

# Virtual



# Cookbook Club

July/August 2021

## July 12 Meeting Notes — Exploring Cuisine of India

Participants: Sandy, Joan, Gladys (by email)

**Gladys was unable to join the meeting** after spending several hours in the emergency room following a yellow jacket sting. She had prepared a dish for this meeting, **Mushroom Curry**, from the book *From Curries to Kebabs: Recipes from the Indian Spice Trail*, by Madhur Jaffrey. (See the recipe section for this recipe.)

Gladys commented: “If you like mushrooms, you will like this recipe served on brown rice (can now get Minute brown rice!). I would make it again! There seemed to be too much water in the recipe. I cooked it for a half hour after adding the water.”



Gladys' Mushroom Curry

**Sandy joined this very small meeting by phone.** She did not get a chance to make a dish before this meeting, but wants to make a shrimp dish, **Coconut Shrimp Curry**, that calls for the spice Garam Masala, which she obtained from the Grainery in Baraboo. Sandy recommends checking the Grainery if you are in need of unusual spices but don't want to drive to Madison. The Coconut Shrimp Curry recipe looks easy, but contains more spices than she has ever seen in a recipe—and she feels like she has all the spices!

Sandy reported that she has been cooking mostly meat and potatoes, nothing particularly exotic. She said she could eat potatoes all day. She has also been stir frying a lot, often with shrimp, a variety of vegetables, and basmati rice. She plans to try cauliflower rice soon.

**The September Meeting is on Monday, September 13.**

**The library is closed on Monday, September 6.**

## August 2 Meeting Notes — New England Cookery

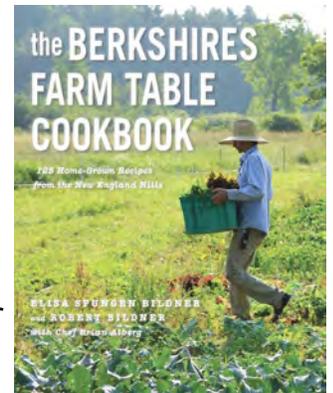
Participants: Judy, Gladys, Elissa, Iveta, JoEllen, Joan

**Judy prepared Carrot Soup**, which she found in the book *Berkshires Farm Table Cookbook* by Eliza Spungen Bildner and Robert Bildner, with Chef Brian Alberg.

She said it was very good, although a little putzy to make. It called for 2 pounds of carrots. Judy prefers to use peeled carrots, so she peeled each one and cut them into smaller pieces. The recipe called for 6 cups of vegetable or chicken broth. She used 4 cups of vegetable stock and 2 cups of chicken bouillon. The recipe also includes onion, diced celery, herbs (Judy used her own home-grown sage), salt, and pepper. She cooked the soup, cooled it, and used a blender to smooth it.

Judy said she will definitely make this recipe again. Next time she thinks she will use 5 cups of liquid instead of 6 cups. She thinks the soup tasted very sweet, which is not what she expects from a carrot soup. She would like to decrease the sweetness. She ended up adding “just a dot of lemon juice” to her bowl of soup, which helped. She wondered if she should add vinegar to balance the sweetness. The group encouraged her to do this. Iveta also suggested that Judy might try adding some sour cream to the soup. Judy likes sour cream and might try this as well.

This recipe can serve 5 people well, Judy has decided.



Judy's Carrot Soup Cooking (above), and ready to eat (below).

**Plan for Coming Months.** The group decided on the following topics for the rest of 2021:

**September**—Try a Vegetarian Dish!

**October**—Try a recipe from the Food Network magazine or Food Network book of your choice. The library carries Food Network magazine, as do lots of other libraries in the library system. Let us know if you need help accessing any issues.

**November**—Cajun and Creole Cooking

**December**—Make your own version of a holiday favorite. The particular dish is to be determined, but it would be something that allows for quite a bit of variation, like dressing or stuffing.

**For 2022**, we thought we might explore cookbooks or recipes by famous chefs or authors like Emeril, Rachel Ray, Martha Stewart, or Bobbie Flay.

**Gladys was happy to explore the New England cookbooks** for this month's meeting, since she spent 8 years of her young life in Massachusetts. She got the recipe from the book, *Famous New England Recipes*, edited by Dolores Riccio. Paging through the cookbook brought back childhood memories for her. She decided to make Brown Bread, since Brown bread and baked beans served with hot dogs were a family favorite.

