with which you can stuff your own sausage.

Speaking of can openers, there is one on the market for about \$7.00 which carries some ludicrous guarantee (something like 10 years) under the name of SWING-A-WAY® and it will indeed open cans almost effortlessly and last about 10 years if treated with a bit of consideration, i.e., don't let it soak in

soapy water but rather rinse and dry immediately after using. Some of the larger kitchen-linens stores will carry it but don't expect to find one in your local grocery store.

There are of course a myriad of other specialized kitchen tools and you probably have some of them. I guess it all depends on what kind of cooking you do as to what type of tools you need. A good rule of thumb would be to be aware of how much time you spend creating recipes. If you find yourself investing inordinate amounts of time and/or energy 'making do' with basic tools then it might be time to do some research and discover the specialized tool that will exactly fit your requirements. The New Professional Chef is a good source and most libraries should be able to provide it for your use.

ABBREVIATIONS, MEASUREMENTS AND TERMS

Abbreviations:	tsp.	=	teaspoon
	tblsp.	=	tablespoon
	oz.	=	ounce
	lb.	=	pound
	cp.	=	cup
	pt.	=	pint
	qt.	=	quart
	gal.	=	gallon

Some fluid and dry measurements common to cooking

There are of course several hundreds more units of measurement than the few listed but bushels, pecks, gills, litres, drams, metric tons and yards do not really apply unless you are either English or cooking a sperm whale.

1 tsp. (teaspoon)	=	1/3 tblsp.
1 tblsp.	=	3 tsp. or 1/2 oz.
1 oz.	=	2 tblsp. or 1/8 cp.
4 tblsp.	=	1/4 cup
1 cp.	=	8 oz.
2 cp.	=	1 pt.
4 cp.	=	1 qt.
16 cp.	=	1 gal.
1 ltr. (liter or litre)	=	4 & 1/4 eps (Actually 4.253 eps. if you get picky)
1 lb. (pound)	=	16 oz. or .454 kilos (kilograms)
1 kilo	=	2.2 lbs.

Common can sizes

No. 300	=	14 to 16 oz.
No. 303	=	16 to 17 oz.
No. 2	=	1 lb., 4 oz.
No. 3	=	46 oz.

Miscellaneous measurements

1 stick of butter	=	1/4 pound or 8 tblsp.
Condensed milk	=	13 fluid oz. (the usual or regular size, not those mini cans)
Canned soup	=	15 & 1/2 oz. (usual or regular size)

Terms: There is a language in cooking, just as for any specialized endeavor. For example a cook and a garber would not necessarily use the same definition of the words fold or baste. The following doesn't even approach a comprehensive list of definitions for cooking terms and equipment but it will help you out on the recipes contained in this particular cook book.

Add: Just what it sounds like - the exact opposite of subtract. It is usually impossible to subtract an ingredient once it has been added with the possible exception of adding a whole, raw potato to an over-salted stew - the potato will absorb some of the excess salt.

Adjust as in 'adjust seasoning to taste': To add additional or different seasonings, after the onset of cooking, according to what you think tastes good. This is a lovely phrase as it nicely ambiguous and can mean almost anything (This is also why 'to taste' is used so often in this cook book).

Air-lock: A device inserted in the narrow neck of a bottle (a carboy) containing a liquid which allows gasses to escape but prevents air (or contaminants) from entering. Used in brewing beer and fermenting wine. **Note:** Water is the usual liquid used in a lock but 80 proof vodka works as well and has the additional virtue of inhibiting or killing off bacteria and molds.

A la mode: Literally: "in the mode of." Made or served in a certain style. American English has more or less corrupted this to mean 'served with ice cream'. (Alamode is also a thin, shiny silk material but since I've never heard of it being used in a recipe, we'll not go into it here.)

Al dente: To cook until just done. Firm to the bite; chewy not soft.

Aluminum: An easily worked and abundant metal commonly used for pots, pans and other kitchen implements. An excellent conductor of heat but, unless anodized or treated, tends to react with foods and produce an off color or taste.

Au jus: A French term meaning meat served with the juices (fat removed) produced by its cooking - not a gravy made from the juices.

Bard: 1) Always an unpopular class on the fighting field. 2) Occasionally a popular class off the fighting field. 3) To lay or insert strips of fatty substances into meats which tend to become dry during the roasting process. **Note:** With the possible exception of bacon, barding (salt pork, lard strips, etc.) should be discarded or fed to the dog after serving its purpose. Come to think of it, I've heard some bards that should have been roasted and fed to the dogs.

Base: Usually a portion of a recipe which is prepared in advance of adding additional ingredients. Examples would be making a custard base for a pie and refrigerating it to set before adding a fruit topping or making chicken stock or aspic and using as a base for various soups or sauces.

Baste: To spoon, pour or brush flavored liquids over an item, commonly over roasting or grilling meats.

Batter: A mixture of dry and wet ingredients such as cake batter or pancake batter. Batter will pour whereas dough will not and that is the primary difference between the two terms.

Beat: To mix a substance or substances in order to make them homogenous and/or to add air to them in order to increase volume. Examples are 1) to beat eggs until yolks and whites are thoroughly mixed - the resultant fluid should be a light yellow and frothy, or 2) to beat a batter until you have one new and lighter product rather than a collection of different substances. Often used interchangeably with the term whip.

Blanch: In cooking, to scald with hot water vegetables or nuts either to remove the skin or preparatory to freezing.

Blister: When air pockets form just under the skin of the dough toward the finish of the kneading process. See also 'cloak' - Easy White Bread, Page 31.

Braise: To cook meat by browning in fat and then simmering in a covered pan with a little liquid.

Brown: 1) To start cooking an ingredient, commonly meat or raw potatoes, in oil in a frying pan, in order to produce a brown surface. The cooking process is usually completed at a lower heat setting. 2) To produce a brown surface on baked breads, pastries or meat cooked in an oven.

Camp: 1) To remove oneself from the amenities of civilization in order to prepare ordinary foods which somehow taste as though they were prepared by a master chef (vulcanized eggs and greasy bacon are classic examples). 2) Any object or pursuit which is slightly tacky but considered stylish or in the vogue. (Come to think of it, these definitions are almost the same.)

Carboy or Carbouy: A large (5 to 10 gal., plus) narrow necked glass jar commonly employed for brewing spiritus fermenti (wine, beer, ale, mead, etc.).

Cast Iron (Pots, pans, griddles, etc.): Cast iron is a hard, unmalleable alloy of iron formed by casting. It contains a high proportion of carbon and silicon, has low tensile strength, and is very fluid and fusible when molten. The most negative sides of cookware made of cast iron are its low tensile strength (see description immediately preceding) and its tendency to rust. Don't drop it or hit it with a hammer in a fit of rage or leave it wet after washing. Cast iron vessels are also heavy and must be carefully seasoned prior to use. Care must be taken when cleaning them - abrasives are no-no's. However, on the plus side, they conduct heat very well, retain heat longer than other alloys and are virtually stick proof when properly seasoned. If you consistently use them to cook your food you will never have to take an iron supplement and, no, I'm not putting you on.

Chop: 1) To cut an ingredient into small but not fine pieces. Some recipes will identify the size into which the ingredient should be chopped as in "chop the meat into bite-sized pieces" but usually a size of about 1/2 inch by 1/2 inch is understood. 2) In lamb or pork, a tender cut from the loin portion of the animal.

Clarify: To make or become clear and free from impurities. Said especially of liquids as in to clarify butter via heat or to clarify a cordial by means of allowing non liquid ingredients to settle to the bottom then straining the cordial through cloth to completely remove all sediments.

Clean, as in "to clean the sides of the bowl": Typically to add liquid to a dough just until the dough adheres to itself rather than to the sides of the mixing bowl, i.e., the sides of the bowl are clean of dough.

Cloak: See blister.

Cloved: To insert whole cloves into the surface of a food item as a whole ham, for the purpose of flavoring the meat, or into an orange for the purpose of flavoring a kiss.

Colander: A bowl shaped container which is perforated by many small holes and used as a coarse strainer or to rinse ingredients such as salad vegetables. Colanders are commonly made of aluminum or stainless steel and are usually footed.

Cut as in 'cut shortening into flour': To combine a shortening or similar fat with a flour so as to cut the shortening into small lumps and distribute evenly throughout the flour prior to adding water or other liquid. A pastry blender is the implement of choice for this procedure.

Dash: A generalized measurement, usually of spices, which closely resembles the ubiquitous 'pinch'. The only difference between the two terms that I can see is that a dash is usually added to the recipe directly from its container rather than being 'pinched' between the thumb and forefinger. In any event, it means a very small amount of whatever.

Deglaze: To add a small amount of water to a pan just used to brown or sear an ingredient in order to scavenge the tasty brown goodies left in the pan and produce a liquid which is then added to the basic recipe, commonly to stock or soup.

Desicate: To preserve food by drying.

Double Boiler: A specialized piece of cookware consisting of two pots, one of which fits in and above the other, which allows water to be boiled in the lower pot in order for foods in the upper pot to cook without coming in direct contact with the heat source. A really sexy double boiler will also come with a third pot which is perforated and allows you to steam vegetables, rehydrate stale rolls and etc. Good double boilers are made of stainless steel and you pay for what you get.

Dredge: 1) To coat an ingredient with a light coating of a dry mixture - commonly uncooked meat dredged with flour, or 2) To drag the bottom of an area, usually liquid in nature but not always, in order to retrieve something of use or value or to remove an obstruction.

Drudge: 1) As an adjective, commonly used with the noun 'work' and indicating a task that is repetitive, boring and frequently dirty. 2) A poor soul who is designated to perform the task(s) in example 1).

A practice sentence using the various meanings of the words 'dredge' and 'drudge': I had to search the entire camp in order to dredge up a drudge to do the drudge work of dredging 45 pounds of stew meat.

Fold: To very gently mix one ingredient with another being sure not to deflate or degrade the ingredients. Examples would be to fold in whipped egg whites into a batter or base so that the whites lose little or none of their fluffiness or to fold in chocolate chips into a cookie or cake dough so that the chips are not broken up but remain intact.

Grate: 1) To firmly rub, repetitively, an ingredient such as cabbage, onion or cheese, against the surface of a food grater to produce very small, uniform pieces. 2) When at an event, what rap music does on your nerves.

Knead: To continuously fold* toward you and push away from you a dough when preparing bread (see page 31 for actual technique).

*this time the term 'fold' is used exactly as for garbing)

Lard, to: To insert, with a larding needle, strips of fat (lardon or lardoon) into meats to compensate for the meat's lack thereof. This is commonly done with wild game which is often deficient in fat.

Masher, aka potato masher: A tool used to mash cooked vegetables, usually potatoes or other root vegetables. It has a handle at one end and a coarse, flat and heavy grid at the other and is used in a vertical motion.

Measuring cup(s): Come in several styles. A 2 cup is handy for measuring large amounts and is usually graduated into fractions of 1 cup as well as liters and ounces. Individual measuring (cup) sets usually come in ¼ cup, ⅓ cup, ½ cup and 1 cup sizes - those with long handles are easiest to use.

Measuring spoons: The best sets have the following measurements: 1/8 tsp., ¼ tsp., ½ tsp., 1 tsp., ½ tblsp. and 1 tblsp. When following an exact recipe, any substance measured in a spoon should be leveled to the edges of the spoon - not rounded, unless so specified.

Mince: Similar to 'chop' but a much finer product. A good rule of thumb is that if an ingredient is chopped you would measure it in a cup, if it is minced you would measure it in a teaspoon.

Nuke: If you do not know the meaning of this term, you are obviously a time traveler from the 19th century.

Pan broil: To cook, as steak, in a hot frying pan without using or allowing the accumulation of grease during the cooking process. See page 120, Pan Broiled Steak, for a detailed explanation.

Parboil: To partially pre-cook an ingredient, usually vegetables in boiling water, before continuing the cooking process using a different technique or prior to freezing some types of vegetables.

Paste: In a sense this term can be used identically as the term 'base' in that it is a pre-mixed, pre-prepared substance used thereafter in another recipe or another part of the same recipe. The term is

illustrated in the recipe for Northwest Passage. In substance a paste resembles its name, i.e., thick and pasty.

Pastry cloth: A washable, light canvas type cloth upon which pastry is rolled out. When sprinkled with flour, a pastry cloth prevents sticking. Also useful in transferring a delicate pastry dough to another surface or container.

Pepper: As a verb, to scatter ground or cracked spices [often including pepper] over the top of a food. The term is usually associated with spicing meats before cooking as in "pepper the steak lightly with steak seasoning before grilling."

Pinch: 1) A general measurement term indicating the amount of a substance, usually salt or ground spices, that you can pinch between your thumb and forefinger. If you have unusually small or incredibly big hands get out a 1/8 tsp. measuring spoon and figure that a pinch is somewhat less. 2) What you probably don't want to do to someone's fanny on first making their acquaintance unless you're Italian.

Plump: To immerse a dessicated ingredient in a liquid until rehydrated. Soaking dried apples, dessicated vegetables, raisins, etc. would be good examples. See also soak.

Poach (as in eggs): There are two ways of poaching eggs. One is to be lazy (everyone raise your hands now) and buy an egg poacher. All the egg poacher is is a specialized lidded, double boiler with little, egg sized removable 'pans' which are held, via a holed template, over the rest of the pan in which water is boiled. The eggs are not in but rather suspended, via the cute little pots, over the boiling water. Eggs can also be poached directly in boiling water (Bring water to a boil, stir vigorously until it forms a 'whirlpool' and immediately crack an egg into the whirlpool. Continue to cook for about 3 minutes).

Press, as in 'garlic press': A small, hinged device comprised of a piston or press on one side which fits into a bed or box on the other side which is pierced by small holes. It rather resembles an aggressive pair of pliers and its purpose in life is to squeeze the life out of a peeled garlic clove and transform the garlic into a paste-like consistency. It is similar in function, but not in size, to a potato ricer.

Rack: 1) To draw off wine, cider, mead, etc., from the dregs or lees. 2) A footed grill placed in the bottom of a roasting pan used to hold meats clear of liquids and fats resulting from the cooking process. 3) A footed grate upon which baked goods can be placed to facilitate the cooling process. 4) A vulgar term frequently heard on the battlefield that means to apply sudden force to a vulnerable portion of the opponent's anatomy which, for the sake of delicacy and propriety, we shall not specifically identify in this description. 5) A mediaeval instrument of torture.

Reduce: 1) To lower the degree of heat being applied in a cooking process. 2) To condense a liquid through evaporation of the water content by simmering in an uncovered pot or pan.

Render: Commonly, to render fats by cubing fat and, with the addition of a small amount of water, cooking the fat slowly in a pan until the fat liquefies. Note: The 'chitlings', or left over solid pieces, can be then used as a garnish or in salads.

Reserve: 1) To set aside a pre-prepared ingredient for later inclusion in a recipe. 2) Where you put a Native American when you can't figure out what else to do with him.

Ricer, as in potato ricer: Similar in function to a garlic press but much larger.

Salt: Used as a verb: to scatter [over a food] a finely ground substance or seasoning.

Saute: To cook an ingredient, usually a vegetable or a meat, in a small amount of oil or butter over medium to medium-high heat until tender but not browned.

Scald: To bring [milk] to a temperature of 212 degrees (just before it boils). Originally a safety measure to destroy bacteria - to quote Shakespeare, "Like a rich armor worn in heat of day, That scalds with safety-." In the modern world, with the advent of pasteurized milk, used more to hasten or improve a food process, as when scalding milk used to make bread dough.

Sear: To quickly brown and seal the surface of meat in a pan, over very high heat usually prior to reducing the heat and continuing to cook. Pan broiled steaks require searing as do pot roasts and stuffed flank steaks.

Simmer: To [continue] to cook foods in a pan or pot in a moist environment, some times covered with a lid, by reducing to low heat until done or tenderized.

Skimmer: Resembles a flat spoon with small slots or holes and has a long handle. It is used to skim undesired substances or froth out of cooking food - boiling meats is a classic example.

Slotted Spoon: Somewhat similar to a skimmer and, although it can be used for the same purpose, it is more commonly used to remove solid ingredients from a liquid.

Smell: A very important sense when you are engaged in cooking as cooking times are usually approximate due to vagaries in oven heat, altitude and cooking containers. Oft times your sense of smell will tell you when a dish is ready to remove from the heat. An important sense when cooking over a camp fire.

Soak: Similar in definition to plump except the rehydrating process is not always carried to completion.

Soften: To increase malleability of a substance but not melt, by allowing to warm to room temperature.

Spatula: When is a spatula not a spatula? What most of us call a spatula is, in reality, a pancake turner. A true spatula is much longer, narrower and not slotted. In this book, the term spatula actually describes a pancake turner.

Steam: To cook with steam, i.e. with water converted to vapor via being raised to the boiling point. At high altitudes the steaming process is not going to be as efficient as at sea level and will take longer.

Toss: To lightly mix ingredients, as in to toss a salad. Used in reference with any combination of foods which are leafy, delicate or bulky in nature and you do not want the size or quality of the ingredients changed or degraded.

Turn out: Commonly to invert a bowl, thereby transferring the contents onto a surface as to turn out bread dough onto a floured pastry cloth.

Vent: Slits cut into the middle portion of a pie pastry that allow steam and juices to vent from the top of the pie rather than down the sides and all over your clean oven.

Very Hot Water: The hottest water you can obtain from your kitchen faucet, about 140 degrees. Specifically used in reference to dissolving yeast in water.

Very Warm Water: Noticeably warmer than body temperature (98.6 degrees), but not hot - about 100 degrees or so.

Viscous: Having a cohesive and sticky fluid consistency. **Viscosity:** The internal friction of a liquid caused by molecular attraction which makes it resist a tendency to flow. An example would be dray white wine - non-viscous, cordial - semi-viscous, honey - very viscous.

Well: A well is a depression or hole that you form in a dry substance such as flour and into which you drop a liquid or semi-liquid, such as eggs, prior to mixing all substances together.

Whip: To add air to a substance, commonly egg whites or whipping cream, so as to increase the volume and decrease the density of the substance. A whisk or rotary beater is the implement of choice for this process.

Whisk: A tool resembling a hot air balloon (but smaller) made of wire and with a handle. Commonly used to beat eggs or whipping cream or to mix any liquid and avoid lumps, as in gravy.

COMMON HERBS, FRUITS, VEGETABLES, SPICES (& ETCETERAS) AND A FEW OF THEIR USES

Spices and Herbs: In today's society we use spices and herbs primarily to add flavor to food but back in the 'bad old days', before the advent of canning, refrigeration, dietary supplements, drug stores, supermarkets and wonder drugs, spices were important sources of vitamins, trace minerals, medicines, and preservatives as well as additives to ointments, wines, beers, oils, and perfumes. Some spices, such as peppercorns, were originally so rare and valuable that they were used as a medium of exchange (read: money) or as a money standard just like the gold and silver standards of more modern times. (In Europe, the price of black pepper was fixed at its own weight in gold for several centuries.) Teas of rose hips helped prevent scurvy, various green herbs provided vital trace elements (iron, potassium, etc.), the cadmium layer of willow bark, steeped as a tea, cured a barbarian's headache, and pepper (as well as salt) was used either to preserve meats or to disguise the taste of spoiled meats (gross, but true). The history and uses of herbs and spices is interesting, exhaustive, ancient and, if you're intent on becoming knowledgeable, there are a myriad of sources for your enlightenment and entertainment - a local library is a good place to start (See also An Amtgard Herbal beginning on page 23).

The following is by no means a complete list of available spices, herbs and etceteras but rather those you will find used in the recipes contained in this book. Note: Some of the etceteras listed are unabashedly French but don't be intimidated, the French (even French chefs) put on their pants the same way you do - one leg at a time.

Apple: Any of the fruit from the (genus *Malus*) trees. Apples come in hundreds of varieties some of which are more suitable to cooking rather than eating raw, i.e., Red Delicious are commonly thought of as an eating apple whereas MacIntosh, Jonathan and Yellow Delicious are more often used for cooking.

Aspic: A clear liquid made from meat and bones which is reduced by simmering, clarifying and straining before being cooled to its jellied state. The jell quality of the product is frequently enhanced by adding calves feet or scraped chicken feet during the simmering stage or by the inclusion of commercially prepared unflavored gelatin.

Baking

Powder:* A leavening agent that raises dough by the gas carbon dioxide which is produced when baking soda and acid react in the presence of water.

Baking

Soda:* Sodium bicarbonate - used as a leavening agent in non-acid food recipes.

*Some recipes will 'copper their bets' and use both ingredients, i.e., they have both acid and non-acid ingredients.

Basil: Comes in several varieties but the one most commonly found in local stores will be sweet basil. Often used in spaghetti sauces, herbed butters, tomato or bean soups, marinades, salad dressings and wild game. Adds an interesting taste to eggs.

Bay: From the laurel tree and should be used with care as it is strong, bitter and pungent. Used in a similar fashion as basil. One medium sized leaf is excellent when used in preparing chicken stock. Much stronger if the leaf is crushed rather than used whole.

Boc or Bock: A Bavarian dialectical pronunciation of Einbecker bier (from Einbeck, Hanover, where it was first brewed). It is a dark beer traditionally drunk in the early spring.

Bouquet

Garni: A combination of aromatic ingredients used to flavor stocks, soups, stews and etc. The standard is, for 1 gal. of liquid, 1 celery stalk, 1 sprig of fresh thyme, 2 or 3 parsley stems, 1 medium bay leaf and 2 or 3 leek leaves. Bouquet Garni is always discarded after "doing its thing".

Cabbage: (*Brassica leracea capitata*) Related to the mustard family and comes in many varieties the most common of which are the light green and purple types with which most of us are familiar. A good keeper when refrigerated. However, the elegant French term "mon petit chou" (my little cabbage) does not refer to your dinner but rather your girlfriend.

Caper: The word caper always sounds frisky to me and the taste is similar. Excellent in salad dressings and marinades. Capers are actually the flower buds of *Capparis spinosa*.

Carrageen: A purplish, edible seaweed (*Chrodium crispus*) found on the rocky shores of Northern Europe and North America. Used in jellies, lotions, medicines, and of course, some mead recipes. Also known as Irish Moss.

Cardamom: Related to ginger. The seed capsule or seed is used as for cinnamon and cloves. If ground it should be used immediately as there is a great loss of flavor. Also used in sauces and pickles. Note: 1 pod is delicious when brewed with coffee.

Celery: Fresh stalks and leaves always available at local grocers. Seeds are also available in the spice section but should be used with care as they can be bitter. Fresh celery can be used in salads, stuffed with flavored cream cheese, added to stews, soups and dressings for chicken, turkey, beef and pork. Celery goes well with most dishes calling for tomatoes. The innermost stalks are tender, the outermost are more coarse and stronger in taste. The leaves at the end of the individual stalk are very strong and ideal for when you want a strong celery taste without a lot of bulk.

Chocolate: Produced from cocoa beans and commonly used as a drink or in sweets.

Cinnamon: This is actually the bark of the Cassia cinnamon tree. Used to flavor hot drinks in stick form and desserts when ground or powdered. Surprisingly enough, cinnamon is an ingredient in many pickles, ketchup and barbecue recipes. Along with cloves, cinnamon always smells like Christmas to me. Also used in potpourris.

Chives: Tastes like very mild onion and is very good in lightly flavored soups and mixed with sour cream or cottage cheese. *Allium schoenoprasum*: a member of the lily family and closely related to onions.

Cilantro: A variety of parsley frequently used in Mexican cooking. Goes very well with cooked pinto beans and is a required ingredient for chili salsa. When used fresh it is much stronger per volume than the dried form; as are most herbs.

Cloves: The most important use of cloves is, of course, in cloved oranges but they are also used to stud hams, in hot drinks, pickles and for potpourris. Ground cloves are frequently used in cookies, cakes, pies, puddings, and drinks such as eggnog. Some people use ground cloves in meat and vegetable dishes but I have never quite figured out why. Good used in potpourris.

Condensed

Milk: A canned milk which has been reduced to ½ of the water content and sugar added. Use of condensed milk dates from the American Civil War era. Shelf life is 6 months.

- Crab Apples:** Small, very sour apples (genus *Malus*- same as 'regular' apples) are very high in pectin and often combined with other fruits when making jellies and preserves.
- Cumin:** A small plant (*Cuminum cyminum*) the aromatic fruits of which are used for flavoring pickles, soups, etc.
- Dill:** Dried dill seeds are used frequently in salad dressings and with fish recipes. Taste is very sharp, so go easy with it. Also used in canning cucumbers, i.e., the dill, or dilled, pickle.
- Evaporated Milk:** A canned milk which has been reduced to less than 60% of its moisture content. Shelf life is as for condensed milk. Evaporated milk can be whipped (condensed cannot). Just chill 1 can for a day, add 3 tblsp. lemon juice and whip until stiff. It will whip to 3 times its original volume.
- Fat:** An animal product as opposed to oils which are usually vegetable based. Fats include lard and butter. Contrary to modern propaganda, fats should not automatically be considered as evil and deleterious to one's health. Proper metabolization of fat depends greatly on a person's genetic heritage and, as importantly, on life-style. Certain African peoples subsist on a diet consisting primarily of blood and milk (and this is milk with all the "evil" butter fat left in it, not the anaemic stuff you and I buy at the local grocers), and the tribe I'm speaking of, the Masai, have unusually low cholesterol counts and no evidence of arteriosclerosis has been found in these individuals - genetics and life-style. Of course, now that civilization and the attendant junk foods are encroaching on Kenya and Tanganyika, no one knows what the physical results will be - probably not all good.
- Fillet:** A boneless cut of meat, fish, or poultry. (Fillet Mignon: Cut from the tenderloin portion of beef. In French: darling steak.)
- Flour:** Grain finely ground into a powder as opposed to whole grains, cracked grains, meals and cereals. Unless otherwise specified, all flour used in recipes in this book refer to all-purpose, bleached wheat flour.
- Garlic:** As far as I'm concerned garlic is the spice of the gods. No matter in what form you use it, either fresh (sliced, diced, pressed, or whole), dried chunks, preserved, pastes, or powdered, garlic adds a delicious character to meats, salad dressings, stews, soups, lentils, sausage, sauces, salads, vegetables and etc. Just be sure to add it to any dish in small amounts and let the food absorb the taste before you decide another couple of handfuls would be even better. Like onions, garlic, *Allium sativum*, is another member of the lily family.
- There are many claims for the medicinal properties of garlic currently under investigation. Research into folklore seems to indicate that the enthusiastic ingestion of garlic discourages some intestinal parasites (read: worms). If this is the case the vampire population is in big trouble.
- Gel:** A jelly-like substance formed by the coagulation of a colloidal solution into a solid phase.
- Gelatin:** 1) A tasteless, odorless substance extracted by boiling bones, hoofs and animal tissues.
2) A vegetable substance which dissolves in hot water, forms a jelly-like substance when cooled and is used in the preparation of various foods.
- Ginger:** The rootstalk of the *Zingiber officinale* plant. Comes in several forms, i.e., crystallized, whole [cracked] or ground. The crystallized form is considered a confection, cracked

ginger is frequently used in pickles and chutneys and the ground form is a common ingredient in some baked goods as well as for meat and fish.

Glycerine,

(food grade): An odorless, colorless, syrupy liquid prepared by the hydrolysis of fats and oils. **Note:** Do not use any glycerine other than that specifically labeled 'food grade'. Difficult or impossible to find at a regular grocery store, food grade glycerine, commonly called 'finishing formula', can be purchased from shops specializing in wine and cordial supplies. At about \$4.00 for 4 ounces, it's not especially cheap but a little goes a long way.

Hamburger: Literally, ground beef. The name comes from Hamburg, a seaport in north west Germany on the Elbe River. Originally: Hamburg steak. Comes in several degrees of fat content ranging from 70% to 90% lean. **Note:** The 90% lean is typically dry, tasteless and tough and the 70% very greasy. Your best bet is 80% lean for most recipes.

Hops: *Humulus lupulus*, a member of the hemp family. The dried ripe cones of the female flowers are used for treating [as a preservative] and flavoring beer and ale. The term "to hop up", as in hopping up a car, comes from the archaic use of the words hopped or hopping: to stimulate by or as by a drug.

Horseradish: It's my theory that the reason this is called horseradish is that the term **whoa** should always accompany its use in cooking - very strong and pungent! Can be purchased fresh in the root form or by the jar, either ground and preserved in vinegar or mixed with a mayonnaise-like base. A good addition to beef and ham sandwiches to include hamburgers. Also makes a good dip for fresh vegetables when mixed with cream cheese or sour cream.

Irish Moss: See carrageen.

Lard: Pig fat, melted down and clarified to become soft, white and solid. Cholesterolphobic's opinions notwithstanding, lard still makes the best pie crust and tortillas made with vegetable based shortening just don't quite taste like real tortillas.

Leaven: A substance which gives foods a light, airy texture. Baking soda and baking powder are chemical leavens and fast acting. Yeast leavens by the process of fermentation and is comparatively slow acting.

Lees: Dregs or sediment, as in wine.

Lemons

and Limes: Both members of the Citrus family, *Citrus limon* and *Citrus aurantifolia* respectively. The fruit comes from semi-tropical trees, are good sources of vitamin C, have good storage qualities and are similar in taste and use. **Trivia:** British sailors used lime juice to prevent scurvy, a disease which resulted from vitamin C deficiency. Hence the modern term 'Limey' for an Englishman.

Mace: 1) The ground, outer covering of nutmeg. 2) An armor-breaking club with a spiked metal head. 3) A chemical compound, usually in aerosol form which can be used against a person wielding definition number 2)

Malt: Sugar extracted from grains and used in brewing ale, beer, etc.

Marjoram: Similar in taste to sage but not as strong. Can be used as sage when you want a milder taste as with chicken, eggs, fish or in herb breads.

Mint: There are over 25 varieties (lemon mint, peppermint, applemint, spearmint, even chocolate mint, etc., etc.) and most are commonly used in desserts, cordials, candies, potpourris, steeped for a tea or, in the case of cat mint (cat nip), to titillate your cat.

- Mirepox:** Used as for bouquet garni and consisting of 2 parts chopped onion to 1 part each of celery and carrot. Discarded after imparting its flavor to the cooked foods.
- Mold:** According to Webster's, a furry growth on the surface of organic matter caused by fungi in the presence of dampness or decay. According to cooks, what you don't want to find on anything you are planning to eat with the possible exception of Bleu or Roquefort cheese.
- Mother:** When used in reference to making wine and prior to the fermenting process, the fruit, grapes, etc. (the mother of the wine) from which you make the wine. The mother is discarded after fermentation is complete. See also, wort and must.
- Mushroom:** A type of fungus, consisting of a stem and cap. Heavily cultivated commercially, they are also available in the wild, however care must be taken to harvest only the non-poisonous types (pay attention to the Beware Toadstool signs). Truffles are an underground fungus and are considered a delicacy for some strange reason. **Trivia:** Truffles are not a cultivated crop; they grow in the wild in Europe. Since the little devils grow underground, they are impossible to see. Truffle harvesters use trained pigs or dogs to locate the lurking truffle by scent. Originally, only pigs were employed to snuffle out the truffle but it just so happens that pigs also regard the truffle as a delicacy and it was a race between the hog and the harvester as to who got to the truffle first. Somehow, somewhere, somebody figured out that dogs are also good sniffers and are not usually possessed by truffle lust.
- Must:** The juice pressed from fruit or grapes before it is fermented; new wine.
- Mustard:** Prepared mustard (hot dog, Dijon, etc.) and ground mustard are commonly available. Fresh, steamed mustard greens are definitely an acquired taste and should be approached with some trepidation - many people do not care for the somewhat bitter taste. Prepared mustard and ground mustard are often used to make sauces and as flavorings for meats and eggs.
- Non-fat**
- Dried Milk:** Just what it sounds like - milk that has had most of the fat removed then dried and processed into granules which can be reconstituted via addition of water. You can whip this and use as a substitute for whipped cream. Dissolve 1 cp. dry milk in $\frac{2}{3}$ cp. of very cold water. Chill this mixture for 3 to 5 hours then whip until soft peaks form. **Hint:** You'll get even better results if you pop the electric mixer beaters and the mixing bowl into the refrigerator at the same time you chill the milk mixture. Lastly add 3 tblsp. sugar and beat again, very lightly - just until sugar is well mixed.
- Oil:** A substance produced by pressing high oil content foods, usually vegetable. Shortening is a hydrogenated oil and olive oil is of course made from olives. Other oils are derived from various nuts and fruits. **Note:** Oil products unless specifically labeled 'pure vegetable oil' often contain animal fats.
- Onion:** Onion, *Allium cepa*, is included here as it is frequently used as a spicing agent. Onions come in the traditional bazillion types, tastes and forms and, depending on which kind you use, can be utilized with a wide variety of recipes. **Note:** Before you use onions in anything, check them out for strength, bitterness or sweetness - even within the same variety the potency and taste can vary immensely depending on the season and growing conditions. Green onions and scallions are usually better used fresh or added just a few minutes before serving the dish. The so-called dry onions (Spanish, Bermuda or those lovely, big purple things) can be used whenever. **Note:** When cooked, onions lose much

of their strength and pungency and transfer it directly into that in which they are cooked - so take some care. Dried onion flakes, onion salt and onion powder can be overpowering if not used with discretion. Leeks, Allium porrum, are a favorite of mine but are usually expensive and must be thoroughly washed before using as they will always retain the earth in which they are grown.

- Oregano:** Very strong either fresh or dried. Can be used with discretion in soups and with chicken, omelets or sausage.
- Parsley:** Commonly used fresh as a garnish by restaurants and then immediately discarded by the patrons thereof. Not bad when used to flavor butter or cream cheese, in small amounts in green salads and, if finely minced, as a garnish.
- Pasta:** A flour paste or dough, in various shapes and flavors, which is dried prior to cooking in a liquid. Some common varieties are Cavatappi: shaped like corkscrews, Fettuccini: long, flat and ribbon shaped, Spaghetti/Little strings: solid, round strands from very thin to thin, Macaroni: thin and tubular, Lasagne: large, flat noodles, Linguine: thin, flat, solid ribbons, and Rigatoni: thick, ridged tubes.
- Pectin:** A water-soluble carbohydrate, obtained from certain ripe fruits, which yields a gel that is the basis of jellies and jams.
- Peppers:** Peppers come in a myriad of types and forms, i.e., green or bell peppers, chili peppers, jalapeño peppers, red pepper, cayenne pepper, black pepper, white pepper and either whole, flaked, ground, as a sauce, fresh or dried and on and on and on. The one thing most of them have in common is that they are hot or piquant. Black pepper and white pepper are basically the same critter - the black comes from the outer part of the peppercorn (read: berry) and the white from what's left after the black hull is removed. The black is stronger but the use of the white is about the same. Rather than go into an exhaustive discussion of how each type is used, I would recommend you experiment (very carefully) until you decide what you like, what you like it in and how much of it you can stand.
- Persillade:** A rather intimidating French term meaning nothing more than a mixture of 4 cloves of garlic, minced, 1/3 cp. minced parsley and 1/4 cp. fresh bread crumbs which, when mixed with enough pan drippings or butter to moisten, is patted over the surface of meats which are to be grilled or roasted. Adds flavor to the meats and helps to prevent loss of juices.
- Pickling Spice:** A spice used in pickling. Usually made up of equal amounts of broken up cinnamon, allspice, mustard seed, coriander seed, coarsely crushed bay leaves, ginger, red chili seeds, whole cloves, whole black peppercorns, whole mace and crushed cardamon pods. This can also be purchased ready mixed at a substantially higher price.
- Rice:** An aquatic cereal grass (*Oryza sativa*). White rice has had the outer hull polished off, brown rice has not. Brown rice takes about 3 times as long to cook as the white and is much more nutritious and flavorful. Wild rice is only distantly related (*Zizania aquatica*), takes forever to cook and is usually hideously expensive albeit delicious. Several interesting varieties of rice are gluten (used by most Oriental restaurants) and popcorn rice which has a slightly nutty flavor.
- Roux:** Flour cooked in butter or other oils/fats. Used as a thickening agent in various recipes especially sauces, soups and gravies. Must be stirred constantly while cooking and should be simmered for about 15 to 20 minutes over a medium heat to insure the flour is totally cooked. Roux should be glossy in appearance when done.

- Saffron:** The stigmas of a crocus-like flower. Because of its distinct flavor it is generally used sparingly. It also imparts a golden color to the food in which it is used. Its use ranges from inclusion in teas, cakes, puddings, cookies to chicken, seafood, rice, curries and soups. Spanish saffron is the most desirable and rather expensive. Mexico also produces saffron but it is not as potent as the Spanish and you have to use more.
- Sage:** Available in many forms, fresh, whole dried leaves, dry rubbed or dry ground. Excellent when used with chicken or turkey and in bread dressings. A required ingredient in many bulk sausage recipes and can be used in salad dressings.
- Salt:** Used as a noun: sodium chloride in a fine, crystalline form used to flavor or preserve foods. In medieval times salt was so valuable and essential to survival that to sit 'above the salt', i.e. you were permitted to use the salt, as at a feast table, meant you were either socially prominent, privileged and/or especially honored. Duels sometimes resulted over seating above or below the salt, many bloody wars were waged over the possession of salt producing areas, and the plain, old table salt, that we can just whip down to the local grocery store and buy a box of for a quarter was, during some historical periods, used as a medium of exchange (as was pepper).
- Self Rising Flour:** Wheat flour to which has been added salt and baking powder. None of the recipes in this book call for this type of flour.
- Shortening:** Any edible fat used to make pastries crisp or flaky. Historically, lard was used for this purpose but has been replaced in most modern cookery by vegetable shortening.
- Specialized/Pre-mixed Spice Combinations:** Currently on the market are a myriad of specialized spice mixes, seasoned salt or seasoning salt is one of the most common. These combinations are useful but care should be taken to not over salt the food as salt is commonly the heaviest ingredient in the mixtures. For those of us who are really into grilled foods there is a spice combination called steak seasoning (Montreal Steak Seasoning® or Canadian Steak Seasoning® which are primarily for beef and Montreal Chicken Seasoning®) in which, again, salt is usually the major ingredient but which also contains particularly felicitous mixtures of various spices which go well with pork or chicken. There are also sweet spice combinations available; pumpkin pie spice is a classic example.
- Sweetener:** Extracted from plant sources such as sugar cane, sugar beets, corn, maple sap, etc. Types of sugars or sweeteners include white granulated (table sugar), brown sugar, turbinado (similar to demerara but less coarse), coarse or preserving sugar, white superfine (often used when making cordials and desserts), confectioner's sugar (a powdered form used mainly in cake frosting and other deserts), molasses (various types - a by-product of the refining process), corn syrup, maple syrup and honey. **Note:** Brown sugar is always packed tightly into the measuring container unless otherwise specified in the recipe.
- Syrup:** A highly viscous sweetener - Maple syrup would be a good example. A syrup for use over pancakes or waffles can be made by browning granulated sugar in a pan, adding a small amount of water and cooking over medium heat until thickened.
- Tapioca:** A starchy, granular substance made from the root of the cassava plant and used to make puddings, thickeners for soups, etc. **Note:** It also takes hours to cook.
- Thickeners:** Used to give a liquid viscosity by forming an emulsion as opposed to thickening by reduction of the liquid by cooking. Some common thickeners are 1) arrowroot, a starchy root which is ground and refined and is more effective than cornstarch, 2) cornstarch a

refined, ground corn flour, 3) gelatin (Hello, Jello®) which when properly combined with a liquid will cause the liquid to gel as it cools, and 4) that old favorite, flour.

Tarragon: Best used fresh as most of the flavor is lost when dried. Fresh tarragon can be kept by immersing in a mild, white vinegar. Can be used in just about anything except soups. Good in salad dressings and tarragon vinegar is marvelous.

Tomatoes: *Lycopersicon esculentum*. Used as a vegetable, botanically it is actually a berry. Basic types are beefsteak, plum (as in Roma tomatoes) and cherry tomatoes. In medieval times called loveapples and considered either as an aphrodisiac or a poison. Tomatoes are in fact related to the black [deadly] nightshade and similar to belladonna, a source of atropine and henbane, a source of scopolamine.

Vanilla: Usually used to describe an extract of the vanilla bean, the pod like bean of the any of various tropical American orchids of the genus *Vanilla*. In modern times, artificial vanilla extract is more frequently used as real vanilla extract tends to 'cook out', i.e., lose much of its flavor during the cooking process.

Vinegar: A sour liquid with a pungent odor containing acetic acid. It is made by fermenting dilute alcoholic liquids such as cider, wine, malt and etc. It is used as a condiment and as a preservative. In the days of the Roman Empire, vinegar, mixed half and half with water, was the drink commonly carried by its military when on campaigns.

Virgin Olive Oil:

Oil made from the first pressing of the olives, i.e., the first time the olives have come into physical proximity to the press. Olive oil resulting from the second pressing is no longer deemed virgin. (Makes sense but now try to explain virgin wool or worse, virgin vinyl.)

Wort: A liquid prepared with malt which, after fermenting, becomes beer or ale.

Yeast: Any of various single-celled ascomycetous fungi that ordinarily reproduce by budding. They live on sugar solutions and ferment sugars to form alcohol (as a by product*) and carbon dioxide. The big reason yeast breads are non-alcoholic is because the alcohol volatilizes off during cooking.

*If you tend to over indulge in alcohol consumption, try thinking of what you are drinking as yeast excreta - guaranteed to put you off.

Yogurt: A thick, semisolid food made from milk fermented by the bacterium *Lactobacillus bulgaricus*. Foisted off on the rest of the world by the Turks. (Turk. yoghurt) Tastes like it sounds.

Editor's Note: The following article was written some time ago and some of the herb uses are reiterated on the previous pages, however this particular piece is so well written, thoroughly researched and interesting that I wanted to include it for your enjoyment.

AN AMTGARD HERBAL

by Countess Ariona Mixtatl

When we think about herbs, we think about cooking. But this conception of herbs has only recently become popular. For hundred of years herbs have been used in cooking (mainly to cover up the smells not quite fresh food) but they also had a much more important role. Many herbs that we use in cooking today were used years ago for one thing only - medicine. For thousands of years, the main use of herbs was to treat illness. It was only after such use by mother - the family home doctor - that many herbs found their way into the kitchen spice rack.

Although I will mention medicinal uses for the herbs in this article, this is definitely not a medicinal text. Many herbalists would recommend some of these herbs to treat illnesses, but medical science has yet (mainly due to lack of trying) found uses for them.

The herbs that I want to concentrate on in this article are those that are readily available to everyone - the kitchen herbs. Most of these herbs can be found in any [grocery] store, mainly in dried form, but some can be obtained fresh.

The uses of herbs are quite interesting and will be addressed later in this article. However, there are many interesting facets to herbs. This article is set up to explore some of these different areas. First, I have briefly described each plant, then given a short history. Next, is a look at the part of the plant used and what some of those uses are. Lastly, I have listed the meaning traditionally assigned to each herb. All of this is done in a chart-like form so you can easily find the part most interesting to you. The second section of this article will deal with uses of the herbs other than as a spice for a certain dish. This section will include the uses of and how to make teas, butters, vinegars, oils and essential oils.

Common Kitchen Herbs

Basil - Ocimum Basilicum

Type of Plant: Annual, has a bush-like appearance; native to India, Africa and Asia.

History: In Italy, basil has been and still is considered a sign of love. Traditionally, a pot of basil on a woman's balcony means that she is ready to receive her suitor. It is also said that when a man gives a woman a sprig of basil, she will fall in love with him and never leave him.

In India, basil is considered a sacred herb, dedicated to the gods Vishnu and Krishna. Sprigs of Ocimum Sanctum were laid on the breasts of the dead to protect them from evil and to offer them entrance to paradise.

Part Used: Leaves

Uses: Basil is related to mint and therefore it is recommended, as are most mints, for digestive complaints. Basil also has a slight sedative action and can be used for nervous headaches and anxiety. Poultices made from basil seeds have exhibited antibacterial effects.

Basil is traditional in Italian, Mediterranean and Thai cooking. Probably the most famous recipes for basil and tomato sauce and pesto.

Basil is also used in lotions, shampoos, and perfumes. It is widely cultivated for use by the cosmetic industry.

