

PASTA, GRAIN, AND BEAN DISHES

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Baked Hungarian Noodles

- 1 pound fine noodles
- 4 cups cream-style cottage cheese
- 4 cups sour cream
- 1 cup minced onion
- 3-4 cloves garlic, minced
- 4 tablespoons Worcestershire sauce
- 4 dashes Tabasco sauce
- 4 tablespoons poppy seeds
- 2 teaspoons salt
- Freshly ground pepper to taste
- Paprika
- Freshly grated Parmesan cheese

Cook noodles in boiling, salted water until tender. Drain. Combine the noodles with the remaining ingredients except the paprika and Parmesan cheese.

Approximately 30 minutes before serving, bake in a buttered casserole at 350 degrees until hot.

Sprinkle with paprika and serve with Parmesan cheese.

Serves 24

An excellent dinner party recipe as it can be made two or three days ahead of time and refrigerated. I find the Parmesan cheese adds very little and I usually don't bother with it. Use regular cottage cheese and sour cream. If you use low fat ones the consistency is not right.

MEP - Private Collection #1 - Junior League of Palo Alto

Barley and Pine Nut Casserole

- 6 tablespoons butter, divided
- 1/2 cup pine nuts
- 1 medium onion, chopped
- 1+ cup pearl barley, rinsed
- 1/2 cup fresh parsley, chopped
- 1/4 cup chives or green onions, chopped
- 1/2 teaspoon pepper
- 4 cups chicken broth, preferably homemade

parsley for garnish

Melt 2 tablespoons butter in a large skillet. Lightly sauté the nuts until they are light brown. Remove the nuts with a slotted spoon and set aside.

Add the onion, barley and remaining butter to the skillet. Sauté until the barley is lightly toasted.

Remove pan from heat and add the pine nuts. Add the parsley, chives, and pepper.

Heat the broth just to a boil in a sauce pan. Add it to the barley mixture and stir thoroughly. Transfer the mixture to a flat baking dish.

Bake for 70 minutes at 375 degrees. If the casserole looks dry after an hour, add up to 1/2 cup of water to moisten.

Garnish with fresh parsley before serving.

RGP

Basil Pesto

- 3 cups fresh basil, tightly packed
- 4 cloves garlic
- 1/2 cup pine nuts, lightly toasted
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons freshly grated Romano cheese
- 2/3 cup olive oil

Combine basil, garlic, pine nuts, and cheeses in a blender. Gradually add the olive oil.

Makes about 2 cups of pesto sauce.

RGP - Lucia's Garden Cooking Class

Bean Chili Dip

- 8 ounces dried pinto beans
- 8 ounces dried red beans
- 8 ounces dried black beans
- 8 ounces dried adzuki beans
- 1/4 cup vegetable oil
- 1 yellow onion, chopped
- 1 white onion, chopped

- 1 green bell pepper, seeded and chopped
- 2 carrots, peeled and chopped
- 1 garlic head, peeled and minced
- 1 can whole peeled tomatoes, chopped
- 1/4 cup chili powder
- 2 tablespoons oregano
- 1 teaspoon cumin
- 1 tablespoon salt
- 1 yellow bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 red onion, chopped

Soak beans overnight in water. Rinse and drain beans until the water runs clear. Put the beans in a large stock pot and cover with fresh water. Put on low heat.

Heat oil in a large skillet. Add the yellow and white onions, green bell pepper, carrots, and garlic and sauté until the onion is translucent. Add the tomatoes and continue to cook another five minutes. Add the sautéed vegetables and the spices to the beans.

Continue to cook the beans on low heat, stirring occasionally, for six to eight hours. The beans should largely break down into a lumpy paste (the adzuki beans and, to a lesser extent, the black beans will retain some shape). The vegetables should be indistinguishable.

Add the remaining vegetables (yellow bell pepper, red bell pepper, and red onion) and cook another thirty to sixty minutes. These vegetables are added at the end to provide some color and texture more than flavor.

Serve as a bean dip or as a vegetarian chili.

RGP

Cilantro Pesto

- 2 cups fresh cilantro, hard packed
- 2 cloves garlic
- 4 ounces freshly grated Parmesan cheese
- 1/3 cup lightly toasted pine nuts
- 5 tablespoons olive oil
- 1/4 teaspoon salt

Place all ingredients in a blender or food processor and blend until smooth. This can be refrigerated for a week or so, or frozen indefinitely.

Makes 1 cup

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Chicken Breasts and Artichokes with Fettuccine

- 4 skinless, boneless chicken breast halves
- salt and freshly ground black pepper
- 6 tablespoons butter
- 3 tablespoons dry white wine
- 9 ounce package frozen artichoke hearts, thawed
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1 pound fresh or packaged fettuccine
- 1 egg yolk
- 1 tablespoon water
- 1 tablespoon freshly chopped parsley

In a covered saucepan bring the salted water to a boil for the pasta. Cook for 5 to 8 minutes or according to directions. You want the fettuccine to be ready when the sauce is done.

