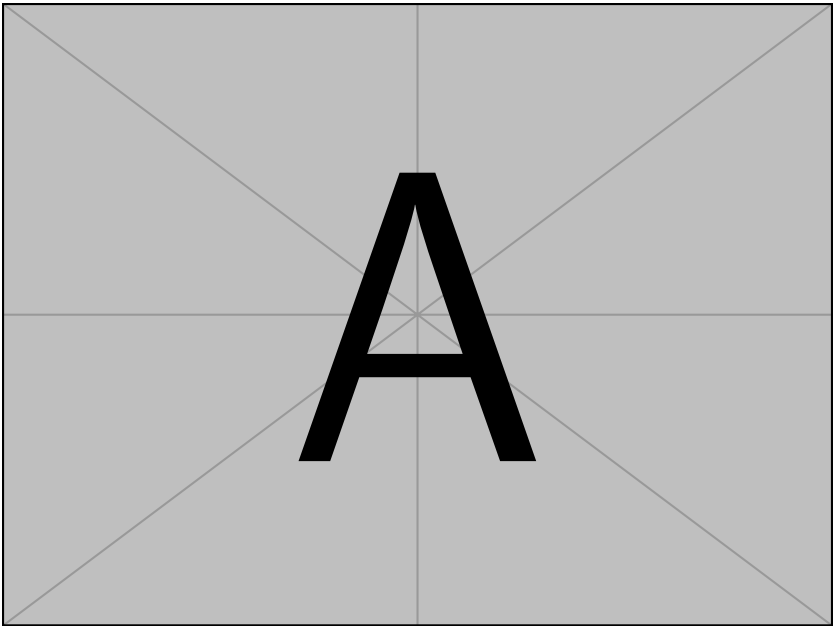


Cooking at 827





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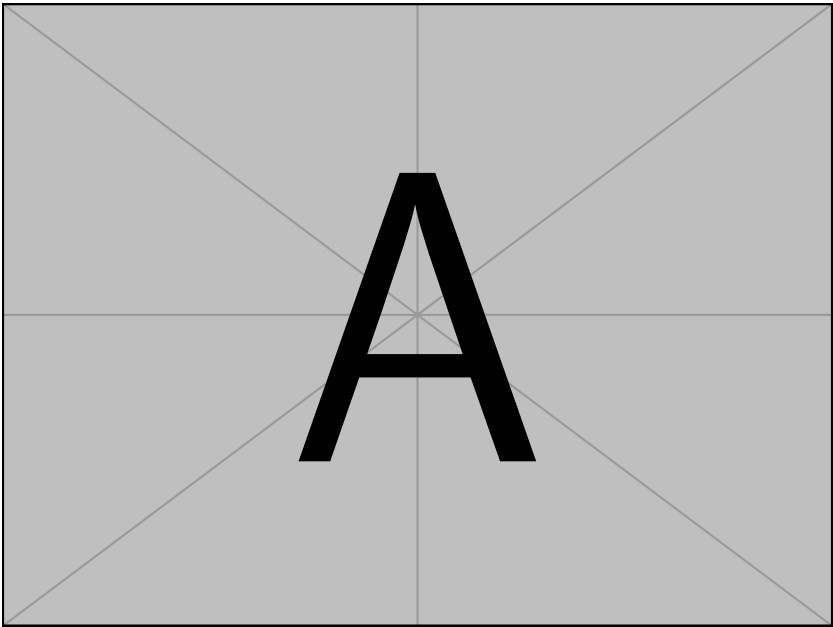
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# **Chapter 1**

## **Salads**





## 1.1 Imom bayaldi

*Nancy remembers her grandparents (Aznev and Yesai) 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

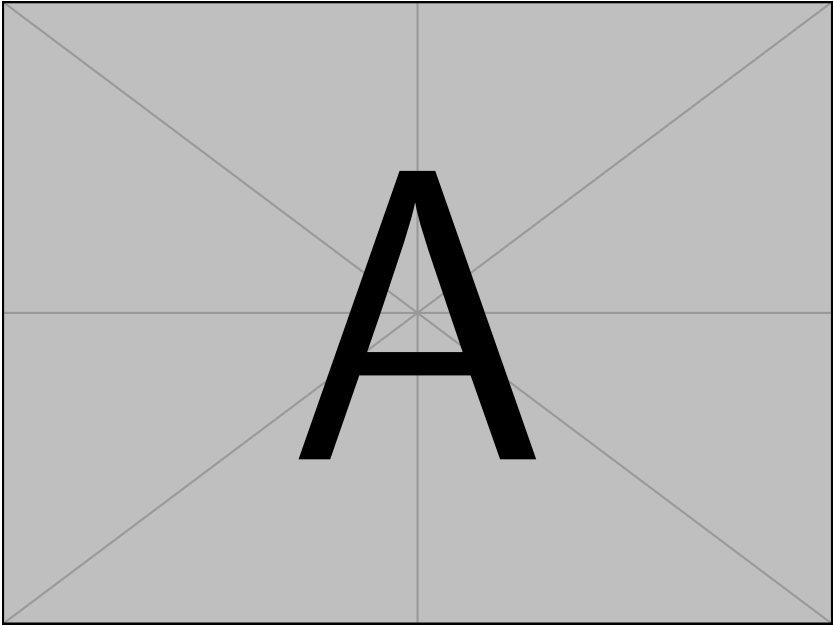
Cut eggplant lengthwise into quarters (8 pieces). Cover with salt and let stand 30-60 min

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 Jajukh

*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

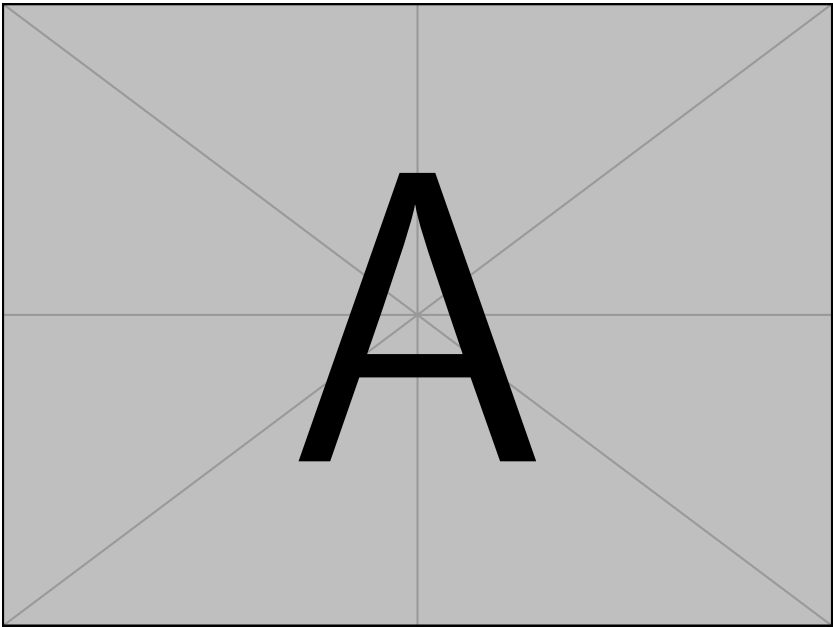
Cut peeled cukes into quarters lengthwise. Holding all four sections together, cut thin slices across the width of the cuke.

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 Aspic

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

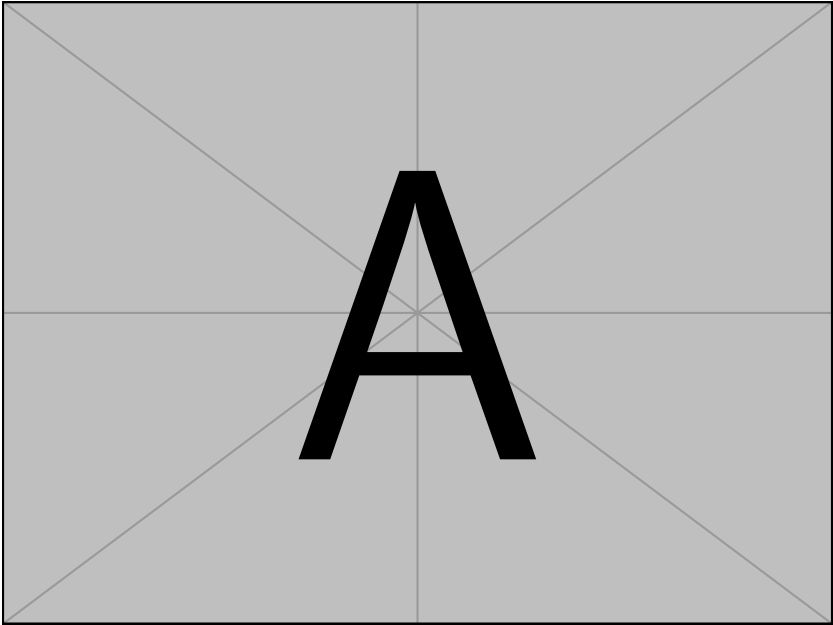
Cut 1 can cantidina stewed tomatoes into fine pieces with scissors.

