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Meal Ticket

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# PAM Meal Ticket Cookbook

Lexa Walsh

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Dede's Happy Husband, by Stephanie D.

by Michelle Squash Mac n Cheese, Squash Mac n Cheese,

Cook 1 Ib bowtie pasta as directed. Boil 1 butternut squash, peeled and cubed, in 2-4 c chicken stock until soft. Mash squash and stock together. Add 1 ball mozzarella, cubed and 2 c shredded cheddar cheese a little at a time until it melts. Add 2 t yellow curry powder and 5 c P to taste. 5 P to taste. Combine drained, cooked pasta with sauce, and put in oven-proof baking dish.

Ellen's Tonight's Saté Burgers,

.enob Lituu to setunim OE

Top with shredded cheese. Bake for at 350° for about

Mash ½ c peanuts with a mallet- put aside. Combine equal parts ground pork and turkey (roughly 3/4 pound of each.) Add a handful of Sr lime juice, 2 T ground cumin and the peanuts. Make into patties — can make a head and refrigerated. Grill.

by Ellen Beverly's Fried Curry Leaves,

"Better than the dish it was on top of!" Heat cooking oil of choice in a skillet set on medium high heat.

Throw fresh curry leave in (not drie<mark>d- fi</mark>nd in Indian stores), count to 4, and immediately remove with a slotted spoon. Crumble or put whole fried leaves on top of veggies or rice for taste kick.

**۲** Make Up! ۲۵wn and stretch! ۲۵wn and stretch! ۲۵wn and stretch!

Den the door, walk outside in your jammies and say Good Morning World! Wash your face and go for a walk.

Get dressed and go to work.

pλ ymy nasena's Happy Marriage,

No kids, cable TV, laugh, cherish your friendship, and be best friends.

> Bryce's Popcorn, by Lexa

#### Henry's Tuna and Rigatoni, by Michelle

Boil water for pasta and add rigatoni. Heat a dash of olive oil in a 12" skillet. Add 1 red chili, seeded and diced, ½ red onion, a dash of cinnamon, small bunch basil leaves; chop the basil stems (reserve ideves) and sauté for 5 minutes on medium or until onions are soft. Meanwhile, put pasta in boiling water. Add to skillet 14oz canned tomatoes, 2 cans tuna in olive oil (drain olive oil),

5 & P to taste. Turn up heat tew minutes until sauce thickens a bit. Drain pasta and combine with sauce. Add half the basil leaves, 5 & P to taste, and loz grated Parmesan. Grate some lemon zest, squeeze in little Lemon juice. Toss well, serve,

op with more Parmesan.

by Mark, by Mark, by Mark,

Place 10 oz couscous in a bowl. Add 1.5 c boiling water and stir. Cover tightly and let stand 10 minutes.

In a large skillet, over low heat, toast ½ c pine muts, shaking the pan frequently until golden – 3-4 minutes. Transfer nuts to a plate. Return skillet to medium heat, add 3 T olive oil, heat for 1 minute. Add 2t chopped garlic cloves

and cook for 1 minute. Add two 15 oz. cans of chickpeas, 2 c dried cranberries, 2-3 bunches trimmed Swiss chard, and 5 & P. Cook, stirring occasionally until the chard is tender (about 5 minutes.) Remove from heat. Fluff couscous with a fork. Put on platter, top with

chard mixture, sprinkled with pine nuts. You may have to add chard in stages because it is too big for the pan. Just put in os much as you can and once it cooks down add more.

Mark's Catfish S<del>tew</del> "All This and Catfish Too" by Sara

Fry 5 slices of bacon- pretty crispy. Remove drd save grease. Cook 2 chopped onions until done. Add chili pepper flakes, 2 cans stewed tomatoes, 2 T Worcestershire, 1 t Tabasco, 2 t salt, 1 t black pepper. Bring to boil, add 5 baby red potatoes, finely diced. Add red wine, if more liquid is needed. Simmer until done.

Add 2 lb raw Catfish, Pollock or Snapper. Simmer 7 minutes. Crumble in bacon. Serve with French bread.

> Lisa's Summer Salad, by Michelle

Lexa's Creamy Polenta, by Kristy

Boil 2 c water with a pinch of salt. Grate 3-1 c of Parmesan, or go wild and add a little blue cheese. Put aside. Slowly add 3 c of polento to the boiling water and reduce heat to low-medium. Stir with a whisk until it looks and feels like bubbling lava. Taste for graininess and keep cooking if necessary. Remove from heat and add cheese, and some chopped rosemary if you please. Serve immediately, alongside a glass of crisp

Nice with a contrasting flavor & texture, like sautéed greens, grilled fish, etc. Leftovers can be refrigerated then fried or grilled up with a generous amount of olive oil.

#### Kristy's Interpretat<mark>i</mark>on of Tartiflette**,**

ρλ Γεχα

Preheat oven to 350°. Boil sliced potatoes until just tender. Meanwhile, sauté pancetta and chopped sweet onions. Add crème fraiche and simmer. Add potatoes into mixture and remove from heat. Grate a generous amount of gruyere or mozzarella cheese. Layer potato mixture and cheese in baking pan, each with 5 & P, until there are a few layers.

or until bubbly & slightly crusty. Elizabeth's American Pasta Salad,

bottom of the pan. Bake, uncovered, for 45 minutes

Add 눈 inch layer of cream or milk to settle on the

by Carla Combine 2 canstuna, 4 hard cooked eggs, pepper, diced, 2 stalks celery, sliced, 1 s prion, diced, 1 cucumber, deseeded and di

I red pepper, diced, 2 stalks celery, sliced, 1 small red onion, diced, 1 cucumber, deseeded and diced, 1 lb farfalle, cooked al dente. Dress with the juice of one lemon, \$ c olive oil, mustard to taste, 5 & P, and white balsamic vinegar.

