



# COOKING AT 827





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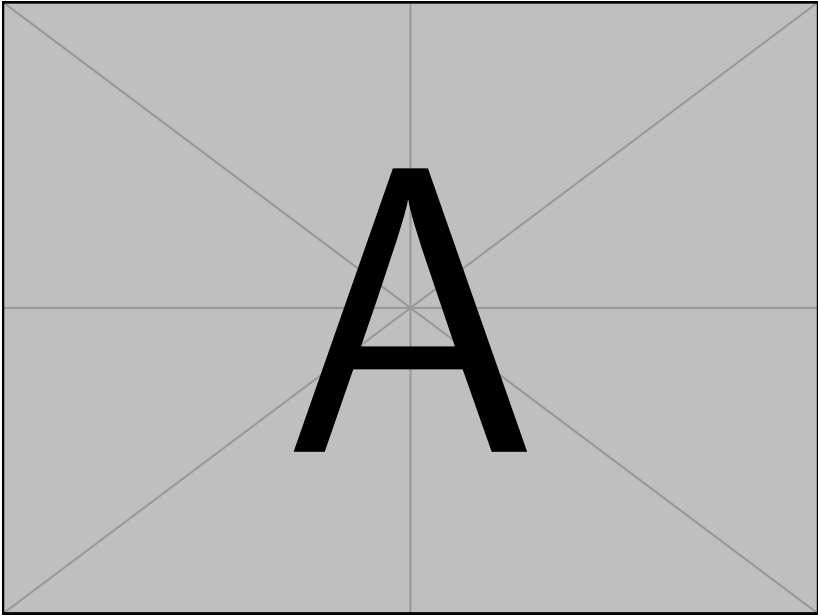
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# **Chapter 1**

## **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
- ↪  $\frac{1}{4}$  cup chopped parsley
- ↪ 1 tomato
- ↪  $\frac{1}{2}$  cup olive oil
- ↪  $\frac{1}{2}$  teaspoon 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

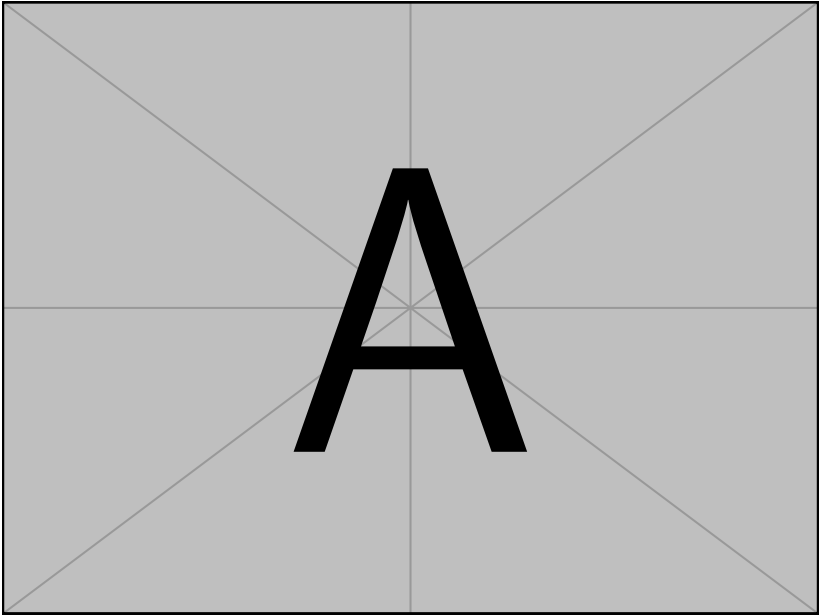
Dice green pepper and onions and saute in part of the olive oil. When soft add parsley, chopped tomato and seasonings and cook for 4-5 min

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
- ↪  $\frac{1}{4}$  teaspoon salt
- ↪ 1 tablespoon crushed mint
- ↪ 1 cup cold water

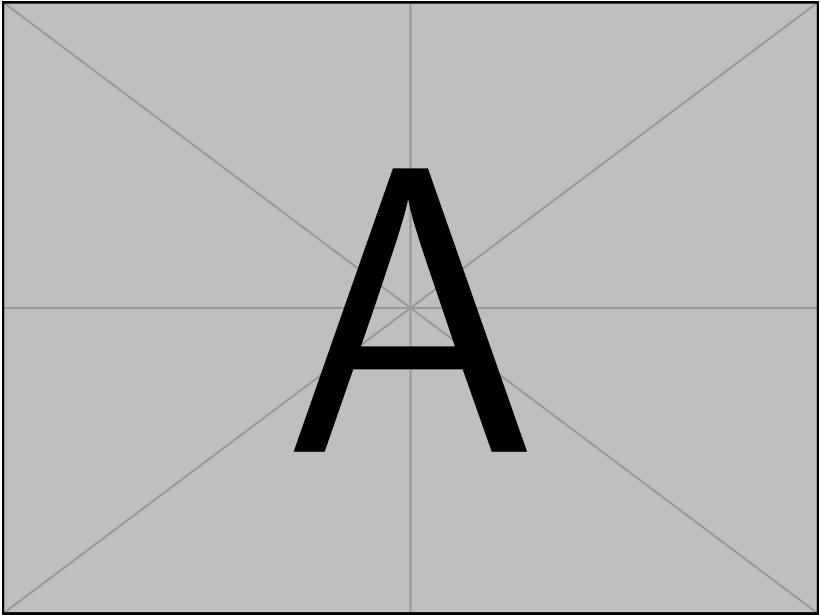
Cut peeled cukes into quarters lengthwise. Holding all four sections together, cut thin slices across the width of the cuke.

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 Aspic**

*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.

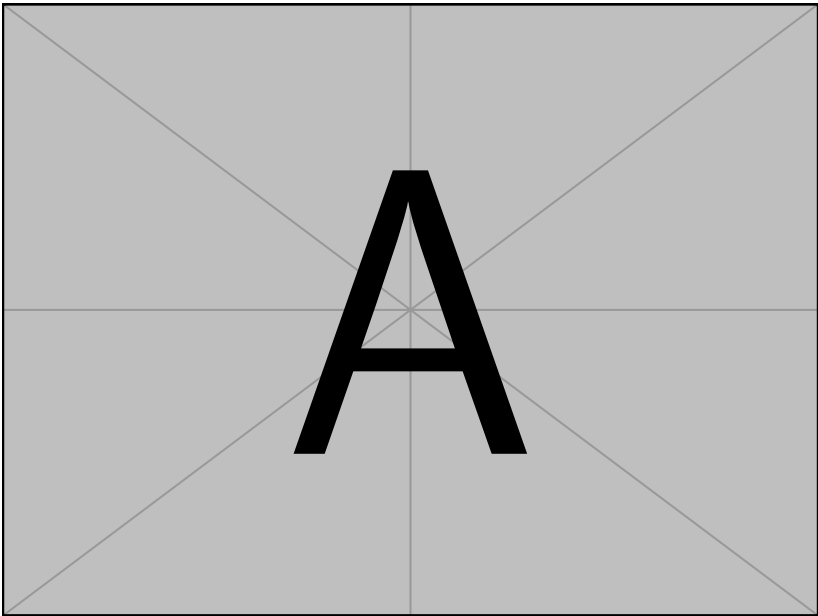
Add JUST before serving.

Best served with butter lettuce



# Chapter 2

## Sides



## 2.1 Armenian potato side dish

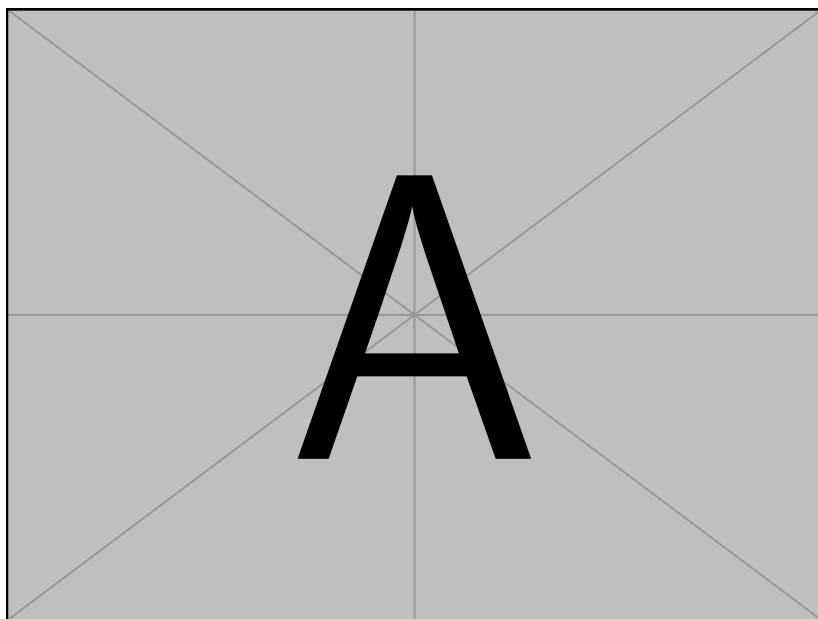
*Seen on Chef John YouTube channel, loved.*

- ↪  $\frac{1}{4}$  cup salad oil
- ↪ 4 cups diced, uncooked potatoes
- ↪  $\frac{1}{4}$  cup tomato pulp
- ↪  $\frac{1}{2}$  cup water
- ↪  $1\frac{1}{2}$  tablespoon salt (could be reduced)
- ↪ 1 tablesppon paprika or white pepper
- ↪ 1 entire garlic
- ↪ 1 bunch 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

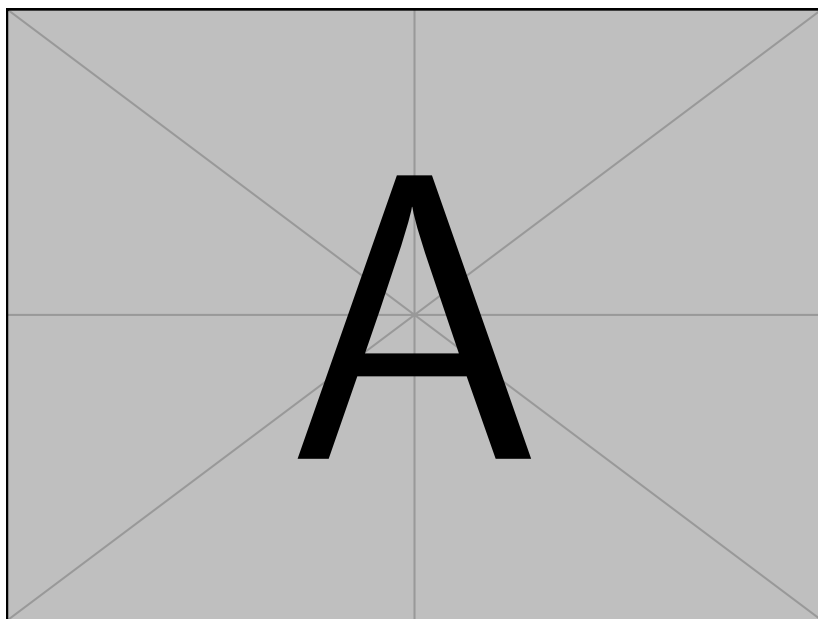
- ↪ wanton or eggroll wrappers, cut into fourths
- ↪ cream cheese
- ↪ crab (optional)
- ↪ vegetable oil

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.

