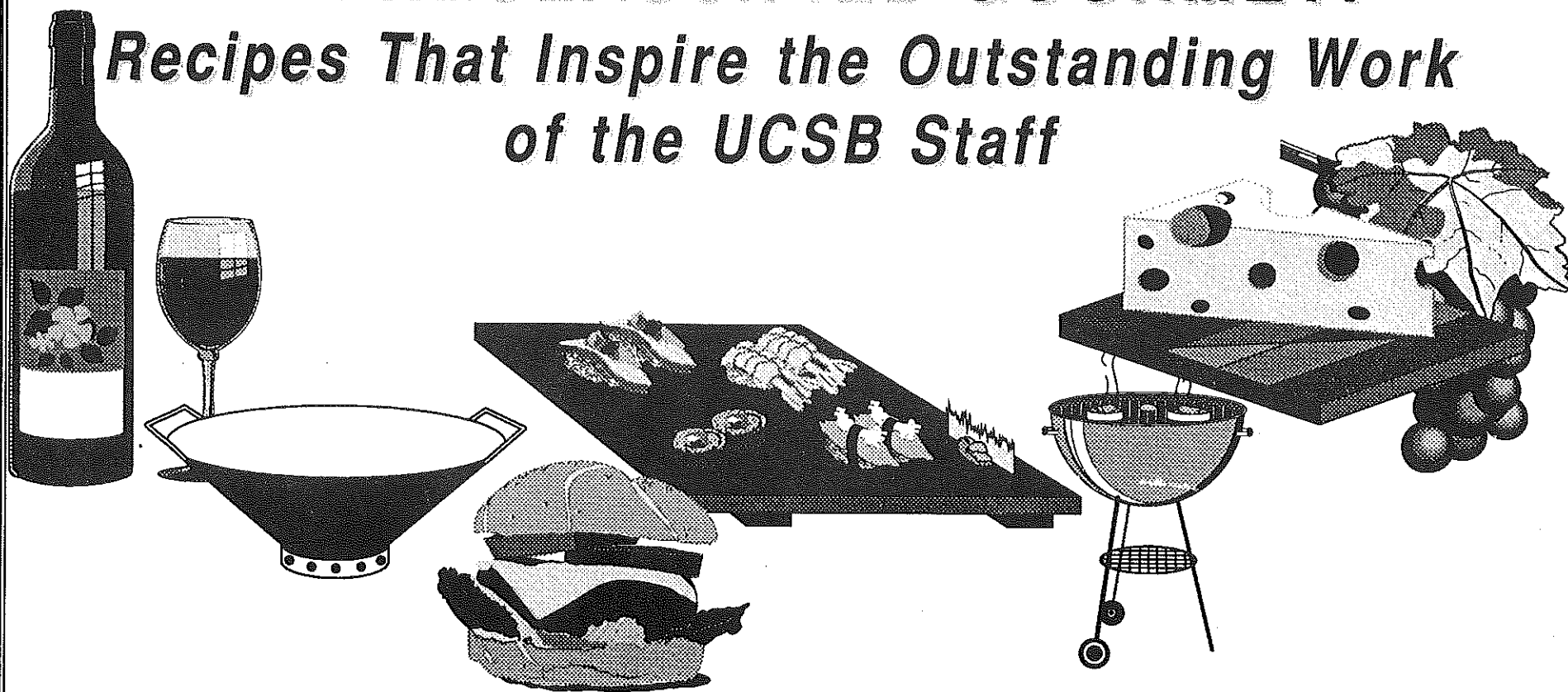


THE RECLASSIFIED GOURMET:

*Recipes That Inspire the Outstanding Work
of the UCSB Staff*



Thank You

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and, to **you** for buying this book and supporting our effort to raise funds for staff scholarships.

Enjoy,



Dulcie Sinn, Associated Students
Committee Chair

Introduction

The best advice I can give to anyone cooking in the nineties is forget the fads and the "Designer" foods. Keep the paintings on the wall and do not be intimidated if you can't make each plate you serve a work of art.

It is most important to use the freshest and best quality ingredients you can find, educate your tastebuds and enjoy cooking. Some basic techniques will always make things easier, from cutting onions to beating egg whites, but you don't have to have a chef's training to feed family and friends tasty and nutritious meals.

Best of luck in the Kitchen

Paule McPherson

Paule McPherson is a cooking teacher at Santa Barbara City College Adult Education. In the past she has been a caterer, traveling teacher, and cooking demonstrator. A high point in her career was being part of the team that produced Julia Child's *Way To Cook* videos. She is originally from London, England and now lives in Santa Barbara.

Calories Don't Count When The Lights Are Out

Decadent dishes - pound of butter, pint of cream, you know the type - sauces, chocolate mousse pie. Yummy.

Recipe Title: CINNAMON KNOTS

Submitted By: Mary Lum

Department: Psychology

Ingredients: 3 Cans (10 oz each) refrigerated flaky biscuits
1 stick butter or margarine, melted
1/2 cup sugar
1/2 T cinnamon

Directions: Separate biscuits and roll each into a 6-8 inch strip. Combine sugar and cinnamon. Roll each strip in melted butter, then in sugar and cinnamon mixture. Tie each strip into a knot. Place on ungreased cookie sheet. Bake at 350° for 12 minutes.

History of This Recipe: My sister-in-law gave me this recipe and told me it was perfect for a pot-luck brunch. My colleagues in the department certainly enjoy them!

Why I Cook: Sometimes I wonder myself.

Recipe Title: REALLY-ITS-A-SNAP CHEESECAKE

Submitted By: Amelia Medina

Department: Library/Cataloging

Ingredients: 1 envelope Knox gelatine.
3/4 cup Hot water, 1/4 cup Cold water.
2 packages (8 oz. ea.) cream cheese.
2/3 cup sugar
1 teaspoon vanilla extract
1 (9") graham cracker crust

Leave cream cheese out of refrigerator to soften. In large bowl (with electric beater) beat softened cream cheese & vanilla extract, until creamy. (do not over-beat or results will be rubbery-like) In large measuring cup, sprinkle gelatine over 1/4 c. cold water, let stand 1 min. When cream cheese is whipped, set aside, then add 3/4 c. very hot water to the gelatine, dissolving it completely; add sugar to this, dissolving sugar also, then add all this to the cream cheese while beating slowly until all ingredients are blended smoothly. Pour into crust, chill until firm. (If using store bought crust, use same plastic cover on completed cake while its setting. If home-made crust, use plastic wrap to cover cake, thus avoiding refrigerator flavors from blending in).
Optional: Use sliced fresh strawberries for decoration.

History of This Recipe: From the box of Knox Unflavored gelatine for recipes, with my own small modifications.

Why I Cook: The best things in life include eating scrumptiously, and I am not the best cook in the world but this recipe is really a snap!

Recipe Title: Chocolate-Peanut Butter Fudge

Submitted By: Bernice Pagliaro x3400

Department: Athletics

Ingredients: 1 12 oz. pkg of chocolate chips
1 12 oz. pkg of butterscotch chips**
1 cup cruchy peanut butter **
1 cup butter
2 tsp. vanilla, or I prefer, 1 tsp. rum
flavoring (mint or brandy may also be used)
1 to 2 cups chopped nuts, or for a variation
miniature marshmallows

** or 1 12oz. bag of Reese peanut butter chips and ½
cup peanut butter may be substituted

Directions: Combine all ingredients in a large bowl and
microwave on high for 3 minutes (If you have to melt in
a double boiler, you may have to halve the recipe).
Ingredients will melt together and must be stirred to mix
well. Add nuts or marshmallows as desired. Pour into
a well-buttered 9 x 12 pan and refrigerate to harden.
Hint for cutting: let sit out for a short time before
cutting so that candy does not split when cutting with
knife. This is a fool-proof recipe and has never failed.
Plus it is SO SIMPLE in the Microwave and everyone will
rave about it!!

History of This Recipe: I discovered this when experimenting
on microwave recipes -- it's SO simple (1 minute to put
everything in a bowl and 3 minutes to melt together in
the microwave)!

Why I Cook: I always look for great tasting recipes
for entertaining that my friends will rave about & think
I spent hours making -- but which, in fact, are really
simple and quick to make but taste WONDERFUL!

Recipe Title: TUNNEL OF FUDGE CAKE

Submitted By: Bernice Pagliaro

Department: Athletics

Ingredients: 1 ½ cups soft butter
1 ½ cups gran. sugar
6 eggs
2 cups flour
1 box chocolate dry frosting mix
2 cups chopped walnuts

Directions: Beat 1 ½ cups soft butter at high speed until
fluffy. Beat in eggs, one at a time. Gradually beat in
1 ½ cups sugar; beat until mixture is fluffy. By hand,
stir in 2 cups flour, dry frosting mix and 2 cups chopped
walnuts until well blended. Pour into greased Bundt or
10-inch tube pan at 350° for 50-55 minutes. Top will be
dry and shiny. Cool in pan 2 hours before removing.
Note: Frosting mix and nuts are essential for success.
Cake has a soft fudgy interior. May be dusted with
powdered sugar.

History of This Recipe: Adapted from an old Pillsbury
recipe.

Why I Cook: I always look for great-tasting recipes
for entertaining that my friends will rave about & think
I spent hours making -- which, in fact, are really
simple and quick to put together but taste WONDERFUL!!

Recipe Title: RASPBERRY CHOCOLATE CAKE

Submitted By: Amy Winzelburg

Department: Student Health

Ingredients: 6 oz. semi-sweet chocolate
1 ½ oz. unsweetened chocolate
15 tbs butter
5 eggs, separated
1 cup superfine sugar
½ cup cake flour

7 oz. frozen raspberries thawed, pureed
and sieved or 1 ½ cups fresh Glaze:

½ cup sugar
2 tbs chambord

½ lb semi-sweet chocolate
½ lb. butter

Leaves: 4 oz semi-sweet

Directions: Heat oven to 350°. Chocolate

Butter and flour a 9x13 pan, or two round 8 inch pans or one round 12 or 13 inch pan. Line the bottom with buttered and floured parchment paper.

Melt butter and chocolate in double boiler over simmering water that does not touch the bottom of the melting bowl. Remove from heat to cool.

Prepare raspberries and bring to room temperature. THIS IS VERY IMPORTANT. Add sugar and licquor.

In large bowl beat whites until soft peaks form, slowly add half the sugar and beat until stiff and shiny. Beat yolks and remaining sugar until mixture is lemon coloured and forms a ribbon when beaters are lifted. Stir in chocolate mixture then raspberry puree. Sift flour into mixture while folding it in then lighten with a ¼ of the egg whites. Fold in remaining egg whites. Spread batter in pan or pans and bake for about 25 mins. for small pans and 30 for large. Bake until toothpick comes out clean. Cool in pan then turn out onto serving plate and remove paper. Melt glaze ingredients in double boiler and set aside to cool slightly, pour over cake tilting it to spread evenly, do not use spatula on the top unless you intend

Recipe Title: RASPBERRY CHOCOLATE CAKE
(con't)

Submitted By:

Department:

Ingredients:

Directions: to cover it with fresh raspberries and chocolate leaves. Use spatula to cover sides and set aside to cool more. Add leaves and fresh raspberries to decorate not too long before serving, or cut into portions and decorate each plate, surrounding with raspberry sauce.

Sauce: 1 bag of frozen raspberries pureed and sieved with
2 Tbs raspberry licquor and sugar added to taste.

History of This Recipe:

Why I Cook: To Eat well

Recipe Title: Turtle Bars

Submitted By: Bernice Pagliaro

Department: Athletics

Ingredients: About 50 (14oz. pkg.) light caramels
2/3 c. evaporated milk
1 pkg. chocolate cake mix
(German chocolate, especially good)
3/4 c. butter or margarine, melted
1 c. chopped nuts
1 c. (6 oz.) semi-sweet chocolate chips

Directions: In heavy saucepan, combine caramels and 1/3 of the evaporated milk. Cook over low heat, stirring constantly, until caramels are melted. Set aside. Grease and flour 13"x9" baking pan. In large mixing bowl, combine dry cake mix, melted butter, the remaining 1/3 c. milk and nuts. By hand, stir until dough holds together. Press 1/2 of dough into prepared pan; reserve remaining dough for topping. Bake at 350° for 6 mins. Remove pan from oven and sprinkle chocolate pieces over baked crust. Spread caramel mixture over chocolate pieces. Crumble reserved dough over caramel mixture. Return to oven and bake for 15 to 18 mins. more. Cool slightly; refrigerate about 30 mins. to set caramel layer. Cut into 36 pieces.

History of This Recipe: I adapted this from an old recipe off a Pillsbury box -- added all the goo & nuts. P.S. This recipe was chosen for INSITE a couple years ago to share with the campus.

Why I Cook: I always look for great-tasting recipes for entertaining that my friends will rave about & think I spent hours making -- which in fact are simple and quick to put together but taste WONDERFUL!

Recipe Title: Currant and Rice Pudding

Submitted By: Lily Maestas

Department: Counseling & Career Services

Ingredients: 2 1/4 c. milk
3 eggs, lightly beaten
1 t. vanilla
1/2 c. brown sugar
1/2 c. white sugar
1/8 t. salt
4 cups cooked brown rice
1/2 c. chopped nuts
3 t. raisins
1/2 t. nutmeg
1/2 t. cinnamon

Directions: Preheat oven to 325°. Beat milk, eggs, vanilla, sugars & salt together. Turn into buttered casserole and bake 30-40 minutes, or until pudding is desired consistency. For thicken pudding turn temp. up to 375° after 30 min. and bake an additional 15-20 mins. Serve warm with fresh stawberries and whipped cream.

History of This Recipe:

Why I Cook:

Recipe Title: The Ultimate German Chocolate Cake

Submitted By: Kathy Forbus

Department: Equipment Management

Ingredients:

1 pkg. German's Sweet Chocolate
1 cup butter
2 cups sugar
4 egg yolks, unbeaten
1 tsp. vanilla
2 1/2 cups sifted cake flour (I use Swans Down Cake Flour)
1 tsp. baking soda
1/2 tsp. salt
1/2 cup boiling water

Directions: 4 egg whites, stiffly beaten
1 cup buttermilk

Melt chocolate in 1/2 cup boiling water. Cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating after each. Add vanilla and melted chocolate and mix until blended. Sift flour with soda and salt. Add sifted dry ingredients alternately with buttermilk, beating after each addition until batter is smooth. Fold in stiffly beaten egg whites. Pour batter into three 8 or 9 in. layer pans, lined on bottom w/waxed paper. Bake in

History of This Recipe: moderate oven 350 for 35-40 min. Cool. Frost entire cake, with Coconut-Pecan frosting.

Originated by a Texas homemaker.

Why I Cook:

I really enjoy baking. It's a real accomplishment to bake something everybody loves. It makes me feel good.

Recipe Title: COCONUT-PECAN FROSTING

(For the Ultimate German Chocolate Cake)
Submitted By: Kathy Forbus

Department: Equipment Management

Ingredients: 1 1/2 cups of Carnation Evaporated Milk
1 1/2 cups of sugar
3/4 lb. of butter
4 egg yolks
1 1/2 tsp. vanilla
1 lg. bag of Baker's Angelflake Coconut
1 1/2 small bags of diced pecans

Directions: Combine milk, sugar, egg yolks, butter, and vanilla in a large saucepan. Cook over medium heat, about 12 minutes, stirring constantly until mixture thickens. Add coconut and pecans. Beat until cool and of spreading consistency. This makes enough to cover entire cake. Enjoy!

History of This Recipe:

Why I Cook:

Recipe Title: SWEDISH TEA RING

Submitted By: Andy Winzelburg

Department: Student Health

Ingredients/Directions:

Baking sheets will be needed. Scald 1 cup milk or cream. Meanwhile, soften 1 package active dry yeast in 1/4 cup warm water. Let stand 5-10 minutes.

Put into large bowl: 1/2 cup sugar and 1 teaspoon salt. Pour scalded milk over ingredients in bowl. When lukewarm, blend in, beating until smooth 1 cup sifted flour. Stir softened yeast and add, mixing well.

Measure 4 cups sifted flour. Add about one-half the flour to the yeast mixture and beat until very smooth. Beat in 2 eggs. Vigorously beat in, 2 to 3 tablespoons at a time 1/2 cup butter, softened. Beat in enough of the remaining flour to make a soft dough.

Turn dough onto a lightly floured surface. Allow dough to rest 5 to 10 minutes. Knead. Form dough into a large ball and place it into a greased, deep bowl. Turn dough to bring greased surface to top. Cover with waxed paper and towel and let stand in warm place (about 80°F) until dough is doubled.

Punch down with fist; pull edges of dough in to center and turn dough completely over in bowl. Cover and let rise again until nearly doubled.

Punch down and turn dough out onto lightly floured surface. Divide into two balls. Roll each ball into a rectangle 18X9-inch.

SWEDISH TEA RING (continued)

Spread each rectangle with one half of 1/4 cup butter, softened. Sprinkle each rectangle with one half of a mixture of 3/4 cup firmly packed light brown sugar, 1 1/2 tablespoons cinnamon, 1/2 cup dark seedless raisins.

Beginning with the longer side, roll dough tightly. Press edges to seal. Lightly grease two baking sheets.

Place uncut roll, sealed edge down, on the greased baking sheet. Pull ends together to form a ring, pressing slightly to seal ends. With scissors, snip at 1-inch intervals through ring almost to center. Turn each cut section on its side. Repeat procedure for the second ring. Brush rings lightly with melted butter. Cover and let rise about 45 minutes, or until doubled.

Bake at 350°F 20 to 30 minutes.

Meanwhile, blend together (for frosting): 1/2 cup sifted confectioners' sugar, 1 tablespoon milk, and 1/2 teaspoon vanilla extract.

When tea rings are done, remove to cooling racks and frost while still warm.

History of This Recipe:

Why I Cook: To relieve stress.

Recipe Title: CHOCOLATE HAZELNUT TRUFFLES

Submitted By: Paule McPherson

Department:

Ingredients:	6 Oz shelled hazelnuts	175 g
	3 Tbsp sugar	50 mL
	12 oz bittersweet or semisweet chocolate	350 g
	1/2 cup unsalted butter	125 mL
	3 tbsp orange liqueur, rum or Cognac	50 mL
	1 cup sifted Dutch process cocoa	250 mL

Directions: Preheat oven to 350°F/180°C. Spread nuts on a cookie sheet and bake 10 minutes. Rub nuts in a tea towel to remove as much husk as possible. Do not worry if all is not removed. Cool. Fit work bowl with metal blade. Pat orange peel dry and cut into small pieces. Drop through feed tube while machine is running. Add sugar. Continue processing until peel is finely chopped. Add nuts and process by chopping on/off until a fine texture is achieved. Melt chocolate with butter in the top of double boiler over barely simmering water. Add to nuts in work bowl along with liqueur. Blend well. Transfer to a bowl and refrigerate until firm enough to shape. Roll into sm. cherry tomatoes. Roll in cocoa and set in tiny paper cups. Keep refrigerated or freeze.

History of This Recipe:

They get their name from the black, expensive fungus found deep in the roots of oak trees in France. Of course, these truffles have nothing to do with chocolate. They can

Why I Cook: be served for dessert, or given away as a gift.

Recipe Title: Lemon Bread

Submitted By: Marilyn Romine

Department: Dramatic Art

Ingredients:	for bread:	
	6 Tbsp shortening	½ tsp salt
	1 Cup sugar	½ cup milk
	2 eggs	½ cup chopped nuts
	1½ Cups flour	grated rind from
	1 tsp baking powder	1 lemon
	for glaze:	
	½ Cup sugar	
	juice from 1 lemon	

Directions:

Cream together sugar & shortening. Beat in eggs. Sift dry ingredients together; add half to sugar, eggs, shortening mixture. Stir in half of milk, stir until smooth. Add remaining dry ingredients, then add remaining milk. Add lemon rind & nuts. Pour into greased loaf pan, bake at 350° for 1 hour. Remove from oven, leave in pan and immediately pour glaze over the top. Let cool ½ hour before removing from pan. (Best if made the day before it is served.)

History of This Recipe:

My family has been making this for years! It's especially popular at Christmas time, and great to give as gifts.

Why I Cook:

Because someone at my house has to, or we'd all starve!

Recipe Title:

CHOCOLATE DIPPED STRAWBERRIES TO DIE FOR
Submitted By:

MICHAEL LOEWY
Department:

EDUCATION

Ingredients:

MILK CHOCOLATE

STRAWBERRIES, FRESH

Directions:

ALLOW CHOCOLATE TO MELT BY PLACING IN A WARM OVEN FOR ABOUT AN HOUR (OR UNTIL DESIRED CONSISTENCY) OR IN THE MICROWAVE ON MEDIUM POWER. ANY KIND OF MILK CHOCOLATE WILL DO, FROM GOURMET TO HERSHEY BARS.

WASH STRAWBERRIES JUST BEFORE THEY ARE SERVED, AND DISPLAY ON A BED OF LETTUCE OR IN SOME OTHER ATTRACTIVE WAY.

HOLD BERRIES BY THE STEM AND DIP TO YOUR HEART'S DELIGHT.

History of This Recipe:

I LOVE THIS RECIPE BECAUSE IT IS SO EASY. I'M A HIT AT EVERY POT LUCK WITH IT, OR IT MAKES AN ELEGANT DESERT AT HOME.

Why I Cook:

I COOK BECAUSE EATING IS A CELEBRATION IN LIFE, AND I LOVE TO CELEBRATE.

Recipe Title: BATMAN'S DATE & NUT BALLS

Submitted By: Porter Abbott

Department: English

Ingredients: 1 cup brown sugar
1/2 cup butter
1 egg
1/2 cup nuts
1 cup dates (cut up)

2 cups Batman Cereal

Directions: Mix together first five ingredients in saucepan and cook until thick (takes 6 to 10 minutes).

Add Batman Cereal and mix well.

Roll into balls in coconut & powdered sugar.

Serves 24.

History of This Recipe: These date and nut balls are the secret of Batman's extraordinary power. He learned to make them at his mother's knee.

Why I Cook: I don't cook.

Recipe Title: Pumpkin-Nut Bread

Submitted By: Cindy Chadwick

Department: English

Ingredients:

1 2/3 C Flour	1/2 t. Cloves
3/4 C Sugar	1/2 t. Cinnamon
1/4 t. Baking Pwd.	1/2 t. Nutmeg
1 t. Baking Soda	1/2 C Salad Oil
1 t. Salt	1/2 C Water
1 C Pumpkin	1 C Nuts, chopped
2 Eggs	

Directions: Sift dry ingredients together. Mix in salad oil, water, pumpkin and eggs on a low speed. Add dry ingredients and combine; fold in nuts.

Bake in a greased standard size loaf pan at 325° for 1 1/2 hours. (Makes 1 loaf).

For muffins, bake at 325° for 40-45 minutes. (Makes 2 1/2 dozen).

History of This Recipe: I traditionally cook up and freeze my Halloween pumpkin every year. If you store the pumpkin in 1 cup portions, it makes it quite easy to put this recipe together at the last minute.

Why I Cook: For fun.

Recipe Title: Becky's Bundt Cake

Submitted By: Becky Baugh

Department: Development

Ingredients:

- 1 yellow cake mix (not lemon)
- 1 3-1/4 oz. vanilla pudding mix
- 4 eggs
- 3/4 cup cooking oil
- 3/4 cup cooking sherry (or regular)
- 1 tablespoon poppy seeds
- 1 teaspoon vanilla extract
- 1 teaspoon nutmeg
- 1/2 teaspoon almond extract

Directions: Mix all ingredients together really well. Pour into well greased BUNDT PAN. Bake in 350 degree oven for 45 - 50 minutes. Set on cooling rack for 5 minutes then invert on cake dish. Sift powdered sugar around top before serving. FOR BEST RESULTS, BAKE NIGHT BEFORE.

History of This Recipe:

A friend of my sister's passed this recipe on to her, who passed it on to me. I have never met anyone yet that has not loved this cake!

Why I Cook:

Besides loving to please people's taste buds, I come from a family of excellent cooks -- Grandmother, Mother, 2 Sisters and a Brother, and I have to keep up with them. Also, isn't the way to a man's heart good cooking?!?!?

Recipe Title: GERMAN APPLE CAKE

Submitted By: Carol Bosio

Department: Student Health Services

Ingredients: 2 C flour
2 tsp cinnamon
1 tsp soda
 $\frac{1}{2}$ tsp salt
2 C sugar
2 Eggs
1 C salad oil
1 tsp vanilla
1 C chopped nuts
4 C thinly sliced unpeeled apples
(4 lg. pippins)

Directions: Mix all ingredients together with a spoon.
(do not use a mixer) Greese and flour 9 x 13" pan.
Bake 45 - 60 min. @ 350°.

Serve with whipping cream or:

2 small pkg. creamcheese
3 Tbl. melted butter
1 tsp. vanilla
 $1\frac{1}{2}$ C powdered sugar.

History of This Recipe:

From a sewing friend

Why I Cook: My family loves to eat

Recipe Title: Kahlua Pecan Pie

Submitted By: Martha Cody-Valdez

Department: Academic Personnel

Ingredients: $\frac{1}{4}$ cup butter, softened
 $\frac{1}{2}$ cup sugar
2 Tblspns brn sugar, heaped
1 Tblspn vanilla
2 Tblspns flour
3 eggs
 $\frac{1}{2}$ cup Kahlua
 $\frac{1}{2}$ cup dark corn syrup
 $\frac{3}{4}$ cup evaporated milk
1 cup pecans
1 unbaked pie shell

Directions:

Combine butter, sugars, vanilla & flour.
Add eggs one at a time & continue to beat. Stir in
Kahlua, corn syrup & milk, mixing well. Fold in
pecans. Turn into pie shell. Bake at 400 degrees
10 minutes; reduce heat to 325 degrees and bake
40 minutes longer, or until firm. Serve with
whipped cream, if desired.

History of This Recipe: I wanted a pie to bring to my
inlaws at Thanksgiving that was different (of
course I brought pumpkin too). This recipe was
in the LA Times. It is good but as you might
guess, extremely rich.

