

Neugeberry Cookbook

*Recipes enjoyed and collected by
Neugebauer Family and Friends*

December 2013



"Tell me your friends, and I'll tell you who you are."
Assyrian proverb

Tiramisu *continued*

Top with coffee-flavored cake layer; poke holes in cake and brush remaining coffee mixture over the second layer and spread with remaining filling. Top with remaining cake layer, poke holes in cake and brush remaining coffee mixture on top. Spread sides and top with frosting mixture. Lightly dust top of cake with cocoa powder and garnish with chocolate curls. Refrigerate at least 30 minutes before serving. To make curls, use a vegetable peeler and run it down the edge of the chocolate.

Elke Wood's Lemon Squares

Loralee made these delicious bars, topped with whipped cream and strawberries, to celebrate Bonnie's birthday. The recipe is from Martha Stewart Living.

1-3/4 cups sifted all-purpose flour
1/3 cup sifted confectioners' sugar
1/4 teaspoon salt
3/4 cup (1-1/2 sticks) chilled unsalted butter, cut into pieces,
plus more for baking dish
1 teaspoon plus 1 tablespoon finely grated lemon zest
1/3 cup almonds, toasted and chopped
2 cups granulated sugar
4 large eggs, beaten
1/2 cup freshly squeezed lemon juice
1/2 teaspoon baking powder

Preheat oven to 350°F. Into a medium bowl, sift together 1-1/2 cups flour, the confectioners' sugar, and the salt. Cut in the butter, 1 teaspoon zest, and almonds until mixture just clings together.

Press mixture into a lightly buttered 9" x 13" baking dish. Bake until just firm and lightly golden, about 20 minutes. Let cool slightly before filling.

In a large non-reactive bowl, stir together the granulated sugar, eggs, lemon juice, baking powder, and remaining 1/4 cup flour and 1 tablespoon zest until combined. Pour into prepared crust.

Bake until filling is set and lightly browned, 25 to 30 minutes. Transfer to a wire rack to cool. Cut into 3" squares. Makes 1 dozen squares.

Sara Foster's Jamaican Black Bean Soup

Scott Bilstad shares this recipe: We have made this soup 30 times at least! We discovered this soup in our excellent Foster's Market Cookbook. This is one of our go-to recipes when we have guests coming over for dinner. It is great with iron skillet cornbread. We often make 1.5x batch. We also don't usually use all of the lime juice. The lime is a very powerful flavor and really makes the soup interesting! But be careful — it can overpower if you use too much.

1 pound dry black beans (rinsed, soaked overnight, drained)
1/4 cup extra-virgin olive oil
1 red onion, diced
1 red pepper, seeded and diced
2 carrots, peeled and diced
4 ribs celery, chopped
2 jalapenos, seeded and diced
8 garlic cloves, chopped
1 Granny Smith apple, chopped
1 tablespoon basil, dried
8 cups reduced sodium chicken broth
4 bay leaves
salt to taste
pepper to taste
juice of 3 limes

Cook black beans for about 45 minutes.

Meanwhile, sauté onion in the olive oil for about 10 minutes. Then add the rest of the veggies for about 10 minutes. Then add the broth and seasonings. Add to black beans and simmer about 75 minutes, or until done to your liking. Add juice and serve! You can probably use canned beans and make this a lot quicker.

Enjoy!

Dadi's Handvo

Here is a Mehta family favorite that has been taking the Neugebauer family by storm. After only two bites, Adam unilaterally bestowed upon it the title of "Indian cornbread." And to this day he passes on the traditional handvo condiment — chutney — in favor of a healthy dose of honey. Riddhi continues to love him anyway.

