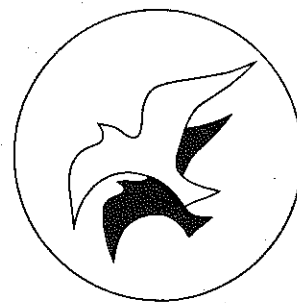


Dedicated
to
Bhagwan Shree
Rajneesh



zerba
the Buddha TM

**RAJNEESH
COOKBOOK**



Published by
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Rajneeshpuram, Oregon 97741 U.S.A.



Zorba
the Buddha™

RAJNEESH COOKBOOK

**Dedicated
to
Bhagwan Shree
Rajneesh**

Recipes from:
Zorba the Buddha Rajneesh Restaurants,
Rajneesh Meditation Centers,
Ashrams and Neo-Sannyas Communes
around the world

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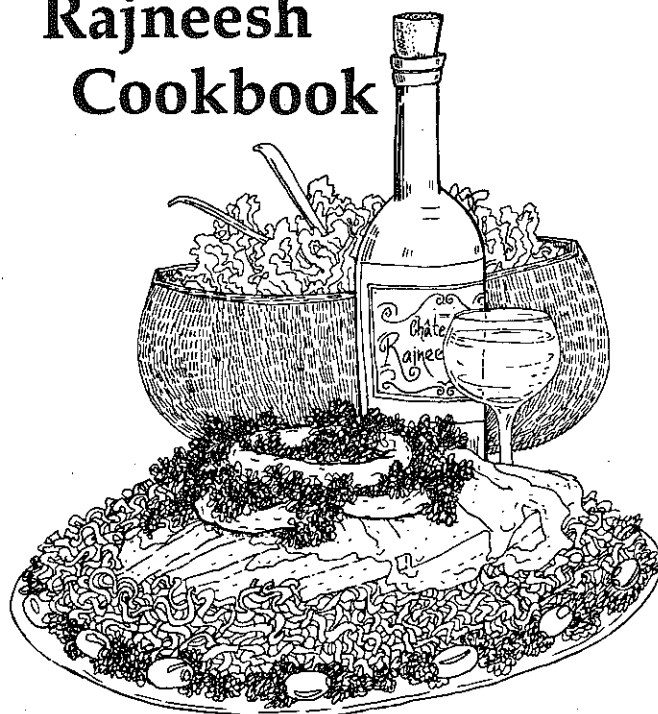
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Zorba the Buddha Rajneesh Cookbook



**"A dinner is symbolic of enjoying
life... When you share food you
become brothers ...because food is
associated with love."**

Bhagwan Shree Rajneesh

from: THE MUSTARD SEED

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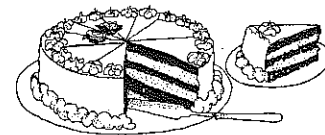
ALMOND CAKE*Aarhus, Denmark**1 hour to prepare**6 servings**¼ cup butter**½ cup dark brown sugar, firmly packed**½ T white flour**1-2 eggs**1½ cups almonds, ground**½ cup blueberry or apricot jam**½ cup whipping cream**1½ T maple syrup (optional)*

Grease and line an 8" pie tin with greaseproof paper.

Cream butter, sugar and flour until well blended. Add eggs, beating in one at a time. Add ground almonds and mix well. Fill into pie tin. Bake at 375°F for ½ hour.

Spread with jam while still hot. Cool, then refrigerate.

Whip cream slowly, adding maple syrup if desired. Whipped cream can be piped on with a pastry bag or served on the side.



ALMOND PATE

Aarhus, Denmark

1 1/4 hours to prepare
6-8 servings (one 8" pie)

Crust

1/2 cup whole wheat flour
1/2 tsp. salt
1/4 cup olive oil
1 T rosemary
water as needed

Mix all the ingredients for the crust together. Press into an 8" pie tin.

Pate

2 eggs
2 T bread crumbs, toasted and crumbled fine
1/2 tsp. white pepper
1/2 tsp. rose pepper, crushed (optional)
1/2 tsp. salt
1/4 cup cream
8 oz. almonds, finely ground
2 oz. butter
2 cloves garlic, finely chopped
1 1/2 onions, thinly sliced
3 oz. mushrooms, thinly sliced
1/4 cup cognac
3/4 cup red wine

Mix the eggs, bread crumbs, white pepper, rose pepper, salt, cream and almonds together.

Almond Pate continued

Fry in butter: garlic, onions, mushrooms, cognac and wine. Cook until most of the liquid is gone.

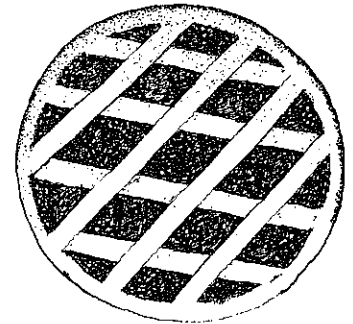
Blend together the two mixtures in a food processor until smooth.

Pour onto the crust and bake for 15 minutes at 350°F. Chill before serving.

LINZERTORTE

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare
8 servings



Crust

3 1/2 oz. butter
3/4 cup white flour
3 1/2 oz. almonds/hazelnuts, finely ground
7 T sugar

Filling

3/4 cup raspberry preserves

Mix the ground nuts and other ingredients in a bowl. Rub with your hands until well mixed. Empty this mixture onto a table top and knead the dough with the heel of your hand. Do this until it holds together when squeezed.

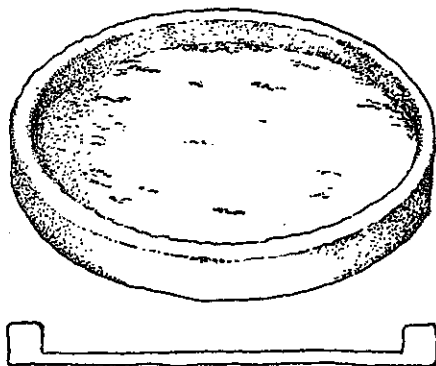
First grease and then line an 8" shallow cake tin with

Linzertorte continued

greaseproof baking paper. Again, grease the sides and base of the pan, over the paper, as this cake tends to stick.

Set aside $\frac{1}{4}$ of the dough for the lattice.

Press small amounts of the remaining dough into the corners of the pan to form a $\frac{1}{2}$ " wide circle around the pan edge. This rim should also be about $\frac{1}{2}$ " deep. Smooth the top and sides of this rim with a teaspoon and press the rest of the dough into the center. This should be about $\frac{1}{4}$ " thick. All the dough surfaces should be smooth.



Fill the center with the raspberry preserves. You can use other varieties of jam or you can mix jam and fruit.

Now roll the dough set aside for the lattice, with a little flour, into a 4" wide strip $\frac{1}{8}$ " thick. With a sharp knife or pizza cutter, cut eight $\frac{1}{2}$ " wide strips. Leave on paper and place in refrigerator for half an hour. This makes strips easier to work with.

To decorate the torte, remove the strips with a spatula and arrange in a lattice pattern — four strips each way. Press down the edges of the strips. Bake at 300°F for 60 minutes until the edges turn light brown. This dessert can be served hot or cold, with whipped cream if desired.

MARZIPAN CAKE

Copenhagen, Denmark

1½ hours to prepare
8 servings

Batter

7 oz. almond paste
2 cups sugar
1 cup + 1 T butter
6 eggs
 $\frac{3}{4}$ cup milk
 $1\frac{1}{2}$ cups flour
1 T baking powder
 $\frac{3}{4}$ cup bittersweet chocolate, grated

Topping

$\frac{1}{2}$ cup nuts
 $\frac{1}{2}$ cup sugar
1-2 eggs
3 cups whipping cream for frosting

Mix almond paste and sugar. Add butter a little at a time. Mix well. Add eggs, 3 at a time, mixing well between each addition. Add the milk and mix thoroughly.

Combine flour, baking powder and chocolate.

Mix dry and wet ingredients together thoroughly.

Grease two 12" cake tins. Divide mixture equally into the tins. Mix nuts, sugar and eggs and drizzle this mixture over the cake batter.

Bake at 350°F for $\frac{3}{4}$ hour. When cooked, leave to cool. Turn out of the tin, and when completely cold, whip the cream and decorate.

APPLE TART

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
8 portions

10 oz. Puff Pastry (one quarter of the Puff Pastry Recipe)

3-4 tart green apples

$\frac{1}{3}$ cup almonds/hazelnuts, ground

3 T sugar

juice of 1 lemon

$\frac{1}{3}$ tsp. cinnamon

pinch nutmeg

1 egg

$\frac{1}{2}$ cup cream

2 T sugar

$\frac{1}{3}$ cup raspberry preserves, strained

Peel and core the apples. Cut into thin slices to yield 8-10 slices from each apple.

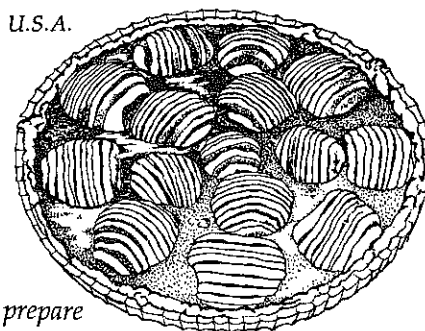
Grease a 10" round pie pan. Line it with the pastry. Sprinkle nuts evenly over the crust.

Arrange the sliced apples in concentric rings on the pastry. Sprinkle with sugar, lemon juice, cinnamon and nutmeg.

Bake for about 20 minutes at 325°F, until apples begin to soften. While baking, whisk egg, cream and sugar. Remove tart from the oven. Pour mixture over the apples. Return to oven and bake until custard mixture is set — about 10-15 minutes. Remove from oven and cool. Paint with raspberry jam.

CARAMEL APPLE TART

Rajneeshpuram, Oregon, U.S.A.



1½ hours to prepare
8 servings

20 oz. Puff Pastry (half of the Puff Pastry recipe)

$\frac{1}{2}$ cup almonds, ground

$\frac{1}{2}$ tsp. cinnamon

pinch nutmeg or cloves

10-12 tart apples, (peel, core and cut in half)
juice of 1-2 lemons

2 T sugar

2 eggs

$\frac{1}{2}$ cup cream

1 T sugar

Caramel topping

2 T butter

1 cup sugar

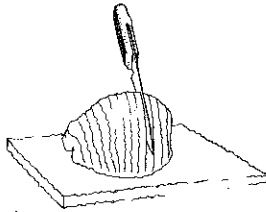
$\frac{1}{4}$ cup boiling water

Grease and line a 12" round tart pan or cake pan with greaseproof paper.

Roll out dough. Lay in pan and trim edges. Brush with melted butter. Sprinkle bottom of tart with al-

Caramel Apple Tart continued

monds, cinnamon and nutmeg. Slice apple halves into thin slices. Keep slices together (see diagram). Arrange apple halves as close together as possible in



circles. Sprinkle with lemon juice and sugar. Bake until apples are tender in 350°F oven.

Mix egg, cream and sugar. Pour into tart and return to oven until mixture is set (around 15 minutes).

While mixture is setting, make caramel. Melt sugar very carefully over low heat in a heavy bottom non-ferrous pan. Stir until smooth and straw colored. It is necessary to be careful as sugar melts at a very high heat and a little splash might cause a bad burn.

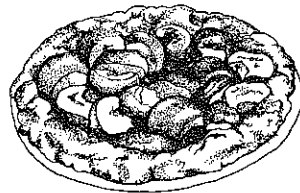
Add hot water very slowly and carefully, stirring constantly. Stir in butter.

Pour over top of tart making sure to cover all the apples. Return to oven for 10 minutes.

TARTE TATIN

Cologne, West Germany

*1 1/4 hours to prepare
6-8 servings*



This tarte is made in a novel way and is superb in both taste and beauty.

Tarte Tatin continued

Dough

5 oz. white pastry flour

pinch salt

1 1/2 oz. butter

1 egg

1/3 cup whipping cream

Filling

4 1/2 oz. butter

3/4 cup sugar

6 medium sour apples (peeled, cored and quartered)

Dough

Mix flour, salt and butter together until it becomes a coarse crumb mixture. Add the egg and cream. Mix until it holds together in a ball. Put into refrigerator.

Filling

Because the skillet will be put in the oven, use one with a metal handle or a handle that can be unscrewed. Melt the butter in the skillet and add the sugar. Stir, and put in the apples with the round side downwards. On a high heat boil the sauce until it caramelizes — about 10 minutes. It will go quite dark.

Now take off the stove, and roll out dough to cover the pan. Spread it over the apples and press into the sides. Bake at 325°F for 20-25 minutes — the pastry should be cooked.

Remove from the oven and place a plate over the pan. Turn it over quickly and the tarte will come out onto the plate. Apples will be dark and somewhat caramelized. The fragrance will make your mouth water.

Serve hot or cold with fresh whipped cream.

ITALIAN SALAD AND DRESSING

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
6-8 servings

Dressing

$\frac{3}{4}$ cup olive oil
6 T lemon juice
 $\frac{1}{2}$ tsp. salt
1 tsp. pepper
1-2 big cloves of garlic, crushed
 $\frac{1}{2}$ cup fresh basil (or 2 T dried)



Salad

1 head soft green leaf lettuce
6-8 marinated artichoke hearts
1 cup whole pitted black olives
2 cups whole button mushrooms
1 cup cherry tomatoes, cut into halves
1 red onion,
peeled and cut into thin rings; separate
 $\frac{1}{4}$ cup parmesan cheese
few sprigs parsley

Combine the dressing ingredients together in a blender and mix well.

Place lettuce beautifully on a plate. Arrange on it the artichoke hearts, onions, olives, mushrooms and tomatoes.

Garnish with parsley and sprinkle with parmesan cheese.

Serve dressing separately with salad.

AVOCADO MUSHROOM SALAD

Cologne, West Germany

$\frac{1}{2}$ hour to prepare
6-8 servings

1 lb. button mushrooms, washed
 $\frac{1}{2}$ cup olive oil
4 T lemon juice (fresh)
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ cup chives, finely chopped
4 avocados, cut into small cubes

Sauté mushrooms in 2-3 T oil until golden brown.

Mix lemon juice, salt, pepper and chives together. Then add oil. While they are still warm put the mushrooms in the marinade for at least 1 hour.

When mushrooms are ready, remove from marinade and drain well. Mix with avocado cubes. Serve on a bed of lettuce.

GUACAMOLE

Rajneeshpuram, Oregon, U.S.A.

$\frac{1}{2}$ hour to prepare
6-8 servings

5 ripe avocados, mashed
 $\frac{3}{4}$ cup sour cream
 $1\frac{1}{2}$ T lemon juice, fresh squeezed

Guacamole continued

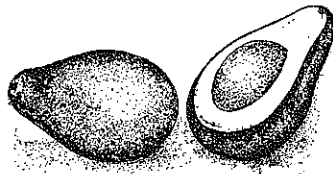
- $\frac{1}{4}$ T salt
- $\frac{1}{3}$ tsp. black pepper

Mix all ingredients together well.

Serve as a spread or dip. It especially goes well with Mexican food.

This guacamole recipe is quite versatile. You can zip it up with:

- $\frac{1}{3}$ cup salsa (see Salsa recipe)
- or
- 1-2 tsp. puréed garlic
- or
- $\frac{1}{2}$ cup creamed cottage cheese
- or
- $\frac{1}{4}$ tsp. crushed fresh green chili
- or
- any combination of the above.



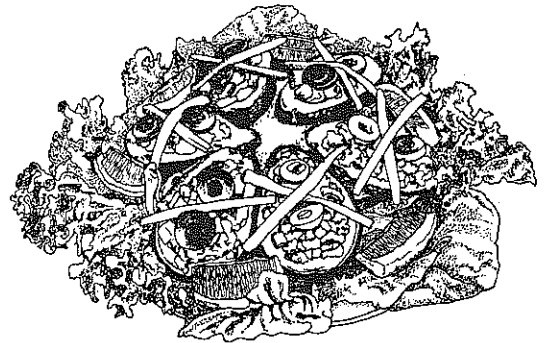
STUFFED AVOCADOS

Rajneeshpuram, Oregon, U.S.A.

- $\frac{1}{2}$ hour to prepare
- 6 servings of $\frac{1}{2}$ avocado each

Stuffed Avocado continued

- 3 large ripe avocados
- $\frac{1}{4}$ cup fresh lemon juice
- 1 small can hearts of palm (or 8 stems)
- 2 T dried tomatoes (pomodori di secchi)
- 1 T capers
- $\frac{1}{3}$ cup mayonnaise
- 2 T ketchup
- 3 large green olives, sliced into rounds



Cut avocados in half. Brush with lemon juice after removing the pit.

Save two of the palm hearts. Mince the rest of the palm hearts, the dried tomatoes and the capers.

Mix the minced ingredients together.

Mix the mayonnaise and ketchup and add to the minced ingredients.

Pile even amounts of mixture into avocado halves.

Serve avocado halves over a beautiful lettuce leaf.

Decorate the top with sliced green olives.

Slice into strips the two palm hearts that were saved and decorate with these as well.

BANANA CAKE*Copenhagen, Denmark**1½ hours to prepare**8 servings*

This is not an average banana cake. It is an incredibly rich layered affair and very delicious.

*1¼ cup butter**⅞ cup sugar**3⅜ cups flour**1½ cups coconut, grated**1 tsp. vanilla**¾ cup raisins soaked in rum or water
(whichever you prefer)**1 cup chocolate, grated**5-6 medium bananas**1 cup hazelnuts or almonds, grated**¾ cup water
or 1½ cups water**¾ cup rum*

Grease a springform pan.

Cream butter and sugar. Mix flour, coconut and vanilla. Rub this into the butter. You can use fresh grated coconut, angel flake or dried coconut. If dried coconut is used, you may need to add 2 T of water to dough so it will hold together.

Press ¾ dough into bottom and sides of pan. Bake until slightly brown in 325°F oven, about 10 minutes. Remove from oven and cool.

Divide remaining dough into four portions.

Drain raisins.

In this sequence, put the following ingredients into

Banana Cake continued

the baked shell. You will be adding from the bottom to the top.

Put ½ of the chocolate in the bottom, then 2½ sliced bananas, then ¼ of the crumbled dough, then ½ of the raisins, followed by ½ of the nuts and another layer of the dough. Repeat layering, finishing with the dough on top. Sprinkle with nuts. Pour rum and water over cake and bake 1 hour at 340°F. This cake can later be decorated with whipped cream and fresh bananas.

CHILI*Rajneeshpuram, Oregon, U.S.A.**2 hours to prepare**8 servings**¼ cup dry pinto beans**1 onion, diced**2 cloves garlic, crushed**3 T oil**1½ cups beef flavored soy meat**2½ T chili powder**½ cup tomato sauce**1 tsp. brown sugar**2 tsp. cumin powder**salt and pepper to taste*

Cook pinto beans in a covered pot until soft. Keep covered with water. Set aside.

Sauté the onion and garlic in oil until onions are soft. Add the soy meat and chili powder and sauté another 5 minutes. Stir well.

Chili continued

Now pour in 1 cup water and the tomato sauce. Add the sugar and cumin powder and bring to a boil. Stir in the beans and 3 cups of bean juice. Boil for 5 minutes on a low heat. Keep stirring. Season to taste with salt and pepper. Add more chili powder if you prefer it spicier.

Serve over cornbread with grated cheese.

KHICHADI

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
6 servings*

This is a hearty and gingery dal and rice soup. Because of the ginger, it is great in cold or hot weather and is delicious with grilled chappatties and green coriander chutney.

2-4 T fresh ginger, grated
5 T butter
1 cup white rice
1 cup mung dal
6 cups water
salt to taste
2 bay leaves
4 whole cloves
pepper to taste
1 tsp. cumin seeds
1 tsp. paprika
1/2 cup coriander leaves

Khichadi continued

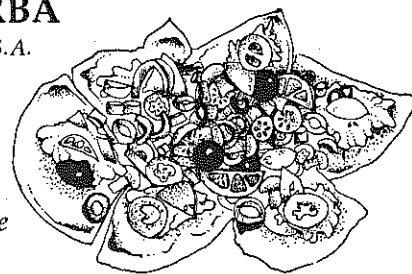
In a 3-4 qt. pot, fry ginger in 4 T butter. Add rice and dal and fry 5 minutes. Stir well. Add water, salt, bay leaves, cloves and pepper. Simmer gently for 20 minutes, or until dal and rice are soft and water is absorbed.

Now fry cumin seeds in 1 T butter until golden brown. Remove from heat. Stir in paprika and mix into khichadi. This gives the khichadi a gorgeous rich flavor. Decorate with coriander leaves.

NACHOS ZORBA

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
4 servings*



14 nacho chips
1 cup refried beans, see recipe
4 T jack cheese, grated
4 T cheddar cheese, grated
14 tsp. guacamole, see recipe
3 tomatoes, cut in 6 pieces
14 slices jalapeno peppers
3 T black olives, chopped
3 T scallions, chopped

On a large plate spread chips. Sprinkle with refried beans and the cheeses. Put in oven at 325°F until cheese melts.

Nachos Zorba continued

Remove from oven. Spoon on guacamole and decorate with tomatoes, jalapeno, olives and scallions.

REFRIED BEANS

Rajneeshpuram, Oregon, U.S.A.

*4 hours to prepare
Makes 2 qts.*

- 3½ cups pinto beans (soak beans overnight)*
- 1 onion, cut in quarters*
- ½ green pepper, cut in quarters*
- ½ - 1 Anaheim chili (to taste), cut in quarters*
- 1 tsp. garlic, crushed*
- ¼-½ red chili pepper, cut in half*
- ¼-½ jalapeno chili pepper, cut in half*
- ½ T chili powder*
- ½ T cumin powder*
- salt to taste*
- ½ lb. cheese, grated*

Put all ingredients except chili powder and cumin powder in a pot. Cover with water about 2-3" over the beans. Add ½ T salt. Simmer for 2 hours. Stir occasionally. The longer it cooks, the richer it is.

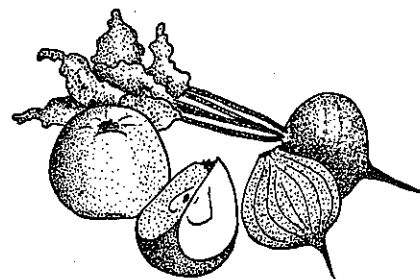
Add chili powder and cumin powder, cook another 20 minutes. Add salt to taste.

Mash with a potato masher until smooth. Serve on nachos or with rice.

You can add grated cheese while mashing. This makes it really delicious.

BEET APPLE SALAD

Rajneeshpuram, Oregon, U.S.A.



*1 hour to prepare
6-8 servings*

- 6 small or 4 large beets*
- 3 green apples, cut into ½" cubes*
- ½ cup scallions, chopped small (optional)*

Dressing

- 1 cup sour cream*
- 2-3 T dill weed*
- T lemon juice*
- salt to taste*
- 1 tsp. pepper*

Boil beets in their skins until soft. Rub off skins under cold water and leave to cool. Cut into ½" cubes.

Mix with apples. If you chose to use scallions, add them now. Add dressing ingredients directly to salad and mix well.

An oil and lemon dressing is also good on this salad. Fresh dill is better than dried, if you have it.

BRUSSELS SPROUTS EN CROUTE

Altbessingen, West Germany

1½ hours to prepare
8 servings

Dough

9 oz. flour
1 egg yolk
¼ tsp. salt
5 oz. butter
4 T cold water

Mix all ingredients together to make dough. Refrigerate for 1 hour.

Filling

2 onions, coarsely diced
2 lbs. Brussels sprouts,
remove outer leaves, trim stems
4 oz. butter
1 cup water
1½ cups sour cream
3 eggs
1 cup swiss cheese
(gruyere or emmenthal), grated
2 T cornstarch
pinch black pepper
⅛ tsp. nutmeg
1-2 tsp. salt
½ cup walnuts for decoration

Brussels Sprouts en Crouete continued

Sauté onions and Brussels sprouts in butter. Add 1 cup water and simmer until tender.

Stir cream, eggs, grated cheese, cornstarch and seasonings together.

Grease bottom and sides of 9" springform pan. Roll dough and set in pan. Trim sides. Add Brussels sprouts. Pour creamy mixture over it and decorate with walnuts.

Put form in cold oven. Set to 400°F and bake 1 hour.

This is a great way to serve Brussels sprouts, but you can fill this pie with whatever vegetables are in season.

BRUSSELS SPROUTS SALAD

Nedlands, Australia

½ hour to prepare
8 servings

Best when using fresh Brussels sprouts in season.

1½ lbs. Brussels sprouts,
remove stem and outer leaves
1 cup mayonnaise
2 T chopped black olives
6 T chili sauce
1 T onion, chopped
1 T apple cider vinegar
½ tsp. parsley, finely chopped
½ tsp. salt
1 red pimento pepper, cut into long thin slices
1 egg, hardboiled and finely chopped

Brussels Sprouts Salad continued

Cook Brussels sprouts in salted water until just tender. Drain and slice into quarters. Leave to cool.

Mix the mayonnaise with chopped olives, chili sauce, onion, vinegar, parsley, egg and salt. Mix into Brussels sprouts and garnish with red pepper slices.



TABOULEH

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare
6 servings

- 2 cups bulgur*
- 2 cups water, boiling*
- 2 tsp. salt*
- 1/2 cup lemon juice (fresh)*
- 1/2 cup olive oil*
- 2-3 tsp. garlic, crushed*
- 1/2 cup tomatoes, finely chopped*
- 1 cup green onions, finely chopped*
- 1 cup parsley, minced*
- 1/2 cup fresh mint (optional), finely chopped*

Four hours before serving, pour boiling water over bulgur and soak. Stir in salt. Refrigerate until cool.

Squeeze lemon juice and mix with olive oil and garlic. Pour on the bulgur and mix thoroughly.

Mix in chopped vegetables.

Taste for seasoning. All flavors should blend evenly. Serve well chilled. Delicious to serve with felafels.

BUTTERCREAM FROSTING

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare

Buttercream frostings are the most exquisite frostings; they are also exacting to make but if the instructions are followed precisely, the results will be perfect.

They can be used for icing all varieties of cake. Here are the recipes for Chocolate Buttercream and Coffee Buttercream. Mocha Buttercream can be made by using $\frac{3}{4}$ Coffee Buttercream and $\frac{1}{4}$ Chocolate Buttercream. The Chocolate Buttercream frosting can be varied for white or dark chocolate.

Buttercreams are made by lightly cooking eggs, sugar and flavoring over a double boiler, and mixing this with creamed butter.

There are several essential points:

The butter should be unsalted, and at room temperature. When blending the egg mixture into the butter, both mixtures should be at room temperature. If they separate while mixing, this is probably because the temperature of the eggs was not quite right. This can usually be rectified by warming the frosting gently while whisking with an electric mixer. If this does not work try cooling over ice while whisking. The mixture should be smooth and shiny when finished.

The egg mixture must not be overcooked. This is tricky because it only thickens a little when it is ready. To begin with the eggs and sugar will be quite thick, then as the sugar dissolves it will become thinner. As it cooks, the mixture will begin to thicken again. You can dip in your finger — the mixture should feel slightly hot.

It is important when cooking the eggs that the sides of the bowl are scraped down constantly. Use a whisk to stir the mixture and a spatula to scrape the sides. Use both at once, one in each hand. If there are any

Butter Cream Frosting continued

lumps in the eggs, strain through a sieve before mixing with butter. This is especially important if you intend to use this icing for decorating with a piping bag.

Buttercream frosting can be stored in the refrigerator for a week. You can bring it back to room temperature in a double boiler, stirring with a whisk. It is best used when a little cooler than room temperature, and is especially easy to work with if the cake to be frosted is cold. This helps the frosting to set quickly while you spread it.

Chocolate Buttercream

Makes 2 $\frac{2}{3}$ cups — enough to frost and fill an 8" double-layer cake.

For white chocolate buttercream

4 oz. white chocolate
4 T cream

For dark chocolate buttercream

4 oz. bittersweet chocolate
(any bar chocolate will do)
4 T strong coffee

2 eggs
7 T sugar
1 cup ($\frac{1}{2}$ lb.) unsalted butter, at room temperature

In a double boiler, melt chocolate and liquid — either coffee or cream.

In a second double boiler, put the eggs and sugar.

Butter Cream Frosting continued

Cook on a medium heat, whisking and scraping the sides until mixture is a little thicker — as described earlier.

Take off heat. Mix the chocolate and egg mixtures together. Cool to room temperature.

When this mixture is cool, cream butter. Slowly blend in the eggs and chocolate with the butter. Use an electric blender at medium speed, thoroughly incorporating the eggs and chocolate into the butter.

The frosting should be smooth, silky and shiny. Leave to cool a little if using immediately.

Coffee Buttercream

Makes 2 $\frac{2}{3}$ cups — enough to frost and fill an 8" double-layer cake

8 egg yolks
 $\frac{1}{2}$ cup sugar
10 T strong coffee
1 T instant coffee
4 T rum
1 cup ($\frac{1}{2}$ lb.) unsalted butter, at room temperature

Mix egg yolks, sugar, coffee, instant coffee together. Cook as shown earlier, in a double boiler. Do not whisk but rather stir as the foam produced by whisking obscures the liquid and it is hard to see if it is thickening.

When ready, remove from heat and cool.

Cream butter and very slowly add coffee - egg mixture, while beating with an electric mixer. Scrape down the bowl as you mix until frosting is creamy and smooth. Leave to cool before using.

BUTTER KÜCHEN

Rajneeshpuram, Oregon, U.S.A

1½ hours to prepare
8 servings

Butter Küchen is great with a cup of good coffee, tea or chai.

