

Tartar Sauce

1 cup mayonnaise
1/2 teaspoon dry mustard
2 teaspoons Onion Flakes or minced onion
1 tablespoon pickle relish
juice of 1 lemon

Whisk together all ingredients. Refrigerate.

***Orange Sauce**

Note: Good over chicken, Cornish game hens and duck duck

1 cup chicken broth
1 tablespoon cornstarch
2 tablespoons vinegar
2 tablespoons sugar
2 tablespoons julienne and blanched (10 minutes) naval orange rind
1/2 cup orange juice
1/4 to 1/3 cup light rum, port or Madiera
chicken drippings
1 to 2 tablespoons orange liquor
2 tablespoons butter
lemon juice to taste
salt and pepper to taste
Optional: 1/2 to 3/4 teaspoon hot pepper flakes

Whisk together cornstarch and chicken broth in a small saucepan. Bring to a boil, stirring continuously until it thickens. Remove from heat. In another pan cook together vinegar and sugar over medium-high heat until it turns light brown in color, stirring continuously. Add caramel to broth over medium heat until completely dissolved. Add orange juice and julienne orange. Refrigerate overnight.

When chicken is done, pour off excess fat from roasting pan. Add rum scraping up roasting juices over medium-high heat and reduce liquid to 2 tablespoons. Add to the orange sauce and bring to simmer. Stir in orange liqueur by spoonfuls, tasting as you go along; don't make it too sweet. Add lemon juice to correct if necessary. Just before serving, take off heat and swirl in butter. Add salt and pepper to taste.

Gourmet Sweet and Sour Sauce

Makes 2 ½ to 3 cups

2 tablespoons cornstarch

1/2 cup chicken broth

2 tablespoons soy sauce

2 tablespoons butter

1/2 cup chicken broth

¾ to 1 cup diced green pepper

1/2 cup mild vinegar

¾ cup pineapple juice

1/2 cup sugar

1/2 teaspoon salt

1/4 teaspoon ginger, minced

6 slices pineapple, cubed

Whisk together cornstarch, chicken broth and soy sauce. Set aside. Melt butter. Add 1/2 cup broth and green pepper. Cover and simmer until green pepper slightly crisp, about 2 minutes. Whisk in cornstarch mixture and remaining ingredients except pineapple cubes. Simmer, stirring constantly until mixture thickens. Add pineapple cubes.

Blender Mayonnaise

Makes 1 $\frac{3}{4}$ cups

1 egg
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon sugar
1 $\frac{1}{4}$ cup oil
3 tablespoons lemon juice
Optional: dash cayenne

Cover and blend on high: egg, mustard, salt, (cayenne), sugar and $\frac{1}{4}$ cup oil. With blender still running, slowly add $\frac{1}{2}$ cup oil; then lemon juice. Thoroughly blend. Add slowly $\frac{1}{2}$ cup oil and blend until thick. You may have pulse the blender and scrap down the sides.

Blender Hollandaise

Makes 1 Cup

House & Garden, February 1962

3 egg yolks

1/2 teaspoon salt

Dash of cayenne pepper

1 tablespoon cream

1 cup (2 sticks) melted, unsalted butter, heated until bubbling but not brown

1 tablespoon lemon juice

Place egg yolks, salt, cayenne and cream in blender, blend for a few seconds at high speed until you have a smooth frothy mixture. Still at high speed, start adding hot butter in a thin, steady stream, not too slowly. As you add butter, the sauce should thicken. When half the butter has been added, add lemon juice or vinegar. Continue blending until all butter is used. To keep warm, immerse the blender in hot water.

Lightly drain and reserve liquid. Puree tomatillos in batches, adding enough liquid to make desired consistency. Strain in food mill to remove seeds. (More liquid will make it easier to strain.) Add salt to taste. Freezes well.

Before serving, thaw, re-heat and whisk in about 2 tablespoons softened butter per 1 cup sauce.

***Cilantro-Yogurt Sauce**

Serves 4

Note: Good as a garnish for fajitas, tacos or quesadillas

$\frac{3}{4}$ cup plain yogurt

$\frac{3}{4}$ cup sour cream

2 tablespoons cilantro, minced

2 teaspoon cumin

1 clove garlic, minced

$\frac{1}{2}$ teaspoon salt

Whisk together all ingredients.