#### by Henry Michelle's Parchment Fish,

Center rockfish on 7 sheet of parchment paper, approximately 2.5× bigger than fish. Drizzle 1 t soy sauce. Add diced fresh ginger and diced red and orange peppers. Gather and roll paper over sides. Bake in preheated 350°oven for 10 minutes.

> Emma's Shrimp Stir Fry, by Joe

by Michelle Grapefruit and Avocado Salad, by Michelle

Slice avocados. Slice grapefruits with membranes removed. Toss with dressing of good olive oil, grapefruit juice and Dijon mustard. Crack pink pepper and sprinkle sea salt on top.

Grandma Kirk's Catfish 101, by Amy

Cut large, high end, fresh catfish fillet thin and square. Tony's in Oregon City is a good source. Salt and pepper fish. Dip fish in 2 raw beaten eggs. Bread in coarse cornmeal-coarser than polenta. Fry in HOT canola oil.

Amy's Skillet Chicken and Chive Dumplings, by Kirk,

Slice three chicken breasts and fry them in butter for about three minutes, until browned on all sides. Add 5 8 P, take chicken out of the frying sliced large carrots to the butter and chicken drippings.

When celery and carrots dre softened but still crisp add three c chicken broth and the chicken back into the pan. Add 5 & P, and oregano. 5tir a mix of Bisquick and water into a batter, and add in heaping spoonfuls to the top of the chicken stew. Add sliced chives. Cover with a lid and wait stew. Add sliced chives. For dumplings to rise.

Serve chicken and dumplings.

Frittata-Angela & Susan Mix 2 eggs, onion, spinach, 1 c milk, cheese and 5 & P. Bake at 350° until firm.

by Elizabeth Carla's Risotto, **2** 

Heat oil and sauté minced onion. Add zucchini and cook slightly. Add rice until transparent. Add a glass of wine. Add a little broth at a time and stir, about 20 minutes. Add Parmesan and a hunk of butter, remove from heat and stir — whisk rapidly. This process is known as 'mantecare'.

"Carla uses 2 c rice per person and one for the pot", and adds liquid unmeasured. I suggest using 1 c rice for two people, and 5 c broth per c of rice, in case you are not as intuitive." — LW

> Stephanie's Egg Puff, by Miro

by Luke Pepper Dressing, by Luke

Blend a dollop of Tahini, a dollop of Dijon, 1 small shallot, 1 peeled, deseeded roasted pepper, a squirt of agave syrup, a splash of white balsamic vinegar, and the juice of 1 lemon. Drizzle in olive oil until thickened. Add S & P and correct flavors.



Finely chop an<mark>d mix</mark> a heap of herbs: ginger, garlic, cilantro, green onion, Bonito flakes, nori, etc.

Cut firm tofu into small pieces and lay in a pan. Drizzle mixed dressing of soy sauce, Mirin, and Sriracha and top with herbs. "I tried this and it rocked- I used whatever herbs I had in the garden, which included parsley and fennel." — LW

by Greg Lizabeth's Chopped Salad,

Coarsely chop carrots, cucumber, celery, and Kalamata olives. and Kalamata olives.

Drizzle with fresh lemon juice, red wine vinegar, kosher salt, black pepper, a pinch of sugar, a dollop of Dijon and a clove of crushed garlic.

by Elizabeth Greg's Bolognese,

Cook chopped carrots, onions and garlic in small amount of olive oil until soft. Brown A lb ground turkey in veggies. Add wine (cheap red cabernet), over and over... Add canned tomato sauce and fresh basil. Boil rigatoni in salted water until al dente.

Michelle's Healthy Fruit Crisp, by

Serve sauce on pasta with Parmesan cheese.

Slice apples and/or blackberries. Mix together 1 c oats, ½ c wheat germ, 1-½c wulnuts, ½ c maple syrup, ϟ c brown sugar, ϟ c olive oil or other cooking oil, 1-2 t cinnamon. Stir dry & wet and put on top of fruit. Bake at 350° until juices are bubbling and top browns- about 30 minutes.

(I'm a happy wife because it takes 5 minutes)
 Throw 1-4oz. can of green chilies, 1-4oz can of diced jalapeños, 1 package cream cheese, <sup>1</sup>/<sub>2</sub> c mayo, <sup>1</sup>/<sub>2</sub> c sour cream, and <sup>1</sup>/<sub>4</sub> c Parmesan cheese in a bowl.
 Throw in microwave- however long it takes to melt. Stir. Serve with whatever: bread, crackers, chips, veggies.

#### Stephanie's Evening Walk in Downtown Portland

Start at the corner of SW 10th and Jefferson. Walk towards the Portland Art Museum. Stop in the sculpture court. Peer through gate. Walk along ledges. Pet all sculptures. Turn left and walk down the Park Blocks. Walk straight or anywhere you want. Make sure you look up in ten-second intervals while walking. Eventually, make your way to Cool Moon Creamery at NW Johnson at 11th. Purchase Thai Peanut & Rose Water ice cream on a chocolate dipped cone (dark chocolate preferred.) Gross the street to sit at park. If possible, put feet in fountain. Take a different route home, enjoying your ice cream.

#### J.S's Fried Sage Leaves, by Michelle

Spread a small dab of anchevy paste between 2 sage leaves. Make a thin batter with ½ c flour and ¼ beer. Dip leaf package into it. In a cast iron skillet, heat ¼" peanut oil until hot. Sauté leaves until golden brown = Food Sex (and good with wine).