Thoroughly dry the chicken breasts. Sprinkle them with salt and pepper. Heat 1 tablespoon of the butter in a frying pan over low heat. Add the chicken breasts and sprinkle them with 1 tablespoon of wine. Cover and cook over low heat 3 minutes on each side or until cooked through. Remove breasts to a warm platter and keep warm.

Add another tablespoon of butter to the skillet. Add the artichoke hearts and sauté over medium-high heat 2 minutes or until tender. Remove artichokes and set aside.

Deglaze pan by stirring 1 tablespoon wine into the skillet. Add chicken broth and simmer, stirring until the broth is reduced by half. Add cream, stirring and reduce liquid by a third. Beat egg yolk with 1 tablespoon of cold water until

foamy. Whisk the egg yolk into the hot sauce and remove immediately from the heat. Continue stirring until the sauce is thickened and smooth. Stir in the parsley.

Drain the fettuccine. Melt 4 tablespoons of butter in a saucepan and return the fettuccine to it and stir to blend. Place the fettuccine on a platter. Arrange the chicken breasts and the artichokes over it and spoon the sauce over the top.

A very pleasant main dish. Similar to Grecian Chicken with Artichokes.

MEP

Cold Italian Pasta Salad

- 8-10 large garlic cloves
- 1/2 cup extra virgin olive oil
- 1 package leaf-shaped Italian spinach pasta (casstellina?)
- salt
- freshly ground black pepper
- 1-1.5 cups diced ripe tomatoes, seeds removed
- 1-1.5 cups diced sweet onion
- 1/2+ cup chopped fresh basil
- 1+ cup grated Reggiano Parmesan cheese

Crush the garlic in a garlic press and add to the oil. Let sit for 15-20 minutes, then strain out the garlic, reserving the oil.

Put two teaspoons of the garlic into a microwave proof dish and microwave for about 1 1/2 minutes until softened but not browned.

Cook the pasta as per directions, drain and put into a large bowl. Toss with the olive oil and salt and pepper to taste.

When the pasta has cooled somewhat, add the tomato and onion and toss, then add the basil and toss. When the pasta has reached room temperature, add the cheese and toss. Add more salt and pepper if needed.

DLP

Dan's Five Bean Chile

- 1/2 pound dried pinto beans
- 1/3 pound dried black beans
- 1/3 pound dried red beans
- 1/3 pound dried azuki beans
- 0 pound dried soy beans
- 1 green bell pepper, chopped
- 1 medium yellow onion, chopped
- 1 medium white onion, chopped
- 2 medium carrots, chopped
- 1 head garlic, chopped
- 2 tablespoons catsup
- 3 teaspoons salt
- 2 teaspoons oregano
- 2 teaspoons crushed dried cayenne pepper
- 4 tablespoons chile powder
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 red onion, chopped

Put the beans into a large pot and cover with an inch of water. Let stand over night.

The next day, sauté the green pepper, yellow and white onions, carrots, and garlic in a skillet until the onions are translucent. Add the sautéed vegetables, catsup, salt, oregano, cayenne pepper, and chile powder to the beans, and cook on low heat for 8 hours. Stir occasionally and add water if necessary. Adjust the seasoning to taste.

A half hour before serving, add the red and yellow bell pepper and the red onion.

The varieties of peppers, onions, and beans are more for look and texture than for taste. You can garnish with grated jack or cheddar cheese, and serve with chips and hot sauce or cornbread.

This may also be used as a killer bean dip.

Serves 6 – 8.

P.S. It's "five bean" with the fifth being "zero pounds of soy beans", because that's the way that Dan wrote it.

RGP - Dan Callahan

Lemon Rice

- 1/2 teaspoon whole mustard seed
- 1/2 teaspoon whole coriander seeds
- 1/4 cup butter
 - 1 cup uncooked rice
 - 1 teaspoon saffron threads
- 1/2 teaspoon cayenne pepper
 - 2 cups chicken stock
 - 1 teaspoon salt
- 1-3 drops lemon juice
 - 1 tablespoon chopped fresh parsley
- 1/2 cup cashews, almonds, or pecans, chopped

Sauté the mustard and coriander in the butter for 2-3 minutes.

Add the rice and cook, stirring, until the rice begins to show color. Add the saffron threads and cayenne, stirring to mix.

Add the stock and salt. Bring to a simmer and cook, covered, over very low heat until the rice is tender, about 25 minutes for white rice or 45-50 minutes for brown rice.

Stir in the lemon juice, parsley, and nuts, mixing well.

Serves 4

RGP - Lucia's Garden Cooking Class

Linguine with Scallops

- 1 pound fresh bay scallops
- juice of half a lemon (about 2 tablespoons)
- 1 tablespoon fresh parsley, chopped
- 1 large clove garlic, chopped
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground ginger
- salt
- freshly ground white pepper
- 1 pound linguine
- 5 tablespoons butter
- 1/4 cup whipping cream
- 1/4 cup freshly grated Parmesan cheese
- finely chopped fresh parsley for garnish, optional

Bring salted water to a boil for the pasta.

