

QUIRKY SNACKS COOKBOOK

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Food Fare

Quirky Snacks Cookbook ©Food Fare



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INTRODUCTION

Everyone has a favorite snack. Some nibbles are fairly common, while others are quirky and unique to the person consuming them.



One of my "guilty pleasure" snacks is creamy peanut butter on a spoon (*see image above*). Three or four teaspoons put a smile on my face, usually in mid-afternoon. I call it a "guilty pleasure" as I liken it to someone drinking milk straight from the carton and returning it to the refrigerator without telling anyone else. Rest assured, I'm a bit more fastidious. I make sure no one else uses my peanut butter jar to keep from spreading germs.

Some of my other favorite "quirky" snacks include baked artichokes, roasted pine nuts, pumpkin seeds, sunflower seeds, and oddest of all, raw ramen noodles from the package. My teeth have taken a beating over the years because of my crunchy preferences. However, it was simple yet sheer bliss while it lasted.

What's *your* favorite snack? In the meantime, enjoy *Quirky Snacks* from Food Fare. You might glean an idea or two. Who knows? You may even find your next favorite snack!

Shenanchie

Chief Editor, Food Fare



SNACK RECIPES

Avocado English Muffins

- 2 wheat English muffins, split
- 1 medium ripe avocado, peeled & sliced
- Lemon juice
- Salt to taste
- Mayonnaise to taste
- 2 slices provolone cheese



Toast English muffins. Peel and slice ripe avocado. Layer avocado slices equally on two toasted English muffin halves. Sprinkle with lemon juice and salt to taste. Top each with provolone cheese slice. Spread mayonnaise on plain English muffin halves, and then place atop cheese. Cut sandwiches in half, if desired. Serve.

Bacon & Bananas

- 9 slices Canadian-style bacon (*sub with Canadian-style turkey bacon*)
- 3 Bananas
- Butter

Remove bananas from their peels. Cut each banana into three equal lengths; then cut each piece down the center. Wrap a slice of Canadian bacon around each banana piece; dot with a small pinch of butter. Place wrapped bananas on a cookie sheet. Bake at 350-degrees F for about fifteen to twenty minutes. Serve. **Note:** *Bacon & Bananas* is based on a recipe created by the "Mystery Chef" (*circa 1934*).

Baked Artichokes

- 4 large artichokes
- Seasoned breadcrumbs

- Olive oil

Using a pair of sharp scissors, snip pointy ends off all leaves. Rinse artichokes under cold water. In a large pot or steamer, cook artichokes for about fifteen minutes (*depending on size of the vegetable*); drain. Drizzle olive oil over the artichokes, and in between most of the leaves.



Sprinkle breadcrumbs liberally in between all of the leaves. Place the artichokes in a baking dish, standing upright. Bake in a 350-degree F oven for about twenty minutes. Serve. **Note:** The combination of the artichoke flavor with the olive oil and breadcrumbs is wonderful. You'll find yourself devouring the entire globe!

Baked Bagel Snacks (*Diabetic*)

- 3 whole-wheat bagels (3 oz.)
- Butter-flavored cooking spray, refrigerated

Slice each bagel into four slices, crosswise. Coat a nonstick cookie sheet with cooking spray; place the slices in a single layer on the sheet and spray again. Bake in a preheated 450-degree F oven for five minutes, or until lightly browned. Serve immediately. *Nutrition information per serving: 112 calories (4% calories from fat), 5 g protein, 1 g total fat (0 saturated fat), 24 g carbohydrate, 4 g dietary fiber, 0 cholesterol, 209 mg sodium. Diabetic Exchanges: 1-1/2 carbohydrate (bread/starch).*

Baked Pine Nuts

- 1 LB pine nuts in shell
- Aluminum Foil

Preheat oven to 350-degrees F. Place aluminum foil on a cookie sheet. Spread pine nuts evenly on cookie sheet; bake for about twenty minutes. Allow to cool before eating.

Baked Pita Bites *(Diabetic)*

- 6 pita breads, 6" each
- Olive oil cooking spray

Cut each pita bread in half with a sharp knife, then into 3" triangles. Carefully pull apart each triangle to separate into two pieces (*in order to have twelve triangles per pita bread*). Preheat oven to 375-degrees F; place the triangles in a single layer on a large nonstick baking sheet. Lightly coat triangles with cooking spray. Bake for about seven minutes, or until pitas begin to change color. Turn pitas over and continue to bake until crisp and golden brown, about another five minutes. Store pita bites in an airtight container or sealable plastic bags. *Nutrition information per serving: 83 calories (4% calories from fat), 0 total fat (0 saturated fat), 3 g protein, 17 g carbohydrates, 1 g dietary fiber, 0 cholesterol, 161 mg sodium, 36 mg potassium. Diabetic Exchanges: 1 carbohydrate (bread/starch).*

Baked Pumpkin *(Native American)*

- 1 small pumpkin, peeled & cut into cubes
- 1 C sugar
- 1 tsp. salt
- Cinnamon
- Aluminum foil

Preheat oven to 325-degrees F. Peel and cube pumpkin; place pumpkin cubes in a baking dish. Sprinkle with sugar and salt. Cover dish with aluminum foil and bake until soft, about thirty to forty-five minutes. Sprinkle with cinnamon and serve.

Barbagiuans *(Monegasque Savory Pastries)*

Pastry:

- 1-1/4 C flour
- 1/2 tsp. salt

- 1/4 C olive oil
- 1 egg, beaten
- 3 TBS water (*use more if necessary*)

Filling:

- 1-1/2 tsp. olive oil
- 2 TBS onion, finely chopped
- 2 TBS leeks (*white part only*), finely chopped
- 2 Swiss chard leaves (*green parts only*), shredded & chopped
- 1/2 C fresh spinach, chopped
- 1/2 tsp. oregano, crumbled
- 2-1/2 TBS Ricotta cheese
- 1 TBS Parmesan cheese
- 1 egg white, beaten
- Salt & black pepper to taste
- Vegetable oil for frying



Pastry: Sift flour and salt together in a bowl. Add olive oil and 2 TBS of the egg (*reserve remaining egg for filling*); blend with a fork. Add just enough water to make a firm dough. Turn dough out onto a lightly-floured work surface; knead until smooth and elastic, about five minutes. Wrap in plastic wrap; chill in the refrigerator for about thirty minutes.

Filling: Heat olive oil in a skillet over medium heat. Add onion and leek; sauté for about five minutes, or until just golden. Add the Swiss chard, spinach and oregano; sauté until chard is tender, about ten minutes. Transfer mixture to a bowl; add cheeses and the egg reserved from the pastry. Season with salt and black pepper to taste; set aside to cool.

Roll dough on a lightly-floured work surface. Use a floured pastry cutter to cut pastry into rounds, about 3/4" thick. Gather pastry scraps and re-roll; cut more rounds. Approximate yield: 20 rounds. Place 1 teaspoon of filling in the center of each pastry round; brush edges

with egg white. Fold dough over to form a semi-circle; press edges with the tines of a fork to seal. Transfer folded pasties to a baking tray lined with foil. **Note:** Either freeze pasties, or proceed to cook fresh.

Heat 1-1/2" vegetable oil in deep fryer or large wok to 375-degrees F. Working in batches, add pasties to hot oil and fry until brown and crisp, about five minutes. Using a slotted spoon, transfer cooked pasties to a plate lined with paper towels to drain excess oil. Serve warm, or at room temperature.

