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[Home](#) > Scott's Recipes

Scott's Recipes



I've been cooking since age 10, and maintaining/expanding this page since 1992.

I hope that you find this site useful.

--Scott

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/290>

Building Blocks: Sauces, Condiments, Spices, Prepared Meats and Fats

[Barbecue Sauce](#) [1]

[Béarnaise sauce](#) [2]

[Creamy Sauce for Beef](#) [3]

[Enchilada Sauce](#) [4]

[Fresh Blue cheese Dressing](#) [5]

[Generic Cheese Sauce](#) [6]

[Gravy](#) [7]

[Hollandaise Sauce](#) [8]

[Medieval Steak Sauce](#) [9]

[Pesto](#) [10]

[Sweet Lemon/Wine Sauce \(basic sweet wine sauce\)](#) [11]

[Pickled Cucumbers](#) [12]

[Pickled Red Cabbage](#) [13]

[Red Onions in Brine](#) [14]

[Sauerkraut](#) [15]

[Tahini-Lemon Sauce](#) [16]

[Tzatziki Sauce](#) [17]

[Beef Rub](#) [18]

[Cajun Seasoning](#) [19]

[Curry Powder](#) [20]

[Garam Masala](#) [21]

[Hamburger Seasoning](#) [22]

[Italian Seasoning](#) [23]

[Broth](#) [24]

[Chicken Sausage](#) [25]

[Corned Beef](#) [26]

[Schmaltz and Gribenes](#) [27]

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Source URL: <http://kitchen.unseelie.org/node/48>

Links:

[1] <http://kitchen.unseelie.org/.#85>

[2] <http://kitchen.unseelie.org/.#238>

- [3] <http://kitchen.unseelie.org/.294>
- [4] <http://kitchen.unseelie.org/.15>
- [5] <http://kitchen.unseelie.org/.258>
- [6] <http://kitchen.unseelie.org/.69>
- [7] <http://kitchen.unseelie.org/.101>
- [8] <http://kitchen.unseelie.org/.59>
- [9] <http://kitchen.unseelie.org/.117>
- [10] <http://kitchen.unseelie.org/.268>
- [11] <http://kitchen.unseelie.org/.157>
- [12] <http://kitchen.unseelie.org/.90>
- [13] <http://kitchen.unseelie.org/.92>
- [14] <http://kitchen.unseelie.org/.91>
- [15] <http://kitchen.unseelie.org/.93>
- [16] <http://kitchen.unseelie.org/.259>
- [17] <http://kitchen.unseelie.org/.100>
- [18] <http://kitchen.unseelie.org/.293>
- [19] <http://kitchen.unseelie.org/.86>
- [20] <http://kitchen.unseelie.org/.79>
- [21] <http://kitchen.unseelie.org/.148>
- [22] <http://kitchen.unseelie.org/.87>
- [23] <http://kitchen.unseelie.org/.88>
- [24] <http://kitchen.unseelie.org/.283>
- [25] <http://kitchen.unseelie.org/.151>
- [26] <http://kitchen.unseelie.org/.274>
- [27] <http://kitchen.unseelie.org/.278>

Barbecue Sauce

- cooking oil
- minced aromatic vegetables (garlic, jalapenos, onions, etc.)
- tomato sauce
- vinegar, and/or alcohol (beer, whiskey, etc.)
- bay leaves
- flavorful sweetener (brown sugar and/or maple syrup, honey, milled cane, molasses, etc.)
- salt
- seasonings (Worcestershire sauce, spices, etc.)

Heat up the cooking oil in the bottom of a pot.

Cook the aromatic vegetables until soft and releasing their aroma.

Add the tomato sauce, and warm up.

From this point on in the recipe, make sure to have a tasting spoon nearby so you know if you have the right balance. (Tasting spoon: a spoon that never touches the pot, but which has small amounts of sauce dribbled into it from the serving spoon, so that the chef can tell what s/he is doing.)

Add any vinegar or alcohol, and bring to a simmer again.

Drop one or more bay leaves in. Let simmer uncovered low for at least 30 minutes, stirring occasionally.

Add your sweeteners, salt and seasonings. Simmer uncovered for at least 15 minutes more.

When ready to serve, remember to remove the bay leaves.

Preparation time: 60 to 180 minutes

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Source URL: <http://kitchen.unseelie.org/node/85>

Béarnaise sauce

- 4 tablespoons sweet cream butter
- minced shallot
- 2 egg yolks
- 2 tablespoons vinegar (I like sherry vinegar)
- pinch salt
- pinch black pepper
- pinch chipotle powder
- minced parsley
- minced tarragon

In a small pan melt the butter, and brown the shallot in the butter. Remove from heat.

Prepare a double boiler so that the water in the outer pot is at a low simmer. Don't put the top part of the double boiler over the water yet -- you want it at room temperature.

Whisk the egg yolks and vinegar together in the top part of the double boiler. Put the double boiler over the heat, and continue whisking until thickened.

Continue to whisk rapidly, so that the eggs do not cook. Slowly drizzle in the melted butter and shallots, continuing to whisk until the sauce doubles in volume.

If your sauce separates drizzle in a little red wine or hot water (you have some right there in the bottom of your double boiler) and keep whisking.

Remove from heat.

Whisk in the spices and herbs.

Serves: ~2. Serve over steak or veggies.

Preparation time: 15 minutes

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Source URL: <http://kitchen.unseelie.org/node/238>

Creamy Sauce for Beef

- 2 tablespoons sour cream per person
- 1 teaspoon prepared horseradish per person
- 1/4 - 1/2 teaspoon fresh lemon juice per person
- 1 pinch kosher salt per person
- Optional: Fresh herbs being used in the preparation of the main dish

Combine all ingredients. Chill in the fridge.

Serve with beef. Goes well on potatoes, too.

Preparation Time: 10 Minutes (plus an hour to chill)

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Source URL: <http://kitchen.unseelie.org/node/294>

Enchilada Sauce

- extra virgin olive oil
- 2/3 garlic clove per cup
- 1/3 teaspoon minced onion per cup
- 1/6 teaspoon dried oregano per cup
- 1 teaspoon chili powder per cup
- 1/6 teaspoon dried basil per cup
- 1/24 teaspoon ground black pepper per cup
- 1/24 teaspoon salt per cup
- 1/12 teaspoon ground cumin per cup
- 1/3 teaspoon dried parsley per cup
- 1/12 cup chopped tomatoes per cup
- 2 ounces tomato sauce per cup

Heat oil in saucepan over medium heat.

Add garlic and saute for 1 to 2 minutes.

Add other ingredients, and mix together. Stir in water -- about half as much as you expect to make enchilada sauce.

Bring to boil, reduce heat to low, simmer for 20 minutes.

Preparation time: 30 minutes

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Source URL: <http://kitchen.unseelie.org/node/5>

Fresh Blue cheese Dressing

- 1/3 pound blue cheese (be warned that blue cheese quality is related quite directly to price)
- 5 tablespoons buttermilk
- 5 tablespoons sour cream
- 4 tablespoons Greek style yogrt
- 1 tablespoon white balsamic vinegar
- 1/2 teaspoon white sugar
- 3 tablespoons fresh chives, minced
- salt and black pepper to taste

Using a fork mash the blue cheese in the bottom of a bowl. Pour just enough buttermilk over the cheese to cover it.

Add the sour cream, the yogurt, and the vinegar. Continue to mix, breaking up blue cheese that has started to clump.

Add in the sugar and the chives. Add salt and pepper to taste.

Serves: About a pint

Preparation time: 10 minutes

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Source URL: <http://kitchen.unseelie.org/node/258>

Generic Cheese Sauce

- 1/2 stick butter
- 1/4 cup all-purpose flour
- 2 cups cold milk (if you want it thicker, use less milk)
- pinch ground nutmeg
- pinch chipotle powder
- 8 ounce shredded melty cheese (cheddar, Monterey jack, whatever)
- salt to taste
- optional: other seasonings (e.g., chives, parsley, marjoram, separately cooked peas or onions, sour cream)

Melt butter over medium-low heat.

Once butter starts to foam, add all-purpose flour. Stir with whisk, forming a roux.

Keep stirring about 5 minutes. Will smell toasted but will be unbrowned.

Whisk in half a cup of the cold milk.

Whisk in the remainder of the milk. Turn heat to low.

Whisk in nutmeg and chipotle powder. Simmer, stirring, about 10 minutes.

Turn off the heat. Add about 1/3 of the cheese, and whisk in until all melted in.

Whisk in the next 1/3 of the cheese, and whisk until all melted in.

Whisk in the remaining 1/3 of the cheese, and whisk until all melted in.

Whisk in the salt, and any other seasonings.

Serves: about 3 cups of cheese sauce

Preparation time: 20 minutes

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Source URL: <http://kitchen.unseelie.org/node/69>

Gravy

- 1 part drippings
- 1 part flour or cornstarch
- 8 parts liquid (water, [broth](#) [1], milk)

Have all your ingredients on hand and measured before you start!

Place the drippings in a pan over medium heat.

Brown the flour / cornstarch in the drippings, until brown and smooth.

Add fluid. Warm, beating out lumps.

Preparation time: 10 minutes

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Source URL: <http://kitchen.unseelie.org/node/101>

Links:

[1] <http://kitchen.unseelie.org/.283>

Hollandaise Sauce

- 2 egg yolks
- 1 tablespoon freshly squeezed lemon juice
- 4 tablespoons sweet cream butter, melted
- pinch salt
- pinch chipotle powder

Prepare a double boiler so that the water in the outer pot is at a low simmer. Don't put the top part of the double boiler over the water yet -- you want it at room temperature.

Whisk the egg yolks and lemon juice together in the top part of the double boiler. Put the double boiler over the heat, and continue whisking until thickened.

Continue to whisk rapidly, so that the eggs do not cook. Slowly drizzle in the melted butter and continue to whisk until the sauce doubles in volume.

If your sauce separates drizzle in a little hot water (you have some right there in the bottom of your double boiler) and keep whisking.

Remove from heat.

Whisk in the spices.

Serves: ~2

Preparation time: 15 minutes

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Source URL: <http://kitchen.unseelie.org/node/59>

Medieval Steak Sauce

- 1/2 cup tomato sauce
- 1/8 cup white vinegar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cloves
- 1/4 teaspoon cinnamon
- 1/4 teaspoon mace
- 1/4 teaspoon nutmeg

Combine all in a saucepan, over medium heat.

Preparation time: 10 minutes

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Source URL: <http://kitchen.unseelie.org/node/117>

Pesto

- 1 cup of green herbs, washed and chopped – basil, cilantro, mint, carrot greens
- 3 tablespoons toasted pine nuts, or crumbled walnuts or pecans that have been soaked in hot water for an hour or so
- 1 clove of garlic, crushed
- 1/4 cup hard salty cheese, grated (eg parmesan, romano)
- 6 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt

If your herbs are naturally bitter (eg. carrot greens, or older/tougher herbs), boil some hot water and pour over your herbs for 2-3 minutes in hot water, then rinse the herbs in ice water.

Mince your herbs. Toast your nuts. Crush your garlic. Grate your cheese. Combine all ingredients together. Chill in the refrigerator, until ready to use.

Serves: ??

Preparation time: 15 minutes

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Source URL: <http://kitchen.unseelie.org/node/268>

Sweet Lemon/Wine Sauce (basic sweet wine sauce)

- 1 cup white wine
- 1 tablespoon soy sauce or 1/2 teaspoon salt
- 1/4 cup sugar
- the juice of one lemon
- thickener: cornstarch

In a saucepan, set over a medium heat, pour in the wine, followed by the soy sauce or salt, and the sugar. Bring to a simmer, lowering the heat if needed. Add the lemon juice.

To thicken the sauce, spoon some out into a small bowl, and whisk in a 1/2 teaspoon of cornstarch with a fork, then stir it back into the main saucepan. Bring the heat up, and let the sauce thicken. If you want the sauce still thicker, you can repeat this process.

Preparation time: 15 minutes

Other sauces

You can apply the methods used in this sauce, to make other sauces. Start with a wine as base (rice wine?), add something salty (salt? soy sauce? vinegar?), and then add in flavors (fruit juices? dried tamarind to soak? dried chile peppers to soak? spices?), and thicken if needed.

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Source URL: <http://kitchen.unseelie.org/node/157>

Pickled Cucumbers

- 1/3 cup kosher salt
- 1-1/2 cups white vinegar
- 6 cups water
- 1 rose sliced garlic
- 1/4 cup whole peppercorns
- 1/3 cup chopped dill
- 1/4 cup sliced jalapeno peppers
- 3-1/2 pounds pickling cucumbers (ideally 4" long by 1-1/3" thick)

Combine kosher salt, vinegar and water, until salt is dissolved.

Get Mason jars as needed. Thoroughly clean them, sanitizing them in boiling water.

Combine garlic, peppercorns, dill and jalapenos. Place an equal share of the mixture in each jar.

Thoroughly clean each cucumber, and pierce skin 2 to 3 times with a fork. Pack cucumbers tightly into the Mason jars.

Fill each Mason jar with the salt-vinegar-water brine. Don't fill all the way -- leave about a quarter inch breathing space at the top of the jar.

Close caps on jars tightly. Place side by side inside a large pot. Fill pot with water until the jars are covered.

Bring pot to a boil over medium to medium-high heat. Boil for 5 minutes.

Do not dump water from pot. Instead, slowly add cool water to the pot, in order to slowly reduce the temperature of the water and the jars inside – you don't want the glass to break.

Once the water is cool enough that you can comfortably handle the Mason jars, store the jars in a cool, dark place. Let sit at least 2 days.

Preparation time: 60 minutes (prepare 2 days in advance)

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Source URL: <http://kitchen.unseelie.org/node/90>

Pickled Red Cabbage

- water
- red cabbage, cored and shredded
- white vinegar
- kosher salt

Boil the water.

Pour hot water over sliced/cut cabbage, and let soak for 5 to 10 minutes (this takes much of the bitterness out of the cabbage).

Make a brine -- about half white vinegar and half water, adding in some of the reserved water from soaking the cabbage, and adding some salt.

Pack the cabbage into one or more jars, fill with enough brine to cover the cabbage, place lids on the jar(s).

Refrigerate. After a couple days, the cabbage will be fit for use as a condiment.

Preparation time: 30 minutes (prepare 2 days in advance)

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Source URL: <http://kitchen.unseelie.org/node/92>

Red Onions in Brine

- water
- red onions, cut and/or sliced as you see fit
- white vinegar
- kosher salt

Boil the water.

Pour hot water over sliced/cut onions, and let soak for 15 to 20 minutes (this takes much of the bitterness out of the onions).

Make a brine -- about half white vinegar and half water, adding in some of the reserved water from soaking the onions, and adding some salt.

Pack the onions into one or more jars, fill with enough brine to cover the onions, place lids on the jar(s).

Refrigerate. After a couple days, the onions will be fit for use as a condiment.

Preparation time: 30 minutes (prepare 2 days in advance)

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Source URL: <http://kitchen.unseelie.org/node/91>

Sauerkraut

- cabbage
- kosher salt or sea salt (about 3 teaspoons per quart)
- optional other veggies (onions, carrots, Brussels sprouts, etc.)
- caraway seeds, dill seeds, celery seeds or juniper berries
- tool: glass or ceramic bowl or pot, sufficient for your purposes
- tool: a plate or similar flat surface that will sit tight within the jar or pot
- tool: a weight that will hold down the plate with some force
- tool: a thin towel or cheesecloth or similar cover

Shred your cabbage and put it into a mixing bowl. As you layer the cabbage shake some salt onto it, so the salt gets somewhat evenly distributed.

Shred some other veggies, if you like, and throw those into the bowl. Add in the seeds or juniper berries. Stir.

One handful at a time *pack* your mixture into the glass or ceramic container that it will ferment in. Pack it tight, using fists or heavy implements to drive it down.

Put the tight-fitting plate inside the container, so that it presses firmly down on the sauerkraut.

Put your weight on top of the plate, so that continuous pressure is put on the veggies beneath.

Cover this with the light towel or cheesecloth (or paper towels) to protect the brine from bugs or dust.

Put the whole weighted press contraption that you have built into a cool part of the kitchen; close enough by that you will see it frequently and think to check on it, but far enough out of the way that it won't inconvenience anybody.

Every few hours press down on the weight. You are encouraging the cabbage and other veggies to release the liquid being drawn out of them by the salt, so that they make their own brine as the sauerkraut ferments.

If after 24 hours the liquid has not submerged the sauerkraut yet, you can add some salt water to top it off.

Check the sauerkraut every day or two. If any mold appears on the surface do not fret -- it is spontaneously growing on the top where the brine meets the air rather than on your sauerkraut. Just skim the mold off the surface, and the kraut will be fine.

After 4 to 5 days, you can taste your sauerkraut to see how it's doing. If you like something

powerful and kimchee-like you will be waiting much longer than for a gentler sauerkraut.

Whenever you like it, it's ready. Put it in Mason jars or other containers in cool places, in the fridge, or at friends' houses.

Preparation time: a week or more

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Source URL: <http://kitchen.unseelie.org/node/93>

Tahini-Lemon Sauce

- 1/2 cup sesame tahini
- juice from two lemons
- 1 clove garlic, crushed
- 1/4 teaspoon coarse ground salt
- Optional: pinch of chili powder
- minced parsley, chives or mint to taste

Whisk together the tahini, lemon juice and garlic.

Whisk in just a little cool water – how much depending on how liquid you want your sauce to be.

Whisk in the salt and optional chili powder.

Add in the herbs.

Serves: ??

Preparation time: 15 minutes

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Source URL: <http://kitchen.unseelie.org/node/259>

Tzatziki Sauce

- 2 cucumbers
- 1 teaspoon salt
- 1 shallot
- 6 cloves garlic
- 1/4 cup minced mint
- 2 tablespoons olive oil
- juice from 1 to 2 lemons
- 2 cups thick Greek yogurt
- black pepper
- chipotle powder

Peel the cucumbers. Shred the cucumbers with a peeler, starting from the outside and slicing all the way to the seeds. Do not slice the seeds.

Squeeze water out of the cucumbers. Combine the cucumbers with the salt, and let sit for 15 to 20 minutes.

Mince the shallot, garlic and mint. Add the olive oil and lemon juice to the shallot, garlic and mint.

Squeeze as much water as you can from the cucumbers. Mince the cucumbers, then squeeze more water from them.

Add the cucumbers to the mixture. Add the yogurt. Mix. Add black pepper and chipotle powder to taste (maybe 1/4 to 1/2 teaspoon of each).

Chill for 8 hours.

Serves: 10 (with pita or veggies)

Preparation time: 60 minutes (prepare 8 hours in advance)

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Source URL: <http://kitchen.unseelie.org/node/100>

Beef Rub

- 9 parts coarse ground black pepper
- 4 parts kosher salt (possibly omit, read below)
- 3 parts white sugar
- 3 parts onion powder
- 2 parts garlic powder
- 2 parts mustard powder
- Ground chili to taste (I like 2 parts dried ground ancho, 2 parts dried ground guajillo and 1 part dried ground chipotle)

Combine all ingredients. Store in a dry place.

An hour to the night before you roast/smoke/grill/whatever your beef, rub this all over the meat (perhaps over some oil or perhaps not). Leave beef unwrapped somewhere with good airflow (if a short while, on the counter – if a long while, on a plate in the fridge).

If you usually brine your beef in a salt concentration, you can forgo adding salt to this mixture.

Preparation time: 5 minutes

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Source URL: <http://kitchen.unseelie.org/node/293>

Cajun Seasoning

- 3 parts salt
- 3 parts black pepper
- 3 parts lemon pepper
- 3 parts paprika
- 2 parts garlic powder
- 1 part crushed red pepper
- 1 part ground chipotle powder

Combine all ingredients.

Preparation time: 5 minutes

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[Home](#) > Curry Powder

Curry Powder

- 4 parts coriander
- 4 parts cumin
- 2 parts ground tumeric
- 1 part ground chipotle powder
- 1 part garlic powder
- 1 part ground ginger

Combine all.

Preparation time: 5 minutes

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[Home](#) > Garam Masala

Garam Masala

- 4 parts cumin
- 3 parts salt
- 2 parts chipotle powder
- 2 parts black pepper
- 2 parts paprika
- 1 part cinnamon

Combine all.

Preparation time: 5 minutes

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Hamburger Seasoning

- 3 parts iodized salt
- 3 parts onion powder
- 2 parts garlic powder
- 1 part ancho chile powder
- 1 part mustard
- 1 part white pepper
- 1 part dried basil
- 1 part dried cilantro

Combine all ingredients. Store in a dry place.

Half an hour before you cook your burgers, add about two teaspoons for every pound of hamburger.

If you are feeling adventurous, or if you have very lean meat (over 80%), add an egg and just enough corn meal (and optional blue cheese or goat cheese crumbles) to give it body.

Preparation time: 5 minutes

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Source URL: <http://kitchen.unseelie.org/node/87>

Italian Seasoning

- 12 parts garlic powder
- 6 parts parsley flakes
- 6 parts dried sweet basil
- 6 parts dried oregano
- 4 parts onion powder
- 2 parts salt
- 1 part black pepper
- 1 part thyme

Combine all ingredients.

Preparation time: 5 minutes

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Source URL: <http://kitchen.unseelie.org/node/88>

Broth

- bones and scraps leftover from dinner
- kosher salt
- diced onion
- Optional: peeled, chopped carrot
- Optional: herbs (bay leaves, parsley, thyme, savory)/li>
- Optional: peppercorns
- Optional: peeled and halved garlic cloves
- Optional: tomato paste

Collect bones and scraps from dinner. A whole chicken carcass will be good for 4-6 cups of broth. You can collect these leftovers over time, in a bag in the freezer.

I like to break small bones apart if feasible, by placing them between two boards and pressing them until some break. Put the bones into a pot or pan that is safe for both the stovetop and the oven, and which has a good lid. Cover the bones with just enough water to submerge them.

Put the pot/pan on the stovetop over a medium heat until the water just starts to simmer. Meanwhile pre-heat the oven to 185 degrees. Add a little kosher salt to taste.

Cover the pot/pan, and move it into the pre-heated oven. Leave it in the oven for 6-12 hours.

Remove the pot/pan from the oven. Using a thin-mesh strainer and/or some muslin or cheesecloth strain the liquid into one or two standing containers, removing the bones and scraps.

Place the standing container(s) into the refrigerator for several hours. Once the fat has separated and floated to the surface, skim it off with a spoon.

You can now return your broth to a pot, adding in onions and other flavorful vegetables, herbs and optional seasonings. Bring the broth back to simmer over a medium heat, reduce to low and cover for 30-90 minutes.

Strain the liquid again. Your broth is ready to use.

Serves: ??

Preparation time: Hours and hours (start at least a day before you will need it)

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/283>

Chicken Sausage

- 1 pound boneless chicken breast
- 2 tablespoons sage
- 2 teaspoons salt
- 1 teaspoon fennel seed
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon chipotle powder
- extra virgin olive oil

Grind chicken in meat grinder.

Add all the spices.

Heat olive oil in a pan. Cook thoroughly, either as patties or ground.

Preparation time: 10 minutes

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Source URL: <http://kitchen.unseelie.org/node/151>

Corned Beef Brisket

- 1 beef brisket
- 1 cup brown sugar
- 1 cup kosher salt
- 2 tablespoons prague powder #1 (saltpeter, pink salt #1)
- 1 teaspoon cinnamon powder
- 1 teaspoon mustard seeds
- 1 teaspoon dill seeds
- 2 bay leaves
- 1 tablespoon whole peppercorns, crushed under the flat of a knife
- 5 cloves garlic, peeled and crushed under the flat of a knife

Cut most of the fat off of a brisket, except that you should only slice off about half of the fat along the bottom, leaving 1/2 a centimeter or so.

Make a brine by combining all other ingredients. Submerge the brisket in the brine, in the fridge. Flip the brisket twice a day, to that it gets properly corned. After 5-9 days, you will have corned beef ready to use in recipes.

Makes: One whole corned beef brisket, uncooked

Preparation time: Start 5-9 days in advance

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/274>

Schmaltz and Gribenes

- 1 pound of chicken fat and skin
- 1-2 onions

chop the fat and skin into small pieces.

Put a large heavy-bottomed pan over a medium to medium-high heat. Place the fat into the pan, with a cup or so of water. Stir occasionally, as the water heats up and evaporates, and the fat is slowly rendered.

The whole time you are cooking, stay nearby so that nothing starts cooking too fast.

While the water is still evaporating, turn down the burner to medium, to avoid having things stick or burn. Dice the onions.

Once the water is mostly evaporated the fat which is already rendered will get up to heat, and the remaining chicken fat and skin will begin to brown and shed more fat. At this point, add the onions, and reduce the heat just a bit.

Continue stirring and paying attention. Once the remaining chicken scraps and onions are turning dark brown, start paying very close attention – you want the rendered fat to remain golden yellow, so you don't want to over-cook anything.

Eventually, the scraps of remaining chicken and onions have the consistency of thoroughly cooked bacon bits, very dark brown but not black, and the rendered fat still golden.

Remove the pan from the heat. Get a metal colander, and place a glass jar or container for collection below the colander. Then line the bottom of the colander with clean muslin or doubled-over cheesecloth. Slowly pour the contents of the pan through the cloth, collecting all the scraps into the cloth. Squeeze and twist the cloth, to get as much of the rendered fat out as you can.

Store the rendered fat in the refrigerator; it will congeal into schmaltz, and be usable in cooking for up to a week. The remaining scraps are gribenes, and are tasty as a garnish.

Makes: 6-8 ounces of schmaltz, and 1/4-1/2 cup of gribenes.

Preparation time: about 1 hour, plus some time to sit in the fridge.

– [Subscriptions \(1\)](#)

Appetizers / Snacks

[Artichoke Dip](#) [1]
[Baked Brie](#) [2]
[Balsamic Vinegar and Parmesan](#) [3]
[Boiled Peanuts](#) [4]
[Cajun Wings](#) [5]
[Cheese-Stuffed Jalapenos](#) [6]
[Cheese-Stuffed Mushrooms](#) [7]
[Chile Vada](#) [8]
[Chilli con Queso](#) [9]
[Chopped Liver](#) [10]
[Crab Cakes](#) [11]
[Crescent Rolls with Meat](#) [12]
[Deviled Eggs](#) [13]
[Dosa](#) [14]
[Farmer's Cheese](#) [15]
[Fried Chicken Wings](#) [16]
[Fried Chickpeas](#) [17]
[Green Onion and Yogurt Quesadilla](#) [18]
[Guacamole](#) [19]
[Hoddeok](#) [20]
[Humus](#) [21]
[Matbucha Moroccan Tomato Salad](#) [22]
[Mozzarella Cheese](#) [23]
[Nachos](#) [24]
[Negimaki](#) [25]
[Pakoras](#) [26]
[Paneer Cheese](#) [27]
[Potato Chips](#) [28]
[Quesadilla](#) [29]
[Rangoons \(Jalapeno or Crab\)](#) [30]
[Roman Gnocchi](#) [31]
[Romanian Salata de Venete](#) [32]
[Salsa](#) [33]
[Tempura](#) [34]

— [Subscriptions \(1\)](#)

Links:

- [1] <http://kitchen.unseelie.org/.194>
- [2] <http://kitchen.unseelie.org/.195>
- [3] <http://kitchen.unseelie.org/.1102>
- [4] <http://kitchen.unseelie.org/.246>
- [5] <http://kitchen.unseelie.org/.1115>
- [6] <http://kitchen.unseelie.org/.1109>
- [7] <http://kitchen.unseelie.org/.1110>
- [8] <http://kitchen.unseelie.org/.180>
- [9] <http://kitchen.unseelie.org/.196>
- [10] <http://kitchen.unseelie.org/.1104>
- [11] <http://kitchen.unseelie.org/.1116>
- [12] <http://kitchen.unseelie.org/.1118>
- [13] <http://kitchen.unseelie.org/.112>
- [14] <http://kitchen.unseelie.org/.1106>
- [15] <http://kitchen.unseelie.org/.181>
- [16] <http://kitchen.unseelie.org/.1152>
- [17] <http://kitchen.unseelie.org/.1105>
- [18] <http://kitchen.unseelie.org/.1103>
- [19] <http://kitchen.unseelie.org/.209>
- [20] <http://kitchen.unseelie.org/.263>
- [21] <http://kitchen.unseelie.org/.121>
- [22] <http://kitchen.unseelie.org/.251>
- [23] <http://kitchen.unseelie.org/.273>
- [24] <http://kitchen.unseelie.org/.192>
- [25] <http://kitchen.unseelie.org/.1119>
- [26] <http://kitchen.unseelie.org/.1107>
- [27] <http://kitchen.unseelie.org/.167>
- [28] <http://kitchen.unseelie.org/.279>
- [29] <http://kitchen.unseelie.org/.1111>
- [30] <http://kitchen.unseelie.org/.1108>
- [31] <http://kitchen.unseelie.org/.1112>
- [32] <http://kitchen.unseelie.org/.253>
- [33] <http://kitchen.unseelie.org/.125>
- [34] <http://kitchen.unseelie.org/.1113>

Artichoke Dip

- 14 ounce can artichoke hearts, finely chopped
- 4 large cloves garlic, minced
- optional: chopped sliced jalapeno peppers (pickled or fresh) to taste
- optional: baby spinach leaves shredded and lightly steamed, to taste
- 1 tablespoon lemon juice
- 1/4 cup mayonnaise
- 2 ounces cream cheese, softened
- 1/2 cup + 2 tablespoons finely grated Parmesan cheese
- 2 tablespoons breadcrumbs

Combine artichoke hearts and garlic. Optionally, add jalapenos and spinach.

In a separate bowl, combine the lemon juice, mayonnaise, cream cheese, and 1/2 cup Parmesan cheese.

Combine all together, and put in a small (one-pint to one-quart) casserole dish. Combine breadcrumbs and remaining Parmesan cheese to cover the top of the dip. There is no need to cover the casserole dish.

Bake for 20 to 30 minutes at 375 degrees Fahrenheit. Serve warm with crackers or bread.

Serves: 2 cups

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/94>

Baked Brie

- chilled Brie wheel
- toppings: seedless red or green grapes, caramelized onions and garlic, or other sweet things
- brown sugar

Preheat oven to 425 degrees Fahrenheit.

Cut the Brie in half along the middle, so as to expose the maximum amount of Brie without rind. Leave each half open-face with the rind side down on a baking sheet.

If using grapes, slice grapes lengthwise and place face down on the brie face. If using caramelized onions and garlic or other topping, spread over the face of the Brie.

Sprinkle brown sugar over the open-faced Brie.

Put in oven and bake until the Brie starts to melt (about 20 minutes). Remove, cool for 20 to 40 minutes, and serve with bread or crackers.

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/95>

Published on *Scott's Kitchen* (<http://kitchen.unseelie.org>)

[Home](#) > Balsamic Vinegar and Parmesan

Balsamic Vinegar and Parmesan

- a good aged Parmesan cheese cut into wedges
- a good balsamic vinegar

Leave out, and invite guests to drizzle the vinegar over the cheese and enjoy.

Preparation time: 0 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/102>

Boiled Peanuts

- raw unsalted peanuts in shell, about 1/3 pound per person
- kosher salt, about 1/4 cup per person

Put peanuts and salt in a large pot, with a good lid. Add enough water to cover the peanuts, and then some. Bring to a boil. Reduce heat to low, cover and simmer.

Cook at least two hours, until done. Shell and taste a nut to see if it is soft, like one expects to eat edamame. If it is still crunches when you bite in, it isn't done yet.

If they are not ready to serve yet, or they are not quite salty enough for your taste, remove the peanuts from the heat and open the lid of the pot, leaving to soak for a little bit yet.

Once ready to serve, drain and put in a bowl. Make sure there are collection plates or bowls for the shells, and serve!

Preparation time: About 150 minutes.

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/246>

Cajun Wings

- olive oil
- 1 sweet onion, diced
- 1 stalk celery, diced
- 1 bell pepper, diced
- bunch of parsley, shredded
- 3 cloves garlic, minced
- 1 jalapeno, minced
- 15 ounces tomato paste
- 3 bay leaves
- salt, pepper, dry mustard, chipotle powder, dried coriander, cumin, oregano, thyme
- a dozen chicken wings

Preheat oven to 350 degrees Fahrenheit.

Cover the bottom of a Dutch oven with olive oil. Heat over a medium heat until sizzling.

Add onion, celery, bell pepper, parsley, garlic and jalapeno.

Cook until veggies begin to soften. Add the tomato paste. Mix, and cook for another 3 minutes.

Add 5 to 6 cups of water. Stir. Add bay leaves. Bring to simmer for about half an hour.

Make a spice blend from the suggested spices. Add about half of the spice blend to the sauce.

Rinse the chicken wings. Remove the wing tips, separate the wings into two parts, removing excess fat.

Coat the wings with the remaining spice blend.

Place the wings into the Dutch oven. Cover. Place Dutch oven in oven for 60 minutes.

Serve with bread or garlic bread.

Serves: 4

Preparation time: 120 minutes

— [Subscriptions \(1\)](#)

Cheese-Stuffed Jalapenos

- [cheese sauce](#) ^[1]
- optional: hot sauce, minced tomato, minced fresh spinach, herbs
- fresh jalapeno peppers
- eggs
- milk
- flour
- breadcrumbs
- cooking oil

Make a [cheese sauce](#) ^[1] extra thick (less milk). Optionally, mix in other stuff (a little hot sauce, minced tomato, spinach, herbs) to taste.

Cut the top off of each jalapeno. Remove the seeds and stuff from inside each pepper, with a paring knife or similar tool.

Stuff each pepper with the cheese mixture, return the top to the jalapeno, and hold shut with a toothpick.

Mix the eggs with a tiny bit of milk in a bowl. Set some flour in a bowl. Set some breadcrumbs in a bowl. Set some water in a bowl.

Moisten the outside of a stuffed jalapeno with a touch of water. Drag the jalapeno through the egg mixture, then roll it in the flour. Drag the pepper through the egg mixture a second time, and roll in the flour again. Drag the pepper through the egg mixture a third time, then roll it in the breadcrumbs. Put that pepper aside on a plate.

Repeat, breading each jalapeno until all are complete.

Freeze the peppers now, preferably using wax paper so they don't stick together. This is important -- jalapenos are slippery and don't hold the coating well when they hit hot oil, but freezing them in advance makes a big difference.

The next step is to deep fry them to golden, in oil set at 350 degrees Fahrenheit.

Serve with [salsa](#) ^[2], [barbecue sauce](#) ^[3] and/or sour cream.

Preparation time: 90 minutes (should be frozen overnight before frying)

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/109>

Links:

[1] <http://kitchen.unseelie.org/.69>

[2] <http://kitchen.unseelie.org/.25>

[3] <http://kitchen.unseelie.org/.85>

Cheese-Stuffed Mushrooms

- fresh mushrooms (I like baby bella, but the white are OK)
- cheese sauce, made extra thick (less milk) ^[1]
- optional: hot sauce, chopped jalapeno
- extra virgin olive oil
- grated Parmesan cheese
- breadcrumbs

Remove the stems from each mushroom. You can save the stems for a stuffing or something.

Preheat oven to 375 degrees Fahrenheit.

Make a thick cheese sauce ^[1]. Optionally, mix in a little hot sauce or chopped jalapeno to taste, or a few of the stems from the mushrooms.

Spoon some cheese sauce into each mushroom.

Rub the outside of each stuffed mushroom with olive oil, and place in a casserole dish or pie plate.

Combine grated Parmesan cheese with breadcrumbs, at about a 1:1 ratio. Sprinkle lightly on the top of the mushrooms.

Bake for about 20 minutes.

Preparation time: 40 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/110>

Links:

[1] <http://kitchen.unseelie.org/./69>

Chile Vada

- potatoes
- salt
- canola oil for deep frying
- olive oil
- seasonings: tumeric, salt, black pepper, chipotle pepper, cumin, ground coriander, paprika, ground ginger
- chickpea flour
- 1/8 teaspoon chili powder per ounce of chickpea flour
- 1/8 teaspoon baking soda per ounce of chickpea flour
- poblano peppers

Peel and quarter the potatoes, and boil in salted water for 15 to 20 minutes until soft.

Heat the canola oil to 350 degrees Fahrenheit.

Meanwhile, mash the potatoes, adding in olive oil and seasonings to taste.

Mix chickpea flour, a little water, chili powder and baking soda in a bowl to make the batter. Mix well and leave to rest for about 5 minutes.

Either:

Place poblano peppers under the broiler. Roast until the skin begins to change color and blister. Flip and roast until the skin is blackened and blistered over all the peppers. Then put the peppers into a paper bag and allow them to sit for about 15 minutes. I find it best to use a double-bagged small lunch bag, and to put no more than two peppers into the double bag. Remove the outermost layer of skin from each pepper. Cut a small slit in the side of each pepper. Use a spoon to remove the seeds and white parts of each pepper.

Or, the lazy method:

Remove the tops of the peppers, remove the seeds.

Fill the chiles with the mashed potato mixture. If the tops of the peppers were cut off, fix them back on and secure with two toothpicks.

Get out some more chickpea flour, and dust the stuffed peppers in it.

Dip the peppers into the batter mixture and drop into the canola oil. Cook until done. Drain on paper towels. Serve immediately.

Preparation time: 30 minutes

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Source URL: <http://kitchen.unseelie.org/node/80>

Chilli con Queso

- 1/2 cup chopped onion
- 1 tablespoon margarine or butter
- 2 medium tomatoes, seeded and chopped
- 4 ounces diced green chile peppers
- 8 ounces kidney beans, drained
- 2 cups shredded melty cheese (Monterey jack, cheddar, American)
- 1 tablespoon cornstarch
- hot sauce to taste
- tortilla or corn chips

In saucepan, cook onion in butter/margarine.

Stir in tomatoes, peppers, and beans. Simmer uncovered 10 minutes.

Toss shredded cheeses with corn starch. Gradually add to saucepan, until melted thoroughly. Add hot sauce to taste.

Serves: 12 (serve with chips)

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/96>

Chopped Liver

- 3 tablespoons butter
- 1 onion (yellow, Spanish, Vidalia), chopped
- 3 cloves garlic, minced
- 1 pound chicken livers
- 4 [eggs, hard boiled](#) ^[1], chopped
- optional: fresh parsley to taste
- hot sauce to taste
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons prepared mustard
- lettuce
- crackers

Melt butter completely over medium heat.

Saute onions, garlic and livers in butter, until insides of the livers are no longer pink. But do not overcook.

Add eggs, optional parsley, hot sauce, salt, pepper and mustard, and chop all in blender. Cool.

Serve on lettuce with crackers. Or make a sandwich.

Serves: 8

Preparation time: 45 minutes, a day in advance

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/104>

Links:

[1] <http://kitchen.unseelie.org/.#9>

Crab Cakes

- 1 stalk asparagus per cake (same thickness)
- salt
- 1/4 ounce crab meat per cake
- 1/2 slice white bread per cake, crusts removed, torn into tiny pieces
- 1/6 cup mayonnaise per cake
- 1/2 tablespoon Dijon mustard per cake
- 1/6 tablespoon Old Bay spice per cake
- butter

Preheat oven to 350 degrees Fahrenheit.

Cut tips off of asparagus, boil in salted water 5 to 8 minutes, chop.

Combine asparagus, crab meat, white bread, mayonnaise, mustard and Old Bay spice.

Brown cakes in butter on both sides.

Bake for 15 minutes.

Serve with tartar sauce.

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/116>

Crescent Rolls with Meat

- 1 onion, chopped finely
- 2 cloves garlic, crushed
- margarine or butter
- 1 pound ground beef
- 4 tablespoons brown sugar
- 2 tablespoons [steak sauce](#) ^[1]
- 3 packages of easy-bake style crescent rolls

Saute onion and garlic in margarine or butter. Add ground beef, and brown. Combine beef, onion and garlic with brown sugar and steak sauce.

Roll meat mixture into each crescent roll. Baste with margarine.

Bake for 12 to 14 minutes at 375 degrees Fahrenheit.

Serves: 16

Preparation time: 1 hour

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/118>

Links:

[1] <http://kitchen.unseelie.org/.117>

Deviled Eggs

- 6 [eggs, hard boiled](#) ^[1]
- 1/4 cup mayonnaise
- 1 teaspoon vinegar
- 1 teaspoon prepared mustard
- dash salt
- paprika

Peel the eggs, and slice in two lengthwise. Remove yolks, and mix (in a food processor) the yolks with mayonnaise, vinegar, mustard, and salt. Mix thoroughly, and stuff egg whites with yolk mixture.

Sprinkle paprika on eggs (yellow side up) to garnish. Cool in fridge before serving.

Serves: 6

Preparation time: 20 minutes (prepare in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/12>

Links:

[1] <http://kitchen.unseelie.org/.#9>

Dosa

- 2 cups white gram dal (urud dal)
- 4 cups white rice
- 1 teaspoon fenugreek
- salt to taste
- yellow onion, chopped
- green chile, chopped
- olive oil

Soak dal and rice overnight in water.

Grind to paste.

Add some more water, fenugreek and salt. Leave out overnight, again, so it can start to ferment.

Add chopped onions and chiles.

Heat olive oil. Fry batter thin and crispy in the oil.

Serves: 6

Preparation time: 60 minutes (start two days in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/106>

Farmer's Cheese

- 1 gallon fresh whole milk
- 1 cup plain yogurt with active cultures or 1-1/2 teaspoons citric acid or 1/4 cup cultured buttermilk
- 1/4 tablet, or 1/4 teaspoon liquid, rennet
- 1-1/2 tablespoons salt
- 1/2 tablespoon white sugar
- optional: chives or minced chiles

You will also need:

- big pot with cover
- big metal slotted spoon
- thermometer
- long knife
- big metal colander
- sterilized muslin, napkin, dishtowel and/or cheesecloth to act as . . . cheesecloth

A note about milk: Making cheese requires that there be active bacteria in the milk. The more active bacteria, the easier it is to get a clean break and make cheese. I prefer to work with raw milk, because there are more good bacteria. However, raw milk is not always an option -- it must be legal for you to purchase in your state, and you must have a dairy nearby which sells it. It is impossible to make cheese with ultra-pasteurized milk (milk which has but been pasteurized at high temperatures). Unfortunately, dairies are not required to label whether the temperature at which their milk is pasteurized, and most high production dairies use different temperatures to pasteurize milk going out in different deliveries or to different markets (so that a commercial milk that worked one week, may not work the next). My advice is get to know the people at your local dairy farm -- they can guarantee you FDA-legal milk that has been pasteurized to 145-180 degrees, but which is not heated substantially more.

Make sure that *everything* is clean and sterile.

Make sure, *again*, that everything is clean and sterile.

Stop. Take a breath (nowhere near your sterile tools or your ingredients). And once more be *sure* that everything is clean and sterile.

No, you are not going to be performing surgery, and you are not even planning to age this cheese, but it's good cheese practice: You will get used to being careful for when you *do* make aged cheeses. (And you will make aged cheeses -- the path of the cheesemaker is a seductive one.)

In a heavy-bottomed pan (or in the inset for a large double-boiler), combine the milk with the yogurt (or citric acid or buttermilk), stirring with slotted spoon. Warm over a medium heat, until 98 to 100 degrees Fahrenheit. If it goes over 100 degrees, cool it a bit.

Meanwhile, dissolve the rennet in 1/4 cup of cool water.

Add the rennet and stir for a minute or two.

Cover the pot, remove from heat (or take inset out of double boiler) and leave untouched for an hour.

Remove the lid of the pot, and stick the long knife in. Slice the curds lengthwise every 1/2" or so, and then the other direction every 1/2" or so, to make a crisscross.

Cover the pot and leave for another half hour.

Prepare the colander by lining it with sterile cloth.

Slowly empty the pot into the cheesecloth-lined colander, to separate the curds from the whey.

Combine the salt and the sugar in a separate bowl.

When the curds have drained enough that the consistency is close to cottage cheese, spoon the salt/sugar mixture in one teaspoon at a time, stirring and mixing it into the cheese.

Tie the cheesecloth and squeeze as much remaining water out as you can.

Hang the cheesecloth over a basin for about 20 minutes, so that it can continue to drain.

