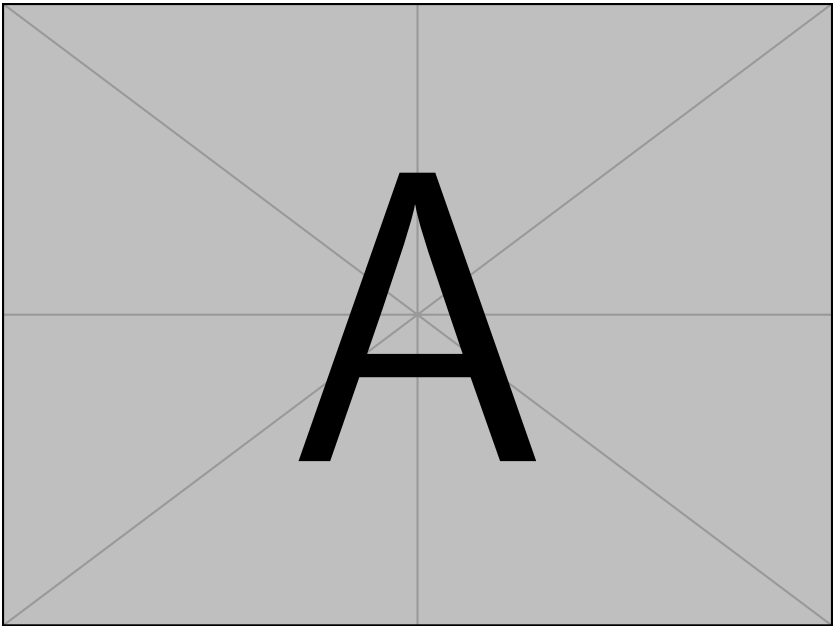


Cooking at 827





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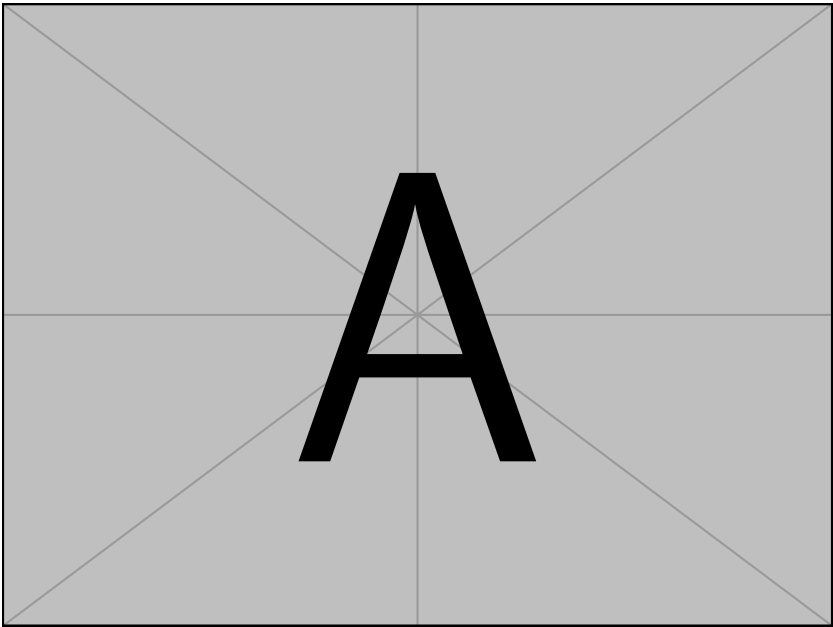
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# **Chapter 1**

## **Salads**





## 1.1 Imom bayaldi

*Nancy remembers her grandparents (Azniv and Yesia) serving this dish on Easter.*

- ~> 2 large eggplants
- ~> 1 green pepper
- ~> 2 medium onions
- ~> 1/4 c chopped parsley
- ~> 1 tomato
- ~> 1/2 c olive oil
- ~> 1/4 t basil
- ~> 1 can tomato sauce
- ~> Salt, pepper, garlic to taste

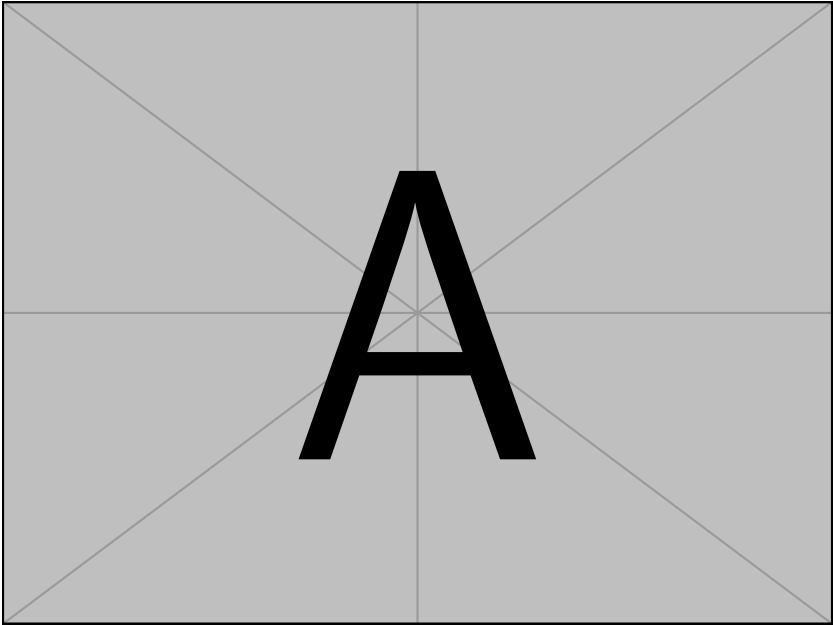
Cut eggplant lengthwise into quarters (8 pieces). Cover with salt and let stand 30-60 min

Dice green pepper and onions and saute in part of the olive oil. When soft add parsley, chopped tomato and seasonings and cook for 4-5 min

Rinse off eggplant, dry with towel Brush well with olive oil and place in hot (450) oven until light brown Remove from oven

Slit eggplant from end to end and fill with stuffing Arrange in baking pan Pour tomato sauce over Bake at 375 for 30 min

Serve cold on lettuce leaf



## 1.2 Jajikh

*Cold Cucumber Soup. Great to cool you down, can be a topping or eaten directly as a soup.*

Armenian Cucumbers (Goutah) are preferred if possible.

Serves four.

- ~> 2 cucumbers
- ~> 3 cups madzoon
- ~> 1 clove garlic, crushed
- ~> 1/4 teaspoon salt
- ~> 1 tablespoon crushed mint
- ~> 1 cup cold water

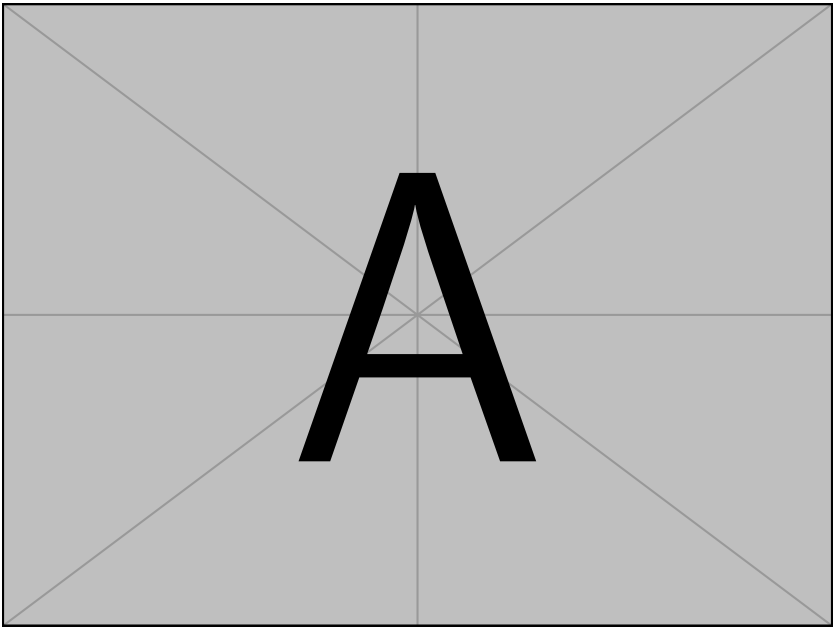
Cut peeled cukes into quarters lengthwise. Holding all four sections together, cut thin slices across the width of the cuke.

Mix madzoon and water together in a medium-size bowl until smooth.

To this liquid add cucumber, garlic, salt, and mint stirring gently to mix.

Place some ice cubes in the bowl, cover it with a lid or cellophane wrap and refrigerate the mixture for a few hours.

Stir Jajikh just before serving and pour it into individual bowls topped with an ice cube.



## 1.3 Aspik

*Nancy learned of this recipe while working at the American Dental Association in Chicago.*

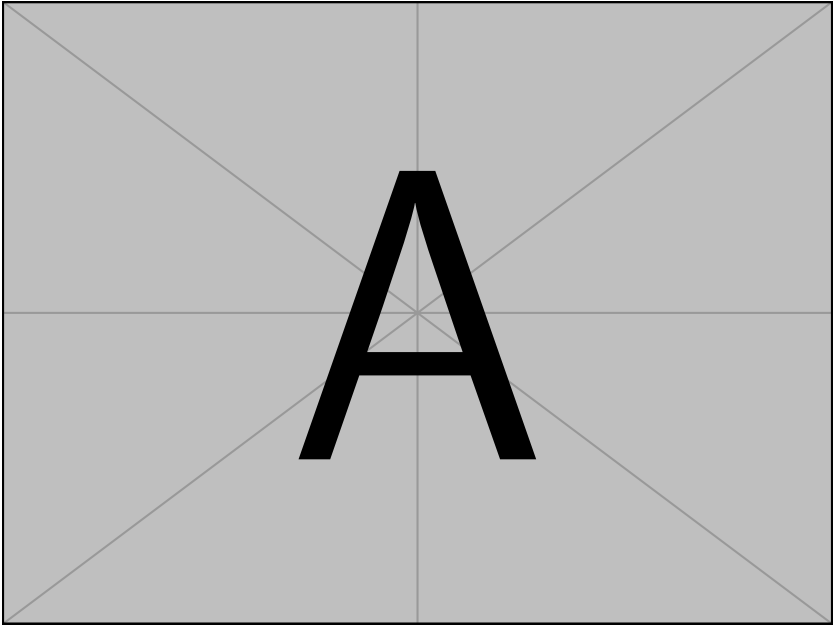
Cut 1 can stewed tomatoes into fine pieces with scissors.

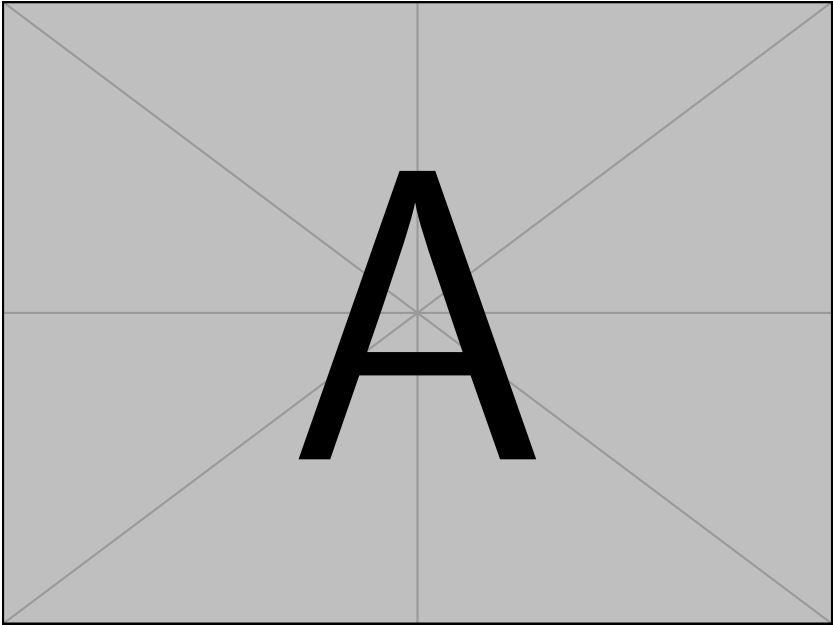
Cook above with 2 T vinegar, bring to boil, low heat 5-7 min.

Stir, Remove from heat.

Add 1 pkg lemon jello.

Cool until stiff.





## 1.4 Rickie/Wiepske Salad Dressing

*Nancy enjoyed many meals with the Larson family in New York City.  
Mainly french cuisine.*

- ~> 3 T oil
- ~> 1 T vinegar- wine
- ~> Sprinkle Magi
- ~> Dash salt and pepper
- ~>  $\frac{1}{2}$  t Dijon mustard
- ~>  $\frac{3}{4}$  T mayonnaise

Mix together to form dressing.

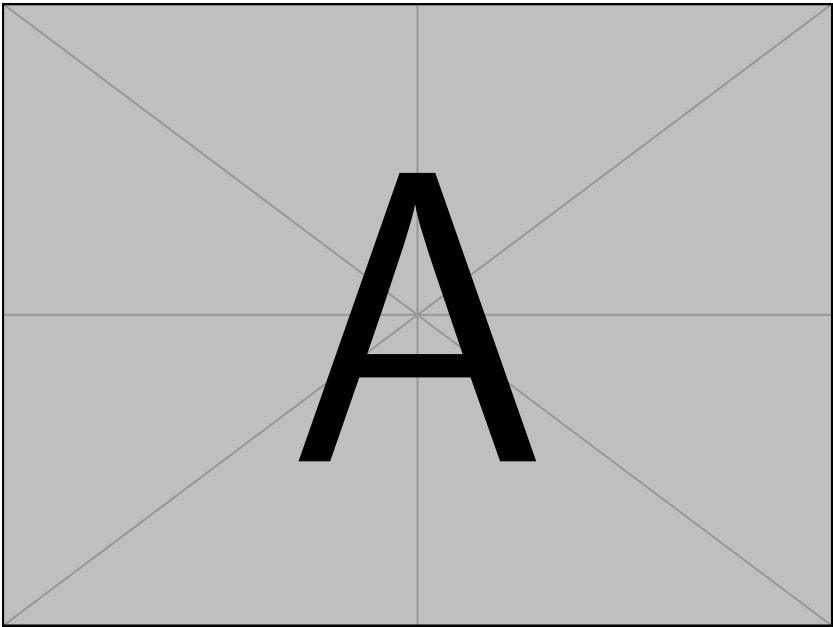
Add JUST before serving.