Why I Cook:

I have to (I also enjoy it).

Recipe Title: Chocolate Walnut Sensations

Submitted By: Mystery Staff Member

Department: Environmental Health & Safety

Ingredients:

1 cup plus 2 tbl all purpose flour	1 egg
½ tsp baking soda	One 12 oz. pkg. (2 cups) semi-sweet chocolate morsels, divided
½ tsp salt	1 cup chopped walnuts
¾ cup firmly packed brown sugar	walnut halves or large pieces for garnish
½ cup (1 stick) butter softened	
1 tsp vanilla extract	

Directions:

Preheat oven to 375 degrees. In small bowl, combine flour, baking soda and salt; set aside. In large mixer bowl, beat brown sugar, butter and vanilla extract until creamy. Beat in egg. Gradually add flour mixture. Stir in 1½ cups chocolate morsels and chopped walnuts. Spread into greased 9-inch square baking pan. Bake 23-25 minutes. Immediately sprinkle remaining 2/3 cup morsels over top. Let stand until morsels become shiny and soft. Spread chocolate evenly over top. Garnish with walnut halves. When cool, chill 5-10 minutes to set chocolate. Cut into 2x1½" bars. Makes about 24 bars.

History of This Recipe:

Why I Cook:

Recipe Title: OLD FASHIONED RICE PUDDING

Submitted By: Dave Shepard

Department: Environmental Health & Safety

Ingredients:

1/2 Cup Rice
1-qt milk or Half and Half
2 eggs
3/4 Cup Sugar
Pinch of Salt
1 Lemon
1/2 Cup Raisins
Nutmeg

Directions:

Boil rice slowly in milk until soft and creamy. Mix beaten yolks of eggs with sugar. Add to rice, lemon juice from lemon, salt and grated rind of the lemon. Stir in raisins. Add stiffly beaten egg whites to rice mixture.

Pour into pudding dish. Sprinkle with nutmeg and bake in 350 degree oven for 45 minutes.

History of This Recipe: This is one of "Granny" Shepard's recipes from you vast collection. Always a favorite with the kids!

Why I Cook:

Recipe Title: Grandma's Pound Cake

Submitted By: Dave Shepard

Department: Environmental Health and Safety

Ingredients:

1 lb. powdered sugar
1 lb. butter or margarine
6 eggs
3 cups sifted flour
1 tsp. almond flavoring
1 tsp vanilla

Directions:

Cream butter and sugar until light and fluffy. Add eggs one at a time, mixing well after each addition. Gradually add flour, mix well. Blend in flavorings. Pour into greased and floured 10-inch tube pan.

Bake at 325 degrees, 1 hour and 20 minutes. Cool 10 minutes, remove from pan. Cool thoroughly.

History of This Recipe: Is excellent served with fresh strawberries or any other fresh fruit.

Why I Cook:

Recipe Title: Beverly's Cheesecake

Submitted By: David Sheldon via Beverly Sheldon

Department: Administrative Services

Ingredients:

Filling
4 small pkgs cream cheese
3 eggs
½ cup sugar
1 tablespoon lemon juice

Topping
½ pt. sour cream
3 tbl sugar
1 tsp vanilla
Fresh raspberries or strawberries or 1 can comstock cherry filling

Directions:

Pre-heat oven to 325 degrees.

Beat eggs, add sugar. Add cream cheese (one pkg at a time), beating after each addition. Add lemon juice and mix. Pour mixture into graham cracker crust pie dish and bake at 325 degrees for 30 minutes. Remove from oven but do not turnoff.... For topping combine sour cream with sugar and vanilla, spread over cheese cake and return to oven for 5 min. (Do not over bake). Remove from oven. On top spread, add, or drop fruit or filling.

History of This Recipe:

Why I Cook: I really do enjoy eating.

Recipe Title: BAKED POTATO BONANZA - SHOULD BE
PLACED (IF PICKED) IN

Submitted By: FELICE BLOCK DECADENT SECTION

Department: POLITICAL SCIENCE

Ingredients: 6 HARD BOILED EGGS
1 BOX SCALLOPED POTATO MIX (ANY BRAND)
1 PINT SOUR CREAM
8 OZ CHEDDAR CHEESE
PARSLEY FOR GARNISH

Directions: HARD BOIL EGGS. LET THEM COOL.
PREPARE SCALLOPED POTATOES ACCORDING
TO DIRECTIONS ON BOX. DO NOT COOK YET.
LAYER POTATOES, SLICED HARD BOILED
EGGS, SOUR CREAM AND CHEESE UNTIL
ANY TYPE OF CASSEROLE PAN IS
FILLED.
COOK AT 350° FOR 45 MINUTES UNTIL
POTATOES ARE DONE.
GARNISH WITH PARSLEY

History of This Recipe: HEARD ABOUT IT- AND ADAPTED
IT TO MY TASTE.

Why I Cook: CREATIVE URGE.

Recipe Title: Rombudding (Rum Pudding)

Submitted By: Barbara L. Kargard

Department: Environmental Health & Safety

Ingredients: 12 eggs, separated
3 T. plain gelatin
4 T. water
2 C. milk
1 or 2 C. heavy cream
1/4 - 1/2 C. dark rum

Directions: Dissolve gelatin in water, after soaking to soften. (A
microwave works great for this.) You can either heat the milk
and stir in the well beaten egg yolks, cooking until the mix
coats a spoon and adding gelatin OR you can mix egg yolks
and milk together with the dissolved gelatin. Let cool until
the consistency of egg whites. Whip egg whites until stiff and
fold into milk mix with rum. Whip cream until stiff and fold
into mix. Pour into serving dish and refrigerate to set. Serve
with raspberry sauce.

History of This Recipe:

This is my Danish mother-in-law's recipe.

Why I Cook: I like to eat.

Recipe Title: Flo Braker's Chocolate Imperiale

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 4 oz. semi -sweet chocolate
4 oz. unsalted butter
1/2 cup sugar (F. B. uses 2/3 cup)
Zest of one orange
1 tablespoon Grand Marnier
3 eggs
6 oz. hazlenuts or walnuts finely ground
Glaze: 6 oz. semi-sweet chocolate
3 oz. butter

Directions: Preheat oven to 375 degree F. Butter and flour 8" springform pan. Line bottom with buttered and floured parchment paper. Melt chocolate and butter in double boiler over low heat. Add sugar and stir well to dissolve. Set aside to cool slightly. Add eggs, stirring, not beating. Fold in nuts and pour into prepared pan. Bake for about 30 min., checking after 25 min. Cool on rack, then remove sides. Glaze when cake is completely cool.

History of This Recipe: Paule McPherson's Cooking Class

Why I Cook: To exist.

Recipe Title: Company Cheese Cake

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients:

Crust

1 cup sifted flour
1/4 cup sugar
1 teaspoon grated lemon peel
1/2 cup butter
1 slightly beaten egg yolk
1/4/ teaspoon vanilla

Filling

5 (8 oz.) packages of cream cheese
1/4 teaspoon vanilla
3/4 teaspoon grated lemon peel
1 3/4 cup sugar
4 or 5 eggs (1 cup)
2 egg yolks
1/4 cup cream

Directions:

To Make Crust: Combine first 3 ingredients. Cut butter until crumbly. Add egg yolk & vanilla. Blend thoroughly. Pat 1/3 of the dough on the bottom of a 9" spring form pan with sides removed and sprayed with Pam. Bake in hot oven (400 F) about 8 minutes (burns fast, so check). Cool. Spray sides of pan with Pam and attach to bottom. Pat remaining dough on sides to a height of 1 3/4".

To make filling: Let cream cheese soften 1-2 hours. Beat until creamy. Add vanilla and lemon peel. Mix dry ingredients. Blend in cream cheese. Add all eggs one at a time. Stir in cream. Pour into pan. Bake @ 450 F for 12 min. Reduce heat. Bake @ 300 F. for 55 min

History of This Recipe: My employee's ex-wife had this recipe, but would not share. I found it in Better Homes & Garden Cookbook.

Why I Cook:

Recipe Title: SOUR CREAM CHOCOLATE CAKE

Submitted By: Susan Lascurettes

Department: Facilities Management

Ingredients: 2 cups Flour
2 cups Sugar
3/4 cup dairy sour cream
1 cup water
1/2 cup shortening (oil)
1 1/4 teaspoon baking soda
1 teaspoon salt
1 teaspoon vanilla
2 eggs
4 ounces melted unsweetened chocolate(cool)

Directions: Heat oven to 350. Grease and flour pan. Measure all ingredients into large mixer bowl. Mix 1/2 minute on low speed, scraping bowl constantly. Beat 3 minutes high speed scraping bowl occasionally. Pour into pan. Oblong pan 40-45 minutes
Layers 30-35 minutes or until top springs back when touched lightly. Cool then frost.

History of This Recipe:

It's fast and easy and made from scratch.

Why I Cook:

Because my Husband won't take me out to dinner every night.

Recipe Title: Sour Cream Chocolate Frosting

Submitted By: Susan Lascurettes

Department: Facilities Management

Ingredients: 1/3 cup butter or margarine softened
3 ounces melted unsweetened chocolate
(cool)
3 cups confectioner's sugar
1/2 cup dairy sour cream
2 teaspoons vanilla

Directions: Mix butter and cooled chocolate thoroughly. Blend in sugar. Stir in sour cream and vanilla: beat until frosting is smooth and of spreading consistency.

History of This Recipe:

Why I Cook:

Recipe Title: Mom's Apple Slices

Submitted By: Nancy Luebke

Department: Biological Sciences

Ingredients:

6 lbs. apples	2 beaten eggs
1 C. sugar	2 T. lemon juice
4 C. flour	1 1/2 C. lard (or 3/4 lb.)
1 tsp. salt	6 T. water
	Cinnamon

Pan - 15 1/2 X 10 1/2 X 1 Yield: 24 slices.

Directions:

Pare & slice apples. Add 1 cup of sugar & let stand while preparing pastry.

1. Combine flour & salt.
2. Cut in shortening as for pie crust.
3. Combine beaten egg, lemon juice & water.
4. Add to flour & shortening mixture & mix lightly with fork.
5. Divide into 2 sections, lining pan with one half.
6. Add apples (drained), dot with butter and add cinnamon.
7. Roll out other half. Place on top & seal edges.
8. Bake 10 min. at 450°, then 30 min. at 375°.

GLAZE

Ice while still warm with simple confectioners sugar glaze: 3/4 pkg. conf. sugar & hot water to make paste.

History of This Recipe:

My Mom (former staff member of Home Ec. dept.) brought this recipe from Wisconsin. It has always been a family favorite and a great crowd pleaser.

Why I Cook:

I cook because it satisfies me to see pleasure on the faces of family and friends. I enjoy all phases of food preparation (except clean-up) and love to feed people.

Recipe Title: Blackbottoms

Submitted By: Julie Velarde

Department: Anthropology

Ingredients: Topping

8 oz pkg cream cheese (soften to room temp.)
1 egg (beaten)
1/3 c sugar
1/4 t salt
6 oz pkg chocolate chips

Cupcakes

1 1/2 c flour (sifted)	1 c water
1 c sugar	1 t vanilla
1 t baking soda	1 t vanilla
1/2 t salt	1/3 c oil
1/4 c cocoa	1 T vinegar (white)

Mix first four ingredients of topping until smooth, fold in chocolate chips. Set aside. Beat together cupcake ingredients until smooth. Fill cupcake liners half full with cake mix, drop 1 teaspoon topping mix on top. Bake in 350 degree oven for 20 min. Makes about 3 doz. small cupcakes.

For this recipe you will need a special muffin pan for mini-muffins and same size liners available at speciality stores such as Trinkets & Trims.

History of This Recipe:

Originally obtained from a former grad student in Psychology whose wife had worked for a catering company on the east coast.

Why I Cook:

I cook because I like to eat.

Recipe Title: SOUR CREAM COFFEE CAKE

Submitted By: Irene Pattenaude

Department: Campus Activities Center

Ingredients:

1 cup Butter or Margarine
1 1/4 cup White Sugar
2 Eggs
1/2 pint Sour Cream
1 tsp. Vanilla
2 cups Sifted Flour
1 tsp. Baking Powder
1/2 tsp. Baking Soda

Topping:
1/2 cup Chopped walnuts
2 tsp. Brown sugar
1/2 tsp. Cinnamon

Directions:

Cream butter and sugar. Add eggs and beat well. Add sour cream and vanilla, beat well. Sift together flour, baking powder, and baking soda. Gradually add dry ingredients to the above.

Place 1/2 of mixture in greased angel food pan and sprinkle with 1/2 topping mixture. Put remaining mixture on top and sprinkle topping over it.

Bake at 350 degrees for 45 minutes.

History of This Recipe:

Handed down from grandmother to mother to daughter, etc. (Canadian in origin)

Why I Cook:

I cook for many reasons: obsession with food, hungry kids, a husband who doesn't see his role as including cooking anything more than chili or beans & weenies.

Recipe Title: Devils Food Chocolate Cookies

Submitted By: Marilyn Romine

Department: Dramatic Art

Ingredients: for cookies:

1/2 Cup butter	2 Cups flour
1 Cup brown sugar	1/2 tsp soda
1 egg, beaten	1/4 tsp salt
1 tsp vanilla	3/4 Cup sour cream
2 sqs baking chocolate (melt & cool slightly)	1/2 cup chopped nuts

for Frosting:

2 Tbsp butter	1 Tbsp milk
1 Cup powdered sugar	1/4 tsp vanilla
2 Tbsp cocoa	pinch of salt

Directions:

Cream together butter and sugar. Add egg. Add vanilla and chocolate. Blend in sour cream. Add dry ingredients and walnuts. Drop onto greased cookie sheet, bake at 350° for 10-12 minutes. When slightly cooled, frost.

For frosting: cream all ingredients together until smooth.

History of This Recipe:

This is one of my mother's specialties.

Why I Cook:

because I love chocolate cookies

Recipe Title: Raspberry White Chocolate
Cheesecake

Submitted By: Teresa M. Terres

Department: Sociology

Ingredients: Base: $\frac{1}{2}$ C. butter, $\frac{1}{4}$ C. light brown
sugar, 2C. pecan shortbread cookie
crumbs, $\frac{1}{4}$ tea. cinnamon, $\frac{1}{4}$ tea. nutmeg.

Filling:

3x $\frac{1}{2}$ lb. packages Philadelphia
softcheese, 1C. sweetened condensed milk,
4 eggs - separated, 1C. sour cream, $\frac{1}{2}$ C.
sugar, 1 tea. vanilla, $\frac{1}{2}$ tea. salt,
10oz. white chocolate chips, 1C.
rasberry jam.

Directions: Line and grease the inside of a
9 inch loose-base cake pan. Melt butter.
add the crumbs, cinn. and nutmeg, mix,
and then work into the butter. Press
the crumb mixture evenly all over the
base. Chill while making the filling.

Bring cheese to room temperature.
Beat the cheese and condensed milk to-
gether, add the yolks, one at a time.
When completely smooth, beat in the
cream, sugar, vanilla. Separately beat
the egg whites with the salt until they
hold soft peaks. Fold them into the

History of This Recipe: cheese mix. Melt the choco-
late chips and drizzle $\frac{1}{2}$
of the melted chips into the filling.
Lightly swirl in $\frac{1}{2}$ C. of the rasberry
jam. Bake at 300 F, for 1 & $\frac{3}{4}$ hours.

Why I Cook: Cool in the pan until cold. Spread
over the top the remainder of
rasberry jam and drizzle the re-
mainder of melted choc. chips
on top. Refrigerate for 24 hours.

Recipe Title: German Kuchen

Submitted By: Liz Fong

Department: Vice Chancellor Student Affairs

Ingredients:

1 cup margarine
1.25 cups sugar
3 eggs
1 tsp. vanilla
2 cups sifted flour
8 large fresh apples (Golden Delicious)
.5 cup nuts
1 lemon juice (med. size)
2 Tsp cinnamon.

Directions:

Peel and slice apples. Add lemon juice and
cinnamon and mix well. Set aside for 10 minutes
before use.

Cream margarine and sugar. Add eggs and vanilla.
Gradually add flour. Put $\frac{3}{4}$ dough in lightly
greased 13X9X2 pan. Add apples over dough. On
top drop spoonfuls of remaining dough. Sprinkle
with nuts. Bake at 350 degree for 50-60 mins.

History of This Recipe:

From a German friend.

Why I Cook:

I cook because I love to eat and I eat to live.

Recipe Title: BOURBON BALLS

Submitted By: LESLIE WILSON

Department: PHYSICS

Ingredients:

3 C ground vanilla wafers (most of 12-oz box)
1 C ground nuts (pecans preferred) (3-1/2 oz)
1 C powdered sugar
3 T light corn syrup
1-1/2 T cocoa (optional)
1/2 C whisky, rum, or brandy, or orange juice or coffee

Directions:

Grind wafers and nuts fine. Mix everything together. Make balls the size of marbles (probably boulders, or you'll be at it forever!); roll in powdered sugar. Allow to dry out before putting away to avoid sweating. Makes about 7-1/2 doz (90).

History of This Recipe: I was introduced to this Christmas holiday treat by my high-school chum at some point in our adult lives when we were living in neighboring communities. It continues to be a favorite for pot-luck treat tables.

Why I Cook:

I have collected recipes since I was a youngster (I still have some of those World War II recipe booklets). All of my adult years I have read cookbooks as a form of recreation. Now I find cooking a soothing way to leave the work-day behind.

Recipe Title: CREAM CHEESE DELIGHT

Submitted By: Cathy Shannon

Department: English

Ingredients and Directions:

Crust:

1 1/2 C flour	Cream butter and sugar. Add
1 1/2 blocks butter	flour and nuts. Press into
3 tsp. powdered sugar	a 9 X 13" pan. Bake at 425°
3/4 C chopped nuts	for 8-10 minutes.

First Layer:

1 1/2 C powdered sugar	Beat sugar and cheese until
2 8 oz. cream cheese	smooth. Add 3/4 of Cool Whip
1 13 1/2 oz. Cool Whip (to be used for 1st & 3rd layers)	and mix until well blended. Spread on cooled crust and refrigerate.

Second Layer:

3 C homogenized milk	Whip both ingredients until
2 large packages instant chocolate or lemon pudding	thick. The cream layer should be
	firm enough for you to

Third Layer:

Spread remaining 1/4 Cool Whip onto pudding layer and sprinkle with chopped nuts.	spread the pudding on it.
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History of This Recipe:

My grandma used to make this for me.

Why I Cook:

So I can get rid of my hunger pangs.

Recipe Title: *Potluck dessert*

Submitted By: *Erica Scranton*

Department: *Arts Library*

Ingredients:

Graham cracker crust (9 or 10 inches)

3oz. Cream Cheese very soft

1/2 pint Whipping cream

1 cup sugar

Fresh fruit in Summer or 1 can

Comstock pie filling in Winter

Directions: *Bake crust according to directions on package and cool. Whip cream until stiff add sugar and cream cheese and whip until smooth. Put this mixture in pie shell and refrigerate. Top with a mixture of fresh fruit (strawberries, peaches, nectarines etc. with some pureed) or one fruit with puree, or one can pie filling before serving.*

History of This Recipe:

Why I Cook: *Why not?*

Recipe Title: APPLE WALNUT SUPREME CAKE

Submitted By: Barbara S. Uehling

Department: Chancellor's Office

Ingredients: 4 cups peeled & coarsely chopped apples

1 3/4 c. sugar

2 eggs

1/2 c. oil

2 t. vanilla

2 c. sifted flour

2 t. baking soda

1 t. salt

2 t. cinnamon

1/2 c. chopped walnuts

Oven 350°F. Bake 45-50 minutes

Directions: Combine apples & sugar. Set aside. In large mixing bowl mix eggs, oil and vanilla. Beat well. Add dry ingredients alternately with apple mix. Mix in walnuts. Bake in greased and floured 13x9x2 pan. Test cake with toothpick. Drizzle on cooled cake:
Lemon Glaze: 1 c. confectioners sugar, 2 T. lemon juice, 1/2 t. vanilla, 1 T. corn syrup.

History of This Recipe: A friend!

Why I Cook: I rarely have the opportunity, but it can be relaxing.

Recipe Title: Cherry Dump Cake

Submitted By: Beverly Abrams

Department: Educational Opportunity Program

Ingredients: 1 can Comstock Cherry Pie Filling
1 can pineapple chunks
1 cup of slivered almonds or pecans
1/2 box of yellow cake mix
1 stick of margarine

Directions: Pour in cherries, pineapple w/juice, and nuts. Stir. Sprinkle half box of cake mix on top. Dot with butter. Bake for 45 minutes or until golden brown and bubbling. Let cool at least 10 minutes.

Note: Use 2 quart pyrex or corning ware.

History of This Recipe:

I got it from my mother and altered it for our own taste.

Why I Cook:

Definitely not for pleasure.

Recipe Title: Mark's Cranberry, Zucchini Bread

Submitted By: Claudia Leufkens

Department: Electrical and Computer Engineering

Ingredients:

1 3/4 cup wheat flour (or bran flour)
3/4 cup sugar (white, brown or 1/2 and 1/2)
1/2 cup soft light spread or margarine
2 eggs (or 4 egg whites)
1/2 tsp baking soda
1/2 tsp cinnamon (ground)
1 1/2 cup grated unpeeled zucchini
1 cup cranberry sauce w/whole cranberries
1 tsp vanilla *

Directions:

Preheat oven to 350°. Spray inside of 9x5x3 inch loaf pan with "No Stick." Cream sugar, butter and eggs. Add other ingredients. Bake 60-75 minutes or until center is firm to the touch. Allow to cool before removing from pan.

* 1/2 cup chopped walnuts (optional)

History of This Recipe:

Using a "traditional" zucchini bread recipe I modified by adding a fruit and a fibre. Testing it out on my husband I found it to be a success!

Why I Cook:

Because it's there.

Recipe Title: **SOUR CREAM CHEESECAKE**
12 Servings

Submitted By: *Patty Kelly*
Department: *Geological Sciences*

Ingredients:

**GRAHAM CRACKER, ZWIEBACK
OR GINGER SNAP CRUST**

A 9-Inch Crust and Topping

Crush or grind fine, or put in a Δ blender
until very fine:

1½ cups crumbs of graham crackers,
zwieback, or Ginger Snaps, page 501.

Stir into them until well blended:

¼ cup sifted confectioners' sugar

8 tablespoons melted butter

(1 teaspoon cinnamon)

Reserve ¼ to ½ of the crust. Pat the rest
into the pan to the desired thickness.
When the pie is filled, use the reserved
crumbs as topping.

Directions:

Chill the crust well.

Preheat oven to 375°.

Mix well, then pour into the shell:

2 well-beaten eggs

4 packages soft cream cheese: ¼ lb.

½ cup sugar

1 teaspoon lemon juice or ½ teaspoon
vanilla

¼ teaspoon salt

Bake for about 20 minutes. Remove from
oven. Dust the top with:

Cinnamon

Let cool to room temperature. Heat oven
to 425°. Mix well and pour over the cake:

1½ cups thick cultured sour cream

2 tablespoons sugar

¼ teaspoon vanilla

¼ teaspoon salt

Bake in the oven for about 5 minutes to
glaze it. Permit it to cool, then refrigerate
from 6 to 12 hours before serving. You
may garnish with a crumb lattice topping.

★ History of This Recipe:

*Everybody
"always" loves
this!*

Why I Cook:

*NO stress love
in a maturing way.
over!*

Recipe Title: Platt River Pie

Submitted By: Sara Miller

Department: Statistics and Applied Probability

Ingredients:

2 eggs

1 Cup sugar

½ Cup flour

1 Teaspoon vanilla

½ Cup butter

½ Cup walnuts or pecans (chopped)

1 Cup chocolate chips (Nestle's)

1 raw pie shell

Directions:

Beat eggs, add flour and sugar, vanilla, butter,
nuts and chips. Pour into pie shell. Bake at
325 degrees for 1 hour.

History of This Recipe:

A friend of my parents brought this over to our
house many years ago. It turned out to be a
family favorite. It is quite addictive!

Why I Cook:

I am not much of a cook. I cook if it is quick,
easy and delicious!

Recipe Title: Wine Cake

Submitted By: Renee Leach

Department: Electrical & Computer Engineering

Ingredients: 1 Duncan Hines yellow cake mix with butter
1 large pkg vanilla instant pudding
4 eggs
3/4 cup vegetable oil
3/4 cup Gallo Cream Sherry

Directions: Combine all ingredients, including butter recommended for cake mix, in a large bowl and beat on medium speed for 5 minutes. Pour into 10"-12" bundt cake pan and bake for 45-60 minutes in preheated 350° oven.

Allow to cool a couple of minutes, then remove from pan and place on a large tray.

While still warm drizzle with glaze made from 1-2 cups powdered sugar, 1 Tsp butter and enough creme sherry to desired consistency. Refrigerate for at least 1 hr.

History of This Recipe: Note: This cake refrigerates well for long time.

Why I Cook: Fun and necessity-but mostly because it beats Burger King or Le Menu.

Recipe Title: Better than Robert Redford Cake

Submitted By: Jane Mahneke

Department: Speech and Hearing Sciences

Ingredients: 1 c. flour
1/2 c. butter or margarine
3 T. sugar
1 lg. pkg. cream cheese
1 c. powdered sugar
small container of Cool Whip
1 small pkg. instant vanilla pudding
1 small pkg. instant chocolate pudding
3 c. milk

Directions: Mix together flour, butter, and sugar and press into 9 x 13 pan. Bake at 350° for about 15 min. until golden. Mix cream cheese, powdered sugar and cool whip and spread over cooled crust. Beat together both puddings and milk and pour over mixture in pan. Refrigerate. Just before serving beat one large container of whipping cream, sweeten slightly, and spread over top. Decorate with chocolate sprinkles or shaved chocolate.

History of This Recipe: I've seen it several places called different things, but this title gets across the point. It's easy and wonderful.

