

ChefCamp 2016



CAMP LAUREL
— MAINE —

RED PEPPER SUMMER SOUP

Recipe by **Isabelle Lapin**

Preparation: 15 min

Cooking: 35 min

Makes: 12 portions

Ingredients:

5 lbs. red pepper

1 big onion

6 tbsp. extra virgin olive oil

2 qt. "chicken no chicken" broth (can be real chicken broth)

½ cup (100ml) milk

¾ cup (150ml) heavy cream

fresh basil (en chiffonnade) for decoration

salt and pepper to taste.

hot red pepper or cumin (optional)

Preparation:

Wash the peppers, take off the seeds and cut them in pieces. Mince the onion. In a soup pot, heat the oil and sauté the onion on medium heat until it is transparent. Add peppers, broth, salt, and pepper. Bring the soup to a boil, and then reduce it to a simmer, until the peppers are tender. Skim the soup. Blend and sift if you want. Add the milk. Reheat the soup and add the cream. Mix and taste. Add seasoning if necessary. Serve topped with basil leaves and some toasted bread.

Tips and info:

Bell peppers, also known as sweet peppers, are native to Mexico and the Central and South American regions. From there they spread to the rest of the world by Spanish and Portuguese explorers during the 16th and 17th centuries and are now grown widely in many parts of the world as an important commercial crop. Christopher Columbus and Spanish explorers were searching for peppercorn plants to produce black pepper named peppers. They come in a variety of colors including yellow, green, orange, red, purple, white, and black. The green ones are the most common in groceries and supermarkets. However, not all peppers begin green and sometimes you might buy an un-ripe version of the other color varieties. Bell peppers don't produce the chemical that can cause a strong burning sensation (or simply a hot taste) when it comes in contact with the mouth. It is why they are called sweet peppers. They are actually fruit because they are produced from a flowering plant and contain seeds. The pulpy white inner cavity is edible and has a lot of vitamin, but many of us discard it thinking it gives a bitter taste. Some other people peel peppers for the same reason. Red bell peppers are sweeter than the green because bell peppers sweeten as they ripen. They have twice as much vitamin C as the green ones. Peppers have more vitamins when they are ripe. When the peppers are allowed to ripen on the plant they are sweeter than when they harvest green and ripe in storage.

CHERRY CLAFOUTI

Recipe by **Isabelle Lapin**

Preparation: 20 min

Cooking: 30 min

Makes: 12 portions

Ingredients:

3 lbs. cherries

4 oz. (1/2 cup; 120g) melted butter

4 large eggs

8 oz. (1 cup; 250g) sugar

7 oz. (7/8 cup; 210g) all-purpose flour

½ tsp. salt

14 oz. (1¾ cup; 420g) sour cream (crème fraiche better)

1 tsp. vanilla extract

14 fl. oz. (1 2/3 cup; 400ml) milk

butter or margarine for the dish

Preparation:

Preheat the oven at 375 F. Butter and sprinkle the oven-proof dish with sugar. In a bowl whisk the eggs with 1.6oz. (50g.) sugar and the vanilla extract. Add the dry ingredients and the milk. Put the fruits on the bottom of the dish and pour the mixture on the top. Bake until a blade comes out clean.

Tips and info:

In the region of Limousine, they use un-pitted black cherries in this traditional summer dessert. The name clafouti or clafoutis comes from "clafi" which means to fill, underlining with cherries. It is a cake made with a crêpe batter and cherries. Traditionally the cherries are not pitted to keep the full taste of the cherries and the color of the batter yellow. It became popular in the 19th century. You can halve and take the pit out of the cherries or use jar or frozen cherries. If you use any other fruits cut them into pieces and take out the pit if necessary. If you want to use raspberries, plums, apricots, peaches, nectarines, pears, apples - 2 pounds (500g) are enough. But it will be more appropriate to call this summer dessert "flognarde." In the winter you can use dry fruits like prunes, raisins, or dried apricots. If these are used, you will need to soak the fruit in water overnight. It is better to prepare the batter 2 to 3 hours before use, even overnight, and to keep it in the refrigerator. It will make the cake moister.

RATATOUILLE OR VEGETABLE STEW

Recipe by **Isabelle Lapin**

Preparation: 25 min

Cooking: 55 min

Makes: 8 portions

Ingredients:

12.25oz. (350g.) eggplant cubed 1" pieces

12.25 oz. (350g.) zucchini cubed 1" pieces

12.25 oz. (350g.) peppers (red and green)

12.25 oz. (350g.) onion diced 1" pieces

17.5 oz. (500g.) ripped tomatoes

3 garlic cloves minced

6 tbsp. olive oil

1 sprig fresh thyme

1 bay leaf

salt and pepper

Preparation:

Peel and cut the tomatoes, the eggplants, and the zucchinis. Dice the onions. In a large pot heat 2 tbsp. of olive oil, fry the onions and the pepper until tender. Add the tomatoes, the minced garlic, the thyme, and the bay leaf. Season with salt and pepper. Cover and simmer for 45 minutes. Meanwhile, sauté the eggplant and zucchini in a pan with olive oil for 15 minutes. Taste the vegetables, they must be very tender. Add the eggplant and zucchini into the pot with the pepper mixture and cook 10 minutes more. Taste and add salt and pepper to taste.

