



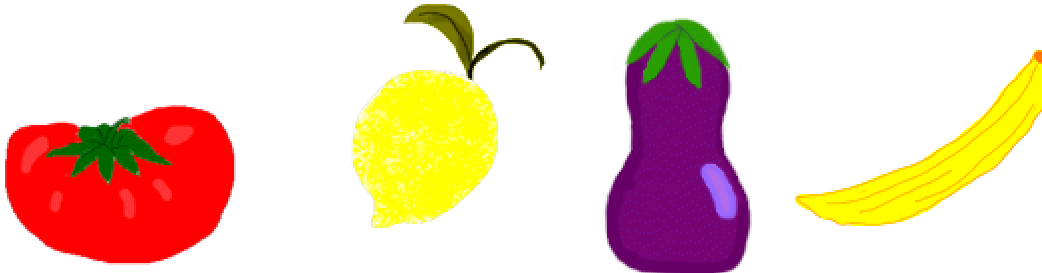
 *food with no name*   
A Cookbook for People Who Love to Cook

BY M. ELAINE MURPHY



# Food With No Name

By M. Elaine Murphy



## Forward

*Food With No Name* is a collection of dishes Elaine has created over the years, “on the fly.” She simply loves to cook, and she’s an artist – she don’t look back. I, on the other hand, like to look back, especially if it means that I get to enjoy one of her unique culinary masterpieces more than once! Over the years, after stuffing myself with one of these gems for the palette and belly, I have often pestered her to record the recipe. At first, I wrote them down, but that proved too cumbersome, and Elaine ultimately made a computer file to store them in. The file grew over time, until it sprang forth as a cookbook, spontaneously - just like food with no name. I hope you have tons of fun with this book, and will love the dishes as much as I do.

Rob Wood, March 2005

## Introduction

*Food With No Name* is a book for people who love to cook – and for people who love to eat the meals prepared by people who love to cook. It’s not a book that will teach you how to cook, and it’s not a book for people who only cook because they have to. If you love to cook, and if you love to be creative in the kitchen, then this book is for you. Don’t worry if you don’t have the exact ingredients for a particular dish on hand – just improvise! That’s what *Food With No Name* is all about.

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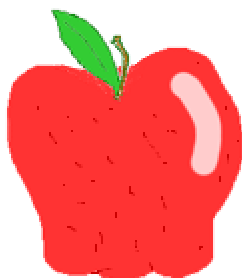
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# FOOD WITH NO NAME

## TABLE OF CONTENTS



Origin of Food With No Name.....	4
Methods.....	5
Things to Have on Hand.....	8
Random Comments About Cooking and Food.....	10
Food With No Name Recipes.....	12
<b>Main Dishes</b>	
Frittata.....	12
Black Bean and Chicken Chili.....	13
Easy Low Carb Chicken Soup.....	14
Fish Filets in Shrimp & Mushroom Sauce.....	15
Irish Italian Southern Stew.....	16
Jambalaya.....	17
Lamb Curry with Plums.....	18
Murphy's Gumbo.....	19
Osso Bucco (Simmered Beef).....	20
Pink Soup.....	21
Quick & Delightful Salmon Filets.....	21
Quick Linguine with Meat Sauce.....	22
Rice & Beans.....	23
Seafood Cream Sauce Pasta.....	24
Soft Tacos.....	25
Sort Of Chicken Gumbo.....	26
Split Pea Soup with Ham.....	27
<b>Salad Dressings, Sauces &amp; Marinades</b>	
Ceviche.....	28
Favorite Green Salad.....	29
Fruit Salad.....	30
Macaroni Salad.....	31
Marinated Salad.....	32
Potato Salad.....	33
California Summer Salad.....	34
Tomato Mozzarella and Basil Salad.....	35

<b>Salad Dressings, Sauces &amp; Marinades</b>	
Cranberry Horseradish Sauce.....	36
Low Carb Ranch Dressing.....	36
Marinade for Grilling Pork or Fowl.....	37
Mexican Sauce for Chicken (Pollos Rancheros).	37
Murphy's Irish Vinaigrette Dressing.....	38
Murphy's Mayonnaise Dressing.....	39
<b>Side Dishes</b>	
Asparagus Mayonnaise.....	40
Broccoli Sauté.....	40
Mushrooms in Their Own Juice.....	41
Oven Roasted Potatoes.....	42
Oven Roasted Yams.....	42
Winter Vegetable Medley.....	43
Zucchini and Mushrooms.....	44



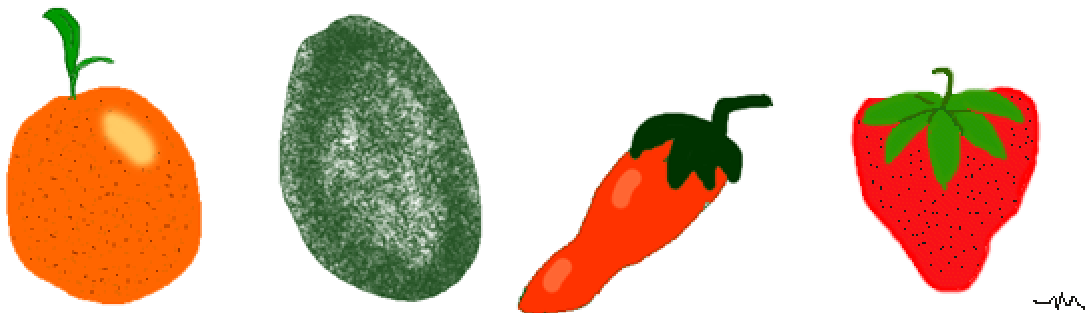
## The Origin of Food With No Name

Probably I was influenced by Clint Eastwood's so-called Spaghetti Westerns in which he played a Man With No Name, and possibly by an old 60's song titled "Horse With No Name." Both were wonderful, and I hope you will feel the same way about my food.

I call it *Food With No Name* because much of it is made up of one-dish meals that are the result of putting together ingredients available at the moment from the pantry and fridge. People would ask me what it was they were eating, and since it had sprung into being spontaneously, I really had no answer. I suppose if I'd been from France instead of Texas, I'd have called it *Food du Jour*.

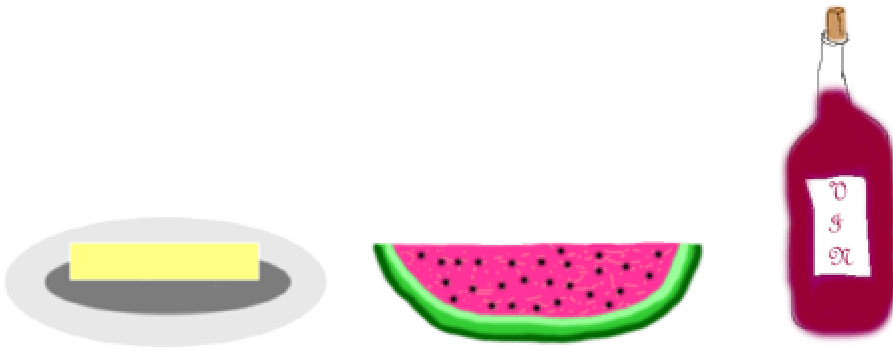
I have loved to cook since I was allowed to do things in the kitchen at the age of 8 years. 50 years later, the time I spend in the kitchen is still some of my favorite time, and I hope you will be inspired by my book to create your own, unique *Food With No Name*.

*Colleen*



# Food With No Name

## Methods



### Choosing Meat

As with anything, “you get what you pay for” with meats. I recommend getting the best quality meat, fish, and fowl available to you for several reasons: Flavor, tenderness, appearance, and healthful qualities. I don’t need to tell you all the reasons why higher grades of these foods are better for you – you can read more about that in books dedicated to the subject.

If you’re going to be stewing or simmering beef, you can and should use a less expensive cut such as shanks, stew meat (made of chuck, usually), 7-bone roasts, and the like. These are very flavorful and are tender after having been simmered for several hours.

On the other hand, if you want a grilled or broiled steak, you need to haul out the big bucks and get ribeyes, New York strips, filets, and the like. Ribeyes are my favorite steaks, being very well marbled with fat, tender, and flavorful. Filets are tender and good, but don’t have as much flavor as ribeyes or New York Strips. I also like skirt steaks (“fajita” steaks) and flank steaks for flavor and relative tenderness.

I like to use fowl that has been “free-range” raised, preferably without antibiotics or other chemicals. I think the flavor of free-range chicken is much superior to regular “factory” type chicken.

Don’t knock good pork chops. Pork is now being raised differently than it was long ago when it was thought of as “fat” meat. It’s now clean and lean, and some has less saturated fat than chicken. A nice grilled pork chop can be as enticing as a steak, with less guilt.

### **Dredging in flour:**

I love those huge plastic zipper bags for this. You can put the flour in the bag, add the cubed meat, and just turn it and shake it until all the pieces are coated with flour. Any plastic bag will do, or even a heavy paper bag. I just like the zipper ones because there's less chance of spilling the flour.