Why I Cook: For survival and to keep my family alive. This cake is definitely worth the effort though.

Recipe Title: Sugar Cookies

Submitted By: Cindy Chadwick

Department: English

Ingredients: 1½ C Confectioner's Sugar, sifted
1 C Butter or Margarine
1 Egg
1 t. Baking Soda
1 t. Cream of Tartar
1 t. Vanilla
½ t. Almond Flavoring
2½ C Flour, sifted
Paste food coloring

Directions: Mix sugar and butter. Add egg and flavorings; mix thoroughly. Measure flour. Stir dry ingredients together and blend in. Add food color, if desired. Refrigerate 2 to 3 hours.

Heat oven to 375°. Divide dough in half and roll 3/16" thick on lightly floured pastry cloth. Cut with cookie cutter; sprinkle with sugar. Place on lightly greased baking sheet. Bake 7-8 minutes or until golden brown. Make 5 dozen.

History of This Recipe: This recipe was introduced to me by a former roommate. It's great. It was recently featured in the Santa Barbara Newspress in the Cook of the Week column.

Why I Cook: For fun.

Recipe Title: Gateau Breton (Butter Cake)

Submitted By: Patrice J. Cardenas

Department: Central Stores

Ingredients: 6 egg yolks; 1-3/4 cup flour; 2 sticks (1/2 pound) butter; 1-1/4 cup sugar.

9-10 inch springform pan, buttered; oven set 375°F

Sift flour onto marble slab or board, making a large well in center. Cut butter into small pieces and put into well with sugar and egg yolks. Gradually blend in flour using fingers and heel of hand until smooth (dough will be sticky). Mix with metal spatula.

Transfer dough to pan, smoothing by hand to an even layer (dust hands with flour to keep from sticking). Brush with reserved yolk and mark a lattice design with a fork.

Bake at 375°F for 20 minutes, then lower heat to 350° for an additional 30 minutes until golden and firm. Cool completely and unmold carefully on a rack.

If desired, top with fresh sliced fruit.

History of This Recipe: Traditional Breton dessert from the northwestern area of France, very densely textured with rich flavor.

Why I Cook: Mainly to entertain travelling folk . musicians (i.e. The Chieftains, Alan Stivell, Gordon Lightfoot, etc.) on their stopovers in Santa Barbara.

Recipe Title: Decadent Chocolate Almond Sauce
makes about 1 cup

Submitted By: Pam Rodgers

Department: De la Guerra Dining Commons
Housing and Residential Services

Ingredients: ½ cup heavy cream
½ cup milk
5 strips orange peel (peel part only)
6 ounces bittersweet or semi-sweet
chocolate, chopped into small
pieces
1 teaspoon vanilla
1/3 cup chopped almonds, toasted

Directions: 1. In small saucepan, heat cream,
milk, and orange peel to a boil.
Remove from heat and let set, covered, for 10
minutes.
2. Strain mixture into the top of a double
boiler. Add chocolate and heat over hot
water, stirring, until chocolate is melted
and smooth.
3. Remove from heat and stir in vanilla and
nuts.
4. This sauce is excellent served slightly
warm, 2-3 hours after being made. Serve over
your best ice cream.

History of This Recipe: Anything chocolate is my
hobby!!!

Why I Cook: Enjoyment .

Recipe Title: 1-2-3-4

Submitted By: Bonnie Curtis-Taylor

Department: EOP/SAA Central Administration

Ingredients:

1. 1 Yellow cake mix
2. 1 6½ oz can crushed pineapple
3. 1 10 oz can cherry pie filling
4. 2 cubes butter or margarine, melted

Directions: Preheat oven to 350°. Generously grease a
9x13" pan.

1. Pour pineapple and cherry filling in pan & stir.
2. Pour DRY cake mix over top of mixture, distributing
evenly to cover.
3. Drizzle melted butter over cake mix.
4. Bake 45 minutes to 1 hour, or until fruit mixture
starts to bubble up through cake mix and top is
golden brown.

Option: sprinkle ¾ cup finely chopped walnuts over
top before baking.

History of This Recipe:

Handed down from generation to generation of families
of employees of a Swans Down factory located in
Hotbatch Parish in Ahatacook, Louisiana.

Why I Cook:

Tuesday and Thursdays are the maid's days off.

Recipe Title: Chocolate Cookie Cake

Submitted By: Shirley Foley

Department: Residential Life

Ingredients:

2 c flour ½ c buttermilk
2 c sugar 1 t vanilla

½ t salt

1 stick butter

Icing:

1 c water

1 stick margarine

½ c shortening

6 T cocoa

6 T cocoa

7 T milk

2 eggs

1 box powdered sugar

1 t soda

1 t vanilla

1 c chopped walnuts

Directions:

Mix first 3 ingrds. in large bowl. Mix next 4 ingrds. in a pan. Boil and pour over flour mixture in bowl while still hot. In another bowl mix next 4 ingrds. well and add to the first mixture. Bake in a greased and floured 15½" x 10½" x 2" pan.

Icing (make last 5 mins of baking time)

In pan over low heat melt (not boil) margarine, cocoa and milk. Remove from heat and add: sugar, vanilla, nuts. mix well and ice as soon as cake comes from oven.

History of This Recipe:

Given to me by my mother-in-law

Why I Cook:

I love new flavors!!!

Recipe Title: Special Cherry Pie

Submitted By: Carol Pfeil

Department: History

Ingredients:

CRUST:

1 c. flour
1/2 c. finely
chopped pecans
1/4 c. brown sugar
1/2 c. soft butter

FILLING:

8 oz. cream cheese, softened
1/2 tsp. almond flavoring
1 c. powdered sugar
1 (20 oz.) can cherry pie filling
2 c. whipped cream, sweetened
1/2 tsp. cherry flavoring

Directions:

Preheat oven to 375°. Mix crust ingredients and turn mixture into 10" pie pan. Bake 20 min., stirring twice while baking. When removed from oven, measure out 1/2 c. and set aside. Press the rest in pan to form crust. Chill.

Blend cream cheese, almond flavoring and p. sugar. Spread in bottom of cooled crust. Fold cherry pie filling into whipped cream, adding cherry flavoring. Spoon over cheese layer. Sprinkle the reserved 1/2 c. crumbled mixture over top. Chill 1 hour before serving.

History of This Recipe: Found this in a newspaper (Bakersfield Californian) bakeoff contest back in the early 1970s.

Why I Cook: I love food.

Recipe Title: Apricot Oatmeal Drops

Submitted By: Carol Pfeil

Department: History

Ingredients:

3/4 c. brown sugar	3/4 c. flour
1/2 c. soft butter	1 tsp. baking soda
3 Tbsp. water	1/4 tsp. salt
1 tsp. vanilla	1/2 c. chopped dried apricots
1 egg	
2 c. oats	1/2 c. chopped pecans

Directions:

Heat oven to 325°. Grease cookie sheets. In large bowl beat brown sugar and butter until fluffy. Add water, vanilla & egg; blend well. Stir in oats, flour baking soda and salt; mix well. Fold in apricots & nuts. Drop by rounded teaspoonfuls onto greased cookie sheets. Bake at 325° for 10-12 minutes or until edges are light golden brown. Immediately remove from cookie sheets. Makes 2 1/2 dozen.

History of This Recipe: Found this in a Pillsbury booklet-type cookbook you find in the magazine racks at Vons.

Why I Cook: I love food.

Recipe Title: Ginger Cookies

Submitted By: Carol Pfeil

Department: History

Ingredients:

2 c. sugar	1/2 tsp. salt
1 1/2 c. soft butter	2 tsp. cinnamon
1/2 c. molasses	1 tsp. cloves
2 eggs	1 tsp. ginger
4 1/2 c. flour	1/2 tsp. nutmeg
3 tsp. baking soda	Sugar

Directions:

In large bowl beat sugar, butter, molasses & eggs until fluffy. Stir in flour, b. soda, salt & spices; mix well. Cover and refrigerate 1 hour.

Heat oven to 350°. Shape dough into 1" balls; roll in sugar. Place 2" apart on ungreased cookie sheets. Bake at 350° for 8-12 minutes or until set. Do not overbake. (Cookies will puff up and flatten during baking.) Cool 1 minute; remove from cookie sheets. Makes 6 dozen.

History of This Recipe: Found this in a Pillsbury booklet-type cookbook you find in the magazine racks at Vons.

Why I Cook: I love food.

Recipe Title: Brazil-nut/Hazelnut Cake

Submitted By: Andy Winzelburg

Department: Student Health Services-Health Education

Ingredients: CAKE

12 egg whites

1 cup sugar

8 ounces Brazil-nuts or hazelnuts, finely ground

FILLING

1 cup sugar

1/2 cup water

6 extra large egg yolks

FROSTING

2 ounces semi-sweet chocolate

2 tablespoons coffee or water

4 tablespoons cold unsalted butter, cut into bits

Directions: CAKE: Beat the egg whites in a large bowl until they stand in firm, unwavering peaks. Gradually beat in the sugar, continue to beat until very stiff. Fold in the nuts, gently but thoroughly. Pour batter into two buttered 8 inch cake pans lined with buttered wax paper or kitchen parchment and then floured. Bake in a preheated 350 F. over 35-40 minutes. The cakes will puff up but will fall as they cool.

FILLING: Combine sugar and water in a small saucepan and cook over moderate heat until syrup reaches the soft-ball stage (when a little of the syrup dropped on a saucer holds its shape but flattens out, 234 F on a candy thermometer.) Let cool. Beat the egg yolks in a large bowl until they are thick and almost white, then beat in the cooled syrup. Pour into the top of a double boiler and cook, stirring constantly with a wooden spoon, over low heat 10-15 minutes or until very thick and custard-like. Cool.

FROSTING: Melt the chocolate with the coffee or water in the top of a double boiler over moderate heat. Off the heat, beat in the butter. Continue to beat until mixture is cool. Spread over top of cake and refrigerate. Serve slightly chilled. Serves 8-10.

History of This Recipe: When my grandparents fled Germany in the forties, they opened a bakery in Ecuador. This traditional Eastern European cake was one of the items sold in the bakery.

Why I Cook: To relieve stress.

Fun with Fibre

Guilt over indulging in Category 1 will make this chapter very popular. This is the place for bran muffins, salads, heart-smart dressings, tantalizing tofu treats, low-salt snacks.

Recipe Title: John Dasney's Warm Lentil Salad

Submitted By: Teresa Henrickson

Department: Chancellor's Office

Ingredients: 1 C lentils, inspected and rinsed
1 qt good chicken stock
4 cloves garlic, minced fine
1 t rosemary, chopped fine
1 t thyme
3 bay leaves
black pepper

Directions: Place all the above ingredients except the lentils in a two quart saucepan. Simmer gently for fifteen minutes. Add the lentils and bring to a very light boil. Reduce to very low and cook slowly for 20-40 minutes until the lentils are just cooked. They should be "al dente", but not have the raw starch taste. While lentils are cooking, prepare the following dressing:

1/2 C best olive oil
3 T Balsamic vinegar (red wine vinegar is suitable, also)
1/2 t salt
black pepper

When the lentils are just cooked, strain off the liquid. Now add the lentils to the dressing while they are still hot, and mix well. Just prior to serving add some coarsely chopped parsley and green onions. Serve warm as an accompaniment to Braised Pork, Smoked Chicken or Garlic Sausage.

Recipe Title: CHICKEN SALAD

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients:

Prepare 1 pound Chinese water noodles, rice noodles, Japanese soba noodles, or regular pasta as package directs in 1 can chicken broth plus 3 cans water. Drain, rinse and cool.

Dressing: 1/4 C oil (I use olive),
3 T rice vinegar, 1 T hot sesame oil, 3 T reduced-sodium soy sauce, 1 T teriyaki baste, 2-3 minced cloves of garlic, and 1 T minced ginger root.

Directions: Add & Toss: 2 BBQ chicken breasts (sliced thin), 2 C carrots, **snow peas, brocolli, bell pepper, califlower, peas, etc. A few green onions (sliced on diagonal--white part only).

** as much as you like.

History of This Recipe: This salad is better if you make a day ahead. (Serves 6).

Why I Cook:

Recipe Title: WHERE"S-THE-BEEF-TACOS

Submitted By: Andy Winzelburg

Department: Student Health

Ingredients: About 1/4 C vegetable oil
1 clove garlic, minced
1 large eggplant, peeled and cubed
1 medium onion, diced
3 jalapeno peppers, seeded and minced
2 T chili powder
1 t oregano
1 t salt
1/2 t ground cumin
1/4 C fresh coriander (optional)
8 taco shells
2 C shredded lettuce
2 tomatoes, chopped
1 1/2 C shredded jarisberg cheese

Directions: In a large skillet, heat oil; add garlic and saute 2 minutes. Add eggplant and cook until golden, adding more oil if necessary. Stir in onion, peppers, chili powder, oregano, salt and cumin. Cover, reduce heat to low and cook, stirring occasionally, for 15 minutes or until eggplant is soft. Remove from heat and stir in coriander. To serve, place some lettuce in taco shells. Top with eggplant filling and remaining ingredients. Makes 8 servings.

Why I Cook: To relieve stress.

Calories: 225 per serving.

Recipe Title: STRAWBERRY-SPINACH SALAD

Submitted By: Randi Glick

Department: Humanities Center

**Ingredients:
and Directions:**

1 bunch spinach, rinsed
1 jicama, peeled and cut into matchsticks
1 basket strawberries, hulled and cut in halves
2 to 3 cups bean sprouts
Strawberry Dressing

Wash spinach well and remove stems. Combine spinach leaves with jicama, strawberries and bean sprouts in large salad bowl. Toss with Strawberry Dressing.

Strawberry Dressing

1 cup pureed strawberries
2 tablespoons red wine vinegar
2 tablespoons sugar
Few drops sesame oil
1/4 cup oil
Salt, pepper

Stir together pureed strawberries, vinegar, sugar, sesame oil, oil and season to taste with salt and pepper.

Why I Cook:

This is a great recipe. Sometimes I substitute shredded coconut for the jicama and add sliced almonds.

Recipe Title: Carrot Dip

Submitted By: Ann Lippincott

Department: Graduate School of Education

Ingredients:

1 lb. carrots
1 tsp paprika
a good pinch of cayenne
1 tsp ginger
4 Tblsp olive oil
3 Tblsp lemon juice or wine vinegar
2 cloves of garlic

Directions:

Peel and boil 1 lb. of carrots in salted water until cooked

Drain carrots and put in a blender with the remaining ingredients.

Blend on high speed until smooth. I add more cayenne and ginger.

History of This Recipe:

Why I Cook:

Recipe Title: Potassium Broth

Submitted By: Vera Bridge

Department: Vice Chancellor Student Affairs

Ingredients: 2 cups mixed vegetables
(utilize scraps)
2 cups boiling water
1 tsp. Dr. Jensen's broth powder
(or to taste)

Directions:

1. Add vegetables to boiling water and let return to a boil.
2. Remove from heat and cool.
3. Puree vegetables in blender with broth powder.
4. Reheat and serve.

Makes 1 qt. or 8 servings (1/2 cup)
Approx. 5 cal. per serving

History of This Recipe: I found this recipe at the OAKS in Ojai. Wonderful for a quick pickup at almost no calories.

Why I Cook: Enjoy low-calorie snacks

Recipe Title: Bran Muffins

Submitted By: Vera Bridge

Department: Vice Chancellor Student Affairs

Ingredients: 6 C raisin bran flakes (15 oz pkg)
1 C crisco (melted)
3 C sugar
4 eggs (beaten)
1 qt. buttermilk
5 C flour
5 tsp. soda
2 tsp. salt

I use 1-1/2 cups of sugar and add 1 cup of raisins and chopped walnuts.

Directions:

Mix dry ingredients, then add liquids. Fill well greased or teflon muffin cups 2/3 full. Bake at 400 - 15-20 minutes.

This batter will keep for 6 weeks in refrig. HAPPY MUNCHING!

History of This Recipe:

Rita Anderson gave me this recipe.

Why I Cook:

This is a good recipe for staff meetings.

Recipe Title: Sauerkraut Salad

Submitted By: Dorothy Kruger

Department: Public Events

Ingredients: SAUERKRAUT SALAD

1 large can sauerkraut, rinsed and drained
1 green pepper, sliced thin
1/3 cup shredded carrots
1 medium onion, sliced thin or shredded
1/3 cup shredded red cabbage

Set aside. In sauce pan, combine:

1 cup granulated sugar or 3/4C 1/2 cup cider vinger
1/2 cup oil

Bring to a boil and simmer 5 minutes. Cool and pour over kraut mixture. Let marinate in refrigerator at least 2 days. Delicious!

Directions:

History of This Recipe:

Convenient recipe because you make it ahead of time. Use tupperware and simple turn it over each day.

Why I Cook:

I love to eat and it is a good expression of caring for those around me.

Recipe Title: STUFFED ZUCCHINI

Submitted By: JEANIE MURDOCK

Department: EDUCATIONAL LEADERSHIP INSTITUTE

Ingredients: 4 medium zucchini
1 cup grated sharp cheddar cheese
½ cup light sour cream
2 tbsp minced green onions
Long dash freshly ground black pepper
¼ cup grated parmesan cheese

Directions: Wash and trim ends from zucchini. Steam for about 5 minutes until about half cooked (or microwave on high for about 4 minutes). Cut in half lengthwise, scoop out seeds. Mix remaining ingredients except Parmesan cheese. Fill zucchini shells with cheese/sour cream mixture. Place in shallow baking dish. Sprinkle with Parmesan cheese. Bake at 375 for 30 minutes.

History of This Recipe:

This recipe came from Molly McClanahan, Mayor of Fullerton, CA, who at the time she shared the recipe was the wife of my husband's faculty advisor at CSUF.

Why I Cook: For the obvious reasons: I like to eat and so does my family. However, my children wouldn't think of eating stuffed zucchini, so my husband and I don't have to share it with them!

Recipe Title: Brown Rice Casserole

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 1/2 cup pine nuts
1/4 cup butter
1 cup brown rice
1/2 cup bulgar
1 onion, chopped
1 cup minced parsley
6 tablespoons chives or scallions
salt & pepper
3 cans chicken broth

Directions: Saute nuts in 2 tablespoons butter until nice and brown. Add more butter and saute rice, bulgar and onion. Spoon the mix into 2 quart casserole. Add the greens and spices. Bring broth to a boil in saucepan. Pour over rice mix. Bake uncovered 375 F for 1 hour and 15 minutes.

History of This Recipe:

Why I Cook:

Recipe Title: Sweet Potatoe/Jalapeno Soup

Submitted By: Kathi Cardin

Department: Art Studio

Ingredients: 2 tbl Butter
1 onion
pint of half & half
2 cans chicken stock
2 cans water
4 medium sweet potatoes
1 jalapeno pepper

Directions: In a separate pan, Boil potatoes, peel and mash. ^{pan,} dice onion and saute in butter. Add chicken stock and water to onion and butter and then add sweet potatoes; blend thoroughly or place in blender until smooth (optional). Dice pepper (fine) and add to mixture. Simmer until hot. Add half and half before serving.

History of This Recipe: I got this receipe from a male graduate student--Rowland Hill.

Why I Cook: I don't like to cook, so I make things that are as simple and as healthy as possible.

Recipe Title: OVEN BROWNE POTATOES

Submitted By: Carol Norton

Department: Alumni Association

Ingredients: Baking potatoes, about 1 per person
Salt - plain or onion or garlic (to taste)
Freshly ground black pepper
Oil - olive or vegetable or peanut
about 1 Tablespoon for 2 potatoes

Directions: Heat oven to 500° F.
Scrub potatoes, but do not peel.
Cut in long spears, uniform in size.
Sprinkle with salt & pepper.
Place in plastic bag, drizzle oil over.
Close bag tightly and shake to coat potatoes lightly with the oil.

Place on cookie sheets lined with foil - do not overlap potato slices.
Bake for 20-25 minutes, or until browned.
Eat while hot - they will go fast!
These are also good with salsa or yogurt.

History of This Recipe: I saw it in a newspaper long ago, clipped it, lost it, was able to re-create it, and have enjoyed sharing it.

Why I Cook: Creative pastime, good nutrition, nice to share with friends.

Recipe Title: LESLIE'S LIMAS

Submitted By: LESLIE WILSON

Department: PHYSICS

Ingredients:

1 pkg frozen baby lima beans
1/4 lb mushrooms, sliced
1/4 C chopped onion (about 1/2 small onion)
3-4 T butter
1 C finely shredded cabbage
1/2 tsp salt (or less)
1 T soy sauce
1 T freshly grated Parmesan cheese

Directions:

Cook and drain limas (or steam them). Saute mushrooms and onions in butter till soft. Mix cabbage, salt, and soy sauce with mushrooms and onions, then combine with limas. Turn into a shallow 1-qt casserole dish. Sprinkly with cheese. Bake uncovered at 350° for 15-20 minutes. Serves 6.

Also tastes very good cold--pack any leftovers in your lunch the next day.

History of This Recipe:

I think I extracted this from the Berkeley Gazette in the early 60's. It has been a family and church-potluck favorite ever since.

Why I Cook:

I have collected recipes since I was a youngster (I still have some of those World War II recipe booklets!) All of my adult years I have read cookbooks as a form of recreation. Now I find cooking a

soothing way to leave the work-day behind.

Recipe Title: POTENT BRAN MUFFINS !
(we dare you to have more than one)
Submitted By: Gus Munoz

Department: Facilities Management

Ingredients: Mix in large bowl.

3 cups bran flakes (not cereal)
1 cup boiling water
2 cups raisins

Beat in medium bowl and add to bran.
2 eggs
1 cup honey
2 cups buttermilk
½ cup corn oil

Directions:

Sift together & fold into bran mixture.
2 cups whole wheat flour
½ cup soy flour
2½ tsp. soda
½ tsp. salt

Bake at 375° for 15 minutes in greased muffin tins or use paper liners. May be kept in refrigerator for several weeks and baked as needed.

History of This Recipe:

Used for years in our family as a healthy alternative to Metamucil.

Why I Cook:

Because I can never be too healthy!

Recipe Title: SWEET JALAPENO CORN MUFFINS

Submitted By: TERESA HENRIKSEN

Department: CHANCELLOR'S OFFICE/DEVELOPMENT

Ingredients: 1 C. Yellow corn meal
1 C. Flour
1/2 C. Sugar
2 tsp. Baking powder
Pinch of salt
1/2 tsp. soda
1 C. sour cream
1/2 C. butter
1 C. jalapeno jelly

Directions: Melt butter, add to dry ingredients, fold in sour cream. Spray a muffin tin with Pam. Fill muffin tin half full. Drop in a dollop of jelly, and top with batter. Bake in a 425 degree F. oven, 15-20 minutes.

History of This Recipe: My own.

Why I Cook: To eat.

Recipe Title: Spiced Zucchini Muffins

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

1 cup unprocessed bran Preheat oven to 400
2/3 cup whole wheat flour
2/3 cup flour - Best Oat, if possible
(feel free to mix and match the flours until you find a combination you enjoy)
2 tea baking soda 1 tea cinnamon
1 large egg 1/2 tea cloves, ground
1/4 cup oil 1 tea ground orange peel
1/2 cup brown sugar 1 cup nonfat milk
1 cup zucchini, unpeeled & grated
Directions: 1/2 - 3/4 cup chopped nuts

Grease a 12 cup muffin pan with butter. Mix together the bran, flours and baking soda. In a separate bowl, blend together the egg, oil, sugar, spices and orange peel, fold in the milk, flour mixture and nuts and mix well.

Fill each muffin cup about 3/4 full. Bake 30-35 minutes. Remove muffins from the pan and let cool.

Serves 12

History of This Recipe: Enjoyed as a fast yet healthy breakfast on the run

Why I Cook: Because cooking allows me a creative outlet and a way to share with others

Recipe Title: PERFECT CORNBREAD

Submitted By: EULA M. LEE FAIRGOOD

Department: FACILITIES MANAGEMENT

Ingredients: 1 Cup CORNMEAL
3/4 Cup FLOUR
1 Tbsp. BAKING POWDER
1 Cup MILK
3/4 Cup OIL
1 EGG
3/4 Stick MARGARINE
1 Tsp. SALT
3/4 Cup SUGAR

Directions: ASSEMBLE AND MIX ALL DRY INGREDIENTS IN BOWL. WHEN MEASURING THE FLOUR IT IS VERY IMPORTANT THAT YOU SIFT IT. MELT MARGARINE IN AN 8 X 8 BAKING PAN. ADD REMAINING INGREDIENTS IN BOWL. MIX THOROUGHLY, UNTIL THERE ARE NO LUMPS. REMOVE PAN FROM OVEN, TURNING IT SO THAT THE MARGARINE COATS THE PAN ON ALL SIDES. POUR REMAINING MARGARINE IN MIXTURE. MIX AGAIN, UNTIL ALL MARGARINE IS ABSORBED. POUR MIX INTO PAN. BAKE AT 325 FOR 25 MINUTES, OR UNTIL GOLDEN BROWN.

History of This Recipe: THIS IS A REGUALR RECIPE FOR CORNBREAD. ALTERED SOMEWHAT TO MY EXPECTATIONS OF WHAT CORNBREAD SHOULD TASTE LIKE. I'VE EATEN SOME CORNBREAD THAT WAS SO HEAVY YOU COULDN'T FINISH THE REST OF THE MEAL! BUT, THIS IS TRULY GREAT!

Why I Cook: I DO NOT ENJOY COOKING THAT MUCH. HOWEVER, THERE ARE SOME DISHES I REALLY ENJOY EATING. SO, I EXPERIMENT WITH THEM UNTIL I FIND MY VERSION OF THE PERFECT RECIPE.

