TEST COOKBOOK

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INTRODUCTION

INTRODUCTION − introduction: abbreviations, software, and copyright

ABBREVIATIONS FOR COOKBOOK SOURCES

ACTUEL *Cuisine Actuelle*, by Victor Geilisse, Taylor, Dallas, 1992.

CIA *The New Professional Chef: The Culinary Institute of America*, edited by Mary Deirdre Donovan, 6th edition, Wiley, New York, 1996.

CORDQUICK
Le Cordon Bleu Quick Classics, by Jeni Wright and Le Cordon Bleu Chefs, Cassell, London, 1998.

DELIN *The Delineator Cookbook*, Revised by Delineator Home Institute, under direction of Mildred Maddocks Bentley, Butterick, London, 1928.

DIAT *Gourmet´s Basic French Cookbook: Techniques of French Cuisine*, by Louis Diat, Gourmet, New York, 1961.

ESCOF *The Escoffier Cook Book*, translation of *Le Guide Culinaire*, by Auguste Escoffier, Crown, New York, 1989.

ESCOFREPR
Le Répertoire de La Cuisine, by Louis Saulnier, translated by E. Brunet, Leon Jaeggi, London, 1961.

FF *The Fanny Farmer Cookbook*, by Marion Cunningham, 13th edition, Knopf, New York, 1990.

GISSLEN *Professional Cooking*, by Wayne Gisslen, 3rd edition, Wiley, New York, 1995.

GOURM1 *The Gourmet Cookbook, Volume I*, compiled, edited, and published by Gourmet, New York, 1950.

GRILL *Great American Grilling*, compiled and edited by Sunset Books and Weber-Stephen Products, published by Sunset Publishing, Menlo Park, 1996.

HAZAN *Essentials of Classic Italian Cooking*, by Marcella Hazan, Knopf, New York, 1996.

IER Recipe cards of Ila Eloise Rupley.

JAN *Janos. Recipes and tales from a Southwest restaurant*, by Janos Wilder, Ten Speed Press, Berkeley, Calif., 1989.

JB *The James Beard Cookbook*, by James Beard, Dell, New York, 1974.

JBAM *James Beard's American Cookery*, by James Beard, Little Brown, Boston, 1972.

JBNEW *The New James Beard*, by James Beard, Knopf, New York, 1981.

JC *Mastering the Art of French Cooking*, by Julia Child, Louisette Bertholle, and Simone Beck, Knopf, New York, 1966.

JC2 *Mastering the Art of French Cooking, Volume Two*, by Julia Child and Simone Beck, Knopf, New York, 1970.

JOY44 *Joy of Cooking*, by Irma S. Rombauer, Bobbs-Merrill, New York, 1944?.

JOY64 *Joy of Cooking*, by Irma S. Rombauer and Marion Rombauer Becker, reprint of 1964 Bobbs-Merrill edition, Plume, New York, 1973.

JZR Recipe cards of Juliette Zanker Rupley.

KAMMAN *The New Making of a Cook: The Art, Techniques, and Science of Good Cooking*, by Madeleine Kamman, Morrow, New York, 1997.

LAROU *Larousse Gastronomique*, by Prosper Montagné, English translation from the French by Nina Froud, Patience Gray, Maud Murdoch, and Barbara Macrae Taylor, edited by Charlotte Turgeon and Nina Froud, 7th printing, Crown, New York, 1966.

MFKF *The Art of Eating*, by M. F. K. Fisher, Macmillan, New York, 1990.

NYT *The New York Times Cookbook*, edited by Craig Claiborne, Harper and Row, New York, 1961.

OLIVER *La Cuisine*, by Raymond Oliver, Tudor, New York, 1969.

PF *Pierre Franey's Cooking in America*, by Pierre Franey and Fichard Flaste, Knopf, New York, 1992.

PF60M *The New York Times More 60-Minute Gourmet*, by Pierre Franey, Fawcett Columbine, New York, 1981.

OTHER ABBREVIATIONS

KA? Kitchen Aid Mixer, with ´?´ denoting the mixing head: W for stainless steel whip, B for flat beater, or H for dough hook.

@? ´?´ gives a device setting, for a stove-top element, a mixer speed, etc. (Likely to be only of local family interest.)