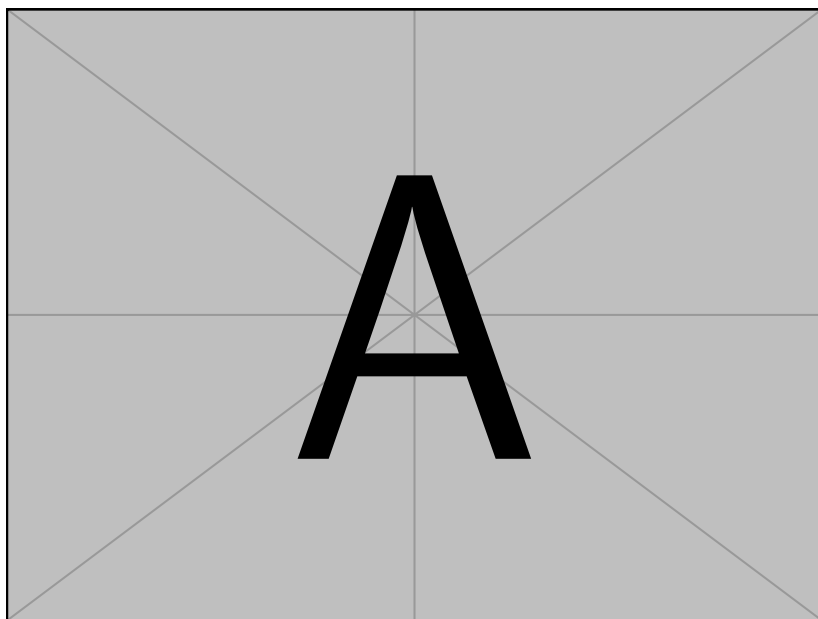
Add one cup rice.

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 Beet Root

*Nancy's favorite vegetable.*

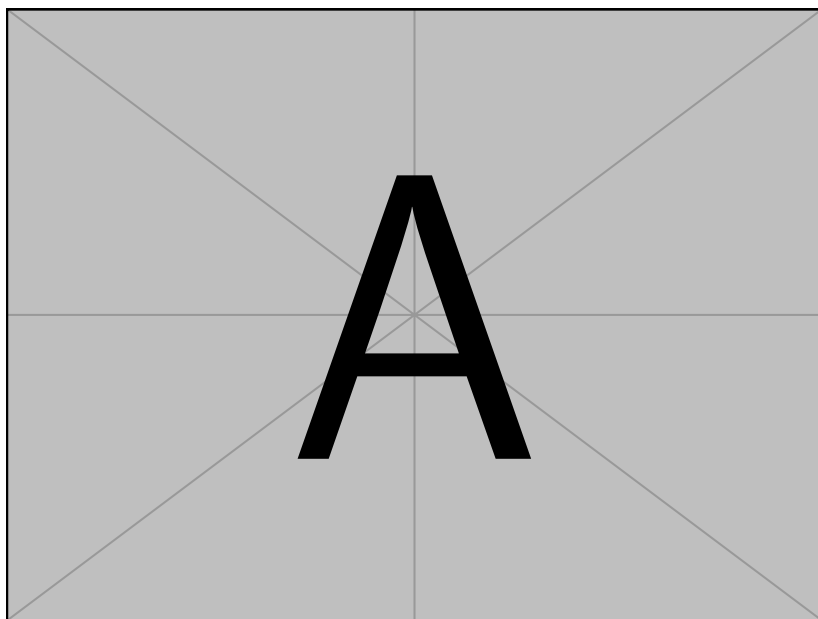
Leave the beets whole with 2 inches of stems at the top and root ends at the bottom. This prevents the red color from seeping out into the water. Place in a saucepan covered with salted water to taste (with at least 1 tsp of vinegar).

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 Beet Greens

- ↪ beet greens
- ↪ two pieces bacon
- ↪  $\frac{1}{2}$  red onion, chopped
- ↪ 1 clove garlic
- ↪  $\frac{3}{4}$  cup water
- ↪ 1 tablespoon sugar
- ↪ red pepper flakes to taste
- ↪ 3 tablespoon vinegar

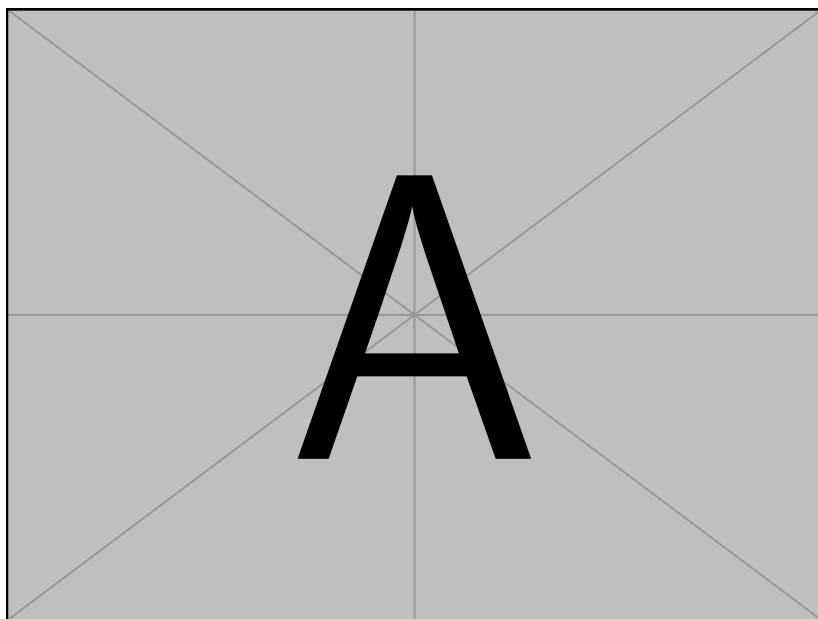
Rinse in cold water. Drain. Rinse again. Cut into bite sized pieces (2 inches- removing stems which are heavy).

Put into a bag and store in refrigerator until use- should not be longer than two days from picking.

Cook bacon on medium heat until brown. Add onion, cook 5 to 7 minutes until tender. Add garlic, water, sugar, red pepper. Bring to boil.

Add greens, stirring. Cover and cook 5 to 15 minutes on medium heat.

Add vinegar. Serve warm.





## 2.6 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

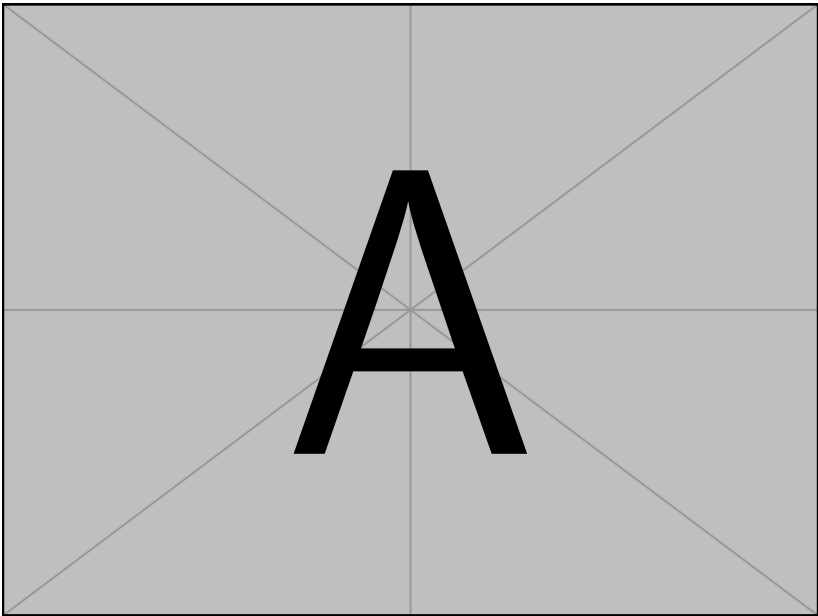
Get skillet very hot with olive oil.

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.



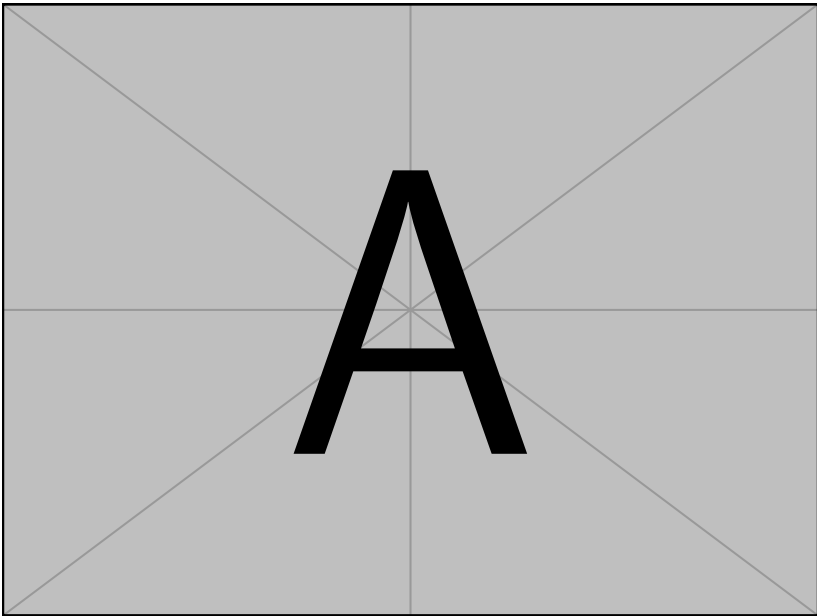
## 2.7 David's Mashed Potatoes

- ↪ 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.