Wash scallops thoroughly under cold water and drain well. Place scallops in bowl and add lemon juice. Add parsley, garlic, nutmeg, ginger, salt and white pepper to scallops. Toss well. Let scallops sit in marinade at room temperature until ready to cook.

Cook linguine for 7 or 8 minutes or until cooked al dente.

Meanwhile, melt butter in skillet over medium heat. Drain scallops and sauté them 3 or 4 minutes, making sure to coat well with butter. Add cream and reduce, 1 minute. Taste and add salt and pepper if needed. Add linguine to scallop sauce, blend thoroughly and cook stirring for 2 minutes.

Place linguine with scallops on a platter and distribute the scallops as evenly as possible. Parmesan cheese can be placed on top or served on the side. Romano or a mixture of Parmesan and Romano works just as well.

The dish has a bland appearance, so I added fresh finely chopped parsley to the top. I also found I liked it better if I left the scallops in the marinade for at least an hour. Broccoli Salad goes well with this dish.

MEP - Great Meals in Minutes - Pasta Menus

Rice Salad with Fruit and Cheese

Insalata di Riso con Frutta e Formaggio

- 2 cups Arborio rice
- 1 large tart apple, cut into bite-sized pieces
- 6 pecan halves, coarsely chopped
- 4 ounces Fontina or Swiss cheese, diced
- 3 ounces cooked turkey, diced (Boar's Head Honey Maple turkey)
- 3 ounces ham, diced (Boar's Head Honey Maple ham)
- 3 tablespoons olive oil
- juice of two lemons
- 1 tablespoon Worcestershire sauce
- salt to taste

freshly ground black pepper to taste

Bring two quarts lightly-salted water to a boil in a large saucepan. Add the rice, checking for doneness in about 16 minutes. The rice should be al dente; do not overcook! When the rice is done, pour it into a colander and rinse with cool water. Set aside to drain and cool completely.

When the rice has cooled, transfer to a large mixing bowl and add the apples, pecans, cheese, and meats. Gently stir to combine.

Sprinkle the remaining ingredients over the top and stir thoroughly to combine.

RGP – from Kevin and Dana Kentner

Salmon Primavera

- 1 medium leek
- 2 medium carrots
- 2 large shallots
- 2 stalks celery
- 2 salmon fillets, skinned
- 3/4 cup fish or chicken stock
- 3/4 cup heavy (whipping) cream
- 3/4 cup fresh peas
- angel hair pasta
- butter
- Parmesan cheese

Julienne leeks, carrots, shallots, and celery to about 1/4 inch by 1/4 inch by 2 inches. Place julienned vegetables in bottom of a large skillet. Place fillets on top. Pour stock over fillets. Bring to a boil, cover and steam for 5 minutes. Remove fish to a warm platter.

Add peas and cream to skillet. Reduce, stirring constantly over medium heat for 4 minutes. Pour vegetables in sauce over the salmon.

Serve with angel hair pasta that has been tossed with butter and Parmesan cheese.

JPO

Smoked Salmon and Corn Fettuccine

- 1 tablespoon butter

- 2 green onions, sliced
- 1/4 teaspoon dried crushed red pepper
- 2 cups sweet corn (two ears)
- 1 cup cream
- 1/4 pound smoked salmon, crumbled
- 3/4 pound fresh fettuccine
- salt and white pepper

Start a large pot of water boiling for the fettuccine.

Melt the butter in a large skillet over medium heat. Add the green onions and red pepper. Cook for 30 seconds.

Add the corn and cook for another two minutes.

Add the cream and salmon and bring to a boil. Meanwhile, start cooking the pasta. Boil the sauce until slightly reduced. Season to taste with salt and white pepper.

Drain the pasta as soon as it is cooked. Add it to the skillet and toss to coat. Serve immediately.

Serves 2.

RGP - Beer Cuisine by Jay Harlow

Smoked Salmon Pasta

- 1 1/2 cups whole wheat rotini, or other pasta
- 1/4 cup basil pesto
- 2 tablespoons olive oil
- 3 green onions, diced
- 2 cloves garlic, minced
- 4 ounces hot-smoked salmon, crumbled
- 1/2 cup corn
- 4 oil-packed sun-dried tomatoes, diced
- 1/4 teaspoon red pepper flakes
- 1 bunch fresh spinach, washed, separated (stems removed), and dried, sliced into 1" ribbons
- 1/2 lemon, juice of

Cook the pasta according to the directions. When it is done, drain it, then toss it in a bowl with the pesto.

When the pasta is almost done, heat the olive oil in a skillet on medium-high. Add the green onion and garlic, and sauté until aromatic, about

30 seconds. Add the salmon, corn, and tomatoes. Sauté, stirring constantly, until heated thoroughly, about 3 minutes. Add the red pepper flakes to taste. Set aside.

In the same skillet used to prepare the salmon, add a bit more olive oil if necessary, then add the spinach and sauté until just wilted. Add the lemon juice.

To serve: place the spinach on the plates or in shallow bowls, add the pasta on top of the spinach, then top with the salmon mixture.

If you want, some basil leaves and/or toasted pine nuts can be added as an extra touch.

Serves 2-3

RGP