

Recipe_Via_Meal-Master_2004.txt

(326) Wed 10 May 95 17:52 Rcvd: Thu 11 May 16:05 Cost: 0
By: Paul MacGregor, Paul's Place (9:2500/300)
To: John Mudge, Star Site 2 (9:91/0)
Re: recipe #6
St: Rcvd

AREA: SURV_FOOD

Recipe 6 of 6; last in this series....

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Alaska's Wildland Sauce -- Modern Maturity

Categories: Sauces, Fish, Barbecue

Yield: 1 cup

1 c Pineapple juice
2 T Soy sauce, reduced sodium
1 cl Garlic, minced
1/2 t Fresh ginger root, grated
1/2 t Sesame oil
Black pepper to taste
2 t Cornstarch
1/2 c Water
2 T Pistachio nuts, finely
. chopped

In a small saucepan, combine the pineapple juice, soy sauce, garlic, ginger, sesame oil and pepper. Bring to a boil and simmer 5 minutes, stirring occasionally. In a small bowl blend the cornstarch and water into a smooth paste, whisk into the hot mixture until smooth and cook until thickened. Stir in the pistachio nuts.

Nutrition information: per serving: 38 calories; 1g protein; 1.3g

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fat; 6g carbohydrates; 0mg cholesterol; 133mg sodium

** Modern Maturity -- May/Jun 1995 **
Posted by The WEE Scot -- Paul MacGregor

MMMMM

OK, just for some folks convenience I'm going to try to send these recipes along with the "April in Paris" series in a zip file entitled MMJOHN.zip. Well, I hope folks aren't too busy to enjoy this good eating... ;+}

The WEE Scot
Paul

... An old fox, even near death, would still like an old hen.

--- PPoint 1.88
* Origin: The Scottish Connection (9:2500/300)
SEEN-BY: 2500/300

----- Recipe via Meal-Master (tm) v7.07

Title: Vinaigrette Sauce I - For Trout
Categories: RaceNet, Wildgame sa, Trout
Servings: 1

12 ea Shallots, chopped	1 ea Bay leaf
1 ea Egg yolk	1 tb Mustard
2 ea Garlic clove	1 ea Thyme, sprig
1 tb Parsley, chopped	1 tb Vinegar

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1 ea Pickle, sweet, small

1 x Salt & pepper to taste

Chop all seasoning very fine. Add tablespoon of mustard. Add vinegar, salt and pepper to well-beaten egg yolk. Beat well again. Combine all ingredients, beat well, and serve with cold speckled Trout poached in beer/water mixture .. Start with smoking trout for 1 hour, then finish by poaching in beer/water mix.

----- Recipe via Meal-Master (tm) v7.07

Title: Vinaigrette Sauce II - For Trout

Categories: RaceNet, Wildgame sa, Trout

Servings: 1

3 ea Garlic clove, minced

1/2 c Good salad oil

1/3 c Vinegar

1 tb Parsley, minced

12 ea Shallots, minced

1 x Pepper and salt to taste

Beat oil and vinegar together very thoroughly. Add pepper and salt and green seasonings and beat thoroughly. Store in refrigerator and beat well before serving for cold fish sauce. Use as sauce for baked redfish or speckled trout poached in beer. Smoke trout for 1 hour then poach in beer/water mixture.

----- Recipe via Meal-Master (tm) v7.07

Title: Vinaigrette Sauce I

Categories: RaceNet, Wild, Trout, Sauces

Servings: 1

Recipe_Via_Meal-Master_2004.txt

12 ea Shallots, chopped	1 ea Bay leaf
1 ea Egg yolk	1 tb Mustard
2 ea Garlic clove	1 ea Thyme, sprig
1 tb Parsley, chopped	1 tb Vinegar
1 ea Pickle, sweet, small	1 x Salt & pepper to taste

Chop all seasoning very fine. Add tablespoon of mustard. Add vinegar, salt and pepper to well-beaten egg yolk. Beat well again. Combine all ingredients, beat well, and serve with cold speckled Trout poached in beer/water mixture... Start with smoking trout for 1 hour, then finish by poaching in beer/water mix.

Source: FISHES AND FISHING IN LOUISIANA, Published 1933 Recipe date: 01/17/33

----- Recipe via Meal-Master (tm) v7.07

Title: Vinaigrette Sauce II
Categories: RaceNet, Wild, Sauces
Servings: 1

3 ea Garlic clove, minced	1/2 c Good salad oil
1/3 c Vinegar	1 tb Parsley, minced
12 ea Shallots, minced	1 x Pepper and salt to taste

Beat oil and vinegar together very thoroughly. Add pepper and salt and green seasonings and beat thoroughly. Store in refrigerator and beat well before serving for cold fish sauce. Use as sauce for baked redfish or speckled trout poached in beer. Smoke trout for 1 hour then poach in beer/water mixture.

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Source: FISHES AND FISHING IN LOUISIANA, Pub. 1933 Recipe date: 01/17/33

----- Recipe via Meal-Master (tm) v7.07

Title: General Purpose Game Sauce

Categories: RaceNet, Wild, Sauces

Servings: 1

1/4 lb Butter	1/2 c Flour
1 c Onion, finely minced	2 c Chicken stock
2 ts Garlic, finely minced	1 c Mushrooms, finely chopped
2 ts Seasoned pepper	1 c Wine, red

In a heavy pot, melt butter. Slowly stir in flour with moderate heat until a brown roux is done. Lower heat slightly; add onion and chopped garlic, saute until just past clear. Add mushrooms and stock. Cook over high heat for 10 minutes, until sauce thickens. Add wine and simmer a few minutes more. Suggestions: FOR TURTLE SOUP add tomato, lemon, turtle meat. FOR OYSTER SAUCE add oyster liquor and minced oysters instead of chicken stock.

----- Recipe via Meal-Master (tm) v7.07

Title: Sen. Ellender's Basic Sauce

Categories: RaceNet, Wild, Sauces

Servings: 1

5 tb Fat (veg/smoked bacon)	2 ea Bay leaves
1 tb Flour, rounded	1 x Salt to taste
2 lb Onions, finely chopped	1 x Thyme, dash
3 ea Celery stalk, chop fine	1 x Tabasco, dash

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1 ea Bell pepper, med, chop fine	1 x Worcestershire, few dashes
1 ea Lemon, grated rind and pulp	1 x Season-All, few dashes
3 ea Garlic cloves, minced	

To the hot fat add flour, stirring constantly, to make a scorchy-tasting roux. Add onions; fry slowly until thoroughly browned and reduced to pulp. Add rest of ingredients at one time and continue to cook slowly for at least 30-45 min. This recipe constitutes the Basic Sauce for gumbos, stews, jambalayas and sauce picuante. If thicker sauce is desired, make the roux with 2 to 4 Tbsp flour instead of one. THIS SAUCE will be used in Sen. Ellender's shrimp creole, jambalaya, chicken sauce picuante, courtbouillon and gumbo. Suggestions: Make lots of sauce and freeze individual use portions.

----- Recipe via Meal-Master (tm) v7.07

Title: Snapper Sauce Creole

Categories: RaceNet, Wild, Fish

Servings: 1

1 ea Garlic clove	1/4 ts Cloves
1 ea Onion	1/4 ts Allspice
1/2 ea Bell pepper	10 ea Ripe olives, pitted
1 tb Capers	3 ea Tomatoes, chopped
1 tb Chili powder	1 x Butter or margarine
1 ts Salt	1 ea Red snapper, 3-4 lb
1/4 ts Pepper	

Mince and brown in one cup olive oil the garlic, onion and bell pepper. Next add capers, chili powder, salt, cloves, allspice, pepper, olives and tomatoes. Place fish in baking pan or dish. Brush with melted butter or margarine. Pour sauce over the fish and bake for 35 minutes at 375 degrees

or until flaky, basting 2 or 3 times.

Also: Any ole fish will do.

----- Recipe via Meal-Master (tm) v7.07

Title: Sauce A La Maitre D`Hotel

Categories: RaceNet, Wild, Sauces

Servings: 1

1 tb Butter	1/2 ea Lemon, juice of
1 pt Consomme, hot	1 ea Egg yolk, well beaten
1 tb Flour	1 tb Parsley, chopped

Blend flour and butter in sauce pan and then add other ingredients except egg. Let cook 15 minutes; remove from fire, cool slightly, and stir in egg. Serve with baked Sheepshead.

Also recommended for Pompano and Spanish Mackerel

----- Recipe via Meal-Master (tm) v7.07

Title: Sauce a la Chambord

Categories: RaceNet, Wild, Sauces

Servings: 1

1 tb Butter	6 ea Mushrooms, sliced thin
1 ea Onion, large, chopped	2 ea Parsley, sprigs
1 ea Thyme, sprig	2 ea Cloves, mashed
1 ea Bay leaf	4 ea Allspice, ground

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3 ea Tomatoes, large
1 pt Oyster liquor
1 x Salt & pepper to taste
1 x Crawfish tails, chopped-OPT
12 ea Oysters, chopped-OPT

Brown onion in butter being careful not to burn. Put in 3 large tomatoes and add chopped herbs. Brown. Now add a pint oyster liquor which has been heated by blanching the oysters. Season sauce with salt and pepper to taste.

Recommended for Baked Grouper

----- Recipe via Meal-Master (tm) v7.07

Title: Broiled Bluefish Sauce
Categories: RaceNet, Wild, Fish, Sauces
Servings: 1

1/2 c Honey	1 tb Parsley flakes
1/2 c Mustard, prepared	2 ts Pepper sauce, hot, liquid
1/2 c Vinegar, cider	1 ts Salt
1/4 c Worcestershire sauce	1 ts Cornstarch or arrowroot

Blend honey and mustard in saucepan over low heat. Stir in vinegar, Worcestershire sauce, parsley flakes, pepper sauce and salt. Add cornstarch or arrowroot and cook, stirring, over medium heat until mixture boils and thickens. Makes about 1-1/2 cup of basting for grilled or broiled Bluefish.

----- Recipe via Meal-Master (tm) v7.07

Title: Anglers` Remoulade Sauce

Recipe_Via_Meal-Master_2004.txt

Categories: RaceNet, Racenet, Wildgame fi

Servings: 1

1 pt Mayonnaise	1 oz Onion, grated
1 pt Mustard	1 oz Wine, sherry
1 oz Anchovy paste	1/4 oz Tabasco sauce
1/2 oz Lemon juice	1/2 oz Worcestershire sauce

Blend all the ingredients in an electric blender or hand-whip them into a smooth mixture. Makes a tart and tsaty sauce for poached fish, oysters, shrimp, crab meat, scallops or lobster. Recipe date: 11/29/87

----- Recipe via Meal-Master (tm) v7.07

Title: Oyster Sauce for Baked Fish

Categories: RaceNet, Racenet, Wildgame fi

Servings: 1

1 ts Parsley, minced	2 tb Flour
1 ts Onion, minced	1/2 c Cream
2 tb Butter	1 pt Milk and oyster liquor
1/2 pt Oysters, drained	1 x Salt & pepper to taste

Parboil the oysters. Mix oyster liquor and milk. Cook flour in butter to make a roux. Add oyster liquor and milk. When smooth add cream. Stir in oysters, season and serve hot. USE as hot sauce for baked black drum, redfish, sheepshead Source: FISHES AND FISHING IN LOUISIANA, pub 1933
Recipe date: 01/17/33

----- Recipe via Meal-Master (tm) v7.07

Title: Lemon Sauce for Fish

Categories: RaceNet, Racenet, Wildgame fi

Servings: 1

1 ea Lemon, large, juice of
1/4 c Butter, scant
1/2 ts Salt

1/2 ts Pepper
2 ea Egg yolks, beaten

Strain lemon juice into saucepan, then add other ingredients. Beat over fire until hot but do not let boil. When fully hot, remove from fire, mix with the beaten yolks of two eggs and serve at once. Good for fine flavored fishes such as Kingfish Source: FISHES AND FISHING IN LOUISIANA, Pub. 1933
Recipe date: 01/17/33

----- Recipe via Meal-Master (tm) v7.07

Title: Mushroom Sauce for Fish

Categories: RaceNet, Racenet, Wildgame fi

Servings: 1

6 ea Mushrooms
1 ts Parsley
1 ts Thyme
1 tb Butter

3 ea Tomatoes, large (or 1 can)
12 ea Oysters
1 ea Onion, large, minced
1 x Salt & pepper to taste

Brown onion in butter. Chop tomatoes and seasonings. Slice mushrooms thinly. Brown all with the onion. Add oyster liquor and oysters. COmbine, add pepper and sauces. Simmer for 20 minutes. Use with any baked fish.
Source: FISHES AND FISHING IN LOUISIANA, Pub. 1933 Recipe date: 01/17/33

----- Recipe via Meal-Master (tm) v7.07

Title: Lemon Sauce for Shark

Categories: RaceNet, Racenet, Wildgame fi

Servings: 1

1/2 c Sour cream	1 tb Sugar, light brown
1/4 c Pineapple, crushed, drained	1 1/2 ts Lemon rind, grated
2 tb Lemon, peeled & diced	1/4 ts Mustard, dry
2 tb Green pepper, finely chop	1/4 ts Celery salt
1 tb Onion, chopped	1/8 ts Cloves, ground

Combine all ingredients. Chill in refrigerator for 2 hours before serving. Makes 1 cup relish. Great with Buttermilk Fried Shark. Source: LOUISIANA CONSERVATIONIST Sept/Oct 81 Recipe date: 08/21/81

----- Recipe via Meal-Master (tm) v7.04

Title: GREEN MAYONNAISE

Categories: RaceNet, Sauces, Fish

Servings: 4

2 c Mayonnaise	2 tb Parsley chopped
1 tb Chives chopped	1 tb Tarragon leaves chopped
1 ts Chervil chopped	1 ts Dill weed chopped

All seasonings should be chopped fine. Combine all ingredients and mix well. Let stand in refrigerator for 2 hours before serving. Best with salmon.

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----- Recipe via Meal-Master (tm) v7.04

Title: Seafood Tartar Sauce

Categories: RaceNet, Cajun, Sauce, Seafood

Servings: 10

4 c	Mayonnaise	1 c	Parsley, chopped fine
1 c	Sweet relish, chopped & drained		Dash, Lea & Perrins
1 c	Chow chow (sour) drained		Bunch green onions, chopped
	Louisiana hot sauce (dash)	1	Medium onion, chopped fine

Mix all ingredients well and refrigerate overnight for best flavour. This can be used on all seafood. Sauce can be stored in the refrigerator for some time.

----- Recipe via Meal-Master (tm) v7.04

Title: Herb Butter For Fish

Categories: RaceNet/UnitedNet, Fish, Sauces, Seafood

Servings: 6

1 ts	Chopped tarragon	1 ts	Ground white pepper, or more
1 ts	Chopped thyme (or dbl. amt.)	1 tb	Chopped parsley
1 ts	Chopped dill	2 tb	Lemon juice
1 ts	Salt; or more to taste	6 tb	Butter; room temperature

Serve with any grilled or baked fish. Bake fish at 500F or under broiler 5 min. per half-inch thickness. Blend all ingredients until butter is smooth. Scrap into bowl and serve at room temperature as dolloping over

fish.

----- Recipe Extracted from Meal-Master (tm) v6.14 -----

Title: Sauce Nantua (Grimsdale)

Categories: Sauces Seafood Ed Untried

Servings: 4

1 c Bechamel Sauce*
1/4 c light cream, scalded
2 T bls Lobster Butter (see below)

Makes about 1 cup

***** Ingredients *****

Extra cooked lobster meat, shredded

<Lobster Butter>

1 ea -2 lobster shells
1 T bl lobster meat
Lobster coral
2 T bls butter
2 T bls water

***** Directions *****

Begin by making the Lobster Butter; use a mortar and pestle to crush the shells, meat and coral with butter until shells are almost powdered.