### **Grating garlic:**

I believe that grating garlic distributes the flavor throughout the food better than chopping it (just a thought).

### **Preparation of Dry Pasta:**

Although I follow cooking directions on pasta packages, I sometimes add a little extra virgin olive oil to the boiling water before adding the pasta. This not only enhances the flavor, but makes the pasta glisten and keeps it from sticking together. Not really necessary in a pasta salad, since you'll be adding dressing to it. I'm not a fan of "al dente" pasta, so generally cook it for as long as the package suggests or a minute or two longer.

### **Choosing Mushrooms:**

You probably already know this, but here goes: The freshest mushrooms are the ones with the caps still closed tightly around the stems. They have the best flavor and texture. If they're exotic types that aren't built with a cap (like chanterelles or oyster mushrooms), you just have to use your best judgment. Generally, the firmer and drier they are, the fresher they are. Don't be afraid to try exotic mushrooms in place of the ubiquitous white or brown mushrooms. Oyster mushrooms have a mild, bacon-like flavor; portobellos are almost like slabs of meat in taste and texture, chanterelles have a perfume-like scent and flavor. I have never tried hunting wild mushrooms, and don't ever plan to do so. A friend of mine had a wild mushroom book I browsed through once, and the same theme seemed to be woven throughout the book: This mushroom looks just like a poisonous one. I figure if I stick to the ones in the store, it's one less chance I have to take. Gourmet grocery stores will usually have some pretty fancy mushrooms for a price. Be sure to smell them, since some have very strong flavors, and don't go with everything.

### **Hard-boiled Eggs**

I like organic eggs, but any eggs are better cooked this way. Hard-boiling is a great way to keep the outside of the yolks from turning that indescribable sort of gray color, but you have to watch them:

Bring a pot of water with the eggs in it to a boil (best if you watch them during this phase). As soon as they come to a boil, *immediately* remove from heat and set aside for 15 minutes. With tongs, gently remove the eggs from hot water and place in a bowl of ice cubes and water. Let them cool for about 20 minutes before peeling them. You will be surprised at the beautiful yellow of the yolks, and the flavor of the eggs is much better than just boiling them. Trust me.

## Asparagus

There are three good ways to get rid of the tough covering on the bottoms of asparagus spears, and (lucky you) two of them are pretty easy. The first and maybe easiest way is to just cut about 1/3 of the stems off while they're still tied in a bunch, and throw them away. The advantage to this is the spears will all be the same length and have nice, evenly-cut ends. The only disadvantage is that you may be throwing away parts that are tender without knowing it. Which brings me to the second method: breaking. You pick up each spear and bend it gently close to the large end. It will break where the stalk begins to get tough, and you can throw the tough end away. However, the spears will be different lengths, and have uneven ends, so don't look quite as appealing as the first method. Then there is the very tedious third method, in which you take a vegetable peeler and peel off the tough outer covering of the bottom third of the stalks. If you use this method, be sure to cut off 1/8 inch of the bottoms or so to get clean ends. And be sure you're in a good mood, or you could get into trouble.

## Choosing Fruits and Vegetables

I know this may sound a little embarrassing, but you need to smell fruits and vegetables to see if they smell like what they are. If you spy a cantaloupe, pick it up and sniff it, and there's no scent, then the cantaloupe won't have any flavor, either. Best place to sniff is where the stem was. Same is true of tomatoes.

There are some things that won't have a noticeable scent, like avocados; but I hope you know you can gently poke or squeeze them to see if they're hard as rocks or getting mellow enough to taste good.

As for other things, color is a good indicator. Usually veggies or fruits with brown spots are bruised or too ripe; however, bananas need some dark brown "freckles" before they are ripe enough to eat. And you can always smell a ripe banana. Pineapples have a strong scent, although to judge which ones are juiciest, you need to gently squeeze them to see if they "give" slightly. If not, they're not ripe or juicy enough yet. Potatoes have a nice scent, but generally if they *look* good, they *are* good -- same with most root veggies. Greens and lettuces need to be crisp. Limp or wilted leaves are not going to be great tasting or appealing in a salad.



## Food With No Name

### Things to Have on Hand



### Food that's good to have around

Celery  
Onions (white, yellow, green, or red)  
Rice (brown, wild, risotto, plain white)  
Carrots (the peeled small ones are nice to use whole)  
Chunk of Ham (this can be kept for a long time in the freezer)  
Sausage (link, ring, patty)  
Mushrooms  
Canned diced tomatoes  
Boneless Skinless Chicken Thighs and Breasts (these freeze well, too, and can be thrown into the pan frozen)  
Beef Stew Meat  
Shrimp (as long as we're putting a wish list together – also freezes well)  
Chicken Broth or Chicken Bullion Cubes  
Dry Elbow Macaroni  
Dry Wide Egg Noodles  
Cream of Mushroom Soup  
Butter (freezes well)  
Nonfat Dry Milk (keeps well for long periods, can be used in place of whole milk)  
Eggs  
Asparagus  
Broccoli  
Zucchini  
Spinach (baby leaves or bunches of spinach plants)  
Yams  
Potatoes  
Cheese (longhorn, mozzarella, jack)  
Hard Cheese (to grate – like Asiago, Parmesan, Romano)  
Sour Cream

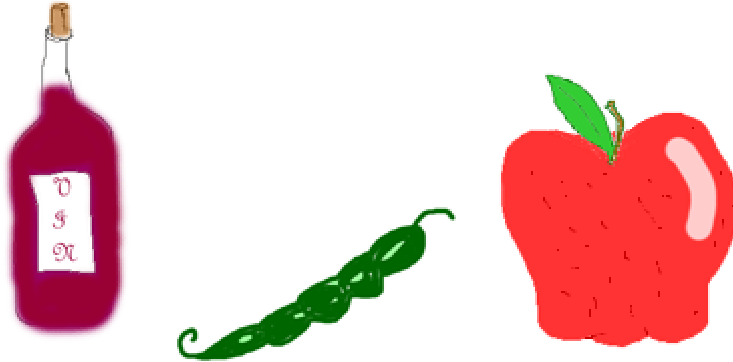
Cream Cheese  
Extra Virgin Olive Oil  
All-purpose Flour (keep in a Ziploc)  
Lemons or Lemon Juice (limes will do for most things)

Spices you might want to keep on hand:

Basil  
Thyme  
Oregano  
Bay Leaves (I like powdered bay leaves from Penzey's)  
Garlic (NOT garlic salt – if prepared, used granulated or garlic powder)  
Pepper (Try to use freshly ground whenever possible)  
Kosher Salt or Sea Salt  
Powdered mustard  
Gumbo File (sometimes called File Gumbo)  
Cayenne Pepper  
Curry Powder  
Fine Herbs  
Herbs de Provence  
Epazote (used by Mexican cooks to reduce the gaseous affect of beans)  
Rosemary

# Food With No Name

## RANDOM COMMENTS ABOUT FOOD



### Breads and Desserts

Sad to say, I have little interest in baking. The man I love has a bread machine, and makes nice loaves from time to time; but on the whole, there are so many grocery stores that sell nice artisan breads and pretty desserts, I just go buy some. Dip little bits of bread in some really fine extra virgin olive oil or toast it and brush it with melted butter. Go wild. Just don't expect any bread or sweet dessert recipes in this book (although the fruit salad makes a nice dessert, and could be garnished with whipped cream if you wish).

### Wine and Spirits

If you can, enjoy a nice glass of wine with the meals in this book. Most of them will go well with reds (even the seafood will stand up to a light red). The combination of food and wine is, I think, like an orchestra: The kettle drums and cymbals don't do well by themselves. Pair them up, and enjoy.

### Cheese, Wine and Fruit for Dessert

Try this. You'll be delightfully surprised if you've never had it. There are probably a gazillion combinations of these three things, but experiment and enjoy. You might want to start out with something simple, like Brie and apple slices, and branch out from there--maybe a little Japanese plum wine to go with it. Its popularity comes and goes with the restaurant fads of the day; but it will always be a lovely choice for either appetizers or desserts.

## Roasting Meat or Fowl

Basically, roasting means cooking in an oven with no covering. I never salt meat while it's roasting, since salt makes the juice come out.

I like to roast chickens and turkeys at a low temperature with no basting. Some really good cooks don't like this method, but I find that it keeps the meat moist and the flavor good. I preheat the oven to 450 degrees, and then lower it to 325 when I put the meat in the oven, and let it go for about 20 minutes per pound. This will vary, of course, according to how large the bird and how accurate your oven. Turkeys will take less time per hour, being larger birds, and Cornish game hens will take longer, being tiny birds. I use a loose covering of aluminum foil on a turkey until the last hour when it needs to brown. This keeps the juice in the meat. I also cook chickens and turkeys breast down for the first half of the cooking time, since most of the fat is in the dark meat and will automatically baste the breast during this time. (Sorry, I know it's not pleasant to turn them over, but it's worth the effort. Rosemary and olive oil rubbed on the outside of fowl before roasting is very tasty.)