She put the batter in a can the size of a 1 pound coffee can or 16 ounce vegetable can. She used waxed paper and aluminum foil to cover the batter and can, and set the can upright in a pot of water on the stove. It steamed for 2 hours, during which it tipped over once. Gladys rescued it and it cooked fine.

Although the recipe called for raisins in the batter, Gladys used currants, which worked well since her husband doesn't like raisins. She served the bread "with hot dogs from the Meat Market, chard from the garden, and baked beans from a can." The brown bread was not sweet, despite the fact that it contained molasses.



Gladys' Brown Bread cooking (left), finished (center), and served (right).

**Elissa prepared Baked Shrimp with Garlic-Basil Butter**, from the book *Maine Summers Cookbook* by Linda Greenlaw and Martha Greenlaw. This recipe called for minced garlic, shallots (the first time Elissa has used them), basil, 1 1/2 sticks of unsalted butter, and 2 pounds of jumbo shrimp. Before adding the shrimp for baking, she thawed them, removed their shells and tails, and deveined them. She baked them in a 375° oven for 15 minutes and did not have to turn them over while they cooked. Elissa served this dish with lasagna noodles as a side dish. She realized that she could bake them with noodles next time.

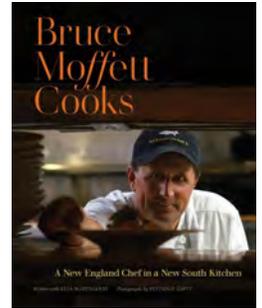
Elissa would serve this dish again. Her husband was a little hesitant about trying this dish—he is not used to eating basil—but later in the evening she found him eating the leftovers. This dish made 4 servings.



Elissa's Baked Shrimp with Garlic-Basil Butter

**Author Trivia:** Linda Greenlaw (born December 22, 1960) is a best-selling author of books with maritime themes and the only female swordfishing boat captain on the East Coast of the United States. She was featured in the 1997 book *The Perfect Storm* and the film *The Perfect Storm*. Greenlaw wrote three best-selling books about life as a commercial fisher: *The Hungry Ocean* in 1999, *The Lobster Chronicles* in 2002 and *All Fishermen Are Liars* in 2002. Greenlaw lives on Isle au Haut, Maine, and was the first female sword-fishing boat captain on the American East Coast.

**Iveta made Sweet Pea Risotto with Pea Butter and Bacon.** She found this recipe in the book, *Bruce Moffett Cooks: A New England Chef in a New South Kitchen* by Bruce Moffett. This recipe called for sweet onions fried in butter, thyme, salt, and peas, blended with more butter (this mixture will look greenish). She fried bacon separately. In a pot she fried onions in bacon grease and butter, and added rice, 1/4 cup of white wine, and chicken stock. She mixed in



**Iveta's Sweet Pea Risotto with Pea Butter and Bacon**

Parmesan cheese, and added whole pieces of peas after the risotto had cooked down. She sprinkled bacon, Parmesan cheese, and parsley on top. She also added pea shoots, cutting them with scissors.

Iveta said this dish was pretty good. She and her husband liked it. Her son said it looked like “swamp food” but ate it also. Iveta said the book mostly had “fancy recipes”, with fancy ingredients. This was one recipe that did not call for such ingredients, although she did buy a special risotto rice.

Iveta said she probably won't cook this recipe again. She has to use up half a container of risotto rice, but will use it in a different recipe.

**JoEllen joined the session after her dinner guests left.** She made Anadama Bread, a recipe from the King Arthur Flour company (<https://www.kingarthurbaking.com/recipes/new-england-anadama-bread-recipe>), and for which she used King Arthur flour. This recipe included cornmeal, salt, butter, dark molasses (JoEllen used maple syrup instead), boiling water, nonfat dry milk, unbleached and all-purpose flour, and yeast. She added poppy seeds, pumpkin seeds, and sesame seeds.

JoEllen said the buns did not turn out as she expected. Although the recipe said the dough should be sticky, after forming the buns with a cross across the top, the buns flattened out in the oven. JoEllen said the dough must be drier if it is to stay in a bun shape. She thinks she will use less boiling water the next time she makes this recipe.

Still, the crust was very crunchy, and the inside was very soft, and JoEllen's guests said they loved it.