SOFTWARE SOURCES AND COPYRIGHTS

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Typesetting is done with the UNIX *troff*(1) formatter and with the *man*(5) macros and special recipe macros part of the alt.gourmand USENET software.

ADVOKAAT

ADVOKAAT – Egg-cognac: a potent sweet alcoholic beverage

Advokaat is the Dutch word for "egg cognac". It is highly recommended for A. I. (Alcohol Imbibing) meetings. This recipe is my modification of a recipe I obtained in Poland. It makes a potent, superb advokaat (or egg-cognac). The milk and eggs are healthy, the sugar and alcohol are not.

INGREDIENTS (Serves 4–8)

1½ cups	*sugar*
2 Tbsp	*vanilla sugar*
2 cups	*milk*
9	*egg yolks*
1½ cups	*95% grain alcohol*

PROCEDURE

(1) Mix sugars.

(2) Boil milk with half of sugars for two minutes. Let it cool down. (For the milk it is easiest to use a pot which can later be used with a mixer.)

(3) Mix well (mixer at high speed) the yolks with the other half of the sugars.

(4) Using mixer add to milk. Then (still using mixer) add alcohol slowly. (The result is quite fluid, sweet and strong.)

(5) Bottle and let rest for two weeks to let the mixture thicken.

NOTES

This advokaat can be drunk or, better yet, eaten with a spoon: it is quite thick.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 2 weeks aging. *Precision:* Measure the ingredients.

CONTRIBUTOR

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AFRICAN VEGETABLE STEW

AFRICAN-STEW – A spicy vegetable stew

I got this recipe from my mom, who got it from a friend. It's very easy to make.

INGREDIENTS (Serves 4)

1	*very large onion,* chopped
1 bunch	*Swiss chard*
1 can	*garbanzo beans* (known also as chick peas, ceci, etc.)
½ cup	*raisins*
½ cup	*uncooked rice*
several	*fresh tomatoes* (or 1 large can of canned tomatoes)
1 clove	*garlic* (or more to taste)
2	*yams*
	salt and pepper to taste
	tabasco sauce to taste

PROCEDURE

(1) Fry onion, garlic, and white stems of chard until barely limp. Add chopped greens and fry a bit.

(2) Either peel the yams or scrub them well with a vegetable brush, then slice them into thick slices. Add garbanzos, raisins, yams, tomatoes, salt, and pepper. Cook a couple of minutes.

(3) Make a well in the center of the mixture in the pot. Put the rice in the well and pat it down until it's wet. Cover and cook until rice is done—about 25 minutes.

(4) Add Tabasco sauce to taste.

NOTES

I find that the flavors of the vegetables don't stand out unless you put in a lot of tabasco. But then, I've got a cast-iron tongue. You should add enough to make the stew seem spicy to you.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 30 minutes cooking. *Precision:* no need to measure.

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"Saints should always be judged guilty until they are proved innocent.."

PENNSYLVANIA ALTAR BREAD

ALTAR-BREAD – An earthy whole-wheat bread used for communion

In Pittsburgh and other Western Pennsylvania parishes of the Episcopal church, it is common to use small, thin loaves of real, fresh, home-made bread at communion instead of the pressed wafers popular in most other places. The bread has a chewy texture to it, keeps tremendously well, and makes a great lunchbox food (each "loaf" is about the size a large cookie). This recipe comes from Father Bill Coats of the Church of the Redeemer in Pittsburgh.

INGREDIENTS (8–10 single-serving loaves)

7/8 cup	*lukewarm water* (The water should be about 110°F)
3 Tbsp	*honey*
1½ Tbsp	*olive oil*
½ tsp	*salt*
1 pkg	*active dry yeast*
2 2/3 cups	*whole wheat flour* (Unsifted)

PROCEDURE

(1) Combine water and yeast in mixing bowl. Add honey, olive oil, and salt.

(2) Add flour. If flour does not completely dampen, add small amounts of water until all of the flour is damp. Be sparing with the water.

(3) Turn out onto a very lightly floured board, and knead thoroughly for 5 minutes until dough is extremely elastic.