## **2.8 Betty's String Beans**

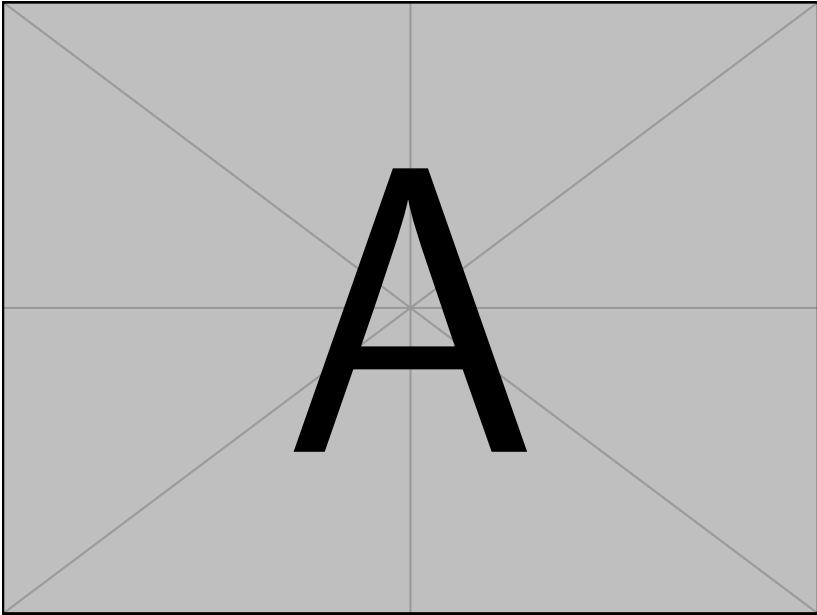
*Quick and good from Betty.*

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



## 2.9 Beoreg

- ↪ 6 pounds Jack cheese, grated
- ↪  $\frac{3}{4}$  cup parsley, finely chopped
- ↪ 4 large eggs, beaten
- ↪ 2 pounds filo dough
- ↪ 1 pound butter, melted

Mix cheese, parsley and eggs together.

Open package of Filo dough, unroll, lay flat on a towel. Cover unused portion with slightly dampened towel.

There are many ways to fold it. The following is just one way. Place one sheet of dough on a board and surface with butter using a soft pastry brush. Obtain  $\frac{1}{2}$  of a second sheet of dough and lay it on top of the lower part of the buttered dough. Pick up edge of the buttered dough farthest away and fold it toward you covering the top of the lower double sheets of dough. Put  $\frac{1}{3}$  cup cheese mixture in the center of the dough sheet. Cover the filling by folding the dough from both sides, layering and overlapping as you fold. Starting at the bottom edge closest to you, fold end of dough up and over, then fold the opposite end under the pocket of cheese. Butter the ends to seal the dough. Butter the top lightly.

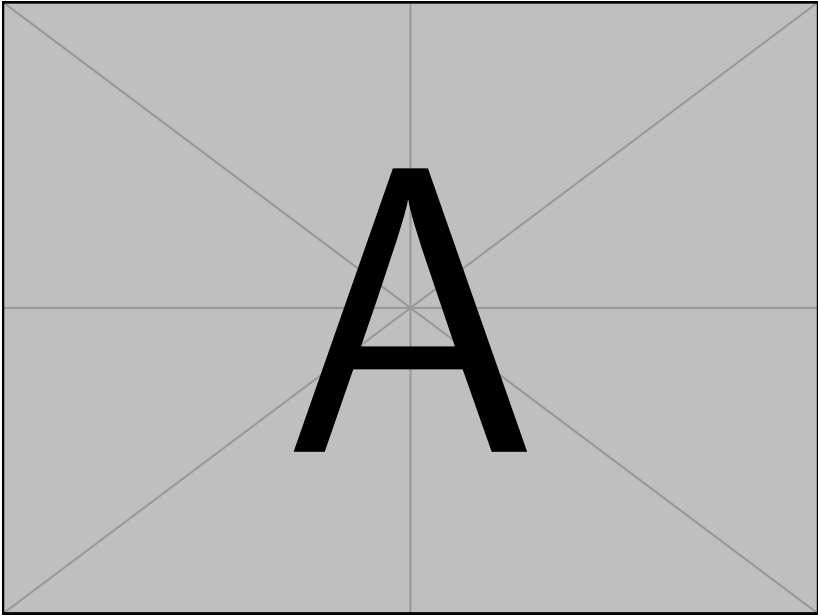
Place Beoreg on a lightly greased cookie sheet. Preheat oven to 350 degrees. Bake 20 minutes or until the Beoregs are puffy and a light golden in color. Serve warm.





# **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

#### ↪ Buckweats

- 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 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

- ↪  $\frac{1}{2}$  leg of lamb- superior half
- ↪ 1 medium white onion
- ↪ Salt
- ↪ Pepper
- ↪ 1t olive oil
- ↪ 2t cumin
- ↪ 3T wine

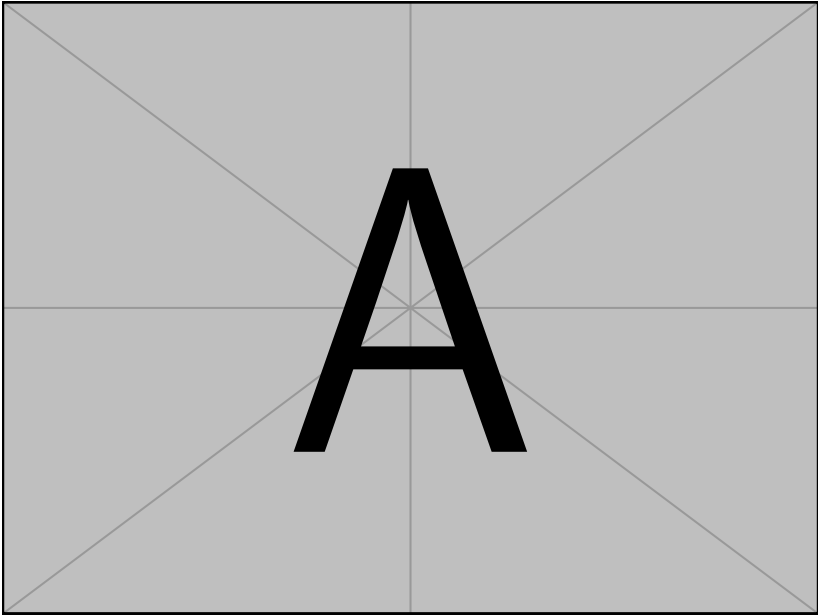
Prepare the meat- remove the membranes and the fat. Cube the remainder.

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.



### **3.3 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.

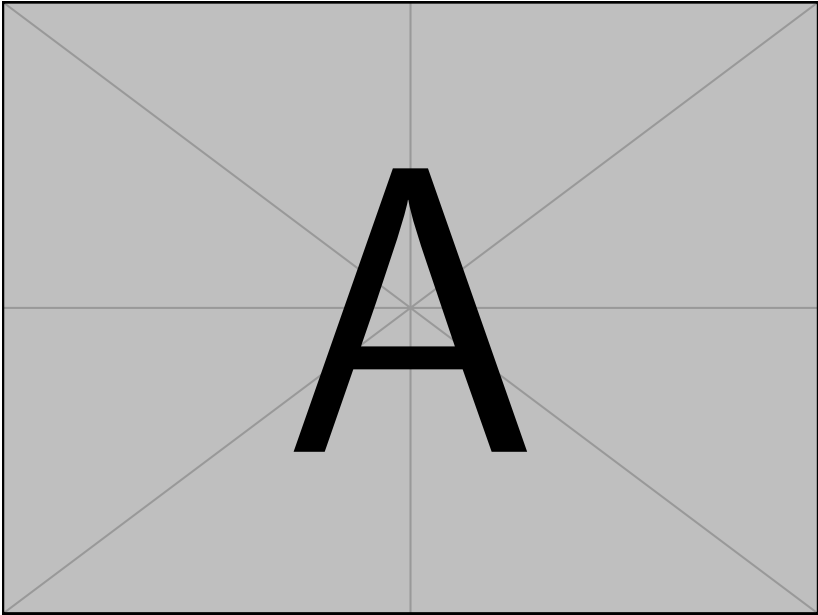
Put lamb in a large pan which has hot olive oil in it.

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.





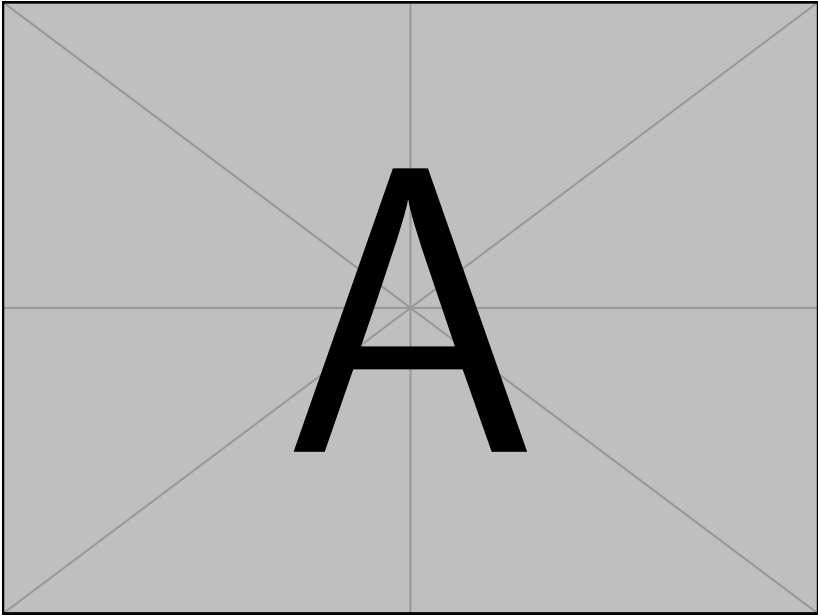
## 3.4 Betty's Meatloaf

- ↪ 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.



## 3.5 Pig Butt

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

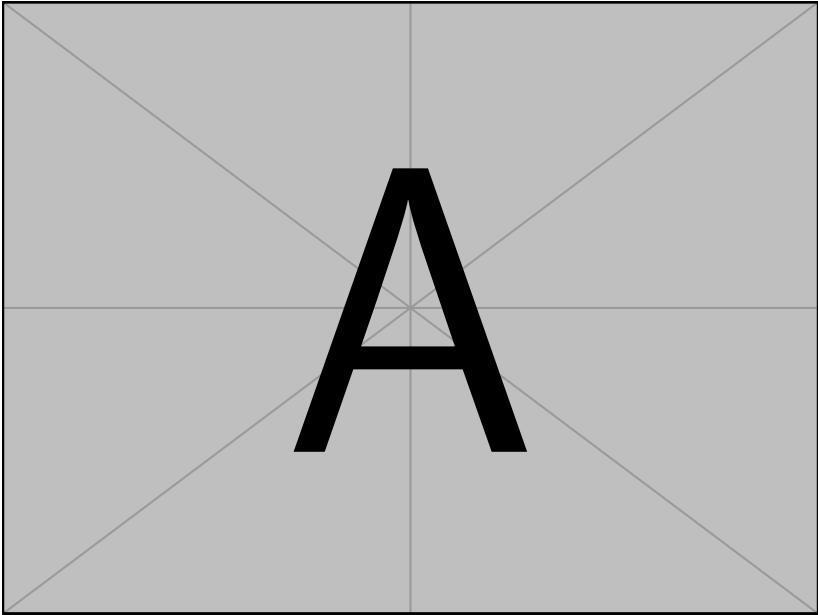
Peel garlic and cut into slivers (20-30 pieces).