Best served with butter lettuce



## **Chapter 2**

# **Sides**



## 2.1 Armenian potato side dish

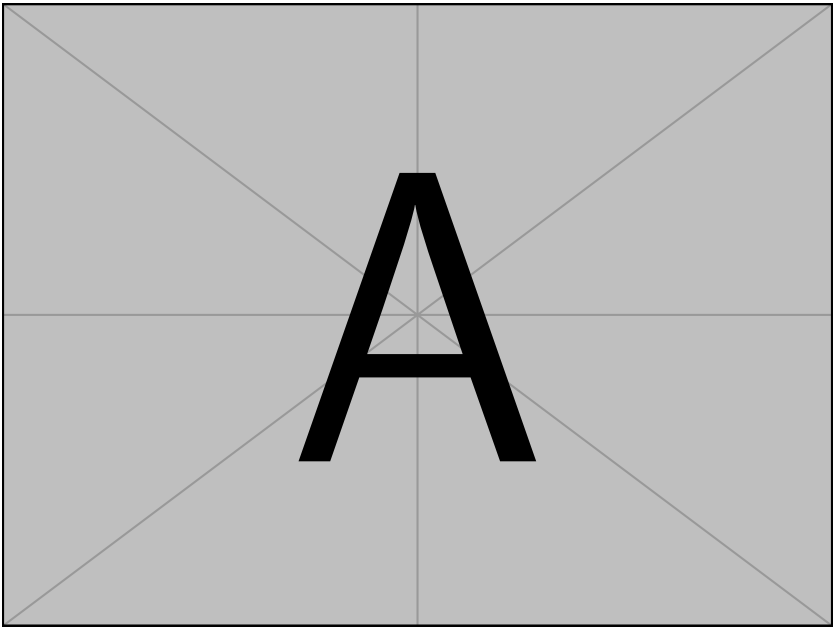
*Seen on Chef John YouTube channel, loved.*

- ~ ¼ cup salad oil
- ~ 4 cups diced, uncooked potatoes
- ~ ¼ cup tomato pulp
- ~ ½ cup water
- ~ 1 1/2t salt (could be reduced)
- ~ 1 t paprika or white pepper
- ~ 1 entire garlic (could be reduced to 1-2 cloves)
- ~ 1 bunch parsley or 1T dried parsley Could also use ¼ cup green onions instead of any garlic or parsley

Mix the above ingredients in the order given

Bake in covered dish at 325 degrees for 40 min

Serve warm



## 2.2 Crab Rangoon

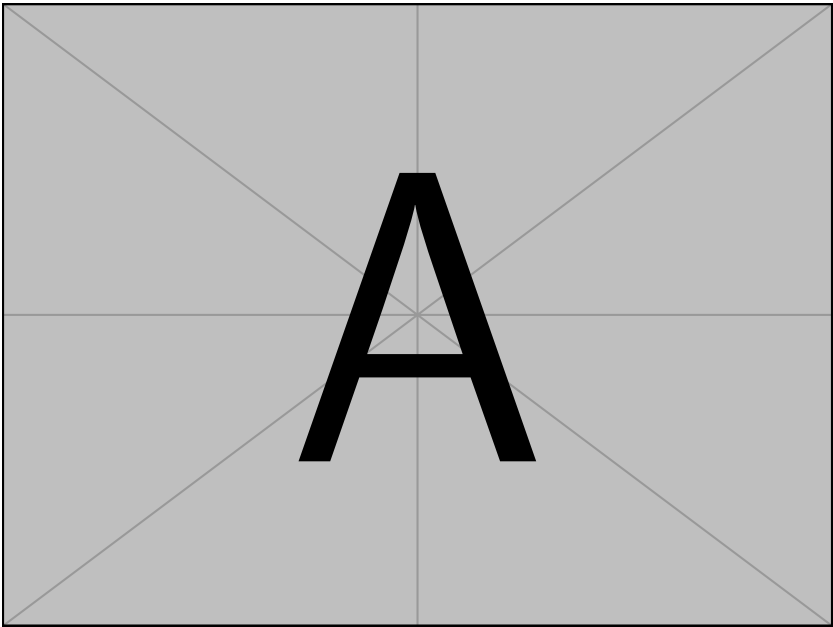
- ↪ wanton or eggroll wrappers, cut into fourths
- ↪ cream cheese
- ↪ crab (optional)
- ↪ vegetable oil

Place cheese in center of dough.

Wed edges of dough, seal.

Fry in 1 inch oil (325 deg F) till golden.

For sauce, try mixing equal parts apricot preserves and red french dressing.



## 2.3 Pilaf

*Staple side-dish for Armenian meals.*

Serves 4

Brown handful of vermicelli in  $\frac{1}{4}$  cube of butter.

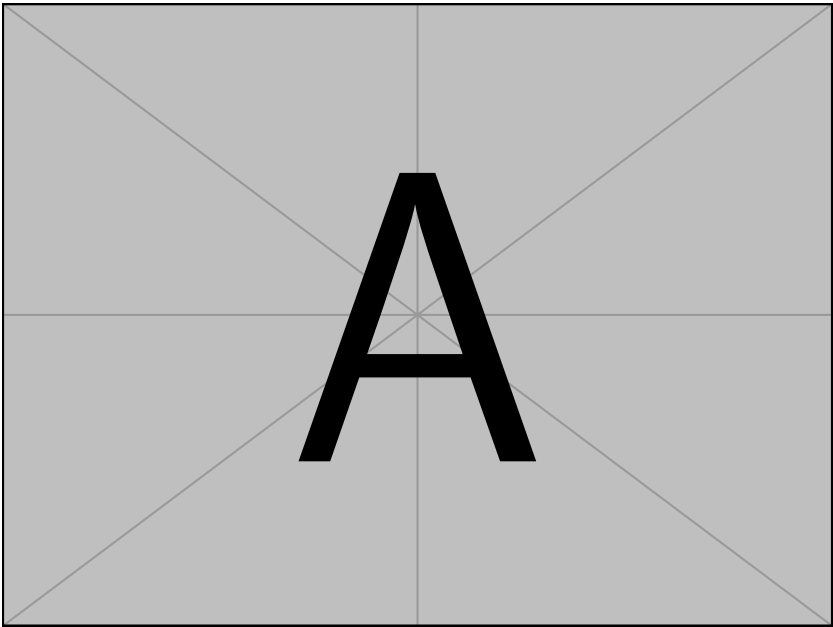
Add one cup rice.

Add two cups fluid- chicken broth or water.

Bring to boil and add salt and pepper.

Cover with tight lid and put on low heat for 20 min.

Check at 15 min and stir slightly.



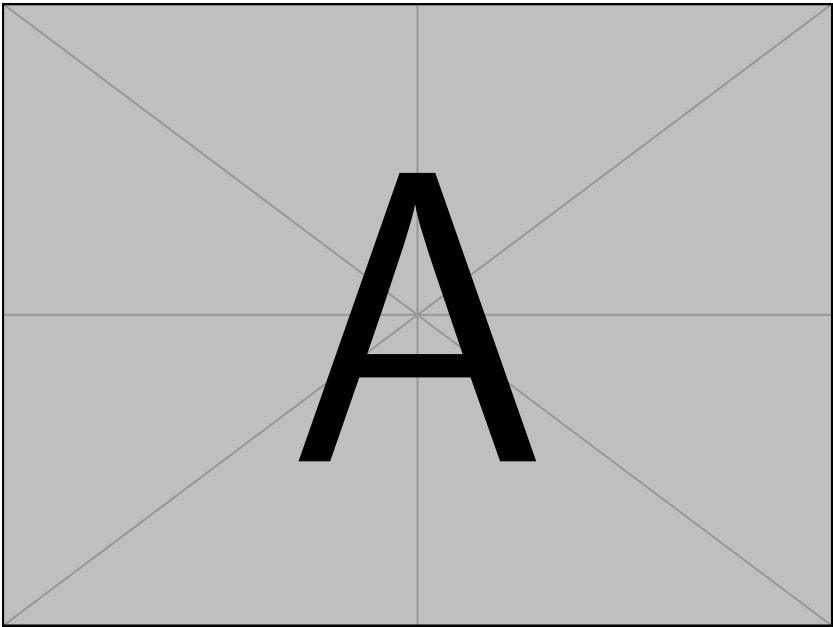


## 2.4 Beets

*Nancy's favorite vegetable.*

Beet green recipe (from harvesting to eating) Entire beet preparation

Cut the root part from the green part leaving 2 inches on the roots. Do not remove the other parts of the root. Wash the roots and put them in a bag in the refrigerator- eat within 7-10 days of picking Beet top preparation Rinse in cold water Drain Rinse again Cut into bite sized pieces (2 inches- removing stems which are heavy) Put into a bag and store in refrigerator until use- should not be longer than two days from picking Beet top cooking Cook one or two pieces of bacon on medium heat until brown Add  $\frac{1}{2}$  onion- chopped (I used red) cook 5-7 min on medium heat until onion is tender Add 1 clove of garlic Add  $\frac{3}{4}$  cup of water Add 1 T sugar Add small dash red pepper flakes Bring to boil Add beet greens- stirring to coat with other ingredients (can add fresh chard as well) Cover and cook 5-15 min on medium heat Add 3 T vinegar SERVE Beet root cooking Leave the beets whole with 2 inches of stems at the top and root ends at the bottom. This prevents the red color from seeping out into the water [and all over the place too!]. Place in a saucepan covered with salted water to taste (with at least 1 tsp of vinegar). Boil until tender [usually, 30-45 minutes, depending on the size of the beets]. Boiling can take up to 60 minutes for larger beets. Drain and run cold water over beets. The skins will slip right off with the root ends, but make sure you wear kitchen gloves so your hands don't turn red. Could season with salt, pepper, lemon juice, butter, vinegar, oil To serve, you can add melted butter, salt and pepper, basil, savory, caraway seeds or sprinkle with minced chives or parsley, lemon juice, vinegar, oil



## 2.5 Brussel Sprouts

*A vegetable side that everyone in the family enjoys.*

- ~> frozen brussel sprouts
- ~> 1 Tbsp onion powder
- ~> 1 Tbsp garlic powder
- ~> 1 tsp salt
- ~> 2 Tbsp lemon juice
- ~> olive oil

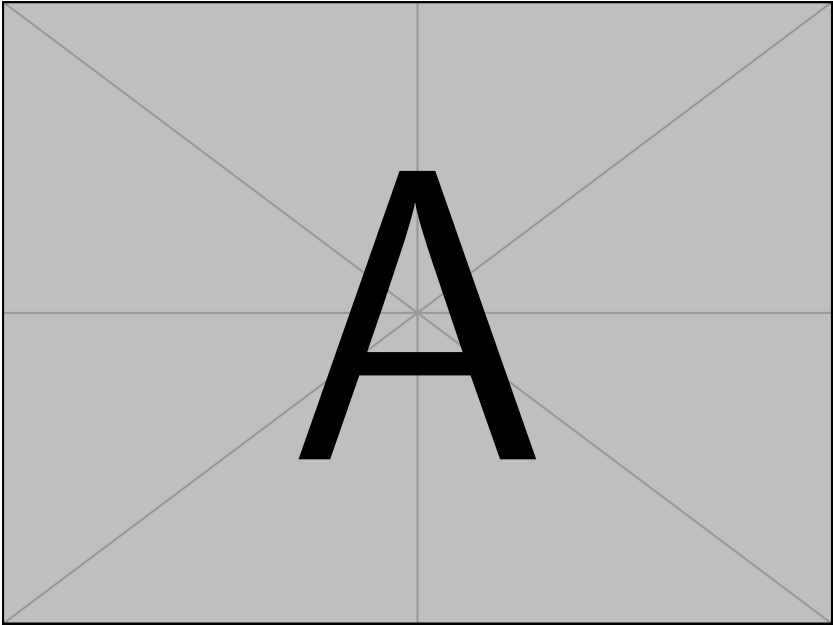
Get skillet very hot with olive oil.

Add frozen sprouts.

Partially cover, high heat, stir to coat with oil then leave alone until bottom side darkens. Stir and darken some more (make sure sprouts heated). Add onion powder, garlic powder, salt and stir.

Add lemon juice, cover tightly, and quickly turn off heat. Keep covered for 30 seconds and then remove lid. Sprouts should be mostly dry.

Serve hot.



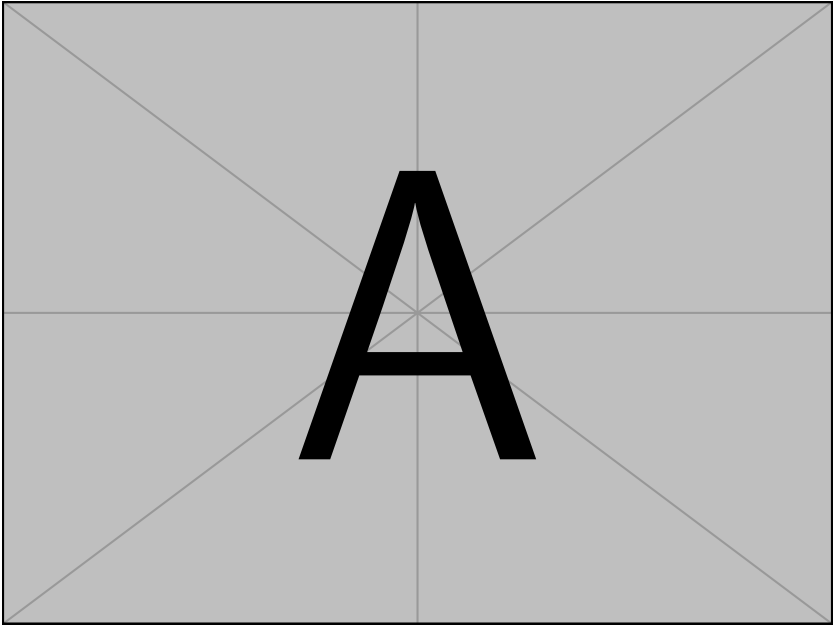
## 2.6 David's Mashed Potatoes

- ~~ 6 medium potatoes with light brown thin skins- called a variety of names
- ~~ 3 carrots
- ~~ 6 Tbsp butter
- ~~ salt
- ~~ pepper
- ~~ parsley (optional)
- ~~ dill (optional)

Peel and cut the potatoes into 3 inch cubes. Peel and cut the carrots lengthwise into fourths.

Put potatoes and carrots into water and boil until tender (not long). 10 minutes or so. Remove when firm and break up into chunks for chunky style or cook longer and mesh until smooth.

Drain well, add butter and spices.