3 cups of shredded squash/gourd/cabbage
3 cups handvo flour (a coarse flour made of ground mixed lentils and rice)
You can find prepackaged handvo flour (NOT Instant Handvo Mix) at your local Indian grocery store by asking for handvo loht (flour) or handvo daro (coarsely ground flour).
32-ounce container of plain, preferably sour, yogurt (not Greek yogurt)
salt to taste
8 tablespoons sugar
3/4 teaspoon asafetida (optional)
2 tablespoons ginger-chili paste
1/2 to 1 teaspoon turmeric
3 tablespoons chopped cilantro
1-1/2 tablespoons crushed garlic
4 teaspoon chili powder
2 handfuls + 1 tablespoon white sesame seeds
juice from 1 lime
1 cup shredded coconut (can buy frozen from an ethnic grocery store)
1 cup + 1 teaspoon peanut oil (can substitute with safflower or vegetable oil)
2 heaped teaspoons black mustard seeds
handful of curry leaves
1/2 teaspoon baking soda
1 level teaspoon baking powder

Mix 3 cups handvo flour with the yogurt in a large steel bowl; leave out overnight to ferment. The next morning, sprinkle batter liberally with salt to taste and add the sugar and asafetida. Preheat oven to 350°F.

Sprinkle shredded squash (or cabbage, or gourd) with salt and let sit for 5-10 minutes. Squeeze out excess water from vegetable and mix into the batter. Add 2 tablespoons of the ginger-chili paste to batter and stir. Add 1/2 teaspoon of turmeric. Batter should become a banana yellow color. Add the chopped cilantro and crushed garlic to batter, stir.

continued

Tiramisu

This recipe comes from John Mickey Greenly, grandfather of Exchange employee Daniella Medina. He recommends that the recipe be made a day or two ahead.

Cake: 1 package (18.25 ounce) moist white cake mix
1 teaspoon instant coffee powder 1/2 cup brewed coffee
1 tablespoon coffee-flavored liqueur 1 tablespoon vanilla

Filling: 16 ounces marscapone (not pre-mix) 2 teaspoons vanilla
1 cup confectioners sugar 1/4 cup coffee liqueur

Frosting: 2 cups heavy cream 1/4 cup confectioners sugar
2 tablespoons coffee liqueur

Garnish: 2 tablespoons unsweetened cocoa powder
1 ounce square semi-sweet chocolate

Preheat oven to 350°F. Grease and flour three 9" square pans. Prepare cake mix to package directions. Divide 2/3 of batter between 2 pans; stir instant coffee into remaining batter and pour into last pan. Bake for 20-25 minutes, or until a toothpick comes out clean. Let cool for 10 minutes, then turn out onto a wire rack and cool completely. If made a day before, put back in the pan after it is cooled and layer each one with waxed paper; refrigerate.) In measuring cup, combine brewed coffee and 1 tablespoon of coffee liqueur; set aside.

Filling: In small bowl, using electric mixer set on low speed, combine marscapone, 1/2 cup confectioners sugar, and 1/4 cup coffee liqueur. Beat until smooth; cover with plastic wrap and refrigerate.

Frosting: For best results, use a stainless steel bowl; wet inside of bowl and drain excess water. Cover with plastic wrap and put in freezer upside down for at least half an hour. When ready to make frosting in bowl, set electric mixer on medium-high speed, beat the cream, 1/4 cup confections sugar, 2 tablespoons coffee liqueur, and 2 teaspoons vanilla until stiff. Fold 1/2 cup frosting mixture into filling mixture.

To assemble the cake, place one plain cake layer on a flat serving dish; using a thin skewer, poke holes in cake about 1 inch apart. Brush 1/3 of reserved coffee mixture over cake, then spread with half of the filling mixture.

continued

Green Borscht

Mike Wilson shares his Russian borscht history: I was in Moscow the year the Russian parliament building was fired on. Fortunately, that didn't happen until a couple weeks after I'd safely returned to Los Angeles.

I'd been invited to join a delegation to meet with various social science and alcoholism treatment professionals in order to discuss treatment protocols and explain the role of 12-step programs in America. I stayed with an eccentric mathematician named Sasha, his wife Zoya, and their two children. Exciting things were happening in Russia: she was the founder and director of a new private school for preschoolers and elementary students; he taught at the University of Moscow. Zoya was from the Ukraine and made wonderful fresh sorrel soup. In order to collect the best ingredients, she had to visit several stores and vendors, and it took a long time to make. I fondly remember the smells of Zoya's kitchen, her happy laughter, and endless curiosity about America.

