

1994

bad egg tiramisu

One of the many casualties of Reagonomics was the system of regulatory agencies protecting the American public. Among which is the one charged with safeguarding our food supply. A minor component of which are the eggs found in every supermarket and convenience store. Eggs which though usually safe, are showing an increasingly significant and dangerous trend towards being occasionally unsafe. Better to err on the side of safety. Uncooked beaten egg whites are out for now. Uncooked egg yolks are out for now. Tiramisu calls for both. What to do. What to do.

The drbob cooking team has hands on experience with this dish dating back to the year the Gipper himself took office (that's 1980 for you history nonbuffs) while bob was out of the country. Meanwhile it has become very trendy in the States. And naturally the team smugly prides itself in having been way ahead of the times. [At least once.] But one detail we never got straight was the alcohol component. The real thing is hard to get even in Italy according to one of our reliable Italian mom sources. Our original instructor (the daughter) [see the dedication to this book] substituted blackberry brandy. And we've used rum. Both are suggested by various official recipes. The other route is dry Marsala wine in the zabaione variation ("zaa-ba-yo-nay" as in bad-bob-yo!-nay, see below), apparently the route taken by the packaged single serving frozen portions one often finds in Italy, as we have observed with our obsessive adult American habit of reading the packaging of everything we eat. This cooks the egg yolks, solving half the egg problem. Replacing the beaten egg whites with whipped cream solves the other half. [Although with some effort, one can [do the egg white thing safely](#).]

The upside of trendiness is more widespread availability of the key ingredient—mascarpone cheese (not!)—compared to our early days trying to recreate this on the western side of the Atlantic. It is flown in from Italy at great expense (though domestic production is growing) so for most of us, this is still just an occasional homemade dessert. But beware of aging mascarpone. It leads to a grainy textured mousse instead of the silk-like smoothness only fresh mascarpone can give. In the interests of truth in advertising, mascarpone, a full fat dairy product in the cream cheese creme fraiche family, is richer in fat than almost any other comparable dairy product. So don't get addicted.

Here's the revisited version of tiramisu, previously spelled as [tiramesu](#) (in some Italian dialect) from the original ladyfinger back of the package recipe in Italian.

ingredients

mousse

- 4 egg yolks
- 1/2 c sugar
- 2 - 4 T rum or blackberry brandy or tiramisu liqueur or even dry Marsala wine
- 1 lb or 500g fresh mascarpone
- 1/2 - 1 c whipping cream

non-mousse

- 300g ladyfingers
- 1 "cup" freshly brewed expresso coffee diluted by 1 c warm water

2 - 4 T same liqueur here (optional)

topping

2-3 T high quality cocoa or grated bittersweet chocolate (fine)

instructions

[Aside: First we fire up our super capuccino machine given as a wedding gift by drbob's Rome research group. In the early days of tiramisu making we used one of those couple of bucks priced espresso pots we kept for Italian visitors. But then a colleague took advantage of the dr bob nonprofit importing service to get his own high class [Pavoni](#) Europiccolo, rather overpriced here in the States, somewhat at a bargain when purchased in Italy for US export, relatively speaking of course. So when the request for a wedding gift suggestion came soon after from the group in espresso land, the answer was ready, complete with model and store purchasing information. Suddenly espresso supremacy at not cost (to us). Though bob was not a coffee drinker at the time.]

