A hand-drawn spoon with a long handle and a rounded bowl. The handle has a small circle at the end.

JOAN SHAPIRO

A hand-drawn spoon with a long handle and a rounded bowl. The handle has a small circle at the end.

ANNE NAKAZATO

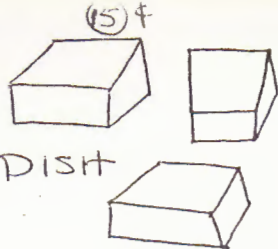
A hand-drawn rectangular object with a handle on the right side. The handle has a textured, ribbed appearance. The text "N.Y.C. 1976" is written inside the rectangle.

N.Y.C.
1976

日本料理

COLD BEAN CURD

A SUMMER JAPANESE DISH



BEST TOFU IN N.Y.C. CHINA TOWN AT:
CHIA SHEUNG FOOD PRODUCTS CO., INC.
127 MULBERRY ST. AT HESTER

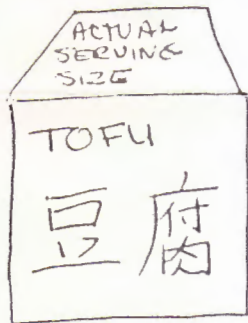
郷家

SMALL 10¢
CAKE

LARGE 12¢
CAKE

PLAN FOR $\frac{1}{2}$ CAKE PER SERVING

TO STORE PUT IN ICE WATER AND REFRIGERATE.
CHANGE SOAKING WATER DAILY, KEEPS ONE WEEK.

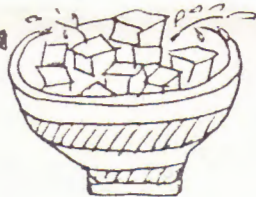


CUT CAREFULLY INTO UNIFORM CUBES.

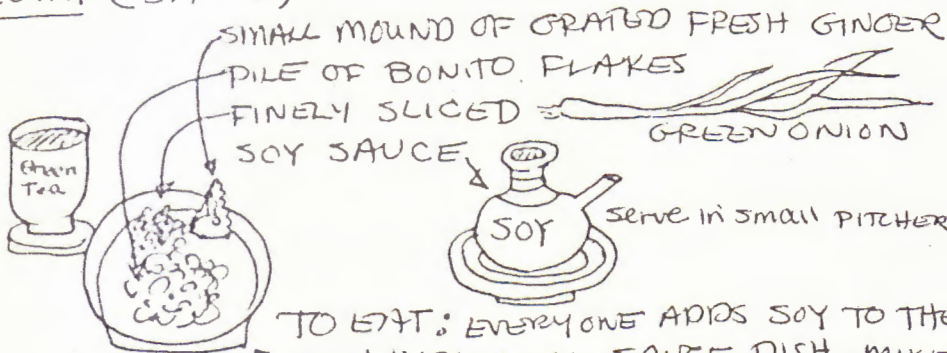


SERVE ON ICE CUBES - OR IN
COLD WATER
GARNISH

ANY GREEN LIKE
WATER CRESS



YAKUMI (SAUCE)



TO EAT: EVERYONE ADDS SOY TO THEIR
OWN INDIVIDUAL SAUCE DISH, MIXES
IT TOGETHER, PICKS UP A CUBE OF
TOFU, DIPS IT IN THE SAUCE AND
EATS IT.

RAW BROCCOLI SALAD



1 head of broccoli,
with tough part of
stem removed.

Clean by soaking in water
10 mins. Cut into florets. Tender
part of stem can be used.

1 clove garlic
salt
pepper

1/4t dijon mustard
juice of one lemon

1t vinegar

1/2-1 cup oil

1T water

a tiny pinch sugar

Make dressing in the
bottom of a wooden salad
bowl, large enough to hold
broccoli. Cut garlic in half
and rub the sides of the
bowl with it. Put it in bottom
of bowl, sprinkle with salt
and crush with fork or the
handle end of a cleaver. Add

sugar, mustard, pepper, lemon juice
and vinegar, mix together. Blend
in oil and water using a fork or
wire whisk.

Add broccoli and toss. Allow to
marinate for at least 2 hours
tossing occasionally. Serve chilled.



TARAFFA

A wonderful way to use eggplant, Soup can be served warm in winter or cold in summer. If ^{sweet} red pepper is substituted for green the taste is slightly sweeter and the color a lovely pink.

