



Indeces

The Dishes
The Cooks
The Cultures
The Very Easy

Appendix A—The Dishes

A		Beans		Beets	
Acorn		Boston Baked Beans, Nearly Bottomless	L-17	<i>Borscht</i> (Russian Beet Soup)	F-9
Acorn Cakes	D-25	Classic Oven-Baked Beans	L-17	German Red Beet Soup	F-9
Acorn Meal	U-3	Garbanzo Beans with Spinach and Rice	L-16	Orange Glazed Beets	L-4
Almond		Texas Bean Soup	F-3	Sweet & Sour Beets	L-4
Almond Macaroons	O-11	GREEN BEANS		Beverages	
Almond Rocca	R-17	Best Green Beans Ever, The	L-19	COCKTAILS	
Cheesy Smoked Almonds	C-12	Canned Green Beans tht Don't Taste Like It	L-20	50-50 Cocktail	B-4
Parisian Sophisticates	N-20	Canned Green Beans tht Taste Homemade	L-20	Bailey's Chocolatini	B-4
Spritz	O-4	Easy Canned Green Beans	L-20	Black Russian	B-3
Apple		Easy Home-Style Green Beans	L-21	Chocolate Martini	B-4
Aplets	R-10	Garlic Green Beans	L-21	Chocolatini	B-4
Apple Charlotte	P-4	Green Bean <i>Bèchamel</i>	L-18	Claridge Cocktail	B-3
Apple Compote/Confit	P-16	Green Bean Casserole	L-21	Flaming Moe, The	B-7
Apple Crisp	P-16	Savory Green Beans	L-19	Jackass Martini	B-4
Apple Orchard Pancakes	D-25	Southern Green Beans	L-20	James Bond's Martini	B-5
Apple Spiced Tea	B-35	RED BEANS		KGB Cocktail	B-5
Cheese-Fried Apple Rings	M-3	Red Beans and Rice	L-16	Kosher Vodka Cocktails	B-8
Fried Apple Rings	M-3	Red Beans & Rice Soup	F-3	<i>Shalom</i> (Hello)	B-8
Mama's Applesauce	M-3	Beef		<i>Bevakasha</i> (You're Welcome)	B-8
Mama's Applesauce Cake	D-22	Beef Pot Pie, Campbell's Easy	J-5	<i>Shanah Tovah!</i> (Happy New Year)	B-8
Wassail Bowl	B-30	Beef Stroganoff	J-7-8	<i>Bitai Avon</i> (Bon Appetite)	B-8
Apricots		Beef Sukiyaki	J-10	Mint Julep	B-6
Cotlets	R-10	Beef Zilbo	J-6	Moscow Mule	B-7
<i>Kayisi Tatlisi</i> (Stuffed Apricots)	R-9	<i>Boeuf Bourignon</i> (Beef Stew in Red Wine)	F-6	Sazerac	B-3
Artichokes		Brisket	J-5	Singapore Sling	B-7
Artichoke Bottoms with Broad Beans	L-15	Cheater's French Dip Sandwich	E-3	Skybird	B-8
Crab-Stuffed Artichokes	J-56	French Dip Sandwich	E-3	White Russian	B-3
Artichoke Bottoms with		Irish-American Roast Beast	J-5	Vesper Martini	B-5
Garlic-Lime Sauce	L-3	Mongolian Beef, Slow Cooker	J-9	COFFEE	
Lemon-Garlic Grilled Artichokes	L-3	My Favorite Irish Pub's Beef Stew	F-5	Café au Lait (New Orleans)	B-17
Marinated Shrimp and Artichokes	C-22	New England Boiled Dinner	F-6	Ethiopian Coffee	B-15
B		Pot Roast, Savory	J-6	Greek Coffee	B-16
Bacon		Roast Beef	J-3	Irish Coffee	B-14
Caramelized Brussels Sprouts & Bacon		Sauerbraten	J-4	Italian-American Coffee	B-12
Fettuccini Alfredo	K-12	Savory Pot Roast	J-6	Italian Coffees, Four	B-12
Country Bacon Potato Salad	G-14	Slow Cooker Mongolian Beef	J-9	<i>Karsk</i> (Norwegian—Viking—Coffee)	B-16
Oven-Cooked Bacon	J-32	CUBE STEAKS		Scottish Coffee	B-15
Banana		Berdean's Cube Steaks	J-11	Somali Coffee (<i>Qahwe</i>)	B-13
Banana Bread	D-20	Braised Cube Steaks	J-12	Turkish Coffee	B-14
Banana Mango Kale Hemp SmoothieBowl	B-22	Cube Steaks with Gravy	J-12	Vietnamese Iced Coffee (Ca phe da)	B-13
Bananas Foster	P-24	Cube Steaks with Mushroom-Sherry Sauce	J-11	FESTIVE	
Chocolate Chip Banana Bread	D-19	Easy Cube Steaks	J-11	Atholl Brose	B-10
CocoaNut Bananas	P-24	GROUND BEEF		Eggnog	B-11
Candied Bananas	P-24	5-Layer Casserole	J-12	Eggnog from Mama	B-11
Elvis's Peanut Butter & Banana Sandwich	E-13	Alaska Hash	J-13	Het Pint	B-10
Honey-Baked Bananas	M-4	Cabbage Rolls	J-14	Rich Hot Buttered Rum	B-9
Simple Vegan Banana Bread	D-21	Company Casserole	J-16	Tom & Jerry	B-9
Whole Wheat Banana Bread	D-20	Enchilada Pie	J-18	FRUIT	
Barley		Hamburger Pie	J-17	Julius—Orange, Pineapple, Strawberry	B-18
Barley Puddings (Finnish, Irish, Scottish)	P-31	Hamburger Stroganoff	J-8	Mango Lassi	B-19
Barley Water	B-38	Impossibly Easy Cheeseburger Pie[J-17	Sweet Lassi	B-19
Cabbage Patch Soup	F-10	Impossibly Easy Taco Pie	J-18	Smoothies	B-20
		Joe's Special	J-16	Applebee's Bananaberry Freeze	B-21
		<i>Papas Re Carne</i> (Meat-Stuffed Potato Balls)	J-13	B & R Strawberry Smoothie	B-20
		Poor Man's Lasagna	J-16	Banana Mango Kale Hemp Bowl	B-22
		Scotch Scallops	J-12	Blissfully Blue Smoothie	B-23
		Stuffed Cabbage	J-14	Blueberry Coconut Smoothie	B-23
		Stuffed Peppers	J-15	Green Smoothie for Weight Loss	B-22
		Stuffed Zucchini	J-15	Make Your Own Smoothie Formula	B-20
		Swedish Meatballs	J-19	<i>Pina Colada</i> Smoothie	B-22
		Tater Tot Casserole, Sloppy Joe's	J-20	Pomegranate Berry Smoothie	B-23
		Tater Tot Casseroles, Stan's	J-20	Red Robin Mango Smoothie	B-21
		<i>Wot Wat</i> (<i>Zilbo</i> , Beef Stew)	J-6	Strawberry Smoothie	B-20
				HIGH ENERGY	
				Abbe Sciuto's Caf-Pow	B-44
				High Energy Smoothie	B-44
				Instant Energy Shot	B-44
				World's Healthiest Energy Drini	B-44

Appendix A—The Dishes

Beverages (Continued)

HYDRATION	
Citrus Cooler	B-24
Cucumber-Mint Water	B-24
Flat Tummy Water	B-24
Sparkling Juice	B-24
ICE CREAM	
Boston Cooler	B-26
Guinness Floats	B-26
Root Beer Float	B-26
MILK	
Cinnamon Milk	B-25
Molasses Milk	B-25
PUNCH	
Chatham Artillery Punch	B-31
Ent-Draught	B-41
Ethiopian Party Punch	B-28
Fireside Punch	B-27
French 75 Punch	B-29
Mimosa Punch	B-29
Mimosa Punch without the Punch	B-29
Mock Champagne	B-31
Pot o' Gold Punch	B-27
Raspberry -Grape Punch	B-27
Sangria	B-28
Sangria sans the Wine	B-28
Savannah's Famous Artillery Punch	B-31
Sunny Punch	B-27
Sunrise Punch	B-27
Wassail Bowl	B-30
White Grape Punch	B-28
SOFT DRINKS	
Barley Water	B-38
Butterbeer	B-42
Ent-Draught	B-41
Ginger Beer	B-39
Pumpkin Juice	B-43
TEA	
Apple Spice Tea	B-35
Arnold Palmer's Iced Tea	B-37
Blackberry Tea	B-35
Cheater's Russian Tea	B-36
Cloudless Iced Tea	B-37
<i>Kombucha</i> (Mushroom Tea)	B-40
Mushroom Tea	B-40
Orange-Spice Tea	B-36
Perfect Pot of Tea	B-33
Pine Needle Tea	B-34
Russian Tea	B-36
Sassafras Tea	B-34
Sun Tea	B-37
Tea Primer	B-32
Texas Tea	B-37
Biscuits & Biscuity Things	
Baking Powder Biscuits	D-3
Biscuit Patty Shells	D-4
Cheese Biscuits	D-3
Chef's Specialty Biscuits	D-3
Blueberry Drop Biscuits	D-4
Drop Biscuits	D-4
Ham Biscuits	D-3
Orange Tea Biscuits	D-3
Pimiento-Cheese Biscuits	D-3
Quick Cheese Biscuits	D-4
Raisin Drop Biscuits	D-4
Roquefort Biscuits	D-3
Sour Milk Biscuits	D-3
Whipped Cream Biscuits	D-3
Whole Wheat Biscuits	D-3
Scones	D-5
Strawberry Shortcakes	P-17

Blackberry

Blackberry Compote	P-20
Blackberry Lemon Coffee Cake	D-8
Blackberry Pie	Q-5
Blackberry Tea	B-35

Blueberry

Blissfully Blue Smoothie	B-23
Blueberry Coconut Smoothie	B-23
Blueberry Orange Parfaits	P-21
Maine Blueberry Pie	Q-5

Bonus Recipes

Taken from Various Illustrations

JUICES	
Beet Carrot Grape Juice	L-4
Cucumber Grape Apple Kale Green Juice	G-19
Grape Juice Spritzer	B-26
Raw V-8 Juice	M-5
Refreshing Watermelon Aqua Fresca	G-10
SMOOTHIES	
Banana Morning Smoothie	E-13
Grape Kiwi Goodness	M-5
Healthy Pumpkin Smoothie	B-41
Peach Mango Green Smoothie	Q-12
Pineapple Coconut Green Smoothie	P-30
Spiced Plum Smoothie with Greens	R-12
Vegan Strawberry Smoothie	P-18
Very Berry Cherry Smoothie	R-9

TEA

Ginger Root Tea	B-39
Refreshing Blackberry Tea	P-20

OTHER

Cilantro Pesto	J-18
Ginger Peachy Pie	Q-12
Leek & Potato Soup	F-30
Maggie's Cough Remedy	R-16
Oven-Roasted Okra	F-36
Pear Quinoa Salad	P-21

Breads

BISCUITY THINGS

Baking Powder Biscuits	D-3
Biscuit Patty Shells	D-4
Blueberry Drop	D-4
Cheese	D-3
Chef's Specialty	D-3
Drop Biscuits	D-4
Ham	D-3
Orange	D-3
Pimiento	D-3
Quick Cheese	D-4
Raisin Drop	D-4
Roquefort	D-3
Sour Milk Biscuits	D-3
Whipped Cream	D-3
Whole Wheat	D-3
Strawberry Shortcake	P-17

CELTIC BREADS

<i>Bannocks</i>	D-6
Cream Scones	D-5
<i>Farls</i>	D-6
Irish Brown Bed	D-7
Irish Soda Bread	D-7
Mama's Scones	D-5
Scottish Scones	D-5

COFFEE CAKES

Blackberry-Lemon Coffee Cake	D-8
Gluten-Free Fruit-Swirl Coffee Cake	D-8
Sour Cream Coffee Cakes	D-9
Coffee Cake in a Mug	D-9

CORN BREAD

Golden Corn Bread	D-10
Hush Puppies	D-11
Johnny Cakes	D-24

DONUTS

Beignets	D-13
Quick-Drop Donuts	D-12

DUMPLINGS

Dumplings	D-14
<i>Knaidlach</i> (Matzo Balls)	D-14

LEMBAS

<i>Lembas</i> (Elvish Waybread)	D-15
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MISCELLANEOUS

French Toast-in-a-Cup	D-31
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MUFFINS

Cranberry-Walnut Muffins	D-16
Grapenuts Low-Fat Muffins	D-16
Hawaiian Pineapple Muffins	D-17
Lemon-Raspberry Muffins	D-17

PANCAKES & FLAT BREADS

Acorn Cake	D-25
Apple Orchard Pancakes	D-25
<i>Blini</i>	D-26
<i>Crêpes</i>	D-27
Homemade Pancake Mix	D-24
The Pancakes	D-24
<i>Injera</i>	D-28
Johnny Cakes	D-24
<i>Lefse</i>	D-29
Sour Milk Pancake	D-24

POPOVER FAMILY

Popovers	D-23
Yorkshire Pudding	D-23

TEA BREADS

Banana Bread	D-20
Butterscotch Bread	D-19
Chocolate Chip Banana Bread	D-19
Citrus-Kissed Banana Bread	D-21
Honey-Fruit Bread	D-18
Mama's Applesauce Cake	D-22
Pumpkin Bread	D-18
Simple Vegan Banana Bread	D-21
World's Best Pumpkin Bread	D-18
Whole Wheat Banana Bread	D-20
Zucchini Bread	D-22

TOAST

Ricotta-Garlic Toast	C-3
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UNIQUE

Frybread	D-32
Sourdough Bread	D-32

WAFFLES

Waffles	D-30
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ALREADY BREAD THINGS

Buttered Bread Crumbs	D-38
Crostini	D-39
Croutons	D-39
Croustades	D-38
Garlic-Butter Croutons	D-39
Toast Cups	D-39
Toast Points/Triangles	D-38
Tombstones	D-38

YEAST BREADS

<i>Challah</i>	D-37
Crumpets	D-34
English Muffins	D-34
English Muffin Bread (Toasting Bread)	D-34
King's Cake (Mardi Gras)	D-35
<i>Pullah</i> (Finnish)	D-36

YEAST BREADS—SWEET

Basic Yeast Sweet Bread Dough	D-33
Cinnamon Rolls	D-33
Cinnamon Rolls in a Cup	D-31

Appendix A—The Dishes

Broccoli				SPICE CAKES				Casseroles	
Bulgur Pilaf with Broccoli and Peppers	K-3	Duchess Spice Cake	N-14	5-Layer Casserole	J-12	Breakfast Casserole in the Crockpot	J-31	Cheddar Potato Casserole	K-20
Chicken Broccoli	J-38	Gingerbread Cupcakes Marmalade Cream	N-20	Corn Casserole	J-16	Easy Enchilada Casserole	I-6	Golden Crumb Broccoli Casserole	L-5
Golden Crumb Broccoli Casserole	L-5	Sugar-Free Gingerbread	N-14	Company Casserole	J-16	Impossibly Easy Cheeseburger Pie	J-17	Green Bean Casserole	L-21
Brownies		UNIQUE CAKES							
1-Minute Brownie in a Mug	O-16	Aunt Nell's Jam Cake	N-10	Hamburger Pie	J-17	Impossibly Easy Taco Pie	J-18	Hamburgle Pie	J-17
Brownies	O-16	High Tea Squares (3-layer brownie)	N-	Impossibly Easy Cheeseburger Pie	J-17	Potatoes O'Brien Casserole	K-20	Stan's Tater Tot Casserole	J-20
High Tea Squares	O-17	Holiday Run Cake (joke)	N-13	Impossibly Easy Taco Pie	J-18	Tuna & Pasta Bake	J-53	Tuna Chow Mein Noodle Casserole	J-52
Brussels Sprouts				VEGGIE CAKES					
Brussels Sprouts au Jus	L-5	Carrot Cake from Canned Carrots	N-4	Carrot Cake from Canned Carrots	N-4				
Caramelized Brussels Sprouts & Bacon Fettuccini Alfredo	K-12	Rosie's Carrot Cake	N-4						
Butter				YELLOW CAKES					
Butter Frosting	S-3	Brown-Eyed Susan Cake	N-16	Brown-Eyed Susan Cake	N-16				
Butter Cream Frosting	S-3	Mandarin Party Cake	N-10	Mandarin Party Cake	N-10				
Clarified Butter	H-11	Rich Golden Cake	N-16	Rich Golden Cake	N-16				
Ethiopian Spiced Butter (Niter Kibbeh)	H-11	<i>See also: Tea Breads</i>							
Garlic Butter	H-11			Camel				Cauliflower	
Garlic Parsley Butter	H-11			Stuffed Camel	J-21	Cauliflower with Olives and Bread Crumbs	L-7	Cheddar Cauliflower Soup	F-38
Niter Kibbeh (Ethiopian Spiced Butter)	H-11			Baked Camel	J-21				
C				Candy & Confections				Cheater's	
Cabbage				BON-BONS				Chocolate Mousse	
Bubble & Squeak	L-6	Easter Egg Bon-Bons		Cheater's Chocolate Mousse	P-34	Cheater's Egg McMuffin	E-5	Cheater's Fish & Chips	J-46
Cabbage Patch Soup	F-10	Coconut Eggs	R-3	Cheater's Egg McMuffin	E-5	Cheater's French Dip Sandwich	E-3	Cheater's Pineapple Ice Cream	P-11
Cabbage Rolls	J-14	Peanut Butter Bon Bons	R-3	Cheater's French Dip Sandwich	E-3	Cheater's Russian Tea	B-36	Cheater's Really Easy Chicken Pot Pie	J-43
Chopped Beef & Vegetable Chowder	F-4	Mike's Buckeyes (peanut butter bon-bons)	R-3	Cheater's Pineapple Ice Cream	P-11				
Salmon-Cabbage Loaf (Kulebiaka)	J-48	Rose Bowl Bon Bons	R-3	Cheater's Russian Tea	B-36				
Stuffed Cabbage	J-14			Cheater's Really Easy Chicken Pot Pie	J-43				
Vietnamese Chicken and Cabbage Stir-Fry	J-41	FRUITY CONFECTIONS				Cheese			
Cakes & Cupcakes									
AIRY CAKES									
Angel Food Cake	N-3	Aplets	R-10	Cheddar Potato Casserole	K-20	Cheese Fondues	I-5	Cheese Soufflé	I-4
Boiled Sponge Cake	N-15	Chocolate Almond Cherry Crisps	R-9	Cheese Fondues	I-5	Cheeseburger Pie	J-17	Cheesy Ham Grill	E-4
Hot Milk Sponge Cake	N-15	Cotlets	R-10	Cheeseburger Pie	J-17	Cheesy Smoked Almonds	C-12	Chili Rellanos DeAnda	I-6
Victoria Sponge	N-15	Fruit Leather	R-12	Cheesy Ham Grill	E-4	Chive-Cheese-Clam Dip	C-7	Classic Mozzarella Sticks	C-3
CHOCOLATE CAKES									
Chocolate Fudge Cake, Elaine's	N-5	Kayisi Tatlisi (Stuffed Apricots)	R-9	Chive-Cheese-Clam Dip	C-7	Cream Cheese Omelet	I-7	Crockpot Breakfast Casserole	J-31
Chocolate Refrigerator Log	N-7	Rahat Lakhum (Turkish Delight)	R-11	Classic Mozzarella Sticks	C-3	Crockpot Breakfast Casserole	J-31	Easy Enchilada Casserole	I-6
Mozaik Cake	N-7	FUDGE							
Toll House Cake	N-6	Butterscotch Fudge	R-8	Easy Enchilada Casserole	I-6	Margot's Omelet	I-7	Meals-on-Wheels Cheese Egg Omelet	
Very Moist Very Chocolate Bundt Cake	N-5	Coconut Fudge	R-8	Margot's Omelet	I-7	Meals-on-Wheels Cheese Egg Omelet		Gussied Up	E-5
CUPCAKES & KIN									
Cake in a Coffee Mug	N-21	Peanut Butter Fudge	R-8	Mozaik Cake	N-7	Poached Eggs Microwave	I-18	Quick Cheese Biscuits	D-4
Chocolate Chip Cookie Cupcakes	N-19	Penuché (Brown Sugar Fudge)	R-8	Toll House Cake	N-6	Quick Cheese Biscuits	D-4	Ricotta Toast	C-3
Gingerbread Cupcakes Marmalade Cream	N-20	CHOCOLATE FUDGE							
Parisian Sophisticates	N-20	Carnation 5-Minutess Fudge	R-7	Very Moist Very Chocolate Bundt Cake	N-5	Simple Cheese Omelet	I-7	Two-Minute Microwave Scrambled Eggs with Cheese	I-18
Pineapple Upside-Down Cupcakes	N-19	Cold Fudge	R-6			Welsh Rabbit aka Welsh Rarebit	I-4		
Monkey Bars	N-19	Cream Cheese Fudge	R-6			Welsh Fondue	I-4		
DUMP CAKES									
Apple	N-18	Fantasy Fudge	R-7	OTHER					
Cherry Chocolate	N-18	Fudge	R-6	Good Luck Meringue Mushrooms	R-13	Cheesecake			
Cherry Pineapple	N-18	Magic Truffles (aka French Fudge)	R-5	Microwave Rice Krispies Treats	R-17	Apple Crisp Cheesecake	P-10	Chocolate Cheesecake	P-7
Low-Fat	N-17	Mamie Eisenhower's Million Dollar Fudge	R-4	NUTTY					
Peach Cobbler	N-17	Never Fail Fudge	R-7	Almond Rocca	R-17	Chocolate Cheesecake	P-7	Cream-Cheese Cake	P-6
Pineapple Coconut	N-17	Quick Nut Fudge	R-5	Candied Chestnuts	R-16	Cream-Cheese Cake	P-6	Eggnong Cheesecake	P-9
Strawberry Slow-Cooker	N-18	Rich Cocoa Fudge	R-4	Marrons Glacé	R-16	Eggnong Cheesecake	P-9	French Farmhouse Cheesecake	P-8
FRUIT OR FRUITY CAKES									
Applesauce Cake	N-			Peanut Brittle	R-14	French Farmhouse Cheesecake	P-8	Just-Like-Sara-Lee Cheesecake	P-10
Cloudberry Cake (Finnish)	N-11			Pecan Pralines	R-15	Lemon Bisque (mock cheesecake)	P-6	Lindy's Cheesecake	P-8
Dundee Cake	N-8			Winnie the Pooh's Honey-Pot Balls	R-16	Minute Microwave Cheesecake	P-6	Orange Creamsickle Cheesecake Bars	P-7
Grand Marnier Cake	N-12					Pumpkin Cheesecake	P-9	Raspberry & Whiskey Cheesecake	P-5
Harvey Wallbanger Cake	N-12					Spiderweb Cheesecake Bars	P-7		
Mandarin Party Cake	N-10								
Pineapple Moist Cake	N-9								
Pineapple Upside Down Cake	N-9								