> Elise's Crowd Pleasing BBQ Salmon, by Michelle

Dress salmon with ½ c butter, ½ c mayo,and 3-4 drops liquid smoke. Lay dressed salmon fillet, skin side down, on tin foil.

Barbeque until done.

### Bonnie's Painting Medium, by Greg

Wear a respirator, and use a double boiler. Slowly warm ½ c linseed oil, not quite hot. Slowly and carefully add 1 T Damar varnish, stirring actively. Add ½ c Dorland's wax beads and stir. Take off heat, add mineral spirits slowly (avoid explosions), enough for desired viscosity. Boil or grill Nathan's dog and assemble with celery salt, sweet relish, diced onions, diced tomatoes, sport peppers (hot narrow pickled peppers), and a whole dill spear in a poppy seed hot dog bun.

Greg's Chicago Hotdogs,

by Bonnie

Dump in tuna with oil, plus 3 T capers.

Boil pasta for 9 minutes, drain.

Keep in your pantry and you'll never go hungry.

Albacore tuna in olive oil, capers.

**re**mou Baparadelle pasta, one can

Make Trader Joe's shopping list:

ρλ κτετλ

Michelle's Emergency Meal,

Serve over steamed rice.

red wine vinegar to taste at the very end.

add water to help cook meat through. Add a dollop of

so they end up a Little firmer. If mixture is too dry,

totally dissolve. Add rest of tomatoes near the end

Cook until meat is tender and before tomatoes

Add 5 & P. Dice 2-3 tomatoes. Add half tomatoes.

onion (or more), sauté until soft. Pur medt back in.

oil, set aside keep juices. Slice and average sized

Cut steak into 'stir fry' strips. Brown in vegetable

ph KITK

Henry's Steak Piccado,

mashed potatoes and gravy.

with sides: Collard greens, grits,

add whole milk, stirring until gravy is formed. Serve

Fry equal parts flour & butter, pan drippings and

Fry chicke<mark>n 2-3 minutes on each side.</mark>

Fill pan with 1" peanut oil. Preheat to 180°.

with paprika, 5 & P.

overnight. Double-dip pieces in batter and flour

Soak small-ish pieces of chicken in buttermilk

by Henry

Kirk's Fried Chicken,

Cajun'spice, and Bon Terra White wine

Bake at 350° for 10-12 minutes

then in breading.

Roll salmon fillet in lemon juice and egg,

erind gingersnaps & garlic for breading.

\_ups Sean\_

Breaded Salmon,

Jessica's Gingersnap

caramelized onions and rice. Cook on the stovetop.

Mix tuna with 1 Tyellow curry powder, sour cream,

(Comfort Food/Nostalgic care package from Mom)

ph gezzca

Sean's Tuna-Cůrry Casserole,

Sauce: Sour credm/mayonnaise, chunks of mang

# Tricia's Lettuce Cups, by Țiậa

Marinate ground meat (turkey, chicken, lamb) in 2T oyster squce for 10 minutes. In a wok, sauté 2 cloves garlic and chopped ginger in cooking oil for 1-2 minutes. Add ground meat-until mostly cooked but still some pink. Add diced zucchini and carrots, cook for 2 minutes. Add water chestnuts and Shitake mushrooms for another 2 minutes. Add a dash of soy sauce, sesame oil and sweet rice wine vinegar. Spoon into lettuce leaves! Top with Hoisin sauce.

#### Tina's Orange-Currant Scones, by Tricia

Put flour, sugar, baking soda and baking powder in a mixer. Finely chop orange peel and currants and add to dry mixture. Chop butter in small pieces and add to dry. Mix until incorporated into slightly chunky texture. Slowly add buttermilk until you get nice doughy consistency.

Roll into a cylinder and cut into 1" rounds. Bake on a greased sheet, spaced evenly at 350° for 30 minutes.

#### Lexa's Relationship Tolerance Test, by Bryce

Fly to India. Get lost in the dirty narrow streets of Varanasi, until you get to the Ghats. Get harassed by 50 young men in a row, each offering a boat ride, while you witness water buffalo, corpses, bathing, laundry, prayer, and every color in the universe.

#### Danae's Oyster Shooter, by Sara

Using a little double shot glass, put in chilled sake, and a small oyster with its juice. Add a t each of Sriracha and Ponzu. Put in a raw quail egg, a dash of lemon juice, and sprinkle green onion on top.

Cheers!

Put vegetable oil in a "Whirly Pop". Almost cover the bottom of the pan with popcorn kernels. Place on high heat. Agitate while waiting for it to pop — this ensures simultaneous popping. When popping starts, start cranking Whirly Pop crank handle vigorously. When you've gone 3 seconds without a pop, dump into Tupperware/popcorn/throw up bowl

(this said by a father.) Critical: Melt Lots of butter ("Butter Rules") in the Whirly Pop. Add salt. You may sprinkle Parmesan cheese or you may add Popeye's Cajun Sparkle powder.

# Sara's Zucchini Bread, by Danae

Preheat oven to 350°. Grease bottom and ½" up of a loaf pan. In a large bowl, mix 1 c all purpose flour, ½ c whole wheat flour, 1 t cinnamon, ¼ t nutmeg, ¼ t baking powder, ½ t salt, and ½ t baking soda. After mixed, create a hole in the middle of the mixture.

In a separate bowl, mix 1 beaten egg, 1 c sugar, 1 c shredded zucchini,  $\frac{1}{4}$  c flax seed meal,  $\frac{1}{4}$  c cooking oil, and the zest of  $\frac{1}{2}$ -1 orange, lime or lemon.

Dump in the hole in the dry ingredients bowl! You may eat some dough. Stir until moist. Fold in  $\frac{1}{2}$  c toasted walnuts. Put in pan and bake for 50-55 minutes.