Gourmet Teriyaki Marinade and Sauce

2 tablespoons orange juice
2 tablespoons lemon juice
½ cup soy sauce
4 teaspoons minced fresh ginger
2 teaspoons minced garlic
¼ teaspoon dried red pepper flakes
¼ cup honey
1 ½ teaspoons sesame oil
1 tablespoon sake or dry sherry
2 tablespoons brown sugar

Marinade: Combine all ingredients except cornstarch in saucepan. Bring to boil over medium-high heat stirring continuously. Cool. Combine with fish and marinate 1 hour. Combine with chicken and marinate 2 to 4 hours.

Sauce: reheat the marinade in a heavy saucepan over medium-high heat. Reduce the liquid to a thick glaze. Lightly brush over fish or chicken.

Basil Pesto

Caprial Pence

4 cups basil leaves, coarsely chopped
8 cloves garlic
1 cup pine nuts
1 ½ cup grated Parmesan cheese
1 cup extra-virgin olive oil

Process all ingredients except olive oil. Scrape bowl. With machine running, gradually add olive oil. Scrape bowl. Puree until smooth.

Lightly grease 8x8-inch pan lined with lightly greased wax paper. Pour in pesto and spread evenly throughout pan. Freeze overnight. Remove pesto from wax paper and cut into 16 squares. Freeze squares between layers of wax paper.

Santa Barbara Salsa

tomatoes
chopped mango
chopped peaches
chilies
peppers
onion
sugar
tomato puree
cilantro
vinegar
salt
lemon juice
spices

***Diana's Cranberry Sauce**

1 bag fresh cranberries (1 pound)

½ cup water

¾ cup sweet orange marmalade

1 pinch salt

1 spring thyme

1/3 cup diced red onion

1/3 cup diced celery

To food processor bowl add all but 1 cup berries and water. Pulse to chop coarsely. Transfer crushed and whole berries to a medium sauce pan; add marmalade, salt and thyme. Simmer uncovered 10 minutes. Remove thyme stem. Cool. Stir in onion and celery. Taste: if desired, add additional salt or sugar. If too sweet add drops of balsamic vinegar.

Black Bean Sauce

Makes about 1 ¼ cup

1 cup chicken broth

2 tablespoons cornstarch

1 ½ tablespoons peanut oil

1 teaspoon fresh ginger, peeled, sliced and mashed

2 to 3 medium cloves garlic, mashed

1 ½ tablespoons fermented black beans, soaked for 10 minutes, rinsed and mashed with a fork

1 ½ tablespoon onion, finely chopped

2 tablespoons soy sauce

1 to 2 tablespoons honey, to taste

Garnish: green onion, finely chopped

Whisk together chicken broth and cornstarch in a small saucepan. Bring mixture to a boil, stirring continuously. Set aside.

Heat oil in small saucepan. Sauté garlic and ginger for 1 minute. Add black beans and stir for 30 seconds. Add onions and stir for 2 to 3 minutes. Add soy sauce, honey and thickened chicken stock. Bring to a boil.

Garnish dish with green onion.

Suggestions:

Good with asparagus cut on diagonal, par boiled and sautéed.

To sauce add ½ pound firm tofu cut into large cubes. Simmer 2 to 3 minutes. Serve on rice with blanched Chinese pees.

***Cherry Chutney**

Makes 1 cup

Bon Appetit, June, 2005

zest of 1 small naval orange
¾ cup cherry preserves
1 sprig thyme or rosemary
3 tablespoons balsamic vinegar
½ teaspoon cardamom
2 teaspoons minced gingerroot
1 tablespoon vegetable oil

2/3 cup chopped onion
2 cups frozen, pitted cherries,
coarsely chopped in food processor
¼ teaspoon cayenne pepper
salt and pepper to taste

Add all ingredients to small saucepan. Bring to a boil and simmer until thick, stirring often. Remove thyme or rosemary stem. Add salt, pepper and cayenne to taste

***Honey Fig Topping with Vanilla and Cinnamon**

Cook's Illustrated (Adapted)

5 ounces dried figs, stemmed and quartered

¼ cup honey

¼ cup water

½ teaspoon vanilla

½ teaspoon ground cinnamon

Bring figs, honey, water, vanilla and cinnamon to a simmer in a small saucepan over medium-high heat. Cook until the liquid reduces, about 4 minutes. Puree in the food processor for a preserve-like consistency.

Serving Suggestions: Serve over oatmeal, yogurt or ice cream. Use as a garnish for a blue cheese-green onion quesadilla.

