

Herring coleslaw

Ingredients

- 6 tablespoons sour cream
- 6 tablespoons mayonnaise
- 1 tablespoon cider vinegar (I mixed balsamic ~~with~~ lemon juice)
- 1 tablespoon sugar
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 4 cups coleslaw (shredded cabbage)
- Marinated red pepper, sliced (I used
- Dill pickles sliced
- 2 golden delicious apples shredded
- Salted herring (soak in several cold waters, paper towel *dry*, and slice into ½-1 in. pieces) I used two pkg. Matjas (German product)
- Fresh parsley, chopped
- Fresh dill, chopped (1 pkg)

Mix all together, and cool in refrigerator before serving. Good as **appetizer**, buffet salad, I like it with ciabatta bread.

Wanda *Rosinski*

Vegan



Vegan

Green Paella

Ingredients

1-2 lb **spinach**
2 onions, sliced
3 cloves garlic, **finely chopped**
6 **tbsp extra-virgin olive oil**
2 **tbsp pine nuts**
1 dried red chile pepper, **crumbled**
8 oz tomatoes, peeled **and chopped.**
3 **green bell pepper**, seeded, cored
and sliced
1 ¼ cups Italian risotto rice
Salt and **freshly ground black pepper**
to taste
1 tsp sweet paprika
½ tsp **saffron strands**, soaked in
boiling water for 15 minutes
2 ¾ cups vegetable stock
¾ cup peas
7 oz Spanish **piquillo** peppers, sliced
(optional)

Process

***Wash** the spinach and cook with just the **water left clinging** to its leaves for 5-7 **minutes**, or until **wilted**.
"Drain, squeezing out any excess moisture. **Chop** coarsely.
*Saute the **onions** and **garlic** in the oil in a large **frying** pan over **medium** heat until the garlic is **pale gold**.
*Add the **pine** nuts and chile and cook for 2 minutes.
"Lower the heat and add the tomatoes and bell pepper. Cook for 6 **minutes**, **stirring constantly**.
"Add the rice and saute for 2 **minutes**. Season with **salt** and **pepper**.
*Add the paprika, **saffron water**, and enough stock to **cover** the rice by about 1 inch **Bring to a boil** and **simmer** for about 15 minutes, or until the rice is **tender** and almost all the liquid has evaporated. **Stir** occasionally **during** the cooking time to prevent the rice from sticking to the pan
*Add the spinach and peas and **mix well**. Cook for 5 minutes, or **until** the **peas** are cooked.
*Remove **from** the **heat**, **cover**, and let rest for 5 minutes.
*Garnish with the **peppers** and **serve**.

I often **deviate** from this basic recipe. I omit ½ the **onion** and replace the green **bell pepper** with a red or yellow one to cater to my **difficulty** in **digesting** those **ingredients**. I add more **garlic** and dried chile because you can **never** have **enough of** either. I **sauté** with **slightly less** oil than is called for and I **omit** the **piquillo** peppers because I am unfamiliar with them. I **usually** finely chop the pine **nuts** because I dislike their intact **texture**, I use **saffron** strands only **if I already** have them because they are **so** expensive at **my** local greengrocer. I **sometimes** **leave** out the tomatoes because my love is repulsed **by them**. I can never remember **what** I put in this the **last time**, so it **may** (or **may not**) always be slightly different **from** the time before. So, enjoy this **basic** recipe without being strangled by **its particulars**.

This **recipe** does not jibe with my **understanding** of true paella. The **rice** should be **medium** grain, dry and separate **when done**, **unlike** the creamy risotto used **above**. It should be cooked in a wide, round, shallow paella pan so that the **rice** is cooked in a thin layer, **Cooking** the rice in a very **thin** layer **allows the production of the socarrat**, which is a **crust** of golden, **caramelized** rice. This socarrat is the pinnacle of the meal. Family and friends eat the paella out of the **original pan**, from outer edge to inner, and **finish** up by **savouring** the golden **socarrat**. For sake of **community** and texture, **paella** should never be **served** on a plate.

Heather Ross

Amish Friendship Bread

STEP ONE:

Please note the following:

Do not use any type of metal spoon or bowl for mixing.

Do not refrigerate.

If air gets into the bag, let it out.

It is normal for the batter to rise and ferment!

Day 10 = day start
is bagged.

Day 1 = day after
bagging.