Blood Clot Bites (*Halloween*)

- 3 TBS margarine
- 1 pkg. (10 oz.) large marshmallows
- 1 pkg. cherry-flavored gelatin
- 6 C baked rice cereal (*Rice Chex*)
- Vegetable spray

Place two pieces of wax paper (*15" in length each*), side by side on a flat work surface. Spritz a wooden spoon with the vegetable spray. Place the margarine and marshmallows in a bowl and cover with plastic wrap. Microwave on high for about two minutes. Stir with the wooden spoon. Return the covered mixture to the microwave and heat on high for another minute (*or until the marshmallows appear bubbly*). Remove from microwave; pour in the cherry gelatin. Quickly stir until smooth. Add the rice cereal; stir gently until well coated. Use the wooden spoon to drop "blood clots" (*dough*) onto the waxed paper. Form the "clots" into different shapes and sizes if desired. Cool for about thirty minutes before serving.

Bonbon Coco (*Malagasy Coconut Candy*)

- 2-1/2 C coconut, grated
- 1 C sugar
- 1-1/2 C water

- Pinch of salt

Combine chocolate, sugar and salt in a heavy cooking pot. Add the water; slowly bring to a simmer over medium heat, stirring occasionally. Continue to cook for about twenty minutes, or until coconut mixture is thick and all liquid has evaporated. The coconut will begin to brown; mixture will be stiff and sticky. Remove from heat. Form coconut mixture into balls. Place balls on a sheet of waxed paper; flatten by placing a second sheet of waxed paper on top and pressing down. Set aside to cool completely before removing waxed paper. The balls should be firm but not crunchy. Serve.

Broccoli-Potato Knishes *(Jewish Baked Dumplings)*

- 1 C mashed potatoes
- 1/3 C matzo meal
- 2 TBS potato starch
- 1/2 small onion, chopped fine
- 2 egg whites
- 1/2 tsp. black pepper
- 1/4 tsp. salt
- 1 C fresh or frozen broccoli, steamed & chopped fine
- Oil *(to grease baking sheet)*

Preheat oven to 375-degrees F. Lightly grease a baking sheet with oil. In a bowl, combine mashed potatoes, matzo meal, potato starch, onion, egg whites, pepper and salt. Knead mixture, and then divide into six balls. Flatten each ball into a 3-inch round or square. Divide broccoli evenly onto each piece of dough; fold over and pinch edges together to seal. Place knishes seam-side down on baking sheet. Bake on bottom rack of oven for about thirty minutes, or until brown in color. Serve hot. Recipe makes about fifteen knishes.

Candy Corn *(Halloween)*

- 1 C sugar
- 2/3 C white corn syrup
- 1/3 C butter
- 1 tsp. vanilla
- 2-1/2 C powdered sugar
- 1/4 tsp. salt
- 1/3 C powdered milk
- Food coloring



In a large non-stick frying pan, combine the sugar, butter and corn syrup. Bring to a boil, stirring constantly. Turn heat to low and boil another five minutes, stirring occasionally. Remove from heat and add the vanilla. In a bowl, combine the powdered sugar, salt and powdered milk. Add all at once to mixture in the pan. Add food coloring if desired. Stir until cool enough to handle. Shape. Recipe makes about 1.75 LBS of candy.

Cheese & Vegemite Scrolls *(Australia)*

- 1-1/2 C self-rising flour
- 1/2 C whole meal flour
- 1/4 C butter
- 2/3 C milk
- 1/2 C cheddar cheese, grated
- 1/4 C parmesan cheese, grated
- 1 heaping TBS Vegemite*
- 1 TBS milk



Preheat oven to 400-degrees F. In a bowl, combine both flours and butter. Using fingers, rub butter through flours until reaching a breadcrumb consistency. Add grated cheddar cheese and milk; form into a dough ball using hands. Lightly flour flat surface; roll out dough into rectangle approximately 1/2-inch thick. Spread Vegemite over the top of the

dough evenly; sprinkle with remaining cheese. Roll the dough into a long rope shape; cut dough rope into eight equal rounds. Place rounds on a greased baking sheet. Brush with milk. Bake for about twenty minutes; remove from oven and cool on a wire rack before serving. ***Note:** Vegemite is a brown-yeast extract common in Australia, where it is packaged and commercially sold. Vegemite is typically spread on toast and sandwiches (*sangers*). If desired, substitute Vegemite with one beef bouillon cube dissolved in a mixture of soy sauce and water.

Cheese Blintzes (*Jewish*)

Typically eaten during Shavuot.

Crepes:

- 4 large eggs, beaten
- 1/2 C water
- 1/2 C milk
- 1/2 tsp. salt
- 1 C all-purpose flour
- Pats of butter



Filling:

- 1 LB farmer's cheese or ricotta cheese
- 1 TBS butter, melted
- 1 large egg yolk
- 2 tsp. vanilla
- 1/4 C sugar (*more to taste*)

Crepes: In a bowl, beat together all the crepe ingredients (*except pat of butter*); allow batter to rest for at least thirty minutes. Heat the pat of butter in a small skillet; pour about 1/4 cup batter into the skillet and swirl it around, pouring off excess. Do not allow to brown. Flip and cook the other side for a few seconds. Turn crepes out onto a paper towel. Repeat process with remaining batter and additional pats of butter. **Filling:** In a large bowl, mix

together all the filling ingredients. **Assembly:** Place one crepe on a flat work surface; add one tablespoon of filling on top. Fold envelope style; roll up. Repeat process with remaining crepes and filling. In a large skillet, melt two or three pats of butter. Fry blintzes until golden brown in color. **Suggestions:** Serve blintzes with sour cream, applesauce or fruit preserves. **Variation:** Instead of frying, place blintzes in a foil-lined baking pan and brush tops with melted butter; bake at 350-degrees F for about thirty-five to forty minutes.

Cheese Gelt Coins (*Jewish*)

Typically eaten during Hanukkah.

- 8 ounces (or 2 C) sharp cheddar cheese, shredded
- 1/2 C (1 *stick*) butter or margarine
- 1 C all-purpose unbleached white flour
- 1 tsp. Worcestershire sauce
- 2 tsp. onion powder
- 1/8 tsp. cayenne pepper
- Sesame seeds

In a large bowl or food processor, combine cheese, butter, flour, Worcestershire sauce, onion powder and cayenne pepper. Blend until a dough forms. Divide dough in half; shape each piece into log form about 1-inch in diameter and twelve inches in length. Roll logs in sesame seeds to coat. Wrap each log tightly in plastic wrap and refrigerate for at least four hours, or overnight. When ready to bake, preheat oven to 375-degrees F. Line two baking sheets with parchment paper or nonstick foil. Slice dough into 1/4-inch thick rounds and place on prepared baking sheets. Bake for ten to twelve minutes, or until lightly browned and firm. Allow to rest for about five minutes, and then remove from baking sheets to wire racks to cool. Serve. Store leftovers in an airtight container to keep coins crispy. **Note:** Common Hanukkah traditions include giving children money (*usually gelt coins*), which are also offered in sweet and savory forms. Chocolate gelt coins are typically wrapped in gold foil (*milk chocolate*) or silver foil (*white chocolate*), while savory gelt-shaped coins can consist of biscuits, cheese or sweetened fruits.

Cheese Pennies

- 1 C melted butter
- 2 C all-purpose flour
- 1 pkg. (16 oz.) shredded cheddar cheese
- 1 envelope dry onion soup mix (1 oz.)
- Waxed paper

In a medium bowl, knead together butter, flour, cheese and dry onion soup mix. Divide into two equal portions; form each portion into a log shape and wrap with waxed paper. Chill for at least one hour in the refrigerator, or until firm. Cut the log shapes into slices approximately 1/4"-thick. Arrange slices in a single layer on a large baking sheet, and bake in a preheated 350-degree F oven for twenty to twenty-five minutes, or until lightly browned. Serve.