Recipe Title: OAT BRAN MUFFINS

Submitted By: LOUISE SCIUTTO

Department: COMPUTER SCIENCE

Ingredients:

1 1/2 cup oat bran)	
1 cup wheat flour)	Mix together in a large
1/4 cup corn bran)	bowl. Make a well in the
1/4 cup rice bran)	center to add the wet
1 tbsbp baking powder)	ingredients. Mix well.
1 tsp cinnamom)	
1/2 tsp salt (optional))	
1/2 cup chopped walnuts)	
1/2 cup brown sugar, or)	(optional)
honey or molasses))	
3/4 cup milk)	Add crystals to milk to
1/2 cup date crystals)	soften for 5-10 minutes.
1/3 cup oil)	Add to milk, mix well.
1 egg or 2 egg whites)	Add to dry ingredients.
1 cup applesauce)	Stir in with dry ingredient.

Preheat oven to 400°F. Spoon mixture in to 12 paper lined muffin tins. Heaping high is OK. Bake for 15-20 minutes. Serve warm.

History of This Recipe: I have been looking for the perfect bran muffin recipe. I stated experimenting with a basic recipe & changed it by including corn & rice bran, date crystals for natural sweetness and applesauce for moisture. I also make it sugarless and it is good.

Why I Cook:

Making a recipe from scratch gives me great satisfaction. I also enjoy the positive feedback from people who taste the food I prepared. I like to monitor the amount of salt added to foods I eat. I enjoy using fresh vegetables and fruits in recipes.

Recipe Title: Corn Supreme

Submitted By: Cindy Chadwick

Department: English

Ingredients: 2 (7½ oz) pkgs. Corn Muffin Mix
1 C Margarine, melted
16 oz. Sour Cream
16 oz. can Cream Style Corn
16 oz. can Whole Kernal Corn
4 Eggs, slightly beaten

Directions: In large bowl, combine muffin mix, sour cream, margarine, whole kernal corn, cream style corn, and eggs.

Place in lightly greased 9 X 13 inch baking pan or dish and bake in a 350° oven 45-50 minutes (Serves 12-16)

History of This Recipe: Family recipe, traditionally served at Thanksgiving dinner.

Why I Cook:

Recipe Title: Artichoke Quiche
6-8 servings

Submitted By: Pam Rodgers

Department: De la Guerra Dining Commons
Housing and Residential Services

Ingredients: 2 tablespoons butter
1 small onion, chopped
3 eggs
1 cup heavy cream
½ cup half and half
½ teaspoon Dijon mustard
¼ teaspoon dry mustard
1/8 teaspoon each dillweed, salt,
and pepper
pinch of nutmeg

Directions: 2-6 ounce jars marinated artichoke hearts, drained and chopped
1/3 cup each Gruyere and Jarlsburgh cheese
1 baked and cooled 9 inch pie shell

1. Melt butter in small skillet over medium-high heat. Add onion and saute until soft. Remove from heat and set aside.
2. Beat eggs, cream, half and half, mustards and seasonings in bowl.
3. Arrange artichokes in pie shell. Top with onion and sprinkle with both cheeses. Pour egg mixture evenly over top. Bake in a preheated 375° oven about 50 minutes, until custard is firm and lightly browned. Serve warm.

Why I Cook:

Recipe Title: SPAGHETTI SALAD

Submitted By: Winnie Yamada

Department: Public Affairs

Ingredients: 1 lb. vermicelli
1 8 oz. can olives (drained & chopped)
2 stalks celery, chopped
3 small tomatoes, chopped
1 8 oz. bottle Wishbone Salad Dressing
1/3 of a bottle Schilling Salad Supreme

Directions: Cook vermicelli according to directions on package. Drain. While still warm, mix with remaining ingredients. Serve at room temperature or cold.

Serves 6-8.

History of This Recipe:

Why I Cook: When I see a recipe I am challenged:
1-to see if it tastes the way I think it should
2-to see if I can make it look like the picture (if one is included)

Recipe Title: Tofu Lasagne

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients:

Filling

1 # firm tofu, drained
1 # tofu mozzarella, grated
1/2 # # romano, grated
1/2 cup minced parsley
1 # sliced mushrooms
1 cup fresh chopped spinach

Sauce

5 cloves garlic, minced
2 onions, minced
1/2 cup chopped fresh basil
2 large cans crushed tomatoes
1 # turkey Italian sausage--sliced (optional)
2 tablespoons olive oil

1 # lasagne noodles prepared as package directs

Directions: Saute onions, garlic in oil, add basil, sausage, tomatoes. In shallow baking dish alternate layers of sauce, noodles and filling. Top with a sprinkle of romano. Bake at 350 F for 30 minutes or until bubbles.

History of This Recipe: I made it up.

Why I Cook: Good healthy food can be delicious. The trick of this recipe is not to mention the tofu. Your family will love it.

Recipe Title: Spa Blue Cheeze Dressing or Dip

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 3/4 Cup Buttermilk
3/4 Cup No Fat Cottage Cheeze
2 oz. Blue Cheeze
2 Crushed Garlic Cloves
Freshly Ground Pepper
1 Tablespoon Minced Onion

Directions: Combine all ingredients in blender or food processor

History of This Recipe: Served at the Oaks in Ojai. 33 calories per oz.

Why I Cook: Because it tastes so good.

Recipe Title: Hearty Split Pea & Barley Soup

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 1 1/2 cups dried split peas
1 onion, chopped
3 carrots cut into chunks
3 stalks celery cut into chunks
2 crushed garlic cloves
4 cups chicken stock
1/2 cup pearl barley
freshly ground pepper to taste

Directions: Pour chicken stock into 4 quart stock pot. Add first 6 ingredients and bring to a boil. Simmer uncovered for 1 hour. Puree soup in food processor and return to pot. Add barley and bring to a boil. Simmer additional 30 minutes. Season correctly.

History of This Recipe: From Spa Food Cookbook. 145 calories per serving.

Why I Cook: To eat.

Recipe Title: Hearty Cheddar-Chicken Salad

Submitted By: Shirley Foley

Department: Residential Life

Ingredients:

2 c. cooked, cubed
chicken breast
1 c sharp cheddar
cheese, cubed
1 c. chopped celery
1 c. chopped tomatoes
2 c. chopped lettuce
1 t. salt

Dressing:

3/4c. Miracle Whip
1 T worcestshire
1 T lemon juice
1 T sweet pickle
juice

Directions:

Mix first 6 ingredients. Mix dressing ingredients and pour over. Chill for at least one hour. Serves 4.

History of This Recipe:

I devised this recipe as part of maintenance diet. It is very filling and yummy.

Why I Cook:

I love new flavors.

Recipe Title: Creamy Feta Pasta

Submitted By: Jeanne Costello

Department: English

Ingredients: Pasta for 4 (spaghetti, linguini,
whatever...)
8 oz. feta cheese
1 medium eggplant
2 large, ripe tomatoes

As much garlic as you can stand, and
freshly ground black pepper.

Directions:

Boil pasta and drain. Cut eggplant into cubes. Chop tomatoes. Steam eggplant until tender. Return pasta to its pot and press garlic into it. Crumble feta into pasta and toss over a low heat until cheese melts to a creamy consistency. Toss in tomatoes and eggplant. Serve with ground pepper.

History of This Recipe: I invented this concoction during a bout with the "low cholesterol" diet. I craved creamy pasta dishes more than anything else. Low-fat feta cheese melted into a nice sauce and well, if you can't have fetticini alfredo, this will do nicely.

Why I Cook: Instant gratification!

Recipe Title: Homemade Ranch Dressing
makes about 1 cup

Submitted By: Pam Rodgers

Department: De la Duerra Dining Commons
Housing and Residential Services

Ingredients: 2/3 cup mayonaise
1/2 cup buttermilk
1 teaspoon white wine vinegar
1/2 teaspoon Dijon mustard
1/2 tablespoon fresh chopped dill or
1/8 teaspoon dried dillweed
1 small clove garlic, minced
1/2 tablespoon each fresh chopped
chives and parsley
1/8 teaspoon freash ground pepper

Directions: Combine above ingredients in a small bowl and whisk until well combined. This dressing will store for a month if kept in a jar with a tight fitting lid. Shake before using.

History of This Recipe: I always found the store bought salad dressings to be very high in salt, so I invented this one to take their place.

Why I Cook: 'cause I love to!

Recipe Title: Fruit Salad

Submitted By: Cindy Neill

Department: Environmental Health and Safety

Ingredients:

First Mixture:

1-lb small marshmallows
1 large can Royal Ann Cherries
cut in half
1 large can Pineapple, chunks
1 bottle Marshino cherries, cut in half
1/4-1/2 lb. slivered almonds

Custard:

4 egg yolks
slightly beaten
pinch of salt
2 Tbl. sugar
1 cup Milk
Juice of 1-2 lemons

Directions:

Mix yolks, salt, sugar and milk together and cook in double boiler until thickened. Add lemon juice. Cool. Add custard mixture to the first mixture, put in refrigerator and let stand for 24 hours or over night. When ready to serve fold in 1 cup whipped whipping cream.

History of This Recipe: This is a very old Neill family recipe. It is a real favorite when the family gets together because it makes a hearty portion and is excellent with leftovers.

Why I Cook:

**If It's Tuesday,
This Must Be Thailand**

Your famous enchiladas, grandmother's krumkake that never gets to cool completely, that barbecue secret that causes the neighbors to drop in when you fire up the charcoal. International, ethnic and cultural heritage recipes.

Recipe Title: SHRIMP WITH FETA

Submitted By: Andy Winzelburg

Department: Student Health Services

Ingredients: 1 lb raw shrimp 4 green onions,
1/2 C olive oil finely chopped
1/4 C fresh lemon juice Lettuce for garnish
3 cloves garlic
1 T minced parsley
1/4 lb crumbled feta cheese
Dash salt & pepper

Directions: Heat a stock pot with water. Bring to boil. Add shrimp and boil for 1 minute when water comes back to boil--do not over cook! Cool, and peel & de-vein. Combine first 6 ingredients and toss shrimp and cover. Place in fridge. Just before serving, combine with the rest of ingredients and serve on a lettuce leaf with crusty french bread.

History of This Recipe: Paule's cooking class.

Why I Cook: To relieve stress.

Recipe Title: FRESH TOMATO PASTA

Submitted By: Jamie Sonsini

Department: Information Systems and Computing

Ingredients:
10 Italian plum tomatoes (chopped) [If you really want to get fancy here, you can blanch and peel the tomatoes before you chop them.]
1/2 lb mushrooms sliced
1 yellow pepper chopped
4-5 cloves garlic sliced
1 dried red chili pepper (cut off the top and remove the seeds)
5 leaves fresh basil chopped
1/4 cup olive oil
1 lb rigatoni pasta
parmesan cheese

Directions: In a frying pan heat olive oil and chopped garlic until the garlic is opaque. Add yellow pepper, the chili pepper, and basil. Cook until pepper is tender then add mushrooms and continue cooking until mushrooms are cooked. The trick here is to add the remaining ingredient, the chopped tomatoes, in time for them to be lightly cooked when the rigatoni pasta is ready. The tomatoes can take about 10-15 minutes to cook.

Cook the rigatoni in boiling water (about 10 minutes) and drain. Serve in bowls with rigatoni going in first and a scoop or two of the tomato sauce on top. Serve topped with parmesan cheese.

History of this Recipe: I believe I saw a picture in a magazine that started me thinking about fresh tomatoes on rigatoni. From there it was just a matter of combining the "basic" ingredients. The dried red chili pepper is a recent addition, adds a bit of "kick" to the dish.

Recipe Title: ANCHOVY PASTA

Submitted By: Jamie Sonsini

Department: Information Systems and Computing

Ingredients:

1 can flat fillets of anchovy
1 12 oz. frozen chopped spinach
3-4 cloves chopped garlic
1/4 cup olive oil
1 lb vermicelli pasta
parmesan cheese

Directions:

Prepare the spinach according to directions on package. Frozen spinach can be microwaved. Leave about 2 tablespoons of water on the spinach.

In a frying pan heat olive oil and chopped garlic until the garlic has lightly browned. Add anchovies and their oil. Stir anchovies until they seem to melt. Add spinach and its water. Heat until bubbling.

Cook vermicelli in boiling water (about 6 minutes) and drain. Return spaghetti to large pot and over a medium heat stir in anchovy and spinach sauce. Serve topped with parmesan cheese.

History of this Recipe: This recipe is an old family favorite prepared by my Father, always his part of our Christmas Eve dinner. The addition of spinach is my brother's enhancement.

Recipe Title: GRATIN AUX COURGETTES

Submitted By: Alice Capponi

Department: Accounting

Ingredients:

1. Cook 5 cups of white rice for 20 minutes, after boiling water with 4 teaspoons of salt.
2. Cook 6 small zucchini with 2 teaspoons of salt until tender (zucchini has to be peeled).
3. Blend zucchini in blender.
4. Add zucchini to the rice.
5. Mix 12 oz of swiss cheese. Keep a handful a part, 4 oz of monterey cheese, and 1/2 block of butter, 1 spoon of olive oil.
6. Put in baking dish, sprinkle the swiss cheese on top. Bake until cheese melted (about 5-10 minutes) at 425° oven.

Directions:

(for six people)

History of This Recipe:

Why I Cook:

Recipe Title: Szechuan Eggplant

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 3 lbs eggplant, Chinese if possible
1/2 lb port sausage 2 T hot sesame oil
4 T dry sherry 2 T soy sauce
2 t minced ginger 2 T sugar
4 cloves garlic, minced 2 T seasoned rice vinegar
3 T peanut oil 3 chopped green onions
t T chopped cillantro

Directions: Peel and dice eggplant into 1/2 inch cubes. Soak in cold water until ready to cook, dry well before cooking. Saute sausage until pink is gone. Drain and add sherry, ginger and half the garlic. Cook for 5 minutes.

In a large frying pan or wok heat oil until very hot, add eggplant and cook until soft, remove. Add a little more oil and cook garlic until golden, add port mixture and eggplant to pan. Stir in sherry, soy, sugar and vinegar. Cook, stirring until all the liquid is absorbed. Add green onions and cillantro. Serve on a bed of rice, batsmati if pos.

History of This Recipe: from Paule's cooking class. Recipe originally from Stephen Singleton, Caterer.

Why I Cook:

Recipe Title: SAUSAGE STROMBOLI

Submitted By: Cheryl V. Faulkner

Department: Office of the Registrar's

Ingredients: 2 cans Pillsbury pizza dough
2 1/2 cups broccoli
1 1/2 cups mozzarella cheese (grated)
3/4 cup onions chopped
1/2 cup green peppers sliced
2 1/2 cups Italian sausage sliced
2 cups tomato sauce

Directions: Get a cookie sheet and lay the pizza dough out on it over lapping each other, hanging off the sides to give you enough dough to fold over after all of the ingredients are in. After the dough is laid out layer remaining ingredients. Repeat until finished. Fold the dough hanging off the sides over all ingredients and you are ready for baking. Bake in the oven at 250° for an hour or until it is brown. Enjoy hot....

History of This Recipe:

Why I Cook:

Recipe Title: Chicken Enchiladas - Community Cooking

Submitted By: Maria Elena Arriero

Department: EOP - (Bldg. 406)

Ingredients: NEEDED: A second pair of hands or tolerance of chaos!
3 or 4 chicken breasts (cooked &
1 large onion (optional) shredded)
1 large can of olives
3 or 4 cups of cheddar cheese
cooking oil (I prefer olive oil)
1 large can of enchilada sauce
(Las Palmas)
1 dozen tortillas

Directions: Caution: Preparing enchiladas requires a creative and elaborate layout so enlist a friend.

Prepare your chicken in advance and have it ready in a bowl. Place your shredded cheese, diced onions, and sliced olives in separate bowls. Heat the enchilada sauce in a pan and leave on stove (with very low flame) while you wrap the enchiladas.

Place each tortilla in light oil for a few seconds until soft. Lift from pan onto a plate and cover it with enchilada sauce. Then, place a bit of chicken, a dab of onions, some cheese and olives in the mid-

History of This Recipe: die and gently roll. Place the enchilada carefully into baking pan (about an inch or 2 deep) that has been lined with enchilada sauce. Continue the process until all the tortillas have been rolled.

Why I Cook: Smother the enchiladas with sauce. Sprinkle the top with cheese and garnish with remaining olives. Heat the enchiladas (uncovered) in a preheated oven 350° for approximately 20 minutes.

Recipe Title: ALGERIAN CHICKEN

Submitted By: Susan Harris

Department: Graduate Division

Ingredients: 4 boneless skinless chicken breast halves (leave whole or cut in serving size pieces to stretch the dish)
 $\frac{1}{2}$ t. salt
3 medium carrots sliced
2 gloves garlic minced
1 c. frozen peas
 $\frac{1}{2}$ t. cinnamon
1 small can mandarin oranges (optional)
2 t. oil
1 onion thinly sliced
1 8 oz. can whole tomatoes in juice
 $\frac{1}{4}$ to $\frac{1}{2}$ c. raisins
 $\frac{1}{2}$ t. pepper

Directions: Sprinkle chicken with salt. In a large pan heat oil, add chicken and cook until lightly browned on both sides (about 5 mins.). Remove the chicken from the skillet. Add carrots, onion and garlic and sauté for 5 mins. Stir in remaining ingredients (except the mandarin oranges) including the juice from the tomatoes. Break up the tomatoes with a spoon. Bring to a boil, taste the sauce and adjust seasonings if necessary. Return the chicken to the pan, covering with the sauce. Cover and let simmer for 10 mins. Just before serving add the mandarin oranges (well-drained). I serve this with either a quick cooking couscous or brown rice that I put in the rice steamer while I prepare the chicken.

History of This Recipe:

This is a very quick and easy dish, that tastes like it took hours to prepare. I always get requests for the recipe.

Why I Cook:

Recipe Title: DORIS' MEAN CHICKEN ENCHILADAS

Submitted By:

Department:

Ingredients: Cook your chicken first (I place it in the crock pot for 6 hrs. with lots of black pepper and garlic). Cut up one cup or two, depending on how much you are making, of onion and celery and fresh cilantro. Can of olives (black). I sometimes add spanish ones as well. Shred the chicken. Mix the vegetables and chicken together. Add one can of cream of celery or chicken soup. Heat up however many tortillas you need (12) in the microwave. Scoop portions of the mixture into the tortillas, fold the tortillas over and continue until the platter is full of tortillas. Then apply a layer

Directions: of *sour cream, mozzarella cheese, and a sauce of your choice (maybe Pace, though it does have a high sodium content). Bake at 375° for 30 min. And enjoy!

*The sour cream is optional.

History of This Recipe:

Why I Cook:

Recipe Title: LASAGNA

Submitted By: Nancy Willstatter

Department: Library x2964

Ingredients: ½ pound lasagna noodles
2 Tbsp. olive oil
3 cloves garlic, minced (or garlic powder)
1 medium onion, chopped
1 pound ground turkey or ground beef
2 tsp. salt 1 ½ cups hot water
¼ tsp. pepper 2 eggs beaten
½ tsp. rosemary ½ lb. ricotta (or 1 pt. cottage cheese)
1 tsp. basil

1 Tbsp. minced parsley ½ lb. Mozzarella cheese
2 (6 oz.) cans tomato paste ¼ lb. grated Parmesan or Romano cheese

Directions: Cook noodles in salted water about 15 min. Drain. Heat oil in skillet, cook garlic and onion until soft. Add ground meat and seasonings, and cook until crumbly. Add tomato paste and hot water. Simmer 5 minutes, set aside.

Blend beaten eggs with ricotta in a bowl. In a 9 X 13 baking dish, put a thin layer of the meat sauce, half the noodles, all of the ricotta - egg mixture, and half of the Mozzarella cheese. Repeat with half the remaining meat sauce, the rest of the noodles remainder of the sauce and Mozzarella. Sprinkle with the grated Parmesan or Romano Cheese.

History of This Recipe:

Bake in 350° oven for 30 minutes. Let cool 10 minutes before serving. Serves 8.

Why I Cook:

Recipe Title: FONTINA PIZZA

Submitted By: Jamie Sonsini

Department: Information Systems and Computing

Ingredients:

1/2 cup Mozzarella cheese, shredded
1/2 cup Fontina cheese, shredded
1/2 teaspoon dried basil
1/2 cup sliced mushrooms
1/8 cup olive oil - for the pizza
Additional olive oil for frying the eggplant
1/4 very thinly sliced red onion
5 cloves garlic, chopped
1 large Boboli pizza crust dough
parmesan cheese

Directions:

In a large frying pan heat 2 cloves of chopped garlic in olive oil. Fry slices of eggplant until each side is at least opaque, adding olive oil as needed until you've prepared 6 or so slices. This process will use lots of olive oil. Set aside the eggplant slices on paper towels to absorb the oil. This can be done ahead of time and the cooked eggplant refrigerated until needed.

Assemble the pizza by first brushing the 1/8 cup of olive oil over the top of the pizza dough, then sprinkle the remainder of the chopped garlic over the entire surface. Distribute the Mozzarella cheese, then the Fontina cheese on the pizza. Shake on the

FONTINA PIZZA (continued)

basil, spread the mushrooms, then distribute the slices of cooked eggplant around the pizza, make a fan of eggplant. Top the entire pizza with the sliced onion.

Cook pizza on an ungreased cookie sheet (or pizza pan) at 400° for 20 minutes or until cheese is lightly browned. Serve with parmesan cheese and dried crushed chili pepper.

History of This Recipe: I borrowed the basics for this recipe from a small (non-Italian) restaurant in Los Angeles. From there, like any good recipe, it has grown to include other things we'd like to see on top of a good pizza.

Why I Cook:

Recipe Title: Quiche Lorainne

Submitted By: Roberta Kaufman

Department: English

Ingredients:
1 large onion uncooked
1/2 cube butter
2 pie shells
bacon bits or ham
1/2 lb. Gruyere Swiss cheese
4 eggs
1 pint half & half

Directions: Chop onion and saute in 1/2 cube butter. Put equal amounts of mixture in 2 pie shells. Sprinkle tablespoon of flour on top. Sprinkle ham or bacon bits on top. Add salt and pepper to taste. Add 1/2 lb. Gruyere Swiss cheese (grated). Beat 4 eggs in blender with 1 pint of half & half and pour on top. Bake 350°F for 35 to 40 minutes. Good with artichoke hearts on the side.

History of This Recipe: Old family recipe.

Why I Cook:

Recipe Title: Italian Bean and Pasta Soup

Submitted By: Michelle Scalise Sugiyama

Department: English

Ingredients:

8 oz. pasta (shells, elbows--something small)
2 qts. chicken stock
1/2 lb. pancetta or regular bacon, chopped in 1/2" pieces
1 leek, chopped (half an onion may be substituted)
2 cloves garlic, minced
handful fresh parsley, chopped
6 oz. tomato sauce
15 oz. can kidney beans, drained
2-3 tbsp. olive oil

Directions:

Boil pasta in chicken stock in large saucepan. Meanwhile, in skillet, saute bacon, leek, garlic, and parsley in olive oil for about 10 minutes (bacon will be soft, not crispy). Add tomato sauce, sauted ingredients, and kidney beans to stock and pasta. Add salt and pepper to taste if desired. Simmer another 5 minutes or so and serve. Makes at least enough for 4.

History of This Recipe: Plagiarized from Pasquale of Pasquale's Kitchen Express, on the Discovery Channel.

Why I Cook: I can't afford to hire someone to do it for me.

Recipe Title: Spinach Broccoli Enchiladas

Submitted By: Robin Dearborn

Department: Center for Academic Skills Enrichment

Ingredients:
1 med onion chopped
1 tablespoon butter or margarine
1 10 oz. package frozen spinach or
1 bunch fresh spinach, chopped
1 cup shredded cheddar or monterey jack
1 cup ricotta or small curd cottage cheese
1 cup finely chopped broccoli
1 cup picante sauce
1 1/4 teaspoon cumin
3/4 teaspoon garlic salt

Directions: 8 flour tortillas

Saute onion in a large skillet for about 10 minutes. Add spinach, 1/2 cup cheese, cottage or ricotta cheese, broccoli, 1/3 cup picante sauce, and spices. Stir this mixture until spinach softens and shrinks, about five minutes. Roll this filling inside the tortillas and place them in a pyrex pan with the seams down. Pour the remaining picante sauce over the top and bake at 350° for 20 minutes. Sprinkle cheese on the top when there's about three minutes left.

History of This Recipe:

I stole it from a friend

Why I Cook:

It's fun!

Finnish
Recipe Title: Toad in a Hole

Submitted By: Teresa Henriksen

Department: Chancellor's office/Development

Ingredients:
3 eggs
3/4 C. milk
1 C. flour
1/2 lb. cooked sausage links
1/4 C. butter

Beat Well!
Directions: Place butter in cast iron pan, melt. Mix eggs, milk and flour and refrigerate 1 hour. Add to beaten batter, sausage pieces. Bake 30-35 minutes in a 375 degree oven until puffed and well browned. Serve immediately! Serve with maple syrup or sour cream and strawberry jam and lemon wedges.

History of This Recipe: Family tradition.
Served around 4 with coffee.

Why I Cook: Because I like to release my creative juices.

Recipe Title: Green Rice

Submitted By: Carol Pfeil

Department: History

Ingredients:

3 c. rice	1 onion
1/2 c. oil	1/2 c. cilantro
handful parsley	6 romaine leaves
4 Ortega chiles, fresh*	2 cloves garlic
6 cups chicken broth	1 Tbsp. salt

Directions:

Soak rice in hot water, 1/2 hour, drain for 15 min. Saute the rice in oil until golden. Puree all the other ingredients, mix with the rice and cook until almost dry. Add the 6 cups broth and simmer uncovered for 15 minutes; cover and simmer 5 minutes more. Let stand 20 minutes off the heat before serving.

*burn skins off the chiles holding over gas burner

History of This Recipe: Learned this one in Jane Hollander's Adult Education cooking class. The class was worth it just for this one recipe!

Why I Cook: I love food.