Meaning: Love, good wishes, hate

Bay Laurel (Bay leaves) - *Laurus nobilis*

Type of plant: Shrub or small tree; slow growing evergreen; native to (the) Mediterranean.

History: Legend has it that Apollo, the Greek god of the sun, was smitten with the nymph Daphne. Due to one of Cupid's arrows (the wrong kind), Daphne wanted nothing to do with Apollo so her father changed her into a bay tree. Apollo fell upon his knees before the tree and declared it ever sacred. From that day on, he wore a wreath of bay laurel on his head to proclaim his undying love for Daphne. In Greece and Rome, the bay laurel was used to crown the heads of kings, priests and victors of battle and athletic contest. Laurel garlands were presented to the winners of the first Olympics in 776 B.C. To this day, scholars who receive their baccalaureate are winning "berries of the laurel."

Part used: leaves, berries

Uses: Bay is reputed to soothe the stomach when taken as a tea. Bay oil is thought to heal rheumatism and to benefit sprains, bruises and skin rashes.

An infusion of the leaves added to the bath is said to soothe the skin. Bay is also reputed to be an insect repellent and a bay leaf is used by some to keep pests out of dry grains, flours and cereals.

Meaning: Achievement and fame

Dill - *Anethum graveolens*

Type of plant: Small bush with one long root, hollow stem and lacy foliage; annual; native of (the) Mediterranean and Asia Minor.

History: The name dill comes from 'dilla,' Norse for "to lull." Dill garlands were used to crown Greek and Roman war heroes on (their) return home. Dill was once believed to work as a charm against witches and a bag of dried dill carried over the heart could combat the evil eye.

Dill is a highly favored herb in Scandinavian countries. It is used in many fish and vegetable dishes. A traditional Swedish Midsummer meal invariably includes new whole potatoes with dill.

Part used: Leaves and seeds

Uses: Herbalists have used dill to increase mother's milk and to treat babies with colic. A tea made of the seeds is said to be relaxing.

Dill can be used to flavor most salads, fresh vegetables and sauces. Dill is also delicious with fish (especially salmon), lamb, pork and poultry.

Meaning: Good cheer; survival in the face of odds.

Garlic - *Allium sativum*

Type of plant: Onion with compound bulb; origin uncertain but perhaps from southern Siberia, now widely naturalized.

History: The history of garlic is unbelievably long and varied. Garlic was once thought to have magical powers against evil (due to its widespread use and cultivation, vampires have been thought to have removed themselves to remote areas of Antarctica where the herb is not found).

Egyptians swore solemn oaths on a clove of garlic and the Egyptian slaves ate it for strength and endurance while building the pyramids. An Egyptian medical listing from 1550 B.C. recommends garlic as a remedy for 22 ailments.

The Roman scholar Pliny believed that garlic would cure over 60 ailments. The Romans also associated garlic with Mars, the god of war and it was taken by soldiers to strengthen them in battle.

During the Middle Ages, garlic was used to repel evil and as a disinfectant (regardless of its touted cure-all capabilities, it was probably less than effective against the Medieval plagues).

Part Used: The compound bulb

Uses: Claims for garlic's ability to cure most illnesses have been made throughout the ages. It has recently been found that garlic can be used as a disinfectant because it contains allicin, an antibacterial equivalent to 1% penicillin. Modern experiments show garlic to be effective in combating some influenza viruses, fungi, and yeasts. It has also been notably effective in treating Herpes Simplex I and II. Garlic is more effective against typhus than penicillin. Garlic is also believed to be quite effective in the treatment of high blood pressure.

Garlic imparts its distinctive flavor to dishes around the world. It is a staple in most Italian recipes. Garlic goes well with most anything from fish to red meat, vegetables, cheeses, etc. It is also widely used to flavor butters, vinegars and oils.

Meaning: None assigned.

Parsley - *Petroselinum crispum*

Type of plant: Biennial; leaves are flat or curly depending on variety; native to (the) Middle East.

History: Hercules chose parsley for his garlands, the Greeks believed, so they gave wreaths of parsley to victorious athletes. The Greeks, however, also associated it with death and oblivion and used it to fashion wreaths for graves. Parsley was also used to deodorize corpses.

The Romans were believed to have used parsley at orgies to cover up the smell of alcohol on their breath.

During the Middle Ages, parsley was used to combat the plague, asthma, dropsy and jaundice. It was believed to cure many illnesses, especially those of the kidneys and liver.

Part used: Leaves

Uses: Parsley contains large amounts of vitamins A and C, several B vitamins, calcium and iron. It has been used to treat bladder problems and the root has laxative properties.

Parsley is used to compliment the flavors of many foods. It is an important part of Middle Eastern tabbouleh, Mexican salsa verde (Editors Note: In the Southwest, cilantro, a variety of parsley, is more commonly used for salsa verde) and French persillade, a mince of garlic and parsley added at the last minute to sautes, grilled meats and poultry.

An infusion of parsley added to the bathwater is said to be cleansing and soothing. The oil is used in many cosmetics, shampoos, soaps and lotions.

Meaning: Merriment

Sage - *Salvia officinalis*

Type of plant: Small shrub; perennial; native to (the) northern Mediterranean coast.

History: Throughout history, sage has been associated with immortality (or longevity) and increased mental capacity.

The Chinese prized sage so much that they traded their own green tea for it at a ratio of 4 to 1.

The name 'sage' comes from the Latin 'salvere', meaning to be saved and refers to its healing properties. Sage has been credited with curing epilepsy, insomnia, measles, seasickness and worms.

Part used: Leaves

Uses: The volatile oils in sage have been proved to aid in drying perspiration. These oils also have astringent properties that are useful for treating sore throats, mouth irritations and possibly cuts and bruises.

Sage has been used as an ingredient in perfumes, soaps and cosmetics. It makes a good astringent aftershave when mixed with lavender. Sage also stimulates the skin when used as a lotion or herbal bath.

Meaning: Long life, wisdom

Rosemary - *Rosemarinus officinalis*

Type of plant: Shrub; perennial evergreen; native to the hills along the Mediterranean, in Portugal and Spain.

History: In the garden where rosemary flourishes, the woman is dominate, or so it was once believed. Who knows how many rosemary plants withered because husbands knew (of) this belief?

In ancient Greece, people wore rosemary entwined in their hair to help improve their memories.

During the Middle Ages, people often slept with a sprig of the plant under their pillows to ward off demons and bad dreams.

For centuries, people believed that the rosemary plant would grow no taller than 6 feet in 33 years so as to be no taller than Christ. Another story tells that the once white flowers of rosemary turned blue when the Virgin Mary hung her cloak on a bush while fleeing Herod's armies with the Christ child.

Part used: Flowers and leaves

Uses: Rosemary has been used as a remedy for rheumatism, sores, eczema, bruises and wounds. Rosemary does have antibacterial properties and was once burned in homes and hospitals to kill germs. The large quantities of oil used therapeutically can, however, irritate the stomach, intestines and kidneys.

Rosemary has many culinary uses, especially with pork. Rosemary also works well with bland soups such as potato.

Rosemary has great stimulative properties when used in a bath or lotion, but be careful not get too carried away in its use. As a rinse for brunettes, rosemary will brighten the hair.

Meaning: Remembrance, friendship, love

Thyme - *Thymus vulgaris*

Type of plant: Shrub; perennial; native to (the) western Mediterranean; naturalized and now grows wild in an area of the Catskill Mountains in New York State and in western Massachusetts.

History: The word 'thyme' comes from one or two Greek words. The first, 'thymus' meaning courage and the second, Greek for 'to fumigate.' Either one could be the source as thyme is quite invigorating to the senses and the herb was once burned to chase stringing insects from houses.

Thyme beds were once thought to be the homes of fairies and gardeners would set aside patches just for this purpose.

Thyme pillows were once used to relieve epilepsy and melancholy. As recently as World War I, thyme oil was used as a battlefield antiseptic.

Part used: Leaves

Uses: Thyme has been used for gastrointestinal complaints, as a tea for congested lungs and as an antiseptic poultice. The essential oil of thyme, if taken pure, can cause dizziness, vomiting, headaches, etc. Thyme preparations should only be taken very carefully. Thyme can also be an irritant to sensitive skin so poultices should be applied with great caution.

Thyme can be used with almost any vegetable and works well with veal, lamb, beef, poultry, fish, etc.

Meaning: Daring

Each of the herbs that have been discussed are cooking herbs. There are, however, many uses for these herbs (as well as hundreds of others) that do not require putting them in tonight's dinner.

One of the most common uses of herbs is as herbal teas. To make an herbal tea, you can use 2 tablespoons of fresh herbs or 1 tablespoon of dried herbs per cup of water. This can be adjusted to your taste and according to the strength of the herb. Bring fresh, cold water to a boil and then pour it over the herbs. Allow the herbs to steep, covered, for approximately 5 minutes, or according to your taste. Herbal teas are best sweetened with honey as it tends to bring out more of the herb flavor. (Editor's note: Putting the herbs in a tea ball is suggested or else you will have to strain the tea into the cup.)

Herbal teas should be made in non-metal containers such as glass or crockery. Metal containers can react with the volatile oils in herbs. Stainless steel can be used, but stay away from aluminum pots as the aluminum will leach into the tea and enter your system.

When using herbs for teas, you must remember that many herbs have medicinal properties, some scientifically recognized and some recognized only by herbalists. With most herbs, 2-3 cups of tea a day will do no harm. Most of the herbs discussed here are completely safe when used as teas. It should be noted, however, that large quantities of parsley can cause a decrease in blood pressure and pulse rate, muscle weakness and kidney irritation. This is, of course, very large quantities. Pregnant women should refrain from eating large quantities of parsley, though. Large quantities of rosemary can also cause irritation of the stomach, intestine and kidneys.

There are many culinary uses for herbs other than as seasonings for certain dishes. Many condiments can be made with single herbs or herbs in combination.

Garlic butter is well known but why not try basil butter on your toast instead? Herbal butters are very simple to make and can be used with many different foods. To make herbal butters, Add approximately ½ tablespoon of minced fresh herb to ½ cup of softened butter. Mix the herb in, crushing it slightly. Chill the butter for approximately 1 hour to allow the flavors to mix.

Try herbal butters on things other than toast. Use them to flavor cooked vegetables, to saute foods or to add variety to appetizer trays.

Another wonderful use for herbs is to flavor vinegars. Herbal vinegars can be used to add subtle flavor to any recipe that calls for vinegar. Recipes for salad dressings and marinades also benefit from herb vinegars.

To make herb vinegars, you can use white vinegar, cider vinegar, red or white wine vinegar or rice vinegar. Place fresh herbs (or dried, but fresh is better) in a clean glass jar or bottle. Gently heat the vinegar (do not boil) in a stainless steel or a non-metal container. Pour the warm vinegar over the herbs and allow to cool. Cover the container, preferably with a non-metallic lid, and store in a cool, dark place for up to a year. Some good combinations for herb vinegars include: garlic, green onion and chives with white wine vinegar; fennel leaf, parsley and garlic with white wine vinegar; or sage, parsley and shallots with red wine vinegar. Also try adding purple basil to white wine vinegar to make your own red wine vinegar.

Herbal oils are made by heating olive, peanut or sunflower oil and adding the oil to a jar or other glass container in which you have placed your herbs. Allow to cool, cover and store in a cool, dark place for up to 6 months. Some good combinations for herbal oils include: oregano, thyme, garlic and olive oil; tarragon, shallots and peanut oil; or dill, garlic and sunflower oil.

As you can see, the culinary uses of herbs are many. However, beyond the culinary the uses of herbs are many times more varied. Herbs can be used in potpourris, dry flower arrangements, living wreaths, tussie-mussies (bouquets that carry meaning - remember the meaning assigned to the herbs discussed here, scents and cosmetics). The list goes on and on. I cannot possibly discuss all the different uses for just the few herbs mentioned in this article.

There is, however, one herbal craft that I would like to note. By using this one craft, you can expand into most of the other crafts mentioned above. This basic craft is the making of essential oils. Essential oils can be made quite easily, or they can be made through very arduous methods.

The two easiest methods of extracting essential oils is by oil and by alcohol. Both methods are worked in the same manner. Use a non-metallic container such as a ceramic crock. Place fresh herb flowers and leaves in the oil or undenatured ethyl alcohol (vodka can be used if you cannot find undenatured ethyl alcohol). Cover, and set the crock in a cool, dark place for at least 24 hours. Remove the herbs, gently squeezing to save as much of the oil or alcohol as possible. Replace with fresh herbs. Repeat this process at least 6 times or until the essential oil is as strong as you want it.

The essential oils that result can be used for a variety of purposes. Try wearing an herbal oil as a perfume. This works best with alcohol based oils as oil based essential oils can be quite messy.

Candle wax can be perfumed with essential oils also. Add about ½ ounce of oil to each pound of wax. Scent your own soaps with essential oils. Add the oil just before pouring the soap into molds.

Another interesting use for essential oils involves calligraphy. Try scenting calligraphy ink with essential oils or make a strong herbal infusion (a tea, but use a lot more herb) and add 2 to 3 tablespoons

to a bottle of ink. The pine scent of rosemary, the licorice scent of fennel, the smell of rose petals, each would be a unique addition to a piece of artistic calligraphy.

Now, I know that there are many unfortunate souls out there who do not have the time or space to have their own herb garden. I am truly sorry. There really is a special feeling invoked when you can walk out into your yard and gather fresh herbs for your evening meal. But don't give up hope! There are alternatives. Almost any Safeway store in El Paso (and some Skaggs stores) carry fresh herbs. (Editors note: Sun Harvest carries a reasonable selection of fresh herbs.) The selection is not large, it is usually limited to basil, dill and sage, but some other herbs do pop up. These fresh herbs are found in ziplock-type bags in the produce section of these stores. The most unfortunate problem here is that these herbs are very expensive and you only get a small quantity.

Another alternative is to buy dried herbs. Dried herbs found in stores will work well for teas and herbal butters. They can be visually appealing. The vinegars and oils should be strained when using dried herbs and the taste will probably be just as good as using vinegars and oils made with fresh herbs. One note of caution, however, when using dry herbs be careful of the quantity as dried, crushed herbs carry much more flavor per volume than do fresh herbs.

(Editors Note: A paragraph offering personal assistance in acquiring fresh herbs is omitted as the author of this article is only semi-active in Amtgard and no longer lives in the Burning Lands.)

...the reference books I used for this article were:

Kowalchik, Claire and Hylton, William H., editors. Rodale's Illustrated Encyclopedia of Herbs. Rodale Press, Inc. Emmaus, Pennsylvania. 1987.

Lathrop, Norma Jean. Herbs, How to Select, Grow and Enjoy. H. P. Books. Tucson, Arizona. 1981.

RECIPES

I. BREADS

Yeast Breads

EASY WHITE BREAD

There is nothing, repeat - nothing better than the aroma of freshly baked bread. My particular version of afterlife of preference includes residing next door to a full time bakery. The following recipe is one of the easiest and most successful ones I know. The directions may look a little intimidating but are not so tough once you get the hang of the mechanics involved.

You will need:

- 2 well greased loaf pans
- 1 big mixing bowl
- 1 medium sized, well greased bowl with a towel to cover
- 1 pkg. dry yeast (or ½ tbsp.*) dissolved in ¼ cup very hot water (Do this right after you grease the loaf pans and the big bowl as the yeast mixture has to cool off)
- 2 cups of scalded milk (to scald, heat milk until not quite boiling before using in the recipe)
- ¼ cup butter or margarine
- 2 tsp. salt
- 2 tbsp. sugar
- 6 cups regular white flour
- Shortening

*I recently computed the cost of purchasing yeast in those handy little ¼ oz. packages. A package of 3 sells for about \$1.59 at most grocery stores. This computes to just over \$33.00 a pound, folks! I was so outraged that I went directly to a local food warehouse and bought 2 pounds of yeast for \$2.19. I don't care if it takes a year to use up.

Put the butter, salt and sugar in a large bowl and pour the hot milk over it. Allow this to cool until warm, then stir and add the yeast mixture. Beat in 3 cups of the flour until very well mixed. Add the rest of the flour and mix thoroughly (you will develop incredible arm muscles if you make this bread more than once a week). Sprinkle some flour on a clean counter top, pastry board or pastry cloth, turn out the dough and *knead until smooth.

***If you've never kneaded bread before, here's how you do it:** Dump the bread dough on to a lightly floured surface. Fold dough in half toward you then push away from you - repeat many times. If the dough sticks to your hands just rub a little shortening on them. If the dough tends to stick to the kneading surface, sprinkle on a little more flour. Continue this action for about 10 minutes until the dough begins to form a cloak - a satin-like surface. **Note:** Don't get too carried away as over-kneading will result in tough bread - you also want to avoid tearing the cloak if possible.

Put the dough in the greased bowl, turning once so that all sides of the dough are greased (you want the exposed surface to be greased as well as the bottom of the dough). Cover bowl with a towel and place in a warm, draft free area until it doubles in volume - about 1 and ½ hours. **Hint:** If the bread rises too slowly it will bake up with a coarse texture. When doubled, punch the bread down (push it down with your fist a couple of times) to its original volume, cover and let rise again for 30 minutes. Take the dough out, divide in half and shape the 2 pieces of dough to fit the greased loaf pans. Tuck any ends to the underside of the loaves so that the top of the dough is nice and smooth. Cover the pans with the cloth and let the dough rise again until doubled in volume. Bake in a preheated 400 oven for 30 to 40 minutes; the bread is done if, when you knock on it with your knuckles, it makes a hollow sound. Remove from oven, turn the loaves out so that they lay on their sides, preferably on a rack, and let cool.

Now for the fun part: Invite over a favored few and serve one of the still warm loaves with butter and your favorite jam or jelly (apple butter is a good choice) or the honey butter listed below and hot coffee. When the remaining loaf is thoroughly cool you can wrap it in foil and leave it out for a day or so, if you are going to eat it soon*, or you can refrigerate for up to 5 days, or you can freeze it for a couple of months.

*As there are no preservatives in this bread, you can't just leave it out forever like you can the commercial stuff as it will get moldy.

GERMAN DARK RYE FLAT BREAD **Sirrah Elspeth, Duchy of Pegasus Valley**

You will need:

- A large mixing bowl
- A medium sized sauce pan
- 2 loaf pans, greased with shortening
- 1 oven proof pan
- 1 & ½ cps. white flour
- 1 & ½ cps. whole wheat flour
- ¼ cp. dry cocoa
- 2 pkgs. (or 1 tblsp.) dry yeast
- 1 tblsp. caraway seeds
- 2 tsp. salt
- 2 cps. water
- ½ cp. honey
- 2 tblsp. butter or margarine
- 3 & ½ cps. rye flour

Place white flour, wheat flour, cocoa, yeast, caraway seeds and salt in a large bowl. Stir to mix. Place water, honey and butter in a sauce pan and heat until butter melts. Add to dry ingredients and mix until moistened. Then beat mixture very hard for 3 minutes. Stir in rye flour then knead for 8 to 10 minutes. Roll and shape [the dough] to fit 2 greased loaf pans. Brush tops lightly with the oil and cover with a damp cloth. Place [the loaf pans] on the top rack of an unheated oven to rise; on the bottom rack put a pan of boiling water [shut oven door]. Let rise for 45 minutes. Remove from oven and let rise for another 15 minutes. Preheat oven to 400 and bake 25 minutes. Remove from oven and immediately take out of pans. Let cool.

VETABROD (Swedish Coffee Bread)

Kaiya Lovborg, Kingdom of the Burning Lands

You will need:

- ½ cp. sugar
- ¼ tsp. salt
- 7 or 8 cardamon seeds, crushed (¼ tsp.)
- 1 pkg. yeast dissolved in
- ¼ cp. warm water
- 4 cps. flour
- 1 cp. milk
- ⅓ cp. butter or margarine (5 & ⅓ tblsp.)

Place sugar, salt and cardamon in a large bowl. Put milk and butter into saucepan and heat to lukewarm. Add to sugar mixture. Add dissolved yeast. Sift flour into liquid and blend until easy to handle.

Place dough in greased bowl. Let rise until double. Punch dough down and let rise again [until doubled]. Shape into two braids (the preferred Norse method) or make rolls. Let rise [until doubled] and bake at 350 degrees for 30 minutes.

YEAST PANCAKES

These pancakes are very filling. They take longer to prepare than from a mix but once you've tasted them you will probably want to serve them for special breakfasts. I generally mix the batter up about 1 hour before everyone wants to eat.

Scald 1 & ¼ cups of milk, pour into a large bowl and let cool until warm (20 to 30 minutes). Dissolve 1 pkg. of dry yeast (½ tblsp.) into ¼ cup of very hot water, let stand a couple of minutes, stir to dissolve yeast and add to the milk along with 1 tsp. salt, 1 tsp. sugar, 2 tblsp. melted butter, 2 cups flour, 1 well beaten egg and beat the mix thoroughly for a couple of minutes. Set batter aside in a warm, draft free area and let rise until doubled in volume then give it a couple of stirs and cook just like a regular pancake. You may need just a little oil in the frying pan or griddle. These pancakes go best served maple syrup and link sausage.

YEAST REFRIGERATOR ROLLS

I'm a real fan of yeast breads. This recipe is very handy as you make it up ahead of time and use it as the spirits move you. Tightly covered, the dough will keep in your refrigerator from 5 to 7 days. You just take out as much as you want and return the remainder to the refrigerator.

You will need:

- 1 lg. bowl for mixing
- 1 med. bowl for storage (a covered plastic bowl works)
- 1 & ½ cps. very hot water
- ½ cp. butter or margarine
- ⅓ cp. sugar
- 2 tsp. salt
- 1 tblsp. (or 2 pkgs.) dry yeast

½ cp. very warm water (in which to dissolve the yeast)
2 eggs, well beaten
Approximately 6 cps. flour

Add butter, sugar and salt to the 1 & ½ cups of very hot water and stir until butter melts. Let this cool until lukewarm while you sprinkle the yeast into the ½ cp. of very warm water. Let the yeast mixture stand for about 5 minutes then stir until completely dissolved. Add the yeast mixture, together with the beaten eggs, to the lukewarm butter mixture. Now add ½ of the flour and beat well. Continue adding flour until a soft dough is formed. (You may not have to add quite all of the remaining 3 cups of flour.) Turn out the dough onto a lightly floured surface and knead until smooth and elastic (10 minutes - no more). Butter the inside of a fairly large bowl. **Note:** Use butter or margarine, not shortening. Place dough in bowl, turn once to coat all sides of the dough, cover tightly and refrigerate until you want to use it.

When you feel you must have some yeast rolls, remove as much dough as you want and form into rolls. Let your imagination guide you. You can roll the dough into 1 x 8 inch strips and braid them, roll the dough into 2 inch balls, etc., etc. Place rolls on a cookie sheet (the round ones can be put in cupcake pans) cover with a clean dish cloth and let rise in a warm, draft free area until doubled in size.

Bake in a 425 degree oven for 10 to 15 minutes depending on the size of the rolls. If you wish, you can brush the tops of the rolls with beaten egg white prior to baking to produce a shiny crust but then you have to figure out what to do with that extra egg yolk*.

*My aunt, Agnes, from whom I got this recipe, figured out the yolk disposal problem. She simply added it to the dog's dinner unless, of course, the cat got there first.

Non-yeast breads and recipes using purchased breads

CROUTONS

These can be used in soups, salads or used for the bread in making stuffing. If made in larger than the usual ½ to ¾ inch sizes, they can serve as the base for hors d'oeuvres. These freeze well.

Dice up some bread, fresh or stale. You can use any kind of bread, i.e., sour dough, white, wheat, leftover rolls, excess hot dog or hamburger buns, etc. Either saute in butter or toast lightly on a cookie tray in a 350 oven - careful, don't burn them. Have ready a bag of mixed salt, spices, herbs and/or ground Parmesan cheese. 1 tsp. salt, 1 tsp. spice and about 4 tblsp. of finely chopped dry or fresh herbs and grated Parmesan cheese will coat about 2 cups of croutons. Dump the hot croutons in the bag and shake well. Let cool and use immediately or freeze in a plastic bag. **Hints:** Strongly flavored breads such as rye will definitely produce a strongly flavored crouton so you might want to go lighter on the herbs. The so-called garlic bread rolls, or any rolls with a diameter of 2 to 3 inches when sliced width-wise, will give you a large hors d'oeuvres type crouton.

Note: If your frozen croutons have been hanging around for a while and you suspect they need to be used soon, make sausage/bread dressing out of them. (See page 34)

Spices and herbs you can use (amongst others)

Paprika	Cilantro
Garlic Salt	Chives
Onion Salt	Basil
Parsley	Oregano
Marjoram	Tumeric
Sage	Poultry Seasoning
White pepper	Celery Salt

DARK IRISH SODA BREAD

Squire Gwynna Dewdrop, Kingdom of Dragonspine

You will need: 3 cps. all purpose flour
3 cps. whole wheat flour
2 tsp. baking soda
1 tblsp. baking powder
2 tblsp. dark brown sugar
2 & ¼ cps. buttermilk

Mix all dry ingredients except brown sugar. Sift brown sugar into mixture, making sure there are no lumps. Add buttermilk, mix well. Turn out onto an area dusted with whole wheat flour, knead until smooth and blistered. Divide in half, form each half into a ball. Place on cookie sheet, cut a cross deeply into the top of each loaf. Sprinkle whole wheat flour lightly onto the top. Bake in a 400 degree oven for 45 minutes or until they sound hollow when tapped.

GARLIC BREAD

You will need: 1 loaf of french bread*
Butter or margarine seasoned with garlic salt to taste (go easy on the garlic salt)
and some dried oregano and/or sweet basil
Parmesan cheese, grated

Slice loaf in half lengthwise, spread both sides with the garlic butter and sprinkle generously with the grated Parmesan. Put the 2 slices back together and slice vertically into serving sized pieces. Keeping the loaf together, place it on a large sheet of heavy foil, seal tightly and heat in a 300 oven for about 20-30 minutes.

***Note:** Stale hard roles, hamburger buns or hot dog buns also make great garlic bread and they are already in serving size pieces.

NOODLES

Noodles are a form of bread and are similar to pastas except noodles always contain egg. If you've ever wondered where noodles come from be advised that the answer is not necessarily "from the grocery store" and definitely not "from a noodle tree." You can actually make these little suckers yourself and home made noodles in homemade chicken soup are worth risking a prison sentence. The ingredients are very simple but all noodle recipes are very labor intensive.

You will need:

- 1 medium sized bowl
- A rolling pin
- A pastry cloth
- 1 & ½ cps. of sifted flour (more or less)
- ½ tsp. salt
- 2 eggs, slightly beaten

Mix flour and salt into bowl. Make a well in the middle of the flour and drop eggs into the well. Thoroughly mix with your hands until a stiff dough is formed - it must not be sticky; if it is, add a little more flour. Roll dough into 2 equal balls. Sprinkle some flour on the pastry cloth, flour the rolling pin and, working with one ball at a time, roll and turn over, roll and turn over until the dough is very, very thin. You might have to sprinkle on a little more flour from time to time to prevent sticking. Next, roll both flat, thin pieces of dough into cylinders and, crosswise to the length, cut into thin, (¼ inch) slices. Separate slices, spread out over every surface in your kitchen to dry for about a hour, then cook (cooking time is about 15 to 20 minutes in boiling liquid) or cover and store immediately. You do not want to let the noodles dry out totally or they will disintegrate. **Note:** Never try to make noodles during very wet weather - won't work.

Breakfast Noodles (Would I kid you?)

Double the preceding noodle recipe. When noodles have dried, cook in boiling, salted water for about 15 minutes, being sure to have sufficient water so that the noodles are not crowded. While the noodles are cooking, dice up and cook about 1 lb. of bacon. Remove from pan and drain off all but about 2 tblsp. of the bacon grease (keep pan hot over low heat). Toss the cooked noodles with ¾ cps. of margarine or 1 & ½ sticks of real butter. Pour noodles into the pan with the bacon grease, add 4 egg yolks, salt and pepper to taste, stir lightly and continue to cook over medium-low heat until the eggs are just cooked - maybe a couple of minutes or so. Remove from heat and top with your choice of cheese - grated Parmesan or Romano work very well.

PANCAKES A LA AXGAR

Squire Axgar, Kingdom of the Burning Lands

You will need:

- A bowl
- A heavy frying pan or griddle
- 1 cp. flour
- 1 & ¼ cps. milk
- 1 egg
- A pinch of salt
- ½ tblsp. sugar
- 1 tblsp. baking powder
- 2 tblsp. cooking oil

Mix and cook.

PIE CRUST, BASIC RECIPE

Measure 2 cups of flour and 1 tsp. of salt into a bowl. Mix together $\frac{2}{3}$ cup of cold lard or shortening and 2 tblsp. of butter. Take $\frac{1}{2}$ of the lard/butter mix and cut it into the flour until it forms rice grain-sized lumps and is evenly distributed throughout the flour. Next cut in the remainder of the lard/butter mixture until it is evenly distributed in pea-sized lumps. Add very cold water in very small amounts while blending with a fork until the dough sticks together and 'cleans the sides of the bowl'. Sprinkle some flour on a pastry board or a clean counter top and roll the dough out with a rolling pin to the size(s) necessary to cover the casserole or pans. If the pastry tends to stick just add a sprinkle of flour. Rubbing the rolling pin with flour also helps prevent sticking. **Note #1:** The biggest secrets to making good pie crust are 1) don't use too much water, 2) the colder the ingredients, the better, especially the water and 3) working quickly so as to not handle the crust any more than necessary. If you want a glazed surface to the dough, brush it with either whipped egg white or condensed milk before baking. **Note #2:** Use a *pastry blender to cut the shortening into the flour and if your water isn't downright chilly, add a couple of ice cubes to it.

*A pastry blender is a specialized tool that you will use but seldom but which is a huge time saver. It vaguely resembles a jump rope handle with a hoop-like series of dull, semi-circular knives attached to each end of the handle; looks kind of like a hobby horse, with the horse being the handle and the rockers the semi-circular knives. It's not expensive to buy and is small enough to live quite comfortably in a bottom drawer in your kitchen.

On a parting note, regarding pie crust: No matter how experienced you are, you will always have left over pie crust. If you're like me and think it's a shame to throw it out, try rolling out the scraps, sprinkling them with sugar and cinnamon or with herbs and cheese, cutting them in narrow strips and baking in a 350 degree oven... makes good snacks.

SCOTTISH OATCAKES

Squire Gwynna Dewdrop, Kingdom of Dragonspine

You will need:

- 1 cp. rolled oats
- $\frac{1}{2}$ tsp. baking powder
- Pinch of salt
- 2 tblsp. butter, softened
- 2 tblsp. boiling water

Put rolled oats, baking powder and salt in bowl, cut in butter until mixture resembles coarse crumbs. Add boiling water, mix to form a sticky dough. Knead (in the bowl) until oats absorb water and dough becomes drier and smoother. Roll out dough on a lightly floured surface to a circle about 8 inches in diameter. Using a plate as a guide, cut dough in a neat circle. Cut circle into 8 pieces, forming triangles. Heat a griddle over medium heat, grease very lightly. Lifting cakes with a spatula, cook 8 to 10 minutes without turning, or until cooked through and corners curl up. Serve hot with butter and jam.

II. CASSEROLES

BACON, CHILI, CHEESE AND SQUASH CASSEROLE

You will note that the word 'squash' appears last in the recipe title. The reason for this is that people who don't like squash (and they are legion) dislike it so intensely that even the word makes them nauseous. I am one of these people but I like this recipe. 'Nuff said?

You will need: 2 loaf pans
About 10 to 12 medium sized Mexican, zucchini or yellow squash, peeled and sliced about ½ inches thick and very lightly salted and peppered.
1 pound bacon, diced, crisply fried and drained
1 & ½ pounds of jack or similar mild, white cheese, grated. (You can substitute one 16 oz. can of green enchilada sauce for one third of the cheese if you want.)
1 medium sized white onion, chopped
2 small (or 1 medium sized) cans of chopped green chilies

Make 2 or 3 layers of everything in the loaf pans. Cover with foil and bake at 375 to 400 for about 45 minutes or until squash is just done. The big secret to this dish is to not overcook. If you're not sure, lift the foil a little and poke the middle of the casserole with a fork - the squash shouldn't be hard but should offer some resistance. I find I enjoy squash when it's cooked so as to retain some body and texture - squash mush, i.e., seriously overcooked, is on the same level as sardine Jello® or onion ice cream. Serve one pan right away with pinto beans and a green salad and but take the other pan out before it's quite done and freeze (still covered) to eat later. For some reason this dish goes well with tamales or grilled pork chops.

FAKE FRIED RICE

No Oriental person worth his soy sauce would consider this dish as genuine fried rice and neither do I. However it is easy to prepare, uses up left over ingredients, tastes pretty good and I couldn't think of any other name for it.

You will need: 1 cup white rice - cook it and let it cool off a little or utilize left over rice that is desiccating in your refrigerator

Saute 2 to 3 cups of any or all of the following until just done (not browned) in a little cooking oil: diced onions and celery, shredded cabbage, sliced mushrooms, finely shredded carrots, sliced leeks - any veggie that will saute well will do. Small amounts of left over vegetables such as peas, cut up green beans, etc. can also be used. I'd avoid corn if I were you. If you want to get fancy you can toss in a medium sized can of bean sprouts, mixed Chinese vegetables or chopped water chestnuts (you don't need to saute them but you do need to drain them).

2 lightly beaten eggs
½ to ¾ lbs shredded or diced cooked chicken (you can also use cooked ham, pork, beef, or hamburger ... I was desperate one day and used some leftover

polish sausage - tasted fine however I don't know how as I would recommend using hot dogs)

Soy sauce to taste (be tentative, it's very salty)

Mix everything together in the large frying pan you used to saute the vegies, cover and steam on medium/low heat for about 30 minutes - add a little water and stir if necessary. This can be refrigerated for at least a week and freezes fairly well for about a month.

HOT PASTA WITH SAUCE

This is not precisely a casserole but, since there's not a specific section for pasta, this was the least illogical place to put it. It can serve as the main dish if you make a lot of it.

You will need:

- A good sized pot with lid
- Pasta of choice (Spaghetti, Fettuccini, Cavatappi, Fusille, Tagliatelli work well),
cooked al dente in boiling, salted water
- Parmesan or Romano cheese, grated
- Margarine and/or sour cream
- Seasoned salt

Drain pasta (keep in the cooking pot). Quickly add enough margarine and/or sour cream to make a light sauce, cheese and seasonings to taste. Mix ingredients, cover for 5 minutes to allow flavors to blend and serve immediately. Good with garlic bread and a green salad.

INSTA-MEAL

You will need:

- 1 pkg. of a chicken flavored, quick rice dish. You can use name brands but the store brands are considerably cheaper and, I believe, better.
- ½ cup diced cooked chicken, lean cooked pork or cooked turkey
- About ½ cup diced green or dry onions (if you wish you can use instead some dried or fresh parsley or chives)

Cook the rice mix as per package directions in a medium sized frying pan but add the chicken and diced vegies before you cover the pan then steam until done.

LASAGNA WITH MEATBALLS

Squire Valeria, Kingdom of the Burning Lands

You will need

for Sauce:

- A large saucepan with cover
- 1 medium onion, chopped
- 2 cloves garlic, peeled and crushed/pressed
- 2 tblsp. olive oil
- 1 lb., 12 oz. canned tomatoes (2, #300 cans = 28 oz.)
- 12 oz. tomato paste (1 & ½ cps)
- ½ cp. dry, red wine

½ tsp. dry oregano
½ tsp. dry basil
1/8 tsp. red pepper seeds, crushed using a mortar and pestle
Salt to taste

Heat oil in a large sauce pan and saute onion and garlic over low heat until very lightly browned. Add tomatoes, tomato paste, wine, oregano, basil, crushed red pepper and salt to taste. Cover and simmer for an hour.

You will need for meatballs:

A large bowl
A large skillet
2 tblsp. olive oil
1 lb. lean, ground beef
½ lb. lean, ground pork
¼ cup fresh parsley, chopped
2 eggs
½ cp. fine, dry bread crumbs
2 tblsp. Parmesan cheese, grated
Salt and pepper to taste

While the sauce is cooking, combine and mix together the beef, pork, parsley, eggs, bread crumbs, 2 tblsp. Parmesan, salt and pepper. Shape into ½ inch meatballs and saute in olive oil over low heat until nicely browned. Add cooked meatballs to the sauce for the last 15 minutes of cooking time.

You will need for filling:

A kettle big enough to hold 6 cups of water
A shallow casserole dish or roasting pan measuring about 13 x 9 x 2 inches
1 lb. lasagna or wide egg noodles
6 cps. of boiling, salted water
1 lb. ricotta cheese
½ lb. mozzarella cheese, sliced
Parmesan cheese, to taste

Cook the lasagna in the boiling water until tender, about 20 minutes, drain and place in layers in the roasting pan with meatballs and sauce, spoonfuls of the ricotta and Parmesan cheese to taste. Make several layers until all ingredients are used up and top with the sliced mozzarella. Bake at 375 degrees for about 25 minutes. Let sit for 10 minutes before serving.

SHEPHERD'S PIE

This is a hearty and inexpensive one dish meal however it doesn't reheat or freeze well.

You will need: 1 deep pie dish or shallow casserole
1 pound hamburger
Salt and pepper to taste

- 1 large, chopped onion
- 2 cans of tomato soup (standard size - about 15 ozs.)
- 1 can green beans or 1 pkg. cooked, frozen green beans, cooked
- About 4 cups of mashed potatoes (Make from scratch if you're a purist or from dried potato flakes if you're in a hurry.)

Brown the hamburger with salt and pepper, breaking it up as it cooks. Add chopped onion and continue to cook until onion is looking done but not browned. Drain off any excess oil and put mixture in your pie or casserole dish. Mix in the green beans, 2 cans of tomato soup then pile the mashed potatoes on top. Put some little chunks of butter on top of the potatoes and cook in a 350 over for about 20 minutes or until the potatoes just start to brown.

When served with a green salad and rolls this dish will serve 6 to 8 people. You can make it ahead of time and refrigerate, covered with foil, except for the mashed potatoes. If you want to do it this way you will have to reheat the meat/soup part in a 350 oven until hot, remove from oven and add freshly mashed potatoes last.

III. DESSERTS

AMISH COOKIES

I used this recipe for ten years then managed to lose it for ten years. It resurfaced recently when I was digging around in a cupboard looking for some incense cones (Don't ask!). This makes a cake-like cookie that is not overwhelmingly sweet and which keeps well. It is also relatively inexpensive ingredient wise.

You will need:

- 1 cp. raisins, regular or white
- 1 cp. water
- ¾ cps. shortening
- 2 eggs
- 1 cp. brown or white sugar
- 2 cps. flour, sifted with:
 - 1 tsp. baking soda
 - ½ tsp. ground cinnamon
 - ¼ tsp. ground cloves
 - 1/8 tsp. salt
- ½ cp. chopped nuts (optional)

Add raisins to water, bring to a low boil until only 3 tblsp. of liquid is left. Remove raisins from liquid and reserve. Combine the 3 tblsp. liquid with the sugar, shortening and eggs. Add sifted dry ingredients to shortening mixture and mix thoroughly. Add raisins and nuts. Drop by the heaping spoon full on an ungreased cookie sheet and bake in a 350 degree oven for 8 to 10 minutes.

APPLE CRISP

This recipe is for when you crave apple pie but don't want to go to the trouble of making an apple pie. It is very good served warm with whipped cream.

You will need:

- A 2 qt. baking dish with cover (I use a Romertopf® which is a earthenware baking dish normally used for roasting meats.)
- 6 cps. crisp apples, cored, peeled and sliced in wedges
- ¼ cp. water
- ¾ cp. sugar, either half granulated/half brown or turbinado sugar
- 1 tsp. ground cinnamon
- ¼ tsp. each of ground nutmeg and ground cloves
- ¼ tsp. salt
- ¾ cp. flour
- ½ cp. margarine

Put apples and water in the baking dish. Cut margarine into the combined sugar, spices and flour. Mix dry ingredients with the apples, cover and bake in a 350 oven for 30 minutes. Take off cover and bake for an additional 30 minutes.

BROWN SUGAR-COFFEE-PECAN CAKE

Believe it or not, this recipe comes from Cornwall, England where it was considered exotic because of the 'unusual' type of nut used.

You will need:

- 1, 10 inch tube pan, greased with shortening
- 2 cps. (1 lb.) butter or margarine, softened
- 4 & ½ cps. flour, sifted with:
 - ¼ tsp. salt, and
 - 1 tsp. baking powder
- 6 eggs
- 1 lb. brown sugar
- ½ cp. milk
- 1 tsp. vanilla
- 3 tblsp. very strong coffee or instant coffee dissolved in 3 tsp. hot water
- 4 cps. chopped pecans

Separate eggs and beat yolks until frothy and a light yellow in color. Beat egg whites until stiff. In a large mixing bowl, cream together butter and brown sugar. Add beaten egg yolks, mixing well. Next add the combined milk, vanilla and [dissolved] coffee alternately with the mixed dry ingredients. Mix well. Lastly, fold in the beaten egg whites and pecans. Pour batter into pan and bake in a 325 degree oven for 1 & ½ hours. Place pan on rack and let cool before removing from tube pan.

Topping for cake

Combine 1 cp. whipping cream, 1/8 tsp. salt, ½ tsp. vanilla and ½ cup sieved brown sugar (do not pack sugar to measure). Chill one hour then beat until stiff.

CREAM AND APPLE PIE

This is a single crust apple pie and is kind of a pie/pudding combination. Very easy to make.

You will need:

- 1 good sized sauce pan
- 1, 9" pie pan (ceramic or Pyrex® preferred)
- 6 to 8 medium sized crisp cooking apples, cored, peeled and sliced into wedges
- ½ cp. sugar
- ½ cp. water
- ½ pastry recipe (page 37)
- 1 egg, well beaten with:
 - ½ cp. whipping cream

Put apples, sugar and water in the pan and bring to a boil. Lower heat to simmer and cook until apples are just fork tender (10 to 15 minutes depending on how thick the slices are). Roll out pastry and line bottom of pie pan. Add cooled apples and pour egg/cream mixture over apples. Bake in a 350 degree oven for about 30 minutes or until the pie is set (mixture is firmed up). Serve when slightly cooled.

DEEP DISH CHOCOLATE PIE

Sir Trinity Skythasis, Kingdom of the Burning Lands

Editor's Note: I am not particularly a sweets fan and definitely not a chocolate junkie but this is one of the best desserts I have ever tasted.

You will need

for the crust:

- 1, 10 inch springform [cake] pan
- 1, 8.5 oz. pkg. chocolate wafers, crushed
- 6 tblsp. margarine or butter, melted

In a medium bowl mix crust ingredients. Press [evenly] over bottom and sides of 10 inch springform pan, refrigerate.

You will need

for the filling:

- 2, 8 oz. pkg. cream cheese, softened at room temperature
- $\frac{2}{3}$ cp. sugar
- 3 eggs
- 12 oz. pkg. semi-sweet chocolate chips, melted*
- 1 cp. whipping cream
- 2 tblsp. margarine or butter, melted*
- 1 tsp. vanilla

*Editor's Note: There are several ways of melting these ingredients. The traditional method is to use a double boiler however rumor has it that you can nuke them if you are careful.

In large bowl combine cream cheese and sugar, beat until smooth. Add eggs [one at a time], beating thoroughly after each until well blended. Add melted chocolate and blend well. Add whipping cream, margarine and vanilla, beating until smooth. Pour into crust lined pan.

Bake in a preheated 325 degree oven for 55 to 65 minutes or until edges are set, center will be soft. Cool in pan for 5 minutes then remove sides of pan and cool. **Note:** To minimize cracking, place shallow pan half full of hot water on lower baking rack during baking. Refrigerate 7 hours or over night.

CREAM CHEESE PIE

Jasper Roseharp, Kingdom of Dragonspine

You will need:

- A 9 inch graham cracker crust
- 8 oz. cream cheese
- $\frac{1}{3}$ cup concentrated lemon juice
- 1 can Eagle® brand sweetened condensed milk
- 1 tsp. vanilla extract
- 1 can fruit pie filling

Blend cheese, lemon juice, milk, and vanilla extract for at least 5 minutes, until fluffy*. Pour into pie shell and allow to harden (or set) in the refrigerator overnight. Add fruit topping, chill and serve.**

*Extending the blending process creates a much fluffier base and eliminates the chance of separation.