Test with toothpick. If it comes out clean, cool on a rack for 10 minutes, then remove from pan and cool completely.

Best if you wait overnight to eat. Yay!

#### Lindsoy's Mom's Old Chicken, by Don

Combine and melt  $\frac{1}{4}$  c soy sauce, 2 t Dijon and 1 t butter. Dip 3 halved and pounded chicken breasts in sauce. Diedge both sides of breasts in bread crumbs and roll up into a glass baking dish. Pour remaining sauce over, and bake at 370° for an hour.

#### Don's Film Center Mac, by Lindsay

Sauté diced onions and garlic in butter. Add chopped prosciutto. Boil noodles. Melt Tillamook cheddar (and other cheeses.) Broil a halved, oiled butternut squash, and cube it. Reserve some cheese mixture, and combine the rest with sage, pour into a glass baking dish, let cool. Gently fold in goat cheese, cover in Panko and bake until brown. Pour remaining cheese on top. Win awards (!), such as the 2008 TC Mac Award. Combine 1 each sliced red and yellow pepper, a small jar of quartered artichoke hearts, <sup>1</sup>/<sub>4</sub> red onion, sliced thin, <sup>1</sup>/<sub>2</sub> bunch chopped parsley, S & P. Drizzle with olive oil and balsamic vinegar.

# Michelle's Greek Slaw, by Lisa

Combine ½ green cabbage, finely sliced, ½ lemon, juiced, 1 T olive oil, ½ c Kalamata olives, quartered, and S & P.

## Kate's Pumpkin White Bean Soup, by Elizabeth

Sauté 1 coarsely chopped onion until soft, add a 15 oz. can of pumpkin puree,  $3-\frac{1}{2}$  c chicken broth, 15 oz can of white beans, rinsed,  $\frac{1}{2}$  t oregano, and S & P. Simmer 8-10 minutes, and puree in batches. Adjust seasoning, serve with Parmesan. Yummy Fast!

#### Elizabeth's Recipe for Disaster, by Kate

Leave 1 bottle of Odwalla protein shake in the fridge until bulging. Open carefully in sink. Prepare to clean walls, cabinet and ceiling.

# 6

Luisa's Recipe for Disaster, by Lexa

At times, do or say things without thinking what the consequences might be, like saying what's on your mind without meaning anything, and have the person possibly take it personally. Lesson: be thoughtful.

#### Joe's Grandmother's Ice Box Cake, by Emma

Layer enough graham crackers to cover bottom of cake pan, add chocolate pudding, more graham crackers, vanilla pudding, more graham crackers, and icing. Then, go wild with mixed berries, bananas, and kiwi. Put in the fridge until set. Baste and spice shrimp with a  $\frac{1}{2}$  c each of oil and vinegar, plus salt to taste. Stir haricots (thin French green beans) in a pan with extra virgin olive oil on medium high. Improvise spices: garlic powder, onion powder, red pepper flakes. After beans cook, add shrimp, stir until caramelized. Serve hat over rice. Spritz with lemon for extra flavor. "From DC via Ann Arbor, MI. Grad School. Cooked in studio apartment. Portland anniversory is tomorrow! Moved here for new stage in life."

# Lexa's Lamb Stew, by Ted

Brown a lamb shoulder in olive oil on all sides. Remove lamb, set aside. Sauté chopped onion and garlic in juices/fat until translucent. Add lamb back to pan, plus a ½ bottle red wine, 1 lg can of stewed tomatoes, 1-2 cinnamon sticks, a heaping T cumin, some red chili flakes, a dollop of honey, and a handful of dried prunes or apricots. Cook on medium for about 3 hours, until meat falls off. Add liquid (wine, water, stock) when necessary. Garnish with fresh cilantro and sprinkle with Ras el Hanout.

> Ted's Recipe for a Good Life or How to Enjoy an Amazing

Single Malt Scotch, by Lexa

In a nice sized tumbler, add 2 cubes of ice. Pour Glenlivit over cubes, careful not to spill. Sit down in a cushy chair, smoke a pipe with Rich's blend.

# Aaron's Chilaquiles, by Michelle

Cut 8 stale corn tortillas into  $\frac{1}{3}$ " strips. Fry on high heat until good and brown and hard. Add  $\frac{1}{2}$  c salsa & mix. Garnish with a fried egg, Cotija cheese, avocado slices and tomatoes.

#### Michelle's Flank Steak, by Aaron

In a food processor, blend 2 shallots, 2 sprigs of rosemary,  $\frac{1}{2}$  c olive oil, and S & P into a paste. Apply to both sides of flank steak and marinate or a half or a whole day. Wipe rub off, grill steak to medium rare,

slice on the bias and serve.

In a large bowl, beat 10 eggs on medium high for 3 minutes until light yellow in color. Combine ½ c flour, 1 t baking powder, and ½ t salt. Gradually add to eggs. Mix well. Stir in ½ -1 lb shredded Monterey Jack cheese, 2 c cottage cheese, ¼ c melted butter and a can of chopped chilies (or fresh roasted Anchos.) Pour into a 13x9 greased baking dish. Bake at 350° for 35-40 minutes until browned on top and a toothpick comes out clean. Serves 12. Better the next day!

Miro's Mixed Drawing Medium, by Stephanie

1 stick of charcoal, walnut ink, India Ink, colored pencil, conté crayon and watercolor "You should really see Miro's drawings." — LW

## Kate's Apricot Glazed Pork Tenderloin, by Maggie

Preheat oven to 400°. Coat the bottom of a shallow baking dish with olive oil. Rub tenderloin with ‡t salt and 1 T rosemary so it covers the meat. Put tenderloin in the oven when hot. Meanwhile, in a small dish, mix 2 T Dijon mustard, 2 T apricot preserves until combined. Baste roast after 15 minutes with mixture, repeating every

10 minutes until internal temperature is 160° (usually around 45 minutes.) Slice and serve this deliciousness. Thumbs up. Obviously.