Recipe Title: Sicilian Eggplant

Submitted By: Katy Zappala

Department: Bio Sci

Ingredients: 1 large or 2 small eggplants
olive oil
1 large can tomatoes, mashed
1 bunch fresh basil
parmesan cheese, freshly grated
pepper
pinch sugar

Directions:

Peel eggplant, slice vertically $\frac{1}{4}$ " thick. layer in glass pie pan, salt liberally, place another pie pan on top and weigh down. Let sit overnight or for several hours. Wring out slices and saute in olive oil, drain on paper towels. In same pan cook tomatoes with pepper and a little sugar, if acidic, until thick.

Layer eggplant slices in a serving dish, covering each layer with tomato sauce, basil leaves, and cheese. Layer until all ingredi-

History of This Recipe: are used. refrigerate; serve cold or at room temp.

Good with summer barbeque.

My grandmother-in-law's (great grandmother-in-law's??) recipe brought over early
Why I Cook: 1900's

Recipe Title: Posole (Hominy Stew)

Submitted By: Brenda Yamane

Department: Environmental Health & Safety

Ingredients:

1 lb. prepared posole corn, rinsed well	1½ t. cumin
10 C water	8-10 green chilis, roasted, peeled and chopped.
1 lb. pork	2 dried red chili pods, rinsed & crumbled
5 C water	2 tsp. salt **DO NOT add until posole is tender. Salt retards the tenderizing process.
1 sm. onion-chopped	
2 cloves garlic, minced	
1/4 t oregano	

Directions:

Place posole & 10 C of water in large stewing pot. Reduce heat to low and simmer 5 hours. About one hour before completion of simmering time, boil the pork in 5 C of water until tender. Remove pork and shred. Reserve liquid. Add pork, stewing water and remaining ingredients to posole. Simmer at least 30 minutes to blend seasoning. Posole is done when center pops up from the corn kernel. Best if cooked the day before you plan to serve. Serves 6 - 8.

History of This Recipe:

The need of a taste of Santa Fe more than once a year.

Why I Cook:

I like to eat!

Recipe Title: Grab Bag Pasta (a.k.a. Staff Development Grant Walnut Pasta)

Submitted By: Carol Hiles

Department: English as a Second Language

Ingredients: 1/2 C Olive Oil
3-4 Cloves Garlic, chopped
1 Onion, chopped
1 can Black Olives, pitted
1 1/2 C Walnuts, shelled
1/2 block Feta Cheese, cubed (1cm)
Basil, chopped
Parsley, chopped
Pasta for 4-6 (fettuchini)

Directions: Start cooking pasta while preparing the sauce. Heat olive oil in pan. Add garlic and onion, chopped olives, walnuts, basil, and parsley. Cook until well heated. Remove from heat. Drain pasta. Right before serving, toss the feta cheese into the sauce mixture, pour over pasta and serve. (Serves 4-6, ready in 10 min)

While you're cooking, here's a job for your guest:

Caesar Salad

1 head Romaine Lettuce
Freshly grated parmesan cheese
1 Clove Garlic, pressed
Cardenas Salad Dressing

Recipe Title: Shabu Shabu

Submitted By: Yukina Warner

Department: Development

Ingredients: 4 to 12 cans of Chicken Broth (14 1/2 oz.)
soy sauce (with lemon or vinegar, optional)
miso sauce*

chose from the following:

thinly sliced beef	tofu*
boiled chicken	kamaboko*
chinese cabbage, chopped	snow peas
shiitake mushrooms*	green onions
bamboo shoots* (canned)	stringed konnyaku*

Directions:

Shabu Shabu is a popular Japanese style of cooking at the dinner table, it requires a deep, self-heating pot (we use an electric wok). Prepare ingredients (cut, chop, etc.) and place on trays at both ends of the table. Bring chicken broth to a boil; maintain this temperature for cooking (I preheat the broth on the stove and pour into the pot, it's faster). Sit around the pot and have each person participate by putting their choice ingredients into the pot. As things cook, start eating with sauce and rice. If you start running low on the broth, add more.

History of This Recipe: Shabu Shabu is an onomatopoeia for splash splash in Japanese. You'll see why it's called this when you try it.

Why I Cook: I enjoy cooking and eating.

*available at oriental stores

Recipe Title: PORK ROAST AND SAUERKRAUT IN BEER
(Skinke Og Surkal Med 01 - Danish)

Submitted By: Elaine Grimmesey

Department: Student Health

Ingredients: 2 lbs fresh saukraut
1 tsp pepper
1 clove garlic
1 quart beer
3 lbs pork loin or rib roast

DIRECTIONS:

Simmer the sauerkraut, pepper, garlic and beer for two hours. Brown the pork roast on all sides. Place the kraut around the roast in a baking pan. Cook for 3 1/2 hours in a 375° oven.

Serve with plain boiled potatoes, and a salad made of beets, apples, eggs, celery and horseradish.

**You can add onion slices and caraway seed to the saurkraut while simmering, if so desired.

History of This Recipe:

It is from a Danish cookbook, and is delicious!

Why I Cook:

To eat things like the above recipe which you cannot get in a restaurant.

Recipe Title: ITALIAN SAUSAGE SOUP

Submitted By: Elaine Grimmesey

Department: Student Health Service

Ingredients: 1 1/2 lbs sweet Italian sausage
2 cloves garlic, minced
2 large chopped onions
1 28 oz (or 2 one lb.) cans Italian pear shaped tomatoes with liquid
2 cans Campbells beef bouillon
2 1/3 cans water
1 1/2 cups dry red wine
1/2 tsp sweet basil leaves
3 Tablespoons parsley
1 chopped green pepper

Directions: 3 cups uncooked noodles (5 oz bow tie)
2 medium zucchini squash

Brown sausage in pan, drain fat. Add garlic and onion. Stir in tomatoes with liquid, and break up tomatoes. Add bouillon, water, wine and basil leaves. Simmer uncovered for 30 minutes.

Add parsley, green pepper, zucchini and pasta. Cook all together for 20 minutes, covered. Can sprinkle with Parmesan cheese. Serves 8, freezes well. Delicious with French bread.

**I add salt, pepper and lots of paprika.

History of This Recipe:

It was served in a good friend's kitchen on a chilly Las Vegas winter day. Our family has enjoyed it for over 20 years.

Why I Cook:

Because I love to eat, and love to see other people enjoy good food.

Recipe Title: Crab and Green Chili Sauce Enchiladas

Submitted By: Susan Jo Marek

Department: Budget & Planning

Ingredients: 3/4 lb. imitation crab meat (Vons)
1 #303 can Las Palmas Green Chili Sauce
1 cup diced green onion, including tops
2 cups shredded jack cheese
1 cup chopped black olives (optional)
1 doz. corn tortillas

Directions: Spread 1/2 cup sauce on bottom of 9x13x2 dish. Warm tortillas in micro wave oven or on top of gas burners to make pliable. Down the center of each tortilla, put a portion of crab meat, 1 tablespoon of sauce, sprinkle of jack cheese, green onion, olives. Fold sides of tortilla over mixture and lay seam side down in dish. When all tortillas are made pour remaining sauce over enchiladas, sprinkle with remaining cheese, onions, and olives. Bake in 350° oven for 35-40 minutes, until bubbly.

History of This Recipe: Got tired of frying tortillas and decided to warm tortillas instead. Healthier and now don't splatter the top of the stove with grease.

Why I Cook: Love to eat.

Recipe Title: Creamy Cheese Enchiladas

Submitted By: Martha Cody-Valdez

Department: Academic Personnel

Ingredients: 1 cup sour cream
1½ cups cottage cheese
1 cup sliced green onions
1 7 oz. can diced green chiles
1 small can chopped olives
3 dozen corn tortillas
1 lb. jack cheese, grated
vegetable oil
2 large cans enchilada sauce

Directions: Combine first 5 ingredients & set aside. Fry tortillas in hot oil until softened (or you can soak them in hot enchilada sauce briefly to cut down on the fat). Spoon ¼ cup filling mixture onto center of tortilla. Set aside 1 cup jack cheese for topping. Sprinkle filling in each tortilla with cheese. Roll tortillas and place seam side down in baking dish. Spoon enchilada sauce over filled tortillas. Bake at 350 degrees 15 minutes, or until heated through. Sprinkle remaining jack cheese over top and bake for 5 more minutes, or until cheese melts.

History of This Recipe: Found it in the LA Times. Great for potlucks & family dinners.

Why I Cook:

Recipe Title: Alan's Curry Feast

Submitted By: Alan Moses

Department: Graduate School of Education

Ingredients: 2 lbs. chicken breast filets
fresh vegies, cut up
2 T. vegetable oil
2 t. margarine
2 T. flour
2 cups chicken broth
1 small can coconut creme ("Coco Lopez", next to the Piña Colada mix in the store)
2 t. curry powder (more, to taste)
3 green onions

Directions: Curry sauce:
Make a roux with 2 t. margarine and 2 T. flour. Slowly add 2 cups chicken broth while stirring. When thick, add ¾ cup coconut creme ("Coco Lopez") and 2 t. curry powder. Simmer.

In a wok, stir-fry 2 lbs. chicken breast filets cut into bite-size pieces and 1/2 chopped onion in oil. When cooked, remove chicken and add to curry sauce. Add cut up vegetables (broccoli, green beans, carrots, etc.) and 1/2 cup water to wok; turn down heat, cover, and cook for 15 min. When the vegies are done, add them to the curry sauce. Add 3 chopped green onions. Serve over rice with chutney (see attached recipe).

History of This Recipe:

"To curry favor, favor curry." - P.D.Q. Bach

Why I Cook: For that warm feeling inside.

Recipe Title: Apricot Raisin Chutney

Submitted By: Alan Moses

Department: Graduate School of Education

Ingredients:

Directions:

In a pan heat:
1 cup water
1 pkg (6oz) dried apricots (cut in small pieces)
1 cup golden raisins
1 crushed garlic clove
3 T. chopped crystalized ginger
3 T. sugar
3/4 cup vinegar
1 t. curry powder

Simmer ≈ 1/2 hour (add liquid if necessary)

History of This Recipe:

Why I Cook:

Recipe Title: Impossible Lasagna Pie

Submitted By: Kristina Nash

Department: Art History

Ingredients:

1/2 cup small curd creamed cottage cheese
1/4 cup grated parmesan cheese
1 pound ground beef, cooked and drained
1 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves
1 can (6 ounces) tomato paste
1 cup shredded mozzarella cheese
1 cup milk
2/3 cup bisquick baking mix
2 eggs 1 teaspoon salt 1/4 teaspoon pepper

Directions:

Heat oven to 400 degrees. Lightly grease pie plate (10 x 1 1/2"). Layer cottage cheese and Parmesan cheese in plate. Mix cooked beef, oregano, basil, tomato paste and 1/2 cup of the mozzarella cheese, spoon evenly over top. Beat milk, baking mix, eggs, salt and pepper until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean. 30-35 minutes. Sprinkle with remaining cheese. Let stand five minutes before cutting. 6-8 servings.

History of This Recipe:

It's easy and it's like magic. Because it makes its' own crust.

Why I Cook:

To eat and only if it's easy, otherwise it's take out.

Recipe Title: Fridadeller (Danish Patties)

Submitted By: Barbara L. Kargard

Department: Environmental Health & Safety

Ingredients:

For each pound of fine ground beef use:

1 C. flour

1/2 C. milk

1/2 C. bread crumbs (French best)

2 eggs

1 T. fine chopped parsley OR 1 tsp. dried

1/4 fine chopped onion or grated onion

1 tsp. salt

1/2 tsp. pepper

1/4 tsp. allspice

Directions:

Mix everything in with heavy duty electric mixer. I often use a blender with the onion, parsley and a little cream rather than chopping them.

Wet a large serving spoon in a glass of water, scoop ovals of the meat mix and drop into a thin layer of hot oil in a heavy frying pan. Brown very well on each side. Make a gravy with the drippings. Serve 2/serving with boiled potatoes, gravy and Danish red cabbage.

History of This Recipe:

This is my Danish mother-in-law's recipe.

Why I Cook:

I like to eat.

Recipe Title: Italian Chicken

Submitted By: Judy Purcell

Department: Athletics Department

Ingredients: Chicken filets, seasoned bread crumbs, spaghetti sauce (any kind) basil, chopped onion, egg, milk, mortzorella cheese.

Directions: Remove skin from chicken. Cut chicken filets into serving size pieces, place chicken into egg and milk mixture, then roll chicken into seasoned bread crumbs. Place chicken into hot skillet with 1/4 cup of olive oil until golden brown. Remove chicken and let drain on paper towels. Preheat oven to (350) in a glass dish place a layer of sauce then chicken and more sauce on top of chicken along with shreaded or sliced motzorella cheese. Heat in oven until melted.

*this makes a nice dinner just add the wine, bread, salad and veg and you'll be a hit.

History of This Recipe:

Why I Cook: To give pleasure to my guests in their dinning experience.

Recipe Title: Rodkol (Danish red cabbage)

Submitted By: Barbara L. Kargard

Department: Environmental Health & Safety

Ingredients:

For each jar of plain (not sweet and sour) red cabbage
or for each 4 cups of FINELY shredded fresh red cabbage use:

2 T. butter	OR	2 T. butter
3 T. dark brown sugar		2 T. sugar
4 T. cranberry juice		4 T. red currant jelly

(For fresh cabbage ONLY - add 1 T. vinegar)

Directions:

Slowly simmer all ingredients until almost mushy, occasionally stir gently. A crockpot is super for this dish.

History of This Recipe:

This is my Danish mother-in-law's recipe.

Why I Cook:

I like to eat.

Recipe Title: RICE-CHEESE MEXICAN CASSEROLE
for Category 4

Submitted By: Jacqueline Gist

Department: Education Abroad Program

Ingredients: 1 cup of rice - uncooked
1/2 cup diced green pepper
Schilling Taco Mix
2 cups of grated cheese
1 cup of sour cream
Paprika

Directions: Cook rice. Stir in the green pepper and enough taco mix to taste (start with 1 tblsp.). In a 1½ qt. buttered casserole, spread 1/2 the rice mixture, then 1/3 of the cheese. Layer again. Put in 350 oven for 5 minutes or until cheese melts. Spread sour cream over rice mixture. Top with the rest of the cheese. Sprinkle with paprika.

History of This Recipe: A favorite at Santa Monica community organizations pot lucks.

Why I Cook: For friends and pot lucks.

Recipe Title: Heavy Duty Pizza

Submitted By: Barbara L. Kargard

Department:
Environmental Health & Safety

Ingredients:

Pizza dough - 2 C. flour
1 T. dry yeast
1/2 C. warm water

"Sauce" - 4 C. fresh tomatoes, peeled and mashed
Fresh or dried herbs, 1 - 2 T.
each of basil, thyme, oregano, rosemary, parsley

Vegetables - suchinni, mushrooms, peppers, onions, olives, etc.

Directions:

Dough - Mix ingredients and let rise in a warm place until doubled. Line a greased casserole with dough; let rise slightly; bake in 350 oven about 15 min.

Sauce - Stir all ingredients together. Let set several hours or up to 24 hours.

When dough comes out of oven, fill dish with sliced veggies, pour over sauce and continue baking until most of juices are absorbed or evaporated, about 1 hour. Lower oven temperature if needed to prevent burning.

History of This Recipe:

This is my son Erik's invention or interpretation of my plain old pizza recipe I gave over the phone one time. I now use his version.

Why I Cook:

I like to eat.

Recipe Title: Sate Ajam (Indonesian Chicken Sate)

Submitted By: Brenda Reheem

Department: Campus Activities Center

Ingredients: 3 chicken breasts--boned & skinned

Marinade:
2 cloves garlic
2 tablespoons dark soya sauce
2 tablespoons water
juice of one lemon
1 tablespoon brown sugar

Peanut Sauce:
1 tablespoon coconut or
peanut oil
1 small yellow onion,
chopped
1 1/2 teaspoons ground chili
5 Macadamia nuts
1 1/2 teaspoons brown sugar
4 oz. crunchy peanut butter
3/4 cup thin coconut milk
juice of one lemon or lime
1 1/2 tablespoons soya sauce

Directions: Cube and skewer chicken breasts, soak in marinade at least 30 minutes. Whirl onion, nuts, chili, sugar and peanut butter in blender add a splash of oil if too sticky. Heat remaining oil in wok, add spicy paste and fry slightly, add coconut milk and cook until sauce is thick, but not heavy. Keep the sauce warm. In the meantime, broil the skewers of chicken over a low charcoal barbecue. Just before serving, stir the lemon and soy into the peanut mixture.

Arrange the skewers on a serving plate, pour the peanut sauce over the top, and serve with rice. Some like it hot, and if you do, scatter some minced fresh red chili on top of the sauce.

History of This Recipe: I got turned on to Indonesian food in Amsterdam.

Why I Cook: Satisfaction.

Recipe Title: Noodles

Submitted By: Barbara L. Kargard

Department: Environmental Health and Safety

Ingredients:
Hot, cooked noodles - buckwheat or fettucine or mixed.

Chicken, raw or cooked
Mushrooms, raw or canned
Broccoli, raw or frozen
Mirin
Shoyu
Rice vinegar

Directions:
Stir fry chicken (cut into bite size pieces), mushrooms (sliced), broccoli (in small flowerlets and sections of peeled stems). For each cup of stir fry mix add about 1 T. of Mirin, Shoyu and 1/2 T. vinegar.
Serve over hot noodles.

History of This Recipe:

This is from a conversation with a Brenda at work and a little browsing in an Oriental food market.

Why I Cook:

I like to eat.

Recipe Title: Chicken Cambellina

Submitted By: Leslie Campbell

Department: College of Creative Studies

Ingredients: Chicken (Breasts, or Thighs, or Legs, or 'mixed bag' to preference)
Bernsteins Italian Dressing & Marinade
RAGU Spaghetti Sauce - Chunky Garden Style
Fresh Mushrooms - Sliced
Green Bell Pepper - 1 large - Sliced or Chopped
Red Onion - 1 medium - Sliced
Real Parmesan Cheese - Ground
Italian Herbs - Preblended Mixture

Directions: Rinse chicken well. Place in a bowl or other container with a tight seal. Marinate in Italian dressing/marinade overnight in refrigerator. If chicken is not ^{completely} covered with marinade, turn pieces periodically.
TO COOK: Layer chicken pieces in crockpot or covered casserole with generous amount of spaghetti sauce, sliced mushrooms, green pepper & onion, parmesan cheese and Italian herbs (to taste).

Cook on low setting in crockpot for 3+ hours, or on high setting for 2+ hours -- or until chicken is very tender. Turn chicken and stir mixture occasionally.
*If you use a casserole, ~~bake~~ ^{bake} in oven at temperature and time shown in traditional cookbook for the amount of chicken you

History of This Recipe:
This is the first 'original' recipe I tried in a crock-pot. The chicken comes out incredibly tender and all the spices in the recipe are magnificently enhanced. This became popular with my friends and was given its name by

Why I Cook: I think food is beautiful and it's fun to experiment and try new things. Cooking can be fun, a challenge, and an art.

The above recipe is complimented when serve with a

Recipe Title: SPAGHETTI ALLE VONGOLE

Submitted By: GABRIELLA SCHOOLEY

Department: FRENCH AND ITALIAN

Ingredients:

2 - 6½ oz. cans Clams (or 1 12 oz. can)
1 - 24 oz. can of Progresso crushed tomatoes
3 - cloves of garlic (crushed)
4 - T. parsley (minced)
½ Cup olive oil
Pepper to taste
Salt to taste

Directions:

Heat olive oil in medium size sauce pan. Add the garlic & let it simmer for a few minutes. Add the tomatoes, bring the mixture to a boil, lower the heat & let it simmer for about 5-10 min. (allowing some of the liquid to evaporate). Add the clams, after draining the liquid first, and let the sauce simmer for 5 more minutes. Then add the parsley and season the sauce with salt and pepper to taste. Allow a few more minutes of simmering and the sauce is ready. Serve it on "5 minute" spaghetti cooked "al dente", which means for the non-initiated slightly underdone.

History of This Recipe:

Famous in Italy. You must be a shellfish lover. Quick and easy. Very tasty.

Why I Cook:

I cook because I love to eat good things.

Recipe Title: LINGUINE SPEZIALE

Submitted By: KAREN L. DE WILDE

Department: GRADUATE DIVISION

Ingredients:

12oz. Cooked linguine or other pasta
¼ lb. butter
1 jar marinated artichoke hearts, chopped
½t dried oregano
½t (Each) dried parsley and dried basil
1/8t freshly ground black pepper
2 cl. garlic, minced
1/8t red pepper flakes (optional)
¼c grated Parmesan cheese

Directions: (Fifteen minutes!)

While pasta cooks, simmer remaining ingredients (except cheese) for ten minutes. Add to drained and rinsed pasta. Add cheese and toss lightly. (Two main dish servings, or four side dish servings.)

History of This Recipe: I developed it to join my two loves--garlic and artichoke hearts! It is a variation on a staple of any Southern Italian household: Spaghetti w/garlic & oil.

Why I Cook: I love to feel connected with my ancestry--my family is from Naples, Italy. Cooking is a fun way for me to carry on the family traditions.

Recipe Title: LAMB CURRY

Submitted By: LESLIE WILSON

Department: PHYSICS

Ingredients: 1-2 T bacon grease
1 onion, minced
2 stalks celery, thinly sliced
1 carrot, finely cubed
1 apple, diced (not peeled)
1 handful raisins
1 - 1-1/2 C cubed leftover lamb
2 tsp curry powder
salt
1/2 - 1 C boiling water (or stock)
any leftover gravy from lamb roast

Directions:

Saute vegetables slowly in the fat. Add the fruits, meat, seasonings and liquid, and simmer ten minutes. If there is no leftover gravy, thicken with 1 T flour in a little cold water just before serving. Serve over rice. Serves 2 to 3.

History of This Recipe:

This recipe was given to my mother in her college days (UC Berkeley) by an East Indian friend.

Why I Cook: I have collected recipes since I was a youngster (I still have some of those World War II recipe booklets!). All of my adult years I have read cookbooks as a form of recreation. Now I find cooking a soothing way to leave the work-day behind.

Recipe Title: Chile and Cheese Enchiladas

Submitted By: Cindy Neill

Department: Environmental Health and Safety

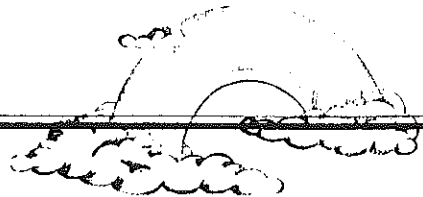
Ingredients:

1 1/2 cups each sour cream and small curd cottage cheese
1 envelope (1oz.) instant onion soup
1 cup finely chopped green onion
Salad Oil
12 corn tortillas
1 can green chilis seeded and cut in 12 thick strips (7oz)
1 lb. shredded jack cheese
1 can (10 oz) Enchilada sauce, green or red

Directions: In a bowl combine the sour cream, cottage cheese, onion, soup and green onions. Set aside. In a frying pan heat about 1/4" oil over medium high heat, dip tortillas, one at a time into the oil, turn over and lift out when limp. Spoon 1/4 cup of the sour cream mixture down the center of each tortilla, top with green chili strip. Then add about 1/4 cup of the cheese. Roll up and place side by side, seam side down in a 9x13 baking pan. Spoon the remaining mixture evenly over the tortillas then pour the enchilada sauce over all and sprinkle with the remaining cheese. Bake uncovered in a 350 degree oven for 30 minutes or until bubbly. Let stand 5-10 minutes before serving. Makes 6 servings.

History of This Recipe: 2-3 jalapeno peppers will add ZEST.

Why I Cook: Mexican foods is one of my very favorites and this recipe is a very good dish.



Recipe Title: Before Nachos, There Were Chilaquiles

Submitted By: Lupe Navarro-Garcia

Department: EOP/SAA ext. 4410

Ingredients:
10 Corn Tortillas
1/2 cup Cheddar or Jack Cheese or both (grated)
2 TBL. Spoons Diced Onion (optional)
1 Clove of Garlic
1 large or two small tomatoes
2 Jalapeno or 3 Yellow Chiles*
Salt (Season to taste)
1/2 cup oil or lard
1 Sprig of Fresh Cilantro (optional)

Directions: Cut tortillas in eighths. In a large skillet add the oil and tortillas and fry until they are brown and toasty, resembling tortilla chips. Stir frequently. In a small sauce pan, boil chiles and tomato until they are cooked (poke with a fork, if the center is soft they are ready). If you would prefer a roasted flavor for your salsa, you can roast the tomato and chiles on a griddle or open flame. In a blender add the tomatoes, chiles & garlic. Blend the ingredients. You can liquefy them until they are smooth or you can leave them chunky. Add salt to taste. When ~~the tortilla chips are brown,~~ the tortilla chips are brown, drain any remaining oil. Pour Salsa & add onions to tortillas and stir. Sprinkle the cheese on top and simmer one minute over a low flame. Chilaquiles are a breakfast food and can be ~~used to complement any meal.~~ used to complement any meal.

* If you prefer mild or spicy seasoning, you can decrease or increase the amount of chiles you add to the salsa.

Recipe Title: Chiles Rellenos

Submitted By: Sal Castaneda

Department: Facilities Management

Ingredients:
6 Green chiles pasillas or Long green chiles.
1/2 lb. Jack cheese
5 eggs
1 Tblsp. flour
Salt and pepper as desired

Directions:
Toast green chiles on a grill, then wrap hot chiles in a wet cloth while they cool, then peel chiles. Slice chiles longways on one side, then stuff with shredded or sliced Jack cheese.

Beat egg whites until stiff then add yolks and flour, also salt and pepper, and beat again until stiff. Dip one chile at a time in batter. Deep fry in hot oil until golden brown. Serves 6.

History of This Recipe:
Handed down from Mom.

Why I Cook:
No wife.