Appendix A—The Dishes

Cherry					
Cherry Cream Cheese Pie	Q-7	Bailey Chocolatini	B-4	50-50 Cocktail	B-4
Cherry Dump Cake	N-18	Bleeding Chocolate Glaze	S-9	Bailey's Chocolatini	B-4
Cherry Kisses	R-13	Chocolate Decorating Glaze	S-9	Black Russian	B-3
Cherry Orange Oatmeal Bars	O-18	Brown Beauty Frosting	S-4	Chocolate Martini	B-4
Cherry Orange PB Oatmeal Bars	O-18	Cheater's Chocolate Mousse	P-34	Chocolatini	B-4
Chocolate Almond Cherry Crisps	R-9	Chocolate Buttercream Frosting	S-3	Claridge Cocktail	B-3
		Chocolate Chip Banana Bread	D-19	Flaming Moe, The	B-7
Chicken		Chocolate-Chocolate Chip Cookies	O-6	Jackass Martini	B-4
Chicken Bonnie Prince Charlie	J-35	Chocolate Decorating Glaze	S-9	James Bond's Martini	B-5
Chicken Broccoli	J-38	Chocolate Drop Cookies	O-14	KGB Cocktail	B-5
Chicken Curry Hot Pot	F-13	Chocolate Fudge Cake	N-5	Kosher Vodka Cocktails	B-8
Chicken Enchiladas	J-37	Chocolate Ganache	S-4	<i>Shalom</i> (Hello)	B-8
Chicken Fiesta Salad	G-4	Chocolate Martini	B-4	<i>Bevakasha</i> (You're Welcome)	B-8
Chicken <i>File</i> Gumbo	F-14	Chocolate, Orange and Whiskey Mousse	P-27	<i>Shanah Tovah!</i> (Happy New Year)	B-8
Chicken Kiev	J-35	Chocolate Refrigerator Roll Cake	N-7	<i>Bitai Avon</i> (Bon Appetite)	B-8
Chicken Pot Pie, Very East	J-43	Chocolate Moose	P-27	Mint Julep	B-6
Chicken Pot Pie in a Mug	J-43	Chocolate Mousse Pie	Q-8	Moscow Mule	B-7
Chicken Salad Spread	C-9	Chocolate Oatmeal Cookies	O-9	Sazerac	B-3
Chicken Stroganoff	J-41	Chocolate Peanut Butter Cookies	O-13	Singapore Sling	B-7
Chicken Vindaloo	J-42	Chocolate Refrigerator Roll	N-7	Skybird	B-8
Chinese Chicken Salad	G-4	Chocolate Walnut Candy Cookies	O-6	White Russian	B-3
<i>Doro Wat</i> (Ethiopian Chicken)	J-39	Chocolate Whipped Cream	S-7	Vesper Martini	B-5
Home-Style Chicken & Gravy	J-33	Chocolatini	B-4		
<i>Kota Riganati</i> (Greek Chicken Oregano)	J-36	Congo Squares (Chocolate Chip bars)	O-16	Coconut	
<i>Kota Soupa Avgolemono</i> (Greek Chkn Sp)	F-10	Clara Wimpey's Chocolate Cookies	O-6	Coconut Cream/Pudding Pie	Q-13
Lemony Oriental-Style Chicken Chunks	J-38	Cold Fudge	R-6	Coconut Fudge	R-8
Lime Marinated Chicken	J-34	Cream Cheese Fudge	R-6	Coconut Macaroons	O-11
Oven-Fried Chicken	J-40	Fantasy Fudge	R-7	Easter Egg Bon-Bons (coconut)	R-3
Quick Chicken Tandoori	J-39	French Fudge	R-5	Impossible Coconut Pie	Q-10
Rosemary Chicken	J-37	French Silk Chocolate Pie	Q-8	Spicy Coconut Pumpkin Soup	F-23
Royal Chicken Sandwiches (open-faced)	E-4	Fudge	R-6	Thai Coconut Soup	F-23
Sichuan <i>Bang Bang</i> Chicken	J-36	Fudge Brownies	O-16		
Southern Fried Chicken, the Ultimate	J-40	Fudge Frosting	S-4	Coffee	
Teriyaki-Style Chicken Pieces	J-34	High Tea Squares	O-17	Barbra's Instant Coffee Mallow Ice Cream	P-13
Vietnamese Chicken and Cabbage Stir-Fry	J-41	Magic Truffles (aka French Fudge)	R-5	<i>Café au Lait</i>	B-17
Ultimate Chicken Curry	J-42	Mamie Eisenhower's Million Dollar Fudge	R-4	Coffee Buttercream Frosting	S-3
		Mozaik Pasta (Chocolate & Cookie cake)	N-7	Ethiopian Coffee	B-15
Chili		Never Fail Fudge	R-7	Greek Coffee	B-16
<i>Chili con Carne</i> with Beans	F-17	Parisian Sophisticates Truffle Filling	S-11	Irish Coffee	B-14
<i>Chili Con Carne</i> without Beans	F-17	Quick Nut Fudge	R-5	Italian-American Coffee	B-12
<i>Chili Rellanos</i> DeAnda	I-6	Toll House Cake	N-6	Italian Coffees	B-12
Zesty Chili Dip	C-7	Toll House Chocolate Frosting	S-4	<i>Espresso</i>	B-12
		Rich Cocoa Fudge	R-4	<i>Café Latte</i>	B-12
		Very Moist, Very Chocolate Bundt Cake	N-5	<i>Cappuccino</i>	B-12
		Wendy's Frosty	P-12	<i>Macchiato</i>	B-12
				<i>Karsk</i> (Norwegian: Viking Coffee)	B-16
Chocolate		Chowder		Scottish Coffee	B-15
		Chopped Beef & Vegetable Chowder	F-4	Somali Coffee	B-13
		Clam Chowder, Boston (white)	F-19	Turkish Coffee	B-14
		Clam Chowder, Manhattan (red)	F-19	Vietnamese Iced Coffee	B-13
		New England Corn Chowder	F-11		
		Puget Chowder	F-20	Coffee Cakes	
		Salmon Chowder	F-18	Blackberry Lemon Coffee Cake	D-8
		Tuna Chowder	F-18	Gluten-Free Fruit Swirl Coffee Cake	D-8
				Sour Cream Coffee Cake	D-9
		Clam		Coffee Cake in a Mug	D-9
		Boston Clam Chowder	F-19		
		Canadian Geoduck in Szechuan-Spiced	J-54	Collard Greens	
		Cilantro Dressing	J-54	Ethiopian Collard Greens	L-9
		Chive-Cheese-Clam Dip	C-7	Southern Style Collard Greens	L-9
		Chunky Clams & Pasta	K-11		
		Clam Chowder, Boston	F-19		
		Clam Chowder, Manhattan	F-19		
		John Hinterberger's Clam Spaghetti	K-18		
		Manhattan Clam Chowder	F-19		
		Puget Chowder	F-20		
		Steamed Clams	J-54		
		Cocktails			

Appendix A—The Dishes

Condiments	Conviviaals—Appetizers & Snacks	Cookies
BUTTERS	BREAD/TOAST	
Clarified Butter H-11	Ricotta Garlic Toast C-3	Almond Macarons O-11
Garlic Butter H-11	CHEESE	Butter Balls O-10
Garlic Parsley Butter H-11	Chipped Beef Cream Cheese Ball C-4	Chocolate Chocolate Chip Cookies O-6
<i>Niter Kibbeh</i> (Ethiopian Spiced Butter) H-11	Classic Mozzarella Sticks C-3	Chocolate Oatmeal Cookies O-9
DIPS	Ricotta Toast C-3	Chocolate Peanut Butter Cookies O-13
Chive-Cheese-Clam Dip C-7	CRUNCHIES	Chocolate Walnut Candy Cookies O-6
Eggplant Caviar C-8	Macho Nachos C-5	Clara Wimpey's Chocolate Cookies O-6
Famous Lipton Dip C-7	Mom's Caramel Popcorn C-5	Coconut Macarons O-11
<i>Guacamole</i> C-6	DIPS	Congo Squares (Chocolate Chip bar cookies) O-16
<i>Hoisin</i> Peanut Dipping Sauce H-7	Chive-Cheese Clam Dip C-7	Cookie Jar Variety Cookies O-14
Mexican Layered Dip C-6	Eggplant Caviar C-8	Deep-Fried Sugar-Lemon Cookies O-15
Philadelphia Dip C-7	Famous Lipton California Dip C-7	Famous Oatmeal Cookies O-9
<i>Vmochanka</i> (Garlic Dip) C-8	Garlic Dip (Russian— <i>Vmochanka</i>) C-8	Fool-Proof Cookies O-14
Zesty Chili Dip C-7	Guacamole C-6	Granny Frank's Soft Ginger Cookies O-7
DRESSINGS	Mexican Layered Dip C-6	Hazelnut Cookies (Jackie Kennedy) O-8
Cloister Dressing H-3	Philadelphia Dip C-7	Mexican Wedding C akes O-10
French Dressing H-5	Shrimp Dip C-8	Oatmeal Cookies O-9
Green Goddess Dressing H-4	Zesty Chili Dip C-7	Peanut Blossom Cookies O-13
Italian Dressing H-5	MEAT	Peanut Butter Cookies (1) O-12
Mint Yogurt Dressing H-4	Chipped Beef Rolls C-4	Peanut Butter Cookies (2) O-12
Ranch Dressing H-3	Mini-Crescent Dogs C-11	Pecan Balls O-10
Uncle Dan's Dressing H-3	Sausage Balls C-11	<i>Pryaniki</i> (Tula Gingerbread) O-7
Western Dressing H-3	Sausage Crescents C-11	Perfect Chocolate Cookie, The O-6
SPREADS	Sausage Pinwheels C-11	Russian Cookies: <i>Kartoshka</i> (Potatoes) O-5
Chicken Salad Spread C-9	Turkish Vegetable Meatballs (Lentil Balls) C-11	Russian Tea Cakes O-10
Egg Salad Spread C-9	NUTS	Spirit Balls O-5
Ham/Spam Salad Spread C-10	Cheesy Smoked Almonds C-12	Spritz O-4
Tuna Salad Spread C-10	Sugar & Spice Nuts C-12	BAR COOKIES
SAUCES	PIZZA	Cherry Orange Oatmeal Bars (Starbucks) O-18
10-Minutes Salsa H-7	Cheesy Pita Pizza C-16	Cherry Orange Oatmeal Peanut Butter Bars O-18
Alfredo Sauce H-9	Crockpot Pizza Fondue C-17	Congo Squares (Chocolate Chip Bars) O-16
<i>Béchamel</i> H-8	English Muffin Pizza C-14	Fudge Brownies O-16
Cucumber-Yogurt Sauce H-10	Flat Bread Pizza C-16	High Tea Squares O-17
Easy Microwave <i>Hollandaise</i> Sauce H-9	French Bread Pizza C-14	Lemon Bars O-19
<i>Hollandaise</i> Sauce H-9	<i>Lahmacum</i> (Turkish Pizza) C-18	Nanaimo Bars O-19
Kay Leatherby's Mushroom Soup Sauce H-10	Pizza Balls C-15	DROPPED COOKIE
Mama's Cocktail Sauce H-7	Pizza Pinwheels C-15	Butterscotch Dropped Cookies O-14
Raita H-10	Rainbow Pizza C-17	Caraway Seed Dropped Cookies O-14
<i>Rémoulade</i> Sauce H-9	SEAFOOD	Chocolate Dropped Cookies O-14
<i>Sauce Blanche</i> H-8	Chutney Shrimp Kabobs C-21	Coconut Dropped Cookie O-14
<i>Sauce Espagnole</i> H-9	Crab Cakes C-20	Currant-Spiced Dropped Cookies O-14
Sweet & Sour Sauce H-6	Crab Imperial C-20	Date Dropped Cookies O-14
Tartar Sauce H-6	Salmon Cakes/Croquettes C-19	Honey Dropped Cookies O-14
<i>Velouté</i> Sauce H-8	Shrimp & Artichokes, Marinated C-20	Nut Dropped Cookies O-14
White Sauce H-8	Shrimp & Cream Cheese Brick C-21	Orange Dropped Cookie O-14
Yogurt Sauce H-10	Shrimp Cocktail C-22	Vanilla Dropped Cookies O-14
STUFFINGS	Shrimp Wheels C-21	ROLLED COOKIES
Chestnut Stuffing H-23	Smoked Salmon & Caviar Canapes C-19	<i>Hamantashes</i> (Haman's Hat cookies) O-8
Dickens' Christmas Stuffing H-23	SPREADS	Scotch Shortbread O-3
Potato Apple Stuffing H-23	Chicken Salad Spread C-9	Swedish Cream Wafers O-4
Michaelmas Goose Stuffing H-23	Egg Salad Spread C-9	Vanilla Rolled Cookies O-15
SEE ALSO <i>Seasoning Blends</i>	Ham/Spam Salad Spread C-10	COOKIES IN A CUP OR MUG
	Tuna Salad Spread C-10	1-Minutes Brownie in a Mug O-16
	VEGETABLES	Chocolate Chip O-20
	Herbed Mushrooms C-25	Peanut Butter O-20
	Mushrooms on Toast C-25	Sugar O-20
	Sausage Stuffed Mushroom Caps C-25	FOR YOUR ENTERTAINMENT
	Savory Corn Oysters C-23	Domino Sugar Cookies O-21
	Spinach Stuffed Mushroom Caps C-25	Jose Cuervo Christmas Cookies O-21
	Stuffed Celery C-24	S'Mores Microwaved O-21
	Stuffed Cherry Tomatoes C-24	
	Turkish Lentil Balls C-23	Corn
		Corn Casserole K-4
		Coyote Corn K-4
		Golden Corn Bread D-10
		Grits K-4
		New England Corn Chowda/Chowder F-11
		Savory Corn Oysters C-23
		Southwestern Black-Eyed Pea & Corn Salad G-3