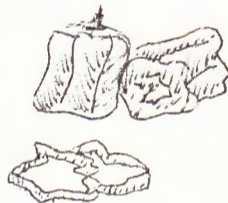
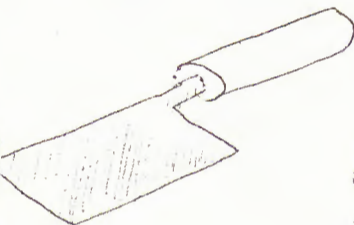


1 egg plant
with skin, diced
1-2 green peppers
cut up in pieces
olive oil
salt

Sauté eggplant and peppers in oil. Cover with water, add salt. Cook until tender. Put through food mill or blend.

1 pt sour cream
or yogurt
1 cup milk
¼t mint extract

Add the milk & sour cream [should be at room temp. to avoid curdling] to eggplant purée. Stir in the mint extract. Chill or heat through depending on the season.



YIELDS 6-8 servings



KAPOVSTA



A substantial soup from Poland where it is traditionally served with barley and potatoes. An American variation is to garnish with sautéed mushrooms.

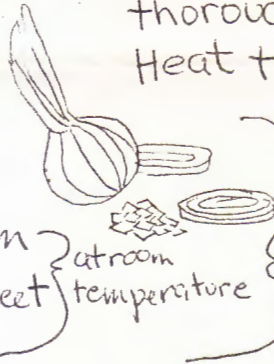
$\frac{1}{2}$ lb lima beans
 2 medium potatoes
 peeled and diced

} Soak beans over night. Put
 } in large soup pot with water
 } and cook until nearly done.
 } Add potatoes and cook until
 } done. Blend and return to pot.

$\frac{1}{2}$ qt. sauerkraut

} Drain sauerkraut and rinse
 } thoroughly. Add to potato bean purée
 } Heat through.

$\frac{1}{4}$ lb butter
 1 chopped onion
 $\frac{1}{2}$ pt. sour cream
 $\frac{1}{2}$ pt heavy sweet
 cream



} In a heavy iron skillet
 } melt butter and sauté onions
 } until translucent. Stir in
 } sweet & sour cream. Heat
 } gently and add to soup.
 } Stir well. Season with salt &
 } pepper.

Serves 6-8. A cold glass of beer is a good accompaniment.



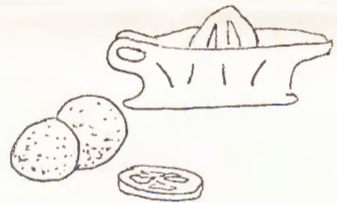
BLACK BEANS MERCEDES

A savoury recipe that will serve a party of ten. Usually served over rice, it is very good with corn bread.



1 lb dried black beans
2 good sized onions }
2 green peppers } cut in
4 cloves garlic } small pieces
olive oil
1 lb of pork loin or shoulder
cut in 1" cubes

Soak beans overnight. Boil in a large heavy pot with well fitted cover for one hour. Sauté the peppers, ^{garlic, onions in oil.} and ~~onions~~. Add them and the cubed pork to beans. Season with salt and pepper. Continue cooking for another hour.



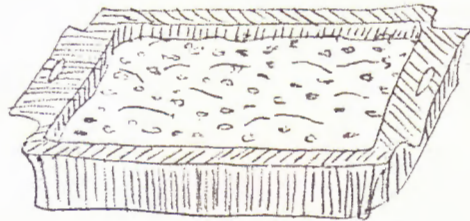
1 lb. sweet Italian sausage
cut in rounds
1 1/2 cups med dry red wine
2-3 cups orange juice

Lightly brown sausage in an iron skillet. Cover with wine and juice and cook 1/2 hour on low heat. Add to beans and continue to cook until beans are done.



SYRIAN COFFEE CAKE

A delicious simple cake which includes crust, cake and topping all in one process



Preheat oven to 350

1 stick (1/4 lb) butter
1 1/2 cups brown sugar
1 cup whole wheat flour
1 cup white flour
(all white may be used)

} Crumb together.
Press 1/2 this mixture into
the bottom of an 8"x8"
cake pan.