If you want to get fancy and add chives or minced chiles or the like, now is the time to do so.

Remove the cheese from the cheesecloth and pack in a container. Leave in the fridge overnight. Serve.

Serves: makes about a pound of cheese

Preparation time: about three hours (start the night before)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/81>

Fried Chicken Wings

- chicken wings
- a dry spice rub (at least salt and pepper, but maybe cinnamon chiles and/or sugar or other spices) or a marinade (maybe buttermilk, salt and sugar; maybe water, lemon juice, salt and sugar; maybe white wine, shanxi vinegar, salt, white sugar, MSG and water)
- oil for frying
- breading (flour and sugar, or for crispier wings potato starch and an instant flour like Wondra)
- flavoring (see below)

Rinse the chicken wings. Remove the wing tips, and discard or put aside for other uses (making stock, feeding cats).

Divide the wings at the joint.

Rinse the wings, and pat dry. Toss with a dry spice rub, or put in a marinade for 1-5 hours.

Heat the oil to 340 degrees Fahrenheit.

Before the wings are deep frying, prepare the sauce you want to use for flavor, and heat it/them:

Place the breading in a bag, and then put the wings in the bag. Shake, to coat the wings thoroughly.

Deep fry the wings in the heated oil for 5-7 minutes.

- Buffalo: Hot pepper sauce combined with softened butter and salt
- Mustard: Some Dijon mustard, combined with honey, coarse ground black pepper, salt and sesame seeds
- Peanut Butter and Lime: minced chillis, garlic and/or onion browned in sesame oil, with peanut butter, white balsamic vinegar, white sugar, lime juice, salt, pepper and enough water to keep from drying out
- [Barbecue Sauce](#) ^[1]

Remove the wings from the oil, and drain quickly. Toss with the sauce so that they get all gooey, or serve the sauces on the side.

Serve immediately.

Preparation time: 20 minutes

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Source URL: <http://kitchen.unseelie.org/node/152>

Links:

[1] <http://kitchen.unseelie.org/.#85>

Fried Chickpeas

- oil for deep frying (olive oil or canola oil)
- 1 rose garlic, lightly separated and still with its skins
- 1 yellow onion, julienned
- 15 ounces canned chickpeas, drained
- 1/4 pound potatoes, washed and unpeeled, sliced thin
- 8 to 12 sage and/or basil leaves
- salt
- chipotle powder or other spices

Heat the oil to about 385 degrees Fahrenheit.

Throw the garlic and onions into the oil.

After 1 to 2 minutes, add the chickpeas, potatoes, and the leaves from the herbs (be careful that the moist chickpeas don't make the oil splatter).

After 4 to 5 minutes, remove all from heat and drain on paper towels. Toss with salt and other spices to taste. Serve immediately.

Serves: about 8

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/105>

Green Onion and Yogurt Quesadilla

- 1 soft burrito-sized tortilla or 2 [corn tortillas](#) ^[1]
- 2 tablespoons plain yogurt
- 3 diced green onions
- 1/2 cup shredded cheese ([mozzarella](#) ^[2] or mild cheddar)
- black pepper to taste

Spread the yogurt on one side of the tortilla. Spread the green onions and cheese over the yogurt. Sprinkle pepper to taste. Fold the tortilla to make a sandwich (if using corn tortillas, just make a sandwich from the two).

Preheat a skillet. Cook the quesadilla in the skillet on each side, til golden brown.

Serves: 1

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/103>

Links:

[1] <http://kitchen.unseelie.org/.257>

[2] <http://kitchen.unseelie.org/.273>

Guacamole

- 1 avocado
- a little chopped onion
- salt and pepper to taste
- a little chili powder
- 1 tablespoon extra virgin olive oil
- juice from 1/4 of a lemon

Cut the avocado in half and remove the seeds. Put the meat into a bowl, and mash with a fork. Stir in the other ingredients. Use plastic wrap to seal the guacamole from the air (air can oxidize it and turn it brown, which makes it look a lot less appetizing). Refrigerate for an hour.

Preparation time: 5 minutes (prepare an hour in advance)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/209>

Hoddeok

- 1.5 teaspoons active dry yeast
- 1 tablespoon white sugar plus a pinch
- 1 cup milk
- 3-5 cups white flour
- 1 teaspoon kosher salt
- cooking oil
- filling (eg. 1/2 cup brown sugar, 1 teaspoon cinnamon, 1/4 cup chopped pecans)
- optional: powdered sugar

Put 3/4 cup warm water in a bowl. Stir in the dry yeast, and add a pinch of sugar,

Warm the milk over a low heat. After the milk is warm, remove from heat.

Sift 3 cups of flour into a mixing bowl. Stir in a tablespoon of white sugar, and kosher salt. Create a small dip in the center of the flour, in the bowl, and a tablespoon of oil.

After the yeast has awoken (about 15 minutes), pour the yeast and milk into the dip in the flour. Mix thoroughly, adding more sifted flour as needed, until the dough pulls easily away from the sides of the bowl. Knead inside the bowl.

Cover with wax paper, place somewhere warm, and let rise for 2-4 hours, until it's doubled.

Beat the dough down. Cover again, and let rise a second time for 20-60 minutes.

Make the filling by combining the brown sugar, cinnamon and pecans. Alternately, fill with jam or cheese or meat or sweet-potato and brown sugar or red bean paste or whatever!

Separate the dough into 8-12 pieces.

One piece of dough at a time, flatten the dough into a disk, spoon filling on top of the dough, fold over and seal, and roll into a round shape. Flatten each disk a bit with your hands, without tearing it.

Heat a pan just about a centimeter thick with cooking oil, over medium heat, until water spatters on being added.

A couple Hoddeok at a time, place them into the pan to cook. Cook about 30 seconds on one side, then flip. Using a metal spatula and a heavy metal instrument to add force, press each pancake as flat as you can without bursting the pancake. Cook for 60-90 seconds, turn, press and cook for another 30-60 seconds. Turn out on towels to removed excess oil. Let the oil heat back up before putting in the next batch.

Optionally, dust with powdered sugar, and serve.

Reheats well in a microwave or toaster oven.

Serves: 4-8.

Preparation time: 4-7 hours

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/263>

Humus

- 1-1/2 cups dry chick peas
- water
- 4 cloves garlic, crushed
- juice from 2 lemons
- 1/4 cup minced parsley
- 1/4 cup minced scallions
- 3-4 tablespoons olive oil
- cayenne pepper
- black pepper
- tamari

Soak chick peas for a couple hours, then boil for an additional hour or two, until soft. Mash thoroughly, preferably with a blender, food processor, or other appliance.

Combine everything, til it tastes about right. Throw it in the refrigerator to chill.

Serves: 6 (with pita or veggies)

Preparation time: 60 minutes (prepare 6 hours in advance)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/21>

Matbucha Moroccan Tomato Salad

- 7 medium tomatoes
- 6 cloves garlic
- 1 jalapeno
- 1 green bell pepper
- 1 red bell pepper
- 1 tablespoon sugar
- 1/3 cup extra virgin olive oil
- 2 tablespoons ground paprika
- 1/2 tablespoon salt
- 3/4 teaspoon ground black pepper

Optional step: Place the bell and jalapeno peppers under the broiler or (even better) on a grill over open flame. Roast until the skin begins to change color and blister, flip and roast until the skin is blackened and blistered over all the peppers. Place the peppers into a paper bag, and allow them to sit for about fifteen minutes. The skins are sweated off more completely if you use a double-bagged small lunch bag, and to put no more than two peppers into each double bag. Remove the outermost layer of skin from each pepper.

Optional step: Boil a large pot of water. Turn the heat down to medium, and throw in the tomatoes. After a few minutes, when the skin is cracked and starting to peel on the tomatoes, drain them and submerge them in cold water. Peel the tomatoes.

Put an empty pot on the stove, over medium heat.

Dice the tomatoes, and throw them into the pot. Stir. Crush the garlic, and throw it into the pot. Stir. Remove the seeds from the jalapeno and mince it, and throw it into the pot. Stir. Remove the seeds from the bell peppers, dice, and throw into the pot. Stir.

Cook uncovered over medium heat, stirring, for about 10 minutes.

Turn the heat to medium low, and cook uncovered for 45 to 60 minutes, stirring occasionally so that nothing burns or sticks but so that most of the water comes off.

Measure out the oil in a separate bowl. Add the paprika, sugar, salt and black pepper to the oil. Whisk vigorously.

Whisk the oil into your main pot of matbucha. Keep cooking for another 30 minutes, stirring somewhat more frequently.

Put in a covered container, and chill in the fridge overnight.

Serves: Makes just over a pint. Serve with crackers or pita bread.

Preparation time: About 150 minutes, prepared a day in advance

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/251>

Mozzarella Cheese

- 1-1/2 teaspoons citric acid
- 1 gallon fresh whole milk
- 1/4 tablet, or 1/4 teaspoon liquid, rennet
- 3-1/2 tablespoons salt (plain salt, no iodine or other additives)

You will also need:

- big pot
- big metal slotted spoon
- thermometer
- long knife
- big metal colander
- a second pot

A note about milk: Making cheese requires that there be active bacteria in the milk. The more active bacteria, the easier it is to get a clean break and make cheese. I prefer to work with raw milk, because there are more good bacteria. However, raw milk is not always an option -- it must be legal for you to purchase in your state, and you must have a dairy nearby which sells it. It is impossible to make cheese with ultra-pasteurized milk (milk which has but been pasteurized at high temperatures). Unfortunately, dairies are not required to label whether the temperature at which their milk is pasteurized, and most high production dairies use different temperatures to pasteurize milk going out in different deliveries or to different markets (so that a commercial milk that worked one week, may not work the next). My advice is get to know the people at your local dairy farm -- they can guarantee you FDA-legal milk that has been pasteurized to 145-180 degrees, but which is not heated substantially more.

Make sure that *everything* is clean and sterile.

Make sure, *again*, that everything is clean and sterile.

Stop. Take a breath (nowhere near your sterile tools or your ingredients). And once more be *sure* that everything is clean and sterile.

No, you are not going to be performing surgery, and you are not even planning to age this cheese, but it's good cheese practice: You will get used to being careful for when you *do* make aged cheeses. (And you will make aged cheeses – the path of the cheesemaker is a seductive one.)

Add the citric acid to a half-cup of cool water. Stir.

In the bottom of a double boiler, heat water to 110-120 degrees. Put the inner part of the double-boiler in, and add the citric acid. Pour in the milk.

Meanwhile, dissolve the rennet in 1/4 cup of cool water, and put another pot of water on the stove (which you are trying to get to 175 degrees).

Heat the milk, slowly, to 90 degrees, and do not go over!

Add the rennet by pouring through the holes of the slotted spoon so that it pours evenly. Stir gently for a minute or two (gently moving the slotted spoon up and down will help).

Let everything rest until the curd is set, about 5-10 minutes.

Stick the long knife in. Slice the curds lengthwise every 1" or so, and then the other direction every 1" or so, to make a crisscross.

Place the colander in a clean sink, while the curds set for another 2-3 minutes.

Slowly scoop the curds from the double boiler into the colander. Add a half teaspoon of salt and gently stir.

Get the hot (175 degree) water near. Divide the curd into a couple pieces, dunk in the water, and press/fold/play with. Stretch, ball, and repeat, until it pulls like taffy. Ball again or braid into final shape or shapes. To get fancy, flatten it, lay delicious things on top (eg. fresh basil, dried tomatoes and/or prosciutto), roll tight and put a toothpick in (the toothpick can be removed after the cheese has fully set in the brine).

Mix a quart of cool water with three tablespoons of whey and three tablespoons of salt, to make a brine. Put the mozzarella pieces into the brine, cover and refrigerate.

Serves: makes about a pound of cheese

Preparation time: about one hour

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/273>

Nachos

- fresh tomato
- fresh cilantro
- lime juice
- tortilla chips, from a new bag (they go stale too fast)
- optional: ground beef, chicken or turkey, browned with spices
- optional: beans or [refried beans](#) [1]
- optional: shredded or minced scallions, minced jalapenos, thinly sliced grilled or [pickled onions](#) [2]
- shredded melty cheese, especially cheddar or Monterey jack
- sour cream
- [guacamole](#) [3]
- [salsa](#) [4]

Dice the tomato, add in some cilantro, and toss with lime juice.

Get out a baking sheet. Spread the tortilla chips over the sheet so that they scarcely overlap.

With a teaspoon, drop just a little of the tomato-cilantro-lime mixture on each tortilla chip. Evenly spread any meat or beans, so that there is a bit on each chip. Evenly spread any of the optional vegetables, so that there is a bit on each chip.

Sprinkle shredded cheese evenly over each tortilla chip.

Place the nachos under the broiler. Remove once the cheese is melted and just starting to sizzle. Be careful not to burn the chips.

Serve with sour cream, [guacamole](#) [3] and [salsa](#) [4] on the side.

— [Subscriptions \(1\)](#) —

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Source URL: <http://kitchen.unseelie.org/node/192>

Links:

[1] <http://kitchen.unseelie.org/./72>

[2] <http://kitchen.unseelie.org/./91>

[3] <http://kitchen.unseelie.org/./209>

[4] <http://kitchen.unseelie.org/./25>

Negimaki

- 3 scallions per serving
- 1/4 pound flank steak per serving
- cotton twine
- 1/8 cup sake per serving
- 1/8 cup mirin per serving
- 1 tablespoon soy sauce per serving
- 1-1/2 teaspoons sugar per serving
- vegetable oil
- maybe cornstarch

Boil a big pot of salted water, and have a bowl of ice water ready. Blanch scallions in the boiling water about 45 seconds, then plunge into ice water to stop them cooking. Dry them on paper towels.

Butterfly and cut steak with the grain into 1-1/2" to 2" x 6" x 1/8" strips; about three per serving.

Lay out lightly oiled parchment paper. Place slices of beef on paper, leaving at least 1" between slices. Prepare a second sheet of lightly oiled parchment paper, and lay atop the steak slices. Using the flat end of a mallet, pound the steak into ~1/16" width.

Assemble one roll per serving. Lay about three strips of the meat side by side, with sides overlapping, to make a square about 36 inches square. Lightly salt. Cut 3 to 4 scallions to about the length up the width of the beef square, removing most but not all of the white of the scallion in the process. Lay the scallions so about as many onion-ends are on each side. Roll the scallions up inside the meat, and tie in 4 locations with cotton twine.

Place the rolls into a shallow baking pan just large enough for all rolls. Combine sake, mirin, soy and sugar to make a marinade. Pour over rolls, and marinate for 15+ minutes, turning rolls frequently.

Heat oil in frying pan to medium high. Meanwhile drip-dry and pat dry the rolls. Save the marinade. Once oil is heated, cook the rolls, turning frequently, to desired doneness (maybe 5 to 15 minutes).

Remove the rolls, and place on cutting board. Throw the marinade into the pan, and cook. If need be, thicken by removing a small amount and combining with a bit of cornstarch, then stirring back in.

Cut the strings off the rolls, and slice each roll into about 6 pieces.

Put sauce in bottom of a bowl, and place each roll into the sauce. Serve immediately.

Preparation time: 80 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/119>

Pakoras

- 4 ounces chickpea flour
- 1/2 teaspoon chili powder
- 1/2 teaspoon baking soda
- canola oil
- veggies: eggplant, onion, cauliflower florets, potato

Mix flour, a little water, chili and baking soda in a bowl to make the batter. Mix well and leave to rest for about 5 minutes. Heat oil to 350 degrees Fahrenheit, then dip the vegetables into the batter mixture and drop into the oil. Remove the pakoras when golden brown and delicious looking.

Serves: 4

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/107>

Paneer Cheese

- 1/2 gallon fresh milk
- 1/3 cup fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon white sugar

A note about milk: Making cheese requires that there be active bacteria in the milk. The more active bacteria, the easier it is to get a clean break and make cheese. I prefer to work with raw milk, because there are more good bacteria. However, raw milk is not always an option -- it must be legal for you to purchase in your state, and you must have a dairy nearby which sells it. It is impossible to make cheese with ultra-pasteurized milk (milk which has but been pasteurized at high temperatures). Unfortunately, dairies are not required to label whether the temperature at which their milk is pasteurized, and most high production dairies use different temperatures to pasteurize milk going out in different deliveries or to different markets (so that a commercial milk that worked one week, may not work the next). My advice is get to know the people at your local dairy farm -- they can guarantee you FDA-legal milk that has been pasteurized to 145-180 degrees, but which is not heated substantially more.

Make sure that everything is clean and sterile.

In a heavy-bottomed pan, warm the milk over a medium to medium-high heat, stirring occasionally until it just starts to boil (about 10 minutes).

Lower heat to "low" and slowly stir in the lemon juice and 1/3 cup water. If whey is not almost clear, add more lemon juice and keep stirring.

Remove from heat and keep stirring 2 to 3 minutes.

Let stand for 10 minutes.

Place cloth in a colander. A layer of cheesecloth over a layer of thin non-terry towel works well.

Strain the water and whey from the curds by pouring the whole pot through the cheesecloth-lined colander.

Rinse all the lemon juice out of the cheese, and cool the cheese, by flushing cold water through the curds and turning/sifting the curds as you do.

Lift cloth out and squeeze the water out.

Mix the salt and sugar into the curds in the cloth.

Either twist and tie the cloth and hang over a basin for about 20 minutes, or twist and tie the cloth and leave in the colander with a weight over for about 20 minutes.

Either cook with it immediately, or refrigerate overnight.

Serves: makes about half a pound of cheese

Preparation time: 60 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/67>

Potato chips

- oil for deep frying
- russet potatoes
- salt, pepper and/or [spices](#) ^[1] to taste, or maybe salt and vinegar

Heat oil to about 350 degrees Fahrenheit.

Wash and peel the potatoes. Using the potato peeler, peel the potato into thin potato-chip sized pieces.

Rinse the potato slices and pat dry.

Fry to golden brown. Remove from oil, and pat dry. Season to taste.

Serve immediately.

You can serve with [cheese sauce](#) ^[2], [chilli con carne](#) ^[3] or another dip.

Serves: about 2 per potato

Preparation time: about 20 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/279>

Links:

[1] <http://kitchen.unseelie.org/.#86>

[2] <http://kitchen.unseelie.org/.#69>

[3] <http://kitchen.unseelie.org/.#18>

Quesadillas

- 2 soft burrito-sized flour tortillas or 6-8 [corn tortillas](#) [1]
- 3 tablespoons sour cream
- 1 small diced onion (possibly grilled first)
- optional: 2 ounces chopped green chile peppers fried with the onions
- optional: 3 tablespoons [salsa](#) [2]
- optional: beef or chicken
- 3/4 cup shredded melty cheese (Monterey jack or mild cheddar)
- optional: butter or margarine

Spread the sour cream on one side of two separate tortillas. Spread the onion and optional fillings on top of the sour cream on one tortilla, and sprinkle all the cheese over it. Place the other tortilla on top (sour cream side facing the cheese), making a sandwich. If you wish, spread butter or margarine thin over the outside of the quesadilla.

Preheat a skillet. Cook the quesadilla in the skillet, about a minute or two on each side, til golden brown and melty.

Cut the quesadilla into slices like a pizza.

Serves: 2 to 3

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/111>

Links:

[1] <http://kitchen.unseelie.org/.257>

[2] <http://kitchen.unseelie.org/.25>

Rangoons (Jalapeno or Crab)

- 8 ounces canned crabmeat OR chopped fresh jalapeno peppers
- 8 ounces cream cheese, at room temperature
- small onion, chopped
- 1/4 teaspoon garlic powder
- 1/2 teaspoon soy sauce
- 3 dozen wonton wrappers ^[1]
- 1 egg yolk
- oil for deep frying
- Chinese mustard, sweet and sour, or plum sauce

Combine crab (or jalapenos), cream cheese, onion, garlic powder, and soy sauce. Place one heaping teaspoon of mixture in the center of each wonton. Use egg yolk to moisten the edges of the wonton wrappers, fold together, and pinch to seal.

Heat the oil in a frying pan to 375 degrees Fahrenheit. Fry 5 or 6 rangoons at a time, for about 3 minutes each batch, til golden. Drain on paper towels, and serve while hot with sauce for dipping.

Serves: 12

Preparation time: 45 minutes (can be frozen before frying)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/108>

Links:

[1] <http://kitchen.unseelie.org/.227>

Roman Gnocchi

- extra virgin olive oil
- 2 cloves garlic, minced
- 2 cups milk
- salt
- 1 cup semolina flour
- 1/2 stick butter, melted
- 1 egg yolk
- 3/4 cup grated Parmesan and/or Asiago cheese
- warm sauce or syrup

Line a baking sheet with aluminum foil.

Heat the oil over medium heat. Once the oil is warm, add the garlic. Keep stirring.

When the garlic begins to turn gold, stir in the milk and the salt.

Bring the milk to a gentle simmer, stirring constantly.

When the milk begins to lightly simmer, gradually stir in the semolina flour. Keep stirring and folding the mixture for 2 to 5 minutes, until it starts to become dough-like.

Add the butter and keep folding until incorporated.

Turn off the heat.

Dump the semolina dough onto the baking sheet. Use a spatula to spread flat. Add the yolk and the cheese, and knead quickly (before the yolk starts to cook).

Roll to a medium thickness -- thicker will take longer to cook.

Let rest, covered, for 45 to 60 minutes.

These can be cooked any number of ways. Buttered and baked in a glass pan (350 to 475 degrees Fahrenheit for 20 to 40 minutes), or grilled on a buttered medium griddle until toasty golden brown. When all done, top with a warm sauce or syrup.

Serves: 4

Preparation time: About 2 hours

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Source URL: <http://kitchen.unseelie.org/node/112>

Romanian Salata de Venete

- 1 medium eggplant
- 1 red bell pepper
- 1 green bell pepper
- 2 to 3 medium chiles
- 1 sweet onion
- 2 cloves garlic
- 1/4 cup extra virgin olive oil or sunflower oil
- 1/3 cup lemon juice
- 1 tablespoon white sugar
- 2 teaspoons salt
- 1 teaspoon black pepper

Preheat the oven to 450 degrees Fahrenheit. Place the eggplant, peppers and chiles on a baking sheet, and put on a middle rack for 40 to 60 minutes, turning halfway through.

While waiting for the eggplant, peppers and chiles to roast, dice the onion and crush the garlic.

After you take the eggplant, peppers and chiles out of the oven, place the peppers and chiles into double-bagged small lunch bags for about 15 minutes.

While waiting for the peppers and chiles to sweat their skins off, rinse the eggplant in cold water and peel its skin off. Dice the eggplant.

Once the peppers are done sweating, remove the outermost layer of skin from each pepper. Dice the peppers.

Combine the onions, garlic, eggplant, peppers and chiles in a bowl that has a tight cover.

Combine the oil, lemon juice, sugar, salt and black pepper in a small bowl. Whisk well. Stir the dressing into the salad.

Cover the container, and chill in the fridge overnight.

Serves: Makes over a pint. Serve with crackers or pita bread.

Preparation time: About 120 minutes, prepared a day in advance

– [Subscriptions \(1\)](#)

Salsa

- 1 large tomato, diced small, with liquid reserved
- 1/4 to 1/2 onion, minced
- 1 jalapeno, minced (more or less for spicier or milder salsa)
- 1 to 2 teaspoons cilantro and/or epazote
- 1 tablespoon lime juice
- salt to taste

Combine all. Cover the bowl. Chill in the fridge for a couple hours.

Serve with tortilla chips.

Preparation time: 10 minutes (start a couple hours early)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/25>

Tempura

- veggies: green beans with ends chopped off; sweet potatoes peeled and sliced thin; broccoli flowers; white onion slices; eggplant, peeled, sliced thin, salted and washed; summer squash and/or zucchini sliced thin; mushrooms sliced
- canola oil for deep frying
- optional: a little sesame oil to flavor the canola oil
- 1 cup white flour
- 2 eggs
- 3/4 cup ice water (colder is better)
- optional: 1 tablespoon sake
- suggested: tentsuyu dipping sauce

Prepare the veggies.

Start heating the oil to 375 degrees Fahrenheit. Mix a batter from the flour, eggs, water and optional sake. The water should be really cold -- a couple ice cubes don't hurt!

Piece by piece, dredge the veggies through the batter and then place in the heated oil. Fry each piece 2 to 3 minutes until it looks just right!

Serve hot. I suggest using tentsuyu dipping sauce.

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/113>

Soups and Stews

[African Chicken Stew \(Slow Cooker\)](#) [1]

[Chicken Fricassee](#) [2]

[Chicken Gumbo](#) [3]

[Chicken Paprikash \(Slow Cooker\)](#) [4]

[Chilli con Carne](#) [5]

[Chilli con Chorico](#) [6]

[Chilli with Beans](#) [7]

[Curried Stew](#) [8]

[Czech Gulas](#) [9]

[Faux Jambalaya](#) [10]

[Gazpacho](#) [11]

[Hot and Sour Soup](#) [12]

[Lamb Chop Yogurt Stew](#) [13]

[Lamb Marsala Stew](#) [14]

[Matzah Ball Soup](#) [15]

[Medieval Stew](#) [16]

[Paneer Chilli](#) [17]

[Ratatouille](#) [18]

[Summer Beef Stew](#) [19]

[Thai Massaman Curry \(Slow Cooker\)](#) [20]

[Tomato Spiced Lentils](#) [21]

[White Chilli](#) [22]

— [Subscriptions \(1\)](#) —

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Source URL: <http://kitchen.unseelie.org/node/45>

Links:

[1] <http://kitchen.unseelie.org/.166>

[2] <http://kitchen.unseelie.org/.168>

[3] <http://kitchen.unseelie.org/.169>

[4] <http://kitchen.unseelie.org/.171>

[5] <http://kitchen.unseelie.org/.18>

[6] <http://kitchen.unseelie.org/.19>

[7] <http://kitchen.unseelie.org/.16>

[8] <http://kitchen.unseelie.org/.23>

[9] <http://kitchen.unseelie.org/.165>

[10] <http://kitchen.unseelie.org/.178>

[11] <http://kitchen.unseelie.org/.41>

[12] <http://kitchen.unseelie.org/.145>

[13] <http://kitchen.unseelie.org/.187>

- [14] <http://kitchen.unseelie.org/.188>
- [15] <http://kitchen.unseelie.org/.146>
- [16] <http://kitchen.unseelie.org/.191>
- [17] <http://kitchen.unseelie.org/.68>
- [18] <http://kitchen.unseelie.org/.24>
- [19] <http://kitchen.unseelie.org/.272>
- [20] <http://kitchen.unseelie.org/.190>
- [21] <http://kitchen.unseelie.org/.241>
- [22] <http://kitchen.unseelie.org/.17>

African Chicken Stew (Slow Cooker)

- 1 whole chicken
- 1/4 cup extra virgin olive oil
- 3 to 4 cloves garlic, minced
- 1 finger ginger, minced
- 3 to 4 green and/or red jalapenos, minced
- 2 to 3 diced medium sweet-hot peppers
- 1-1/2 teaspoons ground coriander
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 to 3 julienned onions
- 2 to 3 sliced carrots
- 1-1/2 cups green lentils, uncooked
- bunch fresh parsley
- bunch fresh cilantro
- 3 cinnamon sticks

Wash the chicken, and cut the chicken into pieces -- breasts, wings, thighs, drumsticks. Remove the skin and bones.

Heat olive oil until hot.

Cook chicken about 10 minutes each side, until golden.

Remove chicken. Leave some oil in pan, and heat again.

Add garlic, ginger, peppers, coriander, salt and pepper. Cook.

Add onions and carrots. Cook til onions are soft.

Add 6 cups of water, and heat to boiling.

Add lentils.

Bind together with cotton twine a bunch of fresh parsley, a bunch of fresh cilantro, and 3 cinnamon sticks.

Drop bunch of herbs into pot, and submerge.

Lower heat and simmer for about an hour.

Add chicken. Simmer for at least 45 minutes more. Or remove and put in a slow cooker for a while.

Serves: 8

Preparation time: 180 minutes

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/166>

Chicken Fricassee

- 1 whole (5 pound) chicken
- 1 medium onion, diced
- 1 carrot, shredded
- 1 to 2 leeks, chopped
- fresh parsley
- 5 to 6 peppercorns
- 1 bay leaf
- 1/2 teaspoon salt
- [chicken broth](#) ^[1] or water
- 3 tablespoons butter
- flour
- 2 egg yolks
- 1/4 cup heavy cream
- lemon juice to taste
- optional: sliced mushroom caps, sauteed in butter for 7 to 8 minutes

Trim fat and clean out the inside of the chicken. Rinse the chicken, inside and out, with cold water. Split the chicken into separate pieces (2 thighs, 2 drumsticks, 2 wings, 2 breasts).

Place the chicken pieces, onion, carrot, leek, parsley, peppercorns, bay leaf and salt in a large narrow pot with a cover.

Pour enough chicken broth or water into the pot to cover the ingredients.

Bring to a boil, and then simmer slowly over medium heat about 10 minutes, skimming fat from the top as it forms.

When foam no longer appears, lower heat and cover pot, simmering for about 75 to 90 minutes (until the largest pieces of chicken are tender enough to fall from the bone).

Remove the chicken to a separate plate. Strain the soup through a sieve and discard the veggies.

Return 3 to 4 cups of soup to the pot. Skim fat from the surface, and keep simmering over low heat.

Meanwhile, in a saucepan melt 3 tablespoons butter over medium heat. Once melted, hot and bubbling, turn the heat to low and whisk in the flour. Once flour is toasted and yellow, but not brown, slowly stir in one cup of the stock. Keep stirring over low heat until thickened, then add to the remainder of the stock.

Salt to taste.

Whisk together the egg yolks and heavy cream. Slowly stir the cream-egg mixture into the sauce, over low heat.

Add lemon juice to taste.

Remove the skin from the reserved chicken, and remove the meat from the bones in large chunks and slices.

If you want to put mushrooms in only part of the dish, now is the time to split the sauce into two separate pots and heat to low.

Place the chicken meat into the sauce, to cook a little bit longer.

Mince some parsley and add it to the sauce, along with any mushrooms. Cook 5 to 10 minutes longer.

Remove the chicken pieces from the pot; ideally onto the top of a starchy side dish. Then pour some sauce over the chicken. Remaining sauce can be served separately.

Serves: 4 to 7 (have a starchy side dish)

Preparation time: 120 to 180 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/168>

Links:

[1] <http://kitchen.unseelie.org/.283>

Chicken Gumbo

- 4 tablespoons butter
- 1/2 cup sifted flour
- half rose of garlic, crushed or minced
- one yellow onion, chopped
- two stalks of celery, chopped
- 1 red bell pepper, chopped
- 1 green or poblano pepper, chopped
- 3 to 4 jalapeno peppers, minced
- 2 to 3 chicken breasts, chopped
- 1 pound sausage
- 1/2 pound sliced okra (frozen OK)
- 2 to 3 quarts [chicken broth](#) ^[1]
- 1 teaspoon paprika
- 1/2 tablespoon salt
- 1/2 tablespoon chipotle powder

Clarify butter in large pot.

Add sifted flour to clarified butter, and brown to a roux.

Add garlic, onion, celery and peppers. Cook until soft.

Add chicken breasts and sausage.

Once chicken is cooked, add okra.

Add 2 quarts of stock.

As liquid thickens, add more stock.

Add spices.

Serve with [rice](#) ^[2].

Serves: 10

Preparation time: 75 minutes

— [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/169>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.225>

Chicken Paprikash (Slow Cooker)

- whole fresh chicken
- 2 teaspoons Hungarian paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups [chicken stock](#) ^[1]
- large onion, chopped into large pieces
- 1/3 cup flour (masa flour OK)
- 1 teaspoon chicken bullion
- 1/2 cup sour cream
- 1 teaspoon flour (masa flour OK)

Rinse the bird in cold water.

Cut the bird into eight pieces: drumsticks, thighs, wings, breasts.

Remove the wing tips and the skin.

Combine paprika, salt and black pepper. Rub generously over the chicken pieces.

Heat a big pan over medium-high heat. When hot, place chicken pieces in pan with no liquid or oil. Cook 2 to 3 minutes, flip, and cook 2 to 3 minutes more.

Place chicken in the bottom of a slow cooker.

Add a teeny bit of the chicken stock to deglaze the pan. Turn heat back to medium, and cook the onions in the pan.

Add the flour, turn off the heat, and brown the flour.

Deglaze the pan with the remaining chicken stock, and turn back to medium heat.

Once it starts to thicken, add the bullion. Let the sauce thicken.

Pour the thick sauce over the chicken. Cover the slow cooker and cook on low for 8 to 10 hours.

Half an hour before ready to serve, combine sour cream and 1 teaspoon flour. Add 2 to 3 tablespoons of the gravy from the slow cooker to the mixture to temper it. Add the mixture back to the slow cooker and stir well.

Cook for half an hour more.

Serve over [noodles](#) ^[2] or [spaetzle](#) ^[3].

Serves: 3 to 6

Preparation time: ~1 hour plus ~8 to 10 hours in the slow cooker

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/171>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.227>

[3] <http://kitchen.unseelie.org/.29>

Chilli con Carne

- 4 cloves garlic, minced
- 2 jalapeno peppers, minced or disks
- 1 small Vidalia onion, chopped
- 1/2 green bell pepper, chopped
- 2 pounds hamburger
- 16 ounces tomato sauce
- 1 tomato, chopped
- 2 teaspoons ground oregano
- 2 teaspoons ground cumin
- 2 teaspoons chipotle powder
- 1 teaspoon ancho powder
- 1 teaspoon coriander
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/3 cup masa flour

Place a large pot with a cover over medium heat, until warm.

Add the garlic, jalapenos, onion, bell pepper and hamburger.

Using a fork, keep stirring and mashing the hamburger until it is browned in the bottom of the pot.

Drain the fat off of the hamburger.

Return to heat.

Add in the tomato sauce and the chopped tomato.

Add **all** the spices.

Stir together, turn heat to low and cover. Stir occasionally over the next hour, or more, adding water as needed to keep it from drying out.

When almost ready to serve, combine the masa flour with a half cup of water, whisking with a fork.

Add the masa paste to the chili, stir, and simmer 10 minutes more.

Can be frozen in serving-sized plastic bags, after completely cooled.

Good over rice ^[1] or fries ^[2] or bread.

Preparation time: 100+ minutes

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/18>

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.216>

Chilli con Chorico

- olive oil
- ~ 1/3 yellow onion per serving, chopped
- ~ 1 clove garlic per serving, crushed
- ~ 1/3 jalapeno pepper per serving, minced
- ~ 1/6 pound steak per serving, 1/2-1" cubes
- ~ 1/6 pound chorico per serving, 1/2-1" cubes
- ancho chile powder to taste (~ 1/3 teaspoon per serving)
- chipotle chile powder to taste (~ 1/3 teaspoon per serving)
- salt to taste (~ 1/8 teaspoon per serving)
- black pepper to taste (~ 1/16 teaspoon per serving)
- white pepper to taste (~ 1/16 teaspoon per serving)
- curry powder to taste (~ 1/8 teaspoon per serving)
- hot sauce to taste (amount depends on the hot sauce)
- ~ 6 ounces tomato sauce per serving
- maple syrup to taste (or, barring that, milled cane sugar)
- ~ 1/6 red bell pepper per serving, chopped
- ~ 1/6 poblano pepper per serving, chopped
- optional: ~ 1/6 pineapple per serving, cubed
- fresh or dried basil to taste
- fresh or dried cilantro to taste
- fresh or dried parsley to taste
- lime juice to taste

You will want to mince and/or chop your veggies before starting.

You will have enough leisure time while it stews to chop herbs.

Warm olive oil over medium heat. Start cooking onion and garlic. Add jalapeno peppers.

Add meat. Cook until meat is browned and warmed.

Add spices and hot sauce to taste.

Add tomato sauce.

Stir in maple syrup.

While it cooks, prepare rice for the meal.

Add chopped and minced peppers, and optional pineapple.

Add basil, cilantro, parsley and/or lime juice near the end of the cooking time.

Remove from heat.

Serve with rice ^[1].

Preparation time: 60 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/19>

Links:

[1] <http://kitchen.unseelie.org/.225>

Chilli with Beans

- 3 tablespoons butter, margarine, or olive oil
- 2 medium onions, chopped
- 3 cloves garlic, minced or crushed
- 16 ounces stewed tomatoes, undrained and diced
- 16 ounces red kidney beans
- 8 ounces black beans and/or white beans
- 8 ounces tomato sauce
- 6 tablespoons chilli powder
- 1 tablespoon sugar
- hot sauce, black pepper, white pepper and cayenne pepper to taste

In saucepan, cook onions and garlic in butter/margarine/oil until the onions are translucent. Drain off the oil.

Stir in tomatoes, beans, and tomato sauce. Stir in the chilli powder, sugar, and spices as it cooks. Cover and simmer for 15 to 30 minutes.

Serve with [rice](#) ^[1].

Serves: 5

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/16>

Links:

[1] <http://kitchen.unseelie.org/.//225>

Curried Stew

- salt
- potatoes, quartered
- extra virgin olive oil
- cloves garlic, minced
- onions, sliced chopped or diced
- optional: chicken breast, diced
- carrots, chopped or diced
- parsnips, diced
- red peppers, chopped or diced
- tomato sauce
- garam masala (or 4 parts ground cumin, 3 parts salt, 2 parts ground chipotle pepper, 2 parts ground black pepper, 2 parts ground paprika, and 1 part ground cinnamon)
- curry powder (or 4 parts ground coriander, 4 parts ground cumin, 2 parts ground tumeric, 1 part ground ancho powder, 1 part ground garlic powder, 1 part ground ginger)
- bay leaves
- crushed peanuts
- grade B maple syrup and/or tamarind concentrate
- coconut milk
- scallions, chopped
- basil, cilantro, parsley

Boil salted water, and cook the quartered potatoes until soft.

In pot, heat the oil, and cook garlic, onions and chicken, until the onions are soft. Add the carrots and parsnips, and cook until the onions are translucent. Add the peppers.

Add enough tomato sauce to cover the vegetables. Add the potatoes.

Add the spices, the bay leaves and the crushed peanuts.

Cover and simmer for 30 minutes or more.

Sweeten with syrup and/or tamarind concentrate.

Cover and simmer for 15 minutes or more.

Remove the bay leaves. Add coconut milk, scallions and herbs.

Simmer for 5 to 10 minutes.

Serve with [rice](#) ^[1] and yogurt and nan.

Preparation time: 90 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/23>

Links:

[1] <http://kitchen.unseelie.org/./225>

Czech Gulas

- extra virgin olive oil
- 2 pounds beef and pork (I like using 1-1/2 pounds beef chuck, and 1/2 pound pork shoulder butt), fat removed and chopped large
- 2 large onions, diced
- 6 cloves garlic, crushed
- 6 tablespoons Hungarian paprika
- 3 teaspoons marjoram
- 1-1/2 teaspoons caraway seeds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- bottle of beer (Pilsner style is more authentic, but I prefer to use ale)
- beef broth ^[1] or water
- 1 to 3 carrots, peeled, chopped large
- 2 to 5 potatoes, peeled, chopped large
- 0 to 2 parsnips, peeled, chopped large
- cornstarch
- optional: 1 to 2 bell peppers, chopped
- optional: fresh thyme and/or parsley

Heat oil in a large pan (I use a chicken fryer) over medium-high heat. Place the beef and pork in the pan, and stir until brown.

Add onions and garlic. Stir until softened. Turn heat to medium.

Add the paprika, marjoram, caraway seeds, salt and black pepper. Stir.

Pour a bottle of beer in. Then add beef broth and/or water to cover the ingredients.

Let cook about 2 hours. Avoid stirring for the first 45 minutes. After that, you can lower the temperature. If it starts to get dry, add more water. **Slow Cooker:** If using a slow cooker, cook covered on low for 10 to 12 hours.

Meanwhile, parboil root vegetables (carrots, potatoes and/or parsnips). After they have boiled for about 10 minutes, drain and put into the stew. **Slow Cooker:** If using a slow cooker, add in the root vegetables without parboiling them.

Add cornstarch to a small quantity of stew. Add mixture back to stew, to thicken. Near end of cooking time, add other optional ingredients. **Slow Cooker:** If using a slow cooker, add the other optional ingredients at the start of the cooking time, and use cornstarch to thicken near the end of the cooking time.

Serve with rice [2], bread, noodles [3] or spaetzle [4].

Serves: 8 to 9

Preparation time: 60 minutes (begin 3 hours in advance, or 12 hours in advance if using a slow cooker)

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/165>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.225>

[3] <http://kitchen.unseelie.org/.227>

[4] <http://kitchen.unseelie.org/.29>

Faux Jambalaya

- cooking oil
- 2/3 cup water per serving
- 2 to 3 ounces chicken, sliced into thin strips, per serving
- 1 to 2 spicy sausages, cut into 1/2 to 1 inch long pieces, per serving
- 1/3 onion, chopped, per serving
- 2/5 cup uncooked white rice per serving
- 1/4 chopped red bell pepper per serving
- 1/8 tablespoon dried or fresh chopped parsley per serving
- 1/8 teaspoon ground thyme per serving
- 1/8 teaspoon chopped garlic per serving
- 1/8 teaspoon salt per serving
- 3/16 teaspoon paprika per serving
- 1 full bay leaf for every 6 servings

Start some cooking oil over medium heat in a coverable pot; the pot should hold about 2 cups per serving.

Start boiling the water.

Cook the chicken, sausage and onions, until the onions are translucent; about 8 minutes.

Stir in the rice. Stir in the boiling water.

Add the pepper(s), parsley, thyme, garlic, salt, paprika and bay leaf/leaves.

Bring to a boil. Boil about 5 minutes.

Cover the pot and turn down the heat to low.

Cook 20 to 25 more minutes, until the rice is tender.

Use a fork to stir, evenly distributing the ingredients.

Serve.

Preparation time: about 60 minutes

– [Subscriptions \(1\)](#)

Gazpacho

- 24 tomatoes
- 4 cucumbers
- 4 green peppers
- 8 cloves of garlic
- optional: chopped onion
- 2 cups wine vinegar
- 4 cups olive oil
- 4 teaspoons of salt

Put the tomatoes in boiling water for 30 seconds to make peeling easier and dice them in small chunks. Peel cucumbers and dice them small. Dice peppers and garlic cloves very small. Mix all the vegetables in a food processor starting with tomatoes until it gets soup consistency. Add the vinegar and pour oil slowly without stopping the mixer. Add some cold water if the mix gets thick. Gazpacho should be a soup, not a cream. Add salt to taste. Serve cold.

Serves: 16

Preparation time: 30 minutes (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/41>

Hot and Sour Soup

- 1 ounce dried black mushrooms
- 3 tablespoons Chinese rice wine or dry sherry
- 1/2 cup + 1 tablespoon cider vinegar
- 2 tablespoons dark soy sauce
- 1-3/4 teaspoons salt
- 1/4 pound firm tofu in thin strips
- 2 tablespoons cornstarch
- 2 beaten eggs
- 6 minced scallions
- 1/2 teaspoon ground white pepper

Rinse mushrooms to clean. Place in bowl. Heat 2 cups of water to boiling, and pour over mushrooms. Let stand 30 minutes. Drain the mushrooms, squeezing out and saving all the excess liquid.

Slice mushrooms, and discard stems.

Place 6 cups water in a large kettle. Add the liquid from the mushrooms, and the sliced mushrooms. Heat to boiling.

Add the wine or sherry, the vinegar, soy sauce, salt and tofu to the kettle. Lower the heat and simmer about 10 minutes.

Place cornstarch in a bowl. Gradually add about 3/4 cup of the soup while whisking the cornstarch. Whisk until smooth, then return it to the soup and stir.

As the soup boils, drizzle in the egg and stir. Add scallion, and pepper. After a few more minutes it will be ready to serve.

Serves: 6

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/145>

Lamb Chop Yogurt Stew

- 1 lamb chop per serving
- salt
- pepper
- extra virgin olive oil
- minced garlic
- 1/2 onion per serving
- pine nuts
- rosemary
- [chicken broth](#) ^[1]
- yogurt
- cornstarch

Remove fat from meat. Salt and pepper the meat.