Red Pepper Relish

To serve 8

By Gail from Whole Foods

8 red peppers

olive oil

2 pinches sugar

salt and pepper

1 to 2 tablespoons balsamic vinegar, or to taste

Optional (choose one): ¼ to 1/3 cup caramelized sweet onion, chopped or ¼ to 1/3 cup chopped dried apricots.

Char peppers over an open gas flame or in the broiler. Remove skin by hand. (Don't rinse with water.) Cut into 1-inch pieces. In sauté pan add peppers, olive oil, (one of the optional additions), sugar, salt and pepper. Sauté until very soft. Add balsamic vinegar and adjust seasonings.

Serving Suggestions: Serve over pasta or alongside beef as a condiment.

***Diana's Meat Sauce for Pasta**

Serves 8

Meat:

1 pound stew meat
olive oil
1 can beef broth
seasonings: carrot, onion, parsley,
celery

Sauce:

2 large garlic cloves, minced
1 tablespoon olive oil
1 28-ounce can S&W Ready-Cut
tomatoes

1 tablespoon oregano
½ teaspoon sugar
1 teaspoon cinnamon
¼ teaspoon cayenne

3 cups tomato sauce
1 ½ tablespoons sherry vinegar
salt and pepper
1 pound rigatoni
1 tablespoon butter
garnish: minced parsley

Meat: Dry off the meat with paper towels; lightly season with salt and pepper. Brown meat in olive oil. Add beef broth and seasonings. Bring to a boil and simmer, covered, for about 2 hours or until very tender. Drain saving the liquid. Let the meat cool somewhat; chop the vegetables and shred the meat with your hands. Set aside.

Sauce: Sauté garlic in olive oil. Add tomatoes, oregano, sugar, cinnamon, cayenne. Reduce until the tomatoes are the consistency of tomato paste; stirring occasionally. Transfer the sauce to a large heavy saucepan. Add the meat-vegetables mixture and tomato sauce. If too thick, add some of the reserved cooking liquid. Simmer covered 8 to 10 minutes. Stir in sherry vinegar. Season to taste.

Meanwhile, Bring a gallon of salted to water to boil. Add rigatoni and simmer until still firm, about 15 minutes. Drain and return to the pot tossing with the butter.

Serve sauce on top of rigatoni garnished with parsley.

Yogurt with Cucumber Raita Recipe (Punjab - North India)

2 cucumbers
salt and black pepper to taste
2 tablespoons finely chopped mild onion
2 cups yogurt
1 tablespoon lemon juice
½ teaspoon cumin
Garnish: 1 tablespoon chopped fresh cilantro or mint

Peel the cucumbers, halve them lengthways and remove the seeds. Cut the cucumbers into small dice, sprinkle with salt and leave for 15 minutes, then drain away liquid and rinse the cucumbers in cold water. Drain well. Combine with onion, yogurt, lemon juice and cumin. Taste to see if more salt is required. Serve chilled, garnished with mint or cilantro.

Piccata Sauce

Makes about $\frac{3}{4}$ cup

Note: Add to chicken or veal cutlets.

1 $\frac{1}{4}$ cups low-sodium chicken stock

$\frac{1}{3}$ cup dry white wine

1 tablespoon flour

2 tablespoons water

1 tablespoon butter

1 tablespoon lemon juice

2 tablespoons capers with some juice

Boil stock and wine until reduced by half, about 3 minutes. Whisk together flour and water in a cup, then whisk into stock. Boil, stirring 1 minute. Remove from heat and stir in butter, lemon juice, salt and pepper to taste. Keep sauce warm.

***Mushroom-Wine Sauce for Beef**

Makes about 1 cup; serves 4

1 tablespoon vegetable oil

6 ounces assorted mushrooms or crimin , trimmed and sliced thin (about 3 cups)

½ ounce dried porcini, soaked in ½ cup warm beef broth for 15 minutes

1 small shallot , minced (about 1 1/2 tablespoons)

1 cup dry red wine or Madeira (somewhat sweet)

1/2 cup mushroom soaking liquid

1 tablespoon [balsamic vinegar](#)

1 teaspoon Dijon mustard

1 ½ ounce Demi-Glace Gold (Whole Foods)

1 teaspoon minced fresh thyme leaves

Optional: 2 tablespoons cold unsalted butter, cut into 4 pieces or ¼ cup cream

Gently squeeze liquid from soaking porcini. Reserve and strain liquid and chop porcini. Sauté mushrooms and porcini in olive oil, stirring occasionally, until beginning to brown and liquid has evaporated, about 5 minutes. Add shallot and cook, stirring frequently, until beginning to soften, about 1 minute. Increase heat to high; add red wine and broth, scraping bottom of skillet with wooden spoon to loosen any browned bits. Simmer rapidly until liquid and mushrooms are reduced to 1 cup, about 6 minutes. Strain; set aside mushrooms and reserve liquid. Whisk in vinegar, mustard, and demi-glace into the reserved liquid; cook until thickened, about 1 minute. Off heat, whisk in butter or cream and thyme; season with salt and pepper to taste.