1. One big dose of espresso is required. We press through more water to dilute it for the dunking activity. Any route to an extra "long" espresso that works is acceptable.
2. Next we do a tiramisu liqueur substituted zabaglione. You beat together the egg yolks and sugar a few minutes till it turns from the ordinary dark yellow yolk color to a very light shade. This is done in the top half of a double boiler, which is then placed in the bottom half of the double boiler already boiling away. Add your choice of liqueur and keep beating for about 10 minutes till it thickens and you are convinced all possible freeloaded bacteria are well done. [It should read 165° if you have a thermometer.] Then put in the freezer for rapid cooldown.
3. The whipping cream replaces the uncooked beaten egg whites. Put a bowl and the beaters in the freezer to chill for at least 10 minutes. This may or may not help whipping the cream, but we read it somewhere and figure it can't hurt. Then whip the cream. Half a cup is probably enough—no need to overdo the killer ingredients. Then beat the mascarpone a bit and mix in the cooled zabaglione. Fold in the whipped cream so you don't lose the fluff.
4. Assembly time. Now you need three 100g plastic wrapped ladyfinger packages. We like to use a springform pan since our collection of such pans is not seeing many cheesecakes lately. The 10 1/4 in (26cm) diameter pan works well. Take each ladyfinger and dip in a shallow bowl with the diluted espresso with or without extra booze. Roll it around quickly, then remove it and place in the pan. Make one layer. Cover with half the mascarpone mousse mixture. Repeat.
5. Leave in the refrigerator at least 24 hours but preferably 48. It takes time for the flavors to mix between the mousse and espresso soaked ladyfingers, which really takes longer than a day. Sure it's hard to wait that long but the sacrifice is worth making.
6. Before serving, remove from the refrigerator and dust lightly with some high quality cocoa or finely grated bittersweet chocolate. The ideal texture of the dessert when ingested is "soft".

notes

1. Booze components: too much or not enough? This is a controversial question. dr bob likes the light delicate touch. ms_ani wants more. Some recipes advise excessive amounts.

Others omit it entirely, probably prohibition holdouts. Remember that the power of this dish is in its subtle balanced blend of flavors. Few desserts can compete with this one when done properly.

2. Tiramisu liqueur? The [Pennsylvania Liquor Control Board](#), not usually known for its taste in alcohol, scored a one time buy of "tiramisu" liqueur imported from Italy from some obscure producer. We had some in one of the few Italian restaurants in Philly that we trust, where it was offered free as an after dinner drink when the new owners were fresh out of Rome. Now this Italian custom has disappeared like the tiramisu liqueur has from the state liquor stores. But we jealously guard our one bottle, which is sort of like Bailey's but tastes like tiramisu. Good stuff but not available to the general public. Sorry. [48 proof Italian specialty liqueur produced by G.M. Sommacompagna (VR) Italy and imported to the USA by [Winebow](#), Inc, NY, NY or Shaw Ross Importers, Miami, FL; can be ordered from PA State Specialty Stores]
3. bob, a coffee drinker? For most of his life he never touched the stuff. Not even coffee ice cream. Approaching middle age, he decided maybe it wouldn't hurt to try it in Italy. After years of waiting for friends while they had theirs. Only capuccino. At first. Then Armenian coffee. Thought it might help those evenings when bob's eyes started glazing over too early. After a while, those Italian capuccino's actually started tasting good, though it was hard to find a decent one in the US. Then the coffee revolution occurred here, and decent coffee was much more accessible. And those chilled mocha summer drinks! How things change.
4. Then bob got addicted to [Starbucks'](#) bottled mocha [frappuccinos](#). Fortunately he found them for a dollar a pop by the case at [Costco's](#) warehouse store. He tries to be a moderate user.
5. Oops, did we forget the [photos](#)? [Perugina](#) bittersweet chocolate has become our favorite topping.

eggplant fava bean pasta

Familiar scene. Coming home from work again. After three consecutive nights of creative cookery. And feeling lazy. For a moment we were considering dropping in on the in-laws, but ms_ani had said she had to do homework from her night course in statistics. Which dr bob never liked by the way. And to come, eat, and run might make them suspect we were just coming for the food and not the company. Of course it's both, but no need to increase potentially damaging speculation. Fortunately the dr had snagged an eggplant on the supermarket drive-by run the night before. And for protein, since we are part-time vegetarians and maybe not getting enough, the thought tuna-from-a-can entered our minds. But while checking out the cans, the middle eastern canned cooked fava beans popped into sight—even better since they don't come from something with a face and besides belong to a highly rated food category—legumes. Which when matched with grains makes complete protein. Or something.

