



# The Parrot

Your ARC newsletter by and for ESL, multicultural, international students, new Californians, and, well, anybody really...

Bonus Parrot

Fall 2013

## THE BEST OF THE PARROT: PAST RECIPES FOR THE PRESENT HOLIDAYS!

**Porpoise porridge, Sire? World's oldest recipe book reveals dishes English kings enjoyed 600 years ago**



A meal fit for a king? Visitors to Manchester University's John Rylands library are tasting meals cooked from the world's first cookbook written in 1390

Dishes of chicken blancmange and porpoise porridge are unlikely to whet the appetite of most modern food lovers.

But such recipes were apparently fit for a king 600 years ago.

Written by chefs employed by Richard II, they are included in what is thought to be the world's oldest cookbook.

The unusual dishes rival modern creations by British TV chef Heston Blumenthal, who is famous for his snail porridge.

Experts from Manchester University's John Rylands Library, who discovered the manuscript, have translated a handful of its 150 recipes, which are written in Middle English and date back to 1390.

They include frumenty, a porridge-type dish made of bulghar wheat, chicken stock and saffron, and payn puff, a dish of boiled fruits wrapped in pastry.

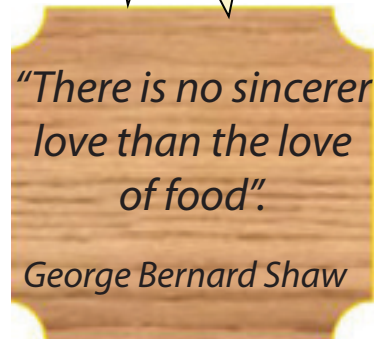
The unusual cookbook, called the

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The Pleasures of Reading Recipes

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*"There is no sincerer love than the love of food"*

*George Bernard Shaw*



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## Mim's Cafe



Welcome back to Mim's Café. I hope your summer was relaxing and productive. Over the summer, I tried many vegan soup and stew recipes. The main ingredients for these included pumpkins and sweet potatoes. The best flavored stew I found is the one I'm sharing in this issue. Yes, this Moroccan Bean Stew requires a lot of spices, so be attentive when you sauté them with water. Stir often so the spices don't clump up and burn. Those spices give this stew a very fresh and aromatic taste. This stew is best served with some kind of bread. I hope you take the time to try this recipe. This recipe was downloaded from: <http://www.forksoverknives.com/moroccan-bean-stew-with-sweet-potatoes>.



Prof. Montgomery with happy eater.

### Moroccan Bean Stew with Sweet Potatoes

#### Ingredients

- 1 tablespoon water (to sauté)
- 1 teaspoon cumin seed
- ¾ teaspoon ground cumin
- 1 ½ teaspoon cinnamon
- 1 teaspoon ground coriander
- ½ teaspoon turmeric
- ½ teaspoon fennel seeds
- 1 teaspoon dried basil
- ¾ teaspoon sea salt
- Few pinches cayenne pepper (optional; kids may find it too hot)
- Freshly ground black pepper to taste
- 1 ½ cup onion, diced
- 3-4 medium-large cloves garlic, minced or grated
- 3 – 3 ½ cups yellow or orange-fleshed sweet potato, diced
- 1 can (14 oz.) black beans, rinsed and drained
- 1 can (14 oz.) chickpeas, rinsed and drained
- 1 cup dry red lentils, rinsed
- 3 cups vegetable stock
- 3 ½ cups water
- 1 ½ tablespoon freshly grated ginger

#### Cooking Instructions



1. In a large pot over medium heat, add the water to sauté the spices and salt.
2. Cook for a couple of minutes, and then add the onion, garlic, and sweet potato.
3. Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften.
4. Add all remaining ingredients except ginger, and increase heat to high to bring to boil.
5. Once at a boil, reduce heat to medium-low, cover, and cook for 20-25 minutes, until lentils are fully dissolved.
6. Add fresh ginger, stir through, and serve.



Fall is a great time for homemade pumpkin soup since there are plenty of pumpkins to choose from. Make sure to ask your local grocers or farmers for edible pumpkins since some are not grown for cooking. I downloaded the recipe below from: <http://dairyfreecooking.about.com/od/hotsoups/r/crmpmpkns.htm>. It is a vegan recipe and requires two kinds of milk, coconut and soy or almond milk. If you're not a vegan, you can substitute regular milk for soy milk and use chicken broth instead of vegetable stock for more flavors. Since I am not a fan of canned products, I always try to use fresh pumpkin flesh. I peel the skin off the pumpkin, cut it into two inch chunks and boil the chunks in one cup of water until the flesh is tender. Then I dump the pumpkin flesh into a pot with the sautéed apples and onions. I like texture in my soups, so I don't usually puree the finished product. This recipe is best served with crackers. It takes twenty minutes to prepare, twenty minutes to cook, and it serves four to six people.

Mim Montgomery



## Pumpkin Soup

### Ingredients

1 Tablespoon olive oil  
 1 cup finely chopped onion  
 1 clove garlic, finely chopped  
 1 medium-sized leek, white parts only, chopped  
 1 cup chopped apple or pear  
 3 Tablespoon sugar  
 $\frac{3}{4}$  teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 $\frac{1}{2}$  teaspoon salt, plus more to taste  
 1 15-ounce cans low-sodium vegetable broth  
 2 cups water  
 2 15-ounce cans pumpkin purée  
 $\frac{1}{2}$  cup coconut milk  
 $\frac{1}{2}$  cup almond milk or soymilk  
 Pepper, to taste  
 Cayenne, for garnishing  
 Fresh herbs, such as dill or parsley, for garnishing

### Preparation

1. In a medium-large stock pot (3-5 quarts), heat the olive oil over medium-high heat. Add the onion and garlic, and cook for 3-4 minutes, or until the onion is translucent. Add the leek, apple, sugar, spices and salt, and cook for 1-2 minutes, stirring constantly, until the leek is softened. Add the vegetable broth and water. Bring the mixture to a boil and then turn down to a simmer for about 15-20 minutes, or until the apple pieces are very tender.
2. Stir in the pumpkin purée. Working in batches, puree the mixture in a blender until smooth, adding a bit of the coconut milk and almond milk to each batch until all has been added. Return the soup to the pot and heat over low heat, stirring constantly, to desired temperature. Add salt and pepper to taste. Garnish with a sprinkle of cayenne pepper and fresh herbs or your choice.



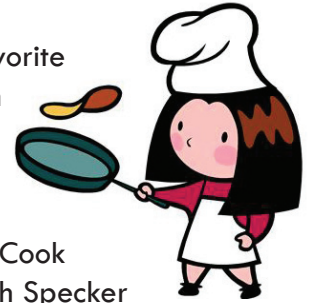


## What to do with over-ripe bananas?



This old recipe was a favorite in our household when I was a child... and it's still a favorite in my household with my new family today. New experiences of teaching my step-son to measure, mix, and chop nuts have been added to the fond memories of my mother helping me measure those same ingredients. The best part was always mashing the over-ripe bananas. If you're looking to make your whole house smell wonderful, try the following recipe. (Adapted from the 1976 Better Homes and Gardens Cook Book). < guest writer: Elizabeth Specker>

ESL Prof. Elizabeth Specker



### Banana Nut Bread

#### Ingredients



- 1/3 cup shortening (or butter)
- 1/2 cup sugar
- 2 eggs
- 1 3/4 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed ripe banana
- 1/2 cup chopped walnuts

#### Preparation

1. Cream together the butter (shortening) and sugar Add eggs and beat well.
2. Sift together the dry ingredients (flour, baking powder and soda, salt).
3. Add the dry ingredients to the creamed mixture in batches – alternate some of the dry ingredients with a small batch of the mashed banana. Blend well after each addition.
4. Stir in the nuts (feel free to add more nuts!)
5. Pour into a well-greased 9x5x3-inch loaf pan (you could use spray here if you want).
6. Bake at around 350F for about 45 to 50 minutes until done.
7. Remove from pan and cool on a rack.

#### Final Notes

Many people take their over-ripe bananas, strip the peels, and store them in the freezer. It takes about 2 – 2 1/2 bananas to make 1 cup mashed. There are also recipes that use whole wheat flour (better for you than white processed flour) and ones that add sour cream! Check out <allrecipes.com> or <epi-curious.com> or <foodnetwork.com> for other ways to serve up some wonderful memories and to delight your family's taste buds.

## Carrot Cake Roll



### Ingredients

- 2 cups oat flour (made by processing rolled oats in a blender or food processor)
- 2 cups pulp from 6-8 large juiced carrots (or add carrot juice to get a "doughy" texture)
- ¼ teaspoon sea salt
- 2 cups dates, finely chopped or ground
- 1 cup walnuts chopped
- ½ cup raisins (optional: soak overnight to make them softer)



- 2 teaspoons vanilla
- 3 Tablespoons agave honey or raw honey

### Directions

Mix all ingredients together well. Knead and form into 2 rolls for slicing or layers for a layer cake.

## Pillsbury Pumpkin Cookies

### Ingredients

- ½ cup sugar
- ½ cup firmly pack brown sugar
- 1 cup margarine, soften
- 1 cup canned pumpkin
- 1 teaspoon vanilla
- 1 egg
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup chopped walnuts



2. In a big bowl, beat egg and margarine until light and fluffy.

3. Add sugar and brown sugar and beat until evenly mixed.

4. Add vanilla and pumpkin puree and mix.

5. In another bowl, mix dry ingredients: flour, baking soda, baking powder, cinnamon, and salt.

6. Add dry ingredient mixture to wet ingredient mixture and mix.

7. Add chopped walnuts.

8. Make into 1 inch balls and bake at 350 degrees for 10-12 minutes.

### Mixing and Baking Instructions

1. Preheat oven to 350 degrees.



## Vietnamese French Mint Salad

### Ingredients

- 1 cup Japanese rice vinegar
- ¼ cup sugar
- 1 ½ medium-size red onions, cut into small pieces (about 2 ½ cups)
- 3 medium-size carrots, grated or shredded (about 3 ½ cups)
- 1 ¼ pounds ground beef, pork or turkey
- 1 stalk of lemongrass, ends trimmed, tough outer leaves removed, cut into 2-inch lengths, and minced (cut really small) in a food processor or blender. (I sometimes use lemon zest instead, because I have a lemon tree in my backyard.)
- 1 ½ tablespoons fish sauce
- 2 teaspoons safflower or corn oil



### For the Vietnamese dressing (mixed together):

- 2 small fresh red chili peppers, ends trimmed, seeds removed and cut into fine long shreds
- 3 tablespoons minced garlic
- ½ cup fish sauce
- 5 ½ tablespoons sugar (I usually put in half this amount because we don't like it too sweet)
- 3 ½ tablespoons chopped fresh mint leaves (I usually take these from my neighbors front yard where it grows in bunches)
- 3 ½ tablespoons chopped fresh basil leaves (These I also usually get from my garden or my neighbors)

### To Serve:

2 heads of Boston or leafy lettuce arranged around the rime of a serving platter.

### Instructions

1. Pour the rice vinegar and sugar in a bowl and stir to dissolve the sugar. Place the onions and carrots in the bowl and let sit for 15 to 20 minutes.

2. Mix together the meat, lemongrass, and fish sauce in a large bowl.

3. Heat a wok or large heavy skillet over high heat until very hot. Add the oil and heat until hot, about 30 seconds. Add the meat mixture and stir-fry over

medium-high heat, mashing to break up any clumps of meat, until the meat changes color and separates. Drain in a colander and wipe out the pan.

4. Using a slotted (with holes) spoon, remove the carrots and onions from the vinegar, draining well, and arrange them on the serving platter, leaving a slight well in the center of the cooked meat. Add the vinegar from the carrots and onions to the dressing. Spoon the cooked meat into the center of the vegetables and sprinkle the fresh herbs on top. Just before serving, pour the dressing over the salad and toss lightly. To eat spoon some of the salad onto a lettuce leaf, roll it up, tucking in the sides, and eat with your fingers.





## Indian-Style Grilled Chicken

### Ingredients

- ½ tsp black pepper
- 1 tsp ground cumin
- ½ tsp coriander
- 1 tsp ground chili powder
- 2 tsp garam masala
- ¼ cup chopped fresh cilantro
- ½ tsp salt
- ½ cup hot sauce, such as Frank's Original Hot sauce (I used what was available in my fridge.)
- ¾ cup plain yogurt
- ¼ cup heavy cream
- 4 garlic cloves, minced
- 3 tbs soy sauce



- 8 chicken bone-in thighs
- cooking spray

### Cooking Directions

1. Combine all ingredients (except for chicken and cooking spray) in a large bowl and stir well.
2. Add chicken making sure to coat them well in the sauce.
3. Cover the bowl and refrigerate at least 8 hours and up to 24 hours.
4. Prepare grill.
5. Use cooking spray to keep chicken from sticking to grill.
6. Put chicken, skin side down, on the grill and grill each side for 6-8 minutes and discard marinade.

## Fried Natural Pork Loin Chops

### Ingredients

- 6 pork loin chops (I use ¼ inch sliced pork tenderloins instead because they are leaner and tastier.)
- sea salt
- Freshly ground pepper
- ¼ cup all purpose flour
- ½ cup olive oil
- 2 scallions, chopped

### For Dijon Vinaigrette:

- ½ cup extra virgin olive oil
- 3 Tbsp white wine vinegar
- 2 tsp coarse-grained Dijon mustard
- 1 Tbsp caper liquid from jar
- 1 clove garlic, minced
- sea salt
- freshly ground pepper
- ½ cup flat-leaf parsley, chopped (about ½ bunch) – I sometimes leave this out.



- 3 Tbsp fresh sage, minced -- I sometimes substitute this with mint leaves.
- 2 Tbsp capers, drained

### Cooking Directions

1. Make Dijon vinaigrette by whisking together all ingredients in a small bowl until blended and set aside.
2. Season pork chops with salt and pepper and lightly coat with flour.
3. Heat the oil in a large skillet over high heat. Fry pork chops, a few at a time, for a few minutes on each side (I cook pork until almost done).
4. Transfer pork to a large platter.
5. Reduce heat to medium and add shallots to the skillet and cook for 1-2 minutes.
6. Add Dijon Vinaigrette and continue stirring for another 2 minutes. Then, pour over pork and serve immediately.

## Greek Chicken Salad



### Ingredients

- 4 6-oz chicken breasts
- 3 Tbsp fresh oregano
- ¼ cup olive oil, plus 2 Tbsp
- salt and fresh black pepper
- 4 pita pockets
- juice of one lemon
- 1 Tbsp red-wine vinegar
- 1 tsp clover honey
- ½ cup extra-virgin olive oil
- ½ head romaine lettuce, chopped
- 1 cucumber, peeled, and diced
- 2 jarred roasted red peppers, drained and thinly sliced
- ¼ cup of Kalamata olives, chopped
- 8 oz. Feta cheese, in small cubes



### Preparing and Cooking Instructions

1. Put oregano with ¼ cup of olive oil in blender and process until smooth.
2. Pour marinade on top of the chicken and chill for 30 minutes.
3. When you take breast out from marinade, season chicken with salt and pepper.
4. Heat 2 Tbsp of oil in nonstick pan over high heat. Cook chicken until golden brown (about 4 ½ minutes per side).
5. Remove chicken from heat. Let chicken cool before cutting into small cubes.
6. Wrap pita pockets with foil and put in 300 F oven.
7. While pita pockets are being warmed, whisk together lemon juice, red-wine vinegar, honey, salt, and pepper in a small bowl.
8. Slowly add extra virgin olive oil.
9. In a large bowl toss lettuce, cucumber slices, roasted bell peppers, olives, Feta cheese, and chicken.
10. Drizzle with dressing before scooping them into warm pita pockets.

## Soft and Chewy Chocolate Chips Cookies

### Ingredients

- 1 ¼ cups sugar
- 1 ¼ cups brown sugar
- 1 ½ cups margarine or butter
- 2 tsp vanilla
- 3 eggs
- 4 ¼ cups flour
- 2 tsp baking soda
- ½ tsp salt
- 1 to 2 (12 oz) package(s) of semi-sweet chocolate chips
- (I always add 1 ½ cups of Macadamia nuts to this recipe)



2. In a large bowl, beat eggs and butter until soft and fluffy.
3. Add sugar and brown sugar and beat.
4. Beat in vanilla.
5. In another bowl combine flour, salt, and baking soda. Sift evenly.
6. Slowly add flour mixture to butter mixture. Mix slowly and add chips and nuts if desired.
7. Roll into 1 ½ inch balls and bake for 8-10 minutes. If you want them soft, take them out at exactly 8 minutes.

### Cooking Directions

1. Preheat oven to 375 degrees F.





## Thai Beef Salad

### Ingredients

- 1 pound sirloin or similar quality steak
- 5 fresh hot Thai chilies, sliced thinly (you can substitute jalapenos)
- 2 large cloves of garlic, sliced crosswise, thinly
- 1 tablespoon of sugar
- 5 tablespoons of fish sauce
- 5 tablespoons of fresh squeezed lime juice
- ½ a hothouse cucumber or 1 small cucumber, seed removed and thinly sliced
- 2 to 3 shallots, sliced thinly crosswise
- 1 head of Bibb or Boston lettuce, or 1 heart of Romaine lettuce
- 3 or 4 sprigs of cilantro, stems removed



### Cooking Directions

1. Grill or broil steak until medium rare and trim off fat.
2. Let steak cool and thinly slice into 1/8 inch thick
3. Mix fish sauce, lime juice, sugar, garlic, and chilies in a small bowl.
4. Add sliced beef and toss with shallots and cucumbers.
5. Taste and add more fish sauce if desired.
6. Make a bed of lettuce on a serving plate.
7. Place beef mixture on top and garnish with cilantro.
8. Serve with jasmine rice.

## Hoisin-Marinated Tri-Tip Roast Recipe

### Ingredients

- 1/4 cup hoisin sauce
- 2 teaspoons minced ginger
- 3 cloves garlic, minced
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- Heaping 1/4 teaspoon freshly ground black pepper
- 1 (2-pound) tri-tip roast
- 1 tablespoon olive oil

### Cooking Directions

1. Stir together hoisin, ginger, garlic, vinegar, soy sauce, and pepper until well-blended. Rub marinade all over roast, coating it well. Place in a glass baking dish, cover, and allow to marinate in the refrigerator at least 8 hours, but preferably overnight.
2. Remove tri-tip from the refrigerator and let it sit at room temperature for 30 minutes. Heat the oven to 375°F. Blot roast dry with paper towels to remove some of the excess marinade.
3. Heat olive oil in a large frying pan over medium-high heat. Sear roast for about 2 minutes per side or until nicely browned. Transfer roast to a small roasting pan or baking dish and place in the oven. Cook until it reaches an internal temperature of 125°F for medium rare, about 20 to 22 minutes.
4. Remove roast from the oven and cover loosely with foil. Let rest for 15 minutes before carving. Slice across the grain and serve.



## Southern Grilled Barbecued Ribs

### Ingredients

- 4 pounds baby back pork ribs
- 2/3 cup water
- 1/3 cup red wine vinegar
- 1 cup ketchup
- 1 cup water
- 1/2 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 4 tablespoons butter
- 1/2 cup packed brown sugar
- 1 teaspoon hot pepper sauce
- 1/8 teaspoon salt



### Cooking Directions

1. Preheat oven to 350 degrees F (175 degrees C). Place ribs in two 10x15 inch roasting pans. Pour

water and red wine vinegar into a bowl, and stir. Pour diluted vinegar over ribs and cover with foil. Bake in the preheated oven for 45 minutes. Baste the ribs with their juices half-way through cooking.

2. In a medium saucepan, mix together ketchup, water, vinegar, Worcestershire sauce, mustard, butter, brown sugar, hot pepper sauce, and salt; bring to a boil. Reduce heat to low, cover, and simmer barbecue sauce for 1 hour.

3. Preheat grill for medium heat.

4. Lightly oil preheated grill. Transfer ribs from the oven to the grill, discarding cooking liquid. Grill over medium heat for 15 minutes, turning ribs once. Baste ribs generously with barbecue sauce, and grill 8 minutes. Turn ribs, baste again with barbecue sauce, and grill 8 minutes.

## Chicken Mole

### Ingredients

- 6 Skinless boneless chicken breasts
- 4 Tablespoons chicken broth
- 1 8 Ounce can of tomato sauce
- 1/2 Cup salsa
- 1/4 Cup of red wine
- 1 1/2 Teaspoon of Worcestershire sauce
- 2 cloves mince garlic
- 5 Teaspoons unsweetened cocoa powder
- 1 Teaspoon ground cumin
- 1/2 Teaspoon paprika
- 1/8 Teaspoon allspice



### Directions

1. With meat mallet, pound the chicken to 1/2 inch thickness. Use non-stick cooking spray on the bottom of a large frying pan.
2. Place the chicken in the pan and brown on both sides. If it seems to be getting too brown add a little bit of broth to pan.
3. Mix together red wine, salsa, tomato sauce, garlic, Worcestershire sauce, cumin, paprika, allspice, and cocoa powder in a bowl and mix well.
4. Pour the mole sauce over the chicken and bring to a boil. Turn heat to simmer and cook for about 10 minutes or till the chicken is cooked. Serve immediately.
5. Makes 6 servings.



## Grilled Salmon Steak with Mustard

### Ingredients

- 4 salmon steaks, 1 1/2 lbs. and about 1 inch thick
- Salt and freshly ground pepper, to taste
- 3 tbsp. olive oil
- 2 tbsp. Dijon-style mustard
- 1 tbsp. mustard seed
- 1 tsp. ground cumin seed
- 1/4 tsp. red pepper flakes
- 1 tbsp. lemon juice
- 1 tbsp. grated orange rind
- 3 tbsp. melted butter
- 3 tbsp. chopped parsley



cumin, pepper flakes, lemon juice and orange rind. Blend well with a wire whisk. Place the salmon in the marinade and coat well on both sides. Cover with plastic wrap and let it stand in a cool place, but not the refrigerator, for 15 minutes.

4. Remove salmon from the marinade; set aside. Add melted butter to marinade and keep warm.

5. If salmon is to be cooked on a grill, rub the rack lightly with oil. Place fish on a hot grill.

6. If an oven broiler is used, place fish on a rack about 2 to 3 inches from source of heat.

### Directions

1. Preheat a charcoal grill or oven broiler to high.
2. Sprinkle salmon with salt and pepper on both sides.
3. Put oil in a flat dish, add mustard, mustard seeds,
7. Cook 3 minutes and turn. Cook 2 more minutes for rare. For medium rare, cook 1 minute longer on each side and add another minute for well done.
8. Transfer the salmon to the marinade. Turn and coat it on both sides. Cut it diagonally into thin slices. Sprinkle with parsley and serve.

## Lobster Rolls or Crab Rolls

### Ingredients

- 5 tablespoons canola mayonnaise
- ¼ cup finely chopped celery
- 3 tablespoons minced onion
- 2 tablespoons whole milk Greek-style yogurt (such as Fage)
- 1 ½ teaspoons chopped fresh dill
- ½ teaspoon kosher salt
- 1 pound cooked lobster or crab meat
- 2 tablespoons butter, melted
- 8 (1 ½ - ounce) hot dog buns or rolls
- 8 bib lettuce leaves



### Directions

1. Combine first 7 ingredients in a medium bowl, stirring well. Add lobster (or crab) to mayonnaise mixture.
2. Toss, cover, and chill 1 hour.
3. Brush butter evenly over cut sides of buns (or rolls).
4. Heat a large skillet over medium high heat and place buns, cut side down, in pan and cook 2 minutes.
5. Line each bun with 1 lettuce leaf and top with lobster mixture.





## Slow-roasted Malaysian-Spiced Leg of Lamb

### Ingredients

- 1 (4-5 pound) leg of lamb
- 1 tablespoon olive oil
- ¼ cup ketchup
- 3 tablespoons dark brown sugar
- 1 tablespoon grated peeled fresh ginger
- 2 tablespoons oyster sauce
- 1 tablespoon Sriracha (hot chile sauce)
- 2 garlic cloves, minced
- Cooking spray



### Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a bowl, combine ketchup, brown sugar, grated ginger, oyster sauce, chile sauce and minced garlic. Mix well and set aside.
3. Brown lamb in a skillet with olive oil (this might require a creative way of rotating the lamb to make sure all sides are browned since leg of lamb might be too long for the skillet).
4. Generously spray glass baking pan with cooking spray.
5. Brush ketchup mixture on lamb and place in baking pan.
6. Put lamb in middle rack and bake for forty-five minutes.
7. Cover baking pan with foil to keep moisture in. Reduce heat to 350 and bake for another hour to hour and half or until desired degree of doneness (general rule for baking lamb is 15 minutes per ounce of meat).
8. Let lamb stand for 20 minutes before serving.

## Crab Cakes

### Ingredients

- 2 tablespoons olive oil
- 6 green onions, chopped
- 3/8 cup olive oil
- 1 (16 ounce) can canned crabmeat, drained
- 1 egg
- 1 tablespoon mayonnaise
- 1 teaspoon dry mustard
- 8 ounces buttery round crackers, crushed
- 1/2 teaspoon ground cayenne pepper
- 1 teaspoon garlic powder
- 1/4 teaspoon Old Bay Seasoning TM
- salt to taste
- ground black pepper to taste
- 1 cup regular dry bread crumbs

### Directions



1. Heat 2 tablespoons oil in a skillet over high heat. Sauté green onions briefly until tender; cool slightly.
2. Combine crabmeat, sautéed green onions, egg, mayonnaise, dry mustard, crushed crackers, cayenne pepper, garlic powder, Old Bay seasoning, salt and pepper. Form into 1/2 inch thick patties. Coat the patties with bread crumbs.
3. Heat 1/2 cup oil in a skillet over medium high heat. Cook cakes until golden brown on each side. Drain briefly on paper towels and serve hot.



## Honey-Soy Broiled Salmon

### Ingredients:

- 1 Scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut salmon fillet, skinned and cut into four portions
- 1 teaspoon roasted sesame seeds



ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinade for 15 minutes. Reserve the remaining sauce.

2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon at 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

### Preparations:

1. Whisk scallion, soy sauce, vinegar, honey and

## Roasted Trout with Fennel, Onion, and Cilantro

### Ingredients

- 2 slices bacon
- 1 large fennel bulb, cored and sliced
- 1 small onion, sliced
- 1 teaspoon salt
- Coarsely ground black pepper
- 2 tablespoons minced cilantro
- 4 (4-ounce) trout fillets
- Lemon or lime wedges



Crumble bacon.

4. Add fennel and onion to pan. Sprinkle with salt, and cook until browned and tender, 8-10 minutes.
5. Transfer to a bowl and season with pepper. Stir in cilantro.
6. Place two trout fillets on a greased and foil-lined baking sheet. Pile vegetable mixture on top. Top with remaining fillets.
7. Roast 12-15 minutes, just until opaque throughout.
8. Serve with lemon wedges and crumbled bacon.

### Cooking Instructions

1. Preheat oven to 450F.
2. Cook bacon in large skillet over medium heat until crispy.
3. Remove bacon, reserving drippings in pan.



## Gingerbread

### Ingredients:

- 1/2 cup granulated sugar
- 1/4 cup butter or stick margarine, softened
- 1/2 cup orange juice
- 1/3 cup molasses
- 1/4 cup egg substitute or 1 egg white
- 1 1/2 cups all-purpose flour
- 2 teaspoons ground ginger 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- Cooking spray
- 1 teaspoon powdered sugar



### Preparation:

1. Preheat oven to 350°.
  2. Beat granulated sugar and butter at medium speed of a mixer until well-blended. Add juice, molasses, and egg substitute; beat well, and set aside.
  3. Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour and the next 6 ingredients (flour through nutmeg) in a small bowl; gradually add flour mixture to molasses mixture, stirring until well-blended. Pour batter into an 8-inch square baking pan coated with cooking spray.
- Bake at 350° for 25 minutes or until a wooden pick inserted in center comes out clean. Cool gingerbread in pan on a wire rack. Sprinkle with powdered sugar.

## A+ Student Recipe!

### Cassava Cake



Cooking is my passion. One recipe that I mostly like to prepare is a dessert called cassava cake. This cake is made of a root crop known as cassava. It is a simple dish made with eggs, coconut milk, sugar, and macapuno (a fruit like coconut) string.

Cassava cake is one of the most famous and in-demand delicacies in my native country, the Philippines. Cassava cake tastes so good because when you bite, it is very chewy and crunchy and slightly sweet.. It comes with a topping on it and is more delicious when served cold. No special event in my country is complete without it. Many people know how to make it, but my recipe tastes better. This homemade delicacy has an unforgettable taste that

always makes me think of my best friend, who taught me how to make it.

### Ingredients

- 2 packs cassava (*buy in Asian store*)
- 2 cans coconut milk
- 6 eggs
- ¾ c. sugar
- 1 tsp. vanilla
- 1 bottle macapuno string (*buy in Asian store*)
- butter
- condensed milk / grated (mild) cheese

### Preparation

1. Preheat the oven to 375 degrees F.
2. Mix all ingredients in bowl. Spread the butter in the baking pan. Then put the mixed ingredients in it.
3. Bake it in the oven 1 hour and 30 minutes.
4. When the cassava is golden brown, spread condensed milk over the top and sprinkle the cheese over it. Let it cool. Serve the cake cold.

Joyce  
ESLR50



# Squawk! Eggs at Your Nest



## Breakfast Casseroles for the Holidays

### Smoked Salmon Egg Casserole with Potatoes & Dill Recipe

*The recipe:*



1. Preheat oven to 375 degrees F. Butter a 13- by 9-inch glass baking dish.
2. Heat olive oil in a large skillet set over medium-low to medium heat. Add diced potatoes and stir until the potatoes are coated with the oil. Spread out so potatoes are in a single layer. Season with freshly ground black pepper. Cover and cook until the potatoes are just tender, 10 to 12 minutes. Uncover, increase heat to medium-high and cook, stirring occasionally, until potatoes are tender and turning brown, 7 to 8 minutes. Add shallots and cook until shallots are tender, about 2 minutes.
3. Pour the potatoes into a large bowl and stir in chopped smoked salmon and fresh dill. Pour the mixture into the prepared baking dish and spread out evenly. (Can be made 1 day ahead. Cover and refrigerate. Take out of the refrigerator 30 minutes before adding the egg mixture and baking.)
4. In a large bowl, whisk together eggs, milk, and salt. Pour the egg mixture over the salmon and potatoes. Sprinkle remaining dill over top.
5. Bake until a knife inserted into the center comes out clean, 25 to 30 minutes. Let casserole stand for 5 minutes before serving.

### Chicken Sausage and Egg Casserole by My Kitchen Addiction

#### Ingredients



- 4 cups whole wheat bread, cubed or diced
- 1 pound fully cooked chicken apple sausage, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 10 eggs
- 1 1/2 cups milk
- 1 tablespoon dijon mustard
- 1/2 teaspoon Kosher salt
- 2 ounces sharp cheddar cheese, shredded

#### Preparation

1. Preheat the oven to 350°F. Lightly spray a 9-by-13-inch baking dish with cooking spray.
2. Line the bottom of the baking dish with the bread cubes. Spread the diced sausage and peppers over the top of the bread cubes.
3. In a mixing bowl, whisk together the eggs, milk, mustard, and salt. Pour the egg mixture over the bread, sausage, and peppers in the baking dish. Sprinkle with the shredded cheese.
4. Bake for about 60 minutes until the eggs are set and the top is golden. Cool for about 10 minutes prior to serving.

<http://www.pbs.org/parents/itchenexplorers/2011/12/22/5-breakfast-casseroles-for-the-holidays/>

## Nestscape -- Articles from The Web

### The Pleasures of Reading Recipes

Recipe readers are always talking about how cookbooks are like novels, and there's a clue here to how we actually read them. Like a short story, a good recipe can put us in a delightful trance. The Oxford English Dictionary defines fiction as literature "concerned with the narration of imaginary events." This is what recipes are: stories of pretend meals. Don't be fooled by the fact that they are written in the imperative tense (pick the basil leaves, peel the onion). Yes, you might do that tomorrow, but right now, you are doing something else. As you read, your head drowsily on the pillow, there is no onion, but you watch yourself peel it in your mind's eye, tugging off the papery skin and noting with satisfaction that you have not damaged the layers underneath.

I was contemplating the nature of cookbooks while reading William Sitwell's new book, "A History of Food in 100 Recipes." It is an agreeably humorous romp through the history of food, divided into a hundred standout moments. It starts with ancient Egyptian bread—a recipe found on a tomb in Luxor—and ends with "Meat Fruit," a recipe for liver parfait dipped in mandarin jelly and shaped to look like an orange, written by the experimental British chef Heston Blumenthal. Sitwell—who is the editor of Waitrose Kitchen, which is the U.K.'s version of Bon Appétit—has chosen his recipes not necessarily because they are delicious, but because they illustrate a particular stage in our culinary history. No. 66 is a strawberry ice-cream soda from General Electric Refrigerators, which reflects the way that domestic fridges "took over America" in the nineteen-twenties. No. 77 is "Watercress soup for one," a joyless Weight Watchers dish from 1963 containing water, chicken bouillon

cube, and not much else.

My favorite recipe was No. 65, "Creamed Mushrooms," taken from "The International Jewish Cookbook," by Florence Kreisler Greenbaum (1919). The recipe itself



is for mushrooms simmered in a béchamel sauce with "a gill of cream" added. "Cooked like this," Greenbaum tells us, "mushrooms have more nutritive value than beef." Sitwell uses the recipe as a springboard into a discussion of the pop-up toaster (invented by Charles Strite in the same year as Greenbaum's cookbook), and the "frantic and fiercely fought battles" driving rival patents for toast-making. Finally, he ponders "the Cat and the Buttered Toast Theory." Buttered toast is notorious for landing buttered-side down. Likewise, it is said that a cat "if dropped, always lands on its feet." So, Sitwell asks, "what happens if you tie a slice

of buttered toast to the cat's back? When the cat is dropped, will the two opposing forces of butter and feet cause the cat to hover?"

From this, you get a sense of Sitwell's schoolboyish sense of the absurd. But he has done something in this book that is highly original and not absurd at all. At the start he gives us a "note on the recipes," which explains that he does not actually expect us to cook from them. They are not "triple tested," he confesses. He has chosen not to update the ancient recipes so that they could be knocked out "after a quick trip to your local supermarket." Sitwell says that he wants us "to simply read and enjoy the recipes as they were written down."

Sitwell has removed one of the sources of pleasure we get from cookbooks, which is the illusion that



we are actually going to make every recipe we fancy the look of. But being asked to read recipes for their own sake, rather than with a view to cooking, gives a clearer sense of how they stimulate our imaginations. The vast majority of the recipes we read are hypothetical. I've spent more hours than I care to count this year staring at an April Bloomfield recipe for veal shank. I'll probably never make it. I'm not sure if my butcher even sells the right cut of veal. But, I'm telling you, the imaginary version tastes incredible.

Recipes have a story arc. You need to get through the tricky early prepping stages via the complications of heat and measuring before you arrive at the point of happy closure where the dish goes in the oven or is sliced or served. When a recipe has many ingredients and stages and finicky instructions, it can be hard to concentrate, like reading a Victorian novel with so many characters that you need a dramatis personae to keep things straight. Sitwell includes a lamb korma recipe from Madhur Jaffrey, with an ingredient list that goes on for more than a page ("a piece of ginger, about 1.5 inches long and 1 inch wide, peeled and coarsely chopped, 1 large tomato (tinned or fresh) or 2 small ones, peeled and coarsely chopped, 1 tsp ground turmeric," and so on). I've cooked this dish. It is, like all of Jaffrey's recipes (or rather, all of the ones that I've tried, which is about twenty), very delicious, with a wonderful balance of flavors and textures. But if we forget cooking and "simply" read, you might get a quicker payoff from the recipe for peach melba by Auguste Escoffier, the nineteenth-century chef who popularized French cooking

*Poach the skinned peaches in vanilla-flavoured syrup. When very cold arrange them in a timbale on a bed of vanilla ice cream and coat with raspberry puree.*

There are many mysteries here: What is a timbale? And how do you make a vanilla-flavoured syrup? If Escoffier tried to clear them up, the recipe would be easier to use but less intriguing. And part of the pleasure of recipe-reading is the feeling that you are about to discover a great secret.

You feel this all the more when reading historic reci-

pes, which offer the adventure of being taken into an unfamiliar world of copper cooking basins and silver moulds, spits and salamanders. "Pyke out their cores" advises a baked-quince recipe from 1500, in rather more violent terminology than any cook today would use for the innocent act of coring fruit. Sitwell's collection introduces us to exotic kitchen vocabulary: "coffins," for pastry cases; "sippets," for little pieces of toast. He quotes a recipe for roast fillet of beef from the seventeenth-century writer Robert May: "Broach it on a broach not too big, and be careful not to broach it through the best of the meat, roast it leisurely, & baste it with sweet butter." Most of our kitchens today are sadly lacking in broaches.

Sitwell has fun with the ways that recipe-writing has changed over the centuries, and the ways that it has stayed the same. Until the eighteenth century, recipes as a genre are not really like our recipes at all. They are instructions for servants rather than kindly advice whispered from one cook to another. Sitwell writes of one medieval "cookbook"

*This is not a book for the kitchen and it never was. The pages are as clean as a bible's. It was written as a record and also as an aide-memoire for the cook. As ever, there are no cooking times and quantities are scarce.*

But if the words and equipment are strange, the meals being described are often reassuringly familiar: John Evelyn's salad in the seventeenth-century, with its "smooth, light and pleasant" olive oil and "herby" leaves; John Smith's cauliflower and cheese, from 1860.

There's always the question of how much recipes really reflect what people cook at any given time. There is no English recipe for bread until the fifteenth century, notes Sitwell, "but of course people were eating bread centuries before." We are endlessly told that Elizabeth David transformed postwar cookery in Britain, but I wonder how many people really made her cassoulet toulousain (No. 76), which calls for preserved goose, breast of mutton, and a whole garlic sausage. Likewise, we can't read too much into the average diet of nineteen-forties America from the recipe (No. 72) for "French creamed oysters" from





Gourmet magazine, which calls for four-dozen oysters, sherry, anchovy paste, a quart of cream, and a dusting of paprika.

Yet every recipe, whether we cook it or not, offers a vision of the good life, and a way of tasting food in your brain. It doesn't need to actually have been eaten in its time to feel real to us now. The loveliest recipe in Sitwell's book comes from "Le Cuisinier Francois," the great ur-text of French cuisine, written by the chef La Varenne in 1651. It is for "Spargus with white sauce": asparagus with a sort-of-hollandaise:

*As they come from the garden, scrape them and cut them equally; seeth them with water and salt. Take them out, as little sod as you can, it is the better, and set them draining. Then make a sauce with fresh butter, the yolk of an egg, salt, nutmeg, a small drop of vinegar; and when all is well stirred together, and the sauce allayed, serve*

*your spargus.*

I have made versions of asparagus and hollandaise many times in late spring, when the first green bundles arrive in the market. But never has it tasted as perfect or alive as it does in my head when I read Varenne's words. I could never reproduce the dish, because the circumstances in which I cook are totally different. Sometimes, it's enough to dream how things might be, in a fictitious kitchen where the "spargus" comes straight from the garden and the butter is always fresh.

*Bee Wilson's most recent book is "Consider the Fork: A History of How We Cook and Eat."*

<http://www.newyorker.com/online/blogs/books/2013/07/the-pleasures-of-reading-recipes.html>

## Cookies for Santa

I baked a dozen cookies  
and I put them on a plate,  
and I set them out for Santa Claus,  
except for one I ate.

That cookie was amazing  
and I couldn't quite resist...  
so I ate another one  
that I was sure would not be missed.

I knew it wouldn't matter  
if I only ate one more.  
Then I gobbled up another one.  
Why not? That's only four.

I accidentally dropped  
another couple on the ground.  
I knew Santa wouldn't want them  
so I swiftly scarfed them down.

Another couple disappeared.  
I may have eaten those,  
though I couldn't say for certain,  
but I guess that's how it goes.

I figured four was likely more  
than Santa Claus would need  
so I polished off another few  
with unexpected speed.

Before I knew what happened  
all the damage had been done,  
and I realized I'd accidentally  
eaten every one.

I guess it's best, since Santa  
sort of needs to watch his weight.  
When he visits us this Christmas  
I sure hope he likes the plate.

Kenn Nesbitt



# Parrot Warbling



## Silly Vasily's Chuckle Chamber

### Manny's 10 Favorite Food Jokes

Q. What did the doctor say when a boy walked into his office with a corn cob stuck in one ear, a carrot stuck in the other, and a celery stalk up his nose?

A. "You're not eating right!"

Q. Why do farmers tell their cows the same jokes over and over again?

A. They milk them for all they're worth.

Q. What do you call a meal that you eat on a bullet train?

A. Fast food.

Q. Why did the girl eat her homework?

A. Her friends told her, "It's a piece of cake!"

Q. What did the pumpkin seed say to the cashew, the filbert, and the pistachio?

A. "You guys are all nuts!"

Q. Why did the turkey sandwich cross the road?

A. To prove he wasn't chicken.

Q. How come the food critic never gets anything done?

A. He always bites off more than he can chew.

Q. Why did the strawberry call the "food police?"

A. She was in a real jam.

Q. When do bank tellers eat \$100 bills?

A. When they're in the mood for really rich food.

Q. Why doesn't the fig tree go to the movies?

A. She never, ever has a single date.



## Idiom--Attic

### apple of (someone's) eye

- someone or something that one likes a lot or likes more than others

The little girl is the apple of her grandfather's eye.

### as black as a skillet

- very black

The little boy's feet were as black as a skillet.

### as busy as popcorn on a skillet

- very active

The children were as busy as popcorn on a skillet when the teacher entered the classroom.

### as cool as a cucumber

- to be calm, to be not nervous or anxious

The man is as cool as a cucumber and never worries about anything.

### as sweet as honey/sugar

- very sweet

The librarian is as sweet as honey and everybody loves her.

### as thick as pea soup

- very thick (can be used with fog as well as with liquids)

The fog was as thick as pea soup along the beach.

### bad apple

- a bad person

The boy is a bad apple and he is always in some kind of trouble.

### bad egg

- a bad person

My neighbor is a bad egg and you should avoid him.

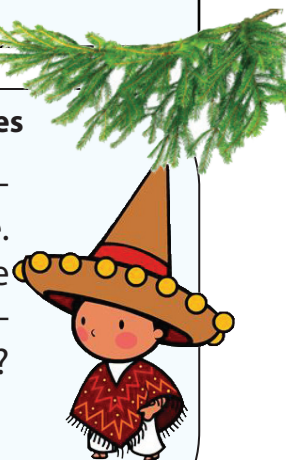
### bread and water

- the most basic meal that is possible (like you would get in prison)

The prisoners were fed bread and water for several days last winter.

## Rigoberto's Riddles

You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?



Answer: An ear of corn.



Porpoise porridge, Sire? World's oldest recipe book reveals dishes English kings enjoyed 600 years ago

*Continued from page 1.*

Forme of Cury, is believed to have contained dishes to feed servants and the royal family alike.

at all. The book doesn't specify quantities of ingredients or cooking times, so it was a case of trial and error to get the recipes to suit modern tastes.'

Several meals are being added to the library's canteen menu for visitors to try. Debbie Fletcher, manager of the library's cafe, said: 'It was a real challenge

## HESTON BLUMENTHAL, EAT YOUR HEART OUT

### Tart in Ymber Day

■ **Ingredients:** Cheese, onions, parsley, fresh sage, butter, eggs, sugar, cinnamon, ginger, currants, pie crust

■ **Method:** Chop the onions and boil for ten minutes, before draining. Finely chop the sage and parsley and grate cheese. Mix everything together and put in pie crust and bake

Delicacy: Egg custard type tart sweetened with raisins



Tasty: Spiced bread crumbs bound with honey and rolled in sugar and ginger

### Gingerbrede

■ **Ingredients:** Honey, breadcrumbs, ginger, saunders (also known as sandalwood), sugar, whole cloves

■ **Method:** Bring the honey to the boil and simmer for two or three minutes before stirring in the breadcrumbs with a spatula until mixed. Remove from heat, stir in ginger, pepper, and saunders. When it is cool enough to handle, knead to get spices thoroughly mixed. Leave with cloves to infuse, before rolling into small balls and then in sugar. Remove cloves before eating



The Forme of Cury: The world's oldest cookbook

Painting of King Richard II

It gives a fascinating insight into the delicacies of the time, including dishes of swan and peacock. After translating the recipes, historians wanted to try the dishes themselves.

However, with no ingredient quantities or instructions, making the dishes proved tricky. John Hodgson, who looks after the library's manuscripts and archives, said: 'One of the difficulties was that a lot of the recipes were very vague.

'It wasn't like Delia Smith or Gordon Ramsay books

to find some ingredients. Trying to find a porpoise - it's not something you can pop down to the supermarket for.'

Student George Arnett, 20, said: 'I was surprised how nice the food was. It's hard to believe they were eaten 600 years ago.'

<http://www.dailymail.co.uk/news/article-1232527/Unveiled-Worlds-recipe-book-shows-masterchefs-creating-600-YEARS-ago.html>

## Questions/Comments?

Student Editors: *Christian Valenzuela and Olga Cuzeac.*

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/Programs\\_of\\_Study/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm)