2 cups white flour
¼ cup sugar
¼ tsp. salt
¼ cup butter
1 oz. dry yeast
⅞ cup warm milk
1 tsp. vanilla

Mix together flour, sugar and salt. Rub in butter. Dissolve yeast in warm milk. Add vanilla. Mix wet and dry ingredients into a soft sticky dough. Press into a greased pan.

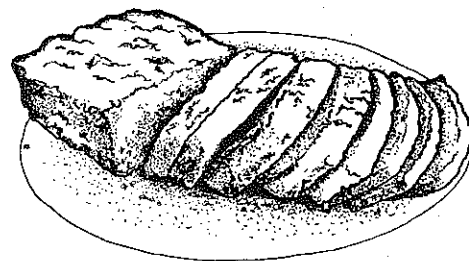
Topping

½ cup very soft butter
2 T sugar
2 T grated orange peel

Spread soft butter evenly over the dough. Sprinkle the sugar on top, then decorate with grated orange peel. Cover with a cloth and leave to rise in a warm place for about half an hour or until 1½ times the original size.

Bake at 375°F for 20 minutes or until golden brown.

POUND CAKE

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare
8 servings

1⅝ cups (½ lb.) cake flour (must be cake flour)
3 eggs
⅓ tsp. vanilla
2 T raspberry jam
½ cup almonds, sliced
1 cup butter (have at room temperature)
1 cup sugar

Grease and line loaf pan with greaseproof paper. Sift flour and set aside.

Mix together eggs and vanilla and set aside.

Mix together jelly and almonds and set aside.

Cream butter and sugar with a mixer at high speed until very light. Add egg mixture gradually and mix well until light and fluffy. Fold in flour. Pour into 1 lb. loaf pan and cover batter with jelly almond mixture. Bake at 325°F for 1 hour.

After cake begins to brown, cover top with aluminum foil and continue cooking until done.

BAVARIAN STUFFED CABBAGE ROLLS WITH ONION SAUCE

Rajneeshpuram, Oregon, U.S.A.

2 hours to prepare
6-8 servings

1 medium head cabbage, cut the core out

Fill a large pot half-full with water and bring to a boil. Put the cabbage with the core-side down into the water. Boil for a few minutes, then turn head around so core-side is up.

Start to carefully remove the outer leaves with a pair of tongs, trying to leave the leaves as whole and undamaged as possible. The stem of the leaves should be soft enough to roll.

Remove about 16-18 leaves and set aside on a plate. Leave the rest of the cabbage simmering for about 20 minutes to get the stock for the sauce.

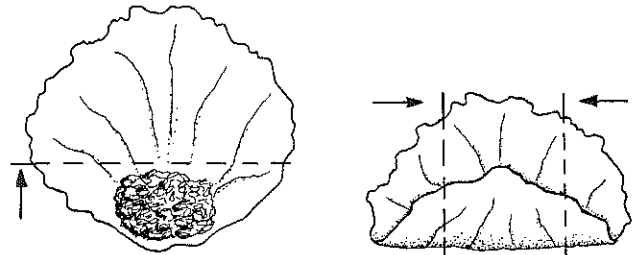
Filling

- 1½ cups soy meat (beef flavor) finely chopped
- 1 small onion, diced
- 1 egg
- 2 slices white bread
- ⅓ cup milk
- 1 cup rice (brown or white), cooked
- 1 pinch pepper
- salt to taste (approximately ⅓ tsp.)

Soak the bread in the milk. Combine soy meat, rice, egg, soaked bread, onion, salt and pepper in a blender and mix well to get a thick paste. Spread one cabbage leaf out on the table in front of you with the stem end towards you. Take 1-2 tablespoons of the filling and

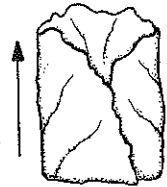
Bavarian Stuffed Cabbage Rolls continued

place it on the stem end. Carefully roll up the cabbage leaf folding in the sides as well. Put seam facing down in a baking dish. Roll up all the cabbage leaves this way and place tightly next to each other in the dish. Set aside.



Sauce

- 3 T butter or margarine
- 1 big onion (1 cup diced)
- 2 T flour
- 2½ cups cabbage stock
- ½ tsp. caraway seeds
- 1½ tsp. Spike
- pinch pepper
- ⅓ tsp. salt or to taste



Melt margarine or butter in a heavy saucepan. Add onions and sauté until golden brown. Add flour and stir continuously until the flour is roasted and a light brown color. Add the cabbage stock and the spices and bring to a boil. Simmer for a few minutes. The consistency should be thin. If needed, add more stock.

Pour this sauce over the cabbage rolls in the baking dish and put in a preheated oven at 300°F until the cabbage is tender and golden brown.

Serve with parslid potatoes and apple sauce.

SAVOY ROLL

Cologne, West Germany

2 hours to prepare
6-8 servings

1 big cabbage
3 T butter
1 medium size onion, finely chopped
 $\frac{3}{4}$ cup mushrooms, finely chopped
3 medium sized potatoes, peeled
 $1\frac{1}{2}$ cups (10 oz.) green peas
3 oz. ricotta cheese
1 egg yolk
salt
pepper

Gravy

2 T butter
2 T white flour
 $1\frac{1}{4}$ cups stock
 $\frac{1}{4}$ tsp. Spike
2 oz. swiss cheese, grated
2 oz. ricotta
 $\frac{1}{2}$ tsp prepared mustard
salt to taste
pinch of pepper

Remove the big outer leaves of the cabbage. Cook them in boiling water till they are soft. Set aside. Use one leaf for each roll. Keep $1\frac{1}{4}$ cups of the water as stock for the sauce. Finely chop the small inner



Savoy Roll continued

leaves of the remaining cabbage. Fry them in 1 tablespoon butter until soft. Set aside.

Fry the onions in 1 tablespoon butter till soft. Set aside.

Fry the mushrooms separately in 1 tablespoon butter till all the liquid from the mushrooms is gone. Set aside.

Cook the potatoes till soft. Remove from water and mash them.

Put all the above prepared ingredients, except the cabbage leaves, together and mix. Add the egg yolk, ricotta cheese and pepper. Season to taste with salt.

Put about 3 tablespoons of this mixture on each cabbage leaf and roll them up. Pin them closed with a toothpick.

Fry the roll on all sides in butter. Set aside.

Gravy

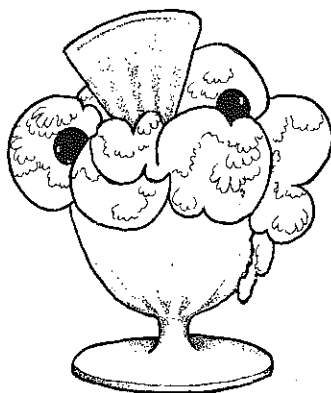
In a saucepan, heat the butter. Stirring constantly, brown the flour until golden brown in the butter. Add reserved stock. Simmer for 1 minute. Add ricotta, swiss cheese, mustard and Spike. Add salt and pepper to taste.



CANTALOUPE AND ORANGE ICE CREAM

Fremantle, Australia

1 hour to prepare
8-10 servings



- 1 medium cantaloupe, cut in half, seeds removed
- $\frac{1}{3}$ cup strained orange juice
- $\frac{1}{3}$ cup strained lemon juice
- 2 T honey - warm in hot water
- 1 egg white
- $\frac{1}{2}$ pint (1 cup) whipping cream

In a food processor, purée pulp of cantaloupe. You should have $2\frac{1}{2}$ cups of puréed pulp.

Lemon and orange juice should be $\frac{2}{3}$ cup total; mix the warmed honey and sugar with the melon and juice and freeze until soft and slushy.

Whip cream until stiff and whip egg white until stiff. Fold cream and egg white gently into fruit mixture and refreeze. Remove from freezer $\frac{3}{4}$ hour before serving so that ice cream is not too hard.

CREAM OF CARROT SOUP

Hamburg, West Germany

1 hour to prepare
6-8 servings

- 1-2 T butter
- 1 T curry powder
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{2}$ tsp. nutmeg
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{2}$ tsp. garlic, crushed
- 1 small onion, finely diced
- 2-3 large carrots, finely diced
- 6 cups water
- 2 T lemon juice
- 2 T soy sauce
- 1 tsp. salt
- 1 cup sour cream
- 1 cup half-and-half

In a 3-quart pot melt butter and roast spices for 1 minute. Add the onions and sauté several minutes. Add the finely diced carrots and water and simmer until carrots are very soft.

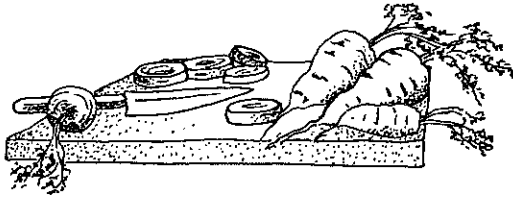
Purée in a blender and then add all remaining ingredients. Heat slowly and serve.



VERONA SALAD

Fremantle, Australia

$\frac{1}{2}$ hour to prepare
4-6 servings



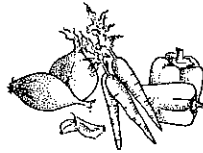
A refreshingly different salad.

$1\frac{1}{2}$ large carrots, thinly sliced
3 medium zucchini, thinly sliced
 $\frac{1}{3}$ cup green onions, finely chopped
 $1\frac{1}{2}$ cups fresh mint, finely chopped
2 tsp. fresh black pepper, ground
1 cup olive oil
2 T lemon juice
 $\frac{1}{2}$ tsp. salt

Blanch the carrots and zucchini in boiling salted water for 2 minutes. Leave to cool.

Mix all the other ingredients and toss with the vegetables.

Serve chilled.



CAULIFLOWER APPLE SALAD

Fremantle, West Australia

$\frac{1}{2}$ hour to prepare
6 servings

1 medium/small cauliflower,
sliced into small pieces
3 red apples, finely diced
1 cup celery (2-3 stalks), finely chopped
3 green onions, diced
3-4 T parsley, chopped

Dressing

$\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup red wine vinegar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 clove garlic (cut into 4 pieces)

Toss vegetables and apples together. Refrigerate. Mix dressing ingredients. Remove garlic chunks after half an hour.

Toss salad with dressing and return to refrigerator. Serve on a bed of lettuce.



CREAM OF CAULIFLOWER SOUP

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hour to prepare
6-8 servings

1 small onion, diced fine
2 T butter
1 large head cauliflower, cut into flowerettes
1 tsp. marjoram
6 cups water
salt to taste
 $\frac{1}{2}$ tsp. pepper, freshly ground
1 cup cream
 $\frac{1}{2}$ cup parsley, finely chopped

In a 3-quart pot, sauté onions in butter until transparent. Add cauliflower and marjoram and sauté a few minutes more.

Add 6 cups water and simmer until cauliflower is soft. Reserve several cauliflower pieces. Purée remaining cauliflower mixture in a blender.

Pour cauliflower puree mixture back into a pot. Add cream and reserved cauliflower pieces.

Heat slowly. Season to taste. Add parsley. Serve.



CELERIAC STEAK "HAWAII"

Hamburg, West Germany

1½ hours to prepare
6 servings

Celery root, also known as celeriac, comes from a different variety of celery than the one raised for its stalks. Prepared in this way it makes a delicious main dish with a luscious gravy.

2 celeriac roots
2 T butter, unsalted
 $\frac{1}{4}$ cup soy sauce
 $3\frac{1}{2}$ cups water
1 cup whipping cream
 $\frac{1}{2}$ tsp. garlic, finely chopped
1 bay leaf
1 pinch pepper
1 cup sour cream
1 T lemon juice
1 T dry sherry
6-8 pineapple rings
6 slices swiss cheese

Cut the celeriac roots into $\frac{1}{2}$ "- $\frac{3}{4}$ " thick slices and peel the rough outer skin away.

Fry celeriac slices in butter on both sides until golden brown.

Mix the soy sauce and water together and pour about half of it over the celeriac. Now simmer on low heat until almost all the liquid is gone. Pour the rest of the soy sauce-water mixture into the frying pan, and

Celeriac Steak "Hawaii" continued

simmer until the celeriac is cooked and soft.

Remove celeriac from the sauce and arrange the slices next to each other in the baking dish.

Now add whipping cream, garlic, bay leaf to the sauce in the frying pan and simmer on low heat until the sauce thickens. Then add pepper, sour cream, sherry and lemon juice. Pour this over the celeriac slices in the baking dish. Place one pineapple ring on top of each celeriac steak, top it with swiss cheese and bake in a preheated oven at 300°F until the cheese is melted.

CHAMPAGNE CHARLIE

Fremantle, Australia

*1/2 hour to prepare, not including freezing time
8 servings*

An intoxicating dessert with the delicate flavor of champagne and brandy. Not an everyday recipe. Reserve for really special occasions.

*3/4 cup white sugar
1 cup water
1/3 cup strained fresh orange juice
2 T strained fresh lemon juice
2 cups champagne
2 cups whipping cream
1/8 cup brandy*

Boil water and sugar for 10-15 minutes until reduced to about 1/2 cup.

Grate the peel of 1 orange. Add orange and lemon juice and orange peel to sugar syrup. Cool.

Champagne Charlie continued

Mix in champagne and put in freezer until the edges are beginning to freeze.

Whip the cream until very stiff. Mix the brandy into champagne mixture and then fold in the cream until well mixed. Return to freezer. Stir well about three times while it is freezing. This will break up the crystals and make it creamier.

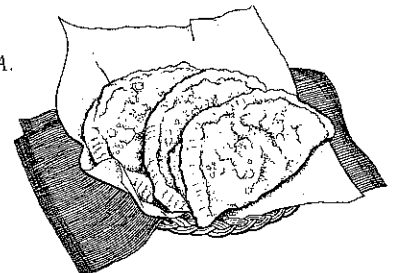
Remove from freezer 1/2 hour before serving so that it is not too hard.

Scoop into champagne glasses. Garnish with thinly sliced oranges.

CALZONE

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
10 calzones*



Calzones are deep-fried turnovers prepared with pizza dough filled with spicy cheese and soy sausage. Easy to make!

Dough

*2 T (level) cake yeast
1 tsp. sugar
1/4 cup warm water
2 T all-purpose flour
1/4 cup olive oil
3 1/2 cups all-purpose flour
1 tsp. salt*

Calzone continued

Filling

- 5 cups mozzarella cheese, grated
- 1 1/4 cups soy sausage, chopped
- 1 tsp. fennel
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. crushed red chili

Dissolve yeast and sugar in water. Mix well and add 2 tablespoons flour. Set aside until yeast gets bubbly. When this is happening add oil to the bubbly yeast.

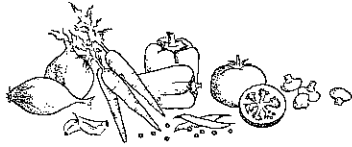
Mix salt and flour in a bowl. Make a well in the middle of the flour. Pour in the yeast mixture, adding enough warm water to make a soft dough — but not sticky. Oil a bowl and place dough in this to rise. Cover with a damp cloth.

When the dough has risen, cut into 10 pieces. Roll into little balls and leave to rise a second time, covered.

When dough has risen a second time, roll each ball out into an 8" inch circle.

Mix together mozzarella cheese, soy sausage and all the herbs. Evenly distribute this mixture over the 10 rolled out circles of dough. Brush the edges with water, fold circle in half. Seal the edges well by rolling them up a little and pressing with a fork.

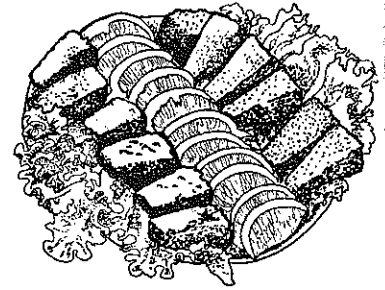
Deep fry the Calzone until golden brown in medium hot oil — it should sizzle when Calzone are put in. Remove when cooked and drain on paper to remove excess oil. Serve as hot and fresh as possible.



CAMEMBERT CROQUETTES

Fremantle, Australia

1/2 hour to prepare
4 servings of 2 pieces



These make a delicious hors d'oeuvre or party dish. Best served piping hot. You can keep them warm in a low oven until serving.

- 1 whole round camembert cheese, cut into 8 triangles
- 2 eggs, beaten
- 1 cup fine dry breadcrumbs
- 2 cups oil for frying
- 2 T lemon juice
- 1/2 cup mayonnaise
- 4 cloves garlic, puréed
- 8 lemon wedges
- 1/4 head lettuce

Dip the triangles of camembert into the egg and then the crumbs. Leave 5 minutes to dry. Then repeat. Make sure they are completely covered in the crumbs.

Deep fry in medium hot oil until golden brown.

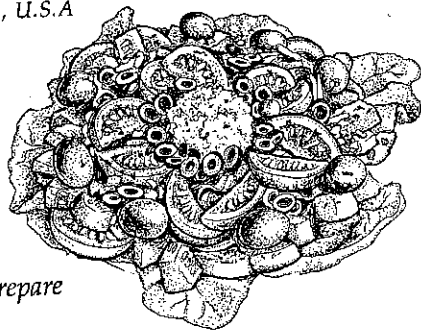
Drain on paper towels.

Mix lemon juice, mayonnaise and garlic and serve with camembert wedges.

Serve on a lettuce leaf with lemon wedge.

GREEK FETA SALAD

Rajneeshpuram, Oregon, U.S.A



1/2 hour to prepare
6 servings

- 1 small head lettuce
- 1/2 cup feta cheese
- 2 tomatoes, cut into 8 wedges
- 1 cucumber, peeled and thinly sliced
- 1/2 red onion, thinly sliced in rings
- 1/2 cup scallions, coarsely diced
- 1/4 cup black/green olives
- 1/4 cup olive oil
- 2 T red wine vinegar
- 1/2 tsp. salt
- 1/2 tsp. pepper

This salad is spectacular. Arrange it yourself on a large platter.

Use a beautiful soft leaf lettuce, like Boston. Wash and pat dry. Arrange as a base for the other vegetables on the plate.

Crumble the feta cheese and make a dome in the middle of the plate. Arrange the other vegetables around this in a decorative manner.

Mix the dressing and spoon over. You can also use the dressing from the Italian Salad recipe.

WELSH RAREBIT

Rajneeshpuram, Oregon, U.S.A.

3/4 hour to prepare
6 servings

- 1/4 lb. butter
- 6 T white flour
- 3/4 cup stout beer
- 3/4 cup light beer
- 2 T soy sauce
- 1 T A-1 sauce
- 1/2 T Dijon mustard
- 4 cups cheddar cheese
- 1/4 tsp. paprika
- 1/2 T parsley
- 6 thick slices white toast (1" thick)
- 1 onion, sliced
- 18 mushrooms, sliced
- 3 tomatoes, sliced

Melt the butter. Stir in white flour and cook several minutes. Whisk in the beer slowly and add the remaining ingredients.

Toast the bread.

If onions are desired, sauté them in butter until they are brown and sweet.

Sauté mushrooms and tomatoes for several minutes in butter until mushrooms are soft. Put vegetables on top of toast. Ladle sauce on generously and sprinkle with parsley.

A meal in itself.

AMARETTO CHEESECAKE*Rajneeshpuram, Oregon, U.S.A.*

2 hours to prepare
8-10 servings

Crust

$\frac{1}{2}$ cup walnuts, finely ground
 $1\frac{1}{2}$ cups graham cracker crumbs
2 tsp. sugar
7 T butter

Mix finely ground walnuts with all other ingredients. Rub in the butter by hand until it is completely incorporated and mixture holds together well. Grease well a 10" springform pan and, using a teaspoon, press crust on bottom and halfway up the sides. Bake in 350°F oven for 5 minutes and leave to cool.

Filling

3 cups cream cheese (at room temperature)
 $\frac{1}{3}$ cup sugar
2 eggs
 $\frac{1}{4}$ cup flour (all-purpose)
 $\frac{1}{2}$ cup amaretto

Cream cheese and sugar with a mixer at high speed. Continue mixing as you add the eggs. Then add the flour and amaretto and mix all together well. Pour the batter on the crust. Bake in 350°F oven for 40 minutes.

Take care not to overcook this cheesecake otherwise it will rise too much during baking and fall and crack when it cools.

Amaretto Cheesecake continued**Topping**

$1\frac{1}{2}$ cups sour cream
2 T sugar
2 tsp. almond extract

When cheesecake has cooled, mix the topping ingredients. Carefully spread over the top of cooled cheesecake $\frac{1}{2}$ " from the edges. Return to 350°F for 7-8 minutes — just enough to set the sour cream.

Remove from oven. Cool and then refrigerate several hours before cutting and serving.

BLACK FOREST CHEESECAKE*Fremantle, Australia*

$1\frac{1}{2}$ hours to prepare
8 servings

This cheesecake sits within a dark chocolate crust. The filling is stark white with huge black cherries. It is a delicate and light dessert.

Crust

8 oz. chocolate cookies
 $\frac{1}{2}$ cup butter, melted

Grease an 8" springform pan.

Crumble cookies and mix in melted butter with a teaspoon. Press onto a base and halfway up sides of pan. Place in refrigerator.

Black Forest Cheesecake continued

Filling

- 4 tsp. agar agar (or vegetarian gelatin)
- $\frac{1}{2}$ cup water
- $1\frac{1}{3}$ cups whipping cream
- $\frac{1}{2}$ lb. cream cheese
- $\frac{3}{4}$ cup sugar
- 1 T lemon
- 1 lb. can pitted black cherries

Mix agar agar with hot water and stir in a double boiler or over a very low flame until agar agar is dissolved. The liquid should be clear. Leave over hot water until needed.

Whip cream until stiff. Set aside.

Beat cream cheese (which should be at room temperature), sugar, and lemon juice until smooth. Mix in the dissolved gelatin and whipped cream.

Drain the cherries and reserve $\frac{3}{4}$ cup liquid.

Spoon $\frac{1}{2}$ filling into crust. Arrange the cherries on this. Spoon rest of filling over cherries. Place in refrigerator until firm.

Topping

- 1 T sugar
- 1 T cornstarch
- $\frac{3}{4}$ cup cherry juice
- 1 T rum

When cake has set, make topping. Mix sugar and cornstarch in a pan. Stir in cherry syrup and warm on low heat until simmering. Stir well.

Add rum and allow to cool. Pour gently over cheesecake and spread by tilting the cake so topping covers the surface completely. Leave to set in a refrigerator for several hours before serving.

CASTAGNACCI CHOCOLATI

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hour to prepare
8 servings

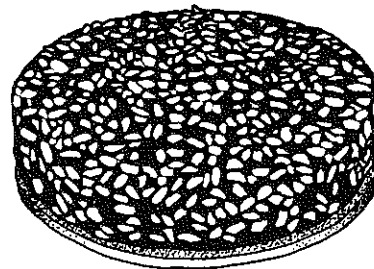
- $\frac{1}{2}$ lb. butter
- 2 cups (2 medium tins) chestnut purée
- $\frac{2}{3}$ cup cocoa powder
- $1\frac{1}{3}$ cups brown sugar
- 1 cup whipping cream
- $\frac{1}{2}$ cup pine nuts

Melt butter. Add chestnut purée and mix until smooth. Mix in cocoa powder and sugar thoroughly.

Spoon half mixture into an 8" springform pan (or a 2 lb. bread tin lined with paper).

Whip the cream until very stiff and mix into the other half of the mixture. Spoon this on top of the first mixture and place in fridge to set for at least 2 hours.

Remove from tin and decorate with pine nuts pressed into top and sides. Serve with double-thick or whipped cream.



CHANA MASALA

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
6-8 servings

2 lbs. chickpeas, soaked overnight
4 whole cloves (optional)
4 bay leaves
4 oz. butter
2 cloves garlic (optional), minced
2 large spoons ginger, grated or sliced thin
4 medium onions, medium diced
2 pieces green chilis (hot), finely chopped
1 cup tomato purée
salt to taste
2 T garam masala
1 bunch fresh coriander leaves, finely chopped
¼ cup lemon juice

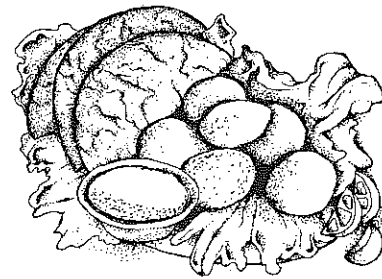
Cook chickpeas, cloves and bay leaves in enough water to cover, until soft. Add more water if needed while cooking.

On medium fire melt butter in a saucepan. Add garlic, ginger and then the onions. Cook until golden brown. Add green chilis, salt and tomato purée. Cook another 5 minutes. Add chickpeas and mix well with all the spices. Cook for a few minutes and then remove from fire. Sprinkle with garam masala, coriander leaves and lemon juice.

Serve hot with parathas (see recipe) and green coriander chutney (see recipe).

FELAFELS WITH TAHINI SAUCE

Rajneeshpuram, Oregon, U.S.A.



1½ hours to prepare
8 servings

Felafels are a Middle-Eastern dish of deep-fried spicy chickpea balls. Great served with tahini sauce, a fresh tabouleh salad and pita bread, and finely shredded lettuce. A very colorful and exotic dish.

1 lb. chickpeas (raw) or
2 lbs. chickpeas (cooked)
1 egg
2 cups chickpea flour
½ cup parsley, chopped
1 tsp. garlic, minced
1¼ T cumin, ground
¾ T coriander, ground
½ T paprika
⅔ tsp. cayenne (or to taste)
1½ tsp. salt (or to taste)
½ tsp. pepper

Felafels with Tahini Sauce continued

- 6 whole pita pocket breads
2 cups shredded iceberg lettuce

Tahini Sauce

- $\frac{3}{4}$ cup raw tahini
1 cup water
2 T lemon juice
 $\frac{1}{2}$ tsp. garlic puree
 $\frac{1}{2}$ tsp. salt

Soak the chickpeas the night before. Cook them until soft but not mushy, about 2 hours. Drain well and leave to cool.

In a blender combine all ingredients except flour, using just enough water or chickpea stock to help the blending. Blend well — until a smooth paste is formed. Remove to a bowl.

Mix the flour with the paste. Adjust seasoning to taste.

Shape into flat round patties about 2 inches across and deep fry over a medium heat until crispy and golden on the outside.

Mix Tahini Sauce ingredients.

Cut each pita bread in half and place three felafels inside, along with some shredded lettuce. Pour Tahini Sauce inside the pita bread and serve with extra sauce on the side.

**CHILI RELLENOS**

Rajneeshpuram, Oregon, U.S.A.

- 1½ hours to prepare
6 servings

Chili Rellenos are chilis stuffed with cheese and batter-fried. The Anaheim chili peppers used in this recipe are quite mild, yet flavorful. Best to use fresh ones.

Sauce

- 2 lbs tomatoes, quartered
2 medium onions, quartered
1 green pepper, chopped
 $\frac{1}{4}$ red chili pepper, minced
1 Anaheim chili pepper, chopped
 $\frac{1}{4}$ tsp. garlic, crushed
1 tsp. oregano
1 tsp. cumin powder
salt to taste
 $\frac{1}{2}$ cup water
6 large Anaheim chili peppers
(or you can buy them pre-roasted in a can)
3 cups jack cheese, grated

Batter

- 12 eggs, separated
oil for deep frying

For sauce, stew all ingredients in a pot until tomatoes are falling apart. Purée in blender.

If you are using fresh chili peppers, you will need to prepare them. Roast the chilis directly on a medium

Chili Rellenos continued

high flame or under a broiler, until the skin blisters and burns. Turn constantly.

Wrap in a wet cloth when roasted and set aside for a few minutes. When the chilis have cooled a little, peel off all the skin. Make a slit in the side and carefully remove seeds. Pat dry with a towel.

Stuff each chili with $\frac{1}{2}$ cup grated jack cheese.

Separate eggs — you will only need six of the yolks. Whip the whites until they form stiff peaks and are velvety in texture. Whip the yolks until thick and doubled in volume. Gently fold into egg whites.

To make the rellenos, dust chilis in flour and dip in the egg batter, coating them liberally. Drop them carefully in hot oil one by one. Do not turn them over, but spoon hot oil over them. Cook until golden brown and drain on a paper towel. Serve on a dish with sauce spooned around them.



CHICO CHICO CHOCOLATE SAUCE

Rajneeshpuram, Oregon, U.S.A.

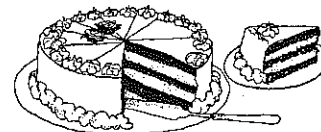
*$\frac{1}{4}$ hour to prepare
6 servings*

This is the ultimate chocolate sauce for ice creams and sundaes.

12 oz. bittersweet chocolate
 $\frac{1}{2}$ cup half-and-half cream
 $\frac{1}{4}$ cup white sugar
 $\frac{1}{4}$ cup brandy

Chico Chico Chocolate Cake continued

Melt the chocolate with half of the cream in a double boiler. Then add the rest of the cream and sugar and stir until dissolved. Now add the brandy and mix well. Adjust to desired consistency by slowly adding more cream.



CHOCOLATE CHOCOLATE CAKE

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
Yields two 8" round cakes*

This is a very dark double-chocolate cake. Especially delicious glazed with melted chocolate and filled with Grand Marnier cream.

1 cup flour
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{4}$ tsp. salt
 $1\frac{1}{2}$ T baking soda
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. vanilla
2 eggs
 $1\frac{1}{3}$ cups buttermilk (or milk)
 $1\frac{1}{4}$ cups (5 oz.) bittersweet bar chocolate, grated

Oil and then line two 8" round cake tins with greaseproof paper.