ingredients

sauté group

- 1 medium eggplant, peeled and cubed
- 1 onion, chopped
- 3 T olive oil

everything else almost

- several cloves garlic, pressed
- 1 can (14oz) cooked small fava beans
- 1 can (35oz) pomodori pelati (peeled italian plum tomatoes)
- 1 small can (2.2oz) chopped olives
- 1/2 c hot water
- a few slivers of roasted pepper
- black pepper to taste
- red pepper to taste (not too much)
- salt to taste
- 2 T fresh chopped parsley

except for the pasta

- 1 lb penne

instructions

1. Start the pasta water boiling and when ready, salt and dump in the pasta. Cook al dente.
2. Meanwhile, sauté the onion and eggplant in the olive oil.
3. Add everything else (except for the pasta) and cook until the pasta is ready.
4. Mix half in with the penne and save the other half for another lazy night.

notes

1. This has a subtle attraction. Not an immediately sexy taste, but a satisfying gets you back for a big second helping flavor. We probably served this with freshly grated parmigiano,

since this is routine for almost every pasta dish we consume.

egpfvpst.htm: 22-jan-2000 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

not quite eggplant parmesan

This is one of our perennial favorites that we keep on doing every once in a while. And which was forced into our menu when claes the pasta-hating swede would occasionally visit last century. Since our primary cuisine (pasta/risotto) was not an option.

This is just slightly more interesting variation of an eggplant parmesan recipe, which itself is not written in stone anyway. We found it in [The Classic Vegetable Cookbook](#) (p.132: *gratin of eggplant*)

ingredients

eggplant

3 medium eggplants, peeled, cut crosswise (or lengthwise) into 1/2 in slices
olive oil to coat

sauté group

3 T olive oil
2 onions, finely chopped
2 stalks celery, finely chopped
1 sweet pepper (red or orange)
2 cloves garlic, pressed
1 lb fresh mushrooms, cleaned and chopped

sauce maker

26 oz can chopped plum tomatoes
1 bay leaf
3 T fresh parsley, chopped
salt and pepper to taste

the parm

1 c freshly grated parmigiano

instructions

1. Peel and slice the eggplant and brush with olive oil, coating all its surfaces, or use spray olive oil to reduce the amount of fat needed.
2. Broil on two cookie sheets (since there are so many disks), turning over once, and switching the rack positions if they don't both fit on the same top rack of the oven.
3. Meanwhile prep the veggies. Food process the onions, celery and pepper together and sauté in the olive oil.
4. When softened, add in the garlic and sauté a bit, then add in the mushrooms and continue cooking till they are softened.
5. Then add the tomatoes and spices and cook covered about 10 minutes, then uncovered about 10 minutes.
6. Check the seasoning (salt and pepper).
7. Layer the eggplant and sauce in a [baking dish](#). Start with tomato sauce, then a layer of eggplant, then sprinkle parmigiano over it. Continue, ending with the remaining sauce and finally a cheese sprinkle.

8. Bake in preheated oven at 350° for 30 minutes or until the top is golden.

notes

1. Looks like we added the celery and a sweet pepper to this recipe and dropped the parsley (only 2 T anyway), although when we do buy celery for some recipe, the rest usually goes bad before we can think of something else to do with it. If none is on hand, forget it. And the amounts of eggplant and tomatoes are only suggestive. The "big cans" of pelati are sometimes 28 oz, sometimes more, and occasionally we go with fresh plum tomatoes. We like the smaller Italian eggplants, more of which are needed. And be generous with the parmigiano. Grate more if necessary.

nqegparm.htm: 18-may-2002 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

baked baked eggplant pasta

The eggplant gets baked twice, get it? First by itself, then in the baked pasta dish. Baking is a more healthy way of doing eggplant than letting it soak up all that oil in the traditional comfort food frying method. Instead, some flavor is retained by smearing the eggplant with good olive oil before baking, contributing to the possibility of living longer to enjoy the eggplant later in life. No guarantees, but hedging your bets is a wise practice.

