

Chocolate Caramel Treasures

Preparation Time: 20 min. + 1 hr. chilling + 25 min.

Cooking Time: 10-12 min.

Yield: 20 cookies

My mom has this in a cookbook she created for posterity. The note she included on it is concise: "Claire likes." She used to make them around Christmas and hide them in our basement...I always found them and stole, um, a few. Here are her directions (and my parentheses).

Ingredients

- 1/2 c. butter, softened
- 2/3 c. sugar
- 1 large egg yolk
- 2 Tbsp. milk
- 1 tsp. vanilla
- 1 c. flour
- 1/3 c. Dutch processed cocoa (unsweetened)
- 1/4 tsp. salt

- 1 large egg white, lightly beaten
- 1/2 c. walnuts, finely chopped

- 10 plain caramels (1 x 1/2")
- 2 Tbsp. heavy cream



Directions

1. Beat butter, sugar, egg yolk, milk, and vanilla until blended.
2. Sift flour, cocoa, and salt together and mix with butter mixture until stiff dough forms.
3. Wrap dough in plastic and chill for 1 hour or more.

4. Preheat oven to 350°.
5. Roll scant Tbsp. dough into balls, coat with beaten egg white, and roll in ground walnuts. *(It helps to roll all of the dough into balls first, and then go through the coating process.)*
6. Arrange balls on greased cookie sheet 1 1/2" apart. Press thumb in middle to flatten and make a depression.
7. Bake in center of oven until puffed, but centers still soft—about 10-12 minutes.
8. Remove and depress centers again. Cool.

9. Melt caramels and cream. Pour into depression. Let cool.

10. At this point, if you still feel like fussing, you can melt 3 oz. chocolate and drizzle it over cookies. *(I do this by melting the chocolate in a homemade double boiler [a Pyrex measuring cup in a saucepan of water], heating the water but never letting it boil, then pouring it into a Ziploc bag and snipping off one corner.)*

(At the Shazar, I accidentally added milk to the caramels, rather than cream, hence the runniness of the caramel centers. With cream, the caramel is more solid and slightly less sticky.)

Lu's Delicious Squash Soup

Preparation Time: 1hr.

Cooking Time: 20min.

Yield: 50 servings

It was unanimous at the Shazar: this was delicious. Jen wrote out these rough instructions based on what she thinks Lu did to make this soup. Lu's out on an epic semester-long cross country ski experience. This will have to suffice.

Ingredients

- 3 sticks butter
- 6 large onions
- 20 large garlic cloves
- 18 lbs squash, assorted (uncooked)
- 3 T fresh thyme
- 3 T fresh sage
- 3 cups heavy cream
- ½ cup maple syrup
- ½ bottle white wine
- salt and pepper to taste

Directions

1. Roast the squash with thyme and sage in the oven until soft and flavorful.
2. Saute onions and garlic and butter in the bottom of a large pan.
3. Add white wine, heavy cream, and maple syrup. Stir.
4. Add vegetable stock and squash. Cook till it's yummy.
5. Season to taste.
6. Enjoy!

Lu's Fantasy Salad

Preparation Time: 20min.

Yield: 50 servings

Fantasy. 'Nuff said.

Ingredients

- Baby spinach and/or mesclun greens
- ½ lb Pecans
- ½ lb dried figs
- 8-10 large pears or apples
- 1 large tube goat cheese
- 1 cup sesame seeds
- extra virgin olive oil
- balsamic vinegar
- salt and pepper to taste
- small amount cayenne pepper

Directions

1. Assemble salad out of first 6 ingredients
2. Assemble dressing out of last 4 ingredients.

Beth's Vegetable Pot Pie

Preparation Time: ~1hr.

Cooking Time: 40-50min.

Yield: 1 pie

Ingredients

Vegetables

- 1 tbsp. vegetable oil
- 1 1/2 c. chopped onions (about 1 large, not huge onion)
- 3 bay leaves
- 2 1/2 c. cubed potatoes
- 1 tsp. salt
- 1 1/2 c. chopped celery
- 1 c. vegetable stock
- 2 c. cut green beans about 1 in. pieces
- 3 c. peeled cubed butternut squash
- 2 1/2 c. sliced mushrooms
- 3 tbsp. chopped fresh parsley
- 1 1/2 tbsp. chopped fresh dill or 2 tsps. dried (I used more)

Cheese Sauce

- 1/4 c. butter
- 1/3 c. unbleached white flour
- 2 c. vegetable stock
- 1 1/2 c. grated cheese (havarti or cheddar work well)
- Salt and ground pepper to taste

Pastry

- 1 3/4 c. unbleached white flour
- 1 tsp. chopped fresh rosemary
- 1/2 c. butter
- 1/4 c. ice water

Directions

1. Heat the oil in a large pot over medium high heat. Add the onions and the bay leaves and saute until soft, about 10 minutes.
2. Add the potatoes, salt, celery, and the vegetable stock.
3. Cover the pot and bring to a boil then lower the heat to low and simmer for 5 minutes. This is the pattern for all the vegetables. Add the beans and simmer for 5 minutes. Add the squash and cook for 5 to 10 minutes. Add the mushrooms, parsley, dill, and cook for 5 minutes until soft. Keeping the pot covered will cook the vegetables faster, but just be sure they don't burn.