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 Curried Waldorf Salad

Serves four.

- ~> 8 oz (1.5 c) cubed turkey
- ~> 1 c cubed apple
- ~>  $\frac{1}{2}$  c sliced celery
- ~>  $\frac{1}{2}$  c low calorie mayonnaise
- ~>  $\frac{1}{2}$  t curry powder
- ~> 2 packets Equal

Combine turkey apple and celery in large bowl.

In a separate bowl blend together mayonnaise, curry powder and Equal.

Toss turkey mixture with dressing. Chill.

Serve on lettuce leaves.





## 1.5 Rickie/Wiepske

*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.

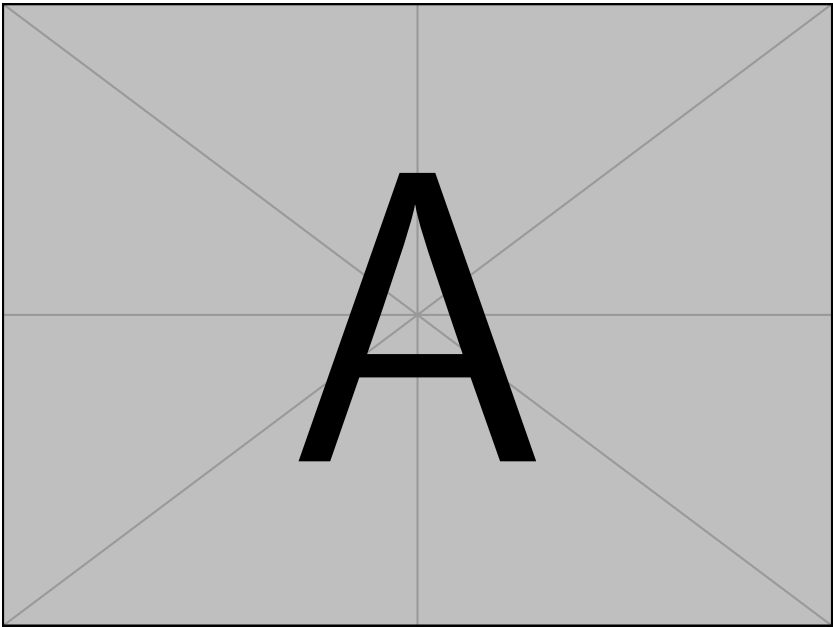
Add JUST before serving.

Best served with butter lettuce



# Chapter 2

# Sides



## 2.1 Armenian potato side dish

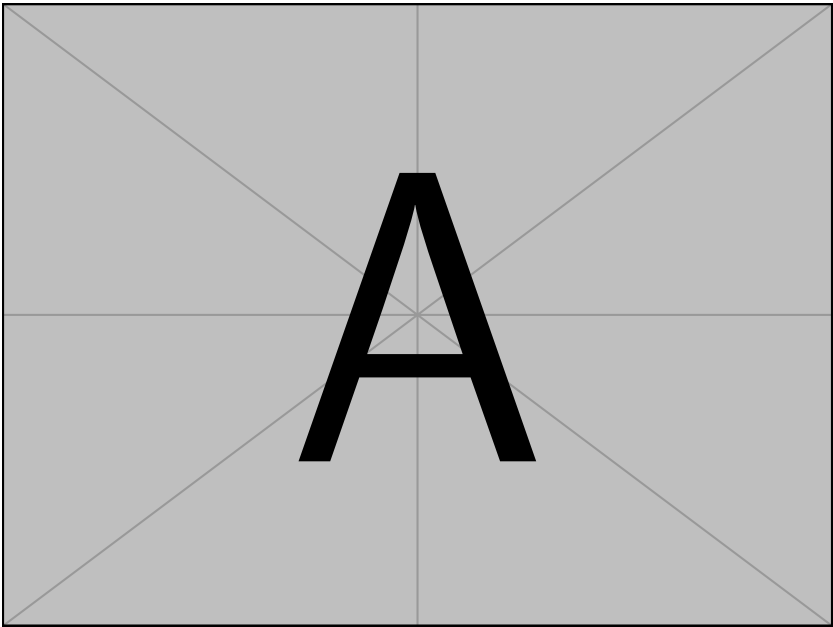
*Seen on Chef John YouTube channel, loved.*

- ~>  $\frac{1}{4}$  cup salad oil
- ~> 4 cups diced, uncooked potatoes
- ~>  $\frac{1}{4}$  cup tomato pulp
- ~>  $\frac{1}{2}$  cup water
- ~> 1  $\frac{1}{2}$ t 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  $\frac{1}{4}$  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**





## 2.3 Pilaf

*Staple side-dish for Armenian meals.*

Serves 4

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

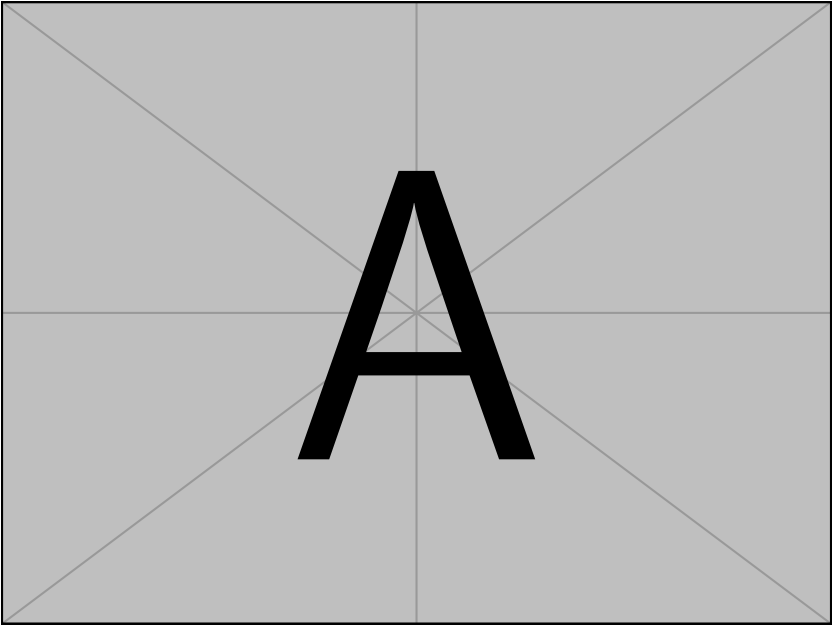
Add one cup rice.

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.