Appendix A—The Dishes

Cottage Cheese		D		Donuts	
Cottage Cheese Salad	G-5	Desserts		<i>Beignets</i> (French Market Donuts)	D-13
Cottage Cheese Pineapple Mold	G-5	Apple Charlotte	P-4	Donuts (Cake)	D-12
CRAB		Apple Compote/Apple Confit	P-16	Dressings	
Cajun Crab Salad	G-16	Apple Crisp	P-16	Cloister Dressing	H-3
Crab Cakes	C-20	Bananas Foster	P-22	French Dressing	H-5
Crab Casserole	J-55	Barley Puddings (Scottish, Irish, Finnish)	P-31	Green Goddess Dressing	H-4
Crab Imperial	C-20	Blackberry Compote	P-20	Italian	H-5
Crab Salad	G-16	<i>Blancmange</i> , Meg March's	P-28	Mint Yogurt Dressing	H-4
Crab-Stuffed Artichokes	J-56	Blueberry Orange Parfaits	P-21	Ranch Dressing	H-3
Crab Quiche	I-11	Candied Bananas	P-22	Uncle Dan's Dressing	H-3
Deviled Crab	J-55	<i>Carageen</i> Seaweed Pudding	P-32	Western Dressing	H-3
Crawfish		Charlottka (Charlotte Russe)	P-3	Duck	
Crawfish <i>Étouffée</i>	F-20	Cheater's Chocolate Mousse	P-34	Remington Steele's <i>Canard au Vin Rouge</i>	
Crawfish Pie	J-57	Chocolate <i>Carageen</i> Seaweed Pudding	P-32	(Duck in Red Wine)	J-44
Cream		Chocolate Moose	P-27	Dundee	
Chocolate Whipped Cream	S-7	Chocolate Orange and Whiskey Mousse	P-27	Dundee Lamb Chops	J-24
Cream Puffs	Q-17	Cinnamon Pear Compote	P-21	Dundee Cake	N-8
Creamy Vegetables	L-11	Clancy Brothers' Plum Pudding, The	P-29	Dundee Marmalade	M-7
<i>Crème Fraîche</i>	S-11	CocoaNut Bananas	P-22	E	
Sweetened Whipped Cream	S-7	Creamy Orange Rice Pudding	P-33	Edamame	
Cream Cheese		Dessert Pizza	P-23	Quinoa with Edamame and Tarragon	K-7
Cream Cheese Frosting	S-5	Fruit Pizza	P-23	<i>Udon</i> with Edamame	F-34
Cream Cheese Tart with Fruit	Q-7	Fruit Soup	P-22	Egg	
Cream Cheese Pastry for Tassies	Q-18	Fruit & Yogurt	P-20	1,000-Year old Eggs	I-17
Crockpot		<i>Güllac</i> (for Ramadan)	P-25	Cheater's Egg McMuffin	E-5
Breakfast Casserole in the Crockpot	J-31	Highland Mist	P-26	<i>Çilbir</i> (Turkish Poached Eggs)	I-19
Crockpot Pizza Fondue	C-17	Instant Pudding Fabulosa	P-34	Devilled Eggs	I-15
Crockpot Split Pea and Bacon Soup	F-32	Jane's Lemon Bisque aka	P-6	Eggs Anglesey	I-13
French Dip Sandwiches	E-3	Mock Cheesecake	P-17	Eggs Benedict	I-19
Irish-American Roast Beast	J-5	Mama's Strawberry Shortcake	P-17	Eggs in Toast	I-16
Katniss Everdeen's Lamb Stew with Dried Plums	F-25	Pineapple Delight	P-30	Egg Salad Spread	C-9
Overnight Oatmeal	K-5	Raspberry Cream	P-18	Fried Potatoes & Eggs	I-17
Slo-Cooker Mongolian Beef	J-9	Raspberry <i>Cranachan</i> with Shortbread	P-18	Guacamole Eggs	I-15
Slo-Cooker Root Vegetable Stew	F-37	Rice Pudding	P-33	Hard-Cooked Eggs	I-14
Slo-Cooker Strawberry Dump Cake	N-18	Scotch Mist	P-26	Individual Eggs Florentine	I-13
Curry		Shortbread Dessert	P-26	Jelly Omelet	I-7
15-Spice Curry Powder	H-20	Strawberry Blintzes	P-19	Meals on Wheels Cheese Omelet Gussied Up,	E-5
Basic Curry Powder	H-20	Strawberry Rhubarb Compute	P-18	<i>Menemen</i> (Turkish-Style Scrambled Eggs)	I-20
Chicken Curry Hot Pot	F-13	Strawberry Shortcake for a Crowd	P-17	Poached Eggs, Microwave	I-18
Chicken Vindaloo	J-42	Strawberry Shortcake Trifle	P-17	Scotch Eggs	I-16
Cousin Jackie's Curried Potato Salad	G-13	Strawberries with Orange Ricotta Cream	P-18	Simple Omelet	I-7
Ultimate Chicken Curry	J-42	Take-Out-Rice Pudding	P-34	Soft-Boiled Eggs on Buttered Toast	I-14
Indian Rice Pilaf	K-9	<i>Wojapi</i> (as a dessert)	P-30	Soft-Cooked Eggs	I-14
Raghavan's Blend (Curry Seasoning)	H-21	FROZEN		Sweet Omelet	I-7
		Barbra's Instant Coffee Mallow Ice Cream	P-13	Tea Eggs	I-17
		Bombés (Sherbet and/or Ice cream)	P-15	Toad in a Hole	I-16
		Boston Cooler	B-26	Turkish Style Scrambled Eggs	I-20
		Butterbeer Ice Cream	P-14	Two-Minute Microwave Scrambled Eggs with Cheese	I-18
		California Sherbet (Orange)	P-11	Ultimate Cheap Breakfast Sandwich, The	E-5
		Cheater's Pineapple Ice Cream	P-11		
		<i>Drambui</i> Ice Cream	P-14		
		Frozen Fruit Cocktail	P-12		
		Frozen Fruit Cups	P-22		
		Guinness Floats	B-26		
		Ice Cream á la Dolley Madison	P-13		
		Old Fashioned Milk Sherbet (Lemon)	P-11		
		Root Beer Float	B-26		
		Wendy's Frosty	P-12		
		<i>SEE ALSO: Cheesecakes</i>			
		Dips			
		Chive-Cheese-Clam Dip	C-7		
		Eggplant Caviar	C-8		
		Guacamole	C-6		
		Famous Lipton Dip	C-7		
		Mexican Layered Dip	C-6		
		Philadelphia Dip	C-7		
		<i>Vmochanka</i> (Garlic Dip)	C-8		
		Zesty Chili Dip	C-7		

Appendix A—The Dishes

F

Fish

Assa Kitfo (Raw Spicy Fish)	J-52
Baalik (Turkish Fish Sandwich)	E-10
Brown Sugar Salmon	J-50
Cheater's Fish & Chips	J-46
Dover Sole <i>Italiano</i>	J-51
English-Style Fish & Chips	J-46
Filet of Sole Abbey	J-51
Finnan Haddie	J-47
Fish Stick Sandwich	E-10
Grilled Mackerel Fillets in Mint Yogurt Dressing	E-10
Grilled Salmon Balmoral	J-50
Haddock Floating on the Sea	J-47
Haddock on a Bed of Spinach	J-47
Kulebyaka (Salmon-Cabbage) Loaf	J-48
Sea Bass with Sizzled Ginger	J-52
Spicy Seattle Tuna Rolls	E-18
Tuna Chow Mein Casserole	J-52
Tuna Melt	E-8
Tuna-Pasta Bake	J-53
Tuna Pinwheels	J-53
Tuna Salad Spread	C-10

Frostings & Icings

Brown Beauty Frosting	S-4
Brown-Eyed Susan Frosting	S-3
Butter Frosting	S-3
Butter Cream Frosting	S-3
Chocolate Butter Cream Frosting	S-3
Chocolate Whipped Cream	S-7
Cinnamon Roll Cake in a Mug Icing	S-8
Cream Cheese Frosting	S-5
Chocolate Ganache	S-4
Ermine Frosting	S-6
Fudge Frosting	S-4
Hot Butterscotch Whipped Cream	S-7
Mile High Frosting	S-5
Oatmeal Cake Icing	S-8
<i>Penuché</i> Frosting	S-6
Pineapple Cream Frosting	S-7
Pineapple Moist Cake Frosting	S-6
Sweetened Whipped Cream	S-7
Toll House Chocolate Frosting	S-4
White Mountain Frosting	S-5

GLAZES

Baker's Glaze	S-9
Bleeding Chocolate Glaze	S-9
Cherry Glaze (for cheesecake)	S-14
Chocolate Decorating Glaze	S-9
Coffee Cake Glaze	S-9
Confectioner's Sugar Glaze	S-9
Grand Marnier Glaze	S-9
Harvey Wallbanger Glaze	S-9
Rosie's Glaze	S-9

FILLINGS

Clear Lemon Filling	S-10
Clear Orange Filling	S-10
Creamy Butter Filling	S-11
Crème Fraiche	S-11
Marmalade Cream	S-11
Parisian Sophisticates Filling	S-11
Rich Lemon Filling	S-10
Rich Orange Filling	S-10

SWEET SAUCES

Apricot Sauce	S-13
Raspberry <i>Purée</i>	S-13
<i>Wojabi</i>	S-13

SYRUPS

Simple Syrup	S-15
Lemon Simple Syrup	S-15
Minted Simple Syrup	S-15

TOPPINGS

Meringue (for Pies)	S-12
Hard Sauce	S-12
Sour Cream Toppings	
Just-Like Sara Lee Cheesecake	S-12
Apple Crisp Cheesecake	S-14

Fruit

DESSERTS

Bananas Foster	P-24
Candied Bananas	P-24
CocoaNut Bananas	P-24
Cream Cheese Tart with Fruit	Q-6
Fruit & Yogurt	P-20
Fruit Pizza	P-23
<i>Wojabi</i> (as a dessert)	P-30
Superfruit Pizza with Strawberries	P-23

PRESERVES

Dundee Marmalade (Copycat)	M-7
Green Tomato Jam	M-7

SALADS

24-Hour Salad	G-8
Better Than Sex Fruit Salad	G-9
Cottage Cheese Pineapple Mold	G-5
Fruit Salad	G-11
Grandma Elinor's Fruit Salad	G-8
Lime-Pineapple Salad	G-9
Mama's Green Slime with a Red Hat	G-9
Queen Anne Salad	G-8
<i>Ragnarok</i> Salad	G-11
Watermelon Basket	G-10

SAUCES

<i>Wojabi</i> (as a sauce)	S-13
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SIDES

Applesauce, Mama's	M-3
Cheese-Fried Apple Rings	M-3
Fried Apple Rings	M-3
Fried Green Tomatoes	M-5
Fruit Kebabs	M-5
Grilled Fruit Skewers with Island Spices & Dark Rum	M-6
Honey-Baked Bananas	M-4
Island Fruit Kebabs	M-6
Broiled Orange Slices	M-4
Sautéed Pineapple	M-4

SOUPS

Fruit Soup	P-22
Spicy Coconut Pumpkin Soup	F-23
Thai Coconut Soup	F-23

Fudge

Butterscotch Fudge	R-8
Carnation 5-Minute Fudge	R-7
Chocolate Fudge Cake	N-5
Coconut Fudge	R-8
Cold Fudge	R-6
Cream Cheese Fudge	R-6
Fantasy Fudge	R-7
French Fudge	R-5
Fudge	R-6
Magic Truffles (aka French Fudge)	R-5
Mamie Eisenhower's Million Dollar Fudge	R-4
Never Fail Fudge	R-7
Peanut Butter Fudge	R-8
<i>Penuché</i> (Brown Sugar Fudge)	R-8
Quick Nut Fudge	R-5
Rich Cocoa Fudge	R-4

G

Ginger

Ginger Beer	B-39
Granny Frank's Soft Ginger Cookies	O-7
Ginger Bourbon Peach Pie	Q-12
Ginger Peachy Pie	Q-12
Tula Gingerbread (<i>Pryaniki</i>)	O-7

Goat

<i>Fiyyel Wat</i> (Ethiopian Goat Stew)	F-24
Roast Leg of Goat (kid) with Pumpkin in Yogurt and Sumac	J-22

Goose

Christmas Goose Dickens Style	J-45
Michaelmas Goose	J-45

H

Haddock

Haddock Floating on the Sea	J-47
Haddock on a Bed of Spinach	J-47
Finnan Haddie	J-47

Ham

Cheesy Ham Grill	E-4
Golden Glazed Ham	J-30
Ham Classic Sandwich	E-11
Ham/Spam Salad Spread	C-10
Hawaiian Ham Sandwich	E-11
Monte Cristo Sandwich	E-11
Spam Musubi	J-29

I

Ice Cream

Barbra's Instant Coffee Mallow Ice Cream	P-13
Boston Cooler	B-26
Bombes (Ice Cream and/or Sherbet)	P-15
Butterbeer Ice Cream	P-14
California Sherbet (orange)	P-11
Cheater's Pineapple Ice Cream	P-11
<i>Drambu</i> Ice Cream	P-14
Guinness Float	B-26
Guinness Float DeLuxe	B-26
Ice Cream à la Dolley Madison	P-13
Root Beer Float	B-26
Wendy's Frosty	P-12

In-a-Cup/Mug for One

This is just a sampling . . . look for anything on the web ending with 'In a cup' or 'In a mug.'

Brownie	O-16
Cake (any flavor)	N-21
Chicken Pot Pie (baked)	J-43
Chocolate Chip Cookie	O-20
Cinnamon Roll in a Mug	D-31
Coffee Cake	D-9
French Toast	D-31
Mac-n-Cheese	K-17
Mini Crustless <i>Quiche</i> for 1 (baked)	I-12
Mini <i>Quiche</i> in a Cup	I-12
Peanut Butter Cookie	O-20
Poached Eggs	I-18
Rice Krispies Treats in a Cup	R-17
Scramble Eggs	I-18
Sugar Cookie	O-20

Appendix A—The Dishes

<p style="text-align: center;">J</p> <p style="text-align: center;"><i>Jam & Jelly</i></p> <p>Aunt Nell's Jam Cake N-10 Dundee Marmalade M-7 Green Tomato Jam M-7</p> <p style="text-align: center;"><i>Joke Recipes</i></p> <p>Chocolate Moose P-27 Elephant Stew F-35 Holiday Rum Cake N-13 Jose Cuervo Tequila Christmas Cookies O-21 Jackass Martini B-4</p> <p style="text-align: center;"><i>Julius</i></p> <p>Orange Julius B-18 Pineapple Julius B-18 Strawberry Julius B-18</p> <p style="text-align: center;">K</p> <p style="text-align: center;">L</p> <p style="text-align: center;"><i>Lamb</i></p> <p>Awaze Tibs (Lamb Stew) F-26 Dundee Lamb Chops J-24 Irish Lamb Stew D-24 Iskender Kebap J-25 Lamb Stew with Dried Prunes F-25 Meat on a Stick J-25 Shashlik (Russian Kebabs) J-24 Sis Kebap (Shish Kebab) J-25 Stuffed Lamb Chops J-23</p> <p style="text-align: center;"><i>Lassi</i></p> <p>Mango Lassi B-19 Sweet Lassi B-19</p>	<p style="text-align: center;"><i>Legumes</i></p> <p>Artichoke (Bottoms) with Broad Beans L-15 <i>Baklali Enginar</i> L-15 Classic Oven Baked Beans L-17 Garbanzo Beans (Chickpeas) with Spinach and Rice L-16 Near-Bottomless Boston Baked Beans L-17 Red Beans & Rice L-16</p> <p style="text-align: center;">GREEN BEANS</p> <p>Green Bean <i>Béchamel</i> L-18 Savory Green Beans L-19 The Best Green Beans Ever L-19 Southern Green Beans L-20 Canned Green Beans that Taste Homegrown L-20 Green Beans from a Can That Don't Taste Like It! L-20 Easy Canned Green Beans L-20 Garlic Green Beans L-21 Green Bean Casserole L-21 Easy Homestyle Green Beans L-21</p> <p style="text-align: center;">LENTILS</p> <p>Spiced Red Lentils and Rice L-22 Herbed Lentils with Spinach and Tomatoes L-22</p> <p style="text-align: center;">PEAS</p> <p>Very Particular Peas L-23 Minted Peas L-23 Spiced Peas L-23 Rest in Peas L-23 <i>Kik Alicha</i> (Ethiopian Split Pea <i>Purée</i>) L-24 Vegan Yellow Split Pea Dal L-24</p> <p style="text-align: center;">TOFU</p> <p><i>Ma Po Tofu</i> aka L-25 Pock-Marked Grandmother's Bean Curd L-25 Tofu Scramble L-25</p> <p style="text-align: center;"><i>Lemon</i></p> <p>Blackberry Lemon Coffee Cake D-8 Clear Lemon Filling S-10 Deep-Fried Sugar Lemon Cookies O-15 Lemon Bars O-19 Lemon Bisque (mock cheesecake) P-6 Lemony Oriental-Style Chicken Chunks J-38 Old Fashioned Milk Sherbet (Lemon) P-11 Rich Lemon Filling S-10</p> <p style="text-align: center;"><i>Lentils</i></p> <p><i>Faka Soupa</i> (Greek Lentil Soup) F-27 Herbed Lentils with Spinach and Tomatoes L-22 Spiced Red Lentils and Rice (Ethiopian <i>Mesir Wat</i>) L-22 Spicy Lentil Soup F-27</p> <p style="text-align: center;"><i>Lime</i></p> <p>Key Lime Pie Q-9 Lime-Marinated Chicken J-34 Lime-Pineapple Salad G-9</p> <p style="text-align: center;"><i>Lox</i></p> <p>Lox & Bagels E-9 Bagels with Lox & Avocado E-9</p>	<p style="text-align: center;">M</p> <p style="text-align: center;"><i>Macaroni & Cheese</i></p> <p>Meaty Macaroni Bake K-14 Swiss Mountain Macaroni & Cheese K-17 Instant Microwave Mac & Cheese in a Cup K-17</p> <p style="text-align: center;">OUT OF THE BOX</p> <p><i>The asterisked items taken from this article are supplied with addresses to find the recipes themselves on the web . . . the unmarked ones have the recipes included.</i></p> <p>Baked Macaroni and Cheese K-14 Beef & Mushroom Mac & Cheese K-15 Breakfast Mac & Cheese K-16 Buffalo Chicken Mac & Cheese K-15 Dressed Up Mac & Cheese/Busy Cooks K-15* Fanciful Mac & Cheese K-16 Fried Mac & Cheese Balls K-15* Healthy(ish) Mac & Cheese K-16 Mac & Cheese & Hot Dog Bake K-15* Mac & Cheese Sushi Rolls K-15* Nachos Mac & Cheese K-16 Pizza Mac & Cheese K-16 Pot Pie Mac & Cheese K-16 Taco Mac & Cheese K-15 Tuna Casserole Mac & Cheese K-16</p> <p style="text-align: center;"><i>Macaroon</i>s</p> <p>Almond Macaroon O-11 Coconut Macaroon O-11</p> <p style="text-align: center;"><i>Mango</i></p> <p>Banana Mango Kale Hemp Smoothie Bowl B-22 Mango <i>Lassi</i> B-19 Red Robbins Mango Smoothie B-21</p> <p style="text-align: center;"><i>Meringue</i></p> <p>Cherry Kisses R-13 Good Luck Mushrooms R-13 Meringue (for pies) S-12</p> <p style="text-align: center;"><i>Mint</i></p> <p>Grasshopper Pie Q-10 Mint Julep B-6 Minted Simple Syrup S-15 Mint Yogurt Dressing H-4</p> <p style="text-align: center;"><i>Muffins</i></p> <p>Cranberry Walnut Muffins D-16 Crumpets D-34 Grape Nuts Low-Flat Blueberry Muffins D-16 Hawaiian Pineapple Muffins D-17 Lemon Raspberry Muffins D-17 English Muffins D-34 English Muffin Bread D-34 English Muffin Pizza C-14</p> <p style="text-align: center;"><i>Mushroom</i></p> <p>Good Luck Mushrooms (meringue) R-13 Herbed Mushrooms C-25 Kay Leatherby's Cream of Mushroom Soup Sauce H-10 Mushrooms on Toast C-25 Sausage Stuffed Mushroom Caps C-25 Sautéed Mushrooms with Onions & Peppers (<i>Ingudai Tibs</i>) L-10 Spinach Stuffed Mushroom Caps C-25 Wild Mushroom Soup F-15</p>
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Appendix A—The Dishes