Try stuffing a chicken or turkey with quartered apples. The apple flavors the meat in a very subtle way. Then, leave the apples in the carcass and simmer to make broth to use in other dishes. Wonderful. Lemons can be used for this, also.

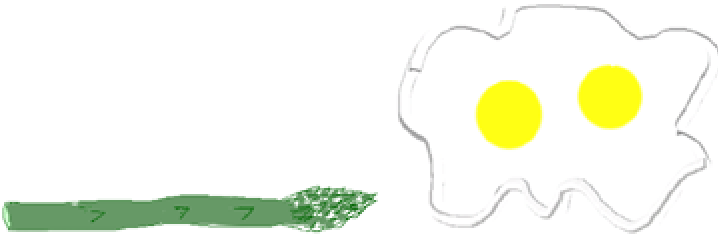
The time required for roasting meat will differ according to whether you like meat rare, medium, or well done, etc. I generally don't roast anything but well marbled meat (prime rib or tenderloin roasts) and prefer it to be rare to medium rare. If it is a tough cut (chuck, round, etc.) I prefer to simmer it in a sauce for a long period of time to make it tender.

## Grilling Meat or Fowl

There are a lot of nice indoor and outdoor grills, and each comes with its own instructions on how to grill various foods. I believe that salting meat before grilling will leach out the juices, so don't put salt in marinades. Lemon and lime juices make excellent bases for meat or fowl marinades, since citrus seems to help tenderize as well as flavoring the meat. Grilling should be done at a relatively high temperature to seal the juices in the meat. If you wish the meat to be well done (as in chicken breasts), sear it at a high temperature and lower the heat (or move the meat to a cooler area of the grill) to let it cook through. Otherwise, you can use the high heat for rare and medium rare meats.

# FOOD WITH NO NAME

## MAIN DISHES



### Asparagus Frittata Chez Murph

6 Eggs, beaten with either ½ cup milk or ½ cup sour cream  
About ten spears of asparagus cut in 1" lengths (depends on size of spears)  
(Spinach or broccoli may be substituted for the asparagus - See below)  
1/2 stick butter or 4 tbsp. extra virgin olive oil  
Grated garlic clove (large)  
Chopped medium onion (one)  
1 cup crumbled feta cheese or grated cheese (Asiago, longhorn, jack or mozzarella)  
½ tsp. thyme  
½ tsp. oregano  
Salt to taste

(Optional: chopped calamata or regular black olives, mushrooms, celery; chopped parsley, chopped green or red peppers)

Preheat oven to 350 degrees F, with rack at top of oven.

Beat eggs, salt and milk (or sour cream), until a little frothy. Set aside.

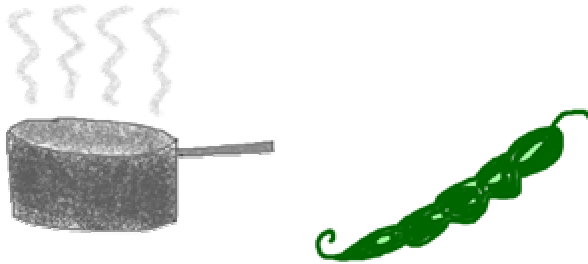
Using large (11" or 12") sauté pan, melt butter over a medium low heat. Sauté onions, garlic and asparagus (or broccoli) until onions turn a little clear.

Spread vegetables evenly in bottom of sauté pan, and then carefully pour egg mixture over them. Do not mix. Gently distribute the cheese over the top. Place in oven and set timer for 15 minutes. Check to make sure eggs don't wiggle when pan is shaken gently, and that the cheese is slightly browned. Remove from oven and set on top of stove on COLD burner to rest while you make toast to go with it. When toast is made, cut frittata in half, thirds or quarters, then carefully lift edges with spatula, finally scooping all the way

underneath. Place on plates with toast, biscuits or other yummy breads. Freshly ground pepper goes well on top.

Serves two very hungry, three medium hungry, or four slightly hungry people.

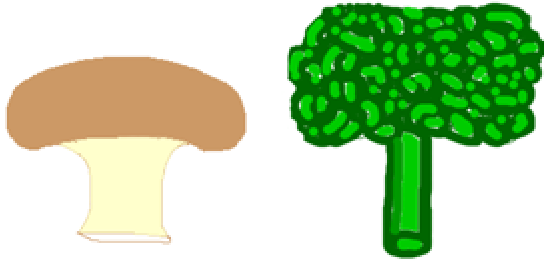
**Note:** If you substitute spinach for the asparagus, don't sauté it first. Just place a couple of layers of raw baby spinach leaves on top of the egg mixture in the pan before you pile on the cheeses. If you use large spinach leaves, cut off stems and cut leaves at least in half before placing on the egg mixture. You can also use thin slices of fresh tomato in the same way. All else is the same as above.



## **Black Bean and Chicken Chile**

2 cups dried black beans  
7 cups water or broth  
1 lb. boned chicken, preferably dark meat  
1 large onion  
4 cloves garlic, grated  
4-5 tablespoons chopped dry epazote  
8 tbsp. Chili powder  
1 tsp. cayenne pepper (or to taste)  
½ tsp. ground cumin (comino)  
2 bay leaves  
4 tbsp. Olive oil  
Salt and pepper to taste

Sort and rinse beans. Put into large pot with 6 cups of water, onions and chicken pieces. Bring to a boil, then immediately reduce heat to a slow simmer. Add garlic, chili powder, bay leaves, epazote and cayenne. Simmer for 3 hours, stirring and checking each hour. Add the extra cup of water or broth as needed. Add olive oil. Serve as is, or over rice. Can be served with jalapeno peppers and tortilla chips and garnished with fresh cilantro and a dollop of sour cream.



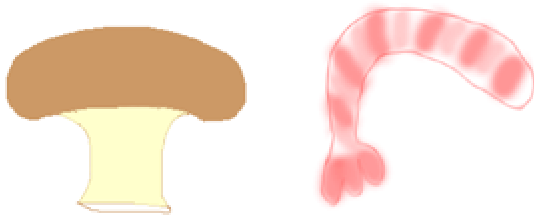
## Easy Low-Carb Chicken Soup

2 lbs. Boneless skinless chicken thighs, cut in 2" chunks  
1 large white or yellow onion, diced  
2 cups sliced white mushrooms  
6 cups greens (collard or mustard), shredded into ½" strips  
6 cups water or broth  
4 tbs. extra virgin olive oil  
5 cloves chopped fresh garlic or 1 tsp. Granulated garlic  
1 handful of Herbs de Provence OR see below  
Sea salt or kosher salt  
Freshly ground black pepper

Put all ingredients in water; bring to a simmer for about an hour.

Instead of Herbs de Provence, you could use:

1 tbs. Dried basil  
1 tsp. Dried rosemary leaves  
2 bay leaves  
½ tsp. Thyme



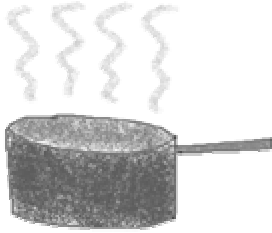
## **Fish Filets in Shrimp and Mushroom Sauce**

4 fresh fish filets, ½ lb. each (can use sea bass, salmon, snapper, cod, etc.)  
½ lb. cooked, peeled bay shrimp (sometimes called “shrimp meat”)  
¼ lb. whole oyster mushrooms (can use sliced white mushrooms)  
2 cloves finely chopped or grated garlic  
1 small jar of capers  
¼ cup chopped fresh parsley  
1 tsp. Fine Herbs  
½ tsp. Freshly ground white pepper  
¼ lb. butter  
¼ cup cornstarch  
½ cup water  
½ cup milk  
2-3 tbs. Vermouth

Sauté fish filets in butter in large sauté pan, leaving slightly undercooked, and put aside on warm plate in warm oven. In a plastic container with a tight-fitting lid, mix water and cornstarch and shake until completely evenly mixed.

Sauté mushrooms in leftover butter, adding Fine Herbs and white pepper. When the mushrooms are still “bouncy,” add garlic, parsley and water/cornstarch mixture and stir until it begins to thicken. Add milk gradually to keep mixture from becoming too thick. Add capers, shrimp and heat through. Pour over fish filets in deep platter and serve. Nice served with rice, risotto, rice pilaf, or garlic mashed potatoes. Also nice with a green salad.