(4) Sprinkle a tiny amount of olive oil in a big bowl, then roll the dough in it until the dough is covered with olive oil. Leave the dough in the bowl, cover with a cloth, and let rise for 1½ hours, or until doubled in size.

(5) Preheat oven to 350°F. Punch the dough down, knead again for a few seconds. Roll the dough out with a rolling pin, as if you were making a pizza crust, to a thickness of ¼ inch.

(6) Using something like a large peanut butter jar or a giant cookie cutter, cut out 4-inch circles of the dough and lift them onto a slightly-oiled baking sheet. Press a cross into the top surface of each, so that it can be easily broken apart.

(7) Bake the loaves, on their baking sheet, in a preheated 350°F oven for 10 minutes.

NOTES

You can freeze these loaves easily; either put them in single-serving ziploc bags and use them for school lunches, or freeze a bunch in a large food-storage bag.

RATING

Difficulty: moderate. *Time:* 15 minutes preparation, 2 hours rising, 10 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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AMBROSIA

AMBROSIA – Simple desert for failed Pavlova attempts

My mother used to make the banana variety of this when she cooked her meringues a little too long or too hot. I've no idea of its origins.

INGREDIENTS (serves 4)

1¼ cups	*heavy cream*
2	*bananas* (or equivalent amount of some soft fruit)
	broken meringue

PROCEDURE

(1) Whip the cream.

(2) Chop fruit coarsely, but don't crush.

(3) Break meringue into large crumbs.

(4) Mix everything shortly before serving and pile into glasses.

NOTES

I can never make up my mind whether I prefer the strawberry or the banana version. Peach should be pretty good too, though I've never tried it.

This is a neat way of saving a *Pavlova*(D) attempt when the meringue part fails: it produces a delicious desert and no-one need ever know...

RATING

Difficulty: very simple. *Time:* 10 minutes presuming you have the meringue available. *Precision:* No need to measure.

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BAKED APPLES

APPLE-BAKE – A quick substitute for apple pie

INGREDIENTS (Serves 4)

4	*green apples* (crispy, tart, medium sized—Granny Smiths are good)
3 in.	*stick cinnamon,* broken and ground (use a coffee grinder.) Alternative: 1¼ tsp powdered cinnamon.
14	*allspice berries,* ground the same way (makes interesting coffee afterwards). Alternative: ½ tsp allspice.
1/8 tsp	*grated nutmeg*
½ cup	*brown sugar*
3 Tbsp	*butter* (grate if cold)
	juice of ½ medium lemon
3/4 cup	*golden raisins*
¼ cup	*dried pitted prunes*
3/4 cup	*chopped walnuts* (or other nuts)

PROCEDURE

(1) Preheat oven to 400°F. Butter a deep baking dish that has a lid.

(2) Core the apples but do not peel them. Arrange them in the dish. Cut apples to fit, if necessary.

(3) Combine all remaining ingredients in bowl. Mix well (this is where grating the butter comes in handy). Stuff this mixture into the holes and spaces in and between the apples.

(4) Bake covered at 400°F for about 30 minutes. Serve hot with vanilla ice cream (spoon extra sauce over ice cream).

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 30 minutes cooking. *Precision:* measure the spices.

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APPLE-MOLASSES BREAD

APPLE-BREAD – A simple, fragrant apple nut raisin bread

I found this recipe on the back of a label for a baking loaf pan. It is easy to make and because of the molasses it is very fragrant while baking.

INGREDIENTS (1 large loaf)

½ cup	*butter*
1 cup	*sugar*
3	*eggs*
2 cups	*all-purpose flour*
1 tsp	*baking powder*
½ tsp	*salt*
½ tsp	*ground cinnamon*
¼ tsp	*ground nutmeg*
1 cup	*applesauce*
¼ cup	*dark molasses* (treacle)
1 cup	*raisins*
½ cup	*chopped nuts*

PROCEDURE

(1) Preheat oven to 350°F.

(2) In a large bowl, cream butter and sugar until light and fluffy.

(3) Add eggs, one at a time, beating well after each addition.

(4) Combine flour, baking powder, salt, cinnamon and nutmeg; set aside. Combine applesauce and molasses.

(5) Add dry ingredients alternately with applesauce mixture to egg mixture. Fold in raisins and nuts.