**JoEllen's New England Anadama Bread**

**Gladys' long-awaited kitchen renovation is finished.** The lack of kitchen facilities held her back from cooking, but not from her interest in cooking. I asked her to share some pictures with the group.



**Gladys' long-awaited kitchen renovation.**



**Gladys loves the magnetic strip that firmly holds her knives, measuring cups, and other utensils within handy reach.**



**Gladys was able to fit in every spice she owns, plus other kitchen stock.**



**Gladys has her cookbooks in place in the shelving at her planning desk.**



**The yellow ladder against the wall is indispensable for helping Gladys and her husband reach the shelving in their upper cabinets.**

# Recipes From Explorations

## BROWN BREAD

Steamed bread was popularized by New Englanders who didn't have ovens. The open hearth might accommodate only one kettle, which was always in use, sometimes to cook the evening stew and sometimes to heat water for dishwashing. The brown bread could be steamed right in the kettle without disturbing its contents.

- 1 C. milk
- 1 tsp. vinegar
- ½ C. cornmeal
- ½ C. rye flour
- ½ C. whole wheat flour
- ½ tsp. salt
- ¾ tsp. baking soda
- ¼ C. molasses
- ½ C. raisins

Add vinegar to milk to sour it. Let the mixture stand a few minutes before mixing. Mix dry ingredients together. In a large bowl, stir together the molasses, milk, and raisins. Add dry ingredients in several portions, beating well after each. Butter an empty 1 lb. coffee tin and pour the batter in. Cover with buttered wax paper and aluminum foil. Arrange the cover so that it is puffed up (to allow room for expansion) yet airtight. Set the tin on a rack in a pan of water that comes ¾th of the way up the sides of the mold. Cover the steamer, bring the water to a boil, and simmer for 2 hours. Check the level of water once or twice. Yield : 1 loaf. Note: white flour may be substituted for rye flour.

Gladys' Brown Bread Recipe  
(August)

## MUSHROOM CURRY

Shervada khumbh

\*\*\*\*\*

I have used ordinary white mushrooms here but you may make this with almost any seasonal mushrooms. Whichever kind you get, cut them into large, chunky pieces so they do not get lost in the sauce.

### INGREDIENTS

- |  |  |
|--|--|
| 1½-inch piece fresh ginger, peeled and chopped     | 1 teaspoon tomato paste  |
| 1 small onion (about 4 ounces), peeled and chopped | 2 teaspoons ground coriander   |
| 3 cloves garlic, peeled and chopped                | ¾ teaspoon salt  |
| 1 pound large fresh mushrooms                      | ¼ to ½ teaspoon cayenne pepper   |
| 6 tablespoons vegetable oil                        | 2 tablespoons chopped fresh cilantro (Chinese parsley), fresh green coriander) |
| 3 tablespoons plain yogurt                         |  |

Put the ginger, onion, and garlic into the container of an electric blender along with 3 tablespoons water and blend until smooth.

Wipe the mushrooms with a damp cloth and cut them into halves or quarters, depending upon size.

Put 3 tablespoons of the oil in a nonstick frying pan and set over high heat. When the oil is hot, put in the mushrooms. Stir and fry for 2 to 3 minutes or until the mushrooms have lost their raw look. Empty the contents of the pan into a bowl. Wipe the pan.

Put the remaining 3 tablespoons oil into the pan and set over high heat. When the oil is hot, put in the paste from the blender. Stir and fry for 3 to 4 minutes until it starts turning brown. Add 1 tablespoon of the yogurt and fry for 30 seconds. Stir and fry for 2 to 3 minutes or until the mushrooms have lost their raw look. Empty the contents of the pan into a bowl. Wipe the pan. Add another tablespoon of the yogurt and fry for 30 seconds. Do this a third time. Now put in the tomato paste and fry for 30 seconds. Put in the ground coriander and stir once or twice. Now put in ¼ cups water, the mushrooms and their juices, salt, and cayenne pepper. Stir and bring to a simmer. Turn the heat to low and simmer for 5 minutes. Sprinkle the cilantro over the top before serving.

SERVES 4

Gladys' Mushroom Curry Recipe  
(July)

## This Lemon-Rosemary-Garlic Chicken and Potatoes Recipe Will Become Your New Favorite One-Dish Dinner

Minimal cleanup required.