ingredients

the eggplant

1 large eggplant
olive oil

the sauce

1 medium onion, chopped
2 T olive oil
3 oz portobello mushrooms, chopped
1/2 c white wine
1 large can tomato puree
freshly ground black pepper
salt to taste
touch of cayenne red pepper
2 T fresh basil, chopped

the pasta

1 lb rigatoni

the assembly

2/3 c parmigiano cheese, grated
1/4 c bread crumbs

instructions

1. Peel the eggplant and cut crosswise into 1/4 in slices, then the bigger disks into quarters and the smaller disks into halves. Rub olive oil on both sides of each piece and place on a foil lined baking sheet and broil a few minutes until it browns without burning.
2. Start pasta water boiling.
3. Start the sauce by sauteeing the chopped onion in the olive oil until translucent, then add the chopped mushrooms, mix and cook a few minutes. Add the wine and let evaporate. Add the tomato sauce and spices, except for the basil. Cook about 20 minutes. Near the end add the fresh basil.
4. Somewhere in the middle of the pasta sauce the pasta water was boiling and the rigatoni went in. [Its a good practice to read ahead.] Cook until very al dente since more cooking will take place in the oven. Drain. Add a few spoons of sauce to the pasta.
5. Put some breadcrumbs on the bottom of a casserole dish and some sauce. Now layer with pasta, eggplant, and cheese and sauce, about 3 layers. Top off with some whole basil leaves reserved from your initial basil stash. Bake 30 minutes at 350°.

notes

1. enjoy?

bbegppp.htm: 2-aug-2001 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

not exactly mashed potatoes revisited

We tried this one again from memory, hoping to improve the result with spontaneity. It worked, partly because two different recipes merged into one due either to faulty neurons or inspired creativity. Later the original [not exactly mashed potatoes](#) recipe mysteriously disappeared leaving only this second iteration for the record and its original line in the table of contents. [It was hiding under another recipe in our paper recipe archives.] We continued down the path of adding extra veggies including our frequent favorite leeks that traditional mashed potato fans would find disturbing before trying, but make the mashed potatoes interesting by themselves without having to drown them in lots of fatty gravy or dead animal parts.

For the target dinner count of 6, our initial estimate of the red potato component proved to be clearly inadequate, so we hastily did up some more regular potatoes to add quantity. Fortunately time was not a problem or the result would have been. Lately we have been seeing a lot of the trendy new potato Yukon Gold in the mags and on menus, but not where we shop. If you know more about potatoes than us (easy), adapt.

ingredients

root tubers

about 10 small red potatoes
about 4 medium more traditional ones
1/2 lb (8oz) parsnips, peeled

sautéables

4 small leeks (or equivalent)
2 large garlic cloves, finely chopped or pressed
2 T olive oil
some white wine

enhancers

some milk, we use 1 percent
freshly ground black pepper
1/4 c freshly grated parmesan cheese
1/8 c bread crumbs
no stick cooking spray (olive oil)

instructions

preparation:

1. Wash the potatoes (your favorite type) and remove unsightly skin imperfections and stem remnants. Cut into small cubes and bring to a boil just barely covered with salted water. About 15 minutes.
2. Meanwhile, clean the leeks, chop off the greens and tip and slice finely, then chop. (or food process.)
3. Chop up finely two garlic cloves and sauté with the leeks in some olive oil which will then prove inadequate so throw in some white wine to finish. (More healthy?)

execution:

1. Add some milk (this is a judgement call) and mash the potatoes partially, with electric hand beaters for example.
2. Add the leek garlic mixture and freshly ground black pepper "to taste" and finish the job.
3. Then put in a casserole dish and sprinkle with breadcrumbs and then parmesan cheese. Then lightly spray with olive oil veggie spray to moisten (can you tell we are not professionals?) and then broil in the oven to brown the topping.

notes

1. Watch carefully or the results may be unpleasant.

more mashed potatoes in the oven

We keep improvising this recipe, sometimes throwing in some carrots for color. Here is another variation.