(6) Pour into a greased 9¼×5¼×2¾ inch loaf pan. Bake at 350°F for 1 hour, or until a toothpick inserted into the center comes out clean. Cool 10 minutes, remove from pan and continue cooling on a wire rack.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 1 hour baking, 30 minutes cooling. *Precision:* measure the ingredients.

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APPLE CRISP

APPLE-CRISP − Easy baked apple dessert

I got this recipe from Marsha Foregger. It's very easy and makes a yummy dessert.

INGREDIENTS (serves 6 to 8)

5− 6 cups	*apple slices*
¾ cup	*sugar*
1 cup	*flour*
1 tsp	*baking powder*
¾ tsp	*salt*
1	*egg*
1/3 cup	*solid shortening* (e.g. Crisco)
½ tsp	*cinnamon*

PROCEDURE

(1) Preheat the oven to 350°F.

(2) Fill a greased baking dish (approximately 6×10 inches) with the apple slices.

(3) Mix together with fork until crumbly the sugar, flour, baking powder, salt and egg. Sprinkle over apples.

(4) Melt the shortening, cool slightly and pour over apple-flour mixture. Sprinkle with cinnamon. Bake 30−40 minutes at 350°F. Serve with vanilla ice cream.

NOTES

I usually sprinkle some raisins and walnut halves in among the apple slices.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 40 minutes baking. *Precision:* measure the ingredents.

CONTRIBUTOR

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APPLE CRUMB PIE

APPLE-PIE-1 – One-crust apple crumb pie

INGREDIENTS (Makes 1 pie)

4 cups	*tart apples*
2 Tbsp	*butter*
¾ cup	*sugar*
½ tsp	*nutmeg*
1 tsp	*cinnamon*
½ cup	*brown sugar*
¼ cup	*all-purpose flour*
¼ cup	*butter,* melted
½ cup	*chopped nuts* (walnuts, pecans, etc.)
1	*pie crust*

PROCEDURE

(1) Core, peel and slice the apples.

(2) Melt the butter, and mix the rest in with it. Pour over apples and mix around so the apples are coated.

(3) Put in an unbaked pie shell

(4) Combine brown sugar, flour, melted butter, and nuts. Spread over top of the filling.

(5) Bake at 375°F for 50 minutes, or until it is bubbling.

NOTES

The pie can also be frozen and then baked, right from the freezer, at 360°F for 90 minutes. The pies will keep a very long time in the freezer, and not be worse for wear.

PS: For those who like the quality of home-made pie crusts but the convenience of ready-made, make a bunch of crusts someday when the mood grabs you, and put them in the freezer in a big plastic bag.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1 hour baking. *Precision:* approximate measurement OK.

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SOUTHERN CREAM APPLE PIE

APPLE-PIE-2 – Apple pie with sour cream goodness

This recipe came from my wife's boss, Dick Dolan, the editor of the Hewlett Packard Journal. It is sinfully delicious and never lasts very long, even if you don't have help eating it!

INGREDIENTS (Makes 2 pies)

PIE

22 oz	*tart apples*
1½ cups	*sugar*
¼ cup	*flour*
3 cups	*sour cream*
2	*eggs,* beaten
1 tsp	*vanilla*
2	*deep-dish pastry shells,* 9 inches wide

TOPPING

1 1/8 cups	*sugar*
¾ cup	*flour*
1½ tsp	*cinnamon*
½ cup	*butter*

PROCEDURE

(1) Preheat the oven to 400°F. In a large bowl, combine the sugar, flour, sour cream, eggs, and vanilla into a smooth mixture.

(2) Core, peel, and chop the apples. Boil them in a small amount of water with a little lemon juice for 3 to 5 minutes until they begin to get tender.

(3) Drain apples and add to the mixture.

(4) Pour into two 9-inch pastry shells.

(5) Bake at 400°F for 30 minutes.

(6) While pies are baking, crumble topping ingredients into a bowl and mix with a pastry cutter or two knives.

(7) Remove pies from oven and cover with topping recipe.

(8) Put pies under broiler for 1 to 2 minutes until the topping begins to bubble.

NOTES

Don't take your eyes off the pies while they're under the broiler. A moment's inattention can mean burned pie!