Add lobster mixture to top of double boiler over simmering water with 2 Tbls of water. Cook for 20 mins, stirring occasionally. Strain the mixture through a fine sieve into a small bowl, cover with plastic wrap and

refrigerate until firm; the butter rises to the surface and solidifies. Store butter until ready to use.

To make sauce, heat Bechamel Sauce in top of double boiler over simmering water; fold in cream. Meanwhile, melt Lobster Butter over low heat. Add to sauce with extra lobster meat. Serve hot with boiled lobster or other seafood.

(How to Make Bechamel Sauce)

3 c milk
1/3 c butter
2 T bls grated onion
1/3 c all-purpose flour
2 ea sprigs fresh parsley
6 ea black peppercorns
Pinch of freshly grated nutmeg

Warm milk in a saucepan over very low heat. Meanwhile, melt butter in another heavy-based saucepan and add onion.

Sauce onion until golden; do not allow to brown. Stir in flour and cook over low heat for 3 mins or until bubbly. Gradually add milk, whisking constantly.

Cook until sauce thicken; add parsley, peppercorns, nutmeg and salt. Keep heat very low and continue cooking 20-25 mins, uncovered, stirring frequently. Thin with a little extra milk, if desired. Strain through a fine sieve.

-The Book of Sauces, Gordon Grimsdale

----- Recipe Extracted from Meal-Master (tm) v6.14 -----

Title: Newburg Sauce

Categories: Lobster Shrimp Seafood Sauce

Servings: 4

4 ea tblsp butter
2 ea tblsp flour
1 1/2 ea cups light cream or rich milk
1/4 ea 4 cup sherry
2 ea egg yolks

Note: This sauce is cooked with lobster meat, crab meat or shrimps to make a heavenly meal. The amount of sauce in the following recipe is for 2 cups of seafood.

Salt
Paprika

Melt the butter in a good-sized saucepan, blend in the flour and when that is smooth, slowly add the cream, stirring all the while. Bring to a boil, still stirring. Season with salt and about 1/2 teaspoon of paprika. Put in the lobster, crab meat or shrimps and cook for about 10 minutes over a very low fire until the seafood is thoroughly heated.

If you are not ready to serve the dish yet, keep hot in a double
1 ea egg
yolks lightly with a fork. Pour a little of the hot sauce into the yolks, stirring as you go. Then put the yolks into the saucepan and cook for about 2 minutes over a low fire, stirring constantly. Do not let the sauce actually boil after the yolks are added. Snatch off the fire, add the sherry, give it a stir, and serve immediately.

Serves 5 to 6.

----- Recipe Extracted from Meal-Master (tm) v6.14 -----

Title: The Perfect Tuna Casserole
Categories: Casseroles Fish Main Seafood
Servings: 4

- 1 cn Cream Of Mushroom Soup
- 1/3 c Milk
- 6 1/2 oz Tuna; Drained And Flaked *
- 2 ea Eggs; Hard Boiled, Sliced
- 1 c Peas; Cooked
- 1 c Potato Chips; * *

Orig-Servings: 4

* As this is an old recipe, it calls for tuna packed in oil.

** Slightly crumble the potato chips.

+++++

Preheat oven to 350 degrees F. Blend soup and milk in 1-quart casserole.
Stir in tuna, eggs, and peas. Bake 20 minutes. Top with chips; bake 10
minutes longer.

----- Recipe Extracted from Meal-Master (tm) v6.14 -----

Title: He-Man's Tuna Noodle Casserole
Categories: Casseroles Seafood Main
Servings: 4

- 6 oz Egg Noodles; Medium
- 2 T Butter
- 1 cn Cream Of Mushroom Soup
- 1 c Milk
- 1/2 c Sour Cream

- 1/2 ts Salt
- 1/2 c Onion; Finely Chopped
- 1/4 c Pimiento; Sliced
- 1/2 c Green Bell Pepper; Fine Chop
- 1 c Celery; Chopped
- 6 1/2 oz Tuna; Drained And Flaked *
- 15 ea Ritz Crackers; **
- 1 x Parsley; For Garnish

Orig-Servings: 6

* An additional 3 oz can of Tuna can be added for a meatier casserole.

** Ritz crackers (15 = Half a Stack) should be broken but not crumbled.

+++++

Cook noodles in salted water; drain. Coat with butter. Preheat oven to 425 ea 25 degrees F. In a large saucepan, mix soup, milk, sour cream, sa

umb425 onion, pimiento, pepper, and celery. Cook over low heat, stirring frequently, for 15 minutes. Add tuna. Combine with noodles and pour into 2 ts casserole. Sprinkle top with ritz crackers. Bat 20 to 25 minutes. Granish with parsley before serving.

Makes enough for 6 hungry men.

* Exported from MasterCook II *

Hawaiian Teriyaki Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00

Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
-----OD ROUSE KGMJ20A-----		
1	cup	Soy sauce
2	packages	Green onions
2/3	cup	Brown sugar
1	teaspoon	Vegetable oil
1	tablespoon	FRESH ginger -- minced
3	tablespoons	Honey
1	tablespoon	FRESH garlic -- mashed

Smash garlic/ginger in bottom of pyrex dish (no meatal). Mince green onions finely (green and white).
Mix all into dish. Taste. If want sweeter, add more honey. Pour over meat of choice (beef, pork, poultry, seafood) and let stand for 30 minutes to overnight.
depending on how strong a taste you desire. Beats the heck out of anything bottled!

* Exported from MasterCook II *

Hoelting Brothers' Barbecue Sauce

Recipe By : Midwest Living, August 1994
Serving Size : 32 Preparation Time :0:00
Categories : Sauces Bbq

Amount	Measure	Ingredient -- Preparation Method
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2 1/2 cups water
18 ounces tomato paste
12 ounces molasses
1 1/2 cups dark corn syrup
3/4 cup white vinegar
3/4 cup honey
2 tablespoons paprika
2 tablespoons whiskey
2 tablespoons worcestershire sauce
1 tablespoon liquid smoke
1 tablespoon hot pepper sauce
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon onion powder
1 teaspoon ground red pepper -- or to taste
2 bay leaves

In a 4-quart dutch oven, combine all ingredients. If necessary, use a wire whisk to mix well. Bring to boiling. Reduce heat and simmer, uncovered, over medium-low heat for 30 minutes, stirring occasionally. Remove bay leaves. Store in the refrigerator for up to two weeks. Makes 8 cups. Penny Halsey (ATBN65b). Note: Recipe may be halved, or extra sauce may be frozen.

from my kitchen to----->yours.....
Dan Klepach

... Remember that you are unique...just like everyone else!

___ Blue Wave/QWK v2.12

--- DB 1.39/004485

* Origin: The Diamond Bar BBS - 909-923-1031 - Ontario, CA (1:218/101)

SEEN-BY: 138/1 102 103 146 173 179 236 239 255 218/101 103 502 701 343/1 352/3

SEEN-BY: 352/111 256 409 777 396/1 3615/50 51

PATH: 218/101 3615/50 138/103 1 352/3

o ` ` 15 Jun 95 16:49:00 All Dan Klepach *cr* sauces/salsa 67/ AREA:HO

ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Horseradish Sauce ***

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
2 1/2	tablespoons	Butter
3	tablespoons	Flour
1 1/2	cups	Milk -- heated to boiling
1/4	cup	Horseradish
2	tablespoons	Dijon mustard
1/2	teaspoon	White wine vinegar
2		Lg Egg yolks
1/3	cup	Heavy cream
		Salt
		Ground pepper

Melt butter in saucepan; whisk in flour and cook, stirring, 1 minute; pour in milk, bring to a boil and cook, stirring, 2 minutes; add horseradish,

mustard and vinegar; whisk in egg yolks and cook over medium-low heat until thickened; DO NOT BOIL; pour in cream; season to taste. Yield: 2 cups. FROM: CHUCK OZBURN (HBWK07A)

* Exported from MasterCook II *

Hot Pepper-Lemon Sauce

Recipe By : Cooking Light, Jan/Feb 1995
Serving Size : 24 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
2	cups	red onion -- minced
1/2	cup	fresh lemon juice
5	large	jalapeno peppers -- minced
1/2	cup	fresh cilantro -- minced
2		garlic cloves -- minced

SAUCE: Combine all ingredients in a bowl; stir well. Cover and marinate in refrigerator at least 8 hours. Serve with pork and feijoada (black beans and sausage Brazilian traditional dish.)

NOTES : Serve over pork loin.

Recipe_Via_Meal-Master_2004.txt

from my kitchen to----->yours.....
Dan Klepach

... If Mary had a little lamb...who the heck was the father!?!
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

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o ` ` 15 Jun 95 16:49:00 All Dan Klepach *cr* sauces/salsa 68/ AREA:HO
ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

J&Js Outdoor Style Hickory BBQ Sauce

Recipe By : Frank and Justin from So. Calif.
Serving Size : 0 Preparation Time :0:00
Categories : Sauces Bbq

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	white or cider vinegar
1	cup	tomato ketchup
4	tbsp	water
2	tbsp	Worcestershire sauce
2	tsp	soy sauce
2	tsp	dry mustard
1/2	tsp	Mrs. Dash seasoning

1/2 tsp garlic sauce
 2 tsp tomato paste -- heaping
 1 tsp Colgins hickory liquid smoke
 1 tsp Kitchen bouquet browning
 and seasoning sauce
 1/4 small onion -- chopped finely

Stir until brown sugar dissolves. Make the night before and let stand in the refrigerator. Put it on and Enjoy..... Formatted by Olivia Liebermann.

* Exported from MasterCook II *

Jezebel Sauce 2

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
10	Ounces	jar pineapple preserves
10	ounces	jar apple jelly
1 1/2	ounces	dry mustard
5	ounces	jar horseradish
8	ounces	cream cheese (optional)

This is the recipe for jezebel sauce that has been in my family for years...Certain holiday celebrations are incomplete without it! It keeps indefinitely in the fridge in a covered container and at a cocktail

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buffet, served on the side (without the cream cheese) with ham/turkey/or
raost
beef and bread rounds....The men adore it!! Mix together preserves, jelly,
mustard and horseradish. If using as a sauce, store in fridge in covered
container.....As a spread, spread over block of cream cheese
and serve with crackers.

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... Oh sure! But what's the speed of dark?
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

* Origin: The Diamond Bar BBS - 909-923-1031 - Ontario, CA (1:218/101)
SEEN-BY: 138/1 102 103 146 173 179 236 239 255 218/101 103 502 701 343/1 352/3
SEEN-BY: 352/111 256 409 777 396/1 3615/50 51
PATH: 218/101 3615/50 138/103 1 352/3

o ` ` 15 Jun 95 16:49:00 All Dan Klepach *cr* sauces/salsa 69/ AREA:HO
ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Jamaican Jerk Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Jamaican

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Amount	Measure	Ingredient -- Preparation Method
4		Habanero peppers -- whole
2	bn	Green onions -- chopped
1/2	cup	Allspice
1/2	cup	Brown sugar
1	tablespoon	Thyme
1	teaspoon	Cinnamon -- ground
1/2	teaspoon	Nutmeg
2	tablespoons	Soy sauce
8		Garlic cloves

Combine all ingredients in a food processor and blend until smooth. Store in a clean, tightly covered jar in the refrigerator. Will last basically forever.

* Exported from MasterCook II *

Jamaican Jerk Sauce/Marinade

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Marinades Sauces

Amount	Measure	Ingredient -- Preparation Method
		Van Geffen-VGHC42A
1	tablespoon	Ground allspice
1	tablespoon	Ground thyme

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1 1/2	teaspoons	Ground cayenne pepper
1 1/2	teaspoons	Freshly ground black pepper
1 1/2	teaspoons	Ground sage
3/4	teaspoon	Ground nutmeg
2/3	teaspoon	Ground cinnamon
2	teaspoons	Salt
2	tablespoons	Garlic powder
1	tablespoon	Sugar
1/2	cup	Olive oil
1/4	cup	Soy sauce
3/4	cup	White vinegar
3/4	cup	Orange juice

x Juice of 1 lime 1 1/2 c Finely chopped onion 3 Green onions; finely chopped 1 Scotch bonnet pepper; seed -and finely chop* *(I suggest that you substitute jalapenos as these are dangerously hot and should be handled with rubber gloves.) In a large glass bowl, combine the first 10 (dry) ingredients. Using a wire whisk, slowly incorporate the oil, soy sauce, white vinegar and citrus juices. Mix in the chopped onions and pepper.

Use mixture to marinate pork, lamb, goat, beef or poultry overnight before barbecuing. NOTE: The dry ingredients can be mixed together in advance and stored in a jar, to be used either as a rub for the meat or mixed with onion, oil, etc. when a marinade is needed. MY NOTE: After mixing marinade I throw it in the blender or processor to puree the onions. I like it better this way. I always keep the marinade in my fridge. I like it that much. Source: The Sugar Reef Caribbean Cookbook (wrv)

- - - - -

from my kitchen to----->yours.....
Dan Klepach

Recipe_Via_Meal-Master_2004.txt

... Speak kind words, and you will hear wonderful echoes.

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--- DB 1.39/004485

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o ` ` 15 Jun 95 16:49:00 All Dan Klepach *cr* sauces/salsa 70/ AREA:HO

ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Louisiana Hot Pepper Sauce

Recipe By :

Serving Size : 3 Preparation Time :0:00

Categories : Sauces Cajun & Creole

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
		-----WALDINE VAN GEFFEN VGHC42A-----
3	cups	White distilled vinegar
2	teaspoons	Salt
2	pounds	Cayenne or jalapeno peppers -- seed, chop

Simmer vinegar, salt and peppers for at least 5 minutes. Process in processor. Store in a glass bottle. Put in a dark cabinet and let age for at least 3 months. When ready to use, strain.

* Exported from MasterCook II *

Luciano Pavarotti's Uncooked Instant Pasta Sauce

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Italian Celebrity
Sauces

Amount	Measure	Ingredient -- Preparation Method
		-----PATTI - VDRJ67A-----
3/4	cup	Italian tomato paste
1/4	cup	Olive oil
4	teaspoons	Parsley -- chopped finely
1	teaspoon	Garlic -- minced
		Pepper to taste
2	tablespoons	Grated parmesan cheese

Mix all ingredients except cheese in serving bowl. Very important to mix with a fork. Cook pasta of your choice, al dente. Drain, but do not rinse. Pour sauce over and mix. Sprinkle with cheese. Serve immediately.

from my kitchen to----->yours.....
Dan Klepach

... NOTHING is FOOLPROOF..Fools are too ingenious!

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o ` ` 15 Jun 95 16:49:00 All Dan Klepach *cr* sauces/salsa 71/ AREA:HO

ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Mango Barbecue Sauce

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	Mango slices
1		1" piece of ginger root -- peeled
2		cloves garlic -- peeled
1	tablespoon	dry mustard
1/2	cup	soy sauce
1/4	cup	whiskey (or orange juice)
1/4	cup	olive oil
1/4	cup	brown sugar

In cuisinart fitted with metal blade, process mango slices to puree (makes 2 c. puree). Add ginger & garlic. Proceed until coarsely chopped.