Cheese Toasts with Walnuts

- Loaf of Baguette bread
- 8 ounces soft goat cheese
- 1/4 C honey
- 1/2 C toasted walnuts
- 1/2 TBS fresh rosemary, chopped

Preheat oven to 350-degrees F. Cut eighteen 1/4" diagonal slices from the baguette. Spread the goat cheese on each slice, and arrange in a single layer on a rimmed baking sheet. Bake until the edges are slightly golden and cheese softens, about ten minutes. Set aside on the baking sheet. Heat honey in a small saucepan over medium heat until warm, about two minutes. Sprinkle the toasts with walnuts, then the rosemary. Drizzle with honey and serve.

Cheesy Pretzels (*Diabetic*)

- 1-1/2 C flour
- 1/2 C cheddar cheese, shredded
- 2/3 C low fat milk
- 2 TBS margarine
- 2 tsp. baking powder
- 1 tsp. sugar
- 1/2 tsp. salt
- Cooking spray
- 1 egg, beaten
- Coarse or kosher salt

Preheat oven to 400-degrees F. Spray cooking sheet with cooking spray and set aside. In a large bowl, combine all ingredients except egg and coarse or kosher salt. Remove dough from bowl and knead for one or two minutes on a lightly floured surface. Break dough into pieces and roll into thin ropes; twist into pretzel shapes and place on prepared cookie sheet. Brush dough with beaten egg; sprinkle with coarse salt. Bake for ten or fifteen minutes, or until browned. Recipe makes twelve small or six large pretzels. *Nutrition information per serving: 107 calories, 4 g Total Fat; 13 g Carb; 4 g Protein. Diabetic Exchanges: 1 Bread; 1 Fat.*

Chex Party Mix

- 6 TBS butter
- 2 TBS Worcestershire sauce
- 1-1/2 tsp. salt
- 3/4 tsp. garlic powder
- 1/2 tsp. onion powder
- 3 C Corn Chex cereal
- 3 C Rice Chex cereal
- 3 C Wheat Chex cereal

- 1 C mixed nuts
- 1 C pretzel sticks

Preheat oven to 250-degrees F. Melt butter in large roasting pan or bordered cookie sheet in the oven. Stir in the seasonings. Gradually stir in remaining ingredients until evenly coated. Bake one hour, stirring every fifteen minutes. Spread on paper towels to cool. Store in airtight container. Recipe yields about twelve cups.

Chiko Rolls *(Australia)*

- 2 tsp. butter
- 1 C cabbage, finely shredded
- 1 stalk celery, thinly sliced
- 1 medium carrot, grated
- 1 onion, thinly sliced
- 1/2 LB cooked lamb, diced small
- 1 chicken bouillon cube
- 1 TBS flour
- 8 egg roll or wonton wrappers
- 1 egg, lightly beaten
- Vegetable oil for frying
- Sweet chili sauce *(for serving; optional)*



Melt butter in a skillet over medium-heat. Add the cabbage, celery, carrots and onions; cook until soft. Add diced lamb and chicken bouillon cube; cook until heated through. Add the flour and mix in. Place one wrapper on dry, flat surface. Add three tablespoons of filling mixture at the bottom center of wrapper; fold sides toward middle and roll. Brush seam with egg to close. Repeat with remaining wrappers and filling. Heat the vegetable oil in a large skillet. Add rolls to the oil; cook until golden in color. Drain on paper towels. **Suggestion:** Serve with sweet chili sauce. **Note:** Chiko Rolls are a common savory snack in

Australia; they typically contain cabbage, carrot, celery and meat in an egg roll-similar wrap and then deep-fried.

Chili-Cheese Tortilla Roll-Ups *(Vegetarian)*

- 12 tortillas (6")
- 1 pkg. (8 oz.) grated cheddar cheese (*or sub with cheddar-style soy cheese*)
- 1 can (4 oz.) chopped green chilies, hot or mild to preference

Preheat oven to 400-degrees F. Arrange tortillas in a flat single layer on two lightly oiled baking sheets. Sprinkle the cheese evenly over the entire surface of each tortilla. Using a teaspoon, place a thin strip of green chilies down the center of each. Bake tortillas for five minutes, or until the cheese melts. Remove each tortilla to a serving plate with a wide spatula, and then roll up. Serve hot.

Corn Dogs

- 1 C corn meal
- 1 C all-purpose flour
- 2 TBS sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg, slightly beaten
- 1 C milk
- 2 TBS melted shortening
- 1 LB frankfurters
- Wooden skewers



Mix corn meal with flour, sugar, baking powder and salt. Add egg and milk; blend in melted shortening. Mix well. Skewer frankfurters and dip in batter. Stand skewer-side-up and fry in deep-fat fryer at 350-degrees F until golden brown, about two or three minutes. Drain on paper towels and serve hot. Recipe makes eight servings.

Corn Sticks

- 1 TBS yellow cornmeal
- 3/4 C Bisquick or Jiffy Baking Mix
- 1/4 C cornmeal
- 1/4 C milk
- 1 TBS margarine, softened
- 1 tsp. salt

Preheat oven to 450-degrees F. Sprinkle one tablespoon cornmeal on a greased baking sheet. In a bowl, combine baking mix, 1/4 cup cornmeal and milk; mix until a soft dough forms. Place dough on baking sheet, patting into a rectangle shape (*approximately 10x14 inches*). Bake until golden brown, about ten minutes. Brush with margarine and sprinkle with salt. Cut cross-wise into 1-inch sticks. Makes ten sticks.

Cossey (*Chadian bean fritters*)

- 3/4 C white beans
- Water (*for soaking*)
- Pinch baking soda
- 1 hot chili, mashed
- 1 maggi or bouillon cube
- Salt & black pepper to taste
- Vegetable oil (*for deep frying*)

Pick over and rinse beans. Place beans in a large bowl; cover with water and add a pinch of baking soda. Set aside to soak overnight. Next day, wash beans and rub together to remove skins. Place beans in a blender; season with salt, black pepper, the hot chili and the bouillon cube. Pulse to chop; add a little water. Process mixture to a thick paste. Heat vegetable oil in a deep fryer to 300-degrees F. When vegetable oil reaches desired temperature, drop in bean batter by tablespoon. Fry for a few minutes until golden brown all over, turning half way through. Drain on paper towels. Serve warm.

Couscous Mini Bells

- 1 pkg. (2 LBS) sweet mini bell peppers
- 1 box (5.6 oz.) Near East Couscous Mix with toasted pine nuts
- Olive oil or margarine
- Freshly-ground black pepper to taste
- Parmesan or Romano cheese

Slice tops off mini bell peppers; set aside. Carefully remove seeds and pinch off white rind from inside the peppers. Rinse peppers under cold water. Place peppers in a steamer or pan of boiling water; cook, covered, for about thirty to forty-five minutes or until peppers are somewhat tender but not too soft. Cut edible portions from pepper tops; chop fine and then sauté in olive oil or margarine with freshly-ground black pepper until soft. Set aside. Cook couscous according to package directions. Add sautéed bits of pepper tops and stir. Allow mixture to cool slightly. Place steamed peppers in a glass dish so that they stand upright, leaning one against the other if necessary. Spoon couscous mixture into each pepper until even on top. Sprinkle with Parmesan or Romano cheese. Warm in the microwave for about one minute; serve. Couscous Mini Bells can also be served as an appetizer. **Note:** Adding salt is not necessary as there is more than enough salty taste in the couscous seasoning packet. **Suggestions:** For Couscous Mini Bells, try using fresh mini bell peppers from *Primetime Produce* and the toasted pine nut variety couscous from *Near East*.



Cruste Rolle (*Medieval fried crackers*)

- 2 C flour
- 3 eggs
- Dash of salt
- Pinch of saffron
- Vegetable oil (*for frying*)

Measure flour into a bowl; make a well in the center of the flour. In another bowl, beat together the eggs, saffron and salt; pour mixture into flour well. Mix thoroughly. If dough appears too moist or dry, add additional flour or water as needed. Separate dough into pieces about 1/2" in diameter. Roll pieces thinly, or until they measure two or three inches in diameter. Fry in vegetable oil until golden brown, turning once. Serve hot.