Heat oil in pan, over medium heat. Add garlic and onions to the pan, and cook the meat on both sides, about 2 to 5 minutes per side (depending on thickness).

Add pine nuts and rosemary, and cook for a minute more. Add enough broth to almost cover the chops. Bring to a simmer. Cover pan, and cook for 5 minutes.

Remove a bit of broth to a separate bowl. Add yogurt and cornstarch to the bowl, and whisk until smooth. Add the yogurt mixture back to the pot. Remove from heat and serve.

Serve with [rice](#) ^[2] (or [noodles](#) ^[3] or bread or [potatoes](#) ^[4]).

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/187>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.225>

[3] <http://kitchen.unseelie.org/.227>

[4] <http://kitchen.unseelie.org/.136>

Lamb Marsala Stew

- 1/3 white potato per serving
- 1/4 parsnip per serving
- 1/4 carrot per serving
- 1/5 pound lamb leg per serving
- salt
- black pepper
- 1/3 clove garlic per serving
- 1/4 yellow onion per serving
- 1/8 cup celery hearts per serving
- extra virgin olive oil
- Marsala wine
- cornstarch

Peel potatoes, parsnips and carrots, and dice into about 1 centimeter pieces. Keep separate! Steam the potatoes. About 3 minutes into steaming the potatoes add the parsnips. After another minute or two add the carrots. Once they all seem somewhat soft, remove them from the steamer. Set aside.

Carve the fat off the lamb leg, and chop lamb small. Rub salt and pepper into the lamb. Set aside.

Mince garlic. Chop onions small. Combine, and set aside.

Chop celery hearts.

Heat olive oil in pan over a medium heat. Once heated, add onions and garlic. Stir until the onions just begin to become soft. Add the meat.

Add Marsala wine to taste. Add water sufficient to cover most of the stew. Cover the pan and simmer for an hour or so.

Add the root vegetables. Continue to simmer another couple minutes. Add the celery. Stew just a bit longer until everything seems just about right.

Add some of the liquid to cornstarch to thicken, then add thickening back to stew.

Preparation time: 120 minutes

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/188>

Matzah Ball Soup

- [chicken broth](#) ^[1]
- optional: diced carrot, minced onion, diced celery
- 1/4 cup matzah meal
- 1 tablespoon potato starch
- 1/8 teaspoon salt
- salt and pepper to taste

Bring some broth to a boil, then lower the heat to simmer. If you want to add other ingredients, now is the time to do so.

Mix together matzah meal, potato starch, salt, and about 1/3 cup of water. Refrigerate mixture about 30 minutes. Roll into 8 balls.

Put the matzah balls into the broth. Cover and boil for about 20 minutes. Preheat oven to 350 degrees Fahrenheit, drain matzah balls, and bake them on a greased cookie sheet for 10 minutes. Place them back into the pot with the broth.

Salt and pepper to taste.

Serves: 4

Preparation time: 1 hour

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/146>

Links:

[1] <http://kitchen.unseelie.org/./283>

Medieval Stew

- 2 pounds stew beef, chopped large
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cloves
- 1/4 teaspoon cinnamon
- 1/4 teaspoon mace
- 1/4 teaspoon nutmeg
- oil
- 4 onions, chopped large
- 6 cloves garlic, crushed
- water
- 1 cup raisins
- 1/2 cup tomato sauce
- 1/4 cup white vinegar
- 1/4 cup honey
- 4 to 6 potatoes, peeled, chopped large
- 6 carrots, unpeeled, chopped large
- 0 to 2 parsnips
- cornstarch

Massage the salt, pepper, cloves, cinnamon, mace and nutmeg into the meat, and let sit at room temperature for a few hours before cooking. Sautee onion and garlic with the meat (stirring) until the meat browns.

Add enough water to cover the stew. Bring to boiling. Add the raisins, tomato sauce, vinegar, and honey. Lower heat to simmering, and cook at least half an hour.

Add potatoes, carrots and parsnips. Cook til done.

Add cornstarch to a small quantity of stew, and whisk until smooth. Add mixture back to stew, to thicken.

Serves: 12

Preparation time: 90 minutes (begin several hours in advance)

– [Subscriptions \(1\)](#)

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Paneer Chilli

- 7 ounces [paneer cheese](#) ^[1]
- flour (masa flour OK)
- oil (suggested: sesame or chili oil)
- 1 finger ginger
- 2 cloves garlic
- 2 red jalapenos
- 1 green jalapeno
- 1 yellow onion
- 1 carrot
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried ground coriander
- 2 tablespoons vinegar
- 1 tablespoon soy sauce
- 1 teaspoon white sugar
- 2 to 3 drops MSG
- scallion

Chop the paneer into cubes. Dampen with water, then coat with flour.

Heat oil in wok.

Deep fry paneer until golden brown. Set aside.

Remove some oil from wok, and heat again.

Peel the ginger and garlic, mince the ginger, garlic and jalapenos.

Julienne the onion, peel the carrot, and cut the carrot into strips.

Add the ginger, garlic, jalapenos, onion and carrot to the wok.

Cook for a bit.

Add spices, vinegar, soy sauce, sugar and MSG.

Add 1/4 cup water.

Cook for a few minutes.

When veggies are cooked, add the paneer. The stew should thicken within a minute or two.

Chop the scallion.

Add the chopped scallion for garnish, and remove from heat.

Serve with rice [2].

Serves: 4

Preparation time: 30 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/68>

Links:

[1] <http://kitchen.unseelie.org/.67>

[2] <http://kitchen.unseelie.org/.225>

Ratatouille

- 1-1/2 cups eggplant, peeled, cubed, salted and washed
- 1-1/2 cups zucchini / crookneck yellow squash, sliced
- 8 ounces canned stewed tomatoes, undrained and diced
- 1/2 cup chopped onion
- 2 tablespoons olive oil
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic salt
- 1/8 teaspoon pepper
- optional: 1/2 cup shredded Swiss cheese

In saucepan, combine all but cheese. Bring to boil, reduce heat, cover, and simmer for 20 minutes. Remove cover, and cook 5 to 10 minutes more, until thickened. Sprinkle with cheese before serving, if desired.

Serves: 4

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/24>

Summer Beef Stew

- 2 pounds collagen-laden beef (oxtail, brisket, chuck, short-ribs), chopped large
- salt
- black pepper
- cooking oil
- white sugar
- 2 carrots
- 2 potatoes
- 4-5 roma or plum tomatoes
- 2 shallots
- 2-4 jalapeno peppers
- one large onion
- 2-3 stalks of celery
- an onion
- a red and fruity wine (maybe Zinfandel, Merlot, Sangria or a young Pinot Noir)
- 3 dried bay leaves
- 1 pear or apple
- fish sauce
- mace
- cinnamon
- Fresh thyme
- cornstarch
- 2-4 scallions, sliced thin

Season your meat with salt and pepper. I like to leave spread out on a plate in the refrigerator, open to the air, so that the meat dries out and browns better.

Bring a little cooking oil to a high heat in your pan, but not so high that it smokes. Brown your beef. You may want to sprinkle a little white sugar to help it brown.

Peel and dice your carrots, and peel and quarter your potatoes. Put in a pot, covered by salt water, and bring to a boil. Parboil for 15 minutes or so, and cool with cold running water or in an ice water bath.

Bring a pot of boiling water to a boil. Drop your tomatoes in, let the boil resume, and let cook for 40-50 seconds. Cool with cold running water or in an ice bath. Peel the tomatoes, and dice them.

Mince your shallots and jalapenos. Dice your celery and onions.

In your stew pot, add a little cooking oil over high heat (again, not smoking). Start cooking your shallots and jalapenos. After they start to soften, add the celery and onions. Again, you may want

to sprinkle a little white sugar on to help them brown.

Drain off as much oil as you can. Return the pot full of vegetables to the stove-top, and add a lot of fruity red wine(maybe half a bottle). Add your beef, potatoes, carrots and tomatoes to the pot. Add your bay leaves. Add a pear or apple, washed but not peeled, and cut in half (making sure that there are no seeds left). Add enough water to the pot to bring over the top of your ingredients, and heat over a medium heat until it starts to simmer. Adjust your salt and pepper while the broth is heating up.

Add just a little fish sauce. You shouldn't be able to taste the sauce directly, but it should enhance the flavor of the meat. Maybe a teaspoon or so, but I would start with a smaller amount. Season with just a little ground mace and ground cinnamon.

Let it stew and simmer for a long time, mostly uncovered. Add water as needed. Once your fruit is thinking about falling apart, remove it and the bay leaves from the stew. Keep the stew stewing. Wash the thyme, bind the thyme twigs together and throw into the stew.

Keep stewing slowly. At this point, you can skim the fat off the top, by painstakingly running a spoon across the top, If you don't need the stew for some time you could use a strainer to separate your broth from your meat and vegetables, leaving the broth in a tall thin container in the fridge to cool, skimming the fat off after it has congealed -- if you do this, then after you have skimmed the fat off you can put your broth and meat/vegetables back in the pot and heat up again.

When you are getting close to meal-time, remove a cup or so of stock from the pot whisk in some cornstarch, and return the thickened mixture to the stew. You'll probably use a tablespoon - - more if you like it very thick, but you can repeat this process until the soup is thickened to your taste. Stir for a bit, so that the stew thickens properly.

Top with scallions and serve.

Serves: 6-8. Serve with the other half-bottle

Preparation time: 4 hours (if you're smart, you'll begin a day in advance)

- [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/272>

Thai Massaman Curry (Slow Cooker)

- sesame oil and maybe some chili oil
- 1/4 pound chuck or round stew beef per serving, in chunks
- salt and pepper to taste
- a little white sugar
- 1/4 sweet onion per serving, julienned
- 1 clove garlic per serving, crushed
- 1/4 tablespoon ginger per serving, minced
- 1/2 jalapeno per serving, minced
- 1/6 cup [chicken broth](#) ^[1] per serving
- 1 tablespoon fresh parsley per serving, minced
- zest from about 1/4 small lemon per serving
- 1/8 teaspoon ground dried bay leaves per serving
- 1/2 teaspoon ground tumeric per serving
- 1/2 teaspoon whole cumin seed per serving
- 1/6 teaspoon ground white pepper per serving
- pinch ground cardamom per serving
- the juice of 1/4 lime per serving
- 1/6 cup roasted cashews per serving, crushed
- 1 tablespoon Thai fish sauce per serving
- 1 teaspoon shrimp paste per serving
- 1/2 tablespoon brown sugar per serving
- salt to taste
- 1/4 can of coconut milk per serving
- 1/2 a russet potato per serving
- 1/3 carrot per serving
- fresh cilantro to taste

Prepare all ingredients in advance.

Heat a little oil in the bottom of the wok.

Salt and pepper the beef to taste, with a little white sugar.

Stir-fry the beef in the wok. Drain and set the beef aside.

Heat oil in wok again.

Cook the aromatic vegetables (onion, garlic, ginger, jalapeno) for a couple minutes.

Add in the chicken stock, parsley, lemon zest, ground bay leaves, tumeric, cumin seed, white pepper, cardamom, lime juice, cashews, fish sauce, shrimp paste, brown sugar and salt.

Add back in the beef. Add in the coconut milk, potato and carrot.

Simmer for a few minutes. Add in the cilantro.

Move to the slow cooker. Cook 10 to 12 hours on low, or 5 to 6 hours on high. Low is better.

Preparation time: 90 minutes (start 7 to 14 hours in advance)

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/190>

Links:

[1] <http://kitchen.unseelie.org/.283>

Tomato Spiced Lentils

- extra virgin olive oil
- minced garlic to taste
- diced onion
- jalapenos, seedless, minced or in rings
- 1 part dried lentils
- 1 part tomato sauce
- 1-1/2 parts water
- salt to taste
- black pepper to taste
- ground coriander seed to taste
- dried cumin seed or ground cumin to taste
- lime juice
- tomato paste to taste
- honey or maple syrup or other sweetener to taste
- dried or fresh cilantro and/or epazote to taste

Heat the extra virgin olive oil, over a medium heat, in a pot that will be large enough with all ingredients and has a cover.

Once the oil is hot enough add, in order, the garlic, onions and jalapenos, stirring until soft.

Remove from heat, add in the lentils, tomato sauce and water. Stir and return to heat.

While bringing the liquid to a slow boil, add the salt, pepper, coriander, cumin and lime juice. Once it reaches a slow boil, cover the pot and reduce heat to very low.

Cook for 30 to 60 minutes as needed for lentils to absorb the liquid and become moist.

Remove the cover and stir. Stir in the tomato paste, sweetener and herbs. Finish up the dish by cooking a few minutes more while stirring.

Serve.

Preparation time: 45 to 90 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/241>

White Chilli

- 3 tablespoons butter, margarine or olive oil
- 5 cloves garlic, chopped
- 8 ounces diced green chiles
- 1 medium onion, sliced thin
- 16 ounces white beans
- 1/2 cup peanuts, crushed
- 1/4 cup white vinegar
- 1 teaspoon salt
- 1 teaspoon white pepper
- 1 teaspoon chipotle pepper
- 1 teaspoon cumin
- other spices to taste
- 1 tablespoon sugar

In saucepan, cook garlic in butter, margarine or olive oil for about a minute. Add the chiles and onions, and cook until the onions are softened.

Stir in the beans and peanuts. Add water as needed.

Cook over the course of the next 10 minutes, stirring in the vinegar, salt, white pepper, chipotle pepper, cumin and sugar. Add water if needed.

Reduce heat.

Cover and simmer for 15 minutes.

Serves: 2 (serve with bread)

Preparation time: 45 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/17>

Salads and Side Dishes

[Baked Beans](#) [1]
[Baked Potatoes](#) [2]
[Bavarian Bread Dumplings](#) [3]
[Beet Salad](#) [4]
[Beets in Sour Cream](#) [5]
[Biscuits](#) [6]
[Boxty \(Irish Potato Pancakes\)](#) [7]
[Bread, Apple and Sausage Stuffing](#) [8]
[Cajun Rice Salad](#) [9]
[Carrot Salad](#) [10]
[Cherry Sherry Tomatoes](#) [11]
[Cold Spicy Noodles](#) [12]
[Cole Slaw](#) [13]
[Cornbread](#) [14]
[Cranberry Sauce](#) [15]
[Creamed Onion](#) [16]
[Creamy Potato Salad](#) [17]
[Cucumber Pasta Salad](#) [18]
[Cucumber Salad](#) [19]
[Cutido Salad](#) [20]
[Egg Salad or Chicken Salad](#) [21]
[Egyptian Beans](#) [22]
[Fried Rice](#) [23]
[Fries](#) [24]
[German Red Cabbage](#) [25]
[Green Salad](#) [26]
[Grilled Tomato](#) [27]
[Grilled Vegetables](#) [28]
[Home Fries](#) [29]
[Israeli Salad](#) [30]
[Latkes \(German Potato Pancakes\)](#) [31]
[Mashed Potatoes](#) [32]
[Monkey Bread](#) [33]
[Pasta](#) [34]
[Polish Beet Salad](#) [35]
[Potatoes au Gratin](#) [36]
[Quick Pickles](#) [37]
[Refried Beans](#) [38]
[Rice](#) [39]
[Roasted Asparagus](#) [40]

Soufflé ^[41]

Spaetzle ^[42]

Spaetzle and Cheese ^[43]

Sweet Black Beans ^[44]

Tortillas ^[45]

Vegetable Pie ^[46]

Yuca Frita ^[47]

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/46>

Links:

- [1] <http://kitchen.unseelie.org/./71>
- [2] <http://kitchen.unseelie.org/./136>
- [3] <http://kitchen.unseelie.org/./280>
- [4] <http://kitchen.unseelie.org/./271>
- [5] <http://kitchen.unseelie.org/./270>
- [6] <http://kitchen.unseelie.org/./83>
- [7] <http://kitchen.unseelie.org/./140>
- [8] <http://kitchen.unseelie.org/./150>
- [9] <http://kitchen.unseelie.org/./221>
- [10] <http://kitchen.unseelie.org/./32>
- [11] <http://kitchen.unseelie.org/./135>
- [12] <http://kitchen.unseelie.org/./13>
- [13] <http://kitchen.unseelie.org/./37>
- [14] <http://kitchen.unseelie.org/./142>
- [15] <http://kitchen.unseelie.org/./124>
- [16] <http://kitchen.unseelie.org/./143>
- [17] <http://kitchen.unseelie.org/./114>
- [18] <http://kitchen.unseelie.org/./42>
- [19] <http://kitchen.unseelie.org/./292>
- [20] <http://kitchen.unseelie.org/./282>
- [21] <http://kitchen.unseelie.org/./250>
- [22] <http://kitchen.unseelie.org/./291>
- [23] <http://kitchen.unseelie.org/./153>
- [24] <http://kitchen.unseelie.org/./216>
- [25] <http://kitchen.unseelie.org/./38>
- [26] <http://kitchen.unseelie.org/./84>
- [27] <http://kitchen.unseelie.org/./217>
- [28] <http://kitchen.unseelie.org/./61>
- [29] <http://kitchen.unseelie.org/./218>
- [30] <http://kitchen.unseelie.org/./20>
- [31] <http://kitchen.unseelie.org/./139>
- [32] <http://kitchen.unseelie.org/./144>
- [33] <http://kitchen.unseelie.org/./237>
- [34] <http://kitchen.unseelie.org/./227>
- [35] <http://kitchen.unseelie.org/./276>
- [36] <http://kitchen.unseelie.org/./141>
- [37] <http://kitchen.unseelie.org/./120>
- [38] <http://kitchen.unseelie.org/./72>
- [39] <http://kitchen.unseelie.org/./225>
- [40] <http://kitchen.unseelie.org/./137>

- [41] <http://kitchen.unseelie.org/.139>
- [42] <http://kitchen.unseelie.org/.129>
- [43] <http://kitchen.unseelie.org/.170>
- [44] <http://kitchen.unseelie.org/.138>
- [45] <http://kitchen.unseelie.org/.257>
- [46] <http://kitchen.unseelie.org/.174>
- [47] <http://kitchen.unseelie.org/.287>

Baked Beans

- 1 pound dried beans
- 1/2 teaspoon salt

Soak beans in six cups of water with salt. Let stand overnight. Bring to a boil over high heat, cover and reduce heat to low. Simmer for two hours, adding water if necessary. Drain the beans, but reserve the liquid.

Combine beans with

- 1/2 pound salt pork
- 2/3 cup beer
- 1 onion, diced very small
- 1/3 tablespoon catsup
- 1/3 cup dark molasses
- 2 tablespoons dry mustard

OR

- 2 medium apples, peeled, cored and diced
- 1 onion, diced very small
- 1/2 cup raisins (seedless)
- 1/3 cup sweet pickle relish
- 2/3 cup honey
- 1 tablespoon dry mustard
- 1 teaspoon curry powder

OR

- onion, celery, and green pepper, diced very small
- 1/3 cup catsup
- 1/4 cup dark molasses
- 1/4 cup brown sugar
- bacon drippings
- hot sauce

Place in a greased 2-1/2 quart casserole dish. Add some of the remaining bean liquid to the top to cover. Bake, covered, at 300 degrees Fahrenheit for one hour. Remove the cover, and bake an additional 30 minutes, adding more liquid as necessary.

Serves: 8

Preparation time: 3 hours (start a day in advance)

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/71>

Baked Potatoes

- potatoes
- margarine, butter or olive oil

Preheat oven to 350 degrees Fahrenheit; or hotter if you need them done sooner.

Wash potatoes. Prick each potato several times with a fork. Grease each potato with margarine, butter or olive oil.

If you want the potatoes to be kept moister, wrap each one in a separate piece of aluminum foil (so that it steams more). To keep it dry and fluffy, leave unwrapped.

Put in oven and bake for an hour and fifteen minutes (an hour at 425 degrees). Remove and serve.

Serve with margarine and sour cream.

Preparation time: 75 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/136>

Bavarian Bread Dumplings

- 1 cup milk
- 1/2 cup cultured buttermilk
- 12 ounces crusty rolls and bread, cut and torn into small pieces
- 1 tablespoon butter
- 4 slices bacon, diced
- 1 onion, diced
- 1 teaspoon kosher salt + more
- 1 teaspoon white sugar
- 1/2 teaspoon black pepper, ground
- 1/2 teaspoon paprika, ground
- 1/4 teaspoon nutmeg, ground
- 1/2 ounce parsley leaves, minced
- 3 eggs

Combine milk and buttermilk in a saucepan over a medium heat, and let warm.

Combine the bread with the warm milk, and leave aside.

Melt the butter in a separate pan, over a medium-high heat. After the butter is melted add the bacon and start to cook it. Once the bacon starts to turn translucent, add the onion.

Put up a big pot of salted water.

Turning back to the onion and bacon, add the salt, sugar, paprika, black pepper and nutmeg. Keep stirring and cooking.

Once the bacon is thoroughly cooked and the onion is starting to brown, add the parsley. Keep stirring.

Remove the bacon-onion mixture from the heat. In a bowl, combine the bacon-onion mixture with the bread-milk mixture and the eggs.

Stir and knead the dough in the bowl. Shape the dough into 8 dumplings, each with a diameter of about three inches.

By now the pot of salted water should be boiling. Add the dumplings to the boiling water and allow to cook for twenty minutes. Remove the dumplings, pat dry, and put them on a plate.

Serves: 3-4 (8 dumplings). Serve immediately with [gravy](#) ^[1] over the dumplings.

Preparation time: 45 minutes

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Source URL: <http://kitchen.unseelie.org/node/280>

Links:

[1] <http://kitchen.unseelie.org/./101>

Beet Salad

- about 1/4 fresh beets per serving
- a couple tablespoons white vinegar
- about 1/2 a red potato per serving
- about 1/2 a carrot per serving
- a little pickle pickle, minced
- about 1/2 a tablespoon of oil per serving
- about 1/4 tablespoon of balsamic vinegar per serving
- about half a scallion per serving, sliced thin
- dill, fresh or dried
- salt to taste
- black pepper to taste

Wash and trim any greens off the beets. Place the beets in a saucepan. Cover with water and a touch of salt, and add the white vinegar. Bring to a boil, lower the heat, simmer for 30-40 minutes.

Quarter your red potatoes. Peel and chop your carrots. Place in a saucepan, cover with water and a touch of salt. Bring to a boil, lower the heat, simmer for 20-25 minutes.

When the beets are cooked, plunge them in cold water or run cold water over them until they are cool enough to handle. Peel the skins off. Be careful, because this stuff stains everything! Dice the beets.

When the potatoes and carrots are cooked, plunge them in cold water or run cold water over them until they are cool enough to handle.

Combine beets, potatoes, carrots and pickle. Whisk together the oil and balsamic vinegar, and pour over the veggies. Season with scallions, dill, salt and pepper.

Cover and chill in the refrigerator for at least a few hours.

Serves: ??

Preparation time: about an hour (prepare a few hours to a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/271>

Beets in Sour Cream

- about 1/4 pound fresh beets per serving
- a couple tablespoons white vinegar
- optional: about 1/16 onion per serving
- About 1/4 cup of sour cream per serving
- salt
- black pepper

Wash and trim any greens off the beets. Place the beets in a saucepan. Cover with water, and add the vinegar.

Bring to a boil. Lower the heat, cover and simmer for 50-60 minutes.

If you'd like you can julienne some onion, and steam or lightly roast the onion while the beets are cooking.

When the beets are cooked, plunge them in cold water or run cold water over them until they are cool enough to handle. Peel the skins off. Be careful, because this stuff stains everything!

Slice the beets. I am told by someone in my house that they are best if sliced with a crinkle-cutter, but I don't think it makes a difference.

If adding onions, add them now.

Add in the sour cream, and salt and pepper to taste. Stir and serve.

Serves: ??

Preparation time: about an hour

– [Subscriptions \(1\)](#)

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Biscuits

- 7/8 cup flour per serving
- 1/8 teaspoon salt per serving
- 1 teaspoon baking powder per serving
- 2 tablespoons butter, room temperature, per serving
- 1/2 cup milk, buttermilk and/or light cream per serving

Preheat the oven to 425 degrees Fahrenheit.

Mix flour, salt and baking powder.

Cut in butter with hands.

Add milk, buttermilk and/or light cream, and stir with a fork.

Drop about two fist-sized lumps of dough per serving on an ungreased baking sheet.

Cook until golden brown. About 12-20 minutes.

Serve immediately.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/83>

Boxty (Irish Potato Pancakes)

- Idaho potatoes
- white flour (about 3/8 cup for every potato)
- baking soda (about 1/2 teaspoon for every potato)
- salt (about 1/4 teaspoon for every potato and extra for salting water for boiling)
- buttermilk (about 1/4 cup per potato)
- oil

Peel all the potatoes.

About half the potatoes should be quartered, and thrown into salted boiling water for about 15 minutes, then drained and mashed.

The remainder of the potatoes should be finely grated, and pressed in towels to remove the moisture.

Combine all potatoes, flour, baking soda and salt.

Add enough buttermilk to give the batter the consistency of firm mashed potatoes.

Oil a griddle. Preheat the oven to 350 degrees Fahrenheit.

Once the oil is warmed, scoop the batter out onto the griddle with a heaping tablespoon. Use the back of the tablespoon to flatten to about 2" rounds. Cook each pancake for about 3 minutes on each side, and put on a lightly oiled baking pan.

Once each pan is filled up, place it in the oven to finish cooking and keep warm while the rest of the meal is prepared.

Serve with applesauce. Also goes well with bacon.

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/140>

Bread, Apple and Sausage Stuffing

- 2/3 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped fresh parsley
- 1-1/2 teaspoons salt
- 1-1/2 teaspoons black pepper
- 1 teaspoon white pepper
- 1 teaspoon paprika
- 1 teaspoon dry mustard powder
- 2 cloves fresh garlic
- 6 tablespoons butter or margarine
- 1/2 pound fresh ground sausage ^[1]
- 1 loaf of white bread
- 1/2 cup water
- 2-1/2 cups peeled apples, chopped

Combine onion, celery, parsley, salt, black pepper, white pepper, paprika, mustard, and garlic.

Melt the butter or margarine in a frying pan, and begin browning the sausage in the same pan. Once the sausage has begun to cook, stir in the parsley-onion-celery mixture, and cook until the sausage is cooked through and the onions are soft. Remove from heat and put in a large bowl.

Cut or break the bread into roughly half-inch pieces or cubes. Toast the cubes. I place them in a heap on a cookie sheet and place them under a broiler at least six inches away from the heat; I check on them every 30 seconds, pulling them out and mixing them around so bottom pieces get toasted as well. It's all right if the bread is toasted unevenly.

Add the bread to the mixture. Add in the water and the apples. Mix, and knead until it looks and feels right.

Use to stuff poultry before cooking, or place in a covered casserole dish and cook for 40 minutes or so in a medium oven (about 350 degrees Fahrenheit).

Serves: 6 to 8 cups

Preparation time: 90 minutes (before cooking)

— [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.151>

Cajun Rice Salad

- 4 cups cooked rice
- 2 green peppers, chopped
- 2 stalks celery
- 16 oz can cooked red kidney beans
- 4 tablespoons parsley
- 1/2 cup salad oil
- 1/2 cup vinegar
- 1/2 cup water
- 4 teaspoons paprika
- 4 teaspoons prepared horseradish
- 1 teaspoon onion salt
- 1/4 teaspoon ground red pepper

In a mixing bowl, stir together rice, peppers, celery, beans and parsley. Set aside. Combine salad oil, vinegar, water, paprika, horseradish, onion salt and red pepper. Toss together to coat. Let sit overnight in fridge.

Serves: 12

Preparation time: 10 minutes (prepare a day in advance)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/221>

Carrot Salad

- 2 tablespoons extra virgin olive oil
- 1 orange worth of zest, 3 tablespoons orange juice
- 1 lemon worth of zest, 2 tablespoons lemon juice
- 1 tablespoon ground cumin
- salt
- pepper
- shredded fresh parsley to taste
- 1-1/2 pounds carrots, shredded

Make a dressing by whisking together all ingredients but the carrots.

Pour the dressing over the shredded carrots. Toss.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/32>

Cherry Sherry Tomatoes

- extra virgin olive oil
- 3 cloves garlic, minced
- 1 yellow onion, sliced thin
- 1 pint cherry tomatoes, stems removed
- 2 tablespoons sherry vinegar
- 1 teaspoon sugar
- crushed red pepper flakes to taste

Preheat oven to 375 degrees Fahrenheit.

Heat skillet over medium-high heat. Add olive oil.

Add garlic and onions. Cook until onions start to soften.

Throw the tomatoes in and stir, turning a couple times.

Add the vinegar, sugar and crushed red pepper. Stir briefly.

Empty pan contents into a casserole dish, and put dish in oven.

Bake for about 20 minutes.

Serves: 4

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/135>

Cold Spicy Noodles

- 1 pound package uncooked [linguini](#) ^[1]
- 5 fresh scallions, chopped
- 2 fresh red peppers, chopped
- 4 fresh red jalapeno peppers, chopped
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 3 teaspoons sesame oil
- 3 teaspoons hot chilli oil
- 1 teaspoon black pepper
- 1 teaspoon salt
- 4 tablespoons cooking oil

Cook linguini as per instructions on the packaging.

Combine scallions, peppers, sugar, vinegar, sesame oil, chilli oil, black pepper and salt.

Place cooking oil in a frying pan and heat up. Cook the vegetable mixture in the pan for about half a minute, then add the linguini in, and brown til it all looks done (just a couple more minutes).

Put the whole thing in the fridge, and wait til the next day so it is chilled.

Serves: 8

Preparation time: 30 minutes (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/13>

Links:

[1] <http://kitchen.unseelie.org/.//227>

Cole Slaw

- 2 to 3 pound cabbage, cored and shredded
- 1 yellow onion, chopped
- 4 jalapeno peppers, seeded and minced
- 3 plum or Roma tomatoes, chopped
- 4 scallions, chopped
- 3/4 cup extra virgin olive oil
- 3/4 cup red wine vinegar
- 3 tablespoons honey
- 1-1/2 tablespoons Dijon mustard
- 1-1/2 teaspoons mustard seed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 cloves garlic, minced

Cover shredded cabbage and chopped yellow onion with boiling water. Let soak for 3 to 4 minutes, then drain.

Add jalapenos, tomatoes and scallions. Toss well.

Combine oil and vinegar. Whisk well, until emulsified.

Whisk in honey, mustard, mustard seed, salt, pepper and garlic.

Mix well, cover and chill.

Serves: dozens

Preparation time: 90 minutes, plus time to chill

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/37>

Cornbread

- 6 tablespoons butter
- 2/3 cup white sugar
- 2 eggs, slightly beaten
- 1 cup buttermilk
- 1/2 teaspoon baking soda
- 1 cup cornmeal
- 1 cup flour
- 1/2 teaspoon salt

Preheat oven to 375 degrees Fahrenheit.

Grease an 8" square pan with 2 tablespoons of butter.

Melt remaining (4 tablespoons) of butter in a large skillet, over medium heat.

Remove skillet from heat. Stir the white sugar into the melted butter in the skillet, followed by eggs.

Beat until blended.

Combine the buttermilk and baking soda. Stir into the mixture in the skillet.

Stir the cornmeal, flour and salt into the skillet.

Pour the mixture from the skillet into the greased pan.

Bake for 30 to 40 minutes, until a toothpick placed in the center of the cornbread comes out clean.

Serves: 12

Preparation time: 70 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/142>

Published on *Scott's Kitchen* (<http://kitchen.unseelie.org>)

[Home](#) > Cranberry Sauce

Cranberry Sauce

- 1 cup white sugar
- 1 cup orange juice
- 12 ounces raw cranberries, washed
- spices to taste: allspice, cardamom, cinnamon, cloves, ginger

Combine all in a saucepan. Heat until the berries have burst, and the mixture is thick; about 10 minutes. Leave to cool.

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/124>

Creamed Onion

- 3 tablespoons butter
- 2 cups sweet onion, sliced or boiled pearl onions
- 1 egg
- 1/2 cup heavy cream
- salt
- pepper
- 1/3 cup Parmesan cheese

Preheat oven to 375 degrees Fahrenheit.

Saute onions in butter, until they just start to caramelize. Place in baking dish.

Beat egg. Add cream, salt and pepper. Combine, and pour over onions.

Top with Parmesan cheese.

Bake uncovered for 30 minutes.

Serves: 4

Preparation time: 50 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/143>

Creamy Potato Salad

- 4 medium potatoes
- 2 stalks celery
- 1 green pepper, chopped
- 1/4 cup chopped onion
- 1 cup mayonnaise
- 2 teaspoons vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 coarsely chopped [hard-boiled eggs](#) ^[1]

Peel and cube potatoes.

In a covered saucepan cook potatoes in boiling water for 10 to 15 minutes or till just tender; drain well, rinse with cold water.

In a large bowl, combine celery, green pepper, onion, mayonnaise, vinegar, mustard, salt and pepper. Add potatoes and eggs. Toss lightly to mix.

Chill for a few hours.

Preparation time: 20 minutes (at least a few hours in advance)

Serves: 8

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/114>

Links:

[1] <http://kitchen.unseelie.org/.#9>

Cucumber Pasta Salad

- 1-1/2 cups dry pasta ^[1]
- 6 tablespoons vinegar
- 4 tablespoons olive oil
- 2 teaspoons sugar
- 1/2 teaspoon garlic salt
- 1/4 teaspoon dried dill weed
- 1/4 teaspoon pepper
- 2 tablespoons water
- 1-1/2 medium cucumbers, seeded and coarsely chopped
- 1 stalk celery, thinly sliced
- 1 green onion, sliced

Cook pasta according to package directions. Drain, rinse with cold water, and drain again.

Combine vinegar, oil, sugar, salt, dill weed, pepper and water. Cover and shake well.

In a large bowl, combine pasta, cucumber, celery, and onion. Add dressing, and toss to coat. Cover and chill.

Serves: 8

Preparation time: 90 minutes (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/42>

Links:

[1] <http://kitchen.unseelie.org/.//227>

Cucumber Salad

- 2 cucumbers
- Kosher salt
- 1 cup plain Greek-style yogurt
- 3 cloves garlic, crushed
- juice of two-three limes, or three tablespoons white vinegar
- 4 teaspoons dill (fresh or dry)

Peel the cucumbers, cut them in half lengthwise, lightly scrape to remove most seeds. Place cucumber slices on a paper towel, and lightly salt.

Combine the remaining ingredients in a separate bowl and whisk until smooth.

Mix cucumbers into the dressing. Season with salt as needed.

Cover and refrigerate at least 3 hours.

Serves: 3-4

Preparation time: 20 minutes, plus 3 hours to chill

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/292>

Cutido Salad

- 1 teaspoon kosher salt
- 1/2 cup white vinegar
- 1 tablespoon white sugar
- 2 cups of green cabbage, shredded
- 2 carrots, peeled and diced small
- 1 red onion, peeled and julienned
- optional: 1 jalapeno pepper, minced
- Oregano and fenugreek to taste

Start a large pot of water boiling with 1/2 a teaspoon of salt.

In a small saucepan, combine the remaining 1/2 teaspoon of salt with the white vinegar and the white sugar. Bring to a simmer and remove from heat.

Drop the cabbage, carrots, onion and optional jalapeno into the boiling pot of water. After five minutes strain the vegetables and cool quickly under cold running water.

Pat the vegetable dry. Combine the vegetables with the warm vinegar-sugar-salt dressing. Refrigerate overnight.

Serves: 4(?)

Preparation time: 20 minutes, plus time to chill

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/282>

Egg Salad or Chicken Salad

- 6 eggs, hard boiled ^[1] or 10 ounces of chicken parboiled
- 1 stalk of celery, diced (can replace with about 1/3 of a leek, diced and steamed briefly)
- 1-1/2 tablespoons mayonnaise or Greek yogurt
- 1 tablespoon minced chives
- 1 tablespoon lemon juice or white vinegar
- 1 tablespoon of pickle relish, or a small minced pickle
- salt and pepper to taste
- paprika to taste
- ground mustard to taste

Peel the eggs and dice (or dice the chicken).

Mix in all other ingredients. Chill in fridge before serving.

Serves: 4 (on sandwiches or beds of lettuce)

Preparation time: 20 minutes (prepare in advance)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/250>

Links:

[1] <http://kitchen.unseelie.org/.9>

Egyptian Beans (Ful Medames)

- Olive oil
- 2-3 cloves of garlic, crushed
- 1 sweet onion, julienned
- white sugar
- Kosher salt
- 15 ounce can of beans, drained (ideally fava, maybe pinto or white)
- One large beefy tomato
- 1/2 tablespoon ground cumin
- 1/2 teaspoon chipotle pepper
- 4 ounces tomato sauce
- Juice of three limes
- Salt and pepper to taste
- Chopped fresh parsley

In a pot with a good cover, bring a bit of olive oil up to temperature over a medium heat.

Add the garlic and onions and brown. Add a little white sugar and salt.

Once the onions start to turn brown, add the beans.

After the beans start to get warm, chop and add the tomato.

In a separate bowl combine two teaspoons olive oil, the cumin, the tomato sauce, the juice of three limes and salt and pepper. Whisk together, and add to the beans.

One the beans are near ready to serve, add the parsley.

Serves: 4

Preparation time: 40 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/291>

Fried Rice

- 2 tablespoons sesame oil
- 8 ounces cooked meat (chicken, shrimp, ham, steak), cut small
- 2 cloves garlic, freshly minced
- salt and pepper to taste
- 1 cup crisp vegetables -- green onions cut small, peas, celery cut small, bell pepper cut small
- 4 cups prepared white [rice](#) ^[1]
- 1 to 2 tablespoons soy sauce or oyster sauce

Heat the oil in a wok.

Start cooking the meat over medium heat. Add in the garlic, salt and pepper.

Add in the vegetables.

Cook for 1 to 2 minutes.

Add in the white rice.

Stir in the soy or oyster sauce, and cook until done.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/153>

Links:

[1] <http://kitchen.unseelie.org/.225>

Fries

- oil for deep frying
- russet potatoes
- about 2 teaspoons of cornstarch per potato
- about 1 teaspoon of white sugar per potato
- salt, pepper and spices ^[1] to taste

Heat oil to about 350 degrees Fahrenheit.

Wash the potatoes, but do not peel. Slice the potatoes to similar thicknesses.

Rinse the cut potatoes and pat dry.

Place the cornstarch and white sugar into a plastic bag. Place the cut potatoes in the bag, and shake to coat evenly.

Fry to golden brown. Remove from oil, and pat dry. Season with salt, pepper and spices to taste.

You can serve with catsup, cheese sauce ^[2], chilli con carne ^[3], gravy ^[4], Hollandaise sauce ^[5], hot sauce or malt vinegar.

Serves: about 2 per potato

Preparation time: about 20 minutes

– [Subscriptions \(1\)](#)

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Links:

[1] <http://kitchen.unseelie.org/.186>

[2] <http://kitchen.unseelie.org/.169>

[3] <http://kitchen.unseelie.org/.118>

[4] <http://kitchen.unseelie.org/.1101>

[5] <http://kitchen.unseelie.org/.159>

German Red Cabbage

- butter or oil
- 1 onion, diced
- 1 medium red cabbage, shredded
- 1/4 cup sugar
- 5 tablespoons vinegar
- 3 apples, peeled and sliced thin
- optional: 1/2 teaspoon caraway seeds

Saute onion in butter or oil.

Add ingredients in order, except for the optional seeds.

Simmer for 15 to 30 minutes.

Add caraway seeds just before serving.

Serves: 8

Preparation time: 20 to 35 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/38>

Green Salad

- garlic clove
- leafy greens; lettuce and/or spinach
- other green veggies (cucumbers, peppers, celery)
- olive oil
- herbs (basil, thyme, chives, tarragon, oregano)
- salt
- pepper
- vinegar (and/or lemon or lime juice)
- tomatoes
- other veggies (grated carrots, grated beets, sliced mushrooms, etc.)
- garnishes (sprouts, sesame seeds, croutons, cheese)

Prepare in a wooden bowl. Rub bowl with an open clove of garlic.

Wash all the greens, and dry. Throw into bowl.

Throw some olive oil into the bowl. Toss.

Toss in herbs, salt and pepper.

Throw in some vinegar.

Add in tomatoes and other veggies. Toss.

Put garnishes on top, and serve cold. Turn it into a steak salad by grilling some steak tips (rubbed with olive oil and spices), slicing them, and throwing them on top.

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/84>

Grilled Tomato

- fresh juicy tomato
- extra virgin olive oil
- [Italian seasoning](#) ^[1]
- grated Parmesan cheese

Slice tomato in half. Scoop out just a bit of the pulp from each half.

Brush the olive oil over the exposed halves of the tomato.

Combine the Italian seasoning and the Parmesan cheese, in about a 1:1 ratio.

Place under the broiler in the oven for a couple minutes until the tomato is warm and the cheese is melted and golden.

Serve immediately, with balsamic vinegar.

Serves: 1 per tomato

Preparation time: 5 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/217>

Links:

[1] <http://kitchen.unseelie.org/.#88>

Grilled Vegetables

- balsamic vinegar (1-1/2 teaspoons per serving)
- crushed berries to taste
- salt to taste
- green peppers (1/2 per serving)
- red peppers (1/2 per serving)
- zucchini (1/2 per serving)
- squash (1/2 per serving)
- Vidalia onion (1/4 per serving)

Combine vinegar, berries, and salt. Slice the vegetables into large grillable slices. Marinade overnight.

Heat over a hot grill for 5 to 7 minutes on each side -- till the veggies look right. I tend to put the squash and zucchini more directly over the flame, and the peppers less directly over the flame.

Preparation time: 15 minutes (Prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/61>

Home Fries

- 1/2 [pre-baked potato](#) ^[1] per serving (baking in the microwave is OK)
- oil or butter
- 1/2 yellow onion per serving, diced
- optional: jalapenos, sliced or minced
- optional: garlic, minced
- salt and pepper
- [seasonings](#) ^[2] to taste
- Optional: Buttermilk

Remove the skin from the potato where loose – where the skin is still firmly attached, leave it on. Dice to sizes or slices that are appealing to your group.

Heat some oil or butter in a pan over medium or medium-high heat.

Once the oil is hot, add the onion, optional jalapenos and optional garlic.

Once onions are soft, add the potato. Cook until warmed through. Add spices to taste. If they start to dry out, you can add some liquid. Buttermilk is good!

You can serve with catsup, [gravy](#) ^[3], [Hollandaise sauce](#) ^[4], hot sauce or just a bit of maple syrup.

Preparation time: 10 to 15 minutes (plus the time to bake the potato)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/218>

Links:

[1] <http://kitchen.unseelie.org/.136>

[2] <http://kitchen.unseelie.org/.86>

[3] <http://kitchen.unseelie.org/.101>

[4] <http://kitchen.unseelie.org/.159>

Israeli Salad

- fresh chopped tomato
- fresh peeled and chopped cucumber
- fresh chopped scallion
- fresh chopped red and/or green bell pepper
- extra virgin olive oil
- fresh minced mint
- fresh lemon juice
- salt
- black pepper

Toss tomato, cucumber, scallions and peppers.

Toss with olive oil to lightly coat.

Add mint and lemon juice. Toss.

Salt and pepper to taste. Toss.

Preparation time: 10 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/20>

Latkes (German Potato Pancakes)

- 2 peeled potatoes
- 1 onion, finely chopped
- 1 beaten egg
- 1/8 cup flour
- 1/2 teaspoon salt
- oil for frying
- optional: 1/2 cup cheese

Grate the peeled raw potatoes with a fine grater, or run twice through a food processor.

Mix the potatoes with all other ingredients, save for the oil.

Heat the oil (1/4" to 1/2") in a pan, until it is just hot enough that bubbles form around a wooden chopstick inserted. Form pancakes, fry til golden brown, turn, press flat, fry to golden brown.

Serve with applesauce and/or sour cream.

Serves: 3

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/139>

Mashed Potatoes

- potatoes
- salt
- butter
- milk or cream
- fresh diced chives

Peel and cut potatoes into small equal sizes. Place in salted cold water, bring to a boil, and cook for 20 to 25 minutes.

Melt butter and warm milk or cream over low heat. You will want more milk or cream than you think you do.