Tips and info:

I advise to simmer the stew as long as possible. The stew will be even better the next day. The word ratatouille comes from the Occitan ratatolha and the recipe comes from Occitan cuisine. It originated in Provence. In 1778, the word ratatouille designated a rough stew; it is only in the twentieth century that the word takes the meaning we know today. "The secret of a good ratatouille is to cook the vegetables separately so each will taste truly of itself." Joël Robuchon (a very famous French chef). But you can simply cook all the vegetables together for a longer time.

Eggplants originate from India. They came to Europe in the 16th century, a period in which this decorative plant was considered poisonous. Tomatoes came from Mexico and were brought to Europe in the 16th century. Their sizes were the same as the cherry tomatoes that we know now. They came to Paris under the Revolution with volunteers from Marseille.

Zucchini are from America. They are squashes picked up before they are ripe. They were called zucchinis in 1929. Sweet peppers also originated from America. They were an integral part of the Native American diet, along with corn, beans, and squash.

If we take off from the ratatouille the Indian eggplant and the American squash, tomato and pepper, onions, garlic and olives are the only vegetables left. Olives were brought to Provence from Asia via Greece in the 6th century. So only garlic and onions are from Europe and this recipe was probably invented only in the 18th century. Bay leaves or Laurel were used in Ancient Greece and Rome as wreaths to crown their victors. Champions of the Olympic games wore garlands of bay leaves. Our word "baccalaureate" means, "laurel berries" and signifies the successful completion of one's studies.

FRESH SEASONAL FRUITS QUINOA TABOULE

Recipe by **Isabelle Lapin**

Preparation: 20 minutes

Cooking: 10 minutes

Makes: 6-8 portions

Ingredients:

1 cup (150g.) quinoa

1 ¼ oz. (300ml.) water

1 oz. (30g.) brown sugar

2 ½ oz. (70g.) raisins

1 orange juice and zest

½ pound strawberries

½ cantaloupe

1-pint blueberries

(seasonal fruits: 1 kiwi, 1 nectarine, 1 apricot, strawberries)

1tbsp. sunflower seeds

1 tbsp. pumpkin seeds

3 tbsp. fresh mint chopped

2 tsp. orange blossom water

Preparation:

Rinse the quinoa. Cook the quinoa with the water, orange juice, brown sugar, and raisins during at least 15 minutes. Drain and cool it. Set it aside. Wash the fruits and cut them in medium pieces. Toast the seeds in a pan. Put all the fruits, seeds, orange blossom water, mint. Add the quinoa and mix. Refrigerate until ready to serve.

Tips and info:

You can use any seasonal fruits, change the herb according to your taste, and switch the seeds for pistachios and pine nuts.

Quinoa was used 3,000 to 4,000 years ago in Bolivia, Peru and Columbia. It served as a staple food in the Incan Diet. The United Nations declared quinoa a “super food” with a protein value equal to that of milk. Quinoa looks like a grain but it is actually not a grain! It is very close to greens (like chard), beets, and spinach. It has a natural covering called saponin (a bitter resin that keeps birds away) and does not need to be treated for cultivation. It is why we must rinse it before cooking. Quinoa contains 15% protein and 70% carbohydrates. It is considered a complete source of protein because it includes all 9 essential amino acids. It is gluten-free and also contains vital minerals, such as magnesium, iron, copper, and phosphorus. Nasa provided quinoa to its astronauts in space trips due to its exceptional nutritional contents.

Tabouli or Taboulé (in French) or originally Tabouleh, is a delicious savory salad made from a variety of ingredients that primarily includes lots of parsley, bulgur or couscous, mint, spring onions, and tomatoes. It also includes olive oil, lemon juice, salt and pepper. A traditionally Arab salad, it has become very popular worldwide. Chefs around the world create their own version that can also be sweet for a very summery dessert. Here I replaced the couscous with quinoa but any other grain can be used. **Cantaloupe** derives its name from the town of Cantalupo, Italy, where cantaloupe seeds arrived from Armenia and were planted in the Papal Gardens in the 16th century. It has been growing in the Nile Valley in Egypt since ancient times. The US cantaloupe is frequently called muskmelon. However, muskmelon is a family of melon that includes the cantaloupe, honeydew, and casaba melon. Cantaloupe is a member of a vine-crop family which includes others melons, squash, cucumbers, pumpkins and gourds. Today, they are produced in California, Arizona, and Texas and are available throughout the year, although the peak season is the summer. When choosing a cantaloupe, use your nose – pick the cantaloupe that has a sweet smell because it does not ripen after being picked, so it will not sweeten any further.