Cucumbers in Vinegar

- 1 medium cucumber
- Vinegar
- Salt & black pepper to taste

Peel the cucumber, and cut into thick slices. Place slices into a bowl. Pour in enough vinegar to cover, sprinkle with salt and pepper to taste. Serve at once.

Deviled Eggs

- 1 dozen eggs, hard-cooked
- 1 C Mayonnaise or Miracle Whip
- 1 TBS sweet relish
- 2 tsp. mustard
- 1 tsp. onion salt
- Paprika for garnish



Place eggs in a large saucepan or cooking pot; cover with water. Boil gently over medium-high heat until eggs are hard-cooked, about three to five minutes. Allow eggs to cool before removing shells. Slice each egg in half lengthwise; carefully scoop out the yolks. Set aside halved egg whites. Place yolks in a bowl; mash with a fork until smooth. Mix in Mayonnaise or Miracle Whip, sweet relish, mustard and onion salt. Stir until mixture has a firm but pliable consistency; add more Mayonnaise or Miracle Whip if necessary. Spoon mixture back into the egg white halves, spreading evenly on top when the cavity is full. Sprinkle each egg half with paprika. Chill for one or two hours before serving. Recipe

makes twenty-four deviled eggs. **Note:** If preparing the deviled eggs a day ahead, do not sprinkle on paprika until an hour or so before ready to serve. **Variation** (*Shrimpy Devils*): Add canned baby shrimp (*drained*) to cooked egg yolk mixture before stuffing egg halves. **Recipe Source:** Joyce O'Toole.

English Muffin Grill

- 2 English muffins, halved
- 8 slices of cheddar cheese
- 4 thin slices of tomato

Place one slice of tomato on each muffin half, and then put two slices of cheese on each half (*on top of the tomato*). Broil in an oven until the cheese has melted and edges of the muffins are browned and crispy. **Note:** Substitute English muffins with bagel halves if preferred.

Feteer Meshaltet (*Egyptian Arabic Pies*)

- 4-3/4 C flour
- 1 tsp. salt
- 2 C water
- Melted butter
- Sliced cheese (*for serving; optional*)
- Honey (*for serving; optional*)

Place flour, salt and water in a blender or food processor; blend until dough becomes smooth and elastic. If blending by hand, knead for about forty-five minutes. Divide the dough into several equal parts; press by hand to remove air. Shape into balls and grease with melted butter; set aside for about fifteen minutes. Preheat oven to 350-degrees F. Spread dough pieces on a flat surface; roll with a rolling pin until they become thin. Sprinkle with flour if dough becomes too sticky. Pull each dough piece from all sides; fold from four directions into a square shape. Place on a baking sheet brushed with melted

butter. Bake for fifteen minutes or until golden brown in color. Serve hot or cold with sliced cheese or dollops of honey.

Garlic Croutons

- 4 slices Texas Toast bread
- 4 TBS olive oil
- 3 cloves garlic, crushed
- Salt & black pepper to taste

Preheat oven to 400-degrees F. Trim crusts from the bread; slice lengthwise into french-fry cuts and then cube slices into preferred sizes. In a bowl, combine garlic, olive oil, salt and black pepper. Add bread cubes and toss to coat evenly. Place coated bread cubes on a cookie sheet and bake for about ten minutes. Allow to cool before serving. Refrigerate unused portions in an airtight container for up to three days. **Suggestions:** Add garlic croutons to salads or soups, or eat as a snack.

Garlic Popcorn

- 4 C prepared popcorn, buttered
- 1/4 C Parmesan or Romano cheese, grated
- 1 TBS finely minced garlic, fresh or from jar
- Pinch of dried parsley

In a bowl, combine cheese, garlic and parsley. Mix well. In a large bowl, toss together popcorn and seasoning. Serve at once. **Note:** Fresh garlic or commercially packaged garlic in a jar tends to spoil within a few days if not refrigerated or kept in a cool place.

G'shur Purtaghal (*Iraqi candied citrus*)

- 1 pink grapefruit
- 2 oranges
- Water

- 3-1/2 C granulated sugar
- Waxed paper
- Nonstick cooking spray

Using a potato peeler or sharp knife, cut thin strips of grapefruit and orange rind from fruit. Remove only colored part of peels, leaving behind as much pith as possible. Discard fruit or save for another use. Place fruit peels into a saucepan. Cover with water; bring to a boil and cook over medium to high heat for about ten minutes. Drain in a colander. Repeat process two more times to eliminate bitterness from the fruit peels. Add about 1-1/4 C water to a medium saucepan, stir in 1-1/2 cups of the sugar until dissolved. Bring mixture to a boil; reduce heat to medium and add fruit peels. Simmer, stirring frequently, until syrup is absorbed (*about forty-five minutes*). Line a cookie sheet with waxed paper; coat with nonstick cooking spray. Arrange fruit peels on papered cookie sheet; allow to cool for about three hours. Place remaining sugar in a plastic bag; add fruit peels and shake until evenly coated. Place sugar-coated fruit peels on another sheet of waxed paper and allow to dry overnight. Recipe makes six to eight snack servings.

Gyoza (*Japanese Pot Stickers*)

- 1 TBS sesame oil
- 1 head cabbage, chopped
- 1/4 C onion, chopped
- 2 cloves garlic, peeled & minced
- 1/4 C carrots, grated
- 1/2 LB ground pork
- 1 egg, beaten
- 2 tsp. dried ginger
- 1/4 C soy sauce
- 1 TBS vegetable oil
- 1 pkg. Gyoza skins (*round*) or egg roll/wonton wrappers (*square*)
- 1/4 C water

Heat sesame oil in a large skillet or wok over medium high heat; add cabbage, onion, garlic and carrot. Cook and stir until cabbage is soft. Add ground pork, beaten egg, ginger and soy sauce; cook until pork is browned. Drain. Reheat skillet or wok over medium-high heat; add vegetable oil. Place the skins or wrappers on a flat cutting board; run water around the edges. Place approximately one tablespoon of cabbage-pork mixture in the center of each skin or wrapper; fold in half over filling and gently pleat edges with a water-moistened fork. Add Gyoza to hot oil in skillet or wok; cook about one minute on each side or until lightly browned. Place water into skillet or wok; reduce heat. Cover and allow Gyoza to steam-cook until water evaporates. Remove Gyoza from skillet or wok with a slotted spoon; allow to cool slightly before serving with dipping sauce (*recipe follows*).



Sauce for Gyoza:

- 1/2 C soy sauce
- 1/2 C red wine vinegar or rice vinegar
- 1 tsp. dry mustard
- 1/2 tsp. Wasabi (*Japanese horseradish*) or 1 tsp. sesame chile oil

Heat all ingredients in a small saucepan; simmer until warmed. Serve with Gyoza as a dipping sauce. **Note:** Gyoza can also be served as an appetizer. **Cooking Variations:** As alternatives to pan-frying (*guotie*), Gyoza can be boiled (*shuijiao*) similar to broth dumplings or steam-cooked (*zhengjiao*).

Homemade Pickles

- 1 C white vinegar
- 1 TBS salt
- 2 C sugar
- 6 C unpeeled cucumbers, sliced



- 1 C onions, sliced
- 1 C green bell peppers, sliced

In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Cook until sugar has dissolved (*about ten minutes*). Place sliced cucumbers, onions and green bell pepper in a large bowl. Pour vinegar mixture over vegetables. Transfer to covered glass or plastic containers. Store in refrigerator until ready to use.