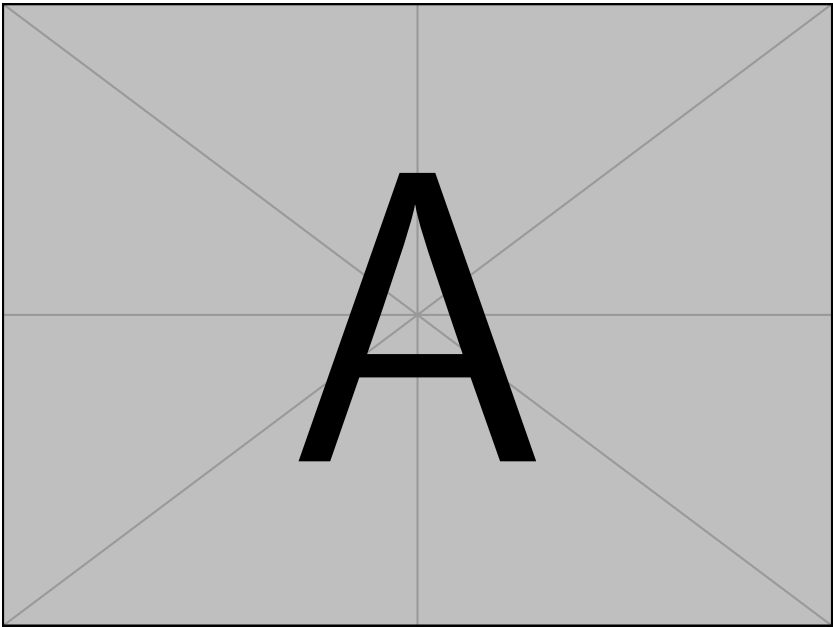


## 2.4 Beets

*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

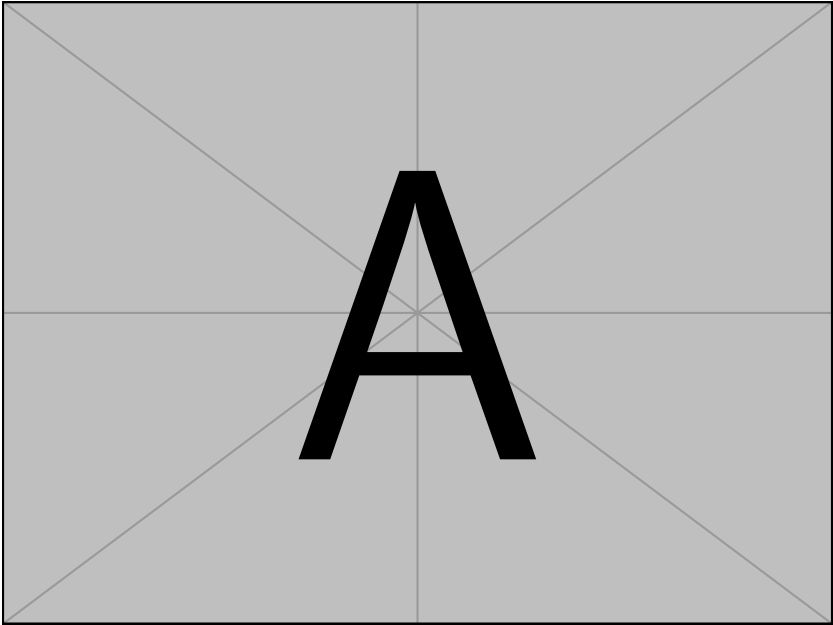
Get skillet very hot

Add  $\frac{1}{2}$  bag frozen sprouts

Cover

Stir in Oil, Onion powder- LOTS, Salt, Pepper, Lemon juice- keep cap on as you add so you don't add too much, Water- not much

Cover, turn off heat and let it steam



## 2.6 David's Mashed Potatoes

↪ 3 potatoes with light brown thin skins- called a variety of names

↪ 3 carrots

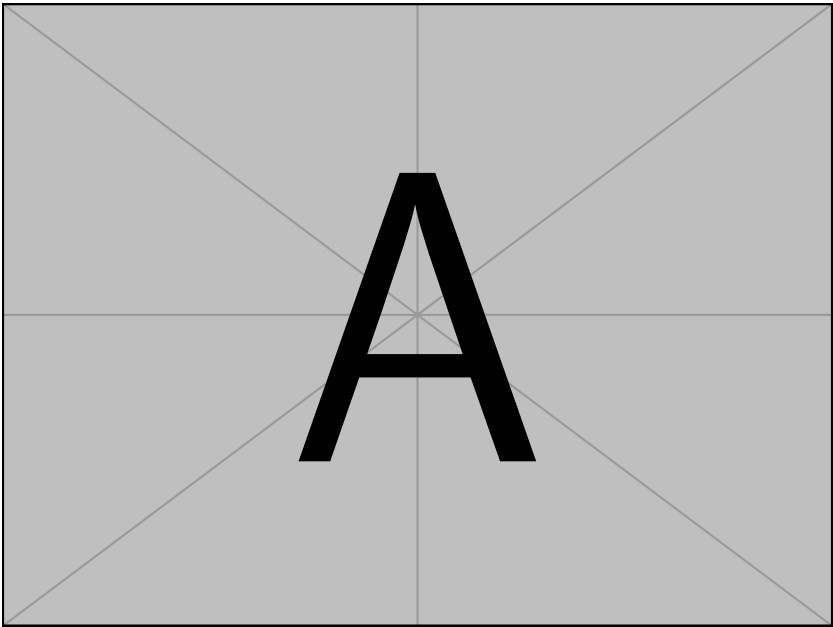
Peel and cut the potatoes into 3 inch cubes. Peel and cut the carrots lengthwise into fourths.

Put potatoes and carrots into water and boil until tender (not long).

Strain out water.

Mash the carrots and potatoes.

Season?





## 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

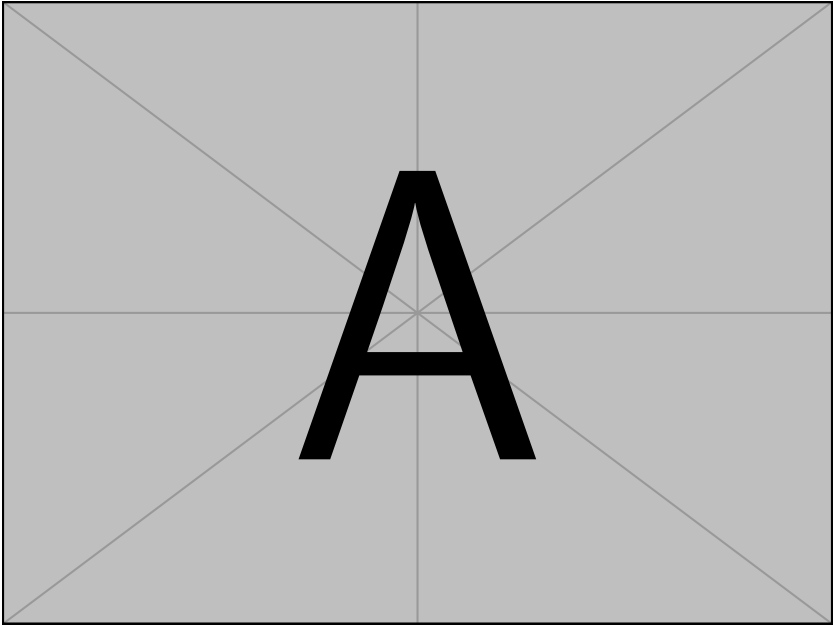
Add bacon, string beans, salt, pepper, water

Cook 7-20 min



# 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

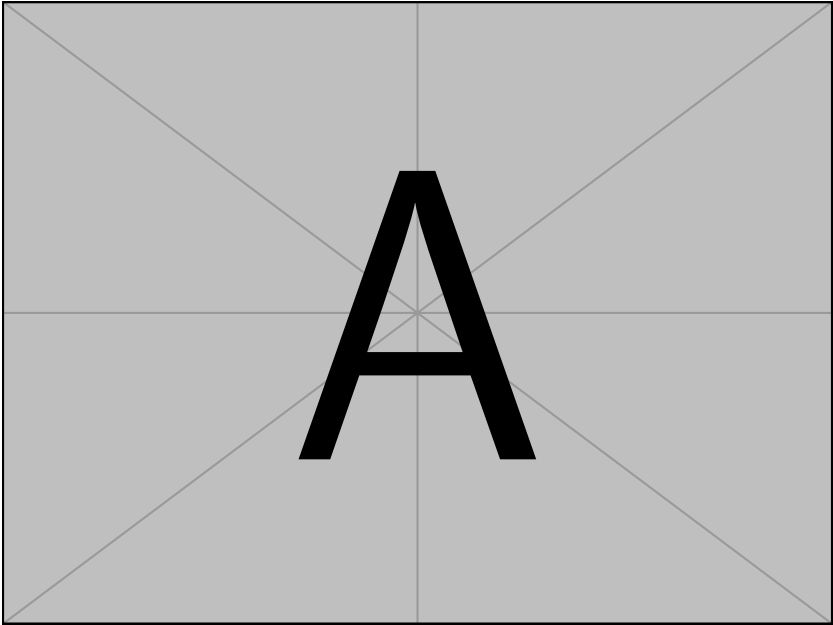
- 1 package dry yeast
- 1 c buckwheat flour
- 2 c white flour
- 1 T salt
- 2 T sugar
- 3 c water

~> 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

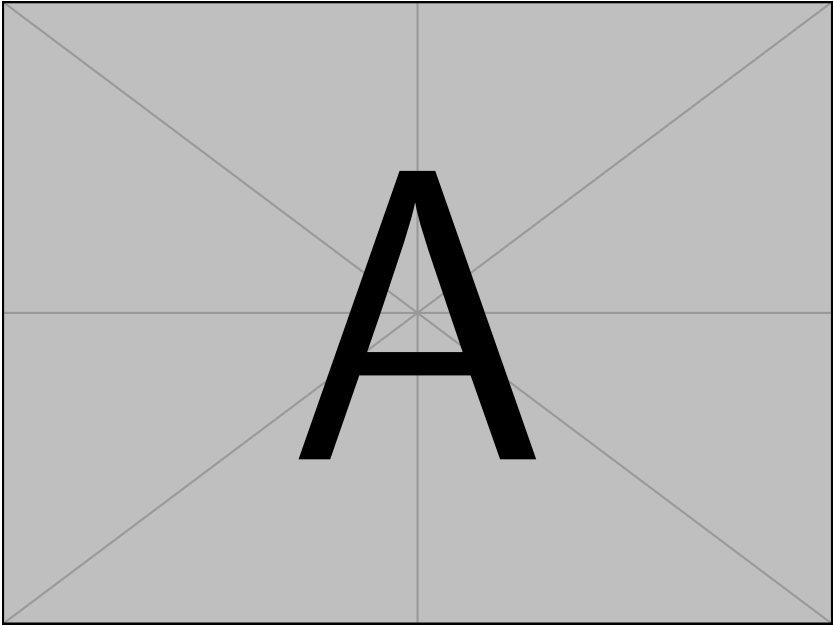
Prepare the meat- remove the membranes and the fat. Cube the remainder.

