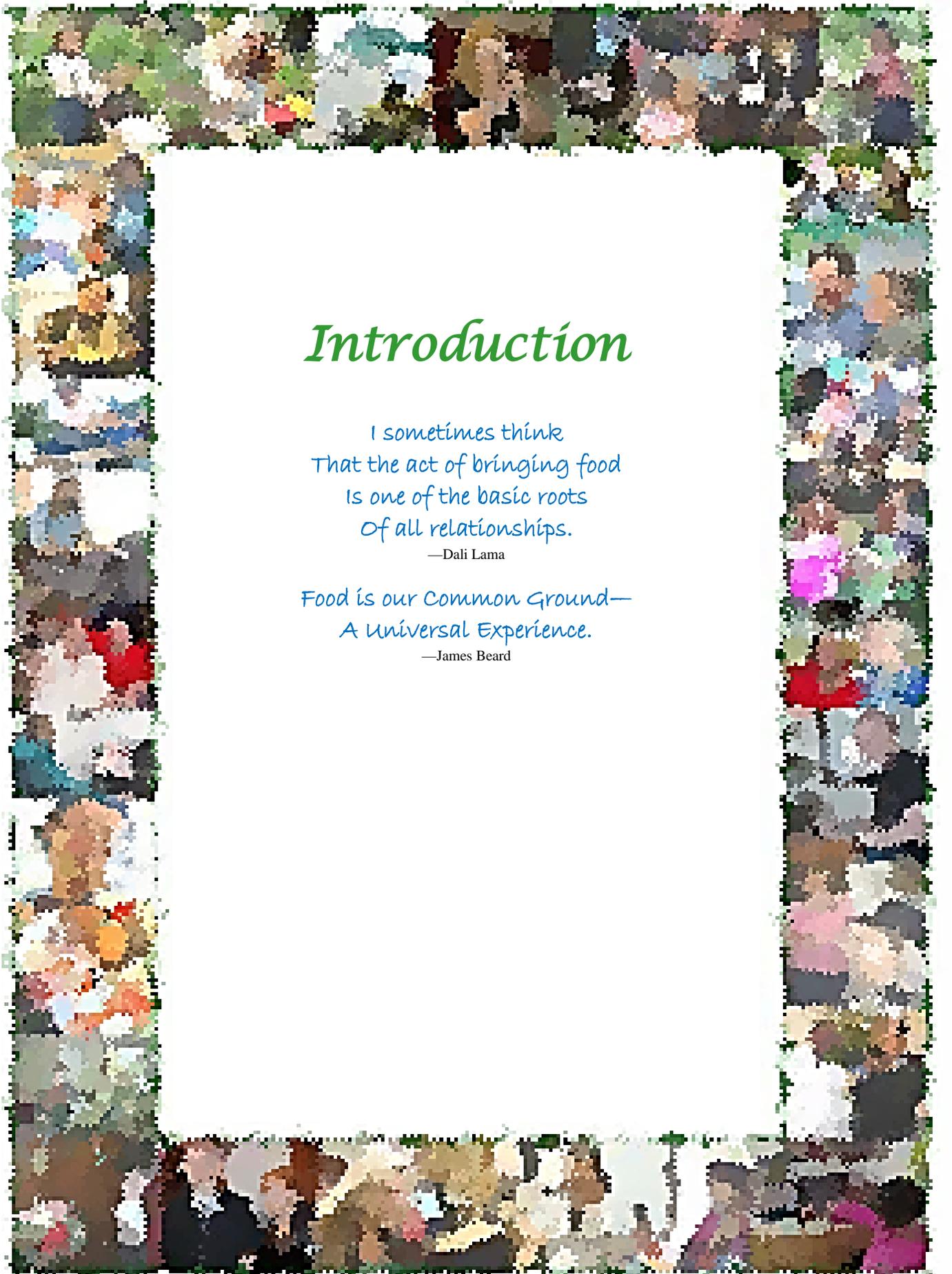




# *Tastes of the Terrace*



# *Community Recipe Collection*



## *Introduction*

*I sometimes think  
That the act of bringing food  
Is one of the basic roots  
Of all relationships.*

—Dali Lama

*Food is our Common Ground—  
A Universal Experience.*

—James Beard



*A Smiling face is half the meal.*

—Latvian Proverb

# Preface

## Disclaimer

This cookbook has been produced by a group of individuals living in the same building who have been wanting to share our eating habits (and the recipes that they represent) with each other. It is intended to be distributed to the members of this ‘family’ who is made up of the residents of this building and their friends . . . it will not be made available for purchase.

