



# Echinacea 2010

Cookbook

*Soups, Salads, & Starters*

*Entrées*

*Sides*

*Dressings & Marinades*

*Breakfast*

*Drinks*

*Desserts*

# *Soups, Salads, & Starters*

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## Echinacea 2010

### *Artichoke & Dip*

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sour cream  
mayonnaise  
butter  
basil  
artichoke

Cut off the bottom of the artichoke so it is flat. Cut off the top of the artichoke so it is flat. Use scissors to snip the tops off of each leaf around the sides of the artichoke. Place artichoke in 2” of boiling water (this depends on your pan, basically you want the artichoke to be in enough water to cover the very bottom, don’t cover the top of any leaves).

**Allow to steam in the boiling water for 20-40 minutes**, or until the leaves taste right.

Put equal parts of sour cream and mayonnaise in a small sauce pan (about 3 tablespoons each to start). Add about a tsp of butter. Heat on low until butter melts. Stir in about a tablespoon of basil (or more, basil to taste). Once concoction is smooth and yummy take off heat and serve with artichoke.

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*For a pretty look, you can scoop out the center of the artichoke and put the sauce in the middle.*

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*Submitted By: Kate*

## Echinacea 2010

### *Zesty Guacamole*

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3 medium avocados  
1 lemon  
1 lime  
olive oil  
1 - 2 tbsp red onion (finely diced)  
1 - 2 cloves garlic minced  
Tabasco sauce to taste  
salt to taste  
ground pepper to taste

Cut avocados in half and remove stones. Scoop out the insides of the avocados into a bowl. Squeeze juice of lemon and lime, add 1/2 of each to avocados.

Add a splash of olive oil, a pinch of salt and pepper, 4-8 drops of Tabasco sauce, the red onion, and one clove of garlic minced.

Mix with a fork until the desired consistency is reached. Taste and add ingredients as necessary.

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*This is the recipe that I started with, these days I usually use 1 lime, 1/2 lemon, 1/4 cup red onion, 4-5 cloves garlic, and 8-10 drops of Tabasco.*

*Instead of Tabasco, try using jalapeños, cayenne pepper, or another spicy substitute.*

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*Submitted By: Kate*

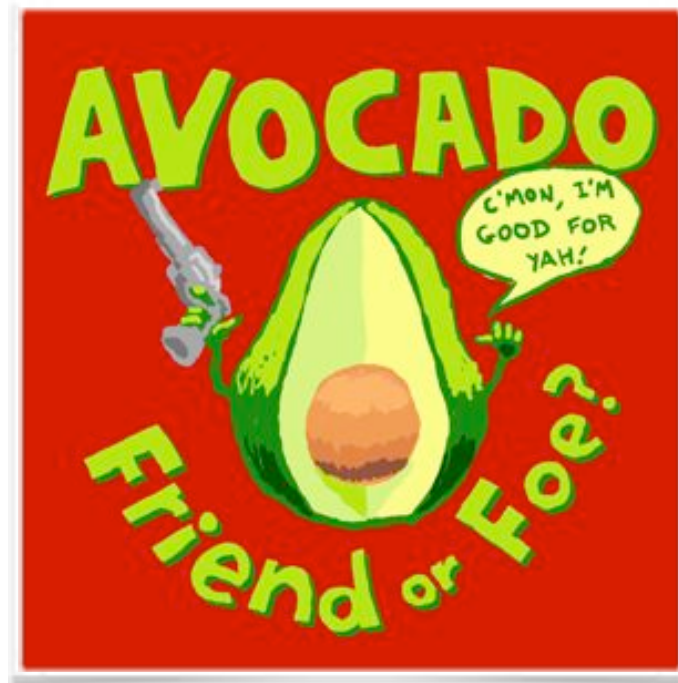
## Echinacea 2010

### *Spicy Guacamole*

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2 ripe avocados  
3/4 cup minced red onion  
2 or 3 cloves of garlic  
1-2 serrano or jalapeño chiles, stems and seeds removed, minced  
4 tablespoons cilantro leaves, finely chopped  
1 or 2 limes, juiced (to taste)  
coarse salt (to taste)  
grated black pepper (to taste)  
1/2 ripe tomato, seeds and pulp removed, chopped

Blend everything except the tomatoes together, keeping in mind basically everything is to taste. If you're not blending, make sure the various veggies are well minced and the avocado plenty mashed up. Add the tomato chunks shortly before serving. Store with avocado seeds for up to 2 or 3 days.



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*Submitted By: Josh*

## Echinacea 2010

### *Fattoush*

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1 cucumber  
4 pitas  
olive oil  
salt  
pepper  
3/4 cup olive oil  
1/3 cup lemon juice  
3 cloves garlic, minced  
1 green pepper, diced  
1 large tomato, diced  
6 tbps (roughly) fresh parsley, chopped finely  
8 tbsps (roughly) fresh mint, chopped  
lettuce  
1 handful kalamata olives

*Serves: 6*

*Preheat: 350°F*

Separate layers of pita and tear into small pieces. Brush rough sides with olive oil and sprinkle with salt and pepper to taste. **Bake for 7-1/2 minutes or until toasted.** Set aside.

Mix veggies in a large bowl.

Whisk together 3/4 cup olive oil, lemon juice, garlic, and herbs.

Dress salad. Top with pita crisps.

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*Variation: Toss in some feta for added yummy goodness. Also, if you don't have time to make your own, you can always buy pita chips.*

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*Submitted By: Kate*

## Echinacea 2010

### *Matzo Ball Soup*

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*For the Soup:*

a few lbs of chicken bones, wings, legs, thighs, necks, or 1 whole chicken  
a head of celery (washed and cut into 1" pieces)  
1 or 2 lbs carrots (peeled and cut into 1" pieces)  
1 or 2 onions (peeled and chopped coarsely)  
some parsley if you have it  
water

Throw ingredients into a large pot. Add water to about 2 inches below the top of the pot. Cook the hell out of it over medium heat with the pot uncovered. (If too much liquid is evaporating, cover the pot, or add water.) Skim the scum from time to time if you feel like it.

Soup is done when the broth (plus salt) tastes like broth. This will be after the bones/chicken has come completely apart, the spine won't be together any more.

Drain the soup from the solids. Throw the solids into a colander or sieve (over a bowl or pot) and remove all the big bones you can see. Use the bottom of a cup to squeeze more liquid out of the solids. The soup will pick up some flavor from this process. Skim off the fat. Add a ton of salt (TASTE IT) and bring to a boil.

*For the Matzo Balls:*

1 egg  
1 tbsp chicken fat  
tip of a spoon of baking powder  
speck of ginger  
speck of salt  
speck of paprika  
matzo meal  
dried parsley

*Yield: 6 matzo balls*

Mix egg and chicken fat. Add spices (except parsley flakes). Add matzo meal until the mixture is moist but not runny. Sprinkle with dried parsley and mix.

**Refrigerate until mixture swells, about 2 -3 hours (or overnight).**

Bring soup to a boil. Roll into small balls, drop into soup, and cover. **Boil until center is done, about 20 minutes** (time will vary according to size).

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*If you want, you can add cut-up chicken breasts and fresh carrots and celery to the pot and cook until almost tender before adding the pasta/MBs.*

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*Submitted By: Kate*



## Echinacea 2010

### *Tomato Bisque*

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1 cup chopped onion  
1/4 cup butter  
3 lbs fresh tomatoes, peeled, seeded and chopped  
2 tbsp tomato paste  
1 tbsp sugar  
1 tsp salt  
1 tsp dried basil  
1/2 tsp dried thyme  
1/4 tsp pepper (I like more)  
1/4 cup all purpose flour  
4 cups chicken broth, divided  
1 cup heavy cream

Start by peeling and deseeding the tomatoes. An easy way to do this is to boil the tomatoes briefly then dump them into a bowl of ice water; the skin will peel right off. In a 3 qt saucepan, over medium heat, sauté the onion in butter until tender. Add tomatoes, tomato paste, sugar, salt, basil, thyme, and pepper. Simmer 10 minutes.

Combine flour and 3/4 broth forming a paste, add to pan with remaining broth, boil for 2 minutes, stirring constantly. Reduce heat, cover, and simmer for 30 minutes. Remove from heat and add cream.

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*Submitted By: Josh*

## Echinacea 2010

### Cucumber Salads

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1 large cucumber, peeled  
1 small onion  
salt  
2 tbsp vinegar  
1 tsp sugar  
paprika

Using a slicer, slice the cucumber and onion very thin. Add vinegar and sugar. Sprinkle with paprika and let it marinate before serving.

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#### *Variations:*

*Leave out the paprika, use salt and pepper alone*

*Use rice vinegar (the one with sugar or add your own)*

*Try apple cider vinegar, olive oil, garlic, salt, sugar & mint*

*Also try adding cumin, cayenne, and toasted sunflower seeds*

***Experiment with any combination of the above***

2 cucumbers  
1/4 cup of heavy cream  
3 tbsp olive oil  
juice of 1/2 lemon  
fresh black pepper  
chopped mint

Peel and slice the cucumbers. Remove seeds if they are large and tough. Salt the cucumbers and let sit. Make a dressing from 1/4 cup of heavy cream, 3 tbsp olive oil, juice of 1/2 lemon, and fresh pepper. Skim off any excess water that might have accumulated on the cucumbers. Pour the dressing over the cucumbers. Sprinkle with chopped mint.

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#### *Variations:*

*~ Add pounded garlic to the dressing*

*~ Serve alongside sliced beets dressed with oil and vinegar*

*~ Grate or dice the cucumbers and serve as a sauce over baked salmon*

*~ Parsley, chervil, basil, or cilantro can be substituted for the mint*

*~ Substitute plain yogurt for the heavy cream*

*~ Add spices such as cumin, coriander, or mustard seeds to the dressing.*

*Some of the variations courtesy of Alice Water's Cookbook: [The Art of Simple Food](#)*

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*Submitted By: Kate and Gretel*

## Echinacea 2010

### *Tzatziki*

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10 oz Greek (strained) yogurt  
1 clove garlic, crushed  
dried mint, several tablespoons  
1 cucumber  
1 pinch salt

Peel, grate, and strain the cucumber. To strain, place on a plate and apply pressure with another plate on top.

Combine ingredients in a bowl.

Serve chilled with pita bread, vegetables, or meat.

