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Main Dishes

No Brainer Gourmet Chicken
by Cindy Chernow

1. Lay deboned chicken breasts in a glass pan.
2. Season with garlic salt, pepper and Lawry's seasoning.
3. Sprinkle grated Jack cheese on top.
4. Open a can of stewed tomatoes and spread across the top of the chicken.
5. Bake at 350 degrees for one hour.

Cranberry Chicken
by Robin and Mark Terman

- 1 chicken cut up (Best of the fryer)
- 1 can whole cranberry sauce
- 1 package Lipton Onion Soup
- 1 8-ounce bottle 1890 French Catalina light salad dressing

Directions:
* Make the Dressing the night before
  1. Mix ingredients in baking dish 1/3
  2. Place chicken fleshy side up.
  3. Pour the rest of sauce over chicken.
  4. Cover with foil and refrigerate.

Next day
  1. Preheat oven to 350 degrees.
  2. Cook for 1 1/2 hours covered with foil.
  3. Remove foil bake 1/2 hour more.
  4. Garnish with parsley.

White House Lemon Chicken
by Michelle Epstein

- 1 chicken cut up
- 1/4 cup flour
- 1/4 cup fresh Parsley
• 1 teaspoon thyme
• 1/2 cube real butter
• 2 large Meyer Lemons cut up
• 1 teaspoon Kitchen Bouquet
• 2 cups rich chicken broth

Directions:
1. Brown the chicken in a large Dutch Oven.
2. Pour off the collected fat. Put the butter in the pot, making a roux with the flour.
3. Add chicken broth and herbs.
4. Put the chicken pieces and the cut lemons back into the pot.
5. Cook in the oven or covered on the stove for 1/2 hour or more.
6. Serve with plain rice. More chicken can be added, but there will be less gravy.

Side Dishes

Rice Pilaf
by Jo-Ann Sesar

• 4 cups rice
• 10 tablespoons butter
• 7 1/2 cups broth, chicken, lamb or beef or hot water salt and pepper
• 1/2 teaspoon saffron threads, use mortar and pestle to grind fine

Directions:
1. Melt butter, add dry rice - braise well until butter begins to bubble.
2. Add broth, seasonings and saffron. Mix well.
3. Bake in oven for 30 minutes at 400 degrees. Mix well, and bake for 15 minutes more, or until crispy on top, but all the liquid is absorbed.
4. Note: After braising rice you can transfer the mixture to an aluminum pan to bake in the oven so it is easy to serve to a large group.

Soups and Salads
Sweet Corn and Crab Soup
by Carol Doumani

Supposedly this recipe originated at the Peninsula Hotel in Hong Kong, and we have had such a soup there on many trips. But I find it hard to believe that the fine chefs in that esteemed hotel would use American creamstyle corn to cook with! In any event this recipe is tasty and delicious, and even if it isn't authentic, our Asian friends have seemed to enjoy it. For our Dinner for Twelve Strangers we of course serve this corn-colored soup in blue bowls...

- 4 1/2 cups chicken stock or broth
- 2 tablespoons peanut oil
- 2/3 cups flaked crab meat
- 1 1/2 cups canned cream-style corn
- 1/8 teaspoon cayenne
- 1 tablespoon soy sauce
- 2 tablespoons cornstarch, dissolved in 2 tablespoons cold water
- 2 scallions, minced

Directions:
1. In a saucepan, combine the stock and the oil and bring the mixture to a boil.
2. Stir in the crab meat and the corn, and bring the mixture to a boil, stirring.
3. Add the cayenne, the soy sauce, and salt to taste.
4. Stir in the cornstarch mixture.
5. Bring soup to a boil, stirring and simmer for one minute.
6. Stir in the scallions and ladle the soup into heated servings bowls.

Yield: 6 servings

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Pasta Salad
by Elaine Leader

- 1 package curly thin pasta
- 3/4-1 cottle Silver Palette Pesto garden dressing
- 1 box cherry tomatoes cut in quarters
- 1 can olives
- Parsley
- 1 package chopped spinach defrosted and squeezed
• 1/2-1 package feta cheese crumbled
• 1 package pine nuts
• Garlic powder
• Ground black pepper

Directions:
1. Defrost spinach ahead of time.
2. Cook pasta until al dente.
3. Combine all ingredients in a large bowl.
4. Serve chilled or warm.

Yield: 8-10 servings

Chinese Chicken Salad
by Meg Kuroda

My favorite recipe: I got this recipe from my ex-boyfriend’s mom, Seda. She is a great cook, and I learned the joy of cooking from her. Also the joy of wine tasting. Chilled Chardonnay is perfect with the salad.