If there is any pie left over, the remainder should be refrigerated.

RATING

Difficulty: moderate. *Time:* 20 minutes preparation, 30 minutes baking. *Precision:* measure the ingredients.

CONTRIBUTOR

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SECOND DAY APPLE SQUARES

APPLE-SQUARES – Sugary, moist apple squares

Try to avoid eating very many of these squares on the day you make them, as they improve immeasurably on the second and third day! This recipe originally came from a Pillsbury bake-off.

INGREDIENTS (Makes 12-15 squares)

2 cups	*unbleached white flour*
2 cups	*brown sugar,* firmly packed
½ cup	*butter or margarine*
1 cup	*chopped nuts* (optional)
1–2 tsp	*cinnamon*
1 tsp	*soda*
½ tsp	*salt*
1 cup	*sour cream or yogurt*
1 tsp	*vanilla*
1	*egg*
2 cups	*apples,* peeled and finely chopped (about 2 apples)

PROCEDURE

(1) Preheat oven to 350°F.

(2) In a large bowl, combine the flour, brown sugar and margarine.

(3) Blend at low speed, until the mixture forms fine crumbs.

(4) If you want to include them, stir in the nuts now.

(5) Place 2¾ cups of the crumb mixture into an ungreased 13×9 inch pan. Press down firmly.

(6) Add the remaining ingredients (except for the apples) to the remaining crumb mixture. Blend well.

(7) Stir the chopped apples into the batter. Spoon the batter evenly over the crumb base in the pan.

(8) Bake at 350°F for 30–40 minutes. If you use the larger pan, bake for 25–30 minutes.

(9) Cool before cutting. Better yet, let it wait 24 hours before cutting.

(10) Store loosely covered.

RATING

Difficulty: easy. *Time:* 15 minutes preparation, 40 minutes baking. *Precision:* approximate measurement OK.

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APPLESAUCE SALAD

APPLESAUCE-SLD − Applesauce jello salad

A delicious jello salad, taken from "The Monterey Coast Guard Officers' Wives Club Cookbook." My sister-in-law was the president of the club which put that cookbook together.

INGREDIENTS (Serves 8)

¼ cup	*cinnamon imperials* (candy)
1 cup	*water*
3 oz	*lemon jello mix* (1 small package)
1 cup	*applesauce*
4−5	*ice cubes*

PROCEDURE

(1) Place the candy and water in a pot. Bring to a boil, stirring to dissolve the candy.

(2) Add jello powder and stir until it is dissolved.

(3) Stir in applesauce and ice cubes until ice cubes are melted.

(4) Pour into a bowl and refrigerate until set (1 hour or more).

NOTES

Substituting apple cider or apple juice for the water adds tremendous taste. We prefer homemade "chunky" style applesauce to processed commercial brands.

RATING

Difficulty: easy. *Time:* 10 minutes preparation, 1−3 hours to chill. *Precision:* approximate measurement OK.

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ARMENIAN RICE

ARMENIAN-RICE – Rice with noodles in chicken broth

INGREDIENTS (Serves 2–3)

4 Tbsp	*butter*
1 cup	*uncooked rice*
2 oz	*small egg noodles*
2 cups	*chicken stock*
	basil (optional)

PROCEDURE

(1) Melt butter in large saucepan, add egg noodles, and cook until browned.

(2) Add rice, stir to coat with butter. Cook on medium high heat for 1 minute.

(3) Add chicken stock, and optional basil, and stir to mix.

(4) Reduce heat, cover, and cook for 25–30 minutes until rice is done. Remove from heat and let stand, covered, for 5 minutes before serving.

RATING

Difficulty: very easy. *Time:* 5 minutes preparation, 30 minutes cooking. *Precision:* Approximate measurement OK.

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ARTICHOKE-SPINACH CASSEROLE

ARTICHOKE-CASS – Vegetable casserole with artichokes and spinach

This is a fattening but good vegetable dish.