FALAFEL: SPICY CHICKPEA FRITTERS

Recipe by **Isabelle Lapin**

Preparation: 30 minutes

Cooking: 15 minutes

Makes: 6-8 portions

Ingredients:

1 medium onion

1 small bunch flat leaves parsley

2 garlic cloves

28 oz. (800g.) canned chickpeas

4 to 8 Tbsp. all-purpose flour

1 tsp. ground coriander

1 tsp. ground cumin

vegetable oil for frying

Preparation:

Chop the onion and the parsley finely. Peel and crush the garlic. Rinse and drain the chickpeas. Mash the chickpeas. Mix in the onion, garlic, flour, parsley, coriander and cumin. With floured hands, roll the mixture into balls about the size of a golf ball, and then flatten to make small patties. Heat oil and fry them for a few minutes on each side until golden brown. Drain on paper towel.

Tips and info:

Try to fry one patty, and check that it does not fall apart. If it does, add 1 or 2 tbsp. of flour, mix, and try again. The parsley contains a lot of water, which is why we have to add flour to the mixture. Serve them with an Israeli salad (tomatoes, cucumber, onion and parsley cut very small), hummus and pita. Falafel can be shaped like a ball with a small ball scooper and dip fried, or shaped like a flat burger and sautéed in a frying pan. It may have a pale or dark color and have a smooth or grainy texture. It is the second most common dish made of chickpeas after hummus. It is eaten in many Arab and Mediterranean countries, each with its own special version. Israeli's were the first to spread falafel to Europe and the US around the early 1970's. A common theory suggests the Egyptian Copts, who brought it with them to the rest of the Middle East to replace meat during Lent, invented falafel some 1000 years ago. Another theory dates the invention of falafel back to the 6th century AD or even earlier, placing it in India where they make a lot of chickpea based dishes.

CUCUMBER SAUTEED WITH CHIVES

Recipe by **Isabelle Lapin**

Preparation: 10 min

Cooking 5 min

Makes: 12 portions

Ingredients:

5 lbs. cucumber

2 big bunches chives

2 small bunches parsley

12 tbsp. (6 oz.) fresh cream (can be sour cream or non-dairy cream)

70 g (2 ½ oz.) butter, margarine, or vegetable oil

4 tbsp. (2 oz.) Dijon mustard

Salt and pepper to taste

Preparation:

Peel the cucumbers. Spoon out the seeds. Cut into batonnets. Chop the chives and parsley. Melt the butter in a frying pan or wok. Add the cucumbers. Add salt and sauté for 2 minutes. Add the cream and bring to a boil. When it begins to boil, take it off the fire. Add the herbs, mustard, and adjust the seasoning. Mix well and put in a serving dish. Serve right away.

CUCUMBER SALAD WITH CREAM AND DILL SAUCE (TATSIKI)

Recipe by **Isabelle Lapin**

Preparation: 10 min

Resting: 40 min

Makes: 12 portions

Ingredients:

4 to 5 big cucumbers

20 fl. oz. (600 ml) heavy cream (can be non-dairy sour cream thinning with non-dairy milk)

6 lemons, juiced

6 tbsp. fresh dill

kosher salt and pepper

Preparation:

Peel the cucumbers and slice them thin. Put the slices in a strainer and sprinkle with kosher salt. Mix well to coat all the slices with kosher salt. Let them stand for around 40 minutes. Rinse and drain them, then place the cucumbers in a salad bowl. Meanwhile, make the sauce: mix together the cream, half the lemon juice, pepper and dill. Taste, add more lemon juice if necessary. Mix the cucumber with the dressing, and then taste and adjust the seasoning with salt, pepper and lemon juice. Refrigerate before serving.

Tips and info:

Cucumbers are a member of the gourd family, along with melons, squash and pumpkins. Originating in India, they have grown for 3000 years, and made their way here in the mid-1600's. Florida produces the most cucumbers in the US. They grow on a vine and there are 2 main types: slicers and picklers. They contain 95% water. The largest cucumber grown weighed 59 pounds. They are great sources of vitamin A, C, K, calcium, and potassium and are great for digestion as well as helping your skin cool down. It takes a week to pickle cucumbers.

Batonnets: Cut vegetables or fruits in sticks of ½ in. x ½ in. x 3 in.