Dissolve mustard in soy sauce. Add this mixture along with remaining ingredients to work bowl. Process 2 minutes. Refrigerate up to 1 week. Enjoy! T-Bone Here's one of my own for "Mango Barbecue Sauce". Hopefully you, or anyone else trying this, will enjoy it... Thoma O'Hara

- - - - -

* Exported from MasterCook II *

Mango Ketchup

Recipe By : Allen Susser
 Serving Size : 8 Preparation Time :1:15
 Categories : Condiments Sauces

Amount	Measure	Ingredient	Preparation Method
4	medium	mangos	
2	ounces	vinegar	
1	tablespoon	ginger	
1	dash	cinnamon	
1	teaspoon	salt	
1/2	cup	raw sugar	
1/2	cup	white wine	
1/2	teaspoon	allspice	
1/2	teaspoon	cayenne pepper	
1	whole	clove	

STEP ONE Peel and clean the mango. Remove the pulp. Put the pulp in food processor fitted with a stainless steel blade. STEP TWO Add the remaining ingredients and pulse together. STEP THREE In a heavy-sided saucepan, cook the mixture over a slow heat for 1 hour until well-reduced

Recipe_Via_Meal-Master_2004.txt

and thickened. Remove from the heat and let cool. STEP FOUR Strain
through a fine sieve. Refrigerate for 24 hours before using. Source:
Allen Susser of Chef Allen's, Aventura, FL

- - - - -

Serving Ideas : Serve with Grilled Red Snapper Burger.

Nutr. Assoc. : 0 1573 630 0 0 1440 0 0 0 0

from my kitchen to----->yours.....
Dan Klepach

... I'm the one your mother warned you about...
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<Contains 2 Recipes>

* Exported from MasterCook II *

Larry Hagman's Hot-Spicy Turkey Spaguetti Sauce

Recipe By :
 Serving Size : 12 Preparation Time :0:00
 Categories : Celebrity Sauces

Amount	Measure	Ingredient -- Preparation Method
		WILSON BWVB02B
2 1/2	pounds	Turkey thighs
1/4	cup	All-purpose flour
3/4	teaspoon	Cayenne (or to taste)
		Salt -- fresh ground black pepper to taste
1/4	cup	Safflower oil
2	large	Onion -- coarsely chopped
4		- 6 garlic cloves -- minced
2	cans	Tomato sauce (15 ozs ea)
3/4	pound	Fresh mushrooms -- sliced
1	can	Turkey or chicken broth -- (14 1/2 ozs)
1/2	cup	Fresh parsley -- chopped
2	tablespoons	Tomato paste
1 1/2	tablespoons	Fresh lemon juice
2	teaspoons	Basil leaf -- crumbled
1	teaspoon	Oregano
1		Bay leaf
1/2	teaspoon	Red pepper flakes
1	tablespoon	Hot Hungarian paprika*

Bone and skin turkey thighs; cut meat into 1-inch cubes. Mix together flour, cayenne, salt, and pepper in plastic bag. Shake meat in seasoned flour. Brown meat in safflower oil in large saucepan. Add onions and garlic; saute until onions are soft.

Add tomato sauce, mushrooms, turkey broth, parsley, tomato paste, lemon juice, basil, oregano, red pepper flakes, bay leaf and paprika, if using. Simmer 1 1/2 hours, or until turkey is tender. Serves 12.

* If Hungarian paprika is not available, use more red pepper flakes or chili peppers. Mushrooms also give a nice meaty flavor to sauce. Serve over hot cooked spaghetti or your favorita pasta. Add French bread, crisp green salad and Chianti wine.

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* Exported from MasterCook II *

Margarita Lime Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Tequila
1/2	cup	Sweet and sour bar mix
2	tablespoons	Triple sec
1 1/2	teaspoons	Cornstarch
1	tablespoon	Cilantro -- finely chopped

Combine tequila, sweet and sour mix, triple sec and cornstarch in saucepan, stirring until corstarch is wll blended. Heat until slightly syrupy and translucent, stirring constantly. Just before serving add cilantro.

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from my kitchen to----->yours.....
Dan Klepach

... Welcome to Dante's. What level, please?
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* Exported from MasterCook II *

Mighty Red's Seafood Sauce

Recipe By : Elizabeth Powell
Serving Size : 32 Preparation Time :0:10
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	chili sauce
1/2	cup	ketchup
1	tablespoon	Worcestershire sauce
1	tablespoon	prepared horseradish
8	drops	Tabasco sauce
1/2	teaspoon	dry mustard
1	dash	paprika
1/2	teaspoon	salt

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once (BE CAREFUL:Sauce will splatter up and boil immediately). Stirring constantly, cook sauce 2-3 minutes. Remove from heat. Reserve and keep warm. Leftover can be frozen for further use.

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... so, you have kleptomania. . . . take something for it...
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<Contains 2 Recipes>

* Exported from MasterCook II *

Mole Negro

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Mexican

Amount Measure Ingredient -- Preparation Method

1/4	cup	Plus 1 tablespoon butter
4		Plantains -- ripe and 3" slice
1 1/2	ounces	Pumpkin seeds
1		Pasilla chile -- dried
1	ounce	Sesame seeds
2	ounces	Raisins
2		Champurradas
3/4	pound	Tomatoes -- diced
4	ounces	Bittersweet chocolate -- chopd
		Salt and pepper
		Sugar

Heat 1/4 cup butter in a skillet over medium high heat and saute plantain until golden brown on both sides. Transfer plantains to a platter lined with paper towels.

In a separate non-stick skillet, heat remaining tablespoon butter and saute pumpkin seeds until golden and set aside. Repeat with sesame seeds. In a food processor, puree together pumpkin seeds, chili, sesame seeds, raisins, champurradas and tomatoes. Strain mixture into a casserole dish over medium heat. Add pieces of chocolate, stirring until melted and well blended. Season to taste with salt and pepper and sugar. Add sauteed plantains. Simmer 1-2 minutes until ready to serve. If desired, sprinkle some toasted sesame seeds on top for garnish.

NOTE: Champurradas are a Guatemalan bread available at specialty bakeries. Don't forget to soak the dried chile in water for 20-25 minutes before pureeing.

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* Exported from MasterCook II *

Mole Poblano

Recipe_Via_Meal-Master_2004.txt

Recipe By :
 Serving Size : 7 Preparation Time :0:00
 Categories : Sauces Mexican

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	Dried pasilla ancho chiles
3 1/4	ounces	Mexican chocolate (circle)
2	tablespoons	Unsalted peanuts
2	tablespoons	Almonds
2	tablespoons	Sesame seeds
2	tablespoons	Raisins
1 1/2	teaspoons	Anise seeds
2		Cinnamon sticks
3		Whole cloves
3		Peppercorns
2		Garlic cloves
2		Onion slices -- 1" thick
1		Tortilla -- fried crisp
5	tablespoons	Sugar
		Salt
3	tablespoons	Oil

Remove and discard seeds and stems from chiles.

Place chiles in saucepan, cover with water, bring to boil, remove from heat and let chiles stand until soft.

Place chocolate in bowl, cover with warm tap water and let stand 10 minutes, until slightly softened but not dissolved.

In a large, heavy skillet or Dutch oven combine peanuts, almonds, sesame seeds, raisins, anise, cinnamon sticks, cloves, peppercorns, garlic and 1 onion slice. Cook over low heat, uncovered, very gently for 30 minutes, stirring often to keep from burning. Place in bowl and cover generously with water. Soak until slightly softened, making them easier to grind.

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Drain chiles. In batches, combine some of chiles and some of cooked onion mixture, fried tortilla and chocolate in blender and blend until finely ground.

To facilitate blending, add chile soaking liquid and liquid in which nuts and spices were soaked. Sauce should be very fluid rather than a paste. Put through sieve to eliminate solids. Add sugar and salt to taste. Heat oil in 3 quart pot. Add remaining onion slice and cook until lightly browned.

Add sauce mixture to onion and oil and simmer 15 minutes. Sauce can be prepared in advance and reheated at serving time.

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from my kitchen to----->yours.....
Dan Klepach

... When I die, I'm leaving my body to science fiction.
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Mole Rojo

Recipe_Via_Meal-Master_2004.txt

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Mexican

Amount	Measure	Ingredient -- Preparation Method
3		Ancho chilies
3		Huajillo chilies
4		Garlic cloves
1/2	teaspoon	Cumin
1/2	teaspoon	Sesame seeds
4		Cloves
1/2	cup	Pumpkin seeds
6		Sprigs fresh oregano
1/4	cup	Flour
3	cups	Red wine
1/4	cup	Shallots -- chopped
1/4	cup	Olive oil
		Salt and pepper
		Lemon juice
		Chicken broth

Boil chilies and garlic in 1 quart water until very soft. Strain off 1/3 of liquid and reserve. In a food processor, puree chilies and garlic along with oregano leaves until very smooth. Pass mixture through a fine strainer.

Over high heat reduce red wine with chopped shallots until liquid is almost gone.

In a nonstick pan, toast cloves, pumpkin seeds and sesame seeds over medium heat. Add reserved liquid from chilies and reduced red wine mixture, stirring to mix.

In separate saucepan make a brown roux by cooking flour and olive oil over medium-low heat, stirring continuously until golden brown.

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Combine pureed, strained chile mixture and reduced mixture with roux.
Season with salt, pepper and lemon juice to taste. Adjust consistency
with hot chicken broth to make more saucy, if desired. Serve with cooked
turkey, chicken, pork or beef.

NOTE: Any mild, red chili can be substituted for the Huajillo chilies if
they can't be found.

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* Exported from MasterCook II *

Mole Verde

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Mexican

Amount	Measure	Ingredient -- Preparation Method
6		Tomatillos
1	cup	Chicken broth
2	cups	Romaine lettuce -- chopped
1/2	cup	Cilantro
6		Poblano chilies
1/2	teaspoon	Cumin
1	teaspoon	Coriander -- ground
		Pinch anise seed -- ground
1/2	teaspoon	Salt
1		Corn tortilla -- dried/chopped
2	tablespoons	Epazote -- chopped (optional)
2	tablespoons	Oil

Remove papery skins from tomatillos and wash under hot water. Dry roast under a broiler about 4-5 minutes, until slightly browned and softened. Place in a blender with broth, lettuce, cilantro, poblanos, spices, salt, tortilla and epazote, if desired. Puree until well blended. Heat oil in a high sided frypan until almost smoking. Fry sauce at a sizzle 3-5 minutes, stirring constantly. Strain sauce through a fine mesh strainer and serve warm, not hot, with cooked poultry, seafood or pork.

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* Exported from MasterCook II *

Catalan All-I-Oli With Bread

Recipe By : Barbara Norman - "The Spanish Cookbook"
Serving Size : 1 Preparation Time :0:00
Categories : Spanish Sauces

Amount	Measure	Ingredient -- Preparation Method
6		Garlic cloves -- peeled
1/2	slice	White bread -- crust removed
1/2	teaspoon	Lemon juice or wine vinegar
1	cup	Olive oil -- room temperature
1	pinch	Salt

Mash bread and garlic in mortar together with salt to taste. Stirring constantly in the same direction, add olive oil very gradually. When mixture is as thick as a good mayonnaise, add lemon juice or vinegar. Still stirring, gradually add remaining olive oil. This recipe makes 1 cup of sauce. Comments: Classic Catalan all-i-oli, used on fish, meat, vegetables, and salads, is made without egg yolks. This requires the use of many raw

garlic cloves---too many for all but true garlic enthusiasts. The addition of bread in this recipe permits the use of less garlic.

All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be added very gradually and the sauce must be stirred in the same direction all the while.

All-i-oli will keep several days under refrigeration.

Recipe Source: THE SPANISH COOKBOOK by Barbara Norman Published by Bantam Books, Inc. (c) 1969

Recipe formatted for MasterCook II by Joe Comiskey JPMD44A on 01-17-1995

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* Exported from MasterCook II *

Champagne Butter Sauce

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
		SUSAN BURGESS (PDFX51B)
1 1/2	cups	Brut Champagne
4		Shallots -- minced
2	tablespoons	Whipping cream
8	tablespoons	Butter; chilled -- cut into

Boil Champagne and shallots in heavy small saucepan until liquid is reduced to 2 tablespoons, about 30 minutes. Reduce heat to low. Whisk in 2 tablespoons whipping cream. Reduce heat to warm. Gradually whisk in 8

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tablespoons butter, 1 or 2 tablespoons at a time, removing pan from heat briefly if drops of melted butter appear. (Take care that the sauce does not break down, but if it does at any time, remove from heat and whisk in 2 tablespoons cold butter.)

Serve over broiled or panfried scallops.

- - - - -

from my kitchen to----->yours.....

Dan Klepach

... If it STILL doesn't work, try following the directions.

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* Exported from MasterCook II *

Chi Chi's Mild Salsa

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Copycat Sauces

Salsas

Amount	Measure	Ingredient -- Preparation Method
-----WALDINE VAN GEFFEN VGHC42A-----		
14	ounces	Can sliced-style stewed -- tomatoes
2	large	Green onions -- snipped quite w/scissors
1	large	Ripe tomato; core -- dice
1/2	teaspoon	Salt
1/2	teaspoon	Black pepper
	dash	Tabasco; or to taste

Cut up stewed tomatoes and combine in saucepan with onions, fresh tomato, salt and pepper. Bring just to a boil. Boil hard 1 minute and remove at once from heat. Put half of mixture through blender just to mince fine but not to puree. Return to remaining half of mixture. Cool and refrigerate in tightly covered container to use with a few weeks. Freezes well to use within 6 months. NOTE-For hot salsa, add 1 ts canned green chopped chilis or to taste, freezing unused chilis to use in other recipes.

Source: Gloria Pitzer

 * Exported from MasterCook II *

Chilaquiles Sauce

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Mexican

Recipe_Via_Meal-Master_2004.txt

Amount	Measure	Ingredient -- Preparation Method
3	cups	Tomatillo salsa
1	cup	Whipping cream
		Salt and pepper

Combine Tomatillo Salsa, whipping cream and salt and pepper to taste. Mix well. Makes 1 quart.

from my kitchen to----->yours.....
Dan Klepach

... Not unlike having your brains lightly whipped into a smooth puree.
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* Exported from MasterCook II *

Chili Dipping Sauce

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Chinese

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Water
1/2	cup	White vinegar
1/2	cup	Sugar
1/2	teaspoon	Ginger -- minced
1		Garlic clove -- minced
1	tablespoon	Asian chili sauce
1/2	teaspoon	Sesame oil
1 1/2	teaspoons	Cilantro -- chopped

Place water, vinegar, sugar, ginger and garlic in a nonreactive saucepan over low heat. Cook until sugar dissolves. Remove from heat and add remaining ingredients.

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Chili Dog Sauce

Recipe By :
 Serving Size : 0 Preparation Time :0:00
 Categories : Sauces Pork
 Veal

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	lb	pork or veal -- ground twice
1/2	c	minced onion
1/2		garlic clove
		or more to taste
2	T	olive oil
1	c	tomato puree
1/2	c	water
3	T	tomato paste
1/2	t	ground cuminseed
1/2		bay leaf
		Salt to taste
1	T	chili powder -- or more to taste

Cook meat, onion and garlic in olive oil until meat loses color. Add remaining ingredients, and stir to sauce consistency. Simmer, stirring occasionally for about 30 minutes. When finished, the sauce should have the consistency of thick soup. If necessary, thin with additional tomato puree.

Makes about 2 cups.

Contributed by Helen Jolly.

Formatted by Olivia Liebermann.

- - - - -

from my kitchen to----->yours.....

Dan Klepach

... All I want is a warm bed, a kind word, and unlimited power.

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<Contains 2 Recipes>

* Exported from MasterCook II *

Chocolate-Tomatillo Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Mexican

Amount	Measure	Ingredient -- Preparation Method
3		Dried red California chiles
1/4	cup	Chicken broth
1		Onion -- chopped
3		Garlic cloves -- minced
3		Jalapenos -- chopped
2	tablespoons	Oil
1	pound	Tomatillos -- quartered
1	cup	Orange juice
1	ounce	Bittersweet chocolate -- chppd
1/4	teaspoon	Red pepper flakes
		Salt and pepper
1/4	cup	Cilantro -- chopped

Toast chiles in hot dry skillet until soft. Remove stems and seeds. In blender, process chiles with broth to form smooth paste. Set aside. Saute onion, garlic and jalapenos in oil until tender. Stir in tomatillos

and orange juice. Bring to boil. Reduce heat and simmer, stirring occasionally, until tomatillos are cooked and sauce forms, 20-25 minutes. Stir in reserved chile paste and chocolate. Heat and stir just until chocolate melts. Stir in red pepper flakes, salt and pepper to taste. Add cilantro.