N		P		Peas	
Nuts		Pancakes & Flatbreads			
Almond Rocca	R-17	Acorn Cakes	D-25	Cheesy Peas	L-24
Candied Chestnuts	R-16	Apple Orchard Pancakes	D-25	Ethiopian Yellow Split Pea <i>Purée</i>	L-24
Cheesy Smoked Almonds	C-12	<i>Blini</i>	D-26	Italian Peas	L-24
<i>Marrons Glacé</i>	R-16	<i>Crêpes</i>	D-27	Lemon Pepper Peas	L-24
Peanut Brittle	R-14	Homemade Pancake Mix	D-24	Minted Peas	L-23
Pecan Pralines	R-15	The Pancakes	D-24	Peas and Bacon	L-24
Sugar & Spice Nuts	C-12	<i>Injera</i>	D-28	Rest in Peas	L-23
Winnie the Pooh's Honey-Pot Balls	R-16	Johnny Cakes	D-24	Southwestern Black-Eyed Pea & Corn Salad	G-3
		<i>Lefse</i>	D-28	Spiced Peas	L-23
		Sour Milk Pancakes	D-24	Vegan Yellow Split Pea Dahl	L-24
				Very Particular Peas	L-23
O		Pasta & Kín		Peanut	
Oat/Oatmeal		FETTUCCINI		Peanut Brittle	R-14
Apple Crisp Cheesecake	P-10	Caramelized Brussels Sprouts and Bacon Fettuccine Alfredo	K-12	Peanut Butter	
<i>Atholl Brose</i>	B-10	Fettuccini Alfredo	K-12	Chocolate Peanut Butter Cookies	O-13
Cherry Orange Oatmeal Bars	O-18	LASAGNA		Columbo's Peanut Butter Raisin Sandwich	E-13
Cherry Orange Peanut Butter Oatmeal Bars	O-18	Susie's Lasagna Rolls	K-13	Easter Egg Bon-Bons (Peanut Butter)	R-3
Chocolate Oatmeal Cookies	O-9	MAC & CHEESE		Elvis' Peanut Butter & Banana Sandwiches	E-13
Chocolate, Orange and Whiskey Mousse	P-27	Meaty Macaroni Bake	K-14	Mike's Buckeyes (Peanut Butter Bon-Bons)	R-3
<i>Cranachan</i> with Raspberries	P-19	Swiss Mountain Macaroni & Cheese	K-17	Peanut Butter Cookies	O-12
Homemade <i>Müesli</i>	K-5	Instant Mug of Mac & Cheese	K-17	Peanut Butter Fudge	R-8
Oatmeal Cookies	O-9	OUT OF THE BOX		Peanut Butter & Ritz Sandwiches	E-13
Overnight Oatmeal	K-5	Baked Macaroni and Cheese	K-14		
		Beef & Mushroom Mac & Cheese	K-15	Pet Foods Plus	
		Breakfast Mac & Cheese	K-16	CATS	
Omelet		Buffalo Chicken Mac & Cheese	K-15	Basic Cat Food	T-3
Cream Cheese Omelet	I-7	Dressed Up Mac & Cheese/Busy Cooks	K-15*	Cat Crackers	T-5
Jelly Omelet	I-7	Fanciful Mac & Cheese	K-16	Cat Repellent	T-5
Margot's Omelet	I-7	Fried Mac & Cheese Balls	K-15*	Foods to Avoid for Cats	T-6
Meals-on-Wheels Cheese Egg Omelet Gussied Up	E-5	Healthy(ish) Mac & Cheese	K-16	Kitty Kisses	T-5
Simple Omelet	I-7	Mac & Cheese & Hot Dog Bake	K-15*	Koko's Cupcakes	T-4
Simple Cheese Omelet	I-7	Mac & Cheese Sushi Rolls	K-15*	New Year's Tuna	T-4
Sweet Omelet	I-7	Nachos Mac & Cheese	K-16	Rabbit Stew	T-3
		Pizza Mac & Cheese	K-16	Salmon Delight	T-3
		Pot Pie Mac & Cheese	K-16	Sardine Treat	T-3
		Taco Mac & Cheese	K-15	Sunday Salmon Dinner	T-4
		Tuna Casserole Mac & Cheese	K-16	Tuna Patties	T-3
Onion		RAVIOLI		DOGS	
Ethiopian Sautéed Mushrooms with Onions and Peppers	L-10	Chef Boyardee's Ravioli Dressed Up	K-13	Bow Wow Brunch	T-7
French Onion Soup	F-4	SPAGHETTI		Breath Biscuits	T-9
Potato and Onions Bisque	F-30	Chunky Clams & Pasta	K-11	Bruno's Dog Biscuits	T-8
Onion Roasted Potatoes	K-21	John Hinterberger's Clam Spaghetti	K-18	Canine Casserole	T-7
Swiss Onion Potato Bake (Baked <i>Roesti</i>)	K-21	MISCELLANEOUS		DIY Home Made Dog Food	T-7
		Crispy <i>Won-Tons</i>	K-19	Doggie Cookies	T-9
		Fuss-Free Garlic Pasta	K-11	Foods to Avoid for Dogs	T-10
Orange		Make-Ahead 6-Layer Pasta Salad	G-12	Homemade Dog Food	T-7
Broiled Orange Slices	M-4	Pasta & Tuna Bake	J-53	Jake's Dog Biscuits	T-8
California Sherbet (Orange)	P-11	Walnut Florentine Pasta Salad	G-12	Pumpkin Dog Treats	T-9
Cherry Orange Oatmeal Bars	O-18	<i>Won-Tons</i>	K-19	Sneaky Pie's Dog Cookies	T-9
Cherry Orange Peanut Butter Oatmeal Bars	O-18			Watson's Favorite Peanut Butter Oatmeal Dog Biscuits	T-8
Chocolate, Orange and Whiskey Mousse	P-27	Pastries		BIRDS	
Clear Orange Filling	S-10	Cream Puffs	Q-17	Suet Cake	T-11
Grand Marnier Cake	N-12	<i>Hogmanay</i> Black Bun	Q-15		
Harvey Wallbanger Cake	N-12	Pecan Tassies	Q-4		
Mandarin Party Cake	M-10	<i>Protiferoles</i>	Q-17		
Mimosa Punch	B-29	Short Crust Pastry	Q-18		
Mimosa Punch without the Punch	B-29	Tassies Cream Cheese Pastry	Q-18		
Orange Glazed Beets	L-4	Tart Pastry (<i>Paté Brisée</i>)	Q-20		
Orange Julius	B-18	Turkish Baklava	Q-16		
Orange-Spiced Tea	B-36				
Rich Orange Filling	S-10	Peach			
		Peach Custard Pie	Q-12		
		Ginger Peachy Pie	Q-12		
		Ginger Bourbon Peach Pie	Q-12		

Appendix A—The Dishes

<i>Pies & Tarts</i>		<i>Pizza</i>		<i>Q</i>	
Blackberry Pie	Q-5	Cheesy Pita Pizza	C-16	<i>Quiche</i>	
Hogmanay Black Bun	Q-15	Crockpot Pizza Fondue	C-17	5-Ingredient <i>Quiche</i>	I-9
Cherry Cream Cheese Pie	Q-7	Dessert Pizza	P-23	Bacon-Artichoke <i>Quiche</i>	I-9
Chocolate <i>Mousse</i> Pie	Q-8	English Muffin Pizza	C-14	Breakfast <i>Quiche</i>	I-10
Cream Cheese Tart with Fruit	Q-6	Flat Bread Pizza	C-16	Crab <i>Quiche</i>	I-11
Cream Pies/Pudding Pies	Q-13	French Bread Pizza	C-14	Mini Crustless <i>Quiche</i> for 1	I-12
Banana	Q-13	Fruit Pizza	P-23	Mini <i>Quiche</i> in a Cup (microwaved)	I-12
Butterscotch	Q-14	<i>Lahmacum</i> (Turkish Pizza)	C-18	Mushroom Pie	I-8
Chocolate	Q-14	Pizza Balls	C-15	Pesto Quinoa <i>Quiche</i>	I-9
Coconut	Q-13	Pizza Pinwheels	C-15	Polish Sausage <i>Quiche</i>	I-10
Cream Puffs	Q-17	Rainbow Pizza	C-17	<i>Quiche</i> Incognito	I-8
French Silk Chocolate Pie	Q-8	Superfruit Pizza with Strawberries	P-23	<i>Quiche</i> Lorraine	I-8
Ginger Peachy Pie	Q-12				
Grasshopper Pie	Q-10	<i>Plum</i>		<i>Quinoa</i>	
Impossible Coconut Pie	Q-10	Plum Fruit Leather	R-12	Quinoa	K-7
Key Lime Pie	Q-9	Plum Pudding, Clancy Brothers	P-29	Quinoa with Zucchini, Mushrooms and Carrots	K-6
Lemon-Meringue Party Pie	Q-9			Quinoa with Edamame and Tarragon	K-7
Maids of Honor	Q-11	<i>Pork</i>		<i>R</i>	
Maine Wild Blueberry Pie	Q-5	<i>Crubeens</i> (Fried Pig's Trotters)	J-28	<i>Raspberry</i>	
Nana's Strawberry-Rhubarb Pie	Q-7	Golden Glazed Ham	J-30	Lemon-Raspberry Muffins	D-17
Patty LaBelle's Sweet Potato Pie	Q-3	Nancy's Pork Chops & Veggies in Mushroom Sauce	J-30	Raspberry <i>Cranachan</i> with Shortbread	P-19
Peach Custard Pie	Q-12	Spam Musubi	J-29	Raspberry-Grape Punch	B-27
Pecan Pie	Q-4	Sweet & Sour Pork	J-26	Raspberry Cream	P-19
Pecan Tassies	Q-4	Sweet & Sour Pork	J-27	Raspberry Puree	S-13
Pudding Pies/Cream Pies		Vietnamese Pork & Shrimp Spring Rolls	J-59	Raspberry Whiskey Cheesecake	P-5
Banana	Q-13				
Butterscotch	Q-14	<i>Potato</i>		<i>Rice</i>	
Chocolate	Q-14	Caesar-Style Potato Salad	G-14	Chinese Fried Rice	K-9
Coconut	Q-13	<i>Champ</i>	K-23	Creamy Orange Rice Pudding	P-33
Pumpkin Pie	Q-3	Cheddar Potato Casserole	K-20	Fried Rice	K-9
Strawberry Pie	Q-6	Country Bacon Potato Salad	G-14	Garbanzo Beans with Spinach and Rice	L-16
Sweet Potato Pie (Patty LaBell's)	Q-3	<i>Colcannon</i>	K-23	Indian Rice Pilaf	K-9
Treacle Tart	Q-11	Cousin Jackie's Curried Potato Salad	G-13	Mexican Rice	K-8
Turkish <i>Baklava</i>	Q-16	Crockpot Breakfast Casserole	J-31	Nutty Brown Rice Salad	G-15
		Easy Oven-Fried Potatoes	K-22	Red Beans and Rice	L-16
		Latkes	K-22	Red Beans & Rice Soup	F-3
<i>Pie Crust</i>		Leek & Potato Soup	F-30	Rice <i>Pilav</i> (Turkish Rice)	K-8
Crumb & Nut Crust Shells	Q-21	Irish Potato Soup	F-30	Rice Pudding	P-33
Crumb & Nut Crust Shells	Q-22	Onion & Potato Bisque	F-30	Seven-Ingredients Rice Salad	G-15
Crumb & Nut Crust Shells	Q-23	Onion Roasted Potatoes	K-21	Take-Out Rice Pudding	P-34
Nana's 2-Crust Pie	Q-19	Papas Re Carne (Stuffed Potato Balls)	J-13		
Patty LaBelles's 1-Crust Pie	Q-19	<i>Plomeek</i> Soup	F-29	<i>Roots</i>	
<i>Piroshki</i> Dough	Q-20	"Potatoes" Russian Cookies: Kartoshka	O-5	Raw Root Vegetable Salad	G-22
Plain Tart Pastry (<i>Pate Brisee</i>)	Q-20	Potatoes O-Brien Casserole	K-20	Slow Cooker Root Vegetable Stew	F-37
Tassie Pastry	Q-18	Potato Salad	G-13		
Short Crust Pastry	Q-18	<i>Rumbledethumps</i>	K-23		
		Swiss Onion Potato Cake	K-21		
<i>Pineapple</i>		Stuffed Potato Balls (<i>Papas Re Carne</i>)	J-13		
Cottage Cheese Pineapple Mold	G-5	<i>Pudding</i>			
Lime-Pineapple Salad	G-9	Barley Puddings (Irish, Scottish, Finnish)	P-31		
Mandarin Party Cake	M-10	<i>Carageen</i> Moss Pudding	P-32		
Monkey Bars	N-19	Creamy Orange Rice Pudding	P-33		
Pineapple Cream Frosting	S-7	Instant Pudding Fabulosa	P-34		
Pineapple Delight	P-30	Meg March's <i>Blancmange</i>	P-28		
Pineapple Julius	B-18	Pineapple Delight	P-30		
Pineapple Moist Cake	N-9	Rice Puddings	P-33		
Pineapple Upside Down Cake	N-9	Take-Out-Rice Pudding	P-34		
Pineapple Upside-Down Cupcakes	N-19	<i>Pumpkin</i>			
		Pumpkin Bread	D-18		
		Pumpkin Cheesecake	P-9		
		Pumpkin Juice	B-43		
		Pumpkin Pie	Q-3		
		Pumpkin in Yogurt and Sumac	K-12		
		Spicy Coconut Pumpkin Soup	F-23		

Appendix A—The Dishes

S		Salmon		Sauces, Savory	
Salad		Bagels with Lox & Avocado	E-9	10-Minutes Salsa	H-7
BEAN		Brown Sugar Salmon	J-50	Alfredo Sauce	H-9
Southwestern Black-Eyed Pea & Corn Salad	G-3	Grilled Salmon Balmoral	J-50	<i>Béchamel</i>	H-8
CHEESE		Lox & Bagels	E-9	Cucumber-Yogurt Sauce	H-10
Cottage Cheese Salad	G-5	Salmon-Cabbage Loaf (<i>Kulebiaka</i>)	J-48	Easy Microwave <i>Hollandaise</i> Sauce	H-9
Cottage Cheese Pineapple Mold	G-5	Salmon Chowder	F-18	<i>Hollandaise</i> Sauce	H-9
CHICKEN		Salmon Cakes/Croquets	C-19	Kay Leatherby's Mushroom Soup Sauce	H10
Chicken Fiesta Salad	G-4	Smoked Salmon & Caviar Canapes	C-19	Mama's Cocktail Sauce	H-7
Chinese Chicken Salad	G-4	Sandwiches		Raita	H-10
FISH		Bagels & with Lox and Avocado	E-9	<i>Rémoulade</i> Sauce	H-9
Layered Herring Salad	G-6	<i>Balik Ekmek</i> (Turkish Fish Sandwich 1)	E-10	Sauce <i>Blanche</i>	H-8
Mediterranean Tuna Antipasto Salad	G-7	Cheesy Ham Grill	E-4	Sweet & Sour Sauce	H-6
Salmon Mold Salad	G-7	Cheater's French Dip Sandwich	E-3	Tartar Sauce	H-6
Tuna Salad Spread	C-10	Cheater's Egg McMuffin Sandwich	E-5	<i>Velouté</i> Sauce	H-8
FRUIT		Chicken Salad Spread	C-9	White Sauce	H-8
24-Hour Salad	G-8	Columbo's Peanut Butter and Raisins	E-13	Yogurt Sauce	H-10
Better Than Sex Fruit Salad	G-9	<i>Dürüm</i> (Turkish Burrito)	E-12	Sauces, Sweet	
Cottage Cheese Pineapple Mold	G-5	Egg Salad Spread	C-9	Apricot Sauce	S-13
Fruit Salad	G-11	Elvis's Peanut Butter and Banana Sandwich	E-13	Hard Sauce	S-12
Grandma Elinor's Fruit Salad	G-8	Favorite Cheesy Grill	E-4	Raspberry <i>Purée</i>	S-13
Green Jell-O	G-9	Fish Stick Sandwich	E-8	<i>Wojabi</i> (as a sauce)	S-13
Lime-Pineapple Salad	G-9	French Dip Sandwich	E-3	Sausage	
Mama's Green Slime with a Red Hat	G-9	Ham Classic	E-11	Breakfast <i>Quiche</i>	I-10
Queen Anne Salad	G-8	Ham/Spam Salad Spread	C-10	Crockpot Breakfast Casserole	J-31
<i>Ragnarok</i> Salad	G-11	Hawaiian Ham Classic	E-11	Honey-Spiced Sausage Links	J-32
Watermelon Basket	G-10	Lox & Bagels	E-9	Larry's Sweet Meat	J-32
PASTA		Mackerel Fillets in Minted Yogurt Dressing	E-10	Mini-Crescent Dogs	C-11
Make-Ahead 6-Layer Pasta Salad	G-12	Mediterranean Burger	E-12	Polish Sausage <i>Quiche</i>	I-10
Walnut Florentine Pasta Salad	G-12	Monte Carlo	E-19	Sausage Balls	C-11
POTATO		Monte Cristo Sandwich	E-11	Sausage Crescents	C-11
Caesar-Style Potato Salad	G-14	Peanut Butter & Ritz Sandwiches	E-13	Sausage Pinwheels	C-11
Country Bacon Potato Salad	G-14	Royal Chicken Sandwiches	E-4	Smoked Polish Sausage with Vegetables	J-31
Cousin Jackie's Curried Potato Salad	G-13	Sloppy-Jo's	E-3		
Potato Salad	G-13	Spam/Ham Spread Sandwiches	C-10		
RICE		Spicy Seattle Tuna Rolls	E-18		
Nutty Brown Rice Salad	G-15	Tuna Melt	E-8		
Seven-Ingredients Rice Salad	G-15	Tuna Salad Spread	C-10		
SEAFOOD		Turkey-Avocado-Cream Cheese Sandwich	E-19		
Cajun Crab Salad	G-16	Ultimate Cheap Breakfast Sandwich, The	E-5		
Crab Salad	G-16	PO BOY			
Green Goddess Luncheon Entrée Salad	G-17	Mahoney's Beef	E-14		
Green Goddess Salad	G-17	Shrimp	E-14		
Shrimp Aspic	G-17	STUFFED			
Shrimp Luncheon Salad	G-18	Cornish Pasties	E-15		
Shrimp Salad with Crispy Chorizo and Almonds	G-18	<i>Pirozhki</i>	E-16		
VEGETABLE		Jennifer's <i>Quesadillas</i>	E-17		
Cheesy Pea Salad	G-20	SPREADS			
Creamy Cucumber Salad	G-19	Chicken Salad Spread	C-9		
Ethiopian Beet and Tomato Salad	G-20	Egg Salad Spread	C-9		
Ethiopian Tomato-Cucumber Salad	G-20	Ham/Spam Salad Spread	C-10		
Ethiopian Tomato Salad	G-20	Tuna Salad Spread	C-10		
F.E.A.S.T. Protein Salad	G-22	TEA			
<i>Olivier</i> Salad	G-21	Cucumber Sandwiches	E-6		
Raw Root Vegetable Salad		Tomato Sandwiches	E-6		
Russian Cucumber and Radish Salad	G-19	Watercress Sandwiches	E-7		
<i>Salat Orlov</i>	G-21				
Walnut Florentine Pasta Salad	G-12				
Salad Dressings					
Cloister Dressing	H-3				
French Dressing	H-5				
Green Goddess Dressing	H-4				
Italian Dressing	H-5				
Mint Yogurt Dressing	H-4				
Ranch Dressing	H-3				
Uncle Dan's Dressing	H-3				
Western Dressing	H-3				