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*Variation: Instead of mint use dill or paprika and cayenne pepper.*

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*Submitted By: Kate*

## Echinacea 2010

### *Vegetarian Chili*

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- 2 tablespoons canola oil
- 1 1/2 cups chopped yellow onions
- 1 cup chopped red bell peppers
- 2 tablespoons minced garlic
- 2 to 3 serrano peppers, stemmed, seeded, and minced, depending upon taste
- 1 medium zucchini, stem ends trimmed and cut into small dice
- 2 cups fresh corn kernels (about 3 ears)
- 1 1/2 pounds portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
- 2 tablespoons chili powder
- 1 tablespoons ground cumin
- 1 1/4 tsp salt
- 1/4 tsp cayenne
- 4 large tomatoes, peeled, seeded and chopped
- 3 cups cooked black beans, or canned beans, rinsed and drained
- 1 (15-ounce) can tomato sauce
- 1 cup vegetable stock, or water
- 1/4 cup chopped fresh cilantro leaves
- Cooked brown rice, accompaniment
- Sour cream or strained plain yogurt, garnish
- Diced avocado, garnish
- Essence, recipe follows, garnish
- Chopped green onions, garnish

*Serves: 6 – 8*

In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and Serrano peppers, and cook, stirring, until soft, about **3 minutes**.

Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about **6 minutes**.

Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about **30 seconds**.

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## Echinacea 2010

### *Vegetarian Chili*

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Add the tomatoes and stir well. Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about **20 minutes**.

Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.

To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a dollop of sour cream and spoonful of avocado. Sprinkle with Essence and green onions and serve.

### *Emeril's ESSENCE Creole Seasoning*

*(also referred to as Bayou Blast):*

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

*Yield: 2/3 cup*

Combine all ingredients thoroughly.

*Recipe courtesy Emeril Lagasse, 2003*

*<http://www.foodnetwork.com/recipes/emiril-lagasse/vegetarian-chili-recipe/index.html>*

*Recipe from "New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch*

*Published by William and Morrow, 1993.*

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*Submitted by: Kate*

## Echinacea 2010

### *Carrot Salad*

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4 medium carrots  
1 medium tart apple (granny smith)  
1 lemon  
sugar  
olive oil

Peel apples and carrots and grate in a food processor, you're looking for long strips of carrot and apple, not grated to a pulp.

Transfer to a mixing bowl and blend by hand.

Add a olive oil, lemon juice, and sugar until desired consistency and taste is reached.

Chill in refrigerator.



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*Submitted By: Kate*

## Echinacea 2010

### *Jicama Salad with Orange & Cilantro*

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1 small jicama (about 1/2 lb)  
2 oranges  
pinch of paprika or spicy chile powder (ancho and guajillo)  
juice of 1 lime  
salt  
2 tbsp extra-virgin olive oil  
1 to 2 tbsp chopped cilantro

Peel and cut in half lengthwise 1 small jicama. Cut into 1/4-inch-thick slices. Cut the slices into 1/4-inch-wide sticks.

Peel 2 oranges with a sharp knife down to the flesh, removing all the rind and membrane. Slice the oranges into 1/4-inch-thick rounds and remove the seeds. Arrange the jicama and orange slices on a plate. Sprinkle with a pinch of paprika or spicy chile powder.

Make a dressing by whisking together the lime juice, salt, 2 tbsp extra-virgin olive oil. Pour over the jicama and oranges. Sprinkle with 1 to 2 tbsp chopped cilantro.

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*Variation: Add 1/4 cup sliced radishes. Taste and add more lime juice if needed.*

*Recipe courtesy of Alice Water's Cookbook: The Art of Simple Food*

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*Submitted By: Kate*

## Echinacea 2010

### *Grapefruit & Avocado Salad*

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2 medium ruby grapefruit  
1 tsp white wine vinegar  
salt  
fresh-ground black pepper  
2 tbsp extra-virgin olive oil  
2 medium Hass avocados

Peel 2 medium ruby grapefruit with a sharp knife down the flesh, removing all of the rind and membrane. Cut the sections free, slicing carefully along the partitioning membranes. Squeeze the juice from the membranes. Measure 2 tbsp of the juice into a small bowl. Stir in 1 tsp white wine vinegar, salt, and fresh-ground black pepper. Whisk in 2 tbsp extra-virgin olive oil. Taste and adjust the acid and salt.

Cut in half and remove the pit from 2 medium Hass avocados. Peel the halves and cut into 1/4-inch slices. Sprinkle lightly with salt. Arrange the grapefruit sections and avocado slices alternately on a plate and spoon the vinaigrette over.

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#### *Variations:*

~ *Garnish with watercress or chervil*

~ *Double the amount of vinaigrette and dress 4 small handfuls of arugula separately with half of the vinaigrette. Arrange the avocado and grapefruit on top, and spoon the remaining vinaigrette over the fruit.*

~ *Slice thin 1 small red onion. Marinate in a spoonful of vinaigrette. Scatter over the arranged salad before spooning on the dressing.*

*Recipe courtesy of Alice Water's Cookbook: The Art of Simple Food*

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*Submitted By: Kate*



# *Entrées*

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## Echinacea 2010

### *500 Degree Chicken*

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1 chicken, 4 lbs  
2 lemons  
garlic  
salt  
pepper  
rosemary  
potatoes (& carrots if you want)  
olive oil

*Preheat: 500°F*

Wash chicken.

Place in pan, surrounded by cut potatoes (& carrots).

Place into cavity: 2 lemons (washed and cut in half), some rosemary, several cloves of garlic.

Put on chicken breast: olive oil, garlic, salt, pepper. Pierce with rosemary.

**Bake for an hour.** If breast starts to burn, tent with tin foil.



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*Submitted By: Kate*

## Echinacea 2010

### Spicy (or not so spicy) Fajitas

Spicy Steak Marinade

1 lb steak or chicken

Cheese (cheddar, mozzarella, or any good thing)

1 tomato

Guacamole (Spicy or Zesty)

1 medium onion

1 pepper (color up to you)

olive oil

flour tortillas

sour cream

lettuce

Marinate the meat in the spicy steak marinade for at least an hour, and up to a full 24 hours. Create the guacamole (if you like). Slice the peppers lengths and onions in rounds. Pour a bit of olive oil in a frying pan, cook the peppers and onions until soft. Season with salt and pepper if desired. Combine everything in a delicious flour tortilla. Eat over a plate with napkins handy.

*Recipe adaptable to any additions or subtractions you want.*

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*Submitted By: Josh and Kate*

## Echinacea 2010

### *Taj mahal*

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1 tbsp plus 1 tsp olive oil  
3/4 cup chopped carrot  
1/2 chopped onion  
1 tsp curry powder  
1 tsp ground cumin  
1/4 tsp ground cardamom  
kosher salt (if using table salt, decrease the amount by half)  
pepper  
1 1/4 lbs boneless lamb, cut into 3/4-inch cubes  
2 cups cooked basmati rice, warm  
1/2 cup plain yogurt  
1/2 cup mango chutney  
1/4 cup sliced green onions, white and green parts  
1/4 chopped peanuts  
four 10- or 11- inch flour tortillas

Heat 2 tsp of the olive oil in large nonstick skillet over medium heat. Add the carrot, onion, curry powder, cumin, and cardamom. Season with 1/2 tsp kosher salt. Cook until onion is transparent, 3 to 5 minutes. Transfer to a small bowl.

Wipe the skillet clean and return it to the stove. Add the remaining 2 tsp olive oil and heat over high heat. Add the lamb and season with 1 tsp kosher salt and 1/4 tsp pepper. Cook until cooked through, 3 to 5 minutes, turning to brown all sides. Add the vegetables, rice, yogurt, chutney, green onions, and peanuts. Mix well. Divide among the tortillas and wrap.

*Serves 4*

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*Variation: Forgo the wraps and just serve over rice.*

*Recipe from "Wraps easy recipes for handheld meals"  
by Mary Corpening Barber, Sara Corpening and lori lyn narlock  
Published by Chronicle Books, 1997.*

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*Submitted By: Kate*

## Echinacea 2010

### *Chicken Tikka Masala*

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2 cups whole milk Greek yogurt  
3 tablespoons ancho chili powder  
2 tsp ground cumin  
2 tsp ground coriander  
2 tsp ground fennel  
2 tsp ground turmeric  
1 tsp ground cardamom  
1 tsp ground cloves  
1 tsp ground chile de arbol or cayenne powder  
1 tsp ground black pepper, plus more for seasoning  
2 cloves garlic, finely chopped  
1 tablespoon finely chopped fresh ginger  
6 boneless, skinless chicken thighs  
Salt  
1/2 cup melted ghee

Whisk together the yogurt, spices, garlic and ginger in a large baking dish. Add the chicken and turn to coat in the mixture. Cover and refrigerate for at least 8 hours and up to 24 hours.

Preheat the broiler. Line a sheet pan with parchment paper or aluminum foil and brush with some of the ghee. Remove the chicken from the marinade, and wipe off excess marinade. Brush the breasts with ghee and season both sides with salt and pepper, to taste. Arrange on the baking sheet in an even layer. Broil until golden brown on both sides, about 4 minutes per side.

Remove the chicken from the heat and to a cutting board. Let the chicken rest for 5 minutes and cut it into 1-inch thick slices. Transfer the chicken to a platter and serve.

*Recipe courtesy of Bobby Flay*

*<http://www.foodnetwork.com/recipes/bobby-flay/chicken-tikka-masala-recipe/index.html>*

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*Submitted By: Kate*

## Echinacea 2010

### *Lemon Chicken*

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2-3 pieces Chicken  
1 cup Fresh squeezed lemon juice  
1 tbsp chopped fresh ginger  
1 tsp lemon extract  
1 1/2 cups flour  
1 tsp paprika  
1 tsp ground ginger  
1 tsp salt  
1/2 tsp ground pepper  
3 tbsp olive oil  
1 cup chicken broth  
1-2 tsp brown sugar  
thin sliced fresh lemon (1 per piece of chicken)

*Preheat: 350°F*

Cut chicken into pieces (or buy it cut up if you can find it).

Marinate the pieces in a mixture of 1 cup fresh squeeze lemon juice, table spoon of chopped fresh ginger, tsp of lemon extract (out of the bottle).

Marinate for about an hour. Remove the chicken and preserve the marinade.

In a plastic storage bag or brown paper be mix 1 1/2 cups of flour, tsp of paprika, tsp of ground ginger, tsp of salt, 1/2 tsp of ground pepper. Shake each piece of chicken in the flour mix and set aside.

After flouring all the chicken pieces, put 3 table spoons of olive oil in a skillet and heat, add pieces of chicken and lightly brown on both sides.

After browning the chicken place the pieces in a baking dish and pour the reserved marinade over the chicken, add 1 cup of chicken broth (either from a can or using a chicken broth extract) sprinkle each piece of chicken with 1-2 tsp of brown sugar, place thin (very thin) slice of fresh lemon on each piece and **bake in the oven for 1 hour** (perhaps more..pierce a piece of chicken with a fork and make sure the fluid that flows is clear, not pink).

I serve this with a rice pilaf, or a couscous and a vegetable.