If you are lucky enough to find fresh sorrel at your local farmer's market this spring, pop a leaf in your mouth to taste its lemony acidity for a mouth-puckering experience of what gives Ukrainian borscht its distinctive tart flavor. The recipe is suitable for 5-6 people. Add the greens about 12 minutes earlier, since they require longer cooking time.

2 tablespoons butter	garnish with parsley, dill,
1 medium onion, diced into small cubes	chervil, chives
2 medium potatoes, diced larger cubes	(a mix of what is
1 large carrot, diced small cubes	available)
7 cups chicken stock	half of a hard-boiled egg
1 bay leaf	per person, diced
2 cups sorrel, thick stems removed,	sour cream per
sliced in half-inch pieces	personal preference
salt and pepper to taste	

Melt butter in soup pot, then sauté the onion and carrots, stirring intermittently until onions are transparent (approximately 5 minutes). Do not brown. Add chicken stock and bring to a boil. Skim the foam and add the potatoes, cooking on medium heat 15–20 minutes. Add bay leaf and salt to taste. Add sorrel and watch it turn from bright emerald to khaki green. Add freshly ground pepper to taste. When sorrel is soft (after about 7 minutes), add minced herbs and turn off the heat. Serve garnished with more herbs, diced hard-boiled egg, and sour cream. Russians often have their borscht with rye bread (battered or not) or vatrushki (small cheese-filled pastries).

Note: It may also be made with fish stock instead of meat or poultry stock.

Dadi's Handvo *continued*

Set 1/2 cup of peanut oil in a small pot over low heat. When oil is slightly warm, add the red chili powder. Swirl pot to mix the oil and chili, about 10 seconds, and then stir into batter.

Liberally grease a 15" x 10" glass dish (or two smaller dishes) with oil, and sprinkle the bottom of the pan with a handful of white sesame seeds. Mix the shredded coconut into batter, and then add 1/4 teaspoon asafetida and juice from 1/2 a lime. Taste the batter. Adjust it for salt/sugar levels to taste.

In a small pot, heat 1/2 cup oil. When hot, add 2 heaped teaspoon mustard seeds, 1/2 teaspoon of asafetida, handful of curry leaves, and 1 tablespoon of sesame. Wait until mustard seeds start to pop (so they release their flavors). Set aside.

In another small pot, add 1 teaspoon of oil, baking soda, baking powder, and juice from 1/2 lime. As soon as the mixture starts bubbling, stir it into the batter and quickly pour batter into greased pan. Spoon the heated oil-spice mixture on top and put in the preheated oven. Cook handvo at 350°F for 50 minutes. Handvo should rise and cracks should appear on surface. Handvo should be a toasty golden yellow in color. Serve with chutney. Serves 12.

Pesto Trapanese

Veena Mehta, mother of our daughter Riddhi, shared this recipe: You've tasted the traditional pesto sauce, and enjoyed it? Well Pesto Trapanese takes your taste buds to a whole new level. Shared with us from an original Paisano, Pesto Trapanese is an incredibly simple pizza sauce to make, for days or parties where short and quick is the way to go. You won't be disappointed, we promise. Feel free to make adjustments (e.g. add more basil or romano cheese). Garlic and Herb pizza dough from Trader Joe's is a great dough combo for Pesto Trapanese. Buon Appetito!

a handful of raw almonds	2-3 tablespoons olive oil
1/2 cup romano cheese	3-4 tomatoes
5-10 basil leaves	salt and pepper to taste
2 cloves of garlic	

Place all ingredients in blender and blend until smooth.

Best Challah (Egg Bread)

We've been baking bread to mark special holidays in our home for a very long time — squash bread for Thanksgiving, stollen for Christmas, blueberry muffins for birthdays, and challah for Easter. When we find "the best" recipe we stop looking and just enjoy. But then I discovered this recipe online. We almost stopped too soon.

Time: about 1 hour, plus 2-1/2 hours rising time. Yield: 2 loaves

1-1/2 packages active dry yeast (1-1/2 tablespoons or 3/8 ounces or 11 grams)
1 tablespoon (13 grams) plus 1/2 cup (100 grams) sugar
1/2 cup (118 ml) olive or vegetable oil, plus more for greasing the bowl
5 large eggs
1 tablespoon (14 grams) table salt
8 to 8-1/2 cups (1000 to 1063 grams) all-purpose flour
1/2 cup raisins (about 70 grams) per challah, if using,
plumped in hot water and drained
poppy or sesame seeds for sprinkling

In a large bowl, dissolve yeast and 1 tablespoon (13 grams) sugar in 1-3/4 cups lukewarm water.

Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading, but be careful if using a standard size KitchenAid — it's a bit much for it, though it can be done.)

Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees, then turned off. Punch down dough, cover, and let rise again in a warm place for another half-hour.

At this point, you can knead the raisins into the challah, if you're using them, before forming the loaves. To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1-1/2 inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together.

Grandma Lulie's Soft Molasses Cookies

Ann Warren shares this story: Creative Director Scott Bilstad hosted the Exchange staff meeting at his new home in November. To celebrate, Bonnie baked her mom's famous cookies that reminded me of my grandmother's long-lost recipe. These cookies are exactly what Grandma Rosina baked long ago.

Mix:	1 cup margarine	Then mix and add:
	1 cup sugar	3/4 cup buttermilk
	2 eggs	1 teaspoon baking soda (stir until it foams)
	1 cup molasses	

Mix and add: 4-1/2 cups flour
3 teaspoons baking soda
1 teaspoon ginger
1 teaspoon cinnamon

Chill. Roll. Cut. Bake in 350°F degree oven for about 8 minutes. Put powdered sugar frosting between layers. Keep in refrigerator or freezer so they stay soft on top. Broil in oven until brown, then serve.

3-2-1 Microwave Cake

This is a very easy cake for 1 or 2 servings. It's light and you can do different things to it. Try fruit on top, whipped cream, or topping. Have a can of cream or frosting handy to use, too.

1 box Duncan Hines Angel Food cake mix
1 box any flavor regular cake mix
2 tablespoons water

Mix the two cake mixes together in a gallon zip-lock bag.

To make the cake: Take 3 tablespoons cake mix; mix this with 2 tablespoons water. Mix together and microwave for 1 minute. Let this rest for 15 minutes and serve with toppings.

Add fruit, whipped cream, or topping. Enjoy 3-2-1, *voila*!

Use your imagination on the cake mixes: Red Velvet, Chocolate, Spice, Banana, Strawberry, Lemon.

Gazpacho

Jennifer Shiner shares this recipe: Gazpacho is one of my favorite ways to use fresh summer vegetables. The great thing about gazpacho is that you can keep it very traditional or you can easily modify it to suit your preferences. This is my modified version.

2 medium cucumbers, seeded and cubed	1 teaspoon pepper
1-1/2 green pepper, cubed	1 teaspoon salt
1 red pepper, cubed	3 tablespoons olive oil
1/2 large red onion, finely chopped	1/4 cup red wine vinegar
2 cloves garlic, finely chopped	1 tablespoon lime juice
1/2 medium jalapeño	1 tablespoon lemon juice
1/2 cup cilantro, finely chopped	6 plum tomatoes, seeded and diced
	2 cups spicy V-8 juice

Set aside 1 cucumber, 1/2 green pepper, and 1/2 red pepper. Pureé onion, garlic, jalapeno, cilantro, pepper, salt, olive oil, vinegar, lime juice, and lemon juice. Add remaining peppers and cucumbers and pureé. Add tomatoes and pureé. Place in serving container. Stir in V-8 juice. Add chopped vegetables. Chill at least 6 hours before serving.

Old World Bars

Enjoyed at the World Forum Think Tank retreat in Cannon Beach, these treats were first introduced during our days staying at Sweet Marie Cottage when Jean and Willy Dugan arrived for a visit.

Crumb mixture:	Filling:
2-1/4 cups flour	10 ounces berry jam
1 cup sugar	
1 cup butter (cold)	
1 egg	

Preheat oven to 350°F degrees. Grease 8-inch square pan. In bowl, combine all crumb ingredients. Beat at low speed until mixture is crumbly (2-3 minutes). Reserve 1-1/2 cups crumb mixture. Press remaining crumbs into pan. Spread preserves to within 1/2 inch from the edges of unbaked crumb mixture. Crumble remaining crumbs over preserves. Bake 42-50 minutes, until center is bubbly and golden brown. Cool completely. Recipe can be doubled in 11" x 15" pan.