Drain, and return to warm pot over low heat. Continue to stir and cook potatoes.

When the potatoes are falling apart, mash, add warm butter and milk/cream, and mix with extra salt and chives.

Serve with sour cream.

Serves: 4

Preparation time: 45 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/144>

Monkey Bread

- 1-1/4 cups milk
- 1 package yeast
- 5 tablespoons sugar
- 3 eggs, room temperature
- 1 teaspoon salt
- all-purpose flour
- 3 sticks of butter, room temperature

Warm the milk over medium heat, until a little bit over room temperature. Turn off the heat.

Put just a little of the warm milk in the bottom of a mixing bowl.

Add the package of yeast, and whisk gently until all stirred in. Add a pinch of sugar.

Add in 2 eggs, and beat in. Add in the salt and 1/4 cup of sugar, and beat in.

Add about 4 or 4-1/2 cups of flour, a little at a time, stirring as you go, until it is too hard to stir. Slowly add the rest of the milk, stirring the whole while.

Cut in about 6 tablespoons of butter, 2 tablespoons at a time, and cut into the dough with a fork.

On a floured surface, kneed the dough for about 20 minutes. Place in a bowl, in a warm place, with a paper towel or other loose cover over, so it can go through a first rising. Do not clean up your floured surface yet -- you will need it.

Let the dough rise for at least 60 minutes. You can be flexible on this time and let it sit longer -- plan to do so as needed to finish the bread immediately before the bread is going to be served.

Meanwhile, grease a Bundt pan with butter and lightly flour it.

Your dough should have risen significantly. Turn it out on the floured surface and pound it flat -- pushing the air out. Then kneed it again for another 10 minutes.

Preheat your oven to 375 degrees Fahrenheit.

Cut the dough into two roughly equal halves. Cut each half again so the dough is in quarters, and roll each quarter into a log. Cut each log into 6 roughly equal-sized pieces, so that you have 24 pieces total.

Melt about 2 sticks of butter and place in a shallow bowl. Put the floured Bundt pan and the bowl of melted butter into your workspace with the dough. One at a time, roll each piece of dough into a ball, and roll in the melted butter; place the first 12 spaced about evenly separated on the

bottom of the Bundt pan, and the second 12 pieces about evenly spaced resting in a layer on top.

Whisk the remaining egg with a tablespoon of sugar, and brush over the top. Leave your Bundt pan on top of the warm oven, loosely covered like before. Let the dough rise for at least 60 minutes. You can be flexible on this time and let it sit longer -- plan to do so as needed to finish the bread immediately before the bread is going to be served.

After the dough has risen again, place the bread into your oven until thoroughly cooked -- about 30 minutes and golden brown.

Serves: About 10. Serve immediately, while warm.

Preparation time: About 200 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/237>

Pasta

- plain white flour (or 50/50 white flour and semolina flour)
- salt
- eggs, about one per 2/3 cup of flour, at room temperature
- a little extra virgin olive oil (about 1/2 tablespoon per cup of flour)
- hot water

Combine flour and salt. Dump flour out on your counter/table. Dig a little well in the middle of the flour.

Crack your eggs into the hole in the flour, and add in the olive oil. Whisk the eggs slowly until combined with the oil, slowly whisking in more and more flour from the side until too thick to keep whisking.

If needed, as you work add more flour or some hot water.

If using an electric mixer to kneed the dough, dust the sides of the bowl with flour before you begin.

Kneed the dough for about 10 minutes, let rest for about 10 minutes, and then kneed again for another 10 minutes. Cover with plastic wrap (so it doesn't dry out) and let sit about 20 minutes.

Divide your dough into separate, smaller parts, which will be more manageable for rolling and cutting. Roll the dough as flat as possible with a good rolling pin.

If using a pasta machine, run through the flat heads to flatten still further, tightening the space after each run.

Slice into noodle form, either with your machine or your knife.

Cook the noodles in boiling salted water (or soup), stirring until they float to the surface -- just a few minutes (depending on the thickness of your noodles).

Preparation time: 90 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/227>

Polish Beet Salad

- 4-6 fresh beets
- 2-6 tablespoons prepared horseradish
- 2-4 tablespoons white vinegar
- salt to taste
- optional: a shredded carrot

Remove the greens, wash and peel the beets. Shred them.

Combine shredded beets with the other ingredients.

Store in the refrigerator in a covered glass jar, and let chill at least overnight.

Serves: 2-3

Preparation time: about 15 minutes (prepare at least one day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/276>

Potatoes au Gratin

- 4 tablespoons butter
- 4 tablespoons white flour
- 1-1/2 cups milk
- 1 teaspoon salt
- 1/4 teaspoon chipotle powder
- pinch ground nutmeg
- 12 ounces shredded melty cheese (cheddar, Monterey jack, whatever)
- oil
- 4 cups russet potatoes, sliced thin
- paprika

Preheat oven to 350 degrees Fahrenheit.

Melt the butter over a medium heat in a small pot.

Once the butter starts to foam, whisk in the flour.

Keep stirring for a few minutes until it smells toasted but not burned. Add in all of the milk, and whisk it in.

Whisk in the salt, chipotle and nutmeg. Simmer, stirring, for a few minutes.

Reduce heat to low, and add in 2/3 of the cheese, one handful at a time, until it is melted in. Remove from heat.

Grease a casserole dish with the oil. Place half of the potatoes in the casserole dish. Pour half the cheese sauce over the potatoes. Add the rest of the potatoes to the casserole, and pour the rest of the cheese sauce over.

Sprinkle the remaining 1/3 of the cheese over the top of the casserole dish.

Top with paprika.

Bake uncovered for about an hour.

Serves: 6

Preparation time: 80 minutes

— [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/141>

Quick Pickles

- 8 medium cucumbers
- 1/2 cup fresh dill
- 1 cup white vinegar
- 1/4 cup sugar
- 2 teaspoons kosher salt
- 2 teaspoons mustard seed
- 2 cloves garlic, crushed
- optional: other spices (black pepper, cayenne pepper, etc.)

Wash the cucumbers. Score along the sides. Slice into 1/2" to 3/4" slices, diagonally (so that the surface has a larger "face" on it). Combine with the fresh dill.

In a saucepan, combine other ingredients over medium-high heat, stirring until sugar melts and it begins to simmer.

Pour sugar-vinegar solution over cucumbers. Chill. Serve whenever (room temperature or cold).

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/120>

Refried Beans

- 2 cups dry pinto beans
- 4 tablespoons olive oil
- 1 to 2 medium onions, chopped
- 4 ounces diced green chile peppers
- 4 cloves garlic
- 2 teaspoons ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon coriander

Soak beans for a couple hours, then boil for an additional hour or two, until soft (checking water level periodically). Mash thoroughly with wooden spoon.

Heat olive oil in skillet. Add the onions, the chiles, the garlic, and the cumin. Cook until the onions are translucent, cover and simmer for another 5 to 10 minutes.

Add the vegetables to the pinto beans, and add pepper and coriander. Keep the beans hot in a medium oven til ready to serve.

Serves: 6

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/72>

Rice

- oil
- minced onion
- rice
- water (not used for Spanish rice)
- salt
- saffron (not used for Spanish rice)
- For Spanish rice: minced garlic
- For Spanish rice: minced jalapeno
- For Spanish rice: [chicken broth](#) ^[1]
- For Spanish rice: tomato sauce
- For Spanish rice: diced tomatoes (optional)
- For Spanish rice: chili powder or coriander and annatto
- For Spanish rice: oregano or epazote

First, get a pot with a lid and heat a little oil over a medium-high heat.

Once your oil is hot, add your minced onions and your rice. Note that you want a ratio of about 1:4 between minced onion and rice, and that your rice will almost triple in volume -- so don't put too much in the pot.

Stir the rice and onions, getting the onions soft and toasting the rice. Once it looks pretty toasted, add enough water to submerge the rice and onions by about half an inch to an inch.

Add in some salt, and a few threads of saffron. Even if you don't like salt, add a little salt -- it is needed to keep the rice from getting too starchy.

Turn the heat to high and watch closely, stirring. The moment that the water just starts to bubble, turn the heat to very low and keep stirring. Then put a lid on, and let sit about 20 to 30 minutes until done.

Don't peek! If you do, you'll let all the water out as steam and mess up your rice.

Spanish Rice

Add some minced garlic and minced jalapeno at the same time as the minced onion. Instead of adding water, add about half and half chicken broth and tomato sauce -- and maybe some diced tomatoes. Instead of adding saffron, add some chili powder or coriander and annatto, and add some oregano or epazote.

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Source URL: <http://kitchen.unseelie.org/node/225>

Links:

[1] <http://kitchen.unseelie.org/.#283>

Roasted Asparagus

- about 2 pounds of asparagus, trimming off any woody bits at the bottom
- 1 shallot, minced
- 1 teaspoon fresh tarragon leaves
- just shy of 1/4 cup of extra virgin olive oil
- juice from half a lemon
- salt and black pepper to taste

Preheat oven to 375 degrees Fahrenheit.

Put asparagus onto baking sheet (they don't have to be flat).

Combine shallot, tarragon leaves, olive oil and most of the lemon juice.

Pour over the asparagus, and turn to coat.

Salt and pepper to taste.

Roast for 15 to 18 minutes, remove and toss with remaining lemon juice.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/137>

Soufflé

- 6-3/4 tablespoons butter
- 1-1/4 cups grated Swiss and Parmesan cheese
- 1 cup milk
- 1/3 cup all-purpose flour
- 1/4 teaspoon coarse ground black pepper
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon favorite ground chile
- 6 egg yolks
- 7 egg whites
- salt
- 1/4 teaspoon cream of tartar

Preheat oven to 400 degrees Fahrenheit.

Get an 8-cup charlotte mold. Grease with 1 tablespoon butter. Sprinkle 1-1/2 teaspoons grated Swiss and/or Parmesan cheese in, and shake to coat all surfaces.

Bring milk to a boil.

While milk is raising in temperature, melt 5 tablespoons of butter in a saucepan.

Once butter starts to foam, add 1/3 cup flour. Stir rapidly with a wooden spoon, forming a roux; remove from heat after a couple minutes, before it starts to brown.

As soon as the roux stops bubbling, pour in the boiling milk. Beat with a whisk until smooth.

Using the wooden spoon, beat in 3/4 teaspoon butter, and 1/4 teaspoon each of black pepper, ground nutmeg and ground chile. Return to a medium-high heat, and boil for about a minute, stirring with the wire whisk. Remove from heat.

Drop the egg yolks, one at a time, into the soufflé mixture, beating in with the wire whisk. Can be put aside for now; even stored in the fridge.

In a separate bowl, beat the egg whites until soft peaks start to form. Add in a couple pinches of salt, and the cream of tartar. Once the peaks firm up, stop.

Stir about 1/4 of the whites into the soufflé mixture. Stir in most of the remaining cheese (reserving a couple tablespoons for the top). Gently fold in the rest of the egg whites, being very gentle and not over-folding.

Gently pour the soufflé into the prepared mold. Lightly tap the bottom of the mold to the table, to

loosen bubbles, and smooth the top of the soufflé with a knife. Sprinkle the rest of the cheese on top.

Turn the oven down to 375 and place the soufflé on the middle rack of the oven. Do not open the door for at least 30 minutes.

The soufflé will be done after it has baked for a total of about 45 minutes -- when the soufflé is golden and has puffed up well above the top of the mold.

Serve immediately. Really. Right now. Do not wait. Collapse the soufflé with a hole in the center, and scoop servings for people.

Serves: about 6

Preparation time: about 90 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseele.org/node/39>

Spaetzle

- 1-1/2 cups all-purpose flour, sifted
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon baking powder
- 2 eggs, slightly beaten
- 1/2 cup milk
- butter
- salt
- tool: spaetzle maker
- olive oil

Combine flour, salt, black pepper, nutmeg and baking powder. Mix in eggs and milk. Store in covered container in fridge for 1 to 24 hours.

Melt some butter or prepare a sauce to receive the spaetzle.

Boil a large pot of salted water; then reduce heat to medium.

Grease the spaetzle maker. I use olive oil on either side of the flat, and inside the hopper.

Fill the hopper halfway with dough, hold the spaetzle maker over the boiling pot, and run the hopper back and forth. Refill the hopper as needed, and get all of the noodles into the boiling water.

Spaetzle cooks quickly; it is ready to be removed when it is floating at the top of the pot.

Use a large slotted ladle or wok skimmer to remove the spaetzle from the pot and put into butter or waiting sauce.

Serves: 6

Preparation time: about 20 minutes (prepare 1 to 24 hours in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/29>

Spaetzle and Cheese

- [cheese sauce](#) [1]
- [spaetzle](#) [2]
- optional: other ingredients as desired (caramelized onions, veggies, herbs, bacon or ham bits, almonds, spices, etc.)
- toppings: combined bread crumbs and grated Parmesan cheese, optional tomato slices

Make the cheese sauce. Cook the spaetzle. Combine the two in a big casserole dish, throwing in other ingredients as desired. Top with optional cheese slices, followed by combined bread crumbs and Parmesan. Cook in a medium oven for 45 minutes.

Preparation time: 1+ hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/70>

Links:

[1] <http://kitchen.unseelie.org/.69>

[2] <http://kitchen.unseelie.org/.29>

Sweet Black Beans

- oil
- onions, chopped small
- garlic, minced
- canned black beans
- spices (including salt, black pepper, red pepper, and cumin)
- honey

Fry up the onions and garlic in the oil. Add in the canned black beans, liquid and all. Cook well, mashing some (about 1/4) of the beans. Add spices to taste. Add honey to taste.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/138>

Tortillas

- 1/2 cup Masa (corn) flour per serving
- About 3/8 cup of warm-hot water per serving
- a pinch of salt per serving or two

If using a tortilla warmer, get your tortilla warmer warm in advance; by oven or microwave or whatever works for you.

Combine ingredients. Mix. Turn out and kneed. Divide into separate pieces (one per tortilla to be made, or three per serving). Roll each piece into a separate ball.

Warm a heavy iron skillet or tortilla pan, over a medium-high heat.

Using a tortilla press, and wax paper on the top and bottom of the tortilla press, press each ball into a tortilla.

Cook each tortilla about 30-60 seconds on each side, until lightly toasted and starting to puff up.

As you cook them, place each warm tortilla into the tortilla warmer. Serve immediately.

Serves: makes 3 small tortillas per serving

Preparation time: about 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/257>

Vegetable Pie

- butter / margarine
- 3 beaten eggs
- 1-1/2 cups milk
- 1/4 cup sliced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- dash nutmeg
- 3/4 cup frozen or fresh vegetables (peas, broccoli, other)
- 1-1/2 cups shredded cheese (Swiss, Monterey jack, cheddar, Havarti)
- 1 tablespoon flour (masa flour OK)

Use a glass pie plate. Grease with butter or margarine.

Mix together the eggs, milk, onion, salt, pepper, nutmeg, veggies. Toss the cheese in the flour, to coat, then stir into mixture.

Bake in an oven preheated to 325 degrees Fahrenheit, for 35 to 40 minutes (a knife inserted in the center should come out clean).

Serves: 4

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/74>

Yuca Frita

- oil for deep frying
- 1 yuca (cassava) root
- kosher salt
- butter
- one onion, sliced thin and separated into rings
- potato starch
- Wondra-style "instant" flour
- spices: salt, black pepper, dried mustard, paprika, white sugar
- lime juice

Heat oil to about 350 degrees Fahrenheit in a deep fryer.

Peel the yuca root. Cut into several medium-large pieces 1-3 inches each side). Remove the stringy core from the yuca.

Put the yuca pieces into a large pot and cover with water. Add kosher salt. Bring to a boil, reduce heat and simmer for another 20-30 minutes (it should be easy to pierce the yuca with a fork).

Place a large pan over medium heat, and melt butter. Add the onion, and cook, tossing occasionally.

Place potato starch and Wondra-style flour into a bag, in roughly equal proportions. Add kosher salt and spices to taste.

After the yuca have finished boiling, cool them in cold water, pat them dry and cut into slightly smaller pieces.

Put the yuca pieces into the bag of flour to coat. Shake them about.

Draw the breaded yuca pieces out individually, and put them into the pre-heated deep fryer. Fry to golden brown. Remove from oil, and pat dry.

Toss the yuca into the butter with the now-browned onions. Stir. Try to remove excess oil with towels.

Add kosher salt and spices to taste. Add lime juice to taste.

Remove from heat. Serve immediately.

Serves: about 5 (with hot sauce or condiments of your choice)

Preparation time: about 75 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/287>

Main Dishes

Poultry

- [Apple-Walnut Chicken](#) [1]
- [Bacon Barbecued Chicken](#) [2]
- [Biscuit Batter Chicken](#) [3]
- [Chicken Amandine](#) [4]
- [Chicken Cordon Bleu \(a la Gray\)](#) [5]
- [Chicken Kiev](#) [6]
- [Chicken \(or Veal\) Marsala](#) [7]
- [Chicken Pot Pie](#) [8]
- [Chicken Under Brick](#) [9]
- [Crispy Duck](#) [10]
- [Eggplant Chicken Surprise](#) [11]
- [Fried Chicken](#) [12]
- [Hollandaise Chicken](#) [13]
- [Hot Spicy Chicken](#) [14]
- [Katsu](#) [15]
- [Oyako-katsudon \(Mother and Child Cutlet Bowl\)](#) [16]
- [Roasted Chicken](#) [17]
- [Roasted Chicken II \(Crispy and fast\)](#) [18]
- [Roasted Flat Chicken](#) [19]
- [Silk Road Chicken and Rice](#) [20]
- [Slow Cooker Chicken](#) [21]
- [Sweet Chicken Casserole](#) [22]
- [Thanksgiving Duck](#) [23]
- [Turkish Pistachio Chicken](#) [24]
- [Yogurt Chicken](#) [25]

Beef and Lamb

- [Beef Brisket \(Slow Cooker\)](#) [26]
- [Beef Rib Roast](#) [27]
- [Beef Stroganoff](#) [28]
- [Blue Cheese Steak](#) [29]
- [Buttermilk Gravy Steak](#) [30]
- [Cheesy Noodle Kielbasa](#) [31]
- [Corned Beef and Cabbage \(Slow Cooker\)](#) [32]
- [Donna's Swedish Pot Roast](#) [33]
- [Giuliana's Mom's Kheema Recipe](#) [34]
- [Grandma's Meatballs](#) [35]

[Grilled Reuben Sandwich](#) [36]

[Grilled Sweetbreads](#) [37]

[Kibbeh](#) [38]

[Koftas](#) [39]

[Liver and Onions](#) [40]

[Moussaka](#) [41]

[Orange Beef](#) [42]

[Pastrami](#) [43]

[Pot Roast \(Slow Cooker\)](#) [44]

[Roasted Leg of Lamb](#) [45]

[Sauerbraten \(Slow Cooker\)](#) [46]

[Scott's Braciola](#) [47]

[Shepherd's Pie](#) [48]

[Steak Bomb](#) [49]

[Stuffed Cabbage](#) [50]

[Swiss Veal](#) [51]

[Tortilla Casserole](#) [52]

[Yogurt Fried Steak](#) [53]

Pork

[Barbecued Baby Back Ribs](#) [54]

[Cactus Pork](#) [55]

[Currywurst](#) [56]

[Braised Baby Back Ribs](#) [57]

[Gorgonzola Pork Tenderloin](#) [58]

[Pasta alla Carbonara](#) [59]

[Twin Dogs](#) [60]

Seafood

[Beer Batter](#) [61]

[Blackened Catfish](#) [62]

Vegetables, Grains and Pasta

[Aglio e Olio](#) [63]

[Bread Galette \(French Toast Pancake\)](#) [64]

[Buttermilk Pancakes](#) [65]

[Chiles Rellenos](#) [66]

[Corn Fritters](#) [67]

[Crêpes](#) [68]

[Czech Sour Cream Pancakes](#) [69]

[Eggplant Parmesan](#) [70]

[Enchiladas](#) [71]

[Felafel](#) [72]

[Gnocchi](#) [73]

[Grandma's Spaghetti and Marinara Sauce](#) [74]

[Grilled Cheese Sandwich](#) [75]

[Japanese Curry Rice](#) [76]
[Malai Kofta](#) [77]
[Mezzo-American pie](#) [78]
[Okonomiyaki](#) [79]
[Pasta](#) [80]
[Perogis](#) [81]
[Pupusas](#) [82]
[Shepherdless Pie](#) [83]
[Tacos](#) [84]
[Vegan Chiles Rellenos](#) [85]
[Vegan Kofta Curry](#) [86]
[Vegetarian Stuffed Cabbage](#) [87]
[Welsh Rarebit](#) [88]

Eggs

[Eggs, Hard Boiled](#) [89]
[Eggs, Fried](#) [90]
[Eggs, Poached](#) [91]
[Eggs Benedict](#) [92]
[Eggs in the Basket](#) [93]
[Frittata](#) [94]
[Matzah Brei](#) [95]
[Omelet](#) [96]
[Omurice](#) [97]
[Scrambled Eggs](#) [98]
[Shakshouka](#) [99]

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/47>

Links:

[1] <http://kitchen.unseelie.org/.1289>
[2] <http://kitchen.unseelie.org/.155>
[3] <http://kitchen.unseelie.org/.160>
[4] <http://kitchen.unseelie.org/.226>
[5] <http://kitchen.unseelie.org/.140>
[6] <http://kitchen.unseelie.org/.261>
[7] <http://kitchen.unseelie.org/.170>
[8] <http://kitchen.unseelie.org/.245>
[9] <http://kitchen.unseelie.org/.172>
[10] <http://kitchen.unseelie.org/.174>
[11] <http://kitchen.unseelie.org/.176>
[12] <http://kitchen.unseelie.org/.179>
[13] <http://kitchen.unseelie.org/.230>
[14] <http://kitchen.unseelie.org/.183>
[15] <http://kitchen.unseelie.org/.147>
[16] <http://kitchen.unseelie.org/.220>
[17] <http://kitchen.unseelie.org/.195>

[18] <http://kitchen.unseelie.org/.284>
[19] <http://kitchen.unseelie.org/.286>
[20] <http://kitchen.unseelie.org/.252>
[21] <http://kitchen.unseelie.org/.167>
[22] <http://kitchen.unseelie.org/.269>
[23] <http://kitchen.unseelie.org/.202>
[24] <http://kitchen.unseelie.org/.194>
[25] <http://kitchen.unseelie.org/.206>
[26] <http://kitchen.unseelie.org/.156>
[27] <http://kitchen.unseelie.org/.158>
[28] <http://kitchen.unseelie.org/.159>
[29] <http://kitchen.unseelie.org/.162>
[30] <http://kitchen.unseelie.org/.264>
[31] <http://kitchen.unseelie.org/.185>
[32] <http://kitchen.unseelie.org/.173>
[33] <http://kitchen.unseelie.org/.200>
[34] <http://kitchen.unseelie.org/.180>
[35] <http://kitchen.unseelie.org/.28>
[36] <http://kitchen.unseelie.org/.182>
[37] <http://kitchen.unseelie.org/.211>
[38] <http://kitchen.unseelie.org/.184>
[39] <http://kitchen.unseelie.org/.186>
[40] <http://kitchen.unseelie.org/.189>
[41] <http://kitchen.unseelie.org/.266>
[42] <http://kitchen.unseelie.org/.193>
[43] <http://kitchen.unseelie.org/.275>
[44] <http://kitchen.unseelie.org/.198>
[45] <http://kitchen.unseelie.org/.196>
[46] <http://kitchen.unseelie.org/.215>
[47] <http://kitchen.unseelie.org/.164>
[48] <http://kitchen.unseelie.org/.197>
[49] <http://kitchen.unseelie.org/.214>
[50] <http://kitchen.unseelie.org/.199>
[51] <http://kitchen.unseelie.org/.201>
[52] <http://kitchen.unseelie.org/.204>
[53] <http://kitchen.unseelie.org/.205>
[54] <http://kitchen.unseelie.org/.154>
[55] <http://kitchen.unseelie.org/.235>
[56] <http://kitchen.unseelie.org/.175>
[57] <http://kitchen.unseelie.org/.177>
[58] <http://kitchen.unseelie.org/.240>
[59] <http://kitchen.unseelie.org/.254>
[60] <http://kitchen.unseelie.org/.222>
[61] <http://kitchen.unseelie.org/.76>
[62] <http://kitchen.unseelie.org/.161>
[63] <http://kitchen.unseelie.org/.130>
[64] <http://kitchen.unseelie.org/.239>
[65] <http://kitchen.unseelie.org/.288>
[66] <http://kitchen.unseelie.org/.3>
[67] <http://kitchen.unseelie.org/.35>
[68] <http://kitchen.unseelie.org/.265>
[69] <http://kitchen.unseelie.org/.36>
[70] <http://kitchen.unseelie.org/.60>
[71] <http://kitchen.unseelie.org/.8>
[72] <http://kitchen.unseelie.org/.22>
[73] <http://kitchen.unseelie.org/.63>
[74] <http://kitchen.unseelie.org/.27>

[75] <http://kitchen.unseelie.org/.181>
[76] <http://kitchen.unseelie.org/.149>
[77] <http://kitchen.unseelie.org/.233>
[78] <http://kitchen.unseelie.org/.285>
[79] <http://kitchen.unseelie.org/.66>
[80] <http://kitchen.unseelie.org/.227>
[81] <http://kitchen.unseelie.org/.277>
[82] <http://kitchen.unseelie.org/.281>
[83] <http://kitchen.unseelie.org/.26>
[84] <http://kitchen.unseelie.org/.73>
[85] <http://kitchen.unseelie.org/.4>
[86] <http://kitchen.unseelie.org/.234>
[87] <http://kitchen.unseelie.org/.30>
[88] <http://kitchen.unseelie.org/.75>
[89] <http://kitchen.unseelie.org/.9>
[90] <http://kitchen.unseelie.org/.10>
[91] <http://kitchen.unseelie.org/.11>
[92] <http://kitchen.unseelie.org/.82>
[93] <http://kitchen.unseelie.org/.247>
[94] <http://kitchen.unseelie.org/.62>
[95] <http://kitchen.unseelie.org/.64>
[96] <http://kitchen.unseelie.org/.249>
[97] <http://kitchen.unseelie.org/.212>
[98] <http://kitchen.unseelie.org/.219>
[99] <http://kitchen.unseelie.org/.260>

Apple-Walnut Chicken

- whole fresh chicken with skin on
- salt
- MSG (monosodium glutamate)
- a quarter-stick or so butter
- white sugar
- honey
- about a cup of shelled, crushed walnuts
- salt
- black pepper
- hot Hungarian paprika
- vinegar
- savory
- sage
- cheddar cheese, shredded
- celery
- apple juice

Preheat the oven to 450-475 degrees

Prepare the chicken, and soak it in a brine containing salt and MSG.

In a pan, prepare sweet walnuts. Melt the butter, add sugar and honey to taste. After the sugar is dissolved but before the butter browns add the walnuts, and toast 2-4 minutes. Add salt black pepper and paprika to taste, add the vinegar to taste, and remove from the heat.

Rinse the chicken off, inside and out, and remove the wing-tips. Dry the bird inside and out, and rub with salt, black pepper, paprika, savory and sage.

Using a paring knife, gently separate the skin from the chicken so as to form a pocket. Combine shredded cheddar cheese with the sweet walnuts. Stuff the cavity between the skin and the bird with the mixture.

Wash and chop the celery into large pieces, and put inside the cavity of the bird with a little apple juice.

Place the bird breast side up on a lightly oiled roasting rack in a 9" x 13" baking pan.

Pour some apple juice in the bottom of the pan. Cook the chicken!

Ideally put a meat thermometer in, and cook until it measures 170 degrees Fahrenheit in the thigh. It'll take about 11-14 minutes a pound.

Let stand for 5 minutes before carving, while getting everything else on the table. Then serve.

Serves: About one person per pound.

Preparation time: two or three hours

– Subscriptions (1)

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Bacon Barbecued Chicken

- root veggies: potatoes, carrots, parsnips, onions
- spices: salt, black pepper, herbs and spices to taste
- extra virgin olive oil
- chicken parts (wings, breast, thigh, drumsticks), no wing tips, still with skin but with excess fatty tissue cut off.
- bacon, cut into half-strips
- [barbecue sauce](#) ^[1]

Preheat the oven to 400 degrees Fahrenheit.

Peel and chop the veggies to bite-sized pieces.

Make a spice mixture.

Lightly grease the veggies, and use about half your spice mixture to season them. Place them in the bottom of a roasting pan, where they will cook while they serve as something of an organic roasting rack (and where they will be seasoned by some chicken drippings).

Use a small knife to gently separate the chicken from the skin on each part, so that you can fit two fingers under the skin to the end of the piece. This is harder with the wings, but possible – save them for last, when you are used to the process.

Use the rest of the spice mixture to season the chicken pieces over and under the skin. Place some bacon between the skin and the meat of each piece – one half-strip for each piece but the breast, and two half-strips on the breast.

Arrange the chicken on top of the root vegetables in the roasting pan.

Cook for 30 minutes at 400 degrees. Turn the oven down to 350 degrees, and cook for 20 minutes more. Slather some barbecue sauce on, and cook for another 10 to 20 minutes.

Preparation time: 90 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/155>

Links:

[1] <http://kitchen.unseelie.org/.#85>

Biscuit Batter Chicken

- about 1/2 cup kosher salt
- a couple teaspoons powdered yellow mustard
- whole fresh chicken
- oil for frying
- 1-1/4 cups flour
- 1-1/2 teaspoons salt
- 2 teaspoons baking powder
- 2-1/2 tablespoons shortening
- 1/2 cup milk
- 1/2 cup [chicken broth](#) ^[1]
- 2 eggs, beaten
- minced garlic
- black pepper
- chipotle powder
- flour to dust

Prepare a brine – 1 part kosher salt to 16 parts water, and the powdered mustard. Soak the chicken in the brine overnight.

Rinse the chicken with cold water, then pat dry.

Remove the wing tips from the bird.

Cut the chicken into separate parts, keeping the skin.

Boil the chicken for 20 minutes.

Rinse the chicken with cold water, then pat dry (not bone dry, but only slightly moist).

Heat the oil to 365 degrees Fahrenheit.

Mix flour, salt and baking powder.

Cut in shortening.

Add milk, chicken broth and eggs, and stir with a fork.

Add the garlic, black pepper and chipotle powder to taste.

Dust the chicken pieces with flour. Then dip in the batter, and place in the hot oil.

Cook until golden brown, about 5 minutes. Drain and pat dry on paper towels.

Serve immediately. Good with [mashed potatoes](#) [2] and [cole slaw](#) [3].

Preparation time: 60 minutes (start the evening before)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/160>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.144>

[3] <http://kitchen.unseelie.org/.37>

Chicken Amandine

- chicken tenderloins, or strips of chicken breast
- salt
- pepper
- butter
- white flour
- sliced almonds
- white sugar
- parsley and/or tarragon
- lemon juice

Pound the chicken flat with a mallet. Salt and pepper.

Melt butter in a pan, over medium heat.

Meanwhile, place the chicken in a plastic bag with a little bit of white flour. Shake to coat the chicken. If it's a little thin, add some more flour.

Cook the chicken in the butter. Be sure that it is thoroughly cooked, and let the chicken get a little golden on each side.

Remove the chicken to a serving platter. Add a little extra butter to the pan, if needed, and brown the almonds. Add a little bit of sugar and salt and pepper.

Chop up some herbs, and add with the lemon juice.

Pour sauce over chicken.

Serve immediately with [rice](#) ^[1].

Preparation time: 20 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/226>

Links:

[1] <http://kitchen.unseelie.org/.//225>

Chicken Cordon Bleu (a la Gray)

- 4 boneless chicken breasts
- salt
- ground black pepper
- sliced prosciutto
- sliced Swiss cheese
- toothpicks
- 2/3 cup milk
- 1 egg
- 1 cup white flour
- 1 cup breadcrumbs
- 2 tablespoons butter
- 3.75 ounces minced smoked oysters
- 1 onion, minced
- 1 tablespoon flour
- 1-1/2 cups [chicken broth](#) ^[1] and/or white cooking wine
- 1/4 cup cream
- salt
- black pepper
- cornstarch or flour to thicken
- 1 sliced yellow onion
- extra virgin olive oil
- cooking oil
- sliced tomato
- salt
- black pepper
- fresh herbs (eg basil, chives, parsley)
- grated Parmesan cheese

Using a mallet, pound the chicken breasts flat. Then butterfly each breast (cut a pocket lengthwise in the side of the breast with a knife).

Sprinkle each side of each breast with salt and pepper.

Make four small rolls of prosciutto around Swiss cheese. Slip each rolled piece inside each of the four chicken breast pockets.

Place a slice of prosciutto on top of each chicken breast, with a slice of Swiss cheese over it, and use a toothpick to hold the whole piece together.

Combine 2/3 cup of milk and one egg in one bowl, 1 cup flour in a second bowl, and 1 cup of

breadcrumbs in a third bowl.

Soak each chicken breast in the milk, and dredge through the flour. Then dredge through the milk again, and then through the breadcrumbs. Place all the breaded breasts into the refrigerator for one hour. Meanwhile, prepare a sauce.

Melt butter over a low heat in a saucepan. Lightly saute minced smoked oysters and minced onions.

After the onions and oysters have browned a little, add a tablespoon of white flour, and whisk in for a couple minutes.

Add broth and/or wine, keeping heat low.

Stir in cream. Salt and pepper to taste.

Slowly thicken the sauce over a low heat. Remove a bit of the sauce to a separate bowl, and whisk in some cornstarch or flour, then return the contents of the separate bowl to the sauce.

Layer sliced onions in a casserole dish. Coat the sliced onions with extra virgin olive oil.

After the breasts have chilled, heat about 1/2" of cooking oil in a large frying pan.

Preheat the oven to 350 degrees Fahrenheit.

Sear each breast on each side quickly in the hot oil, til golden brown. Place the seared breast (without the toothpicks) on top of the onions in the casserole dish, cheese-side up.

Place the tomato slices over the chicken breasts.

Pour the chicken broth / white wine sauce over the chicken in the casserole dish.

Season with salt, pepper, herbs and grated Parmesan cheese to taste.

Cover the casserole dish. Bake for 40 minutes.

Serves: 4

Preparation time: 150 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/40>

Links:

[1] <http://kitchen.unseelie.org/.283>

Chicken Kiev

- 1 teaspoon coarse salt, plus more to taste
- 1/4 teaspoon ground black pepper, plus more to taste
- 3 tablespoons fresh herbs (eg basil, chives, parsley, tarragon)
- 2 cloves garlic, crushed
- 8 tablespoons butter, softened
- 4 boneless chicken breasts
- 1-1/2 cups breadcrumbs
- 2/3 cup milk
- 1 egg
- 1 cup white flour
- cooking oil
- large onion, sliced
- extra virgin olive oil

Combine salt, pepper, herbs, garlic and butter. Place mixture on wax paper and roll. Place the roll in the freezer.

Using a mallet and wax paper to assist, pound the chicken breasts flat. Then butterfly each breast.

Sprinkle each side of each breast with salt and pepper.

Divide the herbed butter into four parts.

For each piece of chicken, place a part of the herbed butter on top followed by about a tablespoon of breadcrumbs, fold each the ends of the chicken and roll into a log.

Combine 2/3 cup of milk and one egg in one bowl, 1 cup flour in a second bowl, and 1 cup of breadcrumbs in a third bowl.

Soak each chicken breast in the milk, and dredge through the flour. Then dredge through the milk again, and then through the breadcrumbs. Place all the breaded breasts into the refrigerator overnight.

After the breasts have chilled, heat about 1/2" of cooking oil in a large frying pan.

Preheat the oven to 350 degrees Fahrenheit.

Prepare a cassarole dish by placing onions in the bottom, and coating the onions slightly with olive oil.

Sear each breast on each side quickly in the hot oil, til golden brown. Drain for a few minutes, and then place the seared breast (without the toothpicks) on top of the onions in the casserole dish.

Cover the casserole dish. Bake for 40 minutes.

Serves: 4, serve with rice ^[1] or noodles.

Preparation time: 150 minutes, starting the night before

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/261>

Links:

[1] <http://kitchen.unseelie.org/.//225>

Chicken (or Veal) Marsala

- butter
- 1/2 cup mushrooms (sliced) per serving (I like baby bella)
- 1/4 cup Marsala wine per serving
- 1 tablespoon water per serving
- 1 tablespoon chopped parsley per serving
- 1 teaspoon chopped rosemary per serving
- 3 ounces chicken breast (cut thin) per serving (you can use veal if you prefer)
- flour

Saute the mushrooms in butter for about 10 minutes. Place mushrooms and juices aside in a separate bowl with wine, water, parsley and rosemary.

Pound the chicken breast thin. Dredge in flour. Cook in butter, about 4 minutes each side. Plate the chicken.

Put mushrooms, wine and other sauce-makings back in the pan. Cook until everything is warmed and a little thicker. Pour over the plated chicken.

Serve with [rice](#) ^[1], [noodles](#) ^[2] or potato.

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/170>

Links:

[1] <http://kitchen.unseelie.org/.//225>

[2] <http://kitchen.unseelie.org/.//227>

Chicken Pot Pie

- 1 small chicken
- salt
- vegetables and herbs (e.g., celery, carrots, peas, broccoli, parsley)
- 1 onion, diced
- 1-1/2 cups [chicken broth](#) [1]
- 1/2 cup milk
- 3 tablespoons flour
- 1/4 teaspoon black pepper
- 3 tablespoons butter
- [pie crust](#) [2]

Skin the chicken and boil in salted water for about 20 minutes. Drain the chicken, strip off and dice/shred the meat. You should have about two cups.

Dice up some vegetables and combine with the chicken. Between the chicken and the vegetables, you should have about four cups of filling ready to go. Leave aside.

Dice an onion and keep separate from the filling. Leave aside.

Measure out your chicken broth and milk, combining the two. Leave aside.

Measure out 3 tablespoons of flour, 1/2 teaspoon of salt and 1/4 teaspoon of black pepper. Leave aside.

Melt the butter over medium heat in a large pan or pot.

Once the butter is melted, start cooking the onion, stirring the whole while, until onion is soft.

After a couple minutes, add in the flour-salt-pepper mixture.

Whisk for 2 to 3 minutes until the flour starts to smell toasty.

Slowly add in the broth-milk combination, whisking and thickening the whole time. Keep stirring, about 10 minutes, while the gravy thickens.

Remove from heat, and stir in your chicken and vegetables.

Preheat oven to 400 degrees Fahrenheit.

Roll your bottom crust into a pie plate.

Scoop the chicken-vegetable-gravy filling into the crust.

Roll your top crust, place over the pie, and vent.

Bake on a low rack of the oven for 20 minutes. Place aluminum foil directly underneath the pie plate (but not on the bottom of the oven itself, or surely bad things would happen) to keep gravy from splattering the bottom of your oven.

After the pie has cooked for twenty minutes, reduce the oven to 350 degrees and bake for another 40 to 45 minutes.

Remove from the oven and cool at room temperature for 5 to 10 minutes.

Preparation time: 1 to 2 hours, plus time to make your crust

It tastes even better re-heated!

Serves: 6 to 8

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/245>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.242>

Chicken Under Brick

- flavoring: lemon and fresh herbs, hot sauce and fresh chile peppers, pesto, whatever
- whole fresh chicken
- extra virgin olive oil

Mix some flavoring.

Remove the wing tips from the bird. Remove the backbone from the bird. Cut off excess skin. Lay the bird out in front, spread, breast side up.

Crack the bones, and pound with a mallet, making it flat.

Carefully separate the skin from the flesh of the bird, forming a pocket between the skin and the meat. Stuff the pocket with the flavoring, and massage into the bird.

Drizzle some olive oil over the outside of the bird's skin.

Lay breast side down over a medium-hot grill, and spread. Place a baking sheet (with a small lip) over the bird, and lay a couple bricks or other heavy weights on top of the baking sheet. Cook for about 20 minutes. Turn the bird over breast side up, cover with the baking sheet and the weight, and cook for another 15 minutes.

Serves: 4

Preparation time: 60 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/172>

Crispy Duck

- 4 to 4-1/2 pound duck
- salt

Pour boiling water over the duck, on every side.

Dry the duck inside and out.

Leave to dry on a rack, in a cool dry place (where cats can't get at it).

Leave for 6 to 12 hours.

Preheat oven to 350 degrees Fahrenheit.

Cut the skin under the legs and wings.

Rub the skin with salt.

Place breast-up in a roasting pan (elevated on a rack, so it doesn't swim in its own grease).

Dribble some water around the duck.

Cook the duck for 60 minutes plus 15 minutes per pound; or until the internal temperature (measured at the thigh joint) is 185 degrees Fahrenheit, the leg moves freely and the juices run clear.

Serve with pancakes, scallions, cucumbers, hoisin sauce.

Serves: 2 to 3

Preparation time: 30 minutes prep time about 13 hours in advance, cook 2 hours

— [Subscriptions \(1\)](#)

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Eggplant Chicken Surprise

- Italian eggplant
- salt
- olive oil
- crushed garlic
- egg
- flour
- 1 can **condensed** cream of chicken soup
- more crushed garlic
- thin-sliced onion
- carrot, in very thin (peeler-thin) slices
- fresh thyme
- fresh or dried parsley
- salt
- black pepper
- fresh tomatoes
- fresh mozzarella cheese ^[1]

Peel eggplant, and slice diagonally in 1/2 inch thick slices. Salt each side of the eggplant, and wait a bit for the salt to absorb some of the bitter juices, then wash the salt off with cold water.

Cook garlic in oil.

Whisk the egg, dip each eggplant slice in the egg, and then coat with flour. Cook about 5 minutes a side in the oil. Drain on paper towels.

Layer eggplant slices, spread out in the bottom of a pan.

Pour condensed soup over eggplant slices.

Stir-fry the garlic, onions and carrots in oil.

Once onions start to soften, add in herbs, salt and pepper.

Once the onions start to caramelize, dump the mixture on top of the eggplants and soup.

Layer thin tomato slices and sliced mozzarella cheese.

Bake for 15 to 20 minutes in a preheated 400 degree Fahrenheit oven.

Preparation time: 60 minutes

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Source URL: <http://kitchen.unseelie.org/node/176>

Links:

[1] <http://kitchen.unseelie.org/.273>

Fried Chicken

- pieces of chicken
- salt
- oil to deep fry
- 2/3 cup flour
- 1/3 cup cornmeal
- 1/2 teaspoon baking powder
- other seasonings (maybe ground mustard or [Cajun seasoning](#) ^[1] or [curry powder](#) ^[2] or [Italian seasoning](#) ^[3])
- 1 egg
- 1/2 cup milk
- 2 tablespoons cooking oil

Rinse the chicken pieces. Place in salted water, bring to boiling, cover and simmer for 25 minutes. Pat dry. The remaining chicken broth can be used for soup or to cook rice.

Heat the oil to 365 degrees Fahrenheit.

Make batter. Combine flour, cornmeal, baking powder and seasonings first. Combine egg, milk and two tablespoons oil, then combine with flour mixture and beat.

Dip each piece of chicken in batter, and shake off extra batter.

Fry for 3 minutes, turning once.

Serve with [biscuits](#) ^[4] and [gravy](#) ^[5] and [mashed potatoes](#) ^[6].

Preparation time: 30 minutes

— [Subscriptions \(1\)](#) —

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Links:

[1] <http://kitchen.unseelie.org/.86>

[2] <http://kitchen.unseelie.org/.79>

[3] <http://kitchen.unseelie.org/.88>

[4] <http://kitchen.unseelie.org/.83>

[5] <http://kitchen.unseelie.org/.101>

[6] <http://kitchen.unseelie.org/.144>

Hollandaise Chicken

- bacon or pancetta
- butter
- onions, sliced
- chicken tenderloin, or strips of boneless chicken breast
- salt
- pepper
- flour
- [Hollandaise sauce](#) ^[1]
- sliced tomatoes
- baby spinach leaves
- Chopped fresh basil and/or parsley

Cut the bacon into half-length strips; or, if using pancetta, dice it. Fry up the bacon/pancetta and drain.