Homemade Potato Chips

- 6 Idaho baking potatoes
- Ice water
- Oil for frying
- Salt to taste



Peel and cut the potatoes in 1/4" slices, then slice length-wise again. Soak the potatoes in a big bowl of ice water overnight in the fridge. The next day, pre-heat oven to 300-degrees F. Heat oil in a deep pot, or a deep-fat fryer. Drain the potatoes and pat dry. Then fry the potatoes in batches of oil until they are crisp and browned. Drain on paper towels and season with salt. To keep the chips crisp, arrange them on a cookie sheet and place in the oven while frying remaining potatoes.

Honig Brat Mandeln (*German Honey Roasted Almonds*)

- 2 C whole almonds, skin-on
- 1/4 C sugar
- 1/2 tsp. salt
- 2 TBS honey
- 2 TBS water
- 2 tsp. almond or vegetable oil

Spread the almonds in a single layer in a shallow un-greased baking pan; place in a cold oven. Bake at 350-degrees F, stirring occasionally, until the internal color of the nuts is tan to light brown, about twelve to fifteen minutes. Set roasted almonds aside. In a bowl, mix together the sugar and salt. In a saucepan, mix the honey, water and oil; bring to a boil over medium heat. Stir in roasted almonds and continue to cook and stir until all of the liquid has been absorbed by the nuts, about five minutes. Transfer almonds to a bowl; sprinkle with sugar-salt mixture and toss until evenly coated. Spread the almonds on wax paper. When cool, store at room temperature in a tightly covered container or plastic bag for up to two weeks. Recipe makes about two cups.

Irish Rarebit (*Ireland*)

- 2 TBS butter
- 2 TBS flour
- 1 tsp. Dijon mustard
- 1 tsp. honey
- 1/2 C milk
- 1/2 C Guinness stout
- 1 C cheddar cheese, grated
- Salt & black pepper to taste



Melt the butter in a heavy saucepan; stir in the flour to make a roux. Cook on low for another minute; do not allow mixture to brown. Remove saucepan from heat; gradually beat milk into the roux. Return to the heat and stir until mixture thickens. Add mustard, honey and Guinness. Cook mixture for two to three minutes, stirring. Fold in grated cheddar cheese. Stir over low heat until cheese is melted. Spread mixture over thick slices of bread; brown under a broiler. Serve.

Kiszenie Ogorkow (*Polish Dill Pickles*)

- 10 cucumbers
- 4 dill twigs

- 1/2 horseradish root, sliced
- 2 oak leaves
- 2 peach leaves
- 1/2 garlic clove
- Salted water (*1-1/2 TBS per quart*)

Wash the cucumbers well; place in jars (*they usually fill two jars*). Then place dill, horseradish, oak and peach leaves and garlic clove in with cucumbers. Cover with boiled but cooled salted water. Close the jars with their lids; let stand at room temperature for two days. Refrigerate for at least one week. Recipe makes about ten pickles.

Lemon Avocado

- 1 medium or large-sized avocado
- Lemon juice
- Salt & black pepper to taste



Peel avocado and remove the pit. Cut avocado into bite-sized pieces and place in a bowl. Sprinkle with lemon juice, salt and black pepper to taste. Serve at once.

Lox & Avocado Bagel (*Jewish*)

- 1 ripe avocado, peeled
- 1 tsp. lemon juice
- Black pepper to taste
- 2 bagels
- 2 slices of lox (*or 4 thin strips*)*
- 2 slices red onion
- 4 slices tomato
- 1 tsp. capers, rinsed (*optional*)

In a bowl, mash together avocado and lemon juice. Season with black pepper to taste. Split bagels; spread each half with avocado. Top with lox. Layer the onion, tomato and capers. Serve. ***Note:** *Lox is defined as a "fillet of brined salmon" that is first cured in a solution of water, salt, sugars and spices and then cold-smoked. Not to be confused with common smoked salmon, cold-smoking requires a smoker-cooker capable of keeping the temperature at 80-degrees F or less.* Prepared lox can be found in grocery stores and specialty markets. **Trivia:** "Lox" is the Yiddish word for salmon.

Marinated Anchovies (*Basque*)

- 1 LB anchovies
- 3 TBS lemon juice
- 3 TBS sherry vinegar
- 1 tsp. salt
- White pepper
- 1/3 C cold water
- Olive oil (*for garnish*)

Tear heads off the anchovies; run fingers along the spine to remove all the innards. Remove the bone. Rinse the filets under cold running water; spread filets on a paper towel to pat dry. Place filets in a single layer in a shallow, microwave-safe dish. In a bowl, combine lemon juice, sherry vinegar, salt, pepper and water; pour mixture over the filets. Cover with plastic wrap and place in refrigerator to marinate for about two hours. Drain the marinade; drizzle olive oil to taste over the anchovy filets. Serve in salads, with roasted peppers, hard-cooked eggs or on toast.

Nun's Beads (*Scotland*)

- 4 oz. cheddar cheese
- Pinch of salt
- 3 egg yolks, beaten
- 1/2 C bread crumbs

- Puff Paste (*recipe follows*)
- Butter

In a mortar or sturdy bowl, pound out the cheese with the salt, beaten egg yolks, and bread crumbs. Pinch off pieces of the mixture and roll as large as walnuts on a flat surface. Cover with Puff Paste. Melt butter in a skillet and fry dough pieces until light brown color. Serve in a napkin.

Puff Paste (*for Nun's Beads*)

- 1 LB flour
- 1 LB butter
- Pinch of salt
- Cold water
- Juice of one lemon

Puff Paste should always be made in a cool place. Sift the flour onto a large cutting board; add the salt and make a well in the center. With the lemon juice, pour in enough cold water to make pliable dough. Cover with a cloth and let stand for fifteen minutes. Sprinkle the board with more flour; roll out the dough into squares with a rolling pin until it is about 1/2" thick. Chop the butter into cubes and dot it over the rolled dough; fold the dough over so that the butter is wrapped completely, keeping the dough in a square. Roll out again, keeping an equal thickness all over. Let the dough stand for ten minutes, covered with a cloth. Repeat the rolling and covering two more times, with a ten-minute standing interval between each turn. The Puff Paste is ready to use. Puff Paste can be stored in the refrigerator for up to one week, but make sure to keep it covered. **Note:** To half the recipe, use the same method but decrease the butter to 1/2 pound to a pound of flour. Puff Paste is commonly used in the recipe *Nun's Beads*.

Oatcakes (*Scotland*)

- 1/2 C shortening
- 1 C oats (*or quick-cooking oats*)
- 1 C all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2 or 3 TBS cold water

Combine the oats, baking soda and salt in a large bowl. Cut the shortening into the oats mixture until it resembles fine bread crumbs. Add the water, one tablespoon at a time, until the mixture forms a stiff dough. On a flat surface, use a rolling pin to roll the dough about 1/8" thick. Cut into 2-1/2" rounds or squares, and place on an un-greased baking sheet. Bake in the oven at 375-degrees F until the oatcakes start to brown (*about twelve to fifteen minutes*). **Suggestions:** Serve plain or with honey, butter, jam, or cheese with breakfast or as a snack. **Note:** Oatcake cookies can be prepared as directed above by adding 1/3 C sugar with the flour.

Peanut Butter-Banana Pinwheels

- 2 medium bananas, peeled & mashed
- 1/2 C creamy peanut butter (*add more or less to taste*)
- 6 slices of bread, crusts cut off

In a bowl, mash the peeled banana until smooth. Stir in peanut butter and blend well. Using a knife, cut off crusts from bread slices; microwave each slice for fifteen seconds to soften. Spread the banana-peanut butter mixture evenly on each slice, and then roll up. Chill rolls for two hours or more, and then slice each roll in 1/4" pieces to make little "pinwheels." **Recipe Source:** Joyce O'Toole.