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|---------|--|
| Day 1: | Do nothing |
| Day 2: | Mash the bag. |
| Day 3: | Mash the bag. |
| Day 4: | Mash the bag. |
| Day 5: | Add to the bag 1 cup of all-purpose flour, 1 cup of sugar and 1 cup of milk (whole, preferably, but not necessary) |
| Day 6: | Mash the bag. |
| Day 7: | Mash the bag. |
| Day 8: | Mash the bag. |
| Day 9: | Mash the bag. |
| Day 10: | Follow the directions below: |

1. Pour the entire contents of the bag into a non-metal bowl. Add $1\frac{1}{2}$ cups of all-purpose flour, $1\frac{1}{2}$ cups of sugar and $1\frac{1}{2}$ cups of milk. Stir.
2. Measure out 4 separate batters of 1 cup each into 4 Zip-Lock gallon-sized bags. Keep one for yourself and give the other three to friends along with a copy of the recipe. (Note: If you keep a starter, you will be baking every 10 days!) The bread is very good and makes a great gift. Only the Amish know how to create the starter, so if you give them all away, you will have to wait until someone gives you a starter back. Should this recipe not be passed on to a friend on the 1st day, be certain to tell (or mark the bag) which day the bag is at when presented to them.

CALL SWU: FRIENDSHIP Bread

Baking Instructions:

1. Preheat oven to 325 degrees.
2. To the remaining batter in the bowl, add and mix together:

3 eggs
1 cup of oil (or ½ cup of oil and ½ cup of applesauce or apple butter)
½ cup of milk
1 cup of sugar
2 teaspoons of cinnamon
½ teaspoon of vanilla
1½ teaspoons of baking powder
½ teaspoon of salt
½ teaspoon of baking soda
2 cups of all-purpose flour

Optional:

1 large box of pudding (vanilla or chocolate and can be sugar-free)
1 cup of raisins, bananas or chopped nuts

3. Grease two loaf pans. In a bowl, mix an additional ½ cup of sugar and 1½ teaspoons of cinnamon. Dust the greased pans with half of this mixture. You may use flour instead of the mixture.
4. Pour the batter evenly into the 2 pans. Sprinkle the remaining sugar mixture over the top.
5. Bake for approximately 1 hour. Cool until bread loosens evenly from the sides of the pan. Turn into a service dish.

Serve to friends and loved ones. Enjoy!

when making banana bread,
use banana cream pie pudding
in addition to bananas. Can
also add choc chips to make
choc chip banana bread

Eastern Band Cherokee

Cherokee, Powhatan, and
Chicahominy cooks,
following Algonquian and
Iroquoian customs, always had
food ready to serve if someone
stopped by in their households,
a bubbling pot of soup or stew
simmered at all times.

A favorite recipe combined
beef or wild game (such as
rabbit, deer, or buffalo), with
corn, beans, and tomatoes.

However, like the delicious
soups of the Irish farmers'
wives, the exact recipe
depended on what leftovers
were available to a to the
pot.

Seasonal fresh vegetables were
always included and spices
were governed by
availability and taste.

TOMATO
POTATO
CARROTS
ONION
GARLIC
LIMA BEANS
CORN
PEAS
BEEF, SHANK

SALT
PEPPER

*TOMATO SAUCE



Brine Potatoes, half of one
onion chopped, and garlic
cloves to boil in pot of water. If
using beef/buffalo shanks,
turkey, chicken, or venison

bring it to boil with this mix.
Turn down and simmer for 45
minutes. Remove meat and let
cool, pull off bones and return
to stew. Add all other

vegetables except garlic and
onion. In a sauté pan throw in
the other half of the onion
chopped (more than one onion
can be used) and the garlic
minced with some olive oil.

*Cut up one steak and sauté it
with the onion and garlic.

When browned add to stew.
Simmer for another 45 minutes
to 2 hours. Add salt and pepper
to taste.

Can be kept on the back burner
of the stove (on low) all day!

* CAN BE SKIPPED.



Corn Dip

Ingredients:

- 1/2 cup Miracle Whip
- 1/2 cup sour cream
- 2 cups sharp cheddar cheese
- 1 can Mexican corn, drained
- 1/2 large sweet onion, chopped
- 1 teaspoon cumin
- Fritos Scoops
- Chopped green onions for garnish, optional

Directions:

Combine Miracle Whip and sour cream. Mix in all other ingredients and garnish with chopped green onions if desired. Best made one day ahead. Serve with Fritos Scoops.