TARTELETTE FINE A LA TOMATE ET PARMESAN

Recipe by **Isabelle Lapin**

Preparation: 30 min

Cooking: 30 min

Makes: 12 portions

Ingredients:

12 rectangle of puff pastry dough, 6"x 3 ½ "

12 medium tomatoes

6 vegetarian sausages

3 ¼ cups (11 oz.: 320g.) parmesan cheese

2 cups or more extra virgin olive oil

4 tbsp. fresh thyme

12 medium red onions

salt and pepper

Preparation:

Preheat the oven at 410 F. Peel and mince the onions. Sauté the onions with 8 tablespoons (1/2 cup) of olive oil until they melt. Add salt, pepper, and thyme. Mix. Set aside. Slice the tomatoes in 3 mm (0.12") thick. With a vegetable peeler, make thin slices of Parmesan. Cut the sausages into medium slices enough to cover each tomato slice. Cut 12 rectangles (6"x 3 ½ ") in the puff pastry. Poke holes with a fork and put the dough on a cookie sheet covered with parchment paper. Put some cooked onions on each piece of dough. Then add slices of tomatoes and sausage. Sprinkle with olive oil. Bake for 25 minutes. After 14 minutes, reduce the temperature to 350 F. When you take the tarts out of the oven sprinkle with Parmesan.

Tips and info:

Tomatoes are the fruits of the tomato plant. It has seeds and grows from a flowering plant. They originated around Peru. The Aztecs in Southern Mexico first used them as food, and then explorers brought back seeds from Mexico to Europe in the 16th century. They became popular in the Mediterranean countries but the British in particular considered the fruit to be beautiful but poisonous. It was only by the 19th century that tomatoes were in use across the US. Today it is considered the favorite vegetable of the American public.

They are the state vegetable of New Jersey and the official state fruit of Ohio. China is the largest producer, accounting for one quarter of the world production in 2009. The US and India are the second and third highest producers. There are more than 7,500 tomato varieties grown around the world. Florida is the number one producer of fresh market tomatoes.

MARBLE CHEESECAKE

Recipe by **Isabelle Lapin**

Preparation: 30 min

Cooking: 30 to 40 min

Makes: 12-16 portions

Ingredients:

4 (8oz.) large eggs

¾ cup (6.5oz.) sugar

¾ stick (3oz.) butter soften

2 tsp. (0.35oz.) vanilla extract

32oz. (4 boxes) cream cheese room temperature

2 to 3 cups (9oz.) cookie crumbs

¾ stick (3oz.) melted butter

chocolate syrup or ganache for swirling

Preparation:

Preheat the oven at 375F. Mix together the melted butter and the cookie crumbs. Butter the cake mold, cover the bottom with parchment paper and butter the parchment paper. Press the crumbs-butter mixture ¼ inch thick on the bottom of the pan. Beat together the cream cheese and the butter until smooth and fluffy. Set aside. Beat together the eggs, sugar, and vanilla extract. Add this egg mixture to the cream cheese mixture and beat until just well incorporated. Do not over mix. Pour the batter on the cooking tray and spread evenly with an offset spatula. Pour swirls of chocolate syrup making a design of your liking and with the handle of a spoon swirl it. Bake until the sides are set and the middle is a little wobbly when you move the pan. Take it out of the oven. When it is cool refrigerate the cake until firm. It is better to leave it in the refrigerator the whole night.

Tips and info:

The first “cheesecake” may have been created on the Greek island of Samos. In Greece, cheesecake was considered to be a good source of energy, and there is evidence that it was served to athletes during the first Olympic games in 776 B.C. Greek brides and grooms were also known to use cheesecake as a wedding cake. The simple ingredients of flour, wheat, honey and cheese were formed into a cake and baked. The first Greek cheesecake recipe was written in 230 A.D. When the Romans conquered Greece, the cheesecake was just one spoil of war. They modified it including crushed cheese and eggs. These ingredients were baked under a hot brick and it was served warm. The Romans called their cheesecake “libuma” and they served it on special occasions. As the Romans expanded their empire, they brought cheesecake recipes to the Europeans. Each European country used ingredients native to each region. It was not until the 18th century that cheesecake would start to look like something we recognize in the United States today. When Europeans immigrated to America they brought their cheesecake recipes with them. Cream cheese was an American addition to the cake and it became a staple ingredient. The classic New York style cheesecake is served with no topping. It gets its signature flavor from extra yolks in the cream cheese cake mix.