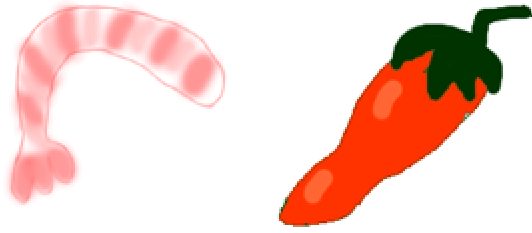




## **Murphy's Irish Italian Southern Stew**

2 lbs. Cubed stew meat  
1 cup all-purpose flour  
4 – 5 Hot Italian sausages (raw)  
½ bunch of celery (cut into ½" pieces crosswise)  
2 cups peeled baby carrots (or 4 large carrots cut in ½" pieces crosswise)  
1 can of okra (or 1 cup of fresh okra with stem ends cut off, cut in 1" pieces)  
1 large can (29 oz.) chopped stewed tomatoes  
1 cup wild rice  
1 cup long grain white, short grain brown, or long grain brown rice  
5 cloves of fresh garlic, chopped  
1 small handful of dried basil or 20 chopped leaves of fresh basil  
2 bay leaves  
1 small handful of dried parsley  
8 cups of canned or fresh chicken broth (or water)  
6 tbs. extra virgin olive oil  
Sea salt or kosher salt  
Freshly ground black pepper

Heat olive oil in stockpot over high heat. Dredge stew meat in flour (or not) and brown on all sides in olive oil. Add tomatoes, broth, basil, bay leaves, and parsley. Bring to a slow boil. Reduce heat to low, cover, and simmer for 1 hour, checking and stirring a couple of times. At the end of the hour, push a piece of the meat against the side of the pot with a spoon to see if it's getting tender. If not, let it simmer another half hour. Then add celery, carrots, okra, rice and garlic. Bring back to a simmer for ½ hour. Slit the skins of the Italian sausages and make tiny ¾" meatballs out of the raw sausage. Gently drop them on top of the stew (do not stir them!) and continue simmering for 20 minutes. Mix the sausage meatballs into the rest of the stew, salt and pepper to taste, and serve. Serve with a nice, crusty Italian bread.



## **Murphy's Jambalaya**

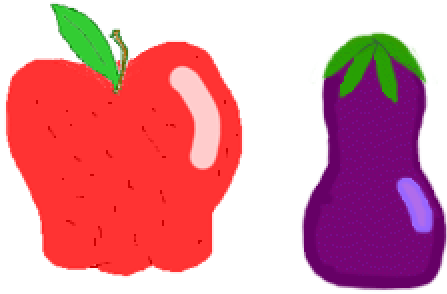
1 large chopped white or yellow onion  
6 stalks chopped celery  
1 large chopped bell pepper  
½ cup extra virgin olive oil  
2 cups cubed chicken breast or thighs  
1 cup sliced Andouille or other smoked sausage  
1 cup cubed ham  
6 cloves chopped fresh garlic  
4 bay leaves  
2 cups white rice  
Cayenne pepper to taste  
4 cups water or chicken broth  
½ lb. raw peeled and cleaned shrimp  
Salt  
Freshly ground black pepper  
2 tbs. Fresh chopped parsley

Sauté onions, celery, bell peppers in olive oil in a Dutch oven or small stockpot.

Add in cubed raw chicken, sliced smoked sausage, cubed ham, and sauté until chicken is just done (then add chopped garlic and bay leaves).

Add rice, cayenne, other seasonings and water. Bring to a boil, cover, and turn down to simmer for 25 minutes.

Add raw peeled shrimp at the last minute, and take off heat. Sprinkle with chopped fresh parsley, and serve within a few minutes. Serves four with leftovers.



## Lamb Curry with Plums

1 boned leg of lamb, cubed (or equivalent weight of lamb stew meat)  
1 cup all-purpose flour  
1 or 2 large onions (sweet, yellow or white), coarsely chopped  
2 to 5 cloves of fresh garlic or 1 tsp. granulated garlic, grated or finely chopped  
8 tbs. Curry powder (or to taste) (can add cayenne pepper to intensify)  
2 cups dried, pitted plums (pitted prunes)  
1 cup white raisins  
½ cup dried currants (can use dark raisins, but these give a good flavor)  
¼ cup extra virgin olive oil  
3 – 4 cups broth (vegetable or chicken preferred)  
Sea salt or kosher salt  
Freshly ground black pepper

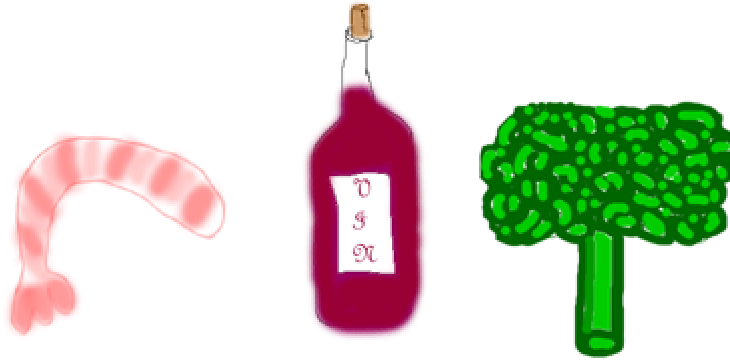
Can also use pieces of eggplant that have been salted and drained for an hour (should rinse off salt before adding to curry). Another wonderful ingredient in this dish is cubed, peeled yams. Either of these can be added about 20-30 minutes before dish has finished cooking.

Serve over:

Wild rice and/or white or brown rice, long or short grain, cooked in canned or fresh chicken broth (or water)

Heat olive oil on high, but not until it smokes. Dredge lamb pieces in flour and brown in oil. Remove from pan and set aside. Add onions and sauté until beginning to brown. Add garlic, browned lamb and enough broth to just cover meat and onions. Stir in curry powder, reduce heat to a simmer, cover, and simmer for 1 ½ to 2 hours, checking and stirring occasionally to make sure ingredients are not sticking to the bottom of the pan. When lamb is tender, it is ready to serve.

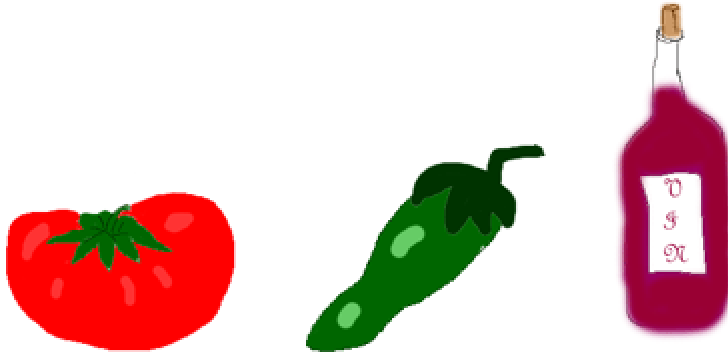
Good with a green salad (or marinated salad) and pita bread.



## Murphy's Gumbo

Hot ring sausage sliced in 1/8" medallions  
1 lb. cubed chicken meat  
2 lbs. Beef stew meat (or for seafood gumbo, use fish, scallops, shrimp, crab, oysters)  
29 oz. Can of cubed stewed tomatoes  
1 cup red wine  
4 heaping tbs. File gumbo  
20 fresh okra pods or 1 can of cut okra  
¼ lb. fresh white mushrooms  
4 cups Swiss chard or mustard greens, cut into 2" squares  
2 cups baby carrots  
¾ cup wild rice  
4 cups chicken broth or water  
6 cloves finely chopped garlic  
2 large white or yellow onions coarsely cut  
¼ cup extra virgin olive oil  
½ cup all-purpose flour  
1 tsp. Cayenne pepper  
Sea salt or kosher salt  
Freshly ground black pepper

Simmer mushrooms, sausage, onions, carrots, tomatoes, and garlic in broth. Dredge stew meat and chicken in flour and brown in olive oil in separate pan. Cut okra in ¼" pieces, remove stem tops, and add to simmering broth. Deglaze pan used to brown the meat with the red wine, and add to broth, along with wild rice, file gumbo, Swiss chard, chicken and beef. Simmer for about 1½ hour, stirring occasionally. Good with French bread and butter.

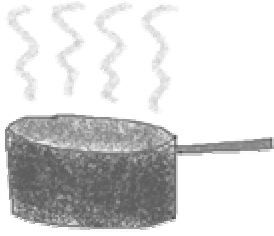


## **Osso Bucco (or Simmered Beef in Red Sauce)**

4 slices beef shank or 1 “seven bone” roast  
2 carrots, diced  
2 stalks of celery, diced  
1 large white or yellow onion, diced  
4 cloves garlic, finely chopped or grated  
1 can diced tomatoes (29 oz.)  
1 can tomato sauce (29 oz.)  
6 tbsp. extra virgin olive oil  
1 cup all-purpose flour  
3 tsp. oregano  
1 tsp. basil  
1 tsp. ground or whole fennel seeds  
1 cup red wine  
Salt and pepper

In a large, deep chef’s pan, heat olive oil to medium high heat. Dredge meat in flour and brown on both sides in olive oil. Remove and set aside. Add all vegetables to pan, stir, then add wine to deglaze pan. Add meat back to pan, as well as tomatoes, tomato sauce, and spices (not salt). The sauce needs to just cover the meat. If it doesn’t, add more red wine until it does. Cover and simmer for about 3 hours, checking each ½ hour to make sure sauce isn’t sticking to bottom of pan. Toward the end, prod meat with a large spoon to see when it begins to fall apart. Add salt last, to taste.