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.

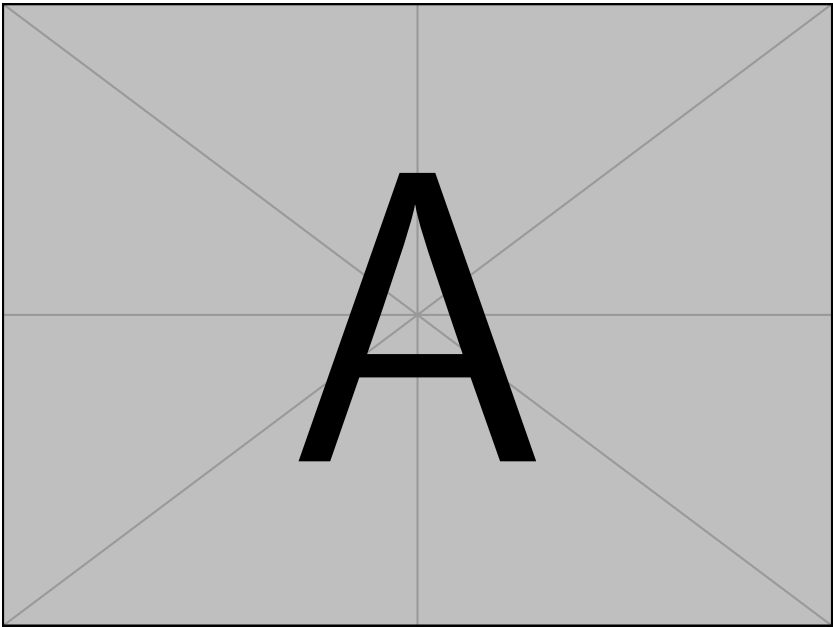
Cook



### **3.4 Whole Boneless lamb loin**

Ingredients One bonless lamb loin Coriander Cumin Essence 2.5 T paprika  
2 T salt 2 T garlic powder 1 T black pepper 1 T onion powder 1 T cayenne  
pepper 1 T dried oregano 1 T dried thyme

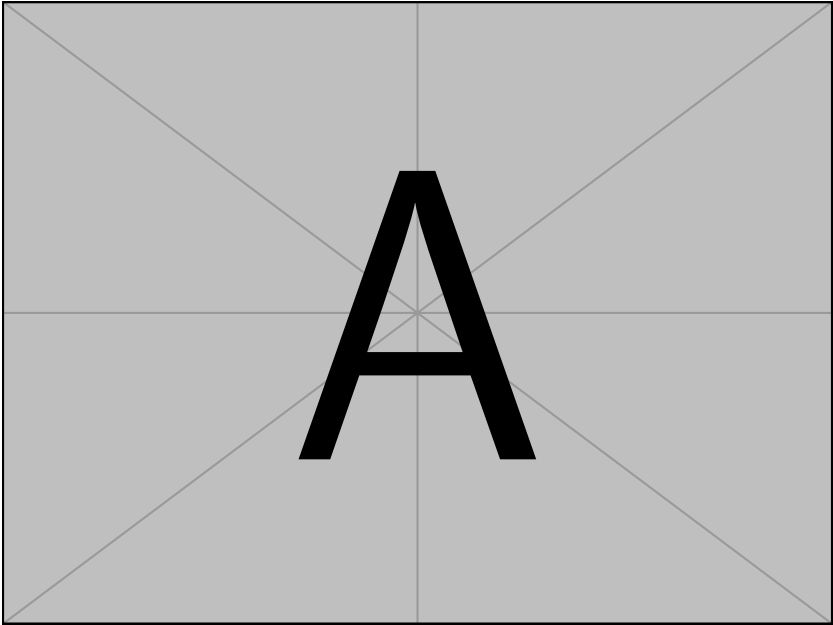
Directions Lay out lamb, cut side so it folds open Sprinkle inside with salt  
and Essence Place stock of rosemary inside Tie lamb up with another stock  
of rosemary Season outside of lamb with more salt and coriander and cumin  
Put lamb in a large pan which has hot olive oil in it Sear lamb at high 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

Ingredients 1.5 lb ground beef/pork sausage 3 slices of bread- (Only had 1 lb of meet so used 2 slices of bread. Also used a strange bread- name is Everything by L'oven Fresh. This added quite a bit of additional seasoning. If you can't find this in a bread, you might use the bagels with the same name.) 1 cup milk ( Only having 1 lb of meat, I should have used 2/3 cup milk rather than a cup, because it was not as firm as it should be.) 1 egg beaten  $\frac{1}{4}$  cup onion ( did not have onions, but I think they would have contributed) 1.5 t salt  $\frac{1}{4}$  t pepper, dry mustard, sage, celery salt, garlic salt (did not have dry mustard, but it did not seem to matter) 3 T catsup or chili sauce (Used Heinz catsup, which we find better than other brands.)

Directions Mix all but the last ingredient Form into a loaf Pour last ingredient over the loaf (I also put in slices (thin) of potato around the edge of the meatloaf. I coated them in olive oil before putting them in the pan) Cook at 350 for 1 hr or until temperature is 160 degrees.

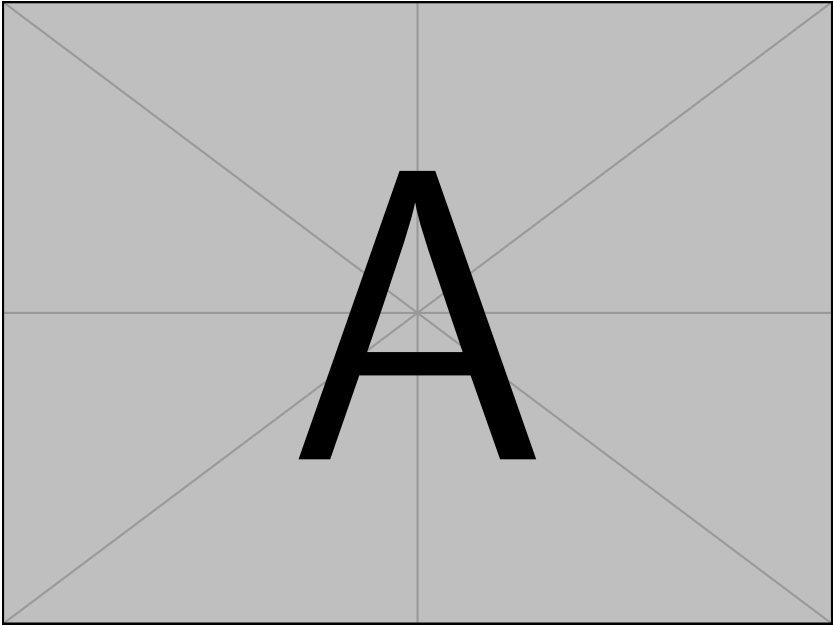


## **3.6 Pig Butt**





## 3.7 Ruben

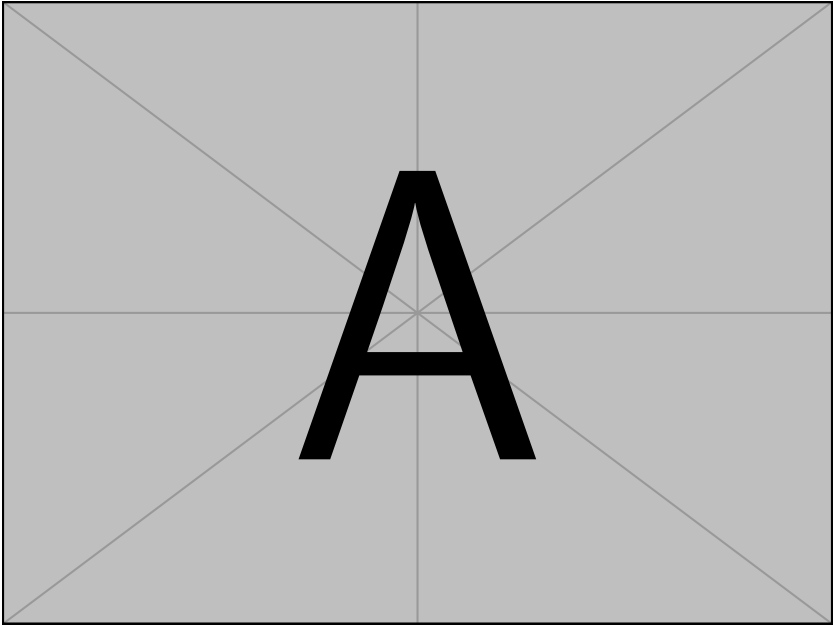


## 3.8 Tava

*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.*

Ingredients 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; 1/2 lb ground beef and 1/2 lb pork sausage Salt Pepper