**Chilling the assembled pie for 1 to 2 days produces a more solid pie that cuts and serves better. It will also endure room temperatures longer without getting sloppy or running.

Editor's note: Jasper does not specify types of pie filling but several ready to use types are readily available at most grocery stores, e.g., apple, cherry, blueberry and etc. You can also make your own fruit filling (for 1, 9 inch pie) by mixing 2 & ½ cups of fresh or non-sweetened canned fruit, 1 cup of fruit juice, ½ to ¾ cups of sugar and 1 & ½ tblsp. of quick-cooking tapioca or ¼ cup of flour. **Note:** Use tapioca as a thickener with highly acidic fruits such as canned mandarin oranges, use flour with the less acidic fruits (apples for example). The reason for using tapioca (or cornstarch or arrowroot starch) is that highly acidic fruits may neutralize the thickening power of flour and you can end up with a runny filling. This also sounds like a good dessert for a feast. The only expensive ingredient is the cream cheese and this can be avoided by buying a 3 pound brick of cream cheese at a food discount warehouse at a much lower price than what is charged for the 8 oz. packages at grocery stores.

DUTCH OVEN COBBLER

Countess Savaen, Kingdom of the Burning Lands

You will need: A 10 inch Dutch oven*
 1 box Jiffy® yellow cake mix
 2, 15 oz. cans Comstock® fruit pie filling
 1 stick butter, melted

Place the pie filling in the Dutch oven. Sprinkle the cake mix over the top of the filling. Drizzle the butter over the cake mix and bake in a 350 degree oven about 20 minutes or until the top is brown and crumbly.

*Editor's note: A Dutch oven is any heavy metal or enamelware pot with a high, arched lid (commonly used for cooking pot roasts, etc. Cast iron Dutch ovens work very well, but like all cast iron, must be carefully seasoned before use. Since this recipe does not utilize a lid, a deep cast iron frying pan (sometimes called a chicken cooker) could be used in lieu of the Dutch oven.

FRITTERS

Bernard of Millstone, Kingdom of Goldenvale

"These delicious fritters were adapted from a period recipe and can be used for an appetizer as well as a dessert."

You will need: 6 firm apples or pears
 6 tblsp. vegetable oil
 2 cups flour
 ½ tsp. salt

- 1 egg
- 1 & ½ cps. of ale, room temperature or
- 1 cup. wine or
- 1 cup. water-based almond milk (see recipe immediately following)
- ½ tsp. saffron (optional)
- ½ cup. confectioners sugar mixed with 1 tsp. ground cinnamon

Cut the apples or pears into slices ¼ inch thick. Remove the seeds from the slices but there is no need to core the fruit. Mix the flour, salt, egg, ale and saffron into a batter that is almost smooth. If you use the saffron, let the batter sit for about 15 minutes so the color from the saffron can soak in. Dip the sliced fruit into the batter and fry in hot oil on both sides until they reach a nice golden brown. Let them drain on a paper towel and then sprinkle with the confectioners sugar mix and serve. A similar taste can be made (for bulk servings) by replacing the above batter with Bisquick®.

Almond Milk:

You will need:

- ½ cup blanched almonds
- Ice water
- 1 cup boiling water (or wine)
- ½ tsp. honey
- Dash of salt

To blanch the almonds, boil them in water for 2 to 3 minutes, drain and pour cold water over them and peel the skins off to make them white. Grind the almonds adding a tsp. of ice water to keep the mixture from becoming too oily. Add honey and salt to 1 cup boiling water and dissolve. Pour the honey mixture over the almonds and soak them for about 10 minutes, stirring occasionally. Strain if a smooth texture is desired, or leave as is if a coarse texture is fine. Yields 1 & ¼ cups unstrained or 1 cup strained.

KEY LIME PIE

Tilion Greymantle, Kingdom of Dragonspine

You will need:

- 1 graham cracker crust
- ⅓ cup lime juice (I usually use ½ cup)
- 1 can of concentrated milk (condensed milk)
- 4 eggs

Mix milk and eggs (minus the shells) in a large bowl until well blended. Keep mixing and pour in lime juice. After mixing the lime juice in, pour it [the mixture] into the shell and heat in a warm oven (Editor's Note: Warm oven usually equals 325 to 350 degrees) for 15 minutes or until set. Refrigerate for 24 hours, and serve cold.

ONCE A YEAR STRAWBERRY SHORTCAKE

The explanation of 'once a year' in the title is that this is so good, so rich and you eat so much of it that, once you have consumed a plateful, you can't stand to even think about this dessert for another year. It's also incredibly easy to make.

You will need: The Bisquick® recipe for shortcake (unless you're one of those 'from scratch' maniacs)
2 pints of fresh strawberries, lightly mashed up with 1 scant tsp. salt and ½ cup of sugar
Whipped cream either from scratch or the refrigerated in the can stuff

The secret of this dessert is hot, buttered shortcake - it must be served hot, just out of the oven. Prepare your strawberries a little ahead of time and refrigerate. Take the shortcake from the oven, split in half, butter, cover with the chilled strawberry mixture and then add the whipped cream.

PEACH-SOUR CREAM PIE ©

This is a seasonal recipe in that you have to use fresh, ripe peaches (or nectarines). Though made from scratch, it requires little preparation time. This is a good feast dessert due to low ingredient cost and the ability to make it up ahead of time.

You will need: 1, 9" pie pan
Pastry for 2 crusts
⅓ cp. flour
¼ tsp. cinnamon
¼ tsp. nutmeg
1/8 tsp. salt
1 cp. sour cream
5 cps. sliced, peeled and pitted peaches (about 3 lbs.)
2 tblsp. milk
1 tblsp. sugar
1/8 tsp. cinnamon

Line the pie pan with ½ of the pastry recipe. Combine flour, ¼ tsp. cinnamon, nutmeg, salt and sour cream. Fold in peaches and put mixture in pie pan. Roll out remaining half of pastry, cut a couple slits in the middle to allow for venting and then cover the filling. Roll and seal top pastry firmly around the edges of the pan. Flute pastry edges. Brush pastry with milk and sprinkle with 1 tblsp. sugar and 1/8 tsp. cinnamon. Bake in a pre-heated 400 degree oven for 30 minutes or until crust is nicely browned. Chill and serve.

PEANUT BUTTER COOKIES

This recipe is copied directly from an old 3 x 5 card which was so covered with peanut butter stains it was difficult to read. Must be a good recipe! It has been left in its original format.

Cream together very well the following ingredients: 1 cup butter or margarine, 1 cp. peanut butter, 1 cp. granulated sugar, 1 cp. brown sugar, 2 eggs and 1 tsp. vanilla. Sift together and add to the creamed

mixture the following ingredients: 2 & ½ cps sifted flour, 1 & ½ tsp. baking soda and ½ tsp. salt. Shape into 1 inch balls and place 2 inches apart* on a cookie sheet. Crisscross the balls by pressing lightly with fork tines and bake at 375 degrees for 10 to 12 minutes. Cool slightly before removing from the cookie sheet. Makes 8 dozen cookies.

*These cookie expand like crazy when you bake them, so be sure and leave enough space between them on the cookie sheet.

Note: This recipe is so oil heavy that the batter may be too gooey to handle easily. Chilling the batter for about 30 to 45 minutes will solve the problem. It also helps to dip the fork you are using to make the crisscrosses in flour so the fork will not stick in the cookie batter.

PINEAPPLE UP SIDE DOWN CAKE

This is a good feast dessert as it is easy to make and very visually appealing. It can be served cold as is or warm with whipped cream.

You will need:

- 1 oblong cake pan, about 10 x 14 x 2 inches
- 1 box of yellow or white cake mix
- ½ cup of melted butter or margarine
- 1 and ½ to 2 cups of brown sugar
- ½ pound of walnut or pecan halves
- 1 can of pineapple slices (round)*
- Red and/or green maraschino cherries*

In the cake pan, mix well the melted butter with the brown sugar. Press into sugar mix the canned fruit in whatever pattern you like. Note: Placing the pineapple slices so as to completely cover (but not overlap) the brown sugar/butter mix will produce a pattern which will enable you to use a full slice of the pineapple as a per-portion cutting guide when the cake is served. Arrange the nuts and cherries in and around the slices. Make up the cake recipe, pour batter into the cake pan over the fruit/brown sugar mixture and bake according to package directions or maybe a little longer. Let cake cool for about 10 minutes after removing from oven, carefully turn upside down onto a large serving plate (place serving plate over the pie pan, hold firmly and invert). Serve warm with whipped cream or make ahead of time and serve without the cream.

*Other canned fruits such as mandarin orange slices, canned peach slices and pickled apple slices can be substituted. You can also use fresh sliced apples sprinkled with a little cinnamon and cloves or dried apricots which have been reconstituted, i.e., soaked in water until plump and then drained. If the price of the pretty, whole nut meats is unreasonable, use the broken up types which are available at a substantially lower price.

THE BEST PUMPKIN PIE

This recipe approaches the dishonest in that you use commercially canned pumpkin (I always use Libby® as it is very consistent), the recipe on the label and simply add some variations that make the end result exceptional.

You will need: 1 very deep dish pie plate (glass or ceramic is best)
 Pie crust for the bottom of the pie only
 1 can of Libby® pumpkin plus the other required ingredients listed thereon.
Note: The recipe on the can label states this will make 2 pies but you will be using a deep pie dish and making only one pie.
 Turbinado sugar (This will be found along with regular sugars in the grocery store. All it is is regular sugar with a little of the molasses still in it - it is golden in color. You can substitute ½ light brown sugar mixed with ½ granulated sugar for the turbinado.)

Make up your pie dough, roll out, line the pie dish and roll and flute the edge. Follow the recipe on the can of pumpkin but substitute turbinado sugar for the white sugar and increase the amounts of the cinnamon and cloves listed on the recipe times 2. Bake according to label instructions - cooking time may have to be increased slightly and the oven heat reduced by about 25 degrees to compensate for the greater depth of the filling. In addition to the variation in spices and sugar, the size and depth of the single deep dish pie plate will give you a spicier, more robust and much more satisfying end result.

SCOTCH SHORTBREAD

Squire Gwynna Dewdrop, Kingdom of Dragonspine

You will need: 2 cps sifted all purpose flour
 ¼ tsp. baking powder
 ¼ tsp. salt
 1 cp. soft shortening
 ½ cp. powdered sugar

Sift together flour, baking powder and salt. Mix shortening and sugar until creamy. Add flour mixture, mix. Refrigerate until easy to handle. Start heating oven to 350 degrees. On lightly floured surface, roll dough to ¼ inch thickness. Cut into desired shapes. I usually do shortbread sticks. Sprinkle with cinnamon sugar. Place on ungreased cookie sheet about an inch apart. Bake 15 to 20 minutes or until done.

SOUR APPLE PIE

This is a northwestern Pacific coast specialty and ideal for people who don't like overly sweet sweets. The most important part of the recipe is to use very firm eating apples, i.e. Red Delicious. The usual cooking-type apple will produce a too sweet, mushy pie filling. Very good served a la mode with vanilla ice cream.

You will need: A double pie crust (recipe on page 37)
 1 deep dish pie plate
 8 to 10 firm, Red Delicious apples, cored, peeled and sliced into thick wedges (It is very important that you do not use regular cooking apples although very green or unripe apples may be substituted.)
 1 small lemon or large lime, sliced very thin and seeds removed
 ½ cup white sugar

1 cup flour
1 & ½ tblsp. ground cinnamon
2 tsp. ground cloves
Some butter (real butter rather than margarine)

Combine sliced apples, flour, sugar and all spices in a bag and shake well until all of the apple slices are well coated - reserve. Roll out ½ of the pie dough and line the bottom of the pie dish. Put all of apple mixture, including any of the left over flour/spice mix, into the lined pie dish, arranging the slices to fit fairly closely. Dot with about 6 tsp. of butter and arrange the lemon or lime slices over the apples with no overlapping. Now roll out top crust, fold in half and slash a couple-three 1 to 2 inch gashes or vents along the fold. Open the crust back up, place on top of filling, roll in any crust that hangs over the dish, and flute all the way around the pie. **Note:** Rolling and fluting the top crust will help seal it to the bottom crust, makes it look pretty and, along with those vents you cut, helps avoid spill-over while the pie cooks. At this point, if you want a glazed crust, brush the top crust with an beaten egg or cover the crust with some straight canned milk (use your fingers to smear on the milk). Bake in a preheated 400 oven for 10 minutes, turn heat down to 350 and bake an additional 30 to 40 minutes until crust is browned.

IV. DRINKS

The following drinks range from completely non-alcoholic to extremely alcoholic. It is humbly suggested that the alcoholic drinks be imbibed with discretion. If discretion is not an operative part of your personality or vocabulary, locate the most up-tight, blue nosed, civic minded, disapproving alcohol hater in the gathering and give him your car keys. Which cautionary note leads us to why, how and where to drink, to wit:

Why: Alcohol, in discrete amounts, is a social lubricant- anxiety recedes, wit emerges and friendship is encouraged... these are good things. Some alcoholic drinks also taste damned good. However, kindly note that the operating phrase is 'discrete amounts'... Alcohol dissolves inhibitions and, to a point, this is fine but inhibitions are also survival traits; don't give up your ability to survive by eliminating your inhibitions against, say, jumping into a fire, challenging a 300 pound, bearded barbarian (male) to an honor duel or, scariest of all, suddenly deciding a 300 pound, bearded barbarian (female) is the love of your life.

How: Depending greatly on the alcohol proof level of the drink, the 'one drink per hour' rule is a yard stick: One beer or one 8 ounce glass of wine per hour is a good rule of thumb... the alcohol percentage of both will, at the most, not be over about 13%. If, however, you are drinking a cocktail, fortified wine or cordials, with a proof level of 50% to 80%, adjust your intake down accordingly... maybe one drink every couple of hours. Straight, high proof liquor is not drunk, it is gently sipped and savored over extended periods of time; good Scotch and fine brandies are lovely examples of this marvelous and civilized art.

When: Drink at home with friends, at events with friends or at private parties (with friends). Don't drink in a potentially hostile environment or when you are in less than good physical condition. In further explanation: Beware drinking alcohol when at unusually high altitudes- you will likely be unpleasantly surprised the effect it can have on you especially if you have even a mild case of altitude sickness (lethargic, dizzy, headache, slightly nauseous, want to do nothing more than sleep). Avoid drinking if you are extremely tired- you can get positively plotzed on a small glass of wine. Never, ever drink if you are taking antihistamines, antibiotics or any other type of 'bad alcohol interrelation' drugs... depending on your physiognomy and/or medical condition, the results can be very bad to deadly.

Now that you've been moralized at, here's some recipes using alcohol:

EGGNOG FROM SCRATCH

I've made this recipe several times and although it is not a 'quick' recipe, once you've tasted it you'll never use the store bought stuff again.

Basically what you'll be doing is creating a base with the egg yolks, sugar, cream and liquor and chilling it. Once chilled you add whipped egg whites and serve. This sounds simple and it is however, like the white bread recipe on page 31, the mechanics are very particular and may slow you down the first time you make it.

You will need:

- A dozen fresh, room temperature eggs, separated*
- 1 pound confectioner's sugar
- 3 cups brandy
- 3 cups rum
- 2 quarts of whipping cream
- A wire whisk or an electric beater (Trust me, opt for the beater)
- 1 very large bowl** (this is what you'll be doing most of the mixing in and it will end up having to hold over 5 quarts of eggnog)
- 1 very deep bowl** (this is what you'll beat the egg whites in - it doesn't have to be nearly as large as the first bowl)

*Speak up now and then pay attention to the following if you've never separated a fresh egg. Don't bother being embarrassed either - an amazing number of people don't know how to separate an egg. My brother, at the ripe age of 27, tried to separate one by punching holes at each end and blowing in one hole to force the raw egg out the other. This worked but he ended up with scrambled raw egg, so he made an omelette instead of eggnog.

How to separate an egg: Have your two bowls ready but work over the deep bowl you're going to use for the egg whites. Crack the middle of an egg briskly against the edge of the bowl so as to break the egg in half width-wise. Some of the white will drop into the bowl - this is okay. One of the shell halves will contain the rest of the white and the yolk. Being very careful not to break the yolk, transfer it to the empty half of the shell, allowing the rest of the white to drop into the deep bowl. You may have to do this transfer more than once until you get the hang of it. Put the yolk into the big bowl. By the time you've done all 12 eggs you should be getting pretty good at it. **Note:** You're going to get a little egg white in the yolks - this is no big deal but you must get *none* of the yolk in the whites or they will refuse to whip. If by chance you goof and some yolk does get in with the white, remove it with a spoon or maybe a bit of dry paper towel.

****Never, never, ever use aluminum or plastic bowls.** The former will turn your nog a dirty gray, and I don't care how carefully you wash those nasty plastic things, you cannot totally get rid of the oil deposit they always accumulate through use. Any residual grease, even if you can't see it, smell it or feel it, it will prevent the egg whites from whipping.

After the eggs are separated, refrigerate the whites. Bring the yolks up to room temperature* then beat the yolks thoroughly - about 5 minutes or so or until they are a very light yellow color. Continue beating and add the sugar about ½ cup at a time. Using the same approach, add 1 cup of the rum and 1 cup of the brandy. Cover the bowl with a clean cloth and let it 'rest' for about an hour - no need to refrigerate at this point. After the hour is up, beat in on medium speed the rest of the liquor and the 2 quarts of whipping cream - should take about 5 minutes (this is your base). Cover with a clean towel and refrigerate for about 3 hours.

About 1 hour before the base is due to come out of the refrigerator, remove the egg whites from the refrigerator and allow to come up to room temperature.*

*There is a reason for this seemingly irrational procedure. The whole object of beating eggs is to increase their volume by adding air via whipping or beating - you want these little suckers fluffy. Eggs, particularly egg whites, will refuse, point blank, to absorb or trap air if they are cold.

After the egg whites are at room temperature, beat them on high until just stiff (if you shut off your beater and gently pull it out of the whipped whites, low soft peaks, that do not collapse in on themselves, should be formed) - the surface should be moist and glossy. Remove the chilled base from the refrigerator and gently fold in the whipped egg whites. Serve within about 30 minutes or so.

FRUIT SHRUB

On the other hand, the following is a hot weather drink. It sounds positively disgusting but is actually very refreshing on 110 degree summer days. This is a very old recipe and may possibly be the origin of the so-called slurpee.

Simmer until dissolved 6 cups of the fruit juice of your choice with 5 cups of sugar until the sugar dissolves. **Note:** Don't use a pre-sweetened juice. Add 1 & 1/3 cups of white wine vinegar (Trust me), let cool a little and serve over lots of crushed ice in a tall glass.

GLUGG

Kaiya Lovborg, Kingdom of the Burning Lands

You will need:

- A non-aluminum pot with cover
- 1/2 lb. raisins
- 1/2 cp. blanched, sweet almonds
- 5 cardamom pods
- 5 whole cloves
- 2 - 3 strips orange peel
- 3 prunes
- 3 strips apple peel
- 1 inch cinnamon stick
- Sugar, to please
- 1 - 2 pieces ginger (crystallized)
- 1 pt. vodka*
- 1/2 gal. port wine
- 1 pt. or more water

Cover spices and fruit with water and simmer for 15 minutes. Add wine and bring to boil. Add vodka and return to boil. Turn off fire and light top [of the mixture with a match] for a few seconds. Cover tightly. **Note:** Keep covered at all times during cooking. Serve warm.

*"If you find the glugg too strong with vodka (in which case you are definitely not a Viking and shouldn't have tried it in the first place) try it with spiced rum." -Kaiya Lovborg.

GOTHIC NOVEL IRISH COFFEE

You will need: Very fresh, very strong hot coffee (Don't use flavored coffee.)
1 tsp. sugar per serving (turbinado sugar if you have it)
1 tblsp. coffee liquor per serving
1 jigger Irish whisky per serving

Put coffee plus other ingredients in a cup, top with whipped cream and serve on a dark and stormy night.

HAIRY, FUZZY NAVEL

Sir Bolt, Kingdom of the Burning Lands

According to Sir Bolt, the only difference between this drink and a regular Fuzzy Navel is the vodka and/or the lack of a bellybutton brush.

You will need: 1 shot glass
12 oz. drink glass
Peach Schnapps
Vodka
Triple Sec
Orange juice

For each drink, mix 1 shot peach schnapps, 1 shot vodka, ½ shot triple sec with orange juice in a 12 oz. glass. Mix and drink.

HOT SPICED CIDER

You will need: A big non-aluminum pot and a ladle
1 to 2 gal. jugs of cider
1 cloved orange
2 cinnamon sticks
Some mugs

Put everything except the mugs in the pot and heat on medium/low. Serve in mugs when hot. **Note:** If you add applejack you will have hot spiked cider. A reasonable proportion is 1 to 2 cups of applejack to 1 gal. of cider. You can also mix ½ cranberry juice with the cider for a different taste.

MIND ERASER

Sir Bolt, Kingdom of the Burning Lands

You will need: Mixing spoon
Rocks glass (6 oz. capacity)
Shot glass
½ shot Kaluha®
½ shot vodka
Soda water

Cracked ice
1 straw

Pour the Kalhua® into the glass. Add ice. Place the spoon, upside down, against the lip of the glass. Add the vodka to the glass, manipulating the spoon to create a layered effect with the vodka and the Kalhua®. Repeat this process with the soda water. Being careful not to stir, place the straw in the middle of the drink. Drink it as fast as you can without stopping.*

*Editor's Note: It is suggested that anyone consuming more than one of these concoctions within a hour's time not attempt to walk, talk, drive or frame any meaningful thought processes.

NORTHWEST PASSAGE

This beverage is named after the geographic location. Seems as how it gets so damned cold up there they had to invent the following drink to avoid freezing to death.

Make up a paste or base a couple of weeks ahead of time consisting of: 1 pound very dark brown sugar, ½ pound of real butter (set out and let warm up at room temperature before mixing), 1 scant tsp. of salt, 1 heaping tblsp. ground cinnamon and 2 heaping tsp. ground cloves. This has to be mixed very thoroughly and stored, in a covered container, in the refrigerator for about 2 weeks to allow the flavors to blend. Keeps indefinitely if covered and refrigerated.

At party time let the base warm up to room temperature. Set out some mugs and fill each ⅓ full of dried milk granules*. Add hot water to make about 1 cup of liquid, 1 tblsp. of the base and 1 jigger of the rum of your choice (some people like Captain Morgan®, I prefer Bacardi Dark®). Serve hot.

*You can use regular milk if you want but it's a pain to heat and keep hot. Personally I like hot half and half but you still have the heating problem and it's incredibly rich.

SPICED TEA

This is a good cold weather party drink for those of you who are not booze-hounds or maybe for people who just get into hot spiced tea.

Brew about 5 cups of hot tea - tea bags are okay but loose tea in a tea ball is better. Next make an infusion by boiling ½ cup of sugar in ½ cup of water. Take this off the burner and add ¼ cup of orange juice and ½ cup of lemon or lime juice (you may have to strain the juice if it contains pulp), 8 whole cloves and 1 stick of cinnamon. Mix the tea with the infusion and serve right away. This recipe works best made with a strong, dark tea.

WASSEL

Lord Squire Malachi, Kingdom of Dragonspine

This is an interesting recipe in that it combines very traditional ingredients (oranges, cloves, rum, etc.) with, of all things, Sprite®. You might also note that the preparation of the base is very similar to the technique for making cordials. I also suspect that the recipe can easily be halved.

You will need:

- 1 large non-aluminum pot
- A lidded jar capable of containing about 3 gallons of liquid
- 4 cans of Mandarin oranges (approximately 15 oz. cans)
- 1, 1.5 oz. jar of whole cloves
- 1, 1.5 oz. jar of whole cinnamon
- 4 tblsp. ground nutmeg
- 1, 750 milliliter bottle of rum (or about 4 cups)
- 8 liters of red wine (or about 2 gallons)

Combine all ingredients in the pot, bring to a boil, remove from heat and allow to cool. Transfer cooled liquid to a large, lidded glass container and put it away somewhere for six (6) months. After you've waited for six months, simmer this stuff* with 4 liters of Sprite® and, when hot, mix half and half with red wine and serve.

*Editor's Note: Malachi doesn't specify but my thought would be to strain the oranges and spices out before reheating with the soft drink, if for no other reason that to keep from getting cloves and cinnamon stuck between your teeth or inadvertently swallowing the things.

Ales, Beers and other Spiritus Fermenti

Beer

Ivar's Nefarious Dopple Boc (Guaranteed to increase virility.*)
Grand Duke Sir Ivar Nefarious, Kingdom of the Burning Lands

*Editor's Note: This particular attribute of this recipe has *not* been substantiated by independent testing nor was anyone willing to come forward and verify the claim.

You will need:

Equipment:

- 5 gallon pickle bucket (with a good lid)
- 1 old T-shirt (Clan 10 through 15 work best)
- 1 new, unused oil tub (The kind you drain oil from a car into)
- 1 stick to stir with (plastic is best)
- 1 fermentation lock
- 6 feet of plastic tubing (¼" diameter)
- 1 rubber cork with a hole in it for fermentation lock
- 1 large pot (enough to hold 6 gallons of liquid)
- 1 pantyhose (I get the best results from panties owned by Redheads.)
- 40 1 pint NON-SCREW OFF bottles
- 40 bottle caps (unused)
- 1 bottle capper
- 1 bottle bleach

Ingredients:

- 2 lbs. of malted wheat

- 3 lbs. of malted barley
- 1 lb. of Munich malt
- 10 oz. of chocolate malt
- 3 oz. of Eroica hops
- 2 oz. of Tettnanger hops
- 1 six-pack of really cheap beer
- 1 small bag of white household sugar
- 3 shots of rum
- 2 packages of dried lager yeast

A Note about the equipment:

About the only thing you really need to buy are the fermentation lock and the equipment to bottle your beer. If you do not have the cash to spend on a bottle capper and caps (and those expensive bottles), you can purchase Grolsch® beer while you are preparing to make your alcohol. The Grolsch® bottles allow you to reseal the bottle without a conventional cap.

Pickle buckets can be found at any fast food restaurant. Just ask a manager and they will normally give you one free. You will need to prepare your pickle bucket lid before beginning. You will need a hole in the center of the lid that is big enough for the rubber cork and fermentation lock to fit tightly (no leaks).

Obviously, some time and expense must be invested into beer. You can always make mead if you have the time and not the cash (see Aramithris' recipe Page 66).

Let's get started:

The most important thing about making beer is NOT cleanliness, it is getting drunk while you make your beer! So, right now, before you do another thing, open one of those cheap beers. Smell the aroma of the beer. Watch how the little bubbles rise to the top of the can. Truly the nectar of the gods... Start drinking!

Thoroughly clean all of your equipment with warm water and bleach. Make sure that no bleach is left on your equipment. Rinse everything well.

Start boiling 2 gallons of water in your large pot. After the water has reached a hard boil for about two minutes, pour in 2 pounds of malted wheat. Stir constantly and vigorously. After the first batch of malt has dissolved completely, add one more gallon of water and bring to a slow boil. Pour 3 pounds of malted barley, one pound of Munich malt and 10 ounces of chocolate malt in the boiling mixture. Continue to stir the mixture making sure all of the malt is dissolved (You should be on your third beer by now.). Let the wort (that is what beer is called before it starts to ferment) boil slowly for one hour.

The next major step in making beer is adding your hops. Hops are what gives beer its bitterness. Originally, hops were added to beer as a preservative. Anyway, take a pair of panty hose and cut off a leg. Check and make sure that there are not any holes in the hose. Take all the hops you have and stick them in the foot of the hose and then tie a tight knot in the hose so that the hops can't hop out. Next drop your panty-hosed hops into the wort and let it continue to boil for 15 minutes. Turn off the fire under

your wort, fish out the hops, and let the pot sit for about one hour. Head to the fridge and hope you have a couple of beers left.

After the wort has had time to cool, pour it into your plastic bucket. Top off the wort with water so that you have a total of 5 gallons.

Yeast! Pour the two packages of yeast into the wort, stir well, and watch as nature's gift to man does its alchemy on the malt. You will notice tiny bubbles start to raise to the top of the liquid. The bubbles you see rising are the carbon dioxide being given off from the sugar as it is converted into alcohol.

Put the top of the plastic bucket on the canister and make sure it is sealed. Next, install the rubber cork into the hole in the top of the lid and then the fermentation lock into the cork. Move the bucket to a place where it is dark and cool. Take one shot of rum and pour it into the fermentation lock so that the lock is half full. Drink one shot for yourself and save the last one.

Set the pickle barrel in the oil bucket. Take the T-shirt and put it over the barrel and down into the oil bucket. Now pour cold water into the oil bucket so that the T-shirt can soak up the water. This will keep your boc cooler while it ferments.

Now comes the hard part- waiting. It will take several days for your beer to stop fermenting. The way you can tell if it is still fermenting is by watching the fermentation lock. If the bubbles stop coming out of the lock, the fermentation is probably over. It never hurts to let the beer sit for a couple of extra days to make sure the fermentation is done. During the fermentation you may need to add a bit more rum to the lock if the rum has evaporated too much to allow the lock to work properly.

After the fermentation is complete, it is time to bottle the brew. Clean all your bottles with soap and water and then bleach and water. Make sure everything is well rinsed of the bleach's residue. Carefully put the bucket of beer up on a table or other place *above the level you intend on bottling at*. You want to be careful not to move the bucket too much because it will disturb all the sediment on the bottom of the bucket. Now take the lid off the bucket and lower the plastic tubing into the bucket about 3 inches. Begin to syphon with the end of the plastic hose that isn't in the beer. Yum! Taste that wonderful beer.* Fill each bottle with your brew. Be careful not to suck up the sediment at the bottom of the bucket while you fill your bottles. Leave about 1.5 inches of air at the top of each bottle.

*Editor's Note: For those of you who have never syphoned anything before; you have to jump start the syphoning process by sucking on the working end of the hose once you have the other end in the bucket.. you inevitably end up with a mouth full of what ever you are syphoning, in this case, beer.

Take one level teaspoon of white sugar and pour it into each bottle. This sugar will cause second fermentation while the beer is bottled. This secondary fermentation will carbonate your beer in about 10 days after bottling.

You are all done except capping the bottles and shaking them to mix the white sugar into the fresh beer. After rinsing the outside each bottle, stick them in a cool dry place, not your fridge, for about 10 days.

Now all the waiting is over. Take a few bottles and chill them. They are ready to drink! Keep in mind that the beer you have made will be about 9 to 10.5 percent alcohol- that's pretty damn strong. Take a good long drink of your brew and compare it to the cheap beer you started drinking a few weeks before.

I have only touched on the basics of brewing. There are hundreds of books and resources on the Internet if you would like to continue your brewing career. To learn more, start with:

Jackson, Michael. *The Practical Brewer*, 2nd ed. Madison Wisc.: 1977.

Papazian, Charlie. *The New Complete Joy of Home Brewing*., New York, New York. First Avon Books, 1991.

<http://allaboutbeer.com>

Cordials

All the cordial recipes which follow are made by the maceration method, that is by steeping fruit, spices or seeds in a high proof alcohol in order to extract the flavor. The distillation method is not treated because 1) it can be dangerous* and 2) it's against the law to distill alcohol without a license (spoilsport governmental regulations).

*My brother bought his house from an estate and it had a wine cellar under the garage. Seems as how the previous owner of the place, known as Old Man Seiffer, or The Dear Departed, used the cellar as a discrete place to distill whisky. The old boy also had lost his sense of smell and there was a gas leak in the cellar. When he went down to the cellar one fine morning to check on his illegal booze, he struck a match to light a candle and blew himself and the booze through the overheads. The place is supposedly haunted, but my brother makes wine down there and has never been bothered. Evidently Dear Departed approves of spirits (PUN#2).

All cordials require a flavoring agent, sweetener, and alcohol. You can substitute widely, i.e., sugar and water (sugar solution), honey, and corn syrup can all be used as sweeteners. If you use honey, the resulting cordial will tend to be cloudy, will take longer to clarify and will probably have to be carefully strained several times. Sugar is usually mixed with water (2 parts sugar to 1 part water), boiled until sugar dissolves, then cooled and added to the alcohol/flavoring mixture. Sugar can also be mixed directly into the flavored alcohol and this will produce a cordial of much stronger proof. Corn syrup and honey can be substituted for sugar and the ratio is about 25 percent more of either than the sugar measurement: 1 & ¼ cups equal 1 cup of sugar.

Alcohols used can range from brandy to rum to scotch to vodka to wine. The higher the proof, the higher percentage of alcohol by volume of the finished cordial. Dividing the proof of the alcohol by 2 will give you the approximate percent by volume of the cordial. An 80 to 100 proof alcohol will produce a 40 to 50 percent by volume cordial, which is just about right. You can go to the 190 proof alcohols, but the resultant cordial will be pretty potent. White wines or fruit flavored wines can be substituted in whole or in part for the alcohols and will produce a very mild or light cordial.

Many fruit cordials will produce enough glycerine-like substance to give the cordial that very necessary oily component to the finished product, however if your cordial appears thin or watery, food grade glycerine can be added to give the correct texture. The ratio is about 2 tablespoons glycerine to each quart of cordial.

Almost any fruit or spice combinations can be used to make cordials. The fresher (and more ripe) the ingredients, the more robust and flavorful the cordial. You can even use fruit jams such as peach, apricot, and pear. If the fresh fruit season is over with, jams are not a bad idea. The general ratio is 10 tblsp. of jam mixed with 3 & ½ to 4 cups of alcohol and 2 tsp. of honey or corn syrup. Beat together the jam and the alcohol and store in a tightly closed jar for about 2 months. Strain, add honey or corn syrup and let sit until clarified. Strain again if necessary, bottle and let age for a while.

If you have access to fresh, ripe fruit the general rule of thumb is 2 to 3 cups (or about 1 pound) of cleaned, crushed fruit (berries or cherries) steeped in 2 cups of 80 proof alcohol (brandy is a natural to use with most fruits) for anywhere from 2 weeks to 2 months. Some berry cordials involve crushing the berries, bringing the resultant pulp to a boil, then cooling and straining through cheese cloth - you use the juice only in this method. If you use apples, pears, plums or the like you will need a substantially greater volume of fruit - generally about 2 lbs of fruit to 2 cups of alcohol. You'll know when it's ready to strain out the fruit by sniffing and tasting; the liquor should have the smell and flavor of whatever fruit you have used. After straining thoroughly, make up a sugar syrup (or use corn syrup or honey) by boiling until dissolved 1 & ½ cups of sugar with ¾ cups of water. Cool the sugar mixture and add to strained alcohol mixture. Set aside in a cool place until clarified, strain again and continue to age until the taste becomes smooth. Glycerine can be added at this point if necessary.

Spices can be added to the steeping fruit. Try coriander or cloves with blackberries or blueberries, stick cinnamon and whole cloves with apples. Herbs alone can also be steeped to produce cordials. Anisette is licorice flavored and is produced by steeping about 6 tablespoons of crushed anise seeds, 2 teaspoons of fennel seeds, and 2 teaspoons of crushed or ground coriander in 3 cups of 80 to 100 proof brandy for about a month. Shake the storage jar a couple of times a week then strain and strain again the mixture until it's almost clear. Stir the results with a cup of honey or corn syrup and store until clear. Strain again if you have to. Let age until smooth in taste.

You can even make cordials from tea and coffee. Check out the coffee liqueur recipe later on in this book. It is easy to make.

The last word in producing cordials from scratch (not using commercial flavorings) is patience. The longer the cordial ages, the better it will be.

APPLE CORDIAL FROM SCRATCH

There are all kinds of cordial recipes and I've made a few of them. However many call for commercial additives or extracts. To me this eliminates the participation or creation portion of making a cordial... besides, it's expensive - those suppliers are real proud of their products! The following recipe is simple and very good however it will take at least 6 months to mature, a year is better, so be sure you start ahead of time if you are making it for an Olympiad or Crown Qualification entry or for holiday gifts.

You will need:

- 1 large, covered jar at least 4 quart size
- A couple of 1 quart jars with covers
- 6 cups of cored, diced apples (with peel). I use Mackintosh, but any ripe, very fruity type of apple should work well. One large apple will produce about 1 cup of chopped apple.
- 1 & ½ cups white sugar
- 1 to 2 large cinnamon sticks, broken up
- 4 to 6 whole cloves
- 3 cups 80 proof brandy* (get the cheapest available)

Combine all ingredients in the jar, cover tightly (be sure jar has a screw type top) and invert jar and let stand for 24 hours. Turn the jar upright and let stand for another 24 hours. Repeat this process until all of the sugar is completely dissolved. Store in a cool, dark place for at least 6 weeks. After the 6 weeks are up (don't cheat) strain** into another jar or a couple of smaller jars (easier to work with) and let set in the cool, dark area another 4 to 6 weeks. You will now note there is a cloudy sediment (lees or dregs) in the bottom of the jar. Your purpose in life is to remove this stuff, so strain very carefully through cheese cloth into a couple of clean jars - you may have to discard a small amount of the cordial to get rid of as much of the cloudy stuff as possible. Let stand for another 4 to 6 weeks and strain again if necessary. By now your cordial should be a beautiful dark amber, be completely clear and have a very spicy, fruity taste with, incidently, a hell of a kick to it. You can now decant it into an attractive container and enjoy at will although the longer this cordial ages, the better it gets. **Please take note:** This stuff is now about 40 proof, so sip don't swig!

*As this recipe is being written, another batch of apple cordial has just been started. This time the apples are Red Delicious, the sugar is turbinado and the alcohol is white rum. Reason? Well, the apples were in season, the turbinado sugar had started to clump (become rock hard), because it finally decided to rain in the Burning Lands, and the rum was on sale. All proportions were increased by 25% because I wanted to use up all the rum. We'll know how it turns out at about Winter Solstice, 1998. **Note:** Many recipes are the result of circumstance, substitution and the willingness to try something just a bit different. Always note ingredient/procedure changes just in case the results of your experimentation turn out so marvelous that you want to repeat them.

The 'left over' apple chunks can still be used in cookie recipes or work very well for the topping on the pineapple up side down cake on page 50. Personally I like them served as is with a bit of whipped cream. **Note: The apple chunks are now very alcoholic - probably shouldn't serve them to children, maiden aunts or the pigs.

CHERRY CORDIAL

This recipe produces a brilliant red, very sweet cordial with a pronounced cherry flavor and requires at least 6 months ageing before it even approaches being drinkable unless you're really into cherry flavored cough syrup.

You will need:

- A jar, with cover, big enough to hold about 8 cups of liquid.
- 6 cups very ripe bing cherries (it's very important they be extremely ripe)
- 1 cup white sugar

6 cups 80 proof Brandy

Wash cherries, remove stems and pits. You can use a small knife or a bizarre instrument called a cherry pitter however fingers are the instrument of choice. Put pitted cherries in a large jar and cover with 4 cups of the Brandy- the fruit must be totally covered so use a little more Brandy if you have to. Cover jar and let sit in a cool, dark area for 6 weeks. **Note:** Give the jar a good shake about once a week just for grins and giggles.

At the end of six weeks, the cherries will be a light mauve/grey in color and look totally disgusting; all color and flavor having been transferred into the alcohol. Strain the cherries out, using cheese cloth, and throw them away as they now also taste disgusting. Add the rest of the Brandy and sugar, shake or stir well to dissolve the rest of the sugar and return to the cool, dark place for about 6 months.

Keep an eye on the infant cordial. About once a month check to see if any sediment has formed at the bottom of the jar; be careful not to move the jar around too quickly as you don't want to mix the dark sediment back into the cordial any more than necessary. When there's a really noticeable amount of this ominous looking stuff at the bottom of the jar, strain the cordial through cheese cloth or similar material* into a clean jar. Cover jar and banish the beautiful, brilliant red but horrible tasting cordial back to cool, dark place. Repeat this process as necessary for the rest of the 6 months.

At the end of the six months, taste the cordial. If you haven't cheated on the required ripeness of the cherries or the time schedule, the cordial will be very good; sweet and smooth tasting. If the texture is slightly watery, add a tblsp. of food grade glycerine. If you can manage to wait another 6 months, the cordial will be even better.

*Believe it or not, an old, clean t-shirt is excellent for straining liquids.

COFFEE LIQUEUR (Tia Maria)

This cordial originates from Jamaica. It is similar to Kaluha® but is not as sweet and has just a hint of cocoa in the taste and aroma. It is outstanding served over vanilla or chocolate ice cream.

You will need:

- A covered jar to hold 10 cups of liquid
- One 6" vanilla bean, chopped
- Sugar syrup (6 cups white sugar*, boiled in 3 cups water until dissolved)
- Food grade glycerine (about 2 tablespoons)
- 6 cups rum* (Captain Morgan® works as does Bacardi Dark® and that super cheap generic stuff.)
- 12 tablespoons of instant coffee (use about 9 tblsp. if it's freeze dried) You can use flavored coffee if you wish to create a morphoditic liqueur or espresso for a liqueur with a lot of authority.

*The 2 brand names of rum listed can be a bit on the expensive side. If you want to cut down on the expense of making this cordial, try using a less inexpensive brand such as Texas Spirit® and substitute dark brown and/or turbinado sugar for half of the white sugar.

Toss the chopped up vanilla bean in when you are making the sugar syrup and let it boil gently over medium heat for about 15 to 20 minutes; stirring constantly as it will tend to scorch. Remove from heat and let cool. Put instant coffee in a cup and add $\frac{3}{4}$ cup of boiling water. Stir coffee mixture well and let cool. Mix the coffee with the sugar syrup, rum and glycerine. Pour everything into a clean jar and let cool to room temperature, shake vigorously, seal and store in a cool, dark place for 2 to 3 weeks then strain out the vanilla bean pieces and discard. You can drink it almost immediately but this cordial doesn't reach its full flavor and maturity for about 6 months and a year is even better. **Note #1:** The morally depraved will enjoy a jigger of this liqueur added to their morning cup of coffee on a cold morning at Clan. **Note #2:** Unlike most other cordials, Tia Maria will not "clarify", i.e. become clear and transparent to light.

MINT CORDIAL (Creme de Menthe)

This cordial, like the one for vanilla, is relatively quick and easy to make. It is also popular as most people like the taste of mint. This recipe will yield a 40 proof cordial.

You will need:

- 1 screw top jar, 4 cup capacity
- 2 cps. loosely packed fresh mint leaves (omit stems as they will impart a bitter taste), chopped. Spearmint is the most common mint found, however Applemint and Chocolate mint are excellent alternatives if you can find them - most people have to grow their own as they are not usually available commercially.
- 1 cp. white sugar
- $\frac{1}{2}$ cp. water
- 1 tsp. food grade glycerine
- 3 cps. 80 proof vodka

Put the chopped mint into the jar and pour in the vodka. Let steep, turning once or twice, for a couple of days then strain several times - discard leaves. Bring sugar, water and glycerine to a boil, stirring constantly. When cooled add this mixture to the mint/vodka mixture. Let sit in a cool, dark place until clear (time can range from 4 to 6 weeks). If necessary strain again and decant into a suitable bottle. Green food coloring can be added if you want a 'mint colored' cordial rather than a colorless cordial. **Note:** This cordial will take a while to age and mellow - at least eight months.

RASPBERRY CORDIAL (Creme de Framboise)

If you're really into raspberries, this cordial will suit you right down to the ground. The flavor and aroma of the fruit is very pronounced. It is more labor intensive than the other cordial recipes listed. It's also close to 50 proof as the sugar is mixed directly with the berry juice rather than being added via a sugar solution.

You will need:

- A big, non-aluminum pot
- A large bowl
- Cheese cloth
- Some heavy, cotton string

A stout, wooden spoon or similar implement which is longer than the diameter of the pot

A potato masher

A jar or jug which will hold 8 cups of liquid

2 lbs. very ripe* raspberries (ripe berries produce more juice and a stronger taste)

14.5 oz. (about 1 & ¾ cups - plus) white sugar

5 cups 80 proof vodka

Wash the raspberries, place in bowl, crush to a complete pulp with a potato masher, cover with a clean cloth and allow to sit out overnight. Next morning, put the raspberry pulp in the pot and bring to a good boil over medium heat, stirring constantly - this will release more of the berry juice, which is what you are after.