4. Once the vegetables are just tender (not too mushy here because you will be cooking them again a long time in the oven) remove the bay leaves.
5. Cover the pot and set the vegetables aside while you prepare the sauce and the crust.
6. Preheat the oven to 375 degrees.
7. Melt the butter in a saucepan over medium heat. Whisk in the flour to make a roux. Cook for a couple minutes stirring the whole time so the roux doesn't burn.
8. Whisk in the stock and cook on medium heat, stirring often until the sauce thickens. Whisk in the cheese and stir it all together until the cheese melts.
9. Pour the filling into a 9 x 12 x 2 inch baking dish or a 10 inch deep dish pie plate and set the pan aside. (I used a dutch oven too.)
10. For the pastry crust, mix together the flour and rosemary in a large bowl.
11. Work in the butter with two forks or a pastry cutter until the dough resembles coarse meal.
12. Sprinkle the ice water over the dough 1 tablespoon at a time and lightly mix it in.
13. Form a ball with the dough and turn out onto a lightly floured surface. Roll out the crust to fit your pan or make cut outs.
14. Align your cutouts or crust and then pop the whole thing in the oven and cook for 40 or 50 minutes. If you are using one crust, cut vents in the crust for the steam and the sauce to escape. The filling will get bubbly and the crust should turn golden and puff just a little.
15. Enjoy!

Crème De La Crème De La Edgar

Preparation Time: 5min.
Yield: ~3/4 cup per serving

A creamy, strong cocktail, from the Franklin Mortgage & Investment Co. - A Drinking Establishment in Philadelphia, PA, used at the Shazar for the Milk Toast on New Year's Day. Thank you, Jon Potter!

Ingredients

- Equal parts:
 - Cream
 - Cognac
 - Creme de cacao
- Fresh nutmeg

Directions

1. Mix together.
2. Top w/ grated nutmeg.

To serve cold, the cream was refrigerated and the cognac and creme de cacao were in the freezer prior to serving. At the Shazar, we used Hennessy VS cognac and Bols creme de cacao.

King Arthur Soft Molasses Cookies

Preparation Time: 30min + 1hr. chilling time

Baking Time: 10min

Yield: Umm, one batch of cookies.

Made by Maggie McDonald who got the recipe from Brooke Lierman. Maggie says, "Brooke made these for me and Jon when we visited last March. Then we got engaged later that day!"

Ingredients

- 1 cup unsalted butter
- 1 cup sugar
- 1/2 cup molasses
- 2 1/4 tsp baking soda
- 1 tsp salt
- 1 1/2 ts cinnamon
- 1 1/2 tsp cloves
- 1 tsp ginger
- 2 large eggs
- 3 1/2 cups of unbleached all purpose flour

Directions

1. Cream together 1 cup unsalted butter + 1 cup sugar until light and fluffy
2. Add 1/2 cup molasses mixing at slow speed.
3. Add to this:
 - 2 1/4 tsp baking soda
 - 1 tsp salt
 - 1 1/2 ts cinnamon
 - 1 1/2 tsp cloves
 - 1 tsp ginger
4. Then scrape down sides of bowl and blend in 2 large eggs.
5. Add 3 1/2 cups of unbleached all purpose flour and mix until all incorporated
6. Cover the bowl and refrigerate for one hour.
7. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
8. Shape the dough into 1 inch balls and roll in sugar then place on baking sheets
9. Bake for 10 minutes. Centers will look soft and puffy which is ok. As long as the bottoms are set enough to lift partway off the cookie sheet without being smooshed they are good to go. Cool them off completely before transferring.

Maggie McDonald's Blueberry Peach Pie

Preparation Time: 30min + 1hr. chilling time

Baking Time: 45-60min

Yield: One pie.

Note from Maggie: "I am from the not really measuring variety of cooks, so this is sort of made up!"

Ingredients

- 1 double layer pie crust (frozen store-bought, or made from scratch)
- 1 egg
- 1 cup sugar
- ½ cup of butter
- 2 tbsps. flour
- Blueberries
- Peaches

Directions

1. Melt butter. Beat egg. Mix both with sugar and flour.
2. Mix in blueberries & peaches.
3. Pour mixture into pie shell and cover with second pie shell.
4. Bake about 45-60 minutes. (Some recipes suggest baking at 425 for about 25 minutes, then lower to 350 for another 25-30 minutes.)