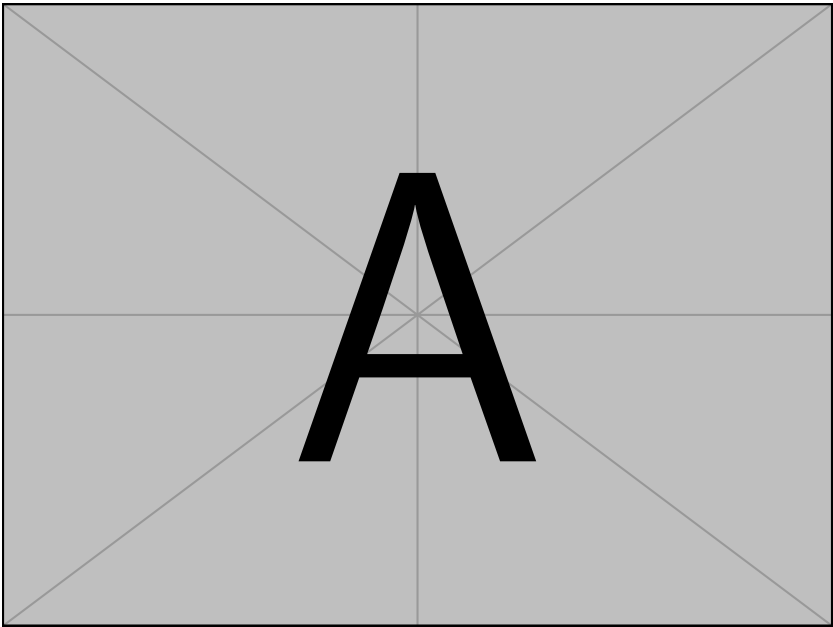
Directions Use up as much as possible from what is in the refrigerator and modify recipe to accommodate them. Plan the use of the eggplant well- you need to have the two layers of eggplant without too much overlapping or spaces. Use the size and number of pans which will accommodate number of eggplant 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 1/2 eggplant S and P 1/2 browned meat, onions, green pepper 1/2 stewed tomatoes (with fluid) and tomato sauce Repeat above Cover with foil Cook 350 degrees for 2 HRS or longer In early Jan, we cooked it for about one hour then let the pans stay in the oven about 3 more hours. It did not require much cooking when we were ready to eat it. Check if eggplant is done, may require adding fluid (wine) and cooking another 40 min (make sure skin cuts easily). As of May 2022, it took 3-4 hours to cook it until the skin's cut easily. It started with the temp less than 350. 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.*





## 3.11 Slumgolian

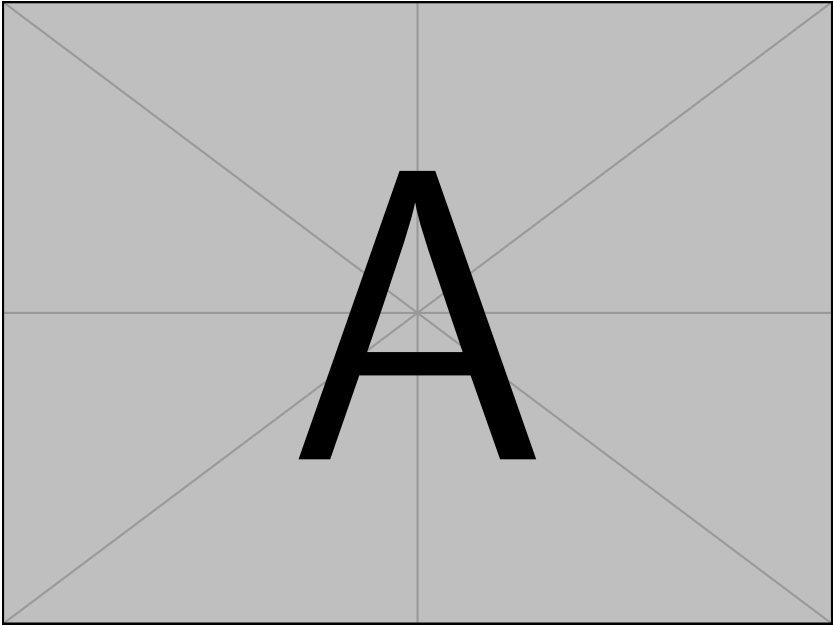
*Laverna was a working mother, and this recipe was a good way to feed the family. Fast, cheap, easy, and always tastes good.*

- ~> 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.

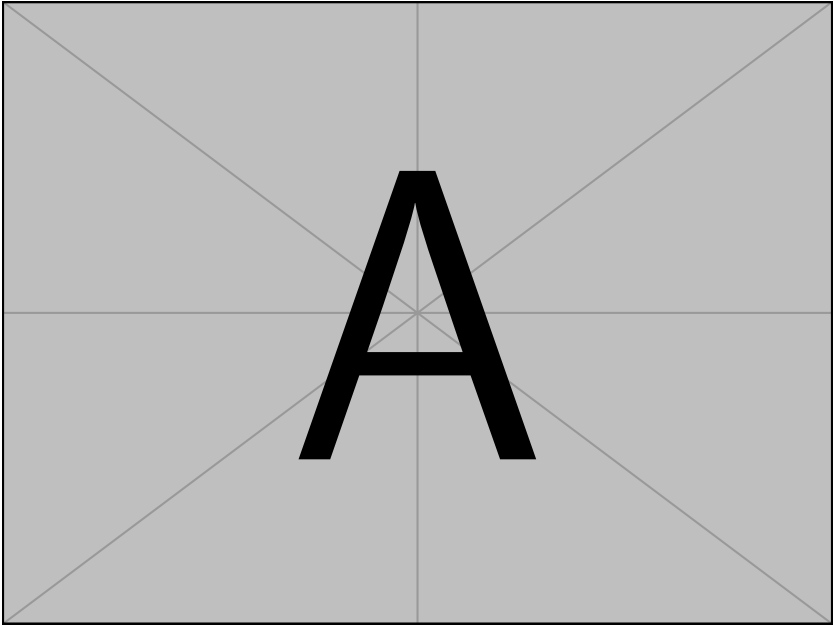
Combine everything together in one pot.



## 3.12 Fasulia

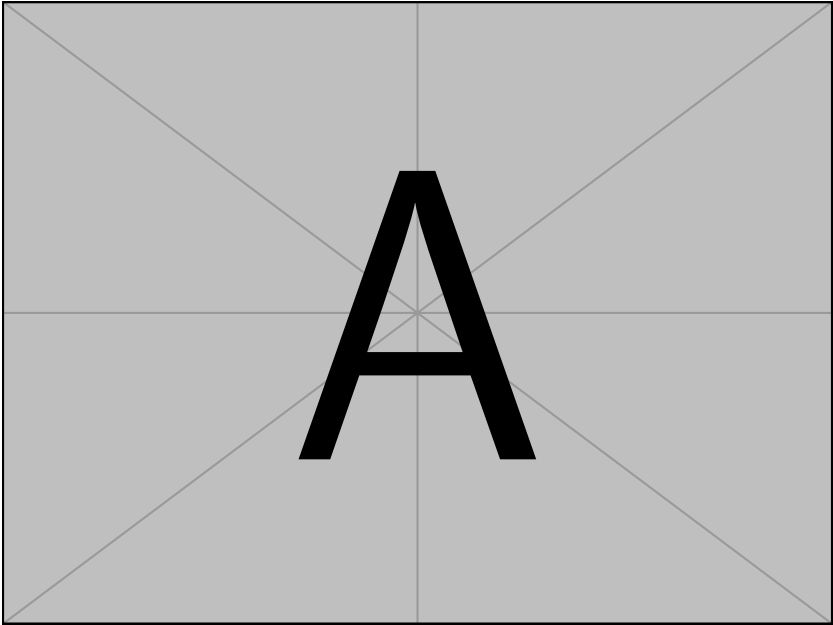
Ingredients 1 lb ground beef or lamb 1 onion- sliced 1-2 cloves minced garlic  
4 lbs fresh or frozen green beans- if fresh, cut ends off and the body into 3  
inch pieces 1 28 oz can of diced tomatoes or stewed tomatoes 1 6 oz can  
of tomato paste  $\frac{1}{2}$  c water Chicken broth as needed 2-3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