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*Submitted By: Kate*

### Thick Crust Pizza Dough

*This dough is easiest to make in a food processor or bread maker. You can, however, make it by hand (there's just a lot of mixing and kneading that way). Feel free to add ingredients to the dough to make it more interesting. I've often added minced garlic or rosemary or basil. I've even added chopped peanuts for the Thai Style Pizza (recipe link below). It's your pizza, be creative.*

3 1/2 cups flour  
1 cup warm water  
2 tbsp yeast  
2 tbsp honey  
1/4 cup olive oil  
1/2 tsp salt  
pepper & chopped herbs (esp. rosemary)

#### *To Mix Dough in a Food Processor:*

Some Food Processors come with a dough blade. If you have it use it. If you don't, just use the standard cutting blade. My dough blade broke from over use (some would call it pizza abuse, but that's another story) and the regular blade works fine. Pour in warm water. The water should be about 85 to 115° F. Test it with your hand. It should feel very warm, but comfortable. Add the honey and salt. Mix on low for about 20 seconds. Add the yeast and mix on low for another 5 seconds. Add 1 cup of flour, mix on low for 10 seconds. Add the olive oil and mix until blended (about 15 or 20 seconds more). Add the rest of the flour (and any other additions) and mix on high for about a minute or two. The dough should turn into a ball and roll around the processor. If the dough does not ball up because it's too dry, add water one tablespoon at a time until it does. If your mixture is more like a batter, add flour one tablespoon at a time. Adding water or flour as needed to get the right consistency will assure you always get a perfect dough. Just remember to do it in small amounts.

Once the dough is balled up, place the ball on a floured board and knead for about a minute. This builds the gluten which helps the dough to rise and become fluffy when cooked. Place the dough in a plastic grocery bag or a covered bowl and store in a warm, dry area to rise.

### Thick Crust Pizza Dough

After about 45 minutes the dough should have about doubled in size. Show it who's the boss and punch it down. That's right, give it a good smack so it deflates. Let it rise for another hour to an hour and a half. The dough is now ready to be rolled out. You can punch the dough down one more time if you want and wait another hour or two before rolling out. The choice is yours.

#### *To Mix Dough in a Bread Machine:*

Throw all the ingredients in, set to dough only setting, push start and walk away. That's it! No work, no hassle. If you don't work for something is it really worth having? In this case, you bet! Once the machine "beeps" and your dough is ready.

#### *To Mix Dough by Hand:*

Pour warm water into a bowl. The water should be about 85 to 115° F. Test it with your hand. It should feel very warm, but comfortable. Add the honey and salt. Mix by hand (or any other method) until well blended. Add the yeast and mix some more. Let this mixture sit for about 5 minutes. Add 1 cup of flour and the olive oil and mix until well blended. Add the rest of the flour (and any other additions) and mix well. The dough should turn into a ball. If the dough does not ball up because it's too dry, add water one tablespoon at a time until it does. If your mixture is more like a batter, add flour one tablespoon at a time. Adding water or flour as needed to get the right consistency will assure you always get a perfect dough. Just remember to do it in small amounts.

Once the dough is balled up, place the ball on a floured board and knead for about a minute. This builds the gluten which helps the dough to rise and become fluffy when cooked. Place the dough in a plastic grocery bag or a covered bowl and store in a warm, dry area to rise.

After about 45 minutes the dough should have about doubled in size. Show it who's the boss and punch it down. That's right, give it a good smack so it deflates. Let it rise for another hour to an hour and a half. The dough is now ready to be rolled out. You can punch the dough down one more time if you want and wait another hour or two before rolling out. The choice is yours.

*This dough can also be made in advance and refrigerated for a day or so, or even frozen. Be sure to let it come to room temperature before using.*



### Thick Crust Pizza Dough

*Rolling Out Pizza Dough:*

*Preheat: 400°F*

One mistake most people make when working with dough is not using enough muscle. Dough fights back. You push it, it pushes back. Don't be afraid of the dough. It won't bite you and you can't really damage it, either. When working with dough, use plenty of flour, but don't let it get too dry. It should be fun to work with, not too sticky and not too crumbly.

Form it into a flat ball about six to eight inches wide.

Using both hands, one on top of the other, press from the center outwards on it to start stretching it out, turning the dough a bit on each push. You can also pick up the dough and squeeze the edges of it while turning it like a steering wheel. This allows the weight of the dough to stretch it.

Once the dough is about 1/2" thick all the way around, use a rolling pin to flatten it out to about 1/4" thick. I usually run the pin over once or twice, flip the dough over and give it a quarter turn and roll it again to make it even.

Take a fork and put puncture holes all over the dough. This keeps it from bubbling up while cooking and it also helps to hold the sauce on as well.

Transfer dough to pizza peel sprinkled corn meal or place it on a lightly greased cookie sheet. Top with sauce, cheese and/or toppings and bake until the crust is light brown. Bake on either baking stones or on the cookie sheet or a pizza pan.

*Adapted from Mitch Mandell*

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*Submitted By: Kate*

## Echinacea 2010

### Thin Crust Pizza Dough

3 or so cups of unbleached flour  
1/2 cup of corn meal  
1 1/2 cup of warm water  
1 tsp or one packet of yeast  
2 tbsp olive oil  
Good pinch of salt or two

*Preheat: 475°F*

Add the yeast to the warm water and stir.

Measure your dry ingredients into a large bowl while the yeast/water starts to bubble. Add the yeast/water and olive oil and start mixing (you can use a bread hook). Add more flour or water until the dough is slightly tacky. Pat the surface with olive oil and put a kitchen towel over it.

Allow an hour or so to rise, depending on the temperature (the oven with the light on is a good place in the winter). Punch down and roll out, dusting with flour and corn meal. Alternatively, punch it down and let it rise again, then roll out.

Bake the dough for 4-6 minutes until it starts to cook (make sure to poke holes with a fork so as to avoid air bubbles). Take the par-baked crust out, top with your favorite toppings and throw it back in until finished.

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*Submitted By: Josh*

## Echinacea 2010

### *Pizza Provençal*

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- 1 35-ounce can Italian whole plum tomatoes, drained, seeded and crushed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons herbes de Provence
- Pizza dough (see recipe, below)
- 4 thin slices cooked ham, cut in strips
- ½ pound (about 2 cups) Cantal or Emmenthal cheese, shredded
- Provençal basil sauce (see recipe, linked at right).

*Yield: 2 10-inch pizzas*

*Preheat: 500°F*

Place a pizza stone on lowest oven rack. Let stone heat for at least 30 minutes.

In a saucepan over medium heat, combine tomatoes, olive oil, herbes de Provence and 2 to 3 tablespoons cold water. Bring to a simmer, stirring occasionally until there is no liquid left in pan, about 5 minutes. Remove from heat and set aside.

Divide pizza dough into four parts; form each into a smooth ball. Leave two dough balls out, and freeze rest for use another time. Place one dough ball on a well-floured surface, and pound with palm of your hand into a flattened disk. Using a floured rolling pin, roll out dough further, applying moderate pressure and rotating dough a quarter-turn between strokes. Applying more pressure with rolling pin, flatten to a round 10 inches in diameter and 1/8 to ¼ inch in thickness. Repeat with second ball of dough.

Transfer one portion of dough to a well-floured wooden pizza peel or rimless baking sheet. Spoon a thin even layer of tomato sauce over dough, leaving a ½-inch border untouched. Open oven door and put end of pizza peel in contact with surface of baking stone. Tilt peel up, jiggle it, and, as pizza slides onto stone, slowly pull back and dislodge pizza. **Bake for 2 minutes.**

Open oven door, slide oven rack if necessary, quickly top pizza with ham strips and shredded cheese. Dot surface with several tsp of basil sauce, and bake until edges of crust begin to brown, about **5 minutes**. Remove from oven and let rest while you bake second pizza. Serve immediately.

*adapted from Le Safari, Nice, France*

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*Submitted By: Kate*

## Echinacea 2010

### Caramelized Onion Pizza

*For caramelized onions:*

Several medium or large onions, yellow, white, or red

Olive oil

Butter (optional)

Salt

Sugar (optional)

Peel and slice the onions into rings.

Use a wide, thick-bottomed sauté pan for maximum pan contact with the onions. Coat the bottom of the pan with olive oil, or a mixture of olive oil and butter (about 1 tsp per onion). Heat the pan on medium high heat until the oil is shimmering. Add the onion slices and stir to coat the onions with the oil. Spread the onions out evenly over the pan and let cook, stirring occasionally. After 10 minutes, sprinkle some salt over the onions, and if you want, you can add some sugar to help with the caramelization process. (I add only about a tsp of sugar for 5 onions, you can add more.)

Let cook for 30 minutes to an hour more, stirring every few minutes. As soon as the onions start sticking to the pan, let them stick a little and brown, but then stir them before they burn. The trick is to let them alone enough to brown (if you stir them too often, they won't brown), but not so long so that they burn. After the first 20 to 30 minutes you may want to lower the stove temperature a little, and add a little more oil, if you find the onions are verging on burning. A metal spatula will help you scrape up the browned bits from the bottom of the pan as the caramelization proceeds. As the onions cook down, you may find you need to scrape the pan every minute, instead of every few minutes. Continue to cook and scrape, cook and scrape, until the onions are a rich, browned color. At the end of the cooking process you might want to add a little balsamic vinegar or wine to help deglaze the pan and bring some additional flavor to the onions.

Store refrigerated for several days in an air-tight container.

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*Submitted By: Kate*

## Echinacea 2010

### Caramelized Onion Pizza

*For the pizza:*

caramelized onions  
anchovies (optional)  
olive oil  
parmesan cheese

Brush olive oil lightly over the entire pie crust. Spread the caramelized onions over the pizza. If you desire add anchovies. Sprinkle the top with parmesan cheese. Bake and eat. Yummmm....

\*\*\*

*Variations:*

*~ Add mushrooms and using Boursin garlic-herb cheese*

*~ Add 2 tsp chopped fresh or 1/2 tsp dried rosemary, salt, pepper, 1/2 cup (2 ounces) crumbled Gorgonzola, blue cheese, or feta, 2 tablespoons coarsely chopped walnuts, and 1 cup trimmed arugula to the pizza.*

*~ Add 1 tablespoon chopped fresh thyme (or 1 tsp dried), 2-3 garlic cloves, minced, salt, pepper, 1/2 cup pitted sliced black olives, 1 cup grated Romano cheese, 1/2-3/4 cup sliced sun-dried tomatoes (I used the ones packed in oil), Shredded mozzarella cheese*

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*Submitted By: Kate*

## Echinacea 2010

### *Pesto and Roasted Red Pepper Pizza*

---

*For the Pesto:*

2 cups fresh basil leaves  
1/2 cup olive oil  
4 good sized cloves of garlic, peeled and chopped  
salt to taste  
1/2 cup freshly grated parmesan cheese

*Optional:*

2 tbsp Romano cheese  
3 tbsp room temperature butter  
1/4 cup pine nuts (lightly toasted)

Blend the first four ingredients and the pine nuts on high in a food processor until thoroughly blended. Beat parmesan, Romano and butter in by hand.