ingredients**tubers**

- 4 large russet potatoes
- 2 average looking parsnips

sautéables

- 1 c onion, celery, leeks sautéed in olive oil

enhancers

- 1/3 c yogurt
- 1/4 c milk, maybe slightly less
- 2 T butter
- 1 clove garlic, pressed
- salt to taste
- pepper to taste
- 2 T parmesan, grated, on top

brief execution

1. Boil the potatoes together, with skins.
2. Then beat with electric beater and add remaining ingredients except for the parmesan which goes on last.
3. Bake 30 minutes.
4. If not slightly crusted, broil briefly.

notes

1. It seems like we do this differently every time we try it.

still more mashed potatoes in the oven

Somehow this continued to evolve and stabilize roughly to the following garlic leek turnip baked mashed potatoes recipe.

ingredients

tubers

mixture of Yukon golds and small red potatoes or whatever
2 turnips

sautéables

1 large leek sautéed in olive oil
lots of pressed garlic to taste (10 cloves?)

enhancers

1/3 c yogurt
2 T butter
salt to taste
pepper to taste
2 T parmesan, grated, on top

brief execution

1. Boil the potatoes together, with skins, after cleaning.
2. Then beat with electric beater and add remaining ingredients except for the parmesan which goes on last.
3. Bake 30 minutes.
4. If not slightly crusted, broil briefly.

notes

1. All the ingredient quantities must be adjusted to taste and to the amount of potatoes used, left unspecified above. One can optionally mix in some more parmigiano in the beating stage.

mashed potatoes 2002

We had some leftover [tsatsiki](#) sauce from an in-law event, a rather stiff yogurt cucumber paste like the consistency of labne, the drained yogurt. While cruising the local supermarket produce section for interesting add-ins, a small broccoli head looked good for some veggie color, and a jar of roasted red peppers seemed another likely candidate to go with the tsatsiki. It turned out pretty tasty, although the extra salt from ms_ani may have been a decisive contributing factor. Why are we so addicted to this mineral?

ingredients

potatoes

6 medium red skinned potatoes

puree

1 small head of broccoli florets

1 skinned roasted sweet red pepper from a jar

1/3 c tsatsiki sauce (stiff) from a plastic container

2 large cloves garlic, pressed

2 T milk

a touch of cayenne red pepper

salt and pepper to taste

topping

several T breadcrumbs to thinly coat top

several T freshly grated parmigiano cheese to sprinkle over it

olive oil spray to dust the topping and coat the baking dish

instructions

1. Prepare the potatoes, removing unsightly marks and protrusions, but leaving the skins.
2. Pressure cook the broccoli until dead, say 4 minutes at full steam.
3. Then puree everything but the potatoes in a blender.
4. Next boil the potatoes in the usual fashion. This time we pressure cooked them since the pressure cooker was already to go. Without salt. Made up for by ani's spice adjustment later. When done, drain.
5. Hand mash the potatoes and then mash in the pureed other stuff until smoothly incorporated. Call in the spice expert to adjust the spices.

notes

1. We actually had one Yukon gold potato in the mix. When the cut up potatoes began looking more than adequate, the second Yukon was spared. Potato experts probably could advise us on what potatoes are best for mashing. But we would probably not know the difference anyway.

risotto with radicchio and mushrooms

When you find yourself making a dish repeatedly, you get the idea that maybe it's worth writing about. Of course we also find ourselves writing about many dishes that we don't repeat, but that's besides the point. In fact the first version of this recipe we saw on a TV cooking show and after trying it, definitely weren't thinking of repeating it, let alone write about it.

But thanks to a routine gynecological visit waiting room discovery, it got a second chance from a food magazine article about hotel food on [Ponza](#), our favorite Italian island not far from Rome where the suppliers of our motor driven flat pasta machine have often shown us wonderful Italian hospitality. (Eliminating our need for Ponza's hotels and their food.)