INGREDIENTS (Serves 4)

8 oz	*marinated artichoke hearts,* drained (2 small jars) Save the marinade for salad dressing.
20 oz	*cooked spinach,* drained and squeezed dry. (Use 2 packages of thawed frozen spinach, or 1½ lbs cooked fresh spinach)
8 oz	*cream cheese,* softened
2 Tbsp	*butter,* softened
½ cup	*grated parmesan cheese*

PROCEDURE

(1) Preheat oven to 350°F. Spread artichoke hearts in the bottom of a buttered casserole dish, in roughly one layer.

(2) Top with spinach.

(3) Cream together the cream cheese, butter and cheese, and spread evenly on top.

(4) Bake covered for 30 minutes, then uncovered for 10 minutes.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, 40 minutes baking. *Precision:* no need to measure.

CONTRIBUTOR

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SUMMER ASPARAGUS SOUP

ASPARAG-SOUP-1 – A light and simple asparagus soup

Every summer, it seems, the grocery stores are glutted with cheap asparagus. Most of the classical recipes for asparagus soup produce a hearty winter-style soup. Here's a simple recipe for a delicious, light, thin soup that is more in keeping with the time of the year that the glut occurs. You can leave out the chicken broth to make it a meatless soup, but it does require egg yolks.

INGREDIENTS (Serves 4–6)

2 Tbsp	*butter*
1	*onion,* chopped
1½ lbs	*fresh asparagus*
2 Tbsp	*flour*
6 cups	*boiling water*
2 tsp	*salt*
¼ cup	*rich chicken broth* (optional)
2	*egg yolks*
½ cup	*milk*

PROCEDURE

(1) Melt the butter in a pan big enough to cook the soup. Sauté the onions for a few minutes, until transparent but not brown.

(2) Meanwhile, slice the asparagus into thin slices. Now add the sliced asparagus pieces to the onions and continue to sauté (over medium to medium-high heat) for 15 minutes, until most of the moisture has steamed out of the asparagus and the mixture has just barely started to brown.

(3) Add the flour to the onion/asparagus mixture and stir well to coat each piece with some flour. Cook for 2 or 3 more minutes over medium-high heat.

(4) Dump the boiling water into the asparagus mixture. Add the (optional) chicken broth and the salt. Simmer for 1 hour.

(5) Strain out the cooked asparagus, leaving behind a thin yellow-green soup.

(6) Thicken the soup with the 2 egg yolks. Add the milk and reheat the soup to serving temperature. Add salt and fresh-ground white pepper to taste. Serve immediately.

NOTES

The slicing disk on a food processor does an excellent job of slicing the asparagus for this recipe. You can use a food mill, a china cap, or an ordinary sieve to strain the cooked asparagus out of the broth.

Don't try to make this soup as a low-salt soup by leaving out the salt. It will taste like dishwater if you cook the asparagus for an hour without salt. Don't try to skimp on time by leaving the cooked asparagus in the broth unstrained. It will ruin the texture.

RATING

Difficulty: easy to moderate (thickening soup with egg yolks is not a beginner's skill). *Time:* 10 minutes preparation, 1 hour simmering, 5 minutes finishing. *Precision:* Approximate measurement OK.

CONTRIBUTOR

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FRUIT CORNISH HENS

AUTUMN-HENS − Cornish game hens stewed in fruit and sugar

I originally got this recipe from the Sunday magazine of the local paper. I served it last year for Christmas dinner, and it's very good. What's more, this recipe is *easy*: you just put everything in a bowl, marinate overnight, then bake until done!

INGREDIENTS (serves 8)

8	*Cornish game hens* (each about 1 lb)
12	*large garlic cloves,* peeled and finely minced
4 Tbsp	*dried oregano*
	salt (to taste)
	pepper (to taste)
1 cup	*red wine vinegar*
½ cup	*olive oil*
1 cup	*pitted prunes*
1 cup	*dried apricots*
1 cup	*pitted green olives*
½ cup	*capers* (plus a bit of the juice)
8	*bay leaves*
1 cup	*brown sugar*
1 cup	*dry white wine*
4 Tbsp	*Italian parsley* (chopped)

PROCEDURE

(1) Clean hens well under cold water. Pat dry.

(2) In a large bowl, combine hens, garlic, oregano, salt, pepper, vinegar, oil, prunes, apricots, olives, capers (with juice) and bay leaves. Cover and refrigerate overnight to marinate.

(3) Preheat oven to 350°F.