Appendix A—The Dishes

Seafood		BAKING		CHILI	
CLAMS		Flavored Sugars	H-22	<i>Chili con Carne</i> with Beans	F-17
Boston Clam Chowder	F-19	Cinnamon	U-8	<i>Chili Con Carne</i> without Beans	F-17
Canadian Geoduck in Szechuan-Spiced Cilantro Dressing	J-54	Vanilla	U-8	FISH & SEAFOOD	
Chive-Cheese-Clam Dip	C-7	Pumpkin Pie Spice	H-22	Boston (White) Clam Chowder	F-19
Chunky Clams & Pasta	K-11	My Own Pumpkin Bread Seasonings	H-22	<i>Cioppino</i>	F-21
Clam Chowder, Boston	F-19	Tinted Coconut	U-8	Crawfish <i>Étouffée</i>	F-20
Clam Chowder, Manhattan	F-19	Seaweed		Jambalaya	F-22
John Hinterberger's Clam Spaghetti	K-18	<i>Carageenan</i> Moss Pudding	P-32	Lobster Stew	F-21
Manhattan Clam Chowder	F-19	Spicy Seattle Tuna Rolls	E-18	Manhattan (Red) Clam Chowder	F-19
Puget Chowder	F-20	Sherbet		Puget Chowder	F-20
Steamed Clams	J-54	Old Fashioned Milk Sherbet (Lemon)	P-11	Salmon Chowder	F-18
COMBINATION		California Sherbet (Orange)	P-11	Tuna Chowder	F-18
<i>Cioppino</i>	F-21	Sherbet Bombe	P-15	FRUIT	
CRAB		Short		Fruit Soup	P-22
Cajun Crab Salad	G-16	Shortbread Dessert	P-26	Spicy Coconut Pumpkin Soup	F-23
Crab Cakes	C-20	Shortcake	P-17	Thai Coconut Soup	F-23
Crab Casserole	J-55	Short Crust Pastry	Q-18	JUST FOR LAUGHS	
Crab Imperial	C-20	Shrimp		Cup-o-Noodles, Well Educated	F-35
Crab Salad	G-16	Baked Shrimp Scampi	J-59	Elephant Stew	F-35
Crab-Stuffed Artichokes	J-56	Baked Stuffed Shrimp	J-60	LAMB & GOAT	
Crab Quiche	I-11	Chutney Shrimp Kabobs	C-22	Ethiopian Goat Stew	D-24
Deviled Crab	J-55	Potted Shrimps, Rose and Crown	J-58	Ethiopian Spiced Lamb Stew	D-26
CRAWFISH		Shrimp & Artichokes, Marinated	C-20	Irish Lamb Stew	D-24
Crawfish <i>Étouffée</i>	F-20	Shrimp Cocktail	C-22	Katniss Everdeen's Lamb Stew with Dried Plums	F-25
Crawfish Pie	J-57	Shrimp & Cream Cheese Brick	C-21	LENTIL	
LOBSTER		Shrimp Salad with Chorizo and Almonds	G-18	Faki Soupa (Greek Lentil Soup)	F-27
Lobster Stew	F-21	Shrimp Scampi	J-59	Spicy Lentil Soup	F-27
MUSSELS		Shrimp Wheels	C-21	POTATO	
Mussels in Garlic Butter	J-58	Vietnamese Pork & Shrimp Spring Rolls	J-58	Irish Potato Soup	F-30
Mussels Provençal	J-58	Soda Fountain Treats		Leek & Potato Soup	F-30
SHRIMP		Boston Cooler	B-26	Onion & Potato Bisque	F-30
Baked Shrimp Scampi	J-59	Guinness Float	B-26	<i>Plomeek</i> Soup	F-29
Baked Stuffed Shrimp	J-60	Guinness Float DeLuxe	B-26	SAUSAGE	
Chutney Shrimp Kebabs	C-22	Root Beer Float	B-26	Crockpot Linguica Sausage & Pea Soup	F-32
<i>Jambalaya</i>	F-22	Soups, Stews, Chowders, Chilis Etc.		Smoked Polish Sausage Soup w Vegetables	F-31
Potted Shrimp, Rose & Crown	J-58	BEAN		SPLIT PEA	
Shrimp Cocktail	C-22	Red Beans & Rice Soup	F-3	Spit Pea Soup with Bacon	F-32
Shrimp & Cream Cheese Brick	C-21	Texas Bean Soup	F-3	Linguica Sausage & Pea Soup	F-32
Shrimp Scampi	J-59	BEEF		UNUSUAL	
Shrimp Wheels	C-21	Boeuf Bourguignon	F-6	Stone Soup	F-33
Vietnamese Pork & Shrimp Spring Rolls	J-58	Chopped Beef & Vegetable Chowder	F-4	VEGETABLE	
Seasoning Blends		French Onion Soup	F-4	<i>Bamya</i> : Okra Stew	F-36
COOKING		German Ox-Tail Soup	F-7	Beet Soup (<i>Borscht</i>)	F-9
<i>Awaze</i> Paste (Ethiopian)	H-19	Irish Pub's Beef Stew	F-5	Butternut Squash Soup	F-31
Basic Curry Powder	H-20	Italian Wedding Soup	F-5	Garden Vegetable Soup	F-38
<i>Berberé</i> Spices (Ethiopian)	H-19	<i>Karelian</i> Hot Pot	F-28	German Red Beet Soup	F-9
<i>Bouquet Garni</i>	H-15	New England Boiled Dinner	F-6	Okra Stew	F-36
Cajun Seasoning	H-17	Pho Bo	F-8	Slow Cooker Root Vegetable Stew	F-37
<i>Chaat Masala</i>	H-20	Really Easy Beef & Tomato Broth	F-4	Thien's Curry Soup	F-37
Creole Seasoning	H-17	Scotch Broth	F-7	<i>Udon</i> with Edemame	F-34
<i>Durum</i> Seasoning (Turkish)	H-16	CHICKEN		Wild Mushroom Soup	F-15
<i>Filé</i> Powder	H-17	Brunswick Stew	F-11	Spam	
<i>Fines Herbes</i>	H-12	Cabbage Patch Soup	F-10	Ham/Spam Salad Spread	C-10
<i>Furikaka</i> (Japanese)	H-16	Chicken Curry Hot Pot	F-13	Spam Musubi	J-19
<i>Garam Masala</i>	H-20	Chicken <i>Filé</i> Gumbo	F-14	Spinach	
<i>Kashmiri Garam Masala</i>	H-20	<i>Cock-a-Leekie</i> Soup	F-15	Garbanzo Beans with Spinach and Rice	L-16
Herb Bouquets	H-15	Egg Drop/Egg Flower Soup	F-16	Individual Eggs Florentine	I-13
<i>Herbes de Provence</i>	H-12	<i>Karé Nabe</i> (Curry Chicken Hot Pot)	F-13	Joe's Special	J-16
Madras Curry Powder	H-21	<i>Kota Soupa Avgolemono</i> (Greek Chick Sp)	F-10	Ultimate Cheap Breakfast Sandwich	E-5
<i>Mekelesha</i> Spice Blend (Ethiopian)	H-16	<i>Matzo</i> Ball Soup	F-12	Walnut Florentine Pasta Salad	G-12
My Own Secret Seasoning I	H-14	New England Corn Chowda	F-11	Squash	
My Own Secret Seasoning II	H-14	Wild Mushroom Soup	F-15	Butternut Squash Soup	F-31
Nona's Taco Seasoning	H-16	<i>Won Ton</i> Soup	F-12	Butternut Squash, Mashed	K-14
Homemade Lawry's Seasoning Salt	H-14	<i>Won Ton</i> & Roast Pork Soup	F-12	Glazed Winter Squash	K-14
Old Bay Seasoning (Copycat)	H-14				
Poultry Seasoning	H-15				
Raghavan's Blend	H-21				
Taco Seasoning	H-16				
Texas Chili Powder	H-16				

Appendix A—The Dishes

Starches		Strawberry		T		
GRAINS				Taco		
BULGAR	<i>Tabouli</i> aka <i>Tabbouleh</i> Bulgar <i>Pilaf</i> with Broccoli and Peppers	K-3	Applebee's Banana-Berry Freeze Baskin & Robbins Strawberry Smoothie Nana's Strawberry-Rhubarb Pie Slow-Cooker Strawberry Dump Cake Strawberries with Orange Ricotta Cheese Strawberry Blintz Strawberry Julius Strawberry Pie Strawberry Shortcake Strawberry Shortcake for a Crowd Strawberry Shortcake Trifle Strawberry Smoothie Strawberry Rhubarb Compote Superfruit Pizza with Strawberries	B-21 B-20 Q-7 N-18 P-18 P-19 B-18 Q-6 P-17 P-17 P-17 B-20 P-18 P-23	Nona's Taco Seasoning Taco Seasoning	H-16 H-16
CORN	Corn Casserole Coyote Corn	K-3 K-4			Tea	
OATS	Homemade Muesli Overnight Oatmeal	K-5 K-5			Apple-Spiced Tea Arnold Palmer's Iced Tea Blackberry Tea Cheater's Russian Tea Cloudless Iced Tea <i>Kombucha</i> Mushroom Tea Orange Spice Tea Perfect Pot of Tea, The Pine Needle Tea Russian Tea Sassafras Tea Sun Tea Tea Primer Texas Tea	B-35 B-37 B-35 B-36 B-37 B-40 B-40 B-36 B-33 B-34 B-36 B-34 B-37 B-32 B-37
QUINOA	Quinoa with Zucchini, Mushrooms & Carrots with Edamame and Tarragon	K-7 K-6 K-7			Tea Breads	
RICE	Chinese Fried Rice <i>Dolmos</i> aka Rice-Stuffed Grape Leaves Fried Rice Indian Rice Pilaf Mexican Rice <i>Pilav</i> (Turkish Rice)	K-9 K-10 K-9 K-9 K-8 K-8			Applesauce Cake (Mama's) Banana Bread Butterscotch Bread Chocolate Chip Banana Bread Citrus-Kissed Banana Bread Honey-Fruit Bread Pumpkin Bread Simple Vegan Banana Bread Whole Wheat Banana Bread World's Best Pumpkin Bread Zucchini Bread	D-22 D-20 D-19 D-19 D-21 D-18 D-18 D-21 D-20 D-18 D-22
PASTA & KIN				Toast/Toasted		
FETTUCCINI	Caramelized Brussels Sprouts & Bacon Fettuccini Alfredo Fettuccini Alfredo Fuss-Free Garlic Pasta	K-12 K-12 K-11	Stroganoff Chicken <i>Stroganoff</i> Classic Beef <i>Stroganoffs</i> Hamburger <i>Stroganoff</i>	J-41 J-7-8 J-8	Mushrooms on Toast Ricotta-Garlic Toast Toasting Bread (English Muffin Bread)	C-25 C-3 D-34
LASAGNA	Susie's Lasagna Roll	K-13	Stuffed Stuffed Cabbage Stuffed Peppers Stuffed Sandwiches Cornish Pastys <i>Pirozhki</i> <i>Quesadillas</i> Stuffed Zucchini	J-14 J-15 E-15 E-16 E-17 J-15		
MACARONI	Meaty Macaroni Bake Swiss Mountain Macaroni & Cheese Instant Mug of Mac & Cheese	K-14 K-17 K-17	Stuffings Chestnut Stuffing Dickens' Christmas Stuffing Potato Apple Stuffing Michaelmas Goose Stuffing	H-23 H-23 H-23 H-23		
BOXED				Tofu		
RAVIOLI	Chef Boyardee's Ravioli Dressed Up	K-13	Sugar Cinnamon Sugar Tinted Sugars Sugar & Spice Nuts	U-8 U-8 C-12	<i>Mo Po Tofu</i> Pock-Marked Grandmother's Bean Curd Tofu Scramble	L-26 L-26
SPAGHETTI	Chunky Clams & Pasta John Hinterberger's Clam Spaghetti	K-11 K-18	Sweden/Swedish Swedish Cream Wafers Swedish Meatballs	O-4 J-19		
WON-TONS				Tomato		
	Crispy Won-Tons	K-19	Sweet Potatoes/Yams Sweet Potatoes/Yams Baked Sweet Potatoes/Yams Baked Stuffed Sweet Potatoes/Yams Boiled Sweet Potatoes/Yams Mashed Sweet Potatoes/Yams	K-13 K-13 K-13 K-13	Fried Green Tomatoes Green Tomato Jam Really Easy Beef & Tomato Broth Stuffed Cherry Tomatoes <i>Timatim Salata</i> Ethiopian Tomato Salad Ethiopian Tomato-Cucumber Salad	M-5 M-7 F-4 C-24 G-20 G-20
POTATOES				Toppings		
	Potatoes O'Brien Casserole <i>Champ</i> Cheddar Potato Casserole <i>Colcannon</i> Easy Oven-Fried Potatoes <i>Latkes</i> Onion-Roasted Potatoes <i>Rumbledethumps</i> Swiss Onion Potato Cake (<i>Röesti</i>)	K-20 K-23 K-20 K-23 K-22 K-22 K-21 K-23 K-21	Syrups Lemon Simple Syrup Minted Simple Syrup Simple Syrup	S-15 S-15 S-15	Apple Crisp Cheesecake Topping Just-Like-Sara-Lee Cherry Glaze	S-14 S-12
STARCHY VEGETABLES				Tuna		
	Pumpkin in Yogurt & Sumac	K-12			Spicy Seattle Tuna Rolls Tuna Chow Mein Noodle Casserole Tuna Chowder Tuna & Pasta Bake Tuna Pinwheels Tuna Salad Spread	E-18 J-52 F-18 J-53 J-53 C-10
SQUASH						
	Glazed Winter Squash Mashed Butternut Squash	K-14 K-14				
SWEET POTATOES/YAMS						
	Baked Sweet Potatoes/Yams Baked Sweet Potatoes Stuffed with Orange Boiled Sweet Potatoes/Yams Mashed Sweet Potatoes/Yams	K-13 K-13 K-13 K-13				

Appendix A—The Dishes

<i>Turkey</i>	
Monte Carlo Sandwich	E-19
Turkey, Avocado, Cream Cheese Sandwich	E-19
Turkey Meatloaf	J-44

U

V

Vegetables

Artichokes with Garlic Lime Mayonnaise	L-3
<i>Atkilt Wot</i>	L-7
Baked Eggplant Parmesan	L-8
Brussels Sprouts au Jus	L-5
Bubble & Squeak	L-6
Cauliflower with Olives & Bread Crumbs	L-7
Collard Greens, Southern Style	L-9
Collard Greens, Ethiopian	L-9
Creamy Vegetables	L-11
Ethiopian Cabbage Dish	L-7
Ethiopian Sautéed Mushrooms with Onions and Peppers	L-10
F.E.A.S.T. Protein Salad	G-22
Garden Vegetable Soup	F-38
Golden Crum Broccoli Casserole	L-5
<i>Imam Bayaldi</i> (Stuffed Aubergine/Eggplant)	L-8
<i>Ingudai Tibs</i> (Ethiopian Sautéed)	L-21
Jennifer's Flexible Vegetable Mix	L-21
Mushrooms with Onions & Peppers	L-10
Lemon-Garlic Grilled Artichokes	L-3
Orange Glazed Beets	L-4
Remy's Ratatouille	L-11
Sweet & Sour Beets	L-4

STARCHY VEGETABLES

Pumpkin in Yogurt & Sumac	K-12
Squash Glazed Winter Squash	K-14
Mashed Butternut Squash	K-14
Sweet Potatoes	
Baked Sweet Potatoes/Yams	K-13
Baked Sweet Potatoes Stuffed with Orange	K-13
Boiled Sweet Potatoes/Yams	K-13
Mashed Sweet Potatoes/Yams	K-13

Vegan

<i>Eating Vegan</i> —A Personal Article	U-20
Kombucha	B-40
Quinoa	K-7
Simple Vegan Banana Bread	D-21
Slow Cooker Root Vegetable Stew	F-37
Spicy Lentil Soup	F-27
Spicy Coconut Pumpkin Soup	F-23
Thai Coconut Soup	F-23
Vegan Yellow Split Pea Dahl	L-25
Walnut Florentine Pasta Salad	G-12

W

Whipped Cream

Butterscotch Whipped Cream, Hot	S-7
Chocolate Whipped Cream	S-7
Sweetened Whipped Cream	S-7

X

Y

Yams

Baked Sweet Potatoes/Yams	K-13
Baked Stuffed Sweet Potatoes/Yams	K-13
Boiled Sweet Potatoes/Yams	K-13
Mashed Sweet Potatoes/Yams	K-13

Yogurt

Fruit & Yogurt	P-20
Mint Yogurt Dressing	H-4
Yogurt	I-3
Yoghurt Sauce	H-10

Z

Zucchini

Stuffed Zucchini	J-15
Zucchini Bread	D-22

Appendix B—The Cooks

A

Aaron Turner

Eating Vegan—A Personal Article	U-20
Kombucha	B-40
Quinoa	K-7
Slow Cooker Root Vegetable Stew	F-37
Spicy Lentil Soup	F-27
Spicy Coconut Pumpkin Soup	F-23
Thai Coconut Soup	F-23
Walnut Florentine Pasta Salad	G-12

Andy Chan

Treacle Tart	Q-11
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Annemarie Burks

Angel Food Cake	N-3
Apple Crisp	P-16
Beef Stroganoff	J-7
Breakfast Quiche	I-10
Cabbage Rolls	J-14
Cheddar Potato Casserole	K-20
Chicken Broccoli	J-38
Chinese Chicken Salad	G-4
Chicken Enchiladas	J-37
Classic Mozzarella Sticks	C-3
Cottage Cheese Pineapple Mold	G-5
Cream Cheese Tart with Fruit	Q-6
Golden Corn Bread	D-10
Grandma Elinor's Fruit Salad	G-8
Hamburger Pie	J-17
Lemon Bars	O-19
Lemony Oriental-Style Chicken Chunks	J-38
Meaty Macaroni Bake	K-14
Mom's Caramel Popcorn	C-5
Peanut Butter Fudge	R-8
Pineapple Upside-Down Cake	N-9
Polish Sausage Quiche	I-10
Quick Cheese Biscuits	D-4
Rosemary Chicken	J-37
Ricotta Garlic Toast	C-3
Shortbread Dessert	P-26
Strawberry Pie	Q-6
Stuffed Cabbage	J-14
Stuffed Peppers	J-15
Stuffed Zucchini	J-15
Swedish Meatballs	J-19
Sweet-n-Sour Pork	J-26
Tuna Pinwheels	J-53
Zucchini Bread	D-22

Arleen Smith

Alaskan Hash	J-13
Butternut Squash	K-14
Salmon Chowder	F-18

B

Bridget Kelly

Barley Puddings	P-31
Barley Water	B-38
Carageen Moss Pudding	P-32
Champ (Mashed Potatoes 1)	K-23
Colcannon (Mashed Potatoes 2)	K-23
Crubeens (Fried Pig's Trotters)	J-28
Ginger Beer	B-39
Guinness Float	B-26
Guinness Float DeLuxe	B-26
Hard Sauce, The	S-12
Irish Brown Bread	D-7
Irish Coffee	B-14
Irish Lamb Stew	F-24
Irish Potato Soup	F-30
Irish Soda Bread	D-7
Irish-American Roast Beast	J-5
Mashed Potatoes	K-23
Michaelmas Goose	J-44
Michaelmas Goose Stuffing	H-23
My Favorite Irish Pub's Beef Stew	F-5
Pig's Trotters, Fried (Crubeens)	J-28
Plum Pudding, The Clancy Brothers'	P-29
Potato-Apple Stuffing/Dressing	H-23

Bruce Gerberding

Corn Casserole	K-4
Stan's Tater Tot Casserole	J-20
Turkey Meatloaf	J-45
Tuna & Pasta Bake	J-53

C

Cake Lady

<i>Our Party Cakes</i>	
Aunt Nell's Jam Cake	N-10
High Tea Squares	O-17
Mandarin Party Cake	N-10
Red Velvet Cake	N-6
Rosie's Carrot Cake	N-4
Strawberry Shortcake	P-17
Very Moist Very Chocolate Bundt Cake	N-5
<i>The Frostings</i>	
Butter Frosting/Butter Cream Frosting	S-3
Chocolate Ganache	S-4
Cream Cheese Frosting	S-5
Ermine Frosting	S-6
Fudge Frosting	S-4
Penuché (Brown Sugar) Frosting	S-6
Pineapple Cream Frosting	S-7
Rosie's Glaze	S-9

Celebrity Recipes

Arnold Palmer's Company Casserole	J-16
Arnold Palmer's Iced Tea	B-37
Barbra's Instant Coffee Mallow Ice Cream	P-13
Clancy Brothers' Plum Pudding, The	P-29
Dolley Madison, Ice Cream a la	P-13
Elvis's Peanut Butter and Banana Sandwich	E-13
Lindy's Cheesecake	P-8
Ian Fleming's Rose & Crown Potted Shrimp	J-58
Jackie Kennedy's Hazelnut Cookies	O-8
Mamie Eisenhower's Million Dollar Fudge	R-4
Patty LaBelle's Sweet Potato Pie	Q-3