Directions 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

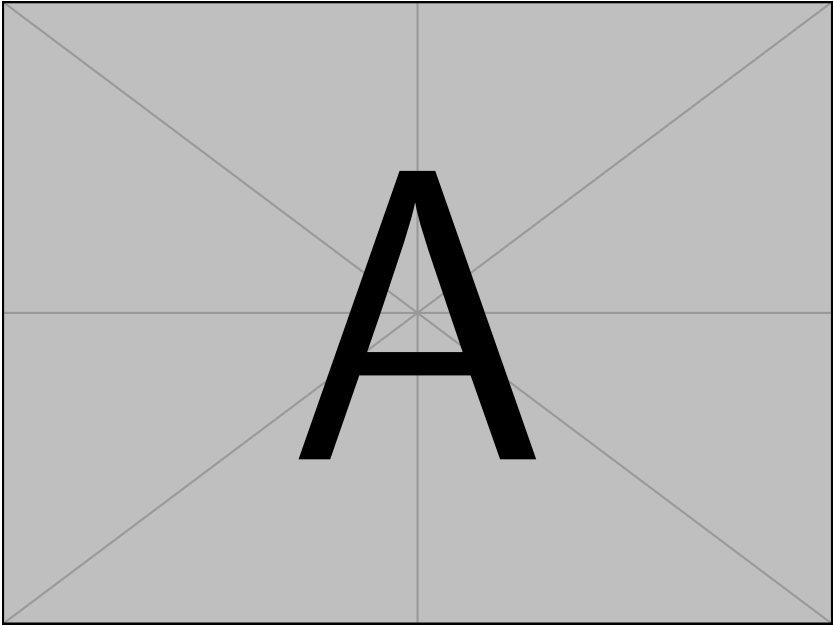


## **3.14 Dad's Cabbage Dolma**





## **3.15 Bourguignon**



## 3.16 Tanzanian black-eyed pea and coconut soup

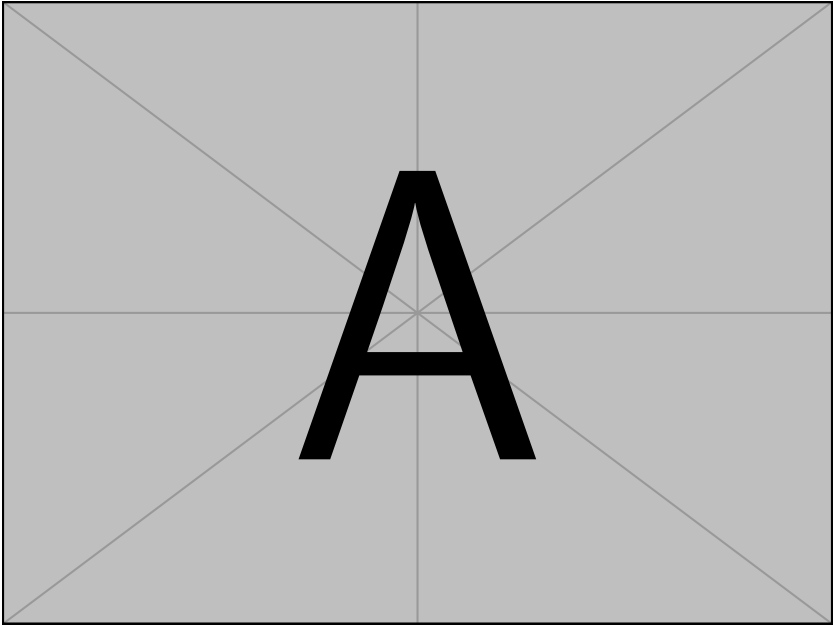
*David and Nancy fell in love with this recipe from XXXX cookbook.*

### 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.*

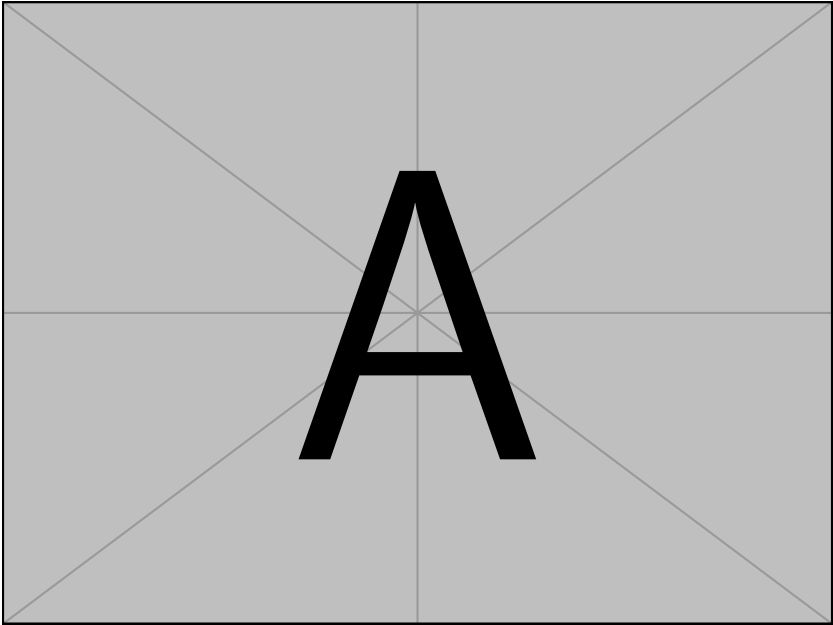
Serves 16

Ingredients- for one large pot 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 (if you are forced to use very large zucchini, remove all of the outer skin otherwise only remove half of it in stripes) Also use the cored centers as flavoring for the pot. Put them in the center of the stuffed items.  $\frac{1}{2}$  jar grape leaves- rinsed slightly ( I like those from Fresno CA prepared by Armenians- one brand is H & H Fresno's Grape Leaves) DO NOT BUY SERA ORGANIC GRAPELEAVES. Good Ziyad Brothers

1 2 3 4 5 6 7 8 9 10 11 12 13 14 STUFFING 2 lbs ground lamb (one can use ground beef -chuck- but good ground lamb is the best) 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

OTHER 1 can tomato sauce  $\frac{1}{4}$  cup lemon juice  $\frac{1}{2}$  cup chicken broth Directions

prepare stuffing prepare items to be stuffed- make cavity, saving innards, salt cavity stuff items prepare pot by lining with grape leaves and placing the tomato and zucchini innards in the center ( I like to put the tops of the peppers and the tomatoes on these vegetables at this point) (for the above amount of ingredients I used two pots which could be consolidated into one pot after one meal for the two of us) place the stuffed items such that a) two tomatoes and two green peppers are at the 12,3,6 and 9 positions of a clock b) create an inner and outer circular wall of stuffed zucchini c) top with stuffed grape leaves 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 bring 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