## 2.7 Betty's String Beans

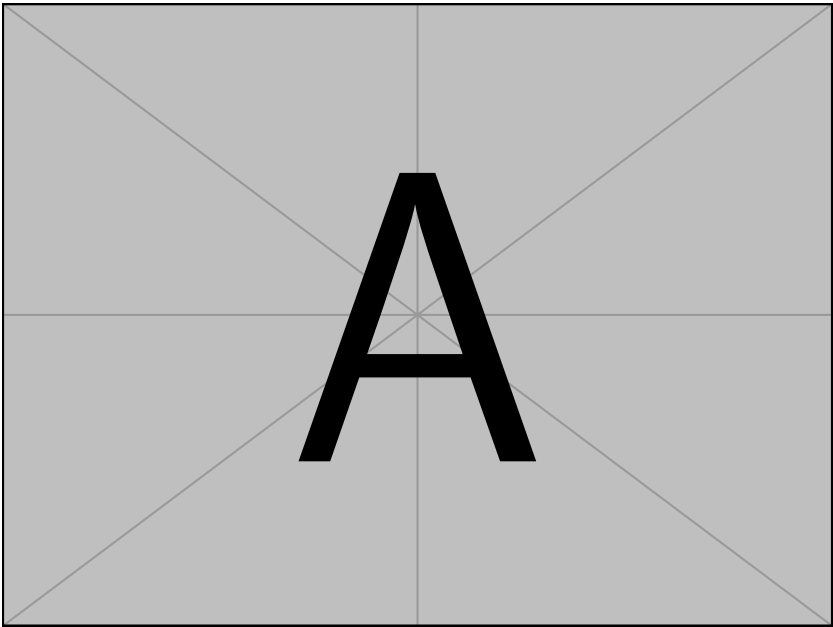
*Quick and good from Betty.*

Brown bacon- three slices

Remove bacon and wilt onion in bacon drippings- one large onion

Add bacon, string beans, salt, pepper, water

Cook 7-20 min



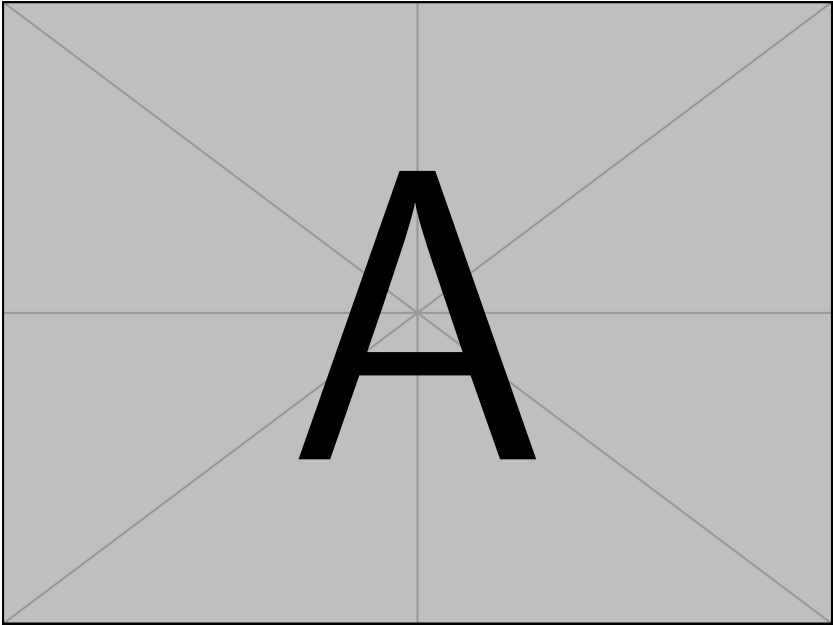


## **2.8 Boreg**



# Chapter 3

## Main



## 3.1 LomAGoo and Buckwheat Pancakes

*Long-time Thompson family recipe. Lore: only cook in the winter, bury batter in the backyard to use again next year. A “pioneer family recipe”. The Thompson clan enjoys making the in-laws eat this very bitter, salty meal.*

### Ingredients

~> Buckweheats

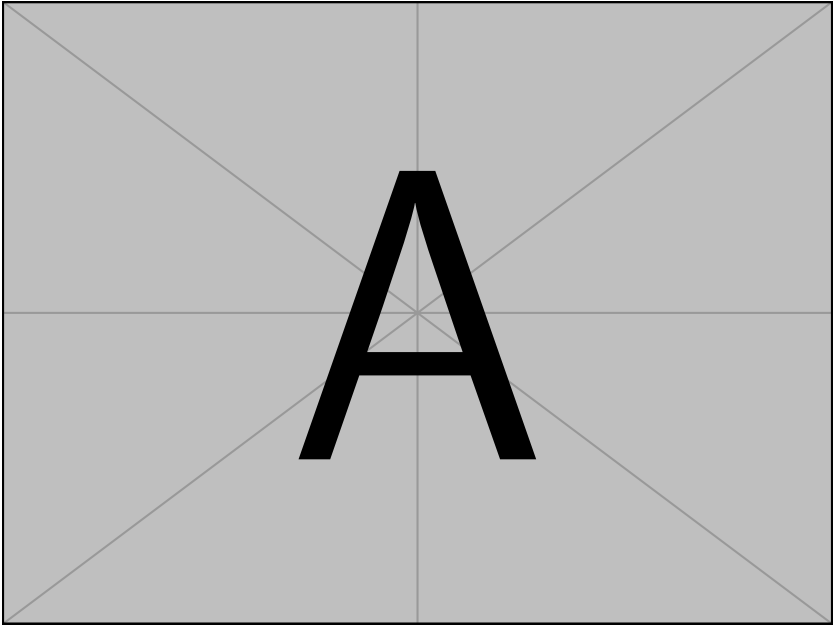
- 1 package dry yeast
- 1 c buckwheat flour
- 2 c white flour
- 1 T salt
- 2 T sugar
- 3 c water

~> LomAGoo

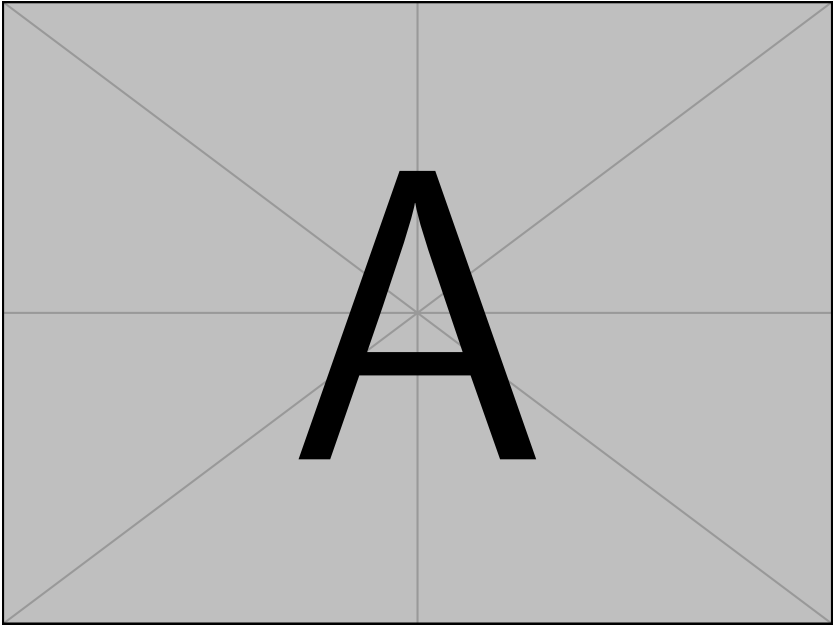
- 1 package sausage- cut into small pieces and fried
- Flour to thicken
- Coffee
- Salt and Pepper
- Small amount of milk

### Directions

1. Stir small amount of warm water into yeast to soften
2. Add other ingredients, stirring to mix well
3. Let rise in warm spot overnight
4. Cook on a greased griddle
5. Cook goo to desired thickness



## **3.2 David's Quiche**





### 3.3 Betty's Shish ka Bob

*Great meal for impressing guests. Fenner Fuller charged \$2.75 for a featured dinner of Shish ka Bob in 1948.*

Serves 4

- ~> ½ leg of lamb- superior half
- ~> 1 medium white onion
- ~> Salt
- ~> Pepper
- ~> 1t olive oil
- ~> 2t cumin
- ~> 3T wine

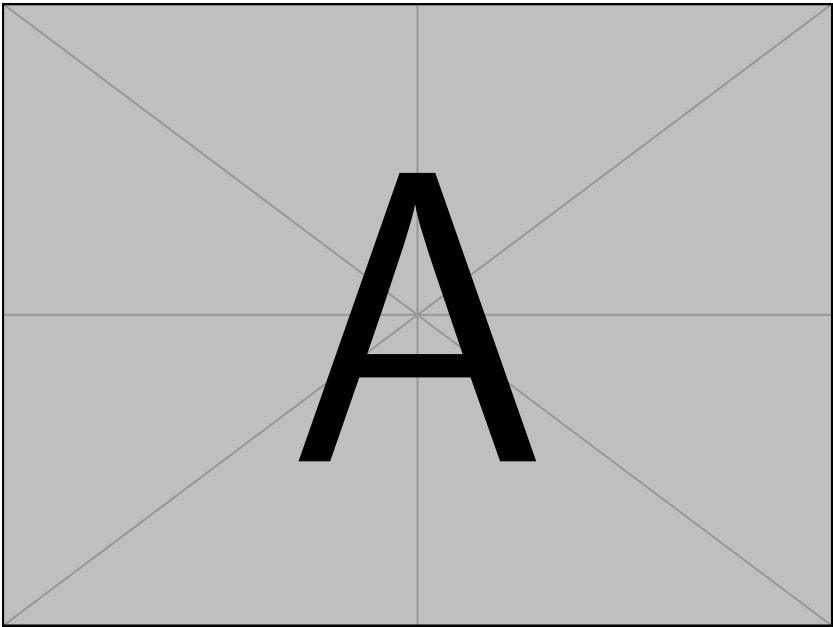
Prepare the meat- remove the membranes and the fat. Cube the remainder.

Marinate meat. Put 4 cups of meat, onion, salt, pepper, olive oil, cumin and wine into a glass or ceramic bowl, cover, let sit for 12 hours.

Dry the meat.

String meat, green pepper, tomatoes and onion on skewers. Pour marinade on the vegetables.

Cook via bar-b-q.



## **3.4 Whole Boneless lamb loin**

- ~~ boneless lamb loin
- ~~ coriander
- ~~ cumin
- ~~ 2.5 Tbsp paprika
- ~~ 2 Tbsp salt
- ~~ 2 Tbsp garlic powder
- ~~ 1 Tbsp black pepper
- ~~ 1 Tbsp onion powder
- ~~ 1 Tbsp cayenne pepper
- ~~ 1 Tbsp dried oregano
- ~~ 1 Tbsp dried thyme

Lay out lamb, cut side so it folds open.

Sprinkle inside with salt and spices. Place stock of rosemary inside.

Tie lamb up with another stock of rosemary.

Season outside of lamb with more salt and coriander and cumin.

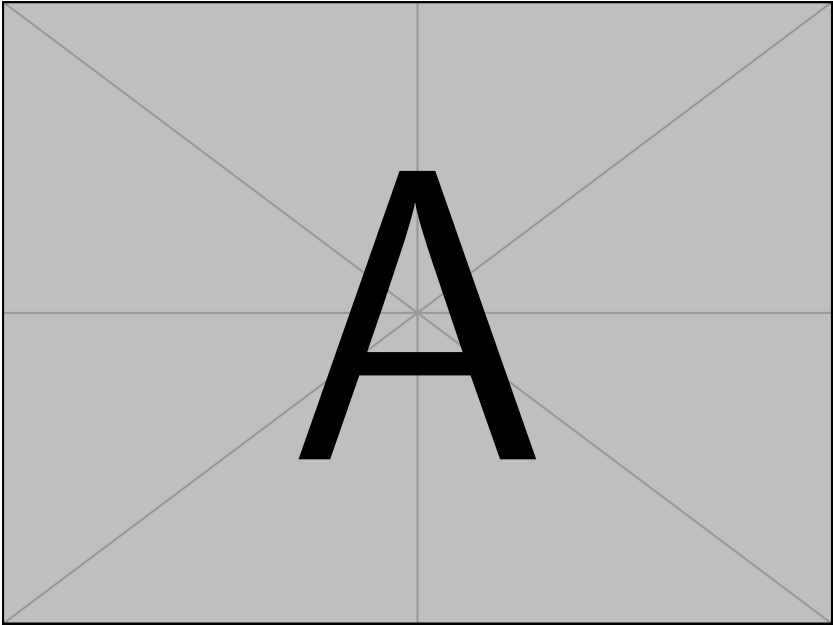
Put lamb in a large pan which has hot olive oil in it.

Sear lamb at high heat 5 min.

Transfer to oven – cook until medium rare- 120 degrees.

Remove from oven and set aside for 10 minutes to rest.

Slice into 1 inch pieces.



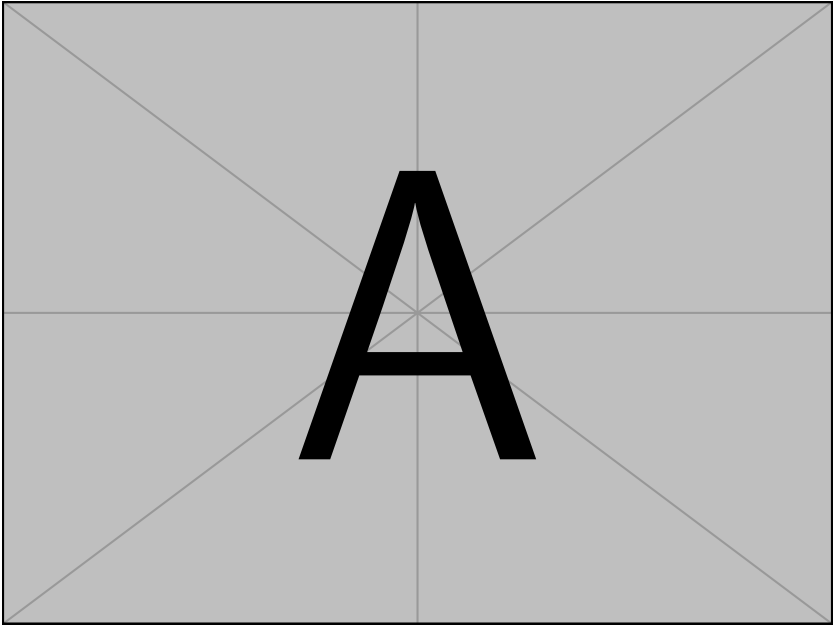
## 3.5 Betty's Meatloaf

- ~> 1.5 pound ground beef/pork sausage
- ~> 3 slices of bread-
- ~> 1 cup milk
- ~> 1 egg beaten
- ~>  $\frac{1}{4}$  cup onion
- ~> 1.5 tsp salt
- ~>  $\frac{1}{4}$  tsp pepper
- ~> dry mustard (optional)
- ~> sage
- ~> celery salt
- ~> garlic salt
- ~> 3 Tbsp ketchup

Mix all but ketchup together. Form into a loaf.

Cover loaf with ketchup. Cook at 350 for 1 hr or until temperature is 160 degrees.

If desired, add thin slices of potato, coated in olive oil, to pan around meatloaf.



## 3.6 Pig Butt

- ~~ boneless pork butt roast
- ~~ 10 cloves garlic
- ~~ 1/4 cup olive oil
- ~~ salt
- ~~ pepper
- ~~ rosemary

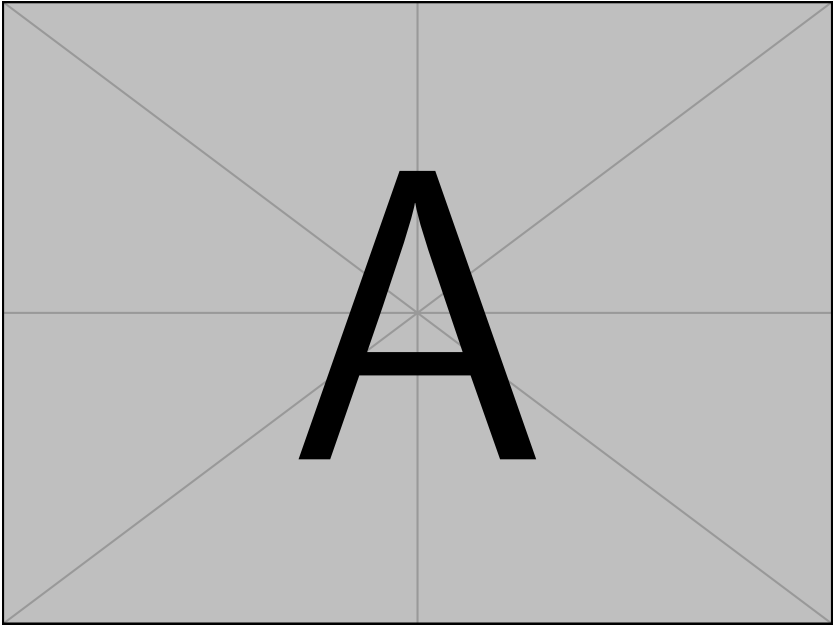
Peel garlic and cut into slivers (20-30 pieces).