You can use frozen fruit, but fresh is better (the best is if you picked it yourself that day!). You can also spread some cream on the top crust and sprinkle with sugar and cinnamon.

Fried Potatoes for 100

Preparation Time: 30min to bake + 30min prep

Cooking Time: 10min sauté + broil till browned

Yield: A lot.

Ingredients

- 35 pounds of baking potatoes
- 5 pounds of onions, diced
- 8 green/red sweet peppers, diced
- 12 garlic cloves, peeled and diced
- Oil, salt, pepper

Directions

1. Scrub and bake potatoes at 350 for 30 minutes. Cool. (Can be refrigerated for later use if necessary.)
2. Cut into ½" cubes, leaving the skin on.
3. Sautee all ingredients separately in oil in a large skillet until they are tender but not mushy; remove.
4. Combine ingredients in batches in skillet and stir over high heat briefly. Add salt and pepper to taste.
5. Place in large, oiled baking pan and broil in oven just until well browned. Serve hot.

Fried Apples

Preparation Time: 20min.

Cooking Time: 10min.

Yield: However many you make!

Ingredients

- Apples. (Use tart apples such as Granny Smith, Winesap, Staymen, or Macintosh.)
- Butter or bacon grease
- Sugar
- Cinnamon (optional)

Directions

1. Cut into wedges (leave skins on) and sautee in butter. (For carnivores: this is traditionally made with bacon grease instead.)
2. When they are quite soft, add sugar to taste and cinnamon (optional).

Daniel's Family Biscuit Recipe

Preparation Time: 20min.

Baking Time: 10-12min.

Yield: 14-18 biscuits

Ingredients

- 2 cups white flour
- 1 tbsp. baking powder
- ½ tsp. salt
- ¼ cup butter (Keep cold, even frozen. Try using more butter if you'd like. You may like it.)
- ¾ cup milk (may substitute in some yogurt for equivalency of milk).
- Optional Fillings: frozen fruit, sausage or veggie sausage, and cheese.

Directions

1. Combine dry ingredients.
2. Cut in cold butter with pastry cutter until butter is pea size.
3. Add milk or milk/yogurt mix and stir until able to form into a ball.
4. Knead just a few times until a consistent dough is reached.
5. Roll to ¾ inch thick and cut out.
6. If desired, add filling and seal dough around it.
7. Bake on a greased cookie sheet at 425 for 10-12 minutes.

Sweet Potato Salad with Caramelized Onions

Preparation Time: 15min.

Baking Time: 15min.

Yield: 8 servings

This recipe was adapted from Rick Bayless' "Everyday Mexican" cookbook and seemed perfect for a local, organic winter wedding in Vermont... a tall order for Mexican food. I added green beans because there's nothing like sweet potato orange and fresh veggie green in the same dish. Spinach and chard would also be good options, and broccoli would soak up the dressing in a mouth-wateringly dangerous way. It's good hot or cold, and better after sitting for a while.

Ingredients

Dressing

- ¾ c olive oil
- 2 dried guajillo chiles, stemmed and partly seeded
- 2 garlic cloves, peeled and quartered
- ¼ c balsamic vinegar (I'm pretty sure I used more)
- kosher salt

Salad

- 1 large red onion, chopped in ½-inch cubes
- 3 medium sweet potatoes (2 lbs) cut into ½-inch cubes
- Approximately 1 lb of green beans, halved with stems removed

Directions

1. Pour the oil into a large skillet and set over medium heat. When the oil is warm (but not smoking) add the chiles and garlic. Stir quickly until the chiles are toasty smelling, about 30 seconds. Remove chiles only from the pan. Allow the garlic to continue cooking until it smells wonderful and is not quite browned.
2. Blend the chiles with the balsamic vinegar and 1 tsp of kosher salt. Add the oil and garlic and blend until smooth. Add additional salt and balsamic as necessary.
3. In the same pan (with all that yummy residue) cook the onion over medium heat, stirring occasionally, until nicely browned (about 10 minutes). Add the sweet potatoes, ½ cup of the dressing and 1 tsp of salt. Stir well and cover. The sweet potatoes will take about 10 minutes to cook thoroughly, so add your green of choice accordingly (after about 5 minutes for green beans and broccoli, 7 minutes for spinach and chard, etc.).
4. Once all of the ingredients are cooked, season with additional salt or black pepper as necessary. Drizzle the remaining dressing over the salad just before serving.