1t-1T nutmeg } Add to remaining crumb mixture.
1t baking soda }

1 egg } Mix together. Combine with dry
1 cup sour cream } ingredients and spread over crumb
or yogurt } mixture in pan.
1/4 cup milk }

1/2 cup chopped walnuts } Sprinkle on top of batter
in pan.

Bake for 25 minutes at 350°

Yields 6-8 servings

CRANBERRY BREAD

PREHEAT - 325° F.

YIELD: ONE LOAF
• FREEZES WELL

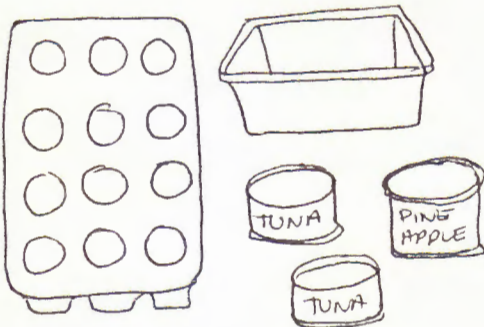
2 CUPS OF FLOUR
1 CUP OF SUGAR
 $\frac{1}{2}$ t SALT
 $1\frac{1}{2}$ t BAKING POWDER
 $\frac{1}{2}$ t SODA

SIFT
TOGETHER

PUT JUICE AND GRADED RIND OF ONE ORANGE
IN MEASURING CUP, ADD 2 TABLESPOONS OF
BUTTER AND ADD ENOUGH BOILING WATER TO
BRING UP TO $\frac{3}{4}$ CUP (MORE LIQUID NEEDED FOR
WHOLE WHEAT FLOUR)

ADD WELL-BEATEN EGG ○ TO SIFTED FLOUR
MIXTURE, STIR IN JUICE MIXTURE.


ADD $\frac{1}{2}$ CUP CHOPPED WALNUTS
1 CUP CUP-UP CRANBERRIES



BAKE ONE HOUR IN
GREASED LOAF PAN
OR MUFFIN TIN OR

← TRY NEW "RECYCLED
SHAPES" - TUNA CANS
ARE A NICE MINATURE
CAKE SIZE FOR
CHILDREN




WAIT 24 HOURS BEFORE
SLICING

★ VARIATION - PRUNES
WITH AN OF CRANBERRIES

BLENDER BANANA BREAD

YIELD: ONE LOAF

PREHEAT 350° F

2½ CUPS WHITE OR WHOLE WHEAT FLOUR

3 T BAKING POWDER

½ T SALT 

SIFT TOGETHER



1 CUP SUGAR

⅓ CUP SOFT MARGARIN

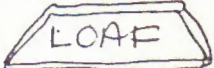
1 EGG

3 SMALL CUP BANANAS -
VERY RIPE!

MIX IN BLENDER

½ CUP MILK

POUR BLENDER MIXTURE OVER DRY INGREDIANTS,
ADD ¾ CUP CHOPPED WALNUTS, MIX ONLY UNTIL
INGREDIANTS ARE WELL BLENDED.

POUR INTO  LOAF PAN 9" x 5" x 3"



BAKE FOR 1 HOUR. TEST FOR DONENESS WITH
A TOOTH PICK.

COOL ON A RACK.

FREEZES WELL.

GOOD TOASTED WITH BUTTER.



★ A HEARTY RECIPE - FEEL FREE TO ADD GRATED
CARROTS, RAISINS, SPICES, ORANGE PEEL, CANDIED GINGER,
FRESH APPLE BITS, ETC.!

Mustard Ginger Bread

HERE IS A CAKE THAT REALLY BENEFITS FROM THE USE OF WHOLE WHEAT FLOUR.

2 CUPS WHOLE WHEAT FLOUR

$\frac{1}{2}$ t BAKING POWDER

$\frac{1}{2}$ t SALT

$\frac{1}{2}$ t SODA

$\frac{1}{2}$ t GROUND CLOVES

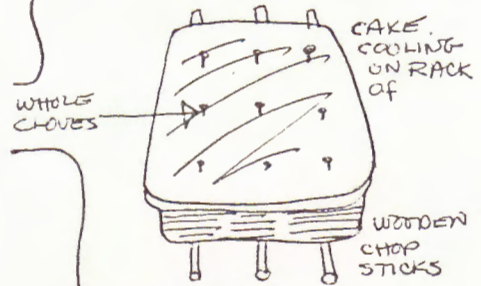
1 t DRY MUSTARD

2 t CINNAMON

$2\frac{1}{2}$ t to 3 t GROUND GINGER

$\frac{1}{2}$ CUP OIL

SIFT TOGETHER



BLEND TOGETHER CAREFULLY

BEAT INTO OIL AND SPICE MIXTURE $\frac{1}{2}$ CUP WHITE SUGAR AND $\frac{3}{4}$ CUPS MOLASSES (IF BLACKSTRAP, USE $\frac{1}{2}$ HONEY + $\frac{1}{2}$ BLACKSTRAP)