Best Challah (Egg Bread) *continued*

Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.

Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.

If baking immediately, preheat oven to 375°F and brush loaves again. Sprinkle bread with seeds, if using. If freezing, remove from freezer 5 hours before baking.

Bake in middle of oven for 30 to 40 minutes, or until golden. (If you have an instant read thermometer, you can take the bread out when it hits an internal temperature of 190°F.) Cool loaves on a rack.

Note: Any of the three risings can be done in the fridge for a few hours, for more deeply-developed flavor. When you're ready to work with it again, bring it back to room temperature before moving onto the next step.

Round or straight braid? Raisins or skip them? Straight loaves of braided challah are eaten throughout the year — typically on the Sabbath — round challahs, often studded with raisins, are served for the New Year and the other High Holidays that follow.

Schon's and Jonah's Lemonade

During the magnificent days of GBNT Summer Camp in Redmond, Schon and Jonah perfected their own recipe for lemonade. We started out with fresh squeezed lemon juice and then added water and sugar until both were satisfied that it was just lemony and just sweet enough. For a while, Jonah thought he'd like more sugar, but he decided that there was such a thing as too much sweetness.

1/4 cup lemon juice, fresh squeezed
1/4 cup water
4 teaspoons sugar

Marmalade's White Bean Soup

Our site visit for World Forum 2014 took us to San Juan, Puerto Rico, and the discovery of Marmalade Restaurant, touted by many as the best restaurant in San Juan. We enjoyed watching Executive Chef Peter Schintler, walking around chatting people up. Thank goodness he is generous with this recipe for Marmalade's signature dish.

1 pound bag of dried navy beans, soaked in water for 24 hours	2 stems fresh thyme
6-7 slices of smoked bacon	8 cups chicken stock
1 stalk of celery, chopped	1/8 pound butter
1 small white or yellow onion, minced	1 cup fat-free half and half
	5 cloves garlic, peeled and whole
1/2 cup thinly sliced chives	4 tablespoons black truffle oil
1/4 cup bacon dust	

Notes:

- Although the recipe calls for navy beans, cannellini beans also work well.
- I've found that the fat is most easily rendered by cooking the bacon in batches in the microwave. A microwave bacon tray with a ridged bottom collects the fat, which can then be easily transferred.
- The original recipe assumes that you will leave bacon grease in the pot after cooking the veggies; I strain the veggies out of the skillet and put them into a stockpot, sans bacon grease.
- A very gentle simmer is indicated by only a few small bubbles sporadically rising to the top, similar to bubbles in a glass of champagne.

Cook the bacon in a microwave or oven until very crispy. Reserve the fat. Chop the bacon finely using a knife or food processor, and reserve for garnish.

Gently cook the celery and onion on medium heat in the rendered bacon fat for 6-10 minutes, stirring constantly, making sure not to brown. When onions are translucent, add the soaked beans (drained from water), thyme, garlic, butter, cream, and chicken stock. Bring this mixture to a boil, and reduce to a very gentle simmer for 1-1/2 hours, covering the pot with a lid and stirring occasionally. When the beans are tender and begin to split, remove from heat for 1 hour to slightly cool.

After 1 hour, remove the beans and other solid ingredients (celery, onions, garlic) from the pot, reserving the liquid. Place the solid mixture into a food processor or, preferably, a blender, and slowly add the liquid back into the solid mixture, pureeing to a velvety texture.

Veg-Head Three-Bean Chili

Amy shares this recipe: Tinkerbell (Caroline) and Batman (Zachary) were thrilled to have Aunt Radha and Uncle Buck (Aaron) here for Halloween. Ahead of trick or treating, we enjoyed this new vegetarian chili recipe. We served it with Fritos, sour cream, cheese, and scallions. Recipe is from Rachel Ray.