Remove pulp from the stove, transfer back into a bowl and let cool slightly. Rinse out the pot you used to cook the berries in and drape a large piece of cheese cloth over and into the pot. Being careful not to allow the cloth to collapse into the pot, transfer the pulp into the cloth and tie off the cloth about 6 inches above the pulp (having a pair of extra hands helps during this process). Leave enough string free to tie this entire assembly to the middle of the wooden spoon, then lay the spoon, with the bag of pulp suspended from it, across the top of the pot so that the juices will drip down into the pot. **Note:** The bag must not touch the resultant liquid or this won't work. Now the fun part. When the bag of pulp stops dripping, start squeezing it to get the last drop of juice. If your hands are big enough and strong enough, wringing the pulp bag will produce even more juice and you need all you can get. (Use both hands as you would to wring out a wet wash cloth. Think of it as the neck of that next door neighbor who plays loud C&W music just outside your bedroom window at 7:00 every Saturday morning.) If you are very determined, you will realize about 3 cups of juice.

Once you have all the juice, add the sugar, stir or shake to completely dissolve it, then add the vodka. Store in a cool place, straining once a month to remove sediment, until the cordial is completely clear. **Note #1:** This cordial takes longer than most to clarify - 8 months minimum. Like most cordials, the longer it ages, the better it gets. **Note #2:** This recipe produces a lot of pectin and the cordial may become partially jellied. Shake and strain, shake and strain, shake and strain. You *never* have to add glycerine to this recipe.

*Other berries, such as boysen berries and blackberries, can be used to make cordials however they are not cooked but rather just crushed then steeped in alcohol (usually 80 proof brandy). If fresh fruit is not in season, frozen can be used and is often cheaper than the fresh stuff. The general recipe calls for 2 cups of berries, crushed then steeped in 1 cup of brandy for about a week. Strain through cheese cloth, mix with 1 more cup of brandy and 1 & ½ cups of sugar syrup or corn syrup. A few cloves, stick cinnamon or whole coriander can be used for flavor variations. Put the mixture in a jar, cover and leave until clear. Strain again if necessary.

Note: An experiment is now in process for using canned fruit and/or berries for cordial making but it'll be another 6 months or so before the results are in.

VANILLA CORDIAL (Creme de Vanille)

This is the easiest recipe of all to make and it always produces a good cordial.

You will need:

- 1 screw top jar, 4 cup capacity
- 2 vanilla beans (about 6 inches in length), cut into ½ inch pieces
- 3 cps. 80 proof vodka
- 1 cp. white sugar
- ½ cp. water

Steep vanilla beans in vodka for 3 weeks, remove and discard beans. Strain liquid. Bring sugar and water to a boil, stirring constantly and let cool before mixing well with the vanilla/vodka liquid. Let sit undisturbed in a cool, dark place for 4 to 6 weeks before straining again. Repeat this process (at 1 to 2 week intervals) until no more sediment is visible in the bottom of the jar then decant into a suitable container. A tblsp. of food grade glycerine may be added if the cordial does not seem viscous, i.e. does not leave an oily-type film on the jar when poured.

Meads

The following two recipes are an excellent example of two very different approaches to making a closely related end product (note that the two authors even spell the name differently). Both versions however adhere to the basic definition of mead: "An alcoholic liquor made of fermented honey and water, often with spices, fruit, malt, etc. added." If I may wax philosophical for a moment; these two very different recipes illustrate one of the strengths of Amtgard, i.e., diversity in pursuit of a common goal.

BLACKBERRY MEADE (Yield 5 gallons)

Arch Duke, Sir Wolfram Bloodletter, Kingdom of the Iron Mountains

"...This recipe is for what I consider to be the best Meade that I've ever brewed. I made it back in '92, and only have 5 bottles left... sniff."

Editor's Note: Since I have had the pleasure of tasting this meade, the term 'sniff' may be more accurately rendered by the phrase "pitiful, heart rending sob." This stuff is good!

You will need:

- 8 lbs. honey
- 7 lbs. blackberries (frozen or fresh)
- 3 tsp. acid blend
- 4 tsp. yeast nutrient
- ¼ tsp. Irish Moss
- 2 packets wine yeast

Add the honey, Irish Moss, and blenderized blackberries to 1.5 gallons of water. Heat up the mix to boiling, and then reduce the temperature slightly. Leave it at just below boiling for 15 minutes in order to sterilize the mixture.

Sterilize a 6.5 gallon glass carboy by putting 1 tablespoon of bleach inside, and then filling it with water. Let sit for at least 15 minutes, and then rinse out completely. Fill the carboy with 3.5 gallons of cold water, and add the yeast nutrient and the acid blend.

Using a sterilized funnel, add the hot honey/blackberry mixture to the carboy. The cold water will keep the carboy from shattering. Add the yeast to the carboy and shake the carboy in order to mix the yeast. Cap the carboy with a fermentation lock filled with water.

When the primary fermentation is over (a few weeks), transfer the mead to another sterilized carboy, and let it ferment again for at least a year. When the mead is clear, you can bottle it in sterilized bottles. The mead is drinkable at this point, but it will continue to mature for several more years.

Chill before serving, and expect a kick.

EVERYMAN "DARK" MEAD

Grand Duke Aramithris of Meadowlake

"Alcohol mead is a drink popular during the holidays and with medieval recreation groups at events and feasts. True mead making, as with wine making, can be a rewarding and full-time hobby. However, beginners or those more interested in the drinking rather than the making can make their own with a minimum of time and materials. The simple recipe below will produce thick, dark mead after three months which can be cut (i.e., mixed) half and half (1) or which will produce a full-bodied stand alone mead after a year of sitting. Note that mead is a very versatile drink and may be served hot or cold, mixed or alone. I have included several seasonings (2) options that have worked for me."

Editor's Note: This recipe for mead illustrates a very different approach from the one preceding in that it allows more latitude in ingredients but is very specific as to procedure and timetable. It also relies on chemical rather than mechanical antibacterial processes. Take your pick... they're both very good.

Materials

You will need: 2, 4 litre or larger glass jars with screw tops
Aluminum foil
Funnel
Measuring cup
Dark, warm place (65 to 80 degrees) for storage
Cloth strainer

Ingredients

You will need: 3 lbs. honey
1 tblsp. lemon juice
1 tblsp. very strong tea
Tablets: campden or sulfur dioxide or vitamin C (3)
Seasonings of choice (choose one or make up your own)
1 gallon warm (blood temperature) water
1 tblsp. yeast: champagne, wine or bakers/cooking (4)
optional mixer (1 gallon)
2 tblsp. sugar

- (1) **Mixers** (Optional - Choose 1): A. Apple cider B. Dry, white wine C. Lemon-lime soda (for mead 'wine coolers') D. Sparkling water plus a taste of lemon juice. **Note:** The apple cider mixture is best served mulled (i.e., hot).
- (2) **Seasonings** (choose 1):

A. 6 - 8 whole cloves 2 sticks cinnamon ½ tsp. nutmeg 1 cp. brown sugar	B. 1 tblsp. vanilla extract 1 cp. rootbeer (room temperature)
C. ½ cp. chocolate syrup ½ cp. sugar	D. 1 cp. sweetened apple juice
- (3) This is to slow down fermentation and prevent other organisms from growing in your mead. I prefer vitamin C (over sulfur dioxide) because unlike sulfites, most people are not allergic to it.
- (4) Because this is a recipe for beginners, try the baking yeast. It is cheaper and can be found in any grocery store.

Method:

- Day 1:** Dissolve the honey in the warm water with the lemon juice and tea. Cap, and allow to stand in a dark warm place for a day.
- Day 2:** Mix the yeast and sugar with ½ cp. warm tap water. Pour into the honey water and shake vigorously. Cover top of bottle with aluminum foil.
- Day 3:** Fermentation should be well under way (small bubbles rising to the surface). Add seasonings and stir in gently. Replace foil covering and put into storage. Check daily, being careful not to shake the mixture.
- Day 10:** Fermentation should have stopped. Grind up a vitamin C tablet and add to the mixture. Stir in gently.
- Day 15:** Strain the mixture or 'rack' (i.e., pour off gently into the second bottle, leaving the 'lees' (the yucky stuff at the bottom) to be thrown out. Put in storage.
- Day 30:** Strain or rack again. Replace foil with screw cap. Check every week for residual fermentation by unscrewing the cap and releasing excess air pressure.
- Day 60:** Strain/rack, add a vitamin C tablet (ground up).
- Day 90:** **Optional:** Strain and combine with mixer (Note, the mead will still be very thick and sweet). Whether you use a mixer or not, continue to check every week for fermentation and rack/strain out any left over lees every month.

Day 180: Add another ground-up vitamin C tablet.

Day 365: Strain (if necessary) and serve or bottle.

Note: Bottled mead is even better after one or two years (store in a cool, dark place) and makes great gifts for special occasions.

V. LEGUMES AND GRAINS

BARLEY WITH SAUSAGE

Barley has an interesting history. It is closely related to wheat and is one of the oldest cultivated grains. This may be due to its extreme climatic adaptability - it can be grown almost anywhere; at very high altitudes and tolerates extremely cold climates as well. It was cultivated by the ancient Greeks, Romans, Scandinavians, Scots, Turks and others. It's been in the Americas since the early 17th century. Barley is very high in nutritive value and, until the 16th century, was the main source of bread flour. It has since been replaced by wheat flour as wheat is higher in gluten and makes a much lighter bread. Most important, barley is an essential ingredient in making beer and Scotch whisky. The following is a good camping event dish especially when the weather is cool and you want a very hearty meal.

You will need: A deep frying pan or pot with lid

Saute 1 cup small to medium [size] pearl barley in 3 tblsp. butter or margarine. Remove from pan and set aside. Next saute 1 lg. onion, minced, and 1 lg. stalk celery in another 3 tblsp. butter/margarine. Remove from pan and set aside with the barley. Using the same pan, brown 8 to 12 link sausages or ½ to ¾ pound of cut up smoked sausage. Drain the grease from the sausage and put all ingredients back in the pan. Add 3 cups of chicken broth or aspic, salt and pepper to taste and simmer, covered, on very low heat until barley has absorbed all of the liquid - this will take from 25 to 45 minutes depending on the size of the barley grains and the altitude.

GOOD EVENT RICE

THERE AIN'T NO SUCH THING!

LENTILS WITH SAUSAGES

Lentils are a variety of legume with a lenticular shape (hence the term 'lens' as for eye glasses and those used at Mount Palomar or in binoculars, microscopes, camera lenses, etc.). Lentils come in various sizes and colors. Those used in the recipe below are red lentils although you can use either the green or grey varieties.

You will need:

- 1 & ½ cps. of lentils soaked in water to cover for about 8 hrs.
- A heavy pot with cover
- Salt to taste
- 2 medium sized onions, chopped coarsely
- 1 cp. white rice
- About 1 lb. any kind of spicy sausages, cooked and cut into bite sized pieces
- Water

About 1 hour before you want to eat, drain what water remains from the lentils and put them in a pot with about 4 cps. of fresh water and 1 tsp. salt. Bring to a boil, cover and reduce heat to simmer. While

the lentils are simmering, saute the onions in about 4 tblsp. of oil or butter (olive oil is best but regular cooking oil will work) along with 1 tsp. of salt, remove from pan and reserve.

Heat about 2 tblsp. of butter in the same frying pan and saute the raw rice for about 5 minutes over medium heat, stirring occasionally. Dump rice, onions and an additional 2 cps. of water into the lentils. Continue simmering until the end of the hour... the rice will take about 20 minutes to cook and the lentils should be done but not mushy. Add cooked sausage pieces last and serve immediately.

This dish should be served with a green salad of lettuce or spinach, chopped onions, tomatoes, cucumber, ripe olives and small cubes of mild, white cheese. A herb/vinegar dressing works well. Hot hard rolls are also a good addition. **Note:** Traditionally, the cold salad is piled directly on top of the hot lentils. This is a good cold weather dish as it is very high in protein. It's an easy dish to make at a camping event.

PACIFIC COAST PINTO BEANS

Wash 3 cups of pinto beans, put into a large covered pot with 3 tsp. of salt and let sit for at least 6 hours. Drain off salted water and add fresh water 4 to 5 times the depth of the beans. Add 2 large onions, chopped, 4 ham hocks (or a pound of thinly sliced salt pork or a ham bone with some meat still attached). Bring to a boil over high heat, reduce heat and simmer covered for about 2 hours. Remove cover and add 2 tblsp. of chopped, dry garlic (or a couple of fresh garlic cloves, minced, or garlic paste) and a can of beer. Simmer uncovered until beans are tender - probably another couple of hours. Check for seasoning (salt and pepper to taste) and add water if necessary. Before serving remove any bones. These beans are best served with the coleslaw recipe on page 125.

RED BEANS AND RICE

This recipe comes from a friend of mine who lives on the Louisiana/Alabama border and it is addictive.

You will need:

- A large stock pot with cover
- 1 lb. red beans, soaked in cold water overnight.
- 1 ham bone with some meat left on it
- 1 lb. polish or similar sausage cut into bite sized pieces
- ½ lb. pickled pork (similar to pickled pig feet only without the bones), cut into bite sized pieces
- 1 medium onion, chopped
- 2 large celery stalks with leaves, chopped
- 2 lg. bay leaves
- ¼ tsp. thyme
- ¼ tsp. sweet basil
- ¼ tsp. black pepper (freshly ground is preferred)
- 1/8 tsp. to ¼ tsp. cayenne pepper
- 1/8 tsp. Creole seasoning
- Cold water to cover
- About 1 cp. rice, cooked in 2 cps. of water

After you have soaked the beans, put everything but the rice and the sausage into the pot, bring to a boil then lower to simmer for 2 to 3 hours stirring occasionally to prevent sticking. Add more cold water if necessary. Add cut up sausage to the pot about ½ hour before ready to serve.

About 15 minutes before you're ready to eat, cook the rice. Remove the ham bone and ladle the bean/sausage mixture over the hot rice and serve immediately. This dish is good with a fresh spinach salad and hot rolls.

SIZE ROYALS

You will need: Some leftover Pacific Coast Pinto Beans
 1 pound of hamburger shaped into patties and fried or grilled
 1 diced white onion
 1 cup of grated cheddar cheese

Reheat the beans over low heat, adding a little water if necessary. Place hot hamburger patties on plates, sprinkle with diced onions and cheese, cover with the hot beans and serve immediately. Served with coleslaw and hot rolls this will serve 4 people.

VI. MAGIC ELIXIR

Yes, it is magic but confidentially, the word elixir is synonymous with 'chicken stock'. Folks, you can use this stuff for everything with the possible exceptions of ice cream and chocolate cake (a slight exaggeration). It is a little time consuming to make initially but will actually save time and money down the road.

You will need:

- A big stock pot, preferably not aluminum (aluminum pots tend to taint and/or discolor a lot of foods and aluminum accumulates in your irreplaceable bod to no good effect)
- Five to ten pounds of chicken thighs. (Whole chickens, while usually cheaper per pound, are bitch-kitties to de-bone; breast meat is always more expensive and tends to be dry, and drumstick meat is dark and comparatively strong.) Thigh meat is inexpensive, mild, moist and very easy to de-bone.
- A couple of chicken feet, scraped (Not to worry if you can't locate these or if just the thought of chicken feet puts you off - all they are for is to assist in the jelling process of the stock and you can use commercially available unflavored gelatin if you need to.)
- One big onion, whole and peeled but not chopped up
- Some leftover celery; tops, scraps, etc.
- Salt, pepper and garlic to taste
- A couple of bay leaves or two tablespoons of whole oregano
- Water to cover (generously)

Put everything in the pot, bring to a boil, cover then reduce heat to simmer and cook for an hour to an hour and a half - the meat should just about fall off the bone. Take the thighs out of the pot using a big, slotted spoon, let cool and then remove the meat from the bone and refrigerate or freeze it for later use. Take all the skin, bones, fat, gristle and other yucky stuff (to include chicken feet) and put back in the pot with the liquid. Cover and simmer this unappetizing looking but great smelling mess for at least another hour (almost impossible to overcook) then take the lid off and continue the simmering process for several hours more until the liquid is reduced by about half. **Note:** The longer you cook this stuff uncovered, the more concentrated and jelly-like the finished product will be and this is what you're after. Taste it and add any seasoning you want; more salt is usually required. Cool off then strain through a colander into a large bowl. Throw out the yuck and refrigerate the liquid overnight. Next day, if you've simmered it long enough, the 'juice' will be jellied (magic elixir) and the fat will be solidified in a layer on the top. Skim off most of the fat, not all - you need some fat for flavor, and refrigerate or freeze the fat separately from the stock. Congratulations, you now have the basis for all types of good, easy meals and feasts.

If you want to take this fascinating process one step further and make chicken aspic, which is the basis of bouillon and which can be used in several clear soups, you do the following:

After cooling and removing all of the fat layer, if the juice is not firmly jellied, add 1 envelope of plain gelatin softened in ¼ cp. cold water per 2 quarts of stock. Heat the stock and add the softened gelatin. Adjust stock for seasoning if desired. Then add, per 2 quarts of stock, 3 lightly beaten egg whites. Bring

mixture just to a boil, stirring constantly with a slotted spoon or whisk. The egg whites will collect any further impurities in the stock and bring them to the top of the liquid in the form of a froth or foam. Remove from heat, allow to cool slightly then skim off all of the froth. Next, wring out a clean cloth in water, line a colander with the cloth and strain the stock, being careful not to let the cloth slip and allow any unstrained liquid through into the finished product. The result will be a clear, golden liquid (which will jell solidly when cooled) that can be used in any recipe calling for bouillon (see Minestrone on page 134 and Garlic-Chicken Soup on page 133) or aspic. This product freezes well.

Note: There is a product on the market by the name of Tone's® Chicken Soup Base. It's an honest product in that the main ingredient is chicken, rather than salt, water or a weird soy bean derivative. It comes in a paste form with directions on the label for reconstituting with water. It can be used to make stock, broth and gravy. It can be kept on the shelf until opened but then must be refrigerated. On one occasion this good stuff, along with some desiccated vegetables, cooked chicken, noodles and some spices, provided a hot meal for about 20 people at an event, and it only took 15 minutes to prepare. The drawback is, of course, that it does not give you any cooked chicken meat. I use it to augment chicken broth that is a little thin or weak or when I need a relatively small amount of broth and it's not worth defrosting the stuff I store in quart size containers. It definitely has a place in your kitchen and at your camp site at an event. I buy it at a discount warehouse and, just for your edification and delight, the company has a toll free number "Spice Advice 1-800/247-5251".

MORE MAGIC ELIXIR BUT FROM A DIFFERENT BEAST

A stock made from something other than chicken is imminently possible. Vegetable, fish, game and shrimp stocks all have their devotees and uses. For those of you who are into beef, the following stock is a good for many recipes, especially soups.

You will need:

- A stock pot
- 8 lbs. of beef bones, well browned
- A couple of calves feet, scraped and split (if you can find them)
- Oil as required
- Cold water
- 16 ozs. tomato paste
- 1 lb. mirepox (see page 19)
- Bouquet garni (see page 16)
- Salt to taste

Brown beef bones in a 350 degree oven. Put browned bones in stock pot with cold water to cover. Bring to boil and simmer for about 5 hours or so. In a pan, brown mirepox then add tomato paste. Add mirepox, bouquet garni and paste to stock pot. Deglaze pan and add results to stock pot. Simmer the whole concoction for another 2 hours. Salt to taste then strain, cool and store in refrigerator until ready to use.

VII. MISCELLANEOUS

The term 'miscellaneous' indicates recipes and/or procedures that I just couldn't figure how to include in any other category.

GUACAMOLE

Valeria, Kingdom of the Burning Lands

Editor's Note: All tenderfoot types beware, this is honest to Quetzalcoatl guacamole and not for the faint of heart, tenderfeet or small children.

You will need:

- 2 good sized, ripe avacadoes, mashed
- Juice of 1 lemon or lime (maybe a tblsp.)
- 1 lg. garlic clove, pressed
- 1 sm. onion, minced
- A little onion salt to taste
- 1 medium tomato, very finely chopped and mashed
- 1 to 2 (or more) chopped, fresh jalapeños depending on strength*
- 1 tblsp. fresh cilantro, minced
- Salt to taste

*Jalapeños vary greatly in strength but all is not lost if you inadvertently exceed your chili level; simply double up on the other ingredients.

Mix avocados, lemon or lime juice, garlic, onion salt and cilantro. Add jalapeños and chopped onion and mix well. Lastly, gently stir in tomatoes. Taste the results and, if you wish, add salt. The dish is now ready to serve as is, however you can make a good party platter as follows:

Spread guacamole on a smallish platter to within about 2 inches from the edge. Around the edge put grated cheese (sharp Cheddar and/or Jack cheese). Cover the guacamole with picante sauce and place a healthy dollop of sour cream right in the center of the guacamole. Add a ring of sliced black olives around the sour cream. Serve with fresh, salted tortilla chips.

HOLIDAY PINE CONE

Have you ever noticed that when a dish looks really good, it frequently tastes really good? This is not to say a bad recipe will produce tasty food, no matter how fancy the presentation, but rather that good food will taste better when it appeals to more than the senses of taste and smell. The following is nothing more than the good old, holiday cheese ball with an ingenious presentation.

You will need:

- 1 presentation platter, board or etc.
- Any mix of cheeses and spices which can be chilled and molded
- Whole almonds, either raw, roasted, or blanched, roasted and salted

Prepare a mixture of cheeses and spices according to either your favorite recipe or mix thoroughly any of the ingredient combinations listed below:

General Recipes

- | | |
|--|---|
| <p>#1 Gouda cheese with
A like amount of cream cheese
Worcestershire Sauce
Dijon mustard
Dried herbs</p> | <p>#2 Any amount of sharp cheddar with
A like amount of cream cheese
Garlic salt or garlic paste
Fresh or dried chives or parsley</p> |
|--|---|

Specific Recipes

- | | |
|---|---|
| <p>#3 1 small Edam cheese with
A like amount of cream cheese
1 tblsp. minced celery
½ tsp. dry mustard
2 to 3 tblsp. ale or white wine
1 tblsp. finely chopped, fresh parsley</p> | <p>#4 24 oz. cream cheese with
7 minced anchovies (little dead fishes)
1 stick of real butter (¼ lb.)
1 tblsp. grated onion or minced green onion
½ tblsp. Worcestershire sauce</p> |
|---|---|

The secret to mixing cheese with cheese and cheese(es) with the rest of the ingredients is to bring it to room temperature before attempting to mix everything into a homogenous paste. Cheddar and other relatively hard cheeses can be particularly difficult unless you're lucky enough to locate potted cheese (most potted cheese is commonly imported from England). If you can't, you'll have to grate the cheese(es) as finely as possible and then recruit one of your local barbarian types to do the mixing. (Zog, Son of Zog comes to mind). Just present Son of Zog with the grated cheese in a heavy, deep bowl and a sturdy wooden spoon, then sit him in a corner and tell him that you'll feed him chilled mead as long as he mixes. An alternative to this method is to nuke the cheese very carefully in a microwave oven (you want it slightly warmed but not cooked - use the defrost feature).

Once you (or Zog) have the cheeses very thoroughly mixed, add the remainder of the ingredients then mix some more. At this point you can shape the stuff into a pine cone shape. If it doesn't want to keep its shape, chill it a little first. When the shape is stable, start inserting the blunt end of the almonds into the cheese base, starting at the small end and working to the blunt end. Overlap the rows so that no cheese shows. Insert a bit of greenery in the blunt end (actual pine, fir, spruce, etc. are best but you can use a bunch of parsley), cover and refrigerate until you want to use it. It will keep nicely in the refrigerator for a week and, indeed, the flavor will be better if allowed to chill at least overnight.

You have by now figured out that you will need a whole lot of whole almonds*. You can use raw almonds with the skins still attached. Personally, I prefer them blanched, salted and roasted/sauteed.

Blanched Almonds - sauteed or roasted

You will need: 1 to 2 lbs. of whole, hulled raw almonds placed in a bowl
Boiling water to cover
1 more bowl

Pour the boiling water over the almonds and let sit for 5 minutes. The skins will begin to wrinkle and separate and by grasping them between your thumb and forefinger you can squirt them, sans skins, into the other bowl. If you have any kids in your household, this is a fun job for them, plus it has the added benefit of keeping the little monsters out from under foot. **Warning:** This procedure can result in almond skin fights. You must maintain control over the almond processing personnel at all times. Dry the almonds very thoroughly. Spreading them out on a couple of layers of paper towels and allowing to air dry for an hour or so works.

Next you want to brown and season the almonds. There are two ways of doing this. You can saute them, over medium-low heat, in (real) butter until they are golden brown, remove them from the pan and spread them out on several layers of paper towels to drain then salt lightly. You can also brown them in the oven. In an oven-proof pan place some melted, salted butter, dump in the almonds and roast them in a 325 to 350 oven until browned - you have to stir them occasionally. **Note:** You can use various types of seasoned salt in lieu of plain salt if you choose. No matter which method you choose, once they have cooled you insert them into the cheese in the same manner as above.

*There is an alternative to using almonds. Would you believe pine nuts? I almost hesitate to suggest them as using pine nuts to cover a cheese pine cone is an almost unforgivable visual pun. However they do have their advantages. They are easy to prepare as you can buy them already hulled and the roasting process only takes about 3 to 5 minutes in a 300 degree oven (used in this context they do not saute well). Price-wise they will run you about the same or slightly less than the almonds. The only negative to using pine nuts is the increased amount of time it takes to stud them into the cheese since you have to use 2 to 3 times as many.

This dish makes a good holiday gift. Place the completed piece on a suitable platter, etc. (a heavy piece of cardboard wrapped in foil works), cover with a food-grade plastic wrap, decorate with a spare bow and deliver to the lucky recipient.

HONEY BUTTER

Squire Gwynna Dewdrop, Kingdom of Dragonspine

You will need: 1 & ½ cps. softened margarine (not whipped)
½ cp. honey (not whipped)
1 tsp. vanilla extract

Mix all ingredients together. Beat with mixer on high speed for about 5 minutes until resulting butter looks almost white. Will keep, refrigerated, for a long time.

HOW TO WHIP CREAM

Many recipes call for whipped cream, especially holiday recipes. The biggest secret is to have the whipping cream, bowl and beater(s) as cold as possible. Personally I feel rather silly refrigerating a bowl and electric beaters for a couple of hours but it works.

Put cold whipping cream in the cold bowl and commence to beat, on high speed, with the (cold) beaters which have been of course inserted into the proper orifices of your electric mixer. When the cream

forms soft peaks, you may then add any seasonings such as sugar, spices, etc. Continue to beat until peaks are just firm and then use/serve as you will. **Note:** Over beating will produce a rather bizarre form of butter which resembles very lumpy cottage cheese and this is probably not what you set out to accomplish.

JERKY

Checked out the price of jerky lately? My goodness! The following recipe is very basic but, then again, so is jerky. The procedure I use involves the use of an oven so, unless you have a dehydrator, I would suggest making jerky during the winter months when the heat from the oven will not seriously impact upon the life span of your air conditioner not to mention giving unwonted joy to shareholders in your local electric power company.

You will need (to):

Slice any kind of very lean meat, across the grain, into 6 x 3 x ¼ inch strips. Partially freezing the meat and using a very sharp knife makes this much easier. Remove any fat, etc. from the strips. Sprinkle lightly with salt and pepper, seasoned salt, lemon pepper or steak seasoning. You can also soak strips in your favorite marinade overnight. **Note:** If you use a marinade, the meat strips must be patted dry before curing in the oven. Hang prepared meat strips across the oven rack in a 175 degree oven for 4 to 5 hours leaving the oven door open. The finished jerky must be very dry or it will attract bacteria. It should be just slightly flexible and bend a little before breaking. Cool and store, covered, in a cool place or in the refrigerator.

The following chili marinade is good for jerky as well as other forms of beef, pork, chicken, etc.

Chili marinade

You will need:

- 1, 16 oz. jar of medium to hot chili salsa
- 1 tblsp. brown sugar
- 3 tblsp. cider vinegar
- 1 tblsp. sea salt or other coarse salt
- 1 tsp. black pepper, freshly ground is best
- 1 tsp. dry mustard
- 1 tsp. allspice
- ¼ tsp. each ground cloves, ginger, cinnamon, nutmeg and celery seed (grinding up the celery seed with a mortar and pestle isn't a bad idea)

Mix all ingredients and simmer over low heat for 15 minutes, remove from heat and add:

- 1 tblsp. lemon juice
- 1 tblsp. grated onion
- 2 tsp. Worcestershire Sauce*, or to taste

Let mixture cool, taste and adjust spicing if you wish. I sometimes add a little hot sauce or cayenne pepper depending on the heat of the salsa.

Use immediately or store in the refrigerator for up to 10 days. Use as you would any meat marinade.

***Trivia:** Back in the days of the Roman Empire, there was a universal sauce the Romans used on everything from eggs to meat to cheese to etcetera, etcetera, etcetera - kind of how modern day Americans use catsup. This was a fish based sauce called garum. Sounds disgusting, doesn't it? Fish sauce - yecht! Well, boys and girls, the basis for garum was anchovies... Take a wild guess at the basic ingredient for Worcestershire Sauce. You got it - anchovies. Rome's occupation of Britain left behind some interesting things: military tactics, advanced weaponry, good roads and Worcestershire Sauce.

MOM'S APPLE BUTTER

Squire Axgar, Kingdom of the Burning Lands

You will need: A fair sized kettle
 10 red apples, peeled and cored
 Water to cover

Boil apples in water until they are soft. Strain out water. Mash apples to a thick pulp. Add a little apple juice or cider and simmer, stirring once in a while to keep from scorching. Then add:

3 tblsp. cinnamon
2 tblsp. brown sugar
½ tblsp. nutmeg
1 stick of butter (optional)

Jar and enjoy.

Editor's Note: Since this variety of apple butter is not canned, it is best kept (covered) in the refrigerator.

MOZZARELLA AND ANCHOVIES ON TOAST

Squire Valeria, Kingdom of the Burning Lands

"These can best be described as mini, opened faced, hot sandwiches - Italian style. They go well with a Caesar salad. Very easy to make and must be served hot."

You will need: Sliced, white bread (If you want them to look pretty, you can cut out the bread slice with a 2 & ½ inch round cookie cutter.)
 Mozzarella cheese, thinly sliced
 Anchovy fillets
 Melted butter

Place slices of bread on a baking sheet. Put a slice of mozzarella on each piece and about ¼ of an anchovy fillet on top of the cheese. Preheat oven to 350 degrees and bake until the cheese becomes soft. Remove from oven, place on a platter, drizzle with hot, melted butter and serve immediately. A good aperitif served with a dry, red wine.

MUSHROOMS QDINK

QDink, Kingdom of the Burning Lands

Editor's Note: Don't let the 10 pounds of the mushrooms in the recipe put you off; even non-mushroom lovers eat these like popcorn and they'll be consumed in an amazingly short period of time. Preparation is very easy and should 10 pounds of edible fungus totally intimidate you, don't despair - the recipe is easily halved.

You will need: 10 lbs. Montebello mushrooms, rinsed well (For the sake of esthetics, some prefer to remove the stems - if the stems are tough or woody, they should certainly be removed) **Note:** It's important that the mushrooms be fresh, that is the caps should be tightly closed and have no dark or bruised spots. If retained, the very end of the stems should be trimmed with a sharp knife.
2 cps. Burgundy
2 tblsp. lemon pepper seasoning
2 tblsp. garlic salt
¼ tblsp. black pepper (freshly ground preferred)

Combine all ingredients and cook in a crock pot or double boiler until the mushrooms turn dark.

TAMALES (yield about 20 tamales) **Squire Piranha, Kingdom of the Burning Lands**

You will need: A couple-three pots
A couple of bowls
A pair of stout gloves
½ lb. of beef (brisket works) or pork (reasonably lean)
6 cps. water
⅔ cps. lard
1 lb. flour (masa triego)
Powdered red chili* to taste
Salt to taste
Corn husks (about 2 per tamale)

*You might want to use green chili if you use pork instead of beef. A good combination would be fairly hot long green chilies, shredded (you can toss in some diced jalapeños if the long greens are not hot enough).

In a medium sized pot, soak the meat in the 6 cups of water to cover for about 10 minutes then cook, covered, over medium heat until very tender. Remove meat from water and shred or separate into small pieces. Place meat into another pot and add chili and salt to taste. Simmer meat over medium-low heat to allow flavors to blend.

Bring the 6 cups of water [that you cooked the meat in] to a boil and add the lard. Boil until lard is melted. Remove from heat and gradually add the flour, beating until well mixed (if you don't work up a good sweat, you aren't doing it right). Initially, you will beat the flour in, but after a certain point you will have to mix the flour in by hand, hence the need for the gloves.

Bring yet more water to a boil, add dry corn husks and boil for about 10 minutes and set aside to cool slightly. Put on gloves [again] then start placing the masa mix on a couple of overlapped corn husks. When you have a tamale sized combination of husk and masa, place a small amount of cooked meat onto the masa and fold the husks over to contain everything. Keep doing this until you have assembled all your tamales then place them into a covered pot with a little water to steam for about 30 minutes.

Your tamales can be eaten immediately or can be refrigerated for a week or frozen for a couple of months.

Editor's Note: Piranha doesn't specify, but you should make sure to fold the bottoms of the corn husks over the masa just so the tamales don't leak the fillings out when they are being steamed. This recipe takes a little practice until you get the mechanics down, but it produces a damned good tamale.

If you have any left over masa, combine it with some raisins and sugar (a couple of cups) and you can create sweet tamales. You treat these identically as you do the tamales with the meat/chili mixture.

VIII. PORK, HAM AND SAUSAGE

BAKED HAM

Baked ham is as versatile as roast turkey and beef - there's just a whole lot of things you can do with the leftovers. The only problem with ham is that the leftovers get somewhat strong and salty if you freeze them. However leftover ham will keep pretty well in the refrigerator for a week to 10 days. A partial solution is to buy a 10 pound ham butt rather than a 25 pound whole ham unless of course you're feeding 20-plus people.

You will need: A bone-in ham or ham butt of the desired weight. You can bake the shank or picnic end (small end) of the ham but the proportion of bone to meat is pretty high.
A reasonably deep roasting pan with a baking rack (racks can be purchased separately at most grocery stores - just be sure the rack fits the pan).

Preheat oven to 325, put unwrapped* ham on a rack in the pan and bake uncovered for about 20 minutes per pound. Remove ham from oven, pour out drippings and reserve. Cut off rind and any fat in excess of ½ inch in thickness. Crank oven up to 425. Cut diamond shaped gashes in the remaining ham fat and have already mixed up in a bowl the following ingredients:

1 cup brown sugar (pack it tightly in the cup to measure)
2 tsp. dry mustard
½ to ⅓ cups very fine dry bread crumbs (grating very stale or frozen bread will give you fairly fine crumbs)
2 to 3 tblsp. of the ham drippings

*Believe it or not, I know someone who left the plastic covering on the ham when she put it in the oven.

Pat this mixture generously over the ham. You can now stud it if you want with cloves, pineapple rounds, dried apricots, dried orange slices, maraschino cherries or etc. Use toothpicks to hold the fruits in place. Put the decorated ham back in the oven and immediately reduce heat to 325. Remove after 30 to 40 minutes, let cool for another 30 minutes, move to a platter, remove fruits, etc., carve and serve (or serve then carve if you want to be impress your guests).

Save the rest of the drippings for making ham gravy. Drippings will refrigerate for a couple of weeks or will freeze for a couple of months. Use recipe for chicken gravy (on page 101) but use water for the liquid instead of aspic. **Warning:** Don't add any seasonings to ham gravy until you've tasted it. When all of the ham is eaten, save the ham bone for use in making Pacific Coast Pinto Beans (page 70).

BAKED HAM WITH CIDER

This recipe is for a ready to eat, bone in ham and, while it is just as easy to prepare as the previous recipe, it has a very different taste. It is also covered with foil whilst baking.

You will need: A 10 to 12 lb. ready to eat ham

A baking dish of sufficient size
1 medium onion, thinly sliced
1 bay leaf, ground in a pestle or finely crumbled
2 cps. apple cider
Whole cloves

Wipe ham with damp paper towels to remove any excess moisture, etc. and place in the baking dish. Arrange the onion slices on the ham and sprinkle with the ground bay leaf. Add cider, cover with foil and bake for about 3 hours in a 325 degree oven. Don't worry about the cloves, you'll use them later.

While the ham is baking, prepare the following cooking/basting sauce:

2 cups apple cider
½ cp. light brown sugar (measure packed)
1 tblsp. lemon or lime juice
1 small onion, sliced

In a medium sized sauce pan, combine all remaining ingredients (not the cloves) and boil, uncovered, for 5 minutes then strain. Reserve.

Remove ham from oven, remove ham from pan and pour off any liquid (put the ham back in the pan). Now you get to use the cloves... Score diamond shaped cuts into the fat portion (only) of the ham and insert a clove into the center of each diamond. Pour the sauce over the ham and return to the oven. Bake, uncovered for 40 minutes, basting occasionally. Remove ham from oven and let stand for 30 minutes before carving.

If you want, there is an apple-cider sauce you can make to go along with this ham, to wit:

Apple-cider sauce

You will need: 1 lg. saucepan
1 qt. cider
2 lbs. cooking apples, peeled and cut into thick wedges
½ cp. granulated sugar

Bring cider to a boil in the saucepan until it is reduced to 1 cup. Add apples and sugar and mix gently. Cover and simmer for about 20 minutes or until apples are soft. Remove from heat, stir once and serve with the ham.

GOURMET HOT DOGS (And, no, it isn't necessarily a contradiction in terms!)

Always grill the hot dogs. Whilst cooking, brush them with barbecue sauce, prepared mustard, or butter mixed with steak seasoning or steak sauce. Serve on hot, fresh buns with any or all of the 'fixings' listed for hamburgers. You'll be surprised how good even El Cheap'o brand hot dogs are when cooked and served with a bit of imagination.

POLISH SAUSAGE WITH CABBAGE, POTATOES AND ONIONS

This is a very simple dish and, if properly cooked, it is filling and delicious. The following recipe will serve 4 to 6 people.

You will need:

- A 10 to 12 inch, very deep frying pan with lid or a Dutch oven
- A square of heavy duty foil
- 1 Polish sausage (about 1 pound)
- Half of a large cabbage, or 1 small cabbage, cut in wedges
- 6 small to medium potatoes, peeled and cut in quarters
- 1 large onion, peeled and quartered
- 1 can of beer or a like amount of water
- Dried garlic chunks
- Salt and pepper to taste

Crumple the foil in the bottom of the pan to form a platform for the ingredients (this gives you steamed ingredients rather than boiled). Put sausage and liquid in frying pan then layer over the sausage the potatoes, cabbage and onions - in that order. Lightly salt and pepper the potatoes and cabbage as you add them to the pan. Sprinkle about 1 tblsp. of dried, chunk garlic over the whole mess, put on the lid and simmer on medium to medium-low until a fork goes easily into the potatoes and the cabbage is done but still somewhat firm. **Note:** Overcooking cabbage will result in sludge! Serve with butter for the vegies and hot rolls. Also this doesn't reheat worth a poop so you'll need to invite some one over to help you eat it.

PORK CHOPS BOUILLON

This is a good, quick recipe for pork chops. I generally buy the pork steaks as the price is substantially less, however they can tend to be fatty and you may have to trim the excess off before you cook them. I generally serve this dish with hot rice and green beans.

You will need:

- A deep frying pan with cover (cast iron preferred)
- Reasonably lean pork chops or pork steaks
- A couple of big white onions, chopped
- Chicken bouillon or aspic (if you're really degenerate you can use beer in which case you are cooking pork chops brewski rather than pork chops bouillon)
- Flour seasoned with salt, pepper and garlic (to taste)
- Cooking oil

Pour about 1/3 cup of oil into the pan and heat over a medium temperature burner. Dredge the pork chops/steaks generously with the seasoned flour and cook in the oil until well browned - you may have to add a bit more oil as the flour tends to absorb the stuff. Very carefully add the liquid of choice and the chopped onions. The amount of liquid added should produce a thin gravy in the pan that will not quite cover the pork chops. When the liquid comes to a gentle boil, cover the pot and lower the heat to simmer. Cook for about 20 to 30 minutes and serve the chops and the gravy with white rice (preferably cooked).

RIBS - EITHER COUNTRY STYLE PORK RIBS, BEEF SHORT RIBS OR SPARE RIBS

You will need: Some ribs and a covered pot big enough in which to cook them

Cover ribs with either water and spices (salt, pepper, cloves, garlic chunks, dried onions, celery - use what you like. The moral of this story is that if it smells good, it will taste good.). You can also use a mixture of half water and half barbecue sauce (the barbecue recipes immediately following work well in this recipe). Bring to a boil. Reduce heat and let simmer for at least a couple of hours - 3 or 4 hours is better. This not only tenderizes the frequently tough rib meat but also cooks off a lot of the excess fat. Remove ribs and toss out liquid. Drain ribs until they no longer drip and cook and baste on a grill on medium/low flame until browned. Your basting sauce can be barbecue or a mixture of butter and spices. **Hint:** If you live in the Southwest and want to add a mesquite flavor to your ribs, don't go out and buy expensive mesquite chips. Rather have stored, in a covered, glass jar in your refrigerator, some mesquite bean pods you harvested for free when they dropped off the mesquite trees last fall. If you keep them refrigerated and covered they will last for years. Do be sure when you harvest the pods to avoid those with insect holes in them or those which have been peed on by the local wildlife. Washing in cold water and thorough drying is recommended prior to storage. Those of you who do not have local access to mesquite trees, try getting in touch with an Amtgard member who does and see if you can do a bit of bartering.

Hot barbecue sauce

This is a good, basic recipe which can be amended according to your personal taste. Makes about 7 cups.

You will need:

- A big, non-aluminum sauce pan
- 4 cups (32 oz.) of the cheapest catsup you can find
- 1 cup vinegar (cider vinegar is best but any will do)
- 2 & ½ tsp. salt
- 4 large garlic cloves, minced or pressed
- 1 tsp. cayenne pepper or to taste or,
- 2 tsp. hot sauce, likewise to taste
- 4 tblsp. vegetable oil

Mix all ingredients, bring to boil in the sauce pan and reduce to a simmer for about 30 minutes. This will store for about a week in the refrigerator if put in a covered, glass container.

Very hot barbecue sauce and marinade

This sauce is hotter by several magnitudes than the preceding recipe. If refrigerated it will keep for about a week. Makes about 3 cups of sauce and the recipe doubles easily.

You will need:

- A medium sized, non aluminum sauce pan
- 1 cp. salsa, medium to hot works best
- 1 cp. dry red wine or red wine vinegar
- 1 cp. catsup

1 medium onion, minced
2 tblsp. dark brown sugar or turbinado sugar
1 & ½ tblsp. Worcestershire Sauce
2 cloves (or equivalent) minced or pressed garlic
1 to 2 tsp. red pepper flakes, ground in a mortar
1 tsp. salt
½ tsp. black pepper (freshly ground is best)
½ tblsp. ground cumin
½ to 1 tsp. cayenne pepper

Combine all ingredients and simmer for about 20 minutes. Refrigerate in a covered, glass container and use as for any barbecue sauce or marinade.

ROAST BOAR'S HEAD

This dish is respectfully dedicated to Squire Gwynna Dewdrop who has an atavistic penchant for cooking yucky looking pieces of meat.

A word of explanation before listing the ingredients: What you're after is the intact skin and the lean meat off the swine's head. What you are going to do is obtain a boar's head (read: pig) complete with its skin, remove the skin after cooking, stuff it with various goodies to resemble its original shape, roast it until it is nicely browned and serve it with a suitable garnish.