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.

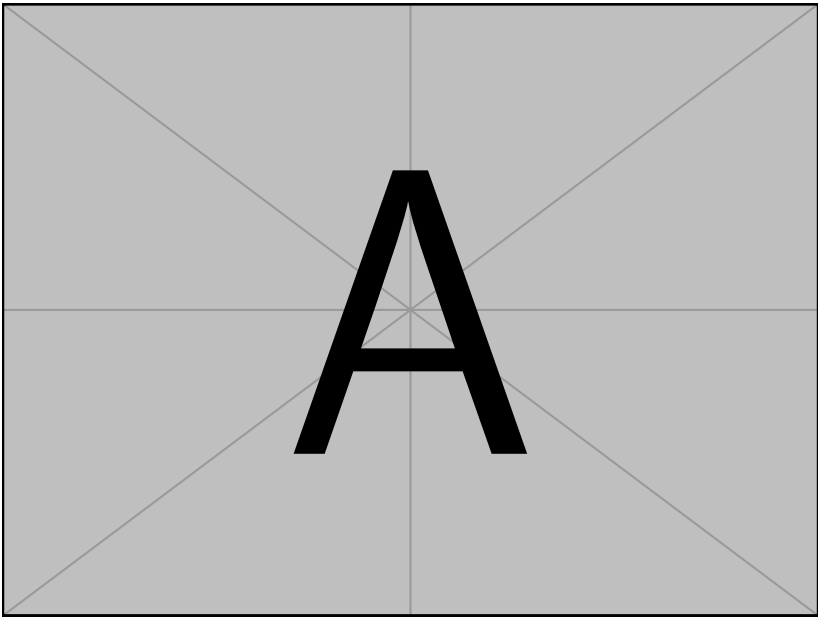
Cool 15 minutes before serving.



## 3.6 Ruben Sandwich

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

Assemble and butter outside of bread, grill.



## 3.7 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.*

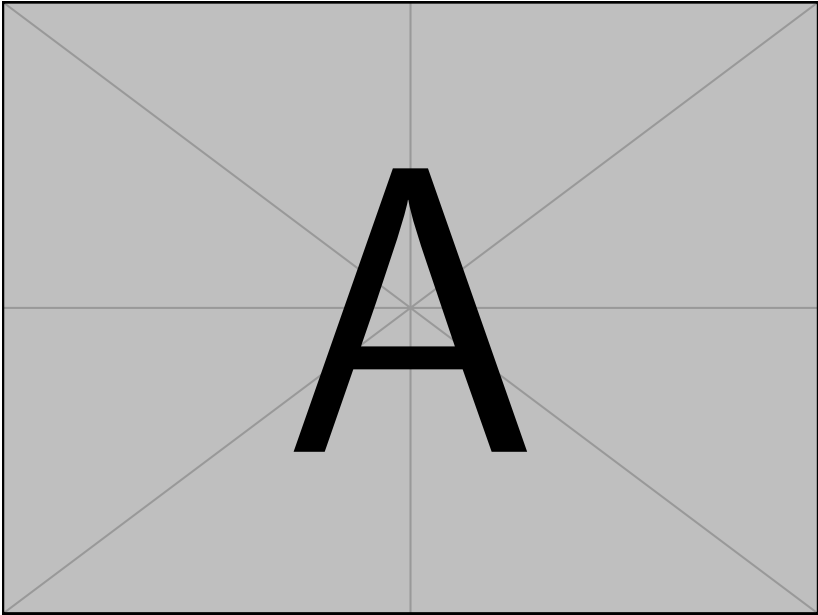
- ↪ One eggplant (could supplement with slices of green pepper if not enough egg plant). We prefer American/globe eggplant.
- ↪ 2 onions
- ↪ 1 green pepper (for filling)
- ↪ 2 med cans stewed tomatoes or fresh tomatoes (if use fresh tomatoes, also use one can of stewed tomatoes for flavor and slice rather 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

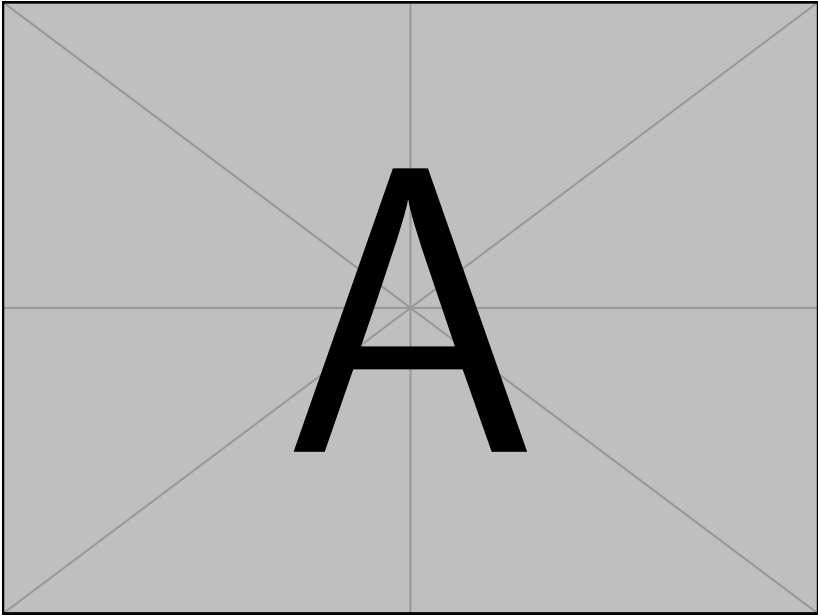




## 3.8 Peanut Stew

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)



## 3.9 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 wonton slices so they are smaller

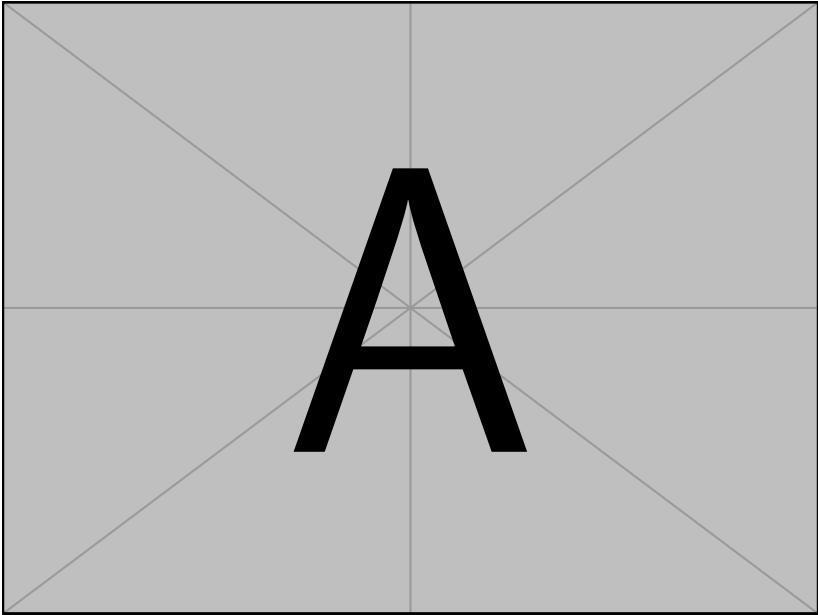
Broth.

- ↪ 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.



## 3.10 Slumgolian

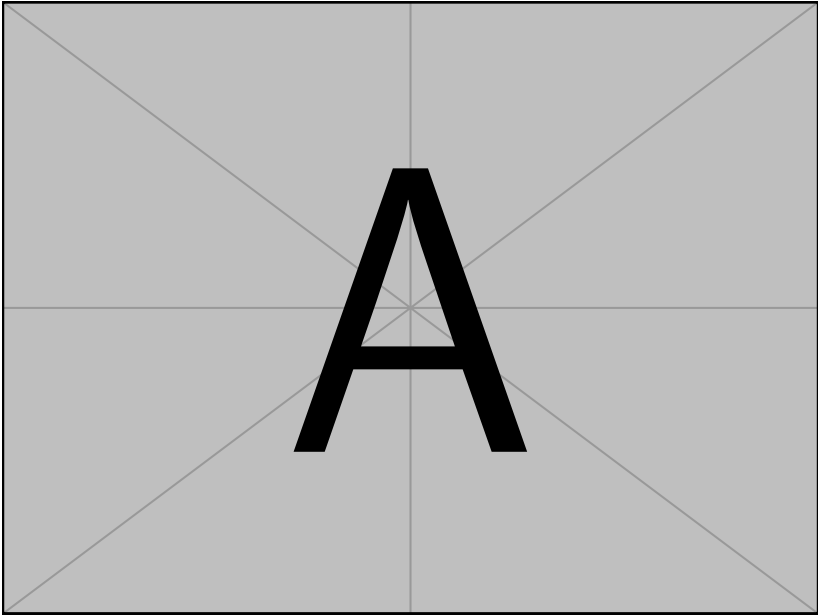
*Laverna was a working mother, and this recipe was a good way to feed the family. Fast, cheap, easy, and always tastes good. Nancy and Blaise used to call it jumbalyah.*

- ↪ 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.



## 3.11 Fassoulia (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

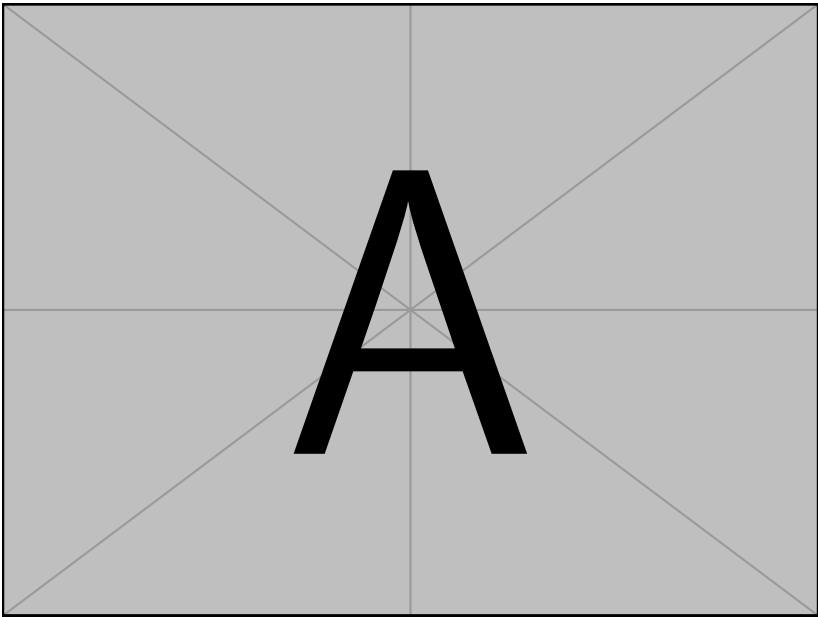
Saute meat in large pot, stir frequently to break up the pieces.