Sift together flour, cocoa, salt, and baking soda.

Mix well and set aside. Cream butter and sugar until

Chocolate Chocolate Cake continued

light and fluffy. Remember to scrape the sides of the bowl. Add vanilla and eggs and beat well. Add alternately flour and buttermilk about $\frac{1}{3}$ at a time. Mix until each addition is incorporated. Do not overmix. Fold in chocolate. Pour batter into pans and bake at 325°F for 15-20 minutes until top springs back when pressed with fingers. Don't overbake.

Turn out and cool. Fill with whipped cream or Grand Marnier Ice Cream Filling and top with Chocolate Glaze.

Variation: Grand Marnier Ice Cream Filling

2 8" round layers of chocolate chocolate cake

2 cups cream

$\frac{1}{4}$ cup Grand Marnier

$\frac{1}{2}$ cup sugar

1 tsp. vanilla extract

3 egg whites

Freeze the cake layers.

Beat cream with half of the sugar. Gradually add Grand Marnier and vanilla. Beat until slightly stiff. Put in freezer to keep cool.

Beat egg whites with remaining sugar. When stiff, fold into cream mixture. Return to freezer. Stir occasionally. Remove when still spreadable.

Remove cake layers from freezer. Spread ice cream between the layers. Return to freezer until quite hard.

Chocolate Glaze (yield $1\frac{3}{4}$ cups)

$\frac{2}{3}$ cup cream

$\frac{3}{4}$ cup sugar

1 cup bittersweet chocolate, small pieces

$\frac{1}{4}$ cup (2 oz.) unsalted butter, small pieces

Chocolate Chocolate Cake continued

In a double boiler, heat cream and sugar until sugar is dissolved. Turn heat down. Add chocolate and let dissolve, stirring occasionally. Remove from heat. Add butter and stir until dissolved. Cool slightly.

Put filled cake on a rack over a pan to catch the drips and pour glaze quickly over the cake starting in the center. Tip the cake to ensure that the glaze spreads evenly.

Serve immediately or refreeze.

CHOCOLATE GATEAU

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare

8 servings

If you want a light, yet rich and moist chocolate cake, this is it.

1 cup bittersweet chocolate, grated

1 cup almonds, finely ground

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup sugar

5 egg yolks

$\frac{1}{4}$ cup sifted flour

$\frac{1}{2}$ tsp. baking powder

3 T kirsch

5 egg whites

$\frac{1}{2}$ cup whipping cream

$\frac{1}{4}$ cup powdered sugar

Chocolate Gateau continued

Reserve 2 oz. of grated chocolate for decoration.

Cream butter and sugar until light and fluffy. Add egg yolks and mix well. Folding in well, add chocolate, almonds, sifted flour and baking powder, and kirsch. Beat egg whites until stiff peaks have formed. Add beaten eggs to the mixture.

Grease an 8" round cake pan and line with grease-proof paper. Pour in batter and bake for approximately 30 minutes at 350°F. Cool and turn out of the pan.

When cold, decorate with whipped cream on the sides, and press extra chocolate into the whipped cream. Decorate top with powdered sugar.

CHOCOLATE MOUSSE

Cologne, West Germany

1/2 hour to prepare

10 servings

The addition of Grand Marnier adds a rich depth to this otherwise light, fluffy mousse.

1 1/3 cup fine bittersweet chocolate

3/4 cup milk chocolate

14 egg whites

1 cup whipping cream

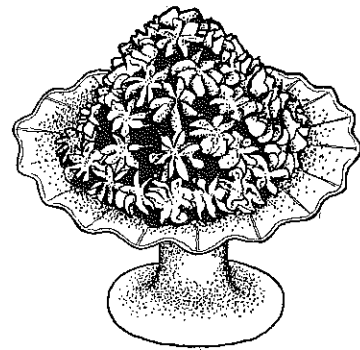
1/2 cup Grand Marnier

Melt chocolate in double boiler. Meanwhile whip the cream until stiff. Then whip the egg whites. When chocolate is cool fold in egg whites. Fold in whipped cream. Lastly, fold in Grand Marnier.

Place in refrigerator until ready to serve.

**CHOCOLATE MOUSSE
A LA TRZESNIEWSKI**

Hamburg, West Germany



*3/4 hour to prepare
6 servings*

A very light and delicate mousse.

1 cup milk chocolate

1 cup bittersweet chocolate

1 egg

2 egg yolks

2 cups whipping cream

2-4 T whisky

1/4 cup creme de cacao

1/3 cup orange juice

1/4 cup espresso (or use very strong coffee)

Melt milk chocolate and bittersweet chocolate in double boiler.

Beat whole egg plus yolks until creamy. Fold egg mixture into chocolate.

Whip cream until stiff and fold into mixture.

Slowly fold whisky and creme de cacao, orange juice and espresso into mixture. Leave to set in refrigerator for 2 hours before serving.

CHOCOLATE MOUSSE

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
8 servings

This dessert is a beautiful combination of dark chocolate filling and white chocolate topping. Serve in a champagne glass and top with shaved chocolate if desired.

Dark Chocolate Mousse

$\frac{1}{2}$ lb. semi-sweet chocolate
 $\frac{1}{2}$ lb. chocolate chips
 $\frac{1}{4}$ cup unsalted butter
 $\frac{1}{3}$ cup strong liquid coffee
 $\frac{1}{4}$ tsp. instant coffee powder
 $\frac{1}{3}$ cup coffee liqueur
8 egg whites
 $1\frac{1}{2}$ cups whipping cream

In a double boiler, melt chocolate and butter with liquid and instant coffee. Stir often until smooth. Remove from fire, stir in coffee liqueur.

When this mixture is cool, whip egg whites to stiff peaks and fold in carefully. Whip cream until stiff and fold in. Spoon or pipe carefully into glasses.

White Chocolate Topping

3 oz. white chocolate
 $2\frac{1}{2}$ T milk
1 egg white
pinch of cream of tartar
pinch of salt
 $\frac{1}{2}$ cup whipping cream

Chocolate Mousse continued

In a double boiler, melt white chocolate and milk, stirring occasionally until smooth. Remove from heat and when cool, beat egg whites, cream of tartar and salt to form stiff peaks. Fold into white chocolate $\frac{1}{3}$ at a time. Whip cream until stiff and fold in. Spoon or pipe onto dark chocolate. Chill before serving.

CHOCOLATE MOUSSE

Zurich, Switzerland

$\frac{1}{2}$ hour to prepare
6 servings

This dark mousse is velvet smooth with an intense chocolate flavor.

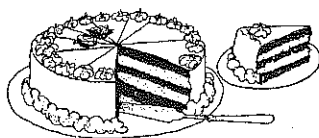
$\frac{1}{2}$ cup unsalted butter
 $1\frac{1}{4}$ cups bittersweet chocolate
3 T whipping cream
1 tsp. instant coffee
1 T water
2 T cognac
4 eggs
4 T sugar

Melt butter, chocolate, cream, coffee and water in double boiler. Remove from heat and stir in cognac. Leave to cool.

Put eggs and sugar in double boiler and whisk until it begins to thicken — about 10 minutes. Transfer to cold water bath and continue mixing until it cools.

Chocolate Mousse continued

When both mixtures are cool mix carefully. Put into champagne glasses and refrigerate a few hours or overnight, before serving.



SICILIAN SURRENDER

Auckland, New Zealand

1 1/4 hours to prepare
8-10 servings

A luscious dessert!

Crust

- 4 T butter
- 1/4 cup bittersweet chocolate
- 2 tsp. sugar
- 1 3/4 cups graham cracker crumbs
- 6 T ground walnuts

Melt butter and chocolate in a double boiler. Mix the sugar, graham cracker crumbs and ground walnuts. Rub in the melted butter and chocolate with your fingers until thoroughly incorporated.

Grease a 10" springform pan and press the crust onto the base and about 2" up the sides. The thickness should be as even as possible.

Bake in a 350°F oven for 5 minutes. If the crust melts while baking, press in again with the back of a spoon while still warm. Leave to cool.

Sicilian Surrender continued

Filling

- 3/4 lb ricotta cheese
- 3 tsp. vanilla essence
- 3 T coffee liqueur
- 3 T sugar
- 4 tsp. vegetable gelatin or agar agar
- 2 cups pineapple, fresh or canned, finely diced
- 1 cup dried figs, finely diced
- 1 cup dried apricots, finely diced
- 2 cups bittersweet chocolate, grated

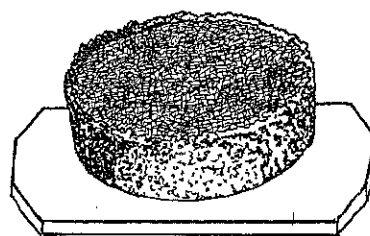
Mix the ricotta with the vanilla, coffee liqueur and sugar.

Dissolve the gelatin in 1/2 cup boiling water and stir over a low heat until liquid is clear.

Mix gelatin liquid into the ricotta and then add the chopped fruit and chocolate. Mix thoroughly.

Pour into the cooled crust and put in the refrigerator to set. Leave for at least 4 hours before cutting.

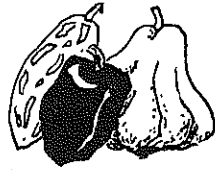
Serve with whipped cream.



COCONUT CHUTNEY

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
6-8 servings*



This chutney is a perfect complement to Masala Dosa. It can also be eaten with all other Indian food. Fix it as spicy as you like by adding additional green chilis.

*1/2 cup coconut (fresh is the best!), grated
1/2 cup peanuts (raw), ground
2 bunches coriander leaves, washed and chopped
1 whole green chili, minced extra fine
2 1/2 T ginger, grated
5T lemon juice
1 cup yogurt
salt to taste
2 tsp. brown sugar*

Put all ingredients in the blender. Purée until smooth. Season to taste.

Baghar

Baghar means spices stir fried in hot oil for a few minutes. This opens the flavor of the spices. After frying, the spices are ladled carefully over the chutney.

*1 tsp. oil
1 tsp. black mustard seeds
1 tsp. urad dal (optional)*

Coconut Chutney continued

Heat up oil. Fry mustard seeds and urad dal until golden brown. Pour on top of chutney and serve.

COCONUT SALAD

Milan, Italy

*1/2 hour to prepare
6 servings*

*1 cup white cabbage, finely shredded
1 cup cress or alfalfa sprouts
1 cup carrots, diced into 1/4" cubes
1/2 cup cucumber, diced into 1/4" cubes
1/4 cup scallions, chopped diagonally
1/2 cup radishes, thinly sliced
2 T fresh mint, finely chopped
1 cup fresh coconut, finely sliced*

Dressing

*2 T sesame oil
2 T lemon or lime juice
coconut milk from the coconut used in the salad
salt to taste
1/4 tsp. pepper
1/4 tsp. cayenne pepper*

Mix dressing ingredients. Set aside.

On each plate arrange the white cabbage and alfalfa sprouts, mounding slightly in the center. Top with carrots, cucumbers and scallions. Arrange radishes around the edge. Sprinkle with mint and fresh coconut. Serve with salad dressing on the side.

AUSTRIAN COFFEE CAKE*Rajneeshpuram, Oregon U.S.A.*

1¼ hours to prepare
8 servings

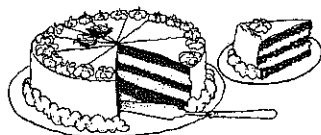
1½ cups butter
1½ cups sugar
6 eggs
2½ cups flour, sift with baking powder
2 tsp. baking powder
2 cups very strong black coffee (espresso is best)
½ cup brandy
⅓ cup sugar
1 cup whipped cream
Flaked almonds

Cream butter and sugar until fluffy. Beat in eggs slowly and mix well.

Sift together dry ingredients and add to the wet ingredients. Grease a 12" round pan. Spoon batter into pan.

Bake 30 minutes at 350°F. Remove from tin and cool. When cold return to tin.

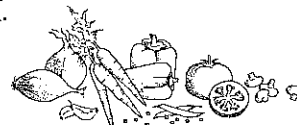
Mix coffee, brandy and sugar and pour over cake. Leave for 1 hour. Turn onto plate. Coat with cream and decorate with almonds. Serve well chilled.

**GREEN CORIANDER CHUTNEY***Rajneeshpuram, Oregon U.S.A.*

½ hour to prepare
6-8 servings

3 oz. coriander leaves (fresh), washed
⅓ cup raw peanuts, ground
2½ T coconut (fresh is best)
2½ T ginger (fresh), grated
6 T lemon juice
5 T water
1 tsp. brown sugar
salt to taste
1" piece fresh green chili, minced
(small green chili is the best)

Blend all ingredients in a food processor to a smooth paste. Adjust seasoning as desired. Serve with chap-patties and palak paneer. Great with almost any other savory, salty dish.

**CORNBREAD***Rajneeshpuram, Oregon, U.S.A.*

1 hour to prepare
8 servings

¾ cup oil
½ cup honey

Cornbread continued

- 2 cups milk or yogurt
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ T salt
- 1 cup whole wheat flour
- 1 cup whole wheat pastry flour
- 2 cups cornmeal
- $\frac{1}{2}$ cup cornmeal
- $\frac{1}{2}$ cup milk powder
- $\frac{1}{8}$ cup baking powder
- 1 cup whole corn (optional)



Combine wet ingredients. Then mix dry ingredients together in a bowl. Pour wet mixture and stir well. Pour into a baking tray, approximately 9" x 12". Bake in a preheated oven at 425°F for 30 minutes or until the top is a dark golden brown color. Serve hot with butter and chili (see recipe).

CORN DELICACY

Rajneeshpuram, Oregon, U.S.A

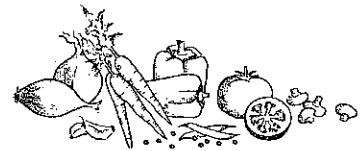
$\frac{3}{4}$ hour to prepare
4-6 servings

- 4 T butter
- 2 medium size onions, finely chopped
- 2-3 T ginger, peeled and grated
- 2 green chilis, finely chopped
- 1 cup cashews
- $1\frac{1}{2}$ tsp. salt, or to taste

Corn Delicacy continued

- 1 tsp. paprika
- 3 cups corn (can be fresh, frozen or canned)
- 2 tsp. garam masala
- 2 tsp. lemon juice
- $\frac{1}{2}$ bunch coriander leaves
- Pick leaves, wash and finely chop
- 1 lemon
- 1 tomato

Heat up butter in a small wok or frying pan. Fry onions and ginger together. When soft, add chilis and cashews. Cook for a few minutes. Mix in salt, paprika, and corn. Simmer for 5 to 10 minutes. Remove from fire. Add garam masala, lemon juice and coriander leaves. Garnish with lemon and tomato slices.

**CREPE BATTER**

Rajneeshpuram, Oregon, U.S.A

$\frac{1}{4}$ hour to prepare
10 crepes

Crepes are a wonderful culinary delight. They are best eaten piping hot, fresh from the pan. Serve them plain or with savory or sweet fillings. Here are several great choices. Crepes without filling can be stored well-wrapped for a few days in a refrigerator, and can also be frozen.

Crepe Batter continued

Batter

- 3 eggs
- 1½ cups milk
- 5 oz. white flour
- ½ T butter, melted
- ½ tsp. salt

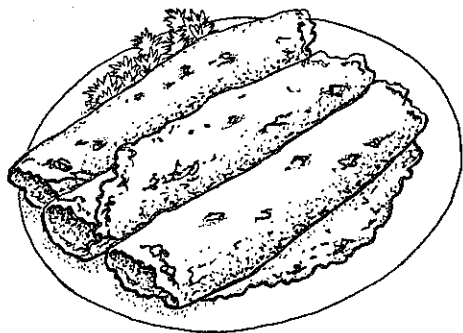
To Make Crepes

You can do it easily in a blender, or use a bowl and a whisk. Mix eggs and milk. Slowly add flour and mix until completely smooth. Then add melted butter and salt. If there are any lumps strain through a sieve.

Leave the batter to sit in the fridge for at least 1 hour, but preferably 4-6 hours. Mix it again.

Use a non-stick, or heavy bottomed frying pan. On a high flame, melt ½ tsp. butter until *almost* smoking. Put about ⅓ cup of batter in the pan and quickly swirl it around until the pan is covered. Let it cook 1-2 minutes. It will be golden brown in spots underneath. Then turn it with a spatula. Cook the other side about 1 minute.

Remove from the pan and stack.
Repeat until all batter is used up.



ALMOND BROCCOLI CREPE

London, England

¾ hour to prepare
8 servings

A simple, light crepe filling — perfect for brunch or a light supper. Serve with Egg Lemon Sauce (see recipe).

- 4 oz. whole almonds
- 1 lb. broccoli flowerettes
- 2 oz. butter
- 1 clove garlic
- ½ tsp. tarragon — if using fresh, double the amount
- ½ lb onions, finely diced
- salt and pepper to taste
- parsley as garnish

Blanch the almonds. Remove the skins. Slice thin. Roast in oven for 5 minutes.

Cook the broccoli for three minutes in boiling salted water. Drain it well and reserve 1 quart of liquid for the Egg Lemon Sauce.

Melt the butter in a skillet. Add the garlic, tarragon and diced onions. Cook until onions are soft. Add the broccoli and the almond slivers.

Remove from the fire. Stir in ½ cup of the Egg Lemon Sauce. Season to taste with salt and pepper. Garnish with parsley sprigs.

Make the crepes and roll up with filling. Pour sauce over the crepes and serve extra on the side.

CHICKEN ARTICHOKE CASHEW CREPE

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hour to prepare
6 servings

4 T butter
1 cup raw cashews, chopped
 $\frac{1}{4}$ tsp. coriander
 $\frac{1}{4}$ tsp. spike
 $\frac{1}{4}$ tsp. basil
 $\frac{1}{4}$ tsp. salt
 $1\frac{1}{2}$ T white flour
1 cup milk
 $\frac{1}{2}$ cup gruyere cheese
 $\frac{1}{3}$ cup jarlsberg cheese
 $\frac{1}{4}$ cup white wine
 $\frac{1}{4}$ lb artichoke bottoms, cut into strips
 $\frac{1}{4}$ cup parmesan cheese
 $\frac{1}{2}$ lb chicken (flavored soy meat), cut in thin strips
1 green onion, finely chopped

Melt butter and add cashews, then all the other seasonings. Add flour and mix well. Slowly add milk until creamy. Add gruyere and jarlsberg cheeses. Stir until mixture melts. Then add wine. Gently stir in artichoke strips, parmesan, chicken strips and green onions.

Fill crepe, roll up and serve.

CREPE CORFU ZORBA

Rajneeshpuram, Oregon, U.S.A

1 hour to prepare
6-8 servings

$\frac{1}{2}$ eggplant, peeled, cut into medium-sized cubes
1 soy meat burger, cut into small cubes
 $\frac{1}{4}$ lb. white flour
3 eggs, beaten
 $\frac{1}{4}$ lb. cracker meal
1 yellow onion, finely chopped
2 zucchini, sliced diagonally, then into strips
 $1\frac{1}{2}$ cups button mushrooms, sliced
 $\frac{1}{2}$ T garlic, crushed
 $\frac{1}{2}$ cup olive oil
 $\frac{3}{4}$ tsp. chicken flavored vegetarian stock powder
 $\frac{1}{4}$ cup red wine
 $\frac{1}{4}$ cup sherry
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ T tarragon
 $\frac{3}{4}$ tsp. oregano
2 bay leaves
 $\frac{1}{4}$ tsp. sage
 $\frac{3}{4}$ tsp. thyme
 $\frac{1}{2}$ tsp. powdered rosemary
 $\frac{1}{2}$ cup feta cheese, crumbled

Bread eggplant and soy meat by dipping the cubes first in white flour, then beaten egg, then cracker meal. Deep fry until golden brown. Set aside.

Sauté onions, zucchini and mushrooms with garlic

Crepe Corfu Zorba continued

in olive oil. Add stock powder, red wine, sherry and all the other spices. Cook for five minutes. Turn off heat and mix in deep-fried eggplant and soy meat. Add crumbled feta cheese and mix again.

Serve with the Egg Lemon Sauce from the Broccoli Almond Crepe recipe.

GRUYERE CREPES

Cologne, West Germany

*1 hour to prepare
5 servings of 2 crepes each*

Filling

4 oz. butter, melted
7 T flour
3 cups milk
1 T kirsch liqueur
13 oz. gruyere cheese, cut in small chunks
salt to taste
1/3 tsp. pepper

5 T bread crumbs
3 oz. gruyere cheese, grated
10 crepes (see recipe)

Make the basic crepe recipe, substituting 3/4 cup dark beer and 3/4 cup milk for 1 1/2 cups milk.

Melt the butter in a saucepan. When it starts to get foamy, add the flour, stirring constantly, on a medium

Gruyere Crepes continued

high fire. Once the flour is cooked (1-2 minutes) add the milk, stir constantly, bringing to a boil.

Now add the kirsch and chunks of gruyere cheese, salt and pepper. Spoon filing evenly on each crepe. Roll up. Put in a greased baking pan. Sprinkle with bread crumbs and grated gruyere cheese. Bake 10 minutes until cheese melts.

MUSHROOM CREPE FILLING

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
5 servings of 2 crepes each*

2 T butter
1 cup shallots, finely chopped
5 cups mushrooms, thinly sliced
1/4 cup white wine
1/4 tsp. salt
1/2 T tarragon
1/4 tsp. black pepper
10 crepes (see recipe)

Melt butter in a pan and sauté shallots until soft. Add mushrooms, cooking them lightly. Add white wine, salt, tarragon and pepper. Simmer two minutes. Fill the crepes evenly with chunks of kirsch and of gruyere cheese, salt and pepper. Spoon filing evenly on each crepe. Roll up. Put in a greased baking pan. Sprinkle with bread crumbs and grated gruyere cheese. Bake 10 minutes until cheese melts.

ORANGE LIQUEUR CREPES

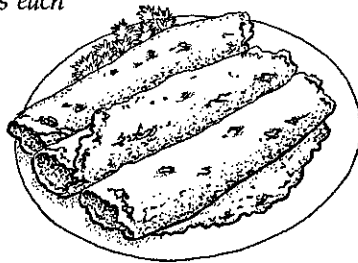
Altbessingen, West Germany

1 hour to prepare
5 servings of 2 crepes each

Sauce

1 orange
2 cups milk
4 T water
4 T sugar
2 T cornstarch
1 T vanilla
2-3 T butter
2 T orange liqueur

5 medium bananas, sliced in half lengthwise
3 T butter
10 crepes (see crepe recipe)



Wash the orange.

Peel half the orange, being careful to get only the outer orange peel (called orange zest) and not the bitter inner white pith. Slice the outer orange peel into thin strips. Finely chop the strips.

Over a double boiler, cook the chopped orange strips in the milk for 10 minutes or until the milk is boiling.

Mix water, sugar, cornstarch and vanilla. Whisk this mixture into the milk. Continue cooking until thick. Remove from heat.

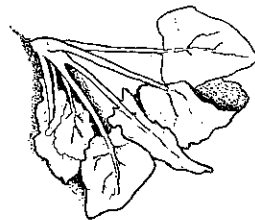
Allow to cool for 5 minutes. Add orange juice and

Orange Liqueur Crepes continued

orange liqueur. Set aside.

Fry banana halves in butter carefully.

Place a banana half inside the crepe and roll it up. Pour sauce over the crepe, decorate with whipped cream and an orange slice.



SPINACH CREAM CHEESE FILLING

Rajneeshpuram, Oregon, U.S.A

¾ hour to prepare
5 servings of 2 crepes each

2 T butter
1 onion, finely diced
1 lb. spinach, chopped (2 packed cups)
½ lb. cream cheese, softened, and at room temperature
½ lb. jack cheese, grated, at room temperature

10 crepes (see recipe)

Saute onions in butter until soft but not brown. Add chopped spinach and mix until juice starts coming out of spinach.

Transfer to a bowl. Stir in the cream cheese and jack cheese and mix well.

Spoon filling evenly on each crepe. Roll each crepe up. Put them in a greased tray. Bake at 250°F for 15 minutes and serve with white wine sauce (see recipe).

STRAWBERRY MOUSSE CREPE

Rajneeshpuram, Oregon, U.S.A

¾ hour to prepare
5 servings of 2 crepes each

6 cups fresh strawberries, puréed
 ½ cup white sugar
 1 T cornstarch
 ½ cup water
 5 egg whites
 2 cups whipping cream
 ½ cup sugar
 2 T kirsch liqueur
 10 crepes (see recipe)

Add sugar to strawberry purée. Dissolve cornstarch in ½ cup water.

Cook strawberries in a pan over a low heat until they start bubbling, stirring constantly. When they have boiled, add cornstarch and stir until thick. Turn off heat and let cool in refrigerator.

When strawberries are cool, beat egg whites until they form stiff peaks. Set aside in refrigerator. Whip cream until stiff. Mix sugar and kirsch into whipped cream.

Fold strawberries into egg whites. Fold in whipped cream mixture. Chill before serving.

When filling is cold, make the crepes.

To fill the crepes, place each crepe on the plate on which it will be served. Spoon on the filling and delicately fold crepe over filling. Serve garnished with whipped cream and a small strawberry.

TZATIKI

Aarhus, Denmark

¾ hour to prepare
Start preparation day before
6-8 servings

1 quart yogurt
 2 cups sour cream
 2 cloves garlic, crushed
 4 medium cucumbers, grated
 Salt, to taste
 Pepper, to taste

Mix the yogurt and sour cream. Put into a cheese-cloth and hang in a cold place. Leave to drip overnight, or for at least 12 hours.

When the mixture is ready, grate the cucumbers. Sprinkle with plenty of salt and leave for ½ hour. When ready, squeeze out the water.

Mix the cucumbers into the sour cream and yogurt. Season to taste with salt and pepper.

Hanging the yogurt and sour cream results in a firm and rich cheese mixture. It has a spreadable consistency, and can be used as a base for creamy thick salad dressings. It is also luscious over fresh fruit.

If you do not have the time to hang the yogurt and sour cream, mix together 1 cup yogurt, 1 cup cream cheese, and 2 cups sour cream.



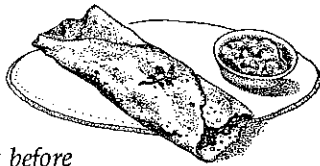
DOSA

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hours to prepare

Start preparation day before

6-8 servings



Dosas are paper-thin and pancake-like. They are creamy white on one side and golden brown on the other side with a crunchy consistency. Dosas are scrumptious treats alone or filled with spicy potato masala and coconut chutney. Although dosas are easy to make, preparations need to start the day before.

$2\frac{1}{2}$ cups white rice

*1 cup urad dal

2 T oil

salt to taste

potato masala (see Potato Masala recipe)

The day before cooking, soak separately rice and urad dal in enough water to cover for 6-8 hours. Drain rice and dal. In a food processor, blend the rice, adding just enough water to make a smooth paste. Then blend the dal, adding just enough water to make a smooth paste. It is important to blend rice and dal separately.

Mix the rice paste with the urad dal paste. Add salt to taste. Keep covered for another 6-8 hours. This causes a slight fermentation which binds the batter and adds the unique flavor to dosas.

Before frying add more water to make a medium batter-like consistency.

Heat the grill or frying pan to high heat. Pour 4-5 tablespoons batter and spread very fast until 10"-12" in diameter. Pour a small amount of oil all around the

Dosa continued

edges. Loosen edges with spatula. When golden brown underneath, dosa is cooked. Cook one side only. Remove from pan; place half cup of potato masala on dosa and fold over. Serve with coconut chutney.

* Urad dal is necessary for this dish. It is a small white dal available at many exotic food stores.

DATE APPLE SALAD

Nedlands, Australia

$\frac{1}{3}$ hour to prepare

6 servings

This crunchy salad has a choice of two dressings: one is fresh and juicy, and the other is rich and creamy.

$\frac{1}{4}$ bunch celery, diced $\frac{1}{4}$ " thick (about 3 cups)

2-3 apples, diced $\frac{1}{4}$ " cubes

$\frac{1}{2}$ lb. dates (whole pitted), sliced coarsely

$\frac{1}{4}$ cup walnut pieces

Dressings

$\frac{1}{4}$ cup lemon juice

$\frac{1}{4}$ cup orange juice

or

1 cup sour cream

Mix the prepared ingredients together. Add your choice of dressings. Salt to taste. Chill.

EGGPLANT HERRING AND ROLLMOPS

Rajneeshpuram, Oregon, U.S.A.

*Start day before, then 1 hour to prepare
6 servings*

*3 medium eggplants
1/4 cup salt
1/2 cup olive oil
3-4 T vinegar (wine or cider)
3-4 cloves garlic, minced*

For Eggplant Herring only

*1 1/2 cups sour cream
2 dill pickles
1 medium red onion
2 sheets nori*

For Rollmops only

*1 lemon
1 red onion
1/2 tsp. whole peppercorns
1/2 tsp. coriander seeds
dill pickle water*

Both these dishes can be prepared from this basic eggplant recipe.

Slice eggplants lengthwise into strips about 4 inches long, 1 inch wide and 1/4-1/2 inch thick. Layer with salt and press down with heavy weight. Leave overnight.

In the morning, drain off liquid from eggplant. Fry gently in olive oil turning to brown both sides. Cook

Eggplant Herring and Rollmops continued

until soft but still firm. Add vinegar and garlic, and cook a little more. Remove from pan and leave to cool.

For herring recipe, finely chop the pickles and onion and mix with the sour cream. Lightly toast nori over an open flame and crumble into cream mixture. Lay the eggplants in a serving dish and spoon over the sour cream mixture. Serve well chilled.