PIZZA A LA CARTE

Recipe by **Isabelle Lapin**

Preparation: 30 minutes

Cooking: 15-20 minutes

Makes: 10 portions

Ingredients:

2 .1 lbs. (500g) All purpose flour

1 cube of fresh yeast (around 42g, 1.1/2oz.) (14g active dry yeast or 2 packets of instant dry yeast, depending on the brand the number of packets may vary)

2 cups tepid (warm)water

2 tsp. salt

3 tbsp. olive oil

Toppings:

Tomato sauce, fresh sliced tomatoes, eggplants, zucchinis, mushrooms, hart of palm, artichokes, peppers, onions, olives, fresh herbs (basil, oregano, thyme), cheese (mozzarella, goat cheese, Swiss cheese, cheddar, brie, or a mixture of your choice), you can also put meats (sliced salami or pepperoni) or tuna.

For a desert pizza:

Heat the oven at 450 F. Roll out the dough, spread soft Nutella on it, and then spread 2oz. of butter cut up in pieces on top. Bake for 15 minutes. You can slice banana on top and sprinkle with coconut. Check the pizza after the 10 first minutes in the oven. Instead of the Nutella melt 8oz. of chocolate with 2oz. of butter.

Preparation:

Put the flour, salt, and olive oil, and the dissolved-into-water-yeast into a bowl. Knead the dough until it has a soft consistency. Form a ball, and cover it with a kitchen towel and let it rise in a warm place until it doubles in size. Roll out the dough. Place it on a floured oven tray. Put on your favorite toppings. Drizzle it all with olive oil before baking at 405F for around 15 to 20 minutes. Check the top, the cheese should be melted.

Tips and info:

Cut the vegetables in very thin slices or small pieces because the cheese tends to cook faster. If you are using fresh herbs, hide them under the cheese so that they don't burn. Pizza actually did not originate in Italy, but was first baked by the Greeks. It was first round flat bread topped with various foods like potatoes, spices and olive oil. Tomatoes were not discovered at that time. In the 18th century, the chef of queen Margherita, Rafaele Esposito made a very special pizza just for her. In Naples he baked a pizza topped with tomatoes, Mozzarella cheese and fresh basil (to represent the colors of the Italian flag: red, white and green). The pizza Margarita was born! Variations began to be made in different parts of Italy. In Bologna, for example, meat began to be added. After World War II pizza spreads to America, France, England, and Spain.

Some popular pizza toppings in Japan are squid and Mayo Jaga (mayonnaise, potato and bacon). In the U.S. pepperoni is the most famous topping, before mushroom, extra cheese, sausage, green pepper and onions. Each person (men, women, children) in America eats about 46 slices a year. Seventeen percent of all restaurants in America are pizzerias. Thirty-six percent of Americans considers pizza the perfect breakfast. Women are twice as likely as men to order vegetables on their pizza. Finally, ninety-three percent of Americans eat at least one pizza per month.

QUICHE LORRAINE with SMOKED SALMON

Recipe by **Isabelle Lapin**

Preparation: 25 min

Cooking: 40 min

Makes: 8-12 portions

Ingredients:

Pate brisee (see recipe)

6 large eggs

2 cups + 1 ½ Tbsp. (17oz.; 500ml) crème fraiche or sour cream

9oz. smoked salmon

salt, pepper to taste

Preparation:

Preheat the oven at 375F. Roll out the dough in a tart mold. Make holes into the dough with a fork. Spread the pieces of salmon onto the bottom of the tart. In a bowl, mix the cream and the eggs. Add salt and pepper to taste. Pour the mixture on top of the salmon. Bake for around 40 minutes. Check with a knife deep in the center after 30 minutes, it should come out clean. You can add any kind of herbs you like. If you want to add vegetables, you have to sauté them before to take off some of the moisture.

KALE SALAD WITH ORANGE SUPREME AND BLACK OLIVE

Recipe by **Isabelle Lapin**

Preparation: 30 min

Cooking: none

Makes: 12 portions

Ingredients:

1 bunch kale

3 oranges

1 big red onion

1 can of pitted black olives

Dressing: 2 portions olive oil for 1 portion balsamic vinegar, salt and pepper to taste

Preparation:

Wash the leaves of the kale and remove the stem. Cut or tear small pieces of it into a mixing bowl. Peel the oranges and remove the white skin around the flesh. Separate the suprêmes and put them on top of the kale. Squeeze the juice left on the skin onto the salad. Peel and cut the onion in half lengthwise. Slice it across the flesh (it is called salad cut) in thin slices and put around the salad. Add the black olives. Make the dressing with 8 Tbsp. of balsamic vinegar, 1/2tsp. salt and 1/4tsp. of black.