# Maggie's Pasta Fagioli, by Kate

Mince 2 lg. shallots and crush a few garlic cloves. Sauté in olive oil until shallots are translucent. Add red wine and reduce. Add 4 chopped Roma tomatoes, a bit of tomato paste, a can of cannellini beans, and a little juice from that can. Stir generously, turn heat down to simmer, and add a pinch of oregano. Chop Swiss chard semi fine. While sauce is simmering, cook Penne in salted water with olive oil. When pasta is almost finished, add chard to sauce, along with red wine and salt to taste. When pasta is

th red wine and salt to taste. When pasta done, drain and toss with sauce. Serve with Parmesan.

Gareth's Bacon and Eggs for Breakfast,

by ۲۹۹۱۷ Bill's Redipe for Happiness,

Dy Linity Creative realization of passions.

Emily's TKO, by Bill Bob 5 move. Punch. Wrestling shot. Hit head when the ref looks.

py Elizebeth Sara's Bergamot <mark>Mar</mark>malade,

Peel outer edge of Seville branges (try to get the colored part with hardly any white pith.) Finely chop. Reserve and chop fruit. Discard seeds and pith. Put peel in pot with 1 c orange juice and 1 c water.

Simmer 20 minutes.

Pee<mark>l 6 Berga</mark>mot oranges (New Seasons) and 3 lemons. Remove pith and seed, and chop. In a separate bowl, mix‡c sugar with 1 packet of pectin. Mix into all chopped citrus. (Note: If you prefer more bitterness in your marmalade, put some of the peel of the Bergamot oranges into the simmering pot.)

Combine peel mixture with citrus-pectin mixture. Add ‡ c OJ and 1-‡ c water. Simmer 10 minutes. Bring to a boil, add 5-6 esugar, and boil 1 minute.

Pour into prepared canning j<mark>ars.</mark> This should make 13 1c jars. Put lids on, and process jars in boiling water bath for 10 minu<mark>tes.</mark>

by Sara Chipotle Bisque, Chipotle Bisque,

Mix 4 c vegetable stock with 3 c p<mark>umpk</mark>in puree, 2 t chipotle chili in adobo, غَ t cinnamon, غَ t ginger, ‡ t cloves, גَ t allspice and **1 ca**n coconut milk (lowfat okl).

Ainmer 20-40 Minutes, م<mark>اأبه</mark>انا consistency with vegetable stock.

Ch<mark>ris</mark>tian's Recipe to Evacuate an Art Building,

Go to the Print shop. Clean counter with bleach, affer someone had previously cleaned it with amonia. HCL + NH3 = Toxic gas!

> Jack's Fluffy Pancakes, by Gretchen

pv J2 Beanut Butter Balls, Sara's Mom's

In a large pot, melt 1 stick of butter. Add 1 c powdered sugar, and an 18 oz jar of chunky peanut butter. Stir until combined. Add 3 c Rice Krispies (generic is okay!). Refrigerate overnight. The next day, take a melon scoop or spoon and make 1" balls of the mixture. Refrigerate. Meanwhile, melt 1 bag of chocolate chips, and 1 package of chocolate almond bark. Dip chips, and 1 package of chocolate sauce, suce, place on wax paper, cooland eat.

Combine  $\frac{3}{4}$  c milk and 2 T white vinegar. Allow to

sour. Combine 1 c flour, 1 t baking powder, ½ t

baking soda, and ½ t salt. Add 1 egg,

2 T butter and sour milk.

Make pancake.

Gretchen's Recipe for

Writing Fiction,

by Elizabeth

% telling

'No Pause Button Violation"

Keeps readers r<mark>eadi</mark>ng!

Caroline's Shrimp

Tomato Cream Pasta Sauce

by Dede

Devein shrimp. Heat 2 T oil and 1 pat butter in par

Drink rest of glass of wine. Remove shrimp. Pour in

veggies (optional), like mushrooms or bell peppers.

Stir in a 28 oz can of tomatoes. Cook, season to

taste. Drink more wine. I forgot to tell you should

cook the pasta right now. Have another glass of

wine. Pour in some cream or half and half until sauce

is pinkish. Throw shrinp in to warm up.

Open another bottle of wine. Toss sauce with pasta.

Dede's Tortilla Snacks

Cut flour tortillas into whatever shape. Melt

butter. Place tortillas on cookie sheet and spread

with butte<mark>r. Tu</mark>rn over and butter again. Top with

cinnamon sugar. Bake at 350° for 5-10 minutes until

just crispy. Throw in a bowl and enjoy!

Bob's Shay-Agumay

Judo Takedown,

by Emily

Square up with opponent. Grab lapel. Sweep out their

left foot with your right foot and use their gi collar

to take them down to the left.

Kim's Cherry Pie,

by Henry

Pit fresh cherries. Add 1 c sugar, 5 drops almond

extract and 5 T cornstarch. Put in pre-made

piecrust. Add a few dollops of butter. Put on your top

layer of crust, and make 4 slits in it. Bake 3<mark>5 mi</mark>nutes.

Add shrimp. Pour in a splash of white wine.

99% showing

J.S.'s BBQ Eggplant,

Best served cold.

Slice <mark>a lar</mark>ge eggplant into ‡" rounds. Put in a colander, and salt on both sides. Let <mark>sit f</mark>or 20 minutes-1 hour. Rinse salt from shrunken eggplant (due to loss of water.) Make a mixture of olive oil, garlic and lemon.