To make rollmops, take the cooked eggplant and roll up. Cut up the nori into thin strips and roll eggplant in nori. Pack these into a glass jar, layering with thin slices of lemon and onion. Sprinkle with peppercorns and coriander seeds and pour over dill pickle juice to cover.

Eat these dishes with bread and butter or toast. They have a strong "fishy" flavor and are quite extraordinary and delicious.

EGGPLANT PARMESAN

Rajneeshpuram, Oregon, U.S.A.

*3 hours to prepare
8 servings*

Sauce

*1/2 cup olive oil
2 large onions, chopped into small pieces
1 1/2 tsp. garlic purée, about 6 cloves whole
4 cups tomato sauce
1 cup water
2 T dried basil
1 tsp. salt
2 T parmesan, grated*

Eggplant Parmesan continued

Fry onions in olive oil until translucent.

Add garlic, stir for 1 minute, then add tomato sauce and water. Bring to soft boil. Add basil and salt.

Simmer briskly for 10 minutes. Stir occasionally. Turn fire off and add parmesan. You should have about 1 $\frac{3}{4}$ quarts of sauce. Set sauce aside.

Eggplant

2 2lbs. eggplant, sliced into $\frac{1}{2}$ " thick rounds

3 eggs, lightly beaten

2-3 cups bread crumbs

oil for deep frying

Dip eggplant rounds into eggs. Then coat with bread crumbs. Deep fry breaded eggplant until golden brown. Lay carefully on absorbent paper.

1 lb. mozzarella cheese, grated

$\frac{2}{3}$ cup parmesan, grated

Casserole

Spread one cup of the sauce in a 6" x 9" glass or tin baking tray. Layer deep fried eggplant close together. Top with half sauce.

Cover with half the mozzarella and half the parmesan. Then top with remaining eggplant, sauce, mozzarella and parmesan.

Bake at 350°F for about 20-25 minutes. Cheese will turn light golden color.

Cut carefully into 8-12 squares.

Great for a dinner party.

**EGGPLANT ZORBA**

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

6 servings

4 eggs

1 lemon, juiced

2 eggplants, medium size

$\frac{3}{4}$ cup cracker meal/bread crumbs

1 tsp. oregano

2 tsp. basil

1 tsp. Spike

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ cup olive oil

1 T garlic, minced

Topping

2 green peppers, sliced into slivers

1 cup onions, finely sliced

1 $\frac{1}{2}$ cups mushrooms, finely sliced

$\frac{1}{4}$ cup olive oil

1 T basil

1 T oregano

2 tomatoes, thinly sliced

6 T parmesan cheese, grated

1 cup gruyere cheese, grated

2 cups mozzarella cheese, grated

Mix egg and lemon juice. Slice eggplant $\frac{1}{2}$ " thick along the length of the eggplant.

Mix cracker meal or bread crumbs with oregano,

Eggplant Zorba continued

basil, Spike and salt. Dip the eggplant in the egg and then in the crumb mixture. Fry in olive oil with garlic until eggplant is tender inside and crispy and brown outside.

For the topping, fry green peppers, onions and mushrooms in olive oil until just cooked but still crunchy. Add basil and oregano.

Lay the eggplant in a greased baking dish. Evenly spread vegetables on top of each slice of eggplant. Arrange tomato slices on each slice. Top with equal amounts of cheeses.

Broil in hot oven until cheese is melted and brown. Sprinkle with a pinch of oregano.

MOUSSAKA

Rajneeshpuram, Oregon, U.S.A.

*2 hours to prepare
8 servings*

Eggplant

*3 medium eggplants, sliced in 1/2" thick circles
1/4 cup oil
salt*

Slice eggplants. Lay on a baking tray. Brush with oil and sprinkle lightly with salt. Bake at 350°F for 15 minutes, or until soft and golden. Set aside.

Tomato Sauce

*1/2 cup onions, finely diced
1/2 T garlic, crushed
1 T oil
1 cup tomato purée*

Moussaka continued

*1 1/2 cup crushed tomatoes
salt to taste
pepper to taste
3/4 tsp. cinnamon
3/8 T parsley*

Sauté onions and garlic in oil. When soft, add tomato products and simmer for 15 minutes. Season with salt and pepper and add parsley and cinnamon. Set aside.

Bechamel Sauce

*1 1/2 oz. butter
1 1/2 oz. flour
1 1/2 cups milk
3 egg yolks*

Melt butter, add flour and lightly brown for several minutes. Whisk in pre-heated milk. Heat gently until sauce simmers. Leave to cool for 15 minutes and whisk in egg yolks.

Cheese

*1/3 lb. jack, grated
1/3 lb. cheddar, grated
1/2 cup bread crumbs
1 egg*

Use a 12" x 6" baking dish (or equivalent size) and 1 1/2" - 2" deep. Lay half eggplant slices closely packed. Sprinkle on the breadcrumbs. Mix the egg with the tomato sauce and spread over the eggplants. Sprinkle with cheddar cheese.

Now layer the rest of the eggplants. Spread on the Bechamel sauce and sprinkle with jack cheese.

Bake at 325°F for 30-40 minutes until top is browned.

CHEESE SOUFFLE

Rajneeshpuram, Oregon, U.S.A.

1 1/4 hours to prepare
6-8 servings

A soufflé is a great surprise.

The best size dish in which to bake this soufflé is a 6" - 8" wide and 4" deep (minimum) ovenproof glass or china dish. A springform pan will do, but is not as good as the sides are too thin. A thick dish will help the rising and won't burn.

Bechamel Sauce

1/2 cup butter
1/2 cup white flour
1 1/2 cups milk
1 tsp. (level) nutmeg
1/4 tsp. salt
1 tsp. (level) pepper

10 small eggs or 8 large eggs
1/2 tsp. cream of tartar
1/2 cup parmesan cheese, grated
1 1/2 cups gruyere cheese, grated

Have the oven at 400°F for a while before putting in the soufflé. Turn it on when you begin preparation.

First melt butter in a 2 qt. saucepan. Stir in flour and stir well over medium heat for several minutes until mixture is foamy. Rapidly whisk in milk and bring to simmer which will make it thicken. Stir in the spices.

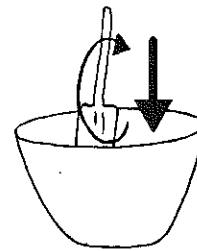
Crack the eggs separating carefully the whites from the yolks. Stir the yolks into the Bechamel sauce.

Cheese Soufflé continued

Liberalily grease the dish you will be baking in with butter.

When the oven is up to temperature, it is a good time to beat the egg whites. Add a pinch of salt and 1/2 tsp. cream of tartar to help the eggs whip. Start beating slowly and increase speed as they stiffen. Continue until they form stiff shiny peaks but are still "wet" as opposed to "dry" and grainy.

Immediately begin to mix in with the Bechamel. Use a spatula and add 1/3 of the whites to the Bechamel in the pan. Fold them in with a gentle lifting motion that helps incorporate air rather than lose it. Then add some of the cheese, sprinkling it in. Rapidly add the rest of the whites and cheese with the same stirring motion until all is incorporated. Remember to fold, *not* to stir, so it will stay light and fluffy.



Stir while pouring

Now spoon into the baking dish and place in the 400°F oven. Turn down to 350°F right away and leave to cook for 30-35 minutes. If you have a glass oven window, take a look every five minutes or so — a rising soufflé is a beautiful sight.

Gradually the top will brown and it will rise in a dome shape. (If you don't have a 4" deep dish, you will have to make a paper collar around the top to contain it as it rises. This can be removed after cooking.) If it browns too quickly, turn oven down some more. You can check if it is done by inserting a skewer

Cheese Soufflé continued

or thin knife. If it comes out almost clean then it is done.

Serve immediately. This soufflé will not fall for 5 minutes or so, but it is best right from the oven. Accompany it with French bread and a light salad.

This cheese soufflé is very easy to make and can be varied by adding vegetables such as mushrooms, tomatoes, parsley, spinach, or different cheeses — though this combination of cheeses is the best. Add vegetables into the Bechamel sauce when it is finished.

EGGDROP SOUP

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
6-8 servings*

*3 cups whole small mushrooms
1-2 T soy sauce
1 1/2 T vegetarian chicken flavored stock powder
2 eggs, lightly beaten
1/2 cup green onions, cut on an angle*

Put mushrooms in a medium pot with 2 qts. water and cook until soft. Add soy sauce (to taste) and vegetarian chicken powder. Slowly pour in lightly beaten eggs in a steady stream, cutting with a spoon as you pour. Hold spoon horizontally 2 inches beneath the surface of the broth, moving it continually in a back and forth motion.

Reduce heat and add green onions. Let simmer for 5-10 minutes.

EGG LEMON SAUCE

London, England

*1/2 hour to prepare
Makes 6 cups*

*6 oz. butter
1/2 cup white flour
1 qt. vegetable stock or milk
1 T parsley, finely chopped
3 T lemon juice
3 egg yolks
salt and pepper to taste*

Melt the butter in a heavy bottomed pan. Stir in the flour. Cook for three minutes stirring well. Whisk in the stock.

Simmer sauce for one minute. Remove from the fire and stir in the parsley, lemon juice, and egg yolks. Mix well. Season to taste.

HOLLANDAISE SAUCE AND MOUSSELINE SAUCE

Rajneeshpuram, Oregon, U.S.A.

1/4 hour to prepare

Hollandaise Sauce

*8 egg yolks
2 T fresh lemon juice
1/2 lb. butter, melted until very hot
pinch white pepper*

Hollandaise Sauce, & Mousseline Sauce continued

Mousseline Sauce

¾ cup whipping cream

Melt butter and heat until bubbling.

In a blender on high speed, blend eggs and lemon juice for 3 seconds. Still on high speed, pour in the butter, at first slowly and then in a steady stream. It should take about ½ minute to pour in; the sauce is now ready.

To make Mousseline Sauce, fold cream, whipped until stiff, into the Hollandaise.

Serve both sauces immediately, with fresh steamed vegetables or omelettes.

HUEVOS RANCHEROS

Rajneeshpuram, Oregon, U.S.A

½ hour to prepare

4-8 servings (1 or 2 each)

8 corn tortillas

1 qt. oil for frying

1½ qt. fresh salsa (see Salsa recipe)

Ready made salsa or picante sauce can be purchased. Neither salsa nor picante should be too hot.

8 eggs

1 cup jack cheese

Fry corn tortillas quickly in hot oil until just golden and very crispy. Salt lightly.

Huevos Rancheros continued

Spread ½ cup salsa or picante sauce over each tortilla.

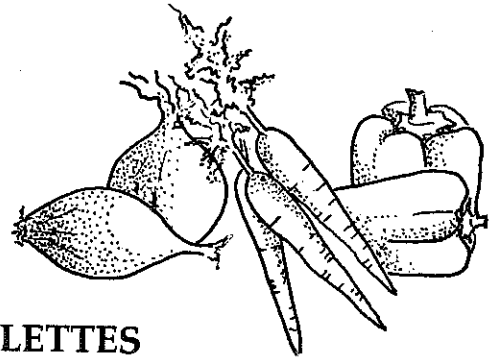
On low heat fry the eggs sunny side up just until white is set, but yolk is still liquid.

Carefully spoon one egg on each tortilla with salsa. Sprinkle cheese over the eggs.

Place under broiler until cheese is melted yet egg yolk is still runny.

Serve with additional salsa and fruit salad.

Great for informal brunch or lunch.



OMELETTES

Rajneeshpuram, Oregon U.S.A.

½ hour to prepare

1 serving

3 eggs

½ tsp. margarine or butter

Separate eggs. Beat whites until stiff. Beat yolks until foamy. Mix together gently.

Heat omelette pan with butter. It should be quite hot. Pour in eggs and spread over pan with a spatula. Cook for 1 minute.

Omelettes continued

Now add any of the omelette fillings suggested and place under a broiler or grill until eggs puff up and are firm.

Fold half of the omelette on top of the other half, and slide out of the pan onto a serving plate. Serve with a salad, fresh vegetables and home-fried potatoes.

Avocado Brie Omelette

1/2 an avocado, finely diced

4 thin slices brie

Add brie and put omelette under broiler. Add avocado after broiling.

Zucchini Cheddar Omelette

1/4 cup zucchini, sliced and cooked

1/2 cup cheddar cheese, grated

Add cooked zucchini and then grated cheese, then put under broiler.

Bacon Hollandaise Omelette

3-4 strips bacon flavored soymeat

1/2 cup Hollandaise sauce

Make Hollandaise sauce (see recipe). Sauté bacon strips. Add to omelette after broiling.

Spinach Gorgonzola Omelette

1/4 cup spinach, cooked and chopped

1/4 cup gorgonzola cheese (or any other blue cheese)

Mix together and add to omelette.

POACHED EGGS ZORBA

Rajneeshpuram, Oregon, U.S.A.

2/3 hour to prepare

2 servings

2 eggs poached

2 artichoke bottoms or 2 oz. artichoke for each vol-au-vent, warmed

2 vol-au-vent (puff pastry) warmed

2 T tarragon mayonnaise

sprinkle of parsley, finely chopped

Tarragon Mayonnaise

1/2 cup mayonnaise

1/2 cup heavy cream (whipping cream)

3/4 T tarragon

1 tsp. dijon mustard

2 tsp. lemon juice

salt to taste

pepper to taste

Poach two eggs. Place two warmed artichoke bottoms, blanched in water, in two cooked vol-au-vent bases which also have been warmed in oven. Place one egg on top of each artichoke bottom. Top each egg with tarragon mayonnaise and sprinkle with chopped parsley.

Vol-au-Vents

You can easily purchase them in frozen food section if you do not have time to bake them yourself. If using frozen vol-au-vent, defrost first.

If you want to make them yourself, see recipe.

Poached Egg Zorba continued

Roll out dough until it is $\frac{1}{2}$ " - $\frac{3}{4}$ " thick. Cut into squares of 3" x 3". Press with a circular cookie press in the middle of the pastry, almost to the bottom. Place on papered cookie pans and sprinkle with water. Bake in a preheated oven 450°F. When brown, turn oven down to 350°F until golden brown all over, about 20-23 minutes.

The vol-au-vent should rise and the half-cut center will come loose so it can be removed.

QUICHE

Rajneeshpuram, Oregon, U.S.A

1 hour to prepare

8 slices

Quiche is a delicious pie filled with eggs and cheese. We add mushrooms, spinach and onions in this recipe, but you can add peppers, tomatoes, or just have it plain. It is versatile, and can be served both hot and cold.

You will need a 9" circular pie pan, or its equivalent size baking dish. Make 8 oz. of short-crust pastry dough. (This recipe can be found under "Pastry".) Roll it out to medium thickness and line the pie pan.

For the filling you will need:

6-7 eggs

1 cup whipping cream

pepper and salt - one pinch each

$\frac{1}{2}$ cup spinach (1 small bunch), freshly chopped

$\frac{1}{2}$ cup mushrooms, sliced

$\frac{1}{4}$ cup onions, finely diced

1 $\frac{1}{2}$ cups swiss cheese, grated

8 tomato slices

Quiche continued

Whisk together the eggs, cream, pepper and salt. Mix in the spinach, mushrooms, onions and half the cheese. Pour into the crust, sprinkle the other half of the cheese over it and arrange the tomato slices around the edge.

Bake in a preheated oven at 400°F for 5 minutes, and then at 300°F for 20-25 minutes. The top should be golden brown and the filling firm. If the top is browning too fast, reduce the oven temperature.

Serve the quiche with a fresh Greek salad and wedges of sourdough bread.

ENCHILADAS WITH TOMATO SAUCE

Rajneeshpuram, Oregon, U.S.A.

$\frac{1}{2}$ hour to prepare

6-8 servings (2 enchiladas per person)

3 cups jack cheese, grated

3 cups cheddar cheese, grated

1 $\frac{1}{4}$ cups black olives, sliced

1 cups onions, chopped

15 corn tortillas

1 qt. enchilada sauce

Mix cheese, olives and onions together. Set aside.

Warm the tortillas quickly in a buttered frying pan on medium heat, until they are pliable, but not too soft.

Enchiladas with Tomato Sauce continued

Place the tortilla on a plate and place $\frac{1}{2}$ cup of the filling on it, covering one half of the tortilla.

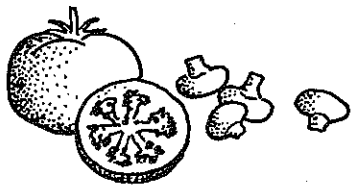
Roll the tortilla up and place with the seam down on a baking dish.

Cover with enchilada sauce, sprinkle cheese on top and place in a 350°F preheated oven until the cheese melts and the sauce starts to bubble.

Enchilada Sauce

6 cups canned tomato sauce
 3 cups margarine
 2½ cups onions, diced
 ½ T garlic, pureed
 ¼-½ T cumin, ground
 ½ T chili powder, hot
 ½ tsp. black pepper
 1 T masa harina
 salt to taste

Mix together tomato sauce and water. Heat to boiling. Sauté onions and garlic in margarine until soft. Then add cumin, chili powder and black pepper. Mix this into tomato sauce and simmer a few minutes. Add masa harina and salt.

**SPINACH ENCHILADA SUISAS**

Houston, Texas, U.S.A.

1½ hours to prepare
 10-12 tortillas

4 cups spinach, cooked
 1 cup red onion, diced
 1 clove garlic, finely chopped
 ½ lb. jack cheese, grated
 12 burrito size tortillas (flour or corn)
 1 cup cooked mushrooms, sliced

Sauté onions, mushrooms and garlic in 2 T butter. Cook spinach and drain well. Mix onion/mushroom mixture and spinach in a bowl. Set aside.

Sauce

4 T butter
 4 T flour
 2 cups warm milk
 1 pt. sour cream
 2 green chilis (or 1 can), diced
 ½ lb. each, jack and swiss cheese, grated
 onion salt to taste
 garlic salt to taste
 ½ cup picante sauce

Melt butter, stir in flour, cook until bubbly. Add warmed milk, sour cream, $\frac{3}{4}$ of the grated cheese, chilis, picante sauce, onion and garlic. Salt to taste. Cook over low heat stirring constantly until sauce is

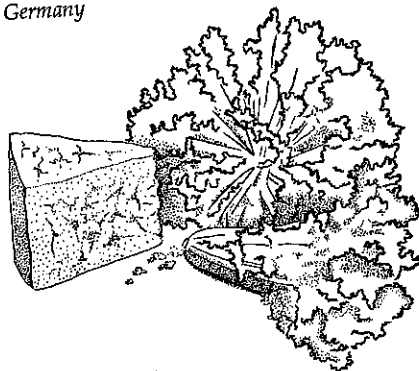
Spinach Enchilada Suisas continued

heated and cheese has melted (should be medium thick).

Then place spinach/mushroom mixture in a line down the middle of the tortilla, sprinkle with remaining cheese, roll up. Place in lightly greased shallow baking pan and cover with sauce. Sprinkle top with any remaining cheese. Bake at 350°F for 20-25 minutes.

FENNEL IN GORGONZOLA SAUCE

Cologne, West Germany



¾ hour to prepare
6-8 servings

Fennel is the root part of the fennel plant. It has a very subtle yet distinct flavor. Quite delicious.

4-5 fennel roots

Trim stems of fennel roots; cut in half and boil in enough salted water to cover, until just soft. Drain, reserve stock, and put aside fennel roots.

Fennel in Gorgonzola Sauce continued
Sauce

- 1 lb. gorgonzola cheese*
- 1 qt. heavy cream*
- 7 oz. butter*
- ⅓ cup flour*
- 2 cups stock (reserved from cooking fennel)*

In a blender, crumble the gorgonzola cheese and blend with 1 cup of cream.

In a deep frying pan or saucepan, melt 3 oz. of the butter and brown the flour. When flour is golden brown, add the remaining cream and stock. Heat, stirring often. When simmering, add the creamed gorgonzola. Simmer a few more minutes and season to taste.

Now, in a frying pan, melt butter and braise the fennel roots on both sides until they turn golden brown. When fennel roots are braised, place in an ovenproof serving dish and pour sauce over to almost cover them. Bake uncovered in a medium oven for 15 minutes. Serve remaining sauce on the side.

FENNEL ROOT SALAD

Cologne, West Germany

½ hour to prepare
4-6 servings
2 fennel roots

1 cup radishes, thinly sliced
4 T olive oil

Fennel Root Salad continued

- 1 T *white wine vinegar*
- 2 T *parmesan cheese*
- $\frac{1}{2}$ cup *chives, finely chopped*
- $\frac{1}{2}$ cup *parsley, finely chopped*
- 1 T *capers*
- salt
- fresh pepper*

Cut off stems and slice fennel root across as thinly as possible.

Add all other ingredients. Toss well, chill, and serve.

**GINGER RUM ROLL**

Rajneeshpuram, Oregon, U.S.A.

- $\frac{1}{2}$ hour to prepare
- 8 servings

This is a must for rum lovers! Superb served with vanilla ice cream.

- 10 oz. *thick gingersnaps*
- 4-6 T *white rum*
- 4-6 T *water*
- $1\frac{1}{4}$ cups *whipping cream, whipped until stiff*
- $\frac{1}{4}$ cup *chocolate shavings*

Ginger Rum Roll continued

Mix water and rum. Dip gingersnaps into rum and water. If a lighter rum flavor is desired, use less rum and more water for dipping the gingersnaps. Sandwich each gingersnap together with cream into a log shape. If snaps are thin, put two together. The gingersnaps should be soft and almost falling apart.

When snaps are in log shape, cover with remaining cream. Sprinkle with chocolate shavings. Freeze for several hours. Remove from freezer $\frac{1}{2}$ hour before serving.

**ROOT GINGER DRINK**

Agra, India

- $\frac{1}{2}$ hour to prepare
- 4 servings

A fabulous thirst quencher on a hot, sunny day. Lovely alone or with a meal. Fresh ginger is a must!

- 1 qt. *cold water*
- $\frac{1}{4}$ cup *brown sugar (or as desired)*
- 3 T *fresh grated ginger (or as desired)*
- 2 T *fresh lemon juice*
- $\frac{1}{2}$ lemon, *sliced paper-thin*

Blend all ingredients, except lemon slices, in a blender.

Serve chilled in tall glasses. Add crushed ice if desired. In each glass put 1 or 2 paper-thin slices of lemon.

HAZELNUT TORTE

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare
8 servings

6 oz. hazelnuts
5 eggs
½ cup sugar
2 pinches salt

Frosting

½ cup raspberries, fresh or frozen
1 cup whipping cream
1 T powdered sugar

Roast the hazelnuts for 5 minutes in a medium oven and rub off the skin. Finely grind the nuts in a food processor.

Separate the egg yolks and whites.

Whip the egg whites until stiff. As you continue whipping, add half the sugar a little at a time until all is incorporated.

Beat the egg yolks with the other half of the sugar and salt.

Add alternately the ground nuts and egg whites to the yolks.

Grease and line with paper two 8" cake pans. Divide batter evenly into the pans. Bake at 350°F for ½ hour. Leave to cool and turn out of the tin.

Whip the cream until stiff. Add powdered sugar. Reserve ⅓ of the cream and mix the raspberries into the other ⅔. Sandwich the two cakes with ½ of the raspberry cream, using the other half for frosting the

Hazelnut Torte continued

top. Frost the sides of the cake with the plain whipped cream.

Refrigerate before serving.

GREEN GODDESS DRESSING

Rajneeshpuram, Oregon, U.S.A.

½ hour to prepare
Makes 1 quart

1½ cups mayonnaise
1½ cups sour cream or
¾ cup sour cream,
¾ cup yogurt
milk as needed
½ bunch fresh parsley, chopped
½ bunch green onions, chopped
1 T dill weed, fresh
⅓ cup lemon juice (fresh is best)
1 tsp. garlic, puréed
1 tsp. Spike

Mix mayonnaise and sour cream in a bowl. Add enough milk to thin dressing to required consistency.

Blend all other ingredients with enough of the sour cream and mayonnaise to help purée everything until smooth.

Mix blended herbs with the mayonnaise and adjust consistency to suit.

Chill and serve.

GREEN ITALIAN DRESSING

Rajneeshpuram, Oregon, U.S.A.

*1/3 hour to prepare
Makes 1 quart*

A fantastic dressing.

*1/2 cup vegetable oil
1/2 cup olive oil
1 large clove garlic, peeled
1 cup green onions, cleaned and
cut into small pieces
1 cup fresh parsley
1/2 cup fresh oregano (or 3 T dried)
2 1/2 T lemon juice
2 1/2 T red wine vinegar
1/4 tsp. salt
1/2 tsp. pepper
1 T honey*

Blend oil, garlic, green onions and parsley in a food processor. Add remaining ingredients and blend until smooth.



ICE CREAM PIE

Rajneeshpuram, Oregon, U.S.A.

*2/3 hour to prepare, plus freezing time
6-8 servings*

*1 cup graham cracker crumbs
1/2 cup walnuts, finely ground
1 1/2 oz. butter, melted
3-4 cups ice cream (coffee flavored is great)*

Mix graham cracker crumbs, ground walnuts and melted butter to form a crumb crust. Press into greased 8" pie dish. Cover with aluminum foil and bake at 350°F for about 5-10 minutes until golden brown. Leave to cool.

When cold, press softened ice cream carefully into crust and freeze.

Serve topped with lots of whipped cream. For an extra special treat, top whipped cream with hot Chico-Chico Sauce. (See recipe).



LASAGNE

Rajneeshpuram, Oregon, U.S.A.

*2 hours to prepare
8 servings*

This lasagne is baked with raw noodles rather than precooked noodles. The noodles cook in the sauce while baking.

Lasagne continued

Tomato Sauce - Makes 1 quart

1/2 lb. onions, finely diced
 2 1/2-3 T olive oil
 1/2-1 tsp. garlic, minced
 1/4 cup celery, finely diced
 1/4 cup carrot, finely diced
 1 tsp. basil
 2 tsp. oregano
 1/4 cup red wine
 1 1/2 cups crushed tomato
 1 1/2 cups tomato purée
 1 bay leaf
 brown sugar to taste
 salt to taste
 pepper to taste

Paneer Sauce

3 cups paneer, ricotta, or
 cottage cheese, crumbled
 1/2 cup parmesan, grated
 1 cup yogurt
 3/4 cup milk
 1 1/2 lbs. jack cheese (or your own choice), grated
 2 lbs. lasagne noodles

Tomato Sauce

Make this first — in the morning. Sauté onion in oil until soft. Add the garlic, herbs, celery, carrots and wine and simmer for 2 minutes on a high heat. Stir well. This releases the alcohol from the wine. Now reduce heat and simmer for 5 minutes.

Add tomato products and bay leaf. Simmer for 1-2

Lasagne continued

hours adding water as it dries out.

When cooked, add sugar, salt, pepper to taste.

Paneer Sauce

Crumble the paneer and mix parmesan, yogurt and milk with it to make a runny sauce.

Layering the Lasagne

Now you can assemble the lasagne. Take a baking tray about 6" x 12" and 2 1/2-3" deep. If it is too shallow, the dish will bubble over. Place a layer of noodles on the tray. Spread 1/3 of the paneer mixture evenly on the noodles, making sure to fill the corners. Spread 1/3 tomato sauce on this and sprinkle 1/3 cheese on the sauce. Repeat this two times so there are three layers. Omit tomato sauce and cheese on top layer and reserve. Cover with foil, well sealed around the edges, and bake for 40 minutes at 350°F.

Remove from oven, take off foil, pour remaining tomato sauce on top. Sprinkle rest of cheese and bake uncovered until cheese is melted and bubbling.

This dish is wonderful served immediately, but it is also enjoyable cold, or reheated the next day.

LASAGNE VERDE

Rajneeshpuram, Oregon, U.S.A.

3 hours to prepare

6-8 servings

15 strips of spinach lasagne

Cook the lasagne "al dente", which means the paste will still be a bit hard. Rinse immediately under cold water and brush the lasagne with olive oil. Then lay

Lasagne Verde continued

flat in a pan. If possible cover with a damp towel and then cover the pan and store in the fridge.

- $\frac{1}{3}$ cup margarine
- $\frac{1}{4}$ medium-sized onion, finely chopped
- 1 stick celery, finely chopped
- 2 oz. bacon-flavored soy meat, finely chopped
- 10 oz. beef flavored soy meat, crumbled
- $2\frac{1}{2}$ cups mushrooms, reserve tops whole, finely chop stems
- $\frac{1}{8}$ tsp. marjoram
- $\frac{1}{8}$ tsp. rosemary, ground
- $\frac{1}{8}$ tsp. basil
- $\frac{1}{8}$ tsp. thyme
- $\frac{1}{4}$ tsp. cayenne
- $\frac{1}{4}$ tsp. black pepper
- $1\frac{1}{2}$ cups canned whole tomatoes, drained well and finely diced
- $\frac{3}{4}$ cup red wine
- 1 T vegetarian chicken stock powder
- $\frac{1}{4}$ cup chopped parsley
- 2 T cake flour
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ lb. ricotta cheese
- 5 oz. mozzarella cheese, cut in thin slices
- 5 cups white sauce
(see White Sauce recipe)

Melt margarine. Sauté onions, celery and chopped mushroom stems. Sauté for 5 minutes. Add chopped tomatoes.

In another saucepan put the mushroom tops with $\frac{1}{4}$

Lasagne Verde continued

cup of the wine. Simmer on low heat for several minutes. Add the vegetarian chicken stock, parsley and the salt. If it becomes too dry, add a little water.

When the mushroom tops are cooked, add them to the first pot with the rest of the wine. Cook 5 minutes, then slowly stir in the cake flour. Simmer on low heat for approximately 20 minutes, so the flavors can blend thoroughly. It should not be too dry or too liquid.