* Exported from MasterCook II *

Chopotle "Hell" Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1	pound	Jalapenos -- preferably red
15		Dried chipotle chiles
4		Ancho chiles
1		Red onion -- chopped
16	ounces	Canned tomatoes with juice
2		Bay leaves
3		Fresh thyme sprigs
8		Fresh basil leaves
3		Fresh marjoram sprigs
1	cup	Red wine vinegar
2	tablespoons	Salt

In a heavy kettle stir together the chiles, the onion, the tomatoes with the juice, the bay leaves, the thyme, the basil, the marjoram, the

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vinegar, the salt and pepper to taste and cook the mixture, covered, over moderately low heat, stirring occasionally, for 2 hours, or until the chipotles are soft. Transfer the mixture to a food processor and pulse it until the chiles are just chopped coarse.

Force the mixture through a food mill fitted with the medium blade set over a bowl and discard the solids.

Chill the sauce, covered. The sauce keeps, covered and chilled, for 2 weeks.

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from my kitchen to----->yours.....
Dan Klepach

... Insanity doesn't run in my family. It positively gallops!
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* Exported from MasterCook II *

Christine's Jamaican Jerk Sauce

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Ground Allspice
1/2	cup	Brown Sugar -- or more
6		to 8 Garlic cloves
4		to 6 Scotch Bonnet Peppers
		(or equivalent)/seeds and all
1	tablespoon	ground Thyme
		(or 2 TB thyme leaves)
2		bunches Scallions
1	teaspoon	Cinnamon
1/2	teaspoon	Nutmeg
		Soy sauce to moisten
		(2 TBSP)

Put everything in a food processor and blend until smooth. You may use allspice berries, if available, but use enough to give the equivalent of 1/2 cup ground. This will keep "forever" in the refrigerator. Feel free to increase the garlic, and the hot peppers. I do. The recipe, double, and triples very well. Rub about 1/4 cup sauce into each chicken, halved, and get under the skin and in all the cavities. It is pork, use a de-boned shoulder, score the fat, and rub the sauce in, using 1/2 cup, or more, per 6 lb shoulder. Use less for fish. Marinate, preferably overnight, and grill over a low fire, until done. Charcoal is ideal. The meat will be a smoky pink when done, and the skin nice and dark. Chop the meat into pieces, and serve traditionally with a hard-dough bread, and LOTS of Red Stripe Beer!

This is the recipe for a Jamaican Jerk Sauce exactly as Christine Morin posted it here some months ago. Chris is a restaurant owner, caterer, and chef from Jamaica and this is her Jerk Sauce recipe and method. It can be

Recipe_Via_Meal-Master_2004.txt

made in bulk, refrigerated, and used to marinate chicken (whole, half, or wings, pork (chops or deboned shoulder, or fresh picnic)), or a firm-fleshed fish like grouper or dolphin. It is VERY popular Jamaican eating.... and introduces a pepper called a Scotch Bonnet; an extremely flavorful and aromatic, and HOT AS ALL HELL Jamaican pepper, that makes a jalapeno seem tame, by comparison. The SB, as I know it, seems to have "relatives" all over the Caribbean, Central and South America, and even into the West coast of the US. One of them is the Habanero.

- - - - -
* Exported from MasterCook II *

Chunky Salsa

Recipe By : Jan Moppert
Serving Size : 1 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
4		green onions -- chopped
1	large	tomato -- finely chopped
1/2	C	tomato sauce
1/4	C	+ 2 T green olives -- chopped
1 1/2	T	dried cilantro
2	T	lime juice
2 1/4	tsp	olive oil
2	tsp	minced jalepeno pepper
3	cloves	garlic -- chopped
1/4	tsp	salt
1/8	tsp	cracked blk pepper

Recipe_Via_Meal-Master_2004.txt

Combine all. Cover and refridgerate 6 -8 hours.
Formatted by Olivia Lieberman

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... Knowledge becomes wisdom only when it is shared.
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<Contains 2 Recipes>

* Exported from MasterCook II *

Christmas Pasta Sauce

Recipe By : (PDFX51B)
Serving Size : 6 Preparation Time :0:00
Categories : Pasta Italian
Sausage Sauces

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Extra-virgin olive oil
		Small carrot -- *
		Small onion -- *
		Small celery stk -- *
		Large garlic clove*
1	pound	Italian sausage
1/3	pound	Ground beef
6 1/2	ounces	Pancetta -- diced
1/2	teaspoon	Salt
1/2	teaspoon	Freshly ground pepper
1/4	teaspoon	Freshly grated nutmeg
1/2	cup	Dry red wine
1/2	cup	Tomato paste
1	cup	Italian tomatoes -- chopped
2	tablespoons	Parsely *
1/2	o	oz dried porcini mushrooms *

This is the other recipe I described. According to the author, this ragu from Emilia Romagna is served by many Italians with the traditional pasta course at Christmas. It is really good. Enjoy-

1. Soak the porcini in warm water for at least 1/2 hour. Remove from the water, squeeze dry and chop.
2. Meanwhile, in a large saucepan or flameproof casserole, heat the olive oil over moderate heat. Add the carrot, onion and celery and saute until the onion is golden, about 4 minutes. Add the garlic and cook until fragrant, about 1 minute.
3. Add the sausage, ground beef and pancetta to the pan. Cook over moderate heat, stirring to break up the meat, until the beef and sausage are no longer pink. Drain off any fat. Season with the salt, pepper and nutmeg.
4. Pour in red wine and cook, stirring occasionally, until it evaporates, about 5 minutes. Add the tomato paste, tomatoes, porcini and 1/2 cup of warm

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water. Simmer for 30 minutes. If the sauce gets too thick, add a little more water. (The recipe can be made to this point up to 2 days ahead. Cover and refrigerate; reheat before serving.) Add the parsley just before serving.

FROM: SUSAN BURGESS (PDFX51B)

* Exported from MasterCook II *

Cilantro Pesto

Recipe By : Mark Haugen
Serving Size : 8 Preparation Time :0:10
Categories : Sauces Condiments

Amount	Measure	Ingredient -- Preparation Method
2	cups	fresh cilantro leaves
3/4	cup	extra virgin olive oil
1/4	cup	pine nuts -- toasted
6	cloves	garlic
1	tablespoon	lime juice (1/2 lime)
1	cup	Parmesan cheese -- grated
1	tablespoon	salt

Place all ingredients in a blender and blend until smooth.
Source: Mark Haugen of Tejas, Minneapolis, MN

Recipe_Via_Meal-Master_2004.txt

Nutr. Assoc. : 0 0 0 620 823 1034 0

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Dan Klepach

... If we are what we eat...I'm either fast, cheap, or easy!
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* Exported from MasterCook II *

Cilantro-Lime Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Mexican Salsas

Amount	Measure	Ingredient	Preparation Method
2	cups	Fresh corn	-- removed from cob

1 tablespoon Olive oil
 1/2 tablespoon Balsamic vinegar
 1 Red bell pepper -- diced
 1 Poblano chile -- diced
 2 Tomatoes -- diced
 Juice of 6 limes
 3 Garlic cloves -- minced
 1/2 cup Parsley -- chopped
 1 cup Cilantro -- chopped
 1/8 teaspoon Salt
 1/8 teaspoon Pepper
 1/8 teaspoon Cayenne

In a bowl, stir together all ingredients.

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* Exported from MasterCook II *

El Torito Salsa

Recipe By : NORMA KELLEY
 Serving Size : 1 Preparation Time :0:00
 Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
2	cups	tomatoes -- finely diced
1/4	cup	yellow onion -- finely chopped
2		green onions -- finely chopped
1	tablespoon	jalapeno, seeded and diced
2		fresh serrano chilies

Recipe_Via_Meal-Master_2004.txt

2 teaspoons fresh lime juice
 1/4 teaspoon ground cumin
 1/4 teaspoon dried oregano
 1/4 teaspoon salt
 1/4 cup fresh cilantro
1 cup crushed canned tomatoes
 1/4 cup progresso puree

JALAPENO AND SERRANO PEPPERS ARE EXTREMELY HOT. REMOVE AND DISCARD STEM AND SEEDS. IN A LARGE STAINLESS STEEL MIXING BOWL COMBINE ALL INGREDIENTS EXCEPT LAST 2. PUT LAST 2 IN BLENDER AND PROCESS UNTIL CHUNKY. MAY BE THINNED WITH A LITTLE WATER. ADD TO FRESH INGREDIENTS. MIX WELL AND REFRIGERATE {THE LONGER THE BETTER}

- - - - -

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Dan Klepach

... Back to reality....now where exactly did I put it.....
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* Exported from MasterCook II *

Fastest Salsa in the West

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
3	pounds	Tomatoes(halved)
6		Jalapenos(stemmed/seeded)
4		Garlic cloves(minced)
1/2	cup	Onion(minced)
2	tablespoons	Chili powder
1/4	teaspoon	Cumin
1/4	cup	Cider vinegar

Roast tomato halves in baking pan in 400 degree oven for 20 minutes. Cool.
 Drain and discard any clear juices in bottom of pan.
 In two batches, place cooled tomato halves in food processor or blender
 and roughly puree. Do not over-process. Add pieces of jalapeno while
 processing second batch, pulsing on and off.
 Place tomato-pepper puree in a wide, 4 quart saucepan with garlic, onions,
 chili powder, cumin and vinegar. Simmer 10 minutes. Check seasoning.

* Exported from MasterCook II *

Fiesta Southwestern Salsa

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
		-----NORMA WRENN NPXR56B-----
1/4	cup	ReaLime Lime Juice from Concentrate or ReaLemon Lemon Juice from Concentrate
2	medium	Tomatoes; seeded -- chopped (about 2 cups)
15	ounces	Can black beans -- drained Rinsed
1/2	cup	White onion -- chopped
1/4	cup	Cilantro -- chopped
1	tablespoon	To 2 T jalapeno pepper -- chop
1		Clove garlic -- finely chopped
1	medium	Avocado; seeded; peeled Chopped -- optional

In a medium bowl, combine all ingredients except avocado. Chill 4 hours or overnight. Just before serving toss avocado with mixture, if desired. Serve with LaFamous Tortilla Chips. Refrigerate leftovers.
 Source: Card Tearout from Magazine

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 Dan Klepach

... Everyone is of some use, if only to set a bad example!
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* Exported from MasterCook II *

Garden Herb Salsa

Recipe By : Cooking Light
Serving Size : 10 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	diced plum tomato
1/2	cup	red bell pepper -- diced
1/2	cup	yellow bell pepper -- diced
1/4	cup	shallots -- minced
1/4	cup	cilantro -- chopped
1	tablespoon	jalapeno peppers -- minced
1	tablespoon	fresh tarragon -- chopped
1/8	tablespoon	balsamic vinegar -- or sherry vinegar
2	cloves	garlic -- crushed

Combine all ingredients in a bowl, and stir well.
Cover and chill at least 30 minutes.

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NOTES : 15 calories per 1/4 cup serving.
 Jeffrey Blank, Hudson's on the Bend, Austin, Texas

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Great Salsa

Recipe By : Deanna House of Ada, Michigan.
 Serving Size : 0 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1	(28 oz.)	can "seasoned" diced tomatoes OR
2	large	peeled chopped fresh tomatoes
1	(4 oz.)	can chopped green chilies -- mild, medium or hot
1/2	cup	thinly sliced green onions
1	teaspoon	grated lemon peel
1/4	teaspoon	salt
1/2	teaspoon	dried oregano leaves
1/8	teaspoon	ground black pepper
2	Tablespoons	lemon juice

Drain tomatoes, saving juice for another use. Combine all ingredients in a large bowl and mix well. Cover; refrigerate several hours to blend flavors. Try serving with the following low fat tortilla chips that are so easy to make.

Tortilla Chips (makes 96 chips -

Recipe_Via_Meal-Master_2004.txt

just enough for the above salsa recipe) The chips have 1/2 the fat as their purchased counterpart. 12 (8-10 inch) flour tortillas Cut each tortilla into 8 wedges. (Kitchen scissors works well for this.) Place wedges in single layer on ungreased cookie sheet, making sure you don't overlap. Bake in preheated 350 degree oven 10-15 minutes or until light golden brown. WATCH THEM CLOSELY AS THEY BURN EASILY.

Judy from Rochester Hills, MI

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... Nothing can stop me--not even common sense.
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Green Oaxacan Mole

Recipe By : Diana Kennedy's "The Art of Mexican Cooking"
Serving Size : 6 Preparation Time :0:00
Categories : Chicken Mexican

Sauces

Amount	Measure	Ingredient -- Preparation Method
-----THE CHICKEN-----		
1	large	chicken -- cut serving pieces
1	small	garlic head -- scored around middle
1	small	white onions -- roughly sliced
		sea salt -- to taste
1	recipe	chochoyotes
-----THE SAUCE-----		
1/2	pound	tomate verde
		or half unripened and half tomate verde
1 1/2	cups	water
10	small	garlic cloves -- peeled and deveined
1/2	small	white onions
1 1/2	tablespoons	Mexican oregano or
		3 tb Oaxacan pinch of cumin seed
4	whole	cloves
4	whole	allspice
4		chiles serranos or chiles de agua -- or to taste
2	tablespoons	melted lard -- or safflower oil
1/2	cup	prepared tortilla masa
4	big	leafy stems of epazote -- roughly chopped
1	bunch	fresh parsley, tough stalks removed -- roughly chopped
8		hoja santa or avocado leaves
1 1/2	cups	water
		sea salt to taste

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Green Oaxacan Mole (Directions)

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Chicken Mexican
 Sauces

Amount	Measure	Ingredient	Preparation Method
-----	-----	-----	-----
E	*****		

Put the chicken pieces into a pan; add the garlic and onion with water to cover and salt to taste. Bring to a simmer and continue simmering until the meat is just tender. Strain, reserving the broth. Add water or reduce to make 4 cups broth.

Prepare 1 recipe chochoyotes and set aside.

Remove the jusks from the tomate verde, rinse briefly, and chop roughly. Put into a blender jar with the water. Add the garlic, onion, oregano, cumin seed, cloves, allspice, and fresh chiles and blend until smooth. Heat the lard in a heavy pan or saute pan, add the blended ingredients, and fry over fairly high heat, stirring from time to time, until reduced and well seasoned - about 15 minutes.

Blend the tortilla masa with 1 cup of the chicken broth until smooth and stir into the pan with 2 more cups of the broth. Cook over medium heat, simmering until the sauce begins to thicken - about 10 minutes. Add the chochoyotes one by one, make sure they are well covered by the sauce, and simmer for a few moments while you prepare the greens.

Put the greens with 1 1/2 cups water into a blender jar and blend as smoothly as possible. If the greens are tough and stringy, strain through a sieve into the pan, pressing the debris firmly so that all the juice and soft matter are extracted. Stir gently - you don't want to break up the

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dumplings - taste for salt, and cook for 10 minutes longer or until the dumpling dough is cooked.

from my kitchen to----->yours.....
Dan Klepach

... As long as you don't do it in public and frighten the horses.
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Green Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Vegetables Mexican
Salsas

Amount Measure Ingredient -- Preparation Method

- 10 Tomatillos -- husks removed
- 1 Serrano chile -- =OR=
- 2 -Jalapeno peppers -- cut lengthwise, seed
- 1/2 Onion -- finely diced
- 2 tablespoons Chopped cilantro
- 2 tablespoons Lemon juice
- 2 tablespoons Olive oil
- Salt -- as desired

BRING A POT OF SALTED WATER to a boil on the stove.
 Add the tomatillos and chili peppers, cover and cook 2 minutes. Drain the tomatillos and chiles, place in a food processor and puree. Strain into a bowl and discard skins. Add onion, cilantro, lemon juice, oil and salt. Chill before serving.