***Bleu Cheese Sauce for Beef**

Serves 4

1/4 pound roquefort or other strong bleu at room temperature

1 tablespoon + 1 teaspoon dry white wine

1 teaspoon lemon juice

1 tablespoon minced parsley

1 crushed garlic clove

dash paprika

dash pepper

Optional: 2 tablespoons deglazed pan juices

Mix the cheese, wine, lemon juice, parsley, garlic, paprika and pepper together in a saucepan. Keep the heat low or use a double boiler, stirring until it's smooth.

***Apple Butter**

Stamford Museum and Nature Center

Note: Only make this recipe with a gas stove or Crockpot, not electric stove.

1 bag new apples, about 5 to 6 pounds

1 gallon apple cider

sugar

salt

cinnamon

nutmeg

zest of 1 lemon

Core and slice apples. In a very large (lobster-size) pot, add apples and cider. Boil and bring to a simmer, cooking until the apples are soft, about 15 to 20 minutes. Drain and puree in food processor. Press through sieve or food mill to remove skins, seeds, etc. Measure sieved fruit. For each 1 cup of fruit mix in 1/2 cup sugar, few grains salt, 1/4 teaspoon cinnamon and 1/4 teaspoon nutmeg.

Add apple puree, sugar, cinnamon, nutmeg, salt and lemon zest to a very large, heavy-bottomed pot. (*See crockpot method.) The mixture should only fill the pot half-way. Bring the mixture to a boil stirring continuously. Simmer, covered with spatter screen, stirring frequently, about 2 ½ hours. The apple butter is done when poured from a large spoon it flows in a continuous sheet instead of drops. Spoon into jar, cover and refrigerate.

*Crockpot: Add ingredients to crockpot. Cover and turn on High for about 1 hour or until mixture is steaming. Uncover and stir frequently until thick, about 4-5 hours.

Spicy Red Pepper Sauce

Makes about ½ cup

Puree all the following in a mini food processor:

4 tablespoons mayonnaise

½ cup chopped, char roasted red bell pepper

1 ½ teaspoon Tabasco

1 ½ teaspoon grated lemon zest

1 tablespoon olive oil

Cover and refrigerate until ready to serve.

Raisin Sauce for Meatloaf

¼ cup raisins plumped
½ cup ketchup or chili sauce
2 tablespoons cider vinegar
2 tablespoons brown sugar

Add all ingredients to bowl of food processor. Pulse until almost smooth with bits of raisins remaining. Heat, stirring occasionally, and serve.

Three Sauces for Crab Cakes

Lemon Dill Sauce: (Makes 1 ½ cups) Combine all ingredients; chill.

1 cup mayonnaise

¼ cup buttermilk

2 tablespoons chopped dill

1 tablespoon chopped parsley

1 tablespoon grated lemon zest

2 teaspoons lemon juice

1 garlic clove, pressed

Chipotle Lime Sauce: (Makes > 1 cup) Combine all ingredients; chill

¾ cup mayonnaise

1 tablespoon lime juice

1 tablespoon chopped roasted red pepper

2 teaspoons chipotle in adobo

Chili-Lime Sauce: (Makes $\frac{3}{4}$ cup)

1 tablespoon vegetable oil

2 shallots, chopped, 2 garlic cloves, pressed

2 teaspoons chili garlic sauce

$\frac{1}{2}$ cup whipping cream

$\frac{1}{4}$ cup sake

2-3 tablespoons lime juice

Sauté shallots in oil until tender, 5 minutes. Add garlic and chili garlic sauce and stir 1 minute. Add cream, sake and lime juice. Simmer until sauce thickens, 7 minutes. Taste to balance seasonings.

Pineapple Salsa

2 cups diced fresh pineapple

½ cup chopped cilantro

¼ cup red onion

1 serrano pepper, stemmed, seeded and finely chopped
juice and zest of 1 lime

½ teaspoon salt

sugar to taste

Toss all ingredients together in a bowl. Serve immediately or cover and chill.