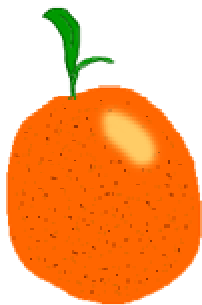
Serve over linguine or other pasta, or over risotto or white jasmine rice. Serve with cooked green vegetables or green salad and crusty bread.



## **Murphy's Pink Soup**

- 3 Tomatoes
- 1 large yellow onion
- 2 Garlic Cloves
- 1 Teaspoon of Thyme
- 1/4 cup chopped celery
- 1/2 cup red lentils
- 3 tablespoons chicken bouillon (optional - can substitute 1 teaspoon salt)
- 1 bay leaf
- 2 cups brown rice
- 3 cups coarsely diced ham (optional)
- 1 ham bone (optional)
- 3 cups sliced mushrooms
- 2 quarts water

Puree tomatoes, onion, and garlic in food processor and put in soup pot over low heat. Add all other ingredients. Bring to a fast boil, and then reduce heat to low and simmer for 1 to 1/2 hours.



## **Quick and Delightful Salmon Filet**

- Fresh salmon filets with skin on one side
- Butter
- Fine Herbs

Heat butter over medium high heat in sauté pan large enough to accommodate all filets comfortably. Place filets skin down in pan. Baste filet tops with butter

and lightly sprinkle with Fine Herbs. Cover pan, lower heat to low/medium and let steam 10 – 15 minutes (10 minutes will be medium rare, 15 minutes will be well done). May be served with lemon slices if desired. Great with salads, asparagus dishes, rices or just about any kind of potatoes (including potato salads).



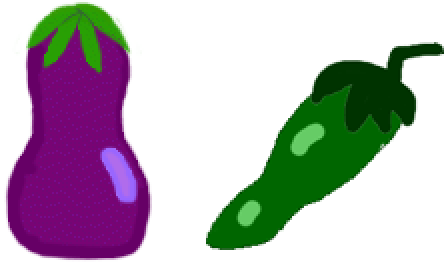
### **Quick Linguine with Meat Sauce**

- 1 lb. ground beef, chicken, turkey or pork
- 5 cloves finely chopped garlic
- 2 tbs. Basil
- 3 tbs. Parsley
- 1 jar prepared plain pasta sauce
- 1 small can chopped stewed tomatoes
- ½ tsp. Cayenne pepper (optional – cayenne is very spicy)
- 4 tbs. finely grated Parmesan, Romano or Asiago cheese
- 1 lb. package dry linguine or spaghetti

Heat prepared pasta sauce and canned tomatoes to a simmer. Add chopped garlic, basil, parsley and cayenne. Pinch small chunks of ground meat into simmering sauce and gently fold in. simmer for 20 minutes. Stir in grated cheese to thicken, and simmer another 5 to 10 minutes. Serve over linguine and sprinkle with more grated cheese. Garnish with ripe olives or calamata olives for color and flavor. Serve with crusty Italian bread and a salad.

Preparation of linguine:

Although I follow cooking directions on pasta packages, I generally add a little extra virgin olive oil to the boiling water before adding the pasta. This not only enhances the flavor, but makes the pasta glisten and keeps it from sticking together. This is particularly nice in a pasta salad.



## Rice and Beans

### Beans:

Dried Beans (pinto or red)

Water

Yellow Onions, chopped

Ham (cut in 1" cubes or larger)

Chicken (boneless skinless thighs are the best, can be whole or cubed)

Garlic (chopped or dry granulated, to taste)

Sliced jalapeno peppers

Cumin

Salt

Pepper

Oregano

Cayenne (if desired)

### Rice:

White Rice

Water (1 ¼ cups water to each cup of rice)

Salt (about 1 tsp. per cup of rice)

Olive oil (1 tbs. per cup of rice)

Rinse, then soak beans overnight or use the Quick Bean Method below. Simmer beans for 3 hours, then add the ham, chicken and other ingredients, bring back up to temperature and simmer for another hour. Prepare rice. Serve the bean mixture over a plate or bowl of rice. Can be garnished with cilantro or fresh parsley. Good served with fresh French bread or corn bread. This is a total meal, and keeps for days in the fridge. Best if you keep the beans and rice separate until ready to serve.

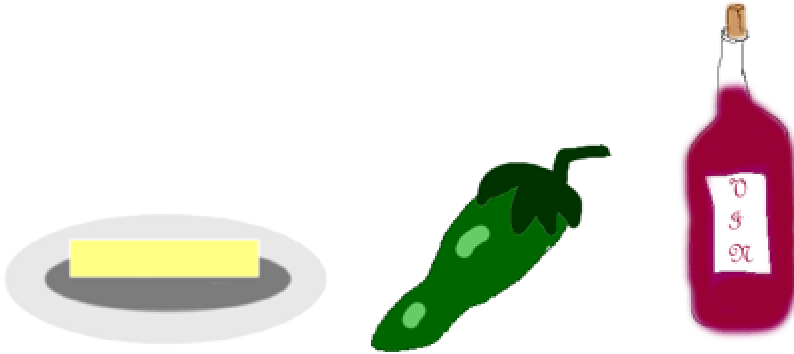
### Quick Bean Method:

Instead of soaking the beans overnight, rinse them, bring them to a boil, let stand for ½ hour, then bring back to a simmer and cook as above.

Note: Be sure to wait to add salt (or anything with salt in it) to the beans until they have cooked at least three hours. If you salt them too early, the skins will



become tough and they won't make the glorious soupy sauce that makes them so good over rice.



## Seafood Cream Sauce Pasta

Shrimp  
Oysters  
Scallops  
Chives  
Heavy cream  
Flour  
White Pepper  
Butter  
Garlic  
Sea Salt  
White Wine

Linguine or other pasta, cooked to your taste

Chop chives, set aside. Gently sauté seafood in butter and garlic, then remove from pan and set aside. Whisk heavy cream with butter and garlic and flour until desired thickness. Return seafood to sauce and pour over cooked pasta. Garnish with chives. This was co-invented by my friend and longtime cooking partner, Terry Pitcher (aka FlyBoy).



## **Soft Tacos**

1 – 2 lbs. Skirt steak or flank steak, grilled and thinly sliced after marinating with:

Cumin

Oregano

Lime Juice

Cayenne pepper

Black pepper

Olive oil

Serve with:

Chopped tomatoes

Chopped cilantro

Jalapeno peppers (nacho cut)

Sour Cream

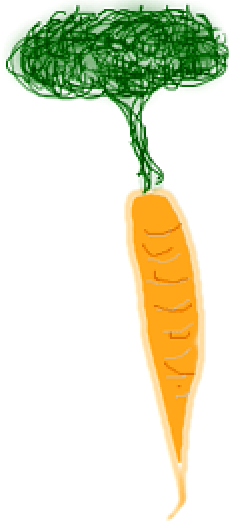
Fresh flour or corn tortillas

Guacamole or cubes of avocado

Salsa

Black or pinto refried beans

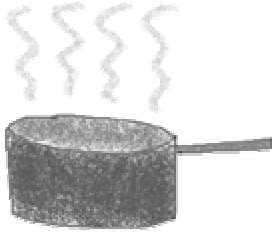
Wrap a tortilla around several of these ingredients and eat like a burrito. If cilantro isn't available, use chopped parsley or lettuce.



## **Sort of Chicken Gumbo**

2 lb. Cubed chicken, dark meat preferred  
1 lb. sliced Polish or Cajun sausage  
1 cup cooked or canned black eyed peas  
1 cup fresh green beans cut to 1" to 1 ½" lengths  
2 cups sliced mushrooms  
2 cups Wild Rice  
1 cup Barley  
1 can okra  
1 can stewed chopped tomatoes  
½ cup peeled baby carrots  
1 large white or yellow onion, coarsely chopped  
12 cups chicken broth (or water)  
1 tsp. Thyme  
1 tsp. Basil  
2 bay leaves  
2 tbs. Cayenne  
Sea salt or kosher salt  
Freshly ground black pepper

Heat chicken broth or water in a stockpot. Add onions, garlic, mushrooms, rice and barley. Bring to a boil, then lower heat to simmer. Add okra, tomatoes, carrots, sausage and spices. Simmer for 45 minutes. Add chicken, beans and peas and simmer for another 30 minutes. No need to serve side dishes with this, since it has so many ingredients. Do serve some good French bread and butter, though.



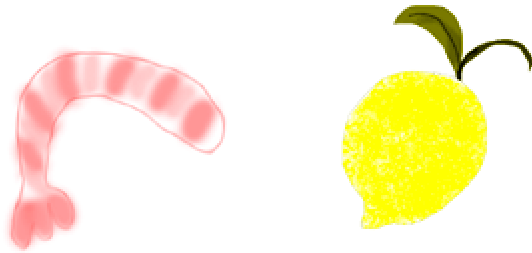
## **Split Pea Soup with Ham**

2 lbs. Split peas, sorted and rinsed  
2 quarts water or broth  
1 large yellow onion  
4 Garlic Cloves  
1 Teaspoon of Thyme  
1 cup chopped celery  
1 cup chopped carrots  
4 bay leaves (take out after soup is done)  
1 ham bone  
4 cups coarsely diced ham  
Pepper

Put peas, liquid, vegetables and ham bone into large stockpot. Bring to a boil, and then reduce heat to simmer for 1 hour. Add chopped ham and simmer for another hour. Serve with crusty bread and butter.