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.





## 3.12 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



## **3.13 Dad's Cabbage Dolma**

Just some regular recipe except using cabbage.

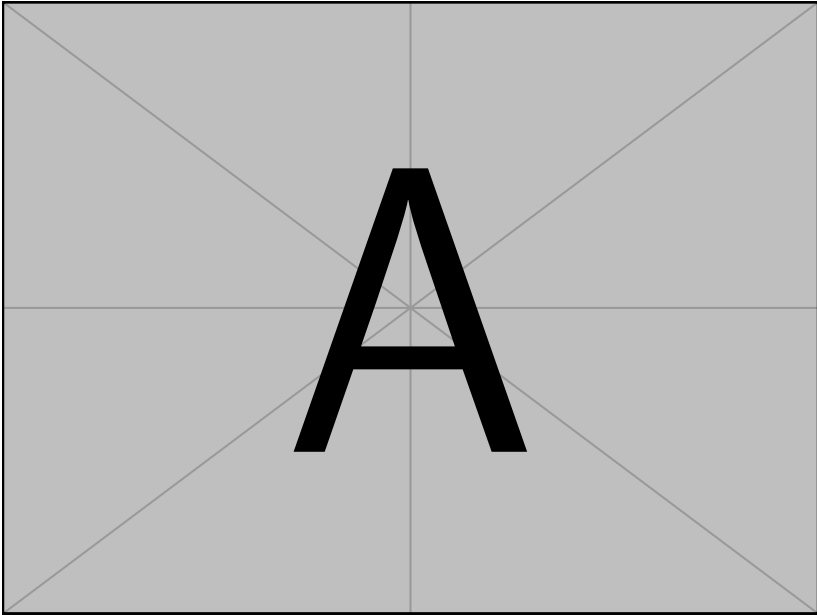
Cut core out of cabbage.

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.



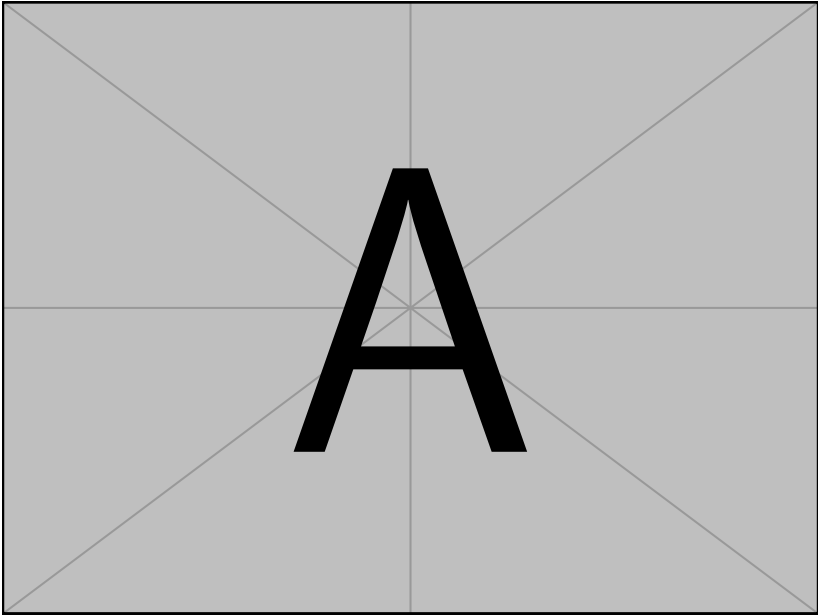
## 3.14 Tanzanian pea and coconut soup

*David and Nancy fell in love with this recipe from a strange cookbook: "Bean by Bean by Crescent Dragonwagon".*

- ↪ 2 cans black eyed peas
- ↪ 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)
- ↪ 1/8 t ground cloves
- ↪ Salt and freshly ground pepper
- ↪ Banana chips (optional)

Assuming you start with canned black eyed peas. Heat oil (coconut, corn, canola, peanut NOT olive) in large heavy skillet using medium heat. Add onion and cook until soften- 6 min. Add green pepper, zucchini, chile and ginger-cook stirring often 4 min. Reduce heat. Add curry powder and cloves- saute until oil has taken on a yellowish tint 1-2 min. In large pot put onion mixture and black-eyed peas as well as tomatoes, honey, shrimp and coconut milk. Simmer gently until flavors meld 5-10 min.

Salt and pepper to taste. Serve as soup or over rice. Can top with sour cream or plain yogurt. Can garnish with banana chips.



## 3.15 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

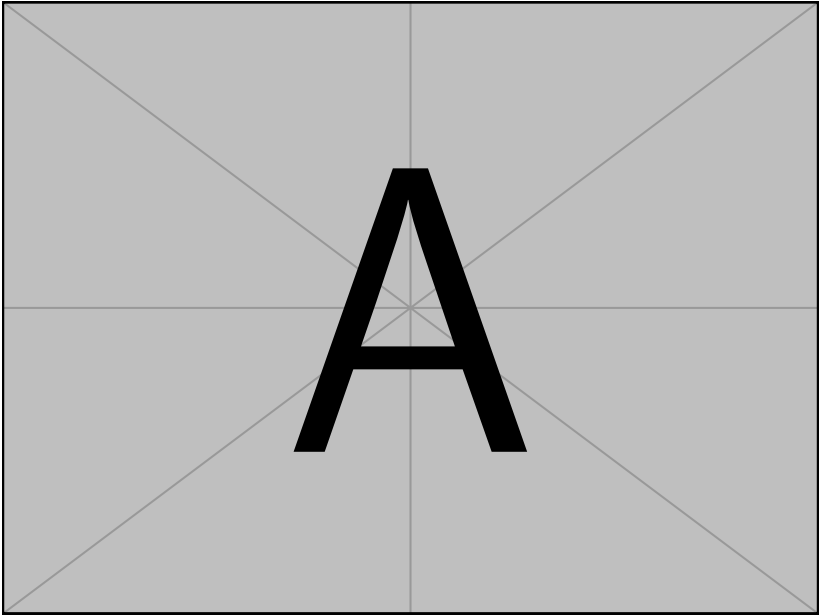
Stuffing

- ↪ 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





## 3.16 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.



### 3.17 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.

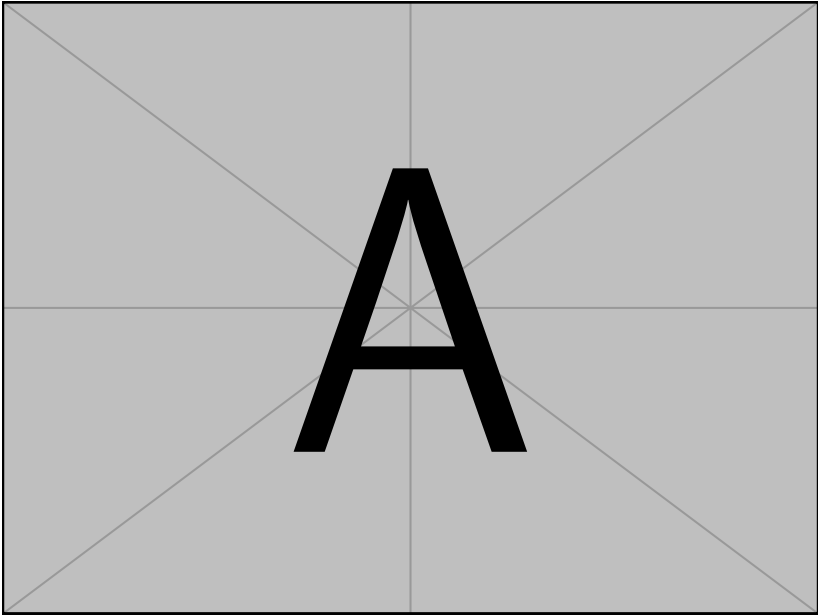
Strain milk into cheese cloth draped into strainer.

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.



### 3.18 Sukiyaki

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

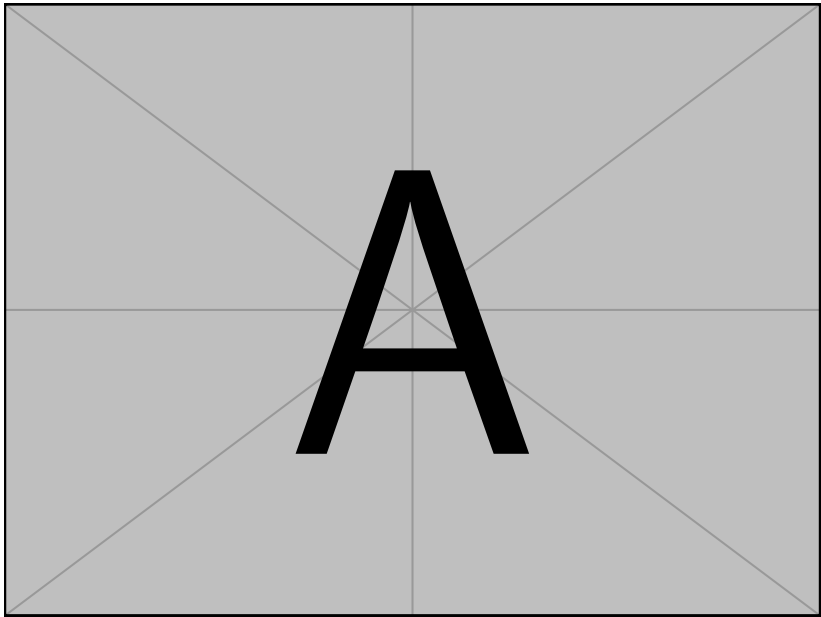
- ↪ 1 lb thinly sliced highly marbled beef cut against the grain- I think this is best purchased from a Japanese market.
- ↪ 2 packs of transparent noodles which have been allowed to sit in warm water for 15 min- MAKE SURE THEY ARE TRANSPARENT AND COOK
- ↪ 1 cup celery- sliced diagonally 1 inch long
- ↪ 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 Teriyaki 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.

