

Virtual



Cookbook Club

September 2021

September 13 Meeting Notes — Vegetarian Cooking

Participants: Judy, Gladys, Elissa (in absentia), Joan

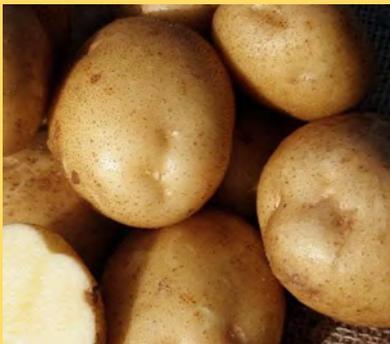
Gladys prepared a potato-based dish using a combination of fresh potatoes from her garden and from the farmer's market. "The ones from my garden were called "Upstate Abundance", Gladys said. "They are about the size of golf balls and are delicious."

Gladys got the recipe from the *Wisconsin State Journal*. Look in the end section of the notes for the recipe that Gladys scanned for you.

Memorable ingredients from this recipe are lettuce, eggs, Kalamata olives, Aji Amarillo paste (Mexican cheese/hot pepper paste), and Saltine crackers. The recipe warned that you should put in just 2 Tablespoons or less of the Aji Amarillo paste, then taste it before using any more. Gladys ended up using just 1 1/2



Gladys' Peruvian dish
"Papa a la huancaína"
(Huancayo style potatoes)



Upstate Abundance Potato *Solanum tuberosum*

"The small potato with a big following. One of our favorites, and quickly developing a cult-following among growers and chefs, Upstate Abundance has an incredibly creamy and nutty flavor. Named 'Abundance' for a reason, expect very high yields of consistently round and marketable small-sized tubers with brilliant white flesh. While technically an 'early-season' variety, the golf-ball-sized potatoes set contin-

uously all season, with each set growing further up the hill. Part of the Cornell breeding program and sourced through Tucker Farms, a century-old, family-owned and operated potato farm in Upstate New York." ~ hudsonvalleyseed.com

Tablespoons of it. It was very good, she said. She cut the recipe in half because it is just for herself and her husband, but she had leftovers, including enough to have for breakfast the next morning, with some left to give to her brother to taste the next day.

The October Meeting is on Monday, October 4.

Judy prepared a Vegetable Noodle Dish, which she found at foodnetwork.com/recipes. She said she was supposed to use snow peas but couldn't find any. Instead, she used soybeans in the pod. She realized too late that she should have removed the soybeans from their pods before cooking them. Although the soybeans tasted good, getting through the pods was awkward.

Judy's recipe called for 1 cup of mushrooms, 1 cup of snowpeas, 3/4 cup of shredded carrots, 4 long green onions, and 1 clove of garlic. The sauce called for 1/4 cup of soy sauce, 1 teaspoon of white sugar, and a little bit of cayenne pepper. Judy felt it was too little sauce to adequately moisten or flavor the vegetables or noodles. Over the top of everything, Judy sprinkled sesame seeds.

For noodles, Judy used bronze cut casarecce pasta. According to Wikipedia, "casarecce originates from Sicily, and are short twists of pasta, which appear rolled up on themselves." As for the significance of bronze cut pasta, the website yummybazaar.com says "The bronze makes a really big difference in pasta quality. The surface is much, much rougher, which means that the pasta cooks better and absorbs a bit of the sauce as it's meant to. The slick, Teflonic surface of industrial pasta causes the sauce to run off quickly and pool up at the bottom of one's bowl."



Casarecce pasta



Judy's Vegetable Noodle Dish

Judy made this dish again, but this time augmented the sauce with 3/4 cup of chicken bullion. She also added PF Chang's Sesame Sauce. Judy will cook this recipe again, but along with adding these last ingredients, she will use snow peas or buy soybeans out of the pod.

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

October—Try a recipe from the Food Network magazine, website 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.

Elissa couldn't make it into the Zoom session at the last minute, but sent her picture and later described her cooking.

Elissa got her recipe from allrecipes.com. She cooked Spinach Feta Quiche, a favorite of hers. She has been cooking this dish for years. This time, however, she decided to cook it **without** the deep dish pie crust she usually would use, since when it was time to purchase it, she discovered that the crust was cracked. This time, in what **might not** be a coincidence, she realized she uses way too much spinach to make this dish.

The recipe called for 4 eggs, 1/2 cup of milk, a 10-ounce bag of spinach, 1/2 a red onion, minced garlic, 4 ounces of feta cheese, and 1/2 cup of shredded cheddar cheese, with some extra to sprinkle on top.

Elissa thinks that maybe not having a crust added to the ingredients might have caused the amount of spinach she used to overpower the rest of the ingredients. Next time, she will just use half the 10-ounce bag of spinach.

She is the only one in the household who eats this dish, so she had plenty of leftovers. It is made in a 9-inch pie plate.



Elissa's Spinach Feta Quiche

She will definitely make it again, but tweak it a little.

Gladys' Papa a la huancaína

Papa a la huancaína

Yield: 6 servings

- 6 yellow potatoes
- 2 to 5 tablespoons aji amarillo paste, to taste, see note
- 2 tablespoons corn oil
- 1 cup evaporated milk
- 4 Saltine crackers
- 8 ounces queso fresco, see note
- ¼ teaspoon turmeric, optional
- Salt to taste
- Lettuce leaves
- Black olives
- 3 hard-boiled eggs, peeled and cut into slices
- Parsley

Boil the potatoes until fully cooked; a fork will slide into the middle with ease. Remove from boiling water. When cool enough to touch, peel if you wish.

Place aji amarillo, oil, evaporated milk, crackers, queso fresco, optional turmeric (this is just for coloring) and salt in a blender and blend until smooth. If you do not know how hot the aji amarillo is, begin with 2 tablespoons or less; taste after blending and add more until it reaches the heat you desire.

Place lettuce leaves in a single layer on a plate. Top with slices of potato and cover with sauce. Garnish with olives, sliced eggs and parsley.

“Papa a la huancaína” according to Wikipedia...

Papa a la huancaína (literally, [Huancayo](#) style potatoes) is a [Peruvian](#) appetizer of boiled potatoes in a spicy, creamy sauce called huancaína sauce. Although the dish's name is derived from Huancayo, a city in the Peruvian highlands, this dish is from [Lima](#). It has become a staple of everyday and holiday cuisine throughout the country.^{[1][2]}

It is typically served cold as a starter over [lettuce](#) leaves and garnished with [black olives](#), [white corn](#) kernels and [hard-boiled egg](#) quarters.

Because it is served cold, papa a la huancaína is a favorite food of Peruvians to take on picnics and trips.