*For the peppers:*

A bunch of peppers (I've only ever tried red or yellow)

When roasting peppers, you should first wash the peppers and make sure all labels are scraped off. Usually you'll roast red and yellow bell peppers, but for variety, try poblanos or another large pepper. If you have a gas range, turn the burners on high and place the peppers directly onto the grates. Using tongs, turn the peppers so they get evenly charred. The peppers may hiss and bubble; it's just the water from the peppers evaporating. Peppers can be cooked on the grill the same way. If you have an electric range, broil the peppers with the oven door slightly ajar. Otherwise, the oven will automatically moderate the temperature. Be sure to turn with tongs to ensure even blistering.

As soon as the peppers are blackened all over, place them in a bowl and cover the bowl with a plate or with plastic wrap. The steam from the peppers will condense and help facilitate peeling. Do not peek or let the steam out.

---

*Submitted By: Kate*

## Echinacea 2010

### *Pesto and Roasted Red Pepper Pizza*

While the peppers cool, set up your cutting board and place a fine meshed sieve in a bowl within arm's reach. Take your first pepper, and with a sharp paring knife, make a slit down the length of the pepper cutting through only the top skin. Cut the flesh away from around the stem, trying not to separate the seeds from the knob of flesh that they cling to. Place the stem and seed knob into the sieve and open up the rest of the pepper like a book. Scrape the seeds from the inside of the pepper, placing the seeds in the sieve. The sieve will keep all the seeds and skins separate but allow any pepper juices to drip out.

Turn the pepper over and scrape the knife against the skin of the pepper, scraping off all of the charred skin. Wipe off the knife in the sieve. Slice the pepper into strips and place in the bowl under the sieve. Never wash the peppers or the taste will be diminished. When finished with the peppers, cover them in oil, adding some garlic slivers, if desired, and store in the refrigerator for one to two weeks.

*For the pizza:*

pesto (using the above recipe, the pesto alla genovese, or  
doctoring a store bought brand such as Bertolli®)  
roasted red peppers  
olive oil  
parmesan cheese

Spread pesto over the pie crust. Place roasted red pepper over the top of the pesto. Sprinkle grated parmesan cheese over the top of everything. Bake. Eat.

\*\*\*

*Variations*

- ~ Add sun dried tomatoes
- ~ Try using chevré (goat cheese), fresh mozzarella, feta, or another type of cheese
- ~ Add fresh black olives
- ~ Add artichoke hearts
- ~ Add tomato slices on top (perhaps with cracked black pepper)

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*Submitted By: Kate*

## Echinacea 2010

### *Josh's Pizza Sauces*

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#### *Tomato Sauce*

---

2 larger cans of tomato paste  
Italian seasoning  
1 small onion  
Garlic  
Red pepper flakes  
Salt and pepper

Cook the onion and garlic in olive oil until starting to go translucent. Add the tomato paste and a splash of water to thin it. Start simmering and add salt, pepper, and red pepper flakes to taste. Add water as necessary to thin the sauce (it's easier to thin than to thicken)

#### *White Sauce*

2 tablespoons olive oil  
~~1 small yellow onion, diced~~  
2 clove garlic, minced  
1/4 cup heavy cream  
1/2 tsp minced fresh thyme or marjoram  
Salt and freshly ground black pepper

Cook the garlic and onion in olive oil. Add the cream, salt, pepper, and spices. Cook just under simmering. If, like me, you're impatient, add corn starch to thicken the sauce.

---

*Submitted By: Josh*



## Echinacea 2010

### *Spaghetti Sauce*

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¾ cup chopped onion  
1 clove garlic, minced  
3 tbsp olive oil or salad oil  
2 1-pound cans (4 cups) tomatoes  
2 6-ounce cans (1 1/3 cups) tomato paste  
1 cup water  
1 tbsp sugar  
1½ tsp salt  
½ tsp pepper  
1½ tsp crushed oregano  
1 bay leaf

*Serves: 6*

Cook onion & garlic in hot oil till tender but not brown. Stir in the next 8 ingredients. **Simmer uncovered 30 minutes**; check taste and adjust seasoning as necessary. Continue cooking **30 minutes longer**.

Serve over hot spaghetti.

---

*Submitted By: Kate*

## Echinacea 2010

### *Baked Spaghetti*

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Pasta  
Sauce  
Cheese  
Veggies, meats, other

Cook the pasta until 2 or 3 minutes until they would be done (so very al dente). Strain and add to a casserole dish along with cooked meat, vegetables, cheese and sauce. Throw into a 350 degree oven for half an hour or until pasta is done. Serve hot.



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*Submitted By: Josh*

## Echinacea 2010

### *Garbage Plates*

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*"That's totally still edible, just cut off that bit. I mean, it's gonna be cooked anyway."*

*Ingredients:*

Whatever is starting to go bad and needs to be consumed as soon as possible, frequently belonging to someone else who refuses to eat it in its compromised state:

vegetables of any sort (we strongly suggest that you include onions)

cheese

sauces

parts of somebody's dinner from yesterday (or the day before)

herbs

spices

some sort of meat (if you like that kind of thing)

rice/pasta/eggs

In a frying pan, sauté the onion and other vegetables (if you are including meat, cook it before you add it to the concoction. Surprise!). Add whatever you have to the frying pan, cook completely, spice to taste, then serve over a rice or pasta bed or add some eggs to the mix (super deluxe scrambled eggs). Consume with gusto.

---

*Submitted By: Lauren & Hillary*

## Echinacea 2010

### *Bok Choy & Asparagus Stir Fry*

1/4 cup chicken stock  
2 tablespoons mirin  
1 tsp honey  
1 1/2 tsp cornstarch  
1/4 tsp salt  
1 tablespoon peanut oil  
1/4 pound smoked ham, such as Hunan, or Chinese sausage  
1/2 pound baby bok choy, trimmed and julienned  
1/2 pound asparagus, trimmed and cut into 1-inch pieces  
Steamed rice, as accompaniment

*Yield: 4 servings*

In a small bowl, combine the chicken stock, mirin, honey, cornstarch and salt, and stir until smooth. Set aside. Place a wok over medium heat. Add the peanut oil and when hot, add the ham and stir-fry for 1 minute. Add bok choy and asparagus and stir-fry until crisp-tender, about 2 minutes. Add the stock mixture to the vegetables and stir to coat.

Cook, stirring, until the vegetables have absorbed most of the sauce and are moist and tender, 3 to 5 minutes. Remove from the heat. Serve immediately with rice.



*Recipe courtesy of Emeril Lagasse, 2002*

<http://www.foodnetwork.com/recipes/emiril-lagasse/bok-choy-and-asparagus-stir-fry-recipe/index.html>

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*Submitted By: Kate & Josh*

## Echinacea 2010

### Chicken Satay & Yummy Peanut Sauce

*Satay:*

Chicken or flank steak (1 ½ to 2 lbs)  
1 T curry powder  
1 T sugar  
¼ cup cooking oil  
¼ cup soy sauce  
2 cloves garlic, minced

Cut the chicken/steak in thin diagonal strips. Combine the other ingredients, moosh together with the meat in a plastic bag and let it marinate in the refrigerator all day or overnight.

Thread on satay sticks that have been soaked 30 min in water, grill on barbecue or under the broiler, and serve with this dipping sauce:

*Satay Sauce:*

½ cup salted peanuts (I use peanut butter)  
1 med onion  
1 clove garlic  
3 small dried whole red chilies  
3 T cooking oil  
1 tsp coriander  
½ tsp cumin  
6 ounces canned coconut milk  
1 ½ T brown sugar  
1 T lemon juice  
1 T soy sauce

Dump the peanuts into a blender or food processor and hit the button a couple of times until the goobers are finely chopped. Remove to a saucer. Or if you are me, scoop out a half cup of chunky peanut butter and leave it at that.

Now toss the onion, in chunks, into the processor along with the garlic and chilies. Blend until smooth.

Heat the oil in a skillet, add the onion mixture, coriander and cumin. Stir-fry 5 min. Reduce heat to low and add the peanuts (or peanut butter). Gradually stir in coconut milk, sugar, lemon juice and soy. Cook just below a simmer for 15 min.

---

*Submitted By: Hillary*

## Echinacea 2010

### *Chicken Brochettes with Red Bell Peppers & Feta*

- 1 cup plain non-fat yogurt
- 5 tbsp crumbled feta cheese
- 2 tsp minced garlic
- 1 tsp fresh chopped rosemary
- 1/4 pepper
- 1 1/2 lbs skinless boneless chicken breasts, cut into 1 1/2 inch pieces
- 2 large red bell peppers
- 6 10-12 inch skewers soaked in water 30 minutes

Mix yogurt, 3 tbsp of feta cheese, garlic, rosemary and pepper in large bowl. Add chicken and toss to coat. Let marinate for 30 minutes.

Prepare BBQ or Broiler. Thread the chicken and red bell pepper pieces alternately onto skewers. Sprinkle with salt and pepper. (Add more pepper.. and a bit more.. Hillary) Grill or broil until chicken is cooked through, turning occasionally. About 8 minutes.

Transfer chicken brochettes to platter. Sprinkle with remaining 2 tbsp feta cheese and serve.

---

*Submitted By: Kate*

## Echinacea 2010

### Grilled Fruits and Vegetables

#### Corn

Peel back corn husks but leave husks attached to facilitate easy maneuverability on the grill. Add butter garlic sauce each time you rotate corn on grill. Mince garlic and add to melted butter. Grill slowly NOT TOO HOT!

*Submitted By: Ian*

#### Yams

1 Yam  
Honey  
Cinnamon  
Salt

Skin yams and cut into thin slices (as if you are making very thick potato chips). Fry in a hot pan with lots of olive oil (add more later if the oil has been soaked up by the yams and they look like they will begin to burn). While the yams are cooking, drizzle a generous spoonful of honey over the top and sprinkle on salt and cinnamon to taste. It will smell delicious.

*Submitted By: Hillary*

#### Zucchini and Squash

Marinade with cayenne pepper, chili powder, paprika, salt, pepper, garlic and a dash of olive oil. Allow to sit for at least 20-30 minutes, but up to 24 hours in the refrigerator. Grill over medium to low heat on the grill.

Another variation would be to use olive oil, lemon, garlic, and fresh rosemary, basil, and/or parsley. Of course the simple use of olive oil, salt and pepper is also yummy.

*Submitted By: Kate*

#### Apples

Slice apples. Mix sugar and cinnamon on a plate. Dip apples into sugar mix, and grill.

*Submitted By: Josh*

#### Pineapple

Slice pineapples (add pepper optional). Grill.