Pigs-in-a-Blanket

- 2 C Bisquick Baking Mix or Jiffy Baking Mix
- 1/2 C cold milk
- 12 hot dogs (*beef or chicken/pork*)
- 2 TBS melted butter



Stir Bisquick or Jiffy and milk together. Knead on a floured surface and pat into a 12-inch square. Cut into twelve (*4 x 3-inch*) pieces. Wrap each rectangle around a hotdog. Pinch to seal. Brush with melted butter. Bake at 325-degrees F for ten minutes, or until crust turns slightly golden. Serve.

Pine Nuts in Sugar (*Medieval Nucibus Pineis Saccharo Condit*)

- 1 C pine nuts, shelled
- 1 C sugar

Melt the sugar in a clean, dry pan for about ten minutes over medium-high heat. When sugar melts, add shelled pine nuts and stir to coat. Remove pan from heat. Allow to cool before forming the mixture into shapes similar to cylinders. Make each "cylinder" about 6" long and roughly 2" wide. Serve.

Pokerounce (*Medieval Bread & Honey*)

- 8 oz. honey
- Pinch each of ginger, cinnamon, black pepper & nutmeg
- Sliced bread
- 1 TBS pine nuts

Place the honey in a saucepan, and then add the spices. Stir over low heat until the honey and spices are well-blended. Be careful not to let the honey burn. Cool the mixture. Toast individual slices of bread (*bread quantity will depend on how much of the honey mix you dollop on each slice*). Cut the slices of bread into quarters (*either square or lengthwise*); lay flat on a

plate or cookie sheet. Drizzle the honey mixture over toast pieces; place the pine nut kernels upright into the bread so they are erect. Make patterns with the pine nuts, or eat the toast as is.

Quick Nachos *(one serving)*

- 3 medium flour tortillas
- 2 green onions, sliced (*with greens*)
- 1/2 C cheddar cheese, grated
- 1 packet preferred hot sauce (*fast food variety*) or salsa
- Nonstick cooking spray



Place flour tortillas on a flat surface, stacked. Cut in a cross-shape twice, which should produce triangles. Place tortilla triangles on a cookie sheet coated with nonstick cooking spray. Also spray triangles with a bit more cooking spray. Broil on low for about ten minutes, or until triangles turn golden around the edges. Place triangles in a microwave-safe dish; sprinkle with grated cheddar cheese, sliced green onions and hot sauce. Microwave on high for about one minute, or until cheese melts. Serve.

Rainbow Trail Mix

- 3 C Fruit Loops cereal (*or use similar generic brand*)
- 3 C chow mein noodles (*crunchy*)
- 3 C mini-marshmallows (*preferably multi-colored*)
- 1-1/2 Spanish peanuts
- 2 LBS white chocolate
- Waxed paper

Melt chocolate in a double-boiler. An alternate melting method is to use a saucepan on low heat, stirring frequently. Allow chocolate to melt slowly. Set aside. In a large bowl, combine Fruit Loops, chow mein noodles, marshmallows and peanuts. Pour melted chocolate over dry ingredients. Make sure mixture is cool enough to handle, and then

shape into balls using hands. Place balls on a cookie sheet lined with waxed paper. Allow to set before serving.

Spiced Pecans

- 1 LB shelled pecans, halved
- 1 tsp. peanut or vegetable oil
- 1 tsp. salt (*or to taste*)
- 2 tsp. sugar
- 1/4 tsp. cayenne pepper
- 1/2 tsp. black pepper
- 1/2 tsp. coriander seeds
- 1/2 tsp. dry mustard

Preheat oven to 350-degrees F. Place pecans in a mixing bowl. Drizzle oil around the sides of the bowl and toss thoroughly to coat the nuts evenly. Mix the salt, sugar and spices in a small bowl and sprinkle the mixture over the nuts, stirring constantly. Spread pecan halves in a single layer on a cookie sheet and place in oven. Bake for five to seven minutes, or until well toasted. Remove from oven and allow nuts to cool completely. Spiced Pecans will keep for several days in a sealed container.

Roasted Pumpkin Seeds

- 1 large pumpkin
- 1 quart water
- 2 TBS salt
- 2 C pumpkin seeds
- 1 TBS vegetable oil or unsalted butter (*melted*)



Pull seeds from the pumpkin, separating them from as many of the "spaghetti" strings as possible. Pick through the seeds and remove any cut or marred seeds. Preheat the oven to 250-degrees F. In a large pot, bring the water and salt to a boil. Add the seeds and boil for

ten minutes. Drain, and then spread seeds on a kitchen towel or paper towel. Pat dry. Place the seeds in a bowl and toss with oil or melted butter, and then spread evenly on a large cookie or baking sheet. Place pan in the preheated oven and roast for thirty to forty minutes (*stirring about every ten minutes*), until crisp and golden brown. Cool the seeds. Shell the seeds before eating. **Note:** If you want to keep the seeds until ready to eat, store in air-tight containers or zip seal plastic bags and refrigerate.

Selsig Morgannwg (*Welsh Glamorgan Sausages*)

- 7 oz. fresh breadcrumbs
- 1/2 C grated Caerphilly cheese (*sub with mozzarella*)
- 1 leek, washed & finely chopped
- 1 TBS fresh parsley, chopped
- 1 tsp. mustard powder
- 2 eggs (*separated*)
- 4 TBS. milk
- White flour for coating
- 1 TBS vegetable oil
- 1/2 stick butter



In a large bowl, mix together the breadcrumbs, cheese, leek, parsley and mustard. Add one of the eggs, and one egg yolk. Mix well. Add enough milk to bind the mixture. Then divide the mixture into eight equal parts. Shape into sausages (*rolling to make long*). In a small bowl, beat the remaining egg white until it is frothy. Dip the "sausages" into froth mix, and then roll in some flour to coat. Heat the oil and butter in a skillet over medium-heat. Fry the "sausages" for five to ten minutes, or until golden brown in color. Serve hot or cold. **Note:** While often served during high tea or supper in Wales, Glamorgan Sausages are good as a snack, hot or cold.

Stuffed Mushrooms

- 1/2 LB Italian sausage or lean hamburger
- 24 large mushrooms, cleaned (*reserve stems & insides of mushrooms*)
- 1/2 C onion, minced
- 1 tsp. salt
- 1 tsp. black pepper
- 2 cloves garlic, peeled & finely minced
- 2 TBS Romano cheese, grated
- 1 TBS olive oil
- 1/2 C tomato sauce
- Nonstick cooking spray

Cut the stems off the mushrooms. Scoop out the flesh from the mushrooms carefully using a grapefruit spoon; place mushroom flesh in a bowl. Set hollowed mushroom caps aside. Chop stems and add to mushroom flesh mixture. In a skillet, cook the sausage in olive oil; add mushroom mixture (*flesh and chopped stems*), garlic, salt, black pepper and onions. Cook for five to ten minutes, stirring occasionally. Drain. Re-fill mushroom caps with sausage mixture; sprinkle tops with Romano cheese. Coat a baking dish with nonstick cooking spray; layer the filled mushrooms evenly on the bottom (*assemble more than one layer if necessary*). Spoon tomato sauce over the top; add more Romano cheese. Bake at 350-degrees F for about twenty minutes, or until heated through. If preferred, heat through in a skillet. Stuffed Mushrooms can also be served as an appetizer.



Tlacoyos (*Mexican Masa Pockets*)

- 1 C Masa flour
- 3/4 C water (*use more if necessary*)
- 1/4 tsp. salt
- 2 TBS bacon fat, lard or oil



- 1/2 onion, minced
- 1 clove garlic, minced
- 1 can (16 oz.) black beans (*use juice*)
- 2 oz. Oaxaca cheese, shredded (*sub with Monterey Jack*)
- Salt to taste
- 4 TBS vegetable oil (*for frying*)
- Onion or fresh cilantro, chopped (*for garnish*)
- Guacamole, salsa or sour cream (*for serving, optional*)

In a bowl, combine Masa flour, water and salt. Form mixture into a ball. Add more water if necessary to form a moist dough. Set aside. In a skillet, heat bacon fat, lard or oil over medium heat. Add minced onion and cook for three to four minutes, or until soft. Add minced garlic; stir. Cook for another three to four minutes. Add black beans in juice; increase heat to high. Cook for about two minutes, stirring. Mash mixture with a spatula or manual potato masher; remove from the heat.