Dressing:
• 1 cup white vinegar
• 1 cup white granulated sugar
• 1/2 cup salad oil (Canola oil)
• 1 tablespoon salt
• 1 teaspoon black pepper
• Bit of sesame oil to taste
• Lemon juice (optional)
• 1 iceberg lettuce
• 1 bunch (as you buy in the store) cilantro
• 1 bunch (as you buy in the store) green onion
• Handful of pickled ginger (the one served at the Sushi bar, is sold at the Asian food deli section for any grocery store, usually where the TOFU is located)
• 1 package of chow mein crouton (available in the Asian food section of any grocery store)
• *You can also fry Chinese Saifun noodle in a frying pan to make great crouton. (saifun is a Asian food section)

Directions:
1. Chop lettuce (leave chopped lettuce in cold water for one hour or so in a refrigerator for extra crispness), cilantro, green onion and pickled ginger. Mix them well.
2. Prepare the dressing. Mix well.
3. Add lemon juice if you want.
4. Add dressing to the greens. Mix.
5. Sprinkle crouton just before serving.

**Vegetarian**

**Black Bean Chili with Red Onion Salsa**

by Mark Davis

Like most recipes, this one calls for you to soak beans before cooking. However, I never soak the beans and this recipe turns out right every time. You can use a commercial salsa to replace the Red Onion Salsa, but I recommend you give the salsa recipe a try. All that's required is just a little extra shopping.

- 4 cups dried black turtle beans
- 5-6 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 1/4 teaspoons salt
- Black pepper, to taste
- 2 tablespoons dried basil
- 1/2 teaspoon dried oregano
- Crushed red pepper or cayenne, to taste
- 1 tablespoon fresh lime juice
- 2 medium-sized green bell peppers, chopped
- 2 tablespoons olive oil
- 1/2 cup tomato puree
- 2 4-ounce cans diced green chilies
- Red Onion Salsa (recipe follows)
- Grated cheese and sour cream, for topping

**Directions:**

1. Cook beans (soaked or unsoaked) in fresh boiling water, partly covered, until tender (1-1 1/2 hours).
2. Check water level during cooling; add more as necessary.
3. Transfer cooked beans to a large kettle or saucepan. Include about 2-3 cups of the cooking water.
4. In a heavy skillet, saute garlic, seasonings, lime juice, and bell peppers in olive oil over medium-low heat until the peppers are tender (10-15 minutes).
5. Add the saute to the cooked beans, along with the tomato puree and minced green chilies.
6. Simmer, covered over very low heat, stirring every now and then, for about 45 minutes. (This is a good time to make the salsa.)
7. Serve topped with Red Onion Salsa and, if desired, grated cheese, sour cream, and warm tortillas.

Yield: 4-6, doubles easily

Red Onion Salsa

- 2 cups chopped red onions
- 1/2 cup (packed) minced fresh cilantro
- 2 cups minced fresh ripe tomatoes
- 1/2 teaspoon salt
- 1 cup (packed) minced parsley
- Black pepper, to taste

Directions:
Combine all ingredients and mix well.

Desserts

Perfect Pie Crust
by Margot Epstein

- 4 cups Flour
- 1 tablespoon Sugar
- 1 3/4 cups buttery flavored Crisco
- 2 teaspoons salt
- Mix
- 1 tablespoon white vinegar
- 1 egg
- 1/2 cup water
Directions:
1. Mix flour, salt and shortening until pebbly.
2. Add the liquids and blend with a pastry fork, or scraper.
3. Refrigerate for at least 15 minutes. Split into 4 rounds. Freeze and use as needed.
4. Makes 4 single crusts

Bruin Oatmeal Cookies
- 1 cup (2 sticks) of butter
- 3/4 cups granulated sugar
- 3/4 cups of firmly packed dark brown sugar
- 1 teaspoon of vanilla extract
- 1 1/4 cups of all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon of a salt
- 3 cups of oats

You may add any of the following:
- semi-sweet chocolate chips
- white chocolate
- macadamia nuts
- walnuts
- pecans

Directions:
Bake 10 to 12 minutes at 375 degrees

Lemon Cream Parfait
by Katie Krum
- 2 cups Half and Half
- 1 cup sugar
- 2 tablespoon grated lemon peel
- 1/3 cup fresh lemon juice
- Sliced strawberries, blueberries or raspberries

Directions:
1. Stir all ingredients together, except fruit, until sugar is dissolved. Pour into parfait glasses.
2. Freeze for several hours until firm. Remove from freezer about 20 minutes before serving. Top with fruit.