You will need: The intact head of a young pig, about 10 to 12 pounds. By intact I mean complete with skin, eyeballs, ears, brains and skull.
A really big, covered pan with rack

If the first ingredient hasn't put you off yet, then put enough water in the bottom of the pan to cover 1 inch over the rack. Put pig head on rack, bring to boil, cover and simmer for about 2 to 2 & ½ hours. Remove head from pan and chill thoroughly (about 6 to 8 hours).

Take head from refrigerator and let warm at room temperature until the skin feels pliable. Turn head upside down and with a small sharp knife cut from the bottom of the snout to the neck. By carefully cutting and pulling, remove the skin from the head in one piece. Be generous and don't try to cut too closely as you want to avoid puncturing the skin - be especially careful when cutting around the eyes. Don't worry if there is a layer of fat attached to the skin as it will be roasted off after the skin is stuffed. Wrap the skin in food grade plastic wrap and return to the refrigerator.

Now you can remove the meat from the skull. If it doesn't come off easily, return the head to the big pan and simmer it for another hour or so. Cool the meat and chop into small pieces. Discard everything else -eyeballs, brains and skull. (If you're into weird totems you can either boil the skull clean or leave it out on an ant hill for a couple of days. It can then be dried and then fashioned into whatever bizarre artifact you wish.)

Stuffing

You will need: A big, covered pot
The cooked meat off the pig head, finely chopped
2 lbs. of cooked Boston butt roast (as lean a cut as possible), finely chopped
1 & ½ lbs. of cooked, crumbled bulk sausage
4 cups of cooked white, brown or wild rice (or a mixture thereof) **Note:** Cook rice(s) first then measure
1 very large onion, chopped
2 to 3 large celery stalks, chopped
2 tsp. poultry seasoning
1 tsp. rubbed sage
1 tsp. salt
3 to 4 tblsp. real butter
½ cp. Rhine wine or other dry white wine
½ cp. chicken stock
3 to 4 cps. dry bread crumbs (medium fine or as you would use for any stuffing)

Saute the onion, celery, seasonings in the butter until golden. Cover and simmer gently until the onion and celery are done. Add everything else except the bread crumbs. Remove pot from heat, let cool a little and work in the bread crumbs until thoroughly mixed. The resulting product should be moist but not soggy. If you think it is too dry you can add a little more wine or chicken stock.

Stuffing the pig skin

You will need: A covered roasting pan with rack big enough for the pig head
Heavy duty foil
1 good friend
1 upholstery needle and some heavy thread (maybe)

Remove the pig skin from the refrigerator and let warm up at room temperature. Measure out 4 lengths of foil big enough to cover the pig head with some to spare - be very generous. Lay the foil in the roasting pan (over the rack) in a cross shape - two layers each direction. Poke some drainage holes in the bottom of the foil to allow any excess grease to escape when the head is roasting.

Place the warmed skin, right side up, in the middle of the foil. One person will gently and lightly stuff the skin with the dressing, adhering to the natural shape of the skin. **Note:** Do not pack dressing tightly as it expands when cooking and can split the skin if you're not careful. If the skin splits while you're stuffing it, use needle and thread to loosely stitch it together. While person number 1 is doing the stuffing, person number 2 will be molding the foil around the skin as it is being stuffed in order to maintain the natural shape and to support the stuffed head. If necessary feel free to crimp and roll the foil horizontally and vertically to insure support (incidentally this is why you want to be sure to use a generous amount of foil). When the skin is completely stuffed, cover the ears with some extra foil so they won't burn. Roll any extra foil around the face portion leaving the face exposed, cover the pan and roast in a preheated 325 degree oven for about 1 and ½ hours or until the skin is nicely browned.

While the head is roasting, glaze some vegetables to use as a garnish for the presentation platter.

Glazed vegetables

You will need: A large pot with cover
About 4 or so cups of small peeled potatoes, small onions, turnips and/or parsnips - all about ping-pong ball sized - and some baby or new carrots.

Simmer the vegies, covered, in 2 cps. of chicken stock, 2 tsp. of salt, 4 tsp. of sugar and 3 tblsp. of real butter. When the vegies are almost done and the water is mostly absorbed, uncover the pot, turn heat to medium-high and continue to cook whilst shaking the pot continuously to prevent burning until the vegies are glazed to a nice medium golden brown. **Note:** If you don't want to go to all the bother of glazing the vegies you can use fresh parsley sprigs, canned fruit such as pears, peaches, and pineapple or fresh vegetables like broccoli and cauliflower, small carrots and etc. to garnish the presentation platter.

Remove stuffed head from oven and let cool for 20 minutes before transferring to a large platter. Tear away the foil. Now, depending on the horror movie of your choice, put a couple of cherry tomatoes in the eye holes, (The Amnityville Horror), or use large black olives (The Stepford Wives) or cut off the small ends from couple of very small hard-boiled eggs (Night of the Living Dead). Carve a couple of tusks from a large, raw turnip and place suggestively in the mouth. If you want to get traditional you can put an apple in the pig's mouth but it'll have to be a pretty small apple. Surround the head with the glazed vegies and maybe some fresh parsley. Serve with an incredible amount of fanfare and then graciously refrain from consuming any of this treasure yourself (because you vividly remember exactly what the cooked eyeballs and etc. really looked like).

ROAST PORK

You will need: A loin of pork or a fresh ham*. Avoid Boston butt roasts as they are too fatty.

Note: Be sure to remember the weight of the roast - this hunk of swine has to be cooked at 30 to 35 minutes per pound in a preheated 450 oven turned down to 325 to 350 oven after placing the roast in the oven. I don't care what the U.S.D.A. says, testing raw pork for trichinosis is not done on a 100% safe basis and (Really Trust Me) this is one particular parasite induced illness you don't want to come down with! If you cut into a pork roast and see red meat with any blood at all coming from it, put it immediately back into the oven and continue to cook until well done.

*'Fresh ham' is a misleading term - it's not a ham at all but rather what would have been a ham had it been smoked or cured. The large or butt portion gives the most meat although the small or shank end can be used.

Simple to cook - just place on a rack* in a shallow roasting pan in a pre-heated 450 oven. Turn heat down to 325 to 350 and cook for 30 to 35 minutes per pound. **Do not cheat on the cooking time!** Let

cool for about 15 minutes before carving and serving. You can make a good pan gravy with the drippings.

*If you've been wondering why using a rack is specified in some of the recipes for roast meats, the reason is that if not cooked on a rack, the bottom portion of the roast sits in not only the accumulating juices but also in the accumulating grease. The grease will soak into the roast and produce - you guessed it - greasy meat. I'm not a member of the 'grease is death' school of thought but meat absolutely swimming in the stuff is gross in the extreme.

A good marinade for roast pork follows:

Beer marinade for pork (or beef)

You will need to combine: 1 can of beer, ale or stout (let it go flat first)
½ cup cooking oil
1 tsp. salt
1 tblsp. dry mustard
2 cloves crushed garlic (or equivalent in garlic paste)
1 tblsp. sugar or honey (try turbinado sugar)
1 tsp. of any hot pepper sauce (jalapeño is good as is Louisiana Hot Sauce®)
2 & ½ tblsp. soy sauce
2 to 3 whole cloves

Mix together all ingredients. Place roast in a container you can cover and add the marinade. Refrigerate for 2 days, turning the meat over a couple of times a day, before cooking. Be sure and wipe the marinade off with a paper towel before roasting.

This is a pretty basic recipe and you can modify it to suit your own peculiar tastes. Omitting the dry mustard and the soy sauce and substituting 1 to 2 tblsp. of coarsely ground steak seasoning and 2 tblsp. of Worcestershire Sauce works better for beef (I would not suggest any variation of this marinade for chicken). In fact the only things you really can't change are the proportions of the first two ingredients - you can substitute various wines or vinegars for the beer if you wish. I use beer because it works very well and is usually available, at least around this house. I think 'experiment' is the operative word here.

SAUSAGE BALLS

Countess Kat, Kingdom of the Burning Lands

You will need: 2 cups Bisquick®
8 oz. hot or spicy bulk sausage
12 oz. shredded, sharp cheddar cheese
A pinch of salt
3 tblsp. milk to moisten

Thoroughly mix all ingredients and form into 1 inch balls. Bake on cookie sheet at 325 degrees for 5 to 8 minutes or until done.

Editor's Note: These are probably the quickest and tastiest hot snacks you can make. They can be eaten as is or dipped in various mustards or horseradish dips. They are also good cold but beware, always make twice as many as you think you'll need as they go fast!

SAUSAGE GRAVY

Make chicken gravy (see Chicken Pot Pie on pages 100 & 101) and add about 1 pound of cooked, crumbled sausage and black pepper to taste. Serve over rolls, biscuits or toast. Makes a great camping event breakfast as it freezes well and reheats easily over low heat with a little stirring and maybe a little water added to prevent sticking.

SAUSAGE HORS-D'OEUVRES

This dish can be prepared in an oven, on the stove top, over a campfire or in an outdoor grill. The cocktail sausages are usually expensive; smoked sausage somewhat less so.

You will need: A deep baking pan with foil to cover or a deep cast iron pan
Cocktail sausages as is or any smoked sausage sliced ½ inch thick
Barbecue sauce to cover

Put sausage and sauce in pan and simmer, covered, over very low heat for 1 to 2 hours (whatever suits your schedule). Serve hot with toothpicks. These go exceptionally well with dill or kosher pickle spears and cubes of cheese.

SAUSAGE PIE

Asmund Brandsson, G.A., R.A.N. Ret. (Grand Admiral, Royal Amtgard Navy, Retired), Kingdom of the Burning Lands (the only Amtgard Kingdom with, 1. an actual navy, 2. a full complement of seamen, midshipmen, boatswains, cabin persons, 3. no captains, 4. a flag [a bot fly rampant], 5. a figurehead [a bot fly rampant], 6. no available ocean and 7. no ships.)

The original version is from the Norse however this particular version is adapted for modern cooking methods - not to mention modern impatience.

You will need: 1 pound bulk sausage
3 eggs
½ pt. cream or half and half
Green onions, chopped (optional)
Seasonings to taste (basil, oregano, garlic, pepper, etc.)
1 pie shell

Lightly fry and drain sausage and mix with eggs and cream. Season to taste and pour into pie shell. Bake in a 350 to 375 oven for about 30 minutes. Freezes and reheats easily.

Editor's Note: This recipe can easily be doubled, canned milk can be used in place of the cream, and the amount of green onions equals about 1 bunch including tops.

SAUSAGE RING AND SCRAMBLED EGGS

This is a good dish to serve if you have a lot of people over for breakfast. It's also easy on the cook!

You will need: One 7 inch ring mold lightly greased with shortening
4 tblsp. cereal flakes (corn flakes work well)
1 lb. of good quality bulk sausage
1 tblsp. minced onion, dry or green
¾ cp. very fine fresh bread crumbs
2 tblsp. parsley, either minced fresh or dried
1 egg, beaten

Mix all ingredients very thoroughly and pack lightly into the greased ring mold. Bake in a 350 degree oven for about 30 minutes. You may have to remove it from the oven half way through the cooking time to pour off excess grease.

About 10 minutes before the sausage ring is due to come out of the oven, scramble 8 eggs with ¾ cup of cream or evaporated milk. Salt and pepper to taste.

Remove the sausage ring from the oven, pour off any remaining grease and let sit for about 5 minutes. Invert ring onto a plate of suitable size. Pile scrambled eggs into the sausage ring and serve immediately with lots of hot, buttered toast. One of these rings will serve 5 people.

SWEET AND SOUR PORK

Duke Sir Raphael Andalsa, Kingdom of the Burning Lands

Editor's Note: This dish is a Crown Qualifications winner.

You will need: 1 fairly deep frying pan or wok
1 lb. smoked sausage, cut into chunks
1 green pepper, diced
1 onion, diced
3 tomatoes, diced
1 tblsp. cornstarch
½ tsp. ground ginger
1 tblsp. red vinegar
1 tblsp. soy sauce
½ cp. apricot preserves
2 cps. pineapple chunks, drained

Saute sausage, green pepper, onion and tomatoes for about 5 minutes. Combine all other ingredients except the pineapple, add to sausage mixture. Add pineapple, heat and serve over cooked white rice.

IX. POTATOES

BAKED POTATOES WITH 'SIDES'

This is a main dish and, other than the sides, needs no other accompaniment.

You will need: Large baking potatoes (one potato for each person)
Some lean beef thinly sliced across the grain ($\frac{1}{4} \times 1 \times 3$ inches). **Hint:** Partially freezing the meat makes it easy to slice if you have a decent knife. If it's a cheap, tough cut of meat, get it wet after slicing, and just before you cook it, sprinkle lightly with unseasoned meat tenderizer and poke or beat the fool out of it.
Any or all of the following sides:
Finely chopped, white or green onions
Diced bell pepper, green, red and/or yellow
Sliced fresh mushrooms (sauteed) or canned mushrooms (drained)
*Crisp, drained bacon bits
Your choice of any shredded cheese
Sour cream, lightly salted and mixed with dried or fresh chives
Butter (the real stuff is preferred)
Chili con carne
Chili con queso

Wash potatoes thoroughly with a scrubber and slice a small piece off of each end. **Note:** The slice off end will prevent the potato exploding in the oven and will also expose any bad spots you need to remove - potatoes usually get bruised on the small ends. Dry the suckers off and rub with either some butter or the *bacon grease from your pre-cooked bacon bits (preferred), and bake in a preheated 400 oven for about 45 to 60 minutes or until a fork can be inserted easily into the middle of the potato. **Note** If you are cooking a bunch of potatoes at the same time they will take longer to bake.

While the potatoes are baking get the sides ready. Mix up your sour cream with the salt and chives - refrigerate. Grate and refrigerate the cheese. Heat the chili con carne and the chili con queso. Whip up a green salad of fresh spinach, diced cucumber, fresh, diced mushrooms, chopped tomato and chopped green onions with an herb or garlic dressing. Saute the fresh vegies until just done - reserve and keep warm.

The last thing you do is saute the meat on medium-high heat. Takes about 20 minutes so time it to be done by the time the potatoes are ready. Fresh or canned mushrooms (drained) can be cooked or heated along with the meat. Use a little salt and pepper as spicing. Dump meat or meat and mushrooms, along with the pan juices, into a bowl and serve with the rest of the sides. Give everyone a hot baked potato; preferably on a plate.

(Cured a horse of biting me by using a baked potato. Wrapped the (padded) potato onto my arm with a piece of old cheesecloth, and when the S.O.B tried for the 145th time to take a hunk out of me, I let him and he got a mouthful of hot potato. Damned horse never tried that again. Of course the very next week he broke my nose but that's another story.)

HOW TO COOK A HORSE WHEN YOU HAVE A BROKEN NOSE

Just kidding, folks. Seriously though, several European countries use horse meat as Americans use beef. For example, Iceland maintains the quality of the famous Icelandic pony (possibly the oldest and most pure breed of horse in the world and the same very same critter the 'Vikings' rode and used as draft animals) by culling the beasts that are not up to their high breeding standards and utilizing them as meat. I admire their practicality but confess to a slight sense of disquiet when I contemplate a Hi Ho, Silver sandwich.

Interesting note: The Icelandic pony is a naturally five gaited horse (the term 'pony' when used in conjunction with the word 'horse' is not a typographical error but rather a strange vagary of horse breeders' associations). Its most distinctive gait is the tölt (pronounced 'tilt'), a very fast, running walk, whence comes the term "to go full tilt."

BUBBLE & SQUEAK

This traditional British recipe makes good use of left over mashed potatoes. The name comes from the sounds it makes as it cooks. This dish should be cooked on a per serving basis.

You will need:

- 1 medium sized frying pan
- $\frac{2}{3}$ cups of left over mashed potatoes for each serving
- 2 slices of bacon for each serving
- 1 small onion, per serving, thinly sliced
- $\frac{1}{4}$ cup shredded cabbage per serving, steamed until barely done

Cook the bacon and remove and reserve (leave the bacon grease in the pan). In the same pan, saute onion slices until just tender. Mix potatoes and steamed cabbage and add to onions, pressing together to form a cake about $\frac{3}{4}$ inch thick. Cook one side until brown then turn and cook other side. Serve with the bacon slices and scrambled eggs.

MASHED POTATOES AND THE TECHNIQUE THEREFOR

You will need:

- Raw potatoes, peeled, quartered and cooked in salted water (1 tsp. of salt per 2 medium sized potatoes)
- Evaporated milk
- Margarine or butter
- Salt and pepper to taste
- A potato ricer* or masher
- An electric mixer

Cover cut up potatoes with cold water, add salt and bring to a boil. Cover the pot, reduce heat to medium and cook until a fork inserted into one of the potato pieces splits it in half. Drain the water from the potatoes and either rice them into a big bowl or dump them in a bowl and mash thoroughly with a potato masher. Add butter or margarine and continue mashing (about 2 tblsp. of butter per one medium potato is a fair ratio). Once the butter is pretty well mixed with the potatoes, add a little evaporated milk

and start beating with the electric mixer. Add more milk as needed to create the desired texture to the potatoes. Taste and adjust seasonings

*A potato ricer is an arcane kitchen implement that looks like a big pair of pliers, an oversized tea ball and an automobile piston formed a liaison without benefit of clergy. It is used to squeeze the hot, boiled potatoes through a colander-type cylinder before the mashing process. The end result looks somewhat like cooked rice. I have no idea where you can buy them, if you should be manic enough to even want one, but they make fluffy, guaranteed lumpless mashed potatoes.

OVEN BAKED POTATO HALVES

You will need: Baking potatoes, washed and cut in half lengthwise
 Melted margarine or butter, spiced to taste*

Score lightly the cut side of the potatoes in two diagonal directions to produce a diamond pattern. Place spiced, melted butter in the bottom of a good sized baking pan. Bake at 350 degrees until you can easily insert a fork into the potato halves - about 30 minutes.

*Spices can include salt, pepper, paprika, onion salt, garlic salt, chopped parsley or chives, basil, oregano... you name it.

POTATO SAUSAGES

This is another 'what am I going to do with those left over mashed potatoes?' recipe. If made ahead of time*, they are great for camping events.

You will need: 1 medium sized frying pan and oil to fry in
 1 & ¼ cps. mashed potatoes
 1 cup very finely ground cooked meat (pork, sausage, chicken, beef, ham or
 hamburger work equally well)
 ½ tblsp. melted butter or margarine
 1 & ½ tblsp. fresh or dried parsley, minced
 3 green onions, minced
 ¼ cp. strong chicken stock (or chicken bouillon dissolved in ¼ cp. water
 according to directions on package)
 1 rounded tsp. flour
 2 lg. eggs, well beaten

Combine butter, meat, green onions, parsley and chicken stock in a small pan. Bring mixture to a boil then reduce heat and simmer on low heat until the water is evaporated - watch carefully so as to not overcook (read: burn). Remove from heat and mix in the flour and eggs then return to low heat, stirring frequently, until mixture is thickened. Remove from heat, stir in mashed potatoes and refrigerate in a buttered casserole dish until thoroughly chilled (at least 4 to 5 hours). On a floured surface, shape the chilled mixture into the shape and size of a link sausage. Fry in medium-hot oil until browned on all surfaces.

*Transport to a camping event in the chilled but not yet fried state.

POTATO SKINS

So far as my appetite is concerned, the only reason for making a baked potato in the first place is the potato skin... the 'insides' are just simply something you have to eat in order to get to the potato skin.

Everyone knows how to make standard potato skins: Bake a potato, scoop out the inside (or eat it), then slather all kinds of yummys on the skin and reheat. This is essentially using the skin to make a sandwich, and they're very good however here's a slightly different approach:

You will need: Some baked potato skins prepared in the following manner:

Get some medium sized potatoes, wash, trim off ends and put in a 400 oven until about half done. Remove potatoes and smear outside with 1) bacon fat (traditional), or 2) butter or margarine and sprinkle with your choice of seasoning salt. Put potatoes back in oven and continue baking until done. Eat the insides if you must then add a little more butter, salt and pepper (to the inside) and re-bake in a 400 oven for about 10 to 15 minutes.

Not only are the skins delicious but they are very good for you being chock full of vitamin C.

SEXY POTATOES (TFBL Vol. 9, No. 2 August 22, 1992)

Duchess Tawnee Darkfalcon, Kingdom of the Burning Lands

"A crown qualifications judge dubbed these potatoes 'as good as sex', thus the name."

You will need: 2 lbs. red or new potatoes, smallest available
 8 oz. sour cream
 ½ bunch green onions, chopped*
 4 slices bacon, cooked and crumbled
 Salt to taste
 Freshly ground white or black pepper

At least an hour before you plan to eat, mix sour cream, onions, bacon, a generous amount of freshly ground pepper and salt. Set in refrigerator until about 15 minutes before using.

Scrub whole potatoes and boil till tender, about 1 hour. When done, halve or quarter them, then mix gently in a bowl with sour cream mixture.

Serve hot with meal. This recipe would probably be good served cold if you like that sort of thing.

TWICE BAKED POTATOES

These can be frozen then easily reheated in a microwave oven, so make up a bunch at one time. Good feast-fare.

You need some medium to large baking potatoes. Wash, trim and bake until done. Remove from oven, cut in half lengthwise. Scrape/spoon out most of the cooked white into a big bowl and mash or rice well. Set the skins to one side. Add to the mashed potatoes, while still very hot, butter, salt, pepper and some sour cream and continue to mash the potatoes until smooth (you can use an electric egg beater to help with this). You can also add chives, grated cheese, chopped green onions or bacon bits. Spoon the mixture back into the skins and reheat those you want to serve immediately in a 350 oven for about 15 minutes or until just browned on top. Your left over potatoes can be frozen on a flat tray. You do this so when they are completely frozen and you transfer them to a freezer bag they won't stick together. All you have to do is grab however many you want out of the freezer bag to use as needed. These will keep in the freezer for at least 2 months.

X. PUDDINGS

BLANC MANGE

Don't let the French name put you off. This is nothing more than vanilla pudding from scratch. Easy to make up ahead of time and goes well served with any kind of stewed fruits or jam.

You will need: 1 medium sized sauce pan
1 bowl which will hold about 4 to 5 cups of liquid
1/3 cp. arrowroot mixed with:
1 cp. cold milk

Scald 2 additional cps. of milk, let it cool a bit, then stir in arrowroot/cold milk mixture. Cook over low heat, stirring constantly, until mixture thickens. Remove from heat and add:

1/3 cp. granulated sugar
 1 tsp. vanilla extract
 A pinch of salt

Pour mixture in bowl, chill thoroughly and serve.

BREAD PUDDING

This is a dessert you can make for pennies if you've been collecting bread scraps and keeping them in your freezer. It takes no more than 20 minutes to mix and 1 hour to bake. It is particularly good with either of the sauce recipes listed immediately below it.

You will need:

- 1 oven-proof pan filled with about 1 inch of water
- 1 baking dish, about 2 quart capacity, which will fit comfortably into the pan
- 3 & ½ cps. stale bread cubes soaked in 3 cps. milk and ¼ tsp. salt for 15 minutes
- 3 egg yolks, beaten well with:
 - ⅓ cp. sugar
 - 1 tsp. vanilla extract
 - ¼ tsp. cinnamon
 - ¼ tsp. nutmeg

Then add:

- Juice and grated rind of ½ large lemon
- ¼ cp. raisins

Pour all ingredients over the soaked bread and stir lightly with a fork until well blended. Beat the 3 egg whites until stiff and fold into the mixture. Put mixture into the baking dish, set the dish into the pan with water and bake at 300 degrees for 1 hour.

Lemon Sauce

You will need: 1 sm. sauce pan
1/2 cp. sugar

A pinch of salt
2 tblsp. cornstarch
1 cp. boiling water
2 tblsp. butter
The juice and grated rind of 1 lemon

Mix the sugar, cornstarch and salt in the sauce pan. Add boiling water and, over medium heat, cook and stir (constantly) until mixture thickens (5 to 10 minutes). Remove from heat, add remaining ingredients and serve warm over pudding.

Vanilla Sauce

Prepare as for the lemon sauce except your ingredients are:

½ cp. sugar
A pinch of salt
2 tblsp. cornstarch
2 tblsp. butter
1 tsp. vanilla extract

Cooking time on this sauce variety is only about 5 minutes.

RICE PUDDING

This is one of the fastest puddings to make. It's also an excellent way to utilize left over cooked rice. When served with the sauces listed under Bread Pudding, it makes an excellent feast dessert as it can be prepared in bulk ahead of time. **Note:** Although the recipe can be increased (doubled, etc.), the baking dish size cannot, so you will have to multiply the baking dishes by the number of times you increase the recipe. If baking more than one batch at a time, be prepared to increase the total baking time slightly.

You will need: One 4 to 5 qt. baking dish, well greased with shortening
2 cps. of cooked white rice
1 & ⅓ cps. milk (reconstituted evaporated milk works very well)
5 tblsp. sugar
1 tblsp. margarine, softened
1 tsp. vanilla extract
3 eggs
½ tsp. grated lemon rind
1 tsp. lemon juice (juice of 1 small lemon)
⅓ cp. raisins (white raisins preferred, but regular will work)

Combine and beat well the milk, sugar, margarine, vanilla extract and eggs. Add to rice. Add rest of ingredients and toss lightly with a fork. Put rice in baking dish and bake in a 325 oven until set, about 1 hour. Cool or chill and serve with warm lemon or vanilla sauce.

YORKSHIRE PUDDING

A traditional English dish usually served with roast beef. The original recipe comes from Yorkshire in northern England. There are several versions of this recipe extant; this one is fairly simple, easy to prepare and no more or less authentic than others I've sampled.

You will need:

- 1 oven proof pan about 10 X 14 inches. This can be the same pan in which you have just cooked a beef roast if you really want to be traditional.
- ½ cup of the roast beef drippings (skim off fat)
- 4 eggs
- 2 cps. milk
- 2 cps. flour
- 1 tsp. salt

First pour off the drippings from the beef roast. Skim off any fat, using a large spoon, and return ½ cp. of the drippings to the pan. (The rest of the drippings plus the fat can be reserved for making gravy.) Figure out some way of keeping the roast hot for the 30 minutes it will take you to make and cook the pudding. I accomplish this by covering it with foil and a couple layers of kitchen towels and setting it on top of the stove to benefit from the oven heat.

Beat eggs and milk together until frothy. Sift together the flour and salt and stir into egg/milk mixture. Beat until smooth. Pour this batter into the pan in which you have poured the ½ cup drippings and bake in a preheated 450 degree oven for 10 to 12 minutes. Reduce heat to 350 degrees and cook for an additional 10 minutes or until puffy and golden brown in color. Serve immediately with sliced, roast beef. Note: The pudding will replace the usual starch dish so you don't really have to have potatoes, rice or pasta - a vegetable dish or two will do nicely.

XI. RECIPES MOST FOWL

AXGAR'S ATOMIC WINGS

Squire Axgar, Kingdom of the Burning Lands

Editor's Note: The following recipe illustrates a type of cooking that is only possessed by someone with an innate sense of good ingredient combinations plus an instinctive grasp of technique. Cooks like Axgar do not need to bother with precise measurements and nit-pickin instructions - they simply know exactly what they are doing. At the end of this recipe there are some attempts on my part to clarify a couple of things for us mere mortals.

You will need: A big kettle
A goodly supply of disjointed chicken wings and the following sauce:

Sauce: 1 bottle Kraft® barbecue sauce, large
1 bottle Louisiana Hot Sauce®, (2 if you're brave)
½ red onion, diced
½ white onion, diced
½ jalapeño, diced
6 oz. Lonestar® beer
1 palm* black pepper
1 palm* crushed red pepper
½ lemon, squeezed**
½ lime, squeezed**
½ palm* garlic powder
½ palm* seasoned salt

Simmer in pan and stir with a stick of butter. When the butter is melted, it's ready.

Take one half of the sauce and put it in a bowl. Dip chicken wings in the sauce and cook*** them. Use the other half of the sauce for dipping while eating. **Note:** The sauce in which you have dipped or marinated the raw wings should not be used for dipping the cooked wings. All raw meat, no matter how scrupulous you are, has the potential to contaminate other foods - throw the marinating portion of this sauce out after it has been used.

More Editor's Notes:

*As close as I can figure the term 'palm' means the amount of a substance you can hold in a cupped hand without spilling it. I tried it and figured my palm holds a heaping tablespoon; since Axgar's palms are just a whole lot larger than mine, the technical measurement would be about 2 to 2 & ½ tablespoons.

**Squeezed most likely means the juice [only] sans seeds.

***Grilling or baking would appear to be the methods of choice. Actually, marinating the wings in the sauce for a while before cooking might not be a bad idea.

Since this sauce is cooked, the portion not used for marinating could be refrigerated for quite a period of time. It sounds like it would be very good used on other meats as well as chicken.

BAKED CHICKEN BREASTS (another potential main dish for a feast if purchased on sale) >

You will need: Bone-in chicken breasts (much cheaper than de-boned and your guests can easily separate the bones from the cooked chicken when they are served, just be sure and warn them ahead of time)
A liquid, either aspic, chicken bouillon, water, or water mixed half and half with an inexpensive white wine.
A shallow roasting pan big enough to contain all the meat

Peel skin and cut extra fat off the chicken (warming the chicken to room temperature first will greatly facilitate this procedure). If you wish you can de-bone the meat at this time being very careful to locate and remove the small (cut) bone usually still present in the leading edge of the fleshiest part of the breast. Mix in your roasting pan about 2 cups of liquid with enough seasoned flour* to make it soupy. Hint: Add flour mix by scant handfuls and use a metal whisk to stir out any lumps. Reserve enough of the seasoned flour to sprinkle lightly over the top of the chicken. Now place chicken breasts, bone side down if not de-boned, in the soupy stuff, sprinkle with the rest of the flour (you can omit this step and bard it as for the roast chicken on page 104) and cover with heavy foil. Bake at 375 for about 1 hour. Remove foil, baste chicken with what is now gravy in the bottom of the pan, and return to oven for 15 to 20 minutes so it can brown. If you have used the barding method remove and discard the barding meat prior to browning. One breast piece will serve one person when served with side dishes.

***Seasoned flour:** Mix 1 cup of flour (for every 8 to 10 chicken breasts you're baking) with any of the following combinations:
1 tblsp. salt, 1 tblsp. dry garlic chunks, 2 tsp. ground sage or,
2 tsp. onion powder, 1 tsp. garlic salt, dry parsley or chives or,
2 tsp. salt, 1 tblsp. paprika, 2 tsp. onion salt or,
1 & ½ tblsp. lemon-pepper seasoning or,
Your own combination of spices

***Note:** It will greatly enhance the effect of the seasoned flour if you use a mortar and pestle to grind the herbs, salt and spices to an almost powdered consistency before mixing with the flour.

CHICKEN POT PIE TO DIE FOR

You will need: A big casserole dish (or a couple of bread loaf pans)
A fairly deep frying pan
½ to 1 pound of cooked, diced chicken
1 (12 to 18 oz.) pkg. of frozen mixed vegies
1 humonguous onion, coarsely chopped
About 1 & ⅓ cups chicken fat (add butter if necessary)
Cold chicken stock (aspic)
Enough pie crust to cover top of casserole or pans

Some flour seasoned with salt & pepper

Make a roux by dumping chicken fat into the deep frying pan and heating on medium until it starts to bubble. Using a spatula or whisk, stir in one handful of the seasoned flour at a time, working out lumps as you go, until the stuff approaches a liquid, paste-like consistency - all of the fat should be absorbed by the flour with no pockets of liquid fat remaining. Start adding cold* stock/aspic by the cupful, stirring continuously to remove any lumps and prevent sticking, until the mixture does not continue to thicken and has achieved a shiny appearance. (If you run out of stock you can use a little cold water.) Set this gravy mixture aside to cool slightly and check it for seasoning - you may want to add a little salt and/or pepper. Now hack up the onion and dump it on top of the frozen vegies which you have started to cook in a small amount of boiling, salted water. Cover and reduce heat to simmer for 5 minutes. Turn off heat and leave covered.

*When adding liquid to a roux (or roux to a liquid) make sure one of the ingredients is hot and the other is cold, i.e., cold liquid to hot roux or cold roux to hot liquid. If you don't follow this rule you'll end up with an unappetizing mess resembling lumpy library paste.

Make a pie crust to cover top(s) of baking dish(es). Take vegie/onion mix, drain (if you're really a fanatic, cook the vegies before you make the gravy and, instead of throwing the water out, use it for some the gravy liquid) and put in the casserole dish along with the cut up chicken - mix lightly. Pour the gravy over the chicken and vegies. Cover the top with the pastry and bake at 375 until pastry is brown -about 30 to 40 minutes. It's a good idea to cut some vent holes in the pastry before placing it over the casserole and to cover the oven rack with a big piece of foil - this dish has a tendency to bubble over when cooking. If you're really efficient (lazy) you will have used the 2 medium sized casserole dishes instead of one large casserole dish. Eat one now and freeze the second one for later. It will refrigerate for several days and freeze for at least a month if well covered.

CHICKEN SALAD

You will need to: Mix together the following ingredients

- About ½ pound cooked, diced chicken
- 2 diced hard boiled eggs, diced
- 1 bunch finely diced green onions
- 1 stalk finely diced celery
- 1 heaping tbsp. sweet relish
- 1 big dill pickle, grated or dill relish (hard to find, for some reason)
- Salt and pepper to taste
- Enough mayonnaise or salad dressing to moisten

You can serve this as a sandwich filling, stuffing for fresh tomatoes or wrap in a rolled out refrigerator roll (about 1 heaping tbsp. per roll). Seal the roll around the filling and brown in the oven according to the baking instructions on the roll package and you have created a hot, chicken turnover.

CORNISH GAME HENS WITH WILD RICE DRESSING (This is a good reheatable feast dish)

You will need: 4 to 6 Cornish Game Hens, defrosted if purchased frozen

A shallow baking pan big enough to hold the hens

Prepare 4 to 6 Cornish Game Hens by rinsing out, drying and smearing inside and out with some butter flavored with garlic and sage or just salt and pepper. You can also bard them by covering with uncooked bacon or thinly sliced salt pork. Put hens in a shallow baking pan and place in a preheated 450 oven, reduced immediately to 350, for 45 minutes to 1 hour. **Note:** If you have barded them remove the barding 15 minutes before you take the hens out of the oven to allow browning. Discard the barding or feed it to the dog or your brother-in-law... Trust me, it's not real tasty at this point. While the hens are baking you can prepare the rice dressing. **Hint:** Start cooking both rices before you prepare the hens.

Rice Dressing

You will need: 1 cup wild rice
 2 ½ cups water
 1 tsp salt

Put everything in a medium sized pot, bring to boil, cover, reduce heat to simmer and cook about 45 minutes or until tender.

You will also need: 1 cup white rice
 2 cups water or 2 cups of chicken stock
 1 tsp salt

Cook as for the wild rice but simmer, covered, only 15 minutes until light and fluffy.

Let the rice(s) cool while you saute about 5 stalks of celery and 2 largish, diced onions in about 3 tblsp. of butter or oil - do not let brown. You can add some cooked, broken up and drained sausage meat if you wish - about 1 pound will do. Drain the wild rice and mix everything together when cooled a bit. Add some ground sage, maybe ½ tblsp. (don't add too much as this flavor can get real intense), about 1 tsp. of white pepper and a little salt if necessary. Set to one side and wait for the birds to finish cooking.

Let the birds cool for a few minutes and remove from baking pan (drain off any fat). Put the rice dressing into the baking pan and put the birds on top of the dressing. Either return to the oven for 15 to 20 minutes and then serve or cover with heavy foil and freeze for later. If frozen reheat, covered, at 350 for about 45 minutes to 1 hour. This dish will serve 6 to 8 people.

FAKE CHICKEN FETTUCINE

This is another very quick meal that tastes like you have labored over it for hours.

You will need: 1 generous fistful of fettuccine or linguine, cooked and drained.
 The following sauce:

Sauce: Mix 1 pint of sour cream with 2 tblsp. chives (dried or fresh), canned, drained mushrooms if you want, 1 tsp. salt or salt to taste, and 1 tsp. lemon juice. Cook this mixture over low heat, stirring

constantly, and adding water as needed so that it stays no thicker than a gravy. Actually this sauce should be cooked in a double boiler but I don't have one so I just stir it a lot over low heat to prevent burning. When the sauce reaches the stage when it no longer thickens as it cooks (about 20 to 30 minutes) you may consider it done. When the sauce is done, add ½ cup chopped, cooked chicken and let sit for 5 minutes before serving.

Spoon sauce over the hot pasta and serve with hot rolls and a fresh salad.

GREEN, CHICKEN ENCHILADAS

Please note that these are stacked not rolled. To make 3 loaf pans full...

You will need:

- 3 loaf pans (Duh)
- About 24 to 30 corn tortillas
- 3 to 4 cups grated white cheese
- 2 large, diced onions
- 1 & ½ to 2 pounds of diced, cooked chicken (thigh meat preferred)
- Salt and pepper to taste
- Some cooking oil
- 3 (18 to 20 oz) cans of green enchilada sauce. La Paloma® is the best on the market.

Mix chicken and diced onions, with plenty of salt and pepper, in a big bowl. Have enchilada sauce open and ready to use (be sure and shake cans before opening to mix the sauce thoroughly - it tends to settle). This recipe only takes about 30 minutes to prepare but you are going to be busier than a one-armed paper hanger.

Heat about ½ to ¾ cups of oil in a medium sized frying pan over medium-high heat. Have the loaf pans next to the stove and all other ingredients very handy. Cook tortillas, one at a time, in the oil only until limp, not crisp. Place two cooked tortillas in the bottom of each pan and add a handful of the chicken/onion mix followed by a handful of the grated cheese and enough of the green sauce to cover the cheese - about ½ to ¾ of a cup. Keep doing this in layers until pans are full. Top off with any remaining sauce and cheese, cover with foil and bake at 350 for 45 minutes to an hour. This freezes fairly well.

Serve enchiladas with pinto beans, green salad and bread or tortillas. One pan will feed 6 big appetites. **Hint:** On the pinto beans, save yourself time and money by buying one humonguous can of plain pintos, dumping into a big pot and heating on low while adding dry onions, dry chunk or fresh minced garlic, cilantro (dry or fresh) and red chili powder to taste. This takes about the same cooking time as the enchiladas. **Note:** You are actually only cooking or plumping the dried ingredients - the beans are already cooked so you're just warming them up and allowing the spices to penetrate. While they are cooking, make a big, green salad. All you have left to do is nuke some bread or some flour tortillas to complete the meal.

HOT CHICKEN WINGS

This is an easy recipe, however, the chicken wings must be marinated for several hours before cooking. One easy way to cheat is to marinate, cook then freeze the wings in 2 to 5 lb. lots for future use. Recipe is easily halved.

You will need: 1 large plastic bowl with cover or resealable plastic bags
1 large baking pan
10 lbs. chicken wings (about 50 wings)

Marinade: 1 & ¼ cps. lemon or lime juice
1 & ¼ cps. cooking oil
1 tblsp. crushed red pepper (add more if you want hotter wings)

Other: ⅓ cp. margarine for baking pan

Breading: 2 & ½ cps. cornmeal (any color; white if you're pure of heart, yellow if you're a traditionalist, or blue if you're weird)
⅓ cp. flour
3 tsp. salt or to taste
1 tsp. black pepper or to taste
3 tsp. ground cumin

First of all clean up the chicken wings... snip off wing tips, remove all the skin you can then cut them in half at the joints. Mix all ingredients listed under marinade, put the wing parts and the marinade in a plastic bowl, cover and refrigerate for 8 hours or so. **Note:** You can marinate in resealable plastic bags as well.

Melt margarine in the baking pan in a 425 degree oven. Mix all breading ingredients in a plastic bag and shake the drained, marinated chicken wings in this mixture until well coated. Place the wings in the baking pan and bake uncovered for 45 minutes, turning once, until nicely browned. **Note:** If you are doing 10 pounds of wings you will probably have to divide up the margarine and bake more than one batch.

ROAST CHICKEN

You will need: Whole chickens, the larger the better. Regular whole fryers will do if they are 4 (plus) pounds. Baking hens are nice as are capons but both will run from \$1.00 to \$2.00 more per pound than the fryers. Figure a 5 pound roast chicken will feed, along with side dishes, about 5 people.
A pan big enough to hold all the chickens you will be cooking
Seasonings of choice

Wash out the chickens just to make sure there is no yucky stuff left inside of them. Sprinkle the inside with a little salt and pepper, some lemon-pepper seasoning and/or any old onion or celery pieces you may have laying around. Truss the chicken i.e., fold the wing tips to the back of the chicken and tie the drumsticks together. Now dry off then rub the outside of the chicken with either 1) real butter mixed with seasonings (sage, garlic, paprika are a few choices), 2) ½ cup of mayonnaise mixed with 1 tsp. of

Kitchen Bouquet® or 3) bard with raw bacon or thin slices of salt pork (remember to remove barding during the last 15 minutes of roasting to allow the top of the chickens to brown). Place in a preheated 450 oven, reduce heat immediately to 350 and bake for about 20 minutes per pound of the largest chicken. Basting the little beggars with the pan juices from time to time is also a good idea. You can also cover the chickens with heavy-duty foil which will eliminate the basting process but you have to remove the foil for the last 20 minutes of cooking to let them brown. **Note:** If you are cooking more than one chicken at a time you may have to extend the per-pound cooking time by about 5 minutes. Also note that these chickens are not stuffed with any kind of dressing. The reasons for this are two fold, 1) Stuffing them adds more work for you and 2) They hold such a small amount of stuffing that it is not really worth your time.

There is an extremely easy and attractive way to serve chicken at a feast. Just place a beautifully browned, hot roast chicken in front of every group of 5 or 6 people, present a carving knife to the most responsible, intelligent and dexterous looking of the bunch and let them have at it... they'll love it (use the phrase "M'lords and M'ladies, whom have you chosen to carve for your group?"). Ceremoniously place the dish and present the carving knife before the one so honored (read: sucker). This approach guarantees a positive attitude on their part.

Some possible side dishes are a hot potato dish (or a separately prepared stuffing) along with corn with pimentos, peas with pearl onions, or green beans cooked with small slivers of ham or bacon. **Hint:** Just after dumping the hot vegies into a serving dish, add a generous ¼ cup of butter or margarine and sprinkle the top of the vegetables with about 1 tblsp. of seasoned salt and toss lightly... improves the taste no end. **Note:** The hot potato dish could be mashed potatoes but they are very hard to keep hot and require butter or gravy which is more work for you. Potatoes au gratin are easier to fix (cheat and use a store-brand mix). The Sexy Potatoes on page 94 or the oven baked potato halves (on page 93) are more likely to help you maintain your sanity. You could also make up separately a large quantity of the bread/sage/sausage stuffing described on page 137 to serve in lieu of a hot potato dish. The dressing can be pre-cooked, frozen and reheated easily. Figure about 1 cup of cooked dressing per person.

If you are wondering why I don't suggest just using a few big turkeys in place of a bunch of roast chickens for feast fare, the reason is thus: Turkeys take a whole lot longer to cook, they are almost always more per pound than chicken fryers and really have to be carved before serving which runs the risk of dry meat served lukewarm - not an attractive dish to set before the king! However a recipe for roast turkey is included. At a good sale price a turkey can provide a marvelous meal for a relatively small group and the leftovers can usually be substituted for most recipes calling for cold, cooked chicken.

Accent foods for roast chicken or turkey could be jellied cranberry sauce, apple sauce, pickled apples or beets served in soup bowl sized containers. These can be dumped straight from the can into the bowl. And if you absolutely must have a dessert, consider a fruit compote (canned and/or fresh fruit with some seasoned whipped cream mixed in). Just be sure to use only fresh fruit that it is in season and cut it into bite-sized hunks.), or apple pie and/or pumpkin pie (recipes starting on page 42).

ROAST TURKEY

This is an easy meal to prepare - Don't let yo' momma tell you any different.

You will need: A whole turkey, defrosted, rinsed out and dried.
Stuffing (see recipe immediately following)
A covered roasting pan or baking pan covered with foil although you can roast the bird uncovered provided you're willing to baste it every 30 minutes or so during the cooking time. If roasted covered*, remember to remove cover or foil for the last 20 minutes of cooking time to allow browning.

*Using a foil covering when roasting is just a whole lot easier than basting however the end result is not really roasted but steamed. A steamed (then browned) turkey will be good but a truly roasted/basted turkey will be delicious.