2 tablespoons extra virgin olive oil (EVOO) or vegetable oil
1 medium yellow onion, chopped
1 large red pepper, seeded and chopped
1 large green pepper, seeded and chopped
1 large jalapeño pepper, seeded and chopped
4 cloves garlic, crushed and chopped
1 cup pale beer or vegetable stock/broth
1 can crushed tomatoes (32 ounce)
1 can black beans (14 ounce)
1 can dark red kidney beans (14 ounce)
1 tablespoon ground cumin
2 tablespoons chili powder
1 tablespoon cayenne hot pepper sauce (several drops)
1 teaspoon coarse salt
1 cup spicy vegetarian refried beans

Over moderate heat, add two tablespoons EVOO (two turns around the pan), into a deep pot and combine onion, peppers, and garlic. Sauté for 3-5 minutes to soften vegetables. Deglaze pan with beer or broth, add tomatoes, black beans, and red kidney beans and stir to combine.

Season chili with cumin, chili powder, hot sauce, and salt. Thicken chili by stirring in refried beans. Simmer over low heat about 5-10 minutes longer, then it is ready to serve. Serves 4.

Little Owl Veggie Burgers

At Little Owl Preschool in Long Beach, California, the kitchen is the heart of the program. During the photo shoot, I enjoyed watching children enthusiastically making guacamole and also eating lunch with Cathie Fountain and Linda Wilson on their rooftop patio. Thank you, Sarah Lavelle, for sharing this recipe.

Total time needed for Veggie Burgers: 1 hour, 21 minutes

Total time needed for Sloppy Janes: 45 minutes

This recipe is tailored to serve approximately 4 people:

2 ounces olive oil
3 tablespoons diced red onion
2 tablespoons diced red bell peppers
1-1/2 tablespoons diced garlic
1 tablespoon diced artichoke
4 ounces black beans, drained (we soak our beans overnight at Little Owl, which you can do at home and cook with garlic, olive oil, and veggie broth, or you can use quality organic canned beans)
4 ounces white beans, drained
1/2 teaspoon paprika
1/2 teaspoon chili powder
1 teaspoon fresh oregano
1 tablespoon minced fresh parsley leaves
1/2 teaspoon ground cumin
1/4 cup diced celery
1/4 teaspoon ground sage
2 tablespoons seasoned bread crumbs
1 egg
1/2 cup crumbled queso fresco

In a medium sauté pan over medium heat, add 1-ounce olive oil and all raw vegetables except beans. Sauté until translucent. Remove and cool. Add veggies to beans and mix thoroughly. Add all dry ingredients, along with the egg. Thoroughly mix all ingredients. For Veggie Burgers: form into 4 patties, cover and refrigerate for 30 minutes. For Sloppy Janes: cook as you would a scramble. In sauté pan add 1 ounce olive oil, and cook patties/mixture 2 to 3 minutes per side.

Serve on organic mini sliders (we used mini pretzel buns) and a heaping dollop of Little Owl's house made guacamole! *Enjoy!*

Marmalade's White Bean Soup *continued*

Note: You might find that the desired consistency is achieved without using all of the reserved liquid. Slowly add the liquid mixture to the solid mixture in the blender, pureeing to combine, until a velvety texture and a creamy, but not extremely thick, consistency are achieved.

Adjust salt and pepper. Garnish with chives or scallions, truffle oil, and bacon dust. Yields about 4 quarts of soup, or 16 one-cup servings.

Pickled Beets with Cumin and Cloves

There's something about the combination of the dark, jewel tones of beets and the flavors of cumin and cloves that makes these pickles deliciously exotic.

2 pounds beets	1/2 tablespoon salt
1 cup distilled white vinegar	1 tablespoon cumin seed
1/2 cup water	1/2 teaspoon whole cloves
1/2 cup sugar	

Prep the beets by boiling or roasting them until nearly tender. Cut them in half and then into 1/4-inch slices.

Combine the vinegar, water, sugar, and salt in a medium non-reactive saucepan, and bring to a boil. Stir to dissolve the sugar and salt, and then remove from the heat.

Pack the beets into 3 clean, hot pint jars, arranging them snugly, but with enough room for brine to circulate. Divide the cumin seed and cloves among the jars. Pour the hot brine over the beets to cover by 1/2 inch. Leave 1/2 inch of headspace between the top of the liquid and the lid.

Refrigerate: Cool, cover, and store in the refrigerator for up to 3 weeks.