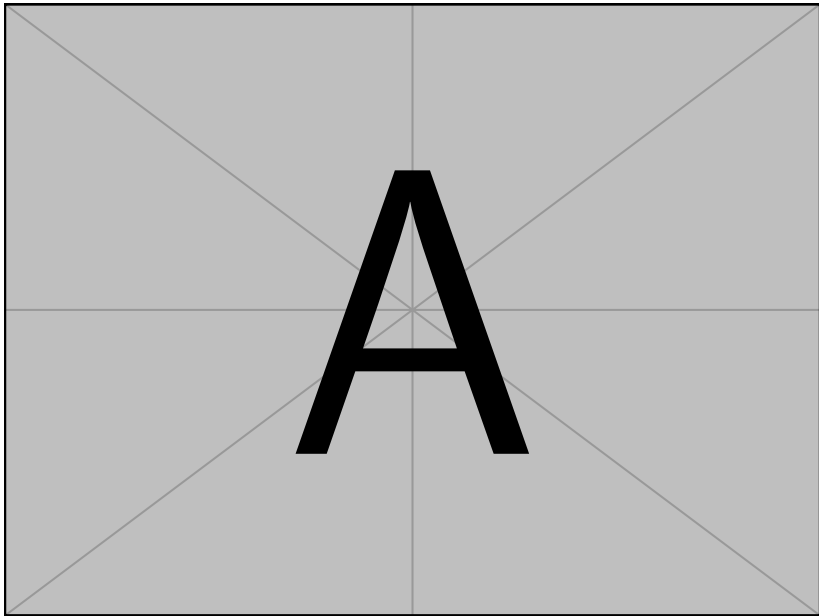
Combine above with noodles and serve.



## 3.19 Stuffed Shells

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





## 3.20 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.

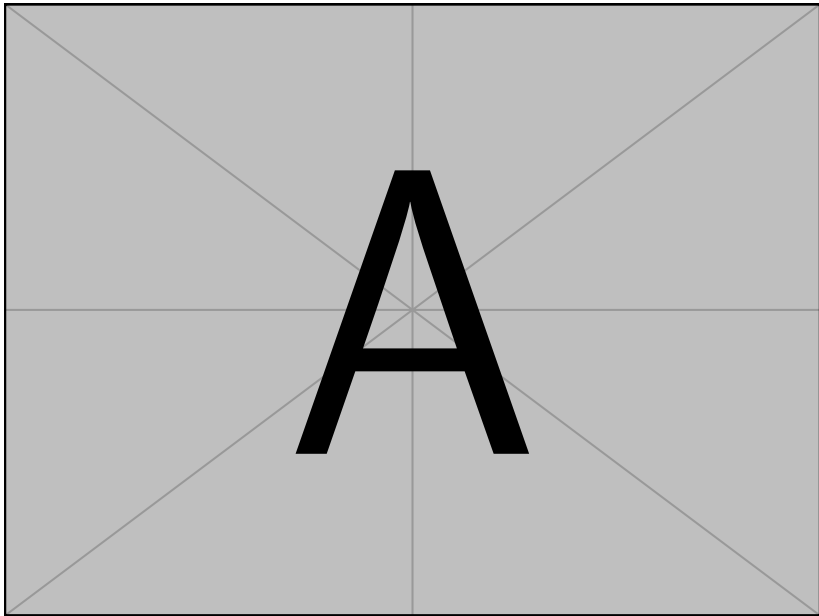
Cook rice.

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.



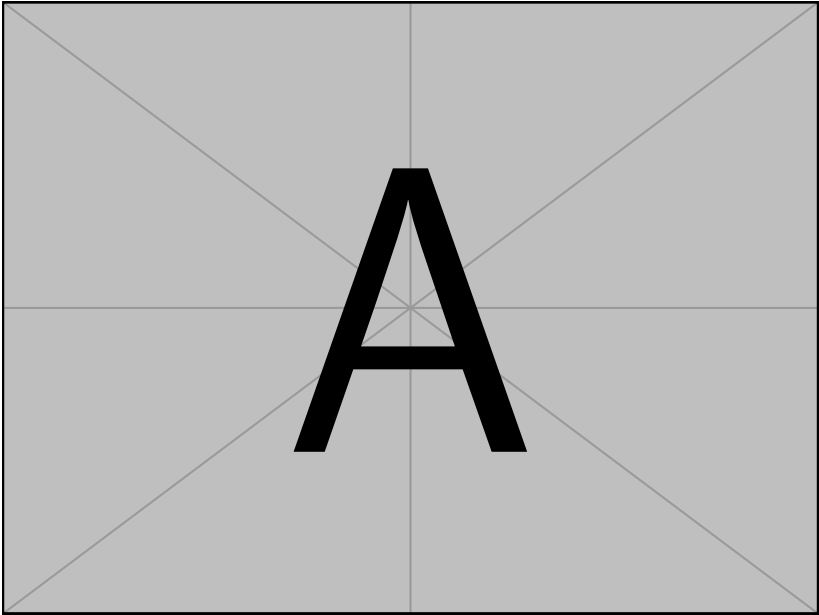
## 3.21 Grandma's Lamb Stew

Ingredients 2 lbs end of lamb shoulder with bone 2 onions- sliced 2/3 carrots  
4 potatoes Salt Pepper Tomato sauce- one small can 1 green pepper 4 T  
olive oil

Directions Boil lamb until fat comes off easily Cook lamb in pot with no  
water for 10 min Add onions, carrots, potatoes, salt and pepper, 4 T olive  
oil Cook 10-20 min Add one small can of tomato sauce and 1 cut green  
pepper Cook another 15 min May need more cooking so keep checking  
until done

## **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 ( $\frac{1}{3}$  is too large, try  $\frac{1}{5}$ ) /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

**INGREDIENTS** Cake: 2 cups flour 2 teaspoons cinnamon (can sub 1 teaspoon with other spices such as allspice and nutmeg, go easy on the cloves though) 2 teaspoons baking soda 1 teaspoon salt 1/4 teaspoon baking powder 3 eggs 2 cups white, granulated sugar 1 cup vegetable oil 1 teaspoon vanilla extract 1 teaspoon grated lemon zest (optional, my addition) 2 cups (from about 3-4 regular sized zucchini) grated un-peeled zucchini (place grated zucchini in a sieve and press out some of the excess moisture before measuring) 1 cup chopped walnuts or pecans 1/2 cup golden raisins (optional)

Frosting: 3 ounces cream cheese, softened to room temperature (Philadelphia cream cheese recommended) 1/4 cup butter, room temperature 1 1/2 to 2 cups of powdered sugar

**METHOD** 1 Preheat oven to 350°F. Butter a 9x12 or 9x13 baking pan (I used a pyrex pan). 2 In a medium bowl, whisk together the flour, cinnamon, baking soda, salt, and baking powder. Set aside. 3 In a mixer, beat the 3 eggs on high speed until frothy. Lower the speed and beat in the sugar, vegetable oil, vanilla, and lemon zest (if using). Stir in the flour mixture, a third at a time. Stir in the zucchini and chopped nuts and/or raisins. 4 Pour mixture into a 9x12 or 9x13 baking pan. Bake at 350°F for 40 to 45 minutes. (My grandmother's notes say you can also bake in an angel food pan for 1 hour.) Remove from oven and let cool completely before frosting. (While the cake is cooling, let the frosting's cream cheese and butter sit at room temperature to soften.) 5 To make the frosting, beat together the cream cheese and butter. Add the powdered sugar and beat until smooth. Frost the cake and serve. Store covered with aluminum foil.

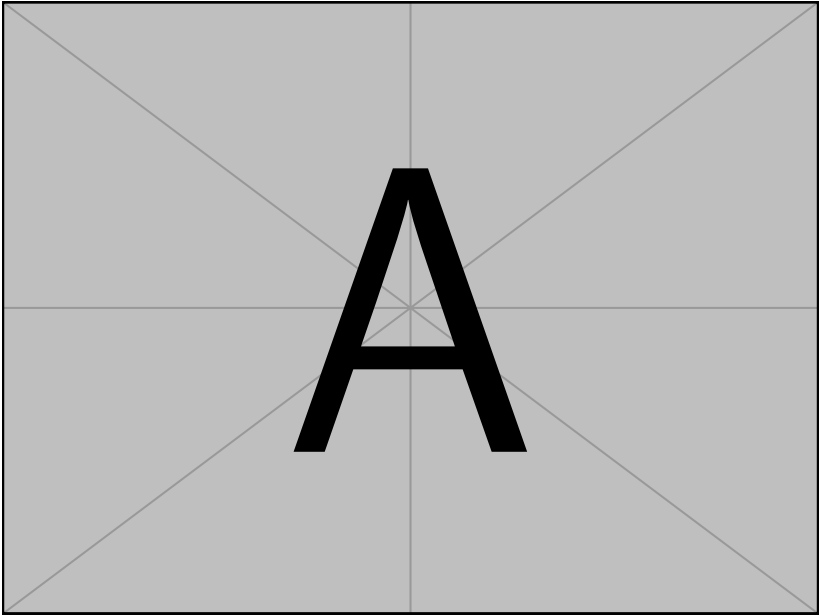


## 4.3 Rhubarb Pie

Filling 5 c sliced rhubarb 1.25 c sugar 5 T flour  $\frac{1}{4}$  t cinnamon 1.5 T butter

Dough- use ready made

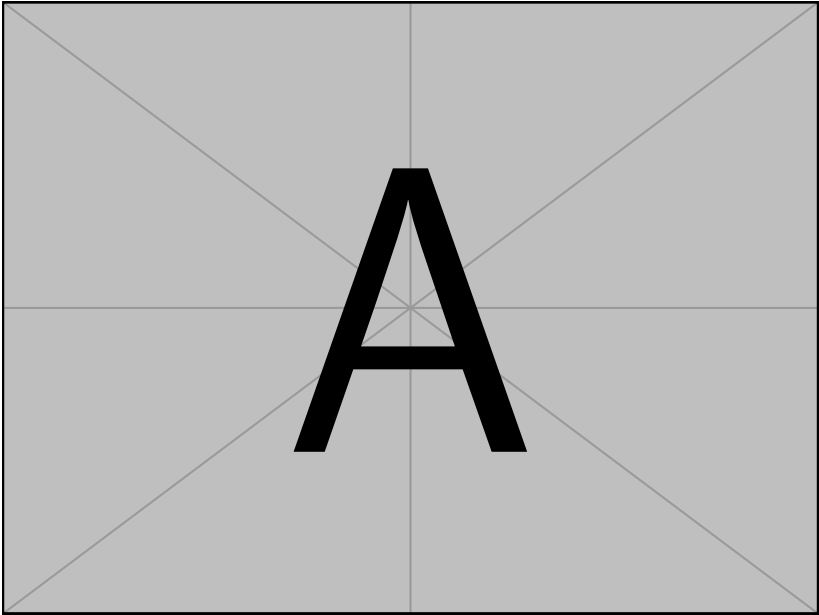
Directions Mix the filling ingredients together Put filling into the prepared dough Dot with butter Cook in oven at 400 for 45-55 minutes (in our oven, cook at 350 until done [60-70], check temperature regularly- divide 400/350; multiplying  $50 \times 1.14 = 57$ . min Place pie on rack to cool before slicing Serve with whipped cream- fresh or ready made