Makes 2 Cups MICHAEL ROBERTS - PRODIGY GUEST CHEFS COOKBOOK

- - - - -

* Exported from MasterCook II *

Mango Salsa

Recipe By :
 Serving Size : 2 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1		Ripe mango
1/4	cup	Red onion -- finely diced

Recipe_Via_Meal-Master_2004.txt

1 Serrano chile -- minced
4 tablespoons Lime juice
1/3 cup Cilantro -- coarsely chopped
2 tablespoons Fresh basil -- coarsely choppd
Pepper

Remove peel from mango with vegetable peeler. Sice around pit to remove flesh with thin, sharp knife.

Slice flesh into 1/4" thick strips, and then crosswise into 1/4" dice.

Place chopped mango in medium bowl and add onion, chile, lime juice, cilantro, basil and pepper to taste. Combine and adjust seasoning to taste.

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from my kitchen to----->yours.....

Dan Klepach

... You have reached our emergency help line. Please hold...

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Recipe_Via_Meal-Master_2004.txt
Mango-Black Bean Salsa

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
6	cups	Mangoes -- diced
2	cups	Red onion -- finely diced
2	cups	Black beans -- cooked
4		Jalapenos -- minced
1/4	cup	Cilantro -- chopped
4		Garlic cloves -- minced
2	tablespoons	Olive oil
1/4	cup	Lime juice
4	teaspoons	Cumin
		Salt and pepper

Combine mangoes, onions, beans, jalapenos, cilantro, garlic, olive oil, lime juice, cumin and salt and pepper to taste. Chill.

* Exported from MasterCook II *

Mesa Verde Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
1	pound	Green chilies
3	tablespoons	Olive oil
1/3	cup	Onion(chopped)
1	tablespoon	Salt
2		Garlic cloves(chopped)
1	teaspoon	Oregano
2	cups	Water
3	tablespoons	Flour blended with
2	teaspoons	Oil

To prepare fresh green chilies, roast on a barbecue grill. Peel skins under running water or by rubbing with a wet towel. Remove stem and seeds; dice. Puree roasted green chilies and set aside. Place olive oil in a pan. Heat and saute onions until translucent. Add spices and reduce heat to medium. Add green chili puree; add water. Bring to a slow boil, stirring occasionally. Add flour/oil mixture gradually, stirring constantly, until mixture thickens. You may not need to add it at all, depending on the amount of juice in the chilies. Simmer 2 minutes, stirring continually to avoid sticking. Transfer to a covered container and refrigerate. Serve chilled.

from my kitchen to----->yours.....
 Dan Klepach

... Old age is not for sissies.
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Papaya and Pineapple Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Salsas Fruits

Amount	Measure	Ingredient -- Preparation Method
1	small	Siebergartner Pineapple; peel, core -- 1/2" dice
1	teaspoon	Salt
1		Ripe papaya -- 1/2" dice
1	small	Red onion -- dice
1		Jalapeno; seed -- mince
1		Lime -- juice only
1	cup	Cilantro -- chop
1/2	teaspoon	Freshly ground pepper

Place the pineapple chunks in a colander and sprinkle with the salt and toss well. Allow to drain for 15-20 minutes or so, then press the pineapple against the side of the colander to extract additional juice. Discard juices. In a glass bowl, combine all ingredients and mix well. Set aside at room temperature for at least 3 hours. Serve at room temp with

grilled fish.

* Exported from MasterCook II *

Papaya-Lime Salsa

Recipe By : Los Angeles Times - Prodigy
 Serving Size : 1 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Pounds	ripe papayas
1/4	Cup	flavorless cooking oil
4		serrano chiles -- seeded and -- finely diced
1/4	Cup	fresh lime juice
2	Teaspoons	salt
2	Medium	onions -- finely diced, -- about 2 cups
2	Bunches	cilantro -- stems removed, -- leaves finely -- chopped

Peel papayas and halve lengthwise. Scoop out and discard seeds. Chop fruit to size of corn kernels. Heat oil in medium pan over medium heat and add papayas, chiles, lime juice and salt. Cover and cook until papayas soften slightly, 5 minutes. Remove from heat. Transfer to mixing bowl and add onions and cilantro. Chill completely before serving. Makes 2 cups. By MICHAEL ROBERTS Copyright Los Angeles Times

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from my kitchen to----->yours.....
Dan Klepach

... You will never be younger than you are today..
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Peach & Onion Salsa For Grilled & Roasted Meats

Recipe By : Los Angeles Times - Prodigy
Serving Size : 6 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1	Medium	onion -- cut in small dice
2 1/4	Teaspoons	salt
4	Medium	or

- 3 Large peaches
- 1 Tablespoon balsamic vinegar
- 1 jalapeno chile -- seeds removed,
-- finely chopped
- 1/2 Cup basil leaves -- loosely packed

Combine onion with 2 teaspoons salt in non-reactive bowl. Allow to stand at least 1 hour but not more than 1 1/2 hours. Onion will wilt slightly, throw off some juice and become much less pungent. Drain juice from onion, rinse with cold water and drain again. Peel peaches and chop medium-fine with knife. Do not use food processor. Combine peaches in non-reactive bowl with onion, vinegar, jalapeno and remaining salt. Finely mince basil and stir in. Serve at once. Makes 2 cups, 6 to 8 servings. Copyright Los Angeles Times

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NOTES : This is one of those sauces that's good on just about everything. It's slightly sweet, slightly hot, very fruity and aromatic with basil. But eat it right away; the fresh flavor and color do not keep.

* Exported from MasterCook II *

Pineapple Salsa

Recipe By : Cooking Light
 Serving Size : 12 Preparation Time :0:00
 Categories : Fruits Salsas

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----

Recipe_Via_Meal-Master_2004.txt

2 cups pineapple -- diced
1 cup red bell pepper -- diced
1/2 cup cilantro -- chopped
1/4 cup purple onions -- diced
2 tablespoons jalapeno pepper -- minced
1 tablespoon white wine vinegar
1 tablespoon olive oil
1/4 teaspoon ground pepper -- fresh ground
1 clove garlic -- crushed

Combine all ingredients in a bowl, and stir well.
Cover and chill at least 30 minutes

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Serving Ideas : With grilled lobster or chicken, or pork tenderloin.

NOTES : 29 calories per serving.

Edmond Carter, The Capital Hotel, Little Rock, Arkansas

from my kitchen to----->yours.....

Dan Klepach

... Believe in beauty and the world will be much brighter.

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o ` ` 15 Jun 95 00:46:00 All Dan Klepach *cr* sauces/salsa 47/ AREA:HO

ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Pineapple Salsa*

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Fruits Salsas

Amount	Measure	Ingredient -- Preparation Method
-----	-----	-----
		-----NANCY HAGFORS (03/94 RR-----
15 1/4	ounces	Crushed Pineapple -- drain
2	tablespoons	Cream of coconut
1	tablespoon	Lime juice
1	tablespoon	Cilantro -- snip
1	teaspoon	Grated lime peel

Combine all ingredients in 2-c glass measure.

Microwave (HIGH) until heated through (about 1-1/2 minutes). Serve over fish steaks and fillets. (Tested in 650-700 watt microwave oven.)

* Exported from MasterCook II *

Recipe_Via_Meal-Master_2004.txt
Pineapple Salsa**

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Fruits Salsas

Amount	Measure	Ingredient -- Preparation Method
8	ounces	Can crushed pineapple
1/4	cup	Red bell pepper -- chop
1		Green onion -- slice
1	tablespoon	Lime juice
1	tablespoon	Soy sauce
1/4	teaspoon	Black & red pepper blend

Salsa: Combine pineapple, red bell pepper, green onion, lime juice, soy sauce, and black and red pepper blend.

from my kitchen to----->yours.....
Dan Klepach

... Hey! They're lighting their arrows!...Can they _do_ that?
___ Blue Wave/QWK v2.12

--- DB 1.39/004485
* Origin: The Diamond Bar BBS - 909-923-1031 - Ontario, CA (1:218/101)
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SEEN-BY: 352/111 256 409 777 396/1 3615/50 51
PATH: 218/101 3615/50 138/103 1 352/3

o ` ` 15 Jun 95 00:47:00 All Dan Klepach *cr* sauces/salsa 48/ AREA:HO
 ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Quemada Salsa

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
1	pound	Tomatoes
1	cup	Green onions
1/4	cup	Cilantro (chopped)
1	tablespoon	Oil
3		Serrano peppers
1	tablespoon	Garlic
1	tablespoon	Lime juice
1	teaspoon	Salt
1/2	teaspoon	White pepper
1/2	teaspoon	Oregano
1	cup	Water

Place tomatoes, and green onions on a hot mesquite grill. Pile cilantro on top, so it does not touch grill. Grill vegetables 10-15 minutes or until onions are soft.

Place vegetable oil in a saute pan and heat. Add serranos and saute until peppers are soft.

Place serranos, tomatoes, onions and cilantro in food processor. Blend until coarsely ground. Remove to mixing bowl and stir until ingredients are evenly distributed.

In a separate bowl, mix remaining ingredients until well blended. Add to ground vegetables and mix thoroughly.

* Exported from MasterCook II *

Red Chile Chipolte Salsa (Cooked)

Recipe By :
 Serving Size : 3 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
4		Chipolte chiles NO SUBST.
1	cup	Boiling water
1	tablespoon	Oil
3/4	cup	Diced onion
3/4	cup	Bell pepper
2	cups	Fresh tomato; peel -- dice
1/2	teaspoon	Oregano

Combine chiles and boiling water--let soak 30 min.
 Remove stems and seeds and chop. In nonaluminum saucepan, heat the oil and saute the onion, sweet pepper, and chipolte es until onion is slightly tender, 1-2 min. Add the chiles, soaking water, tomatoes and oregano and remove from heat. Process briefly in blender until ingredients are well mixed, but still chunky. Use for BBQ, or any cooked dish. Great when mixed with sour cream for dip.

from my kitchen to----->yours.....
Dan Klepach

... If nuts could fly, this place would be an airport.
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

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SEEN-BY: 352/111 256 409 777 396/1 3615/50 51

PATH: 218/101 3615/50 138/103 1 352/3

o ` ` 15 Jun 95 00:47:00 All Dan Klepach *cr* sauces/salsa 49/ AREA:HO
ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Red Sauce - {Salsa Colorada}

Recipe By : Barbara Norman - "The Spanish Cookbook"
Serving Size : 1 Preparation Time :0:00
Categories : Spanish Sauces

Amount	Measure	Ingredient -- Preparation Method
3	small	Tomatoes, red ripe
1	head	Garlic
2		Hard-boiled egg yolks
12		Almonds -- peeled and toasted
3/4	cup	Olive oil

1/4 cup Wine vinegar
 1/2 Hot chili pepper
 (or cayenne pepper to taste)
 Salt -- to taste

Bake unpeeled tomatoes and garlic in oven until tomatoes are very soft. Remove peel from tomatoes and garlic, mash in mortar or electric blender with pepper. Add yolks of hard-boiled eggs with almonds; when well blended, gradually mix in oil and vinegar. Season with salt if necessary.

This recipe makes 1 1/2 cups of sauce. Comments: Because the garlic is precooked, this sauce does not have a particularly strong flavor, even though it calls for a head of garlic. It is particularly good with boiled vegetables, cold meats, and cold or hot fish. Recipe Source: THE SPANISH COOKBOOK by Barbara Norman Published by Bantam Books, Inc. (c) 1969 Recipe formatted for MasterCook II by Joe Comiskey JPMD44A on 01-18-1995

- - - - -

* Exported from MasterCook II *

Roasted Tomato and Mint Salsa

Recipe By : Cooking Light
 Serving Size : 3 Preparation Time :1:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
6	large	Roma tomatoes -- tops removed
1	clove	garlic
2	tablespoons	lime juice -- one Mexican lime

3 tablespoons olive oil -- extra virgin
2 serrano peppers -- minced, with seeds
1 1/2 tablespoons cilantro -- minced
3 1/2 tablespoons spearmint -- minced
 1/2 teaspoon lime zest
 1/2 teaspoon orange zest
1 pinch salt

With a comal or black iron skillet over medium-high heat, cook the tomatoes until blackened all over. While still warm, pulse tomatoes with the garlic in a food processor until roughly chopped. Let cool to room temperature and add the remaining ingredients. Mix together and let sit at least 30 minutes before using.

Mark Miller writes: "Ripe red tomatoes roasted on a hot steel comal until the skins blacken are a basic element of many Mexican salsas. The smoky flavor adds a complexity to the taste of ripe tomatoes. Mixing fresh mint as a counterpoint to this cooked flavor creates the combination of raw and cooked which is one of the classic taste motifs of Southwestern cuisine. This salsa goes particularly well with the wild Churro lamb that we serve at Coyote Cafe because it does not mask the Churro's unique taste. It can be served with venison chops, grilled pork, grilled marlin, and that faithful standby, tortilla chips."

- - - - -

Serving Ideas : Goes well with venison chops, grilled pork, or chips.

NOTES : Mark Miller of the Coyote Cafe, Santa Fe, New Mexico

Nutr. Assoc. : 0 620 823 0 1099 384 0 0 0 0

Recipe_Via_Meal-Master_2004.txt

from my kitchen to----->yours.....
Dan Klepach

... In my back yard I have a set of mood swings.
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

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o ` ` 15 Jun 95 00:47:00 All Dan Klepach *cr* sauces/salsa 50/ AREA:HO
ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Romesco Sauce - {Salsa Romesco}

Recipe By : Barbara Norman - "The Spanish Cookbook"
Serving Size : 1 Preparation Time :0:00
Categories : Spanish Sauces

Amount	Measure	Ingredient -- Preparation Method
1	small	Tomato, red ripe -- peeled and
1	small	Dried hot chili pepper (or powdered cayenne)
3		Garlic cloves -- peeled
24		Hazelnuts -- toasted and shelled

3/4 cup Olive oil
 1/4 cup Wine vinegar
 1 teaspoon Salt

Grind nuts, pepper, tomato, and garlic in a mortar or an electric blender with salt; gradually add olive oil. When sauce thickens, blend in vinegar. This recipe makes 1 to 1 1/2 cups of sauce. Comments: Romesco is a specialty of the province of Tarragona, where contests are held in which over two dozen chefs may compete for the championship of Romesco making. The peppery sauce is used primarily with fish, but is good with vegetables and excellent for basting grilled mutton chops. The sauce can be made in an electric blender in less than 5 minutes and comes out very well, although chefs competing in the Romesco contest always use a mortar and pestle, which, they say, extract more oil from the nuts. Recipe Source: THE SPANISH COOKBOOK by Barbara Norman Published by Bantam Books, Inc. (c) 1969 Recipe formatted for MasterCook II by Joe Comiskey JPMD44A on 01-18-1995

 * Exported from MasterCook II *

Salsa Cruda

Recipe By :
 Serving Size : 2 Preparation Time :0:00
 Categories : Salsas Mexican
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
2		Medium tomatoes -- quartered

Recipe_Via_Meal-Master_2004.txt

- 1 Medium onion -- quartered
- 2 Jalapeno chiles -- halved
seeds removed -- optional
- 1 tablespoon Lime or lemon juice
- 1/2 teaspoon Salt
- 1 tablespoon Chopped cilantro -- # optional

Place tomatoes, onion, jalapenos, lime juice, salt and cilantro in bowl of food processor and pulse to desired consistency or chop by hand. Keeps refrigerated 2 to 3 days. Makes about 2 cups.