Remove mesh from roast, cut slots into interior and exterior of pork with knife point and insert garlic into slots.

Mix olive oil, salt, pepper, and rosemary in bowl. Brush, covering roast.

Replace mesh, roast in oven at 350 deg F. Near the end, increase temp to 450 deg F and turn on broil setting to caramelize surface.

Cool 15 minutes before serving.

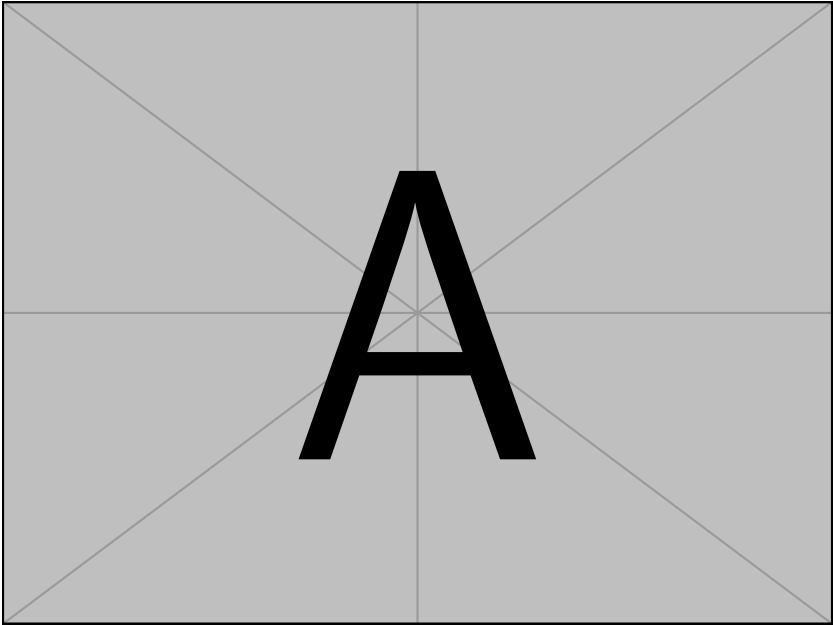




## 3.7 Ruben

- ↪ Rye or marble rye bread
- ↪ Corned beef
- ↪ Swiss cheese
- ↪ Sour kraut
- ↪ Thousand island dressing
- ↪ Butter

Assemble and butter outside of bread, grill.



## 3.8 Tava

*The first time Blaise tried to make Tava he brought it to church (Zion Lutheran). It was very oily and, frankly, gross. The pastor was kind enough to eat his portion anyway.*

- ~~ One eggplant (could supplement with slices of green pepper if not enough egg plant). We prefer American/globe eggplant.
- ~~ 2 onions
- ~~ 1 green pepper (for filling)
- ~~ 2 med cans stewed tomatoes or fresh tomatoes (if use fresh tomatoes, also use one can of stewed tomatoes for flavor and slice rather than mash the tomatoes)
- ~~ 1 small can tomato sauce
- ~~ 1 lb ground beef or pork sausage OR 1/2 lb ground beef and 1/2 lb pork sausage
- ~~ Salt
- ~~ Pepper

Use up as much as possible from what is in the refrigerator and modify recipe to accommodate them. Plan the use of the eggplant well- you need to have the two layers of eggplant without too much overlapping or spaces. Use the size and number of pans which will accommodate number of eggplant slices. Slice the eggplant (s). Divide in half. Decide what size and number of pans will accommodate half of the eggplant slices. If you use more than one pan, you may need more stewed tomatoes and tomato sauce.

Brown meat in olive oil S and P

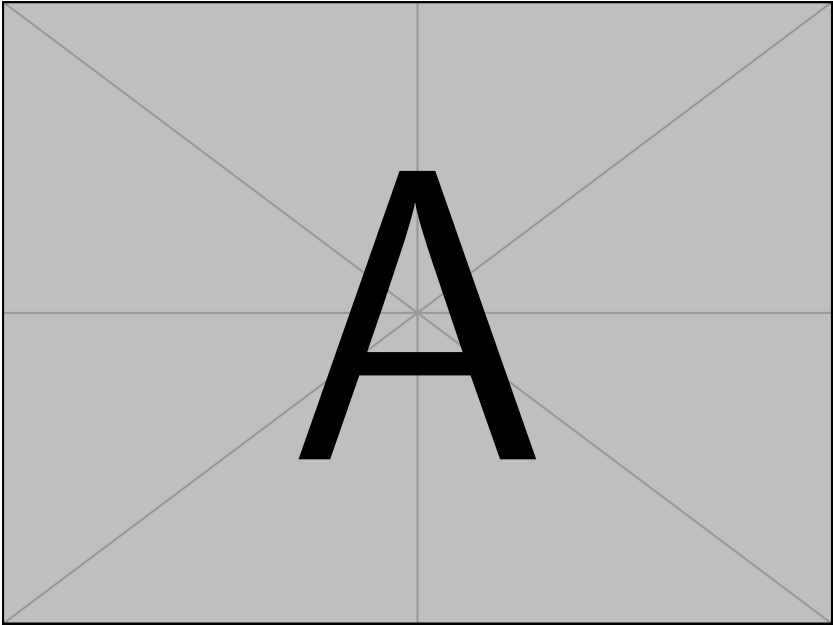
Slice onions and green pepper. Slice eggplant quite thin (1/4 inch thick). Saute onions and green pepper- S and P

Layer in oiled pan which is deep enough to accommodate the layers and small enough to assure that the eggplant slices are not too far apart

Cover with foil Cook 350 degrees for 2 HRS or longer

Remove foil. Cook 10 min to crisp top.

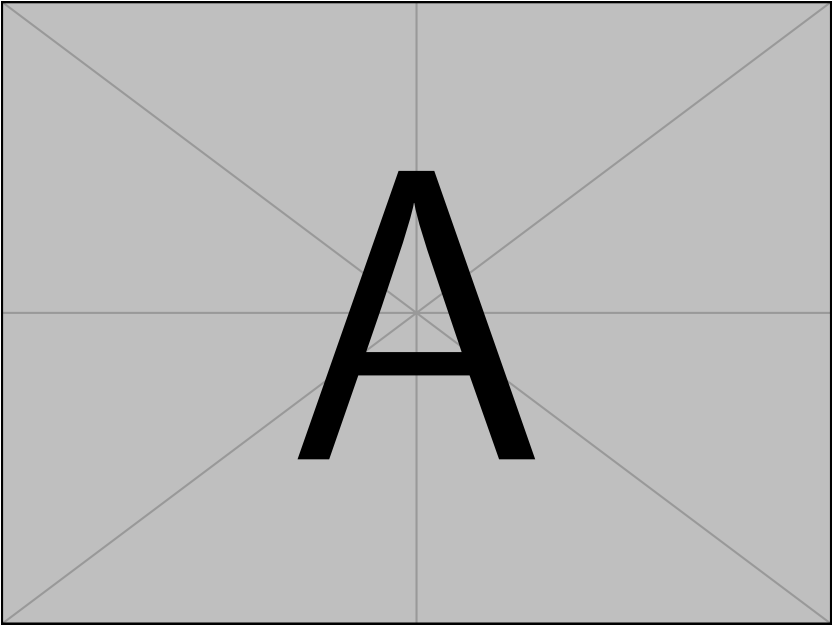
Serve with yogurt, pilaf, salad



## 3.9 Peanut Stew

Ingredients 3 T olive oil 6 cloves of garlic 3 sweet potatoes- peeled and cubed  
2 onions- diced 3 t cumin 1 t red pepper 18 oz tomato paste 1 c peanut  
butter- chunky  $\frac{1}{2}$  cup unsalted roasted peanuts 32 oz vegetable broth Some  
collard greens- washed 2 x Salt and pepper to taste

Directions Saute garlic and onion in pot (5 min) Add sweet potatoes, cumin,  
red pepper (5 min) Add all of the remaining ingredients EXCEPT the collard  
greens (simmer for 15 min) Add collard greens (simmer for 5 min)



## 3.10 Manti

*An excellent special occasion dish. Blaise likes to have Manti as a birthday dinner meal. When Blaise, Nancy, and Jim traveled to Turkey they visited the city of Kayseri which claims to serve hundreds of manti flavors.*

Filling.

- ~> 1 lb ground beef or lamb (we used one lb lamb and  $\frac{1}{2}$  lb beef)
- ~> 1 medium sized onion, minced
- ~>  $\frac{1}{4}$  cup chopped parsley (flakes can be used)
- ~> Salt and pepper

Dough.

- ~> Can make from scratch or
- ~> Use Chinese Wan-ton squares-
- ~>  $\frac{1}{2}$  package of Wan-ton noodles should hold about 1 cup of meat- David cuts off about 1 inch of the wanton slices so they are smaller

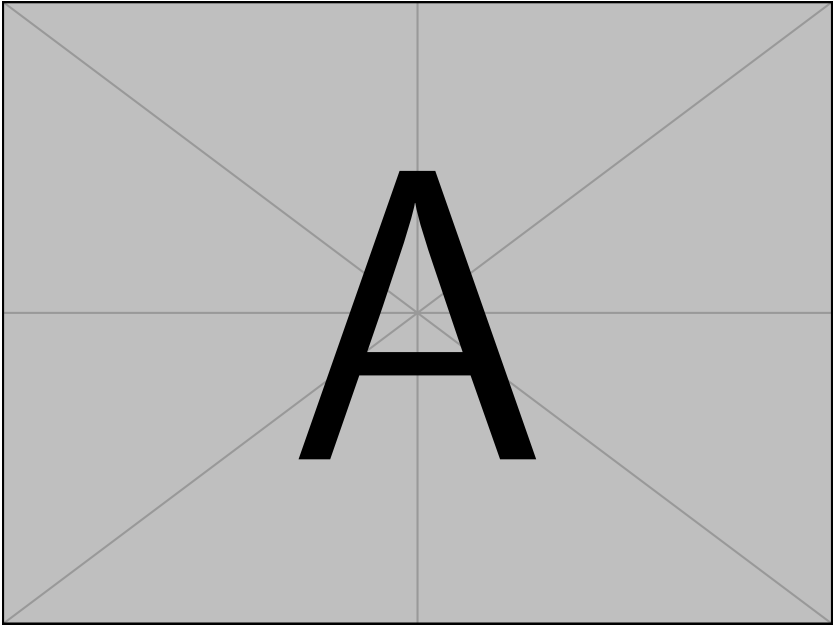
Broth.

- ~> 4 cups chicken broth
- ~> 1 cups Madzoon (plain yogurt)
- ~> 2 cloves pressed garlic (we left out the garlic)
- ~> Optional- mint, sumac or ground cumin (did not have sumac)

Put a teaspoon of filling in the center of each square. Moisten two opposite edges of the square then pinch into boat shaped pastry.

Arrange boats in well-buttered flat pan- not too close together. Drizzle a small amount of butter of the top. Bake at 350 degrees, or 20-30 min until Manti are golden brown.

Heat chicken broth. Put madzoon and garlic together in separate bowl. Put manti in individual plates. Add hot chicken broth THEN add garlic and madzoon.





## 3.11 Slumgolian

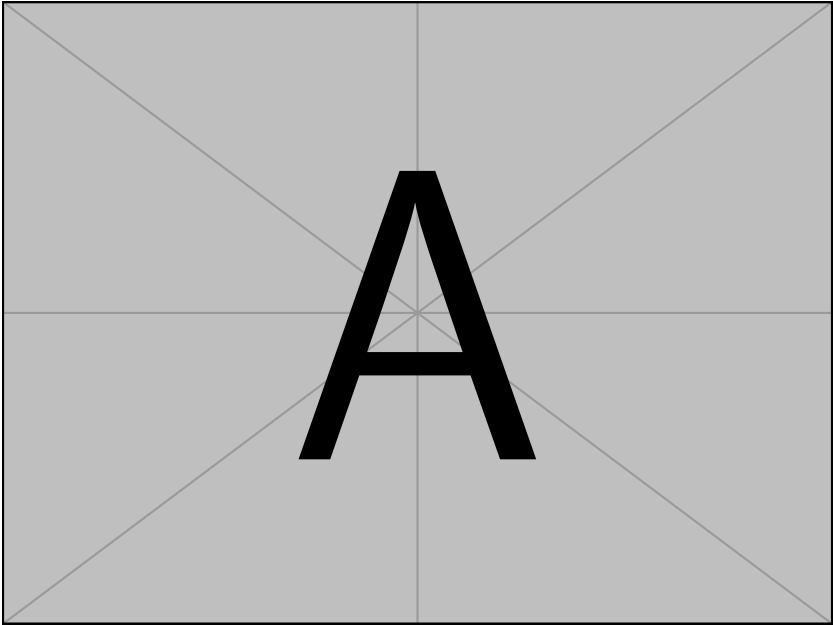
*Laverna was a working mother, and this recipe was a good way to feed the family. Fast, cheap, easy, and always tastes good. Nancy and Blaise used to call it jumbalyah.*

- ~> 2 cans string beans
- ~> 2 cans stewed tomatoes
- ~> 1 can of tomato soup
- ~>  $\frac{1}{2}$  package of macaroni (or with egg noodles)
- ~> 1 sliced onion
- ~> 1 lb ground beef

Brown beef.

Cook noodles, drain.

Combine everything together in one pot.