Now make the white sauce. This recipe makes 2 quarts.

- $\frac{3}{4}$ cup margarine
- 2 bunches green onions, finely diced
- $\frac{1}{2}$ medium onion, finely diced
- 1 cup cake flour
- 2 quarts milk
- $\frac{1}{4}$ tsp. thyme
- $\frac{1}{4}$ tsp. nutmeg
- 1 bay leaf
- 1 dried red chili
- $\frac{1}{4}$ tsp. Spike
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ cup sherry

Melt margarine. Sauté the onions and green onions on a very low flame until they are almost dissolved into a pulp.

Put milk and spices in a separate pot. Warm it up on a low flame until it boils.

When milk is boiling, on a very low heat, mix flour into onions. Stir well. Then pour in the milk whisking rapidly. Stirring constantly, on a low flame, heat slowly. When close to boiling, add sherry. Continue to

Lasagne Verde continued

stir until sauce has thickened. Remove from heat.

Now the lasagne can be put together. Use a 3" deep baking tray, about 6"x12". Mix 2 cups of white sauce with the ricotta cheese and $\frac{1}{4}$ cup of the parmesan cheese.

Dot the tray with margarine.

Lay a layer of lasagne noodles, then layer the tray as follows:

a layer of sausage mixture

$1\frac{1}{2}$ cups of white sauce

a layer of lasagne noodles

the other half of the sausage mixture

white sauce mixed with ricotta cheese and parmesan cheese

a layer of lasagne noodles

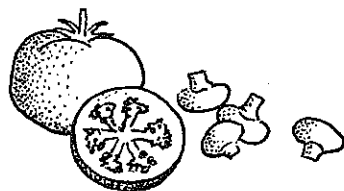
$1\frac{1}{2}$ cups of white sauce

cover with mozzarella

sprinkle with the rest of the parmesan and dot with margarine.

Cook for about 40 minutes at 375°F until top is golden and edges crispy.

Serve each slice with $\frac{1}{2}$ cup of white sauce on top.



CREAM OF LEEK SOUP

Hamburg, West Germany

1 $\frac{1}{4}$ hours to prepare

6 servings

6 leeks (1 $\frac{1}{2}$ lbs.), finely chopped

2 oz. butter

$\frac{1}{2}$ cup mushrooms, sliced

1 $\frac{1}{2}$ qts. water

$\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. pepper

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

$\frac{1}{2}$ cup sour cream

$\frac{1}{2}$ cup jack cheese, grated

1 T soy sauce

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

1 T lemon juice

1 tsp. sugar

1 T chives

1 tsp. sherry

salt to taste

Slice the leeks into fine rings and wash well. Stew them in melted butter for 1-2 minutes. Add mushrooms and cook until soft. Now add water, salt and pepper and simmer for 30 minutes.

When cooked, add the basil and purée it in a blender. Add the sour cream, grated cheese, soy sauce, nutmeg, lemon juice, sugar and chives. Blend again until smooth.

Heat again slowly. Do not boil. Add sherry and salt to taste.

LEEK AU GRATIN

Altbessingen, West Germany

1½ hour to prepare
6 servings

2 lbs. leeks, chopped into ½" slices
1 onion, finely diced
¼ cup cooking oil
3 T vegetable stock (or water)
3 lbs. potatoes, cut into ½" chunks
1 cup cottage cheese
½ cup parmesan cheese
1 lb. soy sausage, cut into ½" slices
salt and pepper, a pinch each

Fry leeks and onion in oil until translucent and soft. Add vegetable broth. Stew for 20 minutes. Add potatoes. Cover pan and stew for 10 minutes or until potatoes are almost tender.

In a well greased baking dish, layer half of cooked potatoes and leeks mixture. Add half of the cottage cheese, then half of the soy sausage, salt and pepper, and half of the parmesan. Repeat with potato leek mixture, rest of the cottage cheese, soy sausage and parmesan cheese.

Bake at 350°F for 15-20 minutes until potatoes are quite tender.



LEMON MERINGUE PIE

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
8 servings

12 oz. Short Crust Pastry (see recipe) or
Graham Cracker Crust
(see Amaretto Cheesecake recipe)

Roll out pie crust and put in tin or press in Graham Cracker Crust.

Filling

⅔ cup sugar
6 T cornstarch
⅛ tsp. salt
2 cups milk
3 egg yolks
3 T butter
juice and finely chopped rind of 2 lemons

Combine sugar, cornstarch and salt in double boiler. Mix well. Add milk slowly while whisking all the time. Heat and cook 8-10 minutes after mixture begins to thicken. Make sure there is no cornstarch taste before removing from the fire.

Let cool a few minutes and slowly add a few spoons of the mixture into the egg yolks, whisking all the time. Now add the egg yolk mixture to the larger mixture and continue whisking. When blended add butter, lemon juice and rind and mix well. Pour into pie shell.

Lemon Meringue Pie continued

Meringue

- 3 egg whites
- $\frac{1}{4}$ tsp. cream of tartar
- 4 T sugar
- $\frac{1}{2}$ tsp. vanilla

Beat egg whites with cream of tartar until foamy. Slowly add sugar and continue to beat until whites form stiff peaks. Add vanilla and blend. Cover pie with meringue and bake 10-15 minutes at 350°F or until meringue is golden brown. Remove from oven and allow to cool.

LEMON MINT SORBET

Auckland, New Zealand

$\frac{1}{2}$ hour to prepare excluding freezing time
6 servings

A refreshing, icy dessert for a hot day.

- $1\frac{1}{2}$ cups fresh mint leaves, finely chopped
- 3 cups water
- $1\frac{1}{2}$ cups sugar
- 1 cup fresh lemon juice
- 3 egg whites, beaten until stiff

Boil mint and water for 5 minutes. Strain juice and discard leaves.

Dissolve sugar in mint water and add lemon juice. Freeze until slushy. Now beat egg whites until stiff

and gently fold into slushy mixture. Put back in freezer. Stir regularly until well-frozen. Do not over-freeze or it will be too hard.

MANGO PARFAIT

Milan, Italy

$\frac{1}{2}$ hour to prepare
6-8 servings

The quality of the mangoes will make a lot of difference to this dish — choose ripe ones.

- 2 mangoes, peeled and cut
- 6 egg yolks
- $\frac{3}{4}$ oz. icing sugar (confectioners sugar)
- 2-4 tsp. lemon juice
- 1 tsp. sugar
- $1\frac{1}{3}$ cup whipped cream

Peel the mango and cut it into chunks, throwing away the pit.

In a bowl, lightly beat the egg yolks and icing sugar.

Place the mixture in a double boiler, stirring continuously until mixture thickens and is lukewarm. Take it out of the double boiler and beat it until it's cold and creamy.

Blend the mango in a blender, making a purée, then add the sugar and lemon juice.

Add the egg mixture to the purée, mix together well.

Whip the cream in a bowl until stiff. Add to the purée mixture, folding it in with a fork.

Freeze the mixture, stirring it every hour. Remove from freezer $\frac{3}{4}$ hour before serving.



ROUILLE

Hamburg, West Germany

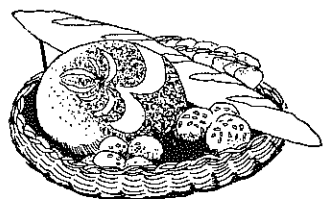
10 minutes to prepare
4-6 servings

This is a gorgeous dip or dressing. It is rich orange in color.

1 clove garlic, peeled, crushed
1 tsp. salt
6 T mayonnaise
1 T paprika
2 tsp. mustard
3 T fresh orange juice
1 T fresh lemon juice
2½ T brandy
½ tsp. sugar

Peel one clove of garlic and crush it with a spoon. Mix salt with the garlic to make a paste. Add the mayonnaise (if using store-bought mayonnaise, add 3 egg yolks). Let the mixture sit for 30 minutes.

After 30 minutes add the paprika, orange juice, lemon juice, mustard, brandy and sugar. Mix the sauce well. Let sit for 40 minutes.



BECHAMEL SAUCE

Rajneeshpuram, Oregon, U.S.A.

½ hour to prepare
Makes 3 cups

3 T butter
3 T flour
3 cups milk, hot
1 peppercorn
¼ tsp. thyme
1 tiny bay leaf
salt to taste
pinch nutmeg, grated (optional)

Melt butter on low heat in a heavy-bottom saucepan. Stir in flour and mix well. This is called a roux. Cook the roux for 3-4 minutes until it is bubbling and foamy. Stir well.

Rapidly whisk in preheated milk. Add seasonings and stir well. Leave it to simmer on a low heat for 10-15 minutes. This will cook the sauce and give it a delicious flavor. When cooked, remove peppercorn and bay leaf.

You can substitute vegetable stock for the milk or use half stock and half milk. This will give a lighter sauce. Make stock by boiling for 1 hour: 1 diced onion, 1 diced carrot, 1 stick celery and 1 bay leaf in 2 quarts of water. Keep lid on while simmering. Use this stock in all sauces instead of milk or cream if you prefer.

This sauce can be used as a base for many interesting variations:

White wine sauce

Add ¼ cup white wine when adding milk and con-

Bechamel Sauce continued

tinue cooking as for the basic sauce. (See also White Wine Sauce recipe for a richer sauce).

Cheese sauce

Add $\frac{1}{2}$ cup cheese when the sauce is cooked and stir until cheese has melted. Try cheddar for a mild flavor and gruyere or swiss for a stronger taste.

PANEER

Rajneeshpuram, Oregon, U.S.A.

*$\frac{1}{2}$ hour to prepare
6 hours waiting time*

Yield $1\frac{1}{2}$ lbs. paneer or 3 cups

*4 qts. milk
 $\frac{1}{3}$ cup distilled vinegar
1 cup warm water*

Paneer is a low-fat soft cheese which is very simple to make. It is delicious grilled, deep fried or marinated in soy sauce, and can be used as a substitute for store-bought cheese.

Many recipes in this book use paneer. You can make more than you need and freeze it. It will keep refrigerated for several weeks.

Mix vinegar with warm water. This softens the curdling effect of the vinegar.

Heat the milk to about 185°F — nearly boiling. Stir to prevent burning. Turn off the heat, slowly mix in the vinegar and water. Take 2-3 minutes to mix it in. You

Paneer continued

will see the milk separate into the curd and a greenish colored whey. You should need all the vinegar, but quantities might vary depending on the type of milk. If separation has happened already, there is no need to add all of the vinegar.

Now strain the curdled milk through cheesecloth. Let it drain in a sieve or colander, wrapped in the cloth, for 6 hours or so. It then will be firm enough to slice or use as you like.

ZORBA'S MILKSHAKES

Rajneeshpuram, Oregon, U.S.A.

*3 minutes to prepare
2 cups each*

Vanilla

*2 scoops vanilla ice cream
 $\frac{1}{4}$ tsp. vanilla extract
 $\frac{3}{4}$ cup milk*

Coffee

*2 scoops vanilla ice cream
 $\frac{1}{4}$ cup strong coffee
 $\frac{1}{4}$ - $\frac{1}{2}$ cup milk*



Zorba's Milkshakes continued

Chocolate

- 2 scoops vanilla ice cream
- 2 T chocolate syrup
- $\frac{1}{8}$ tsp. vanilla extract
- $\frac{1}{2}$ cup milk

Mocha

- 2 scoops vanilla ice cream
- 2 T chocolate syrup
- $\frac{1}{8}$ tsp. vanilla extract
- $\frac{1}{4}$ cup strong coffee
- $\frac{1}{4}$ cup milk

Fruit flavors

(peach, strawberry, raspberry, blueberry)

- 2 scoops vanilla ice cream
- 2 T fruit
- 1 T fruit juice
- $\frac{1}{2}$ cup milk

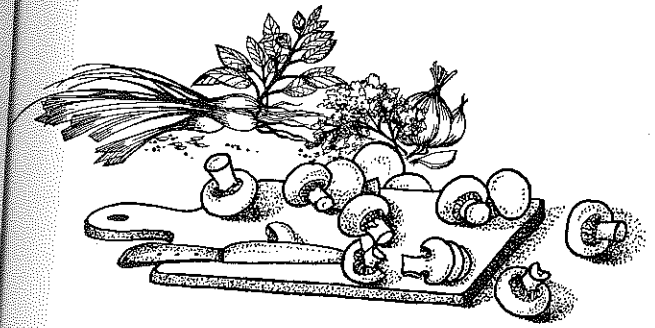
Banana

- 2 scoops vanilla ice cream
- $\frac{1}{2}$ large or 1 small banana
- 3 T chopped walnuts
- $\frac{1}{4}$ tsp. vanilla extract
- $\frac{1}{4}$ cup milk

Blend all ingredients in milkshake machine or blender. Pour into glass, top with whipped cream and serve.

CHAMPIGNON SALAD

Rajneeshpuram, Oregon, U.S.A.



$\frac{1}{2}$ hour to prepare
6 servings

- 1 lb. mushrooms (about 4 cups), washed and sliced
- 1 tsp. salt
- $\frac{1}{2}$ tsp. pepper, freshly ground
- 1 tsp. dijon mustard
- 3 cloves garlic, crushed
- 3 T fresh lemon juice
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup parsley, finely chopped

Wash mushrooms. Pat dry and slice. Put in a bowl. Mix salt, pepper, garlic and mustard into lemon juice. Blend well. Add olive oil and blend again. Pour over salad. Add parsley and toss well.

Let marinate one hour and check seasoning. Serve chilled on lettuce leaves.

MUSHROOMS WITH JUNIPER BERRIES

Cologne, West Germany

$\frac{3}{4}$ hour to prepare
6 servings

2 T juniper berries
36 small or 24 large mushrooms
 $\frac{1}{2}$ cup olive oil
6-8 cloves garlic, minced
 $1\frac{1}{2}$ tsp. thyme, dried ground
 $1\frac{1}{2}$ tsp. basil, dried ground
2 tsp. fresh black pepper
salt to taste

Soak the juniper berries in hot water one hour before cooking. When they are soft, drain water and crush them with a spoon.

Mix juniper berries with oil and the other spices. Wash the mushrooms and place on baking tray with stems up. Spoon the oil and herbs over the mushrooms.

Bake in a preheated oven at 350°F for 15 minutes.

ROSEMARY MUSHROOMS

Cologne, West Germany

$\frac{3}{4}$ hour to prepare
8 servings

Luscious served over garlic buttered toast.

Rosemary Mushrooms continued

$\frac{1}{2}$ lb. butter
2 T rosemary, finely chopped (fresh is best)
2 lbs. small mushrooms (button), washed well
1 cup white wine
1 tsp. black pepper (or more, to taste)
1 qt. whipping cream

Melt the butter and fry the mushrooms with the rosemary until mushroom juices that are released, evaporate. Add the wine, black pepper, salt to taste, and simmer until liquid has evaporated again. Spoon out most of the butter. Add the cream and simmer for 10-15 minutes. Sauce will reduce to a thick and rich consistency.

SPINACH STUFFED MUSHROOMS

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hour to prepare
15 servings of 1 mushroom each
 $\frac{1}{4}$ lb. butter, melted
 $\frac{1}{2}$ medium onion, finely chopped
2 stalks celery, finely chopped
15 large mushrooms, finely chop stems, remove caps
 $\frac{1}{4}$ cup white flour
 $\frac{1}{4}$ cup sesame seeds, toasted
1 lb. fresh spinach, chopped
1 cup parmesan cheese
1 cup gruyere cheese, grated
 $\frac{1}{2}$ cup jarlsberg cheese, grated
1-2 eggs, lightly beaten

Spinach Stuffed Mushrooms continued

Sauté the onions, celery and mushroom stems in butter. Set aside the mushroom caps to stuff later.

Add flour to the sautéed vegetables and stir. Then add toasted sesame seeds.

Put mixture in a bowl and add fresh spinach. Mix and add the cheeses. Mix in the lightly beaten eggs.

Peel mushroom caps. Stuff each cap with the mushroom stuffing. Place on a tray and broil until tops are golden brown.

STUFFED MUSHROOMS WITH ALMONDS AND PARMESAN CHEESE

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
2 servings*

8 giant mushrooms, peeled, finely chop stems

1/2 cup breadcrumbs, finely ground

1/4 cup ground almonds

1/4 cup parmesan cheese

4-5 cloves garlic, crushed

salt and pepper to taste

1/2 cup parsley, chopped

6 oz. butter at room temperature

Clean mushrooms. Peel the mushrooms in the same manner you might peel a grape. Remove stems and use in stuffing. Place mushrooms hollow side up in a pan.

Stuffed Mushrooms with Almonds and Parmesan

Blend remaining ingredients with softened butter and stuff into mushrooms.

Sprinkle top with parmesan cheese and bake about 10 minutes in hot oven at 425°F.

NUT LOAF

Rajneeshpuram, Oregon, U.S.A.

*1 1/4 hour to prepare
10 servings*

1 cup unroasted shelled peanuts

1/3 cup unroasted cashews

3/4 cup unroasted almonds

3/4 cup sunflower seeds

3/4 cup brown rice, cooked

4 eggs

1/2 lb. onions, finely diced

2 T soy sauce

2 T nutritional yeast

2 tsp. paprika

2 tsp. thyme

2 tsp. marjoram

In a food processor, grind all the nuts until fine. They will begin to stick together as their oil is released.

Remove from food processor and blend the rice until you have a sticky paste. Add eggs and onion and continue to blend. You will probably have to loosen the sticky rice from the side of the blender.

Add the nuts and all other ingredients and blend

Nut Loaf continued

thoroughly. You will have a thick sticky paste.

Line a well-oiled 2 lb. bread tin with greaseproof paper. Fill with mixture. Bake loaf for 40 minutes at 325°F. The loaf will rise and begin to crack a little. Remove from the oven and leave to cool for 15 minutes. Turn out and remove paper. If it still crumbles when you slice it, let it cool a bit longer.

Serve with Paprika Sauce (see recipe).

GOLDEN GRAIN SOUP

Fremantle, West Australia

1 hour to prepare
6 servings

4 onions, sliced into half moons
1/4 cup oil (corn, if possible)
1/2 tsp. oregano
4 T parsley (fresh)
1/2 tsp. rosemary
1/2 tsp. basil
1 cup oat flakes
2-3 qts. boiling water
1/4 cup soy sauce (or to taste)
salt to taste

Cook onions in oil over a high flame for 3-5 minutes, and over low flame 8-10 minutes adding herbs. Onions should be a golden color.

Pour onions, oat flakes and salt into the boiling water and cook 20-25 minutes, simmering gently. Stir occasionally. Add soy sauce, salt and pepper to taste.

ORANGE FANTASY CAKE

Nedlands, Australia

1 3/4 hours to prepare
10-12 servings

2 cups all-purpose flour
1 tsp. salt
2 tsp. baking powder
1/2 cup butter
1 cup sugar
2 eggs
1 cup orange juice
1 T orange rind

1 cup sugar
1 cup orange juice
1/8 tsp. cardamom, ground
juice of 1 lemon
2 T dark rum

Frosting

1/4 lb. cream cheese
1/2 cup unsalted butter
2 T honey
1/2 T orange rind, grated

Have all ingredients at room temperature. Sift together flour, salt and baking powder.

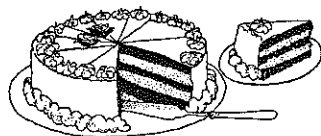
Cream butter and sugar until light and fluffy. Add eggs slowly and cream well. Add the dry ingredients alternately with orange juice and mix well.

Orange Fantasy Cake continued

Grease and line with greaseproof paper a 12" cake tin. Spoon into tin and bake for 30 minutes at 350°F. Remove from pan and cool.

Meanwhile, prepare syrup. Simmer all ingredients except rum for 10 minutes. Add rum, and pour syrup over the cake while the cake is still warm.

When cake is cool, make frosting. Cream together all ingredients and spread over cake. Decorate with paper-thin orange slices.

**WHOLE WHEAT PANCAKES**

Rajneeshpuram, Oregon, U.S.A.

*1/2 hour to prepare
12 pancakes*

Dry Ingredients

*2 cups whole wheat flour
1/2 cup soy flour
1/2 cup wheat germ
1 cup rolled oats
6 T sunflower seeds
6 T sesame seeds
5 tsp. baking powder
1/2 tsp. salt
2 T brown sugar*

Whole Wheat Pancakes continued**Wet Ingredients**

*3 cups milk
8 eggs, beaten
1 cup buttermilk
1 tsp. vanilla
1/2 cup soy oil
2 T honey*

Mix dry ingredients well.

Mix wet ingredients with a whisk.

Mix dry and wet ingredients together.

Cook on a hot grill or pan that is well-oiled. They cook slowly, so do not disturb while they cook. When it is possible to turn them, flip over and brown second side.

Serve with whipped butter and maple syrup.

PANEER KOFTA

Rajneeshpuram, Oregon, U.S.A.

*1 1/4 hours to prepare
4 servings*

Kofta

*1 lb. paneer, crumbled
1/2 cup cornstarch
1 T fresh ginger, grated
1 green chili, finely chopped
1/2 cup fresh coriander leaves, washed and chopped*

Paneer Kofta continued

- salt to taste*
- 1/4 tsp. cayenne*
- 3 cups oil for frying kofta*
- 2 T milk*

Knead paneer and cornstarch together. Add ginger, green chilis, coriander, salt, cayenne and milk. Mix well, then roll into 1" balls.

Heat up oil and fry the koftas on a low flame until golden brown.

Sauce

- 1/4 cup butter or oil*
- 1 tsp. garlic, pureed*
- 1 T fresh ginger, grated*
- 3 medium size onions, finely chopped*
- 3 tomatoes, finely chopped*
- 1/2 cup tomato purée*
- 1/4 tsp. tumeric*
- salt to taste*
- 1/4 tsp. cayenne*
- 1 tsp. garam masala*
- 2 1/2 cups water*
- 1/2 bunch coriander leaves*

Heat up butter or oil in a saucepan. Add garlic, ginger and onions. cook until soft and golden brown. Add tomatoes and tomato purée. Stir frequently for 5 minutes.

Add remaining spices. Mix well and continue to stir for 2 minutes. Add the water and let it boil, then lower the heat and let simmer for 10 minutes. Put koftas into the sauce. Cover and remove from fire. Garnish with fresh coriander leaves and serve hot with rice or chapatties.

PANEER KORMA

Rajneeshpuram, Oregon, U.S.A.

- 1 hour to prepare*
- 4-6 servings*

- 2 oz. butter*
- 1 tsp. cumin seeds*
- 1 large onion, finely diced*
- 1 1/2" piece of fresh ginger, grated*
- 1 cup cauliflower, cut into small flowerettes*
- 1 cup carrots, finely diced*
- 1/2 cup peas*
- 1/2 cup cashews*
- 1/2 tsp. cayenne pepper*
- 2 cups paneer, crumbled*
- salt to taste*
- 1 tsp. garam masala (see recipe)*
- 1/2 cup fresh coriander leaves, chopped*

Heat up butter in a saucepan. Add cumin seeds and fry until golden brown. Add onions and ginger. Cook for 5 minutes. Then add cauliflower and carrots and cook until soft. Add peas, cashews and all the spices except garam masala. Keep stirring. Mix in crumbled paneer and cook for a short while on lower flame. Add garam masala and coriander leaves. Cover and remove from fire.



BAKED CREAM SPINACH WITH NOODLES AND MUSHROOMS

Hamburg, West Germany

1 1/4 hours to prepare
6-8 servings

4 qts water
2 T salt
2 T vegetable oil
1/2 lb. macaroni (elbow)
2 eggs
1 1/2 lbs. fresh spinach, washed and stems removed
2 1/2 T sour cream
1/2 lb. mushrooms, quartered
2 T butter
salt to taste
1/2 tsp. fresh ground pepper
1 1/2 cups swiss cheese, grated

Boil the water. Add salt and oil.

Drop in macaroni. Cook for 10 minutes.

Beat the 2 eggs. When macaroni is cooked, drain, rinse in hot water and immediately mix with the eggs.

Drop spinach into boiling salt water for a few minutes. Drain well. Add sour cream and set aside.

Stew the mushrooms in butter for 15 minutes and season with salt and pepper.

Grease a 9" deep tin with butter. Place 2/3 of the macaroni in the tin. Add spinach, then mushrooms, and top with the remaining 1/3 of the macaroni. Sprinkle with grated swiss cheese. Bake for 20 minutes in a preheated oven at 350°F.

FETTUCINI ALLA CARBONARA

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare
4-6 servings

Fettucini alla carbonara is easy to prepare and yet one of the most delicious of the pasta dishes.

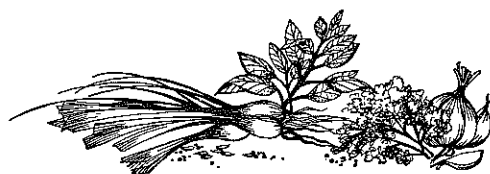
1 1/2 lbs. fettucini noodles
1/4 cup olive oil
3 oz. butter
5 oz. soy bacon, chopped into small pieces
3/8 cup cream (optional — but try it anyway!)
1 tsp. black pepper (fresh)
1/2 cup parmesan cheese
6 eggs

Cook the fettucini in salted water until "al dente". While it is cooking, fry soy bacon strips in oil and butter.

Mix other ingredients together.

Thoroughly drain the cooked fettucini. Do not rinse. Immediately toss hot fettucini with bacon, fat, and egg mixture.

Serve at once.



PANSOTTI WITH WALNUT SAUCE

Milan, Italy

1½ hours to prepare
8 servings

Pasta

2¼ cups white flour
3 T parmesan cheese
pinch salt
9 T white wine
7 T water

Mix flour with parmesan cheese and salt. Add wine and water and knead to a stiff dough. Set aside.

Filling

½ lb. spinach, remove stems
½ tsp. garlic, crushed
1 egg
2 oz. ricotta
2-3 T parmesan
salt
pepper

Steam spinach, Drain and press out juice and blend with all other ingredients. Season to taste.

Sauce

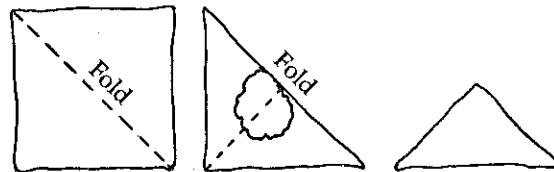
3 oz. walnuts
1 cup sour cream
salt
pepper

Grind walnuts fine. Mix with sour cream and season to taste.

Pansotti with Walnut Sauce continued To Make Pansotti

Roll out dough very thin using lots of flour. Cut into 3" squares and cut each square into two triangles.

Put 1-2 teaspoons of filling on each. Brush edges with water. Bring the two short sides together. Press to seal. Seal third side. Place on floured tray.



Cook Pansotti in boiling salted water for 10 minutes. When cooked drain well.

Serve with Walnut Sauce and sprinkled parmesan cheese.

PASTA SALAD

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
6-8 servings

3 cups Italian Dressing (see Italian Salad Recipe)

1 lb. spiral pasta noodles
or any other decorative pasta.

2 cups black olives, sliced

1½ cups pimentos, chopped

6 stalks green onions, chopped

2 stalks celery, finely chopped

1 bell pepper, finely chopped

Pasta Salad continued

1 tsp. black pepper

1 tsp. Spike seasoned salt

Cook pasta and put in large bowl with 3 cups Italian Dressing. Marinate while chopping olives, pimentos and vegetables. Add all the rest of the ingredients and stir well. Chill and serve.

**TAGLIATELLE WITH MUSHROOM SAUCE**

Cologne, West Germany

1½ hours to prepare

6 servings

Sauce1½ lbs. button mushrooms, cut into quarters
(substitute chanterelle mushrooms if available)

½ cup butter

5 shallots, finely diced

4 oz. pine nuts

½ cup chives (or green onions), finely diced

2-3 cups cream

½ tsp. pepper

salt to taste

Sauté mushrooms in butter until juices come out. Add shallots. Cook several minutes more. Add pine nuts, chives, cream, pepper and salt and simmer until sauce is thickened.

Cook Tagliatelle noodles — or another variety if you prefer. Drain and toss with sauce.

**MILLE FEUILLES
WITH APRICOT CREAM**

Rajneeshpuram, Oregon U.S.A.

¾ hours to prepare, excluding pastry preparation time
8 servings

Mille Feuilles is an exquisite dessert. It requires time to make — nevertheless the results are worth it! Refer to Puff Pastry recipe. Ready-made Puff Pastry can be bought in most food stores.

10 oz. puff pastry (or ¼ puff pastry recipe)

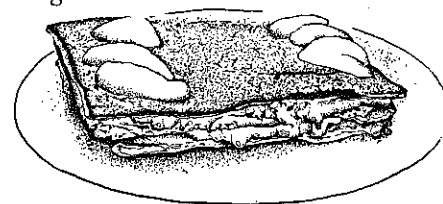
1 cup whipping cream

1 cup canned apricots, drained and pitted

¼ cup amaretto (optional)

⅓ cup white granulated sugar

2 T powdered sugar

**Pastry**

Dust the surface on which the dough will be rolled with plenty of flour. With a rolling pin, roll the chilled dough paper thin. You should end up with a 12" x 18" sheet of dough.

Line a baking tray large enough to hold the sheet of dough, with a greaseproof baking paper. Transfer the paper thin dough to the baking tray by rolling the dough around the rolling pin and carefully unrolling it over the baking tray.

Preheat oven to 400°F. Place a tray of water on the bottom shelf. Before putting it in the oven, spray or

Mille Feuilles with Apricot Cream continued

brush the pastry with water. Bake for 10-15 minutes, until pastry is evenly golden brown. Do not overbake. Remove from oven and cool.