## 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.



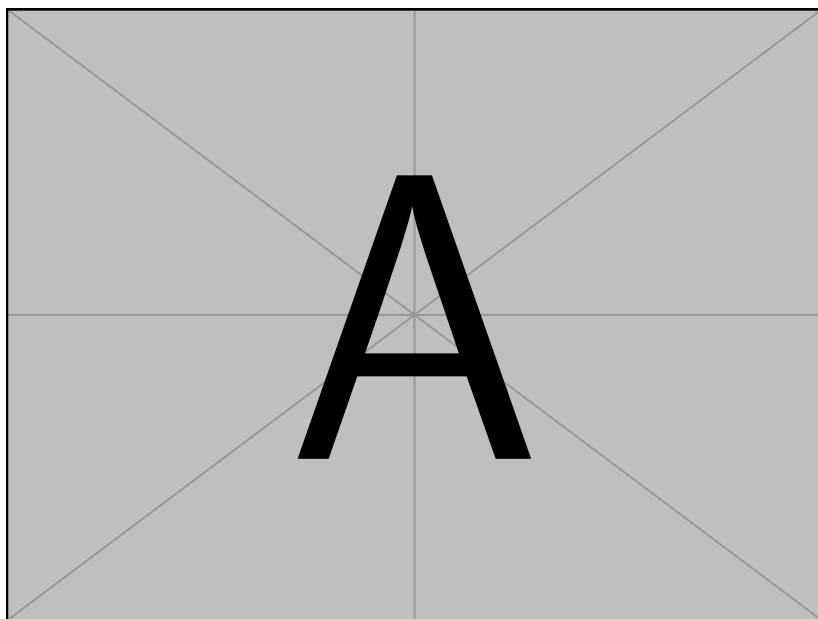
## 4.5 Marshmello Suprime

*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.*

Ingredients 1 large package of unflavored gelatin- one note says not a lot and another note says forget the gelatin 2 cups hot water 2 cups cold water and pineapple juice mix 1 8 oz package of cream cheese 1 can crushed pineapple  $\frac{1}{2}$  lb marshmallows 2 packages of whipping cream

### Directions

- a. Dissolve gelatin in hot water and add cold water/pineapple juice mix
- b. Cream room temperature cream cheese and add pineapple and marshmallows
- c. Whip the whipping cream and fold into (b)
- d. Place in pan
- e. Cover with (a) before it solidifies
- f. Refrigerate over night





## **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.

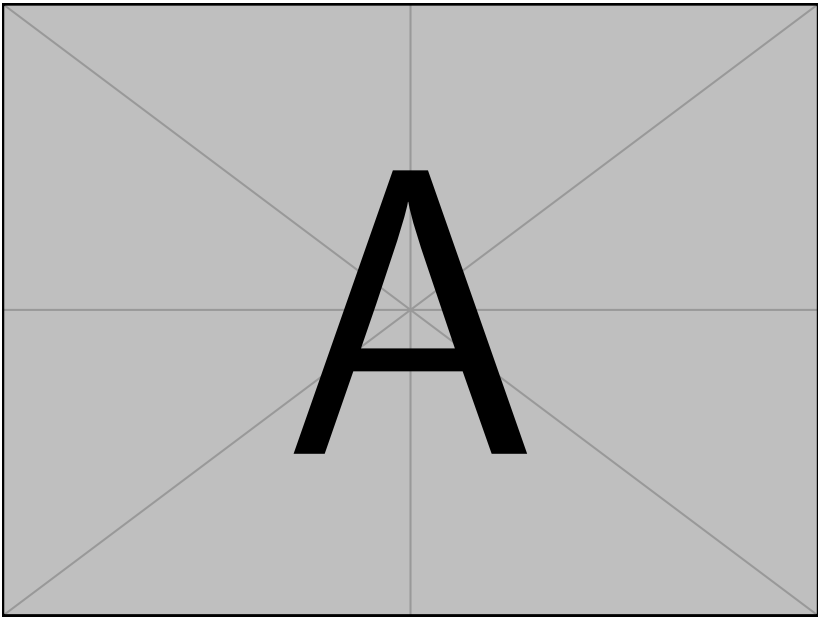
Cut, without cutting through the bottom layer, into diamond shaped pieces.

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 brulée**



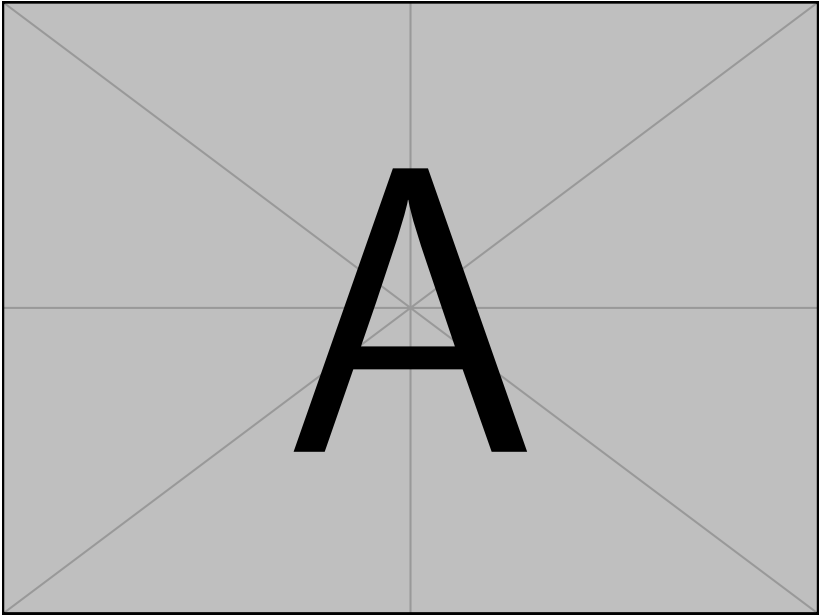
## 4.9 Spritz Cookie

*A combination of recipes from Betty and Ingeborg.*

Make dough Beat together until no lumps 1 cup butter – not melted- salted butter  $\frac{3}{4}$  cup sugar 2 beaten egg yolks 1 t almond or vanilla flavoring- can use almond flavoring or half and half Cream above until smooth Add 2 cups flour Make into a ball using hands- make sure it is moist enough. Sometimes small eggs yield yolks which are too small. We added  $\frac{1}{8}$  cup water

Shoot from a cookie press onto an ungreased cookie sheet The larger gun works well. Put the pattern circle in the bottom. Put the dough inside the tube. Adjust the ratchet, trigger the lever and then pump once or twice to see the dough exude from the tube through the patterns Cook Preheat oven for 10 min. Achieve temp of 375 degrees Cook for 5-10 min at 375 degrees Put on rack to cool

Let rest for one day to eat at their best





## 4.10 Boorma

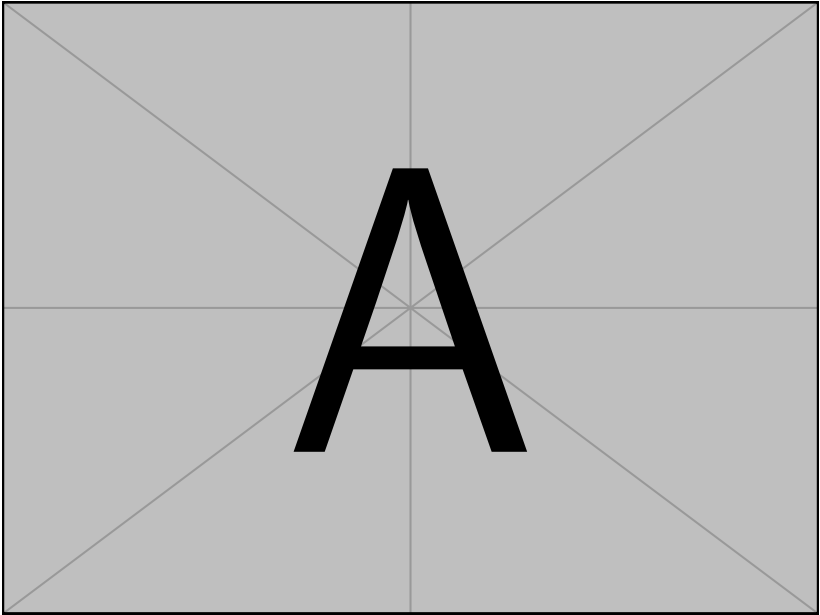
*Boorma means "rolled" in Armenian.*

Ingredients 1 lb Filo dough 2 c rendered butter, melted 3 c walnuts, chopped fine (can use pistachio instead)  $\frac{1}{4}$  c sugar  $\frac{1}{2}$  t cinnamon

Directions Combine nuts, cinnamon and  $\frac{1}{4}$  c sugar Unroll Filo dough and cover unused portion with lightly dampened towel Place one sheet on a board and brush the top lightly with melted butter Take a second sheet and place it on top of the first. Sprinkle about 2 T of the nut mixture over half of the sheet of dough closest to you Place  $\frac{1}{2}$  inch dowel on the edge of dough with sprinkled nuts and roll loosely around the dowel until you have rolled the entire sheet Rest the dough on your board with unsealed side down Holding the dowel lightly at both ends, push dough together toward the center with hands, shirring pastry along the dowel until it is about 11 inches long. Slide rolled dough onto a greased 11  $\frac{1}{2}$  by 17 inch pan Repeat until the baking pan is filled. Brown tops with butter. Bake at 300 degrees for 30 minutes or until lightly browned. Let cool Cut each Boorma into 4 serving pieces. Pour warm syrup over cooled Boorma and serve.

Boorma syrup Ingredients 1  $\frac{1}{2}$  c water 3 c sugar 1T lemon juice

Directions Combine syrup ingredients and boil until completely dissolved.