*Submitted By: Kate*

## Echinacea 2010

### *Burgers*

---

*Burgers, well what can I say, so many variations, so little time:*

#### *Options for the Beef*

*(or other meat or meat-like products)*

*Standard:*

salt and pepper  
onion

*Herbs and Garlic:*

basil, oregano, rosemary, parsley, and/or other herbs  
garlic

*Southwestern style:*

garlic  
onion  
cilantro  
cumin  
coriander

Mix ingredients into the beef before forming the patties. Try to form patties that are slightly thinner in the center than around the edges so as to avoid rounded patties.

If your burger isn't sticking together try adding some egg and a bit of bread crumbs to the mix. But beware of using too many breadcrumbs, unless you want meatloaf.

Burgers can be baked, but should be grilled.

#### *Options for the Toppings*

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BBQ  
Caramelized onions  
Guacamole  
Cheddar, Gruyère, Chevré, Munster, etc.  
Gouda with Bacon  
Chevré mixed with sun dried tomatoes and fresh rosemary

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*Submitted By: Kate & Josh*



# *Sides*

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## Echinacea 2010

### *Apple Sauce*

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3 Granny Smith Apples  
5 Other Apples  
Sugar  
Cinnamon  
Water

*Preheat: 350°F*

Peel the apples, leaving a little bit of skin, then cut into large pieces, and remove cores and seeds. Place apples into baking dish (glass); sprinkle sugar and cinnamon on top. Pour water over apples.

Repeat until apples are well-coated with cinnamon and sugar. Bake in oven (or microwave) for 5 minutes ; stir and mix water, sugar, cinnamon around.

Repeat until the apples are semi-soft. Remove from oven.

Blend in food processor, a little at a time, until they reach the desired consistency. After each batch is done, put in separate bowl to avoid over-blending. Don't put all the water in the mixer.

If you don't have a food processor, do not despair! Cook the apples until they're soft enough to mash with a fork and go to until you reach your desired consistency. Also, for smoother apple sauce, you can just bake them on the stove until they've melted into submission, just stir constantly so they don't burn. Depending on how sweet your apples are (and how you like your apple sauce, sugar is really optional - I've made great sauce with no sugar and no cinnamon, it all depends on you.)

---

*Submitted By: Kate*

## Echinacea 2010

### *Baked Apples*

---

4 tart green apples  
1/2 cup brown sugar  
2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
4 tablespoons butter

White Wine (a Riesling is ideal or a dessert wine), Apple Cider, or Apple Juice

*Preheat: 325°F*

Scoop out the core from top of the apple, leaving a well. Do not cut all the way through.

Mix the brown sugar, cinnamon, and nutmeg.

Stuff each apple with 2 tablespoons spice mixture, fill the rest with your liquid of choice, and top with 1 tsp of butter (you can cut the butter down, it's still good).

Place in a shallow baking dish and sprinkle with cinnamon any remaining spice mixture.

Pour the rest of your liquid around them.

Cover pan with aluminum foil and **bake for approximately 45 minutes to 1 hour.** (Some suggest cooking for shorter amount of time, or putting them in the microwave, but this is how I do it.)

Remove from heat and serve.

*Apples work well with pork chops, or other savory meat dishes.*

*For a dessert, serve w/ either ice cream or whipped cream*

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*Submitted By: Kate*

## Echinacea 2010

### *Beer Bread*

---

*Beer bread!! Soooo good, soooo easy. From Ashley Richardson.*

*My advice: mix the dry stuff and then slowly add the beer until you get a doughy consistency, like for any other bread. This way you don't have to worry about how big the can/bottle is, or if it's labeled in mL instead of oz! crazy French.*

3 c self-rising flour (has to have baking powder or some kind of leavening stuff in it)

10 oz beer (you could use the whole bottle if you want to add more flour and sugar)

3 tbsp white sugar

butter

*Preheat: 350°F*

Mix dry ingredients together with beer. Put in butter-greased bread pan, and if desired, dot or brush with more butter on top. **Cook for 30 minutes.**

*Recipe courtesy of Leah Lyman*

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*Submitted By: Kate*

## Echinacea 2010

### *Black Beans*

---

Approx. 1 lb dried black beans  
1 med-large onion  
cumin, maybe 1/2 tsp  
cinnamon, maybe 1/4 tsp  
aleppo or cayenne pepper for heat  
salt

Soak beans overnight or bring beans to a boil and let sit 20 minutes then change water. Simmer with plenty of water, add chopped onion, and spices. Cook until beans are really tender with some falling apart (maybe around 1 hour or more). Add water if necessary to keep beans covered and prevent sticking.

Add salt to taste when done cooking

Use as is as topping on tortillas, burrito or enchilada filling, on tortilla chips with melted cheese for nachos.

\*\*\*

#### *Variations:*

- ~ Also great if mixed w/ corn, lime juice, hot sauce, cilantro, and garlic for Corn & Black Bean Salad
- ~ Try adding more water and process part of the mix in a food processor for Black Bean Soup, garnish with cilantro & sour cream (nor not)
- ~ **Black Bean Dip: Use leftovers from Black Bean Recipe & process in a food processor w/ garlic, lime, cilantro, and salt**

---

*Submitted By: Gretel*

## Echinacea 2010

### *Focaccia*

---

3 1/3 cups all purpose flour  
1 tsp fine sea salt  
1 package dry active yeast  
3 tbsp olive oil  
handful kalamata olives, chopped  
1 cup warm water  
1 tsp coarse sea salt  
sprig fresh rosemary, chopped  
another oil, if desired

*Preheat: 400°F*

Mix flour, fine sea salt, and yeast together. Add 2 tablespoons olive oil, olives, and water gradually. **Knead 10 minutes. Let rise for 1 hour.**

**Knead about 2 minutes.** Stretch into an oval about 12 inches long. Set on baking tray and **cover--leave for about 30 minutes.**

Prod dough all over to make dimples. Sprinkle with remaining tablespoon olive oil, coarse sea salt, and rosemary.

Bake for about **20-25 minutes** or until golden.

**Cover with cloth for 15 minutes before serving,** then drizzle with other oil, if desired.

*Recipe courtesy of Kate MacInnes*

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*Submitted By: Kate*

## Echinacea 2010

### *Rosemary Olive Bread*



3 cups bread flour (all purpose will work fine, too)

1 tbsp sugar

1 tbsp salt

3/4 cup warm water

1 tbsp active dry yeast

1/4 cup olive oil

1 1/2 tbsp coarsely chopped fresh rosemary

1/2-1 cup Kalamata olives, pitted and coarsely chopped

*Preheat: 400°F*

(These instructions direct you to mix by hand, but you can also do it in a mixer with a dough hook.)

Combine yeast and warm water until yeast becomes creamy, about 10 minutes.

Add olive oil, salt, sugar, rosemary and olives into the yeast mixture and add flour 1/2 cup at a time, mixing until dough comes away from the side of the bowl. Move dough to a lightly floured surface and knead for about 5 minutes, until dough is smooth and elastic.

Place dough in a lightly greased bowl, turn to coat, cover with plastic wrap and leave to rise until doubled in size, about **1 hour**.

Shape dough gently into a ball. Place on a baking sheet and let rise, covered with a damp towel, for another **30 minutes**. Dust the bread lightly with flour, slash the top and put into the oven.

Bake for **35-45 minutes**, until bottom sounds hollow when tapped.

Place on a wire rack to cool.

*Adapted from <http://bakingsheet.blogspot.com/2005/05/rosemary-olive-bread.html>*

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*Submitted by: Kate*

## Echinacea 2010

### *Potato Latkes*

---

8 medium potatoes, peeled  
1 medium onion  
Lemon juice  
1 cup flour  
1 cup milk  
1 egg  
1 tablespoon baking powder  
1/8 cup melted butter  
Freshly grated nutmeg  
Salt and pepper to taste  
Watercress, to garnish  
Caviar, to garnish  
Applesauce, for garnish  
Creme fraiche, for garnish

*Serves: 12*

Grate potatoes and onions on a large-hole grater. Splash with lemon juice and squeeze out excess water.

Mix flour, milk, egg, baking powder, and nutmeg. Add to the potatoes and then add the melted butter.

Heat some peanut oil in a skillet and fry until golden on one side. Flip, and cook the same way on the other.

Serve with watercress, caviar, applesauce, and creme fraiche.

*\*\*For Passover, omit the baking powder and replace the flour with matzo (ground into flour), which will make a slightly denser latke. Fry it slowly.*

*Recipe courtesy of Wolfgang Puck*

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*Submitted By: Kate*



## Echinacea 2010

### *Corn Bread*

---

1 Cup Flour  
3/4 Cup Cornmeal  
1/3 Cup Honey  
3 Tbsp. Butter, melted  
1 Tbsp. Baking Powder  
1 Tsp. Sea Salt  
1 Cup Buttermilk  
1/2 Cup Grated Cheddar Cheese (plus a bit for the top, optional)  
1/2 Cup Chilis (whatever you have. Jalapenos are great)  
3 Tbsp. Fresh Chives, Chopped  
1 Large Egg  
1 3/4 Cups Corn, fresh or thawed frozen

*Oven to 350'*

Put a 10-12" cast iron pan in the oven to warm up. If you are using another type of dish (I suggest ceramic or glass), don't worry about warming, but wipe the inside with a little butter.

Whisk together the flour, cornmeal, honey, baking powder and salt. In a separate bowl whisk the egg until fluffy, then add the buttermilk, green chiles, chives, cheddar, melted butter and corn to combine. Pour the wet ingredients into the dry and stir until just combined.

Remove the skillet from the oven and swirl a pat of butter to cover the bottom. Fill the pan with the cornbread batter into an even layer and sprinkle a lil cheese for good measure. Bake for 30 – 40 minutes on the middle rack, or until the edges are golden and the center is just set.

\*\*\*

*Variation: Try adding sun dried tomatoes.*

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*Submitted By: Josh*

## Echinacea 2010

### *Sweet Potatoes & Beets*

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Beets  
Sweet Potatoes  
Butter or Olive Oil  
Honey  
Ginger root  
Salt  
Rice or Couscous

Cube the beets and sweet potatoes and mix them together in a baking dish. Dice the ginger finely. Mix melted butter or olive oil with honey, the diced ginger, and a wee bit of salt. Of course, the ratios and quantities of the ingredients in the mixture are entirely up to the cook. Pour the mixture over the beets and sweet potatoes, then bake until done (which will vary depending on cube size). I recommend eating this over a bed of rice or couscous.

---

*Submitted By: Hillary*

## Echinacea 2010

### *Garlic Naan*

---

1 1/2 tsp dry yeast  
1 cup warm water  
1 1/2 tsp sugar  
3 cups all-purpose flour  
1 tsp salt (or to taste)  
6 tbsp ghee (clarified butter)  
3 tbsp yogurt  
Lots of garlic (minced)

*Preheat your oven 200 °C/ 400 °F or Gas Mark 6.*

Add the dry yeast and sugar to the warm water and stir till the yeast is dissolved. Cover and leave aside for 10 minutes or until the mixture begins to froth. This indicates the yeast is active. Keep aside.