## 3.12 Fasulia (String Bean Stew)

*According to an Armenian children's song, this meal was to be served on Mondays.*

- ~> 1 lb ground beef or lamb
- ~> 1 onion- sliced
- ~> 1-2 cloves minced garlic
- ~> 4 lbs fresh or frozen green beans- if fresh, cut ends off and the body into 3 inch pieces
- ~> 1 28 oz can of diced tomatoes or stewed tomatoes
- ~> 1 6 oz can of tomato paste
- ~>  $\frac{1}{2}$  c water
- ~> Chicken broth as needed
- ~> 2-3 t allspice
- ~> 1 T sugar
- ~> Salt and pepper to taste

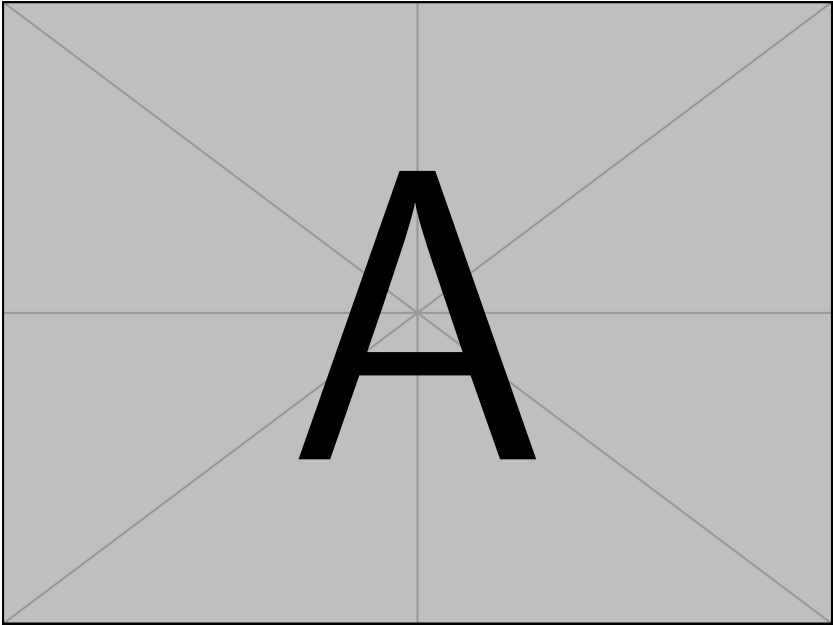
Saute meat in large pot, stir frequently to break up the pieces.

Add onions and garlic- cook for a few minutes.

Season with salt, pepper and allspice.

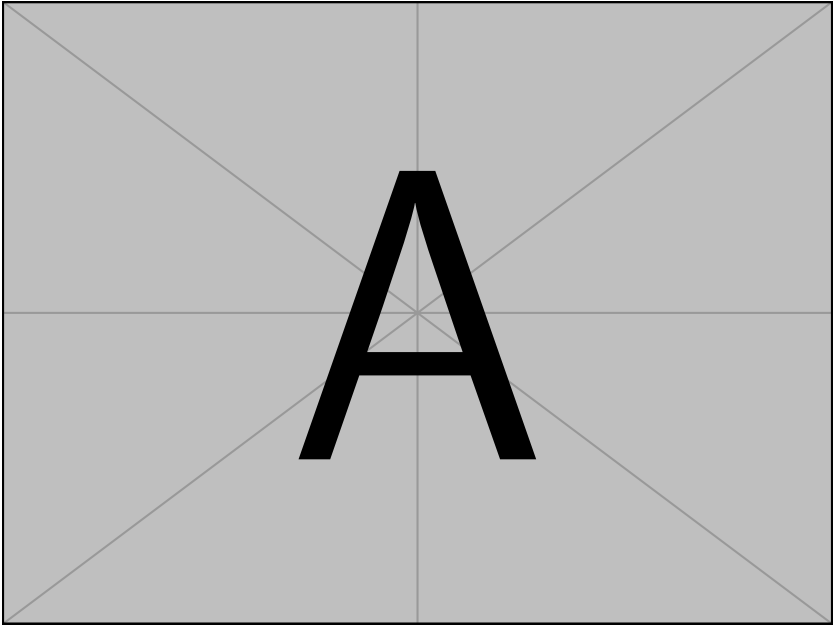
Stir in green beans- cook on medium heat with occasional stirring for 10 min.

Add diced tomatoes, tomato paste, water, sugar, cook for 30 min with pot covered.



## 3.13 Borscht

Ingredients (may be incomplete) 28 oz can diced tomatoes Cabbage Sour cream Pepper Broth Bay leaf Lemon juice Sour cream Directions 1) put prepared stuff in a large pot 2) add Pepper  $\frac{1}{2}$  t Broth 2 c Water 2 c 3) boil above- medium high heat 4) reduce heat to medium low, cover, cook 30 min 5) add Tomatoes and juice Cabbage 2 c shredded 6) put on high heat- bring to boil 7) reduce heat- cook 15 min- stir occasionally 8) discard bayleaf 9) stir in lemon juice 2 t 10) when ready to eat- add dollop of sour cream



## **3.14 Dad's Cabbage Dolma**

Just some regular recipe except using cabbage.

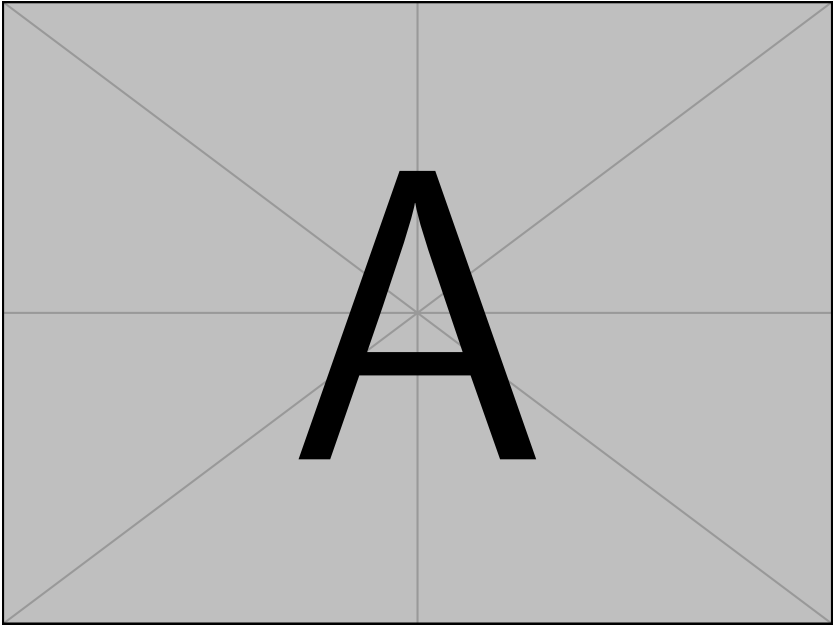
Cut core out of cabbage.

Boil hole side down in salted water.

Separate leaves as they soften and reserve to stuff.

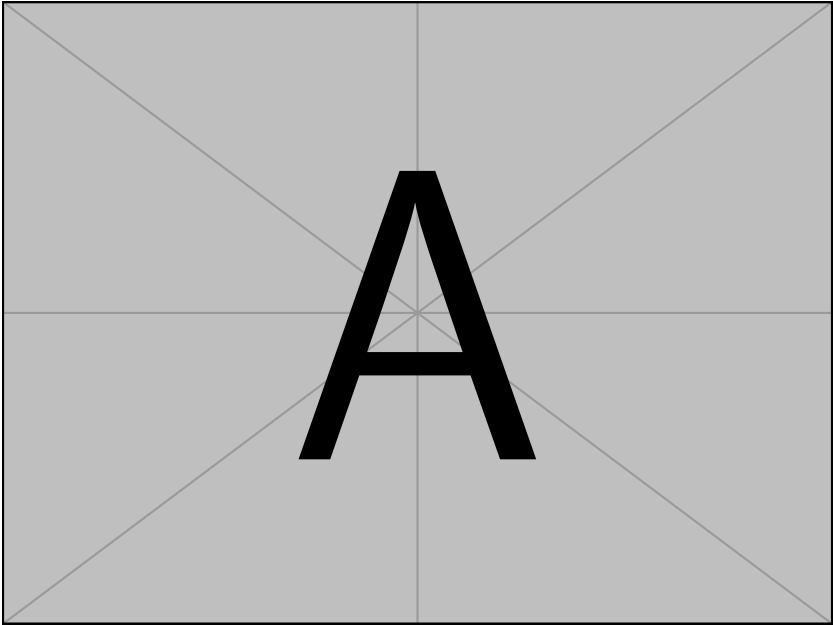
Place filling at base of leaves and fold sides over, then roll.

Cook in bottom of large pan on stovetop.





## **3.15 Bourguignon**



## 3.16 Tanzanian black-eyed pea and coconut soup

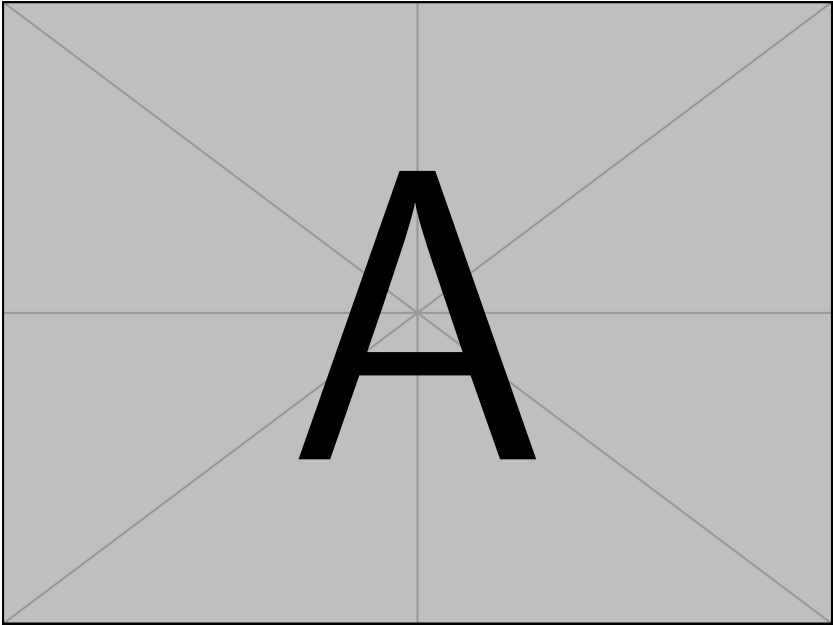
*David and Nancy fell in love with this recipe from XXXX cookbook.*

### Ingredients

2 cans black eyed peas – probably drained? (1 cup if use dry peas after cooking) 1 large onion, finely chopped 1 large green pepper- stemmed, seeded, and finely chopped 1 oversized zucchini- peeled, cored, cut into small cubes (1/2") 1 small hot chili/ serrano 2 cans of diced tomatoes with juice 1 can stewed tomatoes with juice 2 packages of frozen shrimp – thawed with any shell components removed 2 T of mild vegetable oil- coconut, corn, canola, peanut Vegetable oil cooking spray 1 t honey or sorghum or maple syrup (can be ignored) 1 can regular or reduced fat unsweetened coconut milk (check expiration date) 1 t finely chopped or grated fresh ginger (can be ignored) 1/8 t ground cloves Salt and freshly ground pepper0 BE SURE TO ADD. MAKES A BIG DIFFERENCE Banana chips (optional)

### Directions

1. Assuming you start with canned black eyed peas
2. Heat oil (coconut, corn, canola, peanut NOT olive) in large heavy skillet using medium heat
3. Add onion and cook until soften- 6 min
4. Add green pepper, zucchini, chile and ginger-cook stirring often 4 min
5. Reduce heat
6. Add curry powder and cloves- saute until oil has taken on a yellowish tint 1-2 min
7. In large pot put onion mixture and black-eyed peas as well as tomatoes, honey, shrimp and coconut milk
8. Simmer gently until flavors meld 5-10 min.
9. Salt and pepper to taste
10. Serve as soup or over rice
11. Can top with sour cream or plain yogurt
12. Can garnish with banana chips



## 3.17 Grape leaf dolma

*A classic for holidays and special occasions. Inherited from Betty, modified over the years.*

Serves 16

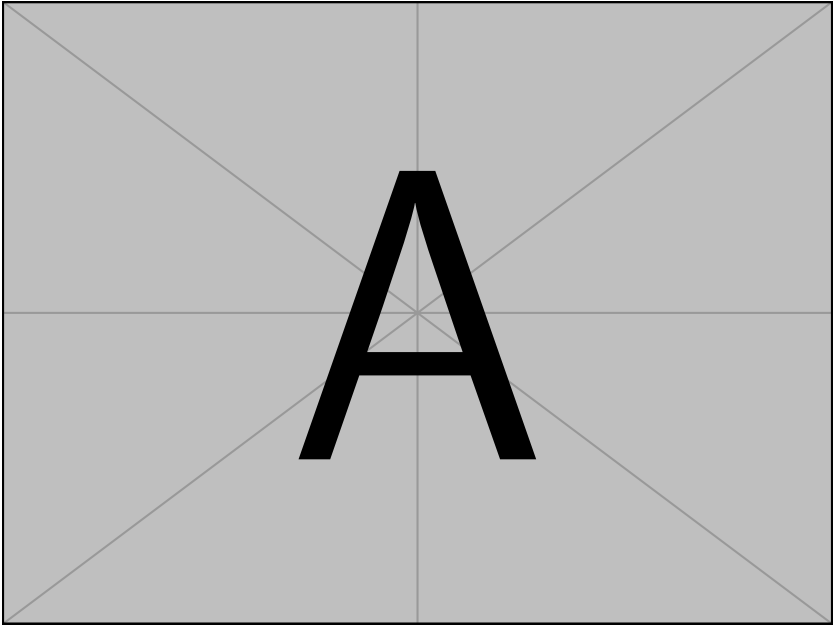
Things to stuff

- ~ 2 green peppers
- ~ 2 large tomatoes (with a cavity the same size as the green peppers)
- ~ 6 medium sized (3 inch diameter on the outside) zucchini
- ~  $\frac{1}{2}$  jar grape leaves- rinsed slightly

Stuffing

- ~ 2 lbs ground lamb
- ~ 1 large purple onion- chopped fine
- ~ 1 green pepper chopped
- ~ 2 handfuls of bulgur
- ~ 2 handfuls of rice
- ~ 2 t salt
- ~ 1 t pepper
- ~ 1 can tomato sauce
- ~ 1 can tomato sauce
- ~  $\frac{1}{4}$  cup lemon juice
- ~  $\frac{1}{2}$  cup chicken broth

Prepare items to be stuffed- make cavity, saving innards, salt cavity. Prepare pot by lining with grape leaves and placing the tomato and zucchini innards in the center. Pour one can of tomato sauce over the stuffed items and some lemon juice and chicken broth Place a plate over the top which covers the items to be cooked but allows one to put a lid on the pot Pring the fluids to a boil Put the pancake griddle under the pot, cover and cook on medium heat for one hour. Use large burner This dish is traditionally served with plain yogurt, pilaf and a lettuce salad



## 3.18 Tuna Supreme

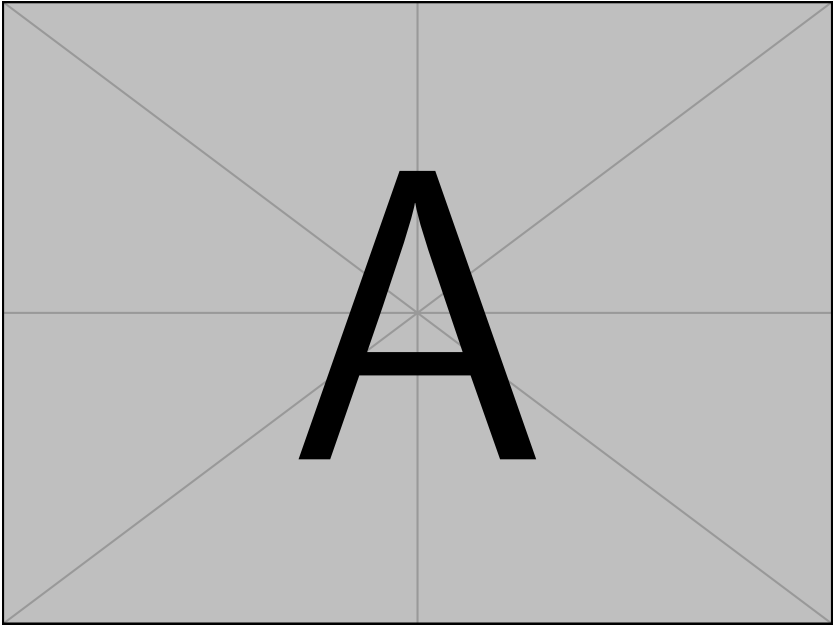
*From Valeda. Often served for lunch while Susie, David, and Linda stayed with Valeda during summer school break.*

- ~> 2 cups rice
- ~> 1 can tuna
- ~> half stick butter
- ~> milk (Susie suggests coconut milk)
- ~> 1 package frozen peas and carrots
- ~> salt and pepper to taste

Cook rice.