Can: Use the boiling-water method. Release trapped air. Wipe the rims clean; center lids on the jars and screw on jar bands. Process for 30 minutes. Turn off heat, remove canner lid, and let jars rest in the water for 5 minutes. Remove jars and set aside for 24 hours. Check seals, then store in a cool, dark place for up to 1 year.

Picadillo

We served this at the Exchange 35 Year Celebration party. This dish is prepared with raisins, but they can be replaced with 2 tablespoons of brown sugar added with the broth in step 2. Picadillo is traditionally served with rice and black beans. It can also be topped with chopped parsley, toasted almonds, and/or chopped hard-cooked egg. Recipe is from Cooks Illustrated (May/June 2013).

- 1 pound 85 percent lean ground beef
- 1 pound ground pork
- 2 tablespoons water
- 1/2 teaspoon baking soda
- salt and pepper
- 1 green bell pepper, stemmed, seeded, and cut into 2-inch pieces
- 1 onion, halved and cut into 2-inch pieces
- 2 tablespoons vegetable oil
- 1 tablespoon dried oregano
- 1 tablespoon ground cumin
- 1/2 teaspoon ground cinnamon
- 6 garlic cloves, minced
- 1 (14.5-ounce) can whole tomatoes, drained and chopped coarsely
- 3/4 cup dry white wine
- 1/2 cup beef broth
- 1/2 cup raisins
- 3 bay leaves
- 1/2 cup pimento-stuffed green olives, chopped coarsely
- 2 tablespoons capers, rinsed
- 1 tablespoon red wine vinegar, plus extra for seasoning

Toss beef and pork with water, baking soda, 1/2 teaspoon salt, and 1/4 teaspoon pepper in bowl until thoroughly combined. Set aside for 20 minutes. Meanwhile, pulse bell pepper and onion in food processor until chopped into 1/4-inch pieces, about 12 pulses.

Heat oil in large Dutch oven over medium-high heat until shimmering. Add chopped vegetables, oregano, cumin, cinnamon, and 1/4 teaspoon salt; cook, stirring frequently, until vegetables are softened and beginning to brown, 6 to 8 minutes. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add tomatoes and wine and cook, scraping up any browned bits, until pot is almost dry, 3 to 5 minutes. Stir in broth, raisins, and bay leaves and bring to simmer.

continued

Picadillo *continued*

Reduce heat to medium-low, add meat mixture in 2-inch chunks to pot, and bring to gentle simmer. Cover and cook, stirring occasionally with 2 forks to break meat chunks into 1/4- to 1/2-inch pieces, until meat is cooked through, about 10 minutes.

Discard bay leaves. Stir in olives and capers. Increase heat to medium-high and cook, stirring occasionally, until sauce is thickened and coats meat, about 5 minutes. Stir in vinegar and season with salt, pepper, and extra vinegar to taste. Serve.

Texas Caviar

Debra Hartzell: I saw this in Costco and thought it would be easy to make. I never thought of a salad with black-eyed peas. I looked at the ingredients on the container, went home, and made it. I LOVE BLACKEYE PEAS!! Love 'em!!! I hope you all enjoy it as much as I do.

- 4 cups of cooked black-eyed peas (2 15-ounce cans, rinsed and drained)
- 6-8 green onions (just the green parts thinly sliced)
- 1/2 cup chopped cilantro (I put a little more, I love cilantro! either you like it or hate it; you can replace with parsley)
- 3 jalapeño chile peppers, stems and seeds removed, finely chopped
- 2 plum tomatoes, diced
- 1 yellow bell pepper, seeds and stem removed, diced
- 3-4 cloves garlic, minced (depends on how much you like)
- 2 tablespoons olive oil (good brand)
- 2 tablespoons lime juice, freshly squeezed
- 1 teaspoon ground cumin (love the smoky flavor)
- salt and black pepper to taste

In a medium bowl, stir together the black-eyed peas, green onion tops, cilantro, chopped jalapeño, tomatoes, bell pepper, and garlic.

In a separate bowl, whisk together the olive oil, lime juice, and cumin. Pour over the black-eyed pea mixture. Stir to coat. Add salt and pepper to taste. Serve cold as a side salad or with tortilla chips.