BEAT IN ONE EGG ○

ALTERNATELY ADD FLOUR MIXTURE AND $\frac{3}{4}$ CUP HOT WATER

BAKE FOR 40-50 MINUTES IN 8" x 8" x 2" PAN

★ VARIATIONS

ADD TO BATTER:

BRANDY-SOAKED RAISINS,
SMALL APPLE CHUNKS

SERVE WITH:

WARM APPLE SAUCE,
ICE CREAM,
WHIPPED CREAM



CARROT SOUP ESPAGNOL

6-8 medium carrots
cleaned and cut into
rounds

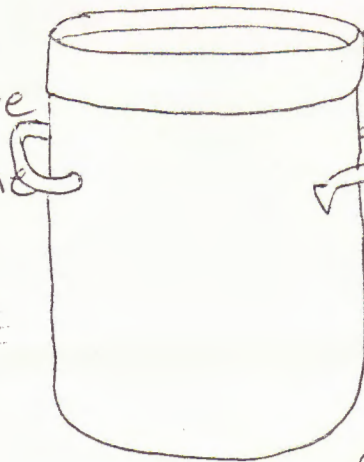
water
salt

} Put carrots with enough
salted water to cover
leaving about 1" water above
carrots. Cook until tender.
Put through food mill or
puree in blender.

2 cloves garlic
1 good sized onion
1 8oz can tomato sauce
olive oil
a pinch of dry tarragon

} Chop garlic and onions into
small pieces. Sauté in oil until
translucent. Add tomato
sauce and tarragon and
simmer one half hour.

2 cups milk at
room temperature
a dash of cayenne
or white pepper



} Mix blended carrots
and tomato mixture
together in a heavy
soup pot. Add the
milk and a tiny bit
of pepper, just enough
to give the slightest
hot taste. Heat through
gently. Garnish with
a dollop of sour cream
and chopped parsley



YIELDS 6-8 servings

MONKEY FACES: A CHILD'S FIRST COOKIE RECIPE

AMY AND FOUR FRIENDS MADE THESE ONE AFTERNOON. FOUR-YEAR-OLD VANESSA WAS SO IMPRESSED WITH HER RESULTS, LATER SHE MADE THEM AT HOME TO SEND TO HER GRANDMOTHER IN CALIFORNIA AS A HOLIDAY GIFT.

PREHEAT 400° F. YIELD - ABOUT 4 DOZEN

MIX TOGETHER THOROUGHLY:

1 CUP SOFT SHORTENING
1½ CUPS SUGAR
2 EGGS



SIFT TOGETHER AND STIR IN:

2½ CUPS FLOUR - SOME WHITE, SOME WHOLE WHEAT
2 t BAKING POWDER
½ t SALT

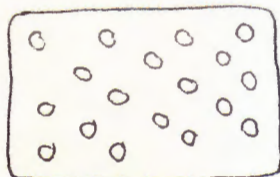
* FOR GROUP COOKING WE ADDED EXTRA SPICES CREATING MORE "JOBS" AND MORE THINGS TO "SMELL"

½ t FRESHLY GRATED NOT MEG

½ t GROUND GINGER



ADD ½ CUP WHEAT GERM AND ONE TEASPOON VANILLA EXTRACT AND STIR IN. CHILLING DOUGH MAKES FORMING-BALLS EASIER, BUT NOT NECESSARY. ROLL INTO BALLS THE SIZE OF SMALL WALNUTS. ROLL INTO MIXTURE OF 2 TABLESPOONS SUGAR AND 2 TEASPOONS OF CINNAMON.



PLACE 2 INCHES APART ON UNGREASED BAKING SHEET. BAKE UNTIL LIGHTLY BROWN - BE CAREFUL! THESE BURN EASILY ON THE BOTTOM.