Fold turkey wings to the back so they don't stick up and end up burned. Loosen the legs from the metal or plastic clamp with which they usually come equipped and stuff lightly both cavities. (Don't you just love the use of the word 'cavities' in this context? Personally, I can come up with some more descriptive terms but won't use them here.) Place legs back under the clamp. Put any excess stuffing in a baking dish, cover and cook separately, timing it so dressing and turkey are ready at the same time. Either bard the bird (remember to remove barding during the last 15 or 20 minutes of cooking to allow browning) or liberally smear it with a paste of butter plus spices or with a mixture of mayonnaise and Kitchen Bouquet® (the latter guarantees a nicely browned skin). Place turkey in a preheated 450 oven, reduce heat immediately to 350 and cook for 20 minutes per pound. When done let it cool for about 30 minutes before carving/serving. Remove the stuffing in the turkey as soon as possible and serve separately. Make some gravy with the dripping (same as recipe on page 101), whip up some mashed potatoes and serve with a couple of side dishes.

After you have finished pigging out, remove all the meat you can from the bones and refrigerate immediately - same for the dressing. Put the what's left of the carcass into a large stock pot, add enough water to cover along with some celery pieces, a whole peeled onion, and a little salt and treat the same way as for chicken when making aspic (page 72). This will produce broth which you can freeze for use later. One word of warning: Be advised, that while the broth produced can be used much as you do with the chicken product, turkey has a stronger taste especially when prepared from a roasted bird. While this is simmering on the top of the stove you can be sitting back, loosening your belt buckle, sipping on an after dinner aperitif and swapping lies with your guests.

Bread/Sage/Egg and Sausage dressing for chicken, turkey or round steak

You will need: The equivalent of 1 pound of bread (you can use stale hot dog buns, hamburger buns, bread heels, etc. If you're smart, every time you have some stale bread you will toss it in to a plastic bag you keep in the freezer. Rather than let it sit out to spoil, freeze it and use for recipes which call for any type of bread crumbs or cubes.)
2 eggs, slightly beaten
About 1 pound of sausage cooked, crumbled and drained
2 to 3 stalks of celery, chopped
1 large onion, chopped
Salt, pepper and sage to taste
About 1 tblsp. baking powder

Saute the vegies until tender but not browned. Break up the stale bread up into small hunks roughly ½ inch square. If you want, toast these pieces on a 300 oven until light brown - careful, they can burn quickly. Get a big bowl, dump all ingredients in and mix very thoroughly with your hands. If the mixture doesn't 'kinda' stick together, add some aspic or water. Don't add too much liquid - you don't want it gooey, just moist - it will pick up quite a bit of moisture from the turkey during the roasting process. Stuff turkey lightly with dressing or put in a pan (about 9 x 12 inches or so), cover with foil and bake at 350 for about an hour. **Warning:** Eat, refrigerate or freeze immediately! **Do not** leave out to cool as this is an invitation to salmonella city. If refrigerated reheat in a 350 oven for 30 minutes or so. If frozen reheat in a 300 oven for about an hour.

Eggs

To explain the following recipes being in this section, be advised that I consider eggs as apprentice chickens.

DEVILISH DEVEILED EGGS

I'm into deviled eggs with some authority to them. So far as I know the following recipe is common to the Northwest but not to the Southwest.

You will need: 1 dozen hard boiled eggs. At high altitudes this means to bring to a hard boil, reduce to a medium boil and cook, covered, for 20 to 25 minutes. Cool in cold water (until barely luke warm) before peeling.
Salad dressing to moisten (you can use regular mayonnaise if you insist)
1 generous tbslp. regular old hot dog mustard
Salt and pepper to taste
1 large dill pickle, grated
¼ cup sweet pickle relish
1 cp. finely chopped green onions including tops or 1 cp. grated white onion

Cut cooled and peeled eggs in half lengthwise. Pop out the solid yolks into a medium sized bowl. Reserve whites. Mash yolks very well with a fork and add salt and pepper to taste. Add the rest of the ingredients to the mashed yolks, using just enough mayonnaise or salad dressing to moisten, and mix well. Load yolk mixture back into the white halves. You can decorate them with a slice of green or black olive, a slice of sweet or dill pickle or sprinkle them lightly with some seasoned salt or paprika if you want to impress someone.

EGGS BENEDICT

There are many recipes for this delicious meal, some are more difficult than others. This one is easy. You can multiply the following for any number of people.

You will need: ½ of an English muffin
1 poached egg
1 slice of warm, sliced ham (either nuke or fry lightly)
Hollandaise sauce

Warm up the muffin, poach the egg, place egg on top of the ham on top of the half muffin and cover with hot Hollandaise sauce. Serve immediately. What could be easier? Well, you do have to make the Hollandaise sauce.

Hollandaise Sauce

The 'real' recipe for hollandaise sauce is a killer. This recipe is almost indistinguishable from the real stuff and is goof-proof. This recipe will give you enough sauce to handle about 4 servings of Eggs Benedict.

You will need: A double boiler or, if using a regular pot, the fortitude to stir the sauce continuously while it is cooking.
2 cp. cream cheese (16 oz.), softened to room temperature
1 generous tblsp. lemon juice or lime juice (usual) or a like amount of white wine vinegar, tarragon vinegar or cooking sherry.
2 egg yolks
A pinch of salt

Beat the eggs lightly and mix well with all other ingredients. Place mixture in a double boiler (preferred) or a sauce pan and stir over a medium-low heat until mixture thickens and the egg yolks are cooked (about 15 minutes). **Note:** It's not a bad idea to have some cold water handy to add just in case the sauce tries to get too thick.

EGGS BENEDICT (Sort'a)

If you just don't feel up to making the Hollandaise sauce, try the following recipe which I stole from a very talented short order cook.

You will need: English muffins
Over-medium fried eggs (yolk is half way between runny and vulcanized)
Hot ham slices
Mild Cheddar or American cheese slices

Fry the requisite number of eggs to over-medium consistency. Assemble ingredients as for Eggs Benedict then top with a slice of cheese and either oven broil or nuke until the cheese melts (just a minute or so).

HEAVENLY DEVEILED EGGS

Countess Kat, Kingdom of the Burning Lands

You will need: 1 dozen hard boiled eggs
½ cup mayonnaise (not salad dressing)
French mustard
Dijon mustard
Paprika

Slice eggs in half lengthwise and mash yolks with ½ cup mayonnaise. Add enough French mustard to give the mixture a good, yellow color. Add Dijon mustard to taste. Refill egg whites and sprinkle with paprika.

SCOTTISH EGGS (traditionally served on New Year's Day)
Squire Gwynna Dewdrop, Kingdom of Dragonspine

You will need: Hard boiled eggs, peeled and chilled
 1 lb. ground beef
 1 lb. ground pork
 1 lb. ground turkey
 1 cp. fresh parsley, finely chopped
 1 egg beaten
 ¾ cp. oatmeal
 Oil to deep-fat fry

Mix all but the hard boiled eggs in a bowl, you may have to use your hands. Make thin patties, wrap around eggs. Deep-fat fry in 375 degree oil until brown and done. Slice and serve with hard rolls and cheese.

Editor's Note: Although not specified, it appears that this recipe would call for about 1 dozen eggs.

XII. ROAST BEEF AND OTHER BEASTLY DISHES

BEEF BRAJAL

Duke Sir Auromax, Kingdom of the Iron Mountains

You will need: A heavy, covered pot
 A meat mallet
 Lean round or flank steak (4 x 3 inch pieces)
 2 cups fresh, grated Parmesan or Romano cheese mixed with:
 Garlic salt
 Oregano, dried
 Parsley, fresh minced
 2 cups Italian style bread crumbs
 Crushed red pepper (fresh or dried) to taste
 *Sauce (see recipe following)

Take steaks and pound flat. Cover one side of steaks with cheese, spice and bread crumb mixture. Roll steaks into pinwheels and tie with butchers string. In a hot frying pan, brown all sides of pinwheels and add to *sauce. (Deglaze pan, i.e. add a little water to the steak juices, etc., cover and heat for a few minutes to scavenge the pan juices and add this to the sauce along with the pinwheels into a larger, covered pot.) Cover and cook at very low temperature for several hours.

Sauce

You will need: A large, heavy pot
 3 (320 size) cans of tomato sauce
 6 cloves of fresh garlic, peeled and crushed
 4 tblsp. olive oil
 Dried, crushed red pepper to taste
 3 tblsp. dried oregano, crushed
 3 tblsp. fresh parsley, minced
 2 tblsp. dried basil, crushed
 1 bay leaf
 4 tblsp. sugar
 Lots of meat (beef, pork or sausage - see recipe above)
 ½ lbs. beef neck bones

In a large pot combine olive oil and all spices except the sugar. Saute until the garlic is golden brown. Add cold tomato sauce rapidly and *braise [while stirring to prevent sticking or burning]. Add sugar. In a separate pan braise the neck bones. Deglaze pan and add, along with bones, to the sauce. Cover pot and simmer several hours.

*In this case braising results in a partial 'frying' of the oil/spice/tomato sauce mixture before reducing heat and simmering.

Editor's Note: This sauce is not only used to cook Beef Brajal but also in the meat ball recipe on page 119.

BEEF BRISKET WITH RED CHILI

You will need: Heavy duty foil and a roasting pan
4 to 5 lbs. of reasonably lean brisket
½ tblsp. salt
2 tblsp. red chili, ground
½ tblsp. pepper (freshly ground is best)
½ tblsp. crushed bay leaf (use mortar and pestle to crush to as fine a consistency as possible)
2 tblsp. Liquid Smoke®

Rub meat all over with the Liquid Smoke® then sprinkle the mixed dry ingredients over both sides. Wrap meat securely in the foil, place in roasting pan and cook for 4 hours in a 325 degree oven*. Remove from oven, let sit for 10 minutes, remove foil, scrape off spice layer and slice very thinly across the grain of the meat. Potato salad and kosher dill slices go particularly well with this recipe. Serve brisket with the following sauce.

*Can also be cooked over a medium camp fire if turned over every half hour or so.

Sauce

You will need: 3 tblsp. brown sugar
A 14 oz. bottle of catsup
½ cp. water
2 tblsp. Liquid Smoke®
4 tblsp. Worcestershire Sauce
½ tblsp. dry mustard
2 tsp. celery seed
6 tblsp. butter or margarine
½ tsp. cayenne pepper
1 tsp. salt
½ tsp. pepper

Combine all ingredients in a sauce pan and bring to a boil over medium high heat. Reduce heat to a brisk simmer and continue to cook for 15 minutes, stirring occasionally. Serve over sliced brisket.

BEEF ROAST FOR MULTIPLE MEALS

You will need: Covered roasting pan or a shallow baking pan you can cover with foil. It should be big enough hold two 5 pound (plus) boneless chuck or similar roasts. Rub pan lightly with shortening to prevent the juices from sticking and burning.
Some kind of coarsely ground steak seasoning or persillade
Unflavored meat tenderizer

Rinse both roasts in cold water. While still wet sprinkle one side with enough meat tenderizer to make the meat look frosted - be generous. Take a meat fork and puncture the fool out of the meat. Use some muscle - pretend the roasts are 1) your boss, 2) the driver who rear-ended your car or 3) an Amtgarder playing the 'Barbarian-With-An-Attitude' who creamed you on the field last Saturday. The more punctures the better (on the roast of course). Cover with persillade or sprinkle with the steak seasoning... about 1 tblsp. per roast. Repeat this on the flip side of the roasts. After tenderizing, immediately place roasts in your pan, cover and roast in a 375 to 400 oven for about 3 to 4 hours, depending on whether you want them well done or medium. **Note:** You may roast without covering with foil but you will need to baste the meat every half hour or so. See comments on foil versus open roasting under Roast Turkey.

Remove roasts from pan and, if you want to make gravy, pour drippings into a medium sized frying pan and heat until bubbling. Add enough flour, very gradually, while stirring with a spatula or whisk until the mixture starts to approach a pasty consistency (forms a roux) then start adding either 1) cold chicken broth (aspic), 2) cold water or 3) cold half water/half beer (adding 1 cup of cold coffee will produce a produce a dark brown, very tasty gravy). Stir constantly until mixture does not continue to thicken, adding more liquid if necessary. Taste and add salt or pepper if you want. If you don't want to make gravy just skim most of the fat off the drippings, so you have more meat juice than fat, and serve the hot, sliced roast au jus with hot, buttered toast to dip in the juice, a salad and maybe a vegetable dish.

The sneaky part of this recipe is that you only serve one roast, use any leftovers for sandwiches etc., and refrigerate or freeze the second roast for later. There are a bazillion recipes for using cold, cooked beef, several of which you will find later on in this section. If properly packaged, a roast beef will keep in your freezer for a month or so.

BEEF STROGANOFF

Not everyone likes this dish because they've never tasted a good version. Not only is it inexpensive, it freezes well and is a natural for a feast main dish. Serves approximately 6 to 8 people with side dishes.

Note: Trying to increase this recipe (doubling etc.) to feed a whole bunch of people doesn't work too well. It's much better prepared several times in the quantities given in the recipe.

You will need:

- A heavy, deep frying pan
- A meat mallet or the back side of a really big heavy knife or cleaver (museum replica battle-axes work well as do camping hatchets. You can also use a hinged mace but this requires a nice degree of accuracy).*
- 1 & ½ pounds of reasonably tender, lean beef, sliced across the grain of the meat to ½ to ¾ inches thick. If you use cheaper and tougher meat, tenderize it (after cutting) according to the instructions on the jar of unflavored meat tenderizer.
- 1 tblsp. grated onion
- 1 & ½ tblsp. butter (to saute beef and onions)
- 3 tblsp. butter (to saute mushrooms)
- ½ to ¾ cup sliced, fresh mushrooms
- Salt & pepper to taste
- Leaf basil to taste (go easy - one generous pinch is plenty)
- ¼ to ⅓ cup dry white wine

1 cup sour cream
Cooked noodles, green noodles or fettucini

Pound the meat slices with the blunt instrument of your choice until they are about ¼ inch thick then cut slices into bite-sized pieces. Saute beef pieces and onion in 1 & ½ tsp. of butter until meat is browned. Remove from pan and put in a warm oven (150 degrees) to keep warm while you fix the rest of the dish.

Add the 3 tblsp. of butter to the pan and saute the mushrooms until just done. Take the beef out of the oven, add to the cooked mushrooms and season to taste with the salt, pepper and basil. Keeping the frying pan at the same heat (medium-low) stir in the dry white wine and the sour cream. Serve over the hot noodles (etc.) that you have somehow arranged to be done at the same time as the stroganoff. As this is a Germanic dish I would suggest ethnically compatible side dishes.

THE BEST DAMNED ROAST BEEF HASH YOU'VE EVER EATEN

You will need: 4 cups of left over cold, roast beef, chopped up pretty well
8 peeled and diced raw potatoes
2 medium or 1 large onion, diced
Salt and pepper to taste
Canned milk
½ cup vegetable oil
A large, covered frying pan (cast iron is best)

Heat oil in the pan over medium/high heat and brown the potatoes - keep stirring and turning with a spatula to avoid burning. Salt and pepper lightly as they brown. Reduce heat to low and dump in the chopped onions on top of the potatoes and the chopped roast on top of the onions - don't stir. Add about ½ cup of water, cover and steam/simmer for about 45 minutes. Remove cover and, with a spatula, chop and stir the onions and meat into the potatoes. Now (Trust me time) add about ½ can of canned milk, recover and steam for another 15 minutes or so and serve with either a coleslaw or green salad. Morally depraved types, of which I am one, like this hash with catsup.

This is a very large amount of hash and you'll hopefully have some leftovers because this can also be a breakfast dish to wit:

THE BEST DAMNED ROAST BEEF BREAKFAST HASH YOU'VE EVER EATEN

Slowly heat up the left over hash in a medium to large, covered frying pan. When it's hot make some depressions in the top of the hash with a large spoon. Crack one egg into each depression, put the lid back on and continue to heat until the eggs are done the way you want. You might want to check after the first couple of minutes if you want the eggs 'over easy'. **Note:** You may have to add a small amount of water in order to generate enough steam to cook the eggs and prevent the hash from sticking. This is a meal by itself but I have noticed that some crisply fried bacon goes well with it. If you want you can add some cheese slices over the eggs when they are partially done or sprinkle the eggs with a little grated Parmesan cheese, grated Sapsago cheese or any one of a number of spices (a little garlic salt, paprika, etc.).

How to cook an aoudad

First of all buy a ticket to North Africa and hunt down an Aoudad. Failing that have a friend call you with the following line: "My friend's father just gave her a haunch of wild game and she's a vegetarian. Can you use some Aoudad? I can drop it off tomorrow morning." (The exact words of Sir Ivar Nefarious of the Burning Lands. We have witnesses.) You say, "Why, of course" and immediately run to your Webster's Unabridged and look up Aoudad. You turn a pale green. You swallow convulsively. You sit down suddenly in the nearest chair. You have a stiff drink and four cigarettes (even if you do not smoke or drink). You then totter off to bed and set your alarm for 5:00 a.m. the next morning so that the aforementioned nefarious Sir Ivar will not just dump the Aoudad on your door step and drive off, as he is perfectly capable of doing. Aside from the 'drawing flies' problem, we have neighbors of the single lady/advanced years type who tend to be a bit on the nervous side anyway (read: semi-hysterical) about living next to Amtgarders. A bloody carcass, left propped up against the screen door, could send the sweet old dears right over the edge. I vividly remember their reaction to the Braveheart festival. Luckily the police were very understanding, especially about the blue face paint and the kilts. They must have liked the movie. It was a bit of a problem however explaining the historical accuracy of the term 'regimental'.

Actually one of the old dears is a bit of a beast herself and, as I clutched my first cup of coffee on Aoudad Delivery Morning, I fantasized about donning a hooded, black robe and cooking the hacked up meat in the back yard in a big iron kettle, sprinkling in herbs from a belt pouch and muttering: "Ammotragus lervia stewed with Alluim sativum, seethed with Origanum vulgare and troubled with a paste of Lycopersicon esculentum" whilst smiling a lot (with teeth only). Of course this translates as wild mutton cooked with oregano, garlic and tomatoes but *she* doesn't know that. On the other hand if she stroked out who'd take care of her cats? Probably not a good idea. Maybe I'll just grind it up for chili meat instead and cook it indoors. Which leads us to the following:

CHILI CON CARNE

You will need:

- 2 pounds of ground Aoudad (or elk, deer, moose, etc.) plus ½ cup of ground beef fat - wild game is usually too lean without the addition of some fat. If you don't have a source for wild game just use ground hamburger (70% to 80% lean) or chile grind.
- A big, deep pot (cast iron preferred) with lid
- 1 big onion, chopped
- 1 tblsp. salt
- 2 tsp. pepper
- 2 tsp. ground oregano
- Lots of garlic to taste, fresh minced is best but other forms (except garlic salt) will work
- 1 & ½ tblsp. of red chili powder or to taste
- Cayenne pepper or chili salsa (go easy on these at first)
- 2 big cans (#300) of tomato sauce or a medium can of tomato paste and a little water
- A little oil (maybe)

Heat pot over a high flame, add a little oil if the meat tends to be lean, and sear the meat while turning constantly with a spatula and breaking up into relatively small pieces. When most of the meat is a grayish/brown, reduce the heat to medium-low and add the rest of the ingredients - the mixture should be a little soupy - if not add a little water or maybe some beer. Cover and cook for about an hour then uncover and simmer until it thickens. If you have a problem with getting it thick enough, put ½ cup flour in a pint jar with about ¾ cup of water, cover and shake well then add mixture to the chili. As the chili cooks, stir it once in a while and check the seasonings. Just remember that any kind of chili, red or green, increases its heat level as it's cooked so add just a little at a time if you're not sure how hot you want the end product to be.

A young gal I know tried some of this stuff - increased her bra size and got ride of her teenage zits overnight. On the other hand, one of my buddies, Dick Norman, ate some and is now a hermit herding sheep in northwest Montana. Just goes to figure. He sure is fond of those sheep.

CORNERD BEEF

Corn, as we know it, has nothing to do with cornerd beef. In explanation: In Anglo-Saxon times, the term "cornerd" referred to coarse salt of about the size of a kernel of wheat. The connection is that Britons referred to wheat as corn; hence beef preserved by means of immersing it in a salted, spiced liquid for about a month.

To truly corn beef you would need to use, in addition to the ingredients listed above, salt peter or sodium nitrate to prevent botulism. The following recipe is a modern variation more closely related to long term marination in a refrigerator rather than true cornering.

What will be needed: A lidded container which will contain about 5 lbs. of beef roast. Almost any cut will do as long as it is reasonably lean and boneless. Chuck roast or trimmed brisket are options.
A heavy, covered pot or kettle (The kettle has to be big enough to hold 5 pounds of beef plus the following vegetables):
About 8 medium sized peeled, quartered red potatoes
1 medium cabbage, cut into wedges
2 medium onions, peeled and quartered
1 cp. beef broth or bouillon

Marinade: Make up a marinade consisting of:

1 cup water
1 & ½ cups white or cider vinegar or beer
½ cp. olive or cooking oil
¼ scant cup of white sugar
2 tblsp. salt (regular salt will do but sea salt is best)
2 tblsp. pickling spice*
4 lg. garlic cloves, peeled then mashed with a blunt instrument

*You can make your own pickling spice. See ingredients under "Herbs and Spices."

Put the beef in the marinade and refrigerate for 5 days. Turn the beef in the marinade about twice a day.

Remove beef from the marinade and let drain. Strain marinade to remove the spices. Throw out the spices and reserve the marinade. Sprinkle beef on all sides with tenderizer and pierce well.

Preheat the heavy pot (as always, cast iron is a good choice), add a little oil then brown the beef on all sides. Once the beef is well browned, add the strained marinade plus the cup of beef broth or bouillon. Cover kettle, bring to a boil then reduce heat to a simmer. Cook for about 2 hours, or until tender.

Remove cover and let liquid cook down to about ½ volume then add vegetables. Replace cover and continue to simmer over medium-low heat until vegetables are just done. **Hint:** When you can pierce the potatoes and cabbage with a fork, they're ready to eat. Don't overcook them until they dissolve into mush.

This is obviously a one-dish meal but hot rolls with plenty of butter are a good accompaniment. It is also a good choice for a feast with an Irish or Celtic theme as it is easy to prepare ahead of time and cheap if you buy brisket at \$1.00 a pound or less. You can cook the meat ahead of time and add and cook the vegetables at the feast hall. Allow about an hour and a half to bring the meat to a simmer and prepare and cook the vegies.

DEVEILED BEEF SLICES

Remember the claim for all the uses for left over roast beef? The following is a classic example of the leftovers being better than the original meal. Even better, the following makes up in minutes.

You will need:

- A large frying pan
- 6 pieces of cold, roast beef cut across the grain into slices about ½ inch thick
- 1 egg
- 1 tblsp. horseradish or horseradish sauce
- 1 tblsp. prepared mustard
- 1 cp. cracker crumbs mixed with 1 tblsp. dry onion soup mix (Shake the mix thoroughly before measuring to insure uniform consistency.)
- Cooking oil for frying

Beat egg with horseradish and mustard. Mix cracker crumbs and soup mix. Dip beef slices first in the egg mixture and then in the cracker mixture coating both sides of the beef. Heat oil in frying pan (should be about ¼ inch in depth) over medium heat and fry slices, turning once, until golden brown (about 5 minutes total time). These go well with the Heavenly Deviled Eggs on page 108 and a crisp, green salad. They also make a fantastic hot sandwich when combined with very thinly sliced sweet onions, lettuce, sliced cucumbers and/or sliced tomato.

REALLY TRULY YUMMY HAGGIS (Editor's comment: "Riiiiight!") **Squire Gwynna Dewdrop, Kingdom of Dragonspine**

You will need:

- 1 sheep*
- 6 cps. all purpose or whole grain wheat flour

1 bottle brandy, not flavored (approximate amount)
1 cup honey, non-whipped (approximate amount)
1 box medium pearl barley
2 cps. red wine
2 onions, chopped
4 cloves garlic, crushed
Dried fruit (raisins, currants, dried cherries, apples - minus peel, i.e., anything dark and sweet)
Salt and pepper to taste

(*Editor's Note: It's helpful if the sheep belongs to you.)

Directions: Kill one sheep. Remove all organs, being very careful not to slit or stab the stomach, bladder, gallbladder, or intestines. Wash stomach out very well. Keep heart, lungs, liver, kidneys and spleen, wash very well. Keep thick, white suet fat [which is] on the carcass. Remove the gallbladder from the liver by slicing off the part of the liver to which it is attached and discard. **DO NOT break the gallbladder over your meat, it will poison it.**

Boil heart, lungs, liver, kidneys, and spleen in a large pot [with water to cover] for 4 to 6 hours [adding more water as necessary]. This smells really terrible, but that's okay; it is supposed to. It will change and smell really good in time. (Editor's Note: "Sure it will.")

Boil stomach separately for 3 to 4 hours or until fork tender.

Remove boiled organs, chop into chunks, except lungs. Chop lung into small pieces and return to original water unless it hasn't started to smell good after all this time then replace it with fresh water until the lung pieces are really tender and taste like sweet beef. Add barley to thicken. Pour in brandy and red wine to taste. (Save some of the brandy for later.) (Editor's Note: **You probably save the brandy so you can get roaring drunk in order to forget just exactly what sheep lungs smell like**) Add onions, garlic and dried fruit. Boil all this down until sludgy - should taste and smell kind of like mincemeat.

Render down, and/or chop up 1 & ½ cps. of the suet you saved. Mix with flour - use your hands - and crumble together until it is fine and grainy. Add brandy and honey, just enough to moisten the dough and make it stick together to mold. [Reserve]

Pack the haggis mixture into the sheep stomach. Roll out the dough into a large flat, about ¾ inch thick, and roll up the filled stomach in the dough. Wrap a wet, light cloth around it and steam** for about 5 hours or until the haggis is golden brown and puffy. Eat it up -- Yum!

*It is the Editor's opinion that the first ingredient listed should be either 1 gallon of trust or 2 bushels of an incredible sense of adventure. Sir Ivar assures me that he has eaten haggis and that it was wonderful. It should be also noted that Sir Ivar is a walking appetite and will eat anything that isn't trying to eat him (Remind me to tell you about the bot fly sometime.).

******The author does not specify but I would imagine the haggis should be placed on a rack over water in a fairly large, covered baking pan and steamed over medium heat.

THE HAMBURGER FROM HELL

You will need: Equal amounts of very fresh, very lean ground beef and fresh ground pork or $\frac{3}{4}$ ground beef and $\frac{1}{4}$ bulk sausage. Do not use meat that has been previously frozen.
Salt and pepper to taste or,
Lemon pepper to taste or,
Garlic salt and pepper to taste or,
Steak seasoning (go easy on this as it is potent)

Take the meat(s) out of the refrigerator and let warm up for about 30 to 45 minutes - this is very important*. Mix all ingredients very well with the seasonings. The more thoroughly it's mixed, the better the hamburgers will taste. You should not be able to tell one type of meat from the other when you are done. Pat out meat to hamburger bun size times 2 and very thin. Cook over medium-high heat in a heavy skillet. Turn several times and press out with a spatula. These do not take very long to cook. **Hint:** Have your guests waiting in line, plate in hand, and serve the hamburger immediately. Have all the 'fixings' ready to go in a separate area away from the stove.

*The big secret of very good hamburgers is to never use frozen meat, warming meat to room temperature before mixing and very fast cooking. Most meats, beef in particular, cook better and taste better if not rudely snatched from the refrigerator and dumped unceremoniously directly into a pan... You don't want to assault the steak or hamburger; you want to woo it into a state wherein it will accept your advances gleefully. Try thinking of the process as a successful courtship routine with you in the role of ardent but considerate lover - works every time, at least with hamburgers.

Fixings: In addition to the standard warmed hamburger buns, mustard, catsup, and pickle relish you might have ready to use some of the following:

Swiss cheese or sharp cheddar cheese sliced or grated, lettuce, creamed horseradish mix, exotic mustards, sliced or chopped green, Bermuda or purple onions, slices of canned green chilies, hot chili con queso, warm kaiser rolls in lieu of the standard hamburger buns, kosher dill pickle slices, chopped sweet pickles, shredded lettuce, crisp bacon slices, mayonnaise or salad dressing, thinly sliced cucumber (Trust me), barbecue sauce, steak sauce or soy sauce.

IRISH PASTIES

This recipe comes straight from the Auld Sod via a first generation Irishman by the name of James Patrick Donnelly and its secret is using a higher proportion of potatoes than meat.

You will need: $\frac{3}{4}$ pound of reasonably lean*, fresh hamburger or chili grind. The Irish used finely chopped meat but given modern prices and the ease of obtaining hamburger, it doesn't pay, price or time wise, to be completely traditional. **Note:** Do not use defrosted meat - only freshly ground.

3 to 4 large raw potatoes, peeled and chopped into small pieces
 1 very large onion coarsely chopped
 Real butter
 2 tsp. of salt
 2 tsp. of pepper

A cookie sheet covered with foil, dull side up

*Don't use 90% lean hamburger; it's dry and tough when cooked.

Mix everything together very well except for the butter. Make a stiff pie dough (see recipe on page but use only a bare ½ cup of shortening). The reason for using stiff pie dough is that the dough has to hold the rest of the ingredients together without benefit of a dish to support it. If the dough is too 'rich' (too much shortening) it will fall apart on you and spill the pie innards all over the cookie tray (which is what happened to me the first time I made it). Now roll out half of the dough into a circle about 12 to 15 inches in diameter and pile on half of the meat mix along the equator of the circle of pie crust. At this point add several generous hunks of butter to the top of the mixture. Leave an inch or so of the crust uncovered by filling at each end. Fold the pastry toward the middle-top from the long sides and roll and pinch to seal. It should look kind of like a football at this point. Now crimp and pinch those two uncovered ends so the juices won't leak out when it cooks. Repeat this procedure with the rest of the dough and meat mixture. Put both of the completed pasties* on the cookie sheet and bake in a preheated 350 to 375 oven for about an hour. Serve one right away and cool and wrap the other one in foil to freeze for another meal somewhere up the road. Can be reheated in the foil in a 350 oven for around 45 minutes. This meal is also good served cold and will refrigerate covered for at least a week.

*You can brush the pastie with a beaten egg before cooking if you want a shiny, browned crust.

MEAT AND POTATOES (PLUS BEER!) - THE ORIGINAL RECIPE

You will need:

- 1 heavy, medium sized pan
- 4 to 6 individual oven proof soup dishes
- 1 lb. very lean stew meat
- 1 package Lipton® onion soup mix
- 2 medium potatoes, peeled and chopped
- 1 can beer
- 1 loaf of sourdough or French bread cut in 1 inch thick slices
- Dijon or other mustard
- Grated cheese (your choice but Jack or Cheddar work well)

Dredge meat in onion soup mix. Combine meat and potatoes with the beer in the heavy pan. Bring to a boil then reduce to simmer until tender (about 1 & ½ hours) - do not cover but stir once in a while. When tender, spoon beef mixture into individual soup bowls and top with a thick slice of bread which you have spread with mustard (mustard side down). Top bread with grated cheese and place in a medium oven until cheese melts. Serve immediately.

MEAT BALLS

Duke Sir Auromax, Kingdom of the Iron Mountains

You will need:

- 1 lb. ground hamburger
- 1 lb. ground pork
- 1 cp. Italian style bread crumbs*
- 2 eggs
- 1 tblsp. garlic salt
- 2 tblsp. oregano
- 1 tblsp. parsley
- Sauce as listed under Beef Brajal

Combine thoroughly all ingredients. Roll into balls and pan fry until browned on all sides then add to the sauce. Note: Just as for the Beef Brajal, deglaze the pan in which you have cooked the meat balls and add resultant liquid to the sauce.

*Editor's Note: I imagine you can make plain bread crumbs into Italian bread crumbs by simply adding some Italian type seasoning.

MONKEY BRAINS (aka Yuck)

Small, boy children never want to eat anything which is good for them unless it sounds gross, hence the name of this recipe. This is a half hour dish which can be doubled easily but does not reheat or freeze at all well.

You will need:

- A large, deep frying pan
- 1 lb. hamburger
- 1 chopped onion
- 2, 15 oz. cans tomato sauce (or 1 sauce and 1 canned tomatoes)
- Salt and pepper to taste
- Cooked shell macaroni to serve 5 people

Brown hamburger, breaking up as much as possible. Pour off all except about 2 tblsp. grease. Push hamburger to one side of the pan, reduce heat and saute onion in the same pan until tender. Salt and pepper to taste then add tomato sauce/etc. Simmer for 10 to 15 minutes, mix with hot macaroni and serve with a salad.

PAN BROILED STEAK

This sounds simple, and it is, but you'd be surprised how many people end up with fried steak (shudder) rather than pan broiled.

You will need:

- A large, heavy frying pan (again, cast iron is best)
- Some good steak, either sirloin, T-bone, rib steak, strip steak, etc. Be prepared to pay handsomely for the steak.
- Herbed butter (recipe follows)

Heat frying pan until medium hot - the steak should actively sizzle when put in to the pan. If the steak is very, very lean you can put some oil on a paper towel and just wipe the pan lightly so the meat won't

stick. When the pan is hot sear one side of the steak (4 to 5 minutes depending on the size of the steak) then turn steak and sear the other side. Reduce heat and cook for maybe another 2 to 4 minutes depending on if you want it rare or medium*. If any fat is produced whilst cooking, pour it off right away - you want this puppy pan broiled not pan fried! When the steak is done add a little salt, pepper and a healthy dollop of herbed butter.

*Don't, repeat, don't cook until well done - that ain't steak, it's shoe leather. Head-shots are permitted (read: encouraged) to anyone asks for a well done steak.

Herbed butter for meats (Works best on beef to include hamburgers)

You will need: ½ cup real butter, softened and creamed
 1 tsp. salt
 ¼ tsp. white pepper
 1 tblsp. finely chopped parsley (fresh is best)
 1 to 1 & ½ tblsp. lemon or lime juice

Mix everything together except the juice. When well mixed, then gradually add in the juice. Can be stored for months in one of those small butter tubs you used, washed out, discovered that they were really too small to store anything in but never got around to throwing out.

SARACEN STEAKS

Sir Khan Caliope Crosswinds, Kingdom of the Burning Lands

Editor's Note: I had to corner the author of this recipe on the battlefield and enlist the aid of several large, aggressive warrior types in order to coerce the recipe. It reads as being deceptively simple but I tried it and it's very good.

You will need: A baking dish
 1 lb. hamburger
 1 small onion, finely chopped
 1 (4 oz.) can chopped, green chili
 1 tblsp. soy sauce
 1 dash pepper
 A pinch of garlic salt
 A pinch of paprika
 1 can of chunky tomato sauce to cover

Mix all ingredients except the tomato sauce and make into 4 or 5 patties. Place patties in the baking dish and cover with the tomato sauce. Bake in a 400 degree oven for about 30 minutes and serve with garlic-cheese bread.

SAUERBRATEN (TFBL, Vol. 9, No. 2 Aug. 22, 1992)

Duchess Tawnee Darkfalcon, Kingdom of the Burning Lands

..."Most recipes I have seen for sauerbraten are considerably different from this one and much more complex. Sauerbraten might not be an accurate name for this dish, but it tastes great so who cares?"

You will need: 2 lbs. sirloin, thickly cut*, or other good cut of steak.
8 oz. sour cream
1 jar Heinz® brown gravy
2 tblsp. white vinegar
Butter

*Editor's note: The author doesn't specify but the meat should probably be cut across the grain and in more or less bite-sized pieces.

Melt a little butter in a heavy, large skillet or wok. Brown meat on both sides. Add gravy and vinegar to meat and simmer till meat reaches desired doneness, generally about ½ hour. Remove meat from gravy and place on serving tray. Slowly mix sour cream into gravy, keeping heat very low. Remove from heat when gravy is warm and spoon over meat. Serve with Sexy Potatoes (Page 94).

SPAGHETTI SAUCE (aka RAGUBEGONE)

You will need: A large, covered pot
2 pounds of ground meat which can be straight hamburger or a hamburger, ground turkey or sausage mixture.
2 cups chopped celery including leaves
1 very large onion, chopped
The following spices to taste:
 Leaf basil
 Leaf oregano
 Salt and pepper
 Garlic, either chunk dried, fresh or paste (Beware the paste form of garlic and use sparingly - it can be pretty potent!)
2 big cans of tomato sauce (18 to 20 oz. cans) or
1 can of tomato paste and 1 can of regular can of stewed or canned tomatoes (this is my preference)
Approximately ½ cup of cooking oil, olive oil preferred
Canned or fresh mushrooms if you wish

Saute onions and celery in the oil. Add ground meat and the rest of the spices and cook on medium/low, stirring occasionally to break up the meat. Drain off grease. When smelling good add the canned tomatoes, in whatever form you have chosen, and continue to simmer, covered, for about 1 hour. Stir it once in a while. Now taste it and add additional spicing if you prefer.

Serve over spaghetti noodles (or what have you) with garlic bread and a green salad. Freezes very well for several months.

STEAK AND KIDNEY PIE

This is an exceptional recipe and comes directly from Cornwall, England. My only problem with it is the preparation of the kidneys (ick!) but once I manage to put that out of my mind I can personally consume at least half of this dish at one sitting. Preparation time is about 2 hours total and this recipe will serve about 5 people.

You will need:

- 1 deep frying pan or Dutch oven with cover
- 1 & ½ qt. casserole dish
- Pie crust (top crust only)
- 4 small veal kidneys (do not use beef kidneys - too much and too strong)
- 1 cp. Burgundy
- 1 & ½ lbs. lean steak (doesn't have to be an expensive cut) with any fat removed
- Meat tenderizer
- ½ cp. flour
- ½ tsp. freshly ground pepper
- ¼ cp. cooking oil
- ½ cup onion, chopped
- ½ cp. water
- 1 bay leaf
- 4 tblsp. fresh parsley, chopped
- 4 tblsp. celery leaves, chopped
- ½ tsp. dried marjoram or ½ tblsp. fresh marjoram, chopped
- ¼ lb. fresh mushrooms, washed, drained and thinly sliced
- 1 egg yolk, slightly beaten

Trim fat and remove membrane from kidneys (if you're really squeamish, you can have a butcher do this for you) and cut into small pieces or clusters. Sprinkle the kidneys with the salt, add the Burgundy and reserve. Next cut the steak into thin strips across the grain and sprinkle with meat tenderizer as per package directions. Mix flour, salt and pepper and dredge meat in this mixture (reserve any left over flour). Heat oil over medium heat in the frying pan and saute onion until just golden, not browned. Add steak and continue to saute until steak is browned.

Remove kidneys from the Burgundy (reserve Burgundy), dust lightly with reserved flour, add to the ingredients in the frying pan and cook until browned, stirring occasionally and very gently. Add water, bay leaf, parsley, celery, marjoram and simmer, covered over low heat until meat is very tender (about 1 hour).

Mix mushrooms and reserved Burgundy to the ingredients in the kettle, then pour everything into the casserole dish and cover with rolled out pastry in which you have cut a couple of slashes. Seal crust well around the edges of the casserole dish, brush with the egg yolk and bake about 25 minutes in a 450 degree oven or until the crust is nicely browned. (Putting a piece of foil under the dish is a good idea as this recipe tends to bubble over despite the slashed pie crust.)

STUFFED FLANK STEAK

You will need:

- 1 large flank or boneless round steak well tenderized (see beef roast preparation on page 111 for tenderizing procedures or follow tenderizer package directions)

About 1 & ½ cups of bread/sage/sausage dressing page137
Some heavy, cotton string

Pat stuffing on top of the tenderized meat to about ½ inch thickness. Roll up the steak around the stuffing and tie well with the string from both directions to prevent the stuffing from escaping. Sear the rolled up steak on all sides in a large frying pan over high heat - you may have to add a little oil. Remove steak from frying pan, put in a lightly oiled baking pan, cover with foil (or don't cover - your choice) and bake in a 375 oven for about 1 hour.

XIII. SALADS

CAESAR SALAD

Valeria, Kingdom of the Burning Lands

"The secret of a superior Caesar salad is in the preparation of the dressing. Note: Given the current incidence of salmonella contamination of eggs, and since the dressing calls for the use of raw egg yolks, it is recommended that the *eggs be washed thoroughly with soap and water and then rinsed prior to being separated. This recipe is very easy and goes particularly well with steak or roast beef."

***The Editor assumes that Valeria means to wash the egg whilst it's still in the shell... however, knowing Valeria this is not necessarily so.**

You will need:

- 1 tblsp. Dijon mustard
- 1 tblsp. anchovy paste
- 3 garlic cloves, peeled, blanched and pressed
- 2 egg yolks
- 3 tblsp. wine vinegar
- 4 tblsp. virgin olive oil
- 2 heads Romaine lettuce, rinsed and thoroughly drained
- 1 & ¼ cps. garlic croutons
- 5 slices chopped bacon, well cooked and drained
- Juice of 1 lemon
- 3 to 4 drops of Worcestershire Sauce
- Salt and pepper to taste

Place mustard, anchovy paste, pressed garlic and lemon juice in bowl and mix well into a paste. Using a whisk, add Worcestershire Sauce and egg yolks. Add vinegar and mix well. Pour in oil in a thin, continuous stream while stirring constantly with the whisk. Add half of the Parmesan and mix again. Next tear lettuce into manageable pieces, i.e., more or less mouth compatible, and toss in the dressing until coated. (You can sprinkle with a little more lemon juice at this point if desired.) Lastly add croutons and bacon. Toss lightly, sprinkle with remainder of Parmesan and serve.

COLESLAW SALAD

Personally, I am not a fan of cabbage mixed with anything sweet, so this is a sour or salty coleslaw.

You will need:

- 1 medium sized green or purple cabbage. The green is cheaper and the purple is usually more mild in flavor.
- 1 medium onion, peeled and grated
- Salt and pepper to taste
- Mayonnaise or salad dressing to moisten
- 1 tblsp. vinegar or lemon juice

Peel off old or loose leaves from the cabbage and trim off any bruised or brown areas. Grate cabbage into a large bowl and mix in the onion. Salt and pepper to taste. Then add the tblsp. of vinegar or lemon juice and just enough mayonnaise or salad dressing to make the grated stuff stick together - don't add too much, the end result should not be sloppy.

This salad is an excellent accompaniment to Pacific Coast Pinto Beans on page 70, any beef or sausage dish or with potato or macaroni casseroles.

GREEN SALADS

You will need: An assortment of very fresh vegetables. Any of the following can be used in almost any combination:

Any type of fresh lettuce to include iceberg, Romaine, butter, endive, kale, bib, etc. Experiment with different types - some have very different textures and tastes and you may not like all of them. Chop into mouth-sized pieces... I don't care what most cookbooks say, 'tearing the lettuce so as to preserve freshness' usually results in pieces of green stuff so large you can't get your mouth around them. What difference can it make when you are going to make the salad no more than 30 minutes before serving it anyway? **Note:** The last sentence is a rule in making green salads.

Fresh spinach, mustard or turnip greens prepared as for lettuce

Green onions or leeks, chopped

Purple onions, chopped (you can also use regular onions but be careful... purple onions are always mild - almost sweet; regular Bermuda or Spanish onions can be strong.

Young zucchini, yellow squash, Mexican squash, or eggplant, sliced or diced

Red, yellow or green bell peppers, chopped or slivered

Cucumber, sliced or chopped

Radishes, sliced or chopped

Avocados, sliced or chopped

Tomatoes, sliced or chopped

Celery, chopped

Turnips, peeled and chopped

Etc., peeled, slashed, chopped, slivered, diced, hacked, minced, or etc.

The big secret of good salads is to use only fresh ingredients and prepare immediately before serving. To save time and effort, be a dictator to your guests and add the salad dressing before serving. Herb dressings are usually acceptable to everyone and, unlike strong dressings, such as French, Roquefort, thousand island, etc., they do not overpower the salad ingredients.

Various goodies can be added to any green salad to dress it up or to make it a more substantial part of the meal. You can add almost any diced, cooked meat as well as diced or shredded cheeses, croutons, a few anchovies (if you like little dead fishes), olive pieces, salted nut pieces or seeds, chopped, hard boiled eggs, a light sprinkle of a seasoning salt - use your imagination.