Mix the flour and salt to taste and sift through a very fine sieve. Put it into a large mixing bowl and now add the yeast mixture, 3 tbsp of ghee and all the yogurt and the minced garlic.

Use your fingertips to mix all this into a soft dough. Once mixed, flour a clean, flat surface (like your kitchen counter) and knead the dough till it is smooth and stretchy (elastic).

Grease a large bowl with a few drops of cooking oil and put the dough in it. Cover and allow to rest for about 90 minutes or till the dough doubles in volume.

Punch the dough down and knead again for 10 minutes.

Equally divide the dough and roll between your palms to form 8 round balls.

Lightly flour the same surface on which you kneaded the dough and roll out each ball until you have a circle, 7-8 inches in diameter (1/2 "thick). Gently pull on one edge of the circle to form the Naan into a teardrop shape. Do not pull too hard or you may tear the Naan. Instead of rolling the dough out (with a rolling pin) you can also pat it into a circle with your hands.

Lay a piece of aluminum foil in an oven tray (to cover) and grease it lightly with a few drops of cooking oil.

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*Submitted By: Josh*

## Echinacea 2010

### *Garlic Naan*

---

Place as many Naans as will fit without touching each other, on the tray.

Brush each Naan with some ghee.

Put the tray into the oven and cook till the Naan begins to puff out and get lightly brown. Flip the Naan and repeat.

Remove from oven and serve hot in a foil-lined basket.

\*\*\*

*Variations:*

~ *Try adding feta and spinach*

~ *Try adding other fresh herbs, such as basil, rosemary, or chives*

~ *Cheese (mozzarella)*

~ *Sautéed onions*



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*Submitted By: Josh*

## Echinacea 2010

### *Tomatoes & Zucchini à la Provençal*

---

parsley (to garnish)  
salt & fresh ground pepper  
2-3 tbsp olive oil  
2 garlic cloves, finely sliced  
2 tbsp sliced fresh parsley  
1 tbsp dry breadcrumbs  
2 large tomatoes

*Preheat: 425°F*

Cut tomatoes in half crosswise and place on foil wrap lined baking sheet. Mix crumbs, parsley, garlic, salt & pepper. Spoon over the tomato halves. Drizzle generously with olive oil.

**Bake at top of oven for 8-10 minutes** until lightly browned.

Serve at once, garnished with parsley.

Try the same recipe with Zucchini.

---

*Submitted By: Kate*

## Echinacea 2010

### *Whole Wheat Bread*

---

I make this in a bread machine:

- 1 1/2 cups water
- 2 tbsp safflower or canola oil
- 3 1/2 cup whole wheat flour or blend of whole wheat & rye
- 1/2 cup rolled oats
- 3 tbsp ground flax seed
- 1 1/2 tsp salt
- 1 tsp sugar
- 2-3 tbsp molasses
- 1 1/2 tbsp gluten
- 2 tsp active dry yeast

*Adapted from Bob's Red Mill, Whole Wheat Bread for Bread Machines*

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*Submitted By: Gretel*

# *Marinades & Dressings*

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## Echinacea 2010

### Creamy Lime Salad Dressing

2 cloves  
1/4 tsp dijon mustard  
3 tbsp fresh lime juice  
1 tsp chopped red onion or shallot  
1/4 olive oil  
*Submitted By: Kate*

### Garlic Lime Marinade

1/2 cup fresh lime juice  
1/4 cup olive oil  
1 tbsp minced garlic  
Especially good for chicken. Marinade for at least 2 hours.  
*Submitted By: Kate*

### Ginger Vinaigrette

2 green onions, chopped  
2 cloves garlic  
2 tbsp sesame oil  
2 soy sauce  
2 tbsp rice vinegar  
1 tbsp chopped peeled fresh ginger  
1 tbsp honey  
1/4 cup canola or vegetable oil  
Blend first 7 ingredients in food processor. With machine running, gradually add oil and process until well blended. (Can be prepared 1 day ahead. Cover and refrigerate. Let stand 30 minutes at room temperature before using.)  
*Submitted By: Kate*



## Echinacea 2010

### *Pesto*

---

Clean fresh basil leaves maybe 4-5 cups  
2 cloves garlic  
3/4 cup walnuts  
1/4 cup olive oil  
salt  
shredded parmesan cheese

*Yield: Lots*

Process garlic & walnuts in food processor, remove. Put basil leaves in food processor, slowly add olive oil. Mix with the garlic & walnuts.

Add salt to taste (around 1/2 tsp).

Store half the pesto in a glass jar and toss the remainder with 1 lb cooked pasta and 1/2 cup parmesan cheese. Eat.

If you are making pesto to freeze, leave out the cheese or it won't keep well. Add cheese at the last minute.

*Submitted By: Gretel*

### *Red Pesto*

---

1 1/2 pounds vine ripe tomatoes  
1/2 tsp garlic, roasted  
2 tsp extra virgin olive oil  
1/2 tsp fresh oregano  
5 to 7 leaves fresh basil  
Dash salt

Cut the tomatoes in half and lay face up on a sheet pan prepared with olive oil. Sprinkle the tomatoes with olive oil, salt and pepper. Let dry in a 200 degree oven for 4 to 5 hours. Tomatoes will not dry out completely. Put the tomatoes, garlic, olive oil, oregano, basil, and salt in a blender or food processor.

Process until the mixture is rough-textured, not completely smooth

*Submitted By: Kate*

## Echinacea 2010

### *Provençal Basil Sauce*

---

2 garlic cloves, peeled  
4 cups loosely packed basil leaves  
½ cup extra virgin olive oil  
½ tsp salt

*Yield: 1 cup*

Place garlic in a food processor, and process until finely chopped. Add basil, and process until finely chopped. With motor running, slowly pour in oil, and process until fully incorporated. Texture should be slightly thinner than a classic pesto sauce. Season with salt, transfer to a covered container, and refrigerate for up to 1 week, longer in freezer.

*Submitted By: Kate*

### *Tapenade*

---

1/2 pound good black olives, such as kalamata, pitted and diced (A mixed bag of olives is also delicious)  
3 tablespoons capers, drained  
8 anchovy fillets  
1 garlic clove, minced  
1/2 cup good olive oil  
1 tablespoon freshly squeezed lemon juice  
2 tsp Dijon mustard  
1 tsp minced fresh thyme leaves  
1 tablespoon chopped fresh parsley leaves

Combine the olives, capers, anchovies and garlic in a food processor fitted with a steel blade, and pulse 3 times. Add the olive oil, lemon juice, mustard, thyme and parsley and process until chunky. If you hate anchovies (you're crazy), but you don't need them.

You can make lovely tapenade with almost any combination of the above, as long as olives are involved. I won't guarantee that this is as good as what we found in Aix, but it's fun to experiment with.

*Submitted By: Kate*

## Echinacea 2010

### *Spicy Asian Marinade*

---

1 lemon  
1 lime  
1 tablespoon coriander seeds  
2 tablespoons minced peeled ginger  
2 or more cloves minced garlic  
1 large shallot, minced  
2 fresh jalapeño chiles, minced (3 tablespoons), including seeds  
2 tablespoons toasted sesame seeds  
2 tsp kosher salt  
2 tsp white pepper  
3 tablespoons vegetable oil

Juice the citrus and blend everything else in a food processor. Add more and less of various things to taste. Marinade and grill.

*Submitted By: Josh*

### *Spicy Steak Marinade*

---

lime  
olive oil  
cilantro (fresh is best)  
garlic chopped  
salt  
pepper  
jalapeños  
cumin  
coriander  
chili powder

Juice the citrus and blend everything else in a food processor. Add more and less of various things to taste. Marinade and grill.

*Submitted By: Josh*

# *Breakfast*

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## Echinacea 2010

### *Apple Turnovers*

---

Puff Pastry

2 - 3 Jonathon apples (or any tart baking apple)

3 cups sugar

6 Tbsp cinnamon

1 1/2 tsp nutmeg

*Preheat: 425°F*

Peel and core the apples. Cut them into eighths and set them aside. Combine sugar, cinnamon and nutmeg. Add the apple slices and stir until they are evenly coated.

Unwrap a pie crust and cut it into eighths. Roll each section of the crust with a rolling pin to half its original thickness (it should also double in size).

Place 2-3 coated apple slices in the middle of the triangle of dough (keep in mind that the dough must cover the apples when determining the number of apples). Wrap the dough around the apples. Pinch the dough shut. If you wish the dumpling to have a round shape, form it with your fingers. If you wish a more elegant shape, pinch the corners out to make a triangle.

Arrange the dumplings on a baking sheet so that they don't touch. **Bake them for 10-15 minutes** or until they are a dark golden brown.

Place the dumplings on a cooling rack. Serve warm with vanilla ice cream. Store in an airtight container.

*Recipe courtesy of Dani Friedland*

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*Submitted By: Kate*

## Echinacea 2010

### Apple Pancakes Soufflé

1 cup all-purpose flour  
2 Tbsp additional all-purpose flour  
3 Tbsp sugar  
1/2 tsp salt  
2 tbsp cinnamon  
2 cups fat-free egg substitute  
2 cups skim milk  
1 tsp vanilla extract  
2 tbsp stick margarine  
6 apples, peeled and thinly sliced  
3 tbsp packed light brown sugar

*Preheat: 425°F*

In a large bowl, combine the flour, sugar, salt and cinnamon; make a well in the center. Add the egg substitute, milk, and vanilla; whisk until thoroughly combined.

Place the margarine in a 13x9 baking dish; place in the oven until the margarine is melted and sizzling, about 3 minutes.

Add the apples and mix gently to coat.

Bake until the apples are heated through, about 5 minutes.

Pour the egg mixture over the apples; sprinkle with the brown sugar. Bake until the soufflé is puffed and golden and a knife inserted in the center comes out clean, **about 35 minutes.**

Serve at once with syrup.

*Recipe courtesy of Dani Friedland*

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*Submitted By: Kate*

## Echinacea 2010

### *Banana Bread*

---

2 1/2 cup flour  
1 1/4 tsp baking powder  
1 1/4 baking soda  
1/2 tsp salt  
3 ripe bananas  
3 eggs  
1 cup butter, softened  
2/3 cup milk  
1 2/3 cup sugar  
1 tsp vanilla  
12 oz chocolate chips

*Preheat: 350°F*

Combine flour, baking powder, baking soda, and salt in a mixing bowl. Mix bananas, eggs, butter, milk, sugar, and vanilla in a blender or food processor until smooth. Pour batter over dry ingredients. Stir until smooth. Mix in chocolate chips. Pour into greased pans. **Bake for 50 minutes** or until done. Depending upon pan, it may take one hour.