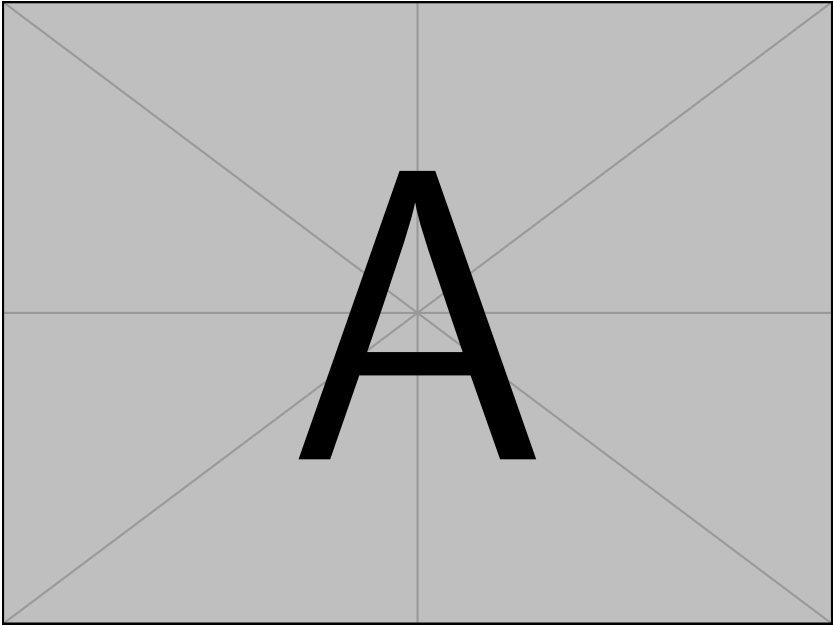


## **3.18 Tuna Supreme**

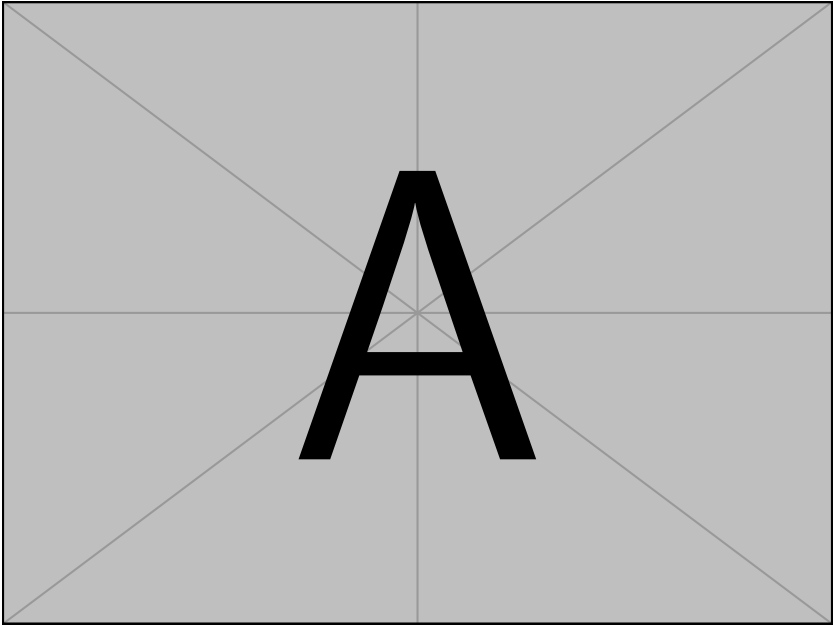




## **3.19 Sag Paneer**

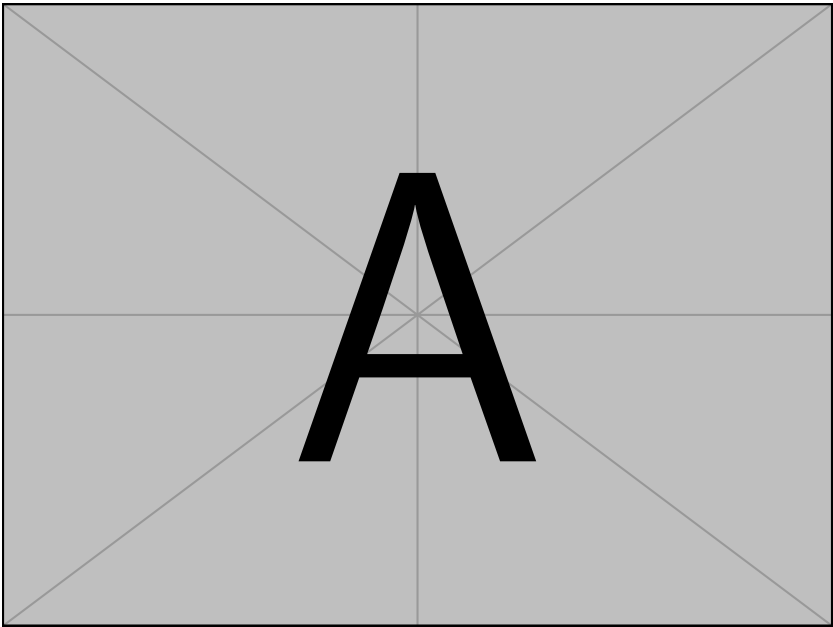


## **3.20 Suki-yaki**



## **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.*



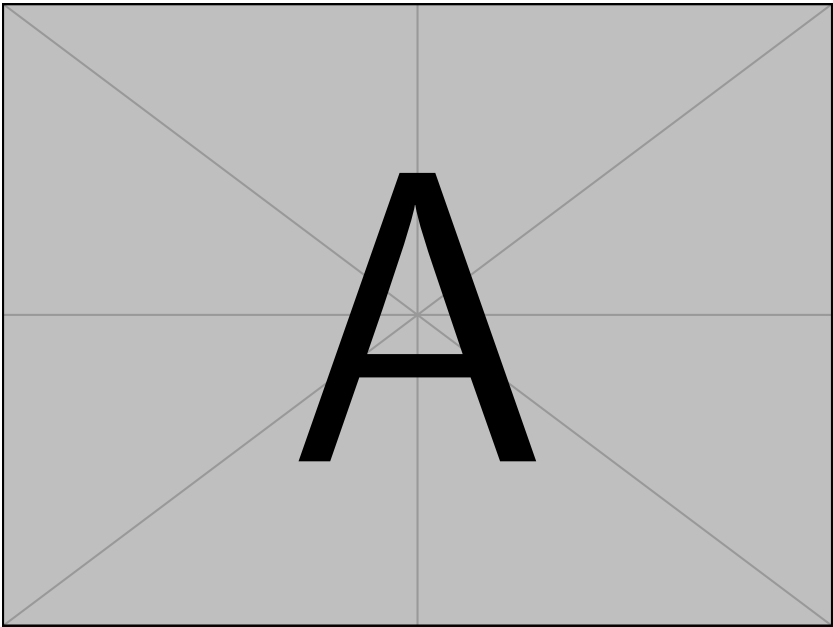
## **3.22 Stuffed Peppers**





# **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

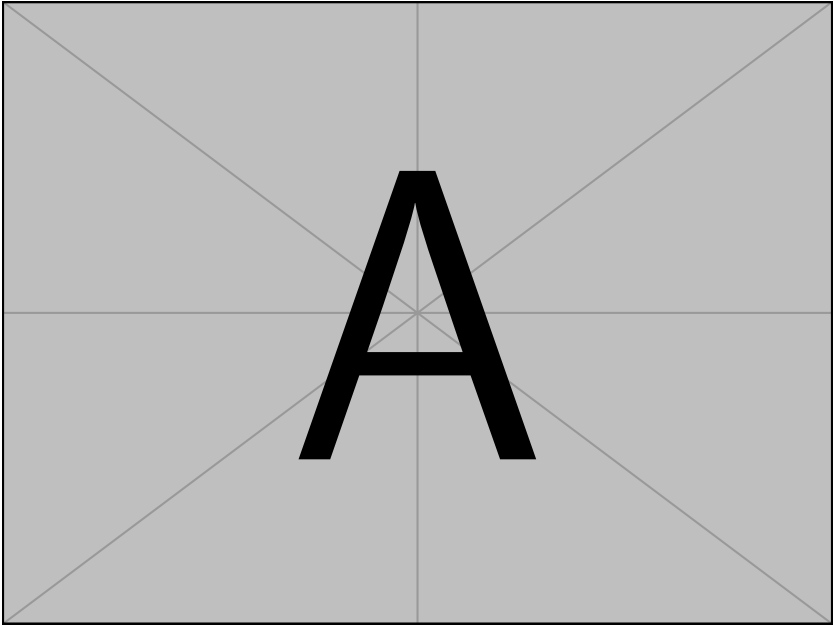
Cover with clean dishcloth and let choreg rise in a warm place until double bulk

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

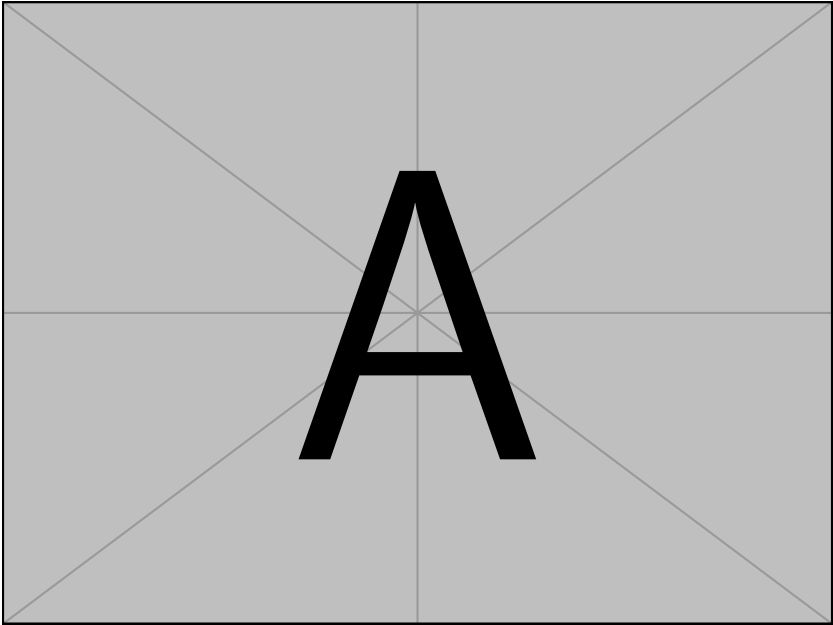
Bake at 350 until golden Remove with spatula Put on clean dishcloth or rack to cool