INDIAN DAL RED LENTILS

Recipe by **Isabelle Lapin**

Preparation: 15 min

Cooking: 20 min

Makes: 12 portions

Ingredients:

2 cups (400g) orange or red lentils

2 big fresh tomatoes diced

2 big onions diced

Some string beans, cauliflower, carrots or potatoes already cooked or frozen

6 garlic cloves chopped

1 heaping tbsp. of curry powder

2 tsp. ground cumin

1 tbsp. fresh grated ginger

2 cans (around 10 fl.oz.) heavy cream

1 bunch fresh cilantro chopped

salt to taste

Preparation:

Put the lentils in a big pot with 3 to 4 times their volume of cold water without salt (salt hardens the skin of the lentils and lengthens the cooking time) or broth. Cook them for 10 to 15 minutes. Meanwhile spread the diced onions, with ghee (clarified butter) or olive oil. If you are using frozen vegetables, sauté them with the onions. When it is half the cooking time, add the diced tomatoes and the chopped garlic. Then add the vegetables, cilantro, and spices. Mix everything well and add the coconut milk. Check that it does not boil. Simmer for a few minutes and taste, add salt if necessary.

Tips and info:

Curry is a complex combination of spices including more or less chilies depending of the level of spiciness you want. There are many dishes called “curries” but it refers to the sauce in which the ingredients are cooked. Such dishes are called by specific names that refer to their national or regional cultural traditions. The main spices found in most curry powders are coriander, cumin and turmeric; a wide range of additional spices may be included depending on the geographic region and the food. The curry powder is largely a Western creation, dating back to the 18th century. They are thought of as being first prepared by Indian merchants for sale to members of the British Colonial government and army.

CHOCOLATE CRINKLE COOKIES

Recipe by **Isabelle Lapin**

Cooking: 10 to 12 min

Preparation: 15 min

Makes: 2-3 dozen

Ingredients:

1/2-cup vegetable oil
2 cups sugar
2 cups all-purpose flour
1 cup cocoa powder
4 large eggs
1 tsp. vanilla extract
2 tsp. baking powder
confectioner sugar

Preparation:

Preheat the oven at 350 F. Mix all ingredients in a bowl, except confectioner sugar, until it forms soft dough. Roll out into walnut size balls, then into the confectioner sugar. Place on parchment paper. Leave room for spreading. Bake at 350F for around 12 minutes.

CHAPATI BREAD

Recipe by **Isabelle Lapin**

Ingredients:

1 ½ cup, 6oz. flour (½ whole wheat, ½ white is the best)
½ cup warm water
1tsp. oil
½ tsp. salt

Preparation:

Mix all the ingredients. Knead the dough for 5 minutes. Place it in an oiled bowl. Cover the dough with a kitchen towel and let it rest for 30 minutes. Make walnut size balls and roll it out very thin. Cook it on a griddle or a frying pan. It is time to turn it when it puffs out. Be careful it cooks very fast. You don't need to put oil on the pan or the griddle. You can keep it from drying by covering the bread with a damp towel.

VEGETARIAN SUSHI:

Recipe by **Isabelle Lapin**

Preparation: 30 min

Cooking: 30 min

Makes: 10 full-sized rolls

Ingredients:

3 Lb. 8 oz. (1.59 kg) short grain rice

64 fl. oz. (1.92 L) water

6 fl. oz. (180 ml) unseasoned Japanese rice vinegar

2-¼ oz. (35 g) fine sea salt

zucchini, yellow squash, carrots, cucumbers, avocados

imitation crabsticks

extra firm tofu cut in sticks

cold omelet cut lengthwise

cream cheese (dairy or tofu)

seaweed leaves

Preparation:

Rinse the rice under cold water until the water runs semi-clear. Drain well. Combine rice with water in a deep dish. Steam the rice until almost completely cooked, around 30 minutes. Cover and let it rest for 10 minutes. Combine the salt and vinegar. Warm over low heat to dissolve the salt; do not let the mixture boil. Cool at room temperature. Transfer the rice to 2 plates and drizzle the vinegar mixture. "Cut" and fold the rice over using a wooden rice paddle or flat wooden spatula. Continue until the mixture has cooled.

Cut all the desired vegetables into sticks ¼ inch thick. Make the sushi rolls.

Tips and info:

The vinegar mixture is optional. You can use plain sushi rice. Wrap your sushi mat in plastic wrap so it will be easier to clean. Do not put too much rice and filling on the seaweed leaf otherwise it won't close. You can create any kind of sushi roll, using cooked sweet potatoes and butternut squash, even dessert ones with your favorite fruits. Make a fruit or chocolate sauce to dip your dessert sushi. Sushi originated in Southeast Asia as a piece of fermented fish wrapped in sour rice. The seasoned rice was used to preserve the fish. Then it spread in China and ultimately in Japan. The sushi that we know today was invented by Hanaya Yohei in Japan sometime at the end of the Edo period, 1868. They started as cheap fast food or a quick snack to eat with your hands. Only sashimi, which is raw, slices of fish, is eaten with chopsticks. Sushi rolls are called Maki, from the Japanese Makisu, which is the bamboo mat we use to make the rolls. The Japanese people prefer nigiri, which is a piece of fish pressed on top of a strip of rice. Maki can be wrapped in soy paper, cucumber or egg, not only in Nori seaweed. There are 10,000 recognized varieties of seaweed in the world. Many seaweeds look like plants and are categorized by their color: green, brown, or red algae.