Cinda Lum

Lefsa	D-29
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D

David Norris

Baked Eggplant Parmesan	L-8
Blackberry-Lemon Coffee Cake	D-8
Brown Beauty Frosting	S-4
Brown-Eyed Susan Cake	N-16
Brown-Eyed Susan Frosting	S-3
Brownies, Fudge	O-16
Caesar Style Potato Salad	G-14
Cake Donuts (Quick-Drop)	D-12
Carnation 5-Minutes Fudge	R-7
Cheesy Ham Grill	E-4
Cheesy Pita Pizza	C-16
Chicken Fiesta Salad	G-4
Chive-Cheese Clam Dip	C-7
Chocolate Chip Banana Bread	D-19
Chocolate Fudge Cake, Elaine's	N-5
Chunky Clams & Pasta	K-11
Classic Oven-Baked Beans	L-17
Clear Lemon Filling	S-10
Coconut Eggs (Bon-Bons)	R-3
Coconut Fudge	R-8
Cold Fudge	R-6
Cottage Cheese Salad	G-5
Country Bacon Potato Salad	G-14
Crab Cakes	C-20
Crab Casserole	J-55
Crab Imperial	C-20
Crab Quiche	I-11
Crab Salad	G-16
Cream Cheese Cake	P-6
Cream Cheese Fudge	R-6
Cream Puffs	Q-17
Creamy Vegetables	L-11
Dessert Pizza	P-23
Deviled Crab	J-55
Deviled Eggs	I-15
Easter Egg Bon-Bons	R-3
Famous Lipton Dip	C-7
Favorite Cheesy Grill (Sandwiches)	E-4
Fresh Lemon Filling	S-10
Fruit Pizza	P-23
Fudge	R-6
Fuss-Free Garlic Pasta	K-11
Golden Glazed Ham	J-30
Grape Nuts Low-Fat Blueberry Muffins	D-16
Impossible Coconut Pie	Q-10
Kay Leatherby's Cream of Mushroom Soup Sauce	H-10
Lemon Bisque (Mock Cheesecake)	P-6
Lime-Pineapple Salad	G-9
Macho Nachos	C-5
Mock Cheesecake (Lemon Bisque)	P-6
Never Fail Fudge	R-7
Onion Potato Bisque	F-30
Peanut Butter Cookies	O-12
Philadelphia Dip	R-7
Pineapple Delight	P-30
Pot Roast, Savory	J-6
Rich Golden Cake	N-16
Salmon Mold Salad	G-7
Sponge Cakes	N-15
S'Mores	O-21
Sour Cream Coffee Cake	D-9
Sun Tea	B-37
Sweet & Sour Beets	L-4
Texas Bean Soup	F-3
Tuna Melt Sandwiches	E-8
Victoria Sponge	N-15
Waffles	D-3
White Mountain Frosting	S-5
Zesty Chili Dip	C-7

Appendix B—The Cooks

E

Elaine Martinez

Monkey Bars N-19

Evelyn Lester

Fruit Soup P-22
Garbanzo Beans with Spinach and Rice L-16
John Hinterberger's Clam Spaghetti K-18
Red Beans and Rice Soup F-3
Rice Pudding P-33
Southwestern Black-Eyed Pea & Corn Salad G-3
Tuna Chowder F-18

Elizabeth Bell

Blancmange P-28
Bubble & Squeak L-6
Chestnut Stuffing H-23
Christmas Goose Dickens-Style J-44
Cornish Pasty E-15
Crumpets D-34
Cucumber Sandwiches E-6
English Muffins D-34
English Muffin Bread D-34
English-Style Fish & Chips J-46
Jelly Omelet I-7
Minted Peas L-23
Mushrooms on Toast C-25
Treacle Tart Q-11
Roast Beef J-3
Rose and Crown Potted Shrimps J-58
Sweet Omelet I-7
Toad in a Hole I-16
Tomato Sandwiches E-6
Very Particular Peas L-23
Victoria Sponge N-15
Watercress Sandwiches E-7
Yorkshire Pudding D-23

F

G

Galina Dadiomova

Apple Charlotte P-4
Blini D-26
Caviar & Smoked Salmon Canapés C-19
Chicken Stroganoff J-41
Eggplant Caviar C-8
Pryanyi Chai aka Orange Spiced Tea B-36
Russian Cookies: *Kartoshka* (Potatoes) O-5
Shashlik
(Lamb shishkebobs with prune sauce) J-24
Teriyaki-Style Chicken Pieces J-34
Tula Gingerbread (*Pryaniki*) O-7

Gerald

Eggnog B-11

George Butorack

Brisket J-5

Getsu Shin aka Katherine Anderson

Artichokes with Garlic-Thyme Mayonnaise L-3
Cranberry Walnut Muffins D-16
Chinese Chicken Fried Rice K-9
Easy Enchilada Casserole I-6
Faki Soupa A (Lentil Soup) F-27
Faki Soupa B (Lentil Soup) F-27
Fried Rice K-9
Karé Nabe (Curry Chicken Hot Pot) F-13
Lemon-Garlic Grilled Artichokes L-3
Ma Po Tofu
(Pock-Marked Grandmother's Tofu) L-26
Mexican Layered Dip C-6
Mexican Rice K-8
Kota Soupa Avgolemono (Chicken Soup) F-10
Kota Riganati A (Chicken Oregano) J-36
Kota Riganati B (Chicken Oregano) J-36
Sichuan Bang Bang Chicken J-36
Spam Musubi J-19
Sweet & Sour Pork J-27
Sweet & Sour Sauce H-6
Yogurt I-3
Yogurt & Fruit P-20

H

Havaalock Jones

Butternut Squash Soup F-31

I

J

Jamie Jameson

Barley Pudding P-31
Citrus Kissed Banana Bread D-21
Cloudberry Cake N-11
Kirelian Hot Pot F-28
Oatmeal Cake N-13
Peach Custard Pie Q-12
Pulla Bread D-36
Shrimp Aspic G-17

Janice Linderman

Flat Bread Pizza C-16

Jennifer & Samantha, Guest Dieticians

10-Minute Salsa H-7
Apple Confit (Compote) P-16
Blackberry Compote P-20
Bulgur Pilaf K-3
Cheddar Cauliflower Soup F-38
Cherry Orange Oatmeal Peanut Butter Bars O-18
Cinnamon Milk B-25
Cinnamon Pear Compote P-21
Citrus Cooler B-24
CocoaNut Bananas P-22
Cucumber Mint Water B-24
Frozen Fruit Cups P-22
Home-Made Muesli K-5
Jennifer's Quesadillas E-17
Jennifer's Flexible Vegetable Mix L-21
Lemon Raspberry Muffins D-17
Quinoa Zucchini & Parmesan K-6
Quinoa with Edamame K-7
Sparkling Juice B-24
Strawberries with Orange Ricotta Cream P-18
Strawberry Rhubarb Compote P-18
Strawberry Smoothie B-20
Tofu Scramble L-26

Jim Charles

Beef Stroganoff J-7
Green Beans Béchamel L-18
Five-Layer Casserole J-12
Fruit Salad G-11
Impossibly Easy Cheeseburger Pie J-17
Italian Wedding Soup F-5
Pineapple Moist Cake N-9
Pineapple Moist Cake Frosting S-6
Sloppy-Jo's E-3
Sour Milk Pancakes D-24
Swedish Meat Balls J-19

Job

Mediterranean Burger (Lamb) E-12

John Robertson

Atholl Brose B-10
Auld Reekie aka *Cock-a-Leekie* Soup F-15
Bannocks D-6
Barley Pudding P-31
Butterscotch Fudge R-8
Chicken Bonnie Prince Charlie J-35
Chicken Soup with Leeks F-15
Chocolate, Orange and Whiskey Mousse P-27
Drambui Ice Cream P-14
Dundee Cake N-8
Dundee Lamb Chops J-24
Dundee Marmalade (Seville Orange) M-7
Finnan Haddie J-47
Grilled Salmon Balmoral J-50
Het Pint B-10
Highland Mist (Dessert) P-26
Hogmanay Black Bun Q-15
Oat Cakes D-6
Raspberry & Whiskey Cheesecake P-5
Raspberry Cream P-18
Raspberry *Cranachan* P-18
Rumbledethumps K-23
Scones D-5
Scotch Collops aka Scotch Scallops J-12
Scotch Eggs I-16
Scotch Mist (Dessert) P-26
Scotch Shortbread O-3

Joke Recipes

Chocolate Moose P-27
Elephant Stew F-35
Holiday Rum Cake N-13
Jackass Martini B-4
Jose Cuervo Christmas Cookies O-21

Josephine Hammeral

German Ox-Tail Soup F-7
Granny's Soft Ginger Cookies O-7
Red Beet Soup F-9
Sauerbraten—German Pot Roast J-4

Appendix B—The Cooks

<i>Judy Frank</i>		<i>K</i>		<i>Lydia Shepherd</i>	
Blackberry Pie	Q-5			Apple Spiced Tea	B-35
Blackberry Tea	B-35	<i>L</i>		Candied Bananas	P-24
Brussels Sprouts au Jus	L-5	<i>Larry C. Wisdom</i>		Cheesy Pea Salad	G-20
Cabbage Patch Soup	F-10	Split Pea & Bacon Soup	F-32	Cherry Cream Cheese Pie	Q-7
Candied Chestnuts	R-16	Cheater's Pineapple Ice Cream	P-11	Crockpot Pizza Fondue	C-17
Cheater's French Dip Sandwich	E-3	Green Jell-O	G-9	Crockpot Sausage & Pea Soup	F-32
<i>Chili Rellanos</i> De Anda	I-6	Larry's Sweet Meat	J-32	Dump Cakes	Apple N-18
Chipped Beef Rolls	C-4	Mama's Green Slime with a Red Hat	G-9	Cherry Chocolate	N-18
Chipped Beef Cream Cheese Ball	C-4	Honey-Spiced Sausages	J-32	Cherry Pineapple	N-18
Chocolate Butter Cream Frosting	S-3			Low-Fat	N-17
Chocolate Chocolate Chip Cookies	Q-6	<i>Lee</i>		Peach Cobbler	N-17
Chocolate Peanut Cookies	K-13	Crispy Won-Tons	K-19	Pineapple Coconut	N-17
Chocolate Walnut Candy Cookies	O-6	Egg Drop aka Egg Flower Soup	F-16	Frozen Fruit Cocktail	P-12
Clara Wimpey's Chocolate Cookies	O-6	Won-Tons	K-19	Green Tomato Jam	M-7
Claridge Cocktail	B-3	Won-Ton Soup	F-12	Make-Ahead 6-Layer Pasta Salad	G-12
Cloister Dressing	H-3	Won-Ton Soup—Roast Pork	F-12	Mussels Provençal	J-58
Coffee Butter Cream Frosting	S-3			Pancake Mix & Pancakes	D-24
Crab-Stuffed Artichokes	J-56	<i>Literary & Film Dishes</i>		Pina Colada Mix	B-21
Cream Cheese Omelet	I-7	Abbe Sciuto's Caf-Pow	B-44	Pizza Pinwheel Snacks	C-15
Fillet of Sole Abbe	J-51	Amelia Peabody's Tea-Time Sandwiches	E-6-7	Shrimp Salad with Chorizo and Almonds	G-18
Fireside Punch (for Halloween)	B-27	The Arcane Society's Udon Soup	F-34	Smoothies & Kin	
French 75 Punch	B-29	Chibb the Robin's Candied Chestnuts	R-16	Applebee's Banana-Berry Freeze	B-21
French Dip Sandwich	E-3	Columbo's Peanut Butter Raisin Sandwich	E-13	Bask&Robbins Strawberry Smoothie	B-20
French Fudge	R-5	Edmund Pevensney's Turkish Delight	R-11	Red Robin Mango Smoothie	B-21
French Silk Chocolate Pie	Q-8	Fangorn's Ent-Draught	B-41	Shrimp Luncheon Salad	G-18
French Onion Soup	F-4	Harry Potter's Butterbeer	B-42	Tuna Casserole with Chow Mein Noodles	J-52
Fudge Frosting	S-4	Harry Potter's Pumpkin Juice	B-43	White Grape Punch	B-28
Gingerbread Cupcakes with Marmalade Cream	N-20	Harry Potter's Treacle Tart	Q-11		
Golden Punch	B-27	Homer Simpson's The Flaming Moe	B-7	<i>M</i>	
Haddock Floating on the Sea	J-47	James Bond's Rose & Crown Potted Shrimp	J-58	<i>Marceline Jackson</i>	
Joe's Special	J-16	Katniss's Lamb Stew with Dried Plums	F-25	Homestyle Chicken & Gravy	J-33
Key Lime Pie	Q-9	Lembas (Elvish Way-Bread)	D-15		
Lamb Stew with Dried Plums	F-25	Lord Peter Wimsey's Jelly Omelet	I-7	<i>Mary Reeves</i>	
Lime Marinated Chicken	J-34	Lord Peter's Very Particular Peas (Minted)	L-23	Royal Chicken Sandwich	E-4
Magic Truffles	R-5	Meg March's Blancmange	P-28		
Marmalade Cream	S-11	Remington Steele's <i>Canard au Vin Rouge</i> (Duck in Red Wine)	J-44		
Meals on Wheels Cheese Omelet GussiedUp Cheater's Egg McMuffin Sandwich	E-5	Scrooge's Christmas Goose, Dicken's-Style	J-45		
Mike's Buckeyes (Peanut Butter Bon-Bons)	R-3	Spock's Plomeek Soup	F-29		
Mushroom Pie	I-8	Whistlestop Café's Fried Green Tomatoes	M-5		
Omelet, Margot's	I-7	Winnie the Pooh's Honey-Pot Balls	R-16		
Orange Butter Cream Frosting	S-3				
Parisian Sophisticates	N-20				
Parisian Sophisticates Truffle Filling	S-11				
Perfect Pot of Tea	B-33				
Pot 'o Gold Punch (for St. Patrick's Day)	B-27				
Potatoes O'Brien Casserole	K-20				
Pumpkin Bread	D-18				
Ranch/Western Dressing	H-3				
Raspberry-Grape Punch	B-27				
Rellanos, Chili, DeAnda	I-6				
Rich Hot Buttered Rum	B-9				
Sausage Crescents	C-11				
Sausage Stuffed Mushroom Caps	C-25				
Savory Corn Oysters	C-23				
Seven-Ingredients Rice Salad	G-15				
Shrimp Wheels	C-21				
Skybird (Cocktail)	B-3				
Spinach Stuffed Mushroom Caps	C-25				
Strawberry Blintz	P-19				
Stuffed Cherry Tomatoes	C-24				
Stuffed Lamb Chops	J-23				
Sunrise Punch (for Easter)	B-27				
Sunset Punch (for Just Because)	B-27				
Susie's Lasagna Rolls	K-13				
Tartar Sauce	H-6				
Tea Primer	B-32				
Toll House Cake	N-6				
Toll House Chocolate Frosting	S-4				
Turkey, Avocado, Cream Cheese Sandwich	E-19				

Appendix B—The Cooks

<i>Mary Utecht</i>					
Baking Powder Biscuits	D-3	24-Hour Salad	G-8	Beef Stroganov	J-8
Blueberry Biscuits	D-4	Applesauce Cake	D-22	<i>Borscht</i>	F-9
Cheese Biscuits	D-3	Boston Clam Chowder	F-19	Chicken Kiev	J-35
Chef's Specialty Biscuits	D-3	Boston Cooler	B-26	<i>Charlottka</i> (Charlotte Russe)	P-3
Drop Biscuits	D-4	Butterballs (Cookies)	O-10	<i>Kulebiaka</i> (Salmon-Cabbage Loaf)	J-48
Ham Biscuits	D-3	Butter Cream Frosting	S-3	Moscow Mule	B-7
Orange Tea Biscuits	D-3	Butter Frosting	S-3	<i>Pirozhki</i>	E-16
Pimiento-Cheese Biscuits	D-3	California Sherbet (Orange)	P-11	<i>Pirozhki</i> Dough	Q-20
Raisin Biscuits	D-4	Chocolate Mousse Pie	Q-8	<i>Salat Olivier</i>	G-21
Roquefort Biscuits	D-3	Chocolate Refrigerator Log	N-7	<i>Salad Orlofv</i>	G-21
Sour-Milk Biscuits	D-3	Chocolate Whipped Cream	S-7	<i>Vmochanka</i> (Garlic Dip)	C-8
Whipped Cream Biscuits	D-3	Cinnamon Sugar	U-8		
Whole Wheat Biscuits	D-3	Cloudless Iced Tea	B-37	<i>Ronda Stanley</i>	
Banana Bread	D-20	Cocktail Sauce	H-7	Acorn Cakes	D-25
Biscuit Patty Shells	D-4	Company Casserole	J-16	Acorn Meal	U-3
Butterscotch Bread	D-19	Congo Squares	O-16	Creamy Cucumber Salad	G-19
Carrot Cake from Canned Carrots	N-4	Cousin Jackie's Curried Potato Salad	G-13	Frybread	D-32
Cookie Jar Variety Cookies	O-14	Easy Hamburger Stroganoff	J-8	Pine Needle Tea	B-34
Deep-Fried Sugar-Lemon Cookies	O-15	Eggnog from Mama	B-11	Sassafrass Tea	B-34
Dropped Cookies		Fish Stick Sandwich	E-8	<i>Wojapi</i> (as a dessert)	P-30
Butterscotch Dropped Cookies	O-14	Fried Potatoes & Eggs	I-17	<i>Wojapi</i> (as a sauce)	S-13
Caraway Seed Dropped Cookies	O-14	Lemon Fillings	S-10	S T	
Chocolate Dropped Cookies	O-14	Lemon Meringue Party Pie	Q-9	<i>Susan McGregor</i>	
Coconut Dropped Cookies	O-14	Mama's Applesauce	M-3	Papas Re Carne (Stuffed Potato Balls)	J-13
Currant-Spiced Dropped Cookies	O-14	Mama's Pumpkin Pie	Q-3	<i>Turkish Friends</i>	
Date Dropped Cookies	O-14	Manhattan Clam Chowder	F-19	<i>Banya</i> (Okra Stew)	F-36
Honey Dropped Cookies	O-14	Mexican Wedding Cakes	O-10	<i>Çilbir</i> (Turkish Poached Eggs)	I-19
Nut Dropped Cookies	O-14	Mile High Frosting	S-5	<i>Güllac</i> (Dessert for Ramadan)	P-25
Orange Dropped Cooked	O-14	Old Fashioned Milk Sherbet (Lemon)	P-11	Grilled Mackerel Fillets in Mint Yogurt Dressing	E-10
Fool-Proof Cookies	O-14	Orange Fillings	S-10	<i>Iskender Kebap</i> (Lamb Kebabs)	J-25
Glazed Winter Squash	K-14	Peanut Butter & Ritz Sandwiches	E-13	<i>Lahmacun</i> aka Turkish Pizza	C-18
Honey-Fruit Bread	D-18	Pecan Tassies	Q-4	<i>Menemen</i> (Turkish-Style Scrambled Eggs)	I-20
Oatmeal Cookies	O-9	Penuché Fudge	R-8	Mint Yogurt Dressing	H-4
Oatmeal Cookies	O-9	Potatoes & Eggs, Fried	I-17	Pumpkin in Yogurt and Sumac	K-12
Famous Oatmeal Cookies	O-9	Queen Anne Salad	G-8	<i>Rahat Lakum</i> (Turkish Delight)	R-11
Chocolate Oatmeal Cookies	O-9	Quick Nut Fudge	R-5	Roast Leg of Goat with Pumpkin in Yogurt and Sumac	J-22
Peanut Butter Cookies	O-12	Rich Cocoa Fudge	R-4	<i>Sis Kebap</i> aka Shish Kebab (Lamb) (Meat on a Stick)	J-25
Sweet Potatoes/Yams		Root Beer Float	B-26	<i>Türk kahvesi</i> (Turkish Coffee)	B-14
Baked Sweet Potatoes/Yams	K-13	Russian Tea Cakes	O-10	Turkish <i>Baklava</i>	Q-16
Baked, Stuffed, Sweet Potatoes/ Yams with Orange	K-13	Shrimp Cocktail	C-22	Yoghurt Sauce	H-10
Boiled Sweet Potatoes/Yams	K-13	Spam Sandwich Spread	C-10	U V W X Y Z	
Mashed Sweet Potatoes/Yams	K-13	Strawberry Shortcake	P-17	<i>Valerie, the Guest Dietician</i>	
Vanilla Rolled Cookies	O-15	Sugarless Gingerbread	N-14	Apple Orchard Pancakes	D-25
Whole Wheat Banana Bread	D-20	Sweetened Whipped Cream	S-7	French Bread Pizza	C-14
		Tassies Cream Cheese Pastry	Q-18	<i>Zufan Wolu</i>	
<i>Mike Pollack</i>				<i>Assa Kitfo</i> (Spicy Raw Fish)	J-52
Cheater's Chocolate Mousse	P-34	<i>Paul Marsh</i>		<i>Awaze Paste</i>	H-19
Hamantashes (Haman's Hat cookies)	O-8	Potato Salad	G-13	<i>Awaze Tibs</i> (Lamb Stew)	F-26
Instant Pudding Fabulosa	P-34			<i>Berbere</i> (Seasoning Mixture)	H-19
<i>Mike Porter</i>				<i>Doro Wot</i> (Chicken Legs)	J-39
David Venable's Sloppy Joe				<i>Fiyyel Wat</i> (Goat Stew)	F-24
Tater Tot Casserole	J-20			<i>Injera</i> (Sour Flat Bread)	D-28
<i>N</i>				<i>Key Sir Alich</i> (Beet & Potato Salad)	G-20
<i>Nancy Rodriguez</i>				<i>Kik Alich</i> (Yellow Split Peas)	L-25
Bombés—Ice Cream, Sherbet, etc.	P-15	<i>Random Acts of Kindness—</i>		<i>Mesir Wat</i> (Red Lentils)	L-22
Chocolate Chip Cupcakes	N-19	CHICKEN SOUP BRIGADE DELIVERERS		<i>Niter Kibbeh</i> (Spiced Butter/Ghee)	H-11
Monkey Bars	N-19	<i>Katy Chapin</i>		Party Fruit Punch	B-28
Nancy's Pork Chops & Veggies in Mushroom Sauce	J-30	Nana's Strawberry-Rhubarb Pie	Q-7	<i>Timatim Salata</i> (Tomato Salad)	G-20
Pineapple Upside-Down Cupcakes	N-19	<i>Vanessa Willis & Her Son, Jack</i>	B-22	Tomato-Cucumber Salad	G-20
<i>O</i>		MEALS ON WHEELS DELIVERERS		<i>Ye Abesha Gomen</i> (Collard Greens)	L-9
<i>P</i>		<i>Cory Mackey</i>		<i>Zilbo</i> (Wot Wat—Beef Stew)	J-6
<i>Patty Bell Robertson</i>		Ragnarok Salad (adapted Watergate Salad)	G-11		
		<i>George Butorack</i>			
		Brisket	J-5		
		<i>Leslie Seeche</i>			
		F.E.A.S.T. Protein Salad	G-22		
		CITY MARKET EMPLOYEE			
		<i>Gerald</i>			
		Eggnog for a Crowd	B-11		
		<i>Robert Ozerov</i>			