Add everything together and heat till bubbling. Add salt and pepper last.

Blaise's variation: don't add peas and carrots until finished heating, stir and vegetables will thaw and have a fresher taste.





## 3.19 Sag Paneer

- ~~ 1 pound spinach
- ~~ 1/2 gallon whole milk
- ~~ 1 cup yogurt OR 1/2 cup lemon juice
- ~~ cheese cloth

Wilt spinach in skillet with small amount of water.

Add spices.

Blend spinach with enough water so that blend is smooth.

Put blended mixture back in skillet.

Add spices.

Heat milk while stirring until rolling boil. Watch carefully, as liquid will suddenly foam up.

Add yogurt or lemon juice to milk while stirring, until milk curdles nicely.

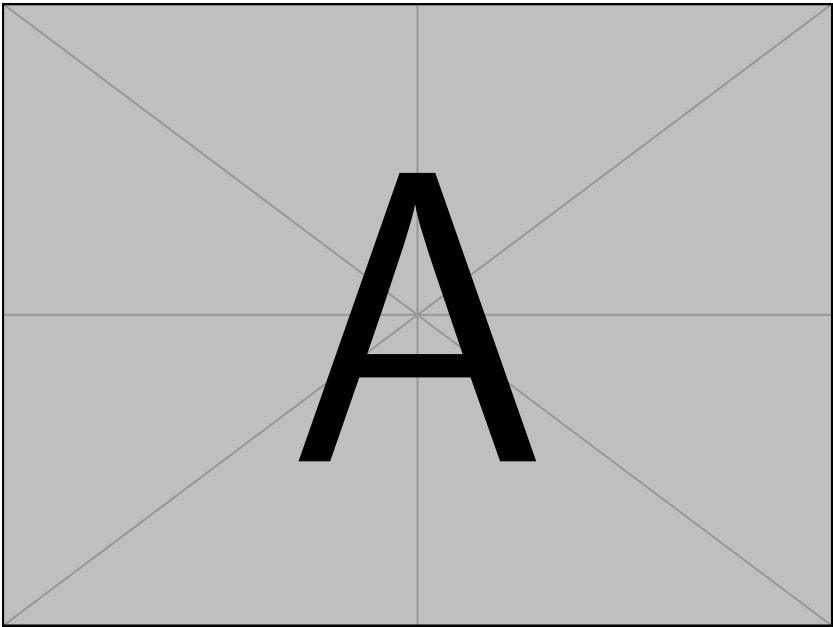
Strain milk into cheese cloth draped into strainer.

Fold cheese cloth over curds, place cheese cloth between two plates and squeeze out as much water as possible.

Cut cheese into half inch cubes.

Add cheese to spinach mixture and cook for five minutes.

Serve hot with rice.



## 3.20 Sukiyaki

*Betty taught ESL to adults in Oakland. Many were Japanese so Betty learned to cook this dish.*

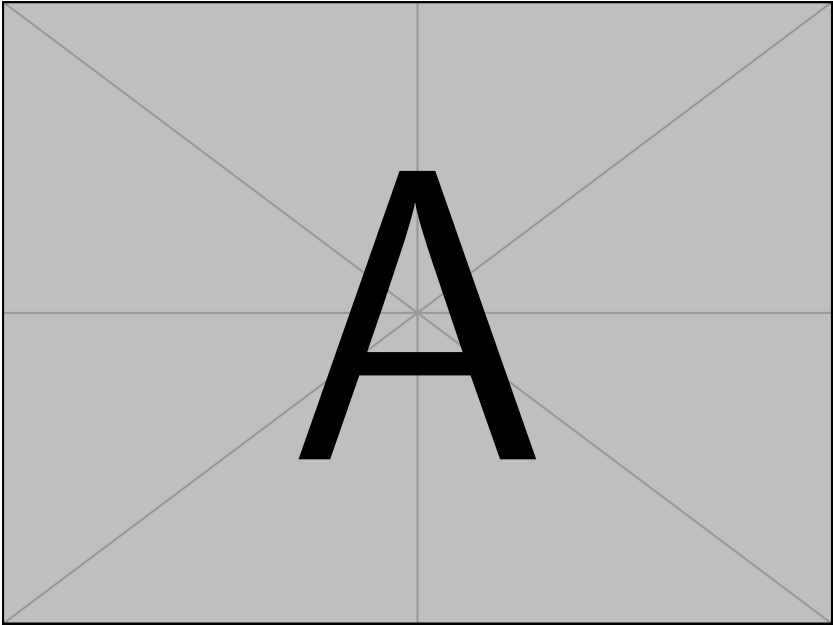
- ~~ 1 lb thinly sliced highly marbled beef cut against the grain- I think this is best purchased from a Japanese market.
- ~~ 2 packs of transparent noodles which have been allowed to sit in warm water for 15 min- MAKE SURE THEY ARE TRANSPARENT AND COOK
- ~~ 1 cup celery- sliced diagonally 1 inch long
- ~~ 2 white onions- sliced thin
- ~~ 1 bunch green onions- 2 inches long
- ~~ 1.5 cup mushrooms- sliced
- ~~ One package spinach 8 oz
- ~~ 1 small can bamboo shoots- drained and sliced thin
- ~~  $\frac{1}{2}$  cup Heinz 57- can substitute with Worst Cheshire
- ~~  $\frac{1}{4}$  cup soy sauce
- ~~ Some Terriyaki sauce 3 T
- ~~ 1 T sugar

Cooking- add sauce a little at a time

Heat peanut oil 2 T. Add meat- cook until brown

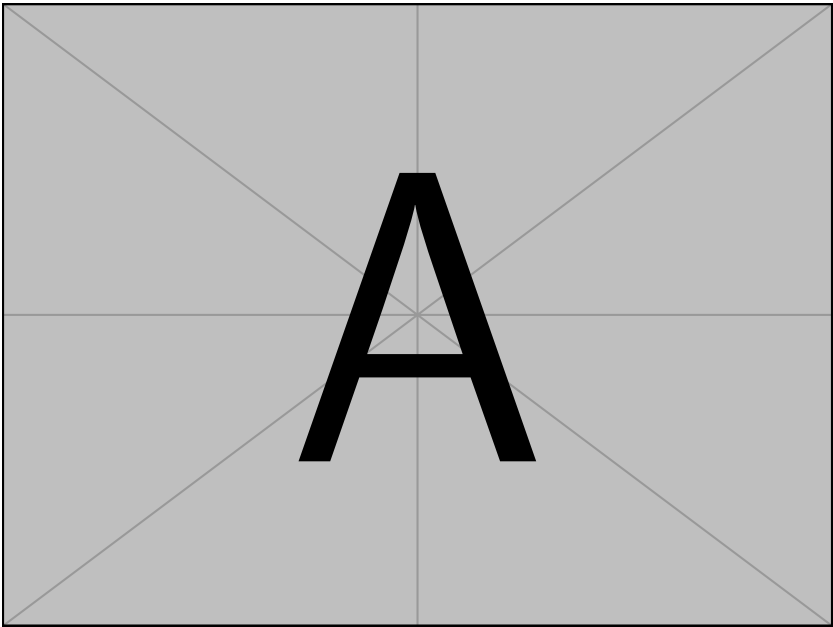
Add vegetables- in order of need for time to cook (max of 7-8 min). Can cook over raw egg. Mushrooms and white onions 9 min. Celery- 5 min. Green onions and spinach -2 min. Bamboo shoots- just warm.

Combine above with noodles and serve.



## **3.21 Stuffed Shells**

*As a child, this is the first recipe that Blaise decided to “master”. The family ate it often during that time.*



## 3.22 Stuffed Green Peppers

- ↪ four green peppers
- ↪ ground beef
- ↪ two onions
- ↪ 2 cup white rice
- ↪ 2 can green beans
- ↪ 2 can stewed tomatoes
- ↪ salt to taste
- ↪ pepper to taste
- ↪ Parmesan cheese

Brown ground beef with onions.

Remove center and stem of peppers.

Boil green pepper 5-10 minutes, should still be firm.

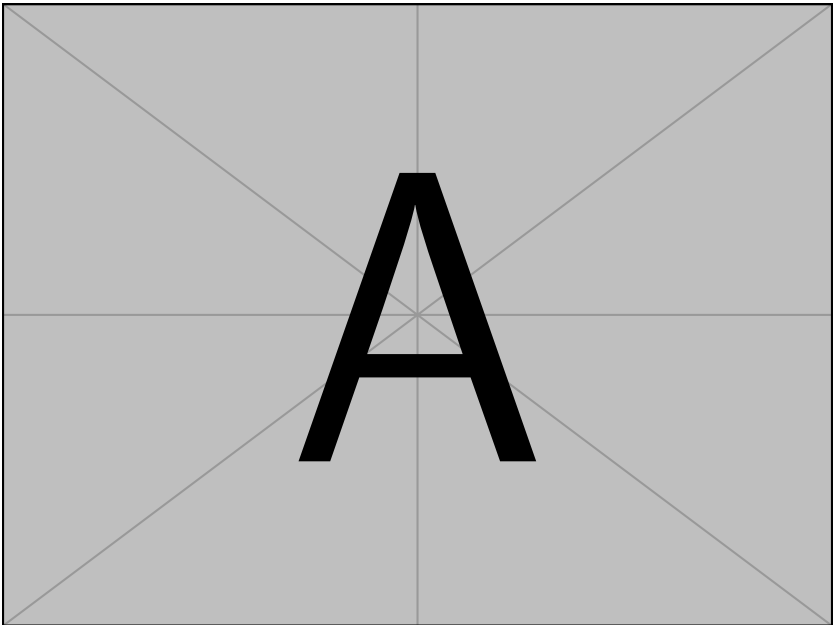
Cook rice.

Combine cooked beef, onions, and rice with canned vegetables. Heat and stir, add salt and pepper.

Stuff filling into peppers and place in bakery dish, extra filling can be placed in dish surrounding peppers.

Top with Parmesan cheese.

Bake 350 deg F for 45 minutes.



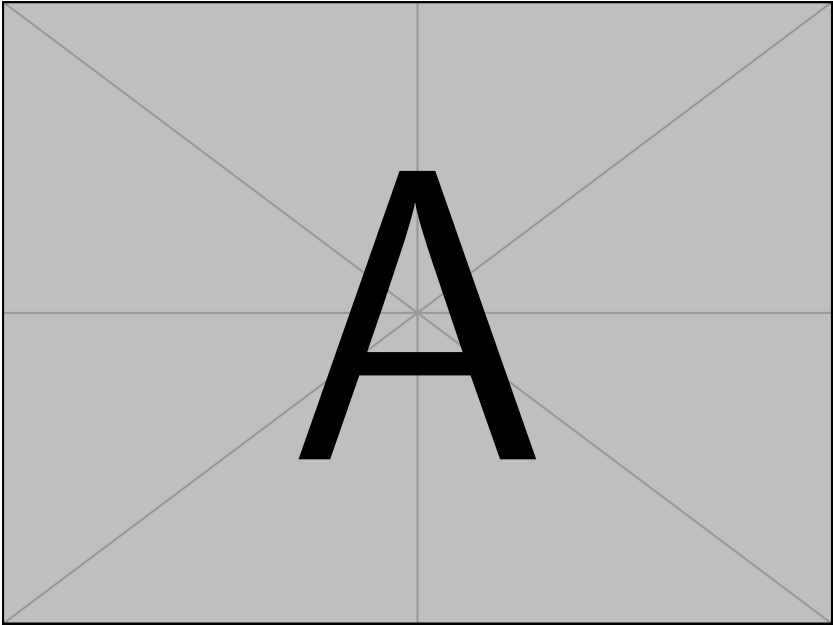


## **3.23 Grandma's Lamb Stew**



# **Chapter 4**

# **Dessert**



## 4.1 Choreg

### Ingredients

1 yeast cake  $\frac{1}{2}$  c warm water 8 cups flour 1 stick butter  $\frac{1}{4}$  c salad oil 1 can evaporated milk  $\frac{3}{4}$  c sugar 1T salt 5 eggs Little Mahleb (ground cherry seed)

### Directions

BREAD Dissolve yeast in warm water (make sure yeast is alive) Add sugar Add everything else EXCEPT salad oil

Mix dough with large spoon Knead dough by hand- use salad oil or flour on hands to prevent sticking- until dough is smooth and well mixed Put in large bowl, cover, allow to rise until at least double in bulk (supposed to take 1-3 hours; if not could try over night but David just chose to put new yeast in to the lump of dough) Punch down Break off a large section (1/3 is too large, try 1/5) /keep the remaining dough covered to prevent drying out Form the section of dough into a log (12" long by 3" wide) (should not be too fat- want trips to be thin) Cut log into 1 inch sections Take a 1x3 inch piece and roll it with fingertips on a lightly floured surface until it is 6" long Twist or Braid (additional piece in the middle) Place on cookie sheet with each choreg 2 inches apart

Repeat above until all dough is used up

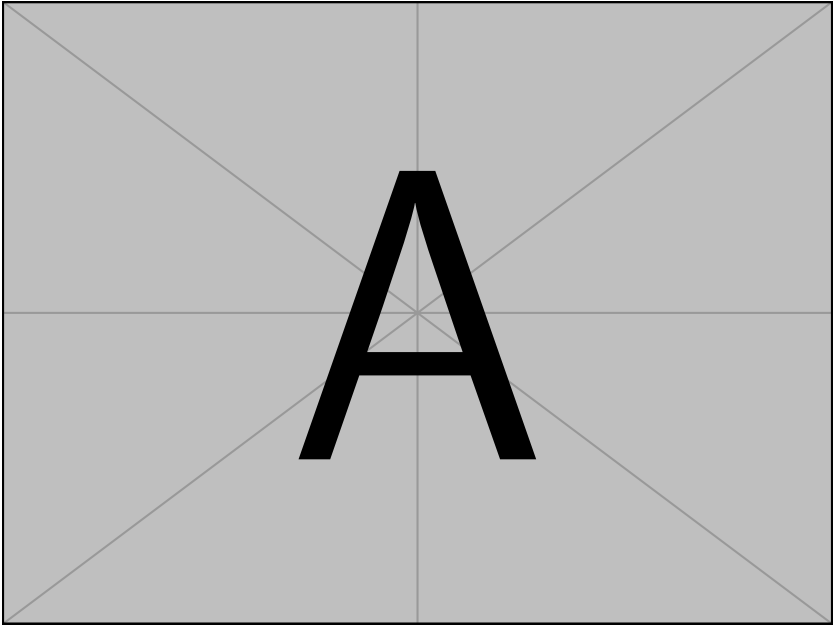
Cover with clean dishcloth and let choreg rise in a warm place until double bulk