We improved this recipe by adding some ordinary looking fresh mushroom remnants lying around the fridge. Too bad radicchio is so outrageously priced these days.

ingredients

what they use

and our comments/additions

base

1 1/2 c finely chopped onion

about 1 large onion, we like onion

1/2 stick = 1/4 c = 1/8 lb
=50g unsalted butter

bob said "Wait, cut down the butter!" but it was too late

1 lb radicchio, sliced thin

our head weighed in at 10 oz = 5/8 lb

1/2 - 1 c fresh mushrooms, chopped, all we had at the time, could be increased

rice/broth

2 c arborio rice

so we only did 1 1/2 c here to compensate for the reduced radicchio

optional 1/2 c white wine
here

why not?

6 1/2 c low salt chicken broth

we use noMSG veggie broth, about 2 cubes or packets or 2 heaping teaspoons paste

finishing touch

1/2 c freshly grated parmesan
(plus some at table)

we always grind some fresh black pepper into our risotto

freshly grated nutmeg to taste

who has real nutmeg on hand to grate? sprinkle it in from the spice jar, pretend you know what you're doing

instructions

If you're already familiar with risotto, the ingredient list practically says it all. The instructions

are standard.

1. Saute the onion in the butter (you can reduce here somewhat to lower fat content, maybe partially substitute with olive oil) and then add the radicchio and cook for 10 to 15 minutes, stirring occasionally.
2. About halfway through this phase, add the faster cooking chopped mushrooms.
3. Meanwhile bring about 7 cups of water to boil in the teapot.
4. Next stir in the rice, coating well with the mixture. You may add a half cup white wine at this point and evaporate it off (a few minutes).
5. Then add a cup or so of the boiling water, and the veggie cubes/packets/paste. As the liquid reduces pour in a cup or so at a time. Stir occasionally. Total water phase is about 20 minutes.
6. Make sure the rice is fluid enough at termination. If not add a bit of boiling water. Then stir in a half cup OR MORE of freshly grated parmesan and some freshly ground black pepper.
7. Serve immediately with additional pepper and parmesan sprinkled/ground of top of each portion.

notes

1. Make the full 2 cups of rice since this is great leftover.
2. By the way the hotel/restaurant is called [Grand Hotel Chiaia di Luna](#) after the nearby beach of the same name, which we think means crescent moon (the shape of the beach) but neither of our Italian dictionaries list the word "chiaia" so it might be the local Ponzese dialect. [Thank [Gourmet Magazine](#), June 1994, p.144. We searched their online archives, but this one "risotto with radicchio" (no mushrooms) did not make it into cyberspace, although a similar one of this name turned up in its companion magazine [Bon Appetit](#) May 1997.]

risrdmsh.htm: 21-may-2000 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]

portobello mushroom (and leek!) soup

Speaking of frequently repeated recipes, this one we never get tired of. Great intense flavor and yet it's a snap to make. Perhaps the best discovery of our "year of the leek", in which we were surprised by this previously unfamiliar veggie on our [second anniversary Carribean dinner](#), after which our new leek awareness led us to notice and try a number of satisfying recipes. This one also introduced us to the portobello mushroom, which has been acquiring recognition as a trendy Italian appetizer that we were able to try free in a food fair demonstration. Saving us the expense of the trendy Italian restaurant from which it came.

ingredients

1/4 c (= 1/2 stick = 1/8 lb = 50 g) unsalted butter
5 leeks (white and pale green parts only), chopped (about 3 c, small leeks maybe)
1 medium onion, chopped
10 oz portobello mushrooms, chopped (about 4 generous cups, but we only used two 4 oz prepackaged cut mushrooms)
1/4 c all purpose flour (but we often only have "better for bread" flour lying around in wait for our bread machine)
3 c chicken stock or canned low-salt broth (we only use MSG-free veggie broth cubes/paste)
4 T dry sherry (this forced us to go out and buy cooking sherry)
2 c half and half
1/4 t cayenne pepper
ground white pepper to taste