Make a mixture of olive oil, garlic and lemon. Brash mixture on with a pastry brush. Let sit at least is hour, but best if overnight. Put on a fairly hot grill, 1-3 minutes per side (look for grill marks.) Serve with sliced French bread. For extra credit, grill bread too.

by J<mark>enn</mark>ifer Seafood Enchiladas, by J<mark>enn</mark>ifer

Simmer 2 T butter or margar<u>ine</u>, and 1 Toil, until melted. Add 2 T minced onion, 1 stalk finely chopped celery, and  $\frac{1}{2}$  c chopped green bell pepper, and sauté until tender. Blend in  $\frac{1}{4}$  c flour, careful not to scorch. Add  $\frac{1}{2}$  c sour cream and 1- $\frac{1}{4}$  c milk. Stir until thickened on medium hedt. Add  $\frac{3}{4}$  c grated cheddar, 1 c salad shrimp, 1 c fresh Bungeness crab meat,  $\frac{1}{4}$  t cayenne,  $\frac{1}{2}$  t salt, and  $\frac{1}{4}$  t white pepper. Stir until well blended.

filling, add a bedten egg. Stir well, then pour over filled tortiflas/Sprinkle with additional oneese, if you wish. Bake uncovered at 325° for 30 minutes or until heated through and set.

in baking dish with seam down. To the remaining

on each tortilla, rollup, folding sides in, place

Heat tortillas until warm. Put a heaping  $\frac{1}{2}$  c filling

ρλ Θτεgory Jennifer's Happy Horse,

Select a horse suitable to your personality and discipline. Locate or contract proper housing, barn or stable. Locate a credible veterinarian. Locate a credible horse shoer. Locate a credible advisor. Add TLC, patience, enthusiasm, and tenacity. Mix for the end result: A Happy Horse.

> Maggie's Caparosa Family Dumplings,

by Lindsay by Lindsay

Boil 8 oz of eggless pasta — Penne, or any, al dente. Bring ½ c cubed potato and ½ c cubed sweet potato with 1 c water, 1 clove smashed garlic, and 1 T chopped shallots to a boil. Cover and simmer 15 minutes.

Grind ‡ c cash<del>ews î</del>n a food processor. Add cooled veggies, 4 T vegan butter and a T fresh lemon juice. Add S & P, and paprika. Blend until rich and creamy. Pour over pasta in baking dish, put panko with melted vegan butter on top. Bake for  $\frac{1}{2}$ hour at 350° ( Yay!

Lindsay's Meringues, by Milissa

Beat 2 e<mark>gg w</mark>hites with the whisk attach<mark>ment</mark> of a Kit<mark>chen</mark> Aid mixer until stiff peaks form, wh<mark>ile</mark> add<mark>ing &</mark> c sugar. Fold in 1 c semi sweet chocolate chips. Spoon onto a cookie sheet. Bake at 350° for 10 minutes.

Kristy's Cinnamon Roasted Nuts, by Danae

Beat 2 egg whites with 2 T vanilla until frothy, not stiff. Toss 4 c nuts in egg mixture until coated Mak 4 c brown sugar, 4 c white sugar and 2 T cinnamon together. Add sugars to coated nuts and mix 4 c at a time. Coat jelly pan with spray (not foil.) Put nuts in pan and cook 1-2 hour at 275°Mix foil. Put nuts in pan and cook 1-2 hour at 275°Mix every 25-30 minutes. Let cool and eaf! Makes 4 cups.

by Kristy Dan<mark>de'</mark>s A<mark>ngi</mark>y Dan<mark>de'</mark>s Angiy

4 hour car ride. Zero firewood. 2 snow shovels.
2 pairs snow shoes. No direction. No sense of time.
Drive a really long wdy, then get lost. Pull over and
hike 1 mile in the snow, wearing snowshoes carrying
shovels. Tell partner to build snow cave. Snow cave
to be 10' x 7'. Begin digging dt pm.
Then sleep in car.

B: to save relationship, bring wine.

Lena's Beeramisu, by Tina

Blend sugar, Kahlua, mascarpone, and whipped cream. Set aside. Line a loaf pan with saran wrap. Dip ladyfingers. Scoop mounds of cream mixture on top. Layer more ladyfingers. Repeat, with ladyfingers as the final layer. Wrap saran wrap over everything, chill overhight, and unmold. Shake cocoa over it!

> Milissa's Ribollita, by Lexa

Shelly's Kick-Ass Vegan Borscht, by Kate

Preheat oven to 375°. Scrub 6-7 red beets, foil, enough to fold over the beets foil, enough to fold over the beets and make a loose burrito" (he he).

Drizzle beets with olive oil, sea salt, and pepper.
Fold over and seat foil. Bake for 45-60 minutes,
Fold over and seat foil. Bake for 45-60 minutes,
making sure beets are tender but not mushy. Cool and
peel skin. Cut 4 beets into nice chunks and reserve a
couple of tablespoons of olive oil to adarge,
Add a couple of tablespoons of olive oil to adarge,
Stockpot. Add 2 chopped garlic cloves.
Stockpot. Add 2 chopped garlic cloves.
Stockpot. Add 2 peeled, shreded cartots
caramelized. Add 2 peeled, shreded cartots
caramelized. Add 2 peeled, shreded cartots

Stir and cook for a few minutes. Add 6 & w&ter, 6 t vegetable broth powder, 3 c Braggs, 5 8 P, Stiracha and vinegar to taste. Bring to a boil and simmer for a few minutes. Add ½ head of finely sliced red cabbage. Simmer another 10-15 minutes, adding shreded beets at the last 5-minute mark.