TOPPING Mix 1 egg with  $\frac{1}{2}$  t water Brush mixture on each choreg Sprinkle with sesame seeds

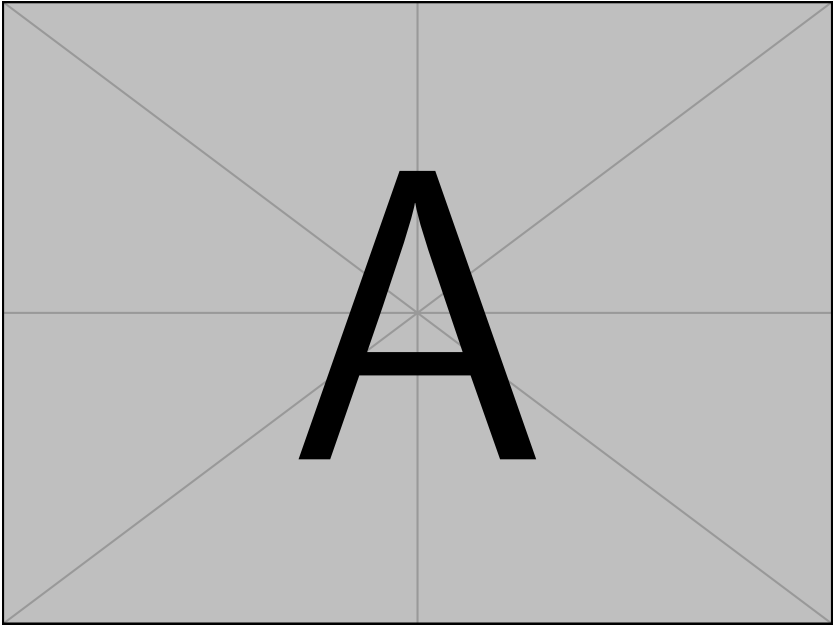
Bake at 350 until golden Remove with spatula Put on clean dishcloth or rack to cool

Eat

Store Put in air tight container when completely cool Can freeze

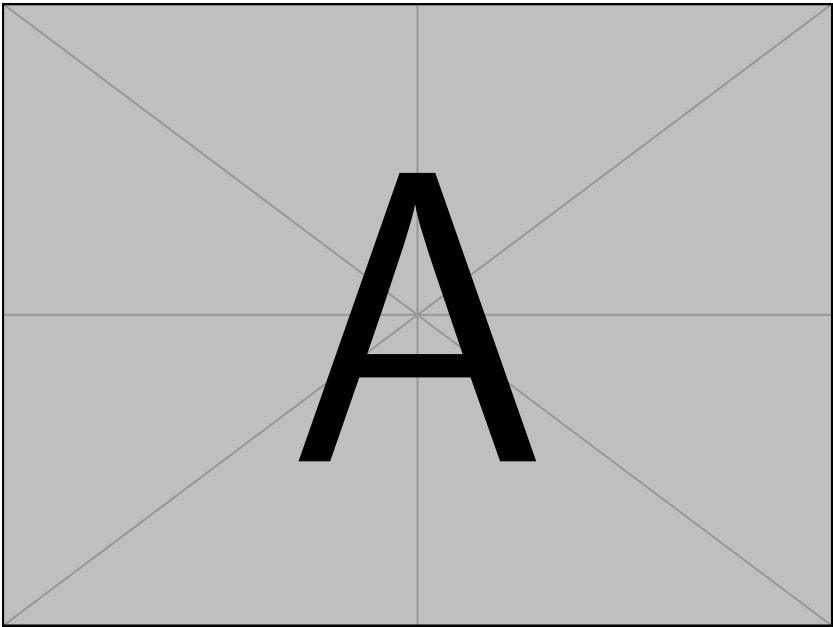


## **4.2 Nancy's zucchini cake recipe**





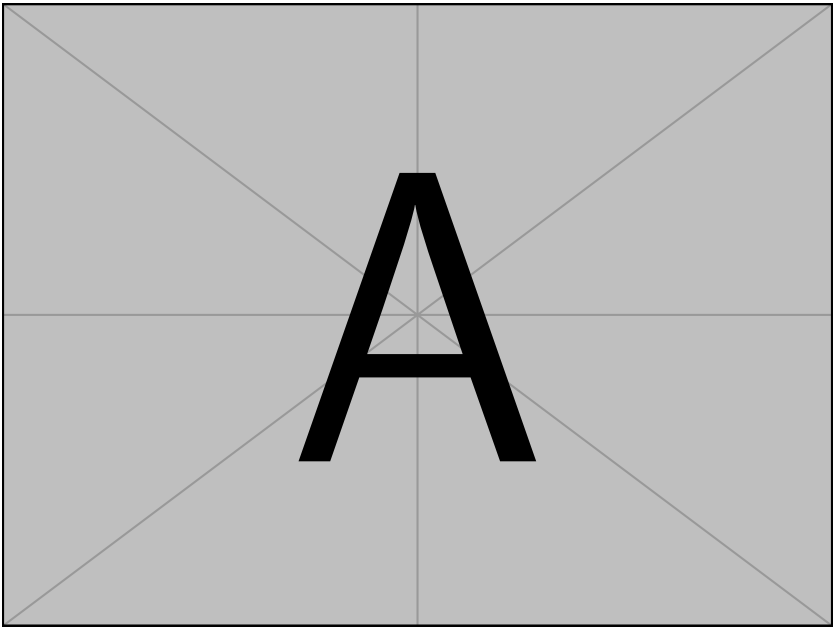
## **4.3 Rhubarb Pie**



## 4.4 Apple Kiwi Pie

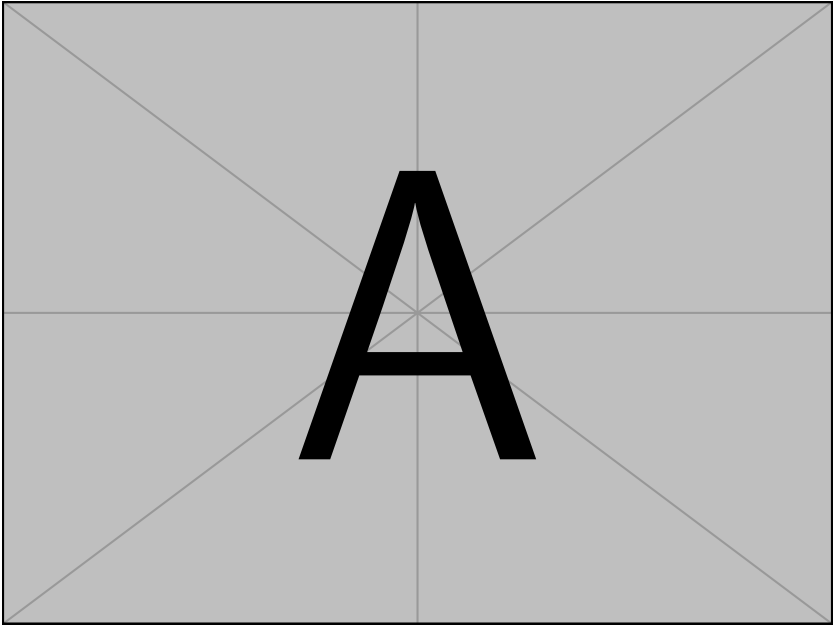
*David decided to add Kiwi to give Blaise a little bit of variety.*

Traditional apple pie with peeled and thinly sliced kiwi placed on top of apples under the top crust.



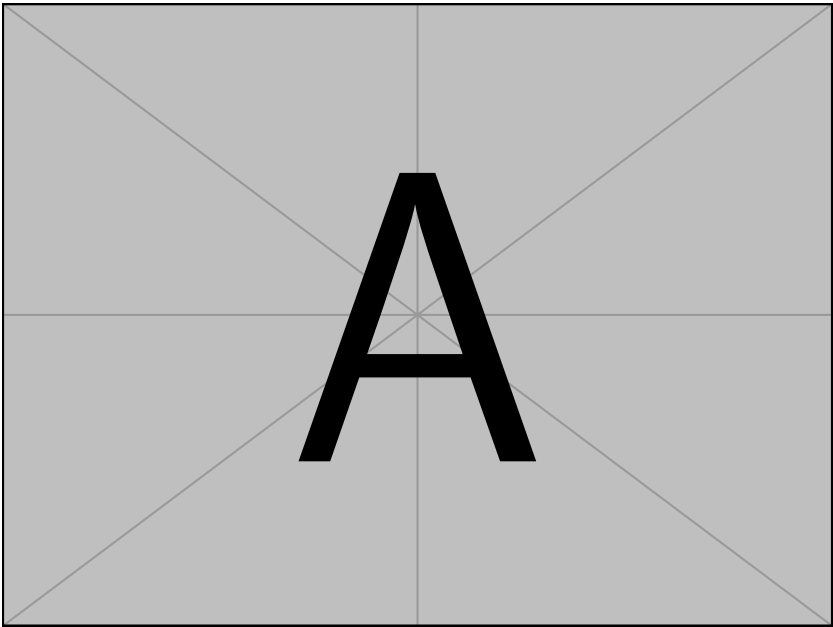
## 4.5 Marshmello Suprime

*David's grandmother Valeeda, who was overweight, joined weight watchers and lost a lot of weight. The family story is that this recipe came from weight watchers.*



## **4.6 Green Pear Cream Cheese**

Make green jello according to the directions on the package. Before it solidifies insert pears with a ball of cream cheese in the hollow of the pear. Allow to solidify in the refrigerator.





## 4.7 Pakhlava

*Blaise remembers making Baklava in Grandma Betty's toaster oven in the retirement home. It was special to make that one dish together, even if Betty no-longer owned a full kitchen.*

- ~~ 45 sheets of Filo
- ~~ 1 cup butter
- ~~ 2 cups walnuts, finely chopped
- ~~ 2 Tbsp sugar
- ~~ 1 tsp cinnamon

Butter a 9x13 inch baking pan. Lay 15 sheets of filo dough in a pan, brushing each sheet slightly with melted butter.

Mix nuts with cinnamon and sugar and sprinkle one-half the mixture over the layered dough. Drizzle melted butter over the top.

Repeat the above process by laying another 15 sheets of filo, again brushing each layer lightly with butter and sprinkling remaining nuts on top.

Finally add the remaining 15 sheets of filo again buttering each layer lightly. Butter the top layer well.

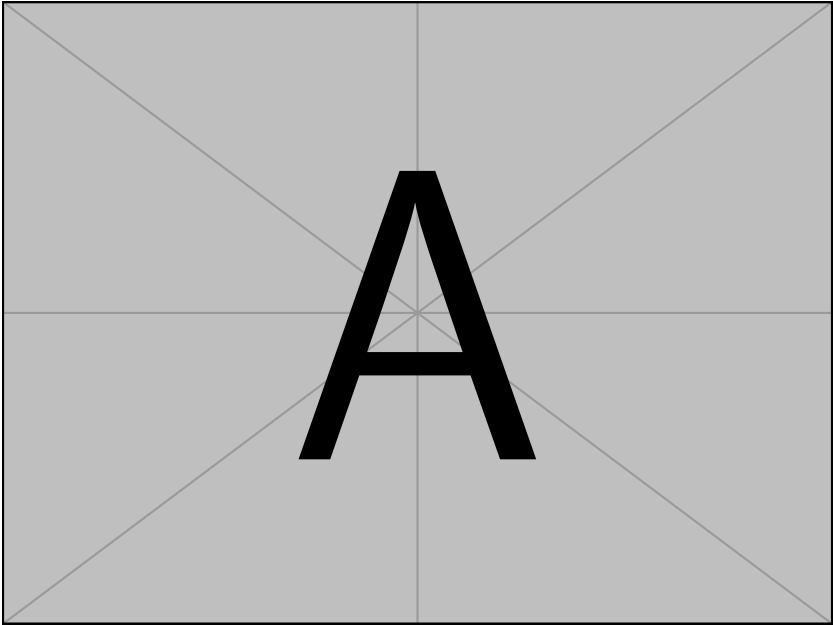
Cut, without cutting through the bottom layer, into diamond shaped pieces.

Bake in 350 degree oven for 1 hour or until golden brown. Drain any excess butter. Cool.

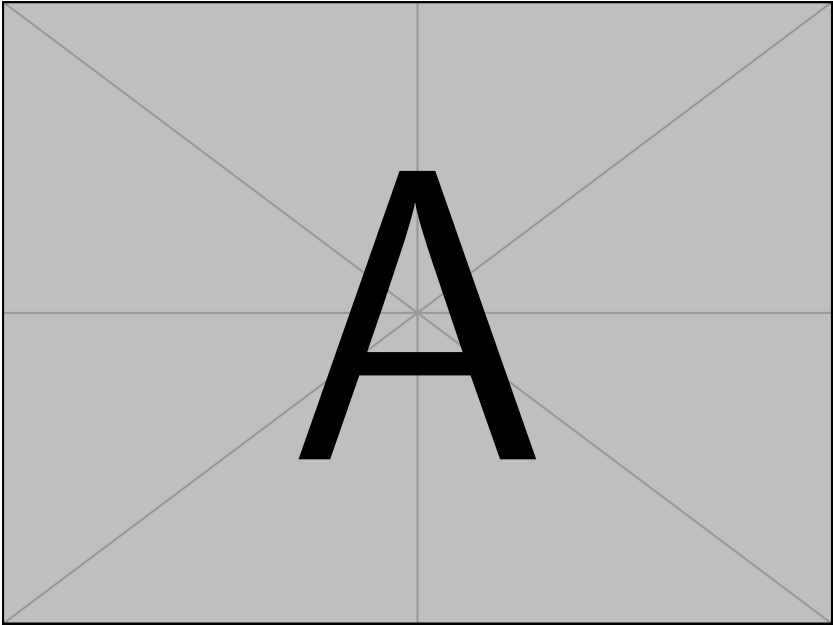
Pour warm syrup over cooled Pakhlava.

Syrup: - 2 cups sugar - 1 cup water - 1 tablespoon of lemon juice - a piece of the lemon rind

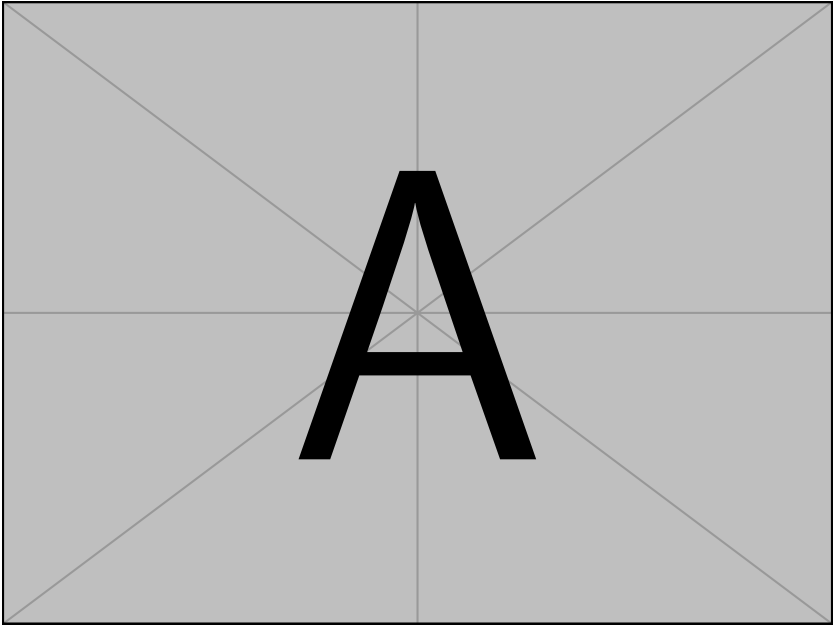
Heat until sugar is dissolved.