Over medium heat, melt a little butter. Add the onions to the butter.

Pound the chicken with a mallet, to soften. Salt and pepper each piece, and coat with flour.

Cook the chicken in the butter until done.

Meanwhile, start making the Hollandaise sauce.

Once the chicken is cooked, add the tomatoes, spinach leaves and herbs. Add more salt and pepper to taste. Cook a couple minutes more.

Plate the chicken, and pour the Hollandaise sauce over.

Serve immediately with [rice](#) ^[2] or [noodles](#) ^[3].

Preparation time: 40 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/230>

Links:

[1] <http://kitchen.unseelie.org/./59>

[2] <http://kitchen.unseelie.org/./225>

[3] <http://kitchen.unseelie.org/./227>

Hot Spicy Chicken

- hot sauce
- chicken parts
- flour
- breadcrumbs
- salt
- black pepper
- red pepper
- white pepper
- shortening

Marinate the chicken parts overnight in hot sauce mixed with water. Pick your hot sauce based on flavor. If you want it less spicy, add more water. If you want it more spicy, add less or no water.

Combine flour, breadcrumbs, salt, black pepper, red pepper and white pepper. Coat chicken in mixture.

Put the shortening in a frying pan, and fry the chicken for a few minutes, until the coating is golden brown.

Grill at a medium distance from heat for about 10 to 15 minutes per side, until done.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/183>

Katsu

- chicken breast cutlets or pork cutlets
- salt and pepper
- flour or cornstarch
- egg
- panko breadcrumbs
- oil to deep fry

Slightly flatten each cutlet between two sheets of wax paper.

Use a sharp knife to slice grooves diagonally across the top of each cutlet, somewhere between one and two centimeters apart, so that the cutlet is easy to slice (along those grooves) when done.

Salt and pepper the cutlet.

Lay out three bowls: flour or cornstarch, scrambled egg, and breadcrumbs.

Dip each cutlet in the flour to coat evenly, then into the egg coating the cutlet and letting excess egg drip off, and then into the breadcrumbs to coat thoroughly.

Heat oil to 350 degrees Fahrenheit. Deep fry each cutlet until golden brown and done on the inside (just a couple minutes).

Pat each cutlet dry with paper towels. Place on a serving plate, and cut along your pre-cut grooves, to reveal the tasty slices.

Serve immediately with [rice](#) ^[1] or [Japanese curry rice](#) ^[2], or in a sandwich, with Bulldog sauce.

Preparation time: 30 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/147>

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.149>

Oyako-katsudon (Mother and Child Cutlet Bowl)

- about one cutlet [chicken katsu](#) ^[1] per serving
- sesame oil
- about 1/4 sliced onion per serving
- white sugar
- dark soy sauce
- mirin sweet cooking rice wine
- [rice](#) ^[2]
- about 1/2 a scallion per serving
- some parsley
- about one egg per serving
- a little milk
- salt and pepper
- tonkatsu sauce
- pickled ginger

Start preparing the katsu, but stop short of deep frying it.

Start making a sweet-salty watery sauce in a large pan (big enough to hold all your chicken pieces without overlapping). Put some oil in the bottom of the pan and warm up. Once it is hot but not smoking, add the onions.

Once the onions start to turn translucent, add a little sugar to help the onions along.

Once those onions seem pretty sweet and flavorful and cooked, add some water so you've got a thin layer of liquid over the bottom of the pan. The liquid should be about half as deep as your chicken cutlets are thick after being pounded and breaded.

Add sugar, soy sauce and mirin to taste.

Bring your sauce to simmer, tasting and adjusting the balance of flavors, then turn heat to medium and cover. Meanwhile, start heating your oil to deep fry the katsu and start making your rice.

Shred your scallions and parsley. Keep checking your sauce periodically, topping off with a little water if it's getting low.

Now is the time to deep fry your katsu (assuming that your rice is done and just keeping warm, or very close to done). Take your katsu out of the oil, pat dry, and slice along the scored lines to make thin slices.

Transport each of the sliced chicken breasts on a large flat surface (such as a fish spatula) to keep them intact in cutlet shape. Place each into the sauce.

Scatter your shredded scallions and parsley on top of the chicken, and cover.

After your chicken has been simmering in the pot 7 to 8 minutes, you are getting close to done! Prepare a separate bowl for each person by placing some rice into it.

Scramble your eggs with a little milk and salt and pepper to taste. Whisk the egg until it is uniform in color and aerated.

Uncover your pan, and pour the egg over each cutlet. Close the cover and let cook for 30 to 60 seconds.

Remove each cutlet to its own bowl. Add some more of the sauce to each bowl.

Serve with tonkatsu sauce and pickled ginger.

Preparation time: 40 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/220>

Links:

[1] <http://kitchen.unseelie.org/.147>

[2] <http://kitchen.unseelie.org/.225>

Roasted Chicken

- kosher salt, probably about 1/2 a cup
- whole fresh chicken
- 1/2 rose garlic, minced
- bunch of green onions, chopped
- yellow onions, quartered (celery works too)
- oranges, peeled and quartered (lemons work too)
- olive oil
- optional: potatoes, carrots, more yellow onions

Prepare a brine – 1 part kosher salt to 16 parts water. Soak the chicken in the brine overnight.

Rinse the chicken with cold water, then pat dry.

Remove the wing tips from the bird.

Carefully separate the skin from the flesh of the bird, forming a pocket between the skin and the meat. Stuff the pocket with the garlic and green onions, and massage into the bird.

Fill the bird's cavity with quartered onions and oranges.

Drizzle some olive oil over the outside of the bird's skin.

Place the bird breast side down on a lightly oiled roasting rack in a 9" x 13" baking pan.

If you want, you can quarter some potatoes and/or onions and/or chop some carrots big, and place them in the roasting pan around the bird, so they cook with it.

Preheat the oven to 450 degrees Fahrenheit to crisp the skin, and put the bird in. After 15 minutes flip over the bird. Baste the bird with some of the pan drippings, and cook for another 15 minutes. Reduce heat to 350, flip over the bird and baste it again.

Every 5 minutes or so, baste the chicken, and every 15 minutes or so, turn the chicken, until it is done. The chicken is done when a meat thermometer stuck deep into the thigh is at 180 degrees, or when the juices from the thigh when pricked with a fork run clear (as opposed to pink). Altogether, it will cook for another 60 to 120 minutes or so (about 30 minutes per pound total – including the half-hour the chicken was roasting at a higher temperature in order to crisp the skin).

Let stand for 3 to 5 minutes before carving, while getting everything else on the table. Then serve, with [rice](#) [1] or bread or roasted potatoes.

Serves: 6

Preparation time: 3 hours (start a day in advance)

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/195>

Links:

[1] <http://kitchen.unseelie.org/.225>

Roasted Chicken II (Crispy and fast)

- Optional: kosher salt, probably about 1/2 a cup
- whole fresh chicken with skin on
- olive oil or melted butter
- salt
- pepper
- Herbs and spices: (e.g. 3 minced garlic, parsley, thyme, paprika)

Optional: Prepare a brine -- 1 part kosher salt to 16 parts water. Soak the chicken in the brine overnight. Rinse the chicken with cold water, then pat dry.

Preheat the oven to 450-475 degrees

Remove the wing tips from the bird.

Combine the oil/butter, salt, pepper and other herbs/spices. Rub over the whole bird, inside and out.

Place the bird breast side up on a lightly oiled roasting rack in a 9" x 13" baking pan.

There is no need to put a tent over the chicken, or water around the chicken, or fruits in the cavity. You are counting on the chicken maintaining its natural juices by having the skin crisp quickly under the high heat, and having the chicken cook faster than any of the juices can escape.

Ideally put a meat thermometer in, and cook until it measures 170 degrees Fahrenheit in the thigh. It'll take about 11-14 minutes a pound.

Let stand for 5 minutes before carving, while making [gravy](#) ^[1] with the pan drippings and getting everything else on the table. Then serve.

Serves: About one person per pound.

Preparation time: 1-1/2 to 3 hours (possibly starting a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/284>

Links:

[1] <http://kitchen.unseelie.org/./101>

Roasted Flat Chicken

- whole fresh chicken with skin on
- olive oil
- onions
- kosher salt
- black pepper
- white sugar
- paprika
- herbs: (e.g. parsley, thyme, sage, savory, oregano)
- melted butter

Preheat the oven to 450-475 degrees

Remove the wing tips from the bird.

Slice the onions and place the slices on a baking sheet. Pour just a little extra virgin olive oil over, sprinkle some salt, black pepper and white sugar over, and toss the onions.

De-bone the chicken, leaving the skin on. Using a cleaver, remove the backbone from the chicken. Cut off the wing tips. Cut out the bones with a paring knife. Remove the leg bones by scoring the flesh along the bones and carefully separate the meat from the bones. Remove the ribs by gently separating them from the meat with a paring knife. Cut open and pull out the wing bones. Gently separate the skin from the chicken so that the skin forms a pocket.

Combine salt, black pepper, paprika and herbs. Gently rub into the de-boned chicken under the skin, and on the under-side.

Lay the flat de-boned chicken on top of the onions, skin-side up.

Melt the butter and rub over the skin. Sprinkle a little paprika and salt on for color and flavor.

Bake for about 9-10 minutes per pound.

Let stand for 5 minutes before carving, while making [gravy](#) ^[1] with the pan drippings and getting everything else on the table. Then serve.

Serves: About one person per pound-and-a-quarter (based on the weight of the bird before de-boning).

Preparation time: About an hour

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Source URL: <http://kitchen.unseelie.org/node/286>

Links:

[1] <http://kitchen.unseelie.org/./101>

Silk Road Chicken and Rice

- 2 onions
- 2 to 3 carrots
- 1 jalapeno pepper
- 1 green bell pepper
- 4 boneless chicken breasts
- 2 teaspoons of salt
- 1/2 teaspoon ground black pepper
- 1/4 cup extra virgin olive oil
- 2 tablespoons sugar
- 1/2 teaspoon fresh or dried ground thyme
- 2 cups uncooked rice
- 6 or so threads of saffron

Dice the onions, wash and peel and grate the carrots, remove the seeds from and mince the jalapeno, and remove the seeds from and dice the bell pepper.

Chop the chicken into cubes. Sprinkle 1-1/2 teaspoons salt and the black pepper on the chicken, to coat it.

Get out two pots. One will be your cooking pot, and should have a tight-fitting cover and be of sufficient size to cook all the ingredients. The other will only be used to boil water, and should be of sufficient size to boil a gallon of water.

Place your cooking pot over a medium heat. Add the oil to the bottom of the cooking pot, and tilt until the bottom is coated.

Once your oil is warmed sufficiently, add in your vegetables – the onions, carrots, jalapeno and bell pepper. Add in the sugar and the thyme.

Start boiling your big pot of water. If it boils before you are ready for it, turn down the heat but keep it boiling and ready for use.

Keep stirring the vegetables, until the onions start to turn translucent.

Add the chicken on top of the vegetables. You will gently stir the chicken, being careful to leave the vegetables underneath the chicken, so that the vegetables are effectively steaming your chicken.

Meanwhile, measure out your uncooked rice. Mix 1/2 teaspoon of salt and the saffron into your uncooked rice.

Once your chicken is evenly white all over, use a spoon to flatten out the chicken. Pour your uncooked rice on top of the chicken, gently smoothing it out so that it is even in the pot.

Gently add enough boiling water to cover the rice by about an inch. Turn the heat down to low, and cover the pot. You will not need any more boiling water, and can turn off the second pot.

Leave the pot of chicken and rice covered and undisturbed for 15 minutes. Remove the lid. If anything above the rice line is toasting to the sides of the pot, gently scrape it atop the rice. Using a long-handled spoon, create vents for the ingredients by poking through the layers all the way to the bottom of the pot several times.

Put the lid back on, and let cook for another 20 minutes. Remove the pot from the heat, but leave covered for another 5 minutes before serving.

Serve in the pot it was cooked in; but remember that the goodies are layered, and one must dig to get beyond the rice!

Serves: 7 to 8

Preparation Time: 75 to 120 minutes

— Subscriptions (1) —

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Source URL: <http://kitchen.unseelie.org/node/252>

Slow Cooker Chicken

- whole fresh chicken
- salt
- black pepper
- paprika
- dried ground thyme leaves
- extra virgin olive oil
- honey
- fresh lemon juice
- root veggies (onion, leek, cabbage, celery, carrot, parsnip and/or potato)
- fresh aromatic herbs (basil, cilantro, parsley, rosemary and/or thyme)
- chicken stock ^[1]

Rinse the bird in cold water.

Trim off excess fat and remove the wing tips.

Rub salt, pepper and paprika inside and out. Generously sprinkle thyme over the bird.

Heat olive oil in a big pan.

Brown the chicken on all sides in the olive oil.

Baste the chicken with honey, with the chicken still in the pan.

Deglaze the pan with fresh lemon juice.

Remove the chicken.

Wash and coarsely chop your sturdy vegetables, with aromatic herbs. Place enough that they cover the bottom of the slow cooker. Your vegetables will act as an organic roasting pan that also adds some aroma and flavor.

Pour chicken stock into the bottom of the slow cooker, but below the level that the vegetables stick up.

Place the bird on top of the vegetables, and turn on the slow cooker.

You will cook at low for a minimum of 10 hours, but at least 3-1/2 hours per pound. If you need to speed up the cooking time, you can shave half an hour off of the total time for each hour that the chicken cooks at high. If adding some period at high temperature, try to add the high temperature stage to the start of the cooking time.

Plate and carve.

Serves: 3 to 6

Preparation time: ~7 to 14 hours

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/167>

Links:

[1] <http://kitchen.unseelie.org/./283>

Sweet Chicken Casserole

First, prepare some potatoes.

Potatoes

- 2 pre-baked potatoes ^[1] per serving (baking in the microwave is OK)
- butter
- 1 yellow onion, diced
- optional: jalapenos, minced
- optional: garlic, crushed
- salt and pepper
- seasonings ^[2] to taste

Remove the skin from the potato where loose – where the skin is still firmly attached, leave it on. Dice to sizes or slices that are appealing to your group.

Heat some butter in a pan over medium or medium-high heat.

Once the oil is hot, add the onion, optional jalapenos and optional garlic.

Once onions are soft, add the potato. Cook until warmed through. Add spices to taste. If they start to dry out, you can add some liquid.

Once the potatoes are ready, put them at the bottom of a deep oven-safe casserole dish.

Next, prepare some tomato sauce.

Sweet Tomato-based Sauce

- oil
- 1 yellow onion, diced
- jalapenos, minced
- garlic, crushed
- white sugar
- 16 ounces tomato sauce
- A couple bay leaves
- red wine to taste
- salt and pepper
- seasonings ^[2] to taste

Heat some oil in a pan over medium or medium-high heat.

Once the oil is hot, add the onion, jalapenos and garlic. Add a pinch of sugar, and cook until the onion starts to caramelize.

Add the tomato sauce. Once the sauce heats up, add a couple bay leaves, red wine, white sugar, salt and pepper and seasonings to taste. Heat until thickened. Remove the bay leaves.

Once the tomato-based sauce is ready, pour directly over the potatoes in the casserole dish.

Cheese layer

- mild cheddar cheese, shredded

Sprinkle some shredded cheese over the tomato sauce in the casserole dish, reserving just a bit.

Now, prepare your chicken.

Chicken Cutlets

- 3 boneless chicken breasts
- salt and pepper
- oil
- Flour or potato starch

Wash and butterfly each breast, and cut it in half. Pat dry with a paper towel. Season with salt and pepper.

Heat some oil (about 1/8" deep) over medium-high heat, in a deep pan on the stove.

Coat the pieces of chicken in the flour or starch. Cook in the hot oil, 2-3 minutes per side, and drain on paper towels.

Moisten each piece of chicken in the reserved tomato sauce, on each side, and layer on top of the cheese in the casserole dish.

Now is a good time to preheat the oven to 375 degrees.

Next, prepare a vegetable and cheese topping.

Vegetable and Cheese Topping

- vegetables (thin strips of carrot prepared with a peeler, scallions sliced lengthwise, snap peas with strings removed, sliced red or green bell pepper, bits of broccoli flower)
- mild cheddar cheese, shredded
- salt and pepper
- optional: panko bread crumbs

Combine the vegetables, the cheese, the salt and pepper, and (optionally) the bread crumbs. Layer on the top of the casserole.

Finishing

- red wine

Pour just enough red wine over the top of the vegetables to moisten them, so they don't become too burnt in the oven.

Bake, uncovered, for about 40 minutes. Let stand at least 10 minutes before serving.

Serves: 5

Preparation time: 150 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/269>

Links:

[1] <http://kitchen.unseelie.org/.136>

[2] <http://kitchen.unseelie.org/.86>

Thanksgiving Duck

- 1 duck
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon mustard
- 2 cloves garlic
- optional: [stuffing](#) ^[1]
- optional: potatoes, sweet potatoes or other vegetables, olive oil, spices

Preheat oven to 375 degrees Fahrenheit.

Remove giblets and neck. Rinse the duck, inside and out, and pat dry.

Rub the duck inside and out with salt, black pepper, paprika, mustard and garlic.

If you stuff the duck, use the flap of skin from the neck to cover the cavity. You will need more stuffing than you think – a duck must have larger internal organs for its size than a turkey does.

Cut the skin under the legs and wings. Prick the skin all over with a fork – the duck will baste itself.

Place breast-up in a roasting pan (elevated on a rack, so it doesn't swim in its own grease).

Dribble some water around the duck.

Optionally, cut some potatoes and/or other vegetables into quarters and coat with olive oil, possibly with salt, pepper and/or other spices, and put around the outer edge of the pan 45 minutes before the duck is done.

Cook an unstuffed duck for 60 minutes plus 15 minutes per pound, and a stuffed duck for 90 minutes plus 15 minutes per pound; or until the internal temperature (measured at the thigh joint) is 185 degrees Fahrenheit, the leg moves freely and the juices run clear.

This is part of my traditional [Thanksgiving menu](#) ^[2].

Serves: 2 to 3

Preparation time: 30 minutes (before cooking)

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/202>

Links:

[1] <http://kitchen.unseelie.org/.150>

[2] <http://kitchen.unseelie.org/.203>

Turkish Pistachio Chicken

- chicken tenderloin
- extra virgin olive oil
- fresh lemon juice
- salt
- pepper
- butter
- flour
- crushed pistachios
- pine nuts
- dried cranberries
- minced shallot
- white wine
- powdered tumeric
- sugar
- minced fresh tarragon

Marinate the chicken overnight in olive oil, lemon juice, salt and pepper.

Heat a cast iron skillet over medium heat until hot. Melt butter.

Just before cooking, dredge the chicken in flour.

Toss the chicken, pistachios, pine nuts, dried cranberries and minced shallot into the pan.

Cook, but do not overcook, the chicken.

Remove the chicken et cetera from pan to a serving bowl, but do not scrape. Return pan to heat, and deglaze the pan with white wine.

Stir up the bits from the pan with a fork, and stir the wine to thicken and to cook off the alcohol. Add lemon juice, tumeric, salt, pepper, sugar and tarragon to taste.

Pour the sauce over the chicken, stir and serve.

Serve with [rice](#) [1].

Preparation time: 30 minutes (start the day before)

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/194>

Links:

[1] <http://kitchen.unseelie.org/.225>

Yogurt Chicken

- boneless skinless chicken breasts
- kosher salt
- 1/3 cup yogurt per serving
- 1/3 cup fresh cilantro per serving
- 1/2 tablespoon extra virgin olive oil per serving
- 1/2 clove minced garlic per serving
- 1/2 teaspoon paprika per serving
- 1/2 teaspoon ground cumin per serving
- 1/4 teaspoon salt per serving
- 1/4 teaspoon black pepper per serving
- 1/4 teaspoon lime juice per serving
- [tzatziki sauce](#) ^[1]

Remove fat from each chicken breast, and pound chicken breast with a mallet.

Make a brine, 1 part kosher salt to 16 parts water. Soak the breasts for at least an hour to two.

Combine yogurt, cilantro, extra virgin olive oil, garlic, paprika, ground cumin, salt, black pepper and lime juice.

Store the marinade in one bag, and the chicken in another, until 6 to 12 hours before you want dinner served. Marinate the chicken in the mixture for 5 to 10 hours.

Preheat grill. Removing the excess marinade, grill chicken until cooked. Do not undercook or overcook. On our Farberware grill, that's about 20 minutes on one side and 15 on the other.

Serve with couscous and [tzatziki sauce](#) ^[1].

Preparation time: 50 minutes (start 7 to 12 hours in advance)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/206>

Links:

[1] <http://kitchen.unseelie.org/.100>

Beef Brisket (Slow Cooker)

- 3 pounds beef brisket
- 3 parts sugared cola
- 1 part prepared mustard
- 1 part prepared catsup
- minced garlic
- minced onion
- lemon juice
- black pepper
- salt
- paprika
- optional: diced bell pepper

Trim most of the fat from the brisket. Put the brisket straight into a slow cooker.

Combine all of the other ingredients, and pour over the brisket.

Heat on low for 10 to 12 hours.

Slice against the grain and serve on sandwiches or with starch and veggie.

Serves: 10

Preparation time: 10 to 12 hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/156>

Beef Rib Roast

- 1/2 teaspoon ginger per serving
- 1/4 teaspoon fresh black pepper per serving
- 1/4 teaspoon dry mustard per serving
- 1/4 teaspoon nutmeg per serving
- 1/4 teaspoon salt per serving
- 1 clove garlic, minced, per serving
- beef ribs, about 2 per serving
- olive oil
- 1/2 an onion per serving, washed and peeled, cut large
- 1/2 a potato per serving, washed not peeled, cut large
- 1 carrot per serving, washed not peeled, cut large
- water
- your favorite [barbecue sauce](#) [1], about 3 tablespoons per serving

Combine the ginger, black pepper, dry mustard, nutmeg, salt, and about half the garlic.

Carve most (if not all) of the fat from the ribs, and divide them into individual pieces. Rub the dry spice mixture into the meat.

Heat the olive oil on the stovetop over a medium heat, in a very deep oven-safe pan with a cover. Preheat the oven to 350 degrees Fahrenheit.

Start cooking the remaining garlic, the onions, the potatoes, and the carrots in the pan.

Once the onions start to become translucent, place enough water in the pan that the vegetables are only half sticking out from the water. Place the ribs into the pan, atop the vegetables.

Continue cooking over a medium heat, stirring and spooning the sauce over the meat as you go.

After the broth begins boiling, cover the pan securely and place in the oven.

Cook for 40 minutes, and serve immediately. Serve with bread, for people to soak up the broth.

Preparation time: 1 hour

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/158>

Links:

[1] <http://kitchen.unseelie.org/.85>

Beef Stroganoff

- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1-1/4 pounds beef tenderloin, cut into bite-sized cubes
- 3 tablespoons unsalted butter
- 1 cup sliced yellow onion
- 1 tablespoon tomato paste
- 1 tablespoon dry mustard
- 1-1/4 cups [beef broth](#) ^[1]
- 1/2 cup vodka
- white flour
- 1/4 cup heavy or whipping cream

Combine the olive oil with the salt and pepper. Marinate the meat in the olive oil for a few hours at room temperature.

Melt the butter in a frying pan on a medium stove.

Cook the onion for a few minutes, until translucent. Add the meat, and cook another few minutes until browned on the outside.

Add the tomato paste and mustard. Cook for 10 to 15 minutes over medium heat, stirring occasionally.

Add the beef broth and vodka. Cook for another few minutes.

Remove a small amount of the liquid, add some flour to thicken, and mix thoroughly back into the pan. If not thick enough, remove more liquid and repeat.

When ready to serve, combine in the heavy cream.

Serve with [noodles](#) ^[2] or [spaetzle](#) ^[3].

Serves: 5

Preparation time: 1 hour (marinate a few hours in advance)

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.227>

[3] <http://kitchen.unseelie.org/.29>

Blue Cheese Steak

- flank steak or skirt steak, at room temperature
- spices to taste (black pepper, kosher salt, garlic powder, paprika, cayenne pepper, parsley flakes), combined as a spice rub
- extra virgin olive oil
- 2 tablespoons butter per pound of steak, softened
- 1/4 cup blue cheese or blue cheese crumbles per pound of steak (be warned that blue cheese quality is related quite directly to price)
- 2 tablespoons chopped chives per pound of steak

Start heating the grill / barbecue.

Trim fat from the steak.

If the steak is going to be cooked to different amounts of doneness, cut it into different pieces. Cut against the grain of the steak.

Rub all of the meat with the spice rub.

Drizzle olive oil over steak, and rub in.

Start cooking. We use a Farberware grill – which cooks much slower than other grills. For us, rare is about 4 minutes per side, medium is about 10 minutes per side, and well done is about 14 minutes per side.

While steak is cooking, combine the butter, blue cheese crumbles and chives.

Slice each steak against the grain. Arrange and plate.

Scoop (with a teaspoon) the blue cheese butter over the steak.

Let stand about 5 minutes, while the steak sets and the blue cheese butter melts.

Serves: 1 per 1/2 pound of steak

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/162>

Buttermilk Gravy Steak

- extra virgin olive oil
- steak tips, cut into cubes and patted dry
- salt
- black pepper
- crushed garlic
- minced jalapenos
- sliced onions
- butter
- flour
- buttermilk
- red wine
- fish sauce

Heat extra virgin olive oil in a pan, until hot but not smoking. Meanwhile, season steak tips with salt and pepper. Quickly brown the tips, and remove from heat.

Remove the excess oil, leaving just a bit in the pan, and heat the pan over a medium heat.

Add in the garlic, jalapenos and onion. Slowly brown.

While the onions are browning, make the buttermilk gravy. Melt butter in the bottom of a saucepan, over a medium heat. Once butter is melted, add about the same amount of flour.

Whisk

until the flour starts to toast. Add buttermilk, starting with about twice as much as there is butter-flour mixture, and keep whisking. Keep whisking, slowly adding buttermilk until it looks about perfect. Add salt and pepper to taste, and reduce heat to very low (stirring occasionally).

By now, your onions are probably brown. Add your meat back, so you can cook it through to taste. Add just a bit of red wine for flavor, salt and pepper to taste, and just a little fish sauce.

Don't overcook the steak tips! Remove from heat and let rest a few minutes before serving. Pour the gravy over.

Serve with [rice](#) [1] or [home fries](#) [2], and some sort of green vegetable.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.218>

Cheesy Noodle Kielbasa

- extra virgin olive oil
- 2 onions, chopped
- 4 cloves garlic, crushed
- 4 celery stalks, diced
- 1 red bell pepper, diced
- 1 green pepper, diced
- 1 pound kielbasa, chopped
- salt and pepper to taste
- 2 firm apples, cored and chopped
- 1 stick butter
- 1-1/2 cups grated Parmesan cheese
- 1/2 cup heavy cream
- 1 pound dry [egg noodles](#) ^[1]

Heat olive oil. Cook onions, garlic and celery.

Add peppers, kielbasa, salt and pepper to taste.

When the kielbasa is warm, add the apples and cook a bit longer.

Meanwhile, melt butter over medium heat.

Slowly add cheese and cream to butter, alternating, and stirring all the while.

Cook pasta according to directions.

Toss kielbasa and vegetables, pasta, and cheese sauce.

Serve immediately.

Serves: 6 to 8

Preparation time: 45 minutes or more

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/185>

Links:

[1] <http://kitchen.unseelie.org/.//227>

Corned Beef and Cabbage (Slow Cooker)

- 2 yellow onions
- 2-1/2 to 3 pound flat cut [Corned Beef Brisket](#) ^[1]
- 1 green cabbage
- 1 cup apple juice
- 1/4 cup packed brown sugar
- fresh grated orange peel to taste (~1 peel)
- 1/2 teaspoon ground cloves
- 2 to 3 tablespoons prepared yellow mustard

Slice the yellow onions, and arrange at the bottom of a slow cooker.

Place the corned beef brisket on top of the onions.

Wash and cut the cabbage into six wedges. Arrange the wedges on top of the brisket.

Mix other ingredients together to make a sauce. Pour over the goodies in the slow cooker.

Cover the slow cooker and cook on low for 10 to 12 hours. If in a rush, cook on high for 5 to 6 hours.

Serve with [boxty](#) ^[2] or [mashed potatoes](#) ^[3].

Serves: 5 to 8

Preparation time: 30 minutes, cooks for 10 to 12 hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/173>

Links:

[1] <http://kitchen.unseelie.org/./274>

[2] <http://kitchen.unseelie.org/./140>

[3] <http://kitchen.unseelie.org/./144>

Donna's Swedish Pot Roast

- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 4 pound beef pot roast
- 2 tablespoons shortening
- 2 onions, sliced
- 1 clove garlic, diced
- 1/2 cup brown sugar
- 1/2 cup red wine vinegar
- 1/2 cup water
- 4 bay leaves

Combine nutmeg, cinnamon, ginger, salt and pepper, and rub into meat.

Heat a pressure cooker, and melt shortening. Brown meat well on all sides.

Add onion, garlic, brown sugar dissolved in vinegar, water and bay leaves. Close cover securely, place pressure regulator on vent, and cook for 40 minutes after regulator begins to rock slowly.

Remove from heat, let pressure drop of its own accord, and serve.

Serve with potatoes.

Serves: 6

Preparation time: 1-1/2 hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/200>

Giuliana's Mom's Kheema Recipe

- 3/4 cup finely chopped onion
- 1 tablespoon finely chopped ginger, or 1 teaspoon powdered ginger
- 1 teaspoon minced garlic
- 1 teaspoon light olive oil
- 1 tablespoon [curry powder](#) [1]
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/3 teaspoon ground coriander seeds
- 1/4 teaspoon ground cumin
- 1 pound ground meat -- lamb, beef, turkey, chicken (not so good when made with people)
- 1 cup fresh or canned tomatoes, diced
- 1 tablespoon lemon or lime juice
- 1 teaspoon white sugar
- 1 teaspoon chicken bullion or salt
- 1 teaspoon fresh ground black pepper
- Tabasco sauce or crushed red pepper to taste
- 1 cup peas, fresh or frozen
- for salad: yogurt and cucumbers, carrots or fresh mint; or just use some [tzatziki sauce](#) [2]

Combine onions, ginger, garlic and olive oil. Blend into a paste. Heat over medium heat in a large coverable pan. Go ahead, add more garlic or ginger!

Once the onion paste has begun to cook but before it is caramelized, add the curry powder, cinnamon, turmeric, coriander seeds and cumin. Go ahead, add more!

Throw in the ground meat. And brown the whole mass of lovely smelling stuff!

Once that meat is no longer raw, add in the tomatoes, lemon or lime juice and sugar. Go ahead, add more tomatoes or lemon / lime juice!

Add salt and/or chicken bullion, black pepper, and Tabasco sauce or crushed red pepper. Taste it, and make sure it is yummy. Go ahead, add more spices!

Cook, covered, for about half an hour. In the last 5 to 10 minutes, add the peas. You like peas? Go ahead, add more!

Serve with [rice](#) [3], and/or salad made from yogurt and cucumbers, yogurt and carrots, or yogurt and fresh mint. Or just use some [tzatziki sauce](#) [2].

Serves: 4

Preparation time: 50 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/180>

Links:

[1] <http://kitchen.unseelie.org/.179>

[2] <http://kitchen.unseelie.org/.1100>

[3] <http://kitchen.unseelie.org/.1225>

Grandma's Meatballs

- [pasta sauce](#) ^[1]
- 1 beaten egg
- 1/2 cup crushed matzos
- 1 pound ground beef (or ground tenderloin)
- cooking oil

In the middle of cooking [pasta sauce](#) ^[1], stop to make some meatballs!

If making meatballs, now is the time to make them.

Wait until your sauce has been simmering for a while.

Combine egg, crushed matzos, a 1/4 cup of the sauce, and the ground meat.

Wet hands, and form meat mixture into balls (about 30), about 1 inch across.

Put some cooking oil in a frying pan, and slowly brown over a low-medium heat.

Place the meatballs back into the sauce, to cook for another 30 minutes.

Serves: 8

Preparation time: 30 minutes, in addition to time cooking pasta sauce

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/28>

Links:

[1] <http://kitchen.unseelie.org/./27>

Grilled Reuben Sandwich

- 2 slices light rye bread
- Thousand Island dressing
- 2 to 3 slices cooked [Corned Beef Brisket](#) [1]
- 1 slice Swiss cheese
- [sauerkraut](#) [2]
- optional: sliced tomato
- butter

Make a sandwich with rye bread, dressing, corned beef, Swiss, [sauerkraut](#) [2], and optional tomato slices.

Butter both outsides of the sandwich.

Heat a small pan with a cover over medium heat. When heated, place the sandwich in the pan and cover. After a couple minutes flip the sandwich, and press down with spatula. Cook for another couple minutes.

Serve immediately with pickle and chips.

Serves: 1

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/182>

Links:

[1] <http://kitchen.unseelie.org/.274>

[2] <http://kitchen.unseelie.org/.93>

Grilled Sweetbreads

- sweetbreads
- 1 part white vinegar
- 8 parts cold water
- salt
- extra virgin olive oil
- salt and pepper
- optional: a little dry mustard or chili powder
- onion, chopped large
- fresh lime juice

Rinse sweetbreads. Put in a large pot and add vinegar, water, and salt (a tablespoon or two for each pound of sweetbreads).

Bring to a boil, and reduce to simmer for 10 minutes. Drain. Cool sweetbreads in a bowl of ice water.

Pat sweetbreads dry, and toss with a little olive oil. Season with some salt and pepper, and optional seasonings.

Put the sweetbreads on skewers, interspersed with onion slices.

Grill until done.

Whisk fresh lime juice with a little olive oil, salt, and other seasonings as desired to make a lime vinaigrette. Baste finished sweetbreads with the lime vinaigrette.

Serve with [rice](#) ^[1], maybe [yuca](#) ^[2] or [tortillas](#) ^[3] on the side.

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/211>

Links:

[1] <http://kitchen.unseelie.org/.//225>

[2] <http://kitchen.unseelie.org/.//287>

[3] <http://kitchen.unseelie.org/.//257>

Kibbeh

- 1-1/4 cups bulgur wheat, #1 fine grain
- 1-1/2 tablespoons pine nuts
- 1/2 tablespoon butter, melted
- 2-1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 3/4 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1 pound of lean and tender meat (lamb, beef, chicken)
- 1 tablespoon extra virgin olive oil
- 2-1/4 cups diced yellow onion
- oil to deep fry
- pita bread
- [salad](#) ^[1]
- [tzatziki sauce](#) ^[2]
- [humus](#) ^[3]

Measure out the bulgur. Add 3/4 cup of water. Cover and place in the refrigerator overnight.

Toast the pine nuts for about 5 minutes in a medium oven, shaking and moving them about so they toast evenly. Mix the toasted pine nuts with butter, and lay on a paper towel to absorb the excess butter.

Combine the salt, pepper, allspice and cinnamon.

Cut half of the meat into cubes, and grind it. Heat the olive oil over medium heat, browning the meat and breaking it into pieces with a fork. Once the meat is cooked, reduce to medium-low and add 1-1/2 cups of diced yellow onion, half of the spice mixture, and the pine nuts.

Keep stirring until the onions have become soft, and started to turn translucent. Remove from heat. Set this filling aside.

Cut the remaining meat into cubes, and combine with the remaining onion. Grind the meat and onion together. Combine the ground meat with the remaining seasoning, and kneed with hands.

Remove the bulgur from the fridge. If the bulgur is a little dry, add some water; if a little damp, add some more bulgur. Kneed the bulgur into the raw meat, and pass through the meat grinder again.

Divide the meat-bulgur mixture into 9 equal parts, then cut each part in half. Roll each of the 18 parts into a ball. Roll each ball against a table, until it becomes a little longer (perhaps a couple inches long).

Scoop some filling and have it nearby. Have a small bowl of water nearby. One at a time, fill the kibbeh. Gently insert a moistened finger into the kibbeh, working down without tearing, until the kibbeh has a deep indent and walls on each side about 1/4" thick. Gently drop some filling into the hole, being careful not to overstuff. Close the hole, and roll the kibbeh into a ball. Set aside.

Once all the kibbehs have been prepared, they can be either frozen, set aside overnight in an airtight container in the fridge, or cooked immediately.

Heat oil to 375 degrees Fahrenheit to deep fry the kibbehs. Cook the kibbehs, six at a time, until they are golden brown.

Serve immediately with pita, [salad](#) [1], [tzatziki sauce](#) [2], and [humus](#) [3].

Serves: 4

Preparation time: 120 minutes (start at least one day prior)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/184>

Links:

[1] <http://kitchen.unseelie.org/.120>

[2] <http://kitchen.unseelie.org/.1100>

[3] <http://kitchen.unseelie.org/.121>

Koftas

- 1/3 pound fatty ground beef or ground lamb per serving -- 75% or less lean, ideally; don't bother with anything leaner than 80% (Alternate: 1/3 pound ground chicken plus 1-1/2 teaspoons vegetable oil per serving)
- 1/3 clove garlic per serving, crushed
- 1/3 teaspoon salt per serving
- 1/6 teaspoon ground black pepper per serving
- 1/6 teaspoon chili powder per serving
- 2/3 teaspoon chopped parsley per serving
- 1/4 tomato per serving, grated (no skin)
- 1/3 shallot per serving, grated small

Combine all ingredients. Knead for at least 15 minutes. Cover and refrigerate overnight.

Make into small like-sized patties, about four to six kofta per serving.

Grill over a low heat. Serve immediately.

Serve with pita, [salad](#) [1], and yogurt or [tzatziki sauce](#) [2].

Preparation time: 45 minutes (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/186>

Links:

[1] <http://kitchen.unseelie.org/.20>

[2] <http://kitchen.unseelie.org/.100>

Liver and Onions

- 5 tablespoons butter or olive oil
- 1 to 2 diced yellow onions
- 2 teaspoons white sugar
- beef liver
- 1/4 cup flour (masa flour ideal)
- salt
- coarse ground black pepper

Heat a frying pan to medium heat.

Melt 3 to 4 tablespoons of butter or oil.

Saute the onions until soft. Stir in the sugar. Continue cooking until the onions are caramelized.

In a separate pan, heat the remaining butter or oil over a medium heat.

Remove the membrane from the liver, and slice the liver.

Dredge the slices of liver in the flour.

Once the oil or butter is heated, cook the slices of liver for 60 to 90 seconds per side.

Salt and pepper the livers, and remove from the pan. Serve with the onions over the livers.

Serves: 2 to 4

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/189>

Moussaka

- 1 pound ground lamb
- 1 teaspoon crushed Aleppo pepper
- 1/2 a finger of fresh ginger, finely minced
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- kosher salt
- black pepper
- extra virgin olive oil
- 28 ounce can of tomatoes, undrained and chopped fine in a blender
- 1/4 cup fresh currants (optional: dried)
- 6 cloves of garlic, crushed
- 2 medium onions, finely diced
- (optional: white sugar)
- 1 red bell pepper, finely diced
- 1 cup good red wine from Greece, Morocco or the South of Italy
- 1.5 pounds of eggplant
- oil for deep frying
- 1 pound of potatoes
- 8 tablespoons unsalted butter
- 1/2 cup flour, sifted
- 18 ounces milk
- 1 dried bay leaf
- pinch nutmeg
- 1/2 cup Greek-style yogurt
- 3 egg yolks
- 1 cup coarsely grated Parmesan cheese

Leave the lamb unwrapped and spread out on a plate in the fridge for a few hours, to dry it out a bit. If still moist, soak up some moisture with paper towels.

Red sauce

Combine the lamb with the Aleppo pepper, ginger, cinnamon, allspice, salt and black pepper to taste.

Heat a little oil over a medium-high heat, in the bottom of a large pan. Once the oil is hot, add in the lamb and brown, stirring and breaking up the meat with a fork.

Once the meat is browned drain the meat (to remove the oil) and set aside, and combine with the tomatoes and currants (if you don't have fresh currants, you can reconstitute dried currants by

pouring boiling water over them and letting them sit for 45 minutes or so).

Heat a little oil in the bottom of a pot, over medium-high heat. Once the oil is hot, add in the garlic, followed close on by the onions. Once the onions start to sizzle, you may choose to add a little sugar to speed the caramelization. Follow with the red peppers. Cook, stirring constantly, until the onions are soft and just starting to turn brown.

Add in the red wine, and bring to a boil, stirring. Turn the heat down to medium, and keep cooking for another 15 minutes or so, until the wine is nearly all gone.

Turn the heat back to medium high, and add in the lamb, tomatoes and currants. Keep stirring. Once the sauce starts to boil, reduce the heat to medium-low. Slowly reduce the sauce, stirring occasionally, for 45 minutes or so.

Eggplant and Potatoes

Peel and slice the eggplant into 1/4" thick slices. Lay the eggplant slices out, and sprinkle some salt on each. After 10 minutes or so turn, and salt the other side. After another 10 minutes wash all the salt off.

Heat the oil in a deep fryer to 365 degrees or so. Deep fry the eggplant slices, a few at a time, until tender (about 4 minutes each batch -- make sure that the oil heats back up between batches). Dry on paper towels.

Peel and slice the potatoes into 1/4" thick slices through the thin width of the potato (rather than lengthwise). Deep fry the potato slices, a few at a time, until tender (about 4 minutes each batch - - make sure that the oil heats back up between batches). Dry on paper towels.

White Sauce

Melt the butter over a medium heat. Once the butter is getting warm, but before it starts to brown, add in the flour and start whisking for a couple minutes (until it starts to smell toasty). Whisk in the milk, pouring evenly, until it is absorbed. Add in the bay leaf, and keep whisking slowly until the sauce is thick – about 10-15 minutes. Add nutmeg and salt and pepper to taste, removing the bay leaf. Remove from heat.

In a separate bowl, whisk together the yogurt and the egg yolks. Whisk in just a little of the warm butter-flour-milk gravy. Whisk in just a little more. Repeat, until the yogurt mixture is tempered to close to the same temperature as the butter-flour-milk gravy, and then whisk the yogurt-yolk mixture into the gravy.

Putting it all Together

Preheat the oven to 400 degrees.

Get a large baking dish. Cover the bottom of the baking dish with the fried potatoes, and sprinkle with salt and pepper. Place eggplant slices over the potatoes, and season with more salt and pepper. Spread the red sauce over, and smooth out. Pour the white sauce on top, and smooth out. Sprinkle Parmesan cheese over the whole thing.

Place in the oven so that the top of the baking pan is close to the middle of the oven. Cook for 40-60 minutes, until browned and bubbling slightly. Remove from the oven, and let cool for half an hour before serving.

Serves: 6-8

Preparation time: 3-5 hours

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/266>

Orange Beef

- 1/3 pound flank steak per serving
- salt
- pepper
- cornstarch
- 1/3 cup [beef broth](#) ^[1] per serving
- 1/6 cup orange marmalade per serving
- 1/2 teaspoon oyster sauce per serving
- 1 to 2 dried arbol chile peppers per serving
- canola oil
- 1 clove garlic per serving, minced
- minced fresh ginger
- thin rice noodles
- sliced scallions
- lettuce, shredded

Put flank steak in the freezer, about an hour, until partly frozen. (Partial freezing makes it easier to cut the flank steak.)

Cut the flank steak into thin strips. Generously salt and pepper. Coat in cornstarch. Shake off excess.

Combine the beef broth, the orange marmalade, the oyster sauce and the chiles.

In a saucepan, heat up a thin layer of canola oil. Begin cooking the garlic and ginger until the ginger is soft, but before it caramelizes or browns.

Add the marmalade-broth-oyster mixture. Bring to a boil, and reduce to a simmer, for about 5 minutes. Meanwhile...

Prepare the rice noodles according to directions, but drain a little early and pat dry.

In a wok, heat 1/4 to 1/2 inch of canola oil until oil is 350 to 370 degrees Fahrenheit.

Fry the rice noodles and scallions in the wok, about 3 to 4 minutes.

Drain the noodles on towels.

Remove a little sauce from the pot, and whisk about 1/2 teaspoon cornstarch per serving into the removed sauce. Return the cornstarch-broth mixture to the pot, to simmer until sauce thickens.

Heat oil again, fry steak in small batches.

Drain the steak on towels.