(4) Arrange game hens in 1 or 2 shallow roasting pans. Spoon all the marinade over the hens. Sprinkle evenly with brown sugar and pour wine around them.

(5) Bake for 1 to 1¼ hours, basting frequently, until golden. Juice should look clear when thigh is pricked with a fork.

(6) Transfer hens, fruit, olives and capers to a serving platter. Moisten with pan juices and sprinkle with parsley. Pass remaining pan juices in a sauceboat.

RATING

Difficulty: easy. *Time:* 5 minutes preparation, overnight marinating, 1 hour cooking. *Precision:* approximate measurement OK.

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CHICKEN SOUP AVGOLEMONO

AVGOLEMONO – Greek style egg & lemon chicken soup

Avgolemono in greek means "egg and lemon" and is the most popular technique for preparing soup in Greece. So much so, that unless stated otherwise, when one talks of soup, one means avgolemono soup. What follows is a recipe for my favourite, chicken soup, but feel free to substitute any kind of meat or fish broth for the chicken.

INGREDIENTS (Serves four -hungry- people)

64 oz	*chicken broth* (You can get away with instant broth, but make sure it is of good quality. I usually use Knorr Chicken Bouillon cubes)
4 Tbsp	*white rice* (Unconverted—*not* Uncle Ben's!!!)
2	*eggs* (large, or use 3 small or medium eggs)
1	*lemon*
½ Tbsp	*salt* (or more to taste)

PROCEDURE

(1) Bring the broth to a boil, and add the rice and salt. Let rice cook for 15–20 minutes.

(2) Remove pot from stove and let it cool for a while.

(3) Separate the whites from the egg-yolks, and beat the whites in a large bowl, until they thicken a little. Add the yolks and the juice of the lemon, and beat until you get a uniform mixture.

(4) Now *carefully,* using a ladle, pour some of the warm broth into the egg mixture, while beating continuously. When your bowl is full, pour the contents back into the remaining broth, and stir until you get a uniform mixture.

(5) Now serve and, I hope, enjoy!

NOTES

The process of steps 3 and 4 is known in greek as "avgokomma", and describes both this process and what will happen if you are not very careful—the egg will coagulate and spoil everything! In order to avoid such an unfortunate occurrence, you must let the broth cool a little before adding the egg. This can easily be done by starting to beat the eggs only after you have removed the broth from the stove, thus giving time to the broth to cool. However, if you're in a hurry, you can pour a small glass of cold water into the broth (which will obviously make the soup more diluted). The broth must be poured slowly into the egg and lemon mixture, but the two must be blended quickly (use of an electric mixer is recommended).

The original recipe does not require beating the whites separately, so you can simply beat the eggs whole until the whites blend with the yolks, and then add the lemon. If you prepare the eggs this way, the soup will be a little less smooth.

The soup can be kept in the refrigerator for a day or two. Be careful not to bring it to a boil when re-heating it, because the egg will coagulate.

RATING

Difficulty: moderate (handling of eggwhites in soup takes experience). *Time:* 30 minutes. *Precision:* Approximate measurement OK.

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"I reversed the polarity of the neutron flow..."

QUICK AVGOLEMONO SOUP

AVGOLEMONO-2 – Greek egg-lemon soup

This is a perfect way to use up a little leftover rice.

INGREDIENTS (4 servings)

1 cup	*cooked white rice*
3 cups	*chicken broth*
1	*lemon,* juiced
2	*large eggs*

PROCEDURE

(1) If you don't have any leftover white rice, put ½ cup of rice on to cook.

(2) Heat the chicken broth to boiling.

(3) While the chicken broth is heating, beat together the lemon juice and eggs in a small bowl or glass measuring cup until uniform in color.

(4) When the chicken broth is boiling, stir in the cooked rice. Remove from heat and stir briskly while slowly pouring the egg mixture into the pot from about a foot in the air. The soup should end up resembling a cream soup and there should be no large visible threads of egg.

NOTES

This recipe even works well with canned chicken broth since the lemon covers up the ‘‘canned’’ flavor.

RATING

Difficulty: Easy *Time:* 20 minutes if you have to cook the rice, 10 minutes if you don't. *Precision:* No need to measure.

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