## 4.11 Butter brickle cake

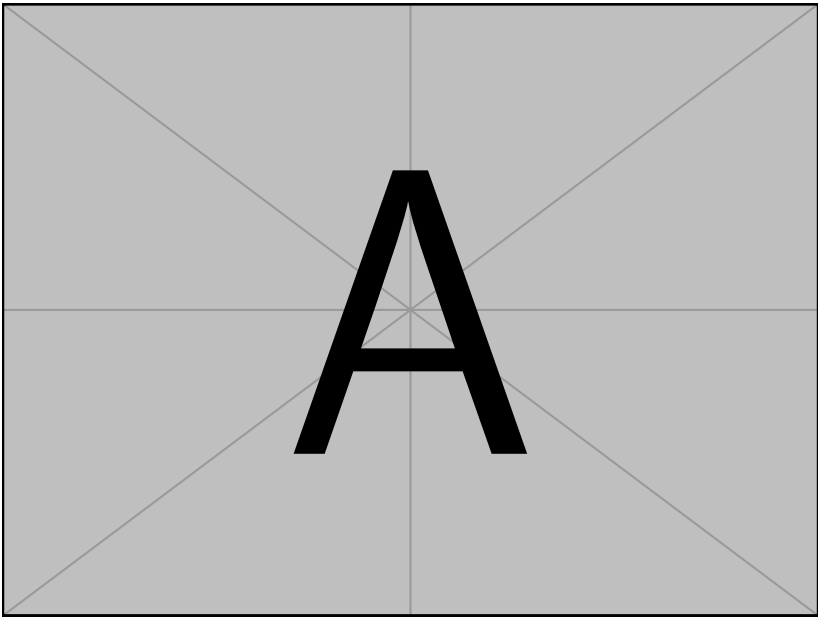
*Reminds Nancy of lunch at Carson Pirie and Scott in Chicago.*

Ingredients • 1 box super moist Yellow Cake mix I use Betty Crocker • 1 small box butterscotch instant pudding mix • 1 cup water • 1/2 cup butter, melted • 4 large eggs • 2 (8-ounce) bags toffee bits, divided- we found 1 bag would have been enough) • 1 tablespoon all-purpose flour • 1 3/4 cups whipping cream • 3 tablespoons packed brown sugar Instructions Preheat oven to 350 degrees and spray 2 9-inch cake pans with baking spray. (or you can butter and flour them.) With an electric mixer, beat cake mix, pudding mix, water, melted butter, and eggs on low speed for 30 seconds. Increase to medium speed for 2 minutes. In a small bowl, combine 3/4 cup toffee bits and flour. Add to batter and stir to combine. Divide batter evenly between the two cake pans. Bake for 30 to 35 minutes. Cool 10 minutes in pans and then remove from pans and place on a cooling rack. Beat whipping cream and brown sugar until thick and spreadable. Place 1 cake layer on a cake stand or serving platter. Spread a little less than a cup of whipped cream on top. Sprinkle with 2/3 cup of toffee bits. Place second cake layer on top. Cover top and sides with remaining whipped cream. Press remaining toffee bits onto sides of cake and sprinkle a few on top.



# **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, ¼ 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

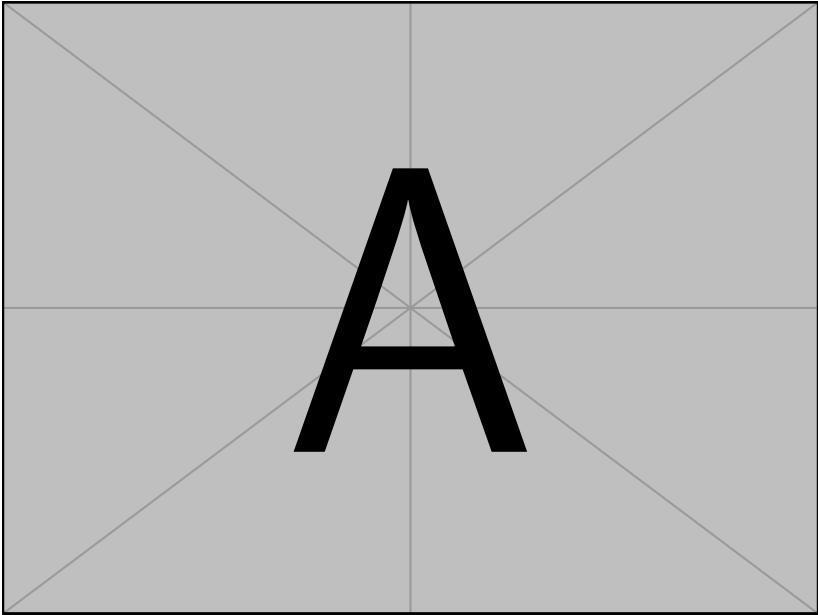
In a large saucepan, heat the milk on a medium-high heat to the boiling point; 180 deg F. Small bubbles appear around the surface.

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.

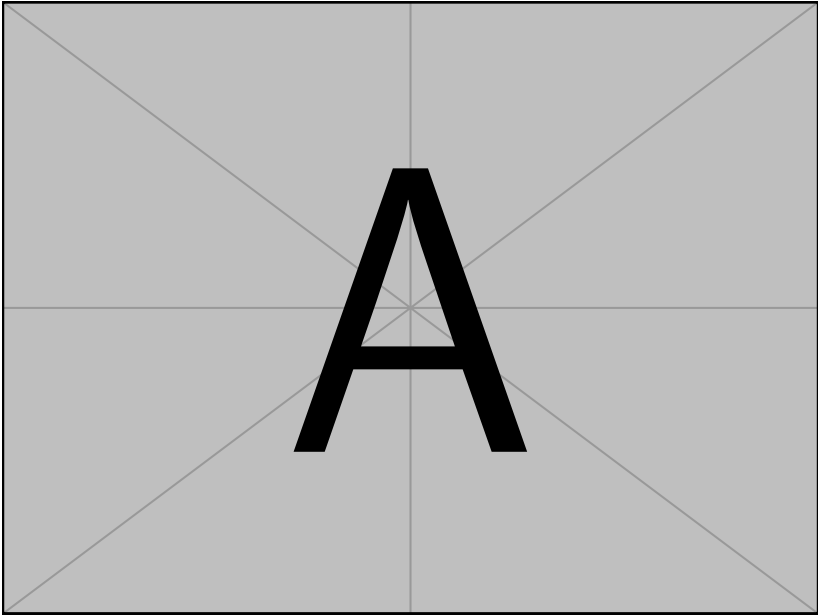
Wrap the container in a blanket and let it stand, untouched, for 6 hours.

Uncover, refrigerate, and enjoy!



## 5.4 David's guacamole

1 large ripe avocado- peeled and mashed with a fork 1 t minced onion  $\frac{1}{2}$  t  
lemon juice Chilli or tobacco sauce Mix well



## 5.5 Baba ganoush

Baba ganoush (roasted eggplant dip) recipe- 6 servings I included how to make tahini in this recipe. But most folks can probably buy it ready made, so you could delete this section. YOU WILL NEED 1. 2 medium eggplants (about 2 pounds or 900 grams) 2. 1/4 cup (60 ml) tahini, use store bought or make at home tahini recipe Tahini Ingredients Sesame seeds —hulled sesame seeds. Most often, we will lightly toast the seeds to bring out some of their natural nuttiness, but you can skip this step all together if you'd like. Oil — To help the tahini turn into a creamy smooth paste, we add a few tablespoons of neutral-flavored oil. A variety of oils work, try avocado oil, light and fruity olive oil, vegetable oil, and grape seed oil. Salt is an optional ingredient, Process for Making Tahini Step 1, Toast the sesame seeds. on the stovetop and not in the oven. Sesame seeds are tiny and so they burn very easily. To toast the sesame seeds, I throw them into a wide, dry saucepan over medium-low heat then stir constantly with a spoon until the seeds darken ever so slightly in color and become fragrant. Step 2, Process the sesame seeds until crumbly. When the sesame seeds have cooled, we throw them into the bowl of our food processor, shut the lid then process until a crumbly paste begins to form. Step 3, Add oil and process into a smooth cream. To help the tahini turn into an extra smooth paste, we add a few tablespoons of neutral-flavored oil. You can eliminate some of the oil if you would like, but the tahini won't be as smooth or pourable. To reach a similar consistency as store-bought, we've found 3 to 4 tablespoons of oil should do it. After more processing, a few stops to scrape the bottom and sides of the bowl and a little more processing after that, the tahini is done. Extra smooth and ready to use in whatever recipe you like 3. 1/4 cup (60 ml) lemon juice 4. 2 to 3 garlic cloves, finely minced (see note) 5. 1/4 teaspoon ground cumin 6. 1/4 teaspoon fine sea salt 7. 2 tablespoons chopped fresh parsley leaves 8. 1 teaspoon olive oil, optional

### PROCESS FOR MAKING BABA GANOUSH

Step 1: Broil whole eggplants to char the skins. This step lightly chars the outsides of the eggplant, which adds a smoky flavor. You can also char the skin of the eggplants using a grill or even a gas burner.

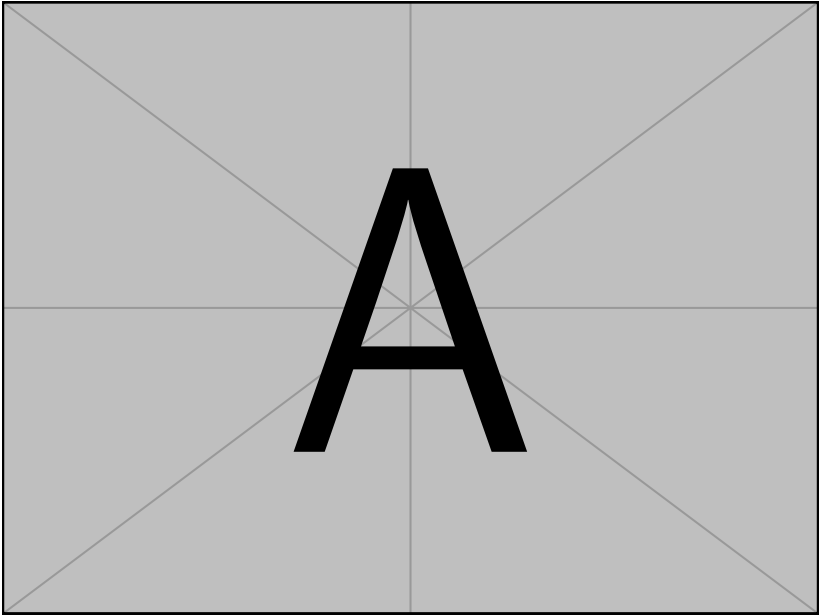
Step 2: Switch the oven to bake and roast the eggplants until very soft. For the very best baba ganoush, the flesh of the eggplant needs to be very

soft. Roasting time will vary based on how large the eggplants are. I simply roast until they look like they are caving in and a fork can very easily pierce through the flesh.

Step 3: Combine tahini with lemon juice, garlic, spices, and olive oil. These are the remaining ingredients needed to make baba ganoush. I like to mix them together early on since the mixture improves in flavor over time.

Step 4: Stir the roasted eggplant into the tahini mixture. I use a spoon to scoop out the soft flesh and then use a fork to mash it into the tahini and lemon juice mixture. I like some texture so I don't use a food processor to make baba ganoush. A fork works perfectly fine!





## 5.6 Tahnabour

*A recipe from Betty. Great if you want to drink something with solids in it. Very good on a hot summers day.*

Cooking the barley 1 c barley- wash in cold water Add 1  $\frac{1}{2}$  qt water 1T salt Bring to boil, reduce to low rolling boil Cook 45 min Strain and wash Add more water 1 chicken bullion cube 1 t accent 1 t powdered garlic Bring to boil- until cooked

Cooking the onions In frying pan  $\frac{1}{4}$  cup onions  $\frac{1}{2}$  cube butter  $\frac{1}{4}$  cup parsley Brown the above Add 4T crushed dried min Simmer

Combine above with yogurt plus more parsley and butter 1  $\frac{1}{2}$  chopped parsley- rest of butter 3 units yogurt to 1 unit barley (3 cups yogurt)