Filling

Whip the cream until stiff, Set aside 4-5 pieces of apricots for decorating. In a food processor, blend the remaining apricots with the amaretto. Fold into the whipped cream. Slowly add the granulated sugar.

Cut the cooled pastry into equal thirds. Spread $\frac{1}{4}$ cream filling on one layer. Place pastry on this and spread another quarter of the cream. Place the third piece of pastry on top. Dust with powdered sugar, decorate with reserved fruit and chill.

The finished pastry can be cut into slices of your choice. You can use your choice of fruit for the filling — strawberries are also delicious.

PUFF PASTRY

Rajneeshpuram, Oregon, U.S.A.

4 hours to prepare

Yields 2½ lbs. pastry

Puff Pastry is a time-consuming project. It is possible to buy it, but the homemade variety is much more delicious. You can make it in advance and freeze it.

The key to good Puff Pastry is to have all ingredients ice cold at all times. Work fast and keep all ingredients refrigerated in between steps. A steel or marble table is good to work on as it is cold.

3¼ cups (1 lb.) all-purpose flour, or pastry flour
1 tsp. salt

Puff Pastry continued

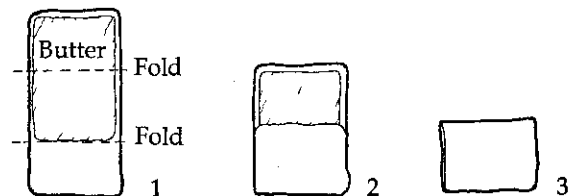
2 cups (1 lb.) unsalted butter

1 cup iced water

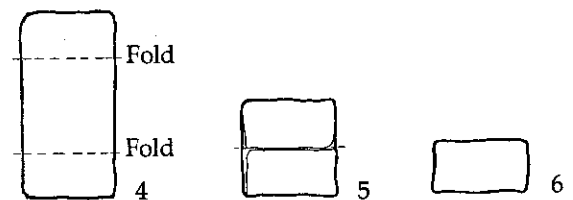
Sift flour and salt and put in a bowl in the fridge. Quickly knead butter until smooth, yet still cold, in a bowl or on table top and return to the refrigerator. Make a well in the flour. Pour in iced water gradually, and mix into a dough. Knead until smooth. Cover and refrigerate for 10-15 minutes.

Roll out dough into a rectangle 10" x 20" Spread butter over $\frac{2}{3}$ surface leaving a 1" margin all around the edge (Diagram 1).

Fold the unbuttered dough on top of $\frac{1}{3}$ buttered dough (Diagram 2). Fold the exposed $\frac{1}{3}$ butter dough on top of this (Diagram 3). Gently press open sides to seal.



Now roll this out again to a 10" x 20" rectangle. Make a "book fold" (Diagrams 4-6) folding two ends into the middle, then folding in half. Place in refrigerator for 20 minutes.



Puff Pastry continued

Roll out to 10" x 20" and repeat "book fold" four more times. Rest dough for half an hour in refrigerator after each time dough is rolled out.

Now cut up and use as you want.

Puff Pastry should be rolled out very thin before using.

SHORT CRUST PASTRY

Rajneeshpuram, Oregon, U.S.A.

1/3 hour to prepare

Yields 2 lbs. pastry

This Short Crust Pastry can be used to make pies and pastries throughout this book. It is simple to make and can be stored in the freezer. Make sure to defrost well before using.

3 3/8 cups pastry flour

1/2 tsp. salt

1/2 tsp. sugar

*1 cup & 1 T butter or margarine
(room temperature)*

1/2 tsp. vinegar

3/4 cup iced water

Sift together flour, salt and sugar.

With a pastry cutter or fork, cut in the soft butter. Do not mix too well — there should still be small lumps of butter visible.

Mix water and vinegar and stir into flour. Mix rapidly with a fork until it holds together. It is now ready to use. Roll out on a generously floured surface.

MOLE

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare

Makes 6 cups

This spicy Mexican sauce can be served over enchiladas or rice.

3 red chili peppers, minced

16 cloves garlic, minced (optional)

1/2 cup oil

3/4 cup peanut butter

3 1/4 T chili powder, dark

2 T chicken stock powder

3 T unsweetened cocoa powder

1 qt. water

Fry chili peppers and garlic in oil. Add peanut butter, chili powder, stock, cocoa powder, and water. Stir water in slowly, mixing well. Bring to a boil and remove from stove. Sauce should be well mixed and thick in consistency.



PEPPERMINT CHOCOLATE GATEAU

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
For one 8" double layer cake

Cake

1 1/4 cups cake flour
6 T cocoa powder
1/8 tsp. salt
1 tsp. baking soda
6 T shortening
1 cup sugar
1/2 tsp. vanilla
2 eggs
1 1/2 cups buttermilk
4 oz. mint chocolates

Grease two 8" round cake pans and line with greaseproof paper. Have all ingredients at room temperature.

Sift together flour, cocoa, salt and baking soda. Mix well and set aside.

Cream shortening and sugar until light and fluffy. Add vanilla and eggs and mix well.

Alternately add dry mix and buttermilk, about 1/2 at a time, to the creamed mixture until ingredients are blended but not overmixed. Place in tins and put mints on top. Bake 15-20 minutes at 325°F or until top springs back when pressed with a finger. Turn out of pans onto cake rack when cool.

Chocolate Peppermint Gateau continued

Frosting

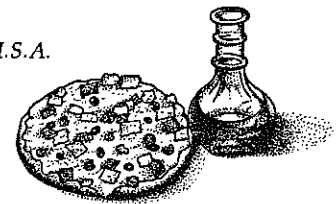
1/2 lb. butter
1 cup powdered sugar
3 T cocoa powder
peppermint, extract, few drops

Cream butter. Sift sugar and cocoa powder together. Add slowly to butter, mixing all the time. Mix in peppermint extract.

Frost and fill the cake with the frosting. Decorate with silver decorating balls or a pale-green, piped border.

PIZZA

Rajneeshpuram, Oregon, U.S.A.



Pizza Dough

Yields 16 oz. dough for one 16" pizza or three 7" pizzas.

2 cups all-purpose flour
1 tsp. cake yeast
1 tsp. salt
1/2 T olive oil
1/3 tsp. sugar
3/4 cup water

Dissolve yeast in a little of the warm water. Stir in sugar, and leave for several minutes.

Mix flour and salt, and add olive oil and yeast when

Pizza Dough continued

dissolved. Knead well in a bowl and slowly add rest of water. Lay dough out on a floured board and knead until smooth and elastic. Cover with a food cloth and let it sit at room temperature for 1/2 hour until it doubles in size.

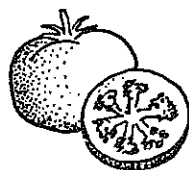
The following are several suggestions for delicious pizzas. They all use the basic tomato sauce, which makes a mouth-watering pizza just by itself.

Cut dough into 3 equal pieces for 7" pizzas or leave as one piece for 16" pizza. Roll out into circle. Place on an oiled baking tray and brush with olive oil. Bake at 350°F until slightly golden brown.

Remove from oven and spread the sauce, special toppings, and then cheese on the dough. Put back in oven and continue baking until cheese is melted and sizzling.

Basic Tomato Pizza Sauce

- 3 cups canned crushed tomatoes
- 3/4 cup tomato paste
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 T basil
- 2 T oregano
- 1 1/2 tsp. marjoram
- pinch sage powder



If you can, use fresh herbs, finely chopped. Mix all ingredients together - that's all!

For a 7" pizza use:

- 1/3 cup tomato pizza sauce
- 3/4 cup mozzarella cheese)
- 1/4 cup jack cheese)

) grated and mixed together

Basic Pizza Sauce continued

For a 16" pizza use:

1 1/3 cups tomato pizza sauce

3 cups mozzarella cheese)

) grated and mixed together

1 cup jack cheese)

Mushrooms and Olives

Use sliced fresh mushrooms and sliced black olives.

Artichoke

Chopped artichoke hearts, red onions cut into 1/2 moons, minced garlic, sliced green onions and sliced mushrooms can be used.

Spinach

Use fresh spinach chopped, sliced scallions and mushrooms.

Walnut

Sprinkle sliced scallions and mushrooms on top of sauce, then decorate using walnut halves.

The following pizzas use gorgonzolla, ricotta and parmesan cheeses instead of the mozzarella/jack mixture.

"Pizza al due Formaggi"

Add finely chopped onions and green peppers. Top with a mixture of 1/3 gorgonzolla cheese, 2/3 ricotta cheese. Use more gorgonzolla if you want a stronger flavor.

"Pizza Gorgonzolla"

Sprinkle gorgonzolla cheese, then parmesan. Top with finely chopped onions and sliced mushrooms. Sprinkle again with parmesan cheese. This pizza has a strong gorgonzolla flavor.

POPPY SEED CAKE

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

Yields one double-layer 8" cake

2/3 cup poppy seeds

1 cup milk

1 tsp. vanilla

10 T butter

1 1/2 cups white sugar

2 cups cake flour

2 1/2 tsp. baking powder

1/2 tsp. salt

4 egg whites

Soak the poppy seeds in the milk and vanilla for two hours. This softens the poppy seeds and brings out their flavor.

Take the butter out of the refrigerator so it can soften.

Grease two 8" pans liberally and dust with flour.

Sift together the cake flour, baking powder and salt, and then blend well with your hands. Set this aside.

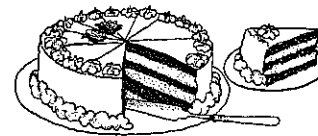
Using an electric mixer on high speed, cream the butter, which should be at room temperature, and sugar until light and fluffy. Add to this the flour mixture and the milk and poppy seeds, alternating a quarter of each at a time. Use the low speed of the mixer. Mix in each addition thoroughly before adding the next.

In a separate mixing bowl, whip egg whites until stiff but not dry. Fold egg whites until stiff but not dry. Fold egg whites into cake batter.

Divide the mixture equally into the two pans and

Poppy Seed Cake continued

bake in a preheated oven at 325°F for 20 minutes. When cooked, let sit until slightly cool. Turn out and frost cake with white chocolate buttercream frosting (see recipe).



ALU GOBI

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

6-8 servings

1/2 lb. butter

4 T ginger, finely chopped

2 lbs. potatoes, peeled, cut into 2" pieces

2 1/2 lbs. cauliflower, cut into large flowers

1/2 tsp. tumeric

3/4 tsp. red chilis, crushed

salt to taste

2 tsp. garam masala (see recipe)

Melt butter in a small wok. When butter is hot add ginger and fry for 2 minutes. Then add potatoes, cauliflower and spice with tumeric, red chilis and salt. Mix well and cover, stirring occasionally. Cook on low flame. When both vegetables are soft but not overcooked, turn the fire off. Mix in garam masala. Serve with chappattis or paratha.

POTATO MASALA

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare
6-8 servings

4 lbs. potatoes, peeled and cut into ½" cubes
1 cup oil
2 oz. onions, sliced into half moons
5 T ginger, grated
¾ tsp. tumeric
1 tsp. paprika
1 tsp. cumin seeds
1 tsp. mustard seeds
½ tsp. crushed red chili
1 tsp. green chili, chopped
salt to taste
2 tsp. garam masala (see recipe)
6 oz. cashews
5 T fresh lemon juice

Boil potatoes until just soft and put aside.

Heat up oil, add ginger and after two minutes add onions. When onions are golden brown, add tumeric and paprika. Turn the heat off. In another pan heat 2 T of oil and fry cumin seeds. When soft and brown, add mustard seeds and immediately remove from heat. Add to onions.

Put onions on the heat again and add potatoes, salt and crushed chilis. Mix well. When hot, add garam masala and lemon juice. Mix well.

ROESTI WITH MUSHROOM SAUCE

Zurich, Switzerland

1 hour to prepare
4-5 servings

Roesti

8 medium potatoes



Cook potatoes until just soft. Drain and leave to cool. Grate coarsely.

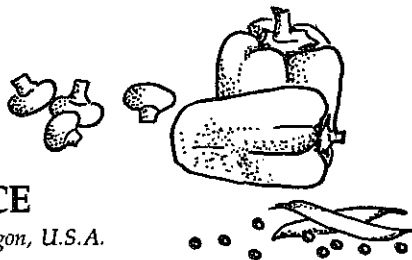
Press grated potatoes into a flat pancake shape and fry in margarine or butter until golden brown on both sides. Season with salt and pepper.

Mushroom Sauce

1 onion, finely diced
2 T olive oil
½ lb. soy meat, finely diced
¾ lb. mushrooms, washed and thickly sliced
½ cup white wine
½ cup vegetable stock
½ cup cream
1 T basil
1 tsp. marjoram
1 tsp. thyme
½ tsp. black pepper
½ tsp. salt
2 T flour
4 T milk

Roesti with Mushroom Sauce continued

Sauté the onions in olive oil until soft and translucent. Add soy meat and sliced mushrooms. Cook for a few minutes more. Add wine and bouillon. Cook over low heat for 5 minutes. Add cream, sour cream and spices. Mix flour and milk and whisk in. Adjust seasoning.

**FRIED RICE**

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare
6 servings

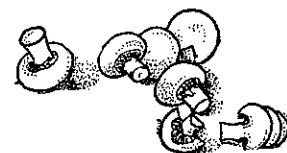
- 4 eggs, scrambled and set aside
- ⅓ cup oil
- 2 medium onions, finely chopped
- 1 cup cabbage, shredded
- ½ cup almond slivers
- ½ cup peas
- 4 cups cooked white rice
- 2 T vegetable stock powder
- ½ cup bean sprouts
- 3 T soy sauce

Fry onions in oil until translucent. Add cabbage and almonds. Add green peas. Stir in white rice and stock powder. Add bean sprouts and soy sauce. Stir in scrambled eggs

HIIKI RICE

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
6-8 servings

**Rice**

- 2 cups white rice
- ⅓ cup rice vinegar or apple cider vinegar
- 1 tsp. brown sugar

Cook rice. While still hot, mix in rice vinegar and sugar. Set aside.

Vegetables

- ¼ cup hijiki seaweed
- 3 T salad oil
- ½ tsp. garlic, crushed
- ½ tsp. ginger (fresh), finely grated
- 1 cup green onions, finely sliced on the diagonal
- ½ cup carrots, sliced on the diagonal and cut into matchsticks
- 3 cups mushrooms, cut into quarters
- 1 cup greenbeans cut on the diagonal
- 1 tsp. sake (or white wine)
- 1 tsp. brown sugar
- ¼ cup soy sauce
- 2 eggs

Soak hijiki in lukewarm water for half an hour. Rinse well.

Heat oil in a pan. Add garlic and ginger. When

Hijiki Rice continued

brown, add hijiki, well drained, and cook on a high flame for several minutes. Add green onions, cook 2 minutes. Add carrots, and mushrooms when carrots are half-cooked. After 3 minutes, add sake, brown sugar and soy sauce, in that order. Simmer until juice is half evaporated. Drain juice and set aside.

Whisk eggs with fork. Cook in frying pan in a paper-thin layer until just done. Slice in thin strips.

Mix the rice, vegetables and eggs together gently. Can be served cold or hot.

KHEER WITH SAFFRON

Rajneeshpuram, Oregon, U.S.A.

*1 3/4 hours to prepare
4-6 servings*

- 4 qts. milk*
- 1 cup white rice, washed and soaked for 1/2 hour*
- 2 T white sugar*
- 10 pieces cardamom, skins removed and seeds crushed*
- 1/2 tsp. saffron threads*
- 1/4 cup sultanas (or raisins)*
- 3 T almonds, soaked, skins removed and thinly sliced*
- 3 T pistachio nuts, thinly sliced*

Bring milk to a boil. Add rice and let it cook on a low flame until rice is soft. Add crushed cardamom, saffron threads and sugar. Continue cooking on low flame until the milk has reduced. Mix in the sultanas.

Put in a serving bowl and decorate with almonds and pistachios. This dish can be served hot or cold.

RICE BIRYANI

Rajneeshpuram, Oregon, U.S.A.

*1 1/2 hours to prepare
8 servings*

Rice

- 1/3 cup butter*
- 1 tsp. cumin seeds*
- 2 cups white rice, washed 2-3 times in cold water*
- 4 cups water*
- 4 cloves*
- salt to taste*
- 1 pod cardamom (brown or green), remove seeds*
- 2 bay leaves*

Heat up butter and fry cumin seeds. Do not let them burn. Add rice and fry for 2 minutes. Then add water, salt, cloves, cardamom seeds and bay leaves. Stir constantly bringing to a boil, then lower the heat. After 15-20 minutes, when rice is cooked, remove from the fire and set aside.

Vegetables

- 2 T butter*
- 1/2 cup onion, finely chopped*
- 1 T ginger, grated*
- 1 cup cauliflower, chopped into small flowers*
- 1 cup potatoes, cut into 1" cubes*
- 1/2 cup carrots, cut into 1" cubes*
- 1 tsp. garam masala*
- 1/4 tsp. cayenne*
- salt to taste*

Rice Briyani continued

Melt the butter on a medium fire. Add onions and ginger. When soft add cauliflower, potatoes, carrots and beans or peas. Mix well. Cover and cook on a low fire until vegetables are half-cooked. Add the salt and cayenne, cover again and cook until vegetables are soft. Remove from fire, add garam masala, and set aside.

Sauce

- 2 T butter
- 1/2 onion, finely chopped
- 1/2 T ginger, grated
- 3 medium size tomatoes, finely chopped
- salt to taste
- 1 1/2 cups water

Heat up butter. Fry onions and ginger. When soft, add tomatoes and cook until they turn into a pulp. Add water and salt. Bring to a boil, then lower the heat and simmer for 10 minutes.

To serve

Put 1/3 of the rice in a dish, then a layer of all the vegetables. Place another 1/3 of the rice on top of the vegetables. Top this with the sauce. Spread the remaining rice on top of the sauce. Cover and cook in a pre-heated oven, at 350°F, for five minutes.

**RICE MUESLI**

Agra, India

- 1/2 hour to prepare
- 6 servings

A delicious, nutritious and beautiful way to use leftover rice. Great for breakfast!

- 3 cups cooked white rice
- 1/2 cup cream
- 1/2 cup yogurt
- 1/4 cup apricots or peaches, chopped small
- 2 red apples, chopped small
- 1/2 cup pineapple chunks
- 2 bananas, sliced diagonally 1/2" thick
- 1/4 cup raisins
- 2 T margarine
- 1/4 cup cashews, coarsely chopped
- 1/4 cup walnuts, coarsely chopped

Mix rice, cream and yogurt.

Add fruit and raisins, saving pieces of each for decorating the top.

Heat margarine in a small saucepan. Add cashews and walnuts and stir fry. Be careful not to burn or over brown. When nuts are golden brown, mix directly into the rice mixture.

Decorate the top with reserved fruit. Serve with small bowl of brown sugar on the side and extra cream if desired.

RISOTTO WITH MUSHROOMS

Rajneeshpuram, Oregon, U.S.A.

1¼ hours to prepare
6-8 servings



This risotto is the best — it melts in your mouth. Short grain white rice is preferred, although long grain white rice also will do.

1 lb. short grain white rice
2½ cups white wine (dry)
½ cup onion, finely diced
1 oz. butter
2 cups mushrooms (button), quartered
12 cups chicken flavored stock
1 cup cream
1 cup parmesan cheese
1½ cups parsley, chopped
salt and pepper to taste

Soak the rice in 2 cups wine for at least 1 hour.

Sauté onions in butter until soft but not brown. Add mushrooms and ½ cup wine and simmer for 5 minutes on low heat.

Meanwhile have the chicken stock boiling. Keep it simmering while you cook the risotto as you will be adding it to the risotto as it cooks.

Add the rice and wine to the mushrooms — and enough stock to just cover the rice. Bring this to a low simmer — the risotto should never be cooked on a high heat. Stir often. As the liquid evaporates, add more stock, a cup at a time. Never bring liquid more than ½" above rice.

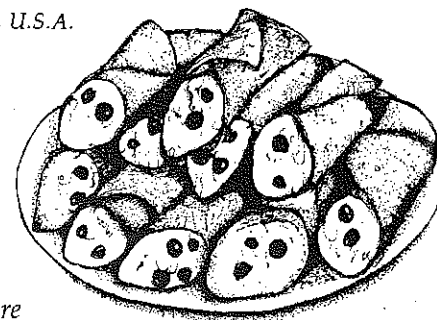
Risotto with Mushrooms continued

Continue stirring and adding stock until rice is cooked "al dente". Add salt and pepper halfway during cooking. When cooked, take off the fire and stir in the cream and half the parmesan cheese.

Put into a serving bowl. Sprinkle with rest of parmesan and parsley.

CANNOLI

Rajneeshpuram, Oregon, U.S.A.



1 hour to prepare
8 servings

This superb Italian dessert is made with deep fried dough, shaped into tubes and filled with chocolate and ricotta cheese. Serve ice cold with cappucino on the side.

Dough

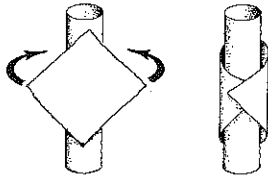
3 cups cake flour
4 T white sugar
3 T cocoa powder
1 tsp. salt
2½ T vinegar
1 cup sherry or marsala wine

Cannoli continued

water, enough to bind dough
oil for deep frying

Sift together dry ingredients. Mix vinegar and marsala. Add to dry ingredients. Mix until a stiff dough is formed, adding water to do this. Do not overmix.

Wrap dough in a wet cloth and let it sit for 1 hour. Roll it out very thin. Cut into 3" squares. Roll the square of dough around a hollow metal tube about 1" in diameter. Overlap diagonally opposite corner.



Deep fry until medium brown. Cannoli shell will come off easily.

An alternative to a metal tube is a wooden handle wrapped in foil.

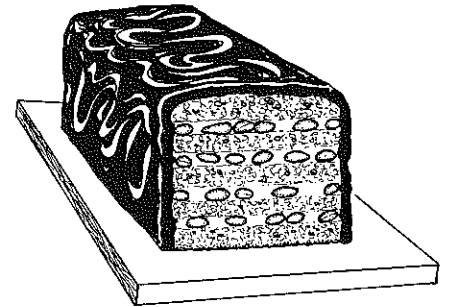
Filling

- 1 3/4 lbs. ricotta cheese*
- 1 1/2 cups white sugar*
- 1 cup grated chocolate or chocolate chips (bittersweet)*
- peel of 2 oranges, finely grated*
- 1/2 cup candied citron*

Mix ricotta and sugar. Add all other ingredients. Fill cannoli shells with this mixture and dust with powdered sugar. Refrigerate before serving.

CASSATA CAKE

Rajneeshpuram, Oregon, U.S.A.



2-3 hours to prepare plus freezing time
1 1/2 hours cooking
10 servings

This delicious dessert is made with pound cake layered with a sweet ricotta and almond filling.

1 Pound Cake, without topping. (see recipe)

Cake Filling

- 3 cups ricotta cheese*
- 1 tsp. vanilla extract*
- 1/4 cup white sugar*
- 6 T lemon juice*
- 1 1/2 cups whole almonds*

Hot Fudge Icing

- 2 T butter*
- 3/4 cup white sugar*
- 3/4 lb. semisweet cooking chocolate*
- 1/2 cup milk*

Cassata Cake continued

Prepare cake according to the recipe. You also can use store-bought pound cake.

Make the cake filling by mixing all ingredients together well.

For the Hot Fudge Icing, melt the butter, sugar and chocolate in a double boiler, stirring until smooth. Then slowly add the milk, stirring constantly. Set aside and cool to room temperature.

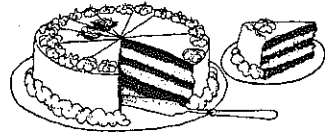
Cut the cake into 4 even slices lengthwise and generously cover each layer, except the top layer, with the ricotta filling.



Put layers on top of each other and cover whole cake evenly with the Hot Fudge Icing.

Freeze for several hours. Slice when frozen, otherwise the filling will ooze out.

Allow to defrost 45 minutes before serving.



**FOUR HERB
SOUR CREAM TOPPING**

Cologne, West Germany

*1/2 hour to prepare
8 servings*

This is a delicious topping for baked potatoes or as a salad dressing.

Four Herb Sour Cream Topping continued

1 cup fresh chives

1 cup fresh parsley

1/2 cup fresh basil

1/2 cup fresh dill

2 cups sour cream

2 cups ricotta cheese

1 cup whipping cream

1/2 cup yogurt (optional)

salt to taste

1 tsp. or more fresh black pepper



Chop all herbs very fine. Mix sour cream and ricotta together. Whip the fresh cream until stiff and blend in. Add yogurt, if desired, to change consistency or flavor. Now blend in fresh herbs and season to taste.

BEEF BOURGUIGNON

Rajneeshpuram, Oregon, U.S.A.

1 1/2 hours to prepare

6-8 servings

1/2 lb. button mushrooms

1 cup red wine

2 T soy sauce

Marinate the mushrooms in the red wine and soy sauce. While they marinate, start on the stock, then prepare the rest of the dish.

Beef Bourguignon continued

Stock

- $\frac{3}{4}$ lb. carrots, sliced $\frac{1}{4}$ " thick
- 3" long strip orange zest
(this is the outer orange-colored layer of the peel)
- 1 bay leaf
- 1 peppercorn

Boil the carrots with the onions, orange peel, bay leaf and peppercorn in one quart water, covered, for about $\frac{3}{4}$ hour. Drain and reserve the liquid. Make up to 2 cups if less. Discard the boiled onions and spices. Reserve the carrots.

- 1 lb. onions, coarsely diced
- 1-2 cloves garlic, crushed
- 3 oz. butter
- $\frac{1}{2}$ tsp. thyme
- 1 lb. beef-flavored soy meat, chopped into $\frac{1}{2}$ " chunks
- 3 T white flour
- 2 cups stock
- 3 T tomato paste
- salt
- pepper

In a 2 qt. pan on a low fire, saute the onions with the butter and garlic until onions are soft. Add the thyme while cooking. Now add the soy meat and saute for 5 minutes on low heat.

Drain the mushrooms. Reserve marinade.

Mix the flour with the soy meat and cook on medium heat for several minutes, stirring well. Add the marinade and thoroughly mix. Add the reserved stock. Slowly simmer the mixture.

Beef Bourguignon continued

While the sauce is heating, add the mushrooms, carrots and tomato paste. Make sure the tomato paste is well mixed into the sauce. Simmer the sauce on low heat for 15 minutes. Season with freshly ground black pepper and salt, about $\frac{1}{2}$ tsp. of each.

Serve over parsleyed noodles or with little broiled potatoes.

CHICKEN BRIEBURGER

Rajneeshpuram, Oregon, U.S.A.

- $\frac{1}{2}$ hour to prepare
- 1 serving

- 2 oz. chicken-flavored soy meat roll,
cut into two slices
- $1\frac{1}{4}$ T butter
- small dot Dijon mustard
- 2 beaten eggs
- sheet filo pastry dough
- $\frac{1}{4}$ cup cracker meal

Place brie, butter and a dot of mustard in between the two chicken slices. Press outer edges of chicken together.

Dip into egg. Fold sheet of filo in half and wrap chicken in filo sheet. Gently pull in corners and squeeze together. Dip in egg again, coating filo and securing the edges while letting excess egg drip off. Coat thoroughly in cracker meal. Shape into a round burger.

Chicken Brieburger continued

Deep fry in medium hot oil until golden brown. Serve on a bun topped with sauteed mushrooms and scallions.

**CHICKEN KIEV**

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
5 servings of two Kievs each*

*1 1/4 lbs. chicken-flavored soy meat roll
(approx. 2 oz. each slice)
1/2 lb. butter
1 cup parsley, finely chopped
1 T tarragon
juice of 1 lemon
3 cups bread crumbs
5 eggs, lightly beaten
1 1/2 cups swiss cheese, grated
12 sheets filo dough*

Using fingers, flatten chicken slice with an outward motion. Mix together butter, parsley, tarragon and lemon juice. Divide in 10 equal portions. Spread over chicken slice. Sprinkle with cheese. Bring up two sides to meet in center. Roll in hand to form a sausage shape 3" - 4" long.

Lay out two sheets filo dough. Dip chicken roll in egg. Lay on filo and roll up.

Chicken Kiev continued

Dip in egg and breadcrumbs and deep fry on a medium heat. It should be fried slowly so the center will be cooked.

Serve on a bed of rice.

CHICKEN SCHNITZEL

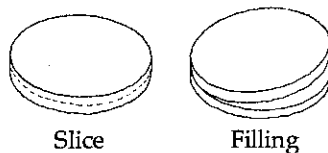
Hamburg, West Germany

*1 1/2 hours to prepare
6 servings*

*6 slices soy chicken, 1/2" thick
2 medium onions, finely diced
1/4 lb. butter
2-3 cloves garlic, crushed
1 tsp. basil
1 tsp. paprika
3/4 lb. mushrooms, finely diced
1/4 cup white wine
1/2 cup whipping cream
4 eggs
2 cups bread crumbs
3 pears - use ripe ones
6 slices swiss cheese*

Slice the soy chicken and make a pocket inside the slice. Do not split the slice too much.

Saute onions in half of the butter with garlic until transparent. Add basil, paprika and mushrooms and saute on high heat until mushroom juices are released. Add wine. Simmer several minutes. Add cream and simmer until mixture is reduced and thickened.

Chicken Schnitzel continued

Stuff the chicken slices with the mushroom mixture. Dip in egg and sprinkle with breadcrumbs. Fry in butter until golden brown, and place in a baking tray.