Printed in the November 27, 1992, issue of the Los Angeles Times.
Submitted By JOELL ABBOTT On 08-16-94

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... Please hold. A representative will annoy you shortly.
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SEEN-BY: 352/111 256 409 777 396/1 3615/50 51
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o ` ` 15 Jun 95 16:48:00 Shannon Reeves Dan Klepach Re: sauces/salsa p
art2 AREA:HOME_COOKING
=> Quoting Shannon Reeves to Dan Klepach <=

SR> Do you actually make all these recipes???

Shannon:

Does anyone, who frequents these conferences? To answer your question directly, that's a big "NO". I collect them for others. I started all this because I wanted to make some special cookbooks for friends and relatives. It has mushroomed into an addiction. Besides that it is just plain fun. It is also very educational. It is amazing how much you can learn from the people who post here. I figure we are never to old to learn something new. Keeps me young, off the streets and out of the bars.....<giggle>. Seriously, have tried many recipes that I have found here; always looking for something new to spring on the unsuspecting family. Most are very good. A couple of disasters, but that's part of learning. A lot of what I post come from other sources, like MCII BBS. In that case I am merely a conduit to those who can't or don't access some of the BBS's out there. There is just so much information available; just my way of sharing and trying to brighten someone's day.

Here's one chosen just for you:

* Exported from MasterCook II *

N. C. Style BBQ Sauce

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Sauces Bbq

Amount	Measure	Ingredient -- Preparation Method
1	cup	White vinegar
1	cup	Cider vinegar
1	tablespoon	Sugar

Recipe_Via_Meal-Master_2004.txt

1 tablespoon Crushed red pepper flakes
1 tablespoon Tabasco sauce
 Salt/frsh grnd ppr to taste

Combine all ingredients in a noncorrosive container and mix well. Yield 2 cups. From Chuck Ozburn.

- - - - -

Hope it does that for you.
Dan

... "There is a pleasure sure in being mad which none but madmen know."
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

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o ` ` 15 Jun 95 16:48:00 Michael W. French Dan Klepach Re: sauces/sals
a question AREA:HOME_COOKING

--> Quoting Michael W. French to Dan Klepach <=-

MWF> Well, I found a few that caught my attention and looked like trying.
MWF> I'm particularly interested in seeing more "copycat" recipes such as
MWF> the Arby's Horsey Sauce and the KFC Rotisserie Chicken recipes...

Ok Michael:

Have been posting more from that large file. Will go thru' and pull all the copycat recipes and ship them out. Will also, pull those from chefs and restaurants. Those for common, everyday dishes I'll skip, but anyone

who wants them can get the whole file from the MCII BBS or from Carolyn Shaw's BBS.

Here's one chosen just for you:

* Exported from MasterCook II *

St Francis Spaghetti Sauce with Chicken Liver

Recipe By : "The Flavors of Jerusalem" by Nathan and Goldman
 Serving Size : 4 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
		dwigans fwds07a
		Tomato sauce
3	slices	Bacon -- cut into small piece
		Optional
1/4	cup	Olive oil
1	medium	Size onion -- chopped fine
1	large	Garlic clove -- minced
3	pounds	Peeled and coarsely chopped
		Tomatoes or 2 large cans of
		Peeled tomatoes
1	cup	Tomato juice
1/4	cup	Fresh chopped parsley
1		Bay leaf
		Salt and pepper to taste
		Parsley springs for garnish
		Chicken livers
1	pound	Chicken livers
2	tablespoons	Cooking oil or butter
		Salt and pepper to taste

1/2 cup Dry red wine

Sauce: Saute the bacon in the olive oil, then add the onion, sauteing until it is golden. Stir in the garlic, tomatoes, tomato juice, parsley, bay leaf and salt and pepper. Cover and simmer stirring occasionally for 1/2 hor. You may have to add more tomato juice. If a smoother consistency is required, press the sauce through a sieve. Cook, uncovered over low heat for an additional half hour. Remove the bay leaf.

Livers: Wash the chicken livers, pat them dry and cut each in half, removing tissue, saute in oil or butter until browned. Season them with salt and pepper, add wine, and cook them over a low heat for 10 minutes. After the tomato sauce is cooked, add the chicken livers and heat well. Serve over freshly prepared spaghetti or noodles. Sprinkle parsley on top

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... A little fire that warms is better than a big fire that burns.
___ Blue Wave/QWK v2.12

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o ` ` 15 Jun 95 16:48:00 Mary Riemerman Dan Klepach Re: lost messages
AREA:HOME_COOKING
--> Quoting Mary Riemerman to Dan Klepach <--

Recipe_Via_Meal-Master_2004.txt

MR> Once more, I will make a try at thanking you for the magnificent
MR> parcel. Every leaf (pages and otherwise) was deeply appreciated. I'll
MR> get a letter (via snailmail) off to you very soon.

I knew something major was wrong, so the package was my way of keeping
you in touch. I have most of the files you missed and all that I have
posted. Will put them on disks and mail them to you. Glad you are getting
out again. BTW. Received your snailmail today. Will answer back in the
next day or so. We really missed you.....8-(
Glad you enjoy the parcel; just my way of getting back at you....Hee, hee!
You're making me blush!!! It was really nothing, just a way to say you are
appreciated.

Here's one for you:

* Exported from MasterCook II *

Cranberry Applesauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
6		Golden delicious apples -- unpeeled; cored; cut
1	cup	Cranberries
1/2	cup	Apple cider
1		Stick cinnamon
2	tablespoons	Brown sugar -- packed
1	pinch	Nutmeg

In a lg. saucepan, combine the apples, cranberries, cider, and cinnamon

Recipe_Via_Meal-Master_2004.txt

stick, and bring to a boil. Reduce heat, cover the pan, and simmer the mixture, stirring occasionally, for 15 min or til the apples are very tender. Remove the cinnamon stick, put the fruit mixture in a food mill, and puree the fruit into a lg. bowl. Stir in the brown sugar and nutmeg. Serve with Latkes.

- - - - -

from your Calif. connection, Hugs, hugs and more hugs.....
Dan & Sheila

... I tried daydreaming but my mind kept wandering.
___ Blue Wave/QWK v2.12

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o ` ` 15 Jun 95 16:48:00 All Dan Klepach *cr* sauces/salsa 51/ AREA:HO
ME_COOKING
<contains 2 recipes>

* Exported from MasterCook II *

El Pollo Loco Chicken

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Copycat Sauces

Amount Measure Ingredient -- Preparation Method

```

-----
1          -----
          -----WALDINE VAN GEFFEN VGHC42A-----
1          Chicken -- cut pieces w/skin
          BROILER BASTING SAUCE
          1/3 cup    Lemon juice
          1/3 cup    Lime juice
          1/3 cup    Canola or vegetable oil
1          teaspoon Ground turmeric
          1/2 teaspoon Garlic salt
          1/4 teaspoon Black pepper
    
```

Briefly simmer the cut-up chicken in a deep-sided skillet, keeping pieces in single layer without crowding them, until the meat appears milky white and the juices run clear, no longer pink. Allow to cool in the broth, uncovered, while you prepare the basting sauce. Arrange the chicken pieces skin-side up on broiler pan in single layer and baste with enough of mixture to evenly coat skin side. Turn and baste other side. Turn again to skin side up and broil 6" from the heat, brushing with additional sauce every few minutes until skin is really crispy and golden brown, approximately 5 to 8 minutes for large pieces. BASTING MIXTURE-Mix juices, oil, turmeric, salt and pepper.

This makes enough to baste nine pieces.

Source: Gloria Pitzer's Secret Recipes Newsletter.

* Exported from MasterCook II *

French Dip Gravy

Recipe By :
 Serving Size : 1 Preparation Time :0:00

Recipe_Via_Meal-Master_2004.txt
Sauces

Categories : Copycat

Amount	Measure	Ingredient -- Preparation Method
10	ounces	Can beef broth
10	ounces	Can Franco Am Beef Gravy
10	ounces	Can C of Mush soup

Combine ingredients & warm in MW 6 min, covered. To serve, place in cup in center of dinner plate.

Surround with French Fries (use in place of ketchup) Pg 84 Famous Favorites. Formatted for MM by PNewton vkbb14a

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... Don't peel the green M&M's because they aren't ripe yet.
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PATH: 218/101 3615/50 138/103 1 352/3
o ` ` 15 Jun 95 16:48:00 All Dan Klepach *cr* sauces/salsa 52/ AREA:HO

ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Jack Daniel's Honey Mustard

Recipe By : Gloria Pitzer
 Serving Size : 1 Preparation Time :0:00
 Categories : Copycat Sauces

Amount	Measure	Ingredient -- Preparation Method
		-----WALDINE VAN GEFFEN VGHC42A-----
1/2	cup	Honey
1/2	cup	Dark vinegar
1/2	cup	Dark brown sugar -- packed
2		Eggs
2	tablespoons	Flour
2	tablespoons	Prepared French's yellow -- mustard
1/2	cup	Jack Daniel's whiskey
9	ounces	Bottle Kraft's horseradish -- cream sauce

Put honey, vinegar, sugar, eggs and flour into blender a few seconds to blend at high speed until smooth. Transfer to a 2-quart saucepan. Cook on medium high whipping briskly with whisk to prevent it from sticking to bottom of pan. It will thicken just as it comes to a boil. Quickly add mustard and whiskey.

Continue to cook and stir briskly only 1/2 minute.

Remove from heat. Add the horseradish. Beat well. Cool completely. Bottle and cap tightly. Can store refrigerated 6-8 weeks. Freezes for months.

Recipe can be halved. Source: Gloria Pitzer.

* Exported from MasterCook II *

Mcdonald's Big Mac Sauce

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Copycat Sauces

Amount	Measure	Ingredient -- Preparation Method
		CONKLIN(VXBD11A)
1	cup	Miracle whip
1/2	cup	Relish
1/3	cup	Kraft creamy french dressing -- (orange not red kind
1	tablespoon	Sugar
1/4	teaspoon	Black pepper
1	teaspoon	Dry minced onion

Stir together and chill.

from my kitchen to----->yours.....
Dan Klepach

... When you're up to your nose in IT, don't open your MOUTH!
___ Blue Wave/QWK v2.12

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o ` ` 15 Jun 95 16:48:00 All Dan Klepach *cr* sauces/salsa 53/ AREA:HO
ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

McDonald's Honey and Mustard Nugget Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Honey
2	tablespoons	Prepared mustard
1	tablespoon	Heinz 57 sauce

Mix. makes 1/3 c sauce. Refg. covered. Use within 2 months. Source: Gloria Pitzer.

- - - - -
* Exported from MasterCook II *

McDonald's Sweet and Sour Sauce for Nuggets

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
1	cup	Apricot Preserves
3	tablespoons	Heinz 57 Sauce
3	tablespoons	Italian Dressing
3	tablespoons	Soy Sauce

Makes about 2 cups. Refg. up to 2 weeks.

from my kitchen to----->yours.....
Dan Klepach

... Floggings will continue until moral improves.
___ Blue Wave/QWK v2.12

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 o ` ` 15 Jun 95 16:48:00 All Dan Klepach *cr* sauces/salsa 54/ AREA:HO
 ME_COOKING
 <Contains 2 Recipes>

* Exported from MasterCook II *

Olive Garden Shrimp Scampi Sauce

Recipe By : Gloria Pitzer

Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Italian Wishbone dressing
1/4	teaspoon	dry mustard
		Tabasco sauce
1/3	cup	ketchup

With wire shisk combine all ingredients until smooth. Keep refrigerated, tightly covered, to use within a week. Freeze to thaw and use within 4 months. Source: Gloria Pitzer

* Exported from MasterCook II *

Olive Garden Spaghetti Sauce

Recipe By : Gloria Pitzer's Newsletter
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
2	pounds	ground beef
2	tablespoons	oil
1	a4 oz can	stewed tomatoes -- cut up
6	ounces	V-8 juice
1	16 oz jar	Prego spaghetti sauce
1	envelope	onion soup mix

1/2 cup grape jelly

Brown meat in oil until pink color disappears. Crumble with fork. Stir in tomatoes, V-9 juice, Prego, soup mix and grape jelly. Cook, stirring often, 15 to 20 minutes or until jelly melts and sauce is piping hot.
Source: Gloria Pitzer's Newsletter

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... After three days without modeming, life becomes meaningless.
___ Blue Wave/QWK v2.12

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o ` ` 15 Jun 95 16:48:00 All Dan Klepach *cr* sauces/salsa 55/ AREA:HO
ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Pizza Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Copycat

Recipe_Via_Meal-Master_2004.txt

Amount	Measure	Ingredient -- Preparation Method
1	can	10oz tomato soup
1	tablespoon	Dry oregano leaves
1/2	teaspoon	Garlic salt
8	ounces	Mozzarella -- shredded
8	ounces	Muenster -- shreaded
1/3	cup	Parmesan -- grated
8	ounces	Thin slice pepperoni
1	can	8oz mushrooms -- drained

Place ingredients on pizza dough in order listed.
 Allow to rise 20 min in warm place. Bake 450F for 20-25 min. pg36

* Exported from MasterCook II *

Pork Chop Sauce Like the Outback

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
		-----WALDINE VAN GEFFEN VGHC42A-----
1/4	cup	Honey
1/4	cup	Sweet orange marmalade
1/2	teaspoon	Dry mustard

Recipe_Via_Meal-Master_2004.txt

Mix all ingredients together. Heat and serve with pork chops or other meats. Source: Gloria Pitzer.

from my kitchen to----->yours.....
Dan Klepach

... I seem to be having problems with my lifestyle.
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

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ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Special Hamburger Sauces

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Copycat

Amount	Measure	Ingredient -- Preparation Method
1	cup	Miracle whip

- 1/3 cup Creamy French dressing
- 1/4 cup Sweet pickle relish
- 1 tablespoon Sugar
- 1/4 teaspoon Pepper
- 1 teaspoon Minced dry onions

Stir all together. Makes 2 cups. Store in refig.

* Exported from MasterCook II *

Salsa De Chile En Polvo

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
		chili Powder Sauce
3	tablespoons	oil
2	tablespoons	flour
1/4	cup	mild chili powder
2	cups	beef broth
2	cans	(10 1/2) oz. tomato puree
1/2	teaspoon	oregano
1/4	teaspoon	cumin
1/4	teaspoon	garlic powder

Heat oil in a large saucepan. Stir in flour and cook 1 min. Stir in chili powder. Add beef broth, tomato puree, oregano, cumin and garlic

Recipe_Via_Meal-Master_2004.txt

powder. Taste and add salt if needed. Simmer 15 min. Make about 4 2/3 cups sauce, enough for 12 enchiladas. Norma Kelley

from my kitchen to----->yours.....

Dan Klepach

... I was sane once... didn't like it.

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<Contains 2 Recipes>

* Exported from MasterCook II *

Salsa Fresca

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
1	pound	Tomatoes(diced)

1/3 cup Onion(minced)
 4 Serrano or jalapeno chiles
 1/4 cup Cilantro(chopped)
 1 Garlic clove(minced)
 1/4 cup Lime juice
 1 teaspoon Oregano -- dried
 Salt and pepper to taste

Stem, seed and mince peppers. Combine all ingredients in a bowl. Taste for seasoning and adjust if necessary. Let stand 30 minutes before serving.
 Store in refrigerator up to 2 days

- - - - -

* Exported from MasterCook II *

Salsa Verde - Master Chefs

Recipe By :
 Serving Size : 12 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	Oil, olive -- extra-virgin
1	cup	Oil, olive -- extra-virgin
1/2	cup	Shallot **
4	each	Anchovy -- fillets **
1/2	cup	Vinegar -- red wine
		Salt (to taste)
		Pepper (to taste)

- 2 each Peppers, red bell -- roasted
- OR
- 1 cup Pimientos -- canned **
- 1 medium Onion -- red (1 cup) **
- 2 each Celery -- stalks **
- 1 cup Parsley -- Italian **
- 2 large Eggs -- hard cooked **

** Finely chopped For Salsa Verde: ===== Heat 3 tablespoons of olive oil in a medium skillet. In the hot oil, saute shallots and anchovies, stirring until shallots are softened, 2 to 3 minutes. Cool.