instructions

1. Start with the veggie preparation. Cleaning and chopping the leeks, onion, mushrooms. We peel the mushrooms but the brushing option is also allowed.
2. Then we get the hot water boiling in the teapot for the broth. 3 1/2 c to allow for some evaporation and produce a little more soup.
3. Then melt the butter in a large (nonstick is better) pot over medium heat.
4. Add the leeks and onion and sauté about 10 minutes till tender. Add the mushrooms and sauté 5 minutes. Reduce heat to low.
5. Add the flour and cook until the mixture thickens, stirring occasionally, about 3 minutes.
6. Gradually stir in the stock (boiling water, first adding the veggie broth cube/paste) and 2 T of the sherry.
7. Bring to a boil while stirring, then reduce the heat again and simmer about 10 minutes until thickened.
8. Stir in the half and half. Simmer about 10 minutes until slightly thickened. Then stir in the cayenne pepper and season with white pepper and salt.
9. At this point you can stall for time if you're doing advance preparation. Cover and refrigerate up to 4 hours ahead they say. We say leave yourself a half hour or so.
10. Finish off by stirring in the remaining 2 T sherry, bring to a simmer and serve. With freshly ground black pepper.

notes

1. The white pepper is to avoid the appearance of dirt in your soup, which is what using black pepper as a finisher doesn't do. Notice that black pepper is not in the official list of ingredients. We just don't care.

pshlksp.htm: 6-aug-2001 [[what, ME cook?](#)] © 1984 [dr bob enterprises](#)]

left over stir fry

This recipe is mainly inspirational, since the odds of having this combination of leftovers around the kitchen ever again are practically zero. Of course, with the dr bob anything goes substitution policy, that shouldn't stop anyone from using this recipe as a general guide.

The leftover whole beef piece shish-kebob had caused dr bob's sleeping stomach a little consternation the night his brother-in-law made it. The dr is apparently a real red meat wimp from years of preferring more politically correct nutrition. So chopping it up into small pieces seemed the perfect way to ingest it as a leftover. The parsnips were slowly dying since the alternative mashed potato recipe from which they were left over. The half red onion was a Vidalia or other sweet onion substitute from the spring onion risotto. The zucchini we had gotten for grilling with garlic olive oil on the grill (where else?) but already had some. The leftover summer greens were in danger of expiring from lack of attention. The basil happened to be growing in the kitchen (our first crop) but was rather sparse by this early fall date. Carrots and shallots are always on hand, and lately celery too. The parsley was an offshoot of the Armenian-Lebanese cookout, but a frequent presence as well.

ingredients

- 1)
 - 3 T olive oil
 - 1/2 leftover red onion
 - 1 shallot
- 2)
 - 2 small parsnips, chopped
 - 1 carrot, chopped
- 3)
 - 1 zucchini, chopped
 - 2 small stalks celery, chopped
 - maybe 1/2 c white wine, preferably leftover
- 4)
 - about a cup of leftover beef shish-kebob, diced into small pieces
 - 1 small slice leftover cooked ham, diced into small cubes
- 5)
 - a handful of mixed summer greens, chopped
 - some fresh parsley, chopped
 - a couple of fresh basil leaves
- 6)
 - about 1 cup leftover spring onion risotto
 - freshly ground black pepper

instructions

1. So first the onions and shallots get sautéed in the oil in a big frying pan. We used our stainless steel one this time, bought incredibly cheap as a discontinued item in a home

store chain that soon after discontinued itself.

2. Then add the parsnips and carrots, rather hard vegetables. Cook a while.
3. Then the celery and zucchini.
4. By this time a little wine helps out since the oil has been sucked into the veggies. Maybe a second shot when that evaporates. Let 'em cook a while.
5. Then add the meat. Let it warm up.
6. Then throw in the basil, parsley, and chopped greens. Toss around a bit.
7. Presto! Serve with freshly ground black pepper. And some plain yogurt on the side.

notes

1. We ate it all in one sitting. It was that good.

lftovrsf.htm: 6-aug-2001 [what, ME cook? © 1984 dr bob enterprises]

another leftover dish (pasta)