---

*Submitted By: Kate*

## Echinacea 2010

### Lemon Poppy Seed Muffins

2 cups all-purpose flour  
1 tbsp baking powder  
½ tsp salt  
¼ tsp nutmeg (optional)  
½ tsp baking soda  
1½ tbsp poppy seeds  
2 large eggs  
1 cup yogurt, buttermilk, or sour cream  
⅔ cup sugar  
4-8 tbsp butter  
1 tsp vanilla  
1 tbsp grated lemon zest

*Yield: 10 muffins*

*Preheat: 400° F*

Whisk together thoroughly flour, baking powder, salt, nutmeg, baking soda, & poppy seeds. Whisk together in another bowl eggs, yogurt, sugar, butter, vanilla, & grated lemon zest. Add this mixture to the flour mixture & mix together with a few light strokes just until the dry ingredients are moistened. DO NOT over mix; the batter should not be smooth. Divide the batter among the muffin cups.

**Bake 12-15 minutes.**

*Recipe courtesy of Dani Friedland*

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*Submitted By: Kate*



## Echinacea 2010

### *Pancakes*

---

1 cup / 130g all-purpose flour  
1 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
1 egg, well-beaten  
2 TB vegetable oil  
1 cup / 237ml buttermilk\*  
more vegetable oil for the pan

\*If using buttermilk powder, as I did this time, mix the powder in with the flour and add the water to the egg and oil

In a small bowl or a 2-cup glass measuring cup, mix together the beaten egg, 2 TB vegetable oil and buttermilk.

In a large bowl, combine the dry ingredients and mix very well to distribute the leaveners. Add the wet ingredients and stir just until blended. The batter will be lumpy. This is what you want.

Heat a large skillet or griddle over medium heat until drops of water dance across the surface. If the water evaporates as soon as it hits the pan, the pan is too hot. Lower the heat and try again in a minute or so. When the pan is right, brush the surface with oil.

Using a ladle or big spoon, drop batter onto the pan for 3 or 4 pancakes at a time. Turn them over when the top is bubbly and holy and the edges look dry, about 2 minutes. Cook the second side for 1 to 2 minutes more, until well-colored.

The pancakes can be kept warm in a 200 degree oven, loosely covered with foil, or frozen and reheated, loosely covered, in a 200 degree oven as needed.

---

*Submitted By: Josh*

## Echinacea 2010

### Scones

---

3 cups flour  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
1/3 cup sugar

*Preheat: 400°F*

Stir all together in bowl. Put in 1 ½ sticks of butter (cut up and cold). Cut into four mixture with pastry blender until crumbly. Add 1 cup buttermilk. Stir in, knead, shape.

**Bake for 15-18 minutes.**

Eat with jam!!!

\*\*\*

*You could also try adding other things to the recipe (fruit, berries, spices) to make delicious variations.*

---

*Submitted By: Hillary*

## Echinacea 2010

### *Waffles*

---

4 eggs  
3 tbs butter  
1 tsp salt  
1 tsp vanilla  
1 cup milk  
1 cup flower

Separate egg whites. Mix yokes. Add melted butter slowly to egg yokes while stirring. Add 1 tsp salt and 1 tsp vanilla (can add a bit more if you like). Stir in 1 cup milk Mix 1 cup flower (sometimes needs slightly more flowery to make consistency not too soupy) Whip egg whites until stiff peaks form. Add egg whites to batter and fold in.

YOU'RE READY!

---

*Submitted By: Ian*

## Echinacea 2010

### *Zucchini Bread*

---

3 eggs  
1 cup light vegetable oil  
2 cup grated zucchini  
1 tbsp vanilla extract  
3 cups flour  
2 cups granulated sugar  
1 tsp salt  
1 tsp baking soda  
1/4 tsp baking powder  
1 tsp cinnamon  
1/4 tsp nutmeg

*Preheat: 350°F*

\*Wash and trim zucchini but do not peel. Grate zucchini with food processor and squeeze out excess moisture. Measure 2 cups grated zucchini.

Pam 2-3 regular or 5-6 mini loaf pans. Mix all ingredients in order shown with a running electric mixer. Divide batter among pans. Do not fill pans more than 2/3 full!

Bake in middle of oven (or rotate pans during baking) for **40 minutes to 1 hour**. Cake tester should come out clean. Do not over-bake.

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*Submitted By: Kate*

Echinacea 2010

*Chocolate Zucchini Bread*

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*Submitted By: Hillary*

## Echinacea 2010

### *Toad in the Hole*

---

2 eggs  
2 slices of lightly toasted bread  
Butter or oil  
Salt and pepper

Butter the bread (or lightly oil) and use a cup to cut holes in the bread. Put the bread on a medium skillet and begin toasting. Before it needs to be flipped, crack an egg into each hole and salt and pepper. Flip and cook until the egg is done.

---

*Submitted By: Josh*

## Echinacea 2010

### Yogurt

---

Find suitable glass jars with lids:

(wide mouths are better) that you can fit in a small cooler. I use 4 tall jelly jars that have matching plastic lids (Crate & Barrel purchase, but I'm not sure if they still carry them)

enough milk to fill your jars

yogurt starter

water

small cooler

Heat slowly in thick bottom pan to 180 degrees (you need a candy thermometer for this). Then fill your clean jars with the hot milk. Put the thermometer in one of your jars.

Meanwhile, boil a kettle full of water.

Spoon out some already made yogurt to use as starter (I use Stonyfield Farm plain, lowfat, organic). I usually have about 1 tsp of yogurt "starter" per 2 cups of milk.

When the water boils, pour 2/3 of it into the bottom of your cooler to heat it up.

Wait until the milk has cooled to between 106 and 110 degrees, then stir in the appropriate amount of starter yogurt into each jar. Close lids & set into the cooler.

Put a shallow pan on top of the jars in the cooler and fill the pan with the rest of the hot water. Let this incubate for 8 hours or until the yogurt is set. I cover the cooler with a blanket and keep it in the warmest room of the house.

Refrigerate when done.

\*\*\*

*If you like it Greek style you can strain off more of the whey for a thicker yogurt.  
I use organic skim milk to start, but for a richer product you can use the fatty stuff.*

*Disclaimer: I do not follow recipes when I cook, so the end product is always a little different. Therefore, it is hard to write down instructions and recipes for others to follow. So, consider these guidelines and use them as a foundation for your own delectable creations. (The temperature for the yogurt is key though--so maybe don't play with this).*

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*Submitted By: Gretel*

# *Drinks*

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## Echinacea 2010

### *Mango Lassi*

---

1 cup plain yogurt  
1/2 cup milk  
1 cup chopped mango (peeled and stone removed)  
4 tsp sugar, to taste  
A dash of ground cardamom (optional)

Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes, then pour into individual glasses, and serve. Can sprinkle with a little cardamom.

The lassi can be kept refrigerated for up to 24 hours.

*Makes about 2 cups*

\*\*\*

*Variation: Use other fruit, like strawberries*

*Submitted By: Josh*

### *Lemonade*

---

3 cups water  
4 lemons or 1 cup lemon juice  
1/2 cup sugar

Mix ingredients together & serve over ice.

\*\*\*

*Variations:*

*Limeade: substitute lime juice (about 10 limes) for the lemons & increase sugar to 3/4 cup.*

*Minted Lemonade: Bruise mint leaves in glasses before pouring lemonade. Garnish with mint leaves.*

*Pink Lemonade: Add 2 or 3 drops red food color and, if desired, 2 tbsp grenadine syrup.*

*Submitted By: Kate*

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## Echinacea 2010

### *Jello Shots*

---

6 ounces Jello (large package)—lime it good!  
16 ounces Water (boiling)  
6 ounces Water (cold)  
10 ounces Vodka

Mix the jello powder with the boiling water until the powder is fully dissolved then add the cold water and vodka (or whatever alcohol you desire). Pour the cooling mixture into shot glasses if you are classy and happen to have a lot of them lying around.

If you want to be a little more communal, just pour it into a large bowl (think mixing or salad bowl).

Refrigerate.

Consume alcohol in a novel, semisolid form!

*Submitted by: Hillary*

### *Mulled Wine*

---

*So of course you purchase a mulled wine spice mix and follow directions. But, you can do this too:*

6 whole allspice berries  
1 tablespoon whole black peppercorns  
2 whole star anise  
3 cinnamon sticks  
1 (1-inch) piece fresh ginger, sliced  
3 large strips orange zest  
3 large strips lemon zest  
2 (750-ml) bottles red wine  
3/4 cup honey

In the basket of a coffee percolator place the allspice berries, peppercorns, star anise, cinnamon sticks, ginger and citrus zest. Pour the wine and honey into the percolator. Attach basket, cover and let percolate for 1 to 2 hours. Serve hot.

*Submitted By: Kate*

*Courtesy of Alton Brown*

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## Echinacea 2010

### *Sangria*

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- 2 bottles red table wine (for summer you can use rosé or white)
- 1 cup brandy (sometimes people use dark rum)
- 1/2 cup triple sec (or other fruit liqueur)
- 1 cup orange juice
- 1 cup pomegranate juice (or cranberry)
- 1/2 cup simple syrup, or more to taste
- Orange slices
- Apple slices
- Lemon slices
- Peach slices

Mix all ingredients together and let stand in a tightly sealed container or pitcher for at least 24 hours in the refrigerator before serving.

\*\*\*

Variations: Basically, mix fruit with wine and let sit. Be creative.

### *Tequila Sunrise*

---

- 2 oz Tequila
- 4 oz orange juice
- grenadine syrup

Pour tequila in a highball glass with ice, and top with orange juice. Stir. Add grenadine by tilting glass and pouring grenadine down side by flipping the bottle vertically very quickly. The grenadine should go straight to the bottom and then rise up slowly through the drink. Garnish stirrer, straw and cherry-orange.

---

*Submitted By: Kate*

## Echinacea 2010

### *Gin & Tonic*

---

2 oz gin  
5 oz tonic water  
2 lime wedges

Pour the gin and the tonic water into a highball glass almost filled with ice cubes. Squeeze in the lime. Garnish with a fresh lime wedge.

### *Cucumber Draank*

---

1 oz Cucumber juice (the saved results of making tzatziki)  
2 oz gin  
4 oz tonic water  
1 lime wedge

Pour the gin and the tonic water into a highball glass almost filled with ice cubes. Pour in the cucumber. Squeeze in the lime. Garnish with a cucumber slice.

### *Sex on the Beach*

---

1 1/2 oz vodka  
1/2 oz peach schnapps  
2 oz cranberry juice  
2 oz orange juice

Add vodka and peach schnapps to a highball glass over ice. Fill with equal measures of cranberry juice and orange juice, and stir.