CHINESE SALAD

Recipe by **Isabelle Lapin**

Preparation: 15 min

Cooking: 5 min

Makes: 12 portions

Ingredients:

1500 g (52.6 oz.=3.3 lbs.) shredded Chinese cabbage (or beansprout)

2 lbs. carrots grated or julienned

3- 10 oz. packages frozen garden chicken scaloppini defrosted and medium-diced

1-bunch scallions cut in bias

1 bunch mint chiffonade

150 g toasted sunflower or pumpkin seeds (If no allergy put salted peanuts)

Dressing:

8 tbsp. oil

4 tbsp. cider vinegar

2 tbsp. soy sauce salt and pepper

4 lemon grass stalks peeled and chopped small

Preparation:

In a frying pan put some oil. When hot, sauté the “chicken” until brown. Put in a bowl with the lemon grass. Wash the bean sprouts. Put all the ingredients in a bowl. Add the dressing. Toss well and refrigerate until serving.

Tips and info:

You can add all kinds of vegetables to this salad including tomatoes, cucumbers, and peppers. You can replace the green lettuce with bean sprouts in your favorite salad for an Asian twist. The bean sprout was named after its meaning, which is “growing out” the sprout. The Chinese bean sprouts are also called mung beans. It is the most widely consumed sprout in the world. It is native to India and later spread to China and Southeast Asia. They were domesticated in Mongolia. In the US, most mung beans are grown in Oklahoma. You can try to sprout the mung beans yourself. One pound of beans produces six pounds of sprouts. Lemon grass is not related to lemon. Its citrus smell and flavor comes from citral, which is an essential oil also found in lemon rind. Native to Sri Lanka and Southern parts of India, it is a popular ingredient in Thailand, Vietnam, Malaysia, Cambodia, and Indonesia. Indian lemon grass is used mostly in perfumes because it has a longer shelf life. West Indian lemon grass is used in cooking. Napa Cabbage is the same family as Brussels sprout and broccoli. It has a celery flavor and is very popular in China. You can use it in soup, to make a slaw or a stir-fry or to decorate the bottom of a plate.

STRAWBERRY-ROSEMARY SCONES WITH LEMON BUTTER

Recipe by **Isabelle Lapin**

Preparation: 20 min

Cooking: 15 to 18 min

Makes: 8 portions

Ingredients:

1-cup fresh diced strawberries

2 cups (250g.) all-purpose flour

3 tbsp. sugar

1 tbsp. baking powder

½ tsp. salt

¼ tsp. nutmeg

3 tbsp. fresh chopped rosemary (or lavender)

6 tbsp. cold butter (85g.) cut in pieces

½ cup to 1-cup heavy cream or buttermilk

heavy cream and sugar in the raw for the top

Preparation:

Preheat the oven at 425 F. Place the cut up strawberries on a paper towel to absorb their juice. Combine flour, sugar, baking powder, salt and rosemary. With your finger tips or two knives cut the butter until it coats the flour and resemble coarse meal. Add the fruit at that time and carefully incorporate to the flour mixture. Make a well and pour the buttermilk. Gently stir the mixture until it forms dough. Turn it onto a floured surface. Knead gently and pat dough down into a 9" round and cut into 8 wedges. Brush with cream and bake until top is just golden brown.

LEMON-HONEY BUTTER:

1-quart heavy cream

zest of 2 lemons (can be 1 orange)

½ cup honey (can be maple syrup)

pinch of salt

Combine all ingredients into the chilled bowl of a stand mixer. Using the whisk attachment whip on low speed until it thickens. Then whisk on high until it separates (these are the buttermilk and the butter solids). Stop whipping. Strain out the butter and squeeze dry. Work the butter a couple of times to bring it together to form a nice ball. Refrigerate. It will make a little less than a cup.

Tips and info:

You can use fresh apricots with lavender, peaches with mint or thyme. You can omit the nutmeg or put ground ginger, allspice, cardamom or clove. In the winter use pears or apples with cinnamon or nutmeg. For the butter use any herbs you like instead of the zests and omit the honey.