Recipes (and the pictures we’ve saved of them) have been passed down for generations, and across from friend to friend for decades, and it is impossible for us to credit all the original sources for most of them.

We’ve done our best to credit where we know credit is due, and we apologize to anyone we may have missed.

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Our basic population began as senior citizens and disabled, many are college students or otherwise employed in low income jobs. While living in subsidized housing means that we are all cash-poor, we are by no means impoverished . . . a look at the books our residents place in the lounge when they have finished reading them, shows that there are many intelligent people living here.

We built this collection hoping to show off the rich diversity of our multi-cultural population, and our goals were as complex as our group. In addition to showing off each culture, we wanted to offer people recipes for some good things to eat, including many that are easy to prepare.

The frames surrounding our section headers is the same one that surrounds our 2015 calendar poster . . . as you can see, it’s all *About People*

This document has been a work *Of the People* . . .  
The foundation is a collection of recipes contributed by the people who live here.  
It is work *By the People* . . .  
Residents of this building did the research, the gathering, the production.  
And of course, it exists *For the People* . . .  
As a sharing alone, it has value, but it goes a step further and responds to the need for recipes that make the food we get from food banks on a regular basis . . . a selection to keep boredom from setting in. In addition, we have sought out recipes that they asked us to include . . .

This document has been made to be stored on a disk and distributed to each member of our community/family, which is how we described it when we asked for the grant that is covering the project, and when we conducted a feasibility study to see if it would fly as a project. We are also considering a way to set it up with a link that will allow you to access it from our web page.

We’ve set up so that it reads like pages in a book, and can, in fact, be printed off page by page as you need them.  
My own method of accessing the information I’ve saved is still the standard 3-ring binder on 8½ x 11 paper, where I can hold it in my hands and turn the pages, and refer quickly back to what I’m looking for. As soon as it’s complete I will run the entire thing for myself and use it from the binder I purchased especially for it. While that might date me, I think covering all these bases makes the *Tastes of the Terrace* most acceptable for all of us with varied stages of technical skill,

Some of our cooks didn’t want their names used, and wished to remain completely anonymous. Others were willing to use pseudonyms. The editors, of course, added what was needed from other sources to make this as completely useful to everyone as possible.

# Dedication

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## Untitled

*I think this will be a wonderful project for our building.  
Food is one of those things that translates between cultures.*

*Talking about food, recipes, what your family eats,  
what you ate while growing up, and what you are eating now,*

*Is a great way to share your culture.  
We have a building with especially diverse cultures—  
American, Chinese, Turkish, Vietnamese*

*Middle Eastern, Ethiopian, Russian,  
And probably a lot of folks I don't even know about.  
We even have a lot of different*

*American cultures: People from the South, the West,  
And Middle West and Back East.  
The one subject you can get everyone*

*Talking about is what's on the plate.  
It is no coincidence that high level diplomacy  
Takes place at banquets.*