In bowl, combine 1 cup olive oil, wine vinegar and salt and pepper to taste. Add shallot-anchovy mixture and remaining ingredients. Stir well, adjust seasoning and set aside.

Source: New York's Master Chefs, Bon Appetit Magazine : Written by Richard Sax, Photographs by Nancy McFarland : The Knapp Press, Los Angeles, 1985 Chef: Lidia Bastianich, Felidia Restaurant, New York Submitted By ROB STEWART On 08-17-94

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from my kitchen to----->yours.....
Dan Klepach

... Cream rises to the top ... but then, so does scum....
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* Exported from MasterCook II *

Salse Verde (Cruda)

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1	pound	tomate verde (husks removed, rinsed
1/2	cup	cilantro (loosely packed/roughly chopped
1	large	garlic clove (peeled and roughly chopped
2	tablespoons	chopped white onion
1/2	teaspoon	sea salt

Put the tomate verde into a pan, barely cover with water, and bring to a simmer. Continue to cook until the tomatoes turn a lighter, faded green and are just soft but not falling apart--about 5 minutes. Set aside to cool. Put 1/2 cup of the cooking water into a blender jar, add the cilantro, garlic, onion, and salt, and blend until almost smooth. Drain the tomates and add them to the blender jar; blend for a few seconds just to break them up roughly. The sauce should have a rough texture.

Tomatillos are used extensively for various sauces, salsas, etc. You usually parboil or blanch them for 5-7 minutes or so in boiling water. They are also sometimes called tomate verde in Mexican cookbooks. From THE ART OF MEXICAN COOKING by Diana Kennedy. New York: Bantam Books, 1989. Howard Wittenberg

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* Exported from MasterCook II *

Spicy Avocado Sauce (Salsa Guasacaca)

Recipe By :
 Serving Size : 2 Preparation Time :0:00
 Categories : Vegetables Salsas

Amount	Measure	Ingredient -- Preparation Method
1	small	tomato -- ripe
1	large	avocado -- ripe
1/4	cup	olive oil
1/2	teaspoon	red chili paste, or very finely chopped, seeded fresh hot chili
1	teaspoon	salt
1/2	teaspoon	black pepper -- freshly ground
2	tablespoons	green pepper -- finely diced
1		hard-boiled egg -- finely chopped
1	tablespoon	fresh parsley -- finely chopped
1	teaspoon	fresh cilantro -- finely chopped

Cut out the stem of the tomato, then slice the tomato in half crosswise.

Recipe_Via_Meal-Master_2004.txt

Squeeze each half gently to extract the seeds and juices discard them, and chop the tomato into 1/4 inch dice. Cut the avocado in half. With the tip of a small knife, loosen the seed and lift it out. Remove any brown tissuelike fibers clinging to the flesh. Strip off the skin with your fingers, starting at the stem end (the dark skinned variety does not peel easily; use a small, sharp knife to pull the skin away, if necessary). Chop the avocado into small dice.

In a large mixing bowl combine the oil, vinegar, chili paste (or fresh chili), salt and black pepper, and, with a large wooden spoon, mix well. Add the diced tomato, avocado, green pepper, chopped egg, parsley and coriander, and mix together gently but thoroughly. Taste for seasoning. Guasacaca is traditionally served with grilled meats.

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from my kitchen to----->yours.....
Dan Klepach

... *.QWK, now available in Strawberry, as well as Chocolate
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* Exported from MasterCook II *

Tomatillo Salsa

Recipe By : L. A. Times
 Serving Size : 2 Preparation Time :0:00
 Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method

		WALDINE VAN GEFFEN VGHC42A
1/4	cup	Olive oil
1	medium	Onion -- chop
2	tablespoons	Garlic -- chop
1/2	pound	Tomatillos; husk -- chop rough
2	cups	Chicken stock
1	tablespoon	Sugar
1	teaspoon	Salt
1/2	teaspoon	Crushed red chiles

Heat olive oil in skillet over medium heat, add onion and garlic and saute about 5 minutes. Add tomatillos and cook 5 minutes. Add chicken stock, sugar, salt and crushed chiles. Cook until tomatillos are soft, about 15 minutes. Strain vegetables, reserving liquid. Place vegetables in food processor. Process until pureed, adding just enough liquid to make medium thick consistency. Ea 1-tb: 23 cal; 2 gr fat; 78% fat.

 * Exported from MasterCook II *

Tomatillo Salsa*

Recipe_Via_Meal-Master_2004.txt

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
2	pounds	Tomatillos
1		Onion -- quartered
5		Jalapenos
2	cups	Cilantro
		Salt and pepper

Process tomatillos, onion, chiles and cilantro in food processor until large chunks have disappeared.
Place in blender and blend until smooth. Season to taste with salt and pepper.

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from my kitchen to----->yours.....
Dan Klepach

... Don't bother me. I've just had a week with five Mondays.
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<Contains 2 Recipes>

* Exported from MasterCook II *

Tomato Salsa

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Mexican Salsas

Amount	Measure	Ingredient -- Preparation Method
7	quarts	Tomatoes(peeled and chopped)
4	cups	Mild green chiles(chopped)
5	cups	Onion(chopped)
1/2	cup	Jalapenos(seeded/chopped)
6		Garlic cloves(chopped)
2	cups	Lemon juice
2	tablespoons	Salt
1	tablespoon	Pepper
2	tablespoons	Cumin
3	tablespoons	Oregano
2	tablespoons	Cilantro(chopped)

Combine all ingredients except cumin, oregano and cilantro in large pot and bring to a boil, stirring frequently. Reduce heat and simmer 10 minutes. Add spices and simmer another 20 minutes, stirring occasionally. Ladle into clean pint jars, leaving 1/2" headspace. Adjust lids and process in boiling water canner for 20 minutes.

* Exported from MasterCook II *

Tomato Sauce for Chiles Rellenos

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Mexican Sauces

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	Onion -- finely chopped
10	milliliters	Garlic -- minced
1	tablespoon	Butter
1	can	(15oz) Spanish-style tomato -- sauce
1/3	cup	Water
1/4	teaspoon	Salt
1/4	teaspoon	Crumbled oregano

Saute onion and garlic in butter til golden. Stir in tomato sauce, water, salt, and oregano. Simmer for 15 minutes. Serve hot. Makes 2 1/2 cups.

donna 8/93

from my kitchen to----->yours.....
Dan Klepach

... If ignorance is bliss, why aren't more people happy?
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* Exported from MasterCook II *

Tomato-Basil Salsa

Recipe By : Cooking Light

Serving Size : 8 Preparation Time :0:00

Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	sherry vinegar
2	tablespoons	Dijon mustard
1	tablespoon	red wine vinegar
1	tablespoon	walnut oil
2	cups	tomatoes -- unpeeled and diced
1	cup	fresh basil -- chopped
2	cloves	garlic -- crushed

Combine first 4 ingredients in a bowl, stirring with a wire whisk.
Add remaining ingredients; stir gently.

Serving Ideas : Goes well with grilled fish or veal.

NOTES : 40 calories per serving.

Tony Vallone & Marc Cox, Tony's Restaurant, Houston, TX

* Exported from MasterCook II *

Waldine's Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
-----WALDINE VAN GEFFEN VGHC42A-----		
4		Tomatoes; seed -- chop
1	large	Purple onion -- chop
2	if	Cloves garlic -- minced or you like
1		Green pepper; seed -- chop
4		Jalapeno peppers; seed -- chop
1	can	Rotel Chile & Tomatoes
1/8	cup	Olive oil
1/8	cup	Balsamic vinegar
		Cilantro -- chopped (opt'l)

Mix all and refrigerate in a glass jar. Keeps a long time. I used on
grilled fish, chops, scrambled eggs, etc. MM Format Norma Wrenn npxr56b

from my kitchen to----->yours.....
Dan Klepach

... This tagline invisible to all whose I.Q. exceeds mine.
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<Contains 2 Recipes>

* Exported from MasterCook II *

Winter Fruit Salsa

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Fruits Salsas

Amount	Measure	Ingredient -- Preparation Method
1	medium	Orange; seeded -- cut ; in 8 pieces -- with zest

1/2	cup	Cranberries
1		Red delicious apple; cored -- 1/4" dice
2	cups	Pineapple -- cut in 1/4" dice
2 1/2	tablespoons	Lime juice
2	tablespoons	Chopped cilantro -- optional
2	tablespoons	Red onion -- diced
2	tablespoons	Sugar
1	medium	Jalapeno chile; seeded -- minc
1/4	teaspoon	Salt
1	tablespoon	Honey

Recipe by: Los Angeles Times - Prodigy In work bowl of food processor fitted with metal blade, finely chop orange pieces and cranberries, pulsing on and off and scraping down sides of work bowl. Place in large mixing bowl and add orange zest, apple, pineapple, lime juice, cilantro, red onion, sugar, jalapeno, salt and honey. Stir until well combined. Refrigerate overnight before using and up to 1 week. Serve cold or at room temperature. By Abby Mandel Copyright Los Angeles Times

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* Exported from MasterCook II *

Xato Sauce

Recipe By : Barbara Norman - "The Spanish Cookbook"
 Serving Size : 1 Preparation Time :0:00
 Categories : Spanish Sauces

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

Recipe_Via_Meal-Master_2004.txt

3 Garlic cloves
8 Almonds -- peeled and toasted
1 or more Sharp chili peppers
or (powdered cayenne pepper)
1/2 cup Olive oil
1/4 cup Wine vinegar
3/4 teaspoon Salt

This sauce can be made in 5 minutes in an electric blender: simply put all the ingredients in at once and beat until the almonds are reduced to fine particles. If you do not have a blender, crush the garlic and almonds in a mortar, add one or more finely chopped chili pepper, and mash to a smooth paste before gradually blending in the oil and vinegar. The number of peppers (or the amount of cayenne) you use depends on how sharp you like the sauce. When tasting the seasoning, bear in mind that the sauce will

seem less sharp when mixed with the salad. Recipe Source: THE SPANISH COOKBOOK by Barbara Norman Published by Bantam Books, Inc. (c) 1969 Recipe formatted for MasterCook II by Joe Comiskey JPMD44A on 01-15-1995

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from my kitchen to----->yours.....
Dan Klepach

... Nose running? Feet smell? You're built upside down!
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Connie Stevens' Italian Meat Sauce

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Sauces Italian
Celebrity

Amount	Measure	Ingredient -- Preparation Method

		Wilson BWVB02B
1	medium	Onion -- finely chopped
30	milliliters	Garlic -- finely chopped
1	teaspoon	Sweet basil
1	tablespoon	Olive oil
		Salt and pepper -- to taste
1 1/4	pounds	Hamburger meat
1	can	(28-oz) tomato puree
1	can	(15-oz) tomato sauce
1	can	(6-oz) tomato paste
		Water
1	teaspoon	Sugar
2		Bay leaves

Brown onion, garlic and sweet basil in olive oil. Add salt and pepper. After onion is yellowish, add hamburger meat. Brown. Add tomato puree,

tomato sauce and tomato paste. Fill each can with water. Pour water into sauce. Add sugar and bay leaves. Stir well.

Cover. Simmer for 1 hour. Remove cover. Simmer 1 more hour. Serve.

Source: The Rock & Roll Cookbook

- - - - -

* Exported from MasterCook II *

Cranberry-Maple Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	Pure maple syrup
2	tablespoons	Sugar
1 1/2	cups	Cranberries -- if frozen, do not th
3	tablespoons	Unsalted butter
1 1/2	tablespoons	Bourbon

BRING THE MAPLE SYRUP and sugar to a boil in a small non-aluminum pan, then cook for 3 minutes. Add the cranberries and cook until their skins burst and they begin to pop, 6-to-8 minutes, or slightly longer if they are frozen. Cut the butter into 3 pieces. Remove the pan from the heat and whisk in the butter, 1 piece at a time, waiting until each is incorporated before adding another. Add the bourbon. Sauce can be served immediately or refrigerated for up to a week. Reheat gently and thin with 2 to 3 tablespoons water before serving.

Makes 1 1/4 Cups ABBY MANDEL - PRODIGY GUEST CHEFS COOKBOOK

- - - - -

from my kitchen to----->yours.....

Dan Klepach

... If love is blind, lingerie makes great braille.

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Fresh Ginger Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
2	ounces	Ginger root
1/4	cup	Soy sauce

1/4 cup Rice vinegar
2 tablespoons Sugar

Peel ginger and cut in small pieces. Process in food processor until minced, about scant 1/2 cup, fairly loosely packed. Turn into serving bowl. Blend with soy sauce, vinegar and sugar. Crush garlic cloves and mix into ginger mixture. Season to taste with salt and pepper. Cover and reserve in a cool place until time to use.

* Exported from MasterCook II *

Ginger-Rhubarb Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1	pound	Fresh or frozen rhubarb -- cut in 1-in pieces
1	cup	Orange juice
1/4	cup	Sugar
1		Orange (zest only)

This is very good served with roast duck or pork.

SIMMER THE RHUBARB and the orange juice with 1/2 the zest for 15 minutes, uncovered. Add the sugar and cook 15 minutes more. This will keep several days in refrigerator, or may be frozen. Top with the remaining zest before serving.

Recipe_Via_Meal-Master_2004.txt

Makes 2 Cups NATHALIE DUPREE PRODIGY GUEST CHEFS COOKBOOK

from my kitchen to----->yours.....
Dan Klepach

... Some people dream of great things, some people stay awake and do them.
___ Blue Wave/QWK v2.12

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Habanero Hot Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient	Preparation Method
-----	-----	-----	-----
		Habanero;	Stemmed & Seeded

1 cup Tomatoe;Peeled & Seeded
 Red Onion -- Chopped
 2 Garlic -- cloves
 1 teaspoon Lime Juice -- Fresh
 1/2 teaspoon Salt
 1 1/2 cups White Vinegar

In a blender, puree chiles, tomatoe, onion and garlic. Add lime juice and salt. Heat vinegar in a small saucepan over medium heat. When hot, pour into chile mixture and process until smooth. Allow to cool. Pour into a sterilized container. Cover and store, refrigerated, for up to 6 months.