Note: You can experiment with other types of dried chiles as well and can substitute other veggies. The real key to this is the dressing (shortcuts like throwing the chiles in untoasted are not cool) and the combination of sweet, sour, salty, and a little bit of spice. Personally, I would

add more spice and a bit more balsamic than what's called for here, perhaps even throwing a couple of fresh serrano chiles into the dressing.

Mexican Tortilla Soup (Sopa Azteca)

Preparation Time:

Cooking Time:

Yield: Serves 150 (~250 cups)

Another recipe adapted from Rick Bayless' "Everyday Mexican." The traditional version uses a sprinkling of diced avocados instead of winter squash and includes chicken broth and chicken; white meat works best if you're that kind of person. I decided to throw a bit of green into this to make it a hardier as well.

Ingredients

- 25 dried pasilla, negro, or Ancho chiles
- 25 15oz cans of diced tomatoes
- 30 tbsps olive oil
- 20 white onions, chopped
- 8 heads garlic, chopped
- 50 quarts vegetable broth
- 25 epazote leaves
- Salt
- 10 cups cheese, shredded or in small cubes
- 150oz. tortilla chips (~8 large bags), think strips work best
- 25 limes
- 2-4 butternut or other winter squash (not acorn or spaghetti), chopped in $\frac{3}{4}$ inch cubes
- 4 bags spinach/chard or equivalent, chopped coarsely

Directions

1. Quickly toast the chile by turning it an inch or two above an open flame or pressing it firmly on a dry pan over medium heat. A couple of seconds on each side should suffice. Your nose will tell you when it's ready. Break the chile into pieces and put in a blender jar along with the tomatoes with their juice.
2. Heat the oil in a medium saucepan over medium-high. Add the onion and garlic and cook, stirring frequently, until golden, about 7 minutes. Scoop up the onion and garlic with a slotted spoon, pressing them against the side of the pan to leave behind as much oil as possible, and transfer to the blender. Process until smooth.
3. Return the pan to medium-high. When quite hot, add the puree and stir nearly constantly, until thickened to the consistency of tomato paste, about 6 minutes. Add the broth and epazote. Reduce the heat to medium-low and simmer for 15 minutes. Taste and season with salt as needed (depends on the saltiness of your broth).
4. About 7 minutes before serving, add the squash to the simmering broth.
5. Prepare each bowl with a few chips, a few spoonfuls of cheese, and some greens, then ladle the soup on top. Garnish with a lime wedge. Or have your guests prepare their own. (It's also common to crush roasted chiles over the top of your tortilla soup, which adds a slightly different flavor.)

Note: Some of these ingredients can be a little hard to find. Epazote is a very common ingredient in Mexican food and a healthful addition; it's an anti-parasitic and anti-flatulence herb that packs a lot of zing into a small package. If you can't find it, you can either leave it out or try combining Mexican oregano and cilantro. The pasilla chiles are the traditional tortilla soup chiles in central Mexico, but other regions use other varieties. If you want to really go crazy, you could even try chipotles, but a little bit of these will go a long way in terms of both spice and smokiness.

Note: When trying to cook soup for 150 people, have a very smart food shopper like Chris, a tremendous group of assistants, and lots of big pots!

Garlicky Refried Black Beans

Preparation Time: 15min.

Cooking Time: 3hrs.

Yield: 1lb of beans

Easier than you think, cooks great in a solar cooker, and you can easily omit the garlic if you don't mind the vampires.

Ingredients

- 1lb dried beans
- 3 tbsps vegetable oil
- 1 medium onion, chopped
- 2 avocado leaves (lightly roasted)
- Salt
- 10 garlic cloves, roasted

Directions

1. Sift through your dried beans to remove any stones, stems, and other inedibles. Run the beans under cold water in a colander to rinse them and then place them in a large pot with 2.5 quarts of water, 2 T of oil, the chopped onion, and avocado leaves. Bring to a boil, cover, and reduce heat to a low simmer. Leave for 1.5-2.5 hours, checking every 30 minutes or so. Be sure that the pot stays at a simmer, with minimal bubbling: too hot and the beans crack (not horrible if you're refrying) and too little and it takes forever.
2. When the beans are nearly finished (you can tell by eating them, or by lifting them out with a spoon and blowing on them... when the skin curls up and peels off under your breath they're basically done) add salt to taste (about 2 t) and if necessary increase the flame to boil off excess fluid in the beans. Remove avocado leaves.
3. In a second large pot, sauté over medium-high heat the remaining 1 T of oil, the finely diced onion, and the 10 cloves of minced garlic. Once the onion is translucent, add the beans, draining off some excess liquid if necessary.
4. While sautéing, either mash the beans with a potato masher or wooden spoon or place ½ to 2/3 of them in a food processor to blend until smooth and then return to the pot. I like mine a bit chunkier than you often see, so I like to leave a good number of unmashed beans in the final product.