"etauqua, s Cooktes" aka Keese, s Pieces Cookies Lantej, s Homemade

Go to the store. Pick up one bag of Reese's Preces. Flip package over, read recipes & Purchase other necessary ingredients. Bake according to directions. Bring to work. Tell your co-workers it's Grandma's recipe.

by Frida

## Tina's Mappy Children,

by Lend Lots of time with parents, careful listening, lots of play, limited media, a forest nearby for unwinding and exploring, room to run, the right kind of constraints, healthy food, and knowing their place in the world.

Michelle's Brussels Sprout<mark>s,</mark> My Amy

Take 1 lb of Brussels sprouts, cut the bottom off, cut in half, place face down in a pan. Add a cube of butter cut into pieces, scattered around sprouts. Sprinkle one c of broken up pecans on top. Roast in a 375° oven for 20 minutes. Make vinaigrette, using 2° irustic, textured Dijon,  $\frac{1}{2}$  c olive oil,  $\frac{1}{4}$ c white wine vinegar and 2 diced shallots. When sprouts

Perfect for Thanksg<mark>iving</mark>!

Susan's Linsen Suppe, by Paul

Dede's Pico de Gallo, by Matthew 5 finely chopped tomatoes, 1 finely dic 1 finely dices jalapend

Combine 5 finely chopped tomatoes, ۱ finely diced عهوفt onion, 4 seeded and finely dices jalapenos, غ bunch chopped cilantrol 1 t salt, and ג-اغد سater. Refrigerate, covered for about 4 hours.

Matthew's Spinach Ricotta Pie, by Dede sauté onions and garlic. Add spinach to pan and wilt. Beat 2-3 eggs, and add 1 small container of wilt. Beat 2-3 eggs, and add 1 small container of ricotta to eggs Add 2 T flour, plus spinach mixture.

375° for 1 hour. Ser<mark>ve wi</mark>th sour cream.

Put mixture in pie crust- fresh or frozen. Bake at

Add 7 groted carrot and 6 strips of minced bacon.

ру Shelly Каte's Hangover Remedy, 7

Consume all of these ingredients in no particular order: 1 shot of whiskey, 1 plate of greasy food, 2 bottle of lemon-lime Gatorade, a never ending supply of water, and 4 Ibuprofen. 5nuggling with cats a plus. 5nuggling with cats a plus.

p> Wichelle Cheap Paperbacks, from Art Catalogues and Am<mark>y's Col</mark>lage Cards made

(Available for free from Debra in the library) Pull pages out, page by page, of 2-3 old, cheap paperbacks whose authors use language that speaks to you. Disembody lists of words from their pages that create images you like. Piece these words together in a poetic way. Now attach the poem to rogether in a poetic way. Now attach the poem to catalogues. These are your one of a kind cards. Mote: Sometimes if you start with the image and add the words it helps.

Frida's Recipe for a Hangover aka "A Skip to Go Naked", "A Svip to Go Naked",

Combine champagne, gin, lemonode and beer (Pilsner) in a cup. Drink 4 serv<mark>ings</mark>. Pass out at 3. Then welcome tomorrow's hongover. Repeat?

> Meal Ticket was a monthly silo-busting Juncheon with the staff of the Portland Art Museum. The Juncheon provided a department, in a boardroom usually saved for trustees and upper management, in an organization that has a hierarchical cooked meal, replete with seating charts and wine glasses. Guests were seated to encourage cross-departmental exchange, for example seating someone from security across from someone from accounting, someone from education actors from someone from education actors from someone from education actors from

> > 19XO

MGG

tor your Portland Art Muse<mark>um</mark> community to ignite curiosity and consideration about place, family, and culture. I hope differences. Recipes come with sto<mark>ries</mark>, upbringings, similari<del>ties</del>, and recipes reveal our cultural references, and conversation. As a collection, the and a gesture to g<mark>ene</mark>rate relationships on the tradition of community cookbooks The resulting <mark>coo</mark>kbook and is both a play for experiences. They, too, are telling. The recipes are not only for food but also otherwise have been unlikely to approach. in access to personal stories that would temporaty lunchtime utopias, but also listening. The meals resulted not only in s/he then transcribed. This required person told another the recipe, which exchange as a conversation starter. One

pammealticket.tumblr.com

— Lexa Walsh

through this cookbook.

#### by Christian

The secret to this recipe is to time everything so that it is ready all at once, like dominoes falling. Ready bacon, eggs, and slices of bread. Broil bacon in a grill pan until top is browned. Flip bacon. Place bread in toaster. Crack eggs in the pan on stovetop. As toast comes up, toast it, pull bacon, combine on plate, and top with a little salt.

p.s. use the drip tray when broiling bacon. Michael's Keeping

a Rabbit as a Pet, by Michelle

Buy a rabbit that likes to be held. Get it in spring of the year. Put your outdoor hutch in the shade. Make a run for them with a bottom in it, so they can run but not burrow out. Use straw in their cage- it makes great compost. Feed them timothy hay, rabbit food and fresh vegetables every day.

#### Michelle's Dutch Baby Pancakes, by Michael

Preheat oven to 425°. Melt the butter in a cast ironskillet in the oven. Blend  $\frac{1}{4} - \frac{1}{2}$  stick butter, 1 c flour, 1 c milk, and 4 eggs in with the melted butter. Bake for 20 minutes.

Kristy's Perfect Dinner Party, &by Karie 6-12 willing participants. Plates, flatware, glassware for all. 2-6 bottles of wine, 1 sparkling, red, 1 Port.

1 sp<mark>arkl</mark>ing, red, 1 Port. 2 baguettes, Food! (soup course, main, dessert.) 3 hours. \* \*

Karie's Recipe for Happiness, by Kristy 1 large ice cube, 23 year-old Pappy Van Winkle's

Family reserve KY Straight Bourbon Whiskey. Guaranteed!