SOUR ONION & CUCUMBER VINAIGRETTE

You will need: Thinly sliced Spanish or Bermuda onions
Thinly sliced cucumber (an amount to equal the onion volume)
A ½ and ½ mixture of vinegar and water
Salt & pepper to taste

Sprinkle sliced onion and cucumber with salt and pepper. Cover with vinegar/water mixture and refrigerate, covered, for about 2 hours. **Note:** Try not to exceed the 2 hour limit by too much as the cucumbers will try to get mushy.

SWEET ONION VINAIGRETTE

You will need: Thinly sliced sweet red onions
Water and vinegar
Salad oil (just a little - maybe 1 to 2 tsp. per onion)
Salt to taste
Oregano or basil to taste

Sprinkle onions with salt and a little ground oregano or basil. Cover with a mixture of ½ vinegar and ½ water, cover and refrigerate about 10 hours before eating.

VIKING SHIP FRUIT SALAD

Valentine Patrician, Duchy of Pegasus Valley

You will need: 1 seedless watermelon cut in half lengthwise
Oranges and/or
Kiwi fruit and/or
Limes and/or
Lemons
Seedless grapes
1 Honeydew melon and/or
1 cantaloupe and/or
1 any other type of sweet melon
A 1 inch ball scoop
Paring knife
Tooth picks
A ¼ inch dowel cut to about 18 inches
1 piece of plain, white paper

Chill fruit. Take watermelon and lay it on a flat surface to determine if it has a natural balancing or base position. If it does not, slice off a thin portion so that the watermelon will sit without rolling. This is the ship portion of the salad and you really don't want it to roll over and sink. **Note:** Often the melon will have a yellowed portion on one side. This is the part of the melon which rested on the ground during the growing process and is the natural 'base' of the fruit. Next cut the watermelon into the shape of a long ship.

Using the scoop, remove as many 1 inch balls as possible from the watermelon (clean out any remaining scraps). Insert dowel firmly into the center of the 'ship'. Again, using the scoop, prepare more balls from the other melons after opening and cleaning out seeds. Reserve all fruit balls. [Editor's Note: It might not be a bad idea to refrigerate both the watermelon ship and the fruit balls while you are accomplishing the following steps.]

Next slice the citrus fruits and/or peeled kiwi fruit into 'shields' about ¼ inch thick. Using toothpicks, fasten the slices on to the sides of the ship to resemble the shields that Vikings normally carried in a like position. Fill the watermelon boat with the fruit balls and grapes.

At this point you can carve the detached portion of the watermelon into a dragon head. By use of the tab and slot method and some strategically inserted toothpicks, fasten the head to the ship. **Note:** The tab on the head portion should be slightly thinner than the slot cut into the prow of the ship.

Create a sail from the plain, white paper, adjusting size as required, and paint a cool symbol on one side. Carefully punch a couple of small holes about ½ inch down from the top and bottom edges of the paper, slide paper onto the dowel and serve with suitable fanfare.

Editor's Note: This is obviously a presentation dish as well as a fruit salad and would appear to be a natural for the Monarch's table at a feast. Of course it would be marvelous to have these ships at each table but the preparation time would seem to argue against it unless there is 1). lots of talented help in the kitchen and/or 2). you can figure out some way of preparing them ahead of time then transporting the to the feast hall (sans sail) and inserting the sail when ready to serve.

The author of this interesting dish assures me that there are more combinations of fresh fruits than those listed and that sweet dressings could easily be added to enhance the taste as could various canned fruits, shredded coconut, etc.

XIV. SANDWICHES

GRILLED SANDWICHES

You will need: Some of that old, stale bread laying in your refrigerator
 Butter or margarine
 Garlic or onion salt
 Sliced or grated cheese
 A cookie tray

Butter one side of each piece of bread lightly, place on cookie sheet, butter side up. Turn oven to broil and brown, being very, very careful not to burn. Remove, flip the bread over, add a little seasoned salt and cheese. Put back in oven and broil until cheese melts. You can, before covering with cheese, add some crisp bacon, sliced tomatoes, thinly sliced cooked beef or chicken, ham, mustard, horseradish mix, sliced onions or etc. Obviously this can be a quick snack or a full meal. Best served with a mug of cold beer.

HOT PAN SANDWICHES

These have nothing to do with the god Pan or the state of his libido but rather are hot sandwiches cooked in a frying pan. A most excellent choice for a quick, hot meal at an event.

You will need: A heavy frying pan preheated to medium or medium hot
 A spatula
 Margarine
 Any or all of the following ingredients:
 Cheese, sliced or grated
 Cooked meat, thinly sliced
 Onion, sliced
 Condiments (mustard, mayonnaise, etc.)
 Spices (seasoning salt, garlic salt, etc.)
 Vegies, thinly sliced
 Sliced bread

To make one sandwich, butter one side each of two pieces of bread. On the non-buttered sides, spread your condiments of choice then add thin slices of whatever fillings you want. Do not over-fill sandwich or it won't heat through - no more than ½ inch is recommended. Add seasonings and top off with the second slice of bread. The buttered sides of the bread are to the outside.

In the preheated frying pan, place the completed sandwich. Press the sandwich down with the spatula and cook until golden brown. Turn sandwich over and repeat on the other side.

Some good combinations of ingredients are:

- 1) Grated cheese with seasoned salt
- 2) Sliced chicken, crisp bacon, Swiss cheese, sliced avocados and mayonnaise
- 3) Crisp bacon, cheddar cheese, sliced tomatoes (Roma tomatoes work best) .

- 4) Sliced roast beef or steak with sliced onions, white cheese and horseradish sauce
- 5) Left over cooked hamburger, cheddar cheese, sliced dill pickles and mustard
- 6) Chicken or tuna salad covered with a slice of American cheese
- 7) Scrambled eggs with cooked bacon slices and mayonnaise

The combinations are endless and can be assembled from leftovers. The big secret is having all ingredients very thinly sliced, not stacking them more than ½ inch deep on the sandwich and constantly pressing the cooking sandwich down with a spatula.

HOT SANDWICH LOAF

This is a very easy and impressive meal and, as it can be served hot or cold, you can make up several in advance and serve at a feast.

You will need: 1 large bowl, warmed up by filling with very hot water 10 minutes ahead of time.
1 well greased cookie sheet
A clean, kitchen towel
A pair of sharp scissors (would I kid you?)
A pastry brush - actually any clean brush about 1 inch in width will do. I bought a brush commonly used for acrylic painting for about 50 cents and use it instead of buying a pastry brush for \$2.00. Just don't utilize a brush with which you have previously painted a picture or a wall (nasty acrylic or oil paint under-taste not to mention potential rejection by an outraged stomach).
The following bread recipe and
Your choice of fillings (some choices are suggested)

Dump the hot water out of the bowl, put another cup of very warm water in the bowl and sprinkle in ¼ oz. yeast (½ tbsp.), stirring until yeast is completely dissolved. Now stir in ¼ cup regular prepared mustard, 2 tbsp. sugar, 2 tbsp. butter or margarine, ¼ tsp. salt and about 3 & ½ cups flour. When well mixed, turn dough out on a floured surface and knead until smooth and elastic; about 5 minutes. If it tends to stick, sprinkle a little more flour on the board. Using a regular rolling pin, roll the dough out until it measures about 10 x 15 inches and place it on the greased baking pan. **Note:** The dough will resist being rolled out - kind of reminds you of trying to flatten a helium filled balloon. Perseverance is the name of the game. Down the center of the dough (lengthwise) place a mixture* of 3 cups chopped ham, 1 cup shredded Swiss cheese, 4 oz. pimentos, and a couple of large dill pickles, diced. Be sure your filling ingredients are well drained - pat them dry with a paper towel if you have to. Using the scissors make cuts about 1 inch apart from the long edge of the dough to where you've piled the filling. Alternating sides, fold the cut dough strips over the filling, covering the filling completely, especially at both ends. You may have to push and pat a little to make sure everything is covered - don't worry, you can't really hurt the dough.

Cover the loaf (gently) with a kitchen towel, put in a warm, draft free area and let rise until doubled in size (about 30 minutes). Next, whip up one raw egg and generously brush the entire top of the raised loaf with the egg and bake in a preheated 350 to 375 oven for 35 minutes (the pastry should be shiny and medium brown in color). Served hot or cold this sandwich should be accompanied with horseradish

sauce. Wrapped in foil or put in a covered plastic container, the sandwich will keep several days in the refrigerator and can probably be frozen for maybe a couple of weeks then defrosted for about 1 & ½ hours before serving. I don't know if it can be successfully reheated - I've never had one last long enough to even freeze.

***Other filling suggestions:**

Cooked, diced chicken
Cooked bacon pieces or
chopped ham
Swiss cheese
Chopped pickles,
sweet &/or dill

Cooked, diced roast beef
Swiss cheese
Finely chopped onions
Chopped dill pickles

Cooked hamburger
Cheddar cheese
Jack cheese
Chopped green chilies
Chopped tomatoes

I have not tried it yet but it occurs to me that if you substitute something like apple butter or maybe some honey for the ¼ cup mustard in the dough recipe you could easily convert this into a dessert sandwich. Peeled chopped apples, pineapple, chopped pecans and maybe a little sugar, cinnamon and cloves might make a tasty filling.

XV. SOUPS

BEAN SOUP FOR SENATORS (Roman or otherwise)

This is a very close approximation of the bean soup which is still served in the U.S. Senate cafeteria and referred to as Senate Bean Soup. It freezes very well and tastes even better when reheated.

You will need: A non-aluminum stock pot with cover
¾ cp. navy , great northern or marrow beans, pre-soaked as per package directions
One ham bone with meat, smoked ham hocks or smoked pork bone with meat
6 cps. water
1 bay leaf
5 whole pepper corns
4 whole cloves

Combine and cook the above ingredients for 3 to 3 & ½ hours. During the last 45 minutes add the following ingredients:

2 grated carrots
4 stalks of tender celery including leaves, finely chopped
1 medium onion, chopped
2 cloves of garlic, minced
¾ cp. warm, mashed or riced potatoes
Salt and pepper to taste

If you wish you may also add ¼ tsp. saffron and ⅔ cps. chopped spinach or sorrel (lots of luck on finding the latter!).

Remove bone and meat. Chop meat very finely, return to the soup and serve. If you wish you may also put the soup through a blender or sieve (before returning meat to the liquid) however after the blending process the soup will probably need to be thinned by adding hot water or milk.

CALDILLO (Mexican beef stew)

Iagen Andalsa, Kingdom of the Burning Lands

You will need: A deep iron skillet
1 to 2 lbs. round or flank steak, cubed and dredged in flour
2 to 3 large potatoes, cubed
1 large onion, cubed
3 to 4 long, green chilies*, minced
2 or so fresh garlic cloves (to taste), minced or pureed
1 tblsp. cumin (or to taste)
1 16 oz. canned tomatoes, (smashed)
Salt and pepper to taste

Heat a thin layer of oil in an iron skillet and brown floured beef cubes with garlic and cumin. Add onion, potatoes and chilies and cook for 2 to 3 minutes. Add tomatoes and 2 cans of water. Stew until potatoes are soft, about 45 minutes.

*If you want your stew hotter, add either 1 to 2 jalapeño peppers (diced) or 1 diced habañero pepper.

CUCUMBER-YOGURT SOUP

Valeria, Kingdom of the Burning Lands

“Even if you don’t like cucumbers and think yogurt should never have been imported from Turkey, this is a delicious, very elegant dish. This soup, like revenge, is best served cold.”

You will need:

- A blender
- 4 cups cucumber, peeled, seeded and chopped
- 2 cps. water
- 2 cps. plain (non flavored) yogurt
- 1 clove garlic
- 3 to 4 fresh mint leaves
- 1 tblsp. honey
- 2 tsp. salt
- ¼ tsp. fresh dill weed
- Some chopped chives or scallions for garnish

Puree everything in the blender except what you are using for the garnish. Chill until very cold. Serves five.

GARLIC-CHICKEN SOUP

This is nothing more than the Magic Elixir (read: Aspic) cooked with spices and served with freshly made croutons. If necessary you can use commercial chicken stock, chicken bouillon cubes or canned chicken consomme. I do not recommend using commercially prepared croutons.

You will need:

- 1 large soup kettle
- 1 large, heavy frying pan
- 1 large bowl or soup tureen
- 1 small cheese cloth bag or a large tea ball (aka seasoning container)
- 6 cps. chicken stock
- 2 to 3 large cloves of garlic (do not peel)
- 1 large stalk of fresh cilantro (about a dozen sprigs)
- ¼ to ½ tsp. of red pepper flakes
- ½ lb. of stale sourdough bread (or similar) - about 4 cps.
- 1 & ½ tblsp. olive oil (Vegetable oil will work but it’s not nearly as good.)

Crush garlic cloves (tap gently with the peen end of a small hand axe or the flat of a bastard sword - failing access to either tool, use the flat of a heavy cleaver or knife). Separate the cilantro leaves from the stems. Mince and reserve the leaf portion and put the cut up stems* along with the garlic and red

pepper flakes into a tea ball or a small cheesecloth bag. Put chicken stock in the kettle along with your tea ball/cheesecloth bag of spices. Bring to a boil and boil gently, uncovered, until reduced to about 4 cups of liquid - about 30 minutes. Skim off any froth.

*As in most herbs, the stems of cilantro are stronger and more bitter than the leaves. They are excellent for flavoring purposes but unpleasant to eat.

While the soup is boiling, cut the stale bread into cubes (about $\frac{3}{4}$ inch). Heat olive oil in the large frying pan over medium heat. Add bread cubes, shaking and stirring gently, until the cubes are well browned (about 4 to 5 minutes). Dump cooked cubes into a large bowl.

Remove seasoning container from soup. Pour soup over bread cubes and let stand about 1 minute. Mash soup/bread mixture slightly to thicken soup, sprinkle with minced cilantro and serve immediately. Serves 4 very hungry people.

MINESTRONE

In the Italian language, minestrone means nothing more than 'big soup', so you can imagine the thousands of permutations. What they all have in common is a prerequisite for very fresh ingredients, grated cheese, rice, pasta or beans and olive oil. This soup does not necessarily contain meat.

The recipes that follow come from several different sources and are categorized as simple, intermediate or complex. All three yield 2 & $\frac{1}{2}$ quarts of soup.

Milanese (Complex)

You will need:

- A deep kettle with cover
- 2 tblsp. real butter
- 2 tblsp. olive oil, virgin preferred (Have you ever wondered what virgin olive oil, virgin vinyl and virgin wool all have in common? Naughty, naughty - you obviously have a very racy imagination! Kindly refer to the Terms portion of this book.)
- $\frac{1}{4}$ cp. salt pork, diced
- 1 medium onion, chopped
- 1 small zucchini, sliced
- 1 small cabbage, shredded
- 6 cups beef stock or bouillon
- 1 cp. red kidney beans or $\frac{1}{2}$ cp. with $\frac{1}{2}$ cp. white beans. Soak beans as per package directions and drain.
- 1 medium potato, diced
- $\frac{1}{2}$ cp. uncooked rice
- 1 tblsp. minced parsley
- 1 garlic clove, minced or pressed
- $\frac{1}{8}$ tsp. ground thyme
- $\frac{1}{4}$ cp. grated Parmesan cheese

Saute salt pork and onion in the butter and olive oil until just soft. Add all vegies except potatoes, cover and cook for a few minutes stirring a couple of times. Add bouillon and beans, cover and simmer until beans are done. Add potatoes and rice and continue to cook, uncovered, over medium heat for about 20 minutes. Add parsley, thyme and garlic then cover and reduce heat to simmer. Stir occasionally. Add a little hot water if soup is too thick. Add cheese last and serve. Good reheated.

Genovese (simple and my personal favorite)

You will need:

- 1 deep kettle with cover
- 1 cp. any white beans cooked as per package directions (reserve beans and the water in which they were cooked)
- 2 tblsp. real butter
- 2 tblsp. olive oil
- 1 lg. onion, diced
- Basil to taste (try 1 tblsp. dried or 2 tblsp. fresh, chopped)
- 3 tblsp. parsley, chopped
- 3 lg. Roma tomatoes, chopped or 1, 15 oz. canned Romas, chopped
- 2 stalks celery with leaves, chopped
- 1 cp. Swiss chard or escarole, shredded
- 1 lg. carrot, chopped
- 2 cloves garlic, minced
- 8 cps. beef stock or bouillon
- 1/3 cp. Parmesan cheese
- Salt and pepper to taste

Saute for 30 minutes, in the olive oil and over a medium heat, all vegetables and herbs. Stir frequently. Add beans and their liquid, and the bouillon. Cover and simmer over low heat for about a hour. Add Parmesan cheese, stir and serve.

Romano (intermediate)

You will need:

- 1 deep kettle with cover
- 1 tblsp. plus 1 tsp. olive oil
- 1/3 cp. salt pork
- 1 lg. onion, minced
- 2 garlic cloves, minced
- 2 celery stalks with leaves, minced
- 1, 15 oz. canned tomatoes, chopped (include juice)
- 2 tsp. salt
- 1 tsp. black pepper
- 1/2 tsp. ground sage or
- 1 tsp. leaf oregano
- 6 cps. beef stock or bouillon
- 3 cps. cooked white beans
- 1 & 1/2 cps. macaroni
- Grated Romano cheese

Heat oil in kettle over low heat. Add salt pork, onion, celery and garlic. Stirring often, simmer over low heat until vegetables are soft. Add everything else except the macaroni and the cheese and continue to cook for another 10 to 15 minutes. Bring to boil, add macaroni and cook until macaroni is done. Add cheese and serve.

Note: On any of the minestrone recipes, you may add, during the last 30 minutes of cooking time, Italian style meat balls, cut up hard sausage, cocktail sausage, or cooked and cut up link sausage. Don't get too carried away - add no more than $\frac{1}{2}$ to $\frac{3}{4}$ pounds of meat. Also, water or tomato juice may be substituted, either in part or in total, for the bouillon. If you do use beef stock rather than bouillon, be sure it is a very clear stock - you are after all making soup not stew.

MUSHROOM-BARLEY SOUP

Valeria, Kingdom of the Burning Lands

"You can use one of two stocks for this soup, mushroom or beef. For those of you who prefer mushroom stock, the recipe is included immediately after the soup recipe."

You will need:

- 1 large stock pot with cover
- 1 medium skillet
- 6 & $\frac{1}{2}$ cups soup stock, mushroom or beef
- $\frac{1}{2}$ oz. dried [porcini] mushrooms reconstituted in $\frac{1}{2}$ cp. warm water for 10 minutes (wash thoroughly to remove any sand)
- 1 tblsp. unsalted [real] butter
- 2 cups onion, diced (onion may be yellow or white, whatever blows your skirt up)
- Salt and pepper to taste
- 6 to 8 garlic cloves, minced
- 1 cp. dry red wine
- $\frac{3}{4}$ cp. carrot, diced
- $\frac{3}{4}$ cp. celery, diced
- $\frac{1}{3}$ cp. pearl barley
- 1 bay leaf
- 8 cps. white mushrooms, thinly sliced (be sure you wash them thoroughly)
- 1 & $\frac{1}{2}$ tblsp. virgin olive oil
- 1 tblsp. fresh herbs, minced (parsley, marjoram, thyme and/or sage)

Warm stock. Strain soaked porcini and reserve liquid. Mince porcini, discarding any coarse or hard pieces. Reserve. Heat butter in a pot and saute onion, $\frac{1}{2}$ tsp. salt and a dash of pepper for about 5 minutes. Add porcini and half of the garlic, continuing to saute for a couple of minutes. Add wine and the reserved liquid from the porcini and continue to cook for another couple of minutes or until the pan is nearly dry. Next add the carrot, celery, barley, bay leaf and 1 quart of the stock. Bring to a boil, covered, then reduce heat and simmer for about 30 minutes or until barley is tender.

While all of the above is going on, sear the fresh mushrooms (one half of the total amount at a time) in a skillet over high heat, using $\frac{1}{2}$ tblsp. olive oil, $\frac{1}{4}$ tsp. salt, and a pinch or so of pepper. The mushrooms will begin to produce juice, the juices will evaporate and only then will the mushrooms begin to sear and stick to the pan - don't stir them. Continue cooking until they turn a golden color, then stir for only a

couple of minutes. Add half of the remaining garlic and stir once more. At this point you can add 2 tblsp. of the wine plus a little stock to deglaze the pan. Add these mushrooms (plus liquid produced by deglazing) to the stock mixture. Repeat the process with the second half of the mushrooms. When both batches of mushrooms have been added to the stock, add the fresh minced herbs and salt and pepper to taste.

Author's Note: Be very sure to always deglaze the pan in which you have cooked the mushrooms and add the results to the soup. This recipe makes about 8 cups of soup but can be easily cut in half.

Mushroom stock:

"This is a very easy, 'quick' stock to make however securing the fresh herbs can be an adventure and it is absolutely essential that the herbs be fresh - not dried."

You will need:

- 1 large stock pot
- 1 onion, thinly sliced
- 1 leek top, chopped (be sure and wash thoroughly)
- 5 garlic cloves, (do not peel) crushed with the flat side of a heavy knife
- 1 oz. dried mushrooms (wash thoroughly)
- 1 tsp. salt
- ½ tsp. peppercorns
- ½ lb. white mushrooms, sliced (again, wash thoroughly)
- 2 sm. carrots, chopped
- 6 sprigs fresh parsley, coarsely chopped
- 3 fresh thyme sprigs, whole
- 2 fresh oregano or marjoram sprigs, whole
- 2 fresh sage leaves
- 2 dried bay leaves
- 9 cps. cold water

Pour a little water into the stock pot (about 1 cup) and add the onion, leek, garlic, dried mushrooms and salt. Cover and simmer for about 15 minutes. Add all remaining ingredients and the rest of the water. Bring to a boil then reduce heat and simmer, uncovered, for an hour or so. Allow to cool slightly then strain through a clean cloth. Makes 8 cups of stock.

POTATO CHOWDER

You will need:

- A big pot with cover
- 2 pounds of potatoes, peeled and diced (size should be about ½ x ½ inches or so)
- Enough half water, half chicken aspic or straight water to cover potatoes x 2
- Salt and pepper to taste
- 2 regular sized canned corn or canned creamed corn (15 oz. size)
- 1 can of canned milk
- ½ pound of chopped, crisply fried bacon, well drained
- 1 & ½ to 2 cups of chopped green onions, tops and all (dry onions, finely chopped, can be substituted)

Put potatoes, onions, and spices into liquid and heat to boiling. Reduce heat, cover and simmer until the potatoes are well done - about 30 minutes. Add the canned corn and the canned milk. **Note:** If you use creamed corn you may need a little less of the canned milk. Continue to simmer, uncovered, until the soup is slightly thickened. About 10 minutes before serving add the bacon and onions. Serve with a green salad and hot rolls. **Hint:** If you add one tuna-sized can of undrained clam pieces, you have just made Seattle Clam Chowder.

SCOTCH BROTH

This is a modified version of a traditional Highland dish. The original recipe calls for mutton for which, I must confess, I have never developed a taste, so pork is substituted. Rabid kilt-wearers may use the traditional mutton of course.

You will need:

- A large pot with cover
- 3 lbs. cut up, very lean pork (or mutton)
- 2 tsp. salt
- Water to cover meat
- ½ cup pearl barley
- 2 cups diced carrots
- 2 cups diced turnips
- ½ cup chopped fresh parsley or cilantro (do not pack to measure)

Cover meat with salted water and bring to a boil. Reduce heat to low and simmer, covered, 1 hour. Skim off all the foam it produces. Add barley and diced vegetables (except parsley) and continue to simmer, covered, for another 2 hours. Skim off any fat if necessary. Add more salt to taste and stir in parsley just before serving. Serve with hot breads.

This is a very good camping event meal in that you can bring the soup to a boil over a camp stove and then continue the simmering process over a campfire. As ever, bring the pre-cut vegies to the event in plastic bags and the meat pre-cut and frozen.

SON OF A BITCH STEW

This is a recipe passed on to me by my dear old dad. (His vocabulary tended toward the colorful.) According to him, every time his logger buddies sat down to eat his stew, they'd clean their plate for the third time, lean back, loosen their belts and declare, "Son of a bitch, that was good !"

You will need:

- A big, covered pot (cast iron works best)
- 2 pounds of cheap stew meat. Frequently a fairly lean boneless, or relatively boneless, roast can be much cheaper than pre-cut stew meat. Just take off most of the excess fat and cut into ¾ inch chunks.
- 1 big marrow or stew bone* if you can find one or some ox tail bones (many grocery stores don't carry them but you can make the stew without)
- 1 cup of flour mixed with 2 tsp. salt and about 1 heaping tsp. of black pepper.
- About ¼ cup dry garlic chunks
- A tsp. of oregano if you like oregano

½ to ⅔ cups of cooking oil
A couple of chopped onions
About 2 pounds of canned tomatoes, chopped up** (use juice too)
1 can of cheap beer (TRUST ME)
1 to 2 cups of fresh coffee (TRUST ME AGAIN)
About 6 cups of kinda chopped up vegies either frozen, leftovers, canned, fresh, etc. Don't use broccoli, Brussels sprouts or cauliflower - they are too strong in taste for this dish and tend to mush out in a stew.
A generous double handful of any kind of noodles, broken up pasta or macaroni, one generous handful of rice, or a scant handful of barley (damned barley expands like you wouldn't believe - use too much and you'll end up with barley cement instead of stew)

*Marrow bone or ox tail add both flavor and body to the recipe.

**The easy way to chop canned tomatoes is to use a sharp steak knife and chop them while they are still in the can.

Start heating the oil in your pot over medium/high then dump the cut up meat into a bag with the flour and dry spices, shake well and very carefully add the entire meat/flour mix to the heated oil. If you just dump it in you'll have hot oil splattered all over the stove, and more importantly, all over yourself. Stir and cook until the meat is browned and there's no flour left that has not been absorbed by the oil and beef juices. It's possible that you may have to add a little more oil but do it sparingly. Turn the heat down to medium/low and add the onion, the canned tomatoes (with juice), the beer and the coffee. At this point, if you've managed to talk your local butcher out of a marrow bone or ox tails, add the bones. Note: Browning the bones in the oven prior to adding to the soup will further enhance the flavor of the finished product - a 350 degree oven for about 45 minutes should do the job. Cover and let simmer, adding a little more water or beer if you need to and giving it a stir once in a while. After about an hour fish out a piece of meat and sample for tenderness and spicing - you may want to add more. If it tastes as good as it now smells, add your 'kinda chopped up' vegies. Note: If you are going to use raw potatoes, chop them up and add them 20 minutes before you add the rest of the vegetables as they take a little longer to cook. Same with fresh carrots, turnips or other root vegetables. If using noodles you may have to add more liquid to give the noodles enough room to cook. Add noodles or rice about 25 minutes before you want the stew to be done; 30 to 40 minutes before with the barley. Incidentally chopped cabbage goes well in this stew as do corn, and green beans. Continue to simmer, uncovered, stirring (and sampling) until the liquid is fairly thick. Remove and discard any bones. Serve the stew with hot bread or rolls.

This dish will serve 10 to 20 people depending on how many vegies/noodles you add. Just remember that the more stuff you add, the more liquid you will need. Note: This recipe will also make a good pot pie if you simmer the stew until the liquid is really thick*, dump into a large casserole, cover with a pastry crust and brown the crust in a 350 oven.

*Adding about ⅓ cup of flour mixed with 1 cup of water will thicken the liquid as will the addition of some left over mashed potatoes - just be sure to add any thickener gradually and in small amounts until

you achieve the results you want. This dish tastes even better when reheated and, if well covered, can be frozen for a couple of months.

SPICY PINTO BEAN SOUP FOR THOSE WHO LIKE TO CHEAT

Take a couple of 15 oz. cans of plain, unspiced pinto beans (or one can of regular beans and 1 can of refried beans) and put in a pot with, 2 to 3 cans of water, 1 heaping tblsp. dried, chunk or fresh minced garlic, 2 tblsp. ground red chili*, a big handful of dried onions, a couple of chopped tomatoes, 2 tsp. of dried cilantro or 1 tsp. of chopped, fresh cilantro (if you're not into cilantro, use oregano), salt to taste and simmer on low for about 30 minutes while you fry and drain about 6 slices of cut up bacon. Stir and mash up the beans a little while they're simmering. Five minutes before serving dump in the drained bacon and maybe a little grated white or mild cheddar cheese and a diced tomato or salsa. Serve with hot flour tortillas, rolls or crackers. This tastes home made and I won't tell if you don't.

*If you want more of a chili kick to this soup, increase the amount of red chili powder, throw in a little cayenne pepper or hot salsa.

STONE SOUP

It is imperative that you have a soup stone before you attempt this dish. If you already possess a good stone, you may skip the section on stone selection and proceed directly to the recipe.

Directions for the location and selection of a soup stone (North American Continent): NOTE: Selection and use of South American, Canadian, European, Asiatic and African stones are described in Soup Stones of the World, Legion Press, El Paso (1988), Chapter 14, pages 45-72.

River-washed stones seem to yield the best results and the geographic location of the river will have a direct effect on the ultimate flavor of any soup you make with it. For example, a stone from the southeastern New Mexico region of the Rio Grande will always yield a soup with faint overtones of jalapeño chilies. Stones from the Portland, Oregon area of the Columbia tend to impart a delicate, salmon-like flavor while those from the Bear river just north of Salt Lake City, Utah produce a very robust soup but confer a somewhat gamey or wild taste to the finished product. I should warn you at this point that stones from lakes generally do not yield the best results. One notable exception would be a well worn granite taken from the inflow area of any hydraulically active river into a natural lake. Never select a stone from a lake outflow area and never try to use a stone from a man-made lake unless you like catfish and a very mossy under-taste to the soup. I should also point out that the actual name of the river can produce, under certain circumstances, some unwelcome surprises. The novice cook should avoid, at least at first, stones from the Snake River (poisonous if not properly sterilized), Kalannah River (gourmet soup potential but best utilized by a master chef) and the west fork of the Trinity River (tends to produce a bitter, off-flavored stock if not handled with authority and confidence).

With the exception of the granite stone mentioned above, the best soup stones will be sedimentary in nature. Sandstone is a good choice, blue, red or grey slate is even better and marble, of course, always produces superior results. Avoid stones with a heavy copper, magnesium or iron content unless you're an expert - they are not for the amateur! Stones with lead intrusions, lead ore or lead conglomerates, should of course never be used. "What about gemstones?" you ask. Well, I agree that jade, chalcedony,

travertine and the quartz-based gemstones - with the exception of dendritic - are much to be desired, however cost is usually prohibitive and it is difficult to find these stones in the requisite size, e.g., ¾ to 1 pound dry weight. Travel cost to site location must also be taken into account. My best advice is to peruse your immediate area. Good stones can be located even in mountainous or desert environments.

Once you have selected your stone, wash then sterilize it thoroughly in salted, boiling water for no less than 30 minutes then in a vinegar/water solution for another 30 minutes, let dry in a clean, open environment - preferably in full sunlight, then wrap in a clean cloth and store in a loosely covered box (remember, the stone must be able to breath). I use a well aged, unfinished pine box but oak, maple or fir work well. Never, ever store in plastic or glass although a clean cardboard box can be used if necessary.

The best stones of course are those which have passed down from generation to generation. However hereditary soup stones can result in family discord. I have one willed to me by my paternal grandmother. My sister thought it should have been willed to her - she did have custody when grandma finally shuffled off this mortal coil. It took 2 years and a court order for me to get it back and my sister and I are still not on speaking terms.

- You will need:**
1. A big covered pot of cast iron, stainless steel or enamel covered metal and a spoon or ladle big enough to stir the soup. Never use aluminum pot when cooking this dish.
 2. Soup stock of chicken, beef, or vegetable or just mix bullion or stock paste with water. Heat this up and be sure and check the seasoning before adding any ingredients.

- You can use:**
1. Vegetables either dried, canned, frozen, fresh or leftovers.
 2. Any cooked, diced up meat. (Generally speaking fish and other denizens of the deep just won't cut it unless you're a native of the East or West Coast areas and really know your seafood.)
 3. Any type of pasta or noodles
 4. Grains such as rice or barley
 5. Any kind of pre-cooked legumes (If you use lentils, they do not have to be precooked.)
 6. Pre-packaged or canned soup mixes or soup left over from a previous meal
 7. Left over gravy, sauces, meat juices left over from a roast or from deglazing a pan in which you have cooked meat
 8. Canned tomatoes, salsa
 9. Stale, toasted bread chunks, left over stuffing, stale crackers, mashed potatoes (all are thickeners)
 10. Spices per your preference

The only secrets or rules to concocting this soup are 1) use ingredients whose flavors will agree with each other*, 2) add fresh or dried ingredients in cooking time order and 3) slow simmering until the long line of hungry consumers are ready to mug the cook. For example add the meat(s), fresh, long cooking

vegies, dried vegies and grains (especially barley) to the stock first -frozen vegies, and pastas or noodles toward the last.

*If your main meat is beef, stick with the heavier or more robust flavors, ingredients and spices, i.e., canned tomatoes, beans (especially kidney beans), coffee (Trust me), beer (Trust me again) oregano, black pepper, strong onions, red chili, whole corn, and the like. If, on the other hand, you are using chicken, turkey or pork try using green beans, white corn, celery, mild white or green onions, just a little garlic and go easy on the pepper.

GENERAL RULES OF THUMB: 1) Don't add more than a cup of barley to a large pot. This stuff expands like a monarch's ego. Same with rice. 2) Be careful of adding vegetables which 'mush' easily such as squash, pre-cooked potatoes, Brussels sprouts, broccoli, and cauliflower (the latter three are also strong and can overwhelm the taste of the finished product). If you want to use these three vegetables do so only in small amounts about 10 minutes before serving. 3) Pasta products, notably egg noodles, will also dissolve into mush if cooked too long.

Other than the precautions listed above there are few ingredients you can't use in stone soup. You can even dump in other soups - canned or otherwise. **Some useful hints are:** 1) If using cut up, long cooking-time fresh vegies try and have them of similar size. 2) If the cooked meat you plan on using is really bland try dredging it in some seasoned flour, browning in a little oil, then dumping it in the soup. The addition of the seasoned flour will also tend to add body to the soup as will creamed vegies.

Now, your soup has been simmering for a couple of hours, the aroma is wafting through the campsite, hungry people with hopeful looks and bowls or mugs at the ready are starting to drift toward your campfire. You are, in fact, about to be bowled over or mugged (☹ PUN #3). It is now time to add the penultimate ingredient! Unwrap your soup-stone, cradle it carefully in a spoon or ladle, with a handle long enough to reach the bottom of the pot, and gently lower it into the soup for a slow count of 3. Remove the stone, rinse immediately, dry and store, wrapped, in a cool, dark place. Serve soup with plenty of fresh bread or large croutons (page 34). **ENJOY!**

VICHYSOISE

Valeria, Kingdom of the Burning Lands

"This is a fix and forget it until it's time to eat soup. It only takes a few minutes to make but needs about 3 hours to chill."

You will need:

- A blender
- A small skillet
- A good sized stock pot or kettle
- 1 large onion, chopped
- 4 medium sized potatoes, scrub thoroughly (don't peel) and slice thinly (new potatoes are a good choice.)
- ¼ cp. real butter
- 2 cps. milk
- ½ pt. whipping cream
- 2 tsp. salt

Freshly ground pepper to taste
Chopped chives, scallions or fresh red, sweet peppers

Lightly brown onions in the butter then put potatoes, onions, salt and water in the large kettle and boil until potatoes are tender. Puree all cooked ingredients, including the liquid, in a blender then either strain or sieve. Using a whisk, add the milk, half the cream and pepper to taste. Return everything to the kettle and heat until just about to boil. Remove from heat and chill thoroughly. After soup is very cold add the rest of the cream and use the chives, scallions or the fresh red, sweet peppers as a garnish.

ZUPA TOMATAE

This soup is best served during cold weather and when you're broke.

You will need:

- 4 cans generic tomato soup (The "Brand Name" won't work: too sweet) plus a like amount of water.
- 1 can stewed tomatoes (optional)
- 2 cups (dry measure) macaroni, cooked (optional)
- 1 lb. sage sausage, cooked and crumbled, or other sausage, cooked and cut up (polish, bratwurst, etc.) (Also optional)
- 1 tblsp. chunk, dried garlic
- 3 tblsps. Montreal Steak Seasoning (or similar)
- 1 & ½ dried basil
- About 1 tblsp. Tobasco (or as much as you can stand ... is hot!) sauce or other hot pepper sauce.

Dump soup, water and stewed tomatoes into a medium large pot and heat up on medium-low. Add all seasonings. If you want the macaroni and sausage, cook them now, drain and add to soup. When the soup warms up, turn burner down to low and continue to simmer, stirring occasionally. You can add more macaroni if you want but don't add more meat.

The joy of this dish is that, even without the optional ingredients, it's a grand soup. Serve with saltine crackers.

XV. STIR FRY

PAELLA (TFBL, Vol. 9 No.2 August 22, 1992)

Duchess Tawnee Darkfalcon, Kingdom of the Burning Lands

“If you were to read a hundred paella recipes, no two would look alike. This is a classic. Like goulash and ‘surprise’ casserole, it’s made from leftovers and what’s laying about. Since we don’t have a lot of leftovers at my house, I usually make it from scratch. Don’t let the length of this recipe spook you, it’s actually painfully easy. All the ingredients are delectable, substitutable, etc. I have made this recipe for several pot luck feasts to rave reviews. This is one of my standard camping recipes as it takes only one pan and a few minutes to prepare.”

All the vegetables and meats must be chopped into bite sized pieces. Keep quantities small; this recipe tends to make huge amounts of food out of very little [individual amounts of] ingredients.

You will need:

- ¼ cp. dinner sausage, like Ecknch (or ham, pork chops ...)**
- ¼ cp. beef sirloin, roast or stew meat ...**
- ¼ cp. chicken or turkey**
- ¼ cp. cooked crab or shrimp**
- 2 cps. raw white rice, prepared as directions [on package]**
- 1 small stalk broccoli***
- 1 small stalk cauliflower***
- ½ bunch green onions, or [1] medium yellow or red onion**
- 1 tiny zucchini**
- ½ cp. frozen corn**
- 1 tsp. fresh ginger, peeled and finely chopped**
- 2 cloves garlic, finely chopped**
- 2 tblsp. sesame seeds**
- ¼ tsp. red peppers or cayenne or ½ tsp. hot bean sauce**
- 1 stick butter**
- Soy sauce (I like Kikkoman®)**
- Lemon juice**

***Editor’s note:** This probably means one flowerette cluster along with its stem separated into small pieces.

In a wok or large, non-stick skillet, melt butter. If using any raw meats, brown them in the butter before adding the vegetables. Cooked meats should be added at the same time as vegetables. Saute pork, poultry, beef, broccoli, cauliflower, onion, zucchini, ginger and garlic in butter, turning gently with a wooden spoon over medium-high heat. When tender, stir in cooked rice, taking care not to smash vegetables. Add soy sauce until the rice turns a pleasing brownish color, stirring as you add. Add frozen corn, seafood, sesame seeds and red pepper or bean sauce and stir very gently so as not to tear apart the sea food. Remove from heat, allow a few minutes for the newly added ingredients to warm up. Serve in generous quantities with lemon juice as a condiment.

SHRIMP AND SHROOMS

Sir Trinity Skythasis, Kingdom of the Burning Lands

At last, a seafood recipe from the Burning Lands! The author of this delicious meal notes that chicken and broccoli can be substituted for the shrimp and mushrooms to yield another variation of this dish.

You will need: ½ lb. shrimp, cleaned and deveined
 ½ lb mushrooms, sliced
 2 cloves garlic, minced
 ½ cup chopped onion
 2 tblsp. cornstarch mixed in ½ cup water
 Seasonings of choice

Saute garlic and onion until transparent in 1 to 2 tblsp. oil. Add shrimp and mushrooms and saute until shrimp is pink and mushrooms tender. Add cornstarch mixture - this will thicken as it cooks so add water to maintain desired consistency. Serve over steamed rice.

COOKING OVER A CAMPFIRE

The hardest part of this particular game is making a fire suitable for cooking. (Please note, the procedure cannot be rushed.) Most people, even if they can start a fire, want to create a bonfire which you can't use for cooking. What you need is a relatively small fire which is easy on fuel yet produces a goodly amount of coals - **you don't cook over fire, you cook over coals**. I am not an expert at this but the following method always seems to work:

How to build a cooking fire

First of all know your site - ask people who have been there before; query the event autocrat or call the site owners or custodians. Ask questions: 1) Are fires permitted? 2) Are there fire pits with grills? 3) If there aren't fire pits, can we build our own? 4) Is dead-fall wood available? If not, can we buy wood and how much is it? Depending on the answers you may have to bring an entrenching tool to dig your own pit, bring your own grill (just take the grill portion off your home barbecue or use a discarded oven rack), bring your own wood (plus some charcoal briquettes), bring money to buy wood or bring a camp hatchet to cut dead-fall wood. Items I know you'll have to bring are wooden matches, some old newspapers and/or cheap, paraffin candles and probably a camp hatchet to manufacture kindling although dry pine cones and pine needles make good kindling and, if they are in plentiful supply, work better than newspaper.

If there isn't a fire pit, use your entrenching tool (or a gardening spade) to dig a shallow pit about 8 inches deep by no more than 3 feet in diameter. Make sure there are no combustible materials within 3 feet of your pit, don't dig the pit under a tree and keep it at least 20 feet away from any tents. Another rather obscure complication in lands with heavy forests, is the danger of setting roots afire that are intruding into the fire pit. This can create a smoldering situation that can travel up the root toward the tree and, when you are long gone, create a forest fire. If there are any visible roots cut them or start another fire pit further away from the trees.

The next job is to find some rocks. This is not a problem - there are always rocks at an event site. First place to look is under your tent in the general area of where your sleeping bag is placed. The next job is to transport the rocks to the fire pit. This is also easy... Just locate a sturdy, hungry looking Amtgarder (Barbarian class is best) and, using one syllable words, tell him (or her - rare but not unheard of) that if they will transport the rocks you'll feed them a good meal. The phrase "Zog bring rocks and me feed Zog one time" usually works pretty well. Place rocks securely around the pit - arrange them so your grill will fit over one area. The grill must be stable, so use some sense. Make damned sure it won't tip or slide. If Zog is amenable, some extra rocks adjacent to the pit can make a good surface upon which to set a hot pan or platter if you can get the rocks fairly level. (Rock leveling is often a very good job for any sub-teens hanging around hoping for a handout of free food.)

Now assemble your combustibles. Have easily to hand 1) shredded newspaper, dry pine cones, dry twigs, dry pine needles and, if you're really crafty, a cheap paraffin candle, 2) pencil diameter kindling, 3) 1 inch diameter kindling ranging up to 2 inch diameter, 4) some 3 to 5 inch diameter logs and 5) don't forget some wooden matches. Assemble your 'ingredients' in the form of a 1 foot diameter cone, base side down, starting with the shredded stuff and ending with the 2 inch diameter kindling. Don't pack it too tightly, remember fire has to have oxygen in order to combust. Light this assembly in several

places with either a wooden match or, better yet, with the paraffin candle, letting the candle drip a bit onto the kindling and then adding the entire candle to the fire. As soon as you have a brisk flame, add a bit more of the heavier kindling and finally the split logs. **Note:** Larger, long burning logs should not be added until this point. Never use wet wood for any part of this process - all it will do is try to put out your fire and smoke like crazy. At this point you have a briskly burning, enthusiastic fire and it is time to add those charcoal briquettes which you have kept somewhere under cover and off the ground so that they are completely dry. Add the briquettes near the base of the fire and not too many at one time - give them a chance to catch before adding more. Just like the wet wood, they can seriously inhibit the fire if you add too many, too soon.

Go get a cup of coffee, kick back for a bit and keep an eye on the fire.