Place a layer of lettuce on a platter. Cover with fried noodles. Layer fried steak over the noodles. Pour the sauce over the steak.

Preparation time: 50 to 90 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/193>

Links:

[1] <http://kitchen.unseelie.org/./283>

Pastrami

- One uncooked [Corned Beef Brisket](#) ^[1]
- 2 cloves garlic, minced
- 1 minced shallot
- 1 minced jalapeno
- 2 tablespoons brown sugar
- 2 tablespoons hot hungarian paprika
- 2 tablespoons black pepper
- 2 tablespoons coriander

Wash the brisket off fully, and submerge in water overnight, to remove as much water as feasible.

The next day, dry off the brisket. Toast the minced garlic, shallot and jalapeno in a dry pan (no oil). Make a spice mixture from the brown sugar, paprika, pepper, coriander and minced vegetables. Rub the mixture over entire brisket. Leave the brisket open to the air on a plate in the refrigerator for two to three days, to dry out.

Smoke the brisket at 200-250 degrees, until it reaches an internal temperature of at least 165 degrees. Let sit at least half an hour until cool – you can taste it now, though you can expect it to be dry. Wrap the brisket in aluminum foil and cool in the fridge overnight.

The next day unwrap the brisket and place it fatty-side-up in a roasting pan. Preheat the oven to 325 degrees). Boil enough water to fill the roasting pan at least one inch high, and cover with foil. Put the covered pan into the oven for about one hour plus fifteen minutes per pound.

Remove the brisket from the oven. The pastrami will be over 200 degrees and very moist. Let the pastrami rest at least 15 minutes. Put on a platter and cut against the grain to serve.

Serves: Makes one whole pastrami brisket Serve with rye bread, mustard, grilled onions pepper and/or mushrooms, swiss and/or muenster cheese, and [Sauerkraut](#) ^[2]

Preparation time: 4-5 days

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/275>

Links:

[1] <http://kitchen.unseelie.org/./274>

[2] <http://kitchen.unseelie.org/./93>

Pot Roast (Slow Cooker)

- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1-1/2 teaspoons black pepper
- 3 to 5 pound beef chuck roast
- 2 cloves garlic, minced
- 1 onion, minced
- 3 bay leaves

Heat the extra virgin olive oil in a pan. While heating, rub the salt and pepper into the roast.

Put the minced garlic and onion into the oil, followed by the roast. Brown the roast on all sides. Remove from heat.

Place the browned roast, with the onions and garlic, into the slow cooker. Top with bay leaves.

Cover the slow cooker, and cook on low for 120 minutes plus 100 minutes per pound (half the time on high).

Drippings can be used to make [gravy](#) ^[1].

Preparation time: 8 to 10 hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/198>

Links:

[1] <http://kitchen.unseelie.org/.101>

Roasted Leg of Lamb

- leg of lamb, sirloin half
- garlic, in thin slivers
- olive oil
- herbs (rosemary, thyme, mint)
- kosher salt
- coarse ground black pepper
- optional: potatoes, carrots, onions, parsnips, sweet potatoes or other vegetables, olive oil, spices

Preheat oven to 450 degrees Fahrenheit.

Trim fat off of leg.

Cut slits about 1/4" to 1/2" deep all around the leg, and stuff with thin slices of garlic.

Rub all over with olive oil.

Let sit at room temperature for 20 minutes or so, then place in roasting pan. Coat in herbs, salt and pepper.

Optionally, cut some potatoes and/or other vegetables into quarters and coat with olive oil, adding salt, pepper and/or other spices, and put around the outer edge of the pan. Dribble water over all the vegetables.

Roast for 15 minutes at 450 degrees Fahrenheit.

Turn temperature down to 350 degrees Fahrenheit. Cook for an hour, or until done.

Remove meat, letting it rest another 15 minutes or so before serving. Roasted veggies can stay in pan in oven.

Serves: 3 to 4 for half a leg

Preparation time: 2 hours or so

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/196>

Sauerbraten (Slow Cooker)

- 3 to 4 pound bottom round
- extra virgin olive oil
- salt and pepper
- 1 yellow onion, diced
- 1 carrot, diced
- 2 cups red wine vinegar
- 2 cups water
- 1 tablespoon kosher salt
- 2 teaspoons nutmeg
- 1 teaspoon yellow mustard seed
- 6 whole cloves
- 12 juniper berries
- 2 bay leaves
- 1/2 cup white sugar
- about 5 ounces of ginger snaps
- 1/2 cup of seedless raisins

Cut the fat off of the bottom round. Baste with olive oil, and season with salt and pepper. Brown for a few minutes. Set aside.

Combine the onion, carrot, vinegar, water, kosher salt, nutmeg, mustard seed, cloves, juniper berries and bay leaves to make a brine.

Bring the brine to a boil, cover, lower the heat and simmer for 15 minutes. Then leave the pan off the heat until the brine comes to room temperature.

Put the roast into the brine, and put into the refrigerator for 3 to 5 days. Turn it over one or two times per day.

The morning that you plan to serve the sauerbraten, add sugar to the marinade and put the meat and marinade into a slow cooker on low for 10 to 12 hours (or on high for 6 to 7 hours).

When getting close to serving time, remove all the sauce from the slow cooker and place the meat back in. Strain the marinade through a sieve, and discard the solid bits.

Put the strained marinade into a saucepan over a medium-high heat. Put the ginger snaps into a bag, and crush them with your fist and/or a rolling pin. Whisk the cookie crumbles and the raisins into the sauce.

When the sauce is thickened, plate the roast and slice it thin against the grain. Serve the sauce on the side.

Serves: 6 to 8

Preparation time: about an hour (start 4 to 5 days ahead)

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/215>

Scott's Braciola

- about three scallions per serving
- fresh parsley
- fresh chives
- about 4 ounces goat cheese (or goat feta) per serving
- salt
- corn meal
- 1 very thin slice bottom round beef, or thinly sliced uncooked chicken breast, per serving
- extra virgin olive oil
- black pepper
- fresh spinach
- toothpicks
- mirin, about 1/8 cup per serving
- sake, about 1/8 cup per serving
- white sugar, about 1-1/2 tablespoons per serving
- soy sauce (or dark rice vinegar), about 1 tablespoon per serving
- optional: olive oil, minced garlic, minced ginger, minced shallots
- optional: dried chiles de arbol

Chop the ends off of the scallions, and blanch for about 45 seconds in boiling water. Immediately transfer scallions to ice water.

Chop scallions, parsley and chives. Combine with goat cheese, salt, corn meal and extra virgin olive oil to make a filling.

Take one slice of beef or chicken, and pound as flat as possible with a mallet. Lightly oil, salt and pepper. Place spinach leaves so that they cover one side of the meat. Spoon the filling over the spinach. Roll the meat tightly. Slice into serving-sized slices. If needed, place toothpicks to hold the rolls shut.

Repeat for each slice of meat, placing each into an oiled casserole dish (only one deep). Once enough rolls have been placed in that the rolls are pressing against one another, removing any toothpicks.

Preheat the oven to 350 degrees Fahrenheit.

Prepare a sauce by combining the mirin, sake, sugar and soy sauce (or dark rice vinegar), in about a 4:4:3:1 ratio, and heat over a low heat until sugar is thoroughly dissolved. Optionally, saute garlic, ginger and shallots in olive oil before adding the liquid. Optionally add chiles de arbol to the sauce.

Pour the sauce over the braciola, and cover the casserole dish.

Bake for 45 to 60 minutes.

Let stand for about 5 minutes. Serve with rice.

Preparation time: 120 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/164>

Shepherd's Pie

- 3 to 4 potatoes
- butter
- heavy cream
- crushed or minced garlic
- 1 medium yellow onion, minced
- 1/2 to 3/4 pound ground beef
- 1 to 2 tablespoons curry powder
- chili powder
- salt and pepper
- 1 (14 oz) can creamed corn
- 1 (8 oz) can peas

Peel and quarter the potatoes and boil in salted water for 20 to 25 minutes. Drain, and mash with butter. Add cream to the potatoes and whisk.

Heat butter in a pan, and cook garlic and onions until the onions start to soften.

Add ground beef to onions and garlic, and brown meat. Spice with curry powder, chili powder, salt and pepper.

In a casserole dish, mix the ground beef, corn, and peas. Top with mashed potatoes. Bake uncovered in oven at 350 degrees Fahrenheit for about 30 minutes or until hot.

Serves: 8

Preparation time: 45 to 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/197>

Steak Bomb

- butter
- minced jalapenos
- julienned onion
- optional: mushrooms, sliced
- shaved steak
- optional: Genoa salami
- salt and pepper
- Provolone or Swiss cheese
- crusty torpedo rolls or French bread
- spread option: brown mustard, Russian dressing or mayonnaise; and maybe some prepared horseradish
- garnish option: shredded lettuce, sliced tomatoes, and/or [sauerkraut](#) ^[1]

Melt butter in a pan over medium heat.

Cook the jalapenos, onions and optional mushrooms, stirring, until the onions start to turn translucent.

Add the shaved steak and optional salami. Keep stirring.

Add salt and pepper to taste, and add cheese. Keep stirring.

Remove your sandwich filling from the heat and toast your rolls.

Spread the toasted rolls with brown mustard, Russian dressing or mayonnaise; and maybe some prepared horseradish.

Garnish your toasted rolls -- shredded lettuce for mayonnaise, sauerkraut for mustard, either one for Russian dressing. Sliced tomatoes can go on, too.

Put your sandwich filling into the rolls, slice into manageable portions and serve.

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/214>

Links:

[1] <http://kitchen.unseelie.org/.93>

Stuffed Cabbage

- 1 cabbage
- 1 pound hamburger
- 1 chopped yellow onion
- 1/2 cup finely chopped fresh parsley
- 1 stalk celery heart, diced
- 2 cloves garlic, minced
- 3/4 cup uncooked rice
- 16 ounces tomato sauce
- 8 ounces tomato paste
- 2 teaspoons [Italian seasoning](#) ^[1]
- optional: raisins to taste
- 1+ tablespoon honey
- optional: sour cream

Bring a large quantity of water to a boil. Meanwhile, remove and toss out the core and bottom portion of the cabbage head (or reserve it to fry up with other goodies at some other time). Once the water is boiling, throw in the head, and cover. After 5 minutes, remove the covered pot from the heat. Leave the cabbage soaking for 20 minutes more.

Preheat oven to 350 degrees Fahrenheit.

Combine hamburger, onion, parsley, celery, minced garlic, uncooked rice, 8 ounces tomato sauce, 8 ounces tomato paste, 1 teaspoon Italian seasoning, and optionally raisins and honey to taste.

Remove 9 of the larger inner leaves from the cabbage. One by one, place about 1/9th of the meat mixture within a leaf, and fold, tucking the ends together. Place all of the stuffed leaves, seam side down, inside a roasting pan (preferably glass or ceramic).

Combine the remaining 8 ounces of tomato sauce, 1 teaspoon Italian seasoning, honey, and 1/2 cup water. Pour over the cabbages, moistening the leaves.

Cook for one hour.

Serve with [noodles](#) ^[2] or [spaetzle](#) ^[3] or rice. Can be served with sour cream.

Serves: 4 to 9

Preparation time: 90 minutes

Source URL: <http://kitchen.unseelie.org/node/199>

Links:

- [1] <http://kitchen.unseelie.org/.188>
- [2] <http://kitchen.unseelie.org/.1227>
- [3] <http://kitchen.unseelie.org/.129>

Swiss Veal

- 3 tablespoons flour
- 1 teaspoon salt
- 1-1/2 pounds veal, pounded and sliced into small (1" around) pieces
- 3 tablespoons shortening
- 1 chopped onion
- 16 ounce can stewed tomatoes, diced, undrained
- 3 carrots, peeled and sliced 1/2"
- Worcestershire sauce to taste
- black pepper to taste
- cooking sherry to taste

Combine flour and salt. Coat veal thoroughly. Melt shortening in large skillet, and brown meat.

Add onions, tomatoes (undrained), carrots, Worcestershire sauce, pepper and sherry to skillet.

Cook covered on low heat for an hour and a fifteen minutes, adding water if necessary.

Serve with [noodles](#) [1] or [spaetzle](#) [2].

Serves: 4

Preparation time: 2 hours

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/201>

Links:

[1] <http://kitchen.unseelie.org/.//227>

[2] <http://kitchen.unseelie.org/.//29>

Tortilla Casserole

- [chilli con carne](#) ^[1]
- [corn tortillas](#) ^[2]
- Vidalia onion, chopped
- cheddar cheese, shredded
- chopped green chiles (canned OK)

Get a glass or Pyrex casserole dish.

Get enough corn tortillas to cover the bottom of the dish. Rub the chilli on one side of each tortilla, place that side onto the bottom of the casserole dish, and cover the top with a layer of chilli.

Once one layer of tortillas have been placed, sprinkle some of the chopped onion over the chilli.

Generously sprinkle cheddar cheese next.

Finally, scatter some chopped green chiles over the cheese.

Repeat layers until done -- tortillas, chilli, onion, cheese and chiles.

Cover loosely with tin foil (foil should be tented so the cheese does not melt to it).

Bake at 350 degrees Fahrenheit for 30 to 40 minutes.

Preparation time: ~60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/204>

Links:

[1] <http://kitchen.unseelie.org/.18>

[2] <http://kitchen.unseelie.org/.257>

Yogurt Fried Steak

- oil for deep frying
- 1 pound lean steak, 1/4" to 1/2" thick
- 1 cup flour
- salt
- black pepper
- 4 eggs
- 1 cup yogurt
- 2 cups breadcrumbs
- seasonings to taste

Heat the oil to 340 degrees Fahrenheit.

Cut the steak into strips, about 3/4 of an ounce per strip (about 20 strips). Use a mallet to pound the steak thin and tenderize it.

Combine the flour, salt and pepper. Coat each piece of steak in the flour mixture (no need for water or other moisture -- the natural juices from the meat will hold the flour).

Beat the eggs and combine with the yogurt. Season the breadcrumbs as you see fit and place in a separate bowl.

One strip at a time, dip each strip in the egg-yogurt mixture, and then dredge through the breadcrumbs.

Deep-fry a few minutes until golden brown. Serve immediately.

Serves: 5 (4 pieces each, about 20 pieces total)

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/205>

Barbecued Baby Back Ribs

- 2 slabs (about 3 pounds) pork baby back ribs
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 tablespoon chili powder
- salt and pepper to taste
- grill method: a little oil
- [barbecue sauce](#) ^[1]

Trim fat from the meat. Trim away the membrane, and cut most of the way through each rib.

Combine the spices. Sprinkle (don't rub) the spice mixture onto the ribs.

The pork should be cooked until a thermometer reaches at least 160 degrees Fahrenheit.

Grill Method

Heat up the coals, until it's hot enough that if you hold your open palm just above the grill you feel you have to pull it away in about 3 seconds.

When ready to cook, oil the grill grate and place over the grill. Place the ribs directly over the coals and close the grill.

Cook for about one hour.

Open the grill and slather on some sauce on the bony side, then turn and slather some on the meaty side. Cook for another 5 minutes or so.

Roasting Method

Preheat oven to 350 degrees Fahrenheit.

Place ribs on a rack (so they don't swim in their own juices) in a roasting pan.

Cook for about an hour and a half, turning halfway through.

Barbecue sauce can be generously slathered on 5 to 10 minutes before removing the ribs, or served on the side.

Serves: 4 to 7

Preparation time: 120 minutes

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Source URL: <http://kitchen.unseelie.org/node/154>

Links:

[1] <http://kitchen.unseelie.org/.#85>

Cactus Pork

- extra virgin olive oil
- 2 to 3 jalapenos, minced
- 3 to 4 cloves garlic, minced
- 1 onion, sliced
- 1 tablespoon white sugar
- 2 to 4 fresh tomatillos, sliced
- about a cup of jarred nopalitos
- salt and pepper
- chili powder
- lard (or shortening)
- about a pound of boneless pork chops, thin, cut into small (about one centimeter) slices
- masa flour
- fresh cilantro (maybe also some epazote)
- lime juice

Heat the olive oil in a large pan. Once heated, add in the jalapenos and garlic.

After cooking the jalapenos and garlic for a couple minutes, add the onions. After a couple minutes, add the sugar.

Once the onions are soft and starting to carmelize, add the tomatillos and nopalitos.

Add salt, pepper, and your favorite chili powder to taste.

In a separate, small pan, melt the lard. Meanwhile, season the pork with salt and pepper. Coat with just a bit of masa flour. If you want to make the pork a satisfying dark brown without overcooking, also coat with a little bit of white sugar.

Add the pork to the sizzling lard, and cook thoroughly. Add the cilantro and lime juice.

Remove the pork from the lard, drain, and add the pork to the big pan. The dish is now ready to serve, but can be kept warm on the stove for a while if needed.

Preparation time: About 30 minutes

Serves: 4

Serve with [Spanish rice](#) ^[1] and [corn tortillas](#) ^[2].

— [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/235>

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.257>

Currywurst

- salt
- optional: [broth](#) [1], or beer and onions
- 1/4 pound German sausage per serving
- 1/4 cup tomato paste per serving
- 1 tablespoon white vinegar per serving
- 1 teaspoon white sugar per serving
- 1 teaspoon brown sugar per serving
- 2 tablespoons [curry powder](#) [2] per serving
- 1/4 teaspoon salt per serving
- 1/8 teaspoon black pepper per serving
- paprika, coriander

Prepare a pot with salted water or, alternately, broth, or a beer-grilled-onion-water mixture.

Put sausage in pot, and parboil the sausage, bringing the liquid to boiling then reducing the heat and cooking for 7 to 10 minutes.

In separate pot, combine tomato paste, vinegar, sugars, spices and about 2 tablespoons water per serving. Heat, stirring, over medium heat to a slow boil. Reduce heat to low and simmer.

Grill the sausage over a low heat until a meat thermometer reads 160 degrees Fahrenheit.

Slice sausage into 1/4" to 1/2" slices. Cover with sauce. Sprinkle a bit of paprika and coriander over the sausage.

Serve with [french fries](#) [3] or in a roll.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/175>

Links:

[1] <http://kitchen.unseelie.org/.283>

[2] <http://kitchen.unseelie.org/.179>

[3] <http://kitchen.unseelie.org/.216>

Braised Baby Back Ribs

- 1 slate pork baby back ribs
- 1/4 cup brown sugar
- 1 teaspoon kosher salt
- spices to taste (maybe paprika, mustard powder, chili powder, crushed garlic and/or parsley flakes)
- cooking oil
- aluminum foil
- 1 cup of white wine
- 1/2 teaspoon of kosher salt

1/4 cup white sugar

- [Barbecue sauce](#) ^[1]

Preheat oven to 275 degrees Fahrenheit.

Trim fat from the meat. Trim away the membrane. Cut slits at the top and bottom of each rib -- so the pull apart easily when cooked.

Rub brown sugar, 1 teaspoon salt and spices into the meat.

Heat oil in a large pan on the stovetop. Brown the ribs quickly.

Lay out a large piece of aluminum foil, somewhat longer on it's longest axis than the ribs. Actually, lay out a double sheet -- you don't want this to leak. Place the aluminum foil in a large baking pan with a lip (the lip will help prevent a big mess).

Place the browned ribs centered on top of the aluminum foil, inside the baking pan.

Make a sauce by heating the white wine, 1/2 teaspoon of salt and the white sugar over a meadium heat, whisking as needed. Bring to a simmer for a few minutes, but do not thicken it.

Pour the white wine sauce directly underneath the ribs, inside the aluminum foil.

Loosely fold the aluminum foil over the ribs, sealing the ends. Leave space between the top of the foil and the ribs.

Place on a middle rack of the oven and cook for about 150 minutes.

Remove the ribs from the oven. Open the tent, and slather the ribs with barbecue sauce. Leave the ribs exposed on the baking tray.

Set the oven to broil, and return the ribs to a high rack.

Broil for 20-30 minutes.

Remove pan from oven, plate the ribs, and let stand for 5 minutes before serving.

Serves: 2-3

Preparation time: ~220 minutes

- Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/177>

Links:

[1] <http://kitchen.unseelie.org/.#85>

Gorgonzola Pork Tenderloin

- onion (about 1 per pound of tenderloin)
- fresh corn (about 1/2 an ear per pound of tenderloin)
- crumbled Gorgonzola (about 1/2 a cup per pound of tenderloin)
- fresh rosemary (1 to 2 twigs per pound of tenderloin)
- corn meal (about 2 tablespoons per pound of tenderloin)
- extra virgin olive oil (as needed and to taste)
- balsamic vinegar (as needed and to taste)
- salt (as needed and to taste)
- black pepper (as needed and to taste)
- pork tenderloin (about 1/2 pound per person)
- cotton twine (as needed)
- fresh sage leaves (about eight leaves per pound of tenderloin)
- red wine (as needed)
- maple syrup (to taste)

Preheat the oven to 425 degrees Fahrenheit.

Mince about half the onion, combine with some fresh corn cut straight from the cob and crumbled Gorgonzola. Add in a little fresh rosemary and a little corn meal. Add in just enough extra virgin olive oil to hold the mash together. Flavor with some balsamic vinegar, salt and pepper.

Butterfly the tenderloin, removing fat. Pound flat with a mallet, between plastic wrap. Season the flattened meat on both sides with olive oil, salt and pepper. Lay the cheese-corn mash in a straight line across the flattened tenderloin. Roll the tenderloin up. Tie the tenderloin with cotton twine. Lay fresh sage leaves over the surface of the tenderloin roll.

Slice some onion into disks, and layer on the bottom of a small tray. Season with extra virgin olive oil, salt and pepper. Add enough red wine to slosh around about 1/4 the depth of the onions. Place the tenderloin roll on top of the onions.

Cook until done, about 40 minutes. In the last 5 to 10 minutes, lightly baste with maple syrup and return to the oven.

When the cooking time is done, remove from the oven and let stand a few minutes before removing the twine, cutting and serving.

Serve with rice.

Preparation time: 75 minutes

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Source URL: <http://kitchen.unseelie.org/node/240>

Pasta alla Carbonara

- 1/6 pound dry pasta per serving
- 1-1/2 ounce pancetta or bacon, diced, per serving
- 1/6 of an onion, diced, per serving
- 1/2 an egg yolk per serving
- 1-1/2 ounce grated Asiago or Parmesan cheese per serving
- Salt and pepper to taste
- Fresh parsley, minced, to taste

Start cooking the pasta, according to the instructions.

In a large pan, cook the pancetta or bacon, over a medium high heat, until done. Put the pancetta/bacon aside. Reserve a couple tablespoons of the fat in the pan, and discard the rest.

Just before the pasta is done, return the oil to medium-high heat. Remove about 1/4 cup of the water from the pasta.

Cook the onion in the remaining fat for a few minutes, until soft. Meanwhile drain the rest of the pasta and leave in the pot.

Add the pancetta or bacon into the pan with the onion. While stirring, add in the reserved water.

Turn heat to low, and drizzle in the egg, stirring quickly. Add the cheese, and keep stirring. Add in the salt and pepper and keep stirring.

Once the sauce starts to thicken, add in the parsley, remove from heat, and pour over the pasta.

Serve immediately.

Serves: ??

Preparation time: 30 minutes or so

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/254>

Twin Dogs

- two hot dogs
- optional: bacon
- two hot dog buns
- mayonnaise
- celery salt
- sweet relish
- optional: minced onion and/or diced tomato
- mustard
- minced jalapenos, sliced pickles and/or minced onion
- slice of Swiss cheese
- [sauerkraut](#) ^[1]

Put both hot dogs on the grill. While you cook them, prepare the buns. If you really want to be decadent, wrap each dog in a slice of bacon before grilling.

For the first bun, spread mayonnaise inside, and sprinkle with celery salt. Add sweet relish and optional onion or tomato to taste.

For the second bun, spread mustard. Then add minced jalapenos, sliced pickles or minced onion to taste. Then add Swiss cheese to the roll.

When the hot dogs are almost grilled to perfection, toast the buns with condiments. Place the dogs inside the buns. Add sauerkraut to the top of the mustard-Swiss dog.

Of course there are **lots** of other hot dog possibilities. Maybe a little [chilli](#) ^[2] and [cheese sauce](#) ^[3] in the bun, topped with [sauerkraut](#) ^[1]. Or maybe a little [chilli](#) ^[2], minced onions and [cole slaw](#) ^[4]. Maybe with mustard, [baked beans](#) ^[5] and fried onions.

Serve immediately.

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/222>

Links:

[1] <http://kitchen.unseelie.org/.93>

[2] <http://kitchen.unseelie.org/.18>

[3] <http://kitchen.unseelie.org/.69>

[4] <http://kitchen.unseelie.org/.37>

[5] <http://kitchen.unseelie.org/.71>

Beer Batter (for fish, onion rings, whatever)

- oil for deep frying
- 1 egg per serving
- 1/4 teaspoon salt per serving
- spices to taste (paprika, black pepper, garlic powder, cumin, or whatever)
- 1/2 cup flour per serving
- 1 teaspoon baking powder per serving
- 1/3 cup cold beer per serving
- boneless fish fillet, onion rings, parboiled chicken strips, zucchini, or whatever else you happen to be frying

Heat the oil to 385 degrees Fahrenheit.

Make batter by beating the egg(s), adding the salt, spices to taste, flour, baking powder and beer.

Dip each piece of whatever you want to fry into the batter. Drop each batter-covered piece into the hot oil and cook til done.

Drain the cooked food on paper towels, and serve immediately.

Preparation time: 20 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/76>

Blackened Catfish

- juice of one lemon
- 4 tablespoons butter, melted
- 1/3 cup [Cajun seasoning](#) ^[1]
- 1/3 cup masa flour
- 4 catfish fillets (or flounder, or haddock, or any one of a number of flaky non-steak fish)
- 8 ounces white wine

Heat a cast iron skillet over medium-high to high heat, until a drop of water sizzles.

Add lemon to butter.

Combine spice mixture and flour.

Dredge catfish through butter.

Rub spice mixture on each side of fillet.

Throw each fillet on skillet for 2 to 3 minutes each side.

Remove fish from skillet, add remaining butter and wine to skillet. Cook over medium-high heat, whisking the remnants from the bottom of the pan into the wine, bringing to a simmer and reducing to a sauce.

Pour the sauce over fish, and serve immediately.

Serves: 4

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/161>

Links:

[1] <http://kitchen.unseelie.org/.#86>

Aglio e Olio

- 1 pound package uncooked [linguini](#) ^[1]
- 1/2 cup extra virgin olive oil
- 4 cloves of garlic, cut in half
- 1 red pepper, sliced
- optional: 1 tablespoon crushed red pepper flakes
- fresh, minced basil
- salt and black pepper, to taste

Prepare the pasta as per the package directions.

Meanwhile, heat the olive oil over a medium heat.

About 10 minutes before the pasta is due to come off of the stove tilt the pan to pool the olive oil, and start cooking the garlic in the oil.

After cooking the garlic for 3 to 5 minutes, add the strips of red bell pepper, and optional crushed red pepper. Keep stirring for a couple minutes, and then fish the garlic cloves out and throw away.

Scoop about a 1/4 to 1/3 cup of the starchy pasta water into the pan, stir and cook in.

When it is time to drain the pasta, do not wash the pasta -- but leave it warm and starchy, when you drop it in the pan.

Stir, and season to taste with salt and pepper.

Serves: 6 (serve with cheese)

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/130>

Links:

[1] <http://kitchen.unseelie.org/.227>

Bread Galette (French Toast Pancake)

- vegetable oil
- bread, the equivalent of 2 slices per person
- eggs, about 1 to 2 per person
- milk, as needed (about 1/4 cup per person)
- sugar, about 1 teaspoon per person
- salt to taste
- pepper to taste
- minced herbs to taste

Heat vegetable oil in a skillet or on a griddle.

Tear and cut bread into tiny pieces (preferably older or crusty bread). If the bread is dry, add just a little water.

Mix in eggs, and stir. Add enough milk to bring the consistency to that of a firm pancake batter.

Add sugar and seasonings.

Once the oil is heated sufficiently, drop the batter onto the cooking surface. Flatten, and cook on each side until golden brown.

Serve immediately with maple syrup, jelly, jam or marmalade and/or sour cream, and breakfast meat.

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/239>

Buttermilk Pancakes

- 1 cup sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1-1/2 teaspoons white sugar
- 3/4 cup cultured buttermilk
- 1/2 cup milk
- optional: frozen or fresh berries to taste
- butter

Combine the sifted flour, baking powder and salt.

In a separate bowl, mix the egg, sugar, buttermilk and milk.

Add the wet ingredients to the dry. Combine ingredients, but do not beat or mix more than necessary.

If you're going to mix in any berries, now is the time to do it.

Melt butter on a medium griddle.

Drop batter onto griddle. Cook until golden, flip the pancakes, and cook on the other side.

Serve with maple syrup or marmalade.

Serves: 2 to 4

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/288>

Chiles Rellenos

- 2 poblano or Anaheim chile peppers per serving
- 2 small lunch bags per serving
- 2 small slices Monterey Jack cheese per serving
- oil to deep fry
- 1 egg per serving
- flour
- salt
- [enchilada sauce](#) ^[1]

Place poblano/Anaheim peppers under the broiler. Roast until the skin begins to change color and blister, flip and roast until the skin is blackened and blistered over all the peppers.

Place poblano/Anaheim peppers into a paper bag, and allow them to sit for about fifteen minutes. I find it best to use a double-bagged small lunch bag, and to put no more than two peppers into the double bag. Remove the outermost layer of skin from each pepper.

Cut a small slit in the side of each pepper. Use a spoon to remove the seeds and white parts of each pepper. Stuff each pepper with a small slice of Monterey Jack cheese, making sure that the pepper can still close.

Heat the oil for deep frying. Meanwhile prepare the batter.

Separate the egg whites from the yolks.

Whip the whites until firm.

Stir the yolks with a pinch of salt.

Fold in the yolks.

One pepper at a time, dust with flour, dip in batter, fry.

Let each pepper fry at high temperature until it is golden brown.

Remove and drain oil on paper towels.

Pour enchilada sauce over the chiles rellenos.

Serve immediately, with beans, [rice](#) ^[2], maybe some lettuce and tomato.

Preparation time: 45 minutes

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Source URL: <http://kitchen.unseelie.org/node/3>

Links:

[1] <http://kitchen.unseelie.org/.15>

[2] <http://kitchen.unseelie.org/.225>

Corn Fritters

- 1 cup flour
- 2 teaspoons baking powder
- 1/4 cup white sugar
- 1 can creamed corn
- 2 eggs, slightly beaten
- butter or margarine

Combine flour, baking powder, sugar, creamed corn, and eggs.

Melt butter on a griddle, until heated. Drop batter onto griddle, cook until bubbles start to form on the up-side, flip the fritters, and cook on the other side.

Serve with applesauce and/or maple syrup.

Serves: 4 to 5

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/35>

Crêpes

- 1/2 cup milk per 2 crêpes
- 1 egg yolk per 2 crêpes
- Optional: 1 teaspoon vanilla or 1/4 teaspoon nutmeg per 2 crêpes
- 1/2 cup flour, sifted, per 2 crêpes
- 2 tablespoons sugar per 2 crêpes
- 1/8 teaspoon salt per 2 crêpes
- 1.5 tablespoons melted butter per 2 crêpes
- oil

Beat milk and egg yolks together. Add any vanilla or nutmeg, and mix in.

Add in the flour, sugar and salt. Mix in.

Beat in the melted butter.

Make sure that any fillings or toppings are ready, before you start cooking the crêpes.

Heat up a crêpe pan, over medium heat with a tiny tiny amount of oil.

Pour in about enough batter to make one crêpe, and gently turn pan so that the batter evenly covers the surface of the bottom of the crêpe pan.

After a minute or two, when the sides are firm and the bottom of the crêpe is browned, flip the crêpe. I find this easiest to do by sliding it onto a plate (with a rubber spatula), and flipping it back onto the pan.

Add any fillings you may want to add, on one side of the crêpe. Fold the crepe over, and plate it.

Once all crêpes are plated, put any toppings on that you are considering.

Possible fillings and/or toppings:

berries (filling or topping)

- 1 pint fresh berries,
- 1/4 cup powdered sugar
- lemon juice or sherry vinegar to taste

Sweet cheese (filling)

- 1 cup ricotta cheese
- 1-1/3 tablespoon sugar

- 1 tablespoon lemon juice
- optional: 2 teaspoons vanilla

Savory cheese (filling)

- sharp shredded cheddar cheese
- salt to taste
- fresh herbs to taste
- a touch vinegar

Serves: ??

Preparation time: 20 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/265>

Czech Sour Cream Pancakes

- 2 eggs, whites and yolks separated (you only need one yolk)
- 2 tablespoons white sugar
- 1/2 cup sour cream
- dash salt
- 1/2 cup flour, sifted
- 1/8 teaspoon baking powder
- optional: frozen or fresh berries to taste
- butter
- confectioners' sugar

Beat egg yolks (about half the number that you separated from your eggs). Add and beat in sugar, sour cream, and salt.

Add in the flour and baking powder. Mix in.

Beat the egg whites until soft peaks start to form.

Fold the egg whites into the batter.

If you're going to mix in any berries, now is the time to do it.

Melt butter on a medium griddle.

Drop batter onto griddle. Cook until golden, flip the pancakes, and cook on the other side.

Dust with powdered sugar.

Serve with maple syrup, marmalade, or even plain (these pancakes are moist enough).

Serves: 2 to 4

Preparation time: 30 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/36>

Eggplant Parmesan

- Italian eggplant
- cooking oil
- crushed garlic
- egg
- flour
- fresh Parmesan cheese, grated
- [grilled vegetables](#) ^[1]
- fresh tomatoes
- [marinara sauce](#) ^[2]
- fresh [mozzarella cheese](#) ^[3], grated

Peel eggplant, and slice diagonally in 1/2 inch thick slices.

Salt each slice of eggplant, and let sit about ten minutes, then rinse, and repeat with the other side.

Cook garlic in oil.

Dip each eggplant slice in the egg, and then coat with flour. Cook about 5 minutes a side in the oil. Drain on paper towels.

Layer eggplants, spread out in the bottom of a pan.

Sprinkle some Parmesan cheese over the eggplants.

Layer the [grilled vegetables](#) ^[1] in, around and over the eggplants. Place some of the tomato slices on the top of the other veggies and eggplant slices.

Sprinkle more Parmesan cheese over.

Pour [marinara sauce](#) ^[2] over.

Sprinkle mozzarella cheese over.

Bake for 15 to 20 minutes in a preheated 400 degree Fahrenheit oven.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/60>

Links:

[1] <http://kitchen.unseelie.org/.#61>

[2] <http://kitchen.unseelie.org/.#27>

[3] <http://kitchen.unseelie.org/.#273>

Enchiladas

- 2 ounces [enchilada sauce](#) [1] per serving
- canola oil
- 1-2 flour tortillas per serving or 3 [corn tortillas](#) [2] per serving
- 1/4 cup prepared filling: chicken (boiled in [chicken broth](#) [3]), ground beef (browned in advance), and/or veggies (bell peppers, carrots, onions, squash marinated in advance)
- 1/3 ounce chopped green chile peppers per serving
- 2 ounces shredded melty cheese per serving

Preheat oven to 350 degrees Fahrenheit.

Heat enchilada sauce over low heat.

Place canola oil into a frying pan and heat; fry each tortilla on both sides.

Coat one side of each tortilla with enchilada sauce.

Near one side of each enchilada, add filling and some cheese.

Roll enchiladas, place one-layer deep in pan, cover with enchilada sauce.

Sprinkle chopped green chiles over the top, followed by remaining cheese.

Bake for 35-40 minutes.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/8>

Links:

[1] <http://kitchen.unseelie.org/.15>

[2] <http://kitchen.unseelie.org/.1257>

[3] <http://kitchen.unseelie.org/.1283>

Felafel

- 2 cups dry chick peas
- 3 cloves garlic, crushed
- 1/2 cup celery, minced
- 1/2 cup scallions, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon tumeric
- 1/4 teaspoon cayenne pepper
- black pepper
- 1-1/2 teaspoons salt
- 3 tablespoons flour or bread crumbs
- extra flour to coat
- oil to deep fry

Soak chick peas for a couple hours, then boil for an additional hour or two, until soft. Mash thoroughly, preferably with a blender, food processor, or other appliance.

Combine chick peas, garlic, celery, scallions, flour or bread crumbs, and spices, til it tastes about right. Throw it in the refrigerator to chill.

Use your hands (floured, to keep them from getting too sticky) to make 1 inch diameter balls from the mixture. Deep fry in at least 2" of oil, heated to 365 degrees Fahrenheit. Fry until golden brown. Serve immediately.

Serves: 6 (with [Israeli salad](#) ^[1], pita bread, [humus](#) ^[2], maybe baba ghanouj or [pickled red cabbage](#) ^[3])

Preparation time: 75 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/22>

Links:

[1] <http://kitchen.unseelie.org/.#20>

[2] <http://kitchen.unseelie.org/.#21>

[3] <http://kitchen.unseelie.org/.#92>

Gnocchi

- 1/4 pound potatoes, unpeeled, per serving
- 1 egg per four servings
- salt
- 3/16 cup all-purpose flour per serving
- more flour
- the makings for sauce; or olive oil and spices

Place potatoes in a pot, covered with water. Bring the water to boiling, and turn the heat to medium. Cook the potatoes until soft, about 45 minutes. Remove the potatoes, and plunge them into cold water.

Place a tray out for preparing the dough. Peel each potato, discard the peels, and put the potato through a potato ricer, spreading the riced potatoes over the tray.

In a bowl, scramble the eggs with a fork, and add salt to taste. Drizzle the eggs over the potatoes.

Scoop the measured flour over the potatoes-and-eggs.

Combine and knead with hands. Turn it over, and work briefly, until just mixed. Turn out onto a floured workspace.

Knead the dough, adding flour as needed. Don't work the dough too long. Stop when the ingredients are combined, the dough is somewhat resilient, and the dough is moist but not sticky.

Divide the dough into as many portions as you are preparing servings. Cover all but one of the pieces of dough with plastic wrap, wax paper or other cover, so they don't dry out.

Start rolling the piece in front of you, on the floured surface, into a Play-Doh-type snake. Once it gets to medium length, cut in half, and roll each separately, until each snake is about 1/2" diameter.

Cut each half-snake 10 to 12 times, so each piece is about 1/2" long. Place each piece on a lightly floured tray, so that no two pieces touch.

Remove the next piece of (covered) dough, and start rolling the snakes and cutting more pieces, until you have finished turning the dough into gnocchi.

Boil a large pot of water. You don't need to salt the water. While the water is boiling, you should prepare your sauce for the gnocchi (keep the sauce light; some butter with Parmesan sprinkled

in is fine).

When your sauce is ready, you can start dropping the gnocchi (a few at a time, so they do not touch until they have started to cook) into the pot. Stir once or twice as the gnocchi cook. Once all the gnocchi have finished cooking they will be floating at the surface of the pot (about 3 minutes).

Drain the gnocchi. Toss with sauce, or oil and spices. Serve immediately.

Preparation time: about 2 hours

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/63>

Grandma's Spaghetti and Marinara Sauce

- cooking oil
- 1 large onion, chopped
- 3 red peppers, chopped
- 1 green pepper, chopped
- 1 rose of garlic, sliced
- 32 ounces stewed plum tomatoes, diced
- 16 ounces tomato sauce
- 12 ounces tomato paste
- 2 teaspoons crushed dried oregano
- 1-1/2 teaspoons ground black pepper
- 2 teaspoons white sugar
- 4 dried bay leaves
- 1 pound package uncooked [spaghetti or linguini](#) ^[1]

Place some cooking oil in the bottom of a large pot, and cook the onion, the peppers, and garlic until the onions start to become translucent.

Stir in the tomatoes, tomato sauce, tomato paste, oregano and black pepper.

Stir in 1 cup water, bring to boil, reduce heat. Simmer, uncovered, for 2 hours, stirring occasionally. Add more water as needed during cooking.

If making [meatballs](#) ^[2], now is the time to make them.

After the sauce has been cooking for at least 1-1/2 hours, stir in the white sugar, bay leaves and another cup of water. Then, place the meatballs into the sauce for the remaining 30 minutes. Remove the bay leaves.

While waiting for the sauce to finish cooking up, prepare the pasta as per the package directions.

Serves: 8 (make a salad and some garlic bread, too)

Preparation time: 150 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/27>

Links:

[1] <http://kitchen.unseelie.org/.1227>

[2] <http://kitchen.unseelie.org/.128>

Grilled Cheese Sandwich

- 2 slices white bread
- cheddar, Swiss or other cheese, coarsely shredded
- optional: sliced tomato
- butter, softened

Put a handful of shredded melty cheese on two slices of bread. It ought to be over-flowing the sandwich and falling out. Optionally, add tomato slices. Butter both outsides of the sandwich.

Heat a small pan with a cover over medium heat. When heated, place the sandwich in the pan and cover. After a couple minutes flip the sandwich, and press down with spatula. Cook for another couple minutes.

Serve immediately with pickle and chips.

Serves: 1

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/181>

Japanese Curry Rice

- 5 tablespoons butter
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 finger fresh ginger, minced
- 1 yellow onion, minced
- 1/2 teaspoon white sugar
- 6 tablespoons flour
- 3 tablespoons [curry powder](#) ^[1]
- 1/2 tablespoon [garam masala](#) ^[2]
- 2 cups [broth](#) ^[3] (chicken, beef, or vegetable)
- water, as needed
- rice

Saute garlic, jalapeno, ginger and onion in 2 tablespoons of butter, over a medium heat. Add a little sugar after the veggies have softened, to help them caramelize. Once they start to caramelize, remove them from the heat.

Heat 3 tablespoons of butter in a pot, over a medium heat. Once it is melted, add the flour at once and whisk. Add the spices, and continue to whisk.

Add in the caramelized vegetables, and stir.

Slowly add the broth, stirring the whole time, and bring to a slow boil. Then reduce the heat to a simmer. If it is too thick, add a little water.

Let simmer, stirring occasionally, while you cook up the rice.

Serve the sauce over the [rice](#) ^[4], maybe with some [katsu](#) ^[5], vegetables and/or [poached egg](#) ^[6] dropped on top.

Preparation time: 30 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/149>

Links:

[1] <http://kitchen.unseelie.org/./79>

[2] <http://kitchen.unseelie.org/./148>

[3] <http://kitchen.unseelie.org/./283>

[4] <http://kitchen.unseelie.org/.225>

[5] <http://kitchen.unseelie.org/.147>

[6] <http://kitchen.unseelie.org/.11>

Malai Kofta

- 1-1/2 cups mashed potatoes
- 12 ounces [paneer cheese](#) [1], minced or grated
- 1/2 cup fresh minced cilantro
- 3 teaspoons cumin seed
- 1-1/2 teaspoons salt
- 4 minced jalapenos
- oil for deep frying
- 1/4 cup flour, plus 2 teaspoons
- 4 tomatoes, diced
- 2 to 3 tablespoons of minced ginger
- 1/4 teaspoon asafetida powder
- 2 tablespoons of coriander
- 1 teaspoon of turmeric
- 1/2 teaspoon of chipotle powder
- 1/2 cup heavy cream
- 1/2 teaspoon [garam masala](#) [2]

Combine the potatoes, the paneer, 1/4 cup of the cilantro, 1 teaspoon of the cumin seed, 1/2 teaspoon of the salt and 2 of the minced jalapenos. Knead until thoroughly combined. Form into about 30 separate inch-diameter balls.

Heat the oil to 340 degrees.

Combine 1/4 cup of flour with a half cup of water, and whisk until thoroughly combined. Dip each ball into the flour-water mixture, and put into the deep fryer (fry no more than 5 to 10 at a time). Remove the koftas after a few minutes, when golden-brown. Drain on paper towels and leave aside.

Use a blender to puree the tomatoes, 2 of the minced jalapenos and the minced ginger.

Put about 1/4 cup of oil into a medium pan. Once heated enough that a drop of water jumps when sprinkled in, add 2 teaspoons of cumin seed and the asafetida powder. Add in the tomato puree, the coriander, the turmeric and the chipotle powder. Cook for a few minutes.