Eat

Store Put in air tight container when completely cool Can freeze



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



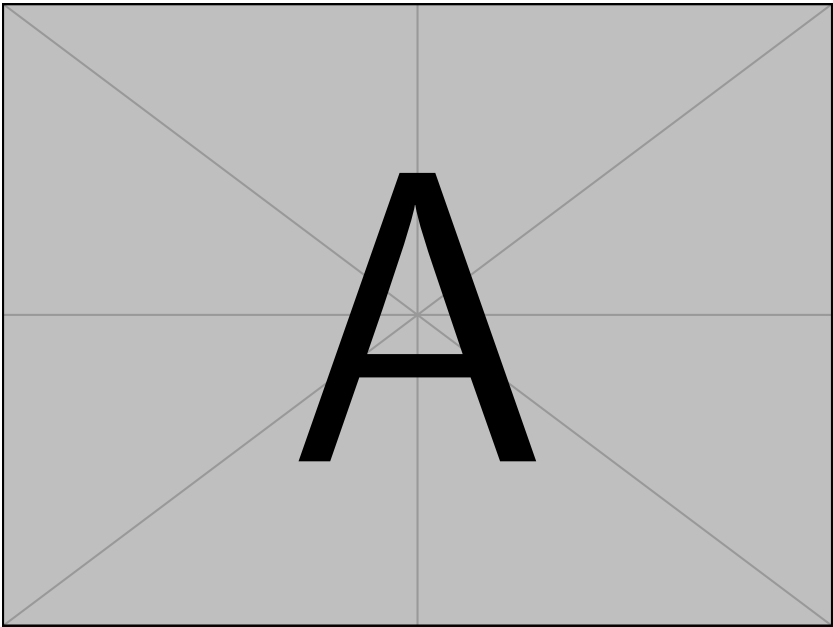
## **4.3 Rhubarb Pie**





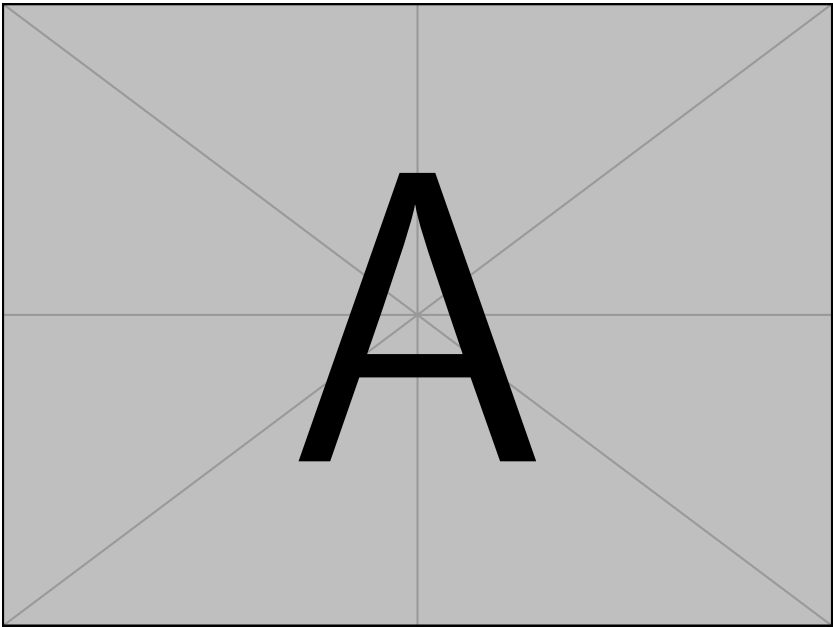
## 4.4 Apple Kiwi Pie

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

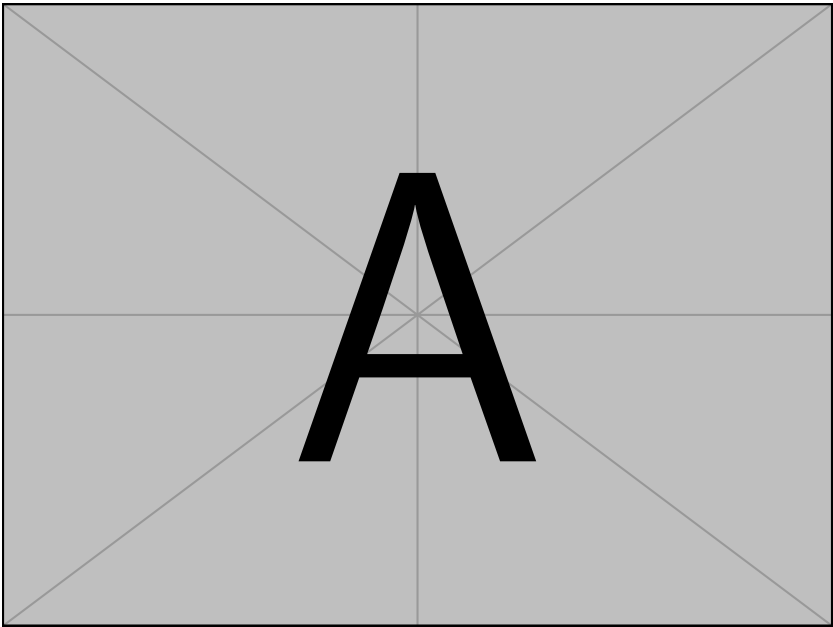


## 4.5 Marshmello Suprime

*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**



## **4.7 Baklava**

*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.*



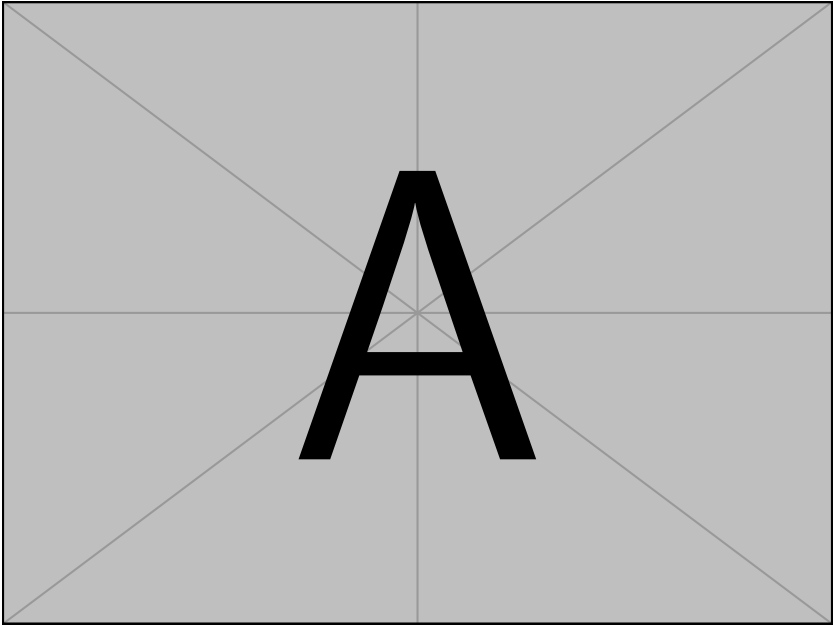


## 4.8 crème brûlée



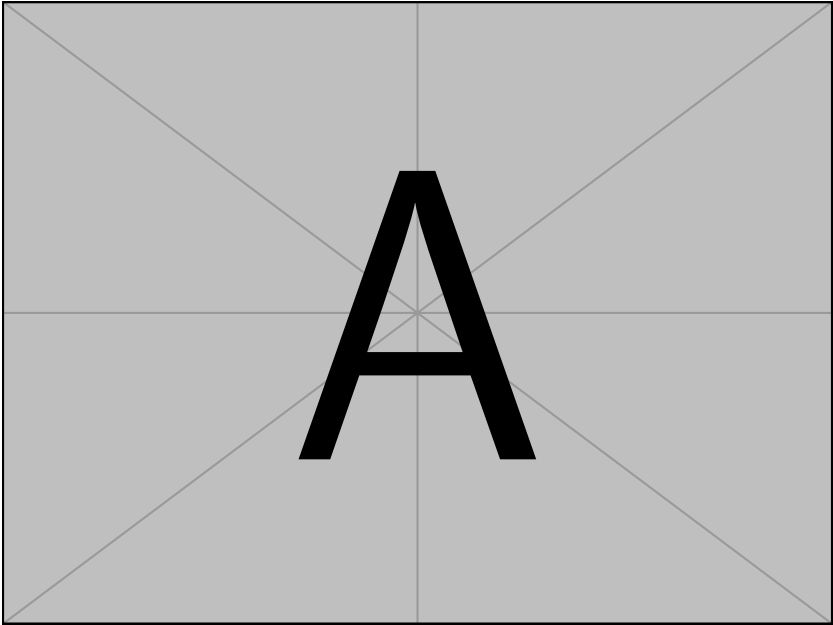
# **Chapter 5**

# **Etcetera**



## **5.1 Farmer's Pizza**

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



## **5.2 Tourshi**





## 5.3 Madzoon

*Aznev 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!