Mole Poblano

Makes 4 cups-medium hot

2 dried anaheim chilies (large reddish-brown), stemmed and seeded

0 to ½ dried chipotle chilies, stemmed and seeded

¼ cup golden raisins

¼ cup whole almonds

2 teaspoons cumin

1 tablespoon whole black peppercorns

1 Mexican cinnamon stick

1 tablespoon dried oregano

4 sprigs fresh thyme, leaves only

3 tablespoons extra-virgin olive oil

2 onions, chopped

3 cloves garlic, minced

1 serrano peppers, stemmed and seeded and minced

28-ounces crushed tomatoes

1 tablespoon tomato paste

2 ounces bittersweet chocolate, preferably Mexican, chopped

½ to 1 teaspoon sugar

Tear the anaheim, and chipotle(keep separate) chiles into large pieces and toast them in a dry skillet over medium heat until they change color a bit, about 2 minutes. Put them into a bowl with the raisins and cover them with hot water. Soak until softened, about 30 minutes.

In the same skillet over medium heat, add the almonds, cumin, peppercorns, cinnamon stick, oregano, and thyme. Toast for 2 minutes, grind in a spice grinder, and add the powder to the bowl of a food processor.

In the same skillet over medium-high heat, add the olive oil, onions, and serrano. Cook until lightly browned. Add the garlic and cook 1 minute or until fragrant. Then add the tomatoes and tomato paste and cook until vegetables are softened, about 10 to 15 minutes. Add the chocolate and stir until melted. Add the tomato mixture to the food processor bowl. Add the soaked Anaheim and raisins to the bowl along with some of the chili soaking liquid. Puree, adding more soaking liquid as needed, to make a smooth sauce. Taste; if desired, add sugar and ½ chipotle pepper to taste. (This makes about 4 cups sauce, the recipe uses 2 cups, the extra can be frozen).

Spicy Mayonnaise

America's Test Kitchen

1 large egg (see note)
2 tablespoons water
1 tablespoon minced onion
1 tablespoon juice from 1 lime
1 tablespoon minced fresh cilantro
1 tablespoon canned pickled jalapeño pepper, minced
1 medium garlic clove, minced or pressed through garlic press (about 1 teaspoon)
1 teaspoon yellow mustard
1/2 teaspoon kosher salt
1 cup vegetable oil

Process all ingredients except oil in food processor until finely chopped, about 5 seconds. With machine running, slowly drizzle in oil in steady stream until mayonnaise-like consistency is reached, scraping down bowl as necessary.

Turkey Gravy

Makes 4 cups (Wednesday)

Revised 11/13

5 cups reduced turkey stock
7 tablespoons unsalted butter
7 tablespoons flour
1 bay leaves
pepper to taste
(balsamic vinegar)

Meanwhile, in a medium saucepan, heat butter, when foaming subsides, add flour and cook, stirring constantly, until flour is dark golden brown and fragrant (roux), about 5 minutes. Add enough turkey broth to the roasting liquid to make 5 cups. Whisk the liquid into the roux and bring to boil. Reduce heat to simmer and cook until reduced to 4 cups. Remove gravy from heat; add bay leaf (but remove it after 1 hour). Adjust seasonings by adding salt, turkey base, pepper and balsamic vinegar if too sweet. (See below for gravy problems)

Gravy Problems & Solutions:

Drippings taste burnt. Cook turkey in roasting pan on a heavy baking sheet.

Drippings too salty: Use only homemade turkey broth with no salt. Do not brine bird longer than recommended. Rinse bird thoroughly after brining. Use turkey base instead of drippings.

Too thin: Simmer until reduced or add more roux.

Lumpy: whisk or press through a fine strainer.

Gravy is separating and fat is rising to top: Skim almost all the fat. Add more broth and boil hard to emulsify. If the fat is still separating, take gravy off heat and whisk in 1 tablespoon cold butter for every 1 cup gravy.

Diana's Tomato Sauce for Lasagna or Pasta

1 tablespoon olive oil
2-3 tablespoons minced onions
1 garlic clove minced
3 Roma tomatoes, centers discarded, diced
1 (8 ounce) can tomato sauce
pinch sugar
dash sherry vinegar
1 to 2 tablespoons fresh basil chiffonade

Sauté onion in olive oil for about 3 minutes. Add garlic and cook 1 minute longer. Add tomatoes and cook on medium high until softened; then mash with potato masher. Add sauce, sugar, sherry vinegar and basil. Cook until thick. Taste to adjust seasoning. Spoon over heated individual lasagna servings.