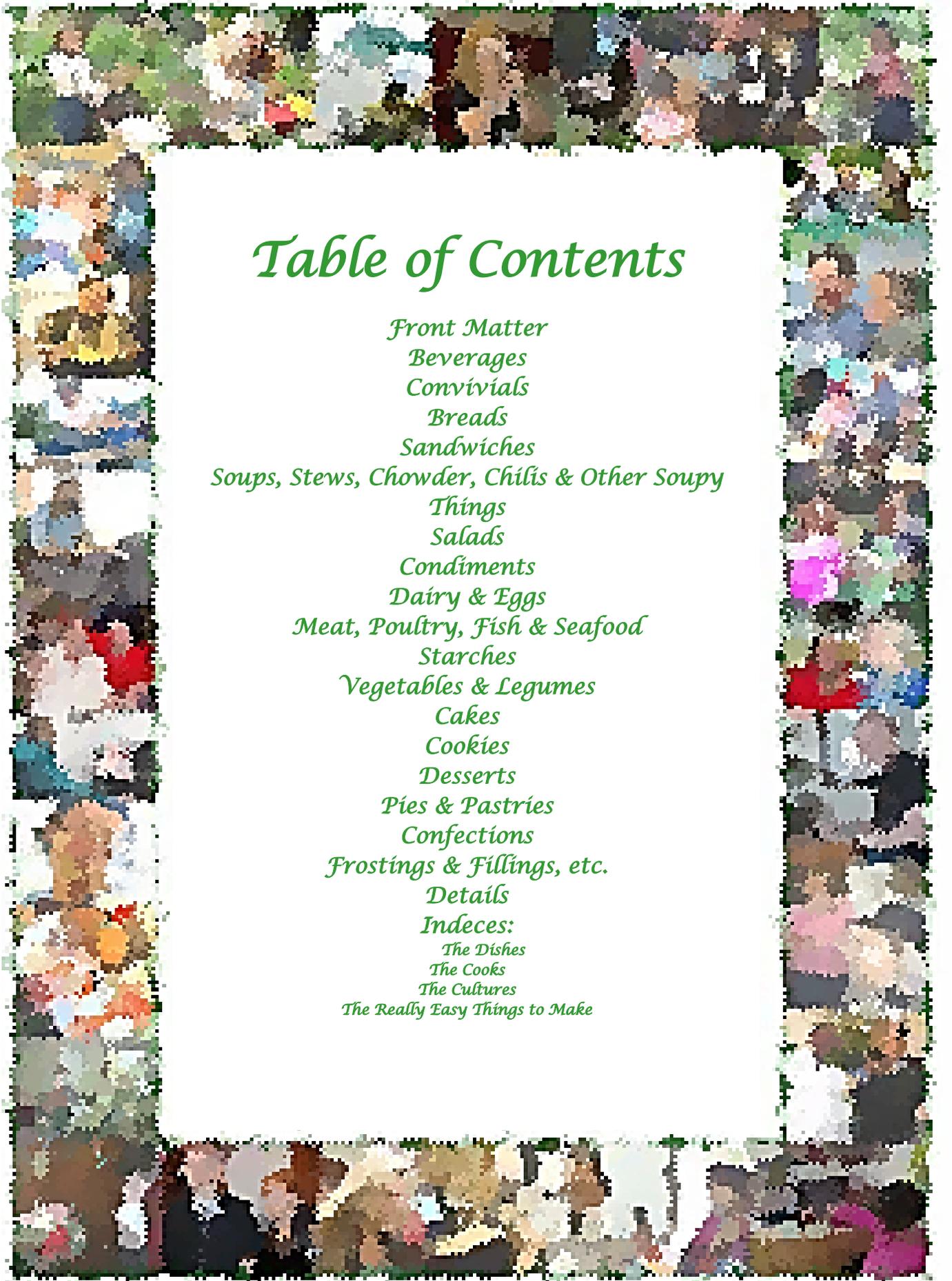
*When people are sharing food it is a chance for  
Everyone to relax and share their cultures  
With each other.*

*The project could truly  
Be a fun and unifying experience  
For the entire building.*

—Getsu Shinn

*This book is dedicated to  
All those who contributed to it  
And to all those who will use it  
And to  
All those who made it possible—  
Every One of them,  
Members of Our Family.*

—Editors



# *Table of Contents*

*Front Matter*

*Beverages*

*Convivials*

*Breads*

*Sandwiches*

*Soups, Stews, Chowder, Chilis & Other Soupy*

*Things*

*Salads*

*Condiments*

*Dairy & Eggs*

*Meat, Poultry, Fish & Seafood*

*Starches*

*Vegetables & Legumes*

*Cakes*

*Cookies*

*Desserts*

*Pies & Pastries*

*Confections*

*Frostings & Fillings, etc.*

*Details*

*Indeces:*

*The Dishes*

*The Cooks*

*The Cultures*

*The Really Easy Things to Make*