Scones got their start as a Scottish quick bread. Some say that the origin of the word "skone" comes from the Dutch word 'schoonbrot', which means beautiful bread. Others argue that scones are related to the ancient Welsh tradition of cooking small round yeast cakes on bakestones, and later on griddles. Finally, some suggest that it comes from the Stone of Destiny, where the Kings of Scotland were crowned. Originally scones were made with oats, shaped into a large circle, scored onto four or six wedges, and griddle baked over an open fire (later, a stovetop). Today's scones are quick bread, similar to American biscuits and they are baked in the oven. The griddle scones are now fried rather than baked. Thanks to Anna, the Duchess of Bedford (1788-1861) scones became popular and an essential part of the fashionable ritual of taking tea in England. Strawberries are in season in the U.S. Wait until the end of May to go pick your own in New York state. Every state in the U.S. grows their own. California grows 80% of the technically a berry has its seeds on the inside but strawberries have around 200 seeds on the outside. So they are not true berries like blueberries. They are member of the rose family. Native Americans ate strawberries long before the European settlers arrived. As spring's first fruit, they were a treat, eaten freshly picked or baked into cornbread.

TOMATO SALSA AND CHEESE CRACKERS

Recipe by **Isabelle Lapin**

Preparation: 30 min

Cooking: 10 to 12 min

Makes: 6 dozen crackers

Makes: 16 servings salsa

Ingredients:

3 oz. grated cheese (parmesan, gruyere or cheddar)

$\frac{3}{4}$ cup +2 tbsp. all-purpose flour

$\frac{1}{4}$ tsp. baking powder

$\frac{1}{4}$ tsp. salt

1 tbsp. butter

$\frac{1}{4}$ cup whole milk

2 tbsp. lightly beaten egg (from a large egg)

Preparation:

Preheat the oven to 350 F. Whisk together flour, baking powder, and salt
grated cheese. With your fingertips; blend in the butter until it resembles
meal. Form a well in the center. Add milk and eggs. Stir with a wooden sp
form dough. On a floured surface, knead the dough until smooth. While y
out half the dough, refrigerate the other half. Cut out shapes and put then
cookie sheet covered with parchment paper. Bake 10 to 12 minutes.

FRESH TOMATO SALSA

Ingredients:

1 small onion

3 medium tomatoes

1 lime juice

2 tbsp. extra virgin olive oil

salt and pepper to taste

fresh chopped basil or cilantro

Preparation:

Finely dice the onions. Cut tomatoes in half and scoop out and discard the
seeds. Dice the tomato flesh finely. Mix the lime juice, olive oil, herbs, salt and pe
ppering. Add onion and tomatoes. Mix well. Taste and adjust the seasoning.

Tips and info:

Tomatoes are the fruits of the tomato plant. It has seeds and grows
from a flowering plant. They originated around Peru. The Aztec's in
Southern Mexico first used them as food. Explorers brought back seeds
from Mexico to Europe in the 16th century. They became popular in the
Mediterranean countries but the British in particular considered the
fruit to be beautiful but poisonous. It was only by the 19th century that
tomatoes were in use across the US. Today, it is considered the favorite
vegetable of the American public. They are the state vegetable of New
Jersey and are the official state fruit of Ohio. China is the largest
producer, accounting for one quarter of the world production in 2009.
The US and India are the second and third highest producers. There are
more than 7,500 tomato varieties grown around the world. Florida is
the number one producer of fresh market tomatoes. **Condiment** is a
spice, sauce or other food preparation that is added to food to impart a
particular flavor, to enhance its flavor or to complement a dish.

KAISERSCHMARRN: CSASZARMORZSA

Recipe by **Isabelle Lapin/Eszter Sebestyen**

Preparation: 15 min

Cooking: 15-20 min

Makes: 8 portions

Ingredients:

2-1/2 cup all-purpose flour

2 tbsp. sugar

2 cups milk

8 eggs

1 tsp. vanilla extract

butter or oil for cooking

confectioner sugar to serve

Preparation:

In a bowl, beat the eggs and add the milk. In another bowl combine flour and sugar. Pour the wet ingredients into the dry and mix well until combined. Heat a frying pan and add some butter. Wait until the butter is melted and pour the batter in the pan. Cook, undisturbed until the bottom begins to brown. Then, scramble the pancake batter, and then allow settling and browning on the bottom. Repeat until the batter is cooked in pieces all over. Sprinkle with confectioner sugar to serve.

DERUNY: UKRAINIAN POTATO PANCAKES

Recipe by **Isabelle Lapin**

Preparation: 15 min

Cooking: 8 min each

Makes: 6-8 portions

Ingredients:

1 ½ lbs. potatoes

2 eggs

3 to 5 tbsp. all-purpose flour

1 tbsp. sour cream

salt to taste

oil for frying

Preparation:

Peel and shred the potatoes. Add flour, eggs, and sour cream and mix well. Add a teaspoon of salt. Warm up a frying pan. Cover the bottom with vegetable oil. Add heaping tablespoons of batter and make little mounds. Cook until golden, then flip. Repeat. Serve with sour cream.