# FOOD WITH NO NAME

## SALADS



### **Ceviche (Marinated Fish Salad Appetizer)**

2 cups diced raw (very fresh) fish (can be any combination of the following):

Scallops

Sea bass

Tuna

Salmon

Calamari (will be a little chewy)

Swordfish

Mahi Mahi

Halibut

Cod

Peeled shrimp

(Other kinds of firm fish)

½ cup diced celery

½ cup diced onions, white or yellow

¼ cup diced green onions

2 chopped fresh tomatoes, including juice

4 cloves finely grated fresh garlic or equivalent granulated garlic

1 cup chopped fresh cilantro (or parsley, if cilantro isn't available)

fresh lemon juice

fresh lime juice

chopped fresh jalapeno or green Thai peppers (substitute bell peppers if desired)

cayenne pepper to taste (optional, but tasty)

salt

pepper

Combine all ingredients in a container with a tightly fitting lid, making sure that the lemon and lime juice cover all other ingredients. Refrigerate and marinate at least 12 hours, stirring a few times. The lemon and lime juice “cooks” the fish by pickling it; so it is no longer raw; however, it is very important to use the freshest fish you can find. Serve with sprigs of cilantro or parsley, crackers, tortilla chips, or toasted bread and a white wine that will stand up to the strong flavors of cilantro, tomatoes and peppers.

Please note: I recommend using rubber gloves to take the seeds out of the jalapeno or Thai peppers, as they can create a burning sensation on your hands. De-seeding the peppers is recommended because the seeds are the hottest part of the peppers, and are difficult to chew, as well.



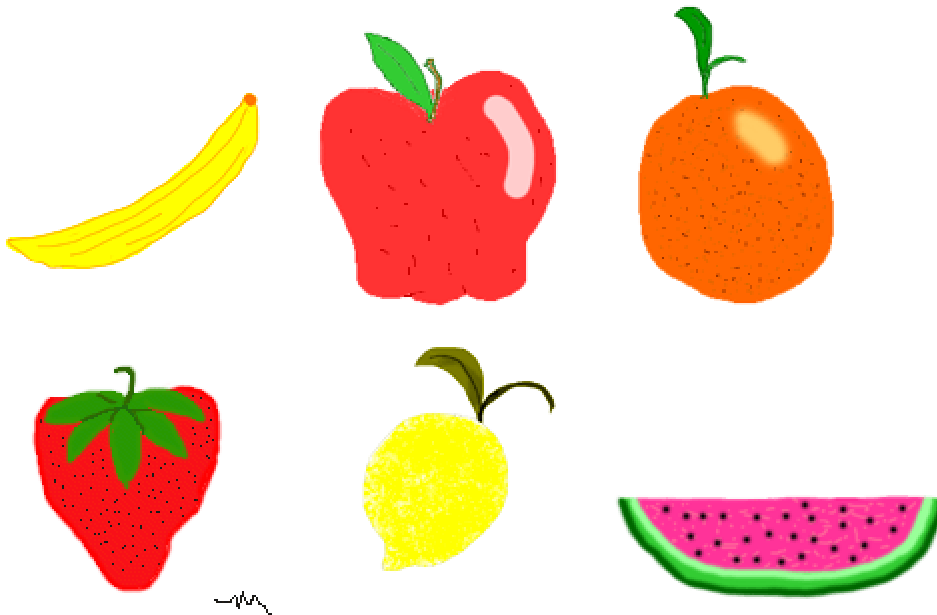
### **Murphy’s Favorite Green Salad**

Spring Mix, sliced hearts of romaine, or torn butter lettuce  
Thinly sliced red onion  
Sliced white mushrooms  
Ripe grape or cherry tomatoes, halved  
Ripe avocados, cubed  
Pitted Calamata olives  
Crumbled Feta cheese or other goat cheese  
English cucumber, thinly sliced

Use your own judgment about quantity of each ingredient. Dress with Murphy’s Irish Vinaigrette. (See page 38) Toss until all ingredients are coated with dressing. Can be served with croutons, roasted salted pumpkin seeds, or even toasted pine nuts.

Note: Red onion can be replaced by green onions chopped into ½” pieces.

To make a complete meal of this, cube grilled chicken, pork, fish, or beef, hot or cold, and toss with dressing. Serve with fresh bread and dipping oil.



## **Fruit Salad**

Cantaloupe, peeled and either balled or cubed

Blueberries

Bananas, peeled and sliced into medallions

Raspberries

Granny Smith apple or pippin (any tart apples) cored and cubed

Mandarin orange segments, drained

Watermelon balled or cubed, seedless if possible

Honey dew melon, peeled and either balled or cubed

Strawberries, hulled and quartered

Seedless grapes, green or red

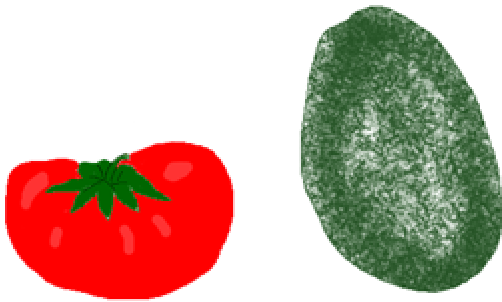
Pineapple, cored, peeled and cubed (save juice, if possible)

Use any or all of these ingredients. Dress with honey, fresh lemon or lime juice, a little bit of salt. If you don't have honey, a little sugar will do, but dissolve it in the lemon or lime juice before adding to fruit. Toss fruit in dressing and refrigerate for at least ½ hour (two hours would be better).

A variation on this is to use a small amount of balsamic vinegar mixed with water in place of the citrus juice; but be careful with this, since it can turn the salad dark and too tangy if too much is used.

You can also add nuts to this – Chopped walnuts, pecans, toasted almonds, pine nuts, toasted pumpkin seeds, etc. But, I recommend you sprinkle them on at the last minute, since they will get soggy if you mix them in the salad and leave them for any length of time.

After removing the tough ends (see Methods), place asparagus in cold broth, add other ingredients, and bring to a simmer for 5-7 minutes. Drain and serve either hot or cold with Murphy's Mayonnaise Dressing pooled on top.



## **Murphy's Macaroni Salad**

1 lb. elbow macaroni (or your favorite salad macaroni)  
¼ chopped red onion  
1 cup chopped green onions  
1½ cup chopped celery  
Ripe grape or cherry tomatoes  
1 4-oz. Jar of capers  
½ cup chopped parsley  
½ English cucumber, cut in quarters, then sliced

Dress with:

1 ½ cups mayonnaise  
2 cloves garlic, grated  
4 – 6 tbsp. Fresh lemon juice or red wine vinegar  
1 tbsp. Dried basil  
1 tsp. powdered bay leaves (optional)  
1 tsp. thyme  
1 tsp. dry mustard powder or 2 - 3 tbsp. Dijon mustard  
Cayenne pepper to taste (optional)  
Salt and pepper to taste

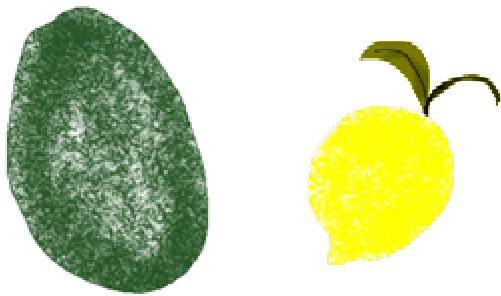


Cook macaroni according to instructions on package, and rinse with cold water in a colander. In a large bowl, mix macaroni and all vegetables. Mix dressing separately, and combine with all other ingredients.

Toss until all ingredients are coated with dressing and refrigerate at least ½ hour before serving.

To make a complete meal of this dish, add cooked, peeled and de-veined shrimp (or “bay shrimp”), or cubed grilled chicken, pork, fish, or beef. Also good with cubed hard-boiled eggs, pitted calamata olives, chopped roasted red peppers.

Note: Can also be dressed with Murphy’s Irish Vinaigrette, if preferred over a mayonnaise dressing.