#### by Stan

Mix together 1 egg, 1 T baking powder, 1 c flour, and add milk until it is a thick mixture. Boil a pot of water. With a spoon, scoop a spoonful of batter and drop in boiling water, until all the dough is gone. They will get fluffy and rise when cooked. Strain. Good with a bowl of soup or with butter.

#### Stan's G<mark>ran</mark>ola, by Maggie

In a large bowl, mix together 4 c large oats,  $\frac{1}{3}$  c sunflower seeds, 1 c slivered almonds,  $\frac{3}{4}$  c walnuts,  $\frac{1}{4}$  tsp salt,  $\frac{1}{2}$  c olive oil, 1/2 T cinnamon, and  $\frac{3}{4}$  c honey. Put in the oven and bake at 325°. After 20 minutes, add sliced apples and turn down to 300°. Mix about every 15 minutes. When done, mix in 1 c raisins and 6 prunes, chopped.

> Lexa's Savory Bread Pudding, by Lexa

Think about this in advance, as you watch your bread go stale. This makes a lot.

Sauté any vegetables you might want to enhance your bread pudding, like a bunch of chopped kale, as well as any meat, like pancetta, bacon etc. Put aside. Soak 6 c stale bread cubes in a mixture of 10 eggs and 4 c half and half, 1-2 c grated cheddar, a generous pinch of fresh thyme, a dash of nutmeg, and S & P. overnight if possible, but for at least an hour. Add meat and vegetables. Bake in a preheated 375° oven, in a buttered baking dish. Serve topped with smoked paprika.

> Jess' Salads for the Lazy, by Nate

Prep time: +/- 3 minutes Nuke 3 "fake" or vegetarian chicken nuggets for 1 minute on high, in the salad bowl (saves on dishes!) Toss 1 bag pre-washed arugula in the bowl. Add 1 sliced cucumber and 1 can of sliced beets. Add Annie's Goddess dressing and toss, or, alternately, toss then add dressing. Always use

hands to avoid excessive washing of dishes. If done correctly, only 1 fork and bowl will need washing.

#### Nate's Fun Guacamole, by Jess

Mash together 4 large avocados, juice of 2 limes, juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  bundle of cilantro, 2 Roma tomatoes,  $\frac{1}{2}$  white onion, 1 jalapeno, and S & P to taste. Hot sauce is optional. Transfer aggression into food making. Cube stale bread, put aside. Sauté onions and garlic. Add Muir Glen chopped tomatoes. Add pancetta or liquid smoke, and cooked cannellini beans. Add a bunch of chopped kale, after a while. Throw in stale bread at the end, along with salt, pepper, red chili flakes and fresh basil. Lexa's Black Beans,

Lexa's Black Beans, by Milissa Soak beans overnight in plenty of water.

Rinse and change water. Simmer beans in water for an hour or so with 1 bay leaf, whole dried chilies (New Mexico, Ancho, Chipotle (hot), etc. When beans are tender, add 1-2 chopped mangos, a large can of tomatoes, more chilies and chili powder, dried cumin and oregano, 1 T cocca powder, S & P. For fun add liquid smoke. If you need more liquid ... add beer. Adjust seasoning, including a dash of cider vinegar or agave syrup if necessary.

#### Henry's Aglio e Olio, by Donna

Mince 20-30 cloves of garlic. Cook  $\frac{3}{4}$  of it in 3 T warm olive oil, until straw colored. Boil spaghetti in salted water, drain. Create sauce with 1 T reserve pasta water to loosen garlic in pan. Add salt, pepper, red chili flakes, plenty of Parmesan. Mix well, pour sauce on pasta, add reserved minced garlic, a bit of lemon juice, and a dollop of extra virgin olive oil. Dress with parsley.

Donna's Scruffle Broccoli

Boil small pieces of broccoli, top with a mixture of mayonnaise, whipped egg whites and lemon juice. Broil until browned.

#### Paul's Recipe for a Collaged Poem, by Susan

Prep time: 7 years. Cook time: 2 days. Start with a dream scenario or language. Add a short description of an historical figure or event. Use an overheard conversation or a found text (from a pop culture magazine.) Add a color or smell or a material like wood or metal.To finish, free associate. Good Luck! These items are to correspond, not necessarily connect! Rinse and strain lentils. Cook, submerged 2" in water with 1 bay leaf and 3 whole cloves. After 20 minutes, on medium heat, add 2 medium leeks, chopped (dark green parts only.) After 40 minutes, add 2 chopped potatoes, 3 chopped carrots. Just before it is done, add chopped Kielbasa. Add S & P to taste. Serve with Essig vinegar and Maggi.

# Emily's Green Eggs and Ham Appetizet, by Michelle

Hard boil eggs. Peel, cut in half, remove yolks, and mix with  $\frac{1}{2}$  avocado per 6 yolks. Add S & P to taste. Stuff back into egg whites. Fry or bake 2-3 strips of bacon. Crumble over top. Enjoy. For a spicy touch, add a little cayenne or Sriracha.

> Mi<mark>lis</mark>sa's Vegan Chocolate Mouse via Michelle, by Emily

Process 2 ripe, mashed avocados, ½ c quality cocoa, like Pernigotti, ½ c agave, a dash each of salt and vanilla.

#### Mary's Spinach Salad and Dressing, by Amy

Combine spinach, red onion, dried cherries and pumpkin seeds. In a jam jar, shake 4 t red wine vinegar, 1 T stone ground mustard, and 2 T olive oil. Dress and enjoy.

Amy Gray's Special Popcorn, by Mary Pop popcorn. Toss in melted butter and salt, Sprinkle with brewer's yeast and Tamari to taste.