Recipe Title: Tropical Avocado Chutney

Submitted By: Sharon Major

Department: University Art Museum, Public Relations

Ingredients: 2 ripe avocados
1 ripe mango
 $\frac{1}{2}$ small red onion
1 jalapeno pepper
 $\frac{1}{2}$ cup mint leaves
 $\frac{1}{2}$ cup cilantro leaves
 $\frac{1}{2}$ cup lime juice
1 Tablespoon sugar
1 teaspoon salt

Directions: With a sharp knife, peel, seed and dice avocados and mango. Mince onion, mint and cilantro. Finely mince jalapeno pepper. Gently mix together all of the ingredients in a non-corrosive bowl and cover. Serve at once or chill up to 4 hours.

Allow $\frac{1}{2}$ cup per serving. Makes aprox. 4 cups chutney.
Excellent accompaniment to grilled poultry, fish and pork

History of This Recipe: I created this recipe to add an exotic enhancement to all the grilled entrees we love to prepare for ourselves at home and when we entertain guests. For Santa Barbarans, this is a splendid recipe when its avocado season(s) and you're guacamole out!

Why I Cook: I cook: therefore, I am. I absolutely love to cook . . . to eat and share the pleasures of my favorite avocation.

Recipe Title: BURACAS (Finger Food). A good party icebreaker. Guarantees satisfaction under \$10.

Submitted By: Gastón B. Renjel

Department: Library - Curriculum Laboratory.

Ingredients:
Pepperdine Farm Puff Pastry Sheets (Pre-rolled), 17 $\frac{1}{2}$ onz.
Sliced Pimentos, 2 onz. container 2 sheets/package.
Sesame Seeds, 1 onz. container Recipe yields 72
*Ricotta Cheese, 8 onz. 2"x2" inch Buraca
*Mozzarella Cheese 8 onz.
*Grated Parmesan Cheese 4 onz.
*One egg yolk, beaten
* $\frac{1}{2}$ tsp. salt
* $\frac{1}{8}$ tsp white pepper
*1 tsp powder onion *1 tsp powder garlic

Directions: Blend all the ingredients marked * to form a soft stuffing mixture. Using a rolling pin and a little flour spread the pre-rolled 8"x10" inch into a 12"x12" inch pastry sheet. Using a small sharp knife and a ruler divide the pastry sheet into 2"x2" squares. Place about $\frac{1}{2}$ tsp. of the stuffing mixture on the center of each square that were separated on a cutting board for easy handling. Top each square with a small slice of pimento. Brush a little egg white along edges of each square to secure closure. Fold closed each square into a triangle. For a golden baked appearance brush a little egg yolk on the face of each Buraca. Sprinkle a few sesame seeds on top of each Buraca. Place Buracas on floured cookie sheet. Bake in a pre-heated 400 oven for 15 minutes.
~~History of This Recipe:~~ Flavor is better if served warm. If you freeze the Buracas for future use, after they are defrosted warm them in a low large casserole pan stacking layers of the Buracas separated with layers of aluminum foil. Cover pan with aluminum foil to preserve golden color.

~~Why I Cook:~~ **HISTORY OF RECIPE:** Although of South American origin, my best friends always turn out to be Jewish, in one of their gatherings I fell in love with the Buracas and experimented with this modified version.

WHY I COOK: More than anything else I enjoy staying home

Recipe Title: Seviche de Jaibe y Camarones
Crab and shrimp seviche.

Submitted By: Desmond J. Collins

Department: Facilities Management

Ingredients: 8 ounces shrimp, fresh or frozen, cleaned.
½ cup lime or lemon juice.
8 ounces crab meat, flaked.
2 Tblspn. finely chopped onion
1 small tomato, seeded and chopped
1 tblspn. chopped cilantro
2 canned pickled jalapeno chiles, seeded and chopped.
1 avocado, peeled and sliced
6 stuffed green olives, sliced.

Directions:

In a glass bowl marinate the shrimp overnight in the citrus juice.
In morning, add crabmeat and all ingredients except avocado and olives. Mix and chill for two hours.
Serve in cocktail glasses or on small salad plates and garnish with avocado and olive slices.
Serves 4 to 6.

History of This Recipe:

Introduced to me by my mother.

Why I Cook:

Forced to upon moving away from home to enjoy college life.

Recipe Title: Ensalada de Nopalitos
(Cactus Salad)

Submitted By: Henry Macias

Department: Facilities Management

Ingredients: 1 jar (16 - 20 ounces) Nopalitos
3 tablespoons white onion, finely chopped
3 medium tomatoes, peeled, seeded, and chopped
½ tsp. salt
1 tblspn. chopped cilantro
Oil & vinegar dressing

Directions:

Rinse the cactus pieces in cold water and drain.
Mix with the other ingredients, and add the dressing to taste.
Garnish with chopped cilantro.
Serves 6.

History of This Recipe:

Been in my family for years.

Why I Cook:

Enjoy trying new foods.

Buddy, Can You Spare A Dime?

As a highly skilled if underpaid staff member, you know how to cope with a potluck that falls on the 28th when you don't get paid until the first. Everyone needs to know how to serve 20 for \$5. Contributions here were gratefully received.

Recipe Title: RANDY'S FRIED RICE

Submitted By: Mary Lum

Department: Psychology

Ingredients: 4-6 cups cooked white rice, cooled to room temperature
1/2 medium onion, diced
3 stalks celery, diced
1 small green pepper, seeded and diced
1 cup Chinese sausage (lop cheong), ham, shrimp, chicken, bacon, or other cooked or raw meat, diced
1/2 tsp. sugar
black pepper
soy sauce

Directions: vegetable oil

Directions: Sprinkle soy sauce over rice, mixing until it is light brown in color. Heat 1/4 cup oil in wok until it is very hot. Add meat to the wok and cook, stirring constantly, for one to two minutes, until meat is cooked or warmed through. After meat has browned, add the diced vegetables and stir-fry until vegetables are translucent but still crisp. Add the rice to the wok and mix well. Add a little more oil if necessary. Add the sugar and a little black pepper to taste. Adjust the seasoning with soy sauce and sugar, if needed. Stir-fry until rice is heated through. Serve.

History of this Recipe: One thing to remember about fried rice is that it is a dish built around left-over foods, including the rice. Don't be afraid to substitute or omit ingredients. Long grain white rice is preferred over other types.

Recipe Title: No Fat Fudge

Submitted By: Charles Akemann

Department: Mathematics

Ingredients: 2 cups granulated sugar, 3 tablespoons cocoa (real cocoa, not cocoa mix), one cup skim milk

Directions: Combine ingredients in a 3 quart or larger saucepan and bring to boil over high heat, stirring constantly. Reduce heat and continue to boil, stirring occasionally, until the mixture reaches the soft ball stage. Remove from heat and let stand (unstirred) for 10 minutes. Prepare a 9" pie plate with no-fat non-stick coating (or cheat and use a little butter to grease the plate). Beat the mixture until it begins to look flat (like flat paint) instead of shiny (like glossy paint), then quickly pour it into the pie plate. Let it cool while you enjoy scraping out the pan and licking the spoon.

History of This Recipe: Handed down from my grandmother who had to make good things with cheap ingredients.

Why I Cook: To maximize eating pleasure per calorie.

Recipe Title: Stuffed Baked Potatoes
(category: Buddy Can You Spare a Dime?)

Submitted By: Mitch Stockton

Department: Mechanical Engineering

Ingredients: (serves 4 to 8):

- 4 large baking potatoes, washed
- approx. 1 T safflower oil, or other such cooking oil
- 1 head broccoli, large fibrous center stem removed and the balance chopped
- 4 medium size carrots, grated
- 1/4 C butter or margarine
- 1/2 t black pepper
- 1/2 t cayenne pepper
- 4-6 cloves of garlic, minced or crushed
- 1/4 C flour
- 1-1 1/2 T dijon style mustard
- 1 C milk
- 1/4 to 1/2 lb sharp cheddar cheese, grated
- 1/4 to 1/2 lb provolone cheese, grated
- 1/4 lb parmesan cheese, grated

Directions:

1. Lightly cover the potatoes with oil (this will make the skin crispy) and bake them (You can microwave the potatoes, but the skin will not get as crispy).
2. Steam the broccoli and carrots.
3. Prepare a modified white sauce as follows:
 - a. Melt the butter. Add the garlic, pepper and cayenne. Saute' briefly.
 - b. Add the flour and stir until the lumps are gone.
 - c. Add the mustard and stir until smooth.
 - d. Add the milk. Turn the heat to HIGH and stir continuously until the mixture thickens. Turn the heat off.

Stuffed Baked Potatoes (continued)

- e. Add the cheddar and provolone cheese and stir until the cheese is mixed and melts.
4. Slice the baked potatoes in half lengthwise. Scoop the cooked potatoe out of the skin halves and into a large, warm mixing bowl. Try to keep the skin halves as whoe as possible. Mash the potatoes slightly.
5. Mix the potatoe, broccoli and carrots. Add about 1/2 of the cheese sauce to the vegetable mixture and stir well.
6. Scoop the mixture back into the potatoe skin halves. Sprinkle a little bit of the parmesan cheese on each one.
7. Broil until the parmesan cheese begins to brown.
8. Serve the potatoe halves with the rest of the cheese sauce on the side (make sure that the sauce is warm or it will be very thick!).

History of This Recipe: The idea for throwing these ingredients into one dish came about somewhat by accident. I was preparing the potatoes, broccoli and carrots separately with the idea of using the potatoe skins and cheese sauce as a kind of fondue. I ended up with lots more cheese sauce than potatoe skins, so the next time I prepared it, I did away with the fondue and stuffed the potatoes instead.

Recipe Title: SEVEN LAYER CASSEROLE

Submitted By: Judy Hammes

Department: Development/Engineering

Ingredients: 2 Cups raw Rice
2 Cups drained Corn
salt and pepper

Oven 350 16 oz. tomato sauce & 1 Cup water
(poured over rice and corn). Bake $\frac{1}{2}$ hr.
covered.

Directions: Add 1 Cup each finely chopped onion and
green pepper. Cover with $1\frac{1}{2}$ lb.
ground chuck seasoned with salt & pepper.
Cover with four strips of bacon.

Pour 16 oz. tomato sauce & 1 Cup water over.
Bake about 45 minutes more, covered.

Serves a family of 5.

History of This Recipe: Quick, tasty, cheap! Almost
always have the ingredients in house. Only need a
salad to go with it.

Why I Cook: I like to eat!

Recipe Title: Easy, Cheap and Healthy Rice Casserole

Submitted By: Karen Gundersen

Department: Materials

Ingredients: Cooked brown rice
Fresh, raw zucchini, thinly sliced
tomato sauce
shredded cheddar or Monterey Jack cheese
salt, garlic, oregano, thyme

Directions: Place half of the rice in a glass baking
dish. Layer zucchini, tomato sauce, spices (lots of
salt and garlic!) and cheese. Add rest of the rice
and repeat the layers.

History of This Recipe: A friend and I devised this when
neither of us had a dime to spare. It has stuck
over the years because it is very tasty. I often
serve it as a side dish with bar-b-qued chicken.
It's a good vegetarian main dish if served with salad.

Why I Cook: I don't like to cook. The only recipes
I use are those with very few ingredients and are
simple and quick.

Recipe Title: D.I.N.C.I.D. Delight
(Dual Income No Children In Debt)

Submitted By: John P. Gaffney

Department: Development

Ingredients: 1 package Top Ramen
(or whatever is on sale!- usually 5 for \$1)

1 cube butter
(or cheap margarine)

1 cup water
(tap H₂O is just fine)

1/2 cup frozen veggies - optional
(whatever is in the freezer)

Directions:

Melt butter in frying pan, then place Top Ramen in pan and coat with butter. With stove on high, add water, mixed veggies, and Top Ramen spice packet. Cook until all H₂O is evaporated and noodles are a light crispy brown.

(chopsticks are a must!!!)

History of This Recipe: Seriously considering writing a book entitled "101 ways to cook Ramen," a UCSB Alum, Andrew Gonzales, showed me how to prepare this inexpensive appetizer.

Why I Cook:

To achieve my maximum human potential!
(and I hate my Top Ramen raw)
And for fun.... why else?

Recipe Title: Macaroni-Tuna Salad

Submitted By: Cindy Chadwick

Department: English

Ingredients: 1 C Macaroni Noodles
1 Green Apple, diced
2 Small Green Onions, finely chopped
1 8 oz. Can Albacore Tuna
2 Stalks Celery, diced

Sauce:

½ C Mayonaise
2 t. Mustard
Curry Powder (to taste)

Directions:

Cook noodles, drain well; combine remaining ingredients. Stir in curry sauce. Serve hot or cold. (Serves 4)

History of This Recipe: It's fast, simple, and inexpensive. Great summertime recipe.

Why I Cook:

Recipe Title: SANDY'S MEAL IN A POT - INEXPENSIVE, BUT MY OH MY!

Submitted By: SANDY CUMMINGS

Department: Off Campus Studies

Ingredients: Ground beef or ground turkey or no meat
Any and all fresh vegetables you love:
cauliflower, broccoli, celery, carrots,
onion, cabbage, red, yellow & green peppers
Canned vegies with juice, like green beans,
corn, wax beans
1 lg can V-8 juice
1 lg can recipe ready tomatoes
1 can Swanson's low salt chicken broth
1 very large stock pot (or cut portions)

Directions: Brown meat if you use it. If you have a microwave, soften fresh vegetables for a few minutes. (You can chop the vegetables to a size you like). Add V-8 juice, tomatoes, broth to pot, add softened vegetables and canned vegies with juice. Simmer all ingredients until texture you desire. Serve with hot bread. This can serve as many people as you have a pot big enough to cook in. This also freezes very well and can be used as a back up for those nights when you can't face the kitchen. Preparation time for this is about an hour by the time you dice and microwave the vegies. Cooking time varies from ½-1hr depending on how you like your vegies cooked.

History of This Recipe: My mother used to make something like this with potatoes, but she didn't use V-8 juice. I don't like potatoes with red sauce so I don't use them, but you may wish to.

Why I Cook: I love the creative process and the smells of cooking. I like to entertain friends by fixing a dinner with home-made bread and play games. I believe a well-cooked meal can be a true gift to friends or loved ones.

Recipe Title: NOODLES A LA GINNY
(quick & inexpensive)

Submitted By: Sandy Cummings

Department: Off Campus Studies

Ingredients: 1 lb. of either: stew meat or good quality steak, trimmed and cubed small.
3-4 stalks celery, minced
2 cans tomato soup (or 1 family size)
12 oz. bag of wide egg noodles
Pepper to taste

Directions:

Saute meat in a little oil very quickly. When meat is no longer pink add celery and cook until tender. Add tomato soup and pepper. Put on low heat and simmer. Boil enough water to cook egg noodles. Salt water if desired. Cook noodles until just done. Drain. Combine sauce with noodles and serve with salad and bread. This dish serves 4-6 people. It takes about 30 minutes from start to finish and it won't break your pocket book. In a pinch I have used ground meat, but it lacks the right texture. The blend of celery and tomato soup make this dish unique.

History of This Recipe: My mother, Ginny, used to make this quite often when I was a little girl. I remembered it as a real favorite. She used to use meat that I couldn't chew very well, so I upgraded to better meat.

Why I Cook: I love the creative process and the smells of cooking. I like to entertain friends by fixing a dinner and playing games. I believe a well-cooked meal can be a true gift to a friend or loved one.

Recipe Title: A QUICK-INEXPENSIVE ALL IN ONE MEAL

Submitted By: JAAN KARSH

Department: ATHLETICS

Ingredients: ONE POTATOE (SUITABLE FOR BAKING OR
MICROWAVING)

Fresh/or Frozen Veggies; I use
mixed cauliflower and broccoli

Cheese (your choice) I use a mix
of jack and cheddar

Directions: MICROWAVE POTATOE AND EITHER COOK
YOUR VEGGIES ON THE STOVE OR WAIT
UNTIL POTATOE IS DONE TO MICROWAVE THEM.
SHRED YOUR CHEESE AND WHEN POTATOE IS
COOKED, SLICE OPEN AND INSERT CHEESE
DOWN THE CENTER - AND MICROWAVE POTATOE
JUST UNTIL CHEESE IS MELTED- REMOVE AND
ADD YOUR VEGGIES ON TOP. YOU MAY WANT
TO MIX A LITTLE BUTTER OR MARGARINE IN
FOR ADDED TASTE.

History of This Recipe: QUICK-EASY-CHEAP

Why I Cook: TO EAT!

Recipe Title: Bread and Peanut Butter

Submitted By: Mark Casady

Department: Materials

Ingredients: 1 piece of bread
1 jar of **creamy** peanut butter

Directions: Using a knife, apply the peanut butter
to the bread.

History of This Recipe: First invented by myself.

Why I Cook: Pure creativity!

Recipe Title: Depression Special
alias, Pasta Fazool
Submitted By: Martin Van den Broek
Department: Chem & Nuclear Engineering

Ingredients: 1-1½ lbs. smoked Polish Sausage
1 qt. or water to cover
1 lg. onion, chopped
1 bay leaf
½ c. catchup
4 potatoes, peeled & quartered
1 sm. or half green cabbage,
shredded
1 lg. can (28-oz.) Pork & Beans
few slices of bacon, fried, 1"
pieces

Directions: Cut Polish sausage into serving sizes. Cover with water; add bay leaf & onion. Cover pot. Simmer 1 hour. Add catchup. Add cut-up potatoes, boil 20 min. Add cabbage. Cook 5-10 min. more. Add can of Pork & Beans. Heat through. Serve with a hefty slice of rye bread, a beer, some crumbled bacon on top of the soup dish. Not good for Pritikin dieters. Do not drain anything. Whatever goes in the pot stays there...including bacon drippings.

History of This Recipe: My wife's family made this since the 1920's. More recently, it brought the house down at Transition House, where guests fought for the recipe. It was originally known by its alias, but we don't want to

Why I Cook: offend the real recipe by that name.

To keep my fingers limber. To give my wife a break. When I haven't been getting enough of my favorite stuff.

Recipe Title: Hot Potato Dish

Submitted By: Pat Kelly

Department: P.A./Recreation

Ingredients: 7-8 cooked, cubed red potatoes
1 can cream of celery soup
1 C. grated cheddar cheese
½ C. milk
1 C. sr. cream
½ C. chopped onion
¾ C. margarine
4 C. corn flakes

Directions: Melt margarine in micro in glass casserole dish. (9x13) Add corn flakes. Moisten. Mix other ingredients together. Take out about 2 C. corn flake mixture from dish - put potato mixture on corn flakes in dish and top with other corn flakes. Bake at 350 for about 35-40 minutes.

History of This Recipe:

Why I Cook:

Recipe Title: ZUCCHINI APPETIZERS

Submitted By: Marie Vierra

Department: Sociology

Ingredients:

3c thinly sliced zucchini
1c Bisquick
½c grated parmesan cheese
½c finely chopped onion
2T parsley
½tsp oregano
4 eggs, slightly beaten
½c oil
½tsp salt

1 clove chop
dash pepper

garlic

Directions:

Mix all ingredients. Spread in a greased 13"x9"x2" pan. Bake at 350° until golden brown (about 30 minutes.)

ENJOY!!

History of This Recipe:

I must admit, I got this recipe from a staff member whom I worked with a number of years ago.

Why I Cook:

... because I like to eat, of course!

Recipe Title: Stuffed Bell Peppers

Submitted By: Dave Coon

Department: Environmental Health and Safety

Ingredients:

1 lb ground beef or turkey
1 small onion, chopped
1 clove garlic, minced
1 tbs chopped parsley
1 tsp crushed dried oregano
½ cup rice
1 (6oz.) can tomato paste
Water
Salt, pepper, paprika
6 green or red bells

Directions:

Saute meat with onion, garlic, parsley and oregano until meat is browned. Add rice and saute until translucent. Add rice and saute until translucent. Add ½ tomato paste and 1 cup water and simmer 5 minutes or until liquid is almost absorbed. Season to taste with salt, pepper and paprika. Cut caps off peppers and remove white membrane. Reserve caps. Spoon meat mixture loosely into pepper cavities. Mix remaining tomato paste with 2 cups water and pour over peppers and into pan. (Idea: top each pepper with parmesan cheese). Cover peppers with caps. Bake covered, at 350 degrees 1 hour, basting occasionally. Remove cover and bake 20 minutes longer or until peppers are tender, basting frequently.

History of This Recipe:

Add more liquid to pan if necessary to keep moist .

Why I Cook:

Recipe Title: KATHLEEN'S DISH

Submitted By: EULA M. LEE FAIRGOOD

Department: FACILITIES MANAGEMENT

Ingredients: 3 Cups ELBOW MACARONI
1 Can CREAM OF CHICKEN SOUP **
1/2 Cup CHOPPED HAM
1 Cup SHREADED CHEDDAR CHEESE
1/2 Cup SWEET PEAS
1 Cup BROCCOLI SPEARS
1/2 Cup DICED POLSKA KIELBASA SAUGAGE
1/2 tsp. GARLIC POWDER
SALT TO TASTE ***

Directions: BOIL AND DRAIN MACARONI. MIX IN ALL OTHER INGREDIENTS, USING A LARGE CASSEROLE DISH. COOK IN OVEN AT 325 FOR 15 MINUTES. ** THE CREAM OF CHICKEN SOUP CAN BE SUBSTITUTED, (WITH)EITHER CREAM OF CELERY OR CREAM OF MUSHROOM SOUPS. ***SOUP AND HAM ARE ALREADY SALTY. SO DON'T OVER DO IT.

History of This Recipe: THIS IS A VERY SIMPLE CASSEROLE THAT WILL FEED SIX PEOPLE. THIS IS A GOOD RECIPE FOR SOMEONE WHO HAS LITTLE OR NO TIME TO PREPARE A QUICK MEAL. I LIVE IN LOMPOC, AND WHEN I GET HOME I DON'T ALWAYS FEEL LIKE COOKING A LARGE MEAL. USUALLY, I NOT ONLY HAVE MY KIDS, I ALSO HAVE AT LEAST 3 OTHERS.

Why I Cook: ONLY BECAUSE MY CHILDREN EXPECT ME TO.

Recipe Title: TUNA CHOWDER

Submitted By: DOROTHY SCHMIDT

Department: STUDENT HEALTH - FILE ROOM

Ingredients:
3 cups diced potatoes
1 cup diced onions
1 can tuna (water packed)
1 can corn
2 cups diced valveta cheese
1 can tomatoe soup

Directions:

Cover potatoes, onions with water-cook
When cooked add tuna,tomatoe soup,corn
simmer 5 minutes. Put chesse in (stir once
in a while) when melted serve. 8 servings

(Does not taste like tuna at all)

History of This Recipe:

Came from my mother in-law

Why I Cook:

Recipe Title: HAMBURGER SOUP

Submitted By: Freda McKeown

Department: Office of the Registrar

Ingredients:

1 lb. ground beef	1 C chopped onion
1 16oz can tomatoes, cut up	1 C sliced carrots
5 C water	1 C sliced celery
1/4 C ketchup	1/3 C pearl barley
2 T seasoned salt	1 T instant beef bouillon granules
1 t dried basil	1 bay leaf
Salt & Pepper to taste	

Directions:

In large saucepan brown meat; drain off fat. Add all ingredients. Bring to a boil. Simmer covered until vegetables are tender. Remove bay leaf, correct seasoning.

Serve with hot bread.

History of This Recipe:

Sent to me by my sister who is a home economist, teaching at a small college in Newberg, Oregon. It's a favorite quick meal.

Why I Cook:

Recipe Title: FRENCH ONION SOUP

Submitted By: Beverly Taylor

Department: Student Health Services

Ingredients:

1 lg. Bermuda Onion (Red Onion)
1 lb. Spanish Onion (Brown Onion)
4 Tbls. Butter
1 Tbls. Olive Oil
1 Can Beef Boullion
1 Can Water (from empty Boullion can)
2 Bay Leaves
2 Tbls. Marsala Wine or Dry Sherry
1/2 C Grated Swiss Cheese or Brie cheese
4 slices Sourdough Bread

Directions: Saute sliced onions in a medium size pot with the melted butter and oil on bottom. Continue turning the onions until they are translucent--don't burn the onions. Add Boullion and water, bay leaves, and cover. Simmer for 1 1/2 hrs. Then add Marsala or sherry and simmer another 20 min. uncovered.

Use stoneware soup dishes or baske baking dishes. Ladle soup into dish 3/4 full. Toast bread and then cut the centers out into rounds. Place rounds on top and grated cheese on top of that. Place the bowl under the broiler and melt cheese, about 2 min. Serve immediately.

History of This Recipe: From my own Kitchen

Why I Cook: I love to entertain

Recipe Title: Mom's Casserole
(Buddy, Can You Spare a Dime)

Submitted By: Kim Morgan

Department: Payroll

Ingredients: 8 oz. cream cheese
8 oz. cottage cheese
8 oz. sour cream
1 lb. hamburger
1/2 medium onion
5-10 mushrooms
2 8 oz. cans of tomatoe sauce
1 small bag of wide egg noodles
garlic cloves
spices (oregano, sage, season salt & pepper)

Directions: Put the cream cheese in a medium bowl to soften. Brown the hamburger with the onions, garlic and mushrooms. Drain. Add tomatoe sauce and spices to taste. Boil noodles in water and drain when soft. Mix the cottage cheese and sour cream in with the cream cheese. You can add chives to the cheeses if you wish. In a casserole dish, layer 1/2 inch of noodles, 1/2 inch cheeses and then 1/2 inch meat sauce. Repeat until all the sauces are used up. Bake at 300° to 350° for twenty minutes or until warm. You can also use the microwave on medium-high for about five minutes. It taste better the next day.

History of This Recipe: When I went to college my freshman year, I realized that I was missing Mom's cooking and my favorite dish of her's is this casserole. I went home for Christmas and took a refresher on her dishes.

Why I Cook: I love to eat. Most people eat to live, I am told that I live to eat. I would rather cook than do dishes any day. Last summer, I was the chef on a long river trip. No dishes for days!!!

Recipe Title: Gramma's Chili

Submitted By: Laurie Green

Department: Purchasing

Ingredients: 1-1½ lbs ground round (not too lean)
1 LARGE can Franco-American Spagetti
1 can tomato soup
1 can red kidney beans, drained
1 small onion, chopped

(If the cans "nest" when empty, you have the right sizes.)