---

*Submitted by: Kate*

## Echinacea 2010

### *Mojito*

---

2 lime wedges  
6 mint leaves  
4 Thai basil leaves  
1 tablespoon Ginger Simple Syrup, recipe follows  
1-ounce club soda  
1-ounce white rum  
Fine sugar Ice  
Coconut milk (optional)

Place the lime, mint and Thai basil in a cocktail shaker and muddle well. Add Ginger Simple Syrup, club soda, and rum and shake well.

Rim a glass with fine sugar and fill with ice. Pour drink over ice. Float coconut milk on top of the drink.

### *Ginger Simple Syrup*

---

1/2 cup sugar  
1/2 cup water  
1 (2-inch) piece ginger, thickly sliced

Combine all ingredients in a small saucepan. Bring to a boil and cook until the sugar is dissolved. Remove from the heat and cool. Once cool, strain out the ginger.

*Recipe courtesy of Bobby Flay:*

*<http://www.foodnetwork.com/recipes/bobby-flay/bobbys-signature-mojito-recipe/index.html>*

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*Submitted By: Kate*

## Echinacea 2010

### *Hot Cocoa and Homemade Marshmallows*

---

*For Cocoa:*

3/4 cup powdered milk  
1/2 tsp ground cinnamon  
3/4 cup sugar  
1/2 cup cocoa powder  
4 ounces bittersweet chocolate  
Homemade Marshmallows

Combine all the dry ingredients in a large bowl and mix well. Take the bittersweet chocolate and roughly chop it up to give a chunky but consistent size. Mix well with a wooden spoon and then store in a dry airtight container. To make the hot chocolate, simply add 1 cup of water per 1/2 cup of hot cocoa mix. Heat in a small saucepan over low heat, stirring with a whisk. Heat until hot, but do not boil, about 6 to 7 minutes. Serve with marshmallows.

*For Marshmallows:*

3 tablespoons (3 packets) powdered gelatin  
2 cups cold water  
2 cups sugar  
2 egg whites  
2 cups confectioners' sugar, sifted, plus more for dusting pan and marshmallows  
Butter, for greasing pan

In a medium sized saucepan soak the gelatin in the cold water. After the gelatin has softened, approximately 10 minutes, add the regular sugar and then gently dissolve over low heat, approximately 8 minutes. Remove from the heat and allow to cool to room temperature.

In a mixer, beat the egg whites until stiff peaks and then fold in the sifted confectioners' sugar. While the mixer is on low, slowly pour in the cooled gelatin mixture. Increase the speed and beat until white and thick. The volume should double in size and should form between soft and firm peaks.

Line an 8 by 8-inch baking dish with high sides with foil, grease slightly with butter, and coat with confectioners' sugar. Alternatively, you can use a baking sheet, but the marshmallows will not be as tall. Pour marshmallow mixture in and top with more sifted confectioners' sugar. Leave out overnight or for at least 3 hours to set. The marshmallow should be light and spongy when set.

Loosen marshmallow from edges of tray and invert onto a large cutting board. Peel off foil and use a large knife to cut the marshmallows into cubes. Dredge each piece in confectioners' sugar.

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*Submitted By: Kate*

# *Dessert*

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## Echinacea 2010

### *Peach Crisp*

---

3 lbs Peaches  
2 tablespoons lemon juice  
1/2 cup brown sugar  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
1/3 cup all-purpose flour  
1/3 cup granulated sugar  
1/3 cup rolled oats  
4 tablespoons cold butter (1/2 stick)  
1/2 cup chopped walnuts or pecans

*Preheat: 375°F*

Peel, core and chop peaches, toss in a bowl with lemon juice. In a separate bowl, combine brown sugar, cinnamon, and nutmeg; stir into apples. Set aside.

In another bowl combine flour, sugar and oats. Cut butter into 8 pieces, and cut butter into flour until mixture looks like crumbs. Stir in nuts.

Butter a 10 X 10-inch baking dish. Spread apples in bottom of baking dish then sprinkle with flour mixture.

**Bake for 45 minutes**, or until apples are tender and topping is lightly browned. Serve warm or at room temperature. Serve with ice cream.

\*\*\*

*Variation: Try other fruits, such as apples.*

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*Submitted By: Kate*



## Echinacea 2010

### Chocolate Caramel Truffles

1 cup sugar  
2/3 cup heavy cream  
9 oz fine-quality semisweet chocolate, broken into pieces  
1/4 tsp salt  
1 1/2 tsp vanilla extract  
1/3 cup cocoa

*Makes: 40*

In a dry heavy saucepan (about 3 1/2 quarts) cook sugar over moderate heat, stirring with a fork until melted, and swirl pan until sugar is a golden caramel. Remove pan from heat and add cream carefully (mixture will bubble up). Return pan to heat and simmer, stirring, until caramel is dissolved.

Remove pan from heat and add chocolate, salt, and vanilla. Let mixture stand 5 minutes and stir until chocolate is melted. Transfer mixture to a bowl and cool, uncovered. Chill mixture, covered, 2 hours, or until firm.

Coat hands with cocoa. Scoop truffles out with a cocoa-d spoon, and roll into a ball.

Keep in an airtight container in the fridge for 2 weeks (truffles best eaten cold).

*Would also be excellent drizzled hot over ice cream*



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*Submitted By: Kate*

Echinacea 2010

*Laura's Chocolate Cake*

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*Submitted By: Laura*

## Echinacea 2010

### *Lemon Poppy Seed Cake with Strawberry Filling & White Chocolate Frosting*

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*For Cake:*

3 cups Softasilk cake flour  
2 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
2 cups sugar  
1 cup butter, softened  
1 tbsp grated lemon peel  
1 additional tsp grated lemon peel  
4 eggs, room temperature  
2 tbsp lemon juice  
1½ tsp vanilla extract  
1 cup buttermilk  
2 tbsp poppy seeds

*Preheat: 350°F*

Combine first four ingredients in a medium bowl. In a mixer bowl, beat sugar, butter and lemon peel until smooth. Add eggs one at a time, and beat well after each. Beat in lemon juice and vanilla. Add dry ingredients alternately with buttermilk, in three batches. Stir in poppy seeds. Pour into three greased 9-inch round cake pans.

**Bake 25 minutes;** remove and cool 10 minutes; remove from pans. Put aside.

*For Frosting:*

¾ cup sugar  
2 eggs, room temperature  
6 tbsp lemon juice  
8 oz white chocolate, chopped  
3 cups whipping cream  
2 cups sliced strawberries

Combine 1/2 cup sugar, eggs, and lemon in a pan over simmering water. Whisk until very thick, about 3 minutes. Remove from heat, add chocolate and stir until smooth. Let cool to room temperature. Beat cream and remaining sugar until it forms firm peaks. Fold cream into chocolate mixture.

Spread one cake layer with 1 cup frosting. Top with 1 cup sliced strawberries, then 1/2 cup frosting. Repeat with second layer. Put top layer on and frost.

---

*Submitted By: Kate*

## Echinacea 2010

### *Lindblad Apple Cake*

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2 eggs  
1/2 cup vegetable oil  
1 cup sugar  
1 cup flour  
1/4 tbsp baking soda  
1/4 tbsp baking powder  
1 tbsp cinnamon  
1/2 tsp salt  
3 raw chopped apples

Beat oil and eggs until foamy.

Add dry ingredients.

**Bake "until done"--20 minutes.**

*Recipe courtesy of Dani Friedland*

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*Submitted By: Kate*

## Echinacea 2010

### *Nutella Cookies*

---

¼ cup butter, softened  
1 cup confit de noisette  
½ cup + 1 T Nutella  
2 eggs  
2 scant cups flour  
½ tsp salt  
1 tsp baking powder  
½ tsp vanilla extract  
9 oz Frango Double Chocolate Baking Chips  
½ cup coarsely crushed hazelnuts

*Preheat: 350°F*

Beat butter with Nutella and noisette.

Beat in eggs.

Add everything else.

**Bake on ungreased cookie sheet for 10 minutes or until puffed.**

*Recipe courtesy of Kate MacInnes & Dani Friedland*

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*Submitted By: Kate*

## Echinacea 2010

### *Mocha Chip Cookies*

---

1/2 cup butter, softened  
1 1/4 cups white sugar  
3/4 tsp baking soda  
1/2 tsp salt  
1 tsp vanilla extract  
2 eggs  
1/3 cup instant coffee granules  
2 tablespoons hot water  
2 2/3 cups all-purpose flour  
2 cups semi-sweet chocolate chips

*Preheat: 350 °F*

Mix the butter, sugar, baking soda, salt, vanilla, and eggs. Add the instant coffee to the hot water, making sure it dissolves, then add to your dough. Mix well.

Begin adding flour, mixing between each addition. Add chocolate chips once thoroughly mixed.

**Bake for about 10 minutes.**

---

*Submitted By: Josh*

## Echinacea 2010

### *Double Chocolate Chip Cookies*

2 cups all-purpose flour  
3/4 cup powdered baking chocolate  
1 tsp baking soda  
1/2 tsp salt  
1 cup (2 sticks) butter or margarine, softened  
2/3 cup granulated sugar  
2/3 cup packed brown sugar  
1 tsp vanilla extract  
2 large eggs  
1 3/4 cups (11.5-oz. pkg.) chocolate chips

*Preheat oven to 350° F*

Combine flour, cocoa, baking soda and salt in medium bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chunks. Drop by rounded tablespoon onto ungreased baking sheets.

**Bake for 9 to 11 minutes** or until cookies are puffed and centers are set but still soft.

Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

---

*Submitted By: Josh*

## Echinacea 2010

### *Blueberry Pie*

---

Two 10 oz. disks of pie dough  
6 cups blueberries (or other kinds of berries)  
3/4 cup sugar  
4 tbsp quick-cooking tapioca, pulverized in a mortar  
2 tsp grated lemon zest  
1 tbsp fresh lemon juice  
1/4 tsp salt  
2 tbsp unsalted butter  
1 egg

*Makes one 9" pie*

*Preheat: 400°F*

Roll one of the disks of dough into a 12" round. Line a 9" tart or pie pan with the dough. Trim the edges, leaving a 1/2"-long overhang. Roll the other disk of dough into a 12" round. Place on a parchment-paper-lined baking sheet. Refrigerate the lined pie pan and the round of dough while preparing the fruit.

Position a rack in the lower third of the oven.

In a medium bowl, stir together the berries, sugar, tapioca, lemon zest, lemon juice, and salt. Let stand for 10 minutes. Pour the mixture into the prepared pie shell. Cut butter into small cubes and sprinkle over the berries.

Cover the pie with the top crust. Fold the edge of the top crust the edge of the bottom crust. Pinch the crusts together crimping all around. In a small bowl, beat the egg. Lightly brush the top crust with the beaten egg. Cut 4 small steam vents.

**Bake for 15 minutes. Turn the oven down to 350°F and bake until pie is golden, about 45 minutes.**

Let pie cool completely before serving.

*Recipe courtesy of Alice Water's Cookbook: The Art of Simple Food*

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*Submitted By: Kate*