Again this one is just for creative inspiration. Our new refrigerator, not even a year old, stopped cooling and was down 6 days before the repair process ended. We lost a lot of food but managed to save some in our recycling bin with convenience store ice and old rug pieces and blankets for insulation. (After which we bought an insulated ice chest.) The frozen chicken breasts were obviously not going to survive this treatment so we wanted to cook them the first night. Except we had a few other frozen meats as well and weren't up to eating them all at one sitting and living to tell about it. (Which brings up memories of the weekend in the mountains of Austria in a barn apartment with Michelle and Uli for which each thought the other had shopped for the veggies so each brought only various red meats for the grill, and we had only that for every meal. Never again.) The food truck business in-laws said don't worry, just boil the chicken and it will keep even without refrigeration for a short time. [Remind me not to have their grilled chicken sandwich next time I do free lunch at the truck.] In any case with limited refrigeration it survived in its boiled form. And we survived the 6 days without a working refrigerator. A valuable experience for reminding us how dependent we are on our modern conveniences.

The recipe ready chicken turned out to be great for adding to improvised recipes. Like this one. But don't wait till your fridge breaks down to try it or some reasonable facsimile.

ingredients

- 1)
 - 2 - 3 T olive oil
 - 3 shallots, chopped finely
 - 8 oz fresh white mushrooms, cleaned and sliced
- 2)
 - 2 leftover boiled chicken breasts, chopped into small pieces
 - 1/2 c (approx) white wine
 - salt, to taste
 - freshly ground black pepper, to taste
- 3)
 - 1 oz ~ 1 T roasted sweet pepper spread (kopanisti)
 - 1 4-oz jar sliced pimiento
 - 1/4 c white wine
 - a touch of cayenne red pepper
 - ~ 1/2 t paprika
 - 1/2 c leftover white rice
 - 1/4 c leftover spinach sautéed in garlic
- 4)
 - 1 lb cavatelli

instructions

1. Start the pasta water boiling and when ready, throw in the salt and pasta and cook al dente.
2. Meanwhile, sauté the shallots and mushrooms in the oil.

3. Toss in the chicken pieces, cook a bit, then toss in the wine and evaporate.
4. Season with salt and pepper
5. Add in the rest of the ingredients and heat up.
6. Mix together with the cooked pasta and serve.

notes

1. Parmigiano here? Experiment.

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spontaneous risotto

The dr bob supply cabinet ran out of the boring white rice leaving behind only at least 45 minute cooking without prep time brown rice and it was home from work ready to eat time. Risotto promises great flavor in the mouth in less than 30 minutes flat. A little prep time, a little sauté period, under 20 minutes boiling, finishing touches, chow time.

Apparently we liked this leek, carrot, celery, and cheese improv or we would not have recorded it.

ingredients

sauté group

- 1 onion, chopped
- 4 garlic cloves, sliced lengthwise
- 1 leek, chopped
- 3 T butter
- 2 T olive oil
- 1 carrot, food processed into bits
- 2 celery stalks, food processed with the carrots

rice

- 2 c arborio rice
- 1 mushroom veggie broth cube, or the equivalent
- 5 or 6 cups of boiling water

finishers

- 3 T gorgonzola, chopped
- 3 T taleggio, chopped
- 2/3 c freshly grated romano cheese
- freshly ground pepper to taste

instructions

1. Start the water boiling in a tea kettle to be ready to add a bit at a time to the rice.
2. Sauté the shallots, garlic and leek in the butter and olive oil.
3. Add the carrot and celery bits and sauté them a minute or so.
4. Stir in the arborio rice and cook a minute.
5. Then add in a cup of boiling water and the veggie broth cube or equivalent.
6. Stir and add 1/2 c boiling water at a time for the 18 minute risotto cooking phase.
7. Finish by removing from the heat and mixing in the cheeses and black pepper.
8. Serve immediately.

notes

1. Once the water starts boiling, turn down the heat to low for the water or you will evaporate a large fraction before finishing. Like for all the other risotto recipes.

spontris.htm: 22-jan-2000 [[what, ME cook?](#) © 1984 [dr bob enterprises](#)]