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**Frosted Fudge Brownies**

*by Jo-Ann Sesar*

- 2 ounces 2 squares-unsweetened chocolate
- 1 stick 1/4 pound butter
- 2 large eggs
- 1 cup sugar
- 1/2 cup unsifted flour
- 1 teaspoon vanilla
- 1/8 teaspoon salt
- 1 cup diced walnuts or pecans

**For the icing:**
- 1 ounce 1 square~unsweetened chocolate
- 1 tablespoon butter, melted
- 1 cup unfitted powdered sugar
- 1 1/2 tablespoon water

**Directions:**

1. Preheat oven to 350 degrees.
2. Grease a 9x9 inch baking pan with shortening.
3. Melt the chocolate with butter over low heat in a heavy-bottomed saucepan or double boiler (chocolate burns easily!) Set aside.
4. Place the eggs in a medium-size mixing bowl with the sugar and beat with a whisk. (Beat well if you want light-textured brownies, hardly at all if you want fudge brownies.) Stir in the chocolate mixture. Add the flour, vanilla, and salt; Mix just until blended. Fold in the nuts.
5. Pour the batter into the prepared pan. Bake for 20 minutes in the center of a 350 degree oven. Do not overbake. Spread the frosting while still warm.
6. Melt the chocolate and butter for the frosting over low heat in a heavy-bottomed saucepan or double boiler. Blend in the powdered sugar and water. Spread immediately over warm brownies. Let cool, then cut into 2 1/4 inch squares.
Notes:
May be stored, wrapped in foil, at room temperature for up the three days or frozen for up to four months.

Rum Cake
by Jo-Ann and Dennis Sesar

- 1 cup pecans or walnuts, chopped
- 1 18 1/2 oz package yellow cake mix
- 1 3 3/4 oz package instant vanilla pudding mix
- 4 eggs
- 1/2 cups cold water
- 1/2 cup Wesson oil
- 1/2 cup dark rum (80 proof)

Glaze:
- 1/4 pound butter
- 1/4 cup water
- 1 cup granulated sugar
- 1/2 cup dark rum (80 Proof)

Directions:
1. Preheat oven to 325 degrees.
2. Grease and flour 10 inch tube or 12 cup bundt pan.
3. Sprinkle nuts over bottom of pan.
5. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

Yield: 12 servings

Appetizers and Bread
Cheese Puffs
by Jo-Ann and Dennis Sesar

- 1 large white bread, thin sliced
- 1 cup mayonnaise
- 1 cup parmesan cheese
- 1 medium onion, minced

Directions:
1. Cut off edges of bread. Cut bread in quarters. Place on cookie sheets to dry out for one hour or more.
2. Mince onion in cuisinart. Place in plastic bag and poke hole in bag. Squeeze out for one hour or more. Mince onion in cuisinart.
3. Place in plastic bag and poke hole in bag. Squeeze out most of liquid. Not too much or you will not have any onion flavor left.
4. Place in a bowl and add the mayonnaise and parmesan cheese and mix thoroughly.
5. Cover each piece of bread with 1 1/2 teaspoons of the cheese mixture.
6. Place the cookie sheets 4 inches from the broiler and broil until lightly browned.
7. Be careful to watch this because it is easy to burn them. Best served hot out of the oven.

Yield: 12 servings

Creole Muffins
by Mark Davis

- 1 large egg
- 1/4 cup vegetable oil
- 1 1/4 cups milk
- 1/3 mixture of half chopped onion and half finely diced sweet red pepper
- 1/3 cup chopped parsley
- 2 cups flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoons salt
- 2/3 teaspoon white pepper
- 2/3 teaspoon thyme
• 1/2 teaspoon garlic powder
• 1/2 teaspoon oregano
• 1/4 teaspoon cayenne pepper
• 1/4 teaspoon freshly ground black pepper

Directions:
1. In a small bowl, combine the egg, oil, milk, onion and red pepper, and parsley.
2. Sift the remaining ingredients into a large bowl.
3. Add the liquid mixture to the dry mixture and stir with a wooden spoon until just blended. Do not overmix.
4. Grease a muffin tin and fill the cups 2/3 full. Fill any empty space with water.
5. Bake at 400 degrees for 15 minutes, until the tops are light brown.

Bruin Popovers

• 1/3 cup of skim milk
• 1 egg
• 1-1/2 tsp. instant minced onion, reconstituted in 2 Tbs. warm water
• 1 tsp. vegetable oil
• 1/8 tsp. salt
• 1/3 cup and 2 tsp. of flour
• 1-1/2 tsp. grated parmesan cheese

Directions:
1. Preheat oven to 400 degrees.
2. Spray two 6 oz. custard cups with nonstick cooking spray and set aside.
3. In a small bowl, combine all ingredients except flour and cheese; add flour and cheese;
4. Divide mixture into sprayed cups; place cups on baking sheet and bake until firm and golden brown, 40-45 minutes. Serve warm.

Yield: 2 servings, 1 popover each