Appendix C—The Cultures

A		China		Ethiopia	
Arabian Nations		1,000 Year Old Eggs (Marbled)	I-17	<i>Assa Kitfo</i> (Spicy Raw Fish)	J-52
Baked Camel	J-21	<i>Chi</i> Eggs (Tea Eggs)	I-17	<i>Awaze Paste</i>	H-19
<i>Tabouli</i> aka <i>Tabbouleh</i>	K-3	Chinese Fried Rice	K-9	<i>Awaze Tibs</i> (Lamb Stew)	F-26
Whole Stuffed Camel	J-21	Crispy Won-Tons	K-19	<i>Berberé</i> (Seasoning Mixture)	H-19
Ashkenazy/Sephardic		Egg Drop Soup	F-16	<i>Doro Wot</i> (Chicken Legs)	J-39
Almond Macaroons	O-11	Egg Flower Soup	F-16	<i>Fiyyel Wat</i> (Goat Stew)	F-24
Bagels with Lox & Avocado	E-9	<i>Ma Po Tofu</i>	L-26	<i>Injera</i> (Sour Flat Bread)	D-28
Challah	D-37	Mongolian Beef, Slow Cooker	J-9	<i>Key Sir Alichá</i> (Beet & Potato Salad)	G-20
Chicken Soup (aka Jewish Penicillin)	F-12	Sichuan <i>Bang Bang</i> Chicken	J-36	<i>Kik Alichá</i> (Yellow Split Peas)	L-25
<i>Hamantashes</i> (Haman's Hat cookies)	O-8	Sweet & Sour Pork	J-27	<i>Mesir Wat</i> (Red Lentils)	L-22
<i>Knaidlach</i> (Matso Balls)	D-14	Sweet & Sour Sauce	H-6	<i>Niter Kibbeh</i> (Spiced Butter/Ghee)	H-11
<i>Latkes</i> (Potato Pancakes)	K-22	Tea Eggs (Marbled)	I-17	Party Fruit Punch	B-28
Lox & Bagels	E-9	<i>Won-Tons</i>	K-19	<i>Timatim Salata</i> (Tomato Salad)	G-20
Matzo Ball Soup	F-12	<i>Won-Ton Soup</i>	F-12	Tomato-Cucumber Salad	G-20
		<i>Won-Ton Soup</i> —Roast Pork	F-12	<i>Ye Abesha Gomen</i> (Collard Greens)	L-9
		Cornwall		<i>Zilbo</i> (<i>Wot Wat</i> —Beef Stew)	J-6
B		Cornish Pastys (PASS-tee)	E-15	F	
Back East/Northeast		D		Finland	
Baked Stuffed Shrimp	J-60	Deep South		Barley Pudding	P-31
Boston Baked Beans, Nearly Bottomless	L-17	Brunswick Stew	F-11	Citrus Kissed Banana Bread	D-21
Boston Clam Chowder	F-19	Chatham Artillery Punch	B-31	Cloudberry Cake	N-11
Boston Cooler	B-26	Golden Corn Bread	D-10	Kirelian Hot Pot	F-28
High Tea Squares	O-17	Grits	K-4	Oatmeal Cake	N-13
Lobster Stew	F-21	Hush Puppies	D-11	Peach Custard Pie	Q-12
Maine Wild Blueberry Pie	Q-5	Johnny Cakes	D-24	Pulla Bread	D-36
Manhattan Clam Chowder	F-19	Key Lime Pie	Q-9	Shrimp Aspic	G-17
New England Boiled Dinner	F-6	Mint Julep	B-6	France	
New England Corn Chowda	F-11	Peanut Brittle	R-14	<i>Boeuf Bourguignon</i>	
Steamed Clams	J-54	Pecan Pie	Q-4	(Beef Stew in Red Wine)	F-6
		Pecan Tassies	Q-4	<i>Canard au Vin Rouge</i> (Duck in Red Wine)	J-45
C		Salmon Cakes/Croquettes	C-19	Candied Chestnuts (<i>Marrons Glacés</i>)	R-16
California		Savannah's Famous Artillery Punch	B-31	Cheese <i>Soufflé</i>	I-4
<i>Cioppino</i>	F-21	Southern Fried Chicken, the Ultimate	J-40	<i>Crêpes</i>	D-27
French Dip aka Beef Dip Sandwich	E-3	Southern-Style Collard Greens	L-9	French Farmhouse Cheesecake	P-8
Italian Wedding Soup with Meatballs	F-5	Sweet Potato Pie	Q-3	Omelets	
Julius: Orange, Pineapple, Strawberry	B-18	E		Cream Cheese Omelet	I-7
Joe's Special	J-16	England		Jelly Omelet	I-7
Sourdough Bread	D-32	<i>Blancmange</i>	P-28	Margot's Omelet	I-7
Canada		Bubble & Squeak	L-6	Simple Omelet	I-7
Geoduck in Szechuan-Spiced Cilantro Dressing	J-54	Chestnut Stuffing	H-23	Simple Cheese Omelet	I-7
Nanaimo Bars	O-19	Christmas Goose Dickens-Style	J-44	Sweet Omelet	I-7
Celebrity Recipes		Cornish Pasty	E-15	Quiche	
Arnold Palmer's Company Casserole	J-16	Crumpets	D-34	5-Ingredient Quiche	I-9
Arnold Palmer's Iced Tea	B-37	Cucumber Sandwiches	E-6	Bacon & Artichoke Quiche	I-9
Barbra's Instant Coffee Mallow Ice Cream	P-13	Eggs Anglesey	I-13	Breakfast Quiche	I-10
Clancy Brothers' Plum Pudding, The	P-29	English Muffins	D-34	Crab Quiche	I-11
Elvis's Peanut Butter and Banana Sandwich	E-13	English Muffin Bread	D-34	Pesto, Quinoa, Spinach Quiche	I-9
Ian Fleming's Rose & Crown Potted Shrimp	J-58	English-Style Fish & Chips	J-46	Mini-Quiche in a Cup (microwaved)	I-12
Jackie Kennedy's Hazelnut Cookies	O-8	Jelly Omelet	I-7	Mini-Crustless Quiche for 1 (baked)	I-12
Mamie Eisenhower's Million Dollar Fudge	R-4	Minted Peas	L-23	Polish Sausage Quiche	I-10
Patty LaBelle's Sweet Potato Pie	Q-3	Mushrooms on Toast	C-25	Quiche Incognito	I-8
		Perfect Pot of Tea, The	B-33	Quiche Lorraine	I-8
		Roast Beef	J-3	Sauces	
		Rose and Crown Potted Shrimps	J-58	<i>Béchamel</i> (White Sauce)	H-8
		Sweet Omelet	I-7	<i>Hollandaise</i> Sauce	H-9
		Toad in a Hole	I-16	<i>Rémoulade</i> Sauce	H-9
		Tomato Sandwiches	E-6	<i>Sauce Blanche</i>	H-8
		Treacle Tart	Q-11	<i>Velouté</i> Sauce	H-8
		Very Particular Peas	L-23	White Sauce (<i>Béchamel</i>)	H-8
		Victoria Sponge	N-15	Seasonings	
		Watercress Sandwiches	E-7	<i>Fines Herbes</i>	H-12
		Yorkshire Pudding	D-23	<i>Herbes de Provence</i>	H-12
				<i>Sauce Espagnole</i>	H-9

Appendix C—The Cultures

G		Italy		Middle Earth	
Germany		<i>Alfredo Sauce</i>	H-9	(The Hobbit & The Lord of the Rings)	
German Ox-Tail Soup	F-7	Caramelized Brussels Sprouts and Bacon Fettuccini Alfredo	K-12	Fangorn's Ent-Draught	B-41
Granny's Soft Ginger Cookies	O-7	Chunky Clams & Pasta	K-11	<i>Lembas</i> (Elvish Way-Bread)	D-15
Red Beet Soup	F-9	Fettuccini Alfredo	K-12	Mossflower (Redwall Abbey)	
<i>Sauerbraten</i> —German Pot Roast	J-4	Fuss-Free Garlic Pasta	K-11	Candied Chestnuts	R-16
Greece		Italian Coffees Espresso	B-12	N	
<i>Faki Soupa</i> (Lentil Soup)	F-27	Café Latte	B-12	Narnia (The Lion, the Witch and the Wardrobe)	
<i>Kota Rignati</i> (Chicken Oregano) A	J-36	Cappuccino	B-12	Turkish Delight (<i>Rahat Lakum</i>)	R-11
<i>Kota Rignati</i> (Chicken Oregano) B	J-36	Macchiato	B-12	Native America	
<i>Kota Soupa Avgolemono</i> (Chicken Soup)	F-10	Italian Wedding Soup with meatballs	F-5	Acorn Cakes	D-25
H		John Hinterberger's Clam Spaghetti	K-18	Acorn Meal	U-3
Hawaii		Susie's Lasagna Roll	K-13	Creamy Cucumber Salad	G-19
Hawaiian Ham Sandwich	E-11	Japan		Frybread	D-32
Spam <i>Musubi</i>	J-19	Beef <i>Sukiyaki</i>	J-10	Pine Needle Tea	B-34
Hogwarts (Harry Potter)		Chicken Curry Hot Pot	F-13	Sassafrass Tea	B-34
Butterbeer	B-42	<i>Teriyaki</i> -Style Chicken Pieces	J-34	<i>Wojapi</i> (as a dessert)	P-30
Butterbeer Ice Cream	P-14	K		<i>Wojapi</i> (as a sauce)	S-13
Pumpkin Juice	B-43	Kosher		New Orleans	
Treacle Tart	Q-11	Cocktails (with Kosherodka):		Bananas Foster	P-22
I		<i>Beva Kasha</i> You're Welcome	B-8	<i>Beignets</i>	D-13
India		<i>Bitai Avon</i> Bon Appetite	B-8	<i>Café au Lait</i> New Orleans	B-17
Chicken <i>Tandoori</i>	J-39	<i>Shalom</i> Hello	B-8	Cajun Crab Salad	G-16
Indian (Curried) Rice <i>Pilaf</i>	K-9	<i>Shana Tovak</i> Happy New Year	B-8	Chicken <i>Filé Gumbo</i>	F-14
<i>Lassi</i> Formula	B-19	L		Crawfish <i>Étouffée</i>	F-20
Mango <i>Lassi</i>	B-19	Lothlorien (Middle Earth)		Crawfish Pie	J-57
Raita (Cucumber Yogurt Sauce)	H-10	Fangorn's Ent-Draught	B-41	Grits	K-4
Sweet <i>Lassi</i>	B-19	<i>Lembas</i> (Elvish Way-Bread)	D-15	<i>Jambalaya</i>	F-22
Vegan Yellow Split Pea <i>Dahl</i>	L-25	Literary & Film Recipes		King's Cake (<i>Mardi Gras</i> —Yeast Bread)	D-35
SEASONINGS		Abbe Sciuto's Caf-Pow	B-44	Pecan Pralines	R-15
Basic Curry Powder	H-20	Amelia Peabody's Tea-Time Sandwiches	E-6-7	Po Boys Mahoney's Beef	E-14
<i>Chaat Masala</i>	H-20	The Arcane Society's Udon Soup	F-34	Shrimp	E-14
<i>Garam Masala</i>	H-20	Chibb the Robin's Candied Chestnuts	R-16	Red Beans & Rice	L-16
<i>Kashmiri Garam Masala</i>	H-20	Columbo's Peanut Butter Raisin Sandwich	E-13	Red Beans & Rice Soup	F-3
Madras Curry Powder	H-21	Edmund Pevensy's Turkish Delight	R-11	Sazerac	B-3
Raghavan's Blend	H-21	Fangorn's Ent-Draught	B-41	Northwest	
Ireland		Harry Potter's Butterbeer	B-42	Almond Rocca	R-17
Barley Puddings	P-31	Harry Potter's Pumpkin Juice	B-43	Aplets	R-10
Barley Water	B-38	Harry Potter's Treacle Tart	Q-11	Brown-Sugar Salmon	J-50
<i>Carageen</i> Moss Pudding	P-32	Homer Simpson's The Flaming Moe	B-7	Cotlets	R-10
<i>Champ</i> (Mashed Potatoes 1)	K-23	James Bond's Rose & Crown Potted Shrimp	J-58	Puget Chowder	F-20
<i>Colcannon</i> (Mashed Potatoes 2)	K-23	Katniss's Lamb Stew with Dried Plums	F-25	Salmon Chowder (Alaskan)	F-18
<i>Crubeens</i> (Fried Pig's Trotters)	J-28	Lembas (Elvish Way-Bread)	D-15	Norwegian	
Ginger Beer	B-39	Lord Peter Wimsey's Jelly Omelet	I-7	<i>Lefsa</i>	D-29
Guinness Float	B-26	Lord Peter's Very Particular Peas (Minted)	L-23	O	
Guinness Float DeLuxe	B-26	Meg March's Blancmange	P-28	P	
Hard Sauce, The	S-12	Remington Steele's <i>Canard au Vin Rouge</i>	J-45	Panem (The Hunger Games)	
Irish Brown Bread	D-7	(Duck in Red Wine)	J-45	Lamb Stew with Dried Plums	F-25
Irish Coffee	B-14	Scrooge's Christmas Goose, Dicken's-Style	J-44	Q	
Irish Lamb Stew	F-24	Spock's Plomeek Soup	F-29	R	
Irish Potato Soup	F-30	Whistlestop Café's Fried Green Tomatoes	M-5	Redwall Abbey (Mossflower)	
Irish Soda Bread	D-7	Winnie the Pooh's Honey-Pot Balls	R-16	Candied Chestnuts	R-16
Irish-American Roast Beast	J-5	M		R	
Mashed Potatoes	K-23	Mexico		R	
Michaelmas Goose	J-44	<i>Chili Rellanos, DeAnda</i>	I-6	R	
Michaelmas Goose Stuffing	H-23	Easy <i>Enchilada</i> Casserole	I-6	R	
My Favorite Irish Pub's Beef Stew	F-5	<i>Enchilada</i> Pie	J-18	R	
Pig's Trotters, Fried (<i>Crubeens</i>)	J-28	<i>Guacamole</i>	C-6	R	
Plum Pudding, The Clancy Brothers'	P-29	Jennifer's <i>Quesadillas</i>	E-17	R	
Potato-Apple Stuffing/Dressing	H-23	Mexican Layered Dip	C-6	R	
		Mexican Rice	K-8	R	
		Mexican Wedding Cakes	O-10	R	
		Nona's <i>Taco</i> Seasoning	H-16	R	
		<i>Taco</i> Seasoning	H-16	R	