* Exported from MasterCook II *

Hard Sauce and Variations

Recipe By : MDFD30E Helen Jolly
 Serving Size : 0 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
	T	butter
1	c	confectioners' sugar
1	t	boiling water
		Few grains salt
1	t	vanilla

Cream butter and sugar together thoroughly. Add boiling water, salt and

vanilla. Beat until smooth and fluffy. BRANDY HARD SAUCE: Use about 2 T. of brandy, or to taste, instead of vanilla ORANGE HARD SAUCE: Use 2 t. grated orange rind and 1 T. orange juice instead of vanilla. GINGER HARD SAUCE: Use 4 t. chopped preserved ginger and 1/2 t. lemon extract instead of vanilla. FLUFFY HARD SAUCE: Fold in 1 stiffly beaten egg white. Add vanilla or sherry to taste. GOLDEN HARD SAUCE: Beat 1 egg yolk into hard sauce. Flavor as desired. BROWN SUGAR HARD SAUCE: Substitute 1 c. firmly packed light brown sugar for confectioners' sugar. CREAM-CHEESE SAUCE: Substitute 1 (3 oz.) pkg. of cream cheese for butter. GRENADINE HARD SAUCE: Fold in 1/3 cup heavy cream whipped stiff; use 1 T. grenadine instead of vanilla, and add 1 t. lemon juice. Formatted by Olivia Liebermann

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 * Exported from MasterCook II *

Peach And Citrus Chutney`

Recipe By : National Cowboy Hall of Fame Chuck Wagon Cookbook
 Serving Size : 3 Preparation Time :0:00
 Categories : Cowboy Fruit
 Sauces

Amount	Measure	Ingredient -- Preparation Method
1	C	Orange Juice, Preferably Freshly Squeezed
1/2	C	Granulated Sugar
1/2	C	Raspberry Or Cider Vinegar
3	Lg	Peaches, Peeled, Pitted -- coarsely chopped
1	Med	Red Onion -- finely chopped
1	Med	Red Bell Pepper -- seed & finely chop
1/3	C	Dried Currants

1/3	C	Golden Raisins
2	tbsp	Grated Fresh Ginger
		Grated Zest Of 2 Lemons
		Grated Zest Of 1 Lg Orange
1	tsp	Madras-Style Curry Powder
1/4	tsp	Salt

1. In a large saucepan, bring the orange juice, sugar, and vinegar to a simmer over medium heat, stirring often to dissolve the sugar. Reduce the heat to low and cook for 5 mins.
2. Stir in the remaining ingredients and bring to a simmer. Cook, stirring often, until thickened, about 20 mins. Transfer to a medium bowl and cool completely. (The chutney can be prepared up to 1 week ahead, covered, and refrigerated.)

Makes about 3 cups from Clyde Nelson of The Home Ranch, of Clark, CO.

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* Exported from MasterCook II *

Bourbon Caramel Sauce

Recipe By : Bon Appetit, Jan 1994
 Serving Size : 8 Preparation Time :0:00
 Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
-----SAUCE-----		
1	cup	Whipping cream
1	cup	Golden brown sugar
5	tablespoons	Unsalted butter

3 tablespoons Bourbon (preferably Wild Turkey)

FOR SAUCE: Bring whipping cream and sugar to boil in heavy medium saucepan whisking constantly. Boil until mixture bubbles and thickens, stirring often, about 5 minutes.

Add butter and bring to boil, whisking constantly.

Whisk in bourbon. Cool to lukewarm. (Sauce can be prepared 1 day ahead. Cover and refrigerate. Reheat before using.)

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Serving Ideas : Over bread pudding.

* Exported from MasterCook II *

Brown Butter and Pine Nut Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
		Cook's Illustrated 9/10/93
1/2	cup	Pine nuts
1/4	pound	Butter
		Salt
1/4	cup	Fresh parsley leaves -- minced

1. Heat oven to 325 degrees. Toast nuts on a small baking sheet until golden, about 5 minutes; set aside.
2. Melt butter in a medium skillet; cook over medium heat, swirling pan,

Recipe_Via_Meal-Master_2004.txt

until butter turns golden brown, about 5 minutes. Stir in reserved nuts, 1/2 teaspoon salt, and parsley. Toss with pasta and serve with grated Parmesan cheese. Makes about 1 cup.

This simple, elegant sauce is the perfect match for the squash filling it also works quite nicely with spinach-filled pasta. mm Norma Wrenn

- - - - -

from my kitchen to----->yours.....
Dan Klepach

... A Smile Is A Window To Show That The Heart Is Home
___ Blue Wave/QWK v2.12

--- DB 1.39/004485

* Origin: The Diamond Bar BBS - 909-923-1031 - Ontario, CA (1:218/101)
SEEN-BY: 138/1 102 103 146 173 179 236 239 255 218/101 103 502 701 343/1 352/3
SEEN-BY: 352/111 256 409 777 396/1 3615/50 51
PATH: 218/101 3615/50 138/103 1 352/3

o ` ` 15 Jun 95 00:46:00 All Dan Klepach *cr* sauces/salsa 27/ AREA:HO
ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Brown Sauce (Sauce Espagnole)

Recipe By : Locke-Ober, Boston, MA
Serving Size : 8 Preparation Time :3:00
Categories : Sauces Spanish

Recipe_Via_Meal-Master_2004.txt

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	beef shin with meat
1	small	veal knuckle
		salt and pepper -- to taste
		cooking oil -- for braising meat
8	tablespoons	butter
1	large	carrot -- diced
1		bay leaf
1		large onion -- diced
2	stalks	celery -- diced
1	pinch	thyme
1	clove	garlic -- cut in half
8	tablespoons	flour
3/4	cup	tomato puree
4	cups	beef stock
2	cups	water

STEP ONE In a large, thick-bottomed pot place a little cooking oil. Place in a 425-degree oven and get it smoking hot. Add beef shin and veal knuckle (have butcher break shin and veal knuckle into medium size pieces), salt, and pepper, and cook to a golden brown. STEP TWO Add butter and all remaining ingredients except tomato puree and liquids. Blend thoroughly and continue to brown until vegetables are almost tender and flour is a deep brown. STEP THREE In the meantime, mix tomato puree, beef stock, and water; bring to a boil. Stir into hot bones and vegetables, and add salt and pepper to taste. Reduce heat to 275 degrees and cook covered for at least 2 hours. Stir frequently. STEP FOUR Strain sauce through a medium strainer, place on stove, and bring to a slow simmer. Skim off excess fat (or cool overnight and remove fat). Refrigerate until needed. Makes approximately 1 quart. Source: Locke-Ober, Boston, MA

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Serving Ideas : Use alone or as a base for other sauces

Nutr. Assoc. : 2206 1560 0 244 0 260 92 995 275 1492 620 568 0 115 0

* Exported from MasterCook II *

Cajun Barbeque Butter

Recipe By : Travis Henderson II
Serving Size : 12 Preparation Time :0:10
Categories : Sauces Cajun & Creole
Bbq

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	unsalted butter -- softened
1	tablespoon	cayenne
1	tablespoon	black pepper
2	teaspoons	salt
1	tablespoon	crushed red pepper
1	tablespoon	dried thyme
1	tablespoon	dried basil
1	teaspoon	dried oregano
1 1/2	ounces	fresh garlic -- minced
2	tablespoons	Worcestershire sauce

NOTE Use Cajun Barbeque Butter to make Cajun Barbeque Shrimp. Whip butter until smooth. Add remaining ingredients and blend completely. Put into a storage container and chill until needed.

Recipe_Via_Meal-Master_2004.txt

Source: Travis Henderson II of Newport's Seafood, Dallas, TX

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Serving Ideas : See Cajun Barbeque Shrimp.

Nutr. Assoc. : 165 0 895 0 0 1492 87 1016 0 0

from my kitchen to----->yours.....
Dan Klepach

... I tried daydreaming but my mind kept wandering.
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* Exported from MasterCook II *

Butter & Cheese Sauce (Salsa con Burro e Forma

Recipe_Via_Meal-Master_2004.txt

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Italian

Amount	Measure	Ingredient -- Preparation Method
		-----PATTI - VDRJ67A-----
1		Recipe butter & garlic sauce
4	tablespoons	Grated parmesan cheese

Follow the recipe for Butter and Garlic Sauce. Omit the garlic. Mix butter sauce with spaghetti and sprinkle with 4 tbls grated Parmesan Cheese. Makes about 1 cup.

* Exported from MasterCook II *

Butter & Garlic Sauce (Salsa al Burro e Aglio)

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sauces Italian

Amount	Measure	Ingredient -- Preparation Method
		-----PATTI - VDRJ67A-----
3/4	cup	Butter or margarine
2		Cloves garlic -- minced
4	tablespoons	Water
1/2	teaspoon	Parsley -- finely chopped

Recipe_Via_Meal-Master_2004.txt

Heat in skillet the butter or margarine. Add garlic and cook slowly until lightly browned. Add slowly water and chopped parsley. Cook about 10 minutes and serve over cooked spaghetti. Makes about 1 cup.

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from my kitchen to----->yours.....

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... Time flies when you're having fun at someone else's expense.

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<Contains 2 Recipes>

* Exported from MasterCook II *

Cajun Ketchup

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Cajun & Creole

Amount Measure Ingredient -- Preparation Method

```

-----
1/2 cup      Van Geffen VGHC42A
              Onion -- finely minced
1/2 cup      Green onions -- finely sliced
1/2 cup      Red bell pepper -- mince fine
3            Pickled jalapeno peppers -- seed,

2            medium      Cloves garlic -- minced
1/4 teaspoon Dried thyme -- crushed
1            tablespoon   Olive oil
1 1/2        Bottles ketchup
3/4 cup      Canned crushed tomatoes in -- puree
    
```

In a medium saucepan set over medium-low heat, saute the onion, green onions, red pepper, jalapeno peppers, garlic and thyme in the olive oil for 10 minutes, until the vegetables have softened. Add the ketchup and tomatoes and bring to a simmer. Cook, partially covered, 5 minutes, stirring occasionally. Transfer the ketchup to a bowl, cool and refrigerate until ready to use. Can be kept in refrigeration 2 weeks. Yield 3 cups. (wrv)

* Exported from MasterCook II *

California Chilled Salsa

Recipe By : Jo Anne Merrill
 Serving Size : 10 Preparation Time :0:20
 Categories : Mexican Salsas

Amount Measure Ingredient -- Preparation Method

Recipe_Via_Meal-Master_2004.txt

```
-----  
2      cups      tomatoes -- peeled, chopped  
1      celery stalk  
1      onion -- diced  
1      green peppers -- diced  
1 1/2  teaspoons salt  
1      tablespoon cider vinegar  
1      tablespoon sugar  
1      green chili peppers -- chopped
```

*Also delicious made with red sweet peppers or a combination of red and green for nice color.

Combine all ingredients; if finer texture is desired may be put through food grinder using fine blade.

Cover tightly and chill overnight.

Serving Ideas : Serve cold as a relish with meat.

from my kitchen to----->yours.....

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... Help! My computer is more competent than I am!

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ME_COOKING

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* Exported from MasterCook II *

Caper Sauce

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Sauces Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	Cup	Mayonnaise
1/4	Cup	Capers *
1/4	Cup	Dairy Sour Cream
1	Tablespoon	Dijon-Style Mustard
1	Tablespoon	Horseradish
1	Tablespoon	White Vinegar
1/2	Teaspoon	Sugar

* Chopped Dill Pickle can be substituted for Capers.

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Nutr. Assoc. : 0 0 1394 504 734 1573 0

* Exported from MasterCook II *

Caper Sauce***

Recipe By : Fernande Garvin - "The Art Of French
Serving Size : 1 Preparation Time :0:00
Categories : French Sauces

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	Butter
1	tablespoon	Flour
2	cups	Cold water
1/2	teaspoon	Salt
1		Egg yolk
2	tablespoons	Capers

In small, heavy saucepan, melt 1 tablespoon butter. Stir in flour. Add cold water and salt. Stir in egg yolk and cook over low flame, stirring constantly. Bring to boiling point but do not boil. Take pan off fire and add remaining butter and capers. Stir until well blended. This sauce is served with boiled fish.

Recipe Source: THE ART OF FRENCH COOKING by Fernande Garvin Published by Bantam Books, Inc. (c) 1958
Recipe formatted for MasterCook II by: Joe Comiskey JPMD44A on 02-18-1995

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from my kitchen to----->yours.....
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... If you can't fix it then fix it so nobody else can either.
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ME_COOKING
<Contains 2 Recipes>

* Exported from MasterCook II *

Caper-Anchovy Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
8		Anchovy fillets -- finely diced
1/4	cup	Capers
1/4	cup	Italian parsley -- chopped
1/2	cup	Olive oil
1	tablespoon	Lemon juice
		Salt and pepper

Mix anchovies, capers, parsley, olive oil, lemon juice and salt and pepper to taste in bowl. Set aside at least 1 hour before serving.

* Exported from MasterCook II *

Recipe_Via_Meal-Master_2004.txt
Carmelized Garlic Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
		-----HBWK07A CHUCK OZBURN-----
1/2	cup	Pure olive oil
1	large	Bulb garlic -- roughly chopped
1/2	cup	Chicken stock
1 1/2	cups	Demi-glance
		Madeira wine to taste
1 1/2	teaspoons	Sweet butter

Heat a saucepan; add oil and when it quivers, add garlic, cooking until it's the color of straw, a very bright brown; pour garlic and oil through a fine meshstrainer to stop cooking; wipe pan; add chicken stock, demi-glance and cooked garlic; reduce to desired consistency; add Madeira; add butter to the front of the pan, tilt pan and shake to blend as the butter melts.

Notes: Sauce should be nape; ie., just barely coat the back of the spoon; if the sauce collects around the edge of the spoon before dripping off, it is too thin. The garlic oil can be used to saute chicken breast filets which are then drizzled with the garlic sauce. This is an excellent sauce for chicken, veal, pork or beef.

Format Norma Wrenn npxr56b

Recipe_Via_Meal-Master_2004.txt

from my kitchen to----->yours.....
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... If it ain't broken....let ME have a go at it!
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ME_COOKING

<Contains 2 Recipes>

* Exported from MasterCook II *

Carrot And Corn Salsa

Recipe By : Los Angeles Times - Prodigy
Serving Size : 4 Preparation Time :0:00
Categories : Salsas

Amount	Measure	Ingredient -- Preparation Method
2	Cups	carrots -- coarsely shredded
2	Cups	fresh corn kernels -- 2 ears of corn
1/2	Sweet	red pepper -- cored, seeded -- and chopped
2	Tablespoons	fresh cilantro -- chopped
1 1/2	Teaspoons	ground cumin
2	Tablespoons	olive oil

Recipe_Via_Meal-Master_2004.txt

Title: Stuffed Squirrel, Armagh Style (Irish)
Categories: Wildgame, Meats, Casserole, Stuffed
Yield: 6 servings

INGREDIENTS:

1 Squirrel
2 oz Flour
2 c Breadcrumbs
2 lg Cooking apples
1 ts Thyme
1 ts Salt
1 Egg
2 oz Butter
Stock
1 lg Onion
2 ts Parsley
1 ts Sugar
1 oz Butter
Pepper to taste

DIRECTIONS: Wash and dry squirrel. Chop onions and fry gently in 2 oz of the butter. Peel apples and chop; add to onions and fry until soft. Mix onions, apple and butter with all other stuffing ingredients, and brown quickly in remaining butter. Place squirrel in a casserole, stuff, surround with excess stuffing, add well-seasoned stock, and cook for 1 3/4 hours, or until tender, at 350 degrees.

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MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Backwoods -- Rebelsan 100 Year Sauce
Categories: Meats, Wildgame, Sauces, Barbecue

Yield: 1 gallon

1/2 ga Yoshiba Gourmet Sauce
3 T Hot sesame seed oil
6 cl Garlic, minced
2 T Fresh ginger, diced small
** Optional ingredients **
White wine, green onions,
- wasabi, peppers to taste
- (red, black, or white)

Slow cook all ingredients for 30 minutes minimum. After marinating meats, boil the left over sauce for a minimum of five minutes. Add water while boiling to keep the sauce from getting too thick. After boiling, it may be used for dipping or on rice. You can keep adding to and reusing the sauce indefinitely, hence the 100 year sauce.

Backwoods Home Magazine == Dec/Jan 1989
** Backwoods Home Recipes // Best of the First Two Years // Page 66 **
Posted by The WEE Scot == Paul MacGregor

MMMMM

yeah, now that's a good start. I'm still looking for some good marinade recipes for your enjoyment ;+} I'd like to be there when you tell your wife. hehehehe

The WEE Scot
Paul

Recipe_Via_Meal-Master_2004.txt

... ATTENTION: Unattended children will be sold as slaves...

--- PPoint 1.92

* Origin: The Scottish Connection (9:2500/300)