

198?

broccoli-potato(e?) cheese glop

or

what are we going to do with the broccoli this time?

It was a fish, potato, and veggie night. [Say, doesn't that sound like "It was a dark and stormy night."? Never mind.]

Once we figured we'd make the veggie broccoli, we had to figure out how to make it interesting. We did not want to be accused of dull American cooking, even if we were eating alone. The general idea was clear. Kill it in the pressure cooker and hit it with some kind of cheese sauce. The details were anything but. (Clear.) So we went to the dr bob cooking team library and consulted the serious cookbooks. You know, the heaviest ones on the shelf. The ones you could use for weight training. No luck. On our own again.

Out came the 6 month old can of Campbell's cheddar cheese soup. Which we proceeded to warm up. Meanwhile we peeled 3 medium potatoes and chopped 'em up to boiling size, and persuaded them to boil, for 15 minutes. Standard procedure. This time we forgot the salt. [Too many close relatives with high blood pressure, probably has broken our habit. No problem, the canned soup has a semi-lethal dose.]

The average hunk of fresh broccoli also got the standard treatment. Eliminate those ugly little leaves, cut off the ends, slice down the stalks. Into the pressure cooker. Instead of the usual cup of water, we dumped in some cheap white wine, maybe half a cup, and the rest water. It seemed like a good idea at the time, even if probably in vain. Three minutes at full steam. Decidedly dead (soft), appropriate for this recipe. Chopped it up.

Drained the potatoes, chopped them up a bit more just for good measure (half inch size, maybe five eighths). You've heard of parsleyed potatoes? Well, broccoli is green too. So we threw them all together in a burst of imagination. Then we got out a bunch of spices that seemed like they might fit in somewhere. Forgot most of them. Generous salt and pepper, nutmeg did find their way into the cheddar cheese soup warming up on the back burner (no water added). As already noted, the salt we could not stop. The nutmeg came to mind from a spinach recipe. Again the color affinity thing. We added too much naturally. Then mixed the broccoli and potatoes with the over nutmegged cheese soup in a large mixing bowl. To our surprise it tasted pretty good. Maybe you can figure out how much nutmeg to add.

ingredients

- 1 bunch broccoli
- 3 medium potatoes
- 1 can cheddar cheese soup
- nutmeg "to taste"
- pepper, no salt

instructions

1. See above. Be prepared to lie about this dish if you serve it to guests. It is quick and tasty in spite of its low brow cuisine level.

notes

1. WARNING. This recipe bears no resemblance to any previous recipe the team has ever seen, published or perished. As you might have guessed.
2. The "potato(e?)" in the title has its origins in an infamous misspelling by Reagan's vice president Dan Quale. I guess you had to be there at the time.

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quick hot shrimp pasta

The dr bob food stuffs department is usually seriously under stocked, so much so that it usually requires brilliant inspired and imaginative thinking to figure out how to combine what is lying around into an acceptable facsimile of an edible entree.

This time Claes the pasta hating Swede was expected to arrive by train but it wasn't clear when and our stomachs decided after waiting that it was definitely going to be too late. For him. So we had little time to move since he could call at any minute and nothing lying around to improvise with. Pasta of course. And a cream of shrimp soup—we always keep that around for the orecchiette. But what to do, what to do. (Not orecchiette again—no need to overdo a good thing.) So it looked like the cream of shrimp would have to be the base for a pasta sauce—say with fusilli—that's the pasta that always reminds dr bob of VD (spirochetes?).

So we started throwing in stuff in a hurry (remember Claes on the way) and ani overdid the salt so we compensated with some sugar and more red pepper. Pasta just al dente, drained and mixed with the sauce, and the phone rings. Claes the pasta hating Swede. Just missed the hourly train out to the burbs (reduced evening schedule). We said there's a McDonald's in the station. We'll be waiting at the stop in the burbs. And sat down and enjoyed this successful creation.

After the dishes a knock on the door. Claes? Impossible. A policeman and a detective wanting to check out a funny smell like a dead person reported by the neighbor this morning in our absence. No dead people or other formerly living creatures were found.

ingredients

pasta

3/4 lb fusilli

not pasta

1 can cream of shrimp soup

1/2 can tomato paste

2 T white wine

10 chopped olives (more better)

red pepper powder

black pepper

no salt

1 T sugar

garlic powder

1/2 c or more grated parmigiano cheese

instructions

1. Do the pasta.
2. Mix all the rest of the stuff and heat through.
3. Drain pasta and mix with sauce.

notes

1. What, NO notes?

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rita's mom's daughter's over the phone quick pasta e fagioli

This one was a quickie over the phone, long distance.

ingredients

3 T olive oil
4 small ripe Italian plum tomatoes, chopped up
1/4 c finely chopped celery and carrots (supermarket salad bar!)
1 19oz can white kidney beans (cannellini) (blend 1/4 can to mush)
salt to taste
garlic salt (touch)
ground red pepper (touch)
pepper
freshly grated parmesan cheese
when served, abundant
1/4 lb broken spaghetti

instructions

1. Sauté the celery, carrots, and tomatoes in a large pot for 5 minutes or so.
2. Dump in the mashed beans and continue another 5 minutes.
3. Add remaining beans and broken pasta (about 1/4 lb for 2? broken in several inch lengths at most) and continue adding boiling water now and then like the risotto ritual to keep the stuff flowing and cook the pasta.
4. After about 15 minutes it should be about done. Stir a lot.

notes

1. Feeds 2 hungry people.

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