Divide Masa dough into four pieces; flatten between two pieces of plastic wrap using a heavy skillet or tortilla press. Lay dough pieces on a cutting board; divide the beans and cheese among dough pieces, and then carefully fold over and pinch to create a half-moon shaped pocket. Heat vegetable oil in a large skillet over high heat. Add the pockets in a single layer without overcrowding; cook for three to four minutes per side or until golden in color. Cook in batches if necessary. Drain on paper towels. Garnish with chopped onion or fresh cilantro. **Suggestion:** Serve with Guacamole, salsa or sour cream.

Toutons (*Canadian pork-fried bread dough*)

- 1/2 C lukewarm water
- 1 TBS sugar plus 1 tsp. sugar
- 1 pkg. (16g) traditional yeast
- 1 C milk
- 2 TBS shortening

- 1/2 C cold water
- 1/2 TBS salt
- 5 to 6 C all-purpose flour
- 1/4 LB fatback pork (*salt pork*), finely cubed

Place lukewarm water in a bowl. Dissolve one tablespoon sugar in the water and sprinkle with the yeast. Allow to stand for about ten minutes, and then stir quickly with a fork. Pour milk into a saucepan; scald and then add shortening, stirring until melted. Add cold water, salt and one teaspoon of sugar. Make sure milk mixture is lukewarm, and then add yeast. Stir until blended. Add two cups of flour; beat with a wooden spoon until smooth. Gradually add more flour until dough is moist but no longer sticks to the bowl. Turn dough onto a lightly floured board or flat surface; knead for at least ten minutes. Shape dough into a ball and place in a greased bowl; turn dough ball to grease top. Cover with a dampened cloth; allow dough to rise in a warm place until double in size. Punch down dough. Pinch off dough pieces equivalent to about 1/3 cup each; flatten to a 1/2-inch circular or triangle shape. In a skillet, fry cubed salt pork until crisp and golden brown; remove to drain on paper towels. Add dough pieces to hot pork grease; fry until golden in color on both sides. Serve with cooked salt pork. **Note:** Toutons are common in Newfoundland, where they are traditionally known as a pancake.

Tsebhi Shiro (*Eritrean Spicy Peanuts*)

- 1 LB raw dry peanuts
- 2 C water
- 1/2 C butter
- 2 TBS tomato paste
- 2 small onions, chopped
- 2 tsp. ground ginger
- 1 clove garlic, minced
- Salt & black pepper to taste

Shell peanuts; clean and grind to a fine powder. Add remaining ingredients to a saucepan with two cups of water. Bring to a boil, reduce heat to simmer and cook for about ten minutes. Add ground peanuts and cook for another twenty minutes. **Suggestion:** Serve with flatbread.

Vegemite Twists *(Australia)*

- 1 sheet puff pastry (*thawed*)
- 1 TBS butter, softened
- 1 TBS Vegemite*
- 1/2 C cheddar cheese, grated
- 1 tsp. flour
- 1 TBS milk
- 1 egg, lightly beaten

Preheat oven to 350-degrees F; grease a baking tray or cookie sheet. Place pastry sheet on a lightly floured flat surface. Spread softened butter and the Vegemite on pastry sheet; sprinkle with grated cheddar cheese. Fold bottom edge of the pastry over to enclose; sprinkle with flour. Using a rolling pin, roll out enclosed pastry to original pastry sheet size. Cut into twelve strips; twist each one two or three times. Place on greased baking tray or cookie sheet; brush with milk and lightly beaten egg. Bake for about ten minutes, or until twists are crisp and golden in color. Serve warm or cold. ***Note:** Vegemite is a brown-yeast extract common in Australia, where it is packaged and commercially sold. Vegemite is typically spread on toast and sandwiches (*sangers*). If desired, substitute Vegemite with one beef bouillon cube dissolved in a mixture of soy sauce and water.

Wasabi Peas *(Japan)*

- 3 C dried, whole peas
- 1-1/2 C Mirepoix (*diced celery, carrots & white onion*)
- 3 TBS olive oil
- Salt to taste

- Spices to taste (*savory spices such as onion salt, garlic powder or salt & paprika*)

Soak the peas overnight; rinse and drain. In a large pot, cook the peas in water with the onion and celery until tender (*cooking time will vary on amount of peas used*). When the peas are finished cooking, the quantity should equal approximately six cups of peas. Coat a cookie sheet with the olive oil; place the cooked peas on the cookie sheet. Toss peas in the oil until well-coated. Slow-roast the peas in a 200-degree F oven for about four to eight hours, stirring every half-hour or so. Remove from the oven and toss with salt and spices.

Wasabi Coating:

- 4 TBS Wasabi powder
- 2 TBS Tahini (*sesame seed paste*)
- 2 TBS rice vinegar
- 1 tsp. Dijon mustard

Mix all of the ingredients together; coat the hot-roasted peas with the mixture. Return to the oven and cook for another ten minutes at 200-degrees F, or until the cooking aroma becomes very strong. You may need to double or triple the seasoning recipe, or experiment using the portions.

Witches Warts (*Halloween*)

- 1/4 C butter, cubed
- 8 oz. semi-sweet chocolate
- 1/2 C heavy cream
- 2 bags 3-Musketeers Bars (*fun size*), chopped into small pieces

Melt butter in a saucepan. Remove from heat and add the semi-sweet chocolate. Cover and let rest for about three minutes or until the chocolate melts; stir until smooth. Gradually add heavy cream; stir until fully blended and chocolate loses its shine.

Refrigerate until slightly firm, about twenty to thirty minutes. Roll into balls and then roll into chopped 3-Musketeers Bars, pressing gently. Recipe yields about sixty Witches Warts.

Yalanchi (*Iraqi rice-stuffed tomatoes*)

- 6 medium-sized tomatoes
- 4 TBS olive oil
- 1 onion, finely chopped
- 1/2 C raisins, soaked in warm water for ten minutes; drained
- 1/2 C pine nuts
- 1/2 tsp. cinnamon
- 2 C cooked rice
- Salt & black pepper to taste

Preheat oven to 350-degrees F. Cut the top off of each tomato. Remove core from tops and finely chop remaining flesh; set aside. Using a spoon, carefully scoop out tomatoes; turn upside down on paper towels to drain. Discard pulp and seeds. Heat two tablespoons of olive oil in a large skillet over medium to high heat. Add chopped onion and cook until soft, about three minutes, stirring frequently. Add chopped tomato tops, raisins, pine nuts and cinnamon; mix well. Reduce heat to low and simmer, about four minutes. Remove from heat and add cooked rice. Season with salt and black pepper; mix until well blended. Fill tomatoes with mixture; place in a greased baking pan. Drizzle remaining olive oil on tomatoes. Bake until tender but still firm, about twenty-five minutes. Serve. **Note:** Yalanchi can also be served as an appetizer. **Variation:** Substitute rice with couscous, such as box-packaged Near East brand with pine nuts.



SNACK TRIVIA

Did You Know?

FOOD MILESTONES (from "American Food & Culture" by Food Fare)

The invention and branding of certain foods in America is of particular interest to many. The more well-known foods are listed below, along with the year they made their debut in America.