Peel the pears and cut in half. Remove core. Place halved pears on top of chicken slice. Put cheese on this and bake in hot oven until cheese melts. Serve with a white wine bechamel sauce (see recipe).

You can use tofu or paneer instead of soy meat in this recipe.

CLAM CHOWDER

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
6-8 servings*

*2 T butter
2 T bacon-flavored soymeat, chopped into small pieces
1 cup onion, finely diced
1 cup celery, finely diced
2 cups potatoes, cut into 1/2" cubes, boiled until tender
1 qt. half-and-half cream
2 T white flour
1/2 cup milk
2 cups chicken-flavored soymeat, finely diced
salt
pinch pepper*

Clam Chowder continued

Sauté bacon flavored soymeat pieces, onion and celery until onions are soft.

Add the boiled, cubed potatoes and the half-and-half. Simmer, stirring constantly. Thicken by whisking in white flour mixed in milk. Bring to a boil, and add soymeat. Simmer for 5 minutes. Season to taste before serving.

COQUILLES ST. JACQUES

Aarhus, Denmark

*1 hour to prepare
4 servings*

*2 oz. soy chicken, cut into 1/2" cubes
1 cup white wine
1/2 T pepper
1/2 tsp. salt or to taste
1/2 tsp. rose pepper (optional), crushed
1 T basil
3 T butter
1 1/2 onions, diced
3/4 lb. mushrooms, sliced
1 T whole wheat flour
1/4 cup cream
4 T bread crumbs, toasted and finely crumbled
1/4 cup parsley, chopped
1/3 cup gruyere cheese, grated
1 T cognac*

Coquilles St. Jacques continued

In a saucepan, simmer the soy chicken, white wine, pepper, salt, rose pepper and basil for 15 minutes or until $\frac{2}{3}$ of the liquid has evaporated.

In another saucepan, melt butter. Saute onions and mushrooms until onions are transparent and soft. Stir in whole wheat flour, cook for 1 minute, then add cream. Cook for a few minutes and mix in the soy chicken mixture.

This recipe can be presented in individual dishes or in one large dish.

Place mixture in dish of your choice, sprinkle with bread crumbs, parsley and gruyere and bake at 350°F for 20 minutes.

A dramatic surprise for a party is to flambe this dish with cognac, or you can mix it in with the fillings. Both are delicious.

DRUNKEN CHICKEN

Rajneeshpuram, Oregon, U.S.A.

$\frac{3}{4}$ hour to prepare

4 servings of 2 pieces each

1 lb. soy chicken roll, sliced into 8 pieces

Marinade

1 T fresh ginger, finely chopped

$\frac{1}{4}$ cup sherry

$\frac{1}{4}$ cup soy sauce

3 scallions, finely chopped

$\frac{1}{4}$ tsp. garlic puree

2 cups water

Drunken Chicken continued

Mix all ingredients and soak chicken slices in the marinade for 4 hours.

Batter

$\frac{1}{2}$ cup sherry

4 eggs

$\frac{1}{2}$ cup scallions, finely minced

1 T fresh ginger, finely minced

$\frac{1}{2}$ cup cornstarch

1 cup flour

Mix all ingredients together well.

Topping Sauce

1 cup plum sauce

2 tsp. chili garlic paste

2 T soy sauce

$\frac{1}{4}$ cup hot water

Mix all ingredients together well.

When chicken is well marinated, prepare batter and plum sauce.

Drain the chicken. Dip into batter and deep fry until golden brown. You can repeat this to give a really crunchy layer of batter around each slice.

Cut each slice into 5 strips and serve with wok-fried oriental vegetables and the topping sauce.



FISH TERIYAKI*Rajneeshpuram, Oregon, U.S.A.*

2 hours to prepare
8 servings

Teriyaki Sauce

18" piece of kombu seaweed
1 onion, coarsely diced
1 carrot, coarsely diced
 $\frac{3}{4}$ cup soy sauce
 $\frac{2}{3}$ cup sugar
 $\frac{1}{4}$ cup mirin (rice wine) or white wine
1 tsp. fresh ginger, grated
3 T butter
 $\frac{1}{4}$ cup sesame oil
1 T cornstarch

Fish Rolls

1 block tofu (approximately 1 lb.), cut into 1" cubes
 $\frac{1}{2}$ lb. chicken flavored soy meat roll, finely diced
 $\frac{3}{4}$ cup hijiki seaweed, soaked, covered with warm water
 $\frac{1}{3}$ cup hijiki water
1 T chicken flavored stock powder
 $1\frac{1}{2}$ T sesame oil
4 sheets nori seaweed
4 sheets filo dough
2 eggs
1 cup cracker meal or bread crumbs

Fish Teriyaki continued

Start the sauce first. Take an 18" piece of kombu seaweed and simmer it for 2 hours in 2 qts. water with the onion and carrot. This will make a delicious stock for the sauce. You also can make a stock with miso and water, but the kombu stock is the best.

Now start on the rolls.

Deep fry the tofu cubes lightly. When cool, crumble them into small pieces. Mix with the diced chicken.

Soak hijiki for $\frac{1}{2}$ hour. Drain well and chop fine. Reserve $\frac{1}{3}$ cup liquid.

Mix hijiki, hijiki stock, chicken-stock powder and oil with the tofu and chicken pieces.

Cut nori sheets in half along short side. Divide prepared mixture into 8. Place mixture on nori sheets and roll up. Roll again in half-sheet filo. Dip in egg and roll in cracker meal. Deep fry until golden brown and set aside to drain on paper towels.

Now complete the sauce. Strain kombu broth. You need 3 cups — make it up with water if necessary. Put to boil with all other ingredients. Mix cornstarch with a little water. When sauce boils, whisk in cornstarch.

Serve rolls with white rice and teriyaki sauce on the side.

PAPRIKA SAUCE*Rajneeshpuram, Oregon, U.S.A.*

$\frac{3}{4}$ hour to prepare
6-8 servings

This delicious sauce is great with nut loaf, and also can be used on vegetables or crepes.

Paprika Sauce continued

¾ lb. onions, finely diced
 ¼ lb. beef flavored soymeat, crumbled
 4 oz. butter
 2 tsp. paprika
 8 oz. mushrooms, coarsely sliced
 3 T flour
 ¼ cup white wine
 ¼ cup milk
 2 cups hot water
 salt to taste
 1 tsp. Spike

Sauté onions and soymeat in the butter until onions are half soft. Add paprika and then add mushrooms. Cook for a few minutes. Add flour, mixing in well. Stirring often, cook for 2 minutes on a high flame. Pour in wine, milk and hot water in that order. Add liquids slowly and blend in well with a whisk. Keep flame low at this stage. When liquids are well blended, heat to simmer. Season with salt and spike and simmer for several minutes.

PIE ZAHIRA

Hamburg, West Germany

¾ hour to prepare
 6-8 servings

2 T butter
 8 oz. leeks, cut in rings

Pie Zahira continued

1 lb. mushrooms, sliced (reserve ¼ cup for decoration)
 ⅓ lb. soymeat, cut in chunks
 2 cups pineapple, ½" chunks with juice
 3 T soy sauce
 2 T sour cream
 ½ tsp. cayenne pepper

Line a medium-size pie dish with 10 oz. Short Crust Pastry (¼ of the recipe). Brush pastry with melted butter.

Melt the butter. Add leeks and mushrooms. Sauté until the vegetables are almost cooked. Add the soymeat and pineapple. Cook for a few minutes more. Add soy sauce, sour cream and cayenne pepper.

Pour the vegetables into the pie crust. Arrange the reserved mushrooms on top for decoration and bake at 350°F for 20-30 minutes until pie filling starts bubbling.

RAGOUT BOLOGNESI

Rajneeshpuram, Oregon, U.S.A.

1½ hours to prepare
 6-8 servings

4 T butter
 ½-1 tsp. garlic, crushed
 2 onions, finely diced
 1½ carrots, grated
 ¾ T basil
 ½ T oregano
 ¼ T thyme

Ragout Bolognesi continued

2 soy meat hamburgers ($\frac{2}{3}$ cup), crumbled
 $\frac{1}{3}$ cup red wine
 2 cups tomato puree
 1 cup water
 1 T salt
 $\frac{1}{2}$ tsp. pepper

Melt butter in a 2 qt. saucepan. Sauté garlic and onions until soft. Add grated carrots and mix thoroughly. Cook for a few minutes on a low flame. Add the herbs and soy meat. Continue cooking for 5 minutes. Add wine. Simmer until the sauce boils.

Now add tomato purée and water and bring to a boil. Simmer for 30 minutes on low heat. Season with salt and pepper. Serve with spaghetti and grated cheese.

VEAL PICATTA

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
 5 servings

5 oz. chicken flavored soy meat roll
 6 eggs
 $\frac{1}{2}$ cup parmesan cheese, grated
 $\frac{1}{2}$ cup fresh parsley, finely chopped
 $\frac{1}{4}$ lb. butter

Cut soy-chicken roll into 1 oz. slices and flatten the edges.

Veal Picatta continued

Mix eggs, parmesan cheese and parsley. Let sit 5 minutes until mixture thickens slightly.

Coat soy meat in flour. Place in egg batter, then fry in butter. Press the edges of soy meat so the batter spreads about 1 inch further than the meat slice. Fry until slightly brown, then turn over. Flatten out more in the pan. Repeat until all slices are cooked.

Sauce

6 oz. butter
 2 cups white wine
 juice of 2 lemons
 1½ T capers
 $\frac{1}{4}$ cup parsley, finely chopped
 3 T white flour

Melt butter in a saucepan. Add flour and cook for 2 minutes. Stir well. Add wine and lemon juice. Simmer for several minutes until sauce has thickened. Add capers.

Arrange veal slices in a serving dish and pour sauce over slices before serving.

GARAM MASALA

Rajneeshpuram, Oregon, U.S.A.

Garam Masala is a mixed spice made from:

2 parts cumin powder
 2 parts coriander powder

Garam Masala continued

- 2 parts ground black pepper
- 1 part cinnamon
- 1 part cloves, ground
- 1/2 part nutmeg

This spice is used in many Indian dishes. It should be added when cooking is completed. You can make it in advance and store in an airtight container.

DELICATE SPINACH PIE WITH ALMONDS

Rajneeshpuram, Oregon, U.S.A.

1 1/2 hours to prepare
8 servings

- 1 lb. Short Crust Pastry (see recipe)
- 3/4 lb. spinach, stems removed, finely chopped
- 3/4 lb. paneer, crumbled
- 4 T butter
- 1 medium onion, finely diced
- 1/2 lb. mushrooms, finely sliced
- 3/4 lb. jack cheese, grated
- 1/2 lb. almonds, sliced and lightly roasted in the oven
- pepper to taste
- salt to taste

Mix 2/3 chopped spinach with paneer.
Sauté onion in 2 T butter until golden. Add mush-

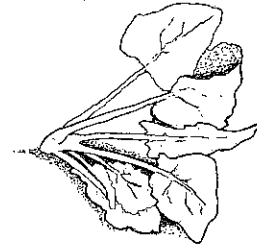
Delicate Spinach Pie with Almonds continued
rooms and cook 2 minutes. Season with salt and pepper.

Roll out a little more than half of the pastry and line a medium pie pan. Brush with 2 T melted butter.

Spread spinach and paneer mixture on the crust. Add the onions and mushrooms. Sprinkle with cheese, then almonds, and top with the plain spinach.

Roll out rest of dough and place on top of pie for top crust. Seal sides well. Brush with egg wash (1 egg mixed with 1 T water).

Bake for 40 minutes in a 350°F oven or until golden brown.



GREEK SPINACH SALAD

Fremantle, Australia

4 hours to prepare
6 servings

- 3/4 lb. spinach, finely shredded
- 2 cups oranges/mandarines, peeled and seeds removed, 1/2" chunks
- 10 radishes, sliced
- 1/2 bunch spring onions, finely chopped
- 1/2 cup black olives, sliced

Greek Spinach Salad continued

$\frac{1}{4}$ tsp. black pepper (fresh ground is best)
 2 T olive oil
 salt to taste

Toss all ingredients together. Season carefully.
 Chill.

PALAK PANEER

Rajneeshpuram, Oregon, U.S.A

2 hours to prepare
 8 servings

4 lbs. spinach, stems removed, finely chopped,
 steamed
 $\frac{1}{2}$ lb. butter, margarine or ghee for frying
 2 lbs. paneer, cut in $\frac{3}{4}$ " cubes
 1 T garlic, crushed
 4 oz. fresh ginger, grated
 $\frac{3}{4}$ lb. onions, finely diced
 1 cup tomato puree
 1 tsp. crushed red chili (or 1 green chili finely chopped)
 salt to taste

Purée steamed spinach in a food processor.

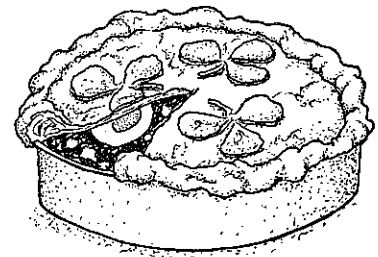
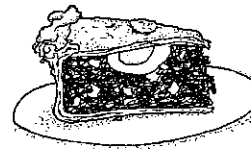
Fry the cubes of paneer until golden brown on all sides. Set aside,

Fry the garlic and ginger until slightly brown. Add onions. When onions are golden brown, add tomato purée, crushed red chili and salt. Stir well. Add spinach purée and paneer. Stir again and adjust seasoning.

PASQUALINA PIE

Milan, Italy

1 hour to prepare
 6-8 servings



1 lb. raw spinach, stems removed, coarsely chopped,
 steamed

1 medium onion, finely diced

$\frac{1}{4}$ lb. butter

$\frac{1}{2}$ tsp. thyme

$\frac{1}{2}$ tsp. pepper

$\frac{1}{2}$ cup flour

$\frac{1}{4}$ cup breadcrumbs

10 oz. jack cheese, cut into $\frac{1}{2}$ " cubes

1 cup sour cream

6-8 eggs

1 lb. puff pastry (see Puff Pastry recipe)

Cook spinach, drain well and set aside.

Sauté onions in butter. Add thyme during cooking and continue until onions are soft. Mix in flour, breadcrumbs and then sour cream. Stir well on low heat. Turn off and mix in spinach and cheese.

Grease a medium pie pan and roll out a little more than half the pastry. Place in pan and trim, leaving a good edge to turn in.

Put the spinach mixture inside. With a spoon, make

Pasqualina Pie continued

an egg-sized hole on top of spinach mixture and crack a whole egg into it. Repeat 6-8 times around the pie, putting one egg in each hole.

Roll out rest of pie dough and put on top. Turn in edges well and decorate. Bake at 350°F for 1/2 hour.

SPANOKOPITA

Rajneeshpuram, Oregon, U.S.A.

1 1/4 hours to prepare

5 servings of two pieces each

1 lb. raw spinach, stems removed, chopped and steamed

1/2 lb. unsalted butter

1 1/2 medium yellow onions, finely diced

1 cup green onions, finely chopped

1 cup parsley, finely chopped

2-3 T dill

1/2 lb. feta cheese, crumbled

1 cup parmesan cheese

3 eggs, beaten

12 sheets filo dough (1/2 box)

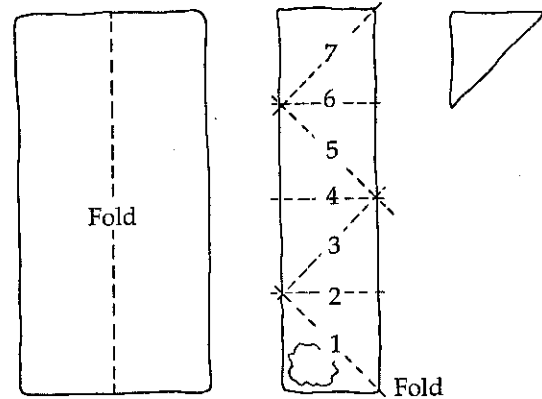
Cook spinach and squeeze out all excess water.

In 1/4 lb. butter, saute the onions, green onions, parsley and dill. Add spinach and mix with heat off. Add feta cheese, parmesan, cheese and eggs. Check taste. You may need more dill or feta.

Lightly butter one half the length of one sheet of filo. Fold in half lengthwise, then butter again. Take one-

Spanokopita continued

tenth of spinach mixture and place in corner of the sheet. Fold corner over to make a triangle. Continue folding until there is one completely wrapped triangle (see illustration). Brush all over with butter and place in a greased baking dish. Bake at 400°F for 20 minutes, or until golden on top.



Note: Filo pastry dough is very delicate. Cover the unused pieces with a slightly damp towel so it does not dry out and tear.

SPINACH CROUTON SALAD

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

6 servings

1 cup bread cubes, dry in oven

2-4 T butter

1 tsp. garlic, crushed

Spinach Crouton Salad continued

- $\frac{1}{2}$ tsp. basil
- $\frac{1}{2}$ tsp. oregano
- $\frac{1}{2}$ tsp. thyme
- $\frac{1}{2}$ cup sunflower seeds, dry roasted
- 2 eggs, hard-boiled and sliced
- 1 lb. spinach, stems removed and shredded
- $\frac{1}{2}$ cup carrots, cut into thin strips
- $\frac{1}{4}$ cup parmesan

Dressing

- $\frac{1}{4}$ cup olive oil
- 2 T wine vinegar
- $\frac{1}{2}$ tsp. black pepper
- salt

Fry dried bread cubes in butter with herbs — use more butter if necessary — until golden brown.

Prepare sunflower seeds, eggs, spinach and carrots. Toss all together with croutons. Add parmesan cheese.

Mix dressing ingredients together and add just before serving.

SPINACH ROULADE

Fremantle, Australia

1 hour to prepare
4-6 portions



This is a spinach roll filled with creamed mushrooms

Spinach Roulade continued

and served with a rich white cream sauce. It is an easy dish to make even though it may not appear so.

Mushroom Filling

- $\frac{1}{4}$ cup butter
- 4 cups mushrooms, sliced
- $\frac{1}{4}$ tsp. dried thyme
- 6 cloves garlic, peeled and minced
- 1 T dried basil
- $\frac{1}{4}$ tsp. ground rosemary
- 2 cups half-and-half cream
- 5 T flour mixed in $\frac{1}{3}$ cup water
- salt and pepper to taste

Roulade

- 1 lb. raw spinach, washed, stems removed
- 1 T butter
- 8 egg yolks
- 5 egg whites, beaten until stiff
- $\frac{1}{3}$ cup parmesan cheese
- 1 T paprika
- salt and pepper to taste

White Cream Sauce

- 3 T flour
- 3 T butter
- 2 cups milk
- 1 cup white wine
- 1 medium onion, finely chopped and sautéed until translucent
- 1 small bunch parsley, finely chopped

Spinach Roulade continued

Filling

Sauté mushrooms in butter. Add thyme, garlic, basil and rosemary. Stir in half-and-half cream. Bring to a gentle boil. Stir in flour in water mixture, stirring constantly. Simmer 3 minutes. Adjust seasoning.

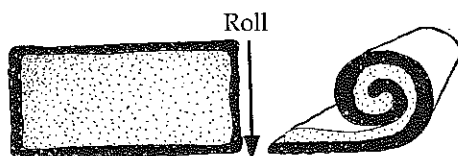
Roulade

Cook spinach, drain and squeeze out water. Purée spinach in food processor. You should have 1½ cups. Place spinach in bowl. Stir in egg yolks and fold in beaten egg whites.

Line a 12" x 15" baking tin with greaseproof paper. Brush with butter.

Pour in spinach mixture. Sprinkle evenly with parmesan and paprika mixed together. Bake at 350°F for 10-15 minutes until firm.

Turn out onto a damp towel. Peel off paper. Spread mushroom filling on top and carefully roll up short side. Lift onto baking dish and place in 250°F oven. Keep warm while making sauce.



Sauce

Cook butter and flour for 1 minute. Slowly whisk in milk. Add wine and simmer for 2 minutes. Stir in sautéed onion and chopped parsley. Salt and pepper to taste.

Ladle some sauce over roulade and serve remaining sauce on the side.

STRAWBERRIES IN THE CLOUDS

Fremantle, Australia



1¼ hours to prepare
6-8 servings

This dish presents a beautiful contrast of red in pure white. It is a great dessert for a dinner party.

Crumble

1 cup white flour
¼ cup brown sugar
½ cup walnuts, coarsely chopped
½ cup butter (salted)

Mix flour, nuts and sugar in a bowl. Coarsely cut in butter. Put mixture in a baking tray and bake at 325°F for 15 minutes. Stir 2-3 times during cooking. Result will be loose and crumbly with some lumps. Leave to cool.

Filling

2 cups fresh strawberries, washed and sliced
(save 8 whole small ones)
juice of ½ lemon
1 cup whipping cream
2 egg whites
2 T brown sugar
6 T white sugar

Strawberries in the Clouds continued

Whip cream until stiff.

Whip egg whites until stiff. Slowly add sugar and keep whipping for 2 minutes.

Mix strawberries with lemon juice.

Gently fold egg whites and cream together and mix in strawberries.

To serve

either:

Divide crumble mix into six glasses. Spoon filling on top in a cloudy mass. Top with a small strawberry, and a sprinkle of crumble.

or:

Sprinkle half crumble mix in a round 8" cake pan. Spoon filling evenly all over, and sprinkle the rest of the crumble on top.

STRAWBERRY TART

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

8-9 servings

A spectacular pie.

12 oz. puff pastry (see recipe)

4 oz. butter

1/2 cup sugar

3/4 cup almonds, ground

1/2 cup almond paste

1 tsp. almond extract

Strawberry Tart continued

1-2 baskets strawberries, large, firm and as red as possible!

1/2 cup raspberry jam, heated and strained

Roll out pastry dough and set in 8" tart pan. Trim edge. Line with foil filled with dried beans and bake at 350°F for about 20 minutes until golden brown. (The beans help keep crust from falling while baking.) When cooked remove foil and beans and let cool.

Cream butter and sugar. Add almonds, almond paste and almond extract. Spread on bottom of cooled tart shell.

Wash and hull strawberries. Dry them well. Arrange in tart shell with the pointed end up. Brush each strawberry with warmed jam. The strawberries in the tart will glisten like jewels. Chill and serve with whipped cream.

PIEROGI

Darlinghurst, Australia

1 1/2 hours to prepare

4-6 servings

Dough

3/4 cup butter

3/4 cup cream cheese

2 T cream

2 small eggs

1 3/4 cups flour

3/4 tsp. salt

Have all ingredients at room temperature. Mix but-

Pierogi continued

ter and cream cheese. Add cream and egg, then mix in flour until you have a ball. Add more flour if necessary. Chill.

Filling

- 2 oz. dried mushrooms (or 10 oz. fresh mushrooms)
- 1 small onion, finely diced
- 1 tsp. dill weed
- 2 T butter
- 1½ slices black bread (or whole wheat bread)
- 2 eggs
- ¼ cup sour cream
- ¼ cup cream cheese
- ½ tsp. caraway seeds
- 1 egg
- 2 T water

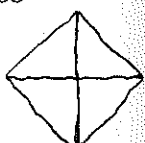
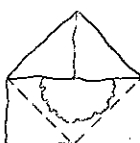
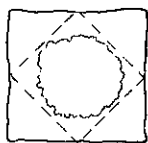
Cook the dried mushrooms covered in water for 45 minutes. Drain and reserve 1 cup water for stock. Chop mushrooms fine in a blender.

Soak bread in mushroom stock (or water).

Sauté onions and dill in butter until soft. If using fresh mushrooms, chop fine and add now. Cook few minutes. If using dried mushrooms, add when onions are cooked. No need to cook more.

Boil eggs, peel and mash with a fork. Add to mixture along with soaked bread, sour cream, cream cheese, salt, pepper and caraway seeds. Allow to cool.

Roll out dough on a well-floured board until very thin. Cut into 3" squares. Brush with egg and water

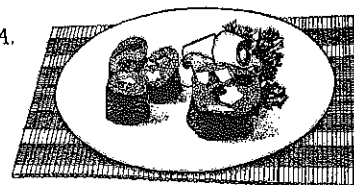
**Pierogi continued**

mixture around edges. Place a tablespoon of filling in the center. Bring the corners to the center and press gently to seal. Press edges carefully to seal.

Place on a greased baking tray. Brush pastry with egg wash and bake at 350°F until golden brown (about 15 minutes).

SUSHI

Rajneeshpuram, Oregon, U.S.A.



1 hour to prepare
Yields 24 sushi rolls

- ½ cup sweet rice
- ½ cup white rice
- ⅓ cup rice vinegar (or cider vinegar)
- 2 T sugar
- dash salt
- 4 sheets nori (flat seaweed sheets)

Suggested vegetable fillings

- red pickled ginger, cut in strips
- snow peas, cut in strips
- cucumber, cut in strips
- umeboshi plums, cut in bits
- avocado strips, sprinkled with lemon juice

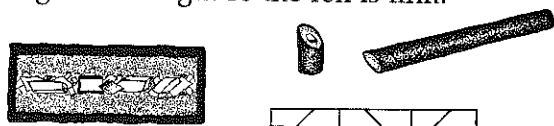
Mix the sweet and white rice together and cook. Mix vinegar, sugar, salt and mix into rice when cooked. Leave to cool.

Lay a sheet of nori flat on a board. Place rice mixture on the nori leaving one long side with a 1" wide strip

Sushi continued

without rice. Moisten this strip with water (see illustration). Sprinkle the various fillings down the center of the rice.

Roll up nori along the short side so that the free edge of the nori seals the roll. When rolling, pack the rice by pulling the nori tight so the roll is firm.



Each roll can be cut into 6 small sushi. Cut diagonally on each alternate cut (see illustration).

CHAI

Rajneeshpuram, Oregon, U.S.A.

*1/4 hour to prepare
Yields 5 cups*

*3 cups water
1/4 cup ginger, fresh grated
1/2 tsp. ground cinnamon
1/2 tsp. ground cardamom (or two whole crushed cardamoms)
2 cups milk
3 T loose black tea (or use 8 tea bags)*

Boil water with spices.

When water has boiled, add milk. Bring to a boil again. Then add tea or tea bags, and simmer for 2 minutes. Strain and serve sweetened to your taste.

HUNGARIAN TOKANY

Auckland, New Zealand

*1 1/2 hours to prepare
8 servings*

3 blocks frozen tofu (about 3 lbs.)

Marinade

*1 cup soy sauce
3 cups vegetable stock
1 tsp. fresh ginger, grated
1 tsp. rosemary leaves
1 T vegetarian steak sauce*

Freeze the tofu for 48 hours before you will need it — you can keep a stock in your freezer. Defrost slowly for 24 hours before using it.

Squeeze the tofu gently to remove water and cut into 1" cubes. Mix the marinade and marinate tofu for at least 2 hours.

Sauce

*4 T olive oil
2 T butter
3 medium onions, finely diced
1 tsp. marjoram
4 large tomatoes
2 large peppers, finely diced
2 large carrots, finely diced
2 cups white wine
2 T paprika
3 cups vegetable stock*

Hungarian Tokany continued

1/2 lb. button mushrooms
salt to taste
pepper to taste
2 cups yogurt

Using half the butter and oil sauté the onions until soft. Add the marjoram during cooking.

Blanch the tomatoes in boiling water. Skin and chop them. This can be done while the onions cook. Add the peppers, carrots and tomatoes to the onions and cook for 5 minutes.

Add the wine and paprika. Simmer another 5 minutes. Mix in the vegetable stock and mushrooms and simmer for 15 minutes. (You can use a stock powder or make your own.)

Sauté the drained tofu cubes in the rest of the oil and butter until golden brown. Add browned tofu and yogurt to the simmering sauce. Heat to boiling again. Season with salt and pepper.

Serve with mashed potatoes or noodles.

INDONESIAN CURRY

Rajneeshpuram, Oregon, U.S.A.

2 1/2 hours to prepare
6-8 servings

1 lb. tofu
1 small head cabbage (approx. 1/2 lb.), diced into 1" squares
1/4 lb. carrots, diced into 1/2" cubes
3 oz. margarine

Indonesian Curry continued

4 oz. onions, cut into half moons
3 T flour
2 cups milk
3 T curry
1 tsp. cayenne
1 tsp. salt
1/4 tsp. pepper
1 T soy sauce
1 T lemon juice
1 fresh coconut (approx. 1/4 lb.), finely chopped
8 oz. sour cream
3 oz. raisins, soaked in water until soft.

Press tofu for 1 hour between two chopping boards with a weight on top — this is optional. Cut into 1" cubes. Fry or grill until golden brown.

Cook cabbage and carrots in salted water until just soft. Remove from water and drain.

Melt margarine in skillet. Add onions and fry until soft. Add flour and roast for a few minutes. Add heated milk, stirring all the time. When the sauce is smooth, turn flame down. Add all spices, soy sauce, lemon juice and coconut. Simmer for a few minutes stirring well. Add raisins, and then sour cream. When sauce is simmering again, stir in precooked vegetables and tofu. Check seasoning.

Delicious over rice or noodles



MOCK CRAB SALAD*Rajneeshpuram, Oregon, U.S.A.*

$\frac{3}{4}$ hour to prepare
8 servings

2 blocks frozen tofu (2 lbs.)

Put tofu in freezer the night before — it takes about 12 hours to freeze.