## Marinated Salad

1 English cucumber, cut into medallions and then quartered  
2 tomatoes  
¼ cup celery, crosscut  
¼ cup red onion, thinly sliced  
½ cup coarsely chopped parsley

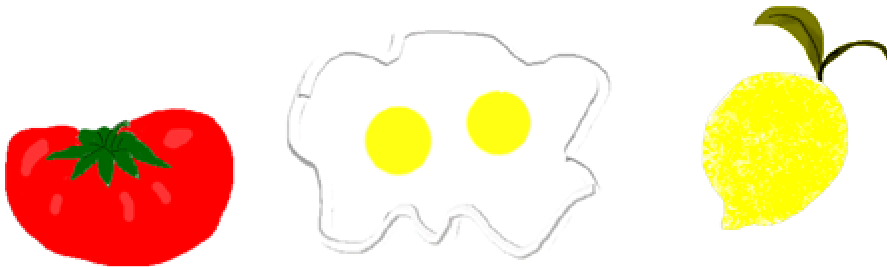
Dress with:

¼ - ½ cup fresh lemon or lime juice  
¼ - ½ cup extra virgin olive oil  
1 or 2 tsp. salt  
½ tsp. fresh ground pepper  
½ tsp. thyme  
2 cloves fresh garlic, finely grated  
½ tsp. oregano

Additions for Variations:

1/8 cup capers or  
1/4 cup pitted Calamata olives, cut in half lengthwise (this and Feta make it very much like a Greek salad)  
1/2 cup shredded carrots  
1/2 cup crumbled Feta cheese or other goat cheese  
1 or 2 cubed avocados  
1 or 2 cups cooked peeled shrimp

Put all ingredients in a container with a tightly fitting lid, and refrigerate for at least 30 minutes before serving (an hour is better). This salad will last for three days or so in the refrigerator (not if you add the shrimp or avocados, though), and can have greens added to it and tossed before serving, if desired.



### **Murphy's Potato Salad**

3 lbs. Boiled, quartered potatoes (red or white preferred)  
1/4 chopped red onion  
1 cup chopped green onions  
1 1/2 cup chopped celery  
Ripe grape or cherry tomatoes (optional)  
1 4-oz. Jar of capers (optional)  
1/2 cup chopped parsley  
6 hard-boiled eggs, quartered

Dress with:

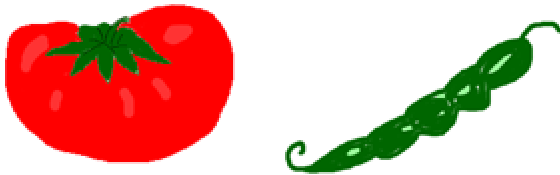
1 1/2 cups mayonnaise  
2 cloves garlic, grated  
4 – 6 tbsp. Fresh lemon juice or red wine vinegar  
1 tbsp. Dried basil  
1 tsp. powdered bay leaves (optional)  
1 tsp. thyme  
2 tsp. dry mustard powder or 4 - 5 tbsp. Dijon mustard  
Cayenne pepper to taste (optional)

Salt and pepper to taste

Combine all ingredients except dressing in large bowl. Mix dressing separately, and then add to all other ingredients.

Toss until all ingredients are coated with dressing and refrigerate at least ½ hour before serving.

Note: Can also be dressed with Murphy's Irish Vinaigrette, if preferred over a mayonnaise dressing.



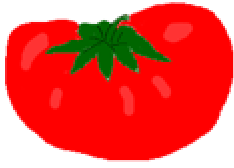
## California Summer Salad

1 Ripe avocado, peeled and cubed  
1 large ripe tomato cut into bite-sized pieces  
½ medium red onion, very thinly sliced  
1 cup sliced white mushrooms  
¼ cup roasted red peppers, cut in 1" squares  
1 cup cooked bay shrimp (also known as "shrimp meat")  
Fresh basil leaves, cut in strips (optional)

Dress with Murphy's Irish Vinaigrette and a couple of tbsp. Fresh lemon juice and toss until coated with dressing. Chill in refrigerator for at least ½ hour. Serve in bowls on butter lettuce leaves and top with the shrimp.

Serve with crusty French bread and butter or good olive oil.

Can substitute fresh green, red or yellow peppers for the roasted red peppers, but the consistency and flavor will be different.



## **Tomato Mozzarella Basil Salad**

4 large, ripe tomatoes  
4 fresh mozzarella balls  
1 large bunch of fresh basil

Optional, but good:

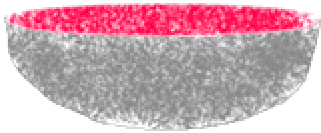
Ripe avocados, cubed  
½ Red onion, thinly sliced

Slice tomatoes and cheese and alternate slices on salad plates. Cut basil leaves off stems and put several leaves on each plate around tomatoes and cheese. Drizzle with mixture of balsamic vinegar, salt, freshly ground black pepper and extra virgin olive oil, or with Murphy's Irish Vinaigrette. With bread, this can be a complete meal.

Another way to use the basil is to stack several leaves, roll them up lengthwise, and cut into very tiny strips that can be scattered over the tomatoes and cheese. If you can't find any fresh basil, you can use regular or Italian parsley and make sure there's dry basil in the dressing. It's not as good, but still tasty and attractive.

# FOOD WITH NO NAME

## SALAD DRESSINGS, SAUCES & MARINADES



### Murphy's Cranberry Horseradish Sauce

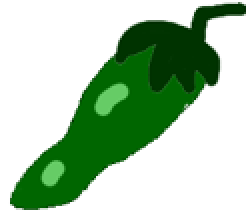
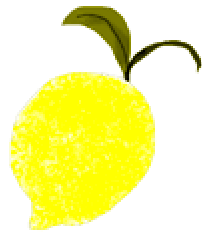
Make cranberry sauce as suggested on the bag of fresh cranberries (whole cranberry sauce – 1 bag fresh cranberries, 1 cup sugar, 1 cup water), but add about ½ teaspoon of salt. When sauce is completely cooled, mix in about ¼ cup cream-style horseradish, and refrigerate until chilled. This is great with prime rib or other rich cuts of beef, will go well with lamb or pork, and is perfect for people who love spicy flavors. The adventuresome can spread it on hot biscuits or on bagels with cream cheese.



### Low Carb Ranch Dressing

1 cup mayonnaise  
½ cup sour cream  
1 tsp. garlic powder or 3 cloves grated fresh garlic  
1 tsp. dill weed  
¼ cup milk (can use half heavy cream and half water)  
1 tbsp. Finely chopped or dry parsley  
1 tsp. onion powder or ¼ pureed fresh onion

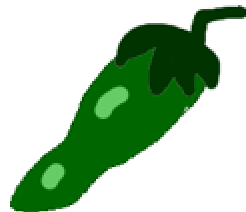
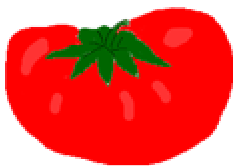
Combine ingredients in appropriate-sized container. Shake well before use.



### Marinade for Grilling Pork or Fowl

Add enough liquid to liberally coat all pieces of meat. Add spices to taste. Mix ingredients well, and dredge meat in marinade. Store in refrigerator in covered container overnight, or on the counter for at least ½ hour before grilling. There is no salt in the marinade, since salt will leach the juices out of the meat while cooking. Salt can be added after the meat is removed from the grill and has rested for a few minutes.

- Fresh lemon juice
- Rosemary
- Garlic
- Thyme
- Bay Leaves
- Extra virgin olive oil
- Black pepper
- White pepper
- White wine



### Mexican Sauce for Chicken (Pollos Rancheros)

- Canned chopped tomatoes
- Coarsely diced onions
- Chopped celery
- Chopped fresh jalapeño peppers
- Olive oil
- Sliced black olives

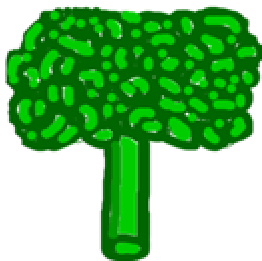
Flour Tortillas  
Fresh Cilantro or Parsley

(Warm dinner sized plates in advance, grill or broil boneless skinless chicken breasts)

Seasonings:

Fresh garlic  
Freshly ground black pepper  
Sea salt  
Ground cumin  
Oregano

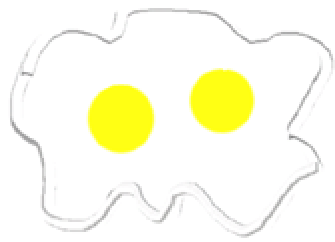
Lightly sauté onions, celery and garlic in olive oil before adding canned chopped tomatoes. Add seasonings and jalapenos, and gently simmer for 45 minutes on low heat. Add black olives and chopped parsley or cilantro last. Lay flour tortilla on each plate, then chicken breast, then cover with sauce and garnish with parsley or cilantro sprigs.



### **Murphy's Irish Vinaigrette**

¼ cup red wine vinegar  
2 tbs. Balsamic vinegar  
4 tbs. Water  
1 tsp. Mustard powder  
¼ tsp. Thyme  
½ tsp. Powdered or ground bay leaves  
¼ tsp. Powdered lemon peel  
¾ tsp. Granulated garlic or 2 fresh garlic cloves, grated  
1 tbs. Dried basil  
1 ¼ tsp. kosher salt or sea salt  
1 tsp. Freshly ground black pepper  
½ cup extra virgin olive oil

Mix dry ingredients until well blended. Add vinegars and water, shake or mix thoroughly, and let stand for 20 minutes. Add oil, shake well, and let stand for at least 10 more minutes. Better if not used until second day.