Appendix C—The Cultures

<i>Russia</i>				<i>Spain</i>				<i>Turkey</i>	
<i>Babla Yablochnaya</i>		Sangria	B-28	<i>Bamya</i> (Okra Stew)	F-36	<i>Çilbir</i> (Turkish Poached Eggs)	I-19	<i>Güllac</i> (Dessert for Ramadan)	P-25
Apple Charlotte with Apricot Sauce)	P-4	Sangria sans the wine	B-28	Grilled Mackerel Fillets in		Mint Yogurt Dressing	E-10	<i>Iskender Kebap</i> (Lamb Kebabs)	J-25
Beef <i>Stroganov</i>	J-8	<i>Sweden</i>		Swedish Cream Wafers	O-4	<i>Lahmacun</i> aka Turkish Pizza	C-18	<i>Menemen</i> (Turkish-Style Scrambled Eggs)	I-20
<i>Blini</i>	D-26	Swedish Meatballs	J-19	<i>Switzerland</i>		Mint Yogurt Dressing	H-4	Pumpkin in Yogurt and Sumac	K-12
<i>Borscht</i>	F-9			Baked <i>Roesti</i>	K-21	<i>Rahat Lakum</i> (Turkish Delight)	R-11	Roast Leg of Goat with Pumpkin in	
<i>Pryanyiı Chai</i> aka Orange Spiced Tea	B-36			Classic Cheese Fondue	I-5	Yogurt and Sumac	J-22	<i>Sis Kebap</i> aka Shish Kebab (Lamb)	
Caviar & Smoked Salmon Canapés	C-19			Homemade <i>Müesli</i>	K-5	(Meat on a Stick)	J-25	<i>Türk kahvesi</i> (Turkish Coffee)	B-14
<i>Charlottka</i> (Charlotte Russe)	P-3			Swiss Mountain Macaroni & Cheese	K-17	Turkish <i>Baklava</i>	Q-16	Yoghurt Sauce	H-10
Chicken Kiev	J-35			Swiss Onion Potato Cake	K-21	<i>U</i>			
Chicken <i>Stroganoff</i>	J-41			<i>T</i>		<i>V</i>			
Eggplant Caviar	C-8			<i>Tex-Mex or the Southwest</i>		<i>Vietnam</i>			
Hamburger <i>Stroganoff</i> (Quick & Easy)	J-8	Chicken Fiesta Salad	G-4	Chili con Carne with Beans	F-17	Hoisin Peanut Dipping Sauce	H-7	Seven-Ingredients Rice Salad	G-15
Instant ‘Russian’ Tea		Chili con Carne without Beans	F-17	Chili Rellanos DeAnda	I-6	Thien’s Curry Soup	F-37	Vietnamese Chicken and Cabbage Stir-Fry	J-41
(Instant Orange Spiced Tea)	B-36	Corn Bread	D-10	Coyote Corn	K-4	Vietnamese Pork & Shrimp Spring Rolls	J-58	Vietnamese -Style Iced Coffee	B-13
<i>Kartoshka</i> (Potatoes) Russian Cookies	O-5	Easy Enchilada Casserole aka		1 Coyote Corn	K-4	<i>Wales</i>			
<i>Kulebyaka</i> (Salmon-Cabbage Loaf)	J-48	Chilaquiles (Chili-Killers)	I-6	Enchilada Pie	J-18	Welsh Rabbit aka	I-4		
Moscow Mule	B-7	Guacamole	C-6	Guacamole	C-6	Welsh Rarebit	I-4		
<i>Pryanyiı Chai</i> (Russian Spiced Tea)	B-36	Guacamole Eggs	I-15	Impossible Easy Taco Pie	J-18	<i>X Y Z</i>			
<i>Pirozhki</i>	E-16	Jennifer’s Quesadillas	E-17	Macho Nachos	C-5				
<i>Pirozhki</i> Dough	Q-20	Mexican Layered Dip	C-6	Mexican Rice	K-8				
Russian Tea Cakes	O-10	Mexican Nachos	K-16	Nachos Mac & Cheese	H-15				
		Mexican Rice	K-8	Nona’s Taco Seasoning	H-15				
<i>Salat Olivier</i>	G-21	Mexican Layered Dip	C-6	Papas Re Carne (Meat-Stuffed Potato Balls)	J-13				
<i>Salad Orlofv</i>	G-21	Mexican Rice	K-8	Southwestern Black-Eyed Pea&Corn Salad	G-3				
<i>Shashlik</i>		Nachos Mac & Cheese	K-16	Taco Seasoning	H-15				
(Lamb shishkebobs with prune sauce)	J-24	Nona’s Taco Seasoning	H-15	Texas Bean Soup	F-3				
Strawberry <i>Blintz</i>	P-19	Papas Re Carne (Meat-Stuffed Potato Balls)	J-13	Texas Chili Powder	H-15				
Tula Gingerbread (<i>Pryaniki</i>)	O-7	Southwestern Black-Eyed Pea&Corn Salad	G-3	Zesty Chili Dip	C-7				
<i>Vmochanka</i> (Garlic Dip)	C-8	Taco Seasoning	H-15						
<i>S</i>		Texas Bean Soup	F-3						
<i>Scotland</i>		Texas Chili Powder	H-15						
Atholl Brose	B-10	Zesty Chili Dip	C-7						
<i>Auld Reekie</i> aka <i>Cock-a-Leekie</i> Soup	F-15	<i>Thailand</i>							
<i>Bannocks</i>	D-6	Thai Coconut Soup	F-23						
Barley Pudding	P-31	<i>Toontowns</i>							
Butterscotch Fudge	R-8	Homer Simpson’s The Flaming Moe	B-7						
Carrot Cake from Canned Carrots	N-4								
Chicken Bonnie Prince Charlie	J-35								
Chicken Soup with Leeks	F-15								
Chocolate, Orange and Whiskey Mousse	P-27								
Drambui Ice Cream	P-14								
Dundee Cake	N-8								
Dundee Lamb Chops	J-24								
Dundee Marmalade (Seville Orange)	M-7								
Finnan Haddie	J-47								
Grilled Salmon Balmoral	J-50								
Het Pint	B-10								
Highland Mist (Dessert)	P-26								
Hogmanay Black Bun	Q-15								
Oat Cakes	D-6								
Raspberry & Whiskey Cheesecake	P-5								
Raspberry Cream	P-18								
Raspberry <i>Cranachan</i>	P-18								
Rose’s Carrot Cake	N-4								
Rumbledethumps	K-23								
Scones	D-5								
Scotch Collops aka Scotch Scallops	J-12								
Scotch Eggs	I-16								
Scotch Mist (Dessert)	P-26								
Scotch Shortbread	O-3								
<i>Somalia</i>									
Somali Coffee (<i>Qahwe</i>)	B-13								

Appendix D—The Very Easy 🍷

Many of these are very easy, other are easier than the longish ingredient lists look. In addition there are many other recipes in the main book that are pretty easy as well . . . these are simply the ones we know you should have no trouble with.

Beverages

Most of these beverages are very easy—choose from the full section.

Convivial

Chipped Beef

Chipped Beef Balls	C-5
Chipped Beef Rolls	C-5

Corn

Savory Corn Fritters	C-24
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Dips

Chive Cheese Dip	C-8
Famous Lipton Dip	C-8
Garlic Dip	C-9
Guacamole	C-7
Philadelphia Dip	C-8
Zesty Chili Dip	C-8

Mushrooms

Herbed Mushrooms	C-26
Mushrooms on Toast	C-26
Stuffed Mushrooms	C-26

Nachos

Macho Nachos	C-6
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Pizza

Balls	C-16
English Muffin	C-15
French Bread	C-15

Spreads

Chicken Salad Spread	C-10
Egg Salad Spread	C-10
Ham-/Spam Salad Spread	C-11
Tuna Salad Spread	C-11

Sausage

Sausage Balls	C-12
Sausage Crescents	C-12

Shrimp

Shrimp Cocktail	C-23
Shrimp & Cream Cheese Brick	C-22
Shrimp Kebabs	C-23
Shrimp Wheels	C-22

Stuffed

Stuffed Celery	C-25
Stuffed Tomatoes	C-25

Breads

Biscuits

Baking Powder Biscuits	C-3
Drop Biscuits	C-4

Coffee Cakes

Blackberry-Lemon Coffee Cake	D-8
Coffee Cake in a Mug	D-9
Gluten-Free Fruit Swirl Coffee Cake	D-8
Sour Cream Coffee Cake	D-9

Corn Breads

Corn Bread	D-10
Hush Puppies	D-11

Dumplings

Dumplings	D-14
Matzo Balls	D-14

Muffins

Cranberry Walnut Muffins	D-16
Grapenuts Lo-Fat Blueberry Muffins	D-16
Hawaiian Pineapple Muffins	D-17
Lemon-Raspberry Muffins	D-17

Pancakes & Flat Breads

Blini	D-26
Injera	D-28
Pancake Mix & Pancakes	D-24

Waffles

	D-30
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Soda Bread

Irish Brown Soda Bread	D-7
Irish Soda Bread	D-7

Stuff Made from Bread

Bread Crumbs	D-38
Crostini	D-9
Croustades	D-38
Croutons	D-38
Toast Cups	D-39
Toast Points/Triangles	D-38

Sandwiches

Most of the sandwiches are very easy—choose from the full section.

Soups, Stews, Chowders

Most of these Soups, Stews, and other soupy things are very easy—a longish list of ingredients, but really simple instructions. Choose from the full section.

Salads

Bean

Southwest Black-Eyed Peas & Clam	G-3
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Chicken

Chicken Fiesta Salad	G-4
Chinese Chicken Salad	G-4

Crab

Cajun Crab Salad	G-16
Crab Salad	G-16

Fish

Mediterranean Tuna Antipasto Salad	G-7
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Fruit

Fruit Salad	G-11
Grandma Elinor's Fruit Salad	G-8
Lime-Pineapple Salad	G-9
Mama's Green Slime Salad	G-9
Ragnarok Salad	G-11

Pasta

Make-Ahead 6 Layer Pasta Salad	G-12
Walnut Florentine Salad	G-12

Potato

Caesar-Style Potato Salad	G-14
Country Bacon Potato Salad	G-14
Cousin Jackie's Curried Potato Salad	G-13
Potato Salad	G-13

Rice

7-Ingredient Rice Salad	G-15
Nutty Brown Rice Salad	G-15

Shrimp

Green Goddess Salad	G-17
Shrimp Luncheon Salad	G-18

Vegetable

Cheesy Pea Salad	G-20
Cucumber Salads	G-19
F.E.A.S.T. Protein Salad	G-22
Tomato Salads	G-20

Condiments

The dips, dressings, sauces and seasoning blends in this chapter are all quite easy, so feel free to choose them from the main section.

Dairy & Eggs

Cheese

Jelly Omelet	I-7
Margot's Omelet	I-7
Simple Cheese Omelet	I-7
Sweet Omelet	I-7
Welsh Rarebit/Rabbit	I-4

Eggs

2-Minute Microwave Scrambled	I-18
Deviled Eggs	I-15
Fried Potatoes and Eggs	I-17
Guacamole Eggs	I-14
Hard-Cooked Eggs	I-14
Poached Eggs, Microwaved	I-18
Soft-Cooked Eggs	I-14
Toad in the Hole	I-16
Turkish Scrambled eggs	I-20

Quiches

Mini Crustless Quiche for 1	I-12
Mini Quiche in a Cup	I-12

Meat, Poultry, Fish & Seafood

MEAT

Beef

Brisket	J-5
Campbell's Easy Beef Pot Pie	J-4
Hamburger Stroganoff	J-8
Irish-American Roast Beast	J-5

CUBE STEAKS

Berdeans's Cube Steaks	J-10
Braised Cube Steaks	J-11
Cube Steaks with Gravy	J-11
Cube Steaks with Mushroom Sauce	J-10
Easy Cube Steaks	J-10

Ground Beef

5 Layer Casserole	J-12
Scotch Collops	J-12
Alaska Hash	J-13
Joe's Special	J-16
Company Casserole	J-16
Impossible Cheeseburger Pie	J-16
Hamburger Pie	J-17
Impossibly Easy Taco Pie	J-18
Tater Tot Casseroles	J-20

Pork

Sweet & Sour Pork	J26-7
Nancy's Pork Chops & Vegetables	J-30
Golden Glazed Ham	J-30
Larry's Sweet Meat	J-32
Oven-Cooked Bacon	J-32

POULTRY

Chicken

Cheater's Chicken Pot Pie	J-43
Chicken Pot pie in a Mug	J-43
Chicken Stroganoff	J-41
Greek Chicken Oregano	J-36
Lime Marinated Chicken	J-34
Quick Chicken Tandoori	J-39
Rosemary Chicken	J-37
Teriyaki Chicken Pieces	J-34

Turkey

Turkey Meat Loaf	J-45
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FISH

Brown Sugar Salmon	J-50
Cheater's Fish & Chips	J-46
Dover Sole Italiano	J-51

SEAFOOD

Deviled Crab	J-55
Shrimp Scampi	J-60
Steamed Clams	J-54

Starches

GRAINS

Bulgur

Tabouli K-3

Corn

Corn Casserole K-4
Coyote Corn K-4
Grits K-4

Oats

Homemade Muesli K-5
Overnight Oatmeal K-5

Quinoa

Quinoa K-7

Rice

Fried Rice K-9
Mexican Rice K-8
Pilav K-8

PASTA

Baked Macaroni & Cheese (boxed) K-14
Chef Boyardee Ravioli Gussied Up K-13
Chunky Clams & Pasta K-11
Fettuccini Alfredo K-12
Fuss-Free Garlic Pasta K-11
Instant Mug Mac & Chz Microwave K-17
Meaty Macaroni Bake K-14
Pot Pie Mac & Cheese & Others K-16
Susy's Lasagna Rolls K-13
Taco Mac & Cheese & others K-15

POTATOES

Cheddar Potatoes Casserole K-20
Easy Oven-Fried Potatoes K-22
Irish Mashed Potatoes (2) K-23
Onion Roasted Potatoes K-21
Potatoes O'Brien Casserole K-20
Swiss Onion Potato Cake K-21

Vegetables & Legumes

VEGETABLES

Sweet & Sour Beets L-4
Orange-Glazed Beets L-4
Brussels Sprouts au Jus L-5
Collard Greens (2) L-9
Creamy Vegetables L-11
Sweet Potatoes (4) L-13
Squash (4) L-14

LEGUMES

Beans

Classic Oven-Baked Beans L-17

Green Beans

Best Green Beans Ever L-19
Easy Green Beans L-20
Easy Home Style Green Beans L-21
Garlic Green Beans L-21
Green Bean Casserole L-21
Green Beans that Taste Home Made L-20
Savory Green Beans L-19
Southern Green Beans L-20

Green Peas

Very Particular/Minted Peas L-23
Spiced Peas/Rest in Peas L-23
Cheesy Peas L-24
Italian Peas L-24
Lemon-Pepper Peas L-24
Peas & Bacon L-24

Fruit

Broiled Orange Slices M-4
Dundee Marmalade M-7
Fried Apple Rings (2) M-3
Fried Green Tomatoes M-5
Fruit Kebabs M-5-6
Green Tomato Jelly M-7
Honey-Baked Bananas M-4
Sautéed Pineapple M-4

Cakes

Here, I've excluded all cakes made from scratch—but there are several starting with mixes that are quite simple to put together, and very good to eat!

Chocolate Chip Cupcakes N-19
Chocolate Refrigerator Roll N-7
Dump Cakes (7) N-17 & 18
Harvey Wallbanger Cake N-12
Mandarin Party Cake N-10
Microwave Cake in Coffee Mug N-21
Monkey Bars Cupcakes N-19
Pineapple Upside Down Cupcakes N-19
Very Moist Very Chocolate Bundt Cake N-5

Cookies

Due to our tiny kitchens, rolled cookies, and those that need several cookie sheets are a nuisance—for easy prep, those baked as bars in cake pans are the easiest to prepare.

1-Minute Brownie in a Mug O-16
Brownies O-16
Cherry Orange Oatmeal Bars (2) O-18
Chocolate Chip Bar Cookies aka Congo Squares O-16
Chocolate Chip Cookies in a Mug O-20
Domino Sugar Cookies O-21
Lemon Bars O-19
Nanaimo Bars O-19
Peanut Butter Cookies in a Mug O-20
S'Mores O-21
Sugar Cookies in a Mug O-20

Desserts

1-Minute Microwave Cheesecake P-6
Apple Crisp P-16
Apple Compote P-16
Barbra's Instant Coffee Ice Cream P-13
Barley Puddings (Irish, Scotch, Finn) P-31
Blackberry Compote P-20
Blueberry-Orange Parfaits P-21
Candied Bananas P-24
Cheaters Chocolate Mousse P-34
Cheater's Pineapple Ice Cream P-11
Cinnamon-Pear Compote P-21
CocoaNut Bananas P-24
Cranachran with Raspberries P-19
Frozen Fruit Cups P-22
Fruit & Yogurt P-30
Instant Pudding Fabulosa P-34
Lemon Bisque/Mock Cheesecake P-6
Mama's Strawberry Shortcake P-17
Pineapple Delight P-30
Raspberry Cream P-19
Scotch Mist & Highland Mist P-26
Shortbread Dessert P-26
Strawberry-Rhubarb Compote P-18
Strawberry Shortcake Trifle P-17
Strawberries w Orange Ricotta Cream P-18
Wendy's Frosty P-12
Wojapi P-30

Pies & Pastries

Pies are believed to be hard to make. When you've learned to handle the pastry crusts they are simple to make. But you can buy the crusts or doughs ready-made, now; and the fillings are simple. So use the main listing for pies, and forget about the pastries for now.

Candy & Confections

Butterscotch Fudge R-8
Carnation's 5-Minutes Fudge SR-7
Coconut Fudge R-8
Cold Fudge R-6
Cream Cheese Fudge R-6
Easter Egg Bon-Bons R-3
Mike's Buckeyes R-3
Magic Truffles/French Fudge R-5
Microwave Rice Krispie Treats for 1 R-17
Never-Fail/Fantasy Fudge R-7
Peanut Butter Fudge R-21
Quick Nut Fudge R-5
Winnie the Pooh's Honey-Nut Balls R-16

Frostings & Fillings

Frostings & Icings

Butter/Butter Cream Frostings (3) S-3
Chocolate Ganache S-4
Fudge Frosting S-4
Cream Cheese Frosting S-5
Mile High Frosting S-5
Penuche Frosting S-6
Pineapple Moist Frosting S-6
Sweetened Whipped Cream (2) S-7
Pineapple Cream Frosting S-7
Oatmeal Cake Frosting S-8
Cinnamon Roll Frosting S-8
Cream Cheese Icing S-8

Fillings

Clear Lemon/ Clear Orange Filling S-10
Crème Fraîche S-11
Marmalade Cream S-11
Rich Lemon/Clear Orange Filling S-10

Glazes

Baker's Glaze S-9
Bleeding Chocolate Glaze S-9
Chocolate Decorator's Glaze S-9
Coffee Cake Glaze S-9
Confectioner's Sugar Glaze S-9
Grand Marnier Glaze S-9
Harvey Wallbanger Glaze S-9

Sauces

Hard Sauce S-12
Apricot Sauce S-13
Raspberry Sauce S-13
Wojapi S-13

Syrups

Simple Syrups Plain, Minted, Lemon S-15

Toppings

Apple Crisp for Cheesecake S-14
Cherry for Sarah Lee Cheesecake S-14

Appendix D—Easy: Crockpot Recipes & Microwave In a Cup/Mug



Crockpot Recipes

Many other recipes in our book—especially the soups & stews, and even some roasts, can be easily adapted to the crockpot if you look at how those we have here are done.

CONVIVIALS	
Crockpot Cheese Fondue	C-17
SANDWICHES	
French Dip	E-3
SOUPS, STEWS, ETC.	
Lamb Stew with Dried Plums	F-28
Linguana Sausage with Pea Soup	F-32
Split Pea Soup with Bacon	F-32
Slo Cooker Root & Vegetable Soup	F-37
DAIRY & EGGS	
Cheese Fondue	I-5
MEAT	
Irish American Roast Beast	J-5
Slo-Cooker Mongolian Beef	J-9
Breakfast Casserole in Crockpot	J-31
STARCHES	
Overnight Oatmeal	K-5
CAKES	
Slo-Cooker Strawberry Dump Cake	N-18
DESSERT	
Apple Confit/Compote	P-16



Microwave, In-a-Cup/Mug, One Serving

This is just a sampling . . . look for anything on the web ending with 'In a cup' or 'In a mug.'

BREADS	
Cinnamon Roll in a Mug	D-31
Coffee Cake	D-9
French Toast	D-31
CAKES	
Cake (any flavor)	N-21
CONFECTIONS	
Rice Krispies Treats in a Cup	R-17
COOKIES	
Brownie	O-16
Chocolate Chip Cookie	O-20
Peanut Butter Cookie	O-20
Sugar Cookie	O-20
EGGS	
Poached Eggs	I-18
Scramble Eggs	I-18
MEAT	
Chicken Pot Pie (baked)	J-43
PASTA	
Mac-n-Cheese	K-17
SALAD	
F.E.A.S.T. Protein Salad	G-22
QUICHE	
Mini Crustless Quiche for 1 (baked)	I-12
Mini Quiche in a Cup	I-12