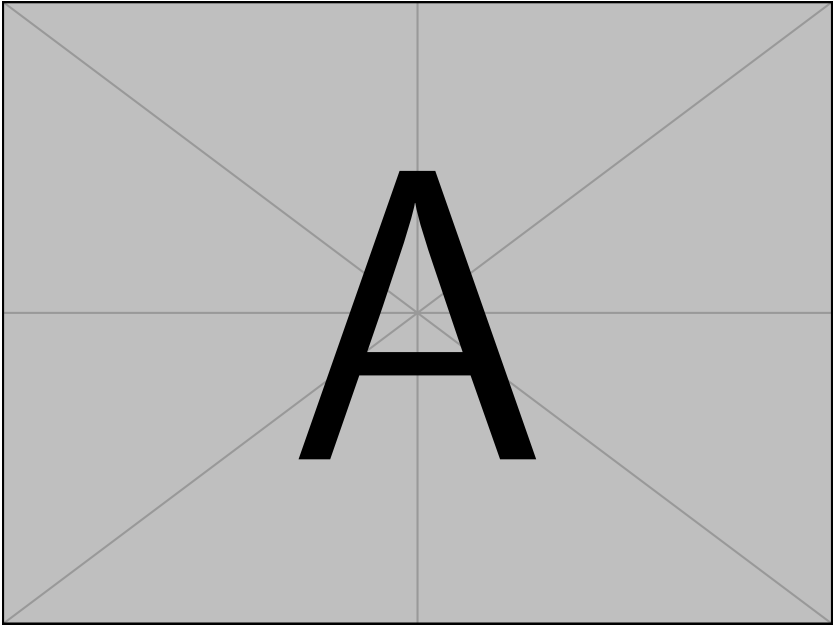
## 4.8 crème brûlée



## **4.9 Spritz Cookie**



## **4.10 Boorma**





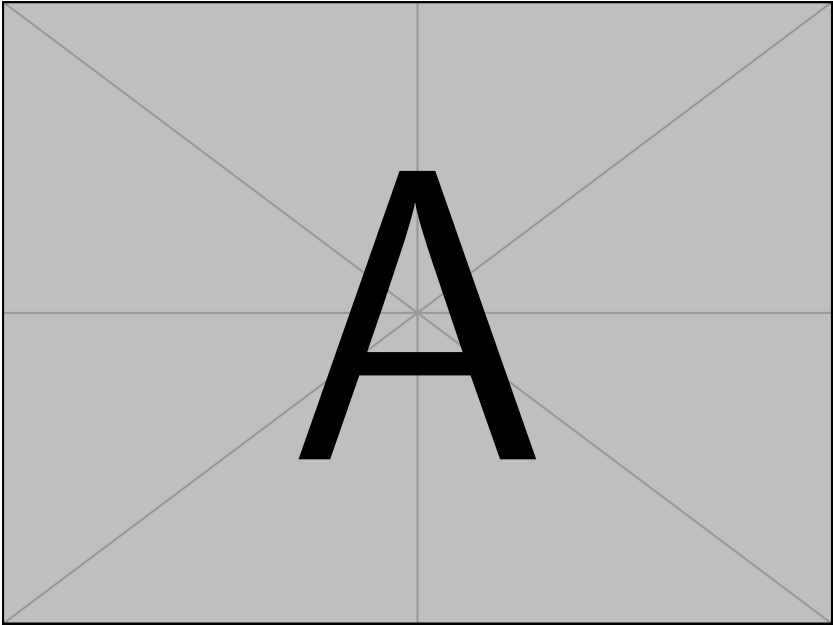
## **4.11 Butter brickle cake**

*Reminds Nancy of lunch at Carson Pirie and Scott in Chicago.*



# **Chapter 5**

# **Etcetera**



## 5.1 Farmer's Pizza

*Blaise remembers David making this as an after-school snack.*

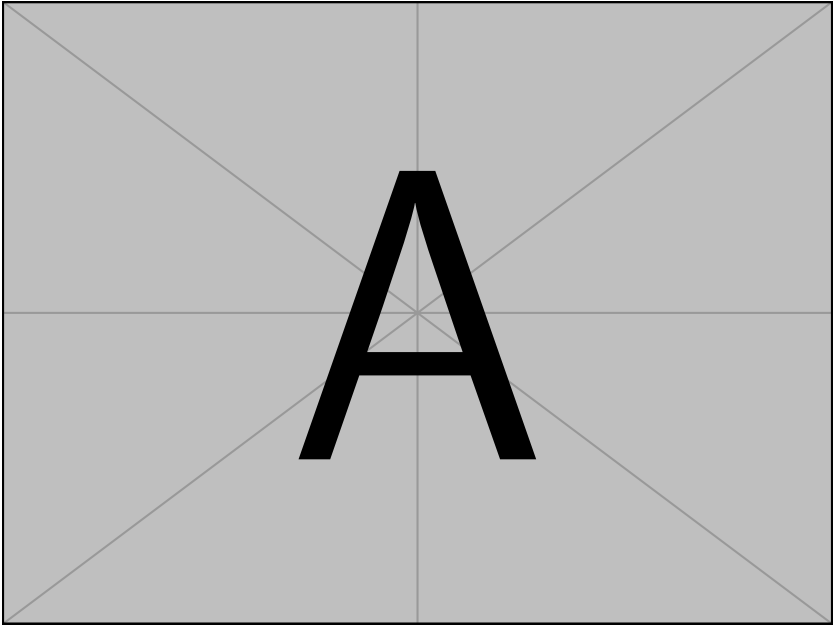
- ~> sliced bread
- ~> ketchup
- ~> farmers cheese
- ~> oregano
- ~> garlic salt (optional)

Toast bread.

Thickly slice cheese.

Top toasted bread with ketchup, then cheese, then spices.

Heat in oven till melted and slightly browned on top.



## 5.2 Tourshi

*Nancy's mother used to make this item. The jars or ceramic containers would then be placed under our bench seats at the kitchen table where they would stay until used.*

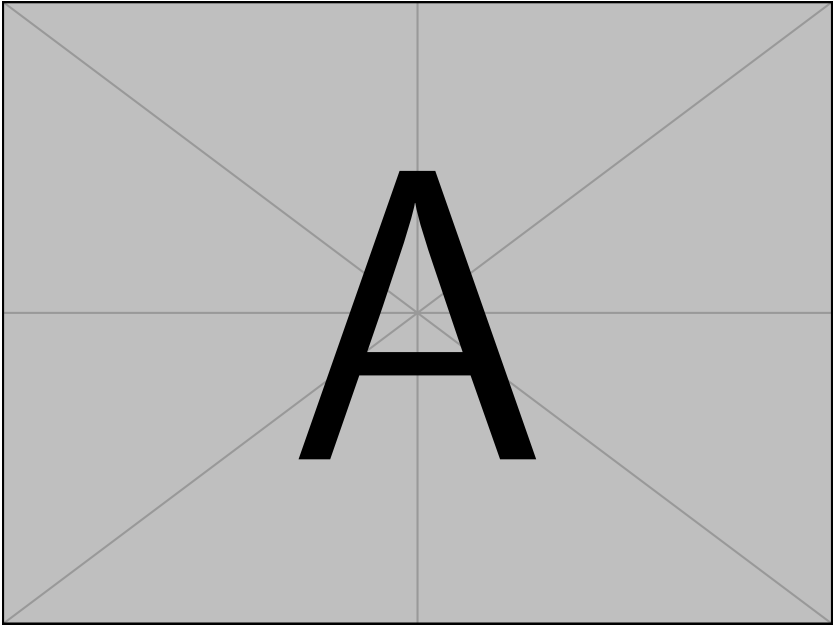
Makes 12 quarts

- ~~ 2 cabbage
- ~~ 2 celery
- ~~ 3 cauliflower
- ~~ 6 carrots
- ~~ 12 cloves garlic
- ~~ 12 dry red hot peppers
- ~~ 12 T salt
- ~~ 2 t sugar.

Wash and cut vegetables: cabbage in wedges; carrots and celery into strips; cauliflower into flowerets. Other vegetables which could be pickled are: green tomatoes, green beans and eggplant.

In each sterilized quart jar, place 1 dry red not pepper and 1 clove garlic. Pack vegetables tightly in jars.

In each jar add: 1 T salt, 1/4th t sugar,  $\frac{1}{4}$  c white vinegar. Pour boiling water over the vegetables and seal. Ready to eat in 4-6 weeks. Liquid should be clear, indicating that no air has entered the jar.





## 5.3 Madzoon

*Azniv used to heat madzoon in a bowl, wrapped in a blanket, over the living-room floor furnace. It's much easier to use a thermometer.*

↪ 3 quarts milk, lowfat

↪ 2 tablespoons starter or plain live yogurt

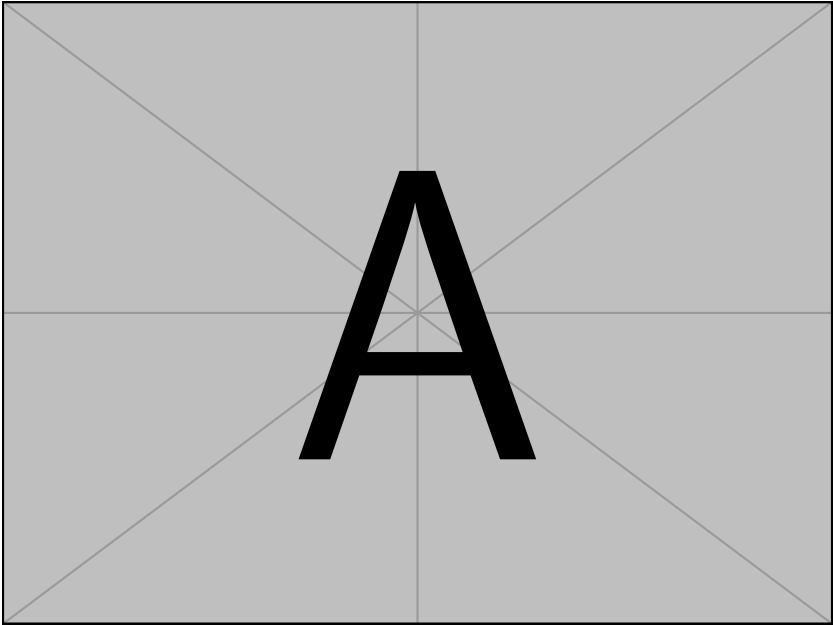
In a large saucepan, heat the milk on a medium-high heat to the boiling point; 180 deg F. Small bubbles appear around the surface.

Remove saucepan from the heat and pour the scalded milk into a plastic or glass container. Place the thermometer in the container and cool milk to 120 deg F.

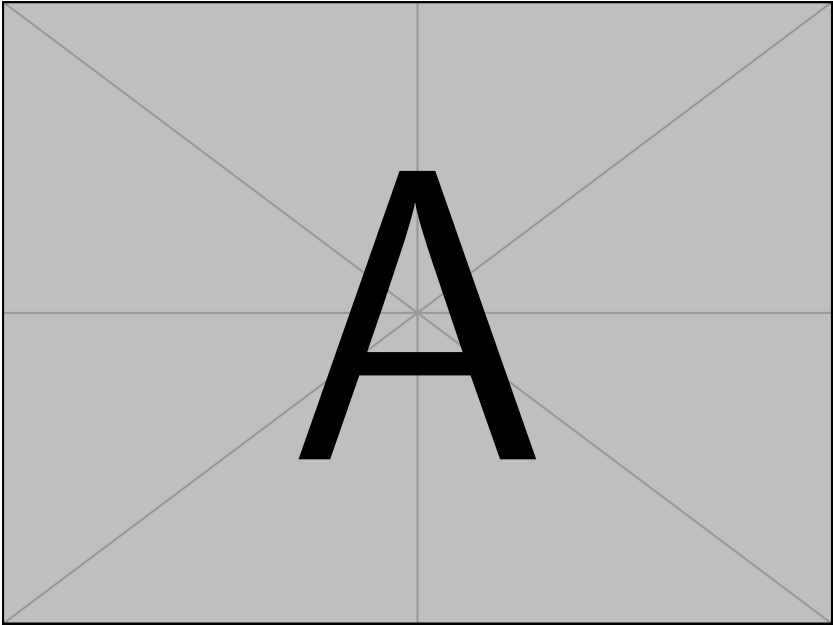
Remove 1 cup cooled liquid into a small bowl and add 2 tablespoons starter; stir gently to blend. Add this liquefied starter to heated milk in the container. Cover tightly.

Wrap the container in a blanket and let it stand, untouched, for 6 hours.

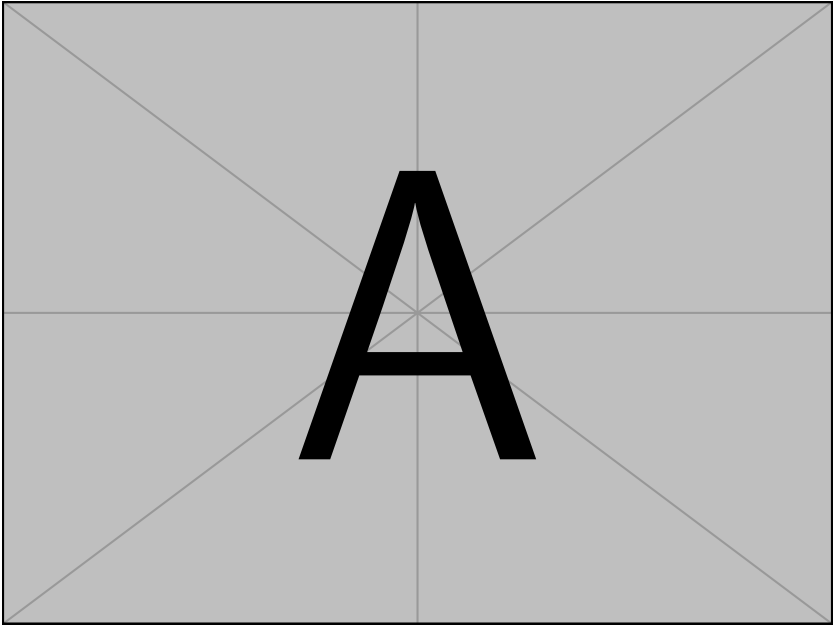
Uncover, refrigerate, and enjoy!



## **5.4 David's guacamole**



## **5.5 Baba ganoush**



## **5.6 Tahnabour**