Directions: Brown meat with onion, add other ingredients and heat until bubbly. If too thick, add a little water (2-3 T.). It's actually best the next day, but great right away too! It's cheap and feeds 6. Serve with white bread and butter, and jello salad with fruit in it...my Gramma's way.

History of This Recipe: Gram fed this to her gang in the Depression. For a Norwegian lady in Chicago, this was chili! Kids love it.

Why I Cook: Because no one else will.

Recipe Title: Squash Bisque

Submitted By: Shirley Foley

Department: Residential Life

Ingredients:

3 T Butter	4 cups cubed banana
1 c minced onion	squash (peeled)
1/4 c minced carrot	4 c chicken broth
salt and white pepper	1/2 c half & half
2 cubed medium potatoes (peeled)	1/2 c milk Cayenne

Directions: In a saucepan melt 3T butter. Add 1 cup minced onion and 1/4 c minced carrot and sprinkle lightly with salt and white pepper. Cook covered for 10 min, or until tender.

Add 2 medium potatoes and squash and 4 cups chicken broth. Simmer, covered until all is very tender, about 25 min. Then puree in the blender a few cups at a time. Return to heat and add 1/2 c each half and half and milk. Cook until heated through and add 1 tsp. salt and 1/4 tsp pepper or to taste.

Sprinkle each with a bit of cayenne.

History of This Recipe:

Serves 8.

Given to me by my sister-in-law

Why I Cook:

I love to try new flavors and love to eat!

Recipe Title: Spicy Hot Chili

Submitted By: Naomi Johnson

Department: Campus Activities Center

Ingredients: 1 pound ground beef or ground pork
1 medium onion, chopped (1/2 cup)
2 cloves garlic, minced
1 16-ounce can tomatoes, cut up
1 16-ounce can red kidney beans, drained
3/4 cup tomato juice
1 4-ounce can green chili peppers, rinsed, seeded, and chopped
1 tablespoon worcestershire sauce
2 teaspoons paprika
1 teaspoon sugar, salt and dried crushed oregano
1/2 teaspoon ground cumin
1/4 teaspoon celery salt, cayenne, pepper
1/8 teaspoon dry mustard
Few drops bottled hot pepper sauce

Directions: In a large saucepan cook meat, onion, and garlic until meat is browned; drain off fat. Stir in undrained tomatoes, beans, tomato juice, chill peppers, worcestershire, paprika, sugar, salt, oregano, cumin, celery salt, cayenne, pepper, mustard, hot pepper sauce, and 1 cup water. Cover and simmer for 20 to 30 minutes. Makes 4 to 6 servings.

History of This Recipe: From a cookbook with my own added touches!

Recipe Title: String Bean Casserole

Submitted By: Marilyn Benson

Department: Summer Sessions

Ingredients: Serves 12
3 pkgs. (10 oz.) frozen French cut green
beans (cooked).
2 Tlbs. flour ½ grated onion
1 tsp. salt 1 cup sour cream
1 Tlb. sugar ½ lb. Jack cheese
¼ tsp. pepper Corn flakes to cover top
2 Tlbs. melted butter

Directions:

Melt butter; stir in flour, salt, pepper, onion, sugar and thicken. Add sour cream gradually and keep stirring. Slowly fold in cooked beans and heat thoroughly. Put in buttered casserole and grate cheese over top. Sprinkle crumbled corn flakes on top and then drizzle butter over it. May be made in advance and heated at 350 degrees later for about 25-30 minutes or baked immediately for 15-20 minutes.

History of This Recipe:

A friend shared this recipe with me.

Why I Cook:

I enjoy sharing my culinary skills with my family and friends.

Recipe Title: That Salad (As in.. "Will you please bring...")

Submitted By: Laurie Green

Department: Purchasing

Ingredients: 2 cans mandarin oranges (get the best), drained
1 lb thick bacon, cooked crisp and crumbled
1-2 bunches of spinach, cleaned, using only best
leaves, no stems.
1 bunch green onions, chopped small
1 can smoked almonds
rice vinegar, seasoned (Kikkoman, orange label)
olive oil

Directions:

In large bowl, layer spinach, onions, bacon, oranges, almonds. Mix 1 part vinegar and 2 parts olive oil in separate container until it tastes right...(This may seem unfair, but try it and you'll see what I mean!). Adjust oil and vinegar to taste.

Toss ingredients with dressing and serve IMMEDIATELY. This salad wilts right away and cannot be made ahead with the dressing. BUT you will not have any leftovers, I guarantee it!

For best results do not add any other seasonings.

History of This Recipe:

I got it from Merrie Blackmar who got it from a friend. Over the years I've made up a story that has her friend bringing the recipe back from Thailand during a sea voyage. No one asks about the smoked almonds.

Why I Cook:

I'm fussy.

Recipe Title: Candlelight Stuffed Trout

Submitted By: Linda Hanson

Department: Summer Sessions

Ingredients: 4 fresh trout, cleaned
1 package wild rice mix, prepared (3C)
minced onion, celery, black olive,
mushroom
thin lemon slices
olive oil
½C margarine, melted
salt, pepper, thyme

Directions: Saute onion, celery and mushroom in small amount of margarine. Add to wild rice. Add ½t salt, ¼t pepper and ½t thyme. Moisten stuffing with olive oil. Stuff trout and place in baking dish. Mound any remaining stuffing around fish. Brush fish with melted margarine and drizzle the rest over the fish and stuffing. Bake, uncovered, at 500 degrees for 10 minutes. Reduce heat to 375 degrees and bake for 50 minutes longer or until fish flakes. Serve whole fish on dinnerplate - arranged with stuffing and with pan juices drizzled over the top; garnish w/lemon.

History of This Recipe:

The Blue Sea Cookbook
Sarah D. Alberson

Why I Cook:

Try this and you'll see

Recipe Title: Cheating Chicken Kiev
prep time: 20 minutes
cooking time: 20-25 minutes

Submitted By: Rose Hayden-Smith

Department: Off Campus Studies/University Extension

Ingredients:

2 whole chicken breasts (1 lb each)
skinned, boned and split
1/2 cup seasoned bread crumbs
1/4 cup each grated parmesan and romano cheese
4 slices jack cheese (1/2" thick and 1 1/5" long)
1/3 cup butter or margarine
2 tspns pre-crushed garlic (get a jar)
1 1/2 tspn oregano
1 tspn parsley
1 tspn dijon mustard
Mrs. Dash
pepper

Directions:

Pre-heat oven to 425. Rinse chicken and pat dry. Pound breasts with mallet until they're 1/8" thick. Lay breasts on a large plate. In a bowl, combine bread crumbs, parmesan and romano cheese, 1 tspn of oregano, 1 tspn of garlic, Mrs. Dash and pepper. Melt butter in microwave. Stir 1/2 tspn oregano, 1 tspn garlic, 1 tspn parsley and 1 tspn dijon mustard into melted butter. Spread a tspn of butter sauce over each breast. Put jack cheese slice in each breast and roll into bundles. Dip bundles in remainder of butter sauce, then roll in breadcrumb mixture. Place bundles in an oven-proof dish. Sprinkle remaining butter sauce and crumb mixture over bundles and bake uncovered for 20-25 minutes, or until chicken is no longer pink. Makes 4 servings.

Serve with green salad (butter lettuce and spinach preferred) flavored with cilantro, pasta with a light pesto sauce, and a nice dry white wine.

History of This Recipe:

I promised my husband a nice dinner. He was surprised. I started cooking and realized I was missing everything but the chicken. I improvised. It turned out well. My husband was surprised. So was I, but I didn't show it. There has to be some sense of mystery in marriage.

Why I Cook:

My husband did all the cooking in the '80s. It was the "me" decade, as in "me didn't cook".
Me is learning.

Recipe Title: Delicate Chicken Lasagne

Submitted By: Pam Orr

Department: De la Guerra Commons

Ingredients: 1/2 c. margarine
1/2 c. flour
1/2 tsp salt
1/2 tsp dried leaf basil
3 c chicken broth (2 cans)
2 1/2 c. cooked chicken (5-6 1/2 breasts)
2 c. cottage cheese (or ricotta)
1 egg beaten
1/2 lb. lasagne, cooked & drained
1 10 oz. pkg. chopped & thawed
spinach - pat dry

Directions: 1-1/2 c. sliced mushrooms (optional)
3/4 lb. mozzarella cheese
1/4 c. grated parmesan cheese

Melt margarine. Blend flour, salt, basil then add chicken broth. Cook until it comes to a boil and thickens. Remove from heat. Add chicken. Mix cottage cheese (or ricotta) and beaten egg. Grease 9x13 pan. Layer chicken mix on the bottom, then noodles, then half the cottage cheese mix, half the spinach mix and mozz. cheese. Repeat and top w/ parmesan cheese. Bake @ 350° for 45 min. Let set 10 min. then

History of This Recipe:

Betty Strasberg, wife of Le strasberg of the Drama Dept. gave me this recipe.

Why I Cook:

My husband loves to cook which means that I get to do the dishes and he gets every pot & pan in the house dirty! Cooking gives me a break from dishes as then its his turn!

Recipe Title: ORANGE BOURBON CHICKEN

Submitted By: Diane Glenn

Department: Special Services Program

Ingredients:
4 chicken breast filets (boneless/skinless)
2 tablespoons butter (or diet margarine)
1 tablespoon olive oil
1 can (6 oz.) frozen orange juice (thawed)
2 tablespoons bourbon

Directions:

Season chicken with salt and pepper. Brown in melted butter and oil on both sides. Add oj; cover and simmer for 15 minutes. Spoon oj over chicken at least twice as it simmers. Remove chicken and keep warm. Over medium heat, reduce oj mixture until creamy in texture. Stir in bourbon. Spoon sauce over chicken to serve. Excellent over wild rice. Serves four.

History of This Recipe: Years ago when I lived back east, I used a recipe similar to this for pork. It was heartier and welcoming on those cold New York nights. Since my husband and I no longer eat pork, I tried improvising with chicken; we think this is much better.

Why I Cook: Cooking can be relaxing and enjoyable for me when I have the time. I find a recipe like this makes preparation of gourmet type dishes rewarding, yet painless (and there's little clean-up afterwards)

Recipe Title: Gaucho Meatballs with Horseradish Cream Gravy.

Submitted By: Judy Purcell

Department: Athletics Department

Ingredients: 1pd ground round, 1/2 grd lean pork, 1/2 grd veal, 2 slices white bread, soaked in water, then gently squeezed to remove excess water, 1/2 cup grated pamesan cheese, 1/4 cup parsley, 1 egg, 2 cloves of garlic chopped, 1/4 teaspoon salt, 1/4 t of pepper.

Gravy - 2 T butter, 3 T flour, 2cups of beef broth, 1 cup heavy cream, 2 T bottled horseradish 1 T dijon mustard, 1 1/2 parsley, rosemary basil, thyme, or oregano. Preheat over to hot (400)

Directions:

1. Preheat oven.
2. Combine grd meats, bread, cheese, parsley, egg, garlic, salt and pepper in lrg bowl; mix well. Shape into 1 1/2 in. meatballs. Place meatballs in 13 x 9 baking pan.
3. Bake meatballs, uncovered for 15 minutes or until firm to the touch and cooked through. (Transfer to serving platter)
4. Prepare horseradish gravy, melt butter in pan over med low heat. Stir in flour and cook 1-2 min. Gradually stir in broth. Cook until sauce losses floury taste. Stir in cream, horseradish, mustard, herbs, pepper and salt. Gently heat through. Serve over meatballs.

Why I Cook:

Some Enchanted Evening

The ambience of candlelight and cooking that says, "Honey, I don't have a headache." Makes every day Valentine's Day for fellow staff members with these romantic rendezvous recipes.

BARBARA BUSH SPECIAL MEAL

Recipe Title: FISH AU GRATIN ON A BED OF BROCCOLI

Submitted By: Carmen deLeon-Rendon

Department: Dramatic Art

Yield: 4 servings

Ingredients: 1 1/2-pound package frozen broccoli
1 1/2 pounds fresh or frozen fish fillets—cod, haddock, or perch
1 teaspoon salt

au gratin

1 1/4 cups coarsely grated cheese
3 tablespoons bread crumbs
1/3 cup finely shredded leek or snipped chives
2 to 3 tablespoons milk, cream, or sour cream

Directions:

Prepare the broccoli according to directions on the package. Place it in a greased, ovenproof dish. Cut the fish fillets in slices. Place the fish over the broccoli. Sprinkle with salt.

Mix the grated cheese with the bread crumbs and the leek or chives. Pull the mixture together with milk, cream, or sour cream.

Dab the cheese mixture over the fish. Bake in a preheated 425°F oven for 20 to 30 minutes, or until the fish is done. Serve with sliced or mashed potatoes.

You may want to sprinkle sliced almonds.

History of This Recipe:

Why I Cook: I enjoy finding new and creative ways of preparing simple meals and sharing this with my family and friends.

Recipe Title: CAVIAR PIE

Submitted By: Sonia Johnston

Department: Vice Chancellor for Academic Affairs

Ingredients: 4 Hard Boiled Eggs
2 Tbs. Mayonnaise
1 bunch Green Onion, minced
8 oz. Cream Cheese, softened
1 Cup Sour Cream
2 jars Caviar, 1 black, 1 red

9" glass Pie Plate

Directions: Mix eggs and mayonnaise. Spread on bottom of dish. Next layer green onions. Blend cream cheese and sour cream. Spread on top of green onions. Chill 8 hours. Just before serving spread on caviar, red in the center, black around the outside. Serve with squares of toast or crackers.

Be creative! Make your own personal design with the caviar.

History of This Recipe: This recipe is great for parties!

Why I Cook: It's fun!

Recipe Title: CHICKEN DIABLE

Submitted By: Terri Jo Ortega

Department: English

Ingredients: 2 TBLS butter
1/2 cup chopped toasted almonds
1/4 cup honey
2 TBLS prepared mustard
3/4 tsp salt
1 TBLS lemon juice
1/4 tsp curry
3 lbs cut up chicken

Directions: Melt butter in a 9 by 13 baking dish in 375 oven. Add all ingredients except chicken, and mix well. Roll chicken pieces in the mixture, and turn skin side up. Bake 45 min. basting once with liquid in dish. Remove chicken pieces to serving platter, skim off and discard any excess fat from surface of remaining liquid. Spoon liquid over chick. Makes 4 servings.

History of This Recipe: Ancient family recipe

Why I Cook: To get the most out of the maintenance agreement that I have on my stove.

Recipe Title: Best-ever, tender, melt-in-your mouth pork spareribs

Submitted By: Pat Sheppard

Department: Graduate Division

Ingredients: Pork spare ribs, B-B-Q sauce, onion, garlic, bay leaves, pepper corns

Directions: The trick to this recipe is to boil the ribs before you put them on the grill. Get a large pot, fill 3/4 full with water, add 3 bay leaves, some pepper corns, one cut-up onion and 2-3 sliced garlic cloves. Boil ribs for 1-2 hours. Remove from pot. Cover one side with B-B-Q sauce, put ribs on the grill for 15-30 minutes each side, covering the second side with sauce when it is being grilled. KC's original B-B-Q sauce is good unless you have time to make your own.

History of This Recipe: This recipe occurred to me one day in a previous lifetime (I had the luxury of being "just a housewife") when I was experimenting with ways to tenderize ribs.

Why I Cook:

I cook so my kids will have someone to compare their spouses to. What marriage is complete without one spouse saying to the other "That's not the way my mother makes it."?

Recipe Title: Pineapple Chicken

Submitted By: Brenda Yamane

Department: Environmental Health & Safety

Ingredients:

1 clove garlic, chopped 1 whole chicken, skinned and cut
1 can (large) crushed pineapple cut up.
¼-½ C brown sugar, packed
2 T soy sauce
dash cayenne pepper
1/3 C vinegar
wine

Directions:

Preheat oven to 350 degrees.
Place the above ingredients in a 9 x 12 baking pan, mix thoroughly. Add chicken and bake, uncovered, 50 minutes to 1 hour. Remove chicken to warming plate and return to turned off oven. Pour contents of baking pan into a 1 or 2 quart sauce pan. Heat to boiling and thicken with a cornstarch paste. Serve over rice, stir fried vegetables, chicken, any and everything!

History of This Recipe:

My husband - he wanted to play basketball, I wanted him to cook dinner. It is fast, easy and goes in the oven for an hour, rice in the rice cooker and out the door he goes.

Why I Cook:

My husband like to cook, I cook because I generally don't want to wait all night to eat.

Recipe Title: Terri's Chicken Surprise

Submitted By: Terri Ryan Coleman

Department: College of Engineering

Ingredients:

4 boneless chicken breasts ½ lb. fresh mushrooms, sliced
3 large stalks broccoli 1 medium onion, chopped
2 cups grated cheddar cheese 4 cloves garlic, minced
1 ½ cups Italian bread crumbs ¼ tsp. pepper
½ cup margarine ½ cup dry white wine
1 cup mayonnaise (or 1 can cream of mushroom or
plain yogurt) chicken mushroom soup

Directions:

Boil chicken until cooked, about 10 minutes. Cut broccoli into bite sized pieces, then steam until softened - be careful to not over cook. While chicken and broccoli are cooking - saute: ¼ cup margarine, sliced mushrooms, onion, garlic, pepper and wine. In a bowl combine, mayonnaise and soup, then add sauted mixture and stir.

Layer ingredients in a 9x13 pan. Start with the broccoli, then add chicken (cut into bite sized pieces), next add the mushroom sauce, then spread grated cheese over the top. Melt ¼ cup margarine, then stir in bread crumbs; sprinkle over the cheese. Bake for 30-35 minutes at 350° until thoroughly heated.

History of This Recipe:

I got the basic recipe from a friend, and then added to and changed the recipe over the years to come up with this version.

Why I Cook:

Recipe Title: MARSALA CHICKEN

Submitted By: DOROTHY SCHMIDT

Department: STUDENT HEALTH

Ingredients: 4 chicken breast (skinned & deboned)
½ cup marsla wine
½ cup med. onion chopped
2 cloves garlic chopped
½ teas. sweet basil
1 can stewed tomatoes
salt & pepper to taste

Directions:

Saute onion and garlic in 2 tbls.
olive oil. add chicken brown on each
side ,add salt and pepper & sweet basil.
Then add wine & tomatoes simmer about
20 mins.

History of This Recipe:

Out of my own kitchen

Why I Cook:

Recipe Title: CHICKEN ALA' RUTH

Submitted By: N J KITTLE

Department: ACCOUNTING AND FINANCIAL SERVICES

Ingredients: 4 BONELESS SKINLESS CHICKEN BREASTS
2 TBLS BUTTER
1/4 cup ONION
1/4 - 1/2 cup MUSHROOMS
1/2 CUP DRY WHITE WINE
4 oz CREME CHEESE

Directions:

SAUTEE IN BUTTER, ONION, MUSHROOMS TIL
TENDER. ADD WINE AND CHICKEN BREASTS (SEASONED).
COVER AND COOK EACH SIDE 10 MINUTES. REMOVE
BREASTS FROM PAN TO WARM PLATE. ADD CHEESE TO
PAN AND STIR TIL MELTED. REMOVE FROM FLAME
AND POUR OVER CHICKEN.

History of This Recipe:

MY SISTER PUT THIS RECIPE
TOGETHER ONE NITE WHILE USING UP ITEMS IN THE
FRIDGE.

Why I Cook:

NECESSITY, ACTUALLY MY HUSBAND IS THE
CHEF IN OUR FAMILY. MY SISTER AND MY HUSBAND
OFTEN SHARE RECIPES.

Recipe Title: Salmon Raviolis with Tarragon Beurre Blanc Sauce

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients:

Raviolis

3 salmon steaks
4 shallots, chopped
1/4 stick butter
1 pack wonton skins
Salt & pepper

Beurre Blanc

1 stick butter
4 shallots, chopped
2 tablespoons lemon juice
1/2 cup wine
1 teaspoon dried or fresh tarragon
3/4 cup cream

Directions: Saute chopped shallots in butter, cool slightly. Cut salmon from bone and divide into about 18 portions, each can be made up of fragments and small pieces. Lay out 18 wonton skins, place portion of salmon on each, top with dollop of shallots. Sprinkle with tarragon and freshly ground pepper and a very little salt, brush edges of wonton with water and cover with second skin sealing and making sure air is pushed out as you go. Boil water, add a little salt and cook raviolis about 2 minutes. Drain well and serve with sauce (hold while you make sauce).

Combine shallots, lemon juice and wine in heavy saucepan, reduce on medium high heat to about 1/2 cup, add tarragon and cream and reduce to 1/2 cup. Take pan off heat and whisk in cold butter, 1 tablespoon at a time. Hold over warm water but do not put on heat again as sauce will break. N.B. - This sauce is a variation of the classic Beurre blanc where cream is not used and the sauce is strained before butter is added.

History of This Recipe: From Paule McPherson's cooking class

Why I Cook: To cook is to be, and to be is to cook.

Recipe Title: Wild Rice Supreme

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

1 cup wild rice, uncooked fresh pepper to taste
2 cups water
2 cups stock, any type
1 tea salt
1 Lb fresh mushrooms, sliced (5-6 cups)
1 1/2 cups finely chopped onion
2/3 cup finely chopped celery
1/3 cup butter or margarine
1 10 3/4 oz can Cream of Mushroom soup
1 cup whipping cream

Directions:

In a saucepan with a tight fitted lid, combine the rice, water, stock and salt. Bring to a boil, reduce heat and simmer, covered for 45 minutes or until tender. Drain well. In a skillet, cook the mushrooms, onion and celery in butter until tender. In a large mixing bowl, blend the mushroom soup with the whipping cream. Fold in the vegetable mixture and cooked rice. Turn into a 2 qt casserole dish and bake at 350 for 40-45 minutes.

Top with toasted almonds or pecans, if desired
Serves 8-10

History of This Recipe:

Why I Cook: Because cooking offers me a creative outlet and a way to share with others

Recipe Title: Baked Salmon with Cucumber Sauce

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

2 salmon steaks
2 Tb melted unsalted butter or margarine
fresh pepper to taste
1/2 cup nonfat plain yogurt or sour cream
2 tea chopped fresh italian parsley
1/2 tea chopped chives
6 Tb finely chopped (peeled) cucumber
1 tea lemon juice

Directions:

Place salmon in a prepared shallow baking dish, brush with butter & season with pepper. Bake uncovered for 30-40 minutes or until fish flakes easily.

In a small bowl, mix together the remaining ingredients. Pour over the salmon. Return salmon to the oven for another 5 minutes. Remove and place on a serving dish, pouring any juice let over the fish.

Serves 2 to 4

History of This Recipe:

Why I Cook: Because cooking allows me a creative outlet and a way to share with others

Recipe Title: Black Forest Chicken

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

2 Tb butter	1 cup chicken broth
2 Tb olive oil	1 - 1/2 cups diced tomatoes
4 chicken breast: split, skinned, boned (8 pieces)	1/4 cup snipped Italian parsley
1 1/2 cups sliced onions	1/2 - 1 tea oregano, sage, rosemary & thyme
1 cup sliced fresh mushrooms	
3 - 4 garlic cloves, minced	
3 Tb flour	
salt & fresh pepper to taste	
1 cup dry white wine	

Directions:

In a large skillet, heat butter & oil. Cook/Brown the chicken pieces about 25 minutes. Place chicken in a 12 x 7 1/2 x 2 baking dish and keep warm. Sauce: in the used skillet, combine onion, garlic & mushrooms, cook until onion is tender. Stir in all dried herbs and the salt & pepper. Add the wine, chicken broth and the tomatoes, cook & stir over medium heat until thickened and bubbly. Pour mixture over the chicken and bake uncovered at 350° for 30-40 minutes, until the chicken is tender. Sprinkle with the fresh parsley and garnish with tomato wedges, if desired. Serve over rice or noodles.

History of This Recipe: Serves 6-8

Why I Cook: Because cooking offers me a creative outlet and a way to share with others

Recipe Title: Marilyn's Palm Springs Chicken Cutlets

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: 6 boned and skinned chicken half breasts
2 beaten eggs with a little milk
salt and pepper
4 cloves garlic
1 can chicken broth
juice of 2 lemons
½ C. dry white wine
4 TBLSP. olive oil
1 C. bread crumbs

Directions: Dip breasts into egg mixture, and roll in crumbs. Brown each side in olive oil and garlic. Place in shallow casserole dish and cover with broth, lemon juice and wine. Bake 325 degrees F. for 25 minutes. Serve with lemon slices, capers and rice pilaf or buttered noodles.

History of This Recipe: I stole it from a friend.

Why I Cook: To eat.

Recipe Title: Pasta with Scallops and Pesto
4 servings

Submitted By: Pam Rodgers

Department: De la Guerra Dining Commons
Housing and Residential Services

Ingredients: 2/3 cup prepared pesto sauce
8-9 ounces fresh linguine
2 Tablespoons butter
1 medium clove garlic, minced
½ pound bay scallops
fresh grated pepper
Parmesan Cheese

1. Choose a large serving bowl, large enough to hold the pasta, and pour the pesto sauce into it. Place the bowl in a warm oven.
 - Directions:** 2. Cook the fresh pasta in a large pot of boiling, salted water.
 3. Meanwhile, melt butter in a non-stick skillet over high heat. Add garlic and scallops, and quickly saute mixture, shaking pan often to prevent sticking. Saute about 3 minutes, until scallops are just cooked through. Do not overcook or scallops will be tough.
 4. When pasta is done, drain it immediately and pour it into the bowl with the pesto. Toss to coat pasta with the sauce.
 5. Add the scallop mixture, along with
- History of This Recipe:** some fresh ground pepper, to the pasta and toss again. Serve immediately with Parmesan Cheese.