Whisk 2 teaspoons of flour into the heavy cream. Add about 1-1/2 cups of water. Add to the gravy mixture. Stir, cover and cook over a medium heat for 7 to 8 minutes.

Add a teaspoon of salt, 1/4 cup of the cilantro and the garam masala to the gravy. Cook for another minute, until the gravy just starts to bubble. Remove from the heat.

Put the precooked koftas into the gravy. Stir gently, until the koftas have puffed up to about 1-1/2

inches across.

Serve immediately, with rice ^[3] and nan.

Serves: 4 to 5

Preparation time: about 90 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/233>

Links:

[1] <http://kitchen.unseelie.org/.167>

[2] <http://kitchen.unseelie.org/.148>

[3] <http://kitchen.unseelie.org/.1225>

Mezzo-America Pie

- 14 oz canned black beans, drained
- 14 oz can diced tomatoes, drained
- 1 to 1-1/2 cups shredded cheddar or Monterey Jack cheese
- 1/2 cup masa flour
- 2-4 jalapenos, sliced
- salt to taste
- your favorite chile powder to taste
- coriander or other spices to taste
- lime juice to taste
- fresh or dried cilantro or epazote, to taste
- [pie crust](#) ^[1]

Combine all but pie crust in a bowl.

Preheat oven to 400 degrees Fahrenheit.

Roll your bottom crust into a pie plate.

Scoop the filling into the crust.

Roll your top crust, place over the pie, and vent.

Bake on a low rack of the oven for 20 minutes. Place aluminum foil directly underneath the pie plate (but not on the bottom of the oven itself, or surely bad things would happen) to keep gravy from splattering the bottom of your oven.

After the pie has cooked for twenty minutes, reduce the oven to 350 degrees and bake for another 40 to 45 minutes.

Remove from the oven and cool at room temperature for 5 to 10 minutes.

Preparation time: 1 to 2 hours, plus time to make your crust

It tastes even better re-heated!

Serves: 6 to 8

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.242>

Okonomiyaki

- about 2 cups shredded cabbage leaves
- about 1 cup shredded leek
- about 3/4 cup flour
- about an ounce of minced pickled ginger
- salt
- 2 eggs
- extra virgin olive oil
- toppings (select whatever): baby leeks, sliced pickled scallions, cooked bacon pieces, tomato slices, chopped scallions, chopped chiles, slivered almonds, whatever
- tonkatsu sauce
- mayonnaise (ideally the sweet Kewpie mayonnaise)

Boil water, and steam the shredded cabbage and shredded leek for 10 to 15 minutes.

Combine the steamed cabbage and leek with the flour, ginger, salt and eggs. Mix well.

Heat the olive oil in a medium skillet.

Once the oil is heated, arrange the toppings in the bottom of the skillet, and pour the batter over (if using bacon, bacon should be at the very bottom). Fry until firm, and flip using a plate (so that the toppings are on top). Decorate with tonkatsu sauce and mayonnaise, and plate.

Serves: 2 to 3

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/66>

Pasta

- plain white flour (or 50/50 white flour and semolina flour)
- salt
- eggs, about one per 2/3 cup of flour, at room temperature
- a little extra virgin olive oil (about 1/2 tablespoon per cup of flour)
- hot water

Combine flour and salt. Dump flour out on your counter/table. Dig a little well in the middle of the flour.

Crack your eggs into the hole in the flour, and add in the olive oil. Whisk the eggs slowly until combined with the oil, slowly whisking in more and more flour from the side until too thick to keep whisking.

If needed, as you work add more flour or some hot water.

If using an electric mixer to kneed the dough, dust the sides of the bowl with flour before you begin.

Kneed the dough for about 10 minutes, let rest for about 10 minutes, and then kneed again for another 10 minutes. Cover with plastic wrap (so it doesn't dry out) and let sit about 20 minutes.

Divide your dough into separate, smaller parts, which will be more manageable for rolling and cutting. Roll the dough as flat as possible with a good rolling pin.

If using a pasta machine, run through the flat heads to flatten still further, tightening the space after each run.

Slice into noodle form, either with your machine or your knife.

Cook the noodles in boiling salted water (or soup), stirring until they float to the surface -- just a few minutes (depending on the thickness of your noodles).

Preparation time: 90 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/227>

Perogis

- 3/4 pound of red potatoes
- 6 cups flour
- 1-1/2 teaspoons salt, plus more to taste
- 3 eggs, beaten
- 2+ sticks unsalted butter
- 1-1/2 cups sour cream
- 3 vidalia onions
- optional: Garlic, crushed
- sprinkle of white sugar
- black pepper to taste
- milk, cream and buttermilk
- 1/2 to 1-1/2 cups grated cheddar cheese, white cheese and/or cream cheese
- Bunch of chives, minced
- optional: cooked and crumbled bacon

Peel and cut your potatoes into quarters, then boil in salted water. Let them cook while you make your dough -- at least 15 minutes total.

Combine flour and salt. Add eggs and knead in. Soften 1-1/2 sticks of butter, and knead in. Knead in the sour cream. Knead about 5-10 minutes total. Divide the dough into three balls, and put the dough in the fridge overnight.

In a large pan, melt a half stick of butter. Over a medium heat, slowly cook one chopped vidalia onion, and optional garlic. Add a sprinkle of white sugar to help soften the onion. Once the onion is soft and the potatoes are cooked, drain the potatoes and add them to the onion and butter. Turn the heat to low and mash the potatoes into the butter, adding salt and pepper to taste. Slowly add milk, cream and/or buttermilk, stirring vigorously with a fork, until the consistency is smooth. Slowly stir in the cheese, letting it melt in. Add in chives, and optional bacon bits. Put the filling in the fridge overnight.

The next day, start making the pierogies. One ball of dough at a time, roll the dough out over a floured surface to about 1/8" thick. Once rolled thin, cut the dough into circles -- I use a glass with a 3-1/2" top. You can re-knead your remaining dough, and cut some more out.

With a small bowl of water by your side, to moisten your fingers and the inside on the perogi, start assembling. Moisten the inside lip of the circle of dough, drop a little filling in (maybe a tablespoon), fold and pull the dough into a half-circle around the filling, and pinch closed around the edges. Do that another 89 times, setting the perogis aside.

At this point, you can freeze the perogis. They are also less likely to burst if they are frozen prior to being boiled.

To cook the perogis, boil a pot of salted water. Drop perogis in one at a time, and cook until they float to the top (5-10 minutes, longer if previously frozen). Fish the finished perogis out with a skimmer or slotted spoon, pat dry and and put aside.

In a large frying pan, melt some butter over a medium to medium-high heat. Add in sliced vidalia onions, sprinkling with a little sugar to help them soften. Once the onions are starting to soften, add your boiled perogis to the pan. Serve immediately.

Serves: 12-18 -- about 6 dozen perogis. Serve with butter, sour cream and [beet salad](#) ^[1]

Preparation time: 2 hours (start preparing the day before)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/277>

Links:

[1] <http://kitchen.unseelie.org/./271>

Pupusas

- 3 cups masa harina plus more as needed
- 1 cup crumbled queso fresco
- 1 teaspoon kosher salt
- 1 tablespoon vegetable oil plus more
- filling!

Combine masa harine, 1 cup crumbles queso fresco and 1 teason kosher salt. Mix thoroughly. Add 1 tablespoon vegetable oil and two cups of warm water. Kneed the dough thoroughly. If the dough is dry or crumbly add more warm water, one tablespoon at a time. If the dough sticky add masa harina, one tablespoon at a time.

Let the dough rest for fifteen minutes. While the dough is resting, prepare about a cup and a half of filling.

Examples:

- Crumbled queso fresco
- minced loroco
- beans
- prepared pork, steak or chicken

Warm heavy iron skillet or pans over a medium heat.

Cut and divide the dough into sixteen roughly equal parts, and form/kneed each into an uncracked ball.

Using a tortilla press, and wax paper on the top and bottom of the tortilla press, press each ball flat (about 5" round when done).

Set eight of the half-pupusas out on the table, and lay about 2 to 2-1/2 tablespoons of filling in the center of each. Lay the other eight half-pupusas on top, forming a sandwich.

Moisten your hands with a little oil, and press/fold the pupusas together at the edges, and flatten a bit.

Put just a little bit of oil in the bottom of your skillet or pan, and let it heat up.

Cook each pupsa about three to four minutes on each side. Serve immediately.

Serves: 3 (makes 8 pupusas). Serve with [cutido salad](#) [1], hot sauce and/or [salsa](#) [2].

Preparation time: about 1 hour

Source URL: <http://kitchen.unseelie.org/node/281>

Links:

[1] <http://kitchen.unseelie.org/.282>

[2] <http://kitchen.unseelie.org/.25>

Shepherdless Pie

- 3 potatoes
- 2 tablespoons margarine
- dairy option: a little milk
- 1 (14 oz) can drained kidney beans
- 1 (14 oz) can drained black beans
- 1 (14 oz) can creamed corn
- 1 (14 oz) can mixed vegetables
- 1/4 cup [salsa](#) ^[1]
- 2 tsp garlic powder
- dairy option: a little shredded cheese

Boil the peeled and quartered potatoes in salted water for 20 to 25 minutes. Drain, and mash with margarine. Optionally, add a little milk to the potatoes.

In a casserole dish, mix the beans, corn, veggies, salsa and garlic powder. Top with mashed potatoes. Optionally, sprinkle some shredded cheese on top. Cover and bake in oven at 350 degrees Fahrenheit about 30 minutes or until hot.

Serves: 8

Preparation time: 45 to 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/26>

Links:

[1] <http://kitchen.unseelie.org/.25>

Tacos

- [tortillas](#) ^[1]
- [salsa](#) ^[2] or diced tomato
- hot sauce
- [refried beans, warm](#) ^[3]
- option: meat ground or chopped and warmed up with onion, garlic and spices
- chopped onion
- lettuce, shredded
- shredded cheese (mild cheddar, Monterey jack)
- sour cream or yogurt, maybe some guacamole

Place everything on table, buffet style, except for the tortillas.

Either warm the tortillas in tin foil in a medium oven for about 10 minutes, or let each person warm his/her own tortilla in a preheated warm skillet.

If you want to use meat: Grind or dice the meat, brown it in oil with onions and garlic, than add your favorite ground chili powder, white pepper, black pepper, and white sugar to taste. Cook til done.

Preparation time: 15 minutes (more, with preparation of beans, salsa, meat, etc.)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/73>

Links:

[1] <http://kitchen.unseelie.org/./257>

[2] <http://kitchen.unseelie.org/./25>

[3] <http://kitchen.unseelie.org/./72>

Vegan Chiles Rellenos

- 2 poblano or Anaheim chile peppers per serving (canned are OK)
- olive oil
- 1 clove garlic per serving
- 1/4 chopped yellow onion per serving
- 1/2 chopped sweet red pepper per serving
- 1/2 cup black beans per serving
- black pepper
- cumin
- paprika
- salt
- optional: melty cheese
- [enchilada sauce](#) ^[1]

Place poblano/Anaheim peppers under the broiler. Roast until the skin begins to change color and blister, flip and roast until the skin is blistered over all the peppers.

Place poblano/Anaheim peppers into a paper bag, and allow them to sit for about fifteen minutes, while you are preparing the filling.

Make the filling. Get some olive oil into a pot, and cook garlic, onions and sweet peppers until they begin to soften. Add black beans (mashing about 1/4 of the beans), and heat. Add black pepper, cumin, paprika and salt to taste. Put the filling aside.

Remove the outermost layer of skin from the poblano/Anaheim peppers. Remove the tops of the peppers, and all seeds and internals from each pepper.

Stuff each pepper with the filling, and lay in a shallow roasting pan. Optionally, shred cheese over the peppers.

Pour enchilada or red sauce over the peppers. You can put this aside to cook later (or even freeze).

Place under the broiler for a short while, until well toasted. Serve immediately. If frozen, cook in a medium oven.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.15>

Vegan Kofta Curry

- oil for deep frying, plus a couple tablespoons
- 1-1/2 teaspoons cumin seed
- 1-1/2 teaspoons salt
- 2 tablespoons of minced ginger
- 3 tablespoons minced cilantro
- 4 minced jalapenos, without seeds
- 2-3/4 cups shredded cabbage, uncooked
- 7/8 cup chickpea flour
- 3 tomatoes, diced
- 1/8 teaspoon asafetida powder
- 1/4 cup flour, plus two teaspoons
- 1/4 teaspoon asafetida powder
- 1 tablespoon of coriander
- 1/2 teaspoon of turmeric
- 1/2 teaspoon of chipotle powder
- 1 tablespoon sugar

Heat the oil to 340 degrees.

Combine 1/2 teaspoon cumin seed, 1 teaspoon salt, a couple teaspoons of minced ginger, 1 tablespoon of minced cilantro, 2 minced jalapenos, 2 cups of shredded cabbage and 3/4 cup of chickpea flour. Knead until thoroughly combined. If too dry, add just a little water. Form into about 15 separate inch-diameter balls.

Place each ball into the deep fryer (fry no more than 5 to 10 at a time). Remove the koftas after a few minutes, when golden brown. Drain on paper towels and leave aside.

Use a blender to puree the tomatoes, and 1-1/2 tablespoons of minced ginger.

Put about 2 tablespoons of oil into a medium pan with a cover. Once heated enough that a drop of water jumps when sprinkled in, add 1 teaspoon of cumin seed, 1/8 cup chickpea flour and the asafetida powder. After a couple minutes, add in 3/4 cup of shredded cabbage and 2 minced jalapenos.

Cook another couple minutes. Then add in the tomato puree, the coriander, the turmeric and the chipotle powder. Cook for a few minutes over medium-high heat. Add in 2 cups of water, a 1/2 teaspoon of salt and a tablespoon of sugar.

Add the koftas to the gravy mixture. Stir, cover and cook over a medium heat for 7 to 8 minutes.

Add 2 tablespoons of cilantro, stir in, and turn off the heat.

Serve immediately, with rice ^[1] and nan.

Serves: 3

Preparation time: about 90 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/234>

Links:

[1] <http://kitchen.unseelie.org/./225>

Vegetarian Stuffed Cabbage

- 1 cabbage
- 1 medium-large yellow onion, chopped
- 3 tablespoons packed brown sugar
- 3-1/2 to 4 cups tomato sauce
- 6 tablespoons lemon juice
- 1 to 1-1/2 shredded potatoes (washed, unpeeled)
- 2 to 6 shredded carrots (washed and peeled)
- 1 shredded apple (washed, unpeeled)
- 1/2 cup raisins
- 6 tablespoons flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- optional: yogurt

Bring a large quantity of water to a boil. Wash the cabbage, and remove 12 outer leaves from the cabbage. Once the water is boiling, throw in the leaves and cover. After five minutes, remove the covered pot from the heat, drain and rinse the leaves.

Preheat oven to 350 degrees Fahrenheit.

Chop 1 cup of the remaining cabbage core, and combine it in a saucepan with the chopped onion, brown sugar, tomato sauce, and 4 tablespoons of lemon juice, to make the sauce.

Heat the sauce ingredients over a medium heat until it begins to boil, reduce heat, cover and simmer.

Combine the potatoes, carrots, apple, raisins, flour, spices, vegetable oil, and 1/3 cup of the sauce, to make the filling.

Grease a roasting pan.

Spoon the filling into the 12 reserved cabbage leaves. Fold the leaf sides around the filling, and roll the top down, tucking the base of the leaf underneath. Place each stuffed leaf seam-side down in the pan.

Spoon the sauce over the stuffed leaves.

Cover the pan with foil, and cook for one hour. Can be served with yogurt. Goes well with egg

noodles ^[1] or spaetzle or rice ^[2].

Serves: 3 to 5

Preparation time: 100 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/30>

Links:

[1] <http://kitchen.unseelie.org/.227>

[2] <http://kitchen.unseelie.org/.225>

Welsh Rarebit

- 2 cups shredded sharp cheddar cheese
- 2 ounces beer (room temperature)
- 1 egg yolk
- 1/4 teaspoon chipotle pepper
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- optional: Marmite or Vegemite
- 3 slices good crusty bread
- 1/2 sliced tomato

In a double boiler, slowly melt cheese.

Combine warm beer and egg yolk.

Slowly add beer/egg mixture to cheese, and stir in.

Once cheese mixture is smooth, add chipotle pepper, Dijon mustard, salt, and optional Marmite, and stir until smooth.

Toast the bread. Pour cheese mixture over toast and tomato slices, and serve.

Serves: 1 to 2

Preparation time: 15 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/75>

Eggs, Hard Boiled

- eggs

Place eggs in a saucepan, add enough cold water to cover the eggs, and place over medium heat. Once it starts to boil, remove from heat, and cover saucepan. Cook 12 minutes for eggs that were at room temperature, 15 for eggs from the fridge.

Place eggs in ice water, or in a colander under cold running water. Let stand for a few minutes, until eggs are cool.

I like eating my eggs with salt and pepper, or dark soy sauce, or wasabi (yum)!

Preparation time: 25 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/9>

Eggs, Fried

- 1 tablespoon butter
- 2 eggs
- 2 tablespoons *boiling* water
- salt and pepper to taste

Melt butter in a large frying pan over medium-high heat.

Crack both eggs into a saucer.

Slip eggs into butter once melted. Cook about 45 to 60 seconds, then flip.

Add boiling water over eggs, and cover frying pan.

Cook for 2 to 2-1/2 minutes more.

Serve immediately.

Serves: 1

Preparation time: 4 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/10>

Eggs, Poached

- 2 tablespoons butter
- water (or wine or [broth](#) ^[1] or other liquid)
- 1 tablespoon vinegar
- 2 eggs (very fresh)
- salt and pepper to taste

Melt butter in a small pot, over medium-high heat.

Add water (or wine), 3 to 4 inches deep. Keep over heat until the water just begins to boil.

Crack each egg into a separate cup, keeping yolk intact.

Reduce heat to low, until the boiling subsides.

Slip eggs into water. Leave to cook for 2 to 5 minutes, depending on amount of doneness wanted.

Remove eggs one at a time with a slotted spoon, holding each egg over paper towels for a few seconds to remove excess liquid.

Serve immediately.

Serves: 1

Preparation time: 15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/11>

Links:

[1] <http://kitchen.unseelie.org/.283>

Eggs Benedict

- buttered, split toasted English muffin
- 2 slices cooked ham
- 2 [poached eggs](#) ^[1]
- [hollandaise sauce](#) ^[2]

The trick is to have everything above done and ready to go at the same time! Build two Benedicts . . . exactly as one would expect (muffin half, meat, eggs, sauce).

There are options:

Benedict Arnold: Built with Canadian bacon instead of ham.

California Benedict: Built with sliced tomato and avocado instead of ham.

Country Benedict: Built with bacon instead of ham, and a [biscuit](#) ^[3] instead of an English muffin.

Irish Benedict: Built with corned beef hash instead of ham.

Scott Benedict: Built with prosciutto toasted on the English muffin, instead of ham, and served with hot sauce.

Veggie Benedict: Built with steamed broccoli and onion, instead of ham.

Serves: 1 (potatoes on the side)

Preparation time: ~15 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/82>

Links:

[1] <http://kitchen.unseelie.org/.11>

[2] <http://kitchen.unseelie.org/.159>

[3] <http://kitchen.unseelie.org/.183>

Eggs in the Basket

Submitted by [Scott](#) ^[1] on Tue, 09/25/2012 - 14:15

- 1 tablespoon butter
- 2 slices bread
- 2 eggs
- salt and pepper to taste

Let butter reach room temperature.

Using a glass as a cookie-cutter, score and remove a circle of bread from the center of each slice of bread. Keep the frame, for use as a "basket," and do whatever you want with the circle.

Spread half the butter on one side of each of the baskets.

Toast the baskets, butter-side-up.

Heat a non-stick skillet over medium or medium-high heat.

Place each basket butter-side-down on the skillet. Spread the remaining butter on the up-side of each basket.

Crack one egg each, into the center of each of the bread-frames.

Cook each on the first side for a minute or two, sprinkling with salt and pepper to taste. After the egg begins to set, use a fork to break the yolk and swirl.

Gently flip each basket, so that the egg continues to cling to the sides of the basket. Cook for another minute or two on the flip side, sprinkling with salt and pepper to taste.

Serve immediately.

Serves: 1

Preparation time: 5 minutes

— [Subscriptions \(0\)](#) —

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Source URL: <http://kitchen.unseelie.org/node/247>

Links:

[1] <http://kitchen.unseelie.org/user/1>

Frittata

- 6 eggs
- 2 tablespoons milk
- 2 tablespoons heavy cream
- salt to taste
- filling: About 2 cups of shredded/grated cheese, garlic, onions, pepper, chiles, tomatoes, mushrooms, ham, whatever!

Preheat oven to 350 degrees Fahrenheit.

Combine the eggs, milk, cream and salt.

Grease an oven-safe skillet.

Put the skillet over a medium-low heat, cook fillings until mostly cooked; if using cheeses, add those last.

Pour the egg mixture over. Cook until the edges of the egg mixture in the skillet start to firm.

Move skillet to oven for 20 minutes.

Remove the skillet from the oven, flip the frittata onto a plate, and serve.

Serves: 2 to 3

Preparation time: 45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/62>

Matzah Brei

- matzos
- eggs
- salt to taste
- black pepper to taste
- butter or margarine

Crumble matzos into large pieces. Scramble egg with salt and pepper. Let matzos soak up the egg.

Heat butter or margarine in frying pan. Throw the matzos in and fry quickly – don't let it get too dry.

Serve immediately.

Preparation time: 20 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/64>

Omelet

- a little butter
- eggs
- milk or cream
- salt and pepper
- shredded cheese and/or other fillings, at room temperature

Add a little butter to your pan, and heat to medium or medium-high.

Whisk egg, milk or cream, and salt and pepper. Once pan is hot, rotate the pan so that the butter thinly coats the bottom. Then pour the egg mixture into the pan.

Quickly stir with chopsticks or a fork for a few seconds, turning pan to even out egg. Turn off the stove. Scoop one omelet worth of fillings onto one side of the fried egg.

Fold the egg over the fillings, move to the edge of the skillet, and flip onto a plate. Shape the omelet with a paper towel.

Serve.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/249>

Omurice

- a little oil
- day-old [white rice](#) [1] or [fried rice](#) [2]
- catsup
- eggs
- milk or cream
- salt and pepper
- optional: melty cheese
- optional: warm tomato soup

Add just a little oil to your pan, and heat to medium or medium-high. Add in the rice, and stir while it gets hot. Add catsup to the rice as you cook it. Remove the rice to a separate bowl.

Wipe the pan clean, and add another drizzle of oil.

Whisk egg, milk or cream, and salt and pepper. Once oil is hot, pour the egg mixture into the pan.

Quickly stir with chopsticks for about 5 seconds, then turn pan to even out egg. Optionally, add a little melty cheese now. Turn off the stove. Scoop one omelet worth of rice into the center of the fried egg.

Fold the egg over the rice, move to the edge of the skillet, and flip onto a plate. Shape the omelet with a paper towel, and garnish with catsup on top.

Serve. Another delicious option is to make the rice omelet with white rice using no catsup at all, and to serve in the bottom of a bowl with tomato soup.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/212>

Links:

[1] <http://kitchen.unseelie.org/.225>

[2] <http://kitchen.unseelie.org/.153>

Scrambled Eggs

- 2 eggs per serving
- about 2 tablespoons milk per serving
- salt and pepper to taste
- butter
- tool: nonstick pan
- tool: flat-edged wooden spatula or similar flat wide-edged tool for stirring

Scramble the eggs, milk and seasonings with a fork or whisk. Give it a good half-minute, so that the eggs are fairly uniform.

Over a medium heat, heat just enough butter to coat the bottom of your nonstick pan. Once the pan is heated and the butter melted and thinly spread over the bottom, pour in the egg all at once.

Wait about 20 seconds. Turn off the heat, and use your flat-edged tool to fold and push the egg away from the edges into the center of your pan, using your other hand on the handle to tilt the pan and move the eggs.

Very gently stir and fold the eggs until very close to done; they will continue to cook for a few seconds after put on the plate, so you need to take them off early. The eggs should still be soft, and a little moist. What some people take to be "raw egg" is just water -- don't cook that off or your eggs will be like dry ashes in your mouth.

Immediately plate the eggs.

Preparation time: 10 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/219>

Shakshouka

- extra virgin olive oil
- 2-3 cloves garlic, crushed
- 2-3 jalapenos, minced
- 1 medium onion, diced
- 1 red bell pepper, diced
- 28 ounces canned tomatoes
- 4 ounces tomato paste
- salt to taste
- black pepper to taste
- 1 teaspoon cumin
- 1 teaspoon paprika
- your favorite hot sauce or chili powder to taste
- 5 chicken eggs
- Chevril
- Summer Savory

Heat a cast iron frying pan (with a cover) over a medium heat.

Heat a little olive oil in the pan. Cook the garlic, jalapenos and onion in the oil, stirring the whole while, until the onions start to turn translucent.

Add the bell pepper, and cook until the bell peppers are soft.

Stir in the tomatoes, tomato paste, salt, pepper, cumin, paprika and hot sauce or chili powder.

Cook until the sauce has lost water and reduced noticeably.

One at a time, crack each egg over the pan (evenly spaced). Cover the pan, and let the eggs poach for 5-15 minutes (depending on how you like your eggs cooked).

Remove the cover, sprinkle on the herbs and serve.

Serves: 2-4 (with fresh bread)

Preparation time: 30-45 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/260>

Beverages and Desserts

[Frappes](#) [1]

[Freezes](#) [2]

[Hot Cocoa](#) [3]

[Lassi](#) [4]

[Milkshakes](#) [5]

[Mint Limonana](#) [6]

[Almond Cheesecake](#) [7]

[Blueberry-Lemon Pie](#) [8]

[Butter Rum Candy](#) [9]

[Chocolate Chip Cookies](#) [10]

[Chocolate Mousse](#) [11]

[Chocolate Pudding Pie](#) [12]

[Chocolate Truffles](#) [13]

[Cream Puffs](#) [14]

[Cumin Almonds](#) [15]

[Eclairs](#) [16]

[Green Tea Ice Cream](#) [17]

[Hidden Pirate Island Ice Cream](#) [18]

[Ice Cream with Balsamic Strawberry Topping](#) [19]

[Jalapeño Cashew Brittle](#) [20]

[Meringue Drops](#) [21]

[Merrywhether Cookies](#) [22]

[Noodle Kugel](#) [23]

[Pear and Goat Cheese](#) [24]

[Pie Crust](#) [25]

[Strawberry-Balsamic Pie](#) [26]

[Strawberry Trifle](#) [27]

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/49>

Links:

[1] <http://kitchen.unseelie.org/./207>

[2] <http://kitchen.unseelie.org/./89>

[3] <http://kitchen.unseelie.org/./210>

[4] <http://kitchen.unseelie.org/./78>

[5] <http://kitchen.unseelie.org/./208>

[6] <http://kitchen.unseelie.org/./262>

- [7] <http://kitchen.unseelie.org/.121>
- [8] <http://kitchen.unseelie.org/.243>
- [9] <http://kitchen.unseelie.org/.126>
- [10] <http://kitchen.unseelie.org/.133>
- [11] <http://kitchen.unseelie.org/.34>
- [12] <http://kitchen.unseelie.org/.125>
- [13] <http://kitchen.unseelie.org/.131>
- [14] <http://kitchen.unseelie.org/.33>
- [15] <http://kitchen.unseelie.org/.31>
- [16] <http://kitchen.unseelie.org/.6>
- [17] <http://kitchen.unseelie.org/.128>
- [18] <http://kitchen.unseelie.org/.127>
- [19] <http://kitchen.unseelie.org/.122>
- [20] <http://kitchen.unseelie.org/.255>
- [21] <http://kitchen.unseelie.org/.129>
- [22] <http://kitchen.unseelie.org/.132>
- [23] <http://kitchen.unseelie.org/.134>
- [24] <http://kitchen.unseelie.org/.163>
- [25] <http://kitchen.unseelie.org/.242>
- [26] <http://kitchen.unseelie.org/.244>
- [27] <http://kitchen.unseelie.org/.77>

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[Home](#) > Frappes

Frappes

- 3 scoops ice cream per serving
- 1/2 cup milk per serving
- syrup or flavoring to taste
- 1/2 cup crushed ice per serving
- optional: malt

Blend until smooth.

Preparation time: 5 minutes

— [Subscriptions \(1\)](#)

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[Home](#) > Freezes

Freezes

- 3 scoops sherbet per serving
- 1 scoop vanilla ice cream per serving
- 1 cup lemon-lime seltzer per serving
- chopped ice to to fill

Blend until frothy and smooth.

Preparation time: 5 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/89>

Hot Cocoa

- 1 cup milk per serving
- 3 tablespoons sugar per serving
- 2 tablespoons unsweetened cocoa per serving
- 1/8 teaspoon salt per serving
- optional: flavoring like coffee, vanilla extract, orange zest, crème de menthe, nutmeg or chipotle powder
- optional: whipped cream

Warm milk slowly over a medium heat. When the milk is close to scalding, turn down to low. If it ever appears in danger of boiling, remove it from the heat.

Add in the sugar and cocoa together, and stir. Add in the salt, and any other flavoring.

Simmer a couple minutes.

Serve. Possibly with whipped cream. Ignore the people who want you to spoil it by adding marshmallows.

Preparation time: 20 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/210>

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[Home](#) > Lassi

Lassi

- 1 cup crushed ice cubes
- 1 cup plain yogurt
- 1/4 cup white sugar
- 1 pinch salt
- 1 mango, peeled and diced

Combine all ingredients and blend.

Serves: 3

Preparation time: 5 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/78>

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[Home](#) > Milkshakes

Milkshakes

- 3 scoops ice cream per serving
- 1-1/2 cups milk per serving
- syrup or flavoring to taste
- 0 to 2 teaspoons sugar per serving
- optional: malt

Blend until smooth.

Preparation time: 5 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/208>

Mint Limonana

- ~1-1/3 cup sugar
- ~2 cups room temperature water
- ~12 large lemons
- ~2/3 cup fresh mint leaves (sprigs of mint, whole leaves or chopped – your call)
- ~11 cups ice and ice water

In a saucepan, combine sugar with room temperature water. Warm over medium heat, stirring occasionally, until the water starts to bubble and the sugar is melted.

Juice your lemons. The easiest way is to microwave the lemons (about 10 seconds per lemon), roll each lemon on the counter, and then one side at a time pierce each end of each lemon and squeeze the juice out. Mix the lemon juice with the sugar water in a pitcher, add the mint leaves so they can start steeping, and set aside in the refrigerator.

Put the ice and ice water into a blender. Blend until the ice is thoroughly crushed and the mint distributed. Add the ice-water to your lemon-mint-sugar-water mixture and stir.

Serves: about 4 quarts

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/262>

Almond Cheesecake

- 3 packages cream cheese
- 4 eggs
- 1-1/4 cups sugar
- 1 teaspoon vanilla extract
- 2 teaspoons almond extract
- 1 pint sour cream
- butter or margarine
- graham cracker crumbs

Beat cream cheese, eggs, 3/4 cup sugar and vanilla and almond extracts together for 15 minutes. Beat the remaining 1/2 cup of sugar and the sour cream for 5 minutes, then fold into the first mixture.

Grease a springform pan with butter or margarine, and dust with graham cracker crumbs. Then pour in the batter.

Bake at 350 degrees Fahrenheit for about 45 minutes (top of cheesecake should be cracked, settled and slightly darker). Turn the oven off, but leave the cheesecake in the oven for another hour before taking it out.

Serves: 8 to 12

Preparation time: 180 minutes (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/121>

Blueberry-Lemon Pie

- 2 pints fresh blueberries
- juice of two jumbo lemons (or 4 regular-sized lemons)
- 3/4 cup white sugar
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 6 tablespoons cornstarch
- [pie crust](#) ^[1]
- 1 tablespoon unsalted butter
- optional: 1 egg yolk, a tablespoon of cream, and a pinch of sugar

Preheat oven to 400 degrees Fahrenheit.

Combine all ingredients but the pie crust and the butter. Mix well.

Roll your bottom crust into a pie plate. Fill your pie with the blueberry-lemon mixture.

Cut the butter into tiny pieces, and dot the top of the pie.

Roll your top crust, place over the pie, and vent the top crust.

Optionally, make a glaze with egg-yolk, cream and sugar, and brush on your pie.

Bake on a low rack of the oven for 20 minutes, then reduce the oven to 350 degrees and bake for another 40 to 45 minutes.

Remove from the oven and cool at room temperature for 2 to 4 hours.

Serve with vanilla ice cream and/or whipped cream.

Preparation time: 4 to 6 hours, plus time to make your crust

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/243>

Links:

[1] <http://kitchen.unseelie.org/.242>

Butter Rum Candy

- 1/2 cup water
- 1-1/4 cups milled cane sugar
- 4 tablespoons butter
- rum extract to taste
- yellow food coloring

Combine all ingredients in a saucepan over medium heat. Let everything melt into a syrup.

Grease a cookie sheet with butter.

Pour melted candy onto sheet and let stand until firm (can speed process up in freezer).

Cut / tear / break apart into separate candies.

Finished candy is a little gooey. Designed primarily for inclusion in [Hidden Pirate Island Ice Cream](#) ^[1].

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/126>

Links:

[1] <http://kitchen.unseelie.org/./127>

Chocolate Chip Cookies

- 2 sticks unsalted butter
- 3/4 cup dark brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla extract
- optional: 2 tablespoons heavy cream
- optional: 1 teaspoon white vinegar
- 1 egg yolk
- 1 egg
- 2 cups all-purpose flour, sifted
- 3/4 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 12 ounces bittersweet chocolate chips

On the stovetop, over medium-high heat, melt 1-1/2 sticks unsalted butter.

Brown until golden and with a nutty aroma.

Break the remainder of the butter (half a stick) into pieces in a mixing bowl.

Pour the melted butter into the unmelted butter, and mix.

Add the brown sugar, white sugar, and vanilla to the melted butter. Optionally, add in heavy cream and vinegar, to make chewier cookies. Mix.

Add the egg; both whole and extra yolk.

Whisk until smooth (about 30 seconds). Let stand for about 3 minutes, then whisk again for another 30 seconds. Repeat the process of letting the mix stand and then whisking twice more, until the mixture is thick, smooth and shiny.

Add flour, baking soda and kosher salt. Stir in.

Add chocolate chips. Stir.

Cover bowl and chill in fridge for an hour. You can ignore this step, if you want flatter, crunchier cookies.

Preheat oven to 375 degrees Fahrenheit, with a rack in the center of the oven.

Prepare baking sheets with parchment paper.

Spoon the dough on, about 3 tablespoons at a time, about 2" apart.

Bake each for 12 to 15 minutes, until golden, still puffy/soft, and edges have begun to set.

Let stand on cookie sheet for another 2 to 3 minutes.

Finish cooling on wire rack.

Serves: about 2 dozen cookies

Preparation time: ~150 minutes

– Subscriptions (1)

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Source URL: <http://kitchen.unseele.org/node/133>

Chocolate Mousse

- 1 pint whipping cream
- optional: 1/8 teaspoon cream of tartar
- 8 ounces semisweet chocolate
- optional: mud (extra strong coffee brewed with almost no water)
- optional: vanilla extract
- 3 egg whites
- 3 tablespoons sugar

Use an electric mixer to beat the whipped cream until whipped – but not so much that it starts turning into butter. When your cream is close to finished whipping, you can add cream of tartar to stabilize it (and your mousse).

Melt the chocolate in a double boiler, until smooth. If using coffee or vanilla, add it now.

Use an electric mixer to beat the egg whites, slowly adding the sugar. Keep beating the egg whites until they are firm, and ripples or peaks don't fall back into the bowl. Note that you must be extraordinarily careful not to get any yolk into the mixture, because even the tiniest bit can prevent the whites from whipping properly.

Gently stir some of the whipped cream (about 1/3) into the chocolate, and then add the chocolate mixture to the egg whites. Stir in the rest of the whipped cream. Cover and chill.

Serves: 8

Preparation time: 2 hours (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/34>

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[Home](#) > Chocolate Pudding Pie

Chocolate Pudding Pie

- 1 cup sour cream
- 1 cup milk
- 1 package (3.5 oz) instant chocolate pudding
- 1 graham cracker pie crust

Mix together sour cream, milk, and instant pudding. Pour into pie crust. Cover and refrigerate.

Preparation time: 60 minutes (let sit several hours)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/125>

Chocolate Truffles

- 6 ounces semisweet chocolate chips for filling
- 1/4 cup butter
- 3 tablespoons whipping cream
- 1 beaten egg yolk
- 3 tablespoons liqueur (mint, chocolate, orange, other) or extract (vanilla, other)
- 12 ounces chocolate (semisweet, milk or white) chips, or cocoa powder for coating

In a double boiler, combine semisweet chocolate, butter, and whipping cream. Cook over low heat until melted (about 10 minutes). Remove from heat.

Stir half the mixture into the egg yolk, mix thoroughly, then return to the double boiler. Cook, stirring, over medium heat until the mixture is thickened. Remove from heat.

Stir in liqueur or extract, and transfer to a small mixing bowl. Cover and chill, stirring occasionally, until completely cool -- almost 2 hours.

Beat chilled mixture with an electric mixer, at medium speed, until fluffy (approximately 2 minutes). Chill until it holds its shape (15 to 30 minutes).

Line a baking sheet with wax paper. Drop mixture teaspoon by teaspoon (shaped into little balls), onto the sheet. Chill for another 30 to 45 minutes.

If you want to dip the truffles in chocolate: Melt the dipping chocolate in the double boiler (a little bit at a time, so that when a truffle crumbles into the mixture only some of the chocolate is spoiled for dipping). Dip each truffle in the chocolate, and place on a wax-lined baking sheet. Cool.

If you don't dip the truffles in chocolate, you probably want to do something else to help the truffles keep their shape -- for something quick and easy you can roll them in cocoa powder.

Makes: 32 pieces

Preparation time: a long time (prepare a day in advance)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/131>

Cream Puffs

Puffs

- 1/4 cup water per 5 puffs
- 2 tablespoons unsalted butter per 5 puffs
- 1/4 teaspoon white sugar per 5 puffs
- 1/8 teaspoon salt per 5 puffs
- 1 pinch nutmeg per 5 puffs
- 1/4 cup all-purpose flour per 5 puffs
- 1 egg per 5 puffs

Glaze

- 1 egg per 20 puffs
- 1/8 teaspoon salt per 20 puffs
- 1/2 teaspoon white sugar per 20 puffs

Whipped Cream

- 1/2 cup whipping cream per 5 puffs
- 1/4 teaspoon vanilla extract per 5 puffs
- 1/2 tablespoon white sugar per 5 puffs

Finish

- confectioners' sugar

Preheat oven to 400 degrees Fahrenheit, with a rack in the center of the oven.

On the stovetop, over medium heat, combine water, butter, white sugar, salt and nutmeg.

Once water starts to boil and the butter is melted, lower heat and sift in the flour. Whisk with a fork until thoroughly combined.

Continue cooking a couple minutes, until you can smell the flour just starting to toast.

Remove from heat, and cool the pan by placing the bottom in cool water. Then keep whisking until the mixture is cooler.

Add eggs, one at a time, and whisk in until uniform.

Prepare baking sheet with parchment paper.

Spoon the dough out onto the parchment.

Make a glaze by whisking an egg with salt and sugar.

Glaze each puff on the baking sheet.

Place the baking sheet on the middle rack. After 15 minutes, reduce heat to 350 degrees.

After an additional 30 minutes, turn heat off, and open oven door. Let stand for another 15 minutes.

Remove puffs to a wire cooling rack.

Whip cream with vanilla extract and white sugar. (Better if bowl, ingredients, and whisk are chilled first.)

Cut each puff open, spoon in whipped cream, and replace top.

Dust with confectioners' sugar.

Preparation time: ~90 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/33>

Cumin Almonds

- 4 cups almonds
- 1 cup + 2 tablespoons sugar
- 3 teaspoons salt
- 3 teaspoons cumin
- 2 teaspoons crushed red pepper
- 6 tablespoons peanut oil

Place almonds in a pot of water. Cover, and bring to boiling. Drain water, and fill pot of almonds with cold water. This will loosen the brown skins, so you can remove them easily by hand.

Combine 2 tablespoons of sugar, salt, cumin, and red pepper. Set aside.

Heat a skillet over medium-high heat. Place peanut oil in the bottom of the skillet, and saute the almonds with 1 cup of sugar poured over them. The sugar carmelizes, and the almonds turn golden-brown.

Combine almonds with spice mixture in a bowl. Can be served immediately or at room temperature.

Serves: 24

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/31>

Eclairs

Puffs

- 1-1/2 cups water
- 12 tablespoons unsalted butter
- 1-1/2 teaspoons white sugar
- 3/4 teaspoon salt
- 3/8 teaspoon nutmeg
- 1-1/2 cups all-purpose flour
- 6 eggs

Egg Glaze

- 1 egg
- 1/8 teaspoon salt
- 1/2 teaspoon white sugar

Dusting

- confectioners' sugar

Filling

- 5 ounces instant pudding mix
- 3 cups whole milk
- 1-1/2 cups whipping cream
- 1-1/2 cups confectioners' sugar
- 1-1/2 teaspoons vanilla extract

Chocolate Glaze

- 4 tablespoons unsalted butter
- 2 ounces bittersweet chocolate
- 2 cups confectioners' sugar
- 2 teaspoons vanilla extract
- up to 1/3 cup hot water

Preheat oven to 450 degrees Fahrenheit, with a rack in the center of the oven.

On the stovetop, over medium heat, combine water, butter, white sugar, salt and nutmeg.

Once water starts to boil and the butter is melted, lower heat and sift in the flour. Whisk with a

fork until thoroughly combined.

Continue cooking a couple minutes, until you can smell the flour just starting to toast.

Remove from heat, and cool the pan by placing the bottom in cool water. Then keep whisking until the mixture is cooler.

Add eggs, one at a time, and whisk in until uniform.

Prepare baking sheet with parchment paper.

Spoon the dough out onto the parchment, in 18 separate strips. Each strip should be about 4" long and 1-1/2" wide.

Make an egg glaze by whisking an egg with salt and sugar.

Brush the egg glaze on each pastry on the baking sheet.

Place the baking sheet on the middle rack. After 15 minutes, reduce heat to 325 degrees. (You can start work on the filling while cooking the pastries.)

After an additional 20 minutes, remove pastries to a wire cooling rack.

Dust each pastry with confectioners' sugar.

Mix instant pudding with milk. Put into fridge to set.

Whip cream. After peaks are formed in whipped cream, fold in the confectioners' sugar and the vanilla extract.

Fold whipped cream combination into the refrigerated pudding. Leave in the fridge until ready to use.

Make a chocolate glaze by melting the butter and chocolate in a double boiler. Once melted, whisk in the confectioners' sugar -- it will be very dry. Whisk in the vanilla extract, and then some hot water (the amount varies depending on how thin you want the glaze). Remove from heat.

Cut each pastry open, gently scoop out any uncooked pastry.

Spoon filling into each pastry, and close it up.

Drizzle the chocolate glaze over the top of each pastry.

Serves: 18 eclairs

Preparation time: ~90 minutes

– Subscriptions (1)

Source URL: <http://kitchen.unseelie.org/node/6>

Green Tea Ice Cream

- 2 cups whole milk
- 6 green tea bags
- 5 egg yolks
- 1 cup granulated white sugar
- 1/2 cup heavy cream
- 1/2 cup half-and-half

Heat milk until just before boiling. Remove from heat. Steep green tea bags in milk for about 10 minutes, then remove bags.

Beat egg yolks. Add in white sugar, stirring until stiff and smooth.

Combine egg mixture with milk. Strain into a saucepan, and cook over medium-high heat until just shy of a boil. Remove from heat and cool completely (freezer or fridge -- just don't let ice crystals form).

Combine heavy cream and half-and-half, and beat until frothy. Add to egg mixture, mixing well.

Put into an ice cream maker.

Freeze well.