In about an hour you're going to have some very good coals suitable for cooking. Using the entrenching tool or a sturdy green stick (don't use a garden spade unless your hands, arm and garb are fire proof - the handle is just not long enough) push and poke the hot coals under the grill - enough to cover the area under the grill to a depth of 2 to 4 inches depending on how far above the pit your grill is placed. In the meantime be sure to keep feeding the fire enough wood and briquettes to maintain a storehouse of hot coals, especially if you're going to be cooking for an extended period of time.

How to judge the temperature of your fire, required cooking area and cooking times

The rule of hand in estimating cooking fire heat is to hold your hand about 6 inches over the coals. If you can only hold it there 3 seconds the fire is hot, 4 to 5 seconds is medium hot, 6 seconds is medium and 10 seconds is low heat.

The hot coals area should be about 3 inches larger in diameter than the food you are grilling and the coal bed should be about 2 to 4 inches deep.

Cooking times are approximate, especially when grilling meats, however there's a rule of finger for this. If you touch the center of the meat and it's still very soft and there's a dent left by your finger then the beast is still au natural (read: raw) and you probably don't want to eat it just yet although Zog may want it. If you touch the center and it is still kind of soft but you don't leave a dent then the meat is rare to medium rare. I won't even discuss well done as it is not then meat but rather tooling leather. **Hints:** 1. Use tongs rather than a fork to turn the meat - pierced meat loses a lot of its juices. 2. Don't cut the meat to see if it's done - you'll lose even more of the juices this way. 3. Always let the grilled meat sit for about 10 minutes after removing from the grill and before serving or carving as this will tend to concentrate the juices within the meat.

Congratulations, you now have the wherewithal to cook over a campfire. **Helpful hint department:** Put something reflective behind the grill to cut down on wind and to reflect heat (please don't use a mirror). You can buy hinged aluminum shields for this purpose (about \$10.00) which can also be used to shield your propane stove from wind. You could also bring a piece of sheet metal or aluminum and have some steroidal type bend it into a shallow arc for you, or you could use a triple layer of heavy duty foil folded until it's 12 inches by about 30 inches, wrap each short end around a green stick or metal pole and erect it behind your grill, shiny side facing the fire. Prop it as securely as possible with some of the

extra rocks good old Zog brought you. Any of these alternatives will add to the efficiency of your cooking fire.

An added benefit to the smaller cooking fire is that it makes for closer relationships during the chill of the night. **Advantage Number One:** You will obviously need some kind of libation to add to your inner warmth. **Advantage Number Two:** You will naturally have to sit closer to each other to share the warmth and (BIG) **Advantage Number Three:** You almost have to share your warm cloak. I've never ceased to be surprised at the advantages and opportunities offered by a cloak-built-for-two on a cold night at Clan.

Now, if you're not totally burned out (Yes, I know it's another ~~POUN~~PUN #4. So sue me.), the following are some pretty good recipes specifically designed for cooking over a camp fire (in addition to the traditional bacon, eggs or hot dogs).

BAKED APPLES (campfire style)

You will need:

- Cored but not peeled apples
- Butter mixed with brown sugar, cinnamon & cloves to taste
- Heavy duty foil
- A campfire with coals

Fill center of apples with butter mixture. Wrap in foil and cook near the outer and slightly cooler part of your fire about 30 minutes. To see if they are done just poke a fork through the foil near the top - it should insert easily with no resistance. An alternative to the butter, brown sugar and spices mixture above is:

- ½ cp. regular or white raisins
- ¼ cp. brown sugar
- 1 tblsp. fresh mint, chopped or ½ tblsp. dry mint

Fill apples with this mixture, top with a pat of real butter and bake as above. The quantities given will handle about 4 to 5 apples.

BANANA BOATS

Lady Aurora Selene, Kingdom of the Valley of the Silver Rains (VSR)

You will need:

- Aluminum foil
- Bananas
- Chocolate chips
- Small marshmallows

Wrap banana in aluminum foil so that only the top is open. Open the top peel of the banana (leave attached). Cut cork-sized chunks out of the banana and save them. Put chocolate chips and/or marshmallows into the holes, then replace the chunks. Replace the peel and wrap the banana completely in foil. Lay the banana in the coals to melt the chocolate and marshmallows. Every 5 to 6 minutes

unwrap and pull back the loose banana peel to check on the chocolate. When the chips are melted to desired gooeyness, it's ready to eat! Feeds: 1 person per banana.

BREAKFAST CORN DOGS (not the ones using the hot dogs - the original name was corn dodgers)

While this recipe may sound a lot like the one for camp corn bread there is a significant difference - you fry these little puppies rather than skillet-baking them.

You will need:

- Frying pan or griddle
- Premixed dry ingredients consisting of 1 & ½ cups corn meal, ¼ cup flour, ½ tsp baking powder and 1 tsp. salt.
- 8 slices of bacon, chopped and fried
- 1 hard boiled egg, finely chopped
- 1 raw egg, beaten
- 1 cup buttermilk

Fry bacon until crisp, remove from pan and reserve grease. Mix beaten raw egg and buttermilk and stir into the dry ingredients. Next add bacon, bacon grease and chopped hard boiled egg. Drop by the large tblsp. full on to a preheated, greased griddle (your griddle is already greased by virtue of having cooked the chopped bacon on it so you do not have to add more), shape into rounds and brown on both sides. Serve hot.

GRILLED CHUCK ROAST

This recipe is a natural for events as it can be marinated, frozen, transported to the site and then cooked. Chuck roast is also an inexpensive cut.

You will need:

- A grill over your cooking fire
- 1 pre-marinated 5 lb. boneless chuck roast

Marinade

- 1 covered, plastic dish large enough to hold the roast
- 1 cp. red cooking wine or any dry red wine
- ⅓ cp. soy sauce
- ¼ cp. cooking oil (olive oil works best)
- 3 lg. cloves garlic, minced or the equivalent of dried garlic or garlic paste
- 1 lg. onion, chopped
- ½ tsp. black pepper or steak seasoning

Marinate meat, turning occasionally, for 48 hours. Drain off marinade and reserve, covered, in the refrigerator or freezer. Freeze the meat in a resealable plastic bag and transport it and the reserved marinade to the event site. When ready to cook, defrost the roast, pat dry and let it warm to 'room' temperature. Make sure your cooking fire has a good bed of medium-hot coals and that the grill is about 4 to 6 inches above the coals. Wipe some cooking oil on the grill and grill the roast about 45 minutes, turning two or three times and basting with reserved marinade. Remove from heat, let stand for about

10 minutes and cut into ½ inch slices across the grain. Serve with side dishes or have some warmed rolls ready and make hot sandwiches.

HOBBO STEWS

Lady Aurora Selene, Kingdom of the Valley of the Silver Rains (VSR)

You will need:

- 2 & ½ lbs. ground beef
- 1 egg
- Cracker meal
- Potatoes, chopped
- Carrots, chopped
- Spices to taste:
 - Salt
 - Pepper
 - Chopped onions
 - Chives

Mix the ground beef and eggs together. Add cracker meal, paying attention to the consistency. The meat needs to stick together and not be too wet. Make 5 patties 5 inches in diameter by 1 inch thick. Put each patty on a 12 x 12 inch piece of foil. Put chopped potatoes and carrots over the patty. Add whatever spices you want. Then fold alternating sides of the foil together (top and bottom, then roll ends up to the middle). Place in coals for about 10 to 12 minutes or until potatoes are tender. Feeds 1 to 2 people per ½ pound of beef.

IRISH GRIDDLE BREAD

This recipe sounds harder to make than corn bread but the only complicating factor is that you have to use butter milk. If you are civilized like myself and loath butter milk (except for cooking), it does seem to be inefficient to buy a whole container of the stuff just to get the ⅔ cup you need for this recipe. I got around this by figuring out the amount of dry milk granules and water needed to produce ⅔ of a cup of liquid, transporting the dry milk to the event in the ubiquitous sealed plastic bag and adding the necessary amount of water plus 1 tblsp. of white vinegar. Let this mess sit for about 5 minutes and, by Freya's sacred pig, you have butter milk! Of course you can get the same results by adding the vinegar to fresh milk or to a half water - half canned milk mixture.

You will need:

- 1 well seasoned, heavy cast iron or aluminum griddle (a big frying pan will work in a pinch), pre-oiled and pre-heated on the grill over your cooking fire. As for the preceding corn bread recipe, frying up some bacon will serve to pretest your griddle heat and will also produce the added benefit of oiling the griddle before you cook the bread.
- A spatula
- The following ingredients premixed and transported to the event in a double nested butter tub:

Dry ingredients:

- 2 cups of flour sifted together with
- ½ tsp. double acting baking powder

½ tsp. baking soda
 ½ tsp. salt
 1 tblsp. sugar

Empty the dry ingredients into one of the butter tubs and cut in* ¼ cup cold shortening. **Note:** The shortening must be cold so keep it in your cooler.

*Cutting in can be accomplished by putting the shortening into the dry ingredients, and using a couple of table knives, one in each hand (if this sounds awkward, try pretending your left hand is fencing with your right hand), cutting back and forth until the shortening is about pea-sized and well mixed with the dry stuff. Of course you can use a pastry cutter but I am not well enough organized to bring specialized cooking tools to an event.

Now add about ¾ cup of regular or white raisins (the white are especially good in this recipe), and 1 egg and the ¾ cup butter milk which you have beaten up in the second butter tub. **Hint:** Whip the egg before mixing in the butter milk. Mix all ingredients together, turn out dough onto a clean surface. Knead a couple of times and pat or roll out to 1 inch thick. Cut into triangles or squares and cook on the medium-hot greased griddle about 10 minutes then flip over with a spatula and continue to cook for another 10 minutes. Serve hot with butter and some of that bacon you cooked up to test the griddle heat.

KETTLE CORN BREAD

You will need:

- 1 camp fire with a good bed of coals
- A grill in place over the fire
- 1 deep, well seasoned cast iron frying pan with cover
- 1 mixing spoon and a spatula
- 2 empty butter tubs of the same size and 1 lid to fit

Before you leave for the camping event, sift together ¾ cup of flour, 2 & ½ tsp. double acting baking powder, 2 tblsp. sugar and 1 tsp. salt then stir in 1 & ¼ cups cornmeal. **Note:** If you don't want to remember this recipe just take the one for sweet corn bread off the label on the box of cornmeal. Put these ingredients into a big, clean butter tub, put its lid on and nest the tub into yet another tub of the same size. (Trust me, there's a reason for the second tub.) While you're at it put enough dried milk granules to make 1 cup of [liquid] milk (follow package directions) into a resealable sandwich bag and put this in with the cornmeal mixture.

When your campfire is ready, fry up some bacon bits (use 6 to 8 cut up slices) until crisp and set to one side - don't throw out the grease; you're going to use it. **Note:** Cooking the bacon is also a handy test to check and see if your campfire coals are ready - the bacon should fry briskly but not try to burn on you. Separate the butter tubs and stir the dry ingredients a little to make sure they haven't separated. Whip up 1 egg in the second butter tub and add 3 tblsp. of the reserved bacon grease, you can add a little butter if there's not enough grease, and 1 cup of milk that you have created by adding water to the dry milk in that little sandwich bag. **Note:** You can use fresh milk or evaporated milk that's been diluted half and half with water but the dried milk transports a lot easier. Mix the wet ingredients with the dry until well blended, add the bacon bits and pour into the frying pan. **Note:** If you have any doubts at all as to how well your pan is seasoned, you can rub the inside with some shortening or butter to help

prevent the bread from sticking. Cover pan, place on the grill and leave for about half an hour. You'll know the corn bread is done when you can insert a clean knife in the center of the bread and it comes out clean (with no uncooked dough sticking to it). Let it cool for a minute or two, cut it in wedges with a spatula, remove from the pan and serve hot with butter.

THE ART OF HOSTING

Hosting is nothing more, and certainly nothing less, than making people feel at home. As such, it is as much an attitude as anything else, wherein you, as host, make your guest(s) feel welcome, comfortable and delighted to have been invited into your home, campsite, etc. and desirous of being invited back soon.

The dictionary definition of host is: a person who entertains guests either in his own home or away from home at his own expense. My definition is: the ability to (unselfishly) see to the comfort and enjoyment of others whilst (selfishly) enjoying the pleasure it gives both you and them.

Rather than give you a long, boring list of do's and don't's, allow me to provide a countdown of a winter solstice (read: Christmas) party as deciphered from some handwritten notes.

Four weeks before: Establish a rough list of 50 guests with allowances for 10 to 15 extra. Handling invitations via e-mail and word of mouth. Specify this is a garb party. Get date, time and directions to out-of-town kingdoms. Rsvp's requested.

Menu of ham and/or turkey with suitable accompaniments? (sandwiches with hot rolls?) Need desserts. Keep eye on prices. Need a couple more coolers for icing down drinks. Start X-Mas card list.

Three weeks before: Found 20 pound ham at Furr's and a 10 pound turkey from Sam's. Kaiser roll prices are high unless you happen to be a German prince. Provide at least 2 hot dips and 5 to 6 cold dips. List to co-host of what people can bring if they want. (Bachelor types get the drinks and chips!) Rsvp's indicate about 50 guests. Where are people from other kingdoms staying? Who is picking them up at airport? Three squire belts presented at party? (check with the knights) - belt blanks? - dye? Re: New company member - design one company favor and check for materials. Get X-mas card list done.

Two weeks before: One knight providing some of the crash space. Sister knight and a man-at-arms will help with hosting. Man-at-arms in charge of bathroom stocking, potpourris and during the party clean up. One knight will help with door. Company member over here early p.m. to take photos for cookbook. Shampoo rug (before or after?)... after sounds a whole lot more practical. One squire is bringing home baked bread. Man-at-arms doing deviled eggs (suits her personality). Winner of crown quals bribed to bring his chocolate cheese cake. Co-host has list of chip, dip, drink and etc. providers. (Don't let Gwynna bring haggis!)

Shop for gifts. Take VSR and I.M. guests shopping? Co-host has schedule for gift opening, Company induction and squiring ceremonies. (3 squires?) Pick up sewing machine at repair shop and get the damned sewing finished. Pans suitable for baking ham and turkey at the same time? Wrap gifts and stow in chest in front room. Must do X-Mas card list soonest.

Rack wines and decant cordials for gifts. How many decorative bottles on hand? Preliminary cleaning and stowing. Have enough lamp oil and candles? Enough liquid potpourri? Buy non-perishable supplies.

Paper towels, napkins

4 cases cold drinks, 30 liters wine

3 gal. cranberry cocktail/cider
1 gal. kosher pickles
Coffee, tea
Irish whiskey
60 fresh rolls (at Sam's)
Apples, pumpkin, cherries
2 packages heavy duty foil

7 cold dips
1 qt. Italian peppers, olives
Paper plates, plastic forks (Alethea)
Kaluah
Potpourri (have)
Pineapple, brown sugar, whole cloves

One week before: All gifts wrapped. Wash and polish oil lamps - break out more candles. Bed linens for house guests (what do they like for breakfast? - steak and eggs?). Final rsvp indicates about 60 guests. Check over gift list again. X-Mas card list no later than tomorrow!

6 days before: Rearrange for refrigerator space (bribe co-host). Get coolers. VSR guests providing ice for coolers. List for perishable supplies:

4 pounds various cheeses	2 qts. whipped topping
1 and ½ doz. eggs	Butter for maitre d'hotel for breakfast steaks
Spanish onions	Potato poopies

5 days before: Confirm schedule with (sainted) helpers. Man-at-arms over here in 4 days to do deviled eggs. All other company members confirmed for contributions to party in kind and in time. Can cook the turkey and ham at the same time... yea! Photographer will be here about 3:00 p.m. the day of the party for pictures of food. Lunch with friend.

4 days before: Shop for perishables. All dips out of freezer and to refrigerator to defrost. Figure out what to wear for party. Reserve hours between 4:00 and 6:00 for doing nothing except getting self ready! Scratch X-Mas card list... maybe next year. Dinner with friend.

3 days before: More rsvp's on bringing stuff... cold drinks of choice, beer of choice, more chips? Go shopping with VSR guests... leather store? Rearrange furniture to provide more seating. Any last minute house cleaning. Pick up framed art work. Breakfast with friend. Defrost turkey in refrigerator.

2 days before: Clean bathrooms - double check supplies. Photographer type can't come over until 5:30 for pictures... crap, there goes the personal-time schedule. Turkey out of refrigerator to speed defrosting. Bake pies and cakes. (3 more desserts rsvp'd). Move all soft drinks to coolers - ice down morning of party. Double check drink(s) supply. One knight bringing excess supplies, dips etc. left over from another party.

1 day before: Man-at-arms over to do deviled eggs. Guests most of the day.

Day of the party: Prepare and roast ham and turkey at 10:00 a.m. Co-host doing all hot and cold dips. Arrange all party foods and supplies for easy access. Gwynna over in a.m. to bring bread and one hot drink (make sure there's enough room on the counter for her crock pot) - be firm re. haggis rejection. Last minute check on bathrooms. Photographer has glitch in his schedule, will be here late - 5:30. Put extra leaf in table. Break out platters and big punch bowl. Drinks iced. Make room in refrigerator for

people bringing their own drinks. Ice down drinks in cooler. Start arranging foods at 5:00 - guests should start arriving at 6:00.

All of the above and much more occurred during the last 7 days before the party, but don't think it was all unremitant labor. A lot of time was spent socializing, shopping and etc. with friends, reading a couple of good books and in general just kicking back. By 6:00 the day of the party all was in readiness and the host and hostess were relaxed and ready to enjoy.

The key to party crises prevention is through thorough (and leisurely) preparation. Not to say there were not some hectic situations, i.e., the photographs were delayed by about 3 hours and we didn't have to cater to just one artistic tyrant but two! Duke Sir Rift Gorhan Tele arrived from Iron Mountains with his own versions of the perfect camera equipment and photo techniques which of course did not agree with those of Grand Duke Sir Gilos. However there was at least one photogenic cat with a penchant for roast ham and pumpkin pie and this served to distract the two artistes from doing each other serious harm.

Of course the typical potential awkward moments all occurred (The Laws of Murphy). Spilled drinks (kept paper towels handy), an entire glass of margaritas spilled on someone's tunic (it was a dark tunic so it didn't matter all that much but there was spare garb available for just such occurrences), ran out of hot dips (more were ready to heat up) and a couple of guests tended toward over-inebriation. There are at least three possible approaches to the latter situation: 1) Enlist the help of a responsible (and sober) friend, 2) Talk to them personally as in "If you make a scene you will greatly offend me, your hostess. Here, let me take that whiskey sour and give you some coffee." or 3) catch them before they overindulge and tell them you will have them assassinated if they get drunk. Do make sure no one who is driving leaves your home while still under the influence. If necessary arrange for alternate transportation or bed them down on the couch overnight.

Possibly the most painful duty for a host or hostess is to turn away someone who has not been invited. This is true whether the person is plain flat someone you will not have in your house (hey, it happens) or the clutz who doesn't know what "invitation only" means. The most civilized way of handling this is when you open the door and 'pick a nerd' is standing there in all of his or her glorious (and presumptuous) nerd-dom, to simply step outside with the unacceptable person (you don't need to humiliate them in front of the invited guests) and explain that due to space constraints, catering restrictions and scheduling requirements it is not possible to extend your hospitality at this time; could they possibly drop over after the holidays? etc. No matter how you handle it, it is not pleasant but must be done and done as charitably as possible.

The day after the party: If you're smart, most of the worst detritus from the party was handled more or less as it accumulated. If you're lucky, guests will pitch in and help clear away the worst of the litter, dirty dishes and etc. May all their gods grant them grace. Therefore you get to sleep in the day after and rise to something less than total disaster. Don't attempt to put the house totally back in order. Get rid of the disposable garbage, wash the dishes and sit back and enjoy the guests and friends who are either staying with you or who just drop over to enjoy post-party recapitulation. We spent the 'day after' doing just this and capped it off with a pleasant evening of low-stakes card playing whilst munching on party leftovers.

A moral: Parties are for everyone to enjoy, especially the hosts.

GENERAL RULES OF THUMB FOR FEASTS

Feasts, whether held in a hall or at an outdoor event, are difficult, nerve wracking, and an incredible amount of hard work. If well done however, they can provide the movers and doers with an incredible sense of accomplishment. What follows is not so much a set of iron clad rules but rather guidelines which can be adapted and adopted to the particular parameters of your feast.

FOR ANY FEAST

Customarily, the outgoing Crown is responsible for the feast - specifically the outgoing Consort. It is the Consort's duty, if not autocratting the feast personally, to select (read: impress, as in chain gang) the feast autocrat and to work closely with him or her.

The feast autocrat should have, if not prior experience, a whole lot of enthusiasm and good sense, as well as a strong support group. Don't be shy in recruiting a crew to help with the feast. Choose dependable people and ask them (blackmailing, bludgeoning and browbeating are acceptable approaches as are cajoling, cunning and kidnaping) - volunteers are welcome but unfortunately seldom.

Other important considerations:

1. Advertise the feast both by distributing fliers and by word of mouth. All of the feast crew should be knowledgeable regarding the when, where, what time and etc. of the event. The autocrat should be sure his or her phone number is made known to both the hosting kingdom's populace as well as to the monarchy and prime minister of other kingdoms*. Be sure and include exact date, times, location and any site restrictions (an example would be not being able to bring in alcoholic beverages).

*This is an appropriate job for the both outgoing and incoming Consort and Monarch.

2. Collect as much ticket money in advance as possible. Starting a month prior to the feast is not too soon and two months is even better - this will also give you a pretty good idea of the probable attendance and some 'seed money'. The kingdom's prime minister is a good choice for this function as is a dependable member* of the autocrat's crew. Always use a receipt book for those who pay ahead of time! But only have one receipt book - more than one will produce more confusion than anyone wants to deal with. An alphabetical list of those who have paid is also a handy thing to have at the door the night of the event. Advertise a reduced feast price for those who pay in advance, i.e., if the advance price ticket is \$5.00 then the price at the door should be \$7.00.

*The word 'reliable' can be defined as someone who regularly attends Amtgard and who can be trusted to collect and safeguard the money and issue receipts.

3. Have two people designated to take ticket money at the door and provide them with the receipt book (and the alphabetical list mentioned above), just to keep everyone honorable, as well as a table and a couple of chairs. Be sure you have adequate funds on hand to make change for those who pay in cash. Do some research on how many people can be expected to attend and set a reasonable limit on the number of attendees. When the limit has been reached, close the doors to the feast hall. It is unfair to those who pre-pay for you to not have enough food to go around. Tell people of any attendance limit well before of the feast - it will encourage people to pay in advance.
4. The autocrat can ask the monarch and the prime minister for advance money if necessary and then repay the treasury out of the feast proceeds. All receipts for feast expenditures must be kept and then submitted to the monarchy/prime minister after the feast regardless of receiving any advance money from the club's treasury or not.
5. After you have determined your feast budget, get the most for your money when choosing the feast hall. Size of the hall, kitchen and seating facilities, the possibility of advance feast set-up times and post feast clean-up times, the availability of a sound system, lighting, heating, can you hang banners and etc., hours of occupancy permitted, required security arrangements if any, if liquor can be brought to and consumed on the premises, and etc., etc. Balance what you are getting, and not getting, for your money. Insufficient or inadequate facilities can be compensated for in some degree if the price is right, i.e. not enough refrigerator space - bring some coolers.

Possible sources of feast halls are fraternal and service organizations, commercial feast halls, churches, grange and union halls, schools, barns, large outbuildings, apartment complex party rooms or park shelters. Feasts have been successfully held in private homes and/or back yards but there is always the consideration of property damage for the host to consider. No matter where the feast is held, it is Amtgard's responsibility to leave the site as clean or cleaner than the original condition.

INDOOR FEASTS

First of all, get an estimate of the probable attendance. If an indoor feast, reserve a hall of adequate size well in advance of the event.

Secondly, select a experienced autocrat who can recruit a team of dependable people and assign to them their specific duties, i.e., cooks, helpers, servers, and maitre de*.

Thirdly, plan a menu that is tasty and, above all, easy to prepare and serve and that is well within your predetermined budget. If you are charging for the feast, remember that the feast tickets should at least reimburse the costs of the food and hiring the hall. If you're really organized and shop wisely for both the hall and food, you'll make a little over and be able to enrich your group's bank account. Don't be shy about asking for donations of food dishes from other Amtgarders.

The following is one example of successfully hosting a 50 person feast:

Determine your menu and your per-serving cost in order to establish a budget. Purchase all foods as cheaply as possible. Recruit at least 1 cook and 1 helper for every 25 people. Have 1 server per table (if it's a sit-down feast) and 1 maitre de to oversee the entire operation - the maitre de is in charge of the tactical part of the feast just as the cook is in charge of the kitchen. The autocrat is the strategist and should also utilize him/herself as a 'floater' ready to solve problems and/or fill in as necessary. The arithmetic figures out to about 10 people to feed and serve 50 people. That's only a 1 to 5 ratio which, if you think about it, isn't really all that difficult. Coordination is the real key to an enjoyable feast.

Servers should devote their attention solely to 'their' table. They need to get the food to the table quickly, replace empty serving dishes with full as required, insure that fresh breads, fruits and etc. are replenished, and remove any disposable detritus both as it appears and after the feast is completed. **Note:** Servers, you are going to get in peoples' way - this is a universal fact. However you can interfere with impunity if you keep 2 simple rules in mind, to wit: 1) Always ask permission ("M'Lord/M'Lady, may I remove that for you?" or "May I provide the honored guest with additional fresh breads?") and 2) Smile, smile smile! (Throwing in a small bow or curtsy doesn't hurt either.)

Cooks and their helpers need to coordinate the heating/cooking of dishes, get the hot foods to the servers immediately, clean up continuously as they go and not hesitate to yell for help to the autocrat if required. Trust me, help is inevitably needed, i.e., the oven doesn't work, the main dish isn't here, we don't have any serving spoons/dishes, killer goats have eaten all the salad, the cook is having labor pains and etc.

*The maitre de coordinates the servers, spots and solves problems before they reach the critical stage, (we need more bread and butter at that table, the monarch's table doesn't have enough of the main dish - kindly get another platter from the cook, the rowdies at the middle table are finished eating already and getting restless - shove some dessert in front of them, court will be starting in 30 minutes; let's get the tables cleaned and etc.) and coordinates between the cook(s) and the servers and well as helping out if she/he can without taking attention from the main job which is feast hall tactics.

The autocrat is ultimately responsible for the entire feast and all feast procedure! All problems before, during and at the feast should be solved by the autocrat if the loyal staff can't solve them on their own (an excellent reason for recruiting talented people, incidently). The autocrat's motto is be prepared for almost anything and you won't be disappointed.

HELPFUL HINTS:

Put 2 platters/bowls on each table of the main dish and 3 to four containers of the side dishes. Be sure to provide adequate serving utensils. Serving dishes, cook wear, platters and utensils can be borrowed if they are marked with the owner's name. **NOTE:** You can improvise somewhat for serving dishes and platters. Those medium to large styrofoam trays from the meat department of your local grocery store, if washed and covered with foil, make decent and disposable platters - ask people ahead of time to save them for you. You may have to nest two or more for serving heavy meat dishes. Large butter tubs can also be covered with foil or, better yet, concealed in a basket of appropriate size and used to serve side dishes of vegetables, etc.

Serve breads and cheeses uncut and provide a knife so people can serve themselves. There is nothing more disgusting or unappetizing than dry bread or stale and/or slimy cheese. Uncut, these foods will

tend to keep their freshness and appeal. Besides big rounds of cheese and hot rolls (served cloth covered and in a basket by the way) look very 'period' and add to the over all ambiance of the feast. Cheese and bread can be served on cutting boards.

If the main dish is a protein, and it probably will be, figure about ½ pound of light meats such as turkey, seafood, fish, pork or chicken per serving - a little less than that for red meats.

Have many small bowls/plates of appetizers, butters, jams, jellies, accent dishes, etc. on the tables to go along with the breads and cheeses and later with the main dish (keeps the 'rabble' busy while you're busting your butt to get the major stuff cooked and served).

Plan the menu to take advantage of dishes that can be precooked then warmed up at the feast and/or pre-assembled meals that merely need to be uncovered and served. **Note:** If someone states a dietary restriction such as being a vegetarian, allergic reaction to certain foods or food avoidance due to religious conviction, congratulate, sympathize and commiserate, in that order then tell them (nicely) to kindly provide their own food. This is a feast, not a hotel and not a hospital. Incidentally, the more obnoxious of these people, will probably ask that you waive their feast ticket money. **Don't do it** - they can eat at home if they want to. Why should Amtgard entertain them for free?

Servers, in addition to serving, should alternate serving functions with detritus removal patrols of each table. The motto for both cooks, helpers and servers should be "clean up as you go" - don't save it all for one exhausting (and very inefficient) procedure at the end of the feast. **Note:** With the possible exception of a buffet-type feast, do not allow the feast crowd to dispose of their own paper plates and etc. All this does is create a lot of traffic jams around the tables which interferes with the servers. Do have discretely placed but readily available garbage containers.

Decorate the hall - get some ambiance working for the feast but be very careful on the use of open flames. Encourage individuals, companies and households to bring banners for the walls and to 'dress' their tables. Appropriate mood music is also a good idea. Live entertainment is excellent **if it's excellent**. Remember the whole idea of a feast is to celebrate and enjoy, not to have one's ears and/or vision assaulted and offended.

All feast personnel, including the autocrat and the maitre de, should pitch in and make sure the feast hall is pretty well cleaned up within 30 minutes or less from when the monarch's table is finished with the last course - the final clean up can wait a bit. The obvious reasons for this are, to wit: You don't want to be wiping off tables or removing used food while court is going on and the feast personnel will need a couple of minutes to spruce up a bit, slip into a clean tabard, etc. because the outgoing courts' first item of business should be to call everyone who has worked on the feast forward for recognition and sincere thanks for the excellent meal and service. If the monarch and consort do not do this, vote the insensitive, unappreciative, ill-bred, ignorant slobs out of office (if you haven't done so already)!

Things you do and don't do at a feast

1. **Do** give out awards by the outgoing monarchy. **Don't** allow visiting monarchs to give out awards to peoples in their kingdoms. Hey, this is your kingdom's court - if the visitors want to present awards let them do it at their own courts. The only possible

exception I can think of is when a visiting monarch wants to make a very short comment on an exceptional achievement by someone. A good example of this is when His Majesty Wolfram Bloodletter gave a brief announcement at the Clan 14 court of Sir Kane's contributions and victory at the Interkingdom Olympiad.

2. **Do** introduce all visiting dignitaries. **Don't** personally introduce every single out-kingdom visitor - a general introduction is fine, i.e., "and we welcome the visitors from pick-a-kingdom, barony, etc.". (Herald, it is part of your duties to ferret out this information and provide it, in written form, to your monarch prior to court.)
3. **Do** have a competent herald to assist with scheduling the court. The herald should interview all dignitaries and write down and announce the particular 'business before the court' at the appropriate time. **Don't** permit every person who wants to thank their pet dog for whatever to take up the court's time and bore the populace to death. You wouldn't believe some of the things people want to drone on and on about in front of a captive audience - or maybe you would. The herald must be prepared to be an absolute, gold plated, revolving s.o.b. on this subject. Get specifics, set time limits, enforce time limits, Oh Herald. Find out exactly what the 'business' is and if it's inappropriate disallow it - nicely if at all possible. I recently heard of an Althing held at a crown feast - honest! I still have trouble believing that one. When in doubt, consult with the monarchy.
4. Related to item 3 above: **Don't** allow public protests, bitch sessions, impassioned pleas for truth, justice and the Amtgardian way to be presented at court - not only inappropriate but borrrring! Refer these people to the proper venue for their grievance.
5. **Don't**, when presenting awards, end up calling one person up 15 times for 15 awards. **Do** group the awards per person.
6. **Do** make sure to poll club officers, guild masters and reeves prior to the event for suggestions as to who has achieved award potential. **Don't** give out awards wholesale for minor or insignificant achievement - you cheapen not only the award but, more importantly, anyone who has ever received the award in the past. Awards are for exemplary service. (I'm sorry, folks, being in charge of carrot chopping at a feast just does not rate a rose.) And for the god's sake, except for deliberate humor, **don't** create mini-awards - the so-called 'petal' is laughable. This route leads to all sorts of silly things, i.e., how about a 'scale' so you can work your way up to a real dragon? I can't imaging how many petals to a rose, much less the number of scales in a dragon!
7. **Do** keep both outgoing and incoming courts as short as possible. Considering the awards-given situation for the outgoing people, that portion of the court is always going to be longer than the incoming court. A reasonable time limit would be 1 hour for the outgoing and ½ hour for the incoming. **Don't** allow more than 1 and ½ to 2 hours for the entire court procedure. (I have recently attended some 3 and 4 hour courts. I'd rather party and, except for the bombastic few who love to listen to the sound of their own

voices, so would everyone else.) It is the outgoing and incoming Monarchs job to control time limits.

8. If you are the incoming Monarch and Consort, **Do** thank the outgoing court, feast personnel, those who were astute enough to vote you into office and all visitors. **Do** give a brief statement on the plans for your upcoming reign - keep it short and sweet. **Don't** let your portion of the court extend for more than 30 minutes, then dismiss the populace to revelry and make sure to descend from your table and mingle with everyone, giving personal thanks whenever possible to those who participated and/or attended. Suitable background music and/or non-compulsory* entertainment is appropriate at this point.

***Don't** insist that everyone stop having fun to listen to your favorite bard sing your kingdom's national anthem. Entertainment should be available but not compulsory.

9. **Don't** allow any slob who feels like it sit at the crown table or at tables reserved for visiting royalty. This reflects very badly on your kingdom. The head or crown table in particular should be exclusive to royalty - no visiting dukes, self important prime ministers or the latest girlfriend of King Clueless. **Do** mark the tables as reserved and **do** firmly and immediately escort the aforementioned slob away from the tables or, if necessary, out the door. If the herald can't do this, the captain of the royal guard should be designated this chore.

10. **Don't** have the entire royal guard stand in front of the head table - the populace deserves to see what is going on; after all, they voted you into the office. **Do** have one or two members of the guard to the sides of the table so they can readily step forward and repel assassins, assist the herald or otherwise make themselves useful to the smooth running of the court.

Buffet -style feasts and outdoor feasts

Buffet feasts are handled much the same as the sit-down variety except the servers get to either stand behind a table and serve or simply keep an eye on the food and replenish from the kitchen as necessary. Servers will still be required to do periodic garbage patrol at the tables but large garbage containers should be provided so that most of the detritus will be disposed of by the feasters themselves.

Outdoor feasts are usually buffet style and handled much the same as the indoor version but beware, the exigencies of outdoor cooking are added to the already heavy responsibilities of the cooks. Make sure you have adequate facilities for the cooks, i.e., stoves and fuel therefor, tables on which to prepare the food, utensils, light to see by, adequate cooler space, plenty of water, dish washing facilities, provisions for the disposal of garbage and etc., etc., etc. In other words everything you would take for granted in a civilized indoor setting will need to be provided. **Note:** Don't get ambushed by altitude differences. If the site is in high mountains (4,000 plus feet above sea level) remember that all cooking times will be increased. Also, if it's very cold and/or windy be prepared for lessened efficiency from your heat sources.

It is also strongly suggested that the nearest source of civilized amenities, i.e., the closest grocery or convenience store, be identified as to location and hours of operation. One trusty soul should be designated to buy and fetch if needed.

The food logistics alone of an outdoor or event feast can be formidable. One-dish recipes are to be strongly recommended, especially those that can be prepared from dried ingredients or can be made up ahead of time, frozen and transported to the feast site to be reheated. And if the one-dish approach strikes you as somewhat less than elegant, be advised that even the most simple of foods, if well cooked and served hot, tastes like the food for the gods in an outdoor setting. **Note:** Hosting the outdoor feast always requires more personnel so plan accordingly.

Pot luck feast - The easiest feast of all

For this type of feast the outgoing court usually provides the main meat dish. All side dishes, desserts are as a pot luck. This feast is best served as a buffet. It is essential that the autocrat control the types of side dishes by signing up people, or companies, or households for a specific dish otherwise you can, and probably will, end up with 15 desserts, 3 identical salads and no hot dishes at all. The sign up sheet for a 50 person feast should be something like the following:

Mid-Reign held at the VFW hall at 142 W. Elm on November 19th at 8:00 p.m.

The Crown is providing two 25 pound baked hams for the main course. The following dishes are needed:

HOT SIDE DISHES TO SERVE 10 TO 20 PEOPLE:

Dish	Provider and their phone number
1. Green beans	1. _____
2. Hot corn	2. _____
3. A potato dish	3. _____
4. A pasta or rice dish	4. _____
5. Green peas	5. _____

Do the same for 1) Cold side dishes, 2) Breads, rolls, butter 3) Aperitifs and 4) Desserts. Make sure that all the foods on the list go pretty well with your main dish, in this example baked ham.

Now obviously you can substitute and adjust to a great degree. If Lady Bunweed wants to bring a 50 person serving of her delicious Cherries Flambe, by all means let her do so. But if, after graciously accepting Lady Bunweed's generous offer, you let Mistress Finebuns bring 500 chocolate brownies, your feast is going to be seriously overstocked with desserts. The autocrat must maintain the balance of the menu. If you find you are running short on hot side dishes, drop your pride and ask someone to bring a hot side dish. If nothing else ask people to bring canned or frozen foods that the cook can heat up, spice up and pretty up at the feast. (And, yes, you do need at least one head cook at a buffet.)

As an incentive for people to bring dishes to a pot luck feast, you might try running a contest for best hot dish, best dessert and etc. It's easiest if you let the Crown table judge this rather than a total vote of all feasters. Prizes are up to the Crown but could be good bottles of wine, some nice feast gear, etc.

Feast banes - The rice and the vegetables

How many feasts have you been to where the rice was inedible and the vegies disgusting? I'm not sure there is a cure for the 'rotten rice' syndrome, with the exception of a rice dressing (see page 163) but even canned vegetables can be transformed into something other than 'eat them; they're good for you.' You are, after all, not at the blasted feast to eat something that is good for you, you're there to pig out! Try some of the following suggestions:

Sauce for green beans: While the beans are cooking or warming up, fry up some bacon pieces (about 6 to 8 slices per can or package of green beans) with about 1 tblsp. of grated onion. You may want to start cooking the bacon first. Pour off all the fat except for about 3 tblsp. Add to the pan $\frac{3}{4}$ cup of either the green bean liquid or some chicken aspic (bouillon + water can be used in a pinch), 2 tblsp. vinegar and 1 tblsp. sugar. Bring just to a boil then remove from heat and pour over the cooked, drained green beans. **NOTE:** This sauce can be made ahead of time to save you some hysteria during the feast.

Generic vegie sauce: For every 3 or so cups of cooked vegies, heat on low 1 can of cream of celery, cream of asparagus or cream of mushroom soup. Add 3 tblsp. of real butter, 3 tblsp. of chicken aspic or bouillon and some chopped up chives or parsley (fresh is preferred but dried can be used). Pour over hot vegetables and serve immediately.

Quick 'n Dirty: Pour some hot, melted butter or margarine over the hot vegies, toss lightly and sprinkle with seasoned salt. Serve immediately.

And while we're at it, how about dressings for salads? I don't know if you've noticed but the price of salad dressings is outrageous - even the 'mix your own' dressing packets are priced incredibly high if you figure out the per-pound cost. The following recipes are for two basic dressings, both of which are cheap, easy to make and easy to customize to your own specific tastes.

BASIC DRESSING NO. 1 (Makes 1 cup and can be easily enlarged to 4 cups)

You will need: 1 pt. jar with lid
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. ground pepper (freshly ground is best)
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ tsp. regular hot dog mustard

Put everything in the jar and shake well. **Note:** Kindly put the lid on the jar first. When well blended take the lid off the jar, add $\frac{3}{4}$ cups salad or olive oil, put the lid back on the jar, shake some more and refrigerate. Keeps forever.

You can add a great variety of ingredients to the basic recipe. Try 1) herbs and/or garlic but only leave them in the dressing for about a day - after 24 hours all the flavor is transferred to the dressing and fresh

herbs start tasting really bad. Strain them out., 2) 1 tblsp. Worcestershire Sauce, 3) 1 to 2 tblsp. of Roquefort or blue cheese, 4) ½ tsp. of dry mustard, a little more salt and pepper and some tarragon or basil (again, fresh is best but dried leaves can be used. Remember to strain out fresh herbs after a day of refrigeration.), or 5) 1 to 2 tblsp. of horseradish.

For a fruit salad dressing try 3 to 4 tblsp. of lemon or lime juice in lieu of the vinegar in the basic dressing.

BASIC DRESSING NO. 2

You will need: 2 pt. jars with lids
¼ cup white vinegar (white wine vinegar is best)
3 cloves of garlic (or the equivalent of chunk or paste garlic)
1 tsp. of dried leaf oregano
½ tsp. of dried leaf basil
½ tsp. of dried dill weed
¾ cup oil
1 scant tblsp. of lemon or lime juice

Put everything into 1 of the lidded jars, shake well and let steep for no more than 1 hour. After steeping, strain mixture into the second jar (throw away the herbs and garlic), add ¾ cup light cooking oil or olive oil and 1 scant tblsp. of lemon or lime juice. Again, keeps almost indefinitely in the refrigerator.

The large, completely intimidating feast

Provisions for large feasts can be figured by simple addition of the parameters already given for the 50 person feast. However I strongly recommend prior feast experience before taking on 100 (plus) people meal. For that matter, hosting dinners at your home for 10, 15 then 20 people is invaluable experience before handling even a 50 person feast. Start out with a hot dog party after Amtgard (or even at Amtgard - hot dogs at the park around noon could be a lot of fun). Follow up a couple of months later with a combined birthday party, a gaming party, an open house if you've just moved. Open yard parties, open garage parties and open refrigerator parties are not unheard of. Any excuse will do to get people together for some fun and will enlarge your hosting, cooking and serving talents.

Many of the recipes in this cook adapt well to feast-fare but if you are planning on a really large feast, the following is one suggestion for the main dish:

ELEPHANT STEW:

This recipe is by Peggy Kanous, courtesy of A. Donnelly. (And yes, this is yet another member of the infamous Donnelly clan. This person's very existence has been concealed, for lo these many years, because of a sincere wish to spare Amtgard the unwonted pain and suffering attendant on the dreaded 'Donnelly Overexposure Syndrome' as witness your reaction to the following recipe):

You will need: 1 elephant

Brown gravy
2 rabbits*

Cut elephant into bite sized pieces - this will take about 2 months. Add enough brown gravy to cover. Cook for about 4 weeks at about 435 degrees. Recipe will serve 3,800 people.

*If more are expected, 2 rabbits may be added. Do this only if necessary as most people do not like to find rabbit hair in their stew.

INTERESTING TRIVIA DEPARTMENT - A FEAST FOR A FRANKLIN **Maggie MacGregor, Pegasus Valley**

Maggie sent us a veritable plethora of highly amusing, totally period recipes of which only 1 word in every 10 is intelligible to our modern (uneducated?) ears (Do you know what a stewed feysaund is? How about [the] pety perueis may not be exiled?). However at the end of her communication there was a list of foods served at "A Feast for a Franklin." Give it a look and then consider how simple Amtgard feasts really are!

So here's the menu: bacon, peas, beef, boiled chicken, roast goose, capon, veal, rabbit, fritters, spiced pears, bread and cheese, spiced cakes, and mead. Fish dishes include minnows, oysters, porpoise, seal, pike, shrimp, perch, with jelly, dates, quinces, pears, and white rice. Next followed a list of many sauces to include mustard (highly praised); vinegar, sour wine, cinnamon, garlic and pepper, cinnamon and ginger, green sauce (herbs and bread crumbs), vinegar, pepper, and ginger.

So ends this edition of the Amtgard Cookbook & Etc. As a contributor and as editor, I hope you have enjoyed reading it and find the contents of use.

Countess Dame Gwynne of Tarnlea, Kingdom of the Burning Lands

REFERENCES AND SOURCES

The sources for the contents of this book are of course Amtgarders but some reference works were consulted just to be sure the facts and definitions were accurate. They are as follows:

The New Professional Chef., 5th Edition. Van Nostrand Reinhold, 115 Fifth Avenue, New York, NY 10003.

Webster's New World Dictionary of the American Language. Second College Edition, Times Mirror, New York, NY.