Why I Cook:

Recipe Title: Manicotti with Lemon Tomato Sauce

Submitted By: Teresa Henriksen

Department: Chancellor's Office/Development

Ingredients: Filling

1/2 pound Monterey Jack cheese
1 cup ricotta cheese
1 cup feta cheese
1/2 cup romano cheese
3 cups fresh spinach leaves
1/2 cup chopped green onions (including some green)
1/2 cup fresh parsley
1/2 cup fresh mushrooms
1 egg

12 pieces manicotti- add 2 spoonfuls olive oil when cooking the pasta

Sauce

3 tablespoons olive oil
3 cups ripe tomatoes or 28 oz. can
1/3 cup fresh basil, minced
tomato paste to thicken
juice of 1 lemon

Directions: Blend the first nine ingredients in food processor. Split each noodle and fill with 3 tablespoons filling. Place seam side down in baking dish that is lightly coated with sauce. Pour remaining sauce over all. Bake covered 20 minutes.

History of This Recipe: California Heritage Continues Cookbook

Why I Cook:

Grab Bag

Quick fixes, finger foods, meals-in-a-minute, snack attack suppressors, kid pleasers, you name it.

Recipe Title: EASY, HOT CLAM DIP

Submitted By: Carol Houchens

Department: Staff Personnel

Ingredients: 8 oz cream cheese, room temperature
1 tsp. dehydrated onions
1/2 tsp. garlic salt
1 8 oz can minced clams, drained
1 dash tobasco (optional)
sliced almonds

Directions: Mix all together (except almonds) in a very small baking dish. Sprinkle with sliced almonds. Bake in 450° oven 15 - 20 minutes, until lightly browned. Serve hot with potato chips.

History of This Recipe:

Why I Cook:

To get away from it all!

Recipe Title: FIG CONSERVE

Submitted By: John Bleck

Department: Biological Sciences

Ingredients: 1 flat of figs (about 5-6 dozen)
1 or 2 oranges
1/2 to 1 cup of raisins
8 to 9 cups of sugar
2 or 3 large peaches, cubed

optional or substitute: Nuts, pears, lemon, seedless grapes, pineapples, guavas.

Directions: Use juice from 1 or 2 oranges and chop the rind of one into 1/4" pieces. Bring all fruit to a boil. Add sugar and bring to a rolling boil. Seal in jars.

History of This Recipe:

A combination of many recipes since I could not find a recipe for fig jam.

Why I Cook:

It's a nice variation from raw foods.

Recipe Title: MUSHROOM SANDWICHES

Submitted By: Sally Bailey

Department: Facilities Management

Ingredients:

1 loaf sourdough french bread
1 lb. fresh mushrooms
1 bunch green onions, chopped
1 tbsp. olive oil
1 tbsp. chopped/minced garlic
1/2 cup grated parmesan cheese

Directions: Slice bread lengthwise, return to wrapper and warm in low oven. Slice mushrooms, saute with garlic and onions in a large skillet. Add soy sause and freshly ground pepper just before mushrooms are finished cooking. Remove bread from oven, spread mushroom mixture evenly across the bottom half, top with grated cheese, cut cross-ways for serving.

History of This Recipe:

Orininally served (without onions) at the Bodega Bay fisherman's Festival — April, 1975; this is the inventon of Trofast Peter.

Why I Cook:

I like to eat!

Recipe Title: Don's USC Pickle Anchovey Roll

Submitted By: Don Reich

Department: Environmental Health and Safety

Ingredients:

Thin sliced ham
Cream cheese
Dill pickles-sliced
Anchovies

Directions:

Spread thin layer of cream cheese on ham slices. Place pickle slice and anchovey filet on cream cheese and roll up. Use a toothpick to hold together. Cut into sections and serve.

History of This Recipe:

When your a starving student, you improvise.

Why I Cook:

I like to eat!

Recipe Title: California Avocado Party Dip

Submitted By: Roberta Kaufman

Department: English

Ingredients: 3 ripe avocados (peeled, seeded, mashed)
1 tsp salt
1 Tbsp. fresh lemon or lime juice
1/8 tsp. Tabasco
1 tsp. Worcestershire sauce
1 clove garlic, crushed
2 medium tomatoes, peeled, seeded,
and finely chopped

Directions: Combine all ingredients. Cover and chill. Makes approximately 4 cups of dip. Serve with crunchy tortilla or corn chips.

History of This Recipe:

Why I Cook:

Recipe Title: Nuts & Bolts

Submitted By: Roberta Kaufman

Department: English

Ingredients: 12 cups total of the following:
Cheerios
Wheat Chex
Rice Chex
Bran Chex
Corn Chex
1 cup small pretzels
1 cup peanuts
1/2 lb. butter
1½ tsp. garlic salt
2 tsp. worcester sauce

Directions:

Melt butter and add garlic salt and worcester sauce. Pour over the rest of ingredients. Put in roasting pan and bake at 250° for 1 hour, stirring occasionally.

History of This Recipe:

Served at several parties I attended. Recipe came from Marilyn Snowball, Composition Program.

Why I Cook:

Most of the time I don't, but when I do it's for pleasure.

Recipe Title: CHEESE & SAUSAGE CRACKER SPREAD

Submitted By: Susan Fauroat

Department: Admissions

Ingredients: 1 8 oz package Velveeta Cheese
1/4 cup milk
1 lb. Jimmy Dean HOT Sausage
1 Box of Triscuits or Wheat Crackers

Directions: Brown sausage and drain off grease. In a saucepan, heat milk and add chunks of Velveeta, stirring constantly to avoid burning the cheese. Heat until all cheese is melted. Add sausage. Serve warm or at room temperature. Tastes great when reheated, too!

History of This Recipe:

I got it from my good friend, Dorothy Hegman, at Macalester College in St. Paul, Minnesota — 1981.

Why I Cook: For Potlucks — and when my husband (who usually does the cooking) wants to get out of the kitchen.

Recipe Title: CAULIFLOWER SALAD

Submitted By: Deb Artz Fuller

Department: Counseling & Career Services

Ingredients: Head of Lettuce
Head of Cauliflower
1 to 2 Cups Mayonnaise
8 to 10 strips of Bacon or 1 small can of real Bacon Bits
8 oz can of Parmesan Cheese

Directions: Layer in that order.
Toss before serving.
Use a big bowl.

History of This Recipe:

Quick, inexpensive, tastes great — Have never had a salad like it before. A working sister gave it to me so I had a dish for church, family, office, pot lucks. Impossible to screw up.

Why I Cook: I don't.

Recipe Title: CREAM OF FENNEL SOUP

Submitted By: Paule McPherson

Department:

Ingredients: 3 medium fennel bulbs
1 large onion
4 oz peas
4 Tbs. butter
2 Tbs. uncooked rice
4 cups chicken stock
1 cup milk
salt and freshly ground pepper
pinch of nutmeg
1/2 cup cream

Directions: Remove cream from refrigerator and bring to room temperature. Reserve some of the fennel tops for garnish. Slice the onion and fennel and place in heavy pot with melted butter. Cover and sweat for 10 minutes. Add remaining ingredients except cream, cover and cook for about 30 minutes. Puree the vegetables, return to heat and check seasoning. Add cream and heat through. Serve garnished with fennel tops.

History of This Recipe:

Why I Cook:

Recipe Title: AVOCADO SALSA

Submitted By: Judy Weisman

Department: UCSB Extension

Ingredients: 1 ripe but firm avocado (cubed)
1 tomato (cored and cubed)
1 bunch scallions or green onions (chopped — include tops)
1/4 cup minced cilantro
1/4 cup seasoned rice vinegar
The juice of one lime
Salt, pepper or seasoned salt (to taste)

optional: 1/4 cup of your favorite canned chiles and/or
1/2 cup cubed cucumber.

Directions: Mix all ingredients in one bowl, chill for 2 hours and serve with your favorite chips or crackers. Can be refrigerated for up to 3 days.

History of This Recipe:

Why I Cook:

Recipe Title: Chicken "Popcorn"

Submitted By: Sonia Johnston

Department: Vice Chancellor for Academic Affairs

Ingredients:

- 1 Whole Chicken, boiled, skinned, boned
- 3 Hard Boiled Eggs, chopped
- 1 can Cream of Chicken Soup
- 1 1/2 cups Cooked Rice
- 1 cup Chopped Celery
- 1 Cup Mayonnaise

Topping:

Crumbled Potato Chips

Directions: Cut chicken into bitesized pieces.

Combine all ingredients in a casserole bowl. Crumble potato chips on top.

Bake at 350° for 30 minutes.

This may be made ahead of time and frozen.

History of This Recipe:

The name for this dish comes from my father. He said it reminded him of popcorn...he couldn't stop with one

Why I Cook: helping!

Recipe Title: Chicken Liver Paté

Submitted By: Laurie Green

Department: Purchasing

Ingredients:

- 1 lb chicken livers
- 1/2 lb butter
- 1 small onion (cut in sixths)
- 3 hardboiled eggs (peeled, cut in half)
- Cognac or Napoleon Brandy

Salt & Pepper to taste (needs very little salt)

1 T chopped parsley (add when deglazing pan)

Directions:

Melt butter in skillet. When bubbly, add livers. Cook until brown, but not completely dry (livers, that is). When buttery look reappears, deglaze mixture with AT LEAST 1/2 cup cognac or brandy. Be careful pan does not flame (flamé) unless you want it to! Reduce brandy slightly, then remove from heat. Place one piece of onion, one piece of egg and two livers in a small food processor (or everything at once in a large food processor). Process until smooth, but stiff. A little more cognac or brandy at this stage, and processed for a nano second, is very elegant. Serve with water crackers or favorite crackers.

Pack tightly in a glass or porcelain container and refrigerate.

History of This Recipe: I was taught this recipe by the owner of a hotel in Palm Springs where I was a chef.

Why I Cook: It's a art form...very soothing, except for unfortunates who venture in the kitchen while I'm working.

Recipe Title: Artichoke-Chili Dip

Submitted By: Patrick Naessens

Department: Campus Activities Center

Ingredients: 1 - 14 oz. can artichoke hearts, drained & chopped (not marinated)
1 - 4 oz. can green chili peppers, rinsed, seeded and chopped
1 cup grated parmesan cheese
1 cup mayonaise or salad dressing

Tortilla chips/bread sticks

Directions: Combine the chopped artichoke hearts, chopped chili peppers, cheese and mayonaise or salad dressing. Turn mixture into an 8 in. round baking dish. Bake in a 350 degree oven about 20 minutes, or micro wave until heated through. Serve warm with tortilla chips and breadsticks. Makes about 2 2/3 cups.

History of This Recipe: Cailifornian

Why I Cook: I get hungry.

This definitely fits category #1. Great with a good movie.

Recipe Title: Caramel Popcorn

Submitted By: Jan Inouye, x3542

Department: Graduate School of Education
1178 Phelps

Ingredients: 1/2 cup light corn syrup
1 cup butter
2 cups brown sugar
1 tsp. salt
1/4 tsp. baking soda
1 tsp. vanilla
24 cups popped*popcorn(1 1/2 cups of unpopped corn)

*No problem with microwave or air poppers

Directions: In a small pan, heat the first four ingredients over medium heat, stirring constantly. When it comes to a boil, turn down the heat to low and let it boil gently for 5 minutes WITHOUT stirring. Add baking soda and vanilla, then pour the syrup all over the popcorn. Stir to coat evenly. Pat into two shallow baking pans and bake at 250 degrees for one hour, stirring every 15 minutes. (If your oven runs hotter, turn the temp. down lower to avoid burning).

Remove popcorn, after baking, and let cool on wax paper.

History of This Recipe: *Variation: Use less popcorn and add nuts.

Simply better than commercial caramel popcorn. GREAT to give during the holidays. Guaranteed addiction.

Why I Cook: When the world isn't perfect, at least you can go feed your face!!!!

Recipe Title: Ham and Cheese Rollups

Submitted By: Nancy Luebke

Department: Biological Sciences

Ingredients:

1 pkg Crescent Rolls
12 slices ham (medium)
12 slices cheese

Directions:

Place one slice ham and one slice cheese on each crescent roll, and roll up. Bake according to roll package directions--until golden brown. Best served warm with scrambled eggs, strawberries and coffee on Sunday morning. **IN BED.**

History of This Recipe:

From a great daughter-in-law. Just one of the nice things she has brought to our family.

Why I Cook:

LOVE TO!

Recipe Title: Marinated Mushrooms and Olives

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

2 cups fresh mushrooms, halved
1 10oz can pitted ripe olives, drained
2 Tb snipped italian parsley or cilantro
1/2 cup olive oil
1/4 cup dry white wine
1/4 cup fresh lemon juice
3 garlic cloves, minced
1 Tb dried/crushed oregano
salt & fresh pepper to taste

Directions:

In a mixing bowl, stir together mushrooms, olives & the parsley. Beat vigorously the oil, white wine, lemon juice, garlic, oregano and salt & pepper. Pour over the mushroom mixture. Toss and chill 24 hours, stirring occasionally.

Add 1 large red onion, thinly sliced, toss and serve.

Makes approx 4 cups

History of This Recipe: Used as a appetizer or as a base for other dishes

Why I Cook: To set me free creatively

Recipe Title: Beverly's Shrimp Dip.

Submitted By: David Sheldon via Beverly Sheldon

Department: Administrative Services

Ingredients:

- 1 8 oz. pkg cream cheese
- 1 cube butter
- 1 can deveined shrimp
- 1 bunch green onions, chopped (full length)

Directions:

In double boiler melt cream cheese and butter, add chopped onions and washed and drained shrimp. Serve in chaffing dish with cubed french bread and/or chips.

History of This Recipe:

I haven't actually made this recipe but I do, sometimes, help Beverly prepare.

Why I Cook:

Recipe Title: POTATO CANDY

Submitted By: Nancy Downard

Department: Facilities Management

Ingredients:

- 1-Med. Potato
- 2-16oz. boxes of powdered sugar
- peanut butter

Directions: Boil potato until soft. Remove from pan and peel promptly. Put in large mixing bowl and mash while still hot. Add powdered sugar until doughy but slightly moist. Roll dough out on flat surface, ($\frac{1}{4}$ "). Spread on peanut butter then roll, set for 5 minutes then slice.

History of This Recipe:

old family recipe

Why I Cook:

So I can eat !!!

Recipe Title: OLIVE-FILLED CHEESE BALLS

Submitted By: Marlies Harris

Department: UCSB Alumni Association

Ingredients: 1 cup sharp Cheddar cheese
2 T butter
½ cup flour
dash cayenne

25 medium/large olives, well
drained (pitted ripe or stuffed
green

Directions: Cream together cheese and butter.
Blend in flour and cayenne.
Wrap about a tsp. of dough
around each olive, covering
completely.

Bake in hot oven (400°) for
about 15 minutes. Can be served
hot or room temperature.

Makes 25 balls.

History of This Recipe: A family favorite for many
years.

Why I Cook:

Recipe Title: Almond Cheese Logs

Submitted By: Roberta Kaufman

Department: English

Ingredients: 2 c shredded sharp cheddar cheese (8 oz)
2 pkgs (3 oz each) softened cream cheese
1/4 c butter (softened)
1 TB grated onion
1 tsp worcestershire sauce
1/2 tsp dry mustard
3/4 c chopped almonds toasted
Melba toast or crackers

Directions: Mix all ingredients except almonds or
melba toast. Shape into two 8" logs,
1½" in diameter. Pat almonds evenly
over logs. Wrap in plastic wrap or
aluminum foil, refrigerate at least
1 hour. Slice for melba toast or
crackers. Leave out for a little while
so not too cold before serving.

History of This Recipe:

Why I Cook:

Recipe Title: Mini Meatballs

Submitted By: Mary Silver

Department: Educational Leadership Institute

Ingredients: 1 pound extra-lean ground beef
1/2-3/4 cup rolled oats
1/2 cup chopped green onions
1 small can evaporated milk
black pepper or Tabasco sauce
to your taste
1/2 tsp. salt
(this recipe may be doubled or tripled)

Directions: Preheat oven to 450 degrees. Place wire cake racks in a rimmed baking sheet such as a jelly roll pan.

Mix all ingredients gently and thoroughly. Shape by teaspoonsfuls into small meatballs, and place close together (but not touching) on the wire racks. Bake for 10 minutes; let cool for 5 minutes on the racks. Use immediately, or freeze.

The basic recipe is fun to play with. Try adding other chopped vegetables. I like red pepper, spinach, or mushrooms.

History of This Recipe: The original recipe came from a Pet Milk brochure. I've modified it to reduce fat, but kept the "secret ingredient", the evaporated milk. Baking the meatballs instead of frying them also makes the recipe ideal for making in quantity.

Why I Cook:

- (a) I love to
- (b) It's more cost effective to cook than buy fast food--at least the kind of food I like!

Recipe Title: QUICK COLORFUL
NEW ENGLAND STYLE FISH CHOWDER

Submitted By: Jon Bartel

Department: Alumni Association

Ingredients: 1/4 lb. salt pork
2-3 onions chopped
6 potatoes, peeled, cubed
1 bay leaf
1 1/2 lb catfish or turbot cut into bite
sized cubes
6 cups water
1 cup frozen corn or peas (or both)
1 can evaporated milk

Directions: Cut salt pork into small cubes and saute. Add onions and saute. Add water, bay leaf and potatoes, bring to boil and cook potatoes until tender--about 15 minutes. Reduce heat and add fish and vegetable, which will cook in a very few minutes. Then remove the bay leaf, add the milk, and it's ready to serve.

History of This Recipe:

Some years back I submitted this to Sunset magazine. They sent me a chef's hat and printed their own version of the recipe. Here's the chowder I cook and enjoy.

Why I Cook:

I cook, therefore I eat.

Recipe Title: California Cheese Soup

Submitted By: Suzanne A. King

Department: Chancellor's Office

Ingredients:

3/4 cup finely chopped onion

2 or 3 garlic cloves, minced

1/3 cup flour

salt & fresh pepper to taste

3 cups milk

1 cup chicken broth

1 cup chopped tomato

1/4 - 1/2 chopped green chili peppers

1 1/2 cups shredded Monterey Jack cheese

OPTIONAL TOPPINGS: avocado slices, croutons & additional

Directions: tomatoes or cheese

In a 2qt saucepan, cook onion & garlic in butter until tender. Stir in flour, salt & pepper. Add milk & chicken broth. Cook & stir over medium heat until thickened & bubbly. Stir in chopped tomato & peppers. Add cheese. Cook over low heat until all of the cheese is melted, stirring constantly.

Garnish and Serve
Approx. 6 servings

History of This Recipe: Enjoyed while watching Football on rainy Sunday afternoons

Why I Cook: Because it allows me a creative outlet and a way to share with others

Recipe Title: CREAM OF CELERY SOUP

Submitted By: Dave Shepard

Department: Environmental Health & Safety

Ingredients:

4 cups chicken stock

1/2 cup unsalted butter

5 1/2 cups celery root stocks, pared cut into 1/2" pieces

1 cup diced onion

1 lb. of potatoes, pared and cut into bite size pieces

Salt

Freshly ground pepper

1/2 cup heavy cream

lemon to taste

Directions:

Melt butter in heavy pan over medium heat. When foam subsides, add celery roots and onion. Saute stirring frequently until onion is softened but not brown (4-5 min.) Add chicken stock and potatoes to a boil. Reduce heat to low simmer, covered until vegetables are tender. Add pepper and lemon and salt to taste. Gradually add cream. Reheat but do not BOIL.

History of This Recipe: Granny made this on cold weekend mornings. It really warmed us up.

Why I Cook:

Recipe Title: Steve's BBQ Marinade

Submitted By: Laurie Ritchie-Copass

Department: Alumni Vacation Center

Ingredients: Italian Salad Dressing
Lemon Juice
Lite Soy Sauce (less salt)
Salsa (hot or mild)
chopped yellow chili
chopped yellow onion
chopped garlic
chopped mushrooms

Directions: Mix and stir all ingredients in bowl, pour over tri-tip, chicken or ribs. The longer the meat soaks in the marinade the better the flavor.

This marinade can also be used for hot dogs, dipping green onions in and then grilling (yum!!!) and even as a dip for tortilla chips.

The key to this recipe is to taste as your adding the ingredients depending on your palate.

History of This Recipe:

Started out in my husband's family and he has expanded on it to it's current taste.

Why I Cook: enjoy, fun, necessity, experiment with foods.

Recipe Title: Thirty-minute Spaghetti Sauce

Submitted By: Pat Sheppard

Department: Graduate Division

Ingredients: Onion, garlic, hamburger or chicken, oregano, basil, celery seed, pepper, cayenne, tomato sauce, paste, and stewed tomatoes. Olive or corn oil, mushrooms. Spaghetti noodles. Parmesan cheese. One bay leaf broken in two (in our family the people who get the bay leaves on their portions get extra desert--it cuts down on complaining).

Directions: Chop up one onion and 2-3 garlic cloves, brown in 2 TBL oil. Add sliced fresh mushrooms. Add hamburger or cooked chicken pieces. (If you use hamburger this is spaghetti, if you use chicken you can tell your family you're serving chicken cacciatore.) When brown, add one 8-ounce can tomato sauce, one small can tomato paste, and one 8-ounce can stewed tomatoes. Add herbs and spices to taste. Serve over cooked spaghetti noodles.

History of This Recipe: I learned this from my 7-th grade home economics teacher--a wonderful woman in her early 60's who covered an entire unit on sex education in 15 minutes while turning beet red.

Why I Cook:

So my kids will eat something besides Stouffer's frozen pizza and Twinkies.

Recipe Title: CHEESE SOUFFLE

Submitted By: Dave Shepard

Department: Environmental Health & Safety

Ingredients:

1/4 cup butter
1/4 cup flour
1/2 tsp. salt
1 cup milk
1 cup sharp cheese
4 well beaten egg yolks
4 stiffly beaten egg whites

Directions:

Melt butter in double boiler, add flour and salt to blend. Remove from heat and blend in cheese, milk and egg yolks. Fold in egg whites.

Pour the mixture in 2-qt ungreased casserole. Bake 325 degrees for 1 hour and 15 minutes.

History of This Recipe: This is excellent with a salad for a "lite" dinner or for a brunch dish on Sunday.

Why I Cook:

Recipe Title: Savory Yam Pie

Submitted By: Suzanne A. King

Department: The Chancellor's Office

Ingredients:

1/2 cup soft butter
1/4 tea nutmeg
1 Tb light brown sugar
salt & fresh pepper to taste
3 eggs, separated
1 9 inch unbaked pastry shell
1/3 cup finely chopped chives
1 Tb lemon juice, fresh
2 Tb chopped fresh Italian parsley
1/4 tea dried basil
2 cups cooked mashed yams (or sweet potatoes)
1 3/4 cups diced cooked ham
1 cup apples: pared, cored & chopped

Directions:

In a mixing bowl, cream the butter and sugar. Beat in the egg yolks, flour, lemon juice, chives (green onions), parsley, basil, salt & pepper and the nutmeg. Blend in the yams and fold in the ham and apples.

In a separate bowl, beat the egg whites until peaks form. Fold into the yam mixture. Pour into the unbaked pastry shell and bake at 375 for approx 1 hour or until a knife placed in the center comes out clean.

Cool for 10 minutes before serving.

Serves 6

History of This Recipe: This is a different way to enjoy cooking with yams and/or sweet potatoes throughout the year

Why I Cook: Because cooking allows me a creative outlet and a way to share with others

Recipe Title: Twenty-Four Hour Omelette

Submitted By: Susan McDermid

Department: Academic Affairs

Ingredients: 5 slices buttermilk bread
(crusts trimmed off)

butter

3/4 lb. longhorn cheddar cheese (grated)

4 eggs (slightly beaten)

2 cups milk

1/2 tsp salt

1/2 tsp dry mustard

dash cayenne pepper

Directions: Butter one side of bread and cut into 1" cubes. Grease 9x9 inch pan and spread bread cubes in bottom. Spread grated cheese over bread. Combine eggs, milk and spices and pour over top of bread/cheese mixture. Cover and chill overnight. Bake 1 hour at 325° or until eggs are firm. Uncover last 5 minutes of bake time.

This is good hot or cold and you can add your own extra ingredients such as green chilis, mushrooms, black olives, etc.

History of This Recipe: Susan brought this often to office brunches. Each time she added a different ingredient but it was always wonderful.

Why I Cook: Because I am good at it. This comment is from a satisfied customer.

Recipe Title: Louisiana Shrimp Rice

Submitted By: Diane Williams-Hale

Department: EOP/SAA

Ingredients: 1 cup rice (Uncle Ben's converted rice is great)

1 pkg. frozen cocktail shrimp

2 green onions

1 small bell pepper

1 garlic clove

1/2 stick margarine

1 can beef consommé soup

crushed red peppers (for HOT taste)

salt and pepper as needed

Directions:

1. Sauté margarine, shrimp, onions, bell pepper, garlic and red peppers in skillet until lightly browned
2. Combine can of beef consommé soup and enough water to make 1 3/4 cups of liquid. Pour into sauce pan and heat to boil.
3. Add 1 cup rice and the sautéed mixture. Cover and cook until liquid is dissolved and rice is light and fluffy.

History of This Recipe:

Why I Cook: I borrowed this recipe from my ex-mother in law and modified it to please my kids and husband.

I cook to give my husband an occasional break.

Recipe Title: Play Dough (Soft)

Submitted By: Bev Ford

Department: Academic Personnel

Ingredients: 3 Cups Flour
3 tbs. Cooking oil
1½ cups salt
6 tbs. cream of tartar
(all of small box)
3 cups water
Few drops of food coloring

This clay stays soft and keeps for a period of time in a plastic container with a tight cover.

Directions: Put the ingredients together in a pot and cook over medium heat. Stir constantly until the mixture clings to the pot. Remove the dough and knead it about five minutes. When it cools, put it in a plastic container and store it.

History of This Recipe: I use this with children. They love to play with playdough and I love to work with them.

Why I Cook: Because it is my way of relaxing.

Thank You,

1990 Staff Appreciation Week

Fundraising Committee

--raising funds for scholarships--