$\frac{1}{2}$ cup celery, finely diced
 $\frac{1}{2}$ cup green onions, finely diced
 $\frac{1}{3}$ cup parsley, finely chopped

Dressing

2 cups mayonnaise
 $\frac{1}{2}$ cup / 2 T yogurt
 $1\frac{1}{4}$ T tomato paste
1 tsp. mustard
1 T horseradish
 $1\frac{1}{2}$ T lemon juice
 $\frac{1}{2}$ tsp. tabasco sauce
 $\frac{1}{2}$ tsp. black pepper
 $\frac{1}{2}$ T brown sugar
 $\frac{1}{2}$ tsp. paprika
 $1\frac{1}{4}$ T soy sauce
 $1\frac{1}{4}$ T yeast

Remove tofu from freezer and defrost before using. (you can put it in hot water to defrost quickly.) Crumble into small pieces and squeeze out water.

Prepare all vegetables.

Mock Crab Salad continued

Prepare dressing. Mix all ingredients very well. Mix tofu with dressing and vegetables. Serve chilled.

TOFU IN LOBSTER SAUCE*Rajneeshpuram, Oregon, U.S.A.*

$2\frac{1}{2}$ hours to prepare
4 servings

This delicious dish is served over oriental vegetables with fried rice vermicelli on the side. It looks spectacular.

Marinade

1 lb. tofu, cut into $\frac{1}{2}$ " cubes and deep fried
1 cup soy sauce
4 cups water
 $\frac{1}{4}$ cups scallions, finely chopped
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. garlic purée

Mix soy sauce, water, scallions, and garlic purée. Pour over tofu cubes. Marinate for 1 hour.

Sauce

$\frac{1}{4}$ cup salad oil
1 T fermented black beans
2 tsp. garlic purée
2 soyburgers, crumbled
2 T soy sauce marinade (saved from above)

Tofu in Lobster Sauce continued

- 1½ T vegetable bouillon powder
- 4 cups water
- 3 eggs lightly beaten
- 3 T cornstarch
- ½ cup water
- 2 T sherry
- 1 T rice wine

In a large skillet, heat oil, add fermented black beans, garlic and crumbled burgers. Sauté for 5 minutes.

Mix bouillon in water. Add soy sauce and then bouillon water mixture. Bring to a boil. Mix cornstarch with water. Quickly stir in cornstarch water mixture. Reduce heat to a simmer. Stirring constantly, pour in 3 beaten eggs. Add sherry and rice wine. Add deep-fried tofu cubes.

TOFU STROGANOFF

Rajneeshpuram, Oregon, U.S.A.

- 1 hour to prepare
- 8 servings

Tofu served in a delicious sour cream sauce with buttered egg noodles. An elegant dish.

2 blocks tofu (about 2 lbs.), cut into ½" cubes

Marinade

- ½ cup soy sauce
- pinch cumin powder

Tofu Stroganoff continued

- 2 tsp. fresh ginger, grated

Mix the marinade ingredients with enough water to just cover the tofu cubes. Leave to sit for 1-2 hours.

Sauce

- ¼ cup olive oil
- ½ lb. (1 cup) onions, finely diced
- ¾-1 tsp. garlic, crushed
- ½ lb. mushrooms, sliced
- ½ cup wine (white)
- ¾ T fresh basil, finely chopped
- 1 qt. sour cream
- 1 cup milk (or half-and-half cream)
- 2 T cornstarch, mixed with 4 T marinade
- salt to taste
- ¼ cup soy sauce

Start on sauce when tofu is marinated. Sauté the onions and garlic with the olive oil. When soft, add the mushrooms. After a few minutes add the wine. Simmer on a low flame for 5 minutes.

Add the milk, sour cream and basil. Heat slowly until simmering. Add the soy sauce, remove from the flame and quickly whisk into the sauce the cornstarch mixed with some of the marinade.

Drain the tofu and gently stir into sauce. Heat slowly, stirring carefully so as not to break the tofu. Season with salt.

Serve over buttered egg noodles.



MEXICAN SALSA

Rajneeshpuram, Oregon, U.S.A.

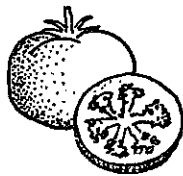
$\frac{3}{4}$ hour to prepare
6-8 servings

- 1 cup green onion, finely chopped
- $\frac{1}{2}$ cup white or yellow onion, finely chopped
- 2 cups tomato sauce
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ fresh green jalapeno pepper, seeds removed, minced
(use gloves to mince)
- $\frac{1}{8}$ cup fresh coriander, leaves only
- 1 tsp. salt
- $\frac{1}{2}$ tsp. black pepper
- 2 T red cider vinegar
- 2 tsp. garlic purée
- 1-2 pinches cayenne
- 1 tsp. crushed red chilis
- 1 tsp. ground cumin
- 2 tsp. oregano

Mix all ingredients. Allow flavors to blend for at least 2-3 hours.

Serve with crispy fried salted corn tortillas chips and a glass of beer!

This salsa can spice up avocado dip or almost any savory food!



BROWN BREAD ICE CREAM

Nedlands, Australia

1 $\frac{1}{4}$ hours to prepare
8-10 servings

- 3 cups whipping cream
- $\frac{1}{3}$ cup brown sugar
- 2 T vanilla extract
- 3 oz. dry whole wheat breadcrumbs
- 3 oz. brown sugar
- 6 egg whites

Mix dry breadcrumbs with brown sugar and roast in the oven at 350°F. Stir often. They will get very dark and begin to smell like caramelized sugar. Do not overcook. Take out at this stage and leave to cool.

Whip cream and when it is stiff, slowly add sugar and vanilla. Put in a bowl and freeze until firm but not hard. Remove from freezer and fold in stiffly beaten egg whites and breadcrumbs until well mixed. Re-freeze until firm but not hard.

Ice cream is best eaten when not too hard. If it is frozen, remove from freezer to cooler for about 1 hour before serving.



COSSACK PIE

Fremantle, Australia

2½ hours to prepare
8 servings

½ lb. shortcrust pastry
¼ lb. mushrooms
1 cup onions, thinly sliced
1 cup cabbage, shredded
1 cup broccoli, thinly sliced
1 cup carrots, grated
3 T butter
½ tsp. caraway seeds
½ tsp. basil
½ tsp. dill weed
salt to taste
pepper to taste
2 T flour
2 T white wine
2 eggs
⅓ cup cottage cheese
1 green onion, finely chopped
¾ cup sour cream
½ T paprika

Make pastry (see recipe) and leave in fridge.

Remove stems from mushrooms and set aside caps. Chop stems finely. Sauté mushroom stems, onion, cabbage, broccoli and carrots until just soft. Add the spices during cooking. Stir in flour and then wine.

Mix eggs, cottage cheese and green onion together. Mix with cooked vegetables.

Brown Bread Ice Cream continued

Sauté the mushroom caps in 1 T butter for several minutes.

Roll out the dough and line an 8" pie tin. Put the vegetables and egg mixture on the pastry. Spread the sour cream over this. Gently place mushroom caps with the smooth round side up in the sour cream. Sprinkle with paprika.

Bake for 40 minutes or until top is set at 350°F. Let it stand 10 minutes before serving.

ITALIAN SPICY VEGETABLES

Milan, Italy

1 hour to prepare
6-8 servings

5 medium potatoes, ½" cubes
1 cup french beans (white or green), ½" pieces
5 medium onions, sliced in rings
5 medium green peppers, sliced in rings
4 oz. butter
5 tomatoes, quartered
3 T cumin
1 tsp. green (or red) chili
2 T soy sauce
1 lb. mozzarella cheese, ½" cubes
½ cup fresh parsley, finely chopped

Boil potatoes, adding french beans halfway, until soft. Sauté onions and peppers in butter. When almost cooked, add tomatoes. Mix all vegetables together.

Add all the spices and soy sauce, mix again, and take off fire. Add the cheese cubes. Sprinkle with parsley just before serving.

MANDARIN VEGETABLES

Rajneeshpuram, Oregon, U.S.A.

¾ hour to prepare
6-8 servings

- 4 T sesame oil
- ¼ medium sized white onion, sliced in half moons*
- ¼ cup chili paste*
- 2 T sugar
- 1 T cornstarch
- ½ cup water*
- 8 medium-sized dried black mushrooms, soaked in water
- 1½ cups whole young corn cobs, drained well*
- 2 cups bamboo shoots, cut in long thin strips*
- 1 cup straw mushrooms
- ¾ cup water chestnuts, cut in half*
- 1 large handful snow peas
- 2 T soy sauce

The vegetables for this dish can all be purchased at an oriental food store.

Sauté onion in sesame oil for several minutes. Mix in chili paste, and water mixed with cornstarch and sugar. Stir well until sauce thickens, then set aside.

Remove the dried mushrooms from the water. Squeeze well to get rid of excess water, then slice. Sauté all the vegetables in sesame oil until hot, mix in sauce. Serve over fried rice (see recipe).

PAKORAS

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare
6-8 servings

Pakoras are deep-fried battered vegetables, Indian style.

Incredibly savory and delicious!

- 4 cups black chickpea flour (also called basan)
- 3 cups water
- 1 pinch baking soda
- salt to taste
- 1 green chili, minced
- 1 T gresh ginger, grated
- 1 bunch fresh coriander leaves, cleaned and finely chopped
- 2 tsp. garlic purée (optional)

Fresh vegetables which can be used:

- 1 small eggplant, washed and cut into ¼" slices
- 1 potato, peeled and thinly sliced
- 1 cauliflower, long thin pieces
- 1 bunch spinach, cleaned, stems removed
- 1 onion, cut into thin rings
- 1 zucchini, thinly sliced
- cheddar cheese, cut into small cubes
- 6 pieces paneer, 2" long and 1" thick
- 2 qts. cooking oil

To make batter, put chickpea flour in a large bowl. Add water to the flour, slowly mixing with a whisk.

Pakoras continued

Make sure that there are no lumps. Add soda, salt, chili, ginger and coriander leaves. Adjust seasoning. This batter should be thicker than a pancake batter.

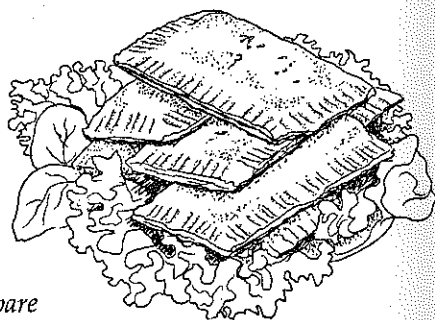
Prepare vegetables to be used.

Heat oil. When quite hot, dip vegetables into batter and then drop into the hot oil. Turn in oil to get evenly golden brown. When cooked all over take out of the oil and drain on a paper towel. Continue until all vegetables are cooked.

Serve immediately with a chutney or raita.

VEGETABLE PASTIES

Rajneeshpuram, Oregon, U.S.A.



2 hours to prepare
12 pasties

Pasties are delicate individual pies which can be made with a variety of fillings. Here is our suggestion, but try it with seasonal vegetables like broccoli, green beans, corn, mushrooms. Wonderful for informal dinner parties.

1 1/4 lbs. shortcrust pastry
1 cup carrots, cut into 1/4" cubes
1 cup potatoes, cut into 1/4" cubes

Vegetable Pasties continued

1 cup cauliflower, cut into small pieces

3/4 cup peas

1 medium onion, finely diced

1 oz. butter

1/2 tsp. marjoram

1/2 tsp. thyme

1 cup paneer, cut into 1/4" cubes
(can substitute soy-chicken roll)

1 cup cheese, grated (cheddar or jack)

3/4 qt. bechamel sauce (see Bechamel Sauce recipe)

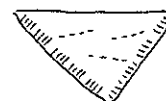
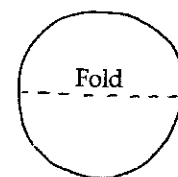
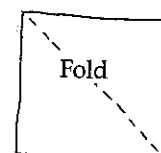
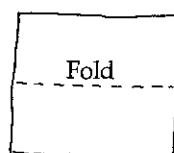
Steam or lightly boil potatoes, carrots and cauliflower until cooked but still firm. Leave to cool.

Sauté onions in butter until soft. Add the herbs and cook for several minutes more.

Grill the paneer cubes until golden brown.

Mix all the vegetables, onions, paneer together. Add the bechamel, which should be thick, and the grated cheese. Season with salt and pepper. Leave mixture until cool or cold.

Roll out the shortcrust pastry to about 1/8" thick, and cut into 6" x 7" rectangles.



Vegetable Pasties continued

To fill the pasties, put about $\frac{1}{2}$ cup filling on one half of the pastry. Moisten the edges with water, fold in half and press edges closed with a fork.

Brush with an egg glaze, prick several times with a fork, and bake at 350°F for about 30 minutes or until golden brown.

They are best eaten piping hot from the oven with a delicate parsley bechamel sauce.

WINTER STEW

Hamburg, West Germany



1½ hours to prepare

8 servings

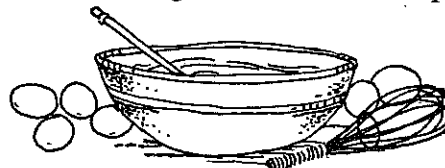
- 1 lb. carrots (about 3), thinly sliced
- $\frac{1}{4}$ cup oil
- $\frac{3}{4}$ lb. onions, sliced in rings
- $\frac{3}{4}$ lb. button mushrooms, cut in half
- 2 large apples, cut into cubes
- $\frac{1}{4}$ lb. hazelnuts
- $\frac{1}{2}$ cup red wine
- 1 qt. water
- 6 T sour cream
- 1 T oregano
- 3 T marmite (or miso)
- 5 bay leaves
- $\frac{1}{2}$ tsp. pepper
- $\frac{1}{4}$ cup parsley, chopped

Winter Stew continued

Sauté carrots in 3 T oil. Add onions and cook until golden. Add mushrooms. Cook until juice comes out. Add apples. Roast hazelnuts in 1 T oil until brown and add to vegetables.

Add all remaining ingredients and simmer until liquid is much reduced — about 15 minutes.

Check seasoning. Serve with rice or potatoes.



VIENNESE WALNUT TORTE

Rajneeshpuram, Oregon, U.S.A.

1 hour to prepare

6-8 servings

- 1½ cups walnuts
- 4 T (level) cocoa powder
- 5 egg whites
- $\frac{3}{4}$ cup sugar
- 6 egg yolks

Grease and line with paper two 8" round tins.

Grind walnuts very fine. Sift cocoa powder. Whip egg whites with $\frac{1}{2}$ of the sugar and set aside. Whip egg yolks with remaining sugar until light and fluffy.

Turn mixer to low speed and alternately add dry ingredients and egg whites to yolks until mixed. Pour into pans and bake at 300°F for about 25 minutes. You will know it is done when the sides pull away from the pan and it falls slightly.

Frost with Mocha Buttercream (see recipe).

WALNUT PATE

Copenhagen, Denmark

2½ hours to prepare
Serves 6-8

2 onions, finely chopped
2 cloves garlic, crushed
1 lb. mushrooms, finely chopped
2 T butter
2 T olive oil
¼ cup red wine
1 T cognac (brandy)
pinch of salt
pinch of pepper
½ T dry basil (fresh is great — use 1 T)
1 tsp. ground thyme (fresh, use 1 T)
1 tsp. ground thyme (fresh, use 2 tsp.)
1 tsp. dry dill (fresh, use 2 tsp.)

¾ lb walnuts, finely ground
¼ cup dry breadcrumbs
pinch of salt
pinch of pepper
2 eggs
6 T cream

Fry onions, garlic and mushrooms in butter and oil until the liquid has evaporated and add wine and cognac. Season with salt, pepper, basil, thyme, dill and rosemary. Simmer until it is a thick sauce — about 15-20 minutes.



Walnut Pate continued

Mix walnuts, breadcrumbs, salt and pepper. Add eggs and cream. Mix well.

Mix walnut mixture with the mushroom sauce. Pour into a 1 quart bread tin lined with greaseproof paper.

Cover the bread tin with foil and bake 1½ hours at 325°F.

Remove from oven. Chill well. Turn out of tin. Remove paper. Serve with toast or crackers.

PARATHA

Rajneeshpuram, Oregon U.S.A

¾ hours to prepare
12 parathas

Parathas are an Indian delicacy. They are stuffed flat breads, spicy and filling.

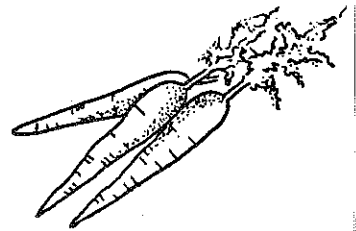
Dough

2 cups whole-wheat flour or chappatti flour
½ tsp. salt
3 T vegetable oil
½ cup water (more if needed)
¼ cup ghee or clarified butter, melted

Mix flour, salt, oil and water together by hand until the dough binds together. Knead until soft and smooth.

Filling

½ head cauliflower, finely chopped
2" piece ginger, peeled and finely chopped



Paratha continued*1 chili, finely chopped**salt to taste**1/2 bunch coriander leaves, finely chopped*

Mix filling ingredients together.

Make 10-12 balls of dough. Take one ball, flatten with your palm and with a rolling pin, roll the dough to make a 6" circle. Bring the edge of the dough up over the filling and pinch together so that filling is covered (see illustration). Sprinkle with flour and roll it out again into a 6" circle.

Heat up a heavy skillet and grill the paratha dry, on both sides, until it starts to turn brown. Now brush both sides with butter or oil, and continue grilling until it is golden brown and crispy.

WHITE WINE SAUCE*Rajneeshpuram, Oregon, U.S.A.**1/2 hour to prepare
Yields 2 cups**4 T butter**1/8 tsp. garlic, crushed**1 T white flour**1 cup white wine**1 cup whipping cream**1/2 tsp. white pepper**1/2 T parsley, chopped**1/2 T tarragon**1/4 T basil***White Wine Sauce continued***1/4 tsp. salt**juice of 1/8 lemon*

Melt butter in a pan and add garlic. Add flour to make a roux. Slowly pour in white wine. When bubbly, slowly add the heavy cream. Add seasonings and lemon juice. Let simmer for 5 minutes until slightly thick.

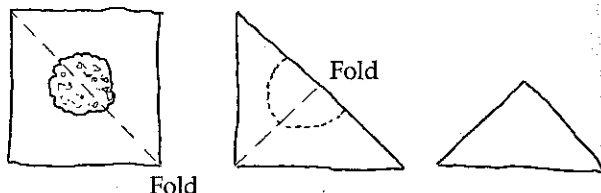
WONTON SOUP*Rajneeshpuram, Oregon, U.S.A.**1 hour to prepare
8-10 servings***Wonton Filling***2 T oil**1 tsp. garlic, crushed**1 tsp. ginger, finely grated**1/2 cup green onions, finely diced**1 cup button mushrooms, cut in quarters**1/4 cup soy meat (or tofu), finely diced**1 T white wine**3 tsp. soy sauce**3 tsp. cornstarch dissolved in 1/3 cup water**18 wonton skins*

Heat 2 tsp. of oil in a pan. Add garlic, then ginger. When they are both just brown, add green onions and sauté quickly for 2 minutes. Add mushrooms and stir thoroughly. Cook for 3 minutes. Mix in soy meat (or tofu).

Wonton Soup continued

When all the ingredients are well mixed, add wine and soy sauce. Simmer for a few minutes until mushrooms are really soft. Add cornstarch and mix well. Remove from fire.

Put 1 tsp. of the filling in the center of each wonton skin. Wet the edges with cornstarch water. Fold into a triangle. Wet 2 shorter edges of the triangle and fold again into a smaller triangle (see illustration). Be careful not to squeeze where the filling is. Press the folded edges tightly with the end of a teaspoon handle.



Fold

Soup

- 2 medium size onions, finely diced
- 1 cup mushrooms, cut in quarters
- 3 tsp. yeast
- 1/2 soy sauce
- salt
- pepper
- 1/2 cup green onion, finely diced

Sauté onions until brown. Add mushrooms. When mushrooms are cooked a little, put the mixture into 5 qts. of boiling water. Add yeast, soy sauce, salt, pepper to taste and simmer.

Throw wontons into the soup won by won, stirring gently. Cook for 5-7 minutes. Sprinkle in green onion right before serving. Be careful not to break the wontons as they are very delicate.

CUCUMBER RAITA

Rajneeshpuram, Oregon, U.S.A.

1/2 hour to prepare
4-6 servings

- 2 cups yogurt
- 2 tsp. cumin, ground
- salt to taste
- 1 tsp. pepper
- 1 tsp. brown sugar
- 1 large cucumber, peeled and finely diced

Decoration

- 1 tsp. paprika
- 1/2 cup green coriander, leaves only

Whisk the yogurt with a fork until smooth.

Add all the spices and mix well. Correct the taste if needed. Now add diced cucumbers and mix.

Decorate with coriander leaves and a pinch of paprika on top. Refrigerate for 15 minutes before serving.

There are many types of raitas. You can prepare the yogurt with the same spices and add any of the following:

- Bananas, sliced
- Tomatoes and onions, finely diced
- Dried fruit and nuts, chopped
- Cooked carrots and cabbage, finely chopped



EXOTIC CURRIED ZUCCHINI OVER RICE

Milan, Italy

*¾ hour to prepare
6-8 servings*

2 lbs. white rice
8 oz. butter
1 medium onion, coarsely diced
⅓ cup soy sauce
4 zucchini, diced to ½"
2 cups cream
2 T curry powder — or more to taste
2 bananas, diced ½" thick
1 small melon, diced to ½" thick
salt to taste
cayenne to taste

Cook white rice, rinse with cold water and set aside. It can be kept hot in the oven while you prepare the sauce.

Melt the butter. Sauté the diced onions and soy sauce. After a few minutes, add the zucchini. Mix well and cook for 3 minutes. Do not overcook the zucchini — they should stay crisp.

When zucchini are ready, add the cream and curry powder and simmer for 5 minutes stirring well but gently.

Now add the melon and banana and bring back to simmer again. Remove from heat.

Serve over the rice. Garnish with parsley.

ZUCCHINI KOFTA

Rajneeshpuram, Oregon, U.S.A.

*1 hour to prepare
4-6 servings*

Koftas

2 lb. zucchini, peeled and grated
1 cup chickpea flour
¼ tsp. cayenne
1 tsp. fresh ginger, grated
salt to taste
pinch baking soda
2 tsp. butter
1 green chili, finely chopped
1 cup fresh coriander leaves, finely chopped
3 cups oil for frying

Grate zucchini and squeeze out all water — this is important, or koftas will fall apart.

Mix flour with all ingredients and add the zucchini. Mix well and shape into 1" balls.

Heat up oil and fry one kofta. Check for seasoning. Fry all koftas and put aside.

Make a sauce as for Paneer Koftas (see recipe) and serve in this sauce.



FOOD WEIGHT TO MEASURE EQUIVALENTS

WEIGHT OF 1 CUP

APPLES sliced	.6½ oz.
BANANAS sliced	.8 oz.
BEANS dried	.10 oz.
BEAN SPROUTS	.4 oz.
BEETS cooked sliced	.6½ oz.
BRAN	.2 oz.
BREAD soft broken	.1½ oz.
dry broken	.2 oz.
crumbs	.4 oz.
BRUSSELS SPROUTS	.4 oz.
BUTTER	.8 oz.
CABBAGE raw shredded	.4 oz.
cooked shredded	.5½ oz.
CARROTS diced	.4 oz.
CAULIFLOWER cooked	.11 oz.
CELERY diced	.5½ oz.
CHEESE grated	.4 oz.
COCONUT fresh grated	.2½ oz.
COCOA	.3 oz.
CORN off cob	.8 oz.
CORNSTARCH	.5½ oz.
CREAM sour	.8 oz.
CURRENTS/RAISINS	.5½ oz.
DATES pitted	.6½ oz.
EGGPLANT diced	.5½ oz.
EGGS whole	.7 small, 6 medium, 5 large
whites	.8 small, 10 medium, 12 large
yolks	.12 small, 14 medium, 16 large

FARINA	.5½ oz.
FLOUR most types	.5½ oz.
GARLIC pureed	.10½ oz.
GINGER fresh grated	.6½ oz.
HONEY	.11 oz.
HORSERADISH	.8 oz.
MAYONNAISE	.8 oz.
MILK fresh	.8 oz.
dried	.3 oz.
MUSHROOMS sliced	.2½ oz.
MUSTARD	.4 oz.
NUTMEATS	.5½ oz.
OATS rolled	.2½ oz.
OIL	.8 oz.
ONIONS diced	.4-5 oz.
PANEER cubed	.4 oz.
PASTA macaroni raw	.4 oz.
cooked	.6½ oz.
noodles raw	.2½ oz.
cooked	.5½ oz.
spaghetti raw	.3 oz.
cooked	.6½ oz.
PEAS shelled	.5½ oz.
PEPPERS green sliced	.5½ oz.
POTATOES diced	.5½ oz.
cooked mashed	.8 oz.
RICE raw	.7 oz.
SESAME SEEDS	.5½ oz.
SUNFLOWER SEEDS 5	.1½ oz.
SPINACH raw	.1 oz.
cooked mashed	.8 oz.
SUGAR brown	.6½ oz.
white	.8 oz.
TOMATOES diced	.7 oz.
TAHINI	.8 oz.
YEAST cooking	.3 oz.

GLOSSARY

A

ANAHEIM CHILI

A variety of green chili peppers, usually 6"-8" in length. These chilis are aromatic and flavorful, yet mildly spicy. Available fresh in most produce sections. Can also be found canned.

AGAR-AGAR

A gelatin made from seaweed. It needs to be dissolved in water before using.

"AL DENTE"

A term usually referring to the amount of time for cooking pasta. It should be firm to "the teeth".

ALU GOBI

Hindi name for potatoes and cauliflower.

B

BULGAR

Cracked wheat which has been cooked and then sun-dried.

BECHAMEL

A basic white sauce made from flour, butter and cream or milk.

BRAISE

To cook by sauteing in fat and then cooking slowly in very little liquid.

BLACK BEAN PASTE

A paste made from fermented black beans. Can be bought canned or in jars.

C

CAPERS

The small green pickled flowerpods of the caper plant. These have a unique pungent flavor.

CHUTNEY

A sauce or relish made with various herbs and spices. Can be sweet or sour. Usually served with Indian dishes.

CURD

Another word for yogurt.

GREEN CORIANDER

The leaves and stems of the coriander (or cilantro) plant. It has a strong fragrant odor and smell.

CORIANDER SEEDS

The dried seeds of the coriander (or cilantro) plant. Can be found ground or whole. The flavor is quite different from the fresh leaves and stems, and cannot be substituted

D

DOSA

A crispy, very thin, round flatbread or pancake made with slightly fermented rice and urad dal batter. They are fried on a hot grill on one side only.

DAL

Indian split peas. These come in many varieties. Dal is also the name for the resulting stew when the dal is boiled.

G

GARAM MASALA

An Indian mixture of spices which varies ac-

cording to the cook. See the recipe in this book for guidance on preparation. When using, always add garam masala at the end of cooking, otherwise the spices may be bitter.

GHEE

Clarified butter. Can be bought as ghee in any Indian or oriental food store.

GRUYERE

A Swiss cheese with a strong and pungent odor.

GORGONZOLA

An Italian blue veined cheese with a creamy texture and very strong flavor.

GINGER SNAPS

Thin ginger flavored cookies.

GREASEPROOF PAPER

Waxed or parchment paper which prevents food from sticking to the pan during baking.

HALF-AND-HALF

Half cream and half milk.

I

ICING SUGAR

Powdered sugar.

J

JALAPENO CHILI

A small green chili pepper about 2"-3" long and 1" thick. These chilis are very hot. It's best to use rubber gloves when slicing these chilis because the juice is painful if it wedges under the fingernails.

JARLSBERG CHEESE

Norwegian cheese with a smoky flavor.

JACK CHEESE

A bland white cheese widely available in most food stores.

K

KORMA

An Indian term for a dish made from finely chopped or shredded ingredients.

M

MARINATE

To soak in a seasoned liquid or marinade.

MARINADE

A seasoned liquid in which food is soaked.

MASALA

An Indian term for a dish cooked with many spices — also usually with a gravy.

N

NACHO CHIPS

A corn tortilla cut into triangular pieces and deep fried. Nachos — a dish made from nacho chips.

P

PANEER

A non-ripened cheese that can easily be made at home. See recipe.

PICANTE

Spicy — in reference to sauces.

R

RICOTTA

A soft Italian cottage cheese.

RISOTTO

An Italian rice dish, where the rice is cooked in broth, and continuously stirred. Usually flavored with cheese.

ROLLMOP

A rolled slice of herring, pickled in brine.

ROUX

A mixture of flour and melted butter — one of the stages in making bechamel.

ROSE PEPPER

A variety of peppercorn with a pink or red husk.

S**SPIKE**

A mixed seasoning including herbs, salt and dehydrated vegetables.

SHALLOT

A small bulb with a flavor resembling onion.

SCALLION

A green onion or spring onion.

SPRINGFORM PAN

A high-sided round pan with a side clip allowing the side piece to be detached easily, leaving contents on base. Used for cheese cakes and other desserts.

STOCK

A liquid made from boiling vegetables, herbs and spices in water until water is well-flavored.

STOCK POWDER

A powder that is added to water to make stock.

T**TAHINI**

A brown paste made from grinding sesame seeds.

TORTE

A rich cake usually made with nuts and almost no flour.

TOFU

A high protein curd made from soy bean milk.

U**URAD DAL**

A white colored split pea dal.

V**VOL-AU-VENT**

A pastry case made from puff pastry, which has the center removed, often filled with a rich sauce.

W**WHEY**

The greenish watery liquid that comes from milk when making cheese.

Z**ZEST**

The outer orange or yellow colored layer of the peel of citrus fruits.

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Bhagwan Shree Rajneesh
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