- A & W Root Beer (1922)
- Animal Crackers (1902)
- Banana Split (1904)
- Bisquick (1930)
- Bugles (1964)
- Coca-Cola (1886)
- Cracker Jack (1896)
- Hershey's Chocolate Bar (1900)
- Hershey's Kisses (1907)
- Jell-O (1897)
- Kool-Aid (1927)
- Lipton Instant Tea (1958)
- M & M's Peanut Candies (1954)
- Mike & Ike's (1927)
- Oreo Cookies (1913)
- Oscar Meyer Weiner (1929)
- Peanut Butter (1904)
- Pepsi (1902)
- Popcorn (1904)
- Pop Tarts (1964)
- Ramen Noodles (1972)
- Reese's Peanut Butter Cup (1923)
- Ritz Crackers (1934)
- Snickers (1930)
- Sprite (1960)
- Twinkies (1930)



- Velveeta (1928)
- Wrigley's Gum (1921)

FAST FOOD IN AMERICA (*from "American Food & Culture" by Food Fare*)

Fast food in America is quite a phenomenon, albeit with a dreadful reputation which includes poor nutritional values. However, most Americans have become more health-conscious these days and the majority of fast food restaurants have adjusted their menus accordingly. Listed below are some of the most popular fast food restaurants in America, along with the year they were established.

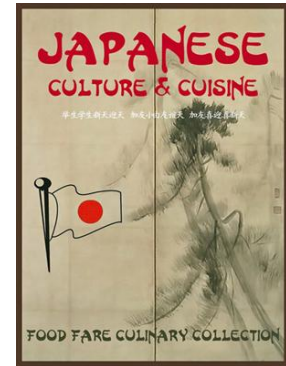
- A&W Restaurant (1923)
- Arby's (1964)
- Arctic Circle (1950)
- Burger King (1954)
- Carl's Junior (1941)
- Chipotle Mexican Grill (1993)
- Chuck E. Cheese's (1977)
- Dairy Queen (1940)
- Del Taco (1964)
- Dominoes Pizza (1960)
- Dunkin' Donuts (1950)
- Fatburger (1947)
- Hardee's (1960)
- In-N-Out Burger (1948)
- Jack in the Box (1951)
- Kentucky Fried Chicken (1955)
- Long John Silver's (1969)
- McDonald's (1940)
- Panda Express (1983)
- Pizza Hut (1958)
- Popeyes Louisiana Kitchen (1972)
- Quiznos (1981)
- Sconecutter (1977)
- Skippers (1966)
- Subway (1965)
- Taco Bell (1954)

- Taco Time (1960)
- Wienerschnitzel (1961)
- Wendy's (1969)
- White Castle Hamburgers (1921)

JAPANESE SNACKS (from "Japanese Culture & Cuisine" by Food Fare)

The Japanese enjoy a great number of snack foods, some of them home-prepared while others are available packaged in stores or public eateries.

Edamame (twin bean) is quite popular, made with immature soybeans boiled in water and salt, and served whole. Other condiments and spices are used with *Edamame*, such as wine dregs (known as *Jiuzao*) and five-spice powder. The beans can also be pulped into a dip and eaten with a variety of crackers or raw vegetables. Packaged *Edamame* dip flavoring is available in most Asian grocery stores.



Kaki peanuts (*kaki no tane*) are another favorite snack in Japan. Made from crescent-shaped soy-flavored rice crisps and peanuts, they are typically offered as a pub snack. *Yan-Yan* is a two-compartment package containing biscuit or crackers sticks, and sweet-flavored dip, such as chocolate, strawberry, vanilla or yogurt. The sticks also come in multiple flavors.

Kara Mucho, also known as potato chips or potato sticks, are spiced Japanese snacks made with potato, vegetable oil, red pepper, salt, sugar and MSG (*monosodium glutamate*). *Mochi* is another common snack, which consists of rice cake pounded into paste and then shaped into various forms. The ceremony for preparing *Mochi* is known as *mochitsuki*. The snack is eaten year-round, although it remains most popular during New Year celebrations.

Rice balls (*Onigiri*) are also common snacks in Japan. They are nothing more than white rice formed into balls, wrapped in seaweed (*nori*) and filled with a variety of salty foods: pickled fruits (*umeboshi*), fermented tuna (*katsuobushi*), kelp (*kombu*) and roe (*tarako*).

Black-Black (*Burakku-Burakku*) is a brand-name chewing gum which is highly caffeinated and colored charcoal-gray. It is also available in the United States. Green tea ice cream (*matcha aisu kurimu*) is hugely popular in Japan and other parts of Asia. The ice cream is made using finely-milled *Matcha* green tea, which is also typically served during a Japanese tea ceremony in hot liquid form.

Other popular Japanese snacks include:

- **Agemochi** (made from broken pieces of sticky rice; deep fried and lightly salted).
- **Ajigonomi** (packaged snack similar to trail mix; contains seasoned combinations of rice crackers, peanuts and dried fish).
- **Arare** (bite-sized crackers made from rice and seasoned with soy sauce or sugar; often eaten to celebrate the annual Doll Festival – *Hinamatsuri* - on March 3rd, also known as Girls' Day. They are also sold with Kaki peanuts in a packaged snack called *kakipi*).
- **Botamochi** (made with rice and sweet azuki red-bean paste).
- **Botan Rice Candy; *Tomoe Ame*** (lemon-orange flavored candy wrapped in rice paper).
- **Dango** (small dumplings made from rice flour; available in a variety of sweet and salty flavors. Usually presented on a skewer and eaten with green tea).
- **Ganmodoki** (tofu fritter made with vegetables, egg white and sesame seeds).
- **Hello Panda** (biscuit with a shortbread layer filled with flavored cream).
- **Kappa Ebisen** (shrimp-flavored snack resembling French fries).
- **Korokke** (deep-fried fish with mashed potato and white sauce, typically sold by street vendors).
- **Monaka** (wafer dessert sandwich with a variety of fillings: azuki bean jam, sesame seeds, chestnuts or rice cake).
- **Nikuman** (boiled dumplings filled with curry-seasoned meat; similar to Chinese pork buns).
- **Pocky** (bread sticks coated with chocolate).
- **Pretz; Purittsu** (similar to pretzels but dusted with savory seasonings).
- **Puccho** (flavored candy similar to gummy bears and taffy).
- **Takoyaki** (fried dumpling filled with octopus, leftover tempura scraps – *tenkasu* - pickled ginger and green onions).
- **Wagashi** (sweet confection often served with tea; made from azuki bean paste, mochi rice cake and various fruits).
- **Yakitori** (skewered chicken grilled over charcoal).
- **Yukimi Daifuku** (ball of vanilla ice cream wrapped in a thin layer of rice cake).

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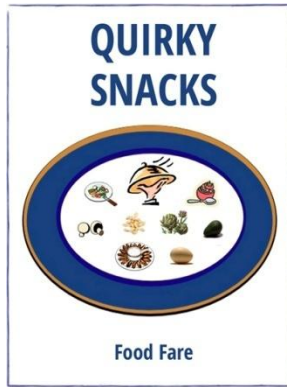
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Food Fare offers recipes from a variety of countries and cultures around the world. Their official web site also contains a collection of personal recipes, many of them "comfort foods" inherited through the generations.

Food Fare is also home to the *Ambrosia Cookbook*, *Breakfast Cookbook*, *Community Garden Cookbook*, *Food Fare Cookbook*, *Furry Friends Cookbook*, *Glinhaven Cookery*, *Global Seafood Cookbook*, *The King's Table*, *Larkin Community Cookbook*, *Luscious Leftovers Cookbook*, *Quirky Snacks Cookbook*, *Recipes-on-a-Budget Cookbook*, and the *Soups & Stews Cookbook*.

In addition, Food Fare's exclusive *Culinary Collection* features more than forty books in Kindle, Kobo, Nook and Adobe Digital Editions. The titles include information about the food and culture of different countries across the globe, holidays and food-specific topics. They also contain history, food traditions, lifestyle and dishes native to various countries, as well as authentic recipes, words and phrases in the native tongue of the subject, along with food and cooking terms.

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