By Jenna Sims

1/20/2021 Lemon-Garlic-Rosemary Chicken and Potatoes Recipe | Domestic Living

**Lemon-Rosemary-Garlic Chicken and Potatoes**

Active: 20 mins  
Total: 1 hr 5 mins  
Yield: Serves 6

This dish is a winner any way you plate it.

**Ingredients**

- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 (3.5-oz.) jar capers, drained
- 2 lemons, sliced
- 10 garlic cloves, smashed
- 2 tablespoons fresh rosemary leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 6 chicken legs (about 1 ½ lb.)
- 4 skin-on, bone-in chicken thighs (about 2 ½ lb.)
- 2 pounds small red potatoes
- Crusty French bread

**Directions**

**Step 1**  
Preheat oven to 450°F. Stir together first 8 ingredients in a medium bowl.

**Step 2**  
Place a roasting pan on stove top over 2 burners. Add 3 Tbsp. olive oil, and heat over medium-high heat. Sprinkle chicken with desired amount of salt and pepper; place, skin sides down, in pan. Add potatoes. Cook 9 to 10 minutes or until chicken is browned. Turn chicken, and pour lemon mixture over chicken.

**Step 3**  
Bake at 450°F for 45 to 50 minutes or until chicken is done. Serve chicken with sauce and French bread.

*Used boneless thighs & breasts & cut latter into smaller pieces. Also will double sauce next time.*

Sandy's Lemon-Rosemary-Garlic Chicken and Potatoes Recipe  
She describes this at the best chicken she ever tasted!

# Recipes From Explorations

## JoEllen's Anadama Bread Recipe

There were so many different things I wanted to try for this New England cooking, but I kept coming back to breads. Since Gladys was making brown bread, I decided to make a very different kind of bread that I've never made before. The name is Anadama bread. The story goes a young wife doesn't know how to cook and her husband teaches her how to make bread and he says Ana damn a baker you will be. Something like that. What's different about this bread is it has yeast and cornmeal. It's different. The recipe is very similar to regular bread, yeast flour, it calls for molasses but I used maple syrup. Maple syrup was in several of the recipes. It is either rolled out and made into a round loaf, or it is made into individual small loaves with a cross on the top. This is how I did it. I added nuts to mine as that was in several of the recipes. It only needed to be kneaded for seven minutes. From my experience I think it was too wet. It said it should be sticky. I also added nuts to the mixture. Bread back in the day was often more dense and had nuts.

I think it would be good with soups. When I baked it I could tell it needed more flour. It did not hold its shape for the buns. Well now I know.

It is the King Arthur flour recipe.

### New England Anadama Bread.

#### Ingredients:

3/4 cup (113g) yellow cornmeal  
1 1/4 teaspoons (8g) salt  
3 tablespoons (43g) butter  
1/4 cup (85g) dark molasses  
1 cup (227g) to 1 cup + 2 tablespoons (255g) boiling water\*  
1/4 cup (28g) Baker's Special Dry Milk or nonfat dry milk  
2 cups (240g) King Arthur Unbleached All-Purpose Flour  
1 cup (113g) King Arthur White Whole Wheat Flour  
2 1/2 teaspoons instant yeast

#### Instructions:

Whisk together the cornmeal and salt.

Add the butter and molasses to the bowl.

Pour in the boiling water, stirring until the butter has melted and the mixture is smooth. Let the mixture cool to lukewarm, about 15 minutes.

Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Mix in the dry milk, flours, and yeast. Let the dough rest for 20 minutes; this gives the flours and cornmeal a chance to absorb the liquid.

Knead the dough for about 7 minutes at medium speed of a stand mixer, until it's smooth. It'll be somewhat stiff, but still fairly sticky on the surface. Cover the bowl, and let the dough rise until it's just about doubled, about 1 hour.

Gently deflate the dough, and shape it into an 8" log. Place the log in an 8 1/2" x 4 1/2" loaf pan. (Want to bake a round loaf? See "tips," below.) Cover the pan, and let the dough rise until the center has crested at least 1" above the lip of the loaf pan, about 90 minutes.

Towards the end of the rising time, preheat the oven to 350°F.

Bake the bread for 35 to 40 minutes, until a digital thermometer inserted into the center registers at least 190°F. You may want to tent the bread loosely with aluminum foil for the final 15 minutes of baking, if you prefer a lighter crust.