## **Mayonnaise-based Salad Dressing**

1 ½ cups mayonnaise  
2 cloves garlic, grated  
4 – 6 tbsp. Fresh lemon juice or red wine vinegar  
1 tbsp. Dried basil  
1tsp. Thyme  
1 tsp. powdered bay leaves (optional)  
1 tsp. dry mustard powder or 2 - 3 tbsp. Dijon mustard  
Cayenne pepper to taste (optional)  
Salt and pepper to taste

Mix all ingredients and refrigerate for at least ½ hour before use. As with all mayonnaise-based food, be careful about how long it's out of refrigeration.

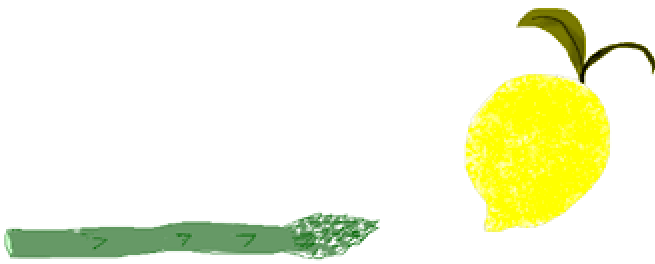
Can be used on (for instance):

Asparagus  
Macaroni salad  
Lettuce salad  
Quartered tomatoes  
Poached eggs  
Cold salmon  
Cold chicken breasts  
Shrimp cocktails  
Crabmeat cocktails



# FOOD WITH NO NAME

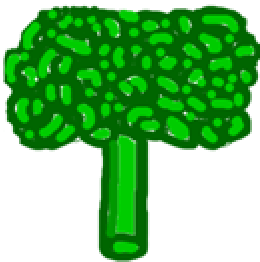
## SIDE DISHES



### Asparagus Mayonnaise

- 15 spears fresh asparagus
- 3 tbsp. extra virgin olive oil or butter
- 2 cups chicken broth or water
- Sea salt or kosher salt
- Freshly ground black pepper

After removing the tough ends (see Methods), place asparagus in cold broth, add other ingredients, and bring to a simmer for 5-7 minutes. Drain and serve either hot or cold with Murphy's Mayonnaise Dressing pooled on top.

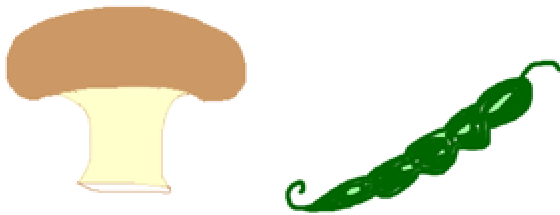


### Broccoli Sauté

- 4 cups broccoli flowerets
- 1 cup white or yellow onion, finely chopped
- 3 cloves garlic, finely chopped or grated
- ½ tsp thyme
- 5 tbsp. extra virgin olive oil or butter

¼ cup chicken broth or water  
Sea salt or kosher salt  
Freshly ground black pepper

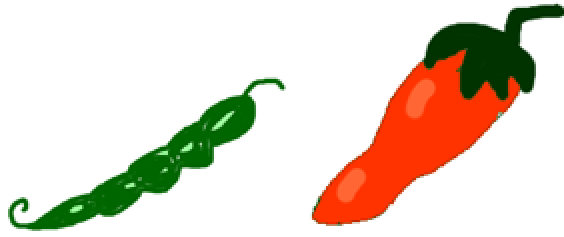
Sauté onions and garlic in olive oil over medium heat until onions are clear. Stir in broccoli, sauté until bright green, then add broth, cover and simmer for 10 minutes. Salt and pepper to taste. Even people who say they don't like broccoli may like this. Since broccoli is fresh and available just about all year, this is a good staple, and colorful on the plate. Can be lightly sprinkled with lemon juice if serving with fish, pork or fowl.



### Mushrooms in Their Own Juice

20 whole white mushrooms  
4 tbsp. Olive oil  
½ stick butter  
1/2 cup red wine  
Salt and pepper to taste

Brush off any dirt on the outside of the mushrooms, and cut their stems off even with the caps. Melt butter in sauté pan and add olive oil over medium heat. Add mushrooms, stirring and turning often, until golden. Add wine and stir until wine is evaporated. Serve immediately.



## Oven Roasted Potatoes

4 cups red or white potatoes, cut into 1 ½" pieces

¼ cup extra virgin olive oil

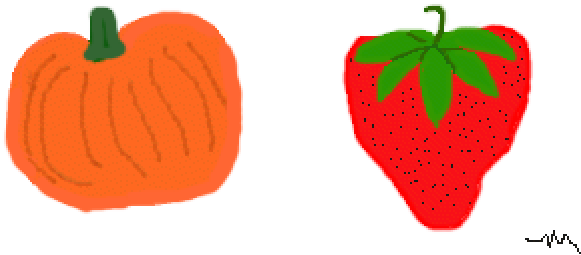
Spices of choice: rosemary, basil, oregano, garlic, etc.

Salt

Pepper

Preheat oven to 475 degrees. Sprinkle spices on the potato pieces, add oil, and toss until all pieces are coated. Spread on non-stick baking sheet (with an edge) with cut side down. Roast in oven for 25 minutes, but check them at about 20 minutes in case your oven is hotter than mine. Salt and pepper just before serving.

These make a great side dish for almost anything, but particularly good with roast chicken and beef.



## Curried Roasted Yams (With thanks to Lys' friend for the idea)

2 Peeled Yams, cut into 1 ½ to 2 inch pieces

2 tbs. Curry Powder

¼ cup Canola or peanut oil

Salt

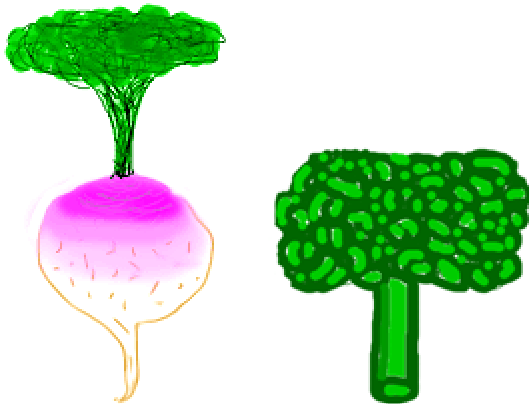
Preheat oven to 475 degrees. Put all ingredients except salt in a bowl and toss until yam pieces are coated with the curry and oil. *Note: Some brands of curry*

*powder include salt, which is not recommended.* These should not be salted until they come out of the oven, and may not need to be salted at all.

Spread the pieces on a baking sheet with a ½” edge, and roast for 20 – 25 minutes.

These yams have a heavenly scent, flavor, and color. Even people who don’t like yams say they like these.

Note about buying yams: Usually you will see two kinds of sweet potatoes or yams in the grocery store – one with a light brown skin and one with a purplish, darker skin. For this recipe, use the darker ones, which are generally sweeter and moister. Be sure to coat them with the oil and curry if they are not going to be cooked immediately, otherwise they will turn dark from exposure to air.



## **Winter Vegetable Medley**

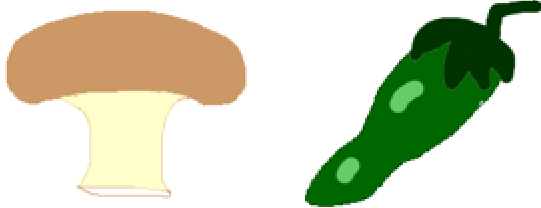
- 1 Rutabaga, cubed
- 1 Turnip, cubed
- ½ Head Cabbage, sliced
- 1 Large yellow or white onion, coarsely chopped
- 4 tbsp. Chopped fresh parsley
- 2 – 3 cloves fresh garlic, grated
- 4 – 6 tbsp. extra virgin olive oil

Spices to taste:

- Bay leaves or powdered bay leaves
- Basil
- Red pepper, ground or flakes
- Black Pepper
- Sea Salt

Sauté all vegetables except garlic in a chef's pan or large sauté pan until they begin to soften and create broth in the pan. Add garlic and spices, mix well, cover, and reduce heat to low. Cook about 20 minutes.

This is very good with pork, chicken or turkey, although it can be served with beef (especially corned beef).



## Zucchini and Mushrooms

4 medium zucchini  
14 oz. White mushrooms, halved or sliced  
1 cup white or yellow onion, finely chopped  
4 cloves garlic, finely chopped or grated  
½ tsp. Fine Herbs or basil  
¼ cup extra virgin olive oil  
½ cup chicken broth or water  
Sea salt or kosher salt  
Freshly ground black pepper

Sauté onions and garlic in olive oil over medium heat, until onions are clear. Add mushrooms, sauté until a little soft, and then add zucchini and broth. Cover and simmer for 20 minutes. Salt and pepper to taste. Nice served with dishes including tomatoes or tomato sauces. Chopped canned stewed tomatoes, including the juice in the can, can be substituted for the broth.