Serves: 8

Preparation time: 120 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/128>

Hidden Pirate Island Ice Cream

- 1 cup whole milk
- 3/4 cup milled cane sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon coconut extract
- 1/2 teaspoon banana extract
- yellow food coloring
- 1 pint heavy cream
- dark chocolate bar
- [butter rum candy](#) ^[1]

Whisk milk, sugar, extracts and food coloring together.

Whisk cream into mixture.

Put into an ice cream maker.

Using a peeler, shave about 1/4 cup of chocolate shavings off the chocolate bar. In the last five minutes in the ice cream maker, add the chocolate and the butter rum candy to taste.

Freeze well.

Serves: 8

Preparation time: 60 minutes

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/127>

Links:

[1] <http://kitchen.unseelie.org/.126>

Ice Cream with Balsamic Strawberry Topping

- 1 cup fresh strawberries
- 3 tablespoons of *really good* balsamic vinegar
- 2 tablespoons sugar
- 3 tablespoons water
- 1 pint vanilla ice cream

Remove stems and mash all but four of the strawberries into the vinegar. Leave to sit at room temperature for about an hour.

Prepare the sauce just before serving.

Heat sugar and water in a saucepan on low, until syrupy. Blend in the strawberry and vinegar mixture. Cook for about 3 minutes.

Dish out the ice cream into dessert cups, slice remaining strawberries for garnish. Pour the syrup mixture over each dish. Serve immediately.

Serves: 4

Preparation time: 10 minutes (some preparation one hour before)

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/122>

Jalapeño Cashew Brittle

- 2 jalapeno peppers
- 2 tablespoons butter
- 1 cup white sugar
- salt to taste
- 1/4 cup water
- 1/2 teaspoon baking soda
- 1 cup cashews

Remove the seeds and whites from the jalapenos. Mince them.

In a saucepan, over medium heat, melt the butter.

Once the butter is melted, put the minced jalapenos in. Stir for a few minutes, while they cook.

Once the jalapenos are softened, add in the white sugar and salt.

Keep stirring, until the sugar has absorbed the butter and is looking less granular.

Stir in the water and the baking soda. And keep stirring.

Place a large piece of wax paper on a smooth flat even surface (such as a cookie sheet).

Keep stirring the pot. You will see tiny bubbles from the baking soda.

Crush the cashews just enough that there are no whole pieces.

Keep stirring the pot until the sugar starts to caramelize. It takes about ten minutes, but this happens fast! The mixture becomes thicker and somewhat darker, and smells like candy.

Do not cook much longer or the sugar will burn and you will have a real mess!

Remove the candy from the heat, and stir in the cashews.

Pour the mixture out onto the wax paper, and spread with your spoon.

Immediately wash your pot and spoon, so they do not become candied!

Let the candy set until hard. Break it into small pieces.

Serves: 6-12

Preparation time: A couple hours

– Subscriptions (1)

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Source URL: <http://kitchen.unseelie.org/node/255>

Meringue Drops

- 4 egg whites
- 1/2 teaspoon cream of tartar
- pinch salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 8 ounces semisweet chocolate chips
- optional: food coloring or powdered cocoa

Use an electric mixer, on medium speed, to beat the egg whites until they get foamy.

Add the cream of tartar and the salt. Start mixing at high speed. While mixing the meringue, slowly add the sugar. To make chocolate meringue, use about 3/4 cups sugar and 1/4 cup cocoa combined together, instead of 1 cup sugar.

Continue mixing at high speed until the egg whites form peaks, and you can turn the mixing bowl upside down without losing anything -- but not longer. Add in the extracts. If you wish, while doing this you can add food coloring.

Fold in the chocolate chips.

Line a couple cookie sheets with wax paper. Drop the meringue on the sheets by the teaspoonful, about six dozen.

The oven should be preheated to 400 degrees Fahrenheit. Place the cookie sheets in, and turn the oven *off* immediately. Leave the oven door shut for 5 to 6 hours.

Serves: 24

Preparation time: 30 minutes (plus 5 to 6 hours in oven)

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/129>

Merrywhether Cookies

- 2 boxes brownie mix
- 4 teaspoons water
- 4 eggs
- 1/2 cup oil
- 2 cups chocolate chips

Mix all but chips together. Then stir in chips. Roll into 1" balls. Put on cookie sheets, spaced about 1-1/2" apart.

Bake at 350 degrees Fahrenheit for roughly 9 to 12 minutes. The cookies should look just barely underdone when taken out, otherwise they will be too hard when they cool. They should look like they're cracking across the top, but still chewy. Let the cookies harden on the cookie sheet for at least 2 minutes.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/132>

Noodle Kugel

- 1/2 pound cooked [egg noodles](#) ^[1]
- 1 pound ricotta cheese (part skim OK)
- 16 ounces crushed pineapple
- 2/3 cup raisins
- 1 medium apple, peeled, cored and grated
- 2 tablespoons melted butter (margarine OK)
- 1 cup light brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

Preheat the oven to 350 degrees Fahrenheit. Combine all the ingredients in an oiled 9" x 13" casserole dish. Bake for 45 to 50 minutes, until top begins to brown.

Serves: 6

Preparation time: 75 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/134>

Links:

[1] <http://kitchen.unseelie.org/.//227>

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[Home](#) > Pear and Goat Cheese

Pear and Goat Cheese

- your favorite variety of pear
- goat cheese

Slice the pear, and put some goat cheese on a slice. Eat. Enjoy.

Preparation time: 0 minutes

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/163>

Pie Crust

- 2-1/2 cups all-purpose flour, plus lots more
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 cup shortening
- 12 tablespoons unsalted butter
- 1-ounce ice cube
- 1 ounce water
- 2 ounces vodka

The day before making pies, separate the ingredients into different containers to put into the refrigerator, so that everything is nice and chilled and ready to make crust. The first bag contains 1-1/2 cups of all-purpose flour, 1 teaspoon of white sugar and 1/2 a teaspoon of salt. The second bag contains 1/2 cup of shortening and 12 tablespoons of unsalted butter, cut into small pieces. The third bag contains one more cup of flour. Finally, a watertight container has a 1-ounce ice cube, 1 ounce of cold water, and 2 ounces of vodka. Store all of these ingredients in the refrigerator until well-chilled.

Sift the first bag (1-1/2 cups flour, sugar, salt) into a mixing bowl. Fluff and stir with a fork. Add the second bag (shortening and butter), cutting in with the fork and using your hands to mix in large clumps of the fat. Sift the third bag (1 cup of flour) into the bowl, and fold in, continuing to cut with the fork, until the dough breaks up into pea-sized pieces.

One tablespoon at a time, add in the ice water and vodka mixture, gently folding and stirring in with a fork. Do this until you have used all of the ice water and vodka. Gently roll the dough into a ball, using as little contact as possible, and divide the dough into two balls. Place each ball of dough in separate plastic wrap, and refrigerate for at least an hour.

When you are actually ready to use the dough, thoroughly dust your rolling surface. Dust your hands, your rolling pin and one ball of dough with the flour before you start to roll the dough. Roll the dough from the center. As you work, gently lift the dough so that it doesn't tear or stick to the table. Gently lay the bottom crust into your pie plate, and flatten into the plate gently with your fingers. Trim excess dough from the sides of the pie with a sharp knife.

After you have placed your pie filling into the pie, you can roll out the second ball to make your top layer (or you can make two single-crust pies). If you do make a top crust, remember to vent it with strategic knife cuts.

Preparation time: 40 minutes, start a day in advance

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Source URL: <http://kitchen.unseelie.org/node/242>

Strawberry-Balsamic Pie

- 3 pints fresh strawberries, sliced (maybe some kiwi in place of strawberries)
- 1-1/2 tablespoons balsamic vinegar
- 1 cup white sugar
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 6 tablespoons cornstarch
- [pie crust](#) ^[1]
- 1 tablespoon unsalted butter
- optional: 1 egg yolk, a tablespoon of cream and a pinch of sugar

Preheat oven to 400 degrees Fahrenheit.

Combine all ingredients but the pie crust and the butter. Mix well.

Roll your bottom crust into a pie plate. Fill your pie with the strawberry mixture.

Cut the butter into tiny pieces, and dot the top of the pie.

Roll your top crust, place over the pie, and vent the top crust.

Optionally, make a glaze with egg-yolk, cream and sugar, and brush on your pie.

Bake on a low rack of the oven for 20 minutes, then reduce the oven to 350 degrees and bake for another 40 to 45 minutes.

Remove from the oven and cool at room temperature for 2 to 4 hours.

Serve with vanilla ice cream and/or whipped cream.

Preparation time: 4 to 6 hours, plus time to make your crust

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/244>

Links:

[1] <http://kitchen.unseelie.org/.242>

Strawberry Trifle

- 1-1/4 cups 1% milk, cold
- 1 (3.4 oz) instant vanilla pudding mix
- 8 ounces cream cheese, softened
- 1/2 cup good coffee, room temperature
- 2 cups of gelatin-type whipped topping (Cool Whip type, thawed but cold)
- package of ladyfingers
- 2 pints fresh strawberries
- 5 to 6 ounces of bittersweet chocolate, grated

Whisk pudding mix into milk. Let stand for a couple minutes.

In a mixing bowl, beat cream cheese until smooth, adding in 2 to 3 tablespoons of the coffee and the pudding mixture.

Fold in the whipped topping.

Split the ladyfingers, and brush the ladyfingers with the remaining coffee.

Slice the strawberries. If you wish to reserve any for garnish, do so.

Line the bottom of a large glass bowl with about half of the ladyfingers.

Place about half the strawberries on top of the lady fingers.

Sprinkle about half of the grated chocolate over the strawberries.

Layer about half of the cream-pudding mixture over the chocolate.

Make a second layer of ladyfingers, followed by a second layer of strawberries, followed by the remaining chocolate, and finished with the last of the cream-pudding mixture.

If you reserved any strawberries for garnish, garnish away.

Cover, and refrigerate overnight.

Serves: 12

Preparation time: a long time (prepare a day in advance)

– [Subscriptions \(1\)](#)

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[Home](#) > British, Irish and Australian

British, Irish and Australian

[Beer Batter](#) ^[1]

[Boxty \(Irish Potato Pancakes\)](#) ^[2]

[Corned Beef Brisket](#) ^[3]

[Corned Beef and Cabbage \(Slow Cooker\)](#) ^[4]

[Creamy Potato Salad](#) ^[5]

[Eggs in the Basket](#) ^[6]

[Shepherd's Pie](#) ^[7]

[Shepherdless Pie](#) ^[8]

[Strawberry Trifle](#) ^[9]

[Welsh Rarebit](#) ^[10]

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/50>

Links:

[1] <http://kitchen.unseelie.org/.176>

[2] <http://kitchen.unseelie.org/.140>

[3] <http://kitchen.unseelie.org/.274>

[4] <http://kitchen.unseelie.org/.173>

[5] <http://kitchen.unseelie.org/.114>

[6] <http://kitchen.unseelie.org/.247>

[7] <http://kitchen.unseelie.org/.197>

[8] <http://kitchen.unseelie.org/.26>

[9] <http://kitchen.unseelie.org/.177>

[10] <http://kitchen.unseelie.org/.175>

French and South-West European

[Baked Brie](#) [1]

[Béarnaise sauce](#) [2]

[Bread Galette \(French Toast Pancake\)](#) [3]

[Broth](#) [4]

[Chicken Amandine](#) [5]

[Chicken Cordon Bleu \(a la Gray\)](#) [6]

[Chicken \(or Veal\) Marsala](#) [7]

[Chocolate Mousse](#) [8]

[Chocolate Truffles](#) [9]

[Cream Puffs](#) [10]

[Creamed Onion](#) [11]

[Crêpes](#) [12]

[Eclairs](#) [13]

[Eggs Benedict](#) [14]

[Gazpacho](#) [15]

[Hollandaise Chicken](#) [16]

[Hollandaise Sauce](#) [17]

[Mashed Potatoes](#) [18]

[Meringue Drops](#) [19]

[Omelet](#) [20]

[Potatoes au Gratin](#) [21]

[Ratatouille](#) [22]

[Soufflé](#) [23]

[Spanish Rice](#) [24]

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/52>

Links:

[1] <http://kitchen.unseelie.org/./95>

[2] <http://kitchen.unseelie.org/./238>

[3] <http://kitchen.unseelie.org/./239>

[4] <http://kitchen.unseelie.org/./283>

[5] <http://kitchen.unseelie.org/./226>

[6] <http://kitchen.unseelie.org/./40>

[7] <http://kitchen.unseelie.org/./170>

[8] <http://kitchen.unseelie.org/./34>

[9] <http://kitchen.unseelie.org/./131>

[10] <http://kitchen.unseelie.org/./33>

- [11] <http://kitchen.unseelie.org/.143>
- [12] <http://kitchen.unseelie.org/.265>
- [13] <http://kitchen.unseelie.org/.6>
- [14] <http://kitchen.unseelie.org/.82>
- [15] <http://kitchen.unseelie.org/.41>
- [16] <http://kitchen.unseelie.org/.230>
- [17] <http://kitchen.unseelie.org/.59>
- [18] <http://kitchen.unseelie.org/.144>
- [19] <http://kitchen.unseelie.org/.129>
- [20] <http://kitchen.unseelie.org/.249>
- [21] <http://kitchen.unseelie.org/.141>
- [22] <http://kitchen.unseelie.org/.24>
- [23] <http://kitchen.unseelie.org/.39>
- [24] <http://kitchen.unseelie.org/.225>

German, Russian and North European

[Bavarian Bread Dumplings](#) [1]
[Beef Brisket \(Slow Cooker\)](#) [2]
[Beef Stroganoff](#) [3]
[Beet Salad](#) [4]
[Beets in Sour Cream](#) [5]
[Cheesy Noodle Kielbasa](#) [6]
[Chicken Fricassee](#) [7]
[Chicken Kiev](#) [8]
[Chicken Paprikash \(Slow Cooker\)](#) [9]
[Chopped Liver](#) [10]
[Cole Slaw](#) [11]
[Creamy Sauce for Beef](#) [12]
[Currywurst](#) [13]
[Czech Gulas](#) [14]
[Czech Sour Cream Pancakes](#) [15]
[German Red Cabbage](#) [16]
[Gravy](#) [17]
[Latkes \(German Potato Pancakes\)](#) [18]
[Matzah Ball Soup](#) [19]
[Matzah Brei](#) [20]
[Noodle Kugel](#) [21]
[Pastrami](#) [22]
[Perogis](#) [23]
[Pickled Red Cabbage](#) [24]
[Polish Beet Salad](#) [25]
[Roasted Chicken](#) [26]
[Roasted Chicken II \(Crispy and fast\)](#) [27]
[Sauerbraten \(Slow Cooker\)](#) [28]
[Sauerkraut](#) [29]
[Schmaltz and Gribenes](#) [30]
[Spaetzle](#) [31]
[Spaetzle and Cheese](#) [32]
[Stuffed Cabbage](#) [33]
[Summer Beef Stew](#) [34]
[Vegetarian Stuffed Cabbage](#) [35]

– [Subscriptions \(1\)](#)

Source URL: <http://kitchen.unseelie.org/node/53>

Links:

- [1] <http://kitchen.unseelie.org/.1280>
- [2] <http://kitchen.unseelie.org/.1156>
- [3] <http://kitchen.unseelie.org/.1159>
- [4] <http://kitchen.unseelie.org/.1271>
- [5] <http://kitchen.unseelie.org/.1270>
- [6] <http://kitchen.unseelie.org/.1185>
- [7] <http://kitchen.unseelie.org/.1168>
- [8] <http://kitchen.unseelie.org/.1261>
- [9] <http://kitchen.unseelie.org/.1171>
- [10] <http://kitchen.unseelie.org/.1104>
- [11] <http://kitchen.unseelie.org/.137>
- [12] <http://kitchen.unseelie.org/.1294>
- [13] <http://kitchen.unseelie.org/.1175>
- [14] <http://kitchen.unseelie.org/.1165>
- [15] <http://kitchen.unseelie.org/.136>
- [16] <http://kitchen.unseelie.org/.138>
- [17] <http://kitchen.unseelie.org/.1101>
- [18] <http://kitchen.unseelie.org/.1139>
- [19] <http://kitchen.unseelie.org/.1146>
- [20] <http://kitchen.unseelie.org/.164>
- [21] <http://kitchen.unseelie.org/.1134>
- [22] <http://kitchen.unseelie.org/.1275>
- [23] <http://kitchen.unseelie.org/.1277>
- [24] <http://kitchen.unseelie.org/.192>
- [25] <http://kitchen.unseelie.org/.1276>
- [26] <http://kitchen.unseelie.org/.1195>
- [27] <http://kitchen.unseelie.org/.1284>
- [28] <http://kitchen.unseelie.org/.1215>
- [29] <http://kitchen.unseelie.org/.193>
- [30] <http://kitchen.unseelie.org/.1278>
- [31] <http://kitchen.unseelie.org/.129>
- [32] <http://kitchen.unseelie.org/.170>
- [33] <http://kitchen.unseelie.org/.1199>
- [34] <http://kitchen.unseelie.org/.1272>
- [35] <http://kitchen.unseelie.org/.130>

Indian Subcontinental and South-East Asian

[Chile Vada](#) [1]

[Curried Stew](#) [2]

[Curry Powder](#) [3]

[Dosa](#) [4]

[Garam Masala](#) [5]

[Giuliana's Mom's Kheema Recipe](#) [6]

[Lassi](#) [7]

[Malai Kofta](#) [8]

[Pakoras](#) [9]

[Paneer Cheese](#) [10]

[Paneer Chilli](#) [11]

[Thai Massaman Curry \(Slow Cooker\)](#) [12]

[Tomato Spiced Lentils](#) [13]

[Vegan Kofta Curry](#) [14]

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/54>

Links:

[1] <http://kitchen.unseelie.org/./80>

[2] <http://kitchen.unseelie.org/./23>

[3] <http://kitchen.unseelie.org/./79>

[4] <http://kitchen.unseelie.org/./106>

[5] <http://kitchen.unseelie.org/./148>

[6] <http://kitchen.unseelie.org/./180>

[7] <http://kitchen.unseelie.org/./78>

[8] <http://kitchen.unseelie.org/./233>

[9] <http://kitchen.unseelie.org/./107>

[10] <http://kitchen.unseelie.org/./67>

[11] <http://kitchen.unseelie.org/./68>

[12] <http://kitchen.unseelie.org/./190>

[13] <http://kitchen.unseelie.org/./241>

[14] <http://kitchen.unseelie.org/./234>

Italian and South-East European

[Aglio e Olio](#) [1]

[Balsamic Vinegar and Parmesan](#) [2]

[Chicken Under Brick](#) [3]

[Eggplant Parmesan](#) [4]

[Fried Chickpeas](#) [5]

[Frittata](#) [6]

[Gnocchi](#) [7]

[Grandma's Meatballs](#) [8]

[Grandma's Spaghetti and Marinara Sauce](#) [9]

[Grilled Tomato](#) [10]

[Moussaka](#) [11]

[Pasta](#) [12]

[Pasta alla Carbonara](#) [13]

[Pesto](#) [14]

[Roman Gnocchi](#) [15]

[Romanian Salata de Venete](#) [16]

[Swiss Veal](#) [17]

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/55>

Links:

[1] <http://kitchen.unseelie.org/.130>

[2] <http://kitchen.unseelie.org/.102>

[3] <http://kitchen.unseelie.org/.172>

[4] <http://kitchen.unseelie.org/.60>

[5] <http://kitchen.unseelie.org/.105>

[6] <http://kitchen.unseelie.org/.62>

[7] <http://kitchen.unseelie.org/.63>

[8] <http://kitchen.unseelie.org/.28>

[9] <http://kitchen.unseelie.org/.27>

[10] <http://kitchen.unseelie.org/.217>

[11] <http://kitchen.unseelie.org/.266>

[12] <http://kitchen.unseelie.org/.227>

[13] <http://kitchen.unseelie.org/.254>

[14] <http://kitchen.unseelie.org/.268>

[15] <http://kitchen.unseelie.org/.112>

[16] <http://kitchen.unseelie.org/.253>

[17] <http://kitchen.unseelie.org/.201>

Japanese, Chinese and East Asian

[Cold Spicy Noodles](#) [1]

[Crispy Duck](#) [2]

[Fried Rice](#) [3]

[Green Tea Ice Cream](#) [4]

[Hoddeok](#) [5]

[Hot and Sour Soup](#) [6]

[Japanese Curry Rice](#) [7]

[Katsu](#) [8]

[Negimaki](#) [9]

[Okonomiyaki](#) [10]

[Omurice](#) [11]

[Orange Beef](#) [12]

[Oyako-katsudon \(Mother and Child Cutlet Bowl\)](#) [13]

[Rangoons \(Jalapeno or Crab\)](#) [14]

[Tempura](#) [15]

– [Subscriptions \(1\)](#)

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Links:

[1] <http://kitchen.unseelie.org/.113>

[2] <http://kitchen.unseelie.org/.174>

[3] <http://kitchen.unseelie.org/.153>

[4] <http://kitchen.unseelie.org/.128>

[5] <http://kitchen.unseelie.org/.263>

[6] <http://kitchen.unseelie.org/.145>

[7] <http://kitchen.unseelie.org/.149>

[8] <http://kitchen.unseelie.org/.147>

[9] <http://kitchen.unseelie.org/.119>

[10] <http://kitchen.unseelie.org/.66>

[11] <http://kitchen.unseelie.org/.212>

[12] <http://kitchen.unseelie.org/.193>

[13] <http://kitchen.unseelie.org/.220>

[14] <http://kitchen.unseelie.org/.108>

[15] <http://kitchen.unseelie.org/.113>

Mexican and South/Central American

[Cactus Pork](#) [1]
[Chiles Rellenos](#) [2]
[Chilli con Carne](#) [3]
[Chilli con Chorico](#) [4]
[Chilli con Queso](#) [5]
[Chilli with Beans](#) [6]
[Cutido Salad](#) [7]
[Enchiladas](#) [8]
[Enchilada Sauce](#) [9]
[Green Onion and Yogurt Quesadilla](#) [10]
[Grilled Sweetbreads](#) [11]
[Mezzo-American pie](#) [12]
[Guacamole](#) [13]
[Nachos](#) [14]
[Pupusas](#) [15]
[Quesadillas](#) [16]
[Refried Beans](#) [17]
[Salsa](#) [18]
[Tacos](#) [19]
[Tortillas](#) [20]
[Tortilla Casserole](#) [21]
[Vegan Chiles Rellenos](#) [22]
[White Chilli](#) [23]
[Yuca Frita](#) [24]

— [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/56>

Links:

[1] <http://kitchen.unseelie.org/./235>
[2] <http://kitchen.unseelie.org/./3>
[3] <http://kitchen.unseelie.org/./18>
[4] <http://kitchen.unseelie.org/./19>
[5] <http://kitchen.unseelie.org/./96>
[6] <http://kitchen.unseelie.org/./16>
[7] <http://kitchen.unseelie.org/./282>
[8] <http://kitchen.unseelie.org/./8>
[9] <http://kitchen.unseelie.org/./15>
[10] <http://kitchen.unseelie.org/./103>

- [11] <http://kitchen.unseelie.org/.211>
- [12] <http://kitchen.unseelie.org/.285>
- [13] <http://kitchen.unseelie.org/.209>
- [14] <http://kitchen.unseelie.org/.192>
- [15] <http://kitchen.unseelie.org/.281>
- [16] <http://kitchen.unseelie.org/.111>
- [17] <http://kitchen.unseelie.org/.72>
- [18] <http://kitchen.unseelie.org/.25>
- [19] <http://kitchen.unseelie.org/.73>
- [20] <http://kitchen.unseelie.org/.257>
- [21] <http://kitchen.unseelie.org/.204>
- [22] <http://kitchen.unseelie.org/.4>
- [23] <http://kitchen.unseelie.org/.17>
- [24] <http://kitchen.unseelie.org/.287>

Middle Eastern, Levantine, Central Asian and African

[African Chicken Stew \(Slow Cooker\)](#) [1]

[Carrot Salad](#) [2]

[Cucumber Salad](#) [3]

[Egyptian Beans](#) [4]

[Felafel](#) [5]

[Humus](#) [6]

[Israeli Salad](#) [7]

[Kibbeh](#) [8]

[Koftas](#) [9]

[Lamb Chop Yogurt Stew](#) [10]

[Lamb Marsala Stew](#) [11]

[Matbucha Moroccan Tomato Salad](#) [12]

[Mint Limonana](#) [13]

[Shakshouka](#) [14]

[Silk Road Chicken and Rice](#) [15]

[Tahini-Lemon Sauce](#) [16]

[Turkish Pistachio Chicken](#) [17]

[Tzatziki Sauce](#) [18]

[Yogurt Chicken](#) [19]

– [Subscriptions \(1\)](#)

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Links:

[1] <http://kitchen.unseelie.org/.166>

[2] <http://kitchen.unseelie.org/.32>

[3] <http://kitchen.unseelie.org/.292>

[4] <http://kitchen.unseelie.org/.291>

[5] <http://kitchen.unseelie.org/.22>

[6] <http://kitchen.unseelie.org/.21>

[7] <http://kitchen.unseelie.org/.20>

[8] <http://kitchen.unseelie.org/.184>

[9] <http://kitchen.unseelie.org/.186>

[10] <http://kitchen.unseelie.org/.187>

[11] <http://kitchen.unseelie.org/.188>

[12] <http://kitchen.unseelie.org/.251>

[13] <http://kitchen.unseelie.org/.262>

[14] <http://kitchen.unseelie.org/.260>

- [15] <http://kitchen.unseelie.org/.252>
- [16] <http://kitchen.unseelie.org/.259>
- [17] <http://kitchen.unseelie.org/.194>
- [18] <http://kitchen.unseelie.org/.100>
- [19] <http://kitchen.unseelie.org/.206>

Northern American

- [Apple-Walnut Chicken](#) [1]
- [Bacon Barbecued Chicken](#) [2]
- [Baked Beans](#) [3]
- [Barbecue Sauce](#) [4]
- [Barbecued Baby Back Ribs](#) [5]
- [Beef Rub](#) [6]
- [Biscuit Batter Chicken](#) [7]
- [Biscuits](#) [8]
- [Blackened Catfish](#) [9]
- [Blueberry-Lemon Pie](#) [10]
- [Boiled Peanuts](#) [11]
- [Bread, Apple and Sausage Stuffing](#) [12]
- [Buttermilk Gravy Steak](#) [13]
- [Buttermilk Pancakes](#) [14]
- [Cajun Rice Salad](#) [15]
- [Cajun Seasoning](#) [16]
- [Cajun Wings](#) [17]
- [Cheese-Stuffed Jalapenos](#) [18]
- [Cheese-Stuffed Mushrooms](#) [19]
- [Chicken Gumbo](#) [20]
- [Chicken Pot Pie](#) [21]
- [Chocolate Chip Cookies](#) [22]
- [Chocolate Pudding Pie](#) [23]
- [Corn Fritters](#) [24]
- [Cornbread](#) [25]
- [Crab Cakes](#) [26]
- [Cranberry Sauce](#) [27]
- [Crescent Rolls with Meat](#) [28]
- [Cucumber Pasta Salad](#) [29]
- [Egg Salad or Chicken Salad](#) [30]
- [Braised Baby Back Ribs](#) [31]
- [Faux Jambalaya](#) [32]
- [Frappes](#) [33]
- [Freezes](#) [34]
- [Fresh Blue cheese Dressing](#) [35]
- [Fried Chicken](#) [36]
- [Fried Chicken Wings](#) [37]
- [Fries](#) [38]
- [Grilled Cheese Sandwich](#) [39]
- [Grilled Reuben Sandwich](#) [40]

[Hamburger Seasoning](#) [41]
[Hidden Pirate Island Ice Cream](#) [42]
[Home Fries](#) [43]
[Hot Spicy Chicken](#) [44]
[Jalapeño Cashew Brittle](#) [45]
[Merrywhether Cookies](#) [46]
[Milkshakes](#) [47]
[Potato Chips](#) [48]
[Roasted Flat Chicken](#) [49]
[Scott's Braciola](#) [50]
[Steak Bomb](#) [51]
[Strawberry-Balsamic Pie](#) [52]
[Sweet Chicken Casserole](#) [53]
[Thanksgiving Duck](#) [54]
[Twin Dogs](#) [55]
[Vegetable Pie](#) [56]
[Yogurt Fried Steak](#) [57]

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseelie.org/node/99>

Links:

[1] <http://kitchen.unseelie.org/./289>
[2] <http://kitchen.unseelie.org/./155>
[3] <http://kitchen.unseelie.org/./71>
[4] <http://kitchen.unseelie.org/./85>
[5] <http://kitchen.unseelie.org/./154>
[6] <http://kitchen.unseelie.org/./293>
[7] <http://kitchen.unseelie.org/./160>
[8] <http://kitchen.unseelie.org/./83>
[9] <http://kitchen.unseelie.org/./161>
[10] <http://kitchen.unseelie.org/./243>
[11] <http://kitchen.unseelie.org/./246>
[12] <http://kitchen.unseelie.org/./150>
[13] <http://kitchen.unseelie.org/./264>
[14] <http://kitchen.unseelie.org/./288>
[15] <http://kitchen.unseelie.org/./221>
[16] <http://kitchen.unseelie.org/./86>
[17] <http://kitchen.unseelie.org/./115>
[18] <http://kitchen.unseelie.org/./109>
[19] <http://kitchen.unseelie.org/./110>
[20] <http://kitchen.unseelie.org/./169>
[21] <http://kitchen.unseelie.org/./245>
[22] <http://kitchen.unseelie.org/./133>
[23] <http://kitchen.unseelie.org/./125>
[24] <http://kitchen.unseelie.org/./35>
[25] <http://kitchen.unseelie.org/./142>
[26] <http://kitchen.unseelie.org/./116>
[27] <http://kitchen.unseelie.org/./124>
[28] <http://kitchen.unseelie.org/./118>

[29] <http://kitchen.unseelie.org/.42>
[30] <http://kitchen.unseelie.org/.250>
[31] <http://kitchen.unseelie.org/.177>
[32] <http://kitchen.unseelie.org/.178>
[33] <http://kitchen.unseelie.org/.207>
[34] <http://kitchen.unseelie.org/.89>
[35] <http://kitchen.unseelie.org/.258>
[36] <http://kitchen.unseelie.org/.179>
[37] <http://kitchen.unseelie.org/.152>
[38] <http://kitchen.unseelie.org/.216>
[39] <http://kitchen.unseelie.org/.181>
[40] <http://kitchen.unseelie.org/.182>
[41] <http://kitchen.unseelie.org/.87>
[42] <http://kitchen.unseelie.org/.127>
[43] <http://kitchen.unseelie.org/.218>
[44] <http://kitchen.unseelie.org/.183>
[45] <http://kitchen.unseelie.org/.255>
[46] <http://kitchen.unseelie.org/.132>
[47] <http://kitchen.unseelie.org/.208>
[48] <http://kitchen.unseelie.org/.279>
[49] <http://kitchen.unseelie.org/.286>
[50] <http://kitchen.unseelie.org/.164>
[51] <http://kitchen.unseelie.org/.214>
[52] <http://kitchen.unseelie.org/.244>
[53] <http://kitchen.unseelie.org/.269>
[54] <http://kitchen.unseelie.org/.202>
[55] <http://kitchen.unseelie.org/.222>
[56] <http://kitchen.unseelie.org/.74>
[57] <http://kitchen.unseelie.org/.205>

Slow Cooker Recipes

[African Chicken Stew](#) [1]

[Beef Brisket](#) [2]

[Chicken Paprikash](#) [3]

[Corned Beef and Cabbage](#) [4]

[Czech Gulas](#) [5]

[Sauerbraten](#) [6]

[Pot Roast](#) [7]

[Slow Cooker Chicken](#) [8]

[Thai Massaman Curry](#) [9]

— [Subscriptions \(1\)](#)

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Links:

[1] <http://kitchen.unseelie.org/.166>

[2] <http://kitchen.unseelie.org/.156>

[3] <http://kitchen.unseelie.org/.171>

[4] <http://kitchen.unseelie.org/.173>

[5] <http://kitchen.unseelie.org/.165>

[6] <http://kitchen.unseelie.org/.215>

[7] <http://kitchen.unseelie.org/.198>

[8] <http://kitchen.unseelie.org/.167>

[9] <http://kitchen.unseelie.org/.190>

Egg recipes

Eggy sauces

[Béarnaise sauce](#) [1]

[Hollandaise Sauce](#) [2]

Eggy appetizers

[Deviled Eggs](#) [3]

Eggy lunches and dinners

[Egg Salad](#) [4]

[Okonomiyaki](#) [5]

[Omurice](#) [6]

[Shakshouka](#) [7]

Eggy breakfasts

[Bread Galette](#) [8]

[Eggs, Fried](#) [9]

[Eggs, Hard Boiled](#) [10]

[Eggs, Poached](#) [11]

[Eggs Benedict](#) [12]

[Eggs in the Basket](#) [13]

[Frittata](#) [14]

[Matzah Brei](#) [15]

[Omelet](#) [16]

[Scrambled Eggs](#) [17]

— [Subscriptions \(1\)](#)

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Links:

[1] <http://kitchen.unseelie.org/.238>

[2] <http://kitchen.unseelie.org/.159>

[3] <http://kitchen.unseelie.org/.112>

[4] <http://kitchen.unseelie.org/.250>

[5] <http://kitchen.unseelie.org/.166>

[6] <http://kitchen.unseelie.org/.212>

[7] <http://kitchen.unseelie.org/.260>

- [8] <http://kitchen.unseelie.org/.239>
- [9] <http://kitchen.unseelie.org/.10>
- [10] <http://kitchen.unseelie.org/.9>
- [11] <http://kitchen.unseelie.org/.11>
- [12] <http://kitchen.unseelie.org/.82>
- [13] <http://kitchen.unseelie.org/.247>
- [14] <http://kitchen.unseelie.org/.62>
- [15] <http://kitchen.unseelie.org/.64>
- [16] <http://kitchen.unseelie.org/.249>
- [17] <http://kitchen.unseelie.org/.219>

Vegan Recipes

Sauces

[Barbecue Sauce](#) [1]

[Enchilada Sauce](#) [2]

[Medieval Steak Sauce](#) [3]

[Pesto](#) [4]

[Sweet Lemon/Wine Sauce \(basic sweet wine sauce\)](#) [5]

[Tahini-Lemon Sauce](#) [6]

Condiments

[Pickled Cucumbers](#) [7]

[Pickled Red Cabbage](#) [8]

[Red Onions in Brine](#) [9]

[Sauerkraut](#) [10]

Spice Mixtures

[Cajun Seasoning](#) [11]

[Curry Powder](#) [12]

[Garam Masala](#) [13]

[Italian Seasoning](#) [14]

Appetizers

[Boiled Peanuts](#) [15]

[Chile Vada](#) [16]

[Dosa](#) [17]

[Fried Chickpeas](#) [18]

[Guacamole](#) [19]

[Hummus](#) [20]

[Matbucha Moroccan Tomato Salad](#) [21]

[Pakorras](#) [22]

[Salsa](#) [23]

Soups and Stews

[Chilli with Beans](#) [24]

[Curried Stew](#) [25]

[Gazpacho](#) [26]

[Ratatouille](#) [27]

[Tomato Spiced Lentils](#) [28]

[White Chilli](#) [29]

Salads and Side Dishes

[Baked Beans](#) [30]

[Baked Potatoes](#) [31]

[Cajun Rice Salad](#) [32]

[Carrot Salad](#) [33]

[Cherry Sherry Tomatoes](#) [34]

[Cole Slaw](#) [35]

[Cranberry Sauce](#) [36]

[Egyptian Beans](#) [37]

[Fried Rice](#) [38]

[Fries](#) [39]

[German Red Cabbage](#) [40]

[Green Salad](#) [41]

[Grilled Vegetables](#) [42]

[Home Fries](#) [43]

[Israeli Salad](#) [44]

[Quick Pickles](#) [45]

[Refried Beans](#) [46]

[Rice](#) [47]

[Roasted Asparagus](#) [48]

[Sweet Black Beans](#) [49]

[Tortillas](#) [50]

Main Dishes

[Felafel](#) [51]

[Japanese Curry Rice](#) [52]

[Shepherdless Pie](#) [53]

[Vegan Chiles Rellenos](#) [54]

[Vegan Kofta Curry](#) [55]

[Vegetarian Stuffed Cabbage](#) [56]

Beverages

[Mint Limonana](#) [57]

Desserts

[Cumin Almonds](#) [58]

– [Subscriptions \(1\)](#)

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Source URL: <http://kitchen.unseele.org/node/213>

Links:

- [1] <http://kitchen.unseelie.org/.185>
- [2] <http://kitchen.unseelie.org/.15>
- [3] <http://kitchen.unseelie.org/.117>
- [4] <http://kitchen.unseelie.org/.268>
- [5] <http://kitchen.unseelie.org/.157>
- [6] <http://kitchen.unseelie.org/.259>
- [7] <http://kitchen.unseelie.org/.90>
- [8] <http://kitchen.unseelie.org/.92>
- [9] <http://kitchen.unseelie.org/.91>
- [10] <http://kitchen.unseelie.org/.93>
- [11] <http://kitchen.unseelie.org/.86>
- [12] <http://kitchen.unseelie.org/.79>
- [13] <http://kitchen.unseelie.org/.148>
- [14] <http://kitchen.unseelie.org/.88>
- [15] <http://kitchen.unseelie.org/.246>
- [16] <http://kitchen.unseelie.org/.80>
- [17] <http://kitchen.unseelie.org/.106>
- [18] <http://kitchen.unseelie.org/.105>
- [19] <http://kitchen.unseelie.org/.209>
- [20] <http://kitchen.unseelie.org/.21>
- [21] <http://kitchen.unseelie.org/.251>
- [22] <http://kitchen.unseelie.org/.107>
- [23] <http://kitchen.unseelie.org/.25>
- [24] <http://kitchen.unseelie.org/.16>
- [25] <http://kitchen.unseelie.org/.23>
- [26] <http://kitchen.unseelie.org/.41>
- [27] <http://kitchen.unseelie.org/.24>
- [28] <http://kitchen.unseelie.org/.241>
- [29] <http://kitchen.unseelie.org/.17>
- [30] <http://kitchen.unseelie.org/.71>
- [31] <http://kitchen.unseelie.org/.136>
- [32] <http://kitchen.unseelie.org/.221>
- [33] <http://kitchen.unseelie.org/.32>
- [34] <http://kitchen.unseelie.org/.135>
- [35] <http://kitchen.unseelie.org/.37>
- [36] <http://kitchen.unseelie.org/.124>
- [37] <http://kitchen.unseelie.org/.291>
- [38] <http://kitchen.unseelie.org/.153>
- [39] <http://kitchen.unseelie.org/.216>
- [40] <http://kitchen.unseelie.org/.38>
- [41] <http://kitchen.unseelie.org/.84>
- [42] <http://kitchen.unseelie.org/.61>
- [43] <http://kitchen.unseelie.org/.218>
- [44] <http://kitchen.unseelie.org/.20>
- [45] <http://kitchen.unseelie.org/.120>
- [46] <http://kitchen.unseelie.org/.72>
- [47] <http://kitchen.unseelie.org/.225>
- [48] <http://kitchen.unseelie.org/.137>
- [49] <http://kitchen.unseelie.org/.138>
- [50] <http://kitchen.unseelie.org/.257>
- [51] <http://kitchen.unseelie.org/.22>
- [52] <http://kitchen.unseelie.org/.149>
- [53] <http://kitchen.unseelie.org/.26>
- [54] <http://kitchen.unseelie.org/.4>
- [55] <http://kitchen.unseelie.org/.234>
- [56] <http://kitchen.unseelie.org/.30>

[57] <http://kitchen.unseelie.org/.262>

[58] <http://kitchen.unseelie.org/.31>

Thanksgiving Menu

[Deviled Eggs](#) [1]

[Biscuits](#) [2]

[Green Salad](#) [3]

[Creamed Onion](#) [4]

[Mashed Potatoes](#) [5]

[German Red Cabbage](#) [6]

[Cranberry Sauce](#) [7]

[Gravy](#) [8]

[Thanksgiving Duck](#) [9]

[Bread, Apple and Sausage Stuffing](#) [10]

[Strawberry Trifle](#) [11]

Roasted vegetables (roasted with the duck)

Milk

Cola

Diet cola

Butter

Salad dressing

Sour cream

Salt

Pepper

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Links:

[1] <http://kitchen.unseelie.org/.112>

[2] <http://kitchen.unseelie.org/.183>

[3] <http://kitchen.unseelie.org/.184>

[4] <http://kitchen.unseelie.org/.143>

[5] <http://kitchen.unseelie.org/.144>

[6] <http://kitchen.unseelie.org/.138>

[7] <http://kitchen.unseelie.org/.124>

[8] <http://kitchen.unseelie.org/.101>

[9] <http://kitchen.unseelie.org/.202>

[10] <http://kitchen.unseelie.org/.150>

[11] <http://kitchen.unseelie.org/.177>

Ingredients

A few hints on picking ingredients:

Asparagus - The bottoms of the stalks should be green – no part of the stalk should be woody. The crowns should be a vivid purple, closed and compact.

Broccoli - Firm, compact groups of buds are a good sign. None of the buds should have begun to open yet (the flowers are yellow). Clusters should be green or green with purple.

Cabbage - Firm, heavier heads are good. Color should be good red or green – avoid yellowing or wilting leaves.

Cantaloupe - The skin is covered with a hatched pattern, with a yellowish cast. The tighter the hatches, the sweeter the cantaloupe.

Chickens - When buying a whole chicken, look for white skin. The yellow-skinned chickens were corn-fed, while white-skinned chickens were grain-fed. The damned Purdue people claim that corn-fed is better – but in fact the grain-fed are generally plumper and moister (this is the power of marketing, that a gullible public believes what the Purdue empire claims). Heavier chickens are better, because they have more fat and so will be kept moister when cooked. The skin should be tight to the meat. Yes, kosher chickens are better – something about smaller farms means that they were more likely freer rein and certainly not factory raised, and something about having a cleric come by once in a while to check on your business.... Butchers always try to sell the oldest meat first (well, duh), so tell the butcher that you want to see the chickens he's got in the back room and hasn't put out yet; he'll give you some grief and try to make you feel silly, but it is worth it. I have been advised that "gray-feathered chickens" are tastier and juicier, but I don't think that any of my local butchers have any clue from whence their chickens came....

Cucumbers - Green color, same color along the entire length. Narrow diameter is generally better, and firm over entire length.

Eggplants - Firm, heavy, smooth and uniformly colored eggplants are better.

Fish - Fresh fish have no smell! If it smells fishy, it is fishy, and don't buy it! The fish should look clean, and the colors vibrant. If the eyes are not clear (have a film over them) you have a problem fish and should put it back. The gills should be bright red inside. The skin of a fresh fish will bounce back if you press or pinch it. The market tends to run lower prices on fish that they are catching a lot of -- lower prices means a better chance of finding a good fish! For a fillet, the skin/scales on one side should stick firmly to the meat.

Honeydew Melon - The melons are riper and sweeter when a little softer. The flesh should give a little bit when squeezed, and there will be brown spots on the skin. In other words, you want the

melons that no one else will touch.

Mushrooms - The heads of better mushrooms tend to be closed or, if open, with pink or light tan gills. Mushrooms that are smaller for their variety are less likely to be overripe. Generally, the caps of better mushrooms will have a uniform color.

Parsnips - Better parsnips are small or medium width, without blemishes or decay.

Peaches - Better peaches are firm but softening. Color is good for a peach – avoid discolored peaches.

Pears - Better pears are firm but softening. Color and smooth skin is good on a pear -- avoid ones with brown or tan areas.

Peppers - Deep color, glossy sheen, heavy weight and firm walls are good signs.

Summer Squash / Zucchini - Skin is glossy, neither hard nor tough. Firm, smaller squash are better.

Fall / Winter Squash - Skin is hard on better squash. Heavier squash are more fully ripe.

Sweet Potatoes - Firmer sweet potatoes with firm skins are better.

Tomatoes - Firm, unbruised and uniformly colored tomatoes are better.

- [Subscriptions \(1\)](#)

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