

Berliner/Klinger Recipes

June 21, 2016;

December 22, 2016, 14 Juillet 2017, Spring/Summer 2018, Spring 2019

Table of Contents

SOUPS	2
Gazpacho.....	2
Minestrone Soup.....	3
Chickpea Kale and Fire Roasted Tomato Soup	4
STEWES	5
Black Bean Soup with Cumin and Jalapeno	5
Lentil Soup.....	6
Vegetarian Chili.....	7
ENTREES	8
Quiche à la Some French Woman Elise Met.....	8
Macaroni & Cheese.....	9
Eggplant Scaloppini Marsala	10
Macedonian Salad.....	11
Grilled Vegetables With Couscous and Yogurt Sauce.....	12
Stir-Fry Tofu & Vegetable.....	13
Greek Quesadillas	14
OTHER	15
Peach Pie.....	15
The Recipe That Still Hasn't Become Famous Yet	16

Font Key:

- Equipment
- **produce & spices,**
- **packaged,**
- **refrigerated,**
- **frozen,**
- *ingredient appears more than once in recipe.

Soups

Gazpacho

After Moosewood, p. 31.

In large pot, combine:

- 4 cups or more **tomato juice** (if serving immediately, chill juice before using)
- 1/2 cup finely minced **onion**
- 1 clove minced **garlic**
- 2 **scallions**
- 1 **cucumber**,
- 2 cups diced **tomatoes**
- 1 tsp **tarragon**,
- 1 tsp **basil**,
- 1/2 tsp **cumin**.
- 2 tbs **wine vinegar**,
- 2-3 tbs **olive oil**
- juice of 1 **lime** + 1/2 **lemon**
- 1/2 cup minced fresh **parsley**

Chill (not you, the soup. Well, maybe you too if you are stressed.).

Serve with **sour cream** on top.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Minestrone Soup

After Moosewood, p. 7

Sauté in **olive oil** about 5 minutes:

- 2 cups chopped **onion**
- 5 cloves minced **garlic**
- 1½ tsp **salt**

Then add

- 1 stalk minced **celery**
- 1 medium diced **carrot**
- 1 cup diced **eggplant** [if not using **zucchini**]
- 1 tsp **oregano**
- **black pepper** as desired
- 1 tsp **basil**

Cover and cook over very low heat about 10 more minutes, stirring occasionally.

Add

- 1 diced **bell pepper**
- 1 small **zucchini** [if not using **eggplant**]
- 3-4 cups (or more) **water**
- a 14.5 oz. can **tomato purée** (approx. 2 cups)

Continue simmering about 15 minutes.

Add 1-1.5 cups cooked **chickpeas** or **kidney beans** or **pea beans** and simmer 5 minutes more.

Bring soup to gentle boil. Add .5 to 1 cup **dry pasta** (any shape) and cook till pasta is tender. Stir in 1-2 diced medium-sized **ripe tomatoes** just before serving topped with **parmesan** and **parsley**.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Chickpea Kale and Fire Roasted Tomato Soup

From toriavey.com

Heat **olive oil** in **large saucepot** medium high. Add **onion, fennel, leek, salt**. Cook till translucent.

Add

- 3½ cups **chickpeas** (cooked or canned),
- 1¾ cups **fire roasted diced tomatoes**,
- 1¼ cups **water**, 2 cups **vegetable stock**,
- 4 tsp **smoked paprika**, 2 tsp **turmeric**, 1 tsp **dried oregano**
- 2 tsp **granulated garlic**,
- ½ tsp **red pepper**, ¼ tsp **black pepper**

Bring to boil, reduce heat to simmer 15-20 minutes uncovered till soup thickens.

Stir in 1 bunch **kale** (de-stemmed; chopped or torn). When it wilts, soup is ready.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Stews

Black Bean Soup with Cumin and Jalapeno

Heat **olive oil** in heavy large pot over medium-high heat.

Sauté

- 4 **garlic cloves**
- 1 **onion**
- 1 **carrot**

about 6 minutes.

Add

- 2 tsp **cumin**, 1 tsp **jalapeno***
- 2 (15-16 oz.) cans **black beans**
- 1 (15 oz.) can **petite diced tomatoes in juice**
- 1½ cups **“chicken” broth**

and bring to boil.

Reduce heat to medium, cover, cook until carrots are tender (about 15 min.).

Remove 3 cups soup, puree in blender till smooth, return to pot.

Simmer till slightly thickened (about 15 min. more).

Add (as desired):

- **salt & pepper**
- another tsp **jalapeno***.

Serve with **cilantro, scallions, feta cheese** sprinkled on top.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Lentil Soup

Moosewood p. 25

Bring to boil, then simmer at lowest setting partially covered 20-30 min:

- 3 cups **dry lentils**, 7 cups **water**, 2 tsp **salt**

Then add

- 6-8 cloves crushed **garlic**
- 2 cups chopped **onion**
- 2 stalks chopped **celery**
- 2 **carrots** sliced or diced
- optionally ½ -1 tsp **basil**, ½ tsp **thyme**, ½ tsp **oregano**, **black pepper**

and simmer another 20-30 min. partly covered

Separately, boil 2-3 medium-sized ripe **tomatoes** a few seconds, peel off skin, squeeze out seeds, chop pulp and add to soup. Cook at least 5 min. more. Or just dice the tomatoes and throw them in with everything else.

Serve with optional drizzle of **red wine vinegar** on top.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,
*ingredient appears more than once in recipe.

Vegetarian Chili

After Moosewood p. 176

1) Either:

- buy total of 4-5 (15 oz.) cans **kidney beans** and **black beans**.

or

- soak 2 ½ cups **dry kidney beans** ≥ 4 hr,
- cover with **water**, bring to boil,
- lower heat to simmer about 1 ¼ hr till tender
- drain excess water when done.

2) In small pot, heat 1-1 ½ cup **tomato juice** just to boiling.

Add 1 cup uncooked **bulgur wheat**. Remove from heat and let sit 15 min.

3) Cover bottom of large pot in **olive oil** and sauté for about 5 minutes:

- 2 cups chopped **onion**
- 3-4 cloves minced **garlic***
- 1 diced **carrot**
- 2 diced **celery** stalks
- 4 tsp **chili powder**
- 2 tsp **basil**
- 2 tsp **cumin**
- ½ tsp **cayenne pepper** & 1 ½ tsp **salt**

Add (1) and (2) and either

- 2 diced **tomatoes**

or

- 1 (14 ½ oz.) can **tomatoes** + 3 tbs (=half a small can) **tomato paste**.

Add

- 3-4 cloves **garlic***
- 1 tbs **cooking wine**
- juice of ½ **lemon**.

Simmer over low heat for 20-30 min.

Serve topped with **sour cream**.

Good with **chips+salsa** and **avocado** and/or **salad** on the side.

The David Alternative

Leave ¼ of the bulgur mix in the small pot. Put 1/3 of the beans in the small pot.

Season to David's taste, using a ridiculous amount of cayenne.

Entrees

Quiche à la Some French Woman Elise Met

A) Preheat oven to 375°. Use fork to poke holes in 3 **pie crusts** and heat in oven for 5-10 min. Or leave crusts alone before using. Either way seems to work.

B) In skillet, sauté 1 **onion** and/or 4-10 **mushrooms** and/or 1 bag **spinach** and/or 1 or 2 **broccoli** in **olive oil** (or some other kind of oil – I doubt I could tell the difference) till desired consistency. Let cool for 5 minutes or more.

C) In mixing bowl, crack 3 **eggs** into **ricotta cheese** (15 oz. container, though 18 oz. would be better) and mix with 1-2 tbs **basil**, 1 tsp **salt** and maybe a pinch of **pepper**, until all ingredients are blended. Add **(B)**.

Spread **(C)** into **(A)** and sprinkle 6-8 oz. **shredded mozzarella cheese** to cover each quiche. Place uncovered in oven for about 45 min. until top is golden/brown.

Let stand for 10 minutes and serve with **gazpacho**, **salad**, or **minestrone soup**.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,
*ingredient appears more than once in recipe.

Macaroni & Cheese

About 6 dinner-sized portions.

Heat oven to 350°F.

In medium saucepan, melt 2 Tbsp. **butter** over medium heat and [optionally] ¼ cup **onion**. Cook 2 minutes.

Add 2 Tbsp. **flour** (or 1 Tbsp. **cornstarch**), cook 1 minute, stirring constantly.

At about the same time:

1) Stir in

- 2 cups **milk**,
- ¾ tsp. **salt**,
- ¼ tsp. ground **black pepper**, and
- [optionally] ½ tsp. dry ground **mustard**.

Cook, stirring frequently, until mixture boils & thickens. Then stir in 2 cups (8 oz.) shredded **sharp cheddar cheese**, 8 oz. sliced **American cheese** broken into 2-inch pieces.

2) In 2-3 quarts **boiling water** with [optionally] 1-2 tsp. salt, cook 2 cups (½ lb.) **macaroni elbows**. Probably 6-8 minutes is good. Drain water.

In 2-quart baking dish, stir together pasta & sauce, bake 30 minutes or until hot and bubbly.

Good with dinner roll and big helping of vegetables.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Eggplant Scaloppini Marsala

Heat **olive oil** in a deep skillet, add

- 2 cups chopped **onions**
- 2 **bay leaves**

and sauté over medium heat until onions are soft (5-8 min)

Add

- 6 cups diced **eggplant** (about 1 eggplant)
- 2 medium-sized diced **bell peppers** (any color)
- 1 lb. chopped **mushrooms**
- 2 tsp **salt**
- 2 tsp dried (or 2 tbs minced fresh) **basil**

and cook covered until eggplant is tender (10-15 min), stirring occasionally.

Add

- 1 cup **marsala** or **dry sherry**
- 3-4 medium-sized chopped ripe **tomatoes**
- **black pepper** to taste

Simmer 10-15 min uncovered; add for last 5 minutes

- 8-10 cloves minced **garlic**

Mix with lots of grated **parmesan** and serve with your choice of **pasta**.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Macedonian Salad

[basically roasted eggplant]
after Moosewood, p. 45

Preheat oven to 375°F. Cut 1 large **eggplant** into cubes approximately 1 inch or smaller. Peeling optional. Cover baking tray with light layer of **olive oil***, and put the cubes on top. Roast 15 minutes or until soft.

In medium-sized bowl, combine 4 Tbs **olive oil***, 2 Tbs. **red wine vinegar** with

- 1 minced clove **garlic**
- **salt & pepper**
- ½ tsp **basil**
- ¼ tsp **thyme**
- ¼ tsp **marjoram or oregano**
- ¼ cup (packed) finely minced **parsley**
- 1 Tbs **lemon juice**

and add/stir eggplant. Sit covered at least 2 hours (the eggplant, not you).

Can keep in fridge for a few days. Within 1-2 hours of serving, add

- ½ medium minced **red bell pepper**
- ½ medium minced **green bell pepper**
- 1 medium diced **tomato**
- 2 small **scallions**, very finely minced

Serve garnished with (optionally)

- **olives** (Greek, oil-cured, or Nicoise)
- **yogurt**
- crumbled **feta cheese**

Recipe added Fall 2018.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,
*ingredient appears more than once in recipe.

Grilled Vegetables With Couscous and Yogurt Sauce

From <http://www.foodnetwork.com/recipes/food-network-kitchen/grilled-vegetables-with-couscous-and-yogurt-sauce-recipe-1973747>

Vegetable combination: toss in large bowl

- 2 **bell peppers**, stemmed, seeded & quartered
- 1 **squash**, sliced into ¼ inch-thick rounds
- 8 oz **shitake mushrooms**, stemmed
- 2 cloves **garlic** [peel *after* frying – weird!]
- 3 tbs extra-virgin **olive oil***
- 2-3 sprigs **thyme, rosemary, or oregano**
- 1 tsp **salt**
- ½ tsp **pepper**

Heat **grill pan** (I use regular **frying pan** out of necessity) over high heat, brush with **olive oil***.

Grill 1 large **red onion** sliced into ¼ inch-thick rounds + tossed food until tender, about 10 min.

Cook 10 oz **couscous** according to directions on box.

Make sauce: in **mini food processor** or **blender**, pulse

- grilled **bell pepper** (2 pieces)
- grilled **garlic**
- ½ cup **2% Greek yogurt**.

Add ¼ tsp **salt, pepper** to taste.

Cut remaining **bell peppers** into chunks & toss w/ rest of grilled mixture.

Serve bed of couscous + vegetables, ¼ cup **sliced toasted almonds**, and sauce.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

Stir-Fry Tofu & Vegetable

From Laurel Watjen + Years of Cooking

1. **White rice**: in pot, ¼ cup rice per person and water, rice:water=1:2, bring to boil, then closed lid, lowest heat for about 15-20 minutes.
2. In **frying pan**, heat up **toasted sesame oil** (enough to lightly cover pan; more if you want tofu to get more browned), add cubes of **firm** or **extra firm tofu** (though soft works too), and cook on medium for 2-10 minutes, stirring cubes to keep from sticking.
 - I use 1 lb rectangular prism of tofu
 - I chop into something like 2x4x6 blocks – doesn't even have to be actual cubes.
 - Cooking time depends on how brown you want to fry it & how much of a hurry you are in. I usually stop when it 1st starts to get light brown on a few sides.
3. Add **vegetables** and **tamari** to pan, stirring everything together for 5-10 minutes. Some combinations I do:
 - **Broccoli**, followed soon by **water chestnuts** or **bamboo shoots**, then **snow peas**.
 - **Broccoli**, followed by **water cress**, then **snow peas**.
 - Option to cook water cress separately in toasted sesame oil & tamari and add to rest at end.
 - Some other things to add:
 - **Red bell peppers** and/or **mushrooms**, about half way between 1st batch & snow peas.
 - **Bok choy** instead of or in addition to one of other vegetables.
 - **Cashews** or **peanuts**.

Can also serve with **dun-dun noodles** and/or heated frozen **eggrolls**.

How much of everything: for meal-sized servings, put enough ingredients in that everything together will fill one entrée-sized plate w/o piling things high for each person.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,
*ingredient appears more than once in recipe.

Greek Quesadillas

Sounds sacrilegious, but when you think about it, it just makes sense.

I found this for Benjamin – feta *and* tortillas – and now he cooks it for us.

<https://www.acouplecooks.com/greek-quesadillas/>

Recipe for 8 G.Q.'s. which feeds 3-4 people.

1. Cut into thin slices:

- 2 cups **spinach**
- 1 **red onion**
- 2 **roasted red peppers** from a jar
- ½ cup **Kalamata olives** or **black olives**

and 1 ½ tablespoons chopped fresh, or 2 teaspoons dried, **oregano**.

2. For each quesadilla, place 1 of 8 **whole-wheat tortillas** on a **large plate** & evenly spread with ¼ of

- items in #1
- 2 cups shredded **mozzarella**
- 1 cup crumbled **feta**

3. Heat a little **olive oil** in large **pan or skillet** over medium heat for a few minutes. Place #2 on pan and place another **tortilla** on top. Cook till browned on bottom, then flip and cook until other side is browned. This takes a few minutes per side, but be careful because after the 1st one they can burn quickly because the pan may get hotter.

A good rhythm is to have to plates and do step #2 in one large plate while doing #3 in the pan and accumulating finished product in another large plate.

4. Remove, cut into wedges with **pizza cutter**. Serve with **salsa** & **chips**.

Other

Peach Pie

from allrecipes.com

This is the novice version – not including recipe for crust, which in my case is “go to store, open freezer door, take frozen crust.”

1. Preheat oven to 450°F.
2. Beat **1 egg** & brush some into #1 of **2 pie crusts***.
3. Sprinkle **5 cups sliced peeled peaches** with **lemon juice**.
4. In separate bowl, mix **flour, sugar, cinnamon, nutmeg & salt**, pour the mixture over the peaches, and mix everything together gently.
5. Pour mixture from (4) into pie crust, dot with butter, cover with **pie crust #2***, and fold the edges under. To seal, flute edges or press with fork dipped in some of the [previously-beaten] **egg**. Brush remaining **egg** over the top crust. Cut slits in top crust to vent during baking.
6. Bake 10 minutes at 450°F, then at 350°F until crust is brown and juice begins to bubble through the vents (30-35 minutes). After about 15 minutes, if edges turn brown too fast, cover edges with aluminum foil. Cool before serving.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.

The Recipe That Still Hasn't Become Famous Yet

You like peanut butter noodles, right? They are made with hot sauce and soy sauce, with the peanut butter replacing traditional sesame butter. Obviously this might be weird with the Skippy that you used to have in PB&J sandwiches, but unsweetened peanut butter fits in fine. OK...

Split apart a Thomas' **English Muffin**.

Spread salted, unsweetened **peanut butter** on one side.

Spread thin layer of Grey Poupon **Dijon mustard** on the other side.

Put the English Muffin halves back together and toast in toaster oven till slightly crispy (around 5-10 min. depending on how hot toaster gets).

This makes a great lunch sandwich, so far enjoyed by exactly one person.

Notation Key: equipment, **produce & spices**, **packaged**, **refrigerated**